

# OXFAM TRAILWALKER – VIRTUALLY TOGETHER

EVENT DETAILS

MS BRENDA WONG

FUNDRAISING MANAGER – EVENTS OXFAM HONG KONG

19/11/2021



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# RUNDOWN



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- **19:30 - 19:45**      **OTW VT Event Details**
- **19:45 - 19:55**      **Q & A**
- **19:55 - 20:15**      **TRAILME User Guide & Phone Setting**
- **20:15 - 20:30**      **Q & A**

# THEME



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Date : 6am, 22 Nov – 9pm, 12 Dec 2021



# SPONSORS



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主辦  
Organiser



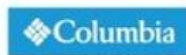
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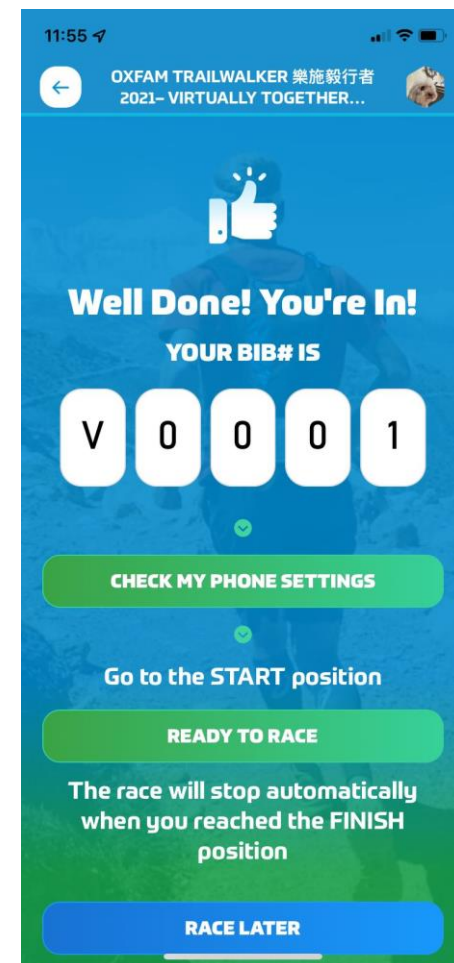
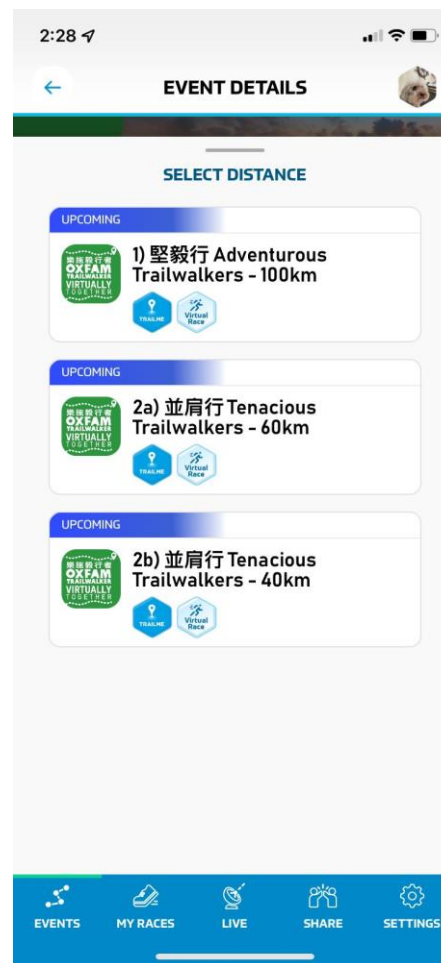
# IMPORTANT! IMPORTANT! IMPORTANT!



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- Team of FOUR
- Safety
- Self-help Support
- How to use TRAILME
- Fundraising





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# EVENT INFORMATION

- **Period**

- 6am, 22 November to 9pm, 12 December 2021

- **Participation**

- Teams have to be self-sufficient. We strongly advise teams to arrange support team to provide sufficient food and drink (however, please be reminded to maintain proper social distance).

- **Donation**

- Minimum donation of HK\$5,200
- OTW 2021 teams can use their current team numbers and the team pages to raise donation on-line.
- Teams that raise over HK\$20,000 will be given a team quota to join an in-person OTW in the future.
- Teams that raise HK\$50,000 or above will be presented a fundraising award and will be acknowledged in our thank-you advertisement.
- <https://event.oxfamtrailwalker.org.hk/en/donation/Search>



# ROUTE DETAILS



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- The route starts at the Pak Tam Chung Kiosk in Sai Kung, and covers sections 1 to 9 of the MacLehose Trail, which is about 88 km (M001-M174). After passing Kat Hing Bridge, the path leaves the MacLehose Trail and travels 5km along a country trail to north coast of Tai Lam Chung Reservoir. The trail then turns right along a paved road towards Wong Nai Tun/Tai Tong and heads towards the Finish Point at Tai Tong Barbecue Area in Yuen Long.
- Please also note the following differences between the MacLehose Trail and the OTW 2021 – VT Route:

MacLehose Trail	OTW 2021 – VT Route
<b>Section 2 M031-M033</b>	From M031 pass through Sai Wan beach to M033
<b>Section 8 M152-M156</b>	From M152 walk along Tai Mo Shan Road to Route Twisk
<b>Section 10 M175-M200</b>	Not long after passing M174 and leaving the MacLehose Trail, turn left towards Kat Hing Bridge, walk along north coast of Tai Lam Chung Reservoir for 5km, turn right along a paved road towards Wong Nai Tun/Tai Tong to the Finish

# THE ROUTE FROM MACLEHOSE TRAIL MARKER POST M174 TO TAI TONG BARBECUE AREA



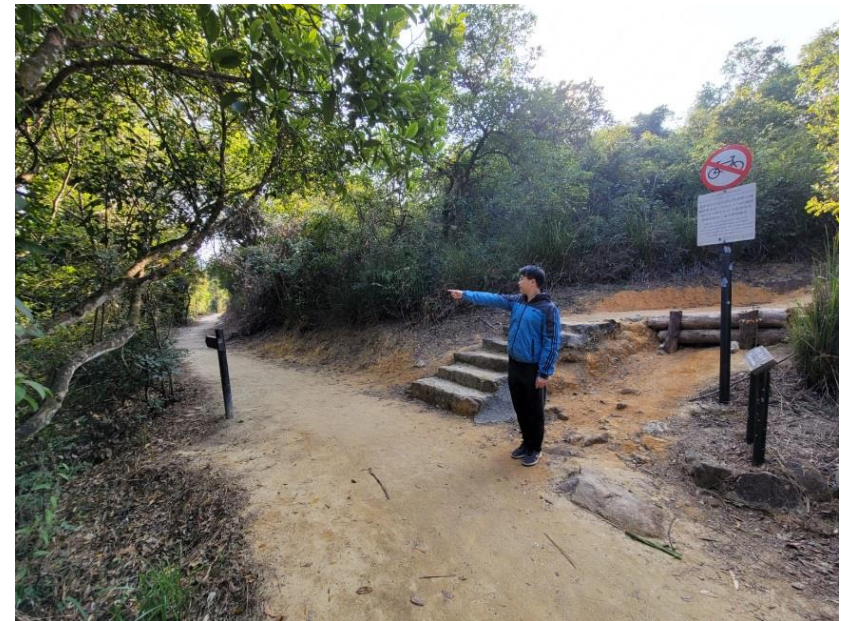
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1. Once you arrive at M174, walk towards Kat Hing Bridge, and follow the trail along the north bank of Tai Lam Chung Reservoir.



2. Continue walking along the north bank of Tai Lam Chung Reservoir.





# THE ROUTE FROM MACLEHOSE TRAIL MARKER POST M174 TO TAI TONG BARBECUE AREA



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3. Continue walking along the north bank of Tai Lam Chung Reservoir.



4. Turn right towards the Wong Nai Tun Reservoir and continue walking until you get to the end of the dirt road.





# THE ROUTE FROM MACLEHOSE TRAIL MARKER POST M174 TO TAI TONG BARBECUE AREA



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5. Once you reach the junction, turn right and follow the directions to Tai Tong.



6. Continue walking towards Tai Tong. Turn left at the junction and follow the direction to Wong Nai Tun Tsuen Tai Tong Bus Stop.



# THE ROUTE FROM MACLEHOSE TRAIL MARKER POST M174 TO TAI TONG BARBECUE AREA



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7. Continue walking along the road until you arrive at our Finish Point – Tai Tong Barbecue Area.








# PARTICIPATION FORMAT/SECTION

## 1. 'Adventurous Trailwalkers – 100km'

- **Participants can choose to complete the 100 km within 48 hours (in one go).**
- **Route** : Start from the Pak Tam Chung Kiosk in Sai Kung and finish at Tai Tong Barbecue Area in Yuen Long



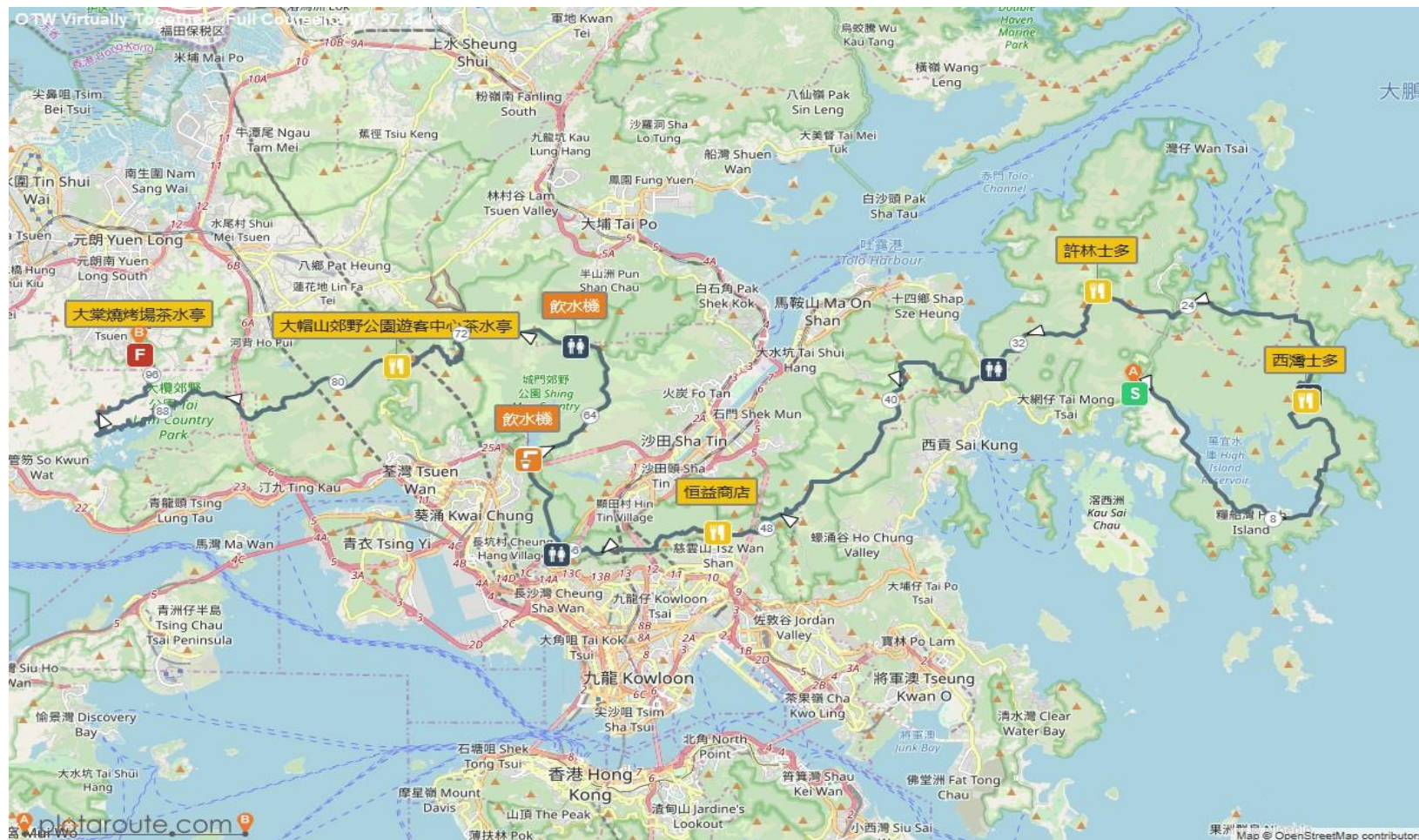
More details  
to be shared  
at TRAILME  
User Guide

### Please note:

1. **Only the finishing time of the first attempt will be counted. Subsequent attempts will not be counted even if better results are achieved.**
2. **Teams' finishing times will be based on the last team member's timing record at the finish.**
3. **The whole team (i.e. four members) must start together within 15 minutes at the same time, otherwise they will be disqualified (i.e. the four members cannot be separated for more than 15 minutes to start)**



# ADVENTUROUS TRAILWALKERS – 100KM'





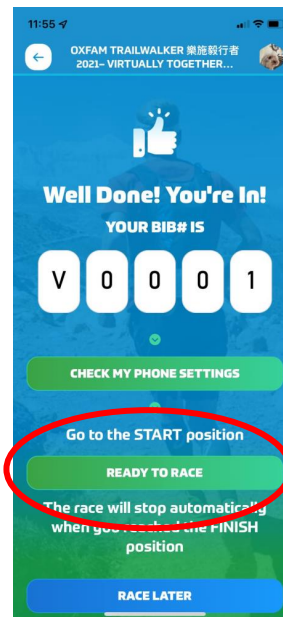
# ADVENTUROUS TRAILWALKERS – 100KM' START POINT



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- **Starting Point: Pak Tam Chung Kiosk, Sai Kung** (complete within 48 hours after tapping 'GO')
- Open the TRAILME app, select 'Adventurous Trailwalkers – 100km' then tap 'CHECK PHONE SETTINGS' first to make sure the phone setting is correct, then tap 'READY TO RACE' to search for signal, before you tap 'GO' to start, please make sure **the whole team (i.e four members) must start together within 15 minutes, otherwise the team will be disqualified.**



# ADVENTUROUS TRAILWALKERS – 100KM' FINISH POINT



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- **Tai Tong Barbecue Site, Yuen Long**

TRAILME will automatically note that you have completed the trail once you reach the Finish Point. An SMS with your own finishing time will be sent to you after you have completed the Event. Medals will be presented by Oxfam Hong Kong to all finishers at designated timeslot during weekend.



# 'TENACIOUS TRAILWALKERS'



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Teams can split the 100km trail into two sections and tackle them separately.

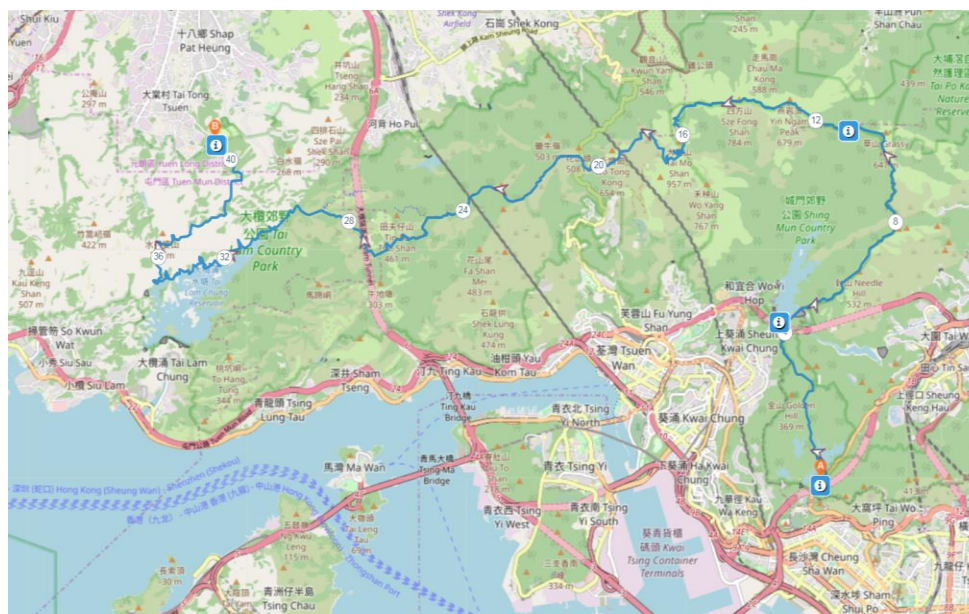
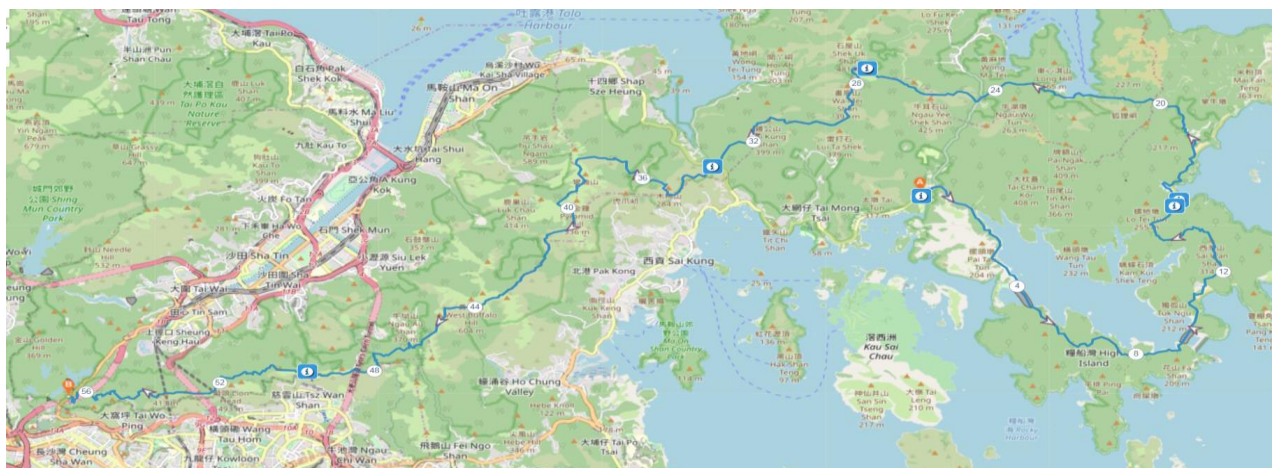
Participants who choose '**Tenacious Trailwalkers**' will need to register 60km and 40km separately. A different virtual bib number (e.g V0001) will be assigned for each section you register.

Length	Section	Time limit after whole team tapping 'GO'
2a ) ' <b>Tenacious Trailwalkers – 60km</b> '	Pak Tam Chung Kiosk in Sai Kung to Tai Po Road (the end of the MacLehose Trail Section 5)	must be completed within 31 hours
2b ) ' <b>Tenacious Trailwalkers – 40km</b> '	Tai Po Road (public toilet) to Tai Tong Barbecue Area in Yuen Long	must be completed within 17 hours





# ‘TENACIOUS TRAILWALKERS’



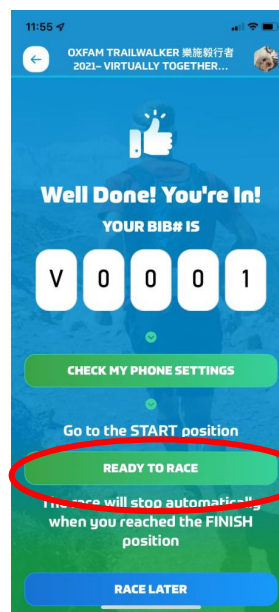
# 'TENACIOUS TRAILWALKERS – 60KM' START POINT



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- **Start: Pak Tam Chung Kiosk (near bus stop), Sai Kung** (complete within 31 hours after tapping 'GO')
- Open TRAILME, select '2a) Tenacious Trailwalker – 60km' then tap 'CHECK PHONE SETTINGS' first to make sure the phone setting is correct, then tap 'READY TO RACE' to search for signal, before you tap 'GO' to start, please make sure **the whole team (i.e four members) must start together within 15 minutes, otherwise they will be disqualified.** (you can refer to the TRAILME User Guide for more details on registration).





# 'TENACIOUS TRAILWALKERS – 60KM' FINISH POINT



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## Finish Point: Information board at MacLehose Trail Section 5 at Tai Po Road

TRAILME will automatically note that you have completed the trail when you reach the finish point. An SMS with your own finishing time will be sent to you after you have completed the event.



# 'TENACIOUS TRAILWALKERS – 40KM' START POINT

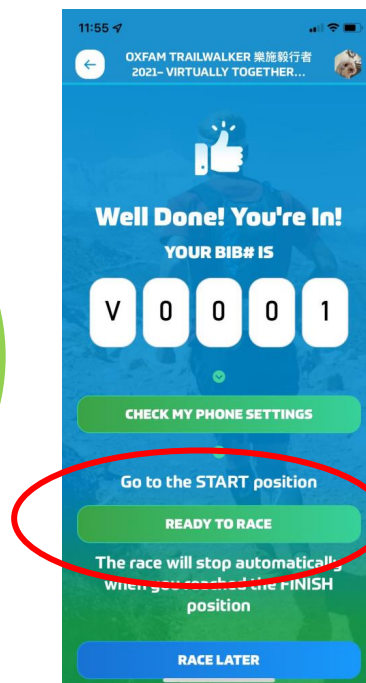


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**Start Point: Tai Po Road public toilet to Tai Tong Barbecue Area** (complete within 17 hours after tapping 'GO')

Open TRAILME, select '2b) Tenacious Trailwalker – 40km' then tap 'CHECK PHONE SETTINGS' first to make sure the phone setting is correct, then tap 'READY TO RACE' to search for signal, before you tap 'GO' to start your race, please make sure **the whole team (i.e four members) must start within 15 minutes, otherwise the team will be disqualified.** (you can refer to the TRAILME User Guide for more details on registration).



# ‘TENACIOUS TRAILWALKERS – 40KM’ FINISH POINT



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## Finish Point: Information board at Tai Tong Barbecue Site, Yuen Long

RAILME will automatically note that you have completed the trail when you reach the finish point. An SMS with your own finishing time will be sent to you after you have completed the Event.





# POINTS TO NOTE



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For the operation hours of the support points, please refer to later slides for details.

- The Oxfam food coupon entitles the bearer to redeem food or drinks at Cheung Sheung Hui Lam store, please refer to the Oxfam support points and the self support point next slide
- Drinking water and light refreshments at Gilwell Camp Site only available for those participants who can show number bib. Please bring your own utensils.
- Medals will be presented by Oxfam Hong Kong to all finishers. (during weekends)
- Note: Tenacious Trailwalkers will have to finish the 60 km trail first before receiving a medal at the Finish Point (in Yuen Long)
- Finishers can collect your medal at Oxfam Hong Kong if you cannot collect it at the Yuen long finish point. Details to be announced.



# OXFAM SUPPORT POINTS AND THE SELF-SUPPORT POINTS



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The table below is for reference only. The actual business hours, types and quantities of water and supplies at each point during the event are all subject to availability at individual kiosks. The support we provide will only be available at specific times on the weekends during the event. **Please note that since we will only provide light refreshments, teams will still need to arrange sufficient food and drink themselves. Please also be reminded to observe the group gathering ban.**

Location (map link)	Name/Type	Distance to next water point (km)	Support provided	Operation hours
<b>Pak Tam Chung – Sai Kung</b> <a href="https://bit.ly/3pS8jOV">https://bit.ly/3pS8jOV</a>	Pak Tam Chung Kiosk	15.8	Food and drink (items subject to store's stock and availability)	Monday - Friday: 09:00 - 18:00 Saturday - Sunday: 07:00 - 19:00
	AFCD Water Filling Station		Drinking water	24 hours
	Oxfam technical support point		Provide TRAILME App technical support	Saturday: 06:30 - 10:00
<b>Sai Wan</b> <a href="https://bit.ly/38aKTxU">https://bit.ly/38aKTxU</a>	Various stores in the village	6.2	Food and drink (items and availability subject to individual stores)	Depends on individual store's operation



# OXFAM SUPPORT POINTS AND THE SELF-SUPPORT POINTS



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Location (map link)	Name/Type	Distance to next water point (km)	Support provided	Operation hours
<b>Chek Keng</b> <a href="https://bit.ly/3mSD1Zi">https://bit.ly/3mSD1Zi</a>	良友士多	2.3	Food and drink (items subject to store's stock and availability)	Sunday - Thursday: 08:00 - 19:00 (drinks only) Friday - Saturday: 07:00 - 23:00 (drinks and food)
<b>Pak Tam Au</b> <a href="https://bit.ly/3b64PEb">https://bit.ly/3b64PEb</a>	AFCD Water Filling Station	3.1	Drinking water	24 hours
	Vending Machine		Cold drinks (subject to availability)	N/A

# OXFAM SUPPORT POINTS AND THE SELF-SUPPORT POINTS



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Location (map link)	Name/Type	Distance to next water point (km)	Support provided	Operation hours
Cheung Sheung <a href="https://bit.ly/2KZzUi3">https://bit.ly/2KZzUi3</a>	Huilam Store	6.3	<p>The Oxfam food coupon entitles the bearer to redeem any <u>two of the four items</u> below:</p> <ul style="list-style-type: none"> <li>● 6 fish balls</li> <li>● 6 siu mais</li> <li>● 1 bowl of Chinese sweet soup (Saturday and Sunday only)</li> <li>● 1 bottle/ can of drinks</li> </ul> <p>The coupon will be distributed on 19 and 20 November when participants collect their packs</p>	<p>Monday – Thursday: 11:00 - 15:00</p> <p>Friday: 11:00 - 00:00</p> <p>Saturday: 10:00 - 00:00</p> <p>Sunday: 08:00 - 17:00</p>
Kei Ling Ha <a href="https://bit.ly/3b9I9mr">https://bit.ly/3b9I9mr</a>	AFCD Water Filling Station	12.8	Drinking water	24 hours
	Vending Machine		Cold drinks (subject to availability)	N/A
	Bonaqua paid water filling station		Drinking water (subject to availability)	N/A

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Location (map link)	Name/Type	Distance to next water point (km)	Support provided	Operation hours
<b>Gilwell Camp Site</b> <a href="https://bit.ly/3o4V0A9">https://bit.ly/3o4V0A9</a>	Oxfam Support Point	3.5	Drinking water and light refreshments (bread, biscuits, fruits, and salt candy)	27 and 28 November: 14:00 -14:00 (runs overnight)  4 and 5 December: 14:00 -14:00 (runs overnight)  11 and 12 December: 14:00 - 14:00 (runs overnight)
<b>Shatin Pass</b> <a href="https://bit.ly/3hDzWZ3">https://bit.ly/3hDzWZ3</a>	恆益商店	7.4	Food and drink ( items and availability subject to store)	Monday - Friday: 10:00 - 21:00 Saturday: 10:00 22:00 Sunday: 10:00 - 21:00

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Location (map link)	Name/Type	Distance to next water point (km)	Support provided	Operation hours
<b>Tai Po Road</b> (next to public toilet) <a href="https://bit.ly/392hSUF">https://bit.ly/392hSUF</a>	AFCD Water Filling Station	4.3	Drinking water	24 hours
	Vending Machine		Cold drinks (subject to availability)	N/A
	Oxfam technical support point		TRAILME App technical support	27 and 28 November (Saturday and Sunday): 06:30 - 10:00
				4 and 5 December: (Saturday and Sunday): 06:30 - 10:00
		11 and 12 December: (Saturday and Sunday): 06:30 - 10:00		
<b>Shing Mun Reservoir BBQ site</b> <a href="https://bit.ly/3hDJu6e">https://bit.ly/3hDJu6e</a>	AFCD Water Filling Station	16	Drinking water	24 hours
	Bonaqua paid water filling station		Drinking water (subject to availability)	N/A
	Vending Machine		Cold drinks (subject to availability)	N/A

# OXFAM SUPPORT POINTS AND THE SELF-SUPPORT POINTS



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Location (map link)	Name/Type	Distance to next water point (km)	Support provided	Operation hours
<b>Tai Mo Shan</b> <a href="https://bit.ly/3948vDY">https://bit.ly/3948vDY</a>	Tai Mo Shan Country Park Visitor Center Refreshment Kiosk (Lin Jei)	7.3	Food and drink (items subject to store's stock and availability)	Monday - Thursday: 07:00 - 18:00 Friday - Sunday and Public Holiday: 07:00 - 00:00
	Bonaqua paid water filling station		Drinking water (subject to availability)	N/A
<b>Tai Mo Shan</b> <a href="https://bit.ly/2LfN9Lq">https://bit.ly/2LfN9Lq</a>	Tai Mo Shan Country Park Refreshment Kiosk (next to carpark)	7.3	Food and drink (items subject to store's stock and availability)	Monday - Friday: 08:30 - 21:00 Saturday - Sunday 07:30 - 21:00
	Bonaqua paid water filling station		Drinking water (subject to availability)	N/A



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Location (map link)	Name/Type	Distance to next water point (km)	Support provided	Operation hours
Tin Fu Tsai <a href="https://bit.ly/3kg5k2g">https://bit.ly/3kg5k2g</a>	Store	12.9	Food and drink (items subject to store's stock and availability)	Saturday - Sunday 09:30 - 17:00

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Location (map link)	Name/Type	Distance to next water point (km)	Support provided	Operation hours
<b>Tai Tong – Yuen Long (finish point)</b> <a href="https://bit.ly/3pS8MRb">https://bit.ly/3pS8MRb</a>	Tai Tong Barbecue Area Refreshment Kiosk	--	Food and drink (items subject to store's stock and availability)	Monday - Thursday: 10:00 - 16:00 Friday - Sunday 09:30 - 18:00
	Oxfam Support Point		Medals will be presented by Oxfam Hong Kong to all finishers  Note: Tenacious Trailwalkers will have to finish the 60 km trail first before receiving a medal at the Finish Point (in Yuen Long)  Finishers can collect your medal at Oxfam Hong Kong if it was not collected at the Yuen long finish point. Details to be announced.	27 and 28 November: 14:00 - 23:59 (runs overnight) 4 and 5 December: 14:00 - Sun 23:59 (runs overnight) 11 and 12 Dec Sat: 14:00 - Sun 21:00 (runs overnight)

# PERSONAL HEALTH TIPS



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1. Perform hand hygiene frequently, especially before touching your mouth, nose or eyes, after touching items/surfaces frequently touched by others (e.g. doorknobs), or when hands are contaminated by respiratory secretion after coughing or sneezing.
2. Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry. If hand washing facilities are not available, or when hands are not visibly soiled, use an alcohol-based hand rub with at least 70 to 80 per cent alcohol.
3. Cover your nose and mouth with tissue paper when sneezing or coughing. Do not spit or litter. Use tissue paper to hold your spit. Dispose of the soiled tissues into a lidded rubbish bin, and then wash hands thoroughly.
4. Please wash hands or use hand sanitizer after using the toilet.
5. Bring surgical masks, tissue paper and an alcohol-based hand sanitiser (with at least 70 to 80 per cent alcohol) with you.
6. If you have a fever or respiratory symptoms, do not participate in the event and seek medical advice promptly.
7. Remove and dispose of masks safely and properly. Do not leave them on the trail.
8. Buy an insurance plan that covers COVID-19 if needed, and thoroughly read through the terms and conditions.
9. Avoid touching animals (including wild boars, monkeys, poultry / birds or their droppings).
10. **Participants must be 1.5-meter apart from other teams while on the course, especially when trying to take over other participants.**





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# Q & A



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# Happy Trailwalking for a Better World!!!