



樂施會
OXFAM
Hong Kong

無窮世界
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2025

Oxfam Young Trailwalker

Now accepting applications

Deadline: January 24, 2025

"Oxfam Trailwalker" is the largest hiking event in Hong Kong, celebrating its 40th anniversary this year. To pass on the spirit of perseverance, unity, challenge, and empowerment to the new generation, and in alignment with the Education Bureau's 4Rs Mental Health Charter, Oxfam Hong Kong is launching the "Oxfam Young Trailwalker Training Program" in 2025. This program is fully supported by Growth Partner and Funder, The D. H. Chen Foundation, in response to societal concerns about students' physical and mental health.



From February to November 2025



Weekends and Public Holidays (Morning/Afternoon Session)



All major trails in Hong Kong, including part of the MacLehose Trail



PROGRAM FEATURES

- Nurture a new generation to become "Oxfam Young Trailwalker" with full guidance from Oxfam Trailwalker and professional trail running coaches
- Each training session will take place on various trails in Hong Kong, including some sections of the MacLehose Trail, to enjoy the unique natural scenery of Hong Kong
- Special activities like trail photography workshops and night hikes will be organised to enhance the experience
- Suitable for youths with limited exercise or hiking experience
- Youth will be divided into teams of four, learning to collaborate and support one another to complete challenges together
- Transportation subsidies, hiking gear sponsorship, and rewards will be provided to encourage participation and achievement of challenge goals

BELOW IS AN OVERVIEW OF THE PROGRAM FOR 2025. THE FIRST CLASS WILL BEGIN IN EARLY FEBRUARY 2025. DETAILED INFORMATION SUCH AS TIME AND LOCATION OF THE CLASS WILL BE RELEASED UPON SUCCESSFUL ENROLLMENT. THE TRAINING SCHEDULE IS SUBJECT TO CHANGE DEPENDING ON THE ACTUAL SITUATION, WEATHER, AND TRAINING SCHEDULE.



Regular Training (Feb to Nov 2025)

Session	Time	Location	Training Content
20	Weekends and Public Holidays (Morning/Afternoon Session) Approximately 2 to 4 hours per session	<ul style="list-style-type: none"> Trails in Hong Kong Mainly in Kowloon City, Kwun Tong and Wong Tai Sin districts Some include outdoor/indoor sports venues 	<ul style="list-style-type: none"> Basic hiking theories and techniques, including: <ol style="list-style-type: none"> 1. Mountain and Wilderness Safety 2. Wilderness First Aid 3. Map learning 4. Use of hiking gear such as poles and headlamps 5. Basic trail running skills Physical Training

Participating youths will be divided into 3 large groups (about 32 to 36 persons per group) and will be trained on different days, with each training and activity session lasting about 2 to 4 hours. Trainings will be held on Saturday or Sunday morning/afternoon, about 1 to 3 times per month.



Extra Activities (Feb to Nov 2025)

Session	Time	Location	Activity Details
6	Saturday or Sunday Approximately 2 to 4 hours per session	Kwun Tong and Sha Tin districts mainly	Mountain Photography, Night Hiking, Silent Viewing, Volunteer Service, etc.

Each activity is conducted in small groups with a quota of 35 participants. Participants are encouraged to sign up based on their interests.



Challenge Day (Feb to Nov 2025)



Challenge



Session	Time	Routes	Tentative Date
1	Sunday Morning Around 5 hours	Wong Tai Sin / MacLehose Trail Section 5, Lion Rock	April 12
1	Sunday Morning Around 7 hours	Tsuen Wan / Needle Hill, Grassy Hill, Tai Mo Shan	July 12
1	Saturday Morning Around 8 to 10 hours	Tsuen Wan / MacLehose Trail to Tai Mo Shan, Tuen Mun *or in conjunction with Oxfam Trailwalker activities	Nov 15

All participants compete together for approximately 5 to 10 hours per session. Self-organized teams are welcome.

Should you have any enquiries, please feel free to contact Oxfam's Development Education Team

Ms Wu, phone: 3120-5131/ email: holly.wu@oxfam.org.hk or

Ms Chui, phone: 3120-5149/ email: tiffany.chui@oxfam.org.hk

