

Hike for Hospice – Sunday, 31 January 2010

Event Schedule

- 0700 – 0715 Free buses leave from Central to Tai Lam (see schedule on next page)
- 0730 – 0745 Free buses leave from Yuen Long MTR Station to Tai Lam (see schedule on next page)
- 0745 – 0900 Registration and Morning Refreshments
- 0840 Opening Ceremony
- 0900 “Hike for Hospice 2010” commences
- 1130 – 1500 Curry lunch being served
- 1200 – 1530 Free buses leave from Tai Lam to Central and Yuen Long MTR Station (see schedule on separate page)

Enquiries

- ♦ From now until Friday, 29 January 2010
Tel: 2868 1211
E-mail: ritalau@hospicecare.org.hk
- ♦ On Saturday, 30 January (2pm - 5pm) and Sunday, 31 January (7:30am – 4pm)
Tel: 2475 2847 / 2944 0493

Notes to Hikers

- Parts of the trail are hilly and rugged, please be sure to wear a pair of good hiking boots or running shoes. A hiking stick may also be useful.
- Bottled water will be provided at the Start, Check Points (CP) 1, 2, 3, 4, 6 and the Finish. But hikers are also advised to bring sufficient food and water as the hike may last for several hours.
- A first aid station will be established at the Start, and basic first aid will be provided at all CPs.
- Signs will be put along the routes and a route map will also be provided to all hikers at the Registration Counter.
- Carry a mobile phone. Call our emergency hotlines at 2475 2847 / 2944 0493 whenever needed (the emergency telephone numbers can also be found on the route map)

Bus Schedule

- **Central to Tai Lam**
(boarding at Outer Island Ferry Pier No.5, CityBus No.11 Bus Terminus, near Two IFC)
Buses leave from Central between 7:00 am and 7:15 am.
(NO BUSES WILL BE AVAILABLE AFTER 7:15AM)
 - **Yuen Long to Tai Lam**
(boarding at Bus Terminus outside Sun Yuen Long Centre (neighbouring to the West Rail Yuen Long Station). Buses leave from Yuen Long between 7:30 am and 7:45am
(NO BUSES WILL BE AVAILABLE AFTER 7:45AM)
 - **Depart from Tai Lam to Central**
(Departure times are tentative, subject to change on event day)
12:30pm 1:15pm 2pm 2:45pm 3:30pm
 - **Depart from Tai Lam to Yuen Long**
(Departure times are tentative, subject to change on event day)
12:00pm 12:45pm 1:30pm 2:15pm 3:00pm
- Seats are limited on buses, there may be chances that you need to stand.**

Arriving on Public Transportation

1. Turn right after going out from West Rail Long Ping Station Exit B1 and then take MTR shuttle bus K66. Get off at Tai Tong Shan Road bus stop. See sign to Tai Lam Country Park and follow the road up hill to the Start (BBQ site number 7) , about 45 minutes walk
2. Take red minibus (to Tai Tong) at Hung Min Court, Yuen Long City (neighbouring to City Mall). Get off at Tai Tong Shan Road bus stop. See sign to Tai Lam Country Park and follow the road up hill to the Start, about 45 minutes walk.
3. Take taxi at Yuen Long city to the public car park at Tai Lam Country Park. Get off and walk about 8 minutes to the Start.

Driving Instructions

1. From Hong Kong Island take the Western Harbour Crossing and follow Route 3, via the Tai Lam Tunnel, to the approaches of Yuen Long.
2. At the end of Route 3 keep in the left hand lane, following the signs to Yuen Long, and join Route 9.
3. Keep in the left hand lane onto the Pok Oi Roundabout (do not go over the flyover) and proceed ahead, signed to Tuen Mun.
4. At the next roundabout turn right into Shap Pat Heung Road (signed Yuen Long South) and take the first left turn.
5. At the end of Tai Kei Leng Road, turn left at the traffic lights and follow Tai Tong Road (no signs for some time) for about 2km, turning left into Kiu Hing Road just before the roads ends with a roundabout.
6. Take the first left turn (a few hundred metres) on to Tai Tong Shan Road and follow the road up hill (don't fork left) and past a BBQ site (number 5) on your left.
7. There is a small parking area off to the right. **PARKING MAY BE DIFFICULT.**
8. From the car park, turn right and walk uphill a short distance to the Start/Finish point at BBQ site number 7. There is no parking at the event site.

West Rail Yuen Long Station

西鐵元朗站

元朗 YUEN LONG

十八鄉 SHAP PAT HEUNG

BBQ Site No. 5
五號燒烤場

Public Car Park
(Near BBQ Site No. 4)
公共停車場 - 四號燒烤場

Start & Finish - BBQ Site No. 7
起點及終點 - 七號燒烤場

