

Altra King of The Hills Series 2024/25

Hong Kong Mountain Marathon Race Course (2024 Variations)

March 23 , 2025 Sunday

Since the Forest Track near BoA Vista is still temporarily closed by AFCD, the race course of FULL and HALF Marathon is varied.

Race bib collection opens (for those who have not collected yet) and Baggage Storage opens 8:00am at the North End Repulse Bay Beach (on the sand south of the 7-11) Public buses: 6, 61, 63, 263
Start & Finish: Repulse Bay Beach

HALF MARATHON Start Time: 9:00am 5 hours allowed
Distance 18.3. km, ~947 meters cumulative elevation gain, 2 water stops
(CP1, CP3)

Half Marathon Course : Start – South Bay Close – Tsin Shui Wan Au(Repulse Bay Gap) – near Wong Nei Chung Reservoir – Violet Hill – Parkview/Hong Kong Trail Signboard – Jardine’s Lookout - Turn above the Quarry to Siu Ma Shan – Turn right from Siu Ma Shan Bridge – Sir Cecil’s Ride – Mt Parker Road - Tai Feng Au– Tai Tam Upper Reservoir – Tai Tam Reservoir Road, Tai Tam Intermediate Reservoir – Tsin Shui Wan Au(Repulse Bay Gap) – South Bay Close – Finish

FULL MARATHON Start Time: 9:30am 6.5 hours allowed
Distance 31.2 km, ~1,558 meters cumulative elevation gain, 3 water stops
(CP1, CP2, CP3)

Full Marathon Course : Start – South Bay Close – Tsin Shui Wan Au(Repulse Bay Gap) – near Wong Nei Chung Reservoir – Violet Hill – Parkview/Hong Kong Trail Signboard – Jardine’s Lookout – Turn above the Quarry to Siu Ma Shan – Turn left from Siu Ma Shan Bridge – Access Road to CAD Radio Station – Turn right to Sir Cecil’s Ride until joined with Wilson Trail, decent to Mt Parker Road – Hong Pak Country Road – Mt Parker Road - Tai Feng Au – Tai Tam Upper Reservoir – Tai Tam Reservoir Road, Tai Tam Intermediate Reservoir – Tsin Shui Wan Au(Repulse Bay Gap) – turn left on the Wilson Trail over the Twins – return to Tsin Shui Wan Au via water catchment – South Bay Close – Finish(Repulse Bay Beach)

Cutoff: 5.5 hours at Tsin Shui Wan Au for Twins and onwards. Cutoff racers will be directed straight down to Finish.

Race Course Hints and Suggestions

- 1) Maps - Although the course will be marked with white A4 size way marks with red arrows, purchase a Hong Kong Island & Neighboring Islands Countryside Map to take along on the run may be helpful if questions arise. Racers are also advised to familiarize themselves with the course ahead of time.

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- 2) Water – Water Stops will be situated at CP1 Parkview/Hong Kong Trail Signboard(Full & Half) and CP2 Quarry Bay (Full only) CP3 open ground on Mt Parker Road (next to the northern end of the Main Dam, Tai Tam Upper Reservoir (FULL & HALF). There are no obvious places to purchase water along the course so runners are advised to prepare accordingly and carry their own water along the course.
- 3) Mosquito Repellent – Although no cases of Dengue Fever have been reported in the race course area, participants would be wise to take precautions against mosquito bites.
- 4) Weather – Hot and humid could be the mostly outcome based upon historical precedent for this time of year. Please check the weather forecast prior to the race. Large portions of the trail are exposed to direct sunlight. Hats and sunscreen are recommended.
- 5) Trail Conditions - Portions of the trail are on steep and rough ground. If it has rained recently, it will also be slippery. Be prepared for rough, outback conditions, this is not a road race!
- 6) Carrying a mobile phone with Hong Kong reception while racing will be helpful for emergency.

#####以下為中譯本#####

2024/25 ALTRA 山野之王系列賽香港站

日期：2025 年 3 月 23 日（星期日）

起點開放時間：上午 8 時正 (寄存行李/領取比賽號碼布)

起點和終點：淺水灣

途經的公共巴士：6, 61, 63, 263

茲因政府仍暫時封閉近野豬徑一段林道, 2024年的賽道作出了一些調整

半馬賽 比賽開始時間：上午 9 時正 時限：5 小時內距離 18.3 公里 累計爬升高度~947 公尺 - 2 個水站 (CP1, CP3)

路線摘要：起點 > 南灣徑 > 淺水灣坳 > 引水道尾(近黃泥涌水塘) > 紫羅蘭山 > 港島徑(陽明山莊方向) > 渣甸山 > 小馬山 > 小馬山橋 > 轉右下金督馳馬徑 >> 柏架山道 > 大風坳 > 大潭上水塘 > 大潭水塘路 > 大潭中水塘 > 淺水灣坳 > 南灣徑 > 終點 (淺水灣海灘)

全馬賽 比賽開始時間：上午 9 時 30 分 時限：6 小時 30 分內距離 31.2 公里 累計爬升高度~1,558 公尺 3 個水站 (CP1, CP2, CP3)

路線摘要：起點 > 南灣徑 > 淺水灣坳 > 引水道尾(近黃泥涌水塘) > 紫羅蘭山 > 港島徑(陽明山莊方向) > 渣甸山 > 小馬山 > 小馬山橋 > 轉左往民航署雷達站車道 > 轉右接金督馳馬徑 > 直到接衛徑 > 柏架山道 > 康柏郊遊徑往柏架山道 > 柏架山道 > 大風坳 > 大潭上水塘 > 大潭水塘路 > 大潭中水塘 > 淺水灣坳 > 孖崗山 > 沿

中譯本接英語本以下

衛徑右接引水道返回淺水灣坳 > 南灣徑 > 終點

全馬賽員須於比賽開始後 5 小時 30 分內第二次通過淺水灣坳，否則不許繼續往孖崗山和 CP4 及遵從指示直返終點。

注意事項：

- (1) 地圖：雖則賽道會有路標和絲帶子標示但其它郊遊人仕也有可能不經意地遮擋了路標，請參閱賽區地圖及在比賽前熟習賽道。
- (2) 水站：CP1 大潭水塘道港島徑牌坊前(全馬和半馬)，CP2 鰂魚涌 (全馬) CP3 大潭上水塘主霸北端前空地 (全馬和半馬)。賽道餘下路段沒有位置可供購買飲料自行補給。賽員應自行計劃好攜行飲料份量。
- (3) 蚊怕水：雖則近來賽區範圍附近暫沒有確診的登革熱病例但賽員仍需注意禦防蚊釘措施。
- (4) 氣候：四月份氣溫可能是仍然高和潮濕，賽員請留意比賽日天氣預報。
- (5) 路況：部份賽道較崎嶇和陡上，天雨後較濕滑。這比賽並不是全路賽，要有準備在崎嶇山徑和穿過矮叢中比賽。
- (6) 比賽時帶備能接收香港訊號的手提電話是有助緊急求援。