

ITEMS		CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9	Finish
		Wu Kau Tang Bridge	Wu Kau Tang Farm House	Luk Keng	Hok Tau	Fan Ling	Ng Tung Chai	Tai Mo Shan	Yuen Tun Ha	Sha Lo Tung	Tei Mei Tuk
種類		烏蛟騰 行人橋	烏蛟騰 村屋前	鹿頸	鶴藪	粉嶺	梧桐寨	大帽山	元敦下	沙羅洞	終點
Banana	香蕉	---	👍	👍	👍	👍	👍	👍	👍	👍	Hot Meals (Italian cuisine) 熱食 (意式美食)
Oranges	橙	---	👍	👍	👍	👍	👍	👍	👍	👍	
Bread	麪飽	---	👍	👍	👍	👍	👍	👍	👍	👍	
Pretzels	鹹脆餅	---	👍	👍	👍	👍	👍	👍	👍	👍	
Jam	果醬	---	👍	👍	👍	👍	👍	👍	👍	👍	
Honey	蜜糖	---	👍	👍	👍	👍	👍	👍	👍	👍	
Peanut Butter	花生醬	---	👍	👍	👍	👍	👍	👍	👍	👍	
Table salt	餐桌鹽	---	---	👍	👍	👍	👍	👍	👍	👍	
Plain Rice Ball	飯糰	---	---	👍	---	---	---	👍	---	---	
Plain Congee	白粥	---	---	---	---	👍	---	---	---	👍	
Minestrone Soup	意大利菜湯	---	---	---	👍	---	---	---	---	---	
Veggie Soup	蔬菜湯	---	---	---	---	---	---	👍	---	---	
Rice Vermicelli	米線	---	---	---	---	---	👍	---	👍	---	
Distilled Water	蒸餾水	👍	👍	👍	👍	👍	👍	👍	👍	👍	
Soft Drinks	汽水	---	👍	👍	👍	👍	👍	👍	👍	👍	
Sport Drinks	運動飲品	---	👍	👍	👍	👍	👍	👍	👍	👍	
Coffee & Tea	咖啡及茶	---	---	---	👍	👍	👍	👍	👍	👍	
Cocoa	朱古力特飲	---	---	---	👍	👍	👍	👍	👍	👍	
Beer	啤酒	---	---	---	---	---	---	---	---	---	

Note: Vegetarian food will be served at all aid stations except CP1, while hot meals at the Finish will be Italian cuisine.

CP 1 will be provided only drinking water for racers to replenish their own hydration system.

注意：除了CP1外，賽會將於各支援站供應素食給賽員，而終點裡供應的熱食則為意大利式美食。

CP1 祇會安排飲用水給賽員補充。