

# TNF 100 and TNF 50 HONG KONG ROUTE DESCRIPTIONS

## 2018 VARIATIONS

In the aftermath of Super Typhoon Mangkhut, licensing authorities closed segments of Section 2 and Section 3 of our race course. It is rerouted in order to affect the total distance and total elevation climb in minima. Variation of the first three sections is set out as follows while the rest sections remain unchanged.

Both the 50 km and 100 km races start at 8 AM on Saturday, December 15, 2018 inside the Tai Mei Tuk car park in the Northern New Territories of Hong Kong SAR. Baggage check will take place in The Hong Kong Federation of Youth Groups Tai Mei Tuk Outdoor Activities Center (HKFYG Center). Race assembly will take place on the cycling track near Bradbury Jockey Club Youth Hostel, Hong Kong Youth Hostels Association.

### TNF 100 and TNF 50 Section 1:

#### Tai Mei Tuk / Pat Sing Leng Nature Trail / **Bride's Pool Road**

Distance (Km)	~9	Elevation Gain (M)	~424	Elevation Loss (M)	~330
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Racers will run out the cycling track and turn right onto Ting Kok Road for approximately 1 km. The course turns left by the Plover Cove Visitor Center, Agriculture, Fisheries and Conservation Department (AFCD) and onto Pat Sing Leng Nature Trail. The course continues along a footpath approximately 1.5 meters wide and gains altitude steadily. There are occasional breaks in the forest that afford views to the right of Plover Cove Reservoir. After attaining a height of land at about 300 meters, the path descends to an intersection where **Pat Sin Leng Nature Trail splits off to the right and racers continue on the Wilson Trail to the left. The course stays on Wilson Trail through Wang Shan Keuk Ha Tseun and Wang Shan Keuk Sheung Tsuen. Crossing a stream and stay on Wilson Trail until a footpath junction. Turns right on the trail with a sign post showing the way to Wu Kau Tang and descends to Bride's Pool Road.**

Although the race organizer and the police will manage traffic control, racers should cross the road with caution. The road is also popular with cyclists who tend to disregard instructions to give way to runners crossing the road.

**Crossing Bride's Pool Road at the junction of Wu Kau Tang Road. Check Point 1 is in a Gazebo there.**

## TNF 100 and TNF 50 Section 2:

### **Bride's Pool Road / Wu Wau Tang Country Trail / Wu Kau Tang**

Distance (Km)	~3.2	Elevation Gain (M)	~207	Elevation Loss (M)	~200
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From Check Point 1 head north up Brides Pool Road for 400 meters. STAY on the hard right shoulder of the road and turn right and up the stairs on the Wu Kau Tang Country Trail. The route descends to Wu Kau Tang and runs through the settlement until Check Point 2 in front of farm houses.

## TNF 100 and TNF 50 Section 3:

### **Wu Kau Tang / Lai Tau Shek / Sham Au Chuen / Lai Chi Wo / Kuk Po / Luk Keng**

Distance (Km)	~14.9	Elevation Gain (M)	~483	Elevation Loss (M)	~506
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The cut off for starting this section of the trail is 1200 hrs on December 15.

The route follows the well paved footpath leaving Wu Kau Tang through Kau Tam Cho until a bike barrier of some pillars. Turn to an ascending trail on the left side and be gradually up onto a section on contour to Lai Tau Shek. The route descends gradually to Sam A Tsuen and it then is on the well paved footpath and up to Shan Mei Au. Descend to Siu Tan on the well paved path and along the costal line. The course will go to an ancient village Lai Chi Wo after crossing a stream on footbridge. The route runs around the settlement on left and through a couple farm houses. It will be on a stone paved trail after crossing a stream on a footbridge. Climb up to Fan Shu Au and descends to the living village of Kuk Po and turn left until waterfront. The course turns left on footpath along coastal line and passes Fung Hang until joining with Fung Hang Family Walk. Turns left on Fung Hang Family Walk until the trail head at Bride's Pool Road. Turn right on Bride's Pool Road to CP3. STAY on the hard right shoulder and use the sidewalk as much as possible.

Checkpoint 3 is located at the gazebo on the main road just before, and on the other side of the road from, the Luk Keng minibus stop.

Race participants would potentially be able to purchase additional refreshments at stores in Lai Chi Wo, Kuk Po, Fung Hang and Luk Keng should they require, though these shops are open at the whim of the local inhabitants. There will likely be one intermediate timing point at an undisclosed location along the course to insure that no short cutting takes place.

#### **TNF 100 and TNF 50 Section 4:**

#### **Luk Keng / Nam Chung Country Trail / Tan Chuk Hang / Hok Tau.**

Distance (Km)	~9.5	Elevation Gain (M)	~590	Elevation Loss (M)	~550
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The cut off for starting this section of the trail is 1500 hrs on December 15.

The course route crosses Bride's Pool Road in front of the Luk Keng village noodle shops and bus stop. The course heads immediately away from the road toward Luk Keng Lam Uk, but turns right and down to the Nam Chung River to Nam Chung Road before starting up the Nam Chung Country Trail. The course follows the Nam Chung Country Trail all the way to Tan Chuk Hang. The first section of the trail features a couple of switchbacks and a gradual ascent to a river crossing, followed by a section along the edge of the river that alternates between short, steep climbs and flattish sections. Several small waterfalls are visible along the way on the runner's right. After crossing the river to the right again, the climb becomes steeper and more consistent. Following the high point near marker C2505 (~440 meters), the trail descends to Ping Teng Au, a lovely open meadow surrounded by mountains, including, above to the left, the final section of the race course. Staying on the Nam Chung Country Trail, runners head toward Tan Chuk Hang via a 1.5 km continual descent. After passing along the houses of Tan Chuk Hang, the route joins the Hok Tau Country Trail in the reverse direction of the sign posting. The next 1 km is a deceptively tough roller coaster section with a final descent to Hok Tau barbecue site and Checkpoint 4.

The 50 km and 100 km routes diverge at Hok Tau with the 50 km route returning to Tai Mei Tuk and the 100 km route continuing on an extended journey around the New Territories. The 50 km route is described first.

The cutoff time for continuing on the 100 km course is 1800 hrs 100 km race participants can use their discretion in choosing switch to the 50 km race if they wish to continue after 1800 hrs. The cut off for continuing on the 50 km course is 1900 hrs.

**TNF 50 Section 5:**

**Hok Tau / Hok Tau Reservoir / Ping Fung Shan / Pat Sin Leng / Pat Sin Leng Nature Trail.**

Distance (Km)	~12.1	Elevation Gain (M)	~930	Elevation Loss (M)	~970
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The cut off time for starting this section of the race is 1900 hrs on December 15.

The route follows Hok Tau Road past the barrier gate to Hok Tau Reservoir and goes clockwise around the reservoir onto the Wilson Trail. A left hand turn at a sign board begins steep climb that leads to Ping Fung Shan, and up to just below Wong Leng (639 meters), the highest point on the 50 km course. Some beautiful ridge running leads to Shun Yeung Fung (590 meters), and the start of the “8 Immortals” a bumpy section of small hills on the ridge called the Pat Sin Leng. Along the ridge views to the right include the ocean and the large, new Goddess of Mercy statue. After descending steeply from the last of the 8 Immortals, the trail turns right on Pat Sin Leng Nature Trail to repeat a couple of km of the first section of the race in reverse down to Plover Cove Country Park Visitor Centre. After crossing Bride’s Pool Road, the route continues along Mei Wu Road for a few hundred meters and then turns right down a driveway, past a holiday camp, through a scrappy bit of forest and onto the Tai Mei Tuk Family Walk to the finish at Tai Mei Tuk.

Beverages and a warm meal will be served in HKFYG Center and racers will have access to hot showers at the Bradbury Jockey Club Youth Hostel.

### **TNF 100 Section 5:**

#### **Hok Tau / Lau Shui Heung Country Trail / Kat Tsai Shan Au / Lung Shan / Fanling**

Distance (Km)	~9.25	Elevation Gain (M)	~580	Elevation Loss (M)	~615
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The cut off for beginning this section of the course is 1800 hrs on December 15.

The route follows the Lau Shui Heung Park Road up hill past a barrier gate and past Lau Shui Heung Reservoir. The route then turns left uphill on the Lau Shui Heung Country Trail in the sign posted direction. A moderate climb and an undulating ridge section that overlaps with the Wilson Trail leads to a gazebo, a sign board and an intersection with a rough concrete track just before marker C2204. The route turns right down hill on the concrete track for just over 1.5 to a four-way intersection Kat Tsai Shan Au where there is also a sign board. Do NOT take the sharp right turn down the path on the Lau Shui Heung Country Trail. Instead, the route bears less sharply to the right and continues up an old and partially overgrown road toward Lung Shan (Dragon Hill). Part way up, the route turns left on a less well defined hiking trail to the top of Lung Shan (370 meters). There is a short ridgeline at the top of Lung Shan with a few ditches in the ground along the trail that deserve runner's caution. The route then descends steeply along the west side of Lung Shan, passing under a power pylon. There are a couple of trail splits along the way and the correct choice is always the left hand path in order to descend to a service reservoir. Passing around the outside of the service reservoir fence leads to a concrete road down past a barrier gate and then past the village of Tang Hang. This village has a good size population and lots of vehicles so runners should stay on the sidewalks where possible. The village road eventually terminates at a busy main road called Jockey Club Road. The route turns left on Jockey Club Road and follows pavement along the cycling track across a bridge over the Fan Ling Highway and MTR railway line to Wo Hop Shek Village, do NOT head to Wo Hop Shek Village but all via pavement on cycling track along Fan Ling Highway to a small park on Pak Wo Road (by Fanling MTR station) without having to cross any roads or come into contact with motor vehicles.

### **TNF 100 Section 6:**

#### **Fan Ling / Kei Lak Tsai / Pak Tai To Yan / Tai To Yan / Lam Kam Road / Ng Tung Chai**

Distance (Km)	~8.7	Elevation Gain (M)	~750	Elevation Loss (M)	~680
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The cut off for starting this section of the course is 2030 hrs on December 15.

The route goes immediately up the paved Wu Tip Shan trail, eventually becoming a dirt trail. The trail turns left to Kei Lak Tsai (256 meters) and then left again to Pak Tai To Yan(506 meters) before following the beautiful ridge to Tai To Yan(566 meters). The climb to Pak Tai To Yan is fairly demanding, but the subsequent ridge line section is ample reward. This is one of the most beautiful sections of trail in Hong Kong with views to Tai Mo Shan on one side and Kai

Kung Leng and on to China on the other side. Near the top of Tai To Yan there are a few sections of chain link fence on the side of the trail as the ridge is quite steep and narrow here. The descent from Tai To Yan is rolling at first, but finishes with a steep section on stone stairs.

Turn left upon coming out to the main road, Lam Kam Road and run on the sidewalk down to a bus stop where you can carefully cross Lam Kam Road (This is the most heavily trafficked road crossing of the race and runners should follow race marshal instructions before crossing.) and up Ng Tung Chai Road for about 100 meters to Checkpoint 6 which is at the gazebo the left side of Ng Tung Chai Road.

**TNF 100 Section 7:**

**Ng Tung Chai Village / Tai Mo Shan Forest Track / Tai Mo Shan Road / Sze Lok Yuen Youth Hostel**

Distance (Km)	~8.75	Elevation Gain (M)	~915	Elevation Loss (M)	~350
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The cut off time for starting this section of the course is 2300 hrs December 15.

The road to Ng Tung Chai Village (village shops may or may not be open) ascends gradually before becoming a paved trail to Man Tak Yuen. After that it becomes a hiking trail. After crossing a stream on a bridge, there is a wooden sign board. Do **NOT** take the trail to the left toward the waterfalls, but rather take the right hand trail that ascends steeply and consistently toward Tai Mo Shan. At the next sign board, the waterfall trail reconnects with the main trail and after a steep section enters a very pretty treeless stretch with obvious terracing from bygone days. The route joins the Tai Mo Shan Forest Track at a gazebo between MacLehose markers M143 and M144. Turning right, the route then follows the MacLehose Trail on a concrete road over Tai Mo Shan and down to the barrier gate just after MacLehose marker M152. MacLehose marker M147 by the entrance to the Tai Mo Shan summit station is the highest point on the 100 km course and the nearby summit of Tai Mo Shan(957 meters) is the highest point in Hong Kong. Runners get their first views here to Kowloon, Hong Kong Harbor and Hong Kong Island to the south. On the descent from Tai Mo Shan, runners are expected to stay on the road and not take any of the short cuts that cut off the switchbacks on the road. Taking of any of the short cuts would be grounds for disqualification from the race. You will eventually pass through a barrier gate with a guard booth on your left. Turn immediately left here down a concrete road for about 500 meters into Sze Lok Yuen Youth Hostel where Checkpoint 7 is located.

Nighttime temperatures on the high points of this section of the course frequently fall below 10 degrees this time of year and the wind chill can make it feel much colder.

### **TNF 100 Section 8:**

#### **Sze Lok Yuen Youth Hostel / Lung Mun Country Trail / Lead Mine Pass / Yuen Tun Ha**

Distance (Km)	~14.1	Elevation Gain (M)	~440	Elevation Loss (M)	~1,000
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The cut off for starting this section of the course is 0130 hrs on December 16.

Follow the signs out the backside of Sze Lok Yuen Youth Hostel to an intersection that you run straight through on a contour trail. A steep descent to the right leads eventually to concrete stairs by a graveyard and out onto the Chuen Lung Forest Track before joining the Lung Mun Country Trail. Just before Lung Mun Country Trail marker C3408 the course turns left and climbs to join a long contour trail through Shing Mun Country Park, including passing through a lovely bamboo tunnel, before joining the MacLehose trail briefly near marker M138 and descending to Lead Mine Pass. The course then turn left by the gazebo and toilets onto the Wilson Trail and continues north and down hill before joining a road (runners turn left) for a few hundred meters down to Yuen Tun Ha. Checkpoint 8 is located in the concrete structure on an island in the middle of the road.

This section of the course is not particularly steep, but does involve a fair bit of undulation through forested areas and numerous river crossings. There are bridges for some of the river crossings - but not all - and there is a fair likelihood of runners getting their shoes wet, particularly in the dark.

### **TNF 100 Section 9:**

#### **Yuen Tun Ha / Pun Chun Yuen, Taipo / Cloudy Hill / Sha Lo Tung**

Distance (Km)	~10.3	Elevation Gain (M)	~690	Elevation Loss (M)	~610
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The cut off for starting this section of the course is 0430 hrs on December 16.

This section of the course follows Section 8 of the Wilson Trail exactly until the top of Cloudy Hill (Kau Lung Hung Shan). After an uninspiring 1 km downhill on the road past San Ok Ka village, the route takes a 90 degree angle left turn by a poorly placed information board at Wilson Trail marker W090. The pavement gives way to a nice trail shortly after that and runners continue on a forest trail with an uphill bias. This trail continues for a couple of kilometers, but then comes out onto a road again and after a bit of undulation begins to descend near Pun Chun Yuen village. Thought a country road, it can be a bit busy depending upon the time of day and runners will need to be alert to traffic. The trail passes underneath a highway and eventually becomes a nicer series of paved footpaths through Kam Shek New Village, out to the Lam Tsuen River and then left along the Lam Tsuen River with a bridge crossing to the other side and then continuing in the same direction. The course takes a right turn away from the river in Tai Po Tau Shui Wai and heads for an underground passage beneath the railway line. Runners encounter the

only traffic signal on the course shortly before the tunnel underneath the railway. Unless otherwise directed by police on the spot, runners should obey all road traffic rules. After passing underneath the railway, a path beside a sports ground leads to Ying Pun Ha village where steps begin the climb of Cloudy Hill. The climb follows a long and gradually ascending ridge with several short descents along the way. Much of the way consists of paved steps and some sections are quite consistently steep. Approaching the summit, runners turn right and then bear along the fence to the left of the summit station (440 meters). Runners then turn sharply right (leaving the Wilson Trail which goes to the left) on the King of the Hills Taipo Mountain Marathon Trail down a steep set of stone steps for about 1.3 km toward Sha Lo Tung. Checkpoint 9 is located 50 meters to the right of the trailhead in a car park.

**TNF 100 Section 10:**

**Sha Lo Tung / Hok Tau Reservoir / Ping Fung Shan / Pat Sin Leng / Pat Sin Leng Nature Trail**

Distance (Km)	~11.6	Elevation Gain (M)	~810	Elevation Loss (M)	~940
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The cut off for starting this section of the course is 0730 hrs on December 16.

The course follows the King of the Hill Taipo route toward historic Sha Lo Tung Cheung Uk Village, turning right at a wooden sign just before entering the village. After a few hundred meters the course turns left at another wooden sign and soon crosses a river. After a short and undulating bit of forest trail the route takes a sharp right turn downhill at the next wooden sign. After crossing another bridge the trail climbs some stairs. Runners should look shortly after the stairs for a right turn on a less well defined path up past a picnic area and out onto a stone step trail. Turning right onto the stone step trail, runners have now rejoined the last section of the TNF 50 race course (also the Wilson Trail). A left hand turn by a sign board begins a steep climb that leads to Ping Fung Shan, and up to just below Wong Leng(639 meters), the second highest point on the 100 km course. Some beautiful ridge running leads to Shun Yeung Fung(590 meters), and the start of the “8 Immortals” a bumpy section of small hills on the ridge called the Pat Sin Leng. Along the ridge views to the right include the ocean and the large, new Goddess of Mercy statue. After descending steeply from the last of the 8 Immortals, the trail turns right on Pat Sin Leng Nature Trail to repeat a couple of km of the first section of the race in reverse down to Plover Cove Country Park Visitor Centre. After crossing Bride’s Pool Road, the route continues along Mei Wu Road for a few hundred meters and then turns right down a driveway, past a holiday camp, through a scrappy bit of forest and onto the Tai Mei Tuk Family Walk to the finish at Tai Mei Tuk.

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