

## Following HK100 by public transport

After the start it is easy to reach either CP2 Wong Shek (28km) or CP3 Hoi Ha (36km) as well as CP5 Kei Ling Ha / Sai Sha Road / Shui Long Wo (54km) by public transport. Please do not go to East Dam (Support point) as this is only accessible by taxis which go along the same single lane road as the runners, posing safety issues and it is really not enjoyable for runners to have to constantly slow down or move away to avoid them!

After CP5 none of the checkpoints are directly accessible by public transport, but it is possible to reach CP8 Shing Mun (82km) by walking for about 20 minutes from the bus stop.

From the start (Pak Tam Chung, in Chinese 北潭涌) there is a double-decker bus (KMB #94) direct to CP2 Wong Shek Pier (黃石). It leaves every 30 minutes and takes less than 30 minutes. The cost is HKD6.40 (about USD80 cents). The first runners could arrive at CP2 as early as 10.15am. At Wong Shek Pier there are no shops or restaurants but there is a soft drinks vending machine (which takes Octopus card payment). Above the CP is a pretty stretch of trail where you could cheer the runners on. Remember though that support such as providing food and drinks is only allowed in the CP areas.

From the start (Pak Tam Chung) there is also a green 16-seater maxicab (#7) which goes to CP3 Hoi Ha (海下). Departs every 30 minutes, takes about 30 minutes and costs HKD6.8. The first runners could arrive at CP 3 as early as 11am. In Hoi Ha village is a small restaurant for fried rice which you can sit outside and the runners come right past, and a small beach. At the CP, on the road 100m before the bus reaches the village, volunteers from Blind Sports Hong Kong will be cheering runners on.

Whether you choose Wong Shek or Hoi Ha, to travel to CP5 Kei Ling Ha / Shui Long Wo / Sai Sha Road (in Chinese 企嶺下) (54km where drop bags are available) requires taking the bus to Sai Kung town (KMB#94 every 30 mins from Wong Shek, green maxicab #7 from Hoi Ha). The journey is about 40 minutes.

At Sai Kung (which has restaurants and shops) take the double-decker bus (KMB #99 or KMB #299) and get off at stop (usually the 8th stop) "Shui Long Wo" on Sai Sha Road. You will see the CP on the right hand side. The journey should be about 15 minutes, departs every 20 minutes and costs HKD6.80 or HKD9.

The first runners could arrive at CP 5 as early as 12:25pm.

After CP5 you can either go to CP8 Shing Mun (城門水塘)(82km) which is slightly complicated and involves a 20 minute walk, or to the finish line. Either way you will first need to take double decker bus KMB#299 (carrying on in the direction you came from Sai Kung) to Sha Tin (departs every 20 mins, costs HKD10.30 and takes less than half an hour).

From Sha Tin Central Bus Terminus you need to take the bus to Tsuen Wan (KMB #49X)

(departs every 12 minutes, costs HKD9.10). Jump off at Tsuen Wan Chung On Street.

From Tsuen Wan Chung On Street to CP8 Shing Mun (in Chinese 城門水塘) take green 16-seater maxicab #82 to Shing Mun Reservoir. Jump off at the reservoir and walk with the reservoir on your left for about 20 minutes. Look out for monkeys and expect them to steal any food you're eating! You will see the CP on the right in a BBQ area. To reach the finish line retrace your steps and take maxicab #82 back to Tsuen Wan. The first runners will likely reach CP8 shortly after 3:25pm.

From Tsuen Wan to the finish line take double-decker bus (KMB #51 from Tsuen Wan MTR station) and jump off at the country park stop. Then walk into Rotary Club Park (in Chinese 大帽山扶輪公園) where the finish is located. The bus departs every 15 minutes between 6:20 and 15:20, every 30 minutes between 15:20 and 19:20 and every 60 minutes between 19:20 and 23:20.

Alternatively, look for the HK100 shuttle bus from Tsuen Wan MTR exit B3 or E (under the footbridge of Tsuen Wan Luk Yeung Sun Chuen) which should leave for the finish every 30 minutes or so between 7 pm on Saturday 14 January to 12 noon on 15 January, then every hour from 12 noon to 2 pm on Sunday 15 January. Fare is HKD20.

#### **Shuttle Bus Pick Up Point at Tsuen Wan MTR Station**

Under the footbridge of Tsuen Wan Luk Yeung Sun Chuen, MTR Exit B3 or E  
荃灣綠楊新村天橋底，港鐵站 B3 或 E 出口



Taxis are relatively cheap and plentiful in Hong Kong. Any of these journeys could be taken by taxi, showing the Chinese name of the destination to the driver, if necessary.