**The Third - Course description**

The Third course starts in Pak Tam Chung on the east side of Hong Kong's New Territories and winds its way around the coast of the Sai Kung peninsula along coastal paths, across beaches, through ancient villages, over hills and through valleys before returning to Pak Tam Chung. The 33km journey climbs over 1400m and offers amazing views of this beautiful corner of the planet.

The first 800 metres are on a sealed road before a sharp right turn leads to the Sheung Yiu Country Trail, which features 5km of classic Hong Kong winding country trail with views out to the islands in the South China sea. A further 5km on sealed road over dams built to form reservoirs leads to the first support point at East Dam (12km). Don't forget to take in the views of the Hong Kong UNESCO Global Geopark as you refuel!

From the support point to the first checkpoint requires a small climb and descent to Long Ke beach then a larger climb over Sai Wan Shan (314m) and crossing Sai Wan and Ham Tin beaches. Enjoy the waves crashing into the pristine white sand and ignore the temptation to join the surfers.

From CP1 (Ham Tin - 21km) there’s a short climb up and scramble down the peninsula between Ham Tin and Tai Long Wan beaches. About halfway along Tai Long Wan beach, wave the surfers goodbye and turn inland. After 1km of “jungle trail” rejoin the Maclehose Trail, turn right and head up and over then down to Chek Keng village.

Just **before** the Chek Keng village shop (where you should consider picking up a drink for the last climb), turn left and climb gradually, ignoring the pipe on the trail, until you cross the stream and climb more steeply. After about 2km you turn right and join the Luk Wu Country trail (signpost Luk Wu) climbing an almost vertical staircase. At the top 1km of runnable trail brings you to a left turn signposted High Island Reservoir). Take this and climb Tai Cham Koi (“*Big Pillow Cover*”)(408m) where the views are breath-taking.

Once you have posed for your photos, it’s almost all downhill to the road, where you turn right (carefully) and a 1km downhill run leads to to the party and the glory at the finish line. Free San Miguel beer for everyone! Welcome back!