

Following HK100 by public transport

After the start it is easy to reach either CP2 Hau Tong Kai (in Chinese 猴塘溪) (34km) or CP3 Pak Sha O Youth Hostel (in Chinese, 白沙澳青年旅舍) (43km) as well as CP5 Kei Ling Ha / Sai Sha Road / Shui Long Wo (57km) 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 green 16-seater maxicab (#7) which goes to CP2 (Hau Tong Kai, in Chinese 猴塘溪) and CP3 (Pak Sha O Youth Hostel, in Chinese, 白沙澳青年旅舍). CP2 (Hau Tong Kai campsite) is on Hoi Ha Road on the left side and takes about 15 minutes to reach from the start (Pak Tam Chung). CP3 (Pak Sha O Youth Hostel) is less than 2km further along Hoi Ha Road, also on the left hand side as you head towards Hoi Ha. From the start (Pak Tam Chung) the #7 maxicab departs every 30 minutes, takes about 20 minutes and costs HKD6.8.

The first runners could arrive at CP2 as early as 10.30am and CP3 as early as 11.15am.

In Hoi Ha village (just over 1km further up Hoi Ha Road from CP3) is a small restaurant for fried rice which you can sit outside and the runners come right past you. There is also a small beach.

At CP3 (Pak Sha O Youth Hostel) volunteers from Blind Sports Hong Kong and RUN ("Rebuild-Unite-Nurture", an NGO which supports refugees) will be cheering runners on.

Whether you choose CP2 (Hau Tong Kai) or CP3 (Pak Sha O Youth Hostel) or both, to travel to CP5 Kei Ling Ha / Shui Long Wo / Sai Sha Road (in Chinese 企嶺下) (57km where drop bags are available) requires taking the green maxicab #7 from Hoi Ha Road to Sai Kung town. The journey is about 30 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.

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.