

主辦機構 Organised By



Society for the Promotion of Hospice Care



# 登山善行 紓己寧人

## 31<sup>ST</sup> HIKE *for* HOSPICE

### Put Your Best Foot Forward

幫助晚期病人，支持善寧，參加「登山善行」，為生命賦上意義！

Join Hike for Hospice now to support a meaningful cause!



活動小冊子

INFORMATION BOOKLET

活動當日緊急求助電話  
Onsite Emergency Contact

+852 6147 0244

| 6148 9159

| 6149 5545

## 籌募委員會的話 MESSAGE FROM THE ORGANISING COMMITTEE

Dear Hiker,

The Society for the Promotion of Hospice Care has organised the HIKE FOR HOSPICE, our signature annual fundraising event every year since 1992. We are delighted that you are taking part in the 31st annual Hike for Hospice.

Each year, we choose a course that is both scenic and challenging. This year's hike features three routes of varying difficulty in Tai Tam Country Park, Hong Kong Island – one of the Hong Kong's most beautiful settings. The park is home to a wide variety of wide life, varied vegetation and Tai Tam reservoirs and offers an ideal opportunity to escape from Hong Kong's concrete jungle. As usual, you will be treated with a traditional curry lunch and refreshments at the finish point.

While enjoying the Hike, please keep in mind that our mission to raise funds for The Society for the Promotion of Hospice Care, which support us in providing quality palliative care and bereavement services to underprivileged terminal patients, as well as their families. Your participation and support will enable us to help **“When days cannot be added to life, add life to days”**.

We appreciate wholeheartedly your great support to our annual HIKE. May we wish you an enjoyable hiking!

Sincerely,  
Hike for Hospice Organising Committee

親愛的朋友：

自 1992 年開始，善寧會每年都籌辦「登山善行」，這亦是本會的重點籌款活動，今年將踏入第三十一個年頭！在這重要的日子，我們衷心感謝您的參與及支持！

每年我們都會挑選景色優美兼富挑戰性的登山路線供大家選擇，而今年，我們便於港島大潭郊野公園選擇了三條不同難度的路線，作為多種野生動物棲息及擁有不同植物，同時亦是大潭水塘的所在地，大家可以盡享野外園林的優美景緻，逃離石屎森林，遠離煩囂。一如過往，活動後大家可享用大會提供的傳統咖喱午餐及飲品。

在參與的同時，大家請緊記「登山善行」籌得的善款，會全數用於晚期病人及其家庭提供寧養紓緩及善別輔導服務。大家的參與及支持將幫助善寧會實踐「天為生命定壽元，人為生命賦意義」的使命。

再次衷心感謝您的熱心支持！

「登山善行」委員會  
謹啟

主席 Chairman

艾禮仕先生  
Mr. Edward Naylor

委員 Members

許穗煒女士  
Ms. Shirley Hsu

葛理福先生  
Mr. Robert Grieves

泰築先生 MBE  
Major Ron Taylor, MBE

詹康信先生 GBS  
Mr. James Thompson, GBS

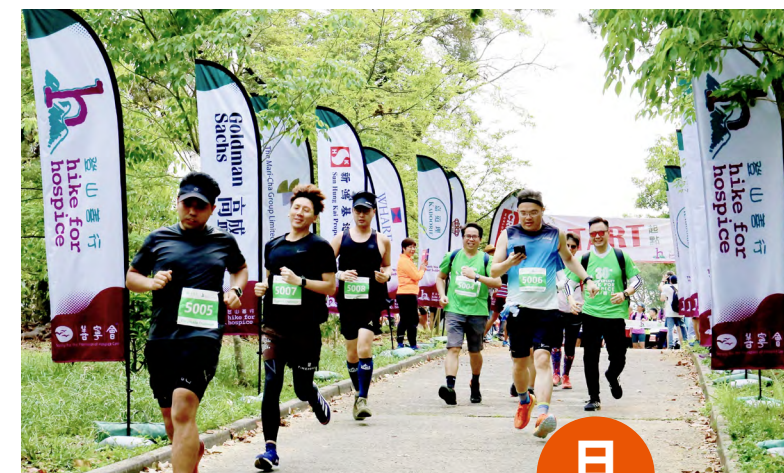
王紹強先生 MBE  
Mr. Raymond Wong, MBE

許建名醫生  
Dr. Christopher Hui

曾詠恆醫生  
Dr. Janice Tsang

何穎彤女士  
Ms. Janice Ho

## 活動詳情 Event Details



# 10.3.2024

日  
SUN

香港島大潭郊野公園 2 號燒烤場樂聚園 (近陽明山莊)  
No. 2 Barbecue Area, Tai Tam Country Park  
(Near Hong Kong Parkview)

- 07:00 – 07:25** 免費巴士接載參加者  
由金鐘海富中心 (金鐘港鐵站 A 出口) 至活動場地  
**FREE SHUTTLE BUSES** leave from Admiralty Centre (Admiralty MTR Station Exit A) to event site
- 08:00 – 08:35** 大會提供簡單麵包早點  
**Complimentary light refreshment**
- 08:35 – 09:00** 起步禮 **Kick Off Ceremony**
- |         |                     |       |
|---------|---------------------|-------|
| 企業挑戰賽   | Corporate Challenge | 08:55 |
| 校友會挑戰賽  | Alumni Challenge    | 08:57 |
| 隊制 / 個人 | Team / Individual   | 09:00 |
- 10:30 – 15:00** 大會提供傳統咖喱午餐  
**Complimentary curry lunch served**
- 12:00 – 15:30** 免費巴士接載參加者  
由大潭郊野公園至金鐘海富中心 (金鐘港鐵站 A 出口)  
**FREE SHUTTLE BUSES** leave from Tai Lam Country Park to Admiralty Centre (Admiralty MTR Station Exit A)
- 16:00** 活動結束  
**End of Event**

# 免費穿梭巴士服務 Free Shuttle Bus

車程 (分鐘)  
Journey Time (Mins)  
**30-45**

大會於活動日為參加者提供免費交通，接載參加者往來活動場地。  
The organiser will provide free transport for all participants to the event site on the event day.

海富中心 (金鐘港鐵站 A 出口)  
ADMIRALTY CENTRE (ADMIRALTY MTR STATION EXIT A) → 活動場地  
EVENT SITE

**07:00 | 07:05 | 07:10 | 07:15 | 07:20 | 07:25**

下車後步行約 8-10 分鐘到達大潭燒烤區二號燒烤場。  
Participants will reach Tai Tam Country Park BBQ Area No. 2 after 8 – 10 minutes' walk.

活動場地  
EVENT SITE → 海富中心 (金鐘港鐵站 A 出口)  
ADMIRALTY CENTRE (ADMIRALTY MTR STATION EXIT A)

**12:00 | 12:30 | 13:00 | 13:30**  
**14:00 | 14:30 | 15:30**

免費穿梭巴士確實開車時間將於活動時於現場廣播。  
Free Shuttle bus schedule will be adjusted and announced on site.



# 公共交通工具 Public Transport

步行時間 (分鐘)  
Work Time (Mins)  
**20-30**

Citybus 城巴		
<b>6</b>	中環交易廣場 Exchange Square, Central	↔ 赤柱監獄 Stanley Prison
<b>63</b>	北角碼頭巴士總站 North Point Ferry Pier Bus Terminus	↔ 赤柱監獄 Stanley Prison
<b>41A</b>	北角碼頭巴士總站 North Point Ferry Pier Bus Terminus	↔ 華富 (中) 巴士總站 Wah Fu Bus Terminus
<b>76</b>	銅鑼灣 (邊寧頓街) 巴士總站 Causeway Bay (Pennington Street) Bus Terminus	↔ 香港仔 (石排灣) Aberdeen (Shek Pai Wan)

## 黃泥涌水塘公園 (黃泥涌峽道) Wong Nai Chung Reservoir Park (Wong Nai Chung Gap Road)

參加者請於「黃泥涌水塘公園」站下車。下車後沿大潭水塘道上山及前行約 20-30 分鐘即可到達 2 號燒烤場。  
Please get off at "Wong Nai Chung Reservoir Park" station and walk along Tai Tam Reservoir Road to the Tai Tam Country Park BBQ Area 2 about 20-30 minutes.

各路線只供參考，詳情請留意有關巴士公司的安排。  
For reference only, please check with relevant bus company for details.

# 私家車路線 Private Car

步行時間 (分鐘)  
Work Time (Mins)  
**8-10**

由司徒拔道往黃泥涌峽道，在油站上天橋轉入大潭水塘道，於陽明山莊下車後沿大潭水塘道前行約 8 至 10 分鐘便到達 2 號燒烤場。  
Drive from Stubbs Road to Wong Nai Chung Gap Road and turn to the flyover to Tai Tam Reservoir Road at the petrol station. You may get out of your car at Parkview and walk along Tai Tam Reservoir Road to Tai Tam Country Park BBQ Area 2 for about 8 – 10 minutes.

小提示：大會不提供泊車位置，請盡量使用公共交通工具及大會為所有參加者提供之免費巴士前往活動場地。  
Tips: No official parking available. Please make use of public transport. The organiser provides free shuttle bus for all participants to the event site.

# 7公里短途路線 7 km Short Route

難度：  
Difficulty: ★☆☆☆☆

組別  
Category:

個人組  
Individual



團隊組  
Team

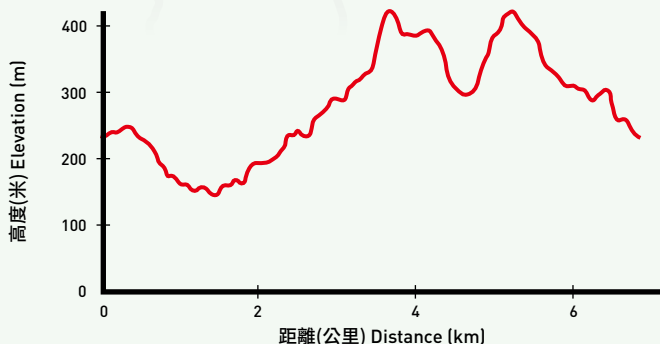


- » 前進方向  
Route Side
- 涼亭  
Pavilion
- 急救站  
First Aid Point
- 檢查站  
Check Point
- 無線電站  
Radio Point
- 洗手間  
Washroom
- 水站  
Water Point
- 計時系統  
Time Recording Sensor



## 海拔圖 ELEVATION PROFILE

請於「登山善行」網站下載詳細地圖  
Please visit Hike for Hospice website for the detailed route map



水平/斜坡長度  
Horizontal/Slope Length  
(公里km) ~ 6.9 / 7.0

最低/最高  
Min/Max Elevation  
(米m) ~ 142 / 424

上/落  
Elevation Gain/Loss  
(米m) ~ 560 / 560

高度只是計算近似值，數值只供參考。 The elevations are only computed approximations, for reference only.

3.4  
km

### 從起點 (大潭燒烤區二號燒烤場) 往一號檢查站 (鯽魚涌大風坳) FROM START POINT (TAI TAM BBQ AREA SITE 2) TO CHECK POINT 1 (QUARRY GAP)

起步後右轉沿大潭水塘道前行，到達大潭水塘後左轉過橋。過橋後右轉經「港島徑標距柱 H064」到大潭上水塘水壩。過水壩後左轉沿柏架山道前行，到分叉路後沿左邊柏架山道繼續前行到一號檢查站。  
After start, RIGHT along Tai Tam Reservoir Road towards Tai Tam Reservoir. After reaching the reservoir, LEFT across the bridge then RIGHT along Tai Tam Reservoir Road to Tai Tam Upper Reservoir Dam via Hong Kong Trail Distance Post H064. RIGHT across the Dam then LEFT along Mount Parker Road. At the road junction, ascent LEFT along Mount Parker Road to CP1.

1.3  
km

### 從一號檢查站往三號檢查站 (「港島徑 / 衛奕信徑」標距柱 H056/W012) FROM CP1 TO CP3 (HONG KONG TRAIL/WILSON TRAIL DISTANCE POST H056/W012)

到達檢查站後，從大風坳涼亭後方石級沿港島徑畢拉山往黃泥涌峽方向前行。到達「港島徑」與「衛奕信徑」交匯點後繼續直行，沿「港島徑 / 衛奕信徑」往黃泥涌峽方向行走 650 米到三號檢查站。  
At CP1, ascent along the steps (Hong Kong Trail) behind Tai Fung Au Pavilion towards Wong Nai Chung Gap via Mount Butler. At the intersection of Hong Kong Trail and Wilson Trail, continue STRAIGHT towards Wong Nai Chung Gap for 650 m to CP3.

2.3  
km

### 從三號檢查站往終點 (大潭燒烤區二號燒烤場) FROM CP3 TO FINISH POINT (TAI TAM BBQ AREA SITE 2)

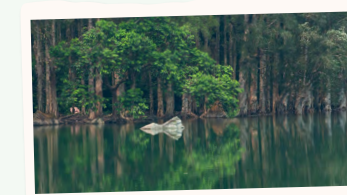
從檢查站左邊石級沿「港島徑 / 衛奕信徑」往渣甸山頂方向前行。到達渣甸山頂後沿黃泥涌水塘方向落山，到大潭水塘道後左轉。沿大潭水塘道往陽明山莊方向前行，過車閘後繼續行走 500 米到終點。  
At CP3, LEFT up the steps along Hong Kong Trail/Wilson Trail towards Jardine's Lookout. Descent at the top towards Wong Nai Chung Reservoir. On meeting Tai Tam Reservoir Road, LEFT along Road towards Hong Kong Parkview. After passing the barrier, continue along Tai Tam Reservoir Road for 500m to Finish Point.



大潭燒烤區二號燒烤場  
Tai Tam BBQ Area Site 2



鯽魚涌大風坳  
Quarry Gap



衛奕信徑  
Wilson Trail



畢拉山無線電站  
Mount Butler Radio Station



黃泥涌水塘水壩  
Wong Nai Chung Reservoir Dam

# 14 公里中長途路線

## 14 km Medium Route

難度: Difficulty: ★★☆☆☆

組別  
Category:

個人組  
Individual



團隊組  
Team



企業挑戰賽  
Corporate Challenge

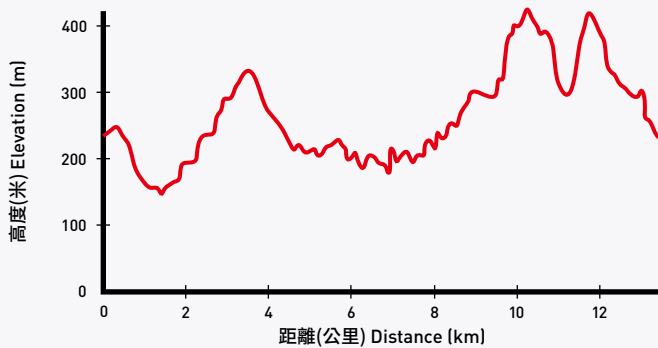


校友會挑戰賽  
Alumni Challenge



請於「登山善行」網站下載詳細地圖  
Please visit Hike for Hospice website for the detailed route map

### 海拔圖 ELEVATION PROFILE



水平/斜坡長度  
Horizontal/Slope Length  
(公里km) ~ 13.4 / 13.7

最低/最高  
Min/Max Elevation  
(米m) ~ 142 / 431

上/落  
Elevation Gain/Loss  
(公里km) ~ 1.1 / 1.1

高度只是計算近似值, 數值只供參考。 The elevations are only computed approximations, for reference only.

3.4 km

### 從起點 (大潭燒烤區二號燒烤場) 往一號檢查站 (鯽魚涌大風坳) FROM START POINT (TAI TAM BBQ AREA SITE 2) TO CHECK POINT 1 (QUARRY GAP)

起步後右轉沿大潭水塘道前行, 到達大潭水塘後左轉過橋。過橋後右轉經「港島徑標距柱 H064」到大潭上水塘水壩。過水壩後左轉沿柏架山道前行, 到分叉路後沿左邊柏架山道繼續前行到一號檢查站。  
After start, RIGHT along Tai Tam Reservoir Road towards Tai Tam Reservoir. After reaching the reservoir, LEFT across the bridge then RIGHT along Tai Tam Reservoir Road to Tai Tam Upper Reservoir Dam via Hong Kong Trail Distance Post H064. RIGHT across the Dam then LEFT along Mount Parker Road. At the road junction, ascent LEFT along Mount Parker Road to CP1.

5.7 km

### 從一號檢查站往二號檢查站 (畢拉山無線電台) FROM CP1 TO CP2 (MOUNT BUTLER RADIO STATION)

在檢查站沿柏架山道往鯽魚涌方向下坡。到柏架山道與金督馳馬徑交匯點後從左邊石級轉入金督馳馬徑。到分叉路見「寶聯徑」路牌後左轉沿寶聯徑前行。到分叉路見「金督馳馬徑」路牌後左轉, 沿金督馳馬徑行走 2.9 公里到達車路後左轉, 沿車路前行 350 米到二號檢查站。  
At CP1, descend along Mount Parker Road towards Quarry Bay. On meeting Mt. Parker Road and Sir Cecil's Ride junction, LEFT up the steps onto Sir Cecil's Ride. On meeting Po Luen Path, LEFT along Po Luen Path. On rejoining Sir Cecil's Ride, LEFT along Sir Cecil's Ride for 2.9 km. On meeting the road, LEFT along road for 350 m to CP2.

2.3 km

### 從二號檢查站往三號檢查站 (「港島徑 / 衛奕信徑」標距柱 H056/W012) FROM CP2 TO CP3 (HONG KONG TRAIL/WILSON TRAIL DISTANCE POST H056/W012)

在檢查站右轉, 行走 200 米見「活動指示牌」後轉入右側山徑。行走 160 米見「活動指示牌」後右轉, 沿「衛奕信徑」往小馬山。到達「衛奕信徑」與「港島徑」交匯點後右轉, 沿「衛奕信徑 / 港島徑」往黃泥涌峽方向行走 650 米到三號檢查站。  
At CP 2, RIGHT along the track for 200 m. At the event route direction sign, RIGHT onto the side trail for 160 m then RIGHT again onto Wilson Trail towards Siu Ma Shan. At the intersection of Hong Kong Trail and Wilson Trail, RIGHT along Hong Kong Trail/Wilson Trail towards Wong Nai Chung Gap for 650 m to CP3.

2.3 km

### 從三號檢查站往終點 (大潭燒烤區二號燒烤場) FROM CP3 TO FINISH POINT (TAI TAM BBQ AREA SITE 2)

從檢查站左邊石級沿「港島徑 / 衛奕信徑」往渣甸山方向前行。到達渣甸山山頂後沿黃泥涌水塘方向落山, 到大潭水塘道後左轉。沿大潭水塘道往陽明山莊方向前行, 過車關後繼續行走 500 米到終點。  
At CP3, LEFT up the steps along Hong Kong Trail/Wilson Trail towards Jardine's Lookout. Descent at the top towards Wong Nai Chung Reservoir. On meeting Tai Tam Reservoir Road, LEFT along Road towards Hong Kong Parkview. After passing the barrier, continue along Tai Tam Reservoir Road for 500m to Finish Point.

**注意 Note:**

· 路段設置計時感測器, 如沒有該路段時間記錄的參加者被視為取消資格。  
Time recording sensor is set in route. Hikers who do not have time records on these sections will be disqualified from the tournament.

# 20 公里長途路線 km Long Route

難度：  
Difficulty: ★★★★★

組別  
Category:

個人組  
Individual



團隊組  
Team

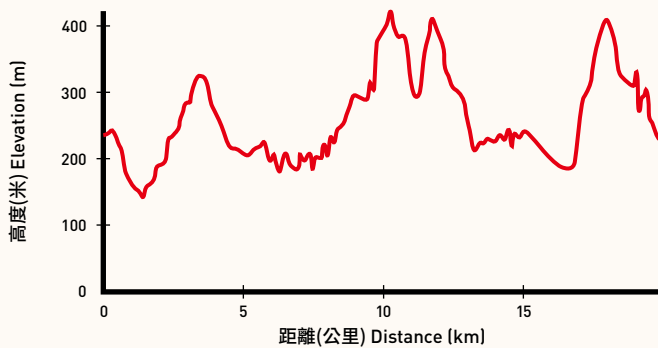


- » 前進方向  
Route Side
- 🏠 涼亭  
Pavilion
- 🚑 急救站  
First Aid Point
- 📍 檢查站  
Check Point
- 📶 無線電台  
Radio Point
- 🚻 洗手間  
Washroom
- 💧 水站  
Water Point
- ⏱ 計時系統  
Time Recording Sensor



請於「登山善行」網站下載詳細地圖  
Please visit Hike for Hospice website for the detailed route map

## 海拔圖 ELEVATION PROFILE



水平/斜坡長度  
Horizontal/Slope Length  
(公里km) ~ 19.8 / 20.3

最低/最高  
Min/Max Elevation  
(米m) ~ 142 / 431

上/落  
Elevation Gain/Loss  
(公里km) ~ 1.7 / 1.7

高度只是計算近似值，數值只供參考。 The elevations are only computed approximations, for reference only.

3.4 km

### 從起點 (大潭燒烤區二號燒烤場) 往一號檢查站 (鯽魚涌大風坳) FROM START POINT (TAI TAM BBQ AREA SITE 2) TO CHECK POINT 1 (QUARRY GAP)

起步後右轉沿大潭水塘道前行，到達大潭水塘後左轉過橋。過橋後右轉經「港島徑標距柱 H064」到大潭上水塘水壩。過水壩後左轉沿柏架山道前行，到分叉路後沿左邊柏架山道繼續前行到一號檢查站。  
After start, RIGHT along Tai Tam Reservoir Road towards Tai Tam Reservoir. After reaching the reservoir, LEFT across the bridge then RIGHT along Tai Tam Reservoir Road to Tai Tam Upper Reservoir Dam via Hong Kong Trail Distance Post H064. RIGHT across the Dam then LEFT along Mount Parker Road. At the road junction, ascent LEFT along Mount Parker Road to CP1.

5.7 km

### 從一號檢查站往二號檢查站 (畢拉山無線電台) FROM CP1 TO CP2 (MOUNT BUTLER RADIO STATION)

在檢查站沿柏架山道往鯽魚涌方向下坡。到柏架山道與金督馳馬徑交匯點後從左邊石級轉入金督馳馬徑。到分叉路見「實聯徑」路牌後左轉沿實聯徑前行。到分叉路見「金督馳馬徑」路牌後左轉，沿金督馳馬徑行走 2.9 公里到達車路後左轉，沿車路前行 350 米到二號檢查站。  
At CP1, descend along Mount Parker Road towards Quarry Bay. On meeting Mt. Parker Road and Sir Cecil's Ride junction, LEFT up the steps onto Sir Cecil's Ride. On meeting Po Luen Path, LEFT along Po Luen Path. On rejoining Sir Cecil's Ride, LEFT along Sir Cecil's Ride for 2.9 km. On meeting the road, LEFT along road for 350 m to CP2.

2.3 km

### 從二號檢查站往三號檢查站 (「港島徑 / 衛奕信徑」標距柱 H056/W012) FROM CP2 TO CP3 (HONG KONG TRAIL/WILSON TRAIL DISTANCE POST H056/W012)

在檢查站右轉，行走 200 米見「活動指示牌」後轉入右側山徑。行走 160 米見「活動指示牌」後右轉，沿「衛奕信徑」往小馬山。到達「衛奕信徑」與「港島徑」交匯點後右轉，沿「衛奕信徑 / 港島徑」往黃泥涌水壩方向行走 650 米到三號檢查站。  
At CP 2, RIGHT along the track for 200 m. At the event route direction sign, RIGHT onto the side trail for 160 m then RIGHT again onto Wilson Trail towards Siu Ma Shan. At the intersection of Hong Kong Trail and Wilson Trail, RIGHT along Hong Kong Trail/Wilson Trail towards Wong Nai Chung Gap for 650 m to CP3.

2.1 km

### 從三號檢查站往四號檢查站 (黃泥涌水壩) FROM CP3 TO CP4 (WONG NAI CHUNG RESERVOIR DAM)

從檢查站左邊石級沿「港島徑 / 衛奕信徑」往渣甸山山頂後沿黃泥涌水壩方向下山到大潭水塘道 (路線分流點)。橫過大潭水塘道後右轉往黃泥涌水壩。到黃泥涌水壩後從左邊小路轉上水壩，從水壩尾右邊石級到四號檢查站。  
At CP3, LEFT up the steps along Hong Kong Trail/Wilson Trail towards Jardine's Lookout. Descent at the top towards Wong Nai Chung Reservoir to Tai Tam Reservoir Road (Route Diverge Point). Cross Tai Tam Reservoir Road, then RIGHT towards Wong Nai Chung Reservoir. On meeting Wong Nai Chung Reservoir Dam, LEFT onto the Dam, then RIGHT down the steps at the end to CP4.

6.6 km

### 從四號檢查站往終點 (大潭燒烤區二號燒烤場) FROM CP4 TO THE FINISH (TAI TAM BBQ AREA SITE 2)

在檢查站左轉入紫羅蘭山徑往淺水灣坳方向前行。沿引水道行走後接入山徑 (山徑崎嶇不平，請小心謹慎前行)。到十字路口後左轉，沿「衛奕信徑第 1 段」往紫羅蘭山。在「衛奕信徑第 1 段和第 2 段」交接點右轉大潭水塘道。回到「路線分流點」對面後橫過大潭水塘道。過馬路後右轉往陽明山莊方向，經過車閘後繼續行走 500 米到終點。  
At CP4, LEFT along Tsz Lo Lan Shan Path towards Tsin Shui Wan Au. Proceed alongside the water catchment then continue on a bumpy trail (the trail is rugged and bumpy, please proceed with caution). On meeting the cross-track junction, ascent LEFT along Wilson Trail Section 1 towards Violet Hill. At the junction of Wilson Trail Section 1 and Section 2, RIGHT along Tai Tam Reservoir Road. On returning to the Route Diverge Point on the other side, cross Tai Tam Reservoir Road, then RIGHT towards Hong Kong Parkview. After passing the barrier, continue along Tai Tam Reservoir Road for 500 m to the Finish Point.

#### 注意 Note:

- 長途路線參加者如未能在下午 12 時 30 分前到達「路線分流點」會被取消比賽資格，並且必須遵從工作人員指示沿短途 / 中長途路線折返終點。  
Hikers who fail to arrive Route Diverge Point before 12:30 p.m. will be disqualified from the tournament, please follow Staff's instructions to take the Short/Medium Route to the Finish Point.
- 路段設置計時感測器，如沒有該路段時間記錄的參加者被視為取消資格。  
Time recording sensor is set in route. Hikers who do not have time records on these sections will be disqualified from the tournament.
- 請遵從工作人員指示，小心橫過馬路，注意交通安全。  
Beware of traffic, please follow safety staff's instruction.

## 參加者須知 Important Notes

### 晶片號碼布

- 計時晶片已黏貼在號碼布背面，以計算參賽者之比賽所用時間，當經過特定檢查站及終點時，號碼布後的計時晶片將錄取你完成的時間。請務必於活動當日攜帶號碼布，並於比賽時全程貼在胸前讓人看見的位置，否則即使你完成賽事亦不會有任何名次及成績。請不要摺疊號碼布，否則可損害計時晶片。
- 晶片號碼布也供大會工作人員辨識參加者身份，讓參加者享用免費巴士服務、飲品及午餐等。
- 請用防水筆在號碼布後填寫你的緊急聯絡資料。
- 每片晶片號碼布只供指定之參加者使用，不得轉讓。

### 活動 T 恤

- 基於安全理由，參加者請穿著大會活動 T 恤，以便登山途中工作人員識別，作出適當的指示及協助。

### 個人安全事項

- 參加者須確保其身體狀況適宜參加此活動、注意個人安全，並自行負責個人意外保險。
- 部份登山路段較為崎嶇，請穿上合適的遠足鞋或運動鞋。如有需要，請帶備行山杖。
- 我們將在起點及部份檢查站提供樽裝水。由於整個路程或需數小時方可完成，建議各參加者自備足夠食物及飲料。
- 急救站將設於起點，每個檢查站亦會準備基本急救包，為有需要的參加者服務。
- 請注意大會安置在途中的以 A3 紙張印刷的指示牌，以免誤入其他分支路線。
- 請攜帶手提電話，若迷路或遇上問題，請保持冷靜並致電大會緊急求助電話：61470244 / 61489159 / 61495545。

### 保護環境

- 請減少製造廢物，並盡量使用可重用的物資，以節省資源，杜絕浪費。
- 我們設有分類回收桶。在棄置可循環再造之廢物前，請先進行廢物分類，並置於適當的回收桶內。
- 建議參加者自攜暖水壺，減少塑膠污染。

### 寄存服務

- 大會活動當日設背包或手提包寄存服務。
- 如需要使用有關服務，請謹記背包或手提包內不要放有貴重物品，如有遺失，大會概不負責。

### 計時方法

大會引進晶片計時系統，團隊、個人、企業挑戰賽及校友會挑戰賽參加者之行畢全程時間均由晶片計時。

- 晶片號碼布：每位參加者於比賽日前均會獲發大會選手包一套，內裡放有配置計時晶片的晶片號碼布。晶片號碼布將自動登記參加者之出席情況，於各檢查點進行通過紀錄，及計算完成賽事之所用時間及成績。
- 計時感應器：大會在起點線設有計時感應地墊，用以讀取扣於參加者身上的號碼布晶片。所有參加者出發時必須越過起點線的感應地墊，以啟動晶片號碼布的計時功能。有關感應器將準時於主禮嘉賓鳴槍一刻開啟，並會持續 30 分鐘。參加者如鳴槍後 30 分鐘內未有經過起點線，將不能計算其行畢全程時間，且不能角逐任何組別獎項。
- 鳴槍時間（大會起步時間）：主禮嘉賓鳴槍一刻為大會起步時間。並以此為標準計算參加者行畢全程的所需時間。大會並不會以參加者越過起點感應器一刻（「計時系統起步時間」），作為參加者之正式起步時間。
- 計時系統起步時間：參加者越過起點線一刻，晶片會自動紀錄當刻的時間。
- 計時系統衝線時間：參加者越過終點線一刻，晶片會自動紀錄當刻的時間。
- 計時系統檢查點時間：參加者越過檢查點一刻，晶片會自動紀錄當刻的時間。
- 淨時間：大會將依起跑「鳴槍時間」與回到終點的「計時系統衝線時間」之差，或稱之謂「淨時間」，作為參加者名次及成績的判定準則。團隊組別方面，將以團隊各個隊員的「淨時間」的平均值之高低，判定以名次及成績。如該參賽團隊出席人數少於法定的四名，將不能計算有關團隊之完成賽事之淨時間。

### 得獎準則

參加者之排名依照其完成賽事之淨時間之長短作釐定獎項；獎項將發給以最短「淨時間」完成賽事之團隊或個人參加者。

- 參加者如有偷步情況（鳴槍時間前越過起點線），將被取消其「組別獎項」得獎資格。
- 未有配戴號碼布，或配戴號碼布但未有完整的系統計時紀錄之參加者，將被取消其「組別獎項」得獎資格。
- 團隊組別參加者如未能全體四人完成賽事，將被取消其「組別獎項」團隊組別得獎資格。
- 失去「組別獎項」得獎資格的參加者，仍然有資格角逐「籌款獎項」。
- 未能於 2024 年 4 月 30 日前達到最低籌款額之團隊組別或個人組別參加者，不會獲發任何獎項。

### Number Bib

- Each participant is given a number bib that contains an electronic timing chip pasted on the back. The number bib will automatically process check-in and time recording at selected checkpoints. The number bib MUST BE VISIBLE AND WORN on the front of your T-shirt throughout the entire race, or otherwise your ranking and time will not be recorded. Please do not bend or fold your number bib as this may damage the timing chip.
- The bib is also an identity to entitle you to enjoy the light refreshment, curry lunch and shuttle bus service.
- Please fill in your emergency contact information on the back of the number bib with a ball-pen or marker.
- Number bib is non-transferable and must be worn only by the participant to whom it has been assigned.

### Event T-shirt

- For safety reasons, please wear the event T-shirt for easy identification by our marshals along the hiking routes.

### Personal Safety

- It is the responsibility of each participant to ensure that you are physically fit and healthy enough to participate in the event, and to take up your own personal accident insurance coverage.
- Parts of the trail are hilly and rugged. Please wear a pair of good hiking boots or running shoes. A hiking stick may also be helpful.
- Bottled water will be provided at the event base area and specific checkpoints. Participants are also advised to bring sufficient snacks and water as the hike may last for a few hours.
- First aid station will be set at the base area. Basic first aid service will be available at each checkpoint.
- Please pay attention to the signs (in A3 size) along the routes to ensure you are following the right trail.
- Please call our emergency hotlines at 61470244 / 61489159 / 61495545 when needed.

### Reduce, Reuse, Recycle

- Please reduce waste and reuse what you can.
- Please be reminded to separate your recyclable items / rubbish and place them into the appropriate bins.
- Hiker are encouraged to bring your own vacuum water flask and minimize the use of plastic bottle.

### Personal Belongings

- You may store your personal belongings in the assigned zone of the event site.
- Please be careful of your valuable belonging. SPHC will not be responsible or liable for any loss or damage caused.

### Chip Timing

Teams, Individuals, Corporate Challenge and Alumni Challenge will be scored using a Chip Scoring System.

- Timing Number Bib: Each hiker will be provided a Hiker's Pack which contains a Timing Number Bib that has a Timing Chip pasted on the back prior to the event date. The Number Bib will automatically confirm your attendance, process check-in at each checkpoint and calculate the time you take to complete the race for scoring purposes.
- Time Check Sensors: Time Check Sensors are set up at the Starting Point to read the chips on the Number Bib of hikers. Hikers are required to pass through the Start Line to activate their chips. The sensors will be turned on only when the officiating guests press the horn and will keep running for the next 30 minutes. Participants commencing their hike before and after such period will not have their time properly recorded and hence will not be qualified for Category Awards.
- Gun Time (Official Start Time): The time when officiating guests press the horn. This is considered the Official Start Time for all participants, regardless of individual "Bib Start Time" recorded by the sensors.
- Bib Start Time: The time recorded automatically when participants pass through the time check sensors at the Start Point.
- Bib Finish Time: The time recorded automatically when participants pass through the time check sensors at the Finish Point.
- Bib Checkpoint Time: The time recorded automatically when hikers pass through the time check sensors at specific Checkpoints.
- Net Time: The Net Time of an individual is measured by his/her Bib Finish Time against the Gun Time. The Net Time of a team is the average Net Time of all 4 members of the team. No Net Time for a team will be recorded should the team has less than 4 members.

### Eligibility for Awards

Ranking of participants are based on the Net Time they complete their enrolled hiking routes. Award will be given to teams and individuals who have achieved the shortest Net Time.

- Participants who start their hike before the Gun Time (official start time) will be disqualified for the Category Awards.
- Participants who do not wear a valid bib, or those who wear a bib but without a complete time check record will be disqualified for the Category Awards.
- A team with less than 4 members completing the hike or anyone without a complete time check record, will be disqualified for the Team Award.
- Participants who are disqualified for Category Awards are still qualified for the Fundraising Awards.
- Awards will only be given to teams or individuals who will have achieved the minimum fundraising requirement on or before Tuesdays, 30 April 2024.

## 登山行善，也可守護地球 Join the Hike for Hospice and also Help Protect the Earth

- 參加淨山淨灘活動，更快捷！  
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## 關於善寧會 ABOUT THE SOCIETY FOR THE PROMOTION OF HOSPICE CARE

善寧會 (SPHC) 於 1986 年成立，見證著寧養紓緩服務的重要發展。總部是位於沙田的「賽馬會善寧之家」，主力提供寧養住院服務；而位於長沙灣的「譚雅士杜佩珍安家舍服務中心」(安家舍)，則是善別輔導的社區服務點。在過去 37 年，我們一直以「天為生命定壽元·人為生命賦意義」為宗旨，關顧病人及家屬在身、心、社、靈的需要，提供適切的支援。

Established in 1986, the Society for the Promotion of Hospice Care (SPHC) has experienced significant growth over the years, resulting in the establishment of two important facilities: The Jockey Club Home for Hospice (JCHH) in Shatin and the Jesse and Thomas Tam Centre (JTTC) in Cheung Sha Wan. JCHH serves as a proper 'Hospice', while JTTC focuses on bereavement counseling. Throughout the past thirty-seven years, we have strived to 'When days cannot be added to life, add life to days'. We have deeply considered and addressed the fragile and specific needs that arise during challenging times for both patients and their families.

## 住院資助計劃 Subsidy Bed Scheme



「住院資助計劃」旨在為基層的晚期病人提供經濟援助，令普羅大眾也能接受適切的寧養住院服務。社工會為申請家庭進行經濟狀況評估，符合資格人士可獲大幅減免費用、甚至免費入住「賽馬會善寧之家」。感謝善長仁翁和慈善基金的慷慨捐助，2022-2023 年度共有 76 個家庭受惠於相關計劃。

The Subsidy Bed Scheme helps ensure that the underprivileged also have access to the best palliative care provided at JCHH. To determine eligibility, our social workers conduct a financial assessment with each applicant, and those who meet the requirement will receive in-patient care at a reduced price or, in some situations, at no cost. Thanks to the generosity of donors and charitable foundations, this Subsidy Bed Scheme benefited 76 families in 2022-2023.

「賽馬會善寧之家」是一所以「家庭為本」的寧養中心，共設有 30 間獨立套房，採用家居佈置，讓晚期病人在寧靜舒適的環境下，有嚴尊走完人生最後階段。院舍的醫護團隊由醫生、護士、護理員、心理學家、社工等組成，除了提供醫療照顧外，亦為病人與家屬提供善別輔導等一站式支援。在過去 12 個月，院舍共為 228 名晚期病人提供住院服務，其中 95% 為徵狀控制及臨終照顧病人，78% 在 65 歲或以上。另外，「賽馬會善寧之家」分別為 570 名住院病人家屬提供輔導服務。

JCHH is a 30-bed hospice facility dedicated to providing terminally ill with the utmost care and dignity as they complete their life's journey. In addition to medical care, the facility offers much-needed bereavement counseling services for families. Our team, consisting of highly qualified doctors, nurses, personal care workers, psychologists and social workers provide comprehensive support in a family-oriented and home-like environment. In the past twelve months, we admitted 228 terminally ill patients, with 95% receiving medical care. Among these patients, 78% were over the age of 65. Furthermore, JCHH provided in-patient counseling to 570 respective family members.

## 家居照護 Home Care Service



我們的家居照護團隊由醫生、護士、社工和其他專職醫療人員組成，致力為家居照護病人及家屬，提供外展紓緩服務。由家居護士擔任個案經理，定期上門為病人控制徵狀、藥物諮詢，提供照顧方案及教授護理知識。社工亦會為病人及家屬，提供善別輔導及情緒支援。

Our home care team, consisting of doctors, nurses, social workers and other healthcare professionals, is committed to fulfilling the needs of terminal patients and their families with the same compassion and attention provided to in-house patients. Home Care nurses serve as Case Managers, conducting regular home visits to provide symptom control, medication education, care planning and carer support. Our social workers also offer counseling for both patients and their loved ones.

## 日間服務 Day Service



我們的日間服務包括「日間門診」和「日間活動中心」。「日間門診」是由經驗豐富的醫生、護士和專職醫療人員，提供診症及專職醫療服務，為晚期病人紓緩徵狀並為家屬提供照顧支援。「日間活動中心」方面，由社工帶領一系列具治療性的活動，從而幫助病人及家屬緩解壓力和不安情緒。去年，我們的日間服務共錄得 1,438 人次。

Our day service consists of two distinct components: "day consultation" and "day activity centre". Under "day consultation", terminal patients and their families receive medical consultation and any other health services. They are attended to by an experienced team of doctors, nurses and healthcare professionals. The "day activity centre" offers a wide range of therapeutic activities developed by our social workers to help alleviate stress and anxiety. In the past year, our day service was utilized 1,438 times.

## 善別輔導 Subsidy Bed Scheme



面對晚期病人及家屬的不安情緒，我們亦提供善別輔導和哀傷支援。由具經驗的社工和輔導員進行個人或家庭的善別輔導，同時提供治療性支援小組、促進心理健康的活動。善寧會轄下「安家舍」，更是專為社區人士提供免費善別輔導的服務中心，去年它與「賽馬會善寧之家」合共為 3,095 人次提供善別輔導服務。

To meet the needs of terminally ill patients and their families, we place a strong emphasis on providing extensive bereavement counseling and support. Our experienced social workers and highly trained bereavement counsellors are available to conduct individual and family counseling sessions. We also offer therapeutic support groups and mental wellness activities. JTTC provides community bereavement services at no cost to the public, and together with JCHH, we provided a total of 3,095 specific counseling sessions last year.



## 「登山善行」目的 OUR MISSION FOR JOINING HIKE FOR HOSPICE

### 為何「登山」？ Why do we HIKE?

「登山」象徵人生中的不同挑戰。藉著跨過高山低谷，鼓勵病人即使面對有涯的生命，也可活出正面安然的人生。善寧會「賽馬會善寧之家—資助住院計劃」將活動所籌得的善款，用作幫助基層的晚期病人及喪親家庭，接受寧養紓緩及善別輔導服務，讓病人安舒及有尊嚴地完成人生終途，並協助喪親人士處理哀傷情緒。病人及家屬做好圓滿生命的準備，達至生死兩相安。

The hike symbolizes the number of challenges we encounter in life. Ensuring that individuals facing a life-limiting illness can experience life positively and approaching death with dignity and peace. This year, The Society for the Promotion of Hospice Care (SPHC) - "Subsidy Bed Scheme" of Jockey Club Home for Hospice (JCHH) will be used the funding to provide quality palliative care and bereavement services to underprivileged terminal patients. Our goal is to ensure that their remaining days are filled with warmth and dignity, while offering comprehensive support to their family members during the grieving process.



## 「登山善行」有何不同？ What makes Hike for Hospice special?



「登山善行」是一個以社區為本的遠足活動，提供三條風景宜人的長短路線，適合各界參與，包括一家大小和寵物。

Hike for Hospice is a community-oriented hike, offering three pleasant routes with beautiful scenery of varying lengths suitable for different groups of participants, including the whole family and pets.

有別於其他登山活動，我們會為「登山善行」的參加者提供美味咖喱午餐。不少長期支持的登山健兒，也是被滋味咖喱吸引再來。

Our event stands out as one of the hiking events that includes a delicious curry lunch. Our long-time hikers have expressed how our delectable curry entices them to return.

2024年是「登山善行」的31周年。每年，登山健兒都會為這個活動仰首邁步，用他們的足跡為病人的晚晴歲月添上意義。

2024 marks the 31st Anniversary of Hike for Hospice. Every year, vigorous hikers continue to brave the hills for this worthy cause because they understand every step along the way counts.



## 為何活動能持續逾三十年？ Why have we been able to continue for over three decades?

「登山善行」始於1992年，當時有位堅毅的登山健兒，完成了一段跨越52座山丘的遠足之旅，為「善寧會」籌款。發展至今，每屆登山活動均匯聚數以百計、來自不同背景和年齡的人士參與，共襄盛舉支持晚期病人。活動同時鼓勵大家以登山、遠足的方式，紀念所愛、珍惜生命。

Hike for Hospice began informally in 1992 when a courageous hiker embarked on an epic journey across 52 hills to raise funds for the SPHC. Today, this event brings together hundreds of community members of all ages and backgrounds, united in their support for individuals with life-limiting illness. It serves as an inspiration for others to hike in memory of a loved one or to celebrate life.

## 贊助表格 Sponsorship Form

請以正楷填寫 Please write in block letters

此贊助表格是讓參加者向親友籌募善款，以助其達成參與「登山善行」活動的籌款目標。如您未能參加「登山善行」活動，亦可使用此表格填寫個人資料，連同捐款一併寄回善寧會。

This sponsorship form is for participants to collect donations in order to meet their fundraising goals for "Hike for Hospice". If you choose not to participate in the event but would like to donate to SPHC, you may also make use of this form to send in your donation.

參加者姓名  
Hiker's name \_\_\_\_\_

團隊名稱  
Team name \_\_\_\_\_

手提電話  
Mobile No. \_\_\_\_\_

電郵  
Email \_\_\_\_\_

地址  
Address \_\_\_\_\_

### 贊助人登記資料 Sponsors Information

贊助人姓名 Name of Sponsors	電郵 Email	郵寄地址 Mailing Address	贊助金額 Amount
			HK\$
			HK\$
			HK\$
			HK\$
			HK\$
			HK\$
			HK\$
總贊助金額 Total Amount			HK\$

請於 2024 年 4 月 30 日或之前把所有善款交回大會。捐款 HK\$100 或以上之參加者及贊助人可獲正式收據。如空位不敷應用，可自行影印或於活動網站下載。如未能提供贊助人之電郵或地址，正式收據將由參加者代為分發。

Please return all donations to the organiser on or before 30 Apr 2024. An official receipt will be issued for donations of HK\$100 or above. If additional space is required, this form may be photocopied or downloaded from the event website. If a sponsor's email or address is not provided, the official receipt will be sent to the participant for distribution.

## 善款收集方式 Ways to Collect Donations

### 1 網上捐款 Online Donation



贊助人可透過參加者建立的籌款專頁進行捐款  
或 登山善行網站直接捐款

Sponsors can donate through the hiker's fundraising page OR donate directly through the website of "Hike for Hospice"



[hike.hospicecare.org.hk](http://hike.hospicecare.org.hk)

### 2 其他捐款方式 Other Ways to Donate



參加者可收集贊助人之善款(入數紙、網上交易  
截圖或支票)連同填妥之贊助表格寄回大會

Hikers can collect donations from sponsors (bank-in slip, image of payment confirmation/cheque) and return them to the organiser together with the completed sponsorship form

支票  
Cheque

善寧會  
The Society for the Promotion  
of Hospice Care

銀行轉賬  
Bank Transfer



280-3-451141

轉數快  
FPS



電郵搜尋 Account email:  
[finance@hospicecare.org.hk](mailto:finance@hospicecare.org.hk)

### 遞交方式 Submit By



(852) 9635 5001



(852) 2336 2776



[hike@hospicecare.org.hk](mailto:hike@hospicecare.org.hk)



信封註明 Subject  
登山善行 Hike for Hospice

# 鳴謝 Acknowledgement

白金贊助  
Platinum Sponsors



黃金贊助  
Gold Sponsors



卓越企業贊助  
Premium Corporate  
Sponsor



禮品及物資贊助  
In-Kind Sponsors



其他贊助  
Other Sponsors



綠色活動伙伴  
Green Event  
Partners



義務團體  
Supporting  
Organisations



Agriculture, Fisheries and  
Conservation Department  
Water Supplies Department



[hike.hospicecare.org.hk](http://hike.hospicecare.org.hk)

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