



登山善行
hike for
hospice

主辦機構 Organised By



Society for the Promotion of Hospice Care



活動小冊子
INFORMATION
BOOKLET

活動日期
DATE OF EVENT

2025.2.16 SUN

香港島大潭郊野公園
Tai Tam Country Park, Hong Kong Island

32nd HIKE FOR HOSPICE

登山善行 · 紓己寧人 *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!

活動當日緊急求助電話
Onsite Emergency Contact

+852 4492 8210 | +852 4427 2762

籌募委員會的話

主席 Chairman

艾禮仕先生
Mr. Edward Naylor

委員 Members

Mr. Michael Chandler

何穎彤女士
Ms. Janice Ho

許穗煒女士
Ms. Shirley Hsu

許建名醫生
Dr. Christopher Hui Kim Ming

鄧仲儀博士
Dr. Joey Tang

詹康信先生 GBS
Mr. Jim Thompson, GBS

曾詠恆醫生
Dr. Janice Tsang

王紹強先生 MBE
Mr. Raymond Wong, MBE

善寧會自 1992 年以來，每年都舉辦年度籌款活動「登山善行」。我們非常高興您能參加第 32 屆「登山善行」。衷心感謝您坐言起行，助與我們延續這個珍貴的傳統！

每年，我們都會選擇一條既風景優美又具挑戰性的路線。今年，除了三條原有的登山路線外，我們特別推出了一條全新的 4 公里休閒路線，讓更多不同年齡和體能的參與者共同體驗「登山善行」。今年的「登山善行」將繼續在香港島的大潭郊野公園進行，這裡是香港最美麗的郊區環境之一，擁有多種野生動物和植物，以及大潭水塘，讓大家可以盡情欣賞大自然的美景，逃離城市的喧囂。完成登山後，大家可享用大會提供的傳統咖喱午餐及飲品。

在參與「登山善行」的同時，請踴躍為善寧會籌款，支持我們繼續為晚期病人及其家庭提供寧養紓緩及善別輔導服務。您的參與和支持將推動我們實踐「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

The Society for the Promotion of Hospice Care (SPHC) has proudly organised the HIKE FOR HOSPICE, our signature annual fundraising event, every year since 1992. We are thrilled to have you join us for this year's 32nd HIKE FOR HOSPICE. Thank you for your participation, which helps us uphold this cherished tradition.

Each year, we select a course that is both scenic and challenging. This year, in addition to our three original route lengths, we are excited to introduce a new 4-km leisure route, inviting more participants to experience the HIKE FOR HOSPICE together. The HIKE will continue to take place in Tai Tam Country Park on Hong Kong Island — one of the Hong Kong's most beautiful settings, featuring routes of varying difficulty. The park is home to a diverse array of wildlife and vegetation, along with the Tai Tam reservoirs, providing a perfect escape from the city's hustle and bustle. As always, you will be treated to a traditional curry lunch and refreshments at the finish point.

While enjoying the HIKE, please keep in mind our mission to raise funds for SPHC, which supports us in providing quality palliative care and bereavement services to underprivileged terminal patients and their families. Your participation and support will enable us to fulfil our motto: **"When days cannot be added to life, add life to days"**.

We wholeheartedly appreciate your great support for our annual HIKE. We wish you an enjoyable hiking experience.

Sincerely,
HIKE FOR HOSPICE organising committee

活動詳情
Event
Details



2025.2.16 SUN

大潭郊野公園燒烤區 2 號場 (近陽明山莊)
Tai Tam Country Park BBQ Area Site
No.2 (Nearby Hong Kong Parkview)


- 07:00 – 免費巴士接載參加者
07:25 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 – 大會提供簡單麵包早點
08:35 **Complimentary light refreshment**
- 08:35 – 起步禮 **Kick-off Ceremony**
09:00 企業挑戰賽 Corporate Challenge
校友會挑戰賽 Alumni Challenge
隊制 / 個人 Team / Individual
- 10:30 – 大會提供傳統咖喱午餐
15:00 **Complimentary curry lunch served**
- 12:00 – 免費巴士接載參加者
15:30 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 Tam Country Park to
Admiralty Centre (Admiralty MTR Station Exit A)
- 16:00 活動結束
End of Event

Message from the organizing committee

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.

**免費穿梭
巴士服務**
Free Shuttle Bus

 車程
Driving Time **30-45** 分鐘
Mins

 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.



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.

**公共
交通工具**
Public Transport

 步行時間
Walking Time **20-30** 分鐘
Mins



 下車站：黃泥涌水塘公園 (黃泥涌峽道) Drop-off Station: Wong Nai Chung Reservoir Park (Wong Nai Chung Gap Road)		
6	中環交易廣場 Exchange Square, Central	赤柱監獄 Stanley Prison
63	北角碼頭巴士總站 North Point Ferry Pier Bus Terminus	赤柱監獄 Stanley Prison
41A	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
76	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)

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.

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.

私家車路線
Private Car

 步行時間
Walking Time **8-10** 分鐘
Mins

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.

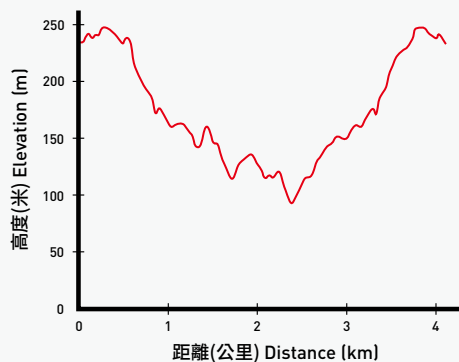
4km

休閒路線 LEISURE ROUTE

- » 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



水平/斜坡長度
Horizontal/Slope Length
~ 4.1 / 4.2 公里km

最低/最高
Min/Max Elevation
~ 93 / 248 米m

上/落
Elevation Gain/Loss
~ 260 / 260 米m

海拔和距離為計算的近似值，數值只供參考。
Elevation and distance are computed approximations, for reference only.



從起點 (香港大潭郊野公園)
往終點 (大潭燒烤區二號場)

起步後右轉沿大潭水塘道行走 300 公尺到大潭燒烤區四號場。在燒烤場左邊轉上大潭家樂徑，沿山徑行走 500 公尺後返回大潭水塘道。在大潭水塘道左轉下坡往大潭上水塘，行走 240 公尺後左轉過橋。過橋後左轉沿水塘行走 210 公尺到大潭上水塘水壩。過水壩後右轉沿柏架山道下坡，行走 960 公尺後到達大潭水塘道。在大潭水塘道右轉上坡往大潭上水塘。行走 600 公尺到達標距柱 H064 及大潭水務文物路徑資訊板 (此路段設有計時感測器，沒有此路段時間記錄的參加者會被取消資格)。在標距柱 / 資訊板向左繼續行走 150 公尺後左轉過橋。過橋後右轉，沿大潭水塘道往黃泥湧峽道方向上坡，行走 960 公尺到達終點 (大潭郊野公園燒烤區二號場)。

組別
Category:



大潭家樂徑
Tai Tam Family Walk

From Start Point (Tai Tam Country Park) to Finish Point (Tai Tam BBQ Area Site 2)

After start, turn RIGHT along Tai Tam Reservoir Road for 300m to Tai Tam BBQ Area Site 4. At the BBQ Site, LEFT onto Tai Tam Family Walk for 500 m to Tai Tam Reservoir Road. On meeting Tai Tam Reservoir Road, descend LEFT along Road towards Tai Tam Upper Reservoir, then LEFT across the bridge after 240 m. After crossing the bridge, LEFT alongside Tai Tam Upper Reservoir for 210 m to arrive at Tai Tam Upper Reservoir Dam. LEFT across the Dam then descend RIGHT along Mount Parker Road for 960 m to arrive at the junction of Tai Tam Reservoir Road. At the road junction, ascend RIGHT along Tai Tam Reservoir Road towards Tai Tam Upper Reservoir (Time recording sensor is set en route. Hikers without time record for this section will be disqualified). On meeting Distance Post H064 and Tai Tam Waterworks Heritage Trail Information Board after 600 m, continue LEFT for 150 m, then LEFT across the bridge. After crossing the bridge, ascend RIGHT along Tai Tam Reservoir Road towards Wong Nai Chung Gap Road for 960 m to arrive at the Finish (Tai Tam Country Park Barbecue Area Site 2).



大潭燒烤區二號燒烤場
Tai Tam BBQ Area Site 2



大潭上水塘水壩
Tai Tam Upper Reservoir Dam

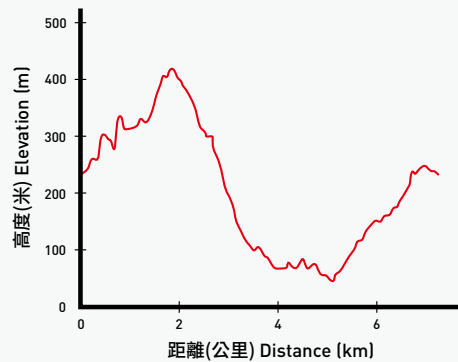
7km

短途路線 SHORT ROUTE

- » 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



水平/斜坡長度
Horizontal/Slope Length
~ 7.3 / 7.4 公里km

最低/最高
Min/Max Elevation
~ 44 / 421 米m

上/落
Elevation Gain/Loss
~ 590 / 590 米m

從起點 (香港大潭郊野公園) 往一號檢查站 (大潭篤水塘燒烤區四號場)

起步後左轉，沿大潭水塘道往陽明山莊方向，行走 650 公尺到衛奕信徑第 1 段及第 2 段交接點。在交接點沿左邊石級轉入衛奕信徑第 1 段，往上行走 1.2 公里紫羅蘭山頂後下山，行走 1.4 公里到紫崗橋。過紫崗橋後從左邊山徑下坡往大潭篤水塘，行走 1.8 公里到大潭水塘道後左轉過石橋到達一號檢查站。

5 km

組別
Category:

個人
Individual



團隊
Team



企業挑戰賽
Corporate Challenge



校友會挑戰賽
Alumni Challenge



2 km

從一號檢查站往終點 (大潭郊野公園燒烤區二號場) From CP1 to Finish Point (Tai Tam Country Park Barbecue Area Site 2)

在檢查站繼續沿大潭水塘道上坡往大潭上水塘，行走 1 公里後到達標距柱 H064 及大潭水務文物路徑資訊板 (途中設有計時感測器，沒有此路段時間記錄的參加者會被取消資格)。在標距柱 / 資訊板向左繼續行走 150 公尺後左轉過橋。過橋後右轉，沿大潭水塘道往黃泥湧峽道方向上坡，行走 960 公尺到達終點。

At CP1, continue along Tai Tam Reservoir Road towards Tai Tam Upper Reservoir (Time recording sensor is set en route. Hikers without time records for this section will be disqualified).

On meeting Distance Post H064 and Tai Tam Waterworks Heritage Trail Information Board after 1 km, continue LEFT for 150 m, then LEFT across the bridge. After crossing the bridge, ascend RIGHT along Tai Tam Reservoir Road towards Wong Nai Chung Gap Road for 960 m to arrive at the Finish Point.



大潭上水塘
Wilson Trail



大潭燒烤區二號燒烤場
Tai Tam BBQ Area Site 2

From Start Point (Tai Tam Country Park) to CP1 (Tai Tam Tuk Reservoir BBQ Area Site 4)

After start, LEFT along Tai Tam Reservoir Road towards Hong Kong Parkview for 650 m to the junction of Wilson Trail Sec. 1 & Sec. 2. At the junction, LEFT up the steps along Wilson Trail Sec. 1 for 1.2 km to Violet Hill, then descend 1.4 km to Tze Kong Bridge. At Tze Kong Bridge, descend LEFT towards Tai Tam Tuk Reservoir. On meeting Tai Tam Reservoir Road after 1.8 km, LEFT across the masonry bridge to arrive at CP1.



紫羅蘭山頂
Violet Hill

海拔和距離為計算的近似值，數值只供參考。
Elevation and distance are computed approximations, for reference only.

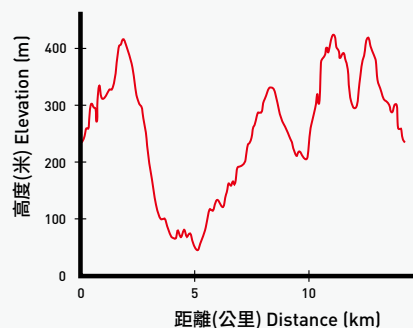
14km

中長途路線 MEDIUM ROUTE

- » 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



海拔和距離為計算的近似值，數值只供參考。
Elevation and distance are computed approximations, for reference only.

水平/斜坡長度
Horizontal/Slope Length
~ 14.2 / 14.4 公里km

最低/最高
Min/Max Elevation
~ 44 / 431 米m

上/落
Elevation Gain/Loss
~ 1.2 / 1.2 公里km

從起點 (香港大潭郊野公園) 往一號檢查站 (大潭篤水塘燒烤區四號場) From Start Point (Tai Tam Country Park) to Check Point 1 (Tai Tam Tuk Reservoir BBQ Area Site 4)

起步後左轉，沿大潭水塘道往陽明山莊方向，行走 650 公尺到衛奕信徑第 1 段及第 2 段交接點。在交接點沿左邊石級轉入衛奕信徑第 1 段，往上行走 1.2 公里到紫羅蘭山頂後下山，行走 1.4 公里到紫崗橋。過紫崗橋後從左邊山徑下坡往大潭篤水塘，行走 1.8 公里到大潭水塘道後左轉過石橋到達一號檢查站。
After start, LEFT along Tai Tam Reservoir Road towards Hong Kong Parkview for 650 m to the junction of Wilson Trail Sec. 1 & Sec. 2. At the junction, LEFT up the steps along Wilson Trail Sec. 1 for 1.2 km to Violet Hill, then descend 1.4 km to Tze Kong Bridge. At Tze Kong Bridge, descend LEFT towards Tai Tam Tuk Reservoir. On meeting Tai Tam Reservoir Road after 1.8 km, LEFT across the masonry bridge to arrive at CP1.

組別
Category:

個人
Individual

團隊
Team

企業挑戰賽
Corporate Challenge

校友會挑戰賽
Alumni Challenge



大潭上水塘水壩
Tai Tam Upper Reservoir Dam

3.2 km

從一號檢查站往二號檢查站 (大風坳) From CP1 to CP2 (Quarry Gap/Tai Fung Au)

在檢查站繼續沿大潭水塘道上坡往大潭上水塘，行走 1 公里後到達標距柱 H064 及大潭水務文物路徑資訊板 (途中設有計時感測器，沒有此路段時間記錄的參加者會被取消資格)。在標距柱 / 資訊板右轉，行走 170 公尺右轉過大潭上水塘水壩。過水壩後左轉沿柏架山道上坡，行走 1.9 公里到二號檢查站。
At CP1, continue along Tai Tam Reservoir Road towards Tai Tam Upper Reservoir (Time recording sensor is set en route. Hikers without time records for this section will be disqualified). On meeting Distance Post H064 and Tai Tam Waterworks Heritage Trail Information Board after 1 km, continue RIGHT for 170 m, then RIGHT across Tai Tam Upper Reservoir Dam. After crossing the Dam, LEFT along Mount Parker Road for 1.9 km to CP2.

3.7 km

從二號檢查站往四號檢查站 (標距柱 H056/W012) From CP2 to CP4 (Distance Post H056/W012)

在大風坳沿柏架山道往鯽魚涌方向下坡，行走 1.2 公里後左轉上金督馳馬徑 (途中設有計時感測器，沒有此路段時間記錄的參加者會被取消資格)。沿金督馳馬徑行走 470 公尺後從左邊石級轉入衛奕信徑第 2 段，310 公尺後左轉到小馬山橋。在小馬山橋繼續沿衛奕信徑第 2 段往小馬山，行走 1.1 公里到山徑路口後右轉，沿港島徑第 5 段 / 奕信徑第 2 段行走 650 公尺到四號檢查站。
At Quarry Gap, descend along Mount Parker Road towards Quarry Bay for 1.2 km, then LEFT onto Sir Cecil' s Ride (Time recording sensor is set en route. Hikers without time records on this section will be disqualified). Follow Sir Cecil' s Ride for 470 m then LEFT up the steps onto Wilson Trail Sec. 2 and LEFT again after 310 m to Siu Ma Shan Bridge. At Siu Ma Shan Bridge, follow Wilson Trail Sec. 2 towards Siu Ma Shan. On meeting the track junction after 1.1 km, RIGHT along Hong Kong Trail Sec. 5/Wilson Trail Sec. 2 for 650 m to CP4.



畢拉山無線電站
Mount Butler Radio Station

2.1 km

從四號檢查站往終點 (大潭燒烤區二號燒烤場) From CP4 to Finish Point (Tai Tam BBQ Area Site 2)

在檢查站左轉，沿港島徑第 5 段 / 衛奕信徑第 2 段行走 570 公尺到渣甸山頂後沿黃泥涌水塘方向落山。行走 1.1 公里到大潭水塘道後左轉往陽明山莊方向，沿大潭水塘道行走 570 公尺到達終點。
At CP4, LEFT along Hong Kong Trail Sec. 5/Wilson Trail Sec. 2 for 570 m to Jardine's Lookout, then descend at the top towards Wong Nai Chung Reservoir. On meeting Tai Tam Reservoir Road after 1.1 km, LEFT along Tai Tam Reservoir Road towards Hong Kong Parkview for 570 m to arrive at the Finish Point.



大潭燒烤區二號燒烤場
Tai Tam BBQ Area Site 2

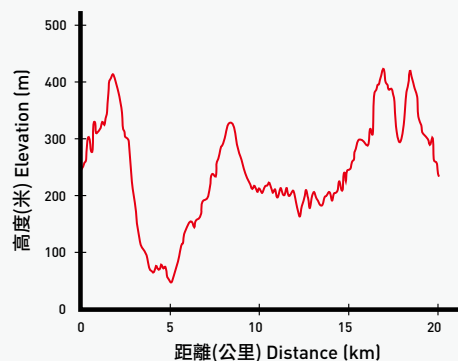
20km

長途路線 LONG ROUTE

- » 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



海拔圖 Elevation profile



水平/斜坡長度
Horizontal/Slope Length
~ 20.1 / 20.5 公里km

最低/最高
Min/Max Elevation
~ 44 / 431 米m

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

從起點 (香港大潭郊野公園) 往一號檢查站 (大潭篤水塘燒烤區四號場) From Start Point (Tai Tam Country Park) to CP1 (Tai Tam Tuk Reservoir BBQ Area Site 4)

起步後左轉，沿大潭水塘道往陽明山莊方向，行走650公尺到衛奕信徑第1段及第2段交接點。在交接點沿左邊石級轉入衛奕信徑第1段，往上行走1.2公里到紫羅蘭山頂後下山，行走1.4公里到紫崗橋。過紫崗橋後從左邊山徑下坡往大潭篤水塘，行走1.8公里到大潭水塘道後左轉過石橋到達一號檢查站。

After start, LEFT along Tai Tam Reservoir Road towards Hong Kong Parkview for 650 m to the junction of Wilson Trail Sec. 1 & Sec. 2. At the junction, LEFT up the steps along Wilson Trail Sec. 1 for 1.2 km to Violet Hill, then descend 1.4 km to Tze Kong Bridge. At Tze Kong Bridge, descend LEFT towards Tai Tam Tuk Reservoir. On meeting Tai Tam Reservoir Road after 1.8 km, LEFT across the masonry bridge to arrive at CP1.

組別
Category:

個人
Individual



團隊
Team



企業挑戰賽
Corporate Challenge



校友會挑戰賽
Alumni Challenge



3.2 km 從一號檢查站往二號檢查站 (大風坳) From CP1 to CP2 (Quarry Gap/Tai Fung Au)

在檢查站繼續沿大潭水塘道上坡往大潭上水塘，行走1公里後到達標距柱H064及大潭水務文物路徑資訊板(途中設有計時感測器，沒有此路段時間記錄的參加者會被取消資格)。在標距柱/資訊板右轉，行走170公尺右轉過大潭上水塘水壩。過水壩後左轉沿柏架山道上坡，行走1.9公里到二號檢查站。

At CP1, continue along Tai Tam Reservoir Road towards Tai Tam Upper Reservoir (Time recording sensor is set en route. Hikers without time records for this section will be disqualified). On meeting Distance Post H064 and Tai Tam Waterworks Heritage Trail Information Board after 1 km, continue RIGHT for 170 m, then RIGHT across Tai Tam Upper Reservoir Dam. After crossing the Dam, LEFT along Mount Parker Road for 1.9 km to CP2.

7.4 km 從二號檢查站往三號檢查站 (畢拉山高頻無線接收電台) From CP2 to CP3 (Mt. Butler High Frequency Radio Receiving Station)

在大風坳沿柏架山道往鯽魚涌方向下坡，行走1.2公里後左轉上金督馳馬徑。沿督馳馬徑行走470公尺到達「路線分流點」(途中設有計時感測器，沒有此路段時間記錄的參加者會被取消資格)。長途路線參加者需要在中午前經過「路線分流點」。在中午12時後到達分流點的長途路線參加者會被取消比賽資格，他們必須遵從工作人員指示沿中長途路線折返終點。在「路線分流點」沿金督馳馬徑行走580公尺，到分叉路見「寶聯徑」路牌後右轉，繼續沿金督馳馬徑行走910公尺到達石級前的「緩跑徑標誌」。在「緩跑徑標誌」右轉，繼續沿金督馳馬徑往寶馬山方向行走，約1.6公里後到達寶馬山洞(小馬坑)休憩區。在休憩區繼續沿金督馳馬徑往爐峰坳方向行走，行走2.3公里到達車路後左轉，沿車路上坡行走370公尺到達三號檢查站。

At Quarry Gap, descend along Mount Parker Road towards Quarry Bay for 1.2 km, then LEFT onto Sir Cecil' s Ride for 470m to arrive at the Route Diverge Point (Time recording sensor is set en route. Hikers without time records on this section will be disqualified). Long Route Hikers shall pass the Route Diverge Point before noon. Those arrive at the Route Diverge Point after 12 noon will be disqualified. They MUST follow Staff' s instructions to take the Medium Route to the Finish. At the Route Diverge Point, straight along Sir Cecil' s Ride for 580 m. On meeting "Po Luen Path" route sign, continue RIGHT along Sir Cecil' s Ride for 910 m to arrive at the Jogging Trail Sign just before the concrete steps. At the Jogging Trail Sign, turn RIGHT along Sir Cecil' s Rides towards Braemar Hill for 1.6 km to arrive at Sir Cecil' s Rides Stream (Siu Ma Stream) Rest Area. At the Rest Area, continue along Sir Cecil' s Rides towards Lo Fung Au (Red Incense Burner Summit). On meeting the ROAD after 2.3 km, LEFT along road for 370 m to arrive at CP3.

2.2 km 從三號檢查站往四號檢查站 (標距柱H056/W012) From CP3 to CP4 (Distance Post H056/W012)

在檢查站轉入右側山徑，行走200公尺見「路徑指示牌」後右轉，行走160公尺見另一個「路徑指示牌」後再右轉，沿衛奕信徑第2段往小馬山橋(途中設有計時感測器，沒有此路段時間記錄的參加者會被取消資格)。在小馬山橋繼續沿衛奕信徑第2段往小馬山，行走1.1公里到山徑路口後右轉，沿港島徑第5段/奕信徑第2段行走650公尺到四號檢查站。

At CP3, RIGHT along track for 200 m, then RIGHT again at the Rout Direction Sign. On meeting another Rout Direction Sign after 160 m, RIGHT along Wilson Trail Sec. 2 to Siu Ma Shan Bridge (Time recording sensor is set en route. Hikers without time records on this section will be disqualified from the tournament). At Siu Ma Shan Bridge, follow Wilson Trail Sec. 2 towards Siu Ma Shan. On meeting the track junction after 1.1 km, RIGHT along Hong Kong Trail Sec. 5/Wilson Trail Sec. 2 for 650 m to CP4.

2.2 km 從四號檢查站往終點 (大潭燒烤區二號燒烤場) From CP4 to Finish Point (Tai Tam BBQ Area Site 2)

在檢查站左轉，沿港島徑第5段/衛奕信徑第2段行走570公尺到渣甸山頂後沿黃泥涌水塘方向落山。行走1.1公里到大潭水塘道後左轉往陽明山莊方向，沿大潭水塘道行走570公尺到達終點。

At CP4, LEFT along Hong Kong Trail Sec. 5/Wilson Trail Sec. 2 for 570 m to Jardine's Lookout, then descend at the top towards Wong Nai Chung Reservoir. On meeting Tai Tam Reservoir Road after 1.1 km, LEFT along Tai Tam Reservoir Road towards Hong Kong Parkview for 570 m to arrive at the Finish Point. Hong Kong Parkview for 570 m to arrive at the Finish Point.

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：4492 8210 / 4427 2762。

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，仍然有資格競逐「籌款獎項」。
- 未能於 2025 年 3 月 24 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 4492 8210 / 4427 2762 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, 24 March 2025.



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！
Join Countryside and Beach Clean-up Events
with Speed and Ease!



報告郊野垃圾黑點，更方便！
Report Country Park Rubbish Blackspots with
Greater Convenience!



善寧會是一間非政府津助的非牟利慈善機構，所有服務均有賴各界善長的支持，才能繼續為晚期病人及其家人提供適切的支援服務。

SPHC is a non-profit organisation that does not receive government subvention and relies entirely on the support of generous donors to continue providing essential and end-of-life services to terminal patients and their families.

關於善寧會 About the Society for the Promotion of Hospice Care

善寧會成立於1986年，致力為各階層的晚期病人及家庭提供全面的身、心、社、靈的紓緩照顧服務。現有服務單位包括位於沙田亞公角山路的「賽馬會善寧之家」，及提供社區善別輔導的「譚雅士杜佩珍安家舍服務中心」。

位於沙田的「賽馬會善寧之家」是全港首間以「家庭為本」的寧養中心，設有30間設備齊全的獨立套房。專業的醫護團隊包括紓緩專科醫生、駐院醫生、護士、物理治療師、心理學家、社工、起居照顧員等，致力為晚期病人提供全面的寧養紓緩住院服務，讓他們在最少痛苦下、有尊嚴地活出生命的最後光輝。合資格受助人士更可獲大幅減免收費或全費豁免。



The Society for the Promotion of Hospice Care (SPHC) was established in 1986 and is dedicated to providing comprehensive holistic palliative and hospice care to terminal patients and their families, addressing physical, emotional, social, and spiritual needs. Our current service units include the Jockey Club Home for Hospice (JCHH), located on A Kung Kok Shan Road in Shatin, and the Jessie and Thomas Tam Centre (JTTC), which offers community bereavement services.

JCHH is the first palliative care centre in Hong Kong to adopt a family-oriented approach, featuring 30 full equipped self-contained ensuites. Our professional medical team consists of medical specialist (palliative care) resident doctors, nurses, physiotherapists, psychologists, social workers, and personal care workers, all committed to providing comprehensive palliative in-patient services. Our goal is to ensure that terminally ill patients can live their final days with dignity and minimal suffering. We also offer subsidized care to ensure that everyone, including low-income families, has access to quality end-of-life care.



賽馬會善寧之家
Jockey Club Home for Hospice

有關善寧會
More about SPHC

服務簡介
Service Introduction

參加「登山善行」的目的 Mission for Joining Hike for Hospice



為何「登山」？ Why do we HIKE?

「登山」象徵人生旅程中的高低起伏與挑戰。透過跨越高山與低谷，鼓勵病人即使面對有限的生命，也能活出有尊嚴的人生。我們希望藉著「登山善行」活動，讓參加者在大自然中享受登山的樂趣，同時為「賽馬會善寧之家」的「住院資助計劃」籌款，用以幫助基層晚期病人獲得適切的寧養照顧。

"HIKE" symbolises the ups and downs of life's journey. By overcoming peaks and valleys, we encourage patients to live with dignity, even when facing a limited lifespan. Through the HIKE for Hospice, we aim to allow participants to enjoy the joys of hiking in nature, while also motivating everyone to face challenges actively. At the same time, we raise funds to support the "Subsidy Bed Scheme" of the JCHH, assisting underprivileged terminal patients in receiving appropriate palliative care.

如何「善行」？ How to "Do Good"?

參加「登山善行」不僅是一次登山活動，更是支持晚期病人及其家庭的重要行動。透過您的參與和捐款，善寧會能持續為弱勢病人提供優質的寧養照顧和喪親支援服務。自1992年以來，這項活動吸引了來自不同年齡和背景的人士，共同支持善寧會的工作。

Joining HIKE for Hospice is not just a hiking activity; it is a vital way to support terminal patients and their families. Through your participation and donations, SPHC can continue to provide quality palliative care and bereavement support services to vulnerable patients. Since 1992, this event has attracted individuals from various ages and backgrounds, coming together to support the work of SPHC.

為何此活動特別？

What makes "HIKE for HOSPICE" special?

「登山善行」提供多條風景宜人的路線，適合各年齡層參加，包括成人、小朋友和寵物。

1

HIKE for Hospice offers several scenic routes suitable for all ages, including adults, children, and pets.

「登山善行」已持續三十多年，成為善寧會的重要傳統，每年吸引越來越多的人參與，彰顯社會對晚期病人照顧的關注與支持。

3

HIKE for Hospice has continued for over thirty years, becoming an important tradition of the SPHC, attracting more participants each year and highlighting society's concern for the care of terminal patients.



2

「登山善行」獨特之處在於提供美味的咖喱午餐，長期參加活動的登山健兒們都被這道美食所吸引。

This event is unique in that we provide delicious curry lunches, which have attracted long-time participants to return for this delightful meal.

4

「登山善行」不僅是籌款活動，更是促進社區團結的良機。參加者可以個人或隊制形式參與，欣賞大自然景色，並促進交流。

This event is not only a fundraising activity but also a great opportunity to foster community spirit. Participants can join as individuals or in teams, enjoying the beauty of nature while promoting social interaction.

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。如閣下未能參加「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 use by participants to collect donations to meet their fundraising goals. If you decide not to take part in "Hike for Hospice" 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 Phone No. _____ 電郵 Email _____

地址 Address _____

贊助人登記資料 Sponsor Information

贊助人姓名 Name of sponsors	電郵 Email	郵寄地址 Mailing address	贊助金額 Amount
			HKS
			HKS
			HKS
			HKS
			HKS
			HKS
總贊助金額 Total amount			HKS

贊助表格可自行復印或於活動網站下載。請於2025年4月30日或之前把所有善款寄回大會。捐款HK\$100或以上之參加者及贊助人可獲正式捐款收據。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。
The sponsorship form may be photocopied or downloaded from the event website. Please return all donations to the organiser on or before 30 Apr 2025. An official donation receipt will be issued for donations of HK\$100 or above. If a sponsor's email or address is not provided, the official receipt will be sent to the participant for distribution.

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 Hike for Hospice website



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透過WhatsApp / 傳真 / 電郵及郵寄交回大會
Hikers can collect donations from sponsors (bank-in slip, image of payment confirmation/cheque) and return sponsorship form by WhatsApp, Fax, Email or Mailing to us.

支票 Cheque 善寧會 The Society for the Promotion of Hospice Care
銀行轉賬 Bank Transfer 恒生銀行 Hang Seng Bank 280-3-451141
轉數快 FPS finance@hospicecare.org.hk

WhatsApp 9635 5001

郵寄 Mailing (*信封註明 Subject: Hike for Hospice 「登山善行」)
Jockey Club Home for Hospice No. 18, A Kung Kok Shan Road, Shatin, N.T., Hong Kong

傳真 Fax 2336 2776

電郵 Email hike@hospicecare.org.hk

鳴謝 Special Thanks

慈善機構註冊編號 Charity Registered No: 91/3140

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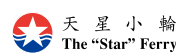
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hike.hospicecare.org.hk

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