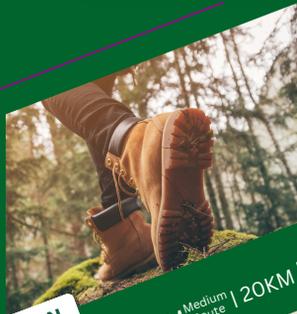


33rd HIKE FOR HOSPICE 2026

RACE SECTION

4KM Leisure Route | 7KM Short Route | 13KM Medium Route | 20KM Long Route



26th April
2026 (SUN)

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

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!



☎ 2331 7000 ☎ 2331 7036

✉ hike@hospicecare.org.hk

🌐 hike.hospicecare.org.hk



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」。

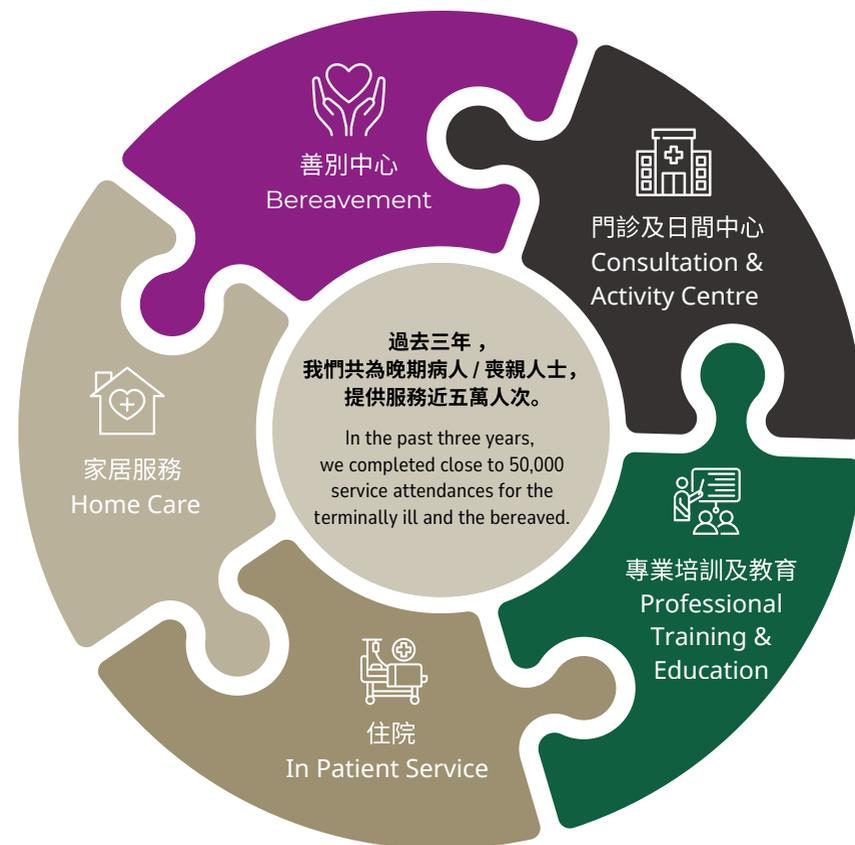
位於沙田的「賽馬會善寧之家」是全港首間以「家庭為本」的寧養中心，設有30間設備齊全的獨立套房。專業的醫護團隊包括紓緩專科醫生、駐院醫生、護士、物理治療師、心理學家、社工、起居照顧員等，致力為晚期病人提供全面的寧養紓緩住院服務，讓他們在最少痛苦下、有尊嚴地活出生命的最後光輝。合資格受助人士更可獲大幅減免收費或全費豁免。

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 ensembles. 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

籌募委員會的話

Message from the organising committee

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33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舒緩及善別輔導服務。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 33rd 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. 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

2026.4.26 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 (金鐘地鐵站 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 – 大會提供簡單早點
08:35 Complimentary light refreshment

主席 Chairman

艾禮仕先生 Mr. Edward Naylor

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

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

王紹強先生 MBE
Mr. Raymond Wong, MBE

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 (金鐘地鐵站 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

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護。

"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.

為何此活動特別？

What makes "HIKE for HOSPICE" special?



1

「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。

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

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.

3

「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護的關注與支持。

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.

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.

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護和喪親支援服務。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.

第33屆登山善行 33rd Annual Hike for Hospice

2026.4.26^{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)

大會將以快遞形式派發禮品包
Souvenirs bag will be delivered by courier

Registration Fee:
\$250 HKD

Why are we introducing registration fees this year:

- Rising Event Operating Costs
- Supporting Sustainability of the Event
- Encouraging Serious Participation and Reducing No-shows

禮品包
Souvenirs Bag

- 登山善行紀念T恤一件 Event T-shirt
- 晶片號碼布 Numbered bib
- 活動小冊子一本 Event booklet
- 賽事電子證書 E-certificate
- 獎牌乙枚 Finisher medal

免費穿梭巴士服務
Free Shuttle Bus

往返金鐘海富中心及活動場地
Runs between Admiralty Centre and the event site

輕食及飲料
Food and Drinks

於起點及部分檢查站提供輕食或飲料
Refreshments and drinks will be available at the starting point or specific checkpoints

傳統咖喱午餐
Curry Lunch

登山後可享用傳統咖喱午餐
Traditional curry lunch will be served after the Hike



場地開放 Site opens	8:00am
起步禮 Opening Ceremony	8:45am
起步時間 Kick-off Time	9:00am

最高團隊籌款大獎
Top Fundraising Award

各組別均設有「最高團隊籌款大獎」
Each category has one Top Fundraising Award

挑戰賽獎
Challenge Award

各組別均設有冠、亞、季軍獎項；個人組、團隊組、企業挑戰賽、校友會挑戰賽，各以各自的路程獨立計算
Each category has 1st, 2nd, 3rd place awards; the individual category, team category, Corporate Challenge, and Alumni Challenge are calculated independently based on their respective routes

4 km 休閒路線能鼓勵更多人士可以一同親身參與，輕鬆地體驗登山善行。

* 須以公司 / 機構名義組隊參與，只限 14 km 中長途路線。# 須以校友組織名義組隊參與，只限 13 km 中長途路線。^每隊最多4人參加。以所有隊員到達終點的時間計算。冠軍獎杯具傳承性，獲得冠軍之隊伍可保留獎盃一年，直到下一屆比賽；累積三屆冠軍之隊伍，可獲頒發三星獎盃，以表揚其優秀表現。

The 4KM Leisure Route makes it easier for everyone to enjoy the experience of "Hike for Hospice".

*Teams that register under a company name/alumni association name may only participate in the 13 km medium-distance route. ^Each team may have up to 4 participants. The Champion will be awarded a trophy and may keep it for one year; until the next edition of the event. A team that wins the championship for three cumulative editions will be awarded a Three-Star Trophy in recognition of their outstanding performance.

個人 Individual
籌款目標
Fundraising Target
\$3,000

團隊 Teams[^]
籌款目標
Fundraising Target
\$20,000

校友會挑戰賽^{}**
Alumni Challenge
籌款目標
Fundraising Target
\$15,000

企業挑戰賽^{}**
Corporate Challenge
籌款目標
Fundraising Target
\$30,000

報名截止日期
Enrolment deadline
SUN
2026.4.26

注意事項 Notes

- 不提供泊車位
- No parking space will be arranged



立即報名
Register
Now



有賴公眾一直以來的支持和參與，「登山善行」共設有「個人」、「團隊」、「企業挑戰賽」及「校友會挑戰賽」四個組別。參加者可以根據個人喜好，邀約家人、朋友、同事、校友一同登山做善事，甚至攜帶寵物參加。

Thanks to the ongoing support and participation from the public, "HIKE for Hospice" features four categories: "Individual," "Team," "Corporate Challenge," and "Alumni Challenge." Participants can invite family, friends, colleagues, or alumni to join them in this charitable hike, and pets are also welcome.

「個人」組別專為個人參與，而「團隊」組別除「團隊」及「個人」組別外，亦設有「企業」可自由組合四人參加。兩個組別均提供多條挑戰賽及「校友會挑戰賽」。參加的隊伍路線供選擇。歡迎共同體驗大自然的美景，同時為善寧會籌款。企業與校友組織踴躍參與，派出精英出戰，並邀請對手接受挑戰，同時為善寧會籌款。

The Individual Category welcomes solo challengers, while the Team Category lets companies and groups form dynamic teams of four. This year, we're also introducing the exciting Corporate Challenge. Multiple routes — including the Alumni Association Challenge — give every participant the chance to choose their perfect adventure. Join us to enjoy stunning nature, build team spirit, and raise vital funds for the Society for the Promotion of Hospice Care (SPHC). Corporates and alumni groups are encouraged to gather their best players, challenge friendly rivals, and walk for a meaningful cause.

Step up, team up, and make every step count.

詳情請瀏覽以下網頁 For details, please visit:

Individual & Team Categories 個人及團隊組

The "Individual" category is for solo participants, while the "Team" category allows groups of four to join together. Both categories offer multiple routes to choose from. This year, we have introduced a special 4-kilometre Leisure Route to encourage more people to participate in "HIKE for Hospice," allowing everyone to experience the beauty of nature while raising funds for the SPHC.



Corporate & Alumni Challenge 企業及校友會挑戰賽

In addition to the "Team" and "Individual" categories, we also have the "Corporate Challenge" and "Alumni Challenge." Teams can represent their respective companies or alma maters as they compete on a designated 14-kilometre hiking route for honour and recognition. We warmly invite businesses and alumni organisations to actively participate, send their best teams to compete, and challenge their rivals—all while raising funds for the SPHC.



個人及團隊組
Individual & Team
Categories



企業及校友會挑戰賽
Corporate & Alumni
Challenge

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.

 車程
Driving Time **30-45** 分鐘
Mins

免費穿梭
巴士服務
Free Shuttle
Bus

 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

 Citybus
城巴

 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 (ShekPai 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.

2026

登山善行賽道

4KM 休閒路線 Leisure Route



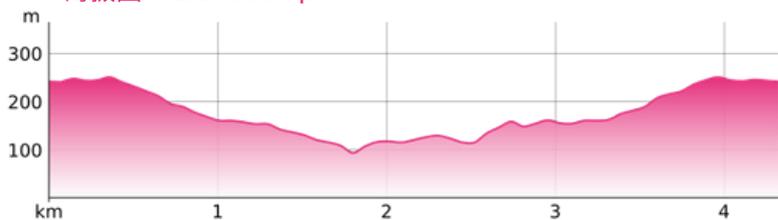
4KM

休閒路線

Leisure Route

- 前進方向
Route Side
- 涼亭
Pavilion
- 急救站
First Aid Point
- 洗手間
Washroom
- 水站
Water Point
- 計時系統
TimeRecording Sensor

海拔圖 Elevation profile



水平長度
Horizontal Length
~ 4.3 公里^{km}

最低/最高
Min/Max Elevation
~ 90 / 248 米^m

上/落
Elevation Gain/Loss
~ 189 / 189 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步行1公里，於水壩處左轉過橋。過橋後右轉沿大潭副水塘/港島徑6段行走800公尺至大潭水塘道與柏架山道交界，轉左進入柏架山道。

沿柏架山道上坡行走 960 公尺後左轉進入港島徑6段，沿水壩往西南行170公尺*，右轉，步行170公尺回到大潭水塘道。右轉上坡行走300公尺，於大潭上水塘與副水塘交界處左轉過橋。

過橋後沿大潭水塘道西行1公里到達終點 (大潭郊野公園燒烤區二號場)。

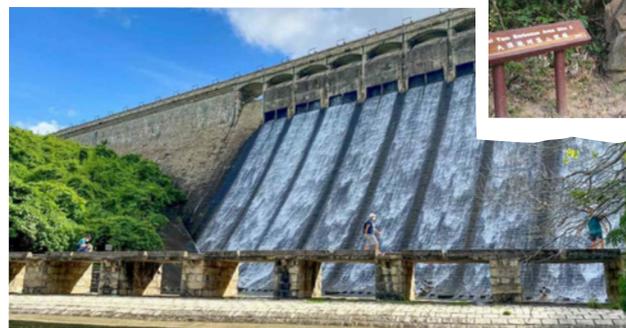
* 此路段設有計時感測器。
沒有此路段時間記錄的參加者會被取消資格。

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

After Start, turn right onto Tai Tam Reservoir Road toward Tai Tam Reservoir (1km), then turn left, walk across the bridge at the dam, then turn right onto Tai Tam Reservoir Road (800m) till the junction between Tai Tam Reservoir Road and Mount Parker Road.

Sharp left to ascend along Mount Parker Rd (960m) Sharp left over the dam* then turn right into HK Trail Sec. 6. turn right across the bridge (40 m) . Turn right again to stay on Tai Tam Reservoir Rd for 1km to the finish point.

* Time Recording Sensor deployed.
Participants without record will be disqualified.



大潭水壩
Tai Tam Water Dam



大潭燒烤區二號燒烤場
Tai Tam BBQ Area Site 2

組別
Category:





組別 Category:

- 個人 Individual
- 團隊 Team
- 企業挑戰賽 Corporate Challenge
- 校友會挑戰賽 Alumni Challenge

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

After Start, RIGHT along Tai Tam Reservoir Road toward Tai Tam Reservoir (1km). LEFT across the bridge, then RIGHT onto Tai Tam Reservoir Road/Hong Kong Trail Section 6 (800m) to the junction between Tai Tam Reservoir Road and Mount Parker Road*. Continue to stay on Tai Tam Reservoir Rd/HK Trail Sec. 6 to Check Point 1 (370m).

* Time Recording Sensor deployed. Participants without record will be disqualified.



紫羅蘭山頂 Violet Hill

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

Head SOUTH over Tai Tam Tuk Reservoir Masonry Bridge to BBQ site 3. Turn RIGHT onto the concrete path alongside Tai Tam Intermediate Reservoir to Tze Kong Bridge (1.9 km). RIGHT across Tze Kong Bridge onto Wilson Trail Sec. 1. Ascend along the steps to Violet Hill, then descend to Tai Tam Reservoir Rd (2.6 km). Turn RIGHT onto Tam Tam Reservoir Rd for 650 m to the Finish Point.

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)

起步後右轉沿大潭水塘道步行1公里，於水壩處左轉過橋。過橋後右轉沿大潭副水塘行走800公尺至大潭水塘道與柏架山道交界*，繼續沿大潭水塘道行走370公尺到達一號檢查站。

* 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。

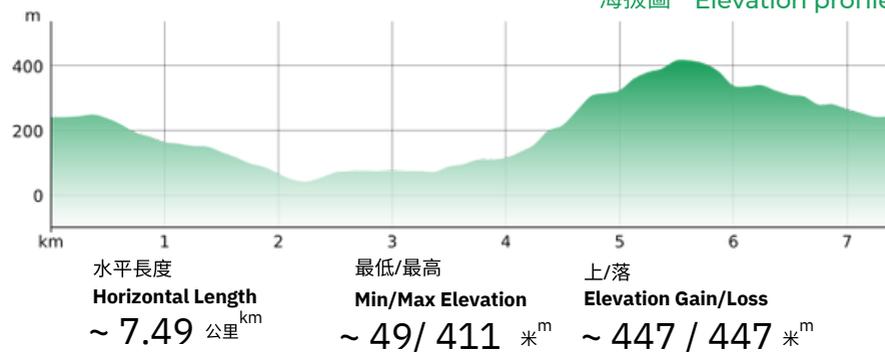


大潭燒烤區二號燒烤場 Tai Tam BBQ Area Site 2

一號檢查站 (大潭篤水塘燒烤區四號場) 往終點(香港大潭郊野公園)

從一號檢查站南行過橋到達大潭篤水塘燒烤區三號場。右轉沿大潭中水塘旁小徑行走1.9公里到達紫崗橋，轉入衛奕信徑1段。沿衛奕信徑1段登上紫羅蘭山。其後繼續沿衛奕信徑1段下降至大潭水塘道，途徑二號檢查站並右轉入大潭水塘道。沿大潭水塘道步行650公尺到大潭郊野公園二號燒烤區。

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.

2026

登山善行賽道

13KM 中長途路線 Medium Route

組別
Category:

個人
Individual



團隊
Team



企業挑戰賽
Corporate Challenge



校友會挑戰賽
Alumni Challenge



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)

起步後右轉沿大潭水塘道步行1公里，於水壩處左轉過橋。過橋後右轉沿大潭副水塘行走800公尺至大潭水塘道與柏架山道交界*，繼續沿大潭水塘道行走370公尺到達一號檢查站。

* 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。

一號檢查站(大潭篤水塘燒烤區四號場) 往

二號檢查站(港島徑五段入口)

從一號檢查站南行過橋到達大潭篤水塘燒烤區三號場。右轉沿大潭中水塘行走1.9公里到達紫崗橋，轉入衛奕信徑1段。沿衛奕信徑1段爬升至紫羅蘭山三角網測站。其後繼續沿衛奕信徑1段下降至大潭水塘道。於此處右轉步行80米，左轉入二號檢查站。

二號檢查站(港島徑五段入口) 往

四號檢查站(柏架山道燒烤區四號場)

從二號檢查站沿港島徑五段北行登頂渣甸山，途徑無線電站，並到達標距柱 H056/W012。右轉沿港島徑五段東行經畢拿山觀景台，繼續東行至四號檢查站。

四號檢查站(柏架山道燒烤區四號場) 往
終點(大潭燒烤區二號場)

由四號檢查站右轉沿柏架山道南行至與港島徑六段交界處。右轉沿水壩往西南行170公尺*，並再次右轉，步行170公尺回到大潭水塘道。右轉上坡行走300公尺，於大潭上水塘與副水塘交界處左轉過橋。過橋後沿大潭水塘道往黃泥涌峽道行走1公里到達終點。

* 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。

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

After Start, RIGHT along Tai Tam Reservoir Road toward Tai Tam Reservoir (1km). LEFT across the bridge, then RIGHT onto Tai Tam Reservoir Road/Hong Kong Trail Section 6 (800m) to the junction between Tai Tam Reservoir Road and Mount Parker Road*. Stay on Tai Tam Reservoir Rd/HK Trail Sec. 6 to Check Point 1 (370m).

* Time Recording Sensor deployed.
Participants without record will be disqualified.

From CP1 (Tai Tam Tuk Reservoir BBQ Area Site 4) to CP2 (Hong Kong Trail .5 entrance)

Head SOUTH over Tai Tam Tuk Reservoir Masonry Bridge to BBQ site 3. Turn RIGHT onto the concrete path alongside Tai Tam Intermediate Reservoir to Tze Kong Bridge (1.9 km). RIGHT across Tze Kong Bridge onto Wilson Trail Sec. 1. Ascend along the steps to Violet Hill, then descend to Tai Tam Reservoir Rd. RIGHT along Tai Tam Reservoir Rd (80m), then LEFT turn into CP2 (Hong Kong Trail .5 Entrance)

From CP2 (Hong Kong Trail Sec.5 entrance) to CP4 (Mount Parker Rd BBQ Area Site 4)

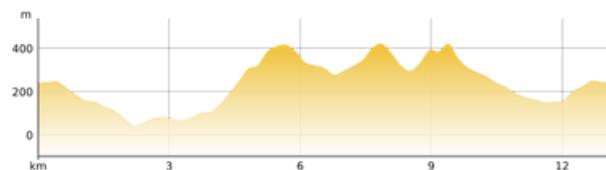
Ascend north along Hong Kong Trail Sec .5 to Jardine's Lookout, descend to Distance Post H56/W012. Go east along Hong Kong Trail Sec.5 to Mount Butler, then descend east to CP4.

From CP4 (Mount Parker Rd BBQ Area Site 4) to Finish Point (Tai Tam Country Park)

RIGHT along Mount Parker till junction with Hong Kong Trail Sec.6. RIGHT along the dam* (170m), LEFT onto Tai Tam Reservoir Rd. RIGHT and ascend for 300m, and LEFT on the bridge at the junction between the Upper and Intermediate Alongside Tai Tam Reservoir Rd to the Finish Point.

* Time Recording Sensor deployed.
Participants without record will be disqualified.

海拔圖 Elevation profile



水平長度
Horizontal Length
~ 13.1 公里

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.



紫羅蘭山頂
Violet Hill

2026

登山善行賽道

20KM 長途路線 Long Route

組別
Category:

個人
Individual



團隊
Team



企業挑戰賽
Corporate Challenge



校友挑戰賽
Alumni Challenge



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)

起步後右轉沿大潭水塘道步行1公里，於水壩處左轉過橋。過橋後右轉沿大潭副水塘行走800公尺至大潭水塘道與柏架山道交界*，繼續沿大潭水塘道行走370公尺到達一號檢查站。

一號檢查站(大潭篤水塘燒烤區四號場) 往

二號檢查站(港島徑五號入口)

從一號檢查站南行過橋到達大潭篤水塘燒烤區三號場。右轉沿大潭中水塘行走1.9公里到達紫雲橋，轉入衛奕信徑1段。沿衛奕信徑1段爬升至紫雲閣山三角網測站。其後繼續沿衛奕信徑1段下降至大潭水塘道。於此處右轉步行80米，左轉入二號檢查站。

二號檢查站(港島徑五號入口) 往

三號檢查站(畢拿山高頻無線電接收站外)

從二號檢查站沿港島徑五段北行，途徑無線電站登頂渣甸山，到達標距柱H056/W012。右轉繼續衛奕信徑第2段到截流點#。左轉沿衛奕信徑2段往小馬山橋，過橋後在路口左轉，在下一個路口左轉沿水泥路/山路到三號檢查站。

三號檢查站(畢拿山高頻無線電接收站外) 往

四號檢查站(柏架山道燒烤區四號場)

左轉沿金督馳馬徑(限制使用道路)行走(370米)，右轉進入石屏山徑繼續沿金督馳馬徑往爐峰坳。右轉繼續沿金督馳馬徑往寶馬山洞(小馬坑) 休憩區(1.1公里)，繼續沿金督馳馬徑行走。右轉上石級往柏架山道方向行走(180米)，右轉進入鯽魚涌跑徑/金督馳馬徑往柏架山道(1公里) 右轉沿柏架山道往上行走到四號檢查站。

四號檢查站(柏架山道燒烤區四號場) 往

終點(大潭燒烤區二號場)

由四號檢查站(柏架山道燒烤區四號場) 右轉沿柏架山道南行至與港島徑六段交界處。右轉沿水壩往西南行170公尺*，並再次右轉，步行170公尺回到大潭水塘道。右轉上坡行走300公尺，於大潭上水塘與副水塘交界處左轉過橋。過橋後沿大潭水塘道往黃泥涌峽道行走1公里到達終點。

* 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。

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。

From Start Point (Tai Tam Country Park)

to CP1 (Tai Tam Tuk Reservoir BBQ Area Site 4)

After Start, RIGHT along Tai Tam Reservoir Road toward Tai Tam Reservoir (1km). LEFT across the bridge, then RIGHT onto Tai Tam Reservoir Road/Hong Kong Trail Section 6 (800m) to the junction between Tai Tam Reservoir Road and Mount Parker Road*. Stay on Tai Tam Reservoir Rd/HK Trail Sec. 6 to Check Point 1 (370m).

From CP1 (Tai Tam Tuk Reservoir BBQ Area Site 4)

to CP2 (Hong Kong Trail .5 entrance)

Head SOUTH over Tai Tam Tuk Reservoir Masonry Bridge to BBQ site 3. Turn RIGHT onto the concrete path alongside Tai Tam Intermediate Reservoir to Tze Kong Bridge (1.9 km). RIGHT across Tze Kong Bridge onto Wilson Trail Sec. 1. Ascend along the steps to Violet Hill, then descend to Tai Tam Reservoir Rd. RIGHT along Tai Tam Reservoir Rd (80m), then LEFT turn into CP2

From CP2 (Hong Kong Trail Sec.5 entrance)

to CP3 (Mount Parker Rd BBQ Area Site 4)

Ascend north along Hong Kong Trail Sec .5 to Jardine's Lookout, descend to Distance Post H56/W012. Turn RIGHT to stay on Wilson Trail Sec. 2 to Cut-off Point# (660 m), LEFT onto Wilson Trail Sec. 2 towards Siu Ma Shan Bridge (1.1 km), LEFT at the track junction after Siu Ma Shan Bridge (160 m). Turn LEFT onto the concrete path at the next track junction to CP3.

From CP3 (Mount Parker Rd BBQ Area Site 4)

to CP4 (Mount Parker Rd BBQ Area Site 4)

Turn LEFT onto Sir Cecil's Ride - restricted usage road (370 m), turn RIGHT onto the concrete path to stay on Sir Cecil's Ride towards Lo Fung Au, Keep RIGHT to stay on Sir Cecil's Ride towards Sir Cecil's Ride Stream Rest Area (1.1 km). Continue along Sir Cecil's Ride. RIGHT up the stairs for 180 m to rejoin Sir Cecil's Ride, RIGHT onto Quarry Bay Jogging Trail/Sir Cecil's Ride to Mt. Parker Rd (1 km) and Ascend RIGHT along Mt. Parker Rd to CP4 (1.3 km)

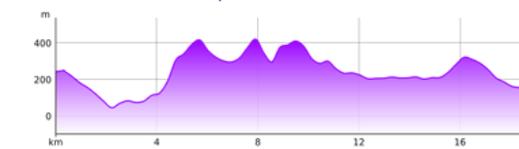
From CP4 (Mount Parker Rd BBQ Area Site 4) to Finish Point (Tai Tam Country Park)

RIGHT along Mount Parker Rd till junction with Hong Kong Trail Sec.6. RIGHT along the dam (170m)*, turn RIGHT onto Tai Tam Reservoir Rd and ascend for 300m, and LEFT on the bridge at the junction between the Upper and Intermediate Alongside Tai Tam Reservoir Rd to the Finish Point.

* Time Recording Sensor deployed. Participants without record will be disqualified.

Long Route Hikers shall pass the Cut-off Point before noon. Those arrive at the Cut-off Point after 12 noon will be disqualified. They MUST follow Staff's instructions to take the Medium Route to the Finish.

海拔圖 Elevation profile



水平長度

Horizontal Length

~ 19.8 公里 km

最低/最高

Min/Max Elevation

~ 49 / 412 米 m

上/落

Elevation Gain/Loss

~ 1315/1315 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.

立即掃描報名參加 SCAN TO ENROLL



參加者須知 Important Notes

晶片號碼布

1. 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。
2. 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。
3. 請用防水筆在號碼布後填寫你的緊急聯絡資料。
4. 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：9635 5001。

保護環境

- 請減少製造廢物，並盡量使用可重用的物質，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，為團隊、個人、企業挑戰賽及校友會挑戰賽參加者計算行畢全程時間。

1. 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。
2. 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。
3. 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。
4. 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。
5. 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。
6. 淨時間：大會將依「計時系統起步時間」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長短作釐定；獎項將發給以最短「淨時間」完成賽事之團隊或個人參加者。

1. 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。
2. 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。
3. 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。
4. 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」。
5. 未能於2026年5月31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

1. 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.
2. The bib is also an identity to entitle you to enjoy the light refreshment, curry lunch and shuttle bus service
3. Please fill in your emergency contact information on the back of the number bib with a ball-pen or marker.
4. 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

1. 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.
2. 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.
3. 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
4. First aid station will be set at the base area. Basic first aid service will be available at each checkpoint.

5. Please pay attention to the signs (in A3 size) along the routes to ensure you are following the right trail.

6. Please call our emergency hotlines at 9635 5001 when needed.

Reduce, Reuse, Recycle

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

Personal Belongings

1. You may store your personal belongings in the assigned zone of the event site.
2. 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.

1. 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.
2. 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.

3. Bib Start Time: The time recorded automatically when participants pass through the time check sensors at the Start Point.

4. Bib Finish Time: The time recorded automatically when participants pass through the time check sensors at the Finish Point.

5. Bib Check point Time: The time recorded automatically when hikers pass through the time check sensors at specific Checkpoints.

6. Net Time: The Net Time of an individual is measured by his/her Bib Finish Time against the Bib Start 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.

1. Participants who start their hike before the Gun Time (official start time) will be disqualified for the Category Awards.

2. 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.

3. 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.

4. Participants who are disqualified for Category Awards are still qualified for the Fundraising Awards.

5. Awards will only be given to teams or individuals who will have achieved the minimum fundraising requirement on or before Tuesdays, 31 May 2026.

報名表格

Enrolment Form

寄上表格時，請一併附上每位參加者 \$250 報名費的轉帳證明或支票；例如 4 位參加者合共為 \$1,000 報名費。Please attach the transfer proof or a cheque for the HK\$250 registration fee per participant when submitting the form. For example, the fee for 4 participants totals HK\$1,000.

組別
Category



個人
Individual



團隊
Team

指定13公里登山路線 A designated 13km hiking route



企業挑戰賽
Corporate
Challenge

指定13公里登山路線 A designated 13km hiking route



校友會挑戰賽
Alumni
Challenge

團隊名稱
Team Name _____

公司 / 機構 / 校友組織名稱 (如有)
Corporate / Alumni / Association Name (if any) _____

姓名 Name	性別 Gender	電話 Phone No.	* 選擇路線 Choose the Route	電郵 Email	郵寄地址 Mailing Address	巴士服務 Bus Service	T恤尺碼 Tee Size	緊急聯絡人 Emergency Contact
參加者1 Hiker 1 (個人或團隊隊長填寫 Individual or Team Leader)								
中文 Chinese :	<input type="radio"/> 男M		<input type="radio"/> 4km 休閒 Leisure*			<input type="radio"/> 需要 YES		
英文 English :	<input type="radio"/> 女F		<input type="radio"/> 7km 短途 Short*			<input type="radio"/> 不需要 NO		
			<input type="radio"/> 13km 中長 Medium					
			<input type="radio"/> 20km 長途 Long Route*					
參加者2 Hiker 2								
中文 Chinese :	<input type="radio"/> 男M		<input type="radio"/> 4km 休閒 Leisure*			<input type="radio"/> 需要 YES		
英文 English :	<input type="radio"/> 女F		<input type="radio"/> 7km 短途 Short*			<input type="radio"/> 不需要 NO		
			<input type="radio"/> 13km 中長 Medium					
			<input type="radio"/> 20km 長途 Long Route*					
參加者3 Hiker 3								
中文 Chinese :	<input type="radio"/> 男M		<input type="radio"/> 4km 休閒 Leisure*			<input type="radio"/> 需要 YES		
英文 English :	<input type="radio"/> 女F		<input type="radio"/> 7km 短途 Short*			<input type="radio"/> 不需要 NO		
			<input type="radio"/> 13km 中長 Medium					
			<input type="radio"/> 20km 長途 Long Route*					
參加者4 Hiker 4								
中文 Chinese :	<input type="radio"/> 男M		<input type="radio"/> 4km 休閒 Leisure*			<input type="radio"/> 需要 YES		
英文 English :	<input type="radio"/> 女F		<input type="radio"/> 7km 短途 Short*			<input type="radio"/> 不需要 NO		
			<input type="radio"/> 13km 中長 Medium					
			<input type="radio"/> 20km 長途 Long Route*					

聲明 Declaration

我(我們) 確認並同意以下各項: 1) 報名表格及提供之文件均正確; 2) 已考慮及明白參與本活動之體能要求, 願意承擔相關風險及責任; 3) 遵守大會之規則、安排及決定; 另外, 我(我們) 願意授權大會及傳媒使用所有相關的活動相片、影片、錄音(如得獎感言等)。
I(we): 1) confirm that the information and documents provided are correct and true; 2) understand the physical requirement and risks of this event; 3) agree to comply with the rules and arrangements of the organiser, and authorise the organiser to use all related media including Photos, video and audio recordings (acceptance speeches etc.)

我(我們) 已閱讀及同意以上條文(未滿18歲者需由家長/監護人確認)。
I(we) have read and agree to the above (if under 18 years old, declaration must be signed by parent / guardian).

我(我們) 不願意接收善寧會的資訊。
I(we) do not wish to receive communications from SPHC.

個人或團隊隊長簽署
Individual / Team Leader
Signature

參加者2簽署
Hiker 2 Signature

參加者3簽署
Hiker 3 Signature

參加者4簽署
Hiker 4 Signature

紀念 T 恤尺碼參考 Event T-Shirt Size Chart

大會不保證能提供所選擇之尺碼, 尺碼分配視乎領取禮品包之先後次序及質量而定, 所有尺碼先到先得。
Selected size not guaranteed and available on a first-come-first-served basis.

尺碼 Size	XS	S	M	L	XL	XXL	XXXL
胸圍 (厘米) Chest (cm)	44	47	50	53	56	59	62
衣長 (厘米) Shirt Length (cm)	62	65	68	71	74	77	80
身高 (厘米) Body Height (cm)	150-160	161-166	167-172	173-178	179-185	186-190	191-195
體重 (公斤) Body Weight (kg)	<50	50-60	60-70	70-80	80-90	90-95	95-100

捐款方式
Donation Methods

支票 Cheque
銀行轉賬 Bank Transfer
轉數快 FPS

善寧會 The Society for the Promotion of Hospice Care
恒生銀行 Hang Seng Bank 280-3-451141
finance@hospicecare.org.hk

WhatsApp
9635 5001

傳真 Fax
2336 2776

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

電郵 Email
hike@hospicecare.org.hk

鑽石贊助 Diamond Sponsors



Mrs. PURVIZ R. SHROFF MH
& Late Mr. RUSY M. SHROFF BBS, MBE

黃金贊助 Gold Sponsors



銅鑼灣街坊福利促進會



The Mari-Cha Group Limited

白銀贊助 Silver Sponsor:



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



義務團體 Supporting Organisations



籌備委員會 Organising Committee

主席 Chairman

艾禮仕先生 Mr. Edward Naylor

委員 Members

何穎彤女士 Mr. Michael Chandler
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 Mr. Jim Thompson, GBS
王紹強先生 MBE Mr. Raymond Wong, MBE

贊助表格 Sponsorship Form

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
			HK\$
總贊助金額 Total amount			HK\$

贊助表格可自行復印或於活動網站下載。請於2026年5月31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 organizer on or before 30 June 2026. 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 024-280-3-451141
轉數快 FPS finance@hospicecare.org.hk

WhatsApp 2331 7036

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

organised by:



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33rd HIKE FOR HOSPICE

Put Your Best Foot Forward

登山善行，紓己寧人

香港沙田亞公角山路18號 賽馬會善寧之家

No. 18, A Kung Kok Shan Road, Shatin, N.T., Hong Kong