

# OXFAM TRAILWALKER 2020

## IMPORTANT NOTES

MS BRENDA WONG

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# Why joining OTW?



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# TEAMWORK SAME GOAL, NEVER GIVE UP!



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# 2020 THEME



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Principal Sponsor



Legislative Sponsors

ASIA MILES



CLP 中電



HKT is PCCW Group member

Official Apparel



Official Footwear



Official Engineering Consultant



Official Energy Provider



Official Refreshment Shop



Official Green Management Partner



Official Clock



Official Drink



Other Supporting Companies & Organisations







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## HOW YOUR DONATIONS HELP

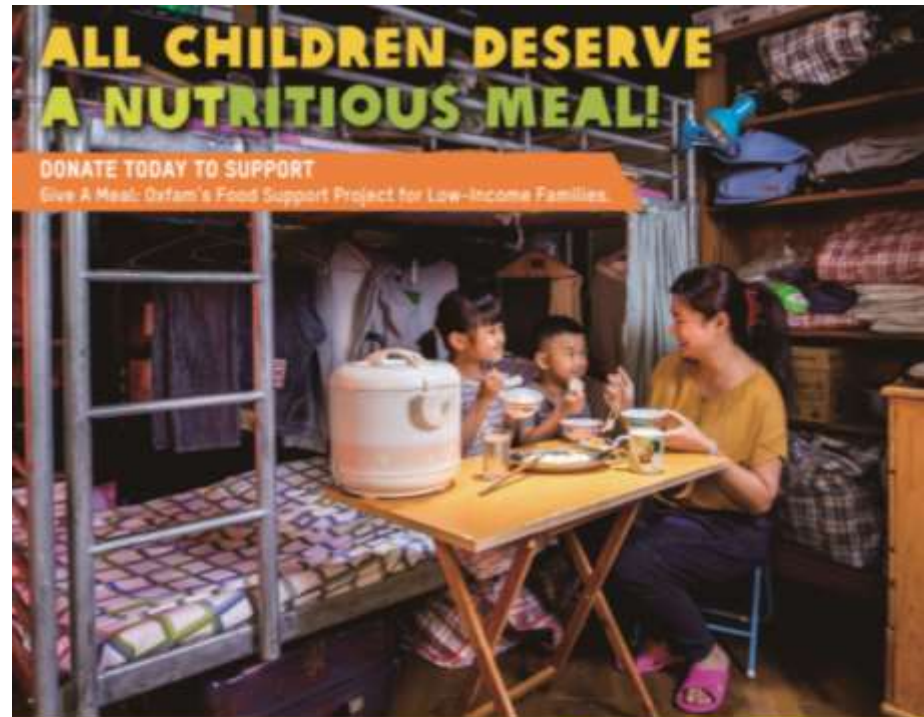
### GIVE A MEAL - OXFAM'S FOOD SUPPORT PROJECT FOR LOW-INCOME FAMILIES

When a crisis like the coronavirus hits, it's the poorest who suffer most. Faced with financial pressure, many families cut food costs to save money; but this often translates into poor nutrition, especially for their children. That's why, in collaboration with Sharing Kitchen, Concerning CSSA and Low Income Alliance, Hong Kong Dietitians Association and United Christian Nethersole Community Health Service, we aim to provide 600 low-income families that have children with nutritious meal kits over two years in four batches. Each batch of families will receive four meal kits a week that are specifically designed and recommended by a dietitian for six months (providing a total of 62,400 packs over the two years). The dietitians will also equip families with basic knowledge on nutrition and healthy eating.

## ALL CHILDREN DESERVE A NUTRITIOUS MEAL!

### DONATE TODAY TO SUPPORT

Give A Meal: Oxfam's Food Support Project for Low-income Families





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## 新型冠狀病毒緊急援助 NOVEL CORONAVIRUS (COVID-19) RELIEF EFFORTS

新冠病毒疫情全球肆虐，樂施會迅速在65個國家及地區為脆弱社群提供防疫及生計支援，同時加強推廣衛生教育。在香港、澳門及中國內地，我們協助基層貧困家庭、清潔工、長者、殘疾人士等弱勢群體應對疫情。截至5月底，我們已向超過34萬人提供口罩、消毒搓手液及白米等，以解燃眉之急。

The coronavirus pandemic is affecting everyone globally. Oxfam has been working around the clock in 65 countries and regions to protect the most vulnerable from the disease and its impacts. In Hong Kong, Macau and mainland China, we have been working with our partners to support low-income families, street cleaners, elderly people and people with disabilities, to fight against COVID-19. As of late May, we have distributed masks, hand sanitizer and rice etc. to over 340,000 people.

團結就是力量！不分國界，互相支援，一起跨過這個全球危機。  
As a global community, we are in this – and will get through this – together.



疫情下，香港基層生計大受打擊，樂施會及夥伴團體倡議向失業及就業不足人士，提供至少6個月的失業援助金，並研究落實失業保險制度。

To relieve the financial difficulties facing low-income families because of COVID-19, we are urging the Hong Kong Government to offer a short-term unemployment allowance for unemployed and underemployed people, and unemployment insurance.



自2月初起，樂施會和夥伴團體在香港多區向清潔工派發口罩等防疫用品，並要求政府及外判清潔公司向工友提供應有的裝備及保障。

Since the beginning of February, we have been working with partner organisations to offer protective equipment to cleaners who work in high-risk conditions, and have been urging the Government and outsourced companies to provide cleaners with this protection.





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我們在內地支援最脆弱的人群，包括愛滋病感染者、貧困老人、農村到城市的外來工、流動兒童及清潔工人等。圖中的清潔工正在閱讀我們與夥伴派發的防疫單張。

We have reached the most vulnerable groups in mainland China, including people living with HIV/AIDS, elderly people, migrant workers and children, and cleaners. The cleaners in this photo are reading COVID-19 prevention leaflets we distributed.



人多擠迫令難民營成為疫症爆發的高危地方，我們在各地的難民營增設更多洗手設施，以及加快向難民家庭派發清潔用品。

Cramped conditions in refugee camps put refugees at great risk of catching COVID-19. Our staff have sped up the installation of handwashing facilities and distribution of hygiene kits in the camps.



國際樂施會的報告指出，疫情可能令全球再多5億人陷入貧困，營養不良問題亦會惡化。我們在各地向缺糧的家庭派發應急糧食，同時遊說國際社會支援發展中國家應對疫情帶來的衝擊。

According to an Oxfam report, the economic fallout from the coronavirus pandemic could push half a billion more people into poverty and leave the world with a hunger crisis. We have been providing emergency food to those in need, and calling on the international community to take urgent action to support developing countries.

## 團結就是力量

了解及支持樂施會全球抗疫工作：  
Learn more about and support Oxfam's  
response to COVID-19:



# OTW HISTORY – A GLOBAL MOVEMENT



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1981	“Exercise Trailwalker” started by the Gurkhas Army stationed in HK, raising HK\$80,000
1986	Oxfam started to co-organise, event open to public, 100 teams raised HK\$208,000
1997	Oxfam became sole Organizer, 701 teams raised HK\$11,640,198
1999	Started to be “exported” overseas and becoming international
2019	The Oxfam Trailwalker was cancelled two days before the event due to the social incidents and traffic conditions. Although the event was not held as planned, supporters from all walks of life raised over HK\$11 million for Oxfam Hong Kong. Of the 1,240 teams registered in Oxfam Trailwalker 2019, close to 90 per cent chose to carry their team slots forward to Oxfam Trailwalker 2020.
2020	Following stringent assessments and after careful deliberation, Oxfam Trailwalker (OTW) 2020 was postponed from November 2020 to 29 to 31 January 2021 (Friday to Sunday). Of the teams which have replied us, close to 80 per cent will also join the Jan 2021 event. We will do our utmost to make OTW 2020 a success.



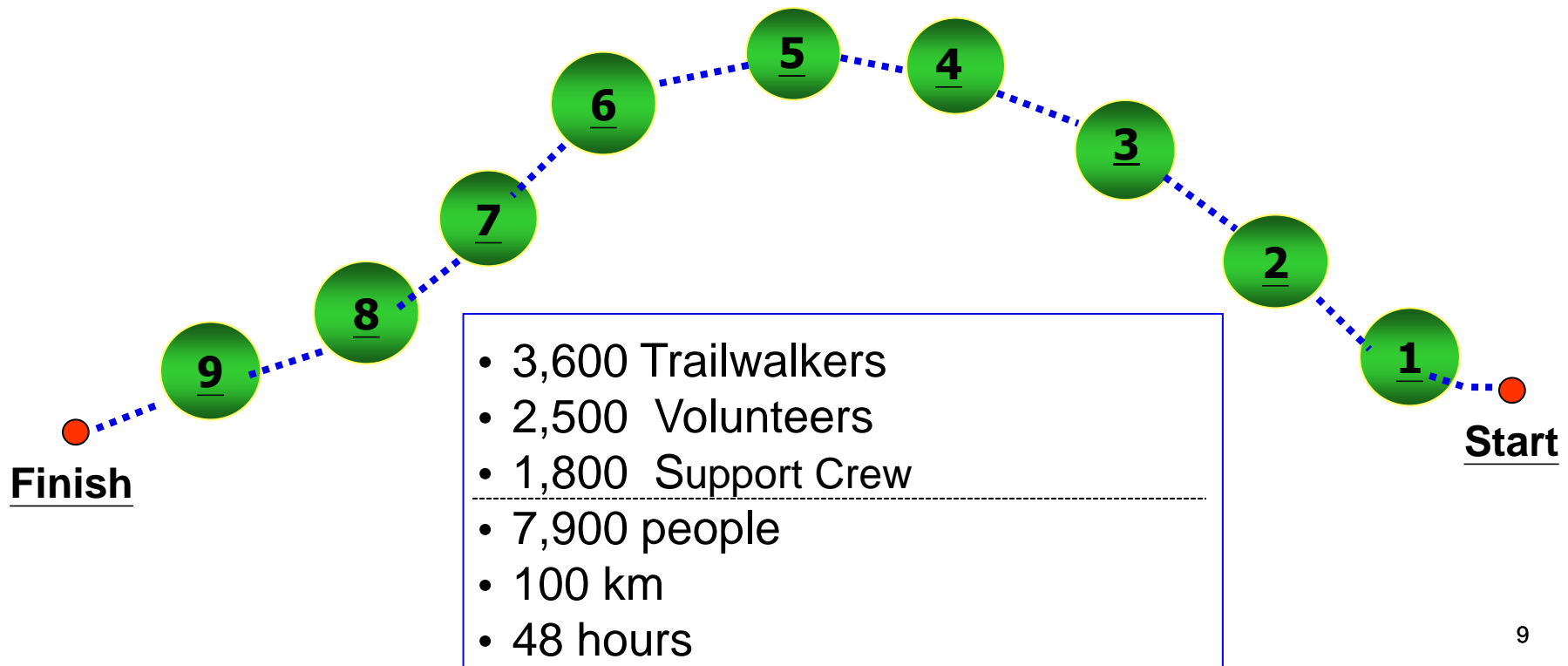
# OTW EVERY ONE SAFE & HAPPY



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- Tents
- Electricity
- Telecom + computers
- Food/drinks
- Toilets
- First Aid
- Furnishing





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# OTW ROUTE ELEVATION



23  
peaks

Total  
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4,830m

15,939  
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# EVENT DATES



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# 29-31 January 2021

Organiser



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**AIA Vitality**  
健康程式





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Please download the information booklet  
from our website :

<http://www.oxfamtrailwalker.org.hk/>

# OXFAM TRAILWALKER 2020

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2. **ROUTE**
3. **RULES AND REGULATIONS**
4. **EVENT DAYS**
5. **THE CHECK POINTS**
6. **CHECKPOINTS' FACILITIES**
7. **SAFETY MEASURES**
8. **HANDLING SPONSORSHIP & ONLINE DONATION**
9. **GREEN<sup>4</sup> TRAILWALKER**
10. **AIA VITALITY - DARE TO CHALLENGE AWARD**
11. **Q&A**



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# HYGIENE MEASURES & HEALTH TIPS



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## Personal health tips

1. **Perform hand hygiene frequently**, especially before touching the mouth, nose or eyes; after touching public installations such as doorknobs; or when hands are contaminated by respiratory secretion after coughing or sneezing.
2. **Wash hands with liquid soap and water, and rub for at least 20 seconds.** Then rinse with water and dry. If hand washing facilities are not available, or when hands are not visibly soiled, hand hygiene with 70 to 80 % alcohol-based hand rub is an effective alternative.
3. **Cover your nose and mouth with tissue paper when sneezing or coughing.** Do not spit or litter. Use tissue paper to hold your spit. Dispose of the soiled tissues into a lidded rubbish bin, and then wash hands thoroughly.
4. **Bring surgical masks, tissue paper and 70 to 80% alcohol-based hand sanitizer with you.**
5. **If you have a fever or respiratory symptoms, do not participate in the event and seek medical advice promptly;**
6. Proper removal and safe disposal of a surgical mask. Do not leave it on the trail.
7. Buy insurance about COVID-19, if needed, understand the terms and conditions thoroughly.





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# HYGIENE MEASURES & HEALTH TIPS

## During Event

1. Teams are advised **not to arrive Start Point too early**, all teams must register and start at the designated time to reduce queuing time and avoid close contact with other people.
2. Require all working personnel and participants to **measure temperature and to wear surgical masks while taking the shuttle bus** arranged by the Organiser.
3. Participants have to maintain social distance when queuing at Start Point, checkpoints and Finish Point.
4. **Require all working personnel, participants and supporting teams to wear surgical masks before entering Start Point, checkpoints and Finish Point area.**
5. Participants and supporting teams must have temperature screened before entering Start Point and Finish Point.
6. Provide hand sanitisers at Start Point, checkpoints and Finish Point for participants if needed.
7. Keep toilets clean and dry at Start Point, checkpoints and Finish Point.
8. Provide hand wash or hand sanitisers at the public toilet or portaloos at checkpoint.
9. Always keep your hands clean while preparing food and not to share the food with others with the same utensils to avoid cross infection.
10. Avoid touching animals (including wild pig, monkey, poultry / birds or their droppings).
11. Post up advisory notices on COVID-19 at Start Point, checkpoints and Finish Point to alert the participants' awareness on prevention on COVID-19.







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# EPIDEMIC PREVENTION MATERIALS

**Due to COVID-19, participants are asked to please bring your own blankets, sleeping bags or warm clothes, if needed. The organiser will not provide blankets at checkpoints. Participants are also suggested to bring below Epidemic Prevention Materials.**

- 11 surgical masks (Participants are required to put on their mask before entering the Start Point, checkpoints and Finish Point)
- 70-80% alcohol-based hand sanitiser
- Mask holder
- Disinfectant Wet Tissue



## Points to Note for Quarantine for Inbound Travellers:

<https://www.coronavirus.gov.hk/eng/inbound-travel.html>

**The organiser is closely monitoring the situation and will follow the guidelines promulgated by Hong Kong's Centre for Health Protection for appropriate preventive measures.**

## References:

COVID-19 Thematic Website: [www.coronavirus.gov.hk/eng/index.html](http://www.coronavirus.gov.hk/eng/index.html)

Centre for Health Protection Website: [www.chp.gov.hk/en/index.html](http://www.chp.gov.hk/en/index.html)

# SUPPORT UNDER THE COVID-19 PANDEMIC



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1. Due to COVID-19 and to keep appropriate social distancing, we strongly suggested the teams to **minimize their size of support team**, two to three support team members are good enough.
2. When providing support to teams, **maintain social distance and wear a mask**. Cover your nose and mouth with tissue paper when sneezing or coughing. Do not spit or litter. Use tissue paper to hold your spit. Dispose of the soiled tissues into a lidded rubbish bin, and then wash hands thoroughly.
3. **Avoid touching animals** (including wild pig, monkey, poultry / birds or their droppings)
4. **Provide foods that are convenient to eat** (such as rice ball, bread or potatoes), when preparing the food, **please keep your hands clean**. Do not share food with others with the same utensils to avoid cross infection.
5. **Always keep your hands clean after you have any body contact** (e.g providing massage, changing clothes or toweling off to the walkers etc.) **with the walkers**.
6. Keep contact with the walkers to have a better estimation of their arrival times to the checkpoints to **avoid waiting long at the checkpoints**.
7. **If you have a fever or respiratory symptoms, do not go to support area and seek medical advice as soon as possible.**

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# ROUTE



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# OTW ROUTE ELEVATION



23  
peaks

Total  
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15,939  
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# THE ROUTE



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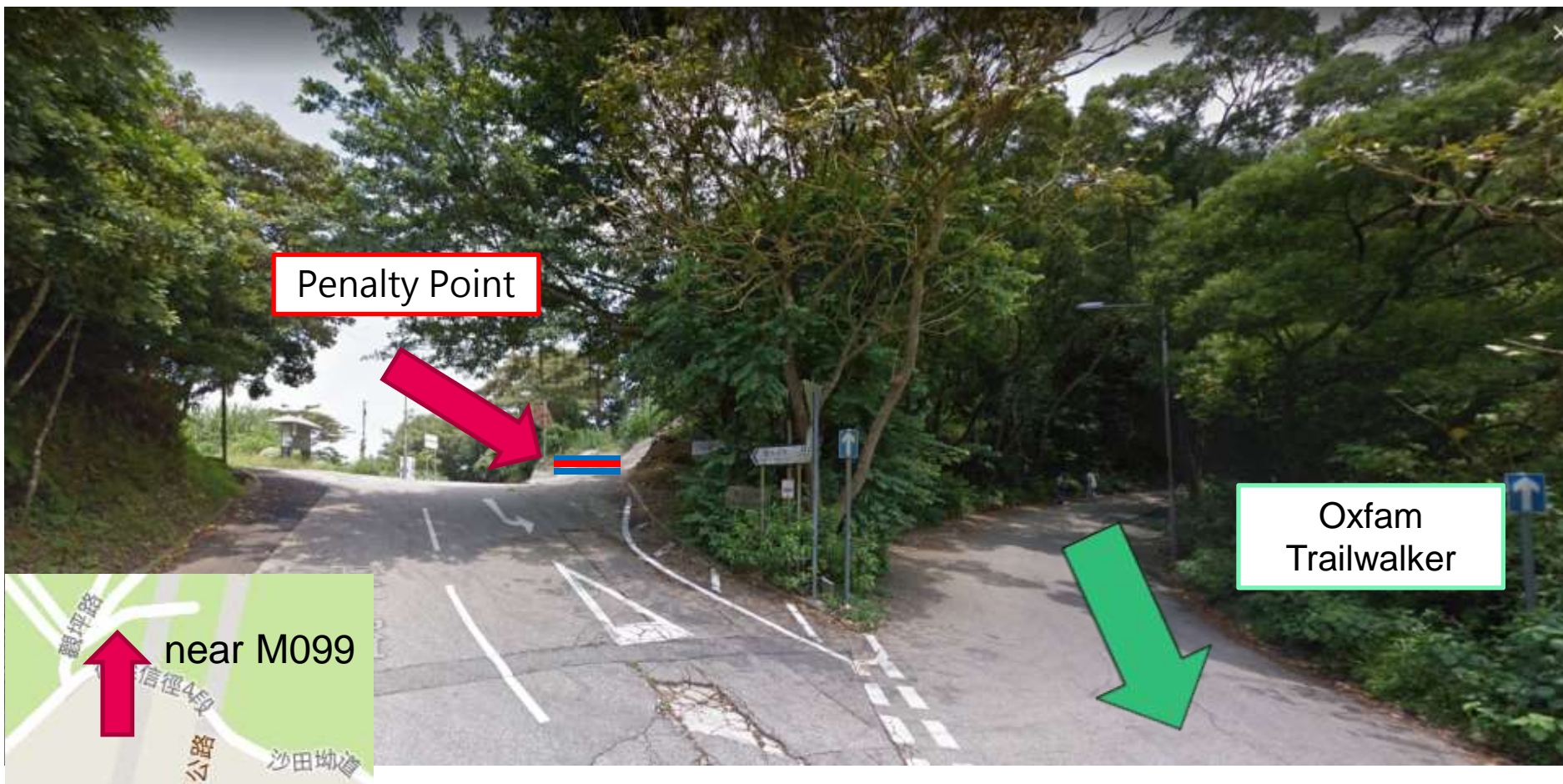
- Start Point: Pak Tam Chung, Sai Kung
- Finish Point (**NEW**): Tai Tong BBQ site, Yuen Long
- The first 87km = Sections 1 to 9 of the MacLehose Trail (M001 – M174)
- The last 11km = along the northern shore of Tai Lam Chung Reservoir, then to the Finish Point (**OTW175 – OTW195**)
- The route to the Finish Point can be challenging, with some unpaved and uphill paths

# PENALTY POINT



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# PENALTY POINT



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- To ensure the safety and fairness, shortcut is strictly prohibited
- One Penalty Point will be set near M099 (Tiu Tso Ngam near Kwun Ping Road). Any team having any member of the team found to have passed the Point will have **120 minutes added to the finishing time** of the team.



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- Every walker **MUST practice on all ten sections of the trail, especially the final section**
- Participants should stay on the marked course. **Shortcuts are strictly prohibited** and penalty will be imposed. The Organiser will not record the results and rankings of participants who are found to have taken shortcuts.

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# RULES AND REGULATIONS



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- 4 persons in 1 Goal
- Finish 100km within 48 hours
- Finish as a Team
- Teams must raise a minimum sponsorship of HK\$7,600. (except for Pledge Teams, which must raise at least HK\$72,000)





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# CHANGE OF TEAM MEMBER

Phase	Fee (for each new member)	Period	Procedure
Submission of team members' information	Free	13 October, 2020, 10:00 – 22 December, 2020, 18:00	<b>Via online Team Page</b> <ul style="list-style-type: none"><li>• Login to Oxfam Trailwalker System</li><li>• Visit your team page to add / edit team member</li></ul> <b>By post or hand</b> <ul style="list-style-type: none"><li>• Fill in the Change of Team Member Form and submit it to Oxfam by post or by hand</li></ul>
Late Change of Team Member Phase I	HK\$200	23 December, 2020, 10:00 – 13 January, 2021, 18:00	<b>Via online team page</b> <ul style="list-style-type: none"><li>• Login to Oxfam Trailwalker System</li><li>• Visit your team page to add / edit team member</li><li>• Pay the Late Change Fee by credit card</li></ul> <b>By post or hand</b> <ul style="list-style-type: none"><li>• Fill in the Change of Team Member Form and submit with payment record to Oxfam by post or by hand</li></ul>
Late Change of Team Member Phase II	HK\$500	29 January, 2021 (Event Day)	All requests made after 18:00, 13 January, 2021 will be handled on the Event Day. Fill in the Change of Team Member Form and pay the fee in cash at the registration hall.

If a member is changed **after 22 December**, the form and a fee of **HK\$200 for each new member** should be submitted between 23 Dec and 13 Jan. **After 13 Jan**, a fee of **\$500 per new member** is required





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# CHANGE OF TEAM MEMBER

- Change of member fee is non-refundable.
- Fee cannot be regarded as donation and is not tax-deductible.
- **Write your team number on the original copy of deposit slip and submit it together with the Change of Team Member Form to Oxfam.** Form can be downloaded from website.
- **Teams that carried forward their team slot to OTW 2020 (to be held in Jan, 2021)** can make changes to their team members, including their team leader, before the deadline (22 Dec) for changing team members.
- **All teams** (including Special Teams, Elite Teams and Sponsors/Supporting Organisation Teams) **can make changes to their team members**, including their team leader, before the deadline for changing team members.
- **Newly registered Open Teams** at OTW 2020 (to be held in Jan, 2021) **can only change team members**; changing the team leader will result in the disqualification of the whole team.
- All requests made after 18:00, 13 January, 2021 will be handled on the Event Day. Fill in the Change of Team Member Form and **pay the fee of HK\$500 in cash at the registration area.**
- Avoid changing team members in the last month before the event and also at the Start Point.

# COLLECTION OF OTW EVENT INFORMATION AND GIFTS



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Please note that teams which have carried their team slot to OTW 2020 (29 - 31 January 2021) can collect the event information and gifts from our office. This year, each team will receive 4 Ultra-slim Running Waistpacks from sponsor Columbia instead of Quick Dry T-shirts. Each team is only entitled to four waist packs (even if there are subsequent changes to the team). Please see the details below including the collection period, location and other details.

## Collection Details

**Date:** 24 and 25 October

**Office hours:** Friday, 09:00 to 13:00; 14:00 to 18:00  
Saturday and Sunday, 10:00 to 18:00

**Address:** 9/F, China United Centre, 28 Marble Road, North Point, HK(MTR North Point Station, Exit 4A)





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# PRE-EVENT WITHDRAWAL

**Registered teams that wish to withdraw from the event must give Oxfam Hong Kong (OHK) written notice. Detail as below:**

Date	Minimum sponsorship required
Withdraw with written notice between 1 October 2020 and 13 January 2021 (both dates inclusive)	Team must raise: HK\$3,800 HK\$36,000 (Pledge Team)
Withdraw on or after 14 January 2021, or absent on the event day	Team must raise: HK\$7,600 HK\$72,000 (Pledge Team)

# TEAM NUMBER AND START TIME



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To ensure all teams can maintain a safe distance, all teams' starting times will be re-arranged. According to teams' existing team numbers, teams may have a new starting time; details will be announced later.

	No. of participants	Start time
Old	5,200 people (1,300 teams)	In 5 batches
New	3,600 people (900 teams)	In 40 batches (to be confirmed)

# PAID SHUTTLE BUS TO START POINT (PAK TAM CHUNG)



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The morning of the first day of the OTW often sees traffic jams, especially in areas like Hang Hau and Choi Hung.

To reduce traffic congestion, Oxfam will have shuttle buses (on user-to-pay basis) that will bring passengers to the Start Point (we ask that all passengers observe the same COVID-19 precautions that are taken on public transport).

There will be three pick-up points: **Diamond Hill**, **Tseung Kwan O** and **Sha Tin**

Details to be announced



# TIMING RECORD



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- A pair of timing chips is affixed at the back of your number bib.
- Number bib **MUST BE** displayed at **uncovered eye-catching position**
- When teams arrive at each checkpoint and finish point, all **four members** have to report to “Check-in & Information” tent **together**. Officials will **check your bracelet** and timing device **will read your number bib** as a record.



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# START POINT



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# WALKER FLOW AT START POINT



## 1 Entrance



Gather four team members, hand in health declaration form, disclaimer form and take temperature



## 2 Team Photo Taking Counter

Take a team photo



## 3 Waiting Area



Waiting to start and replenish water

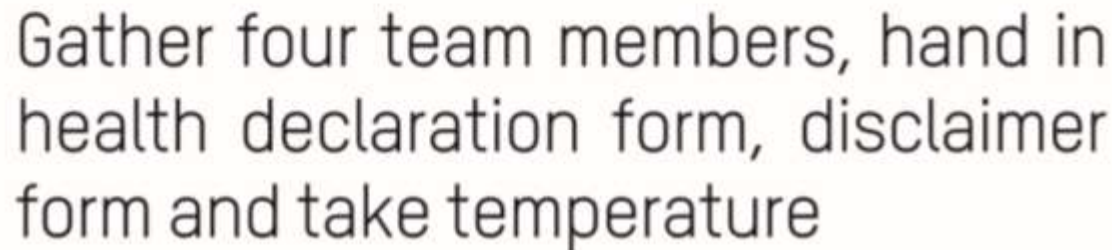


## 4 Start Area

Ready to start at start line



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[illegible]

A (leader)  
B, C & D (members)



# WALKER FLOW AT START POINT : STEP 2

## TAKE A TEAM PHOTO



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Take a team photo



Number bib **MUST BE** displayed at uncovered eye-catching position



Put on your bracelete



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## WALKER FLOW AT START POINT : STEP 2 WAITING AREA



Waiting to start and replenish water



- Participant's bottle be placed at a proper distance and **MUST NOT be in contact with the tap**
- **Volunteers in face mask and gloves would assist walkers to refill water** to maintain hygiene.
- Food-grade sanitizers would be provided for cleaning the taps regularly

# WALKER FLOW AT START POINT : STEP 2 WAITING AREA



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Hong Kong

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Ready to start at start line

- Every team has to stand 1.5 metres apart for social distancing purposes
- No road closure arrangement during the event. Please do not walk outside of area marked by traffic cones

(No team is allowed to change its start time without prior approval of the Organiser)



# WALKER FLOW SUMMARY AT START POINT



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- Do stretching exercise or go the washroom before registration
- Please put on the bracelet and number bib, return the completed and signed disclaimer form and health declaration form, also have your temperature checked before start
- Please **put your number bib in front of your chest** and **take a team photo**
- Replenish the water by volunteer
- Wait for the onsite instruction and **Gather all 4 members**, line up in front of the start line. Each team to be 1.5m apart

If necessary, hand in the completed Change of Team Member Form and pay **HK\$500 in cash for every member changed at Problem Solving Counter.**

**Newly registered Open Teams at OTW 2020 (to be held in Jan, 2021) can only change team members; changing the team leader will result in the disqualification of the whole team.**

Team are suggested to change their team members on or before 18:00, 22 December.



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# BE KIND TO THE ENVIRONMENT

- All CPs are **non-smoking areas**
- Make use of the recycle bins
- Your team number will be marked on the bottled water and energy food packaging.

If the cleaning volunteers/workers find these items on the trail, the team number and members' names will be posted on the Oxfam Trailwalker website



1. HYGIENE MEASURES & HEALTH TIPS
2. ROUTE
3. RULES AND REGULATIONS
4. EVENT DAYS
5. **THE CHECK POINTS**
6. CHECKPOINTS' FACILITIES
7. SAFETY MEASURES
8. HANDLING SPONSORSHIP & ONLINE DONATION
9. GREEN<sup>4</sup> TRAILWALKER
10. AIA VITALITY - DARE TO CHALLENGE AWARD
11. Q&A



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# THE OXFAM TRAILWALKER TRAIL IS NOT IDENTICAL TO THE MACLEHOSE TRAIL



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MacLehose Trail	Oxfam Trailwalker Route
Section 2 M031-M033	From M031 pass through Sai Wan beach to M033
Section 8 M153-M156	From M153 along Tai Mo Shan Road to Route Twisk
Section 10 M175-M200	From OTW175 to OTW196 (Turn left towards Kat Hing Bridge after registering at CP9, then walk along a country trail next to Tai Lam Chung Reservoir.)

# CP1 – SAI WAN VILLAGE



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Close at 21:00, Friday



First Aid Station



Toilet



# FROM M031 PASS THROUGH SAI WAN BEACH TO M033



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# CP2 – PAK TAM AU



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Close at midnight, Saturday



First Aid Station



Toilet



Bread & Hot Drinks



# FREE SHUTTLE BUS SERVICE



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Commuting between the barrier at Pak Tam Chung (Start) and CP2 (Pak Tam Au)

Frequency: 40 mins

From 12:00 (at Pak Tam Chung) to 22:00 (at Pak Tam Au) on Friday, 29 Jan



# CP3 – KEI LING HA



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Close at 07:00, Saturday



Bread & Hot Drinks



Toilet



First Aid Station



- NO vehicles are allowed to access CP3 directly
- Loading/ Unloading/ Parking is NOT allowed around the entrance of this checkpoint
- The car park near Shui Long Wo (next to CP3) will be closed and allows only dropping off of passengers and goods.



# CP3 – KEI LING HA



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Please minimize the size of the support team!  
CPs can be very crowded, so please be patient.

# CP4 – GILWELL CAMPSITE



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Close at 15:00, Saturday



Bread & Hot Drinks



Toilet



First Aid Station

Chinese soup will be provided  
during peak hours





# CP4 – GILWELL CAMPSITE SHATIN PASS – TEMPORARY TRAFFIC CONTROL (KWUN PING ROAD)



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# CP4 – GILWELL CAMPSITE SHATIN PASS – TEMPORARY TRAFFIC CONTROL (LION PAVILION)



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There will be **traffic control** from **Lion Pavilion** (near MacLehose Trail Distance Post M101) to the intersection of Jat's Incline and Fei Ngo Shan Road

**Only loading / unloading will be allowed within the designated zone.**





# SHATIN PASS – TEMPORARY TRAFFIC CONTROL



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# CP5 – BEACON HILL



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Close at 17:00, Saturday



Toilet



First Aid Station





# BEFORE ARRIVING CP6



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Trailwalkers & Support Crews **must use footbridge to cross Tai Po Road**



# CP6 - TEMPORARY TRAFFIC ARRANGEMENTS



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Golden Hill Road  
(Kam Shan Road)  
will be temporarily  
closed during the  
event.

Support Teams are strongly  
advised to take public  
transport to **Tai Po Road  
(Piper's Hill)**, then walk  
about three kilometers  
(about an hour) to the CP6  
support area.



# CP6 - SMUGGLERS RIDGE RIFLE RANGE



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## Close at 21:00, Saturday



Bread & Hot Drinks



Toilet



First Aid Station







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- Udon and Rice Ball will be provided during peak hours



# CP7 – LEAD MINE PASS



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Close at 01:00, Sunday



Bread & Hot Drinks



Toilet



First Aid Station





# PART OF THE MACLEHOSE WAS CHANGED BY AFCD IN 2009



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**Trailwalkers will follow the OLD trail =  
walk from M153 along Tai Mo Shan Road to CP8**



# CP8 – TAI MO SHAN



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Close at 07:00, Sunday



Bread & Hot Drinks



Toilet



First Aid Station



# ROAD CLOSURE AT CP8



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- Please note that Tai Mo Shan Road will be closed during the event
- **NO support teams' vehicles** are allowed to **access Tai Mo Shan Road**





# ROAD CLOSURE AT CP8



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Support teams are strongly **advised NOT to drive to CP8.**  
Illegal parking **will be booked or towed.**



# PARKING/ SHUTTLE ARRANGEMENT AT CP8

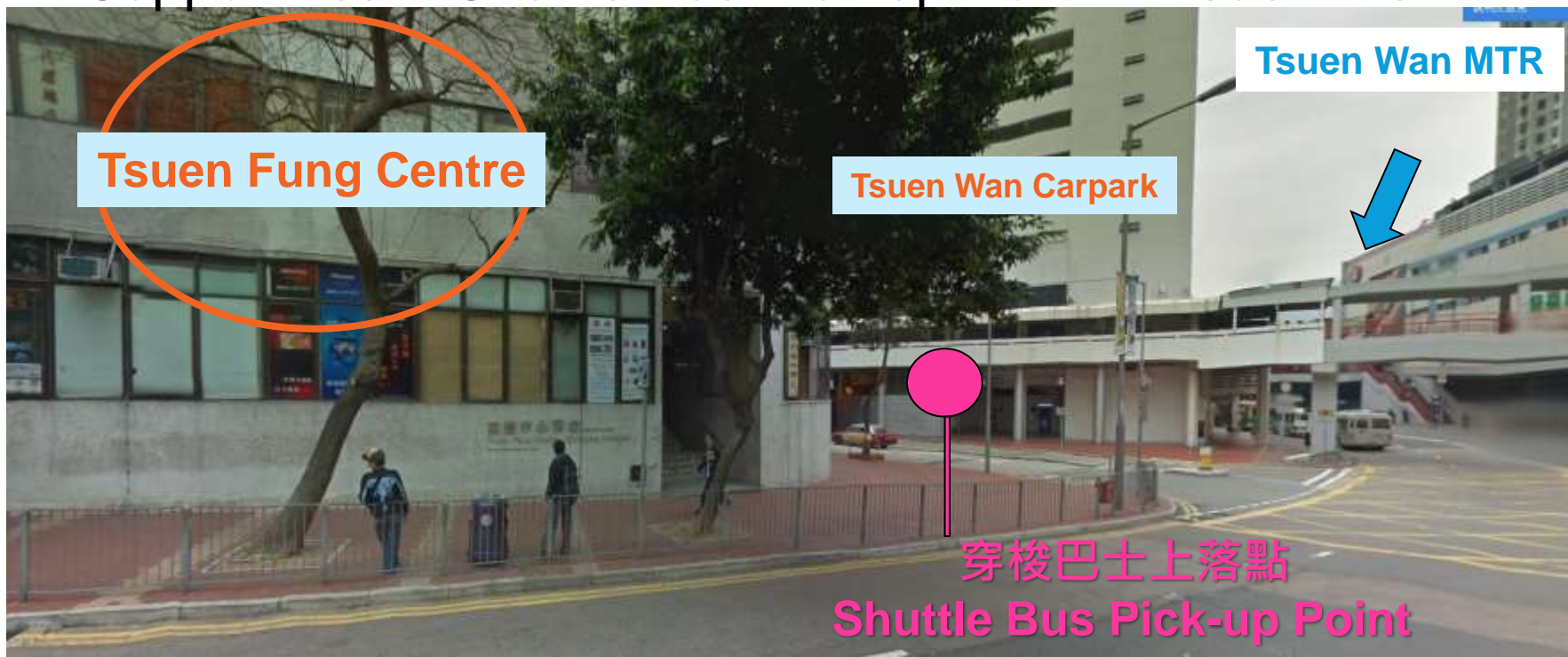


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- A free shuttle bus will be provided by Oxfam Hong Kong to run between Tsuen Wan MTR Station and the CP8 support area during peak hour
- From 16:00, 29 January to 23:00, 30 January

## Support Team Shuttle Bus Pick-up Point in Tsuen Wan





# CP9 – TAI LAM CHUNG RESERVOIR



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Close at 10:00, Sunday



First Aid Station



Toilet



Bread & Hot Drinks





# SECTION 10 OF THE MACLEHOSE WALK CHANGED BY AFCD SINCE 2009



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Trailwalkers will follow the OLD trail = along Tai Lam Chung Reservoir  
(OTW175-OTW195)





# CP9 → FINISH POINT



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Shortcut is prohibited!!



# CP9 → FINISH POINT



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## Shortcut is prohibited!!





# CONTROL POINT: NORTH OF TAI LAM CHUNG RESERVOIR (M183)



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All teams must register at this point and have their time recorded, if timing record is missing, **120 minutes will be added to the finishing time of the team.**





# TO YUEN LONG TAI TONG



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Be careful of the dirt trail and dizzy steps.



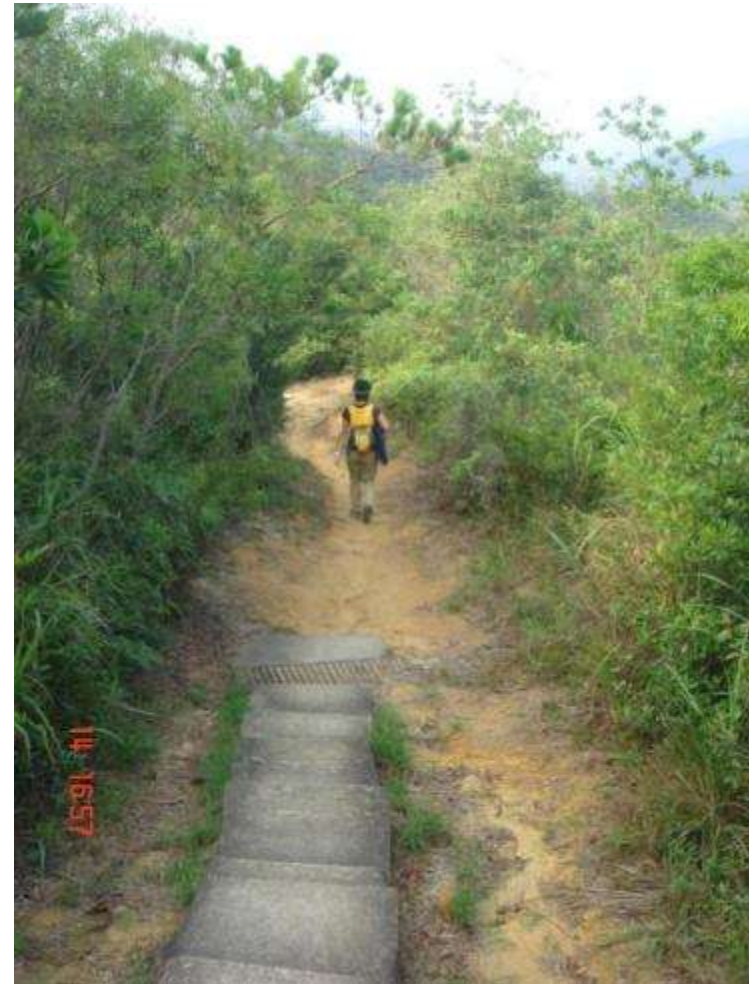
# TO YUEN LONG TAI TONG



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Be careful of the dirt trail and dizzy steps.







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# Crossing the Finish Line~



Ensure to have your time record checked !



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# CROSSING THE FINISH LINE





# AFTER WALKING THE 100KM TRAIL...



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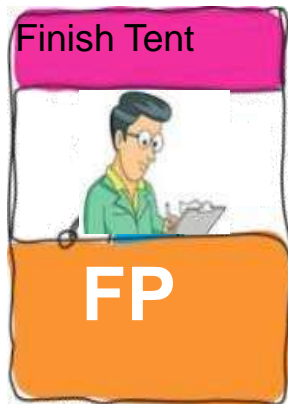
# FINISH POINT ARRANGEMENTS



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- The Finish Time is determined by the arrival time of the last member of the Team.
- After crossing the Finish Arch, **show your number bibs and bracelets to the officials at Finish Tent.** Your bibs will be read and recorded
- Due to COVID-19 and social distancing, **the collection of finish certificates on site will be cancelled.** The e-certificate will be sent to team leaders' registered email after the event and teams can request for the hard copy later.



# FINISH POINT FACILITIES



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- Drinks
- Bread / Biscuit
- Information Desk
- First Aid
- Free Shuttle Bus (from 7am on Saturday to 2:30pm on Sunday)



# FREE SHUTTLE BUS SERVICE



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Route:

between the Finish Point and Yuen Long (Yoho Mall I)

## Service Hours

From Finish Point

From 7:00am on 30 January (Sat) to 2:30pm on 31 January (Sun)

From Yuen Long

From 7:30am on 30 January (Sat) to 1:00pm on 31 January (Sun)

# NO PARKING AREA AT FINISH POINT



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## Please note:

- As there is a **lack of public parking and parking facilities** at the Tai Tong Barbecue Area and nearby, and that Tai Tong Shan Road will be temporarily closed during the event. **Unauthorised vehicles will not be allowed to enter** (except working personnel vehicles).
- Support Teams are strongly advised to take the shuttle bus provided by the Organiser or take public transport then walk about 35mins to the Finish Point.
- The Organiser hopes to have your cooperation so as to minimise the traffic congestion and inconvenience made to the local residences. We appreciate all your support and understanding!

# FINISH POINT PUBLIC TRANSPORT



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<b>Bus</b> ➔ <b>MTR Feeder Bus</b>	<p>From HK Island to Yuen Long: 968, N368</p> <p>From Kowloon to Yuen Long: 68X, 268B, 268C, 268X, N269</p> <p>From NT / Lantau to Yuen Long: 53, 54, 64K, 68M, 76K, 77K, 269D, 276, 276P, B1, B2, E34B, N30</p> <p>K66: Long Ping Station ↔ Tai Tong (alight at Tai Tong Shan Road, and then walk 35 minutes to the Barbecue Area)</p>
<b>Mini Bus (Red)</b>	<p>Yuen Long Hung Min Court (opposite KOLOUR • Yuen Long) ↔ Tai Tong Road (alight at Tai Tong Shan Road, and then walk 35 minutes to the Barbecue Area)</p>
<b>Taxi (Green)</b>	<p>Yuen Long ↔ Tai Tong Barbecue Area (fee: around \$60)</p>



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5. THE CHECK POINTS
6. CHECKPOINTS' FACILITIES
7. SAFETY MEASURES
8. HANDLING SPONSORSHIP & ONLINE DONATION
9. GREEN<sup>4</sup> TRAILWALKER
10. AIA VITALITY - DARE TO CHALLENGE AWARD
11. Q&A



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# WHEN YOU ARRIVE A CP

Register **together** at each Checkpoint **before**  
**closing time**



# CP FACILITIES



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- First Aid Station
- Toilet
- Professional services at specified hours
  - **Physiotherapy (CPs 4 & 8)**
  - **Podiatry (CP 8)**
  - **Chinese Medicine Tui-Na (massage) (CP 4)**
  - **Theragun massage device (CP4 & FP)**







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# CP Facilities – Food & Water

Location	Water (in dispenser)	Hot Drink / Cereal #	Soup	Bread	Chinese Soup & Siu Mai *	Cup Noodles	Fruit	Udon Japanese Rice Balls *	Bottled Water	Pocari Sweat (in dispenser)
Start Point	✓									
CP1									✓	
CP2	✓	✓	✓	✓			✓			✓
CP3	✓	✓	✓	✓						
CP4	✓	✓	✓	✓	✓					
CP5	✓						✓			
CP6	✓	✓	✓	✓				✓		
CP7	✓	✓	✓	✓		✓				
CP8	✓	✓	✓	✓						
CP9	✓	✓	✓	✓						
Finish Point	✓	✓	✓	✓						

- No paper cup or disposable utensil will be provided by Oxfam. Please bring your own water bottle, container and utensil.
- The items are subject to change. The finalised list of food and drinks will be provided to team leaders in January, 2021.

\* Only served at a certain time while stocks last

# WATER POINTS



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Location	Location Details	Opening Hours
At the end of the High Island Reservoir East Dam	Close to distance post M018, between the Start Point and CP1	09:00 – 20:00, 29 January, 2021
Near the round-about at the foot of Needle Hill	Close to distance post M130, between CP6 and CP7	From 15:00, 29 January to 01:00 31 January, 2021



# WITHDRAWAL DURING THE WALK



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- **At CPs :**
    - report the withdrawal → cut the bracelet, remove timing chips → get the drop out certificate
    - continuing walkers to keep the Drop-out Certificate and show it at subsequent CPs
  - **Between CPs:**
    - call the emergency number
    - pass your bracelet and number bib to the continuing team members for the completion of the drop-out procedure at next CP
- **Please note:**
- CP1, 5, 6, 7 and 9 is not accessible by public transport (**think twice!!!**)
  - If 2 or more members have withdrawn, the rest of the members should walk with other team for the rest of trail

**退出證明書** 2020  
**DROP-OUT CERTIFICATE**

隊號 TEAM NO.:

退出隊員姓名 Name of Member	請於下檢去站填出 Checkpoint Reached	只供補點使用 For Check Point Use
A		
B		
C		
D		

**隊伍完成時間 TEAM FINISHING TIME**

/ 11  :   am / pm

主辦  
Organiser  
樂施會  
OXFAM  
Hong Kong

贊助  
Sponsor  
AIA Vitality  
健康程式

大會強烈建議已登記為退出者應盡快離開「樂施毅行者」的隊伍，即參加者繼續前行，毋須自行承擔一切風險及責任。  
Participants are strongly advised to leave the trail as soon as possible after withdrawing from Oxfam Trailwalker. Those who continue walking the trail do so entirely at their own risk.

**\* Participants are strongly advised to leave the trail as soon as possible after withdrawing from the event**

1. HYGIENE MEASURES & HEALTH TIPS
2. ROUTE
3. RULES AND REGULATIONS
4. EVENT DAYS
5. THE CHECK POINTS
6. CHECKPOINTS' FACILITIES
7. **SAFETY MEASURES**
8. HANDLING SPONSORSHIP & ONLINE DONATION
9. GREEN<sup>4</sup> TRAILWALKER
10. AIA VITALITY - DARE TO CHALLENGE AWARD
11. Q&A



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# SAFETY MEASURES



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- Take good care of yourself!!
- Take good care of your team mates!!
- Bring **fully-charged mobile phone** (smart phones run out of battery quickly) / **torch**
- Always display your number bib to identify yourself as Trailwalker
- Before you attempt to overtake, please choose a safe section, and Say “hello” , “please...” , “thank you” .....



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# BE FAMILIAR WITH ROUTE

- Know the route well yourself
- Follow the route
- Take note of the posts/signages, their location & numbering  
(**M001-M174** and **OTW175-OTW195**)



# IN CASE OF EMERGENCY



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- Stay calm
- NEVER leave an individual unattended
- Assisted the injured to the nearest CP for assistance
- If you cannot move, call emergency number imprinted on your bracelet. Report the nearest distance post/ signage, your team number, state of injury & phone number
- If you call 999, quote that you are an Oxfam Trailwalker

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# SPONSORSHIP AND RECEIPTING



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- All teams (including those which withdraw without a written notice / are absent / withdraw on the event day) must raise a **minimum of HK\$7,600** in sponsorship (except for pledge teams, which must raise a minimum of HK\$72,000)
- Oxfam Hong Kong reserves the right not to accept applications for future Oxfam Trailwalker events from any members of a team which has failed to raise the minimum required sponsorship
- Team leaders/coordinators should provide the names of your sponsors for tax deduction purposes and submit the **donations** by **28 February, 2021**.
- Please provide the names of your sponsors for tax deduction purposes

# DONATION METHODS



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Donations should be collected immediately after the event and submitted to Oxfam by **28 February 2021 (according to the postmark)**.

Fundraising Team Page	Donors print out tax-deductible receipts themselves
Bank Account	Submit original deposit slips and sponsorship form to Oxfam
Remittance	Submit original deposit slips and sponsorship form to Oxfam
Cheque	Made payable to 'Oxfam Hong Kong'; submit sponsorship form to Oxfam

You can also submit the donations to Oxfam Hong Kong's account as below:

	Bank of China	Hang Seng Bank
Deposit at a branch		
Direct transfer through ATM or e-Banking	012-874-0-013039-1	284-401080-010

Please write your team number and leader's name on the original copy of the deposit slip or in the remarks section when making the transfer online and submit it to Oxfam Hong Kong. Please write "Oxfam Trailwalker 2020" and your team number on the envelope.



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# BANK ACCOUNT / CASH

- Please deposit the donation into Oxfam Hong Kong's account and send the **original copy of the deposit slip to Oxfam Hong Kong on or before 28 Feb, 2021.**
- **Please make a photocopy of your deposit slips as a record of your donations** being paid into the Oxfam Hong Kong account. Do not destroy them until you have received all the receipts.
- The fundraising amount of each team would be uploaded to Oxfam Trailwalker website [www.oxfamtrailwalker.org.hk](http://www.oxfamtrailwalker.org.hk)

# CHEQUE



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- Cheques should be made payable to “**Oxfam Hong Kong**”. Please write “**Oxfam Trailwalker 2020**” (Jan Event), your team number and your English full name on the back of all cheques.
- Please send the cheques together with the sponsorship forms to Oxfam Hong Kong by post

**樂施毅行者 OXFAM TRAILWALKER 2020**  
贊助表格 SPONSORSHIP FORM

www.oxfamtrailwalker.org.hk  
☎ 2528 2525

樂施毅行者 OXFAM TRAILWALKER 2020

• 請以英文填報並請個人簽名同校姓名。  
• 為節省行政開支，郵政匯票100元或以上的贊助款項五年後將印發支票收據。  
• 與團體運作有關之例，請在「收據」一欄劃上✓。  
• 若將收據填在支票背面，請將收據剪下貼在支票背面。  
• 若團體成員與贊助商不同，請通知樂施會。  
• 請將支票寄往樂施會香港國際貿易發展局對面之樂施會，銀行存款正本送交樂施會（地址：香港中環皇后大道中171號，即前美蘭中心）或樂施會（香港北角康翠苑22樓康翠中心17樓），並註明該支票（樂施毅行者2020贊助表格）及附帶。

• Please provide the name sponsor's use for tax deduction (name in BLOCK LETTERS).  
• To minimize administrative costs, receipts for the donations will only be issued to sponsors who donate HK\$100 or above the amount required.  
• If you have a receipt for tax deduction purposes, please put a ✓ in the "Receipt" box.  
• Receipts for tax deduction purposes will be sent to the team member named on the form or the corporate sponsor. If your mailing address is different from the one provided during the registration period, please contact Oxfam.  
• Please attach the Sponsorship Form, with the amount equivalent to the sponsorship to Oxfam Hong Kong by cheque, bank deposit slip or a printed copy of the online transfer acknowledgment form to post at the end of 2020, China United Center, 17 Middle Road, North Point, Hong Kong; Please write "Oxfam Trailwalker 2020 Sponsorship Form" and your team number on the envelope.

贊助編號 Team No.: \_\_\_\_\_ 聯絡電話 Tel.: \_\_\_\_\_

參加者姓名 Team Member's Name: \_\_\_\_\_ \* 附註: 贊助表格 \* 贊助表格請在適當之處填寫

贊助人名稱 (英文文檔) Sponsor's Name (IN BLOCK LETTERS)	贊助金額 (Sponsorship HK\$)			團體贊助 Team Sponsor	已收 Paid
	支票 Bank Deposit (100)	支票或匯票 Cheque or Deposit (50)	合共贊助額 Sub-Total (150)		
CHAN SIU MING	\$1,000	\$800	\$1,800	✓	✓
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贊助商 AIA Vitality 健康稅式

若贊助表格于繳款月，可於樂施毅行者網站www.oxfamtrailwalker.org.hk下載。  
If you need more sponsorship forms, please download them from www.oxfamtrailwalker.org.hk



# FUNDRAISING AWARDS



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## Fundraised

## Awards

$\geq \$36,000$

- Reserved team slot at OTW2021
- Asia Miles (100,000 Asia Miles x 10 teams)

$\geq \$72,000$

- Team name will be acknowledged in the website and Thank you Advertisement (April 2021)

$\geq \$100,000$

Oxfam Trailwalker Outstanding Fundraiser Award

$\geq \$200,000$

Eligible to compete for Category Fundraising Awards

1. HYGIENE MEASURES & HEALTH TIPS
2. ROUTE
3. RULES AND REGULATIONS
4. EVENT DAYS
5. THE CHECK POINTS
6. CHECKPOINTS' FACILITIES
7. SAFETY MEASURES
8. HANDLING SPONSORSHIP & ONLINE DONATION
9. **GREEN<sup>4</sup> TRAILWALKER**
10. AIA VITALITY - DARE TO CHALLENGE AWARD
11. Q&A



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# GREEN<sup>4</sup> TRAILWALKER

- As an organiser, we are keen to protect the environment together with all stakeholders of OTW.
- Teams email to the Organiser to apply for committing themselves as “Green<sup>4</sup> Trailwalker”.
- A special mark will be printed on the certificate of walkers who had applied to “Green<sup>4</sup> Trailwalker” and completed 100km of Oxfam Trailwalker (individual walker also included)
- All qualified “Green<sup>4</sup> Trailwalker” team members name will be listed on OTW website → “What’s News”





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# BECOME GREEN<sup>4</sup> TRAILWALKER

- Do any 4 actions of the following during practices and/or event days to qualify as a “Green<sup>4</sup> Trailwalker ”
  - Take record of the 4 actions (photos/videos)
  - Email to apply together with the record: [otwinfo@oxfam.org.hk](mailto:otwinfo@oxfam.org.hk)
- 1) Bring your own cup/container for hot drink and soup
- 2) Bring your own cutlery
- 3) Take your empty soft drink bottles/cans to our recycle bins
- 4) Take litters on trail back to checkpoint
- 5) Be a green support team – no single-use plastic
- 6) Picking CP1 (Sai Wan) bottles to CP2 (Pak Tam Au) for recycling
- 7) Do not waste food – plan what you will eat in advance and take surplus food home
- 8) Take public transport instead of driving private vehicles to reduce carbon footprint
- 9) Eat more vegetables than meat during preparing for and joining OTW



1. **HYGIENE MEASURES & HEALTH TIPS**
2. **ROUTE**
3. **RULES AND REGULATIONS**
4. **EVENT DAY**
5. **THE CHECK POINTS**
6. **CHECKPOINTS' FACILITIES**
7. **SAFETY MEASURES**
8. **HANDLING SPONSORSHIP & ONLINE DONATION**
9. **GREEN<sup>4</sup> TRAILWALKER**
10. **AIA VITALITY - DARE TO CHALLENGE AWARD**
11. **Q&A**



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# AIA VITALITY - DARE TO CHALLENGE AWARD



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- Team award established by AIA
- To reward the **teams who join Oxfam Trailwalker for the first time and demonstrate the highest motivation and determination to complete the event**
- The winning team will receive HK\$5,000 in cash
- Meanwhile, AIA will donate HK\$50,000 to Oxfam to support our poverty alleviation programmes and emergency relief work around the world



AIA Vitality - Dare to Challenge Award  
Winner of 2018: **HIT**



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# ELIGIBILITY & APPLICATION

- All **four team members must be new to OTW**
- Online application available until Dec 22.
- Official confirmation will be received one week after application submitted.
- Upload your team story about preparing for OTW to Facebook Page
- No less than 5 sharings, including texts, images & video, with the following contents:
  - **Trainings**
  - **Diet**
  - **Amount of exercise**
  - **Physical and mental changes**
- Full-team complete the entire 100km trail
- Winner will be decided in December and announce in March 2021
- **Team invitation of OTW2021**

# Online Application



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Please email to OTW Info to apply : [otwinfo@oxfam.org.hk](mailto:otwinfo@oxfam.org.hk)

- Is this your first OTW experience?
- What's your target?
- Why do you join OTW?
- How is your training plan?
- How will you change your life style?
- Will you share your preparations on Facebook / Instagram?
- Link to your Facebook Page / Instagram





# OTW FACEBOOK PAGE



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Oxfam Trailwalker Hong Kong

@oxfamtrailwalkerhk · Sports Event

Send Message

Home About Photos Videos More

Liked

## About

See All

1 樂施毅行者是香港最大規模的遠足籌款活動。自1986年以來，先後有100,000多名參加者為活動籌得超過6億港元，以支持樂施會在本港及其他地區推行扶貧救災和倡議工作。

1 「樂施毅行者」是香港最大型的遠足籌款活動。自1986年以來，先後有100,000多名參加者為這項活動合共籌得超過6億港元，以支持樂施會在本港、中國內地、非洲及亞洲其他地區推行扶貧救災和倡議工作。不過，目前全球仍有數以億計的貧窮人。



Create Post



Photo/Video



Check in



Tag Friends



Oxfam Trailwalker Hong Kong  
October 7 at 10:11 PM · 63

我哋咁山路就見得佢地多，不過咁深水埗嘅橫街小巷飛奔緊嘅曾小強同梁影雲 Leung Ying Suet 又趕住去邊呢？！

持續...

It's rare to see elite trail runners Stone Tsang and Ying Suet Leung

Like our page!  
Oxfam Trailwalker Hong Kong  
Facebook

# YEAR RECORDS OF COMPLETION



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	2012	2013	2014	2015	2016	2017	2018	2020
Completed in full team	69%	75%	73%	71%	74%	71%	72%	?
Completed in individual	84%	90%	88%	88%	89%	87%	87%	?



Complete 23 hills  
and  
ascend 4,830m

**“When you are passionate  
in achieving a GOAL, all  
beings in the universe will  
converge to help you  
achieve it.”**

**— Paulo Coelho, The Alchemist**



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# Thank you for supporting Oxfam



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亞洲萬里通  
ASIA MILES



## Help people with your “Asia Miles” mileages



Improve Food Security for  
Smallholder Farmers in  
Malawi



Provide Disaster Prevention  
Training and Improve  
Livelihoods



Emergency Food and Water  
for a Family

## Thank you again for joining Oxfam Trailwalker to help build a World without Poverty!



1. **HYGIENE MEASURES & HEALTH TIPS**
2. **ROUTE**
3. **RULES AND REGULATIONS**
4. **EVENT DAYS**
5. **THE CHECK POINTS**
6. **CHECKPOINTS' FACILITIES**
7. **SAFETY MEASURES**
8. **HANDLING SPONSORSHIP & ONLINE DONATION**
9. **GREEN4 TRAILWALKER**
10. **AIA VITALITY - DARE TO CHALLENGE AWARD**
11. **Q&A**



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# Q & A

If you have any enquires, please email to :  
[otwinfo@oxfam.org.hk](mailto:otwinfo@oxfam.org.hk)