

OXFAM TRAILWALKER 2021 SPONSORS



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指定鞋履
Official Footwear



指定工程顧問
Official Engineering
Consultant



指定能量食品
Official Energy Food



指定運動飲品
Official Sports Drink



指定戶外用品店
Official Outdoor Shop



指定綠色管理夥伴
Official Green
Management Partner



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OXFAM TRAILWALKER 2021

IMPORTANT NOTES

7/10/2021

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Why joining OTW?



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TEAMWORK SAME GOAL, NEVER GIVE UP!



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THEME OF OTW 2021



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Official Freshness



Official Engineering Consultant



Official Energy Panel



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Official Sports Drink



Official Travel Management Agency



Official Hotel



Official Water



Other Sponsors



Other Supporting Companies & Organizations





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樂施會如何運用籌得的款項？

「樂施毅行者」是香港最大型的遠足籌款活動。自1986年以來，共有超過10萬人參加。這項活動合共籌得超過6億港元，以支持樂施會在本港及全球的扶貧工作，與公眾共建「無窮世界」。

請利用大會提供的籌款網頁或贊助表格，向你的贊助人募捐。籌款愈多，受惠者愈多，努力啊！

了解更多：www.oxfam.org.hk

HOW YOUR DONATIONS HELP?

Oxfam Trailwalker is one of the largest fundraising hiking events in Hong Kong. Since 1986, more than 100,000 participants have raised over HK\$600 million to support Oxfam's poverty alleviation so more people can get on the path of resilience. We're implementing these programmes locally and globally.

Please use your Team Page on the official website or the sponsorship forms to solicit sponsorship. Remember: the more you raise, the more people you can empower!

Learn more: www.oxfam.org.hk

酷熱天氣下的清潔工

THE IMPACTS OF EXTREME HEAT ON STREET CLEANERS

有否覺得近年天氣變得更熱，炎熱的日子更長，適合行山的季節卻越來越短？

氣候變化引致極端天氣，在戶外工作的前線清潔工深受影響。樂施會於今年七月至八月期間，委託研究團隊走訪香港多區訪問200位前線戶外清潔工，9成受訪工友表示，大部份時間須在太陽直接照射下工作，更有近7成需要整天身處酷熱環境之中，僱主並沒有提供適當降溫設備，沒有遵守勞工處有關酷熱天氣工作的相關指引。

極端天氣影響我們每一個人，更令貧窮人士的生活更加艱難。在酷熱天氣下，前線清潔工承受額外的的工作風險，除了要在烈日下曝曬，亦缺乏休息時間、降溫設備，更有可能患上健康。樂施會今年特在10月17日國際滅貧日向清潔工友及基層劬勞家獻米，並呼籲公眾關注戶外工作的低收入人士在極端天氣下受到極大影響。樂施會亦促請清潔工外判商保障工友的健康和提高他們適應極端氣候的能力。

Do you feel like it has become hotter for longer over the past few years, and that seasons that were once great for hiking have become shorter?

You are definitely not the only one. Extreme weather exacerbated by climate change has also had a major impact on street cleaners. In July and August of this year, Oxfam Hong Kong (OHK) commissioned a research team to visit 200 frontline outdoor cleaners across several districts in Hong Kong. Ninety per cent said they had to work in the sun most of the time, while nearly 70 per cent needed to work in the heat all day long. Despite this, employers have yet to provide them with cooling equipment and have failed to comply with the Labour Department's guidelines on working in hot weather. Our latest study shows that:

Extreme weather affects us all, but makes life more difficult for those who live in poverty. In very hot weather, street cleaners face additional risks at work. In addition to being exposed to the extreme heat, they also lack time for rest as well as tools to help them cool down; their health is also more likely to be negatively impacted.

On 17 October – the International Day for the Eradication of Poverty – we at OHK distributed rice to street cleaners and families that live in subdivided flats, and have continued to raise awareness about how those who work outdoors in low-paying jobs have been affected by extreme weather. We are also urging outsourced companies that offer cleaning services to protect the health of street cleaners and better equip them for working in the heat.



相片：曹文康/樂施會 Photo credit: Chu Man Wai/Oxfam Hong Kong



鄧姐（化名）今年64歲，任職食環署外判清潔工。汗流浹背是鄧姐的工作日常。為免「手停口停」，鄧姐寧願天天上班工作，每月只放假一天。

Madam Di, 64, is one of the Food and Environmental Hygiene Department's outsourced street cleaners. Since she relies heavily on the income she makes each day, she only takes one day off a month.

鄧姐每天工作只得兩樽熱水。她說：「我帶熱水出來，因為冷水太容易飲，熱水反而可令自己慢慢飲。」

Madam Di only brings two bottles of hot water to work every day. She explained: 'I bring hot water because cold water is too easy to drink. By bringing hot water, I won't want to drink as much.'

了解更多 More details: https://bit.ly/RethinkPoverty_OHK

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 millions 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	Affected by the global coronavirus, the event originally scheduled to be held in November was postponed to January 2021, but was eventually cancelled due to prevailing pandemics. Facing the new normal, Oxfam Hong Kong agilely responded and launched new events in February and May 2021: "Oxfam Trailwalker - Virtually Together" and parent-child hiking poverty alleviation event "Oxfam Mini Trailwalker", which were joined by 1,600 and 1,700 participants (gross count) respectively.

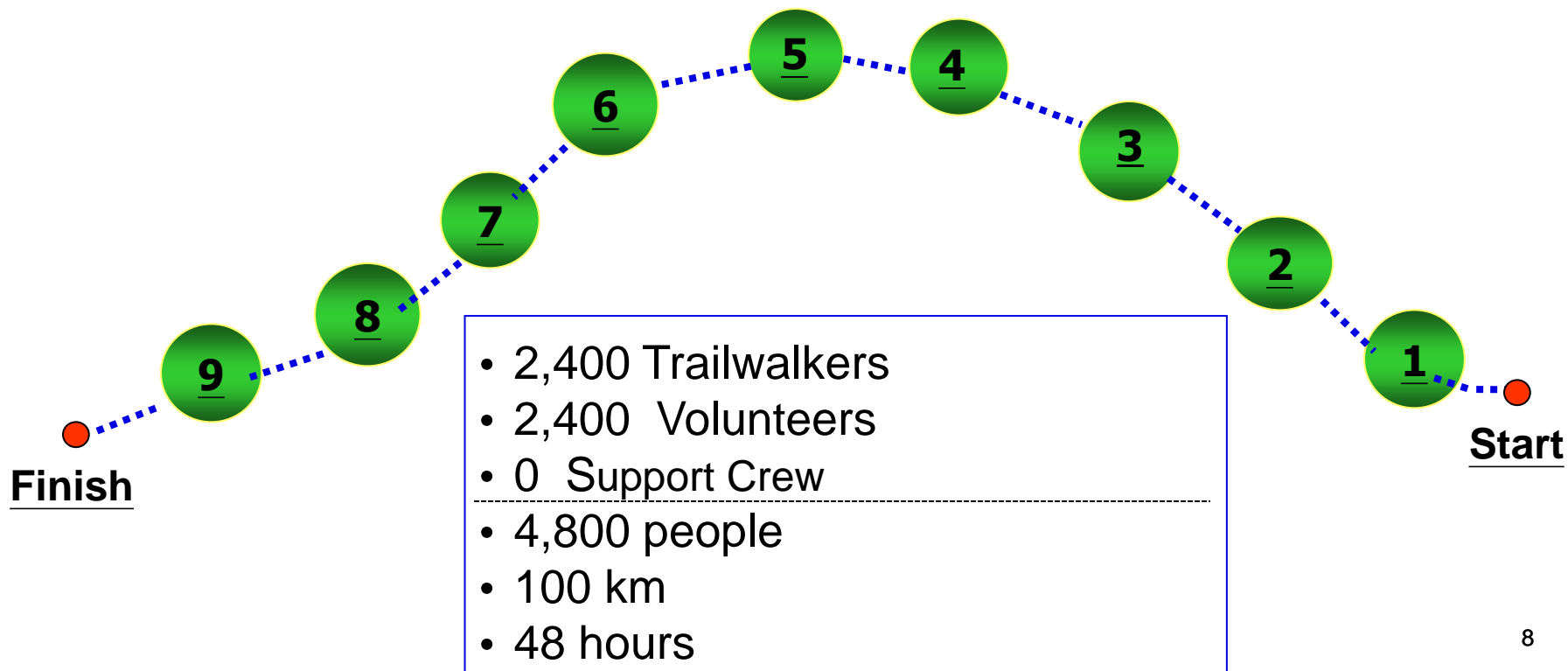
OTW EVERY ONE SAFE & HAPPY



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

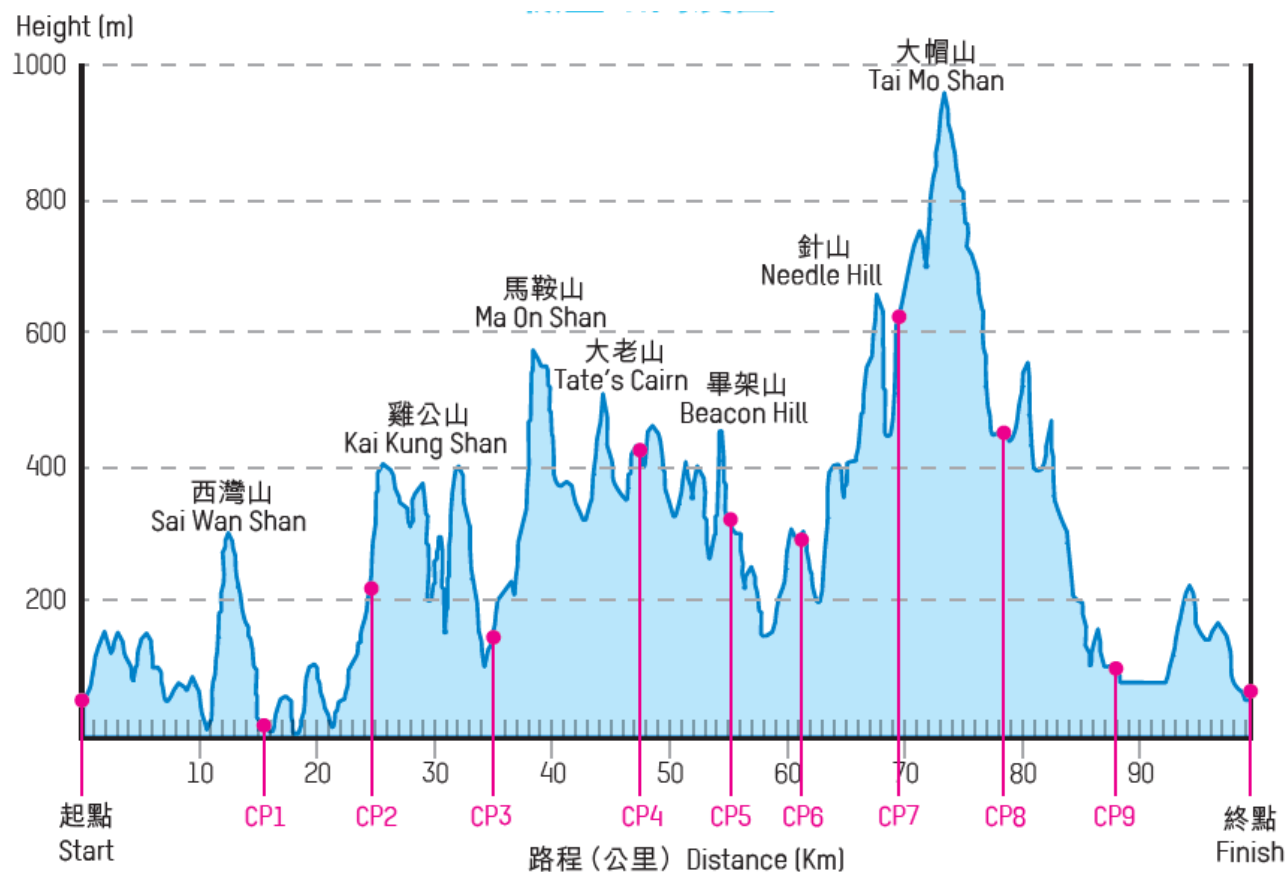




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OTW ROUTE ELEVATION



23
peaks

Total
raised
4,830m

15,939
feet

EVENT DATES



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19-21 November 2021

Organiser



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Principal Sponsor

AIA Vitality
健康程式



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Please download the information booklet
from our website later:

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

1. **HYGIENE MEASURES & HEALTH TIPS (COVID-19 VACCINATION AND TEST REQUIREMENTS)**
2. **ROUTE AND THE CHECKPOINTS (NEW ARRANGEMENTS REGARDING THE STARTING, CHECKPOINT 3 AND FINISHING POINTS)**
3. **RULES AND REGULATIONS**
4. **FOOD AND WATER SUPPLIES AT CHECKPOINTS (NEW: SUPPORT TEAMS ARE NOT ENCOURAGED)**
5. **SAFETY MEASURES**
6. **HANDLING ONLINE AND OFFLINE DONATIONS**
7. **OTHER IMPORTANT MATTERS**
8. **AIA VITALITY - DARE TO CHALLENGE AWARD**
9. **Q&A**



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In order to hold the event safely and smoothly, **we must meet the requirements for holding large-scale sports events under the government's gathering ban (599G). All COVID-19-related measures are in accordance with the latest government requirements.** Thank you for your understanding and cooperation.

Points to Note for Quarantine for Inbound Travellers:

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

HYGIENE MEASURES & HEALTH TIPS (COVID-19 VACCINATION)



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- Every participant is required **to receive both doses of a COVID-19 vaccine 14 days before the event (i.e. on or before 4 November)**
- **Submit your vaccination records on 5-7 November when collecting the Participant's Pack.**

Please note: OTW is a challenging team event. Participants are strongly advised to allocate sufficient time for training and team building before the event. Please also avoid changing team members in the last month before the event. If really inevitable, please change your team member no later than 4 November. **Change of team member after 4 November, 18:00 will NOT be accepted.** We hope to have your understanding and co-operation.

HYGIENE MEASURES & HEALTH TIPS (TEST REQUIREMENTS)



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- **The specimen pack will be distributed on 5 – 7 November during the Participants' Pack collection day**
- **Participants will need to submit the specimen to the designated locations on 17 November.**
- The Organiser will arrange test and collect the report from the laboratory for all registered teams.
- The cost is wholly sponsored by the Principal sponsor AIA Vitality.
- Participants using the service will grant consent to the laboratory to pass the related report to OHK.
- If the test result is positive, the team quota will be forfeited immediately. However, we will keep the team's quota for Oxfam Trailwalker 2022. Teams will need to pay the registration fee and meet the minimum sponsorship requirement for OTW 2022.



HYGIENE MEASURES & HEALTH TIPS

START POINT, FINISH POINT AND ALL CHECKPOINTS



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Only registered participants and working personnel are allowed to enter the Start Point, Finish Point and Checkpoints

Support teams are not encouraged

We hope that participants will **not invite or accept any kind of support** (e.g. food, a change of clothes, massage, etc.) from family and friends during the event on the trail or at Checkpoints to avoid gatherings and minimise the chance of infection.

We will provide more food and drink items. Details will be shared later. We fully understand that this is incomparable with the supplies by your Support Crew. We hope to have your understanding and cooperation.

HYGIENE MEASURES & HEALTH TIPS

START POINT, FINISH POINT AND ALL CHECKPOINTS



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1. Participants **must have received two doses of a COVID-19 vaccine within 48 hours prior to the event**; and must **put on a face mask; use hand sanitizers when arriving the Start Point, Checkpoints and Finish Point areas.**
2. Everyone entering the **Start Point and Finish Point will be temperature checked before allowed entry.** Anyone found to have fever will not be allowed to enter.
3. To avoid the crowd, we **will NOT have Starting Ceremony at the Start Point** and **participants are required to put on their mask until they approach marker post M001**, please store your mask properly and avoid leaving it on the trail.
4. When arriving at the Finish Point, participants can leave by the shuttle bus service provided by the Organizer (details to be shared later). On the other hand, **there will be NO Certificate Presentation**, the e-certificate will be sent to team leaders' registered email after the event.
5. **Participants must be 1.5-meter apart from other teams** while on the course, especially when trying to take over other participants.
6. When not in use, masks have to be stored and carried properly and should not be left on the course.

HYGIENE MEASURES & HEALTH TIPS

START POINT, FINISH POINT AND ALL CHECKPOINTS



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7. Everyone present at the **Start Point, Checkpoints and Finish Point areas have to wear a mask all the times** except when drinking water and eating food.
8. Volunteers will operate the tap to refill water for participants. **Participants are not required to touch the water tap.** Volunteers will clean their hands regularly.
9. **All F&B items will be distributed by volunteers,** participants are not allowed to take any food or drinks by themselves to avoid cross contamination. Participants should not eat or drink at or near the F&B counters. Use hand sanitizer before eating. Upon food and drinks, participants should put on their mask again while resting.
10. Everyone entering the medical tent should wear a mask. Those having fever or flu like symptoms will be asked to leave the event to seek medical treatment.
11. Please wash hands or use hand sanitizer after using the toilet.
12. To avoid cross contamination, **blankets, disposable cups and bottles will not be provided. Participants have to prepare their own jackets, bottles /containers, utensils.**

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ROUTE



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OTW ROUTE ELEVATION



23
peaks

Total
raised
4,830m

15,939
feet

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.)

WATER POINTS



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Location:	Location Details	Opening Hour
At the end of the high Island Reservoir East Dam	Close to distance post M018, between the Start Point and CP1	08:00 – 18:00, 19 November
Near the round-about at the foot of Needle Hill	Close to distance post M130, between CP6 and CP7	From 15:00, 19 November to 00:00 21 November, 2021





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NEW: START POINT : WALKERS' FLOW





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WALKERS' FLOW AT START POINT



Entrance of Po Leung Kuk Pak Tam Chung Holiday Camp

- Only registered participants are allowed to enter the Start Point. Please prepare the number bib and show it to the duty volunteer
- Temperature check (anyone with temperature higher than 37.5°C will not be allowed to enter)



Waiting to register

- Participant can refill the water, do stretch and prepare to register

WALKERS' FLOW AT START POINT



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3



Entering the registration area (Basketball court entrance)

before entering the registration area, participants please prepare the below for volunteers to check

- Gather all four team members
- Hang the number bib in the front prominently (i.e. waist)
- Prepare the health declaration record on your phone

4



Registration Area (inside the basketball court)

- Participants have to show their ID card/passport to confirm identity
- After confirmation, a bracelet will be given to the participant



WALKERS' FLOW AT START POINT



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5 Entrance of Start Waiting Area

After completion of the registration, turn right to leave the camp site until you go through the AFCD gate. **The entrance will be on your right hand side near to the disabled toilet.**

Participants please prepare the below for volunteer to check

- Gather all four team members
- Hang the number bib in the front prominently (i.e. waist)
- Show your bracelet which should have been obtained after registration

WALKERS' FLOW AT START POINT



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6

Start Area (Lawn area next to Pak Tam Chung P.H.B. Site in Sai Kung)

- Ready to start at the start line
- Each period will only have a maximum of 30 teams to start, participants must be 1.5-meter apart from other teams while waiting
- The start time of each team will be recorded in real time, meaning the elapsed time will be calculated in real time
- Participants are required to keep their mask on until they reach marker post M001. Please store your mask properly and avoid leaving it on the trail.

WALKERS' FLOW SUMMARY AT START POINT



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Before registration

- Please put on the number bib (A, B, C & D which should be the same sequence as your team's registration record) to gain access into the Campsite
- Prepare the health declaration record on your phone
- Show your ID card/passport
- Obtain a bracelet
- Replenish your water containers by volunteers
- Do stretching exercise or go to the washroom before registration
- Follow instructions from on-site volunteers to go to the Start Point Waiting Area

CP1 – SAI WAN VILLAGE



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Closes at 20:00, 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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Closes at 11pm, Friday



First Aid Station



Toilet



Food & Hot Drinks



NEW: CP3 – KEI LING HA



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Close at 06:00, Saturday



First Aid Station



Toilet



Food & Hot Drinks

Descend from Kai Kung Shan to Sai Sha Road, then cross the main road and go through the gate of Kei Ling Ha AFCD Management Centre (only open during event dates)



Cross Sai Sha Road

CP3 – KEI LING HA



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2

Go through the gate of AFCD management centre and then go straight about 50m to arrive at checkpoint 3. (the AFCD management centre has been specially arranged as a checkpoint this year due to COVID-19, we ask that participants do not go beyond the designated area and follow the instructions of the onsite volunteers, thank you for your cooperation).



3

After registering and resting, walkers can leave the Centre through the same gate and follow the Maclehoose Trail to Checkpoint 4 (please give way to incoming walkers)

CP3 – KEI LING HA



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- 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 temporarily transformed into a drop off area for passengers and goods.



CP4 – GILWELL CAMPSITE



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Closes at 14:00, Saturday



First Aid Station



Toilet



Food & Hot Drinks

Chinese soup & Siu Mai will be provided during peak hours



PENALTY POINT



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- To ensure the safety and fairness, **shortcut is strictly prohibited** and penalty will be imposed.
- Participants should stay on the marked course. The Organiser will not record the results and rankings of participants who are found to have taken shortcuts.
- 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.

PENALTY POINT

(TIU TSO NGAM NEAR KWUN PING ROAD)



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Penalty Point

Oxfam
Trailwalker

near M099

TO CP5: SHATIN PASS TEMPORARY TRAFFIC CONTROL



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To avoid the crowd, disturbing locals and obstructing emergency vehicles along or the trail and area around it.

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**

Please do not drive to the area!

TO CP5: SHATIN PASS (LION PAVILION) TEMPORARY TRAFFIC CONTROL



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Trail
Direction

No Parking

TO CP5: SHATIN PASS (LION PAVILION) TEMPORARY TRAFFIC CONTROL



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TO CP5: SHATIN PASS TEMPORARY TRAFFIC CONTROL



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CP5 – BEACON HILL



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Closes at 16:00, Saturday  First Aid Station  Toilet  Food & Hot Drinks



BEFORE ARRIVING CP6



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Trailwalkers 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.



CP6 - SMUGGLERS RIDGE RIFLE RANGE



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Closes at 20:00, Saturday



First Aid Station



Toilet



Food & Hot Drinks



CP7 – LEAD MINE PASS



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Closes at 00:00, Sunday



First Aid Station



Toilet



Food & Hot Drinks



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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Closes at 06:00, Sunday



First Aid Station



Toilet



Food & Hot Drinks



ROAD CLOSURE AT CP8



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- Please note that Tai Mo Shan Road will be closed during the event
- **NO vehicles** are allowed to **access Tai Mo Shan Road** (except working personnel)



ROAD CLOSURE AT CP8



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



CP9 – TAI LAM CHUNG RESERVOIR



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Closes at 09:00, Sunday



First Aid Station



Toilet



Food & 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-OTW196)



CP9 → FINISH POINT



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Shortcut is strictly prohibited!!



CP9 → FINISH POINT



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Shortcut is strictly prohibited!!



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



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The route to the Finish Point can be challenging, as parts of it are unpaved, uphill paths. Participants are advised to train adequately before the event.

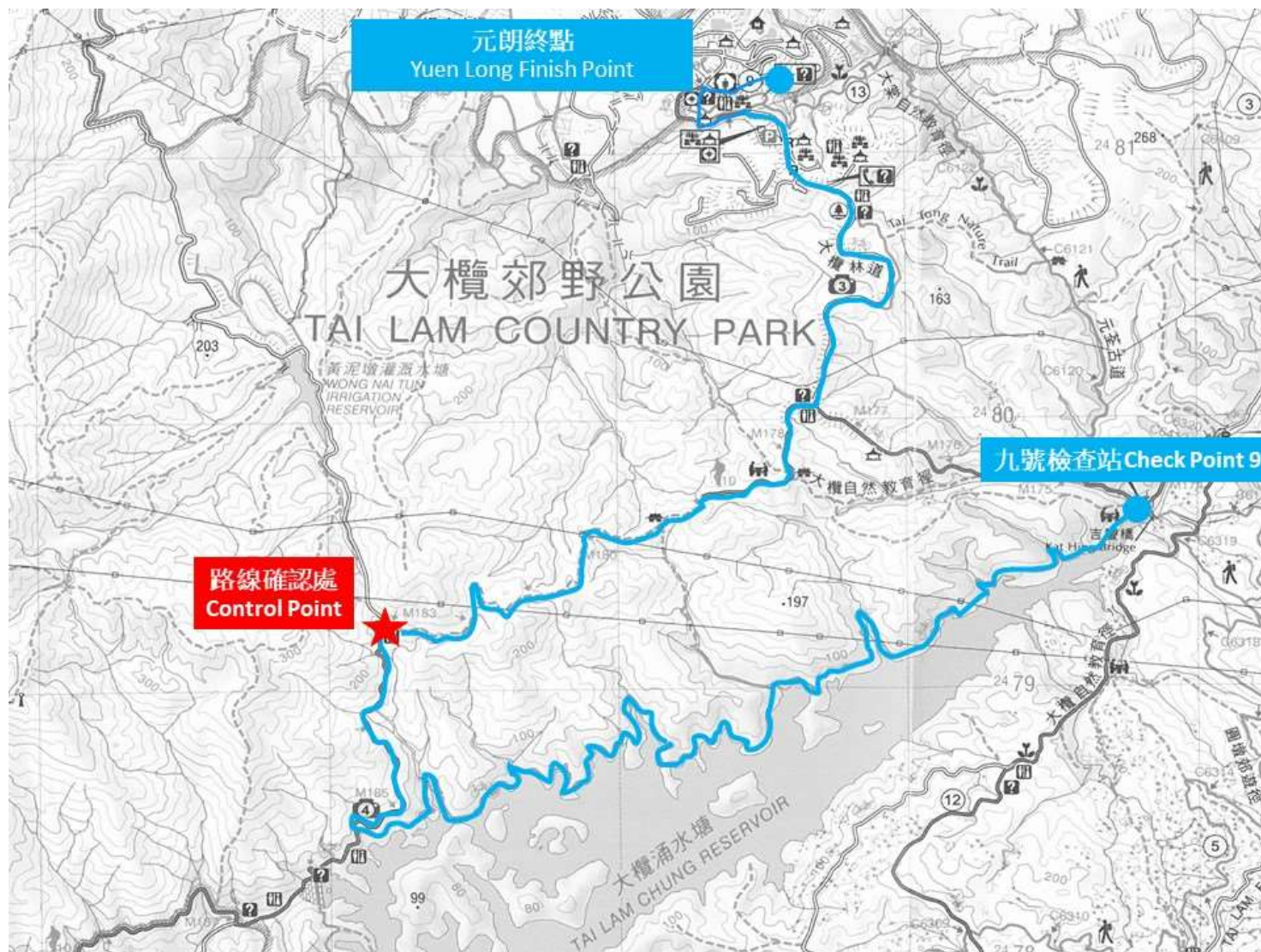
All teams must register at this Point and have their time recorded, if timing record is missing, **120 minutes will be added to the finishing time of the team.**

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



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FINISH POINT : LEADERSHIP TRAINING HOSTEL CAMPSITE, PO LEUNG KUK JOCKEY CLUB TAI TONG HOLIDAY CAMP IN YUEN LONG



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Closes at 13:00, Sunday



First Aid Station



Toilet



Food & Hot Drinks



NEW: ENTER THE FINISH POINT
LEADERSHIP TRAINING HOSTEL CAMPSITE, PO LEUNG KUK
JOCKEY CLUB TAI TONG HOLIDAY CAMP IN YUEN LONG



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1. Go straight from seeing the first notice board



2. Turn right to the kiosk at the second notice board

NEW: ENTER THE FINISH POINT
LEADERSHIP TRAINING HOSTEL CAMPSITE, PO LEUNG KUK
JOCKEY CLUB TAI TONG HOLIDAY CAMP IN YUEN LONG



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3. Go down the route behind the left hand side of the kiosk (please be careful, especially in the dark!!!)



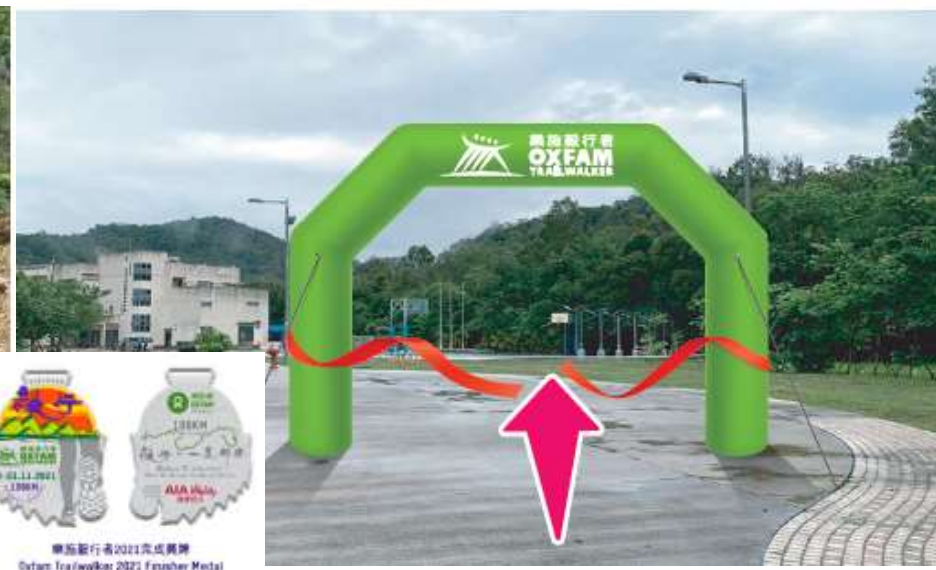
4. Turn right and then go up when arriving the end of the staircase (open only during event dates)

NEW: ENTER THE FINISH POINT CROSSING THE FINISH LINE~



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5. Go through the gate to enter the Finish Point, participants please prepare the below for volunteers to check:

- Gather all four team members
- The number bib in the front prominently(i.e. waist)
- Put on your mask
- Temperature check (anyone with temperature higher than 37.5C will not be allowed to enter)

***The gateway will only be open to participants during the event days**

6. Please proceed about 250meters to reach the Finish Arch, remember to pass it in FULL Team. The record of the latest 10 teams will be displayed on the screen next to the arch. Participants also can check finishing time from the timing system website, the link to be announced.



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CROSSING THE FINISH LINE



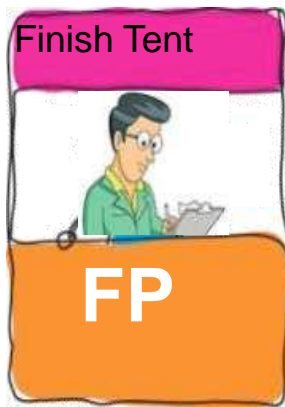
FINISH POINT ARRANGEMENTS



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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.



FINISH POINT TRANSPORTATION ARRANGEMENT



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After finishing the event, participants can take the shuttle bus service provided by the organiser to Tin Shui Wai Station or take the public transport to Yuen Long or to the nearest MTR station.

- One way shuttle bus **(only for participants to leave the Finish Point)**
- Finish Point ➔ Tin Shui Wai MTR station

Service Hours

From Finish Point

From 9:00pm on 19 November (Fri) to 1:30pm on 21 November (Sun)

Bus schedule to be announced later

FINISH POINT TRANSPORTATION ARRANGEMENT



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If participants choose to leave the finish point by public transport, please see below information. (For the bus schedule, please refer to schedules operated by various transportation companies)

MTR Feeder Bus or Mini Bus (Red)	Walk about 20mins from the Finish Point to the bus stop at the Route in along Tai Tong Shan Road and then take public transport to Yuen Long town and leave Yuen Long by other means.
Taxi (Green)	Take taxi at the entrance gate of the camp site to Yuen Long town (fee: around \$60)

NO PARKING AREA AT FINISH POINT



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Please note:

- **There are no parking spaces.** Unauthorised vehicles will not be allowed to enter (except working personnel vehicles), and there are **no parking permit will be issued from the organiser.** After a short break, all participants who have completed the event can take the free shuttle bus to the Tin Shui Wai MTR station. Relatives and friends can be met at a suitable parking place near the station for pick up.
- The Organiser asks for your cooperation so as to minimise the traffic congestion around the finish point and Yuen Long town and any inconvenience caused to the local residents. **We strongly advise that everyone please do not drive to the Finish Point.** Tai Tong Shan Road will be temporarily closed during the event without further notice.
- We apologize for any inconvenience caused and appreciate all your support and understanding!



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WHEN YOU ARRIVE A CP

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





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CHECKPOINT – CHECK IN



Volunteer will use the nano to scan the walkers

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.



CP FACILITIES



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- First Aid Station
- Toilet

No Professional services

- Physiotherapy
- Podiatry
- Chinese Medicine Tui-Na



1. **HYGIENE MEASURES & HEALTH TIPS (COVID-19 VACCINATION AND TEST REQUIREMENTS)**
2. **ROUTE AND THE CHECKPOINTS (NEW ARRANGEMENTS REGARDING THE STARTING, CHECKPOINT 3 AND FINISHING POINTS)**
3. **RULES AND REGULATIONS**
4. **FOOD AND WATER SUPPLIES AT CHECKPOINTS (NEW: SUPPORT TEAMS ARE NOT ENCOURAGED)**
5. **SAFETY MEASURES**
6. **HANDLING ONLINE AND OFFLINE DONATIONS**
7. **OTHER IMPORTANT MATTERS**
8. **AIA VITALITY - DARE TO CHALLENGE AWARD**
9. **Q&A**



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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

2021

退出證明書
DROP-OUT CERTIFICATE

OXFAM TRAILWALKER

隊號 TEAM NO.:

退出隊員姓名 Name of Member	請以下檢查站退出 Checkpoint Reached	只供補點使用 For Point Only
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**

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

If a member is changed **after 19 October, the form and a fee of HK\$200 for each new member are required.**

OTW is a challenging team event. Participants are strongly advised to allocate sufficient time for training and team building before the event. Please also avoid changing team members in the last month before the event. If really inevitable, please change your team member no later than 4 November. **Change of team member after 4 November, 18:00 is not accepted.** We hope to have your understanding and co-operation.

NOTES FOR CHANGING YOUR TEAM MEMBERS

1. Teams that carried forward to OTW2021 can make changes to their team members, including their team leader, before the deadline for changing team members.
2. All teams (including Special Teams, Pledge Teams and Sponsors/Supporting Organisation Teams) can make changes to their team members, including their team leader, before the deadline for changing team members.
3. Newly registered Open Teams at OTW 2021 can only change team members; changing the team leader will result in the disqualification of the whole team.
4. You can change your team member(s) during the following periods:

PHASE	FEE	PERIOD	PROCEDURE
Submission of Particulars of Confirmed Team Members	Free	15 September, 10:00 - 19 October, 18:00	Submit team members' details through Oxfam Trailwalker website, or fill in Registration Form and fax, email or post it to Oxfam Hong Kong.
Change of Team Member Phase	HK\$200※ per new member	20 October, 10:00 - 4 November, 18:00	Fill in the Change of Team Member Form and submit it with proof of your payment to Oxfam online, by post or by hand.



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CHANGE OF TEAM MEMBER

※ Teams can pay the fee for changing team members (HK\$200 for each new member) by transferring it into Oxfam Hong Kong's bank account below:

	Bank of China	Hang Seng Bank
Deposit at a bank branch (Please inform the teller of your team number)	012-874-0-013039-1	284-401080-010
Through ATM or E-Banking*		

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 2021 Change of Team Member' and your team number on the envelope.

5. The change of member fee is non-refundable. It cannot be regarded as a donation and is not tax-deductible.
6. OTW is a challenging team event. Participants are strongly advised to allocate sufficient time for training and team building before the event. Please also avoid changing team members in the last month before the event. If really inevitable, please change your team member no later than 4 November. Change of team member after 4 November, 18:00 is not accepted even on the event day. We hope to have your understanding and co-operation.



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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 15 September 2021 and 31 October 2021 (both dates inclusive)	Team must raise: HK\$3,800 HK\$36,000 (Pledge Team)
Withdraw on or after 31 October, 2021, or absent on the event day	Team must raise: HK\$7,600 HK\$72,000 (Pledge Team)

※ The Organiser reserves the right not to accept applications for future Oxfam Trailwalker events from any member of a team which has failed to comply with the above stipulations.

TEAM NUMBER AND START TIME



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To ensure all teams can maintain a safe distance, the number of teams was reduced:

	No. of participants	Start time
Old	5,200 people (1,300 teams)	In 5 batches
New	2,400 people (900 teams)	In 27 batches

DISTRIBUTION OF THE TEAMS



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Team number	Start time	Registration period	Team quota
8001 - 8030	08:00 - 08:09	07:10 - 07:40	30
8031 - 8060	08:10 - 08:19	07:25 - 07:55	30
8061 - 8090	08:20 - 08:29	07:40 - 08:10	30
8091 - 8120	08:30 - 08:39	07:55 - 08:25	30
2001 - 2050	08:45 - 08:59	08:00 - 08:30	30
0001 - 0030	09:00 - 09:14	08:15 - 08:45	30
0031 - 0060	09:15 - 09:29	08:30 - 09:00	30
0061 - 0090	09:30 - 09:44	08:45 - 09:15	30
0091 - 0120	09:45 - 09:59	09:00 - 09:30	30
0121 - 0150	10:00 - 10:14	09:15 - 09:45	30
0151 - 0180	10:15 - 10:29	09:30 - 10:00	30
0181 - 0210	10:30 - 10:44	09:45 - 10:15	30
0211 - 0240	10:45 - 10:59	10:00 - 10:30	30
0241 - 0270	11:00 - 11:14	10:15 - 10:45	30
0271 - 0300	11:15 - 11:29	10:30 - 11:00	30
0301 - 0330	11:30 - 11:44	10:45 - 11:15	30
0331 - 0360	11:45 - 11:59	11:00 - 11:30	30
0361 - 0390	12:00 - 12:14	11:15 - 11:45	30
0391 - 0420	12:15 - 12:29	11:30 - 12:00	30
0421 - 0450	12:30 - 12:44	11:45 - 12:15	30
0451 - 0480	12:45 - 12:59	12:00 - 12:30	30
0481 - 0510	13:00 - 13:14	12:15 - 12:45	30
0511 - 0540	13:15 - 13:29	12:30 - 13:00	30
0541 - 0570	13:30 - 13:44	12:45 - 13:15	30
0571 - 0600	13:45 - 13:59	13:00 - 13:30	30
0601 - 0630	14:00 - 14:14	13:15 - 13:45	30
0631 - 0650	14:15 - 14:29	13:30 - 14:00	20

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FOOD AND WATER SUPPLIES

- 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 closer to the event.

FOOD AND WATER SUPPLIES (SUBJECT TO CHANGE)



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Check point	Water (In Dispenser)	Bottled Water	Pocari Sweat (In dispenser)	Hot Drink and Oat Milk	Soup	Rice Balls	Cup Noodles	Bread (Bun)	Chinese Soup & Siu Mai*	Fruit	Chocolate / Candy / Crackers	Salt Mint Candy	Cake & Other
Start Point	✓												
CP 1		✓											
CP 2	✓		✓	✓	✓	✓		✓		✓	✓		
CP 3	✓		✓	✓	✓	✓		✓		✓	✓	✓	
CP 4	✓		✓	✓	✓		✓	✓	✓	✓	✓		
CP 5	✓			✓	✓			✓		✓	✓		
CP 6	✓		✓	✓	✓	✓		✓			✓	✓	
CP 7	✓		✓	✓	✓		✓	✓		✓	✓		
CP 8	✓			✓	✓	✓		✓		✓	✓		
CP 9	✓			✓	✓			✓			✓		
Finish Point	✓			✓	✓				Food Truck* (Paid Service)		✓		✓

* Only served at certain time while stocks last



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FOOD AND WATER SUPPLIES



CP2, CP3, CP6, CP8
Rice Ball (Around 100g)



CP4, CP7
Cup Noodles (BIG)



Bread (Bun)



CP2, CP3, CP4, CP5, CP7, CP8
Fruit



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FOOD AND WATER SUPPLIES



CP3, CP6
Himalaya Salt Mint Candy
(1 Team / 2 Packs)



FP
Chiffon Cake



Chocolate / Candy / Crackers

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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-OTW196)



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”

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

1. **HYGIENE MEASURES & HEALTH TIPS (COVID-19 VACCINATION AND TEST REQUIREMENTS)**
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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 21 December 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 **21 December 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 2021" 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 21 December, 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

- # 樂施毅行者 OXFAM TRAILWALKER 2021
- ## 贊助表格 SPONSORSHIP FORM
- www.oxfamtrailwalker.org.hk
- ☎ oxfamtrailwalkerhk | ☎ 2520 2525
-
- 請以英文正楷填寫贊助人稅務用的姓名。
 - 為節省行政開支，捐款過港幣100元或以上的贊助人方可要求印發收據收條。
 - 如報收據作報稅之用，請在「收據」一欄加上✓號。
 - 如報收據將直接寄予贊助表格上註明的參加者或機構統籌，如郵遞地址與登記時提供不符，請盡早通知樂施會。
 - 請將妥妥的贊助表格連同向贊助團體對等的支票、銀行存款正本或網上轉帳「確認指示」列印本以郵寄或親身遞交方式交回樂施會（香港北角馬寶道28號樂施中心17樓），信封面請註明「樂施毅行者2021捐款表格」及隊伍。
- Please provide the name sponsors use for tax deduction claims in BLOCK LETTERS.
 - To minimize administrative costs, receipts for tax deductions will only be issued to sponsors who donate HK\$100 or above and upon request.
 - If you need 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 marked on the form or the corporate coordinator. If your mailing address is different from the one provided during the registration period, please contact Oxfam.
 - Please submit 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 Acknowledgement Note by post or by hand (17/F, China United Centre, 28 Marble Road, North Point, Hong Kong). Please write "Oxfam Trailwalker 2021 Sponsorship Form" and your team number on the envelope.
- 隊伍號碼 Team No. _____ 聯絡電話 Tel. _____
- 參加者姓名 Team Member's Name: _____
- * 隊長 Member (A / B / C / D)
- * 請圈出國家者
Please circle the appropriate one
- | 贊助人姓名 (英文正楷)
Sponsor's Name (IN BLOCK LETTERS) | | 贊助金額 Sponsorship (HK\$) | | 收據
Receipt | 已付
Paid |
|---|-----------------------------|-----------------------------|---------|---------------|------------|
| 金額
Fixed Amount
(A) | 完成獎券
Finish Bonus
(B) | 合共贊助額
Sub-Total
(A+B) | | ✓ | ✓ |
| CHAN, SIU, MING | \$1,000 | \$800 | \$1,800 | ✓ | ✓ |
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |
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| 13 | | | | | |
| 14 | | | | | |
| 15 | | | | | |
| 16 | | | | | |
| 17 | | | | | |
| 18 | | | | | |
| 19 | | | | | |
| 20 | | | | | |
| 總額 Total: | | | | | |
- 官方贊助
Principal Sponsor

AIA Vitality
健康程式
- 若贊助表格不敷應用，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
- 樂施會正本 OXFAM COPY

FUNDRAISING AWARDS



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Fundraised	Awards
≥\$36,000	<p>- Reserved team slot at OTW2022</p> <p>Cathay Pacific Airways Limited, the Logistics Sponsor, has donated 1,000,000 Asia Miles which will be awarded to 10 teams (100,000 Asia Miles per team or 25,000 Asia Miles per team member).</p> <p>PROTREK, Official Outdoor Shop, has donated cash coupons valued at HK\$40,000. These coupons will be awarded to 10 teams (coupons valued at \$4,000 per team).</p> <p>Theragun-Leader Radio Technologies Ltd, the event's sponsor, has donated a total of 16 Percussive Therapy Device which will be awarded to 4 teams (4 Devices per team).</p>
≥ \$72,000	<p>- Team name will be acknowledged in the website and Thank you Advertisement (February 2022)</p>
≥ \$100,000	<p>Oxfam Trailwalker Outstanding Fundraiser Award</p>
≥ \$200,000	<p>Eligible to compete for Category Fundraising Awards</p>

1. HYGIENE MEASURES & HEALTH TIPS (COVID-19 VACCINATION AND TEST REQUIREMENTS)
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3. RULES AND REGULATIONS
4. FOOD AND WATER SUPPLIES AT CHECKPOINTS (NEW: SUPPORT TEAMS ARE NOT ENCOURAGED)
5. SAFETY MEASURES
6. HANDLING ONLINE AND OFFLINE DONATIONS
7. **OTHER IMPORTANT MATTERS**
8. AIA VITALITY - DARE TO CHALLENGE AWARD
9. Q&A



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COLLECTION OF PARTICIPANTS' PACK



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Collection Details

Date: 5 to 7 November

Office hours: Friday, 14:30 to 20:00
Saturday, 10:00 to 17:00
Sunday, 10:00 to 14:00

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

What to collect:

1. Number bib
2. Event information
3. A Quick Dry T-Shirt sponsored by Official Apparel, Columbia. Each team is only entitled to four pcs (even if there are subsequent changes to the team).
4. Energy food from Official Energy Food, Nature's Village
5. COVID-19 specimen pack

SOUVENIRS



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樂施毅行者 2021 紀念品 OXFAM TRAILWALKER 2021 SOUVENIRS

「樂施毅行者」是香港最大型的遠足籌款活動。自1986年以來，共有超過10萬人參加。這項活動合共籌得超過6億港元，以支持樂施會在本港及全球的扶貧工作，與公眾共建「無窮世界」。

Oxfam Trailwalker is one of the largest fundraising hiking events in Hong Kong. Since 1986, more than 100,000 participants have raised over HK\$600 million to support Oxfam's poverty alleviation projects locally and globally.



限量版紀念tee (已登記之隊伍可獲贈四件)
Event tee (each registered team will be given four tees)



樂施毅行者2021完成獎牌
Oxfam Trailwalker 2021 Finisher Medal
(非賣品, Not for sale)



襟章 Pin
HK\$15



環保餐具套裝 Cutlery Set
HK\$100



不鏽鋼杯
Stainless Steel Cup
HK\$85



不鏽鋼水樽
Stainless Steel
Water Bottle
HK\$80



手提袋 Tote Bag
HK\$20



輕型運動腰包
Ultra-slim Running
Waistpack
HK\$70



萬用刀 Multi Function Knife
HK\$80

圖片僅供參考，一經以實物為準
The product images shown are for illustration purposes only

參加者需沿途自備器皿及其他食具以享用食物及飲品。Participants will need to bring their own utensils during the event. 上述紀念品數量有限，售完即止。They can purchase our cutlery set and cup, but hurry, while stocks last!



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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 (COVID-19 VACCINATION AND TEST REQUIREMENTS)**
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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 21.
- 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 suggested content includes training and the challenges faced during COVID-19
 - **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 2022
- **Team invitation of OTW2022**

Online Application



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Please email to OTW Info to apply : 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



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Like Oxfam Trailwalker Hong Kong Facebook

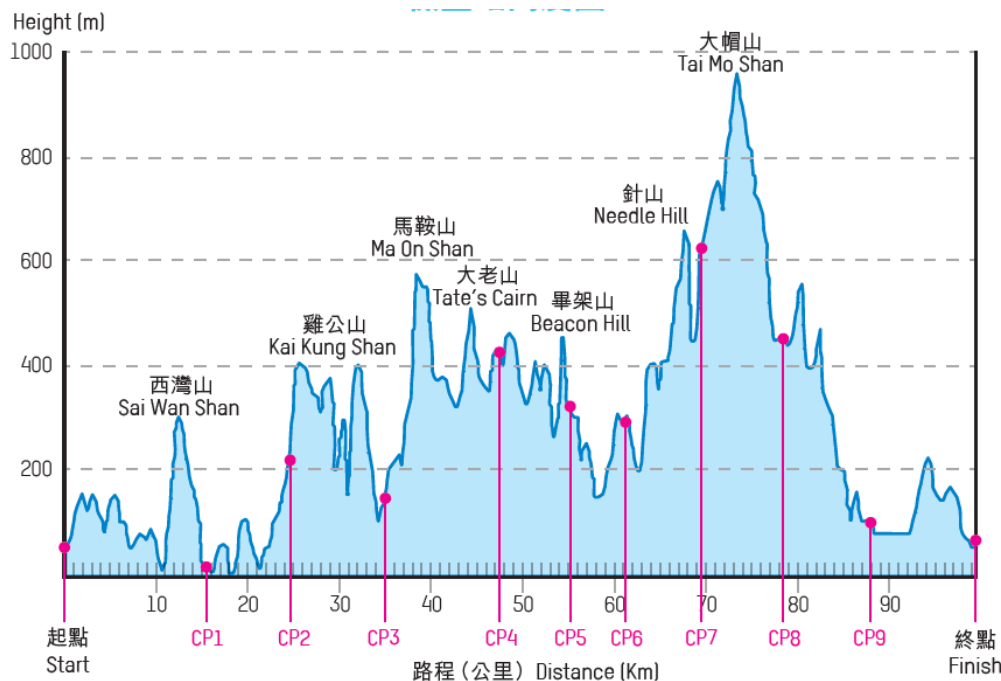
YEAR RECORDS OF COMPLETION



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	2012	2013	2014	2015	2016	2017	2018	2021
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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ACHIEVING GOAL UNDER THE NEW NORMAL: BE MINDFUL, BE PRESENT



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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!

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Q & A

If you have any enquires, please email to :
otwinfo@oxfam.org.hk