22km - SK50									
Location	Distance (Km)	Accumulated Distance (Km)	Elevation Gain (M)	Accumulated Elevation Gain (M)	Elevation Loss (M)	Accumulated Elevation Loss (M)	Cut Off Time	Drink	Food
去	距離 (公里)	累計距離 (公里)	攀升 (米)	累計攀升 (米)	下降 (米)	累計下降 (米)	關門時間	飲品	
Sai Wan Road CPSW	5.5	5.5	241	241	93	93	1.5 HRS	Water	Banana, oranges,
								Electrolyte	Bisquit, Bread
西灣路									
ChekKeng CP2	9.6	15	361	602	517	610	4 HRS	Water	Banana, oranges,
								Electrolyte	Bisquit, Bread
赤徑									
Pak Tam Chung	7.9	22	481	1083	473	1083	7 HRS	Water	Banana, oranges,
								Electrolyte	Bisquit, Bread
北潭涌									