Sai Kung 50 2026 New updated route

Distance and cutoffs

35 km

To	Dist (Km)	Accum	Elev	Accum	Elev	Accum	Cut Off Time	Drink	Food
		Dist (Km)	Gain (M)	Elev Gain (M)	Loss (M)	Elev Loss (M)			
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	
East Dam CP1 東壩	14	14	427	427	383	383	3 HRS	Bonaqua Water	Bananas, oranges, Bisquits, Bread
Chek Keng CP2 赤徑	14	28	723	1150	771	1154	6 HRS	Bonaqua Water Aquarius electrolyte	Bananas, oranges, Bisquits, Bread
Pak Tam Chung Finish	7.9	35.9	481	1631	743	1897	9 HRS	Bonaqua Water Aquarius electrolyte Beer	Bananas, oranges, Bisquits, Bread, Noodles