Sai Kung 50 2026 New updated route									
Distance and cutoffs									
54km									
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	14	14	427	427	383	383	3 HRS	Bonaqua Water	Bananas, oranges, Bisquits, Bread
東壩									
Chek Keng CP2	14	28	723	1150	771	1154	6 HRS	Bonaqua Water Aquarius electrolyte	Bananas, oranges, Bisquits, Bread
赤徑									
Pak Tam Road CP3	7.9	35.9	481	1631	743	1897	7.5 HRS	Bonaqua Water	Bananas, oranges, Bisquits, Bread
北潭路								Aquarius electrolyte	
Maclehose Trail/	6.7	42.6	491	2122	322	2219	8.5 HRS	Timing only	Timing only
Yung Pak Corridor junction CP3A									
麥徑/榕北走廊									
連接點									
Sai Sha Road CP4 西沙路	4.4	47	307	2425	411	2364	9 HRS 45 Min	Bonaqua Water, Aquarius electrolyte	Bananas, oranges, Bisquits, Bread
Maclehose Trail/	2.4	49.4	314	2739	316	2680	11 hrs	Timing only	Timing only
Shek Hang Au junction near Kai Kung Shan CP4A									
Pak Tam Chung 北潭涌 Finish	5.1	54.5	118	2857	277	2857	12 HRS	Bonaqua Water, Aquarius electrolyte, Neon Tiger drink, Corona beer	Bananas, oranges, Bisquits, Rice/Noodles, Bread