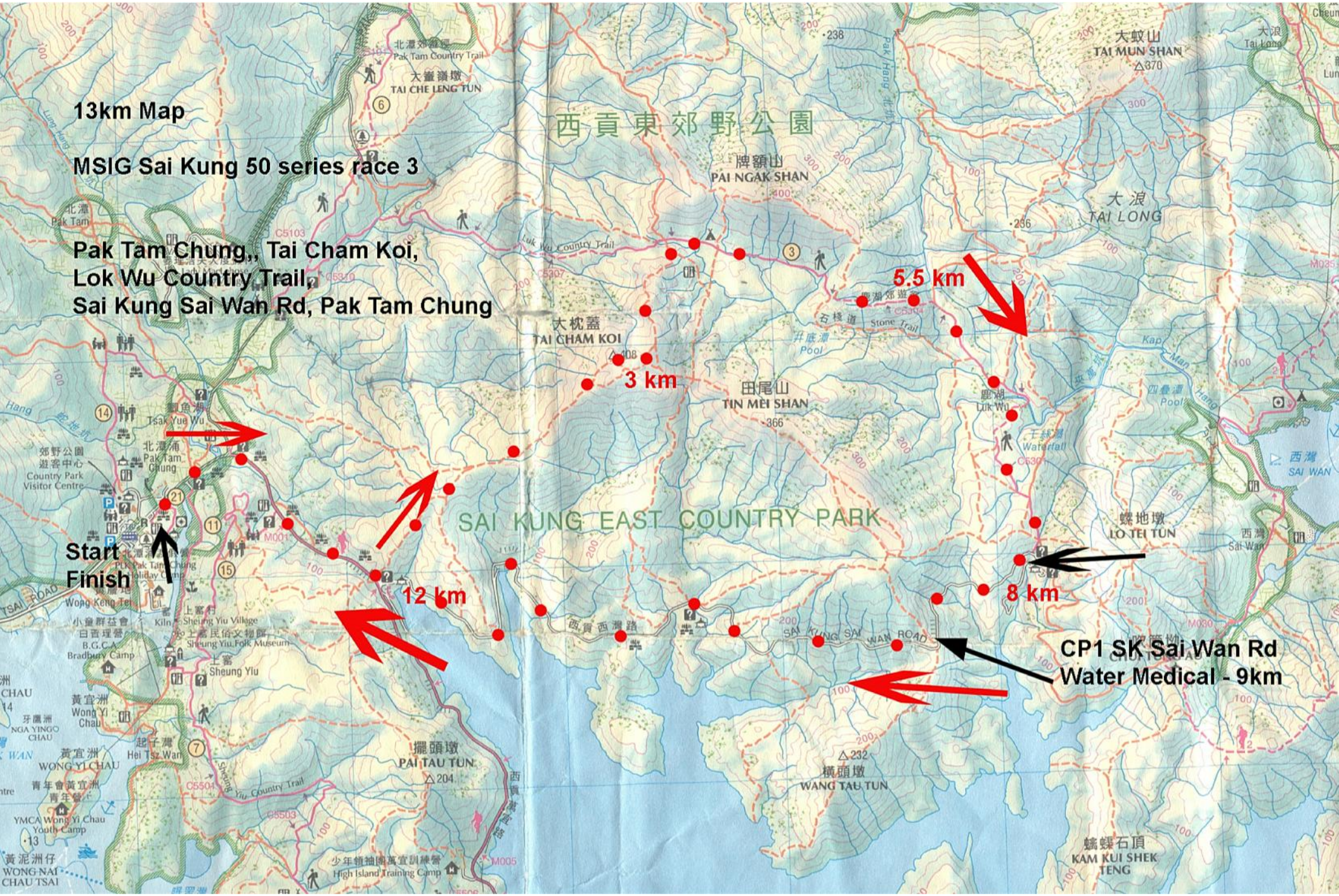
13km Map
MSIG Sai Kung 50 series race 3
Pak Tam Chung,, Tai Cham Koi,
Lok Wu Country Trail,
Sai Kung Sai Wan Rd, Pak Tam Chung
Start
Finish
3 km
5.5 km
8 km
12 km
CP1 SK Sai Wan Rd
Water Medical - 9km
西貢東郊野公園
SAI KUNG EAST COUNTRY PARK
牌額山
PAI NGAK SHAN
大枕蓋
TAI CHAM KOI
田尾山
TIN MEI SHAN
大浪
TAI LONG
大蚊山
TAI MUN SHAN
蝶地墩
LO TEI TUN
擺頭墩
PAI TAU TUN
橫頭墩
WANG TAU TUN
蟛蜞石頂
KAM KUI SHEK TENG
大蠔灘墩
TAI CHE LENG TUN
北潭
Pak Tam
北潭涌
Pak Tam Chung
鯉魚湖
Tsak Yue Wu
鹿湖
Luk Wu
西灣
SAI WAN
黃宜洲
WONG YI CHAU
黃泥洲仔
WONG NAI CHAU TSAI
牙鷹洲
NGA YING CHAU
上窰
Sheung Yiu
SAI KUNG SAI WAN ROAD
西貢西灣路
Luk Wu Country Trail
Sheung Yiu Country Trail
Pak Tam Country Trail
Stone Trail
Pool
Waterfall
Kap Man Hang
Country Park Visitor Centre
郊野公園遊客中心
B.G.C.A. Bradbury Camp
YMCA Wong Yi Chau Youth Camp
High Island Training Camp
Sheung Yiu Village
Sheung Yiu Folk Museum
Kiln
Wong Keng Tei
起千灣
Hei Tsz Wan
Tai Long
Sai Wan