

# THE NORTH FACE 100 ULTRA TRAIL CHALLENGE HONG KONG 2023

## ROUTE DESCRIPTIONS

The Race starts at 8 AM on Saturday, 11 March, 2023 inside the Tai Mei Tuk car park in the Northern New Territories of Hong Kong SAR. Baggage check will take place in The Hong Kong Federation of Youth Groups Tai Mei Tuk Outdoor Activities Center (HKFYG Center).

There are two possible race assemblies depending upon whether a wave start is required due to covid restrictions. For a wave start, racers will assemble in PRE-ASSIGNED groups at the race start area on Plover Cove Dam after check-in and drop their baggage in “HKYFG Center”, If a mass start is allowed, race assembly will also take place at the same start area on the Main Dam of the Reservoir. Note that cut off times are based upon an 0800 start and will be adjusted for a wave start.

### TNF 50 Section 1:

#### Tai Mei Tuk / Pat Sing Leng Nature Trail / Wu Kau Tang

Distance (Km)	~6.6	Elevation Gain (M)	~460	Elevation Loss (M)	~356
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If there is a wave start, waves will begin on Plover Cove Dam, run pass the barrier gate toward Tai Mei Tuk and then turn immediately right on the Tai Mei Tuk Family Walk. Following course marking the trail passes a rough, shiggy section, passes around holiday camp and turns left Mei Wu Road. If a mass start is allowed, racers will run from Plover Cove Dam and continue to run on the same course as wave start.

The course turns left by the Plover Cove Visitor Center, Agriculture, Fisheries and Conservation Department (AFCD) and onto Pat Sing Leng Nature Trail. The course continues along a footpath approximately 1.5 meters wide and gains altitude steadily. There are occasional breaks in the forest that afford views to the right of Plover Cove Reservoir. After attaining a height of land at about 300 meters, the path descends to an intersection where the Wilson Trail splits off to the left and racers continue to run on the Pat Sin Leng Nature Trail to the right. Following a descent, a stream crossing, a short climb and steeper descent on stone stairs, the course arrives at Bride's Pool Road.

Although the race organizer and the police will manage traffic control, racers should cross the road with caution. The road is also popular with cyclists who tend to disregard instructions to give way to runners crossing the road.

Passing under a wooden sign, the course descends some stairs, crosses a small bridge, veers to the right across a small, open grassy area, and then descends a series of stone steps. At the bottom, the course crosses a bridge and turns left and up towards Wu Kau Tang. The checkpoint is located on the trail beside a stream next to a bridge. Toilets are available across the bridge in the adjacent parking lot.

## **TNF 50 Section 2:**

### **Wu Kau Tang / Plover Cove Reservoir Country Trail / Ha Miu Tin / Wu Kau Tang**

Distance (Km)	~8.3	Elevation Gain (M)	~505	Elevation Loss (M)	~505
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From the checkpoint, the course route turns immediately up to the right onto the Plover Cove Reservoir Country Trail. A steep climb leads to a beautiful ridge with views of Plover Cove Reservoir, seasonal waterfalls and various mountain vistas. The next section of the trail is punctuated by numerous short, steep up and downs with altitude changes of between 50 to 100 meters. Wang Leng Tau (311 meters) is the highest point. Parts of the path are quite rocky; other parts include soft dirt through small forests. Ignore the sign-posted left hand turn off the ridge after marker post C2606; rather continue past marker post C2608 and then take the following left hand turn at the next wooden sign post. The course descends gradually over a rocky, and in places heavily rutted, path. One switch back in the trail affords an exceptionally beautiful view of Double Haven and Yan Chau Tong Marine Park. At the next intersection, the course turns to the left past the abandoned village of Ha Miu Tin and out onto a major trail. The course turns left toward Wu Kau Tang and includes a couple of stream crossings and a short climb before turning into a concrete path for the final kilometer plus into the village of Wu Kau Tang. Checkpoint 2 is located at a farmhouse in Wu Kau Tang.

## **TNF 50 Section 3:**

### **Wu Kau Tang / Lai Chi Wo / So Lo Pun / Yung Shue Au / Kuk Po / Luk Keng**

Distance (Km)	~13.1	Elevation Gain (M)	~650	Elevation Loss (M)	~735
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The cut off for starting this section of the trail is 1200 hrs on

The route follows the Wu Kau Tang Country Trail up hill for a bit over one kilometer then heads toward Fan Shui Au. At one point there is a stunning view to the right of the islands in Yan Chau Tong Marine Park. From Fan Shui Au the route descends the obvious trail to the historical village Lai Chi Wo. From here, the trail turns left and north along the coast, following the King of the Hills Taipo Mountain Marathon route. There is a short climb at Shan O before descending to So Lo Pun, followed by another climb and descent to the abandoned village of Yung Shue Au. Another short climb leads to a brilliant trail along the side of the hill above Starling Inlet with views across the water to China. The trail descends to the water's edge at the living village of Kuk Po and becomes a concrete path by the side of the water for the last 3 km past Fung Hang and over two small hills before arriving at a restaurant and then the main road. Checkpoint 3 is located at the gazebo on the main road just before, and on the other side of the road from, the Luk Keng minibus stop.

Race participants would potentially be able to purchase additional refreshments at stores in Lai Chi Wo, Kuk Po, Fung Hang and Luk Keng should they require, though these shops are open at the whim of the local inhabitants. There will likely be one intermediate timing point at an undisclosed location along the course to insure that no short cutting takes place.

#### **TNF 50 Section 4:**

##### **Luk Keng / Nam Chung Country Trail / Tan Chuk Hang / Hok Tau.**

Distance (Km)	~9.1	Elevation Gain (M)	~590	Elevation Loss (M)	~550
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The cut off for starting this section of the trail is 1500 hrs on 11 March 2023

The course route crosses Bride's Pool Road in front of the Luk Keng village noodle shops and bus stop. The course heads immediately away from the road toward Luk Keng Lam Uk, but turns right and down to the Nam Chung River to Nam Chung Road before starting up the Nam Chung Country Trail. The course follows the Nam Chung Country Trail all the way to Tan Chuk Hang. The first section of the trail features a couple of switchbacks and a gradual ascent to a river crossing, followed by a section along the edge of the river that alternates between short, steep climbs and flattish sections. Several small waterfalls are visible along the way on the runner's right. After crossing the river to the right again, the climb becomes steeper and more consistent. Following the high point near marker C2505 (~440 meters), the trail descends to Ping Teng Au, a lovely open meadow surrounded by mountains, including, above to the left, the final section of the race course. Staying on the Nam Chung Country Trail, runners head toward Tan Chuk Hang via a 1.5 km continual descent. After passing along the houses of Tan Chuk Hang, the route joins the Hok Tau Country Trail in the reverse direction of the sign posting. The next 1 km is a deceptively tough roller coaster section with a final descent to Hok Tau barbecue site and Checkpoint 4.

The cutoff time for continuing on the course is 1800 hrs.

#### **TNF 50 Section 5:**

##### **Hok Tau / Hok Tau Reservoir / Ping Fung Shan / Pat Sin Leng / Pat Sin Leng Nature Trail.**

Distance (Km)	~13.1	Elevation Gain (M)	~930	Elevation Loss (M)	~970
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The cut off time for starting this section of the race is 1800 hrs on 11 March 2023

The route follows Hok Tau Road past the barrier gate to Hok Tau Reservoir and goes clockwise around the reservoir onto the Wilson Trail. A left hand turn at a sign board begins a steep climb that leads to Ping Fung Shan, and up to just below Wong Leng (639 meters), the highest point on the 50 km course. Some beautiful ridge running leads to Shun Yeung Fung (590 meters), and the start of the "8 Immortals" a bumpy section of small hills on the ridge called the Pat Sin Leng. Along the ridge views to the right include the ocean and the large, new Goddess of Mercy statue. After descending steeply from the last of the 8 Immortals, the trail turns right on Pat Sin Leng Nature Trail to repeat a couple of km of the first section of the race in reverse down to Plover Cove Country Park Visitor Centre. After crossing Bride's Pool Road, the route continues along Mei Wu Road for a few hundred meters and then turns right down a driveway, past a holiday camp, through a scrappy bit of forest and onto the Tai Mei Tuk Family Walk to the finish at Tai Mei Tuk.

(Subject to covid restrictions, the organizer plans to provide beverages and a meal in HKFYG Center.)