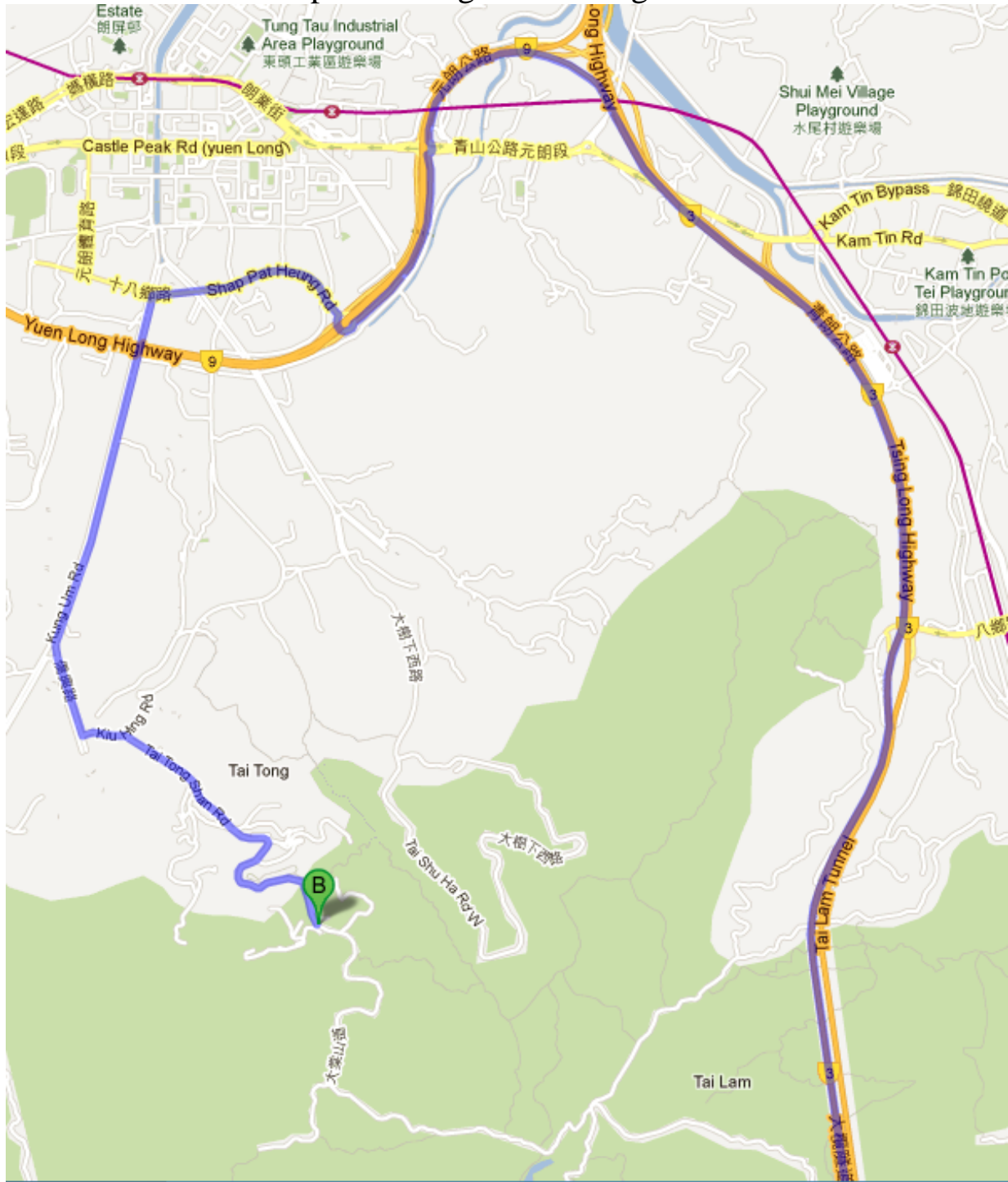


Healthy Hike & Run

5k/13k/19k

Tai Tong Shan Road, (BBQ above road where trailwalker finished) Tai Lam Country Park

Full map of driving to Tai Tong Shan Road



Maps in details:



大欖隧道 -> 元朗公路

If driving on Tai Lam Rt 3 highway take Yuen Long exit to join Yuen Long highway. Take Yuen Long exit then at round a bout at Pok Oi Interchange take TIN SHUI WAI/TUEN MUN exit on your left. Stay on road around 1km until Tai Tong exit at next round a bout at Shap Pat Heung Interchange.

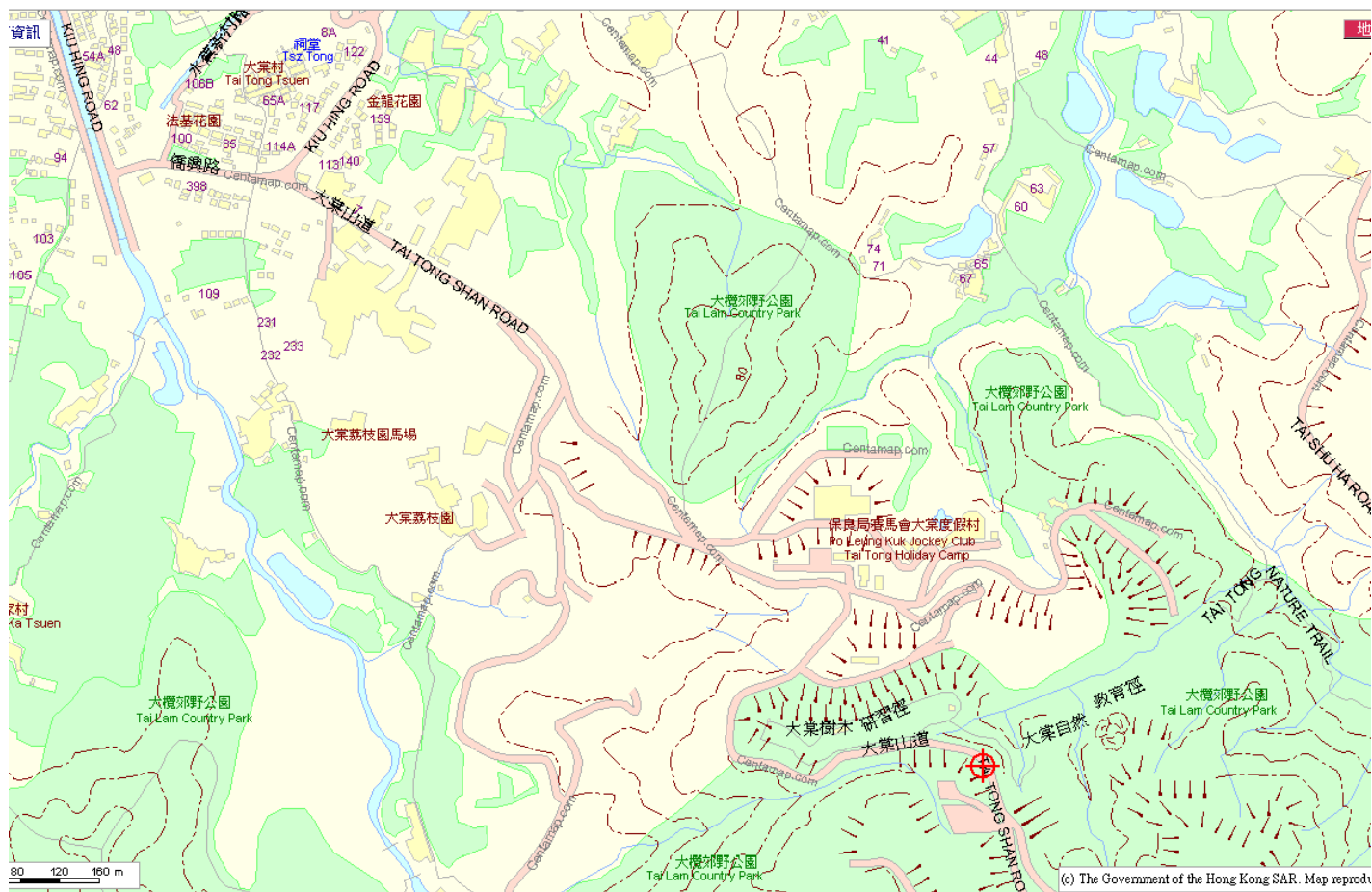
Take Yuen Long South exit and you will see Tai Tong exit on left following Tei Kei Leng Tsuen. If you miss it can also take next left to get to Tai Tong Rd. Stay on Kei Leng Tsuen road all the way until the end (around 1km) until you hit Tai Tong Road at 3 way jct and turn LEFT.

Follow Tai Tong Rd (around 3km) until Kiu Hing Rd end of road then LEFT on Kiu Hing Rd (approx. 200meters) go left again on Tai Tong Shan Rd up hill for 2k to start at BBQ by parking lot opposite AFCD building at end of road.



元朗公路 -> 十八鄉交匯處 -> 十八鄉路 -> 大棠路

Tai Kei Leng Road exit.



元朗沿大棠路左轉 -> 僑興路再左轉 -> 入大棠山道。直上到大棠山道盡頭

Turn left at Tai Tong Road -> Turn LEFT at Kiu hing Road then straight up hill to starting poing at BBQ

LEFT turn at Kiu Hing Road at Tai Tong Road



Turn LEFT at Tai Tong Shan road on Kiu hing Road then straight up hill to start at BBQ



Starting area



Turn right for parking

