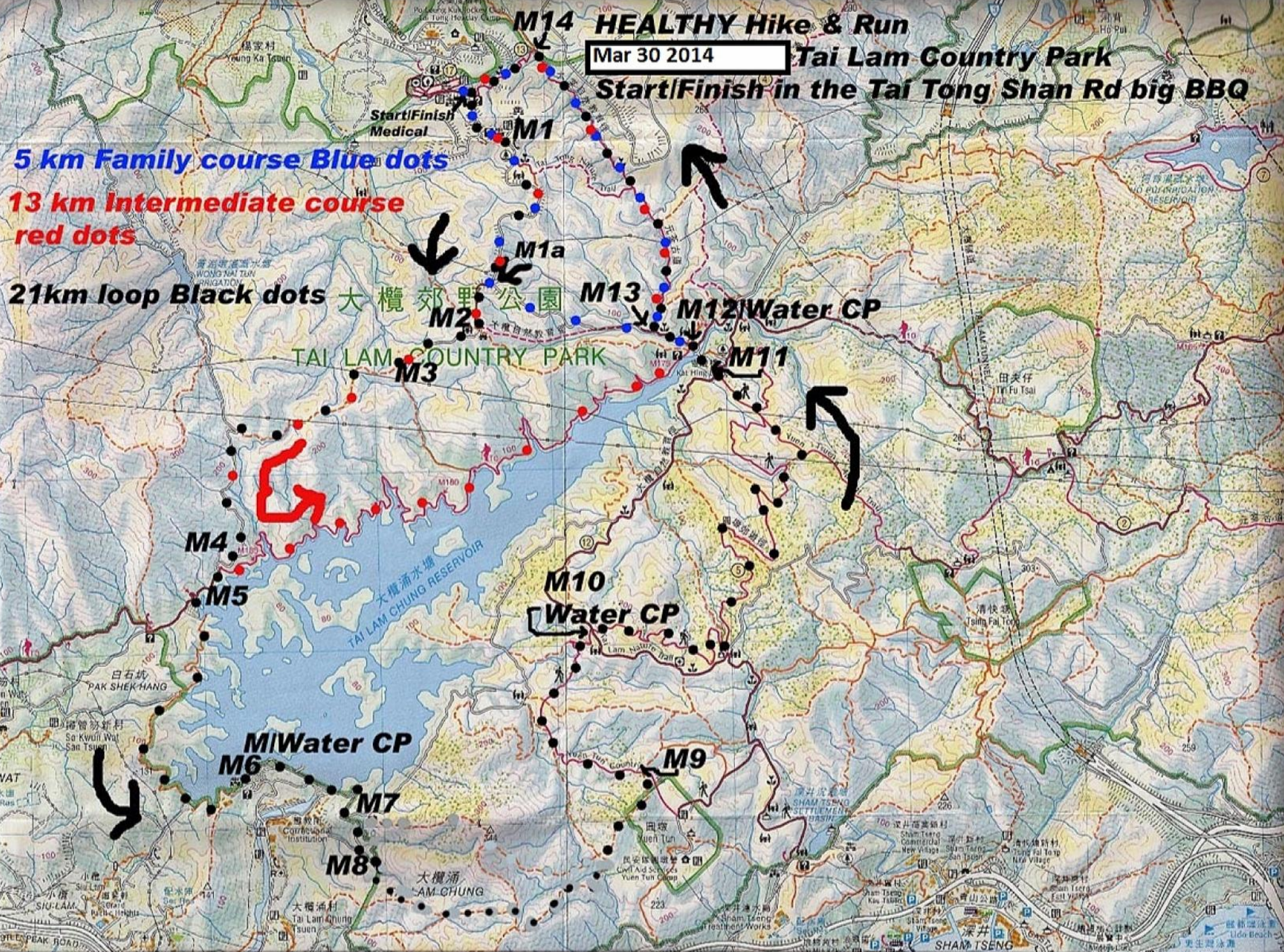


HEALTHY Hike & Run
Mar 30 2014
Tai Lam Country Park
Start/Finish in the Tai Tong Shan Rd big BBQ

5 km Family course Blue dots

13 km Intermediate course red dots

21km loop Black dots



大欖郊野公園

TAI LAM COUNTRY PARK

大欖涌
AM CHUNG

SHAM TSENG