

Bonaqua Mountain Hardware Action Sprint 2013 Discovery Bay, Lantau

The Course Route



The start is inside the Discovery Bay plaza and leads out to the main sandy beach where you will run to the end of the beach, by the children's swings.





Along the beach



After running around the swings you will exit onto a cement road path and go up a short set of stairs, cross the main road (look both ways) then up a long set of mountain stairs to the top of a hill, turn left and the trail and stairs will wind back down to the main Discovery Bay road. This will take the fastest 20 minutes and 30 minutes for the average. You will have to cross the road so please be careful and look both ways before crossing and will be opposite the river entrance.



Turn right and then quick left up stairs





Right turn at the junction and then left to main road



Cross the road





Looking back





Down Stairs to road



Looking back at top of stairs



Turn left on the cement road



Straight thru view point



Left turn



Left at same junction



Left on cement path



Into water catchment and follow it



Follow Trail



Go between buildings (small rope from tree down to road)



Right turn (between buildings)



Right turn at the bottom of stairs



Cross road over railing into river



Looking back



After railing turn right in river. You will have to climb over the small road barrier (1m high) then go into the river and turn right. You will stay in the river rock scrambling 200-300 m before taking the right river turn at a river junction



Right turn into river



Under bridge (go under bamboo)



River right up rocks



Same junction and turn right



River left



Stay in river



Climb side of waterfall



Go up rocks to road (not thru tunnel) and turn right on road





Turn right and follow road up

This is where the water cp will be on this road. Now turning right on the road you will stay on the road 200m before going left on the first major trail junction and follow this trail to the very top of Lo Fu Tau where a timing checkpoint will be.



Left turn on trail near top of road



Next left on main trail



Left main trail up to top of Lo Fu Tau



Main trail pass Lo Fu Tau trig pole.

Continue thru the Mtn top CP and take the first left junction down a steep mountain trail. Be very careful on this downhill as there are some rocks at the beginning of this trail and if you are going to fast (race leaders!!!) it is very easy to fall and injure yourself.



Nice view



Follow main trail and stay left



Nice view



Main trail stay left



Stay left



Left turn 200m after Lo Fu Tau down small trail to reservoir



Follow small trail to reservoir



Down trail to reservoir



Main trail to reservoir



You will see the reservoir on your right side and walk down slowly into the reservoir for a small dunking in the water. You will have to swim along the rocks around 10 m so it is not really a swim but more a cooling measure to bring your body temperature down after the mountain climb that you will appreciate.



Over catchment down to reservoir



Turn right immediately into reservoir



Swim or walk along rocks in water to cool down.
When exiting the reservoir, the Bonaqua/Aquarius water checkpoint will be there. This is around 5.6 km into the course so far.



Water Check Point and turn right on road.
You will then continue along the main road towards the golf course entrance staying left hitting the first left trail entrance before the golf course.



Turn left off road into small trail before golf course tunnel
(Note some construction on golf course so slight detour off original trail but same direction.)



Turn left off road into small trail



Follow small trail watch for golf balls



(NEW)Left turn on new trail



Watch out dangerous metal stairs



Watch out dangerous metal stairs



Main road turn right up hill



(Same junction) Main road turn right up hill



Near top of road turn left into trail



Follow main trail left



Follow main trail



Watch out for tree stub



Watch out for tree stub



Left turn on original trail



Follow main trail straight



Left turn down hill



Same junction follow main trail left on down hill.
This downhill trail will be around 500 m (watch out for loose rock as easy to twist your ankle), until you reach the cement path by the Monastery.



Turn left at monastery



Same junction left down road at monastery



Left turn off main road into cement trail to DB.

Turn left on the cement road and run down a very steep cement road for around 300 m before another sharp left turn on a cement path leading to DB direction.



Same trail.

This path will take you 300-400 m before some houses so please respect the people that live there as they could be walking on this narrow footpath.



Turn right thru fence down to beach next to house.



At beach turn left and follow coastline.

When you hit the beach by the first set of houses you will go straight to the beach and run 600 m along the coastline (easy flat beach with some rocks) then cut back onto the footpath next to you and take the cement footpath all the way back to Discovery Bay passing thru Nim Shue Wan.



Follow coastline



Follow coastline



Follow coastline



Left turn on beach – up short 10m trail to house and turn right on cement path to Nim Shue Wan



Same junction leaving coastline



Same junction leaving coastline and right turn in front of house



Follow main path straight



Right turn into village



Follow main path at Nim Shue Wan



Left turn on main road (watch out for buses)



Left turn and cross main road to La Costa building



Right turn into La Costa



After right into La Costa then immediate left turn to playground.



You will cross the main road and run directly across the street by the La Costa apartments where you will see a children's playground you will cut thru. Watch out for children!!!!After right into La Costa then immediate left turn to playground



Into La Costa straight down path and left by playground towards ocean



Left turn by ocean



Looking back same junction.

This small path will lead you to the water front promenade next to the ferry pier where you will run 200m along until you are right in front of the ferry by the bus terminal.



Right turn at bus station by pier



In front of ferry pier – 100m to finish and left turn



Straight thru plaza – watch out for people.

Run up a path and come out by the Pacific Coffee and stay close to the buildings with Wildfire close to you on your right side heading towards McSorelys Irish bar direction. Finish line in front of McSorelys Irish bar in square.



AGAIN WATCH OUT FOR PEOPLE WHEN RUNNING INTO SQUARE....

Showers at end of beach by swings. Also some water taps around the gardens but pressure is not always strong.

TOILETS IN MAIN DISCOVERY BAY PLAZA AREA

No bottles are to be taken away from check point.

See course map on website.

Shorter Course

If any competitors want to drop out at the water checkpoint by the reservoir and not go further they will be marked on the time sheet as DNF. Please notify the race control timing at the finish line immediately if you do this so we are not looking for you on the race course as we don't want to send the emergency rescue after you and only find out you are at home already. So please inform us at the finish line timing if you drop out.

Cut off:

If competitors take more than 2 hours (11:00am) to do the first 4km of trail and river gorge they will be re-routed to the reservoir and given a time penalty for not doing the Lo Fu Tau mountain section. Anyone taking more than 3 hours (12:00noon) to get to the reservoir 2nd water check point (6km) will be not allowed to continue and directed down the road direct to the finish line at DBay plaza and given DNF.