



LAU FA TUNG

Mtn CP

老虎頭
LO FU TAU

明翠台
Parkridge Village

愉景灣
Discovery Bay

蔚陽
Headland Village

蟹鉗咀
Hai Kam Tsui

START
FINISH

渡輪碼頭
Ferry Pier

Water
CP
River exit

River
entrance

Water CP
Short Swim
along shoreline

濾水廠
Water Treatment
Works

海寧居
La Vista
Nim Shue
Wan Village

稔樹灣
NIM SHUE
WAN

Bonaqua Mountain Hardwear
Action SPRINT Adventure Run
Discovery Bay, Lantau Island

Run along
coastline and
NOT cement path
500 meters

長沙欄
Cheung Sha
Lan

大水坑
TAI SHUI HANG

照篤會神樂院