

**第二站 龍翔道-九龍筆架山 6公里**  
**The Second Lung Cheung Road-Beacon Hill 6KM**

# Ramp Challenge

斜路王-挑戰盃 長跑賽系列 2011

series 2011

日期：2011年10月5日(星期三)

Date : 05-10-2011 (WED)

起步時間：上午9時正

Start Time: 0900

集合地點：九龍塘龍翔道瞭望台

Venue : Kowloon Tong ,Lung Cheung Road Lookout

報到時間：上午7時45分至8時45分

Registration time : 0745-0845

交通路線：在九龍塘港鐵站D1出口旁的龍翔道巴士站乘搭九巴

38/42C，在豐力樓外下車。駛經巴士包括

38,40p,61x,62x,86,86A,87A,87B,258D,258P,259D,268c,269c

(九巴) E22A,E22B,E22P,E22s(城巴)

Transportation : Buses that pass through Lung Cheung Road are

No.38,40p,61x,62x,86,86A,87A,87B,258D,258P,259D,268c,269c

(KMB) E22A,E22B,E22P,E22s(Citybus), (Phoenix House Stop)

比賽起點：龍欣道(豐力樓外)

Start point : Lung Yan Road (Phoenix House)

距離：6公里

Distance : 6KM

比賽時限：1小時30分

Time Limit : 1.5 Hr

比賽路線：龍欣道車路(豐力樓外)比賽起點，沿龍欣道直上山頂發射站，沿麥理浩徑一段山路樓梯級落山，折返龍欣道車路，豐力樓外上行人天橋橫過龍翔道，到達瞭望台終點。

Race route : Lung Yan Road (Phoenix outside the building) the start, Lung Yan Road, straight on along the top stations through the MacLehose Trail, a mountain staircase downhill, and back to Long Yan Road vehicle Road, Phoenix outside the building on the pedestrian Lung Cheung Road flyover to cross to reach the observation deck end.

各參賽者請留意：龍欣道一段為全上斜路段(3K)，山頂麥理浩徑一段為越野沙石泥路，(3K)落山及樓梯級比較濕滑，敬請各參賽者加倍小心，量力而為。

Attention : The race course includes a few sections of uphill and Maclehorse trail downhill step, During wet weather, these can be quite slippery. Please be careful and pay extra attention to others' and your own safety.

## The 2nd Ramp Route (6KM)

