

首站 龍欣道-九龍筆架山  
1st Station Lung Yan Road-Beacon Hill

# RAMP CHALLENGE

series 2013

日期：2013年12月22日(星期日)

Date : 22-12-2013(SUN)

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(City bus), (Phoenix House Stop)

比賽起點：龍欣道(豐力樓外)

Start point : Lung Yan Road (Phoenix House)

距離：10公里 Distance : 10KM

比賽時限：2小時 Time Limit : 2 Hrs

比賽路線：龍欣道車路(豐力樓外)比賽起點，沿龍欣道直上，麥理浩徑左轉下山逆時針環繞鷹巢山郊遊徑一圈，返回龍欣道後直上山頂發射站，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 : ) the start point at Lung Yan Road (Phoenix outside the building), straight on along the MacLehose Trail, turn left down Counterclockwise the Eagle's Net Trails, back Lung Yan Road straight on along the top , back down 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，鷹巢山郊遊徑全段為越野路段，麥理浩徑一段為越野沙石泥路，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/ the Eagle's Net Trails downhill step, During wet weather, these can be quite slippery. Please be careful and pay extra attention to others' and your own safety.

斜路王·挑戰盃 長跑賽系列 2013

## First Station- Route (10KM)

