



## 世界級靚景 香港島就有

### 香港島環島徑挑戰2023/24 第四屆正式開始

由Parks and Trails、TrailWatch、iDiscover和Designing Hong Kong共同主辦的「香港島環島徑挑戰2023/24」將於2023年11月15日至2024年1月15日舉行。去年的香港島環島徑挑戰吸引了超過1200名參加者，其中超過500位成功完成了65公里的港島環島徑。

香港島環島徑挑戰2023/24賽制與去年相約，分為休閒組和競賽組兩個組別。

休閒組參加者將有彈性地探索港島環島徑8個段落，根據個人的時間和節奏，在活動期間內使用TrailWatch Event手機應用程式完成指定的問答遊戲。這個組別旨在提供更輕鬆愉悅的經驗，讓參加者以自己的節奏體驗港島環島徑的美景，輔以問答遊戲引導參與者深度認識香港的歷史及文化。參加者完成活動後，將獲得一套八個的環島徑襟章及電子證書，並有機會贏得十個活動大獎中的一份豐富禮品。

競賽組則挑戰港島環島徑的三條不同距離的路線：15公里的海濱跑、25公里的山地跑和65公里的海岸跑。此組別旨在為具有競技水平和挑戰精神的跑步愛好者提供一個虛擬比賽的平台。參加者將追求卓越，奪取競賽組各三組別的冠、亞、季軍。比賽路線方面，鑑於九月連場暴雨，郊區遭受到不同程度影響，故此是次比賽的路線將與過去數屆不同，參與者能以另一角度體驗港島環島徑！

香港島環島徑挑戰2023/24 為Parks and Trails籌款活動，籌得款項用於香港環境保育項目，如服務超過20萬香港人的行山應用程式「TrailWatch」、清潔山徑的「執山」活動，以及安排輪椅使用者接觸大自然的「無障礙行山」活動，致力連結港人與大自然，共同保護山野。

環島徑挑戰團隊亦與T8及Ginger Store合作推出聯名商品，包括冰感T恤、棉質T恤及運動短褲。更因去屆參加者詢眾要求下，重印過去香港島環島徑挑戰專屬的紀念襟章供公眾購買。



此外，香港島環島徑挑戰2023/24結合運動、文化歷史和社區故事，團隊同時策劃三個相關的活動：

**1. 東華痘局拱門導賞團：**在港島西區海邊，有一座因城市發展即將重置的百年古蹟——東華痘局拱門。在仍能親眼目睹古蹟的時間，環島徑團隊與香港行跡 Historical Walk Hong Kong 合作，帶領參加者穿越百年歷史，細緻講解西營盤至堅尼地城一帶的故事，讓人們對這段歷史有更深入的了解。

**2. 手打墨魚丸工作坊以及水上人宗教信仰導覽：**位於港島東區的筲箕灣，過去都是漁民的集中地。團隊與漁民及水上人二代合作，舉辦手打墨魚丸工作坊，讓參加者親身體驗製作地道的筲箕灣美食。同時，還安排宗教信仰導覽，深入了解這個地區富有歷史和文化的漁民傳統。

**3. 親子自然工作坊：**在大潭自然段，與致力於推廣蒙特梭利教學理念的童然 That's ChildWood合作，為參與的家庭提供親子自然工作坊。這個工作坊將讓家長和孩子們共同探索大自然的魅力，在這個與自然共融的環境中共創難忘的回憶和學習的體驗。

### 香港島環島徑挑戰2023/24活動詳情

日期：2023年11月15日至2024年1月15日 組別：休閒組和競賽組

休閒組：使用TrailWatch Event手機應用程式探索港島環島徑，完成問答遊戲，獲得環島徑襟章和電子證書。設有十個活動大獎。

競賽組：虛擬形式進行，設有15公里海濱跑、25公里山地跑和65公里海岸跑三個組別，設有冠、亞、季軍以及豐富的獎品。

有關活動詳情，請瀏覽「香港島環島徑挑戰」網站：[www.coastaltrailchallenge.hk](http://www.coastaltrailchallenge.hk)

Facebook: [www.facebook.com/HKcoastaltrailchallenge](https://www.facebook.com/HKcoastaltrailchallenge)

Instagram: [www.instagram.com/hkcoastaltrailchallenge/](https://www.instagram.com/hkcoastaltrailchallenge/)

傳媒查詢，請聯絡：

陳嘉晴 Hazel Chan Parks and Trails 助理經理 (傳訊)

電話：(852) 9243 4683 電郵：[hazel@parksandtrails.hk](mailto:hazel@parksandtrails.hk)



***Enjoy world-class scenery on Hong Kong Island***

***Registration Now Open for Hong Kong Island Coastal Trail Challenge 2023/24***

[HONG KONG, 27 Oct 2023] - Hong Kong Island Coastal Trail Challenge 2023/24, organized by Parks and Trails, TrailWatch, Designing Hong Kong, and iDiscover, will take place from November 15th, 2023, to January 15th, 2024. Last year's challenge successfully attracted over 1200 participants, including over 500 who completed the 65-km loop around Hong Kong Island.

Hong Kong Island Coastal Trail Challenge 2023/24 offers two categories for participants: Leisure and Racing. The Leisure category allows participants to explore the eight stages of the trail at their own pace while using the TrailWatch Event mobile app to complete a designated question-and-answer game. Participants will have the opportunity to immerse themselves in the natural beauty of the trail while deepening their understanding of Hong Kong's history and culture. Upon completion, participants will receive exquisite Coastal Trail pins representing the eight chosen unique scenic spots, an e-certificate, and a chance to win one of ten amazing prizes.

For the challenge seekers, the Racing category offers three different distance options: a 15-km Harbourfront Run, a 25-km Hill Run, and a full 65-km Coastal Run. This category is designed to provide a virtual racing experience for competitive runners who are aiming for top rankings in their respective divisions. In response to the heavy rainfall experienced in September, which affected various parts, the race routes for this edition will differ from previous years, offering participants a fresh perspective and a unique experience of the Hong Kong Island Coastal Trail.

Hong Kong Island Coastal Trail Challenge 2023/24 serves as a fundraising event for Parks and Trails, with funds raised supporting various environmental conservation initiatives in Hong Kong. These include the TrailWatch app, which serves over 200,000 Hong Kong hikers, the "Waste Audit" campaign for trail cleanliness, and the "Accessible Hiking" program, which enables wheelchair users to experience the natural environment. The event aims to foster a better connection between people and nature while protecting the city's natural environment.

The Coastal Trail Challenge team has collaborated with T8 and Ginger Store to launch a joint merchandise collection, including cooling T-shirts, cotton T-shirts, and sports shorts. In response to demand from previous participants, we have



reprinted the exclusive commemorative badges from past Hong Kong Island Coastal Trail Challenges, which are now available for public purchase.

In addition to the challenge, three related activities will be organized to complement the event:

1. **Tung Wah Smallpox Hospital Memorial Arch Guided Tour:** Located on the waterfront in Western District, the historical Tung Wah Smallpox Hospital Memorial Arch is an iconic landmark that will soon be redeveloped. The Coastal Trail team, in collaboration with Historical Walk Hong Kong, will lead participants through a journey spanning a hundred years of history in the Sai Wan area, providing in-depth insights into the intriguing stories.
2. **Handmade Squid Ball Workshop and Water People's Religious Belief Sharing:** In Shau Kei Wan, an area historically populated by fishermen, the Coastal Trail team will collaborate with local fishermen and second-generation water people to organize a workshop where participants can experience the art of making authentic squid balls. Additionally, a sharing of the religious beliefs of the water people will be conducted to provide deeper understanding of the rich history and culture of this area.
3. **Parent-Child Nature Workshop:** In Tai Tam Nature Reserve, the Coastal Trail team will collaborate with That's ChildWood, a Montessori-inspired education promoter, to provide a parent-child nature workshop. This interactive workshop will enable parents and children to explore the wonders of nature together and create unforgettable memories and learning experiences in harmony with the natural environment.

**Hong Kong Island Coastal Trail Challenge 2023/24**  
Date: November 15th, 2023, to January 15th, 2024  
Categories: Leisure and Racing

**Leisure Category:** Participants will explore the Hong Kong Island Coastal Trail in their own time, completing a designated question-and-answer game using the TrailWatch Event mobile app. Those who complete the event can earn eight pin and an e-certificate. Ten amazing prizes will be available.

**Racing Category:** Virtual races with three distance options - 15 km Harbourfront Run, 25 km Hill Run, and 65 km Coastal Run. Prizes will be awarded to the winners in various divisions.

For further details, please go to [www.coastaltrailchallenge.hk](http://www.coastaltrailchallenge.hk)

Facebook: [www.facebook.com/HKcoastaltrailchallenge](https://www.facebook.com/HKcoastaltrailchallenge)

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**Media Contact:** Hazel Chan, Assistant Manager (Communications), Parks and Trails Email: [hazel@parksandtrails.hk](mailto:hazel@parksandtrails.hk) Phone: +852 9243 4683

**Photos Download:**

<https://drive.google.com/drive/folders/1bUaEGOPYpGDRzImZVRWFB0hB9mO-e9-Q?usp=sharing>



香港島環島徑挑戰2023/24現正接受個人、團體報名，去年的香港島環島徑挑戰吸引了超過1200名參加者，其中超過500位成功完成了65公里的港島環島徑，最小的參加者為6歲。

Hong Kong Island Coastal Trail Challenge 2023/24 is now open for individual and group registration. Last year's challenge attracted over 1,200 participants, with more than 500 successfully completing the 65-km journey around the island, including participants as young as 6 years old.



香港島環島徑挑戰2023/24現正接受個人、團體報名，競賽組以虛擬形式進行，設有15公里海濱跑、25公里山地跑和65公里海岸跑三個組別，設有冠、亞、季軍以及豐富的獎品。

Hong Kong Island Coastal Trail Challenge 2023/24 welcomes individual and group registrations. The racing category will be conducted virtually and offers three different routes: a 15 km Harbourfront Run, a 25 km Hill Run, and a 65 km Coastal Run. Winners in each category will receive first, second, and third place awards, along with exciting prizes.





香港島環島徑挑戰2023/24現正接受個人、團體報名，悠閒組可以隨自己節奏及時間安排，於八星期內使用TrailWatch Event手機應用程式探索港島環島徑，完成問答遊戲，獲得環島徑襟章和電子證書。設有十個活動大獎。

Hong Kong Island Coastal Trail Challenge 2023/24 welcomes individual and group registrations. In the leisure category, participants can explore the trail at their own pace and schedule over eight weeks using the TrailWatch Event mobile app. By completing designated question-and-answer games, participants can earn Coastal Trail pin badges and an e-certificate. Ten special prizes are also up for grabs.



香港島環島徑挑戰2023/24結合運動、文化歷史和社區故事，團隊同時策劃數個與港島海岸有關的活動，帶領參加者穿越百年歷史，細緻講解及體驗海濱的故事。

Hong Kong Island Coastal Trail Challenge 2023/24 combines sports, cultural history, and community stories. The organizing team has arranged various activities related to the coastal areas of Hong Kong Island, providing detailed explanations and immersive





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