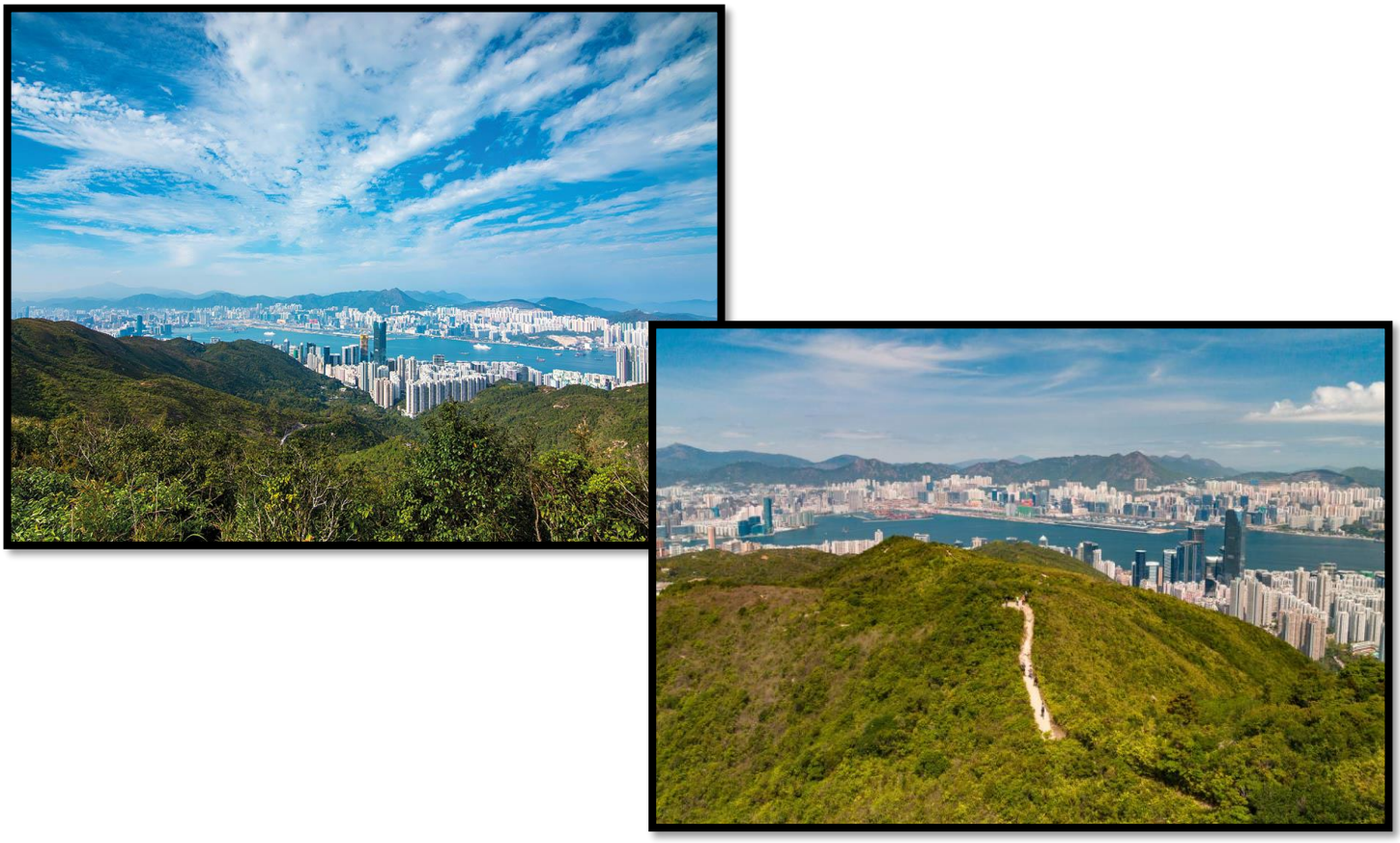

IMechE Hong Kong Branch
Health & Wellness Sub-committee

HIKERS & RUNNERS CLUB

TRAIL RUNNING MEETUP

REGULAR SOCIAL HIKING AND RUNNING MEETUPS TO ENERGIZE YOUR MIND AND BODY!

HK Island East Trail Running

Quarry Bay MTR (Exit A) -> Mount Parker Rd -> Quarry Bay Jogging Trial -> **Siu Man Shan Bridge** -> Mount Butler Road -> Wong Nai Chung Tree Walk -> **Hong Kong Parkview** -> Tai Tam Reservoir Road - > Hong Kong Trial Section 6 -> **Windy Gap** -> Quarry Bay MTR

Length: ~14km
Elevation Gain: ~580m

Participants must be physically fit and have trail running experience.

Date: 23 October 2022
Time: 09:00am – 11:30am
Assemble Location: Quarry Bay MTR (Exit A)

Should you have any enquiries please contact:
Mr Andy Pang
t: 6476 9098

Institution of MECHANICAL ENGINEERS
Hong Kong Branch

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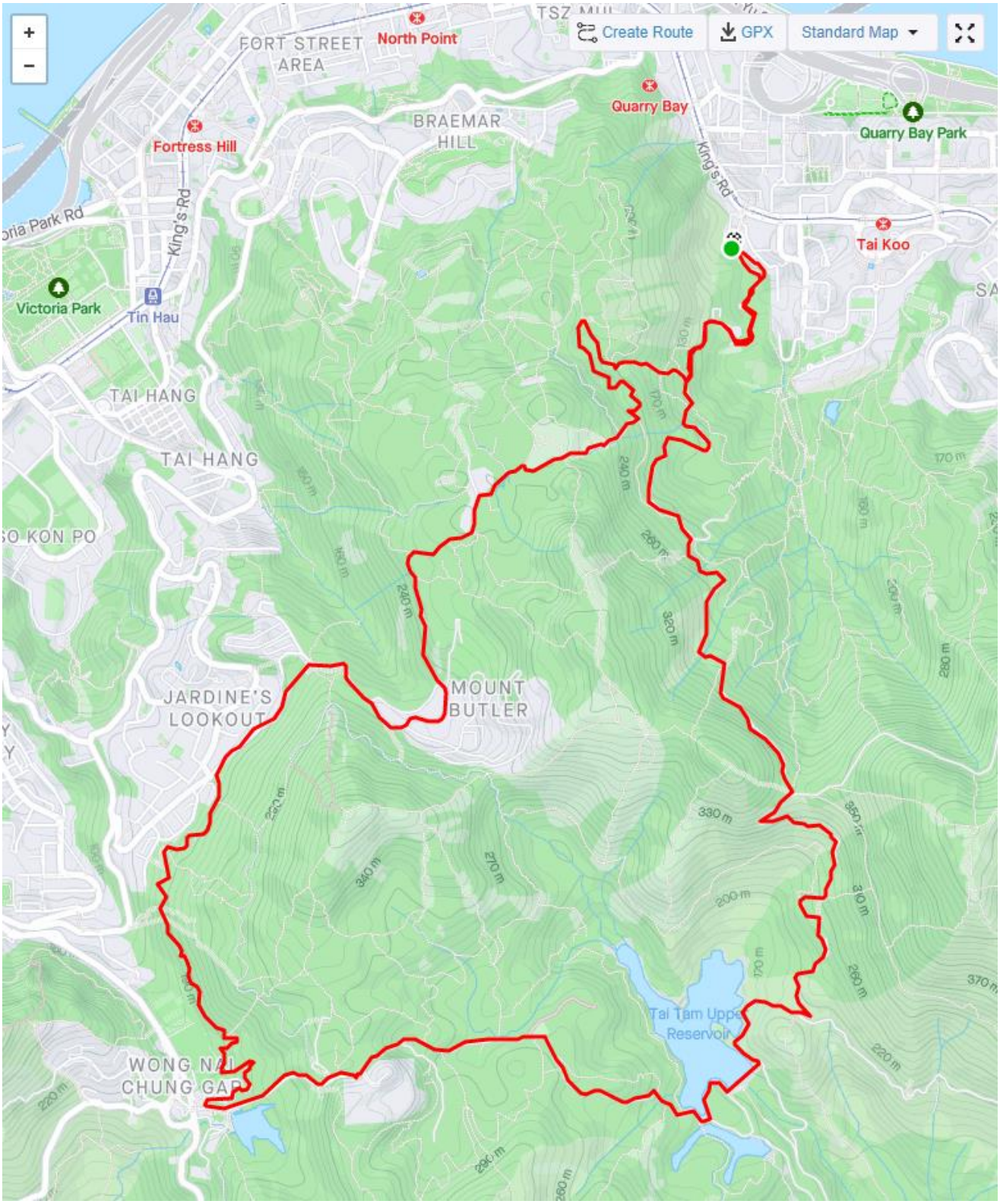
ROUTE MAP



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