**Rundown for the Volunteer Day at Tin Fu Tsai North Mountain Bike Trail**

**(12 Jan 2020)**

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| 8:45am | Shuttle bus at Tsuen Wan MTR Station (Please see the map attached) | |
| 9:30am | Gathering at the exit of Tin Fu Tsai North Mountain Bike Trail | |
| 9:30am to 9:45am | Briefing , Warm up Exercise  Pick up tools | Path maintenance and construction with stones |
| 9:45am | Start trail maintenance work  (volunteers can be divided into 3-4 groups:   1. Trail maintenance work | One leader for each team  (About 5-6 volunteers for each team) |
| 12:00am | Lunch break ( BYOL), with fruits provided by AFCD | |
| 1:30pm | Trail works continue | |
| 3:30pm | Finish trail works and round up  Shuttle to go back to Tsuen Wan MTR | |
| 4:15 pm | End of volunteer day | |

**The location map of the Pickup point (shuttle bus)**





**The location map of voluntary work (Tin Fu Tsai North Mountain Trail)**



Work location

Briefing point