

Duration: 01/08/2023 - 07/12/2023				
Country Parks	Activity Type	Event name	Date	Major Activity Area
Tai Mo Shan	Running Competition	3 Ball Trail Run - Tai Mo Shan	12/08/2023	Rotary Park, MacLehose Trail Section 8, Rotary Park Nature Trail
Plover Cove	Multisports Competition	Duathlon Series Race	13/08/2023	Bride's Pool Road, Plover Cove Reservoir Main Dam, Plover Cove Reservoir Country Trail
Aberdeen, Tai Tam	Running Competition	5 Lakes	27/08/2023	Aberdeen PHAB Site, Tai Tam Barbecue Area Site 2, Wilson Trail Section 1, Hong Kong Trail Section 4 & 6, Tai Tam Country Trail, Tai Tam Family Walk, Aberdeen Fitness Trail, Aberdeen Tree Walk
Shing Mun, Tai Mo Shan	Running Competition	Chung Hing Cup - Tsuen Wan 10K Super Summer Challenge Race	27/08/2023	Shing Mun Catchwater
Aberdeen, Tai Tam	Running Competition	5 Lakes (Virtual Run)	28/08/2023 - 27/09/2023	Wilson Trail Section 1, Hong Kong Trail Section 4 & 6, Tai Tam Country Trail, Tai Tam Family Walk, Aberdeen Fitness Trail, Aberdeen Tree Walk
Sai Kung East, Sai Kung West	Running Competition	Summer Trail Run @Sai Kung	03/09/2023	Pak Tam Chung PHAB Site, Maclehorse Trail Section 1, Luk Wu Country Trail
Lion Rock	Running Competition	3 Ball Trail Run-Beacon Hill	09/09/2023	Wilson Trail Section 5, MacLehose Trail Section 5
Aberdeen	Multisports Competition	Deep Water Bay Kayak and run	09/09/2023	Hong Kong Trail Section 4
Plover Cove	Multisports Competition	Hong Kong Triathlon Championship	17/09/2023	Bride's Pool Road, Plover Cove Reservoir Main Dam, Plover Cove Reservoir Country Trail
Aberdeen, Tai Tam, Pok Fu Lam, Tai Tam (Quarry Bay Extension)	Running Competition	Victoria HOT25 & V10 Parker Pony	24/09/2023	Hong Kong Trail Section 3-6, Wilson Trail Section 2, Tai Tam Family Walk, Pok Fu Lam Tree Walk, and Aberdeen Tree Walk
Shing Mun	Walkathon	Yan Chai Charity Walk	24/09/2023	MacLehose Trail Section 7
Sai Kung West	Multisports Competition	Outward Bound Multi-Race	24/09/2023	MacLehose Trail Section 3
Plover Cove, Pat Sin Leng	Running Competition	TGR - 8 Immortals	24/09/2023	Wilson Trail Section 10, Pat Sin Leng Nature Trail, Fung Hang Family Walk

Duration: 01/08/2023 - 07/12/2023				
Country Parks	Activity Type	Event name	Date	Major Activity Area
Plover Cove	Public Meeting	Cross Tolo Harbour Open Race	30/09/2023	Plover Cove Reservoir Main Dam
Aberdeen, Pok Fu Lam, Lung Fu Shan	Running Competition	National Day Unity Trail Run	30/09/2023	Hong Kong Trail Section 1-3, Pok Fu Lam Family Walk, Pok Fu Lam Tree Walk, Peak Trail (Pinewood Battery Section), Peak Trail (High West Section)
Sai Kung East, Sai Kung West	Running Competition	COROS Spark 100	30/09/2023	Pak Tam Chung P.H.A.B. Site, MacLehose Trail Section 1-2
Shing Mun, Kam Shan, Lion Rock, Tai Mo Shan, Ma On Shan	Running Competition	Ferei Dark 45	01/10/2023	Kei Leng Ha Barbecue Area, Rotary Park, MacLehose Trail Section 4-8
Plover Cove	Running Competition	Motor Run	01/10/2023	Plover Cove Reservoir Main Dam, Plover Cove Reservoir Country Trail
Plover Cove	Running Competition	Stronger Run	01/10/2024	Plover Cove Reservoir Main Dam, Plover Cove Reservoir Country Trail
Shing Mun, Kam Shan, Lion Rock, Sai Kung East, Sai Kung West, Tai Mo Shan, Ma On Shan	Running Competition	COROS Spark 100	01/10/2023 - 03/10/2023	Pak Tam Chung P.H.A.B. Site, MacLehose Trail Section 1-7, Wilson Trail Section 7
Aberdeen	Running Competition	School Running Race	04/10/2023	Aberdeen P.H.A.B. Site, Aberdeen Nature Trail, Aberdeen Tree Walk
Tai Tam	Running Competition	AVOHK 5K Series	07/10/2023	Hong Kong Trail Section 6
Shing Mun, Tai Mo Shan, Lam Tsuen	Running Competition	Golden 100 Hong Kong (45km)	07/10/2023	Rotary Park, MacLehose Trail Section 7-8, Wilson Trail Section 7-9, Pak Tai To Yan, Tai To Yan
Plover Cove	Running Competition	Corporate Games	08/10/2023	Plover Cove Reservoir Main Dam, Plover Cove Reservoir Country Trail
Lantau South, Lantau North, Lantau North (Extension)	Running Competition	Lantau 2 Peaks	08/10/2023	Lantau Trail Section 2-3, Nei Lak Shan Country Trail, Wong Lung Hang Country Trail, South Lantau Country Trail, Ngong Ping Rescue Trail
Sai Kung East, Sai Kung West	Running Competition	Thaiquain x Cam2	08/10/2023	Pak Tam Chung P.H.A.B. Site, MacLehose Trail Section 1

Duration: 01/08/2023 - 07/12/2023				
Country Parks	Activity Type	Event name	Date	Major Activity Area
Pok Fu Lam	Running Competition	King's College Annual Cross-country Race	13/10/2023	Pok Fu Lam Reservoir Road, Hong Kong Trail Section 2
Tai Lam	Running Competition	School Running Race	13/10/2023	Tai Tong Barbecue Area Site No.7, Tai Lam Forest Track, MacLehose Trail Section 10
Lantau South, Lantau North	Running Competition	Moontrekker	13-14/10/2023	Lantau Trail Section 3, 11 & 12, South Lantau Country Trail, Tei Tong Tsai Country Trail, Nei Lak Shan Country Trail, Chi Ma Wan Country Trail
Aberdeen	Running Competition	AVOHK 5K Series	14/10/2023	Hong Kong Trail Section 4
Plover Cove	Running Competition	Swire 10KM Challenge	14/10/2023	Plover Cove Reservoir Main Dam
Shing Mun, Tai Lam, Tai Mo Shan	Running Competition	Raleigh Challenge - Mountain Marathon	14/10/2023	MacLehose Trail Section 8-10, Tai Lam Chung Country Trail, Lung Mun Country Trail, Rotary Park Nature Trail, Yuen Tsuen Ancient Trail, Kap Lung Ancient Trail, Tsing Fai Tong Mountain Bike Trail
Tai Lam	Running Competition	Raleigh Challenge - Mountain Marathon	15/10/2023	Tai Lam Chung Country Trail, Tai Tong Nature Trail, Tai Tong Mountain Bike Trail
Lantau South, Lantau North, Lantau North (Extension)	Running Competition	Lantau 2 Peaks	15/10/2023	Lantau Trail Section 2-3, Nei Lak Shan Country Trail, Wong Lung Hang Country Trail, South Lantau Country Trail, Ngong Ping Rescue Trail
Plover Cove	Running Competition	Corporate Games	15/10/2023	Plover Cove Reservoir Main Dam, Plover Cove Reservoir Country Trail
Shing Mun	Walkathon	50th Anniversary Walkathon	20/10/2023	Shing Mun Reservoir Auxiliary Dam
Shing Mun, Kam Shan, Lion Rock, Sai Kung West, Tai Mo Shan, Ma On Shan	Running Competition	Touge Fifty	21-22/10/2023	Pak Tam Chung P.H.A.B. Site, Rotary Park, MacLehose Trail Section 3-8
Aberdeen, Tai Tam, Pok Fu Lam, Tai Tam (Quarry Bay Extension), Lung Fu Shan	Running Competition	HK50 Hong Kong Island	21/10/2023	Hong Kong Trail Section 1-5, Wilson Trail Section 1-2, Hong Pak Country Trail, Tai Tam Country Trail, Pok Fu Lam Family Walk, Aberdeen Tree Walk, Pok Fu Lam Tree Walk, Peak Trail (Pinewood Battery Section), Peak Trail (High West Section), Quarry Bay Orienteering Trail, Quarry Bay Jogging Trail
Lantau South	Running Competition	Lantau Dash	21/10/2023	Lantau Trail Section 12

Duration: 01/08/2023 - 07/12/2023				
Country Parks	Activity Type	Event name	Date	Major Activity Area
Lantau South, Lantau North	Running Competition	Salomon Hong Kong Trail Series - Cam2 Lantau	22/10/2023	Lantau Trail Section 1-4, Shek Pik Country Trail, Ngong Ping Tree Walk, Nam Shan Tree Walk, Ngong Ping Rescue Trail
Tai Tam, Tai Tam (Quarry Bay Extension)	Running Competition	TGR - Double Nine	23/10/2023	Hong Kong Trail Section 5, Wilson Trail Section 1-2, Hong Pak Country Trail, Quarry Bay Jogging Trail
Tai Lam	Running Competition	Inter-class running event	24/10/2023	Tai Lam Forest Track, MacLehose Trail Section 10
Tai Lam	Running Competition	School running race	27/10/2023	Tai Tong Barbecue Area Site No.6, Tai Lam Forest Track
Shing Mun, Kam Shan, Lion Rock, Tai Mo Shan, Lam Tsuen, Ma On Shan	Running Competition	Kailas Fish N Sheep 50	28/10/2023	Wilson Trail Section 3 - 6, MacLehose Trail Section 5-7, Tai To Yan
Pat Sin Leng	Running Competition	Outopia HK Wild 50	28/10/2023	Wilson Trail Section 9-10, Lau Shui Heung Country Trail, Pat Sin Leng Nature Trail
Shing Mun, Kam Shan, Lion Rock, Tai Mo Shan, Tai Po Kau Nature Reserve	Running Competition	Sowers Action Challenging 12 Hours	29/10/2023	Wilson Trail Section 6-8, Maclehorse Trail Section 5-8, Lung Mun Country Trail, Shing Mun Reservoir Walk
Plover Cove	Running Competition	Towngas SRC Cup Long Distance Run	29/10/2023	Plover Cove Reservoir Main Dam, Plover Cove Reservoir Country Trail
Aberdeen	Running Competition	Southern District Cross Country Run	29/10/2023	Aberdeen P.H.A.B. Site, Hong Kong Trail Section 3, Aberdeen Nature Trail
Sai Kung West, Sai Kung West (Wan Tsai Extension)	Orienteering Competition	Hong Kong Annual Orienteering Ranking Championships (Long Distance)	29/10/2023	Tai Tan Country Trail, Hoi Ha To Wan Tsai Mountain Bike Trail
Tai Lam	Running Competition	Inter-class running event	30/10/2023	Tai Lam Forest Track, MacLehose Trail Section 10
Tai Lam	Running Competition	Inter-class running event	31/10/2023	Tai Lam Forest Track, MacLehose Trail Section 10
Tai Lam	Running Competition	Inter-School Cross-Country Competition	01/11/2023	Tai Lam Forest Track, MacLehose Trail Section 10

Duration: 01/08/2023 - 07/12/2023				
Country Parks	Activity Type	Event name	Date	Major Activity Area
Aberdeen	Running Competition	School Running Race	02/11/2023	Aberdeen P.H.A.B. Site, Aberdeen Nature Trail, Aberdeen Fitness Trail
Tai Lam	Running Competition	Inter-School Cross-Country Competition	02/11/2023	Tai Lam Forest Track, MacLehose Trail Section 10
Tai Lam	Running Competition	Inter-School Cross-Country Competition	03/11/2023	Tai Lam Forest Track, MacLehose Trail Section 10
Tai Tam	Walkathon	Walkathon	04/11/2023	Tai Tam Tuk Barbecue Area Site no.3, Tai Tam Reservoir Road
Lantau South, Lantau North	Running Competition	Buddha You Run	04/11/2023	Lantau Trail Section 3, Nei Nak Shan Country Trail, Tei Tong Tsai Country Trail, Ngong Ping Tree Walk
Lion Rock	Running Competition	3 Ball Trail Run-Beacon Hill	04/11/2023	Wilson Trail Section 5, MacLehose Trail Section 5
Shing Mun, Kam Shan, Tai Mo Shan	Running Competition	Lockton Fearless Dragon Trail Run	05/11/2023	MacLehose Trail Section 6- 8, Wilson Trail Section 6-7, Pineapple Dam Nature Trail, Shing Mun Reservoir Walk
Tai Tam, Tai Tam (Quarry Bay Extension)	Running Competition	Island Hike and Run	05/11/2023	Wilson Trail Section 1 & 2, Hong Kong Trail Section 5 & 6, Tai Tam Country Trail, Wong Nai Chung Tree Walk, Eastern Nature Trail
Lantau South, Lantau North	Running Competition	Gay Games 11 Hong Kong 23 - Trail Running	06/11/2023	Lantau Trail Section 1, 12, Chi Ma Wan Country Trail, Mui Wo to Pui O Mountain Bike Trail
Shing Mun, Tai Mo Shan	Running Competition	Gay Game 11 Hong Kong 23 (10Km)	07/11/2023	Shing Mun Catchwater
Tai Tam	Running Competition	Gay Game 11 Hong Kong 23 (5Km)	09/11/2023	Tai Tam Reservoir Road
Aberdeen	Running Competition	Annual Inter-School Cross Country Competition	09/11/2023	Aberdeen Reservoir Road, Aberdeen Nature Trail, Aberdeen Fitness Trail
Aberdeen	Running Competition	Annual Inter-School Cross Country Competition	10/11/2023	Aberdeen Reservoir Road, Aberdeen Nature Trail, Aberdeen Fitness Trail

Duration: 01/08/2023 - 07/12/2023				
Country Parks	Activity Type	Event name	Date	Major Activity Area
Lantau South, Lantau North, Lantau North (Extension)	Running Competition	TransLantau by UTMB	10/11/2023 - 12/11/2023	Lantau Trail Section 1-6, 9, 10 & 12, Chi Ma Wan Country Trail, Keung Shan Country Trail, Nei Lak Shan Country Trail, Shek Pik Country Trail, South Lantau Country Trail, Tei Tong Tsai Country Trail, Wong Lung Hang Country Trail, Lo Fu Tau Country Trail, Nam Shan Tree Walk, Ngong Ping Tree Walk, Islands Nature Heritage Trail - Ngong Ping Section, Islands Nature Heritage Trail - Tai O Section, Islands Nature Heritage Trail - Mui Wo Section, Hong Kong Olympic Trail, Mui Wo To Pui O Mountain Bike Trail, Chi Ma Wan Mountain Bike Trail, Pui O To Kau Ling Chung Mountain Bike Trail, Ngong Ping 360 Rescue Trail
Sai Kung East, Sai Kung West	Running Competition	Gay Game 11 HK 23 (Marathon)	11/11/2023	Pak Tam Chung PHAB Site, MacLehose Trail Section 1
Aberdeen	Running Competition	AVOHK Aberdeen Reservoir Race 2023	11/11/2023	Hong Kong Trail Section 4
Aberdeen	Walkathon	Silver Lining Charity Walk	12/11/2023	Aberdeen P.H.A.B. Site, Aberdeen Nature Trail
Tai Lam	Mountain Bike Competition	Hong Kong Mountain Bike Race 2023-24 - Series 2 (Downhill)	12/11/2023	Ho Pui Mountain Bike Trail
Tai Lam	Running Competition	RMAC Gold Coast 15K	12/11/2023	Ting Kau Catchwater
Shing Mun, Tai Mo Shan	Running Competition	Running Competition	12/11/2023	Shing Mun Catchwater
Lantau South	Running Competition	TransLantau by UTMB	12/11/2023	Lantau Trail Sections 1-2 & 12, Chi Ma Wan Country Trail, Islands Nature Heritage Trail - Mui Wo Section, Mui Wo To Pui O Mountain Bike Trail, Chi Ma Wan Mountain Bike Trail
Aberdeen	Running Competition	Annual Inter-School Cross Country Competition	15/11/2023	Aberdeen Reservoir Road, Aberdeen Nature Trail, Aberdeen Fitness Trail
Tai Lam	Running Competition	Inter-School Cross-Country Competition	16/11/2023	Tai Lam Forest Track, MacLehose Trail Section 10
Aberdeen	Running Competition	Annual Inter-School Cross Country Competition	16/11/2023	Aberdeen Reservoir Road, Aberdeen Nature Trail, Aberdeen Fitness Trail
Kam Shan	Running Competition	School Running Race	17/11/2023	MacLehose Trail Section 6, Shek Lei Pui Reservoir Jogging Trail, Kowloon Reception Reservoir Jogging Trail, Kam Shan Tree Walk

Duration: 01/08/2023 - 07/12/2023				
Country Parks	Activity Type	Event name	Date	Major Activity Area
Aberdeen	Running Competition	Annual Inter-School Cross Country Competition	17/11/2023	Aberdeen Reservoir Road, Aberdeen Nature Trail, Aberdeen Fitness Trail
Tai Lam	Running Competition	Inter-School Cross-Country Competition	17/11/2023	Tai Lam Forest Track, MacLehose Trail Section 10
Ma On Shan	Running Competition	Inner Challenge	18/11/2023	MacLehose Trail Section 4, Ma On Shan Country Trail
Aberdeen	Orienteering Competition	Orienteering Competition	18/11/2023	Aberdeen P.H.A.B. Site, Aberdeen Nature Trail, Aberdeen Fitness Trail
Lantau North	Running Competition	Charity Run	19/11/2023	Nei Lak Shan Country Trail, Ngong Ping Rescue Trail
Shing Mun, Tai Mo Shan	Running Competition	Salomon Hong Kong Trail Series - Cam2 Tai Mo Shan	19/11/2023	Rotary Park, MacLehose Trail Section 7-8, Lung Mun Country Trail
Tai Lam	Running Competition	Fun Fun Walk 65 Off-road Challenge	19/11/2023	MacLehose Trail Section 9, Yuen Tsuen Ancient Trail, Tsing Fai Tong Mountain Bike Trail
Tai Lam	Public Meeting	Outdoor Worship	19/11/2023	Tai Tong Barbecue Area Site No.1
Tai Lam	Running Competition	Inter-School Cross-Country Competition	20/11/2023	Tai Lam Forest Track, MacLehose Trail Section 10
Pok Fu Lam	Running Competition	International Primary Schools Cross Country Mini-Meet	21/11/2023	Hong Kong Trail Section 2
Tai Lam	Running Competition	Inter-class running event	23/11/2023	Tai Lam Forest Track, MacLehose Trail Section 10
Shing Mun, Kam Shan, Lion Rock, Sai Kung East, Sai Kung West, Tai Lam, Tai Mo Shan, Ma On Shan	Running Competition	Oxfam Trailwalker	24/11/2023 - 26/11/2023	Pak Tam Chung PHAB Site, MacLehose Trail Section 1-10
Plover Cove	Running Competition	Soonest Run for Green	25/11/2023	Plover Cove Main Dam

Duration: 01/08/2023 - 07/12/2023				
Country Parks	Activity Type	Event name	Date	Major Activity Area
Tai Tam	Running Competition	Run Charity Race	25/11/2023	Wilson Trail Section 2, Hong Kong Trail Section 5 & 6, Tai Tam Family Walk
Aberdeen	Running Competition	Youth Challenge	26/11/2023	Aberdeen PHAB Site, Hong Kong Trail Section 4, Aberdeen Nature Trail, Aberdeen Tree Walk, Aberdeen Fitness Trail
Pat Sin Leng	Walkathon	NTER Scout Charity Walk	26/11/2023	Lau Shui Heung Country Trail
Tai Lam	Running Competition	Inter-class running event	27/11/2023	Tai Lam Forest Track, MacLehose Trail Section 10
Tai Lam	Running Competition	Inter-class running event	28/11/2023	Tai Lam Forest Track, MacLehose Trail Section 10
Tai Lam	Running Competition	Inter-School Cross-Country Competition	29/11/2023	Tai Lam Forest Track, MacLehose Trail Section 10
Tai Lam	Running Competition	International School Sports Federation Hong Kong Cross Country Mini Meet	30/11/2023	Tuen Mum Fitness Trail, MacLehose Trail Section 10
Shing Mun, Kam Shan, Lion Rock, Sai Kung East, Sai Kung West, Tai Lam, Tai Mo Shan, Ma On Shan	Running Competition	Golden 100 Hong Kong (100Km)	01/12/2023 - 02/12/2023	MacLehose Trail Section 1-9, Wilson Trail Section 7, Luk Wu Country Trail, Pak Tam Country Trail, Tai Lam Chung Country Trail, Yuen Tsuen Ancient Trail, Kap Lung Forest Trail, Tai Tong Nature Trail, Hoi Pui Mountain Bike Trail, Tai Long Wan Hiking Trail
Tai Tam, Tai Tam (Quarry Bay Extension)	Running Competition	CAN RUN	02/12/2023	Tai Tam Barbecue Area Site 2, Wilson Trail Section 2, Hong Kong Trail Section 5-6, Tai Tam Family Walk
Lantau South, Lantau North, Lantau North (Extension)	Running Competition	Lantau 50	02/12/2023	Lantau Trail Section 2, 3, 4, 5, 7 & 8, Wong Lung Hang Country Trail, Keung Shan Country Trail, Shek Pak Country Trail, Nei Lak Shan Country Trail, Islands Nature Heritage Trail - Ngong Ping Section, Hong Kong Olympic Trail, Ngong Ping Rescue Trail
Tai Lam	Running Competition	Golden 100 Hong Kong (16Km)	03/12/2023	MacLehose Trail Section 10, Tai Lam Chung Country Trail, Tai Tong Nature Trail, Yuen Tsuen Ancient Trail, Tai Tong Mountain Bike Trail
Aberdeen	Running Competition	Youth Challenge	03/12/2023	Hong Kong Trail Section 4, Aberdeen Nature Trail, Aberdeen Tree Walk, Aberdeen Fitness Trail
Lantau South, Lantau North, Lantau North (Extension)	Running Competition	Lantau 50	03/12/2023	Lantau Trail Section 2, 3, 4, 5, 7 & 8, Wong Lung Hang Country Trail, Keung Shan Country Trail, Shek Pak Country Trail, Nei Lak Shan Country Trail, Islands Nature Heritage Trail - Ngong Ping Section, Hong Kong Olympic Trail, Ngong Ping Rescue Trail

Duration: 01/08/2023 - 07/12/2023				
Country Parks	Activity Type	Event name	Date	Major Activity Area
Tai Tam	Walkathon	Stride for a Cure	03/12/2023	Hong Kong Trail Section 6