**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 ExercisePick 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 upShuttle 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