



Trailwalker Practice



The 2017 Oxfam Trailwalker will be held on 17-19 November. The **Athletics Interest Group (AIG)** has organized the first trailwalker practise on 22 April to kick off a series of training preparing members for this year's Oxfam Trailwalker. The practise also serves as part of the internal selection process for formation of the Institute's representative team.

Below is the practice schedule for the months of April and May:

Date, gathering time & place	Shorter trail	Distance & time limit	Longer trail (only for experienced hikers)	Distance & time limit	Deadline for enrolment
22 April (Sat) 8:00 am Wong Tai Sin MTR Station	<u>MacLehose Trail</u> Shatin Pass (M101) to Shing Mun (M125)	12 km 3.5 hrs	<u>Cont'd:</u> Lung Mun Country Trail Chuen Lung, Tai Mo Shan Rotary Park	12 km 4 hrs	18 April
29 April (Sat) 8:15 am Sai Kung Bus Terminus	<u>MacLehose Trail</u> East Dam (M19) to Pak Tam Au (M48)	15 km 4.5 hrs	<u>Cont'd:</u> Wong Shek, Hoi Ha	11 km 3.5 hrs	25 April
6 May (Sat) 8:00 am Tsuen Wan MTR Station	<u>MacLehose Trail</u> Shing Mun (M125) to Tai Mo Shan Rotary Park (M156)	16 km 5 hrs	<u>Cont'd:</u> Tai Mo Shan Rotary Park, Pak Shek Kiu, Lin Fa Shan, Tsing Fai Tong, Sham Tseng	10 km 3 hrs	2 May
13 May (Sat) 8:15 am Sai Kung Bus Terminus	<u>MacLehose Trail</u> Pak Tam Au (M48) to Kei Ling Ha (M68)	10 km 3 hrs	<u>Cont'd:</u> Kei Ling Ha, Po Lo Che, Mui Tze Lam, Fa Sam Hang, Tui Tso Ngam, Shatin Pass	17 km 5 hrs	9 May
20 May (Sat) 8:15 am Sai Kung Bus Terminus	<u>MacLehose Trail</u> Kei Ling Ha (M68) to Tai Po Road (M115)	24 km 7 hrs	<u>Cont'd:</u> Golden Hill, Shing Mun, Needle Hill, To Fung Shan, Shatin MTR	13 km 3.5 hrs	16 May



Remarks:

1. This is a practise with NO supervision. We are gathering members together to practise. It is expected that as the practise progresses, some experienced members may walk faster and they will continue at their speed.
2. There are options for a short or a long trail. Those who have opted for the longer trail should not feel inhibited if they wish to cut short their practice at any time depending on their physical condition at the time. Safety is of paramount importance and trailers must take that into account when considering whether they should complete the entire trail for the sake of their own safety.
3. Participants must be fully prepared with proper gear. They must be physically fit to undergo the training on the activity date. If your health condition has changed since enrolment, please consult your physician to check if it is still advisable for you to participate in the training. You should also inform your convenor / the appointed on-site co-coordinator of the situation.
4. All participants must agree with the "Declaration, Assumption of Risks and Disclaimer of Liability and Personal Data" on page 3 when they enrol online.
5. All trailers are advised to eat a full breakfast before the walk.
6. Trailers are advised to bring at least 3-litre water/sports drinks, energy bar/snack/fruit, sun block lotion, hat, tracking shoes, hiking stick and an extra tee. If you have a CPA uniform, please wear it for easy identification.
7. Other information, such as mid-way supply, exit points and weather forecast will be provided after your enrolment is confirmed.
8. **Bad weather arrangement:** if typhoon signal no. 3 or above / Red and Black rainstorm warning is hoisted at 6:30 am, the practice will be cancelled.

Registration

To register, please click [here](#) on or before the respective deadlines as stated above.

Enquiries

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Event code: OTHR17042202



Declaration, Assumption of Risks and Disclaimer of Liability and Personal Data:

Declaration

I declare that I do not suffer from any illness/disability that renders me unfit to participate in the above activity. I will immediately notify the convenor of the interest group/HKICPA if, for any reason, my health subsequently renders me or may render me unfit to participate in the above activity. I fully accept that the convenor of the interest group/HKICPA will then consider whether I should, in the interest of safety or the safety of the other participants, continue to be allowed to further participate in future sessions and that his/her/the decision of the HKICPA will be final.

Where trainers are in place, I agree to follow the trainer's instructions. I agree that this may be a verbal, visual, physical or demonstrative form of communication. I will ask for further clarification of any ambiguous and/or inaudible instructions. I understand that I will be asked to leave a session immediately if deemed to be deliberately ignoring the instructions from the trainer.

Assumption of Risks and Disclaimer of Liability

As a participant in the above activity you accept that you may be exposing yourself to risk of harm due to the hazards inherent in the activity.

Personal Data: Your personal data collected from the enrolment process and administration of courses/events/activities will be used for the purpose of the administration of the course/event/activity on which you are enrolled ("Event"). Such data collected may be accessible by the Institute's officers, persons or committees processing the application and related matters. In addition, the Institute may use the collected data for statistical research and analysis. By submitting the Enrolment Form online, you understand and agree that the Institute may provide your personal data above to co-organisers/service providers in or outside Hong Kong for the purpose relating to the Event. The Institute intends to use the personal data of your name, email address and correspondence address to inform you, where relevant, of members' benefits, goods, services, facilities and events organized or provided by the Institute or other organizations. Members and registered students may opt out of receiving such materials at any time by logging in via the following link <http://mas.hkicpa.org.hk/mycpa/login;jsessionid=pEzvTllm1zpl-kZTDbtY3Fmc> . Non-members may opt out of receiving such materials at any time by sending an email to the Institute at privacyofficer@hkicpa.org.hk or a letter to the Institute's privacy officer. For more information about the privacy policy of the Institute, please go to <http://www.hkicpa.org.hk/en/service-tools/privacy-policy/>.

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