



Final Reminders

Dear Hilly Grail Participant,

The **Hilly Grail** is almost here! To ensure a smooth race day, please read through the final event details below.

Start Location & Transport:

- **Location:** Pak Kung Au (Sunset Peak side)
- **Getting There:** We recommend taking the **3M bus** from either Tung Chung or Mui Wo. Buses run frequently in the morning.

Schedule & Bib Collection:

- **Bib & Gift Collection:** Pick up your bib and race tee at the start line starting at **8:00 AM**.
- **Race Start:** **9:00 AM sharp** on Saturday, September 19th.
- **Cut-Off Time:** 8 hours.

Water & Aid Stations:

Please arrive at the start line with a full water supply. Refill opportunities along the course include:

- **Pak Kung Au (Main Aid Station at the ½ way point):** Water, Umara sports drink, Coke, and ice. Food items include biscuits, bananas, and oranges.
- **Finish Line:** Soda water, Coke, and beer to celebrate your finish!
- **Ngong Ping & Nam Shan: water only** - Due to the warm weather forecast, we have decided to add water at both Ngong Ping and Nam Shan - this means you won't have to run further than 7km without water access.

Course & Navigation:

- **Markings:** The course is marked with orange reflective ribbons.
- **GPX File:** Download the route GPX file before race day at www.thetrailhub.com/hilly-grail **We strongly advise saving this to your phone or watch.**

Weather & Preparation:

The forecast for Saturday is mainly sunny and humid, with temperatures ranging from **27°C to 31°C**. Please focus on staying well-hydrated in the days leading up to the event! Enjoy the rest of your week and we look forward to seeing you at the start line!

Happy Trails,

The Trail Hub



19-09-2026



17-10-2026



14-02-2027



20-03-2027

The Trail Hub 2026

We value your privacy and will never send irrelevant information



Block 8 2/F Silverview Centre, Mui Wo