

越飛大TRANS

TRANS
LANTAU
HONG KONG

BY UTMB®

14 - 16 NOVEMBER 2025

RACE GUIDE

100M M

100K M

50K M

20K M

UTMB®
WORLD SERIES

HOKA
FLY HUMAN FLY

näak

SUUNTO



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Event Schedule

Date/Time	Event	Location
Saturday Nov 8th		
12:00 - 20:00	Pre-event Race Pack Pick Up	Quarry Bay, Hong Kong Island
Sunday Nov 9th		
12:00 - 20:00	Pre-event Race Pack Pick Up	Quarry Bay, Hong Kong Island
Friday Nov 14th		
14:00 - 20:00	Race Pack Pick Up	Mui Wo River Silver Garden
14:00 - 20:00	Trail Expo	Mui Wo River Silver Garden
19:15	Opening Ceremony	Mui Wo River Silver Garden
20:00	Start 100M	Mui Wo River Silver Garden
Saturday Nov 15th		
08:00 - 20:00	Race Pack Pick Up	Mui Wo River Silver Garden
10:00 - 20:00	Trail Expo	Mui Wo River Silver Garden
8:30	Start 100K 1st wave	Mui Wo River Silver Garden
8:40	Start 100K 2nd wave	Mui Wo River Silver Garden
10:30	Start 25K 1st wave	Mui Wo River Silver Garden
10:40	Start 25K 2nd wave	Mui Wo River Silver Garden
10:50	Start 25K 3rd wave	Mui Wo River Silver Garden
15:00	25K Award Ceremony	Mui Wo River Silver Garden
17:00	100M Award Ceremony	Mui Wo River Silver Garden
Sunday Nov 16th		
08:00 - 11:00	Race Pack Pick Up	Mui Wo River Silver Garden
10:00 - 20:00	Trail Expo	Mui Wo River Silver Garden
9:30	Start 50K 1st wave	Mui Wo River Silver Garden
9:40	Start 50K 2nd wave	Mui Wo River Silver Garden
9:50	Start 50K 3rd wave	Mui Wo River Silver Garden
10:30	100K Award Ceremony	Mui Wo River Silver Garden
16:00	50K Award Ceremony	Mui Wo River Silver Garden

MANDATORY EQUIPMENT CHECKLIST

Athletes must carry the mandatory gear at all times during the race. You should be prepared for random checks on the course, and if you are missing any item you will receive a time penalty and may not be allowed to continue the race.

ITEMS	TL120	TL80	TL50	TL25
Running Pack	✓	✓	✓	✓
Smartphone with LiveTrail and HK SOS	✓	✓	✓	✓
Minimum water supply: 1 liter (2 liters recommended)	✓	✓	✓	✓
Food reserve	✓ (800KCAL)	✓ (800KCAL)	✓ (400KCAL)	○
Reusable cup	✓	✓	✓	✓
Reusable bowl & utensils	○	○	○	○
Headlamp(s)	2 (with replacement batteries)	2 (with replacement batteries)	1 (with replacement batteries)	✗
Survival blanket (1.30m x 2m minimum)	✓	✓	✓	○
Whistle	✓	✓	✓	✓
Self-adhering elastic bandage (for strapping, minimum 80 cm x 2 cm)	✓	✓	✗	✗
Midlayer sweater	✓	✓	✗	✗
Waterproof jacket with hood	✓	✓	✓ (Windproof mandatory)	○ (Windproof recommended)
Min. \$200 cash	✓	✓	✓	✓

✓ : Mandatory

○ : Highly recommended

NOTE: If you decide to use hiking poles, you must keep them throughout the whole race. It is not allowed to start without poles and recover them up along the way.

Other recommended equipment (including but not limited to):

- ID – passport/ID card (digital copies accepted)
- Survival blanket of 1.30m x 2m minimum / 51.2 inches x 78.8 inches
- Self-adhering elastic bandage for bandaging or strapping (minimum 80 cm x 2 cm / 31.5 inches x 0.8 inches)
- An external battery is highly recommended
- Spare warm clothing, essential in case of cold and rainy weather or in case of injury
- Hiking poles
- Vaseline or anti-heat cream
- GPS watch
- Knife or scissors for cutting elastic bandage
- Emergency sewing kit

PENALTIES: TIME PENALTIES AND DISQUALIFICATION

If a runner breaks the rules, race directors and aid stations' / security points' team leaders can instantly apply (*) a penalty according to the following chart:

BREACH OF REGULATION	PENALTIES (*) – DISQUALIFICATION (TL120&80)	PENALTIES (*) – DISQUALIFICATION (TL50&25)
Short-cutting the route	At Race Director's discretion	At Race Director's discretion
Missing item(s) of the mandatory equipment checklist (e.g. no water supply of a volume of a minimum of 1 liter)	Disqualification	Disqualification
Absence of other mandatory equipment items (only one torch light, whistle, self-adhesive elasticated bandage, food reserve, collapsible cup)	1 hour penalty	30 mins penalty
Refusal to have mandatory equipment checked	Disqualification	Disqualification
Smartphone turned off or in airplane mode	15 mins penalty	15 mins penalty
Discarding of rubbish/trash (voluntary act) by a competitor or a member of their entourage	1 hour penalty	30 mins penalty
Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification	Disqualification
Not assisting a person in need (in need of care)	Disqualification	Disqualification
Receiving assistance outside of authorized zones	1 hour penalty	30 mins penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	15 mins penalty	10 mins penalty
Cheating (e.g., use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life	Immediate disqualification for life
Lack of visible race-bib	15 mins penalty	10 mins penalty
Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators)	15 mins penalty	10 mins penalty
No timing chip	At Race Director's discretion	At Race Director's discretion
No passage through a check point	At Race Director's discretion	At Race Director's discretion
Refusal to comply with an order from the race directors, race stewards/ marshals, aid station team leader, doctors or search and rescue staff.	Disqualification	Disqualification
Departure from a check point after the time barrier	Disqualification	Disqualification
Use of poles not carried from the beginning of the race	1 hour penalty	10 mins penalty



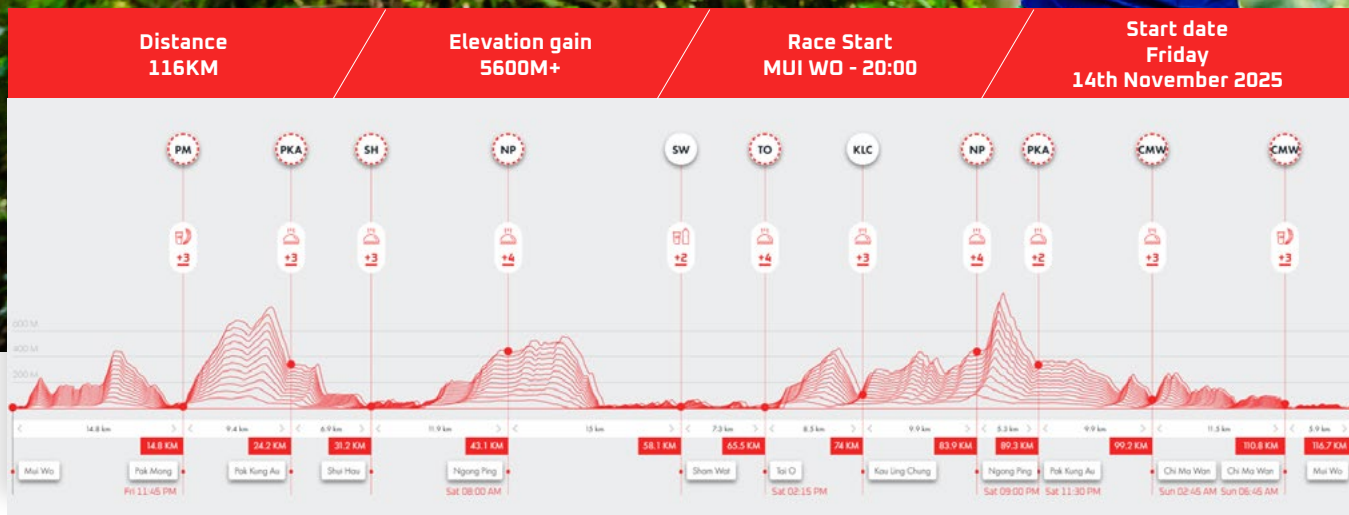
**FOR
THE
LONG
RUN**

HOKA



RACE CATEGORY

100M



Point	Altitude	Dist. inter	Dist	Elevation	Elevation	Fastest	Slowest	Cut Off	Services
Mui Wo Start	4	0	0	0	0	Fri 08:00 PM	Fri 08:00 PM		
Pak Mong (CP1)	11	14.8	14.8	760	752	Fri 09:08 PM	Fri 11:22 PM	Fri 11:45 PM	
Pak Kung Au 1 (CP2)	340	24.2	9.3	1636	1300	Fri 10:13 PM	Sat 02:36 AM		
Shui Hau (CP3)	13	31.2	6.9	1745	1735	Fri 10:44 PM	Sat 04:12 AM		
Ngong Ping 1 (CP4)	443	43.1	11.9	2410	1971	Fri 11:57 PM	Sat 07:38 AM	Sat 08:00 AM	
Sham Wat (CP5)	10	58.1	15	2876	2869	Sat 01:26 AM	Sat 11:57 AM		
Tai O (CP6)	6	65.5	7.2	3052	3050	Sat 02:06 AM	Sat 01:59 PM	Sat 02:15 PM	
Kau Ling Chung (CP7)	104	74	8.4	3532	3432	Sat 03:04 AM	Sat 04:59 PM		
Ngong Ping 2 (CP8)	440	83.9	9.9	4213	3777	Sat 04:16 AM	Sat 08:47 PM	Sat 09:00 PM	
Pak Kung Au 2 (CP9)	335	89.3	5.3	4665	4335	Sat 05:04 AM	Sat 11:18 PM	Sat 11:30 PM	
Chi Ma Wan 1 (CP10)	64	99.2	9.9	4979	4919	Sat 06:06 AM	Sun 02:29 AM	Sun 02:45 AM	
Chi Ma Wan 2 (CP11)	33	110.8	11.5	5530	5501	Sat 07:27 AM	Sun 06:29 AM	Sun 06:45 AM	
Mui Wo Finish	4	116.7	5.9	5648	5648	Sat 08:00 AM	Sun 08:01 AM		

DRINK SUPPLY

AID STATION

EMERGENCY

AID-STATION WITH WARM MEAL

SPARE BAG

WC

REST AREA

SHOWER

POWER SUPPLY

NAAK® PRODUCTS



NEW

SUUNTO X UTMB WORLD SERIES

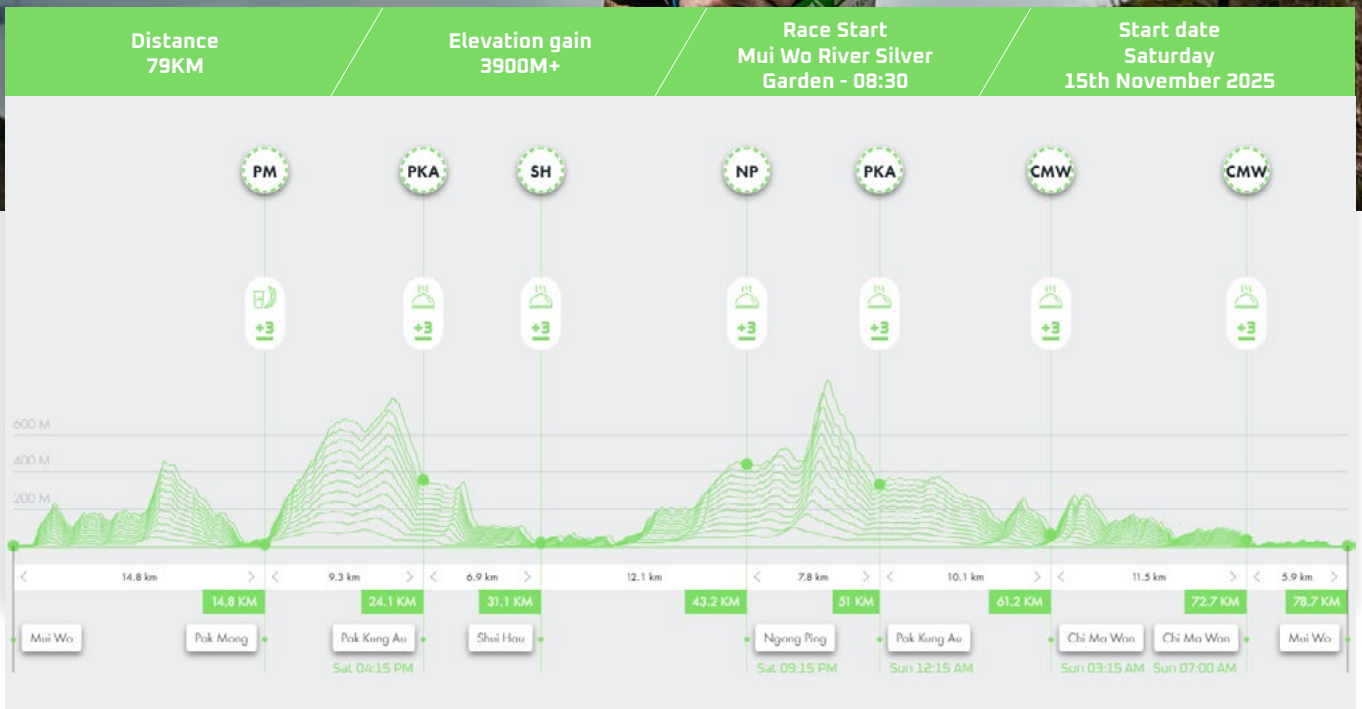
Limited Edition

Adventure
starts
here


SUUNTO

RACE CATEGORY

100K **M**



Point	Altitude	Dist. inter	Dist	Elevation	Elevation	Fastest	Slowest	Cut Off	Services
Mui Wo Start	4	0	0	0	0	Sat 08:30 AM	Sat 08:40 AM		
Pak Mong (CP1)	11	14.8	14.8	747	739	Sat 09:41 AM	Sat 12:17 PM		
Pak Kung Au 1 (CP2)	356	24.1	9.3	1614	1262	Sat 10:49 AM	Sat 03:45 PM	Sat 04:15 PM	
Shui Hau (CP3)	18	31.1	6.9	1714	1700	Sat 11:21 AM	Sat 05:21 PM		
Ngong Ping 1 (CP4)	443	43.2	12.1	2371	1931	Sat 12:34 PM	Sat 08:45 PM	Sat 09:15 PM	
Pak Kung Au 2 (CP9)	333	51	7.8	2911	2580	Sat 01:33 PM	Sun 11:43 AM	Sun 12:15 AM	
Chi Ma Wan 1 (CP10)	64	61.2	10	3217	3157	Sat 02:34 PM	Sun 02:47 AM	Sun 03:15 AM	
Chi Ma Wan 2 (CP11)	35	72.7	11.5	3748	3717	Sat 03:54 PM	Sun 06:24 AM	Sun 07:00 AM	
Mui Wo Finish	4	78.7	5.9	3870	3870	Sat 04:30 PM	Sun 07:56 AM		

DRINK SUPPLY

AID STATION

EMERGENCY

AID-STATION WITH WARM MEAL

SPARE BAG

WC

REST AREA

SHOWER

POWER SUPPLY

NAAK® PRODUCTS

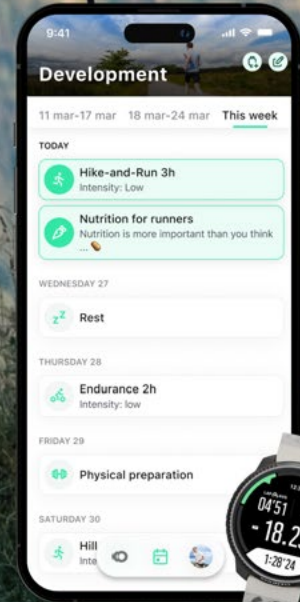
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WORLD SERIES

**RUN
MOTION**

RUNNERS SERVICE




AONIJIE
RUNNING



TRANSLANTAU 50

RACE CATEGORY

50K M

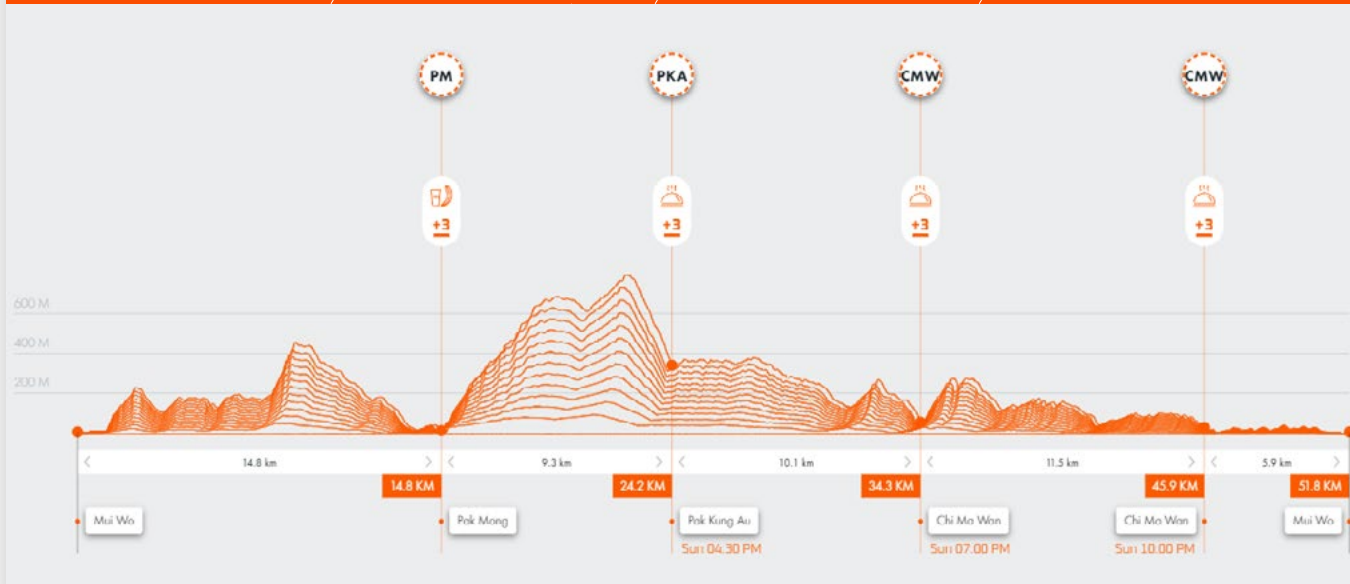


Distance
52KM

Elevation gain
2500M+

Race Start
MUI WO - 09:30

Start date
Sunday
16th November 2025



Point	Altitude	Dist. inter	Dist	Elevation	Elevation	Fastest	Slowest	Cut Off	Services
Mui Wo Start	4	0	0	0	0	Sun 09:30 AM	Sun 09:50 AM		🏠 🚻 🚶 🚶 🚶
Pak Mong (CP1)	11	14.8	14.8	722	714	Sun 10:31 AM	Sun 01:10 PM		🏠 🚻 🚶 🚶 🚶 🚶 🚶
Pak Kung Au 1 (CP2)	340	24.2	9.3	1593	1257	Sun 11:26 AM	Sun 04:08 PM	Sun 04:30 PM	🏠 🚻 🚶 🚶 🚶 🚶 🚶 🚶
Chi Ma Wan 1 (CP10)	53	34.3	10.1	1874	1825	Sun 12:09 PM	Sun 06:28 PM	Sun 07:00 PM	🏠 🚻 🚶 🚶 🚶 🚶 🚶 🚶
Chi Ma Wan 2 (CP11)	27	45.9	11.5	2394	2371	Sun 01:06 PM	Sun 09:32 PM	Sun 10:00 PM	🏠 🚻 🚶 🚶 🚶 🚶 🚶 🚶
Mui Wo Finish	4	51.8	5.8	2508	2507	Sun 01:30 PM	Sun 10:51 PM		🏠 🚻 🚶 🚶 🚶 🚶 🚶 🚶

🏠 DRINK SUPPLY

🚻 AID STATION

🏠 EMERGENCY

🏠 AID-STATION WITH WARM MEAL

🚶 SPARE BAG

🚶 WC

🏠 REST AREA

🚶 SHOWER

🚶 POWER SUPPLY

🏠 NÄÄK® PRODUCTS

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RACE CATEGORY

20K M



Distance
26KM

Elevation gain
1400M+

Race Start
**Mui Wo River Silver
Garden - 10:30**

Start date
**Saturday
15th November 2025**



Point	Altitude	Dist. inter	Dist	Elevation	Elevation	Fastest	Slowest	Cut Off	Services
Mui Wo Start	4	0	0	0	0	Sat 10:30 AM	Sat 10:50 AM		
Pak Mong (CP1)	11	14.8	14.8	771	764	Sat 11:31 AM	Sat 02:55 PM	Sat 03:30 PM	
Mui Wo Finish	4	25.9	11	1487	1487	Sat 12:30 PM	Sat 06:50 PM		

DRINK SUPPLY

AID STATION

EMERGENCY

AID-STATION WITH WARM MEAL

SPARE BAG

WC

REST AREA

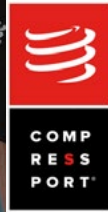
SHOWER

POWER SUPPLY

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WITH COMPRESSPORT
BY YOUR SIDE.**



R2 3.0 CALF SLEEVES

**WHEREVER YOU RACE,
WE SUPPORT YOU.**



SHOKZ

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-  Situational Awareness
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-  Up to 10 Hours batterie life

Food & Beverages

LOCATION/ CATEGORY												
START: MUI WO	100M  100K 											
T1 : PAK MON	100M  100K 	✓	✓	✓	✓	✓	✓					
T2 : PAK KUNG AU 1	100M  100K 	✓	✓	✓	✓	✓	✓	✓	✓		✓	
T3 : SHUI HAU	100M  100K 	✓	✓	✓	✓	✓	✓	✓		✓	✓	
T4 : NGONG PING (1)	100M  100K 	✓	✓	✓	✓	✓	✓	✓	✓		✓	
T5 : SHUM WAT	100M 	✓	✓	✓		✓	✓					✓
T6 : TAI O	100M 	✓	✓	✓	✓	✓	✓	✓	✓		✓	
T7 : LAU LING CHUNG	100M 	✓	✓	✓	✓	✓	✓	✓	✓		✓	
T8 : NGONG PING (2)	100M 	✓	✓	✓	✓	✓	✓	✓	✓		✓	
T9 : PAK KUNG AU 2	100M  100K 	✓	✓	✓	✓	✓	✓	✓	✓		✓	
T10 : CHI MA WAN 1	100M  100K 	✓	✓	✓	✓	✓	✓	✓	✓		✓	
T11 : CHI MA WAN 2	100M  100K 	✓	✓	✓	✓	✓	✓	✓	✓		✓	
FINISH: MUI WO	100M  100K 	✓		✓	✓	✓	✓	✓	✓	✓	✓	



ULTRA ENERGY™ DRINK MIX

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AWARDS

For each race, there is an overall ranking - men and women - and an age category ranking - men and women - (see below further details for each category).

UTMB® World Series Events The first five men and the first five women in the general ranking, as well as the first runner man and woman in each category receive a trophy.

UTMB® World Series Finals The first ten men and the first ten women in the general ranking, as well as the first runner man and woman in each category receive a trophy.

Awards and trophies are only distributed at the prize giving ceremony. It's mandatory to be present in order to receive them.

Results for all participants are available at www.utmbworld.com.

Age Categories	
16-17	55-59
18-19	60-64
20-34	65-69
35-39	70-74
40-44	75-79
45-49	80-84
50-54	85+

MAPS





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PERFORMANCE STARTS IN YOUR HEAD



SUNGLASSES **TURBOLENCE**

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WORLD SERIES

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