

MACAU TRAILWALKER MAP



Course Description

Macau TrailWalker Course as at June 8th 2010

10:00am - Family TrailWalker - 12km 
 10:00am - Full Adventure TrailWalker - 30km 

Course for Family TrailWalker (12KM)

Start on Hac Sa Beach (by Miramar Restaurant/Westin Resort)
 >C33>C31>C32>C35>C31
 >Estrada de Choc Van>Rua de Antonio Francisco> Choc Van Beach (Check Point #1 in Car Park)
 >Along Beach path to Swimming Pool/La Gondola Restaurant>Up steps to main road (Estrada de Choc Van) and turn left
 >Estrada da Aldeia>Coloane Village>Through Boat Yard>Cross main Road>Back of Prison> Estrada de Choc Van
 >C7>C8>C12>C36>
 Fernandes Restaurant>Hac Sa Park> Finish by Miramar Restaurant/Westin Resort

Course for the 2010 Full Adventure Macau TrailWalker (30km)

Start on Hac Sa Beach (by Miramar Restaurant/Westin Resort)
 >C33>C31>C32>C35>C31>
 Estrada de Choc Van>Rua de Antonio Francisco> Choc Van Beach (Check Point #1 in Car Park)
 >Along Beach path to Swimming Pool/La Gondola Restaurant
 >Up steps to main road (Estrada de Choc Van) and turn left>Estrada da Aldeia>Coloane Village
 >Through Boat Yard >Cross main Road>Back of Prison> Estrada de Choc Van
 >C7>C8>C4>C3>C1>C30
 > at C49 Turn Left>Estrade de Seac Pai Van> (Check Point #2) Estrada do Altinho de KaHo>C39>C40>C41>C48>C45>C44>C43>C46>C37 (CheckPoint#3 in BBQ Park)
 >C22>C24>C23>C21>C20>C17>C27>C26>C28>C29>C19>C16>(Check Point#4) C15>C13>C12>C36
 >Fernandos>Hac Sa Park>Finish by Miramar Restaurant/Westin Resort.

Note:

All Teams are requested to be back at the finish point on or before 4pm (Cut Off Time)

Each team will be provided with a map of the course in advance

Water/Aid Stations will be positioned approximately every 5-6km along the course and each participant must carry enough water for himself/herself to last for at least 8km.



MACAU TRAILWALKER
www.macau-trailwalker.com

September - 11th
 Saturday - 2010

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