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食物飲品補給和公廁地點

以下資訊只供參考，如有變更，將不作另行通知。

地點	與起點相距 (公里)	食物飲品補給	公廁
起點 大潭水塘道	--	陽明山莊商場超市	大潭燒烤場公廁 (二號燒烤場附近)
檢查站 1 陽明山莊	~6		港島徑/衛奕信徑入口廁所 (旱廁)
檢查站 1 - 嶺南古廟入口		鯽魚涌市區/港鐵站、油塘港鐵站	
檢查站 2 澳景路	~15	-	-
檢查站 2 - 檢查站 3 馬游塘村/寶林路	~17	汽水機 (馬游塘村涼亭旁)	馬游塘村公廁
檢查站 3 井欄樹	~20	良好士多	井欄樹公廁 (巴士站旁)
檢查站 4 沙田坳獅子亭	~28	恒益士多	十二笏村公廁 (恒益士多對面)
終點 城門水塘	~42	汽水機、郊野公園加水站、 Bonaqua 加水機 (城門水塘燒烤場旁)	公廁 (城門水塘燒烤場旁- 需步行約 400 米至麥理浩徑 第 7 段的起點)

Locations of F&B Supply and Toilets

The information below is for reference only and may be subject to change without notice.

Location	Distance from Start Point (km)	F&B Supply	Toilets
Start Point Tai Tam Reservoir Road	--	Hong Kong Parkview Fusion	Tai Tam Reservoir BBQ Site Toilet (near BBQ Site 2)
Checkpoint 1 Hong Kong Parkview	~6		Entrance of Hong Kong Trail/Wilson Trail (Latrine)
Checkpoint 1 – Lingnan Temple Entrance	Quarry Bay urban area/station, Yau Tong station		
Checkpoint 2 O King Road	~15	-	-
Checkpoint 2 – Checkpoint 3 Ma Yau Tong Village / Po Lam Road	~17	Vending Machine (near the Pavilion of Ma Yau Tong Village)	Ma Yau Tong Village Toilet
Checkpoint 3 Tseng Lan Shue	~20	Store	Tseng Lan Shue Toilet (near the bus stop)
Checkpoint 4 Shatin Pass Lion Pavilion	~28	Store	Shap Yi Watt Village Toilet (opposite to store)
Finish Point Shing Mun Reservoir	~42	Vending Machine · Country Park Water Filling Station · Bonagua Water Filling Station (near Shing Mun Reservoir BBQ Site)	Toilet (Near Shing Mun Reservoir BBQ Site – need to walk around 400m to the start point of MacLehose Trail Section 7)