

TRANS LANTAU 100

| Check Point | Distance (km) | Cold drinks | Hot drinks | Food |
|----------------------------------------------|---------------|--------------------------------------------------------|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| CP1: Chi Ma Wan 芝麻灣 | 6.7 | Water, Electrolyte tabs (Hammer Endurolyte Fizz) | | |
| CP2: Chi Ma Wan 芝麻灣 | 19 | Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke | | Dry fruits, Bread, Peanut butter, Nutella, Bananas, Oranges, Candies, Cookies, Hammer energy gels (refill) . |
| CP3: Pak Kung Au 伯公坳 | 29.5 | Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke | | Bread, Peanut butter, Nutella, Bananas, Oranges, Congee, Ham, Cheese, Candies, , Dry fruits, Hammer energy gels (refill) . |
| CP4: Ngong Ping (Dong Shan Fa Mun) 昂平 (東山法門) | 34.5 | Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke | Coffee, Tea, Chocolate, Soup | Bread, Peanut butter, Nutella, Bananas, Oranges, Noodles, Congee, Candies, , Dry fruits, Hammer energy gels (refill) . |
| CP5: Kau Ling Chung 狗嶺涌 | 44.5 | Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke | | Bread, Peanut butter, Jam, Nutella, Bananas, Oranges, Ham, Cheese, Candies, Dry fruits, Hammer energy gels (refill) . |
| CP6: Tai O 大澳學校 | 57 | Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke | Coffee, Tea, Chocolate, Soup | Bread, Peanut butter, Jam, Nutella, Bananas, Oranges, Noodles, Ham, Cheese, Candies, Dry fruits |
| CP7: Ngong Ping (Dong Shan Fa Mun) 昂平 (東山法門) | 75 | Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke | Coffee, Tea, Chocolate, Soup | Bread, Peanut butter, Nutella, Bananas, Oranges, Noodles, Congee, Candies, Dry fruits, Hammer energy gels (refill) . |
| CP8: Pak Hung Au 伯公坳 | 87.5 | Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke | | Bread, Peanut butter, Nutella, Bananas, Oranges, Ham, Cheese, Candies, Dry fruits, Hammer energy gels (refill) |
| CP9: Pak Mong 白芒 | 97.5 | Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke | Coffee, Tea, Chocolate, Soup | Bread, Peanut butter, Jam, Nutella, Bananas, Oranges, Noodles, Candies, Dry fruits. |
| Finish | 102.6 | Water | Coffee, Tea, Chocolate, Soup | Ham & Cheese, Noodles |

Energy Gel



Electrolyte tabs

