

HKMU Campus Run 2022



-  賽馬會校園
The Jockey Club Campus (JCC)
-  正校園
Main Campus (MC)
-  賽馬會健康護理學院
The Jockey Club Institute of Healthcare (IOH)

- 全程約2.5公里
- 所需時間約30分鐘

香港都會大學賽馬會校園出發→雅利德樺台迴旋處→醫療輔助隊總部→

途經正校園→香港足球總會天橋→常富街→何文田邨通道→佛光街→

常樂街→落樓梯至常富街→何文田邨景文樓→常盛街→ 回到 賽馬會健康護理學院

Running Route

- Approximate total distance: 2.5km
- Estimated duration: 30 mins

HKMU Jockey Club Campus (JCC) → Ellery Terrace → Auxiliary Medical Services Headquarters → Main Campus (MC) → Hong Kong Football Association → Sheung Foo Street → Ho Man Tin Estate → Fat Kwong Street → Sheung Lok Street → Sheung Foo Street → King Man House → Sheung Shing Street → The Jockey Club Institute of Healthcare (IOH)



出發地點：
香港都會大學賽馬會校園，左轉

Starting point:
HKMU Jockey Club Campus (JCC), turn left
at Chung Hau Street



- 途經御龍居停車場出入口，小心注意車輛。
Go past the Dragon View carpark entrance, beware of traffic.



- 轉左，經包美達社區中心。
Turn left and go past Martha Boss Community Center.



- 向前跑，然後左轉。
Go straight, then turn left at the corner.



- 向下跑至經過雅利德樺台迴旋處，然後沿路向上跑。
Go straight down the slope, then turn back at Ellery Terrace.



- 經過醫療輔助隊總部向上跑。
Go up the slope, towards Auxiliary Medical Service Headquarters.



- 經醫療輔助隊總部，小心注意車輛。
Go past Auxiliary Medical Service Headquarters carpark entrance, beware of traffic.



- 沿牧愛街繼續往上跑。
Keep going towards Good Shepherd Street.



- 向上跑，途經正校園。
Go past HKMU Main Campus (MC).



- 見到黑色指示牌，左轉。
Turn left when you see the signage.



- 靠左，過天橋。
Stay on your left, take the footbridge.



- 過天橋。
Go straight.



- 過天橋後，到常富街。
Go down Sheung Foo Street.



- 繼續向前跑，途經巴士站。
Keep going, go past the bus stop.



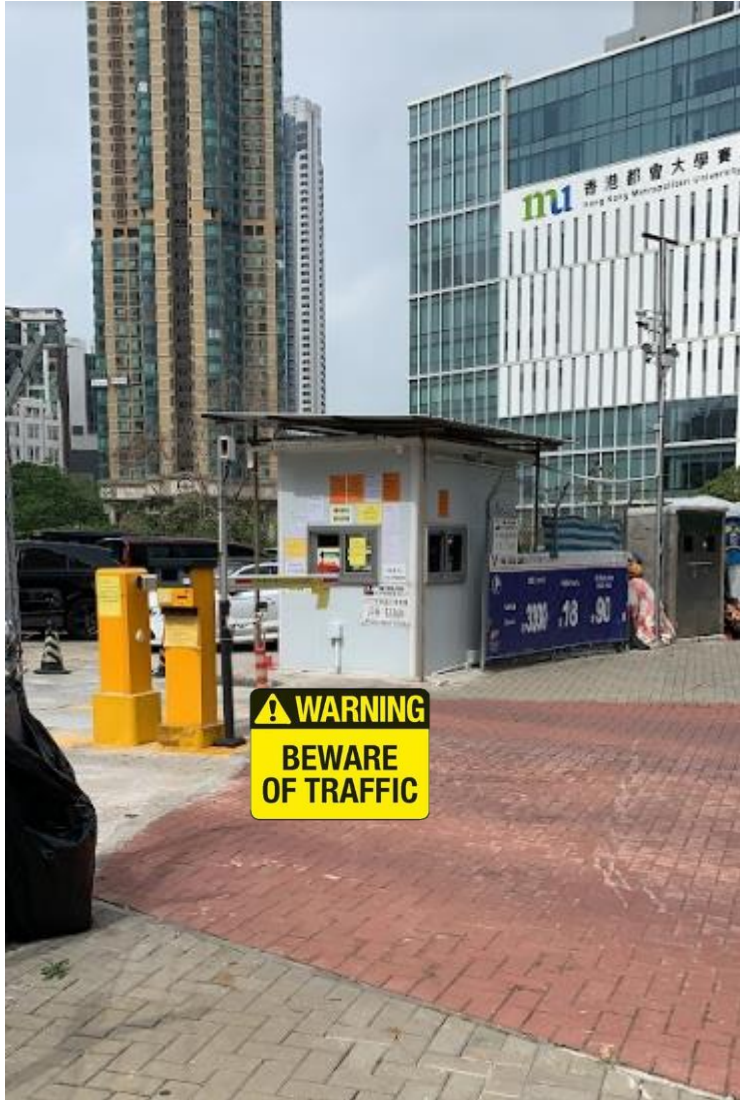
- 經過One HoManTin停車場入口，小心車輛。
Go past One HoManTin carpark entrance,
beware of traffic.



- 繼續向前跑。
Go straight.



- 繼續向前跑，左方會見到停車場。
Keep going, you will see an outdoor carpark on your left hand side.



- 經過何文田常富街停車場出入口，小心注意車輛。
Go past Ho Man Tin Sheung Foo Street carpark entrance, beware of traffic.



- 向前跑。
Keep going straight.

- 繼續向前跑。
Keep going straight.

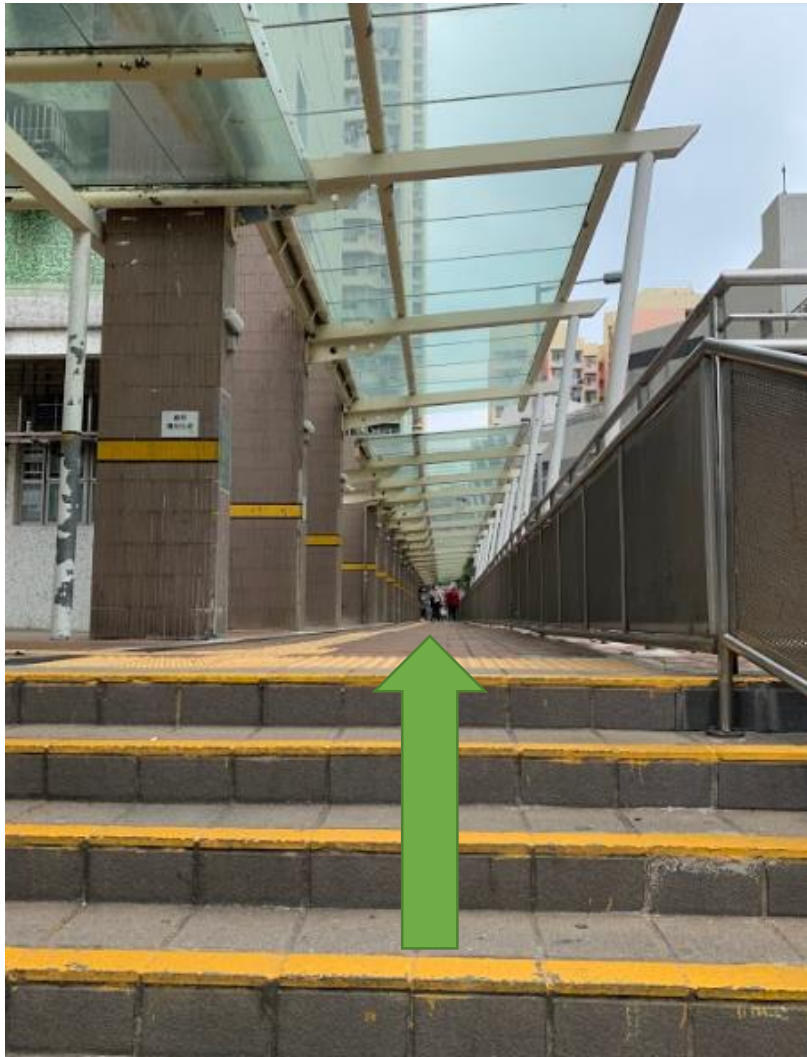




- 小心注意車輛出入。
Beware of traffic.



- 沿此樓梯進入何文田邨。
Go up the stairs to Ho Man Tin Estate.



- 上樓梯，繼續向前。
Go up the stairs and keep going.



- 繼續向前跑。
Keep going straight.



- 跑至此路口轉右落樓梯，右前方會見到恬文樓。
Turn right and go down the stairs, you will see Tim Man House on your right hand side.



- 落樓梯後，右方會見到何文田廣場，然後沿箭咀方向跑。
You will see Homantin Plaza on your right hand side after going down the stairs, keep going towards the arrow direction.



- 左方經過郵局，然後過馬路。
Go past post office, then across the road.



- 過馬路，小心注意車輛，繼續向前。
Cross the road and keep going. Beware of traffic.



- 繼續向前跑，然後轉左接入佛光街。
Keep going, then turn left onto Fat Kwong Street.



- 佛光街向上跑。
Go up the slope along Fat Kwong Street.

- 繼續沿佛光街向上跑。
Continue on Fat Kwong Street.



- 到此位置轉左入常樂街。
Turn left onto Sheung Lok Street.





- 沿常樂街向前跑。
Continue on Sheung Lok Street.



- 經過何文田停車場出入口，小心注意車輛。
Go past Ho Man Tin carpark entrance, beware of traffic.



- 繼續沿常樂街向前跑。
Continue on Sheung Lok Street.



- 於冠盛閣過對面馬路，繼續沿常樂街往上跑。
Cross the road at Kwun Shing Court and keep going. Beware of traffic.



- 繼續沿常樂街往上跑。
Continue on Sheung Lok Street.



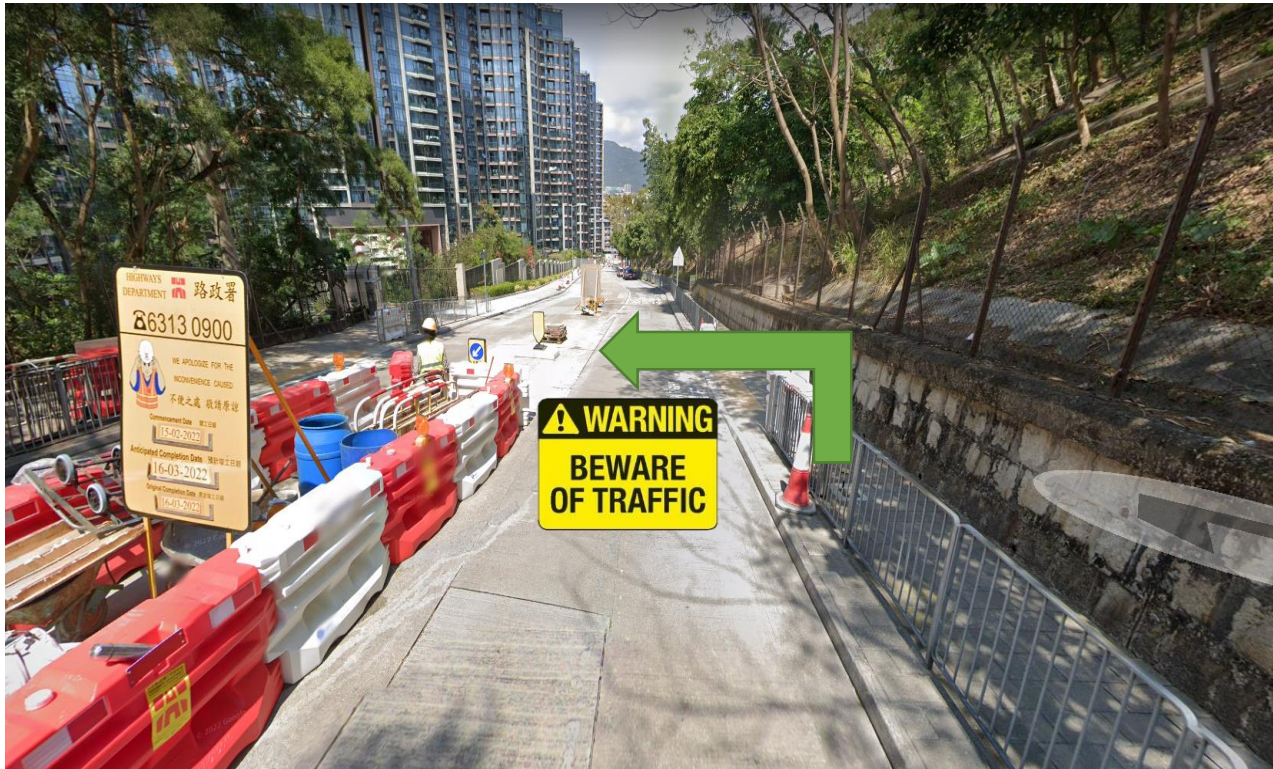
- 繼續沿常樂街往上跑。
Continue on Sheung Lok Street.



- 繼續沿常樂街往上跑。(注意路面比較狹窄)
Continue on Sheung Lok Street. (Beware of narrow road)

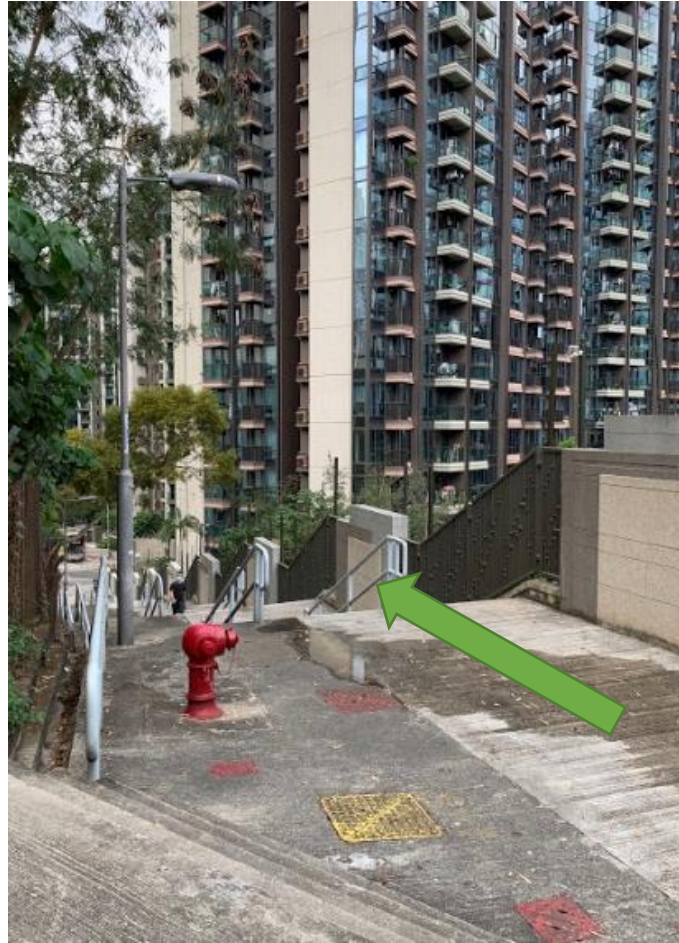


- 常樂街 (開始向下落斜)
Go down the slope, continue on Sheung Lok Street.



- 於常樂街跑至此路口，過馬路然後落樓梯。

Continue on Sheung Lok Street, cross the road and go down the stairs at the corner.



- 落樓梯到常富街。
Go down the stairs to Sheung Foo Street.



- 落樓梯後轉右，進入常富街。
Go downstairs and turn right, continue on Sheung Foo street.



- 沿常富街向前跑。
Continue on Sheung Foo street.



- 經過皓畋後，進入何文田邨。
Go past Mantin Heights and keep going towards Ho Man Tin Estate.

- 落斜路後靠左，沿箭咀方向跑。
Stay on your left after going down the ramp, keep going towards the arrow direction.





- 景文樓在右方，沿箭咀方向繼續向前。
You will see King Man House on your right hand side, keep going towards the arrow direction.



- 沿箭咀方向繼續向前。
Keep going straight towards the arrow direction.



- 跑至此路口轉右，然後落樓梯。
Turn right at the corner, and go down the stairs.



- 落樓梯到常盛街，轉左。
Go downstairs and turn left.

- 繼續向前跑。
Keep going straight.





- 跑至天橋，上天橋過對面。
Go up and cross the footbridge.

- 靠左，往前落樓梯。
Stay on your left and go downstairs.





- 在天橋落樓梯後，轉右向前。
Go downstairs, turn left and keep going towards the Jockey Club Institute of Healthcare (IOH).



- 終點: 沿無障礙通道返回賽馬會健康護理學院。
- Finishing point: back to the Jockey Club Institute of Healthcare (IOH) through the barrier-free access.