

<Countryside for all> Route Planning Guide

<Declaration>

The routes showed in this website may not fully comply with the design requirements of barrier-free access, but AFCD has enhanced the facilities along the routes to address the safety concerns as far as possible. However, certain routes may not be entirely barrier free, users should be aware of the transportation, trail conditions, the capability of the wheelchair and personal physical condition before setting off. Please retreat if you are not able to continue the journey for any reasons.

<Plan Ahead>

1. Physical condition, ability and outdoor experience: Beginners should choose easily accessible routes, which are short, level, with less ups and downs, and clear waymarks.
2. Detailed Planning: Pay attention to refilling point, retreat route, facilities along the trail (accessible toilet and resting area), transport and weather.
3. Personal equipment: Wear light long-sleeved shirt, bring map, mobile phone and spare battery, rain gear, sun block and insect repellent, as well as take sufficient food and water.
4. Safety: Wheelchair users shall be accompanied by experienced hikers who could assist them to align and board vehicles, take ramps and cross roads when needed; they should also keep an eye on road conditions.

<Selection of Routes>

Please consider the following when selecting routes:

1. Battery level of your electric wheelchair
2. Physical conditions of non-electric wheelchair users and accompanying persons
3. Wheelchairs vary according to size and capability; wheelchair user's acceptability of gradient, path width and difficulty level of the routes would also be the points you should pay attention to.
4. Number of wheelchair space and frequency of public vehicles, as well as the safety of boarding or alighting locations
5. No crossing place is provided in countryside, wheelchair users shall pay attention to road conditions.
6. Road surface that made of cement, asphalt or wood is suitable for wheelchair users; dry and stable gravel ground, dirt ground or grass ground can also be considered (but assistance from accompanying persons is needed, and suitable wheelchair tires should be used).
7. Gradient of slopes in countryside is usually greater than that of wheelchair ramp recommended by Architectural Services Department (i.e. 1:12 or around 4.5 degree).
8. The location and number of accessible toilets and resting areas (pavilions / rain shelters)
9. The location and number of stores, refreshment kiosks, restaurants and water dispensers
10. You can make appropriate arrangement of taking breaks and going to toilets while you have the information of the location of the facilities and the distance between them before setting off.

Difficulty Level of Routes

A 5-star system is adopted for assessing the difficulty levels of routes. 5-star represents the most difficult one. The difficulty levels are provided for reference only. Please read the above section <Selection of Routes> carefully for selecting an appropriate route.

Difficulty Level	Difficulty	Length (Km)	Duration (Hr)	Gradient (Degree)	Trail Condition
1-star	Easy	< 4	≤ 1	<1:12 (<5)	Wide and level paved path
2-star	Moderate	4 – < 8	> 1 – 2	1:12-1:6 (5-9)	Partially uneven paved path
3-star	Demanding	8 – < 12	> 2 – 3	1:5-1:4 (10-13)	Slightly bumpy paved path with rocks / brick path / dirt path
4-star	Difficult	12 – < 15	> 3 – < 5	1:4-1:3 (14-17)	Bumpy paved path with rocks or brick path / narrow and winding path / dirt path
5-star	Very Difficult	≥ 15	≥ 5	>1:3 (>17)	Narrow, winding, bumpy and obstacle-ridden path / dirt path

Difficulty Level = (Ratings of Length + Duration + Gradient + Trail Condition) /4

If you need further details and user reviews, please visit the following websites.

Oasistrek / Wheel Power Challenge

https://www.oasistrek.com/barrier_free_trails.php

Trailwatch

<https://www.trailwatch.hk/>