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| **中國香港登山户外運動協會** | | | **行程表** | | **活動名稱：** | | | | **日期：** | | | |
| 遠足路線： | 起點： | | | | | | | | | | | |
| 出發時間： |  | 地區： | |  | | 圖號： | HK20C Sheet : Edith: Year: | | | | 營地： |  |
| 日落時間： |  | 日出時間： | |  | | 潮漲時間： |  | 潮漲退時間： | |  | 路長： |  |

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| 檢查點 | | | | | 直視方位角(DR) | 前進方位角(FR) | 距離 | 高度差 | | 預算 | | | | 實際 | 領隊 | 求援點 | | 備註欄 |
| 起點 | 格網座標 | | 地點名稱/  地理特徵 | | 上高 | 落低 | 前進 | 到達  時間 | 休息 | | 到達  時間 | 格網座標 | 地點名稱/  地理特徵 |
|  | |  | | (公尺) | (公尺) | (公尺) | (分鐘) | (24計) | (分鐘) | | (24計) |
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|  | | 總計： | | | | |  |  |  |  |  |  | |  |  |  |  |  |
| 組別名稱： | | |  | 教 練： | | |  | 組員名單： | | | | | | | | | | |
| 交通資料： | | | 起點： | | | | | | | | | | 終點： | | | | | |
| 的士台電話: | | |  | | | | | | | | | | 其他資料： | | | | | |