

# 環島行 1/1 - 1/3 WEEZ WALK 2026

為青少年精神健康籌款  
FOR YOUTH MENTAL HEALTH

一同為青少年行多步 支持香港心聆為他們提供適切的免費心理健康支援 Move it for the youth and raise funds for free and timely mental health support

## Timed Walk/Run (with WayMe - Weez Walk 2026 Official Tracking App)

### Overview

Weez Walk 2026 participants (both individual and teams) can opt for a competitive experience by taking part in the In-On-Go challenge to become a Winner of Best Time. Alternatively, participants may simply use the app to track their personal progress across different stages, or as a route tracker to ensure they are walking along the correct course.

### Reminder for In-One-GO Challenge

For the In-One-Go Challenge, the Weez Walk Organisers ONLY take into account the finishing time recorded on the WayMe App when determining Best Time awards. The official Starting and Finishing Points of the event route are fixed in the WayMe App. Participants must follow the designated anti-clockwise route direction for their progress to be properly tracked. For more detail information, please refer to:

<https://weezwalk.org/en/event-information>

### About WayMe App

Regardless of whether you choose to complete the route in-one-go or by stage at your own pace, please refer to the WayMe App user guide below:

#### 1. Download WayMe App

The WayMe App is available for download from [Google Play](#) / [Apple Store](#).

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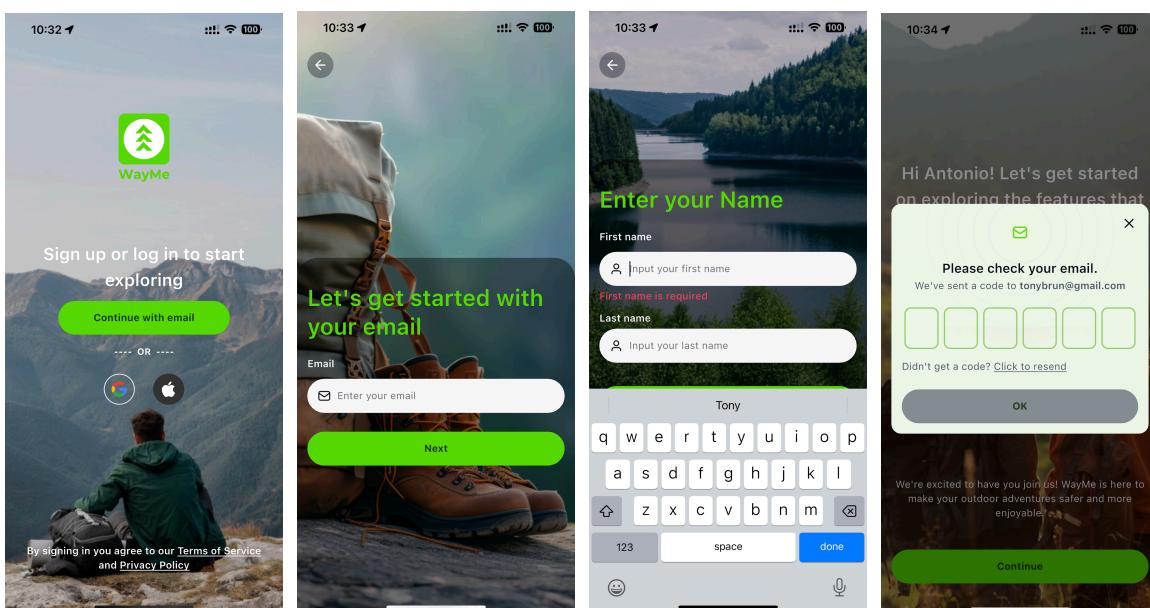
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WayMe Basic is free to use. A Premium version is also available via subscription and includes additional features such as route-deviation alerts and emergency contact notifications. A 30-day free trial is offered and begins once you subscribe to the Premium version (the trial does not start upon registering for the Basic version). We encourage participants to use the Premium version, at least during the trial period, throughout the Weez Walk journey.

## 2. Account Registration on WayMe

As shown in Image 1, select "Continue with Email" and register an account. Please ensure to use **the same email address** as the one used for your Weez Walk 2026 registration when creating your WayMe account.



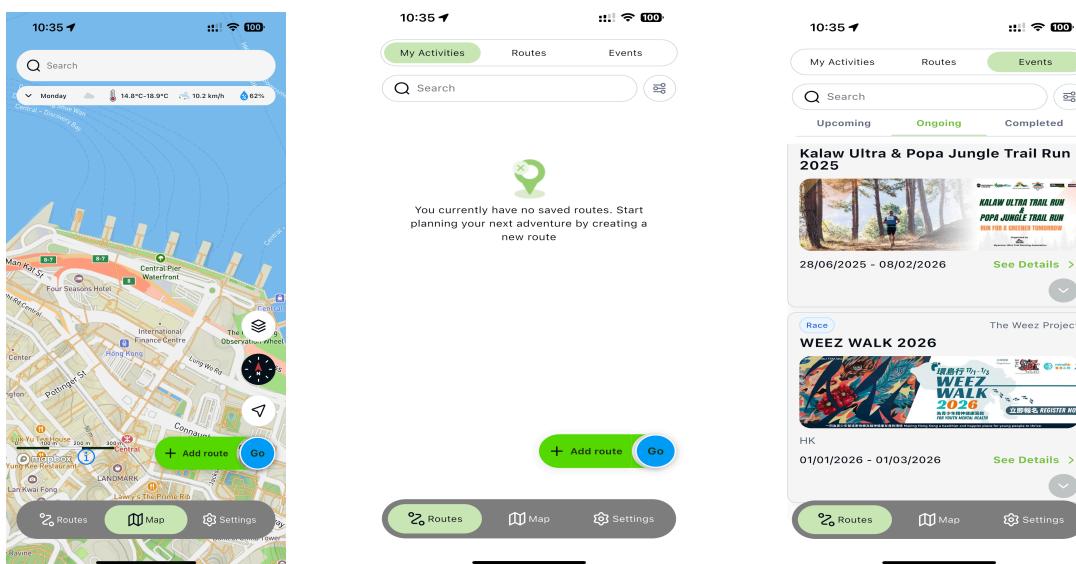
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### 3. Weez Walk 2026 Route Activation on WayMe App

- On the bottom menu bar, tap "Routes". You will be able to find your event, as well as other available routes and events, within this menu



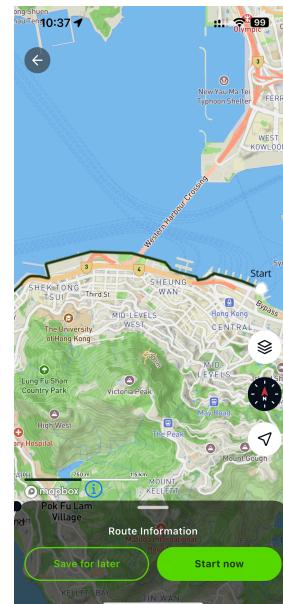
- On the top menu bar, tap "Events". On the second menu bar, select "Ongoing" and search for "Weez Walk 2026". You should be able to find the Weez Walk 2026 event there.

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- Tap the downward arrow below "See Details" to view all six stages of Weez Walk and "In One Go" option. Select the route that suits you and tap "Add to Activities".
- If you are ready to start, click "start now". If you choose "Save for later", the event will be added to "My Activities". You can return to "My Activities" at any time, select Weez Walk 2026, and tap "Start Now" when you are ready to go.
- When you finish, tap "Stop / Pause" and then "Stop" to save your time record. You can view your performance in the "My Activities" menu.



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- **Essential Features on WayMe**

### Safety Settings

For your safety, we recommend adding emergency contacts and adjusting appropriate safety-monitoring settings before you begin your walk.

You can access this page via the bottom menu: "Settings" → "Safety Settings".

These safety settings will:

- Send alerts to you if you deviate from the designated route; and
- Notify your emergency contacts if potentially risky conditions are detected.

### Hike Together

If you are completing the Weez Walk as part of a group, you may wish to use the "Hike Together" feature.

To activate this feature:

1. Go to "My Activities"
2. Select "Weez Walk 2026"
3. In the bottom right corner, tap the icon with two stick-figure icons and a plus sign
4. Share the generated link with your friends

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This feature allows you to view your friends' locations on the map, even if you are walking in different locations. Please note that the Basic version of WayMe supports the *Hike Together* feature for groups of up to 2 people only.

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## 計時步行／跑步 (WayMe - Weez Walk 環島行 2026 官方追蹤應用程式)

### 功能簡介

Weez Walk 環島行 2026 參加者(個人或隊伍)可選擇使用 WayMe 應用程式，體驗不同形式的步行挑戰：參加「一氣呵成 In-One-Go 挑戰」，爭取「最快完成時間」獎項；分段完成路線，記錄個人進度與每一段成果或作為路線導航工具，確保自己全程沿正確路線前行。

### 「一氣呵成挑戰賽」注意事項

「最快完成時間」之評選只會根據 WayMe 應用程式所記錄的完成時間，活動起點及終點已預先設定於 WayMe 內，參加者必須依照指定的逆時針方向行走，系統方可正確記錄路線及時間，詳情請參閱：<https://weezwalk.org/zh-hant/event-information>。如未依照指定路線或方向完成，相關紀錄將不納入評選。

### 關於 WayMe 應用程式

不論你選擇一次完成全程，或分段慢慢完成，都請先參閱以下 WayMe 使用說明。

### 下載 WayMe

WayMe 可於 [Google Play](#) 及 [Apple App Store](#) 下載。

*Basic*(免費版)：基本路線追蹤功能

*Premium*(付費版)：提供額外安全功能，包括偏離路線提示及緊急聯絡人通知功能。WayMe 提供 30 天 Premium 免費試用，試用期將於你訂閱 Premium 版本後才開始計算(僅註冊 Basic 並不會啟動試用)。我們建議參加者於 Weez Walk 期間善用 Premium 試用，以提升安全與體驗。

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## WayMe 帳戶註冊



請選擇「繼續使用電子郵件」以電郵方式註冊帳戶。請務必使用與 Weez Walk 2026 報名時相同的電郵地址，以確保系統配對正確。

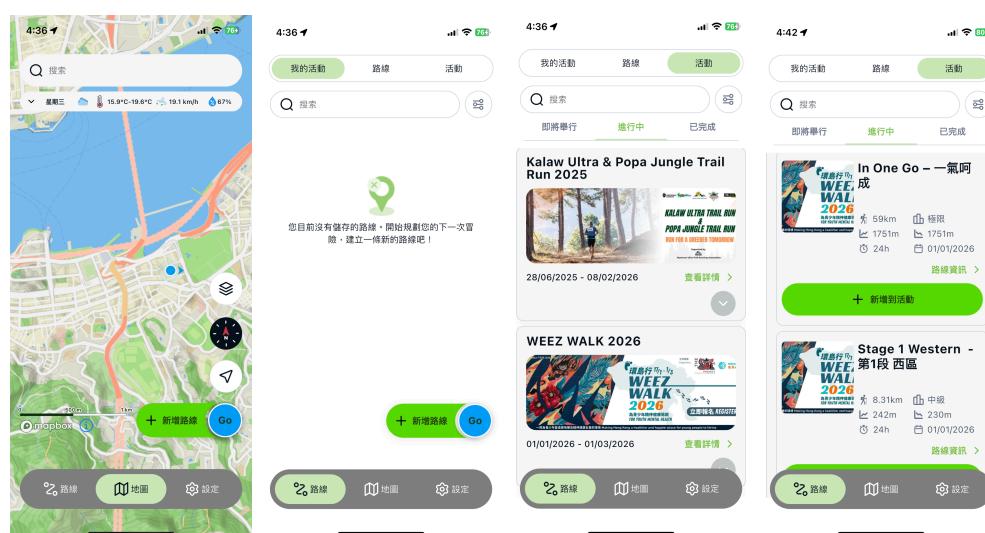
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## 在 WayMe 啟動 Weez Walk 2026 路線

1. 於底部選單點選「路線」，可查看已加入的活動及其他路線
2. 於頂部選單點選「活動」
3. 在第二層選單選擇「進行中」，搜尋「Weez Walk 2026」
4. 點選「查看詳情」下方箭咀，查看
  - 六個分段路線
  - 「In-One-Go 一氣呵成」選項
5. 選擇適合你的路線，然後點選「新增到活動」



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## 開始與完成紀錄

- 準備開始時，點選「立即開始」
- 若選擇「稍後使用」，活動會儲存在「我的活動」中，日後可隨時開始
- 完成後，點選「停止/暫停」→「停止」以儲存時間紀錄
- 所有完成紀錄及表現，可於「我的活動」中查看

## WayMe 實用功能介紹

### 安全設定 (Safety Settings)

為保障你的安全，建議在開始前設定：新增緊急聯絡人及開啟合適的安全監察功能啟用後，系統可在你偏離指定路線時即時提醒及在偵測到潛在風險情況時，通知你的緊急聯絡人

### 一起徒步 (Hike Together)

如你與朋友或隊友一同參與 Weez Walk，可使用「一起徒步」功能：

#### 啟動方法：

1. 進入「我的活動」
2. 選擇「Weez Walk 2026」
3. 點選右下角「兩個人形」的圖示
4. 分享系統產生的連結給同行朋友

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此功能可讓你即時在地圖上查看同行者的位置，即使大家不在同一地點亦可互相追蹤。請注意：  
WayMe Basic(免費版)只支援最多 2 人使用「一起徒步」功能。