D1 獅山龍坳築鷹巢
Shui Chuen O - Monkey Hill

9.5 公里 km | 5 小時 hours | 新界東北及中部 North East & Ctrl. N.T.

簡介 BRIEF

由沙田女童軍總會博康營地及水泉澳邨之間的路徑登沙田坳，經雞胸山、獅子山北山腰、九龍坳、筆架山、鷹巢山自然教育徑出大埔公路。行經沙田坳至筆架山段（即麥理浩徑第五段後段）時，更可細覽戰地遺跡，並透過說明牌了解大戰時期的香港故事。

Take the path between Girl Guides Association Pok Hong Campsite and Shui Chuen O Estate, Sha Tin to Sha Tin Pass. Continue along Unicorn Ridge and the path on the north side of the Lion Rock. Proceed to Kowloon Pass and Beacon Hill before arriving at Tai Po Road via the Eagle's Nest Nature Trail. When walking along the section from Sha Tin Pass to Beacon Hill (i.e. Section 5 of the MacLehose Trail), you may visit the wartime relics and learn about the history of the war period from the interpretative sign.

S 起點 STARTING POINT

沙田水泉澳邨 (KK112767)
- **可到港鐵沙田圍站，沿水泉坳街步行約 10 分鐘到達。**

Shui Chuen O Estate, Sha Tin
- Walk along Shui Chuen Au Street from MTR Sha Tin Wai Station for about 10 minutes.

F 終點 FINISHING POINT

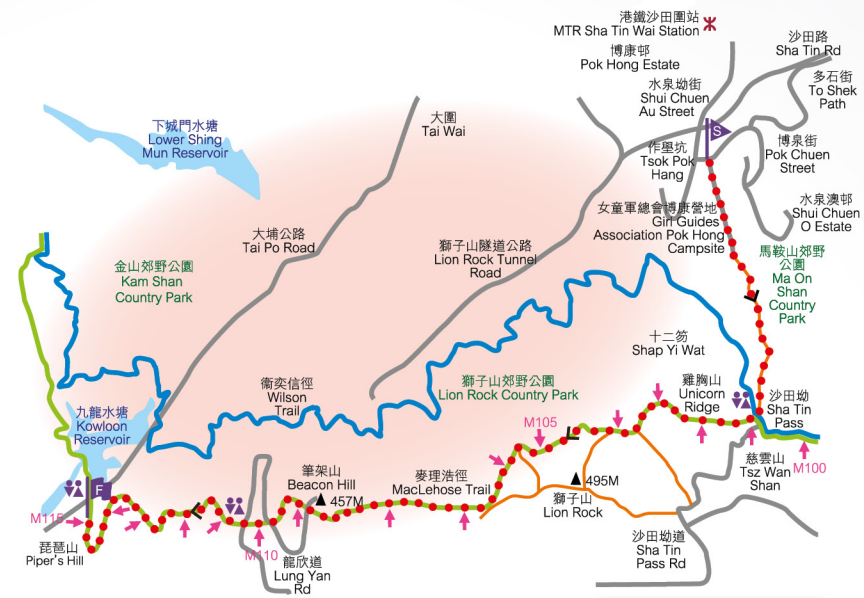
大埔公路「馬騮山」 (KK068743)
- **可乘搭九巴路線 81 號前往港鐵太子站。**

"Monkey Hill", Tai Po Road
- Take Kowloon Motor Bus Route No. 81 to MTR Prince Edward Station.

獅子亭 Lion Pavilion

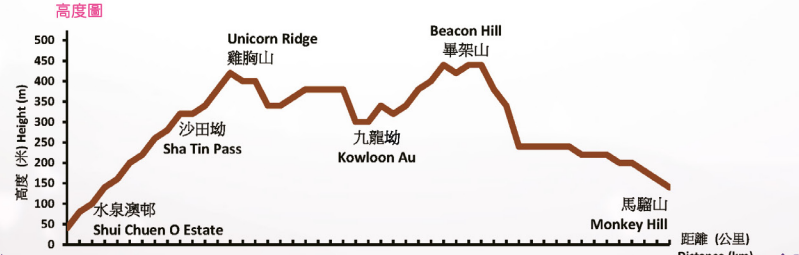
登山徑 Uphill Path

筆架山 Beacon Hill



東九龍 Kowloon East

Elevation Profile 高度圖



D2 三峽連走會金督
Wan Chai Gap - Jardine's Lookout

6.5 公里 km | 4 小時 hours | 港島 Hong Kong Island

簡介 BRIEF

由灣仔峽起步，沿中峽道前行，至盡頭接山徑至中峽，再沿布力徑東行到黃泥涌峽，取道金督馳馬徑，經金督園往畢拉山道。

Start at Wan Chai Gap, walk along Middle Gap Road and then take the footpath at the end of the road to Middle Gap. Head east along Black's Link to Wong Nai Chung Gap. Take Sir Cecil's Ride, walk past Sir Cecil's Garden and proceed to Mount Butler Road.

起點 STARTING POINT

灣仔峽 (KK083651)
- 可到港鐵金鐘站乘搭新巴路線 15 號直達。

Wan Chai Gap
- Take New World First Bus Route No. 15 at MTR Admiralty Station.

終點 FINISHING POINT

渣甸山畢拉山道 (KK108651)
- 可乘搭城巴路線 11 號前往港鐵銅鑼灣站。

Mount Butler Road, Jardine's Lookout
- Take Citybus Route No. 11 to MTR Causeway Bay Station.

行山路線 Hiking Route
港島徑 Hong Kong Trail
衞奕信徑 Wilson Trail
路徑 Footpath
行車路 Vehicular Access Road
標距柱 Distance Post
洗手間 Toilet
前進方向 Direction of Movement

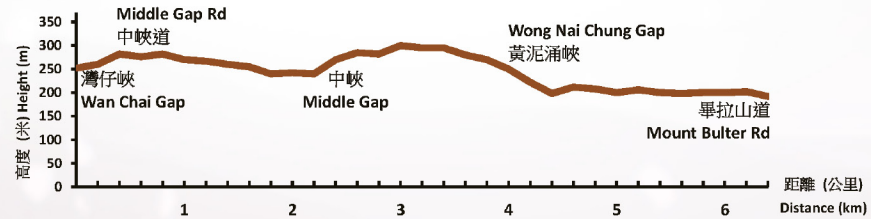
金督馳馬徑
Sir Cecil's Ride

小徑往中峽
A Path to Middle Gap

布力徑
Black's Link

黃泥涌水塘
Wong Nai Chung Reservoir

Elevation Profile
高度圖



D3 獼猴碉堡摘菠蘿
Monkey Hill - Shing Mun Reservoir

9 公里 km | 5.5 小時 hours | 東北部及中部新界 NORTH EAST & CENTRAL N.T.

簡介 BRIEF

路線由九龍水塘出發沿金山路北行，依指示繼續沿麥理浩徑第六段向右上石級路，沿山徑緩緩上行，途中近見山下大廈林立，亦可遠眺大帽山一帶山嶺。沿麥徑北下經廢壕碉堡到城門水塘燒烤場，稍事休息後，可遊覽城門郊野公園遊客中心、菠蘿壩自然教育徑及賞蝶園。沿途上下坡段，部分路徑略崎嶇。金山郊野公園到處可見猴子蹤跡，並以此聞名，因此漁護署豎立了不少警告牌，提醒遊人切勿餵飼猴子。

Start at Kowloon Reservoir and walk northward along Golden Hill Road. Follow the sign and continue along Section 6 of the MacLehose Trail. Climb the steps on the right and enter a gentle uphill footpath, which offers close-up views of the buildings at the bottom of the slope and long distance views of Tai Mo Shan and the neighbouring ridges. Continue northward along the MacLehose Trail and walk past the redoubts until reaching a barbecue site at Shing Mun Reservoir. Take a break before visiting Shing Mun Country Park Visitor Centre, Pineapple Dam Nature Trail and Butterfly Paradise. There are uphill and downhill sections, parts of which are slightly rugged. Since Kam Shan Country Park is well-known for its large population of monkeys, the Agriculture, Fisheries and Conservation Department has erected warning signs along the way to remind visitors not to feed them.

起點 STARTING POINT

大埔公路「馬騮山」 (KK068743)
- 可到港鐵太子站乘九巴路線 81 號直達

"Monkey Hill", Tai Po Road
- Take Kowloon Motor Bus Route No. 81 at MTR Prince Edward Station

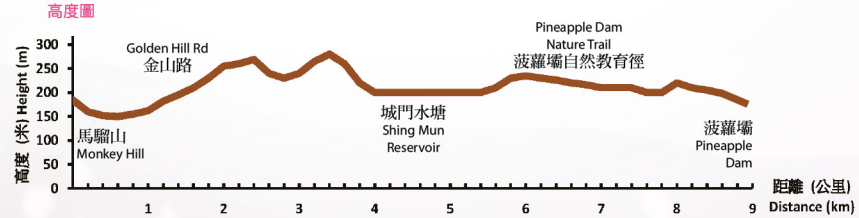
終點 FINISHING POINT

城門水塘菠蘿壩 (KK058782)
- 可乘搭綠色專線小巴路線 82 號前往荃灣兆和街，然後步行往港鐵荃灣站。

Pineapple Dam, Shing Mun Reservoir
- Take green minibus Route No. 82 to Siu Wo Street, Tsuen Wan and then walk to MTR Tsuen Wan Station.

金山郊野公園
Kam Shan Country Park

Elevation Profile
高度圖



城門碉堡
Shing Mun Redoubt

九龍水塘
Kowloon Reservoir

D4 邊陲塘北望神州
Lok Ma Chau - Ho Sheung Heung

8 公里 km | 3 小時 hours | 新界西北部 North West N.T.

簡介 BRIEF

由落馬洲徑起步，先登落馬洲花園，園內設瞭望台，可遠眺深圳河一帶廣闊魚塘景色，再沿混凝土路走進 2013 年解封的村落。路上魚塘農田處處，對比河塘以北深圳市的繁華面貌，更顯出村落鄉土情濃。再沿梧桐河和雙魚河畔前行，抵達河上鄉。沿途多為平坦路徑，輕鬆易走。

Start at Lok Ma Chau Path and proceed to Lok Ma Chau Garden. There is a viewing point in the garden, where you can overlook the vast area of fish ponds near Shenzhen River. Then take the concrete path leading to the villages which are no longer included in the closed area since 2013. Enjoy the scenery of the fishponds and farmlands along the way, which offers a stark contrast with the urban views of Shenzhen to the north of the tranquil ponds, and feel the distinctive rural flavor pervading the villages. Continue along the riverside of River Indus (Ng Tung River) and River Beas (Sheung Yue River) to arrive at Ho Sheung Heung. The route is generally smooth and easy to walk.

起點 STARTING POINT

落馬洲 (JK994921)
- 可在港鐵元朗站乘搭九巴路線 B1 號或綠色專線小巴 75 號直達。

Lok Ma Chau
- Take Kowloon Motor Bus Route No. B1 or green minibus Route No. 75 at MTR Yuen Long Station.

終點 FINISHING POINT

河上鄉 (KK025923)
- 可乘搭河上鄉綠色專線小巴 51K 號前往港鐵上水站。

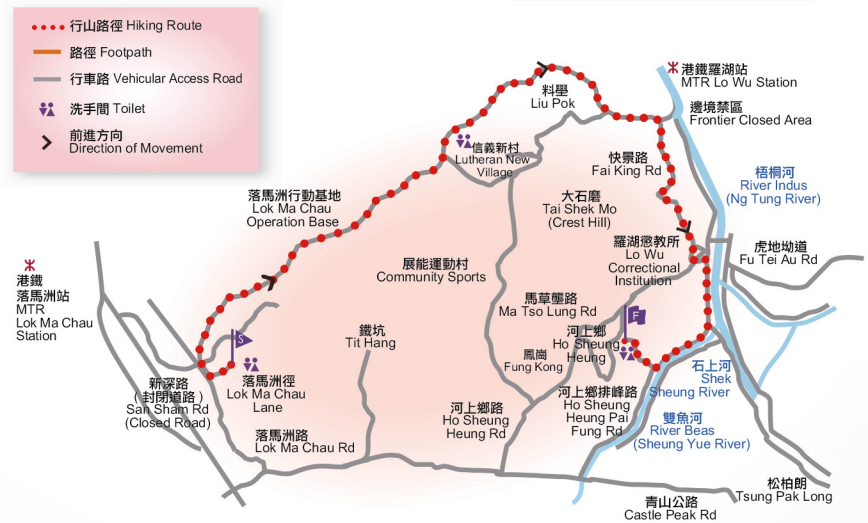
Ho Sheung Heung
- Take green minibus Route No. 51K at Ho Sheung Heung Village to MTR Sheung Shui Station.

落馬洲花園
Lok Ma Chau Garden

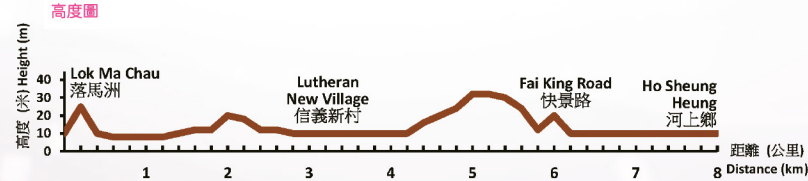
梧桐河
Ng Tung River

農田
Farmland

遠眺深圳
Looking toward Shenzhen



Elevation Profile
高度圖



D5 萬里長城打咚咚
Fu Tei Au - Wo Keng Shan

8 公里 km | 4.5 小時 hours | 新界東北及中部 North East & Ctrl. N.T.

簡介 BRIEF

由上水虎地坳走過形似「萬里長城」的華山，登臨大嶺「祈雨碑」，細讀清朝道光年間古碑，遠眺新圍/大嶺靶場一帶景色，最後抵達禾徑山打咚咚石。沿途多為舊有軍用車路，小部分為鄉村車路。

Start at Fu Tei Au, Sheung Shui and proceed to Wa Shan, which resembles the Great Wall. Walk up to Tai Ling Stele and take a look at the stone tablet erected during the Daoguang reign of Qing Dynasty. Get a view of San Wai/Tai Ling Firing Range from afar and continue along the ridge. The trip ends when you arrive at a rock nicknamed "Ta Tung Tung Shek" in Wo Keng Shan. The route is mostly on an old military road with occasional sections of village roads.

S 起點 STARTING POINT

虎地坳 (KK042931)
- 可到港鐵上水站旁上水廣場乘搭九巴路線 73K 號直達。

Fu Tei Au
- Take Kowloon Motor Bus Route No. 73K at Landmark North next to MTR Sheung Shui Station.

F 終點 FINISHING POINT

打鼓嶺禾徑山 (KK088949)
- 可沿坪原路步行至坪輋路，乘搭九巴路線 79K 號返回上水廣場，步行前往港鐵上水站。

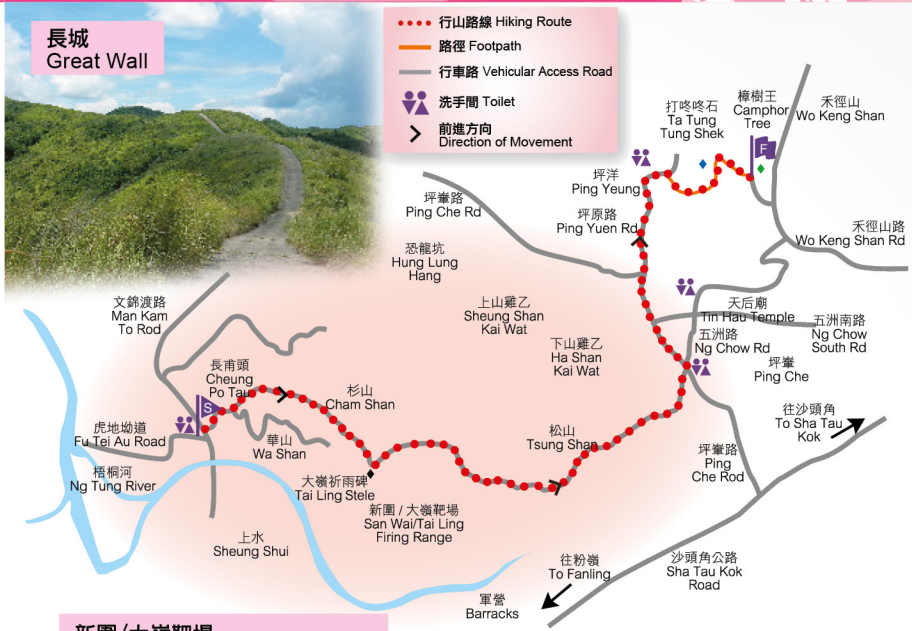
Wo Keng Shan, Ta Kwu Ling
- Walk along Ping Yuen Road to Ping Che Road and get back to Landmark North by taking Kowloon Motor Bus Route No. 79K. Then walk to MTR Sheung Shui Station.

樟樹王
Camphor Trees

打咚咚石前方為禾徑山村和樟樹王位置
Ta Tung Tung Shek、Wo Keng Shan Village and Camphor Trees

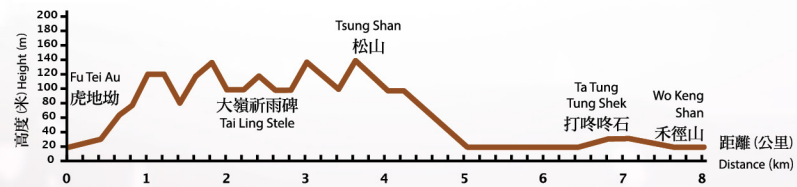
沿登山徑尋打咚咚石
Follow the Uphill Path to Ta Tung Tung Shek

長城
Great Wall



新圍/大嶺靶場
San Wai / Tai Ling Firing Range

Elevation Profile
高度圖



D6 降下逐鹿出雞谷
Kong Ha Au - Luk Keng

7 公里 km | 3.5 小時 hours | 新界東北及中部 North East & Ctrl. N.T.

簡介 BRIEF

從新娘潭路降下坳出發，走過亞媽笏、分水凹，在凹上細賞古碑，沿古道往下走，尋谷埔古榕，欣賞海濱風光後經雞谷樹下到鹿頸。上半程先上坡後下坡，下半程沿海濱前進，上坡路段不多。

Start at Kong Ha Au on Bride's Pool Road, proceed to A Ma Wat and take a look at the stele in Fan Shui Au. Walk downhill along an ancient path to get a view of the old banyan tree at Kuk Po. Walk toward Luk Keng via Kai Kuk Shue Ha and enjoy the coastal scenery on the way. The first half of the route goes uphill and then downhill whereas the second half goes along the coast with only a few uphill sections.

起點 STARTING POINT

新娘潭路降下坳 (KK154924)
- **可到港鐵大埔墟站乘搭綠色專線小巴路線 20R 號，在烏蛟騰路下車，步行約 5 分鐘到達。**

Kong Ha Au, Bride's Pool Road
- Take green minibus Route No. 20R at MTR Tai Po Market Station and get off at Wu Kau Tang Road. Then walk for about 5 minutes.

終點 FINISHING POINT

鹿頸 (KK136935)
- **可乘搭綠色專線小巴路線 56K 號前往港鐵粉嶺站。**

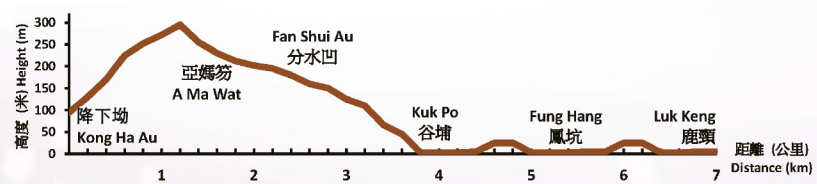
Luk Keng
- Take green minibus Route No.56K to MTR Fanling Station.

海濱小徑
Coastal Path

啟才學校
Kai Choi School

谷埔新屋下
Kuk Po San Uk Ha

Elevation Profile
高度圖



D7 寶馬奔馳大潭篤
Braemar Hill - Tai Tam Tuk Reservoir

9 公里 km | 4.5 小時 hours | 港島 Hong Kong Island

簡介 BRIEF

由寶馬山道遊樂場出發，經聖貞德中學左邊梯級後的小徑上金督馳馬徑至大風坳，續遊大潭水塘，沿途細賞美麗景色及百年歷史的英式石砌拱橋。路徑小部分是較為平坦的山徑，大部分是水塘的限制使用通道。

Start at Braemar Hill Road Playground and proceed to Sir Cecil's Ride and Tai Fung Au via a footpath behind the left-sided stairs of St. Joan of Arc Secondary School. Then visit Tai Tam Reservoirs and enjoy the scenery along the way with a stopover at the century-old British style masonry arch bridge . The route is mostly on the restricted access of the reservoir with a few sections of relatively gentle footpaths.

起點 STARTING POINT

寶馬山道遊樂場 (KK114669)

- 可到港鐵天后站公共運輸交匯處乘搭綠色專線小巴路線49M號，前往寶馬山巴士總站下車，步行約1分鐘到達。

Braemar Hill Road Playground

- Take green minibus route No. 49M at MTR Tin Hau Station Public Transport Interchange and get off at Braemar Hill Bus Terminus. Then walk for 1 minute.

終點 FINISHING POINT

大潭篤水塘 (KK136620)

- 可乘搭新巴路線14號前往港鐵西灣河站。

Tai Tam Tuk Reservoir

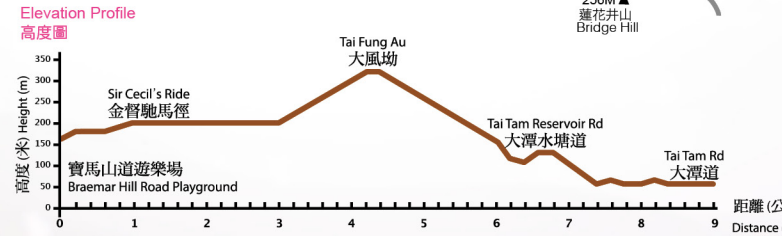
- Take New World First Bus Route No. 14 to MTR Sai Wan Ho Station.

大潭上水塘石橋輸水道
Tai Tam Upper Reservoir Masonry Aqueduct

大風坳
Tai Fung Au

大潭水塘道
Tai Tam Reservoir Road

大潭副水塘
Tai Tam Byewash Reservoir



D8 鶴藪沙羅鳳園遊
Hok Tau - Fung Yuen

5.5 公里 km | 3 小時 hours | 新界東北及中部 North East & Ctrl. N.T.

簡介 BRIEF

沿鶴藪道經鶴藪營地暢遊鶴藪水塘，經古道往張屋，遊沙羅洞谷，往下沿混凝土車路或經鳳園出汀角路。部分路段為石砌古道，古意盎然，其餘為山徑及車路。

Follow Hok Tau Road and walk past Hok Tau Campsite to reach Hok Tau Reservoir. Proceed to Cheung Uk via the ancient path and visit Sha Lo Tung Valley before walking downhill to Ting Kok Road through a vehicular access or via Fung Yuen. The route covers ancient stone paths, hillside footpaths and vehicular access.

S 起點 STARTING POINT

鶴藪 (KK098907)
- **可到港鐵粉嶺站乘搭綠色專線小巴路線 52B 號直達。**

Hok Tau
- Take green minibus Route No. 52B at MTR Fanling Station.

F 終點 FINISHING POINT

汀角路 (KK098864)
- **可乘搭九巴路線 275、74K 或 75K 號前往港鐵大埔墟站。**

Ting Kok Road
- Take Kowloon Motor Bus Route Nos. 275, 74K or 75K to MTR Tai Po Market Station.

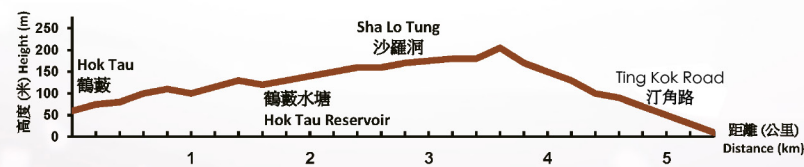
鶴藪水塘
Hok Tau Reservoir

沙羅洞 (又名沙螺洞)
Sha Lo Tung

眺望吐露港
Looking toward Tolo Harbour

鶴藪水塘家樂徑
Hok Tau Reservoir Family Walk

Elevation Profile
高度圖



D9 大棠楓香飄河背
Tai Tong - Ho Pui

8.5 公里 km | 4.5 小時 hours | 新界西北部 North West N.T.

簡介 BRIEF

遊大棠楓香林，該處林蔭夾道，令遊人仿如置身歐陸庭園。冬日時分，滿山紅葉，是香港觀賞紅葉勝地。續遊吉慶橋，經林道及小徑右降河背水塘。水塘面積雖小，但 S 形水壩宏偉壯觀，環塘小徑清幽恬靜，景色醉人，曾獲選為香港十景之一。終點為河背村。後段上坡路略為崎嶇。

Visit the Sweet Gum Woods in Tai Tong and stroll along the tree-lined path, which gives you a feeling of walking in a European-style garden. In winter, the woods become a popular attraction in Hong Kong when the leaves of the sweet gum trees turn red. Visit Kat Hing Bridge, take the forest track and the footpath on the right leading to Ho Pui Reservoir. With a grand S-shaped dam stretching on one side and a tranquil footpath surrounding it, the small reservoir is known for its natural and picturesque beauty. It was voted as one of the top ten scenic views of Hong Kong. The route finishes at Ho Pui Tsuen, with a slightly rugged uphill path in the latter section.

S 起點 STARTING POINT

大棠燒烤場 (JK944812)
- 可到港鐵朗屏站乘搭港鐵接駁巴士 K66 號在大棠山道口下車。再沿大棠山道上行約 30 分鐘到大棠燒烤區。

Tai Tong Barbecue Area
- Take MTR Feeder Bus Route No. K66 at MTR Long Ping Station and get off near Tai Tong Shan Road. Then walk along Tai Tong Shan Road for about 30 minutes to Tai Tong Barbecue Area.

F 終點 FINISHING POINT

河背村 (JK980815)
- 可乘搭 71 號綠色專線小巴前往港鐵錦上路站。

Ho Pui Tsuen
- Take green minibus Route No. 71 at Ho Pui Tsuen to MTR Kam Sheung Road Station.

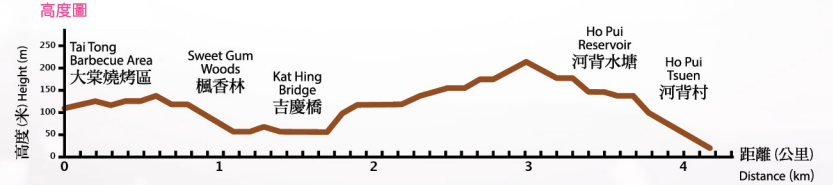
往河背水塘小徑
A path to Ho Pui Reservoir

河背水塘
Hoi Pui Reservoir

楓香林
Sweet Gum Woods

八鄉
Pat Heung

Elevation Profile
高度圖



D10 屯門藍地尋妙法
Tuen Mun-Lam Tei Reservoir-Miu Fat Buddhist Monastery

8 公里 km | 3.5 小時 hours | 新界西北部 North West N.T.

簡介 BRIEF

由華發遊樂場出發，沿石級上行接屯門健身徑(麥理浩徑第十段)後再轉屯門徑，經虎地往藍地水塘，沿途泥路及混凝土路各半，屬易行的山徑，景觀開揚。中段屯門徑山路有點崎嶇，需留意同行小童。完成旅程後，可以到妙法寺前方的「藍地大街」飽餐一頓。

Start at Wah Fat Playground, climb up the stone steps and continue along Tuen Mun Fitness Trail (Section 10 of the MacLehose Trail). Then make a turn to Tuen Mun Trail. Proceed to Lam Tei Reservoir via Fu Tei. This gentle path of half earth half concrete offers an extensive view. As the middle section on Tuen Mun Trail is a slightly rugged path, so take care of your accompanying children. You can enjoy a big meal at Lam Tei Main Street in front of Miu Fat Buddhist Monastery at the end of the trip.

起點 STARTING POINT

華發遊樂場 (HE071783)

- 可到屯門市中心乘搭港鐵巴士K51號於恒豐園下車，沿華發街步行約5分鐘到達。

Wah Fat Playground

- Take MTR Feeder Bus Route No. K51 at Tuen Mun Town Centre and get off near Harvest Garden. Then walk along Wah Fat Street for about 5 minutes.

終點 FINISHING POINT

妙法寺 (HE072824)

- 可乘搭輕鐵路線610, 615或751前往港鐵兆康站。

Miu Fat Buddhist Monastery

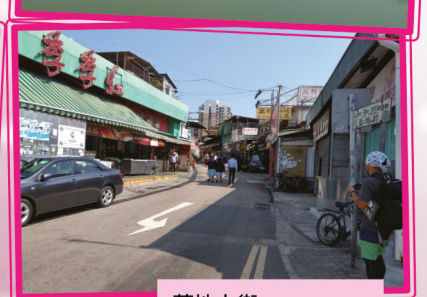
- Take Light Rail Route Nos. 610, 615 or 751 to MTR Siu Hong Station.

藍地水塘
Lam Tei Reservoir

虎地燒烤場
Fu Tei Barbecue Area

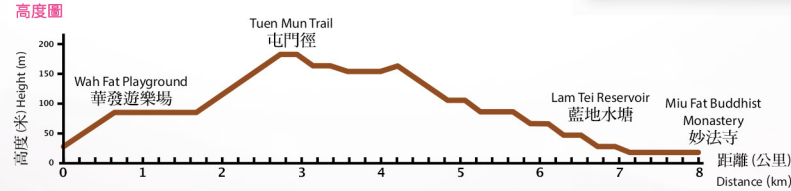
藍地水塘
Lam Tei Reservoir

妙法寺
Miu Fat Buddhist Monastery



藍地大街
Lam Tei Main Street

Elevation Profile
高度圖



D11 解甲昂步拾奇趣
Shek Mun Kap - Ngong Ping

5 公里 km | 4 小時 hours | 大嶼山 Lantau Island

簡介 BRIEF

由石門甲起步，經地塘仔登昂坪，沿途多為上坡斜路和梯級。途經多間古廟和法寺，過東山法門後可順訪心經簡林、寶蓮寺、天壇大佛、昂坪市集，遠眺鳳凰山及石壁水塘，景色壯麗，大自然氣息沁人心脾。全程為上坡路段。

Start at Shek Mun Kap and walk up to Ngong Ping via Tei Tong Tsai. This section comprises mainly uphill paths and steps. There are a number of old temples along the way. After going through Dongshan Famen, you may visit Wisdom Path, Po Lin Monastery, Tian Tan Buddha Statue and Ngong Ping Village. Take in the gorgeous views of Lantau Peak and Shek Pik Reservoir from afar. The entire route goes uphill.

S 起點 STARTING POINT

石門甲 (HE020655)
- 可到東涌市中心巴士總站乘搭新大嶼山巴士路線 34 號直達。

Shek Mun Kap
- Take New Lantao Bus Route No. 34 at Tung Chung Town Centre Bus Terminus.

F 終點 FINISHING POINT

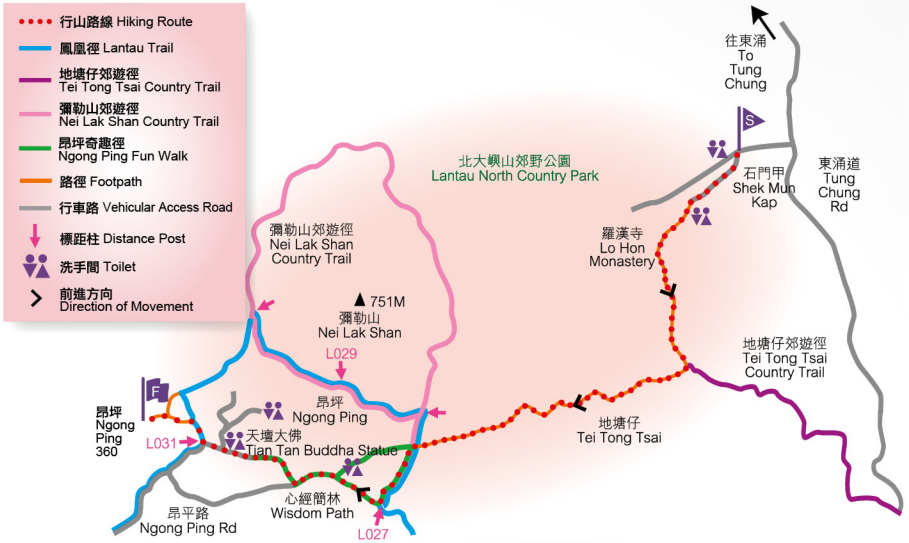
昂坪市集 (GE992640)
- 可乘搭新大嶼山巴士路線 23 號前往東涌市中心。

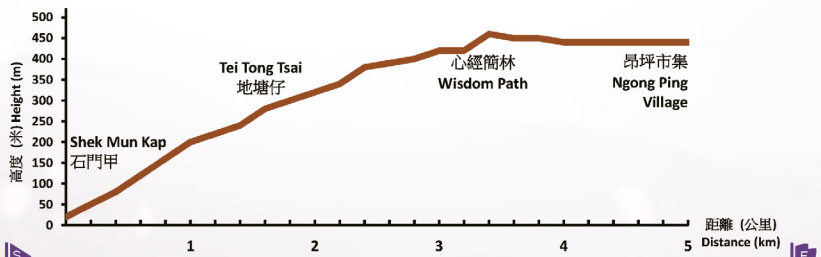
Ngong Ping Village
- Take New Lantao Bus Route No. 23 to Tung Chung Town Centre.

天壇大佛
Tian Tan Buddha Statue

東山法門
Dongshan Famen

寶蓮禪寺
Po Lin Monastery



昂坪市集
Ngong Ping Village

Elevation Profile
高度圖