

使用郊區地圖

行山人士宜使用地政總署出版比例為 1:25000 的《郊區地圖》。這套地圖共有五張，分別以「香港島及鄰近島嶼」、「大嶼山及鄰近島嶼」、「新界西北部」、「新界東北及中部」和「西貢及清水灣」為題。

地圖上的方格網

- ☞ 認識方格網系統有助行山人士快速準確和有系統地使用地圖，找出和記錄某個地方的位置。
- ☞ 網絡數字的格式為先讀直線，後讀橫線（先入門，後上樓）。一般定位使用四位座標數字，例如：要尋找「KK 29 79 - 西貢西灣」的位置，先找出直線「29」，再找出橫線「79」。兩線的相交點在面積 1 000 平方米方格的左下角，西貢西灣即在此方格內。如須更準確的定位，則通常會使用六位座標數字，把指示範圍收窄在 100 平方米以內，例如以「KK 293792」指出西貢西灣碼頭的位置。（見圖 1）
- ☞ 漁農自然護理署已於主要的長途遠足徑（包括麥理浩徑、衛奕信徑、鳳凰徑和港島徑）每隔 500 米豎設標距柱，讓行山人士得知所處位置。如遇緊急事故，行山人士可利用就近標距柱上的格網座標說明其位置，方便搜索和救援工作。

地圖上使用的顏色

- ☞ 綠色顯示山林、草地、耕地等。
- ☞ 藍色顯示河流、湖、水塘、海等。
- ☞ 棕色顯示建築物、沙灘、泥灘、砂地、等高線等。
- ☞ 紅色顯示行山徑（包括家樂徑、自然教育徑、郊遊徑和長途遠足徑）。
- ☞ 橙色顯示小徑。
- ☞ 黑色顯示道路、公路、橋樑、鐵路、架空電纜等。

地圖上的等高線

- ☞ 等高線用於顯示地形。
- ☞ 等高線相隔越遠，地勢越平坦。相反，不規則和密集的等高線顯示地勢陡斜。
- ☞ 一團重疊或幾近重疊的密集曲線顯示懸崖。
- ☞ 曲折而不規則的等高線顯示地形崎嶇不平，行山人士必須加倍小心，以免迷路。

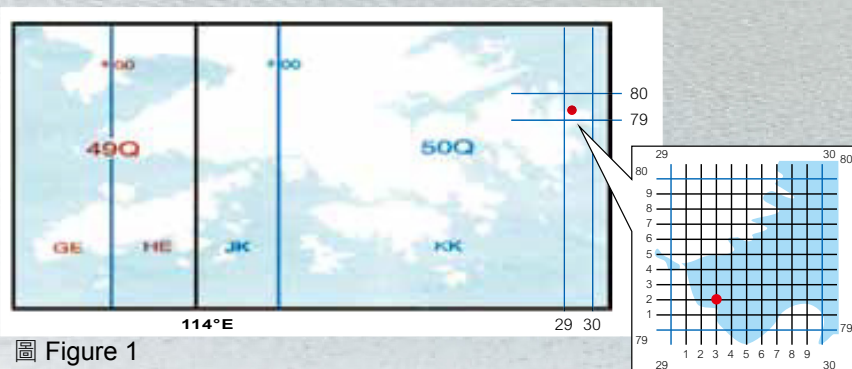


圖 Figure 1

Use a countryside map

Hikers are advised to use the Countryside Maps in 1:25000 scale published by the Lands Department. The series comprises five sheets entitled "Hong Kong Island & Neighbouring Islands", "Lantau Island & Neighbouring Islands", "North West New Territories", "North East & Central New Territories" and "Sai Kung & Clear Water Bay".

Grid reference on a map

- ☞ Knowledge of the Grid Reference System helps hikers pinpoint and record locations on a map in a quick, precise and systematic manner.
- ☞ A grid reference is formed by combining the numbers of the easting and the northing. A 4-digit grid reference is used for general mapping purpose. For example, to locate "KK 29 79 - Sai Wan, Sai Kung", hikers should first find the easting numbered "29", and then the northing numbered "79". The interception of these two lines is at the bottom left corner of a 1 000 square metre section, in which Sai Wan, Sai Kung is located. For a more precise indication, a 6-digit grid reference is used to pinpoint a position within a section that measures 100 square metres. For example, the grid reference "KK 293792" is used to indicate the location of Sai Wan Pier, Sai Kung. (See fig. 1)
- ☞ The Agriculture, Fisheries and Conservation Department has erected distance posts at intervals of 500 meters along major long-distance hiking trails (including the MacLehose Trail, the Wilson Trail, the Lantau Trail and the Hong Kong Trail) for hikers to identify their location. In case of emergency, hikers can report their position by referring to the grid reference on the nearest distance post so as to facilitate search and rescue operations.

Colours used on a map

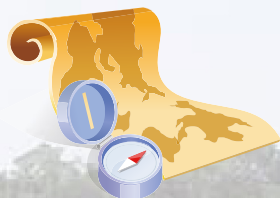
- ☞ Green indicates woods, grassland, farmland, etc.
- ☞ Blue indicates river, pond, reservoir, sea, etc.
- ☞ Brown indicates buildings, beaches, mudflats, gravelled lands, contour lines, etc.
- ☞ Red indicates hiking trails (including family trails, nature trails, country trails and long-distance hiking trails).
- ☞ Orange indicates footpaths.
- ☞ Black indicates roads, expressways, bridges, railways, overhead power lines, etc.

Contour lines on a map

- ☞ Contour lines are used to show the landforms.
- ☞ The farther apart the contour lines are, the flatter the terrain is. On the contrary, packed lines forming irregular patterns represent steep slopes.
- ☞ A bundle of lines that overlap or nearly overlap with one another indicate a cliff.
- ☞ Tortuous and irregular contour lines represent rugged topography. Hikers should pay special attention to avoid getting lost.

選定合適的行山路線

出發前應先細閱地圖，了解路線的資料，小心計劃行程，並應考慮路線長度、坡度、路面狀況、行程所需時間、參加者的身體狀況和能力，以及可能發生的天氣變化等因素。切勿在途中隨便更改已選定的路線。



帶備充足的飲用水和適當的食物

由於途中未必有飲料售賣，行山人士必須為整段行程預備充足飲料。在旅程中，應不時補充流失的水分。當大量出汗時，即使未感口渴，仍需每 15 至 20 分鐘補充 150 至 200 毫升水分。行山人士並應預備易於攜帶，且進食前無需加熱的碳水化合物（例如餅乾、麵包、方便裝的豆粥或糖水），作為行程中的食物補給。

預防中暑和熱衰竭

如天氣酷熱，應避免長時間曝曬，並應多喝水和補充流失的電解質。途中要有適當休息，切勿逞強好勝，以免過分消耗體力。此外，行山人士應對中暑和熱衰竭有充分認識，以便在遇到這類情況時懂得如何處理。

穿戴適當衣著和攜帶合適裝備

穿著輕便服裝、淺色長袖衫和長褲、有護踝和鞋底有凹凸紋的膠底遠足鞋；帶備合適的帽子，夏天可遮擋陽光，冬天則可保暖。

預防蚊叮蟲咬

要預防蚊叮蟲咬，可用驅蚊劑塗抹衣服或外露的皮膚。

其他必需品（以防水袋 / 膠袋分類放妥）

- ☞ 幫助了解地形的郊區地圖和指南針
- ☞ 電量充足的流動電話，以便聯絡和救援
(宜先了解電話服務覆蓋範圍)
- ☞ 雨具或防水風褸
- ☞ 急救包（備有藥水膠布、紗布繃帶、敷料、消毒藥水等）
- ☞ 電筒和哨子
- ☞ 緊急糧食，例如朱古力和葡萄乾等高熱量且易於攜帶的食物
- ☞ 一套乾衣服，以備更換



Choose a suitable hiking route

Before setting out, study the map and information about the route. Plan the trip carefully and take into account factors such as the length, gradient and surface condition of the route, the time required to finish the trip, fitness condition and physical ability of the participants, and the possible weather changes. Do not alter the planned route indiscriminately during the journey.

Take adequate water and appropriate food

Take enough water for the whole trip as outlets for beverage may not be available on the route. Replenish water from time to time during the journey. When sweating heavily, drink 150 to 200 millilitres of liquid every 15 to 20 minutes even if not thirsty. Also, take some carbohydrates (such as biscuits, breads, convenient rice and sweet porridge) which are light in weight and require no heating as food provisions on the trip.

Prevent heat stroke and heat exhaustion

Avoid prolonged exposure to direct sunlight in extremely hot weather. Drink more water and replenish the electrolytes lost. Take appropriate breaks during the journey. Don't overextend yourself as it will lead to exhaustion. In addition, hikers should have a thorough understanding of heat stroke and heat exhaustion so that appropriate action can be taken when they are faced with such situations.

Wear suitable clothes and gear

Put on casual clothes, light-coloured long-sleeved shirts and long trousers, and hiking shoes with ankle protection and corrugated rubber soles. Take a suitable cap that can protect you from sunlight in summer and keep you warm in winter.

Prevent insect and mosquito bites

To prevent insect and mosquito bites, you may apply a mosquito repellent onto your clothes or over your exposed skin.

Other necessary items (kept in waterproof/plastic bags by category)

- ☞ A countryside map and a compass to facilitate quick comprehension of the topography
- ☞ A fully-charged mobile phone to facilitate communication and rescue (Service coverage of the phone should be checked beforehand)
- ☞ An umbrella or a waterproof anorak
- ☞ A first-aid kit (containing medicated plasters, bandage, dressing, antiseptic, etc.)
- ☞ A torch and a whistle
- ☞ Emergency food provisions, such as chocolate and raisins, which are high in calories and easy to carry around
- ☞ A spare set of dry clothes for change

遠足安全注意事項 SAFETY HINTS FOR HIKING

1. 本小冊子所提供的路線及交通資料只供參考。遠足人士應在出發前自行選擇最合適的路線及交通安排。
2. 遠足前應做足準備，例如留意當日天氣報告及預報、了解郊野的流動電話服務覆蓋範圍、閱讀郊遊安全資料，以及參考最新出版的郊遊地圖。遠足人士亦可安裝並啟動具有記錄行蹤功能的智能電話應用程式。萬一發生意外，搜救隊伍可參考這類應用程式的行蹤資料找尋求助者。以下網址可供參考：

(a) 遠足及攀山天氣資訊	www.hko.gov.hk/sports/hiking_uc.html
(b) 我的天文台 一定點天氣	www.hko.gov.hk/locspc/locspc_portal_uc.html
(c) 郊野公園流動電話服務	www.ofca.gov.hk/tc/consumer_focus/mobile_telecom/country_parks/mobile_network/index.html
(d) 認識通訊方法 暢遊郊野公園	www.ofca.gov.hk/tc/consumer_focus/mobile_telecom/country_parks/stay_in_touch/index.html
(e) 郊野公園遠足安全指引	www.afcd.gov.hk/tc_chi/country/cou_vis/cou_vis_gac/cou_whe_sat.html
(f) GPS 遠足留蹤服務	www.cahk.hk/hiker_tracking_service/chi.html
(g) 「郊野樂行」流動應用程式	www.afcd.gov.hk/tc_chi/country/cou_whe/cou_apps.html



3. 出發前及活動期間亦應留意天文台的最新天氣消息，如預知天氣變壞，應及早改變計劃或取消活動。
4. 避免在酷熱、濕度高、無風或空氣質素健康指數甚高／嚴重的日子遠足。
5. 切勿單獨遠足，宜至少四人同行；應預先把行程告知沒有同行的家人或朋友，一旦發生意外，他們可代為通知警方和尋求協助。
6. 應與遠足經驗豐富的領隊同行，並依從其決定和指示，切勿中途離隊。
7. 在起步前做足熱身運動。
8. 切勿食用野果或飲用山水。
9. 不要逗玩或餵飼流浪貓、狗或野猴，以防被襲。
10. 切勿隨意步入沒有路牌指示的草叢或樹林。
11. 切勿隨意離開原定路線或嘗試行走野草蔓生的捷徑，以免迷路或發生意外。
12. 切勿站立崖邊或攀爬山頭拍照或觀景，並須遵守有關當局豎設的告示，免生意外。
13. 暴雨時或連日豪雨後，切勿走近／停留在峻峭的山坡或涉足溪澗，也切勿在河道附近的橋樑下避雨，以免山洪暴發時走避不及。
14. 切勿在指定燒烤地點以外的地方生火或煮食。
15. 切勿吸煙，以防山火。如遇山火，應保持鎮定，立即遠離現場並致電 999 報警。
16. 留意自己的身體狀況，量力而為。
17. 迷路時，應循原路折返，切勿強行前進。如有需要，應盡快尋求協助。
18. 沿途應留意政府部門豎設的危險告示牌。
19. 一旦遇到意外，遠足人士可使用沿途設置的固定網絡緊急求助電話，或使用流動電話撥 999 或國際救援電話號碼 112 求助。求助時應清楚提供以下資料：
 - (a) 意外性質、肇事原因；
 - (b) 肇事時間、地點；
 - (c) 位置、方位／座標和最近的標距柱號碼；
 - (d) 附近地形或特別景物；
 - (e) 傷病者資料（例如：姓名、年齡、性別、電話號碼、住址、家人聯絡方法和傷勢）；
 - (f) 已施行的急救；
 - (g) 天氣情況；以及
 - (h) 同行者人數、情況和去向。
20. 長期病患者（例如患有心臟病、哮喘的人士）宜先徵詢醫生的意見，才決定是否遠足，並請醫生告知須注意的事項。



1. The hiking routes and transport information provided in this booklet are for reference only. Hikers should choose the hiking routes and means of transport most suitable for themselves before setting out.
2. Get well prepared before setting out. For example, pay attention to the weather report and forecast for the day, check the mobile phone coverage in countryside, read the information on safe countryside trips and refer to the latest countryside maps. Hikers may also install and activate smartphone applications with tracking functions. In case of an accident, the tracking information recorded by the applications can facilitate the work of search and rescue teams. Some useful websites are listed below:

(a) Weather Information for Hiking and Mountaineering	www.hko.gov.hk/sports/hiking_e.html
(b) MyObservatory – Weather at your location	www.hko.gov.hk/locspc/locspc_portal_e.html
(c) Mobile Network Services in Country Parks	www.ofca.gov.hk/en/consumer_focus/mobile_telecom/country_parks/mobile_network/index.html
(d) Stay in Touch in Country Parks	www.ofca.gov.hk/en/consumer_focus/mobile_telecom/country_parks/stay_in_touch/index.html
(e) Country Park Hiking Safety Guidelines	www.afcd.gov.hk/english/country/cou_vis/cou_vis_gac/cou_whe_sat.html
(f) GPS Hiker Tracking Service	www.cahk.hk/hiker_tracking_service/eng.html
(g) "Enjoy Hiking" Mobile Application	http://www.afcd.gov.hk/english/country/cou_whe/cou_apps.html

3. Pay attention to the latest weather information issued by the Observatory before and during the activity. Change or cancel the activity plan if inclement weather is forecasted.
4. Avoid hiking on days of very hot weather, high humidity, with no wind or when the Air Quality Health Index is very high or serious.
5. Don't go hiking alone. It is preferable to go hiking in a group of at least four. Before setting out, hikers should inform their family members or friends who are not joining the trip of their intended route. Should an accident happen, the information will be useful for them to seek assistance from the police.
6. It is advisable to go with an experienced hiking leader and follow his/her decisions and instructions. Don't leave your group halfway through the trip.
7. Do enough warm-up exercise before setting out.
8. Don't eat wild fruit or drink untreated water from any stream.
9. Don't play with or feed stray cats, dogs or wild monkeys to avoid being attacked.
10. Don't venture into bushes or woods with no road signs indiscriminately.
11. To avoid getting lost or having an accident, don't deviate from the planned route indiscriminately or attempt to take any overgrown shortcuts.
12. Don't stand at a cliff edge or climb onto rocks to take photos or view the scenery. For the sake of safety, follow the instructions as set out in the notices put up by the relevant authorities.
13. Avoid going near/staying around steep slopes or wading in streams or brooks during heavy rain or after days of heavy rain. Don't take shelter from the rain under bridges at water courses to avoid being swept away by raging torrents.
14. Don't light a fire or cook at any place other than the designated barbecue sites.
15. To prevent hill fire, don't smoke. When there is a hill fire, stay calm. Leave the fire scene immediately and dial 999 to report the fire.
16. Listen to your body and don't overstretch yourself.
17. If you get lost, retrace your steps. Don't force your way further. Seek help immediately when necessary.
18. Pay attention to the hazard warning signs erected by government departments along the route.
19. In case of an accident, hikers can call for help with the fixed network emergency helpline telephones installed along the route. They can also dial 999 or the international emergency call number 112 with their mobile phones to call for help. When seeking assistance, the following information should be provided clearly:
 - (a) Nature and cause of the accident;
 - (b) Time and location of the accident;
 - (c) Position, grid reference and the number of the nearest distance post;
 - (d) Terrain and special landmarks in the vicinity;
 - (e) Personal particulars of the injured or sick person (e.g. his/her name, age, sex, telephone number, residential address, contacts of family members and details of injury);
 - (f) First aid given;
 - (g) Weather condition; and
 - (h) The number, state and whereabouts of other group members.
20. Those who suffer from chronic illnesses such as heart disease and asthma are advised to consult the doctor before deciding if they should go hiking and ask for the doctor's advice.