



# 屯門藍地尋妙法

Tuen Mun-Lam Tei Reservoir-Miu Fat Buddhist Monastery



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.

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

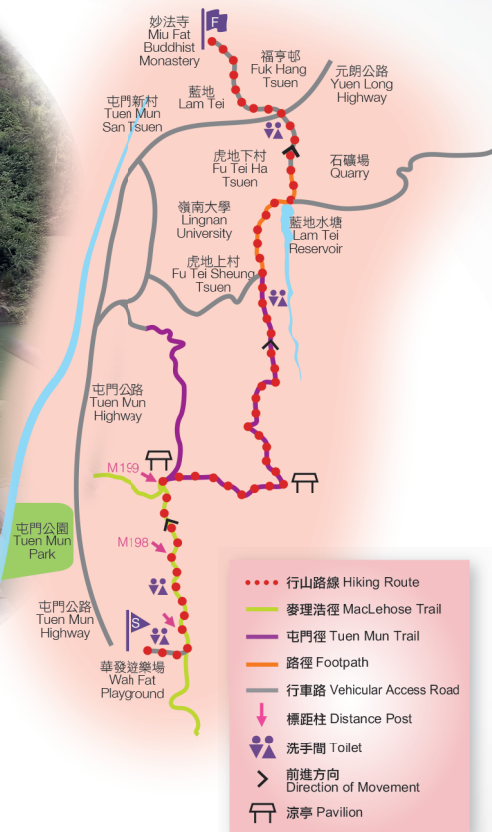
Lam Tei Main Street

8 公里  
km

3.5 小時  
hours



藍地水塘  
Lam Tei Reservoir



Cross-section  
路線橫切面圖

