D10 屯門藍地尋妙法

Tuen Mun-Lam Tei Reservoir - Miu Fat Buddhist Monastery

- 行山路線 Hiking Route
- 麥理浩徑 MacLehose Trail
- 屯門徑 Tuen Mun 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
- 涼亭 Pavilion

高度圖 Elevation Profile

6.8 公里 (km)	3 小時 (hours)	難度評級 Difficulty Level

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.

S 起點
STARTING POINT

華發遊樂場 (HE071783)
Wah Fat Playground (HE071783)

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

F 終點
FINISHING POINT

妙法寺 (HE072824)
Miu Fat Buddhist Monastery (HE072824)

- 可乘搭輕鐵路線 610, 615 或 751 前往港鐵兆康站。
- Take Light Rail Route Nos. 610, 615 or 751 to MTR Siu Hong Station.

上坡路徑
Uphill Path

涼亭
Pavilion

眺望屯門
Look toward Tuen Mun