

普及健體運動  
Healthy Exercise  
for All Campaign

# 行山樂

HIKING SCHEME



康樂及文化事務署  
Leisure and Cultural  
Services Department



衛生署  
Department of Health



## 新界東北 及中部

North East &  
Central New  
Territories



## 新界西北

North West New  
Territories



## 西貢及 清水灣

Sai Kung &  
Clear Water Bay



## 港島

Hong Kong  
Island



## 大嶼山

Lantau Island







## INTRODUCTION

根據世界衛生組織建議，兒童及青少年（5至17歲）每天應該進行最少 60 分鐘中等至劇烈強度（以帶氧運動為主）的體能活動；成年人則應每星期進行最少 150 - 300 分鐘中等強度的帶氧體能活動，或最少 75 - 150 分鐘劇烈強度的帶氧體能活動，或最少相等於混合中等和劇烈強度帶氧體能活動的時間。充足的體能活動有助促進身體健康，包括增強心肺功能和促進血液循環，以及減低患上心血管病、糖尿病、高血壓、中風及部分癌症(如大腸癌)的風險，並有助消耗熱量，維持健康體重。

參照以往公布的「社區體質測試計劃」調查結果，遠足是最多市民參與的體能活動之一。遠足是一項適合一家大小、有益身心及可鍛鍊體魄的中等強度帶氧活動。以體重約70公斤的成年人為例，遠足一小時可消耗約370至410千卡路里。

本小冊子名為《行山樂》，旨在推廣遠足這項適合全家參與的活動，從而提倡勤做運動的家庭文化；而小冊子內容主要介紹香港 44 條各具特色的遠足路線。

本小冊子參照了國際攀山聯盟(UIAA)的難度評級，以及漁農自然護理署郊野公園及海岸公園管理局所提供的資料，然後按路線的長度、坡度和路面狀況及行程所需時間，就各條路線的難度評級，分為下列三個級別：



易行	Easy
普通難行	Moderate
難行	Difficult

(難度評級只供參考，天氣、路徑當時的實際情況、遠足時的個人身體狀況及裝備亦非常重要。)

(The levels of difficulty are provided for reference only. Weather, actual condition of the route, hiking gear and physical conditions are also important for casual hikers.)

According to the World Health Organization's recommendations, children and adolescents (aged 5-17 years) are recommended to do at least 60 minutes of moderate-to vigorous intensity physical activity (mostly aerobic) per day while adults are recommended to do at least 150-300 minutes of moderate-intensity aerobic physical activity, or at least 75-150 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity throughout the week. Sufficient physical activity can bring health benefits by not only improving the cardiopulmonary function and blood circulation, but also reducing the risk of developing cardiovascular disease, diabetes, hypertension, stroke and certain types of cancer (e.g. colorectal cancer). It also helps you burn calories and maintain healthy body weight.

Taking reference to the past survey findings of the "Physical Fitness Test for the Community", hiking is one of the most popular physical activities among members of the public. Hiking is an activity suitable for families. It is a moderate-intensity aerobic physical activity providing physical and mental benefits. For example, an adult weighing about 70 kg will burn about 370 - 410 calories after an hour hiking.

This booklet, titled "Hiking Scheme", aims to promote hiking activity and develop a family culture of regular exercise through the appreciation of the fun of hiking. This booklet introduces the individual characteristic of 44 hiking routes of Hong Kong.

In assessing the level of difficulty of a hiking route, we have made reference to the grading adopted by the International Climbing and Mountaineering Federation (UIAA) and the information provided by the Country and Marine Parks Authority of the Agriculture, Fisheries and Conservation Department and have also taken into account the length, gradient, surface condition of the route and the time required to finish the whole trip. The trails covered in the booklet are grouped under three levels, namely "Easy", "Moderate" and "Difficult".





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