

# C1 東北環走訪烏荔 Wu Kau Tang - Luk Keng



13 公里  
km

6 小時  
hours



新界東北  
及中區  
North  
East  
& C.N.T.  
N.T.



簡介

BRIEF

由烏蛟騰沿犁頭石古道到荔枝窩，遊古廟，細味客家村莊文化，尋老榕樹、千呎藤蔓、通心樹、紅樹林及銀葉樹的板根。在遊覽印洲塘海岸公園後，再經分水凹探尋古碑，沿谷埔出雞谷樹下。路程頗長，沿途有上下坡段，中途並無其他路徑離開。

Enter the ancient footpath of Lai Tau Shek from Wu Kau Tang and proceed to Lai Chi Wo. On the way, visit the ancient temple and the Hakka village. Take a close look of the old banyan, white-flowered derris, hollow tree, mangroves and the buttress roots of looking glass trees. Visit Yan Chau Tong Marine Park before checking out the stele at Fan Shui Au. Then head toward Kai Kuk Shue Ha via Kuk Po. The route is rather long with uphill and downhill sections but no exit points.



起點

STARTING  
POINT

烏蛟騰 (KK163914)

- 可到港鐵大埔墟站乘搭綠色專線小巴路線 20R 號直達。

Wu Kau Tang

- Take green minibus Route No. 20R at MTR Tai Po Market Station.



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

三極村  
Sam A Tsuen

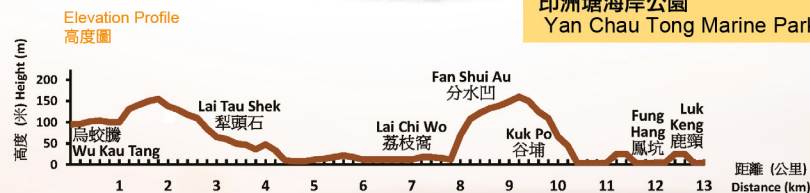
紅樹林  
Mangroves

荔枝窩  
Lai Chi Wo

荔枝窩文化館  
Lai Chi Wo Cultural Hub



印洲塘海岸公園  
Yan Chau Tong Marine Park





## BRIEF

從沙田黃泥頭出發，途經女婆坳，踏古徑到梅子林村，沿石砌古道登茅坪（五鄉聯達），翠綠草坪上的涼亭原為五鄉聯達學校遺址，回程順古道而下至西貢北港。沿途有上下坡段，全程多為石砌古道。

Start at Wong Nai Tau, Sha Tin, pass Nui Po Au and follow the ancient path to Mui Tsz Lam Village. Continue along the ancient stone footpath to Mau Ping. The Pavilion at the lush lawn is the former site of a village school. Walk down the ancient path leading to Pak Kong, Sai Kung to end the trip. With uphill and downhill sections, the route comprises mainly ancient stone paths.



## STARTING POINT

## 黃泥頭 (KK135778)

- 可到沙田市中心巴士總站乘搭九巴路線 83K 號直達。

## Wong Nai Tau

- Take Kowloon Motor Bus Route No. 83K at Sha Tin Central Bus Terminus.



## FINISHING POINT

## 北港 (KK179709)

- 可沿北港路步行至西貢公路，乘搭九巴路線 92 號前往港鐵鑽石山站。

## Pak Kong

- Walk to the Hiram's Highway via Pak Kong Road, and take Kowloon Motor Bus Route No. 92 to MTR Diamond Hill Station.

花心坑  
Fa Sam Hang



茅坪亭  
Mau Ping Pavilion



農田  
Farmland

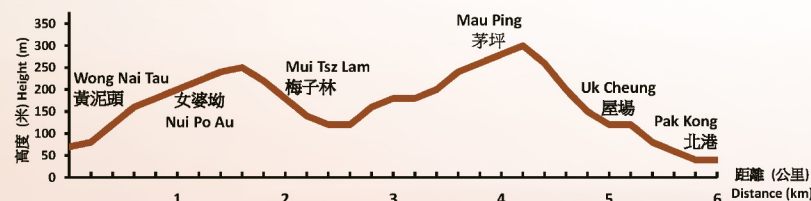


梅子林  
Mui Tsz Lam



遠眺白沙灣  
Overlooking Pak Sha Wan

Elevation Profile  
高度圖





BRIEF

沿大坳門緩登釣魚翁，再沿郊遊徑攀海拔 273 米的田下山，細賞佛堂門地勢和東龍島古蹟地貌，再觀「大廟」及「大廟灣刻石」。沿途有上下坡段，釣魚翁郊遊徑頗為崎嶇。

Walk slowly up High Junk Peak Country Trail from Tai Au Mun and proceed to Tin Ha Shan (273 m). Get a good view of Tai Miu Wan (Fat Tong Mun) and the ancient landscape of Tung Lung Chau. Visit the Tin Hau Temple (Tai Miu) and rock carving at Tai Miu Wan. The route comprises uphill and downhill sections, and a rather rugged part of the High Junk Peak Country Trail.



STARTING POINT

大坳門相思灣路 (KK207683)

- 可到港鐵鑽石山站乘搭九巴路線 91 號直達。

Sheung Sze Wan Road, Tai Au Mun

- Take Kowloon Motor Bus Route No. 91 at MTR Diamond Hill Station.



FINISHING POINT

大廟坳 (KK208654)

- 可步行至布袋澳村路，乘搭綠色專線小巴路線 16 號前往港鐵寶琳站。

Tai Miu Au

- Walk to Po Toi O Chuen Road, and take green minibus Route No. 16 to MTR Po Lam Station.

天后古廟  
Tin Hau Temple



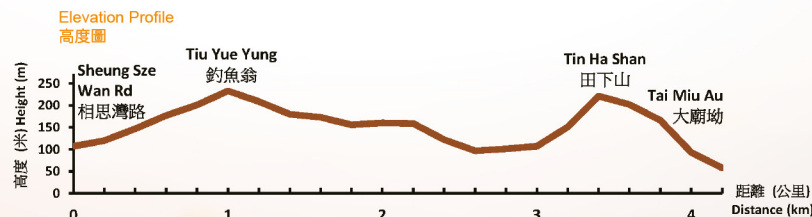
石刻  
Rock Carving



釣魚翁兩面景觀  
Overlooking both sides of High Junk Peak



遠眺高爾夫球場  
Looking toward Golf Course



# C4 大欖白虎訪三廟 Wong Nai Tun - Tai Tong



公里  
km



5.5 小時  
hours



簡介

BRIEF

訪大棠楊家村古宅，遊西中東白虎坳，尋三坳三古廟，賞「千島湖」，逆走麥理浩徑，沿途盡覽秀麗景色，沿元荃古道回大棠。沿途有上下坡段，全程多為山徑。

Visit Yeung Ka Tsuen Old House in Tai Tong, and the three ancient temples around Pak Fu Au. Get spectacular views of the "Thousand-Island Lake" in Tai Lam Chung Reservoir while walking along the MacLehose Trail in the reverse direction and enjoying the beautiful scenery on the way. Head back to Tai Tong along the Yuen Tsuen Ancient Trail. The route comprises mainly footpaths with uphill and downhill sections.



起點

STARTING POINT

黃泥墩 (JK930819)

- 可到港鐵朗屏站乘搭港鐵接駁巴士路線 K66 號直達。

Wong Nai Tun

- Take MTR Feeder Bus Route No. K66 at MTR Long Ping Station.



終點

FINISHING POINT

大棠燒烤區 (JK946811)

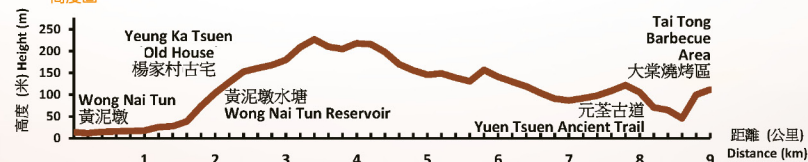
- 可沿大棠山道步行約 30 分鐘返回大棠村，乘搭港鐵接駁巴士路線 K66 號前往港鐵朗屏站。

Tai Tong Barbecue Area

- Walk along Tai Tong Shan Road for about 30 minutes to Tai Tong Tsuen, and take MTR Feeder Bus Route No. K66 to MTR Long Ping Station.



Elevation Profile  
高度圖



黃泥墩水塘

Wong Nai Tun Irrigation Reservoir

伯公坳

Pak Kung Au

楊家村古宅

Yeung Ka Tsuen Old House

燒烤區

Barbecue Area





## BRIEF

沿蝴蝶山混凝土小徑直上，全程主要為上階梯和下斜坡，要注意個人體力。在蝴蝶山至箕勒仔一段設有瞭望台，可飽覽新界北部景致，至泥路段梯級較大，探尋戰前地堡。下山方向有往「牛牯嶺行山徑」路牌，沿混凝土車路下山經愛丁堡公爵訓練營，回程可遠眺九龍坑山及吐露港一帶風光，亦可順遊林村許願廣場。

Start from the entrance to the cement paved Wu Tip Shan Path and walk uphill. The route involves mainly uphill sections with hillside steps and downhill footpaths, so make sure you are physically fit for it. There is a viewing point in the section between Wu Tip Shan and Kei Lak Tsai, where you can enjoy the magnificent scenery of New Territories North. Proceed to the dirt path with high steps leading to a pre-war bunker. Then, walk downhill until you reach the sign showing the way to "Ngau Kwu Leng Hiking Trail". Continue downhill through the vehicle access and enjoy the views of Cloudy Hill (Kau Lung Hang Shan) and Tolo Harbour from afar before walking past the Duke of Edinburgh Training Camp. The trip ends at Lam Tsuen, where you may take the chance to visit the Lam Tsuen Wishing Square.



## STARTING POINT

### 蝴蝶山 (KK055900)

- 可到港鐵粉嶺站，步行至蓬瀛仙館側停車場。

### Wu Tip Shan

- Walk to the car park beside Fung Ying Seen Koon from MTR Fanling Station.



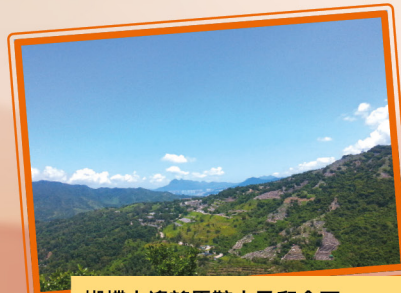
## FINISHING POINT

### 林村放馬莆 (KK060862)

- 可到林錦公路乘搭綠色專線小巴路線 25K 號或九巴路線 64K 號前往港鐵太和站。

### Fong Ma Po, Lam Tsuen

- Take green minibus Route No. 25K or Kowloon Motor Bus Route No. 64K at Lam Kam Road to MTR Tai Wo Station.



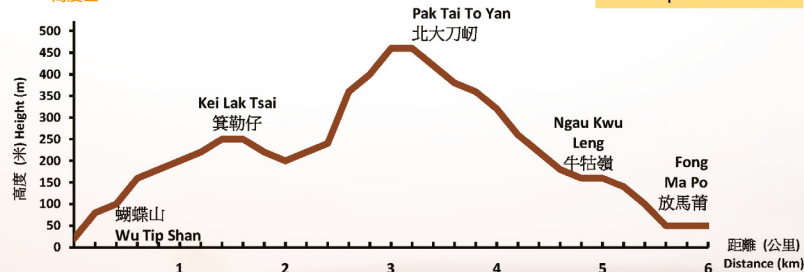
蝴蝶山遙望馬鞍山及和合石  
Looking toward Ma On Shan and Wo Hop Shek from Wu Tip Shan



牛牯嶺遙望大埔  
Looking toward Tai Po from Ngau Kwu Leng



Elevation Profile  
高度圖



林村許願樹  
Lam Tsuen Wishing Tree



蝴蝶山行山徑  
Wu Tip Shan Path



公里  
km4 小時  
hours

BRIEF

自衛奕信徑 W020 起步，緩登炮台山（又名魔鬼山）憑弔遺蹟（須留意廢壘一帶的山徑頗為崎嶇），眺望港島東部及油塘全貌，再上五桂山（304 米）的晨運園地，俯瞰腳下幾經變遷的將軍澳，後經馬游塘出井欄樹。

Start at W020 of Wilson Trail and walk slowly up to the relics on the Devil's Peak (Pau Toi Shan) (Note: the path leading to the wartime ruins is rather rugged). Get a panoramic view of the eastern part of Hong Kong Island and Yau Tong. Continue up the path to a morning walker garden on Black Hill (304 m) and have a bird's eye view of the much changed Tseung Kwan O. Proceed to Tseng Lan Shue via Ma Yau Tong.

STARTING  
POINT

### 炮台山衛奕信徑 W020 (KK157676)

- 可到港鐵油塘站沿鯉魚門道步行至高超道迴旋處，先左轉再右轉，步行約二十分鐘到達。

### Wilson Trail W020, Devil's Peak

- Walk along Lei Yue Mun Road from MTR Yau Tong Station. After reaching the Ko Chiu Road Roundabout, turn left and then turn right. Walk for about 20 minutes.

FINISHING  
POINT

### 井欄樹 (KK155725)

- 可乘搭九巴路線 91、91M 或 92 號前往港鐵鑽石山站。

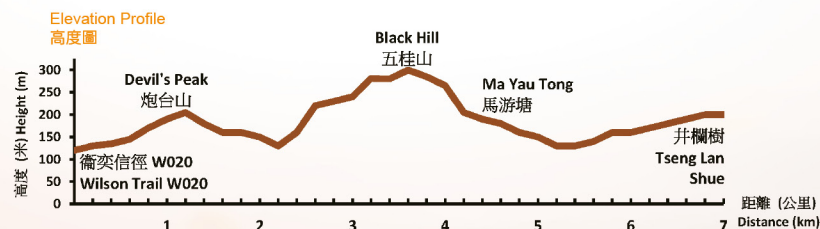
### Tseng Lan Shue

- Take Kowloon Motor Bus Route Nos. 91, 91M or 92 to MTR Diamond Hill Station.

五桂山遙望藍田及港島  
Lam Tin and Hong Kong Island



炮台山  
Devil's Peak



衛奕信徑第三段  
Wilson Trail Section 3

炮台山  
Devil's Peak



簡介

BRIEF

由松仔園經大埔滘自然護理區抵鉛鑛坳，再沿清幽山徑直下碗窑，參觀歷史古蹟－樊仙宮。路程頗長，大部分為限制使用通道。

Start at Tsung Tsai Yuen and walk past the Tai Po Kau Nature Reserve to Lead Mine Pass. Continue along the tranquil downhill path to Wun Yiu and visit the historical Fan Sin Temple. The route is quite long and comprises mainly restricted access.



起點

STARTING  
POINT

大埔滘松仔園 (KK103834)

- 可到沙田市中心巴士總站乘搭九巴路線 72 號直達。

Tsung Tsai Yuen, Tai Po Kau

- Take Kowloon Motor Bus Route No. 72 at Sha Tin Central Bus Terminus.



終點

FINISHING  
POINT

碗窑 (KK081839)

- 可乘搭綠色專線小巴路線 23K 號前往港鐵大埔墟站。

Wun Yiu

- Take green minibus Route No. 23K to MTR Tai Po Market Station.



鉛鑛坳  
Lead Mine Pass



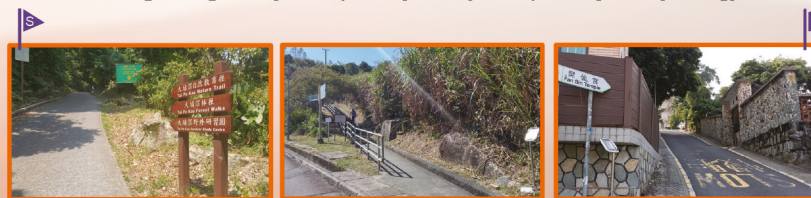
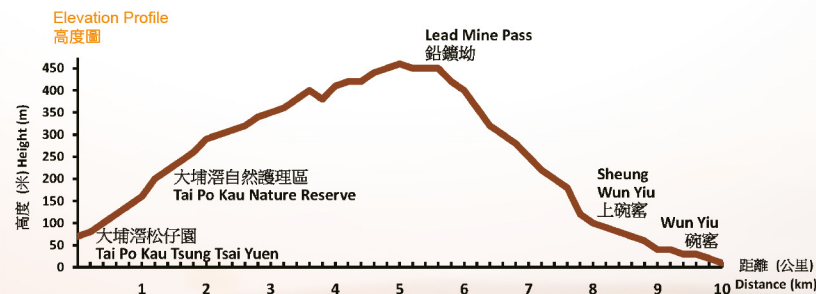
大埔滘  
Tai Po Kau



大埔滘花園  
Tai Po Kau Garden



碗窑展覽  
Wun Yiu Exhibition



公里  
km4小時  
hours

港島 Hong Kong Island

簡介  
BRIEF

沿薄扶林水塘道逆走爐峰自然步道（爐峰是太平山的別名），在爐峰峽沿盧吉道直入環山道，可俯瞰維港景色。若沿夏力道順走環山道，有壯麗的飛瀑，路盡處為小花園。沿克頓道而下，見山丘松林廢堡，逾百年的松林炮台，戰爭的痕跡至今猶在。港島徑是尋界石、訪學府，以及研究港島歷史地理及自然景物的好地方。

Start at Pok Fu Lam Reservoir Road and walk along the Peak Trail in a reverse direction. Enter Lugard Road at the Peak to take in the spectacular views of Victoria Harbour on the path skirting around the Peak. If you follow the trail in the opposite direction along Harlech Road, you will come across a splendid waterfall before arriving at a picnic area. Walk down Hatton Road to visit the relics of the century-old Pinewood Battery, where the traces of war are still evident. When walking on the Hong Kong Trail, you will find a wealth of historical attractions such as boundary stones and heritage buildings, and plenty of natural sights for the study of the history and geography of Hong Kong Island.

起點  
STARTING POINT

### 薄扶林公眾騎術學校 (KK047647)

- 可在港鐵中環站乘搭新巴 / 城巴路線 4、4X、7、30X、37A、40M、90B、91、94 號或綠色專線小巴路線 22 號直達。

### Pok Fu Lam Public Riding School

- Take New World First Bus / Citybus Route Nos. 4, 4X, 7, 30X, 37A, 40M, 90B, 91, 94 or green minibus Route No. 22 at MTR Central Station.

終點  
FINISHING POINT

### 香港大學，大學道 (KK053668)

- 可乘搭新巴路線 13 號或綠色專線小巴路線 3 號前往港鐵中環站。

### University Drive, Hong Kong University

- Take World First Bus Route No. 13 or green minibus Route No. 3 to MTR Central Station.

### 龍虎山郊野公園 Lung Fu Shan Country Park



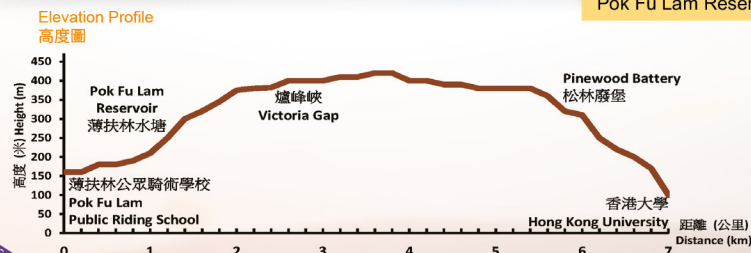
### 炮台 Battery



### 爐峰自然步道 Peak Trail



### 薄扶林水塘 Pok Fu Lam Reservoir





簡介

BRIEF

大欖郊野公園是熱門的郊遊地點，以景色優美的植林區和大欖涌水塘聞名。郊野公園內郊遊路徑縱橫交錯，已命名的郊遊路線有 12 條之多，是全港郊野公園之冠。本路線起點為馬鞍崗護理員站崗，出發後沿山徑、引水道及大欖林道南行，登觀景台，遊大欖生態園，再訪毗鄰民安隊圓墩營的圓墩古村，終點為青龍頭。路程稍長，後半段有上下坡路。

Tai Lam Country Park is a popular outing destination renowned for its beautiful forest plantation and the picturesque Tai Lam Reservoir. Tai Lam Country Park has a well-developed network of footpaths with 12 named hiking routes, ranking first in terms of the number of routes among the country parks in Hong Kong. Start at Ma On Kong Warden Post and walk southward along the footpath, catchwater path and Tai Lam Forest Track. Go uphill to the viewing point and visit Tai Lam Ecological Garden. Then visit Yuen Tun Old Village adjacent to the CAS Yuen Tun Camp before proceeding to Tsing Lung Tau, where the trip ends. This route is rather long and the latter part comprises uphill and downhill sections.



起點

STARTING  
POINT

### 馬鞍崗護理員站崗 (JK975823)

- 可乘搭港鐵前往錦上路站，沿錦河路及八鄉路步行 30 分鐘到達，或轉乘九巴路線 251A 或 251B 號。

### Ma On Kong Warden Post

- Walk along Kam Ho Road and Pat Heung Road for about 30 minutes or take Kowloon Motor Bus Route Nos. 251A or 251B from MTR Kam Sheung Road Station.



終點

FINISHING  
POINT

### 青龍頭龍如路 (JK963767)

- 可步行約 20 分鐘至青山公路青龍頭段或深井段，乘搭九巴路線 53 或 52X 號前往港鐵荃灣站或美孚站。

### Lung Yue Road, Tsing Lung Tau

- Walk for about 20 minutes to Castle Peak Road (Tsing Lung Tau or Sham Tseng) and take Kowloon Motor Bus Route Nos. 53 or 52X to MTR Tsuen Wan Station or Mei Foo Station.

大欖涌水塘  
Tai Lam Chung Reservoir



圓墩  
Yuen Tun



圓墩古村  
Yuen Tun Old Village

引水道  
Catchwater

