



8.5 km

4 小時
hours

港島 Hong Kong Island



簡介

BRIEF

由畢拉山道起步，經金督馳馬徑出大潭水塘道、渣甸山、小馬山，沿鯽魚涌樹木研習徑到鯽魚涌基利路，全程大部分為衛奕信徑第二段。中段有上下坡段，山徑頗崎嶇。

Start at Mount Butler Road, walk along Sir Cecil's Ride and proceed to Tai Tam Reservoir Road, Jardine's Lookout and Siu Ma Shan. Continue along Quarry Bay Tree Walk to Greig Road, Quarry Bay. This route largely follows Section 2 of the Wilson Trail. The middle part is rather rugged with uphill and downhill sections.



起點

STARTING POINT

渣甸山畢拉山道 (KK108651)

- 可到港鐵金鐘站乘搭城巴路線 11 號直達。

Mount Butler Road, Jardine's Lookout

- Take Citybus Route No. 11 at MTR Admiralty Station.



終點

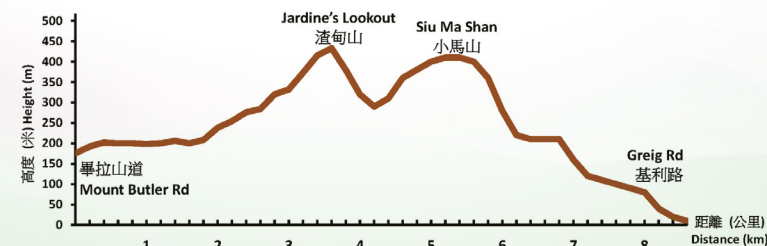
FINISHING POINT

鯽魚涌基利路佛教中華康山學校側 (KK128665)

- 可沿基利路步行往英皇道到港鐵太古站。

Next to the Buddhist Chung Wah Kornhill Primary School at Greig Road, Quarry Bay

- Go to MTR Tai Koo Station by walking to King's Road via Greig Road.

石礦場
Quarry金督園
Sir Cecil's Garden渣甸山
Jardine's Lookout戰時爐灶
Wartime StovesElevation Profile
高度圖衛奕信徑
Wilson Trail

公里
km4 小時
hours

簡介

BRIEF

先遊大帽山遠足研習徑再進入扶輪公園自然教育徑，然後往下行到川龍村考察西洋菜地，繞行帽南幽徑，經芙蓉山竹林禪院，訪「四面佛」後出荃灣。全程絕大部分為下坡山徑，崎嶇路段需步行約 25 至 30 分鐘。

Walk along the Hiking Practice Trail in Tai Mo Shan before entering the Rotary Park Nature Trail. Walk down the trail until you reach the watercress fields at Chuen Lung Village. Then take the tranquil path in the south of Tai Mo Shan and visit the 4-faced Buddha at Chuk Lam Sim Yuen, Fu Yung Shan, before proceeding to Tsuen Wan. The route is largely downhill with a rugged section which takes about 25 to 30 minutes to walk.



起點

STARTING
POINT

大帽山荃錦坳 (KK020804)

- 可到港鐵荃灣站乘搭九巴路線 51 號，在荃錦公路郊野公園管理站下車，向荃灣方向步行數十米再左轉入大帽山道，沿馬路上行到扶輪公園入口。

Tsuen Kam Au, Tai Mo Shan

- Take Kowloon Motor Bus Route No. 51 at MTR Tsuen Wan Station and get off at the Country Park Management Centre on Route Twisk. Walk in the direction of Tsuen Wan for a few dozen metres and then turn left to Tai Mo Shan Road. Walk upslope along the road to the entrance of Rotary Park.



終點

FINISHING
POINT

芙蓉山道 (KK032776)

- 可乘搭綠色專線小巴 85 號或步行約 1.2 公里前往港鐵荃灣站。

Fu Yung Shan Road

- Take green minibus Route No.85 or walk for about 1.2 km to MTR Tsuen Wan Station.

竹林禪院
Chuk Lam Sim Yuen



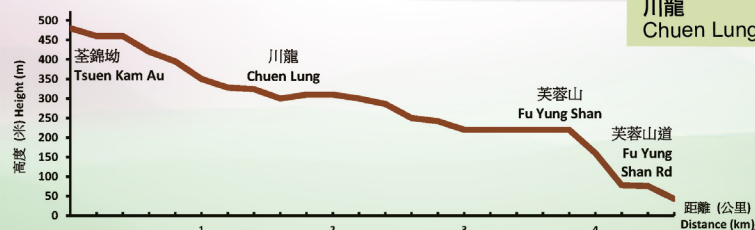
扶輪公園
Rotary Park



涼亭
Pavilion



Elevation Profile
高度圖





BRIEF

城門郊野公園位於大帽山東南面，山徑縱橫交錯，風景秀麗。當中羣山環抱的城門水塘、畔塘徑、大城石澗、白千層樹林及標本林，都是郊遊好去處。沿水塘林道過針草坳，經道風山往沙田排頭村。如體力足夠，可訪萬佛寺後才往沙田。前段為水塘限制使用通道的上坡路段，後段為下坡小徑。

Shing Mun Country Park, located south east of Tai Mo Shan, is full of intersecting footpaths and lyrical scenery. The Shing Mun Reservoir lying amid lush hills, reservoir walks, Tai Shing Stream, woodlands of paperbark trees and the arboretum are the major attractions. Walk along the woodland paths around the reservoir and head for Sha Tin Pai Tau Village via To Fung Shan after crossing the pass between Grassy and Needle Hills. Alternatively, you may visit the Ten Thousand Buddhas Monastery before proceeding to Sha Tin if you are physically fit for it. The early section of the route comprises uphill restricted access of the reservoir while the latter section comprises downhill footpaths.



STARTING POINT

城門水塘菠蘿壩 (KK058782)

- 可到荃灣兆和街乘搭綠色專線小巴 82 號直達。

Pineapple Dam, Shing Mun Reservoir

- Take green minibus Route No. 82 at Siu Wo Street, Tsuen Wan.



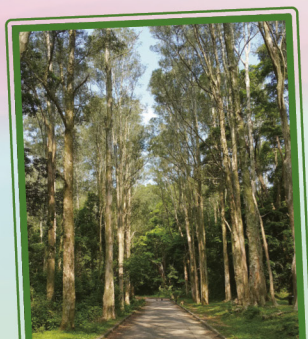
FINISHING POINT

排頭村 (KK103779)

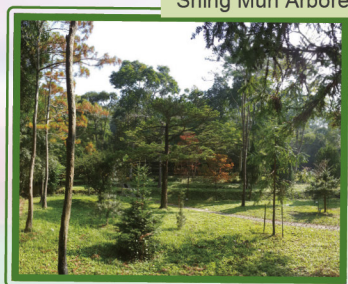
- 可步行到港鐵沙田站。

Pai Tau Village

- Walk to MTR Sha Tin Station.



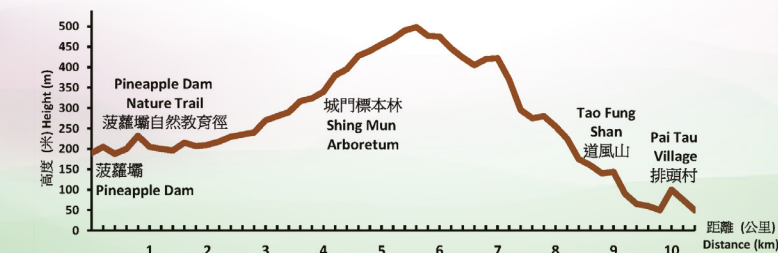
白千層林
Woodland of Paperbark Trees



城門標本林
Shing Mun Arboretum



城門水塘
Shing Mun Reservoir



公里
km5.5 小時
hours

簡介

BRIEF

訪新界東北烏蛟騰羣村，細賞吊燈籠山，下犁頭石古道，玩味三桠灣及三桠涌的山光水色，在三桠村品嚐客家小吃，臨苗三石澗賞泉，再踏古意盎然的苗三石砌古道，回程重返烏蛟騰。全程大部分為石砌古道，回程為微斜的上坡路。

Visit the villages in Wu Kau Tang in the northeast of the New Territories and get a good view of Tiu Tang Lung. Walk down the ancient footpath of Lai Tau Shek to explore the magnificent scenery of Sam A Wan and Sam A Chung. Taste some Hakka snacks at Sam A Tsuen, visit Miu Sam Stream and walk along the ancient stone path of Miu Sam before heading back to Wu Kau Tang. The route comprises mainly ancient cobbled footpaths with a gentle uphill section at the end.



起點

STARTING POINT



終點

FINISHING POINT

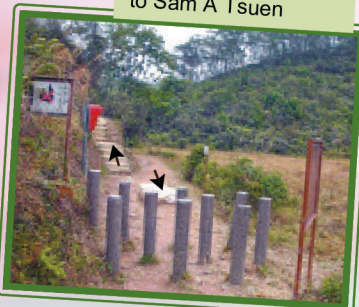
烏蛟騰 (KK163914)

- 可到港鐵大埔墟站乘搭綠色專線小巴路線 20R 號直達，並往返烏蛟騰。

Wu Kau Tang

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

往三桠村的路徑交匯處
The Junction of Routes
to Sam A Tsuen



三桠涌
Sam A Chung



心形壺穴
Pothole



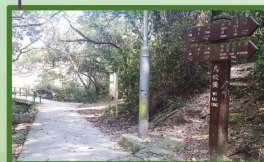
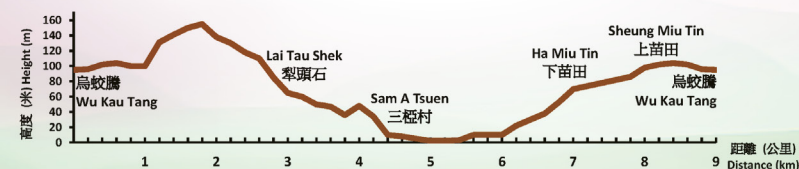
三桠灣
Sam A Wan



三桠灣
Sam A Wan



Elevation Profile
高度圖



公里
km4.5 小時
hours

簡介

BRIEF

由馬鞍山郊野公園管理站出發，沿馬鞍山郊遊徑登昂平觀景台，經茅坪下行到富安花園。全程有上坡路及下坡路各一段，均屬易行的山徑或車路。

Start at Ma On Shan Country Park Management Centre and walk along the Ma On Shan Country Trail to the viewing point at Ngong Ping. Then, walk downhill via Mau Ping to Chevalier Garden. This route comprises an uphill section and a downhill section with easy footpaths and vehicular access.



起點

STARTING
POINT

馬鞍山郊野公園管理站 (KK155807)

- 可到馬鞍山耀安邨，沿馬鞍山路迴旋處旁的馬鞍山村路上斜路，步行約 45 分鐘到達。

Ma On Shan Country Park Management Centre

- Go to Yiu On Estate in Ma On Shan. Then walk upslope along Ma On Shan Tsuen Road next to the Ma On Shan Road Roundabout for about 45 minutes.



終點

FINISHING
POINT

大水坑富安花園 (KK143803)

- 可步行到港鐵大水坑站。

Chevalier Garden, Tai Shui Hang

- Walk to MTR Tai Shui Hang Station.

馬鞍山郊野公園
Ma On Shan Country Park



昂平
Ngong Ping



往茅坪
To Mau Ping

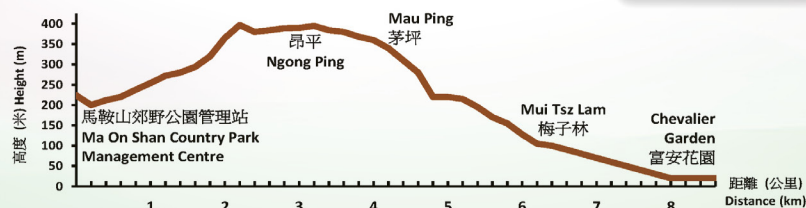


梅子林路
Mui Tsz Lam Road



大金鐘
Pyramid Hill (Tai Kam Chung)

Elevation Profile
高度圖



公里
km5.5 小時
hours

BRIEF

由柴灣角半山村入元荃古道，繞石龍拱，經田清橋和田夫仔營地到清快塘。西行約一公里至路徑交匯處，再南下深井沉澱塘，進入林道可沿大欖郊野公園深井管理站緩步行到深井。前段為上坡路，後段為崎嶇下坡路，路程亦較長。

Enter the Yuen Tsuen Ancient Trail from Pun Shan Tsuen in Chai Wan Kok and follow the path around Shek Lung Kung. Cross Tin Tsing Bridge and walk past Tin Fu Tsai Campsite to reach Tsing Fai Tong. Walk westward for about 1 km to a junction and continue down the path heading south to Sham Tseng Settlement Basin. Proceed to the forest track and walk along the path from Tai Lam Country Park Sham Tseng Management Centre to Sham Tseng. The early part of the route goes uphill while the latter part is a relatively long rugged downhill path.

STARTING
POINT

荃景園 (KK018774)

- 可到港鐵荃灣站乘搭九巴路線 39M 號直達。

Tsuen King Circuit

- Take Kowloon Motor Bus Route No. 39M at MTR Tsuen Wan Station.

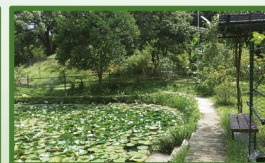
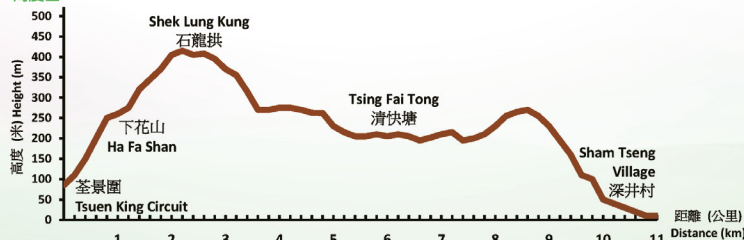
FINISHING
POINT

深井村路口 (JK971766)

- 可乘搭九巴路線 53 或 52X 號前往港鐵荃灣站或美孚站。

Road junction at Sham Tseng Village

- Take Kowloon Motor Bus Route Nos. 53 or 52X to MTR Tsuen Wan Station or Mei Foo Station.

石龍拱
Shek Lung Kung清快塘
Tsing Fai Tong元荃古道
Yuen Tsuen Ancient Trail深井沉澱塘
Sham Tseng Settlement BasinElevation Profile
高度圖



打瀉油坳出涌口

Wong Nai Tau - Pak Sha Wan



公里
km



4 小時
hours



BRIEF

由沙田黃泥頭出發，緩登石芽背，沿山徑繞過黃牛山及水牛山，穿越打瀉油坳，抵白沙灣。山徑略為崎嶇，沿途有上下坡段。

Start at Wong Nai Tau, Sha Tin, walk slowly up Shek Nga Pui, and take the path around West Buffalo Hill and Buffalo Hill. Then cross Buffalo Pass (Ta She Yau Au) to reach Pak Sha Wan. The route is slightly rugged with uphill and downhill sections.



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

白沙灣 (KK178762)

- 可乘搭九巴路線 92 號到港鐵鑽石山站。

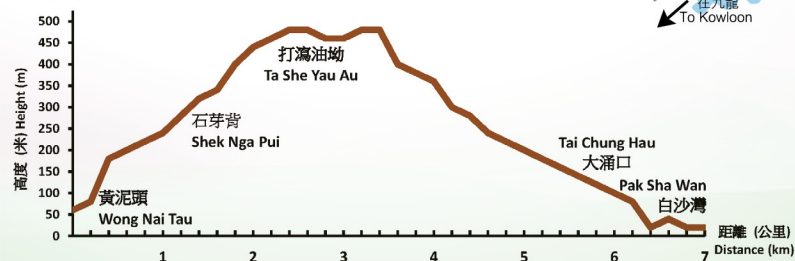
Pak Sha Wan

- Take Kowloon Motor Bus Route No. 92 to MTR Diamond Hill Station.

白沙灣
Pak Sha Wan



Elevation Profile
高度圖



打瀉油坳
Buffalo Pass (Ta She Yau Au)



上坡路徑
Uphill Path



孟公窩路
Man Kung Wo Road



麥理浩徑 MacLehose Trail



靠左前進 Keep to the left



公里
km4.5 小時
hours

BRIEF

由丹竹坑登平頂坳，沿南涌郊遊徑過老龍田出南涌，沿途飽覽新界東北風光，遠眺邊境沙頭角風貌。山徑頗崎嶇，沿途有上下坡段。

Ascend Ping Teng Au from Tan Chuk Hang, walk along Nam Chung Country Trail and head toward Nam Chung via Lo Lung Tin. Take in the views of the north-eastern part of the New Territories and the boundary at Sha Tau Kok along the way. The route is rather rugged with uphill and downhill sections.

STARTING
POINT

馬尾下 (KK095929)

- 可到港鐵粉嶺站乘搭九巴路線 78K 號或綠色專線小巴 56K 號直達。
- 亦可乘搭綠色專線小巴 56B 號於丹竹坑起步。

Ma Mei Ha

- Take Kowloon Motor Bus Route Nos. 78K or green minibus Route No. 56K at MTR Fanling Station. Alternatively take green minibus Route No. 56B at MTR Fanling Station and start at Tan Chuk Hang.

FINISHING
POINT

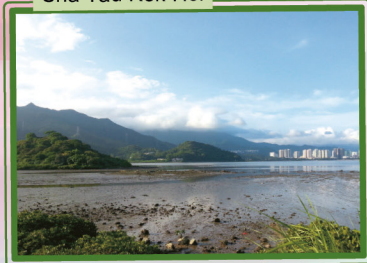
鹿頸 (KK136935)

- 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.

沙頭角海
Sha Tau Kok Hoi



南涌
Nam Chung



南涌郊遊徑
Nam Chung Country Trail



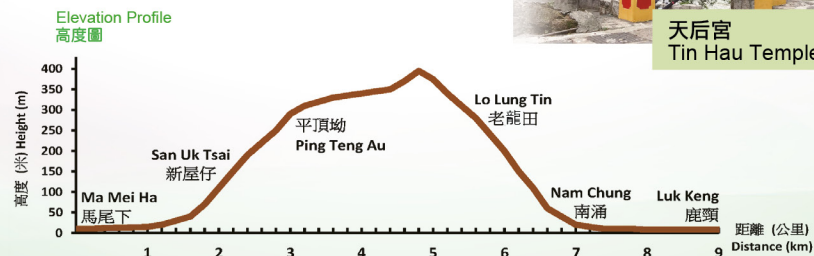
眺望沙頭角
Looking toward Sha Tau Kok



石澗
Stream



天后宮
Tin Hau Temple





簡介

BRIEF

從水浪窩出發，沿海旁經引水道往榕樹澳方向，企嶺下海一帶風光盡收眼底。接著經榕北走廊沿小徑往上行，到達北潭後，再經過基督教得生團契的農地及村屋往終點北潭涌，沿途有上下坡段。

Starting from Shui Long Wo, the walk takes you along the coast and catchwater before continuing to Yung Shue O, giving you unparalleled vistas of Three Fathoms Cove (Kei Ling Ha Hoi). Then walk up to Pak Tam along the path via Yung Pak Corridor and pass through the farmland and villages of the Christian New Being Fellowship before ending the walk at Pak Tam Chung. There are uphill and downhill sections along the way.



起點

STARTING
POINT

水浪窩 (KK199802)

- 可到港鐵烏溪沙站乘搭九巴路線 99 號直達水浪窩。

Shui Long Wo

- Take Kowloon Motor Bus Route No. 99 at MTR Wu Kai Sha Station



終點

FINISHING
POINT

北潭涌 (KK239792)

- 可乘搭九巴94號線往西貢市中心。

Pak Tam Chung

- Take Kowloon Motor Bus No.94 to Sai Kung Town Centre.

中途休息地點

A Stopping Point Along the Trail



溪澗 Stream



下山山徑

Downhill Path



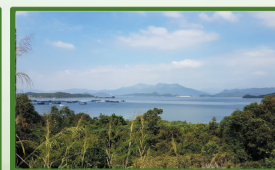
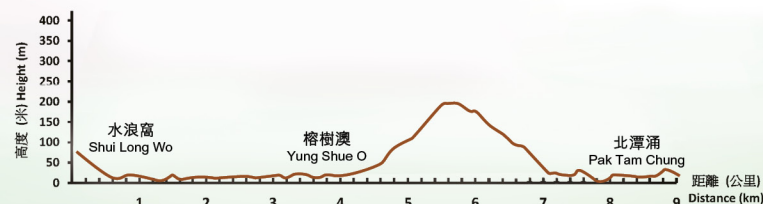
途中一景

A View Along the Way



中途休息地點

A Stopping Point Along the Trail

Elevation Profile
高度圖

A10 涌經沙螺出大澳 Tung Chung - Tai O



公里
km



5 小時
hours



大嶼山 Lantau Island



簡介

BRIEF

由港鐵東涌站出發，沿東涌灣混凝土小徑往侯王宮，遙望赤鱗角香港國際機場，經沙螺灣新村及深石村抵深屈，欣賞風光如畫的深屈灣。前行尋嶼北界碑出寶珠潭，見楊侯古廟即抵大澳，古樸漁村面貌呈現眼前，有棚屋、鹽田遺址、紅樹林、橫水渡（橋）等。路徑後段頗為崎嶇不平。

Start at MTR Tung Chung Station, take the concrete path along Tung Chung Bay and head toward Hau Wong Temple to get a distant view of the Hong Kong International Airport at Chek Lap Kok. Pass through Sha Lo Wan San Tsuen and Sham Shek Tsuen to reach Sham Wat, where you can enjoy the picturesque vista of Sham Wat Wan. Continue along the path to find the North Lantau Stone Obelisk and proceed to Po Chue Tam. The sight of Yeung Hau Temple marks your arrival at Tai O, where you can find a quaint fishing village with stilt houses, disused salt pans, mangroves and a rope ferry. The latter part of the route is rather rugged.



起點

STARTING POINT

港鐵東涌站 (HE030677)

MTR Tung Chung Station



終點

FINISHING POINT

大澳巴士總站 (GE950636)

- 乘搭新大嶼山巴士路線 11 號回東涌。

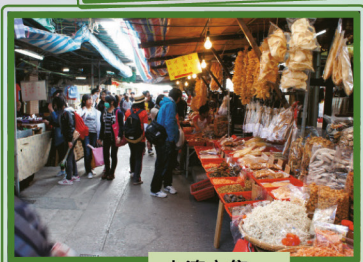
Tai O Bus Terminus

- Take New Lantau Bus Route No.11 back to Tung Chung.

混凝土小徑
Concrete Path



嶼北界石
Lantau North Stone Obelisk



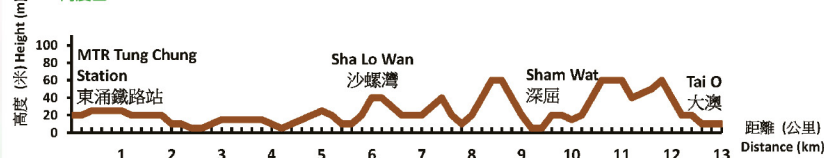
大澳市集
Tai O Town



東澳古道
Tung O Ancient Trail



Elevation Profile
高度圖



虎山眺望寶珠潭及大澳
Looking toward Po Chue Tam and Tai O from Fu Shan





8 km

4 小時
hours

簡介

BRIEF

由荃錦公路川龍小巴士站出發，到達彩龍茶樓後經車路往川龍管理站，沿龍門郊遊徑出城門林道（水塘段），右轉往菠蘿壩，可順訪賞蝶園，終點為城門道。前段為不太斜的上坡路，其後一直為下坡路，沿途山徑頗崎嶇，路程亦較長。
Start at Chuen Lung minibus station at Route Twisk. Upon reaching Choi Lung Restaurant, follow the driveway leading to Chuen Lung Management Centre. Continue along the Lung Mun Country Trail and proceed to the Shing Mun Forest Track (Reservoir Section). Take the path on the right leading to Pineapple Dam, where you may visit the Butterfly Paradise on the way. The trip ends at Shing Mun Road. The first half of the route goes gently uphill while the second half is slightly longer and comprises rather rugged downhill paths.



起點

STARTING
POINT

荃錦公路川龍 (KK024795)

- 從港鐵荃灣站步行到川龍街，乘搭綠色專線小巴路線 80 號直達。

Chuen Lung, Route Twisk

- Walk to Chuen Lung Street from MTR Tsuen Wan Station and take green minibus Route No. 80 from there.



終點

FINISHING
POINT

城門水塘菠蘿壩 (KK058782)

- 可乘搭綠色專線小巴路線 82 號前往荃灣兆和街，然後步行往港鐵荃灣站。

Pineapple Dam, Shing Mun Reservoir

- Take green minibus Route No. 82 to Siu Wo Street, Tsuen Wan and then walk to MTR Tsuen Wan Station.

往城門水塘
To Shing Mun Reservoir



青蛙石
Strange Rock



龍門郊遊徑入口
Entrance of Lung Mun Country Trail

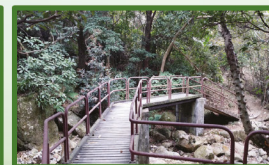
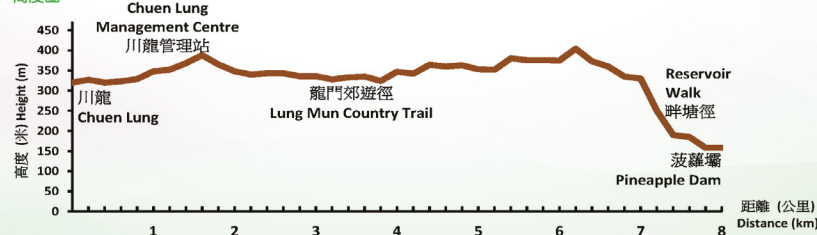


城門郊野公園遊客中心
Shing Mun Country Park Visitor Centre



龍門郊遊徑
Lung Mun Country Trail

Elevation Profile
高度圖



公里
km4.5
hours

BRIEF

由流水響水塘出發，右進郊遊徑，經流水橋、龍山橋及桔仔山坳緩登九龍坑山（雲山），在位處八仙嶺郊野公園西緣的九龍坑山極目遠眺，吐露港及大埔都在東北群山之下，風景甚佳。回程逆走衛奕信徑第八段至大埔頭，吃喝玩樂皆便捷。沿途上下坡段，後段部分路徑頗崎嶇。

Start at Lau Shui Heung Reservoir and take the country trail on the right. After passing by Lau Shui Bridge, cross Lung Shan Bridge and walk through Kat Tsai Shan Au. Walk slowly up Cloudy Hill (Kau Lung Hang Shan) located on the western boundary of Pat Sin Leng Country Park and enjoy a spectacular view of Tolo Harbour and Tai Po lying at the foot of the mountains in the north-eastern part of New Territories. Continue along Section 8 of the Wilson Trail in the reverse direction to reach Tai Po Tau, where dining and entertainment options are conveniently available. There are uphill and downhill sections all the way and the latter part of the route is quite rugged.

STARTING
POINT

流水響 (KK089910)

- 可到港鐵粉嶺站乘搭綠色專線小巴 52B 號直達。

Lau Shui Heung

- Take green minibus Route No. 52B at MTR Fanling Station.

FINISHING
POINT

大埔頭 (KK074858)

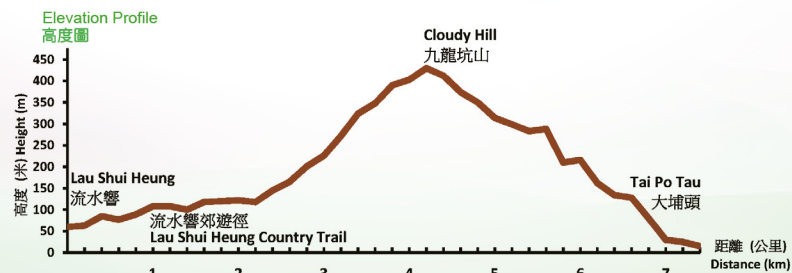
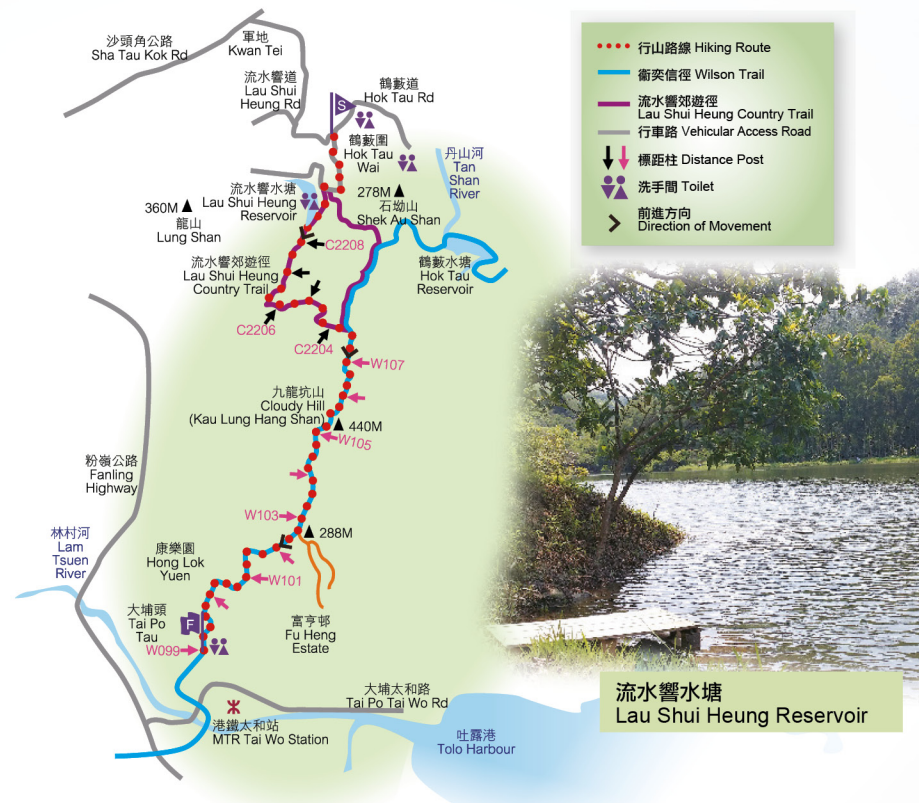
- 可沿大埔頭徑及寶雅路步行約 10 分鐘前往港鐵太和站。

Tai Po Tau

- Walk along Tai Po Tau Drive and Po Nga Road for about 10 minutes to MTR Tai Wo Station.

九龍坑山
Cloudy Hill涼亭及座椅
Pavilion and Bench

九龍坑山眺望大埔
Looking toward Tai Po from Cloudy Hill



公里
km4.5 小時
hours

BRIEF

沿北潭涌家樂徑往北潭，經榕北走廊接麥理浩徑第三段，經雷打石至石坑出大網仔。全程多樹蔭，可靜聽鳥聲蟲鳴；穿過樹林，可近觀雞公山及雷打石，遠觀則有船灣淡水湖及八仙嶺。沿途有上下坡段，中段上山需要較多體力，部份路段較崎嶇及多碎石。

Walk along Pak Tam Chung Family Walk and proceed to Pak Tam. Continue along Yung Pak Corridor before entering Section 3 of the MacLehose Trail. Then head for Tai Mong Tsai via Lui Ta Shek and Shek Hang. This tranquil route is well-shaded by trees with sound of chirping birds and buzzing insects along the way. You can enjoy a close-up view of Kai Kung Shan and Lui Ta Shek after passing through the forest, and a panoramic view of Plover Cove Reservoir and Pat Sin Leng is visible from a distance. There are uphill and downhill sections, and a walk uphill along the middle section needs a bit more effort. Part of the route is rather rugged with gravels.

STARTING
POINT

北潭涌 (KK239793)

- 可到西貢市中心乘搭九巴路線94號直達。

Pak Tam Chung

- Take Kowloon Motor Bus Route No. 94 at Sai Kung Town Centre.

FINISHING
POINT

大網仔 (KK219788)

- 可乘搭九巴路線94號直達西貢市中心。

Tai Mong Tsai

- Take Kowloon Motor Bus Route No. 94 to Sai Kung Town Centre.

眺望雞公山

Looking toward Kai Kung Shan

崎嶇小徑
Rugged Footpath

麥理浩徑

MacLehose Trail

北潭涌家樂徑
Pak Tam Chung Family WalkElevation Profile
高度圖