

公里
km4.5
hours港島
Hong Kong Island

簡介

BRIEF

由石澳山仔登大頭洲賞浪，過情人橋，近觀石澳鄉村俱樂部及高爾夫球場，沿車路往大浪灣賞古石刻，然後登砵甸乍山，經哥連臣角道往下行抵小西灣海濱花園。全程為混凝土山徑，交通疏落，沿途有上下坡段。

Walk up Tai Tau Chau from Shek O Headland to watch the waves. Cross the Lover's Bridge and then return to Shek O Country Club and Golf Course. Continue along the driveway leading to Big Wave Bay and pay a visit to the Ancient Rock Carving. Then walk up Pottinger Peak and cross Cape Collinson Road on the way down to Siu Sai Wan Promenade. The route comprises uphill and downhill concrete paths and roads with light traffic.



起點

STARTING
POINT

石澳 (KK166609)

- 可到港鐵筲箕灣站乘搭新巴路線 9 號直達。

Shek O

- Take New World First Bus Route No. 9 at MTR Shau Kei Wan Station.



終點

FINISHING
POINT

小西灣海濱花園 (KK168647)

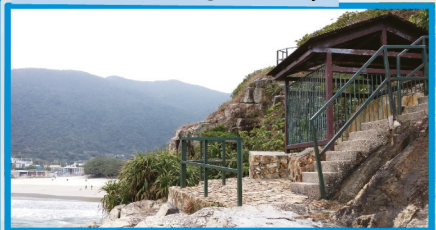
- 可乘搭新巴路線 82、82X、85 或 682A 號前往港鐵太古站。

Siu Sai Wan Promenade

- Take New World First Bus Route Nos. 82, 82X, 85 or 682A to MTR Tai Koo Station.

大頭洲
Tai Tau Chau

大浪灣石刻
Rock Carving at Big Wave Bay



大浪亭
Big Wave Pavilion



龍躍徑
Leaping Dragon Walk



Elevation Profile
高度圖





簡介

BRIEF

由船灣郊野公園大美督管理站起步到春風亭，仰望馬騮崖及仙姑峯，沿八仙嶺自然教育徑前行，眺望船灣淡水湖，經橫山腳下村及上村，到達區內最具特色的上黃肚丘陵、下黃肚丘陵地帶，經上七木橋及下七木橋側登尤德爵士紀念亭，俯瞰南涌全景，眺望沙頭角海，然後經陳屋出鹿頸。山徑易行，沿途有上下坡段。

Walk to Spring Breeze Pavilion from the Plover Cove Country Park Tai Mei Tuk Management Centre under Monkey Cliff and Hsien Ku Fung. Carry on along the Pat Sin Leng Nature Trail and enjoy the views of Plover Cove Reservoir from afar. Pass through Wang Shan Keuk Ha Tsuen and Sheung Tsuen to reach the rolling hillside. Then pass Sheung Tsat Muk Kiu and Ha Tsat Muk Kiu, and walk uphill to Sir Edward Youde Memorial Pavilion, where you can enjoy a panoramic view of Nam Chung and a distant view of Starling Inlet (Sha Tau Kok Hoi). Proceed to Luk Keng via Chan Uk to end the trip. This is an easy route with uphill and downhill sections.



起點

STARTING
POINT

船灣郊野公園大美督管理站 (KK156882)

- 可到港鐵大埔墟站乘搭綠色專線小巴路線 20C 號或九巴路線 75K 號於大美督總站下車，沿汀角路往新娘潭方向步行約 10 分鐘到船灣郊野公園大美督管理站。

Plover Cove Country Park Tai Mei Tuk Management Centre

- Take green minibus Route No. 20C or Kowloon Motor Bus Route No. 75K at MTR Tai Po Market Station and get off at Tai Mei Tuk Bus Terminus. Walk along Ting Kok Road in the direction of Bride's Pool for about 10 minutes to Plover Cove Country Park Tai Mei Tuk Management Centre.



終點

FINISHING
POINT

鹿頸 (KK135934)

- 可乘搭綠色專線小巴路線 56K 號前往港鐵粉嶺站。

Luk Keng

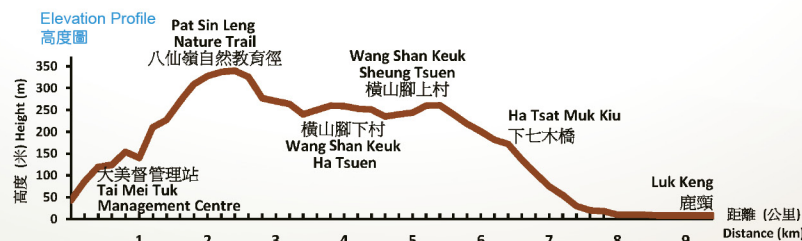
- Take green minibus Route No. 56K to MTR Fanling Station.



尤德爵士紀念亭
Sir Edward Youde
Memorial Pavilion



春風亭
Spring Breeze Pavilion



在春風亭望向大美督
Looking toward Tai Mei Tuk
from Spring Breeze Pavilion



鹿頸望向沙頭角
Looking toward Sha Tau Kok
from Luk Keng





簡介

BRIEF

由大坳門出發，緩登海拔 344 米「西貢三尖」之一的釣魚翁尖峰南坡，沿脊北至上洋山，訪山畔孟公屋，經禾塘崗下行至將軍澳坑口，沿途有上下坡段。

Start at Tai Au Mun, walk slowly up the south face of High Junk Peak (Tiu Yue Yung), which is one of the three steepest climbs in Sai Kung with an elevation of 344 m. Carry on along the north side of the ridge toward Sheung Yeung Shan. Visit Mang Kung Uk by the hillside and walk down the slope to Hang Hau, Tseung Kwan O through Wo Tong Gong. There are uphill and downhill sections along the way.



起點

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.



終點

FINISHING
POINT

坑口半見村 (KK188703)

- 可沿昭信路及銀澳路步行約 15 分鐘前往港鐵坑口站。

Boon Kin Village, Hang Hau

- Walk along Chiu Shun Road and Ngan O Road for about 15 minutes to MTR Hang Hau Station.

龍蝦灣郊遊徑
Lung Ha Wan Country Trail



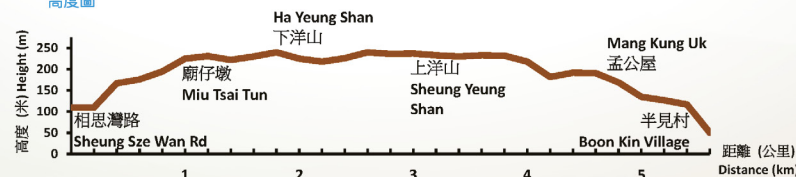
孟公屋
Mang Kung Uk



大坳門
Tai Au Mun



Elevation Profile
高度圖



公里
km5 小時
hours

簡介

BRIEF

在西貢屋頭欣賞淺灘紅樹，沿黃石家樂徑出大灘，進入大灘郊遊徑，沿途細賞塔門及高流灣的山光水色，繞攔路坳到海下灣觀賞「咚咚石」，盡賞海下灣迷人風光。沿途有上下坡段，山徑頗崎嶇。

Visit the coastal mangroves at Uk Tau, Sai Kung before taking the Wong Shek Family Walk to Tai Tan. Enter the Tai Tan Country Trail and enjoy the magnificent scenery of Tap Mun and Ko Lau Wan. Follow the path around Lan Lo Au until you reach Hoi Ha Wan, visit "Drumming Rock" and enjoy a spectacular view of Hoi Ha Wan. The route is rather rugged with uphill and downhill sections.



起點

STARTING
POINT

北潭路屋頭 (KK250827)

- 可到西貢市中心乘搭九巴路線 94 號直達。

Uk Tau, Pak Tam Road

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



終點

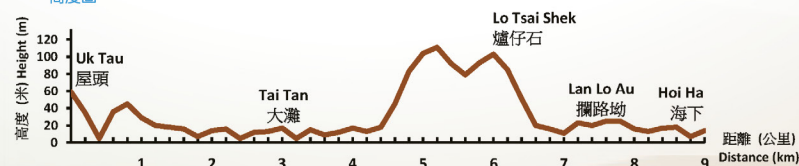
FINISHING
POINT

海下路海下 (KK250862)

- 可乘搭綠色專線小巴路線 7 號前往西貢市中心。

Hoi Ha, Hoi Ha Road

- Take green minibus Route No. 7 to Sai Kung Town Centre.

石灰窯
Lime Kiln望向南風灣
Looking toward Nam Fung Wan大灘海
Long Harbour攔路坳
Lan Lo AuElevation Profile
高度圖



簡介

BRIEF

沿西貢猴塘溪口漫步林泉幽境，緩登山鄉嶂上，出坳門俯瞰天梯、榕樹澳村及企嶺下海景。午後經牛耳石山 (440 米) 沿麥理浩徑第三段往下行到北潭凹。沿途有上下坡段，路徑頗崎嶇。

Walk into the tranquil woods from Hau Tong Kai, Sai Kung. Climb slowly up the path leading to the mountain village Cheung Sheung and proceed to Au Mun to explore the views of Jacob's Ladder, Yung Shue O Village and Kei Ling Ha Hoi. In the afternoon, climb Ngau Yee Shek Shan (440 m) and walk along Section 3 of the MacLehose Trail down to Pak Tam Au. The route is rather rugged with uphill and downhill sections.



起點

STARTING POINT

海下路猴塘溪 (KK248836)

- 可到西貢市中心搭乘綠色專線小巴路線 7 號直達。

Hau Tong Kai, Hoi Ha Road

- Take green minibus Route No. 7 at Sai Kung Town Centre.



終點

FINISHING POINT

北潭路北潭凹 (KK253818)

- 可搭乘九巴路線 94 號前往西貢市中心。

Pak Tam Au, Pak Tam Road

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

遠眺石屋山
Looking toward Shek Uk Shan

坳門風光
A view at Au Mun

嶂上
Cheung Sheung

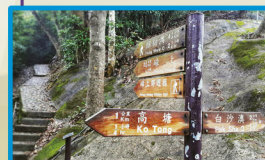
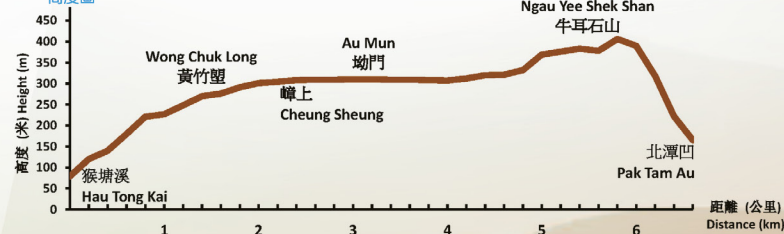
嶂上郊遊徑 Cheung Sheung Country Trail



麥理浩徑 MacLehose Trail



Elevation Profile 高度圖



B7 深淺兩塘皆宜趣 Jardine's Lookout - Tai Tam Tuk Reservoir



公里
km



4 小時
hours



港島 Hong Kong Island



簡介

BRIEF

沿金督馳馬徑暢遊黃泥涌水塘花園，經紫羅蘭山徑直達淺水灣坳，沿途飽覽深水灣、淺水灣風光，然後經迂迴山徑出大潭篤水塘，訪百年歷史的英式石砌拱橋。部分路徑略為崎嶇。

Follow Sir Cecil's Ride until you arrive at Wong Nai Chung Reservoir Park. Then enter Tze Lo Lan Shan Path, which leads to Tsin Shui Wan Au, and enjoy the breathtaking scenery of Deep Water Bay and Repulse Bay on the way. Proceed to Tai Tam Tuk Reservoir via a meandering path and visit the century-old British style masonry bridges. Parts of the route are slightly rugged.



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

大潭篤水塘 (KK136620)

- 可乘搭新巴路線 14 號前往港鐵西灣河站。

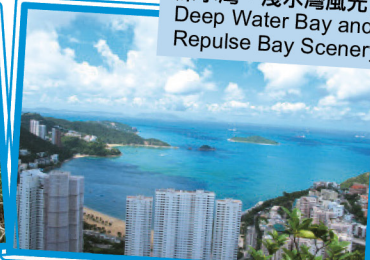
Tai Tam Tuk Reservoir

- Take New World First Bus Route No. 14 to MTR Sai Wan Ho Station.

紫羅蘭山徑
Tsz Lo Lan Shan Path



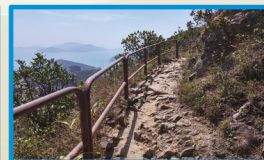
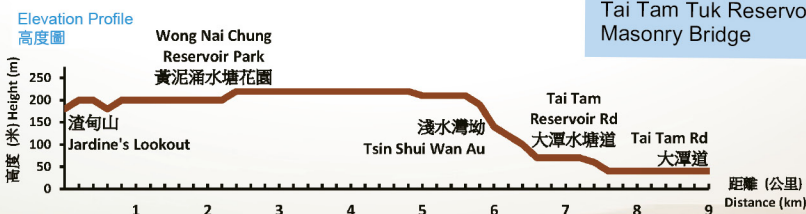
深水灣、淺水灣風光
Deep Water Bay and Repulse Bay Scenery



崎嶇小徑
Rugged Footpath



黃泥涌水塘花園
Wong Nai Chung Reservoir Park



公里
km5 小時
hours簡介
BRIEF

由西灣亭出發至吹筒坳，下行至西灣及鹹田灣，可親身體驗水清沙幼的海灣景色。續登大浪坳，經赤徑往北潭凹。路程頗長，沿途有上下坡段，風景極優美，中途並無其他路徑離開。

Start at Sai Wan Pavilion to Chui Tung Au and walk downhill to Sai Wan and Ham Tin Wan, where you can explore the beautiful beaches with powdery sand and clear water. Walk up to Tai Long Au and head toward Pak Tam Au via Chek Keng on the return leg. This is a rather long route with uphill and downhill sections which offers splendid scenery but no retreat points.

起點
STARTING POINT

西灣路西灣亭 (KK281789)

- 可到西貢親民街乘搭居民巴士(村巴)路線NR29號，在終點西灣亭下車。

Sai Wan Pavilion, Sai Wan Road

- Take Residents' Bus Route No. NR29 at Chan Man Street and get off at the terminus at Sai Wan Pavilion.

終點
FINISHING POINT

北潭路北潭凹 (KK254819)

- 可乘搭九巴路線 94 號前往西貢市中心。

Pak Tam Au, Pak Tam Road

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

西灣海灘
Sai Wan Beach



萬宜水庫
High Island Reservoir



吹筒坳
Chui Tung Au

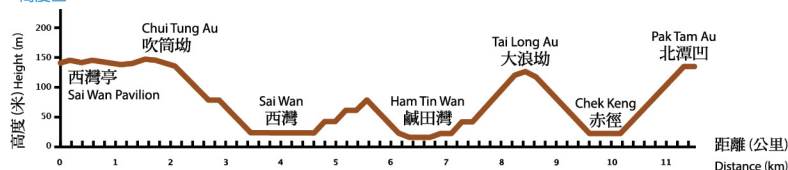


鹹田灣、蚰蛇尖
Ham Tin Wan and Sharp Peak

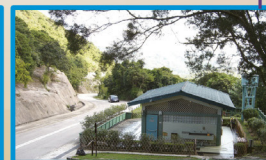


- 行山路線 Hiking Route
- 麥理浩徑 MacLehose Trail
- 鹿湖郊遊徑 Luk Wu Country Trail
- 北潭郊遊徑 Pak Tam Country Trail
- 路徑 Footpath
- 行車路 Vehicular Access Road
- ↓ 標距柱 Distance Post
- 🚻 洗手間 Toilet
- > 前進方向 Direction of Movement

Elevation Profile
高度圖



鹹田灣
Ham Tin Wan



公里
km3.5 小時
hours簡介
BRIEF

沿龍蝦灣路湛山寺行，觀賞龍蝦灣古石刻，接着登大嶺坳 (291 米)，俯瞰「東海」(西貢海)景色，往下行到大坑墩旅遊勝地，欣賞風箏漫天飛舞。沿途有上下坡段，山徑略為崎嶇，但視野奇佳。

Walk toward Cham Shan Monastery along Lung Ha Wan Road and visit the ancient rock carving at Lung Ha Wan. Ascend Tai Leng Tung (291 m) to get a bird's eye view of "East Sea" (i.e. Sai Kung Hoi). Then walk down to the popular outing spot in Tai Hang Tun and watch the colourful kites flying in the sky. The route, slightly rugged with uphill and downhill sections, offers spectacular views.

起點
STARTING POINT

清水灣道大坳門 (KK209681)

- 可到港鐵鑽石山站乘搭九巴路線 91 號直達。

Tai Au Mun, Clear Water Bay Road

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

終點
FINISHING POINT

大坑墩 (KK220676)

- 可沿清水灣道步行約 20 分鐘返回大坳門，然後乘搭九巴路線 91 號前往港鐵鑽石山站。

Tai Hang Tun

- Walk along Clear Water Bay Road for about 20 minutes to get back to Tai Au Mun. Then take Kowloon Motor Bus Route No. 91 to MTR Diamond Hill Station.

遠眺清水灣鄉村俱樂部
Looking toward Clear Water Bay
Golf and Country Club



大坑墩
Tai Hang Tun



龍蝦灣古石刻
Lung Ha Wan Ancient Rock Carving



放風箏地點
Kite Flying Site



- 行山路線 Hiking Route
- 龍蝦灣郊遊徑 Lung Ha Wan Country 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

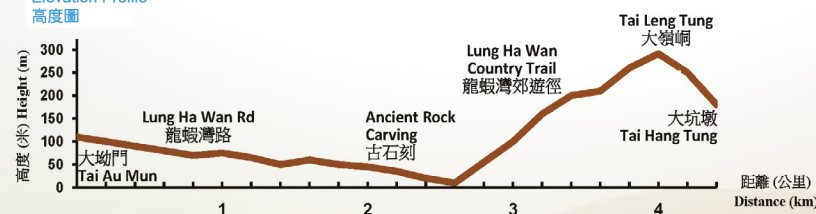


龍蝦灣郊遊徑
Lung Ha Wan
Country Trail



Elevation Profile

高度圖





簡介

BRIEF

港島南區山明水秀，香港仔上水塘及下水塘一帶風景尤其優美，金夫人馳馬徑蜿蜒其間，是大戰時期的軍事要點，沿引水道及山腰小徑行，經上水塘及下水塘沿山徑入貝璐道，途經墳場，終點為香港仔漁光邨。部分路徑略為崎嶇。

The Southern District on Hong Kong Island offers splendid natural scenery, especially the areas in the vicinity of Aberdeen Upper and Lower Reservoirs. Meandering between the two reservoirs is Lady Clementi's Ride, which was an important military post during the Second World War. Follow the catchwater and the footpath on the hillside, walk past the reservoirs and proceed to Peel Rise along the footpath. The route passes by a cemetery and ends at Yue Kwong Chuen, Aberdeen. Parts of the route are slightly rugged.



起點

STARTING
POINT

灣仔峽 (KK083651)

- 可到港鐵金鐘站乘搭新巴路線 15 號直達。

Wan Chai Gap

- Take New World First Bus Route No. 15 at MTR Admiralty Station.



終點

FINISHING
POINT

香港仔水塘道 (KK069633)

- 可沿漁光邨步行到石排灣邨乘搭城巴路線7號前往港鐵上環站。

Aberdeen Reservoir Road

- Walk along Yue Kwong Chuen to Shek Pai Wan Estate and take Citybus Route No. 7 to MTR Sheung Wan Station.

香港仔郊野公園

Aberdeen Country Park



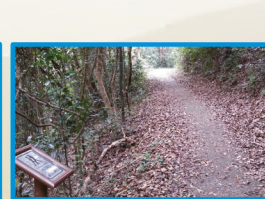
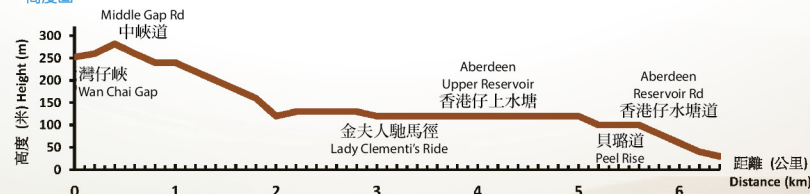
港島徑
Hong Kong Trail



香港仔上水塘石橋
Aberdeen Upper Reservoir Bridge



Elevation Profile
高度圖



公里
km5 小時
hours

BRIEF

在海下路見白沙澳路牌後走入混凝土路，經下洋、南山洞遊蛇石坳，下山經舊教堂往深涌，深涌一望無際的草原景致盡收眼底；沿海旁經紅樹林出榕樹澳，再沿引水道前行至水浪窩，在企嶺下海欣賞夕陽西下美景。山徑頗崎嶇，南山洞中段為泥路。

Enter a concrete path after reaching the road sign for Pak Sha O on Hoi Ha Road. Walk to She Shek Au via Ha Yeung and Nam Shan Tung. Go downhill, walk past an old church and proceed to Sham Chung, where you can enjoy a panoramic view of a vast area of grassland. Walk along the coastal path which leads to Yung Shue O through an area of mangroves. Then walk along the catchwater to Shui Long Wo while taking in the wonderful sunset views over Three Fathoms Cove. The route is rather rugged with a muddy path near Nam Shan Tung in the middle section.



STARTING POINT

白沙澳 (KK245853)

- 可到西貢市中心搭乘綠色專線小巴路線 7 號直達。

Pak Sha O

- Take green minibus Route No. 7 at Sai Kung Town Centre.



FINISHING POINT

水浪窩 (KK199801)

- 可乘搭九巴路線 99 號前往港鐵烏溪沙站。

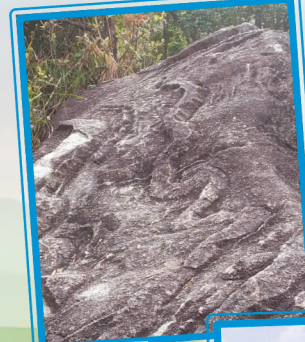
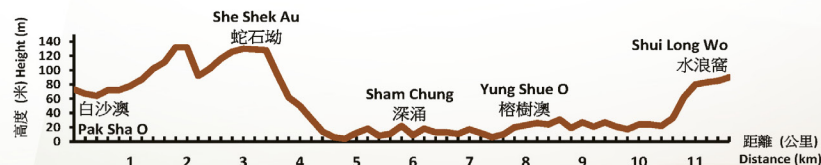
Shui Long Wo

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



深涌
Sham Chung

Elevation Profile
高度圖



蛇石
Strange Rock

白沙澳
Pak Sha O



渡輪碼頭
Ferry Pier

