

普及健體運動  
Healthy Exercise  
for All Campaign

# 行山樂

HIKING SCHEME



## 新界東北 及中部

North East &  
Central New  
Territories



A3



D5



A4



A8



A12



B3



## 新界西北

North  
West New  
Territories



A2



A6



A11



C4



C5



## 西貢及 清水灣

Sai Kung &  
Clear Water  
Bay



A5



A7



A9



A13



B4



B11



C2



C3



C6



## 港島

Hong Kong  
Island



A1



B1



B2



B7



B10



## 大嶼山

Lantau  
Island



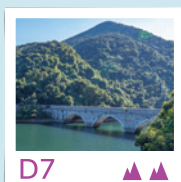
A10



D11







# 引言 Introduction

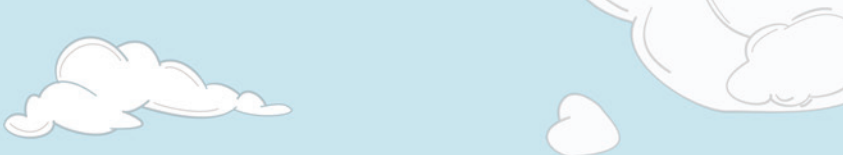
根據早前公布的「全港社區體質調查」調查結果，遠足是最多市民參與的體能活動之一。調查結果亦指出，如父母較多參與體能活動，子女亦相對較為活躍。為推廣遠足這項適合一家大小、有益身心和鍛鍊體魄的中等強度帶氧活動，並推廣恆常做運動的家庭文化，我們特別製作《行山樂》小冊子，讓大家享受遠足的樂趣。

本小冊子主要介紹香港 44 條各具特色的遠足路線及相關資訊，供市民按個人興趣、體能及經驗選擇合適的路線。

本小冊子介紹的遠足路線，是參照國際攀山聯盟 (UIAA) 的難度評級及漁農自然護理署提供的資料而編訂，再按路線的長度、坡度和難度評級，分為下列三個級別：



(難度評級只供參考。市民出發前須考慮當日的實際情況，例如天氣及路線，以及個人身體狀況和裝備。)  
(The levels of difficulty are for reference only. Members of the public should consider the actual circumstances on the day of hike, such as the weather, route conditions, physical conditions and hiking gear before setting off.)



According to the findings of the “Territory-wide Physical Fitness Survey for the Community” released previously, hiking was among one of the most popular physical activities for members of the public. The findings also reveal that children of parents who participated more in physical activities are relatively more active. To promote hiking, which is a moderate-intensity aerobic physical activity suitable for the whole family and beneficial to both physical and mental health, as well as conducive to building up a strong body, and to cultivate the idea of active exercise in the family, the booklet of “Hiking Scheme” is specially produced for enjoyment of hiking by members of the public.

This booklet provides information on 44 hiking routes with distinct characteristics in Hong Kong for selection of suitable routes by members of the public according to their preferences, physical abilities and experiences.

The 44 hiking routes introduced by this booklet are mapped out with reference to the grading of difficulty adopted by the International Climbing and Mountaineering Federation (UIAA) and the information provided by the Agriculture, Fisheries and Conservation Department, which are divided into the above three levels by the length, gradient and grading of difficulty:





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活力仔  
Enggie Pup



墨文貓  
Artti Kitty



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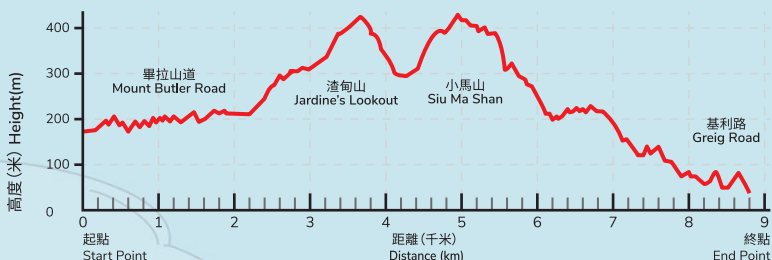
# 金督馳馬到大潭

## Jardine's Lookout - Quarry Bay

- ● 行山路線 Hiking Route
- 衛奕信徑 Wilson Trail
- 港島徑 Hong Kong 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



## 高度圖 Elevation Profile



**8.8**  
公里 (km)

**5.5**  
小時 (hours)

難度評級  
Difficulty Level





## 港島 Hong Kong Island



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，沿鰂魚涌樹木研習徑到鰂魚涌基利路，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.



STARTING  
POINT

渣甸山畢拉山道 (KK108651)

Mount Butler Road, Jardine's Lookout (KK108651)

- 可到港鐵金鐘站乘搭城巴路線 11 號直達。
- Take Citybus Route No. 11 at MTR Admiralty Station.



FINISHING  
POINT

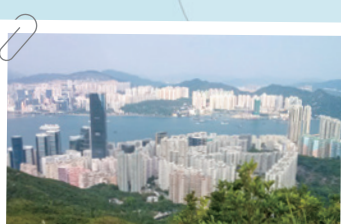
鰂魚涌基利路佛教中華康山學校側 (KK128665)

Next to the Buddhist Chung Wah Kornhill Primary School at Greig Road, Quarry Bay (KK128665)

- 可沿基利路步行往英皇道到港鐵太古站。
- Go to MTR Tai Koo Station by walking to King's Road via Greig Road.



石礦場  
The Quarry



港島東和鯉魚門  
Hong Kong East and Lei Yue Mun



戰時堡壘  
Wartime bunker



戰時遺跡  
Wartime relics

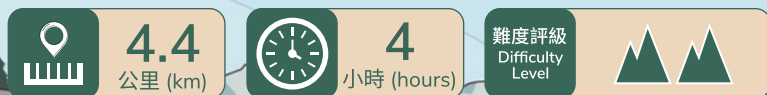
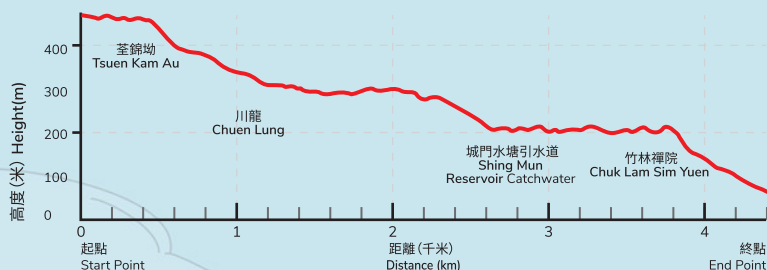


# 遠足研習採芙蓉

Tsuen Kam Au - Fu Yung Shan



## 高度圖 Elevation Profile





## 新界西北部 North west N. T.



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.



STARTING  
POINT

### 大帽山荃錦坳 (KK020804)

#### Tsuen Kam Au, Tai Mo Shan (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。
- 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.



FINISHING  
POINT

### 芙蓉山道 (KK032776)

#### Fu Yung Shan Road (KK032776)

- 可乘搭綠色專線小巴 85 號或步行約 1.2 公里前往荃灣港鐵站。
- Take green minibus Route No.85 or walk for about 1.2 km to MTR Tsuen Wan Station.



川龍  
Chuen Lung



竹林禪院  
Chuk Lam Sim Yuen



遠足研習徑  
Hiking Practice Trail



觀景台  
Viewing Point





# 城門雙林尋萬佛

## Shing Mun Reservoir - Pai Tau Village

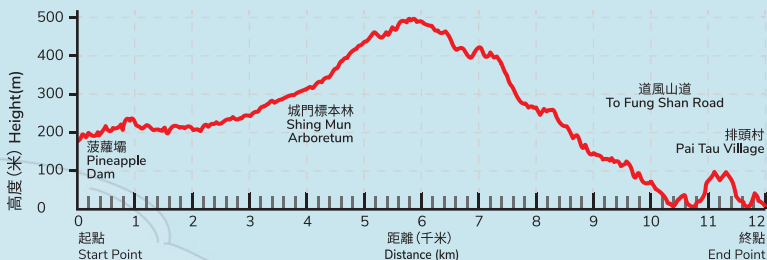


白千層林

Woodlands of paperbark trees

- |  |                              |
|--|------------------------------|
| ● ● 行山路線 Hiking Route                  | —— 路徑 Footpath               |
| —— 麥理浩徑 MacLehose Trail                | —— 行車路 Vehicular Access Road |
| —— 龍門郊遊徑 Lung Mun Country Trail        | ↕↗ 標距柱 Distance Post         |
| —— 衛奕信徑 Wilson Trail                   | ♂♀ 洗手間 Toilet                |
| —— 菠蘿壩自然教育徑 Pineapple Dam Nature Trail | ➤ 前進方向 Direction of Movement |

### 高度圖 Elevation Profile



12  
公里 (km)



5  
小時 (hours)

難度評級  
Difficulty  
Level





新界東北  
及中部  
North East  
& Ctrl N. T.



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、塘畔小徑、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。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 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 later section comprises downhill footpaths.



STARTING  
POINT

城門水塘菠蘿壩 (KK058782)  
Pineapple Dam, Shing Mun Reservoir (KK058782)

- 可到荃灣兆和街搭乘綠色專線小巴 82 號直達。
- Take green minibus Route No. 82 at Siu Wo Street, Tsuen Wan.



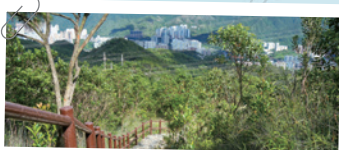
FINISHING  
POINT

排頭村 (KK103779)  
Pai Tau Village KK103779)

- 可步行到港鐵沙田站。
- Walk to MTR Sha Tin Station.



萬佛寺  
Ten Thousand Buddhas Monastery



沙田郊野徑  
Sha Tin Country Trail



城門水塘  
Shing Mun Reservoir



城門水塘菠蘿壩  
Pineapple Dam, Shing Mun Reservoir

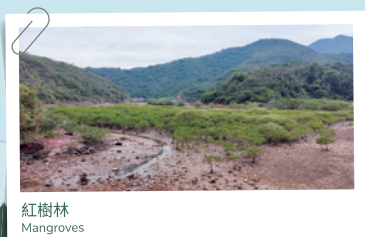
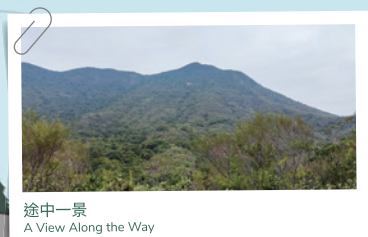
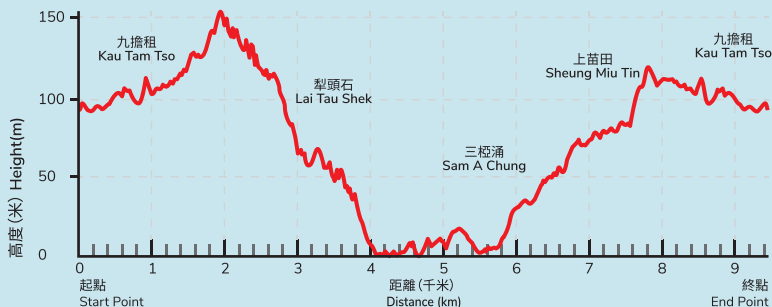


# 苗三石澗烏蛟騰

Wu Kau Tang <-> Wu Kau Tang



## 高度圖 Elevation Profile







新界東北  
及中部  
North East  
& Ctrl N. T.



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.



STARTING  
POINT

烏蛟騰 (KK163914)  
Wu Kau Tang (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。
- Take green minibus Route No. 20R at MTR Tai Po Market Station and return.



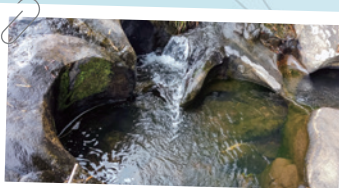
FINISHING  
POINT

烏蛟騰 (KK163914)  
Wu Kau Tang (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。
- Take green minibus Route No. 20R at MTR Tai Po Market Station and return.



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



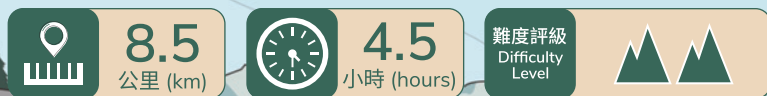
心形壺穴  
Pothole



三桠灣  
Sam A Wan



## Ma On Shan - Ngong Ping - Tai Shui Hang





## 西貢及清水灣 Sai Kung & Clear Water Bay



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，均屬易行的山徑及車路

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.



STARTING  
POINT

馬鞍山郊野公園管理站 (KK155807)

Ma On Shan Country Park Management Centre (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。
- 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.



FINISHING  
POINT

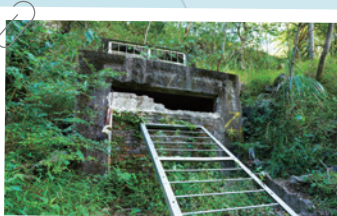
大水坑富安花園 (KK143803)

Chevalier Garden, Tai Shui Hang (KK143803)

- 可步行到港鐵大水坑站。
- Walk to MTR Tai Shui Hang Station.



鞍山探索館  
Grace Youth Camp



廢棄礦場  
Abandoned Quarry Site



過溪澗  
Cross the stream



遠眺西貢牛尾海  
Looking towards Port Shelter



## Tsuen King Circuit - Sham Tseng



## 高度圖 Elevation Profile



11

公里 (km)



6

小時 (hours)

難度評級  
Difficulty  
Level





## 新界西北部 North west N. T.



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 later part is a relatively long rugged downhill path.



STARTING  
POINT

### 荃景圍 (KK018774) Tsuen King Circuit (KK018774)

- 可到港鐵荃灣站乘搭九巴路線 39M 號直達。
- Take Kowloon Motor Bus Route No. 39M at MTR Tsuen Wan Station.



FINISHING  
POINT

### 深井村路口 (JK971766) Road junction at Sham Tseng Village (JK971766)

- 可乘搭九巴路線 53 或 52X 號前往港鐵荃灣站或美孚站。
- Take Kowloon Motor Bus Route No. 53 or 52X to MTR Tsuen Wan Station or Mei Foo Station.



梯級進入元荃古道  
Stairs to enter Yuen Tsuen Ancient Trail



青馬大橋  
Tsing Ma Bridge



石龍拱  
Shek Lung Kung



深井村  
Sham Tseng Village



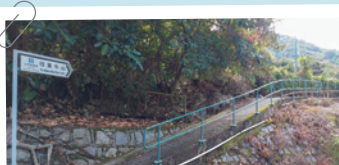


# 打瀉油坳出涌口

Wong Nai Tau - Pak Sha Wan



孟公窩路  
Man Kung Wo Road

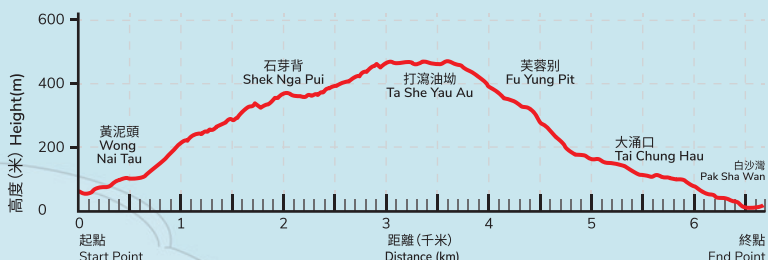


上坡路徑  
Uphil Path

馬鞍山郊野公園  
Ma On Shan Country Park



## 高度圖 Elevation Profile



6.6

公里 (km)



4

小時 (hours)

難度評級  
Difficulty  
Level





## 西貢及清水灣 Sai Kung & Clear Water Bay



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)  
Wong Nai Tau (KK135778)

- 可到沙田市中心巴士總站乘搭九巴路線 83K 號直達。
- Take Kowloon Motor Bus Route No. 83K at Sha Tin Central Bus Terminus.



FINISHING  
POINT

白沙灣 (KK178762)  
Pak Sha Wan (KK178762)

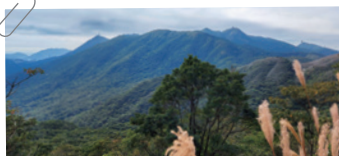
- 可乘搭九巴路線 92 號到港鐵鑽石山站。
- Take Kowloon Motor Bus Route No. 92 to MTR Diamond Hill Station.



白沙灣  
Pak Sha Wan



麥理浩徑  
MacLehose Trail



途中一景  
A View Along the Way



黃泥頭巴士站  
Wong Nai Tau Bus Station



往三塊田  
To Sam Fai Tin



# 老龍田上尋丹竹

Ma Mei Ha - Luk Keng

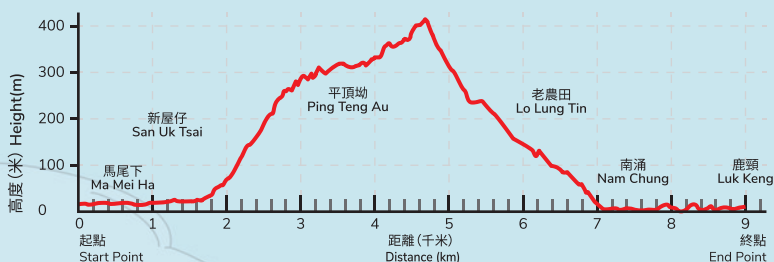


- 行山路線 Hiking Route
- 路徑 Footpath
- 行車路 Vehicular Access Road
- 南涌郊遊徑 Nam Chung Country Trail
- ↓ 標距柱 Distance Post
- 🚻 洗手間 Toilet
- 前進方向 Direction of Movement

八仙嶺郊野公園  
Pat Sin Leng Country Park



## 高度圖 Elevation Profile



9

公里 (km)



4

小時 (hours)

難度評級  
Difficulty Level





新界東北  
及中部  
North East  
& Ctrl N. T.



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)  
Ma Mei Ha (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。
- Take Kowloon Motor Bus Route No. 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)  
Luk Keng (KK136935)

- 可乘搭綠色專線小巴路線 56K 號前往港鐵粉嶺站。
- Take green minibus Route No. 56K to MTR Fanling Station.



鹿頸、鳳坑  
Luk Keng and Fung Hang



沙頭角海  
Sha Tau Kok Hoi



天后宮  
Tin Hau Temple



溪澗  
Stream



# 水浪榕北訪鯽魚

Shui Long Wo – Pak Tam Chung



水浪窩  
Shui Long Wo



雞公山  
Kai Kung Shan

## 高度圖 Elevation Profile



9.1  
公里 (km)



5  
小時 (hours)

難度評級  
Difficulty  
Level







## 西貢及清水灣 Sai Kung & Clear Water Bay



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.



STARTING  
POINT

### 水浪窩 (KK198802) Shui Long Wo (KK198802)

- 可到港鐵烏溪沙站乘搭九巴 99 號線直達水浪窩。
- Take Kowloon Motor Bus No. 99 at MTR Wu Kai Sha Station.



FINISHING  
POINT

### 北潭涌 (KK239792) Pak Tam Chung (KK239792)

- 可乘搭九巴 94 號線往西貢市中心。
- Take Kowloon Motor Bus No.94 to Sai Kung Town Centre.



途中一景  
A View Along the Way



北潭涌燒烤區五號場  
Pak Tam Chung Barbecue Area Site 5



補給站及洗手間  
Stopover and Toilet



北潭涌  
Pak Tam Chung



# 涌經沙螺出大澳

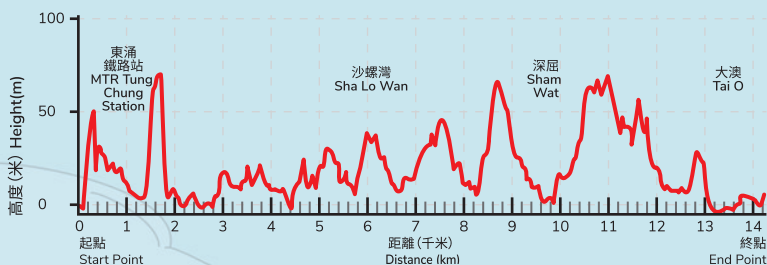
Tung Chung – Tai O



東涌侯王宮  
Hau Wong Temple

- 行山路線 Hiking Route
- 鳳凰徑 Lantau Trail
- 路徑 Footpath
- 行車路 Vehicular Access Road
- 🚻 洗手間 Toilet
- 前進方向 Direction of Movement

## 高度圖 Elevation Profile



14.2  
公里 (km)



4.5  
小時 (hours)

難度評級  
Difficulty  
Level





## 大嶼山 Lantau Island



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 later part of the route is rather rugged.



STARTING  
POINT

港鐵東涌站 (HE030677)  
MTR Tung Chung Station (HE030677)



FINISHING  
POINT

大澳巴士總站 (GE950636)  
Tai O Bus Terminus (GE950636)

- 乘搭新大嶼山巴士路線 11 號回東涌。
- Take New Lantau Bus Route No. 11 back to Tung Chung.



嶼北界石  
Lantau North Stone Obelisk



涼亭  
Pavilion



大澳棚屋  
Huts in Tai O



途中一景  
A View Along the Way



# 川龍尋蝶到城門

## Chuen Lung - Shing Mun Reservoir



●● 行山路線 Hiking Route

■ 龍門郊遊徑 Lung Mun Country Trail

— 行車路 Vehicular Access Road

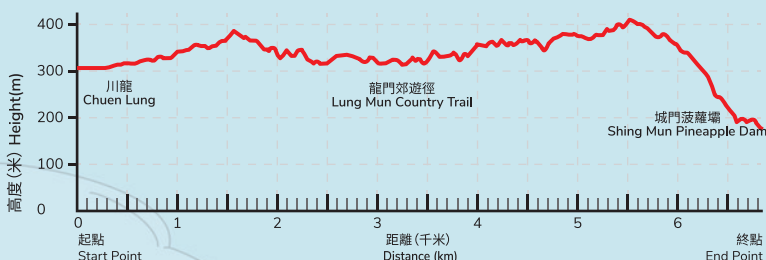
— 路徑 Footpath

↓ 標距柱 Distance Post

⚓ 洗手間 Toilet

➤ 前進方向 Direction of Movement

## 高度圖 Elevation Profile



6.8  
公里 (km)



3  
小時 (hours)

難度評級  
Difficulty  
Level





## 新界西北部 North west N. T.



BRIEF

由荃錦公路川龍小巴站出發，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 Twist. 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.



STARTING  
POINT

### 荃錦公路川龍 (KK024795) Chuen Lung, Route Twist (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。
- Walk to Chuen Lung Street from MTR Tsuen Wan Station and take green minibus Route No. 80 from there.



FINISHING  
POINT

### 城門水塘菠蘿壩 (KK058782) Pineapple Dam, Shing Mun Reservoir (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。
- Take green minibus Route No. 82 to Siu Wo Street, Tsuen Wan and then walk to MTR Tsuen Wan Station.



川龍  
Chuen Lung



崎嶇山徑  
Rugged Footpath



菠蘿壩小食亭  
Pineapple Dam Refreshment Kiosk





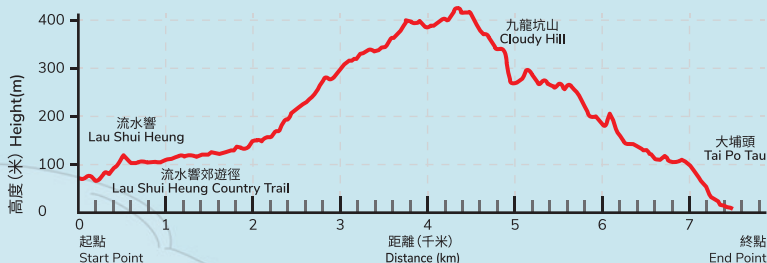
# 流水騰雲樂大埔


## Lau Shui Heung - Tai Po Tau

- ● 行山路線 Hiking Route
- 衛奕信徑 Wilson Trail
- 流水響郊遊徑 Lau Shui Heung Country Trail
- 行車路 Vehicular Access Road
- ↑ ↓ 標距柱 Distance Post
- ♂ ♀ 洗手間 Toilet
- 前進方向 Direction of Movement




### 高度圖 Elevation Profile






**7.5**  
公里 (km)



**4.5**  
小時 (hours)

難度評級  
Difficulty Level





新界東北  
及中部  
North East  
& Central N. T.



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 later part of the route is quite rugged.



STARTING  
POINT

流水響 (KK089910)  
Lau Shui Heung (KK089910)

- 可到港鐵粉嶺站乘搭綠色專線小巴 52B 號直達。
- Take green minibus Route No. 52B at MTR Fanling Station.



FINISHING  
POINT

大埔頭 (KK074858)  
Tai Po Tau (KK074858)

- 可沿大埔頭徑及寶雅路步行約 10 分鐘前往港鐵太和站。
- Walk along Tai Po Tau Drive and Po Nga Road for about 10 minutes to MTR Tai Wo Station.



涼亭及座椅  
Pavilion and Bench



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



流水響郊遊徑  
Lau Shui Heung Country Trail



流水響水塘  
Lau Shui Heung Reservoir



# 北潭穿林出大網

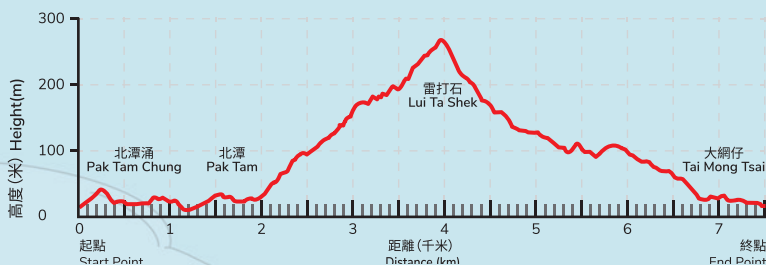
Pak Tam Chung - Tai Mong Tsai



- 行山路線 Hiking Route
- 麥理浩 MacLehose Trail
- 北潭涌家樂徑 Pak Tam Chung Family Walk
- 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

## 高度圖 Elevation Profile



7.5  
公里 (km)

4.5  
小時 (hours)

難度評級  
Difficulty  
Level



## 西貢及清水灣 Sai Kung & Clear Water Bay



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) Pak Tam Chung (KK239793)

- 可到西貢市中心乘搭九巴路線 94 號直達。
- Take Kowloon Motor Bus Route No. 94 at Sai Kung Town Centre.



FINISHING  
POINT

### 大網仔 (KK219788) Tai Mong Tsai (KK219788)

- 可乘搭九巴路線 94 號直達西貢市中心。
- Take Kowloon Motor Bus Route No. 94 to Sai Kung Town Centre.



北潭涌  
Pak Tam Chung



北潭涌燒烤區  
Pak Tam Chung Barbecue Area



北潭村  
Pak Tam Village



途中一景  
A View Along the Way



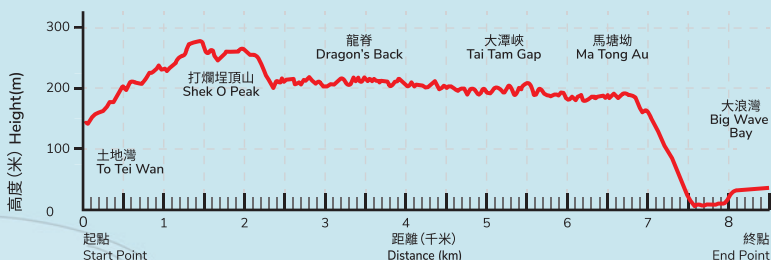
# 龍脊縱走衝大浪

To Tei Wan - Big Wave Bay

- ● 行山路線  
Hiking Route
- 港島徑  
Hong Kong Trail
- 砵甸乍山郊遊徑  
Pottinger Peak  
Country Trail
- 行車路  
Vehicular Access Road
- ↑ ↓ 標距柱 Distance Post
- ♂ ♀ 洗手間 Toilet
- 前進方向  
Direction of Movement



## 高度圖 Elevation Profile



8.5  
公里 (km)



4.5  
小時 (hours)

難度評級  
Difficulty  
Level







## 港島 Hong Kong Island



BRIEF

由石澳道土地灣出發，沿山脊路徑登打爛埗頂山再接雲枕山。此段路徑高低起伏如沉睡中的巨龍，正是享負盛名的龍脊。沿途山勢雖然險峻，但東西兩面的海灣風光優美，景色壯麗。經砵甸乍山郊遊徑往終點大浪灣，山徑頗崎嶇。

Start at To Tei Wan, Shek O Road, and walk uphill to Shek O Peak. Then walk along the ridge between the peak and Wan Cham Shan, which resembles the back of a dragon and is well known as Dragon's Back (Lung Chek). Though a bit steep on both sides, the ridge offers stunning sea views on the east and west coasts and magnificent scenery along the path. Continue with Pottinger Peak Country Trail and reach Big Wave Bay to end the trip. The paths are rather rugged.



STARTING  
POINT

石澳道土地灣 (KK154605)

To Tei Wan, Shek O Road (KK154605)

- 可在港鐵筲箕灣站乘搭城巴路線 9 號直達。
- Take Citybus Route No. 9 at MTR Shau Kei Wan Station.



FINISHING  
POINT

大浪灣 (KK161625)

Big Wave Bay (KK161625)

- 可步行至石澳道乘搭城巴路線 9 號前往港鐵筲箕灣站。
- Walk to Shek O Road and take Citybus Route No. 9 to MTR Shau Kei Wan Station.



清水灣半島和東龍島  
Clear Water Bay Peninsula and Tung Lung Island



大浪灣石刻  
Rock Carving at Big Wave Bay



大浪亭  
Big Wave Pavilion



眺望五分洲  
Look toward Ng Fan Chau



# 石澳大浪湧西灣

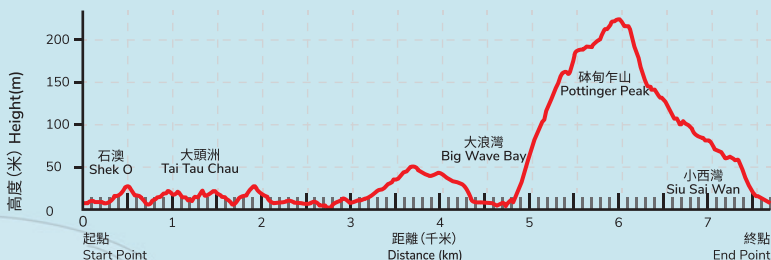
Shek O - Siu Sai Wan

- 行山路線 Hiking Route
- 港島徑 Hong Kong Trail
- 砵甸乍山郊遊徑 Pottinger Peak 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



涼亭  
Pavilion

## 高度圖 Elevation Profile





## 港島 Hong Kong Island



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.



石澳 (KK166609)  
Shek O (KK166609)

- 可到港鐵筲箕灣站乘搭城巴路線 9 號直達。
- Take Citybus Route No. 9 at MTR Shau Kei Wan Station.



小西灣海濱花園 (KK168647)  
Siu Sai Wan Promenade (KK168647)

- 可乘搭城巴路線 82、82X、85 或 682A 號前往港鐵太古站。
- Take Citybus Route No. 82, 82X, 85 or 682A to MTR Tai Koo Station.



藍橋  
Blue Bridge



獨特的石頭  
Distinctive Rock



大浪灣  
Big Wave Bay



大浪灣石刻  
Rock Carving at Big Wave Bay

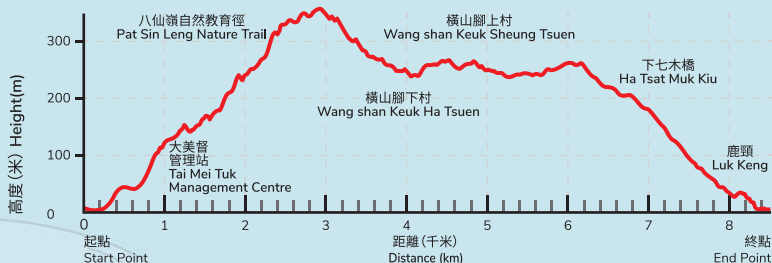


# 春風亭北望沙頭

Tai Mei Tuk - Luk Keng



## 高度圖 Elevation Profile



8.5  
公里 (km)



4.5  
小時 (hours)

難度評級  
Difficulty Level





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.



STARTING  
POINT

船灣郊野公園大美督管理站 (KK156882)  
Plover Cove Country Park Tai Hei Tuk  
Management Centre (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。
- 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 Hei Tuk Management Centre.



FINISHING  
POINT

鹿頸 (KK135934)  
Luk Keng (KK135934)

- 可乘搭綠色專線小巴路線 56K 號前往港鐵粉嶺站。
- Take green minibus Route No. 56K to MTR Fanling Station.



春風亭  
Spring Breeze Pavilion



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





# 釣魚翁下訪孟公

Tai Au Mun - Hang Hau



- 行山路線 Hiking Route
- 釣魚翁郊遊徑 High Junk Peak Country Trail
- 龍蝦灣郊遊徑 Lung Ha Wan Country Trail
- 路徑 Footpath
- 行車路 Vehicular Access Road
- 洗手間 Toilet
- 前進方向 Direction of Movement

## 高度圖 Elevation Profile



5.5  
公里 (km)

4  
小時 (hours)

難度評級  
Difficulty Level



## 西貢及清水灣 Sai Kung & Clear Water Bay



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，沿脊北到上洋山，訪山畔孟公屋，經禾塘崗往下行至將軍澳坑口。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 with uphill and downhill sections.



STARTING  
POINT

大坳門相思灣路 (KK207683)

Sheung Sze Wan Road, Tai Au Mun (KK207683)

- 可到港鐵鑽石山站乘搭九巴路線 91 號直達。
- Take Kowloon Motor Bus Route No. 91 at MTR Diamond Hill Station.



FINISHING  
POINT

坑口半見村 (KK188703)

Boon Kin Village, Hang Hau (KK188703)

- 可沿昭信路及銀澳路步行約 15 分鐘前往港鐵坑口站。
- Walk along Chiu Shun Road and Ngan O Road for about 15 minutes to MTR Hang Hau Station.



孟公屋  
Mang Kung Uk



相思灣  
Sheung Sze Wan



眺望將軍澳  
Looking toward Tseung Kwan O



大坳門相思灣路  
Sheung Sze Wan Road, Au Mun



# 屋頭紅樹出海下

Uk Tau - Wong Shek - Hoi Ha

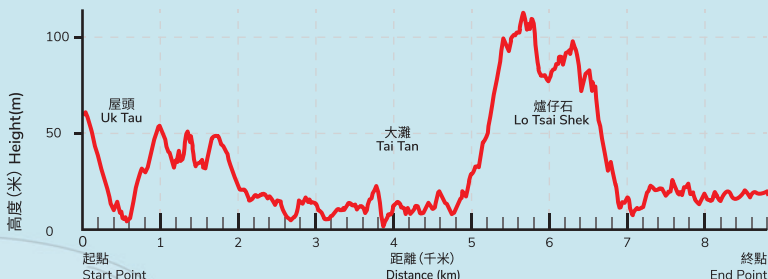
- ● 行山路線 Hiking Route
- 大灘郊遊徑 Tai Tan Country Trail
- 黃石家樂徑 Wong Shek Family Trail
- 路徑 Footpath
- 行車路 Vehicular Access Road
- ↓ 標距柱 Distance Post
- ♂ ♀ 洗手間 Toilet
- 前進方向 Direction of Movement



海下  
Hoi Ha



## 高度圖 Elevation Profile



8.8  
公里 (km)



4.5  
小時 (hours)

難度評級  
Difficulty  
Level





## 西貢及清水灣 Sai Kung & Clear Water Bay



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 the “Drumming Rock” and enjoy a spectacular view of Hoi Ha Wan. The route is rather rugged with uphill and downhill sections.



STARTING  
POINT

北潭路屋頭 (KK250826)  
Uk Tau, Pak Tam Road (KK250826)

- 可到西貢市中心乘搭九巴路線 94 號直達。
- Take Kowloon Motor Bus Route No. 94 at Sai Kung Town Centre.



FINISHING  
POINT

海下路海下 (KK250861)  
Hoi Ha, Hoi Ha Road (KK250861)

- 可乘搭綠色專線小巴路線 7 號前往西貢市中心。
- Take green minibus Route No. 7 to Sai Kung Town Centre.



石灰窯  
Lime Kiln



崎嶇小徑  
Rugged Footpath



沙灘  
Beach



路徑  
Footpath



# 猴塘嶂上執牛耳

Hau Tong Kai - Pak Tam Au



涼亭  
Pavilion



## 高度圖 Elevation Profile



6.5

公里 (km)



4.5

小時 (hours)

難度評級  
Difficulty  
Level







## 西貢及清水灣 Sai Kung & Clear Water Bay



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色。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.



STARTING  
POINT

海下路猴塘溪 (KK247836)  
Hau Tong Kai, Hoi Ha Road (KK247836)

- 可到西貢市中心乘搭綠色專線小巴路線 7 號直達。
- Take green minibus Route No. 7 at Sai Kung Town Centre.



FINISHING  
POINT

北潭路北潭凹 (KK253818)  
Pak Tam Au, Pak Tam Road (KK253818)

- 可乘搭九巴路線 94 號前往西貢市中心。
- Take Kowloon Motor Bus Route No. 94 to Sai Kung Town Centre.



眺望灣西洲  
Look toward Kau Sai Chau



坳門風光  
A view at Au Mun



嶂上  
Cheung Sheung



嶂上郊遊徑  
Cheung Sheung Country Trail



# 深淺兩塘皆宜趣

## Jardine's Lookout - Tai Tam Tuk Reservoir



### 高度圖 Elevation Profile





## 港島 Hong Kong Island



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.



STARTING  
POINT

渣甸山畢拉山道 (KK108651)

Mount Butler Road, Jardine's Lookout (KK108651)

- 可到港鐵金鐘站乘搭城巴路線 11 號直達。
- Take Citybus Route No. 11 at MTR Admiralty Station.



FINISHING  
POINT

大潭篤水塘 (KK136620)

Tai Tam Tuk Reservoir (KK136620)

- 可乘搭城巴路線 14 號前往港鐵西灣河站。
- Take Citybus Route No. 14 to MTR Sai Wan Ho Station.



大潭篤水塘石橋

Tai Tam Tuk Reservoir Masonry Bridge



紫羅蘭山徑

Tsz Lo Lan Shan Path



黃泥涌水塘花園

Wong Nai Chung Reservoir Park



避雨亭

Rain Shelter



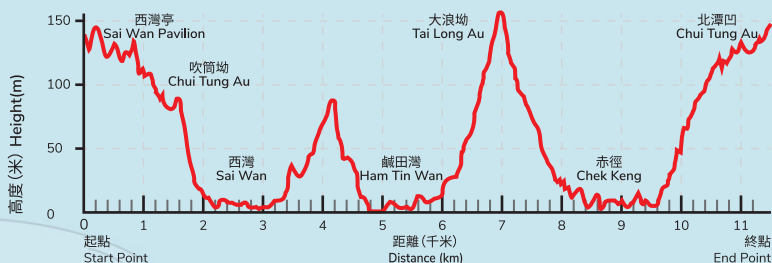
# 叁坳連走風光好

## Chui Tung Au – Pak Tam Au



- 行山路線 Hiking Route
- 麥理浩 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

## 高度圖 Elevation Profile



 **11.2**  
公里 (km)

 **5**  
小時 (hours)

**難度評級**  
Difficulty Level





## 西貢及清水灣 Sai Kung & Clear Water Bay



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.



STARTING  
POINT

### 西灣路西灣亭 (KK281789)

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



FINISHING  
POINT

### 北潭路北潭凹 (KK254819)

Pak Tam Au, Pak Tam Road (KK254819)

- 可乘搭九巴路線 94 號前往西貢市中心。
- Take Kowloon Motor Bus Route No. 94 to Sai Kung Town Centre.



鹹田灣  
Ham Tin Wan



日晷  
Sun Dial



西灣海灘  
Sai Wan Beach



吹筒坳  
Chui Tung Au





# 東海大嶺捉龍蝦

Tai Au Mun - Tai Hang Tun



## 高度圖 Elevation Profile



4.8

公里 (km)



3.5

小時 (hours)



難度評級  
Difficulty  
Level



## 西貢及清水灣 Sai Kung & Clear Water Bay



BRIEF

沿龍蝦灣路湛山寺行，觀賞龍蝦灣古石刻，接着登大嶺峒 (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.



STARTING  
POINT

清水灣道大坳門 (KK209681)

Tai Au Mun, Clear Water Bay Road (KK209681)

- 可到港鐵鑽石山站乘搭九巴路線 91 號直達。
- Take Kowloon Motor Bus Route No. 91 at MTR Diamond Hill Station.



FINISHING  
POINT

大坑墩 (KK220676)

Tai Hang Tun (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。
- 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.



龍蝦灣古石刻

Lung Ha Wan Ancient Rock Carving



龍蝦灣石灘

Lobster Bay Stony Beach



眺望綠蛋島

Look toward Green Egg Island



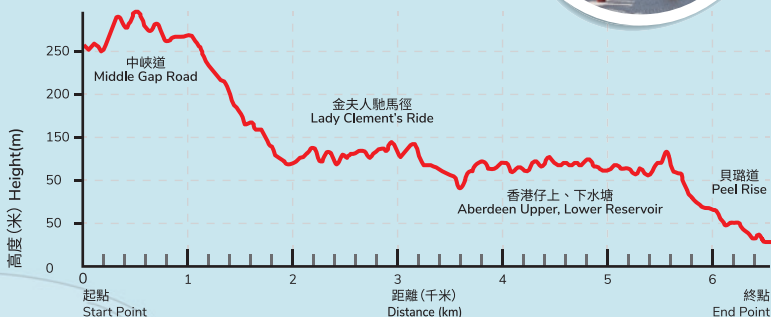
# 夫人馳馬上下塘

## Wan Chai Gap - Aberdeen Reservoirs

- 行山路線 Hiking Route
- 港島徑 Hong Kong 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



## 高度圖 Elevation Profile



6.5  
公里 (km)



4.5  
小時 (hours)

難度評級  
Difficulty  
Level





港島  
Hong Kong  
Island



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 Reel Rise along the footpath. The route passes by a cemetery and ends at Yue Kwong Chuen, Aberdeen. Parts of the route are slightly rugged.



灣仔峽 (KK083651)  
Wan Chai Gap (KK083651)

- 可到港鐵金鐘站乘搭城巴路線 15 號直達。
- Take Citybus Route No. 15 at MTR Admiralty Station.



香港仔水塘道 (KK069633)  
Aberdeen Reservoir Road (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。
- Walk along Yue Kwong Chuen to Shek Pai Wan Estate and take Citybus Route No. 7 to MTR Sheung Wan Station.



城市景  
City View



香港仔上水塘  
Aberdeen Upper Reservoir



香港仔上水塘主壩  
Upper Aberdeen Reservoir Main Dam



引水道  
Catchwater



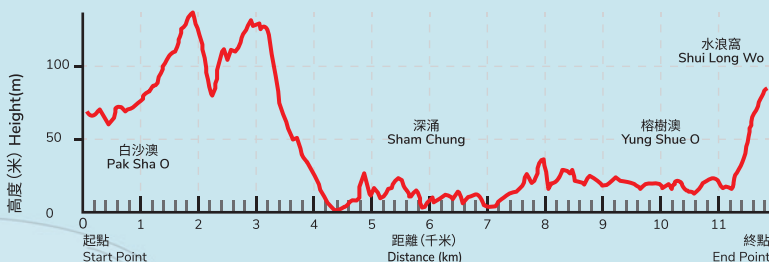
# 沙澳逐蛇過深涌

Pak Sha O - Shui Long Wo



- |                                   |                              |
|-----------------------------------|------------------------------|
| ● 行山路線 Hiking Route               | 路徑 Footpath                  |
| 麥理浩徑 MacLehose Trail              | 行車路 Vehicular Access Road    |
| 嶺上郊遊徑 Cheung Sheung Country Trail | 洗手間 Toilet                   |
| 榕北走廊 Yung Pak Corridor            | ➤ 前進方向 Direction of Movement |

## 高度圖 Elevation Profile



 **11.7**  
公里 (km)

 **5**  
小時 (hours)

難度評級  
Difficulty Level  






## 西貢及清水灣 Sai Kung & Clear Water Bay



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 catchwatch 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 (KK244852) Pak Sha O (KK244852)

- 可到西貢市中心乘搭綠色專線小巴路線 7 號直達。
- Take green minibus Route No. 7 at Sai Kung Town Centre.



FINISHING  
POINT

### 水浪窩 (KK198802) Shui Long Wo (KK198802)

- 可乘搭九巴路線 99 號前往港鐵烏溪沙站。
- Take Kowloon Motor Bus Route No. 99 to MTR Wu Kai Sha Station.



渡輪碼頭  
Ferry Pier



蛇石  
Strange Rock



溪澗  
Stream



白沙澳  
Pak Sha O



# 東北環走訪烏荔

Wu Kau Tang - Tin Sam

- 行山路線 Hiking Route
- 烏蚊騰郊遊徑 Wu Kau Tang Country Trail
- 印洲塘郊遊徑 Yan Chua Tong Country Trail
- 荔枝古道
- 行車路 Vehicular Access Road
- ♂ 洗手間 Toilet
- 前進方向 Direction of Movement



## 高度圖 Elevation Profile



13

公里 (km)



6

小時 (hours)

難度評級  
Difficulty Level





新界東北  
及中部  
North East  
& Central N. T.



BRIEF

由烏蛟騰起步，沿「犁三古道」及「印洲塘郊遊徑」往荔枝窩，訪「慶春約」四村，即三桠、荔枝窩、梅子林及蛤塘，體驗客家村落傳統文化。遊覽荔枝窩自然步道，了解當地獨特生態。接著經梅子林及蛤塘，參觀兩條經藝術及復耕活化的古村，再沿「荔谷古道」、「媽騰古道」，經分水坳、亞媽笏到達終點田心村。沿途大部分為天然古道山徑。

Start from Wu Kau Tang, then walk along Lai Sam Ancient Trail and Double Haven Country Trail towards Lai Chi Wo. Visit Hing Chun Yeuk four villages, i.e. Sam A, Lai Chi Wo, Mui Tsz Lam and Kop Tong, to experience the traditional culture of Hakka village. Proceed to Lai Chi Wo Nature Trail to explore the unique ecology. Then head to Mui Tsz Lam and Kop Tong to visit the two villages which have been revitalised through art and rehabilitation. Walk along Lai Kuk Ancient Trail and Ma Tang Ancient Trail to reach the finishing point at Tin Sam Tsuen via Fan Shui Au and A Ma Wat. The walk is mostly on natural ancient trails.



STARTING  
POINT

烏蛟騰 (KK162914)  
Wu Kau Tang (KK162914)

- 可到港鐵大埔墟站乘搭綠色專線小巴路線 20R 號直達。
- Take green minibus Route No. 20R at MTR Tai Po Market Station.



FINISHING  
POINT

祠心路 (KK163916)  
Chi Sum Road (KK163916)

- 可乘搭綠色專線小巴路線 20R 號前往港鐵大埔墟站。
- Take green minibus Route No. 20R to MTR Tai Po Market Station.



小瀛故事館  
Siu Ying Story Room



三桠灣  
Sam A Wan



紅樹林  
Mangroves



新屋下  
San Uk Ha



# 女婆尋梅到北港

Wong Nai Tau - Pak Kong

- 行山路線 Hiking Route
- 麥理浩徑 MacLehose Trail
- 路徑 Footpath
- 行車路 Vehicular Access Road
- 🚻 洗手間 Toilet
- 前進方向 Direction of Movement



中途休息地點

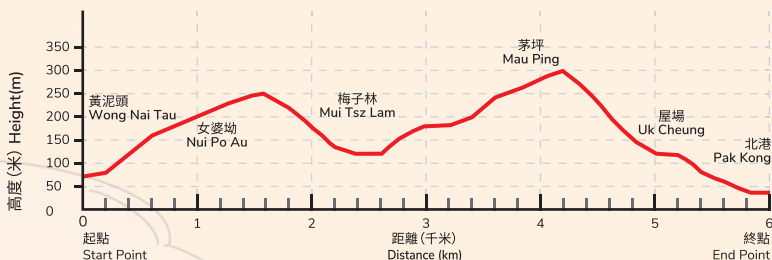
A Stopping Point Along the Trail



黃泥頭巴士站

Wong Nai Tau Bus Station

## 高度圖 Elevation Profile



6

公里 (km)



4.5

小時 (hours)

難度評級  
Difficulty  
Level





## 西貢及清水灣 Sai Kung & Clear Water Bay



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)  
Wong Nai Tau (KK135778)

- 可到沙田市中心巴士總站乘搭九巴路線 83K 號直達。
- Take Kowloon Motor Bus Route No. 83K at Sha Tin Central Bus Terminus.



FINISHING  
POINT

北港 (KK179709)  
Pak Kong (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。
- Walk to the Hiram's Highway via Pak Kong Road, and take Kowloon Motor Bus Route No. 92 to MTR Diamond Hill Station.



過橋  
Cross the bridge



崎嶇小徑  
Rugged Footpath



往梅子林  
To Mui Tsz Lam



涼亭  
Pavilion





# 魚翁田下賞刻石

Tai Au Mun - Tai Miu Au

- 行山路線 Hiking Route
- 釣魚翁郊遊徑 High Junk Peak Country Trail
- 路徑 Footpath
- 行車路 Vehicular Access Road
- 🚻 洗手間 Toilet
- 前進方向 Direction of Movement



石刻

Rock Carving

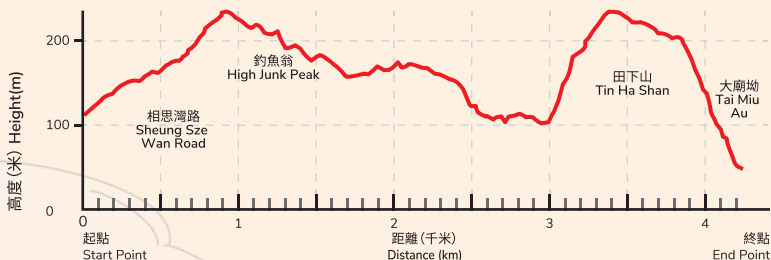


眺望高爾夫球場

Looking toward Golf Course



## 高度圖 Elevation Profile



4.2  
公里 (km)



3  
小時 (hours)

難度評級  
Difficulty  
Level





## 西貢及清水灣 Sai Kung & Clear Water Bay



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)  
Sheung Sze Wan Road, Tai Au Mun (KK207683)

- 可到港鐵鑽石山站乘搭九巴路線 91 號直達。
- Take Kowloon Motor Bus Route No. 91 at MTR Diamond Hill Station.



FINISHING  
POINT

大廟坳 (KK208654)  
Tai Miu Au (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。
- Walk to Po Toi O Chuen Road, and take green minibus Route No. 16 to MTR Po Lam Station.



布袋澳  
Po Toi O



途中一景  
A View Along the Way



清水灣  
Clear Water Bay



前往釣魚翁郊遊徑入口  
The entrance to High Junk Peak Country Trail

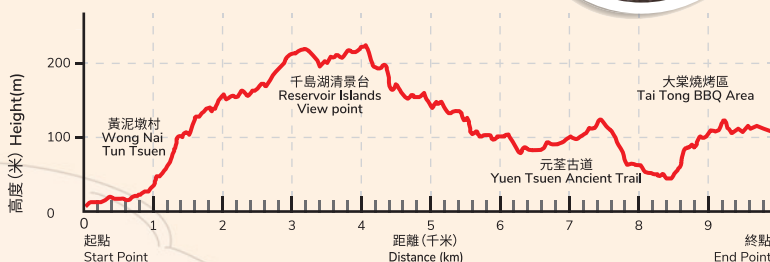


# 大欖白虎訪三廟

Wong Nai Tun - Tai Tong



## 高度圖 Elevation Profile



9.9

公里 (km)



5.5

小時 (hours)

難度評級

Difficulty Level





## 新界西北部 North west N. T.



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.



STARTING  
POINT

### 黃泥墩 (JK934819) Wong Nai Tun (JK934819)

- 可到港鐵朗屏站乘搭港鐵接駁巴士路線 K66 號直達。
- Take MTR Feeder Bus Route No. K66 at MTR Long Ping Station.



FINISHING  
POINT

### 大棠燒烤區 (JK946811) Tai Tong Barbecue Area (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。
- 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.



下坡路  
Downhill path



千島湖  
Thousand-Island Lake



黃泥墩水塘  
Wong Nai Tun Irrigation Reservoir

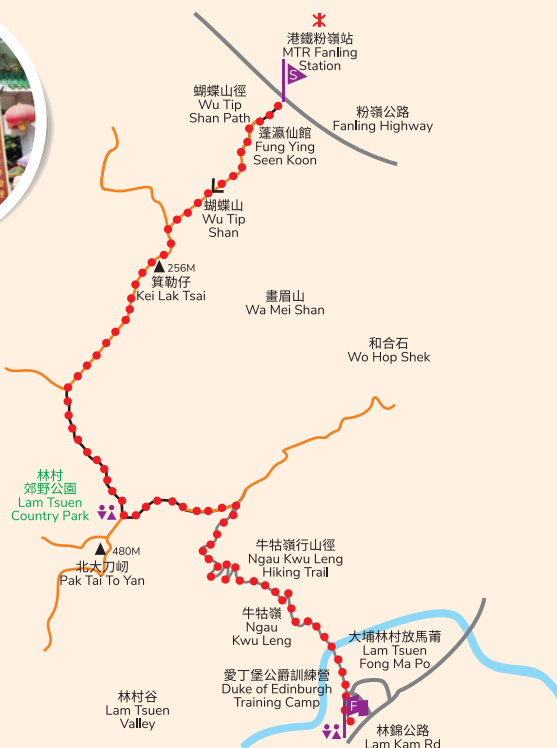


黃泥墩港鐵巴士站  
Wong Nai Tun MTR Bus Station



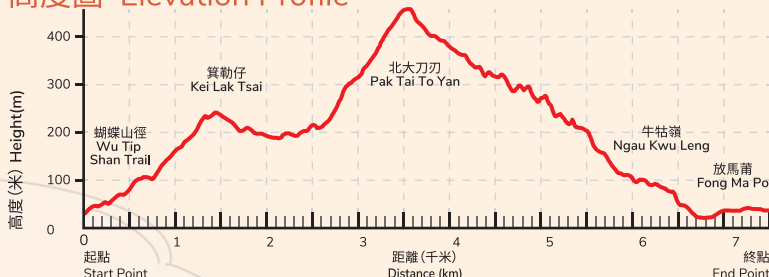
# 蝶飛許願到林村

## Wu Tip Shan - Lam Tsuen



- 行山路線  
Hiking Route
- 路徑 Footpath
- 行車路  
Vehicular Access Road
- 🚻 洗手間 Toilet
- 前進方向  
Direction of Movement

### 高度圖 Elevation Profile



7.5  
公里 (km)



4  
小時 (hours)

難度評級  
Difficulty Level







## 新界西北部 North west N. T.



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) Wu Tip Shan (KK055900)

- 可到港鐵粉嶺站，步行至蔴瀛仙館側停車場。
- Walk to the car park beside Fung Ying Seen Koon from MTR Fanling Station.



FINISHING  
POINT

### 林村放馬莆 (KK060862) Fong Ma Po, Lam Tsuen (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。
- Take green minibus Route No. 25K or Kowloon Motor Bus Route No. 64K at Lam Kam Road to MTR Tai Wo Station.



蝴蝶山徑  
Wu Tip Shan Trail



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



# 炮台山下有將軍

## Devil's Peak - Tseng Lan Shue

- 行山路線 Hiking Route
- 衛奕信徑 Wilson 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



環型碉堡  
Circular Fort



上坡路段  
Uphill Path



## 高度圖 Elevation Profile



7

公里 (km)



4

小時 (hours)

難度評級  
Difficulty Level





## 西貢及清水灣 Sai Kung & Clear Water Bay



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) Wilson Trail W020, Devil's Peak (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。
- 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) Tseng Lan Shue (KK155725)

- 可乘搭九巴路線 91、91M 或 92 號前往港鐵鑽石山站。
- Take Kowloon Motor Bus Route Nos. 91, 91M or 92 to MTR Diamond Hill Station.



炮台山  
Devil's Peak



筲箕灣  
Shau Kei Wan



衛奕信徑 W020  
W020 of Wilson Trail



五桂山  
Black Hill

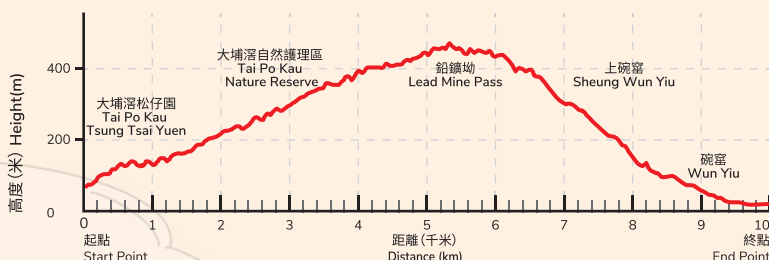


# 松仔尋鉛訪碗窩

Tsung Tsai Yuen - Wun Yiu



## 高度圖 Elevation Profile



10

公里 (km)



4.5

小時 (hours)

難度評級  
Difficulty  
Level





新界東北  
及中部  
North East  
& Cntrl N. T.



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窰，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.



STARTING  
POINT

### 大埔滘松仔園 (KK103834)

Tsung Tsai Yuen, Tai Po Kau (KK103834)

- 可到沙田市中心巴士總站乘搭九巴路線 72 號直達。
- Take Kowloon Motor Bus Route No. 72 at Sha Tin Central Bus Terminus.



FINISHING  
POINT

### 碗窰 (KK081839)

Wun Yiu (KK081839)

- 可乘搭綠色專線小巴路線 23K 號前往港鐵大埔墟站。
- Take green minibus Route No. 23K to MTR Tai Po Market Station.



鉛鑛坳  
Lead Mine Pass



水壩  
Dam



大埔滘自然護理區  
Tai Po Kau Nature Reserve



大埔滘花園  
Tai Po Kau Garden





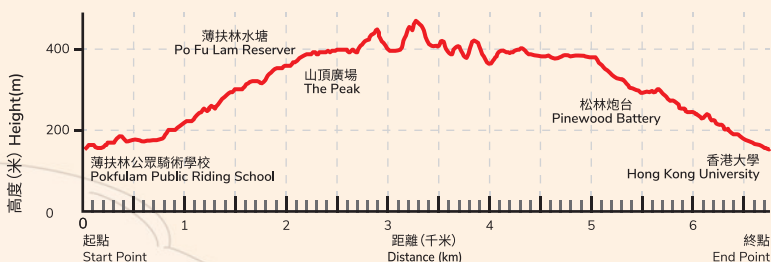
# 爐峰勝景下松林

Pok Fu Lam Reservoir - Hong Kong University



- |                       |                              |
|-----------------------|------------------------------|
| ●● 行山路線 Hiking Route  | — 行車路 Vehicular Access Road  |
| — 港島徑 Hong Kong Trail | ↓ 標距柱 Distance Post          |
| — 爐峰自然步道 Peak Trail   | ♂♀ 洗手間 Toilet                |
| — 路徑 Footpath         | ➤ 前進方向 Direction of Movement |

## 高度圖 Elevation Profile



6.8

公里 (km)



3.5

小時 (hours)

難度評級  
Difficulty  
Level





## 港島 Hong Kong Island



BRIEF

沿薄扶林水塘道往爐峰峽，在爐峰峽沿盧吉道直入環山步道，可俯瞰維港景色；若沿夏力道前進，則可見壯麗的飛瀑，路盡處為小花園。沿克頓道而下，可探逾百年的松林砲台，戰爭的痕跡至今猶在。此路線是尋界石、訪學府，以及研究港島歷史地理及欣賞自然景物的的好地方。

Start at Pok Fu Lam Reservoir and walk along the Peak. 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 century-old Pinewood Battery, where the traces of war are still evident. When walking on this 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.



STARTING  
POINT

### 薄扶林公眾騎術學校 (KK047647)

#### Pok Fu Lam Public Riding School (KK047647)

- 可在港鐵中環站乘搭城巴路線 4、4X、7、30X、37A、40M、90B、91 號或綠色專線小巴路線 22 號直達。
- Take Citybus Route No. 4, 4X, 7, 30X, 37A, 40M, 90B, 91 or green minibus Route No. 22 at MTR Central Station



FINISHING  
POINT

### 香港大學，大學道 (KK053668)

#### University Drive, Hong Kong University

- 可乘搭城巴路線 13 號或綠色專線小巴路線 3 號前往港鐵中環站。
- Take Citybus No. 13 or green minibus Route No. 3 to MTR Central Station.



爐峰自然步道  
Peak Trail



薄扶林水塘  
Pok Fu Lam Reservoir



難度評級  
Difficulty  
Level





## 新界西北部 North west N. T.



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 later part comprises uphill and downhill sections.



STARTING  
POINT

### 馬鞍崗護理員站崗 (JK975823)

#### Ma On Kong Warden Post (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。
- Walk along Kam Ho Road and Pat Heung Road for about 30 minutes or take Kowloon Motor Bus Route No. 251A or 251B from MTR Kam Sheung Road Station.



FINISHING  
POINT

### 青龍頭龍如路 (JK963767)

#### Lung Yue Road, Tsing Lung Tau (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。
- Walk for about 20 minutes to Castle Peak Road (Tsing Lung Tau or Sham Tseng) and take Kowloon Motor Bus Route No. 53 or 52X to MTR Tsuen Wan Station or Mei Foo Station.



眺望大欖涌水塘

Look toward Tai Lam Chung Reservoir



眺望大欖隧道

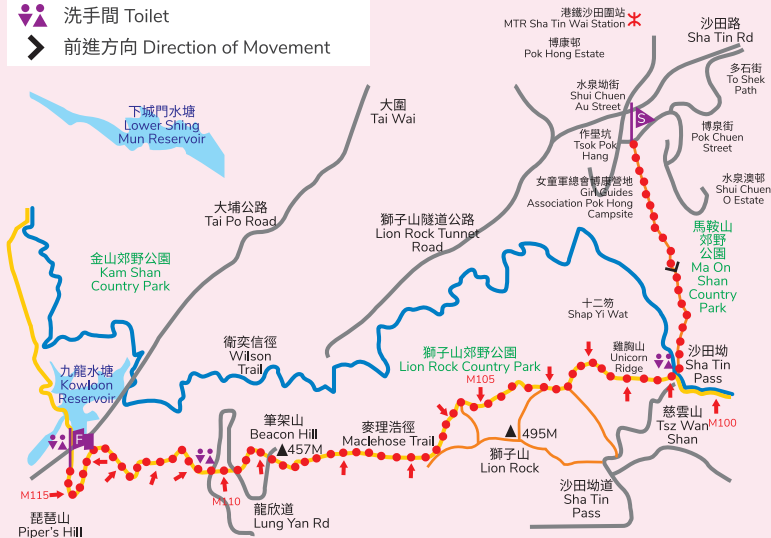
Look toward Tai Lam Tunnel



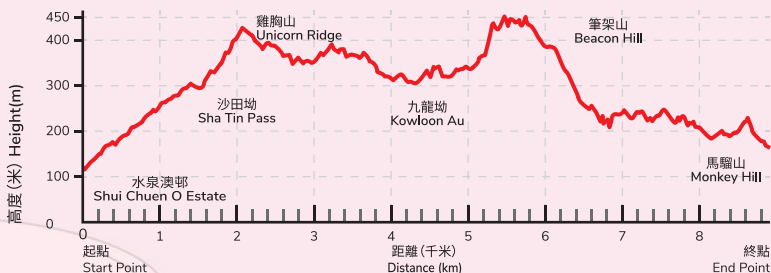
# 獅山龍坳築鷹巢

## Shui Chuen O - Monkey Hill

- ● 行山路線 Hiking Route
- 衛奕信徑 Wilson Trail
- 麥理浩徑 MacLehose 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



### 高度圖 Elevation Profile



**8.9**  
公里 (km)

**5**  
小時 (hours)

**難度評級**  
Difficulty Level





新界東北  
及中部  
North East  
& Cntrl N. T.



BRIEF

由沙田女童軍總會博康營地及水泉澳邨之間的路徑登沙田坳，經雞胸山、獅子山北山腰、九龍坳、筆架山、鷹巢山自然教育徑出大埔公路。行經沙田坳至筆架山段（即麥理浩徑第五段後段）時，更可細覽戰地遺蹟，並透過傳意牌了解大戰時期的香港故事。

Take the path between Girl Guides Association Pok Hong Campsite and Shui Chuen O Estate, Sha Tin to Sha Tin Pass. Continue along Unicorn Ridge and the path on the north side of the Lion Rock. Proceed to Kowloon Pass and Beacon Hill before arriving at Tai Po Road via the Eagle's Nest Nature Trail. When walking along the section from Sha Tin Pass to Beacon Hill (i.e. Section 5 of the MacLehose Trail), you may visit the wartime relics and learn about the history of the war period from the interpretative plate.



STARTING  
POINT

沙田水泉澳邨 (KK112767)

Shui Chuen O Estate, Sha Tin (KK112767)

- 可到港鐵沙田圍站，沿水泉澳街步行約 10 分鐘到達。
- Walk along Shui Chuen Au Street from MTR Sha Tin Wai Station for about 10 minutes.



FINISHING  
POINT

大埔公路「馬騮山」(KK068743)

“Monkey Hill”, Tai Po Road (KK068743)

- 可乘搭九巴路線 81 號前往港鐵太子站。
- Take Kowloon Motor Bus Route No. 81 to MTR Prince Edward Station.



九龍坳風雨亭  
Pavilion at Kowloon Pass



登山徑  
Uphill path



馬鞍山郊野公園  
Ma On Shan Country Park

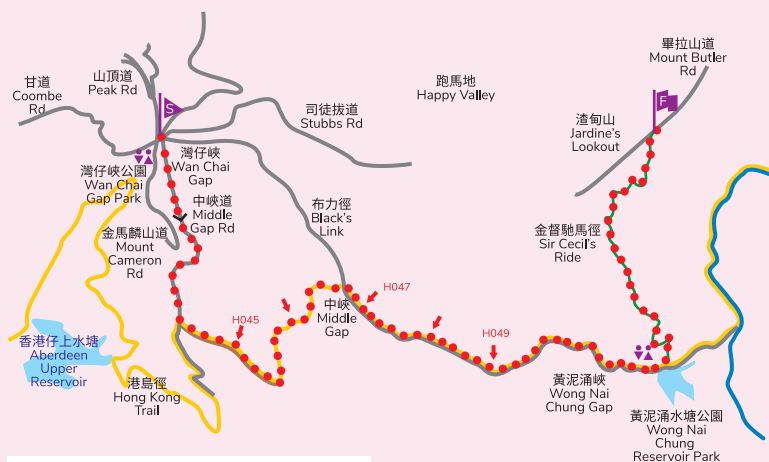


水泉澳邨  
Shui Chuen O Estate



# 三峽連走會金督

## Wan Chai Gap - Jardine's Lookout



- 行山路線 Hiking Route
- 港島徑 Hong Kong Trail
- 衛奕信徑 Wilson 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



金督園  
Sir Cecil's Garden

## 高度圖 Elevation Profile



6.6  
公里 (km)



4  
小時 (hours)

難度評級  
Difficulty  
Level





## 港島 Hong Kong Island



BRIEF

由灣仔峽起步，沿中峽道前行，至盡頭接山徑至中峽，再沿布力徑東行到黃泥涌峽，取道金督馳馬徑，經金督園往畢拉山道。

Start at Wan Chai Gap, walk along Middle Gap Road and then take the footpath at the end of the road to Middle Gap. Head east along Black's Link to Wong Nai Chung Gap. Take Sir Cecil's Ride, walk past Sir Cecil's Garden and proceed to Mount Butler Road.



STARTING  
POINT

灣仔峽 (KK083651)

Wan Chai Gap (KK083651)

- 可到港鐵金鐘站乘搭城巴路線 15 號直達。
- Take Citybus Route No. 15 at MTR Admiralty Station.



FINISHING  
POINT

渣甸山畢拉山道 (KK108651)

Mount Butler Road, Jardine's Lookout (KK108651)

- 可乘搭城巴路線 11 號前往港鐵銅鑼灣站。
- Take Citybus Route No. 11 to MTR Causeway Bay Station.



黃泥涌水塘  
Wong Nai Chung Reservoir



布力徑  
Black's Link



港島徑  
Hong Kong Trail



眺望黃竹坑  
Look toward Wong Chuk Hang



# 獼猴碉堡摘菠蘿

## Monkey Hill - Shing Mun Reservoir



- 行山路線 Hiking Route
- 麥理浩徑 MacLehose Trail
- 衛奕信徑 Wilson Trail
- 菠蘿壩自然教育徑 Pineapple Dam Nature Trail
- 金山家樂徑 Kam Shan Family Walk
- 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



## 高度圖 Elevation Profile



7.5

公里 (km)



4

小時 (hours)

難度評級  
Difficulty  
Level





新界東北  
及中部  
North East  
& Cntrl N. T.



BRIEF

路線由九龍水塘出發沿金山路北行，依指示繼續沿麥理浩徑第六段向右上石級路，沿山徑緩緩上行，途中近見山下大廈林立，亦可遠眺大帽山一帶山嶺。沿麥徑北下經廢壕碉堡到城門水塘燒烤場，稍事休息後，可遊覽城門郊野公園遊客中心、菠蘿壩自然教育徑及賞蝶園。沿途上下坡段，部分路徑略崎嶇。金山郊野公園到處可見猴子蹤跡，並以此聞名，因此漁護署豎立了不少警告牌，提醒遊人切勿餵飼猴子。

Start at Kowloon Reservoir and walk northward along Golden Hill Road. Follow the sign and continue along Section 6 of the MacLehose Trail. Climb the steps on the right and enter a gentle uphill footpath, which offers close-up views of the buildings at the bottom of the slope and long distance views of Tai Mo Shan and the neighbouring ridges. Continue northward along the MacLehose Trail and walk past the redoubts until reaching a barbecue site at Shing Mun Reservoir. Take a break before visiting Shing Mun Country Park Visitors Centre, Pineapple Dam Nature Trail and Butterfly Paradise. There are uphill and downhill sections, parts of which are slightly rugged. Since Kam Shan Country Park is well-known for its large population of monkeys, the Agriculture, Fisheries and Conservation Department has erected warning signs along the way to remind visitors not to feed them.



STARTING  
POINT

大埔公路「馬騮山」(KK068743)  
“Monkey Hill”, Tai Po Road (KK068743)

- 可到港鐵太子站乘九巴路線 81 號直達
- Take Kowloon Motor Bus Route No. 81 at MTR Prince Edward Station



FINISHING  
POINT

城門水塘菠蘿壩 (KK058782)  
Pineapple Dam, Shing Mun Reservoir (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。
- Take green minibus Route No. 82 to Siu Wo Street, Tsuen Wan and then walk to MTR Tsuen Wan Station.



城門碉堡  
Shing Mun Redoubt



九龍水塘  
Kowloon Reservoir





# 邊陲塘北望神州

Lok Ma Chau - Ho Sheung Heung

- ● 行山路線 Hiking Route
- 行車路 Vehicular Access Road
- 🚻 洗手間 Toilet
- 前進方向 Direction of Movement

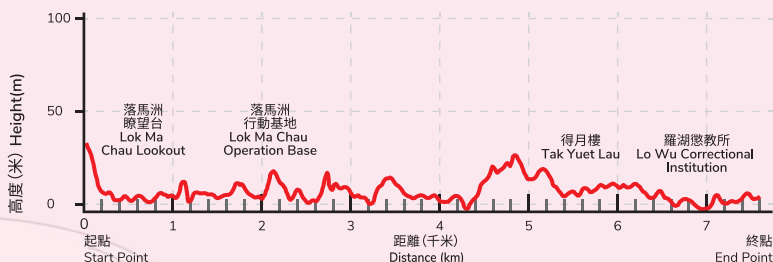


馬草壟生態園  
Ma Tso Lung Eco Park



大水管  
Big Water Viaduct

## 高度圖 Elevation Profile



7.6  
公里 (km)



2.5  
小時 (hours)

難度評級  
Difficulty  
Level





## 新界西北部 North west N. T.



BRIEF

由落馬洲徑起步，先登落馬洲花園，園內設瞭望台，可遠眺深圳河一帶廣闊魚塘景色，再沿混凝土路走進 2013 年解封的村落。路上魚塘農田處處，對比河塘以北深圳市的繁華面貌，更顯出村落鄉土情濃。再沿梧桐河和雙魚河畔前行，抵達河上鄉。沿途多為平坦路徑，輕鬆易走。

Start at Lok Ma Chau Path and proceed to Lok Ma Chau Garden. There is a viewing point in the garden, where you can overlook the vast area of fish ponds near Shenzhen River. Then take the concrete path leading to the villages which are no longer included in the closed area since 2013. Enjoy the scenery of the fishponds and farmlands along the way, which offers a stark contrast with the urban views of Shenzhen to the north of the tranquil ponds, and feel the distinctive rural flavor pervading the villages. Continue along the riverside of River Indus (Ng Tung River) and River Beas (Sheung Yue River) to arrive at Ho Sheung Heung. The route is generally smooth and easy to walk.



STARTING  
POINT

### 落馬洲 (JK994921) Lok Ma Chau (JK994921)

- 可在港鐵元朗站乘搭九巴路線 B1 號或綠色專線小巴 75 號直達。
- Take Kowloon Motor Bus Route No. B1 or green minibus Route No. 75 at MTR Yuen Long Station.



FINISHING  
POINT

### 河上鄉 (KK025923) Ho Sheung Heung (KK025923)

- 可乘搭河上鄉村綠色專線小巴 51K 號前往港鐵上水站。
- Take green minibus Route No. 51K at Ho Sheung Heung Village to MTR Sheung Shui Station.



落馬洲瞭望台  
Lok Ma Chau Lookout



落馬洲花園  
Lok Ma Chau Garden



# 萬里長城打咚咚

Fu Tei Au - Wo Keng Shan

- ● 行山路線 Hiking Route
- 路徑 Footpath
- 行車路 Vehicular Access Road
- 🚻 洗手間 Toilet
- 前進方向 Direction of Movement

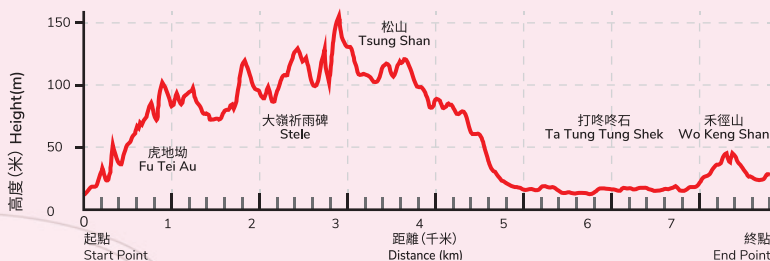


樟樹王  
Camphor Trees



三鄉亭  
Three Village Pavilion

## 高度圖 Elevation Profile



7.8  
公里 (km)



4  
小時 (hours)

難度評級  
Difficulty  
Level





新界東北  
及中部  
North East  
& Cntrl N. T.



BRIEF

由上水虎地坳走過形似「萬里長城」的華山，登臨大嶺「祈雨碑」，細讀清朝道光年間古碑，遠眺新圍大嶺靶場一帶景色，最後抵達禾徑山打咚咚石。沿途多為舊有軍用車路，小部分為鄉村車路。

Start at Fu Tei Au, Sheung Shui and proceed to Wa Shan, which resembles the Great Wall. Walk up to Tai Ling Stele and take a look at the stone tablet erected during the Daoguang reign of Qing Dynasty. Get a view of San Wai/Tai Ling Firing Range from afar and continue along the ridge. The trip ends when you arrive at a rock nicknamed “Ta Tung Tung Shek” in Wo Keng Shan. The route is mostly on an old military road with occasional sections of village roads.



STARTING  
POINT

虎地坳 (KK042931)  
Fu Tei Au (KK042931)

- 可到港鐵上水站旁上水廣場乘搭九巴路線 73K 號直達。
- Take Kowloon Motor Bus Route No. 73K at Landmark North next to MTR Sheung Shui Station.



FINISHING  
POINT

打鼓嶺禾徑山 (KK088949)  
Wo Keng Shan, Ta Kwu Ling (KK088949)

- 可沿坪原路步行至坪輦路，乘搭九巴路線 79K 號返回上水廣場，步行前往港鐵上水站。
- Walk along Ping Yuen Road to Ping Che Road and get back to Landmark North by taking Kowloon Motor Bus Route No. 79K. Then walk to MTR Sheung Shui Station.



眺望北區  
Look toward North District



杉山  
Cham Shan



上坡徑  
Uphill Path



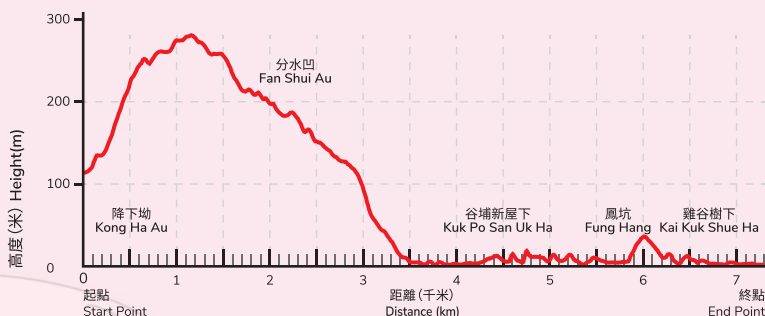
# 降下逐鹿出雞谷

Kong Ha Au - Luk Keng



- 行山路線 Hiking Route
- 烏蛟騰郊遊徑 Wu Kan Tang Country Trail
- 鳳坑家樂徑 Fung Hang Family Walk
- 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

## 高度圖 Elevation Profile



7.3  
公里 (km)



3.5  
小時 (hours)

難度評級  
Difficulty  
Level







新界東北  
及中部  
North East  
& Cntrl N. T.



BRIEF

從新娘潭路降下坳出發，走過亞媽笏、分水凹，在坳上細賞古碑，沿古道往下走，尋谷埔古榕，欣賞海濱風光後經雞谷樹下到鹿頸。上半程先上坡後下坡，下半程沿海濱前進，上坡路段不多。

Start at Kong Ha Au on Bride's Pool Road, proceed to A Ma Wat and take a look at the stele in Fan Shui Au. Walk downhill along an ancient path to get a view of the old banyan tree at Kuk Po. Walk toward Luk Keng via Kai Kuk Shue Ha and enjoy the coastal scenery on the way. The first half of the route goes uphill and then downhill whereas the second half goes along the coast with only a few uphill sections.



STARTING  
POINT

新娘潭路降下坳 (KK154924)

Kong Ha Au, Bride's Pool Road (KK154924)

- 可到港鐵大埔墟站乘搭綠色專線小巴路線 20R 號，在烏蛟騰路下車，步行約 5 分鐘到達。
- Take green minibus Route No. 20R at MTR Tai Po Market Station and get off at Wu Kau Tang Road. Then walk for about 5 minutes.



FINISHING  
POINT

鹿頸 (KK136935)

Luk Keng (KK136935)

- 可乘搭綠色專線小巴路線 56K 號前往港鐵粉嶺站。
- Take green minibus Route No. 56K to MTR Fanling Station.



沙頭角海  
Sha Tau Kok Hoi



啟才學校  
Kai Choi School



谷埔新屋下  
Kuk Po San Uk Ha



途中一景  
A View Along the Way

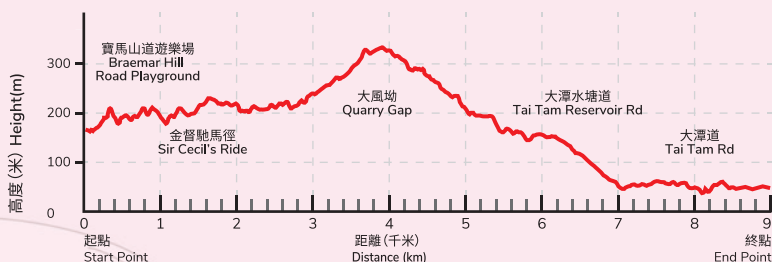


# 寶馬奔馳大潭篤

Braemar Hill - Tai Tam Tuk Reservoir



## 高度圖 Elevation Profile



9

公里 (km)



4.5

小時 (hours)

難度評級  
Difficulty  
Level





## 港島 Hong Kong Island



簡介

BRIEF

由寶馬山道遊樂場出發，經聖貞德中學左邊梯後的小徑上金督馳馬徑至大風坳，續遊大潭水塘，沿途細賞美麗景色及百年歷史的英式石砌拱橋。路徑小部分是較為平坦的山徑，大部分是水塘的限制使用通道。

Start at Braemar Hill Road Playground and proceed to Sir Cecil's Ride and Tai Fung Au via a footpath behind the left-sided stairs of St. Joan of Arc Secondary School. Then visit Tai Lam Reservoirs and enjoy the scenery along the way with a stopover at the century-old British style masonry arch bridge. The route is mostly on the restricted access of the reservoir with a few sections of relatively gentle footpaths.



起點

STARTING  
POINT

寶馬山道遊樂場 (KK114669)

Braemar Hill Road Playground (KK114669)

- 可到港鐵天后站公共運輸交匯處乘搭綠色專線小巴路線 49M 號，前往寶馬山巴士總站下車，步行約 1 分鐘到達。
- Take green minibus route No. 49M at MTR Tin Hau Station Public Transport Interchange and get off at Braemar Hill Bus Terminus. Then walk for 1 minute.



終點

FINISHING  
POINT

大潭篤水塘 (KK136620)

Tai Tam Tuk Reservoir (KK136620)

- 可乘搭城巴路線 14 號前往港鐵西灣河站。
- Take Citybus Route No. 14 to MTR Sai Wan Ho Station.



大潭篤水塘石橋

Tai Tam Tuk Reservoir Masonry Bridge



大潭副水塘

Tai Tam Byewash Reservoir



大風坳

Quarry Gap



途中一景

A View Along the Way



# 鶴藪沙羅鳳園遊

Hok Tau - Fung Yuen

- 行山路線 Hiking Route
- 衛奕信徑 Wilson Trail
- 路徑 Footpath
- 行車路 Vehicular Access Road
- 鶴藪水塘家樂徑 Hok Tau Reservoir Family Walk
- 🚻 洗手間 Toilet
- ➡ 前進方向 Direction of Movement



鶴藪水塘  
Hok Tau Reservoir



鳳園路口  
The path, leading to Fung Yuen

## 高度圖 Elevation Profile



5.5  
公里 (km)



3  
小時 (hours)

難度評級  
Difficulty Level





新界東北  
及中部  
North East  
& Ctrl N. T.



BRIEF

沿鶴藪道經鶴藪營地暢遊鶴藪水塘，經古道往張屋，遊沙羅洞谷，往下沿混凝土車路或經鳳園出汀角路。部分路段為石砌古道，古意盎然，其餘為山徑及車路。

Follow Hok Tau Road and walk past Hok Tau Campsite to reach Hok Tau Reservoir. Proceed to Cheung Uk via the ancient path and visit Sha Lo Tung Valley before walking downhill to Ting Kok Road through a vehicular access or via Fung Yuen. The route covers ancient stone paths, hillside footpaths and vehicular access.



STARTING  
POINT

鶴藪 (KK098907)  
Hok Tau (KK098907)

- 可到港鐵粉嶺站乘搭綠色專線小巴路線 52B 號直達。
- Take green minibus Route No. 52B at MTR Fanling Station.



FINISHING  
POINT

汀角路 (KK098864)  
Ting Kok Road (KK098864)

- 可乘搭九巴路線 74K 或 75K 號前往港鐵大埔墟站。
- Take Kowloon Motor Bus Route Nos. 74K or 75K to MTR Tai Po Market Station.



鶴藪  
Hok Tau



涼亭  
Pavilion



溪澗  
Stream



指示牌  
Signpost





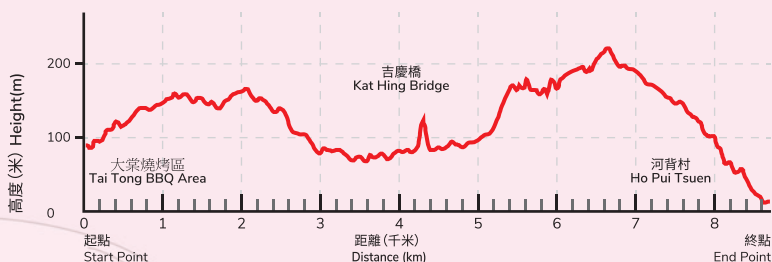
# 大棠楓香飄河背

Tai Tong - Ho Pui



- 行山路線 Hiking Route
- 麥理浩徑 MacLehose Trail
- 元荃古道 Yuen Tsuen Ancient Trail
- 河背水塘家樂徑 Ho Pui Reservoir Family Trail
- 大欖涌郊遊徑 Tai Lam Chung 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

## 高度圖 Elevation Profile



**8.6**  
公里 (km)

**4.5**  
小時 (hours)

難度評級  
Difficulty Level



## 新界西北部 North west N. T.



BRIEF

遊大棠楓香林，該處林蔭夾道，令遊人仿如置身歐陸庭園。冬日時分，滿山紅葉，是香港觀賞紅葉勝地。續遊吉慶橋，經林道及小徑右降河背水塘。水塘面積雖小，但 S 形水壩宏偉壯觀，環塘小徑清幽恬靜，景色醉人，曾獲選為香港十景之一。終點為河背村。後段上坡路略為崎嶇。

Visit the Sweet Gum Woods in Tai Tong and stroll along the tree-lined path, which gives you a feeling of walking in a European-style garden. In winter, the woods become a popular attraction in Hong Kong when the leaves of the sweet gum trees turn red. Visit Kat Hing Bridge, take the forest track and the footpath on the right leading to Ho Pui Reservoir. With a grand S-shaped dam stretching on one side and a tranquil footpath surrounding it, the small reservoir is known for its natural and picturesque beauty. It was voted as one of the top ten scenic views of Hong Kong. The route finishes at Ho Pui Tsuen, with a slightly rugged uphill path in the latter section.



STARTING  
POINT

### 大棠燒烤場 (JK944812)

#### Tai Tong Barbecue Area (JK944812)

- 可於港鐵朗屏站乘搭港鐵接駁巴士 K66 號在大棠山道口下車。再沿大棠山道上行約 30 分鐘到大棠燒烤區。
- Take MTR Feeder Bus Route No.K66 at MTR Long Ping Station and get off near Tai Tong Shan Road. Then walk along Tai Tong Shan Road for about 30 minutes to Tai Tong Barbecue Area.

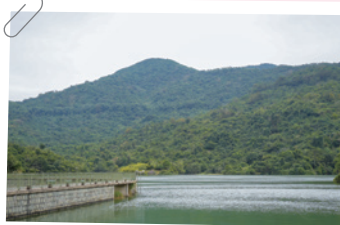


FINISHING  
POINT

### 河背村 (JK980815)

#### Ho Pui Tsuen (JK980815)

- 可乘搭 71 號綠色專線小巴前往港鐵錦上路站。
- Take green minibus Route No. 71 at Ho Pui Tsuen to MTR Kam Sheung Road Station.



河背水塘  
Ho Pui Reservoir



大棠燒烤場  
Tai Tong Barbecue Area



# 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





## 新界西北部 North west N. T.



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.



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.



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



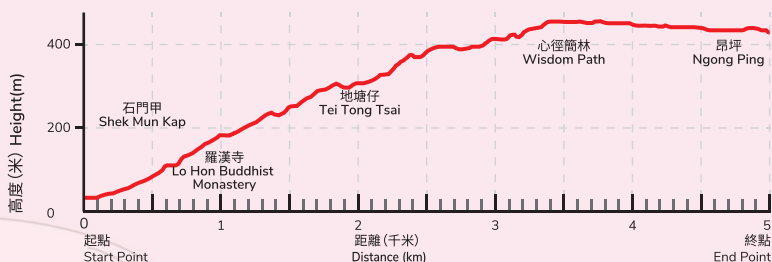
# 解甲昂步拾奇趣

Shek Mun Kap - Ngong Ping

- 行山路線 Hiking Route
- 鳳凰徑 Lantau Trail
- 地塘仔郊遊徑 Tei Tong Tsai Country Trail
- 彌勒山郊遊徑 Nei Lak Shan Country Trail
- 昂坪奇趣徑 Ngong Ping Fun Walk
- 路徑 Footpath
- 行車路 Vehicular Access Road
- ♢ 洗手間 Toilet
- 前進方向 Direction of Movement



## 高度圖 Elevation Profile



5

公里 (km)



4

小時 (hours)

難度評級  
Difficulty  
Level







## 大嶼山 Lantau Island



BRIEF

由石門甲起步，經地塘仔登昂坪，沿途多為上坡斜路和梯級。途經多間古廟和法寺，過東山法門後可順訪心經簡林、寶蓮寺、天壇大佛、昂坪市集，遠眺倒鳳凰山及石壁水塘，景色壯麗，大自然氣息沁人心脾。全程為上坡路段。

Start at Shek Mun Kap and walk up to Ngong Ping via Tei Tong Tsai. This section comprises mainly uphill paths and steps. There are a number of old temples along the way. After going through Dongshan Famen, you may visit Wisdom Path, Po Lin Monastery, Tian Tan Buddha Statue and Ngong Ping Village. Take in the gorgeous views of Lantau Peak and Shek Pik Reservoir from afar. The entire route goes uphill.



STARTING  
POINT

### 石門甲 (HE020656) Shek Mun Kap (HE020656)

- 可到東涌市中心巴士總站乘搭新大嶼山巴士路線 34 號直達。
- Take New Lantau Bus Route No. 34 at Tung Chung Town Centre Bus Terminus.



FINISHING  
POINT

### 昂坪市集 (GE992640) Ngong Ping Village (GE992640)

- 可乘搭新大嶼山巴士路線 23 號前往東涌市中心。
- Take New Lantau Bus Route No. 23 to Tung Chung Town Centre.



昂坪市集  
Ngong Ping Village



心經簡林  
Wisdom Path



寶蓮禪寺  
Po Lin Monastery



羅漢寺  
Lo Hon Monastery

# 認識地圖 Know Your Map

## 使用郊區地圖

遠足人士宜使用地政總署出版比例為 1:25000 的《郊區地圖》。這套地圖共有五張，分別以「香港島及鄰近島嶼」、「大嶼山及鄰近島嶼」、「新界西北部」、「新界東北及中部」和「西貢及清水灣」為題。

## 地圖上的方格網

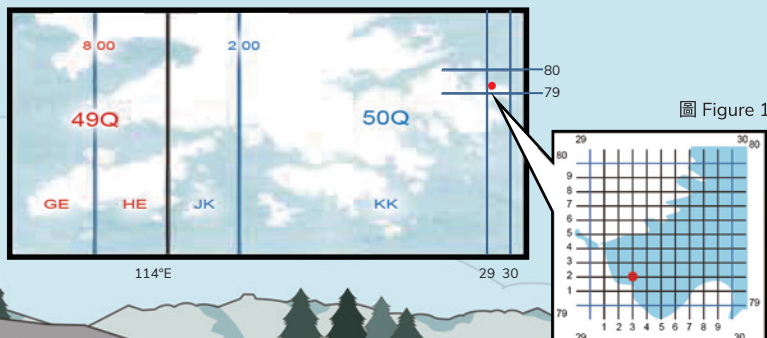
- 認識方格網系統有助遠足人士快速準確和有系統地使用地圖，找出和記錄某個地方的位置。
- 網格數字的格式為先讀直線，後讀橫線（先入門，後上樓）。一般定位使用四位座標數字，例如：要尋找「KK 29 79 西貢西灣」的位置，先找出直線「29」，再找出橫線「79」。兩線的相交點在面積 1 000 平方米方格的左下角，西貢西灣即在此方格內。如須更準確的定位，則通常會使用六位座標數字，把指示範圍收窄在 100 平方米以內，例如以「KK 293792」指出西貢西灣碼頭的位置。（見圖 1）
- 漁農自然護理署已於主要的長途遠足徑（包括麥理浩徑、衛奕信徑、鳳凰徑和港島徑）每隔 500 米豎設標距柱，讓遠足人士得知所處位置。如遇緊急事故，遠足人士可利用就近標距柱上的格網座標說明其位置，方便搜索和救援工作。

## 地圖上使用的顏色

- 綠色顯示山林、草地、耕地等。
- 藍色顯示河流、湖、水塘、海等。
- 棕色顯示建築物、沙灘、泥灘、砂地、等高線等。
- 紅色顯示遠足徑（包括家樂徑、自然教育徑、郊遊徑和長途遠足徑）。
- 橙色顯示小徑。
- 黑色顯示道路、公路、橋樑、鐵路、架空電纜等。

## 地圖上的等高線

- 等高線用於顯示地形。
- 等高線相隔越遠，地勢越平坦。相反，不規則和密集的等高線顯示地勢陡斜。
- 一團重疊或幾近重疊的密集曲線顯示懸崖。
- 曲折而不規則的等高線顯示地形崎嶇不平，遠足人士必須加倍小心，以免迷路。





## Use a countryside map

Hikers are advised to use the Countryside Maps in 1:25000 scale published by the Lands Department. The series comprises five sheets entitled “Hong Kong Island & Neighbouring Islands”, “Lantau Island & Neighbouring Islands”, “North West New Territories”, “North East & Central New Territories” and “Sai Kung & Clear Water Bay”.


## Grid reference on a map

- ☞ Knowledge of the Grid Reference System helps hikers pinpoint and record locations on a map in a quick, precise and systematic manner.
- ☞ A grid reference is formed by combining the numbers of the easting and the northing. A 4-digit grid reference is used for general mapping purpose. For example, to locate “KK 29 79 — Sai Wan, Sai Kung”, hikers should first find the easting numbered “29”, and then the northing numbered “79”. The interception of these two lines is at the bottom left corner of a 1 000 square metre section, in which Sai Wan, Sai Kung is located. For a more precise indication, a 6-digit grid reference is used to pinpoint a position within a section that measures 100 square metres. For example, the grid reference “KK 293792” is used to indicate the location of Sai Wan Pier, Sai Kung. (See Figure 1)
- ☞ The Agriculture, Fisheries and Conservation Department has erected distance posts at intervals of 500 meters along major long-distance hiking trails (including the MacLehose Trail, the Wilson Trail, the Lantau Trail and the Hong Kong Trail) for hikers to identify their location. In case of emergency, hikers can report their position by referring to the grid reference on the nearest distance post so as to facilitate search and rescue operations.

## Colours used on a map

- ☞ Green indicates woods, grassland, farmland, etc.
- ☞ Blue indicates river, pond, reservoir, sea, etc.
- ☞ Brown indicates buildings, beaches, mudflats, gravelled lands, contour lines, etc.
- ☞ Red indicates hiking trails (including family trails, nature trails, country trails and long-distance hiking trails).
- ☞ Orange indicates footpaths.
- ☞ Black indicates roads, expressways, bridges, railways, overhead power lines, etc.

## Contour lines on a map

- ☞ Contour lines are used to show the landforms.
  - ☞ The farther apart the contour lines are, the flatter the terrain is. On the contrary, packed lines forming irregular patterns represent steep slopes.
  - ☞ A bundle of lines that overlap or nearly overlap with one another indicate a cliff.
  - ☞ Tortuous and irregular contour lines represent rugged topography. Hikers should pay special attention to avoid getting lost.
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# 遠足安全注意事項

1. 本小冊子所提供的遠足路線及交通資料只供參考。遠足人士應在出發前自行選擇最合適的路線及交通安排。
2. 遠足前應做足準備，例如留意當日天氣報告及預報、了解郊野的流動電話服務覆蓋範圍、閱讀郊遊安全資料，以及參考最新出版的郊遊地圖。遠足人士亦可安裝並啟動具有記錄行蹤功能的智能電話應用程式。萬一發生意外，搜救隊伍可參考這類應用程式的行蹤資料找尋求助者。以下網址可供參考：

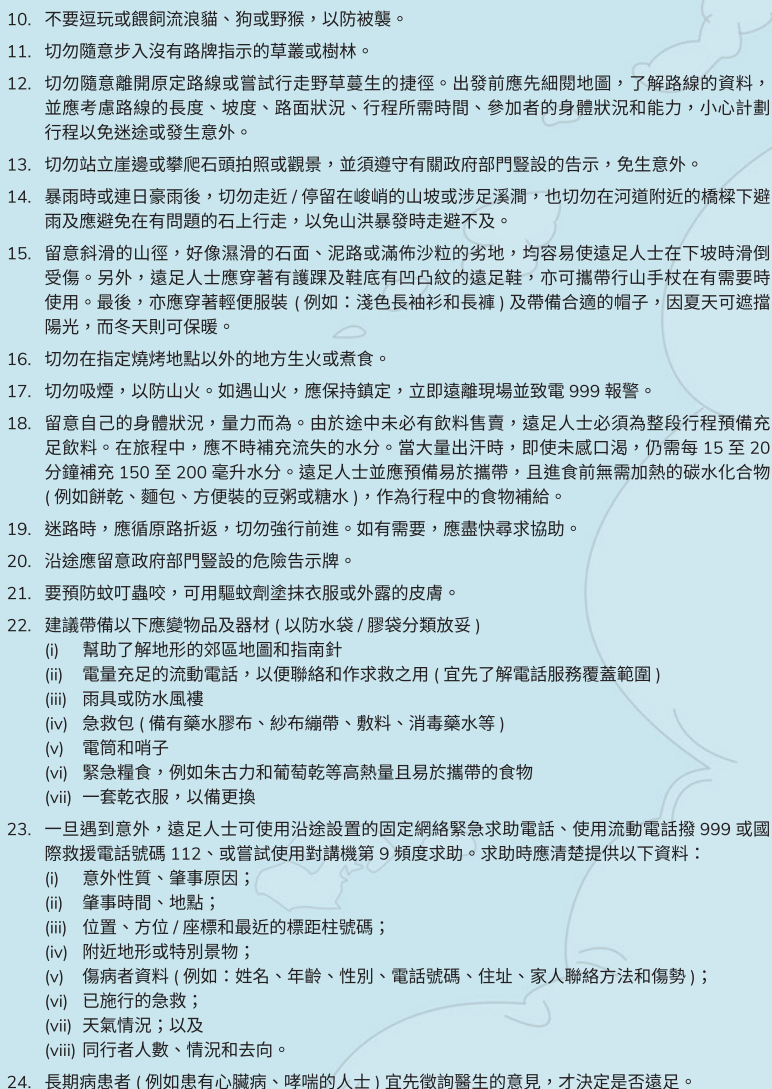
## 網址

- |       |  |
|-------|--|
| (i)   | 香港遠足路徑天氣服務<br><a href="https://www.hko.gov.hk/tc/103461/">https://www.hko.gov.hk/tc/103461/</a> 香港遠足路徑天氣服務   |
| (ii)  | 夏日炎炎慎防中暑<br><a href="https://www.chp.gov.hk/tc/static/90064.html">https://www.chp.gov.hk/tc/static/90064.html</a>  |
| (iii) | 雷暴警告及注意事項<br><a href="https://www.weather.gov.hk/tc/wservice/warning/thunder.html">https://www.weather.gov.hk/tc/wservice/warning/thunder.html</a>   |
| (iv)  | GPS 遠足留蹤服務<br><a href="https://www.ofca.gov.hk/exhibition/assets/pdf/2_3/2_3_4.pdf">https://www.ofca.gov.hk/exhibition/assets/pdf/2_3/2_3_4.pdf</a>  |
| (v)   | 郊野公園遠足安全指引<br><a href="https://www.afcd.gov.hk/tc_chi/country/cou_vis/cou_vis_gac/cou_wha_whe_sat.html">https://www.afcd.gov.hk/tc_chi/country/cou_vis/cou_vis_gac/cou_wha_whe_sat.html</a>                                |
| (vi)  | 郊野公園流動電話服務<br><a href="https://www.ofca.gov.hk/tc/consumer_focus/guide/safety/country_parks/mobile_network/index.html">https://www.ofca.gov.hk/tc/consumer_focus/guide/safety/country_parks/mobile_network/index.html</a>  |
| (vii) | 認識通訊方法 暢遊郊野公園<br><a href="https://www.ofca.gov.hk/tc/consumer_focus/guide/safety/country_parks/stay_in_touch/index.html">https://www.ofca.gov.hk/tc/consumer_focus/guide/safety/country_parks/stay_in_touch/index.html</a> |

## 流動應用程式

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|--------|---|
| (viii) | 「我的天文台」流動應用程式<br><a href="https://www.weather.gov.hk/tc/myobservatory.html">https://www.weather.gov.hk/tc/myobservatory.html</a>  |
| (ix)   | 「郊野樂行遠足留蹤」流動應用程式<br><a href="https://www.afcd.gov.hk/tc_chi/country/cou_wha/cou_apps.html">https://www.afcd.gov.hk/tc_chi/country/cou_wha/cou_apps.html</a>   |
| (x)    | MyMapHK 流動地圖應用程式<br><a href="https://www.landsd.gov.hk/tc/spatial-data/geospatial-infomation-services/geospatial-portals.html#6">https://www.landsd.gov.hk/tc/spatial-data/geospatial-infomation-services/geospatial-portals.html#6</a> |

3. 出發前及活動期間亦應留意天文台的最新天氣消息，以及可能發生的天氣變化等因素。如預知天氣變壞，應及早改變計劃或取消活動。
4. 雷暴的發展、移動與消散可以非常迅速，也有可能只影響局部地區。如遇雷暴，避免使用手提電話及無線電對講機。切勿站立於山頂上或接近導電性高的物體。樹木或桅杆容易被閃電擊中，應盡量遠離。閃電擊中物體後，電流會經地面傳開，因此不要躺在地上，潮濕地面尤其危險，應該蹲著並盡量減少與地面接觸的面積。
5. 避免在酷熱、濕度高、無風或空氣質素健康指數甚高 / 嚴重的日子遠足。如天氣酷熱，應避免長時間曝曬，並應多喝水和補充流失的電解質。途中要有適當休息，切勿逞強好勝，以免過分消耗體力。此外，遠足人士應對中暑和熱衰竭有充分認識，以便在遇到這類情況時懂得如何處理。
6. 切勿單獨遠足，宜至少四人同行；應預先把行程告知沒有同行的家人或朋友，一旦發生意外，他們可代為通知警方和尋求協助。
7. 應與遠足經驗豐富的領隊同行，並依從其決定和指示，切勿中途離隊。
8. 在起步前應做足熱身運動。
9. 切勿食用野果或飲用山水。

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10. 不要逗玩或餵飼流浪貓、狗或野猴，以防被襲。
  11. 切勿隨意步入沒有路牌指示的草叢或樹林。
  12. 切勿隨意離開原定路線或嘗試行走野草蔓生的捷徑。出發前應先細閱地圖，了解路線的資料，並應考慮路線的長度、坡度、路面狀況、行程所需時間、參加者的身體狀況和能力，小心計劃行程以免迷途或發生意外。
  13. 切勿站立崖邊或攀爬石頭拍照或觀景，並須遵守有關政府部門豎設的告示，免生意外。
  14. 暴雨時或連日豪雨後，切勿走近 / 停留在峻峭的山坡或涉足溪澗，也切勿在河道附近的橋樑下避雨及應避免在有問題的石上行走，以免山洪暴發時走避不及。
  15. 留意斜滑的山徑，好像濕滑的石面、泥路或滿佈沙粒的劣地，均容易使遠足人士在下坡時滑倒受傷。另外，遠足人士應穿著有護踝及鞋底有凹凸紋的遠足鞋，亦可攜帶行山手杖在有需要時使用。最後，亦應穿著輕便服裝（例如：淺色長袖衫和長褲）及帶備合適的帽子，因夏天可遮擋陽光，而冬天則可保暖。
  16. 切勿在指定燒烤地點以外的地方生火或煮食。
  17. 切勿吸煙，以防山火。如遇山火，應保持鎮定，立即遠離現場並致電 999 報警。
  18. 留意自己的身體狀況，量力而為。由於途中未必有飲料售賣，遠足人士必須為整段行程預備充足飲料。在旅程中，應不時補充流失的水分。當大量出汗時，即使未感口渴，仍需每 15 至 20 分鐘補充 150 至 200 毫升水分。遠足人士並應預備易於攜帶，且進食前無需加熱的碳水化合物（例如餅乾、麵包、方便裝的豆粥或糖水），作為行程中的食物補給。
  19. 迷路時，應循原路折返，切勿強行前進。如有需要，應盡快尋求協助。
  20. 沿途應留意政府部門豎設的危險告示牌。
  21. 要預防蚊叮蟲咬，可用驅蚊劑塗抹衣服或外露的皮膚。
  22. 建議帶備以下應變物品及器材（以防水袋 / 膠袋分類放妥）
    - (i) 幫助了解地形的郊區地圖和指南針
    - (ii) 電量充足的流動電話，以便聯絡和作求救之用（宜先了解電話服務覆蓋範圍）
    - (iii) 雨具或防水風褸
    - (iv) 急救包（備有藥水膠布、紗布繃帶、敷料、消毒藥水等）
    - (v) 電筒和哨子
    - (vi) 緊急糧食，例如朱古力和葡萄乾等高熱量且易於攜帶的食物
    - (vii) 一套乾衣服，以備更換
  23. 一旦遇到意外，遠足人士可使用沿途設置的固定網絡緊急求助電話、使用流動電話撥 999 或國際救援電話號碼 112、或嘗試使用對講機第 9 頻道求助。求助時應清楚提供以下資料：
    - (i) 意外性質、肇事原因；
    - (ii) 肇事時間、地點；
    - (iii) 位置、方位 / 座標和最近的標距柱號碼；
    - (iv) 附近地形或特別景物；
    - (v) 傷病者資料（例如：姓名、年齡、性別、電話號碼、住址、家人聯絡方法和傷勢）；
    - (vi) 已施行的急救；
    - (vii) 天氣情況；以及
    - (viii) 同行者人數、情況和去向。
  24. 長期病患者（例如患有心臟病、哮喘的人士）宜先徵詢醫生的意見，才決定是否遠足。



# Safety Hints on Hiking

1. The hiking routes and transport information provided in this booklet are for reference only. Hikers should choose the hiking routes and means of transport most suitable for themselves before setting out.
2. Get well prepared before setting out. For example, pay attention to the weather report and forecast for the day, check the mobile phone coverage in countryside, read on safe countryside trips and refer to the latest countryside maps. Hikers may also install and activate smartphone applications with tracking functions. In case of an accident, the tracking information recorded by the applications can facilitate the work of search and rescue teams. Some useful websites are listed below:

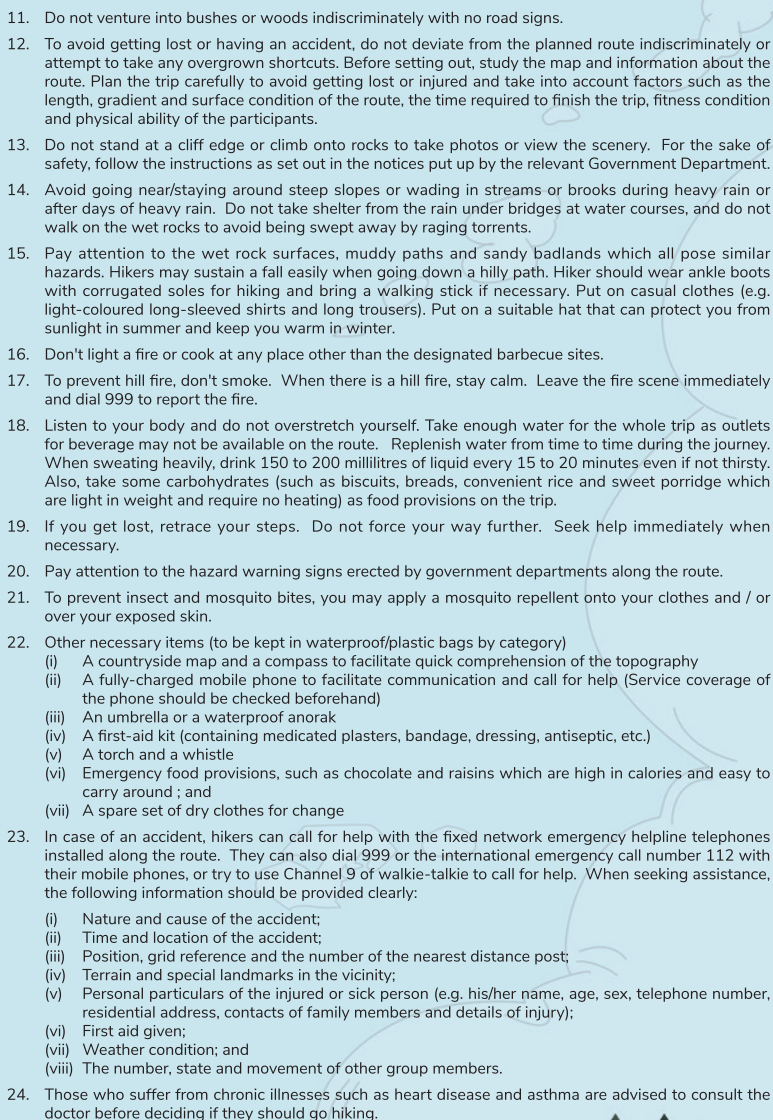
## Website

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|-------|---|
| (i)   | Hong Kong Hiking Trail Weather Service<br><a href="https://www.hko.gov.hk/en/103461/Hong-Kong-Hiking-Trail-Weather-Service">https://www.hko.gov.hk/en/103461/Hong-Kong-Hiking-Trail-Weather-Service</a>   |
| (ii)  | Beware of Heat Stroke<br><a href="https://www.chp.gov.hk/en/static/90064.html">https://www.chp.gov.hk/en/static/90064.html</a>  |
| (iii) | Thunderstorm Warning and Points to note<br><a href="https://www.weather.gov.hk/en/ws/service/warning/thunder.htm">https://www.weather.gov.hk/en/ws/service/warning/thunder.htm</a>  |
| (iv)  | GPS Hiker Tracking Service<br><a href="https://www.ofca.gov.hk/exhibition/assets/pdf/2_3/2_3_4.pdf">https://www.ofca.gov.hk/exhibition/assets/pdf/2_3/2_3_4.pdf</a>   |
| (v)   | Country Park Hiking Safety Guidelines<br><a href="https://www.afcd.gov.hk/english/country/cou_vis/cou_vis_gac/cou_wha_whe_sat.html">https://www.afcd.gov.hk/english/country/cou_vis/cou_vis_gac/cou_wha_whe_sat.html</a>                                |
| (vi)  | Mobile Network Services in Country Parks<br><a href="https://www.ofca.gov.hk/en/consumer_focus/guide/safety/country_parks/mobile_network/index.html">https://www.ofca.gov.hk/en/consumer_focus/guide/safety/country_parks/mobile_network/index.html</a> |
| (vii) | Stay in Touch in Country Parks<br><a href="https://www.ofca.gov.hk/tc/consumer_focus/guide/safety/country_parks/stay_in_touch/index.html">https://www.ofca.gov.hk/tc/consumer_focus/guide/safety/country_parks/stay_in_touch/index.html</a>             |

## Smartphone Application

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|--------|--|
| (viii) | "MyObservatory" Mobile Application<br><a href="https://www.weather.gov.hk/en/myobservatory.htm">https://www.weather.gov.hk/en/myobservatory.htm</a>  |
| (ix)   | "Enjoy Hiking Hiker Tracking Service" Mobile App<br><a href="https://www.afcd.gov.hk/english/country/cou_wha/cou_apps.html">https://www.afcd.gov.hk/english/country/cou_wha/cou_apps.html</a>  |
| (x)    | My MapHK Mobile Map App<br><a href="https://www.landsd.gov.hk/en/spatial-data/geospatial-infomation-services/geospatial-portals.html">https://www.landsd.gov.hk/en/spatial-data/geospatial-infomation-services/geospatial-portals.html</a> |

3. Pay attention to the latest weather information issued by the Observatory before and during the activity, and the possible weather changes. Change or cancel the activity plan if inclement weather is forecasted.
4. The development, movement and dissipation of thunderstorms can be quite rapid and fairly localized. In case of thunder and lightning, avoid using mobile phones and walkie-talkies. Do not stand on hill tops or near any highly conductive objects. Keep away from trees or masts which are likely to be struck by lightning. Since lightning current is conducted away through the ground, you should not lie down especially when the ground is wet. Instead you should crouch down to minimise the area in contact between you and the ground.
5. Avoid hiking on days of very hot weather, high humidity, with no wind or when the Air Quality Health Index is very high or serious. Avoid prolonged exposure to direct sunlight in extremely hot weather. Drink more water and replenish the electrolytes lost. Take appropriate breaks during the journey. Do not overextend yourself as it will lead to exhaustion. In addition, hikers should have a thorough understanding of heat stroke and heat exhaustion so that appropriate actions can be taken when they come across such situations.
6. Do not go hiking alone. It is preferable to go hiking in a group of at least four. Before setting out, hikers should inform their family members or friends who are not joining the trip of their intended route. Should an accident happen, the information will be useful for them to seek assistance from the police.
7. It is advisable to go with an experienced hiking leader and follow his/her decisions and instructions. Do not leave your group halfway through the trip.
8. Do enough warm-up exercises before setting out.
9. Do not eat wild fruit or drink untreated water from any stream.
10. Do not play with or feed stray cats, dogs or wild monkeys to avoid being attacked.

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11. Do not venture into bushes or woods indiscriminately with no road signs.
  12. To avoid getting lost or having an accident, do not deviate from the planned route indiscriminately or attempt to take any overgrown shortcuts. Before setting out, study the map and information about the route. Plan the trip carefully to avoid getting lost or injured and take into account factors such as the length, gradient and surface condition of the route, the time required to finish the trip, fitness condition and physical ability of the participants.
  13. Do not stand at a cliff edge or climb onto rocks to take photos or view the scenery. For the sake of safety, follow the instructions as set out in the notices put up by the relevant Government Department.
  14. Avoid going near/staying around steep slopes or wading in streams or brooks during heavy rain or after days of heavy rain. Do not take shelter from the rain under bridges at water courses, and do not walk on the wet rocks to avoid being swept away by raging torrents.
  15. Pay attention to the wet rock surfaces, muddy paths and sandy badlands which all pose similar hazards. Hikers may sustain a fall easily when going down a hilly path. Hiker should wear ankle boots with corrugated soles for hiking and bring a walking stick if necessary. Put on casual clothes (e.g. light-coloured long-sleeved shirts and long trousers). Put on a suitable hat that can protect you from sunlight in summer and keep you warm in winter.
  16. Don't light a fire or cook at any place other than the designated barbecue sites.
  17. To prevent hill fire, don't smoke. When there is a hill fire, stay calm. Leave the fire scene immediately and dial 999 to report the fire.
  18. Listen to your body and do not overstretch yourself. Take enough water for the whole trip as outlets for beverage may not be available on the route. Replenish water from time to time during the journey. When sweating heavily, drink 150 to 200 millilitres of liquid every 15 to 20 minutes even if not thirsty. Also, take some carbohydrates (such as biscuits, breads, convenient rice and sweet porridge which are light in weight and require no heating) as food provisions on the trip.
  19. If you get lost, retrace your steps. Do not force your way further. Seek help immediately when necessary.
  20. Pay attention to the hazard warning signs erected by government departments along the route.
  21. To prevent insect and mosquito bites, you may apply a mosquito repellent onto your clothes and / or over your exposed skin.
  22. Other necessary items (to be kept in waterproof/plastic bags by category)
    - (i) A countryside map and a compass to facilitate quick comprehension of the topography
    - (ii) A fully-charged mobile phone to facilitate communication and call for help (Service coverage of the phone should be checked beforehand)
    - (iii) An umbrella or a waterproof anorak
    - (iv) A first-aid kit (containing medicated plasters, bandage, dressing, antiseptic, etc.)
    - (v) A torch and a whistle
    - (vi) Emergency food provisions, such as chocolate and raisins which are high in calories and easy to carry around ; and
    - (vii) A spare set of dry clothes for change
  23. In case of an accident, hikers can call for help with the fixed network emergency helpline telephones installed along the route. They can also dial 999 or the international emergency call number 112 with their mobile phones, or try to use Channel 9 of walkie-talkie to call for help. When seeking assistance, the following information should be provided clearly:
    - (i) Nature and cause of the accident;
    - (ii) Time and location of the accident;
    - (iii) Position, grid reference and the number of the nearest distance post;
    - (iv) Terrain and special landmarks in the vicinity;
    - (v) Personal particulars of the injured or sick person (e.g. his/her name, age, sex, telephone number, residential address, contacts of family members and details of injury);
    - (vi) First aid given;
    - (vii) Weather condition; and
    - (viii) The number, state and movement of other group members.
  24. Those who suffer from chronic illnesses such as heart disease and asthma are advised to consult the doctor before deciding if they should go hiking.

# 遠足的準備

## Preparation for Hiking

-  相約家人朋友（切勿單獨遠足，宜至少四人同行）  
Don't go hiking alone. It is preferable to go hiking in a group of at least four.
-  計劃行程時須衡量各人能力和遠足經驗  
Hikers are advised to consider their physical strength and hiking experience when planning the trip.
-  行程完結，好好休息  
End of journey. Have a good rest.
-  沿途欣賞風景之餘，亦要留意標距柱及警告指示，了解所在位置  
Take heed of all warning signs and distance posts along the way to identify your location.
-  制定行程表，包括地圖資料、行速、休息位置及遇突發情況時的撤離路線  
Prepare a hiking programme including map information, walking speed, locations for rest and a back-up route for any unexpected situation.
-  留意天氣預報及當日天氣報告  
Pay attention to the weather forecast and weather report for the day.
-  收拾個人裝備，包括飲用水及食物，以及其他必需品（如地圖、指南針、急救用品及晴雨具等）  
Take your hiking gears including drinking water, food and other essential items (e.g. map, compass, first-aid kit, cap and umbrella etc.)
-  在起步前做足熱身運動  
Do enough warm-up exercises before setting out.
-  啟動「郊野樂行」智能手機應用程式的「GPS 遠足留蹤」功能，以記錄行蹤  
Activate the "GPS Hiker Tracking Service" of the "Enjoy Hiking" smartphone application with tracking functions.
-  遠足期間，切勿單獨在後或超前  
Don't lag behind or get too far ahead during hiking.
-  享受遠足樂趣，同時不留痕跡  
Enjoy hiking and leave no trace.

# 《行山樂》活動資料

## “Hiking Scheme” Activity Information

為推廣遠足這項適合一家大小的活動，本署轄下各分區康樂事務辦事處每年均會舉辦《行山樂》活動，讓參加者可在遠足領隊帶領下前往《行山樂》內的遠足路線。有關各分區康樂事務辦事處舉辦的《行山樂》活動資料，可瀏覽本署網頁 (<https://www.lcsd.gov.hk/tc/index.html>) 內的「社區康樂體育活動」。

To promote hiking which is an activity suitable for the whole family, the DLSOs of LCSD organise hiking programmes annually. Under the programmes, participants can explore the hiking routes found on the “Hiking Scheme” website by following hiking leaders. For information on the hiking programmes organised by DLSOs, please visit “Community Recreation and Sports Programme” on the LCSD’s website (<https://www.lcsd.gov.hk/en/index.html>).



# GPX 下載

## GPX Download

為方便市民計劃遠足路線和進一步認識康文署提供的 44 條《行山樂》路線的資料，本署把有關路線的地理資訊，包括路線圖、起點、終點及高度圖等儲存在下列的二維碼內。如市民的智能電話或手錶已下載與遠足相關的流動應用程式，可掃描下列二維碼和匯入相關資訊，便可在遠足時用作輔助工具。

To facilitate members of the public to plan a hike and have a better understanding of the 44 hiking routes in the “Hiking Scheme”, LCSD has saved the geographical information of these routes, including, among others, the route map, starting point, finishing point and elevation chart in the following QR code. Members of the public can scan the following QR code to import the relevant information and use them as an aid for hiking with smart phones or watches installed with hiking-related app.





## 無痕山林 7 大法則

### Leave No Trace



事先計劃和準備  
Plan Ahead and Prepare



請妥善處理垃圾  
Dispose of Waste Properly



保護山林植被及土壤  
Protect Vegetated Woodland and Soil



防止郊野山火  
Prevent Countryside Fires



保護自然原貌  
Keep The Nature as It is



尊重野生植物  
Respect Wildlife



顧及他人  
Have Due Consideration for Others



## 愛護自然環境

### Protecting Our Natural Environment



減少使用即棄餐具  
Use less disposable tableware



自備水樽 / 水壺  
Bring your own water bottle/ lask



用手帕代替紙巾  
Use handkerchiefs instead of tissues



減少購買包裝食物  
Buy less packaged food



不要攜帶過量食物以免浪費  
Do not bring too much food to avoid wastage



把垃圾帶到大型垃圾收集站  
棄置或回收  
Bring litter to major refuse collection points for disposal or recycling



較耐用或可重用的物資，  
清洗後重用  
Wash and reuse durable and reusable materials

日日運動身體好

Daily exercise  
keeps us fit

男女老幼做得到

People of all  
ages can do it



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