

Hints for Hiking in the Country Parks

郊野公園注意事項

To have a safe and pleasant journey in Hong Kong's country parks, please pay attention to the following:
為確保你的旅程既安全又愉快，請注意以下事項：

- Plan your itinerary carefully, take a detailed map with you and notify your friends of your itinerary. Travel in a group and have adequate sleep before start-off.
小心計劃行程，帶備詳細地圖，把行程通知親友。結伴同行，出發前應有充足睡眠。
- Some trails are unsuitable for inexperienced hikers. Take extra care in hot, muggy weather.
遊人須小心衡量個別路段可能不適合經驗不足人士。另外，於天氣悶熱的日子要加倍小心。
- Wear a light-coloured, long-sleeved shirt and trousers, or apply insect-repellent ointment if your arms or legs are exposed. Wear a hat or apply sun-protection cream. Carry sufficient food and water, and rest when necessary.
穿著淺色長袖衫及長褲或塗防蟲膏，並戴帽子或塗防曬用品。帶備充足食水，有需要時立即休息。
- Take your rubbish to a large rubbish-collection point.
將垃圾帶至大型垃圾收集站棄置。
- Do not engage in any of the following illegal activities: littering, driving without a permit in a country park, making a fire or camping in undesignated areas, or carrying a pneumatic gun or hunting equipment.
拋棄垃圾、於郊野公園內未經許可駕駛車輛、在非指定地點生火或露營、攜帶氣槍或捕獵設備均屬違法，可被檢控。
- Do not carry a large amount of cash or valuables, and carry as few credit cards and bankcards as possible. Keep a mobile phone with you in case of emergency; if have a companion, power off one mobile phone for use as a backup.
切勿攜帶大量現金及貴重財物，減少攜帶信用卡及銀行卡。帶備手提電話，以應付不時之需，若有多人同行，可將其中一部關掉，放在背囊內備用。
- Report suspicious activity to the police immediately. If you are robbed, stay calm, do not resist, and follow the robber's instructions. Note the appearance, skin colour, clothes, accent and other features of the robbers and the direction in which they escape, so as to help the police identify them.
遇見可疑人物時，應立即報案。若不幸遇劫，應保持鎮定，切記不要反抗，並應順從匪徒的指示。留意匪徒的逃走方向、外貌、膚色、服飾、口音及其他特徵，以便日後協助警方辨認疑犯。



- In case of accident, stay calm, note your surroundings, and record the number of the nearest country trail distance post (e.g. W120) or building. Dial 999 and describe in detail the location and the circumstances of the accident.

遇事要保持鎮定，先了解環境及情況，並記錄最就近的山徑標距柱號碼(如 W120)或明顯的建築物，撥電 999，清楚說出事故位置及詳情，以便救援。

- Note that the mobile telecom network does not provide complete coverage, so it may be difficult to receive signals in some places, such as South Lantau Island, Wang Shan Keuk in North New Territories, Tung Ping Chau, Hok Tau, Luk Wu, Tai Long, Ham Tin, Southeast High Island and Hoi Ha in Sai Kung East. Carry a roaming card with you in case of emergency.

須留意流動電話網絡信號覆蓋並不全面，部分地區可能會出現接收困難的情況，如大嶼山南部、新界北橫山腳、東平洲、鶴藪、西貢東部的鹿湖、大浪、鹹田、萬宜東南、海下等地。請自備漫遊咭，以備不時之需。

- If the roaming function is enabled at your location, call the police (dial 00852 first) for help if necessary.

Tai Po Police Division: 2667 2292

Sai Kung Police Division: 27921279

Sha Tau Kok Police Division: 2674 1469

若身處地點可使用漫遊功能，則可在有需要時直接致電警署求助(先撥 00852)。

大埔分區警署：26672292

西貢分區警署：27921279

沙頭角分區警署：2674 1469

For further details, please refer to "Safety Hints for Hiking in Country Parks", published by the Agriculture, Fisheries and Conservation Department

Website: <http://www.afcd.gov.hk>

Inquiry hotline: 1823

詳情可參考漁農自然護理署「遠足安全指引」。

網址：<http://www.afcd.gov.hk>

查詢熱線：1823



Tips for Bird Watching

觀鳥小提示

- Wear clothes with subdued colours. Avoid colourful garments such as red, yellow or orange.
宜穿著素色衣服，避免穿紅、黃或橙等鮮艷顏色的衣服。
- Walk quietly in the countryside. When you see birds, keep a distance and remain quiet to avoid frightening them. Do not disturb birds' nests or their natural environment.
在野外走動時，宜放輕步履，看到雀鳥，應保持距離，並且不作聲響，以免造成驚擾，切勿干擾鳥巢或其周圍的自然環境。
- Do not attempt to catch birds or collect their eggs. When observing nocturnal birds at night, never shine a torch or light directly on them; there is no need to track birds hastily.
切勿嘗試捕捉雀鳥或收集鳥蛋，在晚上觀賞夜行雀鳥時，切勿亮起手電筒或燈直接照射，毋須急忙追蹤雀鳥。
- Relax and enjoy the countryside. Even spotting a few common species will make your day.
請以輕鬆心情享受郊野環境，郊遊一天能觀看幾種常見雀鳥已是樂趣無窮。
- If you are a beginner, become familiar with the birds in your neighbourhood first, and then visit some wetlands to see waterfowl in the open. When you have mastered the basic skills, identifying woodland birds is not difficult.
初學者應先在家居附近觀鳥，熟悉牠們的形態特徵，然後到濕地觀察野生水禽。掌握了觀鳥基本技巧後，便可開始辨識林鳥。
- Do not disturb other people on site.
避免滋擾其他在場人士。
- Do not litter; keep the environment clean.
保持環境清潔，切勿隨地拋棄廢物。



Code for Observing Amphibians and Reptiles

兩棲爬行動物觀賞守則

- Do not disturb or handle any herpetofauna, especially snakes and lizards, as they may bite and some snakes are venomous. Always keep a good distance from any snake.
切勿騷擾或用手觸摸兩棲爬行動物，特別是蛇和蜥蜴，以免被咬傷；有些蛇有毒，因此遇到蛇時，必須保持相當距離，以策安全。
- Prior to the trip, check the weather forecast. Never go to the field if a typhoon, thunderstorm or heavy rain is expected. Do not visit streams shortly after heavy rain. If the weather is hot, bring sufficient water, wear a hat and put on sun lotion.
出發前，請查詢天氣預告，如有颱風、雷暴或豪雨預告，應取消行程。暴雨剛停後，仍有機會山洪暴發，不應去溪流邊遊玩。如天氣炎熱，應帶備足夠糧水，戴帽及塗上防曬液。
- Do not hike alone.
切勿獨自行山。
- Bring a mobile phone.
講帶備有效的通訊工具。
- Do not destroy any vegetation or wildlife.
不要破壞植物、滋擾其他野生動物或破壞牠們的居住環境。
- Do not pollute the water.
切勿污染水源。
- If someone in your group is bitten by a snake, do not incise or excise the wound or try to extract the venom. Do not administer alcohol, and restrict the victim's movement as far as possible. Apply an elastic bandage above the bitten area, and have the victim sit or lie down while waiting for paramedics. Try to record the features of the snake, such as its colour and pattern. If the snake is caught, send it to the hospital along with the patient for the correct application of anti-venom.
如不幸被蛇咬，不要割開傷口的皮膚吸吮或洗滌、喝酒且作出不必要的活動。傷者應躺下或坐下，盡可能用彈性繃帶縛紮傷口以上的部位及盡快到醫院診治。盡量向醫護人員提供毒蛇的種類、顏色和斑紋等資料，如咬人的蛇已被捕捉，應送交醫院，讓醫護人員辨認，俾能使用適合的血清。