

北潭涌至浪茄 | Pak Tam Chung to Long Ke

不少人都羨慕其他國家有如玻璃般清澈的湛藍海灘，但其實西貢也有一個「玻璃水庫」等著大家！北潭涌至浪茄的路段雖然頗長，但坡度平緩，可謂相當舒適的開段。此段風光一定是湛藍清澈的萬宜水庫稱霸，水庫建成於1979年，當年約有400個客家村民因建水庫而需要遷走，可想而知水庫工程之浩大。萬宜水庫東壩的木橋步道、7,000多塊的防波錨形石、S形六角岩柱、破邊洲等自然及人工景觀，從山上到海邊，將美景「一網打盡」！走畢全程，可繼續前進或到浪茄灣營地逗留，浪茄灣一帶的海岸有由流紋岩著稱的獨特風景，流紋岩是細小粒狀的火山岩，在溶岩面層與底層以急速及不同冷卻速度的情況下形成。在浪茄灣可盡情欣賞流紋岩所形成的灰啡色六角柱體，或留下來邊觀看夜空銀河、邊聽著浪濤聲，感受不一樣的香港之美。



1 鐘形虹吸溢洪道
Bellmouth Siphon Spillway



2 西壩黃昏
Evening at West Dam

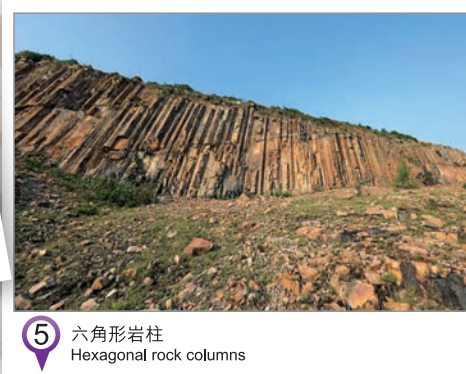


3 遠眺東丫
Overlooking Tung A

北潭涌至浪茄 | Pak Tam Chung to Long Ke



4 遠眺東壩
Overlooking East Dam



5 六角形岩柱
Hexagonal rock columns



6 浪茄
Long Ke



Many people are envious of the beaches overseas, which are as crystal-clear as glass. Sai Kung, in fact, also has a glassy reservoir awaiting your visit. The section between Pak Tam Chung and Long Ke, albeit quite long, has a gentle slope and is therefore a somewhat comfortable start to a hike. Commanding the best view in this section is unequivocally the clear and blue High Island Reservoir, which was built in 1979, when some 400 Hakka villagers had to move out to make way for the reservoir, whose mammoth scale was therefore self-explanatory. Breath-taking scenery, whether natural or manmade, is seen not only in the mountain but also along the seashore - the wooden footpath in the East Dam of High Island Reservoir, a cofferdam of some 7000 dolosse, s-shaped hexagonal rock columns, Po Pin Chau and the like. Upon the completion of this section, either opt to proceed forward or stay in Long Ke Wan Campsite. The coast along Long Ke Wan is known for a unique landscape of rhyolite, which is a kind of

small volcanic rock and is formed in the course of the rapid and different cooling rates at the lava surface and bottom layer. You can appreciate the grey-brown hexagonal columns formed by rhyolite, or you can stay behind and revel in the milky way in the dark sky against the sound of swells, enjoying the beauty of Hong Kong from a different perspective.





西貢西郊野公園
Sai Kung West Country Park

大枕蓋
Tai Cham Koi

田尾山
Tin Mei Shan

西貢東郊野公園
Sai Kung East Country Park

西灣
Sai Wan

麥理浩徑第一段 MacLehose Trail Section 1

- 郊野公園
Country Parks
- 麥理浩徑第一段
MacLehose Trail Section 1
- 遠足路徑
Hiking Trail
- 主要道路
Major Road
- 景點 (參閱圖片說明)
Spot (Refer to Photo Caption)

- 觀景台 Viewing Point
- 廁所 Toilet
- 告示板 Information Board
- 涼亭 Shelter
- 緊急求助電話 Emergency Helpline
- 露營地點 Campsite
- 巴士/小巴站 Bus / Minibus Stop
- 遊客中心 Visitor Centre

大網仔
Tai Mong Tsai

太墩
Tai Tun

長山
Cheung Shan

大網仔路 Tai Mong Tsai Road

北潭涌
Pak Tam Chung

上窩
Sheung Yiu

擺頭墩
Pai Tau Tun

橫頭墩
Wang Tau Tun

螺地墩
Lo Tei Tun

吹筒坳
Chui Tung Au

西灣山
Sai Wan Shan

曝苦灣
Po Kwu Wan

南風灣
Nam Fung Wan

元五墳
Yuen Ng Fan

西壩
West Dam

萬宜水庫
High Island Reservoir

浪茄
Long Ke

浪茄仔
Long Ke Tsai

長岩灣
Cheung Ngam Wan

響棚角頂
Tsang Pang Kok Teng

飯甌洲
Conic Island

高度圖 Elevation Profile

北潭涌至浪茄
Pak Tam Chung - Long Ke



起點 Start Point
北潭涌 Pak Tam Chung

→ A → B → C → D → E → F → G → 終點 End Point
水塘入口 Entrance of Reservoir
元五墳 Yuen Ng Fan
西壩 West Dam
大蛇頂山腰 Hillside of Tai She Teng
往北丫分岔路口 Intersection to Pak A
往白腊分岔路口 Intersection to Pak Lap
東壩 East Dam
浪茄 Long Ke

長度 Length: 10.6 公里 km

時間 Duration: 3 小時 hrs

綜合難度 Overall Difficulty ★★☆☆

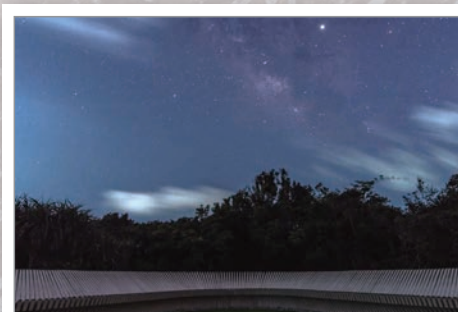
0.5 0.25 0 0.5 1 1.5 2 公里 Kilometer

浪茄至北潭凹 | Long Ke to Pak Tam Au

麥理浩徑第二段是人氣爆燈的山徑之一，亦最能感受香港海岸之美。第二段開首需要攀上314米高而陡峭的西灣山才能下達有「香港馬爾代夫」之稱的西灣沙灘。抵達西灣後，藍天白雲、海水清澈，大有「值回票價」之感，西灣觀星地點的長椅走線有如音譜，設計有如琴鍵，日間也可在此休息拍照。從大浪灣繼續走，一路經過咸田灣、大浪坳及赤徑，赤徑村有超過200年歷史，現時居民不多，村內的碼頭、石灘和紅樹林又是另一番風光，走過一次，令人回味再三。



① 從西灣遠眺蚰蛇尖
Overlooking Sharp Peak from Sai Wan

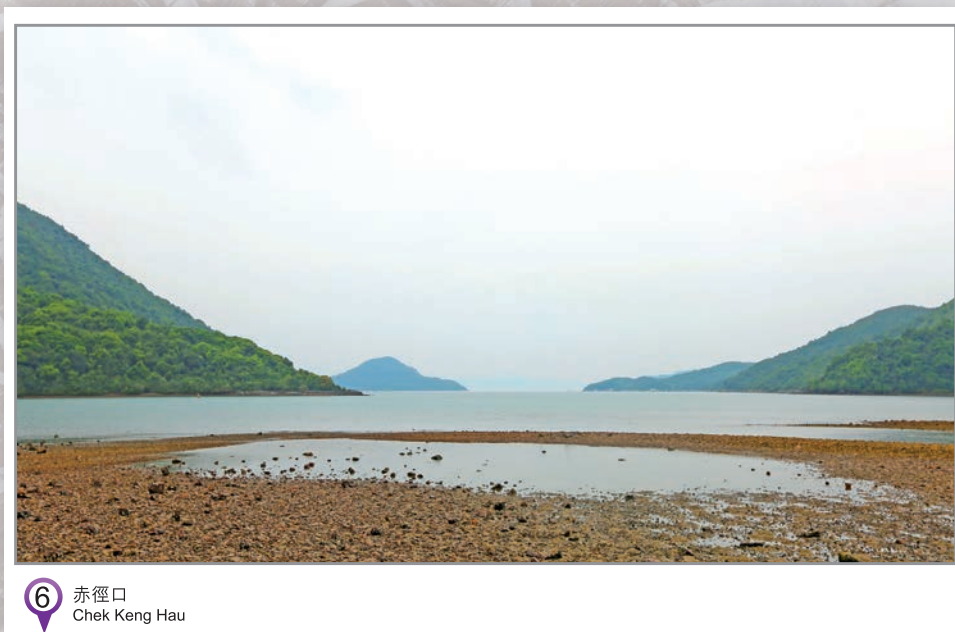
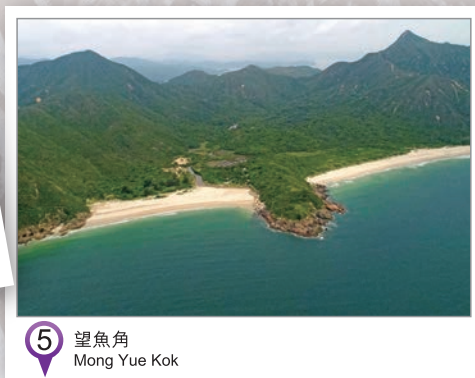


② 西灣觀星地點
Sai Wan Stargazing Site



③ 遠眺大洲及尖洲
Overlooking Tai Chau and Tsim Chau

浪茄至北潭凹 | Long Ke to Pak Tam Au



MacLehose Trail Section 2 is one of the phenomenally popular hiking trails, and this is the best section for you to feel the beauty of the coast of Hong Kong. At the start of MacLehose Trail Section 2 is the steep Sai Wai Shan of 314 meters; only after descending from this mountain can you reach Sai Wan beach, otherwise known as “the Maldives of Hong Kong”. With white clouds in the azure sky and crystal-clear seawater, the hike will be well worth it when you reach Sai Wan. In the stargazing site in Sai Wan, you can even rest and take photographs by day against the benches resembling staves and piano keys. Moving on from Tai Long Wan will bring you to Ham Tin Wan, Tai Long Au and then Chek Keng. Chek Keng Village has over 200 years of history and although not many people are living there now, the pier, shingle beaches and mangroves in the village present to you another type of scenery, which will be fondly etched in your memory.





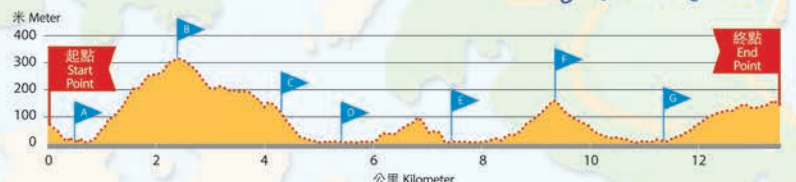
麥理浩徑第二段

MacLehose Trail Section 2

- 郊野公園 Country Parks
- 麥理浩徑第二段 MacLehose Trail Section 2
- 遠足路徑 Hiking Trail
- 主要道路 Major Road
- 景點 (參閱圖片說明) Spot (Refer to Photo Caption)

- 觀景台 Viewing Point
- 廁所 Toilet
- 告示板 Information Board
- 涼亭 Shelter
- 緊急求助電話 Emergency Helpline
- 露營地點 Campsite
- 巴士/小巴站 Bus / Minibus Stop
- 遊客中心 Visitor Centre

高度圖 Elevation Profile



起點 Start Point 浪茄 Long Ke 浪茄沙灘 Long Ke Beach 西灣山 Sai Wan Shan 吹筒坳 Chui Tung Au 西灣 Sai Wan 鹹田灣 Ham Tin Wan 大浪坳 Tai Long Au 赤徑 Chek Keng 終點 End Point 北潭坳 Pak Tam Au

長度 Length: 13.5 公里 km

時間 Duration: 5 小時 hrs

綜合難度 Overall Difficulty: ★★★★★

0.5 0.25 0 0.5 1 1.5 2 公里 Kilometer

西貢東郊野公園

Sai Kung East Country Park

西貢西郊野公園

Sai Kung West Country Park

萬宜水庫

High Island Reservoir

大浪灣

Tai Long Wan

大浪

Tai Long

螺地坳

Lo Tei Tun

大浪坳

Tai Long Au

大蚊山

Tai Mun Shan

大浪

Tai Long

赤徑

Chek Keng

赤徑口

Chek Keng Hau

牛湖墩

Ngau Wu Tun

北潭凹

Pak Tam Au

大輦嶺墩

Tai Che Leng Tun

牌額山

Pai Ngak Shan

北潭涌

Pak Tam Chung

大洲

Tai Chau

尖洲

Tsim Chau

西灣

Sai Wan

西灣山

Sai Wan Shan

睇魚岩頂

Tai Yue Ngam Teng

螭螺石頂

Kam Kui Shek Teng

水徑頂

Shui Keng Teng

浪茄

Long Ke

浪茄灣

Long Ke Wan

簕棚角咀

Tsang Pang Kok Tsui

獨孤山

Tuk Ngu Shan

東壩

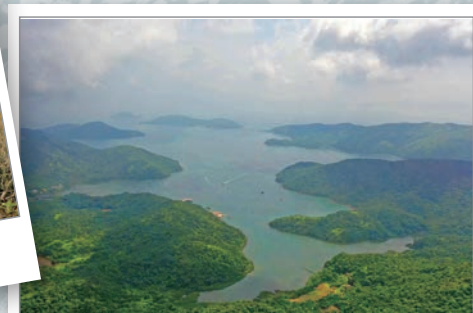
East Dam

北潭凹至企嶺下 | Pak Tam Au to Kei Ling Ha

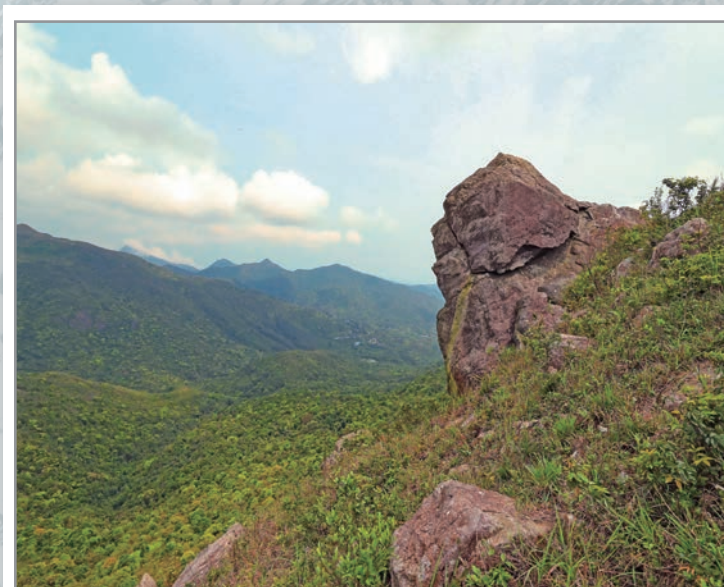
以難度來說，麥理浩徑第三段必定入選三甲，峰巒迭起、高低起伏不定，需要攀越岩頭山、畫眉山、雷打石和雞公山四個約海拔400米高的山峰，走上山徑，不只有「只緣身在此山中」的樂趣，更有「橫看成嶺側成峰」的景況。特別在叢林深處，大家還有機會看見隱身其中的舊日梯田蹤影。要從起點北潭凹攀上牛耳石山，是麥理浩徑第三段的一大挑戰。長約一公里的石階梯，每一級都考驗大家的毅力，辛苦走到岩頭山上總有回報，東面是企嶺下海、北臨吐露港，西望大埔，南見馬鞍山，抵達山頂嶂上小休後，繼續向雞公山進發，有心挑戰這一段路的話，除了足夠的休息，還要謹記帶備充足糧水作補給！



1 牛耳石山
Ngau Yee Shek Shan



2 遠眺高塘口
Overlooking Ko Tong Hau



3 雷打石山
Lei Ta Shek Shan

北潭凹至企嶺下 | Pak Tam Au to Kei Ling Ha



4 遠眺雞公山
Overlooking Kai Kung Shan



5 遠眺雷打石及西貢東群山
Overlooking Lui Ta Shek and mountains in Sai Kung



6 從雞公山遠眺企嶺下海
Overlooking Three Fathoms Cove from Kai Kung Shan



Featuring undulating mountains with a steep gradient, the third section of the MacLehose Trail is definitely one of the top three in terms of difficulty. Surrounded by Ngam Tau Shan, Wa Mei Shan, Lui Ta Shek and Kai Kung Shan, their dazzling heights at around 400 metres above sea level can also offer you distinct appearances of the rolling mountains from different angles. Terraced fields can even be seen in the depths of the woods. Climbing from Pak Tam Au, the start point, up to Ngau Yee Shek Shan is a radical challenge of the third section of the MacLehose Trail. Every one of the stone steps, which are about one kilometre long, puts your perseverance through the mill, and if you successfully navigate your way to the crest of the mountain, you will be rewarded with an unobstructed view up there - Kei Ling Ha Hoi to the east, Tolo Harbour to the north, Tai Po to the west, Ma On Shan to the south. After a break on the crest of Cheung Sheung, proceed to Kai Kung Shan, and if you are determined to plough on, rest, food and water are crucial.



麥理浩徑第三段

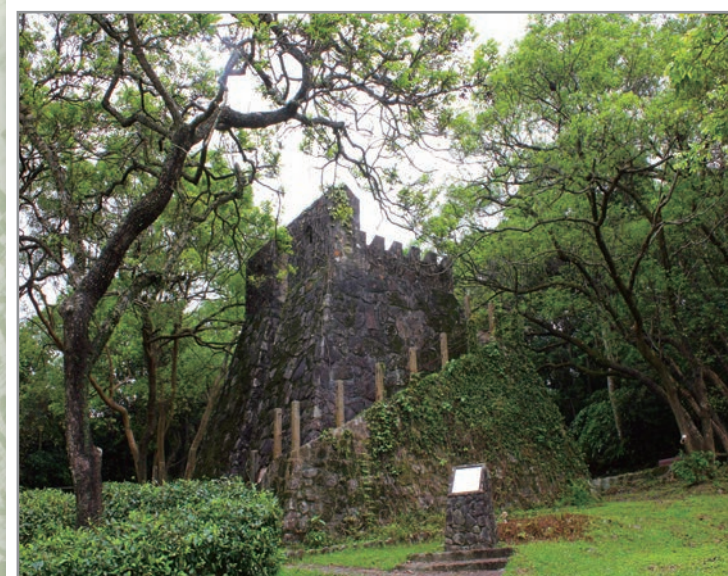
MacLehose Trail Section 3

- 郊野公園 Country Parks
- 麥理浩徑第三段 MacLehose Trail Section 3
- 遠足路徑 Hiking Trail
- 主要道路 Major Road
- 景點 (參閱圖片說明) Spot (Refer to Photo Caption)
- 觀景台 Viewing Point
- 廁所 Toilet
- 告示板 Information Board
- 涼亭 Shelter
- 緊急求助電話 Emergency Helpline
- 露營地點 Campsite
- 巴士/小巴站 Bus / Minibus Stop



企嶺下至大老山 | Kei Ling Ha to Tate's Cairn

俗語說「天外有天」，接下來的麥理浩徑第四段，更是「山外有山」的寫照！從水浪窩穿過黃竹洋村後，沿路攀上高達555米的馬鞍山山脊，雖然艱辛，但所謂「欲窮千里目，更上一層樓」，居高臨下可見鹽田仔及滘西洲等地；抵達昂平，開闊的高原就在眼前展開，行至水牛山山腰，春天時，更有機會遇見徐徐轉紅的漫山楠樹，風光獨好！從水牛山西行至基維爾營地，第四段才告一段落。基維爾營地是香港童軍的重要基地，營地前便是著名的麥徑長城，大部分地面以大石砌成，置身其中，恍如走在萬里長城上。能夠走完第四段，也是令人自豪的。



① 水浪窩觀星台
Shui Long Wo Star Lookout



② 從昂平遠眺大金鐘
Overlooking Pyramid Hill from Ngong Ping



③ 遠眺白沙灣、橋咀、東壩及蚺蛇尖
Overlooking Pak Sha Wan, Kiu Tsui, East Dam and Sharp Peak

企嶺下至大老山 | Kei Ling Ha to Tate's Cairn



The fourth section of the MacLehose Trail is another gateway to even more breath-taking scenery, as they say “Perfection knows no limits”. Go through Wong Chuk Yeung Village from Shui Long Wo, and then climb up to the 555-metre high Ma On Shan ridge. Although by no means an easy section, it commands Yim Tin Tsai and Kau Sai Chau from a height – the higher you are, the further you can see. Upon arrival in Ngong Ping, what immediately comes into view is a vast plateau. When you reach the mountain-side of Buffalo Hill, you might even see Machilus trees whose leaves slowly turn red, all over the mountain in spring. The fourth section does not end until you reach Gilwell Campsite after trekking west from Buffalo Hill. Gilwell Campsite is an important base of the Scout Association of Hong Kong, concomitantly located in front of it is the well-known “The Great Wall of the MacLehose Trail”. With large stones lying on much of the ground, walking on it is like hiking the Great Wall of China.

Conquering the fourth section of the MacLehose Trail is something to take pride in.



麥理浩徑第四段
MacLehose Trail Section 4



企嶺下至大老山
Kei Ling Ha - Tate's Cairn



大老山至大埔公路 | Tate's Cairn to Tai Po Road

麥理浩徑跨越多個山頭，第五段是與市區最接近的一段，亦是較易走的一段，路上還有機會看到不少二戰遺跡如戰壕與地洞，部分戰壕更深達一米，對不少本地行山客來說，自是壯觀。由基維爾營地至大老山，越過山脊之後即可沿沙田坳道下達至沙田坳的獅子亭，經過雞胸山，便是香港回歸紀念亭，在涼亭處風光無限，遠眺東九龍及啟德郵輪碼頭，視野甚至遠及維多利亞港及港島東，在此拍照，風光一絕。值得一提的，還有筆架山上的雷達站，

南朝九龍、北望沙田，景致一望無際。



1 遠眺九龍
Overlooking Kowloon



2 獅子山山徑
Hiking Trail of Lion Rock

大老山至大埔公路 | Tate's Cairn to Tai Po Road



3

遠眺獅子山
Overlooking Lion Rock



4

座標石
Marker Stone



5

筆架山觀景台
Beacon Hill Viewing Point

The MacLehose Trail spreads over many mountains, with its fifth section being the closest to the city and a relatively easier section. You might come across a lot of remains of World War II, such as grounds holes and trenches, some of which could be as deep as one metre. These could well be impressive views to local hikers. Trekking from Gilwell Campsite to Tate's Cairn, you will reach Reunification Pavilion after crossing the ridge and going along Shatin Pass Road down to the Lion Pavilion in Shatin Pass and Unicorn Ridge. The pavilion, which boasts breath-taking views, commands Kowloon East and Kai Tak Cruise Terminal, and even as far as Victoria Harbour and Hong Kong Island East. You might just as well take a picture there to capture the spectacular scenery. Also worth mentioning is a radar station in Beacon Hill, which overlooks Kowloon to the south and Shatin to the north, with the view stretching to the horizon.



麥理浩徑第五段

MacLehose Trail Section 5



馬鞍山郊野公園
Ma On Shan Country Park

觀音山
Kwun Yam Shan

基維爾
營地
Gilwell
Campsite

大老山
Tate's Cairn

東山
Tung Shan

飛鵝山
Fei Ng Shan

饅頭墩
Man Tau Tun

慈雲山
Tsz Wan Shan

沙田坳
Shatin Pass

雞胸山
Unicorn
Ridge

獅子山郊野公園
Lion Rock Country Park

獅子山
Lion Rock

望夫石
Amah Rock

筆架山
Beacon Hill

尖山
Eagle's Nest

琵琶山
Piper's Hill

金山郊野公園
Kam Shan
Country Park

城門郊野公園
Shing Mun
Country Park

城門隧道 Shing Mun Tunnel

大埔公路 Tai Po Road
尖山隧道 Eagle's Nest Tunnel

車公廟
Che Kung Temple

沙田
Sha Tin

沙田圍
Sha Tin Wai

黃大仙
Wong Tai Sin

鑽石山
Diamond Hill

樂富
Lok Fu

九龍城
Kowloon City

彩虹
Choi Hung

九龍灣
Kowloon
Bay

荔枝角
Lai Chi Kok

青沙公路

- 郊野公園
Country Parks
- 麥理浩徑第五段
MacLehose Trail Section 5
- 遠足路徑
Hiking Trail
- 主要道路
Major Road
- 景點 (參閱圖片說明)
Spot (Refer to Photo Caption)

- 觀景台 Viewing Point
- 廁所 Toilet
- 告示板 Information Board
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大埔公路至城門 | Tai Po Road to Shing Mun

第六段是麥理浩徑路程最短、最易走的一段，因此頗受行山初哥歡迎。從大埔公路出發，經九龍水塘至城門水塘。九龍水塘於1920年代建成，整個

水塘群乃由九龍水塘、九龍副水塘、九龍接收水塘及石梨貝水塘組成，九龍水塘的主壩、水掣房、溢洪壩及溢洪壩記錄儀器房及另一個記錄儀器房均為香港法定古跡，宏偉的水壩加上活潑的獼猴，比其他路段更為熱鬧、更富生氣。我們所看見的獼猴，是從外地帶來香港所衍生的後裔，當初引進來是希望獼猴吃掉有毒的「馬錢」——香港四大毒草之一，以保障水塘食水安全。走上城門附近的孖

指徑，可一睹城門碉堡及舒佛畢利巷、麗晶街等隧道古跡，認識香港保衛戰歷史，還可以趁機俯瞰荃灣與葵涌的人間煙火，益發教人珍惜香港山徑與城市毗鄰的便利與價值。



① 水掣房及九龍副水塘
Valve House and Kowloon Byewash Reservoir



② 九龍水塘主壩
Main Dam of Kowloon Reservoir



③ 遠眺大帽山
Overlooking Tai Mo Shan

大埔公路至城門 | Tai Po Road to Shing Mun



4 遠眺城門水塘
Overlooking Shing Mun Reservoir



5 遠眺荃灣
Overlooking Tsuen Wan



6 城門碉堡
Shing Mun Redoubt



The sixth section is the shortest and easiest section of the MacLehose Trail. It is, therefore, quite popular among novice hikers. Leaving from Tai Po Road for Shing Mun Reservoir via Kowloon Reservoir, you will see Macaques roaming in groups on the way. The Macaques we can see now are the descendants of the ones previously introduced in Hong Kong with a view to ensuring the safety of fresh water by having them eat poisonous plants Narrow-flowered Poison-nut and Umbel-flowered Poison-nut. Kowloon Reservoir was built in the 1920s, and the cluster of reservoirs comprises Kowloon Reservoir, Kowloon Byewash Reservoir, Kowloon Reception Reservoir and Shek Lei Pui Reservoir. The main dam, valve house, spillway dam, spillway dam recorder house and another recorder house are all declared monuments in Hong Kong. The magnificent dam and energetic Macaques make this section particularly bubbly compared with other sections. Make your way along Smuggler's Ridge to learn about the history

of Battle of Hong Kong from Shing Mun Redoubt, Shaftesbury Avenue, and Regent Street and overlook Tsuen Wan and Kwai Chung there, which are bustling with life, prompting us to not only appreciate the value of the local hiking trails but also treasure their proximity to the city.





大圍
Tai Wai

麥理浩徑第六段 MacLehose Trail Section 6



高度圖 Elevation Profile

大埔公路至城門
Tai Po Road - Shing Mun



城門至鉛礦坳 | Shing Mun to Lead Mine Pass

城門水塘建成於1937年，其主壩、鐵橋、水掣房和鐘形溢流口已列為一級歷史建築，也是最受香港人歡迎的郊遊地點之一，郊野公園範圍內記錄過百種蝴蝶，沿水塘邊的一排白千層更是遊人「打卡」勝地。水塘連接往針山的路段，有傳針山來自客家話中的「尖山」，雖只有海拔532米，但山如其名，極之陡峭。登上針山山頂，須在1.7公里內爬過千級樓梯，加上樹木稀少，考驗登山者的耐力和意志。不過針山的風光是絕對值得遊人付出，登頂後面前是沙田全景，背後則能越過狹長的水塘飽覽葵涌、青衣及荃灣景色。後段登上高647米的草山，視野更為遼闊，此被行山人士稱為「針、草、帽」（針山、草山、大帽三山對望）」之旅。沿路走至鉛礦坳的終點均有美景相伴，絕不悶場。



1 城門水塘主壩
Shing Mun Reservoir Main Dam



2 遠眺沙田及大圍
Overlooking Shatin and Tai Wai



3 針山
Needle Hill

城門至鉛鑛坳 | Shing Mun to Lead Mine Pass



4 草山望大帽山日落
Sunset of Tai Mo Shan from Grassy Hill



5 城門水塘雲海
Sea of Clouds around Shing Mun Reservoir



6 遠眺吐露港及馬鞍山
Overlooking Tolo Harbour and Ma On Shan



Shing Mun Reservoir was built in 1937. Its main dam, steel bridge, valve tower and bellmouth overflow have been graded as Grade I historic buildings, making the reservoir one of the most popular hiking spots among Hongkongers. Over one hundred species of butterflies were recorded within the country park; the Paper-bark trees that surround the reservoir are even favourite check-in spots. The reservoir leads to Needle Hill, which allegedly means a mountain with a pointed crest in the Hakka dialect. Despite only having the altitude of 532 metres, Needle Hill, as shown by its name in the Hakka dialect, is exceedingly steep. To scale Needle Hill, you have to climb over a thousand steps within 1.7 kilometres, which, together with sparse trees, puts endurance and willpower through the mill. However, the scenery that one can see on Needle Hill is well worth the efforts. After climbing up to the crest, you will be rewarded with the panoramic view of Shatin in front of you and, if you navigate your way through the narrow and mighty reservoir, you will then be rewarded with the view of Kwai Chung, Tsing Yi and Tseun Wan. If you scale Grassy Hill, which has an altitude of 647 metres, you can enjoy an even wider view — Needle Hill, Grassy Hill and Tai Mo Shan face one another. Never will you get bored with the spectacular views on the way to the end point — Lead Mine Pass.





麥理浩徑第七段

MacLehose Trail Section 7

大圍
Tai Wai

- 郊野公園
Country Parks
- 麥理浩徑第七段
MacLehose Trail Section 7
- 遠足路徑
Hiking Trail
- 主要道路
Major Road
- 景點 (參閱圖片說明)
Spot (Refer to Photo Caption)

- 遊客中心 Visitor Center
- 廁所 Toilet
- 告示板 Information Board
- 涼亭 Shelter
- 緊急求助電話 Emergency Helpline
- 露營地點 Campsite
- 巴士/小巴站 Bus / Minibus Stop

城門郊野公園
Shing Mun Country Park

針山
Needle Hill

3

2

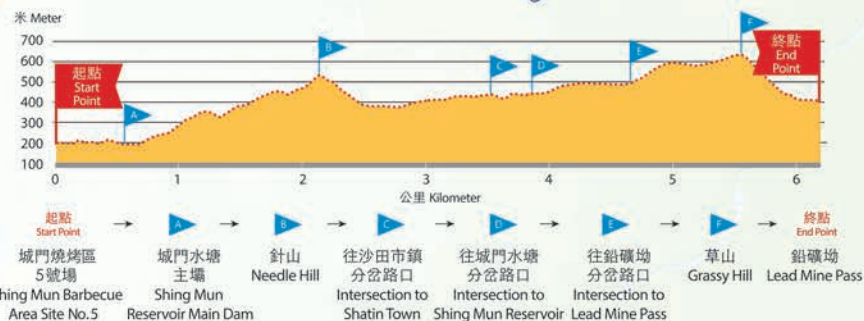
城門水塘
Shing Mun Reservoir

下城門水塘
Lower Shing Mun Reservoir

葵涌
Kwai Chung

高度圖 Elevation Profile

城門至鉛礦坳
Shing Mun - Lead Mine Pass



0 0.15 0.3 0.6 0.9 1.2 公里 Kilometer

鉛礦坳至荃錦公路 | Lead Mine Pass to Route Twisk

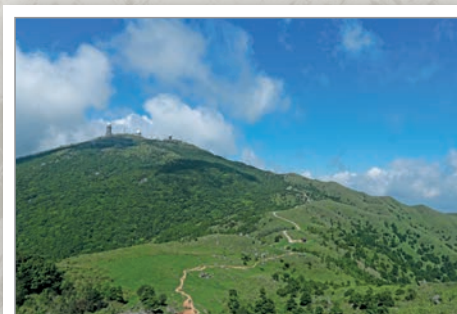
香港昔日擁有多個礦場，鉛礦坳是其中之一。1930年代已有人在城門郊野公園東部開採礦石，直至1960年代由於海外多個新興大型礦場落成，加上礦石價格急跌，使礦場被荒廢丟空至今，至今鉛礦坳還留有多個近百年歷史的礦洞。別被鉛礦坳起步接連爬升的600級階梯嚇怕，第八段餘下的登山路徑都平坦易走。途中經過的大帽山高957米，是香港第一高峰，是城門河及林村河的起源，北面山坡的濕冷環境成為茶花的生長地，往日的梯形茶田遺址依稀可見。深秋的大帽山則有大片黃金芒草吸引無數遊人拍照，山頭亦不時見牛隻相俛休息。高山風景，從來都是登山的最好回報，晴空萬里時，大帽山可飽覽新界的景色，連青馬大橋以至深圳亦一覽無遺，濕氣集結時，與山下城下隔著一片迷霧，又是另一番詩情畫意。



稀可見。深秋的大帽山則有大片黃金芒草吸引無數遊人拍照，山頭亦不時見牛隻相俛休息。高山風景，從來都是登山的最好回報，晴空萬里時，大帽山可飽覽新界的景色，連青馬大橋以至深圳亦一覽無遺，濕氣集結時，與山下城下隔著一片迷霧，又是另一番詩情畫意。



① 遠眺城門水塘
Overlooking Shing Mun Reservoir



② 遠眺大帽山
Overlooking Tai Mo Shan



③ 大帽山日落
Sunset at Tai Mo Shan

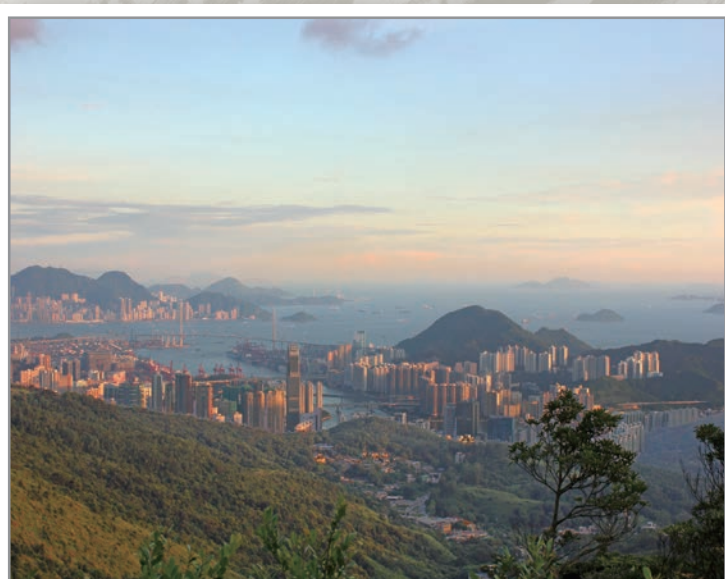
鉛礦坳至荃錦公路 | Lead Mine Pass to Route Twisk



4 從大帽山遠眺錦田
Overlooking Kam Tin from Tai Mo Shan



5 遠眺天文台天氣雷達
Overlooking Weather Radar of Hong Kong Observatory



6 遠眺荃灣及青衣
Overlooking Tsuen Wan and Tsing Yi



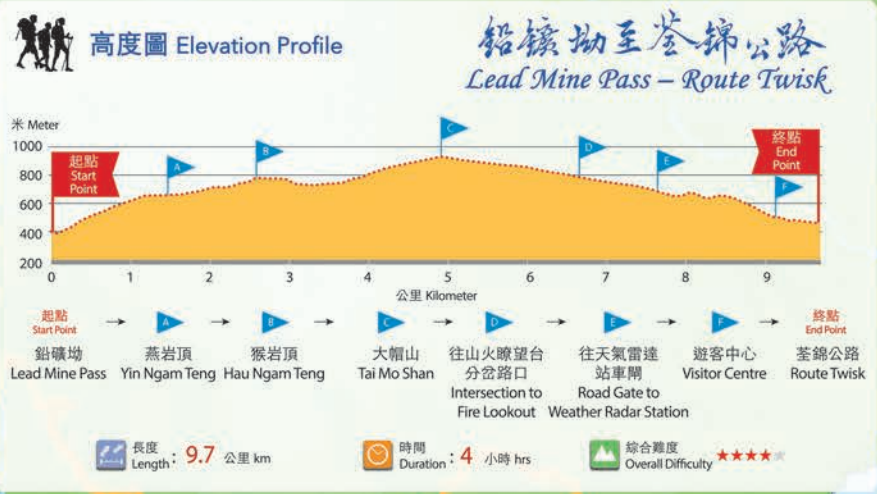
Hong Kong used to have many mine sites, one of which was Lead Mine Pass. There were mining activities in the east of Shing Mun Country Park in as early as the 1930s. It was not until the 1960s that the mine sites were derelict, even to date, as a result of the emergence of a large number of overseas large-scale mine sites and the plummeting price of ore. Lead Mine Pass still has many mine caves which owns a history of over a century. Don't be daunted by the 600 upward steps starting from Lead Mine Pass, however. The remaining tracks of the eighth section are flat and easy to walk. Tai Mo Shan, which you will walk past on the way, is the tallest mountain in Hong Kong at 957 metres. The start point of Shing Mun River and Lam Tsuen River, the hillside in the north, which is both wet and cold, lays the foundations for the growth of Camellia. The abandoned trapezoid-shaped tea fields of the past can still be skimmed. In autumn, countless hikers gravitate towards Tai Mo Shan to take pictures of the golden Slivergrass. Cattle are every so often seen to prop themselves against each other to take rests. Enjoying the scenery from a height is always the reward for hiking. On sunny days with a



cloudless sky, you can enjoy the view of the New Territories from not only Tai Mo Shan but also Tsing Ma Bridge and Shenzhen. On humid days, the mist-enveloped city is yet another sort of scenery shrouded in mystery.

麥理浩徑第八段

MacLehose Trail Section 8



- 郊野公園 Country Parks
- 麥理浩徑第八段 MacLehose Trail Section 8
- 遠足路徑 Hiking Trail
- 主要道路 Major Road
- 景點 (參閱圖片說明) Spot (Refer to Photo Caption)
- 觀景台 Viewing Point
- 廁所 Toilet
- 告示板 Information Board
- 涼亭 Shelter
- 緊急求助電話 Emergency Helpline
- 露營地點 Campsite
- 巴士/小巴站 Bus / Minibus Stop
- 遊客中心 Visitor Centre

0 0.15 0.3 0.6 0.9 1.2 公里 Kilometer

荃錦公路至田夫仔 | Route Twisk to Tin Fu Tsai

山徑起步不久便有一開揚的觀景地點，南面能盡覽荃灣及昂船洲大橋景色，北面則有被樹林包圍的河背水塘。河背水塘為新界西北的農民提供灌溉用水源，平靜的水面中間躺著小島，山下是八鄉、石崗和錦田的鄉村平原風光。細心看，路邊還可以找到一個荒廢了的礦洞。走在林蔭大道中，夏天也不覺悶熱。如果在春天出遊，又會是另一番光景，沿途能發現本地野生的紅杜鵑吐豔，把山坡染上一抹紅。也別忘了腳邊一小束小巧玲瓏的韓信草，紫藍色的花，漢朝大將軍韓信常以此草藥為傷兵治病，及後人們便稱此草藥為韓信草。路上可見花托膨脹成球狀，有如草莓般的蛇莓、還有看上去似是一顆顆眼球的魚眼草。



1 麥理浩徑開幕紀念碑
Plaque commemorated the opening of the
MacLehose Trail



2 遠眺荃灣
Overlooking Tsuen Wan

荃錦公路至田夫仔 | Route Twisk to Tin Fu Tsai



3 遠眺葵涌
Overlooking Kwai Chung



4 礦洞
Mine Cave



5 俯瞰河背水塘
Overlooking Ho Pui Reservoir



There is a viewing point soon after the trail starts. The south of the viewing platform overlooks Tsuen Wan and Stonecutters Bridge, while the north of it commands Ho Pui Irrigation Reservoir, which is encircled by woods. With a small island in the middle of the calm water, Ho Pui Irrigation Reservoir is the source of irrigation water for the farmers in northwest New Territories. At the foot of the mountain is the scenery of the rural plains of Pat Heung, Shek Kong and Kam Tin. If you look closely, you will even see a mine cave at the roadside that is no longer used. With trees lining the trail, even summer is not stifling. Spring brings yet another type of scenery - the blooming native Red Azalea will add redness to the mountain. Don't forget the bluish and purplish flower, known as Skullcap, which may be right next to your foot though. A military general of the Han dynasty, Han Xin, allegedly used Skullcap to treat the soldiers. On the way, you will see Snake Strawberries, whose receptacles swell like balls and which look like strawberries. You will also see a type of plant called *Dichrocephala integrifolia*, its flower resembles eyeballs of goldfish.



麥理浩徑第九段

MacLehose Trail Section 9



- 郊野公園 Country Parks
- 麥理浩徑第九段 MacLehose Trail Section 9
- 遠足路徑 Hiking Trail
- 主要道路 Major Road
- 景點 (參閱圖片說明) Spot (Refer to Photo Caption)
- 觀景台 Viewing Point
- 廁所 Toilet
- 告示板 Information Board
- 涼亭 Shelter
- 緊急求助電話 Emergency Helpline
- 露營地點 Campsite
- 巴士/小巴站 Bus / Minibus Stop
- 遊客中心 Visitor Centre

田夫仔至屯門 | Tin Fu Tsai to Tuen Mun

麥理浩徑最後一段也是最長的一段，橫跨近半個大欖郊野公園至屯門市。前段途經的吉慶橋位處山澗交匯點，曾是連接元朗至荃灣的重要通道，昔日建有七座小渡橋，居民都稱這裡為「七渡河」。直至1868年，當地人集資建造了吉慶橋，吉慶橋又在1950年代興建大欖涌水塘時重修至現在的模樣。走至標距柱M173附近，你會發現其中一段小渡橋的蹤影，這裡還是煙翅綠色蠅出沒的地方呢！大欖涌

水塘於1957年落成，是香港在二戰後首個興建的水塘，45米高的主壩橫跨大欖涌谷，是新界裡由河谷築堤建成的最大水塘。由於

水塘所處的河谷是丘陵地帶，儲水後便形成了多個島嶼，形成了今天綠油油的「香港千島湖」之景。



① 吉慶橋
Kat Hing Bridge

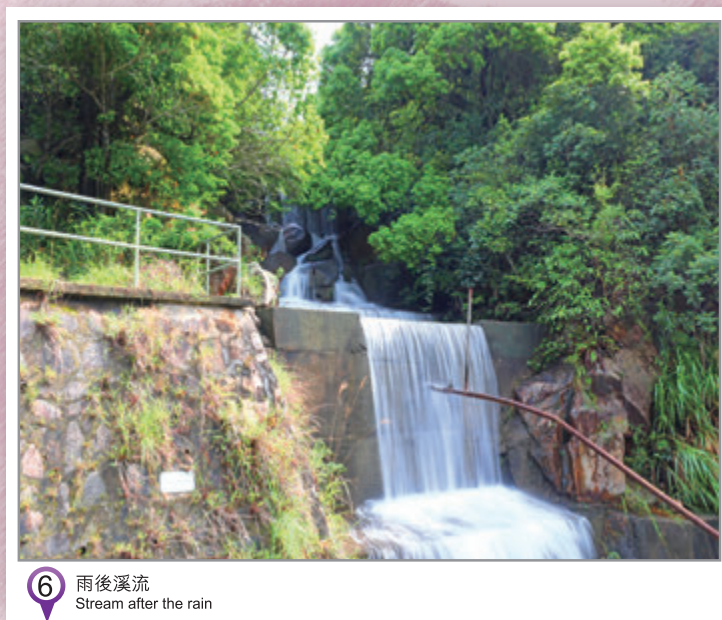


② 大棠紅葉
Red leaves at Tai Tong



③ 楓香林
Sweet Gum Wood

田夫仔至屯門 | Tin Fu Tsai to Tuen Mun



The last section of MacLehose Trail is the lengthiest one, crossing almost half of Tai Lam Country Park and extending to Tuen Mun Town. Kat Hing Bridge is the intersection of streams and was the main access connecting Yuen Long to Tsuen Wan. There used to be seven small crossing bridges, which the residents called “Chat To River”. It was not until 1868 that the people living there pitched in and built Kat Hing Bridge, which was revamped in the 1950s when Tai Lam Chung Reservoir was constructed. In the vicinity of distance post M173, you will find a small crossing bridge, where Indochinese Copperwing can even be seen. Tai Lam Chung Reservoir, constructed in 1957, was the first reservoir in Hong Kong after World War II. The 45-metre high main dam crosses Tai Lam Chung Valley and is the largest of the New Territories valley reservoirs. Since the valley where the reservoir is located is a hill belt, many islands were formed after water is stored, hence the green “Thousand-Island Lake of Hong Kong” of today.

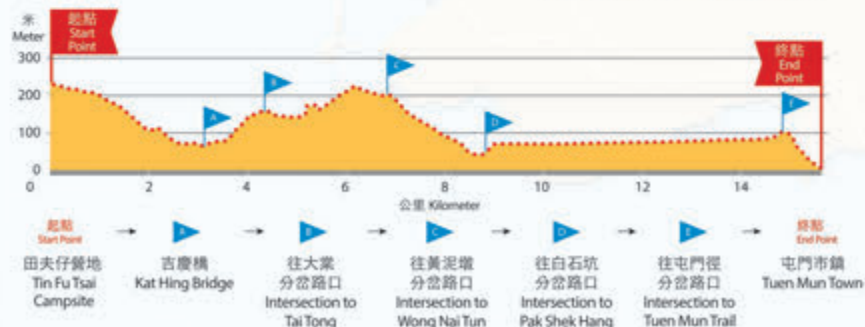


麥理浩徑第十段

MacLehose Trail Section 10



高度圖 Elevation Profile



長度 Length: 15.6 公里 km

時間 Duration: 5 小時 hrs

綜合難度 Overall Difficulty: ★★★★★

馬灣
Ma Wan

- 廁所 Toilet
- 告示板 Information Board
- 涼亭 Shelter
- 緊急求助電話 Emergency Helpline
- 露營地點 Campsite
- 巴士/小巴站 Bus / Minibus Stop

- 郊野公園 Country Parks
- 麥理浩徑第十段 MacLehose Trail Section 10
- 遠足路徑 Hiking Trail
- 主要道路 Major Road
- 景點 (參閱圖片說明) Spot (Refer to Photo Caption)