

# 西貢 郊野公園

Country Parks in Sai Kung



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Country Parks in Sai Kung



六角柱石 Hexagonal Volcanic Columns

Sai Kung, reputed for beautiful mountains and seas, comprises four country parks covering 7717 hectares, it is a place of natural beauty, like splendid geological landscape, beaches of crystal clear water and silvery sand as well as vibrant mudflats. Mountains and seas here never cease to amaze nature lovers all the year round.

以山海美見稱的西貢共有四個郊野公園，共佔地7717公頃。區內自然景觀豐富，既有壯麗的地質地貌，又有水清沙幼的海灘，還有生機勃勃的泥灘，不論是登山或下海，一年四季均能為喜愛大自然的人士帶來驚喜。



萬宜水庫及百勝一帶  
Along High Island Reservoir and Pak Lap

# 郊遊八「惜」

& Courtesy Outing Tips



愛惜自然景物，不塗鴉、不破壞  
Treasure natural features.  
No graffiti. No vandalism.



愛惜林木，燒烤場或營地外不生火  
Treasure trees. Do not light fire except at the barbecue sites and campsites.



惜共享，尊重遊人，帶領狗隻進入郊野公園時，要管控狗隻，有需要時使用的狗帶  
Share the nature. Respect visitors. control your dogs when bringing dogs into country parks and keep your dogs on leash if necessary.



愛惜鄉郊，尊重村民的私人財產、農作物及牲畜  
Treasure countryside. Respect villagers' private properties, crops and livestock.



珍惜水源，不游泳、不污染  
Treasure water resources.  
Do not swim in or pollute water.



惜物減廢，自己垃圾，自己帶走  
Treasure resources.  
Reduce waste and take your litter home.



愛惜寧靜，降低聲量，聽音樂時使用耳機  
Treasure tranquility.  
Keep the noise down and wear earphones when listening to music.



愛惜野生動植物，不騷擾、不餵飼、不採摘  
Treasure wild animals and plants. Do not disturb or feed animals. Do not pick plants.



遠足安全指引  
Hiking Safety Guidelines



遊覽守則  
Code for Visiting Country Parks and Special Areas



郊野樂行  
Enjoy Hiking



交通資訊  
Transport Information

自己垃圾 自己帶走  
Take Your Litter Home



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# 西貢東郊野公園

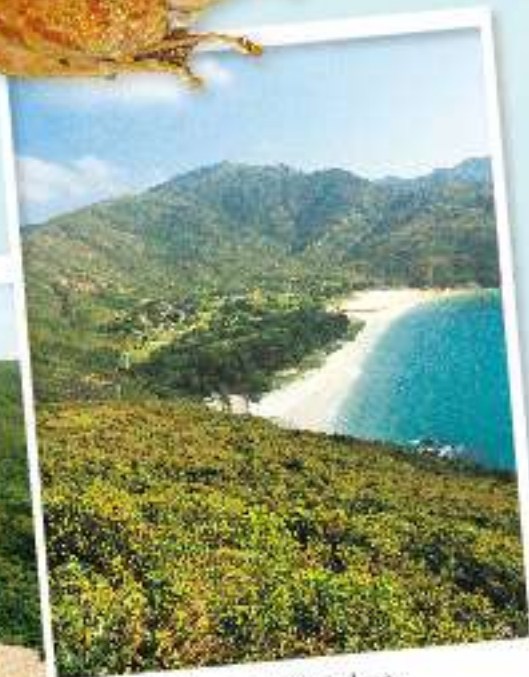
Sai Kung East Country Park

這是擁有最多海灣的一個郊野公園，著名景點包括大浪四灣、浪茄灣、宏偉的萬宜水庫、破邊洲、花山和鹿湖等，可謂遊山玩水兩相宜。

It is a country park with the most bays. Famous attractions here include Four Bays of Tai Long Wan, Long Ke Wan, the magnificent High Island Reservoir, Po Pin Chau, Fa Shan and Luk Wu. It is an ideal place for a mountain-to-sea outing.



百勝仔 Tak Lap Tsai



浪茄灣 Long Ke Wan

# 西貢西郊野公園

Sai Kung West Country Park



由石屋山遠眺南方群山及西貢海  
Viewing mountains in the south and  
Sai Kung Hoi from Shek Uk Shan

著名景點包括海下灣海岸公園、嶂上高原、企嶺下海等。

Famous attractions here include the Hoi Ha Wan Marine Park, Cheung Sheung Plateau and Kei Ling Ha Hoi.

# 西貢西(灣仔擴建部分)

## 郊野公園

Sai Kung West (Wan Tsai Extension)  
Country Park



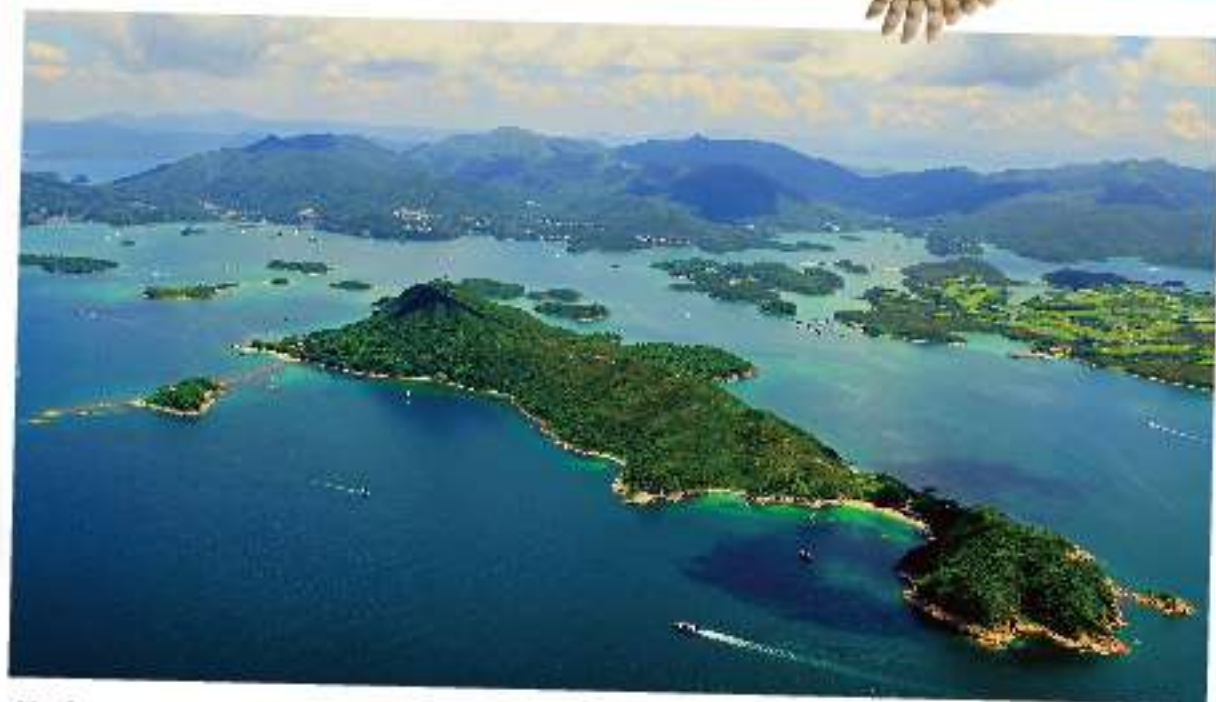
灣仔 Wan Tsai

原為採泥區，後被劃定為郊野公園。公園林木蒼鬱，可遠眺塔門及高流灣等，北面有一著名地標名為「棺材石」。灣仔南營及西營更深受一眾露營人士歡迎。

Formerly a borrow area, it is later designated as a country park. From the verdant park, you may enjoy a view of Grass Island and Ko Lau Wan. There is a famous landmark "Coffin Rock" in the north. The Wan Tsai South Campsite and the West Campsite are well received by campers.

## 橋咀郊野公園

Kiu Tsui Country Park



橋咀洲 Sharp Island

佔地100公頃的橋咀郊野公園位於西貢牛尾海。公園包括橋咀洲、橋頭、白沙洲、大鑊洲、小鑊洲、枕頭洲、游龍角及斷頭洲八個海島。

The Kiu Tsui Country Park in Port Shelter of Sai Kung occupies an area of 100 hectares. There are eight outlying islands within the park's boundaries: Sharp Island, Kiu Tau, Pak Sha Chau, Tai Tsan Chau, Siu Tsan Chau, Cham Tau Chau, Yau Lung Kok and Tuen Tau Chau.



# 1 夜空初攝

Starry Sky

北潭涌2號燒烤場及灣仔西營地平坦開揚，光害極少，交通方便，十分適合初次接觸星空攝影的人士。

The Pak Tam Chung Barbecue Site No.2 and the Wan Tsai West Campsite are vast and easily accessible with low level of light pollution, the places are great for shutterbugs making their first try at star photography.



北潭涌的星空  
Starry sky at Pak Tam Chung

# 2 海下三寶

Three Treasures in Hoi Ha Wan

海下灣有三寶，一寶是岸邊的一塊「東風石」，據聞一旦戴響了這塊石，三日後必起東風，故名。二寶是一個過百年的灰窰，見證昔日西貢一帶燒灰業的興衰。三寶是海下灣的海中綠洲—珊瑚群落，遊人可在星期日及公眾假期參加海岸公園生態導遊，了解海岸生態。



退潮時岸邊的珊瑚群落  
Coral communities at the shore during low tide

There are three treasures in Hoi Ha Wan. One is the "East Wind Rock". It is said that once the rock rings, east wind will come three days later, hence the name. Another is the century-old lime kiln, which witnesses the rise and fall of the lime industry in Sai Kung. The last is sea oases - coral communities. Tourists may take part in a guided eco-tour in the marine park on Sundays and public holidays to learn about coastal ecology.

# 3 泥灘生機

Vibrant Mudflats

榕樹澳的紅樹林  
Mangrove at Yung Shue O



既想親親水筆仔、木樨及樓李等有趣的紅樹，又想近距離觀察潮間帶生物，例如擁有大小不一蟹的招潮蟹、出水能跳的彈塗魚、經常揮動雙蟹的角眼切腹蟹等，到榕樹澳、海下灣、赤徑和上窩遊一圈，一定令你樂而忘返。

If you want to embrace the interesting mangrove, such as *Kandelia obovata*, *Bruguiera gymnorhiza*, *Lumnitzera racemosa*, and appreciate intertidal benthos at close quarters, e.g. fiddler crabs with pincers of different sizes, bouncy mudskippers, and crabs (*Tmethypocoealis ceratophora*) which always wave their pincers, you may take a trip to Yung Shue O, Hoi Ha Wan, Chek Keng and Sheung Yiu, and you will be reluctant to leave.

# 4 西貢之巔

Peak of Sai Kung



從石屋山觀賞吐露港日落  
Sunset over Tolo Harbour from Shek Uk Shan

海拔481米的石屋山，是西貢郊野公園內最高的山峰，山上景色開揚，能盡覽馬鞍山、企嶺下海、吐露港、赤門海峽、船灣淡水湖、八仙嶺、海下灣及蚺蛇尖的景色；由於山峰西面視線全無遮擋，是觀賞及拍攝日落的絕佳景點。

Shek Uk Shan, with an elevation of 481 metres, is the highest mountain in the Sai Kung Country Park. From the top, you may have an extensive view of Ma On Shan, Three Fathoms Cove, Tolo Harbour, Tolo Channel, the Plover Cove Reservoir, Pat Sin Leng, Hoi Ha Wan and Sharp Peak. With an unobstructed view, the west of the mountain is an excellent place to appreciate and capture a sunset.

# 5 島羅棋布

Cove Dotted with Islets



西貢內海有眾多海島，想一一映進眼簾，317米高的太墩便是不二之選。沿着陡峭山徑緩緩攀登至山頂，黃宜洲、滯西洲、鹽田仔、橋咀洲等群島星羅棋布，配上碧綠澄明的海灣，有如置身千島湖。

There are many outlying islands within Sai Kung's boundaries and the 317-metre high Tai Tun is your ideal choice for viewing most of them. Along the steep trails, you may enjoy a spectacular view of various islands, e.g. Wong Yi Chau, Kau Sai Chau, Yim Tin Tsai and Sharp Island, as well as turquoise-green coves, making you feel like being in a thousand-island lake.

從太墩眺望西貢海上各小島  
Overlooking islands on Sai Kung from Tai Tun



地圖不按比例繪圖 Map not drawn to scale

# 8 海中水庫

Reservoir in the Sea

於一九七九年落成的萬宜水庫是香港儲水量最大的水塘。當年，官門海峽東西兩端築了兩條堤壩，以連接西貢半島及糧船灣洲，並截流海水。現時萬宜水庫已成為遠足、水上活動、觀星、看日出及欣賞世界級地質景觀的熱點。



萬宜水庫東壩  
High Island Reservoir East Dam

The High Island Reservoir, completed in 1979, is the biggest reservoir in Hong Kong. At the time, two dams were built at the east and west of Kwun Mun Channel to link up the Sai Kung Peninsula and High Island, and to block seawater. Now, the High Island Reservoir has become a hotspot for hiking, conducting water activities, stargazing, watching sunrise and appreciating world-class geological landscapes.

# 6 灰窰村舍

Lime Kiln Village

西貢沿海珊瑚量豐饒，黃姓客家人在上窩建村，採珊瑚並建窰燒造殼灰，作灰泥及肥田料之用而致富。第二次世界大戰後英泥及造磚行業盛行，致窰燒工業沒落。仍屹立於蒼茫山影中的上窩村及灰窰，早已人去樓空，現列為法定古蹟，供遊人參觀。



灰窰  
Lime Kiln

Sai Kung is a place with abundant corals. Situated within the boundaries of the Sai Kung Country Park, Sheung Yiu is a Hakka village built by the Wong clan. The village prospered due to its coral-based lime kiln, as there was a great demand for its production, which was used as mortar in construction and as fertiliser in agriculture. The popularity of modern bricks and cement after the Second World War led to its gradual decline. At present, Sheung Yiu Village and the lime kiln, now deserted, still stand against the mountains. They are declared monuments for public viewing.

# 9 名灣聽浪

Listening to Waves in Tai Long Wan



大浪灣(從左至右:西灣、鹹田灣、大灣及東灣)  
Tai Long Wan (From left to right: Sai Wan, Ham Tin Wan, Tai Wan and Tung Wan)

大浪灣由西灣、鹹田灣、大灣及東灣組成，有香港最美麗海灘之譽。附近的浪茄灣和白腊灣更是水清沙幼，讓人仿如置身馬爾代夫。部分海灣設有露營地點，在蔚藍的海灣旁一邊傾聽天涯樂韻、一邊觀看天際星河，令人樂而忘返。

Tai Long Wan, made up of Sai Wan, Ham Tin Wan, Tai Wan and Tung Wan, is rated as the most beautiful beach in Hong Kong. Long Ke Wan and Pak Lpy Wan nearby feature crystal clear water and silvery sand, making you feel like being in Maldives. Camping sites are located at some of the bays, staying there, you may listen to splashing waves and watch twinkling stars along the blue bay.

# 7 橋咀觀石

Rocks on Sharp Island

橋咀洲上有一道潮退時才外露的天然沙堤，連接橋咀洲和橋頭島。除了觀看奇異巽石外，亦可取道遠足徑拾級而上，環迴飽覽西貢風光，包括滯西洲、萬宜水庫、果洲群島。適逢天朗氣清，遊人甚至可遠眺將軍澳及馬鞍山。



橋咀洲遠足山徑沿途風光  
Sceneries along Sharp Island hiking trail

A tombolo is visible only at low tide, and connects Sharp Island and Kiu Tau. Apart from grotesque rocks, you may also have a great view of Sai Kung, including Kau Sai Chau, the High Island Reservoir and Ninepin Group, by ascending the hiking trail. On sunny days, you may also overlook Tseung Kwan O and Ma On Shan.