

# 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

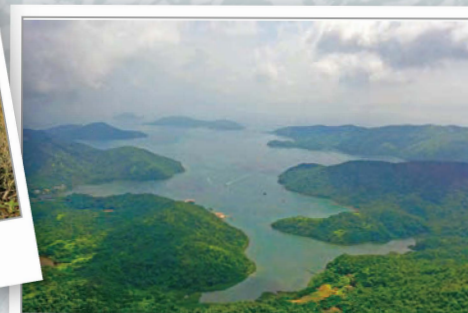


## 北潭凹至企嶺下 | Pak Tam Au to Kei Ling Ha

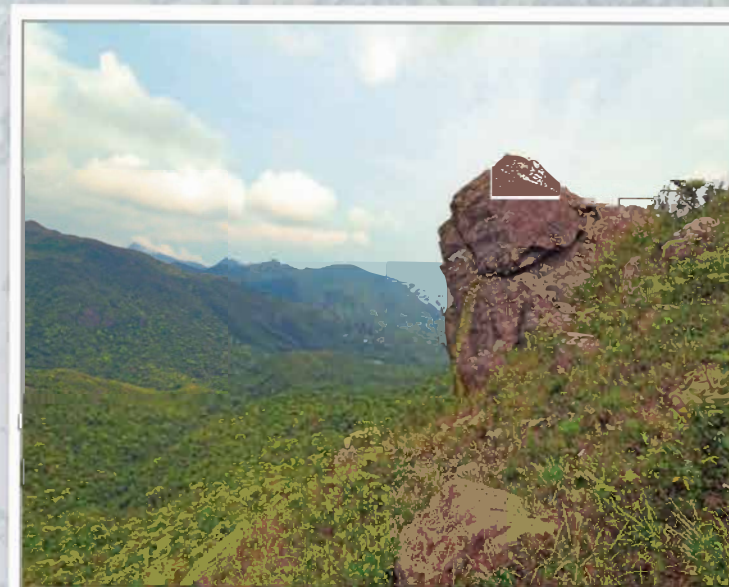
以難度來說，麥理浩徑第三段必定入選三甲，峰巒迭起、高低起伏不定，需要攀越岩頭山、畫眉山、雷打石和雞公山四個約海拔400米高的高峰，走上山徑，不只有「只緣身在此山中」的樂趣，更有「橫看成嶺側成峰」的景況。特別在叢林深處，大家還有機會看見隱身其中的舊日梯田蹤影。要從起點北潭凹攀上牛耳石山，是麥理浩徑第三段的一大挑戰。長約一公里的石階梯，每一級都考驗大家的毅力，辛苦走到岩頭山上總有回報，東面是企嶺下海、北臨吐露港，西望大埔，南見馬鞍山，抵達山頂嶂上小休後，繼續向雞公山進發，有心挑戰這一段路的話，除了足夠的休息，還要謹記帶備充足糧水作補給！



1 牛耳石山  
Ngau Yee Shek Shan



2 遠眺高塘口  
Overlooking Ko Tong Hau



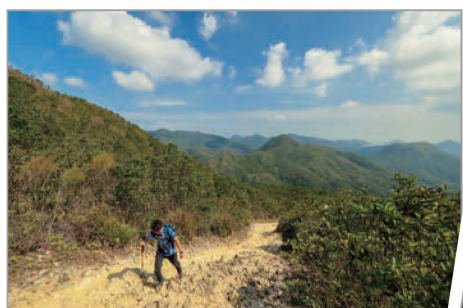
3 雷打石山  
Lui Ta Shek Shan



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.

