

新界西郊野公園

Country Parks in West New Territories



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新界西郊野公園既有湖光山色、又有氣勢磅礴的瀑布和騰雲駕霧的景致，漫步其中，有如置身醉人仙景。區內共有大欖、大帽山和林村三個郊野公園，共佔地8372公頃。



元荃古道石龍徑一帶風光
Breathtaking view from Shek Lung Kung of
Yuen Tsuen Ancient Trail



梧桐蕃散髮瀑
Stragglng-hair Fall
at Ng Tung Chai

With beautiful reservoirs, mist-shrouded mountains and imposing waterfalls, the three country parks in west New Territories are like a fairyland, namely the Tai Lam Country Park, the Tai Mo Shan Country Park and the Lam Tsuen Country Park, covering an area of 8372 hectares.



大棠銀香林
Tai Tong Sweet Gum Woods

郊遊八「惜」

8 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，要留控狗隻，有需要時使用狗帶
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，降低音量，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



大欖郊野公園

Tai Lam Country Park



大欖桶水塘主壩
Main Dam of Tai Lam Chung Reservoir

此為香港第二大郊野公園，佔地5412公頃，園內七個水塘和集水區，水質清澈碧透，樹木翠綠有致，有如一幅幅巨型的山水畫卷展現眼前。

As the second largest country park in Hong Kong, the Tai Lam Country Park covers an area of 5412 hectares. The seven clear, azure green reservoirs and catchments as well as verdurous trees in the park form an enchanting landscape.



河背水塘 Ho Pui Reservoir



清潭下灌溉水塘
Tsing Tam Lower Irrigation Reservoir

大帽山郊野公園

Tai Mo Shan Country Park

大帽山四時景色變化萬千，朝露晚霞，拂曉時分登臨山巔，可見金光萬道。北面的梧桐寨瀑布群氣勢攝人，水聲鏗鏘有致。

Sights in the park change with seasons. Nothing can be compared with the morning dew, the sunset glow and the glittering rays of the rising sun there. The Ng Tung Chai waterfalls in the north keep pouring down with great momentum.

林村郊野公園

Lam Tsuen Country Park

此郊野公園由大刀坳及雞公嶺所組成，兩座山峰巍峨陡峭，縱然山徑費力難行，早春野杜鵑迎風吐艷、秋冬一片金黃、夏天蒼鬱疊翠，八鄉平原一帶的鄉郊景致盡收眼簾，難怪吸引了一群又一群具遠足經驗者慕名登峰。



The park mainly comprises two towering peaks – Tai To Yan and Kai Kung Leng. Despite the rugged mountain paths, flocks of experienced hikers are attracted there to appreciate the wild Azalea bursting into gorgeous bloom in early spring, golden fields in autumn, undulating and verdant trees in summer as well as pastoral scenes in Pat Heung Plain.



大帽山梯田遺跡
Traces of terraced fields at Tai Mo Shan



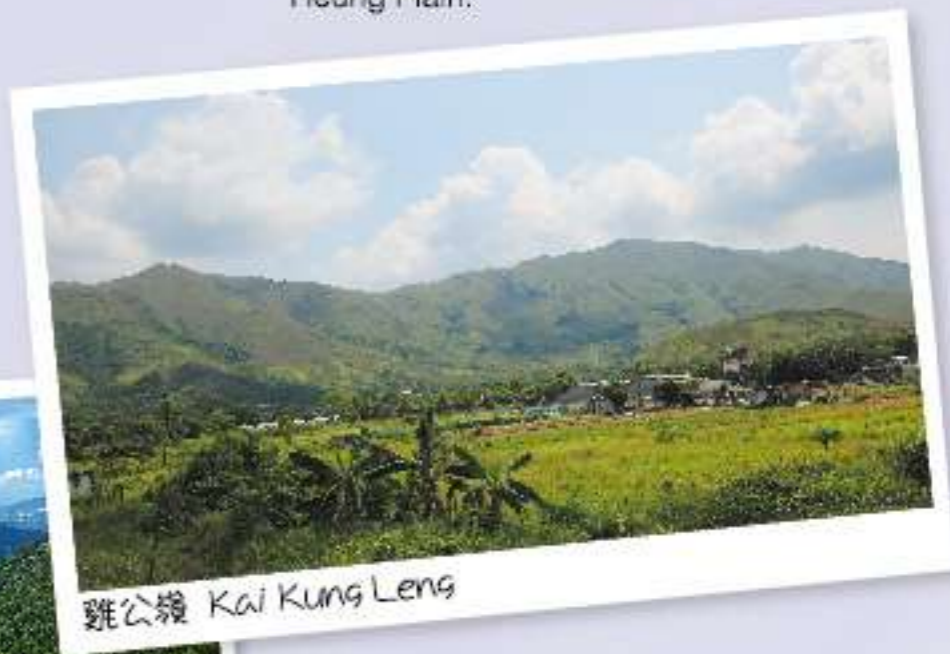
大帽山觀景台
Tai Mo Shan Viewing Compass



大帽山夜景
Night scenes from Tai Mo Shan



大刀坳 Tai To Yan



雞公嶺 Kai Kung Leng

1 雞公絕嶺

Kai Kung Leng



雞公嶺山脊
Ridge of Kai Kung Leng

雞公嶺主峰高585米，與南、北大刀坳互相輝映。縱然要登上雞公嶺的山徑會略感吃力，但沿途風景優美，可欣賞到廣闊的南生園和米埔的景色，而夕陽下的后海灣更是絕嶺下的浪漫仙境。

The main peak of Kai Kung Leng is 585 metres high, standing side by side with the South Tai To Yan and North Tai To Yan. Although it is somewhat difficult to climb up the peak, the scenery along is superb, e.g. expansive Nam Sang Wai and Mai Po. Deep Bay in the sunset is wildly romantic.

2 平原風光

Pat Heung Plain

八鄉平原是香港其中一個沖積平原，毗鄰元朗平原，源於錦田河長年累月的沖積物。由於土地廣闊且肥沃，曾是本港農業的發展要地。雖然平原的阡陌田野現已人面全非，其縱橫交錯的鄉郊村落依然清晰可見。大帽山北觀景台是俯瞰平原的絕佳地點。



八鄉平原
Pat Heung Plain

Pat Heung Plain, one of the alluvial plains in Hong Kong next to Yuen Long Plain, is the result of alluvial deposits of Kam Tin River over the years. Given vast fertile land areas, it had been an important field for agricultural production in Hong Kong. Although crisscross paths and fields have changed beyond recognition, scattered rural villages are still visible. The sightseeing platform of Tai Mo Shan in the north is an excellent place to overlook the Plain.

3 河背絕色

Unrivalled Beauty of Ho Pui Reservoir

被選為香港郊野十景之一的河背水塘於一九六一年啟用，「S」型的水塘氣勢磅礴。水塘四周蒼鬱疊翠，在水中央有一個小島，一湖澄碧，遊人仿如置身於世外桃源之中。

The Ho Pui Reservoir, rated one of the top ten country scenes in Hong Kong country parks, went into operation in 1961. Its S-shaped dam is magnificent and surrounded by lush green hills. The reservoir is as clear as a mirror, with an islet in the middle, creating an immediate sense of Shangri-la.



宛曲的河背水塘
The Curved Dam of Ho Pui Reservoir

有如鏡湖的河背水塘
Mirror-like Ho Pui Reservoir



地圖不按比例繪圖 Map not drawn to scale



4 紅妝麗映

Red Leaves and Blossoms



大帽郊野公園大棠楓香林
Tai Tong Sweet Gum Woods in Tai Lam Country Park

初冬的微風悄悄地為大棠楓林換妝，楓香葉慢慢地轉黃、轉紅，紅花荷和香港茶亦爭相吐艷，夕陽映照連綿的芒草，為寒冬增添一絲暖意，難怪成為香港觀賞紅葉的勝地。

Silently, the breeze of early winter has turned the leaves of Sweet Gum on the Tai Lam Forest Track to yellow and red. Rhodoleia and Hong Kong Camellia are vying with each other in beauty. The setting sun shining upon a stretch of Silvergrass adds a ghost of warmth to the severe winter. All components above become parts of the best venue for appreciating red leaves in Hong Kong.

5 千島湖光

Thousand-island Lake

大帽水塘是第二次世界大戰後首個興建的水塘，擁有大小不同的小島，素有「千島湖」的美譽。水塘原址為大帽涌谷，山丘於一九五七年被淹沒而成為島嶼。谷內的大帽村、大圍村、圍屋地及胡屋村等舊村亦被淹沒。舊村遺址仍在涌谷之中，只會在水塘水位大極下降時才會外露，風景優美，可媲美日本仙台松島。



千島湖
Thousand-island Lake

The Tai Lam Chung Reservoir is the first reservoir built after the Second World War. With numerous islets of different sizes, the reservoir is acclaimed as the "Thousand-island Lake". The reservoir was originally Tai Lam Chung Valley which was submerged in 1957 and became an islet-dotted reservoir. Tai Lam Village, Tai Wai Village, Kan Uk Tei Village, Wu Uk Village and other villages in the valley were also flooded. Sites of the old villages will only expose when the water level of the reservoir drops significantly. Its scenery is comparable to that of Matsushima in Sendai, Japan.

6 古道遊蹤

Yuen Tsuen Ancient Trail



古道石階
Original stony steps at Yuen Tsuen Ancient Trail

This 300 - 400 years old ancient trail was once the main linkage between Yuen Long and Tsuen Wan. It used to be a vital path for villagers living in Pat Heung to deliver their crops to the town of Tsuen Wan in exchanging daily commodities. Since Tin Fu Tsai was a stopover between these two areas, the commerce of this village was rather active in the past.

8 梧桐飛瀑

Ng Tung Chai Waterfalls



梧桐寨主瀑
Ng Tung Chai Long Fall

梧桐寨位於大帽山以北，以群山瀑布馳名，瀑布群分為主瀑、中瀑、井底瀑及散髮瀑。主瀑高40米，氣勢磅礴。當水量充沛時，飛流直瀉，壯觀非常；但當水量減少時，層層而下如髮絲般的流水，卻又為瀑布增添了一份嬌美。

Lying north of Tai Mo Shan, Ng Tung Chai is famous for its waterfalls, which are divided into the Long Fall, the Middle Fall, the Well Fall and the Straggling-hair Fall. Descending 40 metres, the Long Fall is magnificent. When the water is abundant, the fall dashes straight down with a tremendous momentum; When the fall's flow slackens, it slides down smoothly like silk and the view is also charming.

7 天空之城

City of Sky

大帽山為香港最高的山峰，高957米，山頂的景色變化萬千——天晴時，荃灣、青衣、港島、新界以至境外的深圳和蛇口的景致都盡收眼簾；雲霧聚散時，又另有一番騰雲駕霧的景致，讓人有如置身天空之城；遇上濕冷天氣時，更有機會觀賞到冰掛及結霜等奇景。



大帽山變化萬千的景色
Ever-changing sceneries at Tai Mo Shan

Tai Mo Shan, the highest mountain in Hong Kong, has an altitude of 957 metres. Views from the summit are changing all the time - when it is sunny, you can have a panoramic view of Tsuen Wan, Tsing Yi, Hong Kong Island, the New Territories and even Shenzhen and Shekou where are outside Hong Kong boundary; when there are clouds, the beautiful sceneries make you feel as if you were treading on clouds and in the city of sky; when the weather is cold and wet, you may have the chance to appreciate wonderful views like glaze ice and frost.