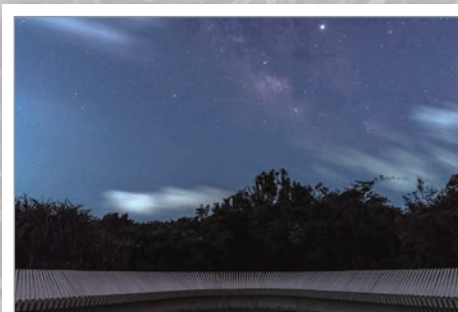


浪茄至北潭凹 | Long Ke to Pak Tam Au

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 從西灣遠眺蚺蛇尖
Overlooking Sharp Peak from Sai Wan

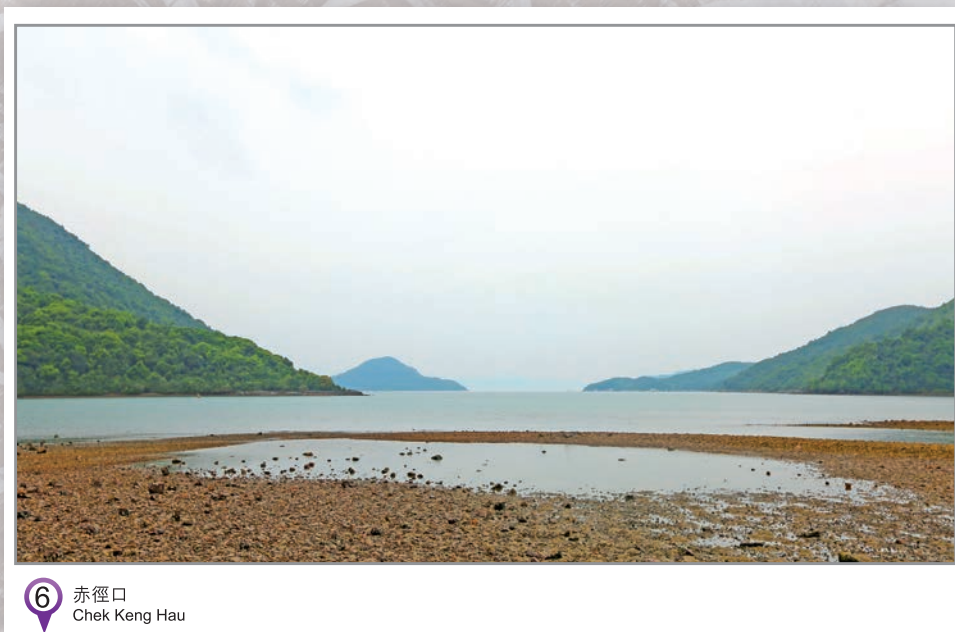
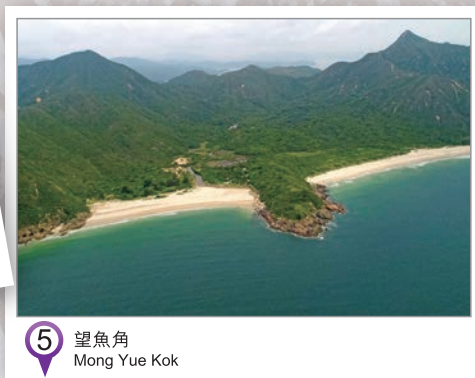


2 西灣觀星地點
Sai Wan Stargazing Site



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.





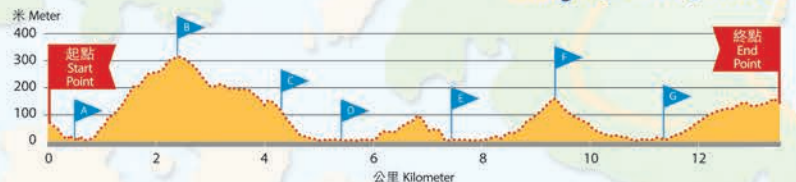
麥理浩徑第二段

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

土瓜坪 To Kwa Peng

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

大浪坳 Tai Long Au

大浪 Tai Long

大蚊山 Tai Mun Shan

東灣 Tung Wan

大浪咀 Tai Long Tsui

大灣 Tai Wan

望魚角咀 Mong Yue Kok Tsui

大浪灣 Tai Long Wan

鹹田灣 Ham Tin Wan

大洲 Tai Chau

尖洲 Tsim Chau

西灣 Sai Wan

螺地墩 Lo Tei Tun

吹筒坳 Chui Tung Au

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

獨孤山 Tuk Ngu Shan

浪茄灣 Long Ke Wan

罌棚角咀 Tsang Pang Kok Tsui

東壩 East Dam