

大嶼山

郊野公園

LANTAU
COUNTRY
PARKS



漁農自然護理署
Agriculture, Fisheries and
Conservation Department

大嶼山郊野公園 LANTAU COUNTRY PARKS

大嶼山是香港最大的島嶼，共設有三個郊野公園，分別是南大嶼郊野公園，北大嶼郊野公園及北大嶼郊野公園(擴建部分)。大嶼山郊野公園總面積達10,200公頃，約佔全島70%的土地面積，擁有不少引人入勝的好去處。公園內的郊遊及遠足山徑，儼如野地脈絡，把無數自然勝地連接起來，讓遊人可盡情投入大自然的懷抱。



日出大東山
Sunrise view at Sunset Peak



從鳳凰山遠眺索罟群島
Soko Islands in the distance from Lantau Peak

Lantau Island is the largest island in Hong Kong on which there are three country parks, namely Lantau South Country Park, Lantau North Country Park and Lantau North (Extension) Country Park. Lantau country parks cover a total area of 10,200 hectares, which is about 70% of the land area of the island, and have a lot of attractions for people to explore. Like veins in the wilderness, a vast network of hiking trails penetrates to different country parks on Lantau Island, connecting numerous natural wonders in all directions, providing ideal places for nature lovers to capture the picturesque vistas.

南大嶼郊野公園

LANTAU SOUTH COUNTRY PARK

南大嶼郊野公園成立於一九七八年，是全港最大的郊野公園，總面積有5,640公頃，北面接北大嶼郊野公園，南面為嶼南道一帶，西面為分流，東面則為梅窩。南大嶼郊野公園包括了芝麻灣半島、水口半島、大東山南坡、二澳、分流、萬丈布、靈會山、石壁、十壆以及南山等地。著名景點包括嶼南界碑、大東石室等。其中，登上鳳凰山觀賞日出更是旅遊人士必選的觀光活動。

Lantau South Country Park was designated in 1978 as the largest country park in the territory. Occupying 5,640 hectares, it borders with Lantau North Country Park in the north and ends at South Lantau Road in the south. To the west lies Fan Lau and to the east sits the coastal town of Mui Wo. Within the boundaries of this park



日出鳳凰山
Sunrise view at Lantau Peak

you may find Chi Ma Wan Peninsula, Shui Hau Peninsula, the south face of Sunset Peak, Yi O, Fan Lau, Man Cheung Po, Ling Wui Shan, Shek Pik, Shap Long and Nam Shan. Famous sights include Obelisk (South), Stone Chalets at Sunset Peak, and of course, the famous Lantau Peak sunrise.

自己垃圾，
自己帶走！
TAKE YOUR
LITTER
HOME !



郊野公園遠足安全指引
Country Park
Hiking Safety Guidelines



漁農自然護理署
Agriculture, Fisheries and
Conservation Department



十壆灌溉水塘
Shap Long Irrigation Reservoir



從羌山遠眺鳳凰山
Lantau Peak in the distance from Keung Shan

出版： 漁農自然護理署
Publisher: Agriculture, Fisheries and Conservation Department

版權所有，不得翻印。 出版日期：2016年1月
Copyright reserved. Date of publication: January 2016

再造紙印製
Printed on recycled paper

北大嶼郊野公園

LANTAU NORTH COUNTRY PARK



從大東山遠眺東涌市中心
Tung Chung Town Centre in the distance from Sunset Peak

北大嶼郊野公園成立於一九七八年，面積有2,200公頃，範圍包括大東山、二東山、蓮花山、鳳凰山北坡，再加上彌勒山、昂坪以北等地。郊野公園東西兩端坐落蓮花山和彌勒山，蓮花山山高766米，以北一公里有一個俗稱「三山台」的三座山峯整齊排列，東面可俯瞰

整個梅窩、北面可遠眺大蠔灣和北大嶼山公路，附近幾個小島就儼如漂浮在海面上的小帆船一樣。

Lantau North Country Park was designated in 1978. Occupying a total area of 2,200 hectares, it encompasses Sunset Peak, Yi Tung Shan, Lin Fa Shan, northern slopes of Lantau Peak, Nei Lak Shan and the region north of Ngong Ping. On the two flanks, Lin Fa Shan and Nei Lak Shan stand guard in the east and west. Lin Fa Shan is a peak rising 766 metres above the lowlands. Just one kilometre to its north a row of three crests form a lofty platform. Known as the Three Towers, these uplands offer spectacular vistas of the nearby landscape. Gazing



大澳日落
Sunset view at Tai O

east, you may enjoy a panorama of Mui Wo. Gazing north, there is a broad view of Tai Ho Wan, North Lantau Highway and distant islets that look like drifting sail boats.



從彌勒山郊遊徑遠眺大東山與鳳凰山
Sunset Peak and Lantau Peak in the distance from Nei Lak Shan Country Trail

北大嶼郊野公園(擴建部分)

LANTAU NORTH (EXTENSION) COUNTRY PARK

北大嶼郊野公園(擴建部分)於二〇〇八年十一月成立，面積約2,360公頃，公園大部分地方都是高山和高地幽谷，布滿天然林木和潔淨溪流，景色相當優美，可作為東涌新市鎮的後花園。在山地之上，市民不但可俯瞰北面整個機場的壯麗景色，也可遠眺南面的鄉郊風景。此外，山區中茂密的次生林地、灌木地、草地及淡水生境，均具有高度的自然護理及景觀價值。



從老虎頭郊遊徑遠眺老人山
Lo Yan Shan in the distance from Lo Fu Tau Country Trail

Lantau North (Extension) Country Park was designated in November 2008 and covers a total area of 2,360 hectares. It is mainly mountainous and upland valleys covered with natural woodlands and unspoiled stream courses, which provide a highly scenic backdrop to the urban development at Tung Chung. The upland areas also offer magnificent views of the airport to the north, rural and wilderness mountainous areas to the south. The well established areas of secondary woodlands, shrub lands, grasslands and fresh water habitats are of high conservation and landscape value.



自然導賞約章

HINTS FOR NATURE APPRECIATION

適當的準備工作，能讓你享受一個既安全又愉快的自然之旅。

Nature appreciation is a pleasant experience but adequate preparatory work will ensure you an enjoyable and safe trip.

- 1 穿戴合適的衣服、鞋及帽子。長袖襯衫長褲可避免給草木刮傷。
- 2 帶備野外考察指南、動植物名錄及筆記簿，作辨認生物及記錄之用。
- 3 出發前應小心計劃行程路線，為策安全，應使用有明確路標及有維修的山徑，並告知家人或朋友你的目的地及大約回程時間，以防逾時未返而無人知曉。
- 4 請帶備「郊遊地圖」、指南針、充足的食水、食物、電筒及手提電話。此外也要攜帶小型藥箱，內有鎮痛劑及繃帶等。
- 5 尊重戰時遺跡，部分地點可能是一些將士陣亡之處。
- 6 假如離開遠足徑到附近的樹林或山溪尋幽探秘，請緊記留下記號，以便一旦迷途或受傷時，救援人員可以依著記號追蹤。草木叢生的小徑較為難行，最好還是折返原路，另找安全路徑。
- 7 如遇上事故，應先停下來，仔細評估環境和情況，然後作出決定。若需致電或到徑道以外地方求助，請記錄最近的標距柱號碼。這些標距柱遍佈郊野公園，間距約為500米，柱上標明「L025」這類號碼，有助救援人員盡快找到遇事地點。

- 1 Wear appropriate clothes, shoes and hats. Long-sleeve shirts and trousers could prevent scratches by plants.
- 2 It is always advisable to bring along field study guides, checklists and notebooks for identification and record purposes.
- 3 You should plan your route carefully. For the sake of safety, you should choose well-maintained and waymarked paths. Leave details of your route and return time with someone, to raise alarm if you do not come back.
- 4 Always take a Countryside Series map, compass, ample water, food, a torch and a mobile phone. Carry a basic medical kit with pain-killers and bandages.
- 5 Respect the relics you come across. These may be the spots where some people met their death.
- 6 If you venture off a trail, into forest or along streams, leave a marker. If you get lost or are injured, the trail marker will indicate your whereabouts. Overgrown paths are slow and can be dangerous. If you meet one, it is often quicker and safer to go back and find another route.
- 7 If in trouble – always stop. Slowly assess your situation, and then make a reasoned decision. If you must telephone – or hike out – for help, always record the nearest distance post. Spaced about 500 metres apart, with a number like “L025”, these distance posts allow rescuers to reach the exact positions effectively and quickly.

前往大嶼山的交通資料

TRANSPORT INFORMATION TO LANTAU



港鐵 MTR

東涌線
Tung Chung Line



渡輪 Ferry

香港中區6號碼頭—梅窩
Pier 6 in Central – Mui Wo
屯門—東涌—沙螺灣—大澳
Tuen Mun – Tung Chung – Sha Lo Wan – Tai O



巴士 Bus

市區往東涌 From urban areas to Tung Chung

- E11 天后港鐵站—機場博覽館
Tin Hau MTR Station – AsiaWorld-Expo
- E21 大角咀（維港灣）—機場博覽館
Tai Kok Tsui (Island Harbourview) – AsiaWorld-Expo
- E22 藍田（北）—機場博覽館
Lam Tin (North) – AsiaWorld-Expo
- E22A 將軍澳（康盛花園）—機場博覽館
Tseung Kwan O (Hong Sing Garden) – AsiaWorld-Expo
- E23 慈雲山（南）—機場
Tsz Wan Shan (South) – Airport
- E31 荃灣（愉景新城）—東涌（逸東邨）
Tsuen Wan (Discovery Park) – Tung Chung (Yat Tung Estate)
- E32 葵芳港鐵站 — 機場博覽館
Kwai Fong MTR Station – AsiaWorld-Expo
- E33 屯門市中心—機場
Tuen Mun Town Centre – Airport
- E34A 天水圍市中心—機場
Tin Shui Wai Town Centre – Airport
- E34B 元朗—機場
Yuen Long – Airport
- E41 大埔頭—機場博覽館
Tai Po Tau – AsiaWorld-Expo
- E42 沙田（博康）—機場
Sha Tin (Pok Hong) – Airport

於東涌消防局下車，再轉乘新大嶼山巴士前往大嶼山各區。
Get off at Tung Chung Fire Station, and then take New Lantau Bus to other regions of Lantau.

大嶼山區內交通資料

TRANSPORT INFORMATION WITHIN LANTAU



巴士 Bus

大嶼山各區 Intra-Lantau

- 1 梅窩—大澳 Mui Wo – Tai O
- 2 梅窩—昂坪 Mui Wo – Ngong Ping
- 3M 梅窩—東涌 Mui Wo – Tung Chung
- 4 梅窩—塘福 Mui Wo – Tong Fuk
- 11 東涌—大澳 Tung Chung – Tai O
- 21 昂坪—大澳 Ngong Ping – Tai O
- 23 東涌—昂坪 Tung Chung – Ngong Ping
- 1R 紅磡灣廣場—昂坪 (假日服務) Hung Hom Ferry Concourse – Ngong Ping (Sundays and Public Holidays only)



纜車 Cable Car

東涌—昂坪
Tung Chung – Ngong Ping

1 昂坪高原
NGONG PING PLATEAU

位於海拔460米的昂坪高原，在東、南、北面均有高山作屏障，加上彌勒山南麓水源長年流向昂坪，使得昂坪四季怡人。

The Ngong Ping Plateau is 460 metres high. It is screened by a mountain ranges at its east, south and north, and has a stream running down from the south of Nei Lek Shan to Ngong Ping throughout the year. As a result, four seasons are always pleasant at Ngong Ping.



2 鳳凰觀日
LANTAU PEAK SUNRISE

鳳凰山是香港第二高峯，由於地勢高聳，加上東臨大海，視野廣闊，成為香港觀賞日出的最佳地點。

Lantau Peak is the second highest peak in Hong Kong. Due to its high terrain, the great sea at its east and its broad panoramic view, it is the best sunrise viewing location in Hong Kong.



3 大東石室
STONE CHALETs AT SUNSET PEAK



大東山是香港的第三高峯，高869米，副峯名二東山。在兩峯之間的草坡上，20餘座年代久遠的麻石小屋散布其中，為遼闊的山野平添一點人間意趣。

Sunset Peak is 869 metres high, the third highest peak in Hong Kong with a less higher peak known as Yi Tung Shan standing next to it. More than 20 stone-made houses scatter on a large grassy slope between two peaks, providing a place of charm and interest in the wild hillside area.



4 芒草金海
GOLDEN WAVES OF SILVERGRASS

大東山及其副峯二東山的山上長滿芒草。每年十一、十二月，芒草開花如穗，在微風輕拂和陽光映照下，遍山芒草起伏如金色海浪，景致迷人，醉人心神。

Sunset Peak and its second peak (Yi Tung Shan) are mostly covered with Silvergrass. From November to December every year, the vast area of flowering grass shifts up and down under the soft breeze and sunshine as if golden waves flow in the sea.



5 山徑奇石
STRANGE ROCKS ALONG TRAIL



位於北大嶼郊野公園(擴建部分)的老虎頭郊遊徑，全長3.4公里，沿途景致壯麗迷人。山頭奇石滿布，形態各異，當中最精妙的要算是位於路徑中段，貌似仙桃的圓石—「仙桃石」。

Lo Fu Tau Country Trail, located in the Lantau North (Extension) Country Park, is 3.4 kilometres long with spectacular views along the trail. Rocks in different forms and shapes are found on the trail. A special rock in the middle of the trail is named as the "Peach Rock" because of its symmetrically rounded shape that resembling a peach.

6 金線分流
GOLDEN DIVIDING LINE

分流之名，源自該處橫截大嶼海峽的兩股水流：西北面珠江三角洲江水濁黃，東南面南中國海水色蔚藍。當兩股水流匯合時便翻滾出一條彎曲的分水界線，故而得名。

The name Fan Lau is originated from the place intercepting two sea currents at Lantau Channel, the silt-laden and yellow river water from Pearl River estuary at northwest as well as the clear and blue sea water from South China Sea at southeast. When the two currents meet, a curved dividing line is formed and so it is called "Fan Lau" in Chinese.



7 銀濂飛瀑
SILVER SHINE WATERFALL



位於大嶼山西南端的狗嶺涌，山水自山峽石順流而下，終年不息。尤其是暴雨過後，急流飛瀉而下形成如銀濂般的瀑布，蔚為奇觀。

Located at the southwest tip of Lantau Island, Kau Ling Chung has water flowing down along the rocky valley all the year round. Especially after rainstorm, tons of water plunges down the valley, forming a spectacular and silver shine waterfall.

10 海灣觀星
STARGAZING AT LO KEI WAN



位於大嶼山西南面的簕箕灣是一個寧靜優美的小海灣，水清沙幼、風光旖旎。海灣設有海濱營地，晚上星光燦爛，是露營觀星的好地方。

Located at the southwest of Lantau Island, Lo Kei Wan is a peaceful and beautiful cove with clear water and fine sand. With camping sites at the coast, it is an ideal place for stargazing.

9 石壁水塘
SHEK PIK RESERVOIR

位處南大嶼郊野公園內的石壁水塘，於一九五六年至一九六三年間興建，是香港第三大水塘。在昂坪高原上可俯瞰整個石壁水塘，可見遠處海天一色，近處湖光山色。

Located in the Lantau South Country Park, Shek Pik Reservoir was built between 1956 and 1963, and it is the third largest reservoir in Hong Kong. Looking down from Ngong Ping Plateau, one may take a panoramic view of the reservoir and the sea beyond.



8 嶼南界碑
OBELISK (SOUTH)

嶼南界碑位於大嶼山狗嶺涌，又稱嶼南界石，是一九〇二年由英國海軍豎立的花崗岩石碑，標示着英國在一八九八年開始租借新界99年後，香港西面水域與中國大陸的界線。

Obelisk (South) is located at Kau Ling Chung, also known as the Lantau South Pillar, a granite monument erected by the British Navy in 1902. Obelisk (South) marks the boundary of the waters between Hong Kong and the mainland China due west after the lease of Lantau Island, as part of the New Territories, to Britain in 1898 for 99 years.

