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# Central & Western District Fitness Trail and Central & Western District Promenade 中西區健步廊及中西區海濱長廊



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# Central & Western District Fitness Trail and Central & Western District Promenade || 中西區健步廊及中西區海濱長廊

The Central Western District Fitness Trail comprises 6 sections :- New Star Ferry Terminal > ( 607m ) Exchange Square > ( 237m ) International Financial Centre > ( 273m ) Infinitus Plaza > ( 363m ) Shun Tak Centre > ( 473m ) Sun Yat Sen Memorial Park ( 750m ) - Total Distance 2.7km

中西區健步廊分為6段，長度2.7公里：

新天星碼頭 > 交易廣場 > 國際金融中心 > 無限極廣場 > 信德中心 > 中山紀念公園

The Central & Western District Promenade comprises :-

Shun Tak Centre > ( 363m ) Promenade ( Sheung Wan Section ) > ( 473m ) Sun Yat Sen

Memorial Park > ( 1050m ) 5 Piers Section ( Western Wholesale Food Market Section >

( 900m ) Un-name Walking Deck to The End ( 500m ) - Total Distance 3.3km

中西區海濱長廊分為5段，長度3.3公里（是次的步行的選擇）：

信德中心 > 海濱長廊(上環段) > 中山紀念公園 > 碼頭及食物卸貨區 > 無名步行區

前往中西區海濱長廊，交通方便，可乘坐港鐵至上環站，或在港島東區乘坐巴士至港澳碼頭巴士總站。起點自信德中心出口，有路牌指示方向，沿海濱長廊(上環段)往西面步行，靠海邊的走廊，有樹木遮蔭，間歇有坐椅供遊人休息，同行的遊人包括喜愛跑步人士，遊客及附近的區民，欣賞完全沒有遮檔的海景，兩岸的高樓大廈，穿梭的船隻在維港海上飛馳，昂船洲大橋，青洲，南丫島及西九龍景色，拍下不少相片。

步行約20分鐘到達中山紀念公園的入口，中山紀念公園是2012年為紀念辛亥革命100週年，由市政局擴建，公園面積有5公頓，橫跨上環至西營盤，是唯一公園靠海邊建築。進入公園前可觀賞一張整個公園的24個設施位置全圖，它們分別是：-

- |  |  |
|--|--|
| 1. 紀念草坪( Memorial Lawn ) (*)           | 2. 孫中山像( Sun Yat Sen Statue ) (*)      |
| 3. 兒童遊樂場( Children Play Area )         | 4. 長者健身站( Fitness Corner for Elderly ) |
| 5. 四大寇庭院( 4 Desperados Courtyard ) (*) | 6. 卵石路步行徑( Pebble Walking Trail )      |
| 7. 行人主入口( Pedestrian Main Entrance )   | 8. 牌樓( Pai Lau ) (*)                   |
| 9. 健身站( Fitness Station )              | 10. 籃球場( Basket Ball Court )           |
| 11. 足球場( Soccer Pitch )                | 12. 鐘樓( Chime Tower ) (*)              |
| 13. 公園辦事處( Park Office )               | 14. 洗手間及更衣室( Toilet/Changing Rm )      |
| 15. 育嬰間( Baby Care Room )              | 16. 海濱長廊東( Promenade East )            |
| 17. 行人入口( Pedestrian Entrance )        | 18. 水景廣場( Reflecting Pond Plaza ) (*)  |
| 19. 海濱長廊雕塑( Sculpture at Promenade )   | 20. 海濱長廊西( Promenade West )            |
| 21. 瞭望台( Viewing Deck )                | 22. 泳池大樓( Swimming Pool Complex )      |
| 23. 停車場( Car Park )                    | 24. 車輛入口( Vehicle Entrance )           |





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除上述設施外，更有5座涼亭，花園種植學習區，寵物角，中山紀念公園體育館。步入公園，按(\*)特別設施逐一細緻欣賞和拍照，紀念草坪置於公園中央，一片翠綠看起來賞心悅目，頗多遊人躺在草地上曬太陽，圍繞草坪是緩跑徑，水泥石屎路面，刻有不同經緯度和世界各國大城市名稱，草坪中央置有孫中山像，像的前方有兩塊銅版刻有孫中山生平事蹟，而置於後方的一塊銅版刻有孫中山先生的遺囑，孫中山像面向牌樓刻有“天下為公”正正是行人的主入口。圍繞牌樓的地面刻有孫中山在香港的史蹟徑( Sun Yat Sen Historic Trail ), 非常有代表性。

從公園東面的一個入口，進入公園即可欣賞鐘樓，鐘樓頂部建築仿照香港大學大樓塔頂，頂部垂直設有5個銅鐘，代表5權憲法。再往前走經過四大寇庭院，是紀念當年4位革命英雄( 孫中山，陳少白，尤列，楊鶴齡 )，庭院仿照歷史建築，停留欣賞各歷史包括拍照花去1小時多，繼續靠海邊走，間歇停步欣賞海景，心情特別開朗，不久到達水景廣場，此廣場設計有噴水池和特別的柱子，水花噴至數米高，非常壯觀美麗。

離開中山紀念公園繼續往西面走，到達另一段長廊，靠海邊裝飾有公仔，是給遊人拍照，而另一邊空地是兒童遊樂場，走到長廊尾段有一塗鴉分隔牆，越過分隔場進入碼頭食物卸貨區，5個碼頭都是全新設計，除維持原有功能外，更加設休憩設施，有遊人選擇釣魚。走畢碼頭食物卸貨區到達行程最後的一段 - 無名步行區，此區域沒有指示牌說明供甚麼用途，遊人都是隨意散步方式，遠望景色包括青洲，航行中船隻，欣賞海浪並享受涼風。由於步行區並沒有任何房屋建設，估計在這裡觀賞日落景色必定非常美麗。

中西區海濱長廊是熱門遊覽路線，長廊分5段，以中山紀念公園的建築設施最值得細緻欣賞，往返只需2.5小時。







康樂及文化事務署  
Leisure and Cultural  
Services Department

# 中西區海濱長廊 - 上環段

CENTRAL AND WESTERN DISTRICT PROMENADE - SHEUNG WAN SECTION

- 1 公園入口  
PARK ENTRANCE
- 2 海濱長廊  
PROMENADE
- 3 寵物角  
PET CORNER
- 4 卵石路步行徑  
PEBBLE WALKING TRAIL
- 5 太極角  
TAI CHI CORNER
- 6 洗手間   
TOILET
- ★ 閣下在此  
YOU ARE HERE









SUN YAT SEN MEMORIAL PARK



# 鐘樓

## Chime Tower

本鐘樓旨在表達孫中山先生青年時期在香港接受教育，及其如何產生革命思想之由來。鐘樓頂部是以香港大學本部大樓為設計藍本。而五個銅鐘則寓意孫中山先生在1921年發表「五權憲法」的思想。五權憲法乃指行政權、立法權、司法權、監督權和考試權。

The Chime Tower stands for the profound influence of the education the young Dr Sun received in Hong Kong on his revolutionary ideals. The tower roof is modelled on the design of the Main Building of University of Hong Kong. The five bronze bells symbolise the five powers enshrined in the Five-Power Constitution Dr Sun proclaimed in 1921, namely the power of executive, legislative, judicial, examination and control.











Sun Yat Sen Memorial Park Swimming Pool  
孫中山紀念公園室內游泳池





Sports Centre



# 中山紀念公園體育館







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Services Department

中山紀念公園  
Sun Yat Sen Memorial Park  
兒童單車遊戲區  
Children's Cycling Play Area



單車遊戲區是為騎單車的兒童而設，成年人應在場照顧兒童。

The cycling play area is designed for use by the children. Adult supervision is recommended.

兒童單車遊戲區

Children's Cycling Play Area



如有查詢，請在辦公時間(上午七時至晚上十一時)內致電 2540 9704 與場地主管聯絡。

For enquiries, please contact the officer-in-charge at 2540 9704 during office hours (7am to 11pm).















天下為公















## 五號碼頭

五號碼頭現由漁農自然護理署(漁護署)租予西區副食品批發市場的販商作裝卸魚產品用途。由於碼頭現時仍需運作，在不影響日常碼頭運作的前提下，及販商同意在無須運作的指定時段開放五號碼頭臨海部分予公眾使用，以便接通社區重點項目與豐物道臨海休憩用地，進一步連接海濱長廊。

## Pier No. 5

Currently, Pier No. 5 is leased to the WWFM operators by the Agriculture, Fisheries and Conservation Department (AFCD) for use as fishery products loading and unloading area. As the pier is still in operation, the AFCD and operators agree to open up the harbourfront area of pier No.5 for public access at designated time when it is not in use, provided that the daily operation of the pier will not be affected. This provides an access connecting the waterfront open space of the SPS project with that at Fung Mat Road, thereby further linking up the promenade.







### 吊臂起重機

「中西區海濱長廊 - 西區副食品批發市場段」的四個休閒區域由西區副食品批發市場的碼頭改建而成，各個碼頭原有一座吊臂起重機，供船隻上落貨。現時，三號碼頭保留及翻新了原有的一座吊臂起重機，讓市民能夠了解以往碼頭的風貌和歷史。

### The Crane

The four recreational areas at "Central and Western District Promenade - Western Wholesale Food Market Section" are converted from the piers of the Western Wholesale Food Market. There used to have a crane at each pier for loading and unloading of goods from vessels. At present, the crane at Pier No.3 has been preserved and refurbished to enable the public to understand more about the distinctive features and history of the piers.











CENTRAL AND WESTERN DISTRICT PROMENADE  
中西區海濱長廊

Informational text on a yellow sign attached to the tower structure.

Informational text on a sign attached to the railing.

Informational text on a sign attached to the railing.

Informational text on a sign attached to the railing.

Informational text on a sign attached to the railing.

Informational text on a sign attached to the railing.



## 中西區社區重點項目

### 「美化及活化西區副食品批發市場的臨海地段」

行政長官於2013年《施政報告》中宣布推出「社區重點項目計劃」，為每區預留一次過一億元以進行切合地區需要及居民訴求的項目。

中西區區議會經討論及進行公眾參與活動後，決定以「美化及活化西區副食品批發市場的臨海地段」作為中西區推行的社區重點項目。

項目佔地約5 200平方米，包括長約400米和闊約6.5米的海濱長廊及四個閒置碼頭。工程在2016年1月底展開，並於2018年第一季度完工，開放地段正式命名為「中西區海濱長廊 - 西區副食品批發市場段」。

在推行重點項目的過程中，得到批發市場廠商的廣泛支持並同意釋出批發市場大部分臨海地段，以便發展重點項目，充分發揮及體現與民共議及跨界合作的精神。海濱長廊在2018年4月開始開放予公眾使用，並提供跑步空間及長者運動設施，四個碼頭均參照諮詢結果設定為不同主題的休憩區域，營造富有特色的「碼頭」公園。

項目的設計保留了西區副食品批發市場及四個碼頭的風貌和歷史元素，亦反映了批發市場行業的特色，彰顯地區歷史。項目照顧不同社群及機構的需要，提供場地供市民使用，以及供不同團體舉辦不同的活動，特別是臨海空間可作為藝團、社企、青年創業家的表演及展覽場地，達致共享社區平台的目標。

在此中西區區議會及中西區民政事務處向廠商及參與推動重點項目的各持份者致以衷心謝意。

#### Signature Project in Central and Western District "Harbourfront Enhancement and Revitalisation at the Western Wholesale Food Market"

In the 2013 Policy Address, the Chief Executive announced the introduction of the Signature Project Scheme (SPS), and earmarked a one-off allocation of \$100 million for each district to carry out SPS projects that would meet the needs and aspirations of the district.

After discussion and public engagement exercise, the Central and Western District Council decided to pursue "Harbourfront Enhancement and Revitalisation at the Western Wholesale Food Market" as the SPS project of the Central and Western District.

The project occupied an area of around 5 200m<sup>2</sup>, including a 400m long and 6.5m wide promenade and four piers no longer in use. Construction works started in late January 2016 and completed in the first quarter of 2018, with the released area officially named "Central and Western District Promenade - Western Wholesale Food Market Section".

In the course of implementing the SPS project, the operators of the Western Wholesale Food Market (WWFM) fully supported the SPS project and agreed to release most of the waterfront area, manifesting the spirit of public participation and cross-sector cooperation. The promenade has been open for public use since April 2018. In addition to the space for running and exercise facilities for the elderly provided in the promenade, the four piers have been converted into open space with different themes having regard to the result of the consultation, so as to create a unique pier-turned-park.

The distinctive features and historical elements of the WWFM and the four piers have been preserved in the project's design, highlighting the characteristics of wholesale trade and history of the district. The needs of different user groups and organisations have also been taken into account in the SPS project. The released site provides venues for different groups of users and organisations to organise activities and provides open space for the use of the general public; in particular, the waterfront space can be used as performance and exhibition venues by arts groups, social enterprises and young entrepreneurs, thereby achieving the objective of sharing use of district platforms by the community.







Thank you for your support!

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