



**HK DISTANCE
RUNNERS CLUB**

香港長跑會

GREEN RUNNING AND HIKING ROUTES 綠色跑步和步行路線

**Route Twisk > Chuen Lung > Wang Lung Chuen > Ngong
Tong Chuen > Lung Mun Country Trail > Shing Mun Butterfly
Paradise > Shing Mun Pineapple Dam**
**荃錦公路 > 川龍 > 橫龍村 > 昂塘村 > 龍門郊遊徑 > 城門水塘/賞蝶
園 > 城門玻璃壩**



www.hkdrc.org

Route Twisk > Chuen Lung > Wang Lung Chuen > Ngong Tong Chuen > Lung Mun Country Trail > Shing Mun Butterfly Paradise > Shing Mun Pineapple Dam || 荃錦公路 > 川龍 > 橫龍村 > 昂塘村 > 龍門郊遊徑 > 城門水塘/賞蝶園 > 城門玻璃壩

路程長度8公里，需要3小時多始能完成。

前往起點可乘坐港鐵到荃灣站，再轉51號往大帽山巴士至荃錦公路，川龍巴士站入口下車，沿車路往東面方向走，經過彩龍茶樓，橫龍村，開心坊農莊樂園及昂塘村，完成2公里路程到達分叉路，這裡有路牌指示分別是往大帽山公路6.5公里，另一路向是往龍門郊遊徑起點1公里，繼續往前走有另一分叉路至響石墳場。一路上有都有不少當地人駕車及步行前往拜山。

完成2公里路程用去30分鐘，進入龍門郊遊徑，這路徑路面狹窄，以泥路夾雜亂石，間歇經過一些溪澗及上落梯級，全段路程難度一般。由於山徑需要穿越叢林，能夠遠望風景不多，只有荃灣一帶景色，經過2小時4公里山路，走過3條龍門郊遊徑的木橋，到達分叉路口可通城門水塘引水道，繼續往前走餘下的2公里，到達另一個分叉山路，可往鉛礦坳4.2公里，末段落山只需15分鐘到達賞蝶園，園內大量遊人，各自找尋蝴蝶蹤影，拍照園內景物，亦有導師向一群學生講解自然生態，這是非常難得及教育性課程。離開賞蝶園便到達玻璃壩小巴士站，是路程的終點。

是次步行是在秋高氣爽下進行，路徑是非常適合行山愛好者。







響石墳場
HEUNG SHEK CEMETERY

大帽山道 5.5 公里
TAI MO SHAN ROAD

川龍 2 公里
CHUEN LUNG

響石墳場
HEUNG SHEK CEMETERY

大塘
RESERVOIR

水邊及花園
CHUN LUNG WATER & GARDEN







龍門郊遊徑壹號橋

LUNG MUN COUNTRY TRAIL
BRIDGE NO. ONE









你的位置

Your Location

KK 060783



菠蘿壩自然教育徑

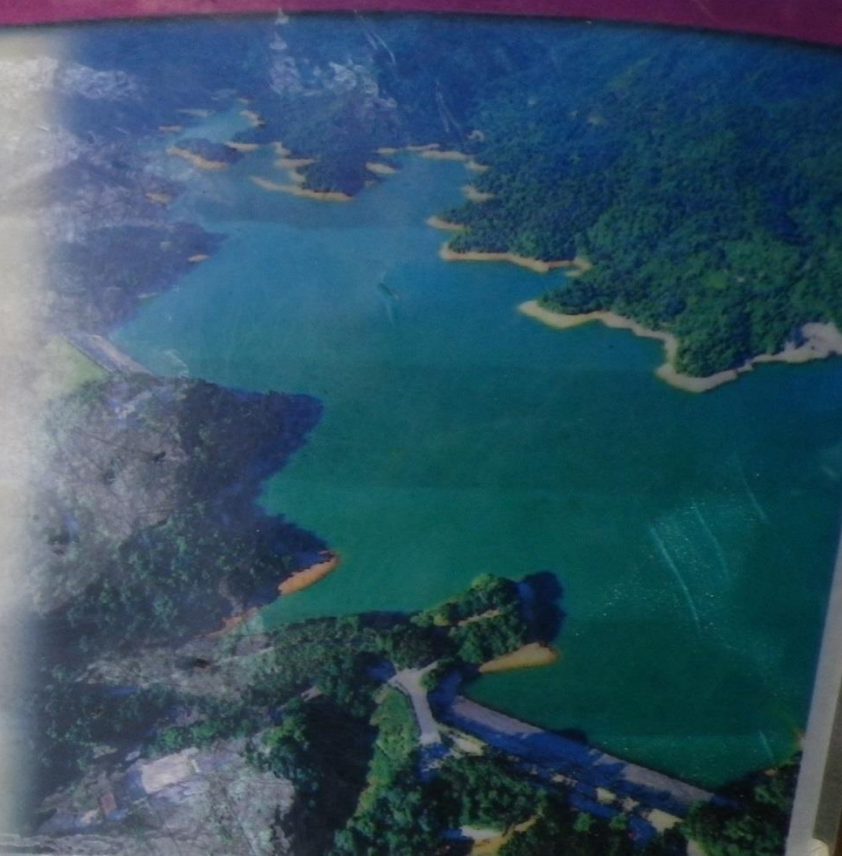
Pineapple Dam Nature Trail

城門水塘

城門水塘於一九三七年建成，容量約為 1,330 萬立方米。水塘四週進行了大規模植林計劃以保護泥土。樹木的根部能抓緊泥土避免雨水沖落水塘使水塘淤塞，因而增加水塘的儲水能力。

The Shing Mun Reservoir

Construction works of Shing Mun Reservoir was completed in 1937. Its capacity is about 13.3 million m³. A large scale tree planting work was established around the reservoir to protect soil. The root systems of trees avoid soil erosion of the hillside, so that the reservoir's storage capacity would not be affected by sedimentation of eroded soil.



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菠蘿壩自然教育徑

Pineapple Dam Nature Trail



Department of Agriculture, Fisheries and Conservation
Government of the Hong Kong Special Administrative Region

賞蝶園

賞蝶園種植了適合不同蝴蝶吸啜花蜜或幼蟲食用的植物，能為蝴蝶提供多樣化的棲息、覓食及繁殖的地方。這裡吸引不同種類的蝴蝶到訪，包括報喜斑粉蝶、裳鳳蝶、紅珠鳳蝶等，是理想的觀蝶地點。

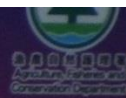
Butterfly Paradise

Butterfly Paradise provides diverse habitats for feeding and breeding of butterflies and their larvae. It attracts different types of butterflies, including Red-base Jezebel (*Delias pasithoe*), Common Birdwing (*Troides helena*), Common Rose (*Pachliopta aristolochiae*). The Butterfly Paradise is an ideal location for butterfly watching.





Pineapple Dam Nature Trail

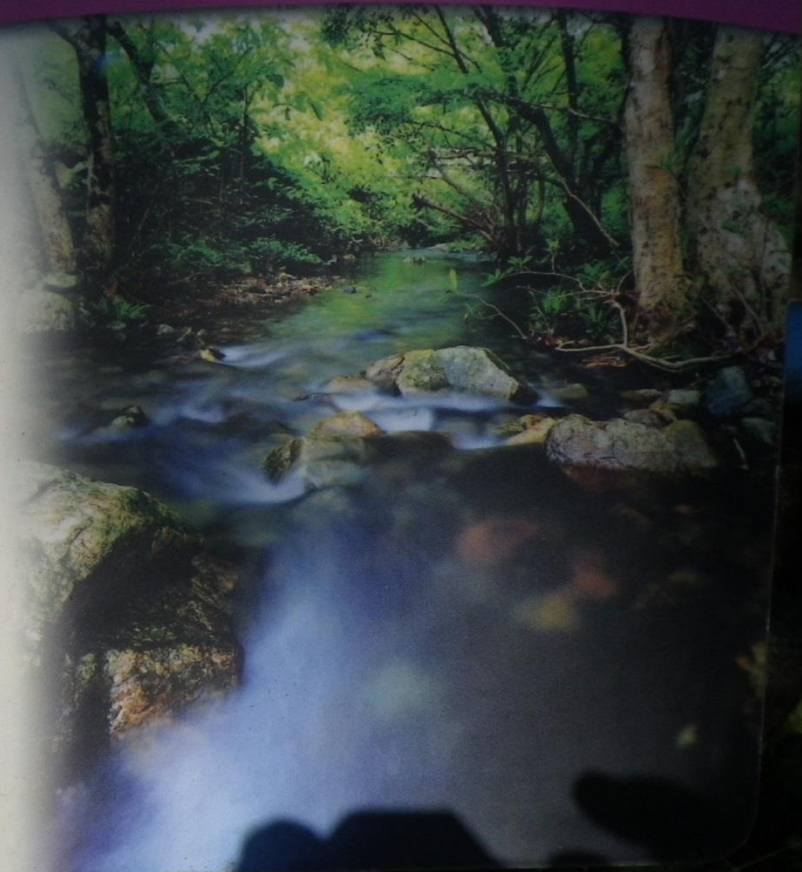


引水道

小徑旁的水道是城門水塘的「引水道」。此引水道是由大帽山山麓的南部伸延，沿途截留溪水引入城門水塘存貯。水塘所貯的水經過濾消毒後，便會輸往各家各戶，供我們飲用和作其他家居或商業用途。請節約用水及保存水源清潔。

The Catchwater

The water channel by the side of the trail is called "catchwater". This catchwater starts from southern slope of Tai Mo Shan. It catches stream water on the way and directs them to Shing Mun Reservoir for storage. The water, after treatment, is delivered to our home for drinking, or other domestic and commercial purposes. Please save water and keep our water source clean.



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菠蘿壩自然教育徑

Pineapple Dam Nature Trail



南酸棗 (酸棗)

南酸棗是原生高大落葉喬木，樹皮深啡色及有明顯的龜裂紋，枝條滿佈皮孔。葉互生，奇數羽狀複葉，小葉對生。春天開紅色細小的花。果帶酸味，果核頂端有四個或五個小孔，俗稱「四眼仔」。

Hog Plum (*Choerospondias axillaris*)

Hog Plum is a native deciduous tree with cracked bark in dark brown color. Its branches densely spotted with lenticels. Leaves alternate, odd pinnate, leaflets opposite. It flowers in spring with small red blossoms. The fruit has a sour taste and there are four to five holes on the top of each fruit. Thus, it is also called "Little Four-eyes".



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菠蘿壩自然教育徑

Pineapple Dam Nature Trail



農業、漁業及
自然保育處
Agriculture, Fisheries and
Conservation Department

假鷹爪

假鷹爪是攀援性灌木。葉互生，薄紙質。花朵黃綠色並垂吊於葉片下。果細長，呈念珠狀。假鷹爪的葉片可製作酒餅，故又稱為酒餅葉。

Desmos (*Desmos chinensis*)

Desmos is a climbing shrub. Leaves alternate, thin paper texture. Flowers yellow-green, hanging underneath leaves. Fruits are slender, shaped beads. Leaves can be made yeast for wine.



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菠蘿壩自然教育徑

Pineapple Dam Nature Trail



香港環境保護局
Hong Kong Environmental Protection Department

細葉榕

細葉榕是本港常見的喬木，通常生長於路旁及鄉郊地方，有遮蔭及防風的功能。細葉榕的果實是一種無花果，由肉質的空心花托包藏大量的小花。它的花粉傳播全賴寄居於無花果內的榕小蜂進行，這個巧妙的關係稱為「共生」。

Chinese Banyan (*Ficus microcarpa*)

Chinese Banyan is a common native tree in Hong Kong. It grows in rural areas and roadside with adumbral and windshield functions. Chinese Banyan bears fig fruit. Fig is a hollow fleshy receptacle concealing a large number of flowers. Pollination is facilitated by fig wasp entirely inside the fig. This special relationship is known as "symbiosis".



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菠蘿壩自然教育徑

Pineapple Dam Nature Trail



菠蘿壩

城門水塘共有三座水壩，小巴士站旁的水壩是「菠蘿壩」。在建築這座水塘之前，這水壩的位置有著大片的菠蘿田，所以命名這座水壩為「菠蘿壩」。

Pineapple Dam

Next to the mini-bus terminus is a small dam called Pineapple Dam - one of the three dams of Shing Mun Reservoir. Before the reservoir was constructed, the place where the dam stand was pineapple fields, thus, the Dam was named as "Pineapple Dam".





Thank you for your support!

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