



**HK DISTANCE
RUNNERS CLUB**
香港長跑會

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

Clear Water Bay Country Park

清水灣郊野公園

Clear Water Bay Country Park || 清水灣郊野公園

Clearwater Bay Country Park contain facilities include Carpark, Barbecue Site, Clearwater Tree Walk, Kite Playing Area, Tai Hang Tun Viewing Point, Walking Paths, Grassland and Tree Planting Areas, Tourist Visit Information Centre, Pavilions and Seating Areas etc., Quiet environment and Scenic Views can be seen every where and every angle.

清水灣郊野公園是全香港最美麗和清潔的公園，不像一般的郊野公園給大量遊人使用造成環境污染，清水灣郊野公園擁有別的公園沒有的設施，當中包括停車場，燒烤場，風箏場，遊客資訊中心，大坑燉觀景台，大面積草地和樹木，步行小徑，一條沿海邊建築1200米樹木研習徑，多個涼亭接連休憩地方，環境寧靜，四周風景都非常美麗。

前往清水灣郊野公園最方便是自駕人士，如乘坐公共交通工具可乘坐港鐵至鑽石山站，轉乘91號公共巴士往清水灣，到達大坳門路巴士站迴旋處下車，行程約25分鐘。在大坳門巴士站(迴旋處)按路牌指示沿馬路步行2.5公里，約30分鐘到達清水灣郊野公園，公園左邊是通往龍蝦灣郊遊徑山路入口，而右邊是停車場，正中位置便是清水灣郊野公園入口，在入口涼亭可隔遠觀賞公園設施，繼而沿步行徑遊覽欣賞花草樹木，在高地上享受涼風，寧靜環境加四周美麗的風景，令人悠然神旺，遠望的海遠景包括果洲群島，青洲，吊鐘洲。而向山方面，可以看到的風景包括釣魚翁，上洋山，下洋山及西貢，停留風箏場是必要，難得機會可以仰望風箏在高空飄揚。





www.hkdrc.org



最後走進沿海邊建築的1200米清水灣樹木研習徑，欣賞/紀錄有11種不同樹木：-

Ivy Tree 鵝掌茶

Red Machilus 紅楠

Paper-bark Tree 白千層

Elephants Ear 血桐

Schima 木荷

Laurel Sweet Leaf 黃牛奶樹

Chinese Alangium 八角楓

Pop-gun Seed 土蜜樹

Pond Spice 潺槁樹

Chinese Hackberry 朴樹

清水灣郊野公園遠離市區，是全港最美麗的公園，非常值得遊人遊覽的公園。





↑ Clear Water Bay
Country Park
清水灣郊野公園







如欲查詢或投訴，請電 1823
For Enquiries and Complaints,
Please Dial 1823.

大坑墩燒烤地點

TAI HANG TUN BARBECUE SITE

清水灣郊野公園

CLEAR WATER BAY COUNTRY PARK



- 洗手亭
Handwashing Station
 - 廁所
Toilet
 - 涼亭
Shelter
 - 燒烤地點
Barbecue Site
 - 觀景台
View Compass
 - 生態池
Biological Pond
 - 遊玩區
Play Area
 - 遊客中心
Visitor Centre
 - 管理站
Management Centre
 - 告示板
Information Map
 - 樹木研習徑
Tree Walk
 - 放風箏地點
Kite-flying Area
 - 停車場
Car Park
 - 郊遊地點
Picnic Site
- 香港自然護理署
Agriculture, Fisheries and Conservation Department





清水灣樹木研習徑

CLEAR WATER BAY TREE WALK



樹木研習徑
TREE WALK

觀景台
VIEW COURSE





大坑墩觀景台
TAI HANG TUN VIEWING POINT













遊客中心
清水灣郊野公園

VISITOR CENTRE
CLEAR WATER BAY COUNTRY PARK

開放時間
每日上午九時半至下午四時半
(逢星期二休息)

Opening Hours
9.30 a.m. to 4.30 p.m. daily
(Closed Every Tuesday)

你的位置
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KK 220675



樹木研習徑



鵝掌柴

鵝掌柴亦有人叫它做鴨腳木，全因那形同鵝鴨腳掌的複葉。這些「腳掌」由6至8片小葉組成，終年亮綠。鵝掌柴的木質柔韌，故昔日常被用作製造牙籤。這種喬木對香港生態特別有貢獻，理由是它們於每年10月底至翌年1月初開花，為不少需要渡過這段缺少食物的日子的昆蟲提供食糧，使生命得以延續。

Ivy Tree (*Schefflera heptaphylla*)

Locality also called *Schefflera heptaphylla* as Goosefoot Wood or Duckfoot Tree, all because it has compound leaf shaped like the foot of a goose or duck. This evergreen compound leaf is made up of 6 to 8 leaflets. The leathery wood of this plant used to be raw material for toothpicks. Flowering from late October to early January as food supply to insects during cold months makes Ivy Tree important to local wildlife.



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

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紅楠

這種樟科植物不單受到遠足人士的注目，亦是郊野攝影愛好者一年四季都愛戴的模特兒。在春天，新葉相繼生長，期間新葉會呈現深紅、粉紅、金黃、嫩黃或嫩綠等不同顏色，把樹都染得五彩繽紛；每當夏天，果子成熟，長長的紅色果柄頂着從青變黑色的小圓珠；在冬天，長在枝條頂端的頂芽茁壯飽滿而呈微紅，猶如一朵朵含苞待放的花蕾，點綴着碧綠的樹冠，相當矚目，也因而賺得紅楠的名字。

Red Machilus (*Machilus thunbergii*)

This plant of the Lauraceae family is always an attraction for hikers and may enchant country photographic lovers all over the year. In spring, the growing new leaves take on deep red, pink, golden yellow, bright yellow or tender green in different periods, as if the tree was in blossom; in summer, the long red fruit stems support tiny beads, which are green at first and turn to black later; in winter, the sturdy, full, and reddish buds at the head of branches dot the green crown like flower buds ready to burst, forming a very attractive sight, hence the name Red Machilus.



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

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樹木研習徑

白千層

白千層的中、英文名字，都把這種桃金娘科植物的特徵展示出來了。白千層的淺褐色樹幹上，樹皮層層疊疊，像有千層樹皮而脫之不盡。這是因為隨着樹木成長，新樹皮不斷形成，把舊樹皮往外推，自然地翻起。英文名字，"Paper-bark"，則告訴大家樹皮猶如紙張的質感。本港最著名的白千層林位於城門郊野公園，樹木筆直挺立地排列在臨水的位置。白千層的葉雖不起眼，卻真實用價值，它們常被提煉成多種藥油的主要成份。

Paper-bark Tree

Melaleuca cajuputi

Both the Chinese and English names of *Melaleuca cajuputi* indicate the features of this plant of the Myrtaceae family. In the light brown trunk of Paper-bark tree, the layers of barks seem countless. This is because, with the growth of Paper-bark tree, new barks come out successively and push out the old barks, which turn over naturally. Its common name, 'Paper-bark', tells us that the feeling of bark like paper. The most famous grove of Paper-bark tree is located in Shing Mun Country Park, where trees stand straight on the waterfront. Its humble leaves can be used for extracting tree oil, which is widely used for various medical purposes.



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血桐

這個觸目驚心的名字，來自其特別的樹汁。這大戟科植物，樹幹折斷後，流出的汁液經氧化會變成紅色，像樹兒受傷流血一樣。血桐是本地原生的常綠喬木，成長時高達5米。葉片呈盾形，長闊均可達二十多厘米。血桐的英文名Elephant's Ear(大象耳朵)，就是取自它又大又圓的葉片。它們生長速度高，而且耐風和耐鹽，所以在低地林和海岸邊十分常見，常被種植在海灘作遮蔭樹。

Elephant's Ear (*Macaranga tanarius*)

This surprising name comes from its special juice. When the trunk of this plant of the Euphorbiaceae family breaks, the juice comes out will turn red after being oxidized, as if the tree is wounded and bleeds. The evergreen Elephant's Ear native to Hong Kong can grow up to 5 meters tall. Both the length and width of its shield-shaped leaf can reach 20 centimetres. Its English name Elephant's Ear derives from its big and round leaves. This fast growing plant resists wind and salt and is therefore commonly found in lowland and coastal groves, and is often grown on the seashore for shade.



香港環保局
Environmental Protection Dept.
(Government of the Hong Kong)

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樹木研習徑

木荷

這是郊野公園的守護神，忠心不貳。這種山茶科常綠喬木樹幹挺拔，能遮風擋雨，而且枝葉茂密，非常耐火。林務人員愛在郊野公園種植木荷，築成防火帶。由於樹冠高大，木質堅硬，往往能阻隔山火蔓延。每年初夏，木荷會綻放白花，香氣飄飄，外形還有點像水仙花呢！

Schima

(*Schima superba*)

Schima is a guardian of our country parks, keeps watch of the green environment loyally. It is an evergreen Theaceae with an upright form. It offers excellent shade and shelter from rain and wind. The canopy is dense and it is a highly fire resistant species. Afforestation experts often plant Schima as firebreaks. Given its large size and hard wood, it can stop hillfires from spreading. In early summer, you will see Schimas coming into a radiant white bloom. The flowers are sweetly scented and look similar to Narcissus.



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樹木研習徑

黃牛奶樹

據植物學家研究顯示，這種小喬木均可利用「有性繁殖」或「無性繁殖」方式來傳宗接代。黃牛奶樹呈V形，樹兒上半部的樹枝生長得比較旺盛，以增強光合作用的進行，為樹木供應碳水化合物，底部的樹枝則較為細長。黃牛奶樹別名「花香木」，生長高度由4至12米，分布於華南、越南及印度，種子油可提煉成潤滑油及肥皂。

Laurel Sweet Leaf

(*Symplocos cochinchinensis* var. *laurina*)

According to the studies of botanists, this little tree is capable of both sexual reproduction and asexual reproduction. The V-shaped *Symplocos cochinchinensis* var. *laurina* with top branches develop thickly so as to facilitate photosynthesis and provide carbohydrates for the tree, while branches at the lower part are thin. *Symplocos cochinchinensis* var. *laurina* is also called Huaxiangmu (fragrant wood) in Chinese, distributed in South China, Vietnam and India, and can grow up to 4 to 12 meters tall. Its seeds can be refined to make lubricating oil and soap.



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樹木研習徑

八角楓

八角楓又名水芒樹，是香港原生的落葉喬木。八角楓名字的由來，是因它的嫩葉呈多角形，好比長了八隻角。葉柄紅色，容易辨認。八角楓葉子的角會隨成長消失，到時我們得靠開花才可識別它了。八角楓的花細小，都向下垂，花瓣純白而蜷曲。開花後，會結有青色的小果實，成熟時會變紫黑色。

Chinese Alangium (*Alangium chinense*)

Chinese Alangium, also named water awn, is a native deciduous tree in Hong Kong. The name of Chinese Alangium (eight angles) is origin from its polygonal-shape young leaves formed like eight angles, coupled with its red petiole makes us easy to identify this tree. The angles of its leaves will soon be disappeared as it grows up, at that time, we should identify it by its flowers. Flowers of Chinese Alangium are small and drooping, and have pure white and curly petals. After blossoms, green fruits will be beared on tree which turns into dark purple when ripe.



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樹木研習

土蜜樹

樹幹長有像哈密瓜的紋理，是土蜜樹的最大特色。這種大戟科植物通常高2至5米，互生的長橢圓形綠葉，排列整齊。土蜜樹的外型並不矚目，但它的樹莖、樹根以至樹葉，都具備中藥用途，故得名「補腦根」。英文俗名則叫「Pop-gun Seed」，為甚麼呢？原來褐紅色的果籽昔日常被小孩擷取，用作子彈，在竹筒製成的「芋槍」發射。

Pop-gun Seed (*Bridelia tomentosa*)

Bridelia tomentosa owes its most distinctive feature to its veins similar to those of Hami melon. This plant of the *Euphorbiaceae* family usually grows to 2-5 meters tall, and is also featured by its long elliptical alternate green leaves, which are arranged in perfect order. *Bridelia tomentosa* seems unnoticeable, but its stems, roots, and even leaves can all be used for medical purposes; hence the alias of 'cerebral tonic root'. Its English common name 'Pop-gun Seed' is given to it because its maroon fruits used to be picked by children and used as bullets of bamboo emitter.



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潺槁樹

潺槁樹是樟科的一員，5、6月開花。淡黃的花兒密集於枝頭茂盛的葉群之間，比葉子細小，像含羞的女孩，躲藏葉間，不愛張揚。這些細小的花兒在我們眼中可能不覺怎樣吸引，但卻是昆蟲、蜜蜂的至愛。此樹種較多見於海邊或疏落的林間，灰色的樹幹雖不突出，但光滑的樹皮含有黏合物質，曾被廣泛用作製造美髮用品。

Pond Spice

(*Litsea glutinosa*)

A tree belonging to the Lauraceae family, Pond Spice flowers in May and June. The pale yellow flowers are clustered amongst dense leaves on the branches. Smaller than the leaves, they are as adorable as shy little girls. These blossoms may not be very attractive to you and me, but they are favourites of insects and bees. This species is common in coastal areas and open forests. The grey smooth bark, although plain, is very useful. It contains a natural bonding agent which was once used to produce haircare products.



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朴樹

朴樹快高長大，盛夏時枝葉茂盛，樹皮黑褐的大喬木可以高達20米，樹冠伸展成蔭，是乘涼避暑的天然小涼亭。鄉下人叫這種大喬木為朴仔樹，朴仔是指樹果，初生時綠色，成熟後則為紅色，是雀鳥的食糧。由於木質輕而硬，故被用來製作家具、砧板，樹皮纖維也可造紙。

Chinese Hackberry (*Celtis sinensis*)

Chinese Hackberry is a fast growing tree that develops dense foliage during summer. It has grey bark and may grow to 20 metres. The wide canopy is a natural shelter that offers good shade. Villagers call this tall tree Po Tsai. The name refers to the fruit which is green when young and orange-red when ripe. It is food for many birds. The wood of Chinese Hackberry is light yet hard. It is widely used as a material for furniture and cutting boards. The bark fibres are raw material for paper.





Thank you for your support!

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