



**HK DISTANCE
RUNNERS CLUB**
香港長跑會

GREEN RUNNING ROUTES 跑向新紀元

Route Twist > Lui Kung Tin Tsuen > Tai Lam Country Park > Kap Lung Tsuen > Ecogarden > Farm > Ching Tam Reservoir > Tai Wo > Ho Pui Camp Site > HKFYG Organic Farm > Ho Pui Reservoir > Ho Pui Tsuen

荃錦公路 > 雷公田村 > 大攬郊野公園 > 甲龍村 > 生態園 > 農場 > 清潭水塘 > 大窩 > 河背露營場 > 青協有機農莊 > 河背水塘 > 河背村

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八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，石崗軍營石崗村，然後步行到達有路牌往甲龍村及雷公田村路口，這裡有小巴，每10分鐘1班分別開往上村及元朗。這路線長度有10公里，需要3.5小時完成，走的小路是可以行車，但只准駛至雷公田村第1及2段的村屋，小路有大量花草樹木，樹枝樹葉為遊人遮蔭，走起來頗為涼快。進入甲龍村前，發現有分叉路，是甲龍古道通往荃錦坳，需要走1.5小時偏僻山路。往前的右邊是農場，這裡是制製造十字牌鮮奶生產場地，很多遊人由市區專程來這裡品嚐新鮮製造的鮮奶，場內除治養多頭牛外，亦有治養羊和雞。離開農場往前走，遠望有個生態園 **Ecogarden**，園內介紹超過20種植物，蝴蝶及魚類（參閱相片資料）。欣賞完生態園已用去1小時多，繼續沿小路走，有分叉路甲龍林徑往大攬涌郊野公園，由於小路位處高地，沿路沒有高山遮擋，路上可遙望錦田，元朗一帶平原。經過半小時路情，到達清潭水塘，這個水塘是全香港最小，據了解這水塘是供應石崗軍營，石崗村一帶居民使用。清潭水塘只算是路過的1個景點，繼續往前走約30分鐘到達小路出口地方名為大窩。這裡亦可以遙望元朗，錦田及西鐵總站的風景。離開大窩，又是1段小路往河背水塘及河背村。河背水塘風景優美，環境寧靜。遊畢水塘後，很多遊人順路參觀設於水塘斜路的 **HKFYG Organic Farm** 青協有機農莊，並購買農產品。離開農莊沿斜路到達河背村，是是次路程的終點。全程3.5小時。

這路程除步行外，它帶給筆者豐富體驗包括在農場飲新鮮牛奶，欣賞生態園內超過20種植物，蝴蝶和魚類，更參觀有機農莊，品嚐下蘆薈汁。





www.hkdrc.org



Ecogarden displayed Plants, Birds, Fishes 生態園展示植物，鳥類及魚類：-



Ginger Lily 薑花



Mock Lime 米仔蘭



Chinese Ixora 龍船花



Barking Deer 赤鹿



Red Azalea 紅杜鵑



Crested Bulbul 高雞冠



Rufous-backed Shrike
棕背伯勞



Fresh Water Minnow 寬鰭蠟
Broken-band Hill Stream Loach 擬平鰕
Predaceous Chub 異鰕



Russet Percher 網脈蜻



Crimson Dropwing
曉褐蜻



Red Powderpuff
朱纓花



Orange Jessamine
九里香



Chinese Porcupine
豪豬



White Champak 白蘭



Common Tiger 虎斑蝶



Great Mormon 美鳳蝶
Red Helen 玉斑鳳蝶



Common Grass Yellow
寬邊黃粉蝶



Chinese Bulbul
白頭翁



Tree Sparrow 麻雀

雷公田村
Lai Kung Tin Tsuen

甲龍村
Kap Lung Tsuen

Private Road
私家路

PRIVATE WATER WORKS
NO ENTRY TO UNAUTHORISED
ANY MOTOR VEHICLE DRIVER
ENTERING MUST DO AT HIS OWN
RISK
請勿冒行何處道路
或發生險用事未滿
不得會此處發生危險
或亡傷人用此路
請本路/車位可家



雷公田村
第一段

倉地/村落
貓狗免費絕育

查詢/預約
電話 9229 9494 林小姐 9168 3119 羅小姐 6132 5151

可於生動園或任由自由生自滅，這儘早安排絕育，善有善報，積善積德



YUEN LONG DISTRICT OFFICE 元朗民政事務處
NOTICE BOARD 告示牌







前面 40 米 為郊野公園限制道路，未經當局許可，
任何車輛、電單車及單車禁止駛入。
Country Park restricted road is 40 m ahead. Unauthorized entry of
any vehicle, motorcycle or bicycle to Country Park is prohibited.

← 生態園
ECOGARDEN
200 m (R)
2 mins (P/R)



中龍林徑

Kap Lung Forest Trail



此路徑並非當局指定的郊野公園
越野單車徑。任何人士(包括越野
單車許可證持有人)不得將單車
帶進此路徑。違者會被檢控。
THIS PATH IS NOT A DESIGNATED MOUNTAIN
BIKE TRAIL IN COUNTRY PARKS. NO PERSON
(INCLUDING ANY MOUNTAIN BIKE PERMIT HOLDERS)
IS ALLOWED TO BRING ANY BIKE INTO THIS PATH.
OFFENDERS WILL BE PROSECUTED.

















HKFYG ORGANIC FARM



歡迎兩年協會有機農產品出產新鮮、無化學藥劑、無基因改造之本地有機蔬菜、以及新鮮山家茶葉、歡迎農友訂購、或親自前來參觀選購、如蒙惠顧請向農友訂購

The products of the HKFYG Organic Farm are completely natural, without chemicals, with due care to your health and the environment. Order our delicious produce online or pay a visit to our Farm and learn more.

HKFYG Organic Farm
青協有機農場

香港新界元朗八鄉河輿水塘旁康徑1號
No. 1 Family Walk, Ho Pui Reservoir, Pak Heung, Yuen Long, N.T., Hong Kong

電話 Tel.: (852) 28384808 傳真 Fax: (852) 24889034
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河背水塘家樂徑

Ho Pui Reservoir Family Walk



河背水塘 0.7 公里
HO PUI RESERVOIR 1 1/2 小時

← 雷公田 6 公里
LUI KUNG TIN 2 小時

河背村 0.5 公里
HO PUI TSUEN 1 1/4 小時

薑花

Hedychium coronarium (Ginger Lily)

陸生或附生草本，具塊狀根莖，地上莖直立。頂生，密生多花；有藥用之價值。花期夏天。

A rhizomatous herb growing from a more or less tuberous rootstock. Propagated by division of the rootstock, preferably in March. Flowering in summer.



米仔蘭

Agapornis odorata (Mock Lime)

多枝，常綠栽培灌木，原產於亞洲東南部，其花極芳香，性喜陽光及良好之泥土。花拌入茶葉中，可增加香味。

It is a small evergreen tree, native to South China and the Indo-Chinese region. The flowers are used to perfume clothes and to make a scented tea.



龍船花

Ixora chinensis (Chinese Ixora)

直立生長緩慢灌木，枝莖甚多。每年夏天有紅色直徑達數吋之圓頭狀之花着生於枝頂。其細小圓形之漿果當成熟時轉為深紅色。在香港空曠山野常見，有藥用之價值。

An erect, slow-growing shrub, with many stems. Throughout the summer produces a round red flowering head several inches across, on the tops of branches. Grows wild in Hong Kong on exposed hillsides. It is valued for medicinal purposes.



赤麋

Muntiacus muntjac (Barking Deer)

本地最大的哺乳類動物之一，為食草類動物，多以低矮的植物和青草果腹。受驚擾時會發出獨特短促似犬吠的鳴叫聲警告同類，或求偶時亦會發出相同的叫聲。

This is a crepuscular species which feeds both by browsing on bushes and small trees, and also grazing. It will also eat various fruits. Males bark in the mating season and can use their tusks in defence.



紅杜鵑

Rhododendron simsii (Red Azalea)

常綠多分枝灌木，每年春天有大量之紅花生於枝條之末端。本植物乃中國之品種，本港較低地區之山谷地帶或高山地帶常見。開花時間由一月至六月，但以四月份最為茂盛。

It is an evergreen much-branched shrub of Chinese species. In spring, it produces masses of red flowers at branch ends. Commonly found in valleys at low altitudes and high up on the mountains. Plants are at their best in April but flowers may be found from January to June.



紅耳鶇 (高鷄冠)

Pycnonotus jocosus (Crested Bulbul)

20 cm。直立的黑冠羽和頭的圖案十分易認。幼鳥沒有紅色頰斑，而且臀部紅色較淺。經常從站立處飛撲捕捉昆蟲。從樹上高處發出愉快的歌聲。繁殖：四月至六月。

20 cm Resident. Cheerful song 'bulbi-bulbit' 'bulbi-bulbit' delivered from high in a tree. Breeding season is from April to June.



棕背伯勞

Lanius schach (Rufous-backed Shrike)

25 cm。灰色頭跟大部份是紅棕色的上體成對比，翼和尾黑色，下體白色，脇和尾下覆羽淡紅棕色。繁殖：三月至六月。營巢於灌木或樹間、狀似茶杯。居留狀況：留鳥。

25 cm Resident. These shrikes are iron grey and black but as they interbreed freely with normals, intermediate varieties are seen. The breeding season is March to June, four to six eggs are laid in a cup shaped nest constructed in a bush or tree.



鳅

Zacco platypus
(Freshwater Minnow)



鳅

*Liniparhomaloptera
disparis*
(Broken-band
Hillstream Loach)



鳅

Parazacco spilurus
(Predaceous Chub)



初級淡水魚棲息於水流湍急的河溪，主要攝食浮游動物、小型甲殼類動物、小魚、微細藻類和碎屑。

A primary freshwater fish lives in streams and rivers with rapid water flow. It feeds on zooplankton, small crustaceans, small fish, macroscopic algae and detritus.

網脈蜻

Neurothemis fulvia (Russet Percher)

這是一種極為吸引的中型蜻蜓，擁有獨特的紅褐色翅膀。在夏天時較多，於耕地和溪流出沒。

An extremely attractive medium-sized dragonfly with very distinctive reddish brown wings. Usually found in higher numbers later in the year during summer. Found in cultivated areas and streams.

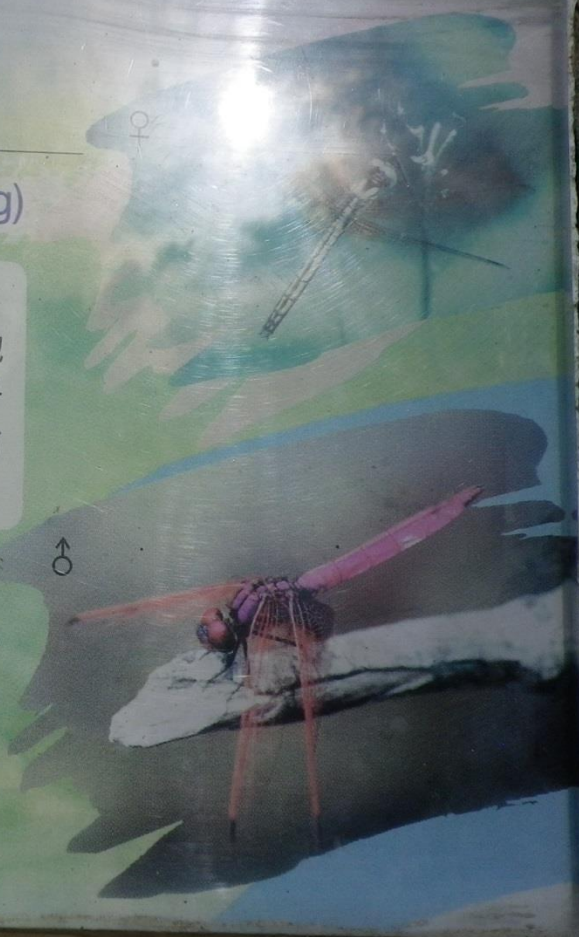


曉褐蜻

Trithemis aurora (Crimson Dropwing)

牠們屬細小的蜻科品種，於沼澤、池塘、溪流，甚至在市區中用作景觀美化的水池上出沒。雄蟲大多在陽光充沛的炎熱日子出沒，並會將腹部垂直向上指向陽光的方向以降低熱力的吸收。

It is a smallish libellulid which is found at marshes, ponds, streams and even ornamental ponds in urban areas. Males often seen on hot sunny days with abdomen raised vertically towards the sun to reduce heat uptake.



紅絨球 (朱纓花)

Calliandra haematocephala
(Red Powderpuff)

生長緩慢之栽培灌木，花大，紅色，絨球形，花期冬天，雄蕊無數，長而柔軟光滑，成為花之顯著部份。其細小之花萼及花瓣乃隱藏於此稠密花蕊之下。

A slow-growing cultivated shrub. Large, red, pompon-like flower heads, appear during the winter months, with numerous, long, silky stamens being the conspicuous part of the flower. The small petals and sepals are hidden under the mass of stamens.



九里香

Murraya paniculata (Orange-jessamine)

一種常綠細小的喬木，花期夏季。花成緊密的花簇生於枝條的末端或在較上的腋中；白色、芳香、整齊及兩性。果渾圓，紅色，是一漿果，有一或兩顆種子。

An evergreen small tree of shrubby habit. Flowering in Summer. Flowers in compact clusters at the branch ends or in the upper axils; white, fragrant, regular and bisexual. Fruit round, red, a berry with one or two seeds.



豪豬



Hystrix brachyura (Chinese Porcupine)

本港最大的齧齒類動物，吃植物性食物，包括塊莖，果實及種子。受驚時會豎起身體及尾部上成刺狀的硬毛（亦即牠的箭），並會搖動尾巴，以嚇退敵人。

The Chinese Porcupine is the largest rodent in Hong Kong. It feeds on plant matter such as tubers, fruits, and seeds. If alarmed, it will erect its quills in a defensive posture.



白蘭

Michelia x alba (White Champak)

白蘭是常綠小喬木，在春末初夏之間開奶白色花。白蘭花發出一種令人心曠神怡的香味，更被用作薰茶、提取香油或作化妝品原料之用。

花：4-9 月開花

果：少見結果

The White Champak is an evergreen tree. It's creamy white flowers between late spring and early summer, gives as a natural perfume. It is also an ingredient for aromatic tea, essential oil and cosmetics. Flowering between April and September. Bearing fruit only very occasionally.

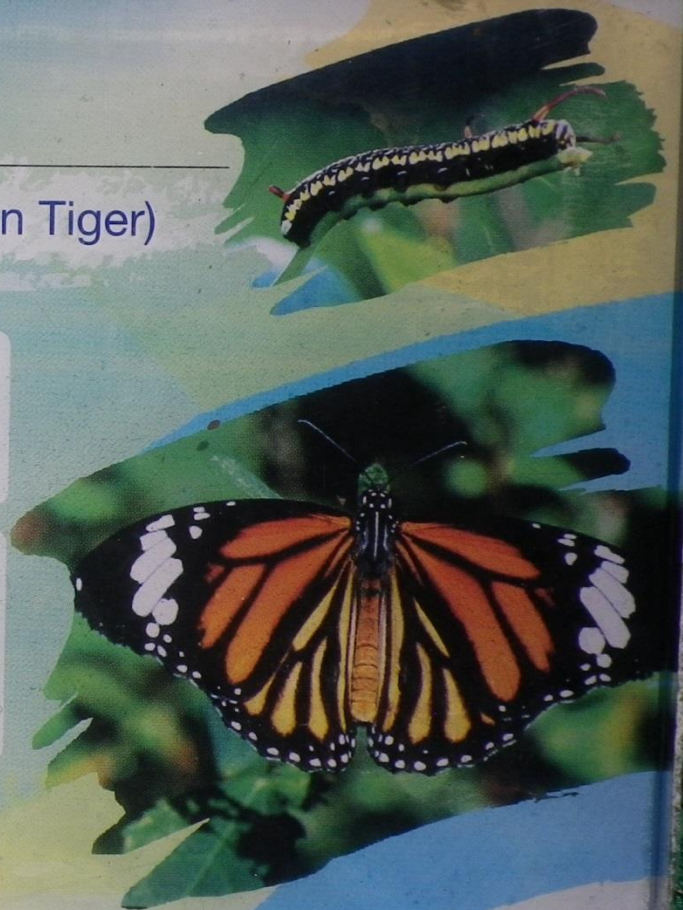


虎斑蝶

Danaus genutia (Common Tiger)

虎斑蝶出現在各類型的生境，飛行緩慢。喜歡訪花，會獨自群集過冬或和其他斑蝶組成過冬群體。

This species can be found in all sorts of habitats. It has a slow flight and often visits flowers. It overwinters either in colonies of its own kind or in mixed colonies with other danuids.



美鳳蝶

Papilio memnon
(Great Mormon)



美鳳蝶，玉斑鳳蝶常在林緣和柑橘園附近出沒，亦經常在市區公園出現，喜歡訪花吸蜜。

玉斑鳳蝶

Papilio helenus
(Red Helen)



They occur in woodland, citrus orchards and urban parks. They are often seen visiting flowers and puddling.

寬邊黃粉蝶

Eurema hecabe (Common Grass Yellow)

寬邊黃粉蝶在各種生境出現，
是香港最常見的粉蝶，飛行較
快速，雄蝶會群集吸水。

The most common Pieridae in
Hong Kong. *Eurema hecabe*
occurs in various habitats. It is a
swift flyer. Males are often seen
puddling in groups.



白頭鵯 (白頭翁)

Pycnonotus sinensis (Chinese Bulbul)

19 cm。頭頂的後部為顯眼白色，該處的羽毛並且可以豎起成一束濃密的羽冠。冬季會大群出現。很多時候大量聚集在沼澤區棲息。繁殖：三月至八月。通常於矮樹叢低處營造杯狀鵯巢。

19 cm Resident. Distinctive. Very young birds lack white head markings and can be confusing. Roosts in considerable numbers, often in mangroves. Large flocks seen in winter. The breeding season is from March until August.



麻雀

Passer montanus (Tree Sparrow)

15 cm。市區常見的麻雀，雌雄同色，有時大群一起覓食。繁殖：三月至八月。巢用草胡亂堆成一團成球狀，通常置於建築物的洞或罅隙內。居留狀況：留鳥。普遍易見，廣泛分布。

15 cm Resident. Occurs commonly around dwelling-houses. The breeding season is from March to August; at least three broods - four or five eggs.





Thank you for your support!

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