



**HK DISTANCE  
RUNNERS CLUB**  
香港長跑會

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

# Lung Ha Wan Country Trail

## 龍蝦灣郊遊徑



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# Lung Ha Wan Country Trail || 龍蝦灣郊遊徑

Tai Au Mun Road Bus Stop ( Roundabout ) > Clearwater Bay Country Park > Tai Hang Tun > Tai Leng Tung > Ping Tok Hang Shan > Lung Ha Wan Horse Training Yard > Lung Ha Wan Rock Carving > Lung Ha Wan Road > Tai Au Mun Road ( Roundabout ) 大坳門巴士站(迴旋處) > 清水灣郊野公園 > 大坑墩 > 大嶺峒 > 平托坑山 > 龍蝦灣練馬場 > 龍蝦灣石刻 > 龍蝦灣道 > 大坳門路(迴旋處)

龍蝦灣郊遊徑長度只有2.3公里，但山徑的起點及終點都需要分別步行2，3公里往返大坳門路，這是由於公共交通工具只到達大坳門路巴士站迴旋處。故此完成全程7.3公里需要3.5小時。

前往龍蝦灣郊遊徑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，車程約25分鐘。朝巴士站/迴旋處前方顯示的路牌”清水灣郊野公園“馬路步行2公里(約30分鐘)，在進入郊野公園停車場的左邊，即龍蝦灣郊遊徑入口(這裡有另一名稱大坑墩)，走畢起點的一小段為平路後，隨即踏上崎嶇不平山徑及梯級(不少於700，部份梯級高度超過800公分)，頗為吃力。上山途中回望景色，都非常優美包括清水灣，清水灣俱樂部，布袋澳，東龍洲配合碧海藍天，難得一見。經過40分鐘路程登上山頂，這山名稱”大嶺峒“有高度標柱291米，是整個郊遊徑的最高點。在山頂觀賞風景，令人悠然神旺，除看到上山中途的風景外，更可居高臨下飽覽遠景包括果洲群島，青洲，吊鐘洲。而另一方向，可以看到的風景包括釣魚翁，上洋山，下洋山及西貢。

在大嶺峒山頂欣賞風景及拍照停留超過15分鐘，隨即沿落山的山徑/梯級走，下降山徑高度由291米至到達平托坑山100米只需要20分鐘，山徑中途有分叉路徑往”綠蛋島“，但此路徑並不明顯，而且頗為崎嶇難行，前往該島需要爆林。”綠蛋島“是一個靠近岸邊露出水面小島，它的特別之處是島的表面是岩石/石灘，島的中央長有草叢及小樹，整齊的圍成圓型，從高地下望此島非常皓似荷包蛋，而蛋黃是綠色，故此以此為名。

離開平托坑山繼續往下山方向走，又是不斷走落山梯級及山徑，經過30分鐘路程到達龍蝦灣練馬場，是龍蝦灣郊遊徑終點。這裡環境寧靜，背山面海，沙灘可供潛水，這裡亦有停車場及風箏場，前來練習騎馬及潛水都是富貴人家。沒有停留便沿龍蝦灣馬路步行返回大坳門路，途中往參觀石刻，石刻說明有3000年歷史，到達大坳門路需要步行40分鐘。整個路程共需3.5小時。

龍蝦灣郊遊徑雖然只有2.3公里，但風景是非常優美，建議選擇在落山路段看看黃昏美景。



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













龍蝦灣郊遊徑  
LUNG HA WAN COUNTRY TRAIL

龍蝦灣郊遊地點  
Lung Ha Wan Picnic Site







龍蝦灣風箏場  
Lung Ha Wan Kite Flying Area







龍蝦灣  
郊遊徑  
Lung Ha Wan  
Country Trail

龍蝦灣風箏場  
Lung Ha Wan Kite Flying Area

龍蝦灣郊遊地點  
Lung Ha Wan Picnic Site



任何單車或腳踏車  
嚴禁進入此區  
NO BICYCLES OR MOTORCYCLES  
AND PROHIBITED  
OTHERWISE WILL BE PROSECUTED

切勿大狗亂跑  
Please do not let your  
dog run and Dig in the area





## 法定古蹟 龍蝦灣石刻

此石刻是香港沿海零散分佈的數處石刻之一。這些古代石刻的紋飾通常是幾何圖案，或作動物怪獸形狀。雖然石刻的刻製年代尚無從稽考，但它們的紋飾與青銅時代陶器和青銅器的紋飾較為相似，可能是約三千年前的先民所刻製。本地區早期的先民多靠海為生，而這些古代石刻多臨海矗立，可能有鎮海護航之意。

龍蝦灣石刻於一九八三年三月四日列為法定古蹟，受《古物及古蹟條例》保護。

古蹟無價，敬請珍惜。

古物事務監督

## DECLARED MONUMENT ROCK CARVING AT LUNG HA WAN

This rock carving is one of the several carvings scattered along the coastline of Hong Kong. Designs of these ancient rock carvings show geometric patterns, some resembling stylized animal or monster forms. It has not so far been possible to establish when these rock carvings were made. The resemblance of the patterns to those on pottery and bronze vessels of Bronze Age however suggests that they might be carved by the early inhabitants about 3,000 years ago. Since these early inhabitants of this area depended on the sea for their livelihood, most locations of these ancient rock carvings overlooking the sea may have been intended to propitiate the power of the sea.

The Rock Carving at Lung Ha Wan was declared a monument on 4 March 1983 and is protected under the Antiquities and Monuments Ordinance.

This monument is a valuable part of our heritage. Please respect it.

ANTIQUITIES AUTHORITY

## 龍蝦灣石刻 Rock Carving at Lung Ha Wan

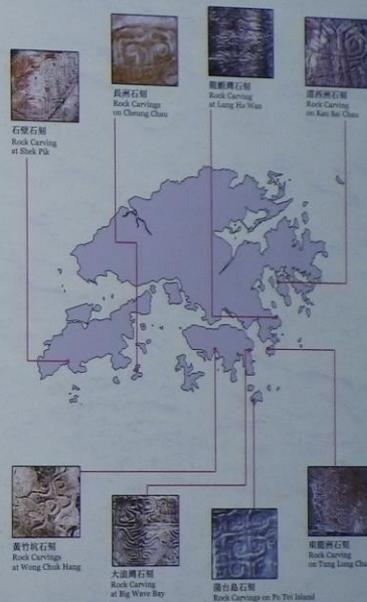


香港沿海及離島共八處石刻已被列為法定古蹟，受《古物及古蹟條例》保護。它們大部分處海邊的大石上，面對海灣；亦有一些位處內陸，但附近有小溪或河流。這些石刻的風格頗為接近，紋飾基本上由幾何圖案和曲線組成，可能象徵雲、雷電或其他大自然力量；亦有像人或鳥獸的抽象圖案，可能代表先民崇拜的圖騰或神祇。

由於缺乏文獻記載，已難以考證石刻的刻製年代和方法，以及由誰人刻製等問題。文獻之中，只有清代王崇熙於一八一九年編纂的《新安縣志》曾簡略記載東龍洲石刻。石刻上的圖案，與香港出土的青銅時代幾何印紋陶器和青銅器上的紋飾相似。由此推論，這些石刻的刻製年代，大致與青銅時代同期，即距今約三千年。

Eight rock carvings which are scattered along the coastline and remote islands of Hong Kong have been declared as monuments under the Antiquities and Monuments Ordinance for protection. Most of these carvings are situated on rock outcrops overlooking the sea whilst some are at a distance from the sea but near to rivers or streams. Stylistically, Hong Kong's rock carvings form a fairly homogeneous group. The patterns are basically composed of geometric patterns and curved lines that symbolize the cloud, thunder or other forces of nature. With hints of human or animal images, some rock carvings may represent tribal totems or deities of ancient times.

It is difficult to establish when, how and by whom the carvings were made as there is no literary record which can throw the slightest light on their origin except the one on Tung Lung Chau briefly documented in 1819. As the patterns of the carvings resemble strikingly those on the Bronze Age stamped geometric pottery and bronze vessels unearthed in the territory, it is perhaps reasonable to date the carvings to Hong Kong's Bronze Age, i.e. about 3,000 years ago.



大坑口路  
Tai Hang Hau Road

西貢區議會  
Sai Kung District Council

龍蝦灣  
Lung Ha Wan



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