



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

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

# Pak Tam Chung Nature Trail

## 北潭涌自然教育徑



# Pak Tam Chung Nature Trail || 北潭涌自然教育徑

Pak Tam Chung Nature Trail > Pak Tam Chung Tree Walk > Pak Tam Family Walk > Sheung Yiu Country Trail > Sheung Yiu Folk Museum > Hei Tsz Wan Village > Po Kwu Wan Fish Catching Gate > Hong Kong UNESCO Global Geopark > High Island Geo Trail

北潭涌自然教育徑 > 北潭樹木研習徑 > 北潭涌家樂徑 > 上瑤郊遊徑 > 上瑤文族館 > 灰瑤 > 起子灣村 > 曝罟灣堤圍 > 香港聯合國教科文組織世界地質公園 > 萬宜地質步道

選擇此路線有3個不同景點分別是，北潭樹木研習徑，上瑤郊遊徑（起子灣村 - 曝罟灣堤圍），香港聯合國教科文組織世界地質公園，萬宜地質步道。全長9公里，需要3.5小時完成。

前往起點(北潭涌)可乘坐港鐵至彩虹站，出站步行往另一個巴士站轉乘92號巴士或1A小巴往西貢碼頭需要30分鐘，再轉乘坐94號巴士往北潭涌。車程約20分鐘。到達北潭涌巴士站，下車隨即步過大網仔路閘口，右方是第一個遊覽景點，是一個綜合休憩地方，有3個不同景點分別是，北潭樹木研習徑，北潭涌自然教育徑，北潭涌家樂徑。3徑起點雖然面積不大，但設施齊全包括有涼亭，燒烤爐，更衣室，坐椅，廁所，無障礙設計，花草樹木，更有清悉指示路牌，在不遠處有牌坊“傷健樂園”。這個地方由民康署管轄，很多團體都選擇在這裡舉辦活動給參加者集合。北潭樹木研習徑，亦是北潭涌自然教育徑，長度只有1.5公里，還繞傷健樂園及燒烤場一圈，沿路徑有標示牌，說明樹木名稱，紀錄有12款之多：



**Brisbane Box**  
紅膠木



**Cat Tail Tree**  
貓尾木



**Ivy Tree**  
鵝掌柴



**Naked Anther Ternstroemia**  
厚皮香



**Horsetail Tree**  
木麻黃



**Camphor Tree**  
樟



**Hong Kong Orchid Tree**  
洋紫荊



**Flame Tree**  
鳳凰木



**Rose Apple**  
蒲桃



**Varied Leaf Fig**  
變葉榕



**Sweet Gum**  
楓香



**Paper-bark Tree**  
白千層





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1小時遊覽北潭樹木研習徑後，接著第二個景點是上瑤郊遊徑，郊遊徑入口距離‘傷健樂園’ 300米，起點經過復興橋，轉右靠海邊小路前進，小路海邊都是紅樹林，對岸是保良局渡假營，小路長度1.5公里，途經4個景點包括上瑤民族館，上瑤村灰瑤(已列入古蹟)，小型天主堂，碼頭。連接小路有2條分叉的山徑分別是3公里上瑤家樂徑往萬宜路，另一條4.5公里山徑是延續上瑤郊遊徑往萬宜西水壩。但是次行程是往曝罟灣堤圍需要經過起子灣村。由距離上瑤民族館小路到達分叉山徑有路牌指示方向往起子灣村，此村實際上已不存在，眼見小路兩旁都只是一些殘破不堪爛屋，起子灣村小路盡頭有一個小型碼頭，是給當地漁民交通往來西貢市使用。

短暫停留拍照到此一遊，隨即走進茂密叢林，經過一段沿海灣邊的崎嶇山徑，約30分鐘便到達曝罟灣岸的一邊，即時看到橫跨兩岸曝罟灣堤圍，堤圍的建築是一條半月型石壘，圍繞整個海灣，頗為別緻。據歷史介紹是早年當地漁民作捕魚之用，將海灣外的魚類引入灣內，然後捕捉，但時至今天漁民已遷徙往別處，大量村房屋廢棄。而曝罟灣堤圍變成熱門遊覽景點。由於遊覽堤圍當天是假期，大量遊人已聚集堤圍兩岸欣賞風景及拍照，更有遊人排隊等候步過這段堤圍。

曝罟灣堤圍最出名是半月型石壘，闊到不多於300公分，沒有扶手，而左右兩旁是海。遊人走起來一步一驚心，不過更甚是半月型石壘有兩缺口，第一個石壘離岸邊30米處，有約4米長斷口，靠3根鋼管連通石壘，遊人需要踏著鋼管步行而過，真的是驚險萬分。而另一個不是缺口，只是離對岸約50米的一段5米長石壘因日久失修，闊度由300公分破損至只有150公分，此闊度只足夠1人站立，要步行通過這段石壘，比較踏著鋼管步行難度更大。眼看勇敢的遊人逐一蹲下身體，手腳並用爬過這狹窄石壘，即時引得在排隊等候步過堤圍遊人哈哈大笑。停留曝罟灣30分鐘欣賞風景和拍照後原路折返北潭涌，乘坐專線小巴往萬宜東壩 (Hong Kong UNESCO Global Geopark) 香港聯合國教科文組織世界地質公園。

小巴車程15分鐘到達萬宜東壩 (East Dam)，是萬宜地質公園範圍，亦是地質步道 (High Island Geo Trail)，這裡建築有一個巨大苗型石堤紀念碑，刻有建築完成年份。大量拍照及欣賞這建設，此外置於路旁有遊覽的路線圖，列出6個遊覽景點，每個都設有資料說明標誌牌，說明該區地質如何形成。筆者數年前曾到過遊覽，因時間所限是走馬看花，與今次退休前來遊覽有所不同，欣賞風景及大量拍照不在話下，先後遊覽7個景點：-



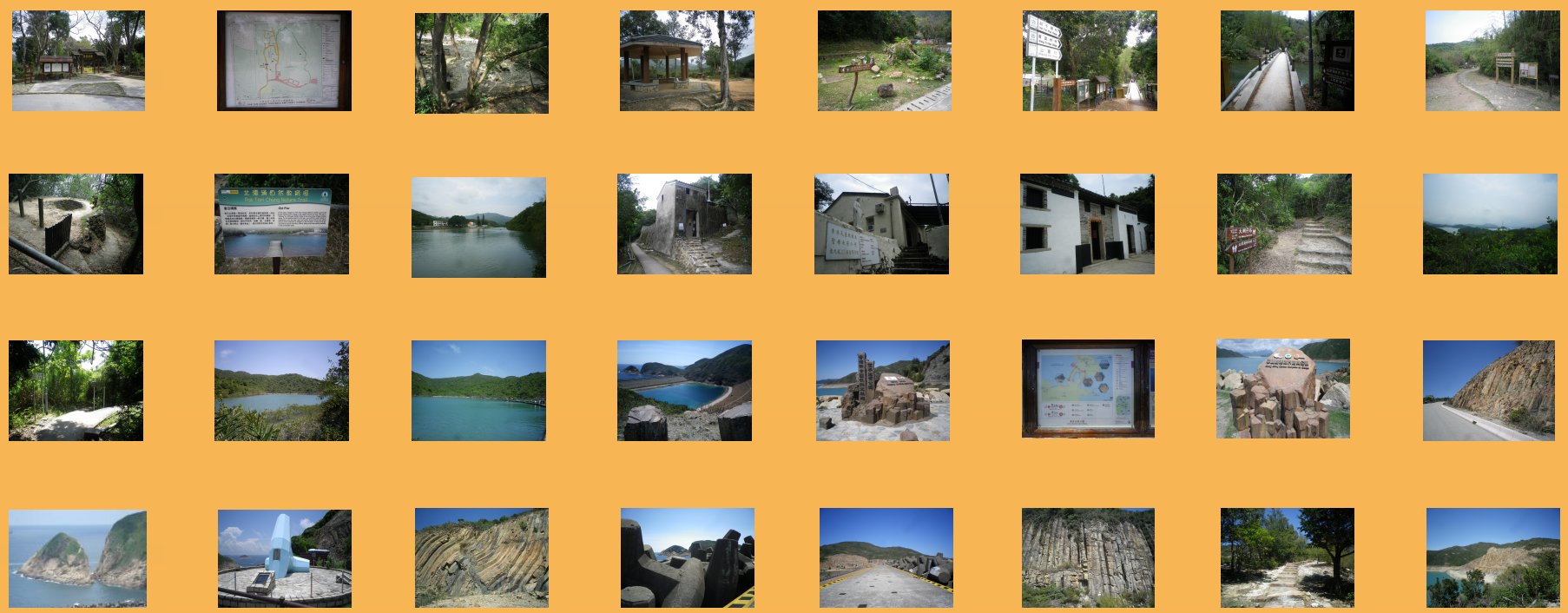


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- 描形石堤紀念碑 Dolosse View Monument
- 六角型岩柱 Hexagonal Rock Column
- 角帶 Fault Breccie Belt
- 彎曲岩柱 Distorted Rock Column
- 海蝕洞 Sea Cave
- 海蝕柱 Sea Stack
- 標尖角觀景台 Biu Tsim Kok Viewing Point

萬宜地質公園是非常值得遊覽景點，這裡的風景非常優美，不同的地質賦教育性。遊覽2小時實際上是不足夠。





傷健樂園

Information board containing a map and text.

私人不得進入管理區  
請勿破壞自然環境  
Private Area, No Entry  
Please do not enter the management area  
Do not destroy the natural environment

北港鎮公所 北港鎮公所  
North Port Township Office



- 圖例 LEGEND**
- 郊野公園 COUNTRY PARK
  - 主要道路 MAJOR ROAD
  - 沒有維修或罕用之徑 UNMAINTAINED/IMPASSABLE FOOTPATH
  - 環遊徑 CIRCUIT PATH
  - 輪椅徑 WHEELCHAIR COURSE
  - 輪椅斜坡 RAMP FOR WHEELCHAIR
  - 北潭涌樹木研習徑 PAK TAM CHUNG TREE WALK
  - 燒烤地點 BARBECUE SITE
  - 野餐地點 PICNIC SITE
  - 廁所 TOILET
  - 兒童遊樂設施 PLAY EQUIPMENT
  - 告示板 INFORMATION BOARD
  - 涼亭 SHELTER
  - 牌樓 PAI LAU
  - 飲水站或飲水亭 DRINKING WATER FOUNTAIN/WATER FILLING STATION

- 樹木研習徑介紹之樹木**  
Trees introduced along this tree walk
- |                                       |  |
|---------------------------------------|--|
| 白千層<br><i>Melaleuca leucadendron</i>  | 厚皮雲<br><i>Ternstroemia gymnanthera</i> |
| 樟樹<br><i>Cinnamomum camphora</i>      | 鳳凰木<br><i>Delonix regia</i>            |
| 藍桉木<br><i>Liquidambar formicosa</i>   | 藍花木<br><i>Markhamia cauliflora</i>     |
| 大葉荳<br><i>Casuarina equisetifolia</i> | 洋紫荳<br><i>Bauhinia batesonii</i>       |
| 響葉榕<br><i>Ficus variolosa</i>         | 紅膠木<br><i>Tristania conferta</i>       |
| 蘭草樹<br><i>Schefflera octophylla</i>   | 台灣相思<br><i>Acacia confusa</i>          |
| 洋槐<br><i>Sycyium jambos</i>           |  |

此地圖係根據香港特別行政區政府地政總署資料編製。  
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完成日期 COMPLETED	12.2003	圖則編號 PLAN No.	IB/PTCTW-PG10E
最後修訂日期 LAST AMEND	5.2017	版本 (Version)	3

北潭涌樹木研習徑及傷健樂園  
PAK TAM CHUNG TREE WALK AND PICNIC GARDEN

你的位置  
YOUR LOCATION  
**KK 240 792**  
告示板編號  
INFORMATION BOARD No. SKW/IN/102



漁農自然護理署  
郊野公園及海岸公園管理局  
COUNTRY AND MARINE PARKS AUTHORITY  
A.F.C.D.







北潭涌樹木研習徑  
PAK TAM CHUNG TREE WALK





七潭涌自然教育徑  
K. TAM CHUNG NATURE TRAIL





自然教育徑

NATURE TRAIL

← 北潭涌自然教育徑  
PAK TAM CHUNG NATURE TRAIL

← 上窰家樂徑  
SHEUNG YIU FAMILY WALK

西貢郊野公園  
SAI KUNG COUNTRY PARK

上窩家樂徑  
SHEUNG WU FAMILY WALK

北潭涌自然教育徑  
BUI TAM CHUNG NATURE TRAIL

上窩郊遊徑  
SHEUNG WU COUNTRY TRAIL

Information board with multiple notices and a fire safety sign.

防火安全  
防止山火  
Prevent Bush Fires

上窩民俗文物館  
Sheung Wu Folk Museum



你的位置  
Your Location KK 241787



# 北潭涌自然教育徑

## Pak Tam Chung Nature Trail



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### 昔日碼頭

昔日北潭涌一帶的村民，多利用水路往返西貢。故此，多個村落都建有碼頭。這個位於上窩村的碼頭，亦曾經成為交通樞紐。碼頭旁邊有一散石灘，灘上有很多貝殼類動物，部分可食用，如螺、蛤，及蠔等，所謂「靠山食山，靠水食水」，昔日村民亦有加以採食。

### Old Pier

In the past, villagers in Pak Tam Chung relied on boats to go to Sai Kung. Almost every village in the region had its own pier. This pier in Sheung Yiu, although derelict today, once was a busy village meeting place. On the pebble beach by the pier, you will find a wide variety of shellfishes, such as snail, clam and oyster. Some of them are edible and so were collected by villagers in the old days. It was normal for rural folk to source food from nature, taking what was readily available in the immediate area.







天鼓山

天鼓豐登

天鼓山

Restroom sign with male and female icons

Informational sign

請小心石階  
Please watch the steps





香港天主教教區  
 聖母七苦小堂  
 東九龍117旅童軍管理

聖母一苦 先施聖母在苦難中 救利維心。	聖母五苦 耶穌在十字架上 受難。
聖母二苦 耶穌在十字架上 受難。	聖母六苦 耶穌在十字架上 受難。
聖母三苦 耶穌在十字架上 受難。	聖母七苦 耶穌在十字架上 受難。
聖母四苦 耶穌在十字架上 受難。	聖母八苦 耶穌在十字架上 受難。





鴻禧

春滿乾坤福滿門

天增歲月人增壽

1  $\frac{3}{4}$  公里  
1  $\frac{3}{4}$  Km  
3 小時  
3 hr.

大網仔路



Tai Mong Tsai Road



北潭涌停車場

Pak Tam Chung Car Park

1  $\frac{1}{2}$  公里  
1  $\frac{1}{2}$  Km  
1 小時  
1 hr.



志子 村  
Hei Tsz Yuen Village

黃宜洲 村  
Wong Yi Chau Village









香港聯合國教科文組織

世界地質公園



HONG KONG  
UNESCO GLOBAL GEOPARK





圖例 LEGEND

- 西貢東郊野公園 SAI KUNG EAST COUNTRY PARK
- 萬宜特別地區 HIGH ISLAND SPECIAL AREA
- 麥理浩徑 MACLEHOSE TRAIL
- 萬宜地質步道 HIGH ISLAND GEOTRAIL
- 東壩段 EAST DAM SECTION
- 標尖角段 BIU TSM KOK SECTION
- 導賞牌 INTERPRETATION PANEL
- 觀察點 OBSERVATION POINT
- 觀景台 VIEWING POINT
- 涼亭 PAVILION
- 資訊亭 INFORMATION KIOSK
- 廁所 TOILET
- 告示板 INFORMATION BOARD
- 露營地點 CAMP SITE
- 三角網測站 TRIGONOMETRIC STATION
- 高程點 (海邊以米為單位) SPOT HEIGHT (height in metres)
- 你在此處 YOU ARE HERE



**起點 Start** **2.8 公里 km** **2 小時 hour**  
 (東壩段 East Dam Section)

**起點 Start** **1.5 公里 km** **1 小時 hour**  
 (標尖角段 Biu Tsim Kok Section)

- |  |   |   |
|--|---|---|
| <b>1</b> 鐘形石紀念碑<br>Dolosse Monument      | <b>4</b> 彎曲岩柱<br>Distorted Rock Columns | <b>7</b> 標尖角觀景台<br>Biu Tsim Kok Viewing Point |
| <b>2</b> 六角形岩柱<br>Hexagonal Rock Columns | <b>5</b> 海蝕洞<br>Sea Cave                |   |
| <b>3</b> 斷層角礫帶<br>Fault Breccia Belt     | <b>6</b> 海蝕柱<br>Sea Stack               |   |

萬宜地質步道  
HIGH ISLAND GEO TRAIL

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中國香港世界地質公園  
Hong Kong Global Geopark of China























你的位置

KK 241792

Your Location



## 樹木研習徑

### 紅膠木

紅膠木、台灣相思及愛氏松均被稱為「植林三寶」。全因它具有頑強的生命力，山火後往往是第一批重新萌芽的樹種。這種桃金娘科植物來自澳洲，英文名字 Brisbane Box 的 Brisbane，就是澳洲東部城市布里斯本。紅膠木樹幹筆挺，高度可以超越40米。樹皮褐紅色而帶有直條紋理，葉子墨綠。由於四季常綠與快速成長，使它們成為綠化市區的重要成員。

### Brisbane Box (*Lophostemon confertus*)

As one of the 'three treasures for forestation' on a par with *Acacia confusa* and *Pinus elliottii*, Brisbane Box is very viable, and usually the first batch of vegetation establishes after hill fire. This plant of the Myrtaceae family originates in Australia. "Brisbane" in its English name refers to a city in East Australia. It has straight trunk, and may grow over 40 meters. Its maroon skin has straight veins and its leaves are blackish green. As it is green throughout the year and grows fast, it is often planted for urban landscaping.



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# 樹木研習徑



## 貓尾木

這可愛的名字來自奇異的蒴果，這種紫葳科植物約在每年8、9月結果，果實呈圓柱形，長約30至60厘米，全身披着濃密的褐黃茸毛，酷似巨型的貓尾，一條條垂在樹上輕擺。貓尾木是常綠喬木，可長至十多米高。其大型的花朵，每年秋冬之間盛開，直徑可達10至12厘米，上則鮮色，下則暗紫，呈漏斗狀，無論形態與色澤均甚悅目。

## Cat-tail Tree

(*Dolichandrone cauda-felina*)

Its adorable name derives from its fantastic capsules - this plant of the Bignoniaceae family bears fruits in August to September, when the cylindrical fruits reach 30-60 cm long, covered by thick brown wool, like the strips of giant cat tails waving on trees. *Dolichandrone cauda-felina* is an evergreen tree, and can grow up to over 10 meters tall. Its big flowers which open in autumn and winter, can reach 10-12 cm in diameter and red on top and dark purple on base, are shaped like funnel and is pleasing to the eye in both appearance and colour.



漁農自然護理署  
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危險  
請勿越過此處  
No crossing  
It is dangerous to go beyond  
this point



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# 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「鴨掌」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.



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## 樹木研習徑

### 厚皮香

這種山茶科植物的革質葉片較一般樹葉為厚，深綠色而具光澤，像我們穿了厚衣裳一樣，耐寒耐陰，能抵受攝氏零下10度的低溫。厚皮香的香氣來自每年冬季至早春的淡黃色小花，花兒雖含微毒，但於中藥上有外敷治瘡毒及止痛癢的功能。由於花香撲鼻，而且樹冠渾圓、枝葉茂盛，又能吸引鳥兒前來覓食，故厚皮香常被栽種於庭園作觀賞用途。

### Naked Anther Ternstroemia (*Ternstroemia gymnanthera*)

The green and bright leathery leaves of this plant of the Theaceae family are thicker than regular leaves. As if they wore thick clothes, they withstand cold and shade, and can sustain at temperature 10°C below zero. From every winter to early spring of next year, the yellowish tiny flowers of *Ternstroemia gymnanthera* give out fragrance. Although the flowers are poisonous, they can be applied to cure sores and relieve pain and itching.

As the fragrant flowers, round crown and dense branches attract birds to come for seeking food, *Ternstroemia gymnanthera* is usually grown as an ornamental plant in the yard.



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上窰家樂徑

Sheung Yiu Family Walk



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# 樹木研習徑

## 木麻黃

看！樹上的枝葉像不像尾巴？你說像牛尾還是馬尾？這種常綠喬木中文別名叫牛尾松，但英文俗名則叫 Horsetail (馬尾)，總之就是愛在海邊輕拂的尾巴；木麻黃多見於海岸地帶，因為它們能抗旱抗鹽，鱗狀的樹葉可以減少水分流失。「牛尾松」這別名有點誤導，但驟眼看來，木麻黃的針狀葉兒確實有點像松樹。這些青綠色的條狀莖，進行着光合作用，為樹木製造養分。

## Horsetail Tree

(*Casuarina equisetifolia*)

Look! Does its branch look like a tail, cattle tail or horse tail? This evergreen tree has an Chinese alias 牛尾松 (Cattletail Pine), but its common English name is Horsetail Tree, meaning a tail brushing the seashore. *Casuarina equisetifolia* commonly found in coastal areas. It can resist drought and salt, its scale-like leaves may reduce water loss. The alias 'Cattletail Pine' may mislead you to think about pine, but the acicular leaves of *Casuarina equisetifolia* are indeed similar to pine leaves at a glance. The bluish green banded stems provide nutrients for *Casuarina equisetifolia* by photosynthesis.



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### 樟

在新界不少村落都可碰見這種常綠大喬木，身高可達30米的樟樹是常見伴隨鄉民成長的伴侶。位於大埔白石角的客家村「樟樹灘」便是因村的四周長有多棵樟樹而得名。樟樹枝葉茂密，既能納涼，葉子又會散發香氣，部分樹葉入秋後會變成鮮紅或橙紅，為大自然添上色彩。昔日樟樹被人們提煉成香皂，它們的樹幹含有樟油，有防蟲作用，可製成樟腦及洗髮精等日用品。每當4、5月樟樹開花時，站在樹下更可嗅到強烈的樟腦味。

### Camphor Tree (*Cinnamomum camphora*)

It is a common big evergreen tree in many villages in New Territories. *Cinnamomum camphora* which can grow up to 30 meters tall has accompanied many villagers to grow up. The Hakka village Cheung Shue Tan (Camphor-tree beach) in Pak Shek Kok, Tai Po, got its name for abundant camphor trees in and around the village. *Cinnamomum camphora* is a great shade tree owing to its lush branches and leaves. Its leaves give out aroma, and some turn bright red or orange in autumn. People used to make soap from *Cinnamomum camphora* in old days, because its trunk contains camphor wood oil which repels insects and can be made into camphor, shampoo and other articles for everyday use. You can smell strong scent of camphor under the tree when it blossoms in April and May.



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## 洋紫荊

洋紫荊是香港市花，至1997年香港主權回歸中國後更成為特區區旗和區徽的圖案。1880年，法國「外方傳道會」神父在港島摩星嶺發現艷麗的洋紫荊花，透過插枝方法，在當時的「植物公園」成功培植洋紫荊苗木。1908年，香港植物標本室鑒定洋紫荊為羊蹄甲屬的新品種，英文命名為Hong Kong Orchid Tree。後來又有研究確定，洋紫荊是由紅花羊蹄甲及宮粉羊蹄甲雜交而成的人工栽培植物，它們不會結種子，故不能天然繁殖。

## Hong Kong Orchid Tree (*Bauhinia blakeana*)

As the city flower of Hong Kong, *Bauhinia blakeana* was adopted as a logo on the regional flag and emblem of the Hong Kong Special Administrative Region since its return to China in 1997. In 1880, a father of French Mission found the beautiful Blakeana flowers in Mount Davis, then he cultivated its nursery stock by twig cutting in Botanic Garden. In 1908, Hong Kong Herbarium identified it as new variety of Bauhinia, and gave it an English name Hong Kong Orchid Tree. But later research findings showed that *Bauhinia blakeana* was a cross between *Bauhinia purpurea* and *Bauhinia variegata* by artificial cultivation, and cannot yield seeds or propagate naturally.



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### 鳳凰木

鮮紅的大型花朵加上鮮綠的羽狀複葉，鳳凰木被譽為世上最鮮艷的樹木。大紅花朵有5片花瓣，總狀花序聚生成簇；其中4片伸展起來長達8厘米，第五片花瓣帶有黃、白斑點，直立於另外4片花瓣之間。這種蘇木科植物是台南的市花、廈門的市樹，地位崇高。它們的樹冠橫展而下垂，枝葉濃密闊大，是夏天良好的天然遮蔭所。到了冬天，羽狀複葉的小葉片紛紛如雨散落，又是另一番情懷。

### Flame Tree (*Delonix regia*)

With big bright-red flowers and feather-like bright-green compound leaves, *Delonix regia* is reputed as the most brilliant tree of the world. The big red flower has 5 petals and its raceme gathers in clusters, 4 petals of which can stretch for 8 cm in length and the fifth has yellow or white spots and stands among the other 4 petals. This plant of the Caesalpinaceae family is the city flower of Tainan (台南) and the city tree of Xiamen (廈門). As its crown is extensive and drooping and its branches and leaves are lush, *Delonix regia* is a great shade tree in summer. In winter, the feather-like compound leaves will fall like rains, presenting the different scenery.



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### 蒲桃

蒲桃是一種生長迅速的常綠喬木，可長至9米高，能耐寒風與潮濕，因此常用作鞏固河堤及防風樹種。這種桃金娘科植物的觀賞價值也很高，每年3、4月間，枝梢間長出一簇簇毛茸茸的黃白小花，風一吹，細長的雄蕊絲被抖落一地，充滿詩意。蒲桃的果實濃香而清甜，每年5、6月結果，新鮮時可作水果，也可製成果醬或蜜餞食用。

### Rose Apple (*Syzygium jambos*)

*Syzygium jambos*, a fast-growing evergreen tree, can grow up to 9 meters tall. Resistant to wind and humidity, hence it is an important tree for embankment and windbreak. This plant of the Myrtaceae family is also highly ornamental. In March and April, fluffy yellowish-white flowers will open in clusters on branches, waving the thin stamens with wind. *Syzygium jambos* bears fruits in May and June. The aromatic and sweet fruits is edible when fresh or made into jam and confectionery.



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### 變葉榕

葉片有些大，有些小；有時圓，有時尖。它可以是灌木，也可以是喬木。變葉榕善變多姿，在它身上，可會體驗到生命的異趣？這樹的果子全年不斷，小如豆丁的榕果，在葉腋之間若隱若現，好像含羞答答的小姑娘。

### Varied-leaf Fig (*Ficus variolosa*)

This fig has leaves of varied sizes and shapes. Some are ovate, some are acute. It can be a shrub or a tree. In short, the Varied-leaf Fig is a highly changeable species, presenting a myriad of interesting features and forms. It bears fruit all year round. As small as peas, the figs are half hidden between the axils, rather like a shy little girl.



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### 烏毛蕨

蕨類是草本植物，不會開花，以孢子繁殖。細心觀察，翻起葉片底部，中間有道線紋，就是孢子囊群藏身之所；呈深褐色的條狀物體，就是孢子體了。地球上已知的蕨類超過一萬種，是生存能力極度頑強的原始生物。

### Oriental Blechnum (*Blechnum orientale*)

Fern are non-flowering herbaceous plants. They reproduce with spores. If you observe closely and turn over the leaf, you will find a brown vertical line in the middle. This is the sorus where spores are contained. There are more than 10,000 record ferns in the world. They are primitive life forms that are extremely adaptable and enduring.

### ヒリュウシダ

シダは花類ではなく、草類の植物。孢子で繁殖する。もし葉を引っくり返して詳しく観察すれば、真ん中に茶色の直線があるのを見つける。それは孢子が入っている孢子囊群だ。世界中、10,000以上の記録されたシダが存在している。それは順応性、耐久性抜群の原始的な生物だ。





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### 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，自然地剝落。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，卻具實用價值，它們常被提煉成多種藥油的主要成份。

### Paper-bark Tree (*Melaleuca quinquenervia*)

Both the Chinese and English names of *Melaleuca quinquenervia* 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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