



**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 Sheung Yiu Country Trail

西貢上瑤郊遊徑



www.hkdrc.org

Pak Tam Chung Sheung Yiu Country Trail || 西貢上瑤郊遊徑

上瑤郊遊徑位於北潭涌(西貢東郊野公園),由3條步行徑組成,它們分別是北潭涌自然教育徑,上瑤家樂徑及上瑤郊遊徑。總長度4.5公里,完成步行時間需要2.5小時,難度是1星,適合任何年齡人士遊覽。

前往北潭涌上瑤郊遊徑,可乘港鐵至彩虹站,乘坐小巴1A往西貢碼頭巴士總站,再轉9號小巴或94新巴至北潭涌,或在鑽石站乘坐96R至黃石碼頭,到達北潭涌下車步行。由北潭涌巴士站開步越過郊野公園閘口,距離300米處轉入自然教育徑,在路徑起點有路牌指示往各景點外,此外小徑亦是給3條鄉村(上瑤村,起子灣村及黃宜洲村)村民往來的通道。

北潭涌自然教育徑長度只有1公里,小徑全是石屎路面,適合休閒輕鬆地走,小徑沿途有很多值得欣賞的景點,當中包括北潭涌復興橋,燒烤場,紅樹林,碼頭,一座小型白色天主教堂,上瑤民俗文物館及灰瑤(**已列入古蹟)。小徑沿河道觀看對岸是保良局北潭涌渡假營,小童群益會百普理營及青年會營。自然教育徑不小得是種植有多種罕有樹木(*),好奇地逐一紀錄及拍照。





www.hkdcrc.org

完成步行自然教育徑只需35分鐘，隨即接上3.5公里家樂徑及郊遊徑，是凹凸不平的山路，上落坡複不大，而難度一般。由於山徑兩旁有大量樹木，阻擋遠望萬宜水庫的風景，經過1小時路程到達幾個高地，始看到遠景包括宏偉的萬宜水庫，西面水壩，天文館，西貢海一些島嶼，目睹如此優美景色，心情豁然開朗，停步大量拍照。最後完成末段路徑，先後經過曝苦灣營地及南風灣營地，走出萬宜路是這次行程的終點，亦是萬宜水壩西端，回程由萬宜路步行1小時返北潭涌乘坐小巴回西貢碼頭。

(*) 紀錄罕見的樹木：

- 北潭涌 Pak Tam Chung, 潮汐漲退 Tides, 竹林 Bamboo Groves, 苔蘚 Bryophytes, 上瑤民俗文物館 Sheung Yiu Folk Museum, 樹葉之分解作用 Decomposition of Leaf Litters, 龍眼 Longan
- 露兜樹 Pandanus, 紅樹林 Mangroves, 黑胡催 Castanopsis, 灰瑤 Lime Kiln, 量天尺 Night Blooming Cereus, 黃蘗 Cuban Bast

(**) 由於遊覽當天，正是新型冠狀病毒傳播，上瑤民俗文物館沒有開放給市民參觀

北潭涌上瑤郊遊徑雖然只有4.5公里，但沿路的景物是非常有觀賞價值，可惜因新型冠狀病毒影響，畢者未能進入上瑤民俗文物館的歷史文物及小型天主教堂參觀。





上窩民俗文物館
SHEUNG YU FOLK MUSEUM

上窩民俗文物館
SHEUNG YU FOLK MUSEUM

北潭涌自然教育徑
PAK TAN CHUNG NATURAL EDUCATION TRAIL

上窩家樂徑
SHEUNG YU FAMILY TRAIL



西貢郊野公園
SAI KUNG COUNTRY PARK

- 上窩家樂徑
SHEUNG YIU FAMILY WALK
- 北潭涌自然教育徑
PAK TIN CHUNG NATURE TRAIL
- 上窩郊遊徑
SHEUNG YIU COUNTRY TRAIL

Information board containing notices and a sign that reads: 愛護自然 防止山火 (Protect Your Quarantine).

上窩民俗文物館
Sheung Yiu Folk Museum



法定古蹟 上窰村灰窰

約於一八二零年，一戶黃姓客家人於上窰建村，同時在村旁建造此灰窰。灰窰內部以磚塊砌築而成，外部鋪砌石塊加圍。村民利用一對裝有鐵鉗的長竹，在附近的海底提取珊瑚和貝殼，然後把材料堆積窰內，以禾草和樹枝作燃料，燃燒數日後成石灰。

由於農業和建築業大量需求石灰，石灰製作在發展初期頗見蓬勃，西貢各村均賴以為生。窰燒工業在發展初期頗見蓬勃，後因現代水泥的傳入及其他造磚行業的競爭而漸趨式微。村民相繼遷去另謀生計，上窰村因此轉盛為衰，自一九六五年起荒廢。

一九八三年，古物古蹟辦事處及當時的建築拓展署於上窰村進行修繕工程，並獲當時的漁農處協助。上窰村及其附近的窰在竣工後開作民俗文物館，開放給市民參觀。

上窰村及其附近的窰於一九八一年十一月十三日列為古蹟，受《古物及古蹟條例》保護。

古物事務監督

DECLARED MONUMENT THE LIME KILN OF SHEUNG YIU VILLAGE

Around 1820, a Hakka family with surname Wong established the Sheung Yiu Village nearby and built this kiln. The kiln was constructed with bricks and rubble stones, and was used to make lime by burning coral and shells inside. Villagers used metal tongs fixed on long bamboo poles to collect coral and shells from the nearby sea. Pieces of coral and shells were then stacked inside the kilns and fired using straw and wood as fuel; it took several days of burning before the lime could be collected.

Lime was widely used as fertilizer and mortar in agriculture and construction industries and lime production was once prosperous, thriving in many villages in Sai Kung. After an initial period of prosperity, the kiln industry gradually declined with the introduction of modern cement and competition from other brick-producing industries. The villagers moved out to earn for living elsewhere and the village has been deserted since 1965.

The village was fully restored in 1983 by the Antiquities and Monuments Office and the then Building Development Department with the assistance of the then Agriculture and Fisheries Department. The village together with the nearby kiln was converted into a folk museum and was open to public after restoration.

The Sheung Yiu Village, together with the nearby kiln, was declared a monument on 13 November 1981 and is protected under the Antiquities and Monuments Ordinance.

ANTIQUITIES AUTHORITY

上窰民俗文物館
Sheung Yiu Folk Museum





起子灣村
Hei Tsz Wan Village
西貢區議會
Sai Kung District Council

黃宜洲村
Wong Yi Chau Village
西貢區議會
Sai Kung District Council

上窰村
Sheung Yiu Village
西貢區議會
Sai Kung District Council

北潭涌自然教育徑
PAK TAM CHUNG NATURE TRAIL

LOT 860
8A

北潭涌自然教育徑
PAK TAM CHUNG NATURE TRAIL

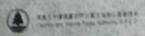






此處往後的山徑均不設垃圾桶
請把垃圾帶走

THERE ARE NO LITTER BINS ALONG
THE TRAIL BEYOND THIS POINT
PLEASE TAKE AWAY YOUR LITTER



上窩郊遊徑

Sheung Yiu Country Trail

3 $\frac{1}{4}$ 公里
1 $\frac{1}{4}$ 小時

萬宜路

Man Yee Road







露營地點
CAMP SITE

曝 罟 灣 營 地
Po Kwu Wan Camp Site

請 保 持 郊 野 清 潔
PLEASE KEEP OUR COUNTRYSIDE CLEAN

露營守則
Camping Code

1. 露營地點應選擇在指定地點，切勿在禁區內露營。
2. 露營地點應選擇在乾燥、通風、避風之處。
3. 露營地點應選擇在遠離水源之處。
4. 露營地點應選擇在遠離火源之處。
5. 露營地點應選擇在遠離交通要道之處。
6. 露營地點應選擇在遠離低窪地之處。
7. 露營地點應選擇在遠離山崖、峭壁之處。
8. 露營地點應選擇在遠離樹木、岩石之處。
9. 露營地點應選擇在遠離電力線、電線之處。
10. 露營地點應選擇在遠離農田、菜園之處。
11. 露營地點應選擇在遠離墳墓、古蹟之處。
12. 露營地點應選擇在遠離遺蹟、廢墟之處。
13. 露營地點應選擇在遠離危險動植物之處。
14. 露營地點應選擇在遠離危險地形之處。
15. 露營地點應選擇在遠離危險天氣之處。













北潭涌 11公里
1.2 Km
1小時
2 hr.
PAK TAM CHUNG

西灣 1.2公里
1.2 Km
1小時
1 hr.
SAI WAN

浪茄 10.2公里
10.2 Km
3小時
3 hr.
LONG KE

香港聯合國教科文組織世界地質公園
Hong Kong UNESCO Global Geopark



糧船灣
High Island



香港地質博物館
HONG KONG GEOLOGICAL MUSEUM
地址：香港中環 文咸西街
Address: 100, Wai Yan Street, Central, Hong Kong
電話：(852) 2803 2000
Tel: (852) 2803 2000

你的位置
Your Location

KK 242794



北潭涌自然教育徑

Pak Tam Chung Nature Trail



北潭涌

這裡是一個河口，河水水位會受潮汐影響而上升或下降。此河的源頭位於石屋山，該山南坡的數條水系在此地之北形成水潭，再經此向南流入海，故名為「北潭涌」。

Fak Tam Chung

This is the mouth of a river where the water level rises or falls with the tides. This river originates from Shek Uk Shan. Several streams flow down the southern slopes of it forming a pool at the north and continue to flow to the south towards the sea. Thus, it is named "Pak Tam Chung", meaning "watercourse by the northern pool".



你的位置
Your Location

KK 242793



北潭涌自然教育徑

Pak Tam Chung Nature Trail



潮汐漲退

潮汐的變化源於太陽、月球與地球的相對位置。地球面向和背向月球的地方會發生潮漲，側面則會發生潮退。因為潮汐力的關係，海水會出現升降，形成高潮和低潮。高潮時，低地會被淹沒。低潮時，部分河床會露出水面。受到潮汐力影響的地方被稱為潮間帶，具有極高的生態價值。

Tides

The change of tides is caused by the change of relative location of the Sun, the Moon and the Earth. High tide will occur when the Earth is on the opposite side and back side of the Moon, while the Earth moves to the lateral sides will become low tide. The sea level rises and falls because of the tidal force. When there is high tide, lowland will be submerged. When there is low tide, part of the river bed will be emerged. The area that is affected by the tides is called intertidal zone, which has very high ecological value.



你的位置
Your Location

KK 242791

北潭涌自然教育徑

Pak Tam Chung Nature Trail



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

竹林

本港的竹林主要由散生竹組成。竹的繁殖是由地下莖萌發出新枝（竹筍），此方法不但能快速繁衍，竹亦能緊密叢生，形成竹林。竹杆中空、輕身、劈裂性好及韌度高。竹的用途極為廣泛，可用來搭棚、紮竹筏、製造傢具和樂器，而竹筍可作食用，葉、莖和種子可醫治疾病。

Bamboo Groves

The bamboo groves found in Hong Kong are scattered bamboos. Bamboo reproduces by developing new culms from the rhizomes. This allows bamboo to reproduce rapidly forming bamboo groves. Bamboos are hollow, light, easily cut and tough, and so they have many uses. They can be cut to manufacture bamboo rafts, furniture and instruments. Also, their shoots are edible, and the leaves, roots and seeds can be used to cure illness.



你的位置
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KK 242788



北潭涌自然教育徑

Pak Tam Chung Nature Trail



環境教育
Environmental Education
Centre

苔蘚

生長於岩石上一層綠色薄地氈狀的植物就是苔蘚。苔蘚被認為是原始植物，從藻類進化而成。這些植物並沒有維管束作支撐或輸送水及食物。它們十分細小，常生長在蔭蔽濕潤的林床。苔蘚是不會開花的，單靠孢子繁殖。

Bryophytes

A thin vegetation layer, which looks like green carpet on the rock surface, is bryophyte. Bryophytes are thought to be the primitive plants evolved from algae. These plants have no vascular tissue for mechanical support or for the transportation of water and food. They are very tiny plants which can only be found in moist and shady environment such as the forest floor. Bryophytes are non-flowering plants. They reproduce by means of spores.



KK 242 780

上窰民俗文物館 Sheung Yiu Folk Museum 上窰民俗文物館

上窰民俗文物館珍藏了不少既有趣又獨特的展品，為您完全展示香港沿岸地區傳統社群的風俗和生活面貌。在這裡，您可看到真實的鄉村手工藝品、耕具、農業工具、日常用品和貴重私人物品等。

文物館前身為上窰村，鄉村興盛數十載，村民主要以製石灰、捕魚和農耕為主。直至60年代村民開始遷移，村落亦漸漸荒廢。70年代政府正式將上窰列為歷史村落地區，村屋經過修葺，於1984年正式開幕，名為上窰民俗文物館，供眾人參觀。

你石在上窰村附近親眼目睹一座古老的石灰窰。過去，村民採集海貝燒製石灰，是香港沿岸地區鄉村的收入來源之一。上窰村位於北潭涌，水路交通便利，方便漁船運輸石灰輪往外地。

The Sheung Yiu Folk Museum has unusual interest and charm. Presenting the lives and customs of Hong Kong's Makka coastal communities, the village's rural life is revealed by original artifacts on display – agricultural implements, trade items, domestic necessities, cherished luxuries.

The precursor of the Sheung Yiu Folk Museum was the Sheung Yiu village. The village was developed over some decades. Lime making, fishing and farming provided the main livelihood for local villagers. Sheung Yiu was abandoned as its villagers shifted away during the 1960s. However, in the 1970s it was listed as worthy of preservation – and the village buildings were later restored, opening in 1984 as the Sheung Yiu Folk Museum.

Heading along a trail to the museum, the first indication of Sheung Yiu is an old stone lime kiln by the stream. Lime making from sea shells was one of the main sources of income for coastal villagers, and the need to send away lime by junk, saw why Sheung Yiu village was built by Pak Tam Chung tidal inlet.

石灰窰的遺跡 The site of the old lime kiln



古老的石灰窰 The old lime kiln



上窰民俗文物館外觀 The appearance of the Sheung Yiu Folk Museum

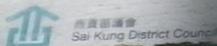
上窰村曾是一家窯村 Sheung Yiu Village was once a kilns village



上窰民俗文物館是興味深，かつ精緻のある展示品を数多く収蔵し、香港沿岸に居住した先人らの風俗や生活習慣については詳しい展示を行っています。展示品には、手工芸品、農機具、農行為に使った道具、生活用具などがあり、すべて本物に変わっていたものです。個人が製作した貴重な物もあります。

文物館の前身は、上窰村という村落です。この村は数十年にわたって栄え、村には石灰の製造、漁業と農耕によって暮らしていました。60年代になると村民は村の外へ移住し始め、村はだんだんとさびれていきました。香港政府は70年代、上窰村を保護地区に指定し、家屋の屋根を修復するとともに、1984年に上窰民俗文物館として一般に開放しました。

ここでは古い石灰窯を実際に見ることが出来ます。かつて、村民は貝殻から石灰を製造しており、香港沿岸の村々でも主な収入源となっていました。上窰村は北潭村にあって水上交通の便がよく、漁船が石灰を積んで他の土地へ運ぶのに都合が良かったのです。



農業、漁業及保育部 Agriculture, Fisheries and Conservation Department

你的位置
Your Location

KK 241787



北潭涌自然教育徑

Pak Tam Chung Nature Trail



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

龍眼

原名桂圓，因曾進貢皇帝而得名龍眼，屬無患子科，原產於中國南部、中南半島和印度。龍眼樹一般壽命極長，可活400年之久，產果期達80餘年，可謂產量豐富。龍眼樹於每年7月至8月結果，果實可新鮮食用，亦可將果肉曬乾，用作煲湯或沖茶。龍眼有藥用價值，具滋補強壯、治健忘及神經衰弱等作用。

Longan (*Dimocarpus longan*)

Longan was originally known as guiyuan. The fruit was once a tribute for emperors and the word "lung" implies imperial in Chinese. It belongs to *Sapindaceae* sp. and is native to Southern China, Indo-China and India. Longan are remarkably long-lived, often growing for some 400 years and bearing fruit for more than 80 years. It is a very productive plant. Longan trees bear fruit in July and August. The fruit can be eaten raw or sun dried to make soup and herbal tea. It has health benefits as a tonic for the body, enhancing physical well being and treating amnesia.



你的位置
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北潭涌自然教育徑

Pak Tam Chung Nature Trail



露兜樹

露兜樹的葉片長成條形，邊緣有尖銳的粗刺。春夏時分開花，白色的花成束聚生在枝頂，氣味芳香濃烈。果實有如一個大圓球，向下懸垂，初時青綠色，成熟時轉為橘紅色和橙黃色，樣子很像菠蘿，故有「假菠蘿」之稱。

Pandanus (Pandanus tectorius)

Leaves of the Pandanus are in long linear shape, with sharp big thorns on the margins. In spring and summer months, it is dressed with clusters of white flowers at the top. The floral fragrance is rich and luring. The fruit is large and looks like a ball. Drooping down, it is green when young and turns orange-red or yellow when ripe. As the fruit looks very much like a pineapple, this plant is also known as the Mock Pineapple.



你的位置
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北潭涌自然教育徑

Pak Tam Chung Nature Trail



AGFD
Agriculture, Fisheries and
Conservation Department

紅樹林

這裡的泥灘經常遭海水淹蓋，土質鬆軟，鹽分高又缺氧，故並不適合一般植物，卻能長出桐花樹、秋茄樹等紅樹品種，因為部分紅樹能藉落葉來減少樹體的鹽分，有些更長有獨特的葉腺(鹽腺)，可排出多餘鹽分。此外，紅樹的樹根會向四面伸展，將植株的重量分散，支撐樹體。紅樹為了爭取氧氣，會長出一支支像筷子的直立根和像膝蓋的膝根，幫助吸收空氣中的氧分。

Mangroves

The mudflats here are often submerged in seawater. Most plants cannot survive in this type of saline environment, as the loose soil is low in oxygen content. However, the mangrove plants, such as *Aegiceras corniculatum* and *Avicennia marina*, usually shed leaves to remove the salt they have absorbed. Some have unique leaf glands (salt glands) to discharge excessive salt. Besides, mangroves develop prop roots and tend to stretch in all directions to support themselves. In addition, mangroves have chopstick-like upright roots and limb joints that look like human knee-caps to obtain more oxygen.



你的位置
Your Location

KK 242789



北潭涌自然教育徑

Pak Tam Chung Nature Trail



蠟菊錐

蠟菊錐是一種喬木，種子形似橡子，呈黑褐色。常見於中國廣東、廣西、福建及越南北部等地。在日治時期，物資短缺，糧食嚴重不足，新界村民曾摘取蠟菊錐的種子磨粉，混合白米煮粥糊口。蠟菊錐是有用的木材，昔日的農民常用以製造農具，如木犁等。

Castanopsis (*Castanopsis fissa*)

Castanopsis is a tree with dark brown acorn-like seeds. It is widely distributed in Guangdong, Guangxi and Fujian provinces in China, and also in North Vietnam. During the period of Japanese occupation, when resources were scarce, villagers in the New Territories fed themselves on porridge made from a little rice and ground seeds of Castanopsis. The tree trunk of Castanopsis makes excellent wood. In the old days, it was widely used by villagers to make ploughs and other farming tools.



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灰窯

這個灰窯是昔日村民用以生產石灰的工具。製造石灰的原料以貝殼及珊瑚為主，由於香港四面環海，容易收集原料，非常適合發展灰窯業。在十九世紀，它是本地四大農村工業之一。生產石灰的方法是將少量貝殼混以炭屑，放在爐內燒透，再逐層加入更多的貝殼，直至填滿整個窯，冷卻後便可取得石灰。灰窯多以耐火的紅磚製成，爐底有風口，以增強火力。石灰主要用於建築方面，另外亦可作為肥田料、殺蟲劑、造紙及染料等。

Lime Kiln

This is a lime kiln used by the villagers for producing lime in the old days. Lime is made of shells and corals. With its long coastline, Hong Kong was suitable for lime industry as raw materials could be collected easily. Lime industry was one of the top four rural industries in Hong Kong in the 19th century. Lime was made by adding a small amount of shells to the clinker and then being burnt in the kiln. When the shells were burnt thoroughly, more shells were added until the kiln was full. Lime would be collected after cooling. Lime kilns were made of fire resistant red bricks. There was an air inlet at the bottom to boost fire. Lime is a common construction material and a raw material for fertilizer, pesticide, paper and dye.



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



量天尺

量天尺屬仙人掌科。莖有闊稜3條，稜邊波浪形，氣根攀於其他物體上。量天尺的花亦稱霸王花，花萼黃綠色，花瓣白色，只在夏秋間的晚上開花，翌晨即閉合。昔日的村民多採霸王花，將其曬乾後，配肉煎湯服用，可止氣痛，亦有化痰止咳之效。

Night Blooming Cereus (*Hylocereus undatus*)

Night Blooming Cereus is a Cactaceae with three wave-edged angular stems. Its aerial roots creep along neighbouring plants and objects. Flower of the Night Blooming Cereus is called Bawanghua. Featuring lime green calyx and white petals, it blooms only at night in summer or autumn, and closes before the sunrise. In the old days, villagers would sun dried Bawanghua to make soup with meat. It is an effective remedy for gastric pain, sputum and cough.



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AGRICULTURE, FISHERIES AND CONSERVATION DEPARTMENT

黃槿

黃槿是海邊常見的喬木品種，以生命力頑強見稱，是經常用作防沙、防風、防潮的海岸樹種。其枝條盤纏交錯，能起防風的作風，樹皮纖維則可用作結繩和織網。其葉片呈心形，花朵碩大美觀，花冠呈鐘形，初時黃色，慢慢地變成橙色。由於黃槿生長迅速，適應力強，花期又長，為市區常見栽種的賞花喬木，適合種植於公園用作遮陰樹或作為行道樹，甚受市民喜愛。

Cuban Bast (*Hibiscus tiliaceus*)

Cuban Bast is a common tree species along the seashores. It is known to be tenacious, commonly used for sand-break, wind-break and tide-break. Their branches cross together, which can act as wind-break, the bark fiber can be used to make cord and net. The leaves of Cuban Bast are cordate in shape. Its flowers are large and elegant, corolla bell-shaped, originally yellow in color and gradually become orange. Cuban Bast is a fast-growing tree. With good adaptability and long flowering period, it is a common flowering tree species in the urban area. It is suitable for planting in parks for shading or as street trees, which is the public's favourite tree.





Thank you for your support!

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完成步行自然教育徑只需35分鐘，隨即接上3.5公里家樂徑及郊遊徑，是凹凸不平的山路，上落坡複不大，而難度一般。由於山徑兩旁有大量樹木，阻擋遠望萬宜水庫的風景，經過1小時路程到達幾個高地，始看到遠景包括宏偉的萬宜水庫，西面水壩，天文館，西貢海一些島嶼，目睹如此優美景色，心情豁然開朗，停步大量拍照。最後完成末段路徑，先後經過曝苦灣營地及南風灣營地，走出萬宜路是這次行程的終點，亦是萬宜水壩西端，回程由萬宜路步行1小時返北潭涌乘坐小巴回西貢碼頭。

(*) 紀錄罕見的樹木：

- 北潭涌 Pak Tam Chung
- 潮汐漲退 Tides
- 竹林 Bamboo Groves
- 苔蘚 Bryophytes
- 上瑤民俗文物館 Sheung Yiu Folk Museum
- 樹葉之分解作用 Decomposition of Leaf Litters
- 龍眼 Longan
- 露兜樹 Pandanus
- 紅樹林 Mangroves
- 黑朔催 Castanopsis
- 灰瑤 Lime Kiln
- 量天尺 Night Blooming Cereus
- 黃蘗 Cuban Bast

(**) 由於遊覽當天，正是新型冠狀病毒傳播，上瑤民俗文物館沒有開放給市民參觀

北潭涌上瑤郊遊徑雖然只有4.5公里，但沿路的景物是非常有觀賞價值，可惜因新型冠狀病毒影響，畢者未能進入上瑤民俗文物館的歷史文物及小型天主教堂參觀。

