



**HK DISTANCE  
RUNNERS CLUB**

香港長跑會

GREEN RUNNING ROUTES 跑向新紀元

**Pat Sin Leng (section 1) – Pat Sin Leng Nature Trail > Wang Shan Kuet Up Hill Entrance > Sin Ku Fung > Shun Yeung Fung > Lai Pik Shan > Wong Leng > Ping Fung Shan > Hok Tau Reservoir**

八仙嶺自然教育徑 > 橫山腳登山口 > 仙姑峰 > 純陽峰 > 犀壁山 > 黃嶺 > 屏風山 > 鶴兜水塘

# Pat Sin Leng (section 1) – Pat Sin Leng Nature Trail > Wang Shan Kuet Up Hill Entrance > Sin Ku Fung > Shun Yeung Fung > Lai Pik Shan > Wong Leng > Ping Fung Shan > Hok Tau Reservoir || 八仙嶺自然教育徑 > 橫山腳登山口 > 仙姑峰 > 純陽峰 > 犀壁山 > 黃嶺 > 屏風山 > 鶴兜水塘

八仙嶺 – 對於喜愛行山人士，是不能錯過的路線

結八仙嶺主要分開由南往北，由大尾督漁護管理站 > 八仙嶺自然教育徑 > 橫山腳接登山路口 > 仙姑峰 > 純陽峰 > 犀壁山 > 黃嶺 > 屏風山 > 鶴兜水塘。長度15公里，(需要跨越8個山峰，需要5小時(路途崎嶇，山路起伏坡幅大，頗費氣力完成)。另一路線是沿山腰自西往東，由大尾督漁護管理站 > 八仙嶺自然教育徑 > 仙姑峰登山路口 > 橫山腳上，下村 > 橫山腳南，北橋 > 七合木 > 尤德亭 (Sir Edward Youde Memorial Pavilion) > 七木橋/橋山橋 > 鹿頸/南涌。全長12公里，需要4.5小時完成(路段較為平坦，適合一般行山人士)，兩條路線各有不同的風景。

是次選擇路線，是由西往東面走。開步自大尾督漁護管理站上斜，然後拾級而上到達春風亭，停留春風亭觀景台欣賞船灣淡水湖，三門仔，馬屎洲及東北一些島嶼風景，離開觀景台往山徑方向走，山徑主要是泥路，凹凸碎石路，石砌棧道(\*)，上/下斜山坡，梯級等。山徑兩旁大量樹木，山路間歇有指示路牌，當中亦有介紹路上種植的花草樹木銘牌(\*\*)，資料頗為豐富及有教育性。經過20分鐘路程，有路牌指示往橫山腳，分叉路通往山下的新娘潭路 - 涌尾。





在繼續往東面山徑前進，約40分鐘路程到達橫山腳，剛好完成4公里（1/3路程）。這裡是三叉路分界，往北是登上仙姑峰，南面是下山往新娘潭，而東面是往鹿頸/南涌，長度量衡8公里需要4小時完成，是延續自然教育徑，路段同樣是泥路，石砌棧道，上/下斜山坡及梯級。走約30分鐘路程到達橫山腳下村，實際上已荒廢多年，所見的都是頽瘞敗瓦，破爛不嵌爛屋，再往前走經過橫山腳上村，情況如是，估計這兩條村自大尾督，船灣淡水湖發展後，全部遷徙。沿山路走除欣賞風景包括雄偉的八仙嶺山峰，船灣淡水湖，疊疊山群外，更可以欣賞一些古樹。又經過1小時路程到達橫山腳南橋，這裡有分叉路登黃嶺及鶴兜水塘，需要6小時路程。離開南橋繼續往東面方向（鹿頸/南涌），很快到達橫山腳北橋，繼續沿山路走七合木，時間已用去2小時多。七合木往前走就是有名尤德亭（Sir Edward Youde Memorial Pavilion），這涼亭建築是紀念尤德港督在任時離世，從涼亭可觀望整個東北區域包括鹿頸，沙頭角，南涌風景。離開尤德亭走到末段路程，經過一當地村民斥資建築的橋，名為橋山橋，的確名符其實，這條橋一邊接駁山徑，而另一邊接駁山徑入口。橋建築於半山方便村民往返村屋，避開洪水衝擊。走出山徑仍需要步行2公里斜路往南涌，最後經過置於路旁的一石基，刻有衛奕信徑第10段終點，到達南涌，這裡大片空地，綠悠悠農田，現代化村屋，每間都有車位及私家車，亦有漁塘。行程到這裡完畢，時間共用去5小時。由南涌乘坐56K小巴返粉嶺港鐵站。

(\*) 多年前，新界東北尚未發展，這石砌棧道是唯一給村民往來通道。

(\*\*) 樹木包括台灣相思，餘甘子，楓香，紅漆木，竹林，埃氏拷，岡松，紅化八角，崗稔，芒萁，石英脈。







潭路

SWIMMING POOL ROAD

1 小時  
1 hr

橫山腳

WANG SHAN KEUK

2 公里  
Km 1 小時  
1 hr

大美督

TAI MEI TUK

1 公里  
Km 1 小時  
 $\frac{1}{2}$  hr

新娘潭

BRIDE'S POOL

2 公里  
Km 1 小時  
hr

大美督

TAI MEI TUK

2 公里  
Km 1 小時  
hr



八仙嶺自然教育徑

PAT SIN LENG NATURE TRAIL







橫山脚下村

LOWER WANG  
SHAN KEUK





橫山腳北橋

WANG SHAN KEUK NORTH BRIDGE

新娘潭

BRIDE'S POOL

3  $\frac{3}{4}$  公里 1  $\frac{1}{2}$  小時  
3  $\frac{3}{4}$  km 1  $\frac{1}{2}$  hr

鹿頸

LUK KENG

2  $\frac{1}{4}$  公里 1 小時  
2  $\frac{1}{4}$  km 1 hr

橫山腳

WAN SHAN KEUK

1  $\frac{3}{4}$  公里 1 小時  
1  $\frac{3}{4}$  km 1 hr

南涌

NAM CHUNG

3  $\frac{1}{4}$  公里 1  $\frac{1}{2}$  小時  
3  $\frac{1}{4}$  km 1  $\frac{1}{2}$  hr





尤德爵士紀念亭觀景台  
EDWARD YOODE MEMORIAL PAVILION VIEWING POINT

您的位置 KK 133921  
Your Location

魚類自然護理處  
郊野公園及海岸公園管理局  
Country and Marine Parks Authority

This Pavilion  
was dedicated by Members of the North District Board

一九八二年九月  
尤德爵士  
香港總督  
香港地政處  
人等承建  
用盡余力







你的位置  
Your Location KK 154884

# 八仙嶺自然教育徑

## Pat Sin Leng Nature Trail



### 台灣相思

本段所種植的台灣相思可作為防火界，是因為它燃燒緩慢。它的披針形葉狀柄微呈彎镰刀狀，能減弱風勢，以免火花被風散播，減慢火勢的蔓延速度。台灣相思的適應力強，生長迅速，宜在乾旱及貧瘠的土地上生長，故被稱為香港植林三寶之一。



### Taiwan Acacia (*Acacia confusa*)

The Taiwan Acacia here acts as a fire belt. This species burns slowly and its slightly falcate lanceolate phyllodes can decelerate the spread of sparks by weakening wind. Taiwan Acacia is fast-growing and adapts to dry and infertile soil. It is one of the three treasures in the reforestation of Hong Kong.

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# 八仙嶺自然教育徑

## Pat Sin Leng Nature Trail



### 餘甘子

這裏種植的餘甘子，又名油甘子，為本港常見灌木。餘甘子高一至兩米，葉呈長橢圓形，在小枝兩側排列。春季開小黃花，夏天結果，果實扁球形及多肉，含豐富丙種維生素，可供食用。餘甘子的葉吸收濕氣較棉花少，夏天時可把葉曬乾，以填塞枕頭。它的樹皮含有「單寧」，以往用作漁網染料。



### Myrobalan (*Phyllanthus emblica*)

The Myrobalan growing here is a common shrub which is 1-2 m in height. The simple leaves are oblong in shape. This species blossoms in spring and bears fruits in summer. The fruits are flat spherical in shape, juicy and rich in Vitamin C. As their leaves are less hygroscopic than cotton, the dried leaves can be used to fill up pillows. Besides, the "Tannin" from the barks can be extracted to colour fishing nets.



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KK 157888

# 八仙嶺自然教育徑

## Pat Sin Leng Nature Trail



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### 楓香

楓香跟北美洲的楓樹有一點相似，但它是本地原生落葉喬木，具有三裂形的葉，葉緣鋸齒狀，秋天時會變為紅色。楓香在四至六月開花，果實呈球形，有軟刺。

### Sweet Gum (*Liquidambar formosana*)

Sweet Gum looks like Canada Maple but it is a native deciduous tree. Its leaves are trilobed and have serrate leaf margin. They turn red in autumn. Sweet Gum flowers from April to June. The fruits are spherical with soft spines.



你的位置  
Your Location KK 158889



# 八仙嶺自然教育徑

Pat Sin Leng Nature Trail



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## 紅膠木

本段所種植的是紅膠木，屬常綠喬木，樹幹筆直而堅硬，適合在蔭蔽而鬆散的泥土生長。它的葉呈卵形。果實是近球形的木質蒴果，頂部開裂成三瓣，以便散播種子。紅膠木能抑減林地雜草生長，遭火燒後的再生能力很強，故被稱為香港植林三寶之一。

### Brisbane Box (*Lophostemon confertus*)

The Brisbane Box here has straight and hard trunk that enables it to tower on loose soil and sheltered land. Its leaves are ovate. The fruits are ball-shaped woody capsules and split to facilitate seeding. Brisbane Box can suppress the growth of weeds and regenerate quickly after burnt. Therefore, this species is one of the three treasures in the reforestation of Hong Kong.



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KK 153897



# 八仙嶺自然教育徑

## Pat Sin Leng Nature Trail



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### 竹林

本港的竹林主要由灌木型散生竹組成。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、莖和種子可醫治病癥。

### Bamboo

The bamboo groves found in Hong Kong are shrubby and 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.





# 八仙山領自然教育徑

## Pat Sin Leng Nature Trail



### 埃氏栲

這是一棵常綠喬木埃氏栲，又名甜櫧。埃氏栲屬殼斗科植物，常見於溫帶。它深綠色的葉呈卵形，頂部長、漸尖，葉邊成鋸齒狀。埃氏栲的花細小而不明顯。它的果實為堅果，到冬天才成熟。堅果的外殼帶有長刺，能依附在動物的皮毛上，使種子能傳播到更遠的地方。

### Eyer's Chinkapin (*Castanopsis eyrei*)

The evergreen tree in front is Eyer's Chinkapin. This species belongs to Fagaceae. Its leaves are dark green in colour, ovate and acuminate in shape with serrate margin. Its flowers are small and insignificant. The nuts are spiny, and are ripe in winter. Long spines on the nuts help the dispersal of seeds to a farther location as they can attach on animals hairs.



你的位置  
Your Location KK 150904



# 八仙嶺自然教育徑

## Pat Sin Leng Nature Trail



### 崗松

崗松，屬桃金娘科植物，以前本地村民把它割下來起成為很耐用的掃把，故它又名鐵掃把。崗松有對生線狀小葉，有點像松針。它在葉軸上開白色的小花，之後結成蒴果。崗松有一個特點，乃是喜歡生長於酸性的土壤上。這裡長滿此種灌木，表示泥土屬酸性。

### Dwarf Mountain Pine (*Baeckea frutescens*)

The green shrubs here are Dwarf Mountain Pine. This species is also called Iron Brooms as local villagers used the plants as brooms in the past. It belongs to Myrtaceae. It has needle-like leaves with opposite arrangement. The plant produces small white flowers at the rachis, and are later ripe as capsule. Since it favours to grow on acidic soil, it becomes an indicator of soil acidity.



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# 八仙嶺自然教育徑

## Pat Sin Leng Nature Trail



### 紅花八角

紅花八角與食用香料「八角」同為常綠灌木，生長在濕潤的山坡或河流沿岸。紅花八角樹幹通直，葉子一般有二至五片集生在枝頭末端。紅花八角的花期在三至五月，花呈紅色、淡紅色或紫色。大約在七至十月結果，它的蓇葖果呈星形，像一隻帶有利爪的小手。



### Dunn's Star-anise (*Illicium dunnianum*)

Dunn's Star-anise is an evergreen shrub commonly found in humid slopes or river banks. Its trunk usually stands straight. 2-5 pieces of leaves clump together at the end of each branch. This species blossoms from March to May and bears fruit from July to October. Its flowers are red or violet, while the follicles are in form of stars.

你的位置  
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KK 151907



## 八仙嶺自然教育徑 Pat Sin Leng Nature Trail



### 崗檳

在路段兩旁生長的小灌木是崗檳（又名山檳），屬桃金娘科。崗檳一般高約半米至兩米，春天時開桃紅色的花，然後結暗紫色杯狀的漿果。崗檳的果實可以食用，本地村民從前會用來釀酒，而它亦為鳥類的食糧之一。



### Rose Myrtle (*Rhodomyrtus tomentosa*)

The bushes grow along the trail are Rose Myrtle, which belongs to Myrtaceae. This species is around 0.5-2 m in height. Its pink flowers blossom in spring, and then turn into dark violet, cup-shaped berries. The berries are edible, and villagers gathered them to make wine in the past. It is also one of the food sources for birds.



你的位置  
Your Location  
KK 153909

# 八仙嶺自然教育徑

## Pat Sin Leng Nature Trail

### 芒萁

這段山坡被如氈般的芒萁遮蓋着。芒萁是一種匍匐性蕨類，喜歡生長在強酸性的土地上，是泥土酸度的指標。它的特徵是在桿節處生有披針形羽狀複葉。葉腋間的芽受二片毛狀小葉保護着，防止風和陽光的乾炙。它的匍匐性和特別構造令它的根莖能在烈日、勁風和乾土等惡劣環境生長。

#### Dichotomy Forked Ferns (*Dicranopteris pedata*)

The hillside here is covered with Dichotomy Forked Fern. This scrambling fern is a good indicator of soil acidity as it likes to pack on acidic lands. This species has lanceolate, pinnated compound leaves which can retain water. The shoots growing at the fork of the axes are covered by 2 pieces of leaf. The special structure together with the creeping rhizomes let it withstand extreme environments, like harsh sun, strong wind and dry soil.



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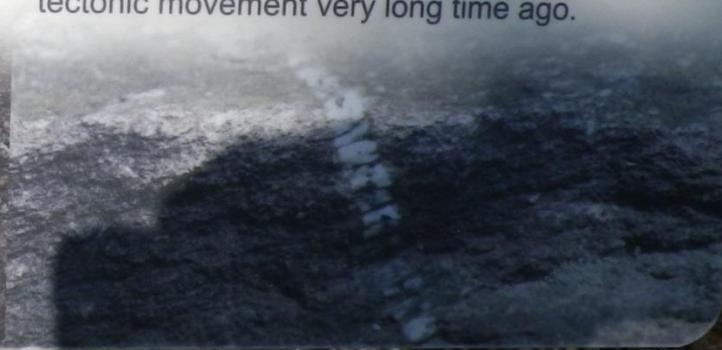


## 石英脈

在此路段的岩石上，可以找到明顯的白色條紋—石英脈。石英是一種矽和氧的化合物，是岩石中常見較硬的礦物，只會在極高溫下溶化。這條紋可能是在很久以前一次地層變動中，液態石英流入岩石裂隙凝固而成。

## Quartz Veins

Can you see some obvious white lines on the rocks? These are quartz veins. Quartz is a compound of silica and oxygen, and is a hard mineral commonly found in rocks. It only melts under extremely high temperatures. This vein may be formed by cooling of liquefied quartz after intruding into the joints of the rock during tectonic movement very long time ago.



你的位置 KK 151906  
Your Location



## 八仙嶺自然教育徑

Pat Sin Leng Nature Trail



### 香港瘰螈 (音：驟源)

在這小溪裏，會常看到香港唯一的兩棲類有尾目動物—香港瘰螈。香港瘰螈成年時，身體約長十一至十四厘米，擁有一條扁長尾巴，皮膚呈啡色，佈滿粒狀物，腹部有橙色斑紋。蚯蚓、蝌蚪、小魚、蝦和昆蟲幼體都是牠們的食物。

### Hong Kong Newt (*Paratriton hongkongensis*)

In this stream, we can find the only species of salamander in Hong Kong - Hong Kong Newt. The newt is about 11 to 14 cm in length when mature. Its brown body is covered by warty skin. It has a flat and long tail, and has orange patches scattered on the ventral side. It feeds on earthworms, tadpoles, small fish, shrimps and insects larvae.





Thank you for your support!

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