



**HK DISTANCE
RUNNERS CLUB**
香港長跑會

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

Shui Long Wo

水浪窩



www.hkdrc.org

Shui Long Wo || 水浪窩

Shui Long Wo > Star Lookout > Kei Leng Ha Tree Walks > Yung Shui O

水浪窩 > 觀星台 > 企嶺下樹徑 > 榕樹澳 (全長8公里)

水浪窩位於西貢西沙路中途，是匯合麥里浩徑第3段的終點與第4段起點，每年毅行者100公里活動項目都在這裡設置第3個檢查站，相隔水浪窩不遠處(對面馬路)，有指示路牌往榕樹澳方向。按計劃行程，先遊覽水浪窩 > 觀星台 > 企嶺下樹徑。然後步行6.3公里前往榕樹澳(需要2小時)。

前往水浪窩可乘坐港鐵至彩虹站，轉乘1A 小巴往西貢碼頭，然後再轉乘94或99巴士經西沙路往馬鞍山或沙田，只需10分鐘車程便到達水浪窩，隨即走進標誌有”水浪窩” 3個大字的牌坊，由牌坊前方梯級小徑前進，走不到50碼已離遠看見兩個標誌路牌，左邊是往”觀星台”(Star Lookout)，右邊是”樹徑”(企嶺下樹木研習徑)。

”觀星台”建於1980年代初，是仿照河南省登封縣告城鎮的古代天文觀測台而建。觀星台的建築是採用石砌，高度6米，外貌酷似城牆，設有上，落梯級至平台，”觀星台”入口設有建築歷史說明銘牌基石。遊人步上觀星台前都會大量拍照，在觀星台上欣賞風景是非常優美，遠望風景包括企嶺下海，一些不知名的島，群山有馬鞍山，雞公山，以至西貢景色更是一覽無遺。停留20分鐘遊覽觀星台欣賞風景及拍照後轉到企嶺下樹徑。





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企嶺下樹徑是一條石砌小徑，沿小徑建設有拱門，涼亭，小橋，不少得是大量樹木，小徑空氣清新，環境寧靜，可惜這長度只有1200米，筆者沿途欣賞風景及紀錄不同種類的樹木名稱：

- Microcos 破布葉, Sweet Viburnum 珊瑚樹, Claoxylon 白桐樹, Lance-Leaved Sterculia 假蘋婆
- Pop-gun Seed 土蜜樹, Incense Tree 土沿香, Wax Tree 木蠟樹, Aporusa 銀柴, Elephant's Ear 血桐

行程的尾站是榕樹澳，離開企嶺下樹徑步出西沙路，以相反方返回麥里浩徑第3段終點，那裡有路牌指示分叉路往榕樹澳，路程長度6.3公里，90%路段都是靠近海邊，需要2小時始能夠完成。此路段全是行車馬路，但只限私家車和的士行走，由西沙路步行往榕樹澳，沿路可欣賞風景有紅樹林，石灘，養殖魚排。到達榕樹澳，那裡有士多可以補給。接榕樹澳可前往深涌(大草坪)，有分叉路經蛇石凹至白沙澳，亦有路段接樟上郊遊徑(經天梯)往樟上營地。到達榕樹澳村前有分叉路往榕北長廊(9公里)，是另一條長途步行路徑。這幾個地方都是筆者日後計劃前往遊覽的目的地。在榕樹澳村補給後，原路步行2小時返回西沙路乘車回市區。

是次遊覽這幾個地方水浪窩 > 觀星台 > 企嶺下樹徑 > 榕樹澳風景各有不同，雖然花上5小時，都是非常值得。



Microcos
破布葉



Sweet Viburnum
珊瑚樹



Claoxylon
白桐樹



Lance-Leaved Sterculia
假蘋婆



Pop-gun Seed
土蜜樹



Incense Tree
土沿香



Wax Tree
木蠟樹



Aporusa
銀柴



Elephant's Ear
血桐



- 圖例 LEGEND**
- 郊野公園 COUNTRY PARK
 - 嶺上郊遊徑 CHEUNG SHEUNG COUNTRY TRAIL
 - 緊急路線 (90分鐘預警) EMERGENCY TRAIL WITH 90 MINUTE WARNING
 - 徑 TREP
 - 家庭徑 FAMILY TRAIL
 - 主要公路 MAIN ROAD
 - 主要通道 MAIN-CORRIDOR
 - 未經改良/不可通行 UNIMPROVED / IMPASSABLE PATH
 - 告示牌 INFORMATION BOARD
 - 郊野公園管理處 COUNTRY PARK MANAGEMENT
 - 緊急求助熱線/公園 EMERGENCY HELPLINE / PARK
 - 廁所 TOILET
 - 露營地點 CAMP SITE
 - 燒烤地點 BARBECUE SITE
 - 郊遊地點 PICNIC SITE
 - 涼亭 SHELTER
 - 觀景台 VIEWING POINT
 - 山火瞭望台 FIRE LOOKOUT
 - 里程柱 DISTANCE POST
 - 小巴站 / 巴士站 MAXICAB / BUS STOP
 - 直升機停機位 HELICOPTER LANDING SITE
 - 渡輪 / 街渡 FERRY / KAI DO
 - 限制進入 RESTRICTED ACCESS

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KK 213 823
告示板編號
INFORMATION BOARD No. SH

最近更新日期
LAST UPDATED
8 . 2019

圖則編號
PLAN NO.
CT



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比例尺 1 : 10 000 SCALE
0 125 250 500 750 1000 Meters

全長約
Approx. Length 4.2 公里
km

需時約
Approx. Time 3 小時
hr

嶺上郊遊徑
CHEUNG SHEUNG COUNTRY TRAIL

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

北潭路 4.5 公里
PAK TAM ROAD 2 小時

嶂上 1.5 公里
CHEUNG SHEUNG 1 ½ 小時

榕樹澳 0.25 公里
YUNG SHUE O ¼ 小時

請將垃圾帶走
Please Take Your Litter Home



樹徑





巖間氣不知名

奇樹蒲花雜問種

告示
此處為自然保護區，禁止在此處進行任何破壞自然環境的行為。如有違反者，將依法嚴懲。請大家共同維護自然環境，保護野生動物。特此公告。

觀星台

此台高六米，是仿照告成鎮的古代天文觀測台而建，該鎮位於河南登封縣城東三十里。原台高九米，建於元朝初年。中國著名天文學家郭守敬（一二三一至一三一六）曾用此台觀測日影，以定回歸年的長度，故此台又稱為測影台。

STAR LOOKOUT

This lookout is 6 metres in height. It is an imitation of the ancient astronomical observatory in Gaocheng Town, 30 li (16km) to the east of Dengfeng County, Henan. The original lookout, built in the early Yuan Dynasty is 9 metres in height. The famous Chinese astronomer Guo Shoujing (1231-1316) made use of the lookout to observe the shadows cast by the sun to determine the duration of a tropical year, hence the lookout is also called Shadows Observation Platform.





入口
ENTRANCE

出口
EXIT





PLAQUE WITH UNREADABLE TEXT







企嶺下樹徑
Kei Ling Ha Tree Walk







LOT 496 DD 201
300 YUNIS SMOE C

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樹木研習徑



破布葉

上天對這樹特別不公平，天生一片片爛布，掛在樹梢，滿身皺紋，難怪給人起了這個不得體的稱號。除了這個特點，破布葉還擁有光滑的灰褐色樹幹，薄薄的樹皮，有些微微凸起的小點。雖然名字有點卑微，但破布葉自古以來都是人類的好朋友，皺紙一樣的葉片是涼茶的料子；樹皮纖維質地良好，古時就是製作繩索的好材料。

Microcos

(*Microcos paniculata*)

God seems to be unkind to this tree, for its leaves hang on the branches like rags, and the trunk is creased all over, resulting in a fitting yet unrespectable Chinese name: Rag Leaf. Other interesting features are taupe smooth trunk and thin bark with small nipples. Despite a degrading name, the Rag Leaf is actually a long-time friend of man. The creased leaf is an ingredient of herbal tea, while the bark tissues have been used to make rope since ancient times.



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樹木研習徑

珊瑚樹

果熟成串狀如珊瑚珠串，玫瑰色的果實，好像海中紅珊瑚的顏色，故名之。珊瑚樹橫看豎看也不像珊瑚，卻也討人歡心。每逢三、四月，枝頭上總會開滿密密麻麻的白色小花，迎接春日。夏季結果，紅紅紫紫的果實光澤鮮明，成熟時則由紅轉黑，味道相當甜味，時常吸引大量昆蟲和鳥兒。橢圓的葉兒四季常綠，皮革似的質感。

Sweet Viburnum (*Viburnum odoratissimum*)

The Chinese common name of Sweet Viburnum comes from its fruit that resemble strings of coral beads, and the rose red colour also brings to mind corals on the ocean bed. In March and April, as if to celebrate the arrival of spring, the branches are set densely with small white blossoms. Summer is the fruiting season. The purple-red fruit is glossy and turns purple-brown when ripe. Sweet and delicious, it attracts many insects and birds. The oblong-elliptic leaf is evergreen and leathery in texture.



香港植物園
HONG KONG BOTANIC GARDEN
Department of Agriculture, Fisheries and Conservation

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樹木研習徑

白桐樹

這種香港原生植物可能最為老人家歡迎，原因是它們的中草藥用價值極高。白桐樹又名「丟了棒」，源由是其樹根具驅風除濕，消腫止痛功效，製成跌打藥使用後能把腰腿疼痛與腳氣水腫都消退，那還要拐杖(棒)來幹嗎？白桐樹可以生長至15米高，花期由每年3至12月，通常可見於海拔20至400米處的山林。白桐樹屬家族眾多，全球有80種，中國則有5種。

Claoxylon (*Claoxylon indicum*)

This native plant in Hong Kong probably the most popular with old people because it can be processed into Chinese medicinal herb. *Claoxylon indicum* is also known as 'Diu Liao Bang' (throw away the stick), meaning its roots can be used to dispel wind and eliminate dampness, remove swelling and relieve pain; when back and leg pain, beriberi and edema are gone, there is no need for any (walking) stick. *Claoxylon indicum* may grow to 15 meters tall, it blossoms from every March to December, and is often found in mountain forests at 20 to 400 meters above sea level. There are plenty of members in the *Claoxylon* genus, with 80 species in the world, and 5 species in China.



香港植物園
Hong Kong Botanic Garden
Parks, Culture and
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樹木研習徑

假蘋婆

每年農曆七月，山頭就會三三兩兩的發放着橙紅的新月形筴子，筴子像筆袋拉開拉鍊一樣爆開，裏頭是墨豆般的果子，名叫七姐果。七姐是傳說中與牛郎天各一方的織女，傳統的七夕(農曆七月七日)，民間都有慶祝活動，姑娘拜仙求姻緣，七姐果是祭品之一。

Lance-leaved Sterculia (*Sterculia lanceolata*)

Round about the 7th month of the lunar calendar, orange crescent-shaped legumes are common on Hong Kong's hillsides. Hanging from tree branches in clusters of two or three, they open up like unzipped bulky pencil sacs to reveal black bean-like fruit. This fruit is called the Seventh Fairy, a name taken from the Vega in Chinese mythology who is kept apart from her lover the Herdsman. The 7th day of the 7th month is a traditional Chinese festival that celebrates the eternal love of this celestial couple. On this day when single girls make wishes for romance, the fruit of Lance-leaved Sterculia is one of the important offerings to the gods.



香港公園及康樂處
HONG KONG PARKS AND RECREATION DEPARTMENT

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樹木研習徑

土蜜樹

樹幹長有像哈密瓜的紋理，是土蜜樹的最大特色。這種大戟科植物通常高2至5米，互生的長橢圓形綠葉，排列整齊。土蜜樹的外型並不矚目，但它的樹莖、樹根以至樹葉，都具備中藥用途，故得名「補腦根」。英文俗名則叫「Pop-gun Seed」，為甚麼呢？原來褐紅色的果籽昔日常被小孩拿取，用作子彈，在竹筒製成的「手槍」發射。

Pop-gun Seed (*Bridelia tomentosa*)

Bridelia tomentosa owes its most distinctive feature to its veins similar to those of *Hami melon*. This plant of the *Euphorbiaceae* family usually grows to 2-5 meters tall, and is also featured by its long elliptical alternate green leaves, which are arranged in perfect order. *Bridelia tomentosa* seems unnoticeable, but its stems, roots, and even leaves can all be used for medical purposes, hence the alias of 'cerebral tonic root'. Its English common name 'Pop-gun Seed' is given to it because its maroon fruits used to be picked by children and used as bullets of bamboo emitter.



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樹木研習徑

土沉香

要數本地見報率高的樹木明星，屬瑞香科的土沉香可算是當中的表表者了。這種常綠喬木的樹幹，當受真菌入侵後會產生樹脂，即中醫藥材—沉香。由於沉香可供作香料及醫藥用途，故土沉香常見被非法砍伐，致數目劇減。土沉香現已被列為國家二級重點保護植物，本港亦視之為珍貴植物，並已收錄於《香港稀有及珍貴植物》一書內。現時本地的土沉香算是中國境內餘下較完整的種群。根據2002年漁護署進行的全港普查，116個風水塘中，有89個地點錄得土沉香。無怪香港這地方亦因昔日是沉香等香料的重要出口港而得名。

Incense Tree (*Aquilaria sinensis*)

With extensive media coverage, this plant of the Thymelaeaceae family can be regarded as a star plant among Hong Kong trees. As the trunk of these evergreen trees can produce balm (resin), also named as incense by Chinese medicine practitioners, after being invaded by fungus can be used for incense and medicine, the number of this species is declining dramatically due to illegal exploitation. In mainland China, *Aquilaria sinensis* is listed as a category II protected plant, and it has been included in the book Rare and Precious Plants of Hong Kong due to its conservation status in the region. According to the territory-wide survey of local Fung Shui Woods conducted by AFCD in 2002, *Aquilaria sinensis* was recorded in 89 sites among 116 sites. No wonder Hong Kong is said to have got its name because it was once an important harbour to export spices like incense.



農業、漁業及自然保育處
Agriculture, Fisheries and Conservation Dept.

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樹木研習徑

木蠟樹

當冬季大部份林木都變得疏落枯黃，這種漆樹科植物卻穿上豔裝，把寒山染得一片殷紅。大抵冬天遠足的行山客都曾碰見過如此景象；別名野漆的木蠟樹就如山野間紅色的油漆，把冷冰冰的冬日妝扮得熱情起來。但請勿過份迷戀它們的火熱，木蠟樹分泌的樹液會引起一些人產生過敏反應，觸碰後可能會引起皮膚紅腫痕癢。

Wax Tree (*Rhus succedanea*)

When most trees wither in winter, plants of the Anacardiaceae family dye the cold mountains red. Most winter hikers must have seen the scene that these Wax Trees alias'd 'wild paint' give the cold winter great vigour like red paint on mountains. But don't indulge yourself too much in its enthusiasm, because the juice of Wax Tree may cause allergic reactions to some people making your skin red, swollen and itchy.



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樹木研習徑



銀柴

此地無銀三百兩，這種原生喬木叫做銀柴，只因樹幹銀白，早年時常被入砍伐做柴，因而得名。銀柴也分男女，分有雄性與雌性樹。各自的花兒也不一樣，雄樹的花呈穗狀，黏滿花粉；雌樹的花是半透明的瓶狀小花，聚生於枝頂。昆蟲覓食，在雄花上沾了花粉，然後飛到雌花上，就是這樣替銀柴繁殖交配了。

Aporosa (*Aporosa dioica*)

The Chinese name of this plant says it all - Silver Firewood - a tree with silver trunk that used to be gathered for firewood. Aporosa comes in both sexes and each has its own flower. The male tree has spike inflorescences dusted with pollen while the female tree has semi-transparent bottle-shaped inflorescences clustered at the top of the branches. When insects feed on the nectar, their legs are stained with pollen of the male flower. They help fertilisation and reproduction by bringing the pollen to a female flower.



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樹木研習

血桐

這個觸目驚心的名字，來自其特別的樹汁。這大戟科植物，樹幹折斷後，流出的汁液經氧化會變成紅色，像樹兒受傷流血一樣。血桐是本地原生的常綠喬木，成長時高達5米。葉片呈盾形，長闊均可達二十多厘米。血桐的英文名字Elephant's Ear(大象耳朵)，就是取自它又大又圓的葉片。它們生長速度高，而且耐風和耐鹽，所以在低地林和海岸邊十分常見，常被種植在海灘作遮蔭樹。

Elephant's Ear (*Macaranga tanarius*)

This surprising name comes from its special juice. When the trunk of this plant of the Euphorbiaceae family breaks, the juice comes out will turn red after being oxidized, as if the tree is wounded and bleeds. The evergreen Elephant's Ear native to Hong Kong can grow up to 5 meters tall. Both the length and width of its shield-shaped leaf can reach 20 centimetres. Its English name Elephant's Ear derives from its big and round leaves. This fast growing plant resists wind and salt and is therefore commonly found in lowland and coastal groves, and is often grown on the seashore for shade.





Thank you for your support!

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