



**HK DISTANCE
RUNNERS CLUB**
香港長跑會

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

South Lantau Country Trails

南大嶼郊遊徑

South Lantau Country Trails || 南大嶼郊遊徑

Pak Kung Au > South Lantau Country Trails > Mau Yuen > Nam Shan > Nam Shan Tree Walk > South Lantau Road 伯公坳> 南大嶼郊遊徑> 茅園> 南山> 南山樹徑> 嶼南道

南大嶼郊遊徑全長12公里，跨越南大嶼郊野公園，起點由塘福> 伯公坳> 南大嶼郊遊徑> 南山。但是次行程選擇由伯公坳開步，沿南大嶼郊遊徑> 茅園> 南山，長度7.5公里，延續遊覽南山樹徑> 嶼南道(終點)，增加長度1.5公里需總用時間3.5小時。

前往伯公坳(起點)先要乘坐港鐵至東涌站，然後轉乘大嶼山巴士11號往大澳，合約10分鐘車程到達伯公坳，下車沿行人路步行50米處草坪，這裡既是攀登大東山梯級起點，同時亦是南大嶼郊遊徑往南山山徑，草坪設有木刻標誌有日曆紀錄到此行山的日期停留10分鐘整頓裝備，隨即按路牌指示的方向開步，由於山徑位處山腰，高度300米，山徑路面夾雜泥路，亂石，梯級及碎石，難度一般，沿山徑下望遠景是貝澳灣沙灘，芝麻灣半島，長洲及石鼓洲。經過一小時路程到達一個不知名石澗，有小型瀑布，水由高而下，清涼的瀑布儲存在石堆仍成水潭，風景非常美麗。停留休息拍照用去10分鐘。離開石澗繼續往前走，45分鐘後到達這裡名為茅園，看名稱誤以為是村落，實際是叢林，在這裡看到的風景都是貝澳灣沙灘，芝麻灣半島。再走最後的半小時到達郊遊徑出口，路牌顯示已完成7.5公里，在這裡有3個分叉路，1是延續山徑往梅窩3公里，需要走45分鐘，2是鳳凰徑登大東山7.5公里，而3是南山樹徑，南山營地，嶼南道1.5公里。





www.hkdrc.org



最是次行程選擇南山樹徑，南山營地出嶼南道，沿樹徑欣賞及紀錄20種不同的樹木：

- Microcos 破布葉, Turn-in-the Wind 白揪, Aporosa 銀柴, Lance-leaved Sterculia 假蘋婆, Oblong-leaved Litsea 材皮樟, Short-flouerea Machilus 短序潤楠, Brisbane Box 紅膠木, Schima木荷
- Bamboo-leaved Oak 竹葉青岡, Prickly Ash 勒黨花椒, Wild Coffee 九節, Taiwan Acacia 台灣相思, Flame Tree 鳳凰木, Chinese Alangium 八角楓, Incense Tree 土沉香, Ivy Tree 鵝掌柴
- Myrobalan 餘甘子, Rough-Leaved Holly 梅葉冬青, Thin Evodi 密茱叟, Gray Holly 灰冬青

完成南山樹徑包括欣賞樹木及營地需要1小時。走出營地到嶼南道前經過登鳳凰徑(78公里)，鳳凰徑入口空地設有各段路線圖，欣賞風景/拍照後，在嶼南道乘巴士回東涌。

南大嶼郊遊徑7.5公里，難度不大，不過沿路沒有補給點，中途亦沒有退路，但風景非常優美。由於沒有補給及中途退出點，遊人需要帶備足夠4小時飲用食水和食物。



Microcos 破布葉



Turn-in-the Wind 白揪



Aporosa 銀柴



Lance-leaved Sterculia 假蘋婆



Oblong-leaved Litsea 材皮樟



Short-flouerea Machilus 短序潤楠



Brisbane Box 紅膠木



Schima 木荷



Bamboo-leaved Oak 竹葉青岡



Prickly Ash 勒黨花椒



Wild Coffee 九節



Taiwan Acacia 台灣相思



Flame Tree 鳳凰木



Chinese Alangium 八角楓



Incense Tree 土沉香



Ivy Tree 鵝掌柴



Myrobalan 餘甘子



Rough-Leaved Holly 梅葉冬青



Thin Evodi 密茱叟



Gray Holly 灰冬青











South Lantau Country Trail

南大嶼郊遊徑

Distance Post 標距柱

C 1111

Grid Reference
格網方位

HE 044 629



郊野公園及海岸公園管理局
Country and Marine Parks Authority

<http://www.afcd.gov.hk>





保護佳景的山徑和平路經線
請把垃圾帶走
THESE ARE THE GREEN BELT ALONG
THE TRAIL. KEEPING THIS POINT
PLEASE TAKE AWAY YOUR LITTER



伯公坳 7 公里
PAK KUNG AU 2 1/4 小時

南大嶼郊遊徑
SOUTH LANTAU COUNTRY TRAIL





4 公里
km
1 3/4 小時
hr
大東山
SUNSET PEAK

南山樹徑
NAM SHAN TREE WALK

南大嶼郊遊徑
SOUTH LANTAU COUNTRY TRAIL











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樹木研習徑

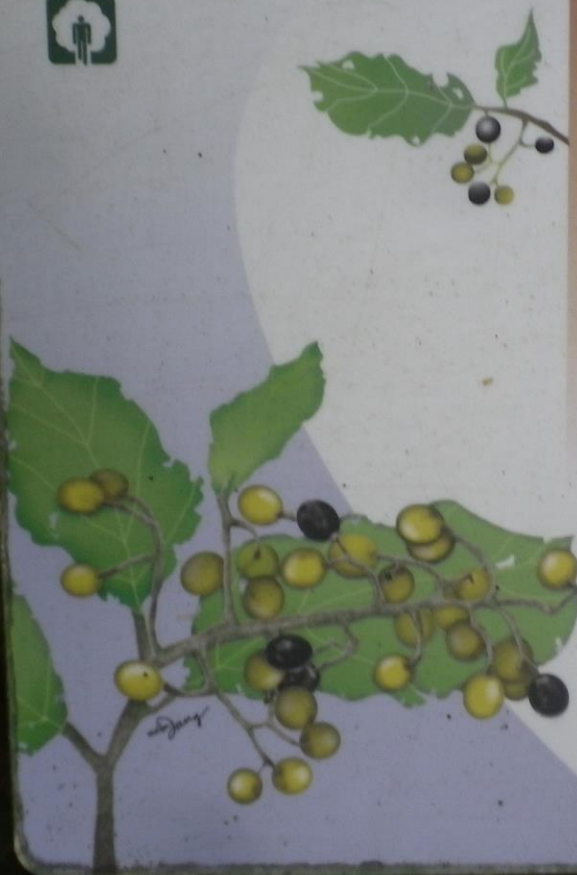
破布葉

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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白楸

樹頂的薄葉，迎風翻動，無端給林海髯上一片片潔白，瞬間又不見了。白楸綠葉的背面呈白色，當清風吹動，掀開葉兒，就會現出白色的葉底，造成白浪起伏的效果，英文俗名直譯就是「隨風翻動」。這種大戟科常綠喬木，葉片基部會分泌甜甜的液汁，吸引小昆蟲舔食。

Turn-in-the-wind (*Mallotus paniculatus*)

Turn-in-the-wind is characterised by flimsy leaves that sway and turn in the wind, adding a dash of white to the verdant woodlands momentarily. The leaf of this species is white on the underside. As suggested by the English common name, this pale side is visible when leaves dance and turn in the wind to create a wave-like effect. It is an evergreen Euphorbiaceae. The base of the leaf secretes a sweet juice that attract many insects.



新加坡植物园
Singapore Botanic Gardens
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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.



新加坡自然史博物館
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假蒺藜

每年農曆七月，山頭就會三三兩兩的發放著橙紅的新月形莢子，莢子像筆袋拉開拉鍊一樣彈開，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.



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豺皮樟

這種樟科植物的樹皮，一灘一灘淺色的斑紋，看似雜亂無章，真是有點像豺狼的膚色。豺皮樟英文名字 Oblong-leaved Litsea(長形葉的木薑子)，描繪了樹葉的形態。這些葉兒的最大特徵是革質有光澤，葉底則帶點蒼白。於野外，豺狼未必能討人歡心，但豺皮樟卻是很有用的中草藥。據說它們的樹根可以入藥，主治腰腿痛，能驅風除濕、行氣止痛、活血通經。

Oblong-leaved Litsea (*Litsea rotundifolia* var. *oblongifolia*)

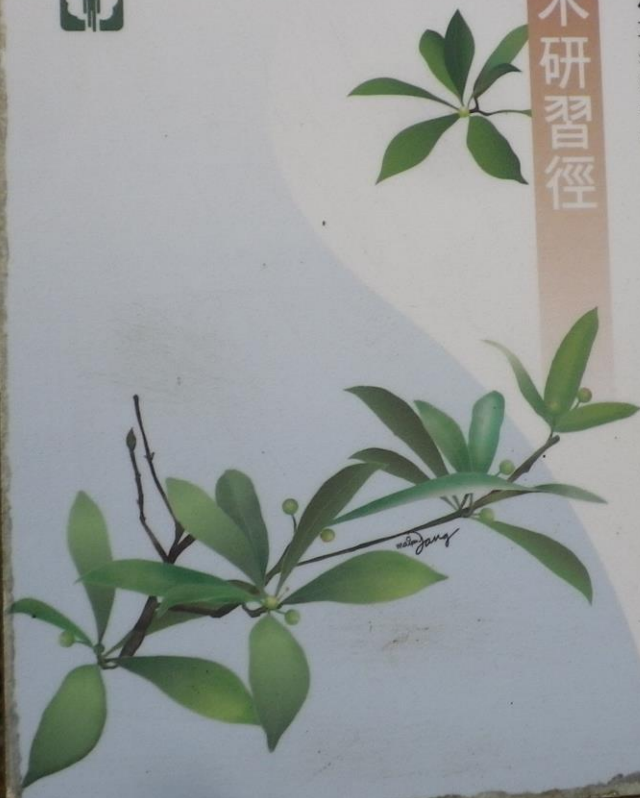
Barks of this plant of the Lauraceae family have disorderly scattered stripes, like the skin of a jackal. Its English name Oblong-leaved Litsea explains the appearance of its leaves, which feature leathery and lustrous surface and pale back. In wild, jackal can hardly take people's fancy, but *Litsea rotundifolia* var. *oblongifolia* is a helpful herb. Its root is said to be a medicine effective in curing pains in the waist and legs, dispelling wind and dampness, promoting the movement of Qi(energy flow) and relieving pain, and stimulating blood circulation and menstrual discharge.



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短序潤楠

互生的葉兒形態很美，花兒、果兒就在幾片葉中間生長，只是色彩不夠斑斕，沒有吸引太多人注目。這種樟科喬木遍布香港各地，特別多見於低地山坡或溪澗邊緣。潤楠的果子都是黑色的球狀，一些潤楠的樹皮和葉子可以研成粉末，製造香薰和香皂。

Short-flowered Machilus (*Machilus breviflora*)

This species features attractive alternate leaves amongst which flowers and fruit emerge. Subtle in colour, they often go unnoticed. This Lauraceae tree is distributed across the territory and particularly common in lowlands and streamside areas. The fruit is black cones. The bark and leaves of some *Machilus* species can be ground into powder to produce fragrance and soap.



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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 elliotii*, 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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木荷

這是郊野公園的守護神，忠心不貳。這種山茶科常綠喬木樹幹挺拔，能遮風擋雨，而且枝葉茂密，非常耐火。林務人員愛在郊野公園種植木荷，築成防火帶。由於樹冠高大，木質堅硬，往往能阻隔山火蔓延。每年初夏，木荷會綻放白花，香氣飄飄，外形還有點像水仙花呢！

Schima (*Schima superba*)

Schima is a guardian of our country parks, keeps watch of the green environment loyally. It is an evergreen Theaceae with an upright form. It offers excellent shade and shelter from rain and wind. The canopy is dense and it is a highly fire resistant species. Afforestation experts often construct firebreaks with Schima. Given its large size and hard wood, it can stop hillfires from spreading. In early summer, you will see Schimas coming into a radiant white bloom. The flowers are sweetly scented and look similar to Narcissus.



農業、漁業及
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竹葉青岡

竹葉青岡一點也不像竹子，但略帶夾長的葉子則倒有幾分似竹葉。其實這是殼斗科植物。殼斗科植物可以製造傢俱、木船，甚至屋宇，以前的農民也愛以這些樹木製作農耕工具。殼斗科的種子則蘊含澱粉，提供鳥兒或其他小型獸類等食用，也可作為工業原料。

Bamboo-leaved Oak (*Cyclobalanopsis neglecta*)

Bamboo-leaved Oak is not the least bit like bamboo yet the slender leaf does resemble a bamboo leaf. It is actually a Fagaceae. The wood of Fagaceae plants is a common material for furniture, boats or even buildings. In the past villagers often used Bamboo-leaved Oak wood to make farming tools. The seeds of Fagaceae plants contain starch which is good food for birds and other small mammals. They also have industrial uses.



漁農自然護理處
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筋櫟花椒

此花椒彼花椒，筋櫟花椒的果子含有毒素，不能用來調味。其實單看它稀奇的名字已猜到一定不是善男信女了，筋櫟花椒讓人想起狼牙棒；樹幹滿布尖刺，一副生人勿近的模樣，難怪老人家會冠以鷹不泊、鳥不宿等厭惡名字。以前的村民卻懂得物盡其用，把樹幹削去尖刺，做行山杖，或者磨研穀物的搗漿棍。這是祖先一輩的事了，現在有法例規管，嚴禁砍伐樹木。

Prickly Ash

(*Zanthoxylum avicennae*)

The Chinese name of this plant reminds us of pepper but its toxic fruit is definitely not suitable for cooking. As the extraordinary name actually suggests, this is not a plant to be tampered with. One easily thinks about a forbidding club with serrate edges and spikes. No wonder old folks describe it as "the tree that eagles don't perch and birds don't rest". Villagers, nonetheless, managed to find good use of Prickly Ash. With the spikes shaved clean, the branch makes a perfect hiker's cane or a club for grinding grains. This was before the days of countryside protection legislation, of course. Nowadays it is an offence to chop wild trees.



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九節

紅紅橙橙的小果子，遠看像不像咖啡豆？九節英文俗名直譯就是野咖啡，據說外國的確曾經有人把九節的果子用作代替咖啡豆，但其實它們並不含咖啡因。它們四季開花結果，為不少雀鳥和蝴蝶提供糧食。這種直立灌木的枝條生起來一節一節的，差不多有九節，因而得名。

Wild Coffee (*Psychotria asiatica*)

The English common name of this species comes from the bright orange fruit that looks like coffee bean from afar. It is said Wild Coffee was once a substitute for coffee, although it does not contain caffeine. It flowers all year round and provides food to many birds and butterflies. This upright shrub has branches with about nine segments, which gives rise to its Chinese name.



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台灣相思

這種含羞草科植物跟香港的郊野公園歷史關係密切，是早期農林專家的寵兒。開埠初年，人們以柴薪做燃料，加上山火頻仍，林區飽受破壞。政府為了盡快復修劣地，故引入台灣相思、紅膠木和愛氏松作植林品種，合稱「植林三寶」。因台灣相思適應力強，能在乾旱貧瘠的土地迅速成長；短短數年間已發揮功效；大欖郊野公園內的禿山均重見綠蔭。台灣相思不僅實際，而且華麗。每年3至10月盛開的絨球形花兒，總把青山染得一抹金黃。

Taiwan Acacia (*Acacia confusa*)

This plant of the Mimosaceae family is closely related to the history of country parks in Hong Kong, and was the favourite of agricultural and forest experts in former times. In the beginning years when Hong Kong was opened to foreign trade, most of the forest was severely damaged because of intensive cutting and burning. In order to improve bad land as soon as possible, the government introduced *Acacia confusa*, *Lophostemon confertus* and *Pinus elliottii*, jointly called 'three treasures for afforestation'. With strong adaptability, *Acacia confusa* grows fast even in dry and poor land. In merely several years, greenery was brought back to barren mountains like Tai Lam Country Park. *Acacia confusa* is practical as well as gorgeous. The pompon-shaped flowers open from March to October every year, dyeing the green mountain yellow.



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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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八角楓

八角楓又名水芒樹，是香港原生的落葉喬木。八角楓名字的由來，是因它的嫩葉呈多角形，好比長了八隻角，葉柄紅色，容易辨認。八角楓葉子的角會隨成長消失，到時我們得靠開花才可識別它了。八角楓的花細小，都向下垂，花瓣純白而蜷曲。開花後，會結有青色的小果實，成熟時會變紫黑色。

Chinese Alangium (*Alangium chinense*)

Chinese Alangium, also named water awn, is a native deciduous tree in Hong Kong. The name of Chinese Alangium (eight angles) is origin from its polygonal-shape young leaves formed like eight angles, coupled with its red petiole makes us easy to identify this tree. The angles of its leaves will soon be disappeared as it grows up, at that time, we should identify it by its flowers. Flowers of Chinese Alangium are small and drooping, and have pure white and curly petals. After blossoms, green fruits will be beared on tree which turns into dark purple when ripe.



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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個風水林當中，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.



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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「腳掌」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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餘甘子

於秋冬成熟的扁球形果實，表皮呈翠綠色，咀嚼過後在口腔還會留有餘甘，其名字也許由此而來。這些果子不僅能生津止渴，還可治感冒發熱。昔日鄉民把它的葉曬乾後用來做枕頭填充料，取其質料透氣。這種大戟科植物常見生長於較乾燥的地區，在大嶼山的羅賀灣一帶尤其常見。如欲賞花，可選擇每年春夏間到訪，黃色小花一串串生在短小的綠葉之間，不失雅緻。

Myrobalan (*Phyllanthus emblica*)

Fruits ripening in autumn and winter with pale green in color and globose, leave lingering sweet taste in the mouth after chewing them, so it is also called Yuganzi (lingering sweet) in Chinese. Apart from quenching thirst, the fruits can also cure cold and fever. The leaves are highly air-permeable after dried and was commonly used as fillings in pillows by villagers in the past. This plant of the Euphorbiaceae family usually grows in dry areas, and you may easily find them at Lo Kei Wan on Lantau Island. For admiring its flowers, visitors can visit in spring and early summer, when little yellow flowers open gracefully in bunches among short leaves.



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梅葉冬青

梅葉冬青於春夏間綻放如繁星的小白花，小巧含羞的隱藏在綠葉當中，看似梅花。其實梅葉冬青名字的由來，是源於其樹葉的特性。這種落葉灌木的葉形與冬天落葉特性，均與梅花相似，因而得名。梅葉冬青是少數會落葉的冬青科品種，也由於它們每多生長在山邊，又稱崗梅。

Rough-leaved Holly (*Ilex asprella*)

Ilex asprella flowering in spring to summer. *Ilex asprella* got its name due to the features of its leaves though its little white flowers hidden among green leaves like plum blossoms. This deciduous shrub has the same leaf shape as plum blossom and loses leaves in winter. *Ilex asprella* is a variety of the minor deciduous Aquifoliaceae family, mostly found on hillsides, hence the name Kong Mui (plum blossom on hills) in Hong Kong.



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密茱萸

這種小喬木有個別名叫「三桠苦」，需要先觀看，再品味，方能明白。密茱萸每枝葉柄都長出三片小葉，這是「三桠」。小葉很苦，用手揉爛，會發出濃烈的氣味。這種苦味，就是涼茶廿四味的其中一味；密茱萸是廿四味的成分，有清熱解毒的功效。

Thin Evodia (*Melicope pteleifolia*)

This small tree is also known as the Three-forked Bitter Plant in Chinese. You will appreciate the meaning if you observe it carefully and then have a taste. Thin Evodia has three leaflets at every petiole, which partly explains the name Three-forked Bitter Plant. The leaves are very bitter and give out a strong scent when crushed. This bitter taste forms the base of the famous Twenty-four-flavour Herbal Tea. Thin Evodia, known for its medicinal action of relieving internal heat, is one of the ingredients of this folk remedy.



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灰冬青

冬青科小喬木，三、四月開花。淡黃色的花兒簇生於葉腋；球形果兒成熟時呈紅色。香港有兩條街道的名字，都是取自冬青樹種的。跑馬地的冬青道，反映了命名時候冬青樹的盛況。中區荷李活道與電影沒有關係，而是因為19世紀英國人開闢這條山腰道路時，種植了許多冬青樹，才叫Hollywood Road。

Gray Holly (*Ilex cinerea*)

This small tree of the Aquifoliaceae family blossoms in March and April. The pale yellow flower is axillary. The cone-shaped fruit turns red when ripe. Two roads in Hong Kong are named after Aquifoliaceae plants. Holly Road in Happy Valley reflects a lush pocket of Hollies when the road was built. Hollywood Road in Central has nothing to do with the movie world. It is so named because there were many Hollies in the district when the British built this road in the Mid-Levels back in the 19th century.



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