

HKDRC Green Hiking Routes (100nos) 香港長跑會綠色行山徑 (100 條) - 全長 1500km 公里

1. The Peak > Sandy Bay (山頂 > 大口環)
2. Ng Tung Chai Water Falls (梧桐寨瀑布)
3. Route Twisk > Tin Fu Tsai > Tai Tong, Yuen Long (荃錦公路 > 田夫仔 > 元朗大棠)
4. Pak Tam Au > Shui Long Wo (麥理浩徑 Trail Section 3 - 北潭坳 > 水浪窩/企嶺下)
5. Shui Long Wo > Gilwell Campsite (麥理浩徑 Trail Section 4 - 水浪窩 > 基維爾營)
6. Tung Chung > Sek Mun Gap > Ngong Ping (東涌 > 石門甲 > 昂平)
7. Tai Tam Reservoir > Mount Parker Road > Quarry Bay (大潭水塘 > 柏架山道 > 側魚涌)
8. Shing Mun Reservoir > Lead Mine Pass > Tai Mo Shan (城門水塘 > 鉛礦坳 > 大帽山)
9. Shatin Au > Beacon Hill > Eagle Nest Hill > Tai Po Road (沙田坳>畢架山>鷹巢山>大埔道)
10. Macau Coast Border > City Central > Macau Towel (澳門關閘 > 南灣 > 觀光塔)
11. Sham Mun Tsai New Village > Ma Shi Chau (三門仔 > 馬屎洲)
12. Shek Pik > Kau Ling Chung > Fan Lau > Tai O (石壁 > 九嶺涌 > 分流 > 大澳)
13. Siu Sai Wan Park > Leaping Dragon Trail > Shek O Road (小西灣公園>龍躍徑>石澳道)
14. Hoi Ha Marine Ecology Park > Wan Tsai Camp Site (西貢海下灣海洋生物館>灣仔營地)
15. Pak Tam Chung > Man Yee Hong Kong Global Geopark of China (北潭涌>萬宜地質公園)
16. Long Ke >> Sai Wan (麥理浩徑 Trail Section 2 - 浪茄 > 西灣)
17. Tai Long Wan > Ham Tin > Chek Keng > Pak Tam Au (西貢大浪灣>鹹田>赤徑>北潭坳)
18. Yau Tong Sam Ka Chuen Park > Cheng Lan Shue (衛奕信徑#3 油塘三家村公園>井蘭樹)
19. Shatin Pass > Lion Rock Country Park > Amah Rock > Tai Po Road (衛奕信徑 Trial 5)
20. Ap Chau > Kat O (Crooked Island) > Tap Mun (Grass Island) (鴨洲> 吉澳 > 塔門)
21. Parkview Apartment > The Twins > Stanley (陽明山莊 > 孖崗山 > 赤柱)
22. Yung Shue Wan > Hung Shing Yeh Beach > Cave > Sok Kwu Wan (南丫島榕樹灣>索古灣)
23. Luk Keng > Kai Kuk Shue Ha > Fung Hang > Kuk Po > Fan Shui Au > Wu Kau Tang
24. Needle Hill > Grass Hill > Lead Mine Pass > Tai Po (麥理浩徑#7 針山>草山>鉛礦坳)
25. Wu Kau Tang > Kau Tam Tso > Sam A Chung > Sam A Chuen > Lai Chi Wo > Luk Keng
26. Cap D' Aguilar Country and Marine Park (鶴咀)
27. Pak Sin Leng > Tai Mei Tuk Natural Trail > Wang Shan Keuk Sheung, Bridges > Tsat Hap Muk > Sir Yarde Memorial Pavilion > Nam Chung (大尾篤, 八仙嶺 > 橫山腳, 南涌)
28. Lau Shui Heung > Kat Tsai Shan > Cloudy Hill > Sha Lo Tung > Fung Yuen, Tai Po (流水嚮 > 桔仔坳 > 九龍坑山 > 沙螺洞 > 鳳園 > 大埔)
29. Pat Sin Leng > 8 Hills > Wu Kau Tang (八仙嶺 > 山峰 > 烏蛟騰)
30. Siu Sai Wan > Shek O Peak > Dragon Back > Shek O Road (小西灣> 打爛呈山 > 龍脊)
31. Wong Nai Chung Reservoir > Violet Hill Trail > Tai Tam Reservoir (黃泥涌水塘 > 紫羅蘭山徑 > 大潭水塘)
32. Macau Triho da Taipa Pequena 2000 (澳門小潭山環山徑)
33. Lantau Peak (鳳凰山)

34. Wu Kau Tang > Wong Leng > Ping Fung Shan > Hok Tau (黃嶺 > 屏風山 > 鶴兜)
35. Luk Keng > Fung Hang > Kuk Po > Yung Shue Au > So Lo Pun (榕樹凹 > 鎖羅盤)
36. Lam Kam Road > Stone River > Koon Yam Shan (林錦公路 > 石河 > 觀音山)
37. Chung Mei > Wu Kau Tang > Sam A Tsuen > Ngau Si Wu Shan > Sai Lau Kong
38. Kiu Tsui Chau (Sharp Island) > Yim Tin Tsai > Kiu Tsui > Kiu Tau (橋咀，鹽田梓)
39. The Mount Butler (畢拿山)
40. Lui Kung Tin Tsuen > Kap Lung Tsuen > Ho Pui Reservoir (雷公田村 > 河背水塘)
41. Tung Chung > Tung O Ancient Trail > Sa Lo Wan > Sham Wat > Tai O (東涌 > 大澳)
42. Lo Wu > Nam Hang Hill > MacIntosh Fort > Man Kam To (羅湖 > 南坑山 > 麥景陶
碉堡 > 文錦道)
43. Macau Triho Coloane Trail (澳門路環步行徑)
44. Chuen Lung > Lung Mun Country Trail > Shing Mun Pineapple Dam (川龍，龍門郊遊徑)
45. Lion Rock Peak (獅子山)
46. Tung Lung Island (Holes Island) (東龍洲)
47. Victoria Peak (太平山)
48. High Junk Peak Country Trail (釣漁翁郊遊徑)
49. Aberdeen Country Park/Reservoir > Pokfulam Reservoir (香港仔水塘 > 薄扶林水塘)
50. Macau Parque Natural do Taipa Grande (澳門大潭山環山徑)
51. Mining Heritage Centre (鞍山探索館)
52. Lai Chi Chong (荔枝莊)
53. Sunset Peak (大東山)
54. Tai Po Kau Nature Reserve (大埔滘 - 自然保護區)
55. Little Hawaii Trail (小夏威夷徑)
56. Shing Mun Reservoir (城門水塘)
57. Mount Davis (摩星嶺)
58. Ma On Shan Country Park > Mining Cave > Ngong Ping (馬鞍山郊野公園 > 礦洞 > 昂平)
59. Lung Fu Shan Country Park > Pine Battery > Morning Trail > HKU (龍虎山郊野公園)
60. Sai Pai Shek Shan/Tai Lam Chung Country Trail (四排石山/大欖涌郊遊徑)
61. Shek Lung Kung (石龍拱)
62. Tai Lam Chung Reservoir Islands Viewpoint (大欖涌水塘千島湖清景台)
63. Po Toi Island (蒲台島)
64. Tai Do Yan (大刀刃)
65. Lung Ha Wan Country Trail (龍蝦灣郊遊徑)
66. Dragon' s Back (龍脊)
67. Sai Kung Tai Tan Country Trail (西貢大灘郊遊徑)
68. Pak Tam Chung Sheung Yiu Country Trail (北潭涌上瑤郊遊徑)
69. Fei Ngor Shan (Kowloon Peak) 飛鵝山
70. Clearwater Bay Country Park (清水灣郊野公園)

71. Aberdeen Country Park > Hong Kong Trail (香港仔郊野公園 > 港島徑)
72. Hong Kong Mid-Levels Walk (Central > Sai Wan Ho) 港島半山行 (中區 > 西灣河)
73. Tsing Yi Nature Trail (青衣自然徑)
74. Checkboard Hill (格仔山)
75. High West (西高山)
76. Tai O Fu Shan (大澳虎山)
77. Jardine' s Lookout > Siu Ma Shan > Mt. Butler > Mt. Parker(渣甸山, 小馬山, 柏架山)
78. South Lantau Country Trails (伯公坳 > 南大嶼山郊遊徑 > 茅園 > 南山)
79. Kam Shan Country Park 金山郊野公園 > 九龍水塘 > 金山路 > 衛奕信徑 6 段 > 城門水塘
80. Tai Tam Country Park > HK Forest Track/Boa Vista Track > Chaiwan Au > Hon Pak Trail
(大潭郊野公園/水塘 > 港島林徑/野豬徑 > 柴灣坳 > 康柏郊遊徑)
81. Tai Po Kau > Lead Mine Pass > Shing Mun Reservoir (大埔滘 > 鉛礦凹 > 城門水塘)
82. Tai Tam Country Park > Tai Tam Reservoir > Stanley 大潭郊野公園 > 大潭水塘 > 赤柱
83. Yuen Long > Tai Tong Hill > Sweet Gum Woods (元朗 > 大棠山 > 楓香林)
84. Kam Shan Country Park(金山郊野公園 > 九龍水塘 > 金山路 > 麥里浩徑 6 段 > 城門水塘)
85. Lau Shui Heung Reservoir > Lau Shui Heung Country Trail > Cloudy Hill > Tai Po Tau
(流水響水塘 > 流水響郊遊徑 > 九龍坑山 > 大埔頭)
86. Tsz Wan Shan > Shatin Pass > Lion Rock Country Park > Maclehose Trail 5 > Lion Rock Park
(慈雲山 > 沙田坳 > 獅子山郊野公園 > 麥里浩徑第 5 段 > 回歸亭 > 獅子山公園)
87. Tseng Lan Shue > Sai Kung Ancient Trail > Gorgeous Abandoned House > Pak Fa Lam
(井蘭樹 > 西貢古道 > 華麗廢棄屋 > 百花林)
88. Repulse Bay > Beach Road > Seaview Promenade (淺水灣 > 沙灘路 > 麗海堤岸路)
89. Tao Fong Shan 道風山
90. Devil' s Peak 砲台山 (魔鬼山)
91. Bride' s Pool 新娘潭
92. Nam Sang Wai 南生圍
93. Shui Long Wo > Star Lookout > Kei Leng Ha Tree Walks > Yung Shui O
(水浪窩 > 觀星台 > 企嶺下樹木研習徑 > 榕樹澳)
94. Ma On Shan Country Park and Country Trails > Ngong Ping > Mau Ping > Pak Kong
(馬鞍山郊野公園 > 馬鞍山郊遊徑 > 昂平 > 茅坪 > 北港 > 西貢)
95. Waterfall Bay Park + Cyberport Waterfront Park (瀑布灣公園 + 數碼港海濱長廊)
96. Pat Sa O > Nam Shan Tung > Lai Chi Chong > Sham Chung (白沙澳 > 荔枝莊 > 深涌)
97. Pak Tam Au > To Kwa Peng > Wong Shek Pier (北潭凹 > 土瓜坪 > 黃石碼頭)
98. Lam Tsuen > Ngau Kwu Leng Hiking Trail > Pak Tai Do Yan > Wu Tip Shan Path > Fanling
Station (林村 > 牛牯嶺行山徑 > 北大刀刀 > 箕勒仔 > 蝴蝶山徑 > 粉嶺地鐵站)
99. Castle Peak Monastery > Pui To Shan 青山禪院 > 杯渡山
100. Lei Yue Mun 鯉魚門

101. Cheung Sheung Country Trail 璋上郊遊徑
102. Pak Tam Country Trail 北潭郊遊徑
103. Tei Tong Tsai Country Trail > Shek Mun Gap > Ngong Ping > Wisdom Path > Ngong Ping Piazza 地塘仔郊遊徑 > 石門甲 > 昂坪 > 心經簡林 > 昂坪廣場
104. Kai Shan 髻山
105. Central & Western District Fitness Trail and Central Western District Promenade 中西區健步廊及中西區海濱長廊
106. Ngong Ping > Nei Lak Shan Country Trail > Ngong Piazza 昂坪>彌勒山郊遊徑>昂坪廣場
107. Pak Tam Chung Nature Trail > Sheung Yiu Folk Museum > Po Kwu Wan (曝古灣堤圍)
108. Central > Wan Chai > Causeway Bay District Promenade 中區，灣仔，銅鑼灣區海濱長廊
109. Ho Pui Reservoir > Ho Pui Family Walk > Bamboo Tunnel > Ho Pui Village
110. Yau Tong > Wilson Trail #3 > Black Hill > Ma Yau Tong > Tseng Lan Shue