

此小冊子介紹在海下附近不同難度的遠足路線。愛護及尊重原居民及大自然，經過村落時請將音量收細、自己垃圾自己帶回家、跟隨自己的步伐享受漫步大自然。

This leaflet will introduce you to the hiking trails that are of different difficulties around Hoi Ha. To respect the local and nature, please speak softly when passing by the village houses, bring your litter home and enjoy your walk in the nature at your own pace.

歡迎蒞臨海下灣海岸公園

WELCOME TO HOI HA WAN MARINE PARK

- 位於西貢西郊野公園的北端
- 這個隱蔽海灣擁有良好的水質及高海洋生物多樣性 (錄得本地70%珊瑚品種及超過120種珊瑚魚)
- 在1996年定為海岸公園，海域面積約260公頃
- 漁農自然護理署現時管理所有的海岸公園及海岸保護區，設立目的包括保育、教育、科研和康樂

- Located in the north of the Sai Kung West Country Park
- Sheltered bay with good water quality and high marine biodiversity (70% local coral species & >120 species of reef fish)
- Designated as marine park in 1996 with a sea area of 260 hectares
- Agriculture, Fisheries and Conservation Department is currently managing all marine parks and marine reserve with the four main objectives: conservation, education, scientific research and recreation

海下灣歷史 HISTORY OF HOI HA WAN

十九世紀初，客家翁氏兄弟乘船從內地到達海下灣，發現該處是捕魚和耕種的理想地方，便定居下來。由1900年代初到中期，翁氏靠耕種及飼養牲畜為生。耕地主要為梯田，將農作物種植在山坡上。當時梯田引水灌溉的疊石至今仍然清晰可見。

In the early 19th century, the Hakka Yungs brothers arrived Hoi Ha Wan from mainland by boat. Seeing Hoi Ha as an ideal location for fishing and farming, they settled down and built their village. From early to mid 1900s, they depended on farming and rearing livestock as living. Much of it was terrace farming, where crops were cultivated on slopes of the hills. Remnants of stacks of rocks for diverting water for irrigation can still be seen nowadays.

遠足路線 A-F Hiking Routes

路線 ROUTE A 適合家庭路線 Family Friendly Route



起點 Starting Point 1 海下遊客中心 Hoi Ha Visitor Centre

終點 Ending Point 3 海下灣碼頭 Hoi Ha Wan Pier

0.8 公里 (單程 one way)
 15 分鐘 (單程 one way)
 綜合難度 Overall Difficulty ★★
 坡度 Gradient ★★



路線 ROUTE C



起點 Starting Point 1 海下遊客中心 Hoi Ha Visitor Centre

終點 Ending Point 8 黃石水上活動中心 Wong Shek Water Sports Centre

8 公里 (單程 one way)
 4 小時 (單程 one way)
 綜合難度 Overall Difficulty ★★★
 坡度 Gradient ★★★



路線 ROUTE E



起點 Starting Point 1 海下遊客中心 Hoi Ha Visitor Centre

終點 Ending Point 10 荔枝莊世界地質公園 Lai Chi Chong UNESCO Global Geopark

4.5 公里 (單程 one way)
 2 小時 (單程 one way)
 綜合難度 Overall Difficulty ★★★
 坡度 Gradient ★★★



路線 ROUTE B 適合家庭路線 Family Friendly Route



起點 Starting Point 1 海下遊客中心 Hoi Ha Visitor Centre

終點 Ending Point 5 南風灣/灣仔南營地 Nam Fung Wan / Wan Tsai Campsite (South)

2.6 公里 (單程 one way)
 1 小時 (單程 one way)
 綜合難度 Overall Difficulty ★★
 坡度 Gradient ★★



路線 ROUTE D 適合家庭路線 Family Friendly Route



起點 Starting Point 1 海下遊客中心 Hoi Ha Visitor Centre

終點 Ending Point 9 白沙澳 Pak Sha O

1.5 公里 (單程 one way)
 30 分鐘 (單程 one way)
 綜合難度 Overall Difficulty ★★
 坡度 Gradient ★★



路線 ROUTE F



起點 Starting Point 1 海下遊客中心 Hoi Ha Visitor Centre

終點 Ending Point 15 水浪窩 Shui Long Wo

12 公里 (單程 one way)
 5.5 小時 (單程 one way)
 綜合難度 Overall Difficulty ★★★
 坡度 Gradient ★★★



公共交通 Public Transportation

專線小巴7號 Minibus route no. 7

#1 西貢市 Sai Kung	↔	海下村 Hoi Ha Village
星期一至六 Mon to Sat		星期日及公眾假期 Sun & P.H.
30 分鐘 mins		20 分鐘 mins
尾班車 last minibus 6:55 pm		6:45 pm
由海下村開出 departing from Hoi Ha Village		

乘街渡渡輪 By Kaito Ferry

#2 南風灣/灣仔 Nam Fung Wan / Wan Tsai	↔	黃石碼頭 Wong Shek Pier
星期六、日及公眾假期 Sat, Sun & P.H.		每小時開出 departing every hour
10:00 am - 5:00 pm		

街渡渡輪網頁 Kaito Ferry Website



馬料水 Ma Liu Shui

途經荔枝莊/深涌 via Lai Chi Chong / Sham Chung

	由荔枝莊開出 departing from Lai Chi Chong		由深涌開出 departing from Sham Chung	
	往塔門/黃石碼頭 to Tap Mun / Wong Shek	往馬料水 to Ma Liu Shui	往塔門/黃石碼頭 to Tap Mun / Wong Shek	往馬料水 to Ma Liu Shui
星期一至五 Mon to Fri	9:15 am	11:40 am	9:00 am	11:55 am
	3:45 pm	6:00 pm	3:30 pm	6:15 pm
星期六、日及公眾假期 Sat, Sun & P.H.	★ 1:15 pm	★ 2:15 pm	★ 1:00 pm	★ 2:30 pm
★ 只往塔門 to Tap Mun only	3:45 pm	6:00 pm	3:30 pm	6:15 pm

乘九巴巴士 By KMB Bus

#3 黃石碼頭是九巴巴士路線94、96R、289R的總站。Wong Shek Pier is Terminus of KMB bus routes no. 94, 96R, 289R.

#5 在西沙路可乘搭由西貢開出的 99、99R、299X 號巴士離開。On Sai Sha Road, hikers can take bus routes 99, 99R, 299X from Sai Kung town centre to leave.

九巴巴士網頁 KMB Bus Website



海下遊客中心附近的自助行山路線

SELF-GUIDED HIKING ROUTES AROUND HOI HA VISITOR CENTRE

此小冊子的內容僅供參考。遠足前應先小心計劃行程，帶備足夠食水、食物及合適裝備。遠足時應結伴同行，切勿獨自一人前往。遇上緊急情況請撥打999或112求助。

This leaflet serves as reference only. Please always plan your own hike and bring enough water, food and suitable gear. Never hike alone, go with a companion. Call 999 or 112 in case of emergency.



中文 Chinese



英文 English

請細閱網頁發布的《郊野公園遠足安全指引》
Please read carefully about "Country Park Hiking Safety Guidelines"

10 荔枝莊世界地質公園 Lai Chi Chong UNESCO Global Geopark



荔枝莊是一個地質景點，沿岸的火山沉積岩層早在1.4億多年前形成。

在此可乘搭街渡 (#4) 或原路離開。

Lai Chi Chong is a geosite where the volcanoclastic sedimentary rock strata was formed over 140 million years ago.

Depart by taking scheduled Kaito Ferry (#4) or return along the same route.

9 白沙澳 Pak Sha O



村內有一些歷史悠久而保存完整的的客家房屋，包括被評定為一級歷史建築的何氏舊居及何氏祠堂，以及三級歷史建築的聖母無玷之心小堂。

在此可繼續 E 或 F 路線，或原路離開。

There are some historical Hakka houses that are well-maintained. These include the former Ho Residence and Ho Ancestral Hall which are listed as Grade 1 historical buildings, and the Immaculate Heart of Mary Chapel which is listed as Grade 3 historical building.

Hikers may continue with the hiking routes E or F, or return along the same route.

1 海下遊客中心 Hoi Ha Visitor Centre



展覽館每日早上9:30至下午4:00開放，星期二及農曆年初一及二休館。戶外加水站及公眾洗手間全時間開放予公眾使用。 (#1)

Exhibition Hall opens 9:30am - 4:00pm daily, except Tuesdays and the first 2 days of the Chinese New Year. The outdoor water filling station and public toilet are provided for public use at all times. (#1)

2 石灰窯 Lime Kilns



這裏兩個石灰窯被列為香港具考古研究價值的地點。以往的石灰是由收集到的貝殼和珊瑚骨所生產，作建築及農業用途。

石灰業在1940年代式微。

The two lime kilns are listed as the Sites of Archaeological Interest. In the old times, shells and corals were collected for lime production for construction and agricultural uses.

The industry ceased in the 1940s.

3 海下灣碼頭 Hoi Ha Wan Pier



海下灣海岸公園記錄得香港三分之二的石珊瑚品種。

海下的珊瑚群落主要是由扁腦珊瑚屬(腦狀珊瑚)和牡丹珊瑚屬所組成。

當海面平靜及水退時，在此可見珊瑚。

Hoi Ha Wan Marine Park is home to two-thirds of Hong Kong's hard coral species.

Platygyra (brain coral) and Pavona are the dominant coral species in Hoi Ha.

Corals can be seen from the pier on a calm and low tide day.

11 蛇石坳 She Shek Au



因為大石上的彎曲紋如蛇而命名。

此處是通往深涌、白沙澳、荔枝莊屋山的要道，要選定繼續前行的山徑。

The place "Snake Rock" is named after the pattern of the rock.

This is the junction to Sham Chung, Pak Sha O, Lai Chi Chong and Shek Uk Shan. Hikers need to pay extra attention and to ensure the correct trail has been chosen.

12 深涌 Sham Chung

深涌是在140多年前建立的古老客家村落。村內擁有不少歷史建築物，例如三王來朝小堂。

深涌至水浪窩之間主要是混凝土行人路。

在此可乘搭街渡 (#4) 離開或繼續行程。

Sham Chung is an old Hakka village which was established more than 140 years ago. There are abundant historical buildings, such as the Epiphany of Our Lord Chapel.

Mainly concrete footpath between Sham Chung and Shui Long Wo.

Depart by taking scheduled Kaito Ferry (#4) or return along the same route.



13 榕樹澳 Yung Shue O



一個客家小村落，可俯瞰沿岸的紅樹林和位於企嶺下海的魚類養殖區。

A small Hakka village overlooking mangrove beds along the coastline and a fish culture zone at the Three Fathoms Cove.

14 企嶺下海 Three Fathoms Cove



沿著海岸線的小徑，可以欣賞到美麗的海景和日落。

Footpath along coastline giving a nice sea view and great for watching sunset.



4 攔路坳 Lan Lo Au



攔路坳連接海下和灣仔半島。
Lan Lo Au connecting Hoi Ha and Wan Tsai Peninsula.



西面內灣有一小片紅樹林群落。
A small mangrove community can be found in the western side of the sheltered bay.

5 南風灣/灣仔南營地 (大灘海灣仔梯台) Nam Fung Wan / Wan Tsai Campsite (South) (Long Harbour Wan Tsai Landing)

位於灣仔半島的南面，毗鄰大灘海。此處的大型露營設施及越野單車徑，深受市民歡迎。

在此可乘搭街渡 (#2) 或原路離開。

Situated in the southern side of the Wan Tsai Peninsula, close to Tai Tan Hoi (Long Harbour). Campsite facilities and mountain bike trails here are popular among public.

Depart by taking scheduled Kaito Ferry (#2) or return along the same route.



6 大灘沙灘 Tai Tan Beach



在此可以近距離接觸大灘海。郊遊徑崎嶇路段在此結束。

Allows hikers to have a closer contact with the sea. The rugged part of the trail ends here.



15 水浪窩 Shui Long Wo



這個燒烤區是終點站，也是麥理浩徑第3段的終點。西沙路 (#5) 對面是麥理浩徑第4段和企嶺下樹木研習徑的起點。

This barbecue site is the end of the suggested route, which is also the end of MacLehose Trail Stage 3. The opposite side of Sai Sha Road (#5) is the start of the MacLehose Trail Stage 4 and Kei Ling Ha Tree Walk.

8 黃石碼頭 Wong Shek Pier



大灘海的公共碼頭，設有街渡渡輪航線前往塔門、高流灣、灣仔、赤徑及馬料水。 (#3)

Being the public pier in Tai Tan Hoi (Long Harbour), there are kaito ferry routes running between Wong Shek Pier and Tap Mun, Ko Lau Wan, Wan Tsai, Chek Keng and Ma Liu Shui. (#3)

7 大灘村 Tai Tan Village



郊遊徑途經大灘村，尊重原居民，經過村落時請將音量收細。

到達北潭路後，可選擇左轉繼續前往黃石碼頭，或右轉前往高塘下洋搭乘公共交通工具離開。

The trail passes through Tai Tan Village. Please respect residents by speaking softly.

Upon reaching Pak Tam Road, hikers can either turn left towards Wong Shek Pier or turn right towards Ko Tong Ha Yeung for public transportation.

圖例 Legend

- 海下灣海岸公園 Hoi Ha Wan Marine Park
- 海洋生物中心 WWF Marine Life Centre
- 白沙澳青年旅舍 Pak Sha O Youth Hostel
- 緊急求助電話 Emergency Helpline
- 告示板 Information Board
- 郊遊徑 Country Trail
- 洗手間 Toilet
- 士多 Store
- 小教堂 Chapel
- 營地 Campsite
- 巴士站 Bus Stop
- 小巴士站 Minibus Stop
- 街渡渡輪 Kaito Ferry

路線 Route

* 起點 Starting Point: 1 海下遊客中心 Hoi Ha Visitor Centre

** 終點 Ending Point

- A** 1 → 3** 海下灣碼頭 Hoi Ha Wan Pier
- B** 1 → 5** 南風灣/灣仔南營地 Nam Fung Wan / Wan Tsai Campsite (South)
- C** 1 → 8** 黃石碼頭(大灘郊遊徑) Wong Shek Pier (Tai Tan Country Trail)
- D** 1 → 9** 白沙澳 Pak Sha O
- E** 1 → 10** 荔枝莊世界地質公園 Lai Chi Chong UNESCO Global Geopark
- F** 1 → 15** 水浪窩 Shui Long Wo

海拔高度 Altitude

- 0-100
- 100-200
- 200-300
- 300-400
- 400-500 (米/M)