



**HK DISTANCE
RUNNERS CLUB**
香港長跑會

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

High West 西高山



High West || 西高山

Pokfulam Reservoir > Pokfulam Country Trails > The Peak (West) > Observation Post at High West > Camellia Garden > Harlech Road Garden > High West Trail > High West
薄扶林水塘 > 薄扶林郊遊徑 > 山頂(西面) > 西高山炮兵觀察所遺址 > 西高茶園 > 夏力道公園 > 西高山徑 > 西高山 (Total Distance 12km 全程12公里)

西高山位處薄扶林郊野公園範圍，高度494米，是香港島第4高的山，它有另一個名為” 摩天嶺 ”，是因為它的位置與” 摩星嶺 ” 一起屹立在港島西面的高山，兩者同樣建築有戰時遺蹟，站在西高山頂，可360度居高臨下欣賞港島西面風景包括堅尼地城，西營盤，香港大學，瑪麗醫院及薄扶林，遠景有西九龍九龍站，昂船洲，西面海港航道。山景包括龍虎山，太平山，摩星嶺，奇力山及歌賦山，全部景色都非常優美。

前往西高山可在港島乘坐巴士或小巴往香港仔或石排灣，到達薄扶林水塘道入口，車程25分鐘，沿薄扶林水塘道往前走，經過Pokfulam Public Riding School 薄扶林公眾騎術學校，Hong Kong Phab Association Jockey Club Phab Camp 香港傷健協會馬會傷健營，郊野公園薄扶林管理站 (Watchmans' Cottage 看守員宿舍)，越過薄扶林郊野公園鐵閘，繼續往水塘路方向走，一路可欣賞水塘景色，約10分鐘開始上斜路，有路牌指示往山頂，需要時間1小時，沿斜路走約300米到達薄扶林郊遊徑，入口前有路牌指示往山頂纜車站經盧吉道6公里，需要1小時45分，郊遊徑長度只有2公里，平坦易走，兩旁都是樹林，沒有可觀的風景。經過30分鐘行程到達分叉路，這裡有2個選擇，左面梯級返回薄扶林水塘入口，前方延續山徑往山頂，繼續走上山徑及長長的梯級，在山地回望寧靜的海景，南丫島及一些不知名的島，非常優美。不斷的山徑及梯級，攀升高度至山頂300米，時間用去1.5小時，到達西高山炮兵觀察所 (Observation Post at High West)，這裡原址是炮台，週邊是草地，設有供遊人休息長椅，翠綠的草地和涼亭，景緻迷人。草地向海設有整幅Lung Fu Shan Viewing Point龍虎山觀景座，標示遠方各景點的位置，不用說風景區非常優美。草地另一邊是Camellia Garden 西高茶園，種植有多種茶葉。由茶園側邊草叢有不明顯山徑可通上494米的西高山，不過要’ 爆林 ’即手腳並用攀躑陡峭懸崖，據了解是登西高山的捷徑。筆者自薄扶林郊遊公園入口步行至此已走上1.5小時，體力消耗相當，筆者不敢某然嘗試，退而求其次多走3公里往夏力道公園。





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停留遊覽西高山觀景台及茶園，拍照休息10分鐘後隨即離開向最後目的地進發，15分鐘行程到達夏力道公園，再由公園側的小徑步上550梯級，因為疲勞步速放慢。還好梯級起點有路牌鼓勵遊人“**未知前行幾多里，山形傳意鼓勵你**”，更有1/4, 1/2 & 3/4 段數牌，飛常別緻。完成攀升由300米至山頂494米，需要40分鐘到達西高山山頂，有高度標柱，亦有到此地日期，眼見很多遊人各据景點，大量拍照開心不爾。回程原路落山往纜車站。

西高山是非常值得遊覽的景點，不單只風景優美，更有鼓勵性的路牌令人忘記疲倦。





HIGH WEST
494 m

西高山

2020

0509



鴨洲 AP LEI CHAU
 麗嘉花園 CHI FU FA YUEN
 東博覽海峽 EAST LAMMA CHANNEL
 南丫島 LAMMA ISLAND
 電力站 POWER STATION
 昂洲 CHEUNG CHAU
 大嶼山 LANTAU ISLAND
 葵力山 MOUNT KELLET
 翠怡半島 SOUTH HORIZONS
 薄扶林水塘 FOX PU LAM RESERVOIR
 翠濠庭 WAN FU ESTATE
 樂悠灣 PICNIC SAY
 貝沙灣 RESIDENCE BEL-AIR
 碧松灣 BAGUO VILLA
 榕樹灣 YUNG SHUE WAN
 數碼港 CYBERPORT
 芝麻灣半島 CHI MA WAI PENINSULA
 新豐洲 HEI LING CHAU
 梅窩 MUI WO
 坪洲 PING CHAU
 交椅洲 KAU YI CHAU

西高山觀景台
 MT. HIGH WEST VIEWING POINT

電話號碼 KK 049657
 02-2628 2628







重陽登高

CHUNG YEUNG FESTIVAL

重陽節の山登り

古人以九為陽數，故九月初九稱重陽，又稱重九，又名登高節。登高的習俗，始自漢代，時人桓景隨費長房學道，費告桓景九月初九其家將有災禍，請令製菊酒，盛茱萸(植物名)，登高山，飲菊花酒，即可避災解禍。桓景依隨指示，並率家人登山，日暮回家，發現所飼養雞犬皆死。自此九月初九登高，便成為風俗。

早年的香港居民，大多來自農業社會，對中國的傳統節日和習俗，雖或因環境變遷而略有改變，但舊日風俗大多仍能保存下來，其中之一便是重陽登高。港島雖然峇魯處處，不過一直以來，太平山都是本地居民重陽登高的首選。

In ancient time, Chinese people regarded the number "nine" as "Yeung" (Yang), a positive number, and the 9th day of the 9th lunar month as "Chung Yeung" (double positive), or "Chung Kau" (double nine), which was a time for ascending a mountain. This custom started in the Han Dynasty. Woon King was a student of Fai Cheung-fong, a Taoist monk, who told Woon King that his family would encounter a disaster, the way to avoid it was to make a silk bag filled with dogwood, to climb up the mountain and to drink chrysanthemum wine. Woon King followed the instruction and climbed up the mountain. When the family returned to their village in the evening, all the livestock were found dead. Since then, ascending a mountain on every 9th day of the 9th lunar month became a custom.

As most of the Hong Kong's early residents came from rural communities in China, many ancient traditions and customs were brought to Hong Kong and have been unfaithfully observed, though with some modifications. The custom of ascending a mountain during Chung Yeung is one of them. While there are many hills on Hong Kong Island, Victoria Peak has always been the most favourite place to go on Chung Yeung among local residents.

いにしえより中国では九を陽の數とし、旧曆九月九日を重陽、重九とよび、山登りの節句とした。山登りの風習は古く漢の時代から始まった。この時代、費長房に学んだ桓景は、旧曆九月九日に家が災禍に見舞われると予言されたが、ハナミズキ(植物名)を詰め山に登り菊花酒を飲めば、災厄を逃れることができると告げられた。桓景は指示どおり、家人をつれて山に登り日暮れに帰宅したところ、家畜や飼犬は全て死んでいた。このことから旧曆九月九日の山登りが風習となった。

早年の香港居民はその大部分が農家出身であり、それぞれの伝統行事や風習を中国からもってきた。環境の変化で略式化したり変わったものも少なくないが、古からの風習の殆どは今もお残っており、そのひとつが重陽節の山登りである。香港島には多くの山があるが、地元民が重陽節の山登りに選ぶのはとりわけビクトリアピークである。



重陽期間登臨太平山の本地居民，中央可見港督山頂別墅的守衛室，約攝於1900年。
Ascending the Peak at Chung Yeung Festival, c.1900. In the centre, there is the guard house of the Mountain Lodge.
重陽節にビクトリアピークに登る地元民，中央に香港総督山頂別荘の守衛室が見える。1900年ごろの撮影。



約1900年重陽期間登臨太平山頂的本地居民。
Local residents reaching the summit of the Peak at Chung Yeung Festival, c. 1900.
1900年ごろ重陽節にビクトリアピーク登頂の地元民。



太平山頂現貌
Present view of Victoria Peak
現在のビクトリアピーク



中西區生態教育徑
爐峰自然步道
Peak Trail



漁業自然護理署
Agriculture, Fisheries and
Conservation Department



中西區新議會
Central & Western District Council

Pok Fu Lam Reservoir R
75 薄扶林水塘道

香港傷健協會賽馬會傷健營
HONG KONG PHAB ASSOCIATION
* JOCKEY CLUB PHAB CAMP *
←
薄扶林公眾騎術學校
POKFULAM PUBLIC RIDING SCHOOL





薄扶林水塘

Pok Fu Lam Reservoir

薄扶林水塘

薄扶林水塘於一八六三年落成，是香港首個公共水塘。一八六零年代以前，香港的食水主要是依靠水井和溪流等原始水源。十九世紀中葉開始，人口不斷增加，城市面積也隨之不斷擴展，為穩定的食水供應帶來沉重壓力。

港督羅便臣爵士（一八五九至一八六五年）在任期間，政府首次提出公共供水計劃。一八六零年，由羅便臣爵士委任的皇家委員會採納了當時任職英國皇家工程局工程監督的羅寧的建議，在薄扶林谷建造水塘以收集雨水。建造工程於同年展開。由於建造水塘的預算有限，使水塘的儲水量由原先擬議的3000萬加侖縮減至水塘於一八六三年落成時的200萬加侖。

為解決儲水量不足的問題，在一八六六至一八七一年間，水塘曾多次進行擴建改善工程。建於上游的新水塘（即現時的水塘）在一八七一年落成後，薄扶林水塘的儲水量最終增至6800萬加侖。

在古物諮詢委員會建議下，古物事務監督於二零零九年九月十八日將薄扶林水塘內六項具歷史價值的水務設施列為古蹟，受《古物及古蹟條例》保護。水塘內外四項具歷史價值的水務設施亦獲古物諮詢委員會給予評級。

薄扶林水塘前看守員房舍 (1860-1863)(法定古蹟)

前看守員房舍（即現時薄扶林管理中心）樓高三層，為新古典風格建築，附有白漆牆壁、三角形山牆，以及以中式瓦片鋪成的斜尖屋頂。平房設計呈長方形，建有長廊，由四條天然裝飾花崗石柱構成。

薄扶林水塘量水站 (1863)(法定古蹟)

量水站為一長形坑槽，牆壁以層列花崗石鋪架而成；一端呈半圓形，而另一端則為隧道進水口。量水站

最顯著的特色，是進水口一端設有屬意大利文藝復興時期建築風格的石面粗琢拱拱。構築物亦建有橫跨坑槽的多孔階式混凝土牆、管狀鋼製防護欄，以及一個高出地面的長方形儲水地。水池牆身由層列花崗石鋪架而成。

薄扶林水塘石橋 (1863-1871)(法定古蹟)

水塘內四條石橋橫跨山腰四條支流的排水口。石橋以花崗石砌成，飾有半圓拱或平圓拱。兩條較小的石橋建有屬意大利文藝復興時期建築風格的花崗石蓋頂，砌石均有整齊的削邊，而石面則為網狀或蠟蝕狀。

薄扶林水塘方形暗渠 (1863)(二級歷史建築)

方形暗渠是建於土堤旁邊其中一個構築物，位於面向水塘的一方。

薄扶林水塘配水庫通風口 (1863)(三級歷史建築)

薄扶林水塘西面的小山丘上建有有蓋配水庫，而配水庫的上蓋位置裝有12個鑄鐵通風口。沿前看守員房舍（即現時薄扶林管理中心）旁的樓梯拾級而上，可到這有蓋配水庫。這些配水庫通風口是以水務設施的標準樣式而設計，與其他水塘的配水庫通風口的設計相近，都是以帶有扶欄的鐵造管道和穹頂組成。於有蓋配水庫上安裝通風口，可讓配水庫內的氣壓和水氣透過通風口釋放出來。

薄扶林水塘土堤 (1863)(二級歷史建築)

土堤以夯實土建造，表面鋪有碎石及長有植被。

薄扶林水塘舊石壩 (1863)(二級歷史建築)

舊石壩是薄扶林水塘現存最古老的建築部分之一，但石壩目前只有部分得到保存，而且在水塘擴建後已喪失原來的功能。

Pok Fu Lam Reservoir

Pok Fu Lam Reservoir, completed in 1863, is the first public reservoir in Hong Kong. Water supply in Hong Kong before the 1860s mainly relied on primitive sources such as wells and streams. Since the mid-nineteenth century, the continual growth in population and the accompanying city expansion had placed a great pressure on permanent provision of fresh water resources.

The first public water supply scheme was mooted at the time Sir Hercules Robinson, the then Governor of Hong Kong (1859 – 1865). In 1860, a proposal by S.B. Rawling, a Clerk of Works in the British Royal Engineering Department, which suggested the construction of a reservoir in Pok Fu Lam Valley to collect rainwater, was accepted by the Royal Commission appointed by Sir Robinson. Construction works commenced in the same year. However, due to a limited budget, the construction works were scaled down. The storage capacity of the reservoir was reduced from its original design of 30 million gallons to 2 million gallons when it was completed in 1863.

To redress the problem of inadequate capacity, several extension improvements were undertaken between 1866 and 1871, resulting in an increase of impounding water capacity at 68 million gallons after a new reservoir (i.e. the existing reservoir) was built further upstream in 1871.

The Antiquities Authority, following the recommendation by the Antiquities Advisory Board, declared six historic waterworks facilities of the Pok Fu Lam Reservoir as monuments on 18 September 2009, which are protected under the Antiquities and Monuments Ordinance (Cap. 53). The Antiquities Advisory Board also accorded grading status to another four historic waterworks facilities of the reservoir.

Pok Fu Lam Reservoir Former Watchman's Cottage (1860-1863)(Declared Monument)

The Former Watchman's Cottage, presently the Pok Fu Lam Management Centre is a single-storey building constructed in Neo-Classical style featuring white painted walls, triangular pediments and a pitched roof of Chinese tiles. It is rectangular in plan having a verandah of four natural finished granite columns.

Pok Fu Lam Reservoir Gauge Basin (1863)(Declared Monument)

The gauge basin is an elongated pit with coursed granite walls, a semi-circular end and a tunnel inlet at the other end with rock-faced rusticated voussoirs in the Italianate Renaissance style which is regarded as the most outstanding feature of the gauge basin. The structure also features perforated and stepped concrete walls across the pit, tubular steel guard rails, and raised rectangular tanks with coursed granite walls.

Pok Fu Lam Reservoir Masonry Bridges (1863-1871) (Declared Monument)

The four masonry bridges within the reservoir span the mouths of four feeder streams which run off the hillsides. They are constructed of granite with semi-circular or segmental arches. Two of the smaller bridges have granite copings with the ends of the stones neatly finished with chamfered margins and reticulated or vermiculated surfaces in Italianate Renaissance style.

Pok Fu Lam Reservoir Box Culvert (1863)(Grade 2 Historic Building)

The box culvert is one of the structures along the embankment and located at the side facing the reservoir.

Pok Fu Lam Reservoir Air Vents at the Service Reservoir (1863)(Grade 3 Historic Building)

There are twelve cast iron ventilators situated on top of the covered service reservoir, which is located on a hilltop at the west end of the main reservoir and can be reached by a flight of steps near the Former Watchman's Cottage (presently the Pok Fu Lam Management Centre). The ventilators are a standard design seen on other reservoirs and simply consist of an iron pipe with slots in the side and a domed top. Their purpose is to release compressed air and vapours from the covered reservoir below.

Pok Fu Lam Reservoir Embankment (1863)(Grade 2 Historic Building)

The embankment is an earth embankment with a puddled clay core surfaced with rip-rap and grass and vegetable grow on it.

Pok Fu Lam Reservoir Old Masonry Dam (1863) (Grade 2 Historic Building)

The old masonry dam is one of the oldest surviving items of Pok Fu Lam Reservoir, though only part of it remains and it lost its original function due to the construction of an extension reservoir.





PB 875

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8

薄扶林郊野公園

POK FU LAM COUNTRY PARK









郊遊地點

PICNIC SITE



香港特別行政區郊野公園及海洋公園管理處 Country and Marine Parks Authority, AFCD

薄扶林郊野公園郊遊區 1 邊路
Pak Fu Lam Country Park
Picnic Area Site No. 1



山頂
THE PEAK
1.4 Km
1 小時

PEEL RISE
1 小時

6.4 公里 經 盧吉道 往 纜車站
PEAK TRAM STATION
VIA LUGARD ROAD
1 小時







← 4 1/2 公里 經盧吉道往纜車站
2 Km
1 小時
1/4 H.
PEAK TRAM STATION
via Lugat Road

薄扶林水塘
POKFULAM
RESERVOIR
→

POKFULAM Reservoir Trail
→

置富
CHI FU
→









西高山砲兵觀察所

OBSERVATION POST AT HIGH WEST

西高山砲兵觀察所

代境護，為對抗日軍入侵的威脅，英軍加強香港的防禦能力。然而，由於兵備不足，英軍在港的防務工作，自1934年五國公約到期，英軍繼續在港島加建防禦工事。除大型砲台外，軍方在港島沿岸亦建造了大量防禦工事，其中位於西高山的砲兵觀察所，現時仍保留良好的戰時砲兵觀察所。

由於有一處高度，視野良好，以便提供清晰的視野，觀察所通常會較傳統砲台為窄，砲台通常供砲兵觀察附近防線軍艦及登陸，而砲兵觀察所則用於監視島或港灣，以防敵方有異常舉動，或敵方有異常行動。砲兵觀察所通常用於監視島或港灣，以防敵方有異常舉動，或敵方有異常行動。砲兵觀察所通常用於監視島或港灣，以防敵方有異常舉動，或敵方有異常行動。

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In the late 1930s, to face the threat posed by the Japanese, the military authorities in Hong Kong were forced to review their defence. Due to inadequate troops and equipment, the defence could only be focused on Hong Kong Island. Between 1936 and the outbreak of war (1941), a number of defences including batteries were constructed along the coast and mountain valley of the island. An observation post at the foot of the High West (at the end of Hardsch Road) is still in fairly good condition to show its original appearance.

An observation post is usually built at hill side with an unobstructed view to monitor the situation in the war. Observation post is much smaller than a pillbox in terms of size. There are two viewing sites at two front corners of the observation post for monitoring the coastal area in preventing the enemy landing or approaching the island or harbour. If any unusual situation is observed, the soldiers in the observation post will report to Fortress Headquarters for the quickest response on follow up action. Observation post is built with reinforced concrete so as to withstand certain bomb attacks. To avoid exposure and attacks, observation post is usually hidden in the environment and lumps of cement will be pasted at the upper part of the viewing slits as camouflage.



西高山砲兵觀察所砲台原址，由一部份海濱起，向南至皇后大道西及蘭馬路一帶。



從西高山砲兵觀察所一處位置可清晰望見皇后大道西、皇后大道東、蘭馬路及蘭馬路一帶。



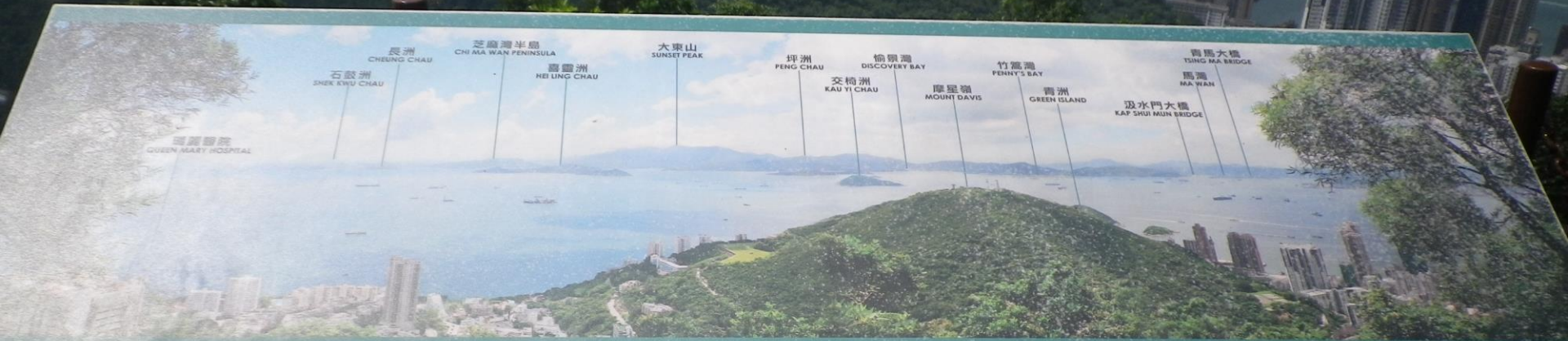
砲台位於海濱的砲兵觀察所，入口及觀望口已封，唯望上方的砲台上小石作偽裝之用。The observation post located at the end of Hardsch Road, its entrance and viewing slits have been sealed. There were lumps of cement pasted at the upper part of the viewing slits presumably for camouflage.

香港自然徑

Peak Trail

香港自然徑

香港自然徑



長洲
CHEUNG CHAU

芝麻灣半島
CHI MA WAN PENINSULA

喜靈洲
HEI LING CHAU

大東山
SUNSET PEAK

坪洲
FENG CHAU

愉景灣
DISCOVERY BAY

交椅洲
KAU YI CHAU

摩星嶼
MOUNT DAVIS

竹篙灣
PENNY'S BAY

靚洲
GREEN ISLAND

青馬大橋
TSING MA BRIDGE

馬灣
MA WAN

汲水門大橋
KAP SHUI MUN BRIDGE

瑪嘉烈醫院
QUEEN MARY HOSPITAL

龍虎山觀景台 LUNG FU SHAN VIEWING POINT

康樂自然護理署
郊野公園及海洋公園管理處
Country and Marine Parks Authority, A.S.

KK 045830



西高山
HIGH WEST
↑
KK045659
閣下在此
You Are Here

西高茶園
CAMELLIA
GARDEN





< 1100 米 M 晨 運 徑 MORNING TRAIL 1700 米 M >



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