



**HK DISTANCE
RUNNERS CLUB**
香港長跑會

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

Tai Po Kau Nature Reserve

大埔滘自然護理區



www.hkdcrc.org

Tai Po Kau Nature Reserve || 大埔滘自然護理區

Tai Po Kau Nature Reserve (Special Area) > Lead Mine Pass > Shing Mun Reservoir 大埔滘自然護理區 (特別地區) > 鉛礦坳 > 城門水塘 (全長18公里)

大埔滘特別地區是香港最早的一個自然保護區，大埔滘特別地區的主要特點是保護大自然景物包括本地的動植物。特別區只供遊人遊覽，區內沒有小食亭，不設燒烤爐只設野餐處，設施並嚴禁生火，令人為的污染減至零，成為一個潔淨郊野。

大埔滘特別地區位於大埔滘村附近，可乘坐港鐵至荔枝角站，出站轉乘72號巴士往太和，巴士沿大埔公路到達14咪半松仔園的巴士站，亦是一個小停車場。起點是斜路，有清悉路牌指示路程可到4個遊覽景點包括i) Tai Po Kau Nature Reserve大埔滘自然護理區(入口)，ii) Tai Po Kau Forest Walks大埔滘林徑入口，iii) Tai Po Kau Outdoor Study Centre 大埔滘野外研習園，vi) Tai Po Kau Nature Trail大埔滘自然教育徑。步行約1公里到達大埔滘自然護理區分叉路，有路牌顯示4色(紅，藍，棕/啡，黃) 的林路，這4條長度分別3公里，4公里，7.5公里，10公里都是圍繞山野穿越叢林的小徑，而每條山徑都有不同顏色路牌，終點都是返回入口停車場，不容易迷路。但是次選擇大埔滘林道 - 滘鉛段往鉛礦坳。





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大埔滘林道 - 滘鉛段是不斷的上斜下斜石屎路，由於樹林密佈，雖然身處高地，卻看到的風景不多，經過1.5小時的行程，到達大埔滘林道 - 滘鉛段中途，有分叉路落山經山塘路至大埔港鐵站，延續上山落山的路徑繞過草山到達山腳，這裡是連接麥里浩徑第7段的末段，繼而落山往鉛礦坳，只需10分鐘行程便到達，鉛礦坳是城門水塘路的最高點，是給行山者一個大休地方，這裡有飲用水補給，接著的路段可選擇3個不同方向，北面是往大帽山(是麥里浩徑第8段起點)需要2.5小時，南面落山往城門水塘菠蘿壩 - 需要2小時(是次選擇行程)，而西面落山往大埔 - 需要1.5小時。

選擇由大埔滘經鉛礦坳到城門水塘需要4.5小時，要完成60%路程到達鉛礦坳始有飲用水補給。故此遊人需要自備足夠水和食物。

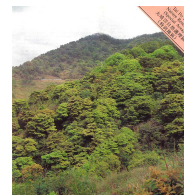
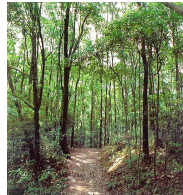
大埔滘特別地區的另一個選擇，可以考慮遊覽4色山徑：-

- 紅色3公里，需要1.5小時
- 藍色4公里，需要2小時
- 棕/啡色7.5k公里，需要3小時
- 黃色10公里，需要4小時

沿山徑欣賞超過100種不同植物，樹木，昆蟲包括螢火蟲和各種鳥類，這都適合一家人共同逍遣野外節目。



Map



大埔滘自然護理區

TAI PO KAU NATURE RESERVE



大埔滘林徑
Tai Po Kau Forest Walk
起點 START

紅路 RED WALK
3 公里 Km $\frac{3}{4}$ 小時 hr.

藍路 BLUE WALK
4 公里 Km $1\frac{1}{4}$ 小時 hr.

啡路 BROWN WALK
7 公里 Km $2\frac{1}{2}$ 小時 hr.

黃路 YELLOW WALK
10 公里 Km $3\frac{1}{2}$ 小時 hr.



大埔滘野外研習園

TAI PO KAU OUTDOOR STUDY CENTRE





















大埔滘 自然護理區

Tai Po Kau Nature Reserve

大埔滘於1977年被劃定為特別地區，這裏擁有全香港最美麗的樹林。數十年前種植的人工樹林延伸於大埔滘460公頃的土地上，原生品種令這個亞熱帶樹林的品種更豐富。這個護理區位於橫貫新界中部山嶺的東端，在沙田和大埔之間，內有低谷，亦有山坡和高峰。

大埔滘自然護理區是行山人士認識樹木的好地方，亦讓愛好大自然的人了解香港戰後的植林工作。現時可在這裡找到超過100種樹木，不斷增加的樹木品種及溪澗、山谷和山坡內的多樣微生態系統為多種生物提供了寶貴的生態。這裡可找到大約一半的香港雀鳥和三分之二的蝴蝶，其他如蜻蜓、淡水魚、兩棲類動物、爬蟲類動物和哺乳類動物的品種也很多。當你靜靜地漫步於大埔滘時，便能在樹林內和溪澗裡看見這些動物。

大埔滘的自然資源是經過多年努力的成果。這裡的植林工作始於二十年代，最常見的種植品種是馬尾松，故這一帶亦有「松仔園」之稱。其後，這裏亦種植了紅膠木、白千層、杉樹和台灣相思等外來樹木，形成了今天肥沃的土地，讓原生樹木能繁衍生長。

這裡距離舊大埔公路僅數百米，讓遊客可一瞥香港原始的亞熱帶森林。自然教育徑以此為起點，為遊人生動地展示出這個綠色世界。

Tai Po Kau, designated a Special Area in 1977, has some of Hong Kong's best forests. Long established plantations extend across the Nature Reserve's 460 hectares, while native species are enriching its subtropical forest. The reserve - at the eastern end of a range in the central New Territories, about halfway between Sha Tin and Tai Po - has low valleys and also high slopes and summits.

Tai Po Kau Nature Reserve is a wooded delight for walkers, and for nature lovers it offers a fascinating case study of Hong Kong's postwar reforestation. Today, over 100 tree species are found in the area. This increasing plant diversity, and the variety micro-ecosystems in its streams, valleys and hillsides, gives valuable habitats for numerous creatures. Almost half of the Hong Kong bird species are found here and two thirds of its butterflies. There are many species of other animal groups: dragonflies, freshwater fish, amphibians, reptiles and various mammals. If you walk quietly, you can see many species from these animal groups in the Tai Po Kau woodlands and streams.

Tai Po Kau's natural wealth is the result of decades of effort. Tree planting began here in the 1920s. The main species planted then - Chinese Red Pine - gave the area its name, Tsung Tsai-yuen (or "Pine Garden"). Still later Brisbane Pine, Paper-bark Tree, China Fir and Taiwan Acacia were planted, creating the fertile ground conditions for today's natural propagation of native trees.

Now, here, just a few hundred metres from the old Tai-Po Road, visitors can glimpse something of primeval sub-tropical forest in Hong Kong. The Nature Trail, which begins nearby, provides a living introduction to this green world.



郊農自然護理署郊野公園及海岸公園管理局
Country and Marine Parks Authority, A.F.C.D.





大埔滘自然護理區

TAI PO KAU NATURE RESERVE

大埔滘自然教育徑
Tai Po Kau Nature Trail

大埔滘林徑
Tai Po Kau Forest Walks

大埔滘野外研習園
Tai Po Kau Outdoor Study Centre

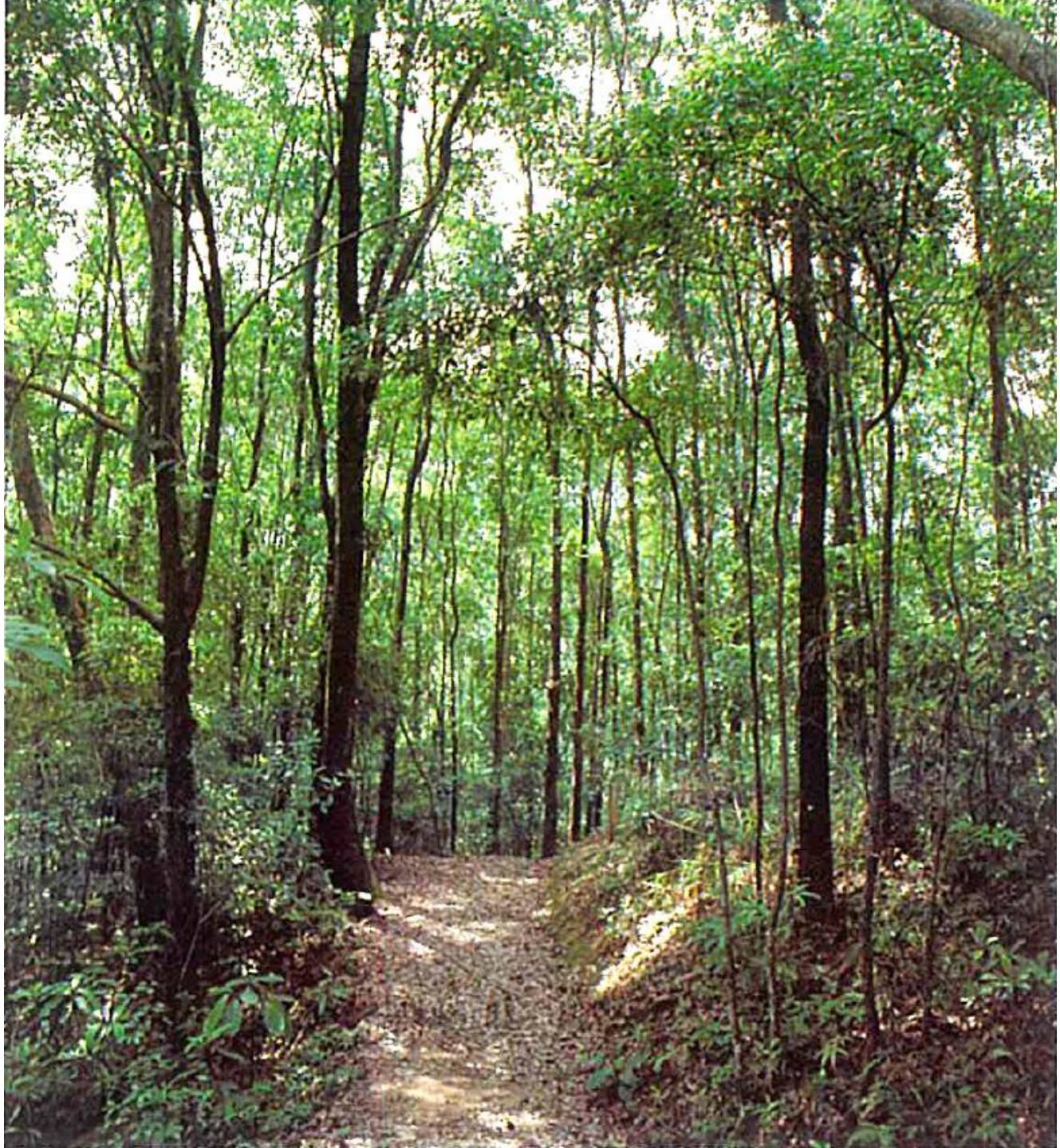
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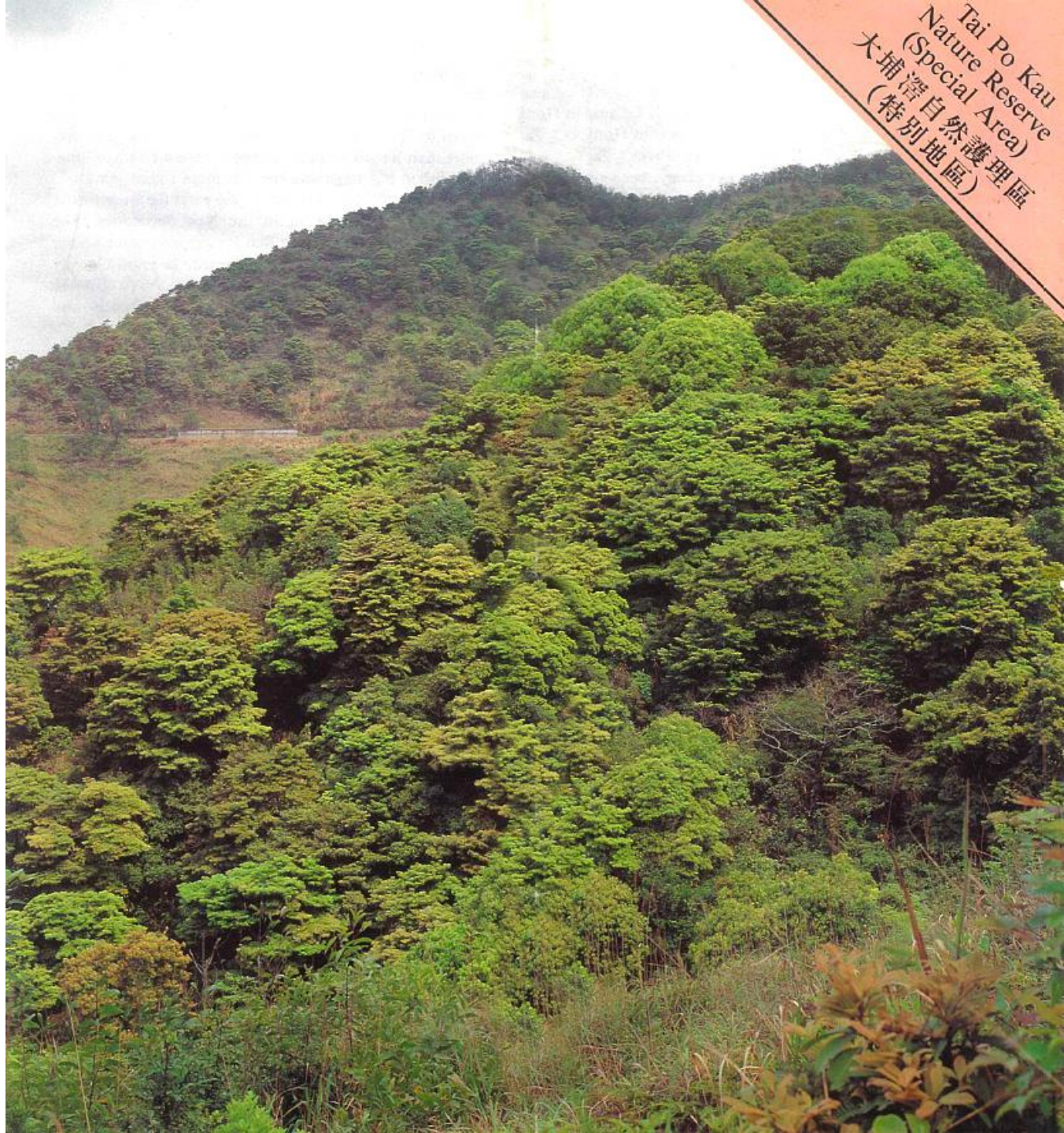








Tai Po Kau
Nature Reserve
(Special Area)
大埔滢自然護理區
(特別地區)





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樹木研習徑

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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樹木研習徑

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.



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樹木研習徑



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.



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樹木研習徑



筋欖花椒

此花椒彼花椒，筋欖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，筋欖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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樹木研習徑

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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樹木研習徑

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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樹木研習徑

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 Caesalpiniaceae 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.



臺南市農業局
Department of Agriculture, Forestry and
Aquaculture, Tainan City

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樹木研習徑

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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The Chinese University of Hong Kong

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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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樹木研習徑



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的昆蟲提供食糧，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，在大嶼山的羅賓灣一帶尤其常見。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，不失雅致。

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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密菜萸

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。密菜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；密菜萸是廿四味的成分，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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