漁農自然護理署
Agriculture, Fisheries and Conservation Department

郊野樂行
Enjoy Hiking

昂坪自然中心
Ngong Ping Nature Centre

郊野公園及特別地區遊覽守則
Code for Visiting Country Parks and Special Areas

郊野公園遠足安全指引
Country Park Hiking Safety Guidelines



附近特色景點
Nearby Attractions

昂坪自然中心
Ngong Ping Nature Centre

大嶼山的自然旅遊資源豐富，是市民和訪客探索香港獨特郊野景貌的理想地點。位於昂坪市集的昂坪自然中心，設有互動展品提供郊遊資訊，介紹昂坪一帶的特色遠足路線，以及大嶼山的文化歷史、生態環境和自然景觀，同時推廣自然保育。

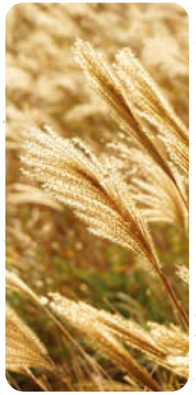
Lantau has rich natural tourism resources and is an ideal place for locals and visitors to explore the unique and scenic countryside of Hong Kong. Situated at Ngong Ping Village, Ngong Ping Nature Centre offers interactive exhibitions that provide countryside information on the recommended hiking routes in Ngong Ping area as well as the culture, history, biodiversity and scenic spots of Lantau, while promoting nature conservation in parallel.



昂坪自然中心 Ngong Ping Nature Centre

大東山芒草及石屋 Silvergrass on Sunset Peak and Stone Chalets





大東山
Sunset Peak

每年秋天披上「黃金披風」的大東山在文青界可謂無人不曉。位於大嶼山的大東山，海拔869米高，是香港第三高峰。每年11月至12月，太陽把山坡上一層層一望無際的芒草映照成金黃色，在日出日落的逆光時更是金光閃閃，身處其中，猶如動畫《風之谷》結局中的金黃草原，成為文青必到的朝聖景點。想照片更有層次，就要把山坡上的小石屋納入觀景窗內。石屋共22間，稱為「爛頭營」，建於1920年代，一沙一石都是由工人從山腳搬運上來，曾為英國傳教士上山靈修和度假之用。

Every hipster knows that Sunset Peak is draped in a gold cloak in autumn. Located on Lantau Island, Sunset Peak stands 869 metres and is the third tallest peak in Hong Kong. It is even a place of pilgrimage between November and December – as the sun's rays reflect off the slope at sunrise and sunset, the seas of silvergrass appear golden, irresistibly reminiscent of the golden field at the end of the animated film Nausicaä of the Valley of the Wind. To create a sense of depth in your photos, make sure to include the stone chalets in the background. There are 22 of them, now known as Lantau Mountain Camp. They were built in the 1920s and their building materials were transported manually from the foothill to the mountain, as a place for spiritual formation and holiday accommodation for British missionaries.

石壁水塘
Shek Pik Reservoir

石壁水塘位於大嶼山西南面，於1963年落成，結集從東面狗牙嶺、西面羌山及北面木魚山與獅子頭山的水源，曾經是全港儲水量最大的水塘，其標誌是南面大草坪斜坡的主壩。想感受石壁遠離繁囂的寧靜，除了在壩上踏踏，還可以深入東面的石壁郊遊徑，飽覽水塘與山嶺的風光，看著白雲在平靜的水面飄盪，黃昏時分還有落日餘暉。每到2月至4月的花季，山徑還可看到車輪梅與杜鵑花的盛放。

Completed in 1963, Shek Pik Reservoir is located in southwest Lantau and fed by Kau Nga Ling in the east, Keung Shan west, and Muk Yue Shan and Sze Tse Tau Shan north. It used to have the largest capacity in Hong Kong, and the main dam on a sweep of lawn on the slope makes it a unique landscape. Apart from the dam, Shek Pik Country Trail, which sits further in the east, is another place in Shek Pik to get away from the hustle and bustle. It offers sweeping vistas of the reservoir and the mountains, spectacular sight of floating clouds reflected in the water, and superb views of the light of the sunset's afterglow. Between February and April, when flowers are in season, the footpath also features Hong Kong Hawthorn and Rhododendron in full bloom.



石壁水塘 Shek Pik Reservoir

漁農自然護理署
Agriculture, Fisheries and Conservation Department





昂坪自然步道
Ngong Ping Trail

昂坪自然步道
Ngong Ping Trail

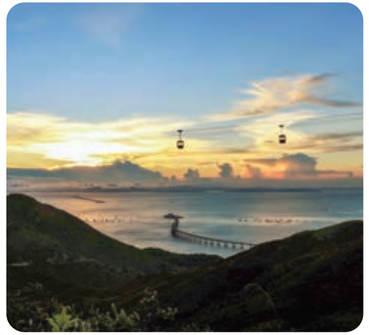


彌勒山段
Nei Lak Shan Section



遠眺香港國際機場　Overlooking Hong Kong International Airport

彌勒山段是從昂坪自然中心出發的環迴路線，走過昔日的茶園，體會「心經簡林」的翠綠禪境。經過東山法門後，路線與彌勒山郊遊徑重疊，這裡春夏季遇著附近山崗霧氣環繞，鳳凰山及大東山若隱若現，秋冬季芒草搖曳，令人煩氣盡消。沿途山徑景色多變，東面可見散落山上的精舍和靜苑，還有東涌市鎮的景致，北面則俯瞰香港國際機場，而西面延伸入珠江口的港珠澳大橋橫跨海上，延綿不斷，當中兩個人工島俯伏海面，尤如雙龍吐珠，海中爭鳴，於日落時分閃閃發光，與機場遙相呼應。



遠眺港珠澳大橋　Overlooking Hong Kong-Zhuhai-Macao Bridge

Nei Lak Shan Section is a circular path starting at Ngong Ping Nature Centre. Passing an old tea garden, you can soak up the serene atmosphere at Wisdom Path. The route is connected to Nei Lak Shan Country Trail after passing Dong Shan Fa Mun archway. In spring and summer, Lantau Peak and Sunset Peak are shrouded in fog and mist while in autumn and winter, the hillside is covered with swaying silvergrass. Scenes vary along the route. On the east it looks out on Tung Chung Town Centre and the monasteries and temples that scattered on the hill, while on the north, it overlooks Hong Kong International Airport. On the west, Hong Kong-Zhuhai-Macao Bridge stretches into the Pearl River. The two artificial islands of the bridge look like two dragons playing in water and echo with the airport under the golden rays during sunset.

市集段
Village Section



心經簡林　Wisdom Path







鳥瞰昂坪及天壇大佛　Overlooking Ngong Ping and Big Buddha

市集段環繞昂坪市集一圈，以昂坪自然中心為起點。走過古舊茶園，漫步「心經簡林」38支巨型木柱排成的無限符號，細味刻有著名國學家饒宗頤教授的墨寶《般若般羅蜜多心經》。穿過翠綠幽靜的山林至東山法門，左轉到達彌勒山觀景台後，可遠眺莊嚴宏偉的天壇大佛、悠閒恬靜的昂坪市集，以及索罟群島的有趣島形。

Village Section circles around Ngong Ping Village, starting at Ngong Ping Nature Centre. After walking past an old tea garden, you will reach the Wisdom Path, a landscaped installation of 38 massive wooden pillars arranged in the pattern of the infinity symbol. The wooden columns are inscribed with the original calligraphy featuring the Heart Sutra from world-renowned sinologist Professor Jao Tsung-I. After passing Dong Shan Fa Mun archway, the route continues to the left and leads to Nei Lak Shan Viewing Point with scenic views of the majestic Big Buddha, the tranquil and peaceful Ngong Ping Village as well as the interesting shape of Soko Islands.

鳳凰山段
Lantau Peak Section



鳳凰山段可在昂坪自然中心出發，經過鳳凰觀日牌坊後，便可沿「天梯」緩緩攀登934米高的鳳凰山。鳳凰山又名「爛頭山」，源於其山頂狀似凹陷的頭部，香港開埠之前，當地村民一直以「爛頭」稱之，直至19世紀英國人來到後，他們以「爛頭」(Lantau) 命名大嶼山。登頂後，在天朗氣清的日子可一睹石壁水塘、大嶼山南部水域和昂坪一帶，雲霧繚繞時又有機會置身於雲海之中。

Lantau Peak Section starts at Ngong Ping Nature Centre. Passing through the Lantau Peak Sunrise Portal, the challenge to reach the top of Lantau Peak at 934 m in height starts. Before Hong Kong became a trading port, local villagers had always referred to Lantau Peak as 'Lan Tau', which means 'broken head' in Chinese, because the outline of its summit looks broken apart. In the 19th century when



鳳凰觀日牌坊　Lantau Peak Sunrise Portal

British people came to Hong Kong, the whole island was called the same name; this is how Lantau Island got its name. At the peak, you can enjoy the views of Shek Pik Reservoir, south of Lantau and Ngong Ping on a sunny day, or witness a sea of clouds when mist wreathes the hilltop.



昂坪自然步道
Ngong Ping Trail



昂坪自然中心
Ngong Ping Nature Centre



昂坪廣場
Ngong Ping Piazza



鳳凰雕像
Phoenix Statue



心經簡林
Wisdom Path



鳳凰觀日
Sunrise View from Lantau Peak



遠眺鳳凰山及大東山
View of Lantau Peak and Sunset Peak

N

彌勒山
Nei Lak Shan

彌勒山郊遊徑 Nei Lak Shan Country Trail

北大嶼郊野公園
Lantau North Country Park

昂坪
Ngong Ping

鳳凰徑（第四段）
Lantau Trail (Section 4)

往東涌 To Tung Chung

昂平路 Ngong Ping Road

地塘仔
Tei Tong Tsai

獅子頭山
Sze Tsz Tau Shan

木魚山
Muk Yue Shan

鳳凰徑（第三段）
Lantau Trail (Section 3)

石壁郊遊徑 Shek Pik Country Trail

南大嶼郊野公園
Lantau South Country Park

鳳凰山 LANTAU PEAK 934m

起點 / Start
終點 / Finish

郊野公園 Country Park	告示板 Information Board
市集段 Village Section	觀景台 Viewing Point
彌勒山段 Nei Lak Shan Section	涼亭 Shelter
鳳凰山段 Lantau Peak Section	廁所 Toilet
鳳凰徑 Lantau Trail	露營地點 Campsite
遠足路徑 Hiking Trail	巴士站 Bus Stop
道路 Road	緊急求助電話 Emergency Helpline
纜車纜索 Cable Car Ropeway	

0 100 200 400 600 800 米 Metre

推介路線 Recommended Route　高度圖 Elevation Profile

市集段 Village Section



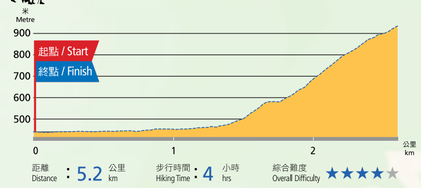
距離 Distance：3.9 公里 km　步行時間 Hiking Time：1 小時 hrs　綜合難度 Overall Difficulty ★☆☆☆☆

彌勒山段 Nei Lak Shan Section



距離 Distance：6.0 公里 km　步行時間 Hiking Time：2.5 小時 hrs　綜合難度 Overall Difficulty ★★☆☆☆

鳳凰山段 Lantau Peak Section



距離 Distance：5.2 公里 km　步行時間 Hiking Time：4 小時 hrs　綜合難度 Overall Difficulty ★★★★☆



遠眺東涌市
View of Tung Chung Town



遠眺香港國際機場
View of Hong Kong International Airport



彌勒山轉向站
Nei Lak Shan Angle Station



遠眺港珠澳大橋及昂坪纜車
View of Hong Kong-Zhuhai-Macao Bridge and Ngong Ping Cable Car



從觀景台俯瞰昂坪
Overlooking Ngong Ping from Viewing Point



昂坪市集
Ngong Ping Village