

港燈與長春社攜手合辦「綠遊香港」，以提升香港島及南丫島的生態保育和推動兩地的可持續發展，並促進市民對香港生態文物資源的認識。計劃包括於港島及南丫島開發八條生態文物徑，並沿途設置教育資訊牌，以及培訓超過一百五十位義務生態導賞員帶領市民認識香港的生態文物資源。

這份指南介紹了位於南丫島的四條日間及一條夜間生態文物徑，與大家分享其中有趣或富歷史價值的景點，讓我們齊齊綠遊香港，自然起行！

To enhance the ecological value of Hong Kong and Lamma islands, as well as to promote sustainable development and environmental education, HK Electric and The Conservancy Association join hands to undertake the **Green Hong Kong Green** programme. Eight eco-heritage routes have been developed, with education panels en-route and over 150 voluntary eco-leaders trained to conduct eco-tours for the public.

This eco-tour map introduces a highlight of the interesting spots along the five routes developed on Lamma, including four day routes and one night safari tour. Come and experience the natural wonders of Green Hong Kong Green.

南丫島簡介

南丫島是香港第三大島嶼，面積約13.55平方公里，僅次於大嶼山和香港島。由於島的形狀和樹枝相似，故稱為「南丫島」。整個島嶼主要分為南段的索罟灣及北段的榕樹灣。由於南丫島四面環海，山巒起伏，風景優美，所以成為香港著名的郊遊和遠足地點，而貫穿榕樹灣與索罟灣的家樂徑更是遊客必到之地。

南丫島上並沒有任何公共交通工具，居民多以單車代步。由於南丫島地理位置有利漁業發展，在索罟灣的海岸仍有魚排，海鮮酒家林立，成為南丫島的另一特色。

索罟灣天后廟
Sok Ku Wan Tin Hau Temple



索罟灣涼亭
Sok Ku Wan Pavilion

Introducing Lamma Island

Lamma Island, the third largest island in Hong Kong, has an area of about 13.55 sq. km. The name of the island comes from its shape which resembles the fork of a tree. With its beautiful shorelines and a diversified environment, Lamma Island has become a popular attraction for tourists, as well as an idyllic living environment. The Family Trail running from Yung Shue Wan to Sok Kwu Wan is also a hot spot for hikers and visitors.

There is no public transport on Lamma and most residents get around by small carts and bicycles. Many local residents operate seafood restaurants along the coast and various fishing rafts can be seen close by.



鹿洲天后廟
Luk Chau Tin Hau Temple

榕樹灣天后廟
Yung Shue Wan Tin Hau Temple



南丫島歷史文化簡介

南丫島舊稱為「博寮洲」，是香港最早的考古出土所在地。早在1931年由一位神父在洪聖爺及大灣海灣一帶，發掘到一些新石器時代的器皿及石器用具，而香港大部份現存的新石器時代文物都是在南丫島發現，故推斷在遠古時代已有人聚居。

南丫島的古蹟，大部份與海、漁民和捕魚有關，如一個小小的海島上竟有三間百多年歷史供漁民供奉的天后古廟，分別位於榕樹灣、鹿洲山下及索罟灣，足證漁民和捕魚業與南丫島的深厚關係。

History and Culture

Before the arrival of the British, Lamma Island was known as "Pok Liu Chau" or "place where foreign vessels dock". Over 1,000 years ago travellers stopped by Lamma Island, rather than Hong Kong Island. In 1931 a priest discovered several stone containers, believed to have been cut during the New Stone Age. Since most of Hong Kong's relics from the New Stone Age were found on Lamma, it is believed that there were human settlements on the island since ancient times.

Most of the relics and historical monuments found on Lamma are related to the maritime environment and the fishing industry. Three temples located at Yung Shue Wan, Luk Chau Shan and Sok Ku Wan were built more than 100 years ago and in honour of Tin Hau, Goddess of the Sea.

南丫島 LAMMA ISLAND

生態文物徑指南 ECO-TOUR MAP

綠遊香港 自然起行



南丫島的生態特色

南丫島的生態資源豐富，遊人可以看到很多不同的生態環境，例如富生態價值的泥灘和次生林、吸引蝴蝶及鳥類穿梭的花叢、農地及荒地、香港獨特的石牆樹及佈滿遠古時代遺留下來的花崗岩山丘等。

不同的生態環境孕育著不同的動植物，例如俗稱「人面蜘蛛」的大木林蜘蛛；本地較罕見的蝴蝶物種「小紅蛺蝶」；以及在南丫島首次發現的香港特有種盧氏小樹蛙，以及到南丫島深灣產卵的綠海龜等。

Ecological Characteristics

The abundant environmental resources on Lamma Island provide highly diverse natural habitats, including mudflats, beaches, flowering shrubs, tall trees and granite hills, etc. A wide range of organisms and plants could also be found on Lamma, such as woodland spiders, "Painted Lady", and endemic species like Romer's Tree Frogs and Green Turtles.

彈塗魚 • Mudskipper (*Periophthalmus cantonensis*)

彈塗魚是兩棲魚類，喜歡在泥灘上彈來彈去。全身呈深灰褐色，跟泥灘的顏色相似，具保護色的作用。頭頂上長有一雙凸出的大眼睛，方便搜捕獵物。彈塗魚的胸鰭肌肉發達，強壯有力，而且胸鰭連在一起，使牠們能在泥灘表面上彈跳自如。牠們主要進食藻類及昆蟲，本身亦是雀鳥的主要食物之一。

The Mudskipper is an amphibious fish that skips over mudflats. Its grayish-brown colour provides excellent camouflage, with large over-hanging eyes that are ideal for hunting. They prey on algae and insects but they themselves are also a main food source for birds.



招潮蟹 • Fiddler Crab (*Uca spp.*)

招潮蟹最明顯的特徵是雄蟹的兩隻螯大小不同，而雌蟹的兩隻螯則大小相同而且非常細小。招潮蟹身體顏色各有不同，惟同樣能轉變顏色來保護自己。在交配季節，雄蟹會揮動其大螯來吸引雌蟹。招潮蟹多於泥灘或紅樹林出現，由於牠們只能在地面上捕食，所以在退潮時才會發現牠們的蹤影。

The male Fiddler Crab has one exceptionally large cheliped or claw to attract females and to fend off competitors. The female's pincers are tiny and of equal size. Fiddler Crabs usually appear on mudflats and mangroves during low tide for food and protection.



小紅蛺蝶 • Painted Lady (*Vanessa cardui*)

小紅蛺蝶是世界上分佈最廣的蝴蝶之一，但在香港並不常見，可於西貢海下灣東北面的南風半島、南丫島等地看見牠們的蹤影。小紅蛺蝶具有長距離遷飛的能力，前翅頂角附近有幾個白色小斑，而在翅膀中間部份有紅黃色不規則橫帶，由後翅基部延伸到前翅邊緣一帶，佈有白黃色鱗片狀圖案。

The Painted Lady is not common in Hong Kong but can be found in places like Sai Kung and Lamma Island. It can fly a long distance with forewings featuring white dots, with irregular red and yellow stripes at the centre. White and yellow scale-shaped patterns can also be seen at the base of the hindwings, all the way to the edge of its forewings.



小白鷺 • Little Egret (*Egretta garzetta*)

小白鷺屬鷺科，全身白色，黑色喙尖而長，方便捕捉獵物。腳趾黃色，是香港常見的留鳥。繁殖期間頭上和身體長有飾羽，而臉上裸露的黃色皮膚變得較明顯，甚至呈紅色，藉以吸引異性。牠們主要進食魚類、蛙類及昆蟲，並常跟大白鷺及池鷺一起於新界北部的蕪林內築巢繁殖。

With its white body, slender black bill and distinctive yellow feet, the Little Egret is one of the most common birds in Hong Kong. Their main sources of food are fish, frogs and insects. They usually breed along the northern part of the New Territories with the Great Egret and the Chinese Pond Heron.



大木林蜘蛛 • Wood Spider (*Nephila maculata*)

大木林蜘蛛據稱是香港目前發現體型最大的本地蜘蛛，由於牠的胸部有類似人面的圖案，故稱「人面蜘蛛」。雌性的腳距闊15厘米，體長5厘米，比雄性大兩倍多，一般住在森林和紅樹林裏面。所結的蜘蛛網是立體剪裁，可以伸展橫跨樹林中的小徑。

With a pattern resembling a human face on its chest, the Wood Spider is probably the largest primitive spider in Hong Kong. The female Wood Spider is about 5 cm long and up to 15 cm with its legs stretched out, about twice as large as the male. It is usually found in forests, mangroves and along hiking trails throughout Hong Kong and Lamma Island.



龍眼雞 • Lantern-fly (*Fulgora candelaria*)

龍眼雞是蟻蟬的一種，外形和顏色都討人喜愛。其實那像象鼻般的凸出物並不是鼻子，沒有呼吸的功能。牠飛行時會展露鮮黃色的後翅，非常奪目。牠最喜歡在龍眼、荔枝等樹幹上出現，吸食植物的汁液，一年四季皆可找到牠們。

The Lantern-fly is a lovely member of the planthoppers that can be seen all year round and is remarkable for its snout-like protrusion. This protrusion does not have any breathing function. Its favourite food is plant sap and it enjoys hanging out on the trunks of the Longan and Lychee trees.



盧氏小樹蛙 • Romer's Tree Frog (*Liuixalus romeri*)

盧氏小樹蛙是在南丫島首次被發現，是香港特有品種，以發現牠的自然學家約翰·盧文先生的姓氏命名。除南丫島外，只有在大嶼山、蒲台島及赤臘角有自然分佈。牠個子小，體長只有15-25毫米，就如一個一元硬幣大小，在世界自然保育聯盟紅皮書中屬「瀕危」物種，受重視的程度及地位跟黑臉琵鷺同級。

Romer's Tree Frog is a native species of Hong Kong, first discovered on Lamma Island and named after the discoverer, J.D. Romer. Romer's Tree Frog is a tiny frog, with body length of only 15-25 mm, which is about the size of a one-dollar coin. It is now listed as an endangered species in the International Union for Conservation of Nature Red List and has the same protected status as the Black-faced Spoonbill.



生態旅遊守則

生態旅遊的目的是透過親身體驗，增加對環境生態系統、自然資源及歷史傳統文化的認識，從而提高自然保育意識，並在對環境造成最少影響的原則下，成為具經濟效益的旅遊活動。

Dos and Don'ts during Eco-tours

Eco-tourism aims to give visitors the opportunity to learn more about the ecology, natural resources as well as the history and culture of a place through direct contact with the natural environment. It also aims to enhance environmental awareness and benefit the local economy with minimal impact on nature.



穿著長袖衣服及長褲，並塗上驅蟲劑，除可防止蚊叮蟲咬外，亦可避免被草叢灌木割傷。
Wear trousers, long-sleeved clothing and use repellents to prevent insect bites and sharp cuts by grass or shrubs.



欣賞河海岸邊生態時，切勿挖掘沙石或翻起岸邊石頭，以免破壞原有生態環境及騷擾水中生物。
Do not dig or dislodge pebbles and stones along the seashore to avoid disturbing the local inhabitants.



觀賞雀鳥時，不應過度接近鳥巢，以免驚嚇鳥兒，導致棄巢。
Keep your distance from birds' nests to avoid disturbing the birds and scaring them into abandoning their nests.



避免用手觸摸兩棲類動物，因為皮膚是牠們主要的呼吸器官，一旦接觸到化學物如防蚊劑等，會造成嚴重傷害。
Avoid all hand contact with amphibians as their skin is one of their major breathing organs. Any mosquito-repellent or other chemicals on your hands will cause serious damage to them.



野生生物的「建築物」— 蜘蛛網、蟻巢、鳥巢等，是這些生物賴以為生的天然建築物，應保持原狀，不應干擾或破壞。
Do not touch any "natural establishments" such as spider webs, ant habitats and bird's nests.



觀察蝴蝶時，所穿衣服的顏色越配合大自然，越容易接近細看。
When watching butterflies, wear clothing of a colour that matches the natural environment.



切勿騷擾綠海龜產卵，否則可能使牠們永遠不再回到產卵地。
Do not disturb the green turtles during their breeding season as they may never return again.

路線
ROUTE
1

生態初探 • Ecology ABC

榕樹灣渡輪碼頭 → 榕樹灣天后廟 → 洪聖爺灣泳灘 →
植樹區涼亭 → 蘆鬚城學校 → 索罟灣天后廟 →
索罟灣渡輪碼頭

Yung Shue Wan Ferry Pier → Yung Shue Wan Tin Hau Temple →
Hung Shing Yeh Beach → Tree Planting Site Pavilion →
Lo So Shing School → Sok Kwu Wan Tin Hau Temple →
Sok Kwu Wan Ferry Pier

需時：約1.5小時
Duration: about 1.5 hours
難度：☆☆☆☆☆



榕樹與榕小蜂的
共生關係
Symbiotic Relationship
Between Fig Trees
and Fig Wasps



次生樹林(樹林的演替)
Secondary Woodlands
(The Succession of
Woodlands)

路線
ROUTE
2

風之旅 • Wonders of Wind Energy

榕樹灣渡輪碼頭 → 寶華園 → 大坪村 → 北角植林區 →
大嶺村 → 南丫風采發電站 → 榕樹灣大街/ 大灣肚 →
榕樹灣渡輪碼頭

Yung Shue Wan Ferry Pier → Po Wah Yuen →
Tai Peng Village → Pak Kok Tree Planting Site →
Tai Ling Village → Lamma Winds →
Yung Shue Wan Street/ Tai Wan To → Yung Shue Wan Ferry Pier

需時：約2小時
Duration: about 2 hours
難度：☆☆☆☆☆



蒲葵及蝙蝠的居所
Chinese Fan Palm and
the Home of Bats



山火與演替作用
Hillfire and Succession

路線
ROUTE
3

賞石行 • Ramble on the Rocks

索罟灣渡輪碼頭 → 索罟灣天后廟 → 騎樓石 →
東澳 → 石排灣沙灘 → 榕樹下 → 模達舊村 →
南丫島家樂徑 → 索罟灣渡輪碼頭

Sok Kwu Wan Ferry Pier → Sok Kwu Wan Tin Hau Temple →
Balcony Rock → Tung O → Shek Pai Wan Beach →
Yung Shue Ha → Mo Tat Old Village →
Lamma Island Family Trail → Sok Kwu Wan Ferry Pier

需時：約3小時
Duration: about 3 hours
難度：☆☆☆☆☆



火山爆發的遺產
Vestige of Volcanic
Eruptions



海岸植物
Coastal Plants

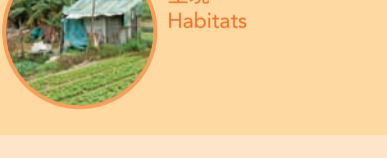
路線
ROUTE
4

草本尋芳 • The Hong Kong Greenhouse

榕樹灣渡輪碼頭 → 大坪村 → 北角新村 →
北角舊村 → 牙較灣 → 澳仔 → 榕樹灣渡輪碼頭

Yung Shue Wan Ferry Pier → Tai Peng Village →
Pak Kok Sun Tsuen → Pak Kok Kau Tsuen →
Nga Kau Wan → O Tsai → Yung Shue Wan Ferry Pier

需時：約3小時
Duration: about 3 hours
難度：☆☆☆☆☆



生境
Habitats



被處決的土沉香
"Execution" of
Incense Tree

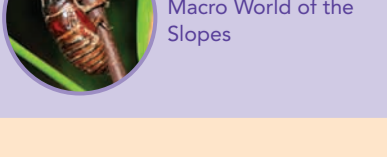
路線
ROUTE
5

黑夜尋寶 • Night Safari

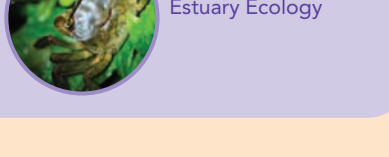
索罟灣渡輪碼頭 → 索罟灣天后廟 → 河口 →
沿路天然斜坡 → 索罟灣渡輪碼頭

Sok Kwu Wan Ferry Pier → Sok Kwu Wan Tin Hau Temple →
Estuary → Natural Slopes En-route → Sok Kwu Wan Ferry Pier

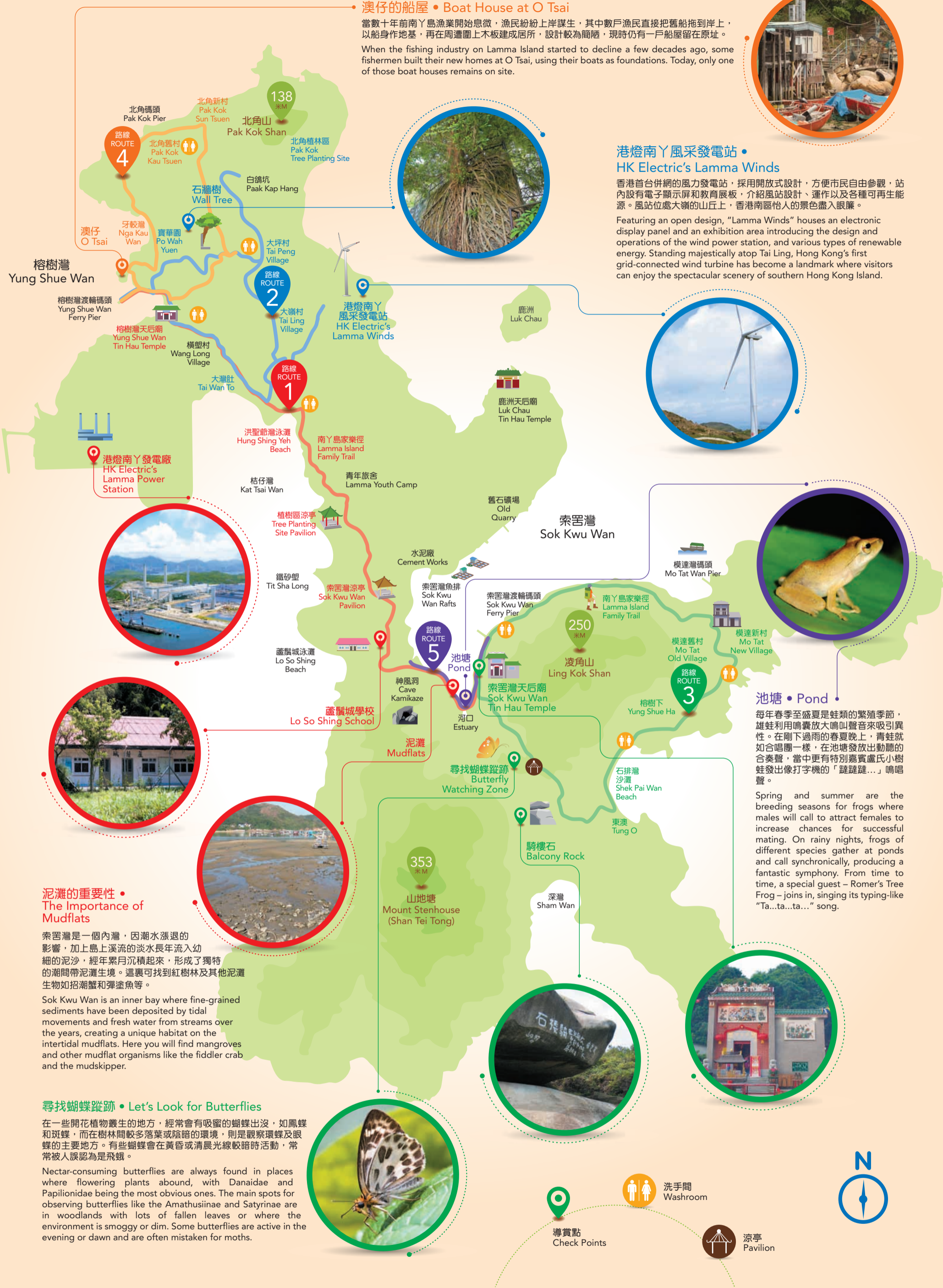
需時：約1.5小時
Duration: about 1.5 hours
難度：☆☆☆☆☆



斜坡的微观世界
Macro World of the
Slopes



河口生態
Estuary Ecology



澳仔的船屋 • Boat House at O Tsai

當數十年前南丫島漁業開始息微，漁民紛紛上岸謀生，其中數戶漁民直接把舊船拖到岸上，以船身作地基，再在周圍圍上木板建成居所，設計較為簡陋，現時仍有一戶船屋留在原址。

When the fishing industry on Lamma Island started to decline a few decades ago, some fishermen built their new homes at O Tsai, using their boats as foundations. Today, only one of those boat houses remains on site.



港燈南丫風采發電站 • HK Electric's Lamma Winds

香港首台併網的風力發電站，採用開放式設計，方便市民自由參觀，站內設有電子顯示屏和教育展板，介紹風站設計、運作以及各種可再生能源。風站位處大嶺的山丘上，香港南區怡人的景色盡入眼簾。

Featuring an open design, "Lamma Winds" houses an electronic display panel and an exhibition area introducing the design and operations of the wind power station, and various types of renewable energy. Standing majestically atop Tai Ling, Hong Kong's first grid-connected wind turbine has become a landmark where visitors can enjoy the spectacular scenery of southern Hong Kong Island.



池塘 • Pond

每年春季至盛夏是蛙類的繁殖季節，雄蛙利用鳴囊放大喇叭音來吸引異性。在剛下過雨的春夏晚上，青蛙就如合唱團一樣，在池塘發出動聽的合奏聲，當中更有特別嘉賓盧氏小樹蛙發出像打字機的「噠噠噠...」鳴聲。

Spring and summer are the breeding seasons for frogs where males will call to attract females to increase chances for successful mating. On rainy nights, frogs of different species gather at ponds and call synchronously, producing a fantastic symphony. From time to time, a special guest – Romer's Tree Frog – joins in, singing its typing-like "Ta...ta...ta..." song.



泥灘的重要性 • The Importance of Mudflats

索罟灣是一個內灣，因潮水漲退的影響，加上島上溪流的淡水長年流入幼細的泥沙，經年累月沉積起來，形成了獨特的潮間帶泥灘生境。這裏可找到紅樹林及其他泥灘生物如招潮蟹和彈塗魚等。

Sok Kwu Wan is an inner bay where fine-grained sediments have been deposited by tidal movements and fresh water from streams over the years, creating a unique habitat on the intertidal mudflats. Here you will find mangroves and other mudflat organisms like the fiddler crab and the mudskipper.

尋找蝴蝶蹤跡 • Let's Look for Butterflies

在一些開花植物叢生的地方，經常會有吸蜜的蝴蝶出沒，如鳳蝶和斑蝶，而在樹林間較多落葉或陰暗的環境，則是觀察環蝶及眼蝶的主要地方。有些蝴蝶會在黃昏或清晨光線較暗時活動，常常被人誤認為是飛蛾。

Nectar-consuming butterflies are always found in places where flowering plants abound, with Danaidae and Papilionidae being the most obvious ones. The main spots for observing butterflies like the Amathusiinae and Satyrinae are in woodlands with lots of fallen leaves or where the environment is smoggy or dim. Some butterflies are active in the evening or dawn and are often mistaken for moths.



常用電話及網站 Useful Telephones and Websites
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天氣查詢 Weather Enquiries 1878200

長春社 The Conservancy Association
2728 6781
www.cahk.org.hk

港燈 HK Electric
www.hkelectric.com

港九小輪有限公司 Hong Kong and Kowloon Ferry Ltd.
2815 6063
www.hkkf.com.hk

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