



## 濕地四季之夏：新田、米埔、落馬洲



### Summer walk

The wetlands of San Tin,  
Mai Po & Lok Ma Chau

香港最北端的濕地，有許多不同面貌，除了天然形成，還有人工打造。

濕地邊生趣盎然，除了吸引候鳥，還可養魚、養鴨和養蝦，你知道多少？

The northernmost of Hong Kong has an amazing myriad of life forms, overflowing with the joy of birds, fishes, ducks, shrimps in either natural or man-made wetlands.



在夏天踏上這條路線，你可以

This summer walk highlights



參觀與深圳特區一河之隔的落馬洲邊境最新開放區

Venture in the recently opened former Lok Ma Chau frontier closed area, just across Shenzhen



從香港五大族之一的文氏認識新界歷史

Look back to the history of the New Territories from the Man clan



了解獨特的基圍蝦養殖技藝

See how gei wai shrimps are raised in a unique setting

### 建議路線 Suggested route

📍 落馬洲 > 📍 新田 (大夫第、麟峰文公祠) > 📍 担竿洲路  
Lok Ma Chau > San Tin (Tai Fu Tai Mansion, Man Lun Fung Ancestral Hall) > Tam Kon Chau Road

### 起點交通 To the starting point

- 從元朗或天水圍鐵路站乘坐巴士B1號，在下灣漁民新村站下車 或  
Bus No. B1 from MTR Yuen Long or Tin Shui Wai station to Ha Wan Fisherman Tsuen, or
- 在新田公共運輸交匯處 (俗稱皇巴士) 乘往落馬洲方向的專線小巴75號  
Green minibus No. 75 (to Lok Ma Chau) from San Tin Public Transport Interchange

### 終點交通 From the end point

- 於青山公路 / 米埔村乘紅色小巴17號往上水或元朗 或  
Red minibus No. 17 at Castle Peak Road/ Mai Po Village takes you to Sheung Shui or Yuen Long, or
- 巴士76K號往清河邨或朗屏邨  
Bus No. 76K to Ching Ho Estate or Long Ping Estate

### 步程 Walking time

四小時 (如參觀米埔, 需要額外預留兩至三小時)  
4 hours (an extra 2-3 hours for visiting Mai Po Nature Reserve)

### 飲食補給 Replenishment

新田村村口、練板村  
At the entrance of San Tin Village;  
and Lin Barn Tsuen

### 附加行程 Extended route

米埔自然保護區  
Mai Po Nature Reserve

從担竿洲路步行二十分鐘到達米埔濕地自然保護區入口 (須事先登記預約)  
Walk 20 minutes along Tam Kon Chau Road to reach the entrance (booking required for entry)



## 落馬洲補償濕地 Lok Ma Chau - Compensated Wetlands

落馬洲，位於香港北陲，毗連深圳河，古時稱為「勒馬洲」，本來是河邊的一條小村落。一九九零年，繁忙的陸路出入境口岸在落馬洲村附近建成，落馬洲就泛指鄰近一帶的村莊、濕地和魚塘。

Lok Ma Chau was once a small village by Shenzhen River, but now it represents the block of land including villages, wetlands and ponds since a busy border crossing was set up here in 1990.

## Wetland in Four Seasons



二零一三年六月十日起，政府將落馬洲邊境禁區界線推前至深圳河南岸，一大片鄉郊土地從禁區釋放出來，遊人現時無需許可證，都能夠前往參觀落馬洲的濕地、沼澤、魚塘和村落。The Lok Ma Chau Frontier Closed Area was reduced in 10 June 2013, allowing visitors to hang around wetlands, marshes, ponds and villages which was once out of bounds.



觀景台後方是落馬洲分區警署，建於一九一五年，乃二級歷史建築，充滿殖民地風格。Lok Ma Chau Police Station, a colonial-styled Grade II historic building built in 1915, sits behind the viewing compass.

今天的落馬洲港鐵站本是米埔濕地的延伸，為了補償當年因為興建港鐵落馬洲支線而對周遭生態環境的影響，當年九廣鐵路公司耗資四千六百萬，買下落馬洲一帶的魚塘及私人土地，改善池塘面貌，並向元朗養魚戶收購價值低的福壽魚放於池塘，吸引候鳥前來覓食，盡力保持原有的生態環境。遊人如非需要過境內地，是不能夠貿然進入邊境禁區參觀那些濕地的。但如走到附近的落馬洲花園觀景台，落馬洲的濕地風光就可以盡收眼底。

The MTR Lok Ma Chau Station is built on the original extension of Mai Po wetlands. To compensate the loss and conserve the place ecologically, the railway company acquired some private fishponds and lands with HK\$46 million. They enhanced the ponds by introducing tilapias, an inexpensive fish bought from Yuen Long breeders, to feed and attract seasonal birds. These wetlands are not accessible if you're not crossing the border, but they can be viewed from the deck of the nearby Lok Ma Chau Garden.

在眾多陸路口岸之中，落馬洲與深圳市最貼近，數十年前，這處曾經吸引很多外地旅客窺看神秘的中國面貌，其時對岸只有鄉村及農田；內地開放以後，外籍旅客可以輕易進入中國，不需要再到此處「認識」中國了，對岸也已經成為繁華的經濟特區。

As the closest land crossing to Shenzhen, decades ago many foreigners came here to peek at mystic China. After China opened its door to tourism and capitalism, you now see an affluent Special Economic Zone rather than villages and green fields.

從落馬洲花園下來，向北步行十至十五分鐘就到達落馬洲村。過去它一直在邊境禁區範圍內，與深圳河畔的濕地和農地共存，從前住上過千村民，他們出入必須持有禁區通行證；可是現在只剩下幾戶人家。由於受到昔日管制區的保護，落馬洲村仍然保留了純樸的鄉村風貌。老村民今天還會耕種蔬果，黃昏前他們都會在田間做農務。



Walk northwards for 10-15 minutes from Lok Ma Chau Garden to arrive at Lok Ma Chau Tsuen. The village used to be home to over a thousand people (now only a few families left) between wetlands and farms alongside Shenzhen River. They must show their Closed Area Permit to travel further from home. Due to the barrier the village is pretty undisturbed and the old folks still farm the fields through dawn to dusk.



落馬洲村內的「美德家塾」古色古香，建於一八七零年，曾經是落馬洲村民接受教育的地方。五十年代邊界禁區設立，人口陸續遷出，學校最終在七十年代關閉，村民就把它改成張氏祠堂。

The antique Mi Tak Study Hall was built in 1807 and was the school of Lok Ma Chau villagers. As people moved out since 1950s due to the establishment of frontier closed area, the school was closed in 1970s and villagers turned it the ancestral hall of the Cheung clan.

## 新田文氏濕地旁的香港五大族 “Man” of San Tin

新田鄰近落馬洲，住著宋末抗元義士文天祥堂弟文天瑞的後裔。文天瑞的五世孫文孟常最初定居屯門，七世孫文世歌則選擇遷居到現新田一帶，他們當年把不適宜耕作的沼澤填平，造出新的稻田，故此地名為「新田」。

San Tin near Lok Ma Chau is the home to clansmen of Man Tin-cheung, a patriot and hero of the late Song Dynasty. His fifth-generation descendant settled in Tuen Mun while his seventh-generation descendant moved to San Tin. They reclaimed the marshes into new fields - “San Tin” literally in Chinese.



從前務農捕魚為主的新田文氏族人，自一九七零年代香港經濟結構轉型後，許多男性被迫離開鄉村，開始從事漂流四海的船務工作（俗稱「行船」），有些從此在歐美國家落地生根，寄外匯回港繼續養活家人和支持鄉村發展事業，令新田鄉不致凋零。

Once farmers and fisherfolks, male villagers were forced to leave the village in face of economic change of the city during 1970s. Many became sailors who traveled across oceans; some struck roots in European or American countries since then and send money back home to support their families and the village. By this, the village has yet to languish.

如同新界大部分的宗族，新田文氏每年都舉行最重要的春秋二祭，秋祭比春祭更為隆重，許多移居海外的文氏子孫都會專程返港，男男女女，浩浩蕩蕩拜祭先人。

Like most clans in the New Territories, the Man clan hold their ancestral offering ceremonies in Spring and Autumn each year. The latter is a bigger spectacle with the overseas clan members returning home for a grand visit of the ancestral grave.



## Wetland in Four Seasons



文氏居於新田鄉數百年，保留了不少有助我們認識新界鄉土文化的歷史遺產，其中大夫第被譽為香港最華麗的中國傳統歷史建築之一，距今已有一百三十多年歷史，於一九八七年七月被列為法定古蹟，是曾任清朝官職的文氏後人的府第。

Having lived in San Tin for several centuries, the well-preserved heritage of the Man clan is a gateway to village culture of the New Territories. Tai Fu Tai Mansion, residence of a clan member who was a government officer in Qing Dynasty, is one of the most exquisite Chinese traditional architecture in Hong Kong. Built 130 years ago it was declared a monument in July 1987.

大夫第使用華南地區最上乘的建造材料，花廳前的天井伴有很多中國式的裝飾與花紋，例如代表吉祥的蝙蝠、鯉魚等，府內拱門上卻有巴洛克式的花葉浮雕灰塑和彩繪玻璃，中西合璧。你能夠在大夫第內找到一面西式時鐘嗎？

Tai Fu Tai employed the finest construction materials of southern China. You find Chinese embellishments such as bats and carps (as mascots of luck) as well as Baroque carvings of flowers, leaves and stained glass. Can you locate a western clock in the mansion?



大夫第有香港現存唯一由皇帝所賜的牌匾，由清帝御賜褒揚文氏，上面分別刻有漢、滿兩種文字。

The only plaque in Hong Kong awarded by a Chinese (Qing) emperor hangs on a wall in Tai Fu Tai, written in Chinese and Manchu scripts.



## 塘邊的鴨棚屋 Duck Sheds by the Pond

從新田村路進入魚塘區域的路上，一些破破舊舊的鐵皮棚子豎立在魚塘旁邊，它們是早期魚塘主人興建的「鴨棚」。以往大部份漁民都會在魚塘飼養鴨子，一方面增加收入（有時養鴨的盈利比養淡水魚還好）；另一方面，鴨的排泄物正正是很好的魚飼料。昔日養鴨棚的平台是由鐵絲網鋪成，讓鴨的排泄物直接掉進池塘中飼魚。

Along San Tin Tsuen Road to the fish pond quarters there are some old and shabby tin-sheet duck sheds. In early days fisherman also raised ducks in the ponds for extra revenue (sometimes better than fish aquaculture) and recycling duck droppings - they fall into the ponds through the chain-wired floor as a good feedstuff for fish.



# 米埔世界級濕地

Mai Po - A World Class Wetland



米埔濕地位於香港西北面，位處「東亞—澳大拉西亞遷飛區」，是全球季候鳥遷徙的重要中途站。每逢秋天，遷徙中的雀鳥會南飛至東南亞和澳洲避冬，春天再飛回華北及西伯利亞的繁殖地。米埔濕地蘆葦叢生，造就了一個有利環境，非常適合候鳥前來中途棲息、覓食和補充體力，以便牠們應付之後的長途旅程。

Mai Po at northwest Hong Kong sees flocks after flocks of migratory birds of the world as it is the heart of East Asian-Australasian Flyway. Every autumn the birds fly south to Southeast Asia and Australia for warmer weather, and back to their breeding grounds in north China and Siberia in spring. The reedy surrounding of Mai Po wetlands provides a great stop-over for them to rest, forage and revitalize for their long journey ahead.



從新田往練板村途中分支路眾多，遊客可嘗試依據主路穿過魚塘。  
The paths branch through the fish ponds from San Tin to Lin Barn Tsuen - follow main paths amidst the ponds to avoid losing the way.

據估計，每年有超過十萬隻野生水禽在香港棲息，當中包括三十五種全球受威脅或漸危品種，因此米埔一直有「候鳥天堂」的美譽，是國際著名的自然保護區。

By estimation, more than 100,000 wild birds - including 35 threatened or vulnerable species - visit Hong Kong, making Mai Po Nature Reserve a world-known "Paradise of Birds".

九十年代以後漁民陸續交出養鴨牌，不但損失了賣鴨的收入，在養魚方面的飼料開支也隨時代增加，使面對着日漸開放的大陸市場及其廉價進口淡水魚的本地漁民，承受雙重打擊。

After 1990s, most fishermen gave up their duck rearing licenses. Missing out the duck income, the fishermen also had to combat with the increasing cost of fish feeds and the opening up of China's market that brought along cheap imported fresh fish.

今天，絕大部份的養鴨棚已經廢棄，唯獨有一間被主人蘭姐改建成民宅，家居平台仍然保留着由鐵絲網和木板鋪成的原貌，在露台外則放了很多盆栽美化外觀，看起來甚有特色。

Most duck sheds are abandoned except one which is remodeled by Auntie Lan to her home, keeping the wired floor and wooden plates in place and the balcony is spiffed up by pot plants.

米埔濕地雖然受國際公約及本地法例所保護，但事實上濕地界線以外的人為發展一直威脅着濕地的環境質素，例如魚塘被填平、垃圾堆積，這些問題都必須立刻關注。

Despite protected by international convention and local laws, development outside the Mai Po border is a threat to the wetland's environment. Filling of fish ponds and junk piles are problems that require immediate attention.



## 額外收穫基圍蝦

Gei Wai Shrimps - A Gift from the Wetlands



米埔地區位處鹹淡水交界的紅樹林區，水土肥沃，在六十至九十年代初曾是基圍蝦的養殖基地。米埔自然保護區成立後，區內仍然可以看到很多基圍蝦閘。目前蝦閘已經停產，只有兩三個仍然為參觀者示範而運作。

From 1960s to early 1990s Mai Po was a breeding base of *gei wai* shrimps, thanks to its location in the fertile brackish waters. Many *Gei wais* are kept in Mai Po Nature Reserve but most have stopped operation, except a few which work as display models for visitors.

基圍蝦的養殖方法十分簡單天然，基本上利用潮汐漲退來運作，農夫不用花很多工夫，就能夠得到額外的經濟作物。他們在鹹淡水河口圍起的池塘（基圍）設一道水閘，每年秋末，蝦在珠江河口產卵，水漲時水流把海中的有機物及蝦苗流進基圍，然後農民關閉水閘，這樣就能把蝦苗留在塘中養殖，九個月後即每年四、五月收採。因蝦農不需要餵飼蝦隻，營運成本十分低，只要以水閘控制水質便可養殖。

*Gei wai* shrimps are raised naturally by the benefits of tidal water: farmers build a shrimp pond (*gei wai*) at the brackish river mouth and erect a sluice gate at the seaward side. Shrimps lay eggs at the mouth of Pearl River in late autumn. Farmers then open the gate during high tides to welcome influx of sea water along with juvenile shrimps and organic matter. They are bred in the *gei wai* for nine months and harvested in April and May. This is a handy way to gain extra cash crop as no foddering is needed but only to adjust water quality using the sluice gate.

除米埔外，香港許多傳統的基圍已經被廢置，原因是地價高漲，而賣蝦的毛利低，基圍業主寧願把土地賣掉。另一原因是后海灣濕地水質受污染，基圍蝦的質素大受影響，養蝦戶寧願把水閘填塞而改建成淡水魚塘。結果，具有本地特色的傳統基圍養蝦文化完全式微，已經成為一項非物質文化遺產。✧

Most traditional *gei wais* out of Mai Po are deserted due to rocketing land prices of Hong Kong - owners would rather sell the land than leaning on the meager profit from selling the shrimps. Some other converted *gei wais* to freshwater fish ponds due to worsening water quality of the Deep Bay wetlands. Local *gei wai* operation has thus diminished but only has its name listed as an intangible heritage culture. ✧

# 夏季果實集

Fruits in Summer



## 枇杷

Loquat  
(*Eriobotrya japonica*)



## 桑

White Mulberry  
(*Morus alba*)



## 黃皮

Wampi  
(*Clausena lansium*)



## 人心果

Sapodilla  
(*Manilkara zapota*)



## 荔枝

Lychee  
(*Litchi chinensis*)



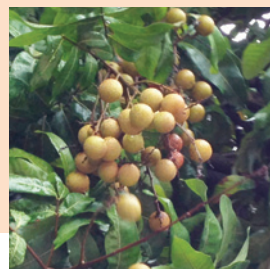
## 芒果

Mango  
(*Mangifera indica*)



## 龍眼

Longan  
(*Dimocarpus longan*)



## 海芒果

Sea Mango  
(*Cerbera manghas*)

(劇毒忌食!)  
(Caution: toxic!)

