

Cycling Tour Guide

單車旅遊指南

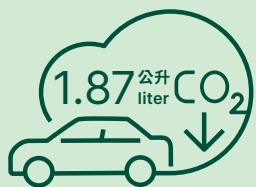


ONE NORTH
朗壹廣場

朗壹廣場是北部都會區首座以身心健康為發展重點的地標式甲級寫字樓及商場綜合項目。我們與低碳本地遊環境教育組織「V'air 香港」聯乘，創作出一份單車旅遊指南。為一眾家庭、朋友及單車愛好者，推介一些鄰近地區的自然生態及文化景點，以提高市民對生物多樣性及綠色生活的關注。

One North is the new mixed-use Grade A office and retail destination in the Northern Metropolis that puts people's health and wellness first. In collaboration with V'air Hong Kong — an environmental education organisation specialised in eco-tourism and climate change education, we created this cycling map to raise the awareness on biodiversity and sustainable living, through introducing valuable ecological and cultural attractions in the neighbourhood for families, friends and cycling lovers.

單車代步 × 低碳生活
Cycling × Low carbon living



私家車輛每行駛十公里所排放的二氧化碳可達1.87公升，使用單車取代車輛可減少對空氣所帶來的污染。

Private vehicles can emit up to 1.87 liters of carbon dioxide per 10 kilometers, replacing private vehicles with bicycles can significantly reduce air pollution.

成年人踏單車30分鐘所消耗的热量可達150千卡，以單車代步可鍛鍊身體耐力，實踐健康生活。

Adults can consume up to 150 kcal by cycling for 30 minutes, which is a good exercise for improving physical endurance and practising a healthy lifestyle.

單車代步比使用車輛產生的噪音污染較少，從而降低對周遭環境的生物及生態所帶來的滋擾。

Switching out cars for bicycles can reduce noise pollution, and thus lowering the disturbance to wildlife.



朗壹廣場 × 低碳生活
One North × Low carbon living

除了單車活動，遊客及用戶更可在「朗壹廣場」廣闊的「舒泰花園」進行各式休閒活動，在繁忙生活中獲得舒壓。這片20,000平方呎的綠茵上更備有多元化的健身、玩樂和洗滌心靈的活動設施，包括200米緩跑徑、多用途草地及體展空間等。

In addition to the cycling activities, a generous communal space at One North invites countless possibilities for active living, to recharge from stressful urban daily life for tenants and visitors. Fitness, play and wellness facilities such as a 200m jogging path, multi-purpose lawn and fitness station will be offered in this 20,000 sq. ft. podium garden.



舒泰花園
Wellness Garden

- 01 平台入口
Podium Entrance
- 02 雕塑草園
Sculpture Lawn
- 03 一喜種田
Farm Together
- 04 奇趣滑梯
Super Slides
- 05 嬉戲園區
Play Area
- 06 緩跑徑
Running Track
- 07 藝展空間
Performance Area
- 08 多用途草地
Multi-purpose Lawn
- 09 體展空間
Fitness Station
- 10 園林景區
Landscape Alcoves
- 11 賞樹觀林
ObservaTree
- 12 休憩花園
Alcove Seating Area

特色景點推介 Featured attractions



01 香港濕地公園 Hong Kong Wetland Park



濕地公園原是生態緩解區，以彌償興建天水圍新市鎮發展而失去的濕地，現為集自然護理、教育及旅遊用途於一身的景點。公園分為訪客中心和濕地保護區兩大部份。訪客中心展現濕地的功能與各類物種，並提供不同有趣的活動，如短片欣賞和手作工作坊，讓訪客寓學習於遊戲。

濕地保護區包括淡水沼澤、蘆葦床、泥灘、紅樹林和林地等生境，為許多生物提供理想的棲息和繁殖地。訪客可以走至保護區邊緣，在棧道上欣賞濕地景色，探索生物與生態系統的互動。週末及假日均提供導賞服務，須提早預約。

The Hong Kong Wetland Park was originally planned as an ecological mitigation area to compensate for the wetlands lost due to the Tin Shui Wai New Town development. It has now become a conservation, education and tourism facility. There are two main zones, namely the visitor centre and the conservation area. The visitor centre showcases the functions and different species of wetlands. Interactive activities such as DIY workshops and film-watching are also provided to allow visitors learning through play.

The conservation area serves as an important habitat and breeding ground for wildlife. It includes freshwater marshes, reed marshes, mudflats, mangroves and woodland. Visitors can stroll along the edges of the conservation area and observe how nature works. Guided tours can be booked on weekends and public holidays.

從朗壘廣場出發 From One North

難度 Level

5.6 公里 34 分鐘



02 山貝河 Shan Pui River



山貝河在元朗工業村以東，當年因發現小灣鱷「貝貝」而聲名大噪。河邊的一小段有一排畢直的白千層，樹皮層次分明，夏秋之際更會長滿白色像刷子的小花，騎著單車賞河畔風景，非常寫意。六十年代間，政府為解決元朗一帶水浸問題，於流經元朗新市鎮的河流展開渠道化工程，擴闊、挖深和拉直河道，並在河床及河岸鋪上混凝土，成了廣為人熟悉的元朗明渠。為提高河道的生態價值，政府於九十年代在山貝河下游開展河道治理工程，引入環保設計，例如保留天然河床及種植紅樹，為野生動物提供棲息地。

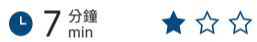
Shan Pui River is located to the East of the Yuen Long Industrial Estate. It became famous when a saltwater crocodile "Pui Pui" was spotted there. Along the river, there is a row of Paperbark Trees with sheets of bark peeling off in multiple layers. Brush-like white flowers grow on the trees during Summer and Autumn, making it an enjoyable riverside bike ride.

In the 1960s, the section going through the Yuen Long New Town underwent massive channelisation to alleviate flooding. The river was widened, deepened, straightened and the riverbed and banks were protected with concrete. The channelised section is known as the Yuen Long Nullah. Environmentally friendly designs were implemented at the lower course in the 1990s to enhance the ecological value of the river. The natural riverbed was retained and mangroves were planted to provide habitats for wildlife.

從朗壘廣場出發 From One North

難度 Level

1.2 公里 7 分鐘



05 屏山文物徑 Ping Shan Heritage Trail



屏山位於元朗平原，以前有大片農田和魚塘。自1980年代，政府發展天水圍新市鎮後，將附近的魚塘填平及填高，成為天水圍新市鎮，屏山自此成為低窪內陸地區。

鄧氏早在北宋年間定居元朗，目前屏山最古老的建築物是有近八百年歷史的鄧氏宗祠。屏山文物徑貫通坑頭村、坑尾村和圍村上璋圍。村內現代與傳統氛圍交織，瓦頂灰磚的古建築被高大的住宅圍繞。文物徑包括在明朝建成的古塔聚星樓，多幢由鄧族所建的傳統建築，以及由舊屏山警署改建而成的屏山鄧族文物館暨文物徑訪客中心。

Ping Shan is located at Yuen Long plain with many farmlands and fishponds in the past. Since the Tin Shui Wai New Town development, fishponds were filled and raised. Ping Shan has thus become low-lying inland.

The Tang clan has been settled in Yuen Long since Northern Song Dynasty. Their Tang Ancestral Hall was the oldest building here, with nearly 800 years of history. The Ping Shan Heritage Trail goes through Hang Mei Tsuen, Hang Tau Tsuen and Sheung Cheung Wai. The traditional architecture is surrounded by the towering skyscrapers, creating a unique atmosphere. The Trail links up a number of traditional buildings built by the Tang, the ancient Tsui Sing Lau Pagoda built in the Ming Dynasty and the Ping Shan Tang Clan Gallery cum Heritage Trail Visitors Centre which is housed in the Old Ping Shan Police Station.

從朗壘廣場出發 From One North

難度 Level

3.5 公里 21 分鐘



06 大生圍 Tai Sang Wai



大生圍的魚塘，屬米埔內後海灣拉姆薩爾濕地範圍。相鄰的魚塘形成大片濕地，供雀鳥和其他野生生物棲息。魚塘一般於秋冬季會進行排水和曬塘，候鳥在這段時間便會趁機覓食，塘底的小魚及無脊椎動物就成為鳥群的盛宴。不少可愛的水鳥會在此出沒，如池鷺、大白鷺、黑翅長腳鵝等。此外，這大片魚塘還可以在暴雨時發揮蓄水緩洪的作用。

大生圍魚塘旁種了不少果樹，如大樹菠蘿、黃皮、桑樹等。簡樸的單層村屋配上水天一色的塘景，令人不自覺放慢腳步，細味風景。

The fishponds in Tai Sang Wai belong to the Mai Po Inner Deep Bay Ramsar Site. The clusters of fishponds form large wetlands for birds and other wildlife. When the fishponds are drained for harvesting and cleaning during autumn and winter, small fishes and invertebrates that remain become a banquet for the migratory birds. You may find adorable water birds foraging here, such as Chinese Pond Herons, Great Egrets and Black-winged Stilts. Also, the large fishponds can store stormwater and mitigate floods.

Ample of fruit trees are planted next to the fishponds, such as jackfruit, Chinese Wampee and mulberry. The single-storey village houses with the fishponds as the background form a delightful scenery that naturally slows you down to enjoy the moment.

從朗壘廣場出發 From One North

難度 Level

6.1 公里 37 分鐘



03 南生圍 Nam Sang Wai



南生圍由錦田河及山貝河包圍，擁有魚塘、蘆葦叢和紅樹林等生境，景致優美，被喻為「香港後花園」。遊人可沿南生圍河流導賞徑步行或騎單車。依兩河而行，沿途有多個魚塘，這一帶在三、四十年代已經有基圍和魚塘運作。

兩河交界的紅樹林和泥灘，可見招潮蟹、彈塗魚和水鳥的蹤影，冬天時更有機會看見不少候鳥，如全球瀕危的黑臉琵鷺。紅樹林不止孕育豐富的濕地生態，更能加固河岸。蘆葦叢旁有兩排高大的校樹，一直延伸至著名的婚紗橋，是熱門拍攝地點。

Nam Sang Wai is surrounded by the Kam Tin River and Sham Pui River, consisting of fishponds, reed beds and mangroves. The stunning view has earned its title as the "Paradise of Hong Kong". Visitors may walk or cycle along the Nam Sang Wai River Education Trail. There are many fishponds scattered along both sides of the river. The fishpond and gei wai culture in the region started in the 1930s to 1940s.

At the intersection of the two rivers, you may find fiddler crabs, mudskippers and water birds on the intertidal mudflats and mangroves. There are lots of migratory birds during winter, including the endangered Black-faced Spoonbill. Rows of tall River Red Gum trees are planted next to the reed beds. The bridal bridge at the end of the trail draws a lot of photographers.

從朗壘廣場出發 From One North

難度 Level

4 公里 24 分鐘



04 元朗公園 Yuen Long Park



公園坐落於水牛嶺一片天然林地上，設計盡量保留了原有地形和樹木。特設自然保育園地，種植了開花和結果的本地樹種，並少用化學劑，以吸引野生雀鳥、蝴蝶和蜻蜓。園內有一個小瀑布，經溪澗蜿蜒流入人工湖。依小橋流水漫步，讓人心曠神怡。這裡廣闊的大草坪，綠意盎然，在稠密摩肩接踵的元朗市提供一片喘息天地。

公園另一個特色景點是樓高七層的紅色百鳥塔，其底層是個開放式鳥舍，在模擬叢林的環境中飼養過百隻雀鳥。登上三十米高的塔頂，可俯瞰元朗及天水圍全景。

Located on a natural woodland in Shui Ngau Leng, the design of the park preserves the original natural landscape. There is a conservation corner with native flowering and fruit-bearing trees as well as less use of chemicals to attract wild birds, butterflies and dragonflies. A waterfall connected to a stream which ends at the ornamental lake and forms a pleasant and relaxing path along the stream. The spacious lawn at the park offers a respite from the crowded Yuen Long Town Centre.

The 7-storey Aviary Pagoda in red is a highlight of the park. The open aviary at the bottom of the pagoda has housed more than a hundred birds in a man-made woodland environment. At the top level of the pagoda, visitors can enjoy a panoramic view of Yuen Long and Tin Shui Wai.

從朗壘廣場出發 From One North

難度 Level

1.9 公里 11 分鐘



07 沙橋村 Sha Kiu Tsuen



沙橋村是昔日養蠔業重鎮，沿岸南至下白泥村一帶的養蠔歷史可追溯至北宋時期。海灣位於鹹淡水交界，因水鹽度適中及浮游生物豐富，十分適合養蠔。村內的陳祥記是碩果僅存的蠔戶，世世代代以養蠔為生。沙橋村遠離煩囂，份外寧靜，走到岸邊可環瞰後海灣，傍晚時落霞景致迷人。蠔是濾食性動物，能改善海水水質。蠔礁也是其他海洋生物重要的棲息及繁殖地，其堅硬的結構亦有助保護海岸免受極端天氣破壞，因此具重要的保育價值。

The region between Sha Kiu Tsuen and Ha Pak Nai Village was home to traditional oyster farming since the Song dynasty. The brackish water of the bay has the optimum salinity and rich microscopic planktons for the growth of oysters. The Chan family is the only member of Sha Kiu Tsuen who is still running the oyster farming business. Far from the bustling city, the tranquility of the village and the stunning sunset is definitely worth a visit.

Oysters are not only filter feeders which improve seawater quality, oyster reefs are also important habitats and nursery grounds for many marine organisms. Their strong structure provides additional coastal protection against extreme weather conditions. Therefore, they are considered to have important conservation value.

從朗壘廣場出發 From One North

難度 Level

8.1 公里 50 分鐘



08 下白泥 Ha Pak Nai



下白泥位於流浮山西面的濕地上，背靠連綿山巒，前臨深圳灣。白泥長達六公里的小徑，是遠足和騎單車的好地方。夕陽西下之際，海灣波光粼粼，泥灘一望無垠，紅樹林綿延不斷，絕對是香港最美的日落之一。

除了日落景致醉人，泥灘的生物多樣性豐富，為野生動物提供棲息地和食物，其中包括罕有的馬蹄蟹。馬蹄蟹又稱鱚，早於四億多年前已存在，故有「活化石」之稱。但由於過度捕撈，以及城市發展和海洋污染破壞其居所，導致牠們的數量不斷下降。

Ha Pak Nai is located on the wetland to the west of Lau Fau Shan. Flanked by mountains on one side and Deep Bay on the other, this area is known for its spectacular sunset and the 6km coastal trail. With its long stretch of mangroves, mudflats and calm waters, it is a popular spot for hiking and cycling.

Apart from the captivating scenery, the mudflats are rich in biodiversity. They provide habitats for a diverse variety of wildlife, including the endangered horseshoe crabs. Horseshoe crabs have existed for more than 400 million years, winning the nickname "living fossils". Due to overfishing and habitat loss from urban development and marine pollution, there is a drastic decrease in their population.

從朗壘廣場出發 From One North

難度 Level

18 公里 95 分鐘



發掘你的低碳旅遊路線 Discover your low carbon journey

09 流浮山 Lau Fau Shan

流浮山以養蠔業聞名，假日時流浮山正街兩旁的海鮮酒家及商舖依然川流不息。街邊不時有人曬蠔，蠔香四溢，這樣獨特的漁村景色在香港越來越少見。

Lau Fau Shan is known for its oyster farming. The seafood restaurants and stalls along the Main Street attract numerous visitors at the weekends. There are fishermen proudly drying oysters under the sun, filling the village with the smell of seawater. This picturesque fishery village is one of the last vestiges in Hong Kong.

11 尖鼻咀 Tsim Bei Tsui

尖鼻咀屬於米埔拉姆薩爾濕地的範圍，有茂盛的紅樹林、鷺鳥林、樹林和魚塘。附近的「唐夏寮」亭是理想的觀鳥地點，更能遠眺米埔全景。

Tsim Bei Tsui falls within the Mai Po Inner Deep Bay Ramsar Site. It comprises a mature mangrove forest, an egret, woodlands and fishponds. The nearby Tang Xiao Liao Pavilion is a rewarding spot for bird-watching, with an unobstructed view to the Mai Po Area.



13 屏山天水圍公共圖書館 Ping Shan Tin Shui Wai Public Library

大樓參考了附近的傳統建築元素，採用石磚、木材、清水混凝土等原材料，玻璃幕牆把自然光引進整幢大樓，並設戶外閱讀空間，與周遭自然環境融合。By referencing the traditional architectural elements nearby, stone bricks, wood and fair-faced concrete were used for the building. The atrium introduces natural lighting with the glass façade. There is also an outdoor reading area, maintaining a sense of harmony with nature.

15 香港木庫 Hong Kong Timberbank

香港木庫是一間環保社會企業，致力回收及處理本地被砍伐的樹木，將回收木材設計成有價值的商用建築材料、室內木家具、室外藝術項目，為社會帶來更大的價值。

HK Timberbank is an eco-social enterprise. It aims to bring a positive impact to society by collecting and processing the felled local trees, turning them into valuable commercial building materials, furniture and outdoor art installations.

10 廈村 Ha Tsuen

昔日的廈村坐落海邊，位於后海灣與青山灣之間的航運。鄧族於乾隆年間在此立墟，並開基立業，繁盛一時。現在仍可見到昔日的門樓、街巷及鄧氏宗祠建築群。

Centuries ago, Ha Tsuen area was next to the sea, near the channel between the Deep Water Bay and Castle Peak Bay. During the 1700s, the Tang clan established a market here, followed by their village settlements. The relics of the gateways, alleys and the Tang Ancestral Hall building compound were well preserved.

12 天水圍公園 Tin Shui Wai Park

公園位於天水圍的中心地帶，佔地約14公頃，為附近高密度的住宅群提供一個寬敞的休憩空間。園內的特色景點包括人工湖和雕塑廊等。

Located at the heart of Tin Shui Wai New Town and surrounded by a high density residential area, the park provides a spacious green space for the residents to enjoy. The ornamental lake and the sculpture walk are the two distinctive features of the park.

14 豐樂園 Fung Lok Wai

這裡的私人魚塘既是各種水鳥的棲息地，亦是候鳥和過境遷徙鳥的補給和渡冬地。夏暑時分，此處還能遇見依賴紅樹林為生的米埔屈翅蟹。

The privately-owned fishponds provide habitats for various waterbirds. It is also a foraging and roosting ground for winter visitors and migratory birds. During summer, you may encounter the Mai Po Bent-winged Firefly which lives around the mangrove trees.

16 二聖宮 I Shing Temple

二聖宮是由橫洲六條村的村民共同興建，用以供奉洪聖爺和車公。數世紀以來，該廟是善信參神祈福及舉行宗教儀式的地方，以往亦為村民商議事務的場所，現為香港法定古蹟。

I Shing Temple was built by the residents of the six villages of Wang Chau for the worship of Hung Shing and Che Kung. For centuries, the temple has been a place for rituals and a meeting place for villagers to discuss public matters.

17 元朗舊墟 Yuen Long Kau Hui

元朗是新界北自古以來的重要城市，因為其地勢平坦，且鄰近珠江口，有利耕作及貿易。今天元朗舊墟仍保存許多歷史建築，例如香港現存最古老的當舖源押和最古老的客棧同益棧，遊人仿如置身古裝街中。

Yuen Long has been an important market in the northern N.T. Due to its flat terrain and the proximity to the Pearl River Delta, it is favourable to farming and trading. Many historical buildings are preserved in Yuen Long Kau Hui, including the oldest surviving pawn shop and the oldest inn in Hong Kong. Visitors feel as if they are back in the olden days.

19 元朗綠色隧道 Yuen Long Green Tunnel

綠色隧道位於大旗嶺路旁，油上綠色的拱形鐵皮配以光線，呈現出超時空的效果，猶如置身時光隧道。隧道因歌手鄭秀文在此拍攝《八公里》音樂短片而成打卡熱點。

Located next to the Tai Kei Leng Road, the tunnel gives out a futuristic effect when lights shine through the green-painted metal interior which resembles a time-travelling tunnel. Music video "Eight Kilometres" by a renowned local singer Sammi Cheng was filmed at this tunnel which turns here into an instagrammable spot.

18 又新街 Yau San Street

又新街是一條門庭若市的美食街，你可以在此品嚐港式燒鴨、雲吞麵、花生糖、涼粉和其他本地街邊小食。不論平日和假日，遊客總是絡繹不絕。

Yau San Street is always bursting with visitors, from weekdays to weekends. This is where you can try the Cantonese-style roast duck, wonton noodles, peanut brittles, gassy jelly dessert and many other local street food.

20 山貝村林氏家祠 Shan Pui Tsuen Lam Ancestral Hall

山貝村是一條姓林村落，原名山背，因為其位置在祖先曾定居的大圍村之山背後。家祠內的每一物都盛載著林氏在元朗開基立業的珍貴點滴。

Shan Pui Tsuen is a village that shares a common surname Lam. Its original name means the back of the hill as the Lam clan relocated to the back of the hill of where their ancestors first settled. Valuables of the Lam clan are displayed in the ancestral hall to venerate their ancestors.

21 米埔自然保護區 Mai Po Nature Reserve

米埔自然保護區內濕地生境豐富，每逢冬季吸引數以萬計的遷徙水鳥。保護區需申請許可證方可進入，但在保護區外擁羊洲路兩旁的魚塘，亦不難發現雀鳥蹤跡。

The wetlands in Mai Po Nature Reserve have a rich biodiversity. It receives thousands of migratory birds every winter. Although permits are required to enter the Reserve, the fishponds along Tam Kon Chau Road outside the restricted area are great spots for birdwatching.

23 妙覺園 Miu Kwok Monastery

妙覺園位於錦田達吉鄉，被列為三級歷史建築。鄧氏於1934年在此建立義塚，藉以紀念為抵禦英軍佔據新界而犧牲的鄧氏族人。

Miu Kwok Monastery is located at Fung Kat Heung and is listed as a Grade III historic building. The Tang clan established a tomb in 1934 for the Tangs who died in the fight against the British army when the British established control in the New Territories.

22 錦田河 Kam Tin River

為解決錦田嚴重的水浸情況，此部分為錦田河進行了加闊河道工程，同時營造原來的濕地生境。常見一群群活潑的水鳥在河上低飛嬉戲和覓食。

At the part of the Kam Tin River, the channel was widened to solve the serious flooding in Kam Tin. The original wetland landscape was well maintained. Playful birds are often seen flying around and foraging along the river.

24 錦田樹屋 Kam Tin Tree House

水尾村有一棵估計逾百歲的細葉榕，樹幹直徑近八米。榕樹依附磚屋生長，氣根落地後長大變柱，經歷滄桑變幻，慢慢與磚屋融為一體，故稱錦田樹屋。

In Shui Mei Tsuen, there was a century-old Banyan tree with a diameter of about 8m. Its aerial roots became thick trunks and tree branches interwoven into the walls of the house. Over time, the house was completely engulfed by the tree and named the Kam Tin Tree House.

25 吉慶圍 Kat Hing Wai

吉慶圍擁有約六百年歷史，最引人注目的高六米的青磚圍牆。其鐵門更曾在1899年英軍佔領新界的六日戰爭中被掠去，最終從英國取回並重新安裝，見證著鄉民抗英軍的歷史。

Kat Hing Wai has a history of about 600 years. The well-preserved 6m-high wall is the highlight of the walled village. The iron gates were stolen by the British during the Six-Day War of 1899. They were later returned and served as a mark of the heroic history of villagers fighting against the British army.

27 錦田壁畫村 Kam Tin Mural Village

壁畫村位於錦田公路旁，除了作美化外牆，插畫師希望以畫筆畫下村裡的人情世故。其中一幅「福心之樹」是不同市民以一人一心的方式畫成，為教師打氣。

Apart from beautifying the environment, muralists hope to capture the unique stories and cultural heritage of the village. One mural contains colourful hearts painted by citizens to show support to the teachers.

26 錦田紅磚屋 Kam Tin Red Brick House

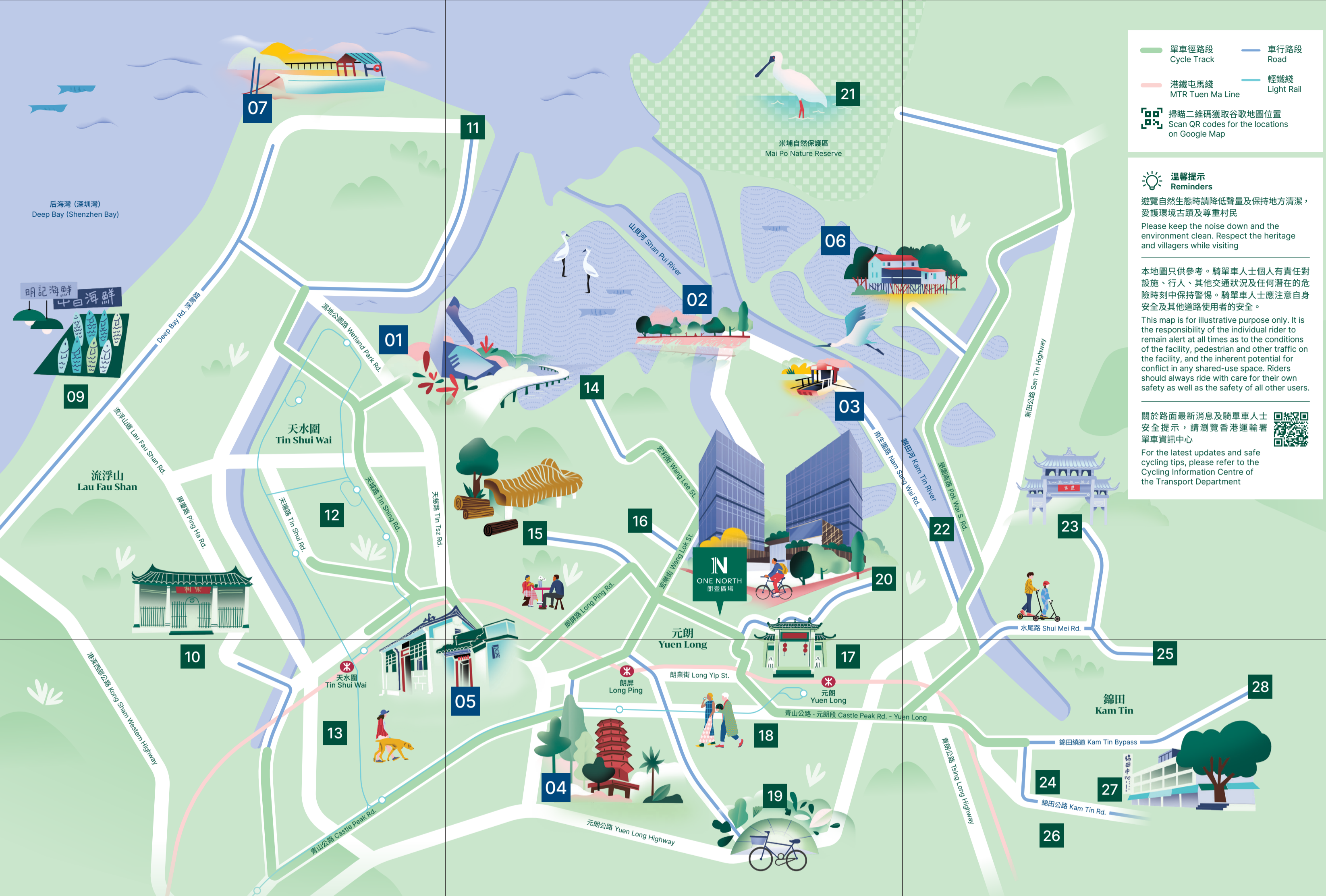
紅磚屋是由蠟燭廠改建而成的室內市集，裝潢充滿異國風情，逢週末及公眾假期開放。遊人可以到古董店尋寶，感受手作店的溫度，一嚐人情滿載的茶座。

Formerly a candle factory, the Red Brick House has been transformed and revitalised into an indoor market with exotic furnishing. Visitors can visit the old collectables shop, interesting handicraft studios or the small welcoming cafes.

28 歐羅有機農場 Au Law Organic Farm

農場採用有機種植方式，跟隨季節氣候變化調整栽種品種，配以天然的防蟲功夫，種出鮮甜的蔬果。農場致力推廣本地農業發展，定期舉辦的導賞及農耕體驗活動。

The farm adopts organic farming methods. Farmers decide the types of crops according to the seasons and opt for natural pest control methods. They promote local agricultural development by organising guided tours and farming experience activities regularly.



溫馨提示 Reminders

遊覽自然生態時請降低音量及保持地方清潔，愛護環境古蹟及尊重村民。Please keep the noise down and the environment clean. Respect the heritage and villagers while visiting.

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This map is for illustrative purpose only. It is the responsibility of the individual rider to remain alert at all times as to the conditions of the facility, pedestrian and other traffic on the facility, and the inherent potential for conflict in any shared-use space. Riders should always ride with care for their own safety as well as the safety of all other users.

關於路面最新消息及騎單車人士安全提示，請瀏覽香港運輸署單車資訊中心。

For the latest updates and safe cycling tips, please refer to the Cycling Information Centre of the Transport Department.



作為香港主要地產發展商之一，信和集團的核心業務包括物業發展及物業投資，多年來與社區共同成長。集團擁有多元化物業組合，包括住宅、寫字樓、工業、商場及酒店項目，足跡遍及香港、中國內地、新加坡及澳洲，興建逾250個發展項目，總面積超過1.3億平方呎。集團同時從事與物業管理、酒店投資及管理相關業務，包括富麗敦酒店及度假村與其他聯屬品牌。集團擁有超過11,000名員工，以「建構更美好生活」為願景，透過「綠色生活」、「創新構思」和「心繫社區」三項關鍵元素，建構宜居、宜作、宜樂的社區。可持續發展更是信和集團業務營運不可或缺的一環，我們致力為持份者創造價值，並透過業務範疇推動可持續發展，建構更美好未來。

As one of Hong Kong's leading property developers with core businesses in property development and investment, Sino Group has grown with the communities it serves and has developed over 250 projects, spanning more than 130 million square feet. The Group's business interests comprise a diversified portfolio of residential, office, industrial, retail and hospitality properties across Hong Kong, mainland China, Singapore and Australia. Core business assets are further complemented by property management services, hotel investment and management, including The Fullerton Hotels & Resorts and other affiliate brands.

With over 11,000 committed staff members, the Group strives to fulfill its vision of Creating Better Lifescapes with a focus on three interconnected pillars – Green Living, Community Spirit and Innovative Design – shaping the cities we call home where people live, work and play. Sustainability is central to what we do as we seek to create value for stakeholders and make business a driver of sustainability for a better future.

V'air Hong Kong

V'air 低碳本地遊是2015年成立的環境教育機構，推廣可持續生態旅遊和氣候行動。機構的四大核心理念為本地遊歷、公眾教育、青年充權和政策倡議。V'air 迄今已為各大院校和企業舉辦超過250個生態導賞和可持續發展教育活動，並屢獲殊榮。活動的受惠人數超過5萬，網上接觸則超過150萬人次。

V'air Hong Kong is an award-winning environmental education organisation established in 2015, with an emphasis on sustainable ecotourism and climate action. Our four core values are local travel, public education, youth empowerment and policy advocacy. To date, we have organised over 250 ecotours, sustainability and ESG workshops for schools and corporates, reaching over 50,000 people physically with more than 1.5 million online engagement.



V'air Hong Kong

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05 屏山文物徑 Ping Shan Heritage Trail

屏山位於元朗平原，以前有大片農田和魚塘。自1980年代，政府發展天水圍新市鎮後，將附近的魚塘填平及填高，成為天水圍新市鎮，屏山自此成為低窪內陸地區。

鄧氏早在北宋年間定居元朗，目前屏山最古老的建築物是有近八百年歷史的鄧氏宗祠。屏山文物徑貫通坑頭村、坑尾村和圍村上璋圍。村內現代與傳統氛圍交織，瓦頂灰磚的古建築被高大的住宅圍繞。

Ping Shan is located at Yuen Long plain with many farmlands and fishponds in the past. Since the Tin Shui Wai New Town development, fishponds were filled and raised. Ping Shan thus became low-lying inland.

The Tang clan has been settled in Yuen Long since Northern Song Dynasty. Their Tang Ancestral Hall was the oldest building here, with nearly 800 years of history. The Ping Shan Heritage Trail goes through Hang Mei Tsuen, Hang Tau Tsuen and Sheung Cheung Wai. The traditional architecture is surrounded by the towering skyscrapers, creating a unique atmosphere.

從朗壙廣場出發 From One North 難度 Level 3.5 公里 21 分鐘



06 大生圍 Tai Sang Wai

大生圍的魚塘，屬米埔內後海灣拉薩爾濕地範圍。相鄰的魚塘形成大片濕地，供雀鳥和其他野生動物棲息。魚塘一般在秋季冬季進行排水和曬塘，候鳥在這段時間便會趁機覓食，塘底的小魚及無脊椎動物就成為鳥群的盛宴。不少可愛的鳥鳥會在此出沒，如池鷺、大白鷺、黑翅長腳鵠等。此外，這大片魚塘還可以在暴雨時發揮蓄水緩洪的作用。

The fishponds in Tai Sang Wai belong to the Mai Po Inner Deep Bay Ramsar Site. The clusters of fishponds form large wetlands for birds and other wildlife. When the fishponds are drained for harvesting and cleaning during autumn and winter, small fishes and invertebrates that remain become a banquet for the migratory birds.

Ample of fruit trees are planted next to the fishponds, such as jackfruit, Chinese Wampee and mulberry. The single-storey village houses with the fishponds as the background form a delightful scenery that naturally slows you down to enjoy the moment.

6.1 公里 37 分鐘

信和集團 Sino Group

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Cycling Tour Guide 單車旅遊指南



特色景點推介



01 香港濕地公園 Hong Kong Wetland Park

濕地公園原是生態緩解區，以彌償興建天水圍新市鎮發展而失去的濕地，現為集自然護理、教育及旅遊用途於一身的景點。公園分為訪客中心和濕地保護區兩大部分。

The Hong Kong Wetland Park was originally planned as an ecological mitigation area to compensate for the wetlands lost due to the Tin Shui Wai New Town development. It has now become a conservation, education and tourism facility.

The visitor centre showcases the functions and different species of wetlands. Interactive activities such as DIY workshops and film-watching are also provided to allow visitors learning through play.

從朗壙廣場出發 From One North 難度 Level 5.6 公里 34 分鐘



02 山貝河 Shan Pui River

山貝河在元朗工業村以東，當年因發現小灣鱷「貝貝」而聲名大噪。河邊的一小段有一排單直的青洲，樹皮層次分明，夏秋之際更會長滿白色像刷子的小花，騎著單車賞河畔風景，非常愜意。

Shan Pui River is located to the East of the Yuen Long Industrial Estate. It became famous when a saltwater crocodile "Pui Pui" was spotted there. Along the river, there is a row of Paperbark Trees with sheets of bark peeling off in multiple layers.

In the 1960s, the section going through the Yuen Long New Town underwent massive channelisation to alleviate flooding. The river was widened, deepened, straightened and the riverbed and banks were protected with concrete.

1.2 公里 7 分鐘



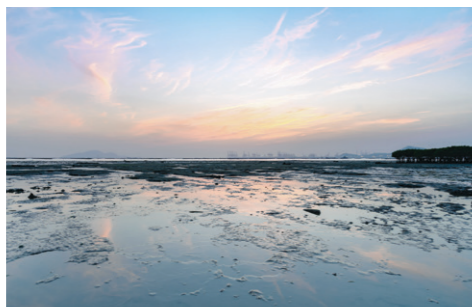
07 沙橋村 Sha Kiu Tsuen

沙橋村是昔日養蠔業重鎮，沿岸南至下白泥村一帶的養蠔歷史可追溯到北宋時期。海灣位於鹹淡水交界，因水鹽度適中及浮游生物豐富，十分適合養蠔。

The region between Sha Kiu Tsuen and Ha Pak Nai Village was home to traditional oyster farming since the Song dynasty. The brackish water of the bay has the optimum salinity and rich microscopic planktons for the growth of oysters.

Oysters are not only filter feeders which improve seawater quality, oyster reefs are also important habitats and nursery grounds for many marine organisms.

從朗壙廣場出發 From One North 難度 Level 8.1 公里 50 分鐘



08 下白泥 Ha Pak Nai

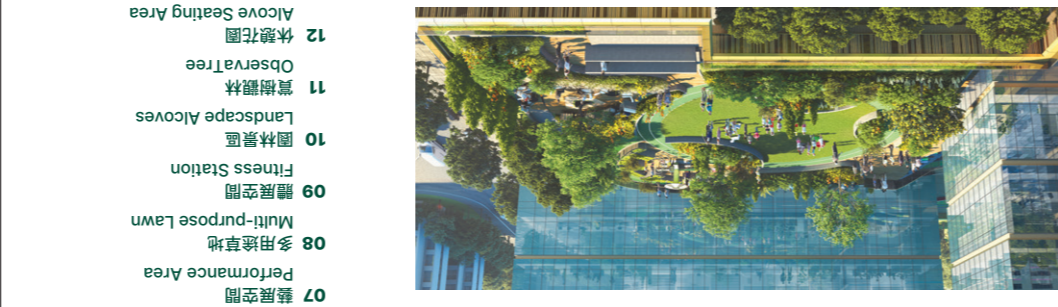
下白泥位於流浮山西面的濕地上，背靠連綿山壁，前臨深圳灣。白泥長達六公里的小徑，是遠足和騎單車的好地方。

除了日落景致醉人，泥灘的生物多樣性豐富，為野生動物提供棲息地和食物，其中包括罕有的馬蹄蟹。

Ha Pak Nai is located on the wetland to the west of Lau Fau Shan. Flanked by mountains on one side and Deep Bay on the other, this area is known for its spectacular sunset and the 6km coastal trail.

Apart from the captivating scenery, the mudflats are rich in biodiversity. They provide habitats for a diverse variety of wildlife, including the endangered horseshoe crabs.

18 公里 95 分鐘



09 綠花田 Wellness Garden

除了單車運動，遊客及用戶更可在「朗壙廣場」廣闊的「綠花田」綠道上進行多種戶外活動。這片20,000平方呎的綠道上更有多元化的健身、玩樂和洗滌心靈的活動設施。



One North 低碳生活

除了單車運動，遊客及用戶更可在「朗壙廣場」廣闊的「綠花田」綠道上進行多種戶外活動。這片20,000平方呎的綠道上更有多元化的健身、玩樂和洗滌心靈的活動設施。

Switching out cars for bicycles can reduce noise pollution, and thus lowering the disturbance to wildlife. Adults can consume up to 150 kcal by cycling for 30 minutes, and practicing a healthy lifestyle.

私人單車每行駛十公里所排放的二氧化碳可達1.8公升，使用單車則可減少約150卡，以單車代替汽車可減少對空氣所帶來的污染。

單車代步 低碳生活

我們與低碳本地遊環境教育組織「V'air香港」聯乘，創作出一份單車旅遊指南。為一眾家庭、朋友及單車愛好者，推介一些鄰近地區的自然生態及文化景點，以提高市民對生物多樣性的關注。

One North is the new mixed-use Grade A office and retail destination in collaboration with V'air Hong Kong - an environmental education organization specialised in eco-tourism and climate change education.

發展重點的地標式甲級寫字樓及商場綜合項目。我們與低碳本地遊環境教育組織「V'air香港」聯乘，創作出一份單車旅遊指南。為一眾家庭、朋友及單車愛好者，推介一些鄰近地區的自然生態及文化景點，以提高市民對生物多樣性的關注。



03 南生圍 Nam Sang Wai

南生圍由錦田河及山貝河包圍，擁有魚塘、蘆葦叢和紅樹林等生態，景觀優美，被喻為「香港後花園」。

Nam Sang Wai is surrounded by the Kam Tin River and Sham Ping River, consisting of fishponds, reed beds and mangroves. The stunning view has earned it title as the "Paradise of Hong Kong".

At the intersection of the two rivers, you may find fiddler crabs, mudskippers and water birds on the intertidal mudflats and mangroves.

從朗壙廣場出發 From One North 難度 Level 4 公里 24 分鐘



04 元朗公園 Yuen Long Park

公園坐落於水牛嶺一片天然林地上，設計盡量保留了原有地形和樹木。特設自然保育園地，種植了開花和結果的本地樹種。

Located on a natural woodland in Shui Ngau Leng, the design of the park preserves the original natural landscape. There is a conservation center with native flowering and fruit-bearing trees as well as less use of chemicals to attract wild birds.

The 7-storey Aviary Pagoda in red is a highlight of the park. The open aviary at the bottom of the pagoda has housed more than a hundred birds in a man-made woodland environment.

1.9 公里 11 分鐘

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09 流浮山 Lau Fau Shan

流浮山以蠔業聞名，假日時流浮山正街兩旁的海鮮酒家及商舖依然川流不息。街邊不時有人曬蠔，蠔香四溢，這樣獨特的漁村景色在香港越來越少見。

Lau Fau Shan is known for its oyster farming. The seafood restaurants and stalls along the Main Street attract numerous visitors at the weekends. There are fishermen proudly drying oysters under the sun, filling the village with the smell of seawater. This picturesque fishery village is one of the last vestiges in Hong Kong.

10 廈村 Ha Tsuen

昔日的廈村坐落海邊，位於后海灣與青山灣之間的航道。鄧族於乾隆年間在此立墟，並開基立業，繁盛一時。現在仍可見到昔日的門樓、街巷及鄧氏宗祠建築群。

Centuries ago, Ha Tsuen area was next to the sea, near the channel between the Deep Water Bay and Castle Peak Bay. During the 1700s, the Tang clan established a market here, followed by their village settlements. The relics of the gateways, alleys and the Tang Ancestral Hall building compound were well preserved.

11 尖鼻咀 Tsim Bei Tsui

尖鼻咀屬於米埔拉姆薩爾濕地的範圍，有茂盛的紅樹林、鷺鳥林、樹林和魚塘。附近的「唐麥寮」亭是理想的觀鳥地點，更能遠眺米埔全景。

Tsim Bei Tsui falls within the Mai Po Inner Deep Bay Ramsar Site. It comprises a mature mangrove forest, an egret, woodlands and fishponds. The nearby Tang Xiao Liao Pavilion is a rewarding spot for bird-watching, with an unobstructed view to the Mai Po Area.

12 天水圍公園 Tin Shui Wai Park

公園位於天水圍的中心地帶，佔地約14公頃，為附近高密度的住宅群提供一個寬敞的休憩空間。園內的特色景點包括人工湖和雕塑廊等。

Located at the heart of Tin Shui Wai New Town and surrounded by a high density residential area, the park provides a spacious green space for the residents to enjoy. The ornamental lake and the sculpture walk are the two distinctive features of the park.

13 屏山天水圍公共圖書館 Ping Shan Tin Shui Wai Public Library

大樓參考了附近的傳統建築元素，採用石磚、木材、清水混凝土等原材料，玻璃幕牆把自然光引進整幢大樓，並設戶外閱讀空間，與周邊自然環境融合。

By referencing the traditional architectural elements nearby, stone bricks, wood and fair-faced concrete were used for the building. The atrium introduces natural lighting with the glass façade. There is also an outdoor reading area, maintaining a sense of harmony with nature.

15 香港木庫 Hong Kong Timberbank

香港木庫是一間環保社會企業，致力回收及處理本地被砍伐的樹木，將回收木材設計成有價值的商用建築材料、室內木家具、室外藝術項目，為社會帶來更大的價值。

HK Timberbank is an eco-social enterprise. It aims to bring a positive impact to society by collecting and processing the felled local trees, turning them into valuable commercial building materials, furniture and outdoor art installations.

14 豐樂圍 Fung Lok Wai

這裡的私人魚塘既是各種水鳥的棲息地，亦是候鳥和過境遷徙鳥的補給和渡冬地。夏暑時分，此處還可遇見依賴紅樹林為生的米埔屈翅蟹。

The privately-owned fishponds provide habitats for various waterbirds. It is also a foraging and roosting ground for winter visitors and migratory birds. During summer, you may encounter the Maipo Bent-winged Firefly which lives around the mangrove trees.

16 二聖宮 I Shing Temple

二聖宮是由橫洲六條村的村民共同興建，用以供奉洪聖爺和車公。數世紀以來，該廟是善信參神祈福及舉行宗教儀式的地方，以往亦為村民商議事務的場所，現為香港法定古蹟。

I Shing Temple was built by the residents of the six villages of Wang Chau for the worship of Hung Shing and Che Kung. For centuries, the temple has been a place for rituals and a meeting place for villagers to discuss public matters.

17 元朗舊墟 Yuen Long Kau Hui

元朗是新界北自古以來的重要城市，因為其地勢平坦，且鄰近珠江口，有利耕作及貿易。今天元朗舊墟仍保存許多歷史建築，例如香港現存最古老的當舖源和和，以及最古老的客棧同益棧，遊人仿如置身古裝街中。

Yuen Long has been an important market in the northern N.T. Due to its flat terrain and the proximity to the Pearl River Delta, it is favourable to farming and trading. Many historical buildings are preserved in Yuen Long Kau Hui, including the oldest surviving pawn shop and the oldest inn in Hong Kong. Visitors feel as if they are back in the olden days.

18 又新街 Yau San Street

又新街是一條門庭若市的美食街，你可以在此品嚐港式燒鴨、雲吞麵、花生糖、涼粉和其他本地街邊小食。不論平日和假日，遊客總是絡繹不絕。

Yau Sun Street is always bursting with visitors, from weekdays to weekends. This is where you can try the Cantonese-style roast duck, wanton noodles, peanut brittles, grass jelly dessert and many other local street food.

19 元朗綠色隧道 Yuen Long Green Tunnel

綠色隧道位於大旗嶺路旁，油上綠色的拱形鐵皮配以光線，呈現出超時空的效果，猶如置身時光隧道。隧道因歌手鄭秀文在此拍攝《八公里》音樂短片而成打卡熱點。

Located next to the Tai Kei Leng Road, the tunnel gives out a futuristic effect when lights shine through the green-painted metal interior which resembles a time-travelling tunnel. Music video "Eight Kilometres" by a renowned local singer Sammi Cheng was filmed at this tunnel which turns here into an Instagrammable spot.

20 山貝村林氏家祠 Shan Pui Tsuen Lam Ancestral Hall

山貝村是一條姓林村落，原名山背，因為其位置在祖先曾定居的大圍村之山背後。家祠內的每一物都盛載著林氏在元朗開基立業的珍貴點滴。

Shan Pui Tsuen is a village that shares a common surname Lam. Its original name means the back of the hill as the Lam clan relocated to the back of the hill of where their ancestors first settled. Valuables of the Lam clan are displayed in the ancestral hall to venerate their ancestors.

21 米埔自然保護區 Mai Po Nature Reserve

米埔自然保護區內濕地生境豐富，每逢冬季吸引以萬計的遷徙水鳥。保護區申請許可證方可進入，但在保護區外撿拾兩旁魚塘的魚，亦不難發現雀鳥蹤跡。

The wetlands in Mai Po Nature Reserve have a rich biodiversity. It receives thousands of migratory birds every winter. Although permits are required to enter the Reserve, the fishponds along Tam Kon Chau Road outside the restricted area are great spots for birdwatching.

23 妙覺園 Miu Kwok Monastery

妙覺園位於錦田達吉鄉，被列為三級歷史建築。鄭氏於1934年在此建立義塚，藉以紀念為抵禦英軍佔據新界而犧牲的鄭氏族人。

Miu Kwok Monastery is located at Fung Kat Heung and is listed as a Grade III historic building. The Tang clan established a tomb in 1934 for the Tangs who died in the fight against the British army when the British established control in the New Territories.

22 錦田河 Kam Tin River

為解決錦田嚴重的水浸情況，此部分為錦田河進行了加闊河道工程，同時營造原來的濕地生境。常見一群群活潑的水鳥在河上低飛嬉戲和覓食。

At the part of the Kam Tin River, the channel was widened to solve the serious flooding in Kam Tin. The original wetland landscape was well maintained. Playful birds are often seen flying around and foraging along the river.

24 錦田樹屋 Kam Tin Tree House

水尾村有一棵估計逾百歲的細葉榕，樹幹直徑近八米。榕樹依附磚屋生長，氣根落地後長大變粗，經歷滄桑變幻，慢慢與磚屋融為一體，故稱錦田樹屋。

In Shui Mei Tsuen, there was a century-old Banyan tree with a diameter of about 8m. Its aerial roots became thick trunks and tree branches interweaved into the walls of the house. Over time, the house was completely engulfed by the tree and named the Kam Tin Tree House.

25 吉慶圍 Kat Hing Wai

吉慶圍擁有約六百年歷史，最引人注目的是高六米的青磚圍牆。其鐵門更曾在1899年英軍佔領新界的六日戰爭中被掠去，最終從英國取回並重新安裝，見證著鄉民力抗英軍的歷史。

Kat Hing Wai has a history of about 600 years. The well-preserved 6m-high wall is the highlight of the walled village. The iron gates were stolen by the British during the Six-Day War of 1899. They were later returned and served as a mark of the heroic history of villagers fighting against the British army.

27 錦田壁畫村 Kam Tin Mural Village

壁畫村位於錦田公路旁，除了作美化外牆，插畫師希望以畫筆畫下村裡的人情世故。其中一幅「育心之樹」是不同市民以一人一心的方式畫成，為教師打氣。

Kam Tin Mural Village is next to the Kam Tin Highway. Apart from beautifying the environment, muralists hope to capture the unique stories and cultural heritage of the village. One mural contains colourful hearts painted by citizens to show support to the teachers.

26 錦田紅磚屋 Kam Tin Red Brick House

紅磚屋是由蠟燭廠改建而成的室內市集，裝潢充滿異國風情，逢週末及公眾假期開放。遊人可以到古董店尋寶，感受手作的溫度，一嚐人情滿載的茶座。

Formerly a candle factory, the Red Brick House has been transformed and revitalised into an indoor market with exotic furnishing. Visitors can visit the old collectables shop, interesting handicraft studios or the small welcoming cafes.

28 歐羅有機農場 Au Law Organic Farm

農場採用有機種植方式，跟隨季節氣候變化調整栽種品種，配以天然的防蟲功夫，種出鮮甜的蔬果。農場致力推廣本地農業發展，定期會舉辦的導賞及農耕體驗活動。

The farm adopts organic farming methods. Farmers decide the types of crops according to the seasons and opt for natural pest control methods. They promote local agricultural development by organising guided tours and farming experience activities regularly.



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車行路段
Road

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遊覽自然生態時請降低音量及保持地方清潔，愛護環境古蹟及尊重村民
Please keep the noise down and the environment clean. Respect the heritage and villagers while visiting

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