

# 鯪魚涌 樹木 研習徑



## Quarry Bay Tree Walk

贊助：  
Sponsored by:



東區區議會  
Eastern District Council



漁農自然護理署  
Agriculture, Fisheries and  
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# 序

## Foreword

試想想可以遠離繁囂，到郊外遠足，呼吸一口新鮮空氣，欣賞一下山林美景，聽一下蟲叫鳥鳴，是多麼讓人心曠神怡呢！今個秋冬，東區區議會東區旅遊及經濟勞工事務活動工作小組將舉辦「鰂魚涌樹木研習徑導賞遊」，邀請大家一同走進大自然的世界。

「鰂魚涌樹木研習徑」是一條舒適寧靜的小徑，全長約1.1公里，沿途生長了不同品種的樹木，如大頭茶、鵝掌柴、馬尾松、紅膠木、黃牛木、楊梅和軟莢紅豆等，是個觀賞樹木蟲鳥的好地方。由樹木研習徑的入口前行，大家亦能看到戰時的野外爐灶，讓人緬懷一下香港昔日的抗戰歷史。

在漁農自然護理署的鼎力支持下，本工作小組特別編印了這本「鰂魚涌樹木研習徑」小冊子，介紹鰂魚涌樹木研習徑樹木的品種、形態、特性和花期等，幫助大家辨識研習徑內的20種樹木。希望藉著觀察樹木的生長情況和四季形態，增添大家郊遊遠足的樂趣。

除了生態旅遊外，東區還有不少吃喝玩樂的好去處。遊覽樹木研習徑後，大家亦可留意本工作小組於2010年9月出版的「東遊記」小冊子，繼續到東區各處吃喝玩樂。

東區區議會文康及社區建設服務委員會轄下  
東區旅遊及經濟勞工事務活動工作小組主席

馮翠屏

# 郊野公園遊客指引

## Hints for Visitors

### 量力而為

- 出發前應有充足睡眠，確保精神及健康狀況良好。
- 小心計劃行程，帶備地圖，通知親友你的行程，以防發生意外而無人知曉。
- 一般遠足徑難度不大，但個別路段可能不適合經驗不足人士，遊人須小心衡量。請先參閱漁農自然護理署網頁內的《遠足安全指引》。

### 保護你自己

- 防蚊叮：穿淺色長袖衫及長褲或塗防蟲膏
- 防晒傷：戴帽子或塗防晒用品
- 防中暑：帶足夠食水

### 確保衛生、守法、顧己及人

- 不可隨地吐痰或拋棄垃圾，違者會被檢控
- 除非持有當局車輛許可證，郊野公園及特別地區內禁止車輛駛入，違者會被檢控
- 勿讓你的垃圾堆積郊野，應帶至大型垃圾收集站棄置
- 用廁時，顧及公德，保持四周清潔，弄髒的地方應自行清理
- 郊野地區未必隨處有清水供應，請帶備消毒紙巾，以確保個人衛生

### 遇事措施

- 如遇上事故，應先保持鎮定，了解環境及情況，並記錄最近的山徑標距柱號碼（如H056）或明顯的建築物，撥電999清楚說出事故位置及詳情，以方便救援。

### Know your hiking ability

- Sleep well on the night before your excursions, to ensure you are feeling physically and mentally strong.
- Carefully plan your route before setting out. Always bring a map and inform your family or friends about where you are going and when you will return.
- Most trails can be walked and enjoyed by visitors with a wide range of ability. But for some longer, higher trails hikers must be experienced and fit. Please refer to the 'Safety Hints for Hiking in Country Parks' posted on the website of Agriculture, Fisheries and Conservation Department.

### Protect yourself

- To avoid mosquito bites, wear light-coloured long-sleeved shirts, trousers not shorts, and use insect repellent.
- To avoid sunburn or heatstroke, wear a hat or put on sun cream.
- To prevent heat exhaustion, rest when needed and bring plenty of water.

### Be considerate

- Do not spit or litter. Offenders will be prosecuted.
- Vehicles are only allowed to enter the Country Parks with a permit. Camp or light cooking fires at the designated sites only. Offenders will be prosecuted.
- Take your litter to a major refuse collection point for disposal, to avoid over-filling litter bins in the countryside.
- Be considerate, keep the toilet clean after use.
- Tap water may not be readily available in countryside, bring sterile alcohol wipes for washing and cleaning.

### In case of emergency

- If emergency occurs, stay calm, call 999 and clearly state your situation and location. To facilitate any required rescue, preferably state your position by referring to the number on the nearest distance post (e.g. H056) or any prominent landmark in sight.

# 交通資料

## Transportation

鯽魚涌樹木研習徑與柏架山道自然徑是同一起點，位於鯽魚涌市政大廈旁，可乘港鐵於鯽魚涌站A出口，向東步行至鯽魚涌街，沿柏架山道上或乘坐途經英皇道之巴士（2、2A、77、81、82、82X、85、99、102、106、110、116、529、606、682、722、A12），亦可由太古站B出口向西行乘32、32A、33號綠色小巴於南豐新邨第六座下車，經基利路前往樹木研習徑。

Quarry Bay Tree Walk and Mount Parker Road Green Trail have the same starting point located next to the Quarry Bay Municipal Services Building. The starting point can be reached either by taking the MTR to Quarry Bay Station, leave by Exit A and walk towards East to Quarry Bay Street and follow Mount Parker Road, or taking the bus (2, 2A, 77, 81, 82, 82X, 85, 99, 102, 106, 110, 116, 529, 606, 682, 722 or A12) follow the King's Road; take the MTR to Tai Koo Station and turn to the West at Exit B, then take the minicabs routes (32, 32A or 33) and get off at Block 6, Nan Fung Sun Chuen, then follow Greig Road to the Quarry Bay Tree Walk.

路線號碼 Route No.	路線內容 Details	
2	中環(港澳碼頭) — 嘉享灣	Central (Macau Ferry) -- Grand Promenade
2A	灣仔碼頭 — 耀東邨	Wan Chai Ferry Pier -- Yiu Tung Estate
77	田灣 — 筲箕灣	Tin Wan -- Shau Kei Wan
81	勵德邨 — 興華邨	Lai Tak Tsuen -- Hing Wah Estate
82	北角碼頭 — 小西灣(藍灣半島)	North Point Ferry Pier -- Siu Sai Wan (Island Resort)
82X	小西灣(藍灣半島) — 鯽魚涌	Siu Sai Wan (Island Resort) -- Quarry Bay
85	北角碼頭 — 小西灣(藍灣半島)	North Point Ferry Pier -- Siu Sai Wan (Island Resort)
99	海怡半島 — 筲箕灣	South Horizons -- Shau Kei Wan
102	美孚 — 筲箕灣	Mei Foo -- Shau Kei Wan
106	黃大仙 — 小西灣(藍灣半島)	Wong Tai Sin -- Siu Sai Wan (Island Resort)
110	九龍站 — 筲箕灣	Kowloon Station -- Shau Kei Wan
116	慈雲山(中) — 鯽魚涌(祐民街)	Tsz Wan Shan (Central) -- Quarry Bay (Yau Man Street)
529	寶馬山 — 筲箕灣	Braemar Hill -- Shau Kei Wan
606	彩雲(豐盛街) — 小西灣(藍灣半島)	Choi Wan (Fung Shing Street) -- Siu Sai Wan (Island Resort)
682	馬鞍山(利安邨) — 柴灣(東)	Ma On Shan (Lee On Estate) -- Chai Wan (East)
722	中環(3號碼頭) — 耀東邨	Central (Pier 3) -- Yiu Tung Estate
A12	機場(地面運輸中心) — 小西灣(藍灣半島)	Airport (Ground Transportation Centre) -- Siu Sai Wan (Island Resort)

所列交通資訊以截至2010年10月份的資料為基礎，最新資料應以各有關機構公布為準。  
The information of transportation is valid as at October 2010, please refer to the related transportation companies for latest information.



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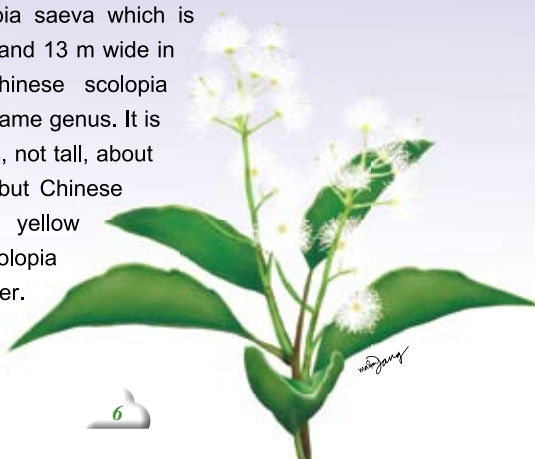
## 廣東刺柃

小孩子愛在大樹下玩捉迷藏，最愛挑樹幹粗大的樹，讓同伴找不着。小心啊！可不要挑廣東刺柃啊！這種大風子科植物身上常長有堅硬的刺針，從樹幹上向外橫生，生人勿近！港島鯉魚門公園長有一棵巨大的廣東刺柃，高達14米，樹冠寬約13米，相當珍貴。與它們同屬的還有刺柃，也是本地原生品種，一般個子不高，約2至6米。要分別刺柃與廣東刺柃，可從花的顏色著手，前者長的是黃花而後者長的是白花。

## Scolopia

(*Scolopia saeva*)

When playing hide-and-seek, children always select huge trees to best hide themselves. But be careful, don't select Scolopia! This plant of the Flacourtiaceae family has hard thorns on its trunk! Lei Yue Mun Park on Hong Kong Island has a very precious *Scolopia saeva* which is about 14 m tall and 13 m wide in tree crown. Chinese scolopia belongs to the same genus. It is a native species, not tall, about 2 to 6 meters, but Chinese scolopia bears yellow flower, while Scolopia bears white flower.



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## 大頭茶

遠足人士多在秋冬季節出動，可惜那時漫山的花兒大都凋謝了，正當納悶之際，卻見雪白的茶花在山頭綻放，實教人暖在心頭。這位行山客的好朋友每年十月開花，直至翌年一月，彷彿在向寒風冷雨挑戰，跟山裡的毅行者一樣堅強傲骨。大頭茶能抵抗毒素，在污染的土壤上茁壯成長。春日初昇，大頭茶開始收起燦爛的笑容，默默散落，待來年再與我們重聚。

## Hong Kong Gordonia

(*Gordonia axillaris*)

Hikers like to visit countryside in fall winter yet most flowering plants have exhausted their bloom by then. Just when they feel a little dispirited, snow white Hong Kong Gordonia make their day. It is such a glorious and heartwarming sight. This hikers' buddy flowers from October to January. Equally tenacious and proud, they mirror the stamina of trailwalkers who brave the cold and wind. Hong Kong Gordonia is so tough it can withstand toxins and develop in polluted soil. The lovely blossoms do not fall until early spring when a new year is about to begin.



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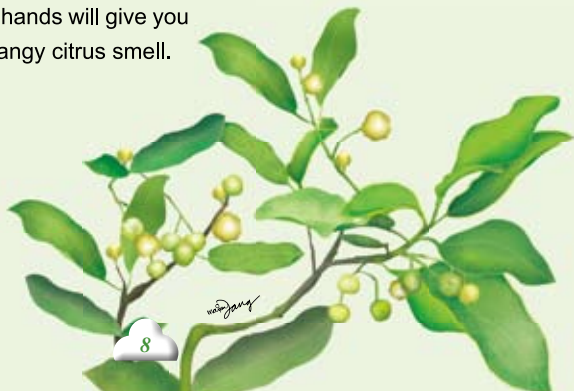
## 山油柑

雖然不是日常可吃到的柑桔品種，但山油柑與我們愛吃的柚子、黃皮和橙等，同屬芸香科。帶青黃色的果實每年8至12月長成，鮮甜可口。但切記我們不應採摘野生植物，這些果實還是留給郊野間的動物享用吧！除了柑果，長圓形對生的葉子也有香味，只要把葉子放在陽光下，點點黃色的油腺清晰可見，用手揉碎，柑桔味隨即散發，讓精神即時舒暢起來。

## Acronychia

(*Acronychia pedunculata*)

Although not the kind of citrus fruit we see in food markets, Acronychia does come from the same family as pummelo, wampi and orange - Rutaceae. The yellow-green fruit is ripe and sweet between August and December. However we should not forget that picking wild fruit is an offence. So please leave them to the wild animals. The oblong-ovate opposite leaf of this plant is fragrant. You can clearly see the oil glands under the sun. Rub it in your hands will give you a refreshing tangy citrus smell.



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## 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*)

Locals 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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## 絨毛潤楠

絨毛潤楠多見於山坡的疏落樹林中，它們的葉背、小枝和花序都披滿鏽色的絨毛。全球約有100種潤楠屬植物，單是中國就有68種，香港已記錄的則有12種。潤楠屬的果子都是紫黑至全黑色的球狀；而絨毛潤楠在每年3、4月結果，成熟的漿果就在鮮紅色的果梗頂端伸展出來。某些潤楠的樹皮和葉子研成粉末後，可製造香薰和香皂。

## Woolly Machilus (*Machilus velutina*)

*Machilus velutina*, commonly found in sparse woods on hillsides, is covered by rust-like wool on its leaves (back), little branches and inflorescences. There are about 100 species of *Machilus* plants in the world, 68 of which are in Mainland China and 12 in Hong Kong. *Machilus velutina* has spherical, purple black or total black fruits, which grown up in March and April and will extend out from bright red stems when mature. Some barks and leaves of *Machilus velutina* can be ground into powder to make incense and soap.



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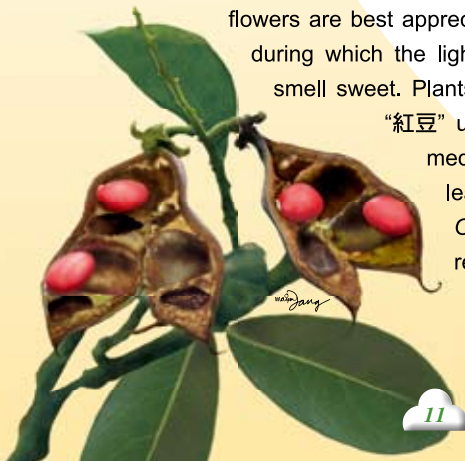


## 凹葉紅豆

有些植物，看一眼就可以認出來。凹葉紅豆是最易辨認的蝶形花科樹種，凹葉是指橢圓形的葉子，葉尖總是輕微的凹陷進去。紅豆就是每年長出來的莢果，內裏藏着鮮紅色的種子，比我們日常吃到的紅豆更加鮮紅。賞花則要在每年5、6月間探訪，淺白至粉紅的花兒非常芳香。以紅豆為名的植物，通常都具備中醫藥用途，但凹葉紅豆的樹葉及樹莖則帶有毒性，故要小心，避免接觸。

## Emarginate-leaved Ormosia (*Ormosia emarginata*)

Some plants can be recognized at one glance. *Ormosia emarginata* is the most recognizable Fabaceae plant. Its elliptical leaves, whose apexes are always caved slightly. Its pod comes out in each year, and its hidden fresh red seeds are in deeper red colour than the red bean we ate in daily life. Its flowers are best appreciated in May and June, during which the light white to pink flowers smell sweet. Plants with chinese name of “紅豆” usually can be used for medical purpose, but the leaves and stems of *Ormosia emarginata* are recognized as poisonous.



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## 馬尾松

這是香港唯一的本地原生松樹，由於生長迅速，可在乾旱貧瘠土壤成長，是早年本港常用作植林的樹種。但至80年代，馬尾松因受線蟲侵襲，大量枯死，後改以愛氏松（非本地原生品種）取代。

「馬尾」的名字，源於樹葉的外觀。這種長高可達45米的常綠喬木，樹冠在年長以後開展如傘子，針狀的樹葉一束一束的隨風輕拂，有如馬尾。它們易與愛氏松混淆，一般而言，愛氏松的松針比較粗壯，馬尾松的松針較柔弱。

## Chinese Red Pine (*Pinus massoniana*)

The only native pine of Hong Kong, *Pinus massoniana* was widely planted in early days because it develops fast even in poor land. However, it was substituted by *Pinus elliottii* (non-native species) in the 1980s due to attack by nematode. Horse-tail “馬尾” was named after the appearance of the leaves. This 45-meter-tall evergreen tree will form an umbrella-shaped crown when grown up, and bunches of needle leaves wave in the wind like a horse's tail. *Pinus massoniana* is usually confused with *Pinus elliottii*. Generally, needles of *Pinus elliottii* are thicker and stronger than those of *Pinus massoniana*.

Wing Yang

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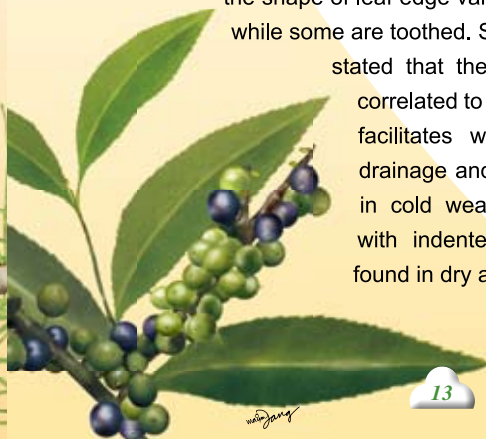


## 細齒葉欖

細齒葉欖的特徵是其樹葉的葉緣，薄而革質的長圓狀樹葉一般長4至6厘米，葉面深綠至黃綠色，常有金黃色腺點，葉緣生有細微鋸齒。你可知道植物的葉緣變化多端，有些圓滑，有些凹凸不平。地球科學家的研究更顯示，葉緣與氣候存在一定關連，因葉緣的鋸齒具有加速水分蒸發及排水作用，在較寒冷的氣候下有利於加速樹液的流動，故此擁有齒狀邊緣樹葉的植物，較少生長於乾旱及鹽分高的地帶。

## Shining Eurya (*Eurya nitida*)

The most outstanding feature of *Eurya nitida* is the edge of its leaf. The thin and leathery leaves, usually 4 to 6 cm in length, grade from dark green to yellowish green, with golden gland spots on the surface and indentations at the edge. Do you know the shape of leaf edge varies? Some are smooth while some are toothed. Studies of geoscientists stated that the edges of leaves are correlated to climate. Indented edge facilitates water evaporation and drainage and speed up flow of sap in cold weather, therefore, plants with indented leaves are seldom found in dry and high salinity region.



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## 厚皮香

這種山茶科植物的革質葉片較一般樹葉為厚，深綠色而具光澤，像我們穿了厚衣裳一樣，耐寒耐陰，能抵受攝氏零下10度的低溫。厚皮香的香氣來自每年冬季至早春的淡黃色小花，花兒雖含微毒，但於中藥上有外敷治瘡毒及止痛癢的功能。由於花香撲鼻，而且樹冠渾圓、枝葉茂盛，又能吸引鳥兒前來覓食，故厚皮香常被栽種於庭園作觀賞用途。

## Naked Anther Ternstroemia (*Ternstroemia gymnanthera*)

The green and bright leathery leaves of this plant of the Theaceae family are thicker than regular leaves. As if they wear thick clothes, they withstand cold and shade, and can sustain at temperature 10°C below zero. From every winter to early spring of next year, the yellowish tiny flowers of *Ternstroemia gymnanthera* give out fragrance. Although the flowers are poisonous, they can be applied to cure sores and relieve pain and itching. As the fragrant flowers, round crown and dense branches attract birds to come for seeking food, *Ternstroemia gymnanthera* is usually grown as an ornamental plant in the yard.



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## 豺皮樟

這種樟科植物的樹皮，一灘一灘淺色的斑紋，看似雜亂無章，真是有點像豺狼的膚色。豺皮樟英文名字 Oblong-leaved Litsea (長形葉的木薑子)，描繪了樹葉的形態。這些葉兒的最大特徵是革質有光澤，葉底則帶點蒼白。於野外，豺狼未必能討人歡心，但豺皮樟卻是很有用的中草藥。據說它們的樹根可以入藥，主治腰腿痛，能驅風除濕、行氣止痛、活血通經。

## Oblong-leaved Litsea (*Litsea rotundifolia* var. *oblongifolia*)

Barks of this plant of the Lauraceae family have disorderly scattered stripes, like the skin of a jackal. Its English name Oblong-leaved Litsea explains the appearance of its leaves, which feature leathery and lustrous surface and pale back. In wild, jackal can hardly take people's fancy, but *Litsea rotundifolia* var. *oblongifolia* is a helpful herb. Its root is said to be a medicine effective in curing pains in the waist and legs, dispelling wind and dampness, promoting the movement of "Qi" (energy flow) and relieving pain, and stimulating blood circulation and menstrual discharge.





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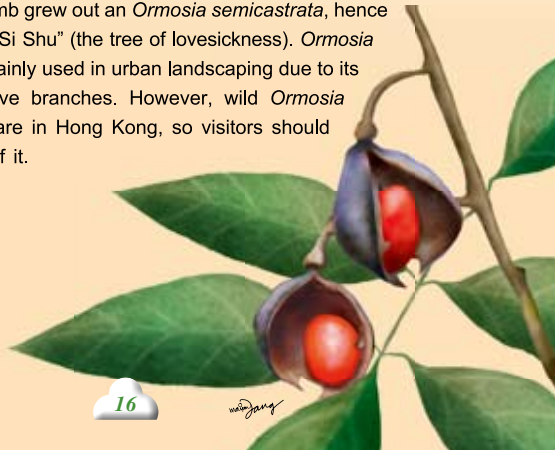
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## 軟莢紅豆

「紅豆生南國，春來發幾枝；願君多採擷，此物最相思。」唐代著名詩人王維的《相思》五言絕詩，就是借用了這種相思豆，抒發想念南方友人之情。據說戰國時代有一女子，因過度思憶服兵役的丈夫而病死，其葬身的墓地上後來長出一株軟莢紅豆，後人便稱此樹為相思樹了。此樹枝葉繁茂，樹冠開潤，所以每多用來綠化市區。但野生的相思樹，在香港較為罕有，觀賞者務必珍惜存護。

### Soft-fruited Ormosia (*Ormosia semicatrata*)

In the poem "Lovesick", the famous poet Wang Wei expressed his longing for his beloved in the South by eulogizing this lovesick plant, "The berries red in the south land grow, how many shoots in spring it brings? May you gather as many as you can, for my lovesickness these things best stand". As the story goes, a girl in the Warring States Period of China died of excessively missing her husband who was in military service; afterwards her tomb grew out an *Ormosia semicatrata*, hence the name "Xiang Si Shu" (the tree of lovesickness). *Ormosia semicatrata* is mainly used in urban landscaping due to its lush and extensive branches. However, wild *Ormosia semicatrata* is rare in Hong Kong, so visitors should take good care of it.



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## 嶺南山竹子

儘管色澤跟我們愛吃的果后山竹相差很遠，但嶺南山竹子的果實結構和味道，與一般山竹相當近似。香港的超市和街市很少能買到嶺南山竹子，但在中國南方如海南島等地，則不難碰到。這種山竹子科植物最常見於廣東及廣西，故有嶺南山竹子的稱謂。每年9、10月結成的果實，又叫黃牙果，因為嘴嚼過後，果漿會黏附牙齒，弄得牙齒變黃。

### Lingnan Garcinia (*Garcinia oblongifolia*)

Although wide different in color from the delicious "queen of the fruit"—Mangosteen, *Garcinia oblongifolia* is quite the same as it in structure and taste. *Garcinia oblongifolia* is seldom found in the markets of Hong Kong, but very common in Hainan Island and other areas in South China. This Clusiaceae plant is commonly found in Guangdong and Guangxi (south of the five mountains in South China), hence the name Lingnan Garcinia.

Its fruits will stain teeth yellow when you eat it, hence also called Huang Ya Guo (yellow teeth fruit), ripen in every September and October.



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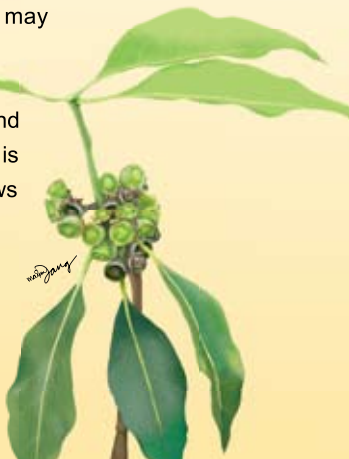
## 紅膠木

紅膠木、台灣相思及愛氏松同被稱為「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 elliottii*, 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 eastern 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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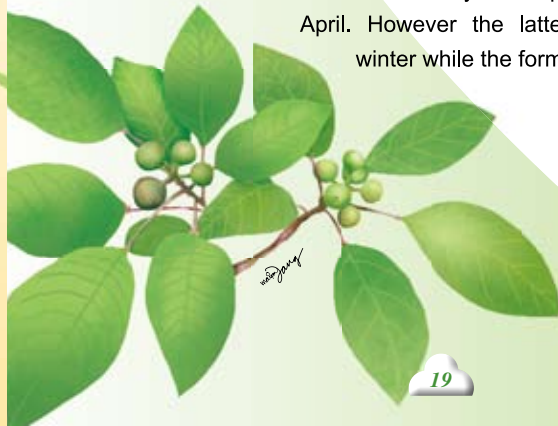
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## 山烏柏

每到秋季，山烏柏就開始變身，密麻麻的綠葉逐漸變黃，再由深黃漸化為淺紅；踏入每年12月至2月的冬季，更是全株暗紅，給郊野添上異彩。山烏柏很容易跟烏柏混淆，葉子都會在冬季變紅，每年四月起則會長出穗狀花串。兩者的其中一個分別，就是烏柏在冬天會落葉，山烏柏則不會。

### Mountain Tallow Tree (*Sapium discolor*)

Mountain Tallow Tree takes a dramatic transformation every autumn. The dense green leaves gradually turn yellow, then ginger, and finally pale red. In the winter months of December to February, the plant is completely crimson and adds striking colour to the countryside. It is easy to misidentify a Mountain Tallow Tree for Chinese Tallow Tree. The leaves of both species turn red in winter and they show spike blossoms in April. However the latter defoliates in winter while the former does not.





## 楊梅

夏天結果的楊梅，又好吃，又好看。紅色、白色，還有紫黑色，與深綠的樹葉相映成繽紛奪目的畫面，未放進口，已經生津止渴了。楊梅是常綠小喬木，成長時高約5米，年老的楊梅樹則可以高達20米。新界村落常有村民種植楊梅，而野生的則可在次生林和風水林中找到。

### Strawberry Tree (*Myrica rubra*)

It looks good and tastes good. Fruits of *Myrica rubra* mature in summer. These red, white and purple black delicacies provide an interesting contrast to the green leaves, quenching your thirst before you eating them. This little evergreen tree can reach 5 meters tall after growing up and 20 meters when old. In the New Territories, villagers plant *Myrica rubra*, and you can also find wild *Myrica rubra* in secondary forests and Fung Shui Woods.



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## 潺槁樹

潺槁樹是樟科的一員，5、6月開花。淡黃的花兒密集於枝頭茂盛的葉群之間，比葉子細小，像含羞的女孩，躲藏葉間，不愛張揚。這些細小的花兒在我們眼中可能不覺怎樣吸引，但卻是昆蟲、蜜蜂的至愛。此樹種較多見於海邊或疏落的林間，灰色的樹幹雖不突出，但光滑的樹皮含有黏合物質，曾被廣泛用作製造美髮用品。

### Pond Spice (*Litsea glutinosa*)

A tree belonging to the Lauraceae family, Pond Spice flowers in May and June. The pale yellow flowers are clustered amongst dense leaves on the branches. Smaller than the leaves, they are as adorable as shy little girls. These blossoms may not be very attractive to you and me, but they are favourites of insects and bees. This species is common in coastal areas and open forests. The grey smooth bark, although plain, is very useful. It

contains a natural bonding agent which was once used to produce haircare products.



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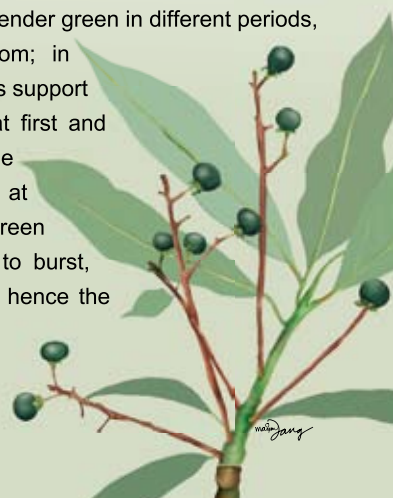
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## 紅楠

這種樟科植物不單受到遠足人士的注目，亦是郊野攝影愛好者一年四季都愛戴的模特兒。在春天，新葉相繼生長，期間新葉會呈現深紅、粉紅、金黃、嫩黃或嫩綠等不同顏色，把樹都染得五彩繽紛；每當夏天，果子成熟，長長的紅色果柄頂着從青變黑色的小圓珠；在冬天，長在枝條頂端的頂芽茁壯飽滿而呈微紅，猶如一朵朵含苞待放的花蕾，點綴着碧綠的樹冠，相當矚目，也因而賺得紅楠的名字。

### Red Machilus (*Machilus thunbergii*)

This plant of the Lauraceae family is always an attraction for hikers and may enchant country photographic lovers all over the year. In spring, the growing new leaves take on deep red, pink, golden yellow, bright yellow or tender green in different periods, as if the tree was in blossom; in summer, the long red fruit stems support tiny beads, which are green at first and turn to black later; in winter, the sturdy, full, and reddish buds at the head of branches dot the green crown like flower buds ready to burst, forming a very attractive sight, hence the name Red Machilus.



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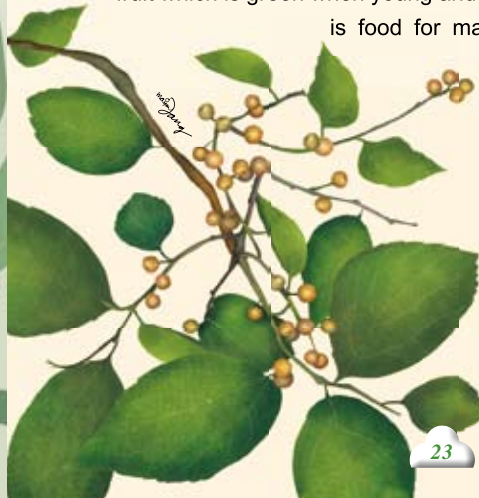
## 朴樹

朴樹快高長大，盛夏時枝葉茂盛，樹皮灰褐的大喬木可以高達25米，樹冠伸展成蔭，是乘涼避暑的天然小涼亭。鄉下人叫這種大喬木為朴仔樹，朴仔是指樹果，初生時綠色，成熟後則為橙紅色，是雀鳥的食糧。由於木質輕而硬，故常被用來製作家具、砧板，樹皮纖維也可造紙。

### Chinese Hackberry (*Celtis sinensis*)

Chinese Hackberry is a fast growing tree that develops dense foliage during summer. It has grey bark and may grow to 25 meters. The wide canopy is a natural shelter that offers good shade. Villagers call this tall tree Po Tsai. The name refers to the fruit which is green when young and orange-red when ripe. It is food for many birds. The wood of

Chinese Hackberry is light yet hard. It is widely used as a material for furniture and cutting boards. The bark fibres are raw material for paper.



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## 黃牛木

雖然這種山竹子科植物擁有粉紅小花，意態嬌嬌，讓黃牛木膾炙人口的，卻是其貌不揚的綠葉。橢圓形的對生葉兒，在廣東一帶頗常用於煎茶以致入藥，所以黃牛木又有黃牛茶的稱號。野生黃牛木繁殖力強，人們喜於清明節前採摘其剛冒尖的嫩葉，然後進行一番搓、炒、晾的工序。黃牛木能祛濕，預防感冒中暑，我們常喝的廿四味涼茶，便有用上黃牛木。

## Yellow Cow Wood (*Cratogeomys cochinchinense*)

Despite the lovely pink flowers, this Clusiaceae plant is better known for its plain green leaves. The leaves are elliptical and opposite, commonly decocted for tea or medicine in Guangdong, and therefore it is also known as "Yellow Cow Tea". Wild Yellow Cow Wood is very reproductive. The fresh leaves are usually collected before the Tomb Sweeping Day and used after kneading, firing and airing. Yellow Cow Wood has a function of dispelling dampness and preventing heatstroke, and is used in the common herbal tea (a Chinese tea decocted with 24 herbs).



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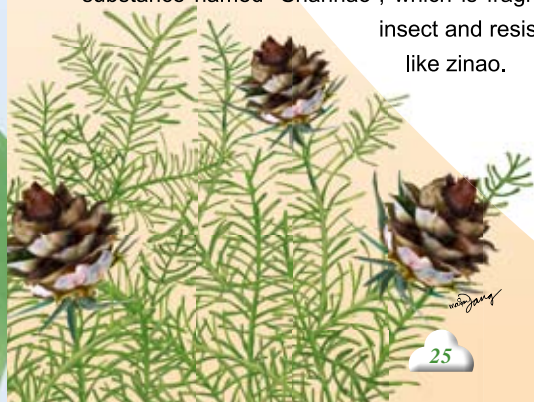


## 杉木

由於杉科植物樹幹筆直，予人剛直不朽的感覺。杉木實而不華，是中國特有的快速生長商品樹種，由於成長快、木材紋理通直，結構均勻，不翹不裂，是上乘的建築及家具木材。這種常綠喬木可以長高至30至40米，木材含有一種名叫「杉腦」的物質，作用類似梓腦，能抗蟲耐腐，並帶香味。

## China Fir (*Cunninghamia lanceolata*)

As plants of the Taxodiaceae family have straight trunks which give us a distinct impression of justness and eternity. The plain *Cunninghamia lanceolata* is a fast growing commercial species peculiar to China. As it grows fast and has straight veins and even texture, and without protrusion or cracks, it is recognized as top-grade wood for building and making furniture. This evergreen tree can reach 30~40 meters in height. It contains a substance named "Shannao", which is fragrant and can repel insect and resist corrosion, acting like zinao.



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維多利亞港  
Victoria Harbour

# 東區景點地圖 Eastern District Tourist Map



- 1 怡和午炮 Noontday Gun
- 2 葛量洪號滅火輪展覽館  
Fireboat Alexander Grantham Exhibition Gallery
- 3 香港電影資料館 Hong Kong Film Archive
- 4 西灣河文娛中心 Sai Wan Ho Civic Centre
- 5 東區旅遊徑(筲箕灣段)  
Eastern District Tourist Trail (Shau Kei Wan Section)

- 6 香港海防博物館  
Hong Kong Museum of Coastal Defence
- 7 青年廣場 Youth Square
- 8 羅屋民俗館 Law Uk Folk Museum
- 9 維多利亞公園 Victoria Park
- 10 鰂魚涌公園 Quarry Bay Park

- 11 柏架山道自然徑 Mount Parker Road Green Trail
- 12 林邊紅磚屋 Woodside
- 13 鰂魚涌樹木研習徑 Quarry Bay Tree Walk
- 14 西灣河海濱公園 Sai Wan Ho Harbour Park
- 15 愛秩序灣海濱花園 Aldrich Bay Promenade
- 16 柴灣公園 Chai Wan Park

- 17 龍躍亭、浪韻樂園和樹影樂園  
Leaping Dragon Pavilion, Tidal Melody Paradise and Leafy Shade Paradise
- 18 馬寶道小販攤檔 Hawker Stalls on Marble Road
- 19 新光戲院 Sunbeam Theatre
- 20 銅鑼灣天后廟 Tin Hau Temple in Causeway Bay

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東區區議會網址 : <http://www.districtcouncils.gov.hk/east/chinese/welcome.htm>

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