

走訪香港濕地生境 Visit other Wetland Habitats in Hong Kong

香港的都會景色享譽國際，但其自然風光亦不遑多讓。雖然香港的陸地面積只有約1100百平方公里，但海岸線長度卻有約1178公里。這片彈丸之地，有多種濕地生境，當中包括溪流、農地、魚塘、基圍、紅樹林、海草床、岩岸潮池、海藻床及珊瑚群落。

要親身體驗濕地的美，除到訪香港濕地公園外，不妨前往以下介紹的五片濕地一遊。這五個地點分別位於新界東北部及西北部、港島南部及大嶼山。大家在走訪這些濕地時，除欣賞迷人的景色外，亦可仔細觀察棲息其中的動植物，豐富這一趟濕地之旅的體驗。

The city skyline of Hong Kong is known all over the world. The natural beauty of the countryside is appealing as well. The terrestrial area of Hong Kong is about 1100 km², and the length of coastline line is about 1178 km. In such a small place, there are various types of wetland habitats, including running streams, farmlands, fishponds, *gei wais*, mangrove communities, seagrass beds, rock pools, seaweed beds and coral communities.

After visiting Hong Kong Wetland Park, you may wish to visit other wetlands in Hong Kong. Here are suggestions of five wetlands. They are located in northeast and northwest New Territories, in the southern part of Hong Kong Island and on Lantau Island. You can enjoy the fascinating beauty of these areas and to observe how the wetland wildlife adapt to their living environment.



尖鼻咀 Tsim Bei Tsui

說到濕地，不少香港人會即時想起米埔這個地方。為有效保護這片國際重要濕地的生態資源，米埔沼澤已根據野生動物保護條例被列為限制進入地區。然而，遊客可以在任何時間到訪尖鼻咀，欣賞米埔內后海灣拉姆薩爾濕地的迷人景緻。

從尖鼻咀警崗附近的懸崖遠眺，米埔及內后海灣拉姆薩爾濕地盡收眼簾。在潮退時，這裡有廣闊的泥灘。在秋冬時份潮水半退半漲之間，成千上萬的候鳥在泥灘上覓食。具備望遠鏡的遊客，更可以仔細觀察各種鳥類在近岸覓食的神態。除了身形修長，舉止優雅的鷺鳥，這裡還有針尾鴨、琵嘴鴨和瀕危的黑臉琵鷺。假如你沒有望遠鏡，不妨拾級而上，從高處的瞭望台眺望一個個長方形的荒廢潮汐塘、魚塘、紅樹林，以及位於對岸中國大陸福田的高樓大廈。

在飽覽教人心曠神怡的濕地景緻之後，可以在警崗右面沿路往下走。經過翠綠的紅樹林，便可看見荒廢已久的潮汐塘及數個大型魚塘。在秋冬候鳥訪港的日子裡，你更可看見魚塘邊有一群群鷺鳥和鸕鶿在凝神佇立。

離魚塘不遠處有一條跨越河道的橋樑，這是觀察彈塗魚和招潮蟹的好地方。彈塗魚經常鼓起兩鰓，為的是讓牠們的鰓部保持濕潤，以便短暫離開水仍能呼吸，牠們偶爾會弓身在泥面上快速躍動。雄性招潮蟹擁有兩隻大小懸殊的螯，牠們不停揮舞大螯以驅趕敵人或吸引雌蟹，同時會用小螯忙碌地在泥面攝食。



在內后海灣棲息的冬候鳥
Migratory birds that winter in the Inner Deep Bay area



擁有一隻大螯的雄性招潮蟹
Male fiddler crab with overgrown odd claw

When asked about wetlands in Hong Kong, people usually associate it with the Mai Po Nature Reserve. The nature reserve is a restricted area designated under the Wild Animals Protection Ordinance. The designation enables the protection of wetlands and the invaluable ecological resources. However, visitors may experience the magic scenery of the Mai Po Inner Deep Bay Ramsar Site by visiting Tsim Bei Tsui at anytime of the year.

Looking from the edge of a cliff near Tsim Bei Tsui police post at low ebb, you can see a magnificent mudflat. At low tide, this is a feeding place for thousands of wintering birds and migrants. With binoculars, you can get a close-up view of the waterbirds which are feeding or stalking in the shallow water. Apart from the elegant egrets, there are also other birds including Northern Pintail (*Anas acuta*), Northern Shoveler (*Anas clypeata*) and the globally threatened Black-faced Spoonbill (*Platalea minor*). If you walk up the steps to the lookout point, you will have an open view composed of abandoned tidal ponds, fishponds and mangroves together with the view of high rise buildings at Futien of China on the opposite bank.

After enjoying the spectacular wetland scene, you can walk pass the police station and along the downhill path into the mangroves. Visitors can find several abandoned tidal ponds. You can also find cormorants and egrets resting on trees and bunks of fishponds as they spend the winter here.

Beyond the fishpond area, there is a bridge over a water channel. From the bridge, you can see mudskippers and fiddler crabs during low tide. Mudskippers store water in gill chambers, which enable them to breathe on land. With the help of their strong tails and muscular pectoral fins, they leap and bounce on the mud. The male fiddler crabs keep waving their enlarged claws to ward off enemies and to attract a mate while feeding with their small claws.

東平洲 Tung Ping Chau

東平洲位處香港水域東北面的邊緣。這個彎月形的小島以其壯麗的奇岩怪石聞名，然而棲息於岩岸及沿岸珊瑚群落的海洋生物同樣吸引。

小島的岩石主要為沉積岩。當沉積岩受到不同程度的風化，便形成了大小不同的空隙。探頭細看，不難發現身體扁平的岩蟹及石蟹正在狹窄的空隙中休息。當牠們感受到異樣時，會保持靜止或迅速地溜走。

沿岸有多不勝數的潮池。仔細觀察這些潮池，會發現多種海螺，牠們移動時會留下有趣的「之」字形「足印」。當到達「難過水」，會看見一片寬敞的海蝕平台和當中大大小小的潮池。在較平靜的潮池，有海膽和海兔等素食生物，在潮池底部緩慢爬行。在受到海浪猛烈衝擊的位置，有藤壺、石蠔、石蟹等動物，這些動物能夠緊附在岩石上而不被大浪捲走。

在「亞媽灣」及「大塘灣」附近水域，有大片珊瑚群落。至2007年5月，全港有記錄的88個石珊瑚品種中，有61個品種可以在該處找到。在這片水中花園浮潛，可以欣賞珊瑚所形成的壯麗地貌，更能看到棲息其中的海膽、寶貝和色彩繽紛的珊瑚魚。

Tung Ping Chau is a crescent-shaped island that sits at the most northeastern end of Hong Kong water. It is renowned for its spectacular rock formations. The marine life living along the shore and the fringing coral communities are appealing as well.

The sedimentary rocks on the island are at different levels of weathering, thus forming numerous crevices amongst the rocks. In the rock crevices, shore crabs and rock crabs remain motionless or dart away when they sense your presence.

Numerous tidal pools are found along the coast. Take a closer look to different types of sea snails which leave zigzag tracks. When approaching Lan Kwo Shui, there is a large wave-cut platform and many large tidal pools. In the calm area, there are grazing animals such as the sea urchins and sea slugs creeping slowly at the bottom of the tidal pools. Barnacles, rock oysters and chitons thrive where the waves splash, they are able to attach firmly on rocks and withstand the wave.

Extensive hard coral communities can be found at A Ma Wan and Tai Tong Wan. Until May 2007, 61 out of 88 of hard corals species recorded in Hong Kong can be found here. Snorkelling over the coral garden, you might find spectacular landforms made by corals. There are various forms of marine life which include spiny sea urchins, shiny cowries and colourful reef fishes.



彈塗魚在泥面敏捷地彈跳
Mudskipper hopping on the mud



白紋方蟹身手敏捷，經常在潮池裡快速行走
Grapsus albolineatus often moving nimbly on the bottom of rock pools



在更樓石附近有大大小小的潮池
Numerous rock pools that are found near Kang Lau Shek

鹿頸 Luk Keng

位於新界東北面的鹿頸，是一處同時擁有田園風味以及濕地景緻的地方。

在「膊頭下」下車，沿著岸邊的車路向南而行，不久便可以在右邊看見一片廣闊蒼翠、如浮在水中的紅樹林。在紅樹群落的不遠處會發現另一片更扣人心弦的天地，就是沙頭角海灣中離岸不遠處的「鴉洲」鷺鳥林。秋冬時份，這小島上有數以百計鸕鶿同時聚集棲息。春季至初夏，隨著鸕鶿遷飛返回牠們的繁殖地，不同種類的鷺鳥會取而代之，成為島上的主要雀鳥群。即使沒有望遠鏡，只要在岸邊遙望小島，也可看到群鳥被著繁殖羽輕拍翅膀，在青綠的樹叢上高高低低地翱翔。

離開「鴉洲」，繼續沿彎彎曲曲的車路往前走，在繞過一座小山丘後，會發現一條寧靜而古樸的「鹿頸村」。這村落竹樹掩映，村口有小橋流水，村前有一片片青蔥的濕田及水面如鏡的魚塘，鄉郊景緻盡現眼前。

在鹿頸小巴總站附近的濕地，能找到不少繽紛奪目的蜻蜓。如果幸運的話，更有可能看到體色鮮紅、身長只有約兩厘米的侏紅小蜻。牠們是香港體型最細小的蜻蜓。

Luk Keng at the northeastern corner of Hong Kong is one of the best places to enjoy our rural landscape and wetlands.

Getting off the minibus at Pok Tau Ha, and heading south along the road by the sea, you can find a large lush green mangrove area on the right, fashioning illusive water reflections. Not far from the mangroves, A Chau is a small island just off the shore of Starling Inlet. Several hundreds of Great Cormorants dominate the site on this small islet during autumn and winter. The area is then taken over by breeding egrets and herons in spring and early summer. You can see birds displaying their breeding plumage and gliding leisurely above the trees.

Moving on along the winding road, there is more great scenery. Shortly after passing a hill, you will reach the Luk Keng Village. This bamboo-lined hamlet has wet paddy fields and fishponds in front of it. It is difficult to find this kind of scene in the city.

When approaching the minibus terminal at Luk Keng, there is a wetland with good record of dragonflies, including the tiny dragonfly Scarlet Dwarf (*Nannophya pygmaea*). It is bright red in colour and only 2 cm in length. It is the smallest dragonfly in Hong Kong.



鹿頸附近的鴉洲鷺鳥林
A Chau is a egretty near Luk Keng



侏紅小蜻是香港的蜻蜓中，體型最細小的一種
Nannophya pygmaea is the smallest Dragonfly found in Hong Kong

大潭篤 Tai Tam Tuk

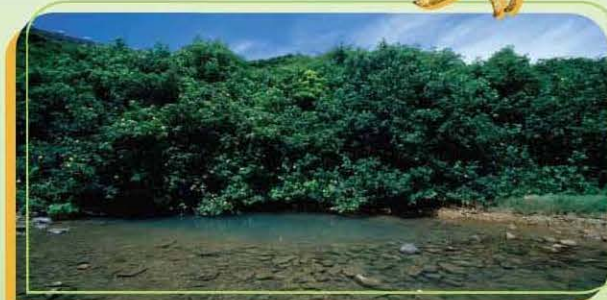
香港島東南面大潭篤水塘旁邊的海岸，亦擁有迷人的濕地景緻。

在大潭篤水壩附近的黃槿樹下，有一個充滿生機的池塘，這裡有很多淡水小蝦游來游去。仔細觀察，更會看到體色與塘泥沒有兩樣的鰕虎魚。

沿岸向東北方向繼續走去，經過以秋茄樹為主的紅樹林後，可探索水道旁的泥灘。潮退的時候，各種可愛多姿的小動物，紛紛從洞穴裡走出來，當中包括彈塗魚及招潮蟹。

在泥灘的另一邊，可以找到一種可愛的濕地生物。那是體色藍灰、身體呈圓球狀、樣子逗人的長腕和尚蟹。牠們在泥灘走動時，遠看就像一些滾動著的藍色彈珠。牠們的行走方式十分特別，是向前直走而不是左右橫行的。

長腕和尚蟹走動時，
是向前直走而不是橫行的
Soldier Crab crawls forward
instead of sideway



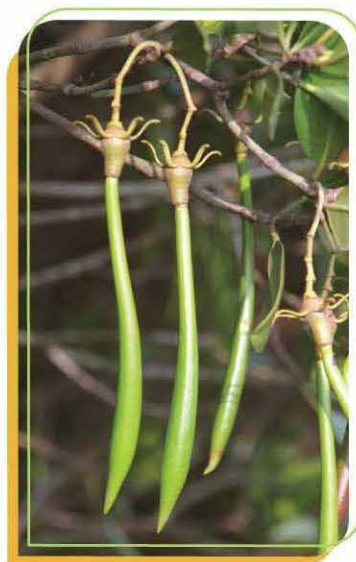
黃槿樹蔭下的小池塘，是個趣味盎然的淡水生境
Tiny freshwater aquatic creatures thrive in a little pond shaded by Cuban Basts

The shore near the Tai Tam Tuk Reservoir is an appealing wetland at the southeast of Hong Kong Island.

After passing the dam of Tai Tam Tuk Reservoir at the shore, there are small shrimps and freshwater Gobies (*Rhinogobius* sp.) in the pond shaded by Cuban Basts (*Hibiscus tiliaceus*).

Along the northeast coast, there is a small mangrove community composed mainly of *Kandelia* (*Kandelia obovata*). Behind the mangrove forest, there is a tiny waterway with a muddy bank. At low tide, there are different small animals crawling out of their burrows, such as mudskippers and fiddler crabs.

The bluish grey Soldier Crab (*Mictyris longicarpus*) is another adorable resident of the mudflat at the further end. They have round and smooth bodies and look just like rolling marbles. Unlike most other crabs, Soldier Crabs crawl forward instead of sideways.



秋茄樹
Kandelia obovata

磤頭

San Tau

除了在新界及香港島外，位處大嶼山東涌灣的磤頭也是值得遊覽的濕地。

從東涌地鐵站向西南而行，穿過幢幢高樓，便到達東涌的「侯王廟」。附近有一片寧靜而優美的泥灘。只要細心觀察，看似寂靜的泥灘其實充滿生命力，尤其在潮退的時候，很容易發現彈塗魚及招潮蟹的蹤影。

踏著鄉郊的羊腸小徑，沿著東涌灣西邊的海岸向北走，約半小時便可到達磤頭村的碼頭，並看到一片翠綠的紅樹群落。繞過那片蒼翠的紅樹群落到泥灘南面，會見到泥灘上鋪了一塊綠色的地毯。那是另一種在淺海出現的濕地生境——海草床。海草是唯一完全淹沒在海水中仍能生存的開花植物。它更會在海水中傳播花粉和結果，而種子也是在水中發芽的。在極低潮的時候，大家可以走到海草床的邊緣，細心觀察這些獨特的水生植物。當中，有葉片薄而橢圓、葉脈像魚骨的喜鹽草，也可以找到葉片修長、葉尖微缺的矮大葉藻。在這片海草床上，更可以看到精緻美麗的彩螺、身體晶瑩通透的魚苗和蝦苗在這育嬰室中游來游去。

Apart from those wetlands found in New Territories and Hong Kong Island, San Tau on Lantau Island is another beautiful wetland site that is accessible from the Tung Chung new town.

After arriving at the Tung Chung MTR station, take a walk through modern high rises to reach the ancient Hau Wong Temple. On the coast at the end of the trail, there is a scenic mudflat where small wetland animals thrive. At low tide, you will find mudskippers and fiddler crabs.

If you take the meandering footpath along the western coast of Tung Chung Bay for half an hour, you will arrive the San Tau Pier. The pier is flanked by waterside mangroves. By walking along the mangroves to the south of the mudflat, you will see a lush green vegetation lying on the mudflat – the seagrass bed. Seagrass is the only flowering plant that can be completely submerged in seawater. Moreover, seagrass pollinates, bears fruits and germinates under seawater. If you wait for the lowest ebb and explore further on the periphery of the seagrass bed, you can see two species of seagrass. They are the Oval Halophila (*Halophila ovalis*) and Dwarf Eel Grass (*Zostera japonica*). The Oval Halophila has thin elliptic leaves with fishbone veins, and Dwarf Eel Grass has narrow long leaves with a small notch at the tip. In the dense seagrass bed, tiny snails display their colours, while transparent fish fry and shrimp larvae swim merrily.



磤頭泥灘上的矮大葉藻
Dwarf Eel Grass found on the mudflat at San Tau