



## 濕地四季之春：魚塘邊的鄉情

# 春 Spring walk

Idyllic Aqua Farms

對於大部分居住在都市的香港人來說，要不是親身到元朗郊區走一趟，也難以想像寸金尺土的香港，原來仍有不少運作中的淡水魚塘。如今，已差不多飄零葉落的淡水魚養殖業，景況如何？附近周邊的鄉村，還留有多少都市人嚮往的鄉土舊情？

Outside the city centre of Hong Kong there are – to the surprise of many – quite a number of operating freshwater fish ponds, most of which are in rural Yuen Long. Local freshwater aquaculture is evidently on the wane, so is the idyll of village life around farming and rearing fishes.



### 在春天踏上這條路線，你可以 This spring walk highlights

- 1 在吳屋村春節點燈活動，體驗傳統鄉村節日氣氛  
The traditional “lantern lighting” ceremony at the village of Ng Uk Tsuen during Chinese New Year
- 2 上大井山一睹元朗方格魚塘的美景  
Panorama of checkered fish ponds on Tai Tseng Shan
- 3 在流浮山觀賞日落  
Magnificent sunset at Lau Fau Shan

### 建議路線 Suggested route

① 大井吳屋村 > ② 淡水魚塘 > ③ 尖鼻咀 > ④ 沙橋村下灣 > ⑤ 流浮山  
Tai Tseng Ng Uk Tsuen > Freshwater ponds > Tsim Bei Tsui > Sha Kiu Tsuen Ha Wan > Lau Fau Shan

### 起點交通 To the starting point

專線小巴74號，於大井圍下車  
Green minibus No.74 (Get off at Tai Tseng Wai)      或      巴士K68號，於有生鉛水有限公司下車  
Or      Bus No. K68 (Get off at Yau Sang Galvanizers  
(Hot-Dip) Co Ltd)

### 終點交通 From the end point

於流浮山乘坐巴士K65號，可前往港鐵天水圍站或元朗站  
Bus No. K65 at Lau Fau Shan takes you back to MTR Tin Shui Wai or Yuen Long stations

### 步程 Walking time

四小時  
4 hours

### 飲食補給 Replenishment

大井吳屋村、流浮山  
Tai Tseng Ng Uk Tsuen, Lau Fau Shan

### + 附加行程 Extended route

香港濕地公園      於流浮山乘坐巴士K65號，在天水圍轉乘輕鐵往濕地公園  
Hong Kong Wetland Park      Take Bus No. K65 at Lau Fau Shan to Tin Shui Wai; then to  
Wetland Park via Light Rail

## 吳屋村的鄉土人情 Ng Uk Tsuen - Village Traditions

大井吳屋村位於元朗工業邨以北，村內人士皆姓吳，是香港現時少有的單姓村落之一。其落地祖先來自東莞南頭，至今已經延續至第二十九代。吳屋村現有一百四十八戶，村民致力保持村內的氏族傳統，屋和地都沒有租賣給外姓人，完好地保留了純樸的鄉村風貌。直到今天，吳屋村每逢農曆新年都會舉辦一連六天的點燈儀式，既有男丁家庭分派豬肉的傳統，更有祭祖、吃盆菜等活動，氣氛熱鬧。

Tai Tseng Ng Uk Tsuen lies north of Yuen Long Industrial Area. All villagers share the surname Ng - one of Hong Kong's very few same-surname village. Originated from Nantou of Dongguan their clansmen are now in the 29<sup>th</sup> generation. To maintain the single-clan tradition and preserve the authenticity of their village, the villagers never rent or sell their lands to other clans. Now they still hold a six-day "lantern lighting" ceremony each year at Spring Festival to celebrate male newborns. The joyous celebration includes sharing of fresh pork by the newborns' families, ancestor worship and eating Poon Choi ("Big Bowl Feast").





村公所內供奉南宋年間的鎮國將軍吳應雷，而附近的村口有一座青磚結構完整、古樸而有特色的門樓，裡面張貼了村內事務值日表。原來吳屋村所有成年男丁會共同輪流負責和管理村中事務，例如打掃公祠、張貼揮春。吳屋村仍然維持昔日村落制度，擁有共同協作的鄰舍關係，在今天的鄉村來說是難得一見。

The Village Office of the village enshrines General Ng of Southern Song Dynasty (1127-1279). At the entrance of the village there is a time-honoured blue-brick tower, where adult males of the village come here to check their duty roster of village affairs such as cleaning the ancestral hall and posting Chinese New Year couplets. The village still upholds the traditional practices of fraternity.

吳屋村村尾有一座紅色的天后古廟，是吳屋村與鄰近的盛屋村和大井圍三村先民共同籌款興建，最早建於清康熙廿七年（一六八八年）。天后廟一般建於海邊，但大井村的一所則在田野之中，這或許是因為舊時元朗鄉村有一些漁民，經過后海灣前往珠江口捕魚，因而也膜拜天后娘娘。

At the rear of the village the Tin Hau Temple had been erected here since 1688 by ancestors from Ng Uk Tsuen and the nearby Shing Uk Tsuen and Tai Tseng Wai Village. Tin Hau temples in general are found along the coastline, and this one being built in the fields is probably the witness of village folks from Yuen Long who a few centuries ago passed through this village near Deep Bay to catch fish at the estuary of Pearl River.

離開了天后古廟，可以順帶登上後方高六十二米的小山崗，那是一片風水林，鄉民稱它為「大井山」，不消二十分鐘就到山頂。地勢雖然不高，但山嶺上享有環迴景色；向北方看，就可飽覽腳下豐樂園一帶一格又一格的淡水魚塘。

Just behind Tin Hau Temple there is a 62m-tall knoll "Tai Tseng Shan" with luxuriant vegetation - *Fung Shui* wood that protects the village. One can summit the knoll in just 20 minutes to savour the panorama of checkered fish ponds in Fung Lok Wai to the north.



## 淡水魚塘的生態價值

### Ecologic values of freshwater fish ponds



利用魚塘飼養魚類已有悠久的歷史。香港早年的魚塘主要是屬於鄉村共同擁有的魚塘，供應鮮魚給鄉民，淡水魚甚少買賣。一九三零年代，隨着香港都市形成，城市居民對淡水魚產生需求，元朗山貝村附近鄉民開始建起商業魚塘，淡水魚養殖業初露頭角，為本地市場提供淡水鮮魚（主要為烏頭）。四十年代，淡水魚塘總面積只有一百多公頃，而後海灣區域地勢廣闊而平坦，有利建造大片魚塘，於是成為餵養基圍蝦、烏頭、生魚及其他淡水魚的重地。六、七十年代是本地淡水魚業的風光年代，不少新界低窪的水稻田改成經濟效益高的魚塘，業界還會出口魚苗至台灣及東南亞。可是，過去二十年香港淡水魚養殖明顯已經大不如前，不論是魚塘面積、產量還是養魚戶都一直減少，除了面對本地經濟轉型、都市伸延危及鄉村生活的問題，內地廉價淡水魚業的競爭直接使行業逐步走向夕陽。

Freshwater fish farming in ponds has a long history. Ponds in early Hong Kong were mostly jointly-owned by villagers to provide fish for villagers. Fish was seldom sold to the markets. When the city took shape in 1930s there was rising demand for freshwater fish. Villagers near Shan Pui Tsuen in Yuen Long began burrowing ponds to rear freshwater fish to sell to the city (mainly grey mullets) - the earliest form of freshwater aquaculture in Hong Kong. In 1940s there were only about 100 hectares of freshwater fish ponds. The low-lying plains around Deep Bay were favourable for building large ponds and rearing *gei wai* shrimps, grey mullets, Spotted Snakehead (*Channa maculata*) and other freshwater fish. The heyday of local freshwater aquaculture in 1960-70s saw many low-lying paddy fields in the New Territories converted into profitable fish ponds, and local fish fry was exported to Taiwan and S.E. Asia. Yet the past 20 years the industry is shrinking in terms of pond area, yield and number of fish farmers. Economic transitions, urban encroachment and competition with cheap freshwater fish from mainland China account for the decline.



本地現存淡水魚塘大約九百個，分佈於南生圍、担竿洲、大生圍、甩洲和豐樂園，面積與規模比廿年前減少接近一半。白天時，當我們路過池塘，以為那只是一潭平平無奇的池水，其實魚塘之內生機勃勃。作為人造的生態環境，魚塘的生態本來不太多元化。不過，它不單為本地人提供可靠的新鮮食材，還為候鳥提供食物，營造了一個適合候鳥棲息及覓食的環境，因此吸引了不同種類的雀鳥飛來香港，豐富了香港的生態面貌。

There are now about 900 fish ponds in Hong Kong - half of what was 20 years ago - in Nam Sang Wai, Tam Kon Chau, Tai Sang Wai, Lut Chau and Fung Lok Wai. It's an exciting lively world of a pond under the calm water surface. Biodiversity does not accent in these man-made habitats but they provide fresh and reliable food produce for locals to enjoy and attract migratory birds to forage and rest here - a bonus to Hong Kong's array of wildlife.

# 尖鼻咀和龜山

## Tsim Bei Tsui and Turtle Hill



尖鼻咀位於香港最西北，面對后海灣（又稱深圳灣），是天水圍河、山貝河和錦田河的河口。根據記載，三百多年前，匯集了附近幾條河的后海灣是「一片汪洋」，河岸兩旁種滿甘蔗，物產豐富。其時，運輸米糧和農作物的船隻穿梭往返深圳南頭各鎮、元朗和錦田的鄉鎮之間。鄉民在輞井圍的小山丘下的近岸處建有一座關帝廟和渡頭，把廟後山形似龜的小山丘命名為「龜山」；而山腳伸延出海，似象鼻吸水，因此把該處命名為「尖鼻咀」（即今天尖鼻咀水警碼頭位置）。

Tsim Bei Tsui, the north-westernmost tip of Hong Kong facing Deep Bay, is also the estuary of Tin Shui Wai, Shan Pui and Kam Tin rivers. Records had it that more than 300 years ago Deep Bay was a glassy inlet lined with sugar canes along the estuary banks. Boats hauling rice and crops shuttled between Nantou of Shenzhen and Yuen Long and Kam Tin in Hong Kong. Kwan Tai Temple and a jetty at the foothill near the coast were built by the local villagers. They name the hill "Turtle Hill" for its shape. Tsim Bei Tsui is literally "nose-tip headland" portraying the elongated foot of the hill that extends into the sea like an elephant's trunk.

后海灣平緩水淺，海岸線長，過去是內地人偷渡來香港的熱點，今天則是中港走私據點，尖鼻咀設有警崗執行緝私和反偷渡。警崗附近的山坡邊緣，可遠眺一海之隔、大廈林立的深圳，和觀看退潮時一大片紅樹林泥灘與雀鳥飛翔的壯麗景觀。

Flat relief, shallow water and long coastline have made Deep Bay a popular approach for illegal immigrants from mainland China in the past decades and smugglers today. The police post in Tsim Bei Tsui is obvious to curb these feats. Climb up the slope beside the police post to take in vista of skyscraper-filled Shenzhen on the opposite coast, and hundreds of birds spreading wings over the vast mangrove mudflat during low tides.

在這個地區附近，可見到的植物包括血桐、印度橡樹、枸杞、勒杜鵑、大紅花、濕地松等。

You are able to see Elephant's ear, Rubber fig, Chinese wolfberry, *Bougainvillea glabra*, Hibiscus and Slash pine around here.





## 沙橋村下灣 Sha Kiu Tsuen Ha Wan

從尖鼻咀步行至流浮山，遊人會路過沙橋村下灣，該村埋藏了一段本地養蠔業的歷史故事。沙橋村位處后海灣的泥灘旁，后海灣鹹淡水的交界非常有利養殖蠔，所以沙橋村村民從前大多以養蠔為生。一九五零年代以前，沙橋村的養蠔戶與深圳寶安沙井村的陳姓養蠔家族有一段合作關係。由於深圳沙井接近珠江口下游地區，夏天積聚的雨水在河流排放，造就了沙井一帶的淡水環境；而香港沙橋村較接近海邊，海水較鹹。蠔戶發現蠔隻在鹹水中，過了一個生長期之後就難以養肥；但其後把蠔隻放在海水較淡的地方，牠們的生長就會加快。於是，香港的蠔戶每年都會把蠔排拖到深圳沙井，由他們負責繼續將小蠔養肥，兩村的協作關係由此而生。可是，五十年代開始，中港海上邊界設立，沙井村村民不能再輕易走到沙橋村，兩地的合作關係因此中斷。邊界設立之前，兩地村民自由往來，一些陳氏族人留在香港定居，時至今日，沙橋村下灣仍然有一些自稱來自沙井的陳姓村民。

Along the stroll from Tsim Bei Tsui to Lau Fau Shan you encounter the hidden story of local oyster farming at Sha Kiu Tsuen Ha Wan. For centuries the villagers here capitalized on the brackish water of the mudflats of Deep Bay to rear oysters. Before 1950s, oyster farmers of Sha Kiu Tsuen collaborated with the Chen's family of Shajing Village in Bao'an, Shenzhen on the other side of Deep Bay. At the downstream of Pearl River, the estuarine water near Shajing is desalinated by gushes of summer rain. Villagers of Sha Kiu Tsuen, whose oysters were raised in salty sea water, found that oysters stop fattening after reaching to a certain size in saltwater, but they grew again in fresher water. Oyster farmers from Sha Kiu Tsuen thus moved their oyster rafts every year to Shajing and let the oysters fatten over there. This was how the partnership came about. It ended in 1950s when border control was strictly imposed on the sea between these two villages. Before that, some members of the Chen's family from Shajing had settled in Hong Kong. Some of their descendants still live in Sha Kiu Tsuen Ha Wan today.

今天，兩村的養蠔業各有際遇。沙井蠔成為了深圳寶安縣的名牌，而沙橋村因位於城市邊陲，鄉民遷徙，村裡養蠔戶又退休，已經沒有村民再養蠔了。現時村內人口很少，以老年人佔多。作為香港最西北的村莊，沙橋村充滿濃厚的鄉村休閒氣息。

Oyster farming in these two villages had different fortunes. "Shajing oysters" is a famed specialty of Bao'an. Oyster farmers in Sha Kiu Tsuen are no more - villagers kept moving out from their homes at the fringe of the city. Those who remained had retired from the business. The only thing left is the sleepy ambience of a dwindling village.



## 春季花草集

Flora in Spring



老鼠簕  
Spiny Bears Breech  
(*Acanthus ilicifolius*)



朱惠玲博士  
Dr. Wai Ling Chu, Mabel



秋茄樹(水筆仔)  
(*Kandelia obovata*)

朱惠玲博士  
Dr. Wai Ling Chu, Mabel

假鷹爪  
Desmos  
(*Desmos chinensis*)



花



果



串錢柳  
Tall Bottle-brush  
(*Callistemon viminalis*)



紅杜鵑  
Red Azalea  
(*Rhododendron simsii*)

## 紅樹林 Mangroves

香港的西北海岸線，從米埔一直到西部通道附近的后海灣，延綿十公里，都長滿了紅樹科植物，是本港現時範圍最廣的紅樹林地帶，達八十五平方公里，亦是全中國第六大的紅樹林，於一九九五年列入國際重要濕地公約名單中。當遊人走到沙橋村下灣的盡頭，到達泥灘，就可以近距離觀察紅樹林了。

The “mangrove belt” stretching 10km from Mai Po to Deep Bay near the Western Corridor is the largest home for mangroves in Hong Kong. This 85km<sup>2</sup> of mangroves constitute the sixth largest piece of mangroves in China and was listed as “Wetlands of International Importance” in 1995. To get to the mangroves up close, walk to the mudflat at the end of Sha Kiu Tsuen Ha Wan.

紅樹林只會生長於熱帶至亞熱帶地區河口地帶，提供有利的條件讓各種生物和微生物孕育，使紅樹林成為一個非常好的生態系統。紅樹林有重要的生態價值，例如：維持自然生態平衡、作為野生生物的覓食及棲地、降低水質污染。

Mangroves are only found at river mouths of tropical to subtropical areas, creating a healthy ecosystem for the growth and proliferation of living creatures and microorganisms. It is important in maintaining natural balance, offering food and shelter for wildlife and alleviating water pollution.



## 流浮山 Lau Fau Shan

流浮山本來是指位於天水圍西面和廈村以北的一座山丘，但後來泛指沿岸一帶的幾條村落。流浮山靠近后海灣，與深圳蛇口遙遙相對。自古以來，流浮山除了是本地養蠔業的重鎮，還以出產海鮮聞名，海產食品交易活動旺盛，是新界西北主要的海產供應地。

Originally a hill west of Tin Shui Wai and north of Ha Tsuen, Lau Fau Shan is now a collective name of a few coastal villages next to Deep Bay and opposite to Shekou, Shenzhen. As the local synonym of oysters and seafood, Lau Fau Shan is a seafood hub of northwest New Territories.



直到今天，在每日的破曉時分，大批內地漁船和舢舨都會停泊在后海灣的深海水域上，準備卸下新鮮捕獲的水產。不過由於流浮山岸灘水淺，漁民利用駁艇將海產從海中心運到碼頭落貨，成為了香港一處有趣的景觀。當很多人還在熟睡的時候，漁民已經忙碌地把一桶又一桶海產拉上流浮山魚市場批發買賣，海鮮檔商人和食肆買家就準備交收、檢驗貨物，然後推上卡車送到市區。早上九時多，當批發活動完結，流浮山大街就化身成為遊客區，一檔又一檔的海味手信店、海鮮餐館開始營業，狹窄的街巷整天都熙來攘往，非常熱鬧。日落時分，位處香港西陲的流浮山是觀賞夕陽晚景之勝地。📍

At dawn, fishing vessels and sampans gather at the deeper water areas of Deep Bay, where they convey the catches from the vessels to small boats ashore. While the city is still sleeping, fishermen trudge baskets of seafood to Lau Fau Shan Fish Market to seafood sellers and restaurant owners. After inspection the seafood is delivered to the city by lorries. When the bustles of hawking ends around 9am, the main street of Lau Fau Shan is ready for another influx of visitors for the rest of the day - tourists who patronize at seafood outlets and restaurants. End your day's walk with a perfect sundowner at Lau Fau Shan. 📍

