

# Park, Life!

Happiness in Nature

Project by

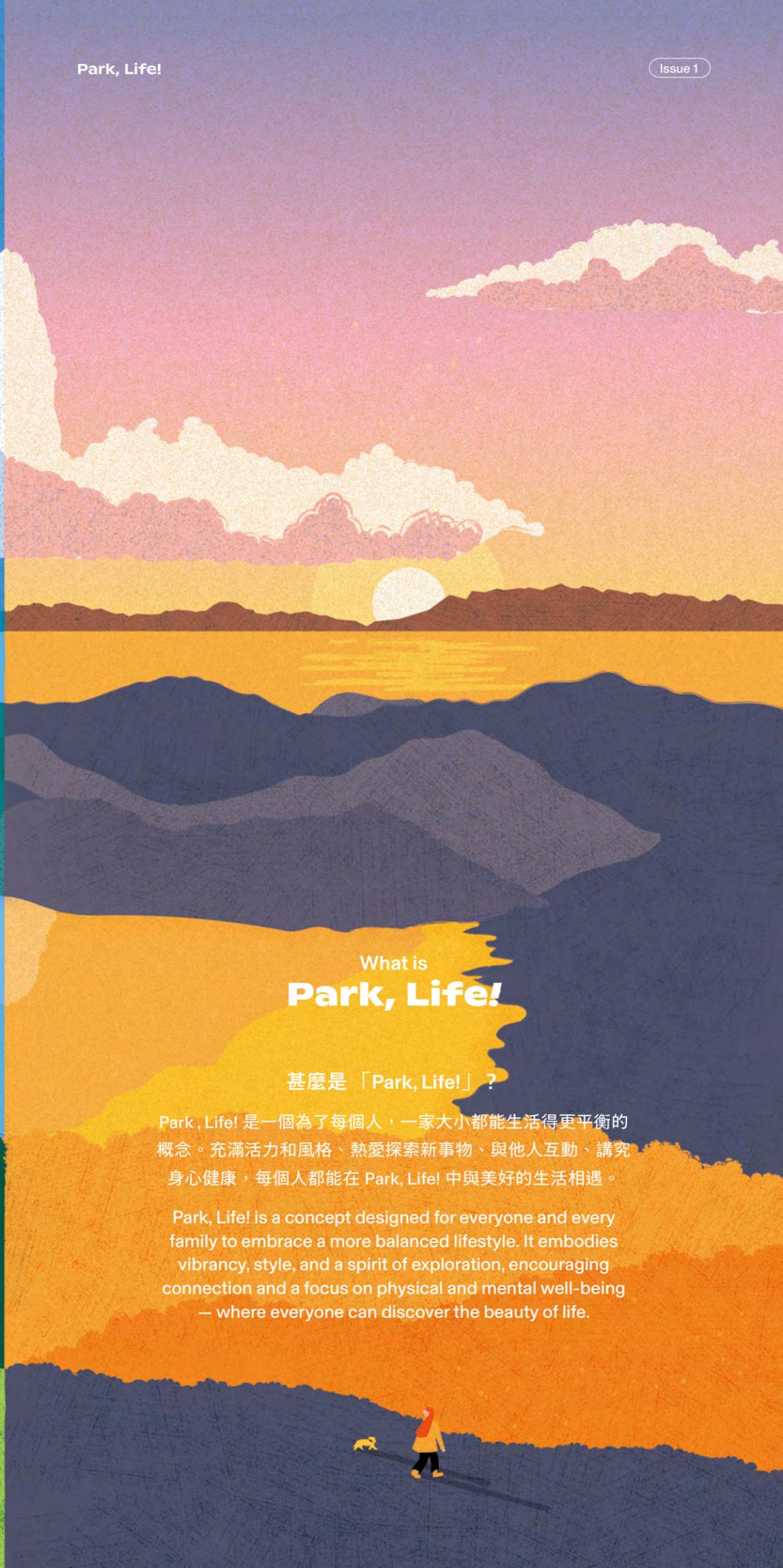
GO PAKK SAI SHA

特集  
——  
郊遊才是認真事



# Park, Life!

Project by  
**GO PARK** SAI SHA



## What is **Park, Life!**

甚麼是「Park, Life!」?

Park, Life! 是一個為了每個人，一家大小都能生活得更平衡的概念。充滿活力和風格、熱愛探索新事物、與他人互動、講究身心健康，每個人都能在 Park, Life! 中與美好的生活相遇。

Park, Life! is a concept designed for everyone and every family to embrace a more balanced lifestyle. It embodies vibrancy, style, and a spirit of exploration, encouraging connection and a focus on physical and mental well-being — where everyone can discover the beauty of life.

特集

郊遊才是認真事

go park!

這是一個講究生活平衡的時代，工作認真，玩樂更加要認真。即使本來不是特別外向，也會喜歡大海、微風和山嶺，因為那是隨心所欲的時光，伴隨著豁然開朗的心情。第一期《Park, Life!》從西沙出發，介紹認真享受郊遊和自然的方法。郊遊是一項充滿想像力的活動，每個人都能以喜歡的風格玩樂，還能彼此分享美好的時光。現在，就從西沙開始，找到自己的郊遊方式，塑造你的戶外生活風格！

This is an era that values life balance. We work hard, but we also play hard. Even for those who are more reserved, the allure of the ocean, a gentle breeze, and rolling hills is irresistible; as the time spent in the great outdoors is when we can truly be our authentic selves and experience a true sense of freedom. In the first issue of *Park, Life!*, we embark from Sai Sha to explore meaningful ways to enjoy the outdoors and connect with nature. Outdoor adventures are creative pursuits that allow everyone to engage in their own unique style while creating cherished memories together. So, start your journey from Sai Sha, discover your unique way to getaway, and craft your ideal outdoor lifestyle!



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side B

Line of Horizon 地平線



GO STARGAZING 觀星

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GO FAMILY 親子時光

GO PET 毛孩共遊

GO CAR CAMPING 車中泊

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GO NIGHT HIKES 夜行

GO CAMPING 露營

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GO SEA WATCHING 看海

GO PARK!

初心者郊遊指南

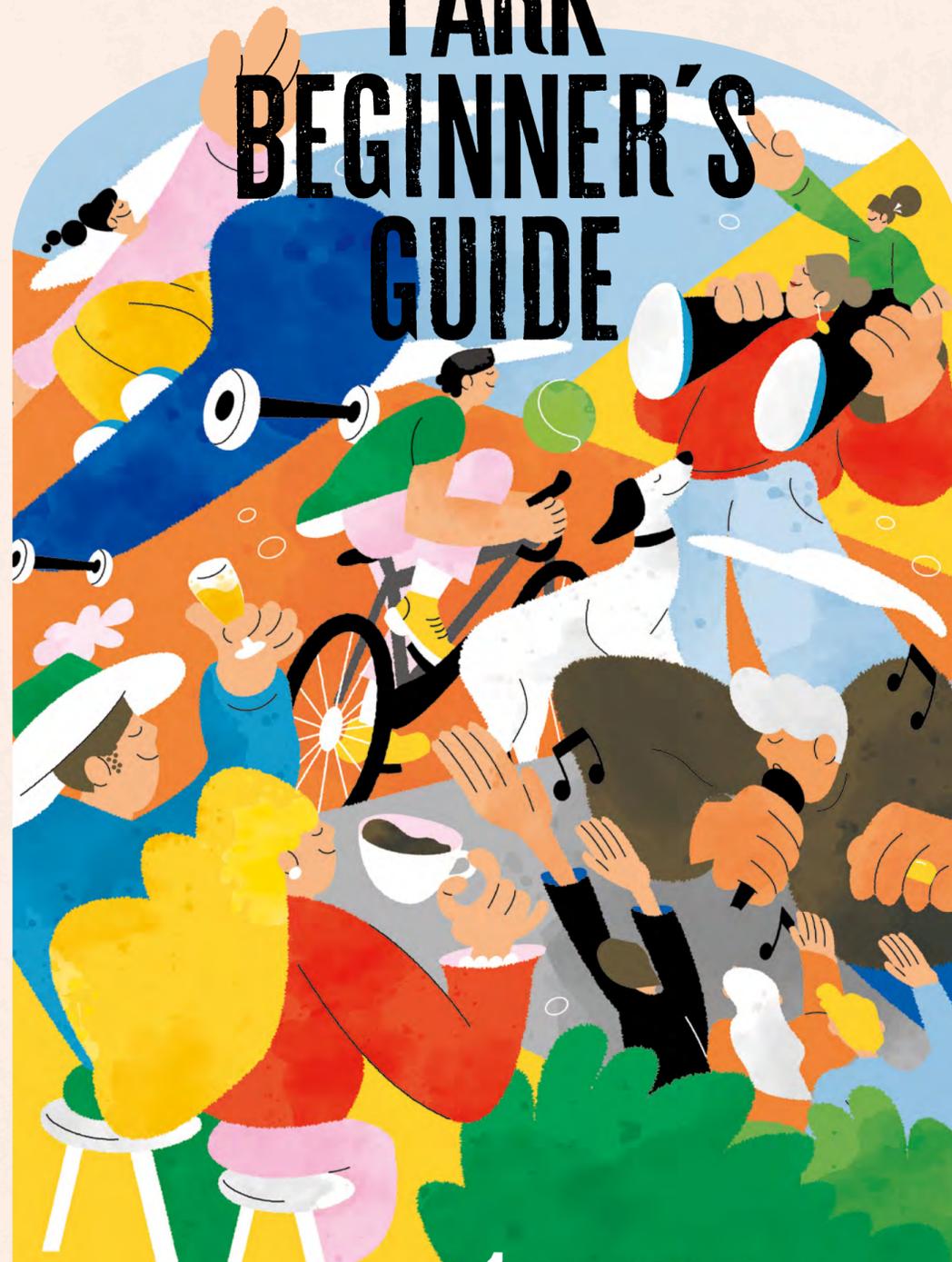
PARK BEGINNER'S GUIDE

還記得嗎？從小孩開始，我們就熱愛著公園。在這裡，我們自然而然地玩樂、認識新朋友、躺下來觀看雲朵。我們有多久沒有好好享受過如此隨性自在的時光呢？城市生活使我們的感官閉塞，想像力變得貧乏。讓我們從西沙 GO PARK 開始，重新成為一個初心者，找到生活平衡的契機吧！

Do you remember how you loved parks as a child? Parks are where we'd play freely, make new friends, and simply lie down to watch the clouds go by. How long has it been since you last savored that carefree, easygoing time? City living may have dulled our senses and stifled our imagination, but that changes now! Let's start anew at GO PARK Sai Sha to rediscover our inner child and embark on the journey towards a balanced life!

初心者郊遊指南

PARK BEGINNER'S GUIDE





以單車感受大自然，能夠鍛煉身體，也可以輕鬆地探索周遭美景。西沙 GO PARK 位於山海之間，在一望無際的天際線下拍照休息，非常適合作為單車之旅的起點、補給站甚或終點。

Embracing the outdoors on two wheels is a cherished pastime. It recharges your body while reveling in the natural splendor. GO PARK Sai Sha provides the perfect starting point, rest stop, or endpoint for a cycling journey, with a breathtaking horizon as your constant companion.

# CYCLING

## 單車指南



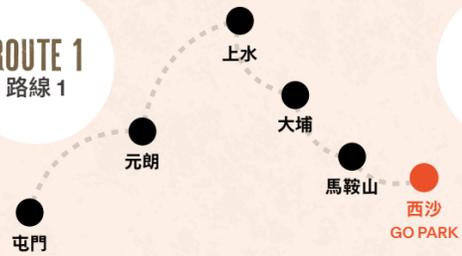
# GUIDE

初心者郊遊指南  
**PARK BEGINNER'S GUIDE**  
Cycling

### 事前準備 Preparations

- 1 考慮不同環境所要求的裝備，選擇適合的單車  
Choose the right bike and gear to suit the terrain
- 2 掌握單車手勢，方便不用語言也能與其他車友溝通  
Master bike hand signals to communicate with fellow riders
- 3 學習基本維修  
Learn basic bike maintenance skills

### ROUTE 1 路線 1



難度 Level ★★★★★☆

橫跨屯門、西沙 GO PARK、馬鞍山的單車徑全程 60 公里，途中亦可感受不同社區的氛圍和自然景色的變化。這條需時 6 小時以上的路線適合單車愛好者，或是有充足準備和詳細規劃的挑戰者。

Spanning Tuen Mun, GO PARK Sai Sha and Ma On Shan, this 60 km cycling route offers a captivating nature experience. The full journey takes over six hours and is suitable for both cycling enthusiasts and well-prepared adventurers.

### ROUTE 2 路線 2



難度 Level ★★★★★☆

除了公路單車，越野單車亦是另一種廣受歡迎的運動。如果你打算開始接觸越野單車，享受穿越山林間的自由快感，那麼這條路線就非常適合你。環繞海下灣的路線風景優美，部份水泥路亦降低了難度，為初學者之選。

In addition to road cycling, mountain biking has emerged as another widely popular sport. The off-road route around Hoi Ha Wan offers breathtaking scenery and partially paved roads, making it suitable for both beginners and experts seeking the freedom of traversing forest trails.

### ROUTE 3 路線 3



難度 Level ★★☆☆☆☆

從大圍開始的這條路為單車新手和一家大小而設。沿海邊騎行的路線風景優美，補給站亦十分充足，可以在沒有負擔的狀態下感受單車之旅的美好。途經的烏溪沙碼頭及泥涌亦是美景所在，特別黃昏的 magic hour 更是令人難忘。

Ideal for newbies and families, this route starting from Tai Wai showcases a beautiful coastline and has ample rest stops along the way. The picturesque Wu Kai Sha Pier and Nai Chung offer a magical golden hour ambiance.

### SKY 空

#### 滑翔傘 Paragliding

感受風承托著你的重量，在空中緩慢飛翔。克服最初的恐懼後，在滑翔傘上俯瞰眼前一望無際的海岸。此時此刻，生活的煩惱變得渺小，讓人全心享受地球之美。如果真的無法克服恐懼，坐在草地上觀看半空色彩繽紛的滑翔傘，也有說不出的治愈之感。

Once you conquer that mental block of initial fear and take to the skies, the sensation of the wind supporting your weight as you glide over the sprawling coastline puts all your worries into perspective. If you can't quite shake your nerves, simply sitting on the grass and watching the colorful parachutes dance across the sky can be immensely therapeutic.

### MOUNTAIN 山

#### 越野跑 Trail Running

香港的郊野公園吸引了世界各地的自然愛好者，例如英國桌球名將奧蘇利雲就極愛在香港跑山。跑步的過程中，身體專注於呼吸節奏和步頻之間，感官和思維都變得更加敏銳，能夠全心感受郊野的自然之美。

Hong Kong's lush country parks attract nature enthusiasts from around the world, including renowned British snooker player Ronnie O'Sullivan, an avid trail runner. As you pound the rugged paths, your focus narrows to the rhythm of your breathing and cadence, making your senses and mind sharper to fully appreciate the natural beauty around you.

### SEA 海

#### 直立板 Stand-up Paddleboarding

直立板講求在水上保持平衡。經過基本訓練，我們飄浮於海面上，以從未有過的角度觀看世界。甚至可以在海面停下來，在直立板上做瑜伽、普拉提，找到身體極致的平衡。

The essence of stand-up paddleboarding lies in maintaining balance on water. With basic training, you'll find yourself floating atop the waves, seeing the world from a completely new vantage point. You can even pause on the calm waters to practice yoga or Pilates, finding the ultimate balance of body and mind.



## 心流指南

# VIBING GUIDE

初心者郊遊指南  
**PARK BEGINNER'S GUIDE**  
Vibing

Today's adventurers crave a more holistic, immersive experience — one that taps into a profound state of engagement and fulfillment. Enter Sai Sha, Hong Kong' premier outdoor recreation hub, where enthusiasts can unlock this elusive "vibe" through an array of exhilarating pursuits.

獨處能夠修復情緒。將專注力投放在自己身上，調整身心的平衡，再以充滿動力的狀態回到日常生活。在都市中，能夠獨處的空間少之又少，一人出發郊遊要考慮的因素又太多。被山海天空包圍，又具備現代設施的西沙 GO PARK，就能夠讓人毫無顧慮地享受獨處時光。

Solo activities allow you to recharge emotionally, restore inner balance, and return to your daily life with revitalized vigor. However, finding private spaces for self-reflection can be challenging amidst the din of crowded cities. Surrounded by nature yet equipped with modern amenities, GO PARK Sai Sha offers the ideal setting that beckons you to disconnect, decompress, and enjoy uninterrupted "me time".

初心者郊遊指南  
**PARK  
BEGINNER'S  
GUIDE**  
Me-time

獨處  
指南



欣賞風景  
Embracing the Scenery

在這個時代，無所不在的社交網絡和電子產品讓我們在不知不覺中感到身心俱疲。偶爾放下手機和繁瑣的事務，買一杯咖啡，靜靜地坐下來享受大自然的美景。這些獨處的時光能讓你重新連結自己的內心，思緒變得清晰，感受到生活的美好。

In our digitally connected world, it's easy to feel drained. When was the last time you put down your phone to enjoy a quiet moment in nature? Treat yourself to a coffee, relax, and soak in the beautiful surroundings. These quiet moments help us reconnect and remind us of life's simple pleasures.

什麼也不做  
Just Be

放空不是一件易事。習慣接受大量資訊的都市人面對空白時，反而會感到焦慮不安。然而，對我們的精神狀態而言，無所事事其實非常重要。台北、東京、首爾等城市甚至定期舉辦放空比賽，鼓勵都市人重拾放空的能力。在西沙 GO PARK 坐下來，開始練習什麼也不做！

Doing nothing is surprisingly hard in our fast-paced, information-driven world; faced with empty mental space, many urban dwellers experience a disconcerting sense of anxiety. In fact, embracing "nothingness" is vital for well-being. Cities like Taipei, Tokyo, and Seoul now host "unplugging" competitions, encouraging city dwellers to reclaim the lost art of unwinding. Come and simply sit in GO PARK Sai Sha to practice the art of pure presence!

與毛孩同遊  
Adventures with Furry Friends

帶著愛寵一起郊遊，不僅能增進彼此的感情，還能創造美好的回憶。毛孩在大自然中盡情奔跑嬉戲，帶有傻氣的樣子，讓我們忍俊不禁笑出聲來。另外，根據研究顯示，身處大自然，能夠增加催產素的水平，令人提升整體幸福感。

Taking your beloved pet on an outing not only strengthens your bond but also fills your day with laughter and joy. Watching your furry friend frolic in nature brings a smile to our faces, and studies show that being outdoors can boost oxytocin levels, enhancing our overall well-being.

現今，「親子時間」的風潮經已悄悄改變。爸媽不再單純是帶孩子去玩，而是一起落場玩樂，而且要玩得有型。一個享受戶外生活，對事物充滿好奇的山系家庭，到底是怎樣煉成的？

The meaning of "quality family time" has evolved. Gone are the days of simply taking the kids to the park — today's parents are embarking on outdoor adventures with their little ones. So how can your family become the quintessential "mountain clan", brimming with curiosity and passion for outdoor living?

初心者郊遊指南  
**PARK  
BEGINNER'S  
GUIDE**  
Family

一起學全新的運動  
Learn a New Sport Together

巴黎奧運之後，不少爸媽也和孩子一起踩板。他們驚訝地發現孩子的學習速度，竟然比自己快得多。培養習慣的最好方式其實不是嚴格的規定，而是共同探索。亦可嘗試近年流行的新興運動。面對新鮮的事物，我們的心會變得開放，彼此像朋友一樣互相支持鼓勵。沒有比這更酷的親子關係了。

After the Paris Olympics, many parents have taken up skateboarding with their kids and are amazed by how quickly their children master the sport. And the secret? To ditch rigid rules for shared exploration — embracing new activities together cultivates open, supportive mindset, forging the coolest parent-child bond.

汽車露營  
Car Camping

汽車露營是一種近年開始流行的露營風潮，一家大小可以在舒適的車廂中欣賞大自然的風景，就像將家搬到大自然一樣。如果天氣夠好，夜晚還能打開車頂，一邊觀星一邊入睡。對一個孩子來說，沒有什麼比在星空下入睡更深刻的了。

With the convenience of your vehicle as a basecamp, car camping allows you to relish the great outdoors while retaining the comforts of home. On clear nights, you can even open the sunroof and gaze up at the stars as you drift off to sleep. For a child, few experiences are more magical than that.

行山家族  
The Hiking Family

換上相同色系的登山服，準備好每個人的裝備。一家大小沿著登山徑漫步，共同享受美好的大自然。在山頂擺好姿勢，在藍天白雲的映襯下，拍下無與倫比的山系家庭照片。

Dressed in matching hiking gear, the hiking family makes their way along the trail, enjoying the beauty of nature. At the summit, pause to pose for a stunning family photo against the bright blue sky and fluffy white clouds.

山系家庭  
指南



FAMILY  
TIME  
GUIDE

## Why so SERIOUS?

### 認真的理由

從小我們被教導要認真學習，剩下的時間就可以去玩。但現今的想法已經改變，工作要認真，玩樂同樣是值得認真對待的頭等大事。玩是人類的天性，無論小孩還是大人，在玩樂的過程中我們都會變得專注、主動、具有創造力。認真去研究一個興趣，先不說可以建立支撐日常生活的精神支柱，更直接的是讓我們拍到更美的照片，更容易體會到遊玩的樂趣。在玩樂的世界中，有千百種認真的理由，如果抱著「認真就輸了」的態度去玩，那就真的未玩先輸了。

From a young age, we are taught that being serious and diligent in our studies is the path to success. However, as we've grown older, the notion of "serious" has also evolved. Now, we understand that not only our work, but also our leisure time, deserves a serious and dedicated approach. To have fun is, after all, a fundamental human need. Whether we're children or adults, when we are having fun, we become more focused, proactive, and creative. Delving deeply into a hobby or interest not only provides a solid foundation for our daily lives, but it also allows us to capture more beautiful photographs and truly savor the pleasures of having fun. There are countless reasons to be serious when it comes to having fun. If we approach our leisure with the attitude of "seriousness is for losers," then it is to limit ourselves before we even begin.

# SERIOUS Picnic

涼風吹拂，總是令人想立刻起行到大自然野餐，慵懶地躺在草地，和家人拍各種美照，和朋友漫無邊際地聊天。像是美好的，但只有熱誠並不足夠。缺乏充足準備的話，身處野外很容易遇上種種阻滯，得到的只有 bad vibe 和「無下次」的負面想法了。在社交平台看見別人拍的精緻美照，絕無僥倖，背後花了極多心思認真準備。

事實上，從拍照的角度規劃野餐絕對是一個好起點。首先，可以定下主題風格：想要華麗風格、復古風格還是家庭風格？不同風格也有相應的穿搭和色系。然後，就可以開始計劃其他細節，例如日子時間和路線位置。想要草地、海邊還是樹林作為照片背景？最後，食物和餐具當然是野餐的一大重點，值得仔細研究。野餐代表的是一種生活態度，激發著我們對生活樂趣的種種想像。只要我們花心思認真準備，一日的 good vibe 近在咫尺。

As the gentle breeze invites you, the urge to venture out into nature for a leisurely picnic grows even stronger. But without proper preparation, the great outdoors can easily present obstacles, leaving you with more bad vibes than positive memories. Those perfectly curated picnic photos you see on social media? They're the result of meticulous planning, not mere luck.

Approaching a picnic like a photoshoot is the way to go. First, decide on an aesthetic: vintage-inspired theme or cozy, friendly feel? Different styles require coordinated outfits and color schemes. Next, map out essential details like date, time, and location, and then carefully consider the food and tableware. After all, a picnic represents a joyful attitude towards life. When you prepare thoughtfully, the good vibes you've been seeking will be within reach.

認真

野餐

# SERIOUS Photoshoot

## SERIOUS Picnic

## SERIOUS Picnic

# 認真拍照 提案

1

### SERIOUS Food 認真料理

認真準備的料理充滿儀式感，絕對是野餐的核心。以容易分享、bite-size、顏色豐富鮮豔為佳，避免壽司、奶製品、蛋沙律等容易變壞的食物。

Carefully crafted dishes are the heart of any memorable picnic. Focus on easy-to-share, bite-size items with vibrant colors, avoiding perishable foods like sushi, dairy products, and egg salads.

2

### SERIOUS Drinks 認真飲品

咖啡、果汁、香檳、紅酒也好，在大自然品嚐飲品，會有一番別緻的風味。保冷的戶外冰箱或藤編保溫壺也是絕佳的拍照道具。

Whether it's coffee, juice, wine, or champagne, sipping your drink in the great outdoors can elevate the experience with unique flavors. Portable coolers and woven thermoses make excellent photo props.

3

### SERIOUS Tableware 認真餐具

即棄餐具拍起來缺乏質感，也不環保，反而帶到戶外的餐具會散發魅力。加上托盤、餐碟和野餐籃等容器就能拍出令人垂涎欲滴的氛圍。

Disposable tableware may lack the visual appeal, so bring along reusable plates, utensils, and a picnic basket for a more compelling shoot.

4

### SERIOUS Picnic Mats 認真野餐墊

在郊遊的世界裡，野餐墊就等於你的時裝 runway。質感良好的野餐墊絕對能夠提升照片的整體氛圍。

In the world of outdoor adventures, your picnic mat is akin to a runway. Selecting a high-quality, visually striking blanket can significantly enhance the outlook of your photographs.

5

### SERIOUS Furniture 認真輕家具

戶外家具是拍出美照的關鍵。坐在戶外椅子上閱讀、談天或是放空，拍下來的照片都讓人感受到此時此刻，你正沉醉於大自然的美景。

Outdoor furniture is a key element in capturing stunning imagery. Whether you're reading, chatting, or simply basking in the surroundings, the right furniture will immerse your photographs in natural beauty.

6

### SERIOUS Props 認真道具

攜帶一台戶外音響，以復古的方法聆聽音樂。如果你享受閱讀，沒有比一本厚厚的小說更適合的拍照道具了。

Bring along a portable speaker to enjoy music in a vintage-inspired way. If you're an avid reader, a thick novel can be the perfect prop to showcase your literary pursuits.



## SERIOUS Coffee



## 認真咖啡

1 **Coffee Beans**  
咖啡豆

2 **Manual Coffee Grinder**  
手搖磨豆機

3 **Camping Stove**  
瓦斯爐

4 **Kettle**  
水煲/手沖壺

5 **Filter Papers**  
濾紙

6 **Pour-Over Brewer/ Dripper**  
濾杯

7 **Outdoor Coffee Cup**  
戶外咖啡杯

咖啡代表著一種關注細節的質感生活。除了講究產地和風味呈現的第三波咖啡以外，近年，野外沖煮咖啡也是一種極具魅力的選擇。在陽光灑落的樹影下，看著濕透的咖啡粉像雲朵般膨脹，果酸香氣四溢。將煮好的咖啡倒進鈺杯中，坐在露營椅上慢慢細味。方便的選擇大有所在，但親手做的咖啡，總是能夠帶來真切的感動。

Coffee represents a lifestyle of refined appreciation for quality and details. Beyond the focus on origin and flavor profile in third-wave coffee, brewing coffee outdoors has become an increasingly alluring choice. Watching the saturated coffee grounds bloom is like viewing clouds under the dappled sunlight, with a fruity acidity wafting through the air. Pouring the freshly brewed coffee into a titanium cup and savoring it slowly while seated in a camping chair — this handcrafted experience brings a profound sense of satisfaction, even as the world offers more convenient options.

# Outdoor

戶外風格學

ULTRALIGHT

極輕風格

# Wardrobe

戶外運動服裝近年搖身一變，成為機能和未來感的代名詞。不單因為設計和功能，更因為品牌背後的精神價值令人嚮往。即使不是專業運動員，穿上戶外風格的衣服後，彷彿也分享著相同的價值和理念。不少人更因為穿搭而開始參與戶外運動。可以說，戶外風格已經成為一種當代的重要文化，值得深入研究。

In recent years, outdoor sportswear has undergone a remarkable transformation, becoming synonymous with functionality and a futuristic aesthetic. The widespread appeal of this style among diverse audiences stems not just from its design and performance, but also the spiritual values embodied by the brands. Even for non-athletes, donning outdoor-inspired apparel can evoke a sense of shared ideals. In fact, many have been inspired to take up outdoor activities due to their sartorial choices. The outdoor aesthetic has now evolved into an important cultural phenomenon worthy of in-depth exploration.

什麼是極輕風格？  
What is Ultralight?

4.5<sup>kg</sup>

6.8<sup>kg</sup>

極輕風格指的是只攜帶最低限度的必需品，而且選用同類產品中最輕量的選擇。何謂之極輕並沒有統一標準，但在美國登山界，輕和極輕分別代表攜帶 6.8 公斤和 4.5 公斤的裝備。

The ultralight outdoor style refers to carrying only the bare essentials and choosing the lightest possible gear. There is no universal standard for what constitutes ultralight, but in the American mountaineering community, lightweight and ultralight generally refer to packs weighing 6.8 kg and 4.5 kg respectively.

極輕的概念如何流行起來？  
How did the Ultralight approach gain popularity?



由美國傳奇攀岩者雷·渣甸所普及。他於 1992 年出版《太平洋屋脊步道手冊》奠定了極輕的方法論，在登山界引起廣大迴響。2000 年後，不同品牌以極輕作為品牌理念，進一步更廣為人知。

The ultralight concept was popularized by legendary American climber Ray Jardine. His 1992 book, *The Pacific Crest Trail Hikers Handbook*, laid the groundwork for the ultralight methodology, which resonated widely in the mountaineering community. In the 2000s, various outdoor brands started to embrace ultralight as a core brand philosophy, further spreading awareness.

極輕風格的美學是什麼？  
What is the aesthetic of the Ultralight style?



「輕盈」和「一物多用」。在毫無負擔下穿梭山海之間，能夠融入自然和欣賞世界之美。另外，極輕亦會選擇一物多用，或是掌握在野外獲取資源的技巧，即場發揮創意以應付需求。

The key aesthetics are "lightness" and "multi-functionality". Ultralight value the ability to move through nature unburdened, fully immersed in the environment and appreciating its beauty. They also prioritize gear that serves multiple purposes, or the skills to creatively utilize resources found in the wild.

極輕風格的精神是什麼？  
What is the philosophy behind the Ultralight approach?

Less is more

少即是多。不限於裝備，還貫徹於日常生活。極輕風格驅使我們思考必要的事物，並且講究裝備的質素，追求生活和價值的「輕盈感」。

Less is more. The ultralight outdoor style extends far beyond just equipment and gear; it encapsulates a holistic worldview that encourages a critical evaluation of our true needs and prompts us to seek quality over quantity in all facets of our lives, pursuing a sense of "lightness" in our values and living.



極輕瑜珈  
Ultralight Yoga

極輕遠足  
Ultralight Hiking

極輕單車  
Ultralight Cycling

極輕直立板  
Ultralight Paddling

# Hiking

遠足



極輕背包

**Yamatomichi Mini Backpack**

品牌最受歡迎的產品，僅僅 380 克的重量卻具 32 公升的容量。設計將負重集中於上半身，讓腰部和下身也能活動自如。

Being the brand's most popular offerings, the mini backpack concentrates the load on the upper body, allowing maximum hip and lower limb flexibility. It weighs only 380 grams with a 32-liter capacity.

極輕修補裝備

**Repair Patch**

極輕追求的不只是輕量化，還有不浪費的精神。Repair Patch 為修補裝備而設，只要將貼片貼在睡袋或者衣服上即可修復，鼓勵用家不輕易丟棄裝備。



Yamatomichi's ultralight philosophy extends beyond weight reduction to non-wastage. Their Repair Patch enables users to mend gear like sleeping bags and clothing.

極輕防風外套

**UL All-weather Hoody**

早前因梁朝偉穿著而引起搶購潮。事實上，這件極輕全天候外衣在山友間早已薄有名氣。僅 106 克，卻具備防風、防雨和透氣的高機能，在任何氣候下也能輕裝上陣。

Made popular by actor Tony Leung, this 106-gram long-time favorite among mountain enthusiasts offers impressive functionality, weather protection, and breathability ideal for any climate.



## Yamatomichi

由熱愛登山的設計師夫婦夏目影和夏目由美子於 2011 年創立。創立品牌的原因是想創造出自己追求的登山裝備，並推廣他們熱衷的極輕登山文化。每項產品也是手工製作、限量發行。因為品牌理念的純粹，吸引了世界各地的忠實支持者，連結成熱愛極輕風格的社群。

Yamatomichi was founded in 2011 by passionate mountaineer couple, Akira and Yumiko Natsume, with a goal to create the outdoor gear they desired and to promote ultralight hiking culture. Their handmade, limited products, and minimalist philosophy have attracted a devoted global following.

explore.goparksaisha.hk

# Paddling

直立板

## Alpkit

「前往美好的地方，做有意義的事」(Go Nice Places, Do Good Things) 是 Alpkit 的品牌信念。由英國數位熱愛戶外運動的朋友共同創立。他們認為上山下海能夠創造一種嶄新的生活方式，在看見優美動人的事物之外，在生活中實踐可持續的信念。

"Go Nice Places, Do Good Things" is the core belief behind the brand Alpkit, founded by a group of British outdoor enthusiasts who believe exploring nature can cultivate a fresh, sustainable lifestyle.



直立板

**Longshore paddleboard**

窄長的板身尺寸能夠快速完成直線距離，15cm 的板厚亦提供了足夠的浮力，足以容納過夜裝備，甚至是與孩子作伴。

The slim, elongated board shape allows for rapid straight-line gliding, while the 15cm thick construction delivers ample buoyancy to accommodate overnight gear or even a child companion.

# alpkit

防水背包

**Airlok Xtra**

捲口設計除了極為便利外，亦提供了極高的防水和耐用性，即使在惡劣天氣下表現仍然出色。

The innovative roll-top closure design provides exceptional convenience and superior waterproofing and durability; performing brilliantly even in the harshest weather conditions.



游泳手套

**Neoprene swimming gloves**

長時期的水上運動有機會導致失溫，而戶外游泳手套即能夠在避免失溫同時保持靈活性。

Prolonged water activities can risk hypothermia, but the outdoor swimming gloves prevent heat loss while maintaining full dexterity.



# Yoga

瑜伽

瑜伽墊

**Air Yoga Mat**

專為戶外瑜伽而設的瑜伽墊，捲起來更輕更薄，方便攜帶。另外，空氣瑜伽墊的表面能吸濕防滑，能有效處理戶外的濕氣難題。

Designed for outdoor yoga, the Air Yoga Mat is lightweight, compact, and features an absorbent, anti-slip surface to address challenges of practicing in damp environments.

瑜伽背心

**Airbrush Streamlined Bra Tank**

極具設計感的 Bra Tank 可作日常服飾，亦能隨時投入運動。

The Airbrush Streamlined Bra Tank showcases Alo Yoga's design aesthetic, serving as both a stylish everyday garment and a versatile activewear piece.

瑜伽褲

**Airlift Legging**

AIRLIFT 為品牌標誌性的面料，透氣輕薄，極具支撐和壓縮感，非常適合戶外瑜伽。

The signature Airlift fabric used in this legging is lightweight, breathable, and highly supportive, making it an ideal choice for outdoor yoga and other fitness activities.

## Alo Yoga

品牌名字由 Air (空氣)、Land (大地) 和 Ocean (海洋) 組成，由瑜伽愛好者 Marco deGeorge 和 Danny Harris 於 2007 年創立，希望將正念融入服裝，為大眾帶來充滿正念的生活。品牌提倡「Studio to Street」的精神，每件單品都兼具機能性和時尚感，穿著走在街上也能顯得隨性自信而沒有負擔。

Alo Yoga was founded in 2007 by yoga enthusiasts Marco deGeorge and Danny Harris, with the brand name combining the elements of air, land, and ocean. Their vision was to infuse mindfulness into apparel, bringing a more conscious lifestyle to the masses. Alo Yoga embodies the "Studio to Street" philosophy, where each piece is designed to be both functional and fashionable, allowing wearers to move confidently and comfortably from their yoga practice to their everyday lives.

# Cycling

單車

## Q36.5

Luigi Bergamo 離開瑞士著名品牌 Assos 的研發主管一職後，搬回意大利北部家鄉波爾扎諾，並於 2013 年創立高性能自行車服裝品牌 Q36.5，更於近年成為頂尖車手的選擇。對品牌而言，裝備的輕量化是追求新技術和布料的結果，而非目標。

After leaving his role as the R&D manager at the renowned Swiss brand Assos, Luigi Bergamo returned to his hometown of Bolzano, Italy, and founded the high-performance cycling apparel brand Q36.5 in 2013. The brand has since become a top choice for elite cyclists. For Q36.5, the pursuit of lightweight is a byproduct of their focus on innovative technology and fabrics, rather than the ultimate goal.

單車褲

**Unique Bib Shorts**

單車褲有如車手的第二層皮膚。Unique Bib Shorts 為人體工學的無縫 3D 連身車褲，貼身剪裁支撐著肌肉的活動，更採用無縫的技術減低皮膚的摩擦。

The Unique Bib Shorts are designed to be a second skin for cyclists, with a seamless 3D construction that provides ergonomic support and minimizes skin friction.

## Q36.5



防風背心

**Air-vest**

防風背心是長時間騎行的必備單品。Air-vest 使用高密度、高彈性的面料編織製成，極輕量之外，能夠應付全年不同氣候。

A windproof vest is an essential item for long rides. The Air-vest is crafted from a high-density, highly elastic fabric that is both ultralight and capable of handling a wide range of climatic conditions.

單車襪

**Clima Socks**

對一雙夠好的單車襪來說，魔鬼總是在細節。採用多層次織物設計的 Clima Socks 在保持極輕重量之外，亦確保了足弓部份具有足夠支撐。

When it comes to a great pair of cycling socks, the devil is in the details. The Clima Socks utilize a multi-layer fabric to remain extremely lightweight while offering robust arch support.



Cyclone Cycling

於 2005 年成立的 Cyclone Cycling Club 於西沙 GO PARK 開設全新據點，將出售頂級品牌的單車，以及提供單車租借服務、為孩子、青年及成人而設的訓練課程、為車友而設的休息區，致力形塑香港及世界的單車文化。

Founded in 2005, the Cyclone Cycling Club is dedicated to shaping the cycling culture in Hong Kong and beyond. The new location at GO PARK Sai Sha will offer premium bike sales and rentals, engaging training courses, and a cozy snack corner perfect for cycling enthusiasts.

西沙 GO PARK A 座地下 G02-03 號舖 Shop G02-03, G/F, Block A, GO PARK Sai Sha

## GO PARK Sai Sha × Yoga

Super Motion Fitness & Yoga

在急促的都市生活，追求身體與心靈的平靜與放鬆變得格外重要。從瑜伽輪、空中瑜伽、頤音療瑜伽、香薰瑜伽等不同形式，適合由初學者到具基礎的愛好者，均能體驗到深層的放鬆與愉悅，釋放日常生活的壓力。

In the city's hustle, tranquility is essential. With options like yoga wheels, aerial yoga, and sound bowl therapy, there's something for everyone. Discover deep relaxation and joy as you release the stresses of daily life.

西沙 GO PARK A 座 1 樓 105 號舖 Shop 105, 1/F, Block A, GO PARK Sai Sha

## GO PARK Sai Sha × Cycling

香港單車中心 Hong Kong Cycling Centre

香港單車中心提供優質的運動設施，參考歐美 Super Week 的成功模式，定期舉辦各種精彩的單車活動和賽事，以進一步提升運動員的競賽水平，並為單車運動在香港營造更加熱烈的氛圍，全面推動這項專業運動的蓬勃發展。

The Hong Kong Cycling Centre offers top-notch facilities, hosting cycling events inspired by Super Weeks in Europe and North America. This initiative aims to elevate athletes' performance and foster a cycling culture in Hong Kong.

hongkongcyclingcentre

# GO Explore!



羊文學 Hitsujibungaku 亞洲巡迴音樂會 2024 香港站

Hitsujibungaku ASIA TOUR 2024 in Hong Kong

2024  
07.08

日本樂團「羊文學」香港專場升級至更大的場地——GO PARK 主場館，加推門票隨即銷售一空，再度掀起話題。當晚表演精彩無比，現場氣氛熱烈。

Japanese band "Hitsujibungaku" leveled up to a bigger venue at GO PARK stadium, selling out tickets in a flash and delivering an unforgettable show!



高爾宣《CTRL+N 新視界》巡迴演唱會 2024 香港站

CTRL+N OSN 2024 Live Tour

2024  
07.27-07.28

台灣創作才子高爾宣首個大型巡迴演唱會香港首站！連續兩晚在 GO PARK 主場館開唱，為過千樂迷送上激動人心的音樂創作。多首人氣金曲掀起全場大合唱，全場氣氛熾熱。

Taiwanese singer OSN, kicked off his first major tour in Hong Kong! Two explosive nights at GO PARK Stadium ignited the stage and thrilled over a thousand fans!



allstar Hong Kong Children and Cadet Fencing Championships 2024

2024  
08.02-08.04

香港劍校於西沙 GO PARK 首個劍擊比賽圓滿成功。一眾小劍手在 3 日比賽中展現令人驚嘆的技藝和體育精神，期待在未來再次見到各位劍手大放異彩！

The Hong Kong Fencing School's first competition at GO PARK Sai Sha was a hit, with young fencers dazzling us with their skills and sportsmanship!

為響應全民運動日，我們聯同各運動商戶為大眾免費提供劍擊、攀石等運動體驗，藉以鼓勵社區參與不同運動，發掘潛能。

In support of "Sport For All Day," we're teaming up with sports tenants to offer the community free fencing and climbing experiences!

2024  
08.04



全民運動日  
Sport For All Day

空手道奧運冠軍交流會大獲成功！金牌得主 Sajad Ganjzadeh 不僅親自指導參加者的技術，還激勵參加者提昇對空手道的熱情！

The Olympic Karate Champion Seminar was a hit! Gold Medalist Sajad Ganjzadeh inspired participants, enhancing their Kumite skills and passion for Karate!

2024  
08.18



空手道奧運冠軍交流會  
The Olympic Karate Champion Seminar

Li-Ning 「以我為名」籃球挑戰賽總決賽圓滿結束！各籃球精英在 NBA 球星 Jimmy Butler 見證下進行最終對決，爭奪最終寶座。

The Li-Ning "In My Name" Basketball Challenge Finals were a hit! NBA star Jimmy Butler witnessed elite players clash for the ultimate title!

2024  
08.21



Li-Ning 「以我為名」籃球挑戰賽總決賽



V.Cares 青年排球訓練計劃 2024

V.Cares Youth Volleyball Program 2024

2024  
08.31

V.CARES 青年排球訓練計劃決賽精彩落幕！活動鼓勵青少年敢於追夢，體驗排球運動帶來的樂趣，培育本地排球新力軍，助他們打得更高更遠。

The V.CARES Youth Volleyball Program Finals wrapped up with excitement! The program inspires teens to chase their dreams and enjoy volleyball!



世界運動會香港巡迴賽 2024

The World Games Series Hong Kong 2024

2024  
10.11-10.13

世界運動會香港巡迴賽 2024 十月首度登陸香港，三大比賽項目，包括啦啦操、自由式輪滑及武術於西沙 GO PARK 上演。同場舉辦嘉年華並展出多隻藝術熊貓，吸引上萬名市民參與，掀起運動熱潮。

The inaugural leg of The World Games Series Hong Kong 2024 held this October at GO PARK Sai Sha, featuring 3 sports games and a carnival with adorable panda art pieces, attracting over 10,000 visitors.



GO Christmas

2024  
12.14-01.01

由 Botanic Union 打造的聖誕森林，5 米高的聖誕樹伴隨多棵不同品種的松樹，入夜後配上聖誕燈海，營造出充滿浪漫氛圍的戶外聖誕。

In collaboration with Botanic Union, the Christmas Forest features a 5-meter-tall Christmas tree surrounded by a variety of pine. As night falls, the Christmas lights create a romantic outdoor festive atmosphere.

side B  
*Feel the Nature*

22.428821198951507,

114.26467765448544

GO PARK SAI SHA

L i n e o f H o r i z o n  
地平線



地平線帶來的感動，是無法透過想像或觀看網絡照片得到的。當你置身於大自然，面向廣闊的大海、天空和山嶺，你會確切地感受到此時此刻自己正在活著。前往大自然不只是休閒活動，而是一種連結自我與世界、找尋身心平衡的練習。

*No matter how vivid your imagination or how many digital snapshots you scroll through, nothing can replicate the profound sense of wonder you feel when beholding the boundless beauty of the natural horizon. When you immerse yourself in nature, standing before the vast expanse of sea, sky, and rugged terrain, you are struck by your own existence in that moment. Far more than just a leisure pursuit, exploring the great outdoors becomes a practice of reconnecting with the world around you and finding balance for both mind and body.*

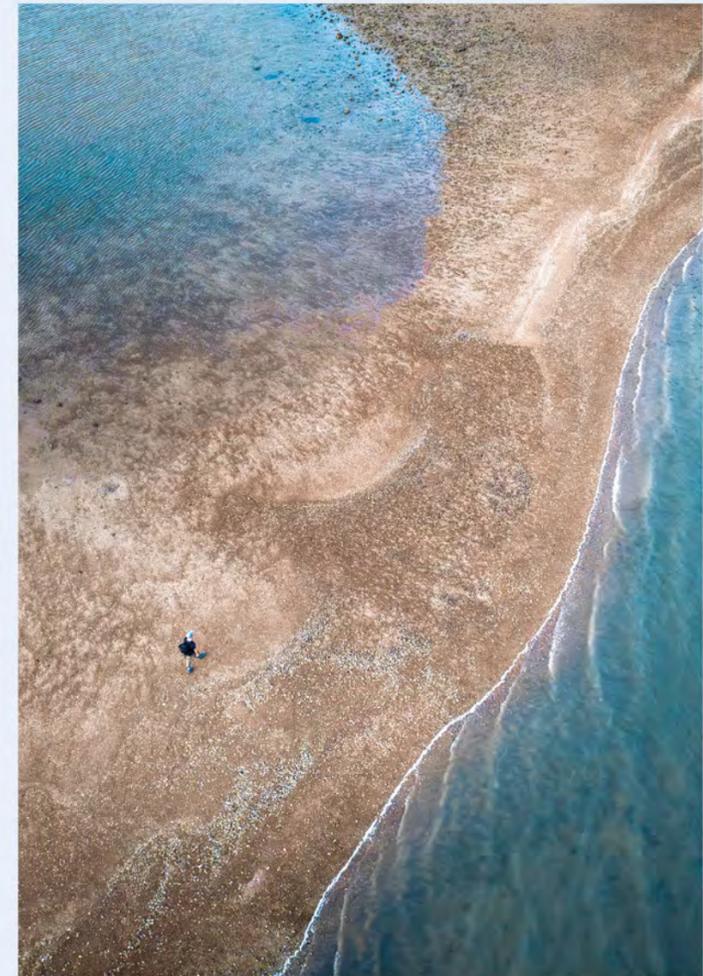
*Breathe*

As Japanese artist Hiroshi Sugimoto once said, the view of the vast ocean we behold today is likely not too different from what primitive humans witnessed long ago. In the presence of this nearly eternal expanse of water, we would do well to breathe, deeply and slowly, and allow ourselves to become truly calm.

日本藝術家杉本博司說，我們看到的大海風景，和多年以前原始人看見的，應該非常相似。在近乎永恆的大海面前，或者我們應該好好呼吸，更深、更慢，然後變得平靜。

呼吸

Practice  
01  
練習一





觀看

我們一邊觀看事物，一邊測量自己和世界的關係。當失去了觀看的權力，就同時失去了理解自我的契機。正因如此，我們更需要培養專注，練習觀看。



Observe

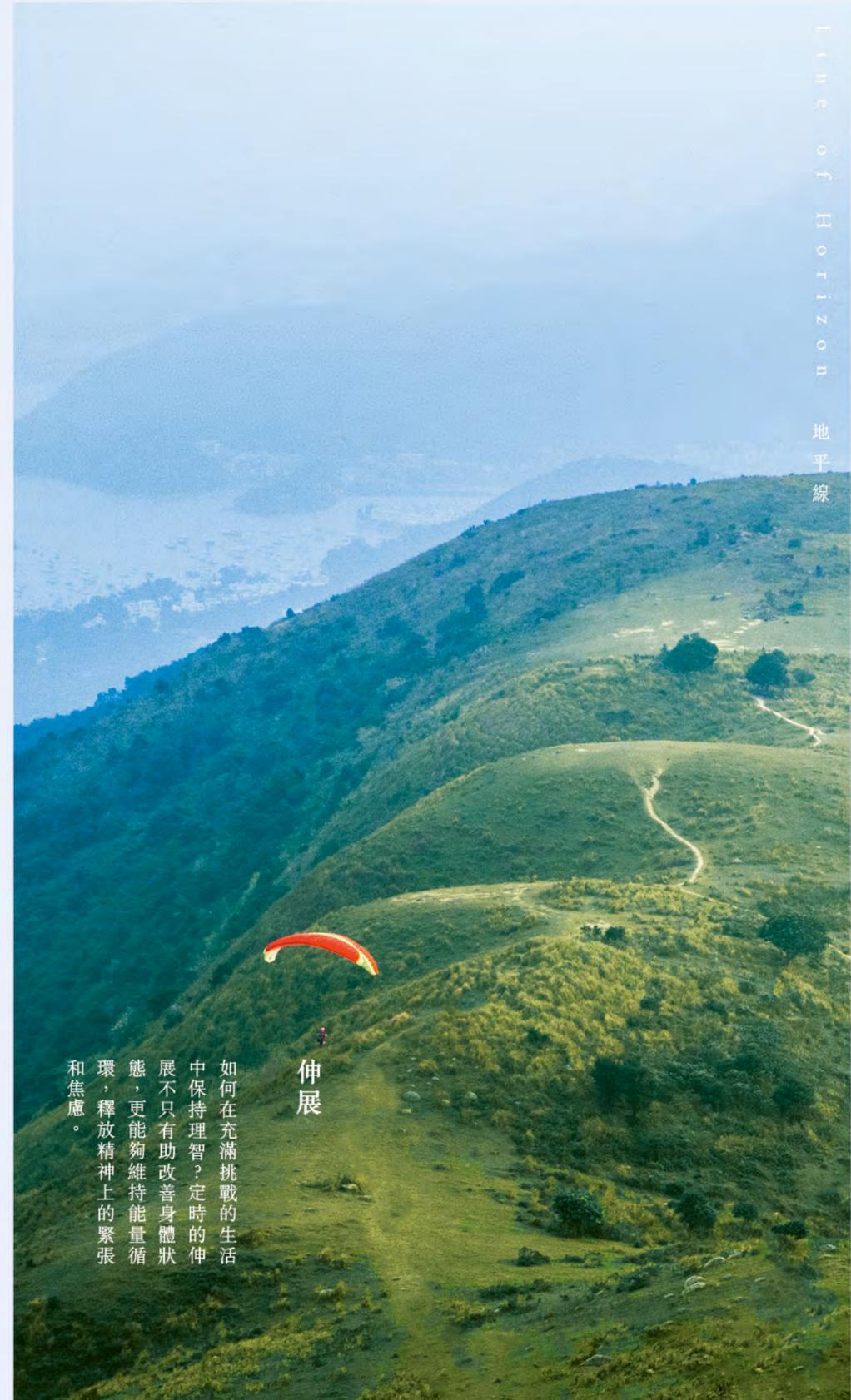
When we observe the world around us, we gain insight into our own relationship to it. When we lose the ability to observe mindfully, we let go of the chance to understand ourselves. It is for this reason that we must cultivate the skill of focused, attentive observation.

Practice  
02  
練習二

Practice  
03  
練習三

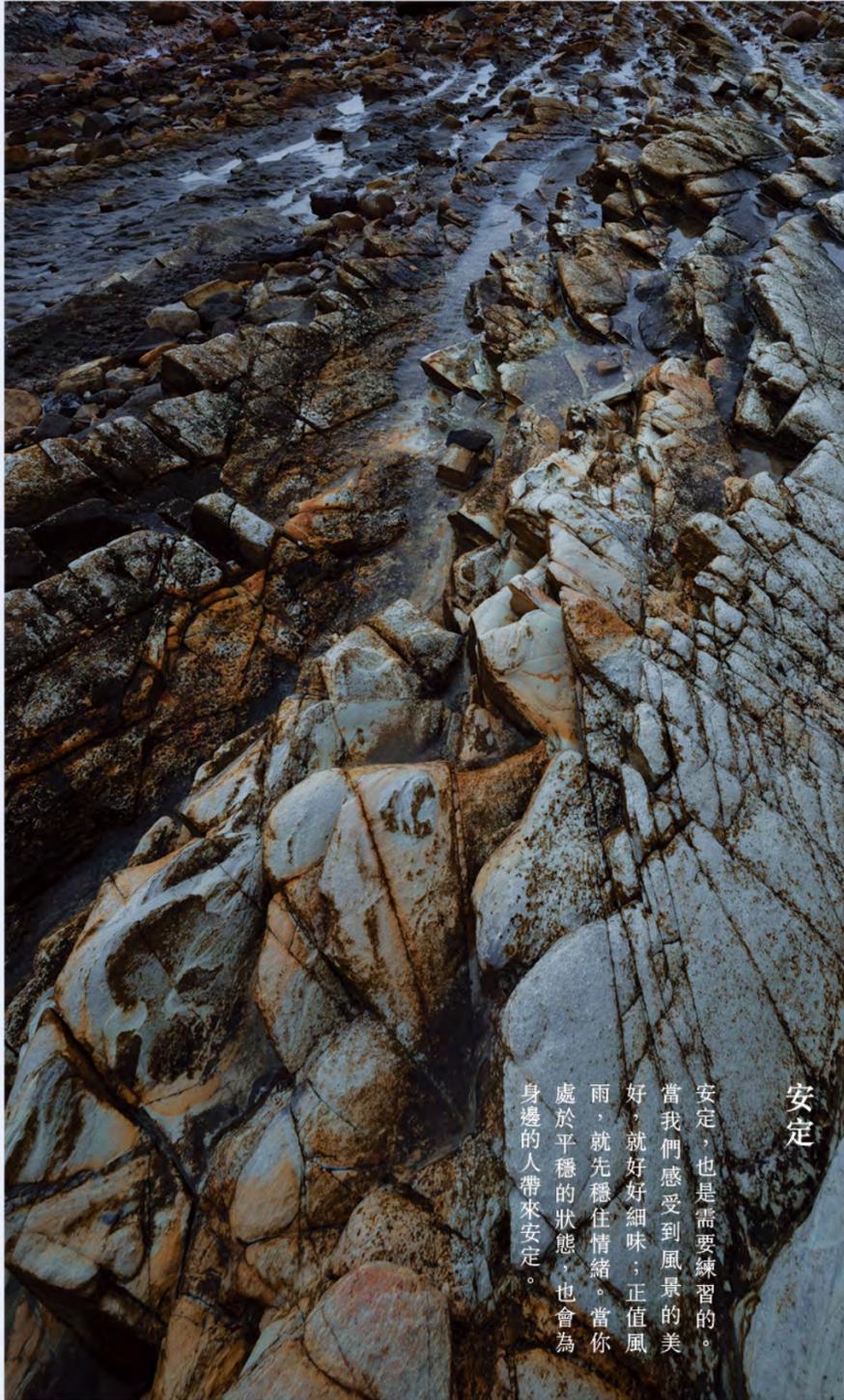
Stretch

How can we stay sane amid the challenges of daily life? Regular stretching not only helps improve our physical fitness, but also sustains the flow of energy throughout the body, releasing mental tension and anxiety.



伸展

如何在充滿挑戰的生活中保持理智？定時的伸展不只有助改善身體狀態，更能夠維持能量循環，釋放精神上的緊張和焦慮。



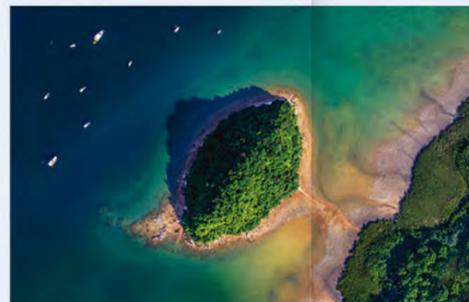
安定，也是需要練習的。當我們感受到風景的美好，就好好細味；正值風雨，就先穩住情緒。當你處於平穩的狀態，也會為身邊的人帶來安定。

*Find Stillness*

Cultivating stillness requires practice. When immersed in nature, savor the experience fully; when faced with challenges, work to stabilize the mind. It is through finding inner stillness that we can then bring a profound sense of calm to those around us.



Practice  
04  
練習四



Practice  
05  
練習五



*Bid Farewell*

The journey home at dusk often leaves a lasting impression, for nature's moments are fleeting. Learn to bid farewell to these moments of transcendent beauty and hold onto the beautiful memories — we can transform them into a wellspring of strength to draw upon in our everyday lives.

告別

黃昏時分的歸途，總是留下深刻的記憶。大自然令我們產生美和感動，因為一切都是一期一會。學習告別，記住美好的記憶，轉化成日常生活力量。





School Explorer Program  
#GOPARKSports

2024  
07.10

為超過20間學校、近1,000個學生，提供運動探索課程。作為對公眾開放的體育學院，GO PARK Sports 與多個體育總會及知名體育機構攜手合作，讓中小學生在專業的師資及環境下認識與體驗多元化的運動。除了讓學生享受運動的樂趣外，這個計劃亦希望讓他們發掘自己的興趣及潛能！

An opportunity for more than 20 schools and around 1,000 students to experience different sports. As a sports academy that opens to the public, GO PARK Sports collaborates with sports associations and institutions to offer sports courses in a professional environment, aiming at promoting the fun of doing sports, and unleashing the potential of students.



民政事務總署：大埔青年網絡迎新營  
Home Affairs Department:  
Tai Po Youth Network Orientation Camp  
#GOPARKSports

2024  
07.24

超過 90 位成員參觀了 GO PARK Sports，瞭解各運動項目設施，更率先試玩板網球及棍網球。短短一個下午，已經學習了不同技巧，更和教練們大玩友誼賽！

Over 90 members visited GO PARK Sports, experienced padel and lacrosse. In a short afternoon, they had already learned skills, and engaged in friendly matches with the coaches!

滬港青少年體育交流夏令營於早前舉行，上海和香港的青少年運動員進行了共同訓練及友誼比賽。導賞員帶領運動員參觀各項運動設施，最後更在足球場切磋球技！

Young athletes from Shanghai and Hong Kong participated in joint training and friendly competitions. During the tour, the athletes explored various sports facilities, also enjoyed a friendly match on the football pitch!



滬港青少年體育交流夏令營 2024  
Hong Kong and Shanghai Summer Sports Camp For Youth 2024  
#GOPARKSports

2024  
07.25

全民運動日帶來新奇的運動體驗，眾人齊聚西沙 GO PARK，挑戰各種運動，包括板網球、高爾夫球、軟式曲棍球、單車、足球、欖球和網球。無論是運動健將還是初學者，必定能激起你對運動的熱愛！

On Sport For All Day, people all come together at GO PARK Sai Sha to challenge various sports like padel, golf, floorball, cycling, football, rugby, and tennis. Whether an athlete or a fresh beginner, this day must have ignited your love for sports!



Sport For All Day  
#GOPARKSports

2024  
08.04

兒童心臟基金會的小朋友們來到西沙 GO PARK 參觀，並在教練的專業指導下初嘗高爾夫球及劍擊。大家都學習到運動的基礎知識及技巧，並非常投入當中的互動練習！看著活潑可愛小朋友們的燦爛笑容，就能感受到他們對全新挑戰的無限熱情和快樂！

The kids from Children's Heart Foundation had a fantastic time in GO PARK Sai Sha and tried golf and fencing under the guidance of professional coaches. Everyone learned the fundamentals and skills of these sports, and immersed themselves in the interactive practice sessions.



兒童心臟基金會運動體驗日  
Sports Experience Day For Children's Heart Foundation  
#GOPARKSports

2024  
08.15



板網球與營養早餐體驗  
Padel & Brunch  
#GOPARKSports

2024  
09.28

在「Padel & Brunch」活動中，參加者一個早上便體驗了板網球，到 SPORTS bistro 享用了營養早餐，更參與了營養講座。運動與飲食息息相關－於運動前後攝取合適的營養，更能提高運動的表現！

In "Padel & Brunch", the morning was filled with padel, a nutritious brunch in SPORTS bistro, and an engaging sharing session by nutritionist. Sports and diet are deeply interconnected. Proper nutrition before and after workouts enhances athletic performance!



Monchhichi 50 周年跑  
#GOPARKSports

2024  
12.15

不論是經驗豐富的跑者還是新手上路，各參加者都在 Monchhichi Run 中，與可愛的 Monchhichi 一起奔跑，揮灑汗水之餘，更渡過了輕鬆且歡樂的一天。

Whether you're a seasoned runner or a beginner, participants in the Monchhichi Run will enjoy a fun and relaxed day alongside the charming Monchhichi character.

# NO SPORTS NO LIFE! Football

運動使人快樂

「No Sports, No Life!」，這不只是浪漫的說法。在巴西聖保羅街頭上踢足球的孩子，夢想有一日在全世界注視下捧起世界盃；生於戰亂的阿富汗男童以膠袋自製阿根廷美斯球衣，獲得全世界的關注；被認為有史以來最偉大的非洲足球員喬治·韋亞退役後成為利比里亞總統，嘗試為國家的生活環境帶來改變。足球散發著特別的魅力，令人感到快樂，對未來充滿希望。第一期的〈運動使人快樂〉與大家一起看看古往今來世界各地的人對足球的狂熱，以及他們如何改變了足球這項運動，甚至改變了這個世界。

“No Sports, No Life!” — This is more than just a romantic sentiment. On the bustling streets of São Paulo, Brazil, children dream of one day hoisting the World Cup trophy before the eyes of the world; in the war-torn landscapes of Afghanistan, a young boy fashions a jersey for Lionel Messi out of plastic bags; George Weah, the legendary African footballer, retired from the pitch only to become the President of Liberia, striving to improve his country's living conditions; football's unique ability to bring happiness, inspire people, and instill a sense of hope for the future is undeniable and remarkable. In this first edition of *No Sports No Life!*, we'll explore football's passionate relationship with the global community, and how the sport has not only transformed itself, but also transformed the world around it.

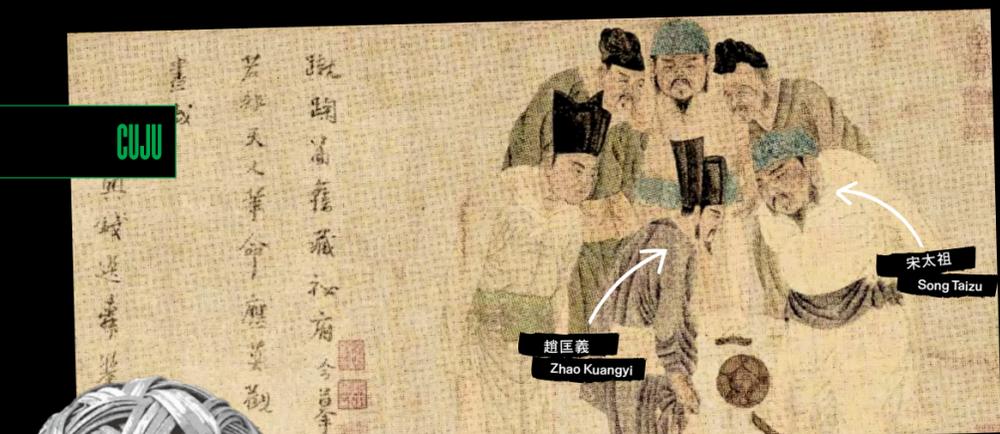
18

91 B.C.  
蹴鞠

CUJU

對西漢時期的項處而言，名符其實的 No Sports No Life。這名蹴鞠狂熱愛好者因不聽名醫的勸言，執意病中踢球，結果吐血身亡。雖然他的故事相當不幸，但蹴鞠這個詞語就從他開始，正式載入史冊當中。後來的宋太祖也是著名的蹴鞠愛好者，就曾有一位大臣畫下《宋太祖蹴鞠圖》一畫，描繪宋太祖及其弟開心踢球的場景。

For the Han Dynasty's Xiang Chu, the mantra “No Sports, No Life” was a way of life. This passionate Cuju player, ignoring his physician's warnings, stubbornly continued playing the game even while ill, ultimately coughing up blood and passing away. Though his story ends in tragedy, Xiang Chu's legacy cemented the term “Cuju” in the history books. Centuries later, the Song Dynasty's Emperor Taizu shared Xiang's fervor for the sport. A court official even immortalized the vibrant scene of Taizu and his brother joyfully kicking the ball in the work “Emperor Taizu of Song Playing Cuju.”



《宋太祖蹴鞠圖》，描繪了宋太祖趙匡胤、太宗趙匡義和近臣趙普一起蹴鞠玩樂的情景。  
“Picture of Song Taizu Cuju” depicts Song Taizu Zhao Kuangyin, Taizong Zhao Kuangyi and his close minister Zhao Pu playing Cuju together.



《仕女蹴鞠圖》，仕女在花園裡盡情蹴鞠。  
“Lady Cuju” shows ladies enjoying Cuju in the garden.



蹴鞠  
Cuju

91 B.C.



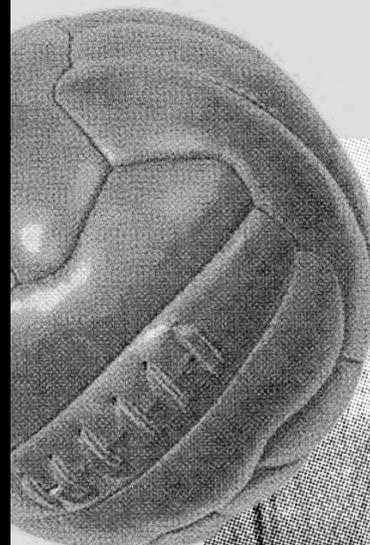
《蹴鞠圖譜》，明代汪雲程所撰，介紹了比賽規則和口訣技巧，為研究古代蹴鞠之重要資料。  
“Cuju Illustration”, written by Wang Yuncheng in the Ming Dynasty, introduces the rules of the game and techniques, and is an important material for the study of ancient Cuju.

1823 A.C.  
現代足球的誕生

THE BIRTH OF MODERN FOOTBALL

從中世紀開始，足球在歐洲的民間非常流行，但卻充斥了暴力元素。19世紀，長期被英國禁止的足球運動開始在學院內恢復，但不同學校的不同規則以致爭議頻生，裁判甚至常被全場追打。吊詭的是，現代足球的誕生竟然與犯規有關。1823年某場比賽，一個名為威廉·埃斯利的男孩突然用手撿起球，抱著它狂奔向對方球門進攻。他引發了對於足球規則的大辯論。而結果，就是現代足球和橄欖球各自的誕生。

During the Middle Ages, football enjoyed immense popularity among the common people across Europe, though the sport was often marred by violence. Despite its rough reputation and being long banned by British authorities, football's appeal grew in the 19th century. The sport began to resurface at academic institutions, but the varying rules between schools led to frequent disputes, with referees sometimes chased from the field by unruly crowds. Ironically, an act of rule-breaking helped give rise to the modern game. In an 1823 match, a boy named William Webb Ellis suddenly picked up the ball and ran towards the goal. This sparked a debate about the rules, ultimately leading to the distinct origins of football and rugby.



世界盃

The FIFA World Cup Trophy

1986年馬勒當拿捧起的世界盃從1974年開始使用  
The FIFA World Cup trophy that Maradona lifted in 1986 had been in use since 1974

迪亞哥·馬勒當拿  
Diego Maradona

1930  
第一屆世界盃

FIFA WORLD CUP



威廉·埃斯利  
William Webb Ellis

現代足球的誕生

The Birth of Modern Football

1823 A.C.

第一屆世界盃由烏拉圭奪冠  
First world cup winner, Uruguay



雷米金盃  
The Jules Rimet Trophy

真正的雷米金盃於1983年巴西被盜後，一直未能尋回  
The original of Jules Rimet Trophy was stolen from Brazil in 1983 and has never been recovered

四年一度的世界盃是全世界引首以待的頭等盛事。但是，足球並非一誕生就成為世界語言。一位法國人改變了世界對於國際足球的看法，那就是儒勒·雷米。他成長的過程中，常常和朋友流連街頭踢球。雖然沒有成為運動員，但他預見了足球的可能性。雷米想像一種能夠匯聚世界各地不同國家的賽事，鼓勵團結合作和健康競爭，為世界不同角落、來自不同背景的人帶來夢想。1928年，身為國際足總主席的他正式提出世界盃的概念。剩下的事都是歷史。

雷米將世界盃冠軍頒發給烏拉圭足球總主席  
Rimet presents the World Cup trophy to the president of the Uruguayan Football Association



The quadrennial World Cup is the most anticipated sporting event worldwide, but football was not always seen as a universal language. It took the vision of one man, Frenchman Jules Rimet, to change the world's perception of international football. Growing up, Rimet often played the sport on the street, and though he never became a professional athlete, he foresaw football's immense potential. Rimet envisioned a competition that could bring together teams from different countries, encouraging unity, collaboration and healthy competition, and inspiring people from all corners of the world and diverse backgrounds. In 1928, as the president of FIFA, Rimet officially proposed the concept of the World Cup. The rest, as they say, is history.

第一屆世界盃

The First FIFA World Cup

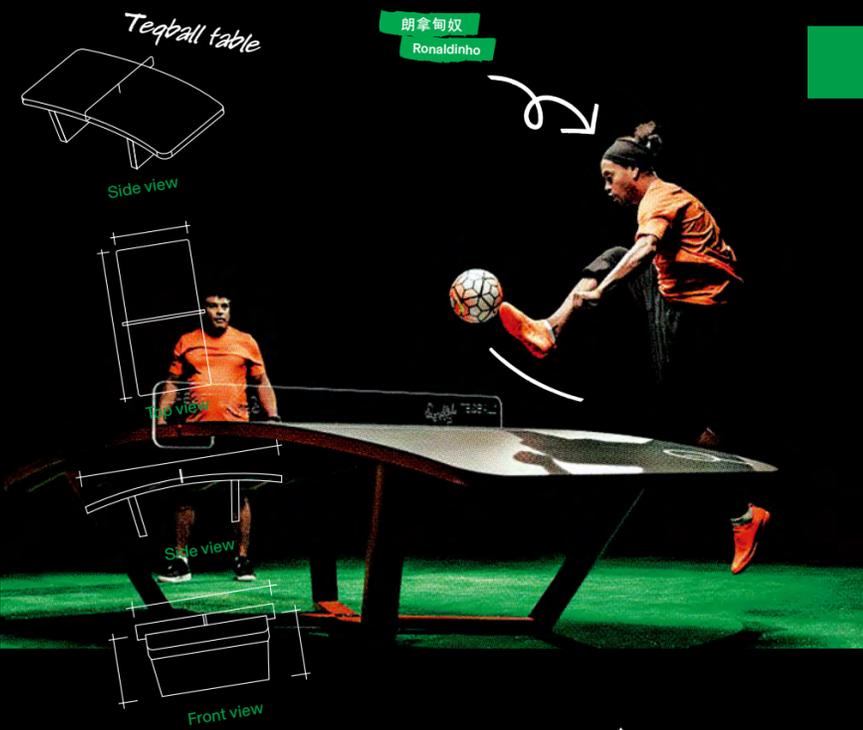
1930

1991  
第一屆女子世界盃

### THE FIRST WOMEN'S WORLD CUP

足球不只是男人的遊戲。事實上，在古代中國蹴鞠廣受女子歡迎，傳有「美人蹴鞠」一說；在二十世紀初，女子足球掀起熱潮，甚至威脅了男子足球的地位，在1912年英國就曾頒下女足禁令。事隔多年，第一屆女子世界盃在廣州舉行。從足球開始，改變社會不同領域的性別不平等。

Football is not just a man's game. In fact, in ancient China, the game of Cuju was widely enjoyed by women, with historical records documenting the term, "Beautiful Women Playing Cuju." This tradition continued into the 20th century, as women's football gained significant global traction, even threatening the prominence of the men's game. This rapid rise in popularity led British authorities to ban women's football in the country in 1912. Years later, in 1991, the first-ever Women's World Cup was held in Guangzhou, China, marking a major milestone in addressing gender inequality through the sport.



2014  
踢球

### TEQBALL

踢球結合了足球、排球和乒乓球，是一項近年風靡全球的新興運動。踢球講究身體平衡和反應技巧，非常適合孩子訓練技術。就連美斯也常和他兒子泰亞高玩踢球。不要以為這只是一項休閒活動，剛好相反，踢球比賽極具規模，至今已舉辦四屆踢球世界盃。

Combining elements of football, volleyball, and table tennis, teqball has emerged as a popular sport in recent years. Teqball emphasizes balance, agility, and quick reflexes, making it an excellent training activity for children. Even football superstar Lionel Messi has been known to play teqball with his son Thiago. Don't be mistaken — teqball is not merely a recreational activity. On the contrary, teqball competitions are held on a large scale, with four Teqball World Cup tournaments taking place to date.

## GO PARK SPORTS

### Football

2003  
無家者世界盃

### THE HOMELESS WORLD CUP

83%

無家者認為改善了其社會連結  
Homeless improved social relations



「任何人都能改變，只是有些人缺少改變的契機。」這句話，是出自無家者世界盃的發起人梅爾·楊。為了連結世界各地孤立的人，他於2003年舉辦第一屆無家者世界盃，引起世界各地熱烈迴響。在這項比賽中，梅爾·楊強調運動是讓所有人重新認識自己的媒介，人人都可以成為自己生命的英雄。

"Anyone can change, it's just that some people lack the opportunity to do so." These words, spoken by Mel Young, the founder of the Homeless World Cup, encapsulate the vision behind this remarkable initiative. With the goal of connecting isolated individuals from around the world, Young organized the first Homeless World Cup in 2003. This tournament garnered worldwide attention, as it provided a platform for those facing homelessness to rediscover themselves and become the heroes of their own lives.

77%

無家者認為活動徹底改變了其生活  
Say the Homeless World Cup changed their lives significantly

2024  
GO PARK Sports

### GO PARK SPORTS

足球場從來都不只是足球場那麼簡單。一個足球場能夠支持球員的專業訓練，也有助塑造一個地方的足球文化。從2024年夏秋開始，位於西沙GO PARK的十一人仿真人造草地足球場正式開幕。GO PARK Sports亦與阿仙奴(香港)足球學校合作，成為其學員的訓練基地。位於山海之間的場地，其中一個主要目標就是重新形塑這個城市的足球文化，將運動的快樂帶給整個城市。

A football pitch is more than just a playing field. It can serve as a hub for professional training and shape the broader football culture of a community. This is exemplified by the opening of an 11-a-side artificial turf pitch at GO PARK Sports in Summer/Autumn 2024. GO PARK Sports has partnered with the Arsenal Football Development (Hong Kong), making it the training base for the academy's students. Situated between the mountains and sea, GO PARK Sports aims to reshape the football culture of the city, bringing the joy and benefits of the sport to the entire community.

阿仙奴(香港)足球學校  
Arsenal Football Development (Hong Kong)



2024年，阿仙奴(香港)足球學校正式進駐西沙GO PARK，並成立阿仙奴(香港)足球學校，成為香港首間足球學校進駐符合國際標準的11人足球場。合作旨在培育更多有潛質的足球員，並在GO PARK Sports這基地舉辦不同訓練、活動與賽事等。

In 2024, Arsenal (Hong Kong) Football School established the Arsenal Football Development (Hong Kong) at GO PARK Sai Sha. This exciting initiative is the first of its kind in Hong Kong to utilize an international-standard 11-a-side pitch, aimed at nurturing aspiring football talents and hosting a variety of training sessions and events.

第一屆女子世界盃

The First Women's World Cup

1991

無家者世界盃

Homeless World Cup

2003

踢球

Teqball

2014

西沙 GO PARK

GO PARK Sai Sha

2024

# How to Climb

Illustration by fish

## 伸展準備 Warm-up and Stretching Exercises

01

### 轉腕 Wrist Warm-up

順時針及逆時針各 10 次。  
Rotate wrists ten times clockwise, then ten times counterclockwise.

02

### 貓伸展式 Cat Stretch

攀岩前其中一個重點，就是伸展胸椎。像貓伸懶腰一樣，將臀部向上、手前伸。  
One key pre-climb stretch is to open up the chest and upper back. Get into a cat-like position, with hips pushing back and arms reaching forward.

03

### 啟動肩膀 Pre-activating the Shoulder Muscles

預先啟動肩膀，避免繃緊的肩膀限制了動作的完成。  
Pre-activating the shoulder muscles before climbing can help prevent overly tense shoulders from restricting your movement.

04

### 放鬆骨盆 Relax the Pelvic Area

攀岩很多動作需要以臀部發力，因此放鬆骨盆非常重要。  
It's important to ensure the hips and glutes are primed and ready to generate the power needed for dynamic climbing movements.

## 基本工具箱 Basic Toolbox

05

### 攀岩鞋 Climbing Shoes

非常貼腳而鞋底柔軟，可將力量集中到腳尖上。  
Climbing shoes are intentionally made to fit very snugly, with soft and sensitive soles. This tight fit allows the climber to concentrate and transfer their power through the tips of the toes.

06

### 鎂粉袋 Chalk Bag

吸收手掌上汗水，保持雙手乾爽和摩擦力。  
The chalk serves a vital purpose in helping to absorb moisture from the palms, keeping the hands dry and maximizing friction.

07

### 安全帶 Harness

在安全的前提下，允許身體四肢最大範圍的運動。  
A well-fitted harness is crucial for enabling maximum range of motion and freedom of movement during a climb.

08

### 主繩 Main Climbing Rope

攀岩者向上爬時，保護者按情況收緊或放鬆主繩，減低失手的危險。  
As the climber ascends the wall, the belayer's primary responsibility is to carefully control and manipulate the main climbing rope to ensure the climber's safety during a climb.

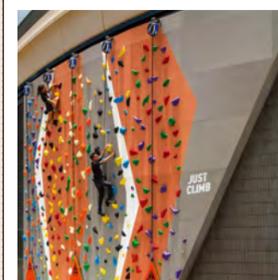
## CLIMBING 攀石

對我們的祖先而言，攀爬是必要的求生技能。今時今日，我們可以單純為了樂趣而攀石！除了成就感，攀石還能使我們恢復對身體的感受力。

For our ancestors, climbing was a necessary skill for survival. Today, we can climb purely for the joy of the experience. Beyond the sense of accomplishment, rock climbing offers the opportunity to reconnect with our physical selves in a profound way.



西沙 GO PARK 室外攀石場



### JUST CLIMB

GO PARK Stadium 地下  
<https://justclimb.hk/>



Just Climb 一直在香港積極推廣及普及攀石運動，將「堅持到底、永不放棄」的攀石精神融入日常生活，從而孕育正面積極的生活態度。

Just Climb is on a mission to popularize rock climbing in Hong Kong, fostering perseverance and resilience in everyday life. Embrace the adventure and cultivate a positive mindset as you reach new heights.

## 岩點

## How to Hold

### 手把 Jug



最省力的岩點，容易抓握，可以在此處稍作休息。  
Jugs are large, efficient holds that are relatively easy to grasp and allow climbers to rest and recover on the wall.

### 握點 Crimp



淺薄的岩點，使力點只有手指的第一、二節。  
Crimps are characterized as small, shallow holds that only allow the very tips, or first one or two segments, of the fingers to grip.

### 捏點 Pinch



沒有明顯使力點，要以拇指和其他手指出力夾著。對於握力不夠的初學者來說比較棘手。  
Pinch holds do not have obvious or defined force application points. Instead, climbers must use a combination of their thumb and other fingers to actively squeeze and grip the hold. They can be particularly tricky for beginners.

### 指洞 Pocket



只能以一至兩隻手指發力，對指力的要求很高。  
Pockets can only be used with one or two fingers, placing an incredibly high demand on finger strength.

## 攀石技巧 Rock Climbing Techniques

09

### 旗式 Flagging

以懸掛的腳作為平衡重心，獲得更大的伸展範圍，以抓取下一個岩點。  
Flagging allows climbers to increase their reach and maintain stability on the wall by using their hanging leg as a counterbalance.

10

### 互撐 Stemming

雙腿分開，踩在不同的腳點上短暫休息。  
Stemming is a technique that allows climbers to create a stable, resting position by pushing their legs against separate holds.

11

### 踩踏 Edging

腳點很小時，將身體重心集中於鞋尖或鞋底的外側邊緣。  
When dealing with small, technical footholds, properly distributing and concentrating your body weight onto the outer edges of your climbing shoes.

12

### 鉤腳 Hooking

進階的攀石動作，以腳尖或腳根作為摩擦點，以維持平衡或拉力。  
Hooking is an advanced technique that involves utilizing the tip or heel of the foot to create friction and generate pulling power.

# SWIM

illustration by cathy cheng

在屏幕上觀看游泳比賽時，全力衝線的泳手就像水生動物般，彷彿天生就是游泳的材料。當然，大家都知道天才從來都不存在。立志成為一個泳手的人，在密集訓練以外，還要不斷調整身體和精神的狀態。在〈泳手是如何煉成的〉，我們邀請了方力申成為我們的教練，分享成為一個泳手的漫長準備。

Watching competitive swimmers sprint to the finish line on screen, they seem to glide through the water like natural aquatic creatures. Yet, we all know that talent alone doesn't create champions. For those aspiring to be swimmers, it's essential to engage in rigorous training while also honing both physical and mental states. In our feature, *Swim Like A Boss*, we invite Alex Fong to be our coach and share insights into the long journey of becoming a swimmer.

## 泳手是如何煉成的

**Alex Fong**  
方力申



portrait by fish

方力申來回穿梭不同領域不同角色，他認為自己有一個身份不會改變，他是一個游泳的人。從每日練水，到擁有 11 項香港游泳紀錄，再到現在開辦游泳學校栽培少年泳手，他始終覺得游泳不單是一項體育運動，更是一種面對生活的態度。

Alex navigates various spheres of life, yet he identifies himself primarily as a swimmer. From daily training sessions and holding 11 Hong Kong swimming records to founding a swimming school to nurture young talents, he believes swimming transcends mere sport; it's a way of approaching life.

# Swim for Body

## 強健體魄

學習游泳是一個適應全新環境和重新認識自己身體的過程，不能急於求成。Alex 指出，從完全不熟悉水性到能夠獨立游泳，需要耐性和明確的學習方法。Learning to swim is about rediscovering your body and overcoming mental barriers. Alex emphasizes that an exceptional coach not only elevates our athletic abilities but also helps us confront our fears.

## Common Fears

### 心理準備之必要



#### 畏水 Fear of Water

初次走進泳池，無法自如控制身體肌肉，Alex 說感受到恐懼是很正常的。然而，克服未知的唯一方法，就是接觸它。

Stepping into a pool for the first time can feel daunting. Alex reassures us that it's normal to feel fear. The only way to conquer the unknown is to immerse yourself in it and experience the sensation of water.



#### 怕冷 Fear of Cold

剛開始接觸水的時候，身體需要時間適應水溫。另外，恐懼和緊張會讓肌肉變得繃緊，也會讓身體變得更冷。

Initially, your body needs time to acclimate to the water temperature. Fear and tension can also tighten muscles, making you feel colder.



#### 怕髒 Fear of Dirt

由於不同的生活習慣，有初學者會對水濺到臉上感到恐懼。從平日生活習慣開始適應，如洗澡時不用過度保護臉部。

Due to varying lifestyles, some beginners may be anxious about water splashing on their faces. Gradually adapting to this in daily life — like not overly protecting your face while showering — can help.

1

### Water Familiarization

#### 水性適應

先適應水的環境，學會在水中放鬆。  
Start by getting comfortable in the water and learning to relax.

2

### Breathing Techniques

#### 呼吸技巧

學習水中呼吸，以及換氣的方法。  
Master breathing and exhaling in the water.

3

### Buoyancy Awareness

#### 浮力感知

使用浮板，嘗試漂浮，有助理解身體在水中的感受。  
Use a kickboard to practice floating and understand your body's position in water.

4

### Basic Movements

#### 基本動作

學習踢腿和擺手的動作。開始學習游泳動作，從背泳或自由泳開始學起。  
Begin with leg kicks and arm strokes, starting with backstroke or freestyle.

## How to Swim?

### 學習之必要

階段性學習的必要，在於讓身體逐步適應泳池環境。只有在放鬆自如的狀態下，才能有效地學習游泳姿勢。

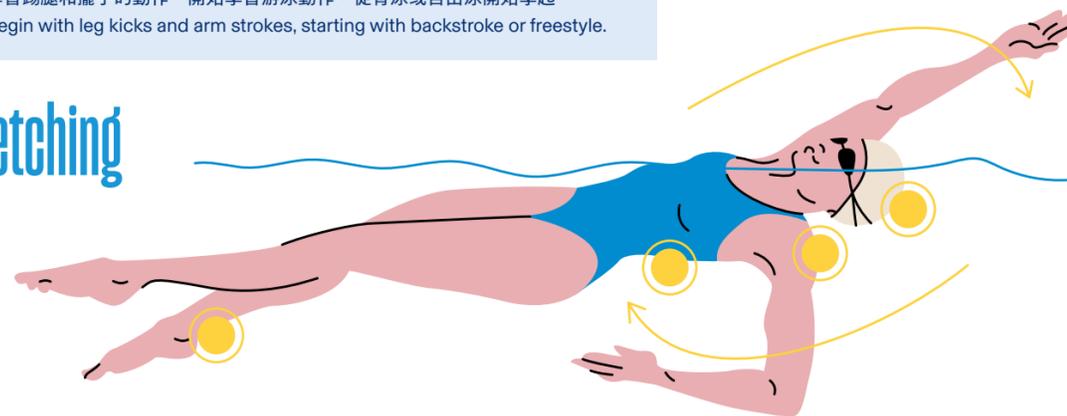
The importance of phased learning lies in allowing the body to gradually acclimate to the pool environment. Only when relaxed and at ease can one effectively learn the proper swimming techniques.

## The Necessity of Stretching

### 熱身之必要

與其他運動相比，游泳常被認為是一種低衝擊運動。但如果缺乏熱身和護理，也會對身體造成損害。

Swimming is often regarded as a low-impact exercise, but without proper warm-ups and care, injuries can occur.



#### 肩膀 Shoulders

游泳過程中，肩膀進行大量的旋轉和推水動作，容易導致發炎和受傷。游泳前必須進行肩膀熱身。The repetitive motion of swimming can lead to inflammation and injury. Always warm up your shoulders before swimming.

#### 背部 Back

長時間訓練時，背部肌肉需要持續保持緊張。與他人一組充分熱身背部。Prolonged training puts strain on back muscles. Warm up thoroughly with your fellows.

#### 腳踝 Ankles

游泳時，踢腿動作頻繁，因此充分的拉筋可以增強腳踝的柔韌性。Frequent kicking requires flexibility, so adequate stretching is crucial for ankle health.

#### 頭髮 Hair

長時間接觸泳池中的氯水會導致頭髮變得乾燥和脆弱，因此佩戴泳帽是必要的保護措施。Long exposure to chlorinated water can dry out and weaken hair, making swim caps a necessary protective measure.

# “No Pool No Life!”

# A BOSS

# Swim for Mind

以身練心

學游泳不只要練習游得快，還要練習心理素質、做人處世，以及塑造屬於泳者的生活方式。

Learning to swim isn't just about speed; it's also about building mental resilience, social skills, and a unique lifestyle.

「我常對學生說，游好自己條線，就是唯一要專注的事情。」

"I often tell my students, swimming well in your lane is the only thing you need to focus on."

——方力申 Alex Fong

## Seasons of Swimming

游泳的季節



認真練水的人不分季節，即使冬天遇上嚴寒也要繼續練習，Alex 說。例如何詩蓓在疫期間，也要在 12 度冷風下練水。如果說怕冷不練水，失去的水感要花數倍的時間才能找回。

Dedicated swimmers train year-round, regardless of the weather. Alex recalls how swimmer Siobhan Haughey braved 12-degree temperatures to practice during the pandemic. Missing out on training can take much longer to recover from than simply enduring the cold.

## Swimming All the Time

一生游泳



Alex 提出菲比斯的例子，說泳者設定一個目標後，會堅持做自己「不想」做的事，才會由「good」變「great」。如何實踐？如果一個運動員每星期會休息一天，菲比斯就「年終無休」。

Using the example of Michael Phelps, Alex highlights that true dedication means sticking to goals, even when that involves doing things you might not want to do. For instance, while most athletes take a day off each week, Phelps trains year-round.

## Pool Pilgrimage

泳池巡禮



去旅遊也要預留時間到當地的泳池游水。因為這個原因，Alex 曾到訪世界各地美麗的游泳池。

Even when on vacation, time must be set aside for swimming. This commitment has led Alex to discover beautiful pools around the world.

## Looking After Others

守護他人



泳者一個滿足感的來源，就是和朋友到海邊或遊艇遊玩時，可以在危急的時候伸出援手，守護他人。而這，會為泳者帶來莫名的滿足感。

One source of fulfillment for swimmers comes from playing the role of guardian while enjoying the beach or boating with friends. This aspect of swimming brings an unexpected joy.

## Swimmer's Food Style

泳手的飲食風格

要成為一名泳手，每餐都得吃雞胸肉，過著嚴格的飲食生活？其實不必如此單調。雖然均衡營養很重要，但享受美食同樣能保持身心的平衡。

Do swimmers really need to eat chicken breast at every meal and stick to a strict diet? Not at all. While balanced nutrition is important, enjoying good food can help maintain a healthy mind and body.



### 賽前準備 Pre-Competition

在比賽前，泳手通常會攝取大量碳水化合物，如意粉，同時搭配蛋白質來源，比如牛扒，以提供充足的能量。

Before a competition, swimmers load up on carbohydrates, like pasta, and pair them with protein, such as steak, to fuel their bodies.

### 日常飲食 Everyday Eating

雖然游泳前不宜空腹或過飽，但在日常生活中可以盡情享受自己喜歡的食物。畢竟，食物帶來的滿足感能夠有效緩解訓練帶來的壓力。

You shouldn't swim on an empty stomach or when you're too full, but on regular days, it's perfectly fine to indulge in your favorite foods. The joy of eating can ease the stress of training.

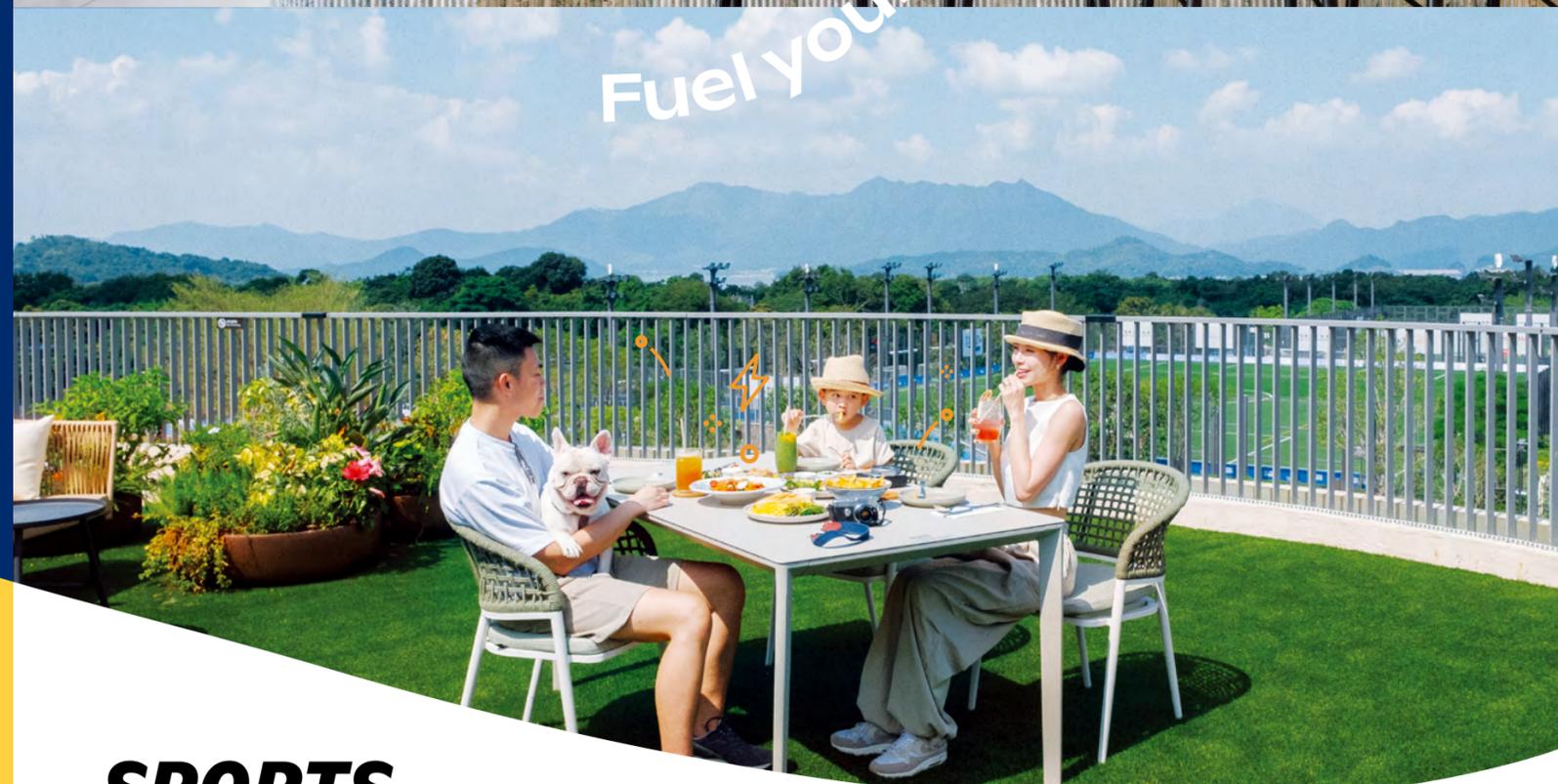


SPORTS bistro 正式進駐西沙 GO PARK！為了全面滿足運動人士的需求，SPORTS bistro 與專業營養師合作，推出了為專業運動員而設的「健康飲食餐單」。此外，SPORTS bistro 還提供適合各個年齡層和不同國籍人士的多樣化菜單選擇，讓每個人都能享受兼具美味與健康的生活方式！

SPORTS bistro has officially opened at GO PARK Sai Sha! To cater to the needs of athletes, SPORTS bistro has teamed up with professional nutritionists to launch a healthy menu tailored to meet the nutritional requirements of athletes. Additionally, SPORTS bistro offers a diverse menu suitable for all ages and cultures, ensuring everyone can enjoy a delicious and healthy lifestyle.



Fuel your sports passion



**SPORTS**  
bistro

西沙 GO PARK F 座 2 樓 206 號舖 Shop 206, 2/F, Block F, GO PARK Sai Sha

# Lifestyle Trainer

生活研究所

## Books 書籍

#Adventure #冒險

- 1 *Plant Day Everyday*  
《日日植物日》  
Pui Hay Paul But 畢培曦

你認識在香港生長的植物嗎？由香港生物學家畢培曦撰寫，講述香港植物的特性形態、生長環境、文化象徵等有趣故事。

Discover the fascinating characteristics and cultural significance of local plants through the eyes of local biologist Pui Hay Paul But.

- 2 *Hong Kong Birds*  
Geoffrey A. C. Herklots

認識香港雀鳥的經典之作，由博物學家香樂思所寫，並於1953年出版。

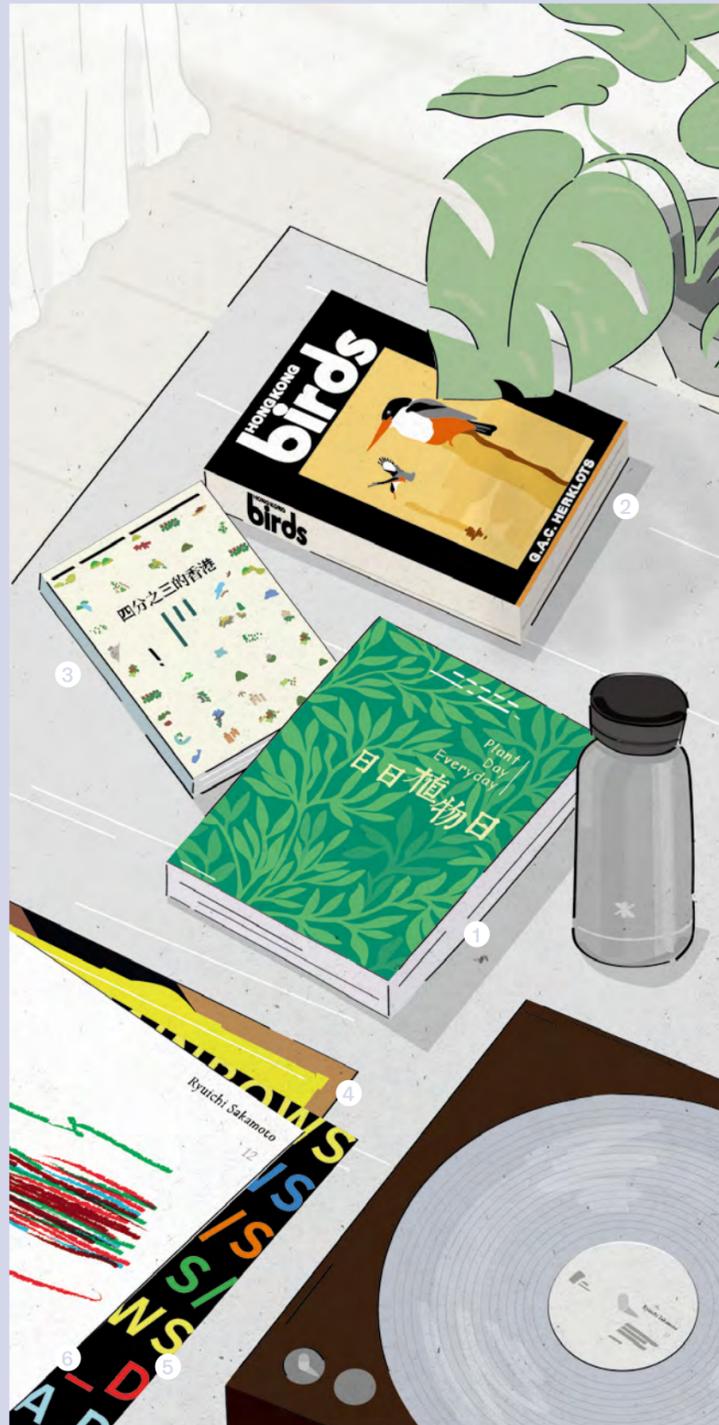
A timeless classic exploring the avian life of Hong Kong, penned by renowned naturalist Herklots.

- 3 *Three Fourths of Hong Kong*  
《四分之三之香港》  
Liu Ka-shiang 劉克襄

香港的郊野公園吸引了世界各地的自然愛好者，台灣文學家劉克襄就是其中一個。他熱愛到香港郊遊，更為此寫下了這本別樹一格的自然指南。

Hong Kong's country parks draw nature lovers from across the globe, and Taiwanese writer Liu Ka-shiang is no exception. His passion for exploring the great outdoors in Hong Kong has inspired this vibrant and unique nature guide.

illustration by cathy cheng



## Music 音樂

#DesertIslandDiscs #荒島唱片

如果流落荒島的話，本地音樂人江逸天希望帶著以下唱片。  
If stranded on a deserted island, here are the albums Olivier Cong would want for the adventure:

- 4 *Frédéric Chopin Preludes*  
Ivo Pogorelich

由傳奇鋼琴家波哥雷里奇演繹的蕭邦前奏曲。以非正統詮釋聞名於世的他錄音產量並不多，這張蕭邦前奏曲就是極美的一張。

Performed by the legendary pianist Ivo Pogorelich, who is known for his unorthodox and deeply expressive interpretations, this recording of Chopin's Preludes is a true gem.

- 5 *In Rainbows*  
Radiohead

Radiohead 於2007年發表的專輯，主唱 Thom Yorke 視其為 Radiohead 的經典專輯。

This 2007 album is widely considered Radiohead's most definitive work; with vocalist Thom Yorke himself suggesting that it best encapsulates the band's creative vision.

- 6 *12*  
Ryuichi Sakamoto

坂本龍一去世前兩個月發表的最後一張專輯。關於這張專輯，坂本龍一說：「在經歷一場大手術後……我發現自己伸手去拿合成器。我沒有打算創作，我只想沉浸在聲音之中。」

Sakamoto's final work that was released just two months before his passing. As Sakamoto himself reflected, "After a major surgery... I found myself reaching for the synthesizer. I wasn't trying to compose, I just wanted to immerse myself in the sounds."

## Movies 電影

#Bicycles #單車



出現單車的電影片段，總是伴隨著令人心潮澎湃的時刻。為什麼會有這種效果呢？因為單車就像人生一樣，隱喻著要不斷努力？對於乘風努力向前的感受，我們每個人都有所共鳴。

Scenes featuring bicycles in films often evoke a soaring, exhilarating feeling. Why is that? Perhaps because the bicycle, like life itself, symbolizes the constant need to pedal forward. The sensation of pushing against the wind, striving ever onward — this is something we can all relate to.

movie still illustration by fish

如果生活也是一種技能，想要過得充實的話，就要投放時間練習，並向不同的 lifestyle trainer 請益。今期「生活研究所」推介了三本與香港自然環境有關的經典書本；邀請了本地音樂人江逸天分享音樂；最後，介紹了電影史上三個與單車有關的美麗瞬間。

If living is a skill to be mastered, it requires dedication and practice. This issue of "Lifestyle Trainer" invites you to explore three classic books that connect with Hong Kong's natural environment, share insights from local musician Olivier Cong, and highlight beautiful moments in film history related to bicycles.



《E.T. 外星人》  
*E.T. the Extra-Terrestrial*

1982/ 115 分鐘 minutes

這可能是史上最著名的單車場景，甚至可以說是電影史上最具有代表性的場景了。外星人坐在後座，內向的孩子努力向前踏著單車，逃離想要捕捉他外星人朋友的特務們。就在這時，單車飛起了，眾人，包括我們也抬頭，張開嘴巴，觀看這個魔幻的畫面。在半空中，孩子仍然踏著腳踏，為友情而努力著。

This may be the most iconic bicycle scene in cinema history. The shy, young boy pedals furiously, his extraterrestrial friend riding in the basket, as they flee from government agents trying to capture the alien. As the bike takes flight, mouths agape, we share in the pure wonder of that magical moment. Even airborne, the boy continues to pedal, striving onwards for the sake of friendship.

導演雲溫達斯的最新作品，講述公廁清潔工平山每日的例行公事：起床、喝一罐罐裝咖啡、清潔廁所、去澡堂洗澡、到相同的餐廳吃飯、在檯燈下讀書。然而，這是代表生活的乏味嗎？正好相反，導演透過平山與外甥女在隅田川旁踏單車，互相呼應「下次是下次，現在是現在」，想要傳達的，就是真正重要的，其實是眼前的平凡生活。

In Wim Wenders' latest, we're immersed in the unassuming daily life of Hiroshi, a public toilet cleaner. From his routine of coffee, cleaning, bathing, and reading, is there anything extraordinary within the ordinary? Indeed, as Hiroshi cycles the Sumida River with his niece, the film reveals that the true essence of life lies not in grand events, but the quiet rhythms of our days.



《新活日常》  
*Perfect Days*

2023/ 124 分鐘 minutes

改編自 Paul Bowles 同名小說，由坂本龍一配樂。講述一對夫婦為了解決關係危機，前往撒哈拉沙漠旅遊。在面對彼此的矛盾之前，他們緩慢踏著單車，享受著一望無際的美景。縱使關係無法延續，但對二人而言，那仍然是最快樂的美好時光。

Adapted from the novel by Paul Bowles and scored by Ryuichi Sakamoto, this film follows a troubled couple on a journey to the Saharan desert. As they slowly cycle through the expansive, breathtaking landscape, they confront the fractures in their relationship. Though their bond ultimately unravels, those tranquil moments on the bicycle emerge as their happiest reminders of what they once shared.



《遮蔽的天空》  
*The Sheltering Sky*

1990/ 138 分鐘 minutes

# Happiness in Nature



# A Day in Sai Sha

## 西沙一日地圖

西沙位於西貢及烏溪沙之間，四周環山，與海為伴，是融合大自然，享受戶外活動的地標。《Park, Life!》推介了四條郊遊路線，從西沙出發，開始探索香港自然四時之美，享受戶外郊遊的樂趣，度過充滿陽光氣息的一天。

Nestled between Sai Kung and Wu Kai Sha, Sai Sha is a sanctuary where the mountains meet the sea – a perfect backdrop for enjoying nature and outdoor adventures. *Park, Life!* invites you to explore four scenic routes that unveil the seasonal beauty of Hong Kong while relishing a sun-drenched day outdoors.

### 路線 1 Route

#### 馬鞍山昂平郊遊路線 Ma On Shan Ngong Ping Discovery Trail

遠足 Hiking 越野跑 Trail running 難度 Difficulty ●●●●○

距離 Distance **12.3km** 時間 Time **4h15m**

路線距離較長，適合具備基礎或經驗的行山者。沿途經過多座山，風景優美，在昂平的大草原亦適合群組休息或其他活動。由於缺乏補給點，建議提前準備好足夠水或食物，以應對身體所需。

This challenging route is ideal for hikers with a solid fitness foundation, offering stunning mountain views and grassy plains at Ngong Ping for group rests. Be sure to bring enough water and food, as supply points are scarce.

#### 路線 Route

西沙 GO PARK 公共交通工具 水浪窩麥徑休息站 麥理浩徑 4 段  
馬鞍山郊遊徑 昂平 麥理浩徑 4 段「大金鐘」 麥理浩徑 4 段「彎曲山」  
鞍山探索館及 NR84 村巴總站 馬鞍山路 馬鞍山村路 馬鞍山郊遊徑起點

#### 企嶺下生態小徑路線 GO PARK Green Trail

留意潮汐 Tides check

遠足 Hiking 難度 Difficulty ●●●●○

距離 Distance **7.4km** 時間 Time **1h50m**

企嶺下紅樹林被列為具特殊科學價值地點，適合愛好大自然的大小朋友一起探索企嶺下寧靜背後的熱鬧海岸自然生態。

This trail meanders through the mangroves of Kei Ling Ha, a site of scientific significance, perfect for nature lovers to explore the vibrant coastal ecosystem nestled within its tranquility.

#### 路線 Route

GO PARK Aqua 井頭泥灘 烏洲連島沙洲\* 企嶺下紅樹林  
企嶺下老圍泥灘 企嶺下老圍小徑 防波堤

\* 到訪前先留意潮漲及潮退時間 Check the tide times before your visit.

### 路線 2 Route

#### 企嶺下海灣遊 Three Fathoms Cove Island Hopping

留意潮汐 Tides check

直立板 SUP 獨木舟 Kayak 難度 Difficulty ●●●●○

距離 Distance **5km** 時間 Time **2h30m**

享受寧靜的企嶺下海灣，體驗連島沙洲及紅樹林區等自然風景，沿途找尋隱世美景，歇息野餐。

Experience the tranquility of Kei Ling Ha Hoi, explore the natural beauty of tombolo and mangroves, and uncover hidden gems along your journey while enjoying a picnic.

#### 路線 Route

GO PARK Aqua 烏洲連島沙洲\* 企嶺下紅樹林區 防波堤  
三杯酒小島 深涌 榕樹澳 魚排

\* 到訪前先留意潮漲及潮退時間 Check the tide times before your visit.

### 路線 4 Route

#### 地質公園郊遊小徑 Geopark Hiking Trails

遠足 Hiking

難度 Difficulty ●●○○○

距離 Distance

時間 Time

**16km**

**4h50m**

適合家庭及初學者。途經多個歷史建築物及文化遺產，包括深涌三王來朝小堂、荔枝莊世界地質公園、及位於白沙澳的歷史建築物、客家房屋。回程時亦可選擇乘搭渡輪離開。

Ideal for families and beginners, this trail takes you past historical sites and cultural treasures, including the Epiphany of Our Lord Chapel at Sham Chung, Lai Chi Chong UNESCO Global Geopark, and traditional Hakka houses at Pak Sha O. For a fun twist, opt for a scenic ferry ride back after your hike.

#### 路線 Route

西沙 GO PARK 水浪窩 深涌 荔枝莊 白沙澳 海下 灣仔西營地



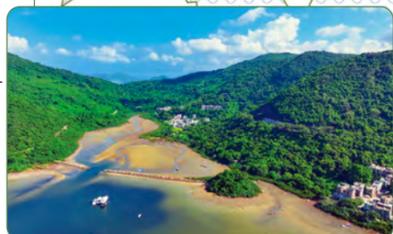
海下 Hoi Ha



深涌 Sham Chung



烏洲 Wu Chau



企嶺下海 Three Fathoms Cove



昂平 Ngong Ping



彎曲山 Wan Kuk Shan

西沙 GO PARK 是一個融合大自然，集運動、娛樂、餐飲及生活休閒於一地的嶄新地標，散發現代感和休閒氛圍，創造出健康平衡、能夠滿足不同需要的生活場景。西沙 GO PARK 作為起點，一起享受自然閒暇的珍貴、找尋質感生活的靈感，以及連結成对生活風格有所追求的社群。無論風景抑或心境，每一個來到這裡的人，都能在此享受身心健康的生活。

GO PARK Sai Sha is an exciting new landmark that intergrates nature, sports, entertainment, dining, and leisure all in one place. Exuding a modern atmosphere, this dynamic destination embodies a curated balance of experiences to satisfy diverse lifestyle needs. GO PARK Sai Sha invites you to savor the precious gift of nature, find inspiration for a life of quality, and connect with a community that shares your passion. Everyone who visits can enjoy a truly rejuvenating experience.

### 交通路線指南 Access

#### 自駕 Self-drive

**9 mins 分鐘**

由港鐵大學站出發  
From University Station

**5 mins 分鐘**

由港鐵烏溪沙站出發  
From Wu Kai Sha Station



西沙 GO PARK 設有停車場，方便駕車人士  
Parking facilities available at GO PARK Sai Sha

#### 巴士 Bus

九巴 KMB 287

東鐵線 East Rail Line  
港鐵大學站 University Station ↔ 西沙 GO PARK

城巴 Citybus 581

屯馬線 Tuen Ma Line  
港鐵烏溪沙站 Wu Kai Sha Station ↔ 西沙 GO PARK

城巴 Citybus 582

白石角 Pak Shek Kok ↔ 西沙 GO PARK

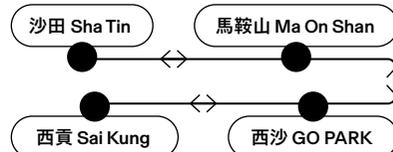
九巴 KMB 299X

沙田市中心 Sha Tin Central ↔ 西沙 GO PARK

#### 周末寵物巴士遊

#### Weekend Pet Tour

by 九巴 KMB PB5



#### 小巴 Green Minibus

小巴 GMB 807K

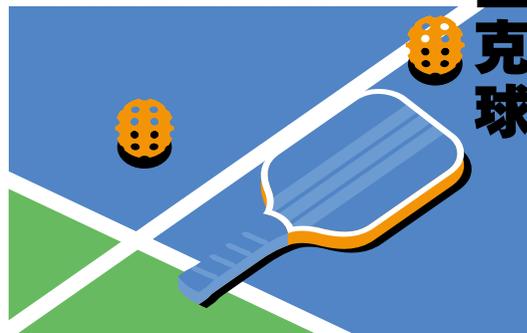
東鐵線 East Rail Line  
港鐵大學站 University Station → 屯馬線 Tuen Ma Line  
港鐵烏溪沙站 Wu Kai Sha Station → 西沙 GO PARK

## Enjoy Sai Sha 西沙時光



試下玩！Give it a try!

## Pickleball 匹克球



匹克球是一種結合網球、羽毛球和乒乓球的新興運動。相比網球，對身體的負荷較低，近年在世界各地的學生和銀髮族之間逐漸流行起來。西沙 GO PARK 設有兩個全港唯一的戶外匹克球場。找一個周末，與朋友家人來試玩匹克球吧！

Pickleball is a newly emerged sport that combines elements of tennis, badminton, and table tennis. It places a lower physical demand on the body, which has contributed to its growing popularity around the world in recent years. GO PARK Sai Sha has the city's only two dedicated outdoor pickleball courts. Why not gather with friends and family and give pickleball a try one weekend?

### The One Pickleball Academy

@ theonepbacademy

The One Academy 致力推廣板網球及匹克球，透過兩項運動促進社交發展，讓不同人士都可參與其中。

The One Academy promotes padel and pickleball to foster social connections, welcoming participation from diverse communities.



### Credits

## Park, Life!

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