



新界西沙海映路9號  
 9 HOI YING ROAD, SAI SHA

營業時間 Opening Hours

每日 Daily  
 10A.M. ~ 10P.M.

西沙 GO PARK 連繫西貢、沙田、烏溪沙、馬鞍山及大埔一帶，往來港鐵高溪沙站(屯馬線)及港鐵大學站(東鐵線)車程分別只需約5分鐘和約9分鐘，更有多條巴士線及小巴線提供服務，往來高溪沙站、馬鞍山市中心、大學站及白石角等，四通八達。

一起以西沙 GO PARK 作為起點，開展生活質感和靈感的旅程！

GO PARK Sai Sha is well-connected to various areas including Sai Kung, Shatin, Wu Kai Sha, Ma On Shan and Tai Po. The driving time to and from MTR Wu Kai Sha Station (Tuen Ma Line) and MTR University Station (East Rail Line) is approximately 5 minutes and 9 minutes respectively. There are multiple bus and minibus routes available, providing convenient transportation to Wu Kai Sha Station, Ma On Shan town centre, University Station, Pak Shek Kok, and other destinations.

Let's embark on a journey starting from GO PARK Sai Sha to explore a life of quality and inspiration!

**Transportation 交通指南**

**港鐵 MTR**

路線 Line	下車站 Drop-off Station	然後轉乘 Transfer	下車站 Drop-off Station
東鐵線 East Rail Line	港鐵大學站B出口 University Station Exit B	九巴 287 城巴 582	沙田市中心 She Tin Central
	港鐵沙田站 She Tin Station	城巴 580	西沙 GO PARK GO PARK Sai Sha
屯馬線 Tuen Ma Line	港鐵高溪沙站B出口 Wu Kai Sha Station Exit B	九巴 287 城巴 581	沙田市中心 She Tin Central

**巴士 BUS**

路線 Line	起點 Origin	路線 Line	起點 Origin
九巴 287	港鐵大學站 University Station	城巴 587	尖東東地庫、九龍站、青沙公路轉車站 Mody Road, Kowloon Station, Tsing Sha Highway Bus Interchange
城巴 580	沙田市中心 She Tin Central	九龍灣、藍灣、大老山隧道轉車站 Kowloon Bay, Kwan Tong, Tai's Cairn Tunnel Bus Interchange	
城巴 581	港鐵高溪沙站 Ma On Shan Station	九龍灣、藍灣、大老山隧道轉車站 Kowloon Bay, Kwan Tong, Tai's Cairn Tunnel Bus Interchange	
城巴 582	白石角 Pak Shek Kok	灣仔、金鐘、中環、西區海底隧道轉車站 Wan Chai, Admiralty, Central, Sheung Wan, Western Harbour Crossing Bus-Bus Interchange (BB)	
城巴 586	港鐵大學站 Tsuen Wan Station	機場、港珠澳大橋香港口岸 Airport, Hong Kong-Zhuhai-Macao Bridge Hong Kong Port	

**周末寵物巴士遊 WEEKEND PET TOUR**

九巴的周末寵物巴士服務週末及假日出發，KMB's weekend Pet Bus Tour runs on weekends and public holidays. 乘客必須出示上車證明二條方可上車。Passengers must present a valid confirmation QR code for boarding. 請先在九巴應用程式App1933預購車票。Please visit KMB App1933 for ticket purchase in advance.

路線 Line	起點 Origin
九巴 PB1A	尖東東地庫 Tin Shui Wai
九巴 PB1B	西九文化區 West Kowloon Cultural District

**小巴 GREEN MINIBUS**

路線 Line	起點 Origin	下車站 Drop-off Station	終點 Destination
小巴 807K	港鐵高溪沙站 Wu Kai Sha Station	港鐵大學站 University Station	西沙 GO PARK GO PARK Sai Sha
小巴 807S	港鐵大學站 University Station	西沙 GO PARK GO PARK Sai Sha	井頭村 Tsang Tau Tsuen

**的士 TAXI**

請司機沿西沙路往井頭方向行駛，然後在海映路迴旋處轉入海映路9號，就可以到達西沙 GO PARK。Ask the driver to take you to GO PARK Sai Sha. First, drive along Sai Sha Road towards the Tsang Tau direction. Then, turn at Hoi Ying Road roundabout into 9 Hoi Ying Road to reach GO PARK Sai Sha.

**私家車 PRIVATE CAR**

西沙 GO PARK 為駕車人士提供方便的泊車選擇。GO PARK Sai Sha offers convenient parking options for drivers.



- Sai Sha Nature Spots 發現西沙**
- 泥涌紅樹林 Nai Chung Coast Mangrove**  
 獨特的淺水瀉湖成為各種小型海洋生物的避風港，招潮蟹及彈塗魚是常客，幸運的話更可看到白鵝。The unique shallow mudflats offer a haven for small marine creatures, with fiddler crabs and mudskippers as frequent visitors, and with loons, even an egret might appear.
  - 燈洲 Tang Chau**  
 小島外觀不斷隨潮水變幻，建議在快將漲潮時到達，欣賞寬約十米長、由白色貝殼沖積的長灘。The small island's appearance shifts with the tides. Arriving just as the tide recedes reveals a long beach stretching dozens of meters, covered in white shells.
  - 三杯酒 Sam Pui Chau**  
 小島上的三座山崗像三個中式小酒杯，兩端較大的山崗像兩面沒有杯耳的茶杯，再加上島頂的「一萬畝」，被統稱為山友熟悉的「三杯酒兩茶一萬畝」。The three smaller hills of the island resemble Chinese wine cups, while the two larger hills look like teacups. Along with Wu Chau, they're known among hikers as 'Three Cups of Wine, Two Cups of Tea, and a Bowl of Rice'.
  - 烏洲 Wu Chau**  
 鵬鵬狀的烏洲面積細小，最高點39米。漲潮時，島與井頭村間的連島沙洲才會浮現，遊人可以繼續步過沙洲。The pebble-shaped Wu Chau is a small island with a highest point of just 39 meters. Only at low tide does the tombolo connecting Wu Chau to Tsang Tau Tsuen emerge, allowing visitors to walk across and explore the island's rocky shores.
  - 馬鞍山 Ma On Shan**  
 海拔702米高，其主峰馬頭峰與副峰牛牯山相倚，形似馬鞍，因而得名。Rising to 702 meters, Ma On Shan's main peak, Ma Tau Fung, stands beside its secondary peak, Ngu Ngak Shan (The Hunch Back), forming a saddle-like shape that gives the mountain its name.
  - 昂平平原 Ngong Ping Plateau**  
 海拔400米高的昂平草原，將白沙灣、西貢海、牛尾灣收眼底，這裡是野餐和滑翔傘的熱點。From the 400-meter-high grasslands, you can gaze over the entire Sai Kung Bay area, taking in sweeping views of Hebe Haven, Inner Port Shelter, and Port Shelter, this is a popular spot for picnics and paragliding.
  - 企鵝下紅樹林 Three Fathoms Cove Mangrove**  
 香港常見的紅樹有八種可在這找到，如秋茄、木樨、白骨壤、海欖雌、藍葉樹、海漆、桐花樹、糖楓。Here, you can find various common mangrove species in Hong Kong, including Kandelia, Brugiera, Aegiceras, Avicennia, Excoecaria, Thespesia and Lumitzera.
  - 榕樹澳 Yung Shue O**  
 一個客家小村落，俯瞰白沙紅樹林和企鵝下的魚類養殖區。榕樹澳的河具有重要生態價值，可觀賞珍稀蝴蝶以及受保護植物。This quaint Hakka village offers views over the mangroves and fish farms of Kai Ling Ha. The river and streams around Yung Shue O boasts rich ecological value, home to rare species like the Spotted Fly butterfly.
  - 深浦 Sham Chung**  
 140多年前建立的古老客家村落，擁有不少歷史建築物，例如三王廟小堂。這裡的大草地是郊遊野營及打卡的熱點。旅客亦可在這品嚐美味客家菜。Built over 140 years ago, this ancient Hakka village is home to numerous historic buildings, including the Epiphany of Our Lord Chapel. The vast grassland is a favourite destination for picnics, day trips and photos. Visitors can also enjoy delicious Hakka cuisine here.
  - 雞麻峒 Kai Ma Tung**  
 位於西貢石壁山以北，高207米，其北背一直延伸至白內仔，指向赤門海峽。此峰附近有兩條村莊，分別為東北面的客家村落荔枝莊及西南面的深浦。Nestled north of Shek Uk Shan in Sai Kung, this 207-meter-high mountain range stretches northward to Tai Mei Tuk, overlooking the Tolo Channel. Nearby are two Hakka villages: Lai Chi Chong to the northeast and Sham Chung to the southwest.
  - 荔枝莊 Lai Chi Chong**  
 具悠久歷史的客家村。沿岸山頂被劃為1.4億年形成的，為香港聯合國教科文組織世界地質公園。This historic Hakka village, located in the Tolo Channel between Hoi Hei and Sham Chung, is now part of Hong Kong's UNESCO Global Geopark.

**ROUTE A 路線**

**深浦客家滋味行 Sham Chung Serenity & Savory Bites Tour**

適合遠足 Hiking | 留意潮汐 Tides Check | 難易度 Difficulty ●○○○○

客家特式午餐 Hakka-style Lunch

深浦位於西貢半島西北，擁有歷史悠久的防波堤和三面環山美景。可於大草原漫步，探索自然風光，享受客家風味午餐和獨立及農家園，感受自然風韻，沉浸大自然懷抱。Sham Chung, northwest of Sai Kung Peninsula, offers views of a historic breakwater, Kai Ling Ha, and surrounding mountains. Stroll green meadows, explore nature, get a taste of Hakka signature dishes, and enjoy a relaxing escape. Perfect for family or friends to unwind and immerse in peaceful natural beauty.

距離 Distance: 2km | 時間 Time: 3h30m

路線 Route: GO PARK Aqua - 深浦碼頭 Sham Chung Pier - 三王來朝小堂 Epiphany of Our Lord Chapel - 深浦大草原 Sham Chung Grassland

**ROUTE C 路線**

**榕樹澳龍蝦導賞魚排之旅 Yung Shue O Lobster Eco-Raft Experience**

漁業文化 Aquaculture | 品嚐海鮮 Enjoy Seafood Tasting | 難易度 Difficulty ●○○○○

了解養殖操作 Learn About Aquaculture Operations

探索榕樹澳龍蝦養殖場，品嚐新鮮海產美味佳餚，再乘船漫遊紅樹林自然風韻，享受悠閒漁排風情。Discover a lobster farm, savour fresh seafood delights, and enjoy a scenic mangrove cruise. A perfect blend of education and leisure on the water.

距離 Distance: 1km | 時間 Time: 2h

路線 Route: GO PARK Aqua - 榕樹澳魚排 Yung Shue O Fish Rafts - 海水魚及龍蝦養殖場 Marine Fish and Lobster Farm - 榕樹澳紅樹林岸邊 Yung Shue O Mangrove

**ROUTE E 路線**

**馬鞍山環區線 Ma On Shan Route**

適合單車 Cycling | 適合公路跑 Road Running | 難易度 Difficulty ●●○○○

不論是單車新手還是大家一大小，休閒騎或公跑競速，環區線都是最佳選擇。與風馳過遠眺八仙嶺的海岸景色，黃昏時分的 magic hour 絕對令人難忘，可縱覽子橋橋更多路綫。Whether you're a cycling novice, a family out for a ride, or an enthusiast seeking a leisurely cruise or high-speed road cycling, the Ma On Shan route is an excellent choice. Pedal along the path and enjoy the stunning coastal views of the Pat Sin Leng mountain range. The magic hour at dusk is truly unforgettable, and you can continue exploring additional routes via the Twin Bridges afterward.

距離 Distance: 15km | 時間 Time: 3h

路線 Route: 西沙 GO PARK GO PARK Sai Sha - 泥涌 Nai Chung - 烏溪沙站 Wu Kai Sha Station - 利安 Lee On - 馬鞍山中心段 (Ma On Shan Town Centre) - 西沙路 Sai Sha Road - 大老山轉車站 Tsang Tau Tsuen - 大老山轉車站 Tai Mei Tuk - 大老山轉車站 Tai Mei Tuk - 大老山轉車站 Tai Mei Tuk - 大老山轉車站 Tai Mei Tuk

**ROUTE B 路線**

**深浦大埔漁村生態發現之旅 Sham Chung & Tai Po Fish Rafts Eco Discovery Tour**

漁業文化 Aquaculture | 手釣學堂 Handline Fishing | 難易度 Difficulty ●○○○○

海鮮午餐 Seafood Lunch

周末來場悠閒鄉村文化之旅！享受小艇遊湖，由山清水秀的深浦客家村感受豐富歷史文化故事，到三門仔魚排，探新水產種植和漁業文化，可觀賞高溪沙村，參加手釣小學堂，並享海鮮午餐。Join a relaxing weekend exploring local fishing village culture. Enjoy a boat ride, from Sham Chung Hakka village's rich history, to discover aquaculture, watch fisherman weave traditional traps, and try hands-on fishing. Enjoy a seafood lunch by the sea, then return to GO PARK Aqua, and your one-day fisherman experience on a relaxing note.

距離 Distance: 4km | 時間 Time: 5h (快艇約15分鐘 15 mins of boat ride)

路線 Route: GO PARK Aqua 碼頭 GO PARK Aqua Pier - 深浦碼頭 Sham Chung Pier - 深浦大草原及三王來朝小堂 Sham Chung Grassland and Epiphany of Our Lord Chapel - 三門仔魚排 Sam Mun Tsai Fish Rafts

**ROUTE D 路線**

**地質瑰寶：荔枝莊導賞團 Geological Treasures: Lai Chi Chong Guided Tour**

適合遠足 Hiking | 難易度 Difficulty ●○○○○

留意潮汐 Tides Check

荔枝莊擁有豐富的地質歷史，火山爆發留下了深刻的印記。火山碎屑和火山灰沉積在湖泊中，形成了獨特的沙泥層。這條路線簡單輕鬆，非常適合親子參加，讓大眾增進對地質的認識與興趣。Lai Chi Chong has a rich geological history marked by volcanic eruptions. Debris and volcanic ash settled in lakes, creating distinct layers of sand and mud. This easy and relaxing route is perfect for families and school groups, providing a great opportunity to explore nature and learn about geology.

距離 Distance: 1km | 時間 Time: 3h

路線 Route: GO PARK Aqua - 荔枝莊地質步道 Lai Chi Chong Geotour Route - GO PARK Aqua

**ROUTE F 路線**

**馬鞍山昂平郊遊線 Ma On Shan Ngong Ping Discovery Trail**

適合遠足 Hiking | 適合越野跑 Trail Running | 難易度 Difficulty ●●●○○

路線距離較長，適合具備體能基礎及行山經驗人士。沿途4段登上馬鞍山，最後抵達昂平草原西貢全灣的壯麗景色，再到山頂探探龍蝦咖啡館，了解山嶺故事。This extended trail is ideal for experienced hikers with a solid fitness foundation. Follow MacLachose Trail Section 4 to ascend Ma On Shan, reaching Ngong Ping plateau for the breathtaking panoramic views of Sai Kung Bay. Wrap up with a visit to the Mining Heritage Centre for a coffee and the fascinating mining story.

距離 Distance: 12.3km | 時間 Time: 4h15m

路線 Route: 馬鞍山路 Ma On Shan Road - 馬鞍山村路 Tsuen Road - 新山徑 (馬鞍山) Ngong Ping Trail Section 4 - 麥理浩徑4段 (大金鐘) MacLachose Trail Section 4 - Pyram Hill - 麥理浩徑4段 (馬鞍山) MacLachose Trail Section 4 - Ma On Shan

資料內容源自網上資料 Data obtained from internet resources