

Hiking Routes in Lantau 大嶼山行山路線



Situated at SKYCITY of Hong Kong International Airport, Regala Skycity Hotel is directly connected to AsiaWorld-Expo and 11SKIES which offering an one-stop shopping and leisure experience. Apart from this, travellers can also experience the stunning view of nature in Lantau. Let's us recommend some hot hiking routes to you in the following guide book.

麗豪航天城酒店坐落SKYCITY航天城，毗鄰亞洲國際博覽館及11SKIES，提供一站式購物消閒體驗。此外，旅客亦可到大嶼山感受郊區的自然美景及觀光熱點等。以下讓我們為您推薦9條大嶼山的熱門行山路線，飽覽大嶼山美景！

Nature of Lantau 大嶼山自然美景

- | | |
|------------------------|------|
| ① Lantau Peak | 鳳凰山 |
| ② Sunset Peak | 大東山 |
| ③ Yi Tung Shan | 二東山 |
| ④ Nei Lak Shan | 彌勒山 |
| ⑤ Ngong Ping | 昂坪 |
| ⑥ Ngong Ping Trail | 昂坪棧道 |
| ⑦ Tung O Ancient Trail | 東澳古道 |
| ⑧ Fu Shan | 虎山 |
| ⑨ Scenic Hill | 觀景山 |

Difficulty of the Route 路線難度



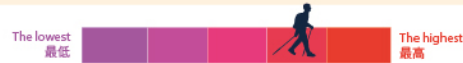
Lantau Peak 鳳凰山

Route 路線 Pak Kung Au → Lantau Peak → Ngong Ping
伯公坳 → 鳳凰山 → 昂坪

Length 全長約 5.5 km 公里

Duration 需時約 4 hours 小時

Level of Difficulty 難度



Landscape 景觀



Introduction

- ▲ The second highest peak in Hong Kong, the tallest mountain in Lantau
- ▲ The main and secondary peaks have been called the phoenix in Chinese
- ▲ Can overlook Shek Pik Reservoir on the top of the mountain
- ▲ One of the best places for watching sunrise

簡介

- ▲ 是大嶼山最高的山峰，也是香港第二高峰
- ▲ 鳳凰山分為兩個山峰，分別是「鳳」及「凰」
- ▲ 於山頂可俯瞰石壁水塘
- ▲ 觀賞日出的好地方



Sunset Peak 大東山

Route 路線 Pak Kung Au → Sunset Peak → Pak Kung Au
伯公坳 → 大東山 → 伯公坳

Length 全長約 4 km 公里

Duration 需時約 2 hours 小時

Level of Difficulty 難度



Landscape 景觀

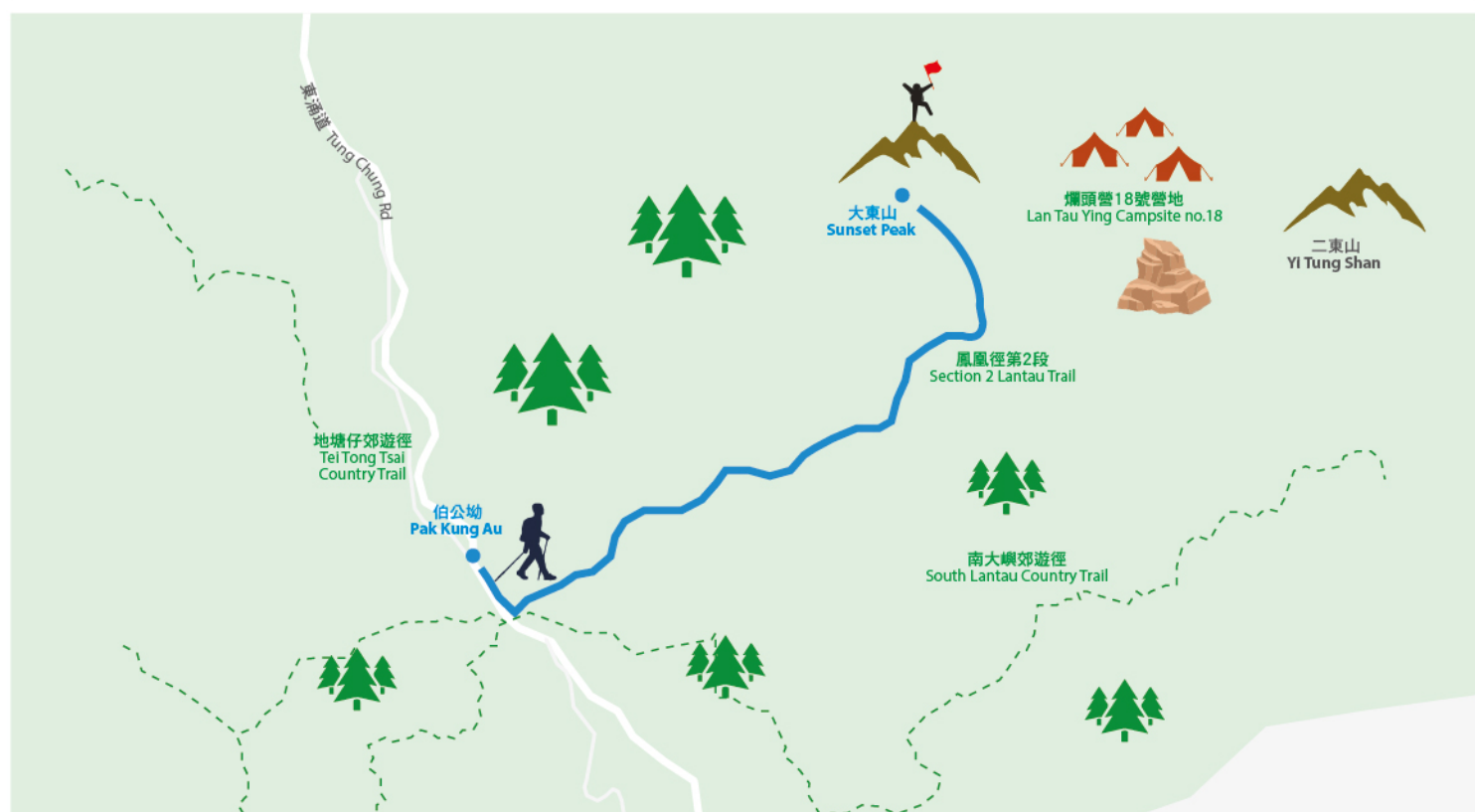


Introduction

- ▲ Sunset Peak, the third highest peak in Hong Kong
- ▲ Lies to the east of Lantau Peak and west of Yi Tung Shan.
Pak Kung Au is between Sunset Peak and Lantau Peak
- ▲ Stunning view of silvergrass fields in November and December

簡介

- ▲ 香港第三高峰，英語名為日落山
- ▲ 位於鳳凰山東面，二東山西面，與鳳凰山之間相隔伯公坳
- ▲ 芒草於秋冬盛開，11月及12月是欣賞芒草花海的好時機



Yi Tung Shan 二東山

Route 路線

Pak Kung Au → Sunset Peak → Yi Tung Shan → Pak Kung Au
伯公坳 → 大東山 → 二東山 → 伯公坳

Length 全長約

5.5 km 公里

Duration 需時約

4 hours 小時

Level of Difficulty 難度



Landscape 景觀



Introduction

- ▲ Connected with Sunset Peak at west and Lin Fa Shan at northeast
- ▲ The Lantau Mountain Camp is a landscape of Yi Tung Shan
- ▲ Stunning view of silvergrass fields in November and December

簡介

- ▲ 西面連接大東山，東北面連接蓮花山
- ▲ 爛頭營石屋分佈於山間，是二東山的一大特色
- ▲ 芒草於秋冬盛開，11月及12月是欣賞芒草花海的好時機



Nei Lak Shan 彌勒山

Route 路線 Ngong Ping → Dong Shan Fat Mun → Nei Lak Shan → Ngong Ping
昂坪 → 東山法門 → 彌勒山 → 昂坪

Length 全長約 5 km 公里

Duration 需時約 3 hours 小時

Level of Difficulty 難度



Landscape 景觀



Introduction

- ▲ Situated at Ngong Ping in Lantau
- ▲ Can oversee The Big Buddha, the biggest outdoor Big Buddha in the world, and Po Lin Monastery
- ▲ Stunning view of silvergrass fields in November and December

簡介

- ▲ 位於大嶼山昂坪
- ▲ 於山頂可遠眺全球最大的戶外青銅佛坐像 — 天壇大佛及寶蓮寺
- ▲ 芒草於秋冬盛開，11 月及 12 月是欣賞芒草花海的好時機



Ngong Ping 昂坪

Route 路線 Ngong Ping → Nei Lak Shan Country Trail → Ngong Ping
昂坪 → 彌勒山郊遊徑 → 昂坪

Length 全長約 6 km 公里

Duration 需時約 2 hours 小時

Level of Difficulty 難度



Landscape 景觀

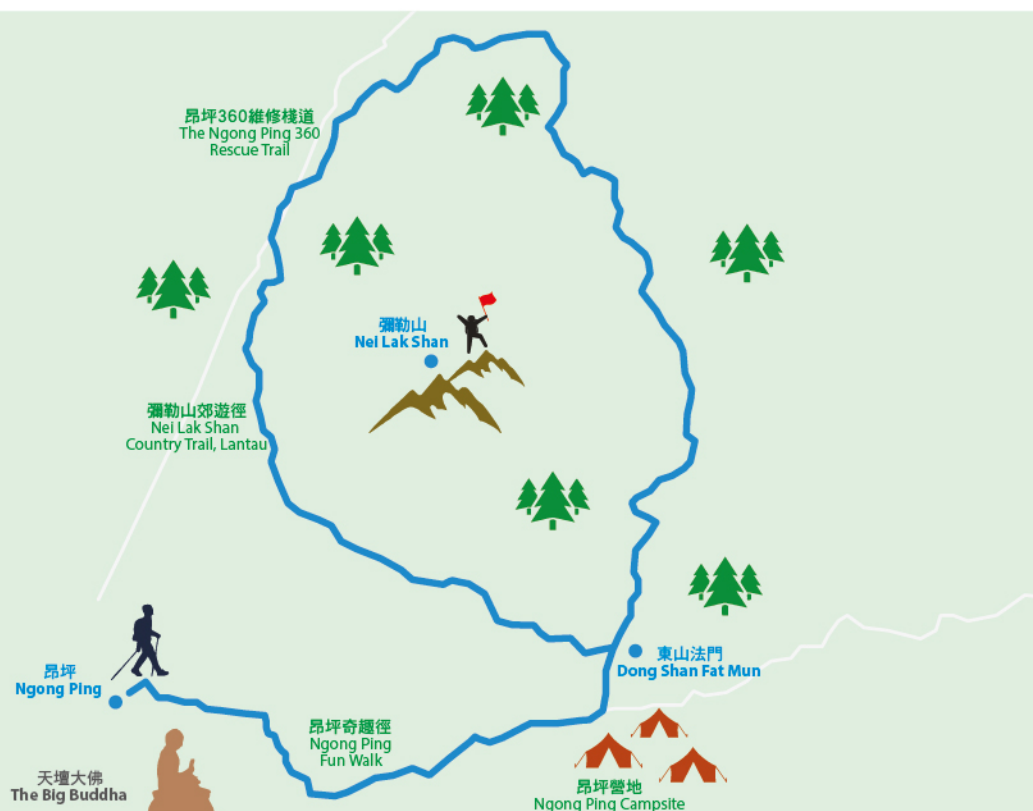


Introduction

- ▲ An attraction in Lantau with Ngong Ping Village and Ngong Ping Cable Car
- ▲ Tourist can also visit The Big Buddha, the biggest sitting Buddha Statue built outdoor in the world, Po Lin Monastery and Wisdom Path
- ▲ You may overlook the Sunset Peak, Lantau Peak, Lin Fa Shan along the Nei Lak Shan Country Trail

簡介

- ▲ 昂坪是位於大嶼山的旅遊景點，旅客可遊覽昂坪市集及乘坐纜車
- ▲ 該處更有全球最大的戶外青銅佛坐像 — 天壇大佛、寶蓮寺及著名的心經簡林
- ▲ 沿彌勒山郊遊徑可近觀鳳凰山及彌勒山；遠眺蓮花山及大東山等



Ngong Ping Trail 昂坪棧道

Route 路線 Yat Tung Estate → Ngong Ping Trail → Ngong Ping
逸東邨 → 昂坪棧道 → 昂坪

Length 全長約 6.5 km 公里

Duration 需時約 3 hours 小時

Level of Difficulty 難度



Landscape 景觀



Introduction

- ▲ A 5.7 km long trail between Tung Chung and Ngong Ping
- ▲ Paved with wooden board on the trail when the cable car system was constructed to preserve the natural environment
- ▲ There are many steps and without check points along the trail. Please consider your physical strength before the trip
- ▲ You can raise your head and look at the cable car ropeway when arrived the highest point of the trail

簡介

- ▲ 昂坪棧道是連接東涌及昂坪的山徑，全長約 5.7 公里
- ▲ 棧道鋪設了木板，是興建纜車時為保護自然環境而建設的
- ▲ 沿路石級較多，沒有補給點，遊客需量力而為
- ▲ 當登上最高點，抬頭便是平衡的纜車索道



Tung O Ancient Trail 東澳古道

Route 路線

Yat Tung Estate → Hau Hok Wan → Sha Lo Wan → San Shek Wan
→ Sham Shek Tsuen → Sham Wat → Tai O
逸東邨 → 蠟殼灣 → 沙螺灣 → 礮石灣 → 深石村 → 深屈 → 大澳

Length 全長約

13 km 公里

Duration 需時約

4 hours 小時

Level of Difficulty 難度



Landscape 景觀



Introduction

- ▲ A family-friendly hiking route
- ▲ You can look at cable car and planes or landing near the starting point, Yat Tung Estate
- ▲ Along the trail, you can enjoy stunning seaview of the coastal environment
- ▲ At the middle part of the trail, it will bring you to the past tiny village to explore the old generation living style of Tai O residents
- ▲ Visiting Tai O Village and tasting their local food are the schedule cannot be missed at the finishing point, Tai O

簡介

- ▲ 適合一家人同遊，是親子行山的好路線
- ▲ 於起點逸東邨及蠟殼灣附近可觀賞到纜車及飛機升降
- ▲ 在山徑途中，你可以享受沿海的壯麗海景
- ▲ 中途路段可看到舊時代的大澳居民生活及美麗山景
- ▲ 到達大澳便可遊覽當地漁村及品嚐美食



Fu Shan 虎山

Route 路線 Tai O → Fu Shan → Tai O
大澳 → 虎山 → 大澳

Length 全長約 1.3 km 公里

Duration 需時約 1 hour 小時

Level of Difficulty 難度



Landscape 景觀



Introduction

- ▲ Situated at Tai O which is the highest mountain in Islands District
- ▲ Easy hiking route for beginners
- ▲ Fu Shan Viewing Point, where you can observe the beautiful sunset and Chinese White Dolphins
- ▲ Also can overlooking at Tai O and Hong Kong–Zhuhai–Macao Bridge (HZMB)

簡介

- ▲ 虎山位於大澳，是離島區屬最高的山峰
- ▲ 路線簡單易行，適合行山初學者
- ▲ 可於山上觀景台欣賞日落及中華白海豚
- ▲ 亦可遠眺大澳及港珠澳大橋



Scenic Hill 觀景山

Route 路線

Chek Lap Kok South Road → Scenic Hill → Chek Lap Kok South Road
赤鱗角南路 → 觀景山 → 赤鱗角南路

Length 全長約

1 km 公里

Duration 需時約

0.5 hour 小時

Level of Difficulty 難度



Landscape 景觀



Introduction

- ▲ Easy and chilling route
- ▲ Can overlook at planes or landing at Hong Kong International Airport
- ▲ Cherry Blossom Season in February and March

簡介

- ▲ 路線簡單輕鬆
- ▲ 登上觀景山後，於涼亭可遠眺香港國際機場，欣賞飛機升降
- ▲ 2-3 月是櫻花盛開季節，有機會欣賞到粉嫩怡人的櫻花樹

