



MTR Tung Chung Station  
港鐵東涌站



# A BREATH OF DISCOVERY

心呼吸·愉景灣

## ROUTE 1

- ▶ Tung Chung Station 東涌站
- 1 Hong Kong Olympic Trail 香港奧運徑
- 2 Pak Mong Village 白芒村
- 3 A Po Long Pavilion 亞婆塢涼亭
- 4 Peach Stone, Sword Testing Stone, and Strange Duck Stone 仙桃石/怪鴨石/試劍石
- 5 Lo Fu Tau 老虎頭
- 6 Discovery Bay Lookout Point 愉景灣眺望台
- ▶ Discovery Bay Pier 愉景灣碼頭

## ROUTE 2

- ▶ Mui Wo Pier 梅窩碼頭
- 1 Silvermine Bay 銀礦灣
- 2 Peak Lookout Pavilion 山頂觀景亭
- 3 Our Lady of Joy Abbey 聖母神樂院
- 4 Nim Shue Wan 稔樹灣
- ▶ Discovery Bay Pier 愉景灣碼頭

## ROUTE 3

- ▶ Mui Wo Pier 梅窩碼頭
- 1 Silvermine Bay 銀礦灣
- 2 Peak Lookout Pavilion 山頂觀景亭
- 3 Our Lady of Joy Abbey 聖母神樂院
- 4 Grandpa's Garden 公公農莊
- 5 Discovery Bay Reservoir 愉景灣水塘
- 6 Discovery Bay Lookout Point 愉景灣眺望台
- ▶ Discovery Bay Pier 愉景灣碼頭

## ROUTE 4

- ▶ Discovery Bay Pier 愉景灣碼頭
- 1 Tai Pak Beach 大白灣沙灘
- 2 Shaded Tree Path 林蔭大道
- 3 Central Park 中央公園
- 4 The Pavilion 海濱禮堂
- 5 Auberge Discovery Bay Hong Kong 香港愉景灣酒店
- ▶ Discovery Bay North 愉景北商場

North Lantau Highway 北大嶼山公路

Lo Fu Tau Country Trail 老虎頭郊遊徑

Tai Pak Beach 大白灣沙灘

To Central 往中環

Nim Shue Wan 稔樹灣

Mui Wo Pier 梅窩碼頭

# DISCOVERY 愉景灣

Map is for reference only and not in scale. 地圖僅作參考使用。與實境比例有異。

## ROUTE 1

### SCENIC VIEWS 「虎」瞰愉景灣

Tung Chung 東涌 → Lo Fu Tau 老虎頭 → Discovery Bay 愉景灣

🕒 4.5hrs / 小時 🧑‍🦵 ★★★ (5 Stars maximum / 5星最難)



Start the journey from Tung Chung MTR Station. Follow the Hong Kong Olympic Trail (Tung Chung Section) and pass through Pak Mong Village to reach the A Po Long Pavilion. Once you get to Lo Fu Tau – the tallest hill in the Discovery Bay area popular for its giant stone that resembles a tiger's head – take a photo before descending to the Discovery Bay Lookout Point and ending the trail at the ferry pier. The entire trek is approximately 13 km long, and though the path is rugged, there are many gems you'll find along the way, from unique rock formations to wildlife such as birds, butterflies, and amphibians. In autumn, you can also marvel at the vast fields of silvergrass with green foxtail and natal grass.

由港鐵東涌站出發，沿香港奧運徑東涌段，經白芒村走到亞婆壟涼亭，然後於「老虎頭」上打卡。下山時穿過愉景灣眺望台，最後到碼頭結束旅程。此路程全長約13公里，路途雖崎嶇，但可欣賞到各種奇石、觀察雀鳥、蝴蝶及兩棲動物；秋天更可到高地欣賞以狗尾草、紅毛草作點綴的芒草海。



Sword Testing Stone 試劍石



Lo Fu Tau 老虎頭

## ROUTE 2

### DOWN THE MEMORY LANE 探索舊日足跡

Mui Wo Pier 梅窩碼頭 → Nim Shue Wan 稔樹灣 → Discovery Bay 愉景灣

🕒 2.5hrs / 小時 🧑‍🦵★★ (5 Stars maximum / 5星最難)

This 7 km route starts as you disembark from Mui Wo Pier. Head along Tung Wan Tau Road next to Silvermine Bay Beach, which will take you to an outdoor stairway. The first part of the trail requires climbing over a thousand stone steps, but after reaching the top, you can have a more enjoyable stroll through shaded paths before you reach Our Lady of Joy Abbey, where you can get snap-happy and explore the historic building. Finally, return to Discovery Bay via Nim Shue Wan.

由梅窩碼頭作起點，沿銀礦灣泳灘旁的東灣頭路走到盡頭，便可踏上通往愉景灣的「天梯」。初段路先要克服逾千級石級，登頂後穿過林蔭小徑便可輕鬆前往聖母神樂院，打卡之餘更可探索歷史建築。最後經稔樹灣抵達愉景灣，全程約7公里。



Our Lady of Joy Abbey 聖母神樂院



Nim Shue Wan 稔樹灣

## ROUTE 3

### EMBRACING NATURE 環抱大自然

Mui Wo Pier 梅窩碼頭 → Discovery Bay Reservoir 愉景灣水塘 → Discovery Bay 愉景灣

🕒 3.5hrs / 小時 🧑‍🦵★★★ (5 Stars maximum / 5星最難)

Following Route 2, going from Mui Wo Pier to Silvermine Bay, make your way up a flight of stairs to the Peak Lookout Pavilion and take a short break to enjoy the coastal scenery. From there, follow a trail to reach Our Lady of Joy Abbey, pass through Nim Shue Wan Village, and head towards the Discovery Bay Reservoir and the Lookout Point. Finally, return to Discovery Bay via Parkvale Drive. This route traverses through a lush forest, where you can observe fascinating species of plants and animals.

跟隨路線二由梅窩碼頭出發至銀礦灣，沿天梯走上山頂涼亭，先稍作休息欣賞海岸景致，之後沿小徑到達聖母神樂院、穿過稔樹灣村，從愉景灣山道前往愉景灣水塘和眺望台，回程經寶峰徑抵達愉景灣。這條路線穿越叢林，沿路或可觀賞到不同種類的動植物。



Grandpa's Garden 公公農莊



Discovery Bay Reservoir 愉景灣水塘

## ROUTE 4

### IN THE SHADES 林蔭散策

Discovery Bay Pier 愉景灣碼頭 → Central Park 中央公園 → DB North 愉景北廣場

🕒 1hr / 小時 🧑‍🦵★ (5 Stars maximum / 5星最難)

From Discovery Bay Pier, follow the waterfront promenade to Tai Pak Beach to sunbathe, before taking a leisurely stroll down the Shaded Tree Path on Discovery Bay Road to reach Central Park. Along the way, take some pictures of iconic landmarks such as The Pavilion, Love Lock Promenade, Auberge Discovery Bay Hong Kong, and the European-style plaza at DB North. This route is relatively easy to tackle, offering wide pathways suitable for all ages.

由愉景灣碼頭出發，沿海濱長廊到大白灣沙灘享受陽光浴，之後經愉景灣道上的「林蔭大道」漫步到中央公園，再到各個特色地標景點打卡：海濱禮堂、心鎖長廊、愉景灣酒店及愉景北商場的歐陸式廣場。這條路線輕鬆休閒，路段寬敞，絕對老少咸宜！



Tai Pak Beach 大白灣沙灘



Central Park 中央公園