



# WALK FOR NATURE AT MAI PO

步走大自然 米埔慈善步行

## 4-5.11.2017

#SustainableLivingLab

#可持續生活實驗室



唐寧 Leila Kong  
活動大使 Event Ambassador

[wwf.org.hk/walk](http://wwf.org.hk/walk)

[wwfhongkong.org](http://wwfhongkong.org)



## WALK FOR NATURE 步走大自然 2017

4 & 5. 11. 2017

星期六及星期日  
Saturday & Sunday

(任擇一天 Choose one date only)

步行時間  
Walking Time

9:30AM - 6:00PM

(分十個起步時段自由選擇)  
Begin the walk in 10 different time slots)

步行路線圖  
WALKING ROUTE PICTORIAL MAP

步行方向  
Walk Direction

起點/終點  
Start / Finish

斯科特野外研習中心  
Peter Scott Field  
Studies Centre

## 步走大自然 WALK FOR NATURE 2017

「步走大自然」是一年一度的步行籌款活動，在米埔自然保護區內舉行。活動至今已舉辦25年。保護區位於后海灣濕地範圍之內，在1995年被《拉姆薩爾公約》訂為國際性重要濕地，自1940年代起，米埔內后海灣濕地共錄得400多種雀鳥，佔本港已知鳥種逾75%，其中35種更為全球保育物種。它為多種生物提供棲身之所，更享有「遷徙性候鳥的天堂」的美譽。

今年「步走大自然」將以「可持續生活實驗室」為題，鼓勵大家善用大自然元素，創造可能。參加者可透過參與互動遊戲及攤位，親身了解及參與濕地保育工作，從而提高環境保育的意識。

“Walk for Nature” is an annual fundraising event held in Hong Kong’s iconic Mai Po Nature Reserve that has been held for the past 25 years. Participants walk a set route around the Reserve, which is in the Inner Deep Bay wetlands. Mai Po was recognized as “Wetland of International Importance” under the Ramsar Convention in 1995. Since 1940s, observers at the Mai Po Inner Deep Bay wetlands have recorded a total of 400 different species of birds, accounting for 75 per cent of the known bird species in Hong Kong and giving it a reputation as a paradise for birds. Among them are 35 species that are classified as worldwide endangered species.

This year’s theme is “Sustainable Living Lab”. Through taking part in interactive games and activities held along the route, participants will increase their awareness and knowledge of conservation issues and sustainable living!



步行路線長約五公里，大約需要三至四小時完成

The walking route is about 5km and will take about 3 to 4 hours to complete

途中多處設有洗手間、坐椅、飲水機和急救站等設備

Facilities such as toilets, water dispensers, seating benches and first-aid stations are available along the route



黑臉琵鷺  
Black-faced  
Spoonbill



大白鷺  
Great Egret



黑翅長腳鷸  
Black-winged  
Stilt



蒼鷺  
Grey Heron



普通翠鳥  
Common  
Kingfisher

雀鳥、水牛和各種動物都會在保護區內自由活動，要清楚看到全部動物需要一點緣份。

Birds, buffalo and other species move freely in the Reserve. It will need some luck to see all of them clearly.





## 2016 活動回顧 EVENT RECAP

「步走大自然」2016成功於去年11月26日及27日舉行，有近30家機構參與，及多達1,500名市民參加。2016年的活動主題為「做個公民科學家」，向公眾宣揚保護香港本土生態，加強公眾對環境保育的意識。世界自然基金會香港分會自1983年管理米埔自然保護區，33年來致力保育這片濕地的獨特生態，在保護區內進行研究和保育工作。我們的教育項目每年都吸引約30,000參觀人次，當中包括公眾及學生。

"Walk for Nature" 2016 was successfully held on 26 & 27 November 2016. There were nearly 30 companies and organizations participated, and more than 1,500 participants joined the event. The theme was 'Be A Citizen Scientist'. Since 1983, WWF- Hong Kong has actively managed the Reserve, conducted research and conservation work. With our education programmes running constantly, we are able to reach about 30,000 students and public each year.

# 2017 企業團體參與 - 活動費用 Group Participants' Fee

組別 Category	2017年9月25日或之前報名(早鳥優惠) 最低籌款額 (港幣) Early Bird Offer Minimum donation (On or before 25 September)	2017年9月26日 至10月9日報名 最低籌款額 (港幣) Minimum donation 26 September – 9 October
成人 Adult	港幣HK\$550	港幣HK\$700
小童或青年(4-17歲)、長者(60歲或以上) Youth (Age 4-17) and Seniors (Age 60 or above)	港幣HK\$350	港幣HK\$450
家庭 (父母及兩名 4-17歲子女) Family (Parents and two youths aged between 4 and 17)	港幣HK\$1,600	港幣HK\$2,000

# 2017活動安排 EVENT ARRANGEMENTS



起步時段  
Walking time slot

每天設十個起步時段供參加者選擇，起步時段由上午9時30分至下午2時，每30分鐘為一個時段。企業團體參加者可在報名時選擇一個起步時段。

There will be 10 time slots each day running consecutively at half hour intervals from 9:30 a.m. – 2 p.m. Group Participants can choose **ONE** time slot during the registration process.



年齡限制  
Age limit

本活動只適合四歲或以上人士參與，而基於安全理由，嬰兒車不得進入保護區範圍之內。

The event is only suitable for participants **aged 4 or above**. For safety reasons, baby strollers and prams cannot enter the Reserve.



互動攤位  
Checkpoints

步行路線沿途設有互動攤位，讓參加者可透過參與互動遊戲，親身了解及參與濕地保育工作，從而提高環境保育的意識。 Participants can understand more about our wetland conservation work through taking part in the interactive games and activities held along the route.



步走護照  
Event Passport

參加者會在起點獲取步走護照，內含米埔詳細地圖及其他活動資訊。 Participants will receive an Event Passport at the entrance, which includes a detailed map of Mai Po and some other details of the event.



沿途設施  
Courtesy facilities

途中多處設有洗手間、坐椅、飲水機和急救站等設備，照顧參加者所需。 Facilities such as toilets, water dispensers and benches are located along the route. First aid station is also provided.



出租望遠鏡  
Binoculars rental

參加者可以在步行起點租借8X雙筒望遠鏡，租借費港幣20元，另須付按金港幣100元。請在離開保護區前交還望遠鏡，便可領回港幣100元按金，而租借費將不獲退還。 Binoculars (8X zoom) can be hired at the starting point of the walk. There is a rental fee of HK\$20 and a refundable deposit of HK\$100.

# 2017活動安排 EVENT ARRANGEMENTS



第三者保險  
Third party insurance

我們會為活動購買第三者保險，  
參加者之個人保險須自行負責。  
WWF will provide public liability insurance.  
Participants will be responsible for obtaining  
their own personal accident insurance.



自備糧食  
Light snacks

保護區內不設食肆或小食亭，但設有簡單乾糧可供購買。我們鼓勵參加者按照個人需要帶備水和糧食，沿途補充體力。  
There are no restaurants or food stalls in the Reserve, but some snacks are available for purchase. We recommend participants to bring light snacks regarding to their own needs.

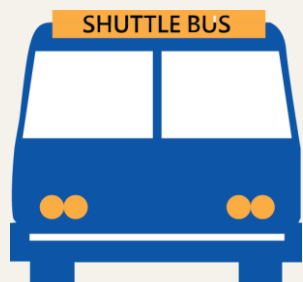


特別情況  
Contingency

如於活動當日懸掛紅/黑色暴雨警告，或八號以上之颱風信號，我們將會取消活動，請留意本會網頁或Facebook了解最新安排。  
The event will be cancelled when the Red / Black Rainstorm Signal or Typhoon No.8 Signal or above is hosted on the event day. Please visit our website or Facebook for any updates.

# 前往米埔方法 GETTING TO MAI PO

## 1 免費穿梭巴士服務 Free Shuttle Bus Service



本會提供免費穿梭巴士服務，由早上八時半至晚上六時接送參加者往返上水港鐵站E出口及米埔自然保護區。參加者請在預定的起步時間30至45分鐘前，到達上水港鐵站等候穿梭巴士。

Complimentary shuttle buses will run between Sheung Shui MTR station and Mai Po. The pick-up point will be at Exit E, Sheung Shui MTR Station. Participants are advised to arrive at the shuttle bus station **30 to 45 minutes** before their walking time slot.



## 上水鐵路站 ↔ 米埔 Sheung Shui MTR Station ↔ Mai Po (約15分鐘一班 Runs every 15 minutes)

### 上水出發至米埔 From Sheung Shui to Mai Po:

首班車時間 First bus departure time 8:30 a.m.

尾班車時間 Last bus departure time 2:00 p.m.

### 米埔出發至上水 From Mai Po to Sheung Shui:

首班車時間 First bus departure time 11:30 a.m.

尾班車時間 Last bus departure time 6:00 p.m.

### 穿梭巴士站地點 Shuttle Bus Stop location

上水港鐵站E出口 新運路 往上水中心方向  
Sheung Shui MTR Station Exit E,  
San Wan Road, towards Sheung Shui  
Centre

## 2 其他交通工具 Public Transportation



米埔位置偏遠，暫時沒有公共交通工具能直達米埔，參加者可乘搭17號紅色小巴或76K巴士，在青山公路米埔村口下車，再步行20至30分鐘到達米埔。

There is no public transport travelling directly to Mai Po. Participants can take **mini bus no. 17 (red top)** or **KMB Bus no. 76K** to Mai Po Village, then 20 minutes walk through Tam Kon Chau Road to Mai Po.

## 3 注意事項 Remarks



參與活動的機構或團體亦可自行安排旅遊車接送參者。請注意，由於場地所限，保護區將不會提供泊車位。

Participating groups are welcome to make their own transportation arrangements when taking their participants to the Reserve. Due to the space limitations at the Reserve, we cannot provide any parking spaces.



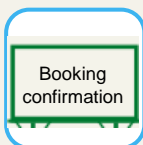
## 出發前做足準備 LET'S GET READY FOR THE WALK!

### ☐ 活動確認信 Booking confirmation

#### 2017 新安排 New arrangement

活動確認信將於10月中以電郵寄出，抬頭：「步走大自然」2017 - [活動日期] 確認信。活動當日請出示確認信作入場之用，電子版亦可接受。

Booking confirmation with the title: **“Walk for Nature” 2017 – (Event Date) (with booking Confirmation)** will be sent via email by mid October. Present your booking confirmation on event day. E-copy is accepted.



### ☐ 可再用水樽 Reusable water bottle



保護區沿途設有自助水機，請自攜水樽添飲。步行起點亦設有飲品自助販賣機。

There are water dispensers along the route. You are advised to bring your own refillable bottles. Vending machines are available at the starting point.

### ☐ 防曬用品和雨具 Sunblock and rain gear

由於天氣不穩定，建議參加者攜帶雨具。此外，由於需要長時間逗留在戶外地方，請做足防曬和防蚊措施。

The weather may change dramatically so please bring rain gear with you. Also, as you will be outdoors for an extended period of time, you will be exposed to the sun and possibly to mosquitoes. Please take all necessary precautions.



### ☐ 輕便食糧 Light snacks



保護區不設食肆或小食亭，但設有簡單乾糧可供購買，你亦可按照個人需要帶備食糧，沿途補充體力。

There are no restaurants or food stalls on the site, but some snacks are available for purchase. Feel free to bring light snacks with you in accordance with your own needs.

### ☐ 戶外運動衣物 Outdoor clothing



由於需長期身處戶外，請穿上淺色、排汗快乾的衣物，以及輕便鞋履。切勿穿著鮮色衣物，以免滋擾野生動植物。

As you will be required to be outdoors for an extended period of time, please wear comfortable sneakers and clothes that are light coloured and are able to wick sweat away from the body. To avoid disturbance to wildlife, please do not wear brightly coloured clothes.

### ☐ 望遠鏡和相機 Binoculars and camera



你可自備望遠鏡及相機觀鳥及拍照。而起點亦有望遠鏡出租，費用為港幣20元。請在離開保護區前交還望遠鏡以領回港幣100元按金。

You may bring binoculars and camera for bird watching and photo-taking. You may borrow binoculars at the entrance. There is a rental fee of HK\$20 and a refundable deposit of HK\$100.

## 支持本會產品

## SUPPORT OUR PRODUCTS

歡迎光臨本會的熊貓禮品店，購買我們的環保產品。全數收益將用作支持本會的保育及教育工作。

You may visit our Panda Shop to support our green products. All proceeds will be used to support our conservation and education works.

網上商店

Online store:

[www.wwf.org.hk/pandashop/](http://www.wwf.org.hk/pandashop/)

地址

Address:

中環纜車徑一號

No.1 Tramway Path, Central

電話

Tel: 2864 1443

電郵

Email: [pandashop@wwf.org.hk](mailto:pandashop@wwf.org.hk)







### 重要日期 Important Dates

2017

**9/10**

- 參加者 - 報名截止日  
Enrolment deadline for participants
- 更改參加者名單截止日 (所有參加者)  
Participants info amendment deadline( for all participants)

**4-5/11**

「步走大自然」活動日期 “Walk for Nature” Event Dates  
開幕典禮將於11月4日10時30分舉行  
Kick off ceremony will start at 10:30 a.m. on 4 November