

療癒之旅 - 水口大自然遠足體驗

活動日期： 2023 年 3 月 12 日 / 3 月 26 日 / 4 月 9 日 / 4 月 23 日 (星期日)

活動時間： 1pm - 5pm (3 小時活動時間 及 1 小時來回交通)

集合時間： 12:45pm

集合地點： 東薈城名店倉南面正門 (近 G18 號舖 Pret A Manger)

長度： 2 公里以內

難度： 低

適合對象： 家庭 (3 歲或以上親子)

主題： 大自然療癒、水口泥灘生態、大嶼山瑰寶、天空之鏡

溫馨提示： 1) 請穿著適合遠足及在泥灘活動的衣物。
2) 活動會提供一支飲用水。如有需要，請自備。
3) 活動可能受天氣影響而變動或取消。如有任何變動，東薈城名店倉職員將於活動當天早上 10 時起通知各參加者。

路線:

第一站 - 往日的農田



- 簡單認識水口的歷史，感受村民自給自足的生活
- 觀察荒廢農田的豐富生態和蝴蝶生態 (水口是香港數一數二多蝴蝶品種的地方)
- 相關生態：水牛、黃牛、蜻蜓、兩棲類動物、海鳥

第二站 - 紅樹林漫步



- 認識紅樹林的生態、資源概況和對環境的價值 (包括孕育豐富生態、保護水口免受海浪侵襲等)
- 打開五感，欣賞貝殼並觀察人類活動對大自然的影響 (包括海洋垃圾問題、掘蜆造成的生態問題等)

第三站 - 水口灣泥灘



- 感受海邊的大自然元素、沉浸大自然 (泥、沙、海浪、風、河流、雲、風、陽光)
- 認識泥灘的生態、植物和生物多樣性 (相關生態 - 蟹、寄居蟹、蝦、螺、魚、昆蟲)
- 學習觀察、發現和接觸動物
- 有親子獨處、聲音地圖 (合上眼聆聽大自然聲音) 和自然蜜語 (在貝殼上紀錄感想) 的環節以及拍攝「大自然家庭照」的時間

第四站 - 泥灘土多

- 進行簡單清潔收拾，準備回程。

終點 - 水口足球場

- 回程乘坐 30 分鐘旅遊巴，返回東薈城名店倉

The Healing Journey - Nature Discovery in Shui Hau

Activity Date	: 12 March / 26 March / 9 April / 23 April 2023 (Sunday)
Activity Time	: 1pm - 5pm (3 hours activity time and 1 hour round-trip transportation)
Gathering Time	: 12:45pm
Gathering Point	: Citygate Outlets South Main Entrance (Near Shop G18 – Pret A Manger)
Length	: Within 2km
Difficulty	: Low
Target participants	: Families (Parents with kids aged 3 or above)
Theme	: Nature Healing, Shui Hau Mud Flat Ecology, Lantau Treasures, Mirror of Sky
Warm Reminders	: 1) Please prepare appropriate outfit for mudflats hiking. 2) A bottle of water will be provided. Please bring your own if needed. 3) The activity may be changed or canceled due adverse weather. If there is any change, the staff of Citygate Outlets will notify all participants from 10am on the event day.

Route

First stop - Past farmland



- A simple introduction of the history of Shui Hau, self-sufficient life of the villagers
- Observe the rich ecology and butterfly ecology of abandoned farmland (Shui Hau is one of the best places in Hong Kong with significant amount of butterfly species)
- Related ecology: buffalo, cattle, dragonflies, amphibians, seabirds

Second stop - Mangrove walk



- Understand the ecology, resource profile and value of mangroves to the environment (including nurturing rich ecology, protecting Shui Hau from waves, etc.)
- Open up your senses, appreciate shells and observe the impact of human activities on nature (including marine debris problems, ecological problems caused by digging clams, etc.)

Third stop – Shui Hau mudflat



- Feel the elements of nature by the sea, immerse yourself in nature (mud, sand, waves, wind, river, cloud, wind, sun)
- Understand the ecology and biodiversity of mudflats (related ecology - crabs, hermit crabs, shrimps, snails, fish)
- Learn to observe, discover and gently touch animals
- Sections on parent-child alone time - sound map (close your eyes and listen to the sounds of nature), nature talk (record your feelings on the shells), and family photo

Fourth stop - Mudflats Store

- Simple cleaning and packing and return

Destination – Shui Hau Soccer Pitch

- Take a 30-minute coach to return to Citygate Outlets