



濕地四季之 **冬** : 恬靜如畫大生圍

Winter

Serenity of Tai Sang wai

香港、新界、西北，勝在有寶貴獨特的濕地資源。說得出濕地有招潮蟹、彈塗魚、紅樹的，說明你對濕地生態有一定認識；你也許不太了解的，可能是濕地背後的人、情、味：百年鄉村的歷史文化、魚塘養出的淡水河鮮，和養魚戶的式微與轉型，這些都是能夠在濕地發掘出的生趣。

Northwest New Territories of Hong Kong is the secret hideaway of the city's unique wetlands. Come to greet fiddler crabs, mudskippers, mangroves and a lot more – centuries-old villages, fish ponds, or freshwater fishes and livelihood of fish-farmers.

一連四期，我們為大家規劃了四條「濕地四季遊」路線，讓大家跟著地圖走進濕地，體會四時幻變，找尋遺忘了的田園風光。

Follow our perfectly designed walks among these wetlands to savour the country idyll and seasonal colours beyond the metropolitan skyline.



在冬天踏上這條路線，你可以
This winter walk highlights

- 1 近距離看漁戶收魚
Fish harvesting by fish farmers
- 2 在冬日的魚塘邊觀賞雀鳥
Bird-watching at fish ponds
- 3 觀看魚類批發市場的貨品交易
Fish trading at Yuen Long Freshwater Fish Market



建議路線 Suggested route

錦綉花園 > 神樂院牛奶廠 > 大生圍 / 甩洲魚塘 ①
Fairview Park > Trappist Dairy > Fish ponds at Tai Sang Wai / Lut Chau

起點交通 To the starting point

新界專線小巴36號 (元朗福康街至大生圍)
Green minibus No.36 (Yuen Long Fook Hong Street to Tai Sang Wai)

終點交通 From the end point

新界專線小巴36號 (返回元朗市區)
Green minibus No.36 (Back to Yuen Long)

步程 Walking time

兩至三小時
2-3 hours

飲食補給 Replenishment

沒有
None

附加行程 Extended route

元朗魚類批發市場 (位於新時代廣場旁，
港鐵元朗站南面)
Yuen Long Freshwater Fish Market (South of MTR
Yuen Long Station near YOHO Town)



香港一些早期原居民，選擇居住在水土肥沃的后海灣濕地一帶，以捕魚和耕種為生，歷經十數代，為後人留下不少宗族傳統、文化遺產和歷史故事。后海灣內灣的養殖業大概可以追溯到始至七十年前的淡水魚業和超過百年以上的養蠔業，更是基圍蝦、烏頭魚、大頭魚、鯪魚等淡水魚類的主要供應站。

Some of Hong Kong's early settlers fished and farmed at the fertile Deep Bay wetlands. For ten or more generations their livelihood wove sophisticated clan traditions, cultural heritage and folklores. Aquaculture at Inner Deep Bay includes freshwater fisheries (which began around 70 years ago) and oyster farming (which began more than a century ago). It is the region's major supplier of freshwater produces such as *gei wai* shrimps, Grey Mulletts, Big Heads and Grass Carps.



冬季來大生圍郊遊，是因為冬季正值漁民一年之中最忙碌的時份，大有機會看到漁民收魚的過程，魚塘一帶還是觀賞冬候鳥的好地方。大生圍與南生圍本來是一片相連的廣闊土地，為了解決西北低地季節性氾濫，當局於是建河道疏濬雨水，從此與南生圍相隔兩岸。

Winter is the busiest time of the year for fishermen in Tai Sang Wai, where you can easily spot fish harvesting or winter birds flying over fish ponds. Tai Sang Wai and its more famous counterpart - Nam Sang Wai - used to be the same expanse of wetland, until a flood escape channel was built between them to relieve frequent seasonal floods in northwest lowlands.

大生圍是非常簡單樸實的鄉郊，寬廣的魚塘分佈在土地上，塘邊通常有些兩層小屋。早年大生圍魚塘被地產公司收購發展為住宅，原本住在塘邊小屋的村民就住進大生圍村內。現時村內共有四排整齊的寮屋和一間村公所，村後面盡是一片一望無際的魚塘，有些村民仍然會到旁邊的魚塘勞作。

Simple and unadorned, fish ponds sprawl over Tai Sang Wai. The two-storey pond-side huts used to be homes of local villagers, most of whom have been relocated to Tai Sang Wai Village as real estate developers bought out the ponds. The village has four tidy rows of squatter huts and a village office in the backdrop of fish ponds stretching to the horizon. Some villagers still work in those fish ponds.

大生圍西面的甩洲，由山貝河沖積而成，由一條木造車道連接大生圍，北面又跟米埔自然保護區相連，但是遊人不可由此進入保護區。甩洲整片土地全是濕地，共有三十六個一格格整齊的方塊魚塘，大部分魚塘仍然在運作。

Lut Chau is an alluvial islet of San Pui River, connected to Tai Sang Wai (to its east) by a wooden driveway. It joins the Mai Po Nature Reserve to its north - though there is no entrance to Mai Po for any visitors from here. The whole islet is considered wetland with 36 grid-like and mostly active fish ponds.



魚塘的底部一般呈窩形而非平底，中央的深水部份深度兩米，邊緣位置則約深一米。這種設計方便形成較深水的部分，使較後期收捕的魚不會出現因為缺水而死的情況。除此之外，窩形魚塘可以形成淺水的水窪或濕潤的塘泥，方便吸引冬季飛過的候鳥，特別是小白鷺的一類，前來魚塘吃一些小魚小蝦小螺之類沒有經濟價值的生物，是一種人類漁民與大自然互相配合的智慧。

To keep water for fishes at different harvests, fish ponds are usually bowl-shaped rather than just flat - 2m-deep in the centre and 1m on the sides. This also creates puddles and sludge at its shallower banks to feed winter birds like Little Egrets well with non-economic creatures such as tiny fishes, shrimps and snails. This is an exemplar of man harmonizing with nature.



「收魚」面面觀 Fish harvesting!

漁民一般在十一月以後開始，冒著呼呼北風到西北濕地魚塘「刮魚」，一直到翌年的二、三月。工作大約晚上十時開始，每晚通常只到其中一個魚塘收魚，直至各個魚塘的魚被「刮」盡為止，以配合魚類批發市場的運作（見下文）。

Fish harvesting normally begins after November until February or March. Fishermen have to work arduously against the chilly north winds from 10pm, harvesting at one pond only at a time until all ponds are harvested. The late working hours is to cope with the operating hours of the local freshwater fish market.

如何收魚？首先，漁民在池塘邊架起大光燈照明，然後將由鐵鍊圍邊的特大魚網撒入魚塘之中，漁民逐步把魚網在水底對摺，把魚困在魚網中間再拉到岸邊。此時，半身浸在水中的漁民，匆忙地把魚從網中取出並作簡單分類。就現場所見，漁民只會把生長至一定大小的魚拿走，其他的則拋回魚塘繼續養大。

How is fish harvested? First, a floodlight is erected by the pond. A mega-size fish net bordered by an iron chain is thrown into the water. Fishermen then fold the net underwater to entrap the fish, and pull the bulk ashore. Half submerged in water, the fishermen quickly take fish out of the net and sort them: as observed, they only take away larger fishes and release smaller ones back to the pond.

伍偉賢 Ng Wai In



白天到來的話，你未必可以在甩洲看見漁民收魚，但是在魚塘之間的小道上漫步和觀鳥，或是踏單車前來感受天與地的和諧，也確實令人身心舒暢！

You don't usually see this bustling scene on Lut Chau in daytime. Instead enjoy strolling between fish ponds, bird-watching, or biking on any fine day in the rustic scenery.



元朗魚類批發市場 Yuen Long Freshwater Fish Market

新界西北的養魚戶多數會把收到的魚，馬上送往距離大生圍十多分鐘車程的元朗魚類批發市場（俗稱雞地）；每晚十二時開始，新界西北各魚塘的淡水魚陸續運到，在分類魚種、計算魚類的數量和重量後，一桶桶的魚在凌晨二時前便都運上了貨車。漁民和買家事實上每天都是同一班人，因此交易效率很高，也不需直接以金錢交易。如果有興趣親歷整個本地鮮魚由生產直至買賣的過程，那就非常值得到市場走一圈。

Fish farmers of northwest New Territories usually send their fish harvest right to Yuen Long Freshwater Fish Market, a ten-minute drive away from Tai Sang Wai. Fishes from all ponds arrive since 12am. After some simple sorting, counting and weighing, buckets of fishes are loaded on the trucks before 2am. Fishermen and buyers know each other well; thus transactions are fast and not necessarily paid on the spot. Come visit if you are interested in how local freshwater fishes are produced and traded!

凌晨三時，魚市場又回復平靜。白天時份，元朗魚類批發市場主要交易從內地運往香港的淡水魚。

The market stops humming at 3am. In daytime, it runs mainly for trading of imported freshwater fish from China.



漁民習慣用冰把烏頭冰鮮，以保持肉質新鮮。
Fishermen chill Grey Mullet with ice to keep the fish fresh.

「港魚」是如何養成的

How to breed "local fish"?

香港養殖的魚類可大致分成觀賞魚和食用魚（再分為海水魚、淡水魚）兩大類。本地海水魚很多是在大埔、西貢和離島等地，用魚排在近岸地方養殖；至於淡水魚則以後海灣一帶的魚塘為養殖場。

There are two types of fishes cultured in Hong Kong: aquarium fish and food fish (include both marine and freshwater fishes). Local marine fish is mostly reared in off-shore rafts at Tai Po, Sai Kung and outlying islands, while freshwater fish is raised in ponds around Deep Bay.

養淡水魚第一步要先取得魚苗（幼魚），以烏頭魚苗為例，養殖戶大多從台灣和中國大陸進口魚苗，因為比本地的烏頭魚苗活潑得多。

Freshwater fish rearing begins with acquiring fish fry. Take mullet fry as example: fish farmers mainly import mullet fry from Taiwan or mainland China, since the fry is much more robust than the local ones.

當魚苗放到淡水魚塘後，一般工作就是下飼料和水質管理等，當魚苗飼養到一定的大小和重量，漁民就開始撈捕，這階段稱之為「刮魚」。漁民會在這階段分十至十四天，一邊把池水轉存到旁邊的魚塘，一邊捕捉少量適合上市的魚，送到魚欄讓批發和零售的魚販競投和選擇。漁民分批把鮮魚推出市場，是要避免鮮魚因供應過量而需要賤賣，從而保障收入。

After placing the fry into freshwater ponds, fishermen's daily duties include foddering and managing water quality. Harvesting begins when the fry reaches certain size and weight. The whole process lasts for 10 to 14 days. Fishermen transfer pond water to the adjacent pond while harvesting limited quantity of fish at a time, which are then sent to the fish market for auction by both wholesalers and retailers. They harvest fish batch by batch to avoid excess supply of fresh fish to secure stable market price of the fish and hence stable income for themselves.



最後，當魚塘的水全部抽乾，表示刮魚完成，之後進行翻塘、曬塘和推塘。翻塘和曬塘是利用天然的日曬，來為魚塘消毒殺菌，處理魚塘底部日久積存的魚排泄物和腐壞了的飼料，有些時候也會用石灰和茶仔餅等鹼性物質來清理魚塘。推塘就是把魚塘的淤泥推到旁邊以鞏固塘壩，回復魚塘本來約二米高的深度，以準備新一輪的飼養。

Harvesting ends with draining the ponds. Fishermen will then plow, sun-dry and "mound the pond". Plowing and sun-drying naturally sterilize the pond and clear up fish excreta and spoiled fodder at the bottom. Sometimes lime and camellia seed are used to scrub the pond. Mounding is to raise the levee of the pond back to its original height of 2 metres by pushing sludge to the banks. Then a new round of rearing soon begins.



濕地的候鳥

Wetland migratory birds

呂德恒 Henry Lui



池鷺

Chinese Pond Heron
(*Ardeola bacchus*)



白胸
苦惡鳥

White-breasted Waterhen
(*Amaurornis phoenicurus*)



夜鷺

Black-crowned Night Heron
(*Nycticorax nycticorax*)



Purple Heron
(*Ardea purpurea*)

草鷺



黑翅長腳鷺

Black-winged Stilt
(*Himantopus himantopus*)

條條皆辛苦—跟泰哥親手捉魚苗

Catching wild fry with Uncle Tai

在進口魚苗出現之前，本地養魚戶一直沿用「野外捕捉魚苗」的方法，現時還有少數魚戶堅持每年親手到海邊捕捉烏頭魚苗，土生土長的郭木泰是其一。他是香港淡水養魚業的第二代傳承者。

Before fish fry were commonly imported, local fishermen used to catch fry in the wild. Now only a handful of fish farmers still keep doing so, like Kwok Muk-tai (Uncle Tai), the second generation of Hong Kong freshwater fish aquaculture.

每年農曆新年後，郭木泰夫婦便開始到處尋找烏頭種——即在海裡誕生、剛孵化成稚魚的烏頭魚苗。看似簡單，其實背後對時令、天氣、時間、風向、水流、水質，以至魚的生活食性之掌握，全是幾十年經驗累積下來的智慧。

Kwok and his wife begin the search after Chinese New Year - mullet fry that is born in the sea and has just entered postlarva stage. It's no easy job and they have to rely on insights from decades of practicing towards seasons, weather, time, wind direction, current, water quality and even life and feeding habits of the fish.

烏頭苗大多在有肥水的涌口出沒找食物，亦即是鹹淡水交界並帶點「有機」排污水的地方。一般在渠尾發現的魚苗會較細小，而近海的會較大條，最大的可有小指般長。

Mullet fry often gathers at outlets of fertile river - those brackish zones with "organic" effluent - to search for food. In general, mullet fry found near upstream is smaller while those near sea is larger. The hefty ones are about the size of a human's little finger.

溫暖及有陽光的日子，他們才會出動，因為這樣才能看到河水中魚苗反射出的閃閃銀光。一發現魚苗的蹤影，他們便會立刻張開漁網，放在水面下幾吋深的河水中。他們夫婦倆每人各持漁網一端，沿着河道慢行，左方的泰哥同時用左手持着竹竿，並把繫上一片白膠袋的一頭放在河面水中輕掃幾下，目的是令水中的魚苗受驚而聚在一起，繼而被一併趕入漁網，兩人隨即很合拍地一起拉起漁網。幾十條魚苗在網中躍現眼前，然後他們會就地從漁網中挑選出烏頭苗，放到小水桶中。挑完後，兩人合力舉起及反轉漁網，朝下拍打漁網一下，把內裡其他種類的魚苗和樹葉等雜物擲回水中。這樣經過幾小時甚至一整天的辛勞，他們回到貨車，把當天捉到的魚苗放在有氧氣泵的大水桶中。如果運氣好，一天可捕捉幾千條魚苗；若運氣不好，可能只有幾百條收獲，連汽油費也白花。

They only set out on warm, sunny days so that the shimmering reflections of the fry in rivers can be easily seen. Once they locate the fry, they spread the net and put it a few inches under water surface. Each of them holds one end of the net and slowly cruise along the channel. Uncle Tai churned the water surface a bit with a bamboo in his left hand tied with a white plastic bag at the end. The frightened fry gathers and is thrust into the net. The couple then pulls up the net simultaneously. They pick mullet fry out of the net and put them into the small bucket. After that, they lift, reverse and beat the net so as to release other fry or fallen leaves back to the river. After a few hours (or a full day) they fill up the oxygenated bucket on the truck with luckily a few thousands of fry, or unluckily only a few hundred and losing bet on fuel costs.

泰哥夫婦的足跡遍及觀塘、啟德、鯉魚門、小瀝源、火炭、西貢、東涌、大埔、鹿頸、深井等九龍及新界多處地方的小溪、明渠或淺灘。但今天，很多他們往常出沒的地方都分別因填海而消失，或改成明渠、面目全非，更有些因為私人地產發展而不能踏足，「閒人免進」了。❖

The couple search for mullet fry in various places in Hong Kong including Kwun Tong, Kai Tak, Lei Yue Mun, Siu Lek Yuen, Fo Tan, Sai Kung, Tung Chung, Tai Po, Luk Keng and Shem Tseng. But now many of these streams, rivers and shallows have been reclaimed or converted into nullahs, or even fenced off for private developments. ❖



梁志和