

# 尋找鳥蹤 Watching Birds

## 尋找鳥蹤 WATCHING BIRDS

### 香港的雀鳥 Birds in Hong Kong

香港鳥類種類繁多，至今已錄得超過540種雀鳥，相當於中國鳥類數目的三分之一。香港面積雖小，但擁有各式各樣的生境，為不同種類的鳥類提供合適的棲息地。

Hong Kong has more than 540 bird species, representing one third of total number of species recorded in China. Although small in area, Hong Kong is blessed with various natural habitats providing a suitable home for different types of birds.

### 香港生境的例子： Examples of habitats in Hong Kong:

- 田野 Farmland
- 泥灘 Mudflat
- 樹林 Forest
- 市區 Urban area

### 濕地雀鳥提供： Wetlands provide birds with:

- 食物 Food
- 水源 Water
- 棲息地 Habitat
- 藏身之所 Hiding place
- 繁殖地 Breeding ground

香港的鳥類都是依賴濕地為生。Approximately 40% of Hong Kong's bird species depend on wetland habitats for their survival.

### 候鳥的遷徙 Bird Migration

#### 東亞 - 澳大利亞遷徙路線 East Asian - Australasian Flyway

香港位於一條重要的鳥類遷徙路線上，該路線名為東亞 - 澳大利亞遷徙路線，所以很多候鳥每年都會途經香港，或以香港作為其度冬地。

Hong Kong is a stopover point along the East Asian - Australasian Flyway, one of the main bird flyways. Thus many migratory birds pass through here on their way, or they may spend the winters here.

### 候鳥遷徙時要面對什麼挑戰？ What are the challenges to migratory birds?

- 惡劣的遷徙環境和天氣條件，需要消耗額外體力，增加能量消耗。
- 惡劣的遷徙環境和天氣條件，增加候鳥迷路和迷失方向的可能性。
- 有候鳥在遷徙途中因惡劣天氣、加劇風、或會使牠們迷失方向而耗盡體力。
- Migratory birds may get lost and spend extra energy under inclement weather conditions, such as typhoon, on their migration route.
- 惡劣的遷徙環境和天氣條件，增加候鳥迷路和迷失方向的可能性。
- 惡劣的遷徙環境和天氣條件，增加候鳥迷路和迷失方向的可能性。
- 惡劣的遷徙環境和天氣條件，增加候鳥迷路和迷失方向的可能性。

### 候鳥的遷徙 Bird Migration

#### 為什麼候鳥遷徙？ Why do birds migrate?

- 適應季節的轉變，增加生存機會。 Adapt to seasonal changes and increase their chances of survival.
- 冬季時北半球緯度較高的地區天氣很寒冷，食物變得稀少，所以候鳥會由北方遷徙到南方度冬以尋找食物。 Severely cold winter at higher latitudes in the northern hemisphere causes depleted food supply. Thus birds have to migrate to the warmer south to search for food.
- 翌年春天牠們會回到北方繁殖。 They travel back to the north for breeding in the next spring.

候鳥在到達目的地時，牠的體重可下降近50%。 Upon reaching the destination, migratory bird may have lost as 50% of its body weight.

最長的不停站遷徙記錄由一隻被衛星追蹤的斑尾鵲鵙於2007年締造。牠用了8天時間，由阿拉斯加不停站直飛往紐西蘭，共飛行了超過11,700公里。 The longest distance of non-stop flight was done by a satellite-tracked Bar-tailed Godwit in 2007. The bird flew from Alaska, non-stop to New Zealand, with a logged flight of over 11,700km within 8 days.

### 斑尾鵲鵙的遷徙路線 The migratory flyway of Bar-tailed Godwit

### 在香港濕地公園觀鳥 Bird Watching at Hong Kong Wetland Park

香港濕地公園佔地61公頃，共錄得超過250種雀鳥。這裏擁有多元化的生境，包括淡水沼澤、紅樹林、湖間帶泥灘、蘆葦沼澤、林地、灌木叢等。每年秋季至翌年的春季都是理想的觀鳥季節。

Over 250 bird species have been recorded in the 61-hectare Hong Kong Wetland Park which features diverse habitats including freshwater marshes, mangroves, intertidal mudflats, reed marshes, woodlands and shrublands. Months between autumn and the next spring are the best time for bird watching.

### 香港濕地公園常見鳥類 Common birds of Hong Kong Wetland Park

大眼鵝 Great Egret	白鷺 Little Egret	青洲水鳥 Chinese Pond Heron
黑頭鸛 Black-headed Stomil	黑翅長腳鵞 Black-winged Stilt	白胸水鳥 White-breasted Waterhen
藍翅鴨 Tufted Duck	普通青鳥 Common Kingfisher	綠背鴨 Long-tailed Shrike

### 觀鳥注意事項 Birding ethics

- 觀察和拍攝時不要干擾鳥類。 Do not disturb the birds when observing and taking photo of them.
- 行走時要保持慢地和安靜，不要追趕和騷擾雀鳥。 Walk slowly and quietly, and avoid chasing or threatening birds.
- 穿著與自然色彩相似的衣服，以免被鳥類察覺。 Wear subdued colours to stay hidden from birds.

香港濕地公園 Hong Kong Wetland Park  
地址 Address: 香港新界天水圍濕地公園路 Wetland Park Road, Tin Shui Wai, New Territories, Hong Kong  
電話 Telephone: 3152 2666  
傳真 Fax: 3152 2668  
網址 Website: www.wetlandpark.gov.hk  
©2018 香港濕地公園 Hong Kong Wetland Park

款式 Style：易拉架 Roll-up banner

展板數量 Number of panel：4 塊 4pieces

尺寸 Dimension：80cm (W) x 200cm (H) 每塊 each

總重量 Total Weight：約 8 公斤 About 8 kg

# 展板預覽 Panel Preview

## 尋找鳥蹤

### WATCHING BIRDS

### 香港的雀鳥

#### Birds In Hong Kong

香港共有鳥類300多種，其中共有鳥類超過540種鳥類，相當於中國鳥類數量的三分之一。香港島嶼多山，地形多變，不同環境的鳥類提供合適的棲息地。

Hong Kong has more than 300 bird species, representing one third of total number of species recorded in China. Although small in area, Hong Kong is blessed with various unique habitats providing a suitable home for different types of birds.

#### 香港生境的例子:

##### Examples of habitats in Hong Kong

#### 濕地雀鳥提供:

##### Wetlands provide birds with:

## 候鳥的遷徙

### Bird Migration

#### 東亞 - 澳大利亞遷徙路線

##### East Asia - Australasian Flyway

香港位於一條重要的鳥類遷徙路線上，該路線名為東亞-澳大利亞西太平洋飛鳥線，所以很多鳥類每年都會經過香港，或以香港作為其夏季冬地。

Hong Kong is a stopover point along the East Asia - Australasian Flyway, one of the main bird flyways. Thus many migratory birds pass through here on their way, or they may spend the winters here.

#### 候鳥遷徙時要面對什麼挑戰?

##### What are the challenges for migratory birds?

## 候鳥的遷徙

### Bird Migration

#### 為什麼候鳥遷徙?

##### Why do birds migrate?

- 適應季節的轉變，增加生存機會。  
Adapt to seasonal changes and increase their chances of survival.
- 香港位於北半球，冬季較冷且日照時間短，食物變得稀少，所以候鳥會由北方遷徙到南方以避過嚴冬。  
Severely cold winter at higher latitudes in the northern hemisphere causes depleted food supply. Thus birds have to migrate to the warmer south to search for food.
- 當春天來臨時會飛到北方繁殖。  
They fly back to the north for breeding in the next spring.

#### 你知唔知?

##### Do you know?

候鳥在飛行的過程中，牠的體重可下降至50%。  
Upon finishing the destination, migratory birds may have lost as 50% of its body weight.

候鳥的飛行紀錄紀錄由一隻由阿拉斯加飛往紐西蘭的燕雀，牠飛行了2007年，牠飛行了約11,700公里。  
The longest distance of non-stop flight was done by a Sooty Tern from Alaska, non-stop to New Zealand, with a logged flight of over 11,700km within 9 days.

以香港為例，候鳥在飛行的過程中，牠的體重可下降至50%。  
以香港為例，候鳥在飛行的過程中，牠的體重可下降至50%。

## 在香港湿地公园觀鳥

### Bird Watching at Hong Kong Wetland Park

香港湿地公园位於填地公園，共有超過200種鳥類，這裏擁有多元化的生態，包括淡水濕地、紅樹林、海草床、鹽鹼灘、綠地、灌木叢等，為鳥類提供理想的棲息地。

Over 200 bird species have been recorded in the 61-hectare Hong Kong Wetland Park which features diverse habitats including freshwater meadows, mangroves, intertidal mudflats, reed meadows, woodlands and shrublands. Moving between Autumn and the next spring, this is the best time for bird watching.

#### 香港湿地公园常見鳥類

##### Common Birds of Hong Kong Wetland Park

#### 請注意事項

##### Things to Note

- 觀察和攝影不要干擾鳥類。  
Do not disturb the birds when observing and taking photos of them.
- 行走時要保持安靜和安靜，不要起腳和響響。  
Walk slowly and quietly, and avoid clapping or rattling sticks.
- 穿著與自然色相近的衣服，以免被鳥類發現。  
Wear subdued colours to stay hidden from birds.

#### 香港湿地公园

##### Hong Kong Wetland Park

地址: 香港湿地公园  
電話: (852) 2628 2222  
傳真: (852) 2628 2223  
網址: www.hkwetlandpark.gov.hk