

尋找

鳥蹤

Watching the Birds



濕地對候鳥的重要性

Importance of wetlands to migratory birds

濕地為鳥類及野生生物提供食物資源、躲避的地方、以及棲息地。香港大約有四成的鳥類都是依賴濕地為生。

香港大部份的野鳥都是冬候鳥或春、秋過境遷徙鳥，其次是留鳥和夏候鳥。遷徙行為，讓鳥類於整年內可以尋找足夠的食物。在北半球，春、夏季的資源豐富，蘊藏著豐富的食物。不過到了秋季，天氣轉冷，雀鳥的食物減少，冬季時，天氣變得嚴寒。寒冬令數以百萬計的雀鳥由北方的繁殖地（例如西伯利亞、中國東北地區等）南遷至較溫暖的地方（中國南部、東南亞、澳洲及紐西蘭等地）越冬，待翌年初春，在三月至五月期間才重返故地進行繁殖。

候鳥通常都能憑著本能，聯群結隊、越過自然障礙飛行，來回牠們的繁殖地和一個或多個非繁殖地。其中以水鳥的飛行路線最長，香港正位處於其中一個「中途站」或「終點站」。

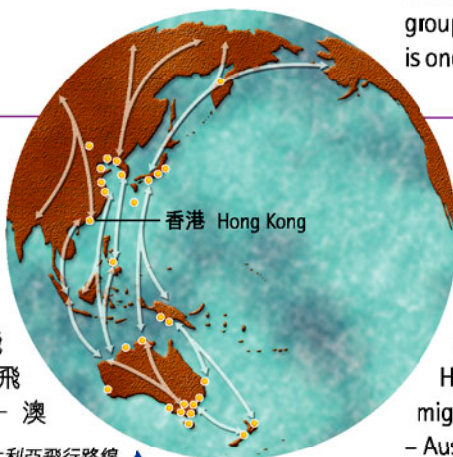
Wetlands are important and valuable habitats for birds and wildlife. They provide needed habitat and rest stops, food supplies and shelter for migratory birds, including many

飛行路線

Flyway

由於每種鳥類的繁殖地、繁殖時間和遷徙時間，以及飛行路線都有不同，因而造成不同的遷徙模式。隨著季節改變，部份鳥類會由一個生態環境遷移至另一個，這個過程是沿著固定的飛行路線進行。香港位於一條大型飛行路線內，該路線名為「東亞—澳大利亞飛行路線」。

東亞—澳大利亞飛行路線 ▲
East Asian - Australasian Flyway



threatened and endangered species. Approximately 40% of Hong Kong's bird species depend in some way on wetland habitats for their survival.

A high proportion of birds of Hong Kong are winter visitors and passage migrants in Spring and Autumn, followed by resident birds and summer visitors. Migration enables birds to find sufficient food throughout the year. In the northern hemisphere, food supplies are more abundant during spring and summer. However, they become increasingly difficult to find when the weather becomes cold in Autumn and extremely cold during winter. Millions of birds migrate from their northern breeding grounds (e.g. in Siberia and northeast China), reaching warmer southern parts (e.g. southern China, southeast Asia, Australia and New Zealand) where they spend the winter. They then return during early spring and arrive back at their breeding grounds between approximately March and May.

Migration is a strong instinct, and birds are often able to traverse immense natural barriers, frequently migrating in groups and making one or more stopovers en route. Hong Kong is one of the important "stopover" or "wintering destination".

Birds show different migration patterns, because of the differences in the location of breeding grounds, of their breeding period and of their migration routes. Bird migration is the seasonal movement from one habitat to another following established migratory routes (flyways).

Hong Kong lies on a major migration route - the "East Asian - Australasian Flyway".



在香港濕地公園觀鳥

Birdwatching at Hong Kong Wetland Park

觀鳥是一項大眾化活動，我們需要的是一部雙筒望遠鏡和一本圖鑑，方便觀察和辨識。香港濕地公園佔地61公頃，共錄得超過190種雀鳥。香港濕地公園內的生態環境多元化，包括淡水濕地、紅樹林、泥灘、蘆葦床、潮汐塘、樹林、灌木叢等，這些生境為鳥類提供覓食、庇護和棲息的場所。每年秋季至明年春季都是理想的觀察季節。

Birding is an activity that everyone can enjoy. All we need is a pair of binoculars and a good field guide to help identifying the different varieties of birds you will find. Over 190 birds species have been recorded in the 61-ha Hong Kong Wetland Park which features a wide diversity of habitats including freshwater marsh, mangrove, mudflat, reedbed, seasonal ponds, woodlands, shrubland, etc. These habitats provide a good place for feeding, sheltering as well as roosting. Autumn to Spring are by far the most productive seasons.

觀鳥注意事項

Birding ethics

- 觀察和拍照時不要過份干擾鳥類
Observe and photograph birds without disturbing them
- 行走時要保持慢速和安靜，不要追趕和驚嚇雀鳥
Avoid chasing or flushing birds, walk slowly and quietly
- 盡量在道路或小徑行走，不要亂闖進路旁生境
Stay on existing roads to avoid trampling fragile habitat
- 穿著與自然色彩配合的衣服，以免容易被鳥類察覺
Wear dull colors to keep hidden from birds
- 將有關觀鳥注意事項教導他人，以身作則
Teach others birding ethics by words and example

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