



## 樹林浴溫馨提示

樹林內充斥著大量負離子，而負離子素有「空氣中的維他命」之稱。因此，經常在林中漫步，進行免費的負離子樹林浴，不僅可以減壓，更可增強免疫力，促進身心健康！唯當你在享受樹林浴期間，我們誠懇希望你可配合下列各項提示，這不單有助保育林木，維護生態，亦有助你更安全地暢遊馬灣大自然公園。多謝！

1. 動物、昆蟲、爬蟲和鳥類才是活在大自然裡的主人，我們都不過是過客而已。因此，請尊重這些小生命，不要騷擾、傷害或捕捉牠們。
2. 不要採摘或破壞植物，它們都是有生命的。
3. 不要觸摸不熟識的植物，因為不少野生植物都帶有自衛用的刺鉤和毒素。
4. 不要採集任何植物作標本，可以拍照或描繪記錄它們的特徵。
5. 隨意採用林中植物用作治療可以致命。
6. 不要把垃圾或雜物拋入樹林內。
7. 切勿燃點煙火或吸煙。
8. 不要觸摸野鳥、雀毛或其排泄物。
9. 小心蜂巢、蟻巢及其他昆蟲，它們往往隱藏在植物之中。
10. 請勿擅自進入花圃或叢林內。如發現蛇蹤，應保持鎮定及通知公園職員，切勿嘗試驅趕或捕捉。

### Friendly Reminder for Woodland Walk

Woodland is a natural habitat full of free neg-ions while neg-ions have been referred to as “vitamins’ in the air” which enhance human health and well-being. When you are enjoying the woodland walk, we are sincerely asking you to pay attention to the following tips, which not only help to conserve the woodland and protect the ecological environment, but also help you to appreciate the nature in a safe and relaxed manner at the Ma Wan Park Nature Garden. Thank you!

1. Please show your respect for all animals, insects, reptiles and birds. Try not to disturb, hurt or catch them, they are living there. After all, we are only a guest!
2. Don't touch any unfamiliar plant; wild plants often have spines or toxin for self-defence.
3. Don't pick or damage plants, they are alive.
4. Don't collect any plant specimen, use your camera or sketch book for record purpose.
5. Never apply plants for medicinal use as that may be detrimental.
6. Don't litter up the woodland with rubbish.
7. No smoking or making a fire.
8. Don't touch wild birds, their feathers or droppings.
9. Be aware of ant and wasp nests, they may hide in vegetation.
10. Please don't go into flowerbeds or shrubberies without permission. If any trace of snake is spotted, stay calm and inform our park staff. Don't attempt to expel or catch it.

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