

NEIGHBOURHOOD GUIDE

Near Hong Kong Science Park

美好的生活圈，不只於一個舒適的居所，還有踏出家門，連結社區的人情和事物。位於沙田的香港科學園住宅項目「InnoCell」是本地及海外創科人才的聚居點，既是住戶的生活居所，也是共享工作空間。這本地圖帶領「InnoCell」的住客，一起探索沙田的社區特色，細看周遭不同玩樂和文化景點——欣賞藝術展覽擴闊視野、騎單車迎風而行、在特色食店大快朵頤……你會發覺在繁忙生活中，小確幸原來就在身邊。

Embrace the vibrant pulse of life at "InnoCell", located in Hong Kong Science Park, Sha Tin! More than just a cozy dwelling, it is a focal point where local and global innovators converge, crafting a seamless fusion of living and collaborative workspace. Let our map lead you through the unique neighbourhoods of Sha Tin. Explore local culture—immerse yourself in art exhibitions, enjoy a refreshing bike ride, or savour delectable treats at charming eateries. Amid the daily hustle, get inspired by the simple joys around you.



沙田自70年代發展成新市鎮，至今是交通便利及美食多樣的地区。除了娛樂、文化、購物應有盡有，更難得尚有自然風光。在城門河貫穿沙田，可享動靜皆宜的生活體驗。

Since its transformation into a new town in the 1970s, Sha Tin has evolved into a hub of convenience with excellent transportation and a variety of culinary delights. Beyond its offerings of entertainment, culture, and shopping, Sha Tin is also blessed with rare natural beauty. Nestled along the meandering Shing Mun River, Sha Tin provides an ideal setting for a harmonious and dynamic lifestyle.

Hong Kong Science Park **01**
香港科學園

沙田香港科學園科技大道東5號
5 Science Park East Avenue, Hong Kong Science Park, Sha Tin

hkstp.org

想見識創科界的工作基地，或在愜意的園區參加主題活動或展覽，來逛逛吧。
Fancy peeking into the innovation & technology hub or checking out some cool events? This is your spot!

Shing Mun Riverside Bike Trail **02**
城門河單車道

沙田城門河畔
Shing Mun Riverside, Sha Tin

hkemobility.gov.hk/en/cycling

在單車設施完善的沙田區，來一趟輕鬆的旅程，單車新手也合適。
Sha Tin's got the perfect biking setup, even for newbies. Let the good times roll!

Sha Tin Racecourse **03**
沙田馬場

沙田香港賽馬會沙田馬場
Sha Tin Racecourse

hkjc.com

自1978年啟用，舉辦多項一級賽事，是感受現場賽馬氣氛的好地方。
Since 1978, it's been hosting Grade 1 races. You're in for some real-deal horse racing adrenaline.

Hong Kong Climbing Park **04**
香港攀爬樂園

沙田大涌橋道52號
富豪花園二期商場2樓
Level 2, Belair Gardens Shopping Arcade Phase 2,
52 Tai Chung Kiu Road, Sha Tin

hkclimbingpark.com

設室內高牆區、抱石牆區、極限運動區及健身室。
有沒有興趣來鬥鬥門力？
High walls, boulders, extreme sports, and gyms – fancy a challenge for the brain and brawn?

Hong Kong Heritage Museum **05**
香港文化博物館

沙田文林路1號
1 Man Lam Road, Sha Tin

hk.heritage.museum

涵蓋歷史、藝術和文化的博物館，除舉辦展覽，還有相關活動和導賞。
A museum mixing history, art, and culture – exhibitions, events, and guided tours await.

Sha Tin Che Kung Temple **06**
沙田車公廟

沙田大圍車公廟道
Che Kung Miu Road, Sha Tin

ctc.org.hk

來轉一轉風車祈求好運。
廟宇後方的「車公古廟」獲評為香港二級歷史建築。
Swirl the wind spinner, bring on the good fortunes. Bonus: the "Che Kung Ancient Temple" at the rear has been recognised as a Grade II historic building in Hong Kong.

07
道風山 & 永和蜜蜂場

Tao Fong Shan & Wing Wo Bee Farm

沙田道風山路33號
(道風山基督教靈修中心)
33 To Fung Shan Road, Sha Tin (Tao Fong Shan Christian Centre)
tfsc.org
沙田排頭村136號
(永和蜜蜂場)
136 Pai Tau Village, Sha Tin (Wing Wo Bee Farm)
wingwobee.com.hk

道風山清幽雅致，可鳥瞰沙田市中心。永和蜜蜂場有售蜂蜜、蜂蠟等產品。
Tao Fong Shan is all about tranquillity, plus a killer view of Sha Tin. The Wing Wo Bee Farm is your go-to for honey, beeswax, and more.

08
龍華酒店

Lung Wah Hotel

沙田下禾輦22號
22 Ha Wo Che, Sha Tin

lungwahhotel.com.hk

由1951年開業的酒店，轉型為食肆至今，是香港少有的園林式酒家。
Operating as a hotel since 1951, transformed into a restaurant – one of the few garden-style hangouts in HK.

09
陳根記

Chan Kun Kee

沙田石門安祥街3號京瑞廣場二期地下5號舖
Shop G05, Kings Wing Plaza II, 3 On Kwan Street, Shek Mun, Sha Tin

+852 2606 1390

1982年創業的大牌檔，搬到現址改為室內食肆，炮製不少新式小菜。
Established in 1982, this legendary spot moved but kept the tasty traditions alive.

10
SLOWOOD

SLOWOOD

沙田新城市廣場一期247號舖
Shop 247, New Town Plaza Phase 1, Sha Tin

slowood.hk

佔地逾4,000平方呎的環保概念店，引入香港製造的產品，減少碳足跡。
This 4,000-square-foot eco haven introduces Hong Kong-made products, reducing that carbon footprint in style.

Presented by
ZtoryTeller



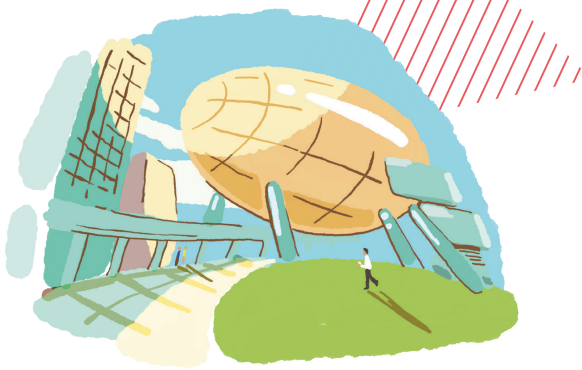
在香港科學園，創科知識固然是一眾專才的精神食糧，這個科研基地還提供不少美食選擇，園區有多間本地及多國料理餐廳，面對吐露港美景，吃來更開懷。

In Hong Kong Science Park, knowledge ignites the intellect while diverse dining options await to fuel the body. Indulge in a mix of local and international cuisine while relishing your meal with a breathtaking view of the stunning Tolo Harbour. Bon appetit with a scenic twist!



Hong Kong Science Park

01 香港科學園



不論遠觀或近看，科學園的「金蛋」地標（高錕會議中心）總是十分耀眼，讓你知道來到園區了。位處吐露港沿岸，這裡像自成一角的創科界天地。明明匯聚了近1,700間國際企業（截至2024年2月數字），是一眾創科人員工作和生活的社區，卻沒鬧市商業區的煩囂。除了創科公司的先進設施，園區設施一應俱全，匯聚40多家環球美饌餐廳，還能享受音樂噴泉表演及在假日帶上毛孩於「寵愛點」寵物公園同樂。依山傍水的環境，大概也是激活靈感、孕育創新科技項目的養份。

Whether you're looking from afar or strolling up close, the "Golden Egg" (a.k.a. Charles K. Kao Auditorium) at the Science Park is like a beacon, shouting, "You've arrived!" Nestled along the Tolo Harbour, this spot is a haven for global talent with ambition for innovation and technology. With close to 1,700 international companies (figure as of Feb 2024), it's a community where innovation meets tranquility, away from the city buzz. Besides the world-class facilities, Science Park has comprehensive amenities, including over 40 global gourmet restaurants. You can enjoy music fountain performances and spend quality time with your furry friends at the "Furtopia" pet garden during holidays. The lush surroundings by the hills and waters are also a secret sauce for brewing up tech-for-good ideas.

Shing Mun Riverside Bike Trail

02 城門河單車道



明媚風光往往是心靈良藥。在天氣好的日子，去城門河附近各家單車出租店，都可輕易租借單車，然後從河畔的單車道上出發，一邊乘風騎行，一邊欣賞河景，偶爾還會碰到河上有人划艇玩樂的畫面。騎車經過科學園，前往全長約兩公里的白石角海濱長廊，吐露港的怡人風景盡在眼前。停車小休，在海濱長廊的涼亭，也可慢活一下。

Sometimes, all you need is a dose of nature's beauty. On those sunny days, grab a bike from a rental joint near Shing Mun River, cruise down the riverside trail, and let the wind tousle your hair. Take in the river scenes, maybe catch folks paddling on the water. Cruise past the Science Park towards the two-kilometre-long Pak Shek Kok Promenade for some killer Tolo Harbour views. Park your wheels, kick back at the seaside pavilions – pure bliss!

03 沙田馬場

Sha Tin Racecourse

賽馬這個始於殖民時代的本地博彩活動，至今仍是大眾娛樂。在非賽馬日，去沙田馬場中央所設的彭福公園，可悠然置身一片綠色景觀及園林；賽馬日則換上另一種緊張刺激的氣氛，非專業馬迷也會投入——在圍繞公園的跑道上，看著馬匹奔馳，觀眾吶喊助威！湊熱鬧或賭運氣，都可好好玩樂。

Horse racing, a local betting activity dating back to the colonial era, remains a popular pastime today. On non-race days, visit Penfold Park at the heart of Sha Tin Racecourse, where you can leisurely immerse yourself in a green landscape. But when it's race day, get ready for a different kind of buzz – horses sprinting, crowds cheering! Whether you're into the thrill or just testing your luck, it's a winner.



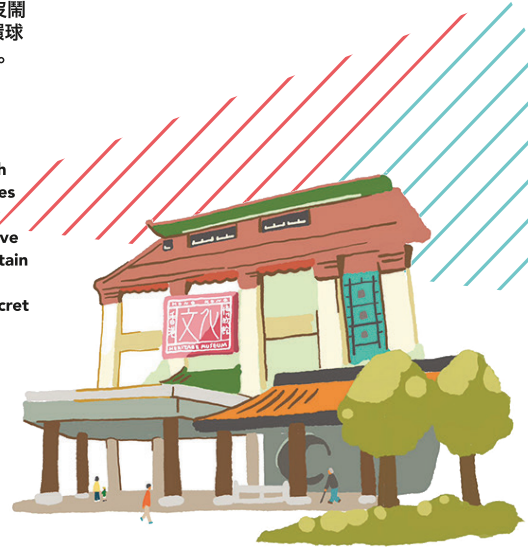
04 香港攀爬樂園

Hong Kong Climbing Park



這裡的環境色彩繽紛，但處處盡是體力挑戰！在五顏六色的室內高牆區和抱石牆區，可以盡情嘗試攀登運動。有時候，太陽會照進高牆區的玻璃天花，努力攀上難度最高的10米高多角牆之時，戶外感大增。4.5米高的抱石牆區，還有超過50條線路會定期作更改，為你的腦筋和體能提供趣味挑戰。

Imagine a place bursting with colours, but everywhere you look, it's a workout! Indoor climbing walls, bouldering spots – it's a physical challenge playground. Picture the sun beaming into the high wall area, adding an outdoor twist. With bouldering walls reaching 4.5 metres and over 50 routes to conquer, it's a thrill seeker's paradise.



Hong Kong Heritage Museum

05 香港文化博物館

望向城門河對岸，有幾個中式屋簷，令市區忽然添上一抹古色古香。那是香港文化博物館的樓頂，樓高五層的建築物，採用中國傳統四合院的設計，文化氣息油然而生。在這裡各個常設展覽中，可了解陶瓷、青銅器、粵劇藝術等文物，或細看關於音樂、電影等香港流行文化的展品。每次逛著逛著，總不經不覺便愉快過了大半天。

Gaze across the Shing Mun River, and you'll spot traditional Chinese rooftops, adding a dash of old-school charm. That's the rooftop of the Hong Kong Heritage Museum, a five-story building with designs straight out of a traditional Chinese courtyard. Dive into permanent exhibitions – think ceramics, bronze ware, Cantonese opera art. Or immerse yourself in Hong Kong's pop culture, from music to movies. Trust us, time flies when you're having fun!

Tao Fong Shan & Wing Wo Bee Farm

由沙田火車站緩緩走上道風山，很快便到達這座小山崗上的道風山基督教叢林，那是傳揚基督教之地，也是香港二級歷史建築。行山之餘，可欣賞這裡具中國建築風格的「聖殿」、迷宮形的「明陣」禱告路徑等特色景點。離開後，步至依道風山而建的排頭村，轉角便遇上本地小型的永和蜜蜂場。買一罐蜂蜜，為行山之旅劃上甜美句號。

Take a leisurely stroll up Tao Fong Shan from Sha Tin MTR Station. You'll reach the Tao Fong Shan Christian Centre, a spot for spreading the good word and a Grade II historical gem. Hike, explore the Chinese-style "Sanctuary", and hit the labyrinth prayer path. Then, wander down to Pai Tau Village, home to the local Wing Wo Bee Farm. Grab some honey – it's the sweet finale to your hike.



07 道風山 & 永和蜜蜂場



08 龍華酒店

Lung Wah Hotel

有沒有興趣吃乳鴿、雞粥或山水豆腐？這些都是龍華酒店的馳名美食。如果令人滿足的一頓飯，要吃美食也要「吃環境」，那麼在這個名為酒店、實為酒家的地方，吃的不只招牌菜，還有具歷史的園林式環境——30年代這裡原是私人家族別墅，戰後50年代成為貴價酒店，到80年代轉型為酒家至今，一直見證著沙田的變遷。

Craving dishes like pigeon, chicken congee, or tofu? Welcome to Lung Wah Hotel – where the food is as legendary as the ambience. It's not just about signature dishes; it's about soaking in a historic garden atmosphere. Once a private family mansion in the '30s, then a fancy hotel post-'50s, and now a restaurant since the '80s – it's seen Sha Tin change and groove over the years.

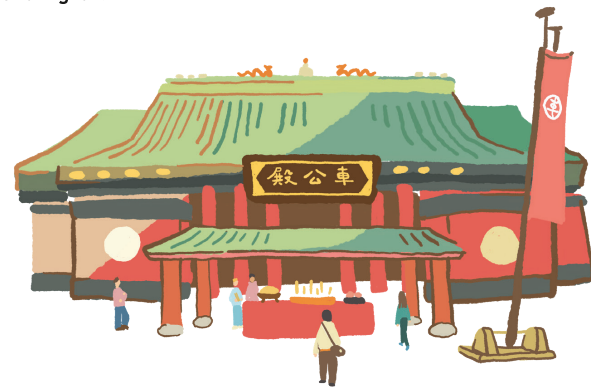


Chan Kun Kee

09 陳根記

每次看見門面「陳根記」三個字，自會勾起集體回憶，想起俗稱「冬菇亭」的露天熟食亭，是昔日屋邨飲食文化的標記。這家老字號大排檔在沙田禾輦邨起家，經營逾30年後搬到現址，改為室內吃小炒，依然滋味，氣氛熱鬧！吃小炒怎少得喝啤酒，這裡有椒鹽魷魚羹、酥炸生蠔、魚香茄子煲等招牌菜，你愛哪款？

Every time you spot "Chan Kun Kee," it's like stepping into a memory lane of the good old days. Think open-air food stalls, a.k.a. the "Mushroom Pavilion". Born in Sha Tin's Wo Che Estate, this iconic spot moved but kept the vibe alive. It's not just about the new indoor setup; it's about the buzz, and of course, the epic small bites. Can you resist the temptation of salt and pepper squid, crispy fried oysters, or the spicy eggplant pot? We doubt it!



Sha Tin Che Kung Temple

06 沙田車公廟

「求神拜佛」是迷信嗎？見仁見智吧！但當中的儀式，可成為傳統風俗和節慶活動。每逢農曆正月初二的車公誕，屬於香港非物質文化遺產，善信紛紛來求籤祈福，是一幅承載文化的風景。這座廟宇紀念南宋勇將「車大元帥」，大家可來看看殿內巨型的車公像和各處的浮雕裝飾，轉動許願用的風車，傳說還可帶來好運！

Is "seeking blessings from the gods" superstitious? Well, that's up to personal perspective! Yet, the rituals involved can seamlessly blend into traditional customs and festive activities. Every Che Kung Festival on the 2nd day of the lunar new year is considered Hong Kong's intangible cultural heritage. Devotees come to seek divination and blessings, shaping a vibrant cultural landscape. The temple honours the Southern Song Dynasty hero, General Che (Che Kung). Swirl the wind spinner, admire the giant Che Kung statue, and bask in the good vibes.

10 SLOWOOD

甫進店內，眼見簡潔的室內設計、寬敞的購物環境，令人放鬆心情，慢慢閒逛。靜下來，細心想：你需要買哪種有機食品、身體護理或環保家庭日用品？提倡可持續綠化生活的SLOWOOD，就是希望大家「不盲目購物，只買你所需」。一排排放著散裝貨品的盒子，是SLOWOOD推廣無包裝購物的招牌陳設，記得自備容器來「裸買」！

Step into SLOWOOD, and it's like entering a zen space where shopping becomes a mindful experience. With a clean interior and a spacious shopping environment, it's all about slowing down and picking up the essentials – organic goodies, body care treats, and eco-friendly home stuff. SLOWOOD's mantra? "Don't shop blindly; just get what you need." Check out the no-packaging setup – bring your container for some guilt-free "naked" shopping!

