

Trails in Macao

Since the reforestation project on the islands commenced in 1982, Macao has developed various trails in Taipa and Coloane. In addition to enabling a convenient access to the reforested area to care for the saplings, the dense network of paths also serves as firebreaks and provides routes for firefighting, while creating favourable conditions for the residents to explore and enjoy the nature.

Currently, there are 16 trails with a total length of over 35 kilometres: in Macao, there are the Guia Hill Fitness Trail (1,200 metres) and the Mong Há Hill Fitness Trail (1,000 metres); in Taipa, there are the Taipa Grande Trail (4,000 metres) and the Taipa Pequena 2,000 Circuit (2,300 metres); and in Coloane, the 12 trails include the Ká Hó Reservoir Lakeside Trail (1,550 metres), the Coloane Fitness Trail (1,250 metres), the Coloane Trail (8,100 metres), the Coloane North-East Hiking Trail Network (4,290 metres), the Hac Sá Reservoir Family Trail (2,650 metres), the Hac Sá Reservoir Fitness Trail (1,505 metres), the Morro de Hac Sá Family Trail (2,150 metres), the Ká Hó Height Family Trail (1,490 metres), the Seac Pai Van Park Trail (600 metres), the Coloane Seac Min Pun Ancient Path (about 1,375 metres), the Hac Sá Long Chao Kok Coastal Trail (1,200 metres) and the Oscar Trail (1,150 metres).

For decades, the trails have remained in tranquillity and close proximity to the residents, and they are refreshing for those seeking peace of mind and self-exploration, healthy for those training for cardiorespiratory fitness, and ecologically sound for those exploring interdependence in nature. They are good partners in life who grow up with us at all times and in all places, as they have always been, and will ever be.

In the restoration of mountain forests, different tree species are planted along the trails, according to the respective physical characteristics. For instance, rows of evergreen and wind-resistant trees are planted on two sides to withstand the onslaught of typhoons; trees with different colours of flowers, foliage and ornamental qualities are planted to create distinctive landscapes; and trees that can be a food source for different animals, such as birds and insects, are also planted to enrich the ecological environment of the countryside. With the thriving saplings along the trails and the blooming flowers on the hills, it is such a pleasant delight to visit the trails in good time.

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