

## 1 古琴艺术 (斲琴技艺)

The Arts of the *Guqin* (the Craft of *Qin* Making)

- ◆ 古琴制作雅称「斲琴」，即把木削劈成琴器，当中需经「寻、斲、挖、镶、合、灰、磨、漆、弦」九个步骤。古琴艺术（斲琴技艺）于2014年列入第四批国家级非遗代表性项目名录。



The arts of the *guqin* include the techniques for making the *qin* (a seven-stringed plucked instrument). *Qin* making is a craft that starts with chopping and trimming a piece of wood, and involves nine steps, namely seeking, shaping, hollowing, inlaying, assembling, priming, polishing, lacquering and stringing, until it reaches the final stage of becoming an

instrument. The arts of the *guqin* (the craft of *qin* making) was inscribed onto the fourth national list of ICH in 2014.

## 2 木偶戏

Puppetry

- ◆ 木偶可分为杖头木偶、提线木偶、掌中木偶、皮影木偶和手托木偶等类别。杖头木偶和手托木偶，与香港民间信仰活动有密切关系。

Puppets are categorised into rod puppets, string puppets, glove puppets, shadow puppets and hand puppets. The rod and hand puppetries bear a close relationship with the folk religious activities in Hong Kong.



## 3 棉胎制作技艺

Quilt Making Technique

- ◆ 棉胎是传统的御寒被褥，以棉花和棉纱为原料。其制法是以手动工具打散棉花的纤维，令其相互交错形成棉条，再以棉纱固定而成。

A quilt, used for warmth in cold weather, is made from cotton and cotton yarn. It involves the use of manual tools to loosen and fluff up the cotton fibres, which can be further processed to produce cotton sliver. The yarn is then used to hold the sliver in place.



## 4 扎作技艺

Paper Crafting Technique

- ◆ 纸扎制品是由竹、竹篾、纱纸及绢布等物料经上色和组装而成。制成品包括花炮、花牌、狮头、麒麟、龙、大士王、花灯及纸扎祭品等。

Paper-crafted products are made from bamboo, bamboo strips, tissue paper and silk cloth through colouring and assembling processes. Products include paper floral tributes, flower boards, lion heads, unicorns, dragons, ghost masters, lanterns and paper offerings, etc.



## 5 婚嫁礼饼制作技艺

Betrothal Cakes Making Technique

- ◆ 婚嫁礼饼是由饼皮和馅料制成，为传统婚嫁的必需品，作为仪式的交换物品及女家派送亲友的礼物，制作工序包括制莲蓉、制饼皮、包馅料和烘焙等。

Betrothal cakes, which are a traditional wedding necessity, a ceremonial exchange item and a gift offered by the bride's family, are made from pastry and fillings. The making process involves the preparation of lotus seed paste and pastry, the addition of fillings and the baking process.



## 6 豆制品制作技艺

Soybean Product Making Technique

- ◆ 黄豆经处理后，可以制成不同的豆制品食物，包括布包豆腐、豆干、豆卜、豆浆、炸豆腐、豆腐花、豆腐乳（或称腐乳）、臭豆腐等。

Soybeans can be further processed to produce different soybean products which consist of wrapped bean curd, pressed bean curd, bean curd puff, soy milk, fried bean curd, tofu pudding, fermented tofu, stinky tofu, etc.



## 7 跌打

Bone Setting

- ◆ 跌打是一个传统医疗项目，主治扭伤、跌伤、撞伤和碰伤，讲求跌打医师的手法和经验，是以按摩和推拿为主的治疗手段，此外还有药酒按摩、敷药、饮用药茶和拔罐等疗法。

Bone setting, a traditional medical treatment, is used for healing sprains, fall injuries, bruises and bumps. It lays great emphasis on the skill and experience of Chinese medicine practitioners (bone setters) who carry out massage therapy. The treatment also comprises herbal wine massage, application of liniment, herbal tea drinking and cupping.



## 8 凉茶

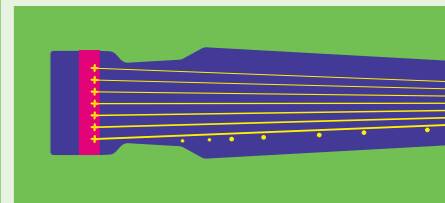
Herbal Tea

- ◆ 在岭南地区地湿水温的气候环境中，人们常以特定的中草药烹煮凉茶，以祛湿降火、解燥消暑。如今，凉茶仍是日常生活中常见的饮品。凉茶于2006年列入国家级非遗代表性项目名录。

The climate of South China is known for being "hot and damp". People often brew herbal tea using Chinese medicinal herbs according to traditional Chinese medicine theories to prevent the heat and damp symptom complex and to cool the body. Today, herbal tea is still very much a part of everyday life. Herbal tea was inscribed onto the national list of ICH in 2006.



2026  
HONG KONG MONTH  
香港 非遗月



ICH 香港处处有非遗  
Around Town

THE HONG KONG JOCKEY CLUB SERIES  
香港賽馬會呈獻系列

非遗精华游踪－深水埗区  
ICH Highlight Tours - Sham Shui Po District

主办 Presenter

筹划 Organiser

独家赞助 Sole Sponsor

香港非遗月2026香港赛马会呈献系列 Hong Kong ICH Month 2026 The Hong Kong Jockey Club Series



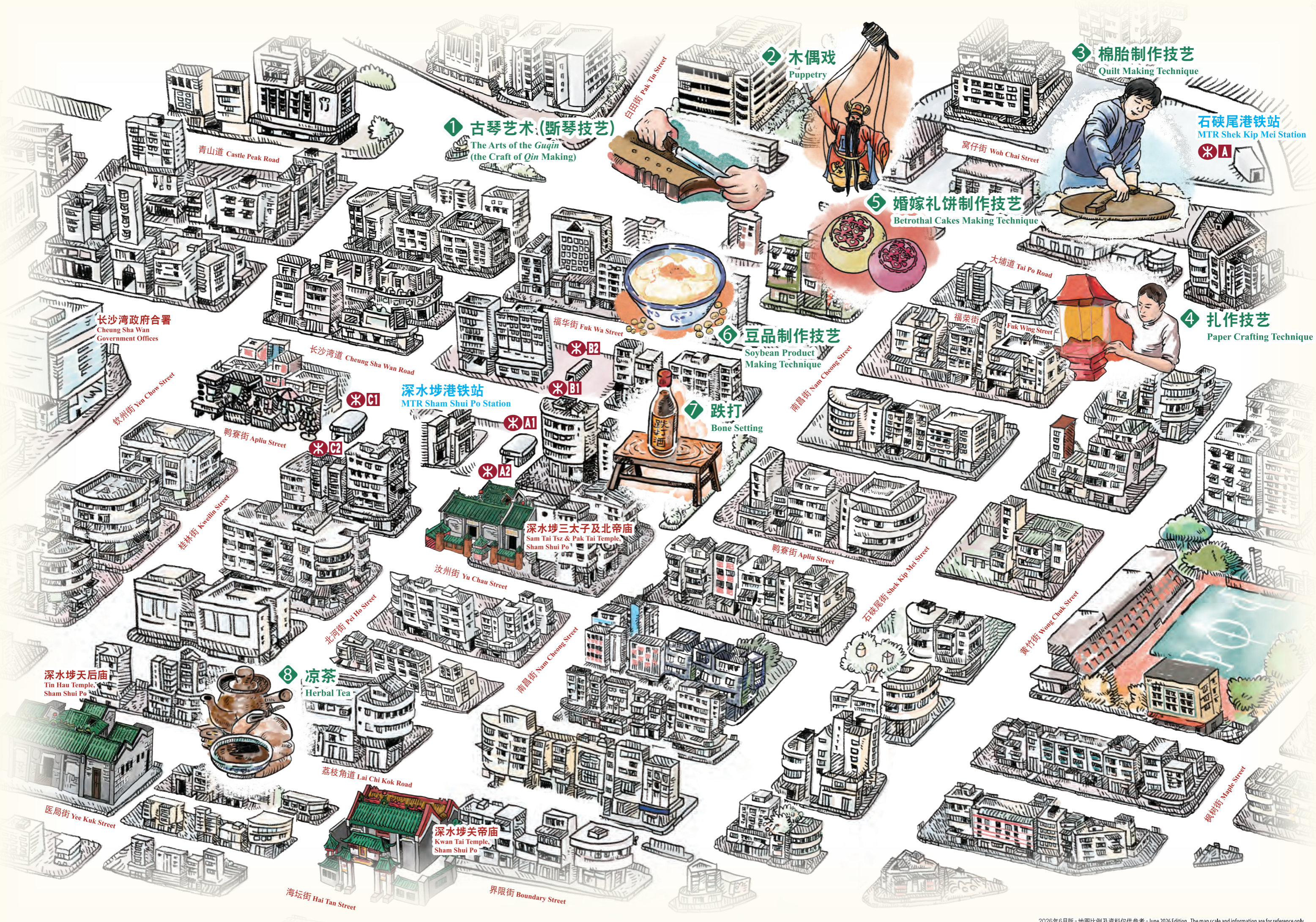
## 深水埗区 Sham Shui Po District

深水埗区位于九龙半岛的西北面，是香港最早期的工商业中心之一。该区现已逐渐转型为商业及物流中心，区内亦有不少旧式建筑物活化后作文化用途，是一个新旧交融的多元社区。是次游踪将集中在石硤尾及深水埗一带，了解与传统手工艺相关的非物质文化遗产（非遗）项目。

Sham Shui Po District is situated in the northwestern part of the Kowloon Peninsula and is one of Hong Kong's earliest industrial and commercial centres. Today, it has gradually transformed into a commercial and logistics hub, with many old buildings revitalised for cultural purposes, making it a diverse community where the old and new coexist. The tour will focus on the Shek Kip Mei and Sham Shui Po areas, exploring intangible cultural heritage (ICH) items related to traditional craftsmanship.

### 游览须知 Notes for Visitors

- (1) 本地图所列地点的开放时间或活动时段各有不同，部分地点并不对外开放，敬请留意。  
The opening hours or event periods of the locations listed on the map may vary. Some of the locations are not open to the public. We appreciate your attention.
- (2) 请尊重场地其他使用者，尽量避免对业主及用户造成影响。  
Please be considerate of other users in the venues and avoid causing inconvenience to the owners and occupants.



1 古琴艺术(斲琴技艺)  
The Arts of the Guqin  
(the Craft of Qin Making)

2 木偶戏  
Puppetry

3 棉胎制作技艺  
Quilt Making Technique

石硤尾港铁路站  
MTR Shek Kip Mei Station

5 婚嫁礼饼制作技艺  
Betrothal Cakes Making Technique

4 扎作技艺  
Paper Crafting Technique

6 豆品制作技艺  
Soybean Product  
Making Technique

7 跌打  
Bone Setting

8 凉茶  
Herbal Tea

长沙湾政府合署  
Cheung Sha Wan  
Government Offices

深水埗港铁路站  
MTR Sham Shui Po Station

深水埗三太子及北帝庙  
Sam Tai Tsz & Pak Tai Temple,  
Sham Shui Po

深水埗天后庙  
Tin Hau Temple,  
Sham Shui Po

深水埗关帝庙  
Kwan Tai Temple,  
Sham Shui Po

青山道 Castle Peak Road

白田街 Pak Tin Street

窝仔街 Woh Chai Street

长沙湾道 Cheung Sha Wan Road

福华街 Fuk Wa Street

大埔道 Tai Po Road

福荣街 Fuk Wing Street

钦州街 Yen Chow Street

鸭寮街 Apliu Street

桂林街 Kwelin Street

北河街 Pei Ho Street

汝州街 Yu Chau Street

南昌街 Nam Cheung Street

南昌街 Nam Cheung Street

石硤尾街 Shek Kip Mei Street

黄竹街 Wong Chuk Street

枫树街 Maple Street

医局街 Yee Kuk Street

荔枝角道 Lai Chi Kok Road

海坛街 Hai Tan Street

界限街 Boundary Street