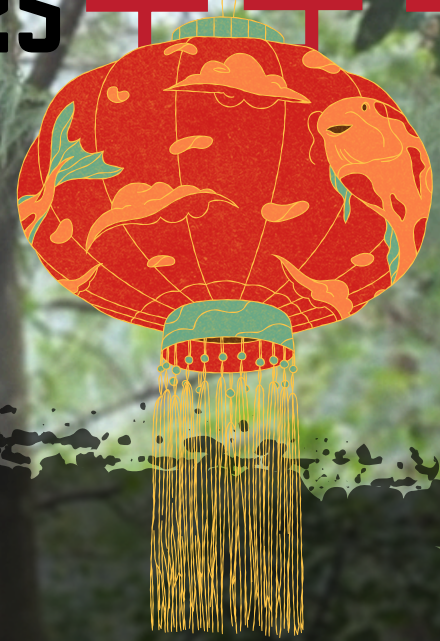


CNY ADVENTURE CAMPS 2025



\$1,000 per day
Group Discounts of 20 % off

Week 1: 27th - 31st Jan

Week 2: 3rd - 7th Feb

We have a passion for cycling and are dedicated to giving the best quality coaching. The majority of our coaching takes place at a purpose-built, skills park in Mui Wo, Lantau Island. We offer two bespoke coaching camps; one for complete beginners/intermediate riders and the other for advanced riders looking to build on their skills. Our adventure based activities include trail riding, outdoor education, coasteering, team building and problem solving games.



Coaching Drills



Skill Development



Beach Activities



Wild cooking



Survival Skills



Team games



Farming



Woodworking



Amazing Race

Teamwork and Collaboration

- Interactive games and challenges to foster partnerships
- Learn more about themselves and each other
- Develop team skills through listening, flexibility and compromise

Fundamental bike Skills

- Body Position & Movement
- Speed Control
- Trail Flow Reading the trail
- Mind Skills
- Cornering
- Climbing & Descending

Learning Objectives at FRG

Personal Growth

- Develop confidence and self esteem
- Understanding risk taking
- Personal responsibility and resilience
- Enhance ability to learn new skills & increase personal awareness

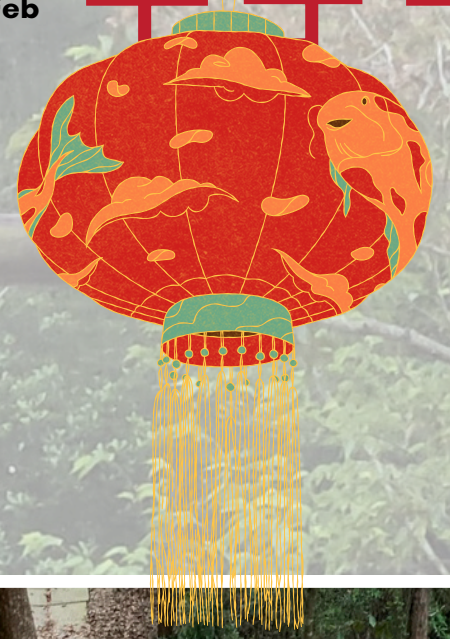


friendlyridesandguides@gmail.com

Tel: 51170051

www.friendlyridesandguides.com

27th - 31st Jan
3rd - 7th Feb



CNY ADVENTURE CAMPS



BEGINNER TO INTERMEDIATE

Monday

Bike Park Explorers

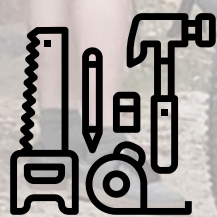


A morning filled with learning and mastering some key skills at the Mui Wo Bike Park. Followed by a quick ride to a scenic lunch spot and a visit to the pump track. Post morning activities include stencil art workshop on childrens apparel.

Tuesday

Mui Wo Madness

Tuesdays are all about terrain awareness and reading the trail. We start with some drills to scan our surroundings and ensure riders learn how to have a smoother and safer riding experience. In the afternoon we learn how to craft wood..



Wednesday

South Lantau Adventures

We visit the southside of Lantau Island and ride some scenic trails. A well deserved lunch stop where we create a campfire for some wild cooking



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Thursday

Year of the Snake Trail

A journey out to the snake trail where we search for some of the best trails on Lantau. We begin the day with a quick intro in direction control through leaning, rotating and steering the bike. Afternoon activities include planting and farm work.



Friday

Peng Chau Amazing Race



We start the day with a final ride at the MW bike park before preparing ourselves for the challenges ahead. We visit Peng Chau for the next chapter which is filled with exciting fast paced events that will require teams to work together to overcome speed bumps, roadblocks and detours.

Hong Kong Residents:

Drop-off: Central Pier 6 at 8:40am

Pick-up: Central Pier 6 at 4:40pm

(Public Holiday Drop-off: Central Pier 6 at 8:40am

Public Holiday Pick-up: Central Pier 6 at 4:50pm)



Lantau Residents:

Drop-off: Mui Wo Pier at 9:35am

Pick-up: Mui Wo Pier at 3:50pm

(Public Holiday Drop-off: Mui Wo Pier at 9:50am

Public Holiday Pick-up: Mui Wo Pier at 3:50pm)

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27th - 31st Jan
3rd - 7th Feb



CNY ADVENTURE CAMPS



ADVANCED

Monday

Bike Park Laps

A morning filled with learning new bike handling skills and progressing through various graded trails in the Bike Park. A lunch stop in Mui Wo town before mastering some technical trails on Lantau.



Tuesday

Island Adventures

A journey out to Chi Ma Wan where we search for some of the best trails on Lantau. We begin the day with some direction control through leaning, rotating and steering the bike. Riders take to the trail and develop newly acquired skills on a picturesque coastal route after having lunch.



Wednesday

Akki Bike Park

A journey out to Akki Bike Park where we ride some fun and challenging features. We begin the day with reading and breaking down the trail to progress safely in the park. Riders will master how to link trail sections for flow, manual dropping roots and steps as well basic jumping skills.

**\$1,000 per day
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Thursday

Lamma Island

Thursdays are filled with exciting new trails to explore on Lamma Island. We enjoy a day out putting into practice the new acquired skills learnt throughout the week.
(Pickup & Drop off Central)

Friday

Tai Mo Shan



The Final Day is filled with progressive drills to develop riders to the next level. Some of which include bike body separation, line choice, flat corners, maximising grip and traction through pumping and weighting the bike. We take to some more technical trails in the afternoon and finish by a beautiful reservoir.

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