



Price:  
\$5,000 per  
week  
Limited to 5  
riders per week

BEGINNER TO INTERMEDIATE



# FRIENDLY RIDES & GUIDES CHRISTMAS COACHING CAMPS

**Mon**

## Fundamentals 101

A morning filled with fun and engaging exercises to develop riders. We work on the two main skills required to riding a bike; position & balance and operation of controls. Followed by a scenic lunch spot and a visit to some local trails.

**Tue**

## Mastering Mui Wo Bike Park

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. An afternoon tour to the pump track is on the list after a mountainside lunch stop.

**Wed**

## Island Adventures

A day off the trails to search for some hidden spots around the south and west parts of Lantau Island. Children enjoy a well deserved rest day, spent having fun and learning some interesting things on the way.

**Thur**

## Chi Ma Wan Corners

A journey out to Chi Ma Wan 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. Riders take to the trail and practice newly developed skills on a picturesque coastal route after having lunch.

**Fri**

## Amazing Race

The final day is filled with exciting fast paced events that will require two teams to work together to overcome speed bumps, roadblocks and detours. We explore Cheung Chau Island on bikes and find some hidden spots along the way.



### Drop off

Drop-off: Mui Wo Pier at 9:40am  
Sunday/PH: Mui Wo Pier at: 10am

### Pick Up AM

Pick-up: Mui Wo Pier at 3:55pm  
Sunday/PH: Mui Wo Pier at: 3:50pm



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## Mon

### 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.

## Tue

### Coastal Cruise

Tuesdays are 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 find some great coastal spots after a mountainside lunch stop.

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### Island Adventures

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## Thur

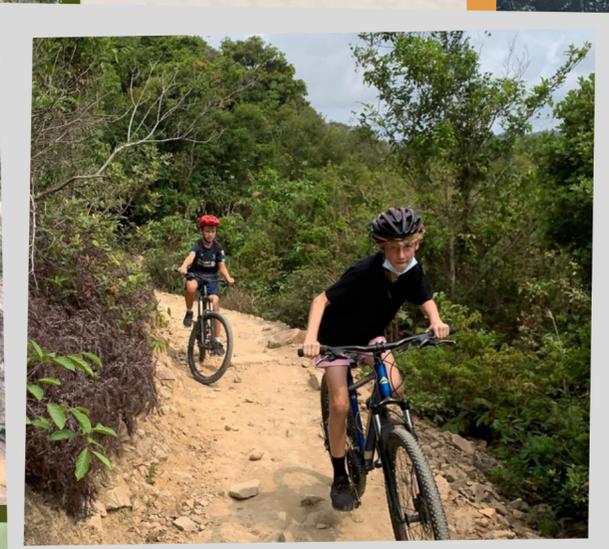
### Akki Bike Park

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.

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