



Price:
\$5,000 per
week

BEGGINER TO INTERMEDIATE



FRIENDLY RIDES & GUIDES HALF TERM CAMP

Mon

The Essential Skills

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 and a visit to the local waterfalls.

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 a cool swimming spot to relax is a perfect way to end the day.



Wed

Island Exploration

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 in the water 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

Cheung Chau Chase

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

friendlyridesandguides@gmail.com

Tel: 51170051

www.friendlyridesandguides.com



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INTERMEDIATE TO ADVANCED



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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

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.

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.

Thu

Tai Mo Shan

Thursdays 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 finish by a beautiful reservoir.

Fri

Lamma Island

The final day is 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)



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