$1,000 per day
or
20% OFF for
Multi day
bookings

Winter Adventure Camp 2026

December 14th - January 1st

Friendly Rides & Guides Adventure camps are a well rounded and bespoke programme based on Lantau Island. Our camps are delivered in small groups to maximise progression, build confidence and ensure a high level of safety. Our camps are tailored for both beginners/intermediate riders and the for advanced riders looking to build on their skills. A typical day consists of biking in the morning and water based activities to cool off in the afternoon.

- **Coaching Drills**
- **Wild cooking**
- **Clay Building**
- **Skill Development**
- **Survival Skills**
- **Water Sports**
- **Beach Activities**
- **Team games**
- **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









Personal Growth

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

Fundamental bike Skills

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

Learning Objectives at FRG

20% OFF

friendlyridesandguides@gmail.com

Tel: 56954925

www.friendlyridesandguides.com

December 14th
January 1st

Winter Adventure Camp 2026

Beginner to Intermediate

$1,000 per day
20% OFF for group bookings

Monday

Mui Wo BP

- Fundamental skills in the Bike the Park
- Lunch stop with an upskill in mechanics
- Afternoon consists of making their own trail signs

Tuesday

Shred & Stencil

- Terrain awareness and scanning drills for a smoother, safer ride.
- Stencil session for a takeaway souvenir (T shirt or Trail sign)

Wednesday

Mui Wo Madness

- Navigate the villages with bike games designed to build rider awareness and orientation skills.
- Read the terrain at the Bike Park and distinguish different lines.

Thursday

Bikes & Bites

- Conquer the best local trails on Lantau.
- Develop bike handling skills , leaning, rotating, and steering.
- Wind down the afternoon with a hands-on wild cooking session

Friday

Day in the Dirt

- Wrap up the week by taking on newly acquired skills and putting them into action on the trails.
- Get digging and create a corner
- Spray the dust off and clean the bikes







Pier 6, Central:
Drop-off: Central Pier 6 at 8:40am
Pick-up: Central Pier 6 at 4:40pm

Tung Chung MTR
Drop-off: Central Pier 6 at 8:40am
Pick-up: Central Pier 6 at 4:40pm

Mui Wo
Drop-off: Mui Wo Pier at 9:35am
Pick-up: Mui Wo Pier at 3:50pm

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December 14th
January 1st

Winter Adventure Camp 2026
Advanced
(prerequisite training required)



$1,000 per day
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Monday	Tuesday	Wednesday	Thursday	Friday
Bike Park Laps	**Lamma Island**	**Tai Lam Country Park**	**South Lantau Trails**	**Tai Mo Shan**
• Spend the morning leveling up your bike handling skills on graded Bike Park trails. • Hit the sand for free play, swimming, and an epic waterfight to cool down!	• Discover and ride exciting new trails across Lamma Island! • Dial in core riding skills to set up a safe, progressive week. • Beach time to cool off in the afternoon	• Master bike-body separation, flat corners, and pumping for maximum grip. • Put your new drills to the test on advanced afternoon terrain. • Wind down the day relaxing by a beautiful local reservoir.	• Conquer the best local trails on Lantau. • Develop bike handling skills , leaning, rotating, and steering. • Wind down the afternoon with a hands-on wild cooking session!	• Put everything you've learned into action during a fast-paced, high-energy ride! • Wrap up the week by conquering Hong Kong's highest mountain and riding its most iconic trails.
(Central Pickup & Drop Off)		(Central Pickup & Drop Off)		(Central Pickup & Drop Off)







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