

15th June to 28th August

# SUMMER ADVENTURE CAMPS 2026



## Early Birds SPECIAL



June 15<sup>th</sup> to August 28<sup>th</sup>

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

Woodworking

Skill Development

Survival Skills

Water Sports

Beach Activities

Team games

Farming

### 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



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20% OFF

15th June to 28<sup>th</sup>  
August

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## BEGINNER TO INTERMEDIATE



### Monday Bike Park Explorers

- Bike Park Orientation
- Fundamental skill development
- Bike & Body movement
- Beach Play/digging
- Water Games
- Sand sculpting

### Tuesday Mui Wo Madness

- Progressive MTB skills and drills
- Cooperative Games
- Building Shelters
- Dam building
- Waterfall exploration/ rock scrambling

### Wednesday Tai O Waterfalls

- Village exploration / Navigation game
- Collaborative cultural and history tour
- Speedboat ride
- Freshwater swimming/ water games

### Thursday South Lantau Adventures

- Progressive MTB skills and drills
- Bike & Body Movement
- Beach & water games
- Animal exploration
- Shelter building & survival games

### Friday Amazing Race

- Team challenges and navigation skills
- Orienteering
- MTB skill development
- Water fight & closing activities



**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  
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## ADVANCED

(prerequisite training required)



### 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 Coastal Cruise

A journey out to the coast 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 Tai O Waterfalls

A day off the trails to explore Tai O. Children enjoy a well deserved rest day; spent taking a speedboat to the waterfalls and having fun in the water. We learn some interesting things about natural buildings and the oldest fishing village in HK.

### 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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