

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

# CNY ADVENTURE CAMPS 2026

Week 1: 9th - 13th Feb

Week 2: 16th - 20th Feb

Week 3: 23rd - 27th 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



Outdoor Activities



Wild cooking



Survival Skills



Team games



Stencil Making



Woodworking



Amazing Race

## Learning Objectives at FRG

### 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



### 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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Tel: 51170051

[www.friendlyridesandguides.com](http://www.friendlyridesandguides.com)

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### BEGINNER TO INTERMEDIATE

#### Monday

Bike Park Laps

Mondays 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..



#### Tuesday

Mui Wo Explorers

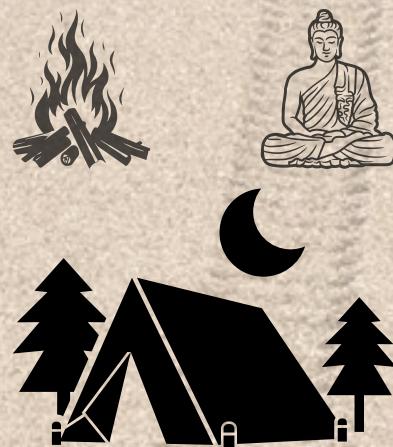
A morning filled with learning and mastering some key skills at the Mui Wo Bike Park. Followed by a quick ride to a scenic lunch spot and a visit to the pump track. Post morning activities include stencil art workshop on our previously built wood work pieces as well as apparel.



#### Wednesday

South Lantau Adventures

We relax in the mountain village of Ngong Ping to checkout the Big Buddha. Find a quiet lunch stop and create a campfire for some wild cooking



#### Thursday

Coastal Tour

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.

#### Friday

Amazing Race

This Special edition to our camps include a CNY themed adventure race. We explore Cheung Chau Island on bikes and find some seasonal characters along the way. We finish the day with a final descent of the MW bike park before reviewing the week and heading home.

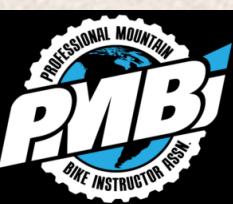


#### Hong Kong Residents:

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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### ADVANCED

#### Monday

Bike Park Laps

#### Tuesday

Akki Bike Park

#### Wednesday

Tai Lam

#### Thursday

Lamma Island

#### Friday

Tai Mo Shan

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. Afternoon activities of stencil art workshop and making T shirts.

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.

Wednesday 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.

Monday is filled with exciting new trails to explore on Lamma Island. We enjoy a day out developing our fundamental skills to ensure a safe and progressive week ahead.  
(Pickup & Drop off Central)

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.  
(Pickup & Drop off Central)

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