\$1,000 per day



CHRISTMAS ADVENTURE CAMPS 2023/2024

Week 1: 18th - 22nd December Week 2: 27th - 29th December Week 3: 2nd - 5th January

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
- Ww Wild cooking

WN Clay Building

- Skill Development
- Survival Skills
- Woodworking

- 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



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









friendlyridesandguides@gmail.com

Tel: 51170051

\$1000 per day
Three or five day packages available
Group Discounts for 5+ Children available

CHRISTMAS ADVENTURE CAMPS 2023/2024







BEGINNER TO INTERMEDIATE

Monday Tuesday Wednesday Thursday Friday

Bike Park Mui Wo Madness Tai O & Big Chi Ma Wan Coast Cheung Chau
Explorers Buddha Tour Adventure

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. In the afternoon we do fire making and wild cooking by the beach.

Day of adventures around Mui Wo; Exploring the trail network and building confidence on the bike. We journey to the waterfalls for some lunch. A trip around Mui Wo finding some hidden treasures and playing some interactive games on bikes.

A mid week tour to Tai O
to visit the village,
explore heritage sites
and check out the local
spots. We learn about the
traditional houses and
stop in for a clay building
activity. Lunch by the
ocean before heading to
the hills to scope out the
Big Buddha.

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.

The final day is filled with exciting fast paced events that will require 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. 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:

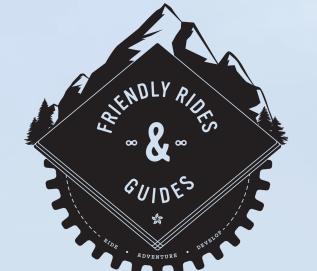
Drop-off: Mui Wo Pier at 9:35am
Pick-up: Mui Wo Pier at 3:50pm
(Public Holiday Drop-off: Mui Wo Pier at 9:50am
Public Holiday Pick-up: Mui Wo Pier at 3:50pm)



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ADVANCED

Monday

Bike Park Laps

Tuesday

Akki Bike Park

Wednesday

Island Adventures Thursday

00

Tai Mo Shan

Friday

Lamma Island

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.

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.

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.

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.

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)

Hong Kong Residents:

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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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