



\$1,000 per day  
3 or 4 day Packages

Group Discounts for 5+ Children available

# 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, coastering, team building and problem solving games.



Coaching Drills



Wild cooking



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

## LEARNING OBJECTIVES AT FRG

### 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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## BEGINNER TO INTERMEDIATE

**Monday**

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

**Tuesday**

**Mui Wo Madness**

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.

**Wednesday**

**Tai O & Big Buddha Tour**

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.

**Thursday**

**Chi Ma Wan Coast**

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**

**Cheung Chau Adventure**

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)



[friendlyridesandguides@gmail.com](mailto:friendlyridesandguides@gmail.com)

Tel: 51170051

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

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## ADVANCED

**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**

**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.

**Wednesday**

**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.

**Thursday**

**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.

**Friday**

**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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