



\$1,000 per day

Group Discounts for 5+ Children available

ADVENTURE CAMPS 2024

Week 1 : 25th - 29th March

Week 2: 1st - 5th April

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



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 Friendly Rides & Guides

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

Tuesday

Wednesday

Thursday

Friday

Bike Park Explorers

Mui Wo Madness

Into the Wild Lantau edition

Chi Ma Wan Coast

Amazing Race

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 Easter Egg hunt around Mui Wo to find some hidden treasures while 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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ADVANCE MTB CAMPS 2024



ADVANCED

Monday

Tuesday

Wednesday

Thursday

Friday

Bike Park Laps

Chi Ma Wan

Lamma Island

Tai Mo Shan

Cheung Chau Adventure

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 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.

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)

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.

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