



SPRING ADVENTURE CAMP 2026

Ends 22nd March



\$1,000 per day
20% OFF for
group bookings

March 30th - 24th April

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



Clay Building



Skill Development



Survival Skills



Water Sports



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

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



friendlyridesandguides@gmail.com

Tel: 51170051

www.friendlyridesandguides.com

20% OFF

30th March - 24th April

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Early Birds

SPECIAL

Ends 22nd March



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BEGINNER TO INTERMEDIATE

Monday

Tuesday

Wednesday

Thursday

Friday

Bike Park & Survival

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 learn about knots and survival skills.



Sea to Sky

Tuesdays 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. An afternoon sees us at the beach for some water sports and beach activities.



Mui Wo Scavenger Hunt

A Half Day in the bike park working on progressive skills. The afternoon children work together to find the missing clues and embark on a large scale scavenger hunt across Mui Wo followed by cooling off by the waterfalls.



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. Afternoon filled with wild cooking at the beach.



Amazing Race Easter Edition

The final day is filled with exciting fast paced events that will require two 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 camp with Mui Wo Bike Park Laps



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

(prerequisite training required)

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Bike Park Laps

Lamma Island

Tai Lam Country Park

Chi Ma Wan

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.

Tuesday 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 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)

A journey out to Chi Ma Wan where 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.

The Final Day is filled with a fun fast paced environment in which all the skills learnt during the week come into play. Children visit the largest mountain in Hong Kong and find the most iconic trail to finish the week.
(Pickup & Drop off Central)



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