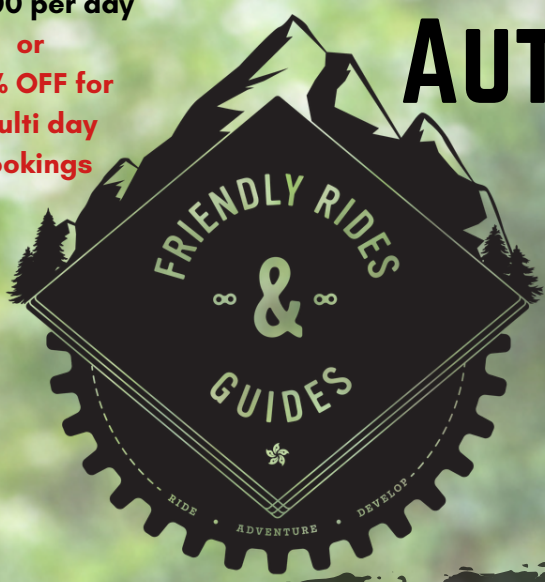


\$1,000 per day

or
20% OFF for
Multi day
bookings



AUTUMN ADVENTURE CAMP 2026



October 1st - 26th

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

Personal Growth

- Develop confidence and self esteem
- Understanding risk taking
- Personal responsibility and resilience
- Enhance ability to learn new skills & increase personal awareness

Fundamental bike Skills

- Body Position & Movement
- Speed Control
- Trail Flow Reading the trail
- Mind Skills
- Cornering
- Climbing & Descending

Learning Objectives at FRG



friendlyridesandguides@gmail.com

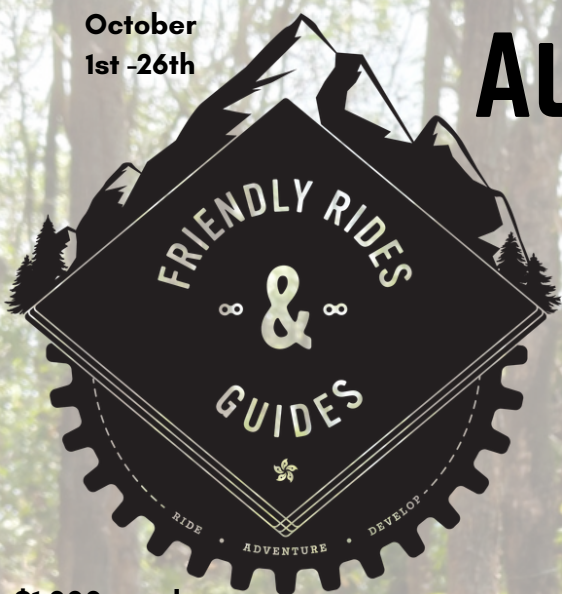
Tel: 51170051

www.friendlyridesandguides.com

20% OFF



October
1st -26th



AUTUMN ADVENTURE CAMP 2026

BEGINNER TO INTERMEDIATE



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

Monday

Trails & Tides

- Fundamental skills in the Bike the Park
- Lunch stop with an upskill in mechanics
- Hit the sand for free play, swimming, and an epic waterfight to cool down!



Tuesday

Park to Plunge

- Terrain awareness and scanning drills for a smoother, safer ride.
- Stencil session for a takeaway souvenir
- Cool off with an epic afternoon dip at the local falls.



Wednesday

Mui Wo Madness

- Navigate the villages with bike games designed to build rider awareness and orientation skills.
- Build your very own DIY water cannons!
- Epic floatie fun and hilarious balancing challenges!



Thursday

Bikes & Bites

- Conquer the best local trails on Lantau.
- Develop bike handling skills, leaning, rotating, and steering.
- Wind down the afternoon with a hands-on wild cooking session and water time!



Friday

Ride to Slide

- Wrap up the week by taking on newly acquired skills and putting them into action on the trails.
- Spray the bikes clean before the buckets tip into an epic water fight and giant slip 'n slide!



Pier 6, Central:

Drop-off: Central Pier 6 at 8:40am
Pick-up: Central Pier 6 at 4:40pm

Tung Chung MTR

Drop-off: Central Pier 6 at 8:40am
Pick-up: Central Pier 6 at 4:40pm

Mui Wo

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

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20% OFF

October
1st - 26th



AUTUMN ADVENTURE CAMP 2026

ADVANCED

(prerequisite training required)



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

Monday

Tuesday

Wednesday

Thursday

Friday

Bike Park Laps

- Spend the morning leveling up your bike handling skills on graded Bike Park trails.
- Hit the sand for free play, swimming, and an epic waterfight to cool down!

Lamma Island

- Discover and ride exciting new trails across Lamma Island!
- Dial in core riding skills to set up a safe, progressive week.
- Beach time to cool off in the afternoon

(Central Pickup & Drop Off)

Tai Lam Country Park

- Master bike-body separation, flat corners, and pumping for maximum grip.
- Put your new drills to the test on advanced afternoon terrain.
- Wind down the day relaxing by a beautiful local reservoir.

(Central Pickup & Drop Off)

South Lantau Trails

- Conquer the best local trails on Lantau.
- Develop bike handling skills, leaning, rotating, and steering.
- Wind down the afternoon with a hands-on wild cooking session!

Tai Mo Shan

- Put everything you've learned into action during a fast-paced, high-energy ride!
- Wrap up the week by conquering Hong Kong's highest mountain and riding its most iconic trails.

(Central Pickup & Drop Off)



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