Cycling Fun Day 康盛單車歡樂遊

(I) **Date and Time:**
- Trip 1: 2 March, 2019 (Saturday) 09:00 a.m. – 4:00 p.m. (**Cancelled**)
- Trip 2: 16 March, 2019 (Saturday) 09:00 a.m. – 4:00 p.m.

(II) **Routing:**
- Fo Tan (火炭) ~ Twin Bridge (孖橋) ~ San Mun Tzai (三門仔) ~ Fo Tan (火炭)
- Total distance about 32 KM

(III) **Gather Time and Place:**
- 09:00 at Exit B, Fo Tan Rail Station, Shatin

(IV) **Programme Rundown:**

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<td>0900</td>
<td>Gather at Exit B</td>
<td>Fo Tan Rail Station, Shatin</td>
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| 0915 – 0945 | 1. Collect bicycle  
              2. Briefing on route and safety matters  
              3. Warm-up | YY Bike Shop  
               62 號地下，火炭火炭村，Sha Tin | Group photo taking |
| 0945-1000 | Basic cycling skills sharing at Twin Bridge (孖橋) | Shatin District |       |
| 1100 - 1230 | Ride to San Mun Tzai (三門仔)，Tai Po | Tai Po District | Tour around the village and take photo |
| 1300 - 1400 | Lunch | Lunch at San Mun Tzai Village |       |
| 1400 – 1530 | Ride back to Fo Tan | Return the bicycle to YY Bike shop |       |

**Trip Leader:** Mr. Andy Wong

**Quota:** 30 (the trip will be cancelled if less than 20 participants)

**Target Participants:** Full Time Staff / Staff dependent, Full Time Students

**Requirement:** Participants is required for basic ability to ride a bike, staff dependent must reach aged 12 or above

**Program Fee:** HKD$120 (including lunch, bike and equipment rental charge)

**Registration:** In person at the General Office of P.E. Section, 6/F., Block 1, To Yuen Building

Registration will be staring from 22 Feb 2019 and made on first-come-first served basis.

**Registration deadline:**
- 28 February 2019 (Thu) for Trip 1
- 14 March 2019 (Thu) for Trip 2

**Enquiry:**
- Mr. Andy Wong at 3442- 2329 or E-mail: cpandy@cityu.edu.hk
- Ms. SF Poon at 3442- 9389 or E-mail: siufpoon@cityu.edu.hk

**Organizer:** Student Development Services

Revised on 1.3.19