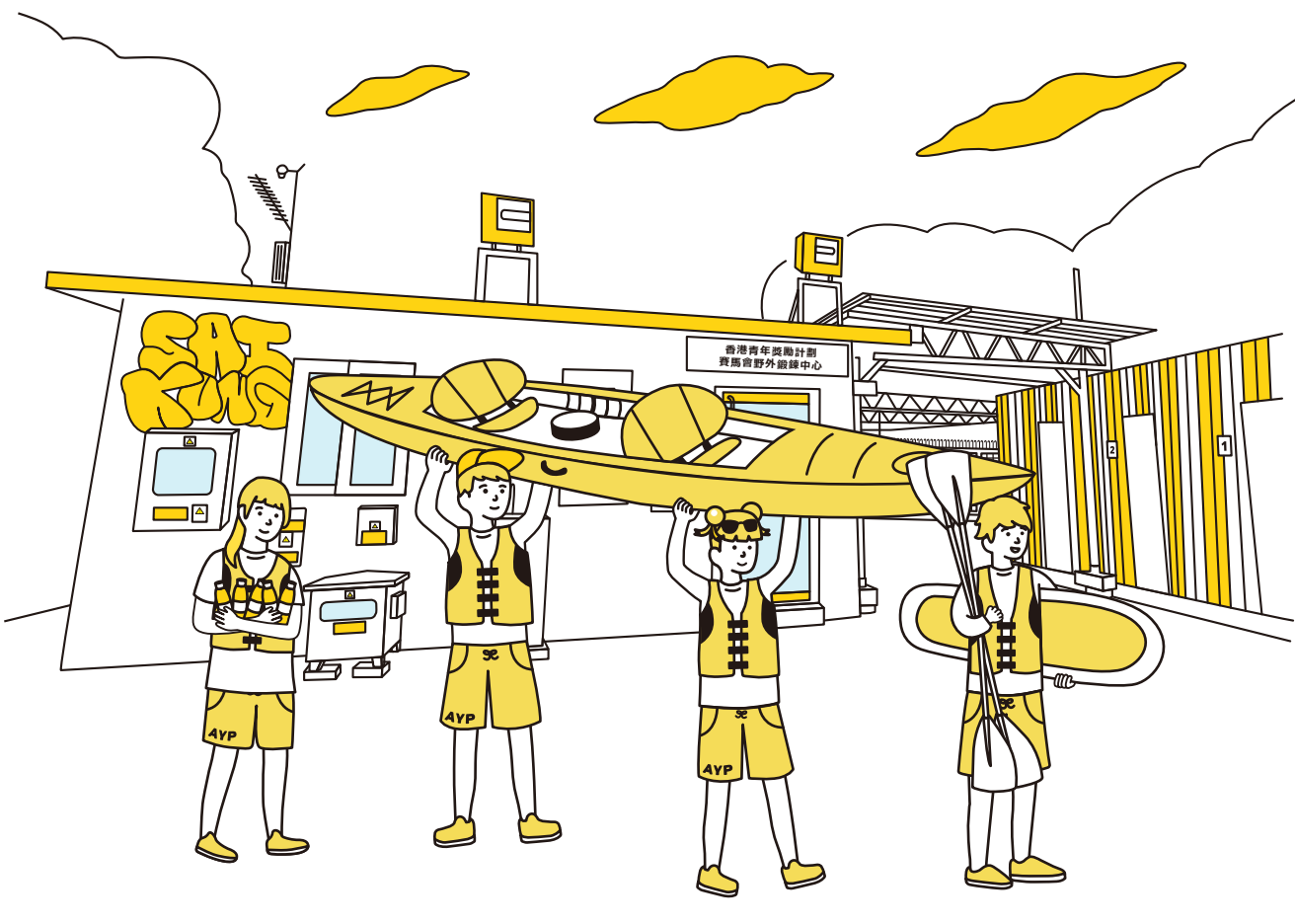


# 香港青年獎勵計劃 賽馬會野外鍛鍊中心

The Hong Kong Award for Young People  
Jockey Club Expeditions Centre



探索屬於你的  
海上之旅



香港青年獎勵計劃

THE HONG KONG AWARD FOR YOUNG PEOPLE



## #01 營地介紹

### 香港青年獎勵計劃賽馬會野外鍛鍊中心

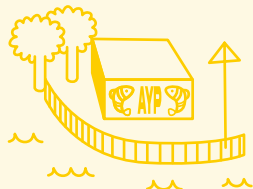
座落於西貢大網仔近烈士碑園，過去三十載一直為青年人提供多元化及創意兼備的活動，更設有日營、黃昏營及露營服務。我們獲香港賽馬會慈善信託基金捐助及支持進行重修計劃，透過各種新穎設備，滿足時下青年人的需要。

野外鍛鍊中心可進行各種水上活動訓練，例如平板賽艇、獨木舟、直立板及龍舟，而課程教練均擁有相關證書及專業資格。我們亦提供到校及於中心內舉行的訓練營，讓青年人得到全方面發展。

中心坐擁優越地理位置，配合不同水上活動設施，學員能輕易到達不同著名景點，如：鹽田梓、橋咀、西壩、北潭涌等，十分適合舉辦戶外及教育活動。



提供 **多元化**  
水上活動



**優越**  
地理位置



**專業教練**  
擁有相關證書及專業資格

玩獨木舟都有好多學問



## 水上體驗活動



“獨木舟”

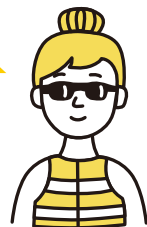
## 獨木舟

課程內容包括：

1. 裝備認識及安全須知
2. 如何應對不同天氣
3. 單人獨木舟技巧，以完成海上獨木舟之基本訓練。

本中心為中國香港獨木舟總會之註冊屬會，可舉辦合資格證書課程。另設有獨木舟體驗活動，參加者可以單人/雙人獨木舟遊覽西貢美麗而獨有的景致。

SUP一定要企喺度划？  
當然唔係啦，仲可以  
趴、坐、跪住划㗎！



## 直立板 (SUP)

課程內容包括：

1. 裝備認識及安全須知
2. 技巧及翻板後處理

另外設有SUP體驗活動，適合三五知己或一家大小參與。



“直立板”

## 平板賽艇

浮力大、艇身穩定，令航行速度快且較省力，適合新手體驗。

本中心設有一星平板賽艇課程，由淺入深介紹基本平板賽艇技巧、調較及使用器材的相關安全知識；另外設有平板賽艇體驗活動，讓參加者以雙槳享受在海上背向前進的樂趣。

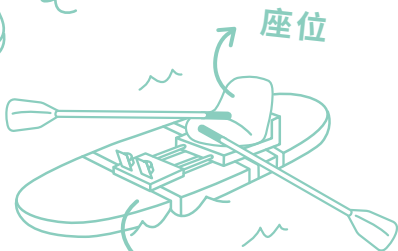
划船槳



腳繩

## 平板賽艇展示圖

座位



腳踏

## 直立板展示圖



“龍舟”

## 龍舟

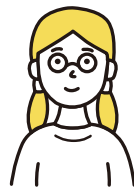
增強團隊合作、培養隊員默契，划槳時需與隊友配合及掌握基本划槳技巧。由專業龍舟教練帶領，適合與朋友一起感受西貢海域之美。

## “平板賽艇”



# 體驗路線參考

為咗滿足唔同艇友嘅需求，  
我哋可以為你度身訂造  
專屬嘅水上路線，  
帶你探索西貢水域！



度身訂造只屬於你的水上路線

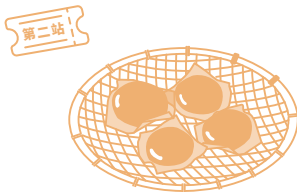
由野外鍛鍊中心出發  START

3.5km 難度 ★☆☆☆☆

1 曝罌灣打卡之旅來回  
#三五成群 #打卡勝地



2 4km 難度 ★☆☆☆☆  
鹽田梓客家風情之旅來回  
#客家美食 #鹽田



8km 難度 ★★★★★

4 橋咀隱世浮潛之旅來回  
#珊瑚 #浮潛 #心形天池



3 6km 難度 ★☆☆☆☆  
北潭涌紅樹林之旅來回  
#生態旅遊 #濕地風貌 #士多

究竟呢度點解會被喻為

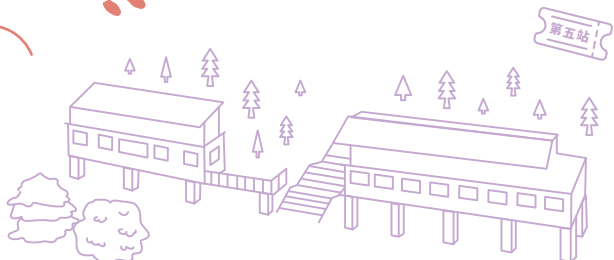
荒廢失樂園？

就等你嚟揭開

呢個神秘面紗啦！！

10km 難度 ★★★★★

5 大蛇灣探險之旅來回  
#探秘 #失樂園





海上歷奇

## 海上歷奇活動

### 海上歷奇

海上歷奇不單是個人體能與技術之考驗，亦結合團隊合作元素。團體為共同目標互相支持、鼓勵及奮鬥，絕對是可貴的經驗。海上變化萬千，由可被目測的天氣和風浪，以至潮汐漲退或突如其來的天文氣象，都會給予參加者不一樣的體驗。



冇諗過用竹枝、大水桶同埋麻繩，就可以紮成一隻承受到逾千磅嘅竹筏！



竹筏

## 陸上歷奇活動

### 訓練營

根據各個團體需求和團隊特質，度身訂造一系列迎合主題之歷奇活動，讓參加者從活動中作出反思，並得到生活上的啟發。



#活動一覽 想了解更多活動  
內容可掃描  
QR Code  
探索更多資訊!!



## 租借場地服務

### 露營服務

鍛鍊中心提供露營服務，為熱愛大自然、喜歡體驗野外生活的青年人及家庭提供一個舒適恬靜的露營環境。營地面向大海，景色優美，營友可享受被翠綠大自然包圍的野外體驗。

入營人士須自備營具以享用露營設施，營地的浴室設備亦設有冷熱水供應。

### #03 聯絡方法 | Contact Us

地址：新界西貢大網仔路斬竹灣 D.D.256 地段  
Address: D.D. 256, Tsam Chuk Wan, Tai Mong Tsai Road,  
Sai Kung, New Territories  
電話 | Tel : (852) 2791 4321  
傳真 | Fax : (852) 2627 0700  
電郵 | Email : campservice@ayp.org.hk



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## #01 Introduction

### HKAYP Jockey Club Expeditions Centre

We provide day camp, evening camp and tenting experience to campers. Thanks to the Hong Kong Jockey Club Charitable Trust for supporting the revamp, we are able to meet the needs of young people by providing diverse and creative activities with innovative equipment.

The centre offers a wide range of professional water sports training such as Kayaking, Stand Up Paddle (SUP) Boarding, Dragon Boat Training and other certificate courses, which are all coached by qualified coaches. We also provide various training programmes and on-site services for young people to have a whole-person development.

The centre is located at a convenient location in Sai Kung. It is an ideal venue for outdoor educational activities, as participants can enjoy water sports across famous locations like Yim Tin Tsai, Sharp Island, West Dam and Pak Tam Chung.



Let's explore all-round water sports together!

## #02 Activities



### Water Sports Experience

Participants can learn about personal paddling equipment, safety precaution and paddling skills step-by-step in all types of professional water sports training programmes.

Board Rowing offers greater accessibility than traditional rowing, which is more suitable for beginners to learn rowing knowledge in an easy way. SUP training includes SUP Elementary and SUP Proficiency Training. Families and friends can learn the skills of handling capsizing during courses.

In Kayak training, we provide either single or double kayaks, allowing participants to explore the unique scenery of Sai Kung with leisure sea trips. For Dragon Boat training, participants are required to learn about teamwork tactics and familiarity with teammates after mastering basic paddling skills.

As a registered affiliate of the Hong Kong China Canoe Association, our Board Rowing, Kayaking and SUP boarding courses are all certificated.



### Professional Adventure Training

The Training suits schools and groups which aim at developing participants' leadership skills. **AYP** customised Adventure Training programmes to let participants have reflections in team-building activities, and apply in their worklife.

### Tenting Service

The centre provides camping services and offers a suitable environment for young people and families who love nature and wildlife experience. The artificial lawn faces the seaside with beautiful scenery. Campers can enjoy a comfortable and quiet environment with green natural surroundings.

Campers can bring their own camping equipment to the camp in order to enjoy the tenting experience. The centre also provides hot and cold water showering facilities for campers.

