

屯門鄧肇堅運動場緩步跑開放時間(2026年7月) Opening Hour for Jogging of Tuen Mun Tang Shiu Kin Sports Ground in July 2026

備註 Notes:

A	緩步跑開放時間 Opening Hours for Jogging
L	為配合運動場內草地的球類活動，運動場只會開放跑道最外圍的 3 條線道給公眾人士作緩跑之用。 Jogging will be confined to the 3 outer lanes of the track when the infield is being used for ball games.
B	團體預訂(運動會/田徑訓練/其他活動)，跑道暫停開放。 Running tracks are closed for block booking (Athletic Meet / Athletic Training / Other Activity).
M	場地關閉 Venue closed

日期 Date 時間 Time	1 週三 Wed	2 週四 Thu	3 週五 Fri	4 週六 Sat	5 週日 Sun	6 週一 Mon	7 週二 Tue	8 週三 Wed	9 週四 Thu	10 週五 Fri	11 週六 Sat	12 週日 Sun	13 週一 Mon	14 週二 Tue	15 週三 Wed	16 週四 Thu	17 週五 Fri	18 週六 Sat	19 週日 Sun	20 週一 Mon	21 週二 Tue	22 週三 Wed	23 週四 Thu	24 週五 Fri	25 週六 Sat	26 週日 Sun	27 週一 Mon	28 週二 Tue	29 週三 Wed	30 週四 Thu	31 週五 Fri		
06:15 - 07:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
07:00 - 07:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
07:30 - 08:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
08:00 - 08:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
08:30 - 09:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
09:00 - 09:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
09:30 - 10:00	A	A	A	L	L	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
10:00 - 10:30	A	A	A	L	L	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
10:30 - 11:00	A	A	A	L	L	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
11:00 - 11:30	A	A	A	L	L	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
11:30 - 12:00	A	A	A	L	L	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
12:00 - 12:30	A	A	A	L	L	M	A	A	M	A	A	A	M	A	A	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	
12:30 - 13:00	A	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	
13:00 - 13:30	A	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	
13:30 - 14:00	A	A	A	L	L	M	A	A	M	A	A	A	M	A	A	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	
14:00 - 14:30	A	A	A	L	L	M	A	A	M	A	A	A	M	A	A	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	
14:30 - 15:00	A	A	A	L	L	M	A	A	M	A	A	A	M	A	A	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	
15:00 - 15:30	A	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	
15:30 - 16:00	A	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	
16:00 - 16:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
16:30 - 17:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
17:00 - 17:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
17:30 - 18:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
18:00 - 18:30	A	L	L	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
18:30 - 19:00	A	L	L	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
19:00 - 19:30	A	L	L	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
19:30 - 20:00	A	L	L	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
20:00 - 20:30	A	L	L	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
20:30 - 21:00	A	L	L	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
21:00 - 21:30	A	L	L	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
21:30 - 22:00	A	L	L	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
22:00 - 22:30	A	L	L	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A

場地的預訂情況會隨時更改，請向場地查詢最新安排。 The booking condition is subject to change from time to time. For updated arrangement, please contact the venue direct.

發出日期 Date of issue 15.6.2026

最新更新日期 Date of latest update 15.6.2026

暫停開放時期及時間 Date & Time of Temporary Closure	設施 Facilities	原因 Reason
2026/07/06,09,13,20,23,27 12:00 - 16:00	全場 All	場地保養暫停開放 Close for Maintenance