



# 粉嶺遊樂場緩步跑開放時間表



## Opening Hours for Jogging of Fanling Recreation Ground

月份 / Month : 二零二四年四月 / April 2024



 足球活動與緩步跑同時進行 /  
 Football and Jogging



 緩步跑時間 /  
 Jogging Hour

| 時間 Time<br>日期 Date | 上午六時半至七時  | 上午七時至八時           | 上午八時至九時           | 上午九時至十時            | 上午十時至十一時            | 上午十一時至十二時           | 中午十二時至一時           | 下午一時至二時           | 下午二時至三時           | 下午三時至四時           | 下午四時至五時           | 下午五時至六時           | 下午六時至七時           | 下午七時至八時           | 下午八時至九時           | 下午九時至十時            | 下午十時至十時半            |
|--------------------|---|-------------------|-------------------|--------------------|---------------------|---------------------|--------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|--------------------|---------------------|
|                    | 6:30 AM - 7:00 AM   | 7:00 AM - 8:00 AM | 8:00 AM - 9:00 AM | 9:00 AM - 10:00 AM | 10:00 AM - 11:00 AM | 11:00 AM - 12:00 NN | 12:00 NN - 1:00 PM | 1:00 PM - 2:00 PM | 2:00 PM - 3:00 PM | 3:00 PM - 4:00 PM | 4:00 PM - 5:00 PM | 5:00 PM - 6:00 PM | 6:00 PM - 7:00 PM | 7:00 PM - 8:00 PM | 8:00 PM - 9:00 PM | 9:00 PM - 10:00 PM | 10:00 PM - 10:30 PM |
| 1 (一) MON          |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 2 (二) TUE          |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 3 (三) WED          |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 4 (四) THU          | 草地球場保養日 Turf Pitch Maintenance Day  |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 5 (五) FRI          |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 6 (六) SAT          |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 7 (日) SUN          |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 8 (一) MON          |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 9 (二) TUE          |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 10 (三) WED         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 11 (四) THU         | 草地球場保養日 Turf Pitch Maintenance Day  |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 12 (五) FRI         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 13 (六) SAT         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 14 (日) SUN         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 15 (一) MON         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 16 (二) TUE         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 17 (三) WED         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 18 (四) THU         | 緩步跑徑將於2024年4月18至22日預留作舉辦大型活動用途。不便之處，敬請原諒。<br>Jogging track will be reserved for organizing a large-scale event from 18 to 22 April 2024. We apologize for any inconvenience caused. |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 19 (五) FRI         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 20 (六) SAT         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 21 (日) SUN         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 22 (一) MON         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 23 (二) TUE         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 24 (三) WED         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 25 (四) THU         | 草地球場保養日 Turf Pitch Maintenance Day  |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 26 (五) FRI         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 27 (六) SAT         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 28 (日) SUN         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 29 (一) MON         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |
| 30 (二) TUE         |   |                   |                   |                    |                     |                     |                    |                   |                   |                   |                   |                   |                   |                   |                   |                    |                     |

 當草地球場內正進行球類活動，公眾人士應視乎情況使用離開草地較遠的空間作緩跑之用。  
 Please consider jogging apart to the turf when the infield is being used for football activity.

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 時段已被團體租用或作其他用途，緩步跑活動暫停。  
 No Jogging when the sports ground is hired.

 草地球場保養日，場地如常開放緩跑時段。  
 On turf pitch maintenance day, the venue will be opened for jogging as usual.

\* 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.