粉嶺遊樂場緩步跑開放時間(2026年11月) Opening Hour for Jogging of Fanling Recreation Ground in November 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(開放線道數目)條線道給公眾人士作緩跑之用。 Jogging will be confined to the (No. of lanes to be open) 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 週日 Sun	2 週一 Mon	3 週二 Tue	4 週三 Wed	5 週四 Thu	6 週五 Fri	7 週六 Sat	8 週日 Sun	9 週一 Mon	10 週二 Tue	11 週三 Wed	12 週四 Thu	13 週五 Fri	14 週六 Sat	15 週日 Sun	16 週一 Mon	17 週二 Tue	18 週三 Wed	19 週四 Thu	20 週五 Fri	21 週六 Sat	22 週日 Sun	23 週一 Mon	24 週二 Tue	25 週三 Wed	26 週四 Thu	27 週五 Fri	28 週六 Sat	29 週日 Sun	30 週一 Mon
06:30 - 07:00	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
07:00 - 07:30	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
07:30 - 08:00	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
08:00 - 08:30	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
08:30 - 09:00	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
09:00 - 09:30	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
09:30 - 10:00	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
10:00 - 10:30	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
10:30 - 11:00	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
11:00 - 11:30	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
11:30 - 12:00	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
12:00 - 12:30	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
12:30 - 13:00	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
13:00 - 13:30	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
13:30 - 14:00	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
14:00 - 14:30	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
14:30 - 15:00	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
15:00 - 15:30	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
15:30 - 16:00	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
16:00 - 16:30	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
16:30 - 17:00	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
17:00 - 17:30	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
17:30 - 18:00	A	A	A	A	M	M	M	M	M	M	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A
18:00 - 18:30	A	A	A	A	M	M	M	M	M	M	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	A	A	A	M	M	M	M	M	M	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	A	A	A	M	M	M	M	M	M	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	A	A	A	M	M	M	M	M	M	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	A	A	A	M	M	M	M	M	M	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	A	A	A	M	M	M	M	M	M	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	A	A	A	M	M	M	M	M	M	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	A	A	A	M	M	M	M	M	M	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	A	A	A	M	M	M	M	M	M	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 30.10.2026

最新更新日期 Date of latest update 30.10.2026