

銅鑼灣運動場緩步跑開放時間(2026年1月) Opening Hour for Jogging of Causeway Bay Sports Ground in Jan 2026

備註 Notes:

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緩步跑開放時間 Opening Hours for Jogging.

草地保養。Turf Maintenance.

草地球場已被團體預訂。Grass Pitch is block booking. (F: 足球 Football) (R: 欖球 Rugby)

100米5線跑道已被團體預訂。Athletic Track is block booking.

運動場已被團體預訂。Sports Ground is block booking.

緩跑徑關閉 Jogging track is closed.

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

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 22.12.2025

最新更新日期 Date of latest update 29.12.2025

* 05, 12 Jan 2026 (1700-1900) 喜動體育會

* 02, 07, 09, 14, 16 Jan 2026 (1700-1900) 香港長跑會

* 03, 10 Jan 2026 (1700-1900) Valory Charity Association

* 14 Jan 2026 (0900-1100) 聖保祿學校 (小學部)

* 17 Jan 2026 (0800-2400), 18 Jan 2026 (0000-1700) - 渣打香港馬拉松 Standard Chartered Hong Kong Marathon

** 冬季草地保養 (2026年1月19日至2月13日) 緩跑徑正常開放 Jogging Track is Available during Winter Turf Maintenance (19 Jan 2026 - 13 Feb 2026)