

# 銅鑼灣運動場緩步跑開放時間(2026年7月) Opening Hour for Jogging of Causeway Bay Sports Ground in July 2026

備註 Notes:

A	
T	
F	R
L	
S	
M	

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。100M 5-Lane 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	週日 Sun	週一 Mon	週二 Tue	週三 Wed	週四 Thu	週五 Fri	
06:30 - 07:00	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	A	A	A	A	A	A	A	A		
07:00 - 07:30	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	A	A	A	A	A	A	A	A	
07:30 - 08:00	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	A	A	A	A	A	A	A	A	
08:00 - 08:30	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	T	A	A	A	T	A	A	T	A
08:30 - 09:00	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	T	A	A	A	T	A	A	T	A
09:00 - 09:30	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	T	A	A	A	T	A	A	T	A
09:30 - 10:00	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	T	A	A	R	T	A	A	T	A
10:00 - 10:30	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	T	A	A	R	T	A	A	T	A
10:30 - 11:00	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	T	A	A	R	T	A	A	T	A
11:00 - 11:30	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	T	A	A	R	T	A	A	T	A
11:30 - 12:00	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	T	A	A	R	T	A	A	T	A
12:00 - 12:30	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	T	A	A	R	T	A	A	T	A
12:30 - 13:00	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	T	A	A	A	A	A	A	T	A
13:00 - 13:30	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	T	A	A	A	A	A	A	T	A
13:30 - 14:00	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	T	A	A	A	A	A	A	T	A
14:00 - 14:30	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	T	A	A	A	A	A	A	T	A
14:30 - 15:00	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	T	A	A	A	A	A	A	T	A
15:00 - 15:30	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	T	A	A	A	A	A	A	T	A
15:30 - 16:00	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	T	A	A	A	A	A	A	T	A
16:00 - 16:30	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	A	A	A	A	A	A	A	A	A
16:30 - 17:00	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	A	A	A	A	A	A	A	A	A
17:00 - 17:30	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	L	A	L	L	A	L	A	L	A	L
17:30 - 18:00	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	L	A	L	L	A	L	A	L	A	L
18:00 - 18:30	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	L	A	L	L	A	L	A	L	A	L
18:30 - 19:00	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	L	A	L	L	A	L	A	L	A	L
19:00 - 19:30	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	A	A	A	A	A	A	A	A	A
19:30 - 20:00	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	R	A	A	A	A	A	A	R	A	A
20:00 - 20:30	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	R	A	A	A	A	A	A	R	A	A
20:30 - 21:00	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	R	A	A	A	A	A	R	A	A	
21:00 - 21:30	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	A	A	A	A	A	A	A	A	A
21:30 - 22:00	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	A	A	A	A	A	A	A	A	A	A
22:00 - 22:30	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	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 25.06.2026

最新更新日期 Date of latest update 25.06.2026

\* 22, 24, 27, 29, 31 Jul 2026 (1700-1900) 香港長跑會

\* 25 Jul 2026 (1700-1900) Valory Charity Association

\*\*\* 夏季草地保養期間 (2026年5月20日至7月21日) 緩跑徑正常開放 Jogging Track is Available during Summer Turf Maintenance (20 May 2026 to 21 Jul 2026)