

銅鑼灣運動場緩步跑開放時間(2026年11月) Opening Hour for Jogging of Causeway Bay Sports Ground in November 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。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.

銅鑼灣運動場的部分緩跑徑將於 2026年11月24日至12月3日 暫時關閉，以便進行地面修補工程。不便之處，敬請原諒。

Part of the jogging track at Causeway Bay Sports Ground will be temporarily closed from 24 November to 3 December 2026 for repair works. We apologize for the inconvenience caused.

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	
時間 Time	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	週日 Sun	週一 Mon	
06:30 - 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	
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	
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	
08:00 - 08:30	A	T	A	A	T	A	A	A	T	A	A	T	S	A	A	T	A	A	T	A	A	A	T	A	A	T	A	A	A	T	
08:30 - 09:00	A	T	A	A	T	A	A	A	T	A	A	T	S	A	A	T	A	A	T	A	A	A	T	A	A	T	A	A	A	T	
09:00 - 09:30	L	T	A	A	T	A	A	L	T	A	A	T	S	A	L	T	A	A	T	A	A	L	T	A	A	T	A	A	L	T	
09:30 - 10:00	R	L	T	A	A	T	A	R	L	T	A	A	T	S	A	R	L	T	A	A	T	A	R	L	T	A	A	T	A	L	T
10:00 - 10:30	R	L	T	A	A	T	A	R	L	T	A	A	T	S	A	R	L	T	A	A	T	A	R	L	T	A	A	T	A	L	T
10:30 - 11:00	R	L	T	A	A	T	A	R	L	T	A	A	T	S	A	R	L	T	A	A	T	A	R	L	T	A	A	T	A	L	T
11:00 - 11:30	R	T	A	A	T	A	A	R	T	A	A	T	S	A	R	T	A	A	T	A	A	R	T	A	A	T	A	A	A	T	T
11:30 - 12:00	R	T	A	A	T	A	A	R	T	A	A	T	S	A	R	T	A	A	T	A	A	R	T	A	A	T	A	A	A	T	T
12:00 - 12:30	R	T	A	A	T	A	A	R	T	A	A	T	A	A	R	T	A	A	T	A	A	R	T	A	A	T	A	A	A	T	T
12:30 - 13:00	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A
13:00 - 13:30	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A
13:30 - 14:00	R	A	A	A	T	A	F	R	A	A	A	T	A	F	R	A	A	A	T	A	F	R	A	A	A	T	A	F	A	A	A
14:00 - 14:30	R	S	A	A	T	S	F	R	A	A	S	T	A	F	R	A	A	A	T	A	F	R	S	A	A	T	S	F	A	A	A
14:30 - 15:00	R	S	A	A	T	S	F	R	A	A	S	T	A	F	R	A	A	A	T	A	F	R	S	A	A	T	S	F	A	A	A
15:00 - 15:30	R	S	F	S	T	S	F	R	A	F	S	T	A	F	R	S	F	S	T	A	F	R	S	S	A	T	S	F	A	S	S
15:30 - 16:00	R	S	F	S	T	S	F	R	A	F	S	T	A	F	R	S	F	S	T	A	F	R	S	S	A	T	S	F	A	S	S
16:00 - 16:30	R	A	F	S	T	S	F	R	A	F	A	T	S	F	R	S	F	S	T	S	F	R	A	S	A	T	A	F	A	S	S
16:30 - 17:00	R	A	F	S	T	S	F	R	A	F	A	T	S	F	R	S	F	S	T	S	F	R	A	S	A	T	A	F	A	S	S
17:00 - 17:30	R	L	F	L	T	L	F	L	R	L	F	L	T	L	F	L	R	L	F	L	T	L	F	L	R	L	A	L	T	L	L
17:30 - 18:00	R	L	F	L	A	L	F	L	R	L	F	L	A	L	F	L	R	L	F	L	A	L	F	L	R	L	A	L	A	L	L
18:00 - 18:30	A	L	F	L	A	L	F	L	A	L	F	L	A	L	F	L	A	L	F	L	A	L	F	L	A	L	A	L	L	A	L
18:30 - 19:00	A	L	F	L	A	L	F	L	A	L	F	L	A	L	F	L	A	L	F	L	A	L	F	L	A	L	A	L	L	A	L
19:00 - 19:30	A	A	F	A	A	A	F	A	A	F	A	A	A	F	A	A	F	A	A	A	F	A	A	A	A	A	A	A	A	A	A
19:30 - 20:00	A	A	F	R	A	A	F	A	A	F	R	A	A	F	A	A	F	R	A	A	F	A	A	A	R	A	A	A	A	A	A
20:00 - 20:30	A	A	F	R	A	A	F	A	A	F	R	A	A	F	A	A	F	R	A	A	F	A	A	A	R	A	A	A	A	A	A
20:30 - 21:00	A	A	F	R	A	A	F	A	A	F	R	A	A	F	A	A	F	R	A	A	F	A	A	A	R	A	A	A	A	A	A
21:00 - 21:30	A	A	F	A	A	A	F	A	A	F	A	A	A	F	A	A	F	A	A	A	F	A	A	A	A	A	A	A	A	A	A
21:30 - 22:00	A	A	F	A	A	A	F	A	A	F	A	A	A	F	A	A	F	A	A	A	F	A	A	A	A	A	A	A	A	A	A
22:00 - 22:30	A	A	F	A	A	A	F	A	A	F	A	A	A	F	A	A	F	A	A	A	F	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 24.10.2026

最新更新日期 Date of latest update 27.10.2026

* 2, 11, 23 Nov 2026 (1400-1600), 16 Nov 2026 (1500-1700) 聖保祿學校(小學部) * 4, 24, 30 Nov 2026 (1500-1700) 軒尼詩道官立小學

* 6, 27 Nov 2026 (1400-1600) 聖保祿學校(中學部) * 6, 13, 20 Nov 2026 (1600-1700) 聖公會鄧肇堅中學

* 2, 4, 6, 9, 11, 13, 16, 18, 20, 23, 25, 27, 30 Nov 2026 (1700-1900) 香港長跑會 * 7, 14, 21, 28 Nov 2026 (1700-1900) Valory Charity Association

* 18 Nov 2026 (1500-1700) 蘇浙公學

* 13 Nov 2026 (0800-1200) Glenealy School

* 1, 8, 15, 22, 29 Nov 2026 (0900-1100) 東區體育會