Mountain Bike Afternoon  
Great Brook Farms  
Concord, MA  
June 5, 2019

**TRIP DESCRIPTION:** Calling all UML Mountain Bikers! Join us for a day at Great Brook Farms State Park. Located in Carlisle, just 20 minutes from Campus, this State Park offers over 20 miles of trail ranging from beginner to expert. Former roads and winding singletrack trails snake around numerous water and historical features, affording great views and rest areas. After a long day of riding, cool off with ice cream from Great Brook Dairy Farm located right in the park!

**COST:** $10 for students/faculty/staff, $30 for guests includes rental bike, FREE with own mountain bike.

**INCLUDED IN TRIP COST:**
- Transportation—12 passenger van, box trailer for bicycle transport
- Mountain Bike Rental
- Instruction and Leadership

**BIKES AND HELMETS CAN BE PROVIDED IN LIMITED QUANTITIES. PLEASE FEEL FREE TO BRING YOUR OWN BIKE IF YOU HAVE ONE.**

**REGISTRATION:**
- Register Online

**PHYSICAL EXERTION LEVEL & PREREQUISITES:**
Moderate to high: due to hilly conditions and mileage. Participants should expect to be riding off road trails; Participant must have a **helmet** and **trail appropriate bicycle.**

**TENTATIVE ITINERARY:** Due to the nature of outdoor trips, itineraries are subject to change.

- **Wednesday**
  - 4 P.M. Meet in the Bike Shop/Outdoor Center with your bike, pack up bikes and head out
  - 4:40 P.M. Arrive at Great Brook and ride! Bring a snack for food on the trail.
  - 7:30 P.M. Finish the ride at Great Brook Farm ice cream shop and enjoy some ice cream.
  - ~8 P.M. approximate return time to campus.

Check out the Packing List on the Back...
PACKING LIST: The items on this list are HIGHLY recommended for your trip. Current temperatures and personal preference should be considered when packing. Wearing the same piece of clothing multiple times is OK on an outdoor trip, so do not over-pack...but at the same time, do not skimp on needed items. Please contact us if you have any questions or have trouble acquiring any of the items on the list, we may be able to help you out. A (*) denotes items that can be provided for you at no additional charge.

☐ Beanie Hat (quick fix for chilly conditions, wool or fleece is best)
☐ Insulating jacket (fleece is ideal, should be warm and synthetic)
☐ Athletic shirts and pants for biking (dress for the current temps...avoid cotton, quick-dry material is preferred)
☐ Rain Jacket
☐ Bike shoes
☐ Mountain Bike in good working condition**
☐ Helmet (all participants are required to wear a helmet)
☐ Small Backpack to take with you on the ride
☐ Water and Snacks
☐ Spare tubes that fit your bike*
☐ Multi-tool, hand pump*

** Due to limited availability please call ahead (at least 2 days in advance) to request a rental bike.

Note: We will distribute other equipment specific to the activity at the pre-trip meeting or on trip departure day. If you have any personal equipment you would like to bring on this trip, please contact the trip leaders can make sure it is appropriate for the needs of this trip.

For further questions or information, please contact us:
978-934-6151 | outdooradventure@uml.edu