Mountain Bike Great Brook Farms
Concord, MA
September 23, 2018

TRIP DESCRIPTION: Join us for a day at Great Brook Farms State Park. Located in Carlisle, 30 minutes from Campus, this State Park offers over 20 miles of trail with a significant amount from beginner to intermediate. This is an excellent place to start learning to mountain bike! Former roads and winding singletrack 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 Cabot Creamery located right in the park!

COST: $15 for students/faculty/staff, $5 with own bike. $45 for Guests

INCLUDED IN TRIP COST:
- Transportation—12 passenger van, box trailer for bicycle transport
- Instruction and Leadership
- Mountain Bike and Helmets are provided in limited sizes and quantities. Call the bike shop before the trip to reserve a bike that fits you.

REGISTRATION ONLINE:
- Fill out an Online Waiver, Print and fill out the Medical Questionnaire
- Register online
- You can also register in person at the Outdoor Center, 5 Lawrence Drive

PHYSICAL EXERTION LEVEL & PREREQUISITES: EASY
Participants will bike 2-3mi/ 3-5km with the weight each participant carries ranging from 0-3lbs/0-1kg. Conditions will include relatively flat trails, gravel or paved roads with occasional small obstacles. Participants should be able to ride a bicycle, and stop and go independently. No previous experience mountain biking or riding in a group is required. Participants can expect elevation change up to 0-300ft/0-90m over 1-3 hours. 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.

- 10 A.M. Meet in the Bike Shop/ Outdoor Center with your bike, get a tune up, pack up bikes and head out
- 10:40 A.m. Arrive at Great Brook and ride! Bring a snack for food on the trail.
- 5 P.M. approximate return time
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.

- Medical Questionnaire (Printed, Don’t Email), Complete online waiver.
- Personal medications: inhaler, epinephrine, etc. Major medications should be noted on your Health Statement
- Personal medical insurance card
- 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
- **Bike & Helmet** (all participants are **required to wear a helmet** as we may be riding with car traffic at times)
- Small Backpack to take with you on the ride
- * 2 water bottles: quart size – you need at least 2 liters of water with you!
- Snacks/Lunch
- Spare tubes that fit your bike*
- Multi-tool, hand pump*
- Mountain bike**

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

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