TRIP DESCRIPTION: Calling all UML Mountain Bikers! Join us for an evening at Lowell-Dracut-Tyngsboro State Forest in Lowell, MA! The Lowell Dracut Tyngsboro state forest is located just minutes from the New Hampshire border and contains over 1100 acres. The trail system offers something for everyone. There are miles of fireroads and smooth rolling doubletrack for the less adventurous. The singletrack system is mountain bike specific and continues to grow. As currently configured, the singletracks will keep most intermediate riders busy for a 2 or 3 hour ride.

COST: $10 for students/faculty/staff, $20 for guests

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

BIKES CAN BE PROVIDED IN LIMITED QUANTITIES. PLEASE FEEL FREE TO BRING YOUR OWN BIKE IF YOU HAVE ONE. HELMET AND LIGHTS ARE NOT PROVIDED.

REGISTRATION:
- Fill out an Online Waiver
- Register Online
- You can also register at the Welcome Desk of the Campus Recreation Center on East Campus

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
  - 4pm Meet in the Bike Shop at the Campus Recreation Center with your bike, get a tune up, pack up bikes and head out
  - 4:30 p.m. Arrive at Lowell-Dracut-Tyngsboro State Forest and ride! Bring a Lunch for food on the trail.
  - 8pm 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.

☐ 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
☐ Water and 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:
978-934-1932 | outdooradventure@uml.edu