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 campus and contains over 1100 acres. This trail system offers something for everyone. There are miles of fire roads 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. We will host a group ride that attempts to cater to the groups ability. New riders welcome!

COST: $10 for students/faculty/staff, $15 for guests. Students free with own bike!

INCLUDED IN TRIP COST:
- 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, print and fill out the Medical Questionnaire
- Register Online
- You can also register at the Outdoor Center, 5 Lawrence Dr.

PHYSICAL EXERTION LEVEL & PREREQUISITES: MODERATE
Participants will bike 3-7mi/ 5-11 km with the weight each participant carries ranging from 3-5lb/ 1-2kg. Trails may be rocky, uneven, uprooted and include various inclines, tight turns and 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 300-1000ft/90-300m over 2-5 hours.

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

- 4pm Meet in the Bike Shop/ Outdoor Center with your bike, get a quick ride prep tune up*, pack up bikes and head out. *Bikes needing more than air in the tires, ie a full tune up should be dropped off at the bike shop no less than 3 days before the trip to make sure they are ready!
- 4:30 p.m. Ride Bikes from the bike shop to Lowell-Dracut-Tyngsboro State Forest and ride! Bring a snack for food on the trail.
- Ride back before dark 7pm 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
☐ 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:
978-934-6151 | outdooradventure@uml.edu