Mountain Bike Afternoon
Groton Town Forest, Groton, MA
August 7, 4 p.m. 2019

TRIP DESCRIPTION: Calling all UML Mountain Bikers! Join us for a day at Groton Town Forest. Located just 30 minutes away in Groton, MA this area has over 14 miles of trails ranging mostly from beginner to moderate. BORDERED by the Squannacook River to the East and the Nashua River to the west, this area offers a good mix of forest and riverbank trail. Whether it's riding a historic railbed, or a hilly singletrack, Groton Town Forest has the trail for you!

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

INCLUDED IN TRIP COST:
- Instruction and Leadership
- Bike + Helmet Rental
- Transportation

REGISTRATION:
- Register Here

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 and load up!
- 4:30 pm. Arrive at Groton Town Forest, Ride.
- 7-8 pm. Return back 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.

☐ 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