Mountain Bike Afternoon
Mine Falls Park, Nashua, MA
July 10, 2019

TRIP DESCRIPTION: Calling all UML Mountain Bikers! Join us for a beginner day at Mine Falls Park in Nashua NH. With over 300 acres Mine Falls contains forest, wetlands, and open fields perfect for an introduction to Mountain Biking. The park offers a variety of trails from paved road to easy singletrack, which is ideal for the new rider to learn the basics of mountain biking.

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

INCLUDED IN TRIP COST:
- Instruction and Leadership
- Bike + Helmet Rentals
- 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.

- 4 pm. Meet in the Bike Shop/ Outdoor Center with your bike, pack up bikes and head out.
- 5:00 pm. Arrive at Mine Falls Park in Nashua, NH. Ride
- 7-8 pm. Return 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:
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