Mountain Bike Mine Falls Park
Nashua, NH
October 27, 2018

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 mostly easy singletrack, which is ideal for the new rider to learn the basics of mountain biking.

COST: $15 for students/faculty/staff, $5 with own bike. $30 for General Public.

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 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 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!
• 11:00 A.M. Arrive at Mine Falls Park and ride! Bring a snack for food on the trail.
• 4 P.M. approximate return time
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:
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