Wilderness Park

Wilderness Park offers excellent riding just minutes from campus. Single track trails wind through an extensive trail system of rolling hills, open prairie, forest covered canopy and stream crossings. This social day trip will offer riders of all abilities the chance to learn new skills, practice existing ones, and enjoy the best single track in Lincoln.

Personal Preparation

UNL Outdoor Adventure trips are designed for both beginners as well as people that maybe more than experienced. However, we do want our participants to realize that even though a beginner could go on this trip, we advise people to take their physical condition seriously. Mountain biking is a very physical sport and in order to get the most enjoyment out of the trip being physically fit is a crucial part of this experience. We will be biking around 15 to 20 miles out to Wilderness Park, throughout the trails, and then back to campus. Please do not hesitate to ask the trip leaders about proper conditioning and please inform the trip leaders of any concerns that you may have.

Transportation

We will be biking out to Wilderness Park on the Salt Creek Levee Trail. It is about 5 miles out to the park and the trail is crushed limestone. You can bring your own bike if you wish – please have it looked over by our mechanics at least a week before the trip so we can do any maintenance on it if needed. Otherwise you may rent one from Outdoor Adventures.

Weather

Average temperatures for the month of September include highs in the mid-70s. Of course, temperatures could be quite different from the norms. Nebraska is notoriously windy and wind chill may be a factor, so a light jacket is advisable. Be sure to consult the packing list to make sure you have the proper layers for this trip.

Food

Outdoor Adventures will be providing dinner on this trip.

Minimum Impact Living

Going into the wild lands that we will be visiting on this trip is like going to a museum. You obviously do not want to leave your mark on an art treasure in a museum. If everyone left a mark going through the museum, it would be soon destroyed. The same goes for wilderness areas. If we all leave one little mark on the landscape, the wilderness would soon be far from its natural order and possibly permanently ruined. In order to minimize our impact, we will be practicing the following Leave No Trace principles:

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

Expedition Behavior

We arrive on this trip as individuals, but will be working together as a team. Expedition behavior means taking care of yourself and other group members. It means being the first one to help put up the tent or to make hot drinks in the morning, even when it’s cold and wet. It means staying hydrated, staying motivated, motivating others, preparing adequately for the needs of the trip, not unnecessarily endangering you, and communicating any concerns to trip leaders.
Characteristics such as respectfulness, flexibility, tolerance of others, courtesy, direct and assertive communication, self-awareness, and teamwork become critical when traveling in small groups in remote areas. Expedition behavior means understanding that trip leaders will make decisions that are in the best interest of the group. Proper expedition behavior can be the difference between an average experience and a great one.

**Smoking, Alcohol, Cell Phones, and Illegal Substances**

In the spirit of expedition behavior, please do not bring alcohol or illegal substances or items on the trip. Cigarettes are acceptable at established areas. We encourage you not to smoke on this trip as a wellness challenge! If you must smoke, please respect other participants, be aware of fire danger, and of course pack out all related trash. Please be respectful with cell phone use by stepping away from the group if you decide to use your cell phone during transportation to and from our destination. Please, no cell phone during the trip unless absolutely necessary. Thanks!

**What is Provided by Outdoor Adventures?**

All transportation, meals while at the activity site, all activity-related gear, leadership, and instruction are provided by Outdoor Adventures. The trip cost does not include personal clothing and equipment, or meals outside of the activity site.

**Contact**

**UNL Outdoor Adventures | 402.472.4777 | [http://crec.unl.edu/outdoor](http://crec.unl.edu/outdoor)**

<table>
<thead>
<tr>
<th>Trip Leader</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Personal Gear Checklist

#### Cycling

- Cycling shorts (preferred) or shorts
- Short sleeve synthetic shirt
- Long sleeve synthetic shirt
- Synthetic socks (if possible)
- Rain jacket (weather dependent)

- Helmet (provided or bring your own)
- Riding shoes
- Sunglasses
- Riding gloves

#### Gear Provided by Outdoor Adventures

- Group first aid kit(s)
- Group bike tools

- 2 cycling water bottles
- Bicycle (if needed)

### Itinerary

**Friday – September 7th, 2012**

- 5p: Arrive at Outdoor Adventures
- 5:30p: Depart Outdoor Adventures
- 8-9p: Arrive back at Outdoor Adventures