

# 2019 Freshmen Outdoor Trip: Chequamegon Area Mountain Bike Association (CAMBA) Trails, Wisconsin



The CAMBA Trails in the Chequamegon National Forest in Wisconsin are considered to be the premier mountain biking area in the Midwest. Remote, wild trails, primitive camping, and fabulous rides await!

## HERE'S WHAT TO EXPECT:

We will begin our journey by traveling to our base-camp site, unload all of our gear, then work on review of trail riding skills. The group will select and ride short and long rides, build skills, and have fun during the day. Evenings will be spent in camp and enjoying the camaraderie of the group.

## WHEN:

9 am Monday, August 19 – Thursday, August 22, 2019  
Pre-trip meeting Sunday, August 18, at 5pm (meet in Lake Superior Hall Lobby)

## WHERE:

We will be departing from the main entrance to Lake Superior Hall at **9am on August 19**

## PREPARATION:

- *Equipment* – attached is an equipment list that includes what we provide and what you need to obtain. **Follow this closely**; it is based upon extensive experience. Plan on weather that could range from the low 70's to the 40's and windy.
- *Schedule* – attached is an itinerary of what we will be doing.
- *Housing* – if you have an on-campus housing assignment you will be eligible to move in on Sunday, August 18 between 11am and 4pm and stay on campus the night before the trip. *Call the Housing Office at (218)726-8178 if you have any questions.* Bring your Housing Assignment letter.
- *Health & Liability Form* – complete these forms and return them within one week.
- *Training* – Mtn. biking is a strenuous sport. Please plan on being physically active and hone up your skills beforehand.

## THE OUTDOOR PROGRAM PROVIDES:

We provide all group gear, food, transportation, and expert instruction.

## GOALS:

- Have Fun
- Meet other freshmen, students, and staff
- Transition into UMD
- Explore wild areas of northern Wisconsin
- Build mountain biking skills

## EXPLORE MORE WITH THE UMD OUTDOOR PROGRAM:

The Outdoor Program offers a wide variety of programs during the school year. Get involved!

## GENERAL INFO:

Phone: (218)726-7128

Email: [rsop@d.umn.edu](mailto:rsop@d.umn.edu)

[www.umdrsop.org](http://www.umdrsop.org)

**The Real Classroom is Outside...Get Into It!**

University of Minnesota Duluth – Recreational Sports Outdoor Program

## Mtn. Biking Itinerary

This itinerary is designed to be flexible based on many factors that include weather, skill levels, and interests. Listed are highlights of what will be seen and done.

**Note: You will be on your own to get dinner on Sunday evening and breakfast on Monday morning. Please plan accordingly. The resident dining hall is NOT open. The food court will have limited hours.**

### Sunday, August 18

11am- 4pm – Early Move-In for ON-CAMPUS residents at 189 Lake Superior Hall. Bring your Housing Assignment letter.

5pm – Meet in the Lobby of Lake Superior Hall to learn more about your trip as well as meet leaders and other trip participants. This is a required meeting. Afterward, if you have gear reserved from the Rental Center, staff will take you there.

### Monday, August 19

- 9am – Meet in front of Lake Superior Hall’s main entrance – divide into groups and load equipment. Drive east to our campground at Namakagon Lake in the Chequamegon National Forest. This is a primitive campground without running water. Set up camp, review skills, make sure bikes are ready to go.
- Bike the Namakagon Trail (“Challenging, rolling terrain, deep forest singletrack to open double track”) and Patsy Lake Trail (“Patsy Lake, bogs, sweet singletrack, rolling hills, great mix of trail and forest types”).

### Tuesday, August 20

- Rise and shine. Eat breakfast.
- Load equipment and head off to the Seely Cluster of trails from Boedecker Road. The Seely Pass and Birkie trails will take us on single and double track to awesome ridgelines, gradual rolling hills, and the Gravity Cavity flow trail. A full day will be spent on this huge network of trails.
- Back to the campground for the evening. Dinner and stories around the campfire.

### Wednesday, August 21

- Head to the Rock Lake Trail, which is considered the centerpiece to the CAMBA trails. Singletrack to lakes, scenic views, and stunning side-hill trails.
- Head up to the Porcupine Wilderness area for a bit of hiking on the North Country Trail.

### Thursday, August 22

- Enjoy the morning. Pack up belongings and head back to Duluth to ride Mission Creek trails (and more, if time allows). It’s up to the group!
- Drive back to campus. Unload equipment and clean-up.
- 5pm – Barbeque and campfire in Bagley Nature Area. Share your stories with other trip participants. WELCOME TO UMD!

### FUN INFORMATION ABOUT OUR TRIP

- The CAMBA Trails are the premier mountain bike trail system in the Midwest – check out maps for the trails at [www.cambatrails.org](http://www.cambatrails.org)
- You can also look up photos and videos on-line.
- The forests in the area have seen many changes through the years, from forest fires and logging to planting and re-growth of pines, aspen, birch, and maple.
- We eat well on these trips with meals ranging from Mexican night to Italian spaghetti. There will always be a vegetarian option.

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## Mountain Biking Equipment

On this trip the weather may vary from hot and sunny with a high of 70 degrees to cold, rainy, and windy and in the 40 degree range. Plan your clothing items so they can be worn over each other in layers. During the coldest possible weather, you may be wearing nearly all of your layers.

### WE PROVIDE:

Maps for the group	Tarps
First Aid kit	Repair kit
Tents	Matches
Kitchen and cookware	Each meal while on the trip
All transportation from UMD	

### YOU NEED TO BRING:

Try to avoid cotton clothing – if it gets wet, it is very cold and takes a long time to dry.

- Mountain Bike – bring your own or we have some to rent (contact our Rental Center for availability). A bike with a front shock is essential.
- Bike Helmet
- 2 bike water bottles (that will fit in a bike bottle cage)
- Bike shoes or tennis shoes with a grippy sole.
- Sleeping pad (closed cell foam or self-inflating style)
- Sleeping bag (rated to 20 degrees F) in a stuff sack
- 2 Pair pants, non-cotton. One pair that is a tighter fit for biking
- 1-2 Pair bike shorts and/or bike underwear (a padded crotch is essential)
- 2 Piece rain-suit of durable material
- 1 Pair light tennis shoes for camp use
- 3 Pair underwear
- 4 Pair wool socks
- 1 Small towel
- 1 Long sleeved shirt
- 2 T-shirts
- 1 Pair shorts and 1 swimsuit
- 1 Heavy sweater
- 1 Lightweight jacket
- Toiletries: Toothbrush/paste, Soap in plastic bag
- Sunglasses
- Pocket knife
- Sunscreen lotion
- Insect repellent
- Spare prescription glasses
- Unbreakable eating utensils (plate, cup, bowl, k,f,s)
- Flashlight w/ fresh batteries
- Daypack
- Duffel or pack to carry the above items.

### RENTAL:

Our Rental Center has many items including bikes, sleeping bags & pads, rain gear, etc. Call the Rental Center at 218-726-6134 to reserve equipment. Rental details can be found at [umdrsop.org/rental](http://umdrsop.org/rental)

### EQUIPMENT TIPS:

- Fleece and wool are great insulators – they even work when wet.
- Quality rain gear really helps you enjoy inclement weather.
- Long underwear should be a synthetic material, not cotton. If you don't have any, most outdoor stores have appropriate supplies.
- Wool socks work best because they are durable and warm.

### EXTRAS YOU CAN BRING:

Camera, Journal, Pencil, book to read, field guides, personal map

### DO NOT BRING:

- Cell phones or other electronics
- Tobacco
- Cosmetics
- Valuables
- Recreational drugs, alcohol, or tobacco

### If you have equipment questions, contact us

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