

University of Minnesota Duluth - Recreational Sports Outdoor Program

Mountain Bike & Ice Climb Colorado

Spring Break Trip - March 11-20, 2011

Mix it up this spring break with world class mountain biking and ice climbing in the sunny southwest!

HERE'S WHAT TO EXPECT:

Load up your bike and climbing gear and head for Colorado this spring break. Spend two days biking in Fruita, the fastest growing mountain bike mecca in the west. Days will be spent on scenic bike trails and nights will be tent camping under the stars. The last part of the trip will take place in Ouray, Colorado, home of the Ouray Ice Park. Spend 3 days climbing ice and evenings based in a hotel. Relax in Ouray's famous hot springs after a day on the ice!

WHEN:

Depart: 4pm Friday, March 11, 2011
Return: 8pm Sunday, March 20, 2011

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 upper 60's to the 20's and windy, rainy or snowy.
- *Fitness & skills* – you don't need to be an experienced mountain biker or ice climber to go on this trip, but you should have a base level of fitness that will allow you to spend most of each day biking or climbing.
- *Health & Liability Form* – complete these forms and return them no later than the scheduled pre-trip meeting.

THE OUTDOOR PROGRAM PROVIDES:

All group gear, ice climbing equipment, food while on the trail, transportation, and skill instruction.

YOU PROVIDE:

Your own mountain bike and helmet, clothing and personal camping gear.

TRANSPORTATION:

We will be travelling the in a university van.

COST:

UMD Students: \$465 Others: \$725

Registration Deadline: 4:00pm March 4th

Sign up early to ensure you get a spot on the trip!



GOALS:

- Have fun with other people who like the outdoors
- Enjoy world class mountain biking and ice climbing
- Explore a beautiful and rich environment
- Be safe!
- Pitch in as a group to help with camping chores and successful group trail days.

MEALS

Meals during the van ride to Colorado are not included. Bring cash or pack along some food for the drive.

On the trail, group meals will be served picnic-style and cooking will be done in camp over a camp stove or in the kitchen of your hostel.

GENERAL INFO:

Phone: (218)726-7128

Fax: (218) 726-7188

Email: rsop@d.umn.edu

www.umdrsop.org

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

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Itinerary

This itinerary is designed to be flexible based on many factors that include: weather, skill levels, and interests. Listed are highlights of a proposed schedule.

Wednesday, March 1 5:00pm

Mandatory Pre-Trip Meeting in Sports and Health Center room 191 - Introductions, group expectations, itinerary, safety, physical preparation, limitations, equipment, meals, and final payment due at this meeting.

Friday, March 11, 4pm (or whenever the group decides it can leave)

Depart from the front of the Sports and Health Center on the U.M.D. campus. Drive down toward Colorado with gas stops, dinner, and breakfast along the way. You pay for meals during the drive. Sleep in the van (so bring a pillow)

Saturday, March 12

Drive through Colorado (don't forget the burrito stop!) and arrive near Fruita by evening. Make dinner and set up camp.

Sunday, March 13

After breakfast we'll get our first taste of the trails that are making Fruita famous. Lunch is on the trail and evening is back to camp in time for a relaxing dinner under the stars.

Monday, March 14

It's day two of sandstone single track biking. Again, lunch is on trail. Dinner and camping under the stars is the plan for the evening.

Tuesday, March 15

Today we'll give our biking muscles a break as we pack up our camp and head south to Ouray, Colorado. Our day of leisure continues as we settle in to our lodging in Ouray, explore the Victorian mountain town with it's world-famous ice park and soak in the famous hot spring facility in town.

Wednesday, March 16

It's time for ice boots, crampons and ice tools as we head for the ice of Ouray Ice Park. We'll walk or rappel to the base of an ice-walled river canyon. Beginners will get instruction on equipment and technique for ice climbing while more experienced climbers start their climbs. The day will be spent top roping these fantastic icefalls. Then it's back to the hotel for dinner and a relaxing evening.

Thursday, March 17

Ice climbing day two. Challenge yourself to some of the taller climbs or try a mock lead on ice.

Friday, March 18

Spend your last day in Colorado ice climbing or exploring the spectacular scenery in the Ourey area.

Saturday, March 19

We'll pack up after breakfast and depart for Minnesota.

Sunday, March 20

Arrive back in Duluth by evening and put gear away as a group.

DESTINATIONS:

• FRUITA, COLORADO

The single track trails around Fruita, in western Colorado are fast becoming a world class destination. With all levels from beginner to advanced, the trails have been described as 'like a Disneyland ride without the lines.' Daytime temps are likely to be in the 60's and sunny.

• OURAY, COLORADO

Situated in a river valley at 7,700 ft. in the heart of the Rocky Mountains lies the often-photographed Victorian town of Ouray, frequently referred to by visitors as the Switzerland of America. Throughout the years, Ouray has developed into one of Colorado's most popular destinations. Ouray is famous for it's mountain setting, hot springs and extensive ice climbing park.

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Equipment List

On this trip the weather may vary from warm and sunny with a high of 70 degrees to cold, rainy, snowy and windy with temperatures below zero. 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. Pack equipment in large duffel bag or backpack. Bring a smaller daypack for easy access articles.

WE FURNISH:

- Tents
- Food
- Ice tools
- First-aid kit
- Cooking utensil kit
- Ice boots/crampons
- Camp stoves/fuel
- Tarps
- Ropes/anchors
- Cook kit
- Toilet paper
- Harnesses/helmet

YOU NEED TO BRING:

Van Travel

- Pillow, comfy clothes and food money

Biking

- Mountain bike and helmet (*helmet is required*)
- Biking clothing and shoes (gloves optional)
- Water bottle/hydration system

Ice Climbing

- Warm mittens, waterproof gloves, warm winter hat
- Warm, water resistant outdoor clothing (dress in layers)
- Down or synthetic insulated belay jacket

Camping/General

- Sleeping pad (closed cell or Thermo-rest)
- Sleeping bag (to 20^o)
- Broad brimmed hat for sun protection
- Unbreakable eating utensils (plate, cup, bowl, fork, spoon)
- Flashlight or Headlamp w/ fresh batteries
- Soap/shampoo/hygiene kit/toothbrush/paste
- Sunglasses/Sunscreen
- Day pack

Clothing

- Rain gear top and bottom
- Warm jacket
- Comfortable, loose fitting pants
- T-shirts
- Long underwear (not cotton)
- Bandana
- Wool or fleece shirt/sweater
- Underwear
- Swimsuit/Towel
- Shorts
- Sleepwear
- Socks (wool or synthetic)
- Light shoes or Sandals
- Hiking shoes or boots

EQUIPMENT TIPS:

- Be sure to bring clothing that will keep you comfortable in very wet and windy conditions.
- Cotton is for van riding and inside wear only. All your outside layers should be synthetic or wool.
- Protect yourself from the strong rays of the southwest sun with a combination of wide-brimmed hat, sunscreen and protective clothing.
- Carrying water is important in a desert environment. Camelbak-style hydration systems are great for keeping up on your water intake as you bike and climb.
- Sleeping bags and pads can be rented from the RSOP Rental Center.
- Bike rental information is available upon request!

EXTRAS YOU CAN BRING:

Camera, binoculars, journal, pencil/pen, pocket knife, music and DVD's for in the van, books to read, field guides, compact art supplies.

DO NOT BRING:

- Valuables
- Recreational drugs or alcohol

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