



Acadia Bike and Hike Camping Trip

Additional Trip Details

Below you'll find more information about this trip and what you'll need to know in order to prepare for your adventure.

Activity Description

See below for the summary of each activity:

- **Biking:** One of your days will be spent biking on the car-free Carriage Roads located in Acadia National Park. The terrain has some gradual hills, and the road surface is packed crushed stone providing a nice smooth ride. The ride will be approximately 10 miles and will be at a leisurely pace with breaks along the way. The total time of the bike tour (including breaks) will be approximately 3 to 4 hours.
- **Hiking:** Trails will vary from trip to trip based on group interest, weather, timing, etc. Hikes will take you to picturesque overlooks, harbors, and gardens. You should expect to do a number of small hikes while in Acadia. Hikes will range from 1 to 4 miles in distance and will be at leisurely pace, typically lasting between 1 and 2 hours. Difficulty will vary between easy (i.e. short distance and flat terrain) to moderate (i.e. mild elevation change and occasional steeper sections).

Destination/Travel Time

The trip kicks off in Freeport, Maine at our Paddling Center. Once you've met with your guides and fellow travelers, you will travel together to Acadia National Park which is approximately a 4 to 4 ½ hour drive from the Paddling Center (including stretch breaks and a stop for lunch).

Accommodations

You will be camping at a campground, and will be provided with a tent, sleeping pad, sleeping bag, and sleeping bag liner. The campground has bathhouses with flush toilets and sinks. A shower house with hot showers is available just outside the campground and is accessible by shuttle.

Connectivity

Once in Acadia, cell phone service will be limited to non-existent. The campground does not have wi-fi or electrical outlets.

Clothing Considerations

Dressing in layers is the key to staying comfortable in the outdoors. Multiple layers allow flexibility to respond to your activity level and changing weather conditions.

Please avoid bringing all-cotton clothing. When wet, cotton rapidly robs the heat from your body and takes a long time to dry. Synthetic fabrics are best because they don't absorb water, and they also dry quickly.

For an outer layer, we recommend waterproof/breathable outer shell. This gear will protect you from the wind and rain and help keep you dry.

Luggage

Each guest should plan on having two bags with them for the duration of the trip. One bag should be a day pack to be carried while hiking. This can be used to carry a water bottle, extra layer, hat, camera, sunglasses, etc. The second bag should be a medium sized duffel to carry your personal items listed on the bring list.



Equipment Provided/Bring

What to Bring:

- Weather-and activity-appropriate clothing (preferably synthetic)
- Cycling shorts and shirt
- Synthetic socks
- Fleece jacket or wool sweater
- Fleece hat
- Waterproof jacket and pants
- Sturdy hiking boots or shoes
- Footwear for general use and biking
- Swimsuit
- Sleepwear
- Casual clothing, including warm layers for evening
- Hat with visor
- Sunglasses
- Lip balm
- Day pack
- One-quart water bottle (or hydration system)
- Compact pillow, towel and personal toiletries (travel size)
- Personal prescriptions such as EpiPen or inhaler
- Sunscreen
- Insect repellent

Optional:

- Bike (road, sport touring or hybrid bike; no mountain or comfort bikes)
- Helmet (no more than 5 years old)
- Cycling gloves
- Waterproof camera
- Extra pair of shoes for around camp
- Your own camping equipment: tents, sleeping bags, etc.
- Alcoholic beverages for the evening

What We Provide:

- Use of all necessary camping equipment: tents, sleeping bags, sleeping pads, headlamps, camp chairs, etc.
- Use of all necessary biking equipment: bikes, helmets, etc.
- Trekking poles
- All meals
- First-aid kit and safety gear

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Questions

If you have any questions about this packing list, please call one of our Adventure Consultants. Also, if you'd like to purchase any L.L.Bean clothing or gear for this trip, our Adventure Consultants can offer suggestions.

Phone: 1-888-615-9979

Email: odprograms@llbean.com

Thank you for choosing to spend your time outdoors with L.L.Bean, and we look forward to seeing you soon!