



Maine Lodge-to-Lodge Cross-Country Skiing 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

You will be skiing a total of just under 22 miles over the course of the three days. The breakdown of mileage and approximate time on the trail (including breaks) for each day is listed below:

- **Day 1:** 7.0 miles/4 hours skiing
- **Day 2:** 6.5 miles/4 hours skiing
- **Day 3:** 8.3 miles/5 hours skiing

The terrain is variable with the need to ascend and descend hills. The trails are groomed, though not all have tracks set. The skiing is appropriate for someone with intermediate cross-country skiing experience and in good health, with an average level of fitness.

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 Greenville which is approximately a 4 to 4-½ hour drive from the Paddling Center (including stretch breaks and a stop for lunch).

Accommodations

The lodging will be at two of the Appalachian Mountain Club's backcountry lodges. The first night will be at the Little Lyford Lodge and Cabins, and the second night at the Gorman Chairback Lodge and Cabins. Both locations have a main lodge with a dining area, communal gathering spaces, as well as the central bathroom facilities which include composing toilets, hot showers, sinks and an available wood-heated sauna.

Each location also has private cabins which can sleep one to five people. Only people who are traveling together will be assigned to the same cabin. Each cabin has a woodstove and gas lamps. There is no running water in the cabins.

Connectivity

This is an unplugged adventure. After leaving the Paddling Center, there is no WiFi and limited to no cell phone coverage.

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 skiing. This can be used to carry a water bottle, extra layer, hat, camera, sunglasses, etc. The second bag will be provided to you by L.L.Bean upon your arrival to the kick-off of the trip. The provided bag will be a large dry bag (dimensions approx. 30" x 15" x 15"). This bag will be for your personal gear (plus the L.L.Bean provided sleeping bag) that you want to have shuttled to and from the trailhead and between the lodges. There will be time to pack your items into this bag after you arrive for the start of the trip.

Equipment Provided/Bring

What to Bring:

- Day pack
- Waterproof jacket (with hood) and waterproof pants
- Fleece jacket or wool sweater
- Long underwear tops and bottoms (synthetic or wool)
- Warm hat and gloves (preferably waterproof)
- Insulated winter boots to wear at the end of the day
- Synthetic or wool socks
- Underwear
- Sunglasses
- Sunscreen
- Lip balm with sunscreen
- One-quart water bottle or hydration system
- Personal prescriptions such as EpiPen or inhaler
- Personal toiletries (travel size)
- Compressible pack towel
- Pillowcase

Optional:

- Camera and accessories
- Binoculars
- Sleeping bag
- Bathing suit (for wood-fired sauna)
- Cross-country skiing gear (Please call ahead if you plan to bring your own equipment as it must pass inspection before use)

What We Provide:

- All cross-country skiing gear: skis, boots, poles and gaiters
- Headlamp
- Sleeping bag and bag liner
- Pillow
- Dry bags for packing
- First aid kit

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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. We look forward to seeing you soon!