



One-Night Maine Bike and Kayak 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

Over the course of the weekend, one day will be spent biking and the other day will be spent kayaking. See details regarding each activity below:

- **Biking:** On this day, you will ride approximately 25 miles round trip. The terrain has some gradual hills, and the route will be on winding rural asphalt roads. The ride will last approximately 5 hours, with stops for breaks and lunch. Should you want to take a break and sit out part of the ride, there is a support vehicle that follows the tour from start to finish.
- **Kayaking:** On this day, you paddle approximately 7 miles in tandem (i.e. two-person) kayaks. From start to finish the tour will take approximately 5 hours, including breaks to stretch and for lunch on an island.

Each day will have a relaxed pace and be appropriate for both beginner and intermediate bikers and paddlers.

Destination/Travel Time

The trip kicks off in Freeport, Maine at our Paddling Center. Both activities will depart from and return to the Paddling Center at the end of the day.

Accommodations

You will be camping at our oceanside Paddling Center. Here we have tents on wooden platforms for you to stay in, with views overlooking the ocean. Each tent has a lantern, headlamps and two cots with freshly cleaned sleeping bags. A short walk from your tent will bring you to our main building where we have sinks, flush toilets, and hot showers available for your use at any time.

Connectivity

While at the Paddling Center, cell phone service is available for most carriers when close to the main building. While out on the activities, coverage is less consistent. Wi-fi is available in the main building at the Paddling Center.

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

A medium-sized duffle bag should be appropriate to pack the personal items you will need for the trip, but you are welcome to pack as much as you need to be comfortable. Because the tents are located a short walk from where you park your car, you can leave any items either in your car or in your tent.



Equipment Provided/To Bring

What to Bring:

- Weather- and activity-appropriate clothing (preferably synthetic)
- Rainwear
- Cycling shirt or synthetic shirt
- Cycling shorts
- Synthetic socks
- Fleece jacket – appropriate level of insulation for the activity
- Activity-appropriate closed-toed shoes
- Water bottle
- Sunglasses
- Hat
- Personal toiletries
- Personal prescriptions such as EpiPen or inhaler
- Pillow
- Towel
- Sleepwear
- Sunscreen
- Insect repellent

Optional:

- Dry clothes and change of shoes for after activity
- Swimsuit
- Waterproof camera
- Lip balm
- Alcoholic beverages for the evening
- Bike helmet (no more than 5 years old)
- Bike (road, sport touring, or hybrid bike; no mountain or comfort bikes)
- Tandem sea kayak with two bulkheads, spray skirt, paddle and U.S. Coast Guard-approved Type III PFD

What We Provide:

- Use of all necessary paddling equipment: boats, paddles, PFD, etc.
- Use of all necessary biking equipment: hybrid bike, helmet, handlebar bag, youth bike for ages 12+, etc.
- Use of all necessary camping equipment: tents, sleeping bags, sleeping cots, etc.
- Headlamps
- First aid kit
- All meals and snacks
- Bathrooms and hot showers

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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!