



Outdoor Adventure Program

Campus Slow Ride



Destination

- UWF Campus

Drive Time

- N/A

Meals Provided

- None

Itinerary (All times are subject to change.)

- **2:30 pm:** Meet at the Outdoor Center, (Bldg. 209)
- **2:45 pm:** Orientation (review bikes, bike safety, etc...)
- **3:00 pm:** Start Riding (Tour Campus)
- **4:30 pm:** Finish Ride
- **4:30 pm:** Bike clean up
- **5:00 pm:** See you next time

What to Bring

- Any lifesaving medication (epi-pens, inhaler)
- Sun protection (Sunscreen, hat, sunglasses)
- Water containers (bottle, Nalgene, cup, etc)
- Snacks
- Change of Clothes/Towel (to leave in Shop)



OA will provide bikes (limited supplies - register early) and guides

Payment

Register online at <https://recreation.uwf.edu/> or the HLS Recreation Center Service Desk (Bldg. 72).

*Please do not bring anything with you into the outdoors that you are worried about. If whatever you are bringing cannot withstand being wet, dropped, crushed or lost please leave it at home. Some examples of things that do not do well on camping trips are iPods, cell phones, laptops, expensive jewelry or large amounts of money. Please pack accordingly.