



Active Terps Live Well



DIVISION OF  
STUDENT AFFAIRS  
UNIVERSITY RECREATION & WELLNESS

## Spring 2024 Micro-Adventure Trip Schedule

### **Ski Liberty Mountain**

Date: Wednesday, February 7

Location: Fairfield, PA

Time: 3:30 PM - 10 PM

Cost: \$60

Hit the slopes on this skiing micro adventure! Trip cost includes transportation to and from [Liberty Mountain](#), ski rentals, and a Night Lift Ticket.

*Travel Time: Approximately 2 hours one-way*

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### **Snow Tube Liberty Mountain**

Date: Thursday, February 15

Location: Fairfield, PA

Time: 4 PM - 9 PM

Cost: \$35

Take a trip down memory lane to childhood snow days, or try sledding for your first time on our snow tube liberty mountain micro-adventure! Trip cost includes transportation to and from [Liberty Mountain](#) and a tubing ticket.

*Travel Time: Approximately 2 hours one-way*

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### **BikeYo Lake Artemesia**

Date: Wednesday, April 10

Location: College Park, MD

Time: 4 PM - 7 PM

Cost: \$10

Join us for a relaxing evening adventure to Lake Artemesia. We will take a leisurely bike ride on Paint Branch Trail from campus to Lake Artemesia. Once at the lake, we will unwind and get centered with some yoga. A RecWell yoga instructor will guide us through a beginner-friendly yoga session that provides an introduction to basic yoga poses, movement, and breathing techniques. No previous experience is necessary; bike and helmet rentals are included.

*Travel distance (via bike): 4 miles round trip*



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### **Bikes & Beans**

Date: Saturday, April 20

Time: 9 AM - 11 AM

Location: Riverdale Park, MD

Cost: \$10

Spend your Saturday morning with us on a ride to [Manifest Bread](#) for coffee, tea, and/or a treat (optional - not included in trip cost). Trip cost includes a bike, helmet, and navigation from trip leaders.

*Travel distance (via bike): 5 miles round trip*

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### **Earth Day Plogging**

Date: Monday, April 22

Time: 4 PM - 6 PM

Location: College Park, MD

Cost: \$10

'Plogging' is a new global movement that originated in Sweden. It takes advantage of jogging and other outdoor sports to pick up the litter that spoils our cities and natural spaces! Join us on Earth Day for a local plog around College Park towards Lake Artemesia. Gloves, trash bags, and a plogging sticker will be provided to all participants!

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### **National Arboretum**

Date: Sunday, April 28

Time: 10 AM - 2 PM

Location: Washington, D.C.

Cost: \$10

The [National Arboretum](#) is a garden, a park, and a research institution, part of the USDA. Its 446 acres include world-famous collections – of azaleas, Bonsai and Penjing, dwarf conifers, and much more, cared for by staff and over 140 volunteers. Join us for a fun morning exploring the unique flora and peaceful trails!

*Travel Time: Approximately 20 minutes away*