

November 2011 Newsletter



Abundance

November Program

You are invited to a free public presentation on **Thursday, November 10 at 7:00 pm**, in **Room 125** of the **UM-Helena**, 1115 N. Roberts, just east of Helena High.

Southeast Asia by Bicycle



Join **Lynda Saul** on her six-week bicycle tour through Southeast Asia this past winter. Her trip included traveling by boats, tuktuks and planes that took her along the coast of Thailand, across Cambodia and Laos, and into the Mekong delta of southern Vietnam.

Sharing photos and personal stories she'll first take us through ethnically diverse, hot and humid Cambodia. She and other cyclists toured the 12th c. jungle temple **Angkor Wat**, admiring the grandeur of Khmer architecture with its extensive bas-reliefs and numerous guardian spirits adorning its walls. They also witnessed the incredible engineering feat behind the city's sophisticated irrigation system that supplied water to 3/4 million inhabitants during the empire's peak.

Back in Ho Chi Minh City (Saigon), Saul packed her Bike Friday inside its suitcase and flew to Hanoi where she

joined a guided tour for three weeks and travelled in northern Vietnam and Laos. This leg of her journey included cycling from sea level to 6000 ft. mountain passes through towering limestone pinnacles, countless Buddhist temples and water buffaloes. In total she covered 1,100 miles and devoured over one hundred delicious Southeast Asian meals.

Day Trips

All trips are weather-dependent and subject to last minute cancellation.

Show & Go Monday morning trips: Join Barb on short hikes in the Helena area. Meet at 9:00 am at the parking lot next to the old Center Stage building on Euclid. Call Barb (443-1159) for details or read about the following week's trip on our Yahoo group.

Show & Go Tuesday evening hikes: Meet at 5:30 pm in the parking lot next to Birds & Beasleys across from the L&C Library. Hike on Mt. Helena or Ascension trails. Bring a headlamp. Call JoAnne (449-7971) for details.

Saturday, November 19: Lone Mountain hike. We'll hike to Lone Mountain near Radersburg, a series of hills out in the middle of wheat and hay country. Our cross-country ramble to the summit wanders through grasslands, sage and rock formations, rewarding us at its 5024 ft top with excellent views of the Radersburg Valley and the Elkhorn Mountains. Expect to see mule deer, birds and the ruins of an old mining exploration. Moderate 3-4 mile hike with an elevation gain of about 800 ft. Call Tom (202-3367) for meeting place and time.

Friday, November 25: After-Turkey Mystery hike. Meeting at 10:00 am. Call Helen (461-6741) for details.

Weekend Trip

Friday evening – Sunday pm, November 11-13: Yellowstone Park. We'll stay at the Absaroka Lodge in Gardiner and hike, XC ski or snowshoe in the Park during the weekend. Contact JoAnne ((449-7971) or MaryAlice (495-8787) for lodging & meal details.



Stay in touch through our Yahoo group:
Reminders, additional and last-minute trips will be posted on our YAHOO group, a network of over 80 local outdoorsy folks and potential trip companions. You can find us here:

http://groups.yahoo.com/group/hoc_members/.

If you aren't already on this list and want to know how to sign up, email monique@mandali.com and she'll send you instructions. It's FREE to members and a super way for everyone to post their own outings *and* find out about other people's trip ideas all year long!



THE HELENA OUTDOOR CLUB is for everyone, regardless of age. Our outdoor activities vary with the seasons and include hiking, backpacking, canoeing and kayaking, bicycling, snow shoeing, XC and downhill skiing. Most activities are free. Members organize and guide trips for the casual recreationist. No experience necessary. We also offer free public presentations on adventure travel in Montana and around the world.

Yearly memberships are only \$10/family. Mail your check to PO Box 135, Helena, MT 59624.

www.helenaoutdoorclub.org

A club for non-motorized recreation since 1972

Steering Committee:

Trip Coordinator	Jo Anne Thun	449-7971
Trip Co-Coordinator	Helen Fee	461-6741
Weekend Event Coordinator	Jan Horan	442-1619
Memberships & Treasurer	MaryAlice Chester	495-8787
Database & Newsletter	Monique Mandali	495-9206
YAHOO Group Moderator	Monique Mandali	495-9206
Website	Monique Mandali	495-9206

And many other dedicated volunteers! Thank you!