

Sent: Sunday, August 28, 2011 9:39 PM
Subject: Postcard 2011-08-28

Today we conquered Bear Mountain in Sedona. Naturally the mountain fought back, but we won by decision.

Highlights:

A balloon before we started.



The strangest gate at the trailhead. It's like carry-on luggage at the airport – if you can't fit into this space you can't take the trail?



Scenery





A Lizard



Resting



Trail Mix



This is *Sheila and Dale's Really Good Trail Mix*.

16 oz. Planters Dry Roasted Peanuts

12.6 oz. Dark Chocolate M&M's

7.25 oz. Planters Dry Roasted Sunflower Kernels

9 oz. Sun Maid Raisins

One serving is 1.5 oz., delivers 286 calories and 226 mg sodium.

Lowlights:

It got really hot, as it 111 in the sun.

Two turned ankles.

Now it's 74 in our room and when we lie on the bed our ankles are fine.

😊

D&S