

By all these lovely tokens September days are here, with summer's best of weather And autumn's best of cheer. — Helen Hunt Jackson

Mark Your Calendar!

Sept. 8-10, Camping & Kayaking — Galveston Island State Park

Barb has reserved a bay side campsite at Galveston Island SP for tent camping. (water only, no electricity). We can explore the beach, try kayak surfing and kayak in West Bay. Room for 8 participants. Carpools and shared meals can be arranged. Cost is about \$10 per person plus meals and shared gas expenses. Bring your own kayak. For more information or to reserve a place contact Barb Cutter.

Trip Leader:
Barb Cutter

bjscutter@sbcglobal.net

October 6-7, Camping at Lake Whitney State Park

Robbie has reserved 3 water only sites. Activities include camping, hiking, mountain biking, picnicking, boating, fishing, swimming (buoyed area – no lifeguard on duty), scuba diving, water skiing, nature study and excellent birding.

<http://tpwd.texas.gov/state-parks/lake-whitney>

Trip Leader:

Robbie Chandler

rbbchandler@yahoo.com



October 19-22, Camping at Shady Lake

Town Dallas' annual campout at Shady Lake Recreation Area in the Ouachita National Forest will be October 19-22. Shady Lake has long been one of our favorite camping areas because of the tall trees with beautiful fall foliage, mountains, and lake with waterfalls.

Bring a pumpkin to carve and Halloween decorations for our tent decorating contest.

There are miles of trails to hike and a small lake to put in your canoe or kayak.

The 9-mile Caney Creek trail with its own waterfall begins in the mountains 3½ miles north of Shady Lake,

Tall Peak Mountain trail begins a few feet from our camping sites, and there's a trail around the lake. Shorter hikes are near our campsites, along the running creek, and the lake. Restrooms, showers, and water are all nearby.

Shady Lake Recreation Area is a lovely CCC built campground with stone bridges and stone pavilion by the lake. The campground and park road are located north of Texarkana, southeast of Mena, Arkansas, on the lower southern edge of the Ouachita National Forest between Vandervoort and Athens on Hwy. 246.

Please join us in celebrating fall and Halloween in this wonderful camp-

What's Inside!

Activities	1-2
REI Classes	2
Baking in the Backcountry	3
Colorado Trail	3
Best Trails	4



NEXT TOWN MEETING

TUESDAY
SEPT. 5, 2017

LA MADELEINE
5290 BELT LINE RD
ADDISON, TX

6:30-7:00 Social Hour
Meeting 7:00



Texas Outdoors Woman Network

ground. For more information on the trip and availability of space and food arrangements contact Judy.

Trip Leader:

Judy

JShawTX@aol.com

November 9-12, Camping at Huntsville State Park

Come join us for a fall campout in Huntsville State Park. Lose yourself among the majestic trees and beauty of the East Texas Pineywoods. Rent a canoe, kayak or paddleboat! You can also explore the hiking trails or just relax by the lake. This campout will be led by Nancy Lee and MJ Steele. Sign up sheet will be at the meetings or contact MJ to get on the list.

Trip Leaders:

MJ & Nancy Lee

texassteele@yahoo.com



Trail Running Basics Thursday, September 07, 6:30-8:00 p.m.

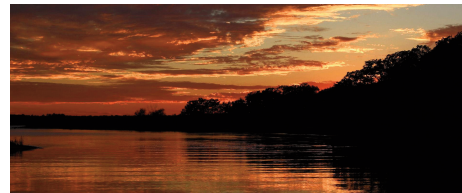
Trail running can be a great change of pace from the jog around the neighborhood. In this session they will cover what you need to get on the trail. Learn about technique, training, clothing and footwear specific to the sport of trail running.

FREE! 38 spots available

Find Your Park: Big Bend National Park Wednesday, September 13 6:30 - 8:00 p.m.

Join REI for a Find Your Park class to discover one of the best spots to recreate in Texas. This class will focus on Big Bend National Park. Big Bend is expansive park land in west Texas that is widely known and deeply loved by many. Meet one of our adventurous instructors who will share her first-hand knowledge of the park and give you the tips you will need to enjoy your time in the wilderness of Big Bend. Highlights of the class and the park include the Rio Grande River, wildlife, the Chisos mountains, Texas desert and stars that are big and bright..

FREE! 20 spots available



Sunset Hike at Eagle Mountain Park, Saturday, September 16, 6:00-8:00 p.m.

Experience a BIG Texas Sunset from one of the best views on Eagle Mountain Lake! Join them for an evening hike at Eagle Mountain Park. They will teach you about the 10 essentials of backcountry travel and introduce you to the principles of Leave No Trace, and will end with an awe inspiring sunset on Eagle Mountain Lake. See location details for more info on the specific destination for this outing.

Member price \$35

Non-member \$55

Gourmet Camp Cooking Wednesday, September 20 6:30-8:00 p.m.

If your camp meals have been

following the same old pattern, join them for some insight into putting the gourmet back in your camping experience. They will break down some of the components of great meals and translate how to bring them into the outdoors.

Understanding food by its components will change the way your plan and prepare your next camping feast. Combine this perspective with the right tools and your campsite can become every bit as versatile as your kitchen. Bring your appetite for adventure and be ready to dazzle your tent-mates!

FREE! 15 spots available

North Texas Night Photography Group, Tuesday, September 26 6:30-8:30 p.m.

North Texas Night Photography Group is interested in landscape (dusk-dawn) and night-sky photography, including Milky-Way, star trails, light painting, long-exposure landscape, and much more. Our group's purpose is to provide events and photography outings with other people who love doing this as much as we do! Find out where the best places outside of town are to photograph the stars and learn how to capture the Milky Way or come with us to photograph the best city scenes at night! Meetings (in DFW) would include Meet & Greet, tutorials to get to know your settings, more local landscape night photography, discussion on locations, preparing & planning, equipment requirements, post-processing using Lightroom, Photoshop, and StarStax. All skill levels are welcome.

FREE! 38 spots available

How to Bake in the Backcountry

No oven? No problem. Here's how to put cookies, muffins, and brownies on the menu.

Story by Dennis Lewon

With the twiggy fire method, you want heat below and above a pot or pan, creating a makeshift oven. You need a flat lid with no plastic parts, and yes, it will get black.

- 1) Use a stove (any type) turned down as low as possible. With liquid-fuel stoves, depressurize the bottle a bit to help reduce heat.
- 2) Place dough or batter (any recipe will do, or use pre-made dough) in a nonstick or greased pot. Don't fill the pot more than halfway.
- 3) Build a small fire on the lid using twigs and small sticks; gather plenty to keep feeding the fire until baking is done. The size of the lid naturally



limits the size of the fire.

- 4) Rotate the pot every five minutes to ensure even cooking. Resist the urge to check under the lid too frequently, which makes it hard to keep the fire going.
- 5) Wait about 20 minutes, depending on your recipe. When you can insert a pine needle into your baked goods and it comes out clean, you're done.

(Note: Only use this method when fires are permitted and safe.)



Traveling the Colorado Trail
Kay, Faith, Laura & Cindi



Mission Statement

The TOWN mission is to provide all women the opportunity to learn and experience outdoor activities in natural surroundings through a non-threatening, safe and supportive environment.

The Best Day Hikes in America: **Lighthouse Rock** **Palo Duro Canyon**

It's a longer drive than, say, the hyper-local Four C Trail, but it's the closest Southwest-style canyon country to the Texas Triangle. Retrace the footsteps of Comanche bands who hid here in the 1800s on a 5.4-mile out-and-back to a red-and-white-striped hoodoo that rises more than 300 feet above the chaparral.

Distance 5.4 miles (out and back) Trailhead 34.951086, -101.667992 Drive time 0:39 from Amarillo Season Year-round.

Petit Jean State Park **Arkansas**

Nestled between the Ouachitas and Ozarks lies the 1,120-foot jumble of ancient sandstone known as Petit Jean Mountain. There, seven streams—and 300 million years – have carved the stone into seven sinuous canyons (or “hollows”) that you can explore on this 4.5-miler.

Follow the blue blazes and look out for spur trails across the creek that lead to several small caves before mile 1. Save time for the highlight at mile 1.5: a 22-foot-tall natural stone arch. Just beyond, Wet Weather Falls splashes between rocks after heavy rains. Climb up a sandstone gully at mile 1.7 to gain the bluff (watch for collared lizards darting out from boulders to sun themselves), then take a spur trail on the right at mile 2.1 to trace the ridgeline to the Grotto, a stone amphitheater that features a pour-off waterfall in spring. By mile 3, the trail levels to follow the stream through a hardwood forest shaded by 2,400-foot-tall bluffs (the park's biggest). When you close the loop, take the 2-mile side trip to 95-foot Cedar Falls.

Distance 4.5 miles (loop) Trailhead 35.114198, -92.947485 Drive time 1:12 from Little Rock Season Year-round.



Bison Trail **Wichita Mountains**

The Wichita Mountains erupt from the plains, a 59,000-acre knot of cliffs, boulderfields, and rivers where 650 bison roam. Tour the park on a 5.7-mile lollipop-loop that winds past the best cliff-edge views and offers swimming access to French and Lost Lakes.

Distance 5.7 miles (lollipop-loop) Trailhead 34.721588, -98.703430 Drive time 0:35 from Lawton Season Year-round

Taken from Backpacker Online