



MONTANA [AGAIN]

MOUNTAINS

OLD COWPOKES

NASTY HEAD WINDS

TRANS AMERICA TRAIL RIDERS

ANTELOPE

NIGHTS Butt A__ FREEZING

AVERAGE DAY TEMPS 10C

DAY 64 West Yellowstone Evergreen Motel MONTANA to Pallisades National Forest CG
June 7/08 Saturday D74.93 M42 A15.9 PT4h41 tt 6h total 4793 km

Temp left and it was grappling already as we headed out of town... got up to +5C and grappled on and off all day until in camp 10C and cooled off rapidly

Wind into a brisk wind all day especially when by Earthquake lake

Food: Breakfast usual fruit/yogurt

Lunch. At the earth quake information center while we waited for our tour

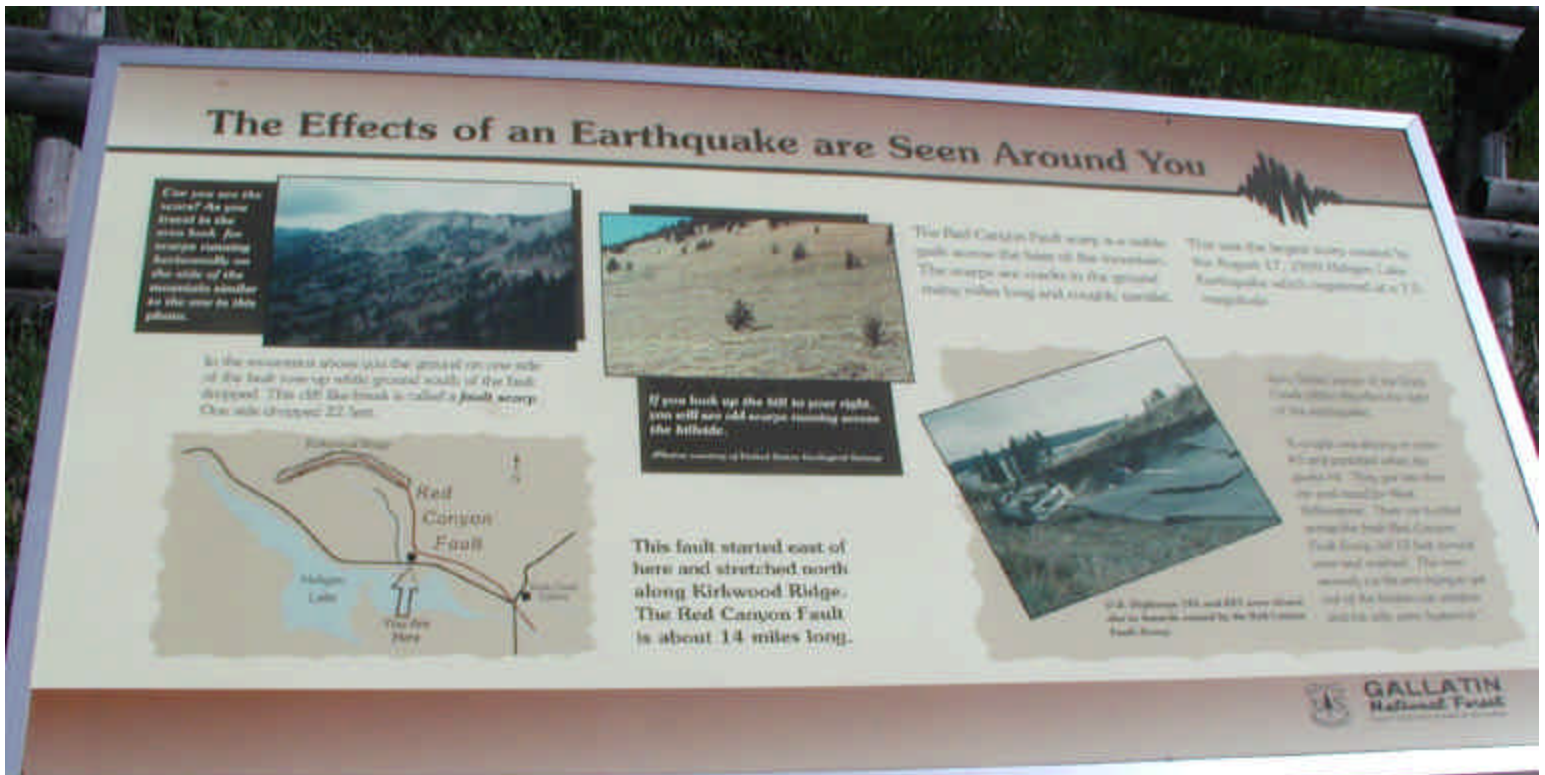
Supper KD in camp

Road Conditions nice shoulder, downhill or rolling to Earth Quake interpretive center then gradual up up into the wind

Accommodation first National Forest CG... rustic with outhouse and no water but the location couldn't be beat. The gorgeous snow covered mountains on one side and to the west a large cliff down to the overflowing Madson river



Overall: very good day other than it grappled down on us every few hours and it was into the wind most of the day... we were suited up pretty good. The owner of the Evergreen tried to talk us into staying another night as it was snowing when we left and no inside accommodation for sure until Ennis. Ken was happy to see his favorite Okanagan sunflowers in bloom. We had a plan to get a cabin at Madison River cabins in 60km, but not in operation as far as we could see... the cabins were full, but no office so we went on as we knew there was some camping to be had. We saw the Forest camp sign and headed off towards it thinking it wouldn't be far, but it was at least 1km on gravel so once there we didn't feel like turning around.



On the way we passed Hebgen Lake and then Quake Lake which is formed from an earth quake August 17,1959 7.5 on the scale. It was a very interesting center describing what happened and how they dealt with it. There were many deaths... some in camp grounds... a boulder crushed a tent! Some cabins slid into the newly formed lake when a rock slide cut off the river, and may people were buried by the rock slide. Interesting it would be 50 years ago and they

expect the lake to drain and become a river again, but it is a good sized lake still. It was grapping and very cold at the center.



It is a very pretty spot... would be nicer with a bit warmer weather. Will be interesting to know if it ever does go back to be a river



Met a cute couple from Bozeman Montana that just got married 2 weeks ago and are on a summer honeymoon going to California by cycle and to 3 weddings on the way. They were so nice. They had “hurricane” panniers which we might look into as they look durable and would be very water proof. They said they went to BC 1 month ago to the Columbia Valley and liked it so much they said they wondered how hard it was to immigrate! She is a massage therapist and he just finished university and plans to work in the Parks dept. Nice couple.



Once in camp we met Paul Martin a fellow from who knows really where. He has spent 2 years in his Airstream traveling about. He was very nice and invited us over for tea and conversation. Very interesting. He had a job until recently, doing things such as phone support for Intuit “Quick Books”. He is a interesting guy who has many interests: guitar, cycling, and ravel for some. Spends time in Arizona in the winter in these free camp spots. I would

like to try it, I don't know if I would like it all that well, but I might. He said since his job was downsized he has changed to staying in campsites vs RV parks... more economical The gas at >\$5/gal is hurting a bit.

DAY 57 Evergreen Motel (West Yellowstone MT) to Pallasades National Forest CG(MT)

Turn right Continue to follow US-191/US-287	13.3 km	13.8 km
Turn left at Hebgen Lake Rd/US-287 Continue to follow US-287 @18 Kirkwood Resort & Marina G/SS @22 Campfire Lodge M/R/CG @33 Slide Inn G/CG/Cabins @44.6 Madison River Cabins R/G/M	45.9 km	59.7 km
Turn left	0.3 km	60.0 km
Turn left across Hutchins bridge to go to CG or go on	0.1 km	60.1 km
Continued on US 287 to National forest CG on left 1km on river	14 km	74km

Could stay 1km back at Madison River Cabins but they didn't look open for nightlys
 Madison River Cabins & RV - Cameron 1403 US Highway 287 North Cameron, MT 59720 406-682-4890
 We are at mile marker 14, right next to the Grizzly Bar and Grill.
 West Fork Cabins (406) 682-4802 1475 Us-287, Cameron, MT 59720
 Also 2km ahead: West Fork Rest Area CG (free)



The view was wonderful both directions... this way the mountains and the other the river and cliffs. We put our food in the shelter seen past the tent as we were concerned about bears.

DAY 65 Pallisades National Forest CG to Alder KOA
June 8/08 Sunday D82.5 M43.6 A14.7 PT5h35 tt 8h total 4831.8 km

Temp +2C and raining when left our cute little site, with a cold wet tent Got up to 15C, sunny with a threat of rain never far off

Wind tail wind in the morning and a bit of head wind in the pm

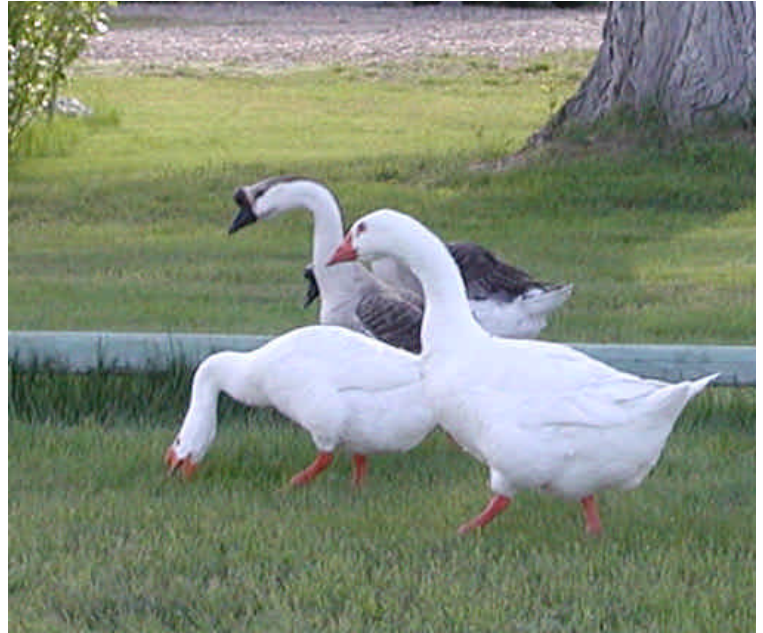
Food: Breakfast usual fruit/yogurt

Lunch. French toast/pancake stop in Ennis

Supper Pizza in Virginia City

Road Conditions good shoulder to Ennis then small shoulder but minimal traffic

Accommodation KOA in name only... no pool no games room, no nothing not even internet! But lots of Goose Poop!



Overall: started off with a new dress code as we were cold.... plastic bags between double socks, plastic bags over gloves, rain hats, bandanas.... You name it other than long underwear we had it on! Good day otherwise... headed off from CG to Cameron where the restaurant wasn't open until 11am so we had tea and met 4 other cyclist.... From Connecticut.... The most unfriendly group ever.... They were mad at the truckers and rude to the owner... They were very discouraged and they had only come from Astoria headed to Maine... they might want to get their act together..one had a sore knee already... and they didn't have enough clothes on so were really cold.

There is a nice RV pk , cabins and store/café we could have come this 23km last night if I wasn't so tired. Next trip bring gortex covers for mitts!

Ennis is a really cute town with lots of motels and groceries etc. We had breakfast/lunch at the Pharmacy that has an old style café that was really busy. We got a bit of a surprise leaving town was up up and more up for 10miles 6% most of the way... almost as bad as out of Osoyoos, then when at the top layered up and headed down down into Virginia City which is a ghost town of a mining town with very few services and the camp ground had no people not even in the office so we continued into the town to a hotel with the doors locked and know one about... the pizza shop said to go the the Stone B&B... no answers there either so we looked at the town of old buildings with not much to do and decided to eat supper and see if the hotel opened up... other people were trying to get a room too.



This is the prerequisite to the "Ski Limo"

We left town for Alder 9 miles [14km] expecting to work at the last of the day as into a slight wind..... no it was wonderful could have gone the whole way with out pedaling... down down down down... great right to the KOA... it was all along the placer GOLD mine site so tons of rocks piled up all along the stream for the entire distance... lots of people looking for “red agets” in the old piles. The sun came out to dry the tent and it turned into a beautiful evening. We watched the tame geese interact with the Canada Geese that landed in the pond below our tent... interesting one goose from each “group” swam to each other and circle and circled and then the tame goose led the wild one to the shore where the other tame ones were and they pecked at bugs for a while, but the rest of the wild geese never did come on shore but stayed on the far side of the pond. Interesting as I didn’t think they would have any problems tame or wild. Did see some proghorns again today, but no other wild life other than lots of birds. Headed for Dillon tomorrow

DAY 58 Pallisades National Forest (MT) to Alder KOA CG

Head north toward US-287	km	1 km
left at US-287 @ 23 km Cameron G/R/M/CG	42.5 km	43.5 km
Slight left at MT-287 Ennis AS	28 km	71.5 km
Virginia City AS well sort of it’s a ghost town with 3 B&B’s		71.5 km
Continue downhill on MT 287 to Alder KOA	11 km	82.5 km

Virginia City CG RV Park Address 1302 E Wallace St, Virginia City 59755 (406) 843-5493

more than 1km into downtown:

Fair Weather Inn 305 W Wallace St Virginia City, MT 59755 (406) 843-5377 ? not open Sunday night??



View from our tent of the pond and the tailings from the placer mine and the great mountains

DAY 66 Alder KOA to Dillon KOA

AVERAGE 20.2 first 32km before into the wind!

June 9/08 Monday D83.77 M35.7 A17 PT4h37 tt 6h total 4915.5km

Temp Butt A== Freezing [Ken's log contibution] this morning +2 in tent; 0 outside clear sky and crisp!

Wind slight tail wind in the morning to Twin Bridges, into a head wind to Dillon

Food: Breakfast usual fruit/yogurt then a pancake stop in Twin Bridges

Lunch. Salad and a bagel once in camp

Supper salad and "chicken" paddies with the stand by Mountain Dew

Road Conditions good shoulder to Twin Bridges then gone to a small shoulder and close to Dillon got better

Accommodation KOA is better tonight has a pool but we didn't swim. NO GOOSE POOP! Quite site beside the creek. Internet, laundry, hot showers with a neat idea ... lets see if I can describe you close the stall door and flip a bench down from the right wall to rest on a board and the left wall... knowone can come in and you have a dry place for all your stuff... and they had hooks too... seems a small thing but day after day in these showers with your stuff getting wet or on the floor is pretty yuccy.

Overall: The ride from Alder to Twin Bridges was great thru Sheridan with the wind at our backs and a average of can you believe it 20.2 kph! Felt good not to be pushing into the wind for once. We stopped for a pancake feed and turned southwest into the wind.



THIS IS BEAVER HEAD MOUNTAIN WHERE LEWIS AND CLARK CAME THRU



THEY ARE RAISING GOATS, SHEEP AND BEEF

Mostly flat [thru the Ruby Valley] then some rolling grades to Dillon. Mountains on all sides. Good day Met 3 young men going east from Connecticut... they flew to the west coast and are just into their adventure... they stayed in the ditch last night and were cold! The said they might just end at home, but as the weather gets better they may find they want to complete the ride. Also met 3 women and a guy who got together thru Adventure cyclings ad pages : one woman maybe 60+ [did the trans American in 1976 it's first year] from Netherlands, with a ~30+ year old guy from Bend Oregon, 1= 35yr old woman from Wisconsin and another woman from North Carolina. They seemed to be having a bit of a difficult day as not cycling all together. I often wondered how these trips turn out with people you don't know. I gave them my card and I hope they email us as I would really like to know how their adventure turns out and I ment to say if they were ever in Kelowna to get a free nights lodging. It's kind of fun seeing others on the trial now.



We will be home before we know it! It is so green that everyone is telling us this is not usual as they have had a lot of rain. Cloudy thru the day, but no rain and they are irrigating the fields! The rivers are all still really high and there is still lots of snow up on the mountains. There was fresh snow we could see about 200 ft above us. Dillon is a nice town with museum and lots of shopping and grocery stores and a bike shop if needed... Ken lost a brake pad, but we were carrying some so other than that he thinks his rear wheel bearing is going, but we will limp home more than likely. The group we met today said they stopped at the Adventure cycle office. The one woman said she didn't like Missoula as she thought it was cycle unfriendly. Amazing how different we all find different places dependant on the day of the week, weather we are tired or the drivers that pass us. Like today we had 2 too close for comfort drivers that I could have throttled if they had stopped. Oh well tomorrow is another day in paradise!

DAY 59 Alder KOA to KOA (Dillon MT) 79km

Turn right MT-287 in 16km Sheridan AS	0 km	32 km
Turn left at 4th Ave/MT-41 Continue to follow MT-41 Twin Bridges AS	43.8 km	75.8 km
Slight left at I-15-BR/N Montana St	1.2 km	77 km
Dillon AS turn right at info center on Reeder st	1.5	78.5 km
Slight left on W Park St	0.5 km	79 km

Koa 735 W Park St Dillon, MT 59725 (406) 683-2749 Creston Motel 335 S Atlantic St Dillon, MT 59725 (406) 683-2341

Super 8 - Dillon 550 North Montana Street Dillon, MT 59725 (406) 683-4288

Best Western Paradise Inn 650 N Montana St Dillon, MT 59725 (406) 683-4214

Go by a Safeway behind McDonalds, there is also an IGA on Idaho St ; Alco discount grocery on Helena
Stock up on food next 2 days are lean



VIEW FROM KOA CAMPSITE



CAMPSITE

DAY 67 Dillon KOA to ~~{Jackson Hot Springs Lodge and CG}~~ to Dillon Motel 8

June 10/08 Tuesday D52 M 48.8 A13.4 PT3h52 tt 4.25h total 4967.5 km

This may not be a part of the log you want to read! It's depressing!



Wind virtually none until going up into the pass and then it was head wind and side gusts until I was walking

Food: Breakfast usual fruit/yogurt

Lunch. At Motel had a bagel

Supper Pizza

Road Conditions good shoulder

Accommodation Motel 8

Overall: The day started off so so well. Sat reading a book before we left. Tent was dry and the sun was shining. We left the KOA confident as usual with 2 mountain passes to go over with no services in 76km.

Temp Well we started off 5C from the Campground, dropped rapidly as we went into the mountains, 2C at the top

We saw some gorgeous horses with a colt and a fox or coyote stocking the colt



We got about 10km up a gradual up up up with a head wind that just kept increasing. We layered down as it was hard work into the wind. Then it started being gusty from the side and front. We struggled on as it got steeper and thought we would keep going until we got to the trees, but the wind just kept increasing. I started to push my bike as I couldn't keep upright. Ken wanted to turn around, but I still thought we might get to the top of the pass and the wind would change. I pushed for 4 km and then a motorcyclist stopped. Low and behold he was from Vernon! He said there were cars off the road on I- 15 due to snow storm just north so he was taking this route to maybe get ahead of it. That was the decision. We were 26km and almost at the top of the first pass. We were on the road 3 hours with an average 9.2kmph not bad with walking! [The wind was 30mph with gusts to at least 40mph according to the tv.] We turned around and had to break all the way back to town.... 3hours up 52min back! We were both hypothermic by the time we got back to still a brilliant blue sky 2C and still windy. Well we checked into a motel and the rest is history... try again tomorrow. They are calling for snow overnight! Maybe we will spend a couple of days in Dillon! We did walk about town after a shower. Looked at the sites and are really tired for not getting anywhere!

Neat Sheep herders Camper! I think Jim should get one of these it would be a lot more economical on gas!



Also this log structure looks like it was 4 bachelor apartments!



DAY 68 Dillon Motel 8
Rest day due to wind snow and cold 0C in town
June 11/08 Wednesday D M A PTh tt h total km



Temp 0C in Dillon with weather watch for entire area for snow storms SW winds

Wind ++ windy as seen by the flags outside our motel

Food: Breakfast Motel 8 toasted bagels with OJ

Lunch. bagels

Supper mashed potatoes, veggie burgers, broccoli and carrots... good

Road Conditions walked all over town again

Accommodation stayed on at the Motel 8 although they moved us up stairs... not so convenient with bikes but better than outside in the tent

Overall: well we watched the weather and no improvement seen until Thursday or Friday... 0C in town, snowing up in the passes with wind wind wind. Decided to lay over rather than freeze. There is nothing for 75km so we need to know we can make it. We got haircuts... I had my first barber cut... he did a good job too. He has been at that chair for 37years and thinking of retiring. He only works Wed, Thur, Friday with another fellow other days. He is a fly fisherman so looking forward to retirement maybe next year. Has been a nice lazy day looking out at the clouds... no snow or rain in town. Will phone the accommodation up at the Jackson Springs to check on the weather and stay here another day if unable to set off.



flags on Thursday morning so off we went again up the pass

DAY 69 Dillon Motel 8 to Jackson Hot Springs Lodge and CG

June 12/08 Thursday D77.03 M 43 A10.6 PT7h17m tt 7.5h total 5044.6 km

Temp started off at 2C and got up to a whopping 5C that is +5C

Wind ridiculous... the flags in the park were almost dead still, but by the time we were headed up into the hills a good head wind came up and became stronger and stronger... nothing like Tuesday

Food: Breakfast yucky Motel 8 bagel and juice

Lunch. Not until we arrived at the hot springs as too windy and no services the entire route PB sands what else

Supper out for supper at the lodge

Road Conditions good shoulder no shelter from the wicked wind!



Accommodation very nice lodge with economy cabins



FIRST BABY ANTELOPE

Overall: left hoping we didn't have to turn back today... I had a plan to lay in the middle of the road and beg a ride! The up up up which we had done on Tuesday wasn't any easier the second time around but the wind was a little less and not as gusty so I didn't push at all. We got up to Badger Pass at 6760ft expecting a nice down hill but we were still pedaling as if it was up due to the head wind. The valley was very pretty with more cattle, deer and Pronghorns than we have been seeing. The snow level was just above and it was grappling. Then we started up up up the second pass or so we thought as there was no sign at the top of the first one. We accomplished Big Hole Pass 7400ft with snow in the ditches and the wind much colder. Still no sign. Then we went thru a beautiful valley for the last 15km to Jackson which is a huge town of maybe 15 persons. There are some ranches so if you needed help you could get it theoretically. We had phoned ahead as we didn't know if a tour might be in the lodge so we booked a cabin with washroom "down the hall" oh that means in the log building next to us. Very nice. Could stay a week! Need hooks as do all accommodations with no closets. The manager is really nice from Germany. We met Jean Paul from France who was 15min ahead of us all day. He is 64 and cycling alone thru the western states. Very interesting guy who has done a lot of cycling in Europe so we will try to spend part of the evening with him.



One note: when we were having breakfast at the motel 8 some workers were complaining about sore thighs due to some work they were doing yesterday out in the cold... neither Ken nor I have sore thighs. The only "sore" I might say is from my bike seat being very uncomfortable so I shift a lot. I think my new bike will have a better seat!



DAY 70 Jackson Hot Springs Lodge and CG to Sula Store CG

June 13/08 Friday D 93.15 M40 A16.3 P5T43h tt 7h total 5137.7 km

Temp left at 0730 with frost on the roof tops 5C got up to 20C by the time in Sula sunny with fluffy “sheep” clouds

Wind no wind or tiny breeze from the back until Wisdom then into the wind up over the pass some side wind too

Food: Breakfast yogurt/banana/cereal still working for me Ken’s cheese sand and apple not so filling so he had a stop in Wisdom for pancakes and eggs... I tried hashbrowns with peppers, cheese and fresh tomatoes

Lunch. Snack at the Big Hole Battlefield site

Supper veggie burgers and mashed potatoes over Kelly kettle

Road Conditions good gradual grades but the 6% for 7miles down and into Sula really nice

Accommodation Sula CG is okay with nice showers... have a nightly visitor .. a bear... the woman said just keep all your food in your tent and it will be ok as he only goes to the dumpster! NOT!!

Overall: Good ride to Wisdom on 278 thru a beautiful valley, Average was 18.8 over the 29km Here we turned into the wind on 43 lots of gradual up until Chief Joseph Pass 7264ft which was reached by 6% grade but over maybe 3 km. There was a lot of snow still at the top. They had 2 ft last Tuesday when we returned to Dillon! Once over that pass we went down to Hwy 93 and there is Gibbon Pass but thankfully we were at the top of it! Also there is a info center and rest stop there as it is the corner of Idaho. We are finally over on the west side of the Continental Divide! I have lost track of the number of crossings.



Jean Paul Klein from France who we met at Jackson road with us a little today. He is 4 years Ken’s senior and enjoying his trip. He is headed to the west coast and then to LA for his plane. We will contact him for some info on France. His wife is a doctor and retiring this year [+33607244819 perso.wanadoo.fr/chastel.klein]

We arrived early into camp as downhill from the pass. Jean Paul went on, but we had some bike maintenance... Ken rotated my tires as the back on is really bald...then the quick release wouldn’t cooperate so he had to jimmy it. Then he had a broken spoke that he replaced... we will really be limping into Kelowna. We both want to get new bikes so don’t want to spend a lot on these ones.

2 other cyclists in camp going to Columbus Ohio with van support. They chose a cabin tonight but they are on bear alert as there is a bear cage awaiting the nocturnal visitor. We didn’t listen to the owner manager... our food, stove and toiletties are in the wash house over night. I hope my dog “Halt” will work on a 1 year old bear! There is a small fishing pond for kids with fish just leaping out of the water.

The campsite has 4 cabins and 3 tents of Mexican fellows who are work crews... they have chainsaws so must be in lumber somewhere. None seem to speak English.

DAY 61 Jackson Hot Springs Lodge & CG (Jackson MT) to KOA (Sula MT) 91.5

Head west on Founier St toward MT-278	78 m	0.1 km
Turn right at MT-278	29.1 km	29.2 km
Turn left at MT-43 Wisdom G/R/M	40.2 km	69.4 km

Continue on ID-43

1.7 km

71.1 km

Turn right at US-93

20.4 km

91.5 km

Sula G/SS no town

Sula Country Store & Resort 7060 US Highway 93 S. Sula, MT 59871 406-821-3364

Same place: Sula KOA 7060 Highway 93 South Sula, MT 59871 800-562-9867

Tent Site \$13.00 Cabin \$45.00 There is also a restaurant 2km farther north

A Boiling Spring — William Clark, July 7, 1806

Directed by Salmanson, Captain William Clark's party found this hot springs three days after the Expedition split into two groups at the Continental Divide, on their return trip from the Pacific. *we arrived at a boiling Spring... this Spring contains a very considerable quantity of water, and actually bubbles with heat for 20 paces below where it rises... this water boils up through some loose hard gritty Stone, a little sulphurish...* — William Clark, July 7, 1806

Taking water temperature without a thermometer

Three weeks supply of horses will be... when in several hours, noting the temperature of the land. As such circumstances as may indicate their condition... From Jefferson's journal in *Meriwether Lewis, July 20, 1806*

Oops! The heat of the Boiling Spring's Hottest water was looked on as "Too Hot" in 1806. But this trail still means time!

In June 18, 1806 Meriwether Lewis estimated the temperature of Lake Hill Springs using steam:

I heated and measured it 10 minutes, it rose with difficulty I could perceive 100 degrees and it continued to produce steam... William Clark's journal for the same day states that he could only time 10 minutes in the boiling.

All Jackson, Clark needed different experiments because this water was too hot for boiling:

1. He tried how long it took to boil the hair of his horse... A two minute experiment of boiling the hair for a minute and a half he found it in 1/8 seconds.
2. He tried how long it took to reach different sizes of sticks... I directed Sergt. Pryor and John Shields to put each a piece of wood in the water of different sizes. The one about the size of my 3 fingers cooked in 25 minutes the other much thicker took 2 1/2 minutes before it became sufficiently done.

A natural hot spring needs three things:

1. The water needs to be in contact with some heating or heat energy (usually the ground).
2. The heat source below it has to be hot enough to heat the water to boiling.
3. The "heating element" has to be in contact with the water.

The boiling water needs to circulate freely enough to be heated and then bubble up to the surface quickly enough to make hot. Steam in Jackson was too hot to use a hot liquid to make holes, reaching a temperature of about 1000 degrees. It was too hot to use a hot liquid to, but the springs were so hot that they were 1000 degrees.

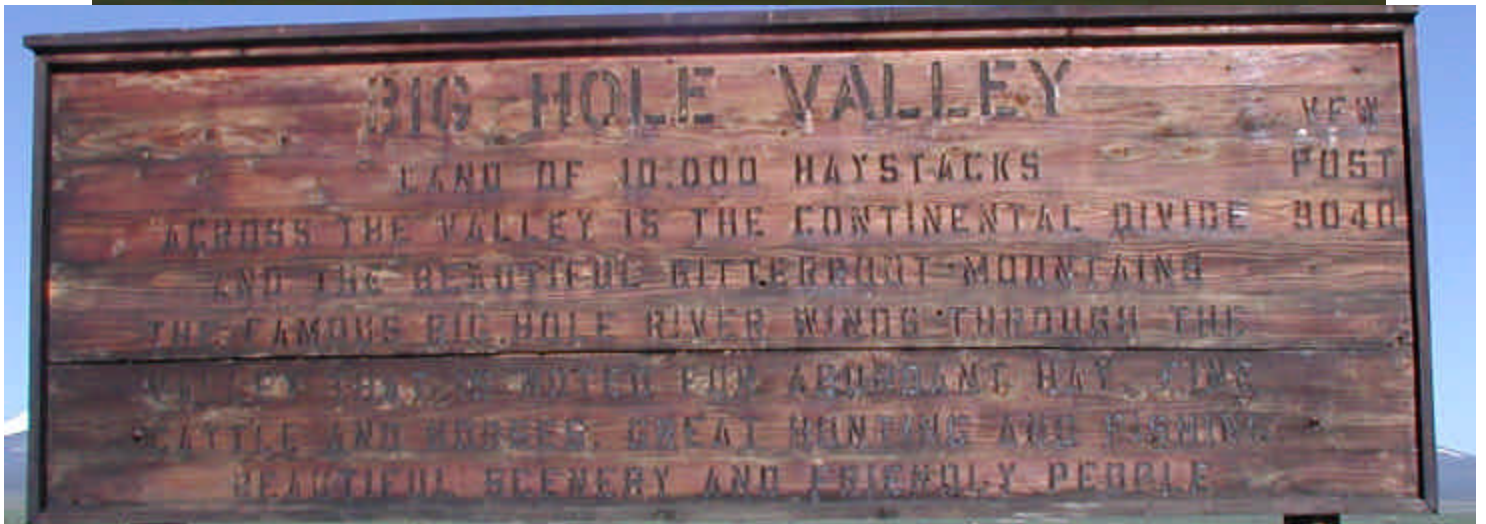
Current Water Chemistry:

Water and Salt: *Calcium Chloride, Magnesium Chloride, Sodium Chloride, Potassium Chloride, Iron Chloride, Strontium Chloride, Barium Chloride, Lithium Chloride, Ammonium Chloride, Calcium Sulfate, Magnesium Sulfate, Sodium Sulfate, Potassium Sulfate, Iron Sulfate, Strontium Sulfate, Barium Sulfate, Lithium Sulfate, Ammonium Sulfate, Calcium Nitrate, Magnesium Nitrate, Sodium Nitrate, Potassium Nitrate, Iron Nitrate, Strontium Nitrate, Barium Nitrate, Lithium Nitrate, Ammonium Nitrate, Calcium Phosphate, Magnesium Phosphate, Sodium Phosphate, Potassium Phosphate, Iron Phosphate, Strontium Phosphate, Barium Phosphate, Lithium Phosphate, Ammonium Phosphate, Calcium Hydroxide, Magnesium Hydroxide, Sodium Hydroxide, Potassium Hydroxide, Iron Hydroxide, Strontium Hydroxide, Barium Hydroxide, Lithium Hydroxide, Ammonium Hydroxide, Calcium Oxide, Magnesium Oxide, Sodium Oxide, Potassium Oxide, Iron Oxide, Strontium Oxide, Barium Oxide, Lithium Oxide, Ammonium Oxide, Calcium Fluoride, Magnesium Fluoride, Sodium Fluoride, Potassium Fluoride, Iron Fluoride, Strontium Fluoride, Barium Fluoride, Lithium Fluoride, Ammonium Fluoride, Calcium Bromide, Magnesium Bromide, Sodium Bromide, Potassium Bromide, Iron Bromide, Strontium Bromide, Barium Bromide, Lithium Bromide, Ammonium Bromide, Calcium Iodide, Magnesium Iodide, Sodium Iodide, Potassium Iodide, Iron Iodide, Strontium Iodide, Barium Iodide, Lithium Iodide, Ammonium Iodide, Calcium Borate, Magnesium Borate, Sodium Borate, Potassium Borate, Iron Borate, Strontium Borate, Barium Borate, Lithium Borate, Ammonium Borate, Calcium Silicate, Magnesium Silicate, Sodium Silicate, Potassium Silicate, Iron Silicate, Strontium Silicate, Barium Silicate, Lithium Silicate, Ammonium Silicate, Calcium Carbonate, Magnesium Carbonate, Sodium Carbonate, Potassium Carbonate, Iron Carbonate, Strontium Carbonate, Barium Carbonate, Lithium Carbonate, Ammonium Carbonate, Calcium Nitrate, Magnesium Nitrate, Sodium Nitrate, Potassium Nitrate, Iron Nitrate, Strontium Nitrate, Barium Nitrate, Lithium Nitrate, Ammonium Nitrate, Calcium Phosphate, Magnesium Phosphate, Sodium Phosphate, Potassium Phosphate, Iron Phosphate, Strontium Phosphate, Barium Phosphate, Lithium Phosphate, Ammonium Phosphate, Calcium Hydroxide, Magnesium Hydroxide, Sodium Hydroxide, Potassium Hydroxide, Iron Hydroxide, Strontium Hydroxide, Barium Hydroxide, Lithium Hydroxide, Ammonium Hydroxide, Calcium Oxide, Magnesium Oxide, Sodium Oxide, Potassium Oxide, Iron Oxide, Strontium Oxide, Barium Oxide, Lithium Oxide, Ammonium Oxide, Calcium Fluoride, Magnesium Fluoride, Sodium Fluoride, Potassium Fluoride, Iron Fluoride, Strontium Fluoride, Barium Fluoride, Lithium Fluoride, Ammonium Fluoride, Calcium Bromide, Magnesium Bromide, Sodium Bromide, Potassium Bromide, Iron Bromide, Strontium Bromide, Barium Bromide, Lithium Bromide, Ammonium Bromide, Calcium Iodide, Magnesium Iodide, Sodium Iodide, Potassium Iodide, Iron Iodide, Strontium Iodide, Barium Iodide, Lithium Iodide, Ammonium Iodide, Calcium Borate, Magnesium Borate, Sodium Borate, Potassium Borate, Iron Borate, Strontium Borate, Barium Borate, Lithium Borate, Ammonium Borate, Calcium Silicate, Magnesium Silicate, Sodium Silicate, Potassium Silicate, Iron Silicate, Strontium Silicate, Barium Silicate, Lithium Silicate, Ammonium Silicate, Calcium Carbonate, Magnesium Carbonate, Sodium Carbonate, Potassium Carbonate, Iron Carbonate, Strontium Carbonate, Barium Carbonate, Lithium Carbonate, Ammonium Carbonate.*

Compare the waters of the two hot springs visited by the Lewis and Clark Expedition in Montana.

Other water chemistry and geology information is available on the website for Montana. For example, the water in Jackson is heated by magma in the Snake Range. Jackson water rises through rock, but comes to the surface when it reaches a hole in the ground and is cooled by the air. The water in Lake Hill is heated by magma in the Snake Range. Lake Hill water rises through rock, but comes to the surface when it reaches a hole in the ground and is cooled by the air. The water in Lake Hill is heated by magma in the Snake Range. Lake Hill water rises through rock, but comes to the surface when it reaches a hole in the ground and is cooled by the air.





LAND OF 10000 HAYSTACKS



WE HAVE HAD A LOT OF DISCUSSION AS TO HOW THIS STACKS THE HAY! SNOW AT THE TOP ONCE MORE!



THESE GUYS HAD REALLY NEAT BIKES MADE IN USA WILL CHECK THEM OUT

HISTORICAL EVENTS

Trapper Peak has witnessed human activity in the Bitterroot Valley for at least 8,000 years. Earliest Valley occupants were prehistoric hunters and gatherers. The Bitterroot-Sahsa Native Americans thrived in the Valley until 1897, when they were moved to the Flathead Indian Reservation. In 1805, members of the Lewis and Clark Expedition passed here, followed by traders, trappers, and missionaries. In an attempt to flee from the U.S. Army in 1877, the head of the Flatfoot-Native Americans passed peacefully through the Valley on their way east. Mining, agriculture, and logging brought settlers - and in 1876 the mountain was named by Granville Leo Shook, a surveyor for the Anaconda Mining Company, for its trapping success. Trapper Peak's timeless and sturdy form represents history, from the historic travelers of the past, to the modern-day traveler of tomorrow.

BITTERROOT National Forest



DARBY CIVIC GROUP

**DAY 71 Sula Store CG to Stevensville Arrow Inn and RV [NO CAMPING]
 June 14/08 Saturday D90.3k M36.3 A 18.9 PT4h47 tt 6h total 5228 km**

Temp warm on rising and got warmer all day until 25C+

Wind into the wind until end of day and then with us for a while... not much

Food: Breakfast yogurt/banana/cereal still working for me Ken's cheese sand and apple stopped for pancakes in Darby and Ken couldn't finish them!

Lunch. Sandwiches at the IGA in Hamilton

Supper noodle soup

Road Conditions good shoulder most of the way... after Hamilton on MT 269 very busy due to construction on US 93

Accommodation well surprise the motel and RV park doesn't take tents so he wants off the Adventure maps... but he was nice and let us stay on a piece of grass he says doesn't belong to anyone..and we used his shower and washrooms in the RV park.

Overall left later [9am] as stood talking to a couple of cyclist going east to Oklahoma City. Trying to go 40miles per day. Linda is 54 and He is 66. she had been at a healing center there 5 years ago and had a dream to cycle there so off they go. Would have enjoyed talking to them more but we all needed to get on the road. The campsite at Sula is okay but I didn't like that the manager suggested we keep our food in the tent when they have a bear in camp each night, so I didn't sleep all that well after 2am when someone was out putting garbage in the dumpster and banging the lid [turned out to be the owners son: a bit of a night hawk] anyways the bear did not appear. There was some due, but no frost for once.... We have been joking we will ride into Kelo wna at 30C blue sky day and wish we were headed out! Darby is a cute town with a nice restaurant, Hamilton is much bigger than we expected. We stopped at the bike shop and got a new front axle put on my bike as the threads were not working properly for the quick release. He looked at my worn tires and said he has seen much worse. These tires seem to have a layer of yellow rubber to warn you they are wearing out! The views are splendid between 2 mountain ranges riding along in a valley. Stevensville is having some sort of rodeo so I really did see some cowpokes today. Great day.. no complaints... no dogs, one cat trying to come in our tent at the no camping rv park! We arrived at the Motel and RV park to find they don't take tents Decisions, decisions. The manager suggested we could camp on a piece of grass [well sort of rocks] at the edge of the property, use their showers and wash house if we wanted at no charge. He said he doesn't know why they are on the maps. As the next place to camp would be at least 6 miles farther and 4 of it off hiway we took the spot. Very quiet. We spoke to the neighbor to confirm it was okay with him, which it was in fact he said he wouldn't mind if we were on his grass. Very nice. Set up and enjoying a beer in the hot evening.

We have decided to leave Montana via I 90 on suggestion of the riders this morning. We will see how it goes.. hoping to see our friends Carlan and Lyn in 4 days in Washington state.

Day 62 StoreCG (Sula MT) to Arrow Inn & RV (Stevensville MT) 89.9 km NOCamping

Head west on US-93 toward E Fork Rd @16 km Conner G @28 km Darby AS	55.5 km	55.5 km
Turn right at Marcus St Hamilton AS	0.9 km	56.4
Continue on Eastside Hwy/MT-269 @22 G/SS @32 km Stevensville AS	33.4 km	89.8 km
Turn right at US-93	0.1 km	89.9 km

Arrow Inn & RV Park Inc 3889 US Highway 93 N Stevensville, MT 59870 (406) 777-5577 No camping here

Stevensville Hotel 107 E 3rd St Stevensville, MT 59870 (406) 777-3087 \$85.00

Pass Bitterroot Community Market in town - Super 1 Foods is across the hiway from Arrow Inn



TRAPPER PEAK

At 10,157 feet in elevation, magnificent Trapper Peak rises higher than any other peak in the 200 mile-long Bitterroot Mountain Range that extends along the Idaho-Montana border from the Snake River Valley in Idaho to the Clark Fork River in Montana. The Range includes howling wilderness, yawning canyons, and towering mountains covered with a heavy growth of pine and fir. Huge sheets of ice carved the granite mountain and left glacial landforms known as horns, cirques, moraines and arêtes. These give the massive mountain its jagged form and distinctive profile.



A guy at our lunch break had this on his bumper! I guess they hate the grey wolves!

DAY 72 Stevensville Arrow Inn and RV [NO CAMPING] to Missoula Jellystone RV
June 15/08 Sunday D58.33k M27.6 A 16.2 PT3h36 tt 6h total 5286.3 km

Temp warm on rising and got warmer all day until 25C+

Wind slight head wind all day and now at 7pm the wind is out of the east... go figure

Food: Breakfast yogurt/banana/cereal ;Ken's cheese sand and apple

Lunch. Great tomato/avocado bagels at the Safeway!

Supper veggie soup and bagel sands again [not pb Susan!]

Road Conditions started off on dirt/construction on US 93 for 2km then 2 more of narrow pavement There turned out to be a bike path all along the south side of the road from Stevensville to Lolo but the road had such a good consistent shoulder we stayed there

Accommodation we got to Missoula early but it's Sunday so Adventure cycle is closed so no ice cream for us! We decided to head out to I- 90 and 200 to the Jellystone RV Good Sam park so we are on our way tomorrow. It is nice with pool, showers restrooms nice, pricey at \$28 for a pup tent no internet but has a tv room if you had bad weather No fires so we heated soup with our boiler

Overall nice relaxing day started off downhill then up thru a canyon from Lolo to Missoula and they had a 2" ridge between the car lanes so they couldn't move over. It was fine. The valley from Forence to Lolo is really pretty with mountains all around some still snow covered. Everything is really green and they are irrigating like crazy. The streams are over flowing their banks. We have been asking everyone about going on I-90. Two cyclists the other day said they came all the way from Washington on it... a cyclist in town today said to go up to MT 200 as it is a really pretty ride. We had a plan to go there, but the camping is rare and we would like to see Carlan and Lyn ...decisions decisions. Finally the weather is good. Sun up to after 9pm and it's still warm 15C at 2030h. Tomorrow should be a easy day all along the St Regis River. There is sparce population and few exits going anywhere and there is a service road a good deal of the way too.

Day 63 Arrow Inn & RV (Stevensville MT) to El-Mar Koa Kampground (Missoula MT) 46.2 km

Head north on US-93 toward Kinsman Dr @13 km Florence G/R/SS @27 km Lolo AS	38.9 km	38.9 km
Turn left at S Reserve St/US-93 Missoula AS	6.3 km	45.2 km
Turn right to get down to Broadway and turn left	10 km	55.2 km

Missoula Koa Kampground & El-Mar Trailer Village 3450 Tina Ave Missoula, MT 59808 (406) 549-0881 \$25.00

Super 8 - Missoula 4703 North Reserve St. Missoula, MT 59808 (406) 549-1199 \$75.00

Sleepy Inn 1427 W Broadway St Missoula, MT 59802 (406) 549-6784

Family Inn 1031 E Broadway St Missoula, MT 59802 (406) 543-7371 \$70.00

Jellystone rv pk Exit 96 off I-90 [Broadway turned into old 93 which crosses I-90 at exit 96 then 1/4m up]543-9400



Bitterroot Valley – Homeland of the Selis

Since Coyote first prepared this place for human beings, the Bitterroot Valley has been the homeland of the Salish-speaking peoples of western Montana – the Olispé (Kalispel or Pend d'Oreille) and their close relations and allies, the Selis (Bitterroot Salish or "Flathead"). Their tribal ways of life helped maintain the great abundances of this region for thousands of years. The Lolo area – called Tmsm̄ti, or No Salmon – has always been a favorite deer-hunting area. Bitterroot and camas were plentiful.

Tribal elders say that long ago, the Selis consisted of at least five large bands spread between here and the Yellowstone. Smallpox epidemics and war with rifle-armed Plains tribes led the Selis to concentrate within the Bitterroot. They continued bi-annual buffalo hunts east of the mountains.

In 1855, Tribal leaders and US officials signed the Hellgate Treaty, which designated the valley south of Lolo as a "conditional" reservation. Elders still recall with bitterness and grief their forced removal to the Flathead Indian Reservation in 1891. Today, the Bitterroot Valley remains of great spiritual and material importance to the Selis, who continue to revisit and utilize their cherished homeland, the resting place of countless ancestors.

LEWIS AND CLARK IN SALISH TERRITORY

The Lewis and Clark expedition camped near here September 9 through 11, 1805, while traveling through the ancient territory of the Salish and Pend d'Oreille people. Since time immemorial, the tribes have known this place as Tmsm̄li (approximately pronounced tim-sum-lee), meaning "No Salmon," a name originating in their creation stories. Lewis and Clark called it Travelers' Rest, and it later became known as Lolo Creek. Here the party rested the horses they had acquired from the Salish and unsuccessfully attempted to secure a supply of game for their difficult westward trip across the Bitterroot Mountains.

It was at Travelers' Rest that the party confirmed the presence of the Indian route up the Blackfoot River to the Great Plains east of the Rockies. This ancient trail of the Salish and Pend d'Oreille people was also used by allied tribes to the West, including the Nez Perce. It was part of a sophisticated network of aboriginal trails that criss-crossed the northern Great Plains and Pacific Northwest.

Lewis and Clark returned to camp on Lolo Creek from June 30 to July 3, 1806. They stocked up on deer meat, ran races with their Nez Perce guides, readied their gear, and finalized their plans to separate before returning to St. Louis.

DAY 73 Missoula Jellystone RV to St Regis CG

June 16/08 Monday D109.47k M42.6 A17 PT6h26 tt9 h total 5395.8 km

Temp oh wonderful summer time... 10C on rising at 0730! Up to 30C by 11am and stayed that way until dark

Wind tail wind on leaving then as the road winds... into a head wind on and off No problems

Food: Breakfast yogurt/banana/cereal ;Ken's cheese sand and apple

Lunch. Alberton in front of the museum... bagels

Supper kd in camp

Road Conditions good shoulder on I-90 and no traffic to speak of... surprising... off on side roads good too

Accommodation expensive for us as a set fee of \$26+ for everyone then they add per person \$3 and \$2 for sewage... very nice Good Sam park with immaculate bath house... but they have a bear coming into camp so we put our stuff in the office overnight and hope for no problems



Overall Very long day at 109km but had a good average and we didn't have any troubles other than Ken had flat #5 which took up part of the day. Our tires are getting rather bald, but we are hoping to make it home without buying any... we are getting NEW bikes! We decided to take I-90 as there is a large shoulder and lots of frontage roads to get off on... first off we headed down the hiway and looked right to see a bike path that we couldn't access due to a large fence... why didn't they have a sign for that? Who knows... so we missed out on 15km we could have been off the hiway.. didn't matter as no entrances or exits anyways.



We got to Alberton and met Dick Darn who's son works for Adventure cycle. He very kindly went home and got us maps of the cycle route from the top of the pass thru Coeur d' Alene to Spokane. Would have been fun to ride a bit with him and his new dog that he is training to go cycling with him... he said she will not ride in a child trailer so he is going to try a open one next. I said I hope to see them in the picture of the day on Adventure cycling when he is pulling the dog on the trailer! I also said he should teach her to pull him up hills!



We went on to Superior via off the I-90 to have a piece of pie at Rosie's Café in the School house... they were just closing so we didn't get to have anything else. Really neat idea.. the elementary school has closed so they have all kinds of businesses in it... café, massage therapist, etc. Nice little town with a good grocery store. We wen on to Keystone on the southside road then decided to go back on the I-90 and the last 2 river crossings had a good shoulder on the bridges for us. [we got off the I-90 because going west there are no shoulders on the bridges, but going east has a 8ft shoulder? Don't know why but it just is and it's a little scary even though there are 2 lanes the 18 wheelers are going 75+mph.



The St Regis CG is 1.5m out of town with no on ramp to the I-90 but we hear it as if we are still on it! We will have to go back to town or climb the fence! We have no choice but to go on I-90 until the top of the pass and then we are on a bike path. We were at 2744 ft in Superior and the pass is 4725ft so we have 2000ft to climb in 33 miles tomorrow



This is the only bear we saw overnight!

DAY 74 St Regis CG to Wallace “Down by the Depot” CG

June 17/08 Tuesday D77.5k M 38.8 A13.9 PT5h34 tt 7h total 5473.3km

Temp cool in as 10C but warmed up fast as we were going up hill all day... 30C once in Wallace

Wind not too bad in am but into a head wind going up up the pass

Food: Breakfast yogurt/banana/cereal ;Ken’s cheese sand and apple

Lunch. Stopped at a restaurant in De Borgia... not much choice as having Kitchen work done... good grilled cheese and broccoli crème soup

Supper sandwiches, coleslaw and beer/coolers

Road Conditions good shoulder on I-90 then onto a great paved bike path

Accommodation \$15 for a tent... really clean nice showers/rest rooms 12 RV’s from a club in site so nice to see others enjoying the warm weather

Overall left St Regis CG and had to return to the town as no I-90 entrance so the first 7km wasted.... Was a gradual up on divided hiway with a large shoulder so enjoyed that... then they decided to do some bridge work so all the traffic for 10miles was on one ½ of the hiway.... Had to concentrate on if 2 trucks were meeting as not really very wide and they needed the shoulder at times. We followed the St Regis river. It really is a beautiful ride. We could have gone from the CG to Henderson via Camels back road and been off the hiway, but the name said it all! De Borgia really isn’t a town but had a small restaurant and antique shop. Really nice old crank sewing machine! Ran really smoothly! Anyway s in another life. Saltese had a ‘50,000 Silver \$’ place that was advertised for the past 2 days... I thought it was a museum of silver dollars...NOT it was a casino! The lookout Pass [elev 4738] was a 6% grade for 5miles which would have been easy, but the wind came up in our faces and tried to blow us down the hill! We could have got off onto “Hiawatha Bike trail” but it was unpaved and was like the KVR but went south and then still would have had 20miles to get back to our route. We crossed into Idaho! State #27! We did go onto a paved bike trail called the Coeur d’Alene Trail which we started on in Mullen. It is on another old rail line that went all along the hwy, right to Historic Wallace town Elevation 2744 so a nice 2000 foot loss at 3% as that is railway grade. We plan to stay on that right to Spokane. The sun shone all day and we were down to sun tops, well I was! We set up tent and went walking in the town. All the shops closed early and we are now on BC time [pacific standard time]. Lots of antique shops and this must have been a bustling town [pop >900 now] as there are lots of brick 3 story buildings all along main street. Also there was a silver mine and there are warnings when on the trails not to go into the “tailings” and to wash your hands before eating to prevent getting any into your system.







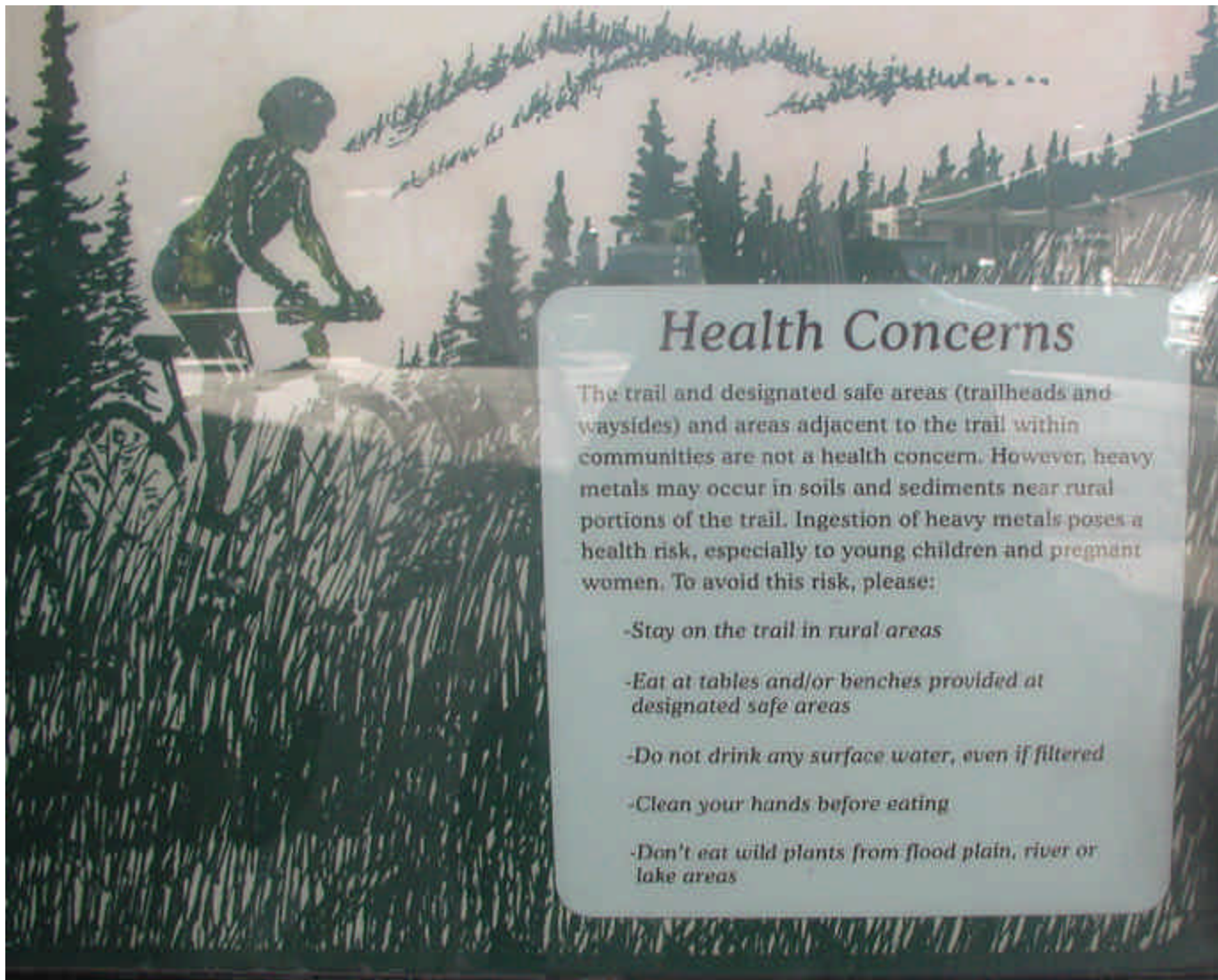
Ken along the path



Sue's next bike!



The I-90 is raised up all the way thru town and past the old Train depot which is now a museum.



Health Concerns

The trail and designated safe areas (trailheads and waysides) and areas adjacent to the trail within communities are not a health concern. However, heavy metals may occur in soils and sediments near rural portions of the trail. Ingestion of heavy metals poses a health risk, especially to young children and pregnant women. To avoid this risk, please:

- Stay on the trail in rural areas
- Eat at tables and/or benches provided at designated safe areas
- Do not drink any surface water, even if filtered
- Clean your hands before eating
- Don't eat wild plants from flood plain, river or lake areas

These health concerns were a little concerning to know people live in this area with children!