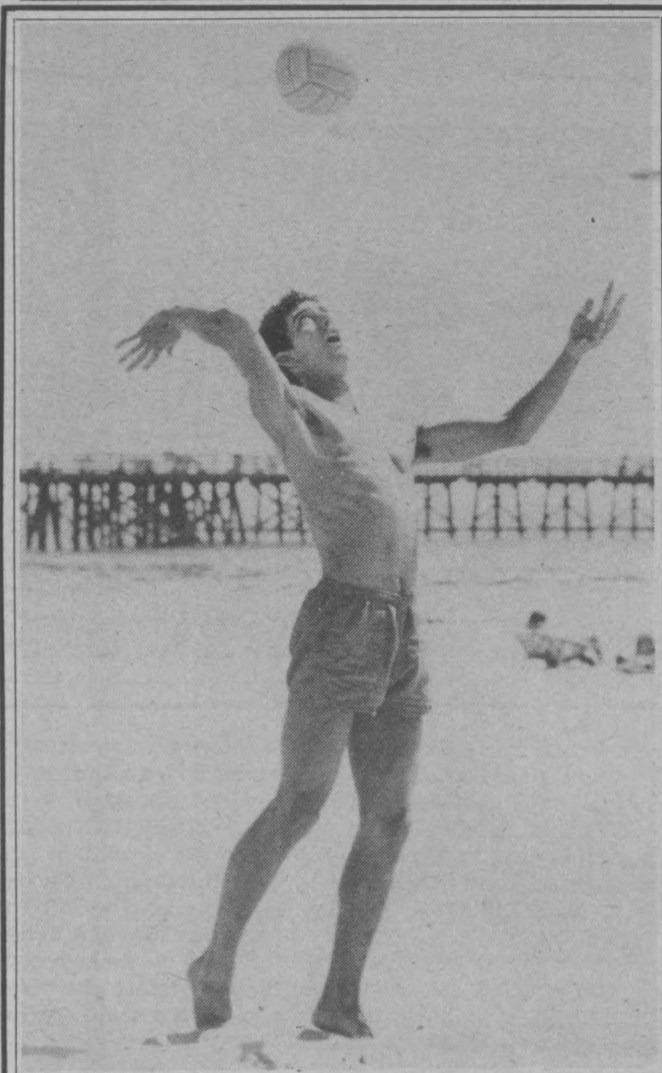


Spring Sports

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A Daily Nexus Advertising Supplement
April 20, 1983



Spring Sports

A Special Supplement to the Daily Nexus
April 20, 1983

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Trials and Tribulations Of Amateur Tennis

Tennis is one of those sports that everyone knows how to play. Everyone, that is, but me. No matter how young I was, all my family and friends were ace players. Never once did anyone speak of going to tennis classes or hitting a ball over the fence. No, no, they were stars from the start.

While they were pros, however, I fell into the category of extreme amateur. I have always thought it is an enjoyable sport, when I can hit the ball, but for some reason, I have never gotten any farther along than a simple soft rally every two years. And playing a set is absolutely unheard of in my life.

So, this year I decided I am sick of being the tennis wallflower. Instead I am going to show everyone that I, too, Ms. Court Klutz, can smash the balls like every one else.

First, however, I had to find one of the few individuals out there who is just as bad as myself. Then, I had to convince her how much fun we would have.

This done, we packed up our dusty rackets and balls and headed for the courts. While we were ready to learn the art of aces, half the UCSB student body was already out smashing the balls down their "friends" throats. Was this the sport I had so convincingly said was fun?

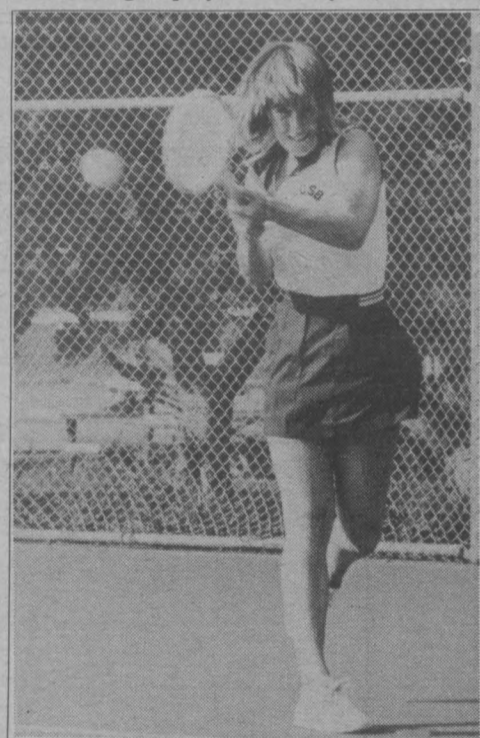
But despite second thoughts and a long search for empty courts, we finally grabbed a free court and began our first "lesson." This was when I found out that being an amateur at age 13 is not half as humiliating as it is at age 22, especially when you are surrounded by the UCSB Women's Tennis Team.

We didn't lose any balls over the fence that first day, but we did spend over half our time bending over picking up tennis balls. One more lesson learned: tennis can be great for the waistline — bend, up, bend, up.

After that first brave and very frustrating day on the courts, my initial reaction was to put away the rackets for another two years,

at which time I would pull it out for another hour of wild rallying. But, my conscience got the best of me, so I have set my mind to learning the game of tennis — well, by August 30. No more will I settle for a pitty pat game where most of my time is spent chasing far-flung balls.

Learning to play tennis 20 years too late,



in a community where tennis is like walking, is a difficult task. But with friendly support and patient partners who can simply have fun hitting the ball around (for now anyway), my equally untalented tennis friend and I will gain the much needed confidence and skill to play an acceptable game of tennis.

Who knows, maybe someday we'll be the envy of the tennis club!



Runners Face Challenge Of Local Trails

In the rigors we face at school and the like, a good way to blow off that excess steam or to be alone with yourself for a few minutes is to run it off. Many different levels of running can be found in the UCSB environs if one wishes to pursue them.

For the campus runner or jogger there is the famous UCSB lagoon to trot around, where an easy 1.5 mile loop can be done by following the

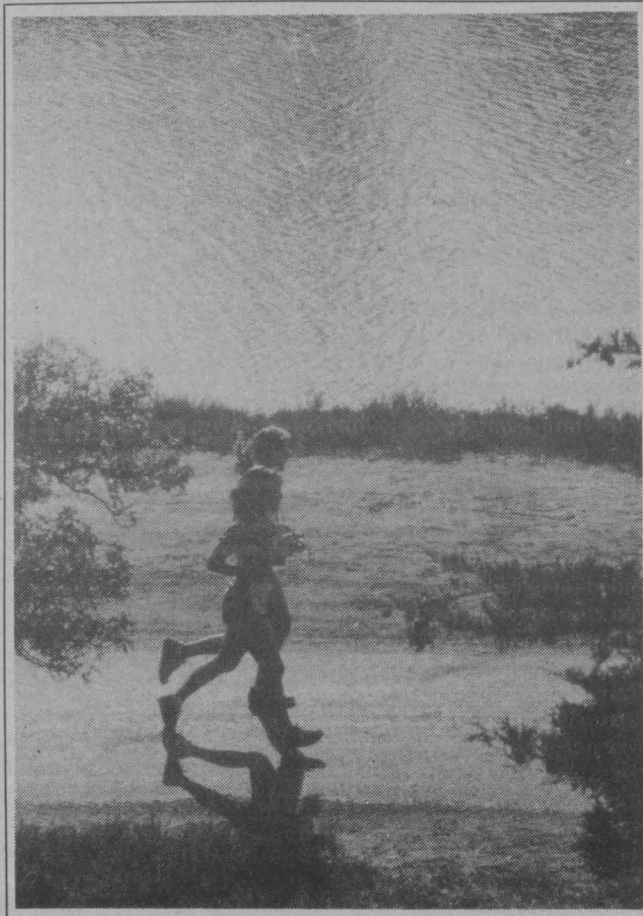
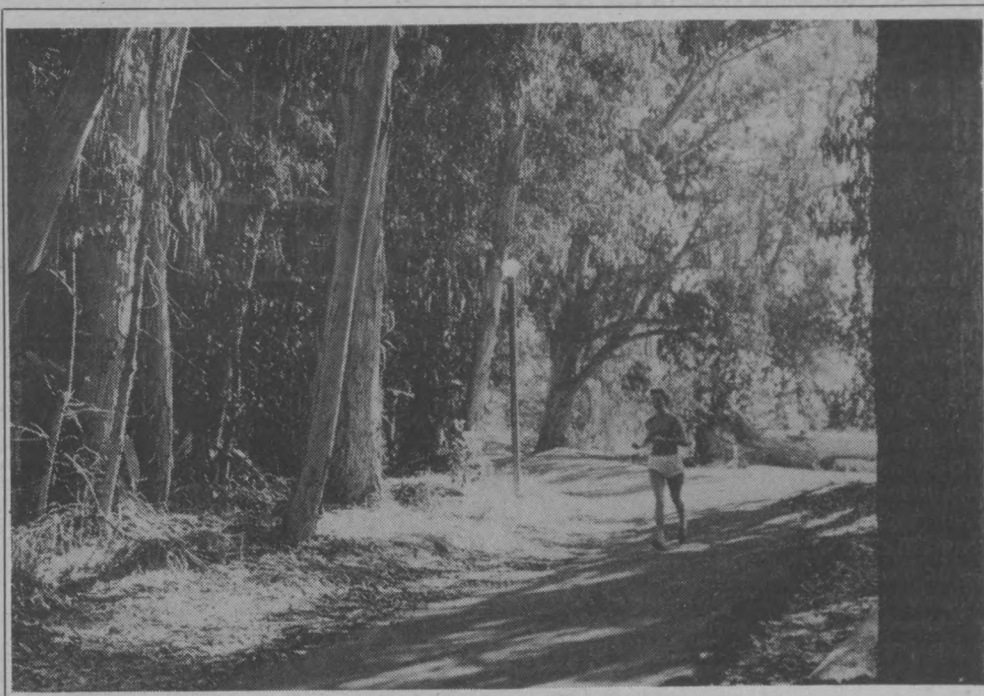
sevice road which circles the lagoon area. The view and the feeling of running along the cliffs at campus point is a sure fire way of forgetting life's problems for a while at least as an attempt to beat the setting sun.

More adventurous athletes will find it a bit more difficult to make their way down to Goleta Pier in the 3 mile trek. Savor the downhill portion of the trail at the east

entrance of campus because when you go down, you must turn around and come back up. When at the pier, take a stroll to the end and look out on the horizon at the Channel Islands.

Thanks to Santa Barbara Athletic Association's John Brennand, runners can add on accurately marked and measured 10,000 meter (6.2 mile) and 5,000 meter (3.1 mile) runs along the bicycle path which leads to Turnpike Avenue. The start of both runs is clearly marked at the extreme southwest end of the Goleta Beach parking lot.

On the western side of campus, Isla Vista, a refreshing four mile loop around Coal Oil Point will help get yourself into the proper shape by incorporating an El Colegio-Devereux-Del Playa circuit. A Spring afternoon-finishing sprint down Del Playa is sure to catch the eye of someone and dry your throat enough for a post-run



"Many different levels of running can be found in the UCSB environs if one wishes to pursue them."

refreshment. If longer runs are in store, measure out a route on a local road map for your distance. Challenging, smog-free runs follow Hollister west of Storke or Storke out to Cathedral Oaks by the orchards, where runners are not encouraged

to enter the orchard lands since trespassers are not rightly welcomed by farmers.

Old San Marcos Road on a crisp clear Sunday morning presents itself to an experienced runner as both a challenge and a rewarding experience. After the four mile climb straight up to the intersection with the new San Marcos Pass Road, the

When enough running or training has been done and a test of fitness is desired, many different levels of competition can be found near by. Every Sunday of the year at 10:00 a.m., the Lagoon Fun Run is held below the UCen. The Fun Run, which began under the guidance of Runner's World Magazine, is a free, "informal set of runs for everyone, to promote running as a conditioning, competitive and social activity." The morning begins with a half-mile run followed by a mile run and a longer distance run of between three and six miles. Time certificates are awarded after each run to which there is no charge.

The IM Fun Run, not to be mistaken with the free Lagoon Fun Run, will be held on April 23 for a fee of \$4.00 per person for the first

50 entries, then \$6.00 per person up until April 22. Late sign-ups are \$7.00 on race day. These 5,000 and 10,000 meter races will be more competitive than Sunday's gatherings. The 5K gets underway first at 9:15 below the UCen by the lagoon. The IM department also puts on a Spring track and field meet on May 7.

If the pain of running is too much, see someone else hurt as they hit the home stretch by attending UCSB's track and field team's last two remaining meets that promise nothing but top notch competition. April 30 brings the Nick Carter Invitational to Pauley Track where many outstanding collegiate and post-collegiate men will compete. On May 13-14, UCSB will have the opportunity to host the PCAA championships.

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Outdoor enthusiasts take note — there is a valuable resource right here on campus that will help you prepare for as well as lead you on a variety of exciting outdoor sporting trips.

Backpacking, canoeing, skiing, rock climbing, scuba diving, windsurfing and many other programs are scheduled through the UCSB Outdoor Recreation Department. Organized trips and classes are usually geared for beginners, but trips are also available for experienced persons. If you are part of a group, the

department can run a private group trip to areas of your choice.

If you would like to get away for a week or a weekend and are not sure where to go, then go to the Outdoor Resource Center. The Center's library, files, maps and expert staff are available for all to utilize in order to plan your own trip. Individual staffmembers will also plan personalized trips trip for you or a group. The purpose of the Outdoor Resource Center is to help you get out and enjoy the outdoors.

Also offered is an ongoing

leadership training program with training sessions each Spring and Fall quarter. Students with the desire, time and some experience are given additional training and experience in order to lead trips sponsored by the department. Anyone interested in becoming a trip leader should stop by the Center and ask for more information regarding the program.

All Outdoor Recreation programs and services are advertised each quarter in the Leisure Review Magazine.

There are still spaces

available for the following Spring quarter trips: Colorado and Owens River canoeing, Zion Park backpacking, Sespe Creek backpacking, Mammoth skiing, whitewater rafting, bike touring and Hawaii backpacking. There will be a free slide show April 27 at 7 p.m. in Rob Gym 2111 showing our past Hawaii trips.

Remember, if you want to get away, meet some new friends and learn some new skills, stop by the Outdoor Resource Center next to Rob Gym.

UCSB Sponsors Wilderness Trips

Ever dream of splashing down the Colorado River in your own canoe, pedaling your bike up the California coastline or backpacking

through red rock canyons or mountain wilderness? If you're one whose never found the time or the opportunity to take advantage of the great outdoors, the UCSB Outdoor Recreation department may provide just the incentive and opportunity you've been waiting for.

Outdoor Recreation trips offer a unique opportunity for you to get outdoors for a weekend, learn a new skill and meet some new friends. No previous experience is required to participate in most of the trips, and all trips and classes are open to anyone — students, non-students and community members alike.

Sign-ups for all trips are currently being held in the Recreation Trailer located next to Rob Gym. The trips are designed for small groups, so register early to insure your space. Full payment is required at the time of registration. There is no mail-in registration for Outdoor Recreation Trips; if you cannot get to the trailer during business hours, call regarding alternate

arrangements.

Pre-Trip meetings are mandatory for successful trips. Be sure to pick up a trip information sheet and an equipment list when you pay your fee. Fees may change as transportation costs are subject to change, and trips may occasionally be cancelled due to weather or inadequate sign ups. (Please note: you are responsible for selling your spot if you cannot go on the trip.)

Learn some new skills through experience in the outdoors. The following spring trips still have space available. Come and join us.

Colorado River Canoeing

Fee: \$74 Apr. 29-May 1

This trip is a great way to learn how to canoe and see some terrific scenery as you do it. The canoeing takes place on the lower Colorado River, traveling through Topock Gorge. There are cliffs over 600 feet high on both sides of the river. This area is a wildlife sanctuary which means 17 miles of uninhabited waterfront property. There is an

abundance of waterfowl throughout the sanctuary. The days are usually warm and sunny and the evenings are cool. The river is broad with a brisk current.

Participants will leave Friday morning and drive to the campgrounds outside of Needles, canoeing the river on Saturday and visiting Lake Havasu City on Sunday before returning home. The campground is equipped with showers.

The fee includes round trip

“Ever dream of splashing down the Colorado River in your own canoe, or backpacking through rock canyons and wild mountains?”

transportation, basic canoeing instruction, canoes, breakfasts, dinners and group gear. You supply your own lunches and personal gear.

Bike Tour — Carmel to Morro Bay

Fee: \$60 May 6-8

Highway 1 is a beautiful route along the California coast. This trip will take you from Carmel to Morro Bay, biking and camping along the way. Participants will depart from UCSB on Friday morning. Biking will begin Friday afternoon. Plan to bike to Morro Bay by Sunday afternoon.

The group gear will be carried by the transport vehicles, so you can bike light. Camping will be in state campgrounds Friday and Saturday nights, and the vehicles will drive participants back to UCSB after Morro Bay.

The fee includes transportation for you and your bike, breakfasts, dinners, group cooking gear, and camping fees. You must (please turn to page 5A)

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(continued from page 4A) supply your own bikes, personal equipment, and camping gear. Spaces are limited.

Owens River Canoeing
 Fee: \$74 May 13-15

The Owens River winds and turns through the Owens Valley. Snow covers many of the High Sierra peaks west of the river. The windswept White Mountains border the river on the east. The combination of swift currents, winding but narrow banks, abundant wildlife and overhanging trees make the Owens a challenging and enjoyable beginner's river.

The trip begins with canoeing instruction at the lagoon on Friday morning, when participants will leave

Zion National Park Backpacking
 Fee: \$40 June 11-18

Zion National Park is a beautiful canyon land park which many people never see. Located near the Grand Canyon and Bryce Canyon in Utah, the towering red rock canyons of Zion are a fantastic place in which to backpack.

Participants will leave UCSB Saturday morning and drive to the park. The next five days will be spent backpacking through the park. The return trip is planned for Saturday evening.

The fee includes round trip transportation, camping fees, breakfasts, dinners, group equipment and guides. You must provide your own personal equipment.

available the entire trip. This trip is more intense than the beginning backpacking trips. We recommend that participants be in very good physical condition with some previous backpacking experience.

Backpackers will leave from UCSB Friday noon through Monday afternoon, returning to UCSB Monday evening. The fee covers breakfast, dinners, round trip transportation and group cooking equipment. You provide your own lunches and equipment.

Hawaii Backpacking
 Fee: \$465 June 13-20

Past Outdoor Recreation trips to the island of Kauai have been fantastic! Participants hike on the Na Pali Coast to Kalalau Valley. If



for Bishop. The river will be entered near Bishop, and campers will spend two nights on the river and return to UCSB on Sunday after a morning of canoeing.

An added treat is a trip to Mammoth Hot Springs Saturday afternoon after canoeing.

The fee includes basic canoeing instruction, use of canoes, round trip transportation to the river, breakfasts, and dinners. You provide your own lunches and equipment.

Sespe Creek Backpacking
 Fee \$52 May 27-30

The Sespe Creek runs for over 50 miles behind the Ojai Mountains to Fillmore. The trip will begin at Piedra Blanca, with hiking along the creek approximately 40 miles in three days to Fillmore. The hike will take participants through some back country not many people get a chance to see, and also past one of California's condor sanctuaries. Good trout fishing and fresh water will be

there is a picture of a tropical paradise in your mind, you will find it here. The hiking is strenuous to and from the valley. After three nights in the valley backpackers will hike back out. The last three days will be spent doing what you like; all will stay in condos or a hotel and have access to rental cars. You drive, sightsee, lay in the sun or whatever.

A deposit of \$100 (non-refundable) is required to hold your spot. Balance will



be due mid-spring quarter. We will be showing slide shows of our last two trips. For more information on slide shows, contact Wayne at the Outdoor Rec office at 961-3737.

The fee includes round trip airfare from LAX to Kauai, transfers to trailhead, two nights lodging (double occupancy), rental cars (4 per car), trail guides and group

cooking equipment. You provide your own food and personal gear (including money for gas, tax and insurance on rental cars).

If you wish to spend the entire time in a condo or hotel call us for information concerning the additional cost.

Prices may change with changes in airfare. Get your deposit in soon.



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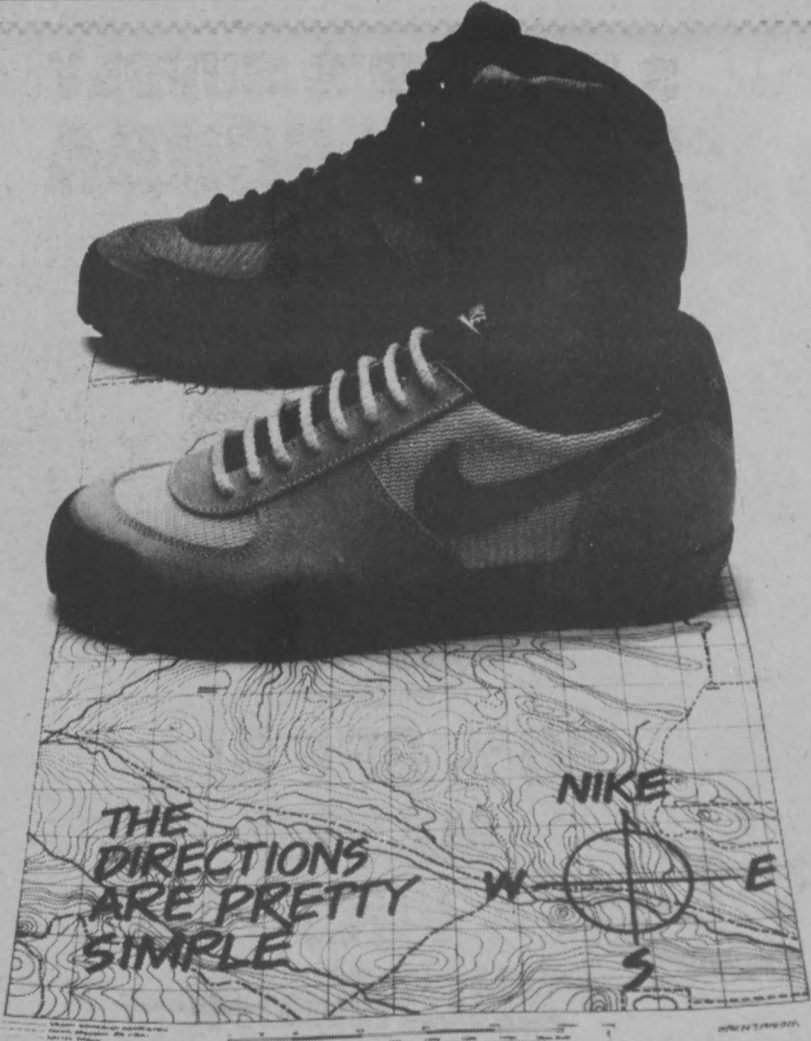
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Joys of Windsurfing

Luff, leech, inhaul, downhaul, uphaul, cleat, roach, mastfoot, clew — windsurfing. These words probably sound like gibberish to you, but they could be stepping stones to the most exhilarating feeling on earth. The words name certain parts of the sailboard, and the feeling is the one you experience while flying across the water with the sound of the wind rushing past your ears, water spraying all around you — and it's all in your hands. You're in complete control: no mechanisms or motors, just you, your sail, and your'e on the smallest islands and the largest continents.

There are local, regional, national and international competitions in racing and freestyle windsurfing. Regattas are held

every weekend somewhere in southern California, with Santa Barbara's fleet No. 39 readily participating. The more serious competitor will welcome the challenge of an international competition where everything rests on his or her own techniques and prowess.

Check it out... there won't be a better time to get into windsurfing. The sport is on the rise, but still relatively inexpensive and extremely uncrowded. There's still plenty of room for discovery of and improvement of techniques and tricks, and who knows, you could be the one to revolutionize water sports. Give it a try, you won't be disappointed!



Plunge into Diving

Almost everyone has fantasized, at one time or another, of breaking away from the routines of everyday life and escaping into another world of different sounds and visions. For a few of us luckier ones, such daydreams have become reality a few feet off our coast.

I am, of course, talking about the world to be discovered in the oceans; a world which until recently was virtually inaccessible. The development of modern scuba equipment has given divers the passport to a separate reality in which such mundane things as term papers and chemistry professors can be temporarily displaced from the

mind. Scuba diving, which is still a relatively new sport with as yet few participants, is rapidly gaining in popularity and for good reasons. One major reason (besides spacing out, as I mentioned above) is that recent developments in equipment and education have made the sport accessible to the general public. No longer do you have to have webbed feet and gills to become a competent diver. Modern pieces of equipment, such as the buoyancy compensator, have made diving easier and safer. Under the supervision of a qualified instructor, even the average swimmer, male or female, can be taught to blow bubbles safely

and efficiently. Once certified, the new diver joins a community that explores, photographs, and shares an incredibly beautiful and diverse world in which new discoveries are the norm.

Santa Barbara divers are particularly fortunate in that they already live in one of the finest diving areas along the West Coast. The waters off our own Del Playa are among the most productive in terms of game, and local divers (they're the ones covered with tar) often bring back stories of gigantic lobsters and abalone, if not the genuine articles themselves. And don't forget the nearby Channel Islands, which offer simply some of the most superb diving in the world.

With such high quality diving in local waters, it is not too surprising that local businesses specializing in diving services are extremely competitive, much to the diver's advantage. There are several dive shops in Santa Barbara and Goleta, offering instruction and rental equipment as well as other services. In addition, the largest sport diveboat fleet operates along our coast. These boats carry divers almost daily to remote and exotic spots along the Channel Islands.

On campus, the UCSB Dive Club offers student divers a chance to meet other divers, as well as opportunities to participate in club activities such as chartered boat trips and diving-related lectures. Dive Clubs are useful in emphasizing the social aspects of the sport. The club office is located near the campus pool and its phone number is 961-4269. Classes in almost all levels of scuba education are also conducted each quarter on campus.

Diving is exhilarating, challenging, sensual, and also a new awareness of three-dimensionality. But most of all, diving is something to be discovered; not adequately discovered; not adequately described by words, it can only be experienced. Take the plunge!

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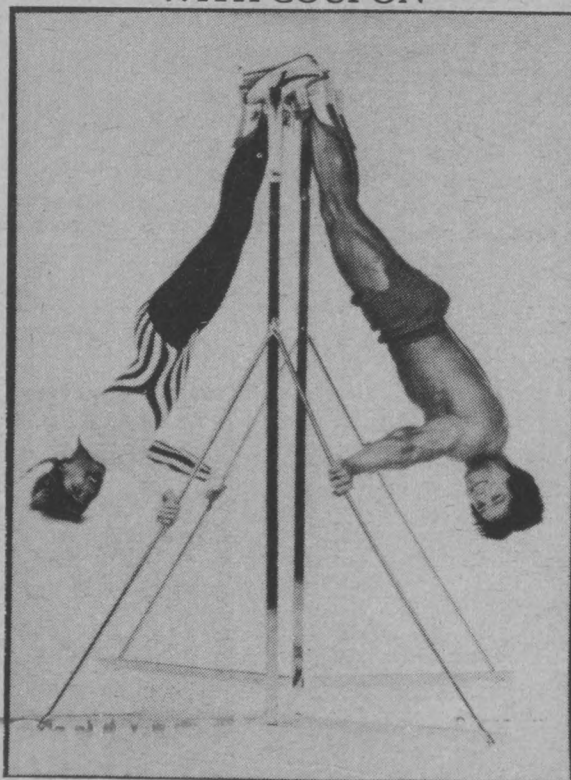
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Attain Physical Fitness Through Diet, Exercise Program

Not only is the old adage "You are what you eat" true, but when it comes to your cardiovascular endurance, strength and how much body fat you carry, you pretty much are what you do.

Medical evidence shows that people who keep physically fit are healthier, feel better about themselves and ultimately live longer. The way to attain this ideal is through a proper nutrition and exercise program which includes flexibility for the whole body, muscle toning and strengthening, and exercises that increase the health of the heart and lungs. A complete physical fitness program must consist of all of these four components.

There are a number of ways you can exercise to achieve your fitness goals.

against resistance. The resistance can come from your own body weight, weights such as dumbbells or barbells, or special equipment and machines found in gyms and health clubs. Toning and strengthening exercises help build a strong, firm, shapely body.

Cardiovascular endurance is the single most important goal of your fitness program. Such endurance is attained through aerobic exercise or oxygen using exercise. This is done through low intensity exercise of long duration. Cross country skiing, jogging, running, running or hopping in place, bicycling, etc., are examples of aerobic exercise.

There are several criterion that must be met in order to gain the benefits of aerobic exercise. Aerobics

maximum heart rate.

In addition to gaining a great sense of well being, stamina, endurance and energy through aerobic activities, these are the only exercises that efficiently use body fat for energy. You literally exercise that extra fat right off! Just remember, it's not speed or distance that's important, it's time and pulse rate.

Before you start any type of an exercise program, be aware of your own limitations and don't try to do too much too fast. Progress gradually and let your exercise program be something to enjoy. Consult your physician before beginning a program, especially if you have ever had heart trouble, high blood pressure, pains in your chest or any other physical

problem which may be aggravated by exercise.

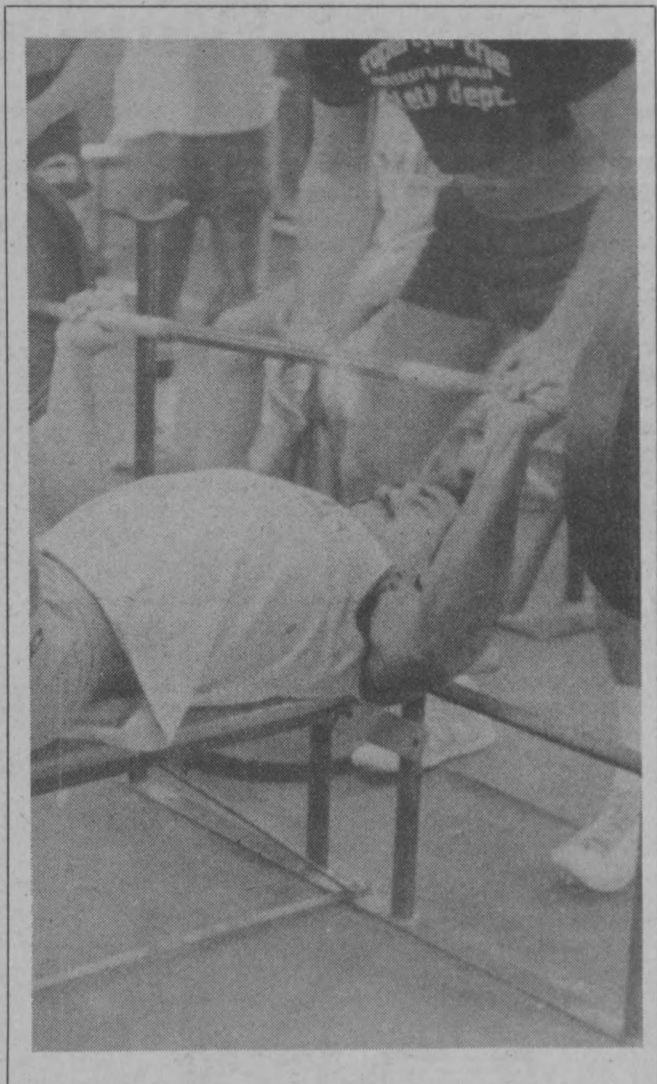
The last but certainly not least element of the fitness program is nutrition. Nutrition makes up at least 50 percent of any fitness program, whether you are working toward fat loss or overall body fitness and longevity.

The easiest way to sum up a good nutritional program is to adhere to the following five basic commandments:

1. Don't use fats or excess oils; avoid fatty meats and whole milk and dairy products.
2. Don't overuse sugar; avoid sugar by all names, including honey, molasses, syrup and other simple carbohydrates.
3. Don't use salt on the plate or cookpot, and avoid highly salted processed foods.
4. Avoid excess cholesterol, which may be found in animal organs, skins, egg yolks and too much shellfish.
5. Limit the use of coffee or tea and use decaffeinated products whenever possible.

Always read food labels and watch for the hidden gremlins. Eat fish and fowl and lots of complex carbohydrates — fruits, vegetables and whole grains.

By following these five commandments you will feel a greater amount of energy, have less tired feelings and may possibly need less



You can train in a gym or health club, create an exercise routine to regularly follow on your own, or join a professionally run exercise class that includes all of the four fitness components in its program.

Flexibility is attained through doing slow gentle stretching movements. Stretching reduces muscle tension and makes the body feel more relaxed, helps coordination and increases your range of motion. In addition, increased flexibility helps to prevent injuries such as muscle strains, makes more strenuous activities easier, promotes circulation, and makes your body feel good! With a list like that how could you possibly go wrong?!

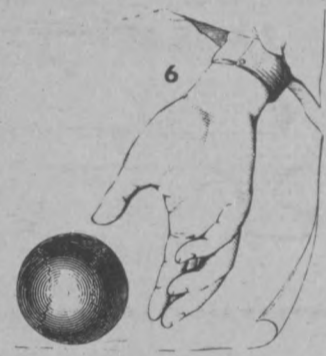
Muscle toning and strengthening is achieved through muscle contraction

must be done a minimum of three times per week, for a continuous period of not less than 15 minutes, and last, you must train within your target rate range.


Your target rate range is the pulse rate at which you should train within in order to tax your cardiovascular system sufficiently without over-working. Each person has what is called a maximum heart rate. This is a level where your cardiovascular system cannot deliver oxygen to the muscles fast enough and you'll reach the point of exhaustion. You must have this figure to find your target rate. To determine your maximum heart rate, simply subtract your age from 220. The lower limit of your target range is 60 percent of your maximum heart rate, and the upper limit is 85 percent of your

sleep. This program will also reduce the risk of heart disease, hypertension, liver disease and a myriad of other diseases that plague Americans today.

Whether your goals are physical and emotional well being, a form of preventative medicine or a means of dropping several clothing sizes, don't delay, set your mind to it and get started today!



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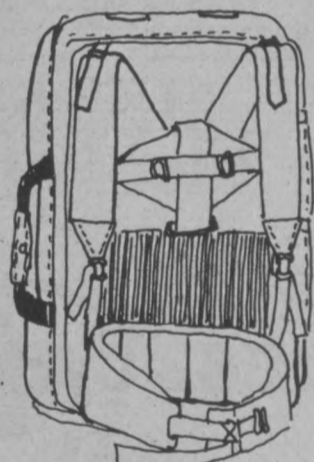


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For novice and experienced backpackers alike, preparation and selection of equipment can be just as essential as pre-trip conditioning and careful choice of hiking routes.

Most of you feel like I do in that one of the most enjoyable facets of the packing experience, aside from the outrageous beauty and serenity of the whole deal, is learning to bring a minimum amount of weight while at the same time afford the most possible comfort to yourself (and your dog, maybe?).

Every time I go out with my home on my back, I try to learn from other people in my groups as much as I can about equipment which is practical and at the same

time inexpensive or easily found around the house. I believe you don't have to go out and spend a fortune on camping gear in the beginning, but a good sleeping bag will make any trip much more pleasurable.

Here is a list of necessary equipment that you can probably find around the house, and the approximate weights of the combined items.

- The 10 Essentials:**
1. matches in waterproof case (plenty).
 2. compass (and know how to read it).
 3. map.
 4. extra food (a few candy bars and beef jerky should do).
 5. extra clothing (besides what you wear to start out).

6. first aid kit.
 7. knife.
 8. sunglasses.
 9. flashlight (with extra bulb and battery).
 10. whistle.
- Total weight for these items — 60 ounces.

Personal equipment:

- Toiletries (try to cut off the handle of the toothbrush to reduce its weight), towel (a cloth diaper is light and absorbent), soap, toilet paper, sun cream, lip balm, foot powder.

Total weight — 14 ounces.

Clothing:

- Night clothes (wear a dry pair of thermals at night) — approximately 25 ounces.
- Dry pair of wool socks, and possibly a wool cap for warmth.
- A loose, comfortable pair of long pants, preferably light wool, 16 ounces.
- Tee shirt and shorts, the extra clothing previously mentioned.
- A heavy wool long sleeve shirt, 14 ounces.
- A light sweater, 8 ounces.
- Two pairs of socks, 5 ounces.
- Plastic Poncho (to be used like a ground cloth), 12 ounces.
- A change of underwear, 6 ounces.
- A parka with hood, 32 ounces.
- A sturdy pair of boots.

Remember, layering clothing to create air pockets will keep you warmer than one thick coat with the added convenience of shedding layers before becoming too hot and sweating. Try nylon stockings as an inner sock to help prevent blistering as the nylon sox will slide instead of rub. You will have to cut them just above the boot,

Backpackers:

Plan Carefully To Lighten Your Load



too, as they will get warm.

Shelter:

Acquire a sleeping bag that reflects the temperature rating you need and an ensolite pad that will serve as a thermal layer between you and the ground as well as being comfortable. Also purchase a tarp or tent depending on

your preference. Total weight for these items will be approximately 10 pounds.

Kitchen:

Food will amount to approximately one to one-and-a-half pounds per day.

Cookware should include two cups (one for drinking and one for eating from), a spoon and a one quart boiling

pot, all of which will weigh about 25 ounces. You will also need an empty water bottle (three ounces), water proof bags (two ounces) and a scrub pad (one ounce).

Miscellaneous:

A pack, three pounds; a nylon cord for rigging tarps, and hanging or tying objects as is necessary, 12 ounces; a plastic trowel for burying human waste, putting out fires and other tasks, six ounces; a notebook with pencil, 10 ounces; extra shoelaces, two ounces apiece; plastic bags for dirty clothes and trash, two ounces; stove and fuel (optional), two pounds.

The total weight of your "home" will be approximately 29 pounds plus the weight of food each day. Backpackers may find their own loads lighter or heavier depending on the items to be used, but the most important thing to remember is to make it comfortable.

In addition, arrangement of the pack is also important. Equipment should be packed heavily on the top of the pack, close to your body, as opposed to heavy on the bottom which is less comfortable but better for balance while skiing.

Above all, choose your equipment carefully and you'll take a heavy load off your mind — as well as your back.



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Hike Among Grand Sequoias

Sequoia National park is a popular area in which to hike and backpack. Most people usually go for day hikes in the area. If you want to miss the crowds, here is a three-day loop trip that will end in the Grant Sequoias.

The trip starts in Wolverton Ski Area parking lot. Take the Pear Lake trail and hike via the tower trail. Your day will be spent passing some beautiful Alpine lakes. Avoid the hump trail, the view is far superior on the tower trail.

When you get to the Ridge above Moose Lake, stop, have lunch, and enjoy the view of the Great Western Divide. After lunch drop down to Moose Lake and head for the southern ridge of the lake. Find the trail on the other side of the ridge; it is marked on the map. The trail will go southwest and cross another ridge, and you will be able to see Alta Meadows from the top of the ridge. Alta Meadows will be your next campsite.

The third day can be a

back to the car or hike out through the "Grant Redwoods." If you choose the Sequoias you will have to hitch or hike back to the car on the roadway. (It is only a couple of miles.) I would take the trees, it is definitely worth it. Follow the trail to the congress group from Panther Gap. Look for General Sherman Tree.

The trip can be done in three days, but a fourth day will give you a layover at Alta Meadows. Remember

to write for permits in advance. (Write to: Sequoia-Kings Canyon National Park, Three Rivers, Ca., 93271, 209-565-3341.) You will need the Triple Divide Peak topographic map. It would be wise to treat all waters in the area and hang your food so you will not poison the bears. Plan on snowfields from Pear Lake to Moose Lake until late July. Bring your camera and lots of film; the views and sunsets are terrific.

"Sequoia National Park is an extremely popular area in which to hike and backpack."

The first night should be spent at Pear Lake. In the morning set your compass at 78 degrees and head cross country to Moose Lake (the compass setting includes declination). If you don't have a compass then take the straight line of travel from Pear Lake to Moose Lake according to the Triple Devic Peak topo map.

very full one if you decide to take an early morning hike to the top of Alta Peak. On a clear day you can see the back side of Mt. Whitney. You will also see most of the loop trip from the top of Alta Peak.

The trail is easy to follow back to the car. When you get to Panther Gap you have to decide if you want to go



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Trek Along Sespe Creek Trails

Up behind Ojai, off of Highway 33, is the Sespe Creek, which runs continuously to the town of Fillmore. Good backpacking can always be found on any part of this creek; in fact, there is a portion of the Sespe that is quite remote.

The easiest and most popular access to the Sespe is off of Highway 33, 20 minutes past Ojai. Take the Rose Valley, Piedra Blanca turn off from 33. The paved road will take you to Lions Campground. Take a good look at this new campground too. Back in the winter of 77/78, flash floods wiped out the old grounds and the four wheel drive road along the creek. As a result there is a nice trail to follow because vehicles can no longer get access to the old roads.

The trailhead is on the other side of the Sespe Creek. This trailhead takes off in three different directions. One scenic trip goes downstream, following the old road.

The road follows the creek for eighteen miles. You are not far from the creek at any given time and many times you must cross the Sespe. There are many areas along the way for camping, swimming, and fishing. The farther away from the trailhead you go, the better the trout fishing gets.

The main reason most people go the 18 miles downstream is due to the Sespe Hot Springs. They are located on the north side of Sespe Creek a few miles up the side stream (check topo map "Devils Heart Peak" - Sespe Hot Springs are on it). This would be a healthy three day trip. If you only have two days, don't try it unless you are up for weathering two back-to-back 20 mile days.

For those of you who have the time, stamina, and a little daring, continue down Sespe Creek to the town of Fillmore. There is no trail - just follow the water. Once you are in the back narrow

canyons, you can only get out by going on down or upstream. The fishing is great and so is the challenge of the terrain. Some of the boulders in the stream are so large they even register on the Topo map!

Lions Campground to Fillmore should be at least a four day trip, hiking all the time with a few swimming breaks. The total distance is roughly 40 miles.

Topo maps needed for this hike are Lion Canyon, Topotopa Mountains, Devils Heart Peaks (for the Hot Springs) and Fillmore (for the daring). The water in Sespe Creek has remained safe for the drinking for the last few years; nevertheless, treating the water might be a good precaution.

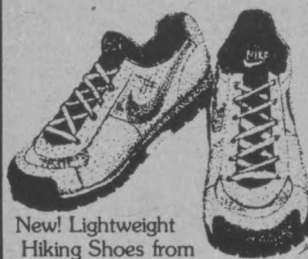
The trails described above offer beautiful scenery as well as fun and rewarding challenges for backpackers.

It's usually a good idea to avoid the Sespe area during the heavy rain season, as these areas can be subject to

flash floods, especially in their narrow canyons. Late spring and early summer are generally the best times to take the Sespe trips.

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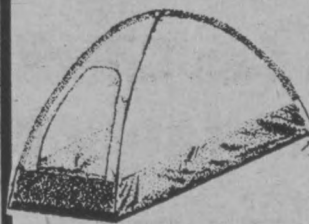
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Ultimate Frisbee Gains International Popularity

Ultimate Frisbee. The name accurately depicts the action and excitement of the sport.

Ultimate is played with two teams of seven players. To begin the game, each team lines up on opposite ends of a 70 yard field, then one team throws the disc in the opening "throw-off." The receiving team advances the disc through a series of tosses to other team members; no player is allowed to run with the disc. A goal is scored when a team's player catches the frisbee disc in the end zone (a 25 yard deep goal).

The excitement of the game comes in when the defense strives to "turn-over" the disc, which happens when a throw is

successfully intercepted, a pass is blocked, or a poor offensive pass hits the ground. The defense then becomes the offense, and the tide is turned.

Ultimate frisbee has grown enormously in the past few years. There are currently over 800 registered teams across the United States and active teams in 18 countries. In the United States, many junior and senior high schools and colleges offer ultimate either in physical education classes or in a recreational format.

Ultimate is a fun sport. There is a great amount of freedom and informality implicit in the rules. Highly competitive play is encouraged, but never at the expense of the bond of

mutual respect between players or the basic joy of play.

In Santa Barbara we are lucky enough to host probably the best ultimate team in the entire world. The Santa Barbara Condors have won the National Championship more times than any other team and continue to dominate the tournament circuit.

One of the main reasons for the Santa Barbara team's continued success is the years of experience



under the belts of many of the Condor players. Several have been involved in the sport since the National Championship series was started, and one team member, Tom Kennedy, has even written a book entitled *Ultimate: Fundamentals of the Sport*, which is available

through the UCSB Intramural Department.

Kennedy's book is the first written which deals exclusively with the sport of ultimate frisbee. The book covers the fundamentals of ultimate, ranging from individual offensive and defensive skills to advanced

team strategies. It has proven invaluable in helping beginning as well as experienced players to develop and strengthen their skills and more fully enjoy the sport.

If ultimate frisbee is a sport that might interest you, get involved! The intramural teams specialize in fun and provide the opportunity for players to learn fundamentals. If you'd like to see how the sport is played on a competitive level, you'll want to catch the 1983 Coors Santa Barbara Ultimate Classic during Memorial Day Weekend here at UCSB.

This tournament will feature teams from all over the west coast with over 500 competitors congregating here for an exciting, event-filled weekend. This will be a good opportunity to see quality play and understand why many feel that ultimate is the "sport of the '80s."

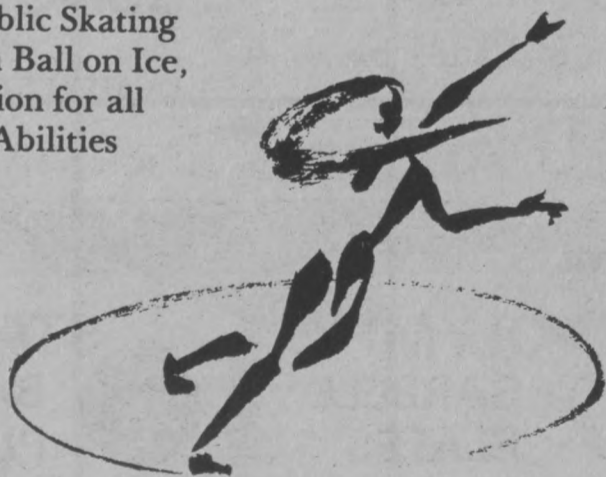


"Here in Santa Barbara we are lucky enough to host probably the best Ultimate Frisbee team in the entire world."

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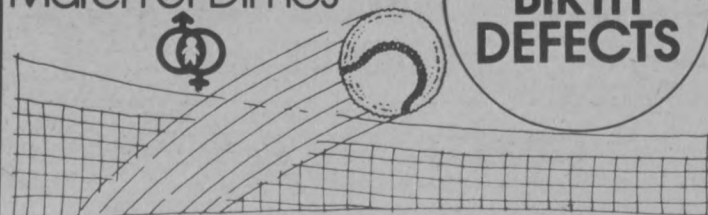
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Jazzercise Promises Fun "Fitness With Flair"

If, when making up your fitness program, you start with the basic premise that no one likes to exercise anyway, "So doesn't moving slowly from the living room couch to the refrigerator count?" then maybe Jazzercise is not for you.

If, when deciding how you are going to lose that flab and tone up those muscles, you try to find a way to do it without sweating, then maybe Jazzercise is not for you. Jazzercise is fun and it is hard work and you will sweat. But you can also lose weight, tone up, and feel better physically, if Jazzercise becomes part of your regular exercise routine.

"Jazzercise is a dance-fitness program that anyone can do," explains its creator, Judi Sheppard Missett. "If you can move you can dance, and if you can dance you can

Jazzercise."

Jazzercise is the latest in a series of exercise-to-music programs to hit the country. Like Aerobic dancing and Disco-cize and Trim, Jazzercise uses music and dance movements to turn a potentially grueling and boring workout into fun.

"The main way in which Jazzercise differs from other dance programs is the spirit that exists — the atmosphere, the positive motivation. We encourage them to let go, release tension, and whoop and holler. We tell them to let their minds go on vacation and let their bodies take over," says Cheryl Lange, a Jazzercise instructor.

Jazzercise is, by its promoters' own admission, "fitness with flair," a unique approach to body conditioning using dance

movements and swinging music. Participants in a session take a follow-the-leader approach, mimicking the teacher as she struts, stretches and stomps through a routine, based on jazz dance movements and performed to everything from rock music to country western to disco tunes.

Each class session includes about 50 minutes of bending, stretching, jum-

piovascular, muscular, metabolic, and emotional improvement. Balance, coordination, flexibility, muscle tone, stamina, and posture are the areas on which Jazzercise concentrates.

The creative arrangement of steps, moves, stretches and transitions make Jazzercise dances unique. They have been matched to fit specific music for specific

as the 200,000 participating women and men across the country have discovered. It is a combination of fitness and fun that "lifts the spirits while conditioning the body." Though a good workout is the essence of every Jazzercise class, the sessions become social and emotional outlets where students can meet and make friends, let go of frustrations while limbering up and "whoop, holler and generally be a kid again," Missett says.

"Mental fitness is the essential ingredient. As children we're fairly loose, fluid and able to move. But the older we get and the more responsibility we have, the tighter we become.

"I've had students who, at first, were inhibited and unsure, now come up to me and say they feel much

better about their bodies and can deal better with everyday problems. They are better bosses, they don't yell at their kids and their sex life is better."

In the Isla Vista area, classes are offered at the Isla Vista School on El Colegio Road and at the El Rancho School at 7421 Mirano Drive. Registration is simple and can be done at anytime; jazzercise is an on-going program, so anyone interested can start any day classes are offered. Simply call your local Jazzercise office (805)962-6069 to insure available space, and choose the class that is most convenient for you.

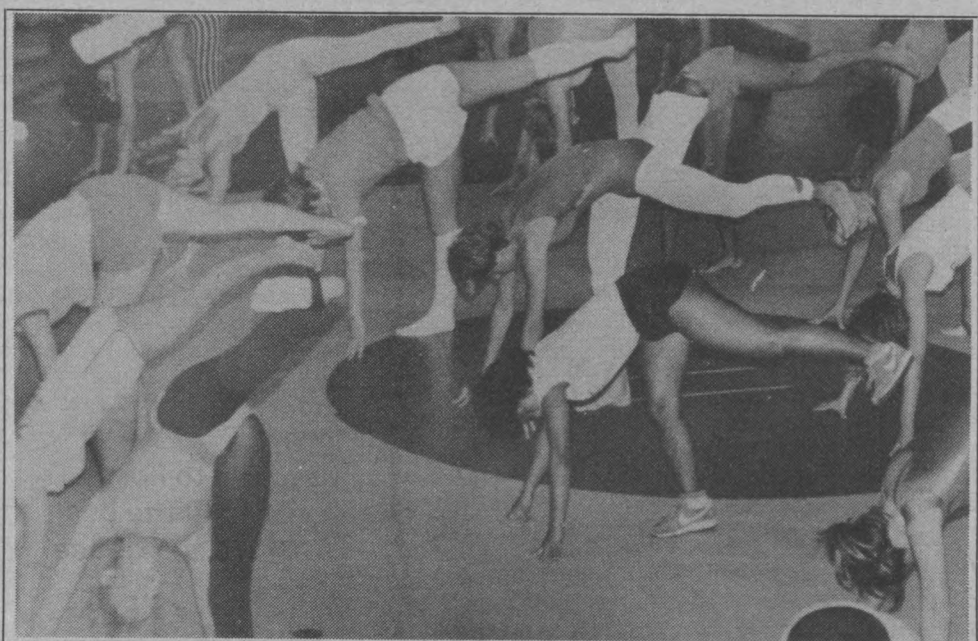
To each Jazzercise class bring a non-skid mat and wear loose-fitting, comfortable clothing. Bare feet or tennis shoes are recommended.

"Sometimes I wonder why I subject myself to what can often be 75 minutes of relentless torture."

ping and dancing, built around warm-up, peak-work, and cool-down periods. Underneath the fun and music, the point of a Jazzercise class is car-

purposes; each routine is designed to improve the body with total fitness in mind.

But Jazzercise is more than an exercise program,



Aerobics Firm Flab

"All right, lie flat on your back, arms out to the sides, your left leg comes up, over to your right shoulder, up again, over to the left shoulder, up, flex, and down."

The familiar beat of the song "Fame" sounds throughout Room 2320 of Rob Gym as forty-one legs wearing tights in a myriad of colors, lift gracefully from the floor. Its time for an hour and a quarter of jazz-exercise, a form of exercise that combines jazz dance techniques with traditional yet imaginative forms of exercises, performed to the music of contemporary musical artists.

"O.K. now, as you spread your legs apart (don't forget to point your toes), reach up through your legs with your hands — this is a great exercise for your abdominal muscles and inner thighs, but don't do this at a party!" jokes Beth, one of the Arts and Leisure Services jazzercise instructors who seems to exude limitless amounts of energy.

Sometimes I wonder why I subject myself to what can often be seventy-five minutes of relentless torture. At these times I usually remind myself that I could be studying, which alleviates some of the pain.

The beginning and end of the jazz-exercise class are devoted to some relaxing yet invigorating stretching to prepare your body for the fun to come and wind yourself down after the fun is over. In between all of this is about 55 minutes of vigorous jazz exercises with a little aerobics thrown in for good

measure, designed to firm, tone, and otherwise buff any and every part of the body that needs work.

After the first class of the quarter is over, everyone looks exhausted, but satisfied with themselves. A blur of pink and purple leotards and maroon legwarmers (those weird-looking, bulky toeless socks worn bunched up at the ankles) file out of Rob Gym. When that same blur returns two days later, they don't look quite as enthused. Muscles that no one ever knew existed are sore. (How can my chin be stiff?)

Back in class again, Stevie Nicks' voice resonates throughout the dance studio as she sings her Top 40 hit, retitled by Beth as "Stop Dragging My Thighs Around." "Lift that skinny leg higher! Now plie deeper or we'll start all over again!"

The thing is, after its all over and your leotard is drenched with sweat and your hair is matted to your forehead and your knees are like jelly, you feel great. The challenge lies in surviving those fifty-five minutes of kicking, extending, pulling, pushing, lifting and arching.

As the last song ends and you are reveling in the fact that you have survived another session, one more time you hear, "Reach your right arm way up, all the way, now higher, and reach around and pat yourself on the back — you worked hard tonight. I'll see you on Wednesday — and don't go home and eat pizza!"

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Intramural Program Provides Friendly Sporting Competition

Warm spring afternoons are rarely conducive to hard core studying, and on sunny days those who care for a more active outdoor sport than competitive tanning may find themselves on a field or a court, involved in a little friendly intramural competition.

The intramural sports program is one of UCSB's most popular programs, with about 15,000 participants playing a variety of sporting events each year. Sponsored by the UCSB

Department of Athletics and Leisure Services, intramurals provide the opportunity for students, staff and faculty alike to take part in their favorite sports, forming their own teams and competing with other teams commensurate with their level of skill. For those who don't have the time, the desire or the opportunity to participate in intercollegiate sports, intramurals provide a fun alternative.

"I think everyone recognizes the value of in-

tramural sports on this campus," says Paul Lee, UCSB Director of Intramural Sports. One of his current goals is to increase awareness of the program, which is often unknown to new students and campus affiliates — or old ones who simply have not participated in the program before.

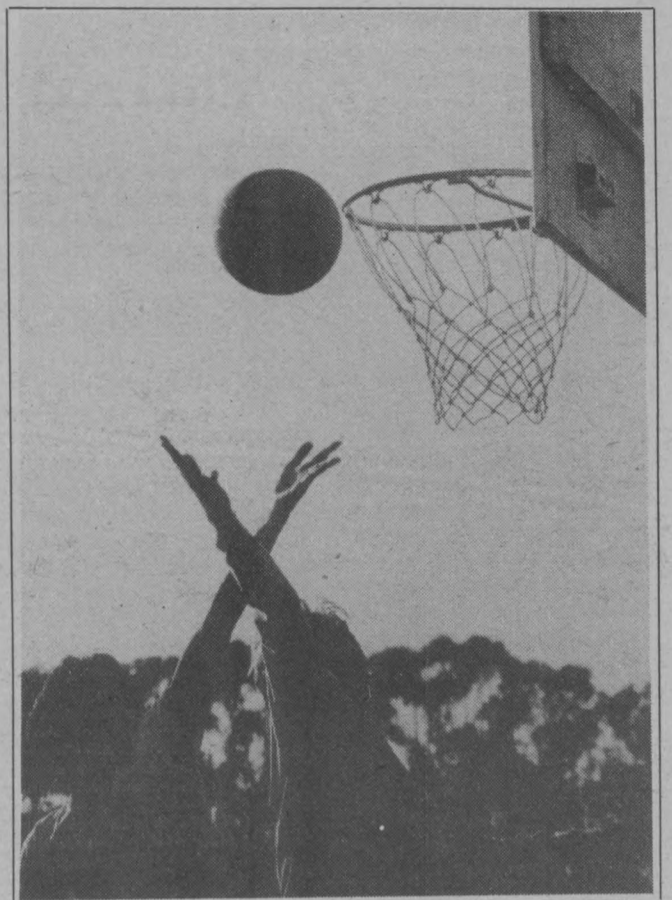
To mediate between students' busy schedules and their love for exercise, league sports are offered every day of the week during afternoon and evening

hours. For an afternoon break from the books, this spring there are both men's women's and coed teams in ultimate frisbee, softball and innertube waterpolo. Evening teams include volleyball, floor hockey, bowling and basketball. Competition has already begun this spring quarter, with the participation of 200 softball teams, 70 ultimate frisbee teams, 70 innertube water polo teams, 125 volleyball teams, and 65 floor hockey teams.

The highlight of intramural sports competition is the annual All-Cal event, when the nine U.C. campuses send their top teams to the intramural sports festival. This spring U.C. Riverside will host the event. UCSB will be sending teams in volleyball, softball and mixed doubles tennis.

Those who missed the sign-up deadline for spring teams or who are just too busy to commit themselves to the structured leagues may be interested in Open Recreation, special hours when drop-in use of athletic facilities is available for students, staff and faculty and alumni. Facilities are available for basketball, volleyball, badminton, weightlifting, gymnastics and floor hockey. Participants must show appropriate identification to be admitted. Check the weekly schedules for open hours.

Also sponsored by the IM program are frequent



weekend sports tour- A new program sponsored

naments, featuring by the IM office is the Fit- "variations on our ness Incentive program, traditional sports," ac- designed to assist those who cording to Lee. An IM Fun wish to develop a personal Run will take place on April fitness program and need 23, a mixed doubles tennis information and or tourney has been slated for motivation. For a \$5 fee, students may sign up for a the weekend of April 30, and the following weekend the series of personal con- IM track meet will be held. A sultations throughout the quarter. Qualified staff members will discuss personal goals and areas in need of improvement, ideas on programs the individual may take advantage of, and information on nutrition and exercise. A body fat measurement may also be taken. A free t-shirt is presented to the individual when progress is shown

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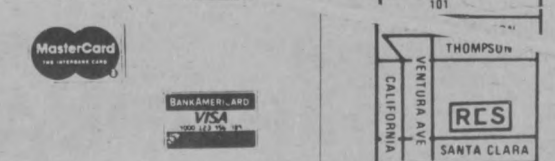
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Santa Barbara is a bicyclists dream no matter what kind of cycling you are into: touring, day riding or competitive racing, Santa Barbara has plenty to offer.

Tours can range from weekend trips to Jalama Beach up north, to secluded areas of Los Padres National Forest. Many people like to go to Jalama because of its relatively flat route and beautiful scenery up Highway 1. It is a real treat to be able to take a trip and not have to pay for gas and only pay \$1 a night to sleep.

For the more adventurous, a tour with no planned nightly destinations, just pulling off the road wherever it looks comfortable. This type of traveling gives the tourist a true sense of freedom from the confines of a modern structured lifestyle. When done with a tour, one feels not only physically better, but the feeling of accomplishment from having seen the area under their own power. Other weekend tours in the area are Cachuma Lake in the Santa Ynez Valley or Lake Casitas near Carpinteria.

Touring bikes usually have heavier wheels and tires, a shallower angled frame with various braze-ons for racks, panniers (bicycle bags), and smaller gears for climbing steep hills with additional

Santa Barbara Bicycling

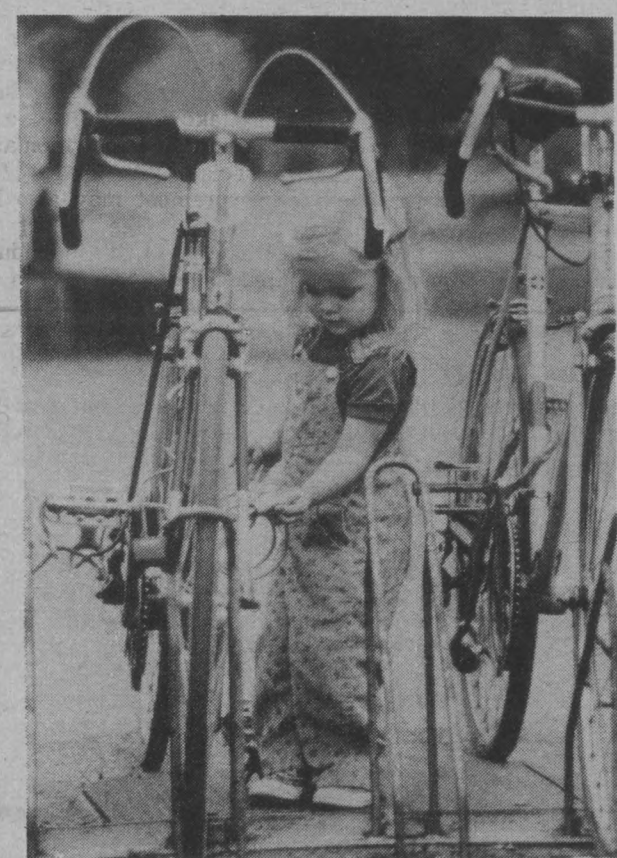
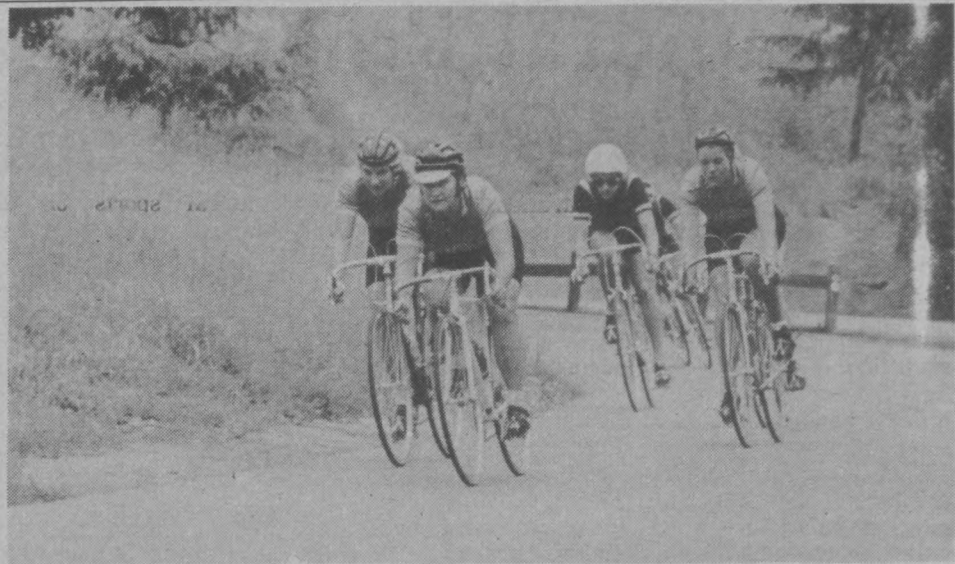
Local Cyclists Try Tours, Day Trips, Competition Tours, Competition

Santa Barbara Mission, Montecito (Highway 154 is a great smooth road, Mountain Drive is Feeley's favorite path, and up on the Riviera on the Alameda Padre Sierra), El Capitan, Rufugio, and Gaviota Beaches are great. For the 'buff riders,' rides to Lake Cachuma and back, Lake Casitas and back, and of course La Cumbre peak are always a challenge. From La Cumbre Peak one can see all the Channel Islands, the Los Padres National Forest mountains (which are frequently snow capped in the winter) and Lake Cachuma in the Santa Ynez Valley. Day riding is especially popular because

no special bike is needed. Many people ride expensive road racing bikes while others are content on their cruiser bicycles.

When one speaks of Santa Barbara to hardcore competitive racers, one thing is clear: Santa Barbara is probably the most successful biking area in the U.S. in the last few years. The Santa Barbara Bicycle Club is to bike racing as the Dallas Cowboys are to football. The club features last year riders Larry Shields: Junior National Road Champion in 1976 and Thurlow Rodgers: member of the U.S. National Team.

UCSB has what will probably turn out to be the Western Regional Cycling champions. The team is made up from members of the UCSB Bicycle Club who are interested in competitive racing. The team travels to about 12 races each spring to compete with teams from universities from Chico State up north to the San Diego Schools down south. This year the team has brought a full squad to seven races and won all seven. Barring the unforeseen, the team will compete in the National Championships this Fall. Riders include team captain Daryl Abrams, Todd Feeley, Cindy Whitehead, Sarah Sweeny, Dave Tu,



weight. While having a nice touring bike is not necessary, it sure makes a trip alot more comfortable.

Single day touring is probably the most popular form of bicycle riding in Santa Barbara because of the incredible possibilities for such rides. In the same day a person can go from the beautiful Santa Barbara coastline to the heights of the 4,000 foot La Cumbre Peak. UCSB Bike Club president, Todd Feeley, states that the best time to try the climb is "on spring mornings when the air is warm, fresh, and still. These are the days when one really learns to appreciate what Santa Barbara is all about."

Driving up palm tree lined Cabrillo Boulevard towards East Beach in a car just is not the same as riding through the palm trees on the bike path. The blues, reds, oranges, greens of the Montecito hills just can not be appreciated wizzing by at 40 miles an hour. Rides can be short, such as riding the bike path to Hope Ranch and Henry's Beach about 15 miles round trip, half day trips can be made to the

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Looking out into rushing blue water brings pangs of anticipation to any true river runner. Of course the thrill of white water rafting has been shared by many, but still many people have yet to experience the potential thrill of negotiating a Class IV rapid (difficult white water) or the beauty of the riverbank as they pass mile upon mile of secluded shoreline.

The United States and especially California are filled with potential rivers to travel. The most common forms of river transportation are canoes and kayaks, both

of which require some proficiency in handling, and rafts and dories, which can be ridden by just about anyone.

There are differences between each of the four modes of transportation. Kayaks are small, individual crafts that allow for a great deal of speed and maneuverability. Canoes, like kayaks, are small and easy to maneuver, with room for two or three people plus gear. Both kayaks and canoes are usually easier to transport to the river than larger crafts, but once there they take a bit of getting used to.

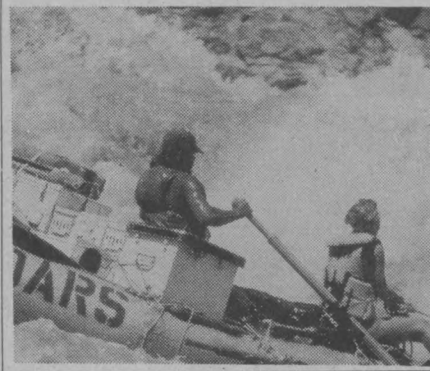
Rafts and dories vary greatly in size. As few as three and as many as twenty people have been known to ride a single raft. Dories generally hold between four and eight people. The advantage to the greater number of people can be a sharing of the responsibility of steering, or merely sharing in the fun of riding.

River trips usually have a definite beginning and a definite end. The craft is transported to the starting point by car or truck along with all of the necessary provisions. The provisions include all of the usual camping gear (because fortunately there are no hotels on the river) and many watertight containers.

The heart-stirring excitement of river running is difficult to describe. The excitement usually coincides with the white water encounters where rafters must hang on while being tossed about, or canoers must navigate through the rocks and shallow spots. The fun of river running should not be measured by the excitement of the white water because on most rivers white water rapids are few and far between.

The relaxed contemplation one experiences while watching trees and canyons, and a vast array of water fowl and wildlife has been the inspiration of many who return to the routine of their everyday lives. The beauty of most rivers is still unspoiled because most travelers are experienced conservationists who take care to preserve our natural

Whitewater River Rafting



Wild Rivers Teach Spirit of Adventure, Love for Outdoors

resources. However, you may see other parties on your trip, or the remains of their campsite where you stop to camp.

Campsites along rivers are often some of the best anywhere. You might have to hike a few miles, or a few hundred feet to find a waterfall, pool or cave. There is always lush vegetation everywhere because of the water, and sandy beaches are not unusual, though most river water is much colder than the ocean here in Santa Barbara so swimming may bring chills.

Besides the beauty of the outdoors and the excitement of the rapids, there are still the late afternoon explorations of the riverbank and the surrounding area,

and the coziness of the evening campfire that can always be stored in beautiful memories.

If river running sounds serene and easy, don't be fooled; rafting requires a good deal of skill and a certain degree of risk. Although all river runners wear life preservers, they can not be afraid of water and must know how to swim. Always present is the danger of falling overboard, capsizing the craft, or even hitting an unexposed rock.

covered peaks of the Sierra Nevada in the background, the East Carson carries you eastward toward the dry plains of Nevada. A friendly river with several Class I and II rapids, it's current is swift and lively. A special treat is the mineral water hot spring in which you can relax, sip an ice cold drink and watch the world float past. The Carson is an ideal family river.

Tuolumne River — The Tuolumne is the most sought after river run in the West.

"Believe me, my young friend, there is nothing — absolutely nothing — half so much worth doing as simply messing about in boats."

— Water Rat to the Mole, Wind in the Willows

All of these dangers are carefully prepared for through training, almost always from someone very experienced.

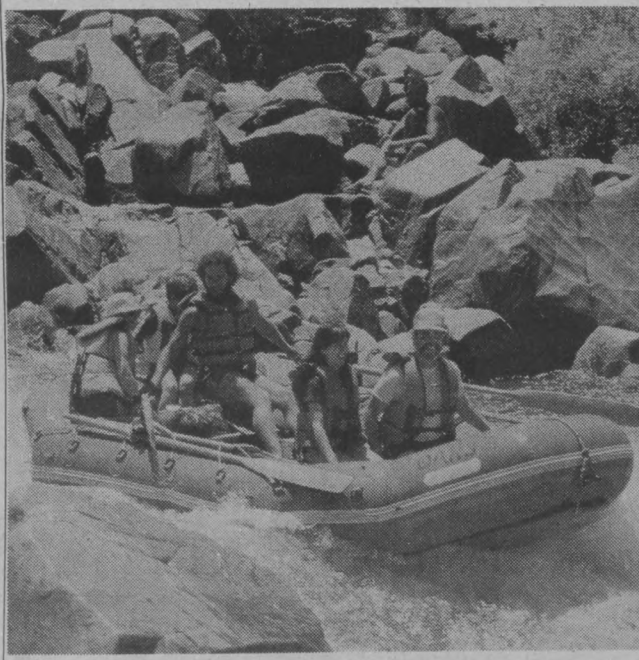
River trips may be planned by individual groups experienced in the art of river running or individuals can join a river trip with an experienced leader for a fixed fee. Anyone interested in river running should contact their travel agent or look for excursions sponsored by Leisure Services or the U.C. Extension.

The following rivers are popular with both novice and experienced river runners, and are often the sites of organized group river running expeditions:

East Fork of the Carson River — with the snow-

The rugged river canyon has some of the finest wilderness scenery you'll find, and in any season its famous Class IV and V rapids provide a thoroughly exhilarating and unforgettable ride. Several side canyons beckon those who enjoy hiking to explore the nooks and crannies around each bend. The Tuolumne is an unsurpassed first class wild river.

Merced River — Thrills abound for those who dare float the Class IV rapids of the Merced during spring run-off. Leaving the floor of the Yosemite Valley, the river narrows and cascades down narrow gorges. The 24 mile trip parallels the route of the Old Yosemite Railroad whose abandoned trestles still remain. Abundant (please turn to page 15A)



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(continued from page 14A) spring wildflowers and the soaring redtail hawk add color to this run. And then there is Quatermile Rapid, Class V, an indescribable maelstrom of churning, boiling water, immediately followed by a portage around a 25 foot waterfall.

Dolores River — If ever a river was touched with magic it is the Dolores. This amazing river alternately carves it's way through deep canyons and flows across open valleys where the impressive snow-capped La Sal Mountains dominate the scenery. The river run starts in the high country of southwest Colorado amongst forests of Ponderosa pine abundant with wildlife. It flows past several Anasazi Indian ruins and petroglyphs into slickrock country and finally into Utah desert. Class III and IV rapids are numerous along this run.

San Juan River — The San Juan offers a superb view of the canyonlands from the bottom up, and a great opportunity to learn about the

along the California-Oregon border, the river drops over 30 feet per mile through Class IV and V rapids for 18 unbelievable miles. This fantastic river is known to relatively few, but its reputation is spreading fast.

American River — In 1848 James Marshall discovered gold in the American and by 1849 thousands of miners had flocked to her shores. A river rich in history, the American today has become the most popular rafting river in California. The twenty-one mile stretch from Chili Bar to Salmon Falls is the perfect length for an overnight trip. The lower section features the spectacular Class III rapids of "The Gorge." Don't forget your gold pan — there's still gold in the American.

Stanislaus River — From the foothills of the Sierra Nevada Mountains, this magnificent river carves its way through a deep limestone canyon. The shores of the Stanislaus were home to the Miwok Indians and more recently the 49er



geology of the Southwest. Here nature has historically presented her story within the ribbon-like layers of the canyon walls. Well preserved Anasazi Indian ruins are just a short hike from the river, and messages are left everywhere by the Indians from earlier times in the form of petroglyphs. Some folks prefer to paddle this relatively mild 83-mile run in inflatable kayaks through the Class I and II rapids.

Klamath River — Hell's Corner Gorge — First commercially rafted in 1981, Hell's Corner Gorge has proved to be one of California's most challenging whitewater runs — rivaling the awesome rapids of the Tuolumne. Located in the pristine wilds

gold miners. Relics from both times can still be found in the canyon. There are plenty of feisty Class III rapids as the river gradient drops at a rate of 20 feet per mile over the nine-mile stretch from Camp Nine to Parrotts Ferry.

Colorado River — There is no better way to appreciate the grandeur of the changing earth than to float the endlessly eroding Colorado through the Grand Canyon. No more challenging whitewater is to be found in North America than the gargantuan rapids of the Colorado River. Over the course of 226 miles from Lees Ferry to Diamond Creek, there are 150 assorted cataracts from miniature to monstrous. Crystal, Horn Creek, Granite, Hance and

Hermit are immense, awesome and breathtaking, but your heart will skip a beat when you see Lava Falls, the granddaddy of all rapids.

Rogue River — One of Oregon's treasures is the Rogue River, the setting of innumerable Zane Grey novels. Long famous for its abundance of wildlife — bear, deer, osprey, heron, otter — and superior fishing, the Rogue also offers spirited whitewater of the Class III variety. The pace of this 45-mile run through the Siskiyou Mountains is leisurely, floating past deep forests and green meadows with plenty of time out for swimming and hiking.



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