



Tai Chi Chuan The Martial Side

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web the trail begins this section with a lengthy climb out of the columbia river gorge and eventually reaches the crest near the indian heaven wilderness a lake blessed land abounding with huckleberries next it rounds the base of mammoth mt adams elev 12 276 just north is the rugged dramatic goat rocks wilderness similar to the

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maintained better than the pct portions of manastash ridge trail and other singletrack orv trails

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