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Season 7

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Season 6

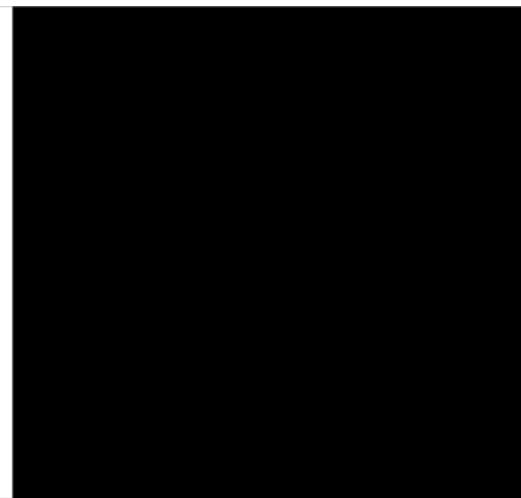
Season 5

Trailhead: Helen Thayer: Finding the Adventure

Episode 26

Helen Thayer has done and seen more in just a few years time than most of us see in our lifetimes. It's not that she has more resources than the rest of us or has more ability, she just makes the choice to set out on adventures. With tough clothing and gear made by Cordura, Helen has been undaunted by even the most extreme challenge. She's gone to the North Pole, kayaked the Amazon, lived with wolves for three years. Her adventures are legendary, but when it comes down to it we can all enjoy the thrill of discovery and the strength to explore, we just need to follow Helen's example and do it.

Terry Wood is the newest AYL feature Reporter. As a news anchor for over a decade, Terry brings with him a wealth of experience. Leaving the news desk behind, Terry now sets his sights on a much broader canvas on which to report: the whole of the outdoors and the adventures that can be found there. Welcome to the At Your Leisure team Terry.



Cordura
Helen Thayer

Sponsors



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