

Wanderlust: The rhythm of walking, something more

"In my room, the world is beyond my understanding. But when I walk I see that it consists of three or four hills and a cloud." – Wallace Stevens

Nothing more, nothing less – yet more than it seems. Walking is as close to doing nothing as you can get – yet it is something more. It is many things actually: a way to escape, to think about something or to think of nothing, a means to meander, a way to be.

The earliest known meaning of the word "walk" is circa 12th century, meaning "a tossing, rolling." It later came to mean "a going on foot; a stroll; a path; a walkway."

My son Gabe is a



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"thru-hiker," that is, he has walked the entire 2,190 mile Appalachian Trail, stretching from Springer Mountain, Georgia, to Mount Katahdin in Maine. He walked through 14 states, 8 national forests, and 6 national parks, tackling the toughest trail's end through the dense



Photo by E. WHITNEY

Hiking Carter-Moriah trail is both scenic and challenging.