

Mountains majesty
raging creeks,
river rocks, and clear streams.

Snowy pass and rugged peaks
Crisp, pure air.
Crystal blue lakes.

Mariposa with “magic” gold dust,
sage, balsam, firewood and phlox.

Breathing out.
Breathing in.

Walking
dusty trails,
new friends.

Cold morning, hot coffee
Warm afternoon, frigid waters.

Trekking poles, backpacks
rope, helmet, ice axe.

Ankle bruised and muscles sore
Hike, climb, trust, conquer.

Slow it down—
Follow, pace,
Take a breath
Rest step.

Uncomfortable, stretched.
Confident, satisfied.