



"Walk away quietly in any direction and taste the freedom of the mountaineer...

Camp out among the grasses and gentians of glacial meadows, in craggy garden nooks full of nature's darlings. Climb the mountains and get their good tidings. Nature's peace flows into you as sunshine flows into trees. The winds will blow their own freshness into you and the storms their energy, while cares will drip off like autumn leaves. As age comes on, one source of enjoyment after another is closed, but nature's sources never fail."

John Muir