

## The Good Hike

join meandering pathways  
with hearty anticipation  
exhale routine  
inhale wildness  
howling coyotes in the cold early morn'  
blistering red sunrises  
circling vultures at high noon  
hot desert sands  
gurgling streams cool clear  
a crimson sunset soothing surprise

respect gravity  
swift water deep water  
thunder clouds looming large  
stinging biting creatures  
canines claws  
beasts with horns and hooves  
speed strength  
heat cold  
lost bearings

protect head and skin  
*drink 'til ye slosh*  
be aware of surroundings  
step purposely  
doesn't feel right turn back  
this ain't no city sidewalk

and always always  
share thy whereabouts  
to hike another day

*The Arizona Trail: Passages in Poetry*

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Published by Wheatmark®  
2030 East Speedway Boulevard, Suite 106  
Tucson, Arizona 85719 USA  
[www.wheatmark.com](http://www.wheatmark.com)

ISBN: 978-1-62787-561-5  
LCCN: 2017958752