

Don Saunders  
Thousand-Miler Essay

I live in Rock Co Wisconsin. I started hiking the ice age trail segments with my dog as a form of exercise. I soon became interested in how far the trail went? I googled ice age trail and checked out hikers resource map. As time went on I committed myself to hiking the whole trail. I purchased the trail atlas and started hiking the trail within fifty miles of my home. I got turned around on some of these hikes and decided to purchase Guthook app this made hiking the trail much easier.

My wife shuttled me on most hikes but eight times I brought my bike in my van and biked then hiked segments, usually fifteen miles per day and these hikes were usually two and three day bike and hikes.

I only suffered minor injuries while hiking. Blisters on my feet a few times. And a skinned shin from slipping on a wet log while crossing a waterway.

My favorite areas of the trail were the northern kettle moraine and the western part of the trail from Wausau to St Croix Falls. My least favorite was the east side of mondeaux esker, very muddy and endless exposed tree roots.

For the most part hiking the trail gave me time to slow down and take in the beauty of the forest and lakes,rivers,and streams. Something you just can't experience any other way.