

What started as a whim, grew into an obsession, and ended as a Camino is the only way to describe my Ice Age Trail trek. I needed something to challenge myself and to help me lose the anger that I was holding onto about things that were happening in our state over which I had no control. Every time I stepped onto the trail, all negativity seemed to fade. The noise in my head went away as I laughed, and talked with my hiking partners, or walked quietly. No particular segment was more stunning than any other as each was unique and beautiful, Even the CR's became a joy as I became so appreciative of the hours of work people put into each segment, the fundraising efforts of the Alliance and its chapters to develop the trail, and the devotion from generations of people to make one man's dream a reality. Plus, the gracious people I met along the way reiterated "Wisconsin Nice". All of this made me realize why I have always loved my home state of Wisconsin.

I think that is the uniqueness of the IAT. We each find our own journey, our own way, our own Camino.

Elizabeth Lochner-Abel