

My book, *Oh, Beautiful Blaze: Ice Age Trail Musings*, will be available for purchase from amazon.com. Below is the *preface* to my book.



“The journey of a thousand miles begins with one step.”

Lao Tzu

I retired just as the COVID-19 pandemic shut down the world. My plans to travel were quickly squashed by restrictions and quarantines. After several months of sheltering in place, my daughter and husband suggested we take a hike on the Greenbush segment of the Ice Age Trail, noting it would adhere to an appropriate socially distanced outing. We ended up hiking six segments close to our home during the height of the pandemic: a welcome reprieve from the monotony of being house bound.

My initial hikes to get out of the house morphed into a quest to complete the entire 1200-mile journey. I had to start and stop hiking due to some unexpected bumps in the road of life, but I ultimately finished in the summer of 2023.

Even though I have been a Wisconsin resident for over 60 years, hiking the 108 trail segments and 66 connecting routes that make up the Ice Age Trail gave me a chance to visit many places in Wisconsin for the first time. My appreciation for the State of Wisconsin deepened as my miles multiplied.

This book is equal parts memoir, how-to manual, artwork, anthology, and educational reference. I tried to capture into words and drawings how hiking the Ice Age Trail was a means to self-discovery.

*LuAnn Loneragan*

*Thousand Miler*

"If you wish to know the divine, feel the wind on your face and the warm sun on your hand."

Buddha