During this trip I learned a lot about the influences of my introverted tendencies and Seattlelist background and the importance of fighting against those habits. I think a few years at college, where it’s all too easy to go through my days without talking to anyone, living in Seattle (where we aren’t really known for being friendly) combined with my introverted tendencies, had caused me to be very wary of strangers. As a result, I had antipcated waling this trail solo. The second day on the trail, a nice German couple invited me to walk with them. I made some excuse, and walked by myself that day. The ideas of making small talk for hours was too stressful.

That attitude lasted about two days. Turns out two days on the trail really causes you to get inside your own head. I found that the nice German couple the next day and walked with them. And yes, while I did have to make a lot of small talk, it wasn’t as bad as I thought it would be. Actually, after a few days on my own, I was actually kind of glad I had someone to talk to. Time went by faster and it wasn’t as stressful as I thought.