Bryn Loftness

Hiking 112

Instructor Jim Heaps

**Lower Liberty Cap – October 12th**

I am disappointed that this was our last hike of the mod, I really enjoyed this class. Plus, I don’t go to the gym and this class was really my only way to get structured and consistent physical activity every week so I am a little concerned. I really hate the gym when there’s people around. I would love an in-home gym. If I could just watch Netflix and do some leg presses that would be great. I hate that going to the gym here on a college campus it’s like you immediately turn into a delicious piece of meat as soon as you walk into the door. I just want to exercise in peace. This unfortunate train of thought has been a reoccurring incident over the last couple of hikes.

Anyway, I really enjoyed this hike. I thought it was really fun. I loved that we could point up to the cliffs and see exactly where our destination was. It felt like such an accomplishment to actually get there. It was a pretty rigorous hike. I am only 5’2 so some of those steps were up to my waist! I was doing quite a bit of rock climbing (or crawling, as some who saw me might put it.) I also wasn’t super prepared with my usual hiking shoes this week and my replacement shoes did not have enough traction for those steep trails! I was sliding a lot. It’s ok though, no major falls or anything. My friends and I kind of just made a big joke about it all.

I am really going to miss them, I really enjoyed getting to know them over the past couple of weeks. I got to learn a lot about Alaska and their many moose! I also got to learn a lot about suburban Colorado as well as rural Colorado! I just feel like I have grown so much throughout this mod. I also have had gotten some rockin’ pics! I am very excited to show them off to everyone back in MN. I think I decided that I want to try and take this class again next fall. I think it would be fun to see how the trails change/stay the same and to experience it again with fresh eyes.

Thanks for a fun mod.