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# TAKE A HIKE

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World Entrepreneurship Day

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# Take a walk!

**EXPLORE** Want to do something different this weekend? Join a walkathon.

**MANJUNATH RAVI**



**T**here are many reasons why people go on walks; but I was surprised by this unusual mail from the Maveric walkathon team: "For all the hard work you put in for us, We have something to say...GO TAKE A WALK!"

This was an invite to a three-day walk over a 100-km stretch from the Athimoor forest range in Tiruvannamalai district up to Yelagiri, in Vellore district. A get-together or a long tedious walk? I decided to find out.

## Day one

A group of 130 took a bus from Chennai to Athimoor from where we would begin walking. After a three-hour drive, we reach our destination by noon. After a brief lecture on 'Dos and Don'ts' we were off.

Though it was a sunny afternoon, there was plenty of shade for us to walk in. We passed a few puzzled villagers who smiled when we said we were just walking along. By dusk we had reached Jamunamarathur, our first stop.

## Day two

None of us was prepared for the effect of that first day's walk on our bodies. Just getting out of bed was a

challenge. Legs cramped and our bodies refused to cooperate. But a few stretches and a light warm up later we were all geared up to explore the hamlets and rivulets on our way.

Undeterred by the heat, we moved on from the valley to the top of the hill. Aromatic herbs, tall shady trees, serene mountains, winding roads and gushing water from the stream nearby set us free mentally. By evening we reached Mittur, relaxed and rejuvenated.

## Day three

By now we had climbed quite a bit and so didn't feel the heat. Our route involved climbing rocks and crossing another stream. It seemed scary when we were told about it, but the experience was like a dream. As the sun shone through the cloud-lined mountain range, a vast, picture-perfect landscape unfolded before us.

We reached Yelagiri with a sense of accomplishment and the night passed in celebrations, sharing and laughter.

Is there a better way to combine a quick weekend holiday and fitness?

*Manjunath Ravi is a Test Engineer at Maveric Systems*

## Do's

- Drink enough water
- Take a break between your walk
- Stick to your team
- Have a map of the place
- Wear light clothes
- Feel the nature when you walk
- Have a chat with your neighbour

## Don'ts

- Do not strain
- Do not rush; it's not a race!
- Do not eat heavy food
- Do not consume alcohol the night before the walk
- Do not smoke