



Starting Up The Kearsarge Pass Trail From Onion Valley

The One Man Band

As I start up a steep mountain trail I am aware of three distinct rhythms occurring simultaneously. The slow but steady pace of my walking is complemented by an even faster rhythm of breathing. Then I become aware of a third, even faster event – that of my heart pounding in an attempt to me going!

What a curious polyrhythm is created while hiking. Often I have an almost imperceptible sensation of a forth, very slow and relaxing alpha rhythm that unites and brings unity to the “one man band” headed up the trail.