

Hiking the Ice Age Trail has been an incredible experience! My husband and I began the journey in May 2018 to see if my plantar fasciitis had healed sufficiently to hike in England later that summer. Training on the Ice Age that spring along with my first pair of Oboz hiking boots provided both physical and mental confidence. And I guess you can say the rest is history...completing the Ice Age and experiencing various trails across the world.

Where does one begin to highlight your favorite segment when the trail encompasses different geology, seasons, wildflowers and wildlife sightings? But if I were to choose one segment I would say Hemlock Creek. I loved piecing together all of the beaver activity from the dams to the chewed-on tree stumps to their trails in the woods. My one quick glimpse of a beaver sealed the deal. This fall we were able to enjoy all of the new work done recently on the Hemlock Creek Segment especially the boardwalks.

One of the other highlights of hiking the Ice Age Trail were the people. I loved hiking the entire trail with my husband, Brad. The time hiking provided us with ample time to talk, reflect, and grow in our relationship. Also, hiking weekends with friends were always a treat. Lastly, meeting other Ice Age hikers and spending time in small towns in Wisconsin (pie in Iowa!) were a high point. I will always consider completing the Ice Age Trail an accomplishment in my life.

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