Hiking Reflection

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Mount Nittany vs. Shingletown Gap

 When I was told we were going to be going on a hike, I was really intrigued to see how it would go. I had never really been on a hike for a very long time, and when I was it was very short and up a slight incline. As we started our first hike at Shingletown Gap, I was quite overwhelmed. I never really hiked at that level before, so the speed we were going was really fast compared to what I was use to. I found myself looking where I was stepping next more so than at the nature that surrounded me. I enjoyed the hike because there was a lot of nice scenery like water that we had to pass through when we walking. I also enjoyed bonding with my classmates throughout the walk. Overall, it was very fun and enjoyable.

 As I pulled up to the base of Mount Nittany, I realized this would be a different type of hike. After we were broken into groups, we started the climb. It was much more difficult than the Shingletown Gap hike, because it was practically straight up the mountain. There was nothing we could do to avoid the straight up climb. As we reached the top, I saw why we were supposed to take a camera with us; it was so beautiful. When we walked around the top, I really enjoyed seeing different views of the mountain. The only thing that was bad about being at the top was getting down. It was quite a workout getting to the top, but I think it was more strenuous on the body going down because it really worked out my ankles and shins.

 I really enjoyed both of our hikes taken for 266. I feel that they both were very pretty views and were fun of all of us. I believe that the first hike at Shindletown Gap was much easier to do than Mount Nittany. Most of the students could keep the fast pace on the Shindletown Gap hike because it was not much of an incline. Most people would be able to complete the first hike, because it was not too physically demanding. The Mount Nittany Hike was challenging primarily from the rocks and the intense angle we went up the mountain. By the time we reached the top, we were pretty hot and were ready for a break. The first hike was also shorter than the second one.

 Overall, I feel that both of the hikes were great experiences for us to have. It is just another tool in our toolbox to say that we have completed, and I am glad to have the familiarity with the area. Hiking is a great way to enhance physical activity with nature, and is also full of great ways to challenge your abilities.