

“The Hike” - Michelle Calder

Water drips from my chin and nose
Pooling round my soggy toes
Leaves are heavy, trees in rows
Puddles dancing into streams that flow

Breathe in, breathe out
Heart beats so loud
Be here, be now, be now

Trail is empty, it's all my own
Dripping deer paths, overgrown
Through drooping ferns, I tread alone
I reach the lookoff, and I am home

Breathe in, breathe out
Heart beats so loud
Be here, be now, ahhhh

Each step draws me closer to me
Out here in the woods, I'm free, free

Breathe in, breathe out
Heart beats so loud
Be here, be now
Ahhhh, ahhhh