

A dense forest with many tall, thin trees and lush green foliage. The trees are mostly deciduous with vibrant green leaves. The forest floor is covered in ferns and other undergrowth. The lighting is bright, suggesting a sunny day, with dappled sunlight filtering through the canopy.

Hiking Rocks

By: Markus Joerg



Have you ever been hiking? Well if you have not you're missing out on an amazing experience. Hiking is a great way to exercise, is fun, calming, and beautiful. Hiking is one of the best ways to exercise, because there are so many amazing things to see and do while hiking. It also bonds you to nature.

Eastern Newt



First of all, one reason Hiking rocks is that it is good for you. According to www.goodhiker.com hiking is a great way to relieve stress, get more ready to learn and to reduce depression. It also says that hiking improves your muscular fitness and helps you sleep better. This means that hiking makes you stronger and helps you sleep better at night. In an interview with Alex Joerg, an experienced hiker, he said that he believed hiking was a great exercise for the body and mind.



Secondly, you can discover many fun, extraordinary things while hiking, like fools gold (Pyrite). On my first trip to Harvey Mountain, I was walking up the trail when I noticed a rock sparkling. I took a closer look and sure enough there was a bit of fools gold on the rock. “Whoa Dad, Lucie, mom look at this,” I exclaimed. “It’s fools gold,” my dad said.



“Cooooool,” I replied. I lifted the rock up and threw it on the ground. The rock cracked. Inside of the rock was a chunk of fools gold, in the shape of a cube. I looked at the outside of the rock it was rusty red and grey. From then on every time I saw a rock that looked like that I cracked it open and hoped for gold. There are so many beautiful sights to see while hiking.



The beauty of nature



Toad, not a frog



Last but not least, hiking is very exciting. Additionally, Alex Joerg a skilled hiker said that he always looks forward to hiking trips because, he says you never know what to expect and you always have a lot of funny stories to tell afterwards. Based on www.egohiking.com hiking can be exciting because you never know what accomplishments you will achieve or memories or stories you will make.



Inchy the Inchworm





In conclusion, I think hiking is a great way to exercise and is joyous, relaxing, and scenic. Hiking is good for you, fun, incredible and very exciting. I always loved hiking and I want everyone to know the joys of hiking and what amazing memories it can create.