

Healthy Hall of Fame

Hiedi Bauer – Language and Literature Faculty

Hiedi's Hike on the Pacific Crest Trail

The [Pacific Crest Trail](#) is a long-distance hiking trail that runs from the U.S border with Mexico to the U.S. border with Canada through California, Oregon and Washington. The entire trail is 2,653 miles!

Last summer, Hiedi hiked a 100 mile section from Sisters to Timberline over a 10 day period. Hiedi has hiked other sections of the Pacific Crest Trail, including a 40 mile section over Timberline with her husband in 2018 and a few other smaller weekend trips. This was her longest solo trip!

Hiedi always strives for perfection and sets very specific goals for this trip. She pushed herself hard. Three days into the trip, she was tired, hungry and crying because she wasn't meeting her goals. Then, she hit trail magic! When she reached the Olallie Lake Resort, she met a man who was staying at the campsite to hand out chili to hikers in the evening and pancakes in the morning. This was her turning point that re-gained her faith in humanity. Hiedi began listening to her body and her emotions. She slowed down, stopped pushing herself so hard and was able to keep moving forward. She was reminded to trust her gut and told herself she could stop at any time even if it wasn't part of the plan. She knew the motivation would come back and it did.

On the trail, there is only stillness. There are no distractions. No phones—it's nothing but the trail. And because Hiedi was hiking alone she had a lot of time to feel her emotions and reflect. This put her back in a mindful place. She was free from the guilt we live in our daily lives. The guilt of taking a moment to relax or read a book at home when cleaning or shopping needs done. Free from the guilt of eating certain foods since you need to get as many calories as possible to continue the journey. The stillness of nature takes the guilt away and allowed Hiedi to just be.

She crossed paths with so many generous people on her journey. She met a Dutch Marine who started in Mexico. He was withered and eating chip crumbs with mayo just to absorb as many calories as he could. He graciously shared one of his beverages with Hiedi.

Hiedi plans to hike other sections of the Pacific Crest Trail with goals of completing all of Oregon and Washington alone. She hopes to hike California as well, but some sections of California are very dangerous and she would prefer not doing them alone.