

WALK OF LIFE

John Muir's 1,000 mile walk to the Gulf is a story of inspiration, triumph, and spirituality. His journey across the rugged lands of America was brought about by John's need to get closer to God's creatures. John began his walk to the Gulf of Mexico in 1867, two years after the Civil War, keeping only the bare essentials, which included a notebook where he recorded his experiences. John's love of plants, his writings and his work with Yosemite and the National Park System, inspired Will and Sarah Reding to re-walk the path John Muir took to receive the same life changing experiences as John.

To prepare for their journey Will and Sarah Reding studied Civil War maps to find where John might have walked. The couple also visited John's Home and gravesite in Martinez, California and attended a John Muir Symposium at the University of Pacific in Stockton, California. The Redings began their journey in Indianapolis, Indiana on May 5, 2006. They walked across Kentucky, Tennessee, Georgia and Florida for 53 days ending June 25, 2006 at Cedar Key, FL.



Along the way the Redings recorded their journey written and with photography. They received help from many people as they walked and made friends along the way. The Redings tried to experience as much of John Muir's trip as possible. They even stayed in a Haunted Bed and Breakfast house. The couple made many stops to nurse their weary and swelling feet.

The Redings presented their journey in a fulfilled story that was humorous and infused with enthusiasm and history. The Redings are great storytellers and it was inspiring to hear their life adventures.