

Maura Pate
Outdoor Journal #8
KPE 265

For my outdoor activity, I went hiking in a Canadian National Park, Jacques-Cartier. I did a 5-mile hike on the snowshoe trails, which were luckily packed down from the day before. It was a beautiful 27 degrees and sunny, there was about 4-5 feet of snow on the ground. No specific skills were worked on besides trying to enjoy the outdoors and friends before I had to go back home to self-quarantine, so more mental types of skills were worked on in the sense of trying to find calm and peace amongst the chaos. A positive thing was being able to explore a new area and hike in a place I haven't been to before. Only negative thing would be that there were more people than I was expecting on the trails which wasn't ideal. Overall it was nice to go out and explore but also still had consequences of having to self-quarantine when I returned as well as having to go back inside.

