

Hit the Trail

Written by Mark Shaffer
Tuesday, 20 December 2016 11:59

Walk, Run, Bike and Fish Along Beaufort's Spanish Moss Trail



Story by Mark Shaffer
with Sissy Perryman
Photos by Tony Pierro courtesy of FSMT

"I only went out for a walk, and finally concluded to stay out until sundown: for going out, I found, was really going in." - John Muir

John Muir knew what it was to appreciate a trail. He spent a great deal of his life either walking them, blazing them or urging others to do so. Long before he helped create our National Park system, John Muir realized that the human spirit cannot flourish indoors. To use 21st Century terminology, we need the occasional “reboot” to relieve the stress and anxiety of this modern world – lately, it would seem, more than ever. Unplugging, disconnecting, tuning out, turning off, going off the grid – whatever you want to call it – is as simple as going for a walk, a run or a bike ride. Maybe tossing in a line. In Beaufort we’re fortunate to be able to do all of the above all along what’s quickly becoming a magnet for locals and visitors alike.

RAILS TO TRAIL

Currently the Spanish Moss Trail runs about 10 miles from Smilax Avenue in Port Royal,

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www.garmin.com/usa/fitness/running/trails/2016/11/google-play-and-apple-apps