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Saturday Espresso Break

By [Bree Shirvell](#) | [Email the author](#) | May 7, 2011

Opinion

## Healing Powers Of A Long Walk

Our Long Solitary Walks Provide A Respite From Busy Days, Offering A Chance To Reflect And Quiet The Thoughts In My Head

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We walk through Barn Island, through Pequot Woods; but often we stick closer to home walking along the Mystic River. We walk until our feet ache and the pain in our legs dulls out the thoughts in our heads.

I don't know about you, but for me April was a month I have no intention of repeating anytime soon. Maybe it was the weather - the pouring rain mixed with the cold spring - maybe it was just something in the air or maybe it was just time for things to change. And while time may heal all wounds, since time isn't something you can just pick up at the drug store, we walk.

Almost three years ago to the date I first met Vienna and since then she's been the best companion to have in good times and bad. And despite or thankfully for her strange aversion to barking she's the perfect walking companion. My four-legged friend is always ready to set out and explore even if we're walking the same route.

We've always walked several times a day. But now we get up earlier and walk farther. The morning fog provides a chilly embrace, giving the world a dreamlike quality and hiding our steps.

Our long solitary walks provide a respite from busy days, offering a chance to reflect and quiet the thoughts in my head. And on the days we walk through town we meet friends, sometimes old, sometimes new, whose companionship, if only in passing, offers up their own stories. There are the joggers getting in their morning run before heading off to work, the school children waiting for the bus who ask to pet Vienna, and our fellow walkers who smile and say hello before the fog envelopes them, carrying them on their way.

Walking has always been a source of comfort for me. As a child I can remember walking in the rain with my grandmother, as a teenager at the end of each trip to Cape Hatteras my mother and I would walk the beach to the pier as the sun rose—a way to say goodbye to our vacation.

These days the repetition of the steps mixed with the quietness of the walk provides a chance to enjoy the community around us before the business of the day begins.

Where is your favorite place to walk? [Tell us in the comments.](#)

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