

****THE EASTERN CONTINENTAL TRAIL [7-01]***

**A magic trail that wends its way,
Along the mountain crest.
From high the cliffs of Cap Gaspe`
...On down to old Key West.**

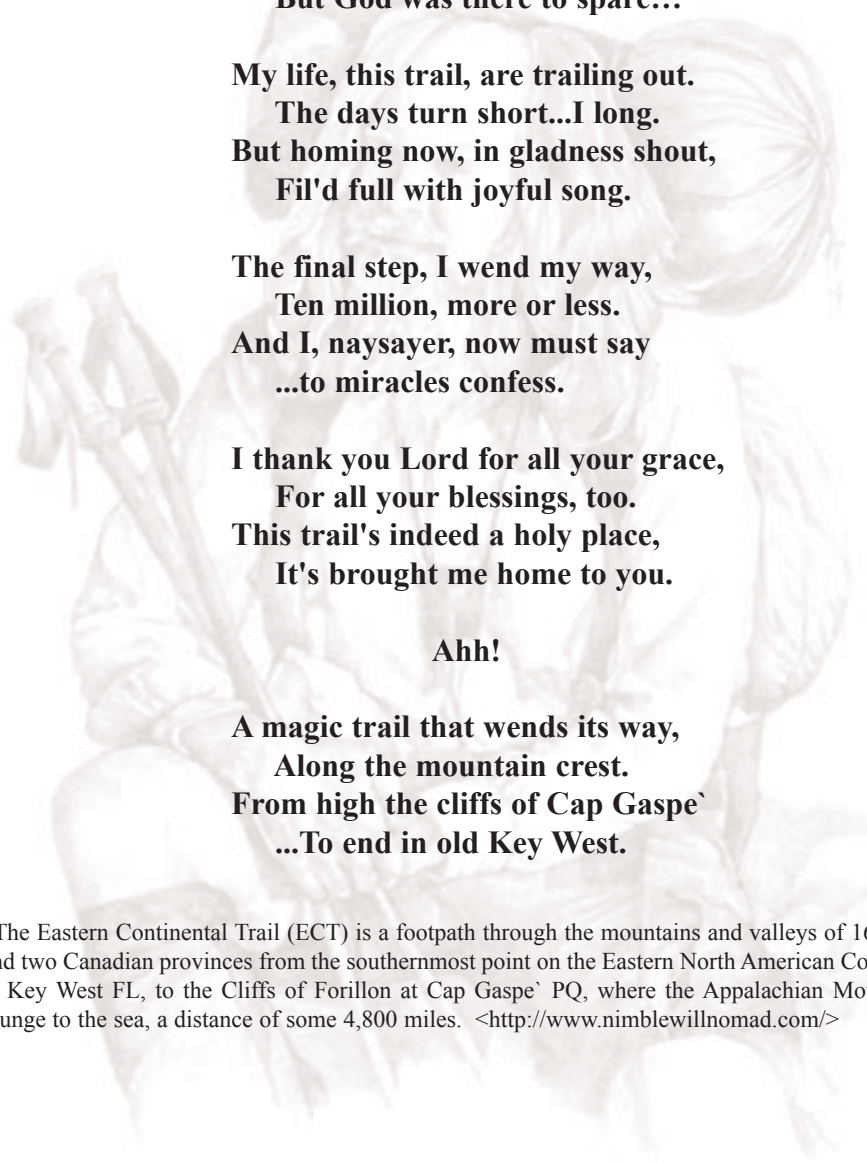
**I set upon this path alone,
A journ to find true worth.
And as the way to me was shown,
Came peace, pure joy, rebirth.**

**For to me as I walked the land,
Sprang forth a boundless love.
From unclenched fist, the open hand
Revealed the turtledove.**

**The way of God is not the way of man,
For it is true;
His path is sure a finer plan,
He's set for me and you.**

**With laden pack all shouldered up,
I entered on that way.
As Nature's nectar from Her cup,
Sustained me day-to-day.**

**O'er mountain high, thru valley deep,
The trail continued on.
And as in dream-fil'd endless sleep,
The days have come and gone.**



**This path, as life, a burdened path
Fil'd full with strife and care.
The Devil heaped a ton of wrath,
But God was there to spare...**

**My life, this trail, are trailing out.
The days turn short...I long.
But homing now, in gladness shout,
Fil'd full with joyful song.**

**The final step, I wend my way,
Ten million, more or less.
And I, naysayer, now must say
...to miracles confess.**

**I thank you Lord for all your grace,
For all your blessings, too.
This trail's indeed a holy place,
It's brought me home to you.**

Ahh!

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Along the mountain crest.
From high the cliffs of Cap Gaspe`
...To end in old Key West.**

*The Eastern Continental Trail (ECT) is a footpath through the mountains and valleys of 16 states and two Canadian provinces from the southernmost point on the Eastern North American Continent at Key West FL, to the Cliffs of Forillon at Cap Gaspe` PQ, where the Appalachian Mountains plunge to the sea, a distance of some 4,800 miles. <<http://www.nimblewillnomad.com/>>