

Hiking at Kennesaw Mountain

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This weekend we added another peak to our list of accomplishments, Kennesaw Mountain. Alright for those who live in Georgia, they know that Kennesaw mountain is not that big of an accomplishment but it is a step in the right direction for us.

We loaded the packs back up Ambers was 45 pounds and mine was 55 pounds and started hiking. We made it to the top in about 40 minutes. At the top the views were not that great because the smoke from the fires in South Georgia had blown to Atlanta and even extended further north. After a while we did not notice the smoke anymore and by mid afternoon winds from the west had started to blow the majority of the smoke elsewhere.

After getting to the top we continued on to little Kennesaw mountaing and on to the bottom of that hill. Once we reached the bottom of Little Kennesaw we hiked for another 20 minutes and stopped to have lunch. After lunch we headed a back to where we started. The trip back was a bit more strenuous. Not sure if it is a bigger climb from the other side of the park but it felt that way. The legs started to burn a bit which is a good thing. After a couple of hours we made it back to the car and then back to Atlanta.

Before we started the hike we met two guys that had done several 14,000+ peaks. They were excited to hear about our trip and it was good to hear there advice. The biggest peice of advice that I will take away from them it to work on the cardio. If you can keep your activity sustained for an hour to an hour and a half at a time you will probably be in pretty good shape. He mentioned that they do not even train with packs until shortly before the climb. I am going to step up the amount of time and the level of the different eliptiacal machines and stair masters that I use. With about a month to go this is the time that we need to really be picking it up. We are planning another day hike next weekend and I will let you know how that goes.

{gallery}kennesaw{/gallery}