



# 80 HIKING QUOTES TO INSPIRE ADVENTURE

By [The Wanderlust Within](#)

From [hiking an active volcano in Guatemala](#), to spending the weekend [walking in the Peak District](#) – trekking has always been a favourite pastime of mine. The best thing about hiking is that no matter your age or experience, there's always a trail out there for you. So if you're looking for some outdoor inspiration, here is my bumper list of the best hiking quotes, by famous naturalists, climbers, explorers, and poets. These quotes about hiking are categorised and collated into a handy PDF for you to download for free at the end of the post.

## 80 Hiking Quotes

1. "The mountains are calling and I must go." – **John Muir**
2. "The best view comes after the hardest climb." – **Unknown**
3. "Of all the paths you take in life, make sure a few of them are dirt." – **John Muir**
4. "Hike more, worry less" – **Unknown**
5. "Climb mountains, not so the world can see you, but so you can see the world" – **David McCullough Jr**
6. "Do not follow where the path may lead. Go instead where there is no path and leave a trail" – **Ralph Waldo Emerson**
7. "It's not the mountain we conquer, but ourselves." – **Sir Edmund Hillary**
8. "And into the forest I go, to lose my mind and find my soul." – **John Muir**
9. "The journey of a thousand miles begins with a single step." – **Lao Tzu**
10. "There are no shortcuts to any place worth going." – **Beverly Sills**
11. "Two roads diverged in a wood, and I took the one less traveled by, and that has made all the difference." – **Robert Frost**
12. "DEET is nature's cologne." – **Every Hiker**
13. "Anywhere is 'within walking distance'." – **Unknown**
14. "I have two doctors, my left leg and my right." – **G.M. Trevelyan**
15. "Sleeping bags are the soft tacos of the bear world." – **Bears**
16. "If you think you've peaked, find a new mountain." – **Unknown**
17. "I like being near the top of a mountain. One can't get lost here." – **Wisława Szymborska**
18. "Happiness and hiking go hand in hand or foot in boot." – **Diane Spicer**
19. "May your dreams be larger than mountains and may you have the courage to scale their summits" – **Harley King**
20. "If you can find a path with no obstacles, it probably doesn't lead anywhere." – **Frank A. Clark**
21. "If you're on the right path it will always be uphill" – **Henry B. Eyring**
22. "Mountains are not stadiums where I satisfy my ambition to achieve, they are the cathedrals where I practice my religion." – **Anatoli Boukreev**
23. "If you're going through hell, keep going." – **Winston Churchill**
24. "Returning home is the most difficult part of long-distance hiking; You have grown outside the puzzle and your piece no longer fits." – **Cindy Ross**
25. "For hiking is one of those things that you can only do when you have the determination in you." – **Unknown**
26. "Wilderness is not a luxury but a necessity of the human spirit, and as vital to our lives as water and good bread." – **Edward Abbey**
27. "We live in a fast-paced society. Walking slows us down." – **Robert Sweetgall**

28. "On a hike, the days pass with the wind, the sun, the stars; movement is powered by a belly full of food and water, not a noxious tankful of fossil fuels. On a hike, you're less a job title and more a human being. A periodic hike not only stretches the limbs but also reminds us: Wow, there's a big old world out there." – **Ken Ilgunas**
29. "Hiking is a bit like life: The journey only requires you to put one foot in front of the other...again and again and again. And if you allow yourself the opportunity to be present throughout the entirety of the trek, you will witness beauty every step of the way, not just at the summit" – **Unknown**
30. "Walking: the most ancient exercise and still the best modern exercise." – **Carrie Latet**
31. "After a day's walk, everything has twice its usual value." – **G.M. Trevelyan**
32. "It's impossible to walk in the woods and be in a bad mood at the same time." – **Unknown**
33. "You can't climb up a mountain, with downhill thoughts." – **Unknown**
34. "Somewhere between the bottom of the climb and the summit is the answer to the mystery why we climb." – **Greg Child**
35. "Everyone wants to live on top of the mountain, but all the happiness and growth occurs while you are climbing it." – **Andy Rooney**
36. "You never climb the same mountain twice, not even in memory. Memory rebuilds the mountain, changes the weather, retells the jokes, remakes all the moves." – **Lito Tejada-Flores**
37. "The long-distance hiker, a breed set apart, from the likes of the usual pack. He'll shoulder his gear, be hittin' the trail; long gone, long 'fore he'll be back." – **M.J. Eberhart**
38. "You're off to great places, today is your day. Your mountain is waiting, so get on your way." – **Dr. Seuss**
39. "Me thinks that the moment my legs begin to move, my thoughts begin to flow." – **Henry David Thoreau**
40. "Walk away quietly in any direction and taste the freedom of the mountaineer. Camp out among the grasses and gentians of glacial meadows, in craggy garden nooks full of nature's darlings." – **Unknown**
41. "Each fresh peak ascended teaches something." – **Sir Martin Conway**
42. "I took a walk in the woods and came out taller than trees." – **Unknown**
43. "The experienced mountain climber is not intimidated by a mountain, he is inspired by it." – **William Arthur Ward**
44. "May your trails be crooked, winding, lonesome, dangerous, leading to the most amazing view. May your mountains rise into and above the clouds." – **Edward Abbey**

45. "Without new experiences, something inside of us sleeps. The sleeper must awaken." – **Frank Herbert**
46. "Because in the end, you won't remember the time you spent working in an office or mowing the lawn. Climb that goddamn mountain." – **Jack Kerouac**
47. "Now I see the secret of making the best person, it is to grow in the open air and to eat and sleep with the earth." – **Walt Whitman**
48. "We don't stop hiking because we grow old – We grow old because we stop hiking." – **Finis Mitchel**
49. "Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity." – **John Muir**
50. "Mountains have a way of dealing with overconfidence." – **Hermann Buhl**
51. "I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived." – **Henry David Thoreau**
52. "It's not all about the views from the top of the mountain, there are so many beautiful things you pass on your journey to the top. Appreciate the beauty along your path!" – **Unknown**
53. "Carry as little as possible, but choose that little with care." – **Earl Shaffer**
54. "When everything feels like an uphill struggle, just think of the view from the top." – **Unknown**
55. "There is no such thing as bad weather, only inappropriate clothing." – **Sir Rannulph Fiennes**
56. "Fall down seven times and stand up eight." – **Japanese Proverb**
57. "Remember to turn everything off once a week including your brain and walk somewhere quiet" – **Unknown**
58. "It does not matter how slowly you go as long as you do not stop." – **Confucius**
59. "If the winter is too cold and the summer is too hot, you are not a hiker." – **Unknown**
60. "The best thing one can do when it's raining is to let it rain." – **Henry Wadsworth Longfellow**
61. "You need mountains, long staircases don't make good hikers." – **Amit Kalantri**
62. "To walk in nature is to witness a thousand miracles." – **Mary Davis**
63. "Look deep into nature and you will understand everything better." – **Albert Einstein**
64. "I found far more answers in the woods than I ever did in the city." – **Mary Davis**
65. "In all things of nature there is something of the marvelous." – **Aristotle**
66. "In every walk with nature, one receives far more than he seeks." – **John Muir**
67. "A walk in nature walks the soul back home." – **Mary Davis**

68. "I go to nature to be soothed and healed, and to have my senses put in order." – **Unknown**
69. "Nature is not a place to visit. It is home." – **Gary Snyder**
70. "Keep close to nature's heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean." – **Unknown**
71. "Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of Autumn." – **Unknown**
72. "Walking is a man's best medicine." – **Hippocrates**
73. "Let's wander where the WiFi is weak" – **Unknown**
74. "Leave the roads, take the trails" – **Unknown**
75. "Wonder. Wander. Repeat." – **Unknown**
76. "It feels good to be lost in the right direction" – **Unknown**
77. "I know I hike like a girl, try to keep up." – **Unknown**
78. "Getting to the top is optional. Getting down is mandatory." – **Ed Viesturs**
79. "Between every two pines there is a doorway to a new world." – **Henry David Thoreau**
80. "You need special shoes for hiking—and a bit of a special soul as well." – **Terri Guillemets**
81. "I have a restless spirit. The need to roam and explore this earth is in my soul." – **Unknown**

**Find the full article and all the hiking quotes here:**

**<https://www.thewanderlustwithin.com/hiking-quotes>**