I felt my lungs inflate with the onrush of scenery - air, mountains, trees, people. I thought, "This is what it is to be happy."

"Is the spring coming?" He said, "What is it like?"...

"It is the sun shining on the rain and the rain falling on the sunshine, and things pushing up and working under the earth."

Today is your day! Your mountain is waiting. So... get on your way!