

Outdoor Activities and Great Natural Beauty

Lopez Island is blessed with being one of the most precious and spectacular places on earth. Living on Lopez Island opens one's eyes to the intense beauty and power of the natural world. Being able to enjoy this beauty through the many outdoor activities on the island allows us to become immersed in the natural landscape of the beautiful island.

I, a student at Lopez Island High School, enjoy my breakfast more than anything else throughout the day, because, as I look out over Rosario Strait and see eagles, orcas, or seals enjoying the environment, I am reminded of how fortunate I am to be able to live in such a special place. Less than a five minute drive from most houses on the island is a public beach or park which can strip away the stress from our lives and return us to the peaceful nature that we sprang from. The ease of escaping on Lopez is one of its blessings, because whether you have days or years to spend there it is possible to be relieved from the stresses of our modern lives.

Many students use outdoor activities as an outlet, to experience the beauty of the surroundings, and to have some peace and quiet. As well as participating in athletics at the school, many students run, bike, kayak, and climb. Being able to spend some time and energy in the outdoors enriches our bodies, minds, and spirits.

The access to trails through the dense woods or open bluffs for running and calm bays for kayaking allows people to experience the outdoors in a way that suits them. I personally enjoy running at Iceberg Point, a coastal park which has windswept meadows on top of beautiful bluffs, and relaxing at Watmough Bay, a small beach drenched in summer sun.

As an increasing percentage of our lives becomes revolved around technology, being able to enjoy the outdoors is incredibly valuable. Lopez Island's impressive beauty makes it difficult to not gape at the sight of an eagle catching a salmon, or even the immense power of an oncoming storm, because all of nature is presented in such a raw form anyone can appreciate it.

The expanse of prolific beauty makes the Lopez Island's nature a valuable aspect of every student's life. I know that I am truly blessed when I am able to take a moonlit stroll along expansive cliffs to gaze over the ocean and appreciate the insignificance of my life in the world surrounding us.