# Our First Trail Hike with the Onya and a Trip to Whole Foods

## Description

Hiking can be something as simple as just walking out your door and going around the neighborhood. Itâ€™s easy, healthy, and fun! Iâ€™ve been hiking with Avery in our Onya Baby Outback around our neighborhood almost daily, and even mowed the lawn, but getting off the paved road is always more exciting!

I had this bright idea to drive to Whole Foods Market which is 30 miles away on Tuesday, and knew of some trails in the area. Iâ€™ve been running on them before and Going Mom and I raced a few 5kâ€™s there as well. So, if Iâ€™m making the trek to Whole Foods, why not stop at the trails and show Avery something other than the houses in our neighborhood?

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We had a late start from Avery taking her time but not refusing the bottle (of course), and then there was a little poop mishap (not pointing any fingers) which resulted in us both changing clothes. Fun. But, finally, we took off in the early afternoon.

For a little background, I worked at this Whole Foods Market right out of college for just less than a year. I had my bachelorâ€™s in Finance, but with a passion for healthy food, I planned on working my way up from a grocery stocker to corporate in no time.

Well, the plan was a bust. I had a manager holding me back most likely because he felt threatened. He kept letting me know he only made it through high school and blah, blah. So, I moved on and went to work at a major financial company with Going Mom. It is a great company, but now Iâ€™m a proud stay-at-home dad! And back to the trail tripâ€¦â€¦

A small dose of adrenaline rushed through my veins as we entered the trailhead. Itâ€™s been a long time since I have been able to venture anywhere other than the grocery store, and I was excited to have my daughter along for the experience.

I opened the door to get Avery secured in the Onya and she greeted me with excitement.

It was there, trust me! Maybe she was questioning my choice of slip-on New Balance minimalist shoes for hiking in tall grass?

Anyway, we were all set and ready for adventure in no time.

See? Avery is trying to hide her face because sheâ€™s so excited. Okay, well she wasnâ€™t crying! I think being in a new place just kept her quiet. We started on the paved road until we found the trail.

Beautiful! I was giving Avery an earful of how thrilled I was to be there, on a trail, with my little girl. As we walked past the trees and plants and I would point and show her anything I could explain. Iâ€™m no botanist or anything close, but she seemed interested in our surroundings.

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We eventually came to a split in the trail where one part was a steep descent that would put you close to the river.

Iâ€™m always tempted to take the more challenging route, so I crept closer to evaluate my options. But, no, too risky with Avery, so we continued straight ahead until Bart Simpson greeted us.

Avery received a quick description of â€œThe Simpsonsâ€• and then we took advantage of the sewer foundation for a father-daughter picture.

watermark

As we progressed, we were treated to an opening that exposed a great view of the river and we stopped to enjoy.

Not the clearest river around, but with the nice weather and my daughter content in the Onya, I didnâ€™t mind a bit.

I tried to show Avery the river, and she mightâ€™ve took a glance, but seemed more interested in my red shirt.

Still showing no signs of disapproval from Avery, we forged on our surrounds grew more dense and difficult to navigate. It really wouldnâ€™t be that bad, but I had to do a lot of backwards walking to keep Avery out of harmâ€™s way.

Eventually, the grass was up to my waist, but I wanted to go a *little* further. After a few more steps, I looked up to see a shirtless guy buttoning his pants. Hmmm, thatâ€™s our cue to turn around now! I let Avery know he was just changing his diaper and we began to head back.

On the way, I saw another split in the trail, and this time it was a steep ascent. Okay, I can do this one with Avery for sure!

I mapped out my short course and made the climb. Things just look worse than they really are sometimes; I was at the top in two minutes.

It still felt awesome to do as I love climbing anything on a trail. Yep, my inner boy always comes out when trail hiking!

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We finally made it back to where we started and I happily proclaimed to Avery she just finished her first trail hike!

Donâ€™t mind the giant nose in the wayâ€¦.please.

Hmmm, okay, Iâ€™ll just have to remind her when she wakes up. I spotted a bench and figured she could use a break, so we sat down for a minute and took in the fresh air.

After our short break, it was time for Whole Foods! The last time I was there was when Kelley was pregnant with Avery. I always love perusing the aisles and chatting with any old co-workers that are left.

We arrived within minutes from the trails and I loaded Avery back in the Onya once more. Excitement started emanating from my body again, but not like at the trails.

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The store changed since last time I was there and looked a lot better. Oh boy, more things to look at. I walked around showing Avery the various types of fresh, organic produce and explained how weâ€™ll cook with them when sheâ€™s older.

I spent about 90 minutes in there mainly because Avery fell asleep and I didnâ€™t want to disturb her. Plus, itâ€™s not like I see the store very often. But in the end, it really wasnâ€™t worth the drive for the store.

I will happily go back to the trails with Avery, but there are closer stores that offer the same things our family wants/needs. So, Iâ€™m glad Avery got to see a lot of new things, but Whole Foods just isnâ€™t as exciting as it used to me. Is this what being a dad does? Oh well, I love it!

**Do you enjoy taking your little ones on trail hikes?**

**Any fun or scary stories?**

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