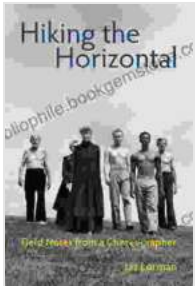


# Hiking the Horizontal: Field Notes from a Choreographer



## Hiking the Horizontal: Field Notes from a Choreographer by Liz Lerman

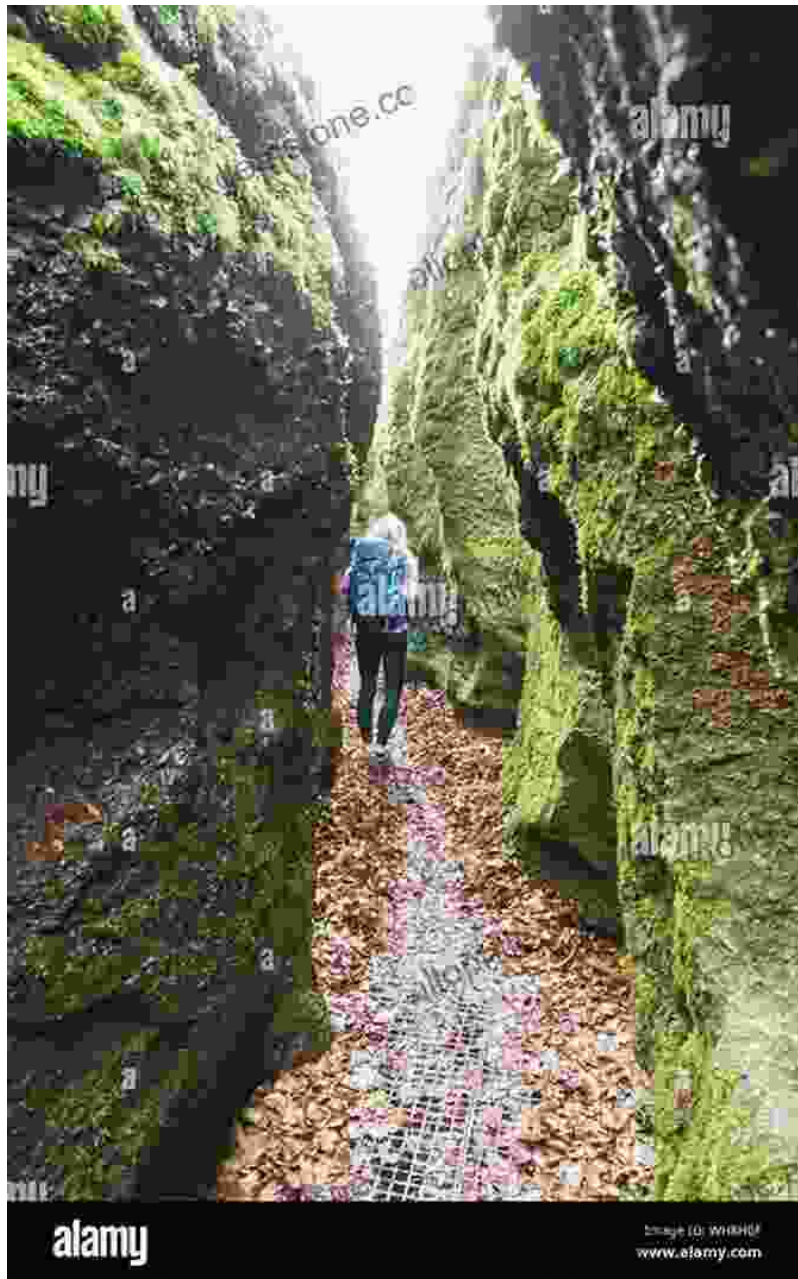
★★★★☆ 4.7 out of 5

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As a choreographer, my body is my instrument. I spend countless hours moving, exploring the possibilities of human form and expression. But it's not just in the studio that I find inspiration for my work. The natural world has always been a powerful source of creativity for me, and one of my most transformative experiences as an artist was hiking the Horizontal, a remote and rugged coastal trail in Australia.

The Horizontal is a series of narrow sandstone gorges that can only be accessed by boat or helicopter. The trail winds through these gorges, taking hikers past sheer cliffs, Aboriginal rock art, and pristine beaches. It's a challenging hike, but it's also incredibly beautiful and rewarding.



I hiked the Horizontal with a group of fellow artists, and we spent our days hiking, swimming, and camping in the wilderness. It was an unforgettable experience, and it had a profound impact on my work as a choreographer.

One of the things that struck me most about the Horizontal was the sense of remoteness. We were miles from civilization, and there was no way to contact the outside world. This isolation allowed me to focus completely on

the present moment and to connect with the natural world in a way that I never had before.

The landscape of the Horizontal is also incredibly diverse. We hiked through rainforests, deserts, and mangroves. We climbed over rocks, waded through rivers, and swam in the ocean. This variety of terrain challenged me both physically and mentally, and it forced me to adapt my movement constantly.

As I hiked, I began to notice how the landscape influenced my movement. The narrow gorges forced me to move in a more fluid and streamlined way. The slippery rocks required me to find my balance and to move with precision. And the open beaches invited me to explore my range of motion and to experiment with different ways of moving.

The connection between movement and nature became increasingly clear to me as I hiked the Horizontal. I realized that the natural world is a vast source of inspiration for movement, and that by immersing myself in nature, I could unlock new possibilities for my choreography.

When I returned to the studio, I began to incorporate elements of the Horizontal into my work. I created dances that were inspired by the landscape, the animals, and the plants that I had encountered on the trail.

My work has become more organic, more fluid, and more connected to the earth since I hiked the Horizontal. I am grateful for the experience, and I believe that it has made me a better choreographer.

If you're looking for a transformative experience that will challenge you both physically and mentally, I highly recommend hiking the Horizontal. It's a

journey that will stay with you long after you've returned home.

## Tips for Hiking the Horizontal

Here are a few tips for hiking the Horizontal:

- Be prepared for a challenging hike. The trail is rugged and there are some sections that are difficult to navigate.
- Bring plenty of water and snacks. There is no water available on the trail, so it's important to bring enough to stay hydrated.
- Wear sturdy hiking shoes. The trail is rocky and uneven, so it's important to have good footwear.
- Be aware of the tides. The trail is only accessible at low tide, so it's important to plan your hike accordingly.
- Be prepared for all types of weather. The weather in the Kimberley can change quickly, so it's important to be prepared for rain, sun, and wind.
- Be respectful of the environment. The Horizontal is a fragile ecosystem, so it's important to leave no trace of your visit.

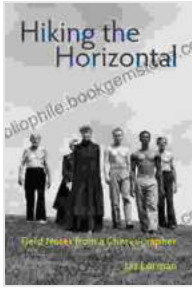
Hiking the Horizontal is an unforgettable experience that will stay with you long after you've returned home. It's a journey that will challenge you both physically and mentally, and it will reward you with stunning scenery, a deeper connection to nature, and a newfound appreciation for the power of movement.

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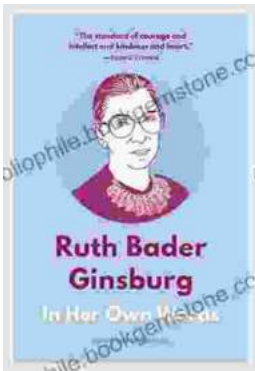
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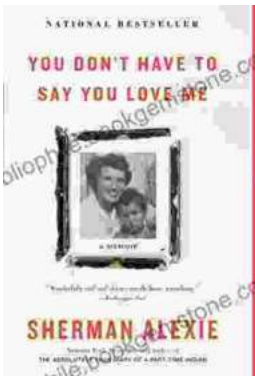


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