

Załączniki

Załącznik 1

“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, Our National Parks

“If you are faced with a mountain, you have several options.

You can climb it and cross to the other side.

You can go around it.

You can dig under it.

You can fly over it.

You can blow it up.

You can ignore it and pretend it's not there.

You can turn around and go back the way you came.

Or you can stay on the mountain and make it your home.”

— Vera Nazarian, The Perpetual Calendar of Inspiration

“Every mountain top is within reach if you just keep climbing.” — Barry Finlay, Kilimanjaro and Beyond

"I like the mountains because they make me feel small,' Jeff says. 'They help me sort out what's important in life." - Mark Obmascik, Halfway to Heaven: My White-knuckled--and Knuckleheaded--Quest for the Rocky Mountain High

"It's not the mountain we conquer, but ourselves." - Sir Edmund Hillary

"Somewhere between the bottom of the climb and the summit is the answer to the mystery why we climb." - Greg Child

"I've realized that at the top of the mountain, there's another mountain." - Andrew Garfield

"The choices we make lead up to actual experiences. It is one thing to decide to climb a mountain. It is quite another to be on top of it." - Herbert A. Simon

"Accidents on big mountains happen when people's ambitions cloud their good judgment. Good climbing is about climbing with heart and with instinct, not ambition and pride." - Bear Grylls

"Over every mountain, there is a path, although it may not be seen from the valley." - Theodore Roethke

“Mountains are only a problem when they are bigger than you. You should develop yourself so much that you become bigger than the mountains you face.”

– Idowu Koyenikan

“Climb the mountain not to plant your flag, but to embrace the challenge, enjoy the air and behold the view. Climb it so you can see the world, not so the world can see you.” – David McCullough Jr.

“It isn’t the mountains ahead to climb that wear you out; it’s the pebble in your shoe.” – Muhammad Ali

“The top of one mountain is always the bottom of another.” – Marianne Williamson

“The summit is what drives us, but the climb itself is what matters.” – Conrad Anker

“The only Zen you can find on the tops of mountains is the Zen you bring up there.” – Robert M. Pirsig