

The Calorie or the Caliber?

Published February 13, 2014 | By [peverette](#)

On Sunday morning I was up early to get my body in motion. Ascending to the fitness center located on the top floor of the hotel- I was welcomed by a wall of windows overlooking the south side of Innsbruck, now being kissed by the gently falling snow. Talk about a motivational screensaver for not only body but also mind and soul! Unfortunately, my enthused focus turned fatal once I made it to the pastries at breakfast. I decided that savoring the moment also meant enjoying that which would only be mine for the taking for an instant. Later I would attend a cooking class to learn how to make strudels! With a bit of a guilty conscience, I took a walk around some of the Inn River which spans a total of 350 miles, making it the longest river in the Alps Pine area.

Shopping in town came next as I wanted to purchase some items to bring home for family and friends. Although I was sad that my loved ones (especially my grandchildren) could not experience this trip with me, I knew that, at least, my memorable stories and gifts would represent tokens of what I felt while here.

Later, I enjoyed sledding in Seefeld. Being pulled by the most beautiful horse through a foot of snow (and still falling!) at altitudes of 4,000 (with mountains on both sides!) is truly an unforgettable feeling. The tour guides gave us schnapps (a traditional cocktail) in order to keep us warm and I loved it!

The evening was beautiful as well. I attended a performance of Triol music (originating in the providence of Austria) which consisted of yodeling and multi-instrumented tunes; something I had never seen before! The concert was both impressive and comical as the performers had fun with the audience! After the performance, they recognized each nationality in the audience with a flag (including Great Britain, Greece, Russia, USA, and finally Austria).

Monday morning was spent visiting the residence of Austria's most renowned composer, Wolfgang Amadeus Mozart. On the bus ride, we heard about his brilliant compositions, having completed over a dozen operas by the age of 12!

Visiting Salzburg was very interesting to me as this city was also home to the story (and filming) of the timeless *The Sound of Music* which I recently saw for the first time. Standing in the very place where many of the scenes occurred was like walking into a live storybook. The endless, surrounding mountains never grew tiresome to me and really felt like Maria's song, "the hills are alive". I learned that some of the region's mountains are 8,000 feet high and this made the view feel all the more spectacular and humbling to me, standing so small at their base. How truly wonderful is God's creation, I thought.

The Salzburg's cathedral was the most beautiful cathedral I had ever seen and loomed over the old town like its core and most prominent artwork. In the town of Bavar, we saw Hitler's private home. We traveled past castles that were built 500 years ago and the valley of Zillertal, made famous for birthing the lyrics to the universal carol, Silent Night.

From church towers and cupolas to straw-narrow streets and fortress walls, all backed by green foothills and the Alps, time seemed to stand still here. Or perhaps I had been stilled. I had found a peace that was ever-present within me and yet never allowed to permeate my soul, being stifled by the noise and chaos of modern-day living. Here, among the ancient architecture and untouched landscape, I was reminded of embracing my faith and family, my history, heritage, and health; those elements of life that cannot be purchased or replaced. And no matter how untimely this trip (and many like it) have been for me, it is the value of traveling and of regarding lives outside of your own that shed new light and perspective on what your life is lacking. Is it about the calorie or the caliber? Have we been spinning our wheels focused on the minute details or bettering the quality of our life? I knew I had found my answers here- on my spontaneous excursion- and now, I simply had to savor what I had seen and apply all that I felt to the rest of my adventure- the gift and ride of life.

Phyllis,