

Zola Van

River to River Trail: The Hike

*through Shawnee National Forest
in Southern Illinois*

a collection of piano solos

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Zola Van

Pianist/Composer

Music for the Journey

zolavan.com



Keith Cotton Photography

from Zola Van

about River to River Trail: The Hike

When Fabrizio Ferrari, Genoa, Italy, published "Rain at Ghost Dance Canyon Trail" at VirtualSheetMusic.com I began to receive requests from all over the world for more sheet music of my compositions. After editing and searching for the most favorable format to present them, I am happy to finally have them available.

The pieces are intended to convey the many emotions a hiker can feel: joy, anticipation, exhilaration along with the physical exhaustion and sometimes sadness and loneliness. Always, at the forefront is the tremendous sense of awe felt when experiencing the beauty found in nature. The Shawnee National Forest is so richly beautiful, and I do hope you can appreciate its beauty through the music.

The compositions vary in levels of demand for the pianist, and I hope there is something here for everyone. I practice every day and still find some areas of the music a challenge. For any particular questions, please contact me at zolavan.com.

Thank you for taking this hike across all 88 keys and for allowing me the privilege of coming into one of the most important places in your home...to your piano.

May all the trails you choose to walk take you where you want to go!

Enjoy the hike!

Zola Van

*Walk with me. Let me show you the trail as I see, feel and hear it. This is the way I heard the beauty and grandeur of the Shawnee National Forest in my days there. And on other days, at other times it may be completely different. It will always be new; somehow it will always be different, as nature shapes it as days, seasons and years endow it with an everchanging character, just as it makes its subtle changes in me. I invite you to come walk the trail, to truly experience the beauty of Southern Illinois. Perhaps you'll hear your own music as I have. Walk with me... from the CD
insert*

Dedicated to the memory of my mother and my grandmother who gave me my love of music, nature, and all things beautiful.

Steps: Battery Rock to Rock Creek

The beginning of the River to River Trail. My steps are quick and light in anticipation of what lies ahead. I fill a small bottle of water from the Ohio River to empty into the Mississippi River, a trail tradition. The trail takes me from a Civil War battle site overlooking the Ohio River to Rock Creek, home of Anna Bixby, who, with the help of a Shawnee woman, known as Auntie Shawnee, found the cause of the dreaded milk sickness that took many lives, including that of Nancy Hanks Lincoln, the mother of Abraham Lincoln.

Composed by
ZOLA VAN

Quick and light with anticipation ♩ = 108

Piano

5 *f* Brightly

8

11

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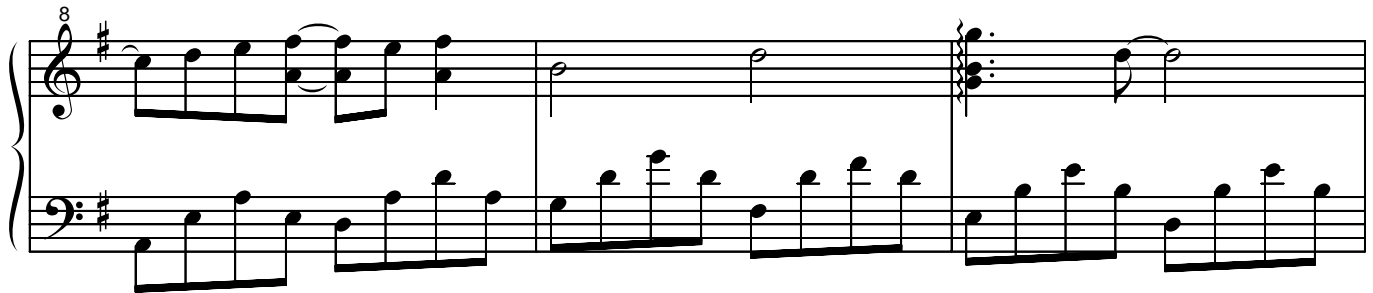
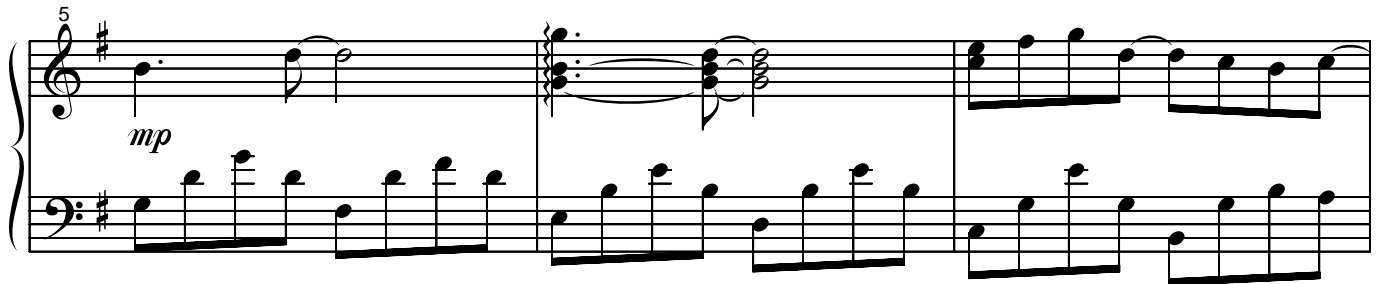
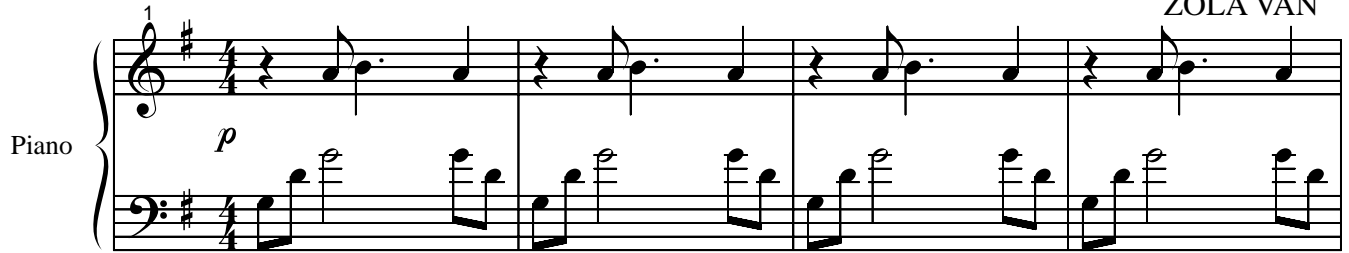
2. Heartbeat at High Knob

Here, through difficult terrain, the trail has led me to this breathtaking spot in the wilderness. My heart races from the grade of the trail and simply from the view. A good spot to rest and enjoy the vista high above the forest. A friend was here once where migrating Monarch butterflies landed on their way to Mexico. I feel like I am on top of the world.

Heartfelt with sweetness ♩ = 112

Composed by
ZOLA VAN

Piano



3. Angels' Dance at Garden of the Gods

Such wondrous beauty that I am in awe and muse how such a place could exist. This is the glorious spot we in Southern Illinois visit again and again, especially in fall. I remember coming here as a child with my mother and grandmother. While I longingly reflect on those memories, surrounded in beauty, the angels dance in this glorious garden.

Composed by
ZOLA VAN

Gracefully with warmth $\text{♩} = 108$

Piano *mp*

The musical score is written for piano in 4/4 time, featuring a key signature of one flat (B-flat). It consists of four systems of music, each with a treble and bass clef staff. The first system begins with a first-measure rest in the treble staff, followed by a melodic line starting on G4. The bass staff provides a steady accompaniment of quarter notes. The second system continues the melodic and accompanimental lines. The third system includes a 'rit.' (ritardando) marking over the first two measures, followed by a 'mf a tempo' marking. The fourth system concludes with a first-measure rest in the treble staff and a 'l.h.' (left hand) marking in the bass staff.

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4. Broken Wing at Lusk Creek

Perhaps the most beautiful area in Southern Illinois, seen only by hiking in or riding a horse, the Lusk Creek Wilderness has been named a National Scenic Landmark. At Indian Kitchen overlook, nothing man-made is visible. Nature exists here largely undisturbed by man. Today, I sadly find a swallowtail butterfly with a broken wing. She will rest here; perhaps she'll fly again.

Composed by
ZOLA VAN

Plaintively with rubato ♩ = 64

Piano

The musical score is written for piano in 4/4 time with a key signature of one sharp (F#). It consists of four systems of music. The first system (measures 1-4) features a treble clef with a melodic line and a bass clef with accompaniment. Dynamics include *mp* and *p*, with markings for *rall.* and triplets. The second system (measures 5-8) continues the accompaniment in the bass clef and has a treble clef with block chords. The third system (measures 9-12) shows the treble clef with a melodic line and the bass clef with accompaniment. The fourth system (measures 13-16) features a treble clef with a melodic line and the bass clef with accompaniment. A dynamic of *mf* is used in the first measure of the fourth system, and the instruction 'l.h.' is present in the second measure.

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5. *Flight of the Thunderbird at Mill Stone Bluff*

The remains of an ancient Indian village is off the trail but worth the hike and the ascent of the bluff where white men later quarried stones to grind their grain. I wonder, as I look down and out at the beautiful view, what happened to the people who lived here so long ago. In my dreaming, the giant Thunderbird in the petroglyph here takes flight before me. He soars effortlessly before me as I stand breathless in his presence.

Composed by
ZOLA VAN

Allegro, ma non troppo ♩ = 120

Piano

The musical score is written for piano in 4/4 time, featuring a key signature of one flat (B-flat). It consists of four systems of two staves each. The first system starts with a dynamic marking of *pp* and includes a first ending bracket over the final two measures. The second system begins with a *cresc.* marking. The third system starts with a *mp* marking and includes both *cresc.* and *decresc.* markings. The fourth system also starts with a *mp* marking and includes *cresc.* and *decresc.* markings. The piece concludes with a double bar line and repeat dots. The tempo is marked as 'Allegro, ma non troppo' with a quarter note equal to 120 beats per minute. The score is characterized by a steady eighth-note accompaniment in the bass and a melody of eighth-note triplets in the treble.

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6. Rain at Ghost Dance Canyon Trail: Dixon Springs

An incredible jumble of giant boulders piled upon each other as if thrown down by some giant playful hand. The water winds its way through in little rills, pools and waterfalls to the bottom of the canyon. The Indians, from whose ritual dance its name derives, made weapons here. Today, the stone creek whispers of life long ago and the native people who lived here as the rain dances around me, dotting the leaves and wildflowers.

Composed by
ZOLA VAN

Gently dancing ♩ = 72

Piano *mp*

The musical score is written for piano in 6/8 time. It consists of four systems of music. The first system starts with a treble clef, a key signature of one flat (B-flat), and a 6/8 time signature. The tempo is marked 'Gently dancing' with a quarter note equal to 72 beats per minute. The dynamics are marked 'Piano' and 'mp'. The score features a steady eighth-note accompaniment in the bass clef and a melody in the treble clef. The melody consists of eighth and sixteenth notes, with some rests. The second system continues the melody and accompaniment. The third system includes a fermata over a half note in the treble clef. The fourth system ends with a double bar line and a repeat sign. The dynamics 'mp' are also present in this system.

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7. Walk by Here: Ferne Clyffe

Here, the Trail passes briefly through the most well-known part of the park, but winds through areas most visitors never see. There are wondrous contrasts: the delicate ferns, the swift creek, and the wildflowers touched by the breeze among the grand cliffs. I stop for a while and then walk on.

Pensively ♩ = 74

Composed by
ZOLA VAN

Piano

The musical score is written for piano in 4/4 time with a key signature of one sharp (F#). It consists of four systems of music. The first system starts with a piano (*p*) dynamic and includes a tempo marking of 'Pensively' with a quarter note equal to 74 beats per minute. The score features several triplet markings in both the treble and bass staves. The second system includes a first ending bracket in the treble staff. The third system features a wavy line in the treble staff, indicating a tremolo effect. The fourth system begins with a mezzo-piano (*mp*) dynamic and includes a second ending bracket in the treble staff. The piece concludes with a final triplet in the bass staff.

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8. *Barred Owl at Panthers' Den*

Deep solitude and in the dense forest we walk toward a barred owl resting in a pine tree. He examines us with a calm repose with as much interest and intensity as we examine him. After he has seen enough of us, he turns his head and flies off into the forest, swooping low, silently threading his way through the tangled branches.

Composed by
ZOLA VAN

Plaintively ♩ = 56

Piano *p*

The musical score is written for piano in 4/4 time with a key signature of one sharp (F#). It consists of four systems of music. The first system starts with a first-measure rest and a dynamic marking of *p*. The melody in the right hand is marked 'Plaintively' and has a tempo of ♩ = 56. The bass line consists of a steady eighth-note accompaniment. The second system continues the melody and accompaniment. The third system begins with a dynamic change to *mp* and features a more active bass line with eighth-note patterns. The fourth system continues the *mp* section with further bass line development. First-measure rests are indicated at the beginning of the first and third systems. Fingerings and articulation marks are present throughout the score.

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9. Trail Magic at Rocky Comfort Creek

Long distance hikers carry with them their favorite tales of "trail magic", fortuitous things that have happened to them, often in times of need or despair, when they were tempted to give up. It might be as simple as someone to talk to or an offer of a meal. "Magic" comes in many different degrees to those who believe in it. This piece is for those who have experienced it and for those who may take the "steps" to place themselves in its way.

Moderato ♩ = 108

1st time through with repeats

2nd time through no repeats

Composed by

ZOLA VAN

Piano

The musical score is written for piano in 4/4 time with a key signature of three sharps (F#, C#, G#). It consists of four systems of music. The first system starts at measure 1 and includes a first ending bracket with a repeat sign. The second system starts at measure 5. The third system starts at measure 8. The fourth system starts at measure 11. Dynamics include *mp* (mezzo-piano) at the beginning, *mf* (mezzo-forte) at measure 5, and *f* (forte) at measure 11. The score features a mix of eighth and sixteenth notes, often beamed together, and rests.

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10. Shooting Stars on Trillium Trail at Giant City

A place protected, adored and explored by many. There were two sisters, Gladys and Ruth Dudley, who painted the wildflowers of Southern and Central Illinois from early in life into old age. It was their dedicated dream that they would publish a book on wildflowers and show that, "they are beautiful just where they grow." While their works were never published in book form, the state of Illinois purchased their collection, and pieces of their works are on display at the Giant City Visitors Center. Another such person was a biologist at SIU, George Hazen French, who on May 6, in 1870 bicycled to Giant City and discovered a new and rare wildflower now known as French's Shooting Star. Today they bend delicately in the wind surrounded by the bluffs of the Shawnee Forest. Ironically, the great chief of the Shawnee, Tecumseh, was also known as Shooting Star.

Composed by
ZOLA VAN

1 Delicato e grandezza $\text{♩} = 66$

Piano *p*

3

6

8

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11. Mighty River: Tower Rock

Anticipation is keen for the first sighting of the Mississippi River. Conflicting emotions swirl through me, as the water swirls through the sand along the shore: relief that my journey is over but also sadness for it and joy at my accomplishment. I empty my Ohio River water into the Mississippi completing the journey, symbolizing my sense of personal triumph. I did it! I reflect on the grandeur of this father of rivers, the lives it has touched and the stories its churning currents carry with it.

Composed by
ZOLA VAN

1 Agitated ♩ = 118

Piano *mf*

5

8

11

The musical score is written for piano in 4/4 time with a key signature of one sharp (F#). It consists of four systems of music. The first system starts at measure 1 and includes the tempo marking 'Agitated ♩ = 118' and the dynamic marking 'mf'. The piano part features a steady eighth-note accompaniment in the bass clef and a melody in the treble clef. The melody begins with a whole rest, followed by quarter notes and eighth notes. The second system starts at measure 5, the third at measure 8, and the fourth at measure 11. The piece concludes with a double bar line at the end of the fourth system.

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