

## Becoming Odyssea Adventures On The Appalachian Trail

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### Surviving Survival: The Art and Science of Resilience

Emma Gatewood was the first woman to hike the entire Appalachian Trail alone, as well as the first person—man or woman—to walk it twice and three times and she did it all after the age of 65. This is the first and only biography of Grandma Gatewood, as the reporters called her, who became a hiking celebrity in the 1950s and '60s. She appeared on TV with Groucho Marx and Art Linkletter, and on the pages of Sports Illustrated. The public attention she brought to the little-known footpath was unprecedented. Her vocal criticism of the lousy, difficult stretches led

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to bolstered maintenance, and very likely saved the trail from extinction. Author Ben Montgomery was given unprecedented access to Gatewood's own diaries, trail journals, and correspondence. He also unearthed historic newspaper and magazine articles and interviewed surviving family members and hikers Gatewood met along the trail. The inspiring story of Emma Gatewood illustrates the full power of human spirit and determination.

### Hikertrash

### Hiking the Pacific Crest Trail

An inspiring, thought-provoking, and adventurous biography of one woman's fearless crusade to save an island from greed and environmental disaster. In a "moving homage and an adventure story that artfully articulates the ferocities of nature and humanity," Harlan captures the larger-than-life story of Carol Ruckdeschel, the wildest woman in America (Kirkus Reviews). She wrestles alligators, eats roadkill, rides horses bareback, and lives in a ramshackle cabin that she built by hand in an island wilderness. A combination of Henry David Thoreau and Jane Goodall, Carol is a self-taught scientist who has become a tireless defender of sea turtles on Cumberland Island, a national park off the coast of Georgia. Cumberland, the country's largest and most biologically diverse barrier island, is celebrated for its windswept dunes and feral horses. Steel magnate Thomas Carnegie once owned much of the island, and

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in recent years, Carnegie heirs and the National Park Service have clashed with Carol over the island's future. What happens when a dirt-poor naturalist with only a high school diploma becomes an outspoken advocate on a celebrated but divisive island? Untamed is the story of an American original standing her ground and fighting for what she believes in, no matter the cost, "an environmental classic that belongs on the shelf alongside Carson, Leopold, Muir, and Thoreau" (Thomas Rain Crowe). "Vivid. . . . Ms. Ruckdeschel's biography, and the way this wandering soul came to settle for so many decades on Cumberland Island, is big enough on its own, but Mr. Harlan hints at bigger questions." "Wall Street Journal" "Wild country produces wild people, who sometimes are just what's needed to keep that wild cycle going. This is a memorable portrait." "Bill McKibben" "Deliciously engrossing. . . . Readers are in for a wild ride." "Citizen-Times"

### Three Hundred Zeroes

After graduating from college, Jennifer isn't sure what she wants to do with her life. She is drawn to the Appalachian Trail, a 2175-mile footpath that stretches from Georgia to Maine. Though her friends and family think she's crazy, she sets out alone to hike the trail, hoping it will give her time to think about what she wants to do next. The next four months are the most physically and emotionally challenging of her life. She quickly discovers that thru-hiking is harder than she had imagined: coping with blisters and aching shoulders from the 30-pound pack she carries; sleeping on the hard wooden floors of trail shelters; hiking through endless torrents of rain and even a blizzard. With every step she takes, Jennifer transitions from an

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over-confident college graduate to a student of the trail, braving situations she never imagined before her thru-hike. The trail is full of unexpected kindness, generosity, and humor. And when tragedy strikes, she learns that she can depend on other people to help her in times of need.

### Grandma Gatewood's Walk

An account of the author's 2-year venture along the Appalachian Trail.

### Families on Foot

Leslie struggles to balance her family's needs with her needs on the Appalachian Trail, and sheds years of social conditioning that dictate how a woman is expected to act.

### Walking Thru

National Geographic Adventurer of the Year Jennifer Pharr Davis unlocks the secret to maximizing perseverance--on and off the trail Jennifer Pharr Davis, a record holder of the FKT (fastest known time) on the Appalachian Trail, reveals the secrets and habits behind endurance as she chronicles her incredible accomplishments in the world of endurance hiking, backpacking, and trail running. With a storyteller's ear for fascinating detail and description, Davis takes readers along as she trains and sets her record, analyzing and trail-testing the

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theories and methodologies espoused by her star-studded roster of mentors. She distills complex rituals and histories into easy-to-understand tips and action items that will help you take perseverance to the next level. *The Pursuit of Endurance* empowers readers to unlock phenomenal endurance and leverage newfound grit to achieve personal bests in everything from sports and family to the boardroom.

### Appalachian Trail Thru-Hiker's Companion (2019)

Like a well-crafted stage play, *Just Passin' Thru* delivers one suspenseful scene after another. But in this historic setting — a store on the Appalachian Trail called Mountain Crossings — the characters who show up are no fictional creations. They are the real-life stars of the author's new life as a backpack-purging, canteen-selling, hostel-running, bandage-taping, lost-child finding, argument-settling, romance-fixing, chili-making man of many faces. Like any good drama, there are the good guys (and gals) and the weirdos, too. Some show up once (and that's enough), and some appear again and again. Some are friends, and some dangerous. But all are united by two things: the author's story-capturing talent, and whatever it is that lures them to attempt (or conquer) a 2,200-mile path that climbs and plummets from Georgia to Maine.

### Americana (and the Act of Getting Over It)

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Why does a 44-year-old father leave his family for six months to walk 4,286 km across America on the Pacific Crest Trail? What effect does it have on his marriage? on his children? and on himself? Following his intuition, Tim Voors decided to embark on a life-changing hike, feeling alive, being afraid, pushing through pain, confronting emptiness and starting a passionate romance with the wilderness. Tim Voors takes us through the physical, mental and spiritual journey he experienced on this epic hike. Climb into his backpack as he takes you through deserts, mountains, forests and raging rivers, where he forges magical friendships, rediscovers who he used to be, and implements those lessons on returning home.

### If I Live Until Morning

Welcome to the world of the Appalachian Trail. Every year, thousands of pilgrims arrive at Georgia's Springer Mountain and set off with hopes of reaching Mt. Katahdin in Maine. Roughly ten percent ever complete the journey. It's more than likely that in the AT's long, storied history, Walter is the first person to thru-hike against his will. He is out-of-shape, out-of-sorts and, now that his wife has decided enough is enough, he's out of the house too. It's that classic scenario: Hike or ELSE! Since the poor, morose Walter can't figure an 'ELSE' he sets off on the longest walk of his life. While braving the great Eastern woods, Walter meets an eclectic cast of hopeful thru-hikers. As they journey northward, this rollicking band suffers through every hardship that America's premiere hiking trail can throw at them. It isn't long before Walter is looking at life through new eyes and just maybe for the first time in forever, starting to feel better about the world and his place in it. But no way is that alone going to be

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enough to get him to Maine.

### Thousand-Miler

A 41-year-old engineer quits his job to hike the Appalachian Trail. This is a true account of his hike from Georgia to Maine, bringing to the reader the life of the towns and the people he meets along the way.

### Stumbling Thru: Hike Your Own Hike

Highlights the survivors of various traumas and describes their lives both before and after and offers a detailed discussion of the fear, courage and the flexibility of the spirit that drives people onward after a life-threatening experience.

### Just Passin' Thru

Paul Stutzman traveled the Appalachian Trail after the death of his wife, healing by immersing himself in nature and befriending fellow hikers.

### Called Again

## Walking with Spring

Join Kyle and his little dog "Katana" as they take you along for every step of their 2,185 mile adventure hiking the entire Appalachian Trail. Confront the terrain, severe weather, injury, dangerous wildlife and questionable characters as you grow and learn as Kyle did from start to finish of this epic adventure. Make some friends for life, learn the finer points of long distance hiking, and realize that what you take within your backpack is not nearly as important as what you bring within yourself This exciting and often times humorous narrative does more than simply tell the story of Kyle and Katana's adventures on trail. You will be inspired, while learning what it takes mentally and physically to accomplish an undertaking such as hiking thousands of miles through mountainous wilderness while braving countless obstacles all determined to make you quit. Nobody said it was easy, but if you can make it to the end, your life will be changed forever. What are you waiting for? Adventure is calling For more content from the Author, as well as to follow his past, present, and future adventures; check out the following pages! Website/Blog: [BoundlessRoamad.com](http://BoundlessRoamad.com) Instagram: [@\\_roamad](https://www.instagram.com/_roamad) Facebook: [facebook.com/kyle.rohrig.7](https://www.facebook.com/kyle.rohrig.7) Youtube: [youtube.com/c/NomadWisdom](https://www.youtube.com/c/NomadWisdom)

## A Journey North

El Camino is the fabled path that weaves through French and Spanish countryside for 1,000 miles to its hallowed destination at Santiago de Compostella. Hundreds attempt to walk its

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entirety each year: some succeed, many fail. The author walked the Camino to indulge his love for the outdoors and the simple act of putting one foot in front of the other – day after exhilarating day. Along the way he made friends with fellow pilgrims from all over the world, all travelling for their own different reasons. He was assailed by new experiences and unexpected discoveries – from the pain of blisters and extremes of temperature to encountering kleptomaniacs and fake faith healers and being threatened with arrest in Spain for 'not sleeping'. This is the story of one man's walk, but it speaks to all who see life itself as a journey and are alive to the revelations that an escape to nature can bring. As this book shows, it is rarely the start and the finish that count, but the journey in between.

### A Walk in the Woods

In 2011, Jennifer Pharr Davis became the overall record holder on the Appalachian Trail. By hiking 2,181 miles in 46 days - an average of 47 miles per day - she became the first female to ever set that mark. But this is not a book about records or numbers; this is a book about endurance and faith, and most of all love. The most amazing part of this story is not found at the finish, but is discovered through the many challenges, lessons and relationships that present themselves along the trail. This is Jennifer's story, in her own words, about how she started this journey with a love for hiking and more significantly a love for her husband Brew. Together, they were able to overcome rugged mountains and raging rivers, sleet storms and 100 degree heat, shin-splints and illnesses. They made new friends and tested old friendships; they shared together laughter, and tears - a lot of tears. But, through it all, they fell more in love

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with one another and with the wilderness. By completing this extraordinary amateur feat, Jennifer rose above the culture of multi-million dollar sports contracts that is marked by shortcuts and steroids. This is the story of a real person doing something remarkable. Jennifer Pharr Davis is a modern role-model for women - and men. She is an authentic hero."

### The Journey in Between

The champion of Appalachian Trail guides for long-distance hiking for more than a quarter-century! With professionally crafted elevation profiles, 50 updated maps, and comprehensive tables for more at-a-glance information on-trail.Â The Appalachian Trail Conservancy and the Appalachian Long Distance Hikers Association collaborate each year on a guide especially designed for potential thru-hikers who want the basic information for a five- to six-month trek in the woods, at a reasonable price, but also want the adventure of finding out the extras for themselves. A favorite of section-hikers, too. Still the only such guide written by volunteers for which all the proceeds are returned to the Trail by these two nonprofits.Â With fact-checking research by more than three dozen thru-hiker volunteers in 14 states, backed by the first-hand information of the trail's volunteer and staff maintainers and managers and extensive information from the 2019 A.T. Data Book. Equipment-makers' toll-free numbers, post office hours, much more included.

### The Barefoot Sisters Southbound

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Opposition! It is inevitable in any worthwhile pursuit. Jesus even promised challenge in the faith journey, "In the world you will have tribulation. But take heart; I have overcome the world" (John 16:33). There is a bit of a reflex in us when hearing these words from Jesus--you have overcome but what about me. It does not always feel like I am overcoming. Davis presents the case that one key aspect of being an overcomer for the Christ follower is the notion of spiritual authority. Living in a world that is rooted in power, Christ followers are challenged daily by powers that seek to interrupt or trample their success in the journey through Christ--the world and the kingdom of darkness. Davis believes that while followers receive empowerment from the Holy Spirit, this power is only fully operational as they function out of their God-given authority. As believers, everything they need is at their disposal. However, they must actively appropriate their authority, both in attitude and in action. Davis provides a biblical theology of authority and real life examples of how he and others have embraced their spiritual authority to advance the kingdom of God. In essence, it is a manual for overcoming spiritual opposition in everyday life.

### The Great Alone

Sisters Lucy and Susan Letcher begin their barefoot thru-hike of the Appalachian Trail. A story filled with humor and determination.

### Free Outside

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Watercolor images and prose regarding the Appalachian Mountains

## Untamed

A diverse group of hikers--by age, ethnicity, and background--set out separately to hike the whole Appalachian Trail from Georgia to Maine. They all bonded, as thru-hikers tend to do. Some fell in love. (Published by the Appalachian Trail Museum Society; distributed by the Appalachian Trail Conservancy.)

## The Trail

By age 25, Heather Anderson had hiked what is known as the "Triple Crown" of backpacking: the Appalachian Trail (AT), Pacific Crest Trail (PCT), and Continental Divide Trail (CDT)--a combined distance of 7,900 miles with a vertical gain of more than one million feet. A few years later, she left her job, her marriage, and a dissatisfied life and walked back into those mountains. In her new memoir, *Thirst: 2600 Miles to Home*, Heather, whose trail name is "Anish," conveys not only her athleticism and wilderness adventures, but also shares her distinct message of courage--her willingness to turn away from the predictability of a more traditional life in an effort to seek out what most fulfills her. Amid the rigors of the trail--pain, fear, loneliness, and dangers--she discovers the greater rewards of community and of self, conquering her doubts and building confidence. Ultimately, she realizes that records are

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merely a catalyst, giving her purpose, focus, and a goal to strive toward. Heather is the second woman to complete the "Double Triple Crown of Backpacking," completing the Appalachian, Pacific Crest, and Continental Divide National Scenic Trails twice each. She holds overall self-supported Fastest Known Times (FKTs) on the Pacific Crest Trail (2013)—hiking it in 60 days, 17 hours, 12 minutes, breaking the previous men's record by four days and becoming the first woman to hold the overall record—and the Arizona Trail (2016), which she completed in 19 days, 17 hours, 9 minutes. She also holds the women's self-supported FKT on the Appalachian Trail (2015) with a time of 54 days, 7 hours, 48 minutes. Heather has hiked more than twenty thousand miles since 2003, including ten thru-hikes. An ultramarathon runner, she has completed six 100-mile races since August 2011 as well as dozens of 50 km and 50-mile events. She has attempted the infamous Barkley Marathons four times, starting a third loop once. Heather is also an avid mountaineer working on several ascent lists in the US and abroad.

### The Pursuit of Endurance

"I never set out to hike 10,000 miles. It just sort of happened over the course of a decade." And so goes Lawton Grinter's compelling collection of short stories that have been over ten years and 10,000 trail miles in the making. *I Hike* brings the reader trailside with blissful moments on the highest mountain ridges to the mental lows of mosquito hell and into some peculiar situations that even seasoned hikers may find unbelievable. Between jobs and in search of something more, Lawton Grinter spent the better part of a decade hiking America's longest

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trails. In doing so he came face to face with things that go bump in the night, the kindness of strangers, a close encounter with hypothermia and the absurd rights of passage common to the eccentric people that call themselves long-distance hikers. Anyone who's ever stepped off the pavement will appreciate these humorous and sometimes agonizing accounts of trail life. I Hike will make you laugh, cry, cringe and leave you wanting to read more!

### The Bold Christian

Her grand adventure turned into a nightmare. After skiing 200 miles along California's John Muir Trail, Jean faces death from a mountaineering accident on Mount Whitney. Broken and bleeding on the highest peak in the continental United States, she vows to realize her greatest dreams if she lives until morning. Her escape from the Sierra Nevada Mountains turns into a five-day ordeal for survival. Jean's recovery is equally daunting. Her journey spans three decades and takes her from the depths of despair and chronic pain to the heights of the Himalayas. When the specter of Mount Whitney continues to shatter her world, Jean befriends Tibetan lamas. Their ancient wisdom guides her on a path beyond her wildest dreams.

### The Barefoot Sisters Walking Home

Bored and fed up with life, staring down a 50th birthday, Mike Tyler was looking for a change. Life had become routinized and unexciting. Maybe it was a mid-life crisis, or maybe just a

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yearning for one last big adventure. Mike decides to try hiking from Mexico to Canada on the Pacific Crest Trail, just to see what happens. Mike convinces his wife, Margo, to join him. Together they embark on a five-month hike full of anticipation. They hike through some of the most stunning and remote places in the country on a trail full of unique, offbeat characters. But the trail had even more to offer than either of them had anticipated.

### Hiking Through

Originally published in 2010 with the subtitle Epic adventures on the Appalachian Trail.

### In Beauty May She Walk

Families on Foot is an interactive guide for families to help motivate children to enjoy hiking and walking in nature. The progressive book would outline basic steps to help families with kids grow from beginner to intermediate hikers and to cultivate a love and enthusiasm for the outdoors. (Going beyond this to "advanced hiker" is beyond the scope of this book and the need for families.) Elements include a basic checklist of gear and safety needs, simple exercises for the whole family to prep for getting out on the trail, real life stories (perhaps crowdsourced from the AHS community), and ideas and activities for making the experience fun for kids of all ages. Chock full of aspirational color photography featuring diverse people and kids, the book is also practical in nature, offering information on gear checklists and how to

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use GPS, read a map, and predict weather before going out on the trail. It would feature experiences in everything from neighborhood parks to secluded trails. Additionally, the book reflects the hallmarks of the American Hiking Society, with whom we would work to make this book a success.

### Becoming Odyssea

51-year-old Jean Deeds left her comfortable life for a 2,000 mile journey along the Appalachian Trail.

### Thru-hiking Will Break Your Heart

God only knows what possessed Bill Bryson, a reluctant adventurer if ever there was one, to undertake a gruelling hike along the world's longest continuous footpath—the Appalachian Trail. The 2,000-plus-mile trail winds through 14 states, stretching along the east coast of the United States, from Georgia to Maine. It snakes through some of the wildest and most spectacular landscapes in North America, as well as through some of its most poverty-stricken and primitive backwoods areas. With his offbeat sensibility, his eye for the absurd, and his laugh-out-loud sense of humour, Bryson recounts his confrontations with nature at its most uncompromising over his five-month journey. An instant classic, riotously funny, *A Walk in the Woods* will add a whole new audience to the legions of Bill Bryson fans.

## Awol on the Appalachian Trail

Jeff Garmire was living the fast paced life of a successful young professional when he gave it all up to embark on the adventure of a lifetime. He set out to become only the fifth person to thru-hike the Pacific Crest Trail, Appalachian Trail and Continental Divide Trail in a single calendar year. Finishing the 8,000 mile Calendar Year Triple Crown would be an adventure of a lifetime. The journey was riddled with inclement weather, shady characters, wildlife attacks, and injuries. Along the way Jeff swam frozen rivers, encountered wildfires and battled his own mind. He offers a captivating story of strength and courage. Hiking through some of the most remote areas in America, Jeff is continually overwhelmed by the kindness and generosity of strangers. *Free Outside* is the fascinating story of Jeff Garmire's journey along the national historic trails that define wild America. Finishing would take everything he had, and he was willing to give it all.

## There Are Mountains to Climb

The saga of the Barefoot Sisters continues with this sequel to *The Barefoot Sisters Southbound*. Lucy and Susan Letcher begin their journey home, hiking barefoot on the Appalachian Trail from Georgia to Maine. Along the way, they must face the pleasures and perils of a northbound thru-hike, from bluegrass festivals and trail angel feasts to encounters with bears and venomous snakes. --publisher.

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## Thirst

Chronicles the author's adventures of hiking the Appalachian Trail with her boyfriend from Georgia to Maine, while exploring the trail's historical background and the contemporary issues now facing it.

## I Hike

Toby has to finish the final thing on The List. It's a list of brave, daring, totally awesome things that he and his best friend, Lucas, planned to do together, and the only item left is to hike the Appalachian Trail. But now Lucas isn't there to do it with him. Toby's determined to hike the trail alone and fulfill their pact, which means dealing with the little things -- the blisters, the heat, the hunger -- and the big things -- the bears, the loneliness, and the memories. When a storm comes, Toby finds himself tangled up in someone else's mess: Two boys desperately need his help. But does Toby have any help to give? The Trail is a remarkable story of physical survival and true friendship, about a boy who's determined to forge his own path -- and to survive.

## Thru

"I really loved it Appalachian Trials is full of specific tactical tips for mental preparation, which is

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key well beyond the AT." - Tim Ferriss, author of New York Times Best Selling *The 4-Hour Workweek* and *The 4-Hour Body* Each year, it is estimated that more than 2,000 people set out to thru-hike the Appalachian Trail, yet seven in ten ultimately fall short of their goal. Given the countless number of how-to books and websites offering information about logistics, gear, and endurance training, one would think that more people would finish this 2,200 mile trek. Why then, do so many hikers quit prematurely? After successfully thru-hiking the AT in five months with zero prior backpacking experience, author, Zach Davis, is convinced he's discovered the answer. Aspiring thru-hikers, Davis tells readers, are preparing the wrong way- sweating on the StairMaster, meticulously plotting each re-supply box, or obsessing over the a synthetic or down sleeping bag or perfect pair of socks. While the AT undoubtedly presents extraordinary physical challenges, it is the psychological and emotional struggles that drive people off the trail. Conquering these mental obstacles is the key to success. This groundbreaking book focuses on the most important and overlooked piece of equipment of all- the gear between one's ears. Filled with first-hand, touching yet humorous vignettes and down-to-earth advice that both instructs and inspires, *Appalachian Trials* gives readers the mental road map they'll need to hike from Springer Mountain to Mt. Katahdin. In *Appalachian Trials* readers will learn: Goal setting techniques that will assure hikers reach Mt. Katahdin The common early stage pitfalls and how to avoid them How to beat "the Virginia Blues" The importance of and meaning behind "hiking your own hike" 5 strategies for unwavering mental endurance The most common mistake made in the final stretch of the trail Tips for enjoying rather than enduring each of the five million steps along the journey Strategies for avoiding post-trail depression and weight gain In addition, the Bonus Section of *Appalachian Trials* includes: A thorough chapter

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on gear written by thru-hiker of the AT and Pacific Crest Trail, and professional backpack gear reviewer Information about the trail's greatest and most unknown risk and how to guard against it 9 tips for saving money before and during your thru-hike A thorough FAQ section including information ranging from how to obtain sponsorship, to the best stove for the trail, to avoiding chafing, and much more

### Becoming Odyssa

In April 1948, the 11-year-old Appalachian Trail from Maine to Georgia was pretty much a wreck: Volunteer maintainers who hadn't been called to combat couldn't get rationed gasoline to get out there to keep it clear. In April 1948, so, pretty much, was Earl Shaffer, self-dubbed The Crazy One. He had come home from war in the Pacific where he had lost the dearest friend of his life. He needed to walk it off, and he did with the most primitive of gear. In four months, he walked with the merging spring from Georgia to Maine, bushwhacking to find the route more often than not-becoming the first to report a complete, single-journey trek on this footpath of more than 2,000 miles. More than 7,000 have since followed in his footsteps. These reflections on and from his first of three thru-hikes are often lyrical, full of history and local legend and his own quiet insights on life in the woods in a much different era all around.

### I Come from a Place

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One April morning I left the Mexico border and walked north on the Pacific Crest Trail. For five months I hiked through the California desert, the snows of the Sierra Nevada, and the Cascade Mountains of Oregon and Washington. My goal was to succeed in an epic challenge: to hike 2,650 miles and reach Canada before the October snows. It was an unforgettable summer of sunrises, river crossings, and high mountain passes; of struggle and peaceful wilderness camps under the stars. In the fall colors of September I reached the border of Canada. This is the story of my thru-hike.

### Appalachian Trail Myths

Teetering awkwardly on the brink of insanity, unable to handle life in snowy, cold, ultra-conservative North Idaho, Carl and Erin sold their house and set out in search of a new place to call home. Suddenly finding themselves completely free of responsibilities, jobless, and with a little spare cash in the bank, it didn't take long before their serious search for a new life took some unexpected twists and turns. "What do you think we should do when we return to the States?" Erin asked Carl, as they sat outside a tiny cafe sipping coffee. It was a question that had been plaguing her for weeks as they budget travelled across South East Asia in an attempt to avoid winter (and reality). "I've been thinking about it, and I think we should thru-hike the Pacific Crest Trail." Was Carl's totally unexpected reply. Spend months on end traipsing through the wilderness, petting bunnies and chasing rainbows, as they hiked 2,660 miles from Mexico to Canada? How could Erin possibly say no? Life Rule #1: Never, ever, turn down an adventure. Friends wagered they wouldn't last a week, but before they knew it, days turned

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into months as they made their way across America at three miles an hour. As Carl and Erin morphed into Bearclaw and Hummingbird, they found that being hikertrash suited them. Though they will both admit the trail was life altering, there were no great epiphanies, no magic answers to all of life's burning questions, no "ah-ha " moments when suddenly life made sense. This is not a tale of personal growth. Through blisters and shin splints, jaw-dropping landscapes and craptastically unspectacular forests, searing heat and pouring rain, complete hilarity and utter exhaustion, this is the story of what day-to-day life is really like on one of America's greatest trails. As told through Hummingbird's journal entries, this is the story of life on the trail - the people you meet, the things you see, and how, mile by mile, you eventually become Hikertrash. Includes: 6 Overview Maps to Follow our Journey 19 Black & White Photos of Sights Along the Trail Leave No Trace Tips Our Gear Lists Our Trail Recipes What Is Hikertrash? Hikertrash: a long distance hiker, shabby and homeless in appearance, rarely bathed and rank in odor, more at home outdoors than in society, with a deep reverence and respect for all things wild.

### Appalachian Trials

Carrot Quinn fears that she's become addicted to the internet. The city makes her feel numb, and she's having trouble connecting with others. In a desperate move she breaks away from everything to walk 2,660 miles from Mexico to Canada on the Pacific Crest Trail. It will be her first long-distance hike. In the desert of Southern California Carrot faces many challenges, both physical and emotional: pain, injury, blisters, aching cold and searing heat, dehydration,

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exhaustion, loneliness. In the wilderness she happens upon and becomes close with an eclectic group of strangers- people she wouldn't have chanced to meet in the "regular world" but who are brought together, here on the trail, by their one common goal: make it to Canada before the snow flies.

### Lost on the Appalachian Trail

In thirty-six thrilling days, Melanie Radzicki McManus hiked 1,100 miles around Wisconsin, landing her in the elite group of Ice Age Trail thru-hikers known as the Thousand-Milers. In prose that's alternately harrowing and humorous, Thousand-Miler takes you with her through Wisconsin's forests, prairies, wetlands, and farms, past the geologic wonders carved by long-ago glaciers, and into the neighborhood bars and gathering places of far-flung small towns. Follow along as she worries about wildlife encounters, wonders if her injured feet will ever recover, and searches for an elusive fellow hiker known as Papa Bear. Woven throughout her account are details of the history of the still-developing Ice Age Trail—one of just eleven National Scenic Trails—and helpful insight and strategies for undertaking a successful thru-hike. In addition to chronicling McManus's hike, Thousand-Miler also includes the little-told story of the Ice Age Trail's first-ever thru-hiker Jim Staudacher, an account of the record-breaking thru-run of ultrarunner Jason Dorgan, the experiences of a young combat veteran who embarked on her thru-hike as a way to ease back into civilian life, and other fascinating tales from the trail. Their collective experiences shed light on the motivations of thru-hikers and the different ways hikers accomplish this impressive feat, providing an entertaining and informative read for

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