

Free Copy Women Who Hike Walking With America S Most Inspiring Adventurers

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Almost Somewhere Trudge A Blistered Kind of Love How the WILD Effect Turned Me Into a Hiker At 69 The Unintended Positive Consequences of Hiking A Walk in the Woods Thousand-Miler Hiking Through Thirst Girl in the Woods A Woman's Guide to the Wild Hike It Baby Hiking Journal for Women: Hiking Log Book, Complete Notebook Record of Your Hikes. Ideal for Walkers, Hikers and Those Who Love Hiking Hiking Journal Women Who Hike Old Lady on the Trail Women on Their Own Wanderlust Wild (Oprah's Book Club 2.0 Digital Edition) Moms Who Hike Gone for a Walk Walking Gone Wild Grandma Gatewood Hikes the Appalachian Trail Grandma Gatewood's Walk When Grandma Gatewood Took a Hike A Journey North Hiking Journal Wild by Nature Becoming Odyssea She Explores Wild Wild. Film Tie-In Bewildered Gorge The Fra Hiking My Feelings Walking on the Wild Side Walking with Spring When You Find My Body In Beauty May She Walk

Almost Somewhere

For every woman who has ever been called outdoorsy comes a collection of stories that inspires unforgettable adventure. Beautiful, empowering, and exhilarating, She Explores is a spirited celebration of female bravery and courage, and an inspirational companion for any woman who wants to travel the world on her own terms. Combining breathtaking travel photography with compelling personal

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narratives, She Explores shares the stories of 40 diverse women on unforgettable journeys in nature: women who live out of vans, trucks, and vintage trailers, hiking the wild, cooking meals over campfires, and sleeping under the stars. Women biking through the countryside, embarking on an unknown road trip, or backpacking through the outdoors with their young children in tow. Complementing the narratives are practical tips and advice for women planning their own trips, including: • Preparing for a solo hike • Must-haves for a road-trip kitchen • Planning ahead for unknown territory • Telling your own story A visually stunning and emotionally satisfying collection for any woman craving new landscapes and adventure.

Trudge

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

A Blistered Kind of Love

New parents and parents of toddlers face unique challenges when it comes to planning outdoor trips. “Family-friendly trail” is often a misleading phrase, and doesn’t take young children under the age of 5 into consideration, whose safety and comfort require a different perspective. The unpredictable nature of little ones leads many parents to put their adventure dreams on the back burner, missing out on years of meaningful experiences as a family. Hike it Baby presents 100 outdoor adventures across the U.S. that

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you can take with babies and toddlers (really!), along with everything you need to know about exploring the natural world. Sourced from real families using Hike it Baby's trail-tested system, this book helps moms and dads get out there in their comfort zone, yet feel like hardcore adventurers! Whether you've always wanted to hike part of the Appalachian Trail, splash around in gentle Northwest waterfalls, or scramble up rocks in the desert surrounded by Joshua Trees, this book shows you how to plan a truly memorable journey together.

How the WILD Effect Turned Me Into a Hiker At 69

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

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hikers accomplish this impressive feat, providing an entertaining and informative read for outdoors enthusiasts of all levels.

The Unintended Positive Consequences of Hiking

Girl in the Woods is Aspen Matis's exhilarating true-life adventure of hiking from Mexico to Canada—a coming of age story, a survival story, and a triumphant story of overcoming emotional devastation. On her second night of college, Aspen was raped by a fellow student. Overprotected by her parents who discouraged her from telling of the attack, Aspen was confused and ashamed. Dealing with a problem that has sadly become all too common on college campuses around the country, she stumbled through her first semester—a challenging time made even harder by the coldness of her college's "conflict mediation" process. Her desperation growing, she made a bold decision: She would seek healing in the freedom of the wild, on the 2,650-mile Pacific Crest Trail leading from Mexico to Canada. In this inspiring memoir, Aspen chronicles her journey, a five-month trek that was ambitious, dangerous, and transformative. A nineteen-year-old girl alone and lost, she conquered desolate mountain passes and met rattlesnakes, bears, and fellow desert pilgrims. Exhausted after each thirty-mile day, at times on the verge of starvation, Aspen was forced to confront her numbness, coming to terms with the sexual assault and her parents' disappointing reaction. On the trail and on her own, she found that survival is predicated on persistent self-reliance. She found her strength. After a thousand miles of solitude, she found a man who helped her learn to love and trust again—and heal. Told with elegance and suspense, Girl in the Woods is a beautifully rendered story of eroding emotional and physical boundaries to reveal the truths that lie beyond the edges of the map.

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A Walk in the Woods

A Journey From Lost to Found. At 26, Cheryl Strayed thought she had lost everything. In the wake of her mother's rapid death from cancer, her family disbanded and her marriage crumbled. With nothing to lose, she made the most impulsive decision of her life: to walk eleven-hundred miles of the west coast of America - from the Mojave Desert, through California and Oregon, and into Washington State - and to do it alone. She had no experience of long-distance hiking and the journey was nothing more than a line on the map. This account captures the agonies - both mental and physical - of her incredible journey.

Thousand-Miler

Women of the 1920s presents gorgeous illustrations and text on women whose work and lifestyle created a new female image, and who introduced new styles in their area of expertise. Among them are fashion gurus and designers like Lee Miller, Sonia Delaunay or Elsa Schiaparelli; writers and artists like Dorothy Parker, Tamara de Lempicka or Zelda Fitzgerald; women with an appetite for adventure or sports like Claerone Stinnes, Amelia Earhart, or Suzanne Lenglen; women to whom the stage was a second home like Josephine Baker, Kiki de Montparnasse or Anita Berber; those who took the camera into their own hands; as well as society ladies or glamour girls like Luisa Casati and Clara Bow who added sensual pleasure to life.

Hiking Through

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Day One, and already she was lying in her journal. It was 1993, Suzanne Roberts had just finished college, and when her friend suggested they hike California's John Muir Trail, the adventure sounded like the perfect distraction from a difficult home life and thoughts about the future. But she never imagined that the twenty-eight-day hike would change her life. Part memoir, part nature writing, part travelogue, *Almost Somewhere* is Roberts's account of that hike. John Muir had written of the Sierra Nevada as a "vast range of light," and this was exactly what Roberts was looking for. But traveling with two girlfriends, one experienced and unflappable and the other inexperienced and bulimic, she quickly discovered that she needed a new frame of reference. Her story of a month in the backcountry—confronting bears, snowy passes, broken equipment, injuries, and strange men—is as much about finding a woman's way into outdoor experience as it is about the natural world she so eloquently describes. Candid and funny and, finally, wise, *Almost Somewhere* is not just the whimsical coming-of-age story of a young woman ill-prepared for a month in the mountains but also the reflection of a distinctly feminine view of nature.

Thirst

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

Girl in the Woods

It took her two tries, but in 1955, sixty-seven-year-old Emma "Grandma" Gatewood became the first

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woman to solo hike the entire length of the Appalachian Trail in one thru-hike. Gatewood has become a legend for those who hike the trail, and in her home state of Ohio, where she helped found the Buckeye Trail. In recent years, she has been the subject of a bestselling biography and a documentary film. In *When Grandma Gatewood Took a Hike*, Michelle Houts brings us the first children's book about her feat, which she accomplished without professional gear or even a tent. Houts chronicles the spirit of a seasoned outdoorswoman and mother of eleven whose grit and determination helped her to hike over two thousand miles. Erica Magnus's vibrant illustrations capture the wild animals, people from all walks of life, and unexpected challenges that this strong-willed woman encountered on the journey she initially called a "lark." Children ages 4–10 will delight in this narrative nonfiction work as they accompany Emma Gatewood on the adventure of a lifetime and witness her transformation from grandmother to hiking legend, becoming "Grandma" to all.

A Woman's Guide to the Wild

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.

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Hike It Baby

This Hiking Logbook Journal for mountain climbing and hiking enthusiasts is printed on high quality interior stock and professionally bound with a premium matte cover. Each spread contains prompts and information to help you document your journey, a section for notes, and plenty of room to write. Including a place to record the date, weather, location, elevation gain/loss, time, distance, latitude/longitude, conditions, difficulty level, route taken, trail features as well as a place to document information about fees, parking, shuttles, etc. With several additional prompts for journaling and plenty of space for notes, this conveniently sized guided journal is a hiker's notebook and makes great hiking gifts! FEATURES: A 6" x 9" travel size for your bag or pack Premium Matte Soft Cover A Bright White Interior Stock Perfect Binding 101 pages (50 pages front and back) INCLUDES PROMPTS FOR: Date Weather Start/End Time Elevation Info Distance Hiked Latitude/Longitude Conditions Difficulty Level Mobile Phone Reception and Carrier Info Trail Features Fees Parking Shuttles Generous space for Notes & Journaling

Hiking Journal for Women: Hiking Log Book, Complete Notebook Record of Your Hikes. Ideal for Walkers, Hikers and Those Who Love Hiking

Kara knew she could reach the summit of Mt. Kilimanjaro. She had done it once before. That's why, when she failed in a second attempt, it brought her so low. As she struggled with food addiction and looked for ways to cope with feelings of failure and shame, Kara's weight shot to more than 300 pounds.

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Deep in her personal gorge, Kara realized the only way out was up. She resolved to climb the mountain again—and this time, she would reach the summit without waiting for her plus-sized status to disappear. *Gorge: My Journey Up Kilimanjaro at 300 Pounds* is the raw story of Kara's ascent from the depths of self-doubt to the top of the world. Her difficult but inspiring trek speaks to every woman who has struggled with her self-image or felt that food was controlling her life. Honest and unforgettable, Kara's journey is one of intense passion, endurance, and self-acceptance. In *Gorge*, Kara shows that big women can do big things.

Hiking Journal

Emma Gatewood's life was far from easy. In rural Ohio, she managed a household of 11 kids alongside a less-than-supportive husband. One day, at age 67, she decided to go for a nice long walk . . . and ended up completing the Appalachian Trail. With just the clothes on her back and a pair of thin canvas sneakers on her feet, Grandma Gatewood hiked up ridges and down ravines. She braved angry storms and witnessed breathtaking sunrises. When things got particularly tough, she relied on the kindness of strangers or sheer luck to get her through the night. When the newspapers got wind of her amazing adventure, the whole country cheered her on to the end of her trek, which came just a few months after she set out. A story of true grit and girl power at any age, Grandma Gatewood proves that no peak is insurmountable.

Women Who Hike

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What would move you to ditch your life and take off into the wild for six months? For Melbourne woman Laura Waters, it took the implosion of a toxic relationship and a crippling bout of anxiety. Armed with a compass, a paper map and as much food as she could carry, she set out to walk the untamed landscapes of New Zealand's Te Araroa track, 3000 kilometres of raw, wild, mountainous trail winding from the top of the North Island to the frosty tip of the South Island. But when her walking partner dropped out on the first day, she was faced with a choice: abandon the journey and retreat to the safety of home, or throw caution to the wind and continue on ? alone. She chose to walk on. For six months, she battled not only treacherous mountain ridges and river crossings, but also the demons of self-doubt and anxiety, and the shadow of an emotionally abusive relationship. At the end of Te Araroa (the long pathway?, as it is translated from Maori) it was the hardearned insights into mental health, emotional wellbeing and fulfilling relationships ? with others as well as with herself ? that were Laura's greatest accomplishments. She emerged `rewilded?', and it transformed her life.

Old Lady on the Trail

Women on Their Own

A powerful, blazingly honest, inspiring memoir: the story of a 1,100 mile solo hike that broke down a young woman reeling from catastrophe--and built her back up again.

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Wanderlust

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 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 women 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.

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Wild (Oprah's Book Club 2.0 Digital Edition)

WALKING GONE WILD is about women re-energizing life as they age. Sprinkled with stories of real women who discover a new model of aging with vitality, grace, and a deep connection to life, it provides the how-to of overcoming obstacles to developing a walking lifestyle. Chapters guide women to outfit, train, and thrive walking the road ahead

Moms Who Hike

One woman 10,000 miles on foot 6 countries 8 pairs of hiking boots 3,000 cups of tea 1,000 days and nights "The only way to survive three years of walking was to embrace the moment of now."—from Wild by Nature Not since Cheryl Strayed gifted us with her adventure on the Pacific Crest Trail in her memoir, Wild, has there been such a powerful epic adventure by a woman alone. In Wild by Nature, National Geographic Explorer Sarah Marquis takes you on the trail of her ten-thousand-mile solo hike across the remote Gobi desert from Siberia to Thailand, at which point she was transported by boat to complete the hike at her favorite tree in Australia. Against nearly insurmountable odds and relying on hunting and her own wits, Sarah Marquis survived the Mafia, drug dealers, thieves on horseback who harassed her tent every night for weeks, temperatures from subzero to scorching, life-threatening wildlife, a dengue fever delirium in the Laos jungle, tropic ringworm in northern Thailand, dehydration, and a life-threatening abscess. This is an incredible story of adventure, human ingenuity, persistence, and resilience that shows firsthand what it is to adventure as a woman in the most dangerous of

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circumstance, what it is to be truly alone in the wild, and why someone would challenge themselves with an expedition others would call crazy. For Marquis, her story is about freedom, being alive and wild by nature.

Gone for a Walk

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 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.

Walking Gone Wild

Geraldine Largay vanished in July 2013, while hiking the Appalachian Trail in Maine. Her disappearance sparked the largest lost-person search in Maine history, which culminated in her being

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presumed dead. She was never again seen alive.

Grandma Gatewood Hikes the Appalachian Trail

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.

Grandma Gatewood's Walk

Moms Who Hike celebrates the athleticism, wisdom, and skill of over twenty of America's most inspiring adventurer mothers ranging from legends to rising stars of today. The book is both inspirational and aspirational as each adventurer tells her story in her own words through featuring their favorite hike, highlighting personal challenges, accomplishments, and philosophy, as well as providing readers with practical how-to suggestions on maximizing not only their own potential in hiking but in life. The profiles are complemented by stunning color photographs. Each profile includes a map of the hike being profiled, hike specs, miles and directions, GPS coordinates to the trailhead, and a sidebar of something noteworthy about the hike, the location, or the adventurer.

When Grandma Gatewood Took a Hike

#1 NATIONAL BESTSELLER NOW A MAJOR MOTION PICTURE At twenty-two, Cheryl Strayed

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thought she had lost everything. In the wake of her mother's death, her family scattered and her own marriage was soon destroyed. Four years later, with nothing more to lose, she made the most impulsive decision of her life. With no experience or training, driven only by blind will, she would hike more than a thousand miles of the Pacific Crest Trail from the Mojave Desert through California and Oregon to Washington State—and she would do it alone. Told with suspense and style, sparkling with warmth and humor, *Wild* powerfully captures the terrors and pleasures of one young woman forging ahead against all odds on a journey that maddened, strengthened, and ultimately healed her. Oprah's Book Club 2.0 selection: This special eBook edition of Cheryl Strayed's national best seller, *Wild*, features exclusive content, including Oprah's personal notes highlighted within the text, and a reading group guide. One of the Best Books of the Year: NPR, The Boston Globe, Entertainment Weekly, Vogue, St. Louis Dispatch

A Journey North

* Winner of the 2003 Barbara Savage Miles from Nowhere Award * A blend of romance, humor, and adventure on the Pacific Crest Trail * Written in "he said/she said" alternating chapters, this young couple each tell their own story They're not sure which came first -- falling in love with each other or falling in love with the idea of hiking the Pacific Crest Trail (the length of California, Oregon, and Washington). At the trailhead, the young couple was warned that there would be tears, that each would have to find their own separate pace, and that at times the tent would seem awfully small for the two of them. They were told that their biggest obstacles to success would be . . . each other. Their first surprise: freeze-dried meals do funny things to your GI- tract. Their first fight: when Angela noticed that Duffy's long legs propel him along the trail faster than she can muster. But on they pressed -- encountering

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snakes, bears, and fellow thru-hikers with trail names like Crazy Legs and Catch 23. They baked in the deserts of Southern California, gazed awestruck at the snowy, serrated peaks of the High Sierra, and attempted to hide from Northern Washington's seemingly incessant rain. One hundred thirty two days of Pacific Crest Trail later, they made it -- blisters and all.

Hiking Journal

Hiking Journal Record Book - Watercolor Boots Design ? Stunning cover design ? Detailed 2 page record of each hike, including; location, gps, weather, distance, trail type, difficulty, elevation ? Easy to use Index at back to refer back to your favorite walks ? Guidelines on what hiking essentials to bring with you ? Numbered pages ? Handy space to put photo from each hiking adventure ? Space to draw sketch map of hike route ? 5.5" wide x 8.5" high ? Ideal gift, for all hikers and those who love hiking, for any occasion including Christmas, Birthday, Mothers day, Thank You, Fathers day, or other event Do you want to keep a record of the awesome hikes you have done? Whether you are a serious mountain hiker or prefer to walk gentle nature trails we have the perfect Hiking Journal Record Book for you so you always keep track of which trails you have hiked, when and what the conditions were Why Choose Our Hike Hiking Journal Book FULL RECORD OF YOUR HIKES - Keep your memories safe by recording which trails you have hiked, who was with you, what the distance and elevation were, how long the trail was, what were the weather conditions and much more GORGEOUS COVER DESIGN - Yes, we know you don't judge a book by its cover - but this book will spark joy whenever you take it out. We have a range of beautiful Hiking Journals for you to choose from TRAIL PHOTO - We included a space for you to stick a photo of your hike, so you have a visual memory of a great outdoor

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experience SPACE FOR MAP - It's not just the photo and notes, it's also about keeping a record of the actual route, you can sketch your own map or copy one into your journal DETAILED RECORD PAGES - 2 full pages per hike PERFECT SIZE - at 5.5 x 8.5" (13.97 x 21.59 cm) it is a convenient size to comfortably fit into a bag. Take it with you when you go hiking. DELIGHTFUL GIFT - Whatever the event our hiking Journal makes an ideal gift for Hikers and Hiking enthusiasts: Christmas, Birthday, Mothers day, Thank You, Fathers day Joy for All Art designs and creates unique outstanding notebooks, log books, planners, journals and wall art for thoughtful and caring gifts for all the important people in your life including you! If you love this Hiking Journal Record Book check out my other Journals, Notebooks and Wall Art. Just search Amazon for Joy For All Art Journal or Joy For All Art Wall Art

Wild by Nature

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

Becoming Odyssa

Adventure on National Scenic Trails does not need to end when one is old. Not beginning long-distance hiking until age 60, Mary takes us with her on her trail journeys to experience encounters with the beauty of wilderness from the Eastern ranges of the Appalachian Trail, the challenges of desert, snow, granite and thick forests of the Pacific Crest Trail, and the rugged and the remote grandeur of the

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Continental Divide Trail. Along the way, she introduces the Trail Community. Hikers of many ages and walks of life labeled with colorful monikers called trail names, and trail angels, planned and total surprises, grace her journey. Bears, moose, deer, coyotes, turkey vultures, hawks, eagles, owls, pronghorn, and endless supplies of squirrels and chipmunks share the world through which she walked. Everyday challenges of completing seemingly endless miles, encountering new adventures, sometimes with friends and much of the time solo, brought Mary to the first pages of this book on a glorious day sighting two grizzly bears and completing long-distance hiking's Triple Crown at age 76. Throughout this inspirational journey, Mary shares the perspective of an aging adult. Challenges of failing body parts add drama and obstacles to be overcome like rocks in the trail or adapted to like the trails that wind slowly up steep mountains. Come along and experience long trails with the Old Lady on The Trail.

She Explores

The most famous long-distance hiking trail in North America, the 2,181-mile Appalachian Trail—the longest hiking-only footpath in the world—runs along the Appalachian mountain range from Georgia to Maine. Every year about 2,000 individuals attempt to “thru-hike” the entire trail, a feat equivalent to hiking Mount Everest sixteen times. In *Walking on the Wild Side*, sociologist Kristi M. Fondren traces the stories of forty-six men and women who, for their own personal reasons, set out to conquer America’s most well known, and arguably most social, long-distance hiking trail. In this fascinating in-depth study, Fondren shows how, once out on the trail, this unique subculture of hikers lives mostly in isolation, with their own way of acting, talking, and thinking; their own vocabulary; their own activities

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and interests; and their own conception of what is significant in life. They tend to be self-disciplined, have an unwavering trust in complete strangers, embrace a life of poverty, and reject modern-day institutions. The volume illuminates the intense social intimacy and bonding that forms among long-distance hikers as they collectively construct a long-distance hiker identity. Fondren describes how long-distance hikers develop a trail persona, underscoring how important a sense of place can be to our identity, and to our sense of who we are. Indeed, the author adds a new dimension to our understanding of the nature of identity in general. Anyone who has hiked—or has ever dreamed of hiking—the Appalachian Trail will find this volume fascinating. *Walking on the Wild Side* captures a community for whom the trail is a sacred place, a place to which they have become attached, socially, emotionally, and spiritually.

Wild

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

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around.

Wild. Film Tie-In

An inspiring, humorous and motivating memoir of one woman's year-long journey, as she hiked her way to sixty! See what started it all, where the journey took her, the lessons learned, the obstacles overcome and the mountains she climbed!

Bewildered

A passionate, thought provoking exploration of walking as a political and cultural activity, from the author of the memoir *Recollections of My Nonexistence* Drawing together many histories--of anatomical evolution and city design, of treadmills and labyrinths, of walking clubs and sexual mores--Rebecca Solnit creates a fascinating portrait of the range of possibilities presented by walking. Arguing that the history of walking includes walking for pleasure as well as for political, aesthetic, and social meaning, Solnit focuses on the walkers whose everyday and extreme acts have shaped our culture, from philosophers to poets to mountaineers. She profiles some of the most significant walkers in history and fiction--from Wordsworth to Gary Snyder, from Jane Austen's Elizabeth Bennet to Andre Breton's Nadja--finding a profound relationship between walking and thinking and walking and culture. Solnit argues for the necessity of preserving the time and space in which to walk in our ever more car-dependent and accelerated world.

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Gorge

For women who enjoy hiking, camping, backpacking, and other outdoor recreation or those inspired by Cheryl Strayed's *Wild*, this is the definitive guide to being a woman in the great outdoors. This friendly handbook covers the matters of most concern to women, from "feminine functions" in the wilderness to how to deal with condescending men, as well as the basics of wilderness survival tailored to women's unique needs. It includes gear lists in addition to advice for camp setup, fire building, food and water, safety, weather, and navigation.

The Fra

When author Terri Sanders hiked the Appalachian Trail, her biggest surprise was not that the trail was difficult or long; it was that the true test of endurance arose not from climbing over boulders or walking in torrential rain storms, but from being willing to look inward at her emotional baggage and choose to let it go. A compilation of journal entries from the trail, *Gone for a Walk* presents a compelling look at her 2,100-mile odyssey hiking the Appalachian Trail. She shares not only the story of her journey, the people she met along the way, and the scenery she witnessed, but also a brutally honest glimpse of her life and the struggles she faced growing up and later in life. She shares valuable insights as the Lord speaks to her, convincing her of her self-worth and His great love and acceptance for her. Through these revelations, she was finally able to come home to herself with true acceptance. A story of hiking, hope, and healing, *Gone for a Walk* offers a look at profound moments of the healing touch of God and

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demonstrates that His love for us is everlasting. It tells of an odyssey, grounded in perseverance and goal setting that changed Sanders' life in unimaginable ways.

Hiking My Feelings

Hiking Journal Record Book ? Guidelines on what hiking essentials to bring with you ? Detailed 2 page record of each hike, including; location, gps, weather, distance, trail type, difficulty, elevation ? Stunning cover design ? Easy to use Index at back to refer back to your favorite walks ? Numbered pages ? Handy space to put photo from each hiking adventure ? Space to draw sketch map of hike route ? 5.5" wide x 8.5" high ? Ideal gift for all hikers and those who love hiking and walking for any occasion including Christmas, Birthday, Mothers day, Thank You, Fathers day, or other event Do you want to keep a record of the trails you have hiked? Whether you prefer to meander along gentle nature trails or are a serious mountain hiker we have the perfect Hiking Journal Log Book for you so you always keep track of which trails you have hiked, when and what the conditions were Why Choose Our Hike Hiking Journal Log Book FULL RECORD OF YOUR HIKES - Keep your memories safe by recording which trails you have hiked, who was with you, what the distance and elevation were, how long the trail was, what were the weather conditions and much more GORGEOUS COVER DESIGN - Yes, we know you don't judge a book by its cover - but this book will spark joy whenever you take it out. We have a range of beautiful Hiking Journals for you to choose from TRAIL PHOTO - We included a space for you to stick a photo of your hike, so you have a visual memory of a great outdoor experience SPACE FOR MAP - It's not just the photo and notes, it's also about keeping a record of the actual route, you can sketch your own map or copy one into your journal DETAILED RECORD PAGES

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- 2 full pages per hike PERFECT SIZE - at 5.5 x 8.5" (13.97 x 21.59 cm) it is a convenient size to comfortably fit into a bag. Take it with you when you go hiking. DELIGHTFUL GIFT - Whatever the event our hiking Journal makes an ideal gift for Hikers and Hiking enthusiasts: Christmas, Birthday, Mothers day, Thank You, Fathers day Casi Art designs and creates unique outstanding notebooks, log books, planners, journals and wall art for thoughtful and caring gifts for all the important people in your life including you! If you love this Hiking Journal Record Book check out my other Journals, Notebooks and Wall Art. Just search Amazon for Casi Art Journal or Casi Art Wall Art

Walking on the Wild Side

Did you ever feel a need to shake up your life a little? Jane Congdon did, and spent 17 weeks on the Appalachian Trail hiking with partners, alone, and with a good-luck charm, logging 1,200 miles in 7 of the 14 AT states. This is her fascinating and humorous account of journey-from bears, wild pigs, violent weather, trail town stops--and the personalities she met along the way--and how it changed her perceptions of both Mother Nature and human nature.

Walking with Spring

A celebration of athleticism, wisdom, and skill—Women Who Hike profiles over twenty of America’s most inspiring women adventurers ranging from legends to the rising stars of today. The book is both inspirational and aspirational as each adventurer tells her story in her own words through featuring their

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favorite hike, highlighting personal challenges, accomplishments, and philosophy, as well as providing readers with practical how-to suggestions on maximizing not only their own potential in hiking but in life. The profiles are complemented by stunning color photographs. Each profile includes a map of the hike being profiled, hike specs, miles and directions, GPS coordinates to the trailhead, and a sidebar of something noteworthy about the hike, the location, or the adventurer. Featured adventurers: 1. Ingrid Backstrom 2. Teresa Baker 3. Gina Bégin 4. Katie Boué 5. Jainee Dial & Lindsey Elliott 6. Caroline Gleich 7. Sarah Herron 8. Shanti Hodges 9. Kristen Hostetter 10. Jen Hudak 11. Rue Mapp 12. Hilary Oliver 13. Haley Robison 14. Elyse Rylander 15. Shawnté Salabert 16. Ambreen Tariq 17. Kalen Thorien 18. Mirna Valerio 19. Jolia Varela 20. Pamela Zoolalian

When You Find My Body

Lori Oliver-Tierney is every woman with a dream, but she's lost herself. To help reconnect with the adventurous woman she once was, she decides to hike the John Muir Trail. But by the end of the first day, Lori is lost on the trail, forced to dig deep into her soul to find the strength to go on. But will inner strength be enough?

In Beauty May She Walk

Have you ever spoken unkindly to yourself? Do you even realize when you do? Are you ready to make changes but find yourself completely paralyzed by the choices in front of you? We live in a hyper-

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connected, "always on" world, and frankly? It's exhausting. Let's make time to disconnect from the distractions and reconnect with yourself. **Hiking My Feelings Stepping into the Healing Power of Nature** is more than a collection of trail tales - it's a guide to aid (or begin!) your healing journey, helping you do the work to step up into the best version of yourself. Over the course of our lives, not only do we pick up our own trauma, we carry things for others - their fears, their insecurities, their expectations for how we should live our lives. So many of us are wandering through life wearing an invisible backpack full of those things, and it can be heavy. The weight of the stuff we are silently carrying is killing us slowly. We as individuals and every level of our communities are affected by trauma. When we don't get help, unresolved trauma manifests as mental and physical disease. Join Sydney Williams as she unpacks her "trauma pack", sharing the story of how hiking helped her reconnect to, and heal, her mind and body - kicking her limiting beliefs and Type 2 Diabetes to the curb in the process.

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