
Walking The Appalachian Trail Larry Luxenberg

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Benton Mackaye Author
House
Winner of the 2014 National
Outdoor Book Awards for
History/Biography Emma

Gatewood told her family she was going on a walk and left her small Ohio hometown with a change of clothes and less than two hundred dollars. The next anybody heard from her, this genteel, farm-reared, 67-year-old great-grandmother had walked 800 miles along the 2,050-mile Appalachian Trail. And in September 1955, having survived a rattlesnake strike, two hurricanes, and a run-in with gangsters from Harlem, she stood atop Maine's Mount Katahdin. There she sang the first verse of "America, the Beautiful" and proclaimed, "I said I'll do it, and I've done it." Grandma Gatewood, as the reporters called her, became 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. Gatewood became a hiking celebrity and appeared on TV and in 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, and interviewed surviving family members and those she met along her hike, all to answer the question so many asked: Why did she do it? The story of Grandma Gatewood will inspire readers of all ages by illustrating the full power of

human spirit and determination. Even those who know of Gatewood don't know the full story—a story of triumph from pain, rebellion from brutality, hope from suffering.

The Mountain Spirit

Wingspan Press

Most comprehensive resource on hiking the finest trails in the Granite State with details on 100 hikes including maps, photos and elevation graphs.

The Gentle Art of Wandering Anchor

Canada

Thru Hiking the Appalachian Trail is an epic adventure, and yet one that is still within the reach of most people. It is a long journey, an escape, and a time of self-discovery. The author completed his own thru-hike of the Appalachian Trail in 2015. 'Hellz Yeah It's Possible' ('Possible' is the author's trail Name) is designed as a two part guide and aid to

prospective thru-hikers, although those readers who are just looking for an adventure tale should not be disappointed. The first section is an account of the author's journey, the second section is a compilation of information useful to a prospective thru-hiker. It is entitled "If You Go". The journal is broken down day by day, tracking distances and landmarks along the way. It incorporates the

physical, social, and mental aspects of the author's thru-hike. The physical aspect off the trail is real. It is an insane endurance event for a person's body. It can actually be started by someone with only moderate conditioning, because the Appalachian Trail itself is its own training ground. The hiker learns to listen to their body, learn how much they can do, what to eat, and how to take

care of themselves. This is part of the journal; as the days pass the author learns what makes his body work, and what makes it falter. Aspects of diet and physical care are critical parts of his wellbeing as he copes with the environmental rigors of living outdoors on the move for an extended period of time. The Appalachian Trail is not just a path through the woods and an escape into nature.

As with all human constructs, it is a social community, a gathering of people. That it is a moving stream of people makes it no less a social adventure. There is conflict and resolution, friendships are made and broken, and people become more of what they are under the physical and emotional stresses of the journey. Hiking the trail is an intense period in a person's life, and it fuels social impact and

personal growth in a direct way at a greater rate than at other periods of a persons life. The narrative discusses the author's own personal interactions and his reactions to the trail community at large. The Appalachian trail is also a landmark, its history is woven into the land it travels through, and with each year's class of hikers the history grows just a little more. Significant	trail events and location lore are woven onto the narrative. It is told from the hiker's perspective, from one with a historical bent who marvels at the point in time that is his journey. In "If You Go" The author creates lists of gear and food choices, and imparts his own lessons from hiking the trail that will be of interest to anyone considering a long distance hike. The author discusses his	choices knowing that his way is just one way, and develops some ideas he didn't use but were used by other successful thru-hikers. Most of the knowledge here is already discussed in the journal narrative, but it is condensed so it is a useful reference for those planning their own adventures. The author encourages everyone to find their own space and way to adventure. We are not
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meant to live our entire lives working in cubicles and retiring to a couch in front of a television. There is a real world out there waiting for you to find it. Hellz Yeah Its Possible!

Circuit Hikes in Virginia, West Virginia, Maryland, and Pennsylvania Falcon Guides

This book is for hikers who like to learn as they walk and history buffs who want firsthand experience with terrain that they have read about. It couples an introduction to some fine trails with information on events in a

crucial theater of the American Civil War - the region around the national and secessionist capitals.

Through Hiker's Eyes - a Journey Along the Appalachian Trail
Penguin

At just over 100 miles long, and taking 7 to 10 days to complete, the Arctic Circle Trail crosses the largest ice-free patch of West Greenland. This splendid trekking route, lying 25-30 miles north of the Arctic Circle runs from Kangerlussuaq to Sisimiut (both of which have airport access). The trail traverses remote, empty, silent and stunningly scenic arctic tundra, and is mostly gently graded with just a few short, steep and rocky

slopes. However, the landscape between the two towns of Kangerlussuaq and Sisimiut is extremely remote and those who choose to take on this route must be competely self-sufficient. The book includes plenty of practical information on what to take with you and when to go, as well as on safety, travel and accommodation. Fully illustrated with a variety of photographs and its route is highlighted on continuous trekking maps. The guide also includes an optional extension to the Greenlandic ice cap.

The Trail of My Life Yale University Press

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yet one that is still within the reach of most people. It is a long journey, an escape, and a time of self-discovery. The author completed his own thru-hike of the Appalachian Trail in 2015. 'Hellz Yeah It's Possible' ('Possible' is the author's trail Name) is designed as a two part guide and aid to prospective thru-hikers, although those readers who are just looking for an adventure tale should not be disappointed. The first section is an account of the author's journey, the second section is a compilation of information useful to a prospective thru-

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broken, and people become more of what they are under the physical and emotional stresses of the journey. Hiking the trail is an intense period in a person's life, and it fuels social impact and personal growth in a direct way at a greater rate than at other periods of a person's life. The narrative discusses the author's own personal interactions and his reactions to the trail community at large. The Appalachian trail is also a landmark, its history is woven into the land it travels through, and with each year's class of hikers the history grows just a little more. Significant

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The Trail to Sunrise Stackpole Books

Trail data and maps for 25 hikes in the four-state area. Some are flat, others rugged;

some can be done in an afternoon, others will be a rough, all-day trip. Circuit Hikes in Virginia, West Virginia, Maryland, and Pennsylvania AMC's Best Day Hikes 'Gene Espy enjoys life and each moment he is connected with the A.T. Call him a trail legend. Call him the best story teller. There's always something more, than just interesting, about Gene Espy.' ? Marsha ?StarLyte? Lee; Membership Secretary, Appalachian Long Distance Hikers Association.

?Stretching back across time, Gene Espy's memories of his historic 1951 thru-hike remain vivid and fresh and have a timeless quality. I can't remember the last book I've read so fast and enjoyed so much.' ? Larry Luxenberg, Thru-hiker of Appalachian Trail; Author, "Walking The Appalachian Trail"; President, Appalachian Trail Museum. Trekking in Greenland - The Arctic Circle Trail Rizzoli Publications The life of the visionary conservationist who created

the Appalachian Trail is chronicled in this " first-rate biography of a unique American thinker " (Mark Harvey, Journal of American History). Born in 1879, Wilderness Society cofounder Benton MacKaye was a pioneer in linking the concepts of preservation and recreation. Spanning three-quarters of a century, his career had a major impact on emerging movements in conservation, environmentalism, and regional planning. MacKaye's seminal ideas on

outdoor recreation, wilderness protection, land-use planning, community development, and transportation have inspired generations of activists, professionals, and adventurers seeking to strike a harmonious balance between human need and the natural environment. This pathbreaking biography provides the first complete portrait of this significant figure in American environmental, intellectual, and cultural history. Drawing on extensive research, Larry

Anderson traces MacKaye's extensive career, examines his many published works, and describes the importance of MacKaye's relationships with such influential figures as Lewis Mumford, Aldo Leopold, and Walter Lippmann.

Hiking New Hampshire The Mountaineers Books
Discover the best hikes in the Green Mountain State, all doable in a day or less, with this indispensable book from the Appalachian Mountain Club-the definitive source on hiking in the Northeast and

Mid-Atlantic. Fully updated and revised, the second edition of **Best Day Hikes in Vermont** features 60 of the state's top treks for all ability levels, from recommended stretches of the Long Trail and the Appalachian Trail to Mount Olga in southern Vermont and Mount Independence along Lake Champlain, near the Canadian border. This edition also features new hikes, including Bald, Bromley, Haystack, and Belvidere mountains; Grout Pond and Somerset

Reservoir; Barr Hill; and Silvio O. Conte National Fish and Wildlife Refuge. An at-a-glance trip planner makes it easy to find the best trails for families, dogs, snowshoeing, Cross-country skiing, and more. Both visitors and locals alike will delight in exploring Vermont's natural beauty with AMC as a companion. 60 Hiking routes for all ability levels and seasons, At-a-glance trip planner to help you find the hike that's right for you, Summaries of time, distance, and difficulty level

for each hike, GPS Coordinates for trailheads, Detailed maps showing parking areas, trails, and natural highlights, Hiking and safety tips, including advice on what to carry in your pack, Essays on the nature and history of the region. Book jacket. Circuit Hikes in Virginia, West Virginia, Maryland, and Pennsylvania Simon and Schuster "In 2009, while thru-hiking the Appalachian Trail, Robert Moor began to wonder about the paths that lie beneath our feet: How do they form? Why do some improve over time while others fade?

What makes us follow or strike off on our own? Over the course of the next seven years, Moor traveled the globe, exploring trails of all kinds, from the miniscule to the massive. He learned the tricks of master trail-builders, hunted down long-lost Cherokee trails, and traced the origins of our road networks and the Internet. In each chapter, Moor interweaves his adventures with findings from science, history, philosophy, and nature writing--combining the nomadic joys of Peter Matthiessen with the eclectic wisdom of Lewis Hyde's *The Gift*. Throughout, Moor reveals how this single topic--the oft-overlooked trail--sheds new light on a wealth of age-old questions: How does

order emerge out of chaos? How did animals first crawl forth from the seas and spread across continents? How has humanity's relationship with nature and technology shaped the world around us? And, ultimately, how does each of us pick a path through life? With a breathtaking arc that spans from the dawn of animal life to the digital era, *On Trails* is a book that makes us see our world, our history, our species, and our ways of life anew"--Book jacket flap.

Hikes in the Washington Region,
Part A Anchor Canada

MacKaye's seminal ideas on outdoor recreation, wilderness protection, land-use planning, community development, and

transportation have inspired generations of activists, professionals, and adventurers seeking to strike a harmonious balance between human need and the natural environment."

The Girl Who Loved Tom
Gordon AuthorHouse

What happens when an Alabama Boy Scout, a California dreamer, a New England young gun, a Southern princess, and a blue-eyed All-American girl cross paths in the woods and embark on a five-month hike through fourteen states and a colorful patchwork of characters?

Welcome to the Appalachian Trail community. Stretching from Georgia to Maine, the Appalachian Trail sets the

backdrop for this fast-paced adventure where danger, hijinks, and fellowship challenge the limits of expectations and redefines lives.

Walking the Appalachian Trail
Chicago Review Press

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.

Mountain Girl JHU Press

The first history of the American hiking community and its contributions to the nation's vast network of trails. In the mid-nineteenth century urban walking clubs emerged in the United

States. A little more than a century later, tens of millions of Americans were hiking on trails blazed in every region of the country. This groundbreaking book is the first full account of the unique history of the American hiking community and its rich, nationwide culture. Delving into unexplored archives, including those of the Appalachian Mountain Club, Sierra Club, Green Mountain Club, and many others, Silas Chamberlin recounts the activities of

hikers who over many decades formed clubs, built trails, and advocated for environmental protection. He also discusses the shifting attitudes of the late 1960s and early 1970s when ideas about traditional volunteerism shifted and new hikers came to see trail blazing and maintenance as government responsibilities. Chamberlin explores the implications for hiking groups, future club leaders, and the millions of others who find happiness, inspiration, and better health

on America's trails. "With rich historical context Silas Chamberlin inspires new appreciation for trailblazers, while sharing the legacy of hiking and its growing importance today, as people find their way to a new relationship with the natural world." —Richard Louv, author of *Last Child in the Woods* and *Vitamin N*

"Chamberlin has demonstrated that what at first looks simple—walking on our own two feet—has a complex history of changing cultural associations, social

infrastructure, and national significance." —James Longhurst, University of Wisconsin – La Crosse
AMC's Best Day Hikes in Vermont
Johns Hopkins University Press
ORM
Thru-hiker of 1980 weaves history, maintainers' perspectives, accounts of several dozen thru-hikers (well-known and obscure), and the how's of walking the A.T. into a thorough but entertaining history of an increasingly popular sport.
[Hellz Yeah It's Possible!](#)
Stackpole Books

Soon to be a major motion picture starring Robert Redford and Nick Nolte. The Appalachian Trail trail stretches from Georgia to Maine and covers some of the most breathtaking terrain in America—majestic mountains, silent forests, sparkling lakes. If you're going to take a hike, it's probably the place to go. And Bill Bryson is surely the most entertaining guide you'll find. He introduces us to the history and ecology of the trail and to some of the other hardy (or just foolhardy) folks he meets along the way—and a couple of bears. Already a classic, "A Walk in

the Woods " will make you long for the great outdoors (or at least a comfortable chair to sit and read in).

Hellz Yeah Its Possible! a Journal and Guide to Thru-Hiking the Appalachian Trail Appalachian Trail Conference

Some of the best dayhiking in a wide region within easy distance of the Washington-Baltimore metropolitan areas is sampled in this book.

Grandma Gatewood's Walk Mariner Books

Accounts by thru-hikers, organized by topic. Foreword

by hiker Maurice Forrester and stunning color photos by Mike Warren.

A Patriot's History of the United States Skipstone

Wade Talbot relishes the chaos of journalism. He starts as editor of weekly newspaper in North Carolina and becomes a reporter in New York just as the civil rights struggles explode into demonstrations across the country. Becky Anderson leaps from her little southern town to college, to New York and then to Europe, where through sheer grit she becomes a force in the movie business. Wade romanticizes

his boyhood in the hills of home. Becky, perennially short of money, can ' t wait to break away. But something clicks between them. They compete, they quarrel, they savage each other, and one day in the deep, rolling hills of old Virginia they come together. MOUNTAIN GIRL is an inside look at the 1960s Amercian civil rights movement, a gritty travelogue with stops in Paris and an island in the Mediterranean, and a sexual duel in which both partners learn and grow. Becky loses a baby. She and Wade begin to hike the 2,200 mile Appalachian Trail. Wade finds,

finally, a theme for the novel he wants to write. But at a cost. He walks alone at the end to keep a promise, to climb a special mountain.