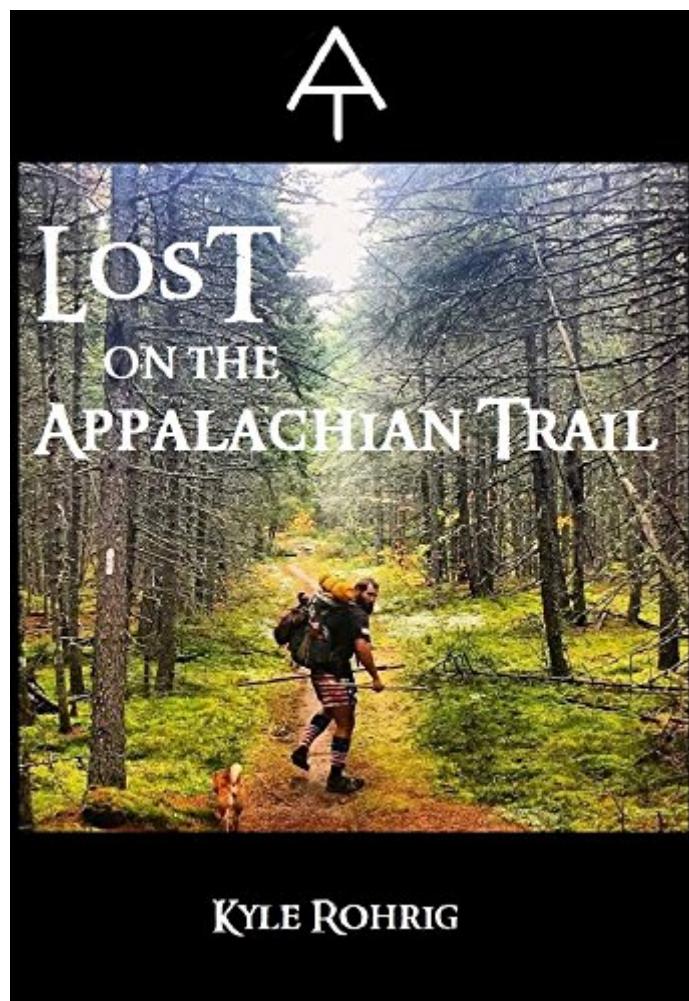


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# Lost On The Appalachian Trail



## **Synopsis**

(REVISED AND RE-EDITED 4/5/16)Join Kyle and his little dog "Katana" in this generously illustrated book (more than 70 full color pictures!) 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 just as Kyle did from start to finish on 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 out on the trail. It urges the reader to examine their own life, fears, strengths, weaknesses and dreams, then learn to overcome or realize them. This book tells a story as much as it teaches, inspires and motivates you to get out there and see what the world has to offer. You will learn what it takes mentally and physically to accomplish an undertaking such as hiking thousands of miles through mountainous wilderness and countless obstacles that are all determined to make you quit. As Kyle did, you might even learn some things about yourself... Like "Lost on the Appalachian Trail" on Facebook for more pictures and updates on future hikes!

## **Book Information**

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## Customer Reviews

I've read many AT books. All are pretty good, yet fairly ho hum, but once in a while one comes along that is uniquely different. This is one such book! Written from a very honest, personal perspective, Kyle captures the essence of hiking the AT - the beauty of nature, the spiritual, contemplative self-reflection and self-realization that a long distance hike invokes, along with the mental and physical transformations that take place in the hiker. As a long-time AT section hiker (900+ miles and counting), I can relate to everything "The Mayor" talks about - not just the actual physical hardships of climbing up and down mountains, which are described well - but the bonds that are formed with other hikers, comical moments on the trail, the art of and observations about hitchhiking, eccentric, if not downright scary people one runs into that make one realize how vulnerable a hiker is, shelters, mice, snakes, bears, food...it's all here! Throw in Katana, probably the cutest, coolest trail dog ever, and quite a hiker in her own right, and the cast of characters is complete! The Mayor's most personal, and profound observations, scattered throughout the book, and basically the underlying theme of the book, are summed up nicely at the end - "Human life is fleeting, and in the grand scheme of the universe, our existence doesn't even register. We have a short time with which to make the most of our lives...Learn to slow down and recognize more of these seemingly insignificant instances that are buried throughout the chaos of our lives, and you might find that extra bit of peace and happiness we are all searching for...". Right on, hiker brother! The highlights of life are truly found in the minutiae, the details.

Have you ever thought what it would be like to spend six months away from the life you know, battling the forces of nature, struggling with the elements, wild animals, lack of food, being completely alone or with total strangers with whom you have only this one thing in common? Have you ever thought you would like to get out of the rat race for a while, have time to just think, to re-assess your life, your values? Can you even begin to imagine what it would be like to hike the Appalachian Trail from Georgia to Maine for six months? Kyle Rohrig did exactly that in 2014 and this book is his story of those six months. I have read a few books by thru-hikers of the Appalachian Trail, but this is the first one I have reviewed because I think this one stands above the rest. It came highly recommended by a friend who is a hiker, so I decided to try a Kindle sample. By the end of the sample, I was hooked. The book is well-written, adventurous, often humorous, and from time to time I was quite surprised to look up from the book and find that I was in my own living room, as I became so absorbed by the story that I thought I was right there with The Mayor, Mr. Rohligâ™s trail name. When he writes of being cold and wet atop a mountain, I donned a blanket, and when he

speaks of being hungry and nearly out of food in his backpack, I headed for the kitchen for some crackers. That is the strength of this book â | that the author makes you feel as if you are there. Few writers of this genre achieve that, but this one does. In fact, I had tears in my eyes just as The Mayor did when the journey came to an end â | I found I wasnâ ™t ready for it to end.

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