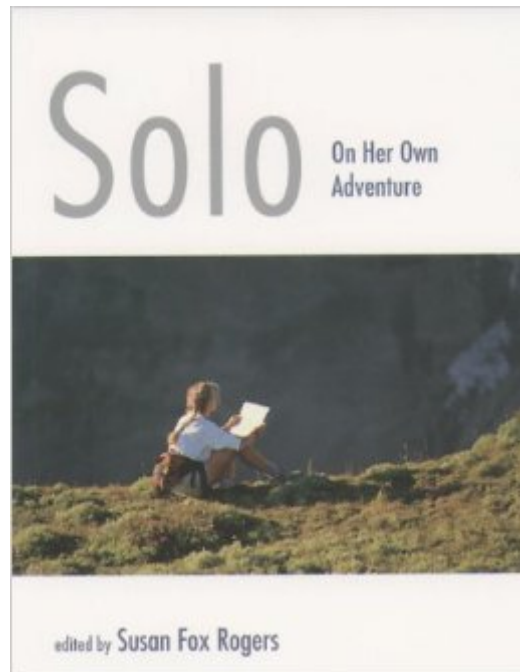


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# Solo: On Her Own Adventure



## Synopsis

Many women dream of solo adventure. The 22 women in "Solo" turned their dreams into reality. Whether they light out for a day hike in the Adirondacks, bodyboard with dolphins off the California coast, peddle across New Zealand, road trip through the northwestern United States or mountain bike the Alaskan tundra, each contributor to "Solo" describes the inspiring challenges and exhilarating rewards of going it alone.

## Book Information

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## Customer Reviews

As a woman who has found both bliss and grief in solitary desert adventures, I was immediately drawn to this essay collection. Here, as I had hoped, are women who understand that experience and know its value. What Susan Fox Rogers has also given us is a broad range of such women, revealing the many reasons one might choose such exposure to risk, and the varied responses to it. For some women, such as Susan Marsh, this was a brief and impulsive choice. She simply spent a long evening finding her way alone through the Mojave back to her group and her campsite. Yet it was enough for her to find a revelation of consciousness, "a spontaneous mix of inner peace and sensory alacrity" that she hadn't known before. E.A. Miller's family stories and expectations both motivated and inhibited her. She carefully planned her first solo weekend in the Adirondacks to be a trip without any history, personal or otherwise. With her dog along (which to my mind is not quite a solo), there was no drama, no danger, and she was never afraid. Nonetheless, she was without human company, and at a loss when trying to have her own experience, one unfiltered by the perceptions of others. It took half the trip to stop reviewing it, to simply be present. For me, walking in

solitude through the ancient and bare landscapes of the Southwest, carrying all that I need on my back, has always been a spiritual and creative quest. At first, it was a conquering of fear. Later, it became a renewal. Retreats into solitude left me with more to give to others. For each woman in this grouping, there is a motivation that is uniquely her own, and yet something that we can all recognize. Lucy Jane Bledsoe, confident after many solo trips, describes the real danger of being a woman alone.

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