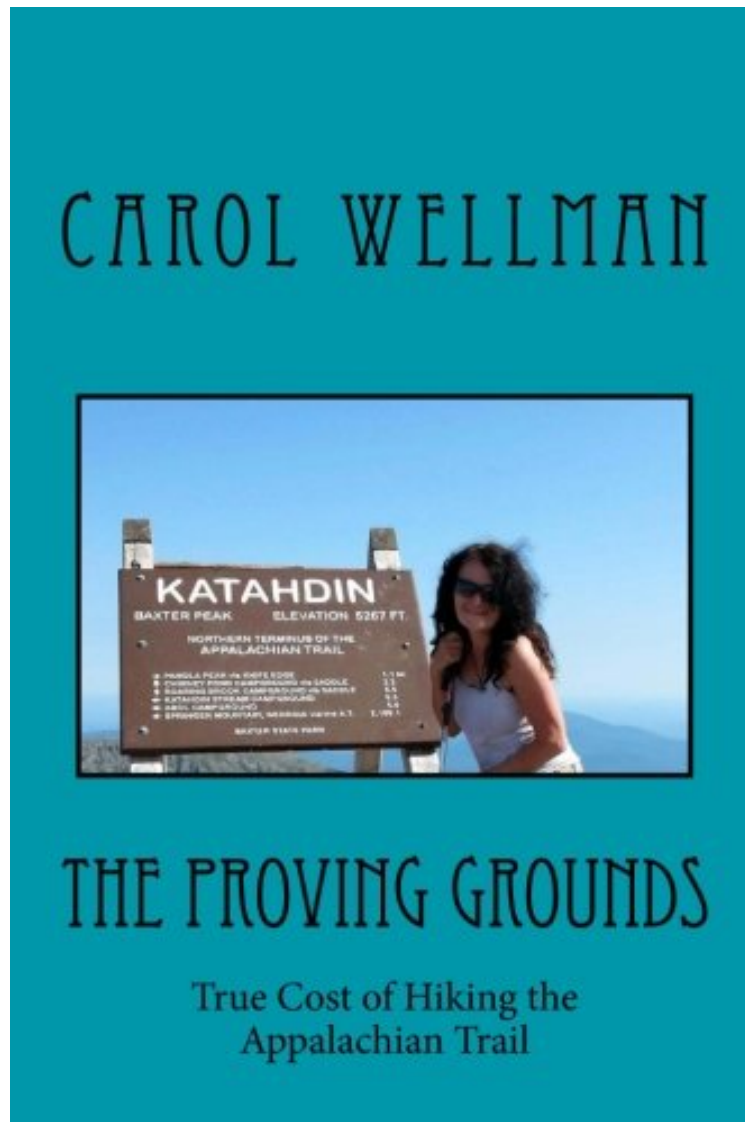


[Download] The Proving Grounds: True Cost of Hiking the Appalachian Trail

The Proving Grounds: True Cost of Hiking the Appalachian Trail

Carol Wellman

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Carol Wellman : The Proving Grounds: True Cost of Hiking the Appalachian Trail before purchasing it in order to gage whether or not it would be worth my time, and all praised The Proving Grounds: True Cost of Hiking the Appalachian Trail:

0 of 0 people found the following review helpful. Another WinnerBy Ellie HamiltonI learn more about hiking, backpacking (not necessarily synonymous), self-sufficiency, thrift, and stick-to-it-iveness every time I read or re-read Ms. Wellman's books. And I do re-read them. I highlight, underline, check off, and dogear. I bought Proving Grounds on Kindle but I'm going to be getting the paperback so that I can easily leaf back and forth. I use her checklists as my

own; the best and most complete out there, especially for the lightweight hiker (I'm still a wannabe for ultralighting...working on it!) Her stories are engaging. Her sense of humor is quick and wry. Some have mentioned something like self-centeredness, but on the trail a person kind of has to be. Catering to, looking out for, and trying to accommodate others too much can undermine a person's personal hiking aspirations. Ms. Wellman's descriptions of the relationships she forms, nurtures, or abandons on the trail give insight into the social interactions of hiking, some of which work well, others which don't. Reading these details is as helpful to me as descriptions of gear that did or didn't work and how to share the trail with a snake or bear. Kudos, Brawny! 0 of 0 people found the following review helpful. Good Read - Good Advice By W. Neal This is third book I bought based on title description, enjoyed, then realized it was by a writer I had read years before - Carol. I like her style there are hiking secrets in the text if you pay close attention. Some of it is a bit more personal than I would prefer, but that emphasizes the realness of it all. I hope life has gotten better, Carol. 0 of 0 people found the following review helpful. Good Story and Easy Read By Richard L. Schumaker I have made it to the New Hampshire chapter. The book is very well written and easy to read. I have it on my Kindle and I read a little each night. I am going to miss it when I finish.

Come along with Brawny as she thru hikes the Appalachian Trail for the second time. Because she already had one successful thru hike- detailed in her book *My Journey to Freedom and Ultralight Backpacking*- under her belt, she thought it would be a breeze. Not so. As the years and challenges mount up, she calculates the true cost. Hiking on a frugal budget of \$100 a week, Wellman meets and greets a wide range of trekkers. If you're planning a hike, this book is a must read. It will show you the secrets of a bonafide ultralighter so that you can enjoy a light pack too. Learn how to resupply, clue you in on the jargon, and show you how to make your own tent for a fraction of the cost. Resupply points are listed to help you plan your hike as well. Learn, laugh and love the trail with memorable characters balancing the electronic age with an old fashioned hike along America's best loved Trail. Billed the People's Trail, the Appalachian Trail has something for everyone. From trail magic to trail angels, maintainers and hikers, a great community lives and breathes all along this great range of mountains.