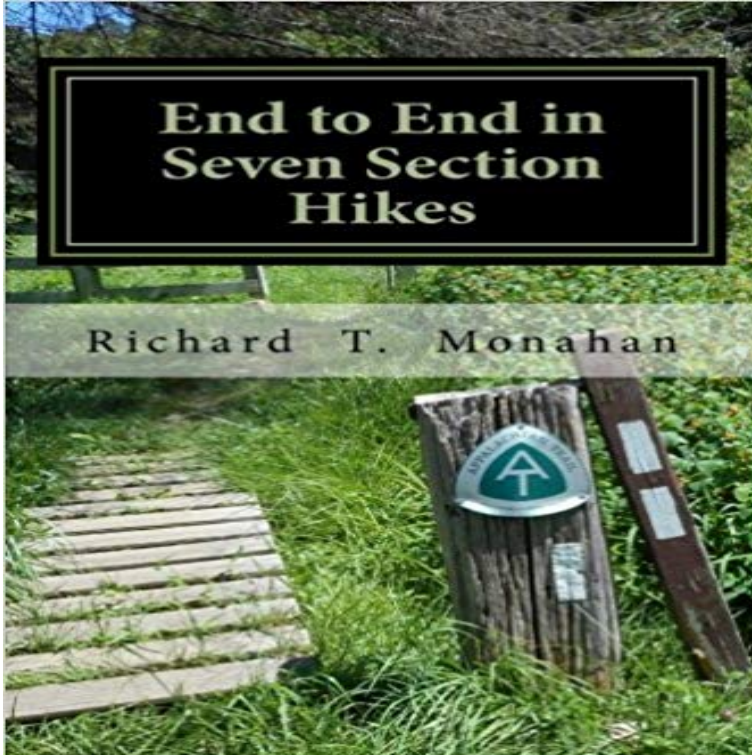


End to End in Seven Section Hikes: Quality Time Spent on the Appalachian Trail



These series of descriptive narratives tell about the authors adventures, encounters, struggles and triumphs throughout a period of seven years while section hiking the Appalachian Trail (A.T.). He often looks back at this undertaking with the realization that hiking the A.T. filled his heart and soul with many unforgettable experiences expressed in the pages of this book. He built many fond memories about places visited, people he met, and beautiful God-given sights that he was able to witness. The A.T. is hard on ones body but especially on ones mind and spirit. He learned to complete all 2187 miles of the A.T. you have to keep focus, believe all things are possible, and be committed to the cause.

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