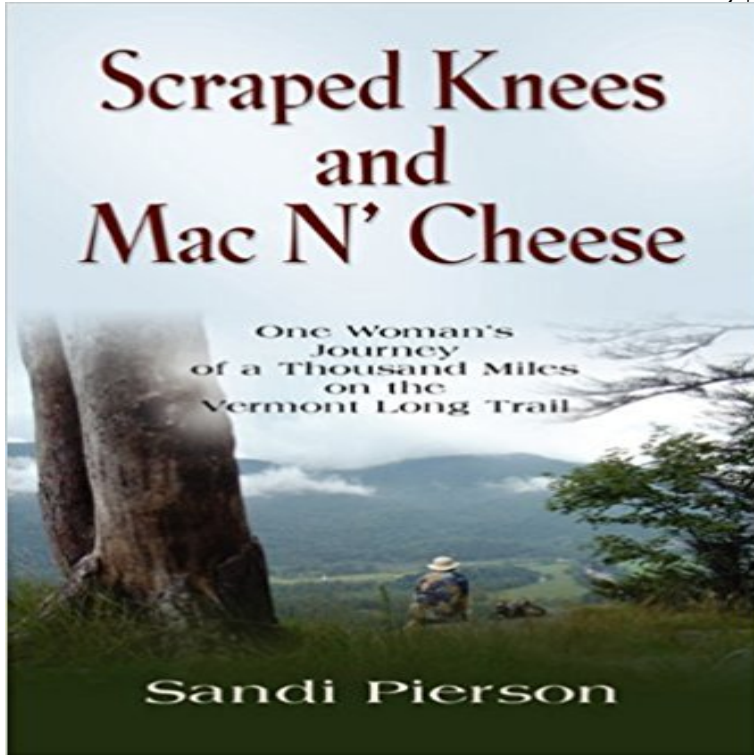


SCRAPED KNEES AND MAC N CHEESE: One Womans Journey of a Thousand Miles on the Vermont Long Trail



Join outdoor enthusiast Sandi Pierson as she brings you from Massachusetts to Canada over the beautiful Green Mountains of Vermont on the historic, 100-year-old Long Trail. Compiled from her four hikes of this 270-mile, sometimes austere footpath in the wilderness, each chapter is sprinkled with peculiar historical events of the Green Mountains and of the trail itself. As the chapters unfold, so does the authors life, including her relationships with her son and four sisters.

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