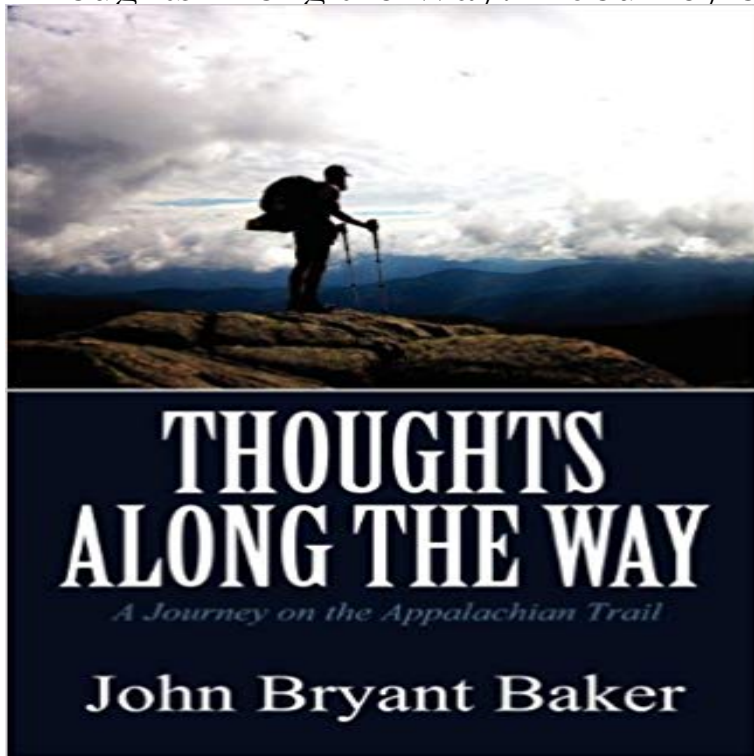


Thoughts Along the Way: A Journey on the Appalachian Trail



In the spring of 2010, my wife and I embarked on a journey we had been talking and dreaming about for years, a thru hike of the Appalachian Trail. Starting in Georgia at Amicalola Falls State Park on March 23, we spent 145 days walking the spine of the Appalachian Mountain Range, eventually reaching Mount Katahdin in Maine. The experience was nothing short of epic and life changing. With each passing mile, we were stunned by awe inspiring vistas, humbled by powerful storms, frustrated by the bombardment of mosquitoes, overwhelmingly blessed by the generosity of strangers, and entranced by the peace found in the stillness of creation. There were bouts with Lyme disease and aching knees and moments of both extreme euphoria and exhaustion. Connections were deepened as we each became more intimately in tune with each other, with ourselves, and with the world around us. It was simultaneously the most beautiful and the most painful, the most empowering and the most humbling experience I have ever had. This is our journey in photographs and journal entries. May it give you insight into our experience and inspire you on the journey of you own, whatever it may be.

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