



Appalachian Odyssey: A 28-Year Hike on America's Trail

Jeffrey H. Ryan

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Unlike through-hikers that complete the Appalachian Trail in one several month trip, Jeffrey Ryan took a different approach. Grabbing weeks here and days off there, it took Jeffrey twenty-eight years to finish the trail one section at a time. Along the way he learned much about himself and made many new friends, including his best friend, Wayne, who made the journey with him from start to finish. Including 75 color photos, this engaging book is part memoir, part natural history and lore, and part practical advice. Whether you've hiked the AT, are planning to hike it, or only wish to dream of hiking it, this is the book to read next.

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