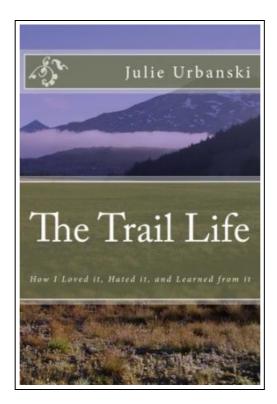
## The Trail Life: How I Loved It, Hated It, and Learned from It (Paperback)



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Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Join Stopwatch, an inexperienced thru-hiker with a steep learning curve, as she tackles her first long-distance hike, the Pacific Crest National Scenic Trail, over 2600 miles from Mexico to Canada. She begins the trail with the sole purpose of getting to Canada and quickly realizes she has a lot to learn not only about backpacking, but more importantly, about herself. Much more than an account of meals, miles and mammals, this book takes key aspects from life on the trail and relates them to how they impact her on a deeper level through valuable lessons learned while traveling one of America's most beautiful and rugged hiking trails. From the simple lessons regarding the importance of food and water to the deeper questions about personal fulfillment and happiness, Stopwatch covers the gamut, sharing the trail experience with all its joys and challenges. This book is for those who enjoy and appreciate challenging, life-altering experiences. Even if you never step foot on the trail, the thought-provoking and entertaining stories from Stopwatch's hike will call on you to evaluate the way you look at yourself, your choices, and the life around you.

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