



The Barefoot Sisters Southbound (Adventures on the Appalachian Trail)

Lucy Letcher, Susan Letcher

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Rarely will you find books that explore the human emotions of a long-distance trek so honestly and clearly. -
-Roger Williamson, Campmor, Inc.

"Highly recommended." --trailsbib.blogspot.com

From the book: "We stood for a moment before the venerable signpost marking the summit. Scored with graffiti and the constant onslaught of weather, it stands perhaps three feet high, a wooden A-frame painted Forest Service brown with recessed white letters:

KATAHDIN 5268 ft.

Northern Terminus of the Appalachian Trail

Below this were a few waypoints: Thoreau Spring, 1.0, Katahdin Stream Campground, 5.2. At the bottom of the list: Springer Mountain, Georgia, 2160.2. More than two thousand miles. It was simply a number, too large and incomprehensible to have any bearing on me. The farthest I had ever walked in a day was ten miles and that was with a daypack. Now I was contemplating a journey of months, covering thousands of miles. All of a sudden, there on the summit with the clouds screaming past us, it didn't seem like such a great idea. I turned to my sister, half-expecting to see the same doubt mirrored in her face. But her eyes were shining, and she smiled with an almost feral intensity. It was a look I would come to know all too well over the next year and a half, and it meant, I am going to do this and no one had better try to stop me. 'We're really doing this,' she shouted over the wind's howl and the lashing rain. 'We're hiking the Appalachian Trail!'"

At the ages of twenty-five and twenty-one, Lucy and Susan Letcher set out to accomplish what thousands of people attempt each year: thru-hike the entire 2,175 miles of the Appalachian Trail. The difference between them and the others? They decided to hike the trail barefoot. Quickly earning themselves the moniker of the Barefoot Sisters, the two begin their journey at Mount Katahdin and spend eight months making their way to Springer Mountain in Georgia. As they hike, they write about their adventures through the 100-mile Wilderness, the rocky terrain of Pennsylvania, and snowfall in the Great Smoky Mountains--a story filled with humor and determination. It's as close as one can get to hiking the Appalachian Trail without strapping on a pack.

Listen to the Barefoot Sisters read excerpts from their book here:

Southbound Podcast - part 1

and here:

Southbound Podcast - part 2

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Helen Leduc:

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Kevin Serna:

A lot of people always spent their free time to vacation or even go to the outside with them family or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity that's look different you can read a book. It is really fun in your case. If you enjoy the book that you simply read you can spent the entire day to reading a book. The book The Barefoot Sisters Southbound (Adventures on the Appalachian Trail) it doesn't matter what good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. When you did not have enough space to bring this book you can buy the particular e-book. You can m0ore quickly to read this book from the smart phone. The price is not too costly but this book features high quality.

Greg Christenson:

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