

THREE HUNDRED ZEROES



LESSONS OF THE HEART ON
THE APPALACHIAN TRAIL

DENNIS R. BLANCHARD

Three Hundred Zeroes Lessons Of The Heart On The Appalachian Trail

Rose Army



Three Hundred Zeroes Lessons Of The Heart On The Appalachian Trail:

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Rural New Yorker ,1911 *The Heart of a Viking and the Faith of a Child* Henry J. Nicols,2012-02-01 As a boy growing up in New York City Henry Nicols was introduced to the Appalachian Trail by his father He started to plan the adventure of a thru hike at the age of fourteen More than four decades later he fulfilled his dream Along the way he discovered that there were many lessons to be learned hiking twelve hours a day for six months to complete the 2 175 mile trail What began as a planned wilderness solo adventure became a shared human experience with personal triumphs and challenges along the way This is the story of the lessons to be learned from nature and from other people if we will take the time to live a simple life On the Appalachian Trail the decision seems simple walk north or not But the lessons learned were so much more profound Henry J Nicols The Catskill Eagle **Sauntering Thru** Cody Howell,2020-12-05 Sauntering Thru follows the true story of the author Raiden a scientist who escaped to the mountains and found humility simple living and a lifelong partner Chilly Bin whom he met against all odds while hiking through the woods covered in dirt Together they traveled from Georgia to Maine on foot a 2192 mile thru hike of the Appalachian Trail That summer they experienced the immersive natural beauty of one of North America s great long trails alongside the mental lows of walking endless miles over ankle breaking rocks being swarmed by biting insects and narrowly escaping numerous adventure ending pitfalls such as dangerous hitchhikes nearly shattering kneecaps and barely avoiding hypothermia twice These low points anchored this grand adventure drew the couple together and proved that together they could overcome any obstacle It was the perfect experience and it changed everything This story aims to share both the euphoria and the harrowing difficulties of walking the Appalachian Trail while providing insights on minimalism and the other lessons taught by a summer living the simple life Join Chilly Bin and Raiden on their journey to Katahdin *The Trail Within* Linda L. Stender,2020 *The Unlikely Thru-Hiker* Derick Lugo,2019 Derick Lugo had never been hiking He didn t even know if he liked being outside all that much He certainly couldn t imagine going more than a day without manicuring his goatee But with a job overseas cut short and no immediate plans this fixture of the greater

New York comedy circuit began to think about what he might do with months of free time and no commitments He had heard of the Appalachian Trail and knew of its potential for danger and adventure but he had never seriously considered attempting to hike all 2 192 miles of it Then again what could go wrong for a young black man from the city trekking solo through the East Coast backwoods The Unlikely Thru Hiker is the story of how an unknowing ambassador of one of the AT s least common demographics unfamiliar with both the outdoors and thru hiking culture sets off with an extremely overweight pack and a willfully can do attitude to conquer the infamous trail What follows are eye opening lessons on preparation humility race relations and nature s wild unpredictability But this isn t a hard nosed memoir of discouragement or intolerance What sets Lugo apart from the typical walk in the woods is his refusal to let any challenge squash his inner Pollyanna Through it all he perseveres with humor tenacity and an unshakeable commitment to grooming earning him the trail name Mr Fabulous that sees him from Springer Mountain in Georgia to Katahdin in Maine

Solemates Randy "Windtalker" Motz, Georgia "Mom" Harris, 2008-12-09 WINNER OF THE COVETED 2011 NATIONAL INDIE EXCELLENCE BOOK AWARD What happens when a middle aged couple with no previous backpacking experience decides to test their 14 year marriage and spend six months hiking the Appalachian Trail from Georgia to Maine in one continuous hike Will their motto of Quitting is not an option be a blessing or a curse Travel with Windtalker and Mom as they wrestle with their personal weaknesses and capitalize on each other s strengths and in doing so gain a deeper understanding of what it takes to make and keep a marriage strong Solemates is not a daily chronicle of trail life but rather a candid introspective and sometimes humorous look into the range of emotions experienced during the pursuit of such a life changing adventure It is a warmhearted journal depicting lessons in perseverance human nature compassion understanding and teamwork Their stories and those of their thru hiking companions reveal insights into the human spirit and refreshing perspectives on what is truly important in life

Discover tales of courage and bravery in is empowering ebook, Unleash Courage in **Three Hundred Zeroes Lessons Of The Heart On The Appalachian Trail** . In a downloadable PDF format (Download in PDF: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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