

A photograph of a forest path. The path is made of brown pine needles and dirt, winding through a lush green forest. Large rocks on either side of the path are covered in vibrant green moss. The trees are tall and thin, with dense foliage overhead. The lighting is soft and dappled, suggesting a shaded forest environment.

# ON THE BEATEN PATH

AN APPALACHIAN PILGRIMAGE

Robert Alden Rubin

“A beautiful story.”—*Esquire*

On the Beaten Path: An Appalachian Pilgrimage, Robert Alden Rubin, Globe Pequot, 2009, 1599217430, 9781599217437, 256 pages. Back in Paperback, with a new afterword by the author. Of the thru-hikers who set out to walk the entire Appalachian Trail, most don't make it. Robert Rubin's chances didn't look good. Thirty-eight years old, dispirited, and burned out by a job he no longer loved, he decided to leave mortgage and wife and cul-de-sac life behind for a journey that could take half a year or perhaps never end. On the trail's wooded ridges, Rubin found himself part of a strange vagrant culture of pilgrims and dropouts, a world with its own rules and rituals. With eloquence and humor, he recounts his trek—the people he met, the landscapes he passed through, the spiritual and physical endurance involved (despite a diet heavy in Snickers bars and macaroni & cheese, he lost seventy-five pounds along the way). On the Beaten Path is a wise, witty look at one of the few remaining pilgrimages in our disillusioned age. .

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A Season on the Trail An American Odyssey, Lynn Setzer, Oct 9, 2013, Nature, 222 pages. Each spring, a group of people attempt a thru-hike of the Appalachian Trail. Setzer follows these determined hikers from Georgia to Maine. In this new edition, hikers reveal ....

White Blaze Fever , Bill Schuette, Jul 1, 2003, Travel, 304 pages. "White Blaze Fever," a true life adventure that embraces the reader as a "hiking partner" in pursuit of the 2-inch by 6-inch white blazes from Springer Mountain, Georgia to Mt ....

Zero Days The Real Life Adventure of Captain Bligh, Nellie Bly, and 10-Year-Old Scrambler on the Pacific Crest Trail, Barbara Egbert, 2007, Travel, 192 pages. In April 2004, Barbara Egbert and Gary Chambers and their precocious 10-year-old daughter Mary embarked on a 2,650-mile hike from Mexico to Canada along the famed Pacific Crest ....

Ten Million Steps Nimblewill Nomad's Epic 10-Month Trek from the Florida Keys to Quebec, M. J. Eberhart, Oct 9, 2013, Sports & Recreation, 544 pages. Eberhart, a.k.a. the Nimblewill Nomad, was a 60-year-old retired doctor in January 1998 when he set off on a foot journey that carried him 4,400 miles from the Florida Keys to ....

Awol on the Appalachian Trail , David Miller, 2006, Nature, 222 pages. A 41-year-old engineer quits his job to hike the Appalachian Trail. This is a true account of his hike from Georgia to Maine, bringing to the reader the life of the towns and ....

Skywalker Close Encounters on the Appalachian Trail, Bill Walker, 2008, Fiction, 221 pages. .

A journey north one woman's story of hiking the Appalachian Trail, Adrienne Hall, Apr 1, 2000, Sports & Recreation, 224 pages. Chronicles the author's adventures of hiking the Appalachian Trail with her boyfriend from Georgia to Maine, while exploring the trail's historical background and the ....

How to Hike the AT The Nitty-gritty Details of a Long-distance Trek, Michelle Ray, 2008, Sports & Recreation, 260 pages. An avid hiker, the author "walks the prospective hiker through every aspect of preparation, from physical conditioning and scheduling to gear packing and mail drops."-Cover..

On the Banks of the Wabash The Life and Music of Paul Dresser, Clayton W. Henderson, Jul 1, 2003, , 481 pages. .

Five Million Steps Adventure Along the Appalachian Trail, Lon Chenoweth, 2009, Nature, 242 pages. Something happened there that is too rare among men: We touched the soul, and we touched heaven. The encounter put fire in my bones and brought a deep humility to know that God ....

Hiking Through Finding Peace and Freedom on the Appalachian Trail, Paul V. Stutzman, Apr 1, 2010, Biography & Autobiography, 309 pages. As dusk settled over the highlands, I summoned just enough energy to scramble up one of the rock formations and watch the last glimmers of the setting

sun fade behind the ....

The Things You Find on the Appalachian Trail A Memoir of Discovery, Endurance, and a Lazy Dog, Kevin Runolfson, 2010, Nature, 222 pages. "This humorous memoir, based on the author's hike of the Appalachian Trail, which began just north of Atlanta, Georgia, and finished six months later in Maine. A journey ....

We're Off to See the Wilderness , the Wonderful Wilderness of Awes A Hiker's 2000-mile Adventure Journal of the Appalachian Trail, M. E. Postca Hughes, Jan 6, 2006, , 332 pages. Many who set out to hike the entire Appalachian Trail haven't any idea what they're getting themselves into; they're simply thinking about the romanticism of adventure. One ....

As far as the eye can see reflections of an Appalachian Trail hiker, David Brill, Oct 1, 1990, Sports & Recreation, 190 pages. The author relives his five-month journey along the Appalachian Trail, from Springer Mountain in Georgia to Mount Katahdin in Maine.

In Beauty May She Walk Hiking the Appalachian Trail at 60, Leslie Mass, 2005, Sports & Recreation, 408 pages. Leslie struggles to balance her familys needs with her needs on the Appalachian Trail, and sheds years of social conditioning that dictate how a woman is expected to act..

Appalachian Trail Data, Book 2000 , Daniel D. Chazin, Feb 1, 2000, , 72 pages. Updated every fall, this essential companion condenses into state-by-state tables--in an at-a-glance format--the distance information detailed in 11 guidebooks and adds ....

Always Another Mountain A Woman Hiking the Appalachian Trail from Springer Mountain to Mount Katahdin, , Feb 1, 2005, Sports & Recreation, 264 pages. The author's journal as she backpacked the Appalachian Trail in 2004. Starting alone from Springer Mountain Georgia, she travels over 2000 miles to reach Mount Katahdin Maine ....

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