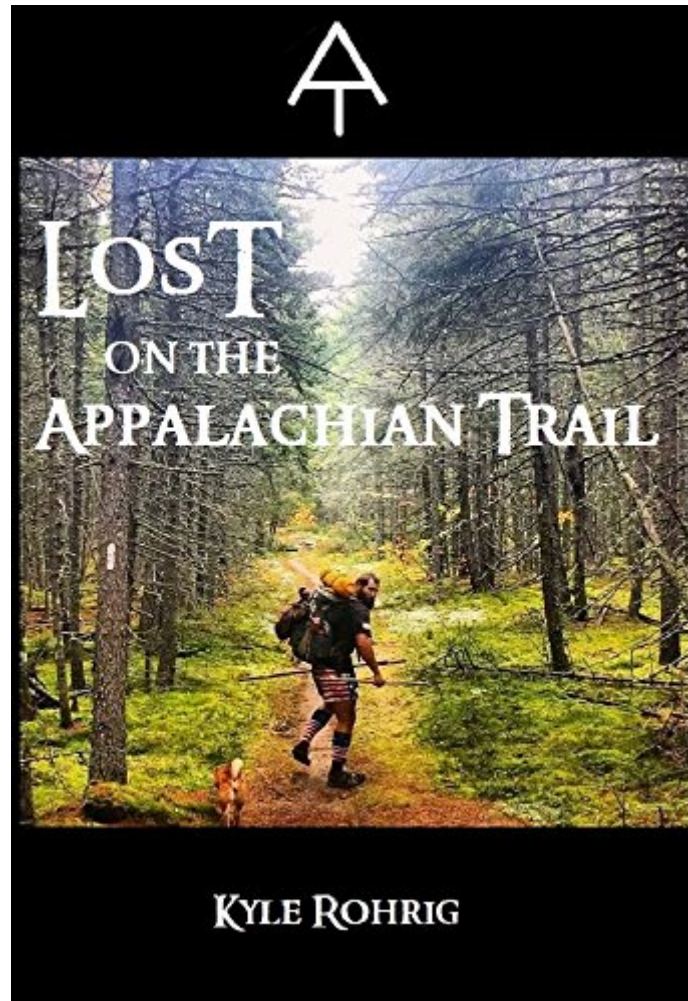




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# Lost On The Appalachian Trail



## Synopsis

Join Kyle and his little dog "Katana" in this generously illustrated book (more than 70 full color pictures!) as they take you along for every step of their 2,185 mile adventure hiking the entire Appalachian Trail. Confront the terrain, severe weather, injury, dangerous wildlife and questionable characters as you grow and learn just as Kyle did from start to finish on this epic adventure. Make some friends for life, learn the finer points of long distance hiking, and realize that what you take within your backpack is not nearly as important as what you bring within yourself...This exciting and often times humorous narrative does more than simply tell the story of Kyle and Katana's adventures on the trail. It urges the reader to examine their own life, fears, strengths, weaknesses and dreams, then learn to overcome or realize them. This book tells a story as much as it teaches, inspires and motivates you to get out there and see what the world has to offer. You will learn what it takes mentally and physically to accomplish an undertaking such as hiking thousands of miles through mountainous wilderness and countless obstacles that are all determined to make you quit. As Kyle did, you might even learn some things about yourself...If you enjoy(ed) this book and are currently thinking about, or preparing for an Appalachian Trail thru hike; check out the author's other book, "Hear the Challenge..." for invaluable insights into preparing for, and executing a hike of the AT. Like "Lost on the Appalachian Trail" on Facebook for more pictures and updates on future hikes!

## Book Information

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## Customer Reviews

This was about the 50th book I have read written by people who have hiked the long distance trails both here and abroad., and it has soared to the top of my favorites. Unlike so many that were mere chronicles of fellow hikers, stops and meals, this author made the journey complete with his emotions concerning the enchantment and the hardships he faced daily. The reader could sense throughout how the trail was molding him into someone he never dreamed he could be. I am not, nor can I be, a hiker. I am a 74 year old woman confined to a wheelchair who lives the hikes of others vicariously. This was an exceptional journey that affected me profoundly, and I hope that Mayor will achieve his goals of hiking the PCT and the ADT, and I hope that he will invite me along via new books about them.

I enjoyed this book for lots of reasons. I was firstly attracted to the topic of the Appalachian Trail because we moved a lot when I was a kid and we lived very near the trail at two different times. I visited a portion of it when I was 8 and later when I was 10. Later in life, I worked with the father of the author and met Kyle as a small boy. I moved away to Germany and heard about his blog. Unfortunately, due to the work pressures at the time, I only followed it sporadically. When I found out Kyle had put together a book about his hike, I had to read it. I found the book to be a very good read and I enjoyed it immensely. It was surprising and rewarding to see that at a very early age he had discovered many of the same things that took me over 50 years to realize. I can highly recommend this book to those who ever wished at some point they had taken the other path  
ÃfÃ Â ÑÃ Â œ and also to those contemplating undertaking any significant challenge in their lives. As it appears young Kyle has learned, itÃfÃ Â ÑÃ Â „s not only about the trail. Congratulations Kyle.

Great read. Thoroughly enjoyed entire book. Hats off to the author. The guy is a beast! The book gave an excellent representation of what to expect taking on this massive endeavor. His writing

doesn't drone on; it is easy to follow and wonderfully descriptive. The only aspect I would change is to leave out the unnecessary "F-bombs". I say this not as a prude. Rather it would be more acceptable for younger readers looking for inspiration and adventure.

I've read many AT books. All are pretty good, yet fairly ho hum, but once in a while one comes along that is uniquely different. This is one such book! Written from a very honest, personal perspective, Kyle captures the essence of hiking the AT - the beauty of nature, the spiritual, contemplative self-reflection and self-realization that a long distance hike invokes, along with the mental and physical transformations that take place in the hiker. As a long-time AT section hiker (900+ miles and counting), I can relate to everything "The Mayor" talks about - not just the actual physical hardships of climbing up and down mountains, which are described well - but the bonds that are formed with other hikers, comical moments on the trail, the art of and observations about hitchhiking, eccentric, if not downright scary people one runs into that make one realize how vulnerable a hiker is, shelters, mice, snakes, bears, food...it's all here! Throw in Katana, probably the cutest, coolest trail dog ever, and quite a hiker in her own right, and the cast of characters is complete! The Mayor's most personal, and profound observations, scattered throughout the book, and basically the underlying theme of the book, are summed up nicely at the end - "Human life is fleeting, and in the grand scheme of the universe, our existence doesn't even register. We have a short time with which to make the most of our lives...Learn to slow down and recognize more of these seemingly insignificant instances that are buried throughout the chaos of our lives, and you might find that extra bit of peace and happiness we are all searching for...". Right on, hiker brother! The highlights of life are truly found in the minutiae, the details. Hiking, which humbles a person down to his/her very basic human essence, opens the door to this realization. Kyle expresses this so well without glitz, fanfare or braggadocio. This is not only a story of a thru-hike, but a tale of the human spirit...the common denominator in us all. It's all about perspective, hiking and life in general. A must read for anyone, hiker and non-hiker alike.

I just finished this book and I noticed myself slowing my reading down as I neared the ending. I literally did not want the adventure to end. Kyle did an amazing job of intertwining humor into the personal struggles, physical challenges, and triumphs he experienced over the course of miles and months on the trail. I loved how raw and real his storytelling is and because he didn't 'sugar coat' any of these experiences, I found that it enhanced the reading and overall feeling of the book. I felt as if I was along for the hike, but unlike the hiker/author, I could shower at will and sleep in a cozy

bed and not be scared of bears or snakes in the process! I was particularly astounded at his wisdom and self discoveries and he seems so much more advanced in his years. A true 'old soul' telling a true tale of an amazing experience out on the AT. Beautiful accomplishment thru hiking and a wonderful story to share to the World. This is a must read for anyone who has any interest in hiking or being truly alive.

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