



The Things You Find on the Appalachian Trail: A Memoir of Discovery, Endurance and a Lazy Dog

Kevin Runolfson

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This upbeat nitty-gritty memoir, based on the author's 2001 trail journal, chronicles one man's hike the whole length of the Appalachian Trail, beginning just north of Atlanta and finishing six months later in Maine. The journey included adventures with a faithful and eccentric dog, a new romance, and the challenges and triumphs of walking 2167 miles in all kinds of weather.

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