



Five Million Steps on a Journey of Hope: Thru-Hiking the Appalachian Trail

Bob "Buckeye Flash" Grau

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On his 170-day hike, Bob traversed 14 states and climbed 270 mountains. He began his thru-hike in Georgia in March and completed it in Maine in September. Although the AT is described as "a footpath for those who seek fellowship with the wilderness," it is often steep, rocky, extremely demanding, and it looks nothing like a path. Less than 25% of aspiring thru-hikers are actually successful in completing the challenging nearly 2,200-mile trip. During the last 380 miles of very treacherous terrain in the White Mountains of New Hampshire and in Maine, he was not deterred as he hiked with a broken ankle. After you read his story of determination, you'll have a real appreciation of his remarkable effort. This book is available for purchase at www.grauathiker.com.

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