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Inga Aksamit

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#110604 in Books Inga Aksamit 2015-12-18 Original language: English PDF # 1 8.50 x .47 x 5.50l, .57 #File Name: 0997061804208 pages Highs and Lows on the John Muir Trail | File size: 34.Mb

Inga Aksamit : Highs and Lows on the John Muir Trail before purchasing it in order to gauge whether or not it would be worth my time, and all praised Highs and Lows on the John Muir Trail:

5 of 5 people found the following review helpful. Armchair High Mountain Trail Hiker By Kristan T. Zwerling Finished it yesterday on my flight. Engrossed minute one and loved it. Really wanted to click on the pictures at the end of each chapter and see them bigger as they were so beautifully composed. (Found them on your blog!). Thank you for sharing that bit of yourself (and Steve). And the story was just that, a great story interspersed with some

hiking feats that accomplished what I feel you were possibly expecting; a journey of the soul. I laughed quite a bit at the mental chatter because it is so reflective of what we all go through when we are doing things that challenge us and feed us. And your descriptions of your trail companions both 2 legged 4 were great. there were a couple times I waited for the other shoe to drop, and it did but never in a bad way! Congratulations! 10 of 11 people found the following review helpful. Very insightful account of what hiking the JMT entails By Elizabeth Wenk The current popularity of long-distance walking means that many new personal narratives have appeared in the past years. Inga Aksamit's book is a wonderful addition to these "trail tales," as she describes the 23-day trip she and her husband took along the John Muir Trail. Readers will especially be drawn to this narrative both because it is very well written and accurate and because it represents the experience of an "everyday" person. She and her husband set out on the JMT to challenge themselves with a much longer backcountry adventure than they'd previously completed and to experience the changing perspective one has after multiple weeks in the backcountry, but not to launch into a completely unknown activity. Aksamit had backpacked frequently before her trip, had trained for her trip, and meticulously planned her itinerary, food, and gear. Her extensive planning made her aware of all the problems that might arise - she does a superb job of weaving these into her story, one-by-one as many of the anticipated problems do materialize - medical problems, rare weather events, gear problems, and lack of motivation. I was especially drawn to her descriptions of how her mood, physical strength, and motivation shifted from day-to-day - as she sometimes found "difficult" sections to be straightforward and dragged where the going should have been "easy". As a guidebook author, I have to force myself to detach how I feel at a given moment from my "unbiased" perception of the terrain; it was wonderful to read an account that emphasized how difficult it is to predict how you'll feel on a given stretch of trail and what progress you'll make. As she and her husband experienced, two people hiking together will have different "good" and "bad" days - and will therefore have very different memories of stretches of the trail. Finally, I appreciate her repeated emphasis that she was "hiking her own hike" - and comfortable with that decision. She reflected upon other hikers with faster or slower itineraries, but did not deride others for choosing a different JMT experience. 1 of 1 people found the following review helpful. A Hiker Who Can Write! By Paula Edwards It was a pleasure to read Inga's beautiful, personal account of her and her husband's hike on the John Muir Trail. Unlike some other hikers accounts I have recently read, Inga is not only a meticulous planner and experienced hiker she and Steve also know how to capture the scenery in photography and, importantly, if you are going to document your journey for others to read, she can also write! I am not, nor will I ever be, a long distance hiker (right now, at age 65 I am "training" for a 5 mile hike round trip to Abrams Falls in the spring, LOL!) so I experience long distance hiking vicariously through the writings of others. As hikers frequently say, you have to "hike your own hike". I particularly identified with Inga because she and her hubby are about the same age as my husband and I. Also, Inga and I are both nurses. I highly recommend her book and know that it will give you the "hiking bug" too, so you may "hike your own hike" however strenuous that may be.

This lively account of a woman's trek on the John Muir Trail, which won the Best Outdoor Book award from the Outdoor Writers Association of California in 2015, is a must-read for those who plan to hike the trail. Armchair adventurers will enjoy the tale as well. Written in journal style, the authors description of the majestic scenery, comradery of trail friends and challenges of the terrain are engaging and informative. Along the way, trekkers will see how she and her husband met obstacles head-on, lightened their load, planned meals and managed daily logistics for more than three weeks on the trail. The John Muir Trail traces an undulating path along the crest of the High Sierra with legendary elevation gains and losses of more 84,000 feet, topping out at 14,505 feet on the summit of Mt. Whitney.

"The current popularity of long-distance walking means that many new personal narratives have appeared in the past years. Inga Aksamit's book is a wonderful addition to these "trail tales," as she describes the 23-day trip she and her husband took along the John Muir Trail. Readers will especially be drawn to this narrative both because it is very well written and accurate and because it represents the experience of an "everyday" person. She and her husband set out on the JMT to challenge themselves with a much longer backcountry adventure than they'd previously completed ... but not to launch into a completely unknown activity. Aksamit had backpacked frequently before her trip, had trained for her trip, and meticulously planned her itinerary, food, and gear. Her extensive planning made her aware of all the problems that might arise - she does a superb job of weaving these into her story, one-by-one as many of the anticipated problems do materialize - medical problems, rare weather events, gear problems, and lack of motivation. I was especially drawn to her descriptions of how her mood, physical strength, and motivation shifted from day-to-day - as she sometimes found "difficult" sections to be straightforward and dragged where the going should have been "easy". As a guidebook author, I have to force myself to detach how I feel at a given moment from my "unbiased" perception of the terrain; it was wonderful to read an account that emphasized how difficult it is to predict how you'll feel on a given stretch of trail and what progress you'll make." -Elizabeth Wenk, author of "John Muir Trail: The Essential Guide to America's Most Famous Hiking Trail" About the Author Inga Aksamit is an award-winning author based in Northern California whose passion is adventure and exploration. She loves nature so she gets out whenever

she can to hike, backpack, ski, mountain bike and paddle. The west coast of the Americas, the far north and all around the Pacific Rim are her favorite destinations. She's been backpacking for about 15 years and volunteers at local state parks, teaches backpacking classes and leads trips for the Sierra Club. She and her husband split their time between their home base in Sonoma County and Lake Tahoe. Publications include "Bear Encounters on the Chilkoot Trail" in Travel Stories from Around the Globe, "Rolling Down the River" in Coast and Kayak Magazine, "Upside Down in Western Australia" in Journeys: On the Road Off the Map. Her blog, Inga's Adventures (Inga's Adventures.com), is loaded with backpacking tips, trip reports and other resources. Her book, "Highs and Lows on the John Muir Trail," won the Best Outdoor Book award from the Outdoor Writers Association of California in 2016.