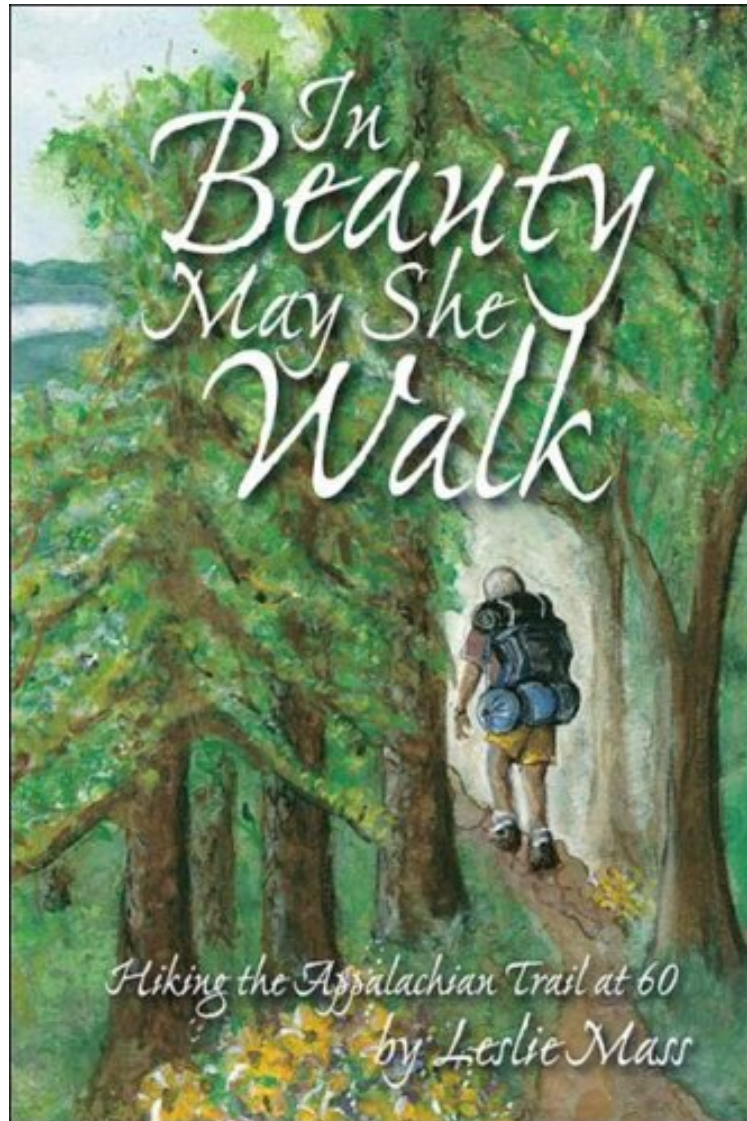


[Download free pdf] In Beauty May She Walk: Hiking the Appalachian Trail at 60

## In Beauty May She Walk: Hiking the Appalachian Trail at 60

*Leslie Mass*

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#112496 in Books Appalachian Trail Conservancy 2009-03-04 2009-03-04Original language:EnglishPDF #1 8.75 x 6.00 x 1.00l, 1.40 #File Name: 1889386626430 pages | File size: 74.Mb

**Leslie Mass : In Beauty May She Walk: Hiking the Appalachian Trail at 60** before purchasing it in order to gage whether or not it would be worth my time, and all praised In Beauty May She Walk: Hiking the Appalachian Trail at 60:

6 of 6 people found the following review helpful. Inspiring and FrustratingBy Mad\_About\_BooksI found this book very inspiring in that the author took on a major hike at 60 and alone. I enjoyed her recounting her friendships, successes and struggles. What I found frustrating is that she had ample financial and family reserves to be able to get

off the trail, stay at bed and breakfasts, have gourmet meals and chauffeur service before returning to her hike. With that in mind, some of her complaints, dare I say whining, frustrated and irritated me. While I don't diminish her accomplishment, age, level of fitness and all, I think she might have missed the point someone else who did this without the luxuries and funds would have understood. Despite all of this, I recommend this book to anyone thinking of planning a long distance hike. 0 of 0 people found the following review helpful. A MUST READ FOR ANY WOMAN ATTEMPTING THE AT ON HER OWN

By Angela I have read a plethora of books, adding to my own personal research of the Appalachian Trail. I chose "In Beauty May She Walk" as my first AT read. Why, you may ask. I wanted to compare gender differences in how female vs. male would prepare themselves for the long journey. Simply put, we live in a dangerous world. As much as we would like to believe the AT is just a spiritual, safe and innocent journey, much danger lies ahead for anyone, and more so for a female who isn't prepared for her own safety. Growing up in the Blue Ridge Mountains made me naturally cautious when in the woods hiking. But I took my caution for granted. Reading this book helps a woman think and prepare. Leslie does a lot of musing in her book, sometimes I felt she had to learn as she walked. Sometimes I think she made very good decisions, such as separating herself from a rowdy bunch of male hikers when bedding down for the night. (Personally, I would have moved on) There are better books written for women who hike alone. However "In Beauty May she Walk" is a very good read, providing both entertainment in how Leslie writes and how she handles herself at difficult moments. I am a hardback book collector (not a book snob) and a critical reviewer, thus I rarely ever review books. I must, in all honesty say "In Beauty May She Walk" was a page turner for me. When finished, I sat for a long time, with a fresh cup of coffee, and stared out the window into my wooded back yard, thinking long and hard of the strengths of Leslie Mass. It was only after reading "In Beauty May She Walk" that I came to fully accept, that, which I already knew from research, yet, refused to believe in the beginning. There are, indeed, documented murders on the Appalachian Trail. A wake up call, but, by no means a reason NOT to hike the Appalachian Trail. (Side Note) Leslie Mass does not muse much about murder in her book. I wanted to emphasize that the female Author and the Title was the reason for the purchase. It was only later that I thought at great length the fragility of humans, and how we must practice safety when we venture into the unknown. 2 of 2 people found the following review helpful. A Must Read For The AT Lover

By R King This turned out to be a really good read. I got it originally as I was interested in the problems faced by the older hiker. It was a while before I picked it up to read because, well to be honest, the title put me off a bit. Once I got started I could not put it down! The book is loaded with good insights and helpful information, all wrapped in an interesting narrative. It is well written, thoughtful and well worth the time whether an armchair hiker, thru-hike dreamer, reliving the past or planning a thru-hike/section trek. It was time well spent, even for this old guy.

In 2000, inspired by her father, Leslie Mass decided she would turn a lifelong fantasy into reality. At the age of 59, she began to train for a grueling journey, a thru-hike of the 2,000-mile Appalachian Trail. [i]In Beauty May She Walk[i] chronicles Leslie's struggles and triumphs during her hike. On the trail, Leslie struggles with how to balance the needs of her family and friends while making the trail a priority; how to shed years of social conditioning that dictate how a woman should act and how to know when to ask for help, while understanding that sometimes, help has to come from within. As the terrain toughens, she struggles to keep up physically with the trail community she depends on socially to keep going and realizes the difficulty of maintaining her obligations to family and friends. After Sept. 11, 2001, it all changes for a hiker even more alone on the Appalachian Trail.

Her account is full of rich, emotionally charged detail about the journey and the personal growth that resulted from it. --Library Journal, September 2005

From the Publisher Reading Leslie's manuscript was what made me truly decide that publishing books was the right thing to do. Her journey, both physically and emotionally, gripped my heart, and at the end of the book I felt like Leslie was someone I'd known for years.

From the Inside Flap In 2001, Leslie Mass turns a lifelong fantasy into reality. She began a grueling journey a thru-hike of the 2,000-mile Appalachian Trail. While on the trail, Leslie struggles to maintain her obligations to family and friends while making the trail a priority; sheds years of social conditioning that dictate how a woman should act; and figures out when to ask for help, while understanding that sometimes, help has to come from within. For the first few weeks, Leslie learns how to pitch a tent in the rain, make her food bag animal-proof, and keep her socks dry. When the terrain toughens, she struggles physically to keep up with the trail community she socially depends on to keep going, and focuses on putting one foot in front of the other, every day, to reach her destination. After September 11, 2001, she copes with being seemingly the only hiker on the trail for miles, eventually forcing her to change her definition of "hiking her own hike." A wife, mother, and suburban college administrator, Leslie is just like any other woman you might pass on a grocery aisle. Her story is an inspiring physical and mental journey to reach the goal of a lifetime.