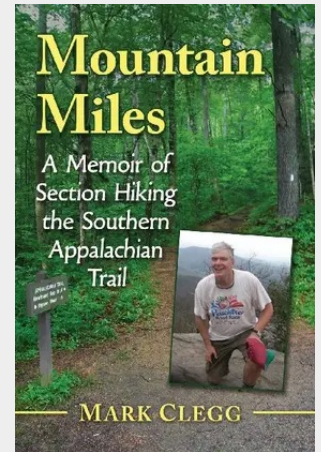


Mountain Miles

A Memoir of Section Hiking the Southern Appalachian Trail

The Appalachian Mountains are a well-known world treasure, perhaps the most biodiverse region on the planet. In this book, which spans almost six years and 500 miles of hiking along the southern portion of the Appalachian Trail, the author brings a fresh perspective to the subculture of "AT" hikers. The path of the trail crosses many areas that featured dramatic family events, and the author weaves in compelling stories of his ancestors who called this ancient mountain range home. Over the course of his journey, the author also explores a multitude of topics ranging from environmental challenges to the modern day problems facing residents of the region.

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