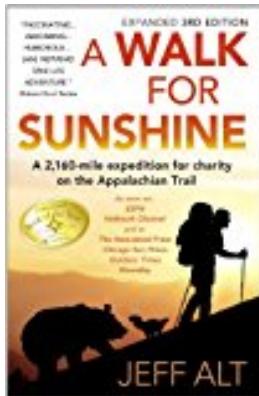


[PDF] A Walk For Sunshine: A 2,160 Mile Expedition For Charity On The Appalachian Trail, 3rd Edition

Jeff Alt - pdf download free book



Books Details:

Title: A Walk for Sunshine: A 2,160
Author: Jeff Alt
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Description:

When Jeff Alt (trail name: "Wrongfoot") first decided to hike the 2,160-mile Appalachian Trail, he intended to do it alone. As it turned out, several hundred others walked alongside him. Hiking the AT was a longtime personal goal of Alt's, but as he began to plan his trip he realized that he wanted his

effort to somehow serve a greater purpose. So he decided to share the experience by turning his adventure into a fundraiser for the Sunshine Home, a facility in Maumee, Ohio that cares for 850 developmentally disabled residents, including his brother, Aaron, who has cerebral palsy. In the seven months leading up to his walk, Alt focused completely on fundraising and training, eventually raising \$16,000 that allowed the home to buy much-needed communication devices, lifts, and walkers. He also inspired an annual fundraiser, "Walk with Sunshine," and is contributing part of the proceeds of his book to the cause.

In addition to finishing, Alt's goal once his feet hit the trail was "to share the spirit for which I was walking" with everyone he met, and this he certainly accomplished. In return, he learned a great deal about life from the colorful characters he encountered on the trail, while countless kind strangers offered "trail magic" in various forms, including food, lodging, and greatly appreciated laundry services. He also received overwhelming support from his family and the residents and staff of Sunshine Home, who helped him through quarter-sized blisters, fatigue, and even self-doubt during his 147-day trek. Charming, inspiring, and often funny, *A Walk for Sunshine* gives readers a good feel for both the logistics involved in undertaking such a journey and the culture of "thru-hiking" the AT. It's also a moving reminder that "living your dream is one thing, but sharing it lets everyone live it with you." --Shawn Carkonen --This text refers to an out of print or unavailable edition of this title.

Review ENLIGHTENING and INSPIRING.

Blue Ridge Outdoors

"...There are numerous books on hiking the Appalachian Trail, but Alt tells the story best..."

Maine Outdoor Journal

Alt reflects on how sleeping with a skunk, being chased by a bear, charged by a bull, blisters, insects, and weird food cravings changed him in profound and positive ways.

The News-Press, FL

"Alt nails the Trail experience. A WALK FOR SUNSHINE shares top billing on my book list."

-- Dale Bowman, THE CHICAGO SUN TIMES

"Alt's words amply convey the camaraderie among fellow hikers, the beauty of the eastern mountains, and the hardships on the Appalachian Trail.

-- Walt Young, THE OUTDOOR TIMES

"If you're looking for an adventurous, humorous, and inspirational read, try "A WALK FOR SUNSHINE."

-- Don DeNEVI, Book Reviewer

"Some of the most engaging stories in Alt's book are about eating while on the trail...THE APPALACHIAN TRAIL DIET."

-- Sylvia Carter, Newsday

"With humility and charm, Alt tells his tale with awe for the people and his surroundings...inspiring

and entertaining."

-- Todays Librarian

"You will appreciate this story strewn with laughter at nature's antics and stark realities of life. I thouroughly enjoyed this book."

-- Karen Martin, NATURE SOCIETY NEWS

"a fascinating story...A WALK FOR SUNSHINE is absorbing, humorous, and an inspiring true life adventure travelogue."

-- THE INTERNET BOOK WATCH

"A WALK FOR SUNSHINE continues to touch the lives of those who read it.

-- Douglas Siebenaler, Sunshine Incorporated

Jeff combined a physical challenge with a worthwhile cause and ended up with a personal victory." --
--Jean Deeds, author, There are Mountains to Climb

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