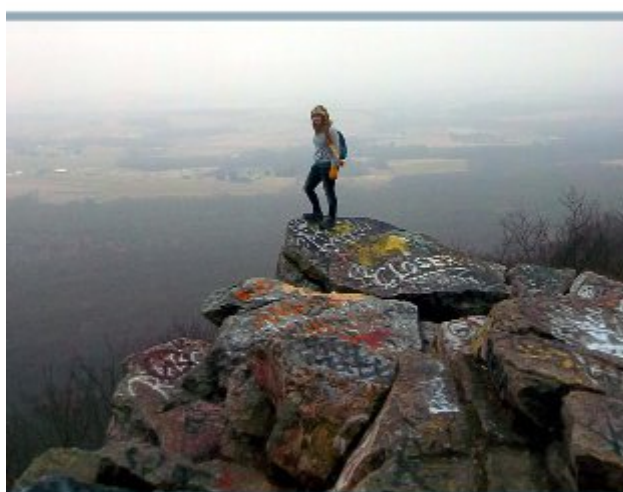


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# Sheltered: An Appalachian Trail Story

## SHELTERED



AN APPALACHIAN  
TRAIL STORY

EMILY HARPER



## Synopsis

Sheltered is a thrilling true life account of the Appalachian Trail. The two thousand mile trail spans from Springer Mountain, Georgia through fourteen states and ends on the summit of Mount Katahdin in Maine. A couple thousand people go out each year in hopes of completing the entire trail in one go, but few do. This story is filled with hiker lingo and weaves with the ins and outs of hiker culture. The stinky, bearded hikers, who hunger for burgers and thirst for beer, are the everyday comrades on the trail. In towns, hikers flock to the grocery stores where they are greeted with shocked townsfolk, who watch these mountain men with caution. At restaurants the waiters stare and their jaws drop to the floor as hikers gulp down burgers with a side of Mountain Dew. Starting out in the spring means waking up to snow. By the time thru-hikers get to Virginia, winter is gone for good, and hikers have their trail legs. By Pennsylvania, hikers are zapped of energy from the heat and low water. They are attacked by mosquitoes in New Jersey. They get lost in the cliffs of New York. Vermont is beautiful, but is no rival against the White Mountains of New Hampshire, where hikers get to walk above treeline and experience heaven on clear days. At the border of Maine, it is so close and yet so far. Maine, wildest of all, is also the most brutal, and beautiful of all. Some hike it in sections and others in thru-hikes. It's been said, "For a section hiker, it's a lifetime of hikes. For a thru-hiker, it's a hike of a lifetime."

## Book Information

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## Customer Reviews

I felt sorry for Emily in the beginning but then became annoyed as she used people on the trail and while talking about how to treat someone right, she would do the opposite and treat others badly. A huge disappointment was the end with her family and really showed how unappreciative this girl is and that she only cares about herself. The writing was choppy, whiny, and seemed as if a middle school girl was writing about her personal crushes, likes, dislikes, etc. There is a reason she did not finish this hike with anyone she started with and that reason is her. Find another book about the Appalachian Trail, this one will disappoint.

I love Appalachian Trail books but I must say, this book did not make me happy when I learned what I had payed for. If you are among an audience that likes co-dependency and faux-introspection, this should make you happy. I found it juvenile and unimpressive at best and downright boring and offputting at worst. That is my opinion and I will not be opening this book anymore when I could read books by Skywalker or AWOL. She was hiking her own hike and it was not one that I am interested in hearing the story of. Perhaps it will appeal to other audiences.

I enjoyed reading this book very much. It amazed me that hikers on the trail can be as mean to someone on the trail as if they were back in high school. Amish had an excellent attitude while hiking. A year ago I had a hiker from the trail insist on giving me a hug and putting his Phone number in my cell. I was thrilled to meet him. I texted him a few months later and he texted me back and told me that he remembered the little lady from Colorado and the Trail Magic.

I think this is a good read for young ladies. Some of it seemed a little far fetched. As an older gentleman backpacker, I don't see the desire for thru-hikers to get wasted on alcohol; my opinion. She reported some of that. I have read many stories of this thru-hike journey, and I am not sure this one is not a total fiction made up from all the stories out there. Some I have read are exactly that. I guess I feel this really is a read for young women. I wanted to see the thru-hike through the lens of a

young lady, but feel now that I should have read something else.

I so wanted to like this book. But it was silly and juvenile. Don't let the cover fool you.

Writing style is disjointed and confusing. I kept hoping that maybe this hiker would mature and ultimately write something enjoyable. I read A.T. books to be entertained and live somewhat vicariously thru the accounts given by the travelers. Unfortunately, I wanted to get off the trail and away from this author just as much as a great amount of the people she encountered.

I was excited to get into this book and was amazed at the prospect of an 18 yr old female trekking alone along the trail. However, the account seemed to wander about, and the thread was often lost. I don't consider myself to be a "grammar nazi", but the terrible misuse of words , e.g., using "bear bates" instead of "bear baits" and the use of "wonder" for "wander" set my teeth on edge. Perhaps the writer should have gone to summer school instead of hiking. I did see some growth of the author on the trail. I am hopeful that she learned to not depend on others and take care of herself. I kept wishing that she would learn to carry more food, as she always seemed to running out and mooching off of others.

I am in the process of reading her AT story and it could have been a very good one except the poor girl writes like an 8th grader. Therefore, it's hard to get through. She sometimes gives fragments of what happened, and we, the reader, have to figure out (and sometimes not possible) to fill in the gaps of what she's trying to say. Sometimes she expects the reader to know what the hiker terminology means and unless you've read other (better edited) books on hiking the AT, you will be lost. Getting someone to edit her book could have went a long way towards making this a much better read. I also understand she's young and how many of us were real mature at 18, so that would account for some of her childish behavior while on the trail. I also understand her need and want to hike with others because her age, gender and especially her naivety could make her vulnerable on the trail. During her hike she sometimes comes off as being selfish, egotistical and feeling like the world owes her. Other times she's grateful and is considerate of others. I wish I could give this book more stars but it's just not deserving of it as it is. I give her alot of credit for thru-hiking and then writing about her experience though. Her determination for both the hike and the book are to be commended. Maybe she can come back and clean it up in later revisions as she matures and gets a better handle on the writing process, or have someone do it so that this book can become a

good read because I think it definitely has potential.

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