



Alone in the Appalachians: A City Girl's Trek from Maine to the Gaspé (Raincoast Journeys)

Monique Dykstra

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The legendary Appalachian Trail, stretching from Georgia to Maine, attracts millions of hikers every year. The International AT, opened in 2000, has added 1,073 km from Maine to Quebec. This addition to Raincoast's popular Journeys series is the tale of writer and photographer Monique Dykstra's adventures while hiking the brand new International Appalachian Trail. She's a city girl who thought hiking was "simply a matter of throwing some clothes and a few granola bars into a pack and heading for the hills." Two months, 1,073 km, and countless blisters later, she wasn't so sure. This extremely funny narrative includes Dykstra's descriptions of the characters she meets along the trail as well as 50 of her fascinating photographs.

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