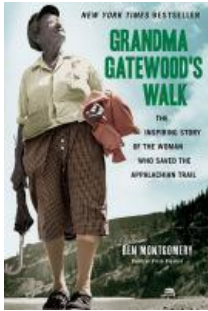


Walk With Ease Reading List: *Inspiration for when you need it!*

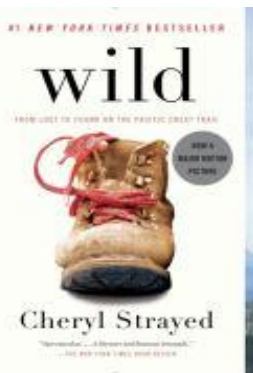


Grandma Gatewood's walk : the inspiring story of the woman who saved the Appalachian Trail

by Montgomery, Ben.

796.5109 MON

NONFICTION



Wild : from lost to found on the Pacific Crest Trail

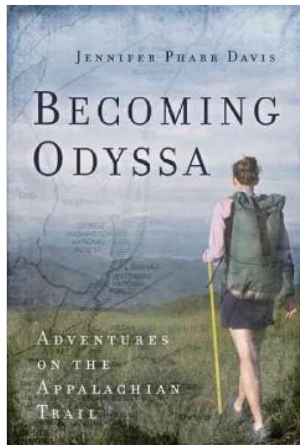
by Strayed, Cheryl, 1968-

Format: Books

2013

B STRAYED

BIOGRAPHY



Becoming odysa: epic adventures on the Appalachian Trail (Nov 2010)

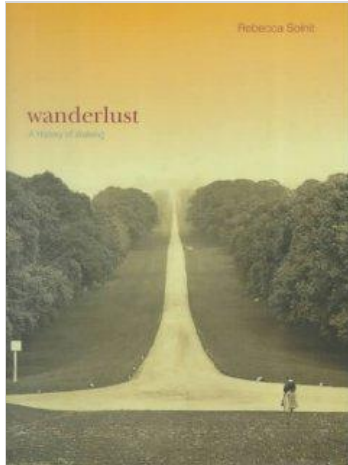
Author:Davis, Jennifer Pharr

AdultNonfiction

(NOT AVAILABLE AT THIS TIME)

Description:Recounts the author's four-month hike on the Appalachian Trail after she graduated college, including how she dealt with unexpected challenges, her interactions with other hikers, and the transformation of her personal outlook.

Walk With Ease Reading List: *Inspiration for when you need it!*



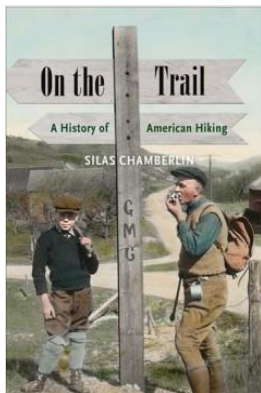
Wanderlust: a history of walking (Apr 2000)

Author: Solnit, Rebecca

AdultNonfiction

Description: A cultural history of walking explores the ancient practice, from ancient Greece to the present, delving into Wordsworth, Gary Snyder, Rousseau, Jane Austen, and other cultural and literary icons to show how this basic activity has been imagined throughout history.

(AVAILABLE THROUGH OCLN NETWORK)



On the trail: a history of American hiking (Oct 2016)

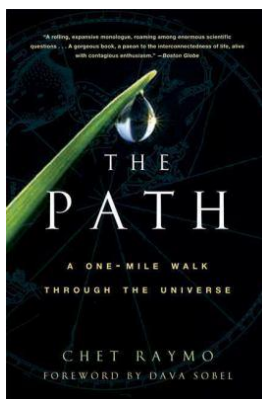
Author: Chamberlin, Silas

AdultNonfiction

Description: The first history of the American hiking community and its contributions to the nation's vast network of trails.

796.51 CHA BOOK

NONFICTION



The path : a one-mile walk through the universe

Author: Raymo, Chet.

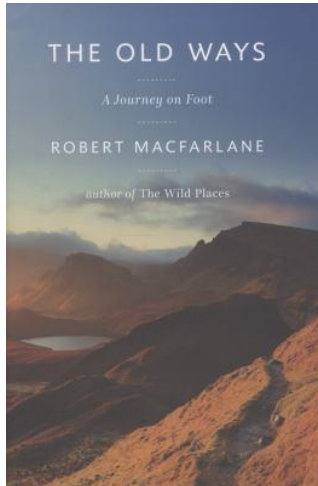
Publication Information: New York : Walker & Co., 2009.

The author describes the natural wonders and scientific discoveries he has made during his everyday one-mile walk from his Massachusetts home to Stonehill College where he taught physics and astronomy.

974.485 RAY

NONFICTION

Walk With Ease Reading List: *Inspiration for when you need it!*



The old ways : a journey on foot

Author: Macfarlane, Robert, 1976-

2012

The acclaimed author of *The Wild Places* recounts his walking explorations through historical British territories, roads and sea paths, drawing on themes in natural history, cartography, archaeology and literature to illuminate such landscapes as the bird islands of the Scottish northwest and the sacred regions of the Himalayas.
