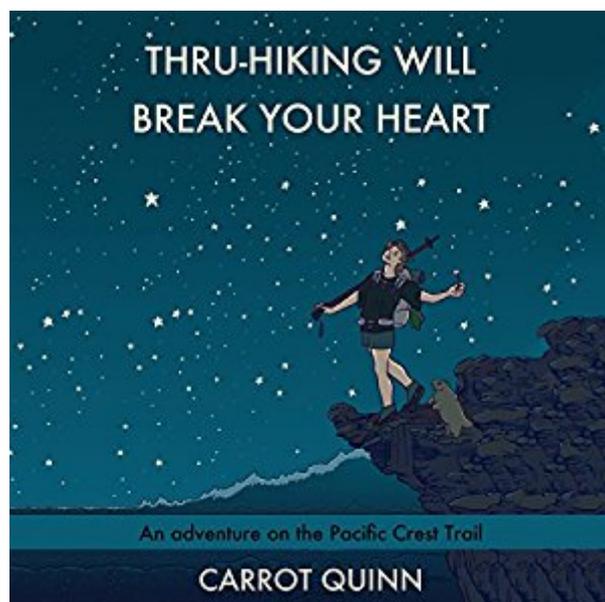


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Thru-Hiking Will Break Your Heart: An Adventure On The Pacific Crest Trail



Synopsis

Carrot Quinn fears that she's become addicted to the Internet. The city makes her numb, and she's having trouble connecting with others. In a desperate move, she breaks away from everything to walk 2,660 miles from Mexico to Canada on the Pacific Crest Trail. It will be her first long-distance hike. In the desert of Southern California, Carrot faces many challenges, both physical and emotional: pain, injury, blisters, aching cold and searing heat, dehydration, exhaustion, loneliness. In the wilderness she happens upon and becomes close with an eclectic group of strangers - people she wouldn't have chanced to meet in the "regular world" but who are brought together, here on the trail, by their one common goal: to make it to Canada before the snow flies.

Book Information

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Customer Reviews

Carrot Quinn is a natural writer with a rare gift for telling the truth. This is one of the best hiking memoirs I've read and I've read a bunch of them. Her prose is smooth, articulate, genuine, and smart. This book is well-edited and stands among the best hiking memoirs in an increasingly crowded field of literature, some of which is laughably bad. I've been a long distance hiker as well as an editor and I enjoyed this book immensely, like a drink of icy cold spring water on a hot summer afternoon.

If only I could write as well as Carrot Quinn. And have her endurance too. I heard about Carrot Quinn a couple of months ago; I can't remember from where. She walked the PCT in 2013 without much

backpacking experience beforehand, built on this with another thru-hike of the PCT the following year, and in May this year will start her walk along the CDT. She has become a bit of an inspiration to me so I was excited to find that she was writing a book of her first PCT hike. Her blog, which she also publishes while on the trail, is often sublime, and she has a way of connecting with her readers in a very personal way such that she speaks to me directly “no one else reads her blog, right? I hoped that the book would be an extension of the same. After Cheryl Strayed’s *Wild*, cynics could have a field day with another woman writing a book about the PCT. I personally enjoyed *Wild*, but didn’t really view it as a book about the PCT as much as a woman’s journey through the pain of her past; the walk a mechanism to unravel herself and to literally move on. Carrot’s book isn’t comparable for me. The writing is direct and elevated from the mundane. Carrot is a generous writer and as the book develops her emotions are bared candidly, which sometimes for the reader are quite painfully raw (this is a good thing!). But it’s not just a book about emotions; here is much about the trail itself, beautifully written descriptions of the areas she walks through and the people that she meets or walks with. She writes so well that there is very much a feeling of walking with her, without the thirst, hunger, illness or the views, sadly! For anyone who has found out much about (or even walked) the PCT, they will be aware that this isn’t exactly a walk in the park. From desert/chaparral travel to walking at altitude to meeting something more like Scottish/Norwegian conditions, she describes it all and very vividly. Damn I felt cold in Washington! This is a self published book, but where many hikers hopefully release their works to and the like, this book actually hangs together coherently and is edited so that it flows and that there is a similar depth throughout. (Carrot crowd funded the book and paid for editing which I think is well worth doing, even for a self published author.) There isn’t any of the tired-author impression where the latter part of a book diminishes in detail and energy. It’s just as good towards the end, apart from it actually ending! Joyfully for me there are very few errors so I wasn’t jolted out of my imaginary world just because of a mistake, all of which makes the book a good read and one that I didn’t want to end. If you haven’t read a book about the PCT before then I’d recommend this as a hard-to-beat start. If you have then I’d recommend this as one that is better than pretty much all those I’ve read to date. The only trouble then is that the rest become sort of disappointing... This isn’t the first book that Carrot has written, and I sincerely hope it won’t be the last.

It is quite refreshing reading a trail book™ by an author who skillfully uses the English language in a rather unique way and is unafraid to tell it like it is. Anyone who has done any distance hiking what-so-ever will know for a fact that all hikers should, and normally do, hike their own hike. If

you take 100 individuals and have them hike a random 50 or 100 miles of ANY trail in the world, you will, at the end, received 100 different stories, different perceptions, different emotions and different descriptions. When all is said and done, hiking is sort of like combat "everyone involved has a different story to tell. I was delighted with this author's story telling ability and her ability to articulate what happened to her on this trail and how she felt in reference to a number of subjects. This is not a "skipping through the flower field" tale but the real thing. Carrot seems to have a very wonderful gift with her ability to tell a good story. Now some folks seemed to be offended with her somewhat (but not overly) graphically admission that she actually had bowel movements and urinated while hiking over 2,000 miles...good grief! I personally found this to be rather refreshing because it is indeed a part of the hiking experience and quite often a rather important one. This was and is one of the most realistic accounts of hiking one of our wonderful long trails I have read and I have read a bunch of them. Yes, this one was repetitive in some ways but the way she handled this repetitiveness was actually rather poetic in my opinion. If you have never taken a long distance hike it is difficult to understand what it is like to hike day after day, after day...hey, hiking long distances is repetitive by nature and I felt the way the author portrayed this was much, much better than most. One thing we can be assured of, the author, Carrot Quinn hiked her own hike "everyone has their own song to sing and this author presented hers and it was good. I did enjoy this read and will no doubt give it a second read on down the trail. Again, I did enjoy this author's rather unique writing style and wish we had more writers experimenting such as Carrot has done. Highly recommend this one.

First, full disclosure- I thru-hiked the PCT in 2014 and met Carrot briefly near Kennedy Meadows when she was hiking it for the second time. Now on with the review. Our journeys were completely different and yet, in most ways, exactly the same. When reading her book I was amazed at how eloquently she was able to capture the experience. She put words to my thoughts about the trail. Just reading the teaser paragraph excerpt at the front of the book about the wind in So. Cal., I was in that maelstrom of wind again and she got it exactly right. In forty years of backpacking I had never been in wind like that. I was unable to describe it and yet Carrot effortlessly pitches you into the chaotic scene in a few crisp sentences. I was "blown away"- pun intended. She gives us a glimpse at the day to day drudgery and the amazing bits of brilliant magic that was my experience on that "18 inch by 2660 mile highway." She crafts her story well and is not afraid to lay her soul bare. If you want a well written true account of what a thru-hike of the PCT is like look no further. No two treks of the PCT are ever the same and yet they are. Thanks, Carrot, for put words to the shared

experiences of thru-hikers everywhere. -SlowBro

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