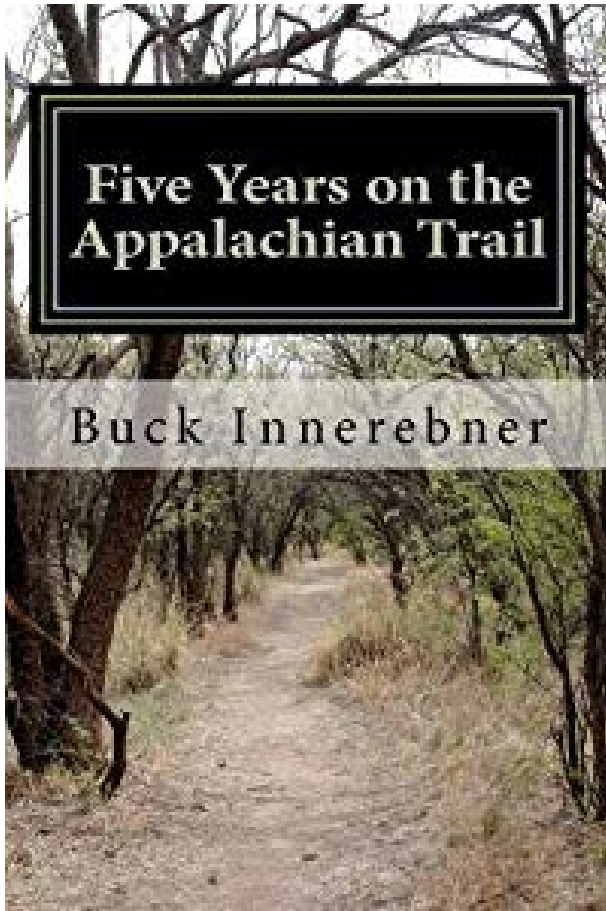


# Five Years on the Appalachian Trail



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Springer Mountain, Georgia, April Fools Day, 2007. Rain fell lightly as I took my first steps along this footpath leading to Mt. Katahdin, Maine. I read some books about the trail. This may have been my biggest misconception of the trail but certainly not my last.

That night would be the first ever sleeping in a tent. My backpack weighed in just a little short of 50 pounds, I thought everything I carried was essential.