



Lost on the Appalachian Trail

Kyle S Rohrig

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Join Kyle and his little dog "Katana" as they take you along for every step of their 2,185 mile adventure hiking the entire Appalachian Trail. Confront the terrain, severe weather, injury, dangerous wildlife and questionable characters as you grow and learn just as Kyle did from start to finish on this epic adventure. Make some friends for life, learn the finer points of long distance hiking, and realize that what you take within your backpack is not nearly as important as what you bring within yourself... This exciting and often times humorous narrative does more than simply tell the story of Kyle and Katana's adventures out on the trail. It urges the reader to examine their own life, fears, strengths, weaknesses and dreams, then learn to overcome or realize them. This book tells a story as much as it teaches, inspires and motivates you to get out there and see what the world has to offer. You will learn what it takes mentally and physically to accomplish an undertaking such as hiking thousands of miles through mountainous wilderness and countless obstacles that are all determined to make you quit. As Kyle did, you might even learn some things about yourself...

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