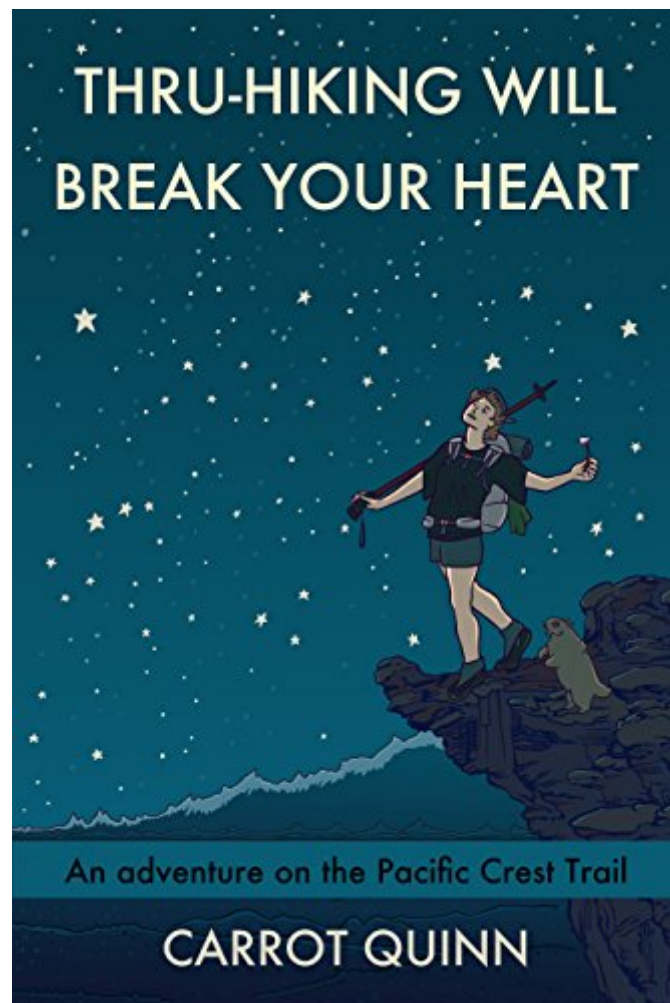


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# Thru-Hiking Will Break Your Heart: An Adventure On The Pacific Crest Trail



## 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: make it to Canada before the snow flies.

## Book Information

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## Customer Reviews

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

I lived one of my dreams that I have never been able to accomplish by reading Carrots book. Thank you so much for writing this book with the ability of being able to put into words the detail needed to lose yourself from this horrible rat race life and feel the freedom and the pain that comes "thru hiking" the PCT trail. Thank you Carrot!

I loved this book....as much as I love following Carrot's blog (which I stumbled across accidentally a couple of years ago and have followed faithfully since). Her writing style is smart, witty, compelling and just plain fun! It's like riding a rollercoaster to follow her adventures on the PCT. I cannot wait for her daily blog posts on the CDT this summer. Keep writing forever Carrot - you are a natural gifted writer and I hope you get very, very famous but can keep your unspoiled outlook in place when it does happen!

I've been following Carrot Quinn's writing for a long time. Maybe it seems longer than it is because every tiny bit takes you on a journey. If I wonder about my place in the universe, I find a reminder here. Not because her writing is full of timeless wisdom (tho it is) and not because the journey is universal (also true). Carrot travels through herself and reminds me to seek seek seek. And never stop. So, thanks, I guess. For real, read this book. It might change your life. It will definitely break your heart.

I think its only fair to review this book immediately upon finishing it- when my heart feels torn open, as if I too completed the journey with Carrot. Having been actively stalking hiking sites for a few

months now, I stumbled upon this book. It provides an honest, heartbreaking, account of hiking the PCT. The writing is endearing, and I found myself laughing along with a lot of it. Mostly, it's real. You can feel the life behind this, the passion, the beating heart. You won't regret picking up this book. Wish you the best Carrot, thanks for sharing your journey with me, I'll be keeping up with your progress on the CDT.

I've been reading AT and PCT hiking narratives since 2011 and I don't think there's one out there I haven't read but I have to say THIS IS THE BEST ONE EVER !!! Carrot Quinn is so gifted as a writer. She puts a whole new spin on describing anything, for instance you'll never think of raindrops the same way again or the Milky Way or animals in the forest, the stick-breakers. And unlike most books of thru hikes, Carrot doesn't bore the reader by going into detail about common thru-hike terminology or customs. She expects one to figure it out and I like that. Just as Carrot didn't want the PCT to end, I didn't want this book to end and I'm hoping she's going to write about her other long-distance hikes.

I've read many "trail journals" over the past few years, most about the PCT, but what makes Carrot's story so much better than other people's writings is that this ISN'T a trail journal, it is a well thought out story, written by someone who isn't just writing, they are telling a true story. There are lots of people who can write well, but there are few who are great Storytellers; Carrot Quinn is a true Storyteller. I imagine that sitting down after a long hiking day, or sitting in a bar, she'd tell some pretty amazing stories there, too. Someone said that this book needed a more thorough editing job (sure Bishop and Lone Pine are NOT in Death Valley, Death Valley is one valley farther to the east), but the rawness of the writing only helps put the reader in her shoes. You feel the heat, feel the cold, and feel the emotions, at least as close as you can being a reader, and not actually being there with her. I'm looking forward to her writings of her time riding the trains earlier in her life!

I'm not a book reader and I don't even watch TV cause it just doesn't keep my attention. However, I do read thru quite a few thru hiker journals and blogs, including Carrot's blog. I like it when people skip all the sugar coating and tell it like it is, and Carrot is one of them. She also has quite a few hiker friends that also have a way with words but you'll have to figure that out for yourself. I'm a slow reader, so it took me about a week to read it, but I was captivated enough to finish it, which I don't do often. Even though it gets a little off the trail now and then, it depicts life on the trail in a way to make you almost feel like you're there. The hunger part stuck with me the most and reminded me just

how fortunate we all are, even when were homeless. I'll have to give her a 5 on this one and I'm sure if she chooses to do another one, it will be even better. This would actually be a good book to read when your thru-hiking. Thank You Carrot Quinn, Hike On!!!!

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