



Thru-Hiking Will Break Your Heart: An Adventure on the Pacific Crest Trail

Carrot Quinn

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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.

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