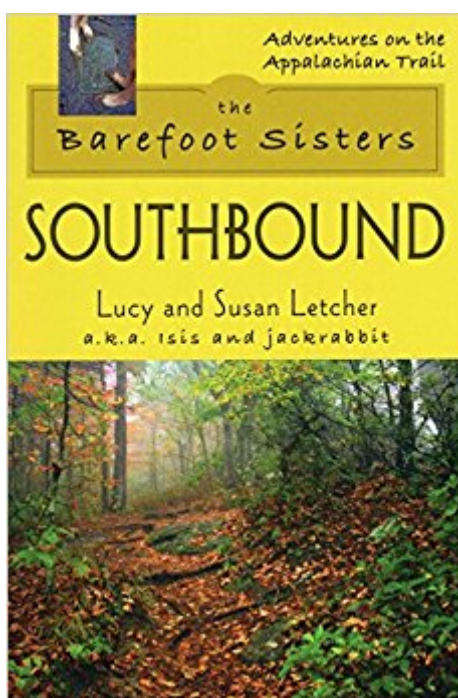


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# The Barefoot Sisters Southbound (Adventures On The Appalachian Trail)



## Synopsis

Rarely will you find books that explore the human emotions of a long-distance trek so honestly and clearly. --Roger Williamson, Campmor, Inc. "Highly recommended." --trailsbib.blogspot.com From the book: "We stood for a moment before the venerable signpost marking the summit. Scored with graffiti and the constant onslaught of weather, it stands perhaps three feet high, a wooden A-frame painted Forest Service brown with recessed white letters: KATAHDIN 5268 ft. Northern Terminus of the Appalachian Trail Below this were a few waypoints: Thoreau Spring, 1.0, Katahdin Stream Campground, 5.2. At the bottom of the list: Springer Mountain, Georgia, 2160.2. More than two thousand miles. It was simply a number, too large and incomprehensible to have any bearing on me. The farthest I had ever walked in a day was ten miles and that was with a daypack. Now I was contemplating a journey of months, covering thousands of miles. All of a sudden, there on the summit with the clouds screaming past us, it didn't seem like such a great idea. I turned to my sister, half-expecting to see the same doubt mirrored in her face. But her eyes were shining, and she smiled with an almost feral intensity. It was a look I would come to know all too well over the next year and a half, and it meant, I am going to do this and no one had better try to stop me. 'We're really doing this,' she shouted over the wind's howl and the lashing rain. 'We're hiking the Appalachian Trail!'" At the ages of twenty-five and twenty-one, Lucy and Susan Letcher set out to accomplish what thousands of people attempt each year: thru-hike the entire 2,175 miles of the Appalachian Trail. The difference between them and the others? They decided to hike the trail barefoot. Quickly earning themselves the moniker of the Barefoot Sisters, the two begin their journey at Mount Katahdin and spend eight months making their way to Springer Mountain in Georgia. As they hike, they write about their adventures through the 100-mile Wilderness, the rocky terrain of Pennsylvania, and snowfall in the Great Smoky Mountains--a story filled with humor and determination. It's as close as one can get to hiking the Appalachian Trail without strapping on a pack. Listen to the Barefoot Sisters read excerpts from their book here: [Southbound Podcast - part 1](#) and here: [Southbound Podcast - part 2](#)

## Book Information

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## Customer Reviews

Lucy Letcher is an artist and a writer. She has an MFA in printmaking from Edinburgh College of Art, and has exhibited in galleries in the United States, the United Kingdom, and Germany. She currently lives and works in Berlin. Susan Letcher is a doctoral student in ecology at the University of Connecticut. She plans to work as a professor for study abroad courses in Costa Rica with the Organization for Tropical Studies.

At first, as the sisters began to unfold their simultaneous-style of storytelling, their sketchy descriptions of their experience moved rather quickly--almost too quickly. Later, as they passed the halfway point did their story evolve into more solid storytelling, where their characters and experiences were brought more vividly to life. However, their experiences add to the mosaic of Appalachian trail stories that many others have written in the accounts of their hikes, leaving the reader with another awesome perspective on the phenomenon known as the Appalachian trail. Bravo, Isis and Jackrabbit! Sincerely, the Back Country Trail Angel, aka, "Bloodhound"

Book Info: Genre: Memoir/Autobiography Reading Level: Adult (language, adult situations) Recommended for: Those interested in hiking and hiking culture, memoirs, great stories My Thoughts: This book is frequently quite hilarious, especially the bits about the Extreme Hiking Maneuvers, the squirrels, and Mr. Shaw's driving, just to name a few. I was initially interested in it because of the hiking barefoot thing; I have always loved to go barefoot, and when I was a kid, by the end of summer I'd have feet like a hobbit from running around on scoria (a type of volcanic rock that is very sharp that we use to gravel the roads in eastern Montana). When I went to university in Fargo, ND, I was frequently found running around campus barefoot in the fall, until eventually the university put up signs forbidding people to come into the buildings barefoot, which

annoyed me greatly. The thing about better feeling the world through your feet is really true. This is quite a long book. My Kindle doesn't keep track of pages, but it estimated my reading time (and it's good at that) at about 11 hours. I'm not sure how it was I found this book, and I'm doubly happy I managed to snag a free copy, because it's now about \$12, but I have to tell you, it's really worth the price, a really outstanding story, and now I want the sequel, *Walking Home*, to hear about their adventures returning from Georgia back to Maine. There are a lot of important ideas running through this book, mostly about the importance of taking care of one another. I'm sure that not all hikers are as wonderful as they are portrayed in this book, but it does seem that the danger of the hike seems to bring out the best in people, encouraging people to work together for the greater good. The stories of all the generous people that help the hikers along the way were heartwarming. This was just an amazing book, and an amazing story, and I'm so happy I managed to grab a copy. I highly recommend this to all my friends who enjoy a really good story. I find my words are completely inadequate to express my joy in having read this amazing book, so I hope these poor attempts will encourage you to check this book out. Highly recommended. Disclosure: I picked up this book on during a free promotion. I have never, to my knowledge, interacted with the authors, nor was a review requested. All opinions are my own. Series Information: Barefoot Sisters

Book 1: Southbound  
Book 2: *Walking Home*  
Synopsis: At the ages of twenty-five and twenty-one, Lucy and Susan Letcher set out to accomplish what thousands of people attempt each year: thru-hike the entire 2,175 miles of the Appalachian Trail. The difference between them and the others? They decided to hike the trail barefoot. Quickly earning themselves the moniker of the Barefoot Sisters, the two begin their journey at Mount Katahdin and spend eight months making their way to Springer Mountain in Georgia. As they hike, they write about their adventures through the 100-mile Wilderness, the rocky terrain of Pennsylvania, and snowfall in the Great Smoky Mountains--a story filled with humor and determination. It's as close as one can get to hiking the Appalachian Trail without strapping on a pack.

Two sisters hike the Appalachian Trail Southbound -- barefoot. The content here deserves a 5-star rating. However, the book was simply way too long, for me. The writing was wonderful, but I just didn't want to know so much detail about conversations to get the full impact of their Trail experience. I think these girls wanted to paint full portraits of all the interesting hikers they met on the A.T. (and there were definitely some interesting folks!), and if you are a reader who wants that much, you'll love this book. I had to skim some parts. Although the book was very well written, with each sister writing parts of their account, the formatting errors were so numerous, it made for much

distraction. (These errors were NOT the fault of the authors, but seemed to be caused by the chosen font style.) Worth the read, if you like reading about long-distance backpacking. I found both sisters to be very likable and open about their experiences.

I was not able to finish the book. At first I found the conceit of hiking barefoot intriguing if a little odd, but quickly grew tired of it. When annoyance set in, I set the book aside and tried again at a later date, to no avail. The sisters kept lamenting on how their friends were further ahead of them and they couldn't cover more than 10 miles in a day. Further, they kept complaining about everyone making a big fuss about their bare feet. Hiking boots would have solved both issues.

Barefoot Sisters: Southbound Co-Authors Susan Letcher & Lucy Letcher I was surprised to find how much I enjoyed reading of the Appalachian Trail hiking adventures of "Jackrabbit" and "Isis". Once I started reading, I was hooked and did not want to stop! I am one of four sisters and I enjoy to read books which feature the interaction of sisters. I must admit I downloaded this book when it was offered as a free Kindle book through one of the free books of the day. The chapters in the book are arranged as the sisters share their experiences along the trail, almost as a relay team. There is not a lot of repetition, but a smooth continuation of the hike. I also appreciate that the accounting of the actions and reactions of the sisters were not sugar-coated. There were times when they did not want to be sisters together along this trail. The hardships of hiking the trail were so believable, until I got chill bumps as I read about the ice and snow they endured during a blizzard. I could almost feel the exhaustion and thirst of a hard day of hiking. The book is a story which tells their endurance of pain, discomfort, hunger, and also of the kindness offered by strangers and friends met along the trail. I could hardly wait to buy the follow-up book, Barefoot Sisters Walking Home (Adventures on the Appalachian Trail) [Kindle Edition]. I thoroughly enjoyed both books. Great job, Sisters, Thank you for sharing the hike with us all!

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