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## A Walk for Sunshine: A 2,160-Mile Expedition for Charity on the Appalachian Trail

By Jeff Alt

Brilliance Corporation, United States, 2012. CD-Audio. Book Condition: New. 3rd. 165 x 140 mm. Language: English . Brand New. Jeff Alt takes you along every step of his 2,160-mile Appalachian Trail adventure. This entertaining journey includes bears, bugs, blisters, captivating characters, skunk bedmates, and hilarious food cravings. Alt walked more than five million steps in tribute to his brother, who has cerebral palsy and lives in a home called Sunshine. This trail adventure has inspired an annual event that has raised more than \$200,000 for Sunshine. It includes hiking tips for the whole family. Walk alongside Alt and experience the joy of turning dreams into goals and then achieving them. His lessons from the trail celebrate family, stewardship of the earth, good health, and the American spirit. ENGAGING. Newsday, NY LIVELY HUMOROUS UPBEAT. It will make you feel good. Alt's zest for life shines through on every page. Alt's words amply convey the camaraderie among fellow hikers, the beauty of the eastern mountains, and the physical hardships that must be endured on a walk of over 5 million steps. Outdoor Times Alt wrote a book about his 147-day hiatus from civilization. Give him an afternoon and he could...



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