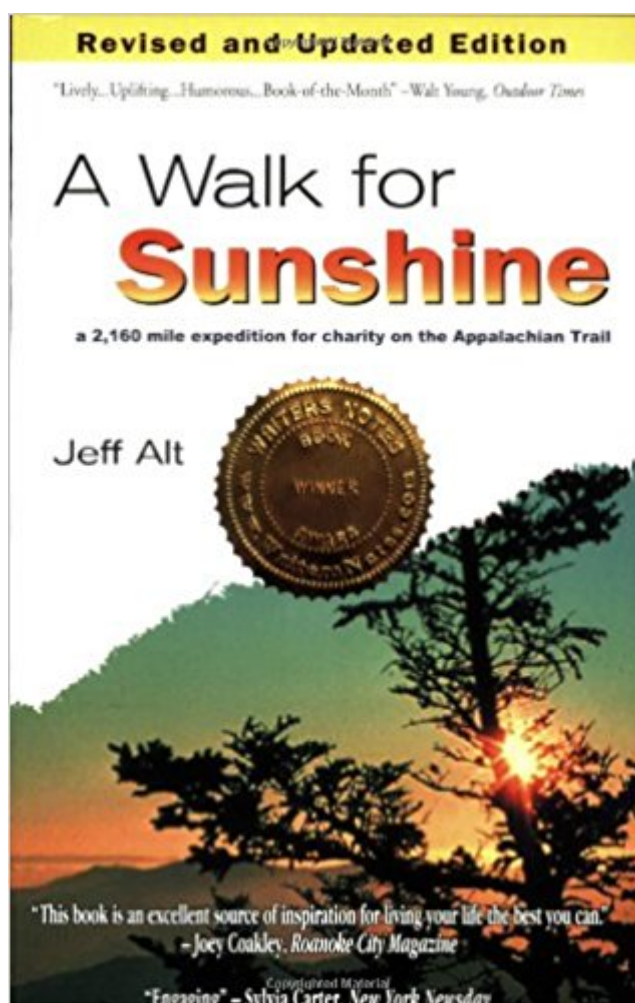




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A Walk For Sunshine: A 2,160 Mile Expedition For Charity On The Appalachian Trail, 2nd Edition



Synopsis

An entertaining, humorous, and inspiring walk along the 2,160-mile Appalachian Trail, a journey dedicated to Jeff Alt's brother who has cerebral palsy. Alt's adventure inspired an annual fundraiser which has raised over 100,000 dollars for the disabled home in which his brother resides. Experience wild animals, interesting people, breathtaking scenery, rough weather, and the success of achieving big goals.

Book Information

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Customer Reviews

When Jeff Alt (trail name: "Wrongfoot") first decided to hike the 2,160-mile Appalachian Trail, he intended to do it alone. As it turned out, several hundred others walked alongside him. Hiking the AT was a longtime personal goal of Alt's, but as he began to plan his trip he realized that he wanted his effort to somehow serve a greater purpose. So he decided to share the experience by turning his adventure into a fundraiser for the Sunshine Home, a facility in Maumee, Ohio that cares for 850 developmentally disabled residents, including his brother, Aaron, who has cerebral palsy. In the seven months leading up to his walk, Alt focused completely on fundraising and training, eventually raising \$16,000 that allowed the home to buy much-needed communication devices, lifts, and walkers. He also inspired an annual fundraiser, "Walk with Sunshine," and is contributing part of the proceeds of his book to the cause. In addition to finishing, Alt's goal once his feet hit the trail was "to share the spirit for which I was walking" with everyone he met, and this he certainly accomplished. In return, he learned a great deal about life from the colorful characters he

encountered on the trail, while countless kind strangers offered "trail magic" in various forms, including food, lodging, and greatly appreciated laundry services. He also received overwhelming support from his family and the residents and staff of Sunshine Home, who helped him through quarter-sized blisters, fatigue, and even self-doubt during his 147-day trek. Charming, inspiring, and often funny, *A Walk for Sunshine* gives readers a good feel for both the logistics involved in undertaking such a journey and the culture of "thru-hiking" the AT. It's also a moving reminder that "living your dream is one thing, but sharing it lets everyone live it with you." --Shawn Carkonen

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.com Review When Jeff Alt (trail name: Wrongfoot) first decided to hike the 2,160-mile Appalachian Trail, he intended to do it alone. As it turned out, several hundred others walked alongside him. Hiking the AT was a longtime personal goal of Alt's, but as he began to plan his trip he realized that he wanted his effort to somehow serve a greater purpose. So he decided to share the experience by turning his adventure into a fundraiser for the Sunshine Home, a facility in Maumee, Ohio that cares for 850 developmentally disabled residents, including his brother, Aaron, who has cerebral palsy. In the seven months leading up to his walk, Alt focused completely on fundraising and training, eventually raising \$16,000 that allowed the home to buy much-needed communication devices, lifts, and walkers. He also inspired an annual fundraiser, Walk with Sunshine, and is contributing part of the proceeds of his book to the cause. In addition to finishing, Alt's goal once his feet hit the trail was to share the spirit for which I was walking with everyone he met, and this he certainly accomplished. In return, he learned a great deal about life from the colorful characters he encountered on the trail, while countless kind strangers offered trail magic in various forms, including food, lodging, and greatly appreciated laundry services. He also received overwhelming support from his family and the residents and staff of Sunshine Home, who helped him through quarter-sized blisters, fatigue, and even self-doubt during his 147-day trek. Charming, inspiring, and often funny, *A Walk for Sunshine* gives readers a good feel for both the logistics involved in undertaking such a journey and the culture of thru-hiking the AT. It's also a moving reminder that living your dream is one thing, but sharing it lets everyone live it with you. --Shawn Carkonen

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ENLIGHTENING and INSPIRING. Blue Ridge Outdoors...There are numerous books on hiking the Appalachian Trail, but Alt tells the story best... -Maine Outdoor Journal

Alt reflects on how sleeping with a skunk, being chased by a bear, charged by a bull, blisters, insects, and weird food cravings changed him in profound and positive ways. The News-Press, FL

Alt nails the Trail experience. A WALK FOR SUNSHINE shares top

billing on my book list. -- Dale Boweman, THE CHICAGO SUN TIMES
 Alt's words amply convey the camaraderie among fellow hikers, the beauty of the eastern mountains, and the hardships on the Appalachian Trail. -- Walt Young, THE OUTDOOR TIMES
 If you're looking for an adventurous, humorous, and inspirational read, try A WALK FOR SUNSHINE. -- Don DeNEVI, Book Reviewer
 Some of the most engaging stories in Alt's book are about eating while on the trail...THE APPALACHIAN TRAIL DIET. -- Sylvia Carter, Newsday
 With humility and charm, Alt tells his tale with awe for the people and his surroundings...inspiring and entertaining. -- Today's Librarian
 You will appreciate this story strewn with laughter at nature's antics and stark realities of life. I thoroughly enjoyed this book. -- Karen Martin, NATURE SOCIETY NEWS
 a fascinating story...A WALK FOR SUNSHINE is absorbing, humorous, and an inspiring true life adventure travelogue. -- THE INTERNET BOOK WATCH
 A WALK FOR SUNSHINE continues to touch the lives of those who read it. -- Douglas Siebenaler, Sunshine Incorporated
 Jeff combined a physical challenge with a worthwhile cause and ended up with a personal victory. -- Jean Deeds, author, There are Mountains to Climb

I have read, and thoroughly enjoyed, other accounts from tough-hikers of the Appalachian Trail. Some, tho' interesting, felt more like a published journal -- so they kind of dragged along in some places. Jeff Alt did a fabulous job of putting his story together for us in a way that totally engaged and informed -- all the way through. An account like this can be boring for the reader, if too many of the day-to-day (repetitive) details are included. While keeping the continuity well intact, Jeff did a great job of offering a fascinating account of his thru-hiking experience. It was very well written, moved along at a good pace, and did not repeat information. Sometimes, he withheld specifics until just the right time to insert them with a particular event -- which greatly enhanced the story. Yet, I was never confused about the time line. Yes, great continuity!!! I enjoyed his stories and accountings, and thought he did a super job of describing the fellow hikers he encountered -- some of them very colorful characters, as are found on the AT. Very well done! He never offered judgment about others who didn't complete the entire distance. He also gave credit to others where due. He gave well-deserved credit to his "team," who supported him in various ways in his endeavor. Congrats to Jeff for the great contribution he made to his family and a wonderful charity! I would like to know this guy!(And, oh, how I have dreamed of hiking the AT myself -- but that's another story.)

This is the 12th Appalachian Trail book that I have purchased and I just finished up with Chapter 12 (of 35). While I will have this book completed in a week or so and will surely re-review it then, I

wanted to get my thoughts down. So far so good! This is exactly the type of book I am looking for when reading a thru-hikers book. Besides "Grandma Gatewood's Walk", this is the first thru-hiker's book that I don't want to put down. Here is what I like: 1. Despite the fact that he is doing this for charity, the charity aspect is only part of his reason for hiking the trail, and he does not turn the book into a salespitch. 2. The book is not endless complaints about life on the trail.. He hurt his ankle at the point I am at now, and if he is complaining about it, then he is doing a good job of hiding it. 3. I know exactly where he is on the trail throughout the entire book so far. 4. He develops relationships with other hikers and talks about them in the book. 5. He sticks to the trail and his experiences on it. I haven't read a self-indulgent diatribe riddled soapbox like I have in so many other books. Great book so far and I can't wait to continue on!

I enjoyed this book, it was an easy read and Jeff Alt writes in a conversational tone. He has a soft spot in his heart for his disabled brother and the institution that cares for him. His original intention was to raise money for the Sunshine Home that takes care of his brother, but he has a talent for marketing and turned his hike into an annual motivational meeting and also established an annual hike in home town of Sunshine House. . So this original hike continues to benefit his brother's caregivers. If you enjoy this book, you might like to check out his other book Four Boots, which takes place on the John Muir Trail and promotes an entirely different cause.....mental health and suicide prevention.

I Loved this book. I was initially drawn to this book after my best friend asked if I would do a through hike with her. I found this book inspirationally as well as informative about the AT trail. I would recommend this book to anyone who is researching a through hike.

I read this after reading Bill Bryson's A Walk in the Woods, which was such a fun read. A Walk for Sunshine is more like a bunch of essays glued together; there is much repetition that kind of annoyed me. It IS interesting to compare the two writers' stories and experiences, and that makes this book worth the reading, but I would not read it again.

Jeff Alt does a great job capturing his experiences on the trail. The reader gets a first hand experience into what it takes to walk a trail of this distance; the preparing, the doing, and the aftermath of it all. I also love that each walk is associated with a charity. At the end of his books, Jeff Alt walks you through the steps of getting a charity involved. No small feat, but, the reward is worth

it.

I love that he raised money for his brother and the place he calls home. There is a lot of heart that generates the rest of his adventure. The author does a good job of focusing on the interesting parts of his 2,160 mile hike and I found myself wanting to find out what happens next on his journey. I may never hike the AT but I'm glad Jeff did and invited us to partake of his walk for Sunshine. (I listened to the audio version)

I wasn't sure about the book since I hadn't read an Appalachian Trail book where the walk was done for charity, but I enjoyed the book greatly. The author is articulate, sensitive to the reader, and has written an entertaining description of his journey without being preachy. The charity aspect is mentioned, but mainly to show part of the motivation for the walk. I have the 3rd edition, which includes supply suggestions and also information about what became of some of the other people the author met on the trail. I highly recommend A Walk for Sunshine.

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