

# Ridge Running: An Unforgettable Memoir of Appalachia

Journey into the heart of the Appalachian Mountains with "Ridge Running," a captivating memoir that offers an immersive and unforgettable glimpse into the rugged beauty and timeless traditions of this extraordinary region.



## Ridge Running: A Memoir of Appalachia by Maynard Davies

★★★★☆ 4.7 out of 5

Language	: English
File size	: 6031 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 249 pages
Lending	: Enabled



Follow the author, an avid runner and lover of the outdoors, as she embarks on an extraordinary journey through the untamed landscapes of Appalachia. From the verdant hills of Virginia to the majestic peaks of West Virginia, experience the exhilarating challenges and profound moments of self-discovery that await on every ridge and trail.

Through vivid prose and breathtaking descriptions, Ridge Running paints a vibrant portrait of the Appalachian people, their deep connection to the land, and the enduring spirit that has shaped the region's history and culture.

Discover the thrill of remote backpacking adventures, the camaraderie of mountain climbing expeditions, and the profound solitude found in the vast wilderness. Witness the resilience of Appalachian communities and the timeless traditions that have been passed down for generations.

Along the way, you'll encounter an unforgettable cast of characters: trail-savvy locals, wise mountain guides, and fellow adventurers who share their love of Appalachia and its rugged spirit.

"Ridge Running" is more than just a memoir; it is an invitation to experience the unspoiled beauty, rich history, and enduring heart of one of America's most captivating regions.



## Sarah Jenkins

Author of "Ridge Running"

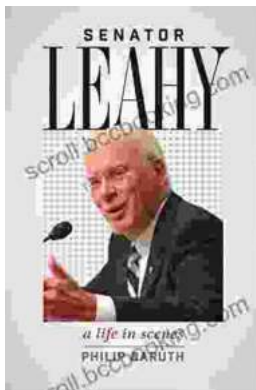
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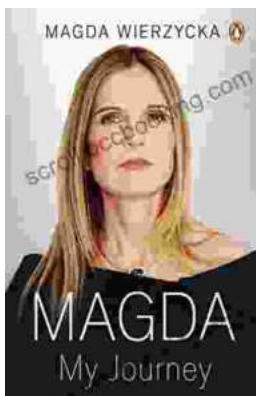


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