



Savvy Solo Senior Adventures Hiking the John Muir Trail

Sayward Ayre

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At 61 years old, the author finally undertakes her 21-year old dream of hiking the 230+ mile John Muir Trail through California's Sierra Nevada's highest peaks. Her pack is too heavy, pain wracks her shoulders and feet, and then she meets a hiking team of a father, son and his friend who have problems of a different sort. Within the adventures of the trail, they develop a multitude of friendships whose support and companionship lift each person higher, all the way to the peak of Mt. Whitney.

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