

A photograph of a hiker standing on a rocky, mountainous trail. The hiker is wearing a light-colored shirt, dark shorts, and a hat, and is holding a water bottle to their mouth. The trail is composed of reddish-brown rocks and is bordered by a steep, rocky cliff on the left. In the background, a misty or foggy landscape is visible, with a single evergreen tree standing on a distant ridge. The sky is overcast and grey.

Soul,
Sweat
and
Survival
on the
Pacific Crest Trail

Bob Holtel

Soul Sweat Survival On The Pacific Cre

JA Banks



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