

*5 States, 148 Hiking Days,  
25 Supply Points, 130 Maps*

# *Hiking the Continental Divide Trail*

## *One Woman's Journey*

by Jennifer A. Hanson

### **Title Details and Description**

Title: *Hiking the Continental Divide Trail*

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### **About *Hiking the Continental Divide Trail***

A how-to adventure for both armchair and real-life hikers. Foreword by Steve Dudley, Executive Director of the Continental Divide Trail Alliance.

An avid outdoorswoman, West Point graduate and former Captain in the U.S. Army, Jennifer Hanson — with her husband Greg Allen — set off to thru-hike the 2,400-mile Continental Divide Trail. Together they traversed:

- \* Arid ranchlands of New Mexico
- \* Snow-capped mountains of Colorado
- \* Red Desert of Wyoming

- \* Glacier National Park of Montana

During their hike, Jennifer learned that she had lost her father to cancer, and, within three weeks, her husband was forced to leave the trail due to an injured nerve in his foot. Jennifer finished the last nine hundred miles of the trail — alone.

*Hiking the Continental Divide Trail: One Woman's Journey* is the story of their incredible summer and is filled with courage, humor, stunning scenery, local personalities and the simple joys of backpacking. In addition, it is an invaluable resource for those planning their own section- or thru-hike of the CDT. Appendixes include:

- \* Thru-hike Preparation and Timeline
- \* Equipment and Clothing List
- \* Food List
- \* Itinerary and Supply Points
- \* Map List and Sources
- \* Complete Index

“Jennifer’s story is a good read and a rewarding introduction for anyone considering a venture on the CDT.”

— Jim Wolf, Founder and Director of the  
Continental Divide Trail Society

“Written from the heart. An important read before taking on the CDT.”

— Rick Russman, Sierra Club National Outings Trip  
Leader, former NH State Senator

### **Distribution Details**

Ingram, Baker & Taylor, Book Clearing House, Brodart, misc. jobbers and specialty catalogers, the Amazon.com Advantage Program, and many others. Rainbow has longtime relationships with each. Kindle and ePub versions will be made available.

### **About the Author: Jennifer A. Hanson**

Jennifer A. Hanson is the owner of Hanson Financial Services, a computer consulting company in upstate New York. She enjoys snowshoeing and alpine skiing. Her website, which features many photos from her CDT hike, is [www.HikingtheCDT.com](http://www.HikingtheCDT.com).

### **About Rainbow Books, Inc.**

Rainbow Books, Inc., is a 32-year-old publisher of how-to and self-help nonfiction. Rainbow Books, Inc. is a *founding* house member of the Florida Publishers Association (FPA). Rainbow’s publisher is Betty Wright, and its marketing contact is Betsy Lampe.

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