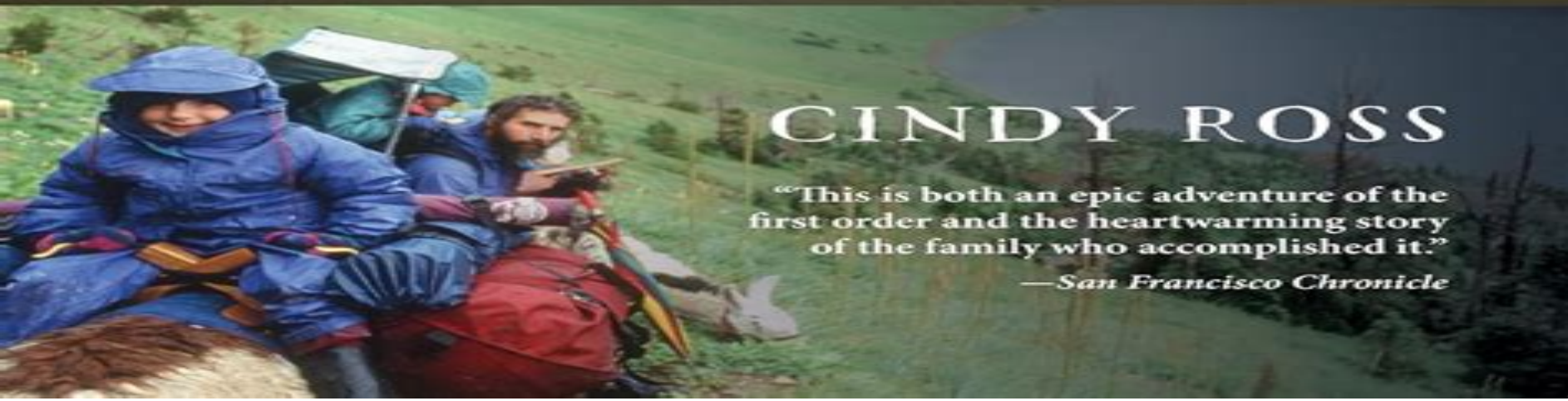




# SCRAPING HEAVEN

A Family's Journey Along the Continental Divide Trail



CINDY ROSS

"This is both an epic adventure of the first order and the heartwarming story of the family who accomplished it."

—*San Francisco Chronicle*

# Scraping Heaven A Familys Journey Along The Continental Divide

**ML Yell**



## **Scraping Heaven A Family's Journey Along The Continental Divide:**

Scraping Heaven Cindy Ross, 2016-02-11 Not only are readers given the opportunity to experience the sheer beauty and at times frightening dangers of the trail but they also watch two children grow and learn to call the trail their home Well written captivating and incredibly educational this adventure is a lesson in the simplicity of life and the beauty of accomplishment Publishers Weekly This is both an epic adventure of the first order and the heartwarming story of the family who accomplished it San Francisco Chronicle Now available for the first time in paperback and ebook Scraping Heaven is the story of a family's adventurous trek over the rooftop of North America a warm and heartfelt account with a powerful message for parents long distance hikers and outdoor adventurers alike The Continental Divide Trail a rugged 3100 mile footpath running along the crest of the Rocky Mountains from Canada to Mexico is infamous for its tricky mountain passes and snowy traverses In 1993 Cindy Ross her husband and their two toddlers set out together on the Trail Using llamas as kid carriers and packers they successfully hiked the entire route over the next five summers covering the last 700 miles on tandem mountain bikes in 1998 A keenly observant storyteller Ross deftly interweaves evocative descriptions of the landscape with dramatic accounts of sudden snowstorms gale force winds strong enough to lift a child and heart pounding wildlife encounters Through it all her intimate reflections on marriage family and children provide depth and interest far beyond the high Rocky Mountain peaks Scraping Heaven features a new afterword by the author Journey On the Crest Cindy Ross, 1987-11-30 Cindy Ross does not claim to be a heroine Her book is about the fear of an ordinary person doing extraordinary things It is good to read of someone who is just crammed full of courage guts spirit and determination Smoke Blanchard Walking Up and Down in the World Cindy Ross had already hiked the 2000 mile length of the Appalachian Trail when hoping to escape a deadening daily routine and sort out her life she returned to the wild But this time it was a more rugged arena the Pacific Crest Trail a mostly mountainous 2600 mile route from Mexico to Canada vastly different from the relatively gentle well traveled Appalachian Trail Her trip began badly in the California desert where the hiking partner she had selected from an advertisement proved to be totally inexperienced and so strange that they parted company the first day Continuing alone Ross soon became the de facto leader of a motley ever changing crew of PCT walkers that came to be known as Cindy's Circus Long rugged hiking days produced physical ailments and strong emotions but in confronting and surmounting these challenges Ross grew in strength After many months and several major changes in her life Ross beat fall snows and storms to reach the Canadian border More than the end of the trail this was also a symbolic milestone in her life In narrating her story Ross deftly brings the reader into the physical and emotional landscape of long distance hiking Her cast of Crest characters is sharply drawn in both words and sketches Uphill Both Ways Andrea Lani, 2022-03 Reading the West Longlist for Memoir Biography One grouchy husband Three reluctant kids Five hundred miles of wilderness And one woman determined to escape the humdrum existence of modern parenting and a toxic work environment and to confront the

history of environmental damage wreaked by westward expansion and the Anthropocene In Uphill Both Ways Andrea Lani walks us through the Southern Rockies describing how the region has changed since the discovery of gold in 1859 At the same time she delves into the history of her family who immigrated to Leadville to work in the mines and her own story of hiking the trail in her early twenties before returning two decades later a depressed middle aged mom in East Coast exile seeking happiness in a childhood landscape On the 489 mile trek from Denver to Durango on the Colorado Trail Lani s family traveled through stunning scenery and encountered wildflowers wildlife and too many other hikers They ate cold oatmeal in a chilly wet tent and experienced scorching heat torrential thunderstorms and the first nip of winter Her kids grew in unimaginable ways and they became known as the family of five an oddity along a trail populated primarily by solo men As they inched along the trail Lani began to exercise disused smile muscles despite the challenges of hiking in a middle aged body maintaining her children s safety and happiness and contending with marital discord She learned that being a slow hiker does not make one a bad hiker and began to uncover the secret to happiness     *The American Adrenaline Narrative* Kristin J. Jacobson,2020 1 DESIRING NATURES 2 CONQUERING NATURES 3 SPIRITUAL NATURES 4 EROTIC NATURES 5 RISKY NATURES 6 RESTORATIVE NATURES Appendix List of Contemporary American Adrenaline Narratives     *The Pacific Crest Trailside Reader, Oregon and Washington* Rees Hughes,Corey Lewis,2011-10-17 Unique woodcut illustrations decorate both volumes Trail map to follow story locations in each volume For both hikers and armchair adventurers of the PCT Exploring the people places and history of the Pacific Crest Trail as it ranges 2 600 miles from Mexico to Canada THE PACIFIC CREST TRAILSIDE READER EBOOK brings together short excerpts from classic works of regional writing with boot tested stories from the trail The heart of this anthology is these real trail tales stories taken from PCT hikers trailside humor and traditions trail angels and trail magic encounters with wildlife and wild weather stories of being lost and found rescues and unusual incidents Revealing a larger context are historical accounts of events such as Moses Schallenberger s winter on Donner Pass and pioneer efforts like the old Naches Road that ended up creating access to today s trails Native American myths and legends such as that of Lost Lake near Mount Hood and selections from highly regarded environmental writers who have captured the region in print including Mary Austin in *The Land of Little Rain* John Muir in *The Mountains of California* and Barry Lopez in *Crossing Open Ground* Readers will also enjoy a few more surprising contributions from the likes of Mark Twain and Ursula Le Guin For this digital edition of the PCT READER we combined our two print volumes into a single robust ebook that features stories from both the CALIFORNIA and OREGON WASHINGTON volumes Because the two volume set is a compilation of old and new essays however the editors were not able to obtain digital publication rights for some of the previously published material So while this combination ebook includes all the newly commissioned stories as well as many other pieces for which the editors did have digital access there are approximately four contributions from each of the printed books that do not appear here     *Wild with Child* Jennifer Bove,2010 *Wild with Child* is a unique collection of

true stories by parents who boldly head out into the wilderness with kids in tow or in the lead as the case may be These stories run the gamut of adventure winter camping climbing spelunking field research skiing llama trekking fishing hunting and searching for pirate treasure with children of all ages Readers should bundle up before they strike out into the Rocky Mountains with Mark Jenkins whose idea of quality time with the kids is camping in a snow cave Leslie Leyland Fields shares deep gratitude as her brood safely migrates to an Alaskan island by bush plane Maleesha Speer confides her personal evolution as she awakens to the wonder of her unborn child in bear country Whether just beginning the course of wild parenting or looking back at the trail they've taken these writers aren't willing to accept Disneyland as the final frontier Even the most civilized among them insist that their children grow up feeling grass between their toes and sun on their skin It's a healthy heritage giving kids a steady set of bearings making them strong and helping them rise to challenges

**Child's Play** Monica Cardoza, 2003 The author shows ways to foster a child's curiosity and creativity with activities ranging from rocket science to rock climbing stamp collecting to sculpture

**Walking Toward Peace** Cindy Ross, 2021-04-01 Walking Toward Peace shares the intimate stories of veterans who post deployment have wrestled with post traumatic stress disorder PTSD Through a process called ecotherapy spending time in nature to promote healing and mental health they have found new tools to deal with issues that have resulted from combat experiences survivor's guilt nightmares lack of trust depression hypervigilance thoughts of suicide and lack of purpose Some veterans profiled here have gone to extremes spending months on long distance expeditions like hiking the 3 100 mile Continental Divide Trail or canoeing the 2 320 mile Mississippi River For many others however brief excursions in the outdoors offer an opportunity for healing Author Cindy Ross examines current research and perspectives of professional therapists and provides information on organizations devoted to healing veterans in the outdoors Each featured veteran is depicted in an illustrated portrait Veterans share their stories frequently as they sit by a campfire describing wartime traumas and their present lives Through their collective voices what becomes clear is that anyone suffering from any form of PTSD may discover the powerful comfort and healing that can be found in the outdoors

*Scouting*, 2003-09 Published by the Boy Scouts of America for all BSA registered adult volunteers and professionals Scouting magazine offers editorial content that is a mixture of information instruction and inspiration designed to strengthen readers' abilities to better perform their leadership roles in Scouting and also to assist them as parents in strengthening families

**Vitamin N** Richard Louv, 2016-04-12 From the author of the New York Times bestseller that defined nature deficit disorder and launched the international children and nature movement Vitamin N for nature is a complete prescription for connecting with the power and joy of the natural world right now with 500 activities for children and adults Dozens of inspiring and thought provoking essays Scores of informational websites Down to earth advice In his landmark work *Last Child in the Woods* Richard Louv was the first to bring widespread attention to the alienation of children from the natural world coining the term nature deficit disorder and outlining the benefits of a strong nature connection from

boosting mental acuity and creativity to reducing obesity and depression from promoting health and wellness to simply having fun That book rivaled Rachel Carson's Silent Spring the Cincinnati Enquirer was an absolute must read for parents the Boston Globe and an inch thick caution against raising the fully automated child the New York Times His follow up book The Nature Principle addressed the needs of adults and outlined a new nature movement and its potential to improve the lives of all people no matter where they live McClatchy Newspapers Vitamin N is a one of a kind comprehensive and practical guidebook for the whole family and the wider community including tips not only for parents eager to share nature with their kids but also for those seeking nature smart schools medical professionals and even careers It is a dose of pure inspiration reminding us that looking up at the stars or taking a walk in the woods is as exhilarating as it is essential at any age **The World Is Our Classroom** Cindy Ross, 2018-09-11 Bronze Medal Lowell Thomas Travel Journalism Competition Society of American Travel Writers Cindy Ross is one of today's most eloquent and thoughtful writers on the connection between humans and the natural world Richard Louv New York Times bestselling author Cindy's story begins in the Rocky Mountain wilderness on a unique and extraordinary journey two parents leading their young children 3 100 miles on the backs of llamas This Canada Mexico trek illustrated to Cindy and her husband what experiential education can do Inspired by the experience they went on to create a new way of supplementing their children's education focusing on two arenas for learning the natural world and travel In this age of world connection it is important to raise broad minded and empathetic children who are knowledgeable about other cultures To accomplish this goal Cindy chose an unorthodox approach she orchestrated learning opportunities for her children Sierra and Bryce in twelve countries The family traveled the world moving about on foot and bicycle living simply and intimately But just as important and more accessible for many parents were the opportunities for learning closer to home These adventures brought intangible gifts values such as compassion empathy resilience self reliance and gratitude among others not always fostered in a traditional curriculum but crucially important to raising children By sharing her story along with honest insights from her children about the importance of their unusual education Cindy aims to empower parents to believe they can be their children's best and most important educators It is for parents who are seeking inspiration who love a good story and who are looking for an unorthodox way to raise the happiest healthiest and brightest children they can **Appalachia** ,2003 **Canoe & Kayak** ,2002 **The Publishers Weekly** ,2002 **New Books on Women and Feminism** ,2003 Vitamina N (de la Natură). 500 de căi pentru a îmbunătăți sănătatea și fericirea familiei tale Richard Louv, Richard Louv autorul unor bestselleruri New York Times care a lansat mișcarea internațională Copiii și natura ne propune în această carte o rețetă completă de conectare cu putere și bucurie la lumea naturală 500 de activități pentru copii și adulți Numeroase eseuri pline de inspirație o provocare pentru sistemul de gândire actual Sfaturi practice simple și utile Autorul a fost printre primii care a atras atenția asupra fenomenului de îndepărtare a copiilor de lumea naturii creând termenul metaforă deficit de natură Tot el a subliniat beneficiile pe care le aduce conectarea

puternic la natur de la cre terea agerimii mentale i a creativit ii p n la reducerea obezit ii i a depresiei de la promovarea s n t ii i a st rii de bine p n la simpla bucurie de a petrece timp n natur Vitamina N de la Natur este un ghid practic complet ce ar trebui s aib un loc special n biblioteca fiec ruia dintre noi o carte deosebit de util familiei i comunit ii Citind o ve i descoperi idei nu numai pentru p rin ii dornici de a mp rt i cu copiii lor entuziasmul pentru natur ci i pentru colile care i propun s ncorporeze activit ile n natur n curriculum sau pentru angaja ii din sistemul de s n tate Aceast carte este o doz de inspira ie pur reamintindu ne s ne form m un obicei din a ne uita la cerul plin de stele sau din a face o plimbare prin p dure experien e extraordinare i esen iale la orice v rst Bugle ,2001 **Vermont Life** ,2002 **The British National Bibliography** Arthur James Wells,2004 **Forthcoming Books** Rose Arny,2003

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