



Traveling with Baggage: A Guide for the Hesitant Hiker

Sarah D Tiedemann

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Follow Sarah D. Tiedemann on her journey from being a nervous wreck to walking cliffside along Kauai's most perilous trail, snowmobiling through herds of buffalo in America's oldest national park, and hiking to a wind swept summit in the dead of winter. Troubled by anxiety from an early age, Sarah knows just how difficult it can be to step outside your comfort zone. Do you want to travel to places you've only dreamt of? Do you want to navigate trails in breathtaking locations? Do you want to try camping, canoeing, zip lining, or other outdoor adventures? Do you want to do it all and not be as scared? If you're longing for a change of scenery but don't know where to start, Sarah will show even the most apprehensive travelers how to get outside.

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