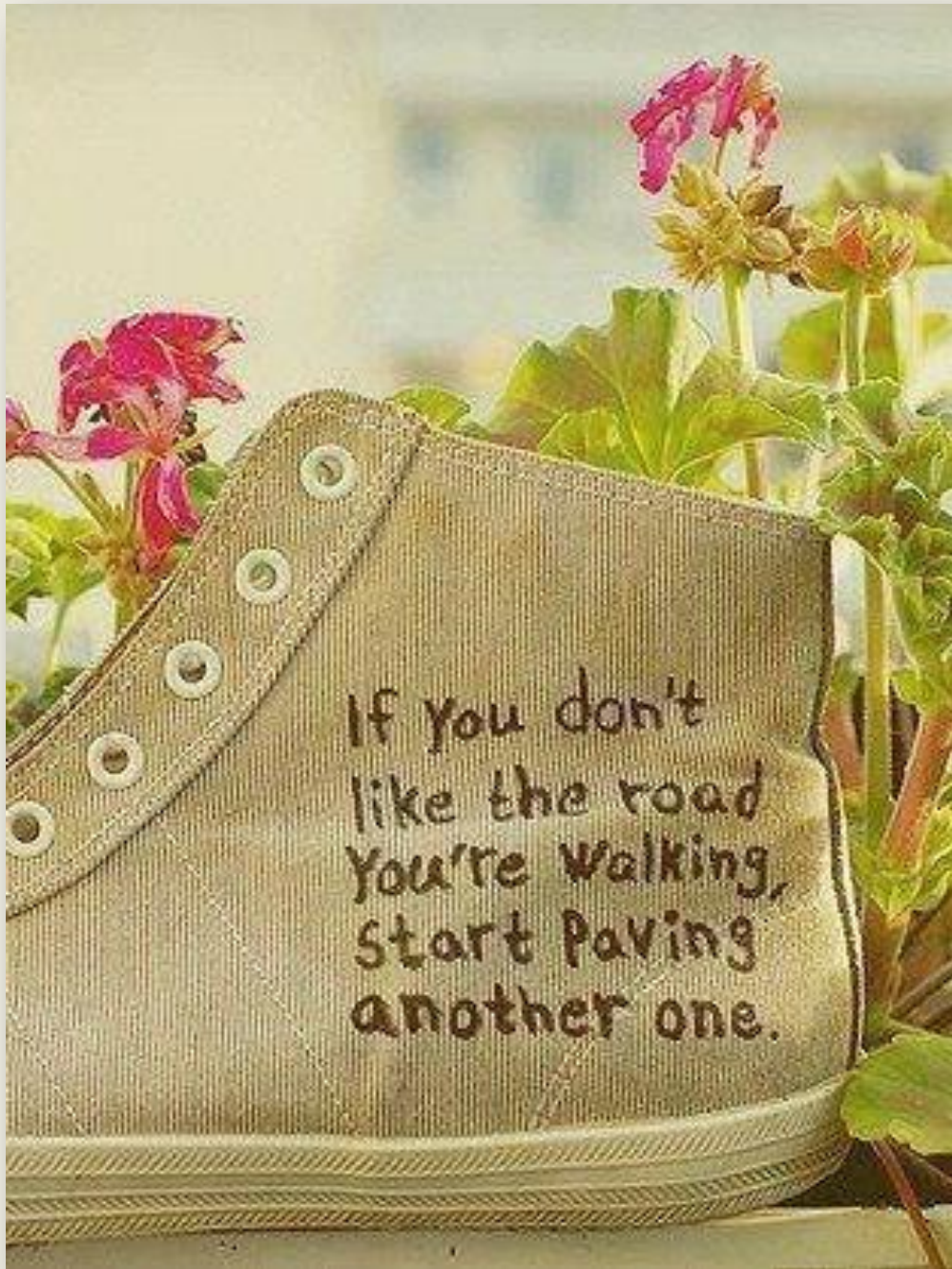




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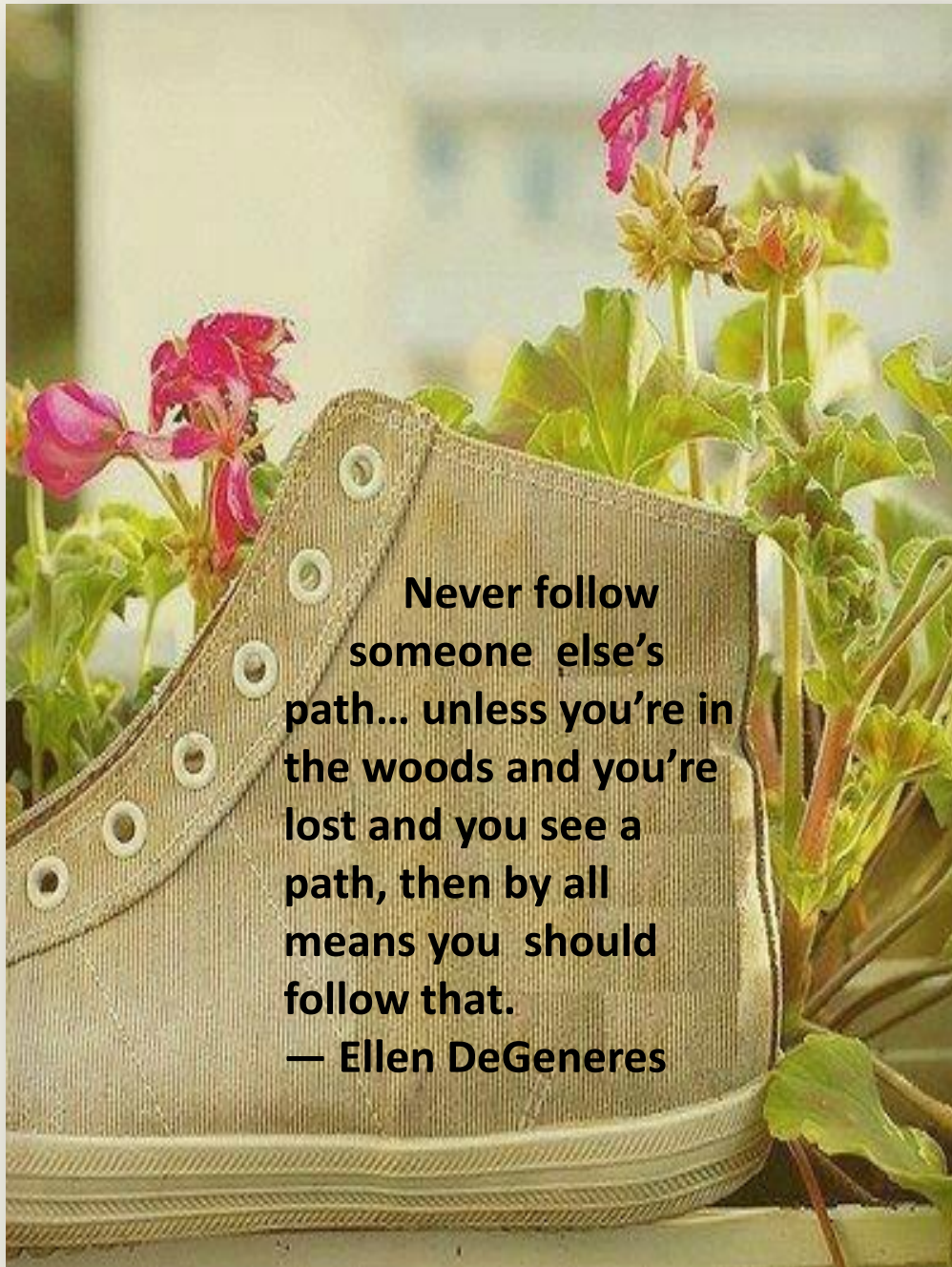
Take Your Own Path!

A tribute to Grandma Emma Gatewood



When Grandma Emma Gatewood read the article about the Appalachian Trail in the *National Geographic* in 1949 that said though five men had thru-hiked the trail alone, no woman ever had, she thought, "Why not YOU, Emma Gatewood? Why NOT you?"

And She DID!



**Never follow
someone else's
path... unless you're in
the woods and you're
lost and you see a
path, then by all
means you should
follow that.**

— Ellen DeGeneres

Grandma set off to hike the Trail in 1954. She didn't get too far when she got lost!

“Emma wrote in her diary that she wasn't worried about being lost. If this was to be the end of her, this was – in Emma's opinion – as good a place as any for that to happen. Having said that, she wasn't about to give up. She searched again for the main trail, briefly finding it before losing it again.”

Eventually, she was rescued by some rangers, and even though they told her she should give up hiking, she began planning her return trip for the next year.



Sure enough! Grandma headed out again in May, 1955. She got to the top on September 25 — after losing 30 pounds and wearing out SIX pairs of shoes! She signed the register book and sang a verse from “America The Beautiful”.

Emma Gatewood had just become the first woman to solo thru-hike the Appalachian Trail at the age of 67!

That was just the beginning of her long distance hiking career!



“Most people are pantywaists. Exercise is good for you!”
— *Emma Gatewood*

A Tribute to
[Grandma Gatewood by Eden Valley Enterprises](#)

Watch our [trailer!](#)

