



# Walking the Gobi: 1,600 Mile-trek Across a Desert of Hope and Despair

*Helen Thayer*

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## **Walking the Gobi: 1,600 Mile-trek Across a Desert of Hope and Despair** Helen Thayer

At the age of 63, Helen Thayer fulfilled her lifelong dream of crossing Mongolia's Gobi Desert. Accompanied by her 74-year-old husband Bill and two camels, Tom and Jerry, Thayer walked 1600 miles in 126-degree temperatures, battling fierce sandstorms, dehydration, dangerous drug smugglers, and ubiquitous scorpions. For more than 60 days Helen struggled to keep moving through this inhospitable terrain despite a severe leg injury. Without sponsors, a support team, or radio contact, hers is a journey of pure discovery and adventure. "Walking the Gobi" takes readers on a trip through a little-known landscape and introduces them to the culture of the nomadic people whose ancestors have eked out an existence in the Gobi for thousands of years. Thayer's respect and admiration for the culture of Gobi and her gentle weaving of natural history shine throughout this remarkable story. The author proves that Baby Boomers don't have to take life lying down - their adventures have just begun.

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