

Whenever I get a burning desire to go on a hike – not the one my wife is always suggesting that I take – I make a lox, cream cheese and bagel sandwich, bring a bottle of water, get into my car and drive up to a scenic overlook on Mulholland. I stay there for a few minutes eat my sandwich, drink the water and then return home.

Reese Witherspoon takes a different kind of hike that very well might propel her to another Oscar nomination.

"Wild" is the true story of a troubled young woman, Cheryl Strayed (Witherspoon), who takes an 1100 mile hike through the Pacific Coast Rim in order to bring a sense of sanity and stability into a life that once included promiscuity and deep depression.

Beautifully directed by Jean-Marc Vallee (Dallas Buyers Club) and photographed by Yves Belanger from a book by Strayed, the story of a troubled young woman hiking for the first time doesn't seem all that exciting. And, it isn't. However, Ms. Witherspoon's strength and chops as a premiere actress, carries the movie with such force and deep emotion that it's impossible not to keep your eyes glued on the screen.

The vivid sex scenes and f-bombs keep "Wild" from being a family film and, in keeping with its message of grit and determination, too bad the kids can't see it as well.

3 bagels out of 4