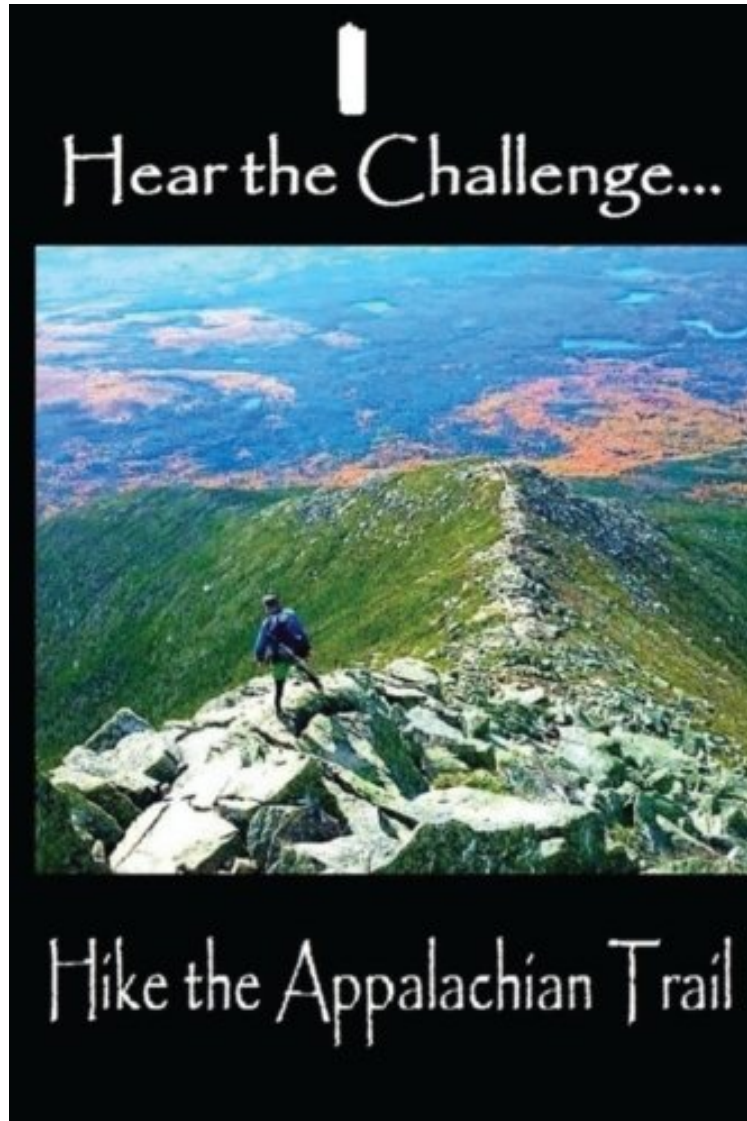


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Hear the Challenge: Hike the Appalachian Trail

Kyle Rohrig

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Kyle Rohrig : Hear the Challenge: Hike the Appalachian Trail before purchasing it in order to gage whether or not it would be worth my time, and all praised Hear the Challenge: Hike the Appalachian Trail:

3 of 3 people found the following review helpful. Well Written, Very ImformativeBy CustomerI've read several books about hiking the AT and they all had value, but this book is one of the best I read so far. It really discusses and informs on real-world issues and experiences you will encounter on my he AT. Well done. If you're considering a thru-hike on the AT, you can't go wrong picking up this book.1 of 1 people found the following review helpful. Very

InformativeBy ConnieI really enjoyed the insights provided in this book as well as some of the cool locations along the trail to visit! We're planning our thru hike over the next couple of years and are very excited to actually get to do it! Planning at least keeps us in the element and books like this give us a small taste of what to expect! Very enjoyable read! 1 of 1 people found the following review helpful. Like a good friend letting you in on what you're in forBy JayGThere's so much to think about as you prepare for such an adventure. Your head swims or at least mine is. The author walks you through the areas you probably should consider in your planning without telling you how to do it. The Hike Your Own Hike philosophy is carried through the book. Then, as if sharing insights over a few beers, he relays where the gems are hidden.

If you have even remotely considered hiking the length of the nearly 2,200-mile Appalachian Trail, then you've heard the challenge. The question now is will you answer it? If you have been on the fence about doing a thru-hike, the job of this book is to gently nudge, possibly even shove you off that fence, into the direction of the Appalachian Trail. But, if your mind is already made up to embark on this once in a lifetime adventure, then prepare to have your confidence elevated to new heights. Knowledge is power and information is currency; I intend to make you powerfully rich, in regards to the Appalachian Trail, as you read through the contents of this book. The subjects of this work include, but are far from limited to -Preparing your life for a thru-hike -Financial preparation -Mental preparation (what you bring within yourself is far more important than what you put in your pack). -Physical preparation (I've been a strength and conditioning specialist for nearly a decade). -Hiking with a dog (I've done the whole trail with one) -Insights and information into nearly every aspect of thru-hiking, as well as life on trail and much, much more. -Extensive information regarding gear and itemized lists of what this journey requires. -Insights into each state, as well as noteworthy regions and the obstacles/highlights they present. This book is not designed nor intended to be a how to or a guidebook. It is simply designed to present you with information while simultaneously inspiring the confidence to use that information in making decisions that are perfect for you. Want the full story of the author's AT hike? Check out amazon.com best seller; "Lost on the Appalachian Trail."