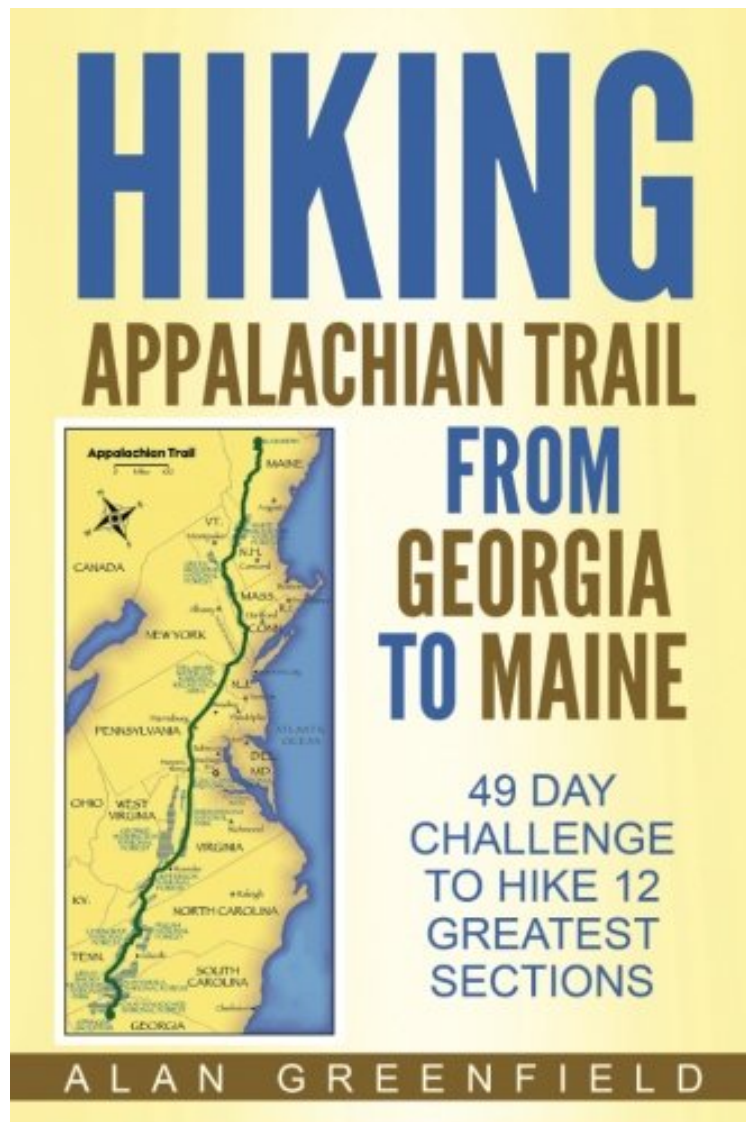


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Hiking Appalachian Trail From Georgia to Maine: 49 Day Challenge to Hike 12 Greatest Sections of A.T.

Alan Greenfield

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Alan Greenfield : Hiking Appalachian Trail From Georgia to Maine: 49 Day Challenge to Hike 12 Greatest Sections of A.T. before purchasing it in order to gage whether or not it would be worth my time, and all praised Hiking Appalachian Trail From Georgia to Maine: 49 Day Challenge to Hike 12 Greatest Sections of A.T.:

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Hiking Appalachian Trail from Georgia to Maine 49 Day Challenge to Hike 12 Greatest Sections of A.T.It was 1994, on my 23rd birthday my father gave me an envelope, which I figured would be a gift certificate for something outdoor or even a golf club coupon. But to my surprise, it was an airline ticket to Atlanta! I was utterly confused, looking at my face he knew I was, but that confusion soon turned into a huge excitement when he said: we are going to hike the Appalachian Trail in less than 50 days, get ready son.I was excited, I asked him, why he hasnt hiked this trail ever, he said he always had the dream of hiking it with me, in his word, I saved the best for you.That was a trip I will never forget, I think to date that is one of most fun and the adventurous thing I have ever done. We were able to finish it in 49 days too, we both were very proud of each other. Soon after that trip, my dad was diagnosed with a severe case of arthritis, even though the doctors said it was not because of that trip but they think it was too many hiking trips through many rough and rugged terrain that contributed to his condition.He still hikes, but we only take him to mini half-day trails.When I originally had the idea to write a guide book on how to hike on the great Appalachian Trail, at first, I thought I should just write it like a journal of what we did, but then my father told me that might not help every reader. He suggested, I should write it like a guide book that can help anyone from a beginner to an advanced hiker, this way we cover a broad range of hikers. So this book is not about my hiking trips, but yours, my main focus in this book is to get you familiarized with the trail and get you prepared for it.This book is truly a guidebook which is divided into 2 parts where I start off with some basic facts and information about the great Appalachian Trail, then give my readers a clear overview of the trail in every region and state it crosses. Next, I talked about how to get started on hiking the Appalachian Trail, along with all different options like a day hike, multi-day hike and through hike.Next, I spoke about what to expect on the trail, what kind of help and supports are out there, what and how weather can affect your hiking, what wild animals you have to be aware of. Then I discuss how you can find sanitation, restroom, shower, etc. on the trail, how to deal with various illness while on the trail.Next up is how you should pack, what gears you need, how to plan a through-hike and how to actually get started on this amazing trip.In the second part of the book, I share how to hike each section day by day and what you can expect, what you need to be looking for, what you need to be aware of one each section of your hike.After hiking through this great Appalachian Trail twice, I can assure you it can be done, and no it is not a monumental task, but yes it will take effort and a strong willingness to go through with it. I know if I could do it anyone can. I know you can do it too. Good luck!Alan Greenfield

About the AuthorAlan asked me to help me put together a book about helping others hike the great Appalachian Trail. At first, he thought he should write about his experience about the thru-hiking, but my suggestion to him was thatthe book should be written with a reader in mind who has a keen interest in hiking and dreams about hiking the great Appalachian Trail but someone who hasnt done that yet. He agreed and at the end and wrote it all by himself without anyones help. After reading the manuscript, I thought he did an excellent job; I wish him all the success. J. JacobsonAlan Greenfield has been a hiker since he was just 12 years old. It was his father who was an avid hiker and brought him to the world of hiking. He has thru-hiked the Appalachian Trail now twice. First time at age 23 with his father and the second time with his own son. He is a home builder by trade, but it is hiking the A.T. where his true passion lies. As an avid hiker, he has helped many people over the years in section hiking the great A.T. over the years.He lives in Louisville, Kentucky with his wife Janine and son Jacob.