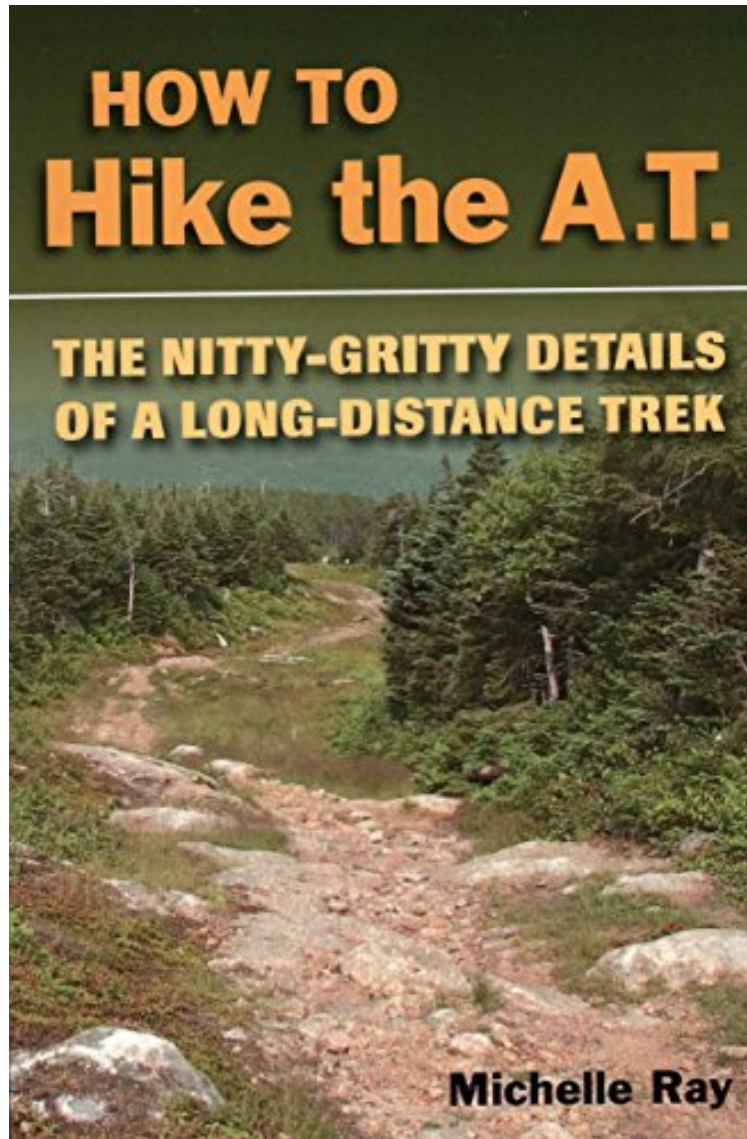


(Ebook pdf) How to Hike the A.T.: The Nitty-Gritty Details of a Long-Distance Trek

How to Hike the A.T.: The Nitty-Gritty Details of a Long-Distance Trek

Michelle Ray

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a great job of telling you why the different approaches exist. It works best as a good overall refresher course. Well worth the price. 0 of 0 people found the following review helpful. Great info By Peggy S Cobleigh This book is very informative and helpful. I would definitely recommend reading it. I learned quite a bit. Hopefully going to do my hike in a few years 25 of 26 people found the following review helpful. Current, concise AT guide book By Kindle Customer Michelle Ray's AT guide book is the most current, concise, and entertaining resource for anyone even considering hiking the Appalachian Trail. She has put a tremendous amount of research into this book. What's more, she manages to convey a sense of adventure and excitement with all the information and advice. She brings not only her own experience as a thru-hiker, but, as a librarian has managed to compile a wealth of information in a very readable fashion. There are lots of books about the AT, but this one should be the prospective hiker's main standby. It is light enough to carry in your backpack. Frank "The Walrus" Miller, Havre, MT

How to plan and prepare for a long-distance hike on the Appalachian Trail Includes information on trail nutrition, culture, first aid, gear, weather conditions, and more Expert advice from an experienced long-distance hiker along with useful information for any long-distance trek Other Appalachian Trail guidebooks tell you about notable scenery, trail history, or changes in terrain. This one tells you exactly what you need to know to prepare for and complete a long-distance hike on the A.T. From determining a budget, preparing an itinerary, and packing gear to resupplying, using bounce boxes, and staying on schedule, this book will help any hiker make certain their long-distance trek is a success. You can hear an interview with Michelle Ray on how to prepare for your thru-hike if you [click here](#).

About the Author Michelle Ray has been an avid hiker for more than fifteen years and has logged thousands of miles on the Appalachian Trail. She is a member of the Appalachian Long Distance Hiking Association and works as a field editor for the Appalachian Trail Thru-Hikers Companion. She lives in New Hampshire.