

Awol On The Appalachian Trail

A collage of backpacking culture, *Hiker Trash* offers a glimpse of the off-beat, diverse community that is drawn to thru-hiking the country's oldest long-distance trail. It features a collection of original illustrations by author and artist Sarah Kaizar, as well as color photos by Nicholas Reichard and excerpts from the Appalachian Trail's famed shelter log books that highlight hikers' thoughts, fears, frustrations, and joys. Kaizar thru-hiked the AT in 2015, a six-month, 2,200-mile journey through fourteen states during which she had plenty of time to reflect and heal following the death of her father. Intricate and arresting, her drawings are created in pen-and-ink with colorful acrylic washes; they capture the character of the trail and its shelters as well as the hikers who find respite under the roofs and in the log pages. Fellow AT thru-hiker and professional photographer Nicholas Reichard's images provide another layer of perspective and community.

The Appalachian Trail is America's most beloved trek, with millions of hikers setting foot on it every year. Yet few are aware of the fascinating backstory of the dreamers and builders who helped bring it to life over the past century. The conception and building of the Appalachian Trail is a story of unforgettable characters who explored it, defined it, and captured national attention by hiking it. From Grandma Gatewood--a mother of eleven who thru-hiked in canvas sneakers and a drawstring duffle--to Bill Bryson, author of the best-selling *A Walk in the Woods*, the AT has seized the American imagination like no other hiking path. The 2,000-mile-long hike from Georgia to Maine is not just a trail through the woods, but a set of ideas about nature etched in the forest floor. This character-driven biography of the trail is a must-read not just for ambitious hikers, but for anyone who wonders about our relationship with the great outdoors and dreams of getting away from urban life for a pilgrimage in the wild.

Paul Leroux is a serial killer wanted for murdering women in North Carolina. When the police start to catch up with Leroux, he panics and decides to escape to Canada on the Appalachian Trail, where thru-hikers use trail names and travel anonymously. Leroux, who is overweight and unhealthy, struggles at first on the trail but begins to relax as he gets stronger and can utilize the physical changes he gains from his intense hiking as a disguise. His urge to kill, however, is invigorated by the nearness of female hikers, and his intention to stay away from them on his trip begins to weaken. His life is further complicated when Desert Storm veteran Karl Bergman, who is also trying to escape his own failure, becomes suspicious of Leroux and begins to pay careful attention to his every move. Leroux becomes increasingly panicked as he realizes that both Bergman and the police are close on his tail as he races to the border hoping to find a haven with his Canadian family. In this cat-and-mouse thriller, Ray Anderson dives inside two men's minds as they struggle to fight their identities and confront their fears and internal turmoil."

The A.T. Guide is the guidebook of choice for hikes of any length on the Appalachian Trail. The book contains thousands of landmarks such as campsites, water sources, summits and gaps. The trail's elevation profile is included and every landmark is aligned to the profile. Hikers using this guide know where they are on the trail, what views, streams and campsites are ahead, and whether they'll be hiking uphill or downhill to get there. The A.T. Guide answers all of your questions about how to get rides, where to stay, and where to get supplies. There are 52 maps of towns on or near the trail showing where to find these services and detailed listings for businesses. The A.T. Guide is the most innovative trail guidebook ever developed; *The Thru-Hiker's Handbook* had a long history of providing

precise and detailed trail information. This edition combines the best of both books into one exceptional offering.

A Biography

The Inspiring Story of the Woman Who Saved the Appalachian Trail

2022 the A.T. Guide

Close Encounters on the Appalachian Trail

An Appalachian Trail Love Story

Ten Million Steps

Awol on the Appalachian Trail Wingspan Press

"I really loved it...Appalachian Trials is full of specific tactical tips for mental preparation, which is key well beyond the AT." - Tim Ferriss, author of New York Times Best Selling *The 4-Hour Workweek* and *The 4-Hour Body* Each year, it is estimated that more than 2,000 people set out to thru-hike the Appalachian Trail, yet seven in ten ultimately fall short of their goal. Given the countless number of how-to books and websites offering information about logistics, gear, and endurance training, one would think that more people would finish this 2,200 mile trek. Why then, do so many hikers quit prematurely? After successfully thru-hiking the AT in five months with zero prior backpacking experience, author, Zach Davis, is convinced he's discovered the answer. Aspiring thru-hikers, Davis tells readers, are preparing the wrong way- sweating on the StairMaster, meticulously plotting each re-supply box, or obsessing over the a synthetic or down sleeping bag or perfect pair of socks. While the AT undoubtedly presents extraordinary physical challenges, it is the psychological and emotional struggles that drive people off the trail. Conquering these mental obstacles is the key to success. This groundbreaking book focuses on the most important and overlooked piece of equipment of all- the gear between one's ears. Filled with first-hand, touching yet humorous vignettes and down-to-earth advice that both instructs and inspires, *Appalachian Trials* gives readers the mental road map they'll need to hike from Springer Mountain to Mt. Katahdin. In *Appalachian Trials* readers will learn: Goal setting techniques that will assure hikers reach Mt. Katahdin The common early stage pitfalls and how to avoid them How to beat "the Virginia Blues" The importance of and meaning behind "hiking your own hike" 5 strategies for unwavering mental endurance The most common mistake made in the final stretch of the trail Tips for enjoying rather than enduring each of the five million steps along the journey Strategies for avoiding post-trail depression and weight gain In addition, the Bonus Section of *Appalachian Trials* includes: A thorough

chapter on gear written by thru-hiker of the AT and Pacific Crest Trail, and professional backpack gear reviewer Information about the trail's greatest and most unknown risk and how to guard against it 9 tips for saving money before and during your thru-hike A thorough FAQ section including information ranging from how to obtain sponsorship, to the best stove for the trail, to avoiding chafing, and much more

Bill Walker likes to walk. Everywhere. So he walked the Appalachian Trail, although he had never spent a night outdoors or backpacked before. Producer Nagle lets Bill explain the adventure in his own words. Adapted from container.

An inspirational story of a regular man - a retired prison guard - who overcomes staggering odds to complete a journey, and his renewed faith he finds in humanity. The chapters tell real-life stories that are entertaining and emotional as they take the readers along the Appalachian Trail from Georgia to Maine. Memoir, 51 photos

The First Thru-hike of the Appalachian Trail

One Man's Journey to Peace and Freedom on the Appalachian Trail

Notes, Sketches, and Other Detritus from the Appalachian Trail

Grandma Gatewood's Walk

Awol on the Appalachian Trail

The Best Trail Towns, Day Hikes, and Road Trips In Between

Long Distance Hiking on the Appalachian Trail for the Older Adventurer

A 41-year-old engineer quits his job to hike the Appalachian Trail. This is a true account of his hike from Georgia to Maine, bringing to the reader the life of the towns and the people he meets along the way.

In 2003, software engineer Paul Mccusker left his job, family, and friends to hike 2,172 miles of the Appalachian Trail. AWOL on the Appalachian Trail is Mccusker's account of this thru-hike from Georgia to Maine. Listeners are treated to rich descriptions of the Appalachian Mountains, the isolation and reverie, the inspiration that fueled his quest, and the rewards of taking a less conventional path through life. While this book abounds with introspection and perseverance, it also provides useful passages about hiking gear and planning. This is not merely a travel guide; it is a beautifully written and highly personal view into one man's journey and the insights gained by abandoning what is

comfortable and routine.

An account of the author's 2016 thru-hike of the 2,190-mile Appalachian Trail.

Originally published in 2010 with the subtitle Epic adventures on the Appalachian Trail.

Whistler's Walk

Becoming Odyssea

Called Again

The A. T. Guide

How the WILD Effect Turned Me Into a Hiker At 69

Skywalker

Appalachian Trail Thru-Hikers' Companion 2022

Best Hikes of the Appalachian Trail: Mid-Atlantic by Matt Willen provides readers with detailed information on 43 of the best Appalachian Trail day hikes along the 450 miles stretch of trail that extends from Harper's Ferry, West Virginia to the New York/Connecticut state line. The guide includes a range of hikes, from those that are suitable for families with small children looking for a nice walk in the woods, to the seasoned hiker out for challenging weekend. Many of the hikes make use of adjacent side trails to create loop and balloon configuration trips as well as out-and-back excursions, and all of the trips can be completed with a single car. Each of the profiles includes pertinent information on the history or natural history of the hike and provides recommendations for other activities or sites of interest in the area.

The official guide for AT thru-hikers and section hikers

In April 1948, the 11-year-old Appalachian Trail from Maine to Georgia was pretty much a wreck: Volunteer maintainers who hadn't been called to combat couldn't get rationed gasoline to get out there to keep it clear. In April 1948, so, pretty much, was Earl Shaffer, self-dubbed The Crazy One. He had come home from war in the Pacific where he had lost the dearest friend of his life. He needed to walk it off, and he did with the most primitive of gear. In four months, he walked with the merging spring from Georgia to Maine, bushwhacking to find the route more often than not-becoming the first to report a complete, single-journey trek on this footpath of more than 2,000 miles. More than 7,000

have since followed in his footsteps. These reflections on and from his first of three thru-hikes are often lyrical, full of history and local legend and his own quiet insights on life in the woods in a much different era all around.

M. J. Eberhart, aka the Nimblewill Nomad, was a 60-year-old retired doctor in January 1998 when he set off on a foot journey that carried him 4,400 miles (twice the length of the Appalachian Trail) from the Florida Keys to the far north of Quebec. Written in a vivid journal style, the author unabashedly recounts the good (friendships with other hikers he met), the bad (sore legs, cutting winds and rain), and the godawful (those dispiriting doubts) aspects of his days of walking along what has since become known as the Eastern Continental Trail (ECT). An amazing tale of self-discovery and insight into the magic that reverberates from intense physical exertion and a high goal, Eberhart's is the only written account of a thru-hike along the ECT. Covering 16 states and 2 Canadian provinces, Ten Million Steps deftly mixes practical considerations of an almost unimaginable undertaking with the author's trademark humor and philosophical musings.

Hikers' Stories from the Appalachian Trail

A Walk in the Woods

In Gift Box

Benton MacKaye, Myron Avery, and the Rivalry That Built the Appalachian Trail

A Woman's Pilgrimage on the Appalachian Trail

Appalachian Trail Thru-Hikers' Companion 2021

Sticks and Stones

After Paul Stutzman lost his wife to breast cancer, he sensed a tug on his heart--the call to a challenge, the call to pursue a dream. Paul left his stable career, traveled to Georgia, and took his first steps on the Appalachian Trail. What he learned during the next four and a half months changed his life--and will change readers' lives as well. In Hiking Through, readers will join Paul on his remarkable 2,176-mile hike through fourteen states in search of peace and a renewed sense of purpose, meeting fascinating and funny people along the way. They'll discover that every choice we make along the path has consequences for the journey and will come away with a new understanding of God's grace and guidance. Nature-lovers, armchair adventurers, and those grieving a loss may not be able to hike the AT themselves, but they can go on this spiritual pilgrimage with a truly humble and sympathetic guide.

Part outdoor adventure, part memoir, this is an emotional and spiritual account of six months spent by the author on the Appalachian Trail which stretches from Georgia to Maine and covers some 2,000 miles of exceptionally wild country. Overcoming exhaustion, hunger, injuries and loneliness, Winters captures the sense of majestic isolation, moments of staggering beauty and startling terror, and the conflicting senses of exhilaration and futility that exist in outdoor adventure. Truthful, often funny, this is an exciting account of an exceptional journey.

The Appalachian Trail is one of America's most beloved resources. But few know the story behind the creation of the world's longest hiking-only trail. The project could have died in the pages of a journal had it not been for the efforts of many people--including two, in particular: Benton MacKaye and Myron Avery. While the men shared a common vision, their vastly different personalities meant it was only a matter of time before they had a falling out over plans for the trail. *Blazing Ahead: Benton MacKaye, Myron Avery, and the Rivalry That Built the Appalachian Trail* relays the true but little-known rivalry behind the creation of one of the nation's greatest treasures.

A thoroughly researched guide by long-distance hikers for long-distance hikers

How to Hike the Appalachian Trail: a Comprehensive Guide to Plan and Prepare for a Successful Thru-Hike
Appalachian Trials

The Appalachian Trail in 142 Days

Pacific Crest Trail Data Book

Hiking the Appalachian Trail at 60

In Beauty May She Walk

Adventures on the Appalachian Trail

In 2011, Jennifer Pharr Davis became the overall record holder on the Appalachian Trail. By hiking 2,181 miles in 46 days - an average of 47 miles per day - she became the first female to ever set that mark. But this is not a book about records or numbers; this is a book about endurance and faith, and most of all love. The most amazing part of this story is not found at the finish, but is discovered through the many challenges, lessons and relationships that present themselves along the trail. This is Jennifer's story, in her own words, about how she started this journey with a love for hiking and more significantly a love for her husband Brew. Together, they were able to overcome rugged mountains and raging rivers, sleet storms and 100 degree heat, shin-splints and illnesses. They made new friends and tested old friendships; they shared together laughter, and tears - a lot of tears. But, through it all, they fell more in

love with one another and with the wilderness. By completing this extraordinary amateur feat, Jennifer rose above the culture of multi-million dollar sports contracts that is marked by shortcuts and steroids. This is the story of a real person doing something remarkable. Jennifer Pharr Davis is a modern role-model for women - and men. She is an authentic hero.

The essential, cut-to-the-chase handbook to the Pacific Crest Trail, based on the comprehensive Wilderness Press guidebooks to the PCT, has been updated for 2005. Packed with trail-tested features, it's useful both on and off the trail, covering pre-trip planning for resupply stops, how to set daily on-the-trail mileage goals by knowing trail gradient and the locations of campsites, water sources, and facilities, and how to easily calculate distances between any two points on the trail, and how to planning both north-bound and south-bound hiking trips.

Collection of highlights from twenty-one Appalachian Trail blogs.

Since 2010, The A.T. Guide, a.k.a. "The Awol Guide," has been the guidebook of choice for hikes of any length on the Appalachian Trail. The book contains thousands of landmarks such as campsites, water sources, summits and gaps. The trail's elevation profile is included and every landmark is aligned to the profile. Hikers using this guide know where they are on the trail, what views, streams and campsites are ahead, and whether they'll be hiking uphill or downhill to get there. The A.T. Guide answers all of your questions about how to get rides, where to stay, and where to get supplies. There are 94 maps of towns on or near the trail showing where to find these services and detailed listings for businesses. The A.T. Guide is the most innovative trail guidebook ever developed.

Lost on the Appalachian Trail

2021 the A.T. Guide

Living and Learning on the Appalachian Trail

How to Hike the Appalachian Trail in Thirteen Years

Hiker Trash

A Handbook for Hiking the Appalachian Trail

An Appalachian Trail Journey

In Whistler's Walk: The Appalachian Trail in 142 Days, author Bill Monk brings readers his real-life,

day-to-day account of hiking the Appalachian Trail in its entirety, from intense, necessary preparation at the start to the emotionally charged conclusion of summiting Mount Katahdin. Based on Monk's journal entries written daily along the way, readers are afforded the up-close and intimate privilege of witnessing his very real trials and triumphs, and each incredible, beautiful moment as he experienced it. Anyone who has hiked, or plans on hiking the Appalachian Trail, lovers of nature, and those who know what it's like to accomplish a seemingly insurmountable feat will relish the uplifting story of Monk's successful, 2,189-mile trek. With every milestone achieved throughout his life-changing, unbelievably difficult journey, Monk paints a magnificent portrait of the outdoors, and what it's like to fully immerse oneself in nature's glorious, awe-inspiring-and challenging-beauty.

God only knows what possessed Bill Bryson, a reluctant adventurer if ever there was one, to undertake a gruelling hike along the world's longest continuous footpath—The Appalachian Trail. The 2,000-plus-mile trail winds through 14 states, stretching along the east coast of the United States, from Georgia to Maine. It snakes through some of the wildest and most spectacular landscapes in North America, as well as through some of its most poverty-stricken and primitive backwoods areas. With his offbeat sensibility, his eye for the absurd, and his laugh-out-loud sense of humour, Bryson recounts his confrontations with nature at its most uncompromising over his five-month journey. An instant classic, riotously funny, A Walk in the Woods will add a whole new audience to the legions of Bill Bryson fans.

You're About To Discover The #1 Secret To Appalachian Trail With This Comprehensive Guide to Thru-Hiking the Appalachian Trail! Every year, hundreds of thousands of people attempt a thru-hiking trip of the Appalachian Trail. However, only about 10% of these people complete the trip; about 90% just give up and go home after hiking a few miles. If you can complete the trip successfully, you are definitely a rare breed. The key to completing the trip lies in proper preparation. It has little to do with strength or energy; and everything to do with mental, physical, and financial preparation. Further, the best way to ensure you complete the hike is to seek advice from people who have actually been there and done that. In this book, I lay out some practical advice and tips drawn from my personal experiences hiking the Appalachian Trail. These tips will help you plan adequately so that you can successfully thru-hike the Appalachian Trail. Here's Just A Small Preview Of What You'll Learn... History of the Appalachian Trail Registration, Licenses and Permits Budgeting, Gear, Packing, and Pre-Hike Fitness Transportation, Arrival, and Starting Point Shelter and Accommodation Ultra-light Nutrition and Feeding And much, much more! When you purchase the "Appalachian Trail" today,

you'll save \$3 off the regular price and get it for a limited time discount of only \$9.99! This discount is only available for a limited time!No questions asked, money back guarantee! Go to the top of the page and click the orange "Add To Cart" button on the right to order now! Tags: appalachian trail, appalachian trail tumbler, appalachian trail guide, appalachian trail map, the appalachian trail, appalachian trail game, appalachian trail books, appalachian trail book, appalachian trail maps, appalachian trail shirt, appalachian trail running shirt, appalachian trail accessories, appalachian trail socks, appalachian trail backpack, appalachian trail jacket, appalachian trail sticker, appalachian trail gear, appalachian trail calendar 2018, appalachian trail dvd, appalachian trail tent, appalachian trail cup, appalachian trail guidebook, national geographic appalachian trail, appalachian trail coffee mug, appalachian trail calendar, appalachian trail hat, the appalachian trail guide, appalachian trail t shirt, appalachian trail mug, appalachian trail kids, appalachian trail map poster, appalachian trail hiking, appalachian trail guide book, appalachian trail poster, the appalachian trail game, appalachian trail patch, appalachian trail sign, the appalachian trail map, appalachian trail blanket, appalachian trail water bottle, appalachian trail pack, the appalachian trail book, appalachian trail guide 2017, appalachian trail decal, appalachian trail kit, appalachian trail series, appalachian trail knife, appalachian trail marker, awol appalachian trail, appalachian trail guide 2018, appalachian trail tshirt, appalachian trail board game, appalachian trail 2017, appalachian trail map puzzle, hiking appalachian trail, appalachian trail gps, appalachian trail trucker hat, appalachian trail clothing, appalachian trail necklace, appalachian trail shirt women, appalachian trail flag, appalachian trail ornament, georgia appalachian trail, appalachian trail video, appalachian trail audiobook, appalachian trail hoodie, appalachian trail map book, appalachian trail documentary, yeti appalachian trail, appalachian trail reader, appalachian trail puzzle, northbound appalachian trail, appalachian trail folding knife, appalachian trail coffee cups, mens appalachian trail shirt, appalachian trail handbook, appalachian trail art, appalachian trail map art, appalachian trail painting, appalachian trail for kids, appalachian trail shirts, appalachian trail picture frame, appalachian trail decor, 2018 appalachian trail, appalach

Derick Lugo had never been hiking. He didn't even know if he liked being outside all that much. He certainly couldn't imagine going more than a day without manicuring his goatee. But with a job overseas cut short and no immediate plans, this fixture of the greater New York comedy circuit began to think about what he might do with months of free time and no commitments. He had heard of the Appalachian Trail and knew of its potential for danger and adventure, but he had never seriously

considered attempting to hike all 2,192 miles of it. Then again, what could go wrong for a young black man from the city trekking solo through the East Coast backwoods? The Unlikely Thru-Hiker is the story of how an unknowing ambassador of one of the AT's least common demographics, unfamiliar with both the outdoors and thru-hiking culture, sets off with an extremely overweight pack and a willfully can-do attitude to conquer the infamous trail. What follows are eye-opening lessons on preparation, humility, race relations, and nature's wild unpredictability. But this isn't a hard-nosed memoir of discouragement or intolerance. What sets Lugo apart from the typical walk in the woods is his refusal to let any challenge squash his inner Pollyanna. Through it all, he perseveres with humor, tenacity, and an unshakeable commitment to grooming--earning him the trail name "Mr. Fabulous"--that sees him from Springer Mountain in Georgia to Katahdin in Maine.

Hike Your Own Hike

**A Psychological and Emotional Guide to Successfully Thru-hiking the Appalachian Trail
Nimblewill Nomad's Epic 10-Month Trek from the Florida Keys to Québec**

Walking Home

Hiking Through

The Trail

7 Life Lessons from Backpacking Across America: Wanderlearn, Book 1

Everything you need to know to complete your thru-hike. The AT is a life changing experience and an amazing accomplishment. Half of the battle is proper preparation. This book is everything I wish I would have known before setting off on my thru-hike. Complete with personal tips and experiences. Learn how to budget wisely, save money and not waste cash. Know how to allocate 6 months of your time and plan your exit. Master your gear with a massive guide on everything from your spork to your tent. Understand clothing, layering and materials. Hear about what life is really like on the trail. Know which direction to go, when and why. Familiarize yourself with a state by state breakdown of the trail. Learn how to mentally prepare an optimistic framework for the "I-wanna-quit-days". Understand the physical demands and methods to prevent injury. Prepare yourself for the nutritional needs with food ideas and favorite meal plans. Know the REAL dangers on the AT. "Female Needs" section from AT record-holder Heather 'Anish' Anderson. And a whole lot more...

Emma Gatewood was the first woman to hike the entire Appalachian Trail alone, as well as the first person—man or woman—to walk it twice and three times and she did it all after the age of 65. This is the first and only biography of Grandma Gatewood, as the reporters called her, who became a hiking celebrity in the 1950s and '60s. She appeared on TV with Groucho Marx and Art Linkletter, and on the pages of *Sports Illustrated*. The public attention she brought to the little-known footpath was unprecedented. Her vocal criticism of the lousy, difficult stretches led to bolstered maintenance, and very likely saved the trail from extinction. Author Ben Montgomery was given unprecedented access to Gatewood's own diaries, trail journals, and correspondence. He also unearthed historic newspaper and magazine articles and interviewed surviving family members and hikers Gatewood met along the trail. The inspiring story of Emma Gatewood illustrates the full power of human spirit and determination.

A diverse group of hikers--by age, ethnicity, and background--set out separately to hike the whole Appalachian Trail from Georgia to Maine. They all bonded, as thru-hikers tend to do. Some fell in love. (Published by the Appalachian Trail Museum Society; distributed by the Appalachian Trail Conservancy.)

Whether you're stopping for a day trek or taking a weekend getaway, hit the road and hit the legendary trail with *Moon Drive & Hike Appalachian Trail*. Make your escape on shorter trips from major cities or drive the entire three-week route from Georgia to Maine Find your hike along the Appalachian Trail with detailed trail descriptions, mileage, difficulty ratings, and tips for picking the right section of the trail for you Discover adventures off the trail: Immerse yourself in the spirit of colorful trail towns, peep the changing leaves in the Berkshires, and cruise the sun-dappled Skyline Drive. Kick back after a day hike at a microbrewery in Asheville, dig in to southern barbecue (hey, you've earned it), or unwind in the coffee shops and art galleries of a hip New England hamlet Take it from avid hiker Timothy Malcolm, who shares his insight on the best views, waterfalls, mountains, and (of course!) breweries Full-color photos, strategic itineraries, easy-to-use maps and site-to-site driving times Get the lowdown on when and where to get gas, how to avoid traffic, and braving different road and weather

conditions, plus tips for LGBTQ travelers, seniors, and road-trippers with kids With Moon Drive & Hike Appalachian Trail's practical tips and local know-how, you're ready to lace up your hiking boots, pick a trailhead, and embark on your adventure. Looking to explore more of America on wheels? Try Moon Nashville to New Orleans Road Trip. Doing more than driving through? Check out Great Smoky Mountains National Park or Moon Carolinas & Georgia.

The Trail is the Teacher

A Comprehensive Guide to Thru-Hiking the Appalachian Trail

Appalachian Trail Wall Map 2017

An Appalachian Trail Adventure

Best Hikes of the Appalachian Trail: Mid-Atlantic

Walking the Appalachian Trail

The Unlikely Thru-Hiker

Did you ever feel a need to shake up your life a little? Jane Congdon did, and spent 17 weeks on the Appalachian Trail hiking with partners, alone, and with a good-luck charm, logging 1,200 miles in 7 of the 14 AT states. This is her fascinating and humorous account of journey-from bears, wild pigs, violent weather, trail town stops--and the personalities she met along the way--and how it changed her perceptions of both Mother Nature and human nature.

Since 2010, The A.T. Guide, a.k.a. "The Awol Guide," has been the guidebook of choice for hikes of any length on the Appalachian Trail. The book contains thousands of landmarks such as campsites, water sources, summits and gaps. The trail's elevation profile is included and every landmark is aligned to the profile. Hikers using this guide know where they are on the trail, what views, streams and campsites are ahead, and whether they'll be hiking uphill or downhill to get there. The A.T. Guide answers all of your questions about how to get rides, where to stay, and where to get supplies. There are 100 maps of towns on or near the trail showing where to find these services and detailed listings for businesses. The A.T. Guide is the most innovative trail guidebook ever developed.

National Geographic's map of the Appalachian Trail is ideal for fans and hikers of this

magnificent national scenic trail. It makes a great planning tool or as reference to track progress on the 2,200 mile length. Developed in cooperation with the Appalachian Trail Conservancy, this beautiful poster, shows the entire length of the trail from Maine to Georgia. A unique elevation profiles highlight the trail's peaks and valleys and an informative mileage chart shows the distance between key locations. Also highlighted on the map are National Forests, National Park Service lands, State Forests and Parks, and major highways and interstates. Points of interest include Appalachian Trail information centers and shelters. The map is packaged in a full color box that is perfect for gift giving. The box includes details about the map with its size and scale as well as a large section of the map that displays the cartography found inside Map Scale = 1:1,612,900 Sheet Size = 18" x 48"

Leslie struggles to balance her familys needs with her needs on the Appalachian Trail, and sheds years of social conditioning that dictate how a woman is expected to act.

Sole Searching on the Appalachian Trail

Thru

Appalachian Trail

Moon Drive & Hike Appalachian Trail

A Story of Love and Triumph

The Appalachian Trail

Walking with Spring

Accounts by thru-hikers, organized by topic. Foreword by hiker Maurice Forrester and stunning color photos by Mike Warren.

How does a middle-aged wife, mother, and FBI agent pursue her dream of hiking 2,200 miles from Springer Mountain, Georgia, to Mount Katahdin, Maine? Sticks Harsha balances her trekking ambitions against the responsibilities of daily life by hiking the Appalachian Trail in sections, one piece at a time. Across a thirteen-year odyssey, Sticks discovers the best of America: the stunning beauty and diversity of nature, the quaintness of small towns, the quirkiness of fellow hikers, and, above all, the generosity of strangers. She also discovers the disorientation of extreme thirst, the unpredictability of feral animals, and the dangers of life-threatening winds across knife-edge precipices in the isolated, mountainous wilds. Follow this brilliantly written saga of one woman's quest to hold onto her dream even as her body ages and her spirit tires, making her question whether she will ever finish her journey. And whether she will truly make it back home.

Join Kyle and his little dog "Katana" as they take you along for every step of their 2,185 mile adventure hiking the entire Appalachian Trail. Confront the terrain, severe weather, injury, dangerous wildlife and questionable characters as you grow and learn as Kyle did from start to

finish of this epic adventure. Make some friends for life, learn the finer points of long distance hiking, and realize that what you take within your backpack is not nearly as important as what you bring within yourself... This exciting and often times humorous narrative does more than simply tell the story of Kyle and Katana's adventures on trail. You will be inspired, while learning what it takes mentally and physically to accomplish an undertaking such as hiking thousands of miles through mountainous wilderness while braving countless obstacles all determined to make you quit. Nobody said it was easy, but if you can make it to the end, your life will be changed forever. What are you waiting for? Adventure is calling...For more content from the Author, as well as to follow his past, present, and future adventures; check out the following pages!Website/Blog: BoundlessRoamad.comInstagram: @_roamad_Facebook: facebook.com/kyle.rohrig.7Youtube:

youtube.com/c/NomadWisdom

Paul Mccusker

Blazing Ahead