

## Appalachian Trail Guide Book

Thru-hiking the Appalachian Trail can be one of the most rewarding and powerful things you do in life. Overcoming the challenges of a thru-hike requires a lot of research, planning, and dedication, so we put together this guide to help get you started. Especially for women, who are weak gender and have to prepared carefully to deal with such as wild animal, ... Below, you'll find tips about choosing when and where to start, buying gear, what to expect on the trail, and so much more. In this book, the author gives you the answers you need to these (and more) questions: -Is it safe for you to do this alone? -What can I do to protect myself from dangerous animals or people? -How do I deal with my period (and other bodily functions) while camping? -I don't have a hiking partner - what if I get lonely or injured? -How can I keep my family from worrying or talking me out of it?

Do you dream of hiking the Appalachian Trail, but tired sleeping in the woods and lugging a heavy backpack? Then The Appalachian Trail Day Hikers' Guide: Downhill to Fine Wine and Accommodations by Carol and Jim Steiner is just the book for you. Carol and Jim give you detailed information about each day hike from Springer Mountain, Georgia, to Davenport Gap, Tennessee, and spotlight hidden gems along the trail and in the communities that surround it. They don't want you to miss the tiny bloodroot poking its head through the leaves, the amazing views of the Smoky Mountains National Park, or the friendly hosts and comfy beds at Your Home in the Woods B&B, the mouthwatering ribs at Jim's Smokin' Q, or the petroglyphs at the Track Rock Archeological Area. You can turn an ordinary day hike into an adventure. They also share stories from Carol's hiking journals, amazing pictures from their own hikes, and amusing accounts of their occasional mishaps on the trail. Join Carol and Jim in hiking the Appalachian Trail one day at a time, savoring the still and quiet forest, exploring the small communities along the way, and finding unexpected treasures. This Guide Includes: Trail Maps and Elevation Profiles, Detailed Directions to Trailheads with GPS- Coordinates, Level of Effort ratings, Hike Times, Distances, and Downhill Miles, Descriptions of what you will find along the Trail, Lodging, Restaurants, Outfitters, Shuttle-Service Providers, Groceries, ATMs, Urgent Care and Emergency Services, and Fun Places to Visit in nearby towns. Authors Carol and Jim Steiner are hikers, writers, and photographers. They have hiked over 800 miles of the Appalachian Trail.

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 duflie—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.

A thoroughly researched guide by long-distance hikers

A Psychological and Emotional Guide to Successfully Thru-hiking the Appalachian Trail

An Incomplete Compendium of Mostly Interesting Things

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

Backcountry Shelters, Lean-Tos, and Huts

Appalachian Trail Guide to New Hampshire-Vermont

Appalachian Trail Guide to Southwest Virginia

*Official guidebook and maps for the Appalachian Trail in New Hampshire and Vermont, including the White Mountains and Green Mountain National Forest.*

*The official guide to the 238 miles of the Appalachian Trail from its southern terminus on Springer Mountain in Georgia (about an hour north of Atlanta) to the eastern boundary of Great Smoky Mountains National Park on the North Carolina-Tennessee border. This guidebook comes with four five-color topographic maps printed on two sheets of waterproof, tear-resistant material, for the areas south of the park and National Geographic Maps' five-color topographic map of the park, with its side trails. The route traverses wilderness areas throughout the Chattahoochee-Oconee and Nantahala national forests, as well as the park, and includes the most rugged sections of the legendary footpath south of New Hampshire and Maine. All the waterproof, tear-proof maps have scales of about one inch to one mile. The book includes detailed trail descriptions as well as information on overnight sites, water sources, natural and cultural history of the areas, and directions to trailheads. Packaged in a resealable bag for convenience on the trail. No batteries, downloads, or service reception required.*

*A complete guide to the Appalachian Trail shelters that provide a gathering place and a sense of community along America's most famous footpath. Whether you have spent a night or six months on the Appalachian Trail, every hiker eventually experiences one of the trail's iconic lean-tos or huts. More than 250 such backcountry structures exist on the 2,200-mile route, and they have welcomed hikers since the trail's inception in 1937. The Appalachian Trail organizes and assembles every single shelter for the first time in this informative and unique resource packed with trail and shelter photos, information, and detailed maps. Photographer and writer Sarah Jones Decker re-hiked the AT in 2008 and re-hiked it again in 2018 and 2019 for this massive documentary project. Decker worked with the Appalachian Trail Conservancy—and in collaboration with the trail community of hikers, historians, photographers, writers, and clubs—to produce this first-of-its-kind resource. It is the ideal gift for anyone planning or dreaming of a hike on the AT. Covers 229 miles from Delaware Water Gap National Recreation Area to the town of Pen Mar on the Maryland border. Five multicolored topographic maps, with elevation profiles, produced by the Keystone Trails Association and Potomac Appalachian Trail Club*

*A Handbook for Hiking the Appalachian Trail*

*Celebrating America's Hiking Trail*

*Hiking and Traveling the Blue Ridge Parkway, Revised and Expanded Edition*

*The A. T. Guide*

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

*AMC's Comprehensive Guide to Hiking Trails in the White Mountain National Forest*

Indispensible handbook of mileages between features and facilities on the AT

For day-hikers and backpackers alike, AMC's White Mountain Guide has remained the most trusted and indispensable resource for 115 years. This 31st edition has been fully updated and revised Included in this boxed set are six pull-out topographic maps, updated to reflect the latest trail openings, closings, and reroutings.

Since 2010, The A.T. Guide, a.k.a. "The Awol Guide," has been the guidebook of choice for hikers 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.

The official guide to the 170 miles of the Appalachian Trail in southwest Virginia, from the New River near Pearisburg to the Tennessee line at the southern boundary of the Mt. Rogers National Recreation Area. This guide is a package of a guidebook and four maps (on two sheets of water-resistant, tearproof plastic paper). The book features "unidirectional" trail descriptions with water sources and overnight sites and a wealth of historical and natural-resources information, all compiled by the volunteers who manage the trail in this area and completely revised in 2015. The highly detailed, inch-to-a-mile maps are GIS-generated, span out three miles or more from the footpath, and include elevation profiles of the trail route.

White Mountain Guide

The Ultimate Guide And Tips Of Thru-Hiking For Women: Hiking The Appalachian Trail Guide Book

A Biography

Stuff You Should Know

Appalachian Trail Data Book 2021

AWOL on the Appalachian Trail

Appalachian Trail Central Virginia Guide Book Map Set

The A.T. Guide is the guidebook of choice for hikers 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.

The official guide to the 141 miles of the Appalachian Trail between the Vermont and New York lines, paralleling the western borders of Massachusetts and Connecticut. This packaged product includes a new edition of the guidebook, in modern unidirectional format, with a set of four detached topographical maps (two sheets, printed on both sides), scaled at one inch-one mile with 100-foot contours and including elevation profiles, shelters and other features, and water sources. Features of the Massachusetts-Connecticut route include Mt. Greylock, the nearby towns of the Berkshires, and the river walks of western Connecticut. The range of the maps is from several miles into Vermont to about 20 miles into New York (reaching the train stop that connects hikers to Manhattan!) The book includes local history as well as background on trail landmarks. -- Sue Spring

"Makes you feel the pain and joy of an Appalachian Trail thru-hike. . . In vivid colors, David paints a picture of his memorable journey."—Larry Luxenberg, president of the Appalachian Trail Museum Society In 2003, David Miller left his job, family, and friends to fulfill a dream and hike the Appalachian Trail. AWOL on the Appalachian Trail is Miller's account of this thru-hike along the entire 2,172 miles from Georgia to Maine. On page after page, readers are treated to rich descriptions of the valleys and mountains, the isolation and reverie, the inspiration that fueled his quest, and the life-changing moments that can only be experienced when dreams are pursued. While this book abounds with introspection and perseverance, it also provides useful passages about safety and proper gear, showing a professional hiker's preparations and tenacity. This is not merely a travel guide, but a beautifully written and highly personal view into one man's adventure and what it means to make a lifelong vision come true.

The Appalachian Trail Day Hikers' Guide

A Comprehensive Guide to Thru-Hiking the Appalachian Trail

Third Edition

Downhill to Fine Wine and Accommodations: Georgia, North Carolina and Tennessee

2022 the A.T. Guide

Awol on the Appalachian Trail

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 definitively 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 experience 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 book, 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 patch, 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 ops, 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

Fourteenth Edition, 1998. Covers 174 miles from Kent, Connecticut, to Delaware Water Gap National Recreation Area on the New Jersey -- Pennsylvania line. Six four-color topographic maps with elevation profiles; scale, 1:36,000. 212 pages.

Everything you need to know to complete your thru-hike. The AT is a life changing experience and an amazing accomplishment. 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. . .

The official guide to 302 miles of the Appalachian Trail, from Damascus, Va., near the Tennessee line south to the southern end of the Great Smoky Mountains National Park at Fontana Dam, N.C. The six detached maps (three sheets) included in the packet are water- and tear-resistant in seven colors at a scale of an inch to a mile, with elevation profiles. This area includes the spectacular southern balds, the majestic Highlands of Roan, and Cherokee National Forest, as well as the most-visited of the traditional national parks. The book includes detailed trail descriptions as well as thorough background information on towns, archival photographs, historical sites, and geology. Vic Hasler (northeastern Tennessee), Leonard Bernstein (east-central Tennessee and parts of North Carolina), and Richard Kettlele (Smokies) are longtime, active volunteers with their respective Appalachian Trail clubs, who know the sections best because they help maintain them.

The Only Guide You Will Ever Need, Including GPS, Detailed Maps, and More

Appalachian Trail Thru-Hikers' Companion 2022

Appalachian Trail Guide to Massachusetts-Connecticut

Your Guide to Wildlife, Plants, and Geology

Appalachian Trail Central Virginia Guide Book Map Set

49 Day Challenge to Hike 12 Greatest Sections of A.T.

Hike the AT, and Get to Know Its Nature The Appalachian Trail's soaring elevations and precipitous terrain are complemented by lush vegetation, abundant wildlife, and some of the most beautiful views in the world. You can conquer part or all of the AT on foot. Along the way, immerse yourself in its nature. Leonard M. Adkins has thru-hiked the AT five times, and he has spent countless hours studying it. Now, he's sharing his expertise with you. Nature of the Appalachian Trail is an overview of more than 2,000 miles worth of information! There's no need to shoulder dozens of different books in your backpack. This comprehensive naturalist's guide includes a look at the mountains' history, a study of the land's geology, and detailed information about the trail's birds, mammals, trees, flowers, reptiles, amphibians, and more. Inside you'll find: Complete overview of the entire trail Detailed guide to its flora and fauna In-depth discussion of the region's history and geology Expert insights from a professional naturalist Nature of the Appalachian Trail is your vibrant companion to unbroken forest from Georgia to Maine. It is applicable to the states of Connecticut, Georgia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, North Carolina, Pennsylvania, Tennessee, Vermont, Virginia, and West Virginia.

The Appalachian Trail Hiker is a one-stop guide to preparing for and hiking the AT. Although primarily geared to prepare and sustain the intrepid thru hiker, the book is also a must-have for anyone who wishes to experience the A.T., whether for an hour or for six months.

The only illustrated book officially published with the Appalachian Trail Conservancy, The Appalachian Trail explores this legendary footpath in detail: with a foreword by Bill Bryson and filled with more than 300 spectacular contemporary images, as well as unpublished historical photos, documents, and maps from the ATC archives. Once inspired by this wonderful celebration of the A.T., readers can plan their own hike using the removable and full-size copy of the official National Park Service's map of the entire Appalachian Trail included inside each book. In celebration of the Appalachian Trail's seventy-fifth anniversary, this official book documents in text and photos the history, beauty, and significance of America's most iconic hiking trail. With fascinating essays on topics ranging from the trail's history to the day-by-day hiking experience, this book is perfect for anyone interested in conservation, outdoor recreation, or American history, and for all those who dream of one day becoming thru-hikers themselves. Completed in 1937 by a small cadre of volunteers, the Appalachian Trail spans fourteen states, from Maine to Georgia, and is more than 2,000 miles long. Now, seventy-five years after its completion, the A.T. remains America's premier hiking trail and is known as "the people's path." Visitors from all over the world are drawn to the trail for a variety of reasons, whether to reconnect with nature and see its beauty and wildlife, or to challenge oneself—for two miles or 2,000. Out of three million annual visitors, almost 2,000 attempt each year to earn the distinction of "thru-hiker" by walking all five million footsteps in one continuous journey.

Each year, nearly 2,000 men, women and occasionally children set out to hike the 2,174 miles of the Appalachian Trail from Georgia to Maine (or vice versa). Good preparation is often the key to whether they become part of the 20-25 percent who make it. For this adventure of a lifetime, the [i]Thru-Hike Planner[/i] will help you chart a course, work out a budget, choose gear, plan meals, get in shape and otherwise inspire. It comes with homework: charts and worksheets and checklists and forms, all designed to be ripped out and spread over the kitchen table and then stuck in your pack.Formerly the popular [i]Appalachian Trail Workbook for Planning Thru-hikes[/i], which went through six revisions between 1992 and 2003, this title underwent a total make-over in 2005, bringing together the up-to-date advice of recent hikers with the mileages and trends seen by the trail's managers. This 4th edition advances the mileages and shelters to 2009 status and includes new tips.

Appalachian Trail Thru-Hikers' Companion 2021

Appalachian Trials

Guide to the Appalachian Trail in Pennsylvania

Appalachian Trail Guide to Maine

Hiking Strategies And Preparations For Appalachian Trail Guide Book

The Appalachian Trail

God only knows what possessed Bill Bryson, a reluctant adventurer if ever there was one, to undertake a grueling 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 coasts 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.

The official guide for AT thru-hikers and section hikers

The official guide to 303 miles of the Appalachian Trail, from Damascus, Va., near the Tennessee line south to the southern end of the Great Smoky Mountains National Park at Fontana Dam, N.C. This area includes the spectacular southern balds, the Highlands of Roan, and Cherokee National Forest, as well as the most-visited of the traditional national parks. The six detached maps (three sheets) included in the packet are water- and tear-resistant in seven colors at a scale of an inch to a mile, with elevation profiles. The book includes detailed trail descriptions as well as thorough background information on towns, historical sites, and geology.

Appalachian Trail Guide to Central Virginia contains:

Appalachian Trail

Appalachian Trail Thru-Hike Planner

Travel Guides

Appalachian Trail Guide to Tennessee-North Carolina

2021 the A.T. Guide

APPALACHIAN TRAIL NEW YORK-NEW JERSEY GUIDE BOOK MAP SET.

*"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. Instead of 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*

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.

Thru-hiking the Appalachian Trail can be one of the most rewarding and powerful things you do in life. Overcoming the challenges of a thru-hike requires a lot of research, planning and dedication, so we put together this guide to help get you started. Bob Olson always had a love for anything to do with being outdoors and had enjoyed many hiking and camping excursions, but he was ready for more! After signing up and completing an Outward Bound trip, he decided he was ready to tackle the over 2,175 mile Appalachian Trail from Springer Mountain in Georgia to Mt. Katahdin in Maine. How was he going to tackle the trail with a job and family at home in South Carolina that he could not leave for five to six months? The answer was to section hike it over the course of 158 days spread out over 13 years! In This Appalachian Trail Hiking Guide, "Big Bob" Provides: - Step by step descriptions of many AT landmarks - Valuable planning tips - Dos and Don'ts - Suggestions on how to divide your hike into sections - A valuable backpacking packing checklist

This guidebook provides a detailed description of every official National Park Service trail along the Blue Ridge Parkway. But that's just the beginning; veteran hiker Leonard M. Adkins includes information on every trail that touches the parkway, including the Appalachian Trail and other public pathways on national park, state park, national forest, municipal, and private lands, along with citations for the Mountains-to-Sea Trail. Far more than a guide to the trails, this book will help you plan your whole trip. It's the perfect companion for your next parkway adventure. Includes: - every public trail along the parkway - GPS coordinates and 72 maps - 255 total trails, including 12 new trails since the last edition - trail length and difficulty - points of interest - wheelchair accessibility - a short history of the parkway and region - campgrounds and lodges - public restroom locations - elevation change charts for cyclists - tunnel heights for RVs - wildflower bloom calendar - selected sightseeing information on nearby towns

A Walk in the Woods

Hiking Appalachian Trail from Georgia to Maine

Nature of the Appalachian Trail

Appalachian Trail Guide to Central Virginia

Books and Maps

Moon Drive & Hike Appalachian Trail

*This is the official guide to the 281 miles of the Appalachian Trail in Maine, from the summit of Mt. Katahdin in Baxter State Park south and west to the New Hampshire border. This trail guide is a planning guide with rich historical background on the lands. The seven, four-color, topographic maps-at 1:62,500 scale with modified shaded relief-included detailed trail-route descriptions on the backs, with elevation profiles.*

*From the duo behind the massively successful and award-winning podcast Stuff You Should Know comes an unexpected look at things you thought you knew. Josh Clark and Chuck Bryant started the podcast Stuff You Should Know back in 2008 because they were curious—curious about the world around them, curious about what they might have missed in their formal educations, and curious to dig deeper on stuff they thought they understood. As it turns out, they aren't the only curious ones. They've since amassed a rabid fan base, making Stuff You Should Know one of the most popular podcasts in the world. Armed with their inquisitive natures and a passion for sharing, they uncover the weird, fascinating, delightful, or unexpected elements of a wide variety of topics. The pair have now taken their near-boundless "whys" and "hows" from your earbuds to the pages of a book for the first time—featuring a completely new array of subjects that they've long wondered about and wanted to explore. Each chapter is further embellished with snappy visual material to allow for rabbit-hole tangents and digressions—including charts, illustrations, sidebars, and footnotes. Follow along on the two dig into the underlying stories of everything from the origin of Murphy beds, to the history of facial hair, to the psychology of being lost. Have you ever wondered about the world around you, and wished to see the magic in everyday things? Come get curious with Stuff You*

*Should I Know, With Josh and Chuck as your guide, there's something interesting about everything (...except maybe jackhammers).*

**WINNER OF THE NATIONAL OUTDOOR BOOK AWARDS (INSTRUCTIONAL CATEGORY)**Make the Dream of a Long Distance Thru-Hike a Reality! Have you been dreaming of the summer when you can hike the Appalachian Trail? Or marvel at the snow-capped peaks along the Pacific Crest Trail? Or simply section hike the Continental Divide Trail? In Backpacker's Long Trails, Liz "Snorkel" Thomas, former women's speed record holder for the AT and veteran of twenty long trails, gives you the tools to make this dream a reality. Included is trail-proven advice on selecting gear, stocking resupplies, and planning your budget and schedule, complete with gorgeous photographs of life on the trail. Along the way, enjoy sneak peeks into not only the Triple Crown trails, but also lesser-known long trails throughout North America.

Appalachian Trail Guide to New York-New Jersey

Mastering the Art of the Thru-Hike

The Appalachian Trail Hiker

Appalachian Trail North Carolina-Georgia

Trail-Proven Advice for Hikes of Any Length

### ***Backpacker Long Trails***

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 hasn't 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

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.

Now in its third edition in six years, our award-winning guidebook to the Florida National Scenic Trail provides comprehensive end-to-end coverage of more than 1,400 miles of hiking in Florida, a must-have for planning a long hike on the Florida Trail.Mileage charts, overview maps, and descriptions of significant waypoints along the trail let you sit and plan a day hike or a short backpacking trip as well.356 pages, 106 maps. Wholesale discount available. Contact us through [watalapress.com](http://watalapress.com)

The Florida Trail Guide