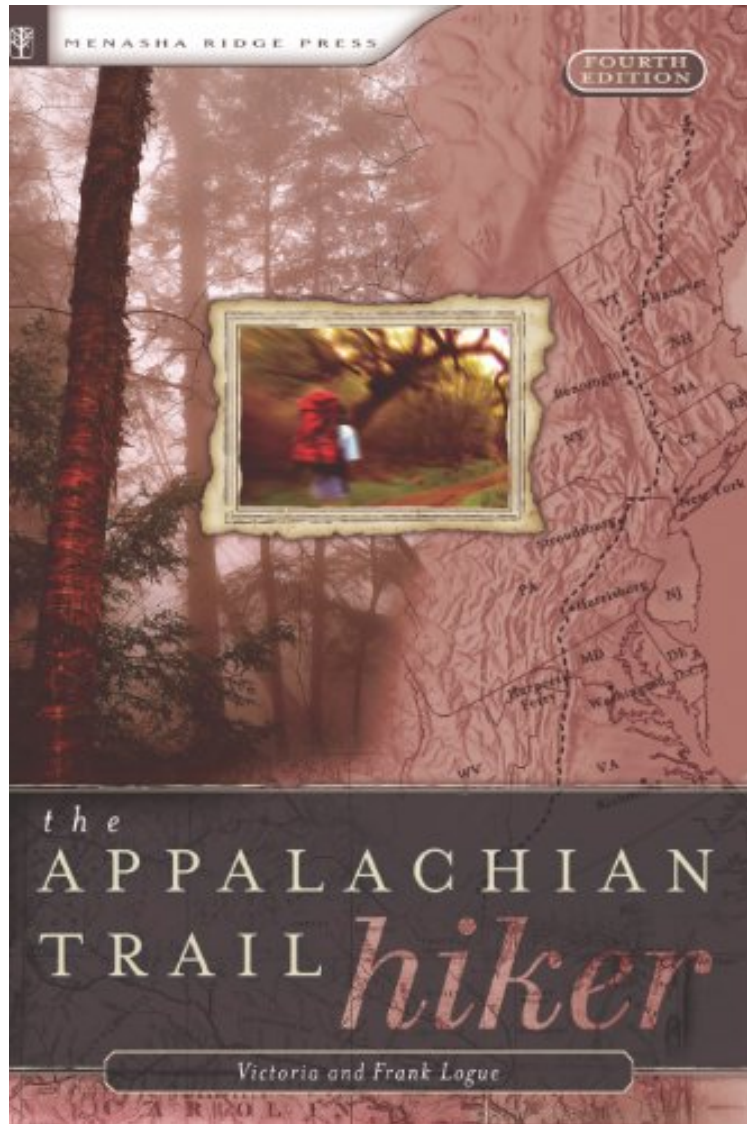


[Mobile pdf] The Appalachian Trail Hiker: Trail-Proven Advice for Hikes of Any Length (None)

## The Appalachian Trail Hiker: Trail-Proven Advice for Hikes of Any Length (None)

Victoria Logue, Frank Logue

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**Victoria Logue, Frank Logue : The Appalachian Trail Hiker: Trail-Proven Advice for Hikes of Any Length (None)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Appalachian Trail Hiker: Trail-Proven Advice for Hikes of Any Length (None):

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A classic now in its Fourth Edition, *The Appalachian Trail Hiker* is today's platinum standard for the latest must-have information for the 4 million day, section, and thru hikers who explore the Appalachian Trail each year. The guide includes: the latest information on hiking the AT with a GPS; comprehensive trail club information, including websites; valuable step-by-step information on preparing to hike the A.T.; crucial information on nutrition and diet; expanded coverage on shelters, cabins, and campgrounds; and details on choosing the best equipment. With the help of dozens of A.T. hikers, the authors have gathered over 100,000 miles of A.T. experience into this commonsense guide on the nation's oldest trail system. Whether you are planning an overnight hike in Virginia, a two-week trek through the Smokies, or a thru hike from Georgia to Maine, *The Appalachian Trail Hiker* is your passport to A.T. adventures in the new millennium.

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