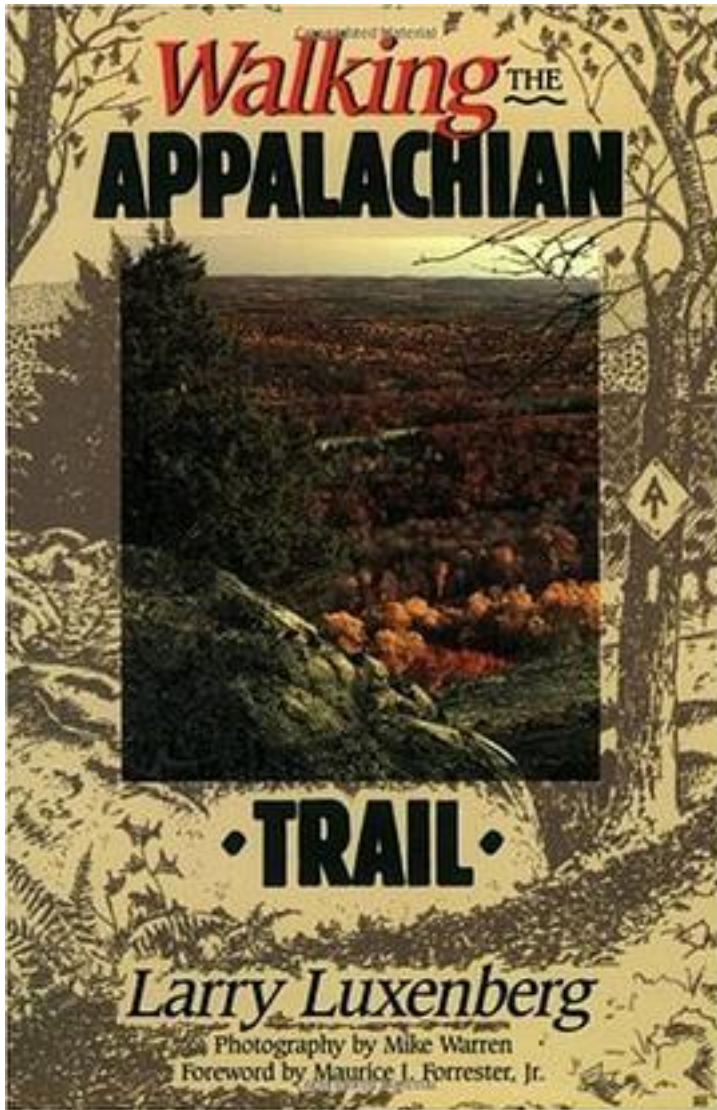


Walking the Appalachian Trail



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著者:Luxenberg, Larry

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Thru-hiker of 1980 weaves history, maintainers' perspectives, accounts of several dozen thru-hikers (well-known and obscure), and the how's of walking the A.T. into a thorough but entertaining history of an increasingly popular sport.

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