

# Appalachian Trail Thru-Hikers' Companion



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The Appalachian Trail Conservancy and the Appalachian Long Distance Hikers Association collaborate on a guide especially designed for potential thru-hikers who want the basic information (on towns and shelters and water) for a five- to six-month trek in the woods, at a reasonable price, but also want the adventure of finding out the extras for themselves. Edited by Cindy "Mrs. Gorp" Miller, who hiked the whole trail throughout 2006, for the third time. With research by more than a dozen thru-hiker volunteers in 14 states, backed by the first-hand information of the trail's volunteer and staff maintainers and managers, and extensive information from the 2007 A.T. Data Book. Sized at 4" x 9" for easy packing, with town maps, illustrations, equipment-makers' toll-free numbers, post office hours.

作者介绍:

目录:

[Appalachian Trail Thru-Hikers' Companion 下载链接1](#)

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