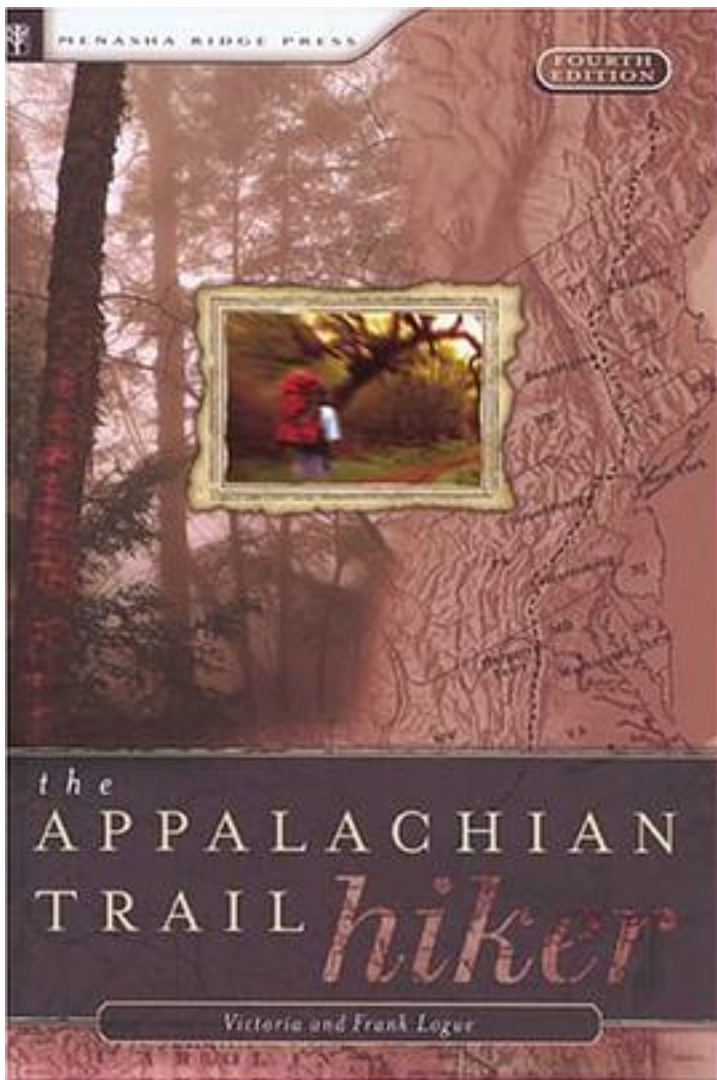


# Appalachian Trail Hiker, 4th



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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. This guide contains: >The latest information on hiking the AT with a GPS >Valuable step-by-step information on preparing to hike the A.T. >Comprehensive Trail Club information, including Web sites >Crucial information on nutrition and diet >Expanded coverage on shelters, cabins, and campgrounds >Details on choosing the best equipment Stretching more than 2,100 miles from Georgia to Maine, the Appalachian Trail is the nation's premier long trail, and The Appalachian Trail Hiker is the essential guide for anyone preparing to hike it. 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. From boots to cooking gear, The Appalachian Trail Hiker offers essential information on backpacking equipment and prepares hikers to encounter wild animals, beat foul weather, interact with fellow hikers, and more. Whether backpackers are planning a day hike in New Hampshire, an overnigher in Virginia, a trek through the Smokies, or a thru-hike from Georgia to Maine, The Appalachian Trail Hiker is their passport to unlimited A.T. adventures.

作者介绍:

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