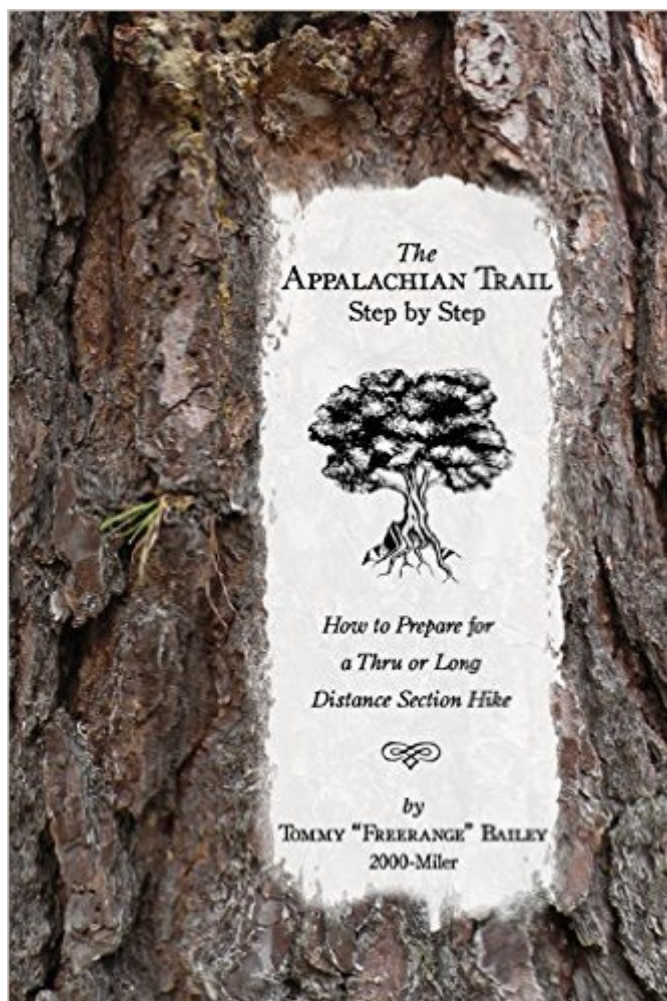


The book was found

The Appalachian Trail, Step By Step: How To Prepare For A Thru Or Long Distance Section Hike



Synopsis

The Appalachian Trail, Step by Step provides valuable information you will need to plan and prepare for a Thru or long distance section hike on the AT. Whether you have questions about gear, food, transportation, trail guides, et cetera, this book will help paint a clearer picture of what it takes to set out on a long distance backpacking trip.

Book Information

Paperback: 124 pages

Publisher: CreateSpace Independent Publishing Platform (June 24, 2013)

Language: English

ISBN-10: 1484062647

ISBN-13: 978-1484062647

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 starsÂ Â See all reviewsÂ (73 customer reviews)

Best Sellers Rank: #47,233 in Books (See Top 100 in Books) #101 inÂ Books > Sports & Outdoors > Hiking & Camping > Excursion Guides #204 inÂ Books > Sports & Outdoors > Nature Travel > Adventure #321 inÂ Books > Travel > Specialty Travel

Customer Reviews

I've heard a saying many times in the surf world. "There are surfers and there are soul surfers". Tommy is a soul hiker. In this eBook Tommy "Freerange" Bailey does more than just give sound, practical, hard-won advice on how to prepare for and hike the Appalachian Trail. He also gives a more easygoing, soul-hiking frame of reference that suits how I hope to approach this journey myself someday. He should probably cut out all of the introductory apologizing in the next edition, but... well worth the \$4.50, especially for the folks out there about to drop a few thousand on unnecessary gear. ;-)

Pretty decent book and I enjoyed reading it. I marked it down though because I thought it was pretty lightweight on actual advice and details. A lot of the content seemed like stuff I already knew or had figured out. I would have appreciated more personal experience and examples of challenges encountered on the trail. If you're a novice backpacker in general, this would be a good read. If you're an experienced backpacker but a first-timer on the AT, you might want to check out some different options.

I thoroughly enjoyed the author's relaxed writing style and found many of his suggestions useful. In particular, his admonition regarding not wearing cotton clothing on the trail and not using inexpensive rain gear were fairly helpful. Highly recommended.

Real good book, full of key information on many subjects. However, it seems to be lacking information on specific points regarding the AT: where he started his first section hike; where is the trail busiest and when, etc. I would have liked a bit more trail detail.

As a brand new hiker, planning to take my first solo day hike even, I got this book. I was able to read it cover to cover in a day, and it did calm down a lot of my anxieties about how to plan for overnight trips and what to expect. Not knowing what to expect is a huge hurdle to get over, for me personally. Haha. Anyway, I appreciate this book, and as a newcomer to NC, and never living near mountains before, I look forward to exploring the AT!

Thoroughly enjoyed this book on the AT. Not exactly a comprehensive guide to specific gear, expenses and hiking methods, but that's not what it was intended for. Having read this now, I have a good idea of another perspective of the trail from a thru hiker.

I have always wondered how people prepare for and execute a thru-hike of the AT. Here is a very succinct description. I enjoyed the read.

Really enjoyed this book. Made me even more excited about tackling a thru-hike. But I was looking for more of a step by step guide to the trail. But this author never claimed that this was a day to day guide to the trail. But I would definitely recommend this book to those who are just beginning to plan for the AT!

[Download to continue reading...](#)

The Appalachian Trail, Step by Step: How to Prepare for a Thru or Long Distance Section Hike
Appalachian Trail Conservancy Appalachian Trail Data Book 2016 The Appalachian Trail Food
Planner: Second Edition: Recipes and Menus for a 2,000-Mile Hike Just Passin' Thru: A Vintage
Store, the Appalachian Trail, and a Cast of Unforgettable Characters 90 Days Thru the Bible: A
Devotional Journey from Walk Thru the Bible Dodge Durango & Dakota Pick-ups: Durango 2000
thru 2003 Dakota 2000 thru 2004 (Hayne's Automotive Repair Manual) The Doctrine and

Covenants Made Easier-Part 2: Section 43 through Section 93 (Gospel Studies) Thru-Hiking Will Break Your Heart: An Adventure on the Pacific Crest Trail A Walk in the Woods: Rediscovering America on the Appalachian Trail Appalachian Trail Wall Map [Laminated] (National Geographic Reference Map) AWOL on the Appalachian Trail Becoming Odysseus: Adventures on the Appalachian Trail Grandma Gatewood's Walk: The Inspiring Story of the Woman Who Saved the Appalachian Trail A Walk for Sunshine: A 2,160-Mile Expedition for Charity on the Appalachian Trail Stand Up That Mountain: The Battle to Save One Small Community in the Wilderness Along the Appalachian Trail Long-Distance Pigeon Racing The Long-Distance Dad: How You Can Be There for Your Child-Whether Divorced, Deployed, or On-the road. Cycling the Great Divide: From Canada to Mexico on America's Premier Long Distance Mountain Bike Route How to Prepare for the PCAT: Pharmacy College Admission Test (Barron's How to Prepare for the Pcat Pharmacy College Admission Test) How to Prepare for the Mat: Miller Analogies Test (Barron's How to Prepare for the MAT)

[Dmca](#)