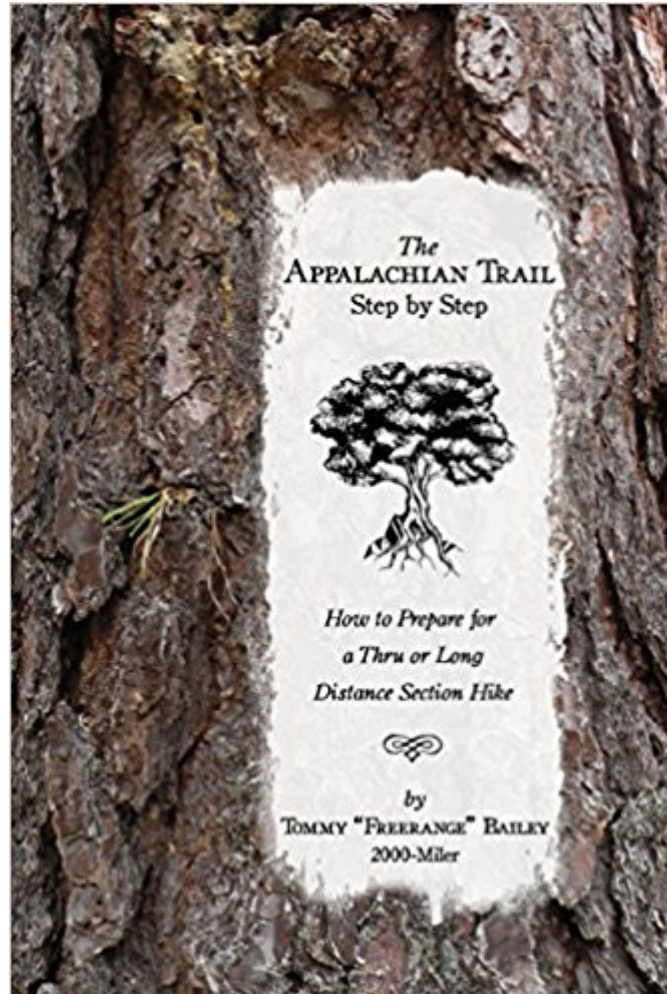


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# The Appalachian Trail, Step By Step: How To Prepare For A Thru Or Long Distance Section Hike



## 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

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## 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!

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