

APPALACHIAN NATIONAL SCENIC TRAIL

Conceived in 1921, the trail was built by private citizens and completed in 1937.

2,190^{*}
MILES LONG
(3524.5 km)

PASSES THROUGH 14 STATES

The "thru-hikers" walk the entire trail in a continuous journey.

Most thru-hikes take an average of **6 months** to complete.

An estimated **3 million** people visit every year and over **3,000** attempt a thru-hike.

Elevation gain/loss equivalent to hiking **Mt. Everest** from sea level and back **16 times**.

State with the shortest length of trail, about 4 miles (6.4 km)

West Virginia

Virginia

State with the longest length of trail, about 550 miles (885 km)

North Carolina

Highest point:
Clingmans Dome
6,643 ft (2025 m)

Tennessee

Southern terminus:
Springer Mountain
3,782 ft (1153 m)

Georgia

Northern terminus:
Mt. Katahdin
5,268 ft (1606 m)

Maine

Vermont

New Hampshire

Massachusetts

Connecticut

Lowest point:
Bear Mountain State Park
124 ft (37.8 m)

New Jersey

New York

Pennsylvania

UNITED STATES

Lake Ontario

Lake Erie

ATLANTIC OCEAN

0 100 200 mi
0 150 300 km

*Distance changes from year to year as the trail is modified or rerouted.

Source: Appalachian Trail Conservancy

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Season On The Appalachian Trail

Jennifer Thermes



Season On The Appalachian Trail:

A Season on the Trail Lynn Setzer, 2013-02-15 A compilation of stories from thru hikers a unique group of people who every year brave a 2 100 mile trail through every type of weather every type of circumstance Gathered from trail registers postcards and personal interviews these voices come alive and evoke the true spirit of the Appalachian Trail from the lows of ten consecutive days of rain and cold to the highs of beautiful sunsets and camaraderie Each spring a group of people attempt a thru hike of the Appalachian Trail Setzer follows these determined hikers from Georgia to Maine In this new edition hikers reveal five years later how their experiences on the Trail changed their lives Originally I was attracted to the AT for the adventure of walking the whole thing at once Even as I finished I did not understand those who chose to repeat the walk But the next spring I found I wanted to go And I understood that you never walk the same trail twice I learned that I walk to fill my heart with wonder to feed my soul Merlin I know I ll be out there again I don t know when and I don t know with whom But I know once more I ll live the nomadic life I loved on the Appalachian Trail Trail Gimp Whether documenting their journey or contemplating its impact on their lives the voices in *A Season on the Appalachian Trail* will entrance you with their honesty and humanity

A Season on the Appalachian Trail Lynn Setzer, 1997 The author gathered the thoughts of thru hikers from Trail registers postcards and more than 300 personal interviews weaving them into a portrait of the class of 1996 and the paths they choose

Breakfast with Salamanders: Seasons On The Appalachian Trail Alan Richardson, 2021-07-20 Unique among Appalachian Trail books *Breakfast with Salamanders* records an eleven year adventure hiking the entire Trail by sections in trips ranging from overnights to weeks at a time Organized by seasons it looks back to the great tradition in American nature writing running from Thoreau s *Walden* through Leopold s *Sand County Almanac* and Abbey s *Desert Solitaire* Deeply and quietly informed by a Zen Buddhist sensibility and in later chapters interspersed with original poems in haiku form it also evokes Bash s *Narrow Road* to the Deep North A book to read in quiet hours or tucked into a backpack on the trail This is a book for the experienced AT hiker and for the casual saunterer in the woods It s a book for hikers who like to know the names of things flora and fauna and for walkers who take a simple pleasure in putting one foot in front of the other The author knows birds and their calls flowers and their habitat and the qualities of different kinds of rain and he also knows that the appeal of the trail is self evident and needs no justification Yet this book is more than a travelogue more than an account of the section hikes that over a period of years made up a completion of the Appalachian Trail There is a project here and a personal story the making of the hiker the identity of the hiker in his web of personal relationships and in relation to mountains and waters and there is the implication that the unmediated encounter with the natural world that the trail affords is transformative For those contemplating their next hike and for those whose hiking days are fewer and far between this book is the next best thing to the Trail itself Pierce Butler author of *A Child of the Sun* In this lovely reverie long time Zen practitioner Alan Richardson shares his walking practice with us a practice that takes

place over eleven years and covers more than two thousand miles Alan's years of Zen training shine through not through philosophizing but through the action of walking and reporting out on the world he begins to walk through Closely observing both the inner and the outer world he takes us along to share the joys and challenges of his adventures on and around the Appalachian Trail Through his writing Alan invites each of us to appreciate more fully the ordinary miracle of being human David Rynick Roshi abbot of Boundless Way Temple and author of *This Truth Never Fails* Alan Richardson grew up in Washington State backpacking and mountain climbing in the North Cascade and Olympic ranges from a young age He has taught English and American literature at Boston College for over thirty years and serves as a Senior Assistant Teacher in the Boundless Way Zen community Based in Eastern Massachusetts he has never stopped hiking the Appalachian Trail

Nature of the Appalachian Trail Leonard M. Adkins, 2021-04-13 Hike the AT and Get to Know Its Nature The Appalachian Trail's soaring elevations and precipitous terrain are complemented by lush vegetation abundant wildlife and some of the most beautiful views in the world You can conquer part or all of the AT on foot Along the way immerse yourself in its nature Leonard M Adkins has thru hiked the AT five times and he has spent countless hours studying it Now he's sharing his expertise with you Nature of the Appalachian Trail is an overview of more than 2 000 miles worth of information There's no need to shoulder dozens of different books in your backpack This comprehensive naturalist's guide includes a look at the mountains history a study of the land's geology and detailed information about the trail's birds mammals trees flowers reptiles amphibians and more Inside you'll find Complete overview of the entire trail Detailed guide to its flora and fauna In depth discussion of the region's history and geology Expert insights from a professional naturalist Nature of the Appalachian Trail is your visitor's companion to unbroken forest from Georgia to Maine It is applicable to the states of Connecticut Georgia Maine Maryland Massachusetts New Hampshire New Jersey New York North Carolina Pennsylvania Tennessee Vermont Virginia and West Virginia **The Appalachian Trail Visitor's Companion** Leonard Adkins, 2015-07-20 A

comprehensive naturalist's guide to the Appalachian Trail the Visitor's Companion contains all the essential information about the AT from the trail's fascinating history to detailed information on the geology trees flowers birds amphibians reptiles and mammals of the Appalachian Mountains Appalachian Trail Hiker Victoria Logue, Frank Logue, 2013-05-15 The Appalachian Trail Hiker is a one stop guide to preparing for and hiking the A T Although primarily geared to prepare and sustain the intrepid thru hiker the book is also a must have for anyone who wishes to experience the A T whether for an hour or for six months *Walking with Spring* Earl Victor Shaffer, 2000 The author's account of his four month hike in 1948 of the entire length of the Appalachian Trail

All about the Appalachian Trail Leonard M. Adkins, 2020-04 The Appalachian Trail is one of the most iconic hiking trails in the world and a testament to the power of cooperation Winding through fourteen states from Georgia to Maine the Trail is cared for by thirty one trail clubs numerous partnerships the National Park Service and Appalachian Trail Conservancy At 2 200 miles long the trail attracts millions of hikers per year In this young

reader's book the author lays out the history of the Appalachian Trail in its many facets. He includes its geological, ecological, and human history as well as its history as a trail. By weaving these all together, the author allows the reader to better understand one of the world's longest hiking trails.

100 Classic Hikes in North Carolina Joe Miller, 2007. North Carolina's classic hikes are described in this guidebook to the state's best trails.

Wildflowers of the Appalachian Trail Leonard M. Adkins, 2017-08-08. With a new cover, more extensive index, and list of organizations, the new edition of *Wildflowers of the Appalachian Trail* is the go-to resource for anyone interested in the wildflowers found along the 2,175-mile long Appalachian National Scenic Trail. Stunning full-page color photos by Joe Cook and Monica Cook accompany the detailed descriptions by author Leonard Adkins that include bloom season, leaves, and stem description, geographic range of growth, and location of the flower along the AT. Also included for many of the 94 flowers profiled in the book is the fascinating role the flower has played through history and its value in folkloric as well as modern medicine.

Trails for America United States. Bureau of Outdoor Recreation, 1966.

Proceedings of the 2000 Northeastern Recreation Research Symposium, April 2-4, 2000, The Sagamore on Lake George in Bolton Landing, New York, 2000.

Thru-Hiking The Appalachian Trail Jeff Blum, 2020-09-16. You may have read that only 25% successfully finish a thru-hike of the Appalachian Trail. There is no foolproof way to make sure you will succeed where others fail, but this book can help improve the odds. This book organizes and presents all of the useful things learned as part of his research for his successful thru-hike. You'll also find tips from his and fellow hikers' personal experiences. *Thru Hiking The Appalachian Trail* is a great place to start your preparation for an epic long-distance hike.

Exploring the Appalachian Trail: Hikes in the Mid-Atlantic States Glenn Scherer, Don Hopey, 2013. 41-day hikes and overnight trips in Maryland, Pennsylvania, New Jersey, and New York. Complete with elevation profiles, topographic maps, descriptions of terrain, and notes on landmarks, side trails, and shelters. Includes directions to trailheads and information on available parking. Completely revised and updated to reflect recent trail changes. Indexes sort the hikes by difficulty and length.

Appalachian Trail Thru-Hikers' Companion 2001 Appalachian Trail Conference, 2001-02-01. The Appalachian Trail was conceived 79 years ago as a way for individuals by their own unaided efforts to explore the nature of the major mountain environments of the East and retreat for a while from daily industrialized life. The Appalachian Long Distance Hikers Association's Appalachian Trail Thru-hikers Companion represents a collaboration between the Appalachian Trail Conference, responsible for overseeing management of what is now a national scenic trail, and

volunteers from the only organized user s group hundreds of men and women who have hiked not only the Appalachian Trail in a single season but also many other U S long distance trails All that combined up to the minute knowledge of the A T from Trail maintainers and current hikers goes into the Companion each winter when it is updated by scores of volunteers The Companion provides enough basic information on hiker oriented services near the trail to enable the adventure of walking on the A T to be your adventure not someone else s hike by the numbers **The Running Bucket List** Jeff

Horowitz,2025-09-30 Transform your running routine with more than 100 bucket list ideas that will encourage you to try everything from little known races and international competitions to new training techniques and travel destinations There are a lot of reasons to run We do it to lose or maintain weight to be healthier and to clear our minds Running can do all these things and more But running can be well repetitive For everyone at some point it can get boring Predictable Routine Experienced runner coach and adventurer Jeff Horowitz wrote The Running Bucket List to provide a fun and organized way to reinvigorate your love for running Pulling from his nearly four decades of running which includes racing in every state in the US and on every continent running in everything from the world s biggest races to solo runs in almost every kind of condition imaginable Horowitz offers ideas to spice up your training and events that you might already be familiar with as well as others that you ve never dreamed of before Check items off your running bucket list like Join a running club Get a gait analysis Participate in your local Turkey Trot Race in the Two Oceans Marathon in South Africa Run on the Roger Bannister Track in Oxford England Become a race volunteer And so much more In this book you ll find over 100 bucket list items ranging from the sublime to the ridiculous from the deeply challenging to the whimsical Pick and choose from among these adventures or work your way through the list one by one Either way you can be sure to banish boredom from your running *Bryson City Seasons* Walt Larimore, MD,2009-12-15 Welcome to Bryson City a small town tucked away in a fold of North Carolina s Smoky Mountains The scenery is breathtaking the home cooking can t be beat the Maroon Devils football team is the pride of the town and you won t find better steelhead fishing anywhere But the best part is the people you re about to meet in the pages of *Bryson City Seasons* In this joyous sequel to his bestselling *Bryson City Tales* Dr Walt Larimore whisks you along on a journey through the seasons of a Bryson City year On the way you ll encounter crusty mountain men warmhearted townspeople peppery medical personalities and the hallmarks of a simpler more wholesome way of life Culled from the author s experiences as a young doctor settling into rural medical practice these captivating stories are a celebration of this richly textured miracle called life The whole book is delightful My only criticism there wasn t enough of it Margaret Brand MD co laborer with Dr Paul Brand in leprosy work in India **Summer Bridge Activities** Summer Bridge Activities,Carson Dellosa Education,2022-04-15 Summer Activity Workbook bridging Grade 8 to Grade 9 for kids ages 13 14 Build a bridge of learning opportunities for your soon to be ninth grader from school to home and back again in just 15 minutes a day with Summer Bridge Activities Summer Bridge Activities eighth and 9th grade workbooks are a great way for

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Decoding **Season On The Appalachian Trail**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Season On The Appalachian Trail**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Table of Contents Season On The Appalachian Trail

1. Understanding the eBook Season On The Appalachian Trail
 - The Rise of Digital Reading Season On The Appalachian Trail
 - Advantages of eBooks Over Traditional Books
2. Identifying Season On The Appalachian Trail
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Season On The Appalachian Trail
 - User-Friendly Interface
4. Exploring eBook Recommendations from Season On The Appalachian Trail
 - Personalized Recommendations
 - Season On The Appalachian Trail User Reviews and Ratings
 - Season On The Appalachian Trail and Bestseller Lists

5. Accessing Season On The Appalachian Trail Free and Paid eBooks
 - Season On The Appalachian Trail Public Domain eBooks
 - Season On The Appalachian Trail eBook Subscription Services
 - Season On The Appalachian Trail Budget-Friendly Options
6. Navigating Season On The Appalachian Trail eBook Formats
 - ePub, PDF, MOBI, and More
 - Season On The Appalachian Trail Compatibility with Devices
 - Season On The Appalachian Trail Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Season On The Appalachian Trail
 - Highlighting and Note-Taking Season On The Appalachian Trail
 - Interactive Elements Season On The Appalachian Trail
8. Staying Engaged with Season On The Appalachian Trail
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Season On The Appalachian Trail
9. Balancing eBooks and Physical Books Season On The Appalachian Trail
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Season On The Appalachian Trail
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Season On The Appalachian Trail
 - Setting Reading Goals Season On The Appalachian Trail
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Season On The Appalachian Trail
 - Fact-Checking eBook Content of Season On The Appalachian Trail
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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