



# Long Distance Hiking

**Appalachian Long Distance Hikers  
Association**



## **Long Distance Hiking:**

*Walking on the Wild Side* Kristi M. Fondren, 2015-12-11 The most famous long distance hiking trail in North America the 2 181 mile Appalachian Trail the longest hiking only footpath in the world runs along the Appalachian mountain range from Georgia to Maine Every year about 2 000 individuals attempt to thru hike the entire trail a feat equivalent to hiking Mount Everest sixteen times In *Walking on the Wild Side* sociologist Kristi M Fondren traces the stories of forty six men and women who for their own personal reasons set out to conquer America s most well known and arguably most social long distance hiking trail In this fascinating in depth study Fondren shows how once out on the trail this unique subculture of hikers lives mostly in isolation with their own way of acting talking and thinking their own vocabulary their own activities and interests and their own conception of what is significant in life They tend to be self disciplined have an unwavering trust in complete strangers embrace a life of poverty and reject modern day institutions The volume illuminates the intense social intimacy and bonding that forms among long distance hikers as they collectively construct a long distance hiker identity Fondren describes how long distance hikers develop a trail persona underscoring how important a sense of place can be to our identity and to our sense of who we are Indeed the author adds a new dimension to our understanding of the nature of identity in general Anyone who has hiked or has ever dreamed of hiking the Appalachian Trail will find this volume fascinating *Walking on the Wild Side* captures a community for whom the trail is a sacred place a place to which they have become attached socially emotionally and spiritually

**Long-Distance Hiking: Lessons from the Appalachian Trail** Roland Mueser, 1997-11-22 Blending sage advice with personal experiences and anecdotes this unconventional book is an unusually thoughtful account of long distance trekking on the Appalachian Trail Mueser draws upon interviews and questionnaire data gathered from over 100 long distance hikers hoofing it through the Appalachian Mountains [Long-Distance Hiking](#) Dan Feldman, 2013-08 The how to book for long distance hikers who want to finish Tips to help aspiring long distance hikers succeed from determining nutrition of trail foods to dealing with the elements and medical challenges The first book to catalog the on trail skills essential to long distance hiking setting up camp dealing with blisters and chafing avoiding repetitive stress injury Instructive feedback from thru hikers on the AT and PCT on gear food and more

**Long-Distance Hiking** Dan Feldman, 2013-08-01 The how to book for long distance hikers who want to finish *Long Distance Hiking on the Appalachian Trail* David Ryan, 2002-01-01 *A Short Book on the Long Trail* Jim Rahtz, 2015-12-28 WINNER 2015 Outdoor Writers of Ohio Outstanding Media Achievement Before the Continental Divide Trail the Pacific Crest Trail or even the Appalachian Trail there was the Long Trail Begun in 1910 Vermont s footpath in the wilderness traverses the very spine of the Green Mountains from Massachusetts to the Canadian border Though it shares over 100 miles with its younger and more famous cousin once they split the Long Trail is another level of hiking challenge Trail guides are essential for most hikers A guide can tell you where water is available and what the elevation change is over a set distance It might even use words like

steep scramble and exposed in a clinical manner In a less clinical manner this book explains the rewards and the struggles of one backpacker s 2015 attempt to thru hike this difficult 273 mile trail There are beautiful views sunny days interesting company and other high points along the way There are also slick downslopes boot sucking mud holes and a number of climbs that elicit the thought You ve got to be kidding me In other words **A Short Book on the Long Trail** provides a concise realistic yet entertaining feel for this demanding experience      **Long Distance Hiking on the Appalachian Trail for the Older Adventurer** ,2012-06-30      **The Advanced Backpacker** Chris Townsend,2000 With thousands of all weather miles to his credit from North America to Europe to Asia Townsend is the ultimate guide for all backpackers In an invaluable fusion of expert information and unlimited inspiration he reveals to hikers the longest trails the roughest terrains and the fiercest climates around the globe 75 photos 30 illustrations      **The Appalachian Trail, Step by Step** Tommy Bailey,2013-06-24 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      **Long-Distance Hiking: Lessons from the Appalachian Trail** Roland Mueser,1997-11-01 Blending sage advice with personal experiences and anecdotes this unconventional book is an unusually thoughtful account of long distance trekking on the Appalachian Trail Mueser draws upon interviews and questionnaire data gathered from over 100 long distance hikers hoofing it through the Appalachian Mountains      *At Thru-Hikers' Companion 2025* Appalachian Long Distance Hikers Association,2025 A thoroughly researched guide by long distance hikers for long distance hiker      **Sht4u2no** Paul Kautz,2023-04-25 Hiking is just walking with attitude The author is a cheap lazy old hiker who does whatever he can to hike long distances with minimal effort His advice and how that advice affected him on his adventures will help the reader be more confident in tackling a long multi day hike These 150 tips come from the experience of spending hundreds of days and thousands of miles hiking through wild spaces and will help make your next long walk a more enjoyable safe efficient economical and comfortable adventure The broad selection of bullet pointed advice reminds hikers what to focus on before and during a trek to ensure success Some tips are only useful for overnight hiking trips but many pertain to any outdoor activity You ll learn many things that folks often don t think about such as What is the most useful food item to take on a trek Why should you leave your insect repellent at home When is the best time of day to gather water or use the toilet Why is efficiency more important than speed Find out what AYCE Nero Yogi and nearly 100 other hiker terms mean in the bonus Say What section      **Becoming Odyssa: 10th Anniversary Edition** Jennifer Pharr Davis,2020-03-16 After graduating from college Jennifer isn t sure what she wants to do with her life Through inexperienced and unprepared she feels drawn to the Appalachian Trail and sets out along on the long distance footpath that stretches 2 175 miles from Georgia to Maine The next five months are the most physically and emotionally challenging of her life coping with blisters and aching shoulders hiking through endless torrents of rain and a

blizzard facing unwanted company and encountering tragedy The trail becomes a modern day Odyssey that tests Jennifer s faith in God humanity and herself But even at her lowest points it provides enduring friendships unexpected laughter and the gift of self discovery With every step she takes Jennifer transitions from an over confident college graduate to a student of the trail As she travels along the ridges of the ancient mountain chain she realizes that she isn t walking through nature she realizes she is part of nature And she learns that the Appalachian Trails is more than a 2 175 mile hike it is a journey that will change a person forever

Trail Tested Justin Lichter,2020-12-07 Justin Lichter a k a Trauma divulges hundreds of valuable tips and advice based on his more than 35 000 miles of hiking across the country and beyond Trail Tested is a comprehensive guide to hiking and backpacking Whether you re a new hiker looking for expert advice an experienced hiker looking to hone your skills or a thru hiker gearing up for a 6 month trip this book is packed with priceless information to make your trip a successful and comfortable one Vibrant images from Trauma s treks will entice all readers of all skill levels to get out and enjoy the backcountry You ll learn why getting the right gear and learning outdoor skills are integral to making the most out of your next backpacking trip Some topics included in this guide are Gear advice including backpacks sleeping bags tents ultralight shetlers and clothing Gear maintenance and repair Ultralight tips for novices to gram counters Low impact camping and hiking Campsite selection Hiking with dogs Navigating the backcountry Winter camping First aid Weather forecasting Advanced techniques for creating routes cross country hiking fording rivers multi sport adventures and animal encounters

Families on Foot Jennifer Pharr Davis,Brew Davis,2017-03-01 Families on Foot is an interactive guide for families to help motivate children to enjoy hiking and walking in nature The progressive book would outline basic steps to help families with kids grow from beginner to intermediate hikers and to cultivate a love and enthusiasm for the outdoors Going beyond this to advanced hiker is beyond the scope of this book and the need for families Elements include a basic checklist of gear and safety needs simple exercises for the whole family to prep for getting out on the trail real life stories perhaps crowdsourced from the AHS community and ideas and activities for making the experience fun for kids of all ages Chock full of aspirational color photography featuring diverse people and kids the book is also practical in nature offering information on gear checklists and how to use GPS read a map and predict weather before going out on the trail It would feature experiences in everything from neighborhood parks to secluded trails Additionally the book reflects the hallmarks of the American Hiking Society with whom we would work to make this book a success

### **Backpacker Long Trails**

Backpacker Magazine,Liz Thomas,2017-04-15 WINNER OF THE 2017 NATIONAL OUTDOOR BOOK AWARDS

INSTRUCTIONAL CATEGORY Make the Dream of a Long Distance Thru Hike a Reality Have you been dreaming of the summer when you can hike the Appalachian Trail Or marvel at the snow capped peaks along the Pacific Crest Trail Or simply section hike the Continental Divide Trail In Backpacker s Long Trails Liz Snorkel Thomas former women s speed record holder for the AT and veteran of twenty long trails gives you the tools to make this dream a reality Included is trail proven

advice on selecting gear stocking resupplies and planning your budget and schedule complete with gorgeous photographs of life on the trail Along the way enjoy sneak peeks into not only the Triple Crown trails but also lesser known long trails throughout North America     **Appalachian Trail Thru-Hikers' Companion 2023** Appalachian Long Distance Hikers Association,2022-12-15 A thoroughly researched guide by long distance hikers for long distance hikers     [Hiking from Home](#) Juliana Chauncey,2020-03-14 Hiking From Home A Long Distance Hiking Guide for Family and Friends is an informative guide for those supporting a long distance hiker It explains the basics of long distance hiking addresses safety concerns outlines ways to stay in touch and remain supportive and includes quotes from previous hikers and supporters

*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     **Advanced Backpacking** Karen Berger,1998 An expert long distance backpacker shares secrets of the world s elite trekkers to make every hiker s adventure safer and more enjoyable

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## **Table of Contents Long Distance Hiking**

1. Understanding the eBook Long Distance Hiking
  - The Rise of Digital Reading Long Distance Hiking
  - Advantages of eBooks Over Traditional Books
2. Identifying Long Distance Hiking
  - 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 Long Distance Hiking
  - User-Friendly Interface
4. Exploring eBook Recommendations from Long Distance Hiking
  - Personalized Recommendations
  - Long Distance Hiking User Reviews and Ratings
  - Long Distance Hiking and Bestseller Lists
5. Accessing Long Distance Hiking Free and Paid eBooks
  - Long Distance Hiking Public Domain eBooks
  - Long Distance Hiking eBook Subscription Services
  - Long Distance Hiking Budget-Friendly Options
6. Navigating Long Distance Hiking eBook Formats

- ePub, PDF, MOBI, and More
- Long Distance Hiking Compatibility with Devices
- Long Distance Hiking Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Long Distance Hiking
  - Highlighting and Note-Taking Long Distance Hiking
  - Interactive Elements Long Distance Hiking
- 8. Staying Engaged with Long Distance Hiking
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Long Distance Hiking
- 9. Balancing eBooks and Physical Books Long Distance Hiking
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Long Distance Hiking
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Long Distance Hiking
  - Setting Reading Goals Long Distance Hiking
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Long Distance Hiking
  - Fact-Checking eBook Content of Long Distance Hiking
  - 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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