



# How to Hike the A.T.: The Nitty-Gritty Details of a Long-Distance Trek

*Michelle Ray*

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## **How to Hike the A.T.: The Nitty-Gritty Details of a Long-Distance Trek** Michelle Ray

Other Appalachian Trail guidebooks tell you about notable scenery, trail history, or changes in terrain. This one tells you exactly what you need to know to prepare for and complete a long-distance hike on the Appalachian Trail. From determining a budget, preparing an itinerary, and packing gear to resupplying, using bounce boxes, and staying on schedule, this book will help any hiker to make certain their long distance trek is a success.

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