



Walking The Appalachian Trail

Jen Beck Seymour, Greg Seymour



Walking The Appalachian Trail:

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

Best of the Appalachian Trail: Day Hikes Leonard M. Adkins, Frank Logue, Victoria Logue, 2018-08-21 A concise guide to the best day hikes along the entire Appalachian Trail Summit the iconic Katahdin in Maine explore Pennsylvania s Chimney Rocks splash in Tennessee s Laurel Fork Gorge and Falls and find out where Blood Mountain got its name in the new edition of *Best of the Appalachian Trail Day Hikes* by Victoria and Frank Logue and Leonard M Adkins This is the most comprehensive and useful guide to this beloved long trail The book details hikes in each of the 14 states that the Appalachian Trail passes through previews the flora fauna and history of the A T and offers point by point descriptions of each hike with trailhead directions Hikes range in length from less than 1 mile to 11 miles [A Guide to Car-Hiking the Appalachian Trail](#) James C. Duffus, Ada Frances R. Duffus, 2002-09 This easy to use guide will help you discover by car 74 access points to the Appalachian Trail the longest linear park in the world You will find where it crosses major rivers and the Interstate Highway System You will be able to drive to significant sites such as the north and south terminals of the Appalachian Trail historical areas near the Appalachian Trail such as Civil War battlefields areas of natural interest the high low and mid points on the Appalachian Trail the Maine Canada border crossing of the developing International Extension of the Appalachian Trail as well as many other places of interest Each site lists tourist information sources phone numbers and or websites and where appropriate short hikes are described The guide is also intended to help parents introduce their children to some modest hiking and to encourage active people of all ages who love nature and the

outdoors to sample parts of the Appalachian Trail a portion at a time perhaps as a life time achievement The guide will enable anyone to find and follow the trail by car thereby reawakening them to some of the magnificent wealth of their natural heritage

In Beauty May She Walk Leslie Mass,2005 In 2000 inspired by her father Leslie Mass decided she would turn a lifelong fantasy into reality At the age of 59 she began to train for a grueling journey a thru hike of the 2 000 mile Appalachian Trail In Beauty May She Walk chronicles Leslie s struggles and triumphs during her hike On the trail Leslie struggles with how to balance the needs of her family and friends while making the trail a priority how to shed years of social conditioning that dictate how a woman should act and how to know when to ask for help while understanding that sometimes help has to come from within For the first few weeks Leslie learns how to pitch a tent in the rain keep animals out of her food and lighten the load on her back As the terrain toughens she struggles to physically keep up with the trail community she depends on socially to keep going and realizes the difficulty of maintaining her obligations to family and friends while focusing her efforts on putting one foot in front of the other every day And after September 11 2001 she copes with being seemingly the only hiker on the trails for miles eventually forcing her to change her definition of hiking her own hike A suburban college professor Leslie is just like any other woman you might pass on the grocery aisle Her story is an inspiring physical and mental journey to reach the goal of a lifetime

Hiking Through Paul V. Stutzman,2010-04-06 The author discusses his decision to quit his job following the death of his wife and embark on thru hike of the Appalachian Trail and describes his experiences and the revelations that came to him while on the nearly five month long trek

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 Applachian Mountains

Thru-Hiking the Appalachian Trail Jen Beck Seymour,Greg Seymour,2018-06-08 So you want to hike the entire 2200 miles of the Appalachian Trail which stretches across 14 states from Georgia to Maine Bestselling authors Greg Seymour and Jen Beck Seymour who completed the trail on their first attempt share their insights and personal stories in this easy to use guide Their 100 tips tricks traps and facts tell you everything you need to know to plan a successful thru hike You will find the answers to questions such as Why do most people quit and how can I avoid their mistakes How do I do the doo in the middle of the woods What animals should I worry about What do zero slack packing and pink blazing mean How do I plan and budget for a 5 7 month hiking trip What permits will I need How do I hike 2200 miles without destroying my feet What gear do I need Where should I NOT have sex when thru hiking This book also includes a full list of thru hiker slang words as well as four different hikers gear lists for you to peruse THRU HIKING THE APPALACHIAN TRAIL is the perfect primer for anyone who wants to take this epic journey and succeed

Hiking Appalachian Trail from Georgia to Maine Alan Greenfield,2017-01-15 Hiking Appalachian Trail from Georgia to Maine 49 Day Challenge to Hike 12 Greatest

Sections of A T It was 1994 on my 23rd birthday my father gave me an envelope which I figured would be a gift certificate for something outdoor or even a golf club coupon But to my surprise it was an airline ticket to Atlanta I was utterly confused looking at my face he knew I was but that confusion soon turned into a huge excitement when he said we are going to hike the Appalachian Trail in less than 50 days get ready son I was excited I asked him why he hasn't hiked this trail ever he said he always had the dream of hiking it with me in his word I saved the best for you That was a trip I will never forget I think to date that is one of most fun and the adventurous thing I have ever done We were able to finish it in 49 days too we both were very proud of each other Soon after that trip my dad was diagnosed with a severe case of arthritis even though the doctors said it was not because of that trip but they think it was too many hiking trips through many rough and rugged terrain that contributed to his condition He still hikes but we only take him to mini half day trails When I originally had the idea to write a guide book on how to hike on the great Appalachian Trail at first I thought I should just write it like a journal of what we did but then my father told me that might not help every reader He suggested I should write it like a guide book that can help anyone from a beginner to an advanced hiker this way we cover a broad range of hikers So this book is not about my hiking trips but yours my main focus in this book is to get you familiarized with the trail and get you prepared for it This book is truly a guidebook which is divided into 2 parts where I start off with some basic facts and information about the great Appalachian Trail then give my readers a clear overview of the trail in every region and state it crosses Next I talked about how to get started on hiking the Appalachian Trail along with all different options like a day hike multi day hike and through hike Next I spoke about what to expect on the trail what kind of help and supports are out there what and how weather can affect your hiking what wild animals you have to be aware of Then I discuss how you can find sanitation restroom shower etc on the trail how to deal with various illness while on the trail Next up is how you should pack what gears you need how to plan a through hike and how to actually get started on this amazing trip In the second part of the book I share how to hike each section day by day and what you can expect what you need to be looking for what you need to be aware of one each section of your hike After hiking through this great Appalachian Trail twice I can assure you it can be done and no it is not a monumental task but yes it will take effort and a strong willingness to go through with it I know if I could do it anyone can I know you can do it too Good luck Alan Greenfield

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 **Footprints on the Mountains** Dennis Heath Renshaw,2019-10-21 Ten thousand hikers start the Appalachian Trail every year Only ten percent finish Whether you begin in Maine or Georgia the trail is 2 186 miles long filled with steep climbs deep valleys rivers to ford wildlife majestic views strangers who become friends and swollen blistered feet I began this trek at age 66 and hiked 91 mountain peaks went through 14 states 464 464 elevation changes the equivalent of climbing Mt Everest 25 times Along the way I acquired the trail name Preacher carried a 43 pound backpack lost 25 pounds got lost three times and wore out seven pairs of boots Many who start the trail are in a life turning point and seek spiritual guidance from the awesome wonder of the mountain peaks sunsets running rivers and sunrises that offer beauty and peace Or they may seek a voice to share some solace or an ear to listen As I was called Preacher some came seeking counsel I started the journey as a challenge to myself but I found much more when I experienced God s footprints already on the mountains I m sharing my experiences to help others who choose to begin the journey I hope my descriptions of the Trail the people and equipment that worked for me guide someone to travel these mountain trails and find answers

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