



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

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

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

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

Moon Drive & Hike Appalachian Trail Timothy Malcolm,2019-05-07 Whether you re stopping for a day trek or taking a weekend getaway hit the road and hit the legendary

trail with Moon Drive Hike Appalachian Trail Make your escape on shorter trips from major cities or drive the entire three week route from Georgia to Maine Find your hike along the Appalachian Trail with detailed trail descriptions mileage difficulty ratings and tips for picking the right section of the trail for you Discover adventures off the trail Immerse yourself in the spirit of colorful trail towns peep the changing leaves in the Berkshires and cruise the sun dappled Skyline Drive Kick back after a day hike at a microbrewery in Asheville dig in to southern barbecue hey you ve earned it or unwind in the coffee shops and art galleries of a hip New England hamlet Take it from avid hiker Timothy Malcolm who shares his insight on the best views waterfalls mountains and of course breweries Full color photos strategic itineraries easy to use maps and site to site driving times Get the lowdown on when and where to get gas how to avoid traffic and braving different road and weather conditions plus tips for LGBTQ travelers seniors and road trippers with kids With Moon Drive Hike Appalachian Trail s practical tips and local know how you re ready to lace up your hiking boots pick a trailhead and embark on your adventure Looking to explore more of America on wheels Try Moon Nashville to New Orleans Road Trip Doing more than driving through Check out Great Smoky Mountains National Park or Moon Carolinas Georgia *The Best of the Appalachian Trail: Overnight Hikes* Victoria Logue, Frank Logue, Leonard Adkins, 2007-01-17 You love to backpack but you can only get out on the trail a few weekends a year This book was written for you It is the first guide to cover the length of the Appalachian Trail in a single volume It doesn t describe every mile of the trail but offers detailed descriptions of the suggested hikes Why sort through guidebooks looking for a good hike when the best of the Appalachian Trail is all here in one book Includes overnight hikes in all fourteen states the Appalachian Trail passes through *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

Uncover the mysteries within is enigmatic creation, Discover the Intrigue in **Walking The Appalachian Trail** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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