



The Appalachian Trail, Step by Step: How to Prepare for a Thru or Long Distance Section Hike

Tommy Freerange Bailey

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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.

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