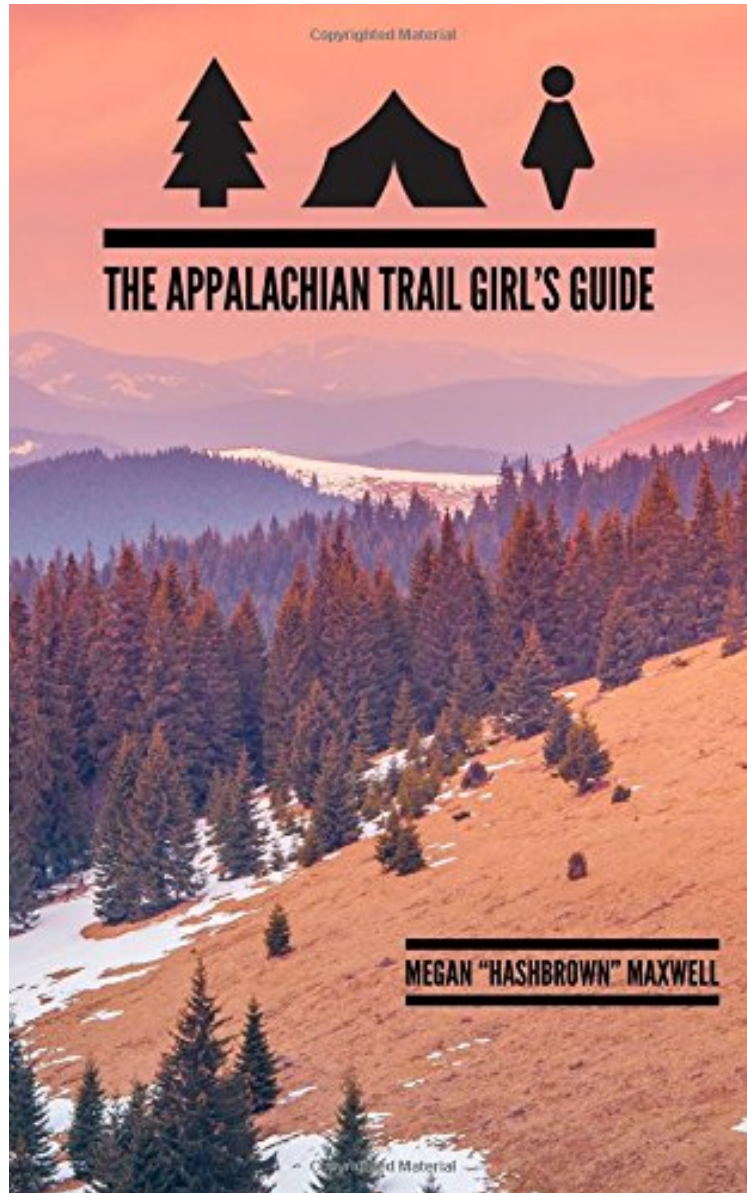


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The Appalachian Trail Girl's Guide

Megan Maxwell

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Megan Maxwell : The Appalachian Trail Girl's Guide before purchasing it in order to gage whether or not it would be worth my time, and all praised The Appalachian Trail Girl's Guide:

16 of 16 people found the following review helpful. Well written and definitely worthwhile.By AuroraGBMegan's (Hashbrown) account of her AT journey is inspiring and thoughtfully written. As a 67 year old woman with a chronic illness, I have read just about everything I could find on hiking the AT. It has intrigued me for many years and now I

actually have hope that I may be able to hike at least some of it myself. The most helpful aspect of Megan's book for me was how she prepared for her journey. I especially appreciated the lists and discussions of gear and supplies. Also, the many descriptions of section hikes in every state helped me to see what is doable for me. What to expect both on and after the trail physically, mentally and emotionally is invaluable information for anyone. Some readers might be put off by the many mentions of drinking and partying but everyone "hikes their own hike", as they say. And if I was in my 20's instead of my 60's.....well, who knows? 8 of 8 people found the following review helpful. CoolBy \$First I want to address the reviewers that are upset that she talks about drug use. She like hardly mentions it, and in fact I was disappointed that she didn't go more in depth about it. It's like "We ate mushroom chocolates" or "We got drunk" and that's the end of the story. It happens several times through the book but it's always addressed in passing. Anyways. I liked the book a lot because, guess what, I want to hike the Appalachian Trail and I am a girl. So it was great to read about her experience and relate it to how mine might be, even though she and I seem to be polar opposites. I am very antisocial and introverted, but this book made me think that the trail would be the perfect place to remedy that. I loved learning about the gear, the locations, etc. The writing itself is not that good (there are also spelling/grammar and typing errors, but I can overlook those). There is no flowery language, which is also fine (even preferable), but the author is not very descriptive of her surroundings. In a place you think would inspire poetic-ness, she lacks it entirely. It's like "I did this. Then we went over here. The mountain was extremely beautiful. I ate ice cream." There didn't seem to be any emotion instilled in anything. It's like reading a report she wrote about the hike and nothing like reading a memoir. Informative, enjoyable, and hiking the trail is certainly an impressive feat--but this book is not an impressive piece of writing. If you are totally new to the Appalachian Trail and are considering a hike, I think you will enjoy this book. Bottom line, its educational...not emotional. And I wanted educated, but I also appreciate beautiful writing. 3 of 3 people found the following review helpful. If you are thinking about hiking the AT, and want one concise book, this is it! By Casey and Gina Overall, a great book, perfect combination of gear advice and one person's trail adventure story. If you are thinking about hiking the AT, and want one book to read to offer inspiration, motivation, realistic insights, and advice, this is it! It is concise but covers all the bases. It even gives useful suggestions for section hikes, at least one of which anybody considering a thru would really benefit to do in advance! Don't let the title throw you off either - I am a guy who bought this for my wife to read and aside from a tiny pinch of female-specific advice, this is perfectly suited to a male reader as well. The book is well-written overall and fun to read. The adventure half of the book does include some details that some others will not agree with, including drug alcohol use, shortcutting past parts of the trail, etc. but I do not think this takes anything away from the book at all. Rather, it is an honest account, and shows a genuine perspective of a young woman hiking the trail and how it changed her. We all have our own backgrounds and make our own choices, but I commend the author on keeping it real and not making it sugar-coated fiction. A thru hike will change anyone, and you don't know what choices you will personally make, or even if you will make it through, until you are out there doing it yourself.

This is the 2nd edition of a previously published ebook. After graduating from college and struggling to find direction in adulthood, Megan embarks on a six-month hike along the Appalachian Trail. Having previous backpacking experience, she is over-confident and ready to embrace the beauty of the trail, not anticipating the difficulties that await. From the elation of meeting eccentric individuals and standing on top of mountains to the pains of feeling like giving up in Maine, it is an unexpected adventure. One common theme during Megans hike was that there were far fewer women on the trail than men. Through sharing her experiences, she hopes to encourage and inspire other females to get on the Appalachian Trail and feel confident in their backpacking abilities. Both a planning guide and a memoir of Megans thru-hike, in this book you will find: Advice and first-hand knowledge on being a solo, female, long-distance hiker Budget-friendly gear and logistical planning Mental preparation for the highs and lows of thru-hiking The best section hikes and must visit locations for each state Stories from Megans journey along the trail