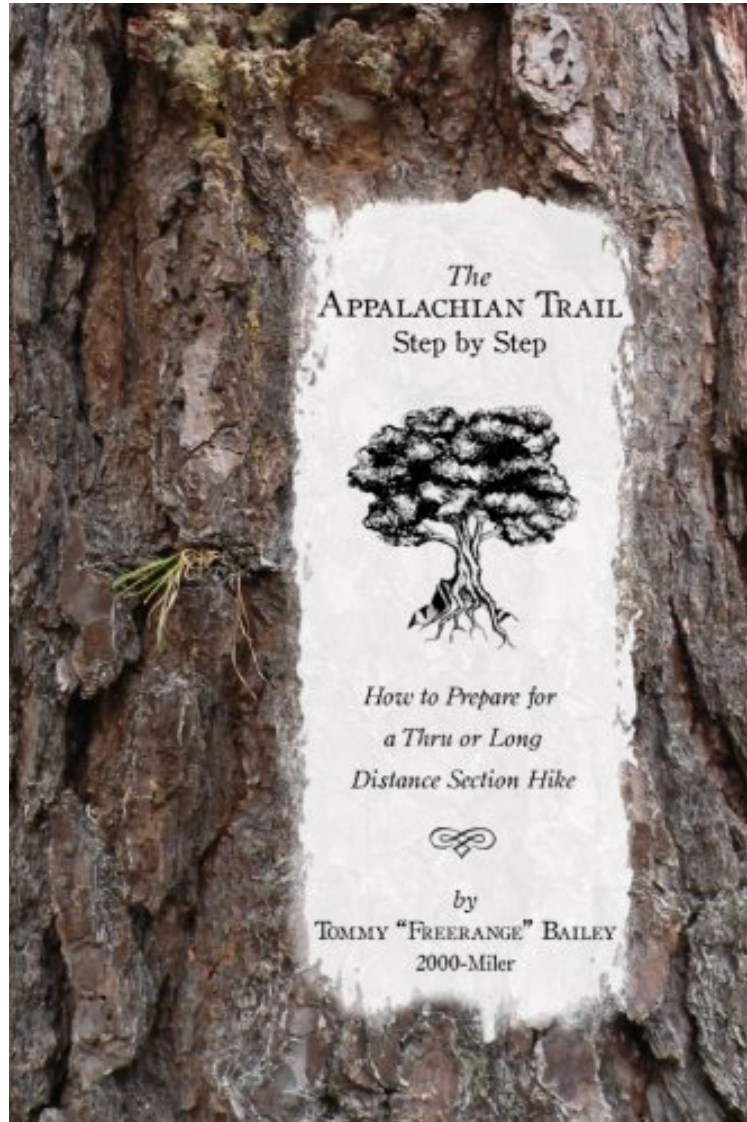


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## The Appalachian Trail, Step by Step: How to Prepare for a Thru or Long Distance Section Hike

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**Tommy Bailey : The Appalachian Trail, Step by Step: How to Prepare for a Thru or Long Distance Section Hike** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Appalachian Trail, Step by Step: How to Prepare for a Thru or Long Distance Section Hike:

7 of 7 people found the following review helpful. Decent read, could have used more personal details.By GrizzledAtomsPretty decent book and I enjoyed reading it. I marked it down though because I thought it was pretty

lightweight on actual advice and details. A lot of the content seemed like stuff I already knew or had figured out. I would have appreciated more personal experience and examples of challenges encountered on the trail. If you're a novice backpacker in general, this would be a good read. If you're an experienced backpacker but a first-timer on the AT, you might want to check out some different options. 3 of 3 people found the following review helpful. Good for beginners  
By Christian M O'Brien I like this book. It's short simple and to the point but I'm very new to backpacking so I needed something basic to get me started. I can't imagine this would be of much use to an experienced hiker and as a newbie I think you would need a bit more information if you were to actually consider thruhiking the AT. 9 of 9 people found the following review helpful. The Appalachian Trail, Step by Step  
By Timothy Schultze Real good book, full of key information on many subjects. However, it seems to be lacking information on specific points regarding the AT: where he started his first section hike; where is the trail busiest and when, etc. I would have liked a bit more trail detail.

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.