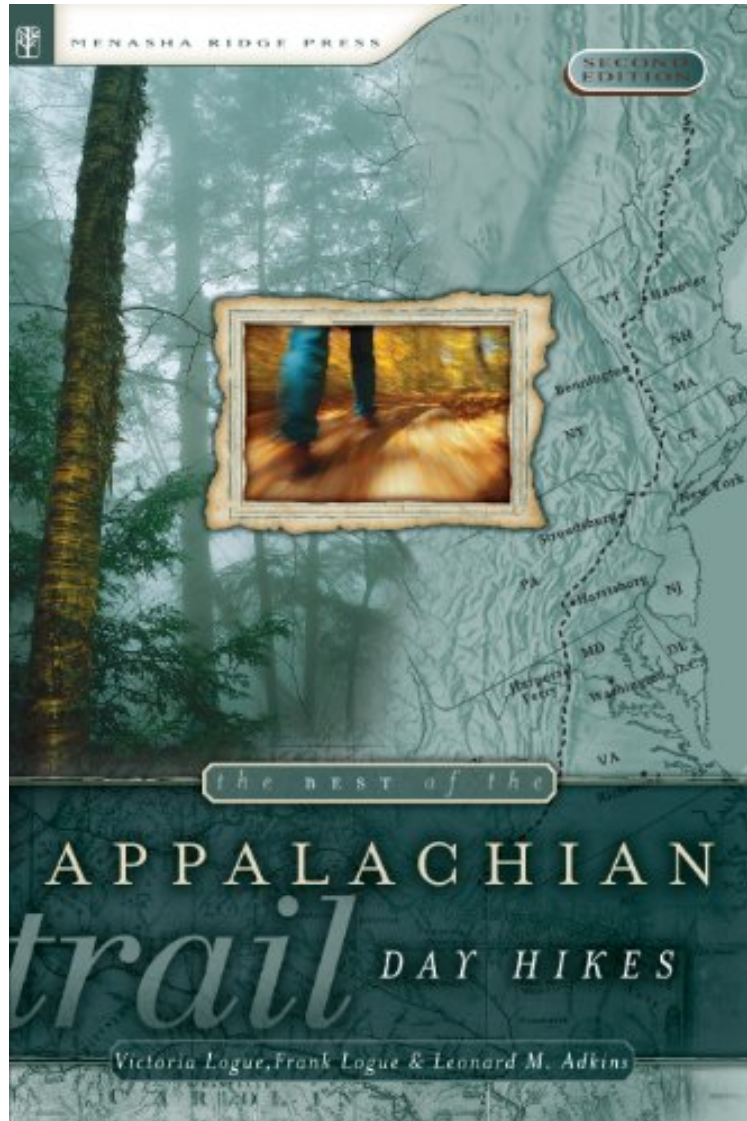


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information might have been helpful in the days before the internet, but now we have it much of the book's information is easily discovered online. 1 of 1 people found the following review helpful. Five Stars By CustomerGreat book, lots of trail suggestions, even for those who can only handle short hikes. 0 of 0 people found the following review helpful. Five Stars By anita h. Great!

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 day hikes in all fourteen states the Appalachian Trail passes through.

Anyone from day hiker to "thru-hiker" can experience every bit of this wonderful wooded walking path. -- The Boston Globe, August 22, 2004 As I read the books I relived hikes and dreamed of others... Hikers will find this book enjoyable and useful. -- The Caledonian-Record, July 23, 2004 From the Back Cover The Best of the Appalachian Trail Day Hikes is the most comprehensive and useful guide to the very best Appalachian Trail day hikes. Trailhead maps and driving directions put you on the trail. Trail profiles preview each trail's unique flora, fauna, and history. Hike difficulty ratings help you choose the right hike. Trail routing changes keep you on track. So what are the best day hikes on the Appalachian National Scenic Trail? Our team of Appalachian Trail experts carefully considered that question, hit the trail, and discovered the answer with boots and sweat. Maine's Katahdin New York's Anthony's Nose Pennsylvania's Chimney Rocks Virginia's McAfee Knob Tennessee's Laurel Fork Gorge and Falls Georgia's Blood Mountain From Maine to Georgia, the 2,100-mile Appalachian Trail is an icon and a destination. According to the Appalachian Trail Conference, 3 to 4 million hikers spend time each year exploring sections of the A.T. Whether you're an experienced backpacker or a casual weekend hiker, let The Best of the Appalachian Trail Day Hikes guide you along the way.