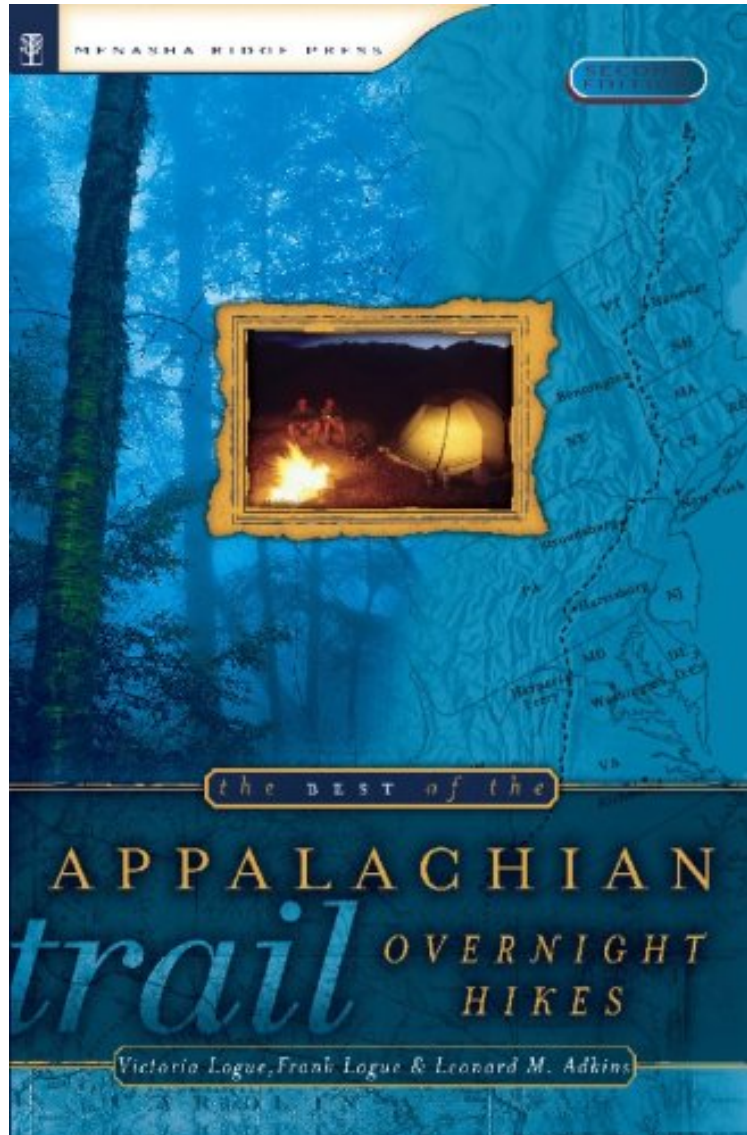


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You love to backpack, but you can only get out on the trail a few weekends a year. This book was written for you. It is the first guide to cover the length of the Appalachian Trail in a single volume. It doesn't describe every mile of the trail, but 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.

...I relived many hikes and dreamed of others. Any hiker will find this book enjoyable and useful. -- The Caledonian-Record, July 23, 2004 Anyone from day hiker to "thru-hiker" can experience every bit of this wonderful, wooded-walking path. -- The Boston Globe, August 22, 2004 From the Back Cover The Best of the Appalachian Trail Overnight Hikes is the most comprehensive and useful guide to the very best Appalachian Trail overnight 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 overnight hikes on the Appalachian National Scenic Trail? Our team of experts carefully considered that question, hit the trail, and discovered the answer with boots and sweat. Maine's Moxie Bald Vermont's Killington Peak Pennsylvania's Blue Mountain Virginia's Southern Shenandoah North Carolina's Mount Cammerer Loop Georgia's Tray Mountain Wilderness 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 Overnight Hikes guide you along the way.