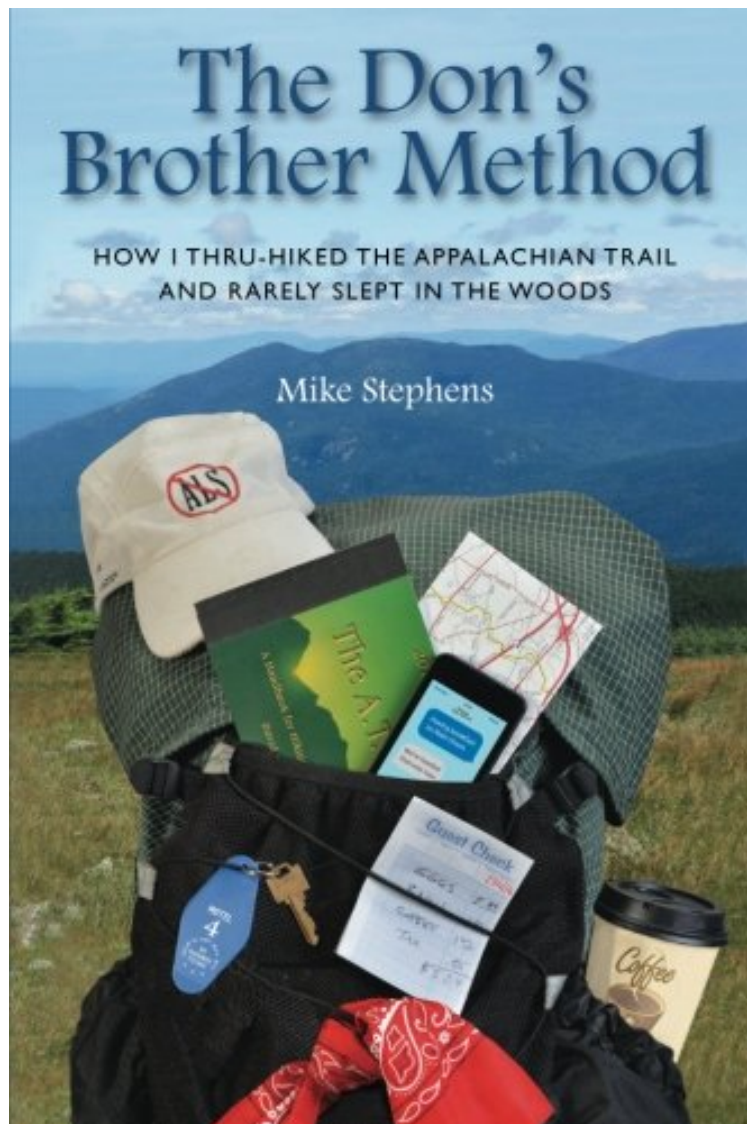


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The Don's Brother Method: How I Thru-Hiked the Appalachian Trail and Rarely Slept in the Woods

Mike Stephens

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Mike Stephens : The Don's Brother Method: How I Thru-Hiked the Appalachian Trail and Rarely Slept in the Woods before purchasing it in order to gage whether or not it would be worth my time, and all praised The Don's Brother Method: How I Thru-Hiked the Appalachian Trail and Rarely Slept in the Woods:

2 of 2 people found the following review helpful. I enjoyed every page of this text as it brought me ...By Slim Jim (GA

to ME, 2013) I just finished my copy of "The Don's Brother Method" a few days ago. I had the privilege of hiking with Mike (AKA: DB) for a few days during our 2013 thru hike of the AT. We shared a rough day in an ice storm, which is referenced in this book. I enjoyed every page of this text as it brought me back to the towns, fellow hikers and shelters (a few) that I encountered. While DB's method was a departure from my own, I always subscribed to the adage mentioned in the text "hike your own hike" and the logistics outlined here do not disappoint. Mike and I corresponded many times via text message and FB on the hike about conditions up the trail from myself, but I had no idea of the effort he was making to do big miles for beds. This book is an excellent complement to Mike's first text and will help any potential hiker plan their own adventure on the AT. 1 of 1 people found the following review helpful. 000 and could easily double that. By Perry M. Koussiafes The gist of the book is exactly what the title suggests, The Don's Brother Method: How I Thru-Hiked the Appalachian Trail and Rarely Slept in the Woods. It's more trail story than how-to manual although one can get enough information to see how the Don's-Brother-no-nights-on-trail method works and adapt it to one's own needs. Keep in mind that most current cost estimates for a 'normal' AT hike run around \$5000. The closest the author comes to mentioning cost is that it is well into five figures. So my sometimes analytical mind did some quick number crunching. Without referring to the book I seem to recall he took about 165 days, which sounds about right for a normal hiking pace. Consider the author carried a lighter than normal pack (emergency items plus day hiking needs) and ate in restaurants almost every meal. Plug in some numbers for meals, sleeping accommodations (motel, hostel, etc.), gas or shuttle expenses and it becomes apparent this not likely done under \$20,000 and could easily double that. In any case this is not budget hiking nor was it presented as such. As an aside, while I didn't make a note of typos or grammar errors, I seem to recall only one. I can't recall what it was though. At least for those of us that consider reading poor grammar with editing on par to an internet post equivalent to hearing fingernails on a chalkboard, it is well written. 1 of 1 people found the following review helpful. The Original Intent of the Appalachian Trail. By FootPathOne Brenton MacKaye's original plan for the Appalachian Trail, which he had clearly articulated, has been dormant since the beginning - until now. "The Don's Brother Method" is the modern day awakening of Brenton MacKaye's vision, possibly becoming a propellant to initiate a reassessment, maybe leading to prompting revisions to plans, and could be a redirection of action, by all who are committed to the ultimate success of the Appalachian Trail. The day when MacKaye's idea is fulfilled will be the moment when the Appalachian Trail will be worthy of the title "Our National Treasure". The only book I've read to date that closely resembles the actual vision of "An Appalachian Trail - A Project in Regional Planning by Benton MacKaye" (read the "A Project for Development" section). "The Don's Brother Method" embodies the spirit of Brenton MacKaye, therefore it should serve as a modern day model. A MUST READ for those who are passionate about the actual intent of the Appalachian Trail.

When Mike Stephens departed Georgia's Springer Mountain, the southern terminus of the Appalachian Trail, his goal was to complete a 2,186 mile thru-hike to the summit of Mount Katahdin in Maine. After less than a week on the trail, however, he realized that to be successful he would need to adopt a less-traditional approach to the hike. Rather than spending nights on the trail, Stephens ended most days at a road where he could access nearby trail towns by foot, a hitchhike, or a shuttle. He would then return to the same spot to continue his hike the following day. By maintaining a "light pack, big miles, and beds" philosophy over the 164 day hike, Mike only spent 19 of those nights in the woods. Other hikers that Mike encountered on his journey began referring to his strategy as The Don's Brother Method. In this humorous account of Stephens' adventure, you'll learn not only about the famous trail but also about a variety of types of lodging and restaurants near the A.T. You will also be introduced to many of the kindhearted people in the surrounding towns. In this memoir, Stephens demonstrates his unconventional approach to a long-term hiking mission. For those who love experiencing the great outdoors but prefer sleeping indoors and eating hearty meals, the Don's Brother Method is for you.