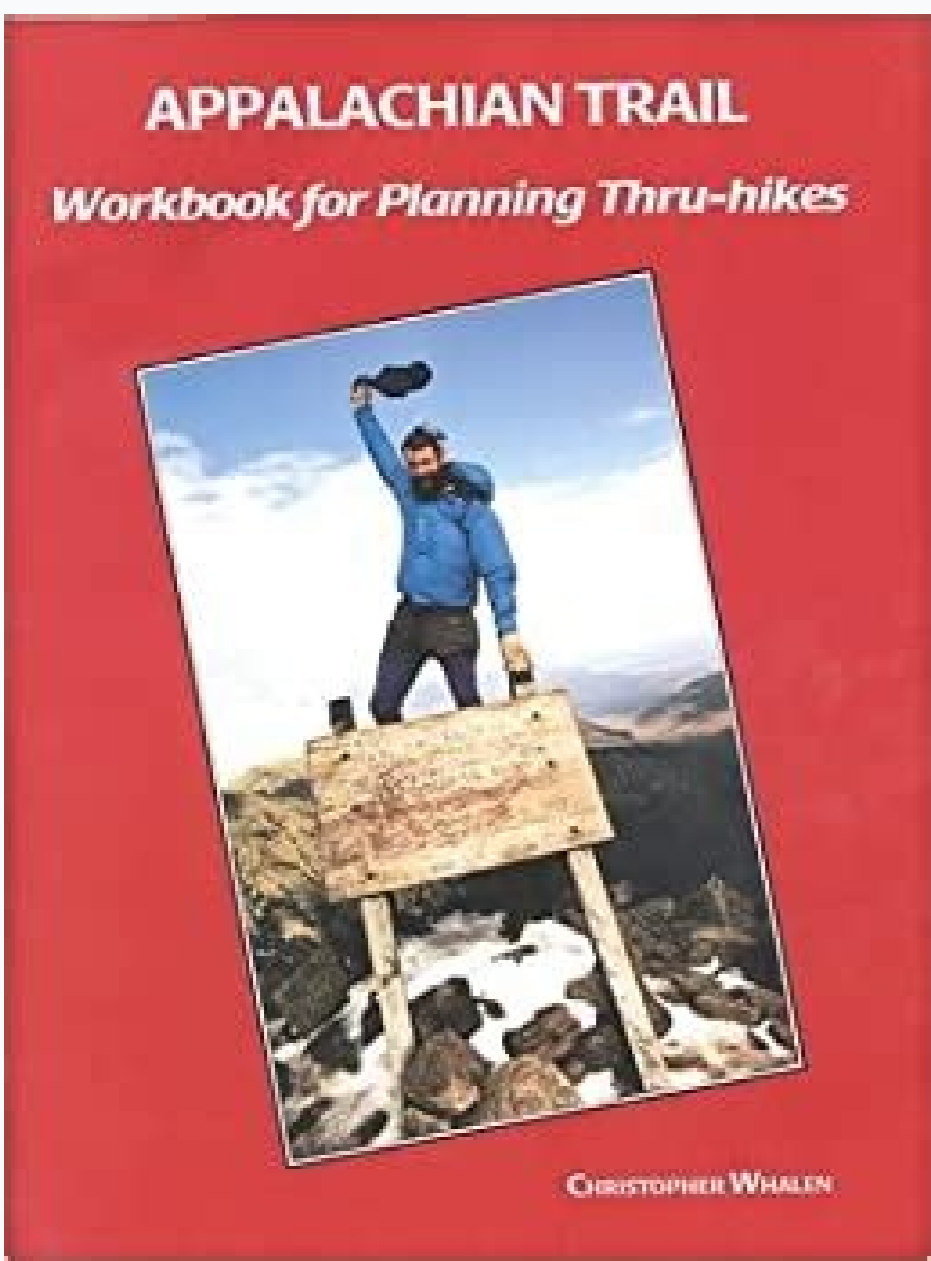
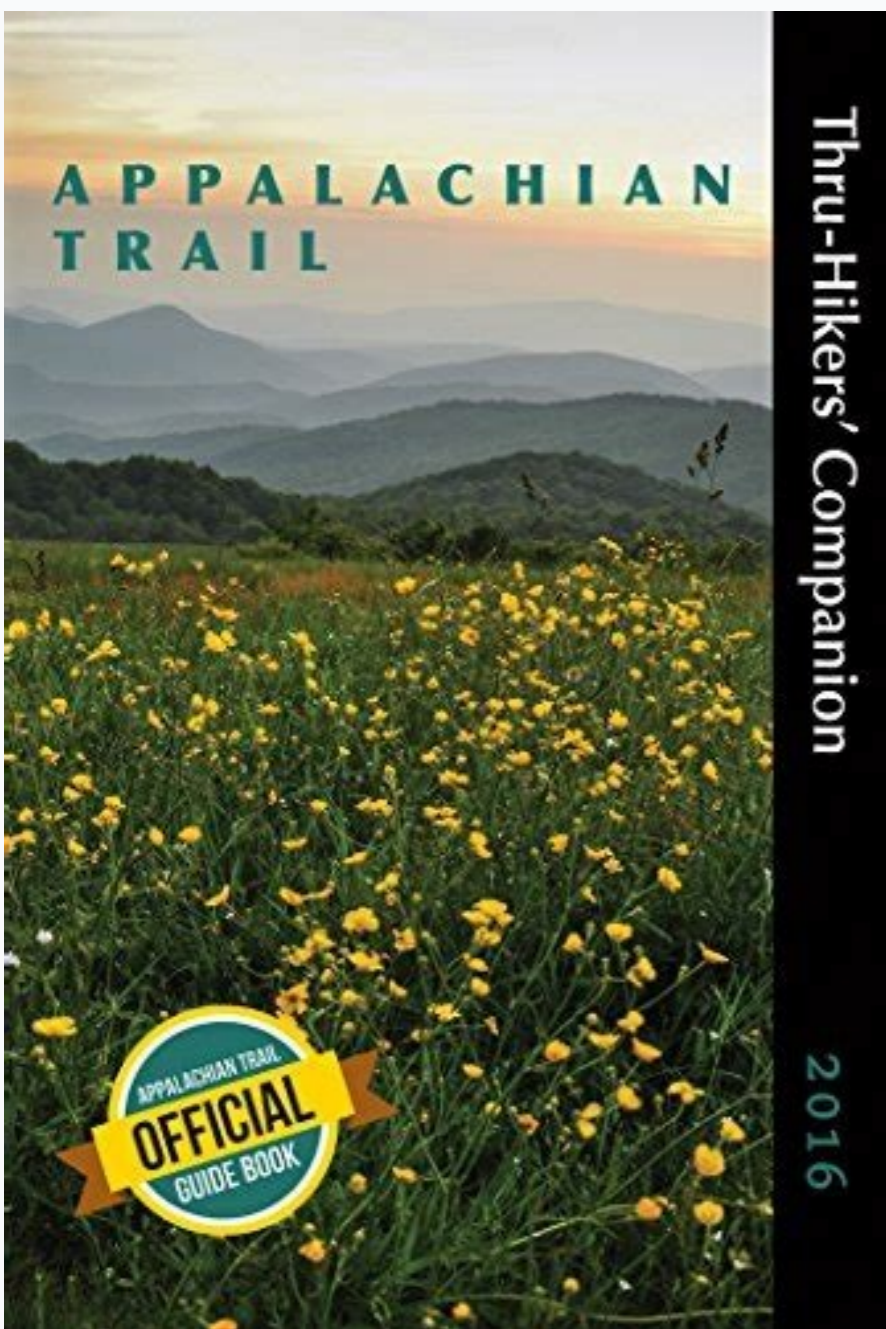
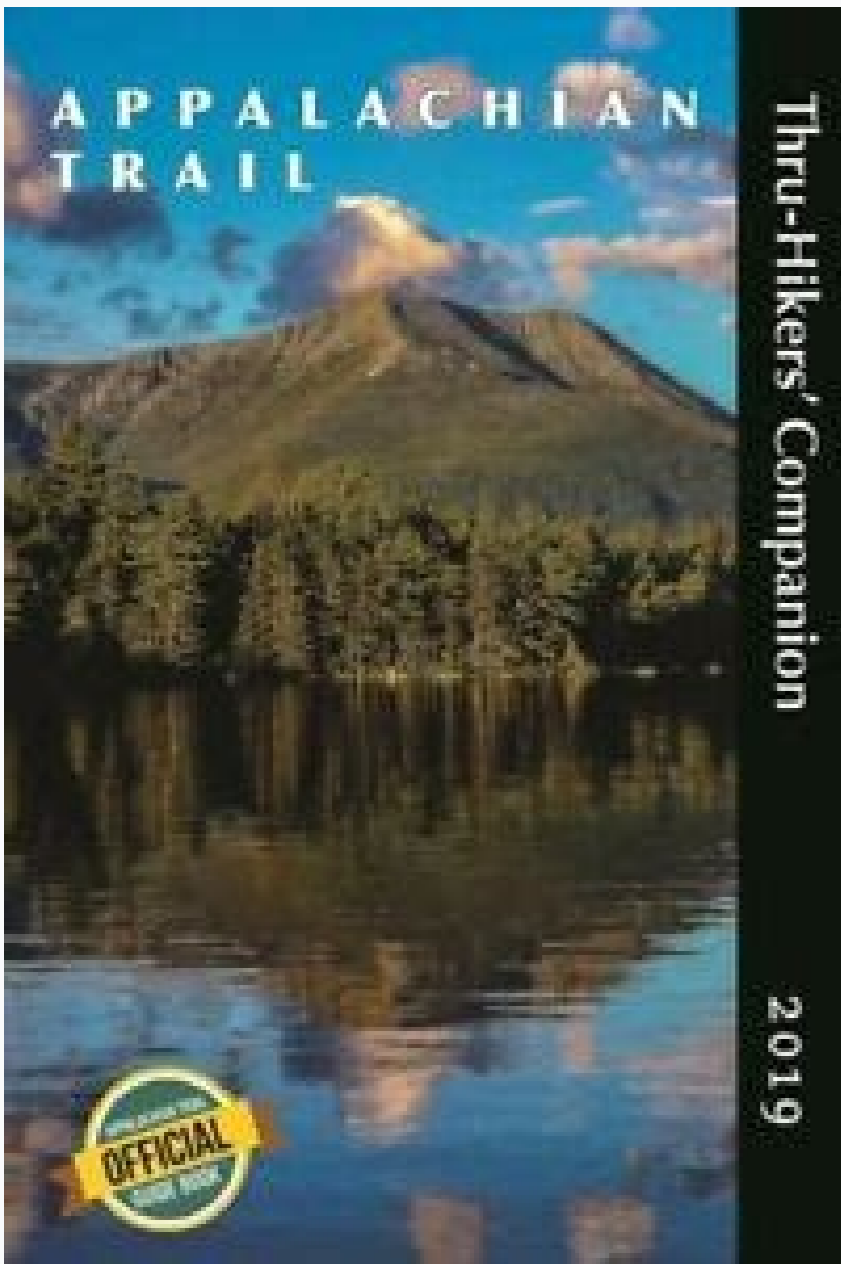
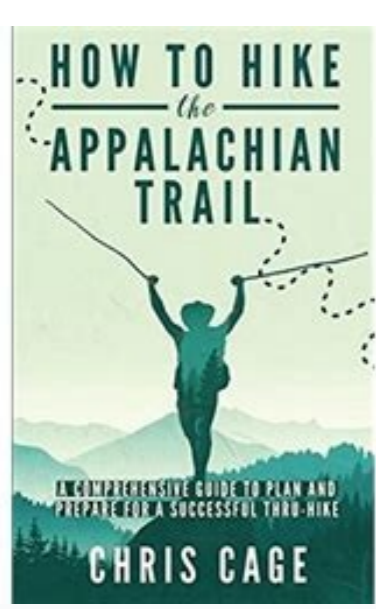


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How to prepare to thru hike the appalachian trail. Best time to start thru hike appalachian trail. Can a beginner hike the appalachian trail.

The Mountaineers Donate Log in / Join Activities Courses Conservation Advocacy Stewardship Education Volunteer Volunteer With Us Schedule & Manage Leader Resources Branches & Committees Youth Membership Locations & Lodges Events Blog About Changing lives since 1960. Shop While I've promoted the idea of guidebooks, I've also been clear that there are considerations to make before purchasing or committing to using a guidebook on a thru-hike. Certain advantages can never be matched by digital resources. Books don't run out of batteries and relying on your phone for all navigation and communication could be very dangerous. That being said, there are also major downsides to carrying a guidebook. Primarily, actually carrying the book is quite the negative. Paper, especially the weather-resistant kind used in most guidebooks, is heavy. You'll likely have a phone anyways, so all apps (and PDF versions of guidebooks, including AWOLs) don't add any weight. As a long-distance hiker, the amount of weight you are carrying should be one of your primary focuses when deciding on putting ANYTHING into your backpack. A thru-hike is not a normal backpacking trip, but a continuous grind for many miles, every day, for months. Weight, even the 8 ounces of a book, adds wear and tear on your body. To combat this, some who insist on carrying physical copies of books will only carry sections and send themselves future sections later up the trail. I started out carrying the entire book, but by the 500 mile mark, I had thrown away the first 1/4, ripped out and sent home the second half, and proceeded with only the quarter of trail in front of me, continually disposing of finished pages as I went. Some will disagree, but I saw sentimentality for my photos and journaling, and I suggest you do the same. Another downside is that books don't have the same crowd-sourcing capabilities of apps. Warnings about dry streams or recent bear activity in an area can be very useful in planning how much water to gather or how far you'll have to hike that day, and these are things that can only be relayed in real time. In 2015, a tree fell on a shelter and rendered it unusable. Luckily it wasn't my end-goal for the day, but if I had showed up in a rainstorm at the end of a very long day, thinking I had a dry shelter waiting for me, only to see the roof caved in by a fallen tree, I would have been in a sour mood. Additionally, information changes. Hostels close, trail gets rerouted, and knowing that a fallen tree 200 yards upstream makes for an easy stream crossing are all valuable pieces of information that can ease frustrations in what can be a stressful, exhausting experience. Books also become outdated. Every year, a new edition must be published with updated information, and while an old copy can contain 99% of the same data, apps such as Guthooks (detailed in the Apps section) require a one-time purchase and are updated regularly at no additional charge. If you're a section hiker who plans on tackling the trail in large sections over the course of a few years, re-buying every year's new guidebook could become expensive. Something to consider... Professional elevation profiles to show you dips and climbs of the day ahead Landmark-by-landmark tables for at-a-glance information by section Town maps showing food and lodging (and beer) The Appalachian Trail Conservancy and the Appalachian Long Distance Hikers Association collaborate each year on a guide especially designed for potential thru-hikers who want the basic information for a five- to six-month trek in the woods, at a reasonable price, but also want the adventure of finding out the extras for themselves. Still the only such guide written by volunteers for which all the proceeds are returned to the Trail by these two nonprofits. With fact-checking research by more than three dozen thru-hiker volunteers in 14 states, the A.T. Data Book is backed by the first-hand information of the trail's volunteer and staff maintainers and managers. Equipment-makers' toll-free numbers, much more included as well as professionally crafted elevation profiles covering 23 miles at a time, 50 maps, and comprehensive tables for more at-a-glance information on-trail. ISBN-13: 9781944958305 Publisher: Mountaineers Books, The Publication date: 01/15/2022 Pages: 304 Sales rank: 379,079 Product dimensions: 5.90(w) x 8.90(h) x 0.60(d) Foreword viiAbout the Companion viiiUsing the Companion ixIssues on the Trail xii2022 Calendar xviiiOn the Appalachian TrailGetting to the Termini 1Georgia 7North Carolina 18Great Smoky Mountains National Park 28North Carolina & the Tennessee Border 36Tennessee 50Virginia: Part 1 (Southwest) 58Part 2 (Central) 75Part 3 (Shenandoah National Park) 95Part 4 (Northern) 108West Virginia 113Maryland 118Pennsylvania 126New Jersey 149New York 158Connecticut 169Massachusetts 177Vermont 190New Hampshire 207Maine 229AppendicesPost Offices along the Appalachian Trail 258Hostels, Camping & Showers 264Equipment Manufacturers & Distributors 268ALDHA Membership Form 270 When it comes to Appalachian Trail guidebooks, there are really only two options: The Thru-Hiker's Companion by the Appalachian Trail Conservancy and The A.T. Guide by David "Awol" Miller. I used both of these guides along the trail, as I used Awol's Guide and my hiking partner used the Companion. While both guides will get you from Springer to Katahdin (or Katahdin to Springer), there are some important factors to consider before making your purchase. Format The most important part of both guides is how they depict the trail. The Companion uses a combination of a table and an elevation profile, while Awol's Guide uses just an elevation profile. The A.T. Guide's format The Thru-Hiker's Companion's elevation profile The Thru-Hiker's Companion's table format In this case, Awol's Guide is a much better format. Roads, water sources, shelters and other important places are marked on the elevation profile exactly where you'll find them as you hike. The Companion's information was last updated in 2012, so it's outdated. If you're looking at the elevation profile, you'll find that shelters, water sources and the like will not be located where they are marked. While the table is accurate, the elevation profile is misleading. In fact, Katahdin is marked around 2,185 miles, not 2,189, so everything's just a little off. That may not sound like a big deal, but expecting water or a shelter to be at the top of a mountain when it's actually a few miles down the mountain could be a lousy surprise. Planning The Companion's table format makes planning a lot easier. It includes separate tables in the back with information on post offices, hostels, camping, and showers along the trail. Planning can certainly be done with Awol's Guide, it's just not conveniently organized like the Companion. While You're Hiking One of the most important differences between the two guides is Awol's includes landmarks in the elevation profile that the Companion doesn't. When you're on a long stretch of trail with little info to figure out your location, having a power line, stile, bog board, footbridge, or railroad tracks on your map is very helpful. Awol's guide also marks more water sources than the Companion. While both guides mark parking areas, Awol's includes GPS coordinates. If you're section hiking or planning to have people meet you on the trail, this will be helpful. The town maps and information are also very important. Both are decent in this category, but Awol's is slightly more detailed. The Companion also has information on the history of shelters and landmarks you'll pass. While this isn't necessary, it can be an interesting read. The Winner Though I hate to say it because I always want to support the ATC, go for Awol's The A.T. Guide. The ATC is a great organization that does tons of wonderful things for the Trail (we encourage you to become a member here), but their book is just not as good as Awol's. And with the elevation profile being so inaccurate, it could be misleading for 2015 hikers. The AT Guide is more detailed, accurate, and a safer bet to use for your thru-hike. Affiliate Disclosure This website contains affiliate links, which means The Trek may receive a percentage of any product or service you purchase using the links in the articles or advertisements. The buyer pays the same price as they would otherwise, and your purchase helps to support The Trek's ongoing goal to serve you quality backpacking advice and information. Thanks for your support! To learn more, please visit the About This Site page. A Walk in the Woods by Bill BrysonThe Appalachian Trail trail stretches from Georgia to Maine and covers some of the most breathtaking terrain in America-majestic mountains, silent forests, sparkling lakes. If you're going to take a hike, it's probably the place to go. And Bill Bryson is surely the most entertaining guide you'll find. He introduces us to the history and ecology of the trail and to some of the other hardy folks he meets along the way-and a couple of bears. Already a classic, "A Walk in the Woods" will make you long for the great outdoors.Stumbling Thru by Digger Stolz2. Stumbling Thru by Digger StolzWalter is the first person to thru-hike against his will. He is out-of-shape, out-of-sorts and, now that his wife has decided enough is enough, he's out of the house too. It's that classic scenario: Hike or ELSE! Since the poor, morose Walter can't figure an "ELSE" he sets off on the longest walk of his life. While braving the great Eastern woods, Walter meets an eclectic cast of hopeful thru-hikers. As they journey northward, this rollicking band suffers through every hardship that America's premiere hiking trail can throw at them.AWOL on the Appalachian Trail3. AWOL on the Appalachian Trail by David MillerIn 2003, David Miller left his job, family, and friends to fulfill a dream and hike the Appalachian Trail. AWOL on the Appalachian Trail is Miller's account of this thru-hike along the entire 2,172 miles from Georgia to Maine. On page after page, readers are treated to rich descriptions of the valleys and mountains, the isolation and reverie, the inspiration that fueled his quest, and the life-changing moments that can only be experienced when dreams are pursued.Walking with Spring4. Walking with Spring by Earl SchafferIn April 1948, Earl Schaffer had just come home from war in the Pacific. He needed to walk it off, and he did with the most primitive of gear. In four months, he walked with the merging spring from Georgia to Maine, bushwhacking to find the route more often than not, becoming the first to report a complete, single-journey trek on the Appalachian Trail.Grandma Gatewood's Walk5. Grandma Gatewood's Walk by Ben MontgomeryEmma Gatewood was the first woman to hike the entire Appalachian Trail alone, as well as the first person—man or woman—to walk it twice and three times, and she did it all after the age of 65. This is the first and only biography of Grandma Gatewood, as the reporters called her, who became a hiking celebrity in the 1950s and '60s.Becoming Odyssea6. Becoming Odyssea by Jennifer Pharr DavisAfter graduating from college, Jennifer isn't sure what she wants to do with her life. She is drawn to the Appalachian Trail, a 2,175-mile footpath that stretches from Georgia to Maine. Though her friends and family think she's crazy, she sets out alone to hike the trail, hoping it will give her time to think about what she wants to do next. The next four months are the most physically and emotionally challenging of her life. With every step she takes, Jennifer transitions from an over-confident college graduate to a student of the trail, braving situations she never imagined before her thru-hike. The trail is full of unexpected kindness, generosity, and humor. And when tragedy strikes, she learns that she can depend on other people to help her in times of need.Three Hundred Zeros7. Three Hundred Zeros by Dennis BlanchardNever living very far from the Appalachian Trail, Dennis was always aware of the seductive siren's call to hike it. In the sixties Dennis made a promise to his brother that haunted him for over forty years. Finally, when there were no more excuses, he set out 2007 on the Appalachian Trail to fulfill that promise.Skywalker: Close Encounters on the Appalachian Trail8. Skywalker: Close Encounters on the Appalachian Trail by Bill WalkerWhy would a middle-aged businessman, who had never even spent a single night outdoors, attempt to hike the entire Appalachian trail in one year? Bill Walker, a former commodities trader in Chicago and London, and an avid walker, had developed a virtual obsession to thru-hike the 2,175 mile AT. In the spring of 2005 he set off, determined to hike this Georgia-to-northern

Maine wilderness trail before the arrival of winter. Immediately, he realized he had plunged into a whole new world. Walker's near 7-foot height earned him the trail name, Skywalker, and drew envious raves from fellow hikers.Hiking Through9. Hiking Through by Paul StutzmanAfter Paul Stutzman lost his wife to breast cancer, he sensed a tug on his heart—the call to a challenge, the call to pursue a dream. Paul left his stable career, traveled to Georgia, and took his first steps on the Appalachian Trail. What he learned during the next four and a half months changed his life—and will change readers' lives as well.A Walk for Sunshine10. A Walk for Sunshine by Jeff AltJeff Alt takes you along every step of his 2,160-mile Appalachian Trail adventure filled with humorous, frightening and inspirational stories including, bears, bugs, blisters, skunk bed mates and hilarious food cravings.As Alt walked through freezing temperatures, driving rain and sunny skies, he was constantly buoyed by the knowledge that his walk was dedicated to his brother who has cerebral pals SectionHiker is reader-supported. We independently research, test, and rate the best products. We only make money if you purchase a product through our affiliate links. Help us continue to test and write unsponsored and independent gear reviews, beginner FAQs, and free hiking guides.

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