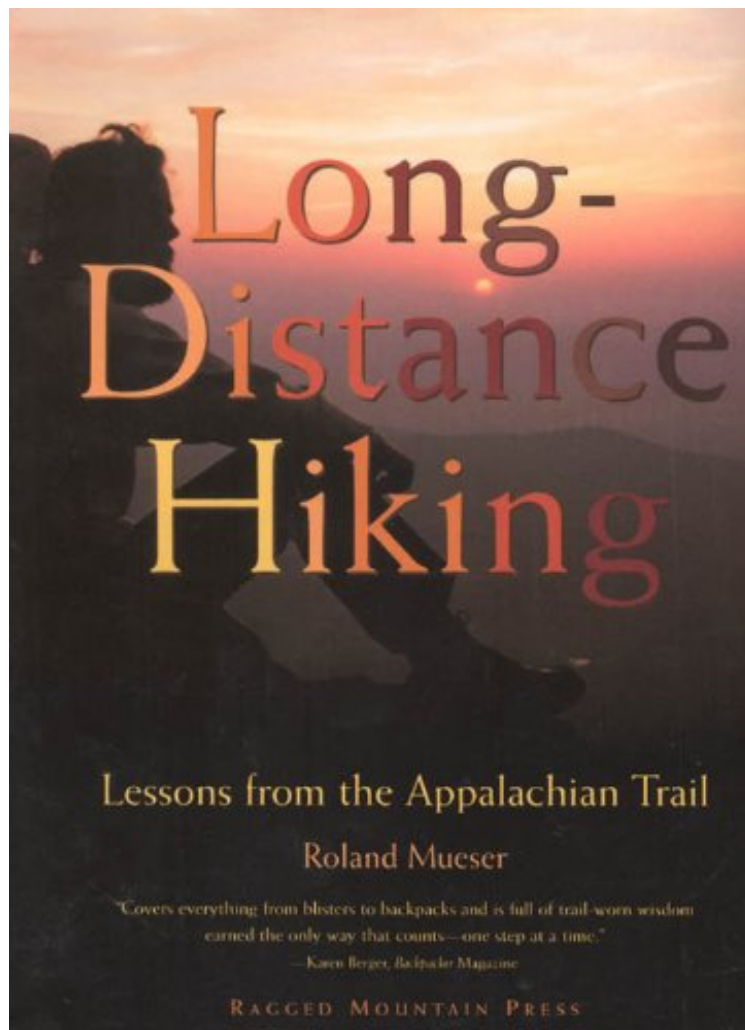


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## Long-Distance Hiking: Lessons from the Appalachian Trail (Official Guides to the Appalachian Trail)

Von Roland Mueser

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**Von Roland Mueser : Long-Distance Hiking: Lessons from the Appalachian Trail (Official Guides to the Appalachian Trail)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Long-Distance Hiking: Lessons from the Appalachian Trail (Official Guides to the Appalachian Trail):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Tolles Buch.Von KundeAuch wenn das Buch schon etwas lter ist, gibt es viel Interessantes zu lesen.Ich habe das Buch direkt "durchgesucht".1 von 1 Kunden fanden die folgende Rezension hilfreich. Engrossing... I couldn't put it downVon Ein KundeAs a frequent visitor to the USA I have for a long time had an interest in the Appalacian Trail and perhaps

hiking it end-to-end (or "through hiking" as it is called) one day. Once I saw the cover "blurb" for Roland's book I just had to purchase it. You realise upon opening this book for the first time that Roland has a very insightful and engaging writing style. This is a book that you can open up at any section and commence reading without feeling disconnected. If you want a book that follows a through hiker's day-to-day experiences when walking the trail or one that details historic, geographic or topographic information discovered along Appalachian trail, then this is NOT the book for you. However, if you want a book that thoughtfully covers all of the things one would want to know about when preparing for through hike of the Appalachian Trail or any other very long distance hike then this could be just what you are after. The book is based upon the things Roland gleaned from his experience through hiking the trail, and from the information gained from interviews with some 100 plus people who also through hiked the trail. For instance, I was fascinated on the discussion as to how many pairs of boots one can expect to wear out and the advantages that lightweight boots can provide over the more expensive leather ones. Also, one would never expect anyone to take on such a monumental task as through hiking the trail in sneakers or without a tent, yet some did and succeeded. This book brings out many things specifically relevant to very long distance hiking that the average hiker wouldn't necessarily think about. That in itself is reason enough to buy this book. 1 von 1 Kunden fanden die folgende Rezension hilfreich. A must read for those interested in the Appalachian trail. Von Ein Kunde Roland Mueser takes us along on a trip that quantifies aspects of the trail important to trail hikers and interesting to those who are new to the sport of hiking. Indeed, this book may be of even greater value to the novice hiker than the seasoned trailblazer in that it addresses critical issues for hikers such as gear and trail etiquette questions. Roland Mueser shows his respect for the trail and hiking in general and writes an inciteful and real account of what to expect and what the trail hiker comes to expect from day to day life with nothing but what you carry on your back. From mosquito protection to an amusing deerfly experiment to more serious matters of equipment and safety this book is a great one and should not be overlooked.

Kurzbeschreibung Blending sage advice with personal experiences and anecdotes, this unconventional book is an unusually thoughtful account of long-distance trekking on the Appalachian Trail. Mueser draws upon interviews and questionnaire data gathered from over 100 long distance hikers hoofing it through the Appalachian Mountains. Kurzbeschreibung Blending sage advice with personal experiences and anecdotes, this unconventional book is an unusually thoughtful account of long-distance trekking on the Appalachian Trail. Mueser draws upon interviews and questionnaire data gathered from over 100 long distance hikers hoofing it through the Appalachian Mountains. Synopsis "The definitive guide to long-distance backpacking. With diligence and creativity, Mueser has gone about answering questions that no one else has even asked. Virtually all the material appears nowhere else and will delight both experienced hikers and the novice with only a dream of setting foot down the trail." - Larry Luxenber, author of "Walking the Appalachian Trail". In April 1989, avid hiker Roland Mueser set off from a shelter at Springer Mountain, Georgia. His goal: to hike the entire Appalachian Trail, interviewing hikers on everything from clothing and gear to coping with loneliness and fatigue. In "Long-Distance Hiking", he draws on those extensive interviews, presenting hikers' candid responses to questions both practical and philosophical: which brand of backpack do most long distance hikers prefer? (page 54) How much money will I need? (page 135) Is a walking stick an advantage or a nuisance? (page 76) What percentage of hikers wear underwear? (page 70) Is it safe to hike alone? (page 19) Which brand of camp stove is most efficient and easiest to pack? (page 57) Is there sex on the trail? (page 147) How many miles do most hikers' boots or shoes hold up? (page 46) What are the most difficult aspects of long-distance hiking? (page 138) Both literate and entertaining, this book is a must for anyone considering a long-distance trek.