



# How to Hike the A.T.: The Nitty-Gritty Details of a Long-Distance Trek

Michelle Ray

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## How to Hike the A.T.: The Nitty-Gritty Details of a Long-**Distance Trek**

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How to plan and prepare for a long-distance hike on the Appalachian Trail. Includes information on trail nutrition, culture, first aid, gear, weather conditions, and more. Expert advice from an experienced longdistance hiker along with useful information for any long-distance trek.



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