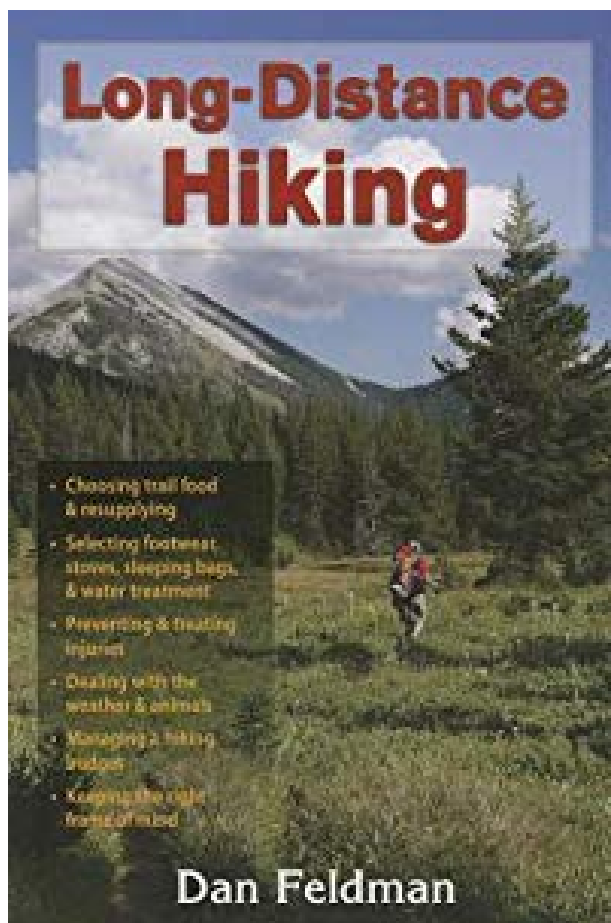


Long-Distance Hiking



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The how-to book for long-distance hikers who want to finish Tips to help aspiring long-distance hikers succeed, from determining nutrition of trail foods to dealing with the elements and medical challenges The first book to catalog the on-trail skills essential to long-distance hiking--setting up camp, dealing with blisters and chafing, avoiding repetitive stress injury Instructive feedback from thru-hikers on the AT and PCT on gear, food, and more