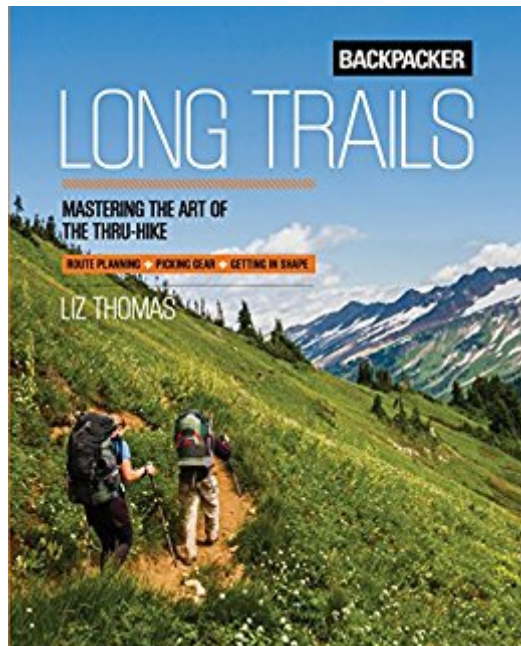




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# Backpacker Long Trails: Mastering The Art Of The Thru-Hike



## Synopsis

Including trail-proven advice from one of North America's leading authorities on long-distance hiking, Liz "Snorkel" Thomas the women's speed record holder for the Appalachian Trail, Backpacker's Long Trails walks you through everything you need to know to conduct an efficient, fun, and safe thru-hike. Whether you're planning to attempt the Pacific Crest Trail, or just your first multi-day long weekend hike, this book will help you plan and prepare for the trip more effectively.

## Book Information

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## Customer Reviews

Where do I start? There are so many good things to say about this book. A very useful resource for both the beginning and experienced long distance hiker who is looking to improve their skills or make gear choices. Liz Thomas's very complete guide to explaining the sometimes mysterious aspects of planning a long distance hike goes a long way toward reducing a new hiker's fear of the unknown. I was especially interested in the section on trail nutrition. The gear comparison section,

where Liz and several other hikers show you what is in their packs, item by item is invaluable. It's always interesting to see what other hikers are packing and helps me to refine a system that works better for me. That evolution seems to be a never ending process. Liz Thomas's passion for hiking and her vast experience with long trails really comes through in her book. I am very impressed with the many topics that are covered.

Over the years I have had the opportunity to review and read numerous books related to long distance hiking, whether it was someone's journey on a trail, a gear guide of what to bring, or the basics of how to hike. Most of these books give a good glimpse of what to expect but now this book gives you all the fact you need to know to have a successful hike and enter the long distance hiking world with the know-how you need to not only have a dialed in pack, but also have a great grasp on resupply strategy, foot care and every other aspect you need to enjoy the world of long distance hiking. This book is a great resource and a must have for anyone wanting to tackle a hike from 100 miles to 3,000 miles. The layout is fantastic, the photography will have you longing to pick up the pack and get outside, and the knowledge within its pages from a slew of experienced long distance hiking is one of the best resources I have ever seen compiled. I only wish this book had existed in the mid-1990's when I was preparing for my first thru-hike along the Appalachian Trail as it would have made my start easier and my pack much lighter. This book is a must have for any hiker out there.

I am a little suspicious of "how to" backpacking books, but I love to read them nonetheless. This very readable and informative book was a surprising delight. Hats off to both Backpacker and Liz Thomas for a well informed book. It is also nicely illustrated which adds to the incentives to get off one's couch and hit the trail. I'm older now and do more car camping, but this book was still helpful on a number of fronts. I found the book tilted toward light weight trekking, but that doesn't detract from the book's overall value. It was a pleasure to read and is a nice addition to my outdoors reference library.

This is the best resource I have seen for aspiring thru-hikers and long distance backpackers. Liz does a great job of drawing from her wealth of knowledge as well as incorporating the perspectives of some of the most experienced long distance hikers in the country. Often times guidebooks stay fairly surface level or introductory with content but I was really impressed with the depth of this book. I have done a lot of long trails and there is still a lot that I can gain from this read.

A fantastic effort was employed by Liz to create this thru-hiking "Bible". I wish I had this in conjunction with Yogi's guides before setting out on the PCT and CDTas it would have saved me a ton of time and money. As someone who now knows a lot about distance hiking I did still learn a few tips and tricks but most importantly for me, this book let me relive my many months spent walking around this beautiful country. Landscape and product photos are excellent and the writing is lively yet professional. A must buy for any future thruhiker and their families.

Great book, Lots of info on EVERYTHING trail-related, even if you are not doing a long hike. Glad I got it.

This book is really great! I've been reading a lot of books about backpacking, but this one touches on a lot of wonderful things about details to a thru hike that aren't mentioned in other books. Really great and fast read, packed with loads of information.

Best Thru-Hiking book I've read. Snorkel doesn't bog you down with nonsense, tells you what you need to know with variations. Stresses hike your own hike.

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