



Make Your First Thru-Hike a Success

Brian Lewis

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Have you ever dreamed of hiking all of the Pacific Crest Trail or the Appalachian Trail in a single year? A surprisingly high number of people attempting their first thru-hike don't finish, many leaving the trail early on. In this book, Triple Crown hiker Brian Lewis zeros in on the specific planning and preparation steps you can take to improve your chances of success. While this is aimed primarily at those planning a long distance backpacking trip, a substantial portion of the ideas apply equally well to section hikes and even shorter backpacking trips.

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