



Appalachian Trail Thru-Hikers' Companion (2016)

Appalachian Long Distance Hikers Association

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The champion of **Appalachian Trail guides** for thru-hiking for two decades! With professionally crafted elevation profiles updated with 2016 mileages, almost 50 updated maps, and redesigned tables for more at-a-glance information on-trail.

Still the only such guide written by volunteers for which all the proceeds are returned to the Trail by these two nonprofits!

The Appalachian Trail Conservancy and the Appalachian Long Distance Hikers Association collaborate each year on a guide especially designed for potential thru-hikers who want the basic information for a five- to six-month trek in the woods, at a reasonable price, but also want the adventure of finding out the extras for themselves. A favorite of section-hikers, too.

With fact-checking research by more than three dozen thru-hiker volunteers in 14 states, backed by the first-hand information of the trail's volunteer and staff maintainers and managers and extensive information from the 2016 *A.T. Data Book*.

Equipment-makers' toll-free numbers, post office hours, much more included.

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