

Simply Hike

Stewart M. Green

Backpacker Long Trails Backpacker Magazine, 2017-04-15 WINNER OF THE 2017 NATIONAL OUTDOOR BOOK AWARDS (INSTRUCTIONAL CATEGORY) Make the Dream of a Long Distance Thru-Hike a Reality Have you been dreaming of the summer when you can hike the Appalachian Trail? Or marvel at the snow-capped peaks along the Pacific Crest Trail? Or simply section hike the Continental Divide Trail? In Backpacker's Long Trails, Liz "Snorkel" Thomas, former women's speed record holder for the AT and veteran of twenty long trails, gives you the tools to make this dream a reality. Included is trail-proven advice on selecting gear, stocking resupplies, and planning your budget and schedule, complete with gorgeous photographs of life on the trail. Along the way, enjoy sneak peeks into not only the Triple Crown trails, but also lesser-known long trails throughout North America.

A Woman's Journey Cindy Ross, 2009-08 This enthusiastic account of one woman's hike of more than 2,000 miles from Georgia to Maine on the legendary Appalachian Trail established her as a new voice among A.T. authors soon after its initial publication in 1982. Today, it's a classic. Artist/writer Cindy Ross split her trek across two years in the late 1970s, before the A.T. became popular for long-distance hiking. That, in no way, diminished the adventure of hardships and joys, loneliness and new friendships, physical and spiritual self-discovery, and radical change that mirrored the ridgecrests and valleys she crossed. Her sketches and vivid descriptions bring to life not only the personalities encountered along the way but also the true spirit of the Appalachian Trail community—a far-flung yet tightly knit family of all ages and backgrounds who share a love for a simple footpath where all are, simply, hikers.

Average People; Extraordinary Trail, Volume I - The Appalachian Trail Mark Allen, 2013-02 Average People, Extraordinary Trail is written for anyone that has an interest in the Appalachian Trail (A.T.), or hiking in general. You don't have to be an experienced hiker, or professional outdoorsman, to enjoy a day, or a year, on the A.T. Enjoy a desk hike while reading the author's daily journal entries from his 2009 A.T. thru-hike. Prepare for your own hike, or just learn a little about the Appalachian Trail. Each chapter has a planning section and an equipment section. Over 100 photographs are included.

Hikes Around Philadelphia Boyd Newman, Linda A. Newman, 1997-06-29 Want to walk for a leisurely hour or two with the kids? Take them to the Churchville Nature Center, with its re-created Lenape Indian village and children's exhibits. Or would you prefer a more strenuous all-day hike? Try the rocky woods trail at Bake Oven Knob, Bear Rocks, and The Cliffs. Or if you're interested in wildlife, hike Green Lane Reservoir where 260 species of birds have been sighted. Perhaps you'd simply like to hike from Pennsylvania to Delaware and back again. Then White Clay Creek Preserve is for you. These are only five of the forty hiking trails described in Hikes Around Philadelphia. All are within an hour and a half's drive of the city. Ranging from 1.0 to 12.6 miles in length, they will take you through dense forests or wide-open meadows, past early farmsteads or a ringing boulder field from the last ice age. You can break your hike with a visit to a restored home or leave civilization behind on an isolated mountain ridge. Some of the trails are gravel or paved, or are canal towpaths, and are quite suitable for young children, older adults, or wheelchair hikers. Others are longer and more challenging, including rugged sections of the Appalachian Trail and the Horseshoe Trail. For each hike Boyd Newman and Linda Newman provide a detailed write-up, a trail map showing the hike route on a USGS survey map, and directions to the trailhead. They also include information on distance, elevation, probable time, surface, interesting features, facilities, disability access, whether hunting is allowed in the vicinity, and availability to public transportation. This format allows you to browse through the book and easily locate the particular hike that appeals to you today. In a concise introduction, the authors not only explain how to get the most out of the book but also give some hints on hiking safety and appropriate clothing and equipment. This handy reference offers: *a detailed write-up of each hike *easy-to-read trail maps *directions to the trail

heads *information that are accessible by public transportation *details about handicap accessibility *lots of other pointers that make planned or last-minute hikes fun and easy for everyone

Hiking with Kids, Colorado Jamie Siebrase, 2020-10 Colorado has a lot to offer--from soaring mountains to vast alpine forests and sage covered desert--so it's no surprise that it's one of the top outdoor tourist destinations in the country. And, with families spearheading the need to get outdoors with their little ones (just say no to excessive screen time!), there are places a-plenty for exploring with littles of all ages. Whether you live there or are simply traveling through, Hiking with Kids Colorado offers up new and exciting adventures for parents and their elementary school-age kids alike. Hiking with Kids Colorado will keep its young participants engaged with tips on cool scavenger hunts; how to identify various animals, bird calls, and more; fun facts about the history of the land; and more.

Hiking Kentucky's Red River Gorge Sean Patrick Hill, 2012-11-13 Hiking Kentucky's Red River Gorge is the definitive guide to trails in the Red River Gorge Geologic Area, Natural Bridge State Park, and Clifty Wilderness. The book showcases 25 of the best hikes in the Gorge, as well as a back-of-book bonus on nearby trails. Distinguished from other Red River Gorge guides, this book provides readers not only with detailed maps, sharp photos, and individual-trail details, THIS guidebook outlines definitive hikes--ways to explore the area and enjoy its flora, fauna, and history. The easy-to-use layout treats each hike distinctly, as its own adventure. Because of this, the routes are detailed with photographs, maps, trail gradient information and, most importantly, ratings for key elements that make a trail appealing to a wide variety of people. This allows the reader to make informed decisions about which trails they will want to hike, which ones will be appropriate for children, and so on. Further, readers will discover how to combine trails and routes for a great hiking day or backpacking trip. This book is ideal for people who've never been to the Gorge, or even beginner hikers. The book simply looks great and is easy to read, and designed for planning hikes as well as while on the trail.

Hike It Baby Shanti Hodges, 2018-06-01 New parents and parents of toddlers face unique challenges when it comes to planning outdoor trips. "Family-friendly trail" is often a misleading phrase, and doesn't take young children under the age of 5 into consideration, whose safety and comfort require a different perspective. The unpredictable nature of little ones leads many parents to put their adventure dreams on the back burner, missing out on years of meaningful experiences as a family. Hike it Baby presents 100 outdoor adventures across the U.S. that you can take with babies and toddlers (really!), along with everything you need to know about exploring the natural world. Sourced from real families using Hike it Baby's trail-tested system, this book helps moms and dads get out there in their comfort zone, yet feel like hardcore adventurers! Whether you've always wanted to hike part of the Appalachian Trail, splash around in gentle Northwest waterfalls, or scramble up rocks in the desert surrounded by Joshua Trees, this book shows you how to plan a truly memorable journey together.

Day & Section Hikes Pacific Crest Trail: Northern California Wendy Lautner, 2010-09-29 Instead of guiding travelers through the arduous task of hiking the entire PCT, the goal of this book is to help plan trips that incorporate hiking on the PCT in Northern California, whether hikers have just an afternoon to spare or want to escape for the entire weekend. The author's hike choices most often include the opportunity for a wilderness swim or a summit hike to take in outstanding views. Maps and elevation graphs were carefully produced using GPS data collected by the author while out on the trail.

Hiking with Kids Southern California Jennifer Fontaine, Shelly Rivoli, 2023-05 Southern California has a lot to offer--from surf and slopes to dry desert--so it's no surprise that it's one of the top outdoor tourist destinations in the country. It sees several hundred million people (yes, you read that right) traverse its land each year, and many are there specifically seeking outdoor adventure. And, with families spearheading the need to get outdoors with their little ones (just say no to excessive screen time), there are places a-plenty for exploring with littles of all ages. Whether you live

here or are simply traveling through, *Hiking with Kids Southern California* offers up new and exciting adventures for parents and their elementary school-age kids alike. Organized around location, for ease of knocking out all of those bucket list places, the book features 50 easily accessible day hike locations, with each hike featuring a color photo and a map. As is standard with *FalconGuides*, all the basic information--from trailhead GPS to best times to go to fees and contacts--will be there, along with trail descriptions geared directly for the kids. The book's handy *Best Hikes For* chart in the beginning will identify the best hikes for water features, historic geographic features, views, cool flora/fauna, and more. *Hiking with Kids Southern California* will keep its young participants engaged with tips on cool scavenger hunts; how to identify various animals, bird calls, and more; fun facts about the history of the land; and more.

One Best Hike: Grand Canyon Elizabeth Wenk, 2010-09-29 One of the world's most spectacular places, the Grand Canyon annually attracts over 4 million visitors who peer over the edge of the abyss. A smaller number of them trek from the rim to the banks of the Colorado River on one of the nation's best-known hikes. Many of these hikers are inadequately prepared for the rigors of what can be a deadly journey. This indispensable guide describes the most popular route into the canyon -- the 16.2 mile round-trip route from the South Rim to the Colorado River. It addresses the many possible hazards (extreme heat, cold, elevation gain/loss of over 9,000 feet), gives advice on physical conditioning, and includes helpful charts, maps, and GPS waypoints for the best rest points. The hike itself is covered mile by mile, with expert coaching and hints along the way. Experienced and novice hikers alike will benefit from its encouraging, can-do approach.

A Hiking Solo Guide Bob Klann, 2023-11-10 Step aside, group trekkers! The lone wolves are taking the trail. If the idea of solo hiking has ever tickled your fancy, or if you've just had enough of Tom from work stealing your trail mix, this guide is about to become your new wilderness bestie. Ah, solo hiking. It's where serene introspection meets grit, and where Mother Nature serves up lessons with a side of did I just hear a bear or was that my stomach? This guide? Think of it as your trusty manual to navigate the beautiful chaos of it all. A trail veteran or a rookie, there's a nugget (or a boulder) of wisdom in here for you. Begin with your wardrobe (and no, flannel isn't the only option). Dive deep into the world of gear. Ever considered that your backpack could be akin to a mobile man-cave? Or that your boots, when chosen right, could feel like foot-hugging clouds even on the rockiest terrains? Discover how to layer like a pro. Because while we appreciate a rugged look, no one's impressed by hypothermia. Speaking of gear, this book has a whole section dedicated to it. No more overpacking till you're mistaken for a mule. This guide ensures you're equipped without feeling like you're lugging around your entire garage. Solo doesn't mean "solo meals," by the way. Unearth the secrets of dining alone and find out why chocolate isn't just for dessert. Or breakfast. Or lunch. Return from the wild, and no amount of fancy restaurant meals will beat the sheer joy of post-hike food delivery. Trust us. Hey gents, ever heard of the pee funnel? Well, there's a chapter dedicated just for the lovely trail goddesses, but who's to say you won't find it intriguing? Chronicle your escapades, and we're not just talking about the "I conquered this peak" selfies. Learn the ancient art of campfire storytelling. Just you, the whispering trees, and perhaps a captivated squirrel or two. Find your tribe of fellow lone rangers to swap stories and experiences. Spoiler: they're out there, cherishing their solitude and the mutual disdain for unsolicited trail "tips." By the end, you won't just have memories of the trail, but tales fit for legends. (P.S. Every mysterious rustling isn't a bear, sometimes it's just Tom from work trying solo hiking.) So, whether you're looking to temporarily escape society, prove a point, or simply find out if trees are really the best listeners, this guide has your back. Ready to flex those calves, grow that beard (or not), and take on nature like the solo champ you were born to be? Let's hit the trail, one introspectively step at a time. Adventure awaits, and it looks darn good on you!

The Thru-Hikers Secret M. E. "Postcard" Hughes, 2016-11-03 *The Thru-Hikers Secret* is a compilation of knowledge with a singular goal: to help you achieve a joyful thru-hike of the Appalachian Trail. The journey can provide new perspectives, renewal for life and even reorder one's

priorities. A thru-hike is to live large, to live simply and step beyond the timid existence of suburbia. Backpacking for months from Georgia to Maine, however, can be far from a smooth journey. To understand all that a thru-hike entails before it is hiked is practically impossible, and yet many hikers set out on this grand adventure without a lick of experience. Of the couple of thousand who begin their journey on the AT each season, only a few hundred will find the rhythm of trail life and complete the 2000 miles of mountain forests. To put it simply: not making it is normal. The greater their transition from cityness to the hiking wilderness, the better the odds of succeeding favor them. The tangible events - rain, cold, heat, elevation gains, insects, sunshine, cool breezes, fresh air and mileage will be joined in lock step with the intangible ones - joy, elation, melancholy and despair. It is these intangible, emotional dynamics that tend to unravel many hikers' resolve of becoming a Thru-Hiker. My past career in advertising and having a knack for simplifying the complicated provided me with a unique perspective to turn the enormity of an AT hike into simple strategies: Secrets. Hikers will be armed not just with information, but a go-to resource of answers before most will even know the questions. As the Secrets are revealed, hikers will learn what will happen and how to manage the vast texture that is an AT thru-hike. Joining the Secrets are more than 130 images to add richness to the communication. I am Postcard after all. This journey of discovery starts on the first page, continues 'til tread touches trail and travels with you to the ending terminus. From the first hour, first day, week and month, you'll move forward with greater confidence knowing you have a proven mentor. The Thru-hikers Secret grew out of my first thru-hiking book, We're Off To See The Wilderness, The Wonderful Wilderness of Awe. In it, joining my personal day-to-day account of life on the trail was a how-to section named Have more smiles in your miles. Many had told me they'd read this time and again before they'd head out on an adventure. After my second thru-hike, my knowledge grew and so another, more comprehensive book idea emerged, one dedicated solely to AT preparation - The Thru-Hikers Secret. Where hiking two days may result in adversity, a thru-hike absolutely, positively will deliver it at a level of ten. Wonderfully though, decisions before and during your hike found in these pages may help to avoid come off the trail moments while helping you find more smiles in your miles.

Day Hike! Olympic Peninsula, 3rd Edition Seabury Blair, Jr., 2014-04-29 This guidebook to hiking the best trails in the Olympic Peninsula features 73 unforgettable day hikes in the Olympic Peninsula, from Hoodspout to Hurricane Ridge to the Pacific coast. All hikes in this book are accessible to residents in the metropolitan Seattle area, making it the perfect companion for anyone wanting to spend their days in the mountains and their nights at home. Each trail is rated, and ranges from easy to moderate to extreme, giving newbie hikers or veterans with hundreds of miles on their boots the choices they want. The relaunch of this popular series now includes full-color photographs of every hike in addition to topographical maps, trail descriptions, and more.

Day Hike Washington: Olympic Peninsula, 5th Edition Seabury Blair Jr., 2023-04-25 Explore the best of the Olympic Peninsula with 73 incredible hikes in and around Olympic National Park, including Hurricane Ridge, the Elwha River, the Hoh Rain Forest, and Hood Canal. Featuring the lush rainforests, mountain vistas, waterfalls, and wild ocean beaches, each trail is rated from easy to extreme, giving first-time or veteran hikers the variety they want, as well as topographical maps, trail descriptions, and more. Includes complete information for 73 great day hikes, including: • Dungeness Spit • Elwha Loop • Green Mountain • Lena Lake • Marmot Pass • Olympic Hot Springs • Kalaloch Beach • Three Forks • and more! The Day Hike! series of full-color hiking guides was written for people who want to spend their days in the mountains and their nights at home. Other titles in the Day Hike! series include: Day Hike! Central Cascades Day Hike! North Cascades Day Hike! Mount Rainier Day Hike! Inland Northwest: Spokane, Coeur d'Alene, and Sandpoint

Hiking Colorado's Hidden Gems Stewart M. Green, 2022-04-01 From the Front Range to Summit County and the Western Slope, this guide reveals 40 of the best hidden and little-known trails scattered around Colorado. Most of the hikes have not appeared in any previous guidebooks, and

are true hidden gems. Whether you're looking to hike in solitude or simply looking to get off the beaten path, these trails will lead hikers on the best trails in state parks and public spaces, with hikes ranging in difficulty from handicap-accessible and easy hikes to strenuous outings.

John Muir Trail: South to North Edition Elizabeth Wenk, 2022-11-15 This complete, digital-only guide for hikers and backpackers describes the 220-mile John Muir Trail, from south to north. Stretching 220 miles from Yosemite Valley to Mount Whitney and onward to Whitney Portal, California's famed John Muir Trail (JMT) is one of the most popular backpacking routes in the US. It passes through some of the most dramatic scenery in the country: massive granite peaks, dizzying waterfalls, pristine alpine lakes, and vibrant meadows filled with Sierra wildflowers. Plus, it offers the mildest, sunniest climate of any major mountain range in the world. The John Muir Trail: South to North Edition contains the information you need for hiking or backpacking the route. The comprehensive guide describes the entire passage, with detailed directions as well as UTM coordinates for important junctions, lateral trails, campsites, food-storage boxes, and other points of interest. The book divides the trail into 13 sections, and each section includes an elevation profile and a table that lists elevation, distance from the previous point, and total mileage. Inside you'll find Detailed description of the entire trail from an expert author Trail junction locations and distances between junctions Comprehensive table of campsites 17 topographic maps plus elevation profiles Side trips to 15 notable peaks Pre-trip planning information about food resupplies, gear, permits, and more Whether you're hiking the entire JMT or just sections of it, you'll find expert start-to-finish advice in the updated edition of this guidebook!

Hiking from Portland to the Coast James D. Thayer, 2016 A guidebook for hikers, bikers, and equestrians, *Hiking from Portland to the Coast* explores the many trails and logging roads that crisscross the northern portion of Oregon's Coast Range. Designed to showcase convenient looped routes, it also describes complete throughways connecting Portland to the coastal communities of Seaside and Tillamook. Each of the 30 trails described includes a backstory to help users appreciate the history and significance of the places through which they are traveling.

Hiking Southwest Utah and Adjacent Areas, Volume Two Updated Tom Garrison, 2020-02-22 This 2020 updated guide (originally published in 2016) is about hiking and generally exploring desert areas, specifically southwest Utah and adjacent areas (southern Nevada and northern Arizona). There is no better way to experience the ruggedness, the history of settlement by Native Americans and later pioneers, and the solitude than by simply hiking and exploring. My purpose in writing this book is to enhance the enjoyment of all who wish to sample the richness of southwest Utah and adjacent areas. My wife, Deb Looker, accompanied me on every hike. This book is a testament to her love of the outdoors as much as mine. Through trial and error from scores of hikes, reading many hiking books, and much Internet research, we have become experienced desert hikers. More than 25 years ago we began seriously exploring the American southwest. During the first several years we concentrated on areas fairly close to our then home in Santa Barbara, California—the Mojave Desert around Barstow and Baker and Death Valley. We later branched out to Joshua Tree National Park and Anza-Borrego Desert State Park in south central California. In the early 2000s Arizona became a favorite destination. Finally, we began exploring southern Utah in 2006. In the fall of 2009 we left California and settled in St. George, Utah. St. George is a great base camp for adventures in southwest Utah, southern Nevada, and northern Arizona. While we much enjoy the grandeur of big name desert national parks—Death Valley, Zion, Bryce Canyon, the Grand Canyon, and others—our preference is hard to find, out of the bustle of humanity, slot canyons. Fortunately, the area we choose to live is full of slot canyons. I wrote these stories to describe the natural beauty on our hikes, and as importantly to inspire people to get out and enjoy nature. Go outdoors and relax, leave the pressures of daily life behind for a few hours. These hikes are not hard-core three day backpacking treks through the wilderness. That is a great thing, but not for the vast majority of people, even those who enjoy the outdoors. There are many good hiking books with long, tough hikes—this is not one of them. These are more of get off the couch or out of your daily rut

and see what nature, plate tectonics, and erosion have given you. These stories and hikes are for the average person/family that understands the value of nature, but never quite gets out to enjoy it.

Simply a Hike Danny Kincy, 2020-11-28 Simply A Hike is a story about a group of killers who are led by a maniac who will not allow anyone stand in his way.

John Muir Trail Elizabeth Wenk, 2022-08-30 This authoritative guide for hikers and backpackers describes the 220-mile John Muir Trail, from Yosemite Valley to the summit of Mount Whitney. Stretching 220 miles from Yosemite Valley to Mount Whitney and onward to Whitney Portal, California's famed John Muir Trail (JMT) is one of the most popular backpacking routes in the US. It passes through some of the most dramatic scenery in the country: massive granite peaks, dizzying waterfalls, pristine alpine lakes, and vibrant meadows filled with Sierra wildflowers. Plus, it offers the mildest, sunniest climate of any major mountain range in the world The John Muir Trail contains the information you need for hiking or backpacking the route. The comprehensive guide describes the entire passage, with detailed directions as well as UTM coordinates for important junctions, lateral trails, campsites, food-storage boxes, and other points of interest. The book divides the trail into 13 sections, and each section includes an elevation profile and a table that lists elevation, distance from the previous point, and total mileage. Inside you'll find Detailed description of the entire trail from an expert author Trail junction locations and distances between junctions Comprehensive table of campsites 17 topographic maps plus elevation profiles Side trips to 15 notable peaks Pre-trip planning information about food resupplies, gear, permits, and more Whether you're hiking the entire JMT or just sections of it, you'll find expert start-to-finish advice in the updated edition of this guidebook!

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