

LESSONS LEARNED ON THE APPALACHIAN TRAIL

If you want to hike for more than a weekend, these words can be the difference between having fun and being miserable. This book contains a physician's solutions to the most common reasons that cause people to prematurely end their hikes--blisters, chafing, knee problems, and losing the will to hike.

Dr. Allnutt, a long distance hiker, then uses his research and engineering mindset to find a practical solution to the challenge of carrying a pack that is light enough to "forget it is there."

Regardless of whether you are starting the Appalachian Trail, or hiking with a Scout troop on a week long adventure, these shared lessons will improve your hike.

If your last hike fell short of being Wildly Successful, read this book.

US\$11.95

ISBN 0-9767227-0-4

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