



Take a Hike!: A long walk on the Appalachian Trail

Tim Hewitt

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Take a Hike! is the story of one man's journey on the 2167 mile long Appalachian Trail. Tim Hewitt, whose trail name was Paddler, talks about trip planning and preparation and shares with you his daily journal for his six month adventure. He is joined on the trip by his thirteen year old son David for five weeks in the summer. David's journal and perspective are also included. This book is not intended to be an all-inclusive planning guide for your Appalachian Trail thru-hike, but it does contain information that the author believes will help you to plan and succeed in your own long distance hiking adventure. Bonus chapters bring you a sample of Tim's creative writing talent as well, as he introduces you to the mythology of the Cherokee Ugalu, and the Penobscot Pamola, two spirit-beasts that haunt the Appalachian Mountains. These short stories are also available in the stand-alone book; Appalachian Trail Myths: The Ugalu & Pamola.

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