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# The Appalachian Trail Food Planner: Second Edition: Recipes And Menus For A 2,000-Mile Hike



## Synopsis

Appalachian Trail long-distance hikers do not diet. They need 4,000 or more calories a day, have to carry them all on their backs and still work all of them off and more! (Well, the guys tend to lose more weight than the women.) Lou Adsmond wanted to make it work for her husband and son and it did. Here are her schedules for "mail drops" of food, recipes for at-home advance cooking and directions for on-the-trail preparation and cooking-the latter are on small cut-out tabs that can be dropped inside those Ziploc bags full of ingredients. It's a 2,175-mile course of meals. The Appalachian Trail runs from Springer Mountain, GA to Katahdin, ME. Millions of day hikers and thru hikers (those who walk the entire trail) visit this National Scenic Trail. Everything you need to:-Plan varied meals-Schedule food drops-Keep hikers happy!

## Book Information

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## Customer Reviews

Recipes and planning ideas were very helpful.

I first found this in the library and liked it so much I purchased it. Full of great ideas for hiking and camping trips, dehydrating, and recipes so you don't get bored. The author used his first-hand accounts of trail hiking to put what worked into the book. Well worth the money if you plan to hike the AT or any other long hiking adventure.

OK ! Great book. Love it. Thank you. Rob

Looks to have a lot of great recipes. I haven't had the opportunity to make any yet.

Good product and fast service.

This is a great book for anyone who is thinking of hiking the AT. It helps you with what foods you need to take with you and has recipes for meals.

I think this book will change everything about my happiness when I do my thru-hike! :-)

Sending packages sounded like a good idea but it is expensive. A few of the recipes are good, but they don't have some items in the market any more. Some of the recipes are for such vast amounts it is ridiculous. I am happy it worked for them and perhaps would work if you are sending more than one person out. My son found markets all along the trail and his desires changed as the trail changed. Not sure this is the way to go anymore.

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