



Long-Distance Hiking: Lessons from the Appalachian Trail

Roland Mueser

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Blending sage advice with personal experiences and anecdotes, this unconventional book is an unusually thoughtful account of long-distance trekking on the Appalachian Trail. Mueser draws upon interviews and questionnaire data gathered from over 100 long distance hikers hoofing it through the Appalachian Mountains.

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