



The Appalachian Trail Food Planner: Second Edition: Recipes and Menus for a 2,000-Mile Hike

Lou Adsmond

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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!

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