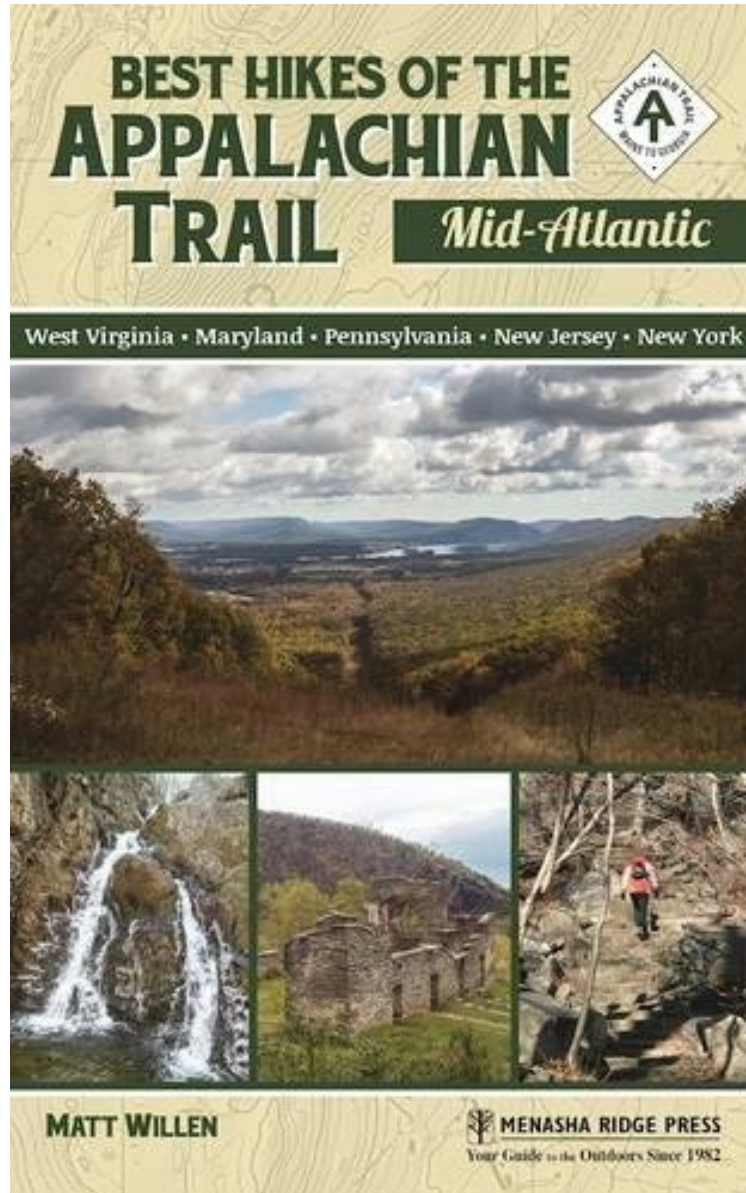


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Best Hikes of the Appalachian Trail: Mid-Atlantic

Matt Willen

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Matt Willen : Best Hikes of the Appalachian Trail: Mid-Atlantic before purchasing it in order to gage whether or not it would be worth my time, and all praised Best Hikes of the Appalachian Trail: Mid-Atlantic:

The mid-Atlantics best day hikes on the AT! If youre looking for fun and adventure on the Appalachian Trail, look no

further. You hold in your hands an exciting guide to 43 trails in West Virginia, Maryland, Pennsylvania, New Jersey, and New York. They have been tested and approved for families with young kids, veteran hikers, and everyone in between. There are mellow hikes, steep hikes, and hikes through forests. Visit well-known sites, such as Harpers Ferry, the Delaware Water Gap, Bear Mountain State Park, and the Hudson Highlands. Along the way, experience abundant overlooks, Civil War memorials, state parks, waterfalls, and more! Matt Willen provides detailed information on the best day hikes along this 450-mile stretch of trail. Many of the hikes make use of the ATs vast network of side trails to create loop- and balloon-configuration trips, as well as out-and-back excursions. Each profile includes GPS-based trailhead coordinates, trail maps, and elevation profiles, as well as pertinent information on the natural history of the hike and recommendations for other activities in the area. Ratings for scenery, trail condition, accessibility for children, difficulty, and solitude ensure that you choose the right trails for your specific needs and interests. This carefully curated collection of short segments offers a new approach to enjoying the granddaddy of Americas trails!

About the Author Matt Willen is an outdoors writer, explorer, and photographer who divides his time between central Pennsylvania and the Canadian Maritimes. Matt has a Ph.D. from the University of Pittsburgh and degrees from schools in Colorado and Arizona. Before devoting his time to writing about the outdoors, he was a professor for 15 years at a small liberal arts college in central Pennsylvania, and he worked for the Colorado Outward Bound School and other outdoors programs for 15 years. An avid sea kayaker and wilderness trekker, Matt has traveled in the outdoors for 40 years. The locations of some of his recent adventures include Patagonia and Tierra Del Fuego, Iceland and Newfoundland. He lives in Hershey, PA.