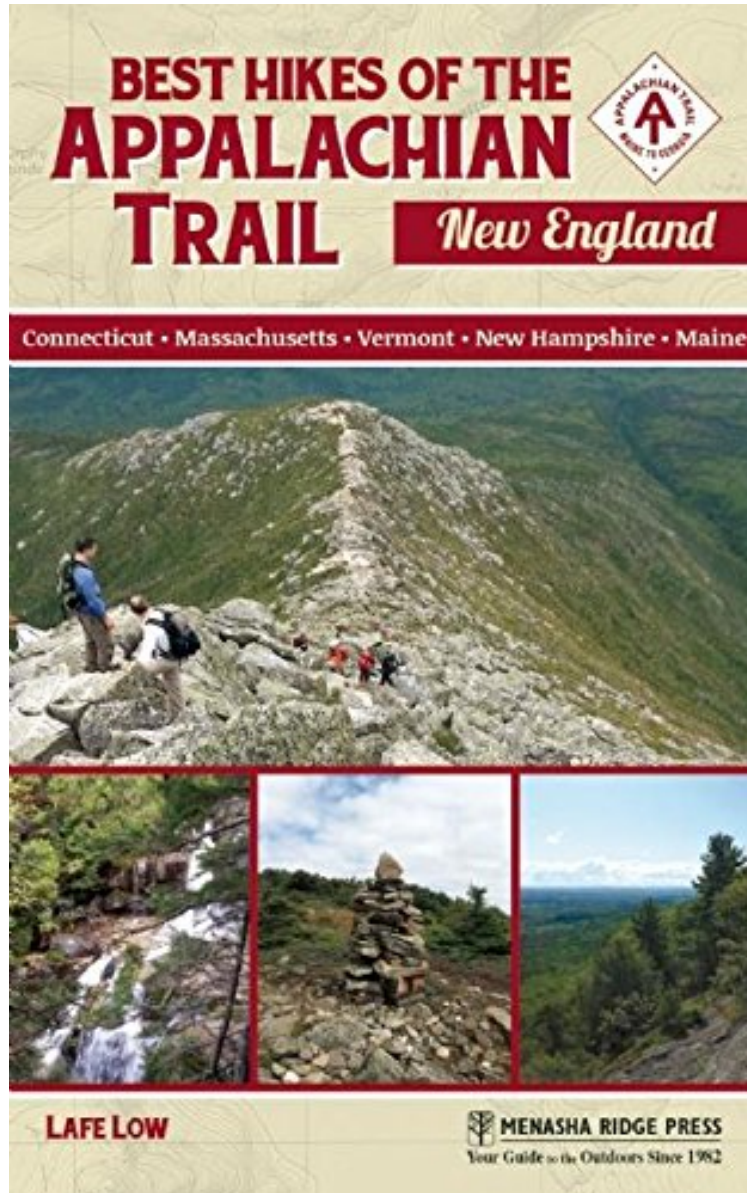


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Best Hikes of the Appalachian Trail: New England

Lafe Low

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Spanning from southern Connecticut up to the top of the mighty Katahdin, Best Hikes of the Appalachian Trail: New

England, by local author Lafe Low, is a thorough reference to 45 day hikes on the Appalachian Trail in New England. This is the only guide that specifically covers the best day hikes (suitable for expert hikers to families with kids) along the AT as it passes through Connecticut, Massachusetts, Vermont, New Hampshire, and Maine. The profiles include everything one would need to plan and proceed with a day hike on the AT: trailhead location, hiking time, hiking intensity, full description, directions, and maps. This Guide Includes: GPS-Base-Trail Maps Elevation Profiles Detailed Directions to Trailheads Rating for Scenery, Trail Conditions, Accessibility for children, difficulty and solitude

About the Author A lifelong New Englander, Lafe Low spends nearly all his free time outside--skiing, camping, mountain biking, and kayaking. He is now the editor-in-chief of a technology website and has also written *The Best in Tent Camping: New England*. He currently lives in the Boston area.