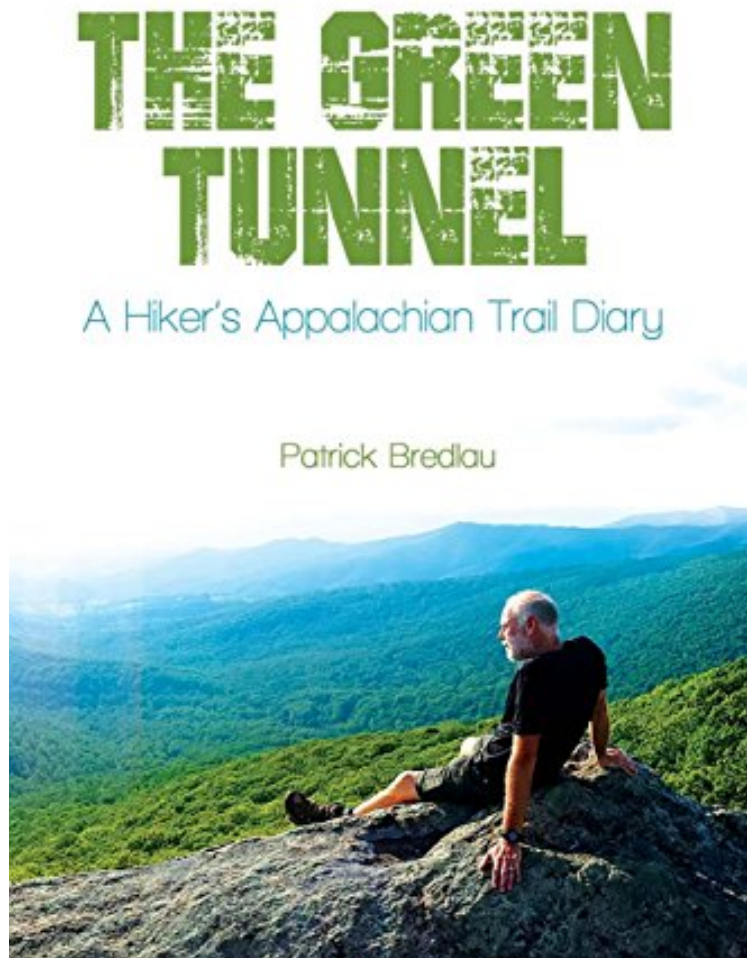


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## The Green Tunnel, A Hiker's Appalachian Trail Diary

*Patrick Bredlau*

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**Patrick Bredlau : The Green Tunnel, A Hiker's Appalachian Trail Diary** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Green Tunnel, A Hiker's Appalachian Trail Diary:

1 of 1 people found the following review helpful. I thoroughly enjoyed reading RW's account of his 2014 thru hike By AZ Cruiser I thoroughly enjoyed reading RW's account of his 2014 thru hike. I walked a few days with him in Pennsylvania as I also thru hiked that summer. RW does a great job bringing the AT experience to life through his daily trail diary. He shares stories of the many characters of the trail community, the wonderful support of the trail

angels, the hardships of walking 2,185 miles, how life on the trail changes very quickly, both to the positive and to the negative. RW answers many typical questions we get as Thru hikers. If you are thinking of doing your own hike, whether it be a section hike or a thru hike, I highly recommend you read this book. I found it interesting that initially RW had a very detailed plan on how he was going to hike. Soon weather, injuries and just the difficulty of the trail forced him to scrap the daily plan and just walk north with the broad plan of getting to Katahdin, however the trail would allow. I admire his dedication and perseverance to set a difficult goal and to follow through, despite all the obstacles that came his way. Well Done!! 2 of 2 people found the following review helpful. ... Really Well Written - This book does what all great travel and adventure books do - inspire and inform By Linda J. Hukill RW is Really Well Written - This book does what all great travel and adventure books do - inspire and inform. I thoroughly enjoyed the journey through RW's eyes. Loads of valuable information about preparation and equipment for the hike and the history of the Trail, and the reader really gets a sense of the joys and hardships experienced. I didn't want the journey to end! 2 of 2 people found the following review helpful. It's good for dreaming and for planning your trek By Karl A. Olson I've been pondering hiking the AT for a while and the Green Tunnel is really illustrative of both the joys and travails you'll find along the way. It's good for dreaming and for planning your trek!

"The Green Tunnel, A Hiker's Appalachian Trail Diary" is the true-life story of a retiree's joys, challenges, and physical rigors while thru-hiking the entire 2,185 miles of the Appalachian Trail in one great epic walk. The book's title refers to the nickname, Green Tunnel, given by hikers for deeply-shaded trail sections that cut through dark and densely-wooded forests. All too often, tree canopies block out all sunlight or views of the sky, sometimes for hundreds of miles. Readers follow RW as he walks north, starting out from the cold winter mountains of Georgia, until he finally reaches Maine during the height of New England fall colors. Along the way, readers encounter a fugitive from the FBI, internationally-known backpackers, the homeless, plus many other hikers seeking adventure or redemption. Trail angels often come to the rescue. Journal entries are frequently peppered with humorous and historical anecdotes, along with colorful descriptions of the swiftly changing scenery and seasons. Readers will also find a good deal of useful backpacking information, from the many firsthand tips and advice on equipment, food, trail culture, lodging, and the hazards of wilderness hiking. ABOUT THE AUTHOR Patrick Bredlau (Trail name: RW) has lived most of his life in the flat lands of Illinois. His life-long enthusiasm for the outdoors was fostered by the Boy Scouts of America during his childhood, and later as a Boy Scout leader on many hiking and backpacking trips. His favorite sports are backpacking, fishing, and sailing. His passion for backpacking led him to hike some of the most spectacular natural locations in the United States and Canada, including the Rocky Mountains, Grand Canyon, Glacier National Park, and Banff National Park. As a sailboat racer, he has participated in the prestigious Chicago to Mackinac Island race, as well as other races on Lake Michigan. After a long and successful 38-year career as a federal bank examiner and instructor, Patrick retired in 2013 to spend more time with his family and enjoy the outdoors. His first major adventure after retirement was to successfully thru-hike the entire 2,185 miles of the Appalachian Trail in 2014.