



The Appalachian Trail Girl's Guide

Megan Maxwell

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After graduating from college and struggling to find direction in adulthood, Megan embarks on a six-month hike along the Appalachian Trail. Having previous backpacking experience, she is over-confident and ready to embrace the beauty of the trail, not anticipating the difficulties that await. From the elation of meeting eccentric individuals and standing on top of mountains to the pains of feeling like giving up in Maine, it is an unexpected adventure. One common theme during Megan's hike was that there were far fewer women on the trail than men. Through sharing her experiences, she hopes to encourage and inspire other females to get on the Appalachian Trail and feel confident in their backpacking abilities. Both a planning guide and a memoir of Megan's thru-hike, in this book you will find:

- Advice and first-hand knowledge on being a solo, female, long-distance hiker
- Budget-friendly gear and logistical planning
- Mental preparation for the highs and lows of thru-hiking
- The best section hikes and must visit locations for each state
- Stories from Megan's journey along the trail

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