



# **Hiking the Triple Crown : Appalachian Trail - Pacific Crest Trail - Continental Divide Trail - How to Hike America's Longest Trails**

*Karen Berger*

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Berger, a thru-hiker of all three, walks the reader through the basics of long-distance hiking but also the special characteristics of each of the three major trails: the Appalachian, Pacific Crest, and Continental Divide. She explores seasons and strategies, food and technique.

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