

Hiking The Pacific Crest Trail Washington Section Hiking From The Columbia River To Manning Park

Day & Section Hikes Pacific Crest Trail: OregonThe Pacific Crest TrailThirstMoon Drive & Hike Pacific Crest TrailThe Great AlonePacific Crest Trail: Oregon and WashingtonGirl in the WoodsHiking the Pacific Crest Trail: Southern CaliforniaThe Pacific Crest Trail: A Hiker's Companion (Second Edition)Free OutsideDay & Section Hikes Pacific Crest Trail: WashingtonPacific Crest Trail: Southern CaliforniaPacific Crest TrailAre You Ready to Hike the Pacific Crest Trail?Appalachian TrialsDay Hiking Mount HoodDay and Section Hikes Pacific Crest Trail: OregonDay and Section Hikes Pacific Crest Trail: Southern CaliforniaThru-hiking Will Break Your HeartI Promise Not To SufferDances with MarmotsA Blistered Kind of LoveHiking the Pacific Crest TrailHiking the Pacific Crest TrailThe Continental Divide TrailJohn Muir TrailHiking the Pacific Crest Trail: OregonThe Trail ProvidesThe Pacific Crest Trail Hiker's HandbookThe Last EnglishmanHikertrashWanderlust USADay & Section Hikes Pacific Crest Trail: Northern CaliforniaWildThe Pacific Crest TrailPacific Crest TrialsHiking the Pacific Crest Trail: WashingtonWild. Film Tie-InUrban Trails Portland100 Classic Hikes: Northern California

Day & Section Hikes Pacific Crest Trail: Oregon

Carrot Quinn fears that she's become addicted to the internet. The city makes her feel numb, and she's having trouble connecting with others. In a desperate move she breaks away from everything to walk 2,660 miles from Mexico to Canada on the Pacific Crest Trail. It will be her first long-distance hike. In the desert of Southern California Carrot faces many challenges, both physical and emotional: pain, injury, blisters, aching cold and searing heat, dehydration, exhaustion, loneliness. In the wilderness she happens upon and becomes close with an eclectic group of strangers- people she wouldn't have chanced to meet in the "regular world" but who are brought together, here on the trail, by their one common goal: make it to Canada before the snow flies.

The Pacific Crest Trail

One April morning I left the Mexico border and walked north on the Pacific Crest Trail. For five months I hiked through the California desert, the snows of the Sierra Nevada, and the Cascade Mountains of Oregon and Washington. My goal was to succeed in an epic challenge: to hike 2,650 miles and reach Canada before the October snows. It was an unforgettable summer of sunrises, river crossings, and high mountain passes; of struggle and peaceful wilderness camps under the stars. In the fall colors of September I reached the border of Canada. This is the story of my thru-hike.

Thirst

A guide to the Pacific Crest Trail describes the route in detail, as well as the plants and animals hikers will see along the way, tells stories about local history, and suggests other ways to enrich this hiking experience.

Moon Drive & Hike Pacific Crest Trail

The Continental Divide Trail explores this iconic crown jewel of America's trails with more than 250 spectacular contemporary images, historical photos and documents from the Continental Divide Trail Coalition archives, and detailed maps. Readers can experience the trail as if their boots were on the 3,100-mile path. This beautifully produced volume makes accessible the highest and most remote of the three crown jewel trails--following the Rocky Mountains from Canada to Mexico along the Continental Divide, the backbone of America. The Continental Divide Trail presents the full glory of this challenging trail in breathtaking images, ephemera, and maps. While untold thousands of day hikers take advantage of the CDT each year, thru-hiking the entire trail is not for the faint-hearted. In 2017, only 250 people will attempt to hike it end to end. The Continental Divide Trail is perfect for anyone interested in conservation, outdoor recreation, or American history, or for those who dream of one day becoming thru-hikers themselves. This is the first large-format book published in conjunction with the Continental Divide Trail Coalition, and the breathtaking photographs make you feel as if you were on the trail. The book includes maps and rarely seen archival images, as well as a written backstory of this great trail. This photo- and information-packed book is a must-have for anyone who has ever caught the magic of the nation's rooftop, the Great Divide. It's an inspirational bucket list for everyone who wants to get outdoors--day hiker, backpacker, fisherman, hunter, and those rare souls--thru-hikers--who dare to attempt hiking it all in one go. With text by Barney Mann, who has thru-hiked all three Triple Crown trails, and a foreword by two-time Pulitzer Prize-winning New York Times columnist Nicholas Kristof, this book makes the trail come alive for both veteran hikers and armchair travelers alike.

The Great Alone

By age 25, Heather Anderson had hiked what is known as the "Triple Crown" of backpacking: the Appalachian Trail (AT), Pacific Crest Trail (PCT), and Continental Divide Trail (CDT)—a combined distance of 7,900 miles with a vertical gain of more than one million feet. A few years later, she left her job, her marriage, and a dissatisfied life and walked back into those mountains. In her new memoir, *Thirst: 2600 Miles to Home*, Heather, whose trail name is "Anish," conveys not only her athleticism and wilderness adventures, but also shares her distinct message of courage--her willingness to turn away from the predictability of a more traditional life in an effort to seek out what most fulfills her. Amid the rigors of the trail--pain, fear, loneliness, and dangers--she discovers the greater rewards of community and of self, conquering her doubts and building

confidence. Ultimately, she realizes that records are merely a catalyst, giving her purpose, focus, and a goal to strive toward. Heather is the second woman to complete the “Double Triple Crown of Backpacking,” completing the Appalachian, Pacific Crest, and Continental Divide National Scenic Trails twice each. She holds overall self-supported Fastest Known Times (FKTs) on the Pacific Crest Trail (2013)—hiking it in 60 days, 17 hours, 12 minutes, breaking the previous men’s record by four days and becoming the first woman to hold the overall record—and the Arizona Trail (2016), which she completed in 19 days, 17 hours, 9 minutes. She also holds the women’s self-supported FKT on the Appalachian Trail (2015) with a time of 54 days, 7 hours, 48 minutes. Heather has hiked more than twenty thousand miles since 2003, including ten thru-hikes. An ultramarathon runner, she has completed six 100-mile races since August 2011 as well as dozens of 50 km and 50-mile events. She has attempted the infamous Barkley Marathons four times, starting a third loop once. Heather is also an avid mountaineer working on several ascent lists in the US and abroad.

Pacific Crest Trail: Oregon and Washington

Why does a 44-year-old father leave his family for six months to walk 4,286 km across America on the Pacific Crest Trail? What effect does it have on his marriage? on his children? and on himself? Following his intuition, Tim Voors decided to embark on a life-changing hike, feeling alive, being afraid, pushing through pain, confronting emptiness and starting a passionate romance with the wilderness. Tim Voors takes us through the physical, mental and spiritual journey he experienced on this epic hike. Climb into his backpack as he takes you through deserts, mountains, forests and raging rivers, where he forges magical friendships, rediscovers who he used to be, and implements those lessons on returning home.

Girl in the Woods

"I really loved it Appalachian Trials is full of specific tactical tips for mental preparation, which is key well beyond the AT." - Tim Ferriss, author of New York Times Best Selling *The 4-Hour Workweek* and *The 4-Hour Body* Each year, it is estimated that more than 2,000 people set out to thru-hike the Appalachian Trail, yet seven in ten ultimately fall short of their goal. Given the countless number of how-to books and websites offering information about logistics, gear, and endurance training, one would think that more people would finish this 2,200 mile trek. Why then, do so many hikers quit prematurely? After successfully thru-hiking the AT in five months with zero prior backpacking experience, author, Zach Davis, is convinced he's discovered the answer. Aspiring thru-hikers, Davis tells readers, are preparing the wrong way- sweating on the StairMaster, meticulously plotting each re-supply box, or obsessing over the a synthetic or down sleeping bag or perfect pair of socks. While the AT undoubtedly presents extraordinary physical challenges, it is the psychological and emotional struggles that drive people off the trail. Conquering these mental obstacles is the key to success. This groundbreaking book focuses on the most important and overlooked piece of equipment of all- the gear between one's ears. Filled with first-hand, touching yet humorous

vignettes and down-to-earth advice that both instructs and inspires, Appalachian Trials gives readers the mental road map they'll need to hike from Springer Mountain to Mt. Katahdin. In Appalachian Trials readers will learn: Goal setting techniques that will assure hikers reach Mt. Katahdin The common early stage pitfalls and how to avoid them How to beat "the Virginia Blues" The importance of and meaning behind "hiking your own hike" 5 strategies for unwavering mental endurance The most common mistake made in the final stretch of the trail Tips for enjoying rather than enduring each of the five million steps along the journey Strategies for avoiding post-trail depression and weight gain In addition, the Bonus Section of Appalachian Trials includes: A thorough chapter on gear written by thru-hiker of the AT and Pacific Crest Trail, and professional backpack gear reviewer Information about the trail's greatest and most unknown risk and how to guard against it 9 tips for saving money before and during your thru-hike A thorough FAQ section including information ranging from how to obtain sponsorship, to the best stove for the trail, to avoiding chafing, and much more

Hiking the Pacific Crest Trail: Southern California

The inspiring account of a 2650 mile solo hike from Mexico to Canada along the Pacific Crest Trail. Despite never having hiked before, George Spearing decided to take 'leave of absence' from his job as a firefighter in the New Zealand Fire Service and walk the length of America. This is the story of his five month journey, travelling entirely on foot and off-road through the desert areas and High Sierra Nevada of California, the Cascade ranges of Oregon and Washington, finally emerging in the Okanogan Forest of British Columbia, Canada. The diverse mix of dry Mojave desert, High Sierra snows and the characters and wildlife met along the way, provide an often humorous look at the US and its wilderness through the eyes of a New Zealander. The lively and easily read style, including illustrations, will appeal to both adventurer and armchair adventurer alike.

The Pacific Crest Trail: A Hiker's Companion (Second Edition)

Completely revised and updated Every trail rehiked, with 13 new hikes and 80 new photos GPS driving directions to every trailhead No one knows this premier hiking region better than author John Soares, who now offers his fourth and fully updated edition of 100 Classic Hikes: Northern California. And while he 's still in love with many of the old trails, some of them have become unsafe or less accessible. The good news is that this gave him the chance to fall for some new trails, which are happily now included in this new edition. The old-growth forests and multiple mountain ranges of Northern California beckon the 10 million urban inhabitants of the Bay Area—who need outdoor experiences BADLY! This new edition not only gets them to the best of nature not far from their door, but looks tremendous on an urban coffee table, too. New hikes in this edition include: 2 in the Bay Area, including the Coastal Trail in San Francisco 5 in the Redwoods and along the coast north of the Bay Area 4 in the Sierra Nevada, including two summits: Ellis Peak and Sierra Buttes 2 in the Russian Wilderness in the Klamath Mountains

Free Outside

Manual on planning and preparing for hikes of the Pacific Crest Trail through California, Oregon, and Washington. Jardine's initial presentation of his lightweight-hiking theories

Day & Section Hikes Pacific Crest Trail: Washington

* Winner of the 2003 Barbara Savage Miles from Nowhere Award * A blend of romance, humor, and adventure on the Pacific Crest Trail * Written in "he said/she said" alternating chapters, this young couple each tell their own story They're not sure which came first -- falling in love with each other or falling in love with the idea of hiking the Pacific Crest Trail (the length of California, Oregon, and Washington). At the trailhead, the young couple was warned that there would be tears, that each would have to find their own separate pace, and that at times the tent would seem awfully small for the two of them. They were told that their biggest obstacles to success would be . . . each other. Their first surprise: freeze-dried meals do funny things to your GI- tract. Their first fight: when Angela noticed that Duffy's long legs propel him along the trail faster than she can muster. But on they pressed -- encountering snakes, bears, and fellow thru-hikers with trail names like Crazy Legs and Catch 23. They baked in the deserts of Southern California, gazed awestruck at the snowy, serrated peaks of the High Sierra, and attempted to hide from Northern Washington's seemingly incessant rain. One hundred thirty two days of Pacific Crest Trail later, they made it -- blisters and all.

Pacific Crest Trail: Southern California

- Inspirational full-color guides with over 150 color photographs in each Hiking the Pacific Crest Trail: Washington is written by Tami Asars. Tami grew up in western Washington playing in the North Cascades. She teaches classes on backpacking basics, lightweight backpacking, and more. A former employee of REI, she now dedicates her time to outdoor writing and photography and is the author of two guidebooks, including Hiking the Wonderland Trail. Tami lives in the Cascade foothills with her husband, Vilnis, and their rough collie, Scout. She can be found at www.tamiasars.com and www.hikingthewonderlandtrail.com. The Pacific Crest National Scenic Trail (PCT) meanders from the California-Mexico border north to the border of Washington and Canada. It ' s a rigorous trail, first envisioned in 1926 and now encompassing some 2,650 miles. Each volume of this new series focuses on section-by-section pieces of the PCT and includes the following features: • Trail sections of 4- to 10-night trips • Detailed camp-to-camp route descriptions • Easy-to-understand route maps and elevation profiles • Details on specific campsites and most-reliable water sources • Road access to and from various trail sections • Info on permits, hazards, restrictions, and more • Alternate routes and connecting trails • Clear references to the PCT ' s established system of section letters, designating trail segments from Mexico to Canada—so you can easily cross-

reference the guides with other PCT resources • Key wilderness sights along the way • Suggested itineraries

Pacific Crest Trail

Long-distance trekking, short day trips out of town, an extended weekend escapade; the first series installment of our bestselling Wanderlust has it all. Experienced outdoor enthusiasts and those lacing-up their boots for their first time: prepare to hike the diverse American landscape. Whether aiming to conquer epic expeditions, or simply complete a day hike to recharge, paths of every size await the intrepid wayfarer in Wanderlust USA, a book that serves as a blueprint for adventurous souls in search of new summits. Stunning photography and insightful tips from veteran long-distance hiker Cam Honan bring many bucolic treks to life, including the unmissable California ancient redwoods and misty waterfalls of Yosemite Park, as well as Utah's dramatic canyons, and the Atlantic cliffs of Maine.

Are You Ready to Hike the Pacific Crest Trail?

Following the successful The Appalachian Trail, and New York Times bestseller America's Great Hiking Trails, this is the official book on one of America's most iconic hiking trails, and is published in conjunction with the Pacific Crest Trail Association. With a foreword by Cheryl Strayed, maps, rarely seen archival photos and historical ephemera, and stunning contemporary photography, this photo- and information-packed book is an inspirational bucket list for everyone who wants to get out on the trail--from day hiker to thru-hiker. This official book celebrates the history, beauty, and importance of the West Coast's most iconic hiking trail. Designated as one of the first two national scenic trails in 1968, the Pacific Crest Trail is a continuous footpath of more than 2,650 miles--from the Mexican border to the Canadian border through California, Oregon, and Washington. Hikers from all over the world are drawn to this trail to experience true American wilderness and to challenge themselves--whether for two miles or two thousand. The only illustrated book officially published with the Pacific Crest Trail Association, The Pacific Crest Trail explores this legendary footpath with more than 250 spectacular contemporary images, unpublished historical photos and documents from the PCTA archives, and even the official trail map folded into an inside pocket. This book is perfect for anyone interested in conservation, outdoor recreation, and for all those who dream of one day becoming thru-hikers themselves.

Appalachian Trials

The PCT 's #1 Guide for More Than 45 Years First published in 1973, The Pacific Crest Trail, Vol. 1, California quickly established itself as the book trekkers could not do without. Now thoroughly updated and redesigned, Pacific Crest Trail: Southern California starts at the Mexican border and guides you to Yosemite 's beautiful backcountry. It winds past deserts,

scales high peaks, and cools off in Sierra lakes. Let PCT gurus Laura Randall, Ben Schiffrin, Ruby Johnson Jenkins, Thomas Winnett, and Jeffrey P. Schaffer share more than four decades of expertise with you. They ' ll help you with everything you need to know about this 942.5-mile section of the 2,650-mile trail, which traverses 24 national forests, 37 wilderness areas, and 7 national parks. In this book, you ' ll find All-in-one guide by accomplished hikers who have logged over 5,000 trail miles Detailed trail descriptions and alternate routes Full-color customized maps, drawn to scale with one another Need-to-know information for day hikes, weekend backpacks, and an ambitious thru-hike Tips for locating the trail, water sources, and resupply access routes This guidebook will be your truest companion. So now ' s the time to get going. The trail awaits!

Day Hiking Mount Hood

The new edition of this Sierra classic has been completely updated, and meticulously describes the entire trail. The book includes GPS coordinates for every junction, has separate descriptions for northbound and southbound hikers, and shows elevations and distance.

Day and Section Hikes Pacific Crest Trail: Oregon

"Witty, wise, and full of heart, Gail Storey ' s winning memoir of her hike on the Pacific Crest Trail at the age of fifty-six is a book for every one who ever dreamed of taking the road less traveled. I Promise Not to Suffer is as inspiring as it is hilarious, as poignant as it is smart. It ' s one of those oh-please-don ' t-let-it-end books. I ' d carry it in my backpack anywhere. " —Cheryl Strayed, author of Wild [CLICK HERE](#) to download the first 50 pages from I Promise Not To Suffer (Provide us with a little information and we'll send your download directly to your inbox) With comfortable urban lives in Houston, Texas, and career and life goals mostly accomplished, Gail D. Storey and her husband were in their fifties when they decided it was time to test themselves on a new path—a 2,663-mile path known as the Pacific Crest Trail, which stretches from Mexico to Canada. I Promise Not to Suffer is Gail's light-hearted yet heart-felt memoir about her and her husband's adventures and misadventures, deepening marriage, and reflections on being irrevocably changed by life on the trail. She was a novice hiker, while he was an experienced outdoorsman. Removed from their usual routines and living outside in the wilderness for months exposed hidden intricacies in their relationship. Hiking 20 miles a day over mountains, thirsting in the high desert of California, forcing frozen feet into icy socks and boots each morning in the High Sierra, stumbling through lava fields in Oregon—Gail was required to meet the elements on their own tough-love terms. From an encounter with a mountain lion to her mother's battle with cancer at home, she confronts each challenge with wit and brave style. While a dangerous loss of weight forces Gail to leave the PCT after 900 miles, she regains strength and later rejoins her husband on sections until he triumphantly reaches the northern terminus in Canada. Humorous yet honest, this journey of harrowing hilarity and reluctant revelations will be loved by active hikers (appendices include details of their unique ultralight gear and other essential how-to information), fans of female

adventure stories, and armchair travelers alike. Want to know more about author Gail Storey? Head to her website today. Praise for *I Promise Not To Suffer*: “ At times wrenching memoir, at times hilarious, *I Promise Not to Suffer* pulls no punches and has a wicked sense of fun. Storey reminds me again of what is possible with a big imagination, a dose of scrappy courage, and a lot of love. ” --Peter Heller, author of *The Dog Stars* and *Kook* “ Some have called Gail Storey the Nora Ephron of the wilderness. With her own unique wit, Storey shares Ephron ’ s commitment to creating and tending a long, nourishing marriage. *I Promise Not to Suffer* is a portrait of a union that does not fray or break under pressure but is forged, toughened, and tenderized. ” --Sara Davidson, author of *Leap!*, *Loose Change*, and *The December Project* “ Of the many books that I have read about hiking the Pacific Crest Trail, none have captured the trail experience from so many different perspectives. Single hikers, couples, and those who stay behind will all enjoy Gail Storey ’ s account of the challenges, the beauty, and the PCT community found along the way. ” --Liz Bergeron, Executive Director and CEO, Pacific Crest Trail Association Winner of the Nautilus Awards 2014 "Better Books for a Better World" Silver Award! Winner of the Colorado Books Awards 2014 in the Memoir category!

Day and Section Hikes Pacific Crest Trail: Southern California

A 2,640-mile hiking adventure on the Pacific Crest Trail. Short-listed for Outdoor Book of the Year by The Great Outdoors magazine. New edition includes bonus chapter - What Happened to Rockets?

Thru-hiking Will Break Your Heart

"Full-color guide with 85 hikes to the region around Mount Hood, Oregon. Each hike includes rating and difficulty, distance, elevation gain, high point, best season, recommended maps, land management information, trailhead GPS coordinates, a full hike description, photos, and a color map"--

I Promise Not To Suffer

A comprehensive guidebook to the Pacific Crest Trail (PCT), an epic 2650 mile trek through the USA from the Mexican border to British Columbia in Canada. One of the world's best hikes, the route passes through California, Oregon and Washington State, taking in the Mojave desert, High Sierras, Cascades and countless more wild mountains of America's west coast. The guidebook is divided into 101 sections of 2 to 3 days, which can be combined into longer days according to ability and preference. This comprehensive guide provides all the information and maps hikers will need. Alongside the notes and route descriptions, there are overview maps for the entire trail, and a detailed introduction that provides essential advice for planning and completing the route. From information on packing, supplies, water and bears, to details on the mountains, wildlife and

regions encountered, this is an essential companion to taking on - and completing - this once-in-a-lifetime adventure. The PCT boasts breathtaking scenery and varied landscapes, through deserts and forests, and over snow-covered passes and along alpine ridges. This is a long wilderness trek of true adventure and exploration through diverse and stunning mountain scenery.

Dances with Marmots

The Pacific Crest Trail was designated as one of the first National Scenic Trails way back in 1968. As it traverses the “ high road ” from Mexico to Canada, incredible views are not only commonplace but also uniquely diverse, because the trail connects six of North America ’ s seven eco-zones. The PCT ’ s familiar, well-worn path is a special place for hikers from all walks of life on walks of all lengths and for all reasons. Instead of guiding you through the arduous task of hiking the entire PCT, the goal of this book is to help you plan trips that incorporate hiking on the PCT in Oregon, whether you have just an afternoon to spare or you want to escape for the entire weekend. Carefully edited maps and elevation graphs generated with GPS data collected by the author on the trail will help make your trip a success. This cargo-pocket guide offers author-tested advice to help you make the most of your time away from civilization, however long (or short) that stretch may be.

A Blistered Kind of Love

A powerful, blazingly honest, inspiring memoir: the story of a 1,100 mile solo hike that broke down a young woman reeling from catastrophe--and built her back up again.

Hiking the Pacific Crest Trail

Jeff Garmire was living the fast paced life of a successful young professional when he gave it all up to embark on the adventure of a lifetime. He set out to become only the fifth person to thru-hike the Pacific Crest Trail, Appalachian Trail and Continental Divide Trail in a single calendar year. Finishing the 8,000 mile Calendar Year Triple Crown would be an adventure of a lifetime. The journey was riddled with inclement weather, shady characters, wildlife attacks, and injuries. Along the way Jeff swam frozen rivers, encountered wildfires and battled his own mind. He offers a captivating story of strength and courage. Hiking through some of the most remote areas in America, Jeff is continually overwhelmed by the kindness and generosity of strangers. Free Outside is the fascinating story of Jeff Garmire's journey along the national historic trails that define wild America. Finishing would take everything he had, and he was willing to give it all.

Hiking the Pacific Crest Trail

A Journey From Lost to Found. At 26, Cheryl Strayed thought she had lost everything. In the wake of her mother's rapid death from cancer, her family disbanded and her marriage crumbled. With nothing to lose, she made the most impulsive decision of her life: to walk eleven-hundred miles of the west coast of America - from the Mojave Desert, through California and Oregon, and into Washington State - and to do it alone. She had no experience of long-distance hiking and the journey was nothing more than a line on the map. This account captures the agonies - both mental and physical - of her incredible journey.

The Continental Divide Trail

Explore 28 of the Pacific Crest Trail's best hikes in Oregon with insights from a local hiking expert.

John Muir Trail

The Pacific Crest National Scenic Trail (PCT) traces a 2,650-mile route from the California-Mexico border north to the border of Washington and Canada. While many hikers attempt a “ thru-hike ” every year, beginning in Campo, California and connecting their footsteps all the way to Manning Park, B.C., even more people enjoy “ section hiking ” – tackling the trail in bits and pieces. This guidebook serves as a road map to section hiking the Southern California portion of the PCT, beginning at its southern terminus in Campo and ending 942.5 miles north at Tuolumne Meadows in Yosemite National Park. From the magical cactus gardens of the Mojave Desert to the snowy peaks of the High Sierra, this book covers one of the most biologically and geologically diverse portions of the PCT. Author Shawnt é Salabert serves as your personal trail guide along the way, offering informative route descriptions, interesting sidebars, and colorful stories that will deepen your experience on this iconic trail, whether you ’ re headed out for a weekend, a week, or a month. Each volume of this new series focuses on section-by-section pieces of the PCT and includes the following features:

- Inspirational full-color guides with over 150 color photographs in each
- Trail sections of 4- to 10-night trips
- Detailed camp-to-camp route descriptions
- Easy-to-understand route maps and elevation profiles
- Details on specific campsites and most-reliable water sources
- Road access to and from various trail sections
- Info on permits, hazards, restrictions, and more
- Alternate routes and connecting trails
- Clear references to the PCT ’ s established system of section letters, designating trail segments from Mexico to Canada—so you can easily cross-reference the guides with other PCT resources
- Key wilderness sights along the way
- Suggested itineraries

Download an errata for Hiking the PCT: Southern California for a profile fix [here](#)

Hiking the Pacific Crest Trail: Oregon

- Inspirational full-color guides with over 150 color photographs in each Hiking the Pacific Crest Trail: Oregon is written by Eli Boschetto. A hiker, writer, and photographer, Eli reveled in going deep for Oregon! Since 2011, he has been the editor of

Washington Trails magazine, which he manages from his home in Portland, Oregon. Eli is also a regional correspondent for Backpacker magazine. The Pacific Crest National Scenic Trail (PCT) meanders from the California-Mexico border north to the border of Washington and Canada. It's a rigorous trail, first envisioned in 1926 and now encompassing some 2,650 miles. Each volume of this new series focuses on section-by-section pieces of the PCT and includes the following features:

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The Trail Provides

Girl in the Woods is Aspen Matis's exhilarating true-life adventure of hiking from Mexico to Canada—a coming of age story, a survival story, and a triumphant story of overcoming emotional devastation. On her second night of college, Aspen was raped by a fellow student. Overprotected by her parents who discouraged her from telling of the attack, Aspen was confused and ashamed. Dealing with a problem that has sadly become all too common on college campuses around the country, she stumbled through her first semester—a challenging time made even harder by the coldness of her college's "conflict mediation" process. Her desperation growing, she made a bold decision: She would seek healing in the freedom of the wild, on the 2,650-mile Pacific Crest Trail leading from Mexico to Canada. In this inspiring memoir, Aspen chronicles her journey, a five-month trek that was ambitious, dangerous, and transformative. A nineteen-year-old girl alone and lost, she conquered desolate mountain passes and met rattlesnakes, bears, and fellow desert pilgrims. Exhausted after each thirty-mile day, at times on the verge of starvation, Aspen was forced to confront her numbness, coming to terms with the sexual assault and her parents' disappointing reaction. On the trail and on her own, she found that survival is predicated on persistent self-reliance. She found her strength. After a thousand miles of solitude, she found a man who helped her learn to love and trust again—and heal. Told with elegance and suspense, Girl in the Woods is a beautifully rendered story of eroding emotional and physical boundaries to reveal the truths that lie beyond the edges of the map.

The Pacific Crest Trail Hiker's Handbook

The Last Englishman

When I finished hiking the Appalachian Trail in 2009 I wrote about my adventure for my family and friends. A number of them

told me they felt like they were hiking the Appalachian Trail with me from the comfort of home. I hiked the Pacific Crest Trail in 2012. They wanted me to write about that adventure, too. When I finished writing the book, I asked my vicarious hikers: "Are You Ready To Hike The Pacific Crest Trail?" That became the title of my book. It was a fun, fun, challenging hike that created many vivid memories: Running out of water in the scorching desert, a rattlesnake coiled and ready to strike, a lone coyote howling mournfully through the quiet star filled night, sparkling mountain lakes spread out below Forrester Pass, fragrant fields of bright lupine, cascading waterfalls, encroaching forest fires, majestic glacier-covered volcanoes, healthy green forests, bears, curious marmots, and filthy, friendly, lean and hungry thru-hikers. Hiking the Pacific Crest Trail left me with new friends and in excellent physical condition. It was a wonderful, exciting adventure. Are YOU ready to hike the Pacific Crest Trail? Join me.

Hikertrash

Stretching over 2600 miles from the Mexican to the Canadian border, the Pacific Crest Trail (PCT) passes through some of the most breathtaking scenery in the U.S. Each year hundreds of hikers attempt to complete the entire trail while thousands of others take it in smaller sections. Designed for thru hikers, section hikers, and day hikers it describes the official route, occasional alternate routes, side trips, and resupply points. The new edition contains a 9-page update, including the rerouted portion of the trail in Washington between Indian Pass and Miners Creek. Winner of the Classic Award in the 2008 National Outdoor Book Awards.

Wanderlust USA

Whether you're day hiking or taking a weekend getaway, hit the road and hit the legendary trail in California, Oregon, and Washington with Moon Drive & Hike Pacific Crest Trail. Make your escape on shorter trips from nearby cities, hit all the national parks along the PCT, or drive the entire two-week route from California to Washington Find your hike along the Pacific Crest Trail with detailed trail descriptions, difficulty ratings, mileage, and tips for picking the right section of the trail for you Discover adventures on and off the trail: Watch the bubbling mud pots below Lassen Peak or admire Joshua trees in the sparse and peaceful Mojave Desert. Savor artisan, homemade-style pies of all kinds in Julian, sample craft beers in Bend, or gorge yourself at Timberline Lodge's gourmet brunch buffet. Cross the Columbia River on the historic Bridge of the Gods, climb into the massive granite peaks of the North Cascades, or catch a magical sunrise over the eastern edge of Oregon's Crater Lake Take it from avid hiker Caroline Hinchliff, who shares her insight on the best spots for wildlife-watching, glamping, or having a Wild moment Full-color photos, strategic itineraries, easy-to-use maps and site-to-site driving times Get the lowdown on when and where to get gas, how to avoid traffic, and braving different road and weather conditions, plus tips for LGBTQ travelers, seniors, and road-trippers with kids With Moon Drive & Hike Pacific Crest Trail's practical tips and local know-how, you're

ready to lace up your hiking boots, pick a trailhead, and embark on your adventure. For more epic getaways, check out Moon Drive & Hike Appalachian Trail.

Day & Section Hikes Pacific Crest Trail: Northern California

The Pacific Crest Trail was designated as one of the first National Scenic Trails way back in 1968. As it traverses the "high road" from Mexico to Canada, incredible views are not only commonplace but also uniquely diverse, because the trail connects six of North America's seven eco-zones. The PCT's familiar, well-worn path is a special place for hikers from all walks of life on walks of all lengths and for all reasons. Instead of guiding you through the arduous task of hiking the entire PCT, the goal of this book is to help you plan trips that incorporate hiking on the PCT in Southern California, whether you have just an afternoon to spare or you want to escape for the entire weekend. Carefully edited maps and elevation graphs generated with GPS data collected by the author on the trail will help make your trip a success. This cargo-pocket guide offers author-tested advice to help you make the most of your time away from civilization, however long (or short) that stretch may be.

Wild

Thru-hiking the Pacific Crest Trail is 90% mental. Each year, thousands of backpackers take to the Pacific Crest Trail with the intention of successfully thru-hiking the 2,650-mile footpath that extends from Mexico to Canada. Despite months of research, thousands of dollars poured into their gear, and countless hours dedicated to grinding away on the StairMaster, most hikers fall short of their goal. Why? They neglected to prepare for the most challenging element of a five month backpacking trip. While the PCT presents extraordinary physical challenges, it is the psychological and emotional struggles that drive people off the trail. Conquering these mental obstacles is the key to success. This groundbreaking book focuses on the most important and overlooked piece of equipment of all- the gear between one's ears. Filled with first-hand, touching yet humorous vignettes and down-to-earth advice that both instructs and inspires, Pacific Crest Trials gives readers the mental road map they'll need to hike from Mexico to Canada. Following up on his wildly popular guide to thru-hiking the Appalachian Trail in Appalachian Trials, Zach Davis has teamed up with 2015 PCT thru-hiker Carly Moree to bring readers the ultimate psychological and emotional guide to prepare for the Pacific Crest Trail. In Pacific Crest Trials readers will learn:- Goal setting techniques that will assure hikers reach Canada- The common early stage pitfalls and how to avoid them- How to beat "the Death of the Honeymoon"- The importance and meaning of "hiking your own hike"- How to adapt amongst drastically different terrains, weather patterns, gear and logistical needs- Five strategies for unwavering mental endurance- How to save money on gear purchases- Tips for enjoying rather than enduring each of the five million steps along the journey- Advice for staving off post-trail depression from one of the country's most respected trail angels- Nutritional guidance for avoiding post-trail weight gain. Additionally, readers will receive an in-depth guide to choosing the right gear for their PCT thru-hike from Triple Crown, Liz "Snorkel" Thomas. In

this chapter full of valuable insights, Snorkel walks readers through what features to look for in quality gear, how to save money, how to lessen the load without compromising on safety or comfort, and offers crucial advice on how to properly use and care for your gear. Furthermore, Thomas offers several specific product recommendations, giving readers a helpful head start on their shopping list. Note: This is an adaptation of Appalachian Trials. Although this book is written with the Pacific Crest Trail thru-hiker in mind, the principles are largely similar. If you own Appalachian Trials do not buy this book. Five percent of the proceeds of your purchase of Pacific Crest Trials will go to the Pacific Crest Trail Association, the non-profit that oversees and protects the Pacific Crest Trail.

The Pacific Crest Trail

2018 Banff Mountain Book Competition Category Finalist in Guidebooks The final two (of four) volumes for the entire 2,650-mile Pacific Crest Trail (PCT) All-color photos, maps, elevation profiles, charts, and more Dream books--and precious gifts--for trail lovers everywhere From the preeminent outdoor publisher in the West come the latest volumes in this new, unparalleled series of guidebooks to the region's most famous trail. The Pacific Crest National Scenic Trail meanders north from California's border with Mexico to the entrance of Manning Provincial Park in British Columbia, on the Washington State-Canada border. It's a rigorous trail that has evolved since its earliest envisioning in 1926 to encompass approximately 2,650 miles of rich and varied terrain, traveling through some of the West Coast's most beautiful country. It inspires hikers of all ages and abilities to imagine the ultimate wilderness journey. The Southern California and Northern California guides of Hiking the Pacific Crest Trail complete the four-volume set written for hikers planning to just tackle the trail sections in their nearby region, those who will chip away at pieces of the whole trail over a lifetime, or trekkers who set out in the SoCal desert and charge all the way to Canada. These are lushly attractive guidebooks--good reads and gorgeous to page through to boot--but they also offer invaluable hiking beta. Each volume focuses on section-by-section routes in each state (or region), and provides important details to help hikers plan and organize multi-night backpacks. Here's what's included with each expertly written guidebook: Trail sections that promote 4- to 10-night trips Smaller section legs allowing for easier planning and trail-time management Detailed camp-to-camp route descriptions Easy-to-understand route maps Clear references to the PCT's established system of section letters, designating trail segments from south to north, Mexico to Canada, so hikers can easily cross reference other trail resources Details on specific campsites Most reliable water sources Access to and from various trail sections Info on permits, hazards, restrictions, and more Alternate routes and connecting trails Key wilderness sights along the way Suggested itineraries Unlike other PCT guidebooks, this series focuses on section hikers, who make up the vast majority of adventurers on the trail. Only a handful of folks complete a thru-hike of the trail in one trip, but the trail's popularity continues to grow. In 2015, long-distance hikers and horseback riders from all 50 states and 34 countries were issued permits to vacation on parts of the PCT. It is one of the seminal bucket list items for outdoor lovers, whether that means completing just your own state . . . and then the next . . . and then the next . . . or as far as your dreams will take you.

Pacific Crest Trials

Teetering awkwardly on the brink of insanity, unable to handle life in snowy, cold, ultra-conservative North Idaho, Carl and Erin sold their house and set out in search of a new place to call home. Suddenly finding themselves completely free of responsibilities, jobless, and with a little spare cash in the bank, it didn't take long before their serious search for a new life took some unexpected twists and turns. "What do you think we should do when we return to the States?" Erin asked Carl, as they sat outside a tiny cafe sipping coffee. It was a question that had been plaguing her for weeks as they budget travelled across South East Asia in an attempt to avoid winter (and reality). "I've been thinking about it, and I think we should thru-hike the Pacific Crest Trail." Was Carl's totally unexpected reply. Spend months on end traipsing through the wilderness, petting bunnies and chasing rainbows, as they hiked 2,660 miles from Mexico to Canada? How could Erin possibly say no? Life Rule #1: Never, ever, turn down an adventure. Friends wagered they wouldn't last a week, but before they knew it, days turned into months as they made their way across America at three miles an hour. As Carl and Erin morphed into Bearclaw and Hummingbird, they found that being hikertrash suited them. Though they will both admit the trail was life altering, there were no great epiphanies, no magic answers to all of life's burning questions, no "ah-ha " moments when suddenly life made sense. This is not a tale of personal growth. Through blisters and shin splints, jaw-dropping landscapes and craptastically unspectacular forests, searing heat and pouring rain, complete hilarity and utter exhaustion, this is the story of what day-to-day life is really like on one of America's greatest trails. As told through Hummingbird's journal entries, this is the story of life on the trail - the people you meet, the things you see, and how, mile by mile, you eventually become Hikertrash. Includes: 6 Overview Maps to Follow our Journey 19 Black & White Photos of Sights Along the Trail Leave No Trace Tips Our Gear Lists Our Trail Recipes What Is Hikertrash? Hikertrash: a long distance hiker, shabby and homeless in appearance, rarely bathed and rank in odor, more at home outdoors than in society, with a deep reverence and respect for all things wild.

Hiking the Pacific Crest Trail: Washington

Disillusioned by the corporate lifestyle, David finds himself unemployed and desperate for change. Bradley, his older, more adventurous, and slightly-wreckless college fraternity brother presents an enticing offer. Just a few weeks later, the two inexperienced hopefuls abandon society and plunge into a soul-searching sojourn to thru-hike the Pacific Crest Trail, a 2,650-mile Mexico-to-Canada footpath--barefoot. At the trail's mercy from day one, the two hikers face the endless pains of walking, rising tensions, and falling behind to the coming winter. The Trail Provides is a thru-hiking memoir filled with stories about companionship and lessons learned, dreams and reality, and leaving everything behind for the desire of transformation, insight, and self-discovery. Now, let's begin the journey?

Wild. Film Tie-In

Among the hundreds of parks and natural spaces around the Portland area, Forest Park gets the most recognition—and deservedly so—as America’s largest urban forest with more than 80 miles of hiking trails and biking paths. Yet there’s more to explore in and around the city than just this one forest, and *Urban Trails: Portland*, by hiking writer Eli Boschetto, brings this abundance to the people! There are plenty of opportunities for wandering the banks and wetlands of Portland’s three major rivers, as well as hiking on volcanic buttes, strolling through community gardens, discovering historic sites, and walking urban footpaths. Add to that, tips on observing some of the hundreds of species of birds and mammals that reside in these areas, and you practically have an urban safari at your doorstep. With an emphasis on easy access to the outdoors and fitness, features of this guide include: Trailhead directions, including public transit where available “Know Before You Go” tips for park hours, events, etc. Trail distance and high point Trailhead amenities Info for families with kids, dog owners, and bikers Sidebars on area history, nature, and sights Fun checklists for plants, trees, flowers, and wildlife you may spot Easy to reference maps Indicates trail suitability for walkers, hikers, and runners

Urban Trails Portland

Washington is a dynamic state to say the least. It's amazing how quickly the landscape can change; fires rage in the summer, closing trails and burning huge swaths of forest, bridges get washed away in massive floods, and avalanches knock trees over like matchsticks, taking out entire sections of trail with them. The second edition of *Day and Section Hikes Pacific Crest Trail: Washington*, by local author Adrienne Schaefer provides hikers with updated trail and road conditions, places to visit in the great mountain towns surrounding them and information on some of the major environmental events that have happened over the past four years, which includes the largest wildfire season in Washington State history. The second edition also includes five new hikes, one of which travels along the glaciated flanks of Glacier Peak through a breathtaking section of the PCT that was closed from 2003-2011. With new maps, photos, and updated trail information, this guide highlights sections of the PCT in the Columbia River Gorge, Gifford Pinchot National Forest with views of Mount Adams, Mount Rainier National Park, and Pasayten wildernesses. The guide includes ratings for scenery, trail condition, difficulty, solitude, and accessibility for children. In addition, it has driving directions, GPS waypoints, and permit and fee instructions.

100 Classic Hikes: Northern California

Instead of guiding travelers through the arduous task of hiking the entire PCT, the goal of this book is to help plan trips that incorporate hiking on the PCT in Northern California, whether hikers have just an afternoon to spare or want to escape for the entire weekend. The author's hike choices most often include the opportunity for a wilderness swim or a summit hike to take in outstanding views. Maps and elevation graphs were carefully produced using GPS data collected by the author while out on the trail.

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