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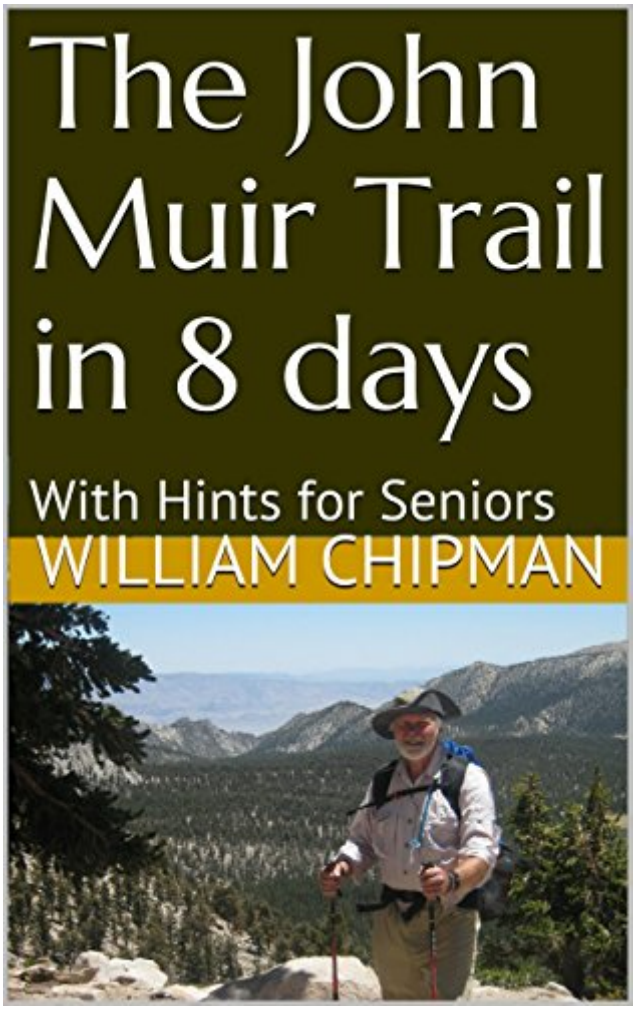
The John Muir Trail In 8 Days: With Hints For Seniors



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Synopsis

A primer for newbies to backpacking. Doing 210 miles of high altitude Sierra trail in 8 days at age 75 means traveling light, and long distance hiker/author William Chipman says traveling light makes the difference at any age between an enjoyable hike and feeling like an overloaded mule. You may not want to hike big miles every day like he does, but being prepared to make miles fly behind you makes even ten miles a day more enjoyable. â œBesides,â • says author Chipman. â œItâ ™s easier to add a few luxuries to an ultralight pack than find that your gear is too heavy to comfortably carry and you have to figure out how to make it lighter.â •Whether you are 75 or 17 it is possible to comfortably hike the entire John Muir Trail in 8 days, or you can make it a leisurely two to three weeks. Either way, this booklet will fill you in on everything you need to know, from training, preparation and permits to how to deal with bears, snow and roaring river crossings, and it even tells you three ways to get a campsite in Yosemite Valley without a reservation.

Book Information

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Customer Reviews

We did the John Muir Trail this year, 2015. We both read the booklet before and were glad we did. I’m 69 and my trail mate is 64. Both of us have done a lot of backpacking over the years but had

never done anything as long as the JMT. We decided to do this one going ultra light, mostly based on this writer. The author's advice in general as well as what he has to say on ultra light back packing is excellent. He doesn't take himself too seriously and the booklet is easy to read and lighthearted. Both of us highly recommend this guide. It's well worth reading whether you fly through the JMT in 8 days or take a month at it, which is more to my liking.

Published in 2015. Surprising to see recommendation for down sleeping bags. 40yrs ago scouts usually got synthetic polyester lined bags.They were thought superior to down, which dries too slowly and provides no warmth if wet, in contrast to synthetics. A difference which can mean life or death. Many interesting and fun hints. Perhaps not for young people, but excellent for adults. I would not take boy scouts on an 8 day JMT hike, unless they were Eagle Scouts. I have considerable time these mountains, as I was raised in near by Tulare. The sine qua non for such a hike is still the BSA Fieldbook, which can be purchased by anyone.

Pretty good information that is a little different than most books on the JMT and therefore useful. I don't agree with the authors theme of doing the JMT in only 8 days. It make a lot more sense to do it in 12-20 days.

I'm very glad I have kindle unlimited and the book cost nothing. Good grief, maybe if you've never been to the woods it might offer something. But then again, if you don't have some basic knowledge, maybe a day hike is what you should be planning, not the JMT

A must read for anyone considering the JMT. The book is motivational and a quick read.

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