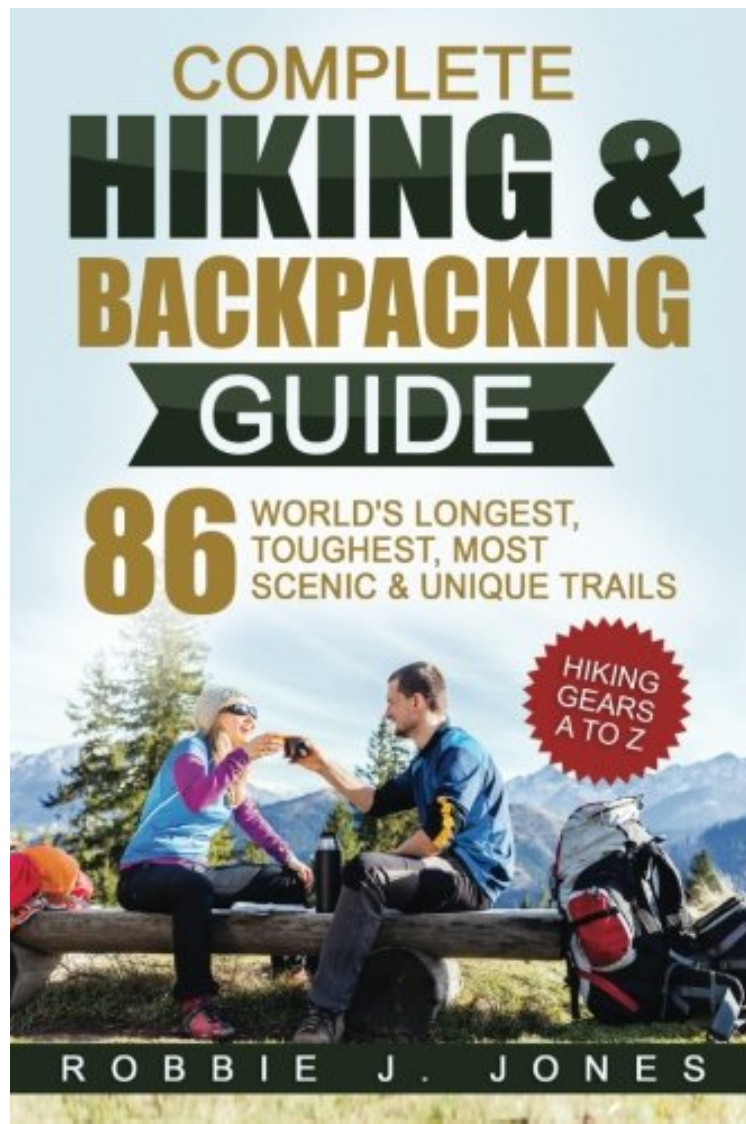


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## Complete Hiking Backpacking Guide: Hiking Gears A to Z - 86 World's Longest, Toughest, Most Scenic and Unique Trails

*Robbie J Jones*

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**Robbie J Jones : Complete Hiking Backpacking Guide: Hiking Gears A to Z - 86 World's Longest, Toughest, Most Scenic and Unique Trails** before purchasing it in order to gage whether or not it would be worth my time, and all praised Complete Hiking Backpacking Guide: Hiking Gears A to Z - 86 World's Longest, Toughest, Most Scenic and Unique Trails:

2 of 2 people found the following review helpful. Hiking For Fun, Adventure, and FriendshipBy Mickey ProRobbie Jones, author of the book Complete Hiking and Backpacking Guide, writes a great book on the subject of hiking. Many people today suffer from some type of ailment that could use some type of physical exercise. Jones places his emphasis on a tour of the wild, an adventure, and not just a treadmill with a video screen of old re-runs or the news. Movies are beginning to capture the enduring quest of hiking and Jones puts the right formula together for a guide that every avid hiker should read. It is also a book for people that like the outdoors. From hiking gear to preparing for the quest, this book will get you started on your first hiking adventure. If you are an avid hiker, then this is the book for you. Jones captures the true-to-life experience and knowledge in this page-turner. Strongly recommended.3 of 3 people found the following review helpful. A manual on all things hiking!!!!By Nwanevu SylvanusEnlightening read, the author x-rayed hiking, it's do's and don'ts, benefits etc.The book is a beginners guide to hiking, dissecting each minuscule detail involved in hiking and giving tips on how to maximise your hiking experience be it alone, or with your family, or light or hardcore hiking.This dissection the author achieves via use of language and illustrations.A must read for all hikers out there.1 of 1 people found the following review helpful. A very useful and detailed guideBy Marcia FajardoI have been hiking for last 7 years but only in our good ole' USA. I have been thinking about taking my hiking to the next level like this author did and that is the reason I bought this book. I want to learn about all the other great places to hike around the world. The last section of the book is about those 86 places in various countries, and after reading about them, I looked them up online and found out there are some truly awesome places I can go to for a very reasonable cost. This book I think is targeted towards someone who is looking to get started in hiking, as he layout lots of basic rules and gear rerequisites that any hiker would need. Over all a good book with lots of information for anyone looking to get started.I really loved it.

Complete Hiking Backpacking Guide Best Hiking Gears A to Z 86 World's Longest, Toughest, Most Scenic and Unique TrailsI was diagnosed with high blood pressure, borderline diabetes, obesity and being overweight. I lived a busy life, and I didn't have a lot of money. Taking the time to follow a strict diet and exercise routine or paying out a lot of money for a gym membership or personal training was out of the question.At first, I tried training for a marathon as my younger brother Bobby was a cross country marathon runner. But after the second day with him, I realized, my body was not fit for marathon practice. Bobby's coach then told me about hiking, and since he was an avid hiker himself, he took me on two hiking trips, and I was hooked.That was 12 years ago. Fast forward to the present, I now am an experienced long distance hiker, I traveled and hiked in over 17 countries. I no longer have diabetes or high blood pressure. I am also a certified hiking coach for people with diabetes, high blood pressure, and obesity.I teach and promote family hiking where a family with kids of any ages can go for a hike as a mini camping trip and have a fun time.I wrote this Complete Hiking and Backpacking Guide book for people who are looking to get into shape while enjoying their time outdoor especially with their family and kids. Think of hiking as a mini camping trip where you get to enjoy the beautiful nature while getting into shape and spend quality time with your family.In this book, I start with the very basics of hiking backpacking and go into what Hiking Gears and camping supplies you need and why you need them. I teach you how you can get started slowly, and then work your way up to the advanced hiking phase where you will be able to take longer hiking trips.I teach you how to deal with many emergencies along the trails, how to choose the perfect trail and navigate yourself around, how and what to pack for various hiking trips, how to hike with family and pets. I also share many Do's and Don'ts along with some of the greatest hiking trails in the USA and around the world.86 World's Longest, Toughest, Most Scenic and Unique Hiking Trails10 Top Hiking Trails in the USA10 Top Hiking Trails in Canada10 Top Hikes in Europe10 Top Hikes in the Great Britain10 Top Islands of the World for Hiking5 Top Winter Hiking Destinations in the U.S.8 Most Unique Hiking Trails of the World13 Longest Hiking Trails of the World10 Most Difficult Trails of the WorldFeel free to look through the Table of Content area so you can see the details of what I cover in this book, this way you will have a glimpse before you actually buy the book.I know there are many books out there about hiking, but I know mine will stand out as this is the only book where I teach you everything from my own personal experience and not what I learned from other books.Let's get started to a brighter and better tomorrow and a new beginning to a happier and healthier life.Good luck!

About the AuthorRobbie Jones started his career as a freelance network security expert. He lives in Nashville, TN with his wife and two daughters. He started hiking 12 years ago at the age of 27 when his doctor diagnosed him with high blood pressure, borderline diabetes, obesity and being overweight. At the time his younger brother Bobby was a famous marathon runner, he decided to seek help from his brother to get into shape. Two days after he started training with his brother, he realized running was not for him. He was not fit to run even hundred yards let alone a marathon. His brother's coach then told him about hiking, as the coach himself was an avid hiker, he took Robbie with him on two mini hikes and showed him the basics of hiking. Robbie enjoyed the strolls so much that he started hiking immediately. That was 12 years ago. Fast forward to the present, Robbie now is an experienced long distance hiker, who traveled and hiked in over 17 countries. He no longer has diabetes or high blood pressure. He is a certified hiking coach for people with diabetes, high blood pressure, and obesity. He teaches and promotes family hiking where a

family with kids of any ages can go for a hike as a mini camping trip and have a fun time. As he started to hike longer distances, he started to do research on how to survive in the woods, bushcraft and then came disaster preparedness and in last five years he truly mastered the art of bushcraft, disaster preparedness and bug out survival tips and tools. He gave up his network security freelancing job six years ago and started doing one on one coaching/consulting on hiking, bushcraft, disaster preparedness, and bug out for many passionate people who come from all ages and background. He truly enjoys what he does now and happy that he is out helping people learn some very important set of skills of survival in the wilderness