



What's Cooking on the PCT 2015 (Paperback)

By Martin Rainman Leghart Jr

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you ever wondered what long distance hikers do for food? Hikers like those on the Pacific Crest National Scenic Trail (PCT) trek an average of 20 miles per day and will spend weeks and months at a time in the wilderness. The PCT is a continuous footpath that stretches from the California-Mexico border, runs along the backbones of California, Oregon and Washington until it terminates at the Canadian border. That's nearly 2,700 miles. What do they eat? What foods do they bring? This book is a sneak peek of what some of these long distance hikers, as well as their families, friends and supporters prepare when they head out on the trail. This is a community cookbook full of recipes submitted, compiled and published by PCTers. Whether you're a long distance hiker (no matter the trail), backpacker, camper, traveler or other outdoor adventurer, there are bound to be recipes you can use in preparation for your next journey. Even if you're not an out of doors type of person, this book...



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Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**