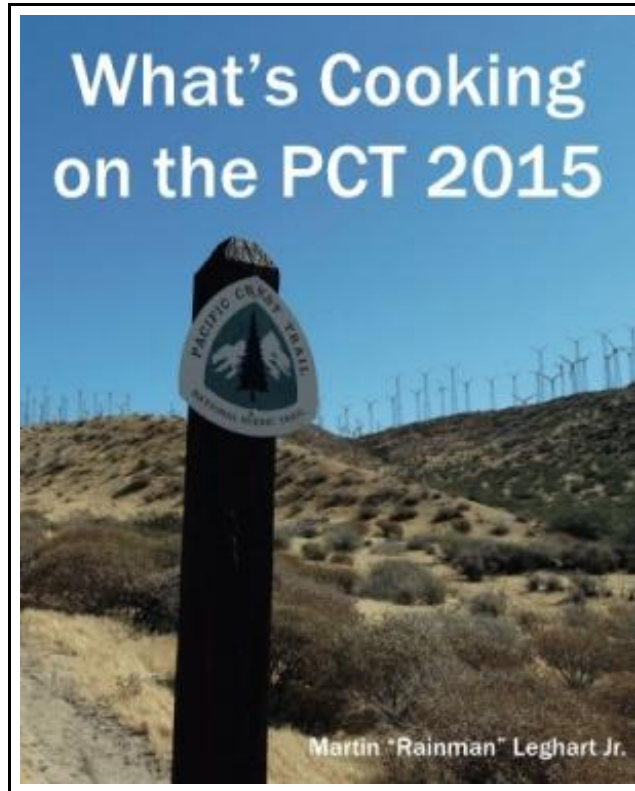


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you ever wondered what long distance hikers do for food? Hikers like 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 gives you insight into the strange and wonderful concoctions that PCT hikers have come up with over the years. Have you heard of ramen instant noodles mixed with peanut butter? It s oh so tasty! Each year we plan to put together a new community cookbook to include these delectable dishes, along with new contributions from each new graduating class of PCT hikers. We hope to have the most amazing catalog of meals, snacks, side dishes, desserts and beverages specifically designed for long distance hikers and backpackers. The most wonderful part about this book is that the author donates 50...

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