



The Pacific Crest Trail (Cicerone Guides)

Brian Johnson

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This guidebook is a complete guide to hiking the world famous Pacific Crest Trail. The Trail, or PCT, is one of the world's longest treks as it winds through the mountains of America's west coast. From Mexico's border, through the Mojave desert into California's High Sierras, into Oregon, and through Washington State's Cascade mountains, this is a long wilderness trek of true adventure and exploration through diverse and stunning mountain scenery.

2650 miles is a lot of walking. While the PCT has been known, and walked, by thousands over the years, there was a burst of popularity following the 2015 film 'Wild' that chronicled the journey. To help with pacing, and making any hike enjoyable rather than a trial, the guidebook is written with a relaxed pace in mind and divided into 101 2 to 3 day stages which can, of course, be combined into longer days according to ability and preference.

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 trekkers will go through; this is an essential companion to taking on - and completing- this once in a lifetime adventure.

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