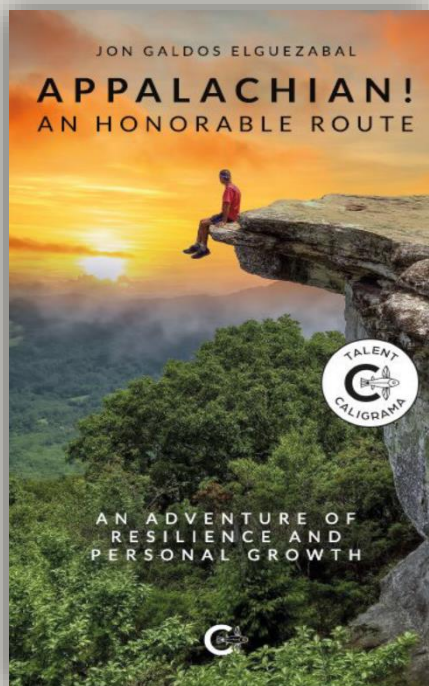


Synopsis



Appalachian National Scenic Trail, is an all-mountain trek, with a length of 3523 kilometers and a cumulative elevation gain of 141580 meters. It runs through an impressive forest mass, crossing large forests and National Parks throughout 14 U.S. States. In other times territories belonging to Indian nations such as the Cherokee, Delaware, Catawbias or Abenakies, places that made up the Thirteen British Colonies and that gave rise to the United States of America. This means walking and living in the forest, practically like another animal, for a long time, which in the case of our protagonist was 142 consecutive days. He was the first Thru-Hiker

in Spain to do this trail, alone and without support equipment. A truly extraordinary life experience.

Author: Jon Galdos Elguezabal



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APPALACHIAN!

An honorable route



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