



# **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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## Complete Hiking & Backpacking Guide

### Best Hiking Gears A to Z

### 86 World's Longest, Toughest, Most Scenic and Unique Trails

I 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 Trails

- 10 Top Hiking Trails in the USA
- 10 Top Hiking Trails in Canada

- 10 Top Hikes in Europe
- 10 Top Hikes in the Great Britain
- 10 Top Islands of the World for Hiking
- 5 Top Winter Hiking Destinations in the U.S.
- 8 Most Unique Hiking Trails of the World
- 13 Longest Hiking Trails of the World
- 10 Most Difficult Trails of the World

Feel 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!

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#### **Michelle Jarvis:**

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#### **Willie Collins:**

A lot of people said that they feel uninterested when they reading a guide. They are directly felt that when they get a half parts of the book. You can choose the actual book Complete Hiking & Backpacking Guide: Hiking Gears A to Z - 86 World's Longest, Toughest, Most Scenic and Unique Trails to make your current reading is interesting. Your skill of reading proficiency is developing when you such as reading. Try to choose easy book to make you enjoy to read it and mingle the sensation about book and examining

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