

The most popular and easiest way to hike the LT is northbound. Many sections of the proposed trail already exist or are currently planned, and the route is almost entirely on public lands, enormously reducing the complexity and cost. Did you know that maple syrup can replace white sugar in drinks and baked goods? Planning a thru-hike for 2020? I put on my boots, cover myself with bug spray, and chat with the other overnight hikers.

Hiking the Long Trail End

She can be found on New Hampshire and Maine trails, leading group backpacking trips, trail running or alpine skiing.

The Alaska Long Trail

A few locations also offer shuttle services that travel between trailheads and towns. VT has over 80% eligible vaccinated! The northern peaks might still have snow and ice in June.

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