

# THE PACIFIC CREST TRAIL

Hiking the PCT from Mexico to Canada

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This guidebook is a complete guide to walking the world-famous Pacific Crest Trail (PCT), an epic 2650-mile hike along America's west coast. Frequently voted among the best hikes in the world (and certainly one of the longest!), the route – which was created exclusively for backpackers and horse-riders – stretches from California's Mexican border to Canada's British Columbia. It boasts breathtaking scenery and varied landscapes, passing through California, Oregon and Washington State and taking in the Mojave desert, High Sierras, Cascades and countless more wild mountains.

The PCT attracts thousands of walkers every year, with numbers only increasing since it was featured in the 2014 film, 'Wild'. Most walkers hike short sections, but several hundred each year take on the ultimate challenge of thru'-hiking the entire route in one summer.

This comprehensive guide provides all the information needed to tackle any part of the trail. Written with a relaxed pace in mind, it presents the full route in 101 sections of 2–3 days which can, if desired, 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.

## Key marketing points

- full route in 101 2-3 day stages which can be combined
- essential advice for planning and completing the Trail
- information on packing, supplies, water and bears

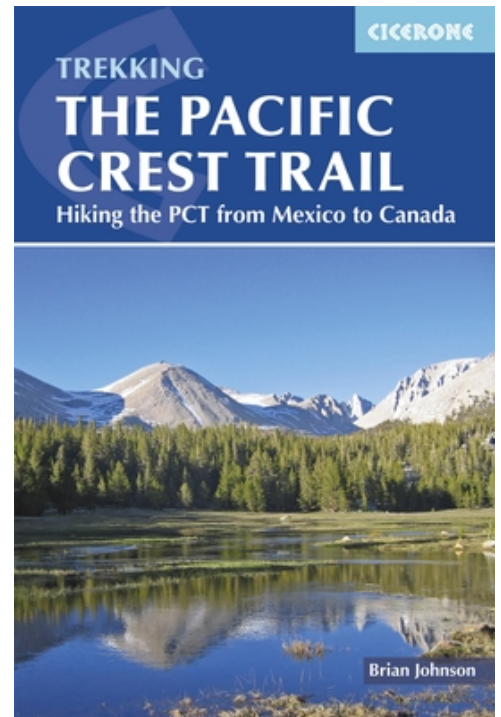
## About the author

Since taking early retirement from his career as a physics and sports teacher, Brian Johnson has found time for three thru'-hikes of the Pacific Crest Trail, a 2700-mile round-Britain walk, three hikes across the Pyrenees from the Atlantic to the Mediterranean as well as a single summer completion of the Munros. He has also completed a 2200-mile cycle tour of Spain and France and done multi-week canoe tours in Sweden, France, Spain and Portugal. A keen climber and hiker, he has led school groups in Britain, the Alps, the Pyrenees and California.

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