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Explore 2,185 Miles of the Appalachian Trail in “The Green Tunnel”

The Green Tunnel: A Hiker’s Appalachian Trail Diary is the true-life story of Patrick Bredlau’s joys, challenges, and physical rigors while thru-hiking the entire 2,185 miles of the Appalachian Trail in one great epic walk. Travel with Bredlau as he walks north, starting out from the cold winter mountains of Georgia, until he finally reaches Maine during the height of New England’s fall colors.

Daily journal entries along the hike are peppered with humorous and historical anecdotes. Readers will discover a good deal of useful backpacking information from the many firsthand tips and advice on equipment, food, trail culture, lodging, the hazards of wilderness hiking, and tips on staying motivated during the long journey.

Author Patrick Bredlau has lived most of his life in the flat lands of Illinois. His passion for backpacking led him to hike some of the most spectacular natural locations in the United States and Canada, including the Rocky Mountains, Grand Canyon, Glacier National Park, and Banff National Park. After a long and successful career in banking, Patrick retired in 2013. His first major adventure after retirement was to successfully thru-hike the entire 2,185 miles of the Appalachian Trail in 2014.

The Green Tunnel: A Hiker’s Appalachian Trail Diary is available in softcover (ISBN 978-1-62137-799-3) and eBook (ISBN 978-1-6213-800-6) from Virtualbookworm.com, Amazon.com, and Barnesandnoble.com. This book can also be ordered from most bookstores around the United States and United Kingdom.

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