

April

Question: So I know erfliegen the Bu! ;-) Regards, Frank(2017-04-03 20:03)

So I know the butterfly! Greetings, Frank

30.03.-01.04.2017 extract and bye (2017-04-03 20:19)

Mainly thanks to Frank, my excerpt on Thursday, Friday and Saturday worked well, but also Manuel is mentioned here, who has once again proved that designed technically wonderful but totally impractical sofas let loose on the balcony. Many thanks to all who helped me with the accommodation of my families! :-) The "bye" was a sad thing; Honestly, if I did not want this adventure so much, I would have it in the emotional chaos of "goodbye" to friends, home, work, environment, routines, ... maybe thinking again. But I want! Frodo says he wants and that's why I have to. Anyway, we both want and I'm looking forward now.

Photo: 04/03/2017 Frodo in the Black Forest, more precisely on the Kandel (2017-04-03 20:21)



04/03/2017 Frodo in the Black Forest, more precisely on the Kandel

Photo: 04/03/2017 While it was hazy, but this view from the large candelabra rock scho was schee :-)

(2017-04-03 20:24)



04/03/2017 While it was hazy, but this view from the large candelabra rock was scho schee :-)

Photo: 04/03/2017 Last altitude training So I see after nearly three hours walking and about 900 vertical meters up to 14 kilo backpack (2017-04-03 20:30)



04/03/2017 Last altitude training So I see after nearly 3 hours. Hiking and almost 900 meters above sea level up to 14,000 with backpack. I was glad when I was sat back in the car after a total of 6 hrs. And 14 kilometers;-)

**Question: Great, Kandel have also ticked off! Are the new poles or sees the only way out?
Parting is always stupid, is not just ...(2017-04-05 18:58)**

Great, Kandel have ticked off too! Are these new sticks or is that just how it looks? Farewell is always stupid, not only you! Only Frodo issues again Wurscht! Greetings, Frank

Hi Frank, you know Frodo. Why should he get upset about such trivialities?!

And yes, these are new sticks that are really super light, have interchangeable tips and nice slim handles. Only the loops I have to sew something and of course I have yet to grow together with you. Rubber tips are just different ...

But cool design! So, thanks!

Frodo says he also wants sticks like that.

From the trip I had to get him down again. I promised him that he could sit on top of photos (see last photo of Nicole + Frodo at the last altitude training). That was okay for him.

7:04:17 Still 11 days: Weight check (2017-04-07 19:20)

So from my equipment list! I prefer not to go to the scales myself. I am until the departure on 18 April. with my mother in northern Germany and I may wish to eat everything. The consequences can be calculated by yourself ... Today I have the equipment list created and I come to 12 kilos without water and food, I have to lug. That would be 2 full kilos more than I wanted and I renounce on hat and sweater and really do not know what I could leave out. I'll have to pack again and see what it looks like Frodo says I already have the super light equipment I should expect again! He should rather be careful, his weight I could cut without problems! ;-)

Photo: 04.09.17 rain variant (2017-04-09 16:40)



09.04.17 rain variant

Photo: 09.04.17 Frodo's Sen ensäckchen red in royal. (2017-04-09 16:44)



09.04.17 Frodo's Sen ensäckchen red in royal.

9:04:17 Still 9 days (2017-04-09 16:48)

Bärbel was so sweet and sewed Frodo a bag and now he does not want to get out there. Only the rain variant he does not like so good ;-)

Question: The rain variant ensures bes mmt for rest! ;-) Let there you taste at Mu ren!
Love, Frank(2017-04-10 19:37)

The rain variant ensures peace of mind! ;-)

Let him taste your motherly love! Best regards, Frank
 :-)

Frodo: Hhgn, um

(2017-04-13 19:28)

Five days left: second sample pack

Ha, this time it looks good. I packed the backpack with the help of wildcards for the Bear Canister and my tent. Thanks to my new sleeping bag, I now have a realistic chance of getting everything in my backpack, which has to go along with it. Only Frodo does not fit in ... :-)

Just kidding!

If I do not count the sticks and give up my sweater, then the whole weighs just under 12 kilograms. There is the weight of the tent and Bear Canister already included and there are still food and the water on it. I am very curious how such a load can be towed over a longer period of time. By now I am really happy that things are starting soon. I also need urgent exercise, as it is cold, rainy and superpla here, I go for a walk at most, but rarely with luggage. For that I can eat everything again,

what I wish and enjoy that too.

Greetings from northern Germany

Hi If, yes, I'm not sleeping well anymore and today I've already packed. More about this follows ... :-)

[illegible]

Photo: Packed 17/04/17 for the flight ... (2017-04-17 09:46)



17/04/17 packed for the flight ...

17/04/17 Another day (2017-04-17 10:00),

So, it gets serious. I'm not sleeping well anymore, but I'm so happy!

The huge backpack also includes the spare box with the replacement items such. my second pair of shoes, some clothes, the water filter, glasses, other medicines, I pray that I do not have to open this for customs :-> I will post the box somewhere in Harpers Ferry or send it further north.

Let's see.

I checked in for the flight and got the Simcard for US. At 5:30 am, Bärbel brings me to Airport,...

Frodo does not say anything anymore. I guess he's scared.

Photo: 18:04:17 NOW !!! (2017-04-18 04:52)



18:04:17 NOW !!!

Photo: 18:04:17 now You do not see the picture, but Frodo Naughty jaw has scared. (2017-04-18 04:54)



18:04:17 now?

You do not see it in the picture, but Frodo is scared.

04/18/17 departure (2017-04-18 05:01)

After 3 hours of sleep we are at the airport this morning. The check-in was after exciting minutes with the new lady from the ground staff of the SAS still worked, the backpack is probably already in the plane and I also boarded for the flight to Copenhagen.

There I have 1 hour stay, before I fly on to Washington. If all goes well, I'll call you from America next time!

Frodo says ... No, Frodo is sleeping. :-)

Photo: 04.18.17 Yes! Here we are! Our Luxusunterkun!(2017-04-19 17:08)



18:04:17 Yes! We are there! Our Luxusunterkun!

19/04/17 Last errands! (2017-04-19 17:32)

Arrived: After checking in, the 9 hour flight, the following 2 hours in the queue to Immigration and the temperature shock (23 degrees) came a supernatural surprise: the landscape and the people here. Here in the mountains (hills) it is great green and in this area here almost kitschy beautiful. I take pictures when the sun shines again.

Chris and Sandi are very sweet, helpful and know very well about the AT and hiking

(Hiking) here. This morning we went shopping, at the outfitter (a disappointment) and at the ATC (association for the trail). Also, there are all so nice, that I do not really know how to handle it :-)

Now I'll build my tent, hopefully pack all things in my backpack and then pray that I'll get all that stuff on my back tomorrow too :-)

Frodo slowly comes back to himself and dares to give out stupid comments or give good advice from his little bag ... So, it's just the old one. I think he's as excited as I am that we're leaving tomorrow. In short: we arrived well in America, got everything we wanted and are looking forward to starting tomorrow :-) :-) :-) :-)

In 5-6 days I'm in the next stop. I hope I get to internet somehow. The net here is relatively thin. I want to do my very best to write again as soon as possible ;-)

Photo: 4/19/17 Harpers Ferry from the left of the Potomac River and from the right Shenandoa River. Because tomorrow begins my trail.(2017-04-19 17:35)



04/19/17 Harpers Ferry from the left of the Potomac River and from the right Shenandoah River. Because tomorrow begins my

Trail.

4/20/17 Day 1: Harpers Ferry +7.5 miles (= 12 Km) (2017-04-20 21:51)

Woke up at 3 o'clock am and did not fall asleep anymore. At 8 o'clock it started raining and we left with a 17.3 kilo backpack. Groan!

It was then very quickly very warm and my backpack thanks to the long clothes even harder. Frodo poses on Jefferson Rock, though there are signs everywhere that it's forbidden! We have only a small approach to mastering, not difficult terrain. I've learned that pitching a tent is not possible, the floor is too shiny and I'm hanging in the mosquito net. Since it is raining, not many are on the go.

It was really nice today, despite too little sleep and 28 degrees of heat with good humidity.

Frodo says there should be more pictures of him and he's scared of bears, and today we only saw turtles, lambs and a deer!

Photo: If I make tomorrow a photo of the barrel :-) (2017-04-20 21:54)



I'll take a picture of Frodo tomorrow :-)

Photo: 4/20/17 so I started .. (2017-04-20 21:56)



20:04:17 so I started ..

Photo: 4/20/17 so I looked 30 minutes later. (2017-04-20 21:59)



20:04:17 and how I looked 30 minutes later.

Photo: 4/20/17 Frodo at Jefferson rock (2017-04-20 22:00)



04.20.17 Frodo at Jefferson rock

Photo: 20/4/17 on to Maine :-) (2017-04-20 22:30)



20/04/17 on to Maine :-)

Photo: 4/20/17 many stones, but beautiful. (2017-04-20 22:33)



20/04/17 many stones, but beautiful.

Photo: 20:04:17 It is summer at 2 am, I arrived at the Shelter, have 1hr used to water ha I e.. My tent was fast ...(2017-04-20 22:38)



20.04.17 It's summer!

At 2 o'clock, I arrived at the shelter, took 1 hour until I had water. My tent was set up quickly, but unfortunately in the wrong place, I slide !!!

Question: All the best of luck. Enjoy your me to the MAX Nicole. Muhammad :-)(2017-04-21 08:10)

All the best of luck. Enjoy your time to the MAX Nicole. Muhammad :-)

Question: Much fun big sister !! (2017-04-21 08:10)

Have fun big sister !!

Question: Hey, looks really nice ... so no snow! ;-) Good shrinking! See you! Regards, Frank

(2017-04-21 08:10)

Hey, looks really nice ... so snow-free! Good start! See you! Greetings, Frank

Question: So an s serial Frodo is but sometimes nice :). Enjoy it! I wish you both a great start to the adventure, Brigi e(2017-04-21 08:10)

Such a sweet Frodo is also nice :). Enjoy it! I wish you both a great start into the adventure, Brigi e

Question: Chic pink slippers! ;-) Have a good flight and start I wish you! Am looking forward to your reports. LG Ariane(2017-04-21 08:11)

Nice pink slippers! ;-) I wish you a good flight and start! I look forward to your reports. LG Ariane

04/21/17 Day 2: Attention! Smartphone s rbt(2017-04-22 00:02)

Unfortunately, my smartphone has been getting bigger dropouts since a downfall.

Have already ordered a new, but get it at the earliest on 28.04.17.

If I do not hear from you, do not worry. I am fine!

Photo: 4/21/17 during a brief enforced break due Baumfällung (2017-04-22 00:05)



21/04/17 during a brief enforced break due to tree felling

04/22/17 Day 3: rain and cold! (2017-04-22 21:51)

Unfortunately, my smartphone order was not accepted. Hmm. Mine only works sometimes and only for a short time. I do not know yet, what I should do now. In any case, hiking. Today was a short day for me, there was a drop in temperature to below 10 degrees and continuous rain. I have everything I have with me! There are many

People around here and I have already met some Flipfloppestr. You notice that civilization is not far away. My trail name is Trail Snail. First, I'm wearing a whole house and second, I'm slow. I'm curious if it hangs. Frodo freezes and wants to go home, where it is warm and no bears and I can even understand him ;-)

Photo: Days 5 he RouzervilleNe campsite right? I have stayed there and have moved further the next day in the rain.(2017-04-27 15:27)



Days 5 Rouzerville

No campsite or? I stayed there and went on the next day in the rain.

Bearcanister (2017-04-27 15:29)

If so does the thing.

Photo: Bearcanister (2017-04-27 15:30)



Bearcanister

Photo: I thought this would be a good idea if Frodo but has so afraid of bears ...
(2017-04-27 15:32)



I thought that would be a good idea if Frodo is so scared of bears ...

Photo: Day 6: yeah, on to the next Shelter (2017-04-27 15:34)



Day 6: yeah, on to the next Shelter

Photo: refuel Day 6 with a stopover to the water (2017-04-27 15:37)



refuel Day 6 with a stopover to the water

Photo: Day 6. I'm not sure if that is Rododendron me ... (2017-04-27 15:40)



Day 6. I'm not sure if this is rhododendron ...

Day 7 was yesterday sometimes sun, whereas we are now and again in fog cool, but this is better than hot: Photo (2017-04-27 15:45)



Day 7 yesterday was also sun, whereas today we are again in fog and cool, but better than hot

Day 8: Burgerday! (2017-04-27 15:55)

Hi, we're just taking a break in a park where there were burgers! Good luck! The track is very easy today, not too many stones and much downhill. So, I have a new smartphone, no email access and my contacts are all gone. But, I have my guide and hope that my feet will give up the need to produce overbites. Then everything is fine. Frodo is very shy with the many wanderers, but happy in his travel bag, in which it is only damp.

Photo: Day 8: This is the official marker for Häl e of AT.Natürlich not for me, I have not even 100 miles from ... (2017-04-27 22:10)



Day 8: This is the official marker for half of the AT.

Of course, not for me, I have not even made 100 miles from the nearly 2,200 miles. But by the fact that I ran out of water, today I have 17 miles (about 27 kilometers). My feet!

And yes, the Hiker meet in the evening mostly at the shelters. Today there are 6 and 4 of them I already know from the days before. But you usually do hiking by yourself because everyone has a different pace.

Otherwise, today I have the problem that my athlete's foot came back and one gave me a fungus cream.

"The trail provides ..." they say here and it's mmt! (The trail takes care of that ...)

Tomorrow I have to be fit and make 20km to 2pm, then I can share a room with someone in Town, but I'm still curious how expensive that will be. But take a shower, eat well and sleep dry, Hmm

Photo: Day 9: Pennsylvania at its best for stones, rocks and everything in between, this state is known. It should...(2017-04-28 21:05)



Day 9: Pennsylvania at its best!

For stones, rocks and everything in between, this state is known. It should be further north still rich becomeg
...

Photo: Day 9: Me and my feet were now at the end. In addition, there were 26Grad and humid and I

think I just need a time ... (2017-04-28 21:17)



Day 9: Me and my feet were finished today. In addition, it was 26 degrees and wet and I think I just need a rest day. It was only 8 miles. I set myself apart from my fellow travelers which is good for me. Yes, if, I have imagined it quite differently, but it can probably be compared with the Way of St. James and I go here in the preseason! I am still coming to terms and will find my rhythm. After all, everything is green here and the sun is shining Frodo says I'm too slow, but at the moment I cannot go any faster!

**Photo: Day10: no way to camp 13milestoCarlisleIchhabe "youcancallmeAl"
wiedergetroffenunddaesbisDuncannon ... (2017-04-29 18:07)**



Day 10: 13 miles to Carlisle

I have met "you can call me Al" and since there is no way to camp at Duncannon, we share a room in a motel. "No doubt" and Paula two other northbounders (is someone who wanders north on the AT) do the same, so it is nothing disreputable, just cost-cutting. By the way, I stand at the 100 mile mark from Harpers Ferry!

Photo: Day 10: This is You can call me Al. We just go along now and then, because we have the same pace. He's not as flo and ...(2017-04-29 19:12)



Day 10: That's You Can call me Al. We're going now and then together because we have the same pace. He is not so flo, and I have to take a break because of my feet. In Boiling Springs, I got some simple insoles, which seems to be good for the inflammation of the lower mid sole, but now my shoes are too tight, which my big toes do not like so much ... I'm not over it yet! There are still about two days to Duncannon, there is a day off for me. I have to refresh supplies anyway

Photo: Day 10: Farmland and heat What you do not see in the photo, the 30 degrees and as much

Damp ness in Lu that it ... (2017-04-29 19:20)



Day 10: Farmland and heat!

What you do not see in the photo are the 30 degrees and so much moisture in the air that it was like breathing underwater. Nice that the motel room has shower, air conditioning and shower. It feels sooooo good to be clean and good smelling.

Frodo says he wants to take a picture again, but only when it rains on the ground. He has not yet checked that this is only humidness ...

Question: Hey, you have a short stuff to ... fascinating! Here is the next winter is announced ... Frodo must therefore not ... (2017-04-29 20:45)

Hey, you have short things ... fascinating! It's time for winter ... Frodo does not have to worry. But: nice trail! Greetings from the hamster wheel! Frank

Hey, he's gotten better with you!

Thanks for the comment, I can now receive you again and post

Question: hi nic, your frodo times should not do so, it's just gone let's go. you look great. lg from the ... (2017-04-29 20:48)

mab-sissi: hi nic, your frodo should not do it that way, it's just gone. you look great. lg from the wiihindigen north.

Hey MaB!

All right, (except my feet maybe). Write me over this channel again, the tech genius has email access again!

Question: Wow ... the bears secure protection I imagined massive: -O. And since Frodo to be safe? Get uhn'd better into the tent ... (2017-04-29 20:51)

Wow ... I imagined the bear-proof protection more massive: -O. And is Frodo supposed to be safe? Get in the tent before he's scared... you know ;-D. It is exciting to read here, how are you feeling? Best regards Brigi e

Hi Brigi e, my feet are a problem, but right now I'm sitting in a hotel room with air conditioning, fresh shower, good food and sleeping in the dry

Question: Hi Nicole! Greetings from the snowy Upper Bavaria! Very exciting ... We think fast to you! Andrea and Co (2017-04-29 20:53)

Hi Nicole! Greetings from the snowy Upper Bavaria! Very exciting ... We are thinking of you! Andrea and co

Hey sweetheart! Great to hear from all of you! I'm really excited about it!

Immigrant ... have you been together for a long time? I have imagined it lonely ... Is he very well versed, or does it use locals to go for a walk I have no idea ...

Hi If, a lot of bear stories are told, but the really bearish states are more likely to be in the south. But the nibbling has already happened. But I do not think so much about it!

Photo: The next few shots are all of today. It was a good day 14 miles from Carlisle to 4 miles from Duncannon. Al and ... (2017-04-30 21:10)



The next few shots are all from today. It was a good 14 miles day from Carlisle to 4 miles before Duncannon. Al and I are still running together and have 1.5 days off tomorrow. Hopefully, my feet will do well and I need a break as well.

Today we have fields, forests and many exhausting stones, but we made good progress thanks to the pleasant temperature. During a break in a shelter, I found the good current guide and replaced it with my not so good guide. The Trail provides ...

. Photo: Great view for only about 300 meters! (2017-04-30 21:14)



Great view for just 300 meters!

Photo: Star Photo (2017-04-30 21:15)



Star Photo

Photo: Trail Snail and stones (2017-04-30 21:17)



Trail Snail and stones