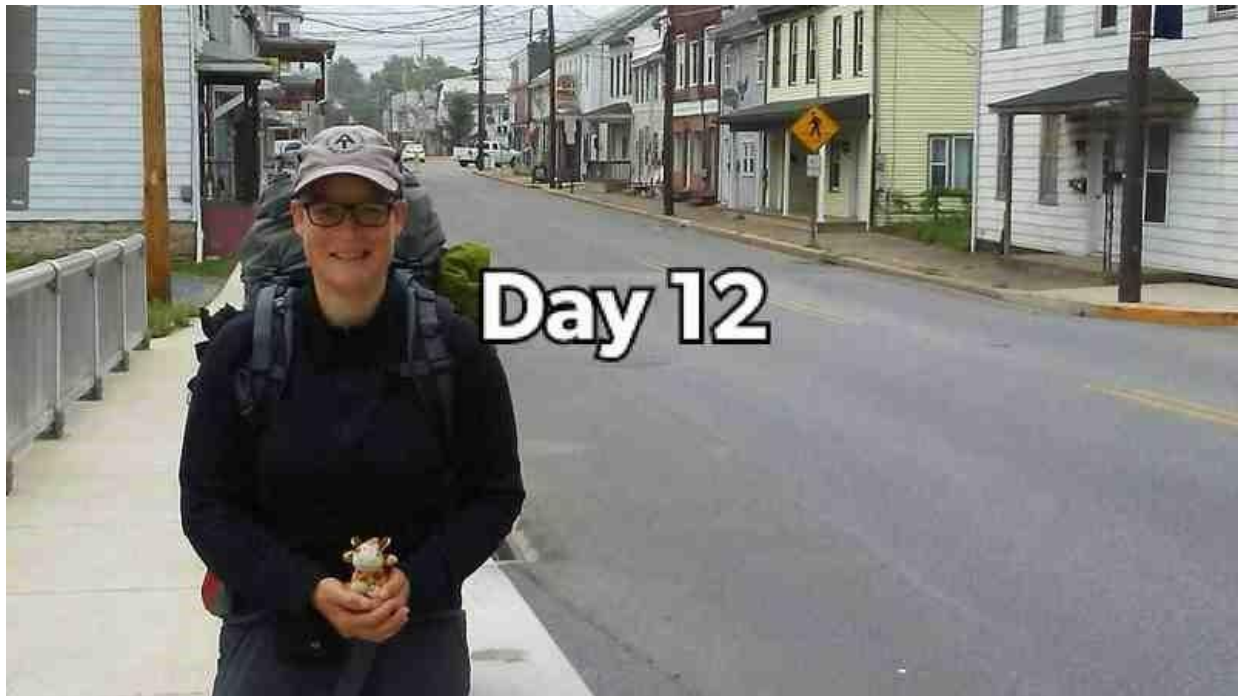


May

Photo: Short and sad TagHeute was a sad day. "You can call me Al" left me in Duncannon But not without ...(2017-05-01 21:12)



Short and sad day

Today was a sad day. "You can call me Al" left me in Duncannon

But not without first demonstrating all the registers of Gas Reunja and bonding among Hikers. Unfortunately, he had to stop at his feet because of the blatant blisters and since his wife came to visit him today, it was a good place to go. So after only 2 hours we arrived in Duncannon, He washed laundry with me until his Ms. came (please forgive me forgetting her name!), They invited me to dinner, I plundered his supplies and I have super practical things like mosquitoes repellent, good ones

Painkillers, mini instant glue and lots of food. THANK YOU AL! As the two live near Washington they also invited me and offered help for my further hike. Astray, right? We were still in the supermarket together, which is always an extra adventure for me to get food for the next few days.

Now I am alone in the somewhat lost campsite of the city. For the first time in my life I kept my rubber shoes on in the shower, there was very little very cold water, at 26 degrees and humid, but no problem. But I think that tomorrow I will move on, I'll see how it goes to the feet.

Photo: My Trail Angels (Angel) "You can call me Al" and his super ne s wife!. (2017-05-01 21:18)



My Trail Angels (angels)!

"You can call me Al" and his super nice wife.

Photo: He We fit this morning INSULATION for S. We ha s cool 11 degrees today ag Nachmi

Sultry at 26 degrees and now announces ... (2017-05-01 21:44)



This morning fits the dream. We have a cool 11 degrees, today afternoon humid at 26 degrees and now announces storm with up to 110 Km / h with the daily rain ... I have my tent extra staked,

The long-term campers have only compassionately turned their heads over my luxury home. Tomorrow it should be cooler but more beautiful, another reason why I want to continue.

Photo: Flowers for you Al, so from Frodo (2017-05-01 21:44)



Flowers for you Al, also from Frodo

Question: Hinić, incredible, wasdusoallesmachstunderlebst.

HoffentlichgehtesdeinenFüßenschon better. All lovers of ...(2017-05-01 21:50)

Hi Nic, incredible what you do and experience. I hope your feet are feeling better again. All my love from Angela :-)))

Hi Angela!

Thanks, my feet are much better thanks to the short distance today and a slight pain relief! Good to hear from you and have fun reading

Question: Hey tech genius! ! 're back online. Wish you a regenerating rest day e e!

Greetings from South rol, here it is so similar to ...(2017-05-01 21:52)

Hey tech genius!! You're online again. Wish you a regenerating day of rest! Greetings from South Tyrol, here it is similar to you. Mountains and trails snow free! Best regards, Frank

Hey vacationers!

I wish you much love and come home safely! LG tech genius

Photo: Day of the stones and the beautiful views (2017-05-02 20:02)



Day of rocks and beautiful views

Photo: Sun saw today from several places north of Duncannon. In addition to that I record this only risking their lives ...(2017-05-02 20:11)



So today saw several places north of Duncannon. In addition, I could take this picture only at risk to my life. Guess why? - yeah, wet, no wind, bushes to the hay, ...

So, with my freshly filled backpack I have to rush over these places to hurry, slip, climb, crawl, balance, ... everything is allowed and yet these passages were quite demanding. Thankfully, a cool wind came on and it was almost fresh, which kept at least the winged pests in check. It remained friendly.

Photo: It then goes for a while on the ridge along where Frodo and I just arrived times up from time to time with beautiful views ... (2017-05-02 20:15)



It then goes along for a while along the ridge, where Frodo and I were up there rewarded with beautiful views from time to time.

Photo: Enjoy today is part of it! (2017-05-02 20:16)





Enjoy today!

Photo: After some 13 miles ko, but I have found a nice Platzerl, even if it just starts to rain again, and with the ... (2017-05-02 20:22)





After 13 miles a bit knocked .out., but I found a nice place, even if it starts to rain again and the wind is really cold!

Question: Dear Nicole, I look forward every day to read a few lines from you (with a little bit of envy) ... a bit like ... (2017-05-02 20:33)

Dear Nicole, I am happy to read a few lines from you every day (with a little bit of envy) ... a bit like Hape (I'm off ...) we hope the painstakingly compiled music makes your way a little easier and makes you some times smile under pressure Best wishes send you Lena and Angela

Hey you two!

Thank you for your support as a DJ

I cannot hear during the hiking, so I just have to concentrate too much. But if I'm not too tired in the evening, I especially like to hear the music in the Lena directory

Photo: Enjoy today is part of it! (2017-05-04 11:14)

Hello Trail Snail ;-)

Hope your feet have recovered a bit.

The scenery with you is fantastic. I always keep an eye on your reports ;-)

Frodo really deserves the cheese.

Did you get anything or did he feel alone?

Have finally gotten a flat ... yeah ... Greetings from all and of course from me.

Anne

Dear Anne, great that you have found an apartment! I hope you like it!

Frodo hung yesterday up over his ears in the Peanut butter! He is getting greedy! I keep trying to post but the connection is not always there. LG Trail Snail

1. <https://annek57.tumblr.com/post/160296211389/nic-unterwegs-genie%C3%9Fen-hat-heute-mit-dazu>

2. <https://nic-unterwegs.tumblr.com/post/160242782426/genie%C3%9Fen-hat-heute-mit-dazu-geh%C3%B6rt>

Anne

Dear Anne, great that you have found an apartment! I hope you like it!

Frodo hung yesterday over heels in Peanutbu it! He is slowly greedy! I keep trying to post, but the connection is not always there degrees. LG Trail Snail

Photo: Long day, 15.3 miles. More at better connection, in addition, I have the good We use it! So, were yesterday ...(2017-05-04 11:19)



Long day, 15.3 miles.

More with better connection, before I have to use the good wi-fi! So, yesterday were jet aircraft and two turkey hunters in full gear the highlights. But I was not intimidated by the latter, they had to take the picture right away

LG Trail Snail

Photo: Day 15 Auch again today my friends, sometimes but not as nice so ert this as yesterday. At night I have frozen and ...(2017-05-04 22:22)



Day 15

Again, today my friends, this time not so nice like yesterday. I froze at night and it is supposed to rain from tonight and getting colder and colder. Am curious. Tonight, I've been in a luxury shelter, that's a big closed shed with bunkbeds. Nice and warm! After Frodo discovered Peanut butter yesterday, and more or less disappeared in the jar, I guess I have to take better care of him!

**Photo: I have a plan now. Even if it rains tomorrow I will the next 4 days of
Pull shelter to shelter, so I ... (2017-05-04 22:33)**



I have a plan now. Even if it rains from tomorrow I will move from Shelter to Shelter for the next 4 days so that I can find shelter in the night. Then I should arrive in Palmerton, where I will treat myself to a night with a shower. My feet are no worse off after 17.5 miles today than usual, which I interpret as a good sign. Smurf and Gellybeans (Smurf and Gel Bean) say it gets better over time and they have to know, they started in Georgia.

Otherwise, Shelter 501 even has pizza service, which I celebrated with a large pizza. They are really big, so that we three and also Oneway have something.

Frodo said he was not hungry. Funny!

I have a plan now. Even if it rains tomorrow I will draw the next 4 days Shelter Shelter for me to find all the hideout in the no. Then I should arrive in Palmerton, where I will treat myself to a bed and shower. My feet are now 17.5 miles do not worse off than ever what I as a good sign interpret. Smurf and Gellybeans (Schlumpf and Gelebohnen) say it will get better with time and need it

know who started in Georgia.

Otherwise, here in the Shelter 501 even pizza delivery, which I have the same time celebrated with a large pizza. Who are here but real big, so the three of us and one way all what it has.

Frodo he said not hungry huh e. Funny!

Photo: Sun today also looked, otherwise I would probably not come this far (2017-05-04 22:35)





That's how it looked today, otherwise I would not have got that far

**Question: Hey you rock-jumper! We he seems just as fickle as here! Only my
Getaway is back tomorrow, then ... (2017-05-04 22:54)**

Hey you rock-jumper! It seems just as unstable as here! Only, my short break is over tomorrow, then should be more stable We hire him! Have fun and many more people on yours path!

Best regards, Frank

Do not let it get to you! I will try to set a good example tomorrow.

(2017-05-05 19:15)

Day 16

Today without a photo, because Smart phone cannot stand water and there was a lot of that today!

Water and - who would have thought it - rocks! It rained full pot until midday. The trail became a brook or a lake, depending on the steepness. The first 3 hours I was still reasonably dry, then it was over! Everything is wet, inside and out, also everything that was in the backpack.

After about 15 miles I arrived at the shelter and lay in a wet sleeping bag with wet clothes. I wonder how the night will be.

Frodo takes the weather personally and cannot get out of his bag.

I've learned that if my clothes get dry again, at least pack the clothes and sleeping bag in an extra plastic bag. In addition, you should not handkerchiefs or similar. leave in your clothes bags.

Trail Snail

Photo: Day 17Ich wanted to capture this neon green, which so beautifully ert cons with the reddish brown of the forest floor, is in the photo but ... (2017-05-06 19:35)



Day 17

I wanted to capture this neon green, which contrasted so beautifully with the reddish brown of the forest floor but is only partially in the photo.

Today it has rained only about 2 hours, but it is now cold.

Last night was warm enough and I hope the sun is shining again soon so I can dry my clothes again. It is very unpleasant when everything is clammy, damp and therefore cold.

Otherwise today was: rocks, rocks, a lot of green around me and steep here too. Really! No one has seen of snakes here! This is really exciting, especially downhill, up takes longer. I tried to take a picture, but that does not come out!

Otherwise I was in my thoughts for the first time today in the warm swimming pool, on vacation in the sun or on the couch with Game of Thrones. Frodo said I should think how lucky I am to be able to do such a great thing. All day fresh air, exercise and a goal in mind .. Just beautiful, sigh ... Sometimes he is really cute!

Photo: This is photographed up, but you can see the slope only schlecht. Am Mountain'm off and on the Ba ery all. I...(2017-05-06 19:48)



This is photographed at the top, but the steepness is poorly recognized.

On the mountain, every now and then I go to the ground. I have to have something to eat often, otherwise I do not like lifting my sticks after 20 minutes. And I recognize it, my sticks are so light, they have hardly any weight, it does not matter if I have a problem with them. I have to eat something, fuel all. Then I eat a bar and the world is alright again. It goes on for a while and then I usually start to freeze, so it's time for a break. Until I arrive at the day's destination, I usually need a second stop. And in the evening, I cook something. It's completely unfamiliar that I almost have to force myself to eat, I thought that would be more fun. Should change over time.

Photo: I do not know what it is, but grew directly on the way I have, incidentally, here in "You can call me Al" a base camp. Of the...(2017-05-06 20:04)



I do not know what it is, but grew right on the way

Incidentally, I have a base camp here in "You can call me Al". The man continues to support me with information, sends me a smartphone case and wants to visit me in Vermont or New Hampshire. I can send him stuff that I do not need anymore and if I have a problem, he tries to help. It is very reassuring for me to know that I have help on this side of the pond when I need it.

Otherwise I walked 15.0 miles today until Windsor Furnace Shelter. Unfortunately, hell is going on, so I had to pitch my tent. Well, it's Saturday, there are many on the way. I hope I still sleep well.

Frodo says they should make room for us, but when I suggested he go alone to the shelter with the shelter, he did not want to.

Question: Jammi Pizza - the food seems better than I thought! He We, however does not sound so great hang in there! Maybe...(2017-05-06 20:16)

Jammi Pizza - the food seems better than I thought! The weather does not sound so great hang in there! Maybe you should also pack in bags? We wish you still a companion, Brigi e and their guys

Hi Brigi e, I have pizza for dinner, cold for breakfast, cold for dinner and again cold for breakfast and that was not even good. I was looking forward to it, but Italian pizza and US pizza are different, and I'm not hungry enough to not notice. But maybe next time, greetings to yours

Guys. Trail Snail

Photo: Day 18 Today there were more stones than usual mega Exhausting.! Making that one for one

Mile takes an hour and ... (2017-05-07 21:14)



Day 18

Today there were more rocks than usual. Megaexhausting! They take an hour for 1 mile and it is not helpful that you they are wet and slippery due to the constant showers! So far, my feet have not yet denied komple It was 16.5 miles today. 17.9 miles tomorrow and then I have a rest day in Palmerton, PA

Photo: On the left a box with trail Log.Hier you wear the date and his name with a short comment, and can read who is at ... (2017-05-07 21:19)





On the left a box with trail log.

Here you enter the date and your name with a short comment and can read who has come before you. All my acquaintances have taken a break, I knew none of the names. Right great view and by chance someone came over to take this picture ...

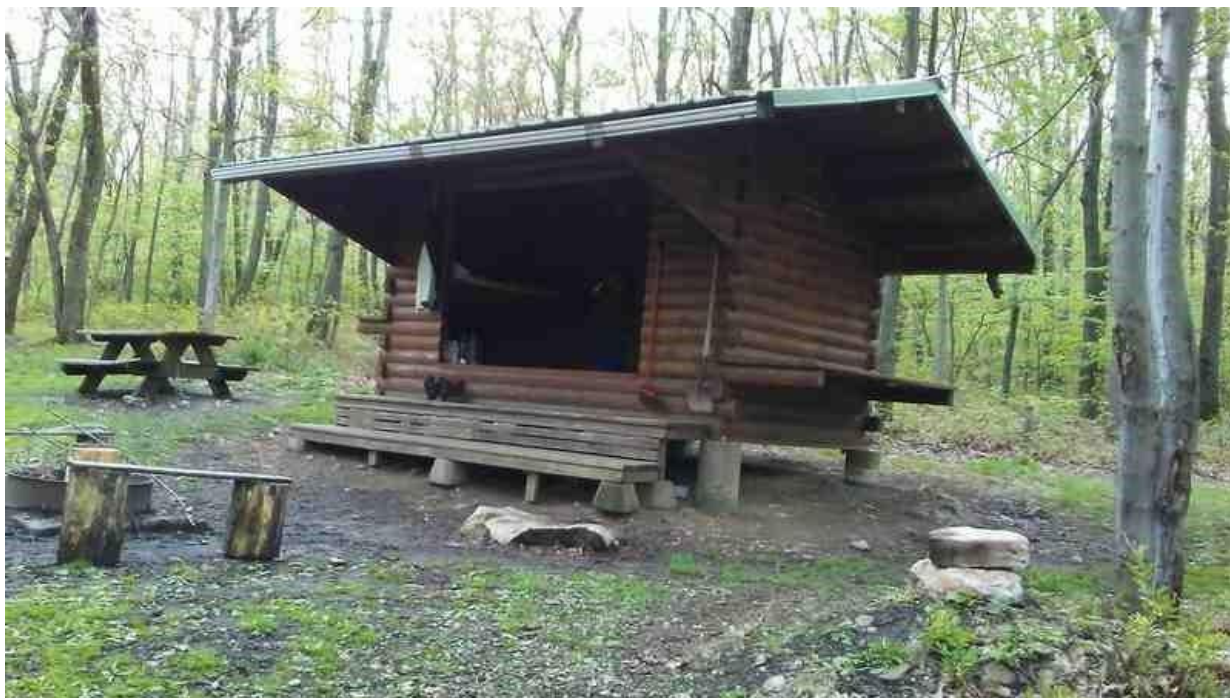
Photo: Star photo: he was alone! (2017-05-07 21:19)



Star photo: he wanted to be alone!

Photo: My Shelter tonight. Is really ne

and I'm still here alone (2017-05-07 21:21)





My shelter tonight. It's really nice and I'm still alone here

Photo: Day 19Sta as announced with drizzle has awakened me this morning the sun. Just gorgeous! Unfortunately, there were only 3 degrees ...(2017-05-08 23:51)



Day 19

As announced with drizzle, this morning the sun woke me up. Sooo beautiful! Unfortunately, it was only 3 degrees and since I have a cool night and otherwise a lot of freezing, it was really hard to pack the things

and go. But I'm off, defeating Knife Edge and one more famous spot, and I've logged nearly 18 miles before I'm back in civilization. Finally take a shower!!! I miss that most and clean clothes. After Tracy picked me up from the trailhead, , I was able to finally catch up and tomorrow is anything but

**Photo: How I see the morning from just anytime. All fe swollen: face, hands, feet,
Alles.Ich suspect it comes from eating ...(2017-05-08 23:54)**



That's how I always look in the morning. Everything swollen: face, hands, feet, Everything.

I suppose it comes from the food, but I'm not sure.

**Photo: The sun has turned everything into stark green and stones, which were now my
Highlights.Das's Knife Edge, it's ... (2017-05-09 00:01)**





The sun, which turned everything into bright green and rocks, these were my highlights today.

This is Knife Edge, it is very exposed and the rocks are about 3-4 feet tall and the right picture is photographed down.

Photo: Located next to a white blaze, the consistent and reliable marker of AT.

(2017-05-09 00:03)



Right next to a White Blaze, the consistent and reliable mark of the AT.

Photo: Top: it saw and the image below is the beginning of civilization will on. Over the bridge, I'm gone and I am now ...(2017-05-09 00:05)





Above: that's what it looked like and the picture below is the beginning of civilization. I've gone over the bridge and now I'm in Palmerton, PA.

Question: a nice recovery day I wish you! That with the lap ren of the ways to make the Yanks probably something gross like the on ... (2017-05-09 11:56)

I wish you a nice day of rest! The beautiful ways make the Americans also a bit rugged as that looks in the pictures! ;-) Treat yourself shower and a fine meal! Best regards, Frank

Photo: Day 20 Palmerton, sunny, though cool We he and I were drinking coffee and eating donut shop, got my tent ... (2017-05-09 22:13)



Day 20

Palmerton, sunny, if cool He and I were drinking coffee and eating donut, shopping, drying my tent, packing my things, phoning home and looking forward to tomorrow when Frodo and I move on in dry weather

Photo: We live to 5t in a mini room for four at the back of the Gebäudes.Klo is next door and yet I pay 20 US dollars ... (2017-05-09 22:25)



We live at 5t in a mini room for 4 in the back of the building.

The toilet is next door and yet I pay \$ 20 a night. City stays are expensive!

If all goes well, I will arrive in Unionville in 6 days. I think there is a community campsite I try to eat organic food and leave the pain medicine out; I hope that prevents the swelling of my poor body ...

I hope my feet hold up to a degree. At the moment I feel that they have improved slightly

Question: Dear Nicole, am currently at a fair in Salzburg. Wow, what are you so can get through everything and mastering of vielfäl gen ...(2017-05-11 18:00)

Dear Nicole, am currently at a fair in Salzburg. Wow, that you can get through this and master a lot of challenges! Continue good luck and best regards from Angela :-))

Dear Angela,

I wish you a good time at the fair, do not be too stressed!

I also try not to let the torture get out of hand

Photo: Yesterday was really mega strenuous. My feet the stones can no longer see soon! We arrived at 8:45 am going after ...(2017-05-11 18:18)



Yesterday was really exhausting. My feet cannot see the rocks soon! We did not leave until 8:45 am after having had my first French toast. So, toasted in egg was something sweet with Bacon. Very rich g.

Photo: So we were dropped off at the left edge and up to a crag. I am glad that I ever Kle ren ...(2017-05-11 18:29)



So, we dropped off at the left edge and are up to a crag. I am glad that I was already Kle Klen, there was namely up there hand and foot use. With the freshly filled backpack that was really demanding.

People from left to right: Sqep q, Trail Snail, Old Growth and Hot Pants. With Sqep q (almost 70) I'm just running. I already knew Hot Pants, that's already on.

Photo: These were the rocks of the simple side. (2017-05-11 18:29)





These were the rocks from the other side.

Photo: So the road looked only briefly. Real, at the moment we grate only by rocks and at the end of the 15 miles I had Komple ass(2017-05-11 18:32)



That's just how the way looked briefly. Really, at the moment we just walk on rocks and at the end of the 15 miles I was completely tired.

Frodo says I should not do that, he does not complain. He was the first to snore!

Photo: Today it was no better. I get the stones out soon from the ears. My feet are really on despite a slight doping ...(2017-05-11 18:37)



It was no better today. The rocks are coming out of my ears soon. My feet are suffering despite light doping really and today Frodo organized sit-down strike. After a pause, he remained stubbornly sitting on his rock and did not want to continue. And that, where he spit so big sounds yesterday!

Photo: After q SQEP yesterday three times has thrown really nasty, we will initially hiken together only until tomorrow. He needs a ...(2017-05-11 18:47)







After having Sqep q falling three times really bad yesterday, we will only hike together until tomorrow.

He needs a rest. A zero. This is how it changes all the time.

I hope that he stays for a while. It should rain again.

It's pretty fresh cool now, I hope I can keep at least a few of my clothes dry.

Frodo is personally offended again. The weather does not get so well for a small giraffe from Africa.

Photo: Day 23Ich was so en äuscht today. All say that it gets better with the stones of New Jersey.

But it does not, as I ... (2017-05-12 22:14)



Day 23

I was so disappointed today. Everyone says it gets better with the rocks in New Jersey. But it does not, as I have found today in my 17.5 miles.

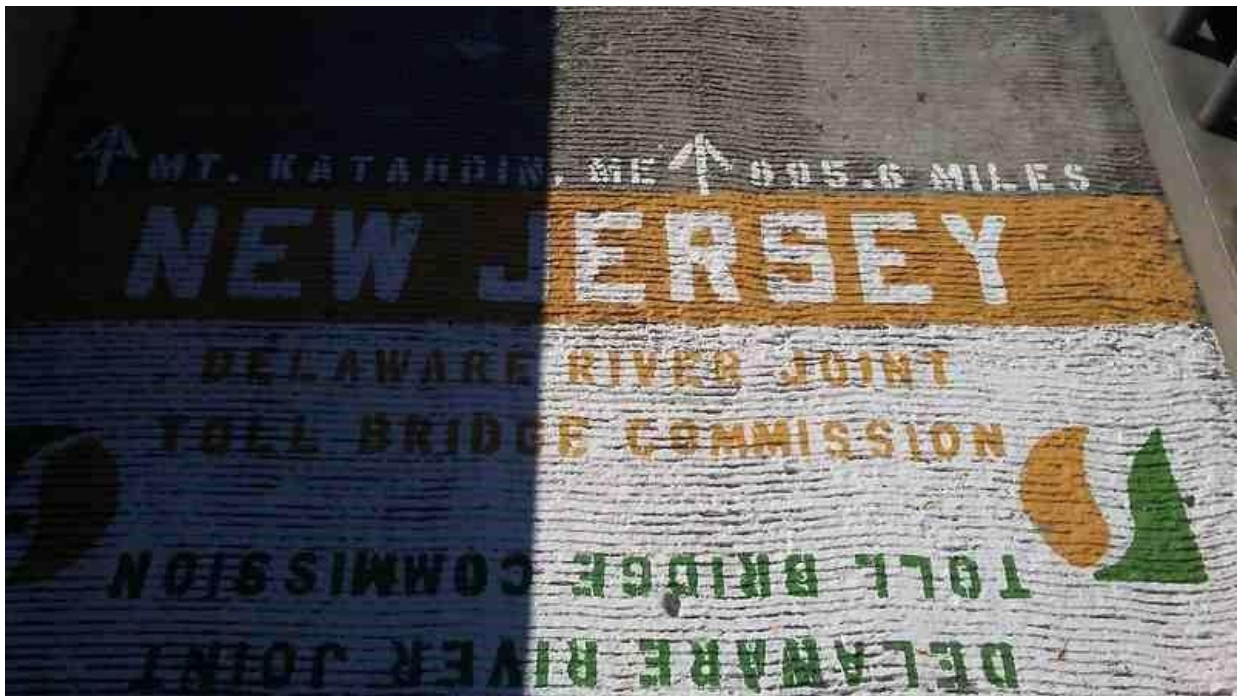
Sqep q has just stopped to recover and I moved on alone. Somehow, I was cranky, my feet hurt and I ske! So, I was scolding and moaning when I was warned by a rattle. Thank you! I would have run into the fangs of the black rattlesnake. So, I could take a picture and go around it in a wide arc.

Photo: He likes ne look and warned me with his Räppelchen, but in all No, I'm sure he did not his mommy ... (2017-05-13 13:21)



He may look like he has warned me with his rattle, but in the no all I'm sure he did not meander to his mum ...

Photo: Yes, still 12 states. To Maryland and Pennsylvania now behind me. (2017-05-13 13:25)



Yes, still 12 states. Maryland and Pennsylvania now behind me.

Day 24 (2017-05-13 19:55)

Unfortunately, there are technical problems with Tumblr. I have a zero day, because my feet are sore and because it rains through the day. More details and photos when technology refunctions ...

**Question: You put quite beautiful marches towards - with the big backpack! Madness!
And then even snakes! O_O Much Kra ... (2017-05-13 20:04)**

You're putting on beautiful marches - with the big backpack! Madness! And then also snakes! O_O
Much more Kra, your gum tree is fine. ;-) Greetings, Ariane (and Markus)

**Photo: Yesterday was break and in the Outdoor Center Mohikan They were great ne to
Thruh Hikern.**

We dur en us on uncollected ... (2017-05-14 17:54)



Yesterday was a break and in the Mohikan Outdoor Center you were super nice to Thru hikers. We are served breakfast leftovers and in the evening, we were allowed to guzzle the remains of the hiking group. That was rich y delicious and free

This morning my feet were doing well and I only walked 14 miles to the nearest shelter. Here, most people will probably meet again, who sat out the rain yesterday Last night, I wondered if I should do this to my feet, but yes, it's too much fun for me to give up.

Photo: Day 23Ein view from the ridge, and I believe the stones on the trail are also recognizable

(2017-05-14 17:54)



Day 23

A view from the ridge, and I believe the rocks on the trail are also recognizable

Photo: Star photo I think you can see Frodo well enough in the picture, but he disagrees.

I have the picture at all ... (2017-05-14 18:04)



Star Photo

I think you can see Frodo well enough in the picture, but he disagrees.

I even took the picture in, because not the lake is so great, but the bank. This was the first and only one of its kind so far, otherwise there is now and then picnic with a bank. recognizable

Photo: The indeed are all images of yesteryear, but since the transfer did not work out and now were not very nice Mo ve.Bild ... (2017-05-14 22:29)









These are all pictures from the day before yesterday, but there the transmission did not work out and today were not very nice.

Picture bottom left is my breakfast (a bar and cold water). First of all, I have to force myself to eat so early, and secondly, it's quickest if I want to get away by 7 o'clock. At 5:50 am the light wakes me up and about an hour later I start to pack.

Picture below right: just in the cold temperatures, I like to sit in the tent or as in the picture in the shelter. Since I sent my sweater away for weight reasons after a week, I'm currently extremely happy to have such a warm and cuddly sleeping bag with me

Right now, it's 9 degrees, wind and it drizzles. Ready to fall asleep, because at 20:30 clock, the light goes out and my eyes closed.

Question: Huuh in the queue Frodo bes mmt get big eyes! Hope your feet are doing better and that he We like the ...(2017-05-15 20:50)

Huuh, Frodo got big eyes at the snake! Hope the feet are doing better and We like the little giraffe soon better. Did my SMS arrive? When is the next civilization and rest day? Best regards, Frank

Yes, arrived. I'm still looking for the number

Frodo crawled into his pocket, as he says, so he left me to act and the next day of rest / civilization day is not planned at first, I have only one 2 days ago. I'll do that for you and for a while. At the moment I'm fine, even if my feet hurt and it's still cold. Today, however, the trail was really nice, the sun was shining and I had nice to Nachsch

Question: Hi Nic, here Be na-Hans. By computer conversion ha we en the link to "nicunterwegs" lost. Be na has him ...(2017-05-15 20:52)

Hi Nic, here is Ben and Hans. Due to computer conversion, the link was lost to "on-the-go". Got it back from your mother. I have just read your reports of the last three weeks - really interesting and exciting. I wish you a lot of staying power. That with your feet should be better with time. We wish you lots of fun on your further route, interesting encounters, great landscapes and... Greetings Hans

Thank you! And nice that you are with us.

Question: hi sweet, as has the small size maul certainly scared or wanted to play with the räppelchen first time? slow down,...(2017-05-15 20:57)

mab-sissi: hi sweetie, since the little big mouth was certainly scared or wanted to first play with the räppelchen? slow down, it's no shame if you cannot complete the way. love you and take care of ALL robbing you. lg mab

All right, Frodo is hiding! Otherwise, I've seen no animals here. Only a few deer that I thought were horses from afar, because they were so huge. A bunny who was not too scared and a few little birds that I do not know. Except for the human robbers that rip off the hikers, they were all very sweet and harmless

Photo: Step Stones and a black pond (2017-05-16 16:33)





Stepstones and a black pond

Photo: Day 26 War a really nice day today! I'm glad I still hike. The stones were still not in the majority, it ...(2017-05-16 16:33)





Day 26

Was a really nice day today! I am glad that I am still hiking. The rocks were not in the majority today, it was cold, but it did not rain, after 15 miles my feet are okay and I caught Frodo this time, before he dived into the Peanut butter. Despite the cold, I took a washcloth bath and now lie in the tent after a sumptuous meal.

Tomorrow is resupply (stock up stocking) in Unionville. I only have a few bars and 2 porridges of Baby food. Today I had candy and Peanut butter after hhhmmm

Photo: Day 27Bei great sunshine and a cool breeze was this morning in a good mood going. There were only 12 miles to ...(2017-05-16 16:48)



Day 27

With great sunshine and a cool breeze, it started this morning in a good mood. It was only 12 miles to Unionville, NY. Plus 1.1 miles for the way to the shelter or the city. It got hot against Mi ag and the bugs have been really annoying at winds places.

I've seen 2 snakes, a baby chipmunk and a gray squirrel, not all have been holding still for a photo s ll

Photo: The 27Fragt do not know what it was for a tower. Near High Point NJ.Der idyllic Tree stand at a park ... (2017-05-16 16:52)



Day 27

Do not ask me what that tower was. Near High Point NJ.

The idyllic tree standing at a park entrance. Frodo thought the geese were great.

Photo: to cross Super smooth, or through swamp and a lot of streams heute. Natürlich a few stone passages were there, but ... (2017-05-16 16:55)







Super smooth, or through marsh and quite a few streams to cross today.

Of course, there were also some rock passages, but we already had so many pictures.

Photo: The little snake left must Ranzoomen her something. Major closer I e not, or Frodo begins to quieken. Wir camp today ...(2017-05-16 16:58)



You have to find the little snake on the left. I will not get any closer, otherwise Frodo will start squeaking.
 Today we camp in the city park of Unionville

Photo: The left is ol 'Man, that's just eat pizza. The left one is rich, my Hero of the day. For I have kapu my Spork ...(2017-05-16 17:03)



The left is ol 'man who is just eating pizza. The left is Rich, my hero of the day. Because I my spork broke and he gave me his extra Spork. The Trail provides ... I just say that and wonder with which I have earned all this?

Question: Halllooo! :-) What's a spork? And why you have to make the kapu? ;-) On High Point (the highest point in NJ, really! ;-)) ... (2017-05-17 21:00)

Halllooo! :-) What is a spork? And why do you have to break it? ;-) At the High Point (the highest point in NJ, really! ;-)) I was 20 years ago, that's such an obelisk, as in Washington! Have fun! Best regards, Frank

Photo: and if you so greedy tuna bags (yes, that exists here in practical rule bags) scrape this thing can easily ... (2017-05-17 21:02)



and if you scrape it out too greedy tuna fish (yes, which is here in plastic bags!), The thing can easily break ...

Photo: Yes, blue sky, almost 30 degrees and not all he Blä on the trees. Was sauheiss today. The hardest day so far with ...(2017-05-17 21:10)



Yes, blue sky, almost 30 degrees and not all the leaves on the trees. It was great today. The hardest day so far with a lot of up and down, long stretches in blazing sun and bugs (vermin) without end! After 16 miles I'm tired !!!

Photo: Landschawwithout end ... This is almost everything swamp (2017-05-17 21:13)







Landscape without end ... This is almost all swamp terrain

Photo: We have now over a mile planks. Finally time to look how it looks trappings (2017-05-17 21:15)







We have over a mile of planks today. Finally time to see what it looks like

Photo: Left a great Rauf: with steps! Right my favorite place today. Cool, WATER (that was me that is in the heat almost ...(2017-05-17 21:20)





Left a great deal: with steps!

Right my favorite place today. Cool, WATER (that had almost gone out in the heat).

During my break there, I ate a Snickers. That gave exactly 1 hour of energy, after that Baerie was all again. With the food laden backpack today was really a pain and in the heat ...

In my break there I ate a Snickers. That gave exactly 1 hour of energy, then Ba was again erie all. With the fe laden backpack today was really a pain and the heat ...

Photo: Day 29Ach, huge amount, uff! There were only 12 miles, but merciless at 33 degrees in the saddle s, with

Routes on the ridges in the ... (2017-05-19 22:32)



Day 29

Oh, groan, uff! It was only 12 miles, but at 33 degrees, with merciless stretches on the ridges in the sun, lots of walkin on rocks, and the worst: gnats. Thousands of little flies bite your eyes and ears, which really hurts! I first thought it would be sunburn on my ears, but most of the animals were probably the cattle! If I do not wear a net, because you just get killed by heat, I'll put my bandanna over the top of my ear. I'm happy about my supercool sunglasses, because you are very rarely behind. Frodo hides in his bag and finds the temperatures great.

I wish for cooler weather and the Gnats (pronounced: Näts) away, bi e!

Photo: Rock on Turne as far as the eye can see ... (2017-05-19 22:36)





Rock on trail as far as the eye can see ...

Photo: Nice view of a lot of forest, the transition to my fourth state (New York State) and equal to even the highest point of this ... (2017-05-19 22:40)







Beautiful view of a lot of forest, the transition to my 4th state (New York State) and just about the highest point of this state.

Photo: Day 30I can not! I'm constantly out of breath, I find the heat terrible and the Gnats give me the rest(2017-05-19 22:53)



Day 30

I cannot anymore! I constantly run out of steam, I find the heat terrible and the Gnats give me the rest. If O-man and Sqep q, who caught up with us yesterday, did not try to keep everyone together, I would not today make the 14.3 miles to the next shelter. It was awesome and O-man, who is super fit, has to fight like me. That's why we decided to go tomorrow for a half day with only 5 or 8 miles and the day after tomorrow we are in Fort Montgomery and share a room, so we can take a shower and wash clothes. I do not care if that means 2 short days and is associated with spending money.

Photo: It's still really nice already, though sometimes a little repetitive. The picture on the right took me a lot of nerves and at least 6 ...(2017-05-19 22:58)





It is still beautiful, if sometimes a bit monotonous. The picture on the right cost me a lot of nerves and at least 6 extra mosquitoes. Water is mostly found in marsh form and always means a mass of Gnats and mosquitoes!

Photo: Day 30: Links O-man (because of the orange upper part) and right of the nearly 70-year SQEP q, the significantly better with the heat ... (2017-05-19 23:03)



Day 30:

Left O-man (because of the orange top) and on the right the almost 70 year old Sqep q, who gets along much better with the heat than O-man and I and therefore tomorrow immediately moves on to Fort Montgomery.

Photo: Day 31The best today to only 8.6 miles of the views of the City Line of New York was.

Unfortunately, only small and blue on ... (2017-05-20 16:48)



Day 31

The best of the just 8.6 miles today was the view of New York City skyline. Unfortunately, only small and blue on the horizon, so this camera did not seem to show that, but I saw it!

Everything else was not good today, I'm in a low. The gnats are corrosive, my body is not efficient and I long for a shower and clean clothes. On Monday it's raining all day and to give me a rest, there is not only a short day tomorrow, but the day after tomorrow a Zero Day in the dry.

Photo: Left trying to NY fotografieren.Rechts a typical source of water for us. It smells usually somewhat musty, has the color ...(2017-05-20 16:57)



To the left is the attempt to photograph NY.

Right a typical water source for us. It smells usually a bit musty, has the color brown / reddish, but tastes ok. On the hot days, we have even stopped and refilled it (who wants to carry 5 to 8 liters in a backpack!). Due to the heavy rains this month, many springs and rivulets are available, so the water supply is not a problem.

Photo: Left: Frodo said that if this was not a cute playmate for him was ... Right: He then watched as I him ... (2017-05-20 18:52)





Left: Frodo said if this is not a cute playmate for him ...

Right: That's how he looked when I explained to him that this animal is a big tick that eats him - or more likely me - for breakfast. He thought that with all the other dangerous animals (he means bears, snakes, gnats, Ticks, ...) he would have imagined otherwise, he would rather go back home.

Photo: Day 31
Links: it is not wet, only the sun in the mosquito net right: is not that easy as long s stand ll if ... (2017-05-20 21:34)





Day 31

Left: it is not wet, only the sun on the mosquito net

Right: is not that easy to stand so long when gnats, mosquitoes and micro-wings attack ... O-man and I have just exchanged our very similar experiences, which is the plan and the desire for fresh laundry ... We are happy tomorrow on a short day and the accommodation AND American Barbecue!

Photo: Day 32 Wir today Best We him, for the half day of just 7 miles to Fort Montgomery NY, had. I'm on the Bear ... (2017-05-21 16:46)



Day 32

We've had the best we've got for the half day just 7 miles to Fort Montgomery, NY. I hiked up Bear Mountain and spent an hour up in the sun with some great views of the Hudson and the NY skyline, which I found to be really abstract, because you really look over an ocean of forest and only see green and then on the horizon the city. Unfortunately, my camera does not have the resolution.

It was still nice up there, it was music and people because of a bike race and there was an ice-cold coke!

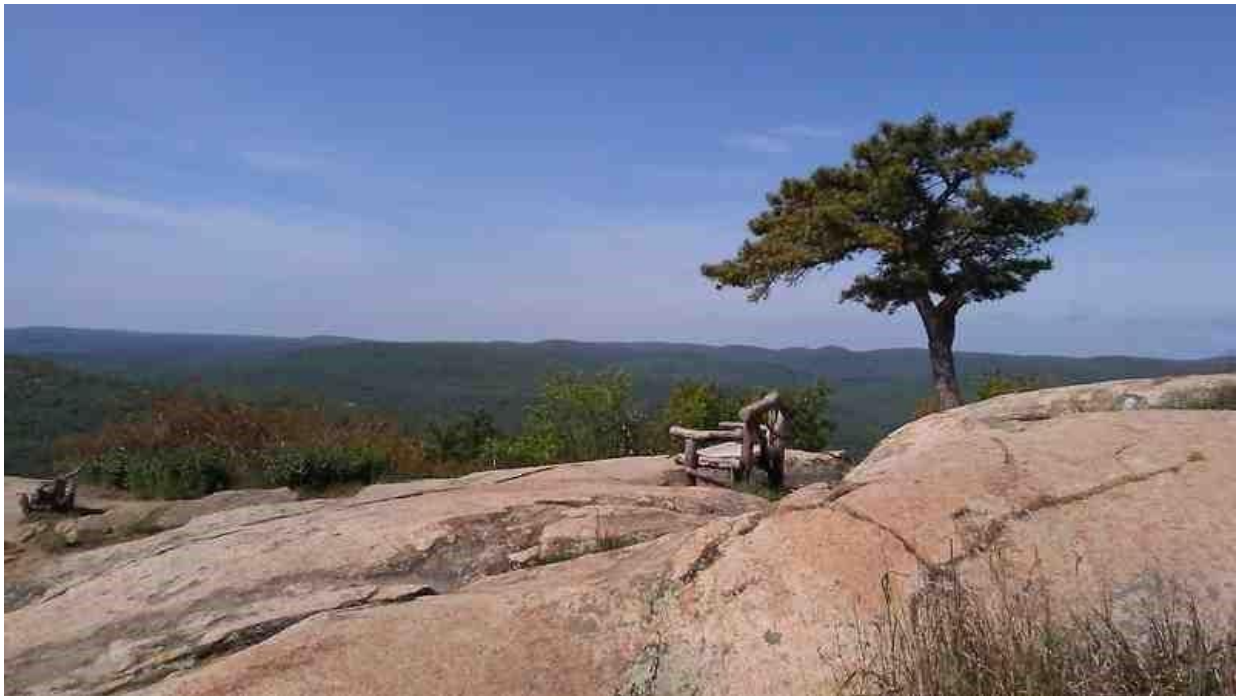
Photo: There are less than 800 miles to Maine and we are once again come for everyone picnics or grilled on a lake over ... (2017-05-21 17:13)



It's under 800 miles to Maine and we've come across a lake where everyone has picnic or grilled, but no one went swimming!

Photo: Wonderful views of the Hudson and easy from Bear Mountain to the surrounding forest sea.

(2017-05-21 17:13)



Great views of the Hudson and just from Bear Mountain to the surrounding forest.

Day 33 (2017-05-22 23:04)

Zero Day number 3 for me. It was gray, cold and raining.

Unfortunately, I could not hold back in town with the wrong, delicious food, so I woke up this morning with swollen feet and the rest of the body. I hope that will be better tomorrow!

I have made an attempt on the Internet to arrange the next supply of stocks. Will be sent by mail to the place Sharon, which I hope to reach in about 8 days. I'm curious how it works. Even in small cities, it is not very easy to take care of yourself, as the shopping landscape and culture is very different from our own.

Otherwise, I will soon have to get by without hot meals, since my gas cartridge is virtually empty and I have nowhere to get replacements. Also, only in about 8 days in Sharon. I think I can prepare baby porridge twice, but then it's probably gone. Especially with the wet and cool weather, which is forecast, it gets uncomfortable.

Nevertheless, I'm glad that it continues tomorrow and I hope the bugs are too cold and wet to annoy us. I hope so!

I have agreed with Frodo that he may travel in his side pocket warm and cuddly and protected from bugs and I urgently need him for photos; that gave him so much trouble that he still wants to come along.

So we are ready and ready to start the next leg.

Trail Snail, Bear Mountain Bridge Motel, Fort Montgomery, NY, AT

**Photo: Day34UndwiederzurückindenWald! DasEsseninderStadtistmirnichtbekommen.
Jellyfish feet the result and that hurts were ...(2017-05-23 21:50)**



Day 34

And back to the forest! The food in the city is not getting me. Jellyfish feet were the result and that hurts when hiking. I hope that will be better the next days. The trail was nice, we have today 2 times Trail Magic. At first, oranges and mandarins hung in the trees on the first hill this morning, and at the end of the day Ogi gave the boys two beers and I got iced tea. That was really nice! The temperature today was ideal and the terrain not so difficult, so tomorrow we want to try 19 miles. Today it was 14.5. We expect about 5 more days until we are back in civilization and there I should be able to pick up my mail drop with supplies that I ordered on the Internet. I'm very curious if that works.

Photo: From our luxury Unterkun we said goodbye and across the Hudson to then again in the woods ... (2017-05-23 21:53)







From our luxury accommodation, we said goodbye and are over the Hudson, then disappear again in the woods. We always hear that the beautiful states are still coming! Well then,

Trail Snail

Photo: Day 35 Mehr trees! We have the 19.7 mile actually gescha and it was hard. But I'm glad that my feet since ...(2017-05-24 20:57)



Day 35

More trees! We actually made the 19.7 miles and it was tough. But I am glad that my feet have improved since yesterday

There were great temperatures, tomorrow it will rain and the day after as well, so we took our chance.

Slowly I am hungry. My stomach growls so loud I'm worried I'm not going to eat soon. Frodo is already scared and he thinks we should stop in Kent in 3 days, so we can get food again (he means Peanut butter, we both eat in ever larger quantities).

Question: Nadassindjamo four border lookouts! Rich gschön! go :-)

Sokann'snachdemWasch-and-feeding stop on! Have fun :-)...(2017-05-24 21:01)

Well that's more views! beautiful! :-) So it can go on after the washing and feeding stop! Have fun :-) and do not catch ticks!

We're more concerned with gnats and mosquitoes than ticks, but I'll get a real hammer fighter at the next opportunity, and hopefully it'll be calm!

Question: Dear Nicole, your photo is very beautiful.

DubistschlankwieeineGazelleunddieCompaneros seem very ne and ...(2017-05-24 21:10)

Dear Nicole, Your photos are very beautiful. You are slim as a gazelle and the company seem to be very helpful. Many more beautiful adventures and lots of fun, Angela wishes you

Hi Angela, nice to hear from you, hope you are fine! Today I'm in the shelter with 5 other guys. Is pretty cuddly, but when it rains, not so many want to pitch their tent

Well, Gazelle is still far away, but I have lost weight and must be careful that I can tighten the backpack properly.

Good that I have eaten so well at my Ma again and I better secure the pants now, if I do not have the strap of the backpack drum ...

Photo: Day 35Wir today have really had a nice trail. Mostly so smooth, without a lot of stones and PUD (pointless ups and ...(2017-05-24 21:18)







Day 35

We really had a nice trail today. Mostly smooth, without many stones and the PUDs (pointless ups and downs) were limited.

I'm still on the road with O-man and Sqep q, even if we run different tempo, so each one for themselves.

Trail Snail, Morgan Stewart Shelter, NY, AT

Day 36 (2017-05-25 20:17)

Rain! We woke up and it started to rain. Not so bad, but it got more and more and colder and has not stopped until now - so no photos today.

Photo: Day 36 Ich've just shot a photo from the Shelter out. In the foreground my

Bear canister and the fireplace ... (2017-05-25 20:57)



Day 36

I just shot a photo out of the shelter. In the foreground my bear canister and the fire place right in front of the shelter.

Since yesterday I have a real problem with the tendon, the above the foot at the shin and with which one moves the foot up and down. Especially downhill I could howl and even hobble to avoid the pain. Currently I'm doped and I hope it gets better.

Today we went in the rain but on super nice trails, otherwise I at the 17 miles today probably cannot keep up. We've got plank roads again and on one of them I fell. So, I was lying on my backpack like a bug and did not know how to get back up at first. It was very wet very quickly, so that I came to my feet again.

When you walk in the rain, everything gets wet! I have the things in my backpack in a plastic bag, they're fine, but everything I've got is soaking wet. As long as you keep moving, no problem, just don't stop!

I take that as Mo o today

Photo: Day 37 Nach a rainy night ha e this morning to get up no one want. Until 8 I've put up in the rain, SQEP q ...(2017-05-26 21:08)



Day 37

After a rainy night, this morning nobody wanted to get up. It was not until 8 o'clock when I got up in the rain,

Sqep q has entered a zero day and O-man came after a leisurely breakfast. I tell you, wet pants, wet socks and shoes ... Krass! The weather got drier quickly, the trail was unexpectedly exhausting and I'm glad it was "only" 12 miles today. My right foot is bad, but with Dope I can stand it and he now has a few days to get better with drugs. Why am I doing this? The Alternative would be a farewell to the AT, and I'm not so far!

Photo: This is not an easy Manderine! No, that's Trail Magic. That there are times that people water, snacks or even fruit ...(2017-05-26 21:15)



This is not a simple manderine! No, that's Trail Magic. It sometimes happens here that people provide water, snacks or fruit on the trail for the hiker. Totally nice! Today I just finished a tangerine Especially great, because today I ate everything that was still in the Canister. Tomorrow we go to breakfast in town, to outfitter, for my gas and Hiker food and maybe I find some crackers and nuts. My food needs are definite!

Photo: by all the rain we ha s to cross the 37War really hard today and many streams, rivers, rivulets and thus do not ... (2017-05-26 21:24)







Day 37

Was really exhausting today and due to the rain, we had many streams, rivers, rivulets to cross and thus not the slightest chance to dry shoes or socks.

Rocks like in Pennsylvania. Frodo and my picnic area and his little dotted friends, of whom there are a lot. They are about 4 centimeters long.

Photo: Day 37 Yeah gescha, , Good bye New York, Hello Connecticut. State no. 5 is pending.

(2017-05-26 21:25)



Day 37

Yeah, well, good bye New York, Hello Connecticut. State No. 5 is pending.

Question: Dear Nicole, get well soon! Hopefully your foot recovers soon! Ess what .. you will narrow. Good thing your ma you even ...(2017-05-27 10:51)

Dear Nicole, get well soon! Hopefully your foot will recover soon! Ess you are getting thin. Good that your Ma has spoiled you yet :-). I wish you a good time and a companion, Brigi e

Dear Brigi e, I do not do anything else but walk and eat, but now food is at least fun!

Just yesterday I met Dean, whom I met on my first day on the AT. Real nice! He means I should contact me when I arrive in Maine. But I have to get there first!

Photo: Day 38Wir are in Kent for breakfast and shopping. I'm so full! Far left sitting Dean and far right O-man, with whom I ...(2017-05-27 10:55)



Day 38

We are in Kent for breakfast and shopping. I am so full!

On the far left sits Dean and on the far right O-man, with whom I'm still traveling for the next 3 days, if my foot does not get worse.

Photo: Day 38Das is also almost total Kent. (2017-05-27 10:57)

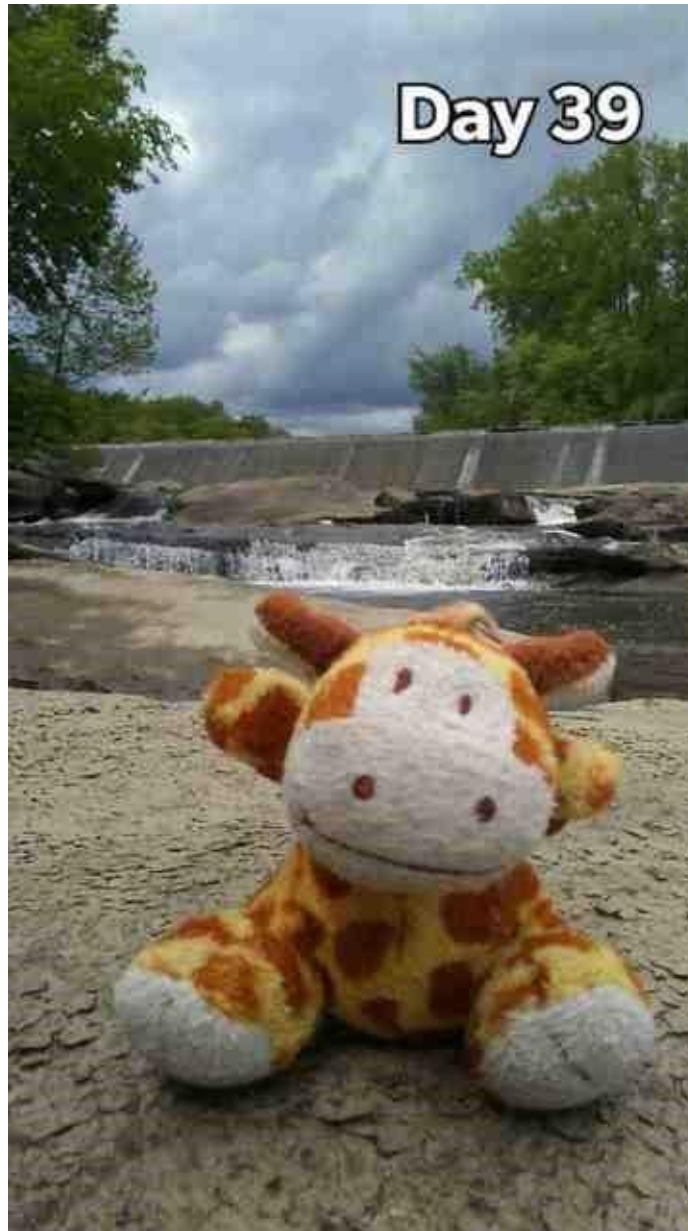




Day 38

That's almost all of Kent.

Photo: Day 39 Mein right foot is a problem. It does really hurt downhill and flat is only somewhat with my tape used. Uphill...(2017-05-28 22:43)



Day 39

My right foot is a problem. It really hurts downhill and flat is only reasonable with tape. Uphill it does not hurt much, but I just do not know for sure what it is.

Today, despite all, an 18-mile day as we go to Salisbury, CT tomorrow, a shower, a bunk bed, laundry, a lot of food and resupply (stockpiling) plans. O-man has to leave the trail for almost 2 weeks.

I'll see, maybe I'll like it on my own

I just hope that it will not be so disgusting, it should rain again!

Frodo is also looking forward to the city, he means a bit of civilization with a little less stench would be great. He does not sweat so much!

Question: Hallo Trail Snail! All the best for your foot! Push my fingers crossed that some rest hil !!

Wow, already more than a month ... (2017-05-29 16:08)

Hello Trail Snail! All the best for your foot! Keep your fingers crossed that some rest helps !! Wow, already about one month on the road ... how time flies! Best regards, Frank

Hi Frank,

Thank you for the good wishes!

My foot is a bit contradictory, but as long as I can still walk, I do. Tomorrow, 17 heavy miles with a mean Bear Mountain are on the program. I do it with a daypack, so without much weight and will stay here again. It's expensive but not against the rules and I wanted to try that for a long time.

So everything is in flow!

Photo: Day 39Lemonsqueezer number 2 on the AT (2017-05-29 16:18)



Day 39

Lemon squeezer number 2 on the AT

Day 40 (2017-05-29 19:17)

No photo today ...!

But it was only 4 miles to Salisbury, CT. There we ate breakfast and were shopping. Then we were picked up from the hostel. There was shower, laundry, dry, warm, plan for tomorrow and after dinner! Hhmmm!

Photo: Day 41 Heute I have made myself the luxury of Slackpacking. Just takes off with a day pack bag and can be ... (2017-05-30 23:21)



Day 41

Today I have afforded the luxury of slackpacking. You just leave with a daypack and get shuttled. So today I have a feeling of flying! Real, mountains up and down and 17 miles long as if it was nothing. Crazy! It was really fun despite fog, rain and almost no view from above. The feet swelling on the lower tibia has not gotten better, but without luggage it was not so bad today.

Photo: Day41Wieschongesagt, RegenundNebel ... Morgenmussichdasschöne, warm dry hostel leave must me back on ... (2017-05-30 23:36)







Day 41

As I said, rain and fog ...

Tomorrow I have to leave the beautiful, warm, dry hostel

I have to get involved in the forest again and I'm curious how it goes on alone. O-man is gone, Sqep q a day behind, but he'll probably catch me again ...

Well, I still have Frodo and Go thanks to you out there, I do not feel so alone.

Photo: Day 41Das were a few volunteers who repaired the roof of a shelter ... Were all in a good mood (2017-05-30 23:37)



Day 41

Those were a few volunteers who repaired the roof of a shelter ... Were all in a good mood