

## June

**Photo: Day 42**Top: he We is pleasant temperature great, only threaded erschauer on Abend.Flop: I'm sure that my left ... (2017-06-01 21:33)



Day 42

Top: Day is pleasant, temperature great, only shivering in the evening.

Flop: I'm sure my left lateral ligament is torn at the ankle. I'll knock him over, but this time it's bad.

I am also sure that it is due to the painkiller, which I take for the tendinitis and the swollen shin. This will make the recovery slow. Hhmm, I'm really not sure if it's that good if I keep going through this ....

**Question: Dear Nicole, a very nice greeting from Bergen Hans, Kris n and baby Marlene and myself. A little more sunshine and ...(2017-06-01 21:52)**

Dear Nicole, a very nice greeting from Stadtbergen from Hans, Kris n and Baby Marlene and me. We send as a wish across the pond, a little more sunshine and a healthy foot, so you can enjoy your trip. We follow you and Frodo with much interest and think of you. Meanwhile, my name is Polei-Stahl Wonderful, the world is beautiful

Congratulations!

My world is just collapsing a bit. After my left foot needs urgent rest, I will leave the trail. I hope my friend Al can help me with that.

**Photo: Day42 Links: dieseSchildersindo derschönsteAnblickdesTagesDieweißeMarkierung (Blaze) is always the AT. With the...(2017-06-03 10:41)**







Day 42

Left: these signs are o the most beautiful sight of the day

The white mark (Blaze) is always the AT. With the second Blaze above it indicates a change of direction to the left.

The blue blazes are marks from side trails. In this case the trail to the shelter to the right.

I did the other two photos because the sun was so beautiful

At the time I wore my mosquito net over my head, because the gnats have become really bad in wet and warm weather. But may also have been located on the Gewi, which started after I set up my tent.

**Photo: Day 43 Top: perfect We erFlop: GNATS, decision my leg and feet to run  
beruhigenIch doped for 4 weeks since 10 ... (2017-06-03 10:53)**



Day 43

Top: perfect weather.

Flop: GNATS, decision to rest my leg and feet

I have been doping for 4 weeks, for 10 days under very high dose. In the evening at the shelter I showed "Hand and Mouth", a masseur / physio my feet and leg and we agreed that it would be better to check it out. Immediately afterwards, I was hit by the worst vomiting diarrhea that I have ever experienced. In an outhouse really delicious! After that the day was over for me and I fell asleep.

**Photo: Left: I was almost on this page about the wet dock, as it has still gebetscht me. On the backpack on the ... (2017-06-03 11:00)**







Left: I was almost on this side over the wet bridge when I slipped. On the backpack on the bridge. I was happy when I slid sideways into the stream. Thankfully, my stick stayed healthy, the phone did not get wet and I was able to free myself from all the loops and straps alone. Which is not so easy, if you are over half in the water behind and 17 kilos in the pack.

**Photo: The 43Es were also once again a beautiful view and our lunch, the INMI s of Gnatswolken stafound, but the main thing ... (2017-06-03 11:05)**



Day 43

There was also a nice view and our lunch, the inside the clouds of gnats, but the main thing Frodo gets something to eat ...

**Photo: The lake is Upper Goose Pond, standing on which such Hü e, in which there was Bunkbeds, and daily Pancake Breakfast where I ... (2017-06-03 11:13)**















The lake is Upper Goose Pond, on which stood this hut, where there were bunkbeds and in the morning a pancake breakfast

There I also spent Day 44 as Zero, until Al picks me up on Day 45.

"Luna" was very nice hiker that helped me get back into my sleeping bag after finding me next to the outhouse. Right this is "Hands and Mouth", who gave me a massage on the left, so that the injury hurts a lot less!

**Photo: Day 44 Zero on Upper Goose Pond. Eat, sleep, eat, sleep, sit by the fireplace.**

**(2017-06-03 11:16)**



Day 44

Zero on Upper Goose Pond. Eat, sleep, eat, sleep, sit by the fireplace.

**Photo: Day 45** So, on the parking lot, I'm just waiting on Al, my Trail Angel, of me here, about 7 hours.

abholt.Ich of home ... (2017-06-03 11:22)



Day 45



So, at the parking lot I'm waiting for Al, my Trail Angel, who picks me up here, over 7 hours from home. I will go to Washington with him. I want regroup and come back!

There I will reorganize, check leg, change a few things on the equipment and get back to the trail! That is the plan!

Trail Snail, US 20, MA, AT

### **Massachusetts s (2017-06-03 15:09)**

I almost forgot. I have been traveling in Massachusetts s for 3 days and now have 5 states behind me and walked 525 miles (840km). Sequel follows...

Trail Snail in the car of her Trail Angel's Al on her way to Washington.

**Photo: Day 46 Top: I can go again! Nothing, nothing broken, which would not heal! flop:**

**Time and rest. so I have to ...(2017-06-04 21:23)**



Day 46

Top: I can go again! Nothing broken, nothing that would not heal again!

Flop: time and rest. So I have to rest my feet for a while. Cool, up, eat pills, do not move so much, wait until it is significantly better ...

Dolora is really sweet, she was in this private clinic with me this morning and helped me with the paperwork and explanations from the doctor. They were all very young and professional; They X-rayed my feet, did not reproach me that I've only come so late, and also has not forbidden me to go hiking. That means I must be cured and can then go again. Yeah! I hope 3 days are enough! I cannot do nothing for so long! Dolora cooks very well and I am eating too much right now

Al helps me reduce the weight of my backpack from 38 pounds to hopefully 30. We have outsourced, exchanged and I would like to get some new things, which are simply lighter.

We are good in the race!

Trail Snail, Washington, at my Trail Angels, AT

**Day 47 (2017-06-06 01:13)**

Top: Shopping tour with Al was very successful. Have a long pants (at the Salvation Army (the second hand shop) acquired and found a colorful top.

Rain gear and equipment will be on it tomorrow.

Flop: did not exist today.

It was a good day. Shopping in the morning, eating fine steak in the evening, watching the movie and making plans for my return to the trail. I would have said Thursday, but I promised Bärbel that I'll spend a day on it. So back on Friday and Saturday back on the trail.

My feet just seem to recover at a snail's pace, but I'm also Trail Snail and patience has never been my strong side

**Question: Dear Nicole, I wish you all the best for your feet! Take care of yourself. LG  
Angela**

**(2017-06-06 01:25)**

Dear Nicole, I wish you all the best for your feet! Take care of yourself. LG from Angela

Hi Angela,

Thank you for the good wishes.

There's no need to worry, with my two Trail Angels Al and Dolora I'm fine. Dolora gave me a bandanna with snowflakes, which I like to take with me so that no real snowflakes appear. The boys and girls on the trail in New England have really bad weather with cold, rain and wind. Since there the higher elevations start a real challenge. And I'm here at 25 degrees and sun ...

**Photo: Day 48 Das was indeed last night, but Al and Dolora remain for me da.Heute went  
my feet a little better .... (2017-06-07 01:05)**





Day 48

That was yesterday evening, but Al and Dolora are still there for me.

Today my feet were a bit better. I cool them, move just a bit, massage them, talk to them and take anti-inflammatory pills. I do not think they'll be completely cured of anything until Saturday, but I think they'll be back in action by then.

Al was with me today at a big outfitter, it was really fun to shop there. I have a new backpack, a pair of shoes not waterproof for hot times and one of those very warm jackets for the upcoming cold section. Dolora was with me to pick up the sample pack of supplies from the Internet and the stuff from Harpers Ferry arrived here too. Now I'm just waiting for the ordered rain clothes.

All for the sake of weight reduction.. So with my luggage! For me, probably not so much

**Question: Erhol you well and do not begrudge your body the break! Let yourself be spoiled by the two angels!**

**Love, Frank (2017-06-07 01:20)**

Rest well and treat your body on the break! Let yourself be spoiled by the 2 angels! Best regards, Frank

**Question: Dear Nicole, nice that you have help and your feet now be able to pick up a little !! We wish you speedy recovery and ...(2017-06-07 01:21)**

Dear Nicole, nice that you have some help and that your feet can recover a bit! We wish you fast recovery and a little bit of relaxation .... We think of you and we are excited about it ... Lena and

Angela send greetings

Yes people, stay tuned, Saturday it continues!

**Question: Ouch ... that looks schmerzha. Get well soon, Erhol you well! The quiet days you deserve :-). Do not let Frodo ...(2017-06-07 23:18)**

Ouch ... that looks like a pain. Get well soon, rest well! The quiet days you deserve:-). Let Frodo carry you when it cannot be done - what else does he have legs for? I'll push you, Brigi e

Hi Brigi e, yes, it is really uncomfortable, but I will celebrate the return on Saturday. Al is so nice and brings me all the way back, sleeping like me at the hotel and then driving to visit his son the next morning. Al and Dolora want to come to Germany next year and I hope I can return the favor then a little bit with you.. I am eternally grateful!

So Frodo is in the process of settling into his new bag. He will probably support me more mentally. If you learn something on the AT, then realism. This even applies to some extent for Frodo

**Photo: Frodo in his new dwelling. He has more space, but says that he does not like the color. I told him, he can ...(2017-06-07 23:27)**



Frodo in his new home. He has more space but says that he does not like the color. I told him he can walk ... whining ended!

**Photo: Day 48 So see my new backpack after the first sample pack. Schick, eh? Tomorrow I weigh him. He will definitely ...(2017-06-07 23:50)**





Day 48

This is how my new backpack looks after the first trial pack. Slick, hey? Tomorrow I weigh it. It will definitely be lighter, I'm curious how much lighter. We were at 38 pounds (over 17 kilos). The goal is 30 pounds (13.5 kilos). This includes 0.5 L of water and 3 days of food.

The packing itself is much more demanding and I have yet to get used to it.

Earlier I took a little walk and it did not like my feet. I try other insoles tomorrow. You will get used to it already. I WANT TO GO AGAIN !!!

**Photo: Day 49 Al and I have today taken a small sample migration and are in Manassas**

**Baelfield National Park on the way ... (2017-06-08 15:18)**



Day 49

Al and I did a small sample hike today and drove to Manassas Battlefield National Park. It was very nice there with lots of meadows (with tall grass!) And forest. The weather was nice and warm with a light breeze and I was so happy that I could be outside. My feet have done well, even though I am pleased with the ice pack, which cools a few places. I swear an oath that I'll be very nice to you (feet) after the trail, but this is the adventure you have to take me first.

**Photo: Day 49Al in glorious We him! He was happy with his new socks, which significantly the likelihood of bubbles ...(2017-06-08 15:38)**







Day 49

Al in splendor We he! He was happy with his new socks, which are designed to significantly reduce the likelihood of blisters. I wish him luck! Blisters are nasty!

Right: one of the monuments to the fallen in the civil war in 1861.

**Photo: Day 49Frodo was of course in the daypack with it. And has rejoiced about the fauna in the park. ere small crawling and ...(2017-06-08 15:42)**







Day 49

Of course, Frodo was in the daypack. And was happy about the fauna in the park. Little crawlers and butterflies. Unfortunately, the camera is not so good, otherwise I could photograph them closer...

**Photo: Day 49 So looks my new rain Ou it. Not as fancy as the old, but only half the weight and Amazon ...(2017-06-08 18:44)**





Day 49

This is what my new rain coat looks like. Not as fancy as the old one, but only half as heavy and available on Amazon

**Day 49 (2017-06-08 19:00)**

SUCCESS! We reduced the weight from 38 pounds (over 17 kilos) to 27 pounds. That's 12.2 kilograms!

I do not have supplies for 5 days, but rather 3, but one strategy to save weight is Maildrops (packs of supplies along the way). Either Al sends me something or / and I order something on the internet. Although that means that I have to run to these packages, but I can save weight and that is essential!

I threw out the bear canister and am now going to hang bear bags in trees. In addition, I have the super-light backpack, which is more difficult to pack and a little more uncomfortable, but I'll get used to that.

Hopefully enough to relieve my feet so far that I can continue. I am very open-minded and am very happy about this success

**Photo: Day 50 Rückreise to the trail. Al is so ne and drives me back. So we were 8-17 am in the car, have the go but ...(2017-06-09 19:43)**



Day 50

Return to the trail. Al is so nice and drives me back. So, we were in the car from 8 to 17 o'clock, on the way but ate super good to meal.

We are good and I and Frodo are in good spirits

**Photo: Day 50 Links above: this is the house of Al and Dolora. It was excellent to live and to heal. Thank you very much ...(2017-06-09 19:54)**







Day 50

Upper left: this is the house of Al and Dolora. It was excellent to live and to heal. Thank you again at this point!

We're now in Lennox near Lee, where I plan to start tomorrow. I'm so happy! I'm curious how my feet will do, but I think I can do it with the much lighter backpack! All signs point to "go"!

Top: I can go!

Flop: I had to say goodbye to Dolora already.

**Photo: Day 52 Bin woke up this morning after an almost sleepless night and my feet were just a bit hurt! Hope it stays ...**(2017-06-11 15:07)



Day 52

Woke up this morning after an almost sleepless night and my feet just hurt a little bit! Hope that stays that way. Yesterday's ice treatment was really good, I'll see that I can repeat this tonight

**Photo: Day 51 So saw this morning at 7 am from. I have behaved the Schneeflöckchen-S**  
**rnband on to it to ensure good We. (Has...**(2017-06-11 15:07)



Day 51

That's what it looked like this morning at 7 o'clock. I'm wearing the snowflake bandanna to make sure we've got good weather. (Worked!).

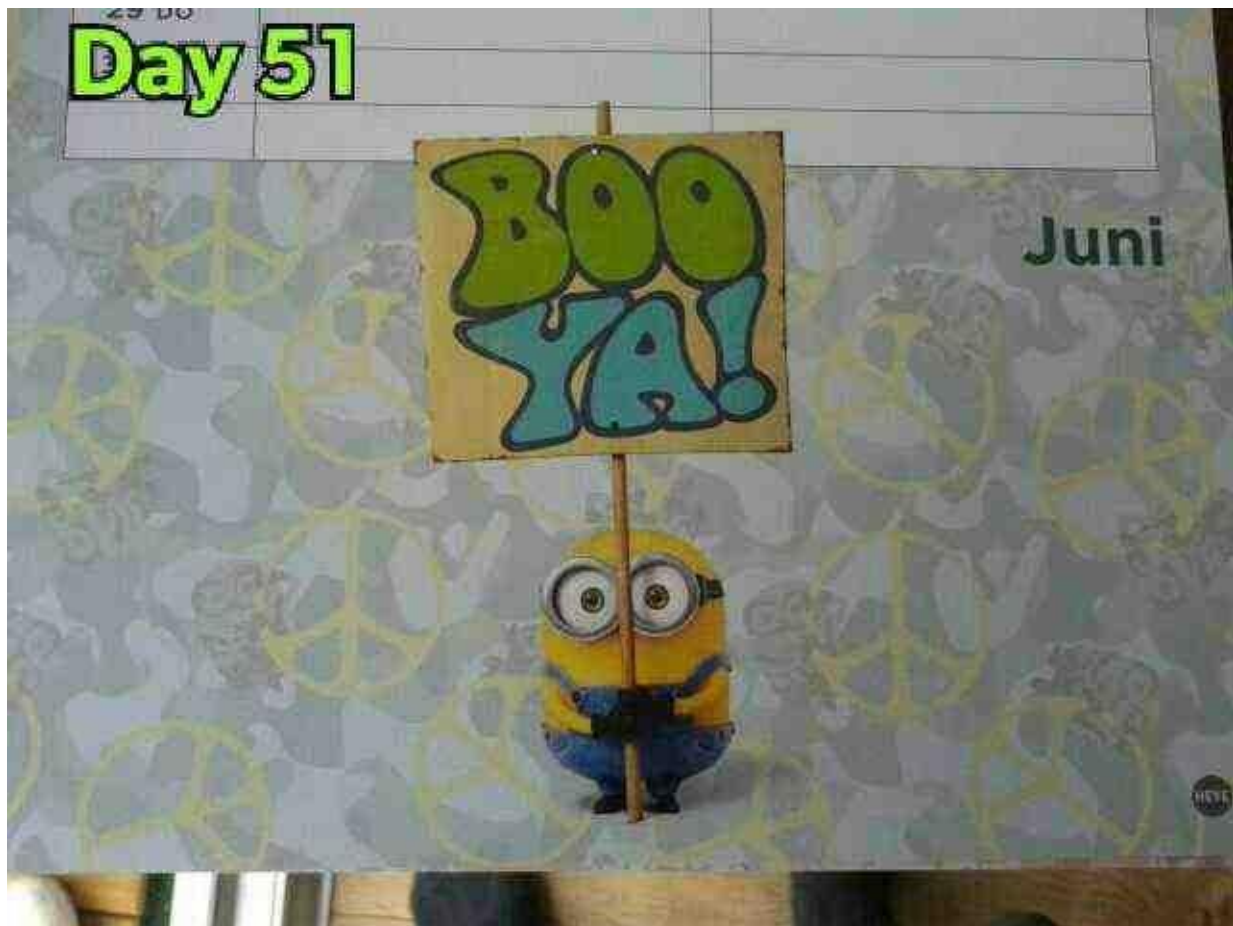
Frodo likes his new bag and was just as satisfied today as I was.

Flop: I had to say goodbye to Al, who accompanied me for a mile on the trail. That was really hard. Very sad

**Photo: Day 51 BOO YA! I am back again! Yeah! Wow, I had a great day. He We had great (only 3 drops of rain), it was ...(2017-06-11 15:07)**







Day 51

BOO YA! I am back again! Yeah!

Wow, I had a great day. The weather was awesome (only 3 drops of rain), it was the first day without any significant up and down, and my backpack weight is literally portable! I think that's how my feet can do it! Whoopee!

**Photo: Day 51 Eiswassertherapie. Very good with tendinitis! Really cool .The little toad I still can shoot ...(2017-06-11 15:16)**





Day 51

Ice therapy. Very good for tendinitis! Really cool.

I was able to photograph the little toad when he fled from a vertical wall. The others, the snake, the squirrel, and above all the porcupine, were all too fast. So, porcupines look really funny and flee with a addling gait.

**Photo: Day 52 Ich'm doing break in Cheshire, the splendid before it goes to Mount Greylock. New England I like cute little ...(2017-06-11 15:21)**











Day 52

I'm taking a break in Cheshire before heading for Mount Greylock. I like New England, cute little towns and lots of greenery.

Unfortunately, there is still a lot of mud in the forest. So, the hikers joke that we're crossing Musachusetts.

**Photo: Day 52 So we just sit as best we can (if we do not just beat us because the gnats are so angry) at dinner in ... (2017-06-11 21:28)**





Day 52

So, we're just sitting as well as we can (when we're not beating ourselves, because the gnats are so bad) at the dinner in Mark Noepel Shelter. Today I am with Wade li. and Highlander

Right .. The two have pretty much my speed, so could be that I'll see them again. Or not. We will see...

Today it was 16.9 miles with the first half of Mt. Greylock. So tomorrow it goes first to the highest mountain of Massachusetts. It is the first "mountain" over 3000 feet (1000m), but from now on it is getting higher every day. So, it remains exciting.

My feet got an ice bath again today and I'm curious how they feel tomorrow. Tomorrow I have to go to town for resupply and it's already 16.5 miles to the next shelter! Then there are times one or two shorter days. Friday, I plan to be in Manchester Center. There should be a package for me.

**Question: HI Nicole! Nice to see you're back on-the-run! :-) Have downright op mized and a great Regenmäntelchen! ;-) Well, the ... (2017-06-12 07:52)**

HI Nicole! Nice that you are back on-the-run! :-) Have a good time and great raincoat! Care for the feet and good luck in the mountains! :-) Greetings, Frank

Is great, right?

I'm sitting in front of the shelter in the early morning light and start day 53. It is very peaceful and the gnats are still sleeping

**Question: test (2017-06-13 10:56)**

test

Hi MAB,

You can see the comment

**Day 53 (2017-06-13 10:56)**

Tumblr is not working again.

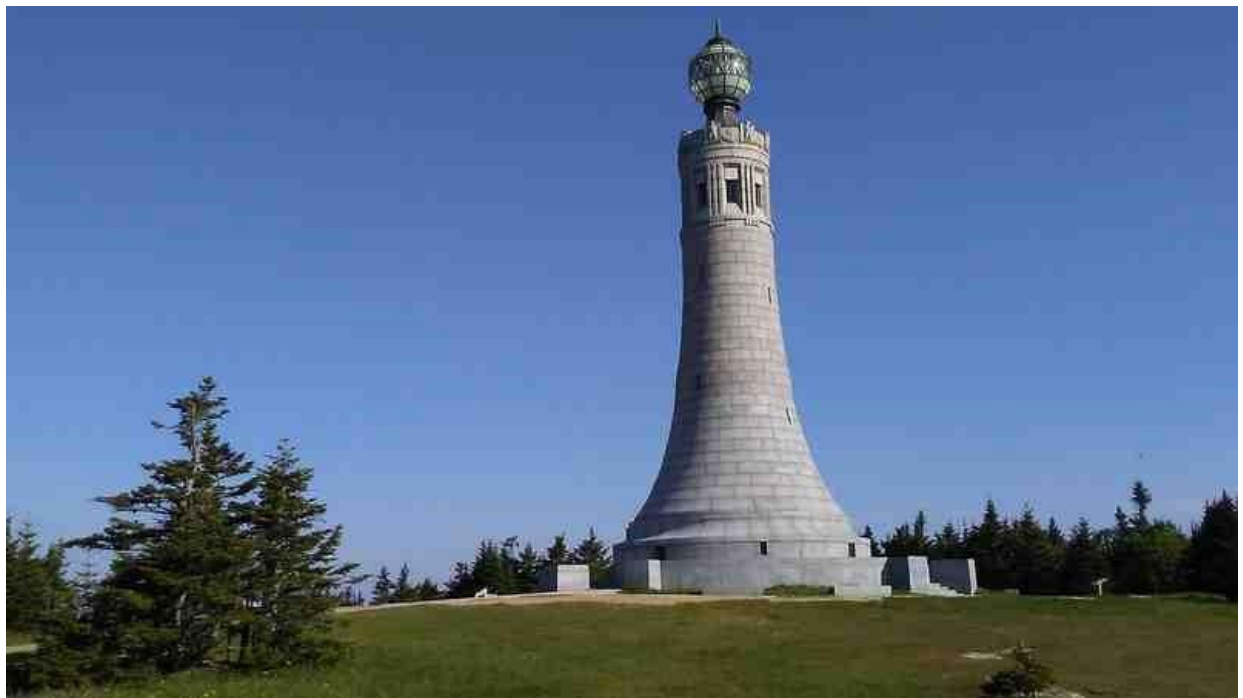
It was a lazy day, 17.5 Miles to Seth Warner Shelter, it was hot, humid, and muddy.

Frodo liked it, more if it goes again. Tomorrow will be a short day! And now in Vermont, also known as Vermud (mud). Now I'm looking forward to my sleep.

Good night, Trail Snail

**Photo: Day 53 Links u: Mount Greylock. With 3400 feet (1100m) the highest mountain in Massachuse s. Since we are the same morning at 7:30 in ...(2017-06-14 13:13)**









Day 53

Left u: Mount Greylock. At 3400 feet (1100m) the highest mountain in Massachusetts. Since we are right in the morning at half past 7 in peace.

In the scorching sun, I'm supposed to walk a mile on asphalt to get to the supermarket. Resupply. And as a reward, Frodo and I shared an ice cream. I'm just so eager. Ice cream and vanilla milk is what my body just wants

Frodo desperately wanted to bathe at 30 degrees with eternal humidity. Okay, that was nice for my feet and me.

I just made the border with Vermont. The day was my dri he after Restart and my feet and my muscles are at the end. Tomorrow, short!

**Photo: Day 54 War really a short seven miles a day. My muscles did not want and my feet have also just returned to the ...(2017-06-14 13:25)**





Day 54

Was really a short 7 miles day. My muscles did not want to and my feet have to get used to the strain again. So I have a Nearo (almost no miles day)

I had my tent as bug protection, I did not move except to wash in the brook, I listened to music and slept. Wonderful!

**Photo: Day 55 Der has left a trail Angel, of Frodo and me with cola (!!!) and ice has provided as a second breakfast. Perfect!(2017-06-14 13:30)**







Day 55

The left is a trail angel, Frodo and I supplied with coke (!!!) and ice cream as a second breakfast. Perfect!

**Photo: Day 55 Wir take it easy today. There are good 14 miles today. Dad, he has cooled We yesterday after rain and now ...(2017-06-14 13:39)**









Day 55

We take it easy today. It's a good 14 miles today. Dad We have cooled down yesterday after rain and now very comfortable. My muscles are recovered and I will see that I do not overuse my feet the next week. In addition, I have no desire to rush. Al also may have found a way we can extend my visa. I'm considering to Maine.

**Photo: Day 55 Ich ha s now a really nice day and thanks to the most super beautiful trails I am the 14.4 miles in record time ... (2017-06-14 22:43)**



Day 55

Today I have a really nice day and thanks to the mostly super beautiful trails I have gone the 14.4 miles in record time, so have a lot of time to take a break and rest. Potato, Whole Weat, Mn, Circ, Too Tall, Nuts, Maple Syrup, just to name a few, most of which are also here at the shelter.

Trail, Goddard Shelter, VT, AT

**Photo: Day 56 Toller day today! The sun was shining, it was not too hot and I like to hike ha e**

**So I am despite the best ... (2017-06-16 13:30)**





Day 56

Great day today! The sun was shining, it was not too hot and I feel like hiking

So, despite my best intentions, I am calmer to do, and because it's raining for tomorrow, I've gone 19.3 miles. That's just fun for me and I have a half day and a nearo to follow. My feet will hopefully forgive me

The photo above was from a fire tower that they used to occupy with a man as an early warning system for Forest fires. Now they are abandoned but still accessible on summits and are because of the forest a welcome opportunity to catch a view. The picture is taken north at half past seven in the morning (I think), in the direction in which we are traveling.

**Photo: Day 57 It rained during the night, but I slept in the shelter. I hear the happy when the rain on the tin roof ...(2017-06-16 15:06)**



Day 57

It rained during the night, but I slept in the shelter. I like to hear when the rain hits the tin roof. Frodo also thinks it's great, because it always means he's dry. My feet are so so-so, but today it is only 8 miles to Spruce Peak Shelter.

We've been in the shelter since 11am, feet up, eating, sleeping, listening to rain, sleeping, .... Update blog. So, we spend this cold, wet day before we have 3 miles tomorrow morning to Manchester Center. There is breakfast, lunch and dinner, pickup mail drop and then to the hostel to take a shower, laundry, etc. Yeah! I am looking forward to it!

And that gives my feet almost 2 days to recover.

**Photo: Day 56 Das was then the second fire tower on Mount road on. At the foot of the tower you could easily count how many know ...(2017-06-16 15:07)**









Day 56

That was the second fire tower on Mount Stratton. At the foot of the tower, it was easy to count how many are already up

The hikers were so keen on the tower because there were clouds of Gnats. Of course, Frodo always wants to take the picture with me, so I brought him upstairs, even though he offered me the little Mayo pack for the Gnat, which I coughed and choked on today. I could spice it up and treat it as a snack .... very funny!

**Photo: Day 57 Ein few pictures before it started raining fe. Well, I'm in a dry and still sleep a round Trail, ...(2017-06-16 15:15)**









Day 57

A few pictures before it started to rain.

Well, I'm dry and go back to sleep

Trail, Spruce Peak Shelter, VT, AT

**Question: Hi Nicole, great Landscape and gratula on to your incredible walk! Am happy for you that you so ne e people ...(2017-06-16 15:26)**

Hi Nicole, great scenery and Gratula on your incredible walk! I'm happy for you, that you get to know so many people and get a lot of support. LG until next time from Angela

Hi Angela,

Hope you are doing well! We're all alright, everybody knows

It's nice, but also exhausting to meet so many new people. Let's see how many come to this shelter today. At the moment only, Papa Leo and I are here.

It's nice to know that I'm supported by so many. Thank you!

**Question: Dear Nicole, beautiful, to be better off your feet again. Al and his wife are awesome, those are angels! Absolute...(2017-06-16 20:08)**

Dear Nicole, nice that your feet are feeling better. Al and his wife are amazing, they are angels!

Absolutely unique what you experience :-). Here it is summer and I'm currently traveling a lot with my Polo ;-D. Continue to have fun and enough ice water for your feet, Brigi e

Dear Brigi e, yes, I think so too! I do not know if I would still be here without my two Trail Angels, I am grateful to them!

Right now, is dinner time. My last noodles, my last bars, all of them. Thanks to the help that Al showed me, I can now also reduce the weight of my food. Not that I eat less, but that I can plan more exactly what I have to lug.

Did I mention that I'm in town tomorrow and will eat all day?

Nuts, Papa Leo and Red Mage do the same and are just as happy as I am.

Brigie, I hope you then tell me the story of how it came to the Polo when I'm back. GLG to your boys!

**Photo: Day 58 Ich have almost a guilty conscience, because there were only 3 miles to Manchester Center today. We fe ...(2017-06-17 20:23)**

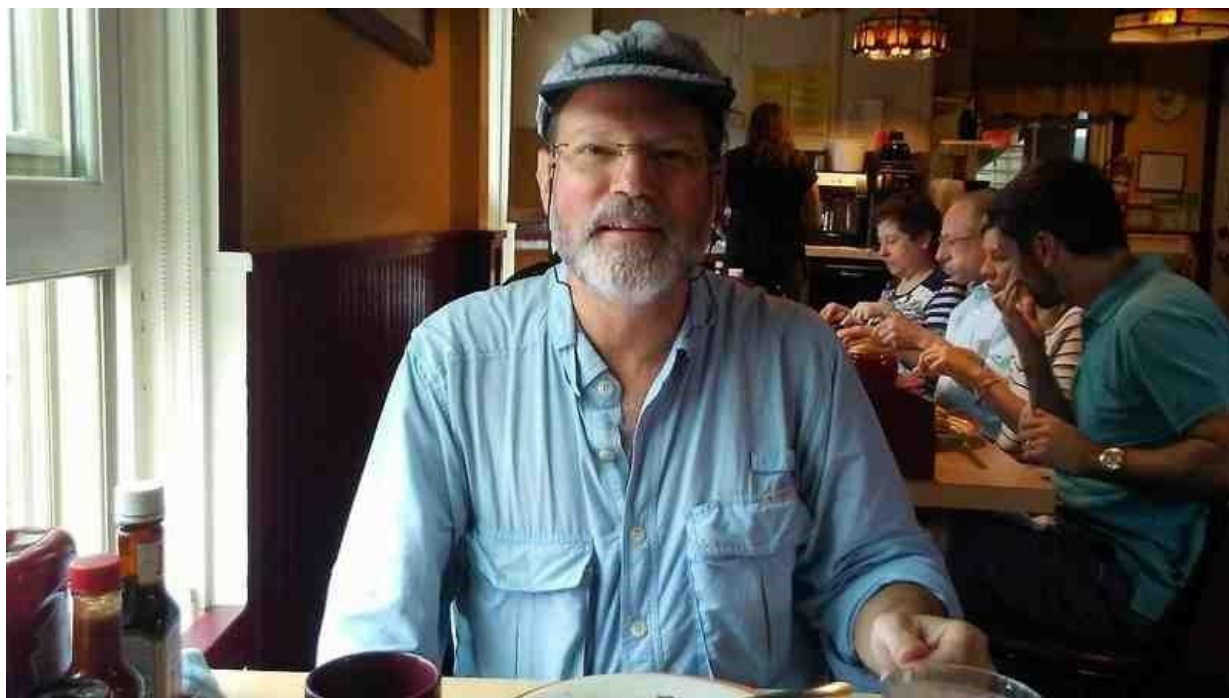


Day 58

I almost feel guilty because it was only 3 miles to Manchester Center today. We ate breakfast, lunch and dinner, staying in a new hostel, fetching supplies, washing clothes, taking a shower twice, prepared shoes for new gaitors, planning more routes, supply and accommodation, blogging, recharging batteries, drying things, ... And Frodo meanwhile guarded the Bed!

**Photo: Day 58 Das is "useful", with which I arrived in town together. Even the hitchhiking (Hitchhiking) has flo worked .... (2017-06-17 20:31)**





Day 58

This is "Nutz", with which I arrived together in town. Even the hitchhiking (hitchhiking) worked.

The fried pancakes were just a part of our breakfast next to fried eggs, toast, bacon, sausage, fried potatoes, fruit salad, yoghurt and coffee. But not everything fit on the photo. Frodo especially liked the Greek yoghurt.

**Question: Just hope Frodo has not twisted his stomach! The vests salamander are really cool, yesterday I got a black ...(2017-06-20 21:41)**

Just hope Frodo did not dislocate his stomach! The bright salamanders are really cool, the day before yesterday I met a black colleague of him. Wish you a good rest after the pig out! ;-) Greetings, Frank

Our restart was humid and somehow hard, as almost always after a town stay. Since we almost always start with freshly filled backpack, that's almost logical

So, we are back in the Green Tunnel (Green Tunnel), so they call the AT right here. Hey, I saw a bear flee. Only from a distance, just like the first time.

**Photo: Day showered 59 Frisch and new Gaitors it went off at 6:30 am back in the woods**

**(2017-06-20 21:47)**



Day 59

Freshly showered and with new gaiters. We went at 6:30 am back to the forest

**Photo: Day 59 ES was super sultry, the Gnats have devoured us and it was hot!**  
**Nevertheless, we walk slowly but persistently by ...(2017-06-20 21:52)**







Day 59

It was super humid; the gnats ate us and it was hot! Nevertheless, we walk slowly but steadily north, which can be seen in the height of the mountains. We are now at 3500 feet.

**Day 60 (2017-06-20 22:00)**

Last night I learned two things. First, never leave the tent in the dark without a lamp. I swear I was only one and a half yards out to pee and it was so dark that I could not find my tent anymore! Then it started to

rain and the others turned on the light, so I came back. Second, always set up a tight tent, otherwise it will rain. My bear bag is not waterproof

First, never leave in the dark without a light tent. I swear I'm only half Sri e went to pee out and it was so dark that I have not found my tent! It then began to confusion ren and the others have made of light, so I came back. Second, set up tent always tight, otherwise it rains pure. Dri ens my Bearbags are not waterproof

#### **Day 60 (2017-06-20 22:12)**

It was raining and that was why Smarty stayed in the backpack. It was humid and the bugs were horrible. Nevertheless, we were swimming in a lake for a short time, and even though we had to put on the sweet and sticky clothes afterwards, it was all fresh and a mental encouragement

We hiked 15 miles again despite the late rain before setting up the tents. Then everything was wet! Everything just gets wet! Of course, I put on dry clothes, but the wet stay in the tent and the rain jacket also, ... everything that was left outside, was overrun by slugs, which I had to pick up this morning first time everywhere and had to flick off.

**Photo: Day 61 Wieder 14.1 miles. With rain and with a lot of climbing on my dri en**

**Bear Mountain. You have to ...(2017-06-20 22:25)**



Day 61

Again 14.1 miles. During rain showers and with many vertical meters on my Bear Mountain. You have to be very careful on the slippery stones and slippery roots. Nutz has fallen three times today. The hike itself and what handling in the rain are a bit harder than in the dry and take more time. I am glad that I can regulate my resupply mainly with the help of Al. He sends me everything I need to an address as possible on the way. That's great!

**Photo: Day 61 Was was a ne s suspension bridge. The pictures right Aussicht.Li were u. Today we have on Pla ormen the tents ...(2017-06-20 22:31)**











Day 61

What is a suspension bridge? The pictures on the right were the view.

Today we set up the tents on platforms and because the sun was shining there was a big drying hook.

**Question: hi nic, but do not eat !! but frodo and yogurt? there was no more he Peanut Butter? falls so the meat. but better...(2017-06-21 06:52)**

mab-sissi: hi nic, but do not overeat !! but frodo and yogurt? Was there no more peanut butter? he falls off the meat. but better is that, then you do not always have to haul so much. here today it was 29 degrees. i.W. twenty-nine. And I had to go to Hamburg, great, sissi is also totally pla. It was just now with her a round walk, it is 22: 30h. I wish you continued success and nice people. also best regards from karin, brigi e, hannah, jens, mark u. Laurin. buss

Thanks for the many greetings! I do not know what was with Frodo and the yogurt. He probably has a health flash ... We saw at Red Mage that there is also Peanut butter with Jelly in a plastic jar (?). Al and Dolora have found this somewhere and send me that! PB & J, which tastes Frodo also

**Question: Hi Nicole. Mike S. from Gilching here. Appears you are making great progress! Where did you start the journey? Has it been a ... (2017-06-21 07:06)**

Hi Nicole. Mike S. from Gilching here. Appears you are making great progress! Where did you start the journey? Has it been a connected thread from the start? Where are you now? Wonderful scenery. Keep up the great pace!

Hey Mike, what a nice surprise! I am a FlipFlopper from Harper's Ferry, WV, and other than 8 days off the trail for foot recovery. I am now 671 miles into the north and will come to the "Whites" soon. I fear them a bit and all the others on the trail tell me about them. Well, I guess one step after the other, it's just the trick there, too, only slower

I hope you and VLC / S do well! Please say hi to all the others, love especially to Davis! Thank you for commenting!

**Day 61 (2017-06-21 07:13)**

I forgot. I am at the Cooper Lodge Shelter on top of Bear Mountain (3908 feet). It's very cool up here with cold wind, but it is not raining. Trail Snail, VT, AT

**Photo: Day 62 Heute was a lovely short 10 miles a day. We treat ourselves to a roof over their head,**

**Shower, clean clothes (hhmm!) And ... (2017-06-21 20:46)**





Day 62

Today was a glorious short 10 mile day. We treat ourselves to a roof over our head, shower, clean laundry (hhmm!) And of course: FOOD! Immediately comes the pizza!

The mushroom in the photo they call "Chicken of the woods". Is edible and "Moving Target" has it in his food bag.

**Photo: Day 62 Der AT verläü in Vermont 105 miles to the Long Trail (about 250 miles, right across Vermont) together. Today was...(2017-06-21 20:55)**





Day 62

The AT and the Long Trail combine in Vermont for 105 miles (the Long Trail is about 250 miles, across Vermont).

Today was the day on which both separate again.

Re: these boulders are always in the woods. I suppose that will be the reason for small erak onen in the north ...

**Photo: Day 63 Ein 16 miles Day with stunning We he and best trail! Was because of a total of 1500**

**Altitude up Windwärts tiring ... (2017-06-22 22:31)**





Day 63

A 16-mile day with wonderful and best trail! Was exhausting because of the altogether 1500 vertical meters but was fun! As in the photo we were only in the sun for a short time, then we went back to the green tunnel

**Question: Let you taste the pizza and let the forest chicken alone! ;-)** Good luck with bouldering! ;-)

Greetings, Frank(2017-06-22 22:32)

Let the pizza taste good and leave the forest chickens alone! ;-)

**Photo: Day 64 Huh, and I am today morning woke up voluntarily and then it started to rain ... It was then but you still ... (2017-06-23 17:16)**



Day 64

Huh, I did not wake up voluntarily this morning and then it started to rain ...

But then it was still a great hiking day with soft, smooth roads

**Photo: Day 63 Der Trail was very nice today as the left. Only sometimes still slippery and as it has me with my fresh, clean ...(2017-06-23 21:19)**







Day 63

The trail was very nice today, as on the left. Only sometimes still slippery and there it has thrown me with my fresh, clean clothes ...

**Photo: Day 63 Das was Frodo's day! Only Fotoshoo ng at the waterfall, then cuddling with his fans and then he also has his ...(2017-06-24 20:56)**





Day 63

That was Frodo's day! First photo shoot at the waterfall, then cuddling with his fans and then he also discovered his passion for GU ...

**Photo: Day 64 Zwischendrin seemed even the sun and I have a couple of more and more becoming**

**Flowers photographed. (2017-06-24 21:00)**









Day 64

In between, the sun was shining and I photographed some of the ever-growing flowers.

**Video: Day 64 Erster attempt videos and useful was my guinea pig (2017-06-24 21:03)**

[1]



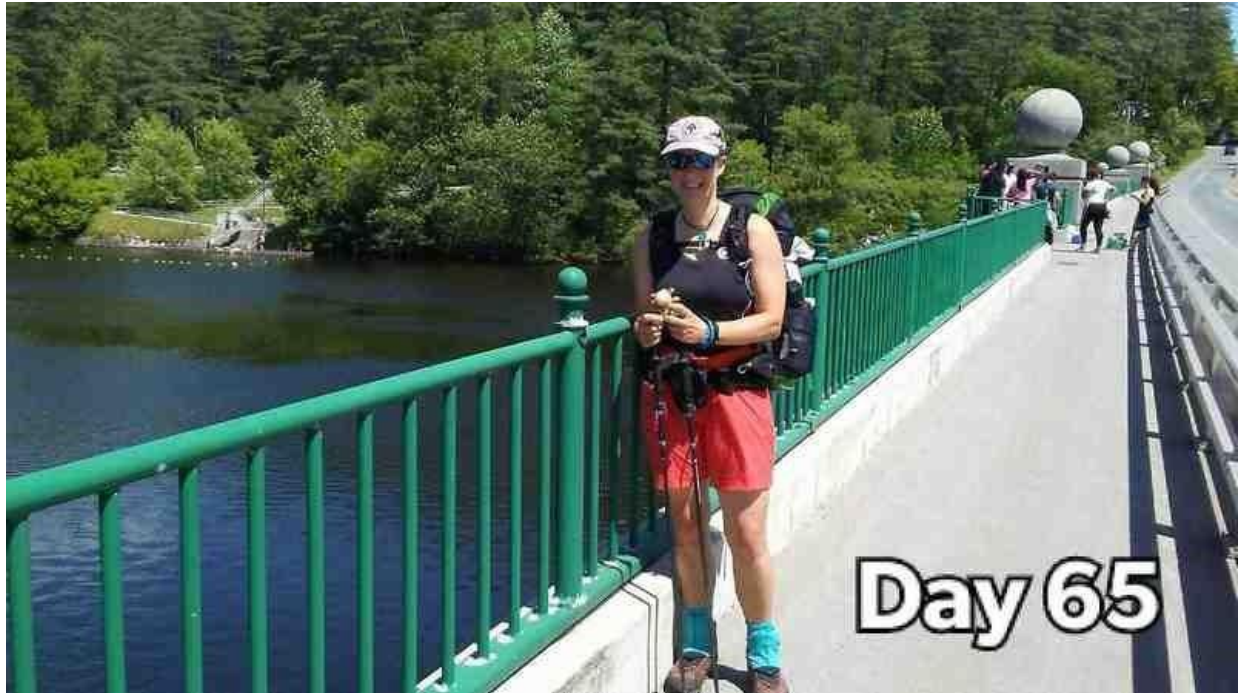
Day 64

First attempt of a video and Nutz was my guinea pig

[https://vt.media.tumblr.com/tumblr\\_os2qp0UJH81w39yox.mp4](https://vt.media.tumblr.com/tumblr_os2qp0UJH81w39yox.mp4)

**Photo: This is the Connec cut River, which is the border between Vermont and New Hampshire. That is, we have another State ...(2017-06-24 21:06)**





This is the Connecticut River, which is the border between Vermont and New Hampshire. That is, we have completed a state again and are going to the last two and most difficult New England states of New Hampshire and Maine ...

**Photo: Day65 ImGrünenTunnel! Besonderswennesregnetoderbewölktist act  
kanndasdurchausbedrückend. but is color very ...(2017-06-24 21:10)**







Day 65

In the green tunnel! Especially when it is raining or cloudy, it can be quite depressing. But is very fresh in color and I still like green

The hoses right they use here to tap into Maple Syrup.

**Photo: Day 65 Nach rain and tons of mosquitoes (which no relaxed lunch was really bad today possible!) Again sun and a ... (2017-06-24 21:19)**







Day 65

After rain and tons of mosquitoes (that was really bad today, no relaxed break possible!) Sun again and a long road walk to Hanover, NH.

Front Pocket and Nutz show how it works

Thankfully, we found Trail Magic on the roadside, so our BBQ run on the hard road was much more bearable. What a cold coke after strenuous climbs, fighting against Lu attacks and hot jokes because of 99.8% Humidity so everything!

**Photo: Day 66 Nach a night in the smoking room of a hotel are useful and I hitchhiked back to the city Hanover. We were very good ...(2017-06-25 13:15)**



Day 66

After a night in the smoking room of a hotel, Nutz and I hitchhiked back to the city of Hanover. We were very good and had plenty of breakfast and Nutz was then abruptly disappeared in a taxi. Another goodbye!

I went to the hairdresser. Because entry and the photo and Frodo asked if I came under a lawnmower ...

I have a list of Trail Angels to ask for a ride, but I'm not successful. maybe I just go bus to the next shelter ...?!?

**Photo: Day 66 Li: so saw my Vormi from ag, and now I'm back in the woods. That's cheaper. Previously, I have to a ...(2017-06-25 20:31)**



Day 66

Li: That's what my town looked like and now I'm back in the woods. That's cheaper. Before I stopped at a supermarket and ate ice cream (again!) And a nectarine.

Re: this is next to my tent a hammock (hammock) that use many instead of a tent here. Works the same way, you just have to like it and need enough trees



I have a Nearo at 1.4 miles today and tomorrow. It's serious in New Hampshire! Keep your fingers crossed that I get through the last two northern states safely!

**Question: thumbs are pressed firmly so you also loose durchstapfst 2 Stasten! :-) Send new pants (except for the mud spot ...(2017-06-26 17:51)**

Fingers are crossed so that you also pass through the two states! :-) Send new pants (except for the mud spot ;-)). Frodo has attention again, very nice! :-) Greetings, Frank

Super Thanks!

**Question: HI Nic, but as we push all very, very tight. Sissi also and alone already has four. Let it be well with you. Lots of love...(2017-06-26 17:52)**

mab-sissi: HI Nic, but we cross our fingers.. Sissi too and she alone already has four. Let it be well with you. Many greetings, MaB

Very nice, he more fingers, the better!

**photo (2017-06-26 18:01)**



**Day 67 (2017-06-26 18:08)**

Frodo and I walked 15 miles today. The weather was great, no longer humid and cool. The annoying bloodsuckers were not as much out as the last days and my feet were well recovered after our lollygag yesterday.

We struggled up and down two steep hills and, thanks to a very early start (5:40 am), we were already at half past two on the trapper John Shelter.

**Photo: Day 67 Sie did not want to come out, but at least kept s ll This morning at 4 am is a bit large, heavy on my ... (2017-06-26 18:12)**



Day 67

She did not want to come out, but at least she stopped

This morning at 4 o'clock something big and heavy passed by my tent. Unfortunately (thank goodness) I could not see what it was. Maybe a moose? They are here!

**Photo: Day 67 Ein few Greens impressions ... (2017-06-26 18:15)**







Day 67

A few impressions ... Green

**Photo: Day 68 Das was 12 miles a day. Nix drama MOORISH, but New Hampshire does slow Ernst.**

**There were once over 1,000 meters ... (2017-06-28 18:34)**





Day 68

That was a 12-mile day. No drama, but New Hampshire is getting serious. It was over again

1000 meters in altitude in the day and some of it crassly steep! Imagine you are lumbering on a wall and there is a stony, rocky gully. You may then climb it. (If you are lucky, down would be even worse!) But we were lucky, down almost everything was good. (The many mud pools I did not expect, which are probably because of daily rain.)

**Photo: Day 68 An some places ha s it eingebaut.Re mercy on the poor Hikern and have stone steps, or even wooden stairs ... (2017-06-28 18:44)**











Day 68

In some places they have mercy on the poor hikers and have built stone steps, or even wooden staircases.

Re o: As a reward, a view from the Smarts Mountain Fire Tower.

Li u: yes, rock ridge like in New York, only these are rounder and slicker. And in this case, dry thanks.

Nevertheless, it has thrown two fellow hikers.

Re u: A stone post with miles to Kathadin (north end of the AT).

**Photo: Day 69 Das is my Hero of the Day. Omle e Guy, his official Trail Name. Er has en mi built in the forest and its cuisine ...(2017-06-28 18:52)**



Day 69

This is my hero of the day. Omelet Guy, his official trail name.

He set up his kitchen in the forest and supplies the hikers every day with eggs, pancakes, bananas and coffee.

.... and he does not want anything for it. Trail Magic, or almost a Trail Miracle!

**Photo: Day 68 So saw the water after filtering. Looks like after passing through the Body, but has not even bad ... (2017-06-28 18:52)**





Day 68

This is how the water looked after filtering. Looks like after passing through the body, but did not even taste bad ...

**Photo: Day 69** Es was a cool, damp, foggy start this morning. Image re o was really so steep and GLA, but when Hiker ... (2017-06-28 18:57)









Day 69

It was a cool, damp, foggy start this morning. Picture right has been really steep and slick, but as a hiker with rock experience I have mastered this place. The stone was dry and I just had to go up!

**Photo: Day 69 Nach 15 miles I arrived just before the fe en Showers Hikers Welcome Hostel After an outdoor shower ... (2017-06-28 20:07)**







Day 69

After 15 miles, I arrived at the Hikers Welcome Hostel just before the heavy rain shower

After an outdoor shower, I'm sitting outside at the table in the rain, planning the next stages and waiting for my clothes, which are still in the dryer

Tomorrow will definitely be fun because I'm on the White's first official mountain (White Mountains)

Moosilauke (pronounced: Mußila / oki) will dare to a day slackpacking

### **The beginning of the wilderness (2017-06-28 20:20)**

Just a reminder and because there are always places without reception. (like yesterday, for example). Here begins the wild north. Whenever possible, I blog. If you do not read anything new, just try it again the next day ... or the day after, ... or next, .....

**Photo: Day 70 Wie is easy to see, I'm slackpacking today. Is not he sweet little! The ha s two reasons: first, ... (2017-06-29 16:03)**



Day 70

As you can see, I'm slackpacking today. Is not he cute the little one!

There are two reasons for this: Firstly, I have a problem with the abs on the north side of Mt. Moosilauke with a heavy backpack and secondly, I need a cheering up. At the moment I'm in a bad mood and the daily rain is not helpful. I also allow myself to wash the clothes of today, even if it costs \$ 6.

**Photo: Day 70 Das ne e girl has provided color with a fresh layer of the signs. Thank you!**

(2017-06-29 20:04)



Day 70

The nice girl has provided the signposts with a fresh coat of paint. Thank you!

**Photo: Day 70 Li o: Above the tree line! Near the top of Mt. Moosilauke (4802 Feet = 1600 m) .Re o:**

**in the background hang the ... (2017-06-29 20:11)**





Day 70

Location: Above the tree line! Almost at the top of Mt. Moosilauke (4802 Feet = 1600 m).

Reference: the other mountains of the White's are in the background

**Photo:** they used Day 70. I have one hour sun and have extensively for photographing (2017-06-29 20:14)









Day 70

I had an hour of sun and have used it extensively for taking pictures.

**Photo: Day 70 Oben: still heute.Unten some impressions of the trail: Medical Minions for my mental health. Celebrate any ...(2017-06-29 20:20)**









Day 70

Above: a few more impressions of the trail today.

**Question: How the wilderness begins ????** What was that date? To go for a walk? I will try as always not too much me ...(2017-06-29 20:27)

mab-sissi: Now, the wilderness begins ???? What was that up to now? To go for a walk? As always, I will try not to worry too much (but I'll do it anyway). Looking forward to the next reports. And hold on to Frodo, in case that he finally thinks he has "found his wild home" and he is gone. Greetings MaB

Ha! Frodo takes the weather personally! He does not even want to go in his small side pocket, but in a Ziplock bag so that he does not get wet and cold again. He complains, after all, it's summer and everything in Africa is better .....

**Question: A Omele e Baker unbelievable on the trail ...! Have fun on the moss-mountain!  
The feet look so in the photo dewy out! ; -) ...(2017-06-29 20:33)**

An omelet-maker on the trail ... unbelievable! Have fun on the moss mountain! The feet look dewy in the photo! ;-) Greetings, Frank

Yes, the Americans are strange

I think the moss refers more to the giant deer with the blade antlers, who use the trails as toilet.

By the way, Elchschi looks like giant rabbit kelp

**Photo: Day 71 We chickened out today. States that after it has permanently rained the last 18 hours and will continue to rain, we have ... (2017-06-30 10:47)**



Day 71

We chickened out today. Since it has rained for the last 18 hours and continues to rain, we decided this morning to sit out a day at the hostel. Zero day!

So, Frodo can get out of his bag and I can listen to music, listen to the book, chat with the other chickens, Enjoy peace, do nothing, breath, ... Tomorrow is another day, it will continue to rain, so we miss nothing