

Backpacking guide tackles emotional, financial challenges

By Benjamin Spillman, Reno Gazette-Journal

When the snow flies in the mountains many hikers and backpackers retreat to their laptops and smartphones to dream up bigger and better adventures for next year.

Hikers hunting a truly epic adventure on the Pacific Crest, Appalachian or any other long trail need more than fancy gear and the right hashtag to succeed. They need to plan for the financial and emotional challenges of an adventure, such as paying the bills and maintaining healthy relationships with family and friends while away on the trail.

It's those less glamorous aspects of adventure that Elizabeth Thomas tackles in her book, "Long Trails: Mastering the Art of the Thru Hike."

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