



## **Plan & Go | Lone Star Hiking Trail: All you need to know to complete Texas' longest wilderness footpath (Plan & Go Hiking)**

*Kevin Muschter*

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# Plan & Go | Lone Star Hiking Trail: All you need to know to complete Texas' longest wilderness footpath (Plan & Go Hiking)

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**Plan & Go | Lone Star Hiking Trail** is the ultimate guide to hiking Texas' longest wilderness footpath. In a clear and concise manner, the book describes the highlights and unique characteristics of the 'LSHT' and provides all the essential planning information to save you time and effort with your own preparations. Supported by step-by-step instructions and first-hand recommendations, you will be well-equipped and feel more confident about completing the 96+ miles in Sam Houston National Forest, whether in sections or as a whole.

*The book provides answers to the following questions (and more):*

- What are the highlights of the LSHT?
- How many days will it take me?
- How do I navigate along the route?
- What is the best time to go?
- How do I organize transportation?
- What are my camping options?
- Where can I resupply food & water?

In addition, **Plan & Go | Lone Star Hiking Trail** offers practical advice on athletic training, which food to pack and in what quantities, how to select gear and which items work best, as well as various other essentials for the trail. The book further includes a *compact trail guide* and *example hiking itineraries* to help you create an itinerary that best suits your personal preferences. The wealth of facts and figures is topped off with the entertaining and motivating account of the author's own 6-day LSHT adventure.

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