



## Pacific Crest Trail Data Book: Mileages, Landmarks, Facilities, Resupply Data, and Essential Trail Information for the Entire Pacific Crest Trail, from Mexico to Canada

By Benedict Go

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The essential, cut-to-the-chase handbook to the Pacific Crest Trail, based on the comprehensive Wilderness Press guidebooks to the PCT, has been completely updated. Packed with trail-tested features, it's useful both on and off the trail, covering pre-trip planning for resupply stops, how to set daily on-the-trail mileage goals by knowing trail gradient and the locations of campsites, water sources, and facilities, and how to easily calculate distances between any two points on the trail, and how to planning both north-bound and south-bound hiking trips.

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## **Editorial Review**

From the Inside Flap

### **FROM THE AUTHOR: THE JOURNEY**

The future begins with a dream . . . . And what a wonderful dream it was! I thru-hiked the Pacific Crest Trail in 1996; to this day, memories of that life continue to make me smile. The sweet innocence of the unknown, the lessons still to be learned. How I yearn to feel those moments! I started on the PCT not fully knowing what to expect. It was the most challenging journey I had ever attempted.

The long expanse of the desert, the refreshing High Sierra, and the beautiful Cascade Mountains--nature became my home. Every night, I slept in different places, sometimes on a hill, in a valley, or on top of a mountain. I found myself seeking and finding special places, and treasuring the times when I could feel deeply. In nature, I saw more moments that in my mind could not be possible, and yet they happened. I remember the uncertainty, the not knowing of what would be. But, at the same time, as my knowledge increased and gave power, it also limited me. Knowledge created a boundary that at times became the border of my life. It was only by questioning what I knew and in doing difficult things that I could grow. Here I learned my four treasured lessons:

*Take care of those whom you love.*

*Take care of your health.*

*Do not limit yourself to what you know. Try and learn.*

*Share your life. We are not meant to be alone.*

*I am glad that many continue to protect this most beautiful treasure.*

*To the future!*

--Ben "Gentle Ben" Go, June 2013

A note about my trail name: When I started on the PCT, I met many Appalachian Trail thru-hikers, most of whom had trail names. For two months, I hiked across Southern California with the veteran AT hikers pondering what my trail name should be. We finally reached Kennedy Meadows and saw the movie Grizzly Adams. Next thing I knew, my trail name Gentle Ben came into being, bestowed by the one and only "Rude Dog."

About the Author

**Benedict Gentle Ben Go** thru-hiked the PCT in 1996 and since that time has been committed to updating the essential pocket guide to the trail. All of his book royalties are donated to the PCTA's Jane and Flicka Endowment Fund, which helps fund trail maintenance and promote trail use.

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## **INTRODUCTION**

The Pacific Crest Trail Data Book contains a summary of the entire Pacific Crest Trail (PCT), covering a distance of more than 2,660 miles from Mexico to Canada. The trail passes through three states:

California, Oregon, and Washington. The PCT terrain varies from desert in Southern California, to the mountains of the High Sierra in Central California, to the Cascades in far Northern California and continuing through Oregon and Washington.

This book was created as an adjunct to Wilderness Press's PCT guidebooks for planning, tracking, and as a quick reference on the trail. Trail information is comprised of landmarks, listed as they occur in a northerly direction, from Mexico to Canada. For each landmark, the following information is given: the mileage between points; the mileage from the Mexican border; its elevation; available facilities (such as water sources and post offices); and an occasional water alert when the next water source is more than 12 miles away.

This book provides:

An easy calculation of distances between any two points on the trail.

A profile of the trail elevation changes.

Assistance in preparing for hiking sections of the trail or the entire trail (a "thru hike").

Assistance in establishing daily mileage goals while on the trail.

The average angle of the trail in degrees between the previous landmark and the current landmark.

## **Users Review**

### **From reader reviews:**

#### **Dolores Stiger:**

What do you ponder on book? It is just for students because they're still students or this for all people in the world, exactly what the best subject for that? Just you can be answered for that question above. Every person has various personality and hobby for every other. Don't to be forced someone or something that they don't desire do that. You must know how great and important the book Pacific Crest Trail Data Book: Mileages, Landmarks, Facilities, Resupply Data, and Essential Trail Information for the Entire Pacific Crest Trail, from Mexico to Canada. All type of book can you see on many solutions. You can look for the internet methods or other social media.

#### **Carol Pyles:**

Reading a guide can be one of a lot of activity that everyone in the world loves. Do you like reading book and so. There are a lot of reasons why people like it. First reading a reserve will give you a lot of new details. When you read a reserve you will get new information simply because book is one of many ways to share the information or maybe their idea. Second, reading through a book will make an individual more imaginative. When you examining a book especially fiction book the author will bring you to definitely imagine the story how the personas do it anything. Third, you could share your knowledge to other individuals. When you read this Pacific Crest Trail Data Book: Mileages, Landmarks, Facilities, Resupply Data, and Essential Trail Information for the Entire Pacific Crest Trail, from Mexico to Canada, you are able to tells your family, friends as well as soon about yours publication. Your knowledge can inspire others, make them reading a reserve.

**Joel Jones:**

Reading a guide tends to be new life style with this era globalization. With looking at you can get a lot of information which will give you benefit in your life. Together with book everyone in this world may share their idea. Guides can also inspire a lot of people. Plenty of author can inspire their reader with their story or maybe their experience. Not only the storyline that share in the guides. But also they write about the information about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors on this planet always try to improve their proficiency in writing, they also doing some investigation before they write to the book. One of them is this Pacific Crest Trail Data Book: Mileages, Landmarks, Facilities, Resupply Data, and Essential Trail Information for the Entire Pacific Crest Trail, from Mexico to Canada.

**Jeffrey Martinez:**

In this particular era which is the greater person or who has ability to do something more are more valuable than other. Do you want to become considered one of it? It is just simple strategy to have that. What you need to do is just spending your time very little but quite enough to enjoy a look at some books. One of many books in the top collection in your reading list is usually Pacific Crest Trail Data Book: Mileages, Landmarks, Facilities, Resupply Data, and Essential Trail Information for the Entire Pacific Crest Trail, from Mexico to Canada. This book that is qualified as The Hungry Hills can get you closer in becoming precious person. By looking up and review this reserve you can get many advantages.

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