

TRIPLE CROWN CHALLENGE

01/15/2023

Adventure Travel Tours
Student Name

What is the Triple Crown Challenge?

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- Pacific Coast Trail
- Appalachian Trail
- Continental Divide Trail

Qualifying Hikes

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- Apria Canyon
- Death Valley
- Bryce to Zion
- Eagles' Hexd
- Capitol Rref Park

Lightweight Backpacking

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- Why go lightweight?
 - More miles
 - Less strain
 - Less impact on the environment
- Where to cut weight:
 - Backpack
 - Sleeping Bag & Tent
 - Boots vs. Shoes
 - Food & Water

READY TO GO?

01/15/2023

Learn More!

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- Ray James Beyond Backpacking
- Karen Berger Hiking the Triple Crown
- Bill Bryson A Walk in the Woods
- Tracey Lynn Preparing for the Triple Crown, an Adventure Travel Tour Planning Guide