

ABOUT ALDHA

ALDHA is a volunteer group of diverse people from all over the country — some from around the world — who share one thing in common: a desire to help preserve, promote and protect the long-distance hiking experience.



We publish a quarterly newsletter, an annual membership directory and a comprehensive guidebook for hikers on the Appalachian Trail. Our collective trail wisdom draws on the experiences of everyday folks like you who yearn for outdoor adventures.

We find numerous ways to give back to the trail including work trips with other trail clubs and our own work trip on the trail in October.

Our signature event is the Gathering. As author and veteran hiker Karen Berger once observed, the Gathering “draws several hundred of America’s most experienced, trail-hardened and enthusiastic hikers. These are people who have camped next to Icelandic geysers or bushwhacked through Peruvian jungles. They’ve climbed Kilimanjaro or trekked in the Himalayas. Most have spent six months on the Appalachian Trail. And their cumulative hiking experience can be numbered somewhere in the millions — yes, *millions* — of miles.”

Your first step toward this lifetime of adventure is an easy one. If you want to attend or take part in any of our activities, just show up. *No previous hiking experience is necessary.* Annual dues are only \$10 per family. So welcome aboard! We look forward to seeing you at the Gathering, if not sooner on the trail.

ALDHA

Appalachian Long Distance Hikers Association

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West Lebanon, NH 03784

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aldha.org/store

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A.T. Thru-Hikers' Companion



ALDHA members go out every year to get the latest updates on town services and trail conditions, then combine that with mileage data, water sources at shelters and other trail wisdom to create the only official guidebook for A.T. hikers. You can get a free PDF copy just by joining or renewing. Sign up today and get your copy at <https://aldha.org/join>

The ALDHA Store

Visit aldha.org/store to find ALDHA-themed merchandise, the purchase of which helps support programs that are of direct benefit to hikers. There are polo shirts suitable for a casual office environment, wicking Tees and other shirts, caps and hats, bandanas and vests. There are also souvenir items like stickers, mugs, paperweights, patches and pins.



Feel free to copy and distribute this brochure throughout the trail community but do not leave any on the trail or in shelters. Thank you!

HIKING, BACKPACKING AND TRAIL CAMARADERIE



Join the APPALACHIAN
LONG DISTANCE HIKERS
ASSOCIATION

Name _____ Date _____ Current ALDHA member? Yes No

Address _____ City, State, ZIP _____

Phone (with area code) _____ E-mail _____

Trail Name(s) _____ Trails completed and years they were hiked _____

Membership is \$10 per family per calendar year or \$200 for lifetime membership. Memberships renew on join date.

* Number of years _____ x \$10 per year = \$ _____

* Lifetime membership is \$200 (does not include yearly Gathering fees) \$ _____

Gathering registration is \$20 per person. Children 17 and under are admitted free.

* Number of registrants _____ x \$20 per person = \$ _____

Donations to ALDHA, a registered 501(c)3 nonprofit organization, are tax deductible.

* Amount of donation \$ _____

How would you like to receive your newsletters? Email (default for new members) / As is (default for renewals) / Paper

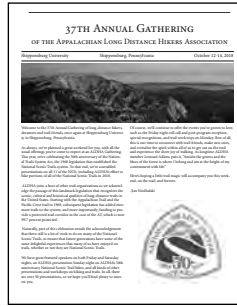
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Fill out and mail with check to:

ALDHA
10 Benning St., PMB 224
West Lebanon, NH 03784

Make checks payable to **ALDHA**

Gathering Programs



If you have a favorite trail or hiking-related topic, you can put on your own workshop and share it with others at the Gathering. On Saturday night we have a group-wide presentation featuring a notable hiker or other luminary, followed by a campfire where you can enjoy the camaraderie of the trail.

2,000-Miler Recognition

If you've just finished hiking the A.T., going to the Gathering is a great way to ease back into society. You'll get to reunite with your trail friends all over again (possibly without their beards and skinny bodies), starting Friday night at our opening session. We'll call out each year's class, one year at a time, but saving the Class of 2020 until the end. Then, if you notified us in advance, we'll call you up on stage one by one to get a nifty patch from ALDHA and the congratulations of your peers on finishing the A.T. It's fun!



more info:

www.aldha.org

And if you're just getting your feet wet and dreaming of someday hiking the A.T., the ALDHA Gathering is the place you want to be, with workshops specifically aimed at getting you ready to hit the trail next year.

The ALDHA Gathering

Join us on the Columbus Day weekend for the 39th annual Gathering of long-distance hikers and friends. The three-day event will be in Abingdon, Virginia at the

when:
Oct. 9-12, 2020
(Columbus Day weekend)

where:
SW Virginia Higher Education Center,
Abingdon, Va.

SW Virginia Higher Education Ctr. Whether section-hiker or thru-hiker, veteran hiker or dreamer, the best place to plan your next hike is the fall Gathering of the Appalachian Long Distance Hikers Association, where fellow wanderers will share their most recent adventures on trails far and wide, all around the globe, giving you great ideas and tips on where your boots can go next.



ALDHA Care Program

Our group provides backup support to hiker hostels up and down the A.T., including delivery of needed supplies and even doing onsite work trips to help hostel owners prepare for the annual onslaught of hikers. More information online www.aldha.org/volunteer/aldhacare

Giving Back to the Trail

Each year, ALDHA organizes one or more trail work trips. We also team up with other clubs to help with maintenance or boundary monitoring, and we do a work trip or two after the Gathering. Either way, your participation will earn you an ALDHA work crew patch and allow you to give back to the trails we love!



The ALDHA Directory

At the start of every year we publish a booklet that has all the information on you and your fellow members: names, trail names, addresses, email addresses, phone numbers and all the trails you've hiked. It is cross-referenced so you can look up people based on their trail name or their hometown. And it is free just by joining.

Our Newsletter

Our award-winning newsletter, *The Long Distance Hiker*, is one of the premier publications on the trail. Four times a year, ALDHA members are treated to an environmentally friendly PDF, with news, features, updates and lots of colorful photos. Check out a copy now at aldha.org/newsletter.html.

