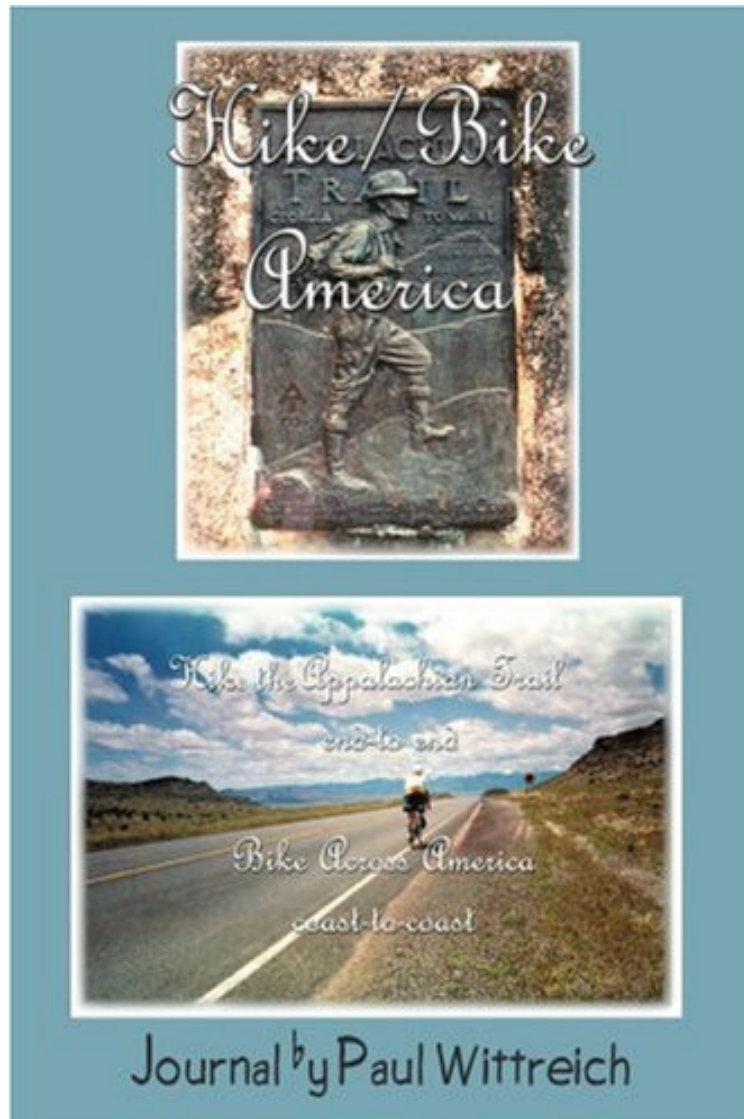


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Two journal tales of travel: one taking you by foot on the whole Appalachian Trail plus The Long Trail in Vermont; then a venture of pedaling across mid-America coast to coast on a two-wheeler.

About the Author After retiring from Merck Research Laboratories, finishing his hike of the Appalachian Trail and bicycling across mid-America, Paul Wittreich then bicycled alone across Canada from the Pacific, Vancouver Island to the Atlantic, Newfoundland, tandem-biked with his wife from the Canadian border down along the Mississippi River to the Gulf of Mexico and tandem-biked the USA with his daughter, coast to coast, going a southern route. The latter two journeys are recorded in the book, *Tandem Bicycling America*.