

Oct 31, 2008

FOR IMMEDIATE RELEASE

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Backpacker to finish 6,200 mile hike at Point Reyes

Mike Daniel will complete a 6,200 mile backpacking adventure on the American Discovery Trail on November 5 when he wades into the Pacific Ocean at Point Reyes National Seashore north of San Francisco. The public is invited to join in to celebrate his arrival at 11am at Limantour Beach.

The 39 year old from Pavo, Georgia, started on June 17, 2007 by wading out of the Atlantic Ocean at Cape Henlopen Delaware and has been hiking on the American Discovery Trail route across America for nearly 17 months. He wore out 14 pairs of hiking shoes. His long distance hiker nickname is "Lion King". His daily journal is at www.walkingwithfreedom.com

The coast-to-coast ADT route splits at Cincinnati. The northern route goes through Chicago and Omaha to Denver. The southern route goes through St. Louis and Kansas City to Denver.

Daniel is the first person to hike the whole ADT, including both the northern and southern routes, as one continuous hike. To do so, he had to backpack through the winter and camp in the snow. He used snowshoes to cross the Rocky Mountains. After reaching Denver on the northern route, he hiked eastward back to Cincinnati using the southern route. Then he took a train back to Denver to resume hiking westward to California.

Daniel says, "The reason for my hike was that we are constantly bombarded with negative images and news and I wanted to see and share what I already knew in my heart which is that America is still full of kind and humane people. I hope that people get inspired to turn off their TVs and computers and get out and actually communicate with people more, learn their own history and discover America. "

Dick Bratton, V.P. American Discovery Trail Society commented "Mike showed exceptional courage and outstanding determination as he endured many hardships crossing mountains and deserts on his remarkable journey".

The American Discovery Trail (ADT) provides hikers, mountain bikers, and equestrians a route across America that includes urban trails systems and spectacular backcountry single track trails. The ADT crosses 15 states, 14 National Parks, 16 National Forests, and visits more than 10,000 sites of historic, cultural, and natural significance.

For information visit www.discoverytrail.org