



The Idaho Soaktennial Trail: A Soaker's Rendition of the ICT

By Aria Zoner

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Editorial Review

About the Author

Aria Zoner is an accomplished thru-hiker who has been exploring the wilderness for more than 25 years. He is also the creator of Whole Food Hiker and teaches longevity, thru nutrition, as a certified Health and Nutritional Counselor. Join the adventure and get trail updates at: www.wholefoodhiker.com

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