# WhiteBlaze Pages 2021

A Complete Appalachian Trail Guidebook

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Printable guidebook PV1.1

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Appalachian Trail
Maine
Katahdin
Millinocket
Monson
Kennebec
Stratton
Rangeley
Andover
Gorham
Crawford Notch
Lincoln/ North Woodstock
Glencliff
Hanover
NH
Mount Washington
VT
Hartford
Killington
Manchester
Bennington
Williamstown/North Adams
MA
Great Barrington
CT
New York
Pawling
Bear Mountain
Unionville
High Points
Delaware Water Gap
NJ
Pennsylvania
Port Clinton
Duncannon
Boiling Springs
Pine Grove Furnace
Pen Mar
MD
Harpers Ferry
Front Royal
Big Meadows
West Virginia
Waynesboro
Virginia
Pearisburg
Daleville/Troutville
Bland
Atkins
Damascus
Elk Park
Erwin
Hot Springs
North Carloina
Tennessee
Gatlinburg
Fontana
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# Helpful websites

**WhiteBlaze**
www.whiteblaze.net
An interactive forum for asking and sharing Appalachian Trail information (add free).

**Hammock Forums**
www.hammockforums.net
An interactive forum for anything interest in hammock camping (add free).

**Trail Journals**
www.trailjournals.com
A web site for posting hiking journals for others to read.

**Appalachian Trail Conservancy (ATC)**
www.appalachiantrail.org
Home of the Appalachian Trail Conservancy

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## Abbreviations

AT or A.T. - Appalachian Trail
ATC - Appalachian Trail Conservancy
AMC - Appalachian Mountain Club
AYCE - All You Can Eat
AYH - American Youth Hostels
BMT - Benton MacKaye Trail
BRP - Blue Ridge Parkway
BSP - Baxter State Park
B/L/D - Breakfast/lunch/dinner
C/O - Care Of
CC - Credit Card
DOC - Dartmouth Outing Club
E - East
EAP - Each addition person
ETA - Estimated Date of Arrival
FedEx - Federal Express
FT - Feet
GMC - Green Mountain Club
HYOH - Hike Your Own Hike
KSC - Katahdin Stream Campground
LNT - Leave No Trace
LT - Long Trail
MATC - Maine Appalachian Trail Club
MP - Mile Point or Mile Post
N - North
NHP - National Historical Park
NOBO - North Bound
NOC - Nantahala Outdoor Center
NP - National Park
NPS - National Park Service
PATC - Potomac Appalachian Trail Club
PO - Post Office
PP - Per Person
S - South
SDMP - Skyline Drive Milepost
SMNP - Smoky Mountain National Park
SNP - Shenandoah National Park
SOBO- South Bound
SP - State Park
USFS - United States Forest Service
USGS - United States Geological Survey
UPS - United Parcel Service
USPS - U.S. Postal Service
W - West
WFS - Work For Stay
YDS - Yards

## Understanding the white and blue blazes

### White blazes

These blazes are normally 2”x6” in size. The single white blaze is most common, but a double white blaze (two blazes stacked on top of one another) indicate a sharp turn in the trail. On a double blaze the top blaze indicates the direction the trail is turning. If the blaze is to the right of the lower blaze, the trail is turning right. If the blaze is to the left of the lower blaze, the trail is turning left. The white blazes are usually within eyesight of each other but this is not always the case. Over time, the white blazes, and blazes of any color, can fade away and completely disappear.

### Blue blazes

These blazes are normally 2”x6” in size. The single blue blaze is most common. A blue blaze is the indication of a spur trail branching off of the Appalachian Trail. Blue blazed trails could lead to a vista, water source, shelter or campground, or some unusual natural feature. The blue-blazed trails may be dead ends but not always. This means that it would be an out-and-back walk to something like a vista. A blue-blazed trail can be an alternate route that allow you to bypass sections of the trail for various reasons. Blue-blazed trails generally rejoin the AT in a mile or two.

## AT Passports

For centuries hikers of the Camino de Santiago Trail in Spain required a “passport” to stay in some municipal and parish Albergues. The passport has spaces for stamps, this proved that you have walked that day and are entitled to stay in an Albergue, (pilgrims-only hostels), if there is space, they are valid for walkers and cyclist.

The AT Passport is a little different, as a passport is not a requirement to stay at hostels. There are a lot more than just hostels on the AT Passport. The intention of the passport is to document your journey, at designated locations along the trail and in trail towns. These are establishments with stamps that hikers can collect.

The passport often ends up being a treasured possession as it is a great reminder of all the places you have stopped at or stayed overnight. The stamps are all different, no two stamps are alike.
More about AT Passport here: (www.atpassport.com)

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## Stealth Camping

What is stealth camping?
Stealth camping is camping at a non-designated camp site.
Most hikers do not purposely plan to stealth camp, but when they near the end of the hiking day, they realize that they will be unable to cover the remaining distance to reach the next designated campsite, or shelter.

Is stealth camping illegal?
It is allowed in some areas, especially along portions of the southern third of the A.T., which means you can legally choose your own campsite. However, hikers are always encouraged to use designated sites so as to have a minimum impact on vegetation and wildlife habitat. This will contribute to maintaining the trail corridor in a natural and unspoiled condition.

## Trail Names and how they are derived

A trail name is a name that you can either give to yourself or someone will give you. Often times you are given a name from another hiker for an event or something that you did.

An example of this is a person named "Giggles". They received there trail name because they giggled a lot. There was another person that I know with the trail name of Nature's Own. They received the trail name because they used the plastic bags from the bread Nature's Own for boot liners when hiking in snow.

Beware - if someone gives you a trail name, and you answer to it, even once, there is a very strong possibility that you will get stuck with it.

## Bear Safety and Canisters

- See Bear bag hanging diagram on back inside cover.

- Cook and eat your meals 200 feet away from your tent or shelter, so food odors do not linger.

- The ATC recommends carrying a bear resistant canister, (constructed with solid, non-pliable material and designed to resist bears), to store your food and "smellables." Although canisters do add bulk and weight, there are a number of benefits to carrying a bear canister.

- Where bear boxes, poles, or cable systems are provided, use them. Never leave trash in bear boxes, feed bears, or leave food for them. Do not burn food wrappers, or leftovers, or leave them in fire pits. This may attract bears.

- Where food storage devices are not provided, and if you are not carrying a canister, hang your food, cookware, toothpaste, personal hygiene items, and even water bottles, (if you use drink mixes in them), 12 feet from the ground, 6 feet from the trunk, and 6 feet from the limb from which it hangs. The PCT Method of hanging is considered more effective than tying off a rope to a tree trunk.

- Avoid becoming complacent when storing your food. Just because there have been no reports of bear activity in the area does not mean that bears are not present. All it takes is one food bag that is not hung properly to change a bear's habits.

- Improperly stored food may lead to a bear becoming habituated to human food. Whether a bear is fed intentionally or unintentionally, a fed bear is a dead bear.

## Mail Drop explanation

Mail drops are a popular method of re-supply during a hike. Mail drops are usually arranged prior to the start of your hike. A trusted non-hiking relative, or friend, mails, or ships, your packages to a planned location so that it arrives at the proper time for you to receive it.

## Mail drop information

When sending mail drops, whether to a Post Office or to a business it should include the following information.

- Real name, don't use trail names.
- The "C/O" is important when sending a mail drop to any business. If you do not include this information you may not be able to pick-up your mail.
- ETA, (estimated date of your arrival).
- ID's are required at Post Offices and some establishments to pick up mail.
- Don't send anything other than General Delivery mail to the Post Offices.
- Common courtesy, don't send mail drops to a lodgings or facilities if you don't plan on staying with them.

**Post Office mail drops:**

**Joe's Mom**
**123 Main St**
**Abbot, ME 04011**

**Joe Smith**
**C/O General Delivery**
**Franklin, NC 28734**
**Please hold for AT hiker**
**ETA April 12, 2021**

Sample

**Business mail drops:**

**Joe's Mom**
**123 Main St**
**Abbot, ME 04011**

**Joe Smith**
**C/O Cabin in the Woods**
**386 W. Stecoah Hts.**
**Robbinsville, NC 28771**
**Please hold for AT hiker**
**ETA April 28, 2021**

Sample

## Trail Tidbits, by Walking Home

**Dryer use for laundry** - The dryers you will use on the trail are mostly gas. They can get very hot. Synthetics (poly/plastic things) will usually do OK for one cycle. Keep an eye out regardless. The second cycle will definitely melt some sock liners, stiffeners in certain hats, sleeping bags (yikes) etc.

**Pictures** - Start early. Take lots of pics of people. Lots of pics of shelter life, the woods, etc. but be sure and start early on people and write their names down. You will be very thankful of this later. It's better to take too many pictures, then a few more.

**Chafing** - Many have this problem early.
All the creams and ointments in the world are great for AFTER the fact.
Even not wearing underwear under your shorts or pants does not work all the time as the salt builds up on your pants and chafes you anyway. With Spandex there is no rubbing, and it is light, durable, offers good support, and dries well, (overnight, in the sleeping bag), when damp. Others wear a kilt with nothing underneath.

**Do your business before you head into a town** - In town you can't just relieve yourself anywhere, like you are used to doing on the trail. Before you go to town, especially if you are hitching a ride, take your money holder, wallet, or whatever you use to hold your cash, credit/debit cards and Ids, and keep it on your person, in case you should get separated from your pack.

**Trail and shelter registers** - Read them, many tidbits of info can sometimes be found here. Write in them, if anyone is trying to get hold of you this will help a lot. It is a good security measure as it narrows down the search area significantly.

**Caffeine** - Be careful. If your body is not used to high doses (daily coffee drinkers ignore) of caffeine and drinking a lot in town WILL keep you up all night.
Be advised that iced-tea in the south is real tea, and has caffeine.

**The Four W's** - Water, Weather, Weight and Where is the next blaze. Order varies with mood of hiker.

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## Shelters, Lean-to's, and Huts

There is really no difference between shelters and lean-to's.
These are normally 3-sided structures. Shelters, or lean-tos are made out of wood logs, planking, or stone.

Huts are usually fully inclosed buildings. They are, in most cases, operated by the Appalachian Mountain Club (AMC) and charge a fee.

A typical shelter sometimes called a "lean-to," has an overhanging roof, a wooden floor and three walls. Most (but not all) are near a creek or spring, and many have a privy nearby.

There are more than 260 shelters and lean-tos located at varying intrervals along the A.T.

## Notes, information, and warnings

**Springs and water sources** - The purity of springs and water along the Appalachian Trail from natural sources cannot be guaranteed. All water should be treated before use.

**Pet owners** - Carry an up-to-date vaccination certificate for your pet(s) with you at all times, a lot of localities are pretty strict about that. Keep your pet(s) on a monthly regimen of heartworm and flea & tick medications for the health of you and your pet(s).

Heartworm can be transmitted through mosquitoes. Fleas can carry and transmit typhus, plague, "cat scratch disease", and tapeworms that may infect your pet(s). Ticks transmit Lyme disease, Rocky Mountain spotted fever, relapsing fever, ehrlichiosis, tularemia and tick paralysis.
Most of these diseases can be transmitted from pets to humans.
(www.petsandparasites.org/resources/fleas-ticks-your-pet/).

**Parking coordinates** - The parking coordinates are not always 100% accurate but should get you within eyesight of the parking area. Always do your research ahead of time on the parking area to make sure there are no issues with using the parking area.

**Hammocks and hammock camping** - When the hammock icon is displayed it means that there are possibilities for hammocks in that area. In some cases you may have to branch out up to 100 feet or so beyond the area to find good trees. Hanging also varies from season to season due to the growth of the underbrush.
When using a hammock, please use **Leave No Trace** (LNT) procedures.

**White Mountains** - The AMC maintains campsites on the Appalachian Trail in the White Mountains from Eliza Brook south of South Kinsman in Franconia Notch to Speck Pond in Maine, including Hermit Lakes shelter in Tuckerman Ravine and 4 sites along the Grafton loop trail in Grafton Notch in Maine. Every one of these sites has space for hammocks. The caretakers usually have a place in mind not over platforms (need that space for tents) somewhere within the site, usually 3 or 4 sites known for hammocks.

There is no camping of any kind within the Forest Protection Area (FPA) at every hut in the White Mountain, this includes hammocks. The FPA is a quarter mile circle around the hut. Every hut has an FPA. This is a U.S. Forest Service law, not an AMC rule.

## Hitchhiking

I do not approve, or disapprove, of hitchhiking. It is the personal preference of the hiker.
Here is the Appalachian Trail Conservancy's position on hitchhiking:

**Avoid hitchhiking or accepting rides**
- Hikers needing to get into town should make arrangements beforehand and budget for shuttles or a taxi. If you must hitchhike, be sure to have a partner. Make a careful evaluation before entering a vehicle. Size up the drive, occupants, and condition of the vehicle. If anything just "doesn't add up," decline the offer.
- Maintain enough distance between you and the vehicle so as not to be in a position to be pulled into the vehicle. If you do accept a ride, don't let your gear get separated from you. Keep your wallet and ID on your person. Photograph or write down the license plate and note the make, model, and color of the vehicle.

With that said, if you are going to hitchhike, I would recommend not doing it alone. There is a little more safety in two's. Ask other hikers and see if anyone else is also going to the same place. However do not hike in groups as people have a tendency not to pick up groups. If you feel nervous or uncomfortable about the ride, don't get in. or take it. I highly recommend that females do not hitchhike alone.

**Things to consider when hitchhiking**
Be leery. Not every vehicle that pulls over for you is going to be the ideal ride. Use you intuition and good judgement. If the vehicle is a piece of junk, and should not be on the road that should tell you something. If the driver or people in the vehicle look or make you feel uncomfortable, don't get in or take the ride. Listen to you inner self. Come up with and excuse or some something to the effect, "I just realized I am supposed to wait for another hiker and go into town with them, thanks for the offer and I am very sorry".

Keep in mind that you have not had a shower in a while and you must likely have bad body odor. Roll down the window next to you. Be very polite and thank them for the ride.

- Only hitchhike during the day
- Look approachable. Have your pack nearby so that they know you're a hiker. I have read where some recommend that females put their hair in pigtails, I can't vouch if this helps. Guys are more apt to get a quicker ride if they are hitchhiking with a female.
- Try to hitch in pairs, not groups.
- Always thank the driver.
- Men should always wear a shirt.
- Position yourself in a good spot so cars can pull over
- Never leave your pack in someone's car no matter how nice they seem.

## Privies in the Smokey Mountains or lack of

There are no privies throughout the Smoky Mountains on the Appalachian Trail. You are to use the cat hole technique when burying your body excrement.

Be careful when walking around in the woods around or near shelters. Not all hikers are as careful when burying their excrement. Even though excrement gets buried, minute and unseen pieces can still be picked up on your shoes.

Every year there seems to be a bunch of hikers that get very sick while hiking the AT through the Smokey Mountains. This could have something to do with what I mentioned above. I highly recommend that you wash your hands before eating or preparing your meals in the Smoky Mountains. This should be a common practice.

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## Prices in this book

When I called the listed establishments at the end of the previous year's hiking season, the management gave me an estimate of what they would charge this year. They are not obligated to stick to these rates, and prices are subject to change, without notice.

## Understanding directions & mileages as mentioned in this book

When referring to North on the Appalachian Trail, it will always be the direction that leads to Mount Katahdin.

**When physically on the Appalachian Trail**
**For North bound hikers**: West is Left and East is Right.
**For South bound hikers**: West is Right and East is Left.

**When stepping off the Appalachian Trail**
When stepping off the AT on to a side trail or anything other than being on the AT, all directions will be either left or right. This applies the same to North bound and Soutbound hikers.

## Icons in this book

The icons are intended for quick reference to help you see what is available at that specific location. Read to the right of the icon in the description column for that location to see a better explanation of that particular item or icon. Icons may have a different meaning depending on the location they reference.

## Parentheses, braces, and brackets and their meanings

In this book when something is wrapped in parenthese, braces or brackets they have the following meaning.

**Parentheses ()**
Parentheses are used in conjunction with mileages. If you see something like (1.3), this means 1.3 miles. If you see something like (1.3W), this means 1.3 to the west. (1.3E) would mean 1.3 to the east.

**Braces {}**
Braces are used in conjunction with quanities. A number inside of braces is the quanity that something will hold. Shelter{6}, meaning the shelter will sleep 6 people.

**Brackets []**
Brackets are used in conjunction with GPS coordinates. The GPS coordinates will be inside the brackets. **[**34.62671,-84.19388**]**.

## Description of maps in this book

The maps in this guidebook will display what is of greatest interest to hikers. Priority is given to short and long-term re-supply options, (convenience & full-service grocery stores), post offices, pharmacies, laundry, showers, hostels and other lodgings. Other services will be listed on the maps, as space permits.

The maps are drawn to scale with a north-is-up orientation, with a mileage and compass ledgend on each map,. The direction and mileage to get back to the Appalachian Trail will always be indicated, even if the Appalachian Trail is not displayed on the map.

## Special thanks

Special thanks to Ed "traildreamer" Brown for his many hours of dedicated help with putting this book together. He has been my greatest asset.

## GPS formatting and icons

The GPS coordinates are in DDD.DDDDDD format.

### GPS icons in the location descriptions

When there are GPS coordinates it will be noted with an icon in the "Features" column. The GPS coordinates will be in the description block preceded by the icon it represents.

If the icon is the only icon that precedes the coordinates or there is no icon, this means the coordinates are for the descriptions location.

GPS coordinates will get you within eyesight of the location.

## Profiles and their icons

The profiles are in 30 mile increments.
The icons on the profiles are placed in reference to their location on the trail as if you are hiking in the northward direction on the Appalachian Trail.

- Anything listed in the mileage data that has text in bold is listed on the profiles.
- If the icon is above the profile image, this means it is to the west side of the trail.
- If the icon is below the profile image, this means it is to the east side of the trail.

For off-trail locations, the icons in the profiles are oriented in the following manner:
- Icons above the profile line depict items located on the west side of the trail.
- Icons beneath the profile line depict items located on the east side of the trail.

## Interactive Maps

There are also interactive maps that you can access and reach online for the trail towns.

There are two ways to access these maps.
1. You can access them by scanning the QR code that is placed on each map in the book. You will have to have a smart phone with a QR Code reader app on it.
2. The other way to access the online maps is to type the URL in your phone's browser that is displayed next to the town name at the trail head crossing in the book.
3. When the interative maps are used on a smart phone with Google's app, "My Maps" they can be used as a gps to walk or navigate to an establishment in that town. The phone location must be turned on for the navigatiopn to work.

## Shuttle providers info and their locations in this guidebook

Shuttle providers are listed in this guidebook by the location of their base of operations. This means where they reside and their proximity to the Appalachian Trail.

Always read a little ahead in the guidebook, or check a little behind, and read the description of local shuttle providers to determine if they cover your section of the AT, and the destination you wish to reach.

Not all shuttle providers listed in this guidebook carry appropriate insurance. It is up to you to ask the shuttle provider whether or not they are insured and/or licensed to do transport, or trust them and take a ride from them without them being properly insured.

Hikers should be sure of their location for a pick-up and give the driver as many details as possible, maybe even GPS coordinates.

See page 241 for listing of shuttle providers.

# Legend

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| Icons | Descriptions |
|---|---|
| ★★★★★ | See notes and establishments listed below this entry. |
| | Source of drinking water. Indicates dependable water (when icon box is shaded) |
| | Seasonal water source, not always reliable (unreliable) |
| | Intersection, junction, side trail, connecting trail or adjoining trail. |
| | {x} AT Shelter and (capacity). Highlighted for quick reference. |
| | {x} Tent sites, may sometimes be listed with (capacity) or tent platforms |
| | Possibilities for hammocks available. In some cases you may have to expand up to 100 feet beyond the area to find trees but you can hang. Availability of hanging also depends on the growth of the underbrush. |
| | Privy |
| | Bear cables or bear box available for food bags |
| | ●●● Cell phone signal strength, based on a nice clear day. |
| | Power line, pipe line or electrical wires |
| | Summit or crest. Highlighted for quick reference. |
| | Direction and miles to next shelter South or North. This does not include the mileage distance the shelter is off the trail. |
| | Views, overlooks or photo opportunities |
| | Lookout, fire tower or observation tower |
| | Footbridge, or any other bridge |
| | Road. Highlighted for quick reference. |
| | Gravel or dirt roads, logging roads, wood roads, USFS roads, forest roads, fire roads, or any other non-paved roads. Not all of these roads can be accessed by vehicle. Highlighted for quick reference. |
| | Waterfalls |
| | Attractions, important or historical features, other photo opportunities |
| P | {x} Parking. Vehicle capacity, and fee inside parenthesis. If there is a fee there will be a "$". Coordinates should get you within eyesight of parking area. Always check ahead for parking safety. |
| $ | Overnight/caretaker fee. On town maps it represents a bank. |
| | Warnings or things that you need to be aware of. Highlighted for quick reference. |
| | **[]** GPS coordinates are listed inside of descriptions |
| | Railroad crossing, tracks |
| | Swimming possibilities |
| | Picnic Table or picnic area |
| | Trash can usually available |
| | Boating or boats available for use |
| | AT Passport location. Get your book stamp here. (www.atpassport.com). When icon is on maps, it refers to the Appalachian Trail. |
| | Hostel. Highlighted for quick reference. |
| | Lodging. May not include tax. |
| | Shuttle, bus, or taxi. **Shuttle providers are highlighted** for quick reference. A shuttle provider is a person that will shuttle hikers to different locations or trail heads up and down the Appalachian Trail. They usually charge a fee. Not a person that picks a hiker up at the local trail head close to bring back to their establishment and back in the same trail head. Highlighted for quick reference. |
| | Post Office. Highlighted for quick reference. |
| | Mail drop location |
| | Email address |
| | Vet or Kennel |
| | Pet Friendly |
| | No Pets/Not Pet Friendly |
| | Work For Stay (WFS) |
| | Fuel for stove |
| | Laundry |
| | Computer available for use |
| | WiFi available |
| | Shower available |
| | Slackpacking may be available |
| | Insured shuttle provider |
| | Bank/ATM |
| | Long term resupply (enough food to get to next resupply point) |
| | Short term resupply (snack, odds & ends) |
| | Anywhere that serves food for a fee |
| | Pay phone or public phone |
| | Outfitter |
| | Charging station for phone and accessories |
| | Ice ceam |
| | Hardware store |
| | Public Restroom |
| | Pharmacy |
| | Barber |
| | Information Area |
| | Purchase or serves alcohol |
| | First Aid, doctor, hospital or urgent care |
| | Movie Theater |
| | Not categorized |
| | Airport or airfield |
| | Bus or bus station |
| | Train or train station |
| | State lines are highlighted |
| | Reroute, trail bypasses this section for now |

# Legend

## Description of trail data

Items available at this location

Current shelter is 0.1 miles west of the AT

Miles from Mount Katahdin

Elevation

Miles from Springer

Third shelter south | Second shelter south | First shelter south | Your current Location | First shelter north | Second shelter north | Third shelter north

NoBo | Features | Description | Elev | SoBo

15.7 {14} {6} (0.1W) 15.5 12.9 7.6 **Gooch Mountain Shelter** 12.0 13.2 22.3
Water (spring) is located 100 yards behind the shelter, {3} tent pads that can accommodate two tents each, privy, bear box. [34.65573,-84.04998] 3000 2176.3

Room for 14 people in the shelter, 6 tents, etc.

GPS coordinates for shelter

## Description of town data

Telling you Franklin, NC is 10 miles east from the trail head and there is a map in this book

Trail head

Parking coordinates

NoBo | Features | Description | Elev | SoBo

109.4 {15-20} Cross U.S. 64, Winding Stair Gap, piped spring. [35.11975,-83.54818] 3770 2082.6

**Franklin, NC 28734 (10E) (all major services) See map of Franklin for north side and south side.**

**PO** M-F 8:30am-5pm, Sa 9am-12pm. 828-524-3219. 250 Depot St. Franklin, NC 28734. [35.17885,-83.37433]

**Budget Inn** 828-524-4403. (www.budgetinnoffranklin.com)
AT Passport location. Open year round. $39.99 per person, limited to four per room, $5 for each additional person. $50 pet deposit. Rooms include cable TV, refrigerators and microwaves, computer for use, free WiFi. Coin laundry. ask about shuttles. [35.18228,-83.37731]
Mail drops for guest: 433 East Palmer Street, Franklin, NC 28734.

Icons showing establishments Primary function

Icons showing establishments other amenities

Contact information, mailing address and description of what this place has to offer with icons for quick reference

GPS coordinates for Budget Inn

Post Office hours of operation, phone number, mailing adress, GPS coordinates

GPS coordinates for PO

## Description of shuttle provider listing

Quick reference to shuttle service areas. However you need to read their desriptions

Notes whether provider will take you to airports, bus, or train terminals

Town shuttle service is based out of

Name of shuttle service

Notes to whether the service is pet friendly, non-pet friendly, or insured

Book page or NOBO Mile with more detailed information

| Name / Based out of | Pet friendly / A.T. miles covered | Page or NOBO Mile | 1 Springer Mtn., GA Newfound Gap, TN 0.0-207.8 | 2 Newfound Gap, TN Elk Park/Roan Mtn., TN 207.8-395.3 | 3 Elk Park/Roan Mtn., TN Bland, VA 395.3-591.7 | 4 Bland VA Buena Vista, VA 591.7-808.5 | 5 Buena Vista, VA Front Royal, VA 808.5-971.5 | 6 Front Royal, VA Port Clinton, PA 971.5-1219.2 | 7 Port Clinton, PA Bear Mountain NY 1219.2-1405.5 | 8 Bear Mountain NY Bennington VT 1405.5-1612.8 | 9 Bennington VT Glencliff NH 1612.8-1793.1 | 10 Glencliff NH Stratton ME 1793.1-2003.8 | 11 Stratton ME Mount Katahdin ME 2003.8-2192.0 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Rodney's** Ellijay, GA. | | Pg 13 | | | | | | | | | | | |
| **Ricky Tickey's** Ellijay, GA. | | Pg 13 | | | | | | | | | | | |
| **Teamwork Shuttles** Johnson City, TN. | | Pg 13 | | | | | | | | | | | |
| **David Poacher** Waynesboro, VA. | | Pg 13 | | | | | | | | | | | |
| **George Pilferer** Monson, ME. | | Pg 14 | | | | | | | | | | | |

## As seen in desriptions

Bold text describes the furthest south and furthest north the shuttle provider will go

**A.T. Hiker Shuttle** 404-569-8776 beady2727@gmail.com. Owner: Bret Eady, "Suches". Based out of Suches, GA. Pet friendly. Insured. 24/7. **S to Amicalola/Springer Mtn, GA N to Fontana Dam** & airports, bus & train terminals. Slackpacking. Parking, negotiable. "Completed SOBO AT thru-hike-2017 & SOBO BMT thru- hike-2019. Please feel free to contact with any hiking questions or needs."

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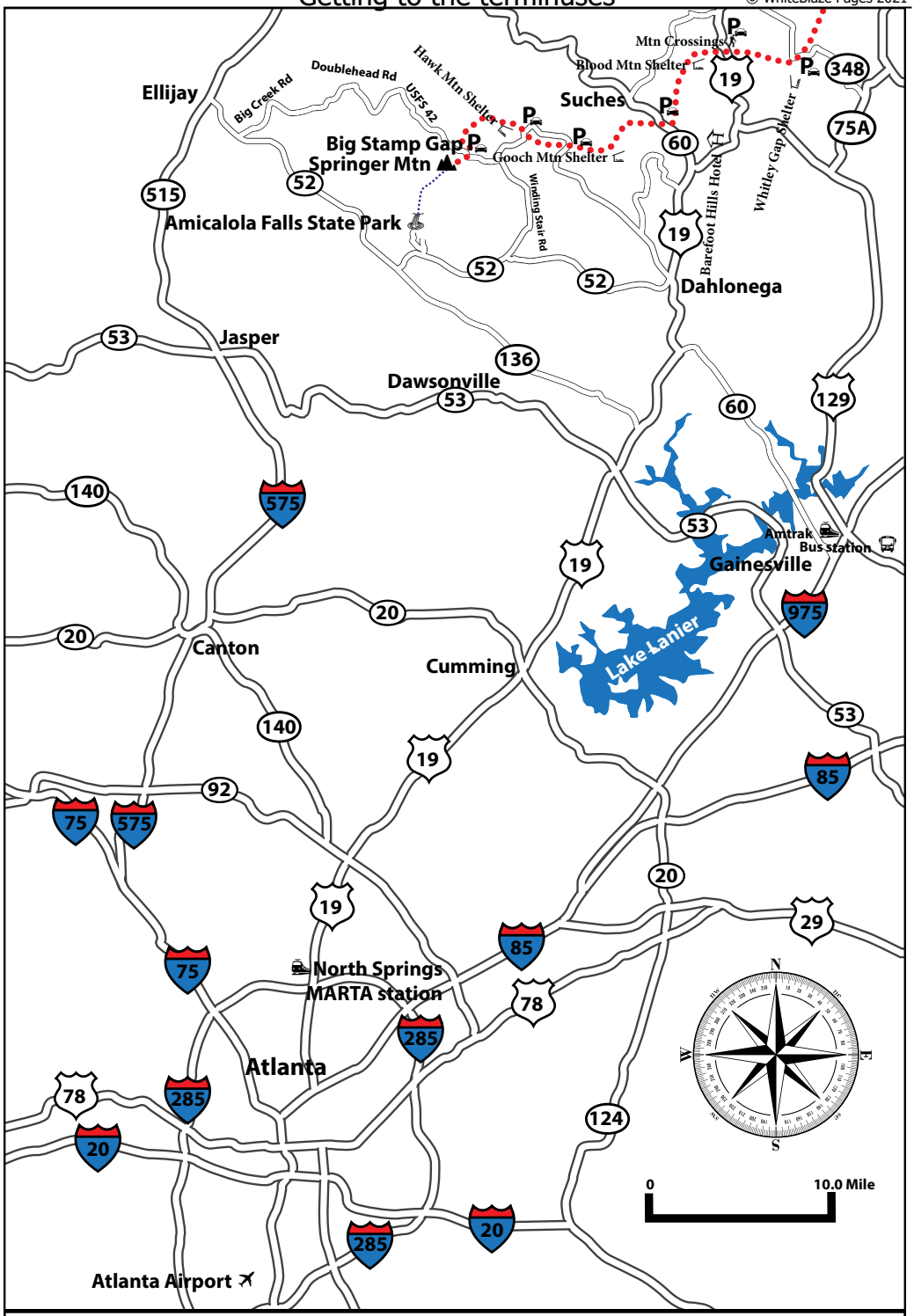
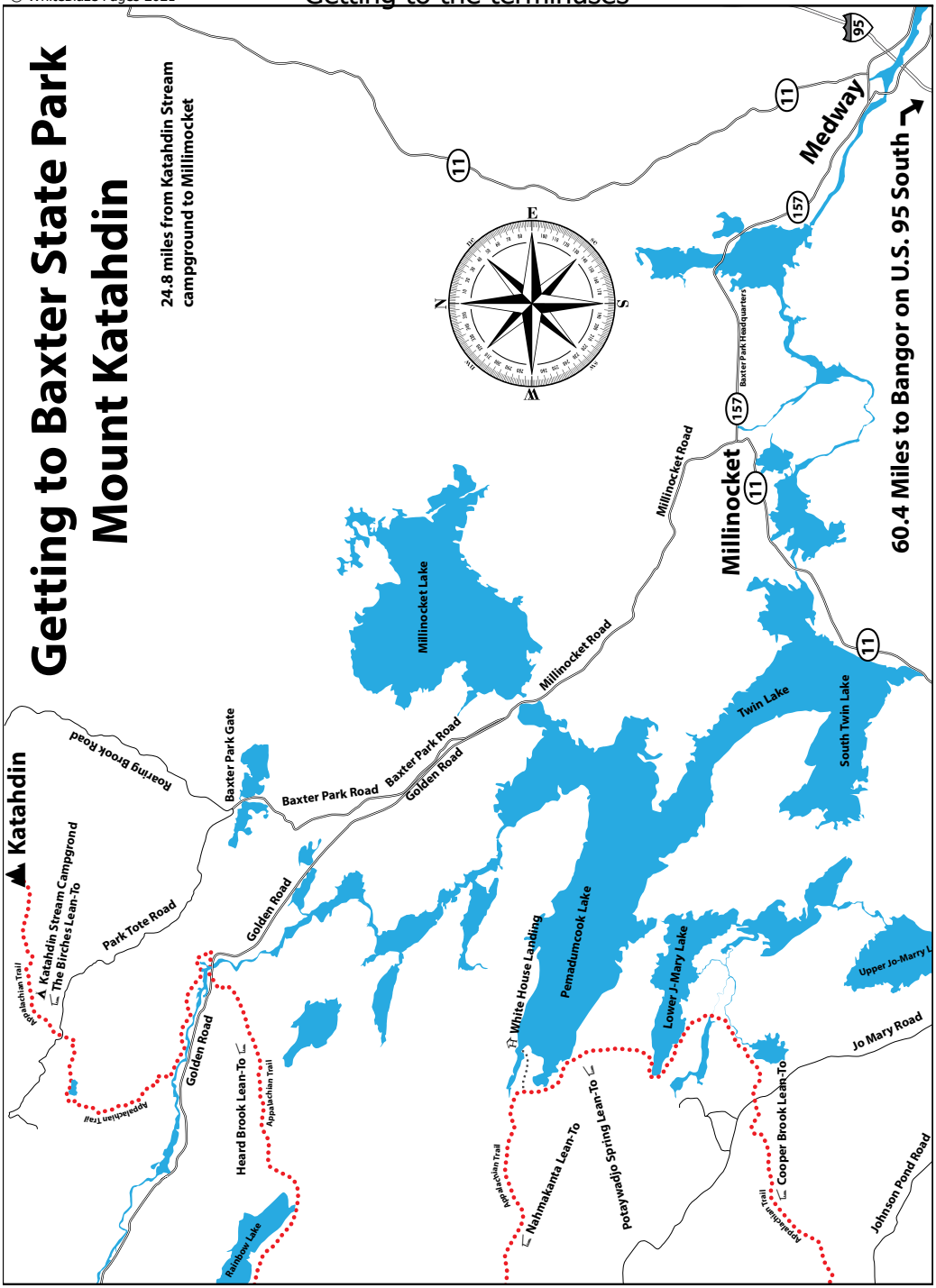



# Getting to Springer Mountain


Getting to Baxter State Park
Mount Katahdin
24.8 miles from Katahdin Stream campground to Millimocket
60.4 Miles to Bangor on U.S. 95 South
Katahdin
Katahdin Stream Campgrond
The Birches Lean-To
Appalachian Trail
Roaring Brook Road
Park Tote Road
Baxter Park Gate
Baxter Park Road
Golden Road
Millinocket Lake
Millinocket Road
Millinocket
Baxter Park Headquarters
Medway
Twin Lake
South Twin Lake
Pemadumcook Lake
White House Landing
Lower J-Mary Lake
Upper Jo-Mary L
Jo Mary Road
Heard Brook Lean-To
Rainbow Lake
Nahmakanta Lean-To
Potaywadjo Spring Lean-To
Cooper Brook Lean-To
Johnson Pond Road
N
S
E
W
11
157
95

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# Getting to the Southern Terminus, Springer Mtn

This section provides suggested instructions for getting to Springer Mountain and Mount Katahdin. There are numerous shuttle services mentioned below that will help get you to these locations and other trail heads.

## Getting to Springer Mountain

The southern terminus of the Appalachian Trail is on top of Springer Mountain, and is accessible only by foot.

### Starting at Amicalola Falls or Big Stamp Gap

There are two factors to consider as to whether you want to start your hike at Big Stamp Gap/USFS 42 or at Amicalola Falls State Park.

1. If starting at Amicalola Falls State Park, you have to hike the Approach Trail that leads to the AT. The Approach Trail is 8.8 miles. The start of the Approach Trail is a staircase of 604 steps. Do you want to add another 8.8 miles onto your already planned 2,000 plus mile hike?

2. If you start at Big Stamp Gap, you are 1.0 miles north on the AT already. If you want to get to Springer Mountain (the actual beginning of the AT) you will have to hike south on the AT for 1.0 miles and then retrace your steps back. This is a very easy in & out hike. Cost comparisons and time are the factors to consider here. Spending a day traveling from Atlanta to Amicalola Falls and another day to hike up the approach trail, vs. going direct to the AT from the airport and hiking northbound on the AT about 4 hours after your plane lands.

### Springer Mountain, Amicalola Falls State Park, Georgia

The closest major city to the southern terminus of the AT is Atlanta, GA, 103 miles from Big Stamp Gap and the nearest point to get on the AT. It is 82 miles from Amicalola Falls State Park, if you want to hike the Approach Trail. Some shuttle services will pick you up in Atlanta, but it is more economical to take Greyhound or AMTRAK to Gainesville to go 42 miles to Big Stamp Gap or 38 miles from the Amicalola Falls State Park.
Greyhound, (www.greyhound.com/north).
AMTRAK, (www.amtrak.com/).

### Suggestions:

Hikers will likely find information directing them from the Atlanta airport to take public transportation (MARTA) from the airport to North Springs MARTA station and find a ride to the AT from there. Some have found an Uber ride to Amicalola Falls Park where they ascend the 8 mile approach trail to the AT starting point, to the summit of Springer Mountain.
MARTA train schedules, (www.martaguide.com/train-schedules/)

However, shuttle drivers like to avoid the very heavy traffic around North Springs, where snarled traffic often adds 2-3 hours to a trip leaving other hikers waiting. It is much faster to ride directly from the Atlanta airport to the top of Springer Mountain by a route that avoids the GA Hwy 400 traffic. By doing this, you will avoid a long, expensive ride around Atlanta to North Springs, finding transportation to Amicalola, paying for a campsite or a room at the lodge, and spending a day on the Approach Trail.

Going directly to Springer Mountain can save a hiker at least one and a half days by avoiding the Approach Trail out of Amicalola Falls State Park, but costing perhaps $30 more than the North Springs route.

**Driving directions to Springer Mountain from Amicalola Falls State Park**
Turn right when leaving Highway 52 for 7.8 miles.
Follow Southern Road for 7.8 miles.
Turn right onto Roy Road for 5.0 miles.
Turn right onto Doublehead Road for 2.1 miles until you see Mt. Pleasant Church on your left.
Turn right onto dirt road (Forest Service Road 42 is unsigned).
You should see a large sign indicating that this is the entrance to the Blue Ridge Wildlife Management Area. There should also be a small brown sign saying : "Springer Mt. 6.5 miles".

**Driving directions from points in GA**
**Getting to Springer from points in northern GA**
Get on US 76 in northern GA
Follow US 76 east until you get to Ellijay.
Once in Ellijay, follow the directions I mentioned below for Ellijay.

**Getting to Springer from Ellijay, GA (from western GA)**
From Ellijay get on GA 52 East for about 5.3 miles.
Turn left onto Big Creek Road, which will turn into Doublehead Road. Stay on these roads for 12.6 miles.
Turn right onto dirt road (Forest Service Road 42 is unsigned).
You should see a large sign indicating that this is the entrance to the Blue Ridge Wildlife Management Area. There should also be a small brown sign saying : "Springer Mt. 6.5 miles".

**Getting to Springer from Dahlonega, GA (from eastern GA)**
Follow GA-52 West about 8.9 miles.
Turn right onto Nimblewill Church Road for 2.3 miles.
Turn right onto Forest Service 28-1/FS 28-1 Rd for 2.0 miles.
Turn left on Winding Stair Gap road/FS-77 for 5.0 miles.
Turn left on Forest Service Road for 2.6 miles to Springer Mountain parking lot.

**Getting to Springer from southern GA**
The best bet for doing this is the find your way to either Ellijay, or Dahlonega, and follow those drirections as mentioned above.

**Shuttles to Springer Mountain/Amicalola Falls State Park:**
🚗🐾🎒 **Richard Anderson** 404-408-2524 ✉ richardjanderson@etcmail.com Owner: Richard Anderson. Based out of Ellijay/GA, Springer Mtn. 🐾 Pet Friendly. 365 days, 7 days (dawn to dusk) & holidays. **S to Atlanta airport ➤ N to Davenport Gap** & ✈ airport, 🚌 bus & 🚆 train terminals. 🎒 Slackpacking. "Twelve years experience, on time, friendly & helpful. Look for my Yellow Xterra."

🚗🧭🐾🛡🎒 **Ron's Appalachian Trail Shuttle** 706-669-0919
✉ hikershuttles@outlook.com (Ron's Appalachian Trail Shuttle-Facebook ) Owner: Ron. Based out of Ellijay, GA, Springer Mt.. 🐾 Pet Friendly. 🛡 Insured. 365 days, 24/7, (Can accommodate early starts.) & holidays. **S to Atlanta ➤ N to Fontana Dam** & ✈ airport, 🚌 bus & 🚆 train terminals. 🎒 Slackpacking. "Please leave a message with your phone number if you get voice mail or text me. Flat rate for shuttles to, or from any part of the AT, & nearby towns, as well as Amicalola Falls SP, Atlanta airport, and Gainesville, GA. Extra stops OK. Fuel on request."

🚗🚫 **Marty Rogers**, 678-576-6315, Owner: Marty Rogers. Based out of Atlanta, GA. 🚫 No pets. 24/7 & holidays. **S to Atlanta Georgia➤ N to Northern Georgia** & ✈ airport, 🚌 bus & 🚆 train terminals. "Please text, or voicemail".

🚗🐾🅿 **Subman's Shuttles** 706-889-7044 (cell) ✉ submanat03@yahoo.com. Owner: Larry La-Pierre. Based out of Ellijay, GA. 🐾 Pet friendly. 365 days, 24/7 & holidays.
S to Atlanta, GA < > N to Fontana Dam & ✈ airport, 🚌 bus & 🚆 train terminals. 🅿 Parking possible, (call & ask.) "I hike a lot and may be on the trail."

🚗 **David "Solo" Tyler** 229-630-6249 ✉ dmtyler@gmail.com. David Tyler No pets. Based out of Atlanta, GA. Open year round, weekends only. Please call ahead, may operate holidays. Best way to contact is via email. **S to Atlanta Airport, GA ➤ N to Amicalola Falls, GA**. Will shuttle to ✈ airports, 🚌 bus stations and 🚆 train stations in the area. Will stop in route at outfitters, provide F fuel, or other supplies needed.

used is a 2006 F250, with covered bed. 🧺 Stops can be arranged at Cabela's Outfitters, grocery store, if needed."

## Getting to Northern Terminus, Mount Katahdin

The northern terminus of the Appalachian Trail is the summit of Mount Katahdin, and is accessible only by foot.

**Mount Katahdin, Baxter State Park, Maine:**
Most routes to Mount Katahdin lead through Bangor, Maine, a town with an airport, bus terminal and train station. Bangor is approximately 91 miles from Baxter State Park. Some shuttle services will pick you up in Bangor, but it is more economical to take Cyr Bus Lines (www.johntcyrandsons.com) to Medway, 31 miles from Baxter State Park.

**Driving direction to Baxter State Park/Mount Katahdin**
From I-95, take exit 244 onto ME 157 heading to Millinocket.
Stay on ME 157 for 11.1 miles, will change into Central Street at the end.
Turn right onto Katahdin Ave for 0.2 miles.
Turn left onto Bates Street/Millinocket Road for 8.4 miles.
You will reach the North Woods Trading Post on your right.
Stay to the right on Baxter Park Road for 8.8 miles.
You will reach Baxter State Park gate.
After going through the gate, you will go left for 7.8 miles to the Katahdin Stream Campground, and the Birches Lean-to and campground. Follow the signs.

**Getting to Medway, Millinocket and Baxter SP/Katahdin area:**
🚗**Cyr Bus Lines Station**, 153 Gilman Falls Ave, Old Town, ME 04468
800-244-2335, 207-827-2335, 207-827-2010 (www.johntcyrandsons.com)
Depart Bangor 6pm - arrive Medway 7:40pm, fare $10.50
Depart Medway 9:30am - arrive Bangor 11:10am

🚗🐾🛡🎒🅿**The Appalachian Trail Lodge** 207-723-4321 (www.appalachiantraillodge.com) 🐾 Pet friendly shuttles. 🛡 Insured. **S to Bangor or Monson ➤ Katahdin** & ✈ airports & 🚌 bus terminals. 🎒 Slackpacking. 🅿 Parking. "We also shuttle dogs(without hiker) to and from Abol Bridge & Katahdin Kritters".

🚗🐾🛡🎒🅿**Shaw's Hiker Hostel** 207-997-3597 ✉ shawshikerhostel@gmail.com (www.shawshikerhostel.com) Owner: Jarrod Hester. 🐾 Pet friendly 🛡 Insured. May-Oct, 7 days, 7am-5pm & holidays. **S to Gorham, NH. ➤ N to Baxter SP** & ✈ airport & 🚌 bus terminals. 🎒 Slackacking. 🅿 Parking, $1/day.

🚗**Maine Quest Adventures** 207-447-5011 ✉ mainequestadventures@gmail.com (www.mainequestadventure.com) Owner: Bryant Davis. 🐾 Pet friendly. 🛡 Insured. **S to Portland, ME ➤ N to Allagash, ME** & ✈ airport, 🚌 bus terminals. 🎒 Slackpacking. 🅿 Parking, free, if using my shuttle. "Will shuttle and pick up anywhere, Medway bus station, Katahdin Stream, Abol Bridge, 100 Mile Wilderness. Also does Food Drops for by arrangement."

## Friends and family joining you in Baxter State Park

If friends and family are planning on meeting up and hiking with you in Baxter State Park, you should contact Park Headquarters, at 207-723-5140, well in advance. This will allow you to check on current park rules and regulations, visitor and day use fees, availability of park campsites and reservations. Reservations availability usually improve after the Labor Day weekend.

**Approach Trail to Springer Mountain**
The Approach Trail is a blue blazed trail that connects Amicalola Falls State Park to the southern terminus of the Appalachian Trail, Springer Mountain.

The Approach Trail to Springer Mountain starts behind the Amicalola Falls visitor's center. The Approach Trail is 8.8 miles to Springer Mountain. It goes along side of Amicalola Falls, which is a 729-foot waterfall famous for being the highest waterfall in Georgia.

**Amicalola Falls State Park**
Park hours are 7:00 am to 10:00 pm and all cars require a $5 GA State Park Pass.

Visitor Center hours are:
Sunday – Wednesday: 9:00 am – 5:00 pm
Thursday – Saturday: 9:00 am – 7:00 pm.

Pet-friendly State Park as long as your pets are friendly and always kept on a short, sturdy leash.

**🅿 Parking:**
Parking in Georgia's State Parks is just $5, or visitors can buy a $50 annual pass.
Long term parking is permitted at the parking lot located across from visitors center for up to two weeks for $50, if there is room. If you are going to leave a vehicle overnight you must register at the visitor's center.

Every year Amicalola Falls State Park & Lodge becomes home to the Appalachian Trail Kick-Off Weekend. For 3 days, vendors, hikers of all experience levels and park naturalists come together to trade tails, advice, education and fellowship with one another. The first weekend of March is the official kick-off for those people who wish to attend.

**Accommodations**
When booking or making reservations ask about discounts such as military or senior discounts.

**Amicalola Lodge** offers an array of overnight accommodations. {57} Lodge Rooms ranging from the Executive and {3} Junior Suites, {6} Loft Rooms with a special space for the kids, 17 King and 30 Queen bedrooms available. 📶 Wi-Fi, satellite TV.

🛏 **Cabins** {14} starting at $219 and up.
1 room w/ 2 full size beds & 1 room w/ a king bed, living room w/ pull out sofa, TV, wood burning fireplace, back porch w/ rocking chairs. Outside grill, picnic table & fire-ring Cabin located in the woods at the top of the mountain a short distance from the Lodge and campground. Parking located at cabin. Fully equipped kitchen w/ basic cookware, towels & linens provided. No Phone. Dogs only, maximum of two and $40.00 fee per pet, per stay.

⛺ **Campsites** {24} and {24} RV sites at $35. Power & water, gravel pad with fire ring and grill. Maximum of 2 tents and 6 people.

For more information about Amicalola Falls State Park you can go to (www.amicalolafallslodge.com) or call 706-265-8888.

# Approach Trail

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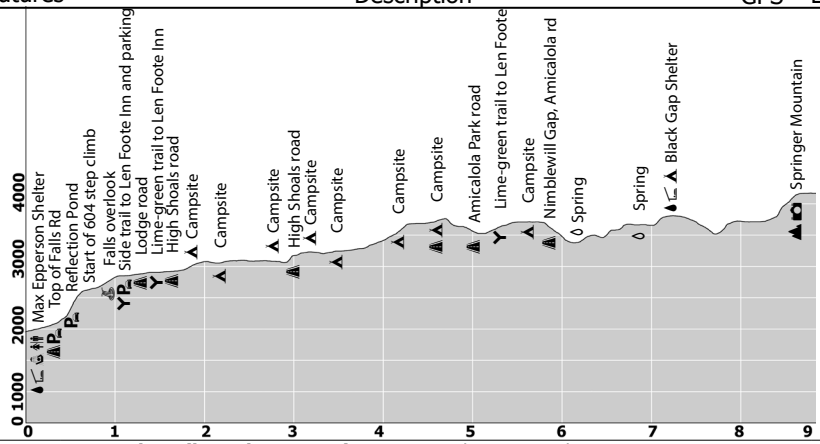
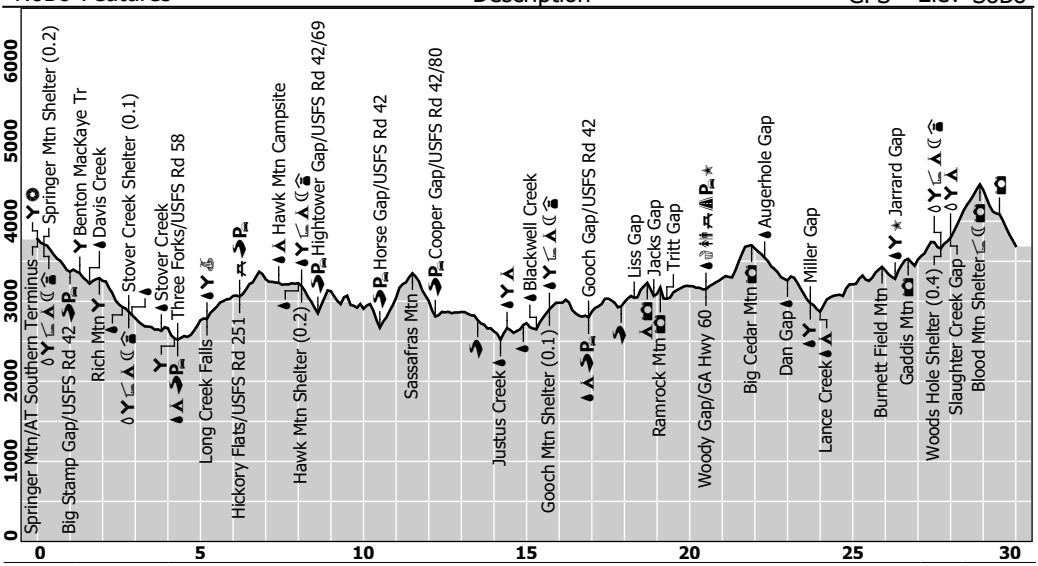



| NoBo | Features | Description | GPS | Elev | SoBo |
|---|---|---|---|---|---|
| 0.0 | | **Approach Trail Southern Terminus**, pass under stone archway. Restroom, water. | [34.55790,-84.24975] | 1807 | 8.8 |
| | | **Vistors Center**, AT Passport location. Carries cold drinks and snacks. | [34.557824,-84.249532] [34.558060,-84.250227] | | |
| 0.1 | {12} | (50 ft east) **Max Epperson Shelter➢7.2** For thru-hikers only. | [34.55808,-84.24868] | 1830 | 8.7 |
| 0.3 | {25} | Cross Top of the Falls Rd. Parking lot. | [34.56098,-84.24733] | | 8.5 |
| 0.5 | {40} | Reflection Pond. Base of Amicalola Falls. | [34.56359,-84.24696] | 1960 | 8.3 |
| 0.8 | | The start of 604 step climb on staircase. | [34.56623,-84.24532] | 2154 | 8.0 |
| 1.0 | | Falls overlook. | [34.56743,-84.24424] | 2257 | 7.8 |
| 1.1 | {25} | Parking lot and side trail to to Len Foote Hike Inn. Large parking lot. Pit toilet available at the parking lot. Sometimes there is a concession stand. | [34.56718,-84.24353] | 2547 | 7.7 |
| 1.2 | | Cross Amicalola Falls Lodge Road. Trail crosses bridge over Amicalola Creek. | [34.56854,-84.24296] | 2607 | 7.6 |
| | | **Amicalola Falls Lodge** 800-573-9656. Offers lodging rooms, cabins, and campsites. Rates vary depending on the season. Call for reservations and more information. 418 Amicalola Falls Lodge Rd, Dawsonville, GA 30534. | [34.565362,-84.242509] | | |
| 1.3 | | (5.0E) on lime-green trail to Len Foote Hike Inn. | [34.56960,-84.24168] | 2631 | 7.5 |
| 1.4 | | Cross High Shoals road. Bridge over | [34.57151,-84.24195] | 2570 | 7.4 |
| 1.7 | {8} | Campsite to the east, tenting and hammocks. | [34.57211,-84.24281] | 2663 | 7.1 |
| 1.8 | {5} | Campsite to the east, tenting hammocks. | [34.57393,-84.24390] | 2803 | 7.0 |
| 2.3 | {4} | Campsite to the west, tenting hammocks. | [34.58165,-84.24367] | 2874 | 6.5 |
| 2.8 | {6} | Campsites to east and west. tenting, 2 site east of trail and 4 sites west of trail hammocks. | [34.58656,-84.23908] | 2732 | 6.0 |
| 3.0 | | Cross High Shoals Road. | [34.58788,-84.23764] | 2821 | 5.8 |
| 3.1 | {4} | Campsite to the west, tenting and hammocks. | [34.58839,-84.23705] | 2284 | 5.7 |
| 3.4 | {4} | Campsite to the west, tenting hammocks. | [34.59135,-84.23726] | 2993 | 5.4 |
| 4.2 | {8} | Campsite to the west, tenting hammocks. | [34.59764,-84.23039] | 3328 | 4.6 |
| 4.6 | {6} | Frosty Mountain. Campsites hammocking. Spring (0.2E) reliable. | [34.59639,-84.22650] | 3390 | 4.2 |
| 5.0 | | Old USFS 46 unused tote road. | [34.59950,-84.22354] | 3202 | 3.8 |
| 5.3 | | (1.0E) on lime-green trail to Len Foote Hike Inn. | [34.60180,-84.21901] | 3373 | 3.5 |
| | | **Len Foote Hike Inn** 800-581-8032 (www.hike-inn.com) No pets. AT Passport location. Open year round. Bunk room. $132 single, $184 double. Each room sleeps two adults. A camp mat may be provided for one child under twelve years of age to sleep on the floor. There are no outlets. Bunk includes linens. Includes dinner and breakfast. Reservations recommended. | [34.592251,-84.208489] | | |
| 5.6 | {2} | Campsite to the west, tenting hammocks. | [34.60464,-84.21628] | 3354 | 3.2 |
| 5.9 | | Nimblewill Gap. Cross Amicalola Park Road. | [34.60869,-84.21430] | 3065 | 2.9 |
| 6.1 | | Spring 100 ft on side trail to, unreliable. | [34.61593,-84.20733] | 3142 | 2.7 |
| 6.9 | | Water, unreliable. | [34.61593,-84.20733] | 3364 | 1.9 |
| 7.3 | {8} {8} | (0.1W) **7.2<Black Gap Shelter** Spring is located on east site of the trail (0.2) steep downhill. Tenting and hammocks to the west. Bear cables. | [34.61531,-84.19720] [34.61746,-84.19845] | 3195 | 1.5 |
| 8.4 | | Water 50 feet west, unreliable. | [34.624779,-84.191775] | 3575 | 0.4 |
| 8.8 | | **Springer Mountain**. | [34.62671,-84.19388] | 3782 | 0.0 |




| NoBo | Features | Description | GPS | Elev | SoBo |
|---|---|---|---|---|---|
| 0 | Y ▲ ✪ 📍 | **Springer Mountain**, rock overlook at summit. AT bronze plaque located here and register located in rock. Y Blue blaze trail is the Approach Trail from Amicalola Falls. **Don't forget your starting photo and to sign the register.** ▲[34.62671,-84.19388] | 3782 | | 2193.1 |
| 0.2 | 💧 Y ▲{18} ⛺{12} ☾ 🏠{2} 📍 | (0.2E) **Springer Mountain Shelter➤2.6➤➤7.9➤➤➤15.5** 💧 Water (spring) 80 yards on a blue blazed trail in front of the shelter but is known to go dry, ▲ tenting, ☾ privy, 🏠 2 bear boxes. Y Benton MacKaye Trail (southern terminus) is located 50 yards north on the AT. Y[34.62864,-84.19445] ⛺[34.62933,-84.19275] | 3730 | | 2192.9 |
| 0.3 | Y 📍 | Junction with Benton MacKaye to the east. Y[34.62977,-84.19433] | 3746 | | 2192.8 |
| 1.0 | ➤ P{25} 📍 | Cross **USFS 42**, **Big Stamp Gap**. Information board. P Parking fee. ➤[34.63760,-84.19538] P[34.63733,-84.19515] | 3350 | | 2192.1 |
| 1.3 | Y 📍 | Junction with **Benton MacKaye Trail**. Y[34.63972,-84.19153] | 3430 | | 2191.8 |
| 1.6 | 💧 📍 | Cross **Davis Creek** and small tributary. 💧[34.64370,-84.19140] | 3235 | | 2191.5 |
| 1.9 | Y 📍 | **Rich Mountain** ridge crest. Benton MacKaye Trail junction east. Y[34.64772,-84.19249] | 3303 | | 2191.2 |
| 2.6 | 💧 | Cross Stover Creek | 2993 | | 2190.5 |
| 2.8 | 💧 Y ▲{3} ⛺{16} ☾ 🏠 📍 | (0.1E) **2.6<Stover Creek Shelter➤5.3➤➤12.9➤➤➤24.9** 💧 Water behind shelter is often dry but good water can be found where trail crosses Stover Creek 100 yards north of shelter, ▲ tent pads, ☾ privy, 🏠 bear cables. Y[34.65007,-84.19790] ⛺[34.65028,-84.19720] | 2954 | | 2190.3 |
| 2.9 | 💧 📍 | Cross Stover Creek 💧[34.65084,-84.19812] | 2850 | | 2190.2 |
| 3.8 | 💧 ▲ 📍 | Cross **Stover Creek** 💧[34.65940,-84.19020] | 2660 | | 2189.3 |
| 4.2 | Y 📍 | Junction with Benton MacKaye to the east, Duncan Ridge Trail to west. 📍 Y[34.66230,-84.18450] | 2580 | | 2188.9 |
| 4.3 | 💧 ▲ ☾ ➤ P{5-6} 📍 | Cross **USFS 58, Three Forks**. Stover Creek, Chester Creek, and Long Creek all converge here. P Parking. 💧[34.66327,-84.18443] ➤[34.66356,-84.18413] P[34.66348,-84.18395] | 2530 | | 2188.8 |
| 5.2 | 💧 Y 🌉 📍 | Trail junctions to **Long Creek Falls**, Benton MacKaye and Duncan Ridge Trails. BMT is marked with white diamonds, Duncan Ridge is marked with blue blazes to the west, Long Creek is also blue blazed. Y[34.66670,-84.17184] 🌉[34.66771,-84.17089] | 2800 | | 2187.9 |
| 6.2 | ➤ 🏛 P{6-8} 📍 | Cross **USFS 251, Hickory Flats**, 🏛 picnic pavilion, Hickory Flats cemetery is located (0.1) west ➤[34.66538,-84.16198] | 3000 | | 2186.9 |
| 7.4 | Y 💧 ▲{30} ☾ 📍 | Ridgecrest below **Hawk Mountain**, ▲ campsite located (0.4W) tent pads. Y[34.66405,-84.14511] ▲[34.66630,-84.14945] | 3250 | | 2185.7 |
| 8.0 | 💧 📍 | Cross Stream, skirts the side of Hawk Mountain. 💧[34.66350,-84.13858] | 3191 | | 2185.1 |
| 8.1 | 💧 Y ▲ ⛺{16} ☾ 🏠 📍 | (0.2W) **7.9<<5.3<Hawk Mountain Shelter➤7.6➤➤19.6➤➤➤20.8** 💧 Water is located 400 yards on a blue blazed trail behind the shelter, ▲ tent pads, ☾ privy, 🏠 bear cables. Y[34.66467,-84.13702] ⛺[34.66608,-84.13638] | 3194 | | 2185.0 |
| 8.6 | ➤ P{8} 📍 | Cross **USFS 42/69, Hightower Gap**. Parking. ➤[34.66354,-84.12976] P[34.66363,-84.12976] | 2854 | | 2184.5 |
| 10.5 | ➤ P{6-8} 📍 | Cross **Horse Gap. USFS 42** is visible ➤[34.65549,-84.10545] P[34.65573,-84.10580] | 2673 | | 2182.6 |
| 11.5 | ▲ ▲ 📍 | **Sassafras Mountain**, summit ▲[34.65317,-84.09424] | 3336 | | 2181.6 |

| NoBo | Features | Description | GPS | Elev | SoBo |
|---|---|---|---|---|---|
| 12.2 | ➔P{6} | Cross **USFS 42/80, Cooper Gap**, P parking. | ➔[34.65302,-84.08471] P[34.65305,-84.08450] | 2800 | 2180.9 |
| 13.5 | ➔ | Cross **logging road**. | ➔[34.66099,-84.07225] | 3024 | 2179.6 |
| 14.2 | | Cross **Justus Creek**. | [34.65986,-84.06250] | 2564 | 2178.9 |
| 14.3 | Y | Trail to the west to tent pads. Water source is Justus Creek | [34.65914,-84.06238] | 2626 | 2178.8 |
| 14.9 | | Cross Small stream | [34.65741,-84.05737] | 2605 | 2178.2 |
| 15.3 | | Cross **Blackwell Creek**. | [34.65396,-84.05200] | 2601 | 2177.8 |
| 15.7 | Y {12} {14} | (0.1W) **15.5<<<12.9<<7.6<Gooch Mountain Shelter>12>>13.2>>>22.3** Water (spring) is located 100 yards behind the shelter, tent pads that can accommodate two tents each, privy, bear box. Y[34.65492,-84.04948] [34.65573,-84.04998] [34.65652,-84.04954] | | 3000 | 2177.4 |
| 16.9 | ➔P | Cross **USFS 42, Gooch Gap**, Water is located north 100 yards north and east 200 yards on a blue blazed trail. ➔[34.65217,-84.03225] P[34.65210,-84.03230] | | 2821 | 2176.2 |
| 17.0 | | Marked trail to water 230 yards east on old road. | | 2804 | 2176.1 |
| 17.9 | ➔ | Cross abandoned Grassy Gap Road. | ➔[34.66390,-84.02598] | 2955 | 2175.2 |
| 18.2 | | **Liss Gap** | [34.66821,-84.02573] | 3032 | 2174.9 |
| 18.3 | (3) | Morris Knob. Tenting to the east, room for three tents. Views to the west. | [34.67008,-84.02103] | 3238 | 2174.8 |
| 18.8 | | **Jacks Gap** | [34.67153,-84.01747] | 3045 | 2174.3 |
| 19.0 | | Follow crest of **Ramrock Mountain**, rock outcropping, views to south. | [34.67275,-84.01637] | 3260 | 2174.1 |
| 19.3 | | **Tritt Gap** | [34.67293,-84.01186] | 3031 | 2173.8 |
| 20.1 | | Creek. | [34.67327,-84.00359] | 3281 | 2173.0 |
| 20.5 | Y P{40} ★★★★★ | Cross **GA. 60, Woody Gap**, picnic area, water (spring) is located (0.1) west of the AT on northern side of the gap. Good view to the souteast of parking area. | [34.67759,-83.99993] P[34.67765,-83.99978] | 3198 | 2172.6 |

(1.3W) **Above The Clouds Hostel** 706-747-1022 (hostel) 678-983-0954(cell) atchostel@gmail.com. (www.abovethecloudshostel.com) Currently not pet friendly but it's in the works. AT Passport. Bunkrooms and lodging for up to 14. Shower, laundry. Free WiFi. Community meals. Resupply. Community space. Shuttles and Slackpacking.
[34.68316,-84.01732]

(2.9E) **Kennedy Creek Resort** 404-720-0087 kennedycreekresort@gmail.com (kennedycreekresort.com) Pet friendly Bunk houses & dormitory. $40 per night plus $5 cleaning fee, laundry. Cabins also available. Dinner, just under $20. Free Wi-Fi.
3001 High Valley Rd, Suches, GA 30572. [34.69709,-84.01439]

(6.5E) **The Hiker Hostel @ Barefoot Hills Hotel** 770-312-7342 reservations@barefoothills.com (www.barefoothills.com) AT Passport Location. Open year round. Single bunk accommodations in hostel priced from $25+ per night, depending upon day of week, seasonality and general availability. Private rooms and cabins begin at $95+ for up to two guests. Group rates and specials available. Discount for active and retired military personnel during direct reservation call. All stays include new bed linens and towels, and shower. Lunch and dinner available for purchase. Beer, wine, bottled water and Coca-Cola products available for purchase in cans or bottles. Limited retail supplies available for purchase onsite including canister fuel, hiking gear, supplies, and dried food. P Overnight parking, laundry service and kayak rentals also available (for registered guests only). Free WiFi is available, and all accommodations are equipped with smart televisions for use with personal NetFlix, Hulu and other streaming services. Ask about shuttles to and from select trail heads and gaps, local wineries, and downtown Dahlonega for an extra fee.
**Thru Hiker Special:** (Feb. 1, 2019 - April 30, 2019): Shuttle pickup, at a cost, based upon availability and pre-existing reservation payment and confirmation, from Atlanta North Springs MARTA Station (Sunday, Monday, Tuesday & Thursday) and Gainesville bus station (Wednesday only) with confirmed overnight stay in bunk (or upgrade to rooms & cabins, as available). Group shuttle to Amicalola Falls or Springer Mountain the next morning. A portion of the all proceeds from our Thru Hiking Special is donated to the Appalachian Trail Conservancy. [34.61318,-83.96511]
Mail drops: (USPS/FedEx/UPS) 7693 US Highway 19N, Dahlonega, GA 30533.

**Barefoot Hills, Hiker Hostel Shuttles** 770-312-7342, (www.barefoothills.com) Based out of Dahlonega, GA. Insured. Pet friendly. 365 days, 8am - 9pm & holidays.
**S to North Springs Marta Station/Sandy Springs, GA < > N to Winding Stair Gap** & bus & train terminals. Slackpacking. P Parking, $10/day.

**Suches, GA (2.0W)**

**PO** M–F 12:15pm - 4:15pm, Sa-SU Closed. 706-747-2611. 72078 State Highway 60
Suches, GA 30572. [34.69004,-84.02210]

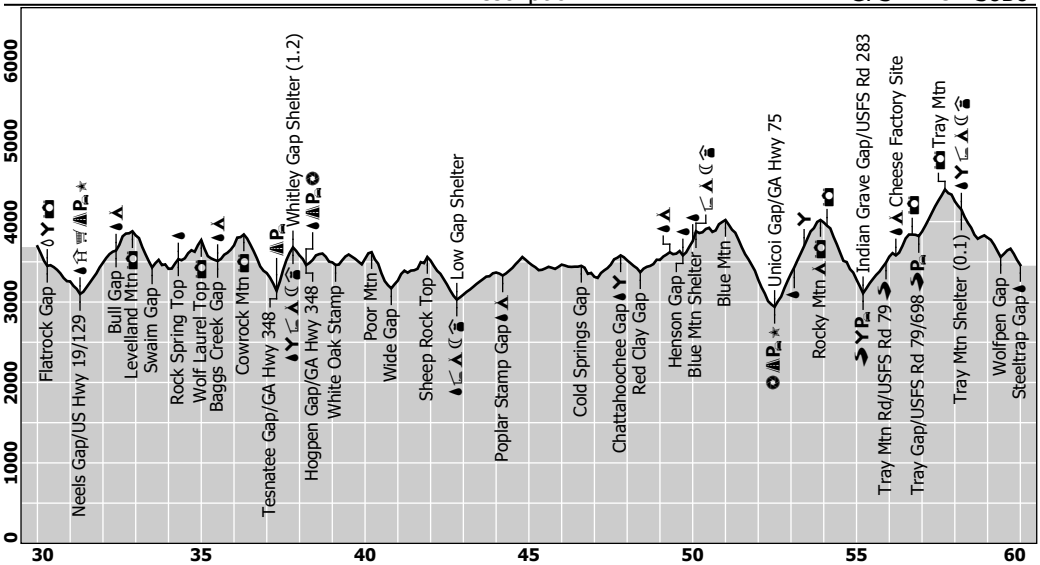
(2.0W) **Wolfpen Gap Country Store** 706-747-2271. AT Passport location. Store: M 7am-9pm, Tu 7am-10pm, W 7am-9pm, Th-Sa 7a,-10pm, Su 8am-9pm. Coleman fuel by the ounce & canisters. Full menu, with hamburgers, chicken, philly cheese steaks, etc., served Thursday - Sunday.
[34.68938,-84.02203]

| NoBo | Features | Description | GPS | Elev | SoBo |
|---|---|---|---|---|---|
| | | **A.T. Hiker Shuttles in Georgia** 678-967-9510 "Ask for Murris" ✉ murrismiller@gmail.com Owner: Murris. Based out of Woody Gap/Suches, GA. 🐾 Pet friendly. 🌍 Insured. 365 days, 24/7 & holidays. **S to Atlanta Airport ≺ ≻ N to Fontana Dam** & ✈ airport, 🚌 bus & 🚆 train stations. 🎒 Slackpacking. "Groups OK. Covid precautions followed. Masks required." | | | |
| | | **A.T. Hiker Shuttle** 404-569-8776, ✉ beady2727@gmail.com. Owner: Bret Eady – "Suches". Based out of Suches, GA. 🐾 Pet Friendly. 🌍 Insured. 365 days, 24/7 & some holidays. **S to Atlanta, GA. / Springer Mountain ≺ ≻ N to Fontana Dam** & ✈ airport, 🚌 bus & 🚆 train terminals. 🎒 Slackpacking. Offering Georgia Section Hike Package. SOBO A.T. Thru Hiker 2017, SOBO BMT Thru Hiker 2019." | | | |
| | | **White Blaze Shuttle Services** 706-300-8964 (cell) ✉ whiteblazeshuttleservices@gmail.com Owner Michelle Cofer. Based out of Dahlonega GA. 🐾 Pet friendly 🌍 Insured. 365 days, 6am-9pm & some holidays. Ask about holidays. Range varies by season - call. **S to Atlanta ≺ ≻ N to Wayah Bald, NC** & ✈ airport, 🚌 bus and 🚆 train terminals. 🎒 Slackpacking. "Covid-limited operations - call ahead. Covid precautions used." | | | |
| | | **Jeff's Appalachian Trail Shuttles & Tours** 706-994-2307 Owner: Jeff Moon. Based out of Blairsville, GA. 🐾 Pet friendly 🌍 Insured. 365 days, 24/7 & holidays. **S to Atlanta, GA ≺ ≻ N to Fontana Dam, NC** & ✈ airport, 🚌 bus & 🚆 train terminals. 🎒 Slackpacking. P Parking, free. "Ready to help anyone anytime. In-depth knowledge of the area's history, happenings, and culture." Covid precautions. Masks optional. | | | |
| 21.6 | | Preachers Rock, view, | 3580 | 2171.5 | |
| 21.9 | | Rocky face of **Big Cedar Mountain**, Preaching Rock, rock outcrop just south of summit. [34.68721,-83.99403] | 3737 | 2171.2 | |
| 22.3 | | Small spring to west in **Augerhole Gap**. | 3624 | 2170.8 | |
| 22.8 | | Cross small stream on east slope of ridge. | 3310 | 2170.3 | |
| 22.9 | | **Dan Gap**. [34.69873,-83.98890] | 3261 | 2170.2 | |
| 23.6 | Y P | **Miller Gap**. Cross Dockery Lake Trail. Spring about 100 yards east on Dockery Lake Trail. Dockery Lake Trail leads (3.5) east to Dockery Lake Recreation area. [34.70344,-83.98510] | 3050 | 2169.5 | |
| 24.0 | {4} | **Lance Creek**, tent pads are located 100 yards north on the creek, bear cables. Last reliable water heading NOBO until Neels Gap (7.3 miles). [34.70801,-83.98477] | 2880 | 2169.1 | |
| 25.7 | | Flat area known as **Burnett Field Mountain**. | 3480 | 2167.4 | |
| 26.1 | | Water (spring) unreliable | 3330 | 2167.0 | |
| 26.3 | Y ★★★★★ | **Jarrard Gap**, USFS, water (stream) is located (0.3) west. Jarrard Gap Trail (1.0) west to Lake Winfield Scott. Y [34.72657,-83.96492] | 3250 | 2166.8 | |
| | P | (1.0W) on the Jarrad Gap Trail (blue blazed) to **Lake Winfield Scott Recreation Area** (https://www.recreation.gov/camping/campgrounds/234469) $18 Tent sites for 5 persons and two vehicles, showers and bathrooms. P Parking. [34.73244,-83.97650] | | | |

**"Bear canisters seasonally required for camping between Jarrard Gap and Neel Gap"**
A new U.S. Forest Service rule requires approved bear-resistant storage containers for overnight camping on a 5-mile stretch of the A.T. in the Chattahoochee National Forest between Jarrard Gap and Neel Gap, between March 1 and June 1 each year. This stretch is located between points **26.7 and 31.3** miles north of the southern terminus of the A.T. at Springer Moutain, Georgia, and includes Woods Hole Shelter, Slaughter Creek Campsite, and Blood Mountain Shelter. **Bear canisters should be used to store food, food containers, garbage and toiletries.**

| | | | | | |
|---|---|---|---|---|---|
| 26.7 | | Reach shoulder of **Gaddis Mountain**. [34.72966,-83.96118] | 3536 | 2166.4 | |
| 27.7 | {7} | Bird Gap (0.4W) **24.9≺≺≺19.6≺≺12≺Woods Hole Shelter≻1.2≻≻10.3≻≻≻15.1** Water (stream) on trail to shelter is unreliable in dry months, privy, tenting, bear cables. Y [34.73706,-83.94835] [34.73713,-83.95500] Bird Gap, Freeman Trail just east bypasses Blood Mtn. and rejoins AT at Flatrock Gap. | 3650 | | 2165.4 |
| 28.0 | Y | Slaughter Creek Trail at **Slaughter Creek Gap**, water is unreliable. Y [34.74080,-83.94410] | 3790 | 2165.1 | |
| 28.1 | {8} | Slaughter Creek campsite to the west, tent pads. **Fires are not permitted**. | 3800 | 2165.0 | |
| 28.5 | Y | Duncon Ridge and Coosa Trail west. Y [34.74192,-83.94128] | | | 2164.6 |
| 28.9 | {8} | Blood Mountain, open rocky summit. **20.8≺≺≺13.2≺≺1.2≺Blood Mountain Shelter≻9.1≻≻13.9≻≻≻21.2** Shelter is located south of summit, no water at shelter, privy, view. **Fires are not permitted**. [34.73998,-83.93738] | 4461 | | 2164.2 |
| 29.5 | | Trail follows steep rock slope with views | 4334 | 2163.6 | |

NoBo Features | Description | GPS | Elev | SoBo

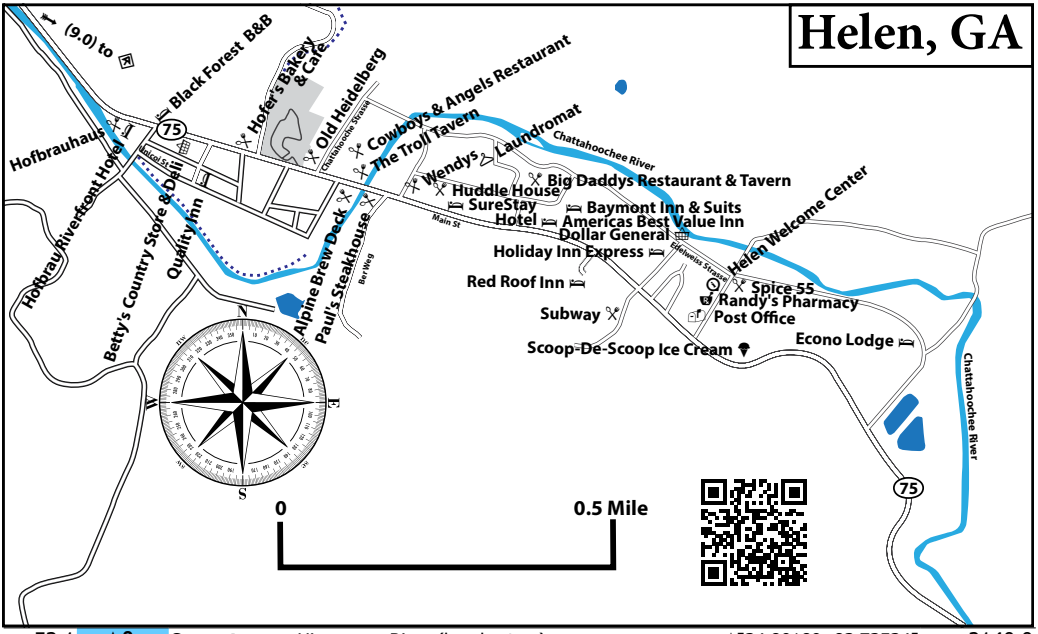



| | | | | |
|---|---|---|---|---|
| 30.3 | | **Flatrock Gap**. Water is located (0.1) west, unreliable. Trail to Byron Reece Memorial Trail leads west (1.0) to U.S. 19 and parking. [34.73558,-83.92839] [34.74293,-83.92093] | 3487 | 2162.8 |
| 30.4 | | Balance Rock to the east of Trail. [34.73516,-83.92723] | 3453 | 2162.7 |
| 31.3 | {8} ★★★★★ | Cross **U.S. 19/129, Neel Gap**. Walasi-Yi Center. Last reliable water heading SOBO until Lance Creek at mile (7.3 miles). Last reliable water heading NOBO until Low Gap Shelter (11.5 miles) [34.73542,-83.91818] [34.74061,-83.92016] | 3125 | 2161.8 |
| | | **Mountain Crossings** 706-745-6095. (www.mountaincrossings.com) AT Passport location. Open year round. Store hours change seasonally, closed Christmas. Full service outfitter. Store hours: M-Su 9am-5pm. Will do a gear shakedown for you, if you would like, just ask. Long term resupply. Alcohol by the ounce. Charging station.<br>**Hostel:** Hostel is open year round. Absolutely NO PETS in hostel, leaving your animal outside while you stay in the hostel is NOT an option. No reservations. First come, first in. Bunkroom $20 includes shower with towel. Ask about shuttles. Outgoing shipping is available.<br>Mail drops (USPS/UPS/FedEx) held for 2 weeks, $1 donation fee upon pickup, 12471 Gainesville Hwy, Blairsville, GA 30512. [34.73516,-83.91788] | | |
| | | (0.3E) **Blood Mountain Cabins** 706-745-9454. (www.bloodmountain.com) AT Passport location. Cabin includes full kitchen and bath, satellite TV, holds 4 adults and 2 children (2 queen beds and sleeper sofa or futon). 3 Pet friendly cabins ($25 pet fee). All linens, toiletries and paper products provided. Thru-hiker rate $72 is a walk-in rate only—reservations made are full rate. Free laundry with stay. Free WiFi in the store.<br>**Country store** on-site that sells snacks, soft drinks, ice cream and candy. [34.73299,-83.92084] | | |
| | | (10.4) **Misty Mountain Inn & Cottages** 706-745-4786. (www.mistymtninn.com) New owners in 2016, Craig Griffiths. B&B rooms without breakfast $108, additional $10 includes breakfast. 6 Cottages available in sizes range for 1 to 6 people, price range from $105 to $125. Full kitchen and bath. Laundry, free WiFi. Shuttles: Free pickup and return from Neel Gap, Tesnatee Gap, and Hogpen Gap. Slackpacking included with multi night stay.<br>**Shuttle Services:** Year round. [34.83196,-83.88088] | | |
| | | (7.5W) **Jim's Smokin' Que (BBQ)** 706-835-7427 (jimssmokinque.com) M-W closed, Th-Sa 11am-8pm, Sun closed. Mini golf available. [34.82188,-83.90396] | | |
| | | (13.1) **Blairsville Bikes and Hikes** 706-745-8141. (www.facebook.com/BlairsvilleBikesandHikes) M-F 11am-5:30pm, Sat 11am-3pm, Sun closed. Fuel and hiker food available "Hiking essentials". [34.87578,-83.95925] | | |
| | | **Neels Gap AT Shuttle** 720-318-4800. neelsgapshuttle@gmail.com. Owner: Devison Kuhlmann - "Sprawl". Based out of Blairsville, GA. Pet friendly. Insured.<br>**S to AT Approach Trail < > N to Dicks Creek, U.S. 76**, (just past swag of Blue Ridge) & bus & train terminals. Slackpacking. | | |

| NoBo | Features | Description | GPS | Elev | SoBo |
|---|---|---|---|---|---|
| | | **The Further Shuttle Appalachian** 772-321-0905 (Grateful's cell), 706-400-9105 (Mary's "Dzone's" cell). 706-745-3306 (home) ✉ indigoskies4u@gmail.com (www.gratefulhiker.com) Owner: Donald - "Grateful" & Mary - "D-zone". Based out of Blairsville, GA. 🐾 Pet friendly. 365 days - 24/7. & holidays. **S to Atlanta airport ⮜ ➢ N to Davenport Gap/GSMNP** & ✈ airports, 🚌 bus & 🚆 train terminals. P Parking, free for section hikers. "If I had more room I could provide a thru-hiker a safe spot to park, but I do not. Sorry. 'Thank you! Peace and safe travels! Stay kind my friend!' Contact us for our current status." | | | |
| **Blairsville, GA 30514 (14W)** | | All major services. | [34.87576,-83.95754] | | |
| **Dahlonega, GA 30597(17E)** | | All major services. | [34.53253,-83.98501] | | |
| 32.4 | | **Bull Gap**, water (spring) on blue blazed trail to the west downhill 200 yards. | [34.73249,-83.90763] | 3644 | 2160.7 |
| 32.8 | | **Levelland Mountain**, wooded summit. | [34.73204,-83.90128] | 3942 | 2160.3 |
| 33.0 | | Crest of Levelland Mountain, open rocky area, view. | [34.73055,-83.89836] | 3668 | 2160.1 |
| 33.4 | | **Swaim Gap**. | [34.72561,-83.89124] | 3450 | 2159.7 |
| 34.3 | | Pass west of **Rock Spring Top**, 💧 water (spring) is located to the west of the trail. | | 3520 | 2158.8 |
| 35.0 | | **Wolf Laurel Top**, open rock face east of the trail offers views. | [34.72517,-83.87463] | 3766 | 2158.1 |
| 35.5 | | **Baggs Creek Gap**, not an obvious gap. Water (spring) is located down an overgrown road to the west, not an ATC approved camping spot. | [34.72628,-83.86614] | 3591 | 2157.6 |
| 36.3 | | **Cowrock Mountain**, summit offers good views of the valley below. | [34.72159,-83.85647] | 3842 | 2156.8 |
| 37.3 | {10-12} | Skirts **GA. 348, Tesnatee Gap** and Russell Scenic Highway. | [34.72626,-83.84770] | 3138 | 2155.8 |
| 37.8 | | Rock cliff with views of Cowrock Mountain and gorge of Town Creek. | | 3614 | 2155.3 |
| 38.0 | {3} {7} | Crest Wildcat Mountain. (1.2E) **22.3⮜⮜⮜10.3⮜⮜9.1⮜Whitley Gap Shelter➢4.8➢➢12.1➢➢➢20.2** 💧 Water (spring) located (0.2) beyond shelter, ☾ privy, 🐻 bear cables. (0.1E) beyond shelter to ⛺ tent sites. | [34.72476,-83.84102] [34.71238,-83.83440] | 3370 | 2155.1 |
| 38.2 | {10-12} ★★★★★ | Cross **GA. 348**, Hogpen Gap, water (spring) south side of road on a blue blazed trail. **AT plaque on rock**. | [34.72532,-83.83910] P [34.72590,-83.83988] | 3450 | 2154.9 |
| **Blairsville, GA 30514 (14.0W)** | | All major services. See Notes at NOBO mile 31.3. | [34.87576,-83.95754] | | |
| 39.1 | | **White Oak Stamp**, ridge crest. | [34.73256,-83.82967] | 3470 | 2154.0 |
| 40.2 | | **Poor Mountain**, summit. | [34.74645,-83.82610] | 3650 | 2152.9 |
| 40.8 | | **Wide Gap**. | [34.75524,-83.82822] | 3169 | 2152.3 |
| 42.0 | | **Sheep Rock Top**, rocky summit. | [34.76882,-83.82884] | 3600 | 2151.1 |
| 42.8 | {7} {4} | (190 yds E) **15.1⮜⮜⮜13.9⮜⮜4.8⮜Low Gap Shelter➢7.3➢➢15.4➢➢➢22.8** 💧 Water located 30 yards in front of shelter, ⛺ tenting, ☾ privy, 🐻 bear cables. \| Last reliable water heading SOBO until Neels Gap (11.5 miles) | [34.77659,-83.82627] [34.77626,-83.82450] | 3050 | 2150.3 |
| 44.2 | | **Poplar Stamp Gap**, water (stream) is located several (0.1E) down an old road bed. | [34.78964,-83.81352] | 3330 | 2148.9 |
| 46.6 | | **Cold Springs Gap**, pay no attention to the name you will not find a spring, ⛺ Tenting. | [34.81072,-83.80993] | 3300 | 2146.5 |
| 47.8 | {7} | **Chattahoochee Gap**, Jack's Gap Trail west (2.4) to GA. 180 and P parking. 💧 Water (spring) is located 200 yards east on a steep blue blazed trail. | [34.82242,-83.79717] P [34.84786,-83.79873] | 3500 | 2145.3 |
| 48.5 | | **Red Clay Gap**. | [34.82243,-83.78732] | 3485 | 2144.6 |
| 49.2 | | Campsites to west of trail. | [34.82230,-83.77704] | 3600 | 2143.9 |
| 49.4 | | Campsites to west of trail. | [34.81759,-83.77594] | 3500 | 2143.7 |
| 49.6 | | Flat area known as Rocky Knob. Water is about 150 yards west down rocky slope. | | 3629 | 2143.5 |
| 49.7 | | **Henson Gap**. | [34.81666,-83.77298] | 3580 | 2143.4 |
| 50.0 | | Spring on west side trail. This is the water for Blue Mountain Shelter. | [34.81673,-83.76812] | 3890 | 2143.1 |
| 50.1 | {7} {4} | (0.1W) **21.2⮜⮜⮜12.1⮜⮜7.3⮜Blue Mountain Shelter➢8.1➢➢15.5➢➢➢23.6** 💧 (No potable water) at shelter, 💧 water (spring) located (0.1) south of shelter on AT, ⛺ tenting, ☾ privy, 🐻 bear cables. | [34.81665,-83.76706] [34.81721,-83.76673] | 3900 | 2143.0 |
| 51.0 | | **Blue Mountain**, summit | [34.81261,-83.75489] | 4025 | 2142.1 |
| 52.5 | {14} ★★★★★ | Cross **GA. 75**, **Unicoi Gap**, **AT plaque placed in a rock on north side of road**. | [34.802115,-83.74299] P [34.80178,-83.74281] | 2949 | 2140.6 |
| | | **Budget Inn Shuttles** Hiawassee Budget Inn bus runs from Dick's Creek & Unicoi Gap to and from Hiawassee. Will be around the trail heads in the morning about 9:45 & 11:45 for pickup. They will be a $10 shuttle fee. Will drop hikers off in town, Holiday Inn Express, Mulls, and Budget Inn. | | | |
| **Helen, GA 30545 (9.0E) See map of Helen, GA. (www.whiteblazepages.com/maps/helen)** | | | [34.701565,-83.731464] | | |
| | | **PO** M–F 9am–12:30pm and 1:30pm-4pm, Sa 9am-12pm. 706-878-2422. 7976 S Main St. Helen, GA 30545. | [34.69801,-83.71968] | | |

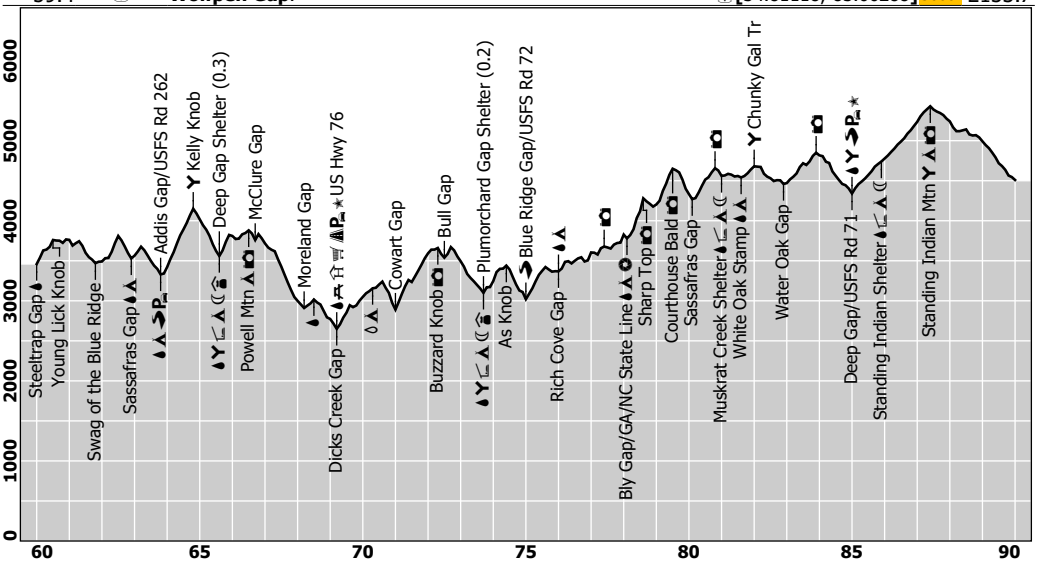
| NoBo | Features | Description | GPS | Elev | SoBo |
|---|---|---|---|---|---|
| | | **Baymont Inn & Suites** 706-725-8764. Rate, $125 and up. Includes breakfast buffet during festivals. Microwave, fridge, pool outside, free WiFi. | [34.70039,-83.72313] | | |
| | | **Helendorf River Inn** 800-445-2271. (www.helendorf.com) Rates range from $45-$85, $10EAP depending on season. Weekend rates are higher. Pets $20. Includes continental breakfast. Laundry, Computer available for use, free WiFi. Visa/MC/Disc accepted. | [34.70120,-83.72821] | | |
| | | **SureStay Hotel by Best Western** 706-878-2191. Open year round. No Pets. Offers a hiker room with two bed for two people $50, EAP $5 with a maximum of 4 people, offer is good for M-Th, microwave, fridge. Indoor pool. Free WiFi. | [34.70071,-83.72661] | | |
| | | **Econo Lodge** 706-878-8000. Open year round. Weekday rates $68, weekend rates are higher, includes continental breakfast, microwave, fridge, free WiFi. Accepts only pets under 20 pounds with pet fee $20. | [34.69711,-83.71346] | | |
| | | **Country Inn and Suites** 706-878-9000. Open year round. Call for rates, stay includes hot breakfast, indoor pool and whirl pool, laundry, Computer available to use, free WiFi. | [34.70118,-83.72445] | | |
| | | **Betty's Country Store** (IGA) 706-878-2943. (bettysinhelen.com) M-Th 7am-8pm, F-Sa 7am-9pm Su 7am-8pm. | [34.70180,-83.73423] | | |
| | | **Laundromat** 706-779-2066. | [34.70166,-83.72575] | | |
| | | **White County Library** 706-878-2438. M-F 9am-6pm, Sa-Su closed. | [34.70316,-83.73138] | | |
| | | **Hitch-A-Hiker Shuttles** 813-294-6994 (cell, text preferred) Owner: Grace Rogers. Based out of Hiawassee, Ga. Pet friendly Insured. 365, 24/7 & holidays. **S to Atlanta Hartsfield Airport ◄ ► N to Fontana Dam** & airport, bus & train terminals/ Atlanta MARTA. Slackpacking. Parking, fee negotiable. "We can accomodate large groups. Hker box & resupply available. Overnight stay when available in Stronghold hiker cabin. Listed at Unicoi." Covid precautions. Masks required. | | | |

**Hiawassee, GA 30546 (12E) See Hiawassee and map at mile 69.2.** [34.94876,-83.75710]




| | | | | | |
|---|---|---|---|---|---|
| 53.1 | | Cross **stream**, Hiawassee River (headwaters). | [34.80189,-83.73534] | 3504 | 2140.0 |
| 53.4 | | Rocky Mountain Trail leads (1.0W) to USFS 283. | [34.80395,-83.73231] | 3702 | 2139.7 |
| 53.9 | | **Rocky Mountain**, summit. | [34.79817,-83.73046] | 4017 | 2139.2 |
| 54.1 | | Rock ledges with good views. | [34.79761,-83.72715] | 3965 | 2139.0 |
| 55.2 | | Cross **USFS 283**, **Indian Grave Gap**. Blue blaze trail leads (1.9) east to Andrews Cove Campground. [34.79287,-83.71429] [34.79305,-83.71431] | | 3113 | 2137.9 |
| 55.9 | | Cross **USFS 79**, **Tray Mountain Road** | [34.79329,-83.70323] | 3580 | 2137.2 |
| 56.2 | | **Cheese Factory Site**, water (spring) is located 50 yards west. There is no cheese factory here. There is nothing here now that would make you even think there was one located here. However in the 1800's there was once one here. Now it is a good flat area for a picnic or camping. [34.79351,-83.69797] [34.79472,-83.69830] | | 3590 | 2136.9 |
| 56.7 | | Rocky cliff with small overlook. | | 3853 | 2136.4 |
| 56.9 | {6} | Cross **USFS 79/698**, **Tray Mountain Road**, **Tray Gap**. | [34.79938,-83.69100] | 3847 | 2136.2 |
| 57.7 | | **Tray Mountain**, small rocky summit, views in all directions. | [34.80138,-83.68395] | 4430 | 2135.4 |

| NoBo | Features | Description | GPS | Elev | SoBo |
|---|---|---|---|---|---|
| 58.2 | Y 💧 ⛺{3} 🚰{7} 🛏 ☾ 🏠 📍 | (230 yds W) **20.2<<<15.4<<8.1<Tray Mountain Shelter>7.4>>15.5>>>22.8** 💧 Water (box spring) located 50 yards behind shelter, ⛺ tenting, ☾ privy, 🏠 bear cables. Y[34.80283,-83.67857] 🚰[34.80396,-83.67690] 💧[34.80491,-83.67568] | | 4200 | 2134.9 |
| 59.4 | 📍 | **Wolfpen Gap**. 📍[34.81118,-83.66288] | | 3600 | 2133.7 |




| | | | | | |
|---|---|---|---|---|---|
| 60.0 | Y 💧 📍 | **Steeltrap Gap**, water (spring) is located 280 yards east down blue blaze trail. Y[34.81686,-83.65697] 💧[34.81516,-83.65540] | 3490 | 2133.1 |
| 60.5 | 📍 | West side of **Young Lick Knob**. 📍[34.82294,-83.65250] | 3800 | 2132.6 |
| 61.8 | 📍 | Cross **Swag of the Blue Ridge**. 📍[34.83838,-83.65917] | 3400 | 2131.3 |
| 62.9 | 💧 Y ⛺ 🛏 📍 | **Sassafras Gap**, ⛺ camp sites, 💧 water (spring) is located 150 yards downhill to the east. ⛺[34.85294,-83.66067] 💧[34.85382,-83.65917] | 3500 | 2130.2 |
| 63.8 | 💧 ⛺ 🛏 🚗 P 📍 | **Addis Gap**, old fire road leads (0.5) east to ⛺ campsite and 💧 water and eventually to **USFS 26-2**. During Turkey hunting season the locals like to use this campsite because they can drive into it. Old fire road leads (8.0) east to GA. 197. Y[34.86310,-83.65613] | 3304 | 2129.3 |
| 64.8 | Y | Trail to **Kelly Knob** (0.2) west. Y[34.87822,-83.65451] | 4276 | 2128.3 |
| 65.6 | Y 💧 ⛺{4} 🚰{12} 🛏 ☾ 🏠 📍 | (0.3E) **22.8<<<15.5<<7.4<Deep Gap Shelter>8.1>>15.4>>>20.3** 💧 Water (spring) is located (0.1) south on the trail to the shelter, ⛺ tenting, ☾ privy, 🏠 bear cables. Y[34.88539,-83.64790] 🚰[34.88249,-83.64597] 💧[34.88313,-83.64719] | 3550 | 2127.5 |
| 66.6 | Y ⛺ 📷 📍 | Blue blaze trail east leads several yards to ⛺ campsites and 📷 view, **no water**. Y[34.89286,-83.63628] 📷[34.89246,-83.63507] | 3827 | 2126.5 |
| 66.8 | ⛺ 📍 | **McClure Gap**. ⛺ Tenting ⛺[34.89394,-83.63341] | 3767 | 2126.3 |
| 67.0 | ⛰ 📍 | **Powell Mountain**, summit. ⛰[34.89283,-83.63070] | 3850 | 2126.1 |
| 68.0 | 📍 | **Moreland Gap**. An old overgrown roadbed leads west. 📍[34.90120,-83.62826] | 3050 | 2125.1 |
| 68.2 | 💧 | Stream. | 2650 | 2124.9 |
| 68.8 | 💧 | Stream. | 2650 | 2124.3 |
| 69.2 | 💧 ⛰ 🚗 P{12} 📍 ★★★★★ | Cross **U.S. 76**, **Dicks Creek Gap**, 🚗 picnic area, 💧 water is located near parking area. ⛰[34.91218,-83.61892] P[34.91231,-83.61885] | 2675 | 2123.9 |

🏠 🛏 ⛺ 🐾 ◈ 🧺 🚌 P 🖹

(0.6W) **Hostel Around the Bend** 706-389-9668 ✉ stay@hostelaroundthebend.com (www.hostelaroundthebend.com)

Formerly known as Top of Georgia Hostel and Hiking Center. Just a short walk away (0.6 miles downhill) west of Dicks Creek Gap. 🐾 Pet friendly. ◈ AT Passport. All prices include use of 2 shared full bathrooms, full kitchen, 🧺 laundry facilities, 📶 free Wi-Fi, and guest shuttle to town. 🐾 Pet friendly options available. 🏠 Bunks $40 (tax included). Private sleeping cabin with 2 twins $90 plus tax. 🛏 Private bedroom with 2 twins $95 plus tax. Private bedroom with 2 queens $120 plus tax. Daypass includes ⛺ tenting with 🚿 shower, 🧺 laundry, and 🚌 shuttle. Advanced reservations (online or call ahead) available for private rooms but not required. Bunks are available walk-in only. P Parking available.

🖹 Mail drops: (free for guests, $5 donation for non-guests) held for 21 days. ID required to pick up packages: 7675 US Hwy 76 E., Hiawassee GA 30546. 🏠[34.92035,-83.62492]

NoBo Features Description GPS Elev SoBo

(5.0W) **Henson Cove B&B** 706-970-1533 (text/cell) (www.henson-cove-place.com) Cove Cabin with breakfast is an additional $10.00 per person per day for breakfast. 2 guests ($100.00), 2 Guests and one dog ($120.00), 3 guests ($120.00) 3 guest and a dog ($135), 4 guests (135), 4 guests and a dog ($150). Only small well-behaved pets. B&B rooms $125 and up, breakfast included. Free laundry with stay, free WiFi throughout property. Computer available for use. Stay includes free ride to and from Dick's Creek Gap or Unicoi Gap ($20.00) and for resupplying in town. Shuttles and P parking available for section hikers. Slack Packing Available (Springer to Fontana – Price based on Time, Distance and Difficulty. Accepts Credit Cards. In town shuttles $10.00 per hour.
Mail drops for guest only: 1137 Car Miles Rd, Hiawassee, GA 30546. Txt 706.970.1533
[34.94466,-83.75369]

**Budget Inn Shuttles** Hiawassee Budget Inn bus runs from Dick's Creek & Unicoi Gap to and from Hiawassee. Will be around the trail heads in the morning about 9:45 & 11:45 for pickup. They will be a $10 shuttle fee. Will drop hikers off in town, Holiday Inn Express, Mulls, and Budget Inn.

**Hiawassee, GA 30546 (11.0W). See map of Hiawassee, GA.**
**(www.whiteblazepages.com/maps/hiawassee)** [34.94876,-83.75710]

**PO** M-F 8:30am-5pm, Sa 8:30am-12pm. 706-896-4173. 118 N Main St. Hiawassee, GA 30546.
[34.94988,-83.75796]

(10.2W) **Hiawassee Budget Inn** 706-896-4121. (www.hiawasseebudgetinn.com)
AT Passport location. Open year round. $50 per person, limited to four per room, $8 for each additional person. $15 pet deposit. Rooms include cable TV, refrigerators, microwaves. Coin laundry. Free Wifi. Free shuttles for guests to and from Dick's Creek Gap and Unicoi Gap, leaves at 9 and 11 am for the months of March thru April. There is a fee for "non-guest".
Mail drops for guests: 193 S Main Street - Hiawassee, Georgia. 30546 [34.93333,-83.75000]

**Mull's Inn** 706-896-4195.
No pets. Call for pricing, free WiFi. Shuttles by arrangement
Mail drops for guests: 213 N Main St, Hiawassee, GA 30546. [34.95103,-83.75906]

**Holiday Inn Express** 706-896-8884.
No pets. $79 and up, includes continental breakfast, laundry. Indoor pool and hot tub. Computer available for use, free WiFi. Accepts Credit Cards. [34.95261,-83.75735]
Mail drops for guests: 300 Big Sky Drive, Hiawassee, GA 30546.

**Lake Chatugue Lodge** 706-896-5253. (www.lakechatugelodge.com)
Rates stating at $90 but can be more depending on month and higher on weekends, includes continental breakfast, laundry, computer available for use, free WiFi. [34.96488,-83.77006]

**Ingles** 706-896-8312. (www.ingles-markets.com) Deli, bakery, salad bar. M-Su 7am-10pm. Pharmacy; M-F 9am-9pm, Sa-Su 9am-6pm. [34.95041,-83.75698]

**Freds** 706-896-4302. M-Sa 8am-9pm, Su 9am-8pm; Pharmacy 706-896-1774. M-F 9am-7pm, Sa 9am-4pm, Su closed. [34.95166,-83.75638]

**Bear Meadows Grill** 706-896-0520. (www.bearmeadowsgrill.net) M - closed, Tu 11 am-8 pm, W 11 am-2:30 pm, Th-F 11 am-8:30 pm, Sa closed. [34.96365,-83.78346]

**Steve's Place** 706-896-3430. Serves breakfast, lunch and dinner. M-TH 11am-8:30pm, F 8:30m-9pm, Sa 7am-9p, Su 7am-8:30pm. [34.95388,-83.75941]

**Daniels Steak House** 706-896-8008. All you can eat lunch and dinner. M-Su 11am-8:30pm. [34.95393,-83.75828]

**Walgreens pharmacy** 706-896-2255. M-Su 8am-10pm.

**Chatuge Regional Hospital** 706-896-2222. M-Su 24 hours. [34.94648,-83.75381]

**Wash Tub Coin Laundry** 706-896-4441. [34.95598,-83.76026]

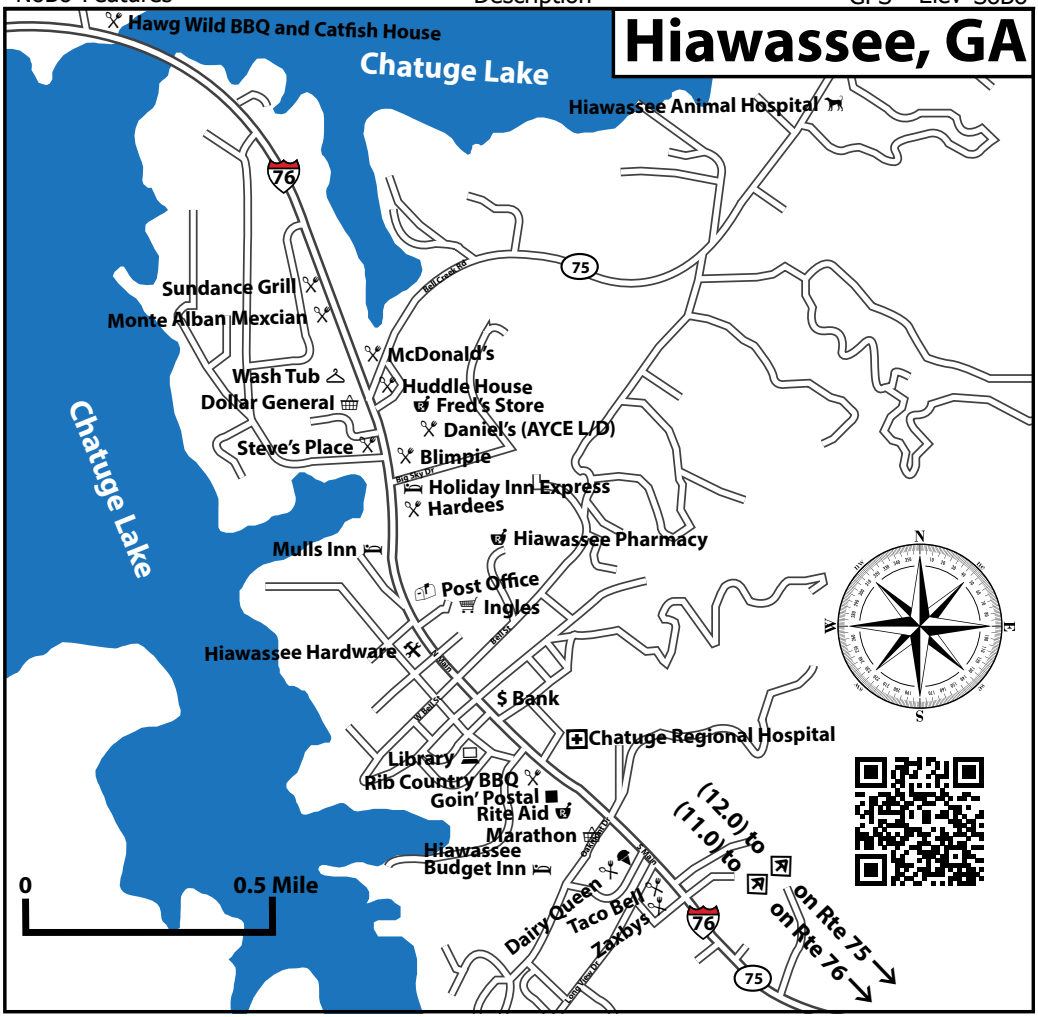
**Hiawassee Animal Hospital** 706-896-4173. (www.hiawasseeanimalhospital.com) M-F 8:30am-5:30pm, Sa 8:30am-1pm, Su closed. [34.96221,-83.74603]

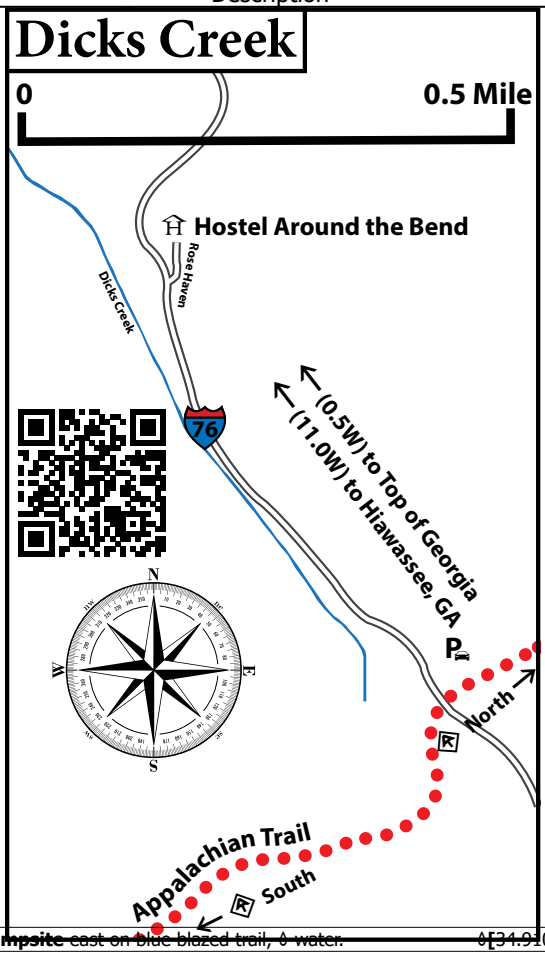
**Goin' Postal** 706-896-1844. (www.goinpostalhiawassee.com) M-F 10am-5pm Sa-Su closed. FedEx and UPS shipping, also offer DHL and USPS services. [34.94616,-83.75503]

**Warrior** 678-570-5128 (cell) trpatton@outlook.com. Owner: Timothy Patton. Based out of Cleveland, GA. $ Pet Friendly. Insured. 365 days, 8am - 8pm & holidays.
**S to Atlanta Airport/Amicalola/Springer Mountain, GA ➤ N to Unicoi Gap/Dicks Creek Gap, GA** & airport, bus & train terminals. Slackpacking. "Prefer 24 hr. notice. Car seats up to four hikers. Seat belts required. Masks required."

**Budget Inn** 706-896-4121 (main) (www.hiawasseebudgetinn.com) Hiawassee, GA. Pet Friendly. Insured.
**S to Unicol Gap ➤ N to Dicks Creek Gap**. "Shuttle is free for guests. We maintain a listing of local shuttle providers for longer trips."

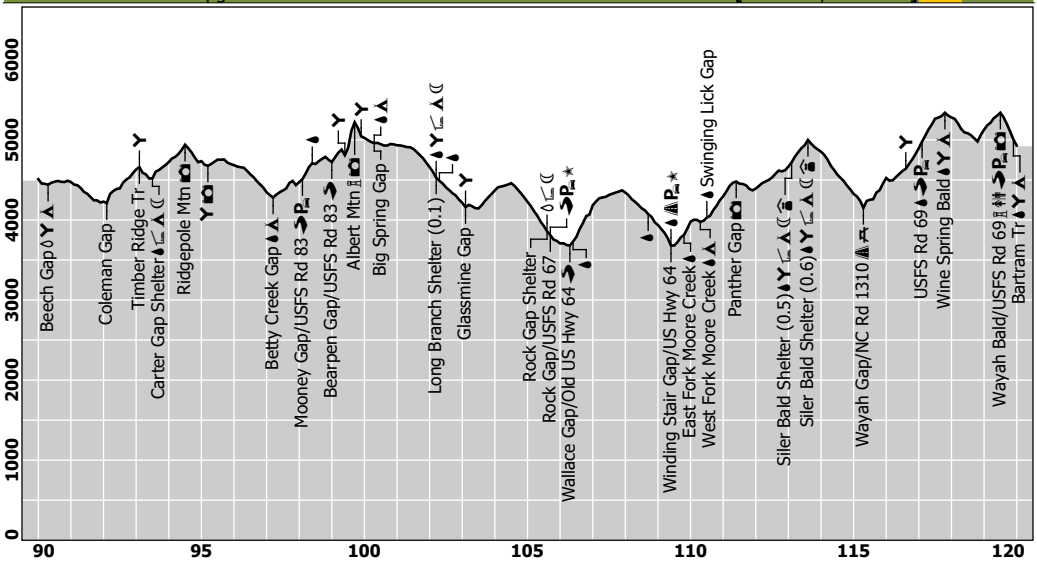
NoBo Features | Description | GPS | Elev | SoBo






| NoBo | Features | Description | GPS | Elev | SoBo |
|---|---|---|---|---|---|
| 70.3 | | (0.1E) ~~**Campsite** east on blue blazed trail, water.~~ | [34.91047,-83.60330] | 3150 | 2122.8 |
| 71.0 | | **Cowart Gap**, tall pines. | [34.91719,-83.59552] | 2900 | 2122.1 |
| 72.1 | | Good views from **Buzzard Knob** when the leaves are not on trees. | [34.93109,-83.60139] | 3675 | 2121.0 |
| 72.5 | | **Bull Gap**. | [34.93596,-83.60215] | 3550 | 2120.6 |
| 73.7 | {6} {14} | Plumorchard Gap. (0.2E) **23.6<<<15.5<<8.1<Plumorchard Gap Shelter>7.3>>12.2>>>19.8** Creek on trail to shelter and spring (0.1W) of AT. tenting, privy, bear cables. **Caution** the stump in front of the shelter has been home to copperhead snakes. Water located 200 yards west on AT beyond shelter. | [34.94607,-83.59118] [34.94603,-83.58830] | 3050 | 2119.4 |
| 74.4 | | **As Knob**, crosses high point below summit. | [34.95337,-83.59321] | 3460 | 2118.7 |
| 75.0 | | **Blue Ridge Gap**, cross dirt road **USFS 72**. | [34.95868,-83.59628] | 3020 | 2118.1 |
| 76.0 | | Campsite, water. | [34.96838,-83.59447] | 3500 | 2117.1 |
| 76.2 | | **Rich Cove Gap**. | [34.97071,-83.59393] | 3390 | 2116.9 |
| 77.6 | | Small knob west of trail with good views. | | 3695 | 2115.5 |
| 78.1 | State Line | **Georgia–North Carolina State Line**, register in tree. | [34.99218,-83.59983] | 3825 | 2115.0 |
| 78.2 | | **Bly Gap**, water (spring) is located east of the trail and 250 feet south of the gap. Gnarly twisted oak tree located here. **Often photographed tree**. | [34.99432,-83.59932] | 3840 | 2114.9 |
| 78.9 | | **Sharp Top**, skirts the summit, vista. | [34.99614,-83.59358] | 4300 | 2114.2 |
| 79.3 | | View of Shooting Creek Valley. | | 4521 | 2113.8 |
| 79.5 | | Trail skirts summit of **Courthouse Bald**, view. | [35.00285,-83.58424] | 4650 | 2113.6 |
| 80.1 | | **Sassafras Gap**. | [35.01043,-83.58263] | 4300 | 2113.0 |
| 80.7 | | Cross stream | | 4549 | 2112.4 |
| 80.9 | | Viewpoint to the west. | | 4627 | 2112.2 |

| NoBo | Features | Description | GPS | Elev | SoBo |
|---|---|---|---|---|---|
| 81.0 | 💧Y ⛺{8} ⛺ 🛏☾📍 | (100 ft E) **22.8<<<15.4<<7.3<Muskrat Creek Shelter>4.9>>12.5>>>21.2** 💧 Water (spring) is located behind shelter, ⛺ tenting, ☾ privy. ⛺[35.02053,-83.58160] | | 4600 | 2112.1 |
| 81.8 | 💧Y⛺ | Edge of **White Oak Stamp**, 💧 water (spring) is located to the east. ⛺ Tent sites to west and east. Camp out of sight of the trail to the west or east. | | 4620 | 2111.3 |
| 82.0 | Y | Chunky Gal Trail to the west (5.5) to U.S. 64. | | 4700 | 2111.1 |
| 82.9 | 📍 | Wateroak Gap, small clearing. | 📍[35.03723,-83.56152] | 4490 | 2110.2 |
| 83.9 | 📷 | View. | | 4737 | 2109.2 |
| 85.0 | 💧Y➔ P{8-10}📍 ★★★★★ | Cross **USFS 71**, **Deep Gap**, Kimsey Creek Trail leads (3.7W) to USFS **Standing Indian Campground**. **See notes at NOBO mile 105.7**. | ➔[35.03949,-83.55276] P[35.03960,-83.55250] | 4341 | 2108.1 |
| 85.9 | 💧⛺ ⛺{8} 🛏☾📍 | (250 ft E) **20.3<<<12.2<<4.9<Standing Indian Shelter>7.6>>16.3>>>19.7** 💧 Creek that serves as the water source for shelter is on the opposite side of the AT from the shelter. ⛺ tenting, ☾ privy. | ⛺[35.04200,-83.54806] | 4760 | 2107.2 |
| 87.4 | Y⛰⛺📷 📍 | Lower Ridge Trail junction, east leads 600 feet to **Standing Indian Mountain** summit. ⛺ Several campsites to the east near the summit. West leads (4.2) to Standing Indian Campground. | Y[35.03630,-83.53767] | 5498 | 2105.7 |




| | | | | | |
|---|---|---|---|---|---|
| 90.1 | 💧⛰ | Cross Kirby Creek. ⛰ Only reliablke water Standing Indian and Carter Gap. | | 4486 | 2103.0 |
| 90.3 | 💧Y⛺P 📍 | **Beech Gap**, 💧 water (spring) is located 100 feet to the east but is unreliable. Y Beech Gap Trail leads (2.8) west to USFS 67 P parking area. | 📍[35.01011,-83.52570] | 4460 | 2102.8 |
| 92.1 | | **Coleman Gap**, dense rhododendron thicket. | | 4200 | 2101.0 |
| 93.1 | YP{3}📍 | **Timber Ridge Trail** leads (2.3) west to USFS 67 P parking area. | P[35.02205,-83.50363] | 4700 | 2100.0 |
| 93.5 | 💧⛺ ⛺{8} 🛏☾📍 | (100 ft E) **19.8<<<12.5<<7.6<Carter Gap Shelter>8.7>>12.1>>>19.6** 💧 Water (spring) is located 200 yards west on blue blaze trail, ⛺ tenting, ☾ privy. | ⛺[34.99898,-83.49413] | 4540 | 2099.6 |
| 94.5 | 📷 | North side of **Ridgepole Mountain**. | | 4990 | 2098.6 |
| 95.2 | Y📷 | **Unmarked trail** leads 25 feet east to Little Ridgepole vista of Pickens Nose. | | 4749 | 2097.9 |
| 97.2 | 💧Y⛺🛏 P📍 | **Betty Creek Gap**. ⛺ Several test site at gap. 💧 (0.1W) Water (Stream) is located on blue blaze trail. Continue (0.1E) on blue blaze to USFS 67 and P parking. | ⛺[35.02829,-83.47892] | 4300 | 2095.9 |
| 98.1 | ➔💧📍 P{1-2}⛰ | Cross **USFS 83**, **Mooney Gap**. 💧 Trail crosses small stream (0.1S) and a culvert north on road. ⛰ Road closed mid-Dec thru first of Apr. | P[35.03548,-83.47018] | 4400 | 2095.0 |
| 98.4 | 💧 | Log steps, spring | | 4500 | 2094.7 |
| 99.0 | ➔📍 | **Bearpen Gap**. USGS 83 is visable to the west. | 📍[35.04684,-83.47145] | 4700 | 2094.1 |
| 99.4 | Y📍 | Trail skirts USFS 83. Bearpen Trail leads west. USFS 83, gravel, may be used as a bad weather route around Albert Mountain, NOBO hikers follow USFS 83 (0.4) to parking area then continue on blue-blaze trail (0.4) to rejoin AT at NOBO mile 99.9. | Y[35.05054,-83.47455] | 4790 | 2093.7 |
| 99.7 | ⛰📷🗼 P{7}📍 | **Albert Mountain** summit, 🗼 fire tower. | 🗼[35.05256,-83.47752] P[35.05247,-83.48020] | 5250 | 2093.4 |

| NoBo | Features | Description | GPS | Elev | SoBo |
|---|---|---|---|---|---|
| 99.9 | Y | Albert Mountain bad weather bypass trail leads west (0.4) to parking area, SOBO hikers continue (0,4) to USFS 83 to rejoin AT at NOBO mile 99.4. | Y[35.05558,-83.47766] | 5035 | 2093.2 |
| 100.3 | | **Big Spring Gap**. Spring and tenting. | [35.05874,-83.47801] | 4954 | 2092.8 |
| 102.2 | Y {5} {16} | (0.1W) **21.2<<<16.3<<8.7<Long Branch Shelter>3.4>>10.9>>>18.2** Water, tent sites, privy. | [35.06996,-83.49815] | 4932 | 2090.9 |
| 102.3 | | Cross stream | | 4930 | 2090.7 |
| 103.0 | Y | **Glassmine Gap**, Long Branch Trail (2.0) west to USFS 67. | Y[35.07707,-83.50222] | 4130 | 2091.1 |
| 104.1 | | Unreliable spring below trail. Several seasonal water sources are one mile in either direction. | | 4363 | 2089.0 |
| 105.6 | Y {8} | (300 ft W) **19.7<<<12.1<<3.4<Rock Gap Shelter>7.5>>14.8>>>19.6** water (spring) is known to go dry, privy. | [35.09143,-83.52310] | 3760 | 2087.5 |
| 105.7 | {6-7} ★★★★★ | **Rock Gap**. (1.5W) Standing Indian Campground. | [35.09406,-83.52250] | 3750 | 2087.4 |
| | | (1.5W) **Standing Indian Campground** 828-524-6441. Campsites $20, open Apr 1 - Nov 30. Showers, camp store, pay phone. Pets must be leashed. Parking is permitted year round. | [35.07610,-83.52840] | | |
| 106.3 | | Cross **Old U.S. 64**, **Wallace Gap**. | [35.09807,-83.52674] | 3738 | 2086.8 |
| 106.4 | | Cross stream. | [35.09944,-83.52793] | 3745 | 2086.7 |
| 108.7 | | Cross stream. | [35.11649,-83.54504] | 3797 | 2084.4 |
| 109.4 | {15-20} ★★★★★ | Cross **U.S. 64**, **Winding Stair Gap**, piped spring. | [35.12051,-83.54716] [35.11975,-83.54818] | 3770 | 2083.7 |

**Franklin, NC 28734 (10E) (all major services) See map of Franklin north side and south side. (www.whiteblazepages.com/maps/franklin)** [35.18213,-83.38004]

**PO** M-F 8:30am-5pm, Sa 9am-12pm. 828-524-3219. 250 Depot St. Franklin, NC 28734. [35.17885,-83.37433]

**Hill Top** 828-524-4403. (www.budgetinnoffranklin.com) No Pets. AT Passport location. Open year round. $39.99 per person, limited to four per room, $5 for each additional person. $50 pet deposit. Rooms include cable TV, refrigerators and microwaves, computer for use, free WiFi. Coin laundry. ask about shuttles.
Mail drops for guest: 433 East Palmer Street, Franklin, NC 28734. [35.18228,-83.37731]

(11.2E) **Jack Tarlin Hostel** 828-524-2064. (www.baltimorejacksplace.com)
**Closed for the 2021 Season.**
Mail drops: 7 Derby Street Franklin, NC 28734. [35.18241,-83.37803]

(11.6E) **Gooder Grove Hostel** 828-332-0228. Open Year Round! Pet friendly, but Call Ahead! AT Passport available. Located in the center of downtown Franklin, close to Main Street, Breweries, Restaurants & Resupply. FREE Shuttle for thru-hikers early/mid am. and afternoon to/from Winding Stair Gap (AT110) & Rock Gap, end of February through May. TWO local outfitter stores. Shuttle Service, Slackpacking, short or long distance. Stay includes Bed and Shower. Kitchen & Den. Bunk: $21 per person. Private room: $45. Tent or hammock: $12 pp. Laundry Service $5 pp, with Loaner Clothes available. Free Wifi. Fenced dog lot/kennel. Parking for section hikes. Shuttles, guided hike & shakedowns.
Mail drops: 130 Hayes Circle, Franklin, NC 28734. [35.17814,-83.37801]

(12.6E) **Chica & Sunsets Hostel** 715-315-0876 (text preferred) chica@chicaandsunsets.com (www.chicaandsunsets.com) Not pet friendly AT passport location. $50 PP ALL INCLUSIVE cash only (includes Pick up and drop off at Winding Stair Gap or Rock Gap, laundry, shuttle to town and continental breakfast). Can only accommodate 4 hikers who will have use of full apartment. Two twin beds per room (no bunks!) and small hiker to bathroom ratio. Ask about slackpacking. No drop-ins or reservations; please text or call (text preferred!) 1-2 days in advance to secure a spot. We have good WiFi. All shuttle points: Rock Gap, Winding Stair Gap, Wayah Crest Picnic Area, Wayah Bald. Ask about parking. Cash, Venmo or PayPal.
Chica & Sunsets are former thru-hikers (AT 2017) and veterans of the Camino de Santiago (2018).
Mail drops for guest: Contacted establishment for details. [35.19349,-83.38744]

**Sapphire Inn** 828-524-4406. (www.sapphireinnfranklin.com) Pet friendly. AT Passport location. Our Hiker's Special starts at only $49.00 & up. Pet fee charges are based on pet size free WiFi.
Mail drops for guests: 761 East Main Street, Business 441, Franklin, NC 28734. [35.18761,-83.37003]

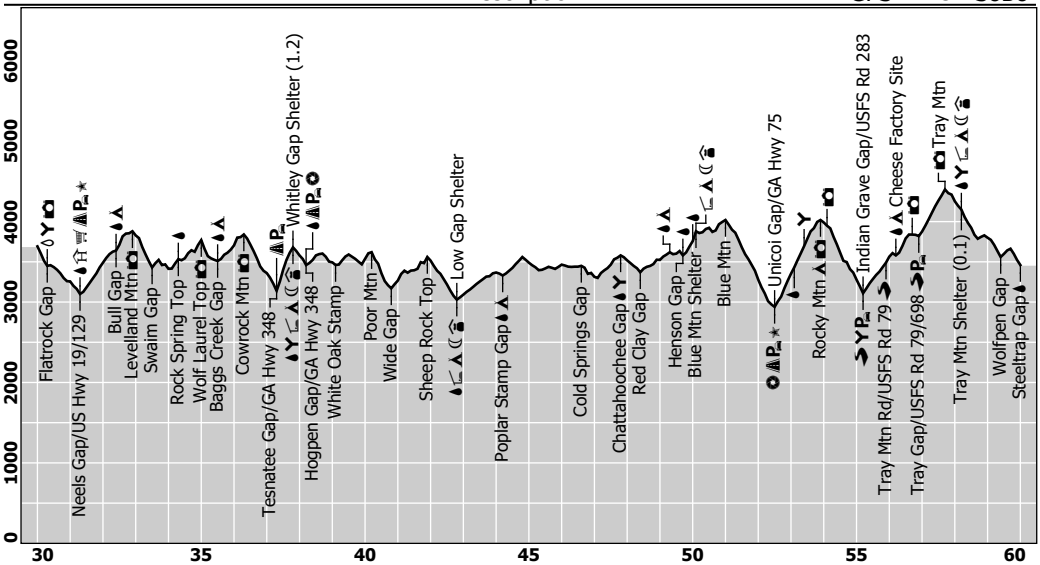
**Microtel Inn & Suites by Wyndham Franklin** 828-349-9000. Call for prices, pet fee $25, microwave, fridge, stay includes continental breakfast. Computer available for use. Free WiFi.
Mail drops for guests: 81 Allman Dr, Franklin, NC 28734. [35.16163,-83.39011]

**Comfort Inn** 828-369-9200. Dog Friendly rooms available. Hiker Discount. Hot Breakfast, Indoor Pool. Guest Laundry. Free WiFi. Hotel has access to best hiker shuttle services in area.
Mail address: 313 Cunningham Rd Franklin NC 28734 [35.18441,-83.35675]

**1st Baptist Church Free Breakfast** AT Passport location. Serves a pancake breakfast for Hikers starting the middle of March and ending the middle of April. Picks hikers up at the motels and hostels and take them back. "We serve the breakfast!" M-Sun 7:30am. [35.18301,-83.38111]

| NoBo | Features | Description | GPS | Elev | SoBo |
|---|---|---|---|---|---|
| | | **Lazy Hiker Brewing Company** 828-349-2337. (www.lazyhikerbrewing.com) AT Passport location. Spring and Summer hours, M-Thu 12pm-9pm, F-Sa 12pm-11pm, Su 12pm-6pm. Food Truck on-site M-Th 12pm-8pm, F-Sa 12pm-9pm, Su 12pm-8pm. Computer and printer available for use, free WiFi. Pet friendly. | [35.18081,-83.38423] | | |
| | | **Outdoor 76** 828-349-7676. (www.outdoor76.com) AT Passport location. M–Sa 10 am-7 pm, Su closed. Specialty AT hiking store with lightweight gear, food & draft beer, right in center of town. Fuels available. Footwear experts with Pedorthic trained staff to deal with injuries and various foot issues. 10% off total purchase for thru-hikers. Computer available for use, free WiFi. Shipping services, in town shuttles.<br>No charge for Mail drops: 35 East Main Street, Franklin, NC 28734.<br>**Rock House Lodge taproom/restaurant**: Inside Outdoor 76<br>M-Sa 10 am-9 pm. 18 beers on tap, wine and food. Darts, indoor shuffleboard, community instruments for hikers, along with big screen T.V and occasional live music. Weekly food specials. Free WiFi. | [35.18208,-83.38076] | | |
| | | **Three Eagles Outfitters** 828-524-9061. www.threeeaglesoutfitters.net) AT Passport location. Open year round. M–Sa 9am–6pm, Su 12am–5pm. Full service outfitter. 10% AT thru hiker discount. Denatured alcohol and Coleman fuel by the ounce, fuel canisters. Computer available for use, free Wifi. Coffee and espresso bar and offers free beer for shoppers. Listing of shuttle providers available.<br>Mail drops: Three Eagles Outfitters 78 Siler Rd. Franklin, NC 28734. | [35.16426,-83.39101] | | |
| | | **Ruby City Gems and Minerals** 828-524-3967. (www.rubycity.com) ✉ gems@rubycity.com AT Passport location. M-Closed, Tu-Sa 10am-5pm, Su-Closed. | [35.18226,-83.37883] | | |
| | | **Currahee Brewing Co.** 828-634-0078. (www.curraheebrew.com) AT Passport location. Hours: M-Th 12am-9pm, F-Sa 12am-10pm, SU 2pm-7pm. | [35.18746,-83.37296] | | |
| | | **Lenzo Animal Hospital** 828-369-2635 (www.lenzoanimalhospital.tripod.com) M-F 8:30 am-5 pm, Sa 8:30 am-12pm, Su sometimes open. Emergency clinic 828-665-4399. | [35.14923,-83.39433] | | |
| | | **Jim Granato** 828-342-1573. Based out of Franklin.<br>**S to Unicoi Gap ➤ N to Stecoah Gap**. Speaks Italian, German, and Spanish. Please call a week in advance for availability, if wanting to get shuttled into the mountains. | | | |
| | | **Chuck Allen** 828-371-0849, (call after 1 pm) (hometownshuttle@gmail.com) Owner: Chuck Allen. Based out of Franklin, NC. Pet friendly. 365 days, 24/7 & holidays.<br>**S to Springer Mtn ➤ N to Davenport Gap**. | | | |
| | | **Beverly Carini** 850-572-7352 (cell) ✉ beverly.carini@gmail.com. Owner: Beverly Carini. Based out of Frankilin, NC. Pet friendly. Insured. 365 days, Mon-Sat, 7 AM - 7 PM; Sun, 1 PM – 7 PM & some holidays.<br>**S to Amicalola Falls ➤ N to Standing Bear Farm** & airport, bus & train terminals. Slackpacking. Parking, free. "My car can hold 7 hikers w/gear, plus driver." | | | |
| | | **Bobby The Greek** 847-400-7169 (cell) ✉ Hspentzos@gmail.com. Owner: Bobby Spentzos . Based out of Franklin, NC. Pet Friendly. 365 days, 24/7 & holidays.<br>**S to Atlanta airport ➤ N to Knoxville (Charlotte east)** & airport, bus & train terminals. "I hope to make your stay in Franklin, NC an enjoyable experience providing you long-distance & local rides. Extremely good rates from the AIRPORTS. " Covid precautions. Masks required. | | | |
| | | **Mike's AT Shuttles** 828-371-8275 (cell) ✉ mikesatshuttles@gmail.com. Owner: Mike Newton. Based out of Franklin, NC. Pet friendly. 365 days, (call for info) - 7 days. Holidays. Can accommodate early starts.<br>**S to Amacolola falls ➤ N to Davenport Gap** & airports, bus & train terminals. Slack-packing. | | | |
| | | **Road Runner** 706-291-7719(cell) Owner: Darlene Swofford. ✉ where2@mac.com (roadrunnerdriv-ingservice.com) Based out of Franklin, NC. Pet friendly. Insured. 365 days, 24/7 & some holidays. Limit of 3 riders. Covid precautions. Masks required.<br>**S to Atlanta, GA ➤ N to (unlimited range)** & airport, bus & train terminals. | | | |
| | | **Zen Shuttles** 828-332-0228 ✉ cgooder@gmail.com (www.goodergrove.com) Owner: Colin Gooder -"Zen." Based out of Franklin, NC. Pet friendly. Insured. 365 days, 24/7 & holidays. Discounts on shuttling if you stay at Gooder Gove Hiker Hostel.<br>**S to Atlanta, GA ➤ N to Erwin, TN** & airport, bus & train terminals. Slackpacking. Parking, free, when available. "Check out Gooder Grove Hiker Hostel on Facebook!" | | | |
| | | **Kat and John Shuttle Service** 706-982-1313 (Call or text) ✉ katntim13@gmail.com. Based out of Rabun Gap. Pet friendly. Insured. 365 days, 7am-9pm & holidays.<br>**S to Atlanta airport ➤ N to Clingmans Dome** & airport, bus & train terminals. Slack-packing. Covid precautions. Masks required. Also have masks for sale. | | | |

NoBo Features | Description | GPS | Elev | SoBo




| | | | | |
|---|---|---|---|---|
| 30.3 | | **Flatrock Gap**. Water is located (0.1) west, unreliable. Trail to Byron Reece Memorial Trail leads west (1.0) to U.S. 19 and parking. [34.73558,-83.92839] [34.74293,-83.92093] | 3487 | 2162.8 |
| 30.4 | | Balance Rock to the east of Trail. [34.73516,-83.92723] | 3453 | 2162.7 |
| 31.3 | {8} ★★★★★ | Cross **U.S. 19/129, Neel Gap**. Walasi-Yi Center. Last reliable water heading SOBO until Lance Creek at mile (7.3 miles). Last reliable water heading NOBO until Low Gap Shelter (11.5 miles) [34.73542,-83.91818] [34.74061,-83.92016] | 3125 | 2161.8 |
| | | **Mountain Crossings** 706-745-6095. (www.mountaincrossings.com) AT Passport location. Open year round. Store hours change seasonally, closed Christmas. Full service outfitter. Store hours: M-Su 9am-5pm. Will do a gear shakedown for you, if you would like, just ask. Long term resupply. Alcohol by the ounce. Charging station.<br>**Hostel:** Hostel is open year round. Absolutely NO PETS in hostel, leaving your animal outside while you stay in the hostel is NOT an option. No reservations. First come, first in. Bunkroom $20 includes shower with towel. Ask about shuttles. Outgoing shipping is available.<br>Mail drops (USPS/UPS/FedEx) held for 2 weeks, $1 donation fee upon pickup, 12471 Gainesville Hwy, Blairsville, GA 30512. [34.73516,-83.91788] | | |
| | | (0.3E) **Blood Mountain Cabins** 706-745-9454. (www.bloodmountain.com) AT Passport location. Cabin includes full kitchen and bath, satellite TV, holds 4 adults and 2 children (2 queen beds and sleeper sofa or futon). 3 Pet friendly cabins ($25 pet fee). All linens, toiletries and paper products provided. Thru-hiker rate $72 is a walk-in rate only—reservations made are full rate. Free laundry with stay. Free WiFi in the store.<br>**Country store** on-site that sells snacks, soft drinks, ice cream and candy. [34.73299,-83.92084] | | |
| | | (10.4) **Misty Mountain Inn & Cottages** 706-745-4786. (www.mistymtninn.com) New owners in 2016, Craig Griffiths. B&B rooms without breakfast $108, additional $10 includes breakfast. 6 Cottages available in sizes range for 1 to 6 people, price range from $105 to $125. Full kitchen and bath. Laundry, free WiFi. Shuttles: Free pickup and return from Neel Gap, Tesnatee Gap, and Hogpen Gap. Slackpacking included with multi night stay.<br>**Shuttle Services:** Year round. [34.83196,-83.88088] | | |
| | | (7.5W) **Jim's Smokin' Que (BBQ)** 706-835-7427 (jimssmokinque.com) M-W closed, Th-Sa 11am-8pm, Sun closed. Mini golf available. [34.82188,-83.90396] | | |
| | | (13.1) **Blairsville Bikes and Hikes** 706-745-8141. (www.facebook.com/BlairsvilleBikesandHikes) M-F 11am-5:30pm, Sat 11am-3pm, Sun closed. Fuel and hiker food available "Hiking essentials". [34.87578,-83.95925] | | |
| | | **Neels Gap AT Shuttle** 720-318-4800. neelsgapshuttle@gmail.com. Owner: Devison Kuhlmann - "Sprawl". Based out of Blairsville, GA. Pet friendly. Insured.<br>**S to AT Approach Trail < > N to Dicks Creek, U.S. 76**, (just past swag of Blue Ridge) & bus & train terminals. Slackpacking. | | |

# Hostels & Campgrounds

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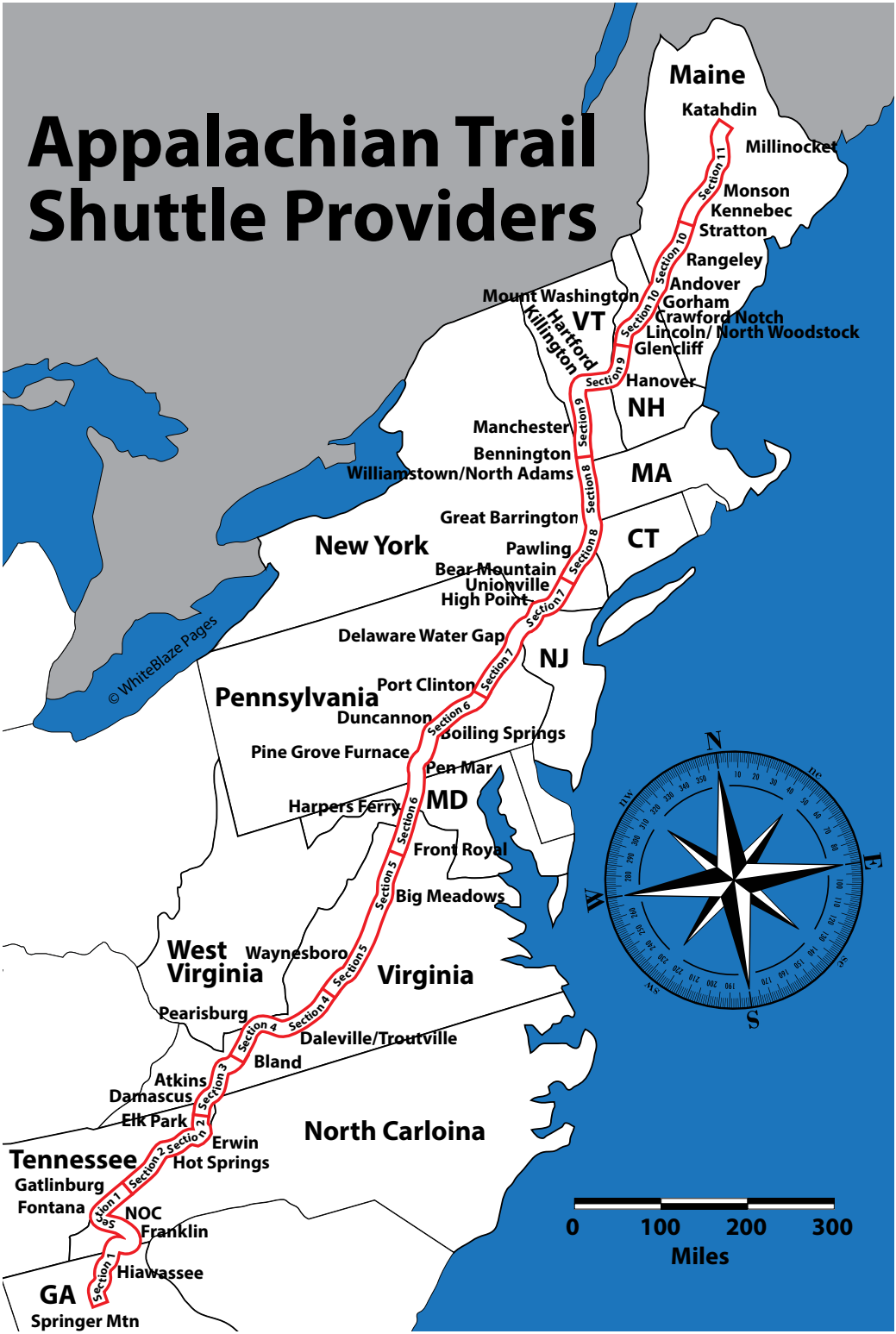
The following is a listing of hostels, campgrounds, and lodgings along the Appalachian Trail. This page will contain the basic contact information, with name, open and close dates, and physical mailing address, and GPS coordinates. The physical address is not the mail-drop address. Checking the detailed listing for the correct mail-drop address. The listing will also include the icons to show the features for the establishment. To find out more detailed information for each listing, go to their mileage location in the book.

| NoBo Mile | Features | Name/Contact info/Open dates/Physical mailing address/GPS Coordinates |
|---|---|---|
| 20.5 | | (1.3W) **Above The Clouds Hostel** 706-747-1022 (hostel) 678-983-0954(cell) ✉ atchostel@gmail.com (www.abovethecloudshostel.com) 1487 State Highway 60 Suches, GA 30572. [34.68316,-84.01732] |
| 20.5 | | (2.9E) **Kennedy Creek Resort** 404-720-0087 ✉ kennedycreekresort@gmail.com (kennedycreekresort. Bunk houses & dormitory. $40 per night plus $5 cleaning fee, laundry. Cabins also available. Dir Free Wi-Fi. 3001 High Valley Rd, Suches, GA 30572. |
| 20.5 | | (6.5E) **The Hiker Hostel @ Barefoot Hills Hotel** 770-312-7342 ✉ reservations@barefoothills.com (www.barefoothills.com)Open year round. 7693 US Highway 19N, Dahlonega, GA 30533. [34.61318,-83.96511] |
| 31.3 | | **Mountain Crossings** 706-745-6095. (www.mountaincrossings.com) Open year round. 12471 Gainesville Hwy, Blairsville, GA 30512. [34.73516,-83.91788] |
| 69.2 | | (0.6W) **Hostel Around the Bend** 706-389-9668 ✉ stay@hostelaroundthebend.com (www.hostelaroundthebend.com) Mail drops: (free for guests, $5 donation for non-guests) held for 21 days. ID required to pick up packages: 7675 US Hwy 76 E., Hiawassee GA 30546. [34.92035,-83.62492] |
| 69.2 | | (10.2W) **Hiawassee Budget Inn** 706-896-4121. (www.hiawasseebudgetinn.com) Open year round. 193 S Main Street, Hiawassee, Georgia. 30546. [34.93333,-83.75000] |
| 109.4 | | (11.2E) **Jack Tarlin Hostel** 828-524-2064. (www.baltimorejacksplace.com) 7 Derby Street Franklin, NC 28734. [35.18241,-83.37803] **Closed for 2021 Season** |
| 109.4 | | (11.6E) **Gooder Grove Hostel** 828-332-0228. Open Year Round. 130 Hayes Circle, Franklin, NC 28734. [35.17814,-83.37801] |
| 109.4 | | (12.6E) **Chica & Sunsets Hostel** 715-315-0876 (text preferred) chica@chicaandsunsets.com (www.chicaandsunsets.com) 103 Spring Rd., Franklin, NC 28734 [35.19349,-83.38744] |
| 109.4 | | **Budget Inn** 828-524-4403. (www.budgetinnoffranklin.com) 433 East Palmer Street, Franklin, NC 28734. [35.18228,-83.37731] |
| 124.0 | -------- | (4.3W) **Nantahala Mountain Lodge Tenting area** 828-321-2340 (www.northcarolinalogcabin.rentals/at-trail.html) 63 Britannia Drive, Topton. NC 28781. [35.20987,-83.62710] |
| 136.7 | | **Nantahala Outdoor Center** 828-785-5082. (www.noc.com) ✉ media@noc.com. 13077 Hwy 19W, Bryson City, NC 28713. [35.33120,-83.59173] |
| 150.5 | | (1.2E) **Appalachian Inn Bed & Breakfast** 828-735-1792. (www.appalachianinn.com) 300 Knoll Top, Robbinsville, NC 28771 [35.37041,-83.70485] |
| 150.5 | | (3.4E) **Stecoah Wolf Creek Hostel** 828-735-0768. ✉ lonnie479@gmail.com. Open Jan-Dec. 1751 NC-28, Robbinsville, NC 28771. [35.37127,-83.68515] |
| 150.5 | | (3.2E) **Cabin in the Woods** Craig 980-406-6446 or Eileen 224-420-0273. (www.thecabinsinthewoods.com) 386 W. Stecoah Hts., Robbinsville, NC 28771. [35.37696,-83.70186] |
| 158.3 | | (2.2W) **Creekside Paradise Bed and Breakfast** 828-346-1076. 259 Upper Cove Rd, Robbinsville, NC, 28771. [35.40920,-83.79804] |
| 158.3 | | (3.1 E) **The Hike Inn** 828-479-3677. ✉ hikeinn@graham.main.nc.us. Open Mar thru Oct. 3204 Fontana Rd., Fontana Dam, NC 28733. [35.41578,-83.72500] |
| 241.0 | | (9.0W) **The Discerning Hiker** 423-721-5278 ✉ discerninghiker@gmail.com (www.discerninghiker.com) 4319 Ground Hog Rd, Crosby, TN. 37722. |
| 241.5 | | (0.1W) **Standing Bear Farm** 423-487-0014. Open year round. 4255 Green Corner Rd, Hartford, TN 37753. [35.78615,-83.10180] |
| 268.3 | | (1.8W) **Happy Gnomads Hiker House** 865-256-2654, 828-206-2074. 6130 NC-209, Hot Springs, NC 28743. [35.838451,-82.855828] |
| 274.9 | | **Elmers Sunnybank Inn** 828-622-7206. (www.sunnybankretreatassociation.org) Open year round. 26 Walnut St., Hot Springs, NC 28743. [35.89124,-82.82979] |
| 274.9 | | **Hostel at Laughing Heart Lodge** 828-206-8487 (www.laughingheartlodge.com) Open year round. 289 NW Hwy 25/70, Hot Springs, NC 28743. [35.89077,-82.83301] |
| 274.9 | | **Appalachian Trail-er Bunkhouse** 828-713-5451 (www.blueridgehikingco.com) 200 Lance Ave, Hot Springs, NC 28743. [35.88977,-82.83169] |


Appalachian Trail
Shuttle Providers
Maine
Katahdin
Millinocket
Monson
Kennebec
Stratton
Rangeley
Andover
Gorham
Crawford Notch
Lincoln/ North Woodstock
Glencliff
Hanover
NH
Mount Washington
Hartford
Killington
VT
Manchester
Bennington
Williamstown/North Adams
MA
Great Barrington
CT
New York
Pawling
Bear Mountain
Unionville
High Point
Delaware Water Gap
NJ
Port Clinton
Pennsylvania
Duncannon
Boiling Springs
Pine Grove Furnace
Pen Mar
Harpers Ferry
MD
Front Royal
Big Meadows
West Virginia
Waynesboro
Virginia
Pearisburg
Daleville/Troutville
Bland
Atkins
Damascus
Elk Park
Erwin
Hot Springs
North Carloina
Tennessee
Gatlinburg
Fontana
NOC
Franklin
Hiawassee
GA
Springer Mtn
Section 1
Section 2
Section 3
Section 4
Section 5
Section 6
Section 7
Section 8
Section 9
Section 10
Section 11
© WhiteBlaze Pages
N
E
S
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0
100
200
300
Miles

# Shuttle Providers & Sections

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This is a listing of Appalachian Trail shuttle providers. The Trail is divided up into 11 sections, each section is roughly about 200 miles. If the shuttle provider covers one of these sections, there will be a shuttle icon under that section and all other icons that pertain to the area covered by them. However just because the icon is under that section it does not mean they cover that entire section. Please refer to the page number or mileage where they are listed in this guidebook to read their full description and see what they have listed for coverage.

Not all shuttle providers listed in this guidebook carry insurance. If we have them listed as insured, it is only because they told us they were insured. We did not verify this, we took their word for it. It is up to you to ask the shuttle provider whether or not they are insured and/or licensed to do transport or trust them and take a ride without them being insured.

This listing is for informational purposes only, and I receive no funding for posting this information.

**Notes**: Shuttles are not free. Talk with the provider about their costs.

**Hikers should be sure of their location for a pick-up and give the driver as many details as possible, maybe even GPS coordinates**.

- Shuttles areas covered
- Pet friendly
- Non-pet friendly
- Insured
- Slackpacking
- Some stipulations
- Airports
- Bus stations
- Train stations
- Can go to these locations south
- Can go to these locations north

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| Name / Pet friendly / Based out of / A.T. miles covered | Page or NOBO Mile | Sections and miles covered in each section | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Springer Mtn., GA Newfound Gap, TN | Newfound Gap, TN Elk Park/Roan Mtn., TN | Elk Park/Roan Mtn., TN Bland, VA | Bland VA Buena Vista, VA | Buena Vista, VA Front Royal, VA | Front Royal, VA Port Clinton, PA | Port Clinton, PA Bear Mountain NY | Bear Mountain NY Bennington VT | Bennington VT Glencliff NH | Glencliff NH Stratton ME | Stratton ME Mount Katahdin ME |
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | | 0.0-207.8 | 207.8-395.3 | 395.3-591.7 | 591.7-808.5 | 808.5-971.5 | 971.5-1219.2 | 1219.2-1405.5 | 1405.5-1612.8 | 1612.8-1793.1 | 1793.1-2003.8 | 2003.8-2192.0 |
| **Richard Anderson** Ellijay/GA, Springer Mtn. | Pg 13 | | | | | | | | | | | |
| **Ron's Appalachian Trail Shuttle** Ellijay, GA, Springer Mt. | Pg 13 | | | | | | | | | | | |
| **Marty Rogers** Atlanta, GA. | Pg 13 | | | | | | | | | | | |
| **Subman's Shuttles** Ellijay, GA. | Pg 13 | | | | | | | | | | | |
| **David "Solo" Tyler** Atlanta, GA. | Pg 14 | | | | | | | | | | | |
| **WAA-Adventures** Woodstock, GA. | Pg 14 | | | | | | | | | | | |
| **Barefoot Hills, Hiker Hostel Shuttles** Dahlonega, GA | Pg 14 | | | | | | | | | | | |
| **AT Hiker Shuttle** Suches, GA. | 20.5 | | | | | | | | | | | |
| **Chief Duffy** Dahlonega, GA. | 20.5 | | | | | | | | | | | |
| **White Blaze Shuttle Services** Dahlonega, GA. | | | | | | | | | | | | |
| **Neels Gap AT Shuttle** Blairsville, GA. | 31.3 | | | | | | | | | | | |
| **The Further Shuttle Appalachian** Blairsville, GA. | 31.3 | | | | | | | | | | | |
| **Ron's Hiker Shuttles** Hiawassee, GA. | 52.5 | | | | | | | | | | | |
| **Warrior** Cleveland, GA. | 69.2 | | | | | | | | | | | |
| **Budget Inn** Hiawassee, GA. | 69.2 | | | | | | | | | | | |
| **Jim Granato** Franklin, NC. | 69.2 | | | | | | | | | | | |
| **Zen Shuttles** Franklin, NC. | 109.4 | | | | | | | | | | | |
| **Chuck Allen** Franklin, NC. | 109.4 | | | | | | | | | | | |

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# Possible resupply locations along the Appalachian Trail

**ATTENTION**: For more detailed information read write-up under mileage in book and see map. Shaded entries are 1.0 miles or less from the Appalachian Trail that are full resupplies or PO's.

| NOBO Mile | Location (Designates map available = ★) | | From trail head | Options | SOBO Mile |
|---|---|---|---|---|---|
| 20.5 | Suches, GA | ★ | (2.0W) | 🧺 📪 | 2172.6 |
| 31.3 | Neel Gap, GA | | On Trail | 🛒 | 2161.8 |
| 31.3 | Blairsville, GA | | (14.0W) | 🛒 📪 | 2161.8 |
| 31.3 | Dahlonega, GA | | (17.0E) | 🛒 📪 | 2161.8 |
| 52.5 | Helen, GA | ★ | (9.0E) | 🛒 📪 | 2140.6 |
| 69.2 | Hiawassee, GA | ★ | (11.0W) | 🛒 📪 | 2123.9 |
| 109.4 | Franklin, NC | ★ | (10.0E) | 🛒 📪 | 2083.7 |
| 136.7 | NOC, NC | ★ | On Trail | 🛒 | 2056.4 |
| 150.5 | Stecoah Gap, NC (NC. 143) | ★ | (3.4E) | 🛒 | 2042.6 |
| 150.5 | Robbinsville, NC | ★ | (7.0W) | 🛒 📪 | 2042.6 |
| 165.9 | Fontana Village, NC | ★ | (2.0W) | 🛒 📪 | 2027.2 |
| 207.7 | Gatlinburg, TN | ★ | (15.0W) | 🛒 📪 | 1985.4 |
| 207.7 | Cherokee, NC | | (18.0E) | 🛒 📪 | 1985.4 |
| 239.2 | Davenport Gap, TN | ★ | (1.2E) | 🧺 | 1954.0 |
| 241.6 | Green Corner Road | ★ | (0.1W) | 🧺 | 1951.5 |
| 274.9 | Hot Springs, NC | ★ | On Trail | 🛒 📪 | 1918.2 |
| 291.2 | Log Cabin Rd | ★ | (0.7W) | 🛒 | 1901.9 |
| 319.7 | Sams Gap, TN | ★ | (2.7W) | 🧺 | 1873.4 |
| 344.3 | Uncle Johnny's Nolichucky Hostel | ★ | On Trail | 🛒 | 1848.8 |
| 344.3 | Erwin, TN | ★ | (3.8W) | 🛒 📪 | 1848.8 |
| 395.3 | Elk Park, NC | ★ | (2.3E) | 📪 | 1797.8 |
| 395.3 | Roan Mountain, TN | ★ | (3.5W) | 🛒 📪 | 1797.8 |
| 407.9 | Scotty's Budget Hostel | | (0.25W) | 🧺 | 1785.2 |
| 420.0 | Dennis Cove, TN | ★ | On Trail | 🛒 | 1773.1 |
| 428.5 | Shook Branch Road | ★ | (0.1W) | 🧺 | 1767.6 |
| 428.6 | Hampton, TN | ★ | (2.6W) | 🛒 📪 | 1764.5 |
| 455.7 | Shady Valley, TN | ★ | (2.7E) | 🧺 📪 | 1737.4 |
| 470.7 | Damascus, VA | ★ | On Trail | 🛒 📪 | 1722.4 |
| 520.2 | Troutdale, VA | ★ | (2.6E) | 🛒 📪 | 1672.9 |
| 534.3 | Sugar Grove, VA | | (3.2E) | 📪 | 1658.8 |
| 534.3 | Marion, VA | ★ | (6.0W) | 📪 | 1658.8 |
| 545.7 | Atkins, VA | ★ | On Trail | 🧺 📪 | 71.1 |
| 555.8 | Quarter Way Inn | | (0.3W) | 🛒 | 1637.3 |
| 558.3 | VA. 42/W Blue Grass Trail | ★ | (0.2E) | 🧺 | 1634.8 |
| 576.0 | Saint Luke's Hostel | | (5.1W) | 🛒 | 1617.1 |
| 591.8 | Bland, VA | ★ | (2.5E) | 🛒 📪 | 1601.3 |
| 591.8 | Bastian, VA | | (3.0W) | 🧺 📪 | 1601.3 |
| 610.2 | VA. 606 | | (0.5W) | 🧺 | 1582.9 |
| 625.4 | Sugar Run Gap, VA | ★ | (0.5E) | 🛒 | 1568.1 |
| 637.1 | Narrows, VA | | (3.6W) | 🛒 📪 | 1556.0 |
| 637.1 | Pearisburg, VA | ★ | (1.3E) | 🛒 📪 | 1556.0 |
| 677.8 | Newport, VA | | (8.0E) | 🛒 📪 | 1515.3 |
| 704.6 | Catawba, VA | ★ | (0.4W) | 🛒 📪 | 1488.5 |
| 730.3 | Daleville, VA | ★ | On Trail | 🛒 📪 | 1462.8 |
| 731.8 | Troutville, VA | ★ | (1.0E) | 📪 | 1461.3 |
| 751.9 | Buchanan, VA | ★ | (5.0W) | 🧺 📪 | 1441.2 |
| 758.5 | Jennings Creek Road, VA. 614 | ★ | (1.2E) | 🧺 | 1434.6 |
| 787.3 | Big Island, VA | | (5.6E) | 🧺 📪 | 1405.8 |

**Suches, GA (2.0W)**

20.5 **PO** M–F 12:15pm - 4:15pm, Sa-SU Closed. 706-747-2611. 72078 State Highway 60 Suches, GA 30572. [34.69004,-84.02210]

**Helen, GA 30545 (9.0E)**

52.5 **PO** M–F 9am–12:30pm and 1:30pm-4pm, Sa 9am-12pm. 706-878-2422. 7976 S Main St. Helen, GA 30545. [34.69801,-83.71968]

**Hiawassee, GA 30546 (11.0W)**

62.9 **PO** M-F 8:30am-5pm, Sa 8:30am-12pm. 706-896-4173. 118 N Main St. Hiawassee, GA 30546. [34.94988,-83.75796]

**Franklin, NC 28734 (10E)**

109.4 **PO** M-F 8:30am-5pm, Sa 9am-12pm. 828-524-3219. 250 Depot St. Franklin, NC 28734. [35.17885,-83.37433]

**Robbinsville, NC (7.0W) from Stecoah Gap.**

136.7 **PO** M-F 9am-4:30pm, Sa-Su Closed. 828-479-3397. 74 Sweetwater Rd. Robbinsville, NC 28771. [35.32396,-83.80100]

**Fontana Village, NC** (2W from NC 28)

165.9 **PO** M-F: 11:45am-3:45pm. 828-498-2315. 50 Fontana Rd. Fontana, NC 28733. [35.43506,-83.82551]

**Gatlinburg, TN (15.0W)**

207.7 **PO** M-F 9am-5pm, Sa 9am-11am. 865-436-3229. 1216 East Pkwy 37738. 1216 East Pkwy. Gattlinburg, TN 37738. [35.72556,-83.48150]

**Hot Springs, NC**

274.6 **PO** M-F 9am-11:30am & 1pm-4pm, Sa 9am-10:30am 828-622-3242. 11 Bridge St. Hot Springs, NC 28743. [35.89280,-82.82768]

**Erwin, TN 37650.**

344.3 **PO** M-F 8:30-4:45, Sa 10-12, 423-743-9422. 201 N Main Ave, Erwin TN 37650. [36.14673,-82.41555]

**Elk Park, NC. (2.5E)**

395.3 (2.3E) **PO** M-F 9am-12:30am & 1:30pm-4pm, Sa 8am-11:30am. 828-733-5711. 153 Main St. W, Elk Park, NC 28622. [36.15778,-81.98004]

**Roan Mountain, TN 37687 (3.5W)**

395.3 **PO** M-F 8am-12pm & 1pm-4pm, Sa 7:30am-9:30am 423-772-3014. 8060 US-19E, Roan Mtn, TN 37687. [36.20021,-82.07448]

**Hampton, TN 37658 (2.6W)**

428.5 **PO** M-F 7:30am - 11:30am, 12:30pm - 1:00pm. Sat-Sun Closed. 423-725-2177. 153 Main St. W. Hampton, TN 28622. [36.28621,-82.16526]

**Shady Valley, TN.(2.7E)**

455.7 **PO** M–F 8am-12pm, Sa 8am-10am, 423-739-2073. 136 Hwy 133. Shady Valley, TN 37688. [36.51961,-81.92803]

**Damascus, VA. 24236.**

470.7 **PO** M-F 8:30-1 & 2-4:30, Sa 9-11, 276-475-3411. 211 N Reynolds St. Damascus, VA 24236. [36.63608,-81.78988]

**Troutedale, VA 24378 (2.6E)**

520.2 **PO** M 8am-12pm, Sa 8am-11am, Su Closed. 93 Ripshin Rd. Troutedale, VA . 24378. [36.70260,-81.43910]

**Sugar Grove, VA 24375 (3.2E)**

534.2 **PO** M-F 8:30-12:30 & 1:30-3:30, Sa 8:15-10:30, 276-677-3200. 5444 Sugar Grove Hwy. Sugar Grove, VA 24375. [36.77535,-81.41308]

**Marion, VA 24354 (6.0W)**

534.3 **PO** M-F 9am-5pm, Sa 9:30am-12pm, 276-783-5051. 200 Pearl Ave. Marion, VA 24354. [36.83223,-81.51753]

**Atkins, VA.**

546.0 (3.0W) **PO** M-F 8:30am-12pm & 12:30am-3:15pm, Sa 9am-10:45am, 276-783-5551. 5864 Lee Hwy. Atkins, VA 24311. [36.86686,-81.42051]

**Bland, VA (2.5E)**

591.8 **PO** M-F 8:30am-11:30am & 12pm-4pm, Sa 9am-11am, 276-688-3751. 207 Jackson St. Bland, VA 24315. [37.10026,-81.11610]

**Bastian, VA 24314 (3.0W)**

591.8 **PO** M-F 8am-12pm, Sa 9:15am-11:15am, 276-688-4631. 178 Walnut St. Bastian, VA 24314. [37.15223,-81.15210]

**Pearisburg, VA (1.3E)**

637.1 **PO** M-F 9am-4:30pm, Sa 10am-12pm, 540-921-1100. 206 N Main St. Pearisburg, VA 24134. [37.32815,-80.73565]

**Narrows, VA (3.6W on VA 100)**

637.1 **PO** MF 9:30am-1:15pm & 2pm-4: 15pm, Sa 9am-11am, 540-726-3272. 305 Main St. Narrows, VA 24124. [37.33101,-80.81018]

**Newport, VA 24128 (8E)**

677.8 **PO** M-F 8:15am-11:30am & 12:30pm-3:15pm, Sa 9am-11pm, 540-544-7415. 119 Blue Grass Trl. Newport, VA 24128. [37.29055,-80.49825]

| | | | | |
|---|---|---|---|---|
| 0.2 | ◊Y<br>⛺{18}<br>⊑{12}<br>☾<br>🐻{2}📍 | (0.2E) **Springer Mountain Shelter➤2.6➤➤7.9➤➤➤15.5**<br>💧 Water (spring) 80 yards on a blue blazed trail in front of the shelter but is known to go dry, ⛺ tenting, ☾ privy, 🐻 2 bear boxes. Y Benton MacKaye Trail (southern terminus) is located 50 yards north on the AT. Y[34.62864,-84.19445] ⊑[34.62933,-84.19275] | 3730 | 2192.9 |
| 2.8 | 💧Y⛺{3}<br>⊑{16}<br>☾🐻📍 | (0.1E) **2.6<Stover Creek Shelter➤5.3➤➤12.9➤➤➤24.9**<br>💧 Water behind shelter is often dry but good water can be found where trail crosses Stover Creek 100 yards north of shelter, ⛺ tent pads, ☾ privy, 🐻 bear cables.<br>Y[34.65007,-84.19790] ⊑[34.65028,-84.19720] | 2954 | 2190.3 |
| 8.1 | 💧Y⛺<br>⊑{16}<br>☾🐻📍 | (0.2W) **7.9<<<5.3<Hawk Mountain Shelter➤7.6➤➤19.6➤➤➤20.8**<br>💧 Water is located 400 yards on a blue blazed trail behind the shelter, ⛺ tent pads, ☾ privy, 🐻 bear cables. Y[34.66467,-84.13702] ⊑[34.66608,-84.13638] | 3194 | 2185.0 |
| 15.7 | 💧Y<br>⛺{12}<br>⊑{14}<br>☾🐻📍 | (0.1W) **15.5<<<12.9<<7.6<Gooch Mountain Shelter➤12➤➤13.2➤➤➤22.3**<br>💧 Water (spring) is located 100 yards behind the shelter, ⛺ tent pads that can accommodate two tents each, ☾ privy, 🐻 bear box.<br>Y[34.65492,-84.04948] ⊑[34.65573,-84.04998] 💧[34.65652,-84.04954] | 3000 | 2177.4 |
| 27.7 | ◊Y⛺<br>⊑{7}<br>☾🐻📍 | Bird Gap<br>(0.4W) **24.9<<<19.6<<12<Woods Hole Shelter➤1.2➤➤10.3➤➤➤15.1**<br>◊ Water (stream) on trail to shelter is unreliable in dry months, ☾ privy, ⛺ tenting, 🐻 bear cables. Y[34.73706,-83.94835] ⊑[34.73713,-83.95500]<br>Bird Gap, Freeman Trail just east bypasses Blood Mtn. and rejoins AT at Flatrock Gap. | 3650 | 2165.4 |
| 28.9 | ⊑{8}<br>☾⛰📷📍 | Blood Mountain, open rocky summit.<br>**20.8<<<13.2<<1.2<Blood Mountain Shelter➤9.1➤➤13.9➤➤➤21.2**<br>Shelter is located south of summit, no water at shelter, ☾ privy, view. ⚠ **Fires are not permitted**. ⊑[34.73998,-83.93738] | 4461 | 2164.2 |
| 38.0 | 💧Y⛰<br>⛺{3}⊑{7}<br>☾🐻📷<br>📍 | Crest Wildcat Mountain.<br>(1.2E) **22.3<<<10.3<<9.1<Whitley Gap Shelter➤4.8➤➤12.1➤➤➤20.2**<br>💧 Water (spring) located (0.2) beyond shelter, ☾ privy, 🐻 bear cables. (0.1E) beyond shelter to ⛺ tent sites. Y[34.72476,-83.84102] ⊑[34.71238,-83.83440] | 3370 | 2155.1 |
| 42.8 | 💧⊑{7}<br>⛺{4}<br>☾🐻📍 | (190 yds E) **15.1<<<13.9<<4.8<Low Gap Shelter➤7.3➤➤15.4➤➤➤22.8**<br>💧 Water located 30 yards in front of shelter, ⛺ tenting, ☾ privy, 🐻 bear cables.<br>Y[34.77659,-83.826273] ⊑[34.77626,-83.82450] | 3050 | 2150.3 |
| 50.1 | Y💧⊑{7}<br>⛺{4}<br>☾🐻📍 | (0.1W) **21.2<<<12.1<<7.3<Blue Mountain Shelter➤8.1➤➤15.5➤➤➤23.6**<br>💧 (No potable water) at shelter, 💧 water (spring) located (0.1) south of shelter on AT, ⛺ tenting, ☾ privy, 🐻 bear cables. Y[34.81665,-83.76706] ⊑[34.81721,-83.76673] | 3900 | 2143.0 |
| 58.2 | Y💧⛺{3}<br>⊑{7}<br>☾🐻📍 | (230 yds W) **20.2<<<15.4<<8.1<Tray Mountain Shelter➤7.4➤➤15.5➤➤➤22.8**<br>💧 Water (box spring) located 50 yards behind shelter, ⛺ tenting, ☾ privy, 🐻 bear cables.<br>Y[34.80283,-83.67857] ⊑[34.80396,-83.67690] 💧[34.80491,-83.67568] | 4200 | 2134.9 |
| 65.6 | Y💧⛺{4}<br>⊑{12}<br>☾🐻📍 | (0.3E) **22.8<<<15.5<<7.4<Deep Gap Shelter➤8.1➤➤15.4➤➤➤20.3**<br>💧 Water (spring) is located (0.1) south on the trail to the shelter, ⛺ tenting, ☾ privy, 🐻 bear cables. Y[34.88539,-83.64790] ⊑[34.88249,-83.64597] 💧[34.88313,-83.64719] | 3550 | 2127.5 |
| 73.7 | 💧Y⛺{6}<br>⊑{14}<br>☾🐻⚠📍 | Plumorchard Gap.<br>(0.2E) **23.6<<<15.5<<8.1<Plumorchard Gap Shelter➤7.3➤➤12.2➤➤➤19.8**<br>💧 Creek on trail to shelter and spring (0.1W) of AT. ⛺ tenting, ☾ privy, 🐻 bear cables. ⚠ **Caution** the stump in front of the shelter has been home to copperhead snakes. 💧 Water located 200 yards west on AT beyond shelter.<br>Y[34.94607,-83.59118] ⊑[34.94603,-83.58830] | 3050 | 2119.4 |
| 81.0 | 💧Y ⊑{8}<br>⛺<br>☾📍 | (100 ft E) **22.8<<<15.4<<7.3<Muskrat Creek Shelter➤4.9➤➤12.5➤➤➤21.2**<br>💧 Water (spring) is located behind shelter, ⛺ tenting, ☾ privy. ⊑[35.02053,-83.58160] | 4600 | 2112.1 |
| 85.9 | 💧⛺⊑{8}<br>☾📍 | (250 ft E) **20.3<<<12.2<<4.9<Standing Indian Shelter➤7.6➤➤16.3➤➤➤19.7**<br>💧 Creek that serves as the water source for shelter is on the opposite side of the AT from the shelter. ⛺ tenting, ☾ privy. ⊑[35.04200,-83.54806] | 4760 | 2107.2 |
| 93.5 | 💧⛺⊑{8}<br>☾📍 | (100 ft E) **19.8<<<12.5<<7.6<Carter Gap Shelter➤8.7➤➤12.1➤➤➤19.6**<br>💧 Water (spring) is located 200 yards west on blue blaze trail, ⛺ tenting, ☾ privy.<br>⊑[34.99898,-83.49413] | 4540 | 2099.6 |
| 102.2 | 💧Y⛺{5}<br>⊑{16}<br>☾📍 | (0.1W) **21.2<<<16.3<<8.7<Long Branch Shelter➤3.4➤➤10.9➤➤➤18.2**<br>💧 Water, ⛺ tent sites, ☾ privy. ⊑[35.06996,-83.49815] | 4932 | 2090.9 |
| 105.6 | ◊Y⊑{8}<br>☾📍 | (300 ft W) **19.7<<<12.1<<3.4<Rock Gap Shelter➤7.5➤➤14.8➤➤➤19.6**<br>water (spring) is known to go dry, privy. ⊑[35.09143,-83.52310] | 3760 | 2087.5 |
| 113.1 | 💧Y ⊑{8}<br>⛺<br>☾🐻📍 | Southern end of blue blaze of Siler Bald Loop<br>(0.5E) **19.6<<<10.9<<7.5<Siler Bald Shelter➤7.3➤➤12.1➤➤➤17.9**<br>💧 Water (spring) is located 300 feet south of shelter on loop trail, ⛺ tenting, ☾ privy, 🐻 bear cable, south end of loop trail to shelter. ⊑[35.14413,-83.57250] | 4600 | 2080.0 |
| 120.4 | 💧⊑{8}<br>⛺{5}<br>☾📍 | **18.2<<<14.8<<7.3<Wayah Shelter➤4.8➤➤10.6➤➤➤15.5**<br>Shelter on AT. 💧 Water (Little Laurel Creek) is located 600 feet west of AT on blue blazed trail, ⛺ tent sites, ☾ privy. ⊑[35.18945,-83.56440] | 4480 | 2072.7 |

| | | | |
|---|---|---|---|
| 1.0 | ➔P{25} | Cross **USFS 42**, **Big Stamp Gap**. Information board. P Parking fee. ➔[34.63760,-84.19538] P[34.63733,-84.19515] | 2192.1 |
| 4.3 | 💧⛺🌊➔ P{5-6} | Cross **USFS 58, Three Forks**. Stover Creek, Chester Creek, and Long Creek all converge here. P Parking. 💧[34.66327,-84.18443] ➔[34.66356,-84.18413] P[34.66348,-84.18395] | 2188.8 |
| 6.2 | ➔🪑 P{6-8} | Cross **USFS 251, Hickory Flats**, 🪑 picnic pavilion, Hickory Flats cemetery is located (0.1) west ➔[34.66538,-84.16198] | 2186.9 |
| 8.6 | ➔P{8} | Cross **USFS 42/69, Hightower Gap**. Parking. ➔[34.66354,-84.12976] P[34.66363,-84.12976] | 2184.5 |
| 10.5 | ➔P{6-8} | Cross **Horse Gap. USFS 42** is visible ➔[34.65549,-84.10545] P[34.65573,-84.10580] | 2182.6 |
| 12.2 | ➔P{6} | Cross **USFS 42/80, Cooper Gap**, P parking. ➔[34.65302,-84.08471] P[34.65305,-84.08450] | 2180.9 |
| 16.9 | 💧➔P | Cross **USFS 42, Gooch Gap**, 💧 Water is located north 100 yards north and east 200 yards on a blue blazed trail. ➔[34.65217,-84.03225] P[34.65210,-84.03230] | 2176.2 |
| 20.5 | 💧Y🥾🚻 🪑P{40} 📷 | Cross **GA. 60, Woody Gap**, 🪑 picnic area, 💧 water (spring) is located (0.1) west of the AT on northern side of the gap. 📷 Good view to the souteast of parking area. 🥾[34.67759,-83.99993] P[34.67765,-83.99978] | 2172.6 |
| 23.6 | 💧YP | **Miller Gap**. Cross Dockery Lake Trail. 💧 Spring about 100 yards east on Dockery Lake Trail. Dockery Lake Trail leads (3.5) east to Dockery Lake Recreation area. Y[34.70344,-83.98510] | 2169.5 |
| 30.3 | ◊YP | **Flatrock Gap**. ◊ Water is located (0.1) west, unreliable. Trail to Byron Reece Memorial Trail leads west (1.0) to U.S. 19 and P parking. Y[34.73558,-83.92839] P[34.74293,-83.92093] | 2162.8 |
| 31.3 | 🥾P{8}⚠ | Cross **U.S. 19/129, Neel Gap**. Walasi-Yi Center. ⚠ Last reliable water heading SOBO until Lance Creek at mile (7.3 miles). Last reliable water heading NOBO until Low Gap Shelter (11.5 miles). 🥾[34.73542,-83.91818] P[34.74061,-83.92016] | 2161.8 |
| 37.3 | 🥾 P{10-12} | Skirts **GA. 348, Tesnatee Gap** and Russell Scenic Highway. P[34.72626,-83.84770] | 2155.8 |
| 38.2 | 🥾◊✪ P{10-12} | Cross **GA. 348**, Hogpen Gap, water (spring) south side of road on a blue blazed trail. **AT plaque on rock**. 🥾[34.72532,-83.83910] P[34.72590,-83.83988] | 2154.9 |
| 47.8 | 💧YP{7} | **Chattahoochee Gap**, Jack's Gap Trail west (2.4) to GA. 180 and P parking. 💧 Water (spring) is located 200 yards east on a steep blue blazed trail. Y[34.82242,-83.79717] P[34.84786,-83.79873] | 2145.3 |
| 52.5 | 🥾✪ P{14} | Cross **GA. 75**, **Unicoi Gap**, ✪ **AT plaque placed in a rock on north side of road**. 🥾[34.802115,-83.74299] P[34.80178,-83.74281] | 2140.6 |
| 55.2 | Y➔P | Cross **USFS 283**, **Indian Grave Gap**. Y Blue blaze trail leads (1.9) east to ⛺ Andrews Cove Campground. ➔[34.79287,-83.71429] P[34.79305,-83.71431] | 2137.9 |
| 56.9 | ➔P{6} | Cross **USFS 79/698**, **Tray Mountain Road**, **Tray Gap**. P[34.79938,-83.69100] | 2136.2 |
| 63.8 | 💧⛺🌊 ➔P | **Addis Gap**, old fire road leads (0.5) east to ⛺ campsite and 💧 water and eventually to **USFS 26-2**. During Turkey hunting season the locals like to use this campsite because they can drive into it. Old fire road leads (8.0) east to GA. 197. Y[34.86310,-83.65613] | 2129.3 |
| 69.2 | ◊🥾🪑 P{12} | Cross **U.S. 76**, **Dicks Creek Gap**, 🪑 picnic area, ◊ water is located near parking area. 🥾[34.91218,-83.61892] P[34.91231,-83.61885] | 2123.9 |
| 85.0 | 💧Y➔ P{8-10} | Cross **USFS 71**, **Deep Gap**, Kimsey Creek Trail leads (3.7W) to USFS **Standing Indian Campground**. ➔[35.03949,-83.55276] P[35.03960,-83.55250] | 2108.1 |
| 90.3 | ◊Y⛺P | **Beech Gap**, ◊ water (spring) is located 100 feet to the east but is unreliable. Y Beech Gap Trail leads (2.8) west to USFS 67 P parking area. 📍[35.01011,-83.52570] | 2102.8 |
| 98.1 | ➔◊ P{1-2}⚠ | Cross **USFS 83**, **Mooney Gap**. ◊ Trail crosses small stream (0.1S) and a culvert north on road. ⚠ Road closed mid-Dec thru first of Apr. P[35.03548,-83.47018] | 2095.0 |
| 99.7 | ⛰📷🗼 P{7} | **Albert Mountain** summit, 🗼 fire tower. 🗼[35.05256,-83.47752] P[35.05247,-83.48020] | 2093.4 |
| 105.7 | ➔ P{6-7} | **Rock Gap**. (1.5W) Standing Indian Campground. P[35.09406,-83.52250] | 2087.4 |
| 109.4 | 💧🥾 P{15-20} | Cross **U.S. 64**, **Winding Stair Gap**, piped spring. 🥾[35.12051,-83.54716] P[35.11975,-83.54818] | 2083.7 |
| 117.1 | 💧➔P{4-5} | Cross **USFS 69**, water (piped spring) is located a few yards to the east. ➔[35.17069,-83.58312] | 2076.0 |
| 119.4 | 🚻➔P | USFS Road termination, 🚻 restrooms and P parking to the east. | 2073.7 |
| 119.5 | 📷🗼✪ P{20} | **Wayah Bald**, 🗼 stone observation tower. P Parking lot and a paved footpath. 🗼[35.18026,-83.56071] P[35.17871,-83.56231] | 2073.6 |
| 124.0 | ➔P{7} 📶 | Cross **NC. 1397**, gravel. **Burningtown Gap**, large clearing with apple trees. 📶 Good cell service here. ➔[35.22232,-83.56226] P[35.22230,-83.56220] | 2069.1 |
| 128.8 | ➔P{10} | Cross **NC. 1365**, gravel. **Tellico Gap**. P Parking, not recommend low clearance vehicles. ➔[35.26817,-83.57229] P[35.26820,-83.57231] | 2064.3 |
| 136.7 | 🥾P{10} | Cross **US 19/74**, Nantahala Gorge, Nantahala Outdoor Center. 🥾[35.33111,-83.59179] P[35.33120,-83.59220] | 2056.4 |
| 150.5 | 💧🥾🪑 P{6-8} | Cross **NC. 143**, Sweetwater Road, **Stecoah Gap**, 🪑 picnic table. 💧 Water (spring) is located 200 feet on blue blaze west on NC 143 then left 250 feet on abandoned overgrown logging road. 🥾[35.35841,-83.71800] P[35.35828,-83.71790] | 2042.6 |

# Hiker Slang

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**2000-Miler =** A person who has hiked the entire distance of the trail either by thru-hiking or section hiking. Also known as an **End-to-ender**.
**Alpine Zone** = The area consisting of all the land above tree line in New England. (See: **Treeline**).
**AMC** = The "Appalachian Mountain Club" has a huge presence in the White Mountains of New Hampshire, as well as throughout some of the more popular backcountry destinations across New England. The run a number of high-end Huts.
**AT, A.T. =**The Appalachian Trail.
**AYCE =** All You Can Eat Restaurants that offer all you can eat buffets are very popular with hungry hikers.
**AYH** = The abbreviation for American Youth Hostels.
**Bald** = A low elevation mountain surrounded by forest yet devoid of trees on the crown. Typically covered with meadows, balds can offer great views and are a good place to find wild berries, they also attract much wildlife. A southern term.
**Base Weight** = The weight of your backpack plus all the gear that's inside it, but not counting consumables like food, water and fuel.
**Bear bag** = The bag used by hikers to hang their food out of reach of bears and other critters.
**Bear cable** = A permanent cable rigged high between two trees specifically for hanging bear bags.
**Blow-down =** A tree or shrub that has fallen across the Trail.
**Blue blaze** = Spur trails off the AT. Leading to shelters, views, water sources etc. are often marked by AT style blazes painted Blue.
**Blue-blazer** = A long-distance hiker who substitutes a section of blue-blazed trail for a white-blazed section between two points on the Trail.
**Bog bridge** = Narrow wooden walkway placed to protect sensitive wetlands. (See: **Puncheon**).
**Bounce box** = A mail-drop type box containing seldom used necessities that is 'bounced', (mailed), ahead to a town where you think you might need the contents.
**Brown-blazing =** Taking an off-trail detour to take a dump.
**Bushwhack** = To hike where there is no marked trail.
**Cache** = A Cache is a place where you store gear, food and other supplies before a long trip. The Cache is usually on or near the trail, allowing you to resupply when you reach it.
**Cairn** = A structure made of rocks used to mark a trail where trees aren't present for Blazes, like in Alpine Zones. Some are just loose piles while others are more decorative.
**Camel Up** = Cameling Up is a process to help you stay hydrated without needing to carry lots of heavy water bottles during your hike. When you reach a water source, you refill quickly -- usually with an inline filter like a Sawyer Mini -- and then gulp down all the water immediately before heading off down the trail again. This allows you to get the water into your system quickly while avoiding the need to carry heavy, full water bottles ( 2.2 pounds per liter!) on the hike. A technique commonly used by Ultralight hikers.
**Cat Hole** = A small hole dug by a hiker for the deposit of human waste when **Brown-blazing**.
**CDT** = The "Continental Divide Trail," a 3,100 mile long trail, following the Continental Divide along the Rocky Mountains and traversing Montana, Idaho, Wyoming, Colorado, and New Mexico.
**Col** and **Sag** = Typically dips in the ridge without a road, while **Gap** and **Notch** are typically larger dips that have a road going through. **Sag** is a typically southern term, as is **Gap**, while Col and Notch are typically northern terms. Water Gap, is of course, a Gap with a river.
**Col** and **Notch** are typically northern terms. **Water Gap**, is of course, a **Gap** with a

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