

WhiteBlaze Pages 2022

(Interactive PDF for Gaia GPS)

A Complete Appalachian Trail Guidebook

Rick "Attroll" Towle



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ME

Bear bag & more

Hostels

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Appalachian Trail

2194.3 miles



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HELP ME KEEP THIS GUIDE UP TO DATE

I am constantly trying to find ways to improve this guidebook. If you have any comments, suggestions, corrections or any other information to help me improve the next edition of this guidebook, contact me through:

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ATTENTION

If you know of any other locations and coordinates that you think should be in this guidebook, please share them with me so they can be added.

Contact me at [✉ whiteblazepages@gmail.com](mailto:whiteblazepages@gmail.com)

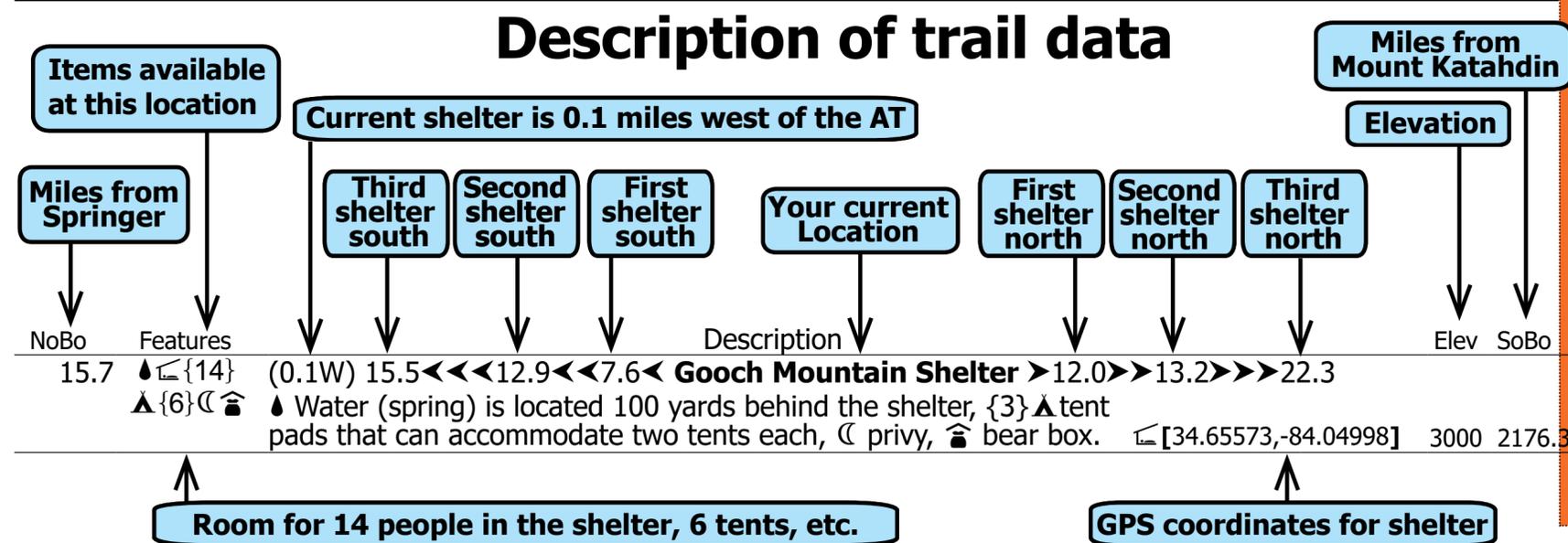
Icon Legend

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
Warnings or important information	
Post Offices are highlighted	
Hostels are highlighted	
Shuttle Providers are highlighted	
State lines are highlighted	
Reroute, trail bypasses on this section for now	

Gaia GPS Legend

📍	Attractions, important stuff, State lines, ect.	🏠	View
📮	Post Office	📷	Photo opertunity or
👕	Laundry	🏠	Cemetery or grave
🚶	Outfitter	🐕	Vet
📖	Library	🏥	Hospital
📍	Information	💧	Water
📍	Resupply possibilities	🏠	Lodging
📍	Crossing of road, tote road, or use as a reference	🍽️	Restaurant
🏠	Pharmacy	★	ATC
🏠	Hostel	🏠	Shelter
P	Parking	🏊	Swimming
⛺	Summit	🚻	Privy or restroom
🍽️	Picnic Table	🐾	Dog
🗼	Tower, fire tower, or observation deck	⚡	Junction with another trail or road

Description of trail data

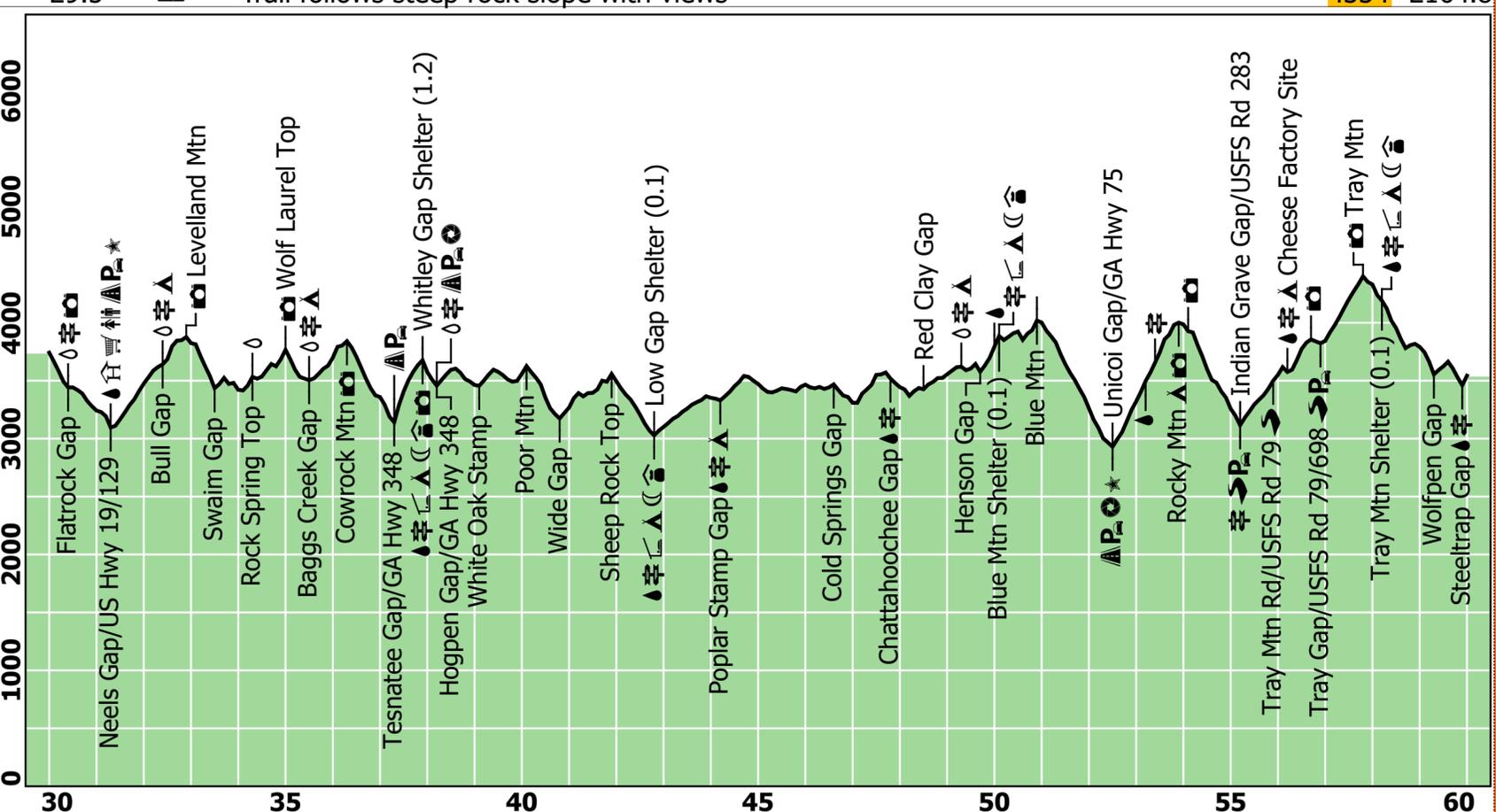


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19.3		Tritt Gap		[34.67293,-84.01186]	3031	2175.0		
20.1		Creek.		[34.67327,-84.00359]	3281	2174.2		
20.5	 	Cross GA. 60, Woody Gap , picnic area, water (spring) is located (0.1) west of the AT on northern side of the gap. Good view to the southeast of parking area.		[34.67759,-83.99993]	P [34.67765,-83.99978]	3198 2173.8		
		(1.3W) Above The Clouds Hostel 706-747-1022 (hostel) 678-983-0954(cell)		atcshostel@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) Hiker Hostel at 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 \$35+ per night, depending upon day of week, seasonality and general availability. Private rooms and cabins begin at \$95+ for up to two guests. Private rooms and cabins can accommodate up to 2-6 guests at a time depending on room type. 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. Beer and wine are also available for purchase with daily happy hour specials from 5-7 pm. Grab-n-go snacks and meals are available for purchase in the cafe. Limited retail supplies available for purchase onsite including canister fuel, hiking gear, supplies, and dried food. 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.		[34.61318,-83.96511]				
		Mail drops: (USPS/FedEx/UPS) 7693 US Highway 19N, Dahlonega, GA 30533.						
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]				
		Suches Hiker Shuttles 678-967-9510 "Ask for Murriss" murrismiller@gmail.com (FB: HikershuttlesinGA) Owner: Murriss. Based out of 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. Propane available."		[34.68938,-84.02203]				
		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."		[34.68938,-84.02203]				
		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."		[34.68938,-84.02203]				
		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. Parking, free. "Ready to help anyone anytime. In-depth knowledge of the area's history, happenings, and culture." Covid precautions. Masks optional.		[34.68938,-84.02203]				
21.6		Preachers Rock, view,		[34.68938,-84.02203]	3580	2172.7		
21.9		Rocky face of Big Cedar Mountain , Preaching Rock, rock outcrop just south of summit.		[34.68721,-83.99403]	3737	2172.4		
22.3		Small spring to west in Augerhole Gap .		[34.68938,-84.02203]	3624	2172.0		
22.8		Cross small stream on east slope of ridge.		[34.69725,-83.98982]	3310	2171.5		
22.9		Dan Gap .		[34.69873,-83.98890]	3261	2171.4		
23.6		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	2170.7		
24.0		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	2170.3		
25.7		Flat area known as Burnett Field Mountain .		[34.72220,-83.97032]	3480	2168.6		
26.1		Water (spring) unreliable		[34.72220,-83.97032]	3330	2168.2		
26.3		Jarrard Gap , USFS, water (stream) is located (0.3) west. Jarrard Gap Trail (1.0) west to Lake Winfield Scott.		[34.72657,-83.96492]	[34.73406,-83.97318]	3250 2168.0		
		(1.0W) on the Jarrard 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. 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 Mountain, 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	2167.6		

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27.7	<p>Bird Gap (0.4W) 24.9 <<< 19.6 <<< 12 < Woods Hole Shelter > 1.2 >>> 10.3 >>> 15.1</p> <p>Water (stream) on trail to shelter is unreliable in dry months, privy, tenting, bear cables. [34.73706,-83.94835] [34.73713,-83.95500]</p> <p>Bird Gap, Freeman Trail just east bypasses Blood Mtn. and rejoins AT at Flatrock Gap. 2166.6</p>
28.0	<p>Slaughter Creek Trail at Slaughter Creek Gap, water is unreliable. 3790 2166.3</p> <p>[34.74080,-83.94410]</p>
28.1	<p>Slaughter Creek campsite to the west, tent pads. Fires are not permitted. 3800 2166.2</p> <p>[34.74044,-83.94448]</p>
28.5	<p>Duncon Ridge and Coosa Trail west. 4168 2165.8</p> <p>[34.74192,-83.94128]</p>
28.9	<p>Blood Mountain, open rocky summit. 20.8 <<< 13.2 <<< 1.2 < Blood Mountain Shelter > 9.1 >>> 13.9 >>> 21.2 4461</p> <p>Shelter is located south of summit, no water at shelter, privy, view. Fires are not permitted. [34.73998,-83.93738] 2165.4</p>
29.5	<p>Trail follows steep rock slope with views 4334 2164.8</p>



30.3	<p>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] 3487 2164.0</p> <p>[34.74293,-83.92093]</p>
30.4	<p>Balance Rock to the east of Trail. [34.73516,-83.92723] 3453 2163.9</p>
31.3	<p>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) 3125 2163.0</p> <p>[34.73542,-83.91818] [34.74061,-83.92016]</p>

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.

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. Mail drops (USPS/UPS/FedEx) held for 2 weeks, \$1 donation fee upon pickup, 12471 Gainesville Hwy, Blairsville, GA 30512. [34.73516,-83.91788]

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. **Country store** on-site that sells snacks, soft drinks, ice cream and candy. [34.73299,-83.92084]

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. **Shuttle Services:** Year round. [34.83196,-83.88088]

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]

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. **S to AT Approach Trail < > N to Dicks Creek, U.S. 76,** (just past swag of Blue Ridge) & bus & train terminals. Slackpacking.

The Further Shuttle Appalachian 772-321-0905 (Grateful's cell) indigoskies4u@gmail.com (www.gratefulhiker.com) Owner: Donald - "Grateful". Based out of Blairsville, GA. Pet friendly. 365 days - 24/7. & holidays. **S to Atlanta airport < > Roan Mtn & airports,** bus & train terminals. Slackpacking. Parking, free, short-term, for section hikers. Unable to provide parking for thru hikers. "We have several drivers and have private rooms to rent by the airport. Covid precautions, as needed."

Blairsville, GA 30514 (14W) All major services. [34.87576,-83.95754]

Dahlonega, GA 30597(17E) All major services. [34.53253,-83.98501]

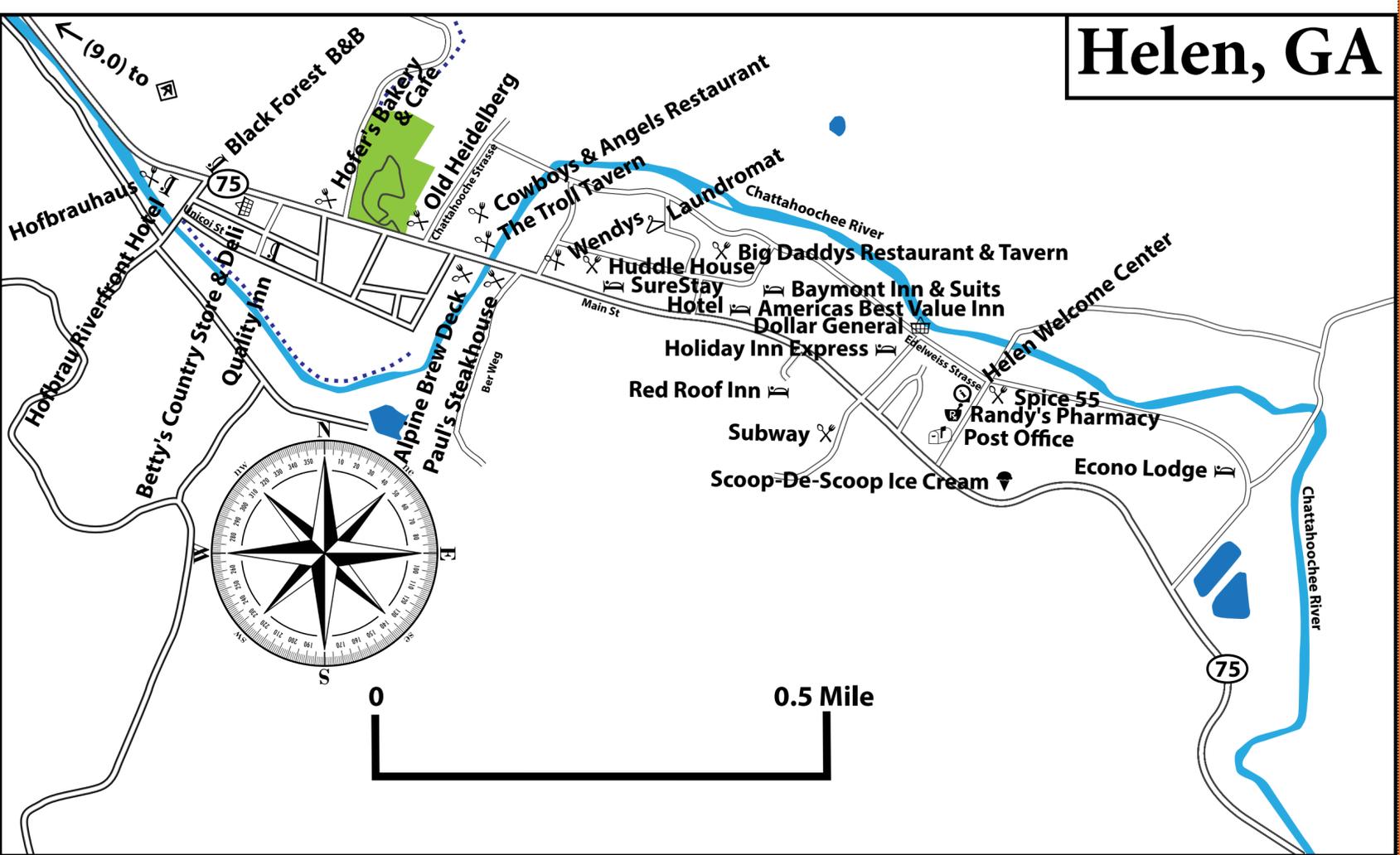
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32.4	♠♠♠	Bull Gap , water (spring) on blue blazed trail to the west downhill 200 yards. ♠[34.73249,-83.90763]	3644	2161.9	
32.8	♠♠	Levelland Mountain , wooded summit. ♠[34.73204,-83.90128]	3942	2161.5	
33.0	♠♠♠	Crest of Levelland Mountain , open rocky area, view. ♠[34.73055,-83.89836]	3668	2161.3	
33.4	♠♠	Swaim Gap . ♠[34.72561,-83.89124]	3450	2160.9	
34.3	♠♠	Pass west of Rock Spring Top , ♠ water (spring) is located to the west of the trail. ♠[34.72681,-83.88535]	3520	2160.0	
35.0	♠♠	Wolf Laurel Top , open rock face east of the trail offers views. Baggs Creek Gap , not an obvious gap. Water (spring) is located down an overgrown road to the west, not an ATC approved camping spot. ♠[34.72517,-83.87463]	3766	2159.3	
35.5	♠♠♠	♠[34.72628,-83.86614] ♠[34.72734,-83.86590]	3591	2158.8	
36.3	♠♠♠	Cowrock Mountain , summit offers good views of the valley below. ♠[34.72159,-83.85647]	3842	2158.0	
37.3	♠{10-12}	Skirts GA. 348, Tesnatee Gap and Russell Scenic Highway. ♠[34.72626,-83.84770]	3138	2157.0	
37.8	♠♠	Rock cliff with views of Cowrock Mountain and gorge of Town Creek. ♠[34.72617,-83.84371]	3614	2156.5	
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	2156.3	
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] ♠[34.72590,-83.83988]	3450	2156.1	
★★★★★					
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	2155.2	
40.2	♠♠	Poor Mountain , summit. ♠[34.74645,-83.82610]	3650	2154.1	
40.8	♠	Wide Gap . ♠[34.75524,-83.82822]	3169	2153.5	
42.0	♠♠♠	Sheep Rock Top , rocky summit. ♠[34.76882,-83.82884]	3600	2152.3	
42.8	♠{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	2151.5	
44.2	♠♠♠	Poplar Stamp Gap , water (stream) is located several (0.1E) down an old road bed. ♠[34.78964,-83.81352]	3330	2150.1	
46.6	♠♠	Cold Springs Gap , pay no attention to the name you will not find a spring, ♠ Tenting. ♠[34.81072,-83.80993]	3300	2147.7	
47.8	♠♠♠{7}	Chattahoochee Gap , Jack's Gap Trail west (2.4) to GA. 180 and ♠ parking. ♠ Water (spring) is located 200 yards east on a steep blue blazed trail. ♠[34.82242,-83.79717] ♠[34.84786,-83.79873]	3500	2146.5	
48.5	♠♠	Red Clay Gap . ♠[34.82243,-83.78732]	3485	2145.8	
49.2	♠♠	Campsites to west of trail. ♠[34.82230,-83.77704]	3600	2145.1	
49.4	♠♠♠	Campsites to west of trail. ♠[34.81759,-83.77594]	3500	2144.9	
49.6	♠♠	Flat area known as Rocky Knob. Water is about 150 yards west down rocky slope. ♠[34.81703,-83.77443]	3629	2144.7	
49.7	♠	Henson Gap . ♠[34.81666,-83.77298]	3580	2144.6	
50.0	♠♠	Spring on west side trail. This is the water for Blue Mountain Shelter. ♠[34.81673,-83.76812]	3890	2144.3	
50.1	♠{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	2144.2	
51.0	♠♠	Blue Mountain , summit ♠[34.81261,-83.75489]	4025	2143.3	
52.5	♠{14}	Cross GA. 75, Unicoi Gap , ♠ AT plaque placed in a rock on north side of road . ♠[34.802115,-83.74299] ♠[34.80178,-83.74281]	2949	2141.8	
★★★★★					
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 Helen, GA map . ♠[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]					
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 813-294-6994 (cell, text preferred) Owner: Gracie Rogers. Based out of Hiawassee, GA. ♠ Pet friendly ♠ Insured. 365 days, 24/7 & holidays. S to Atlanta, GA < > N to Fontana Dam & ✈ airport, ♠ bus & ♠ train terminals. ♠ Slackpacking.					

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

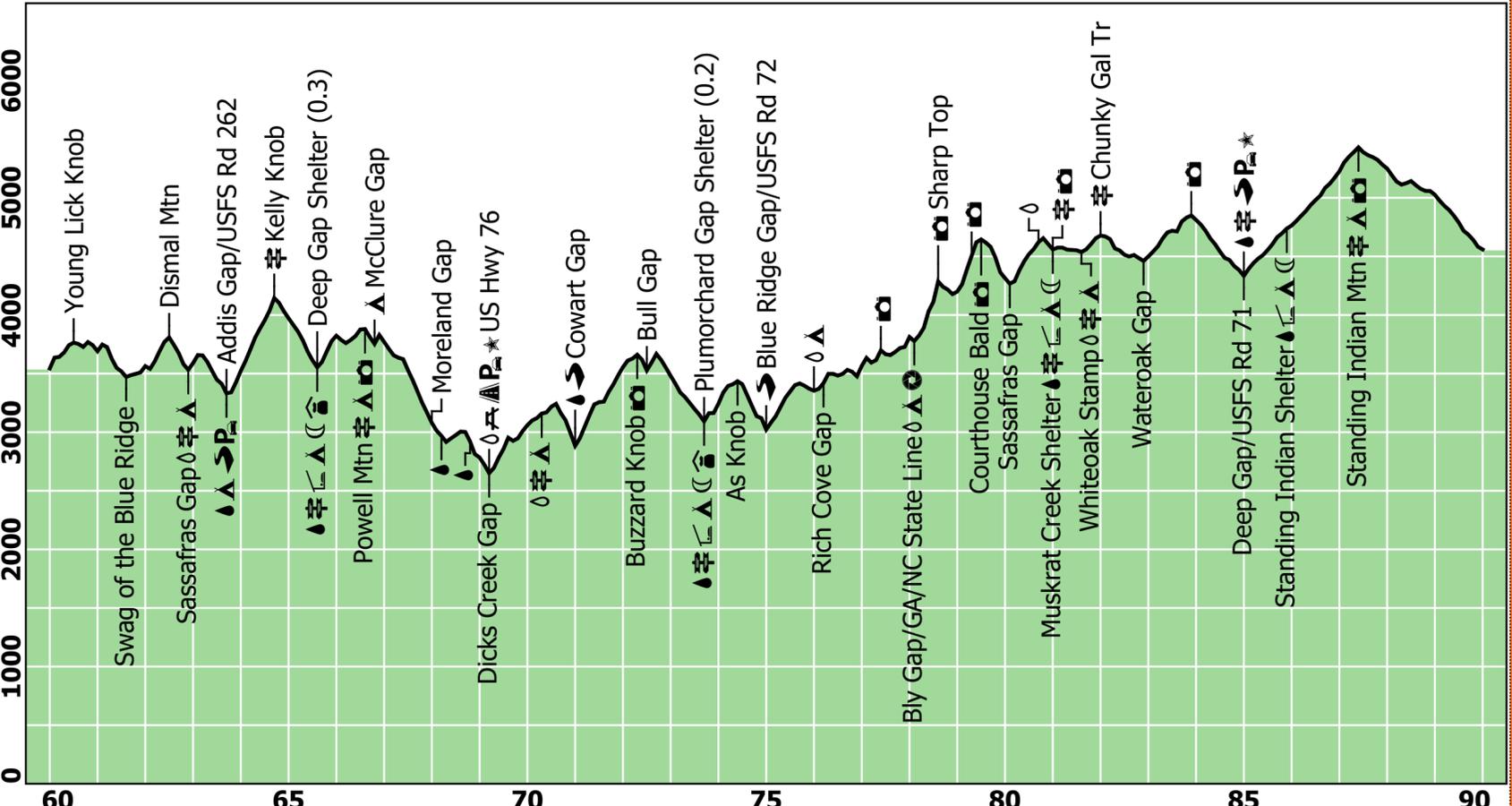
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Helen, GA



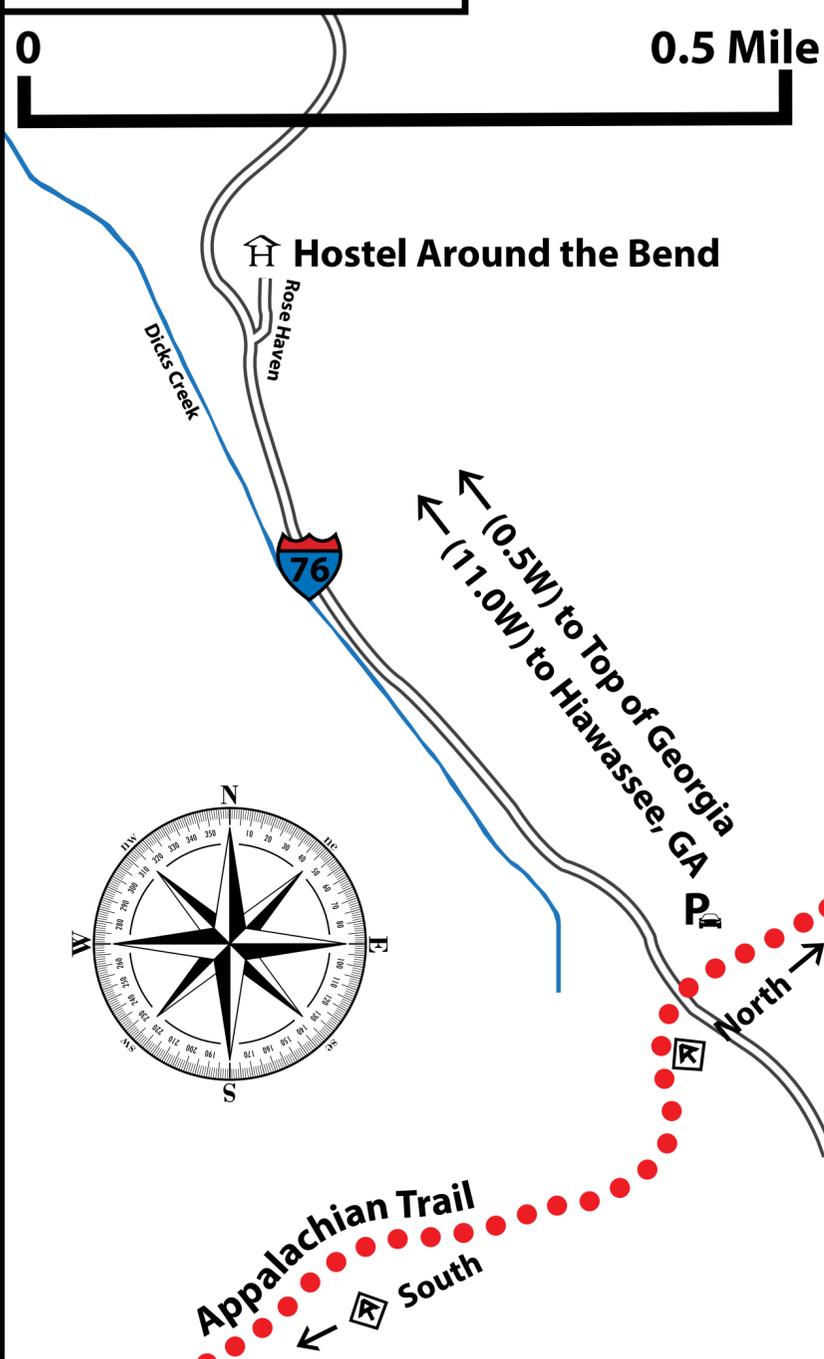
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53.1	📍	Cross stream , Hiwassee River (headwaters).	📍 [34.80189,-83.73534]	3504	2141.2
53.4	📍	Rocky Mountain Trail leads (1.0W) to USFS 283.	📍 [34.80395,-83.73231]	3702	2140.9
53.9	📍	Rocky Mountain , summit.	📍 [34.79817,-83.73046]	4017	2140.4
54.1	📍	Rock ledges with good views.	📍 [34.79761,-83.72715]	3965	2140.2
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	2139.1
55.9	📍	Cross USFS 79, Tray Mountain Road	📍 [34.79329,-83.70323]	3580	2138.4
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	2138.1
56.7	📍	Rocky cliff with small overlook.		3853	2137.6
56.9	📍	Cross USFS 79/698, Tray Mountain Road, Tray Gap .	📍 [34.79938,-83.69100]	3847	2137.4
57.7	📍	Tray Mountain , small rocky summit, views in all directions.	📍 [34.80138,-83.68395]	4430	2136.6
58.2	📍	(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.	📍 [34.80283,-83.67857] 📍 [34.80396,-83.67690] 📍 [34.80491,-83.67568]	4200	2136.1
59.4	📍	Wolfpen Gap .	📍 [34.81118,-83.66288]	3600	2134.9



60.0	📍	Steeltrap Gap , water (spring) is located 280 yards east down blue blaze trail.	📍 [34.81686,-83.65697] 📍 [34.81516,-83.65540]	3490	2134.3
60.5	📍	West side of Young Lick Knob .	📍 [34.82294,-83.65250]	3800	2133.8
61.8	📍	Cross Swag of the Blue Ridge .	📍 [34.83838,-83.65917]	3400	2132.5
62.9	📍	Sassafras Gap , 📍 camp sites, 📍 water (spring) is located 150 yards downhill to the east.	📍 [34.85294,-83.66067] 📍 [34.85382,-83.65917]	3500	2131.4
63.8	📍	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.	📍 [34.86310,-83.65613]	3304	2130.5
64.8	📍	Trail to Kelly Knob (0.2) west.	📍 [34.87822,-83.65451]	4276	2129.5
65.6	📍	(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.	📍 [34.88539,-83.64790] 📍 [34.88249,-83.64597] 📍 [34.88313,-83.64719]	3550	2128.7
66.6	📍	Blue blaze trail east leads several yards to 📍 campsites and 📍 view, no water .	📍 [34.89286,-83.63628] 📍 [34.89246,-83.63507]	3827	2127.7
66.8	📍	McClure Gap . 📍 Tenting	📍 [34.89394,-83.63341]	3767	2127.5
67.0	📍	Powell Mountain , summit.	📍 [34.89283,-83.63070]	3850	2127.3
68.0	📍	Moreland Gap . An old overgrown roadbed leads west.	📍 [34.90120,-83.62826]	3050	2126.3
68.2	📍	Stream.	📍 [34.90244,-83.62714]	2650	2126.1
68.8	📍	Stream.	📍 [34.90821,-83.62215]	2650	2125.5

Dicks Creek



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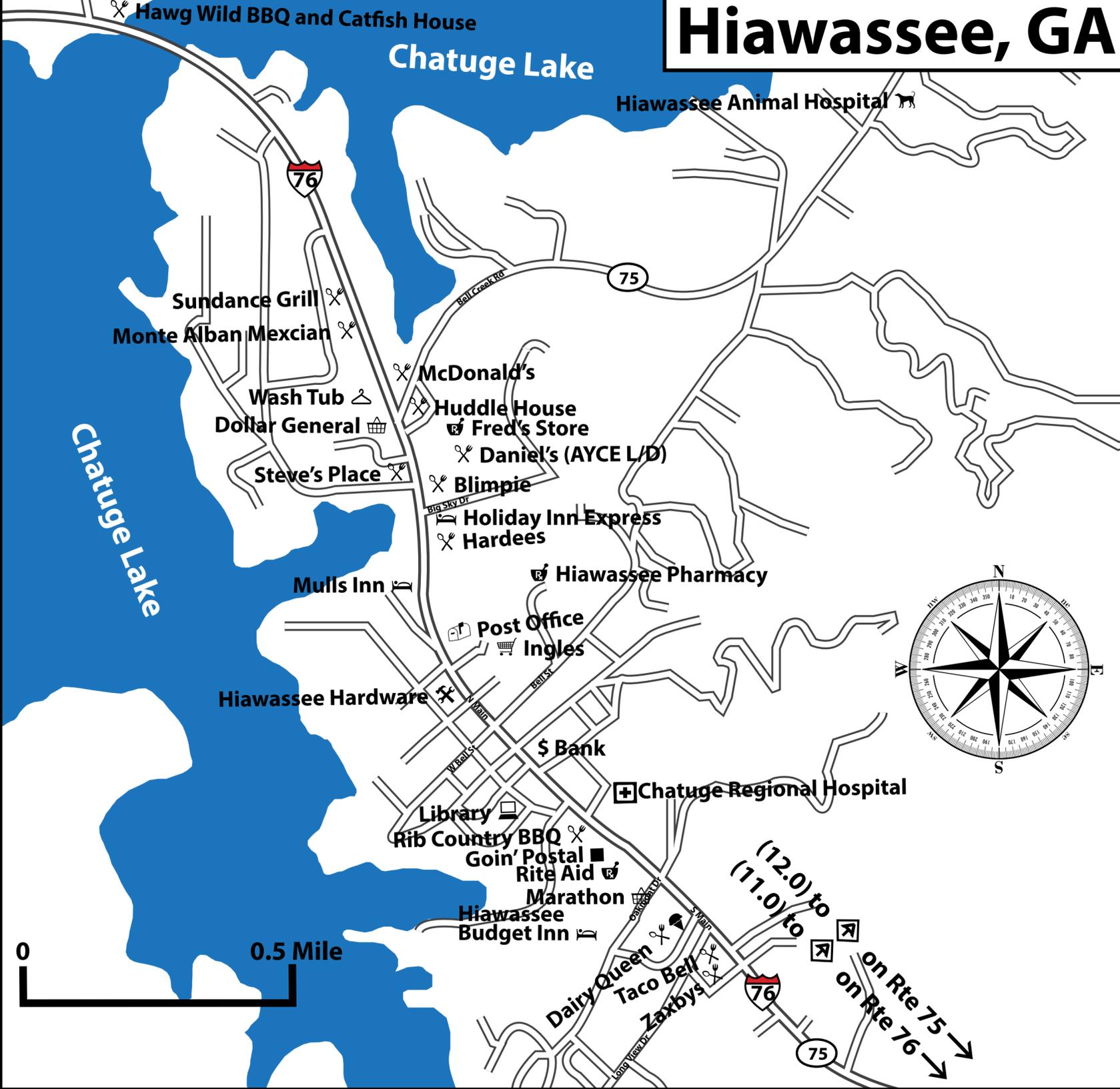
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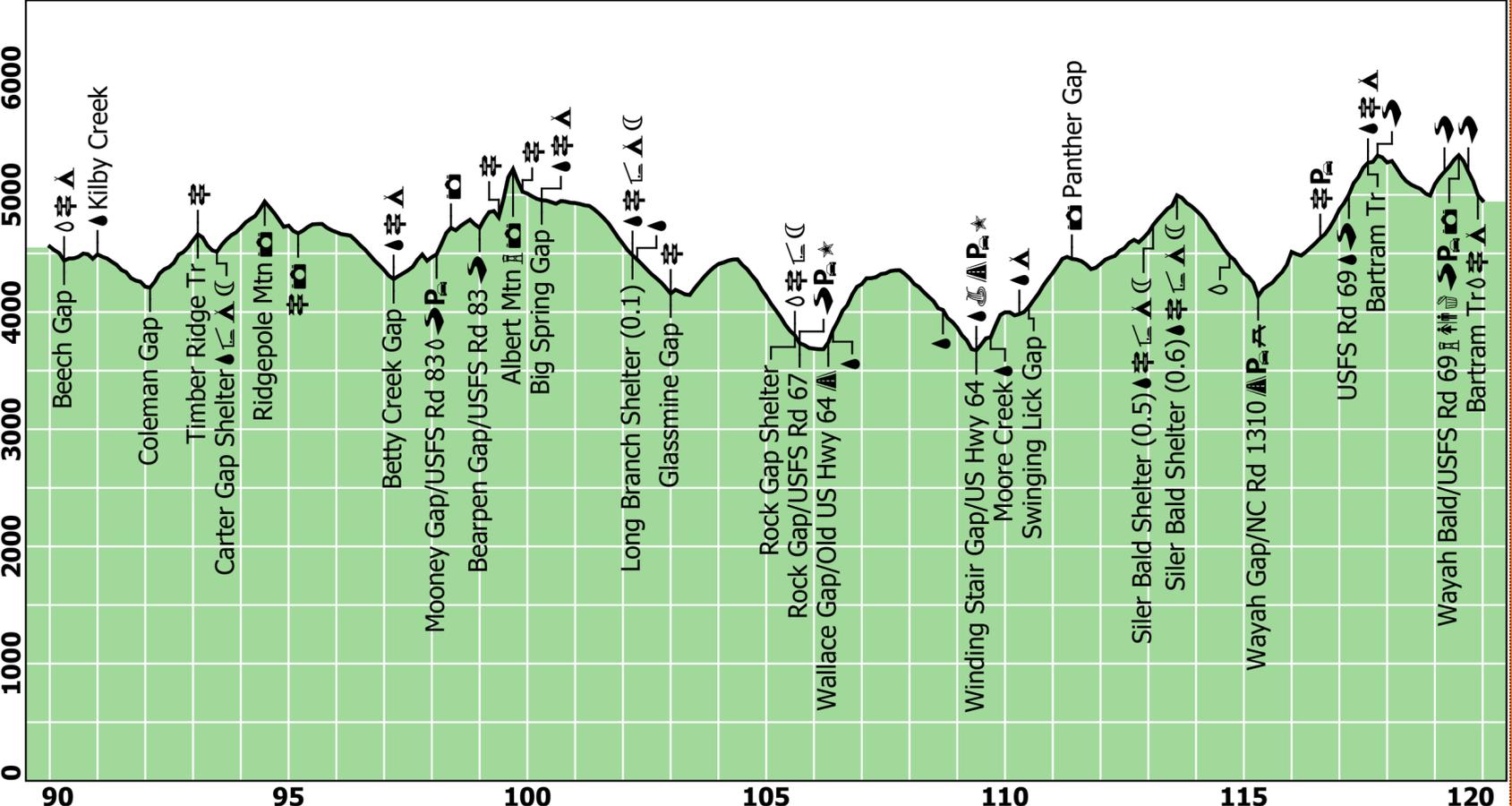
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Hiawassee, GA



70.3	♠	♠	♠	(0.1E) Campsite east on blue blazed trail, ♠ water.	♠	[34.91047,-83.60330]	3150	2124.0
71.0	♠			Cowart Gap , tall pines.	♠	[34.91719,-83.59552]	2900	2123.3
72.1	📷	♠		Good views from Buzzard Knob when the leaves are not on trees.	📷	[34.93109,-83.60139]	3675	2122.2
72.5	♠			Bull Gap .	♠	[34.93596,-83.60215]	3550	2121.8

73.7	♣{14} ♣{6} ♣{14} ♣{6}	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] 2120.6	3050
74.4	♣	As Knob , crosses high point below summit. ♣ [34.95337, -83.59321] 3460 2119.9	
75.0	♣	Blue Ridge Gap , cross dirt road USFS 72 . ♣ [34.95868, -83.59628] 3020 2119.3	
76.0	♣	Campsite, ♣ water. ♣ [34.96838, -83.59447] 3500 2118.3	
76.2	♣	Rich Cove Gap . ♣ [34.97071, -83.59393] 3390 2118.1	
77.6	♣	Small knob west of trail with good views. ♣ [34.97639, -83.59580] 3695 2116.7	
78.1	State Line	Georgia–North Carolina State Line , register in tree. ♣ [34.99218, -83.59983] 3825 2116.2	
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 2116.1	
78.9	♣	Sharp Top , skirts the summit, vista. ♣ [34.99614, -83.59358] 4300 2115.4	
79.3	♣	View of Shooting Creek Valley. ♣ [35.00156, -83.58667] 4521 2115.0	
79.5	♣	Trail skirts summit of Courthouse Bald , view. ♣ [35.00285, -83.58424] 4650 2114.8	
80.1	♣	Sassafras Gap . ♣ [35.01043, -83.58263] 4300 2114.2	
80.7	♣	Cross stream 4549 2113.6	
80.9	♣	Viewpoint to the west. 4627 2113.4	
81.0	♣	(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 2113.3	
81.8	♣	Edge of White Oak Stamp , Buck Creek Trail leads crosses the AT. ♣ 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. ♣ [35.02684, -83.57159] 4620 2112.5	
82.0	♣	Chunky Gal Trail to the west (5.5) to U.S. 64. ♣ [35.02965, -83.57194] 4700 2112.3	
82.9	♣	Wateroak Gap, small clearing. ♣ [35.03723, -83.56152] 4490 2111.4	
83.9	♣	View. 4737 2110.4	
85.0	♣	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] ♣ [35.03960, -83.55250] 4341 2109.3	
85.9	♣	(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 2108.4	
87.4	♣	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. ♣ [35.03630, -83.53767] 5498 2106.9	

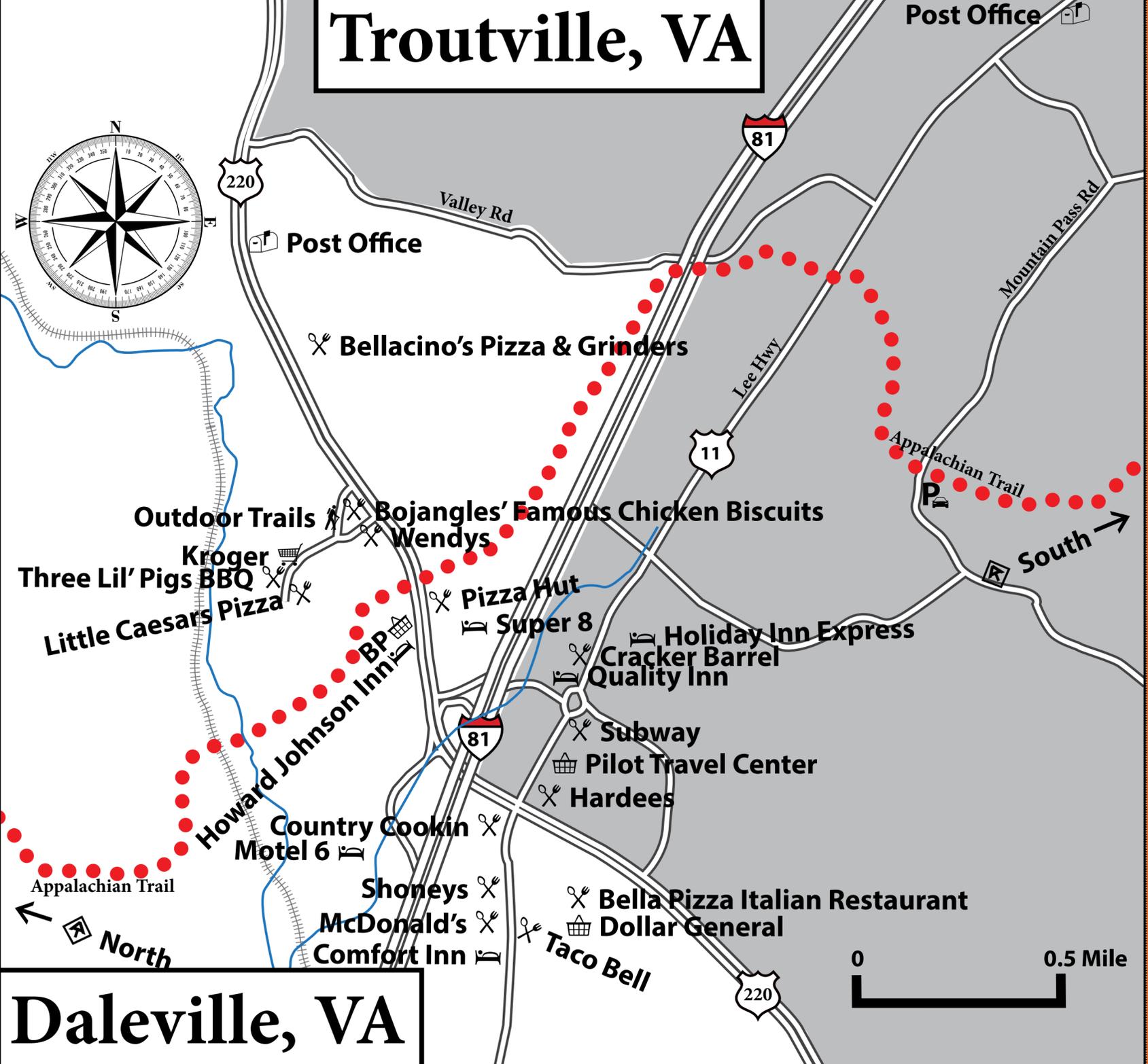
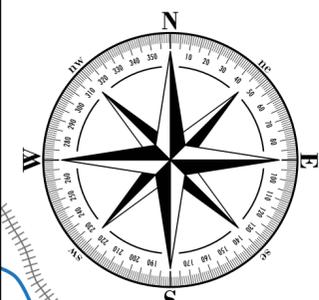


90.1	♣	Cross Kilby Creek. ♣ Only reliable water Standing Indian and Carter Gap. 4486 2104.2	
90.3	♣	Beech Gap , ♣ water (spring) is located 100 feet to the east but is unreliable. ♣ Beech Gap Trail leads (2.8) west to USFS 67 ♣ parking area. ♣ [35.01011, -83.52570] 4460 2104.0	
92.1	♣	Coleman Gap , dense rhododendron thicket. ♣ [35.00536, -83.51042] 4200 2102.2	
93.1	♣	Timber Ridge Trail leads (2.3) west to USFS 67 ♣ parking area. ♣ [35.00299, -83.49923] ♣ [35.02205, -83.50363] 4700 2101.2	
93.5	♣	(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 2100.8	
94.5	♣	North side of Ridgepole Mountain . 4990 2099.8	
95.2	♣	Unmarked trail leads 25 feet east to Little Ridgepole vista of Pickens Nose. 4749 2099.1	
97.2	♣	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 ♣ parking. ♣ [35.02829, -83.47892] 4300 2097.1	
98.1	♣	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. ♣ [35.03548, -83.47018] 4400 2096.2	
98.4	♣	Log steps, spring 4500 2095.9	
99.0	♣	Bearpen Gap . USGS 83 is visible to the west. ♣ [35.04684, -83.47145] 4700 2095.3	
99.4	♣	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. ♣ [35.05054, -83.47455] 4790 2094.9	
99.7	♣	Albert Mountain summit, ♣ fire tower. ♣ [35.05256, -83.47752] ♣ [35.05247, -83.48020] 5250 2094.6	

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Troutville, VA

Post Office



Daleville, VA

731.2		Cross bridge.	1346	1463.1
731.4		VA 779/Valley Rd, I-81 underpass.	[37.40470,-79.89620]	1400 1462.9
731.6		Cross low bridge.	[37.40515,-79.89238]	1378 1462.7
731.8		Cross U.S. 11 , Norfolk Southern Railway. Troutville, VA. (1.0E). See Daleville, VA/Troutdale, VA map.	[37.40450,-79.88989]	1300 1462.5
		(0.7W) from AT on Hwy 11 to PO M-F 9am-12pm & 1pm-5pm, Sa 9am-11am, 540-992-1472. 4952 Lee Hwy. Troutville, VA 24175.	[37.41261,-79.88091]	
		Super 8 540-992-3000. No pets. \$67.95 and up, includes continental breakfast, microwave, fridge. Laundry. Outdoor pool. Computer available for use, free WiFi. Accepts Credit Cards.	[37.39220,-79.90491]	
		Quality Inn 540-992-5335. \$72 and up, king or 2 doubles (hikers rate). \$25.00 pet fee nonrefundable. Includes free Full Hot Breakfast. Seasonal Pool. Microwaves/refrigerators/coffee makers in each room, computer available for use, free WiFi. Free WiFi/HD TV/Fitness Center.	[37.39148,-79.90077]	
		Holiday Inn Express 540-966-4444. No pets. \$109-129, includes continental breakfast. Coin laundry. Computer available for use, free WiFi. Mail drops for guests: 3200 Lee Hwy, Troutville, VA 24175.	[37.39208,-79.89839]	
732.2		Good views from a hill top in an open field.	[37.40036,-79.88564]	1540 1462.1
732.3		Cross VA. 652, Mountain Pass Road. , Trail crosses a small footbridge over a stream just south of road.	[37.39925,-79.88525]	1450 1462.0
733.9		Intersects old farm lane.		1484 1460.4
		(0.1E) 22.8<<<20.4<<14.4<Fullhardt Knob Shelter>6.2>>13.5>>>20		
735.3		Water is from cistern behind shelter. This is the last shelter on the AT that has a cistern. Tenting, privy.	[37.39846,-79.85390]	2676 1459.0
736.2		Intersects Fullhardt Knob fire road.	[37.40340,-79.83968]	2213 1458.1
738.1		Cross USFS 191 , Salt Pond Road.	[37.41690,-79.81910]	2260 1456.2
738.9		Cross Curry Creek		1680 1455.4
739.3		Pass through gap south of Grindstone Knob.	[37.41769,-79.80561]	1920 1455.0
739.6		Cross stream.		1660 1454.7
740.2		Cross stream.		1490 1454.1
740.8		Cross Wilson Creek		1690 1453.5
		(150 ft W) 26.6<<<20.6<<6.2<Wilson Creek Shelter>7.3>>13.8>>>20.8		
741.5		Water (stream) is located 200 yards on opposite of trail from the shelter, tenting, privy.	[37.41926,-79.78570]	1830 1452.8
741.8		Unreliable spring		2050 1452.5
742.8		Spur to the west with views.		2174 1451.5
743.6		Narrow side trail with views.		2307 1450.7
743.9		Black Horse Gap, cross USFS 186 (gated), BRP MP 97.7 is (50 ft E). Trail east to USFS 186; BRP MP 97.7.	[37.42495,-79.75726]	2402 1450.4
744.7		Cross BRP MP 97.0 at Taylors Mountain Overlook.	[37.43140,-79.74998]	2350 1449.6
745.6		Blue blazed Spec Mines Trail leads south to milepost 96.		2451 1448.7
745.8		Montvale Overlook; BRP MP 95.9.	[37.44093,-79.73458]	2400 1448.5
746.4		Cross BRP MP 95.3 at Harveys Knob Overlook.	[37.44523,-79.72661]	2550 1447.9
747.0		Pass stone wall built by the Civilian Conservation Corps (CCC) in the 1930's.		2406 1447.3
748.0		Blue blazed Hammond Hollow Trail west.	[37.45964,-79.70779]	2335 1446.3

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Hostels along the Appalachian Trail

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 and more information.

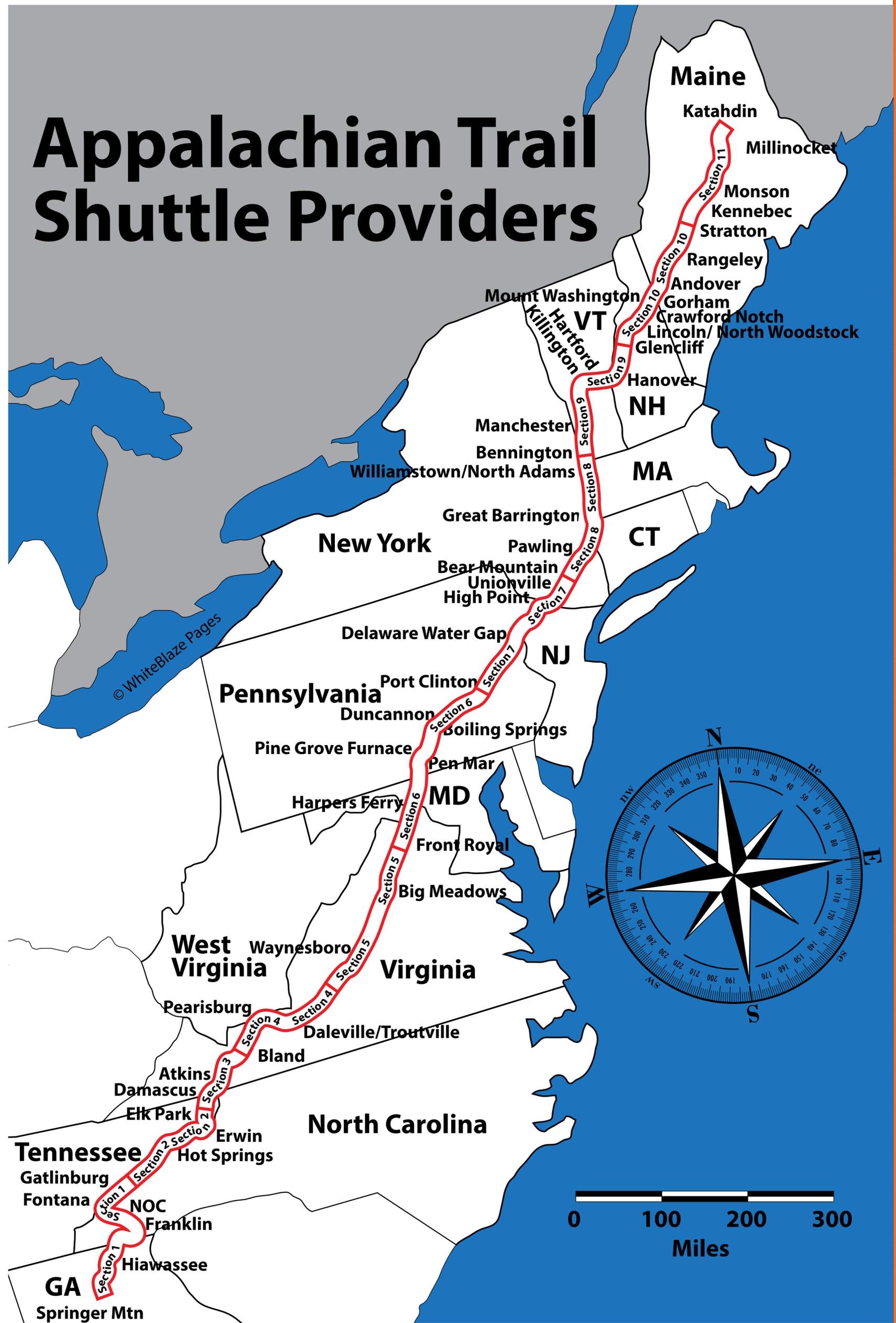
The listing will also include the icons to show the features for the establishment. To find out more detailed information for each listing, go to their NOBO mileage location in the book.

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.com)3001 High Valley Rd, Suches, GA 30572. 🏠 [34.69709,-84.01439]
20.5		(6.5E) The Hiker Hostel @ Barefoot Hills Hotel 770-312-7342 ✉ reservations@barefoothills.com (www.barefoothills.com) 📮 Mail drops: (USPS/FedEx/UPS) 7693 US Highway 19N, Dahlonega, GA 30533. 🏠 [34.61318,-83.96511]
31.3		Mountain Crossings 706-745-6095. (www.mountaincrossings.com) 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) 7675 US Hwy 76 E., Hiawassee GA 30546. 🏠 [34.92035,-83.62492]
109.4		(11.6E) Gooder Grove Hostel 828-332-0228. 📮 Mail drops: 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) 📮 Mail drops for guest: Contacted establishment for details. 🏠 [35.19349,-83.38744]
124.0		Located (10.3W) of Wayah Gap. (4.5W) Burningtown Gap, and (8.2W) Telico Gap. Nantahala Mountain Lodge/Nantahala Lake 828-321-2340 (www.northcarolinalogcabin.rentals/at-trail.html) ----- 🏠 Run by 2010 thru hiker "Wiggy".Open 1st March - 1st June. Nantahala Mountain Lodge: (sleeps total of six) 📮 Mail drops for guests only: 63 Britannia Drive, Topton. NC 28781
136.7		Nantahala Outdoor Center 828-785-5082. (www.noc.com) ✉ media@noc.com 📮 Mail drops: dated and marked "Hold for AT Hiker", 13077 Hwy 19W, Bryson City, NC 28713.
150.5		(3.4E) Stecoah Wolf Creek Hostel 828-735-0768. ✉ lonnie479@gmail.com . Open Jan-Dec. 🏠 [35.37127,-83.68515]
150.5		(3.2E) Cabin in the Woods Craig 980-406-6446 or Eileen 224-420-0273. (www.thecabinsinthewoods.com) 🏠 [35.37696,-83.70186] 📮 Mail drops for guests only. 386 W. Stecoah Hts., Robbinsville, NC 28771.
158.3		(3.1 E) The Hike Inn 828-479-3677. hikeinn@graham.main.nc.us . Open Mar thru Oct. 📮 Free mail drops for guests: 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)📮 Mail drops for guests: 4319 Ground Hog Rd, Crosby, TN 37722. 🏠 [35.79560,-83.19188]
241.5		(0.1W) Standing Bear Farm 423-487-0014 (call) or 423-608-0149 (call or text).arking. 🏠 [35.78615,-83.10180] 📮 Mail drops for guests free (non guest \$3 per package): 4255 Green Corner Rd, Hartford, TN 37753.
268.3		(1.8W) Happy Gnomads Hiker House 865-256-2654, 828-206-2074. happygnomadsnc@gmail.com (www.facebook.com/HappyGnomadsHikerHouse) Run by thru hikers Jumanji and Sunshine.6130 NC-209, Hot Springs, NC 28743. 🏠 [35.838451,-82.855828]
274.5		Hostel at Laughing Heart Lodge 828-206-8487 laughingheartlodge@gmail.com (www.laughingheartlodge.com)📮 Mail drops: 289 NW Hwy 25/70, Hot Springs, NC 28743 🏠 [35.89003,-82.83270]
274.9		Elmers Sunnybank Inn 828-622-7206. (www.sunnybankretreatassociation.org)📮 Mail drops for guests: PO Box 233, Hot Springs, NC 28743. FEDX drops: 26 Walnut St. , Hot Springs, NC 28743. 🏠 [35.89124,-82.82979]
274.9		Appalachian Trail-er Bunkhouse 828-713-5451 (www.blueridgehikingco.com) 🏠 [35.88977,-82.83169]
291.2		(0.7W) Hemlock Hollow Inn 423-787-1736 ✉ hemlockhollowinn@gmail.com (www.hemlockhollowinn.com) Owners Russ and Dianna Rosa.📮 Mail drops free if you stay, \$5 without staying. Mail drops (ETA mandatory): 645 Chandler Circle, Greeneville, TN 37743. 🏠 [36.00356,-82.78157]
311.7		(0.2W) Laurel Hostel 423-270-1320 ✉ timmytwotoke@gmail.com . Open year round. Located at 105 Iva Ln, Flag Pond. 🏠 [36.007112,-82.60516]
319.7		(2.7W) Natures Inn Hostel 828-216-1611. 🏠 [35.97569,-82.55517] 📮 Mail Drops: 4871 Old Asheville Highway, Flag Pond, TN 37657
319.7		(6.6E) Mother Marian's Hostel 828-680-9944 (Marian Smartt), 828-231-2736 (Fred). 🏠 [35.96336,-82.51471]
344.3		Uncle Johnny's Nolichucky Hostel and Outfitters 423-735-0548. (www.unclejohnnys.net) 🏠 AT Passport location. Open year round. 🏠 [36.105680,-82.448515] 📮 Mail drops: 151 River Rd, Erwin, TN 37650.
368.6		(0.6E) Greasy Creek Friendly 828-688-9948 ✉ greasycreefriendly@gmail.com (www.greasycreefriendly.com)📮 Mail drops: 1827 Greasy Creek Rd, Bakersville, NC 28705. 🏠 [36.139059,-82.189020]

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Shuttle Provider Listing

Appalachian Trail Shuttle Providers



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Shuttle Provider Listing

Got to the Page or NOBO mileage listed for the shuttle provider for a more detailed listing of providers services.

- Shuttle 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
- Copyrighted to WhiteBlaze Pages ©

Sections and miles covered in each section											
1	2	3	4	5	6	7	8	9	10	11	
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 Front Royal, VA	Front Royal, VA Port Clinton, PA	Port Clinton, PA Bear Mountain NY	Bear Mountain NY Bennington VT	Bennington VT Glenclyff NH	Glenclyff NH Stratton ME	Stratton ME Mount Katahdin ME	

Name	Pet friendly	NOBO	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 14											
Ron's Appalachian Trail Shuttle Ellijay, GA, Springer Mt.		Pg 14											
Marty Rogers Atlanta, GA.		Pg 14											
Subman's Shuttles Ellijay, GA.		Pg 14											
David "Solo" Tyler Atlanta, GA.		Pg 14											
WAA-Adventures Woodstock,GA.		pg 14											
Mel & Mc Shuttle Service Atlanta, GA.		Pg 15											
Barefoot Hills Shuttles Dahlonega, GA.		Pg 15											
Suches Hiker Shuttles Suches, GA.		20.5											
A.T. Hiker Shuttle Suches, GA.		20.5											
White Blaze Shuttle Services Dahlonega, GA.		31.3											
Jeff's Appalachian Trail Shuttles Blairsville, GA		31.3											
Neels Gap AT Shuttle Blairsville, GA.		31.3											
The Further Shuttle Appalachian Blairsville, GA.		31.3											
Hitch-A-Hiker Shuttles Hiawassee, GA.		52.5											
Henson Cove Shuttle Service Hiawassee, GA		69.2											
Warrior Cleveland, GA.		69.2											
Budget Inn Hiawassee, GA.		69.2											
Chuck Allen Franklin, NC.		69.2											
Beverly Carini Franklin, NC.		109.4											
Western Carolina Shuttle Franklin, NC.		109.4											
Mike's AT Shuttles Franklin, NC.		109.4											
Roadrunner Driving Services Franklin, NC.		109.4											
Appalachian Zen Franklin, NC.		109.4											
Kat and John Shuttle Service Rabun Gap, NC.		109.4											
Sherpa AI Franklin, NC.		109.4											
Nantahala Mountain Lodge/Nantahala Lake Shuttles Burningtown Gap, NC.		128.8											
Jude Julius Bryson City, NC.		136.7											
Carolina Bound Adventures Bryson City, NC.		136.7											
Patrice Price Wesser, NC.		136.7											

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Resupply locations along the Appalachian Trail

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

NOBO Mile	Location	Designates map available = ★	From trail head	Options	SOBO Mile
20.5	Suches, GA	★	(2.0W)	 	2173.8
31.3	Neel Gap, GA		On Trail		2163.0
31.3	Blairsville, GA		(14.0W)	 	2163.0
31.3	Dahlonaga, GA		(17.0E)	 	2163.0
52.5	Helen, GA	★	(9.0E)	 	2141.8
69.2	Hiawassee, GA	★	(11.0W)	 	2125.1
109.4	Franklin, NC	★	(10.0E)	 	2084.9
136.7	NOC, NC	★	On Trail		2057.6
150.5	Stecoah Gap, NC (NC. 143)	★	(3.4E)		2043.8
150.5	Robbinsville, NC	★	(7.0W)	 	2043.8
165.9	Fontana Village, NC	★	(2.0W)	 	2028.4
207.7	Gatlinburg, TN	★	(15.0W)	 	1986.6
207.7	Cherokee, NC		(18.0E)	 	1986.6
239.2	Davenport Gap, TN	★	(1.2E)		1955.1
241.6	Green Corner Road	★	(0.1W)		1952.8
274.9	Hot Springs, NC	★	On Trail	 	1919.4
291.2	Log Cabin Rd	★	(0.7W)		1903.1
319.7	Sams Gap, TN	★	(2.7W)		1874.6
344.3	Uncle Johnny's Nolichucky Hostel	★	On Trail		1850.0
344.3	Erwin, TN	★	(3.8W)	 	1850.0
395.3	Elk Park, NC	★	(2.3E)		1799.0
395.3	Roan Mountain, TN	★	(3.5W)	 	1799.0
407.9	Scotty's Budget Hostel		(0.25W)		1785.2
420.0	Dennis Cove, TN	★	On Trail		1774.3
428.5	Shook Branch Road	★	(0.1W)		1765.8
428.6	Hampton, TN	★	(2.6W)	 	1765.7
455.7	Shady Valley, TN	★	(2.7E)	 	1745.1
470.7	Damascus, VA	★	On Trail	 	1723.6
520.2	Troutdale, VA	★	(2.6E)	 	1674.1
534.3	Sugar Grove, VA		(3.2E)		1660.0
534.3	Marion, VA	★	(6.0W)		1660.0
546.0	Atkins, VA	★	On Trail	 	1648.3
555.8	Quarter Way Inn		(0.3W)		1638.5
558.3	VA. 42/W Blue Grass Trail	★	(0.2E)		1636.0
576.0	Saint Luke's Hostel		(5.1W)		1618.3
591.8	Bland, VA	★	(2.5E)	 	1602.5
591.8	Bastian, VA		(3.0W)	 	1602.5
610.2	VA. 606	★	(0.5W)		1584.1
625.4	Sugar Run Gap, VA	★	(0.5E)		1568.9
637.1	Narrows, VA	★	(3.6W)	 	1556.0
637.1	Pearisburg, VA	★	(1.3E)	 	1556.0
677.8	Newport, VA		(8.0E)	 	1516.5
704.6	Catawba, VA	★	(0.4W)	 	1489.7
730.3	Daleville, VA	★	On Trail	 	1464.0
731.8	Troutville, VA	★	(1.0E)		1462.5
751.9	Buchanan, VA	★	(5.0W)	 	1442.4
758.5	Jennings Creek Road, VA. 614	★	(1.2E)		1435.8
787.3	Big Island, VA		(5.6E)	 	1407.0
787.3	Glasgow, VA	★	(5.9W)	 	1407.0
809.1	Buena Vista, VA	★	(9.3W)	 	1385.2
825.4	Montebello, VA	★	(3.0W)	 	1368.9
864.3	Waynesboro, VA	★	(3.7W)	 	1330.0
892.1	Loft Mountain Campground	★	(0.1W)		1302.2
909.8	Elkton, VA		(6.5W)	 	1284.5
918.1	Lewis Mountain Campground		(100ft W)		1276.2
925.9	Big Meadows Wayside	★	(0.3E)	 	1268.4
944.4	Luray, VA	★	(9.0W)	 	1249.9
972.1	Front Royal, VA	★	(3.5W)	 	1222.2
978.4	Linden, VA		(1.0W)	 	1215.9
1005.6	Bears Den Hostel	★	(0.2E)		1188.7
1006.2	Bluemont, VA	★	(1.7E)		1188.1
1019.8	Keys Gap, VA	★	(0.3E)		1174.5
1025.7	Charles Town, WV		(6.0W)		1168.6
1025.7	Frederick, MD		(20.0E)		1168.6
1026.3	Harpers Ferry, WV	★	On Trail	 	1168.0
1029.3	Knoxville, MD		(1.0W)		1165.0
1029.3	Brunswick, MD		(2.5E)		1165.0
1036.4	Gapland Road, MD. 572.		(0.4W)		1157.9
1043.8	Boonsboro, MD	★	(2.5W)	 	1150.5
1057.3	Smithsburg, MD	★	(1.5W)	 	1137.0
1067.4	Cascade, MD		(1.4E)		1126.9
1067.4	Rouzerville, PA		(1.5W)		1126.9
1067.4	Waynesboro, PA	★	(6.6W)		1126.9
1069.9	Blue Ridge Summit, PA		(1.2E)		1124.4
1080.5	South Mountain, PA		(1.3E)		1113.8
1085.2	Fayetteville, PA	★	(3.5W)		1109.1
1105.1	Pine Grove Furnace State Park	★	On Trail		1089.2
1113.9	Gardners, PA		(0.2E)		1080.4
1115.5	Mt. Holly Springs, PA	★	(2.5E)		1077.9
1124.3	Boiling Springs, PA	★	On Trail		1070.0
1132.3	Carlisle, PA	★	(0.5W)		1062.0
1132.3	New Kingston, PA		(1.7W)		1062.0
1132.3	Mechanicsburg, PA		(5.0E)		1062.0
1150.0	Duncannon, PA	★	On Trail		1044.3
1185.0	Lickdale, PA/Jonestown, PA	★	(2.1E)		1009.3
1194.5	Pine Grove, PA	★	(3.4EW)		999.8
1196.4	Bethel, PA		(4.1E)		997.9
1219.9	Port Clinton, PA	★	On Trail		974.4

Hiker Slang

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. They 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 river.

Cove = A southern Appalachian word meaning a high, flat valley, surrounded by mountains. Cades Cove in the Smokies is the one most people know about.

Corridor = The Appalachian Trail is a long and narrow Park, sometimes less than 100 feet wide. The Area set aside for the AT to pass within is called the Trail Corridor.

Cowboy = When one camps without any shelter - just spreading one's sleeping pad and bag out **camping** under the stars and putting one's faith in their opinion about the weather staying dry.

Croo = The crew of caretakers who man the Appalachian Mountain Club Huts. For the most part, the summer Croo will be college students.

Dead Fall = A trail maintainer's term for a fallen dead trees across the trail.

DEET = A powerful insect repellent.

Double blaze = Two blazes, one above the other as an indication of an imminent turn or intersection in the trail. Offset double blazes, called Garveys, indicate the direction of the turn by the offset of the top blaze.

Dodgeways = Are V-shaped stiles through fences, used where the Trail passes through livestock enclosures.

DWG = **The Delaware Water Gap, DWG**, is the most well-known **Gap** along the AT.

End-to-ender = Another term for a **2,000-Miler**.

Flip-flop = A term used to signify a hiker that starts hiking in one direction then at some point decides to jump ahead and hike back in the opposite direction of where they left off.

Flip-flopper = A hiker that starts hiking in one direction then at some point decides to jump ahead and hike back in the opposite direction. Some hikers on the AT will start hiking northbound from Springer Mt. and usually at Harpers Ferry they may decide to go to Katahdin and hike back down to Harpers Ferry, thus completing their thru-hike. This is a good way for someone to still get their hike completed if they are behind and their time is limited due to the oncoming winter.

Food bag = A bag a hiker carries in their pack specifically for storing their food in. It is typically a **Bear bag** suspended from a tree at night so bears and varmints don't get into it.

GAME, GAMER = A hike or hiker going from Georgia to Maine.

Gap = A southern term for a low spot along a ridge line, called a **Col**, or **Notch**, by northern individuals.

Gear head = A hiker whose main focus is backpacking and outdoors gear.

Giardia = More properly known as **Giardiasis**, an infection of the lower intestines caused by the amoebic cyst, Giardia lamblia. Giardia resides in water so it is wise to always chemically treat or filter your water before drinking. Symptoms include stomach cramps, diarrhea, bloating, loss of appetite and vomiting. Also known as, a backpacker's worst nightmare.

GORP = 'Good ole raisins & peanuts', or some other variation thereof.

Gray Water = (Dirty dishwater). Some campsites will have designated spots to dump your gray water.

Hiker Box = A cabinet, or box, at lodgings or hostels where hikers donate unwanted food, gear, fuel, and any other items the hiker no longer wants to carry. Leaving it for the hikers coming behind them.

Hostel = An establishment along the trail that has bunks, showers, and sometimes meals and mail drops.

HYOH = Meaning "Hike Your Own Hike," the idea that we should all live and let live on the trail.

JMT = The "John Muir Trail" is a 210 mile trail that follows a section of the PCT. Almost entirely above 8,000 ft of elevation, much of the trail is in the Alpine Zone, with gorgeous big-mountain views and wildflowers.

Knob = A prominent rounded hill or mountain. A southern term.

Lean-to = A three sided open shelter, used primarily in New England.

LNT (or Leave No Trace) = "Leave No Trace" is a series of 7 principles designed to help backpackers and campers think about ways to minimize the impact that their presence has on the natural environment.

Lyme Disease = A debilitating illness carried by small ticks.

MacGyver = After an old TV show where the hero would construct useful devices out of common, available materials. To hikers, it means to build, or repair gear with imagination.

Mail Drop = Mail drops are a method of re-supply while hiking. A mail drop is usually made ahead of time, before the hike starts, and a person not hiking (usually a spouse or relative, but it can be a friend) mails the package according to a pre-arranged schedule so that it arrives on time for the hiker to receive it at the post office.

Maintainer = See: **Trail maintainer**.

MEGA, or ME-GA = A hike or hiker going from Maine to Georgia.

Mountain money = Toilet paper.

Mouse Hanger = The cord-with-can contraption used to discourage mice from entering a pack, or food bags, when hung in a shelter.

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