

WhiteBlaze Pages 2022

(Interactive PDF for Gaia GPS)

A Complete Appalachian Trail Guidebook

Rick “Attroll” Towle



Interactice PDF Version Date: [December 11, 2021 1:13 pm](#)

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Title

Map

Content
& more

Legend
& more

Approach
& GA

NC

NC/TN

TN

VA

WV

MD

PA

NJ

NY

CT

MA

VT

NH

ME

Bear bag
& more

Hostels

Shuttles

Resupply

Post
Offices

Shelters

Slang

Index

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- i -



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 guideboook, please share them with me so they can be added. Contact me at [✉ whiteblazepages@gmail.com](mailto:whiteblazepages@gmail.com)

Title
Map
Content & more
Legend & more
Approach & GA
NC
NC/TN
TN
VA
WV
MD
PA
NJ
NY
CT
MA
VT
NH
ME
Bear bag & more
Hostels
Shuttles
Resupply
Post Offices
Shelters
Slang
Index

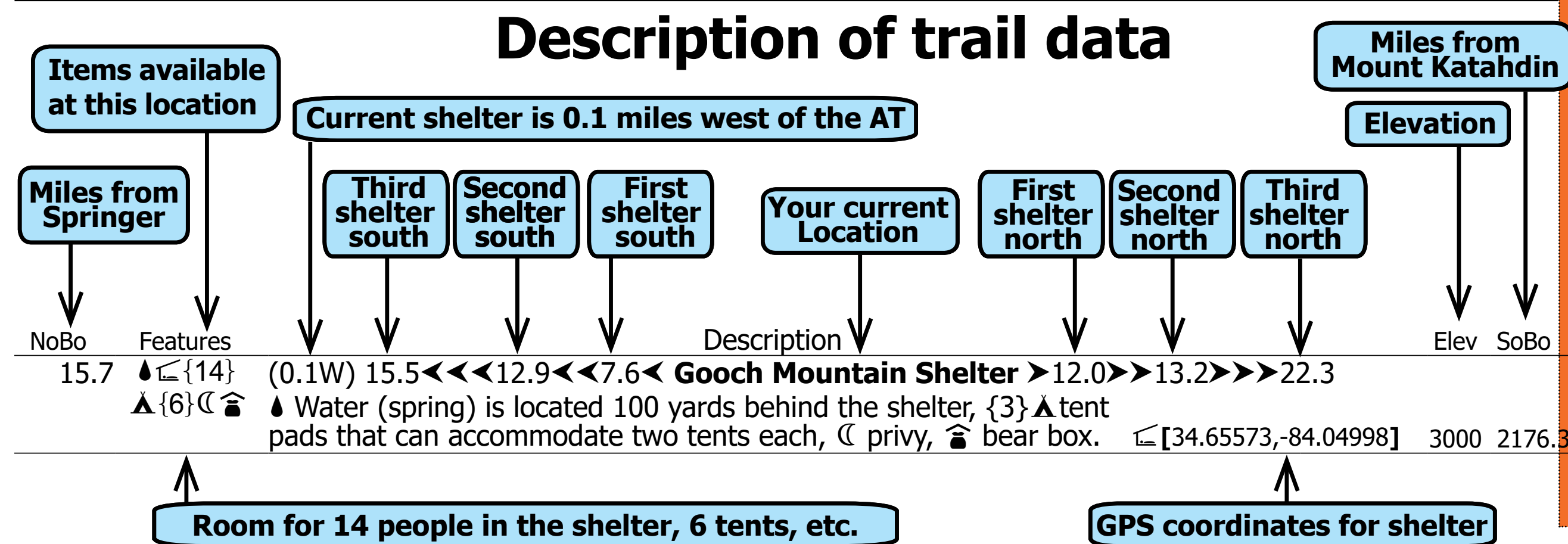
Icon Legend

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
🅑	{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

Gaia GPS Legend

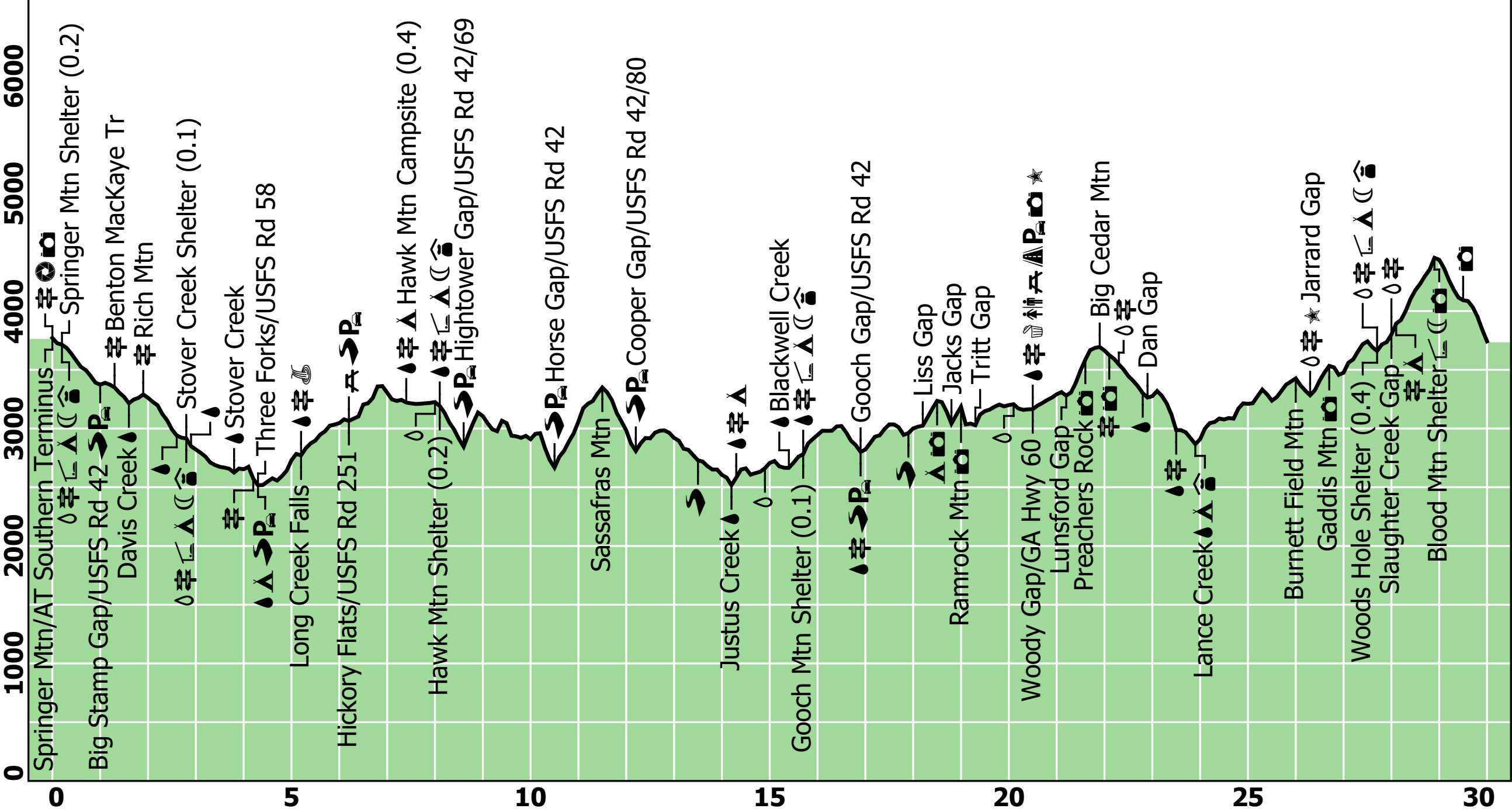
	Attractions, important stuff, State lines, ect.		View
	Post Office		Photo opportunity or
	Laundry		Cemetery or grave
	Outfitter		Vet
	Library		Hospital
	Information		Water
	Resupply possibilities		Lodging
	Crossing of road, tote road, or use as a reference		Restaurant
	Pharmacy		ATC
	Hostel		Shelter
	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



Title
Map
Content & more
Legend & more
Approach & GA
NC
NC/TN
TN
VA
WV
MD
PA
NJ
NY
CT
MA
VT
NH
ME
Bear bag & more
Hostels
Shuttles
Resupply
Post Offices
Shelters
Slang
Index







































































































































Appalachian Trail Data



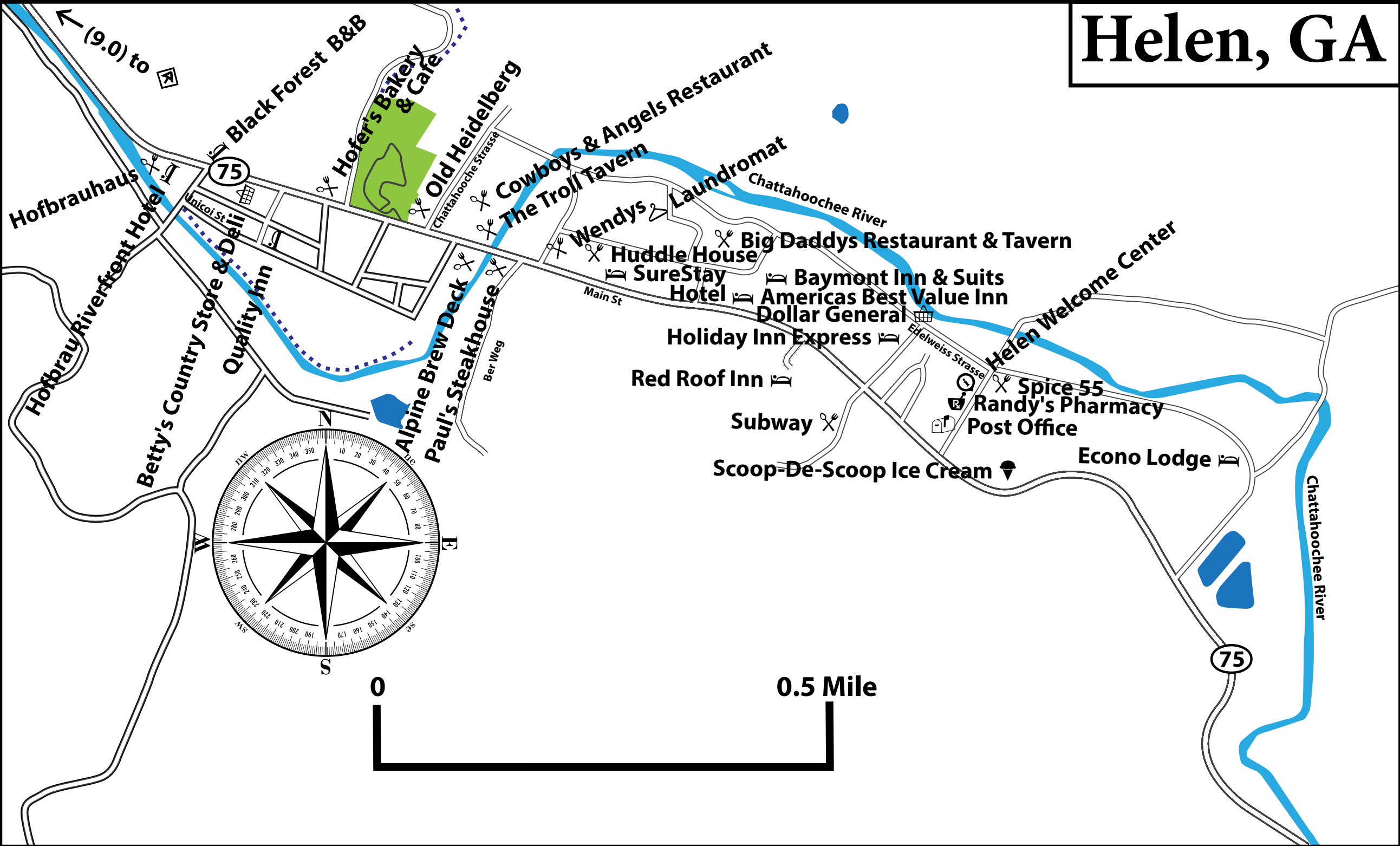
0		Springer Mountain , rock overlook at summit. AT bronze plaque located here and register located in rock. Blue blaze trail is the Approach Trail from Amicalola Falls. Don't forget your starting photo and to sign the register. [34.62671,-84.19388]	3782	2194.3
See list of shuttle providers that service this area on page 14-15.				
0.2		(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. Benton MacKaye Trail (southern terminus) is located 50 yards north on the AT. [34.62864,-84.19445] [34.62933,-84.19275]	3730	2194.1
0.3		Junction with Benton MacKaye to the east.	[34.62977,-84.19433]	3746 2194.0
1.0		Cross USFS 42, Big Stamp Gap . Information board. Parking fee. [34.63760,-84.19538] [34.63733,-84.19515]	3350	2193.3
1.3		Junction with Benton MacKaye Trail .	[34.63972,-84.19153]	3430 2193.0
1.6		Cross Davis Creek and small tributary.	[34.64370,-84.19140]	3235 2192.7
1.9		Rich Mountain ridge crest. Benton MacKaye Trail junction east.	[34.64772,-84.19249]	3303 2192.4
2.6		Cross Stover Creek.	[34.64844,-84.19792]	2993 2191.7
2.8		(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. [34.65007,-84.19790] [34.65028,-84.19720]	2954	2191.5
2.9		Cross Stover Creek	[34.65084,-84.19812]	2850 2191.4
3.8		Cross Stover Creek	[34.65940,-84.19020]	2660 2190.5
4.2		Junction with Benton MacKaye to the east, Duncan Ridge Trail to west.	[34.66230,-84.18450]	2580 2190.1
4.3		Cross USFS 58, Three Forks . Stover Creek, Chester Creek, and Long Creek all converge here. Parking. [34.66327,-84.18443] [34.66356,-84.18413] [34.66348,-84.18395]	2530	2190.0
5.2		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. [34.66670,-84.17184] [34.66771,-84.17089]	2800	2189.1
6.2		Cross USFS 251, Hickory Flats , picnic pavilion, Hickory Flats cemetery is located (0.1) west [34.66538,-84.16198]	3000	2188.1
7.4		Ridgecrest below Hawk Mountain , campsite located (0.4W) tent pads. [34.66405,-84.14511] [34.66630,-84.14945]	3250	2186.9
8.0		Cross Stream, skirts the side of Hawk Mountain.	[34.66350,-84.13858]	3191 2186.3
8.1		(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. [34.66467,-84.13702] [34.66608,-84.13638]	3194	2186.2
8.6		Cross USFS 42/69, Hightower Gap . Parking. [34.66354,-84.12976] [34.66363,-84.12976]	2854	2185.7
10.5		Cross Horse Gap. USFS 42 is visible [34.65549,-84.10545] [34.65573,-84.10580]	2673	2183.8
11.5		Sassafras Mountain , summit [34.65317,-84.09424]	3336	2182.8
12.2		Cross USFS 42/80, Cooper Gap , parking. [34.65302,-84.08471] [34.65305,-84.08450]	2800	2182.1
13.5		Cross logging road .	[34.66099,-84.07225]	3024 2180.8
14.2		Cross Justus Creek .	[34.65986,-84.06250]	2564 2180.1
14.3		Trail to the west to tent pads. Water source is Justus Creek [34.65914,-84.06238]	2626	2180.0
14.9		Cross Small stream	[34.65741,-84.05737]	2605 2179.4
15.3		Cross Blackwell Creek .	[34.65396,-84.05200]	2601 2179.0
15.7		(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. [34.65573,-84.04998] [34.65652,-84.04954]	3000	2178.6
16.9		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] [34.65210,-84.03230]	2821	2177.4
17.0		Marked trail to water 230 yards east on old road. [34.65237,-84.03154]	2804	2177.3
17.9		Cross abandoned Grassy Gap Road.	[34.66390,-84.02598]	2955 2176.4
18.2		Liss Gap [34.66821,-84.02573]	3032	2176.1
18.3		Morris Knob. Tenting to the east, room for three tents. Views to the west. [34.67008,-84.02103]	3238	2176.0
18.8		Jacks Gap [34.67153,-84.01747]	3045	2175.5
19.0		Follow crest of Ramrock Mountain , rock outcropping, views to south. [34.67275,-84.01637]	3260	2175.3























































Georgia	Title
	Map
	Content & more
	Legend & more
	Approach & GA
	NC
	NC/TN
	TN
	VA
	WV
	MD
	PA
	NJ
	NY
	CT
	MA
	VT
	NH
	ME
	Bear bag & more
	Hostels
	Shuttles
	Resupply
	Post Offices
	Shelters
	Slang
	Index

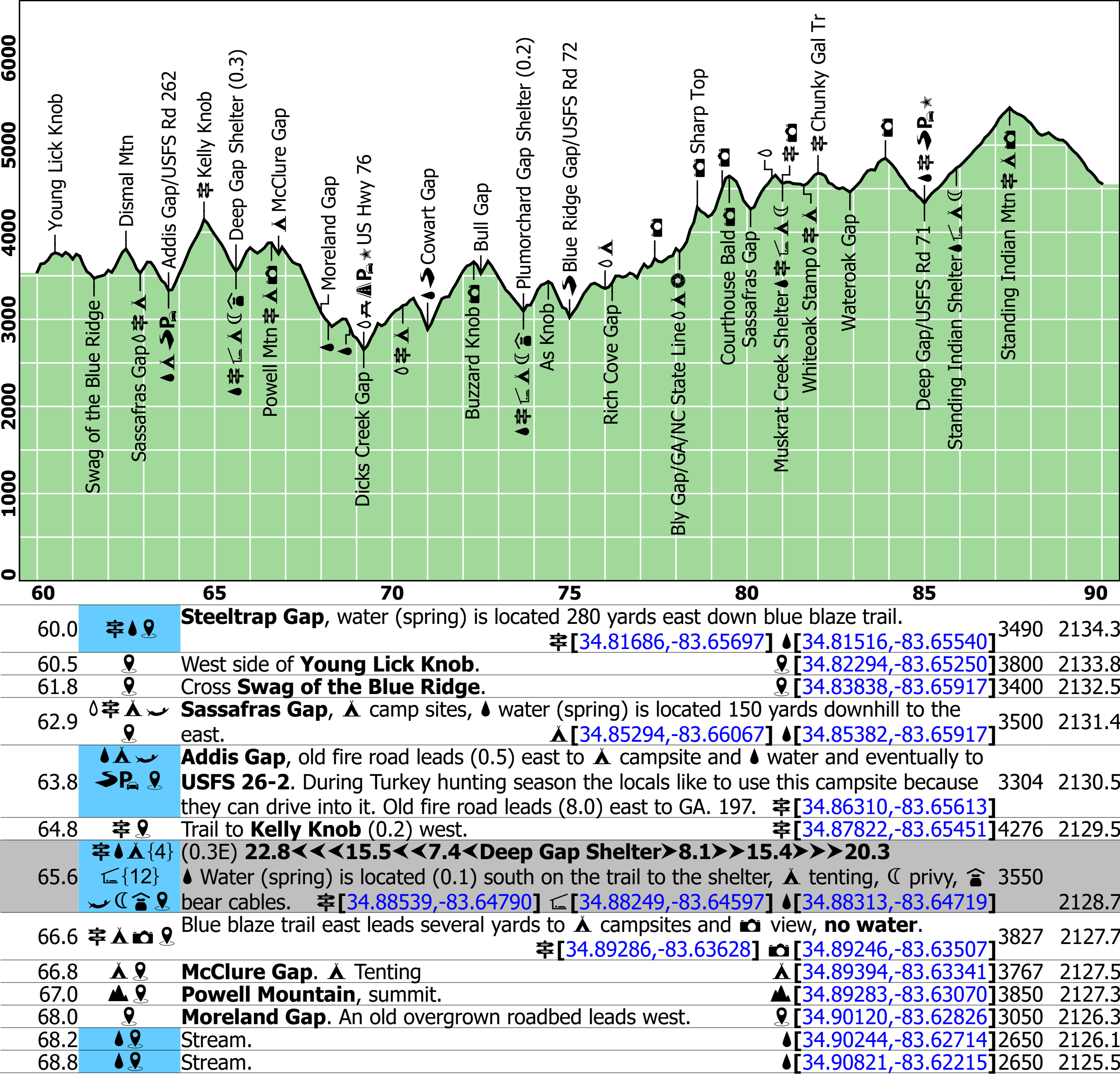
	Bird Gap 0.4W) 24.9<<<19.6<<12<Woods Hole Shelter>1.2>>10.3>>>15.1 Water (stream) on trail to shelter is unreliable in dry months, privy, tenting, bear cables. [34.73706,-83.94835] [34.73713,-83.95500] Bird Gap, Freeman Trail just east bypasses Blood Mtn. and rejoins AT at Flatrock Gap.	2166.6	
27.7	Slaughter Creek Trail at Slaughter Creek Gap , water is unreliable.	3790	2166.3
28.0	Slaughter Creek campsite to the west, tent pads. Fires are not permitted.	3800	2166.2
28.1	Duncon Ridge and Coosa Trail west.	4168	2165.8
28.5	Blood Mountain, open rocky summit.		
28.9	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	2165.4
29.5	Trail follows steep rock slope with views	4334	2164.8
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	2164.0
30.4	Balance Rock to the east of Trail. [34.73516,-83.92723]	3453	2163.9
31.3	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	2163.0
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]			
(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. 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. 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. 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. Dahlonega, GA 30597(17E) All major services.			

32.4	  	Bull Gap , water (spring) on blue blazed trail to the west downhill 200 yards.	 [34.73249,-83.90763]	3644	2161.9	Title
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.	 [34.72517,-83.87463]	3766	2159.3	Content & more
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]  [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	Legend & more
37.3	   	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	Approach & GA
38.0	            	Crest Wildcat Mountain. 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	     	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	NC/TN
★★★★★★						
Blairsville, GA 30514 (14.0W) All major services. See Notes at NOBO mile 31.3.						
39.1		White Oak Stamp , ridge crest.	 [34.73256,-83.82967]	3470	2155.2	TN
40.2	 	Poor Mountain , summit.	 [34.74645,-83.82610]	3650	2154.1	
40.8		Wide Gap .	 [34.75524,-83.82822]	3169	2153.5	VA
42.0	  	Sheep Rock Top , rocky summit.	 [34.76882,-83.82884]	3600	2152.3	
42.8	        	(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	WV
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	MD
47.8	    	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	PA
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	NJ
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	NY
50.0	 	Spring on west side trail. This is the water for Blue Mountain Shelter.	 [34.81673,-83.76812]	3890	2144.3	
50.1	         	(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	CT
51.0	 	Blue Mountain , summit	 [34.81261,-83.75489]	4025	2143.3	
52.5	        	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	MA
     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.						
 	PO M–F 9am–12:30pm and 1:30pm–4pm, Sa 9am–12pm. 706-878-2422 . 7976 S Main St. Helen, GA 30545.					
  	Baymont Inn & Suits 706-725-8764 . Rate, \$125 and up. Includes breakfast buffet during festivals. Microwave, fridge, pool outside,  free WiFi.					
    	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.					
   	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.					
  	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.					
     	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.					
 	Betty’s Country Store (IGA) 706-878-2943 . (bettysinhelen.com) M-Th 7am-8pm, F-Sa 7am-9pm Su 7am-8pm.					
 	Laundromat 706-779-2066 .					
 	White County Library 706-878-2438 . M-F 9am-6pm, Sa-Su closed.					
         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 &						















Title
Map
Content & more
Legend & more
Approach & GA
NC
NC/TN
TN
VA
WV
MD
PA
NJ
NY
CT
MA
VT
NH
ME
Bear bag & more
Hostels
Shuttles
Resupply
Post Offices
Shelters
Slang
Index

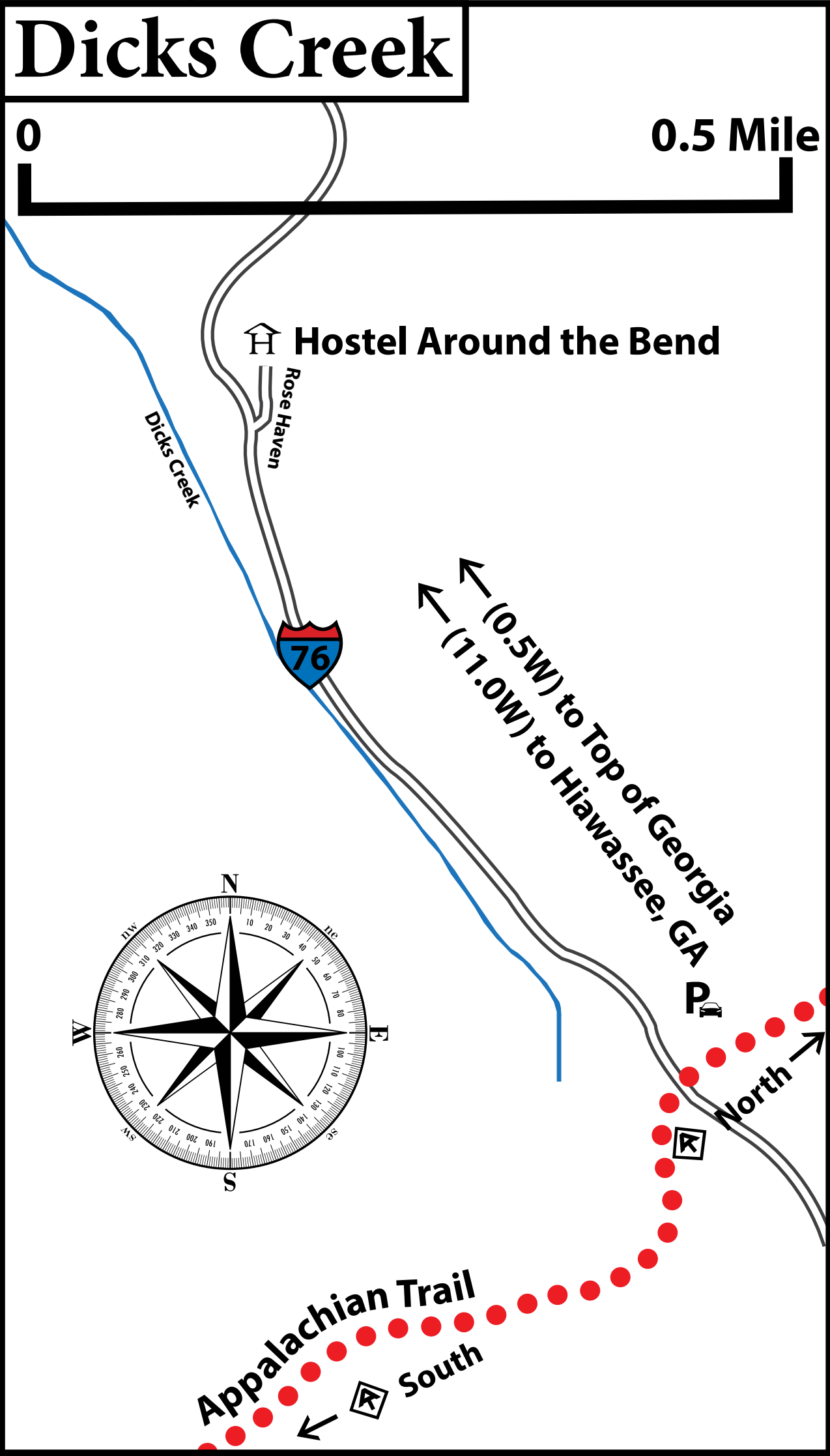


53.1	 	Cross stream , Hiawassee River (headwaters).	 [34.80189,-83.73534]	3504	2141.2
53.4	 	Rocky Mountain Trail leads (1.0W) to USFS 283.	 [34.80395,-83.73231]	3702	2140.9
53.9	  	Rocky Mountain , summit.	 [34.79817,-83.73046]	4017	2140.4
54.1	 	Rock ledges with good views.	 [34.79761,-83.72715]	3965	2140.2
55.2	  	Cross USFS 283, Indian Grave Gap .  Blue blaze trail leads (1.9) east to  An-		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		4200	
	  	 Water (box spring) located 50 yards behind shelter,  tenting,  privy,  bear ca-	 [34.80283,-83.67857]  [34.80396,-83.67690]  [34.80491,-83.67568]		2136.1
59.4		Wolfpen Gap .	 [34.81118,-83.66288]	3600	2134.9

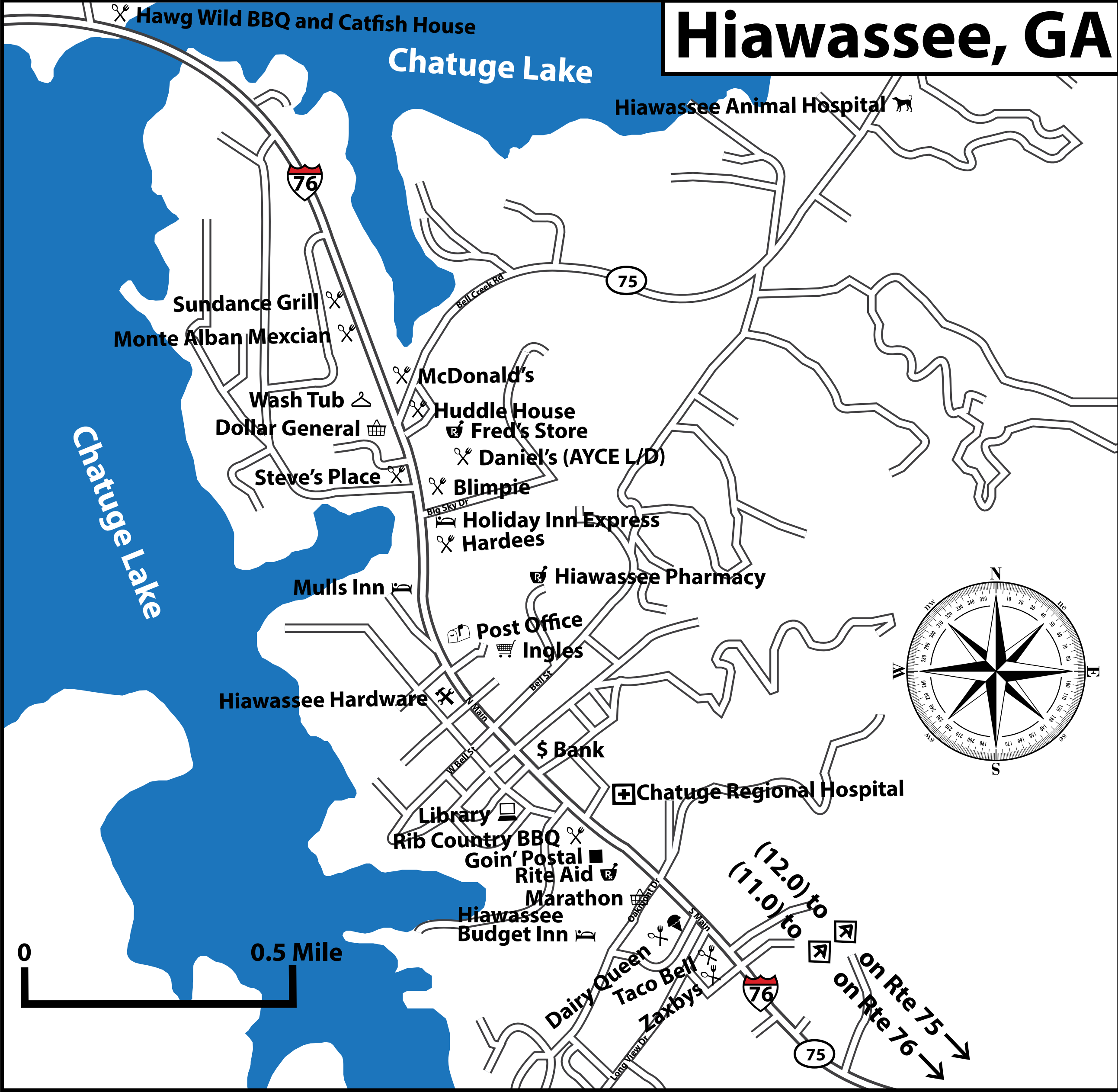


Title
Map
Content & more
Legend & more
Approach & GA
NC
NC/TN
TN
VA
WV
MD
PA
NJ
NY
CT
MA
VT
NH
ME
Bear bag & more
Hostels
Shuttles
Resupply
Post Offices
Shelters
Slang
Index

69.2	                                                      <
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Title
Map
Content & more
Legend & more
Approach & GA
NC
NC/TN
TN
VA
WV
MD
PA
NJ
NY
CT
MA
VT
NH
ME
Bear bag & more
Hostels
Shuttles
Resupply
Post Offices
Shelters
Slang
Index



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

		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.			
73.7	🏔️{6} 📍{14}↪ ☼🏠♠♀	☼[34.94607,-83.59118]📍[34.94603,-83.58830]	2120.6		
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 .		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	♠☼📍{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		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.		4620	2112.5
82.0	☼📍	Chunky Gal Trail to the west (5.5) to U.S. 64.	☼[35.02684,-83.57159] ☼[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	♠☼➡ 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		2109.3
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		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	♂☼♠P_{}	Beech Gap , ♂ water (spring) is located 100 feet to the east but is unreliable. ☼ Beech Gap Trail leads (2.8) west to USFS 67 P_{ } 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	☼P_{3}📍	Timber Ridge Trail leads (2.3) west to USFS 67 P_{ } parking area. ☼[35.00299,-83.49923] P_{[35.02205,-83.50363]}	4700	2101.2
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	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	♠☼♠↪ 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	2097.1
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	2096.2
98.4	♠	Log steps, spring	4500	2095.9
99.0	➡📍	Bearpen Gap . USGS 83 is visable 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	♠📷🗼 P_{7}📍	Albert Mountain summit, 🗼 fire tower. 🗼[35.05256,-83.47752] P_{[35.05247,-83.48020]}	5250	2094.6

Title

Map

Content & more

Legend & more

Approach & GA

NC

NC/TN

TN

VA

WV

MD

PA

NJ

NY

CT

MA

VT

NH

ME

Bear bag & more

Hostels

Shuttles

Resupply

Post Offices

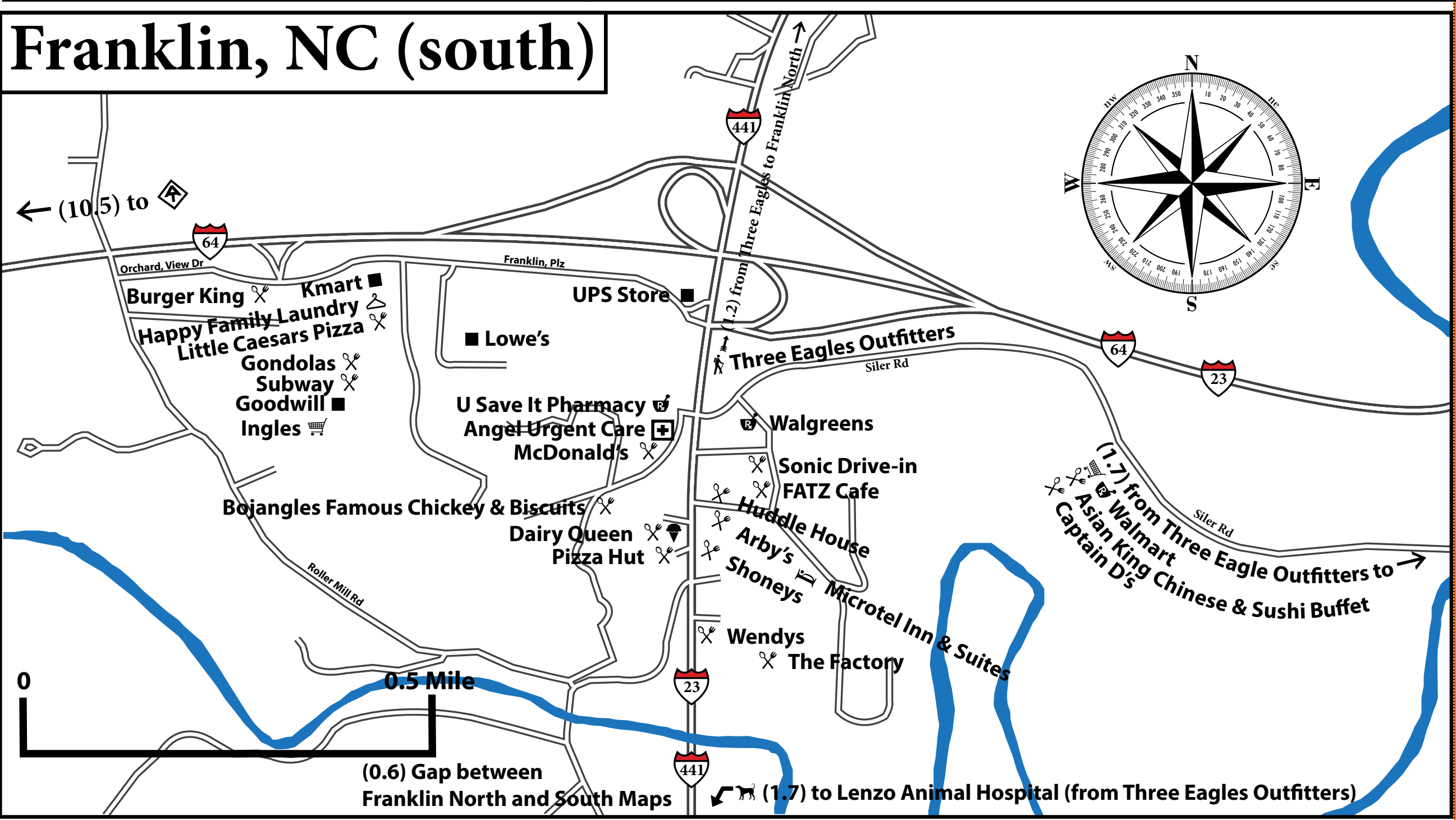
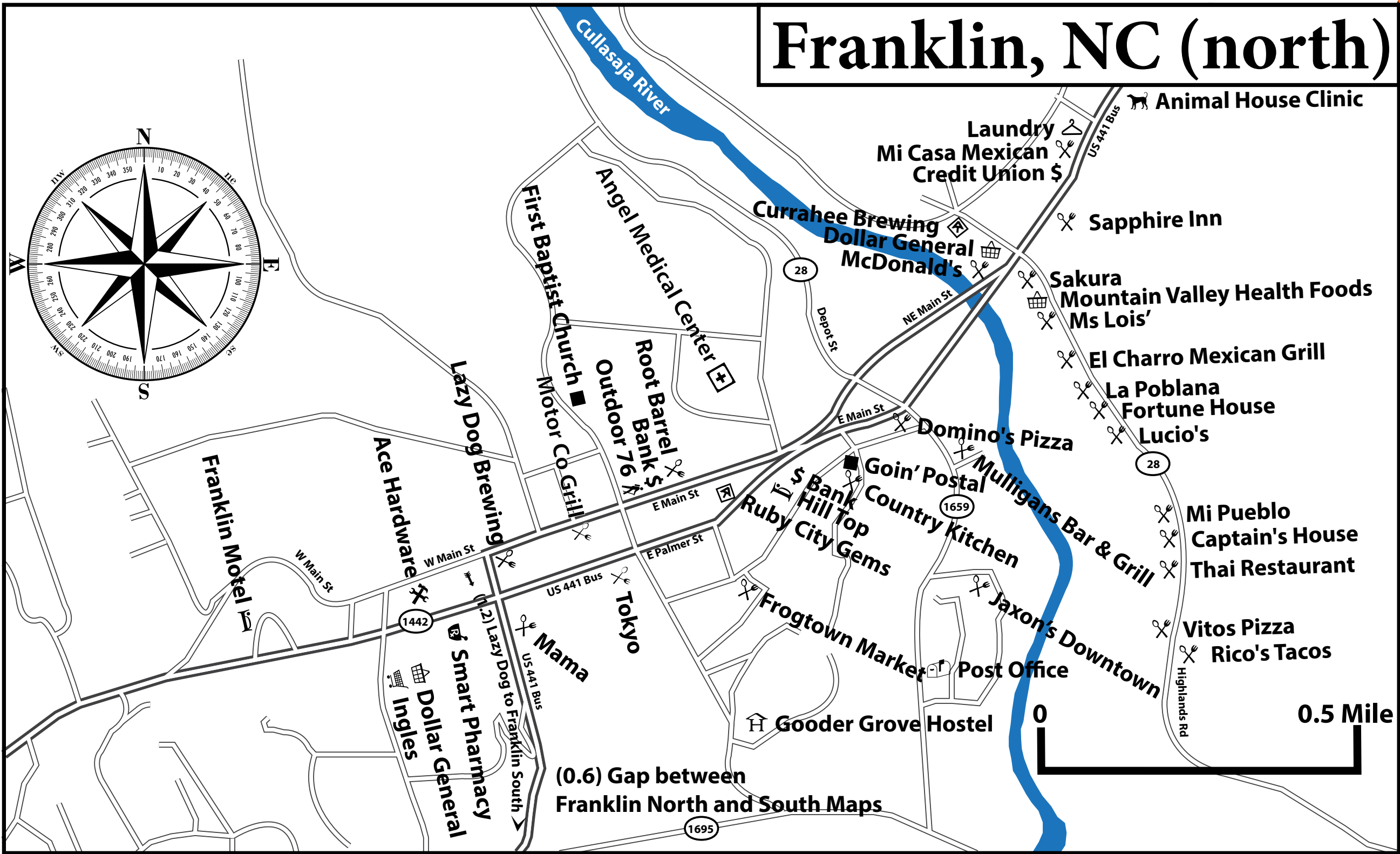
Shelters

Slang

Index

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		Chuck Allen 828-371-6460 (call after 1 pm) (hometownshuttle@gmail.com) Owner: Chuck Allen. Based out of Franklin, NC. Pet friendly. 365 days, 24/7 & holidays. S to Springer Mtn < > N to Hot Springs & airport.
		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. 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."
		Western Carolina Shuttle/"Bobby the Greek" 847-400-7169 (cell) Hspentzos@gmail.com . Owner: Bobby Spentzos . Based out of Franklin, NC. Pet Friendly. Insured. 365 days, 24/7 & holidays. S to Springer Mtn < > N to Hot Springs & airport, bus & train terminals. "Pick up & drop-off to Atlanta & Asheville airports from trail."
		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 accomodate early starts. S to Amacolola falls < > N to Davenport Gap & airports, bus & train terminals. Slackpacking.
		Road Runner 706-291-7719 (cell) Owner: Darlene Swofford. where2@mac.com (roadrunnerdrivingservice.com) Based out of Franklin, NC. Pet friendly. Insured. 365 days, 24/7 & some holidays. Limit of 3 riders. Covid precautions. Masks required. S to Atlanta, GA < > N to (unlimited range) & airport, bus & train terminals.
		Appalachian Zen 828-332-0228 (cell) / (FB: Appalachian Zen) Owner: Colin Gooder -"Zen." Based out of Franklin, NC. Pet friendly. Insured. 365 days, 24/7 & holidays. S to Amicalola Falls/Approach Trail, GA < > N to Damascus, VA & airport, bus & train terminals. Slackpacking. Parking, affordable. "Appalachian Zen Shuttles: Go with the flow & enjoy the ride!"
		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. S to Atlanta airport < > N to Clingmans Dome & airport, bus & train terminals. Slackpacking. Covid precautions. Masks required. Also have masks for sale.
		Sherpa Al 305-216-7234 / goodview80@gmail.com Owne: Allen - "Sherpa Al". Based out of Franklin, NC. Pet friendly Insured. 365 days, dawn to dusk & holidays. S to Atlanta < > N to Hot Springs, NC & airport, bus & train terminals. Slackpacking. Parking, free. "Happy to serve the hiking community!"



Title
Map
Content & more
Legend & more
Approach & GA
NC
NC/TN
TN
VA
WV
MD
PA
NJ
NY
CT
MA
VT
NH
ME
Bear bag & more
Hostels
Shuttles
Resupply
Post Offices
Shelters
Slang
Index



WV
MD
PA
NJ
NY
CT
MA
VT
NH
ME
Bear bag & more
Hostels
Shuttles
Resupply
Post Offices
Shelters
Slang
Index

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70

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.

			Title
			Map
			Content & more
			Legend & more
			Approach & GA
			NC
			NC/TN
			TN
			VA
			WV
			MD
			PA
			NJ
			NY
			CT
			MA
			VT
			NH
			ME
			Bear bag & more
			Hostels
			Shuttles
			Resupply
			Post Offices
			Shelters
			Slang
			Index
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) Mail drops for guests only. 386 W. Stecoah Hts., Robbinsville, NC 28771. 🏠 [35.37696,-83.70186]	
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]	

Shuttle Provider Listing

Appalachian Trail
Shuttle Providers



Title
Map
Content & more
Legend & more
Approach & GA
NC
NC/TN
TN
VA
WV
MD
PA
NJ
NY
CT
MA
VT
NH
ME
Bear bag & more
Hostels
Shuttles
Resupply
Post Offices
Shelters
Slang
Index




































































































































Shuttle Provider Listing

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

<div><div><div><div><div></div><div>Shuttle areas covered</div></div><div><div><div><div></div>Pet friendly</div><div><div><div><div></div>Non-pet friendly</div><div><div><div><div></div>Insured</div><div><div><div><div></div>Slackpacking</div><div><div><div><div></div>Some stipulations</div><div><div><div><div></div>Airports</div><div><div><div><div></div>Bus stations</div><div><div><div><div></div>Train stations</div><div><div><div><div></div>Can go to these locations south</div><div><div><div><div></div>Can go to these locations north</div></div></div></div></div></div></div></div></div><div>Copyrighted to WhiteBlaze Pages ©</div></div></div></div></div></div><tr><th colspan="11">Sections and miles covered in each section</th></tr><tr><th>Springer Mtn., GA Newfound Gap, TN</th><th>Newfound Gap, TN Elk Park/Roan Mtn., TN</th><th>Elk Park/Roan Mtn., TN Bland, VA</th><th>Bland VA Buena Vista, VA</th><th>Buena Vista, VA Front Royal, VA</th><th>Front Royal, VA Port Clinton, PA</th><th>Port Clinton, PA Bear Mountain NY</th><th>Bear Mountain NY Bennington VT</th><th>Bennington VT Glencliff NH</th><th>Glencliff NH Stratton ME</th><th>Stratton ME Mount Katahdin ME</th></tr><tr><th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th><th>8</th><th>9</th><th>10</th><th>11</th></tr><tr><th>Name</th><th>Pet friendly</th><th>NOBO</th><th>0.0- 207.8</th><th>207.8- 395.3</th><th>395.3- 591.7</th><th>591.7- 808.5</th><th>808.5- 971.5</th><th>971.5- 1219.2</th><th>1219.2- 1405.5</th><th>1405.5- 1612.8</th><th>1612.8- 1793.1</th><th>1793.1- 2003.8</th><th>2003.8- 2192.0</th></tr><tr><td>Based out of A.T. miles covered</td><td></td><td>Mile</td><td>207.8</td><td>395.3</td><td>591.7</td><td>808.5</td><td>971.5</td><td>1219.2</td><td>1405.5</td><td>1612.8</td><td>1793.1</td><td>2003.8</td><td>2192.0</td></tr><tr><td>Richard Anderson<div><div><div><div></div><div></div></div><div><div><div><div></div><div></div><div></div></div></div></div></div></div></td><td></td><td>Pg 14</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>Ellijay/GA, Springer Mtn.<div><div><div><div></div><div></div><div></div></div></div></div></td></tr></div><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></div></div></div></div></div></div></div></div></div>			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	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	Based out of A.T. miles covered		Mile	207.8	395.3	591.7	808.5	971.5	1219.2	1405.5	1612.8	1793.1	2003.8	2192.0	Richard Anderson <div><div><div><div></div><div></div></div><div><div><div><div></div><div></div><div></div></div></div></div></div></div>		Pg 14												Ellijay/GA, Springer Mtn. <div><div><div><div></div><div></div><div></div></div></div></div>													
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Resupply locations along the Appalachian Trail

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	Dahlonega, 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

Title
Map
Content & more
Legend & more
Approach & GA
NC
NC/TN
TN
VA
WV
MD
PA
NJ
NY
CT
MA
VT
NH
ME
Bear bag & more
Hostels
Shuttles
Resupply
Post Offices
Shelters
Slang
Index

Shelters on the Appalachian Trail

				Title
	♂ 18 12 2	(0.2E) Springer Mountain Shelter ➤2.6➤➤7.9➤➤➤15.5	2192.9	
0.2	♂ 18 12 2	♂ 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. ⚡ Benton MacKaye Trail (southern terminus) is located 50 yards north on the AT. ⚡[34.62864,-84.19445] ☐[34.62933,-84.19275]	3730	Map
2.8	♂ 16 2	(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. ⚡[34.65007,-84.19790] ☐[34.65028,-84.19720]	2954 2190.3	Content & more
8.1	♂ 16 2	(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. ⚡[34.66467,-84.13702] ☐[34.66608,-84.13638]	3194 2185.0	Legend & more
15.7	♂ 12 14 2	(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. ⚡[34.65492,-84.04948] ☐[34.65573,-84.04998] ♂[34.65652,-84.04954]	3000 2177.4	Approach & GA
27.7	♂ 7 2	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. ⚡[34.73706,-83.94835] ☐[34.73713,-83.95500]	3650 2165.4	NC
28.9	☐ 8 2	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	NC/TN
38.0	♂ 3 7 2	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	TN
42.8	♂ 7 4 2	(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]	2150.3 3050	VA
50.1	♂ 4 2	(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	WV
58.2	♂ 3 7 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 2134.9	MD
65.6	♂ 4 12 2	(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 2127.5	PA
73.7	♂ 6 14 2	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	NJ
81.0	♂ 8 1 2	(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	NY
85.9	♂ 8 2 2	(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	CT
93.5	♂ 8 2 2	(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	MA
102.2	♂ 5 16 2	(0.1W) 21.2<<<16.3<<8.7<Long Branch Shelter>3.4>>>10.9>>>18.2 ♂ Water, ♂ tent sites, ☐ privy. ⚡[35.06941,-83.49706] ☐[35.06996,-83.49815]	4932 2090.9	VT
105.6	♂ 8 2 2	(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	NH
113.1	♂ 8 1 2	Southern end of blue blaze of Siler Bald Loop (0.5E) 19.6<<<10.9<<7.5<Siler Bald Shelter>7.3>>>12.1>>>17.9 ♂ Water (spring) is located 300 feet south of shelter on loop trail, ♂ tenting, ☐ privy, 🐻 bear cables but non funtional, south end of loop trail to shelter. ☐[35.14413,-83.57250]	4600 2080.0	ME
120.4	♂ 8 5 2	(100 ydsE) 18.2<<<14.8<<7.3<Wayah Shelter>4.8>>>10.6>>>15.5 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	Bear bag & more
125.2	♂ 6 1 2	19.6<<<12.1<<4.8<Cold Spring Shelter>5.8>>>10.7>>>18.6 ♂ Water located 5 yards in front of the shelter, ☐ privy, ♂ tent sites located (0.1) north on AT, 🐻 bear cables but non functional. ☐[35.23090,-83.55990]	4920 2067.9	Hostels
131.0	♂ 8 1 2	(0.1W) 17.9<<<10.6<<5.8<Wesser Bald Shelter>4.9>>>12.8>>>21.9 ♂ Water (spring) located (0.1) south on AT then 75 yards on a blue blazed trail, ♂ tenting, ☐ privy, 🐻 bear cables. ☐[35.28235,-83.58220]	4115 2062.1	Shuttles
135.9	♂ 6 1 2	(200 ft E) 15.5<<<10.7<<4.9<A. Rufus Morgan Shelter>7.9>>>17>>>23.3 ♂ Water (stream) located west of shelter AT, ♂ tenting, ☐ privy. ☐[35.32418,-83.59020]	2300 2057.2	Resupply
143.8	♂ 14 1 2	(0.1W) 18.6<<<12.8<<7.9<Sassafras Gap Shelter>9.1>>>15.4>>>22.1 ♂ Water (spring) is reliable and located in front of shelter, ♂ tenting, ☐ privy. ☐[35.33068,-83.66700]	4330 2049.3	Post Offices
152.9	♂ 8 1 2	(70 yds E) 21.9<<<17<<9.1<Brown Fork Gap Shelter>6.3>>>13>>>24.9 ♂ Water (spring) is reliable located on the right of shelter, ♂ tenting, ☐ privy. ☐[35.37423,-83.73390]	3800 2040.2	Shelters
159.2	♂ 6 1 2	23.3<<<15.4<<6.3<Cable Gap Shelter>6.7>>>18.6>>>21.6 ♂ Water (spring) located in front of shelter, ♂ tenting, ☐ privy. ♂☐[35.41521,-83.77360]	2880 2033.9	Slang
				Index

Hiker Slang

	Title
	Map
	Content & more
	Legend & more
	Approach & GA
	NC
	NC/TN
	TN
	VA
	WV
	MD
	PA
	NJ
	NY
	CT
	MA
	VT
	NH
	ME
	Bear bag & more
	Hostels
	Shuttles
	Resupply
	Post Offices
	Shelters
	Slang
	Index

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 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 bear **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.