

# WhiteBlaze Pages 2023 (PDF)

A Complete Appalachian Trail Guidebook  
Rick "Attroll" Towle



PDF Version Date: [31 December 2022 7:56 pm](#)

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email



































































# Appalachian Trail 2196.7 miles

**Note:** The mileage here does not match what the ATC posted. I found a mistake in the ATC's mileage for their Palisade Parkway reroute. I confirmed this with the NY-NJ Trail Conference.

**17 December reroute:** New reroute took place in Georgia that added another (0.2) for 2023, now making it 2196.7. This did not get added to the final milage in this guidebook as it was to late.



## 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)
-  {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
-  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
-  Gravel or dirt roads, logging roads, wood roads, USFS roads, forest roads, fire roads, or any other non-paved roads
-  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 "\$". Co-ordinates 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
-  [ ] 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](http://www.atpassport.com)). When icon is on maps, it refers to the Appalachian Trail.
-  Hostel
-  Lodging. May not include tax.
-  Post Office
-  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
-  Shuttle, bus, or taxi
-  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 cream
-  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

### Understanding the colors

Warnings or important information
Post Offices are highlighted
Hostels are highlighted
Shuttle Providers are highlighted
Shelters are highlighted
State lines are highlighted
New trail relocation in place

[^?^] I need your help finding these coordinates.

If you know them, please email me at: [longtrailpages@gmail.com](mailto:longtrailpages@gmail.com)

## Legend

# Description of trail data

Items available at this location

Current shelter is 0.1 miles west of the AT

Miles from Mount Katahdin

Miles from Springer

Third shelter south

Second shelter south

First shelter south

Your current Location

First shelter north

Second shelter north

Third shelter north

Elevation

NoBo Features Description Elev SoBo

15.7 {14} (0.1W) 15.5<<<12.9<<7.6< **Gooch Mountain Shelter** >12.0>>13.2>>>22.3

▲{6}☕☕ ▲ Water (spring) is located 100 yards behind the shelter, {3}▲ tent pads that can accommodate two tents each, ☕ privy, 🐻 bear box. ☐ [34.65573,-84.04998] 3000 2176.3

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

GPS coordinates for shelter

# Description of town data

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

Trail head

Parking coordinates

NoBo Features Description Elev SoBo

109.4 P<sub>15</sub>(15-20) Cross U.S. 64, Winding Stair Gap, piped spring. P<sub>15</sub>[35.11975,-83.54818] 3770 2082.6

**Franklin, NC 28734 (10E) (all major services) See map of Franklin for north side and south side.**  
 PO M-F 8:30am-5pm, Sa 9am-12pm. 828-524-3219. 250 Depot St. Franklin, NC 28734. [35.17885,-83.37433]

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

Icons showing establishments Primary function

Icons showing establishments other amenities

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

GPS coordinates for Budget Inn

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

GPS coordinates for PO

# Description of shuttle provider listing

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

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

Town shuttle service is based out of

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

Name of shuttle service

Book page or NOBO Mile with more detailed information

	1	2	3	4	5	6	7	8	9	10	11
Springer Mtn., GA Newfound Gap, TN	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
Rodney's Ellijay, GA	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Ricky Tickey's Ellijay, GA	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Teamwork Shuttles Johnson City, TN	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
David Poacher Waynesboro, VA	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
George Pilferer Monson, ME	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

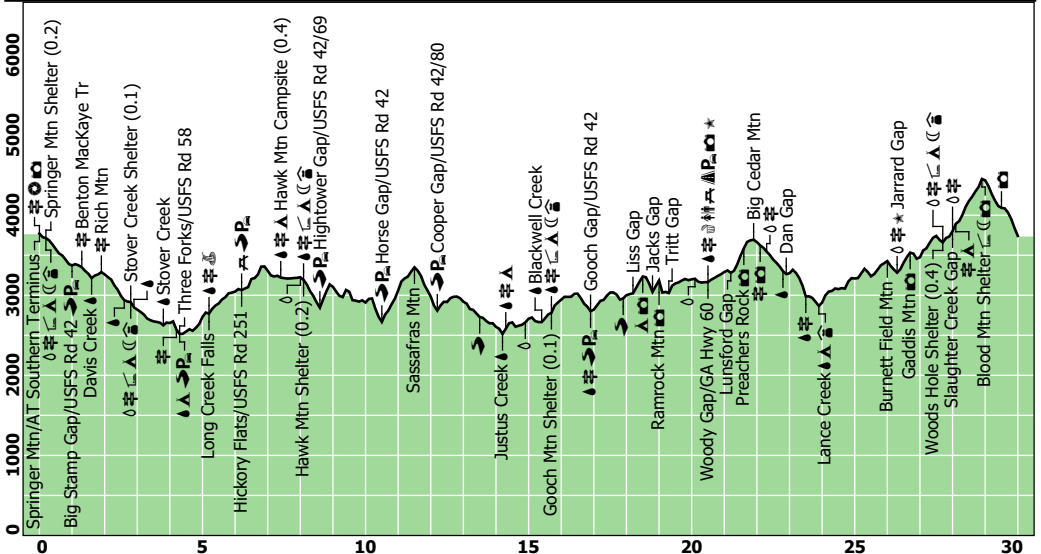
Other amenities

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

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

Primary function

www.whiteblazepages.com



0		<b>Springer Mountain</b> , rock overlook at summit. AT bronze plaque located here and register located in rock.  Blue blaze trail is the Approach Trail from Amicalola Falls. <b>Don't forget your starting photo and to sign the register.</b> [34.62671,-84.19388]	3782	2196.5
		See list of Shuttles to Springer Mountain/Amicalola Falls State Park.		
0.2		<b>(0.2E) 0.0&lt;&lt;&lt;0.0&lt;&lt;0.0&lt;&lt;Springer Mountain Shelter&gt;2.6&gt;&gt;7.9&gt;&gt;&gt;15.5</b> 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	2196.3
0.3		Junction with Benton MacKaye to the east.  [34.62977,-84.19433]	3746	2196.2
1.0		Cross <b>USFS 42, Big Stamp Gap</b> . Information board.  Parking fee.  [34.63760,-84.19538]  [34.63733,-84.19515]	3350	2195.5
1.3		Junction with <b>Benton MacKaye Trail</b> .  [34.63972,-84.19153]	3430	2195.2
1.6		Cross <b>Davis Creek</b> and small tributary.  [34.64370,-84.19140]	3235	2194.9
1.9		<b>Rich Mountain</b> ridge crest. Benton MacKaye Trail junction east.  [34.64772,-84.19249]	3303	2194.6
2.6		Cross Stover Creek.  [34.64844,-84.19792]	2993	2193.9
2.8		<b>(0.1E) 2.6&lt;&lt;Stover Creek Shelter&gt;5.3&gt;&gt;12.9&gt;&gt;&gt;24.9</b> 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	2193.7
2.9		Cross <b>Stover Creek</b> [34.65084,-84.19812]	2850	2193.6
3.8		Cross <b>Stover Creek</b> [34.65940,-84.19020]	2660	2192.7
4.2		Junction with Benton MacKaye to the east, Duncan Ridge Trail to west.  [34.66230,-84.18450]	2580	2192.3
4.3		Cross <b>USFS 58, Three Forks</b> . Stover Creek, Chester Creek, and Long Creek all converge here.  Parking.  [34.66327,-84.18443]  [34.66356,-84.18413]  [34.66348,-84.18395]	2530	2192.2
5.2		Trail junctions to <b>Long Creek Falls</b> , 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	2191.3
6.2		Cross <b>USFS 251, Hickory Flats</b> ,  picnic pavilion, Hickory Flats cemetery is located (0.1) west  [34.66538,-84.16198]	3000	2190.3
7.4		Ridgecrest below <b>Hawk Mountain</b> ,  campsite located (0.4W) tent pads.  [34.66405,-84.14511]  [34.66630,-84.14945]	3250	2189.1
8.0		Cross Stream, skirts the side of Hawk Mountain.  [34.66350,-84.13858]	3191	2188.5
8.1		<b>(0.2W) 7.9&lt;&lt;&lt;5.3&lt;&lt;Hawk Mountain Shelter&gt;7.6&gt;&gt;19.6&gt;&gt;&gt;20.8</b> 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	2188.4
8.6		Cross <b>USFS 42/69, Hightower Gap</b> . Parking.  [34.66354,-84.12976]  [34.66363,-84.12976]	2854	2187.9

NoBo Features	Description	GPS	Elev	SoBo
10.5	→P <sub>2</sub> (6-8) Cross <b>Horse Gap. USFS 42</b> is visible	→[34.65549,-84.10545] P <sub>2</sub> [34.65573,-84.10580]	2673	2186.0
11.5	▲▲♀ <b>Sassafras Mountain</b> , summit	▲[34.65317,-84.09424]	3336	2185.0
12.2	→P <sub>2</sub> (6)♀ Cross <b>USFS 42/80, Cooper Gap</b> , P <sub>2</sub> parking.	→[34.65302,-84.08471] P <sub>2</sub> [34.65305,-84.08450]	2800	2184.3
13.5	→▲♀ Cross <b>logging road</b> .	→[34.66099,-84.07225]	3024	2183.0
14.2	♠♀ Cross <b>Justus Creek</b> .	♠[34.65986,-84.06250]	2564	2182.3
14.3	♠▲▲♀ Trail to the west to ▲ tent pads. Water source is Justus Creek	▲[34.65914,-84.06238]	2626	2182.2
14.9	♠♀ Cross Small stream	♠[34.65741,-84.05737]	2605	2181.6
15.3	♠♀ Cross <b>Blackwell Creek</b> .	♠[34.65396,-84.05200]	2601	2181.2
15.7	♠♠ (0.1W) <b>15.5&lt;&lt;&lt;12.9&lt;&lt;&lt;7.6&lt;Gooch Mountain Shelter&gt;12&gt;&gt;&gt;22.3</b> ♠ Water (spring) is located 100 yards behind the shelter, ▲ tent pads that can accommodate two tents each, ☽ privy, ♠ bear box.	♠[34.65492,-84.04948]	3000	2180.8
16.9	→P <sub>2</sub> ♀ Cross <b>USFS 42, Gooch Gap</b> , ♠ Water is located north 100 yards north and east 200 yards on a blue blazed trail.	→[34.65217,-84.03225] P <sub>2</sub> [34.65210,-84.03230]	2821	2179.6
17.0	♠♠♀ Marked trail to water 230 yards east on old road.	♠♠[34.65237,-84.03154]	2804	2179.5
17.9	→♀ Cross abandoned Grassy Gap Road.	→[34.66390,-84.02598]	2955	2178.6
18.2	♀ <b>Liss Gap</b>	♀[34.66821,-84.02573]	3032	2178.3
18.3	▲(3)♀ Morris Knob. ▲ Tenting to the east, room for three tents. ♠ Views to the west.	▲[34.67008,-84.02103]	3238	2178.2
18.8	♀ <b>Jacks Gap</b>	♀[34.67153,-84.01747]	3045	2177.7
19.0	♀ Follow crest of <b>Ramrock Mountain</b> , rock outcropping, views to south.	♀[34.67275,-84.01637]	3260	2177.5
19.3	♀ <b>Tritt Gap</b>	♀[34.67293,-84.01186]	3031	2177.2
20.1	♀ <b>Creek</b> .	♀[34.67327,-84.00359]	3281	2176.4
20.5	♠♠♠♠♀ Cross <b>GA. 60, Woody Gap</b> , ♠ 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 <sub>2</sub> [34.67765,-83.99978]	3198	2176.0
See list of Shuttles to Springer Mountain/Amicalola Falls State Park.				
(1.3W) <b>Above The Clouds Hostel 706-747-1022</b> (hostel) 678-983-0954 (cell) <a href="mailto:atcshostel@gmail.com">atcshostel@gmail.com</a> . ( <a href="http://www.abovethecloudshostel.com">www.abovethecloudshostel.com</a> ) ☺ Currently not pet friendly but it's in the works. ☑ AT Passport. 🛏 Bunks \$50, includes breakfast. 🛏 lodging, 2 private rooms with queen bed. Private cabin with 2 single beds. 🚿 Shower, 🧺 laundry. 🆓 Free WiFi. 📦 Resupply. Community space. Included free shuttle to and from Woody Gap (20.5) and Gooch Gap. 🚌 Shuttles and 🎒 Slackpacking. Mail drops: 1487 State Hwy 60, Suches Georgia 30572. 📞 [34.68316,-84.01732]				
(2.9E) <b>Kennedy Creek Resort 404-720-0087</b> <a href="mailto:kennedycreekresort@gmail.com">kennedycreekresort@gmail.com</a> ( <a href="http://kennedycreekresort.com">kennedycreekresort.com</a> ) 🐾 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) <b>The Hiker Hostel @ Barefoot Hills Hotel 770-312-7342</b> <a href="mailto:reservations@barefoothills.com">reservations@barefoothills.com</a> ( <a href="http://www.barefoothills.com">www.barefoothills.com</a> ) ☑ AT Passport Location. Open year round. 🛏 Single bunk accommodations in hostel priced from \$35 to \$42 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. 🍽 Take out lunch and dinner available for purchase. Take out Grab-n-go snacks and meals are available for purchase in the cafe. 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. P <sub>2</sub> Overnight parking, 🧺 laundry service and 🛶 kayak rentals also available (for registered guests only). 🆓 Free WiFi is available, and private accommodations are equipped with smart televisions for use with personal Netflix, Hulu and other streaming services. 🚌 Ask about shuttles to and from local wineries and downtown Dahlonega. Shuttles are not included in our rates. 📞 [34.61318,-83.96511]				
Mail drops: (USPS/FedEx/UPS) 7693 US Highway 19N, Dahlonega, GA 30533.				
<b>Suches, GA (2.0W)</b>				
<b>PO</b> 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) <b>Wolfpen Gap Country Store 706-747-2271</b> . ☑ AT Passport location. 📦 Store: M 7am-9pm, Tu 7am-10pm, W 7am-9pm, Th-Sa 7a,-10pm, Su 8am-9pm. 🚰 Coleman fuel by the ounce & canisters. Full menu, with hamburgers, chicken, Philly cheese steaks, etc., served Thursday - Sunday. 📞 [34.68938,-84.02203]				

NoBo	Features	Description	GPS	Elev	SoBo
		<b>Suches Hiker Shuttles</b> 678-967-9510 "Ask for Murriss" ✉ <a href="mailto:murrismiller@gmail.com">murrismiller@gmail.com</a> (FB: HikershuttlesinGA) Owner: Murriss. Based out of Suches, GA. 🐾 Pet friendly. 🛡️ Insured. 365 days, 24/7 & holidays. <b>S to Atlanta Airport &lt; &gt; N to Fontana Dam</b> & ✈ airport, 🚌 bus & 🚆 train stations. 🎒 Slackpacking. "Groups OK. Propane available."			
		<b>A.T. Hiker Shuttle</b> 404-569-8776, ✉ <a href="mailto:beady2727@gmail.com">beady2727@gmail.com</a> . Owner: Bret Eady – "Suches". Based out of Suches, GA. 🐾 Pet Friendly. 🛡️ Insured. 365 days, 24/7 & some holidays. <b>S to Atlanta, GA. / Springer Mountain &lt; &gt; N to Fontana Dam</b> & ✈ airport, 🚌 bus & 🚆 train terminals. 🎒 Slackpacking. Offering Georgia Section Hike Package. SOBO A.T. Thru Hiker 2017, SOBO BMT Thru Hiker 2019."			
		<b>White Blaze Shuttle Services</b> 706-300-8964 (cell) ✉ <a href="mailto:whiteblazeshuttleservices@gmail.com">whiteblazeshuttleservices@gmail.com</a> 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. <b>S to Atlanta &lt; &gt; N to Wayah Bald, NC</b> & ✈ airport, 🚌 bus and 🚆 train terminals. 🎒 Slackpacking. "Covid-limited operations - call ahead. Covid precautions used."			
		<b>Jeff's Appalachian Trail Shuttles &amp; Tours</b> 706-994-2307 Owner: Jeff Moon. Based out of Blairsville, GA. 🐾 Pet friendly 🛡️ Insured. 365 days, 24/7 & holidays. <b>S to Atlanta, GA &lt; &gt; N to Fontana Dam, NC</b> & ✈ 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.			
21.6		Preachers Rock, view,		3580	2174.9
21.9		Rocky face of <b>Big Cedar Mountain</b> , Preaching Rock, rock outcrop just south of summit. 📍 [34.68721,-83.99403]		3737	2174.6
22.3	♂	Small spring to west in <b>Augerhole Gap</b> .		3624	2174.2
22.8		Cross small stream on east slope of ridge.	♂ [34.69725,-83.98982]	3310	2173.7
22.9		<b>Dan Gap</b> .	♀ [34.69873,-83.98890]	3261	2173.6
23.6		<b>Miller Gap</b> . 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	2172.9
24.0		<b>Lance Creek</b> , ▲ 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	2172.5
25.7		Flat area known as <b>Burnett Field Mountain</b> .	[34.72220,-83.97032]	3480	2170.8
26.1	♂	Water (spring) unreliable		3330	2170.4
26.3		<b>Jarrard Gap</b> , 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	2170.2
		(1.0W) on the Jarrard Gap Trail (blue blazed) to <b>Lake Winfield Scott Recreation Area</b> ( <a href="https://www.recreation.gov/camping/campgrounds/234469">https://www.recreation.gov/camping/campgrounds/234469</a> ) ▲ \$18 Tent sites for 5 persons and two vehicles, 🚿 showers and bathrooms. 🅅 Parking. ▲ [34.73244,-83.97650]			
<p><b>▲ "Bear canisters seasonally required for camping between Jarrard Gap and Neel Gap"</b> 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 <b>26.7</b> and <b>31.3</b> miles north of the southern terminus of the A.T. at Springer Moutain, Georgia, and includes Woods Hole Shelter, Slaughter Creek Campsite, and Blood Mountain Shelter. <b>Bear canisters should be used to store food, food containers, garbage and toiletries.</b></p>					
26.7		Reach shoulder of <b>Gaddis Mountain</b> . Bird Gap ♂ [34.72966,-83.96118]		3536	2169.8
27.7		(0.4W) <b>24.9&lt;&lt;&lt;19.6&lt;&lt;11.2&lt;Woods Hole Shelter&gt;1.2&gt;&gt;10.3&gt;&gt;&gt;15.1</b> ♂ Water (stream) on trail to shelter is unreliable in dry months, ( privy, ▲ tenting, 🐻 bear cables. ♀ [34.73706,-83.94835] ♂ [34.73713,-83.95500]		3650	
		Bird Gap, Freeman Trail just east bypasses Blood Mtn. and rejoins AT at Flatrock Gap.			2168.8
28.0		Slaughter Creek Trail at <b>Slaughter Creek Gap</b> , ♂ water is unreliable. ♀ [34.74080,-83.94410]		3790	2168.5
28.1	▲ {8}	Slaughter Creek campsite to the west, ▲ tent pads. <b>▲ Fires are not permitted.</b> ▲ [34.74044,-83.94448]		3800	2168.4
28.5		Duncan Ridge and Coosa Trail west. ♀ [34.74192,-83.94128]		4168	2168.0
28.9		Blood Mountain, open rocky summit. <b>20.8&lt;&lt;&lt;13.2&lt;&lt;1.2&lt;Blood Mountain Shelter&gt;9.1&gt;&gt;&gt;13.9&gt;&gt;&gt;21.2</b> Shelter is located south of summit, no water at shelter, ( privy, view. <b>▲ Fires are not permitted.</b> ♂ [34.73998,-83.93738]		4461	2167.6
29.5		Trail follows steep rock slope with views		4334	2167.0

NoBo Features Description GPS Elev SoBo

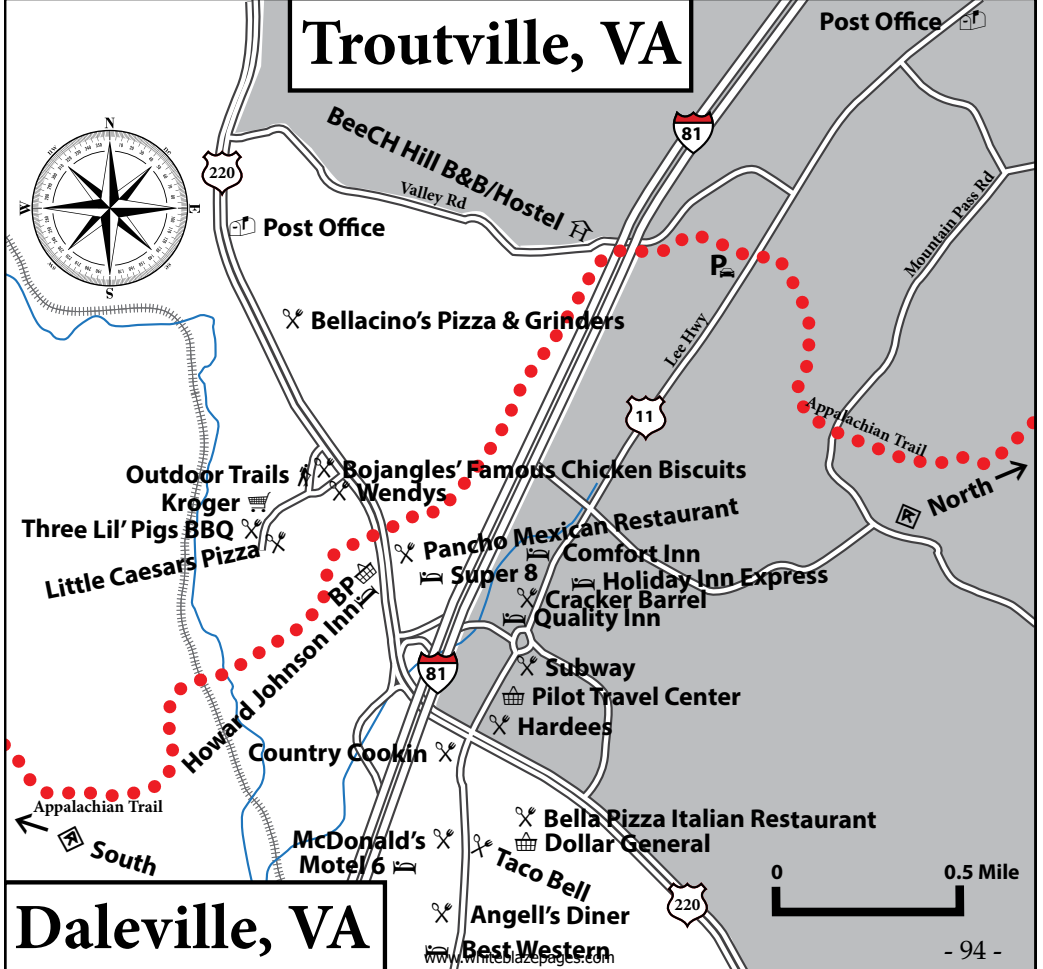
Outdoor Trails 540-992-5850 (www.outdoortrails.com) AT Passport location. Full service outdoor specialty shop. Open Mon-Fri 10am-8pm, Saturday 10am-6 pm. Footwear, equipment and clothing, freeze dried & dehydrated food, fuel by the ounce. Wifi & charging stations. Shuttle service. Mail drops: Address to: Outdoor Trails, Hold for AT Hiker: Your Real name, 28 Kingston Dr, Daleville, VA 24083.

Duck N Hut Hikers Hostel 540-819-2164 ducknuthikershostel@gmail.com. Donation based. Open year round. Pet friendly, farm animals on site. Bunkhouse. Campsites. Laundry. Charging stations for devices. Wifi available. Parking available for section hikers. Resupply options 4 miles away. Shuttle services: Free pickup and drop off at trailheads between Daleville, VA and Thunder Ridge Overlook with stay. Mouth of Wise, Va to Tyro VA. \$1.75 a mile. You pay for gas long distance. 11597 Stewartsville Road Vinton, Virginia 24179.

Homer & Therese Witcher 540-266-4849, witchers4@juno.com Owner: Homer Witcher. Based out of Daleville, VA. Pet Friendly. 365 days, 24/7, (with advance notice-no last minute calls, please) & holidays. S to Pearisburg <> N to Waynesboro & airport, bus & train terminals. Slackpacking.

Outdoor Trails 549-992-5850 daleville@outdoortrails.com (www.outdoortrails.com) Owner: Andrea Futrell. Based out of Daleville, VA. Pet friendly. Insured. Mon-Sat, 10am-6pm, year round, no holidays. S to unlimited <> N to unlimited & airport, bus & train terminals. Parking, free, in lot. Shuttle fees are due in cash and paid directly to the shuttle driver.

Duck N Hut Shuttle 540-819-2164 DuckNHuthikershostel@gmail.com. Ask for Nutz. Based out of Stewartsville, VA. Pet friendly. Insured. 364 days a year, 24 hours and holiday. S to Grayson Highlands State Park, VA. <> N to Tyro, VA. & airports, bus and train terminals. Slackpacking. Parking on donation basis. Shuttles over 100 miles are \$1.50 per mile, plus gas. Covid precautions. Masks required.



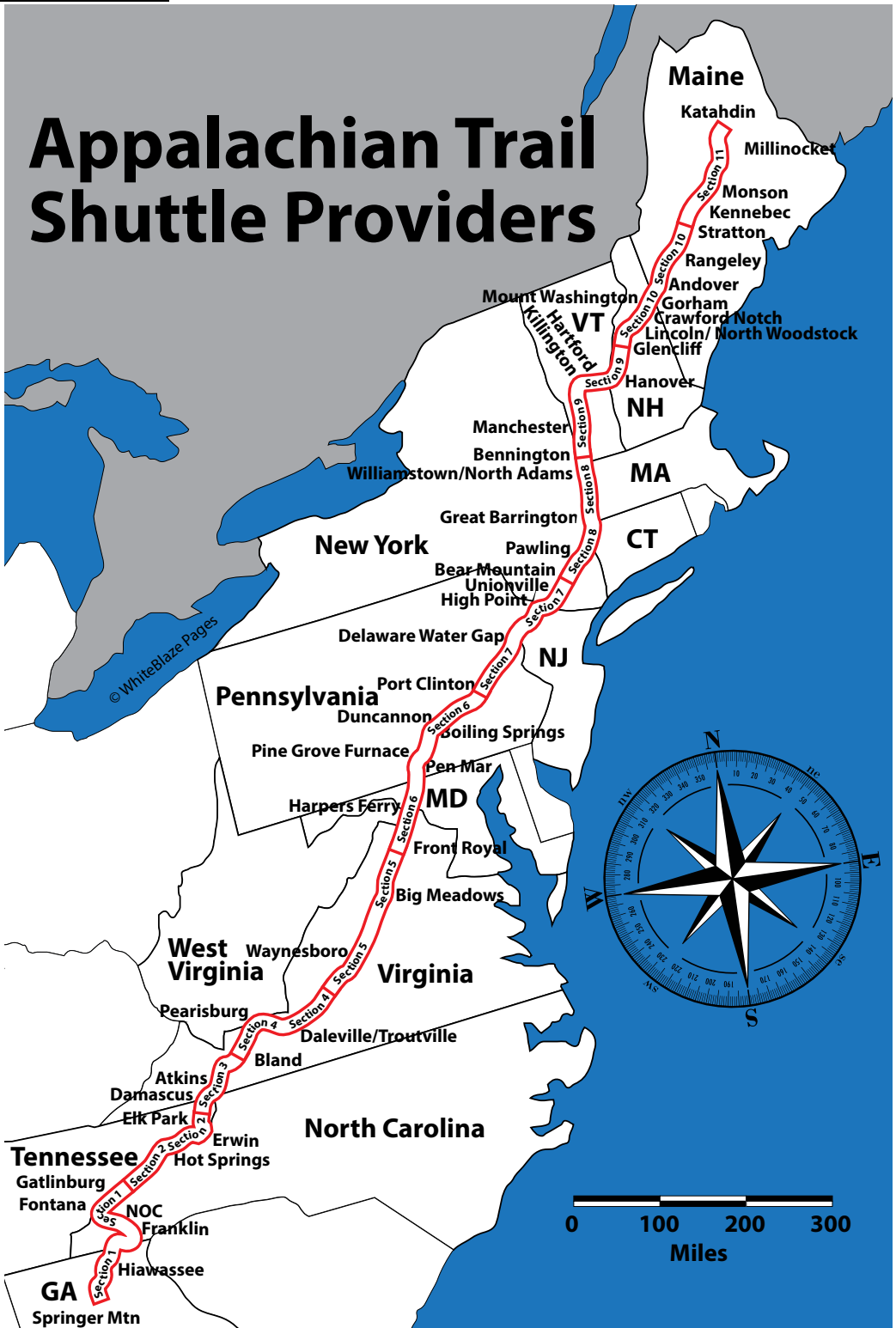


The following is a listing of hostels, campgrounds, and lodgings along the Appalachian Trail. This page will contain the basic contact information, with name, open and close dates, and physical mailing address, and GPS coordinates. The physical address is not the mail-drop address. Checking the detailed 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) <b>Above The Clouds Hostel</b> 706-747-1022 (hostel) 678-983-0954(cell) <a href="mailto:atichostel@gmail.com">atichostel@gmail.com</a> . ( <a href="http://www.abovethecloudshostel.com">www.abovethecloudshostel.com</a> ) 1487 State Highway 60 Suches, GA 30572. <span style="float:right">📍 [34.68316,-84.01732]</span>
20.5		(2.9E) <b>Kennedy Creek Resort</b> 404-720-0087 <a href="mailto:kennedycreekresort@gmail.com">kennedycreekresort@gmail.com</a> <a href="http://kennedycreekresort.com">kennedycreekresort.com</a> 3001 High Valley Rd, Suches, GA 30572. <span style="float:right">📍 [34.69709,-84.01439]</span>
20.5		(6.5E) <b>The Hiker Hostel @ Barefoot Hills Hotel</b> 770-312-7342 <a href="mailto:reservations@barefoothills.com">reservations@barefoothills.com</a> ( <a href="http://www.barefoothills.com">www.barefoothills.com</a> ) ☑ Mail drops: (USPS/FedEx/UPS) 7693 US Highway 19N, Dahlonega, GA 30533. <span style="float:right">📍 [34.61318,-83.96511]</span>
31.3		<b>Mountain Crossings</b> 706-745-6095. ( <a href="http://www.mountaincrossings.com">www.mountaincrossings.com</a> ) 12471 Gainesville Hwy, Blairsville, GA 30512. <span style="float:right">📍 [34.73516,-83.91788]</span>
69.2		(0.6W) <b>Hostel Around the Bend</b> 706-389-9668 <a href="mailto:stay@hostelaroundthebend.com">stay@hostelaroundthebend.com</a> <a href="http://www.hostelaroundthebend.com">www.hostelaroundthebend.com</a> 7675 US Hwy 76 E., Hiawassee GA 30546. <span style="float:right">📍 [34.92035,-83.62492]</span>
109.4		(11.6E) <b>Gooder Grove Hostel</b> 828-332-0228. ☑ Mail drops: 130 Hayes Circle, Franklin, NC 28734. <span style="float:right">📍 [35.17814,-83.37801]</span>
109.4		(12.6E) <b>Chica &amp; Sunsets Hostel</b> 715-315-0876 (text preferred) <a href="mailto:chica@chicaandsunsets.com">chica@chicaandsunsets.com</a> ( <a href="http://www.chicaandsunsets.com">www.chicaandsunsets.com</a> ) ☑ Mail drops for guest: Contacted establishment for details. <span style="float:right">📍 [35.19349,-83.38744]</span>
124.0		Located (10.3W) of Wayah Gap. (4.5W) Burningtown Gap, and (8.2W) Telico Gap. <b>Nantahala Mountain Lodge/Nantahala Lake</b> 828-321-2340 <a href="http://www.northcarolinalogcabin.rentals/at-trail.html">www.northcarolinalogcabin.rentals/at-trail.html</a> Run by 2010 thru hiker "Wiggy". Open 1st March - 1st June. <b>Nantahala Mountain Lodge: (sleeps total of six)</b> ☑ Mail drops for guests only: 63 Britannia Drive, Topton. NC 28781
136.7		<b>Nantahala Outdoor Center</b> 828-785-5082. ( <a href="http://www.noc.com">www.noc.com</a> ) <a href="mailto:media@noc.com">media@noc.com</a> ☑ Mail drops: dated and marked "Hold for AT Hiker", 13077 Hwy 19W, Bryson City, NC 28713.
150.5		(3.4E) <b>Stecoah Wolf Creek Hostel</b> 828-735-0768. <a href="mailto:lonnie479@gmail.com">lonnie479@gmail.com</a> . Open Jan-Dec. <span style="float:right">📍 [35.37127,-83.68515]</span>
150.5		(3.2E) <b>Cabin in the Woods</b> Craig 980-406-6446 or Eileen 224-420-0273. <a href="http://www.thecabinsinthewoods.com">www.thecabinsinthewoods.com</a> <span style="float:right">📍 [35.37696,-83.70186]</span> ☑ Mail drops for guests only. 386 W. Stecoah Hts., Robbinsville, NC 28771.
158.3		(3.1 E) <b>The Hike Inn</b> 828-479-3677. <a href="http://hikeinn@graham.main.nc.us">hikeinn@graham.main.nc.us</a> . Open Mar thru Oct. ☑ Free mail drops for guests: 3204 Fontana Rd., Fontana Dam, NC 28733. <span style="float:right">📍 [35.41578,-83.72500]</span>
241.0		(9.0W) <b>The Discerning Hiker</b> 423-721-5278 <a href="mailto:discerninghiker@gmail.com">discerninghiker@gmail.com</a> <a href="http://www.discerninghiker.com">www.discerninghiker.com</a> ☑ Mail drops for guests: 4319 Ground Hog Rd, Crosby, TN. 37722. <span style="float:right">📍 [35.79560,-83.19188]</span>
241.5		(0.1W) <b>Standing Bear Farm</b> 423-487-0014 (call) or 423-608-0149 (call or text). arking. <span style="float:right">📍 [35.78615,-83.10180]</span> ☑ Mail drops for guests free (non guest \$3 per package): 4255 Green Corner Rd, Hartford, TN 37753.
268.3		(1.8W) <b>Happy Gnomads Hiker House</b> 865-256-2654, 828-206-2074. <a href="mailto:happygnomadsnc@gmail.com">happygnomadsnc@gmail.com</a> ( <a href="http://www.facebook.com/HappyGnomadsHikerHouse">www.facebook.com/HappyGnomadsHikerHouse</a> ) Run by thru hikers Jumanji and Sunshine. 6130 NC-209, Hot Springs, NC 28743. <span style="float:right">📍 [35.838451,-82.855828]</span>
274.5		<b>Hostel at Laughing Heart Lodge</b> 828-206-8487 <a href="mailto:laughingheartlodge@gmail.com">laughingheartlodge@gmail.com</a> <a href="http://www.laughingheartlodge.com">www.laughingheartlodge.com</a> ☑ Mail drops: 289 NW Hwy 25/70, Hot Springs, NC 28743 <span style="float:right">📍 [35.89003,-82.83270]</span>
274.9		<b>Elmers Sunnysbank Inn</b> 828-622-7206. ( <a href="http://www.sunnysbankretreatassociation.org">www.sunnysbankretreatassociation.org</a> ) ☑ Mail drops for guests: PO Box 233, Hot Springs, NC 28743. FEDX drops: 26 Walnut St., Hot Springs, NC 28743. <span style="float:right">📍 [35.89124,-82.82979]</span>
274.9		<b>Appalachian Trail-er Bunkhouse</b> 828-713-5451 ( <a href="http://www.blueridgehikingco.com">www.blueridgehikingco.com</a> ) <span style="float:right">📍 [35.88977,-82.83169]</span>
291.2		(0.7W) <b>Hemlock Hollow Inn</b> 423-787-1736 <a href="mailto:hemlockhollowinn@gmail.com">hemlockhollowinn@gmail.com</a> <a href="http://www.hemlockhollowinn.com">www.hemlockhollowinn.com</a> Owners Russ and Dianna Rosa. ☑ Mail drops free if you stay, \$5 without staying. Mail drops (ETA mandatory): 645 Chandler Circle, Greeneville, TN 37743. <span style="float:right">📍 [36.00356,-82.78157]</span>
311.7		(0.2W) <b>Laurel Hostel</b> 423-270-1320 <a href="mailto:timmytwotoke@gmail.com">timmytwotoke@gmail.com</a> . Open year round. Located at 105 Iva Ln, Flag Pond. <span style="float:right">📍 [36.007112,-82.60516]</span>

# Appalachian Trail Shuttle Providers



**Who is considered a shuttle provider?**

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.

**Who is not considered a shuttle provider?**

The person that picks a hiker up from a trail head close to their establishment and back in the same trail head in the morning, if the hiker stays at their establishment. This is not considered a shuttle provider.

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

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

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

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

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

- 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

		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	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 Glenciff NH	Glenciff NH Stratton ME	Stratton ME Mount Katahdin ME
Name	Pet friendly	0.0-	207.8-	395.3-	591.7-	808.5-	971.5-	1219.2-	1405.5-	1612.8-	1793.1-	2003.8-
Based out of	A.T. miles covered	Mile	Mile	Mile	Mile	Mile	Mile	Mile	Mile	Mile	Mile	Mile
<b>Richard Anderson</b>												
Elijay/GA, Springer Mtn.		0.0										
<b>Ron's Appalachian Trail Shuttle</b>												
Elijay, GA, Springer Mt.		0.0										
<b>Marty Rogers</b>												
Atlanta, GA.		0.0										
<b>Subman's Shuttles</b>												
Elijay, GA.		0.0										
<b>David "Solo" Tyler</b>												
Atlanta, GA.		0.0										
<b>WAA-Adventures</b>												
Woodstock, GA.		0.0										
<b>Mel &amp; Mc Shuttle Service</b>												
Atlanta, GA.		0.0										
<b>Barefoot Hills Shuttles</b>												
Dahlonega, GA		0.0										
<b>Atlanta Airport to Amicalola Falls</b>												
Canton, GA.		0.0										
<b>John Walls</b>												
Cumming, GA		0.0										
<b>Suches Hiker Shuttles</b>												
Suches, GA.		20.5										
<b>A.T. Hiker Shuttle</b>												
Suches, GA.		20.5										




WhiteBlaze Pages does not do any background checks on any of the providers listed here. WhiteBlaze Pages is not responsible for anyone on this list. The data is collected from shuttle providers reaching out to me and providing me with their information.

# Resupply locations along the Appalachian Trail




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

<b>NOBO Mile</b>	~Designates map available = ★ <b>Location</b>	<b>From trail head</b>	<b>Options</b>	<b>SOBO Mile</b>
20.5	Suches, GA~★	(2.0W)	 	2176.0
31.3	Neel Gap, GA	On Trail		2165.2
31.3	Blairsville, GA	(14.0W)	 	2165.2
31.3	Dahlonega, GA	(17.0E)	 	2165.2
52.5	Helen, GA~★	(9.0E)	 	2144.0
69.2	Hiawassee, GA~★	(11.0W)	 	2127.3
109.4	Franklin, NC~★	(10.0E)	 	2087.1
136.7	NOC, NC~★	On Trail		2059.8
150.5	Stecoah Gap, NC (NC. 143)~★	(3.4E)		2046.0
150.5	Robbinsville, NC~★	(7.0W)	 	2046.0
165.9	Fontana Village, NC~★	(2.0W)	 	2030.6
207.7	Gatlinburg, TN~★	(15.0W)	 	1988.8
207.7	Cherokee, NC	(18.0E)	 	1988.8
239.2	Davenport Gap, TN~★	(1.2E)		1957.3
241.5	Green Corner Road~★	(0.1W)		1955.0
274.9	Hot Springs, NC~★	On Trail	 	1921.6
291.2	Log Cabin Rd~★	(0.7W)		1905.3
319.7	Sams Gap, TN~★	(2.7W)		1873.4
344.3	Uncle Johnny's Nolichucky Hostel~★	On Trail		1852.2
344.3	Erwin, TN~★	(3.8W)	 	1852.2
395.3	Elk Park, NC~★	(2.3E)		1801.2
395.3	Roan Mountain, TN~★	(3.5W)	 	1801.0
407.4	Scotty's Budget Hostel	(0.25W)		1789.1
420.0	Dennis Cove, TN~★	On Trail		1776.5
428.5	Shook Branch Road~★	(0.1W)		1768.0
428.6	Hampton, TN~★	(2.6W)	 	1767.9
455.7	Shady Valley, TN~★	(2.7E)	 	1740.8
470.7	Damascus, VA~★	On Trail	 	1725.8
520.2	Troutdale, VA~★	(2.6E)	 	1676.3
534.3	Sugar Grove, VA	(3.2E)		1662.2
534.3	Marion, VA~★	(6.0W)		1662.2
546.0	Atkins, VA~★	On Trail	 	1650.5
555.8	Quarter Way Inn	(0.3W)		1640.7
558.3	VA. 42/W Blue Grass Trail~★	(0.2E)		1638.2
576.0	Saint Luke's Hostel	(5.1W)		1620.5
591.8	Bland, VA~★	(2.5E)	 	1604.7
591.8	Bastian, VA	(3.0W)	 	1604.7
610.2	VA. 606	(0.5W)		1586.3
625.4	Sugar Run Gap, VA~★	(0.5E)		1571.1
637.1	Narrows, VA	(3.6W)	 	1559.4
637.1	Pearisburg, VA~★	(1.3E)	 	1559.4
677.8	Newport, VA	(8.0E)	 	1518.7
704.6	Catawba, VA~★	(0.4W)		1491.9
730.3	Daleville, VA~★	On Trail		1466.2
731.8	Troutville, VA~★	(1.0E)		1464.7
751.9	Buchanan, VA~★	(5.0W)		1444.6
758.5	Jennings Creek Road, VA. 614~★	(1.2E)		1438.0
787.3	Big Island, VA	(5.6E)		1409.2

**Suches, GA (2.0W)**

20.5   **PO** M-F 12:15pm - 4:15pm, Sa-SU Closed. [706-747-2611](tel:7067472611). 72078 State Highway 60 Suches, GA 30572.  [\[34.69004,-84.02210\]](tel:34690048402210)

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

52.5   **PO** M-F 9am-12:30pm and 1:30pm-4pm, Sa 9am-12pm. [706-878-2422](tel:7068782422). 7976 S Main St. Helen, GA 30545.  [\[34.69801,-83.71968\]](tel:34698018371968)

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

62.9   **PO** M-F 8:30am-5pm, Sa 8:30am-12pm. [706-896-4173](tel:7068964173). 118 N Main St. Hiawassee, GA 30546.  [\[34.94988,-83.75796\]](tel:34949888375796)

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

109.4   **PO** M-F 8:30am-5pm, Sa 9am-12pm. [828-524-3219](tel:8285243219). 250 Depot St. Franklin, NC 28734.  [\[35.17885,-83.37433\]](tel:35178858337433)

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

136.7   **PO** M-F 9am-4:30pm, Sa-Su Closed. [828-479-3397](tel:8284793397). 74 Sweetwater Rd. Robbinsville, NC 28771.  [\[35.32396,-83.80100\]](tel:35323968380100)




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

165.9   **PO** M-F: 11:45am-3:45pm. [828-498-2315](tel:8284982315). 50 Fontana Rd. Fontana, NC 28733.  [\[35.43506,-83.82551\]](tel:35435068382551)




**Gatlinburg, TN (15.0W)**

207.7   **PO** M-F 9am-5pm, Sa 9am-11am. [865-436-3229](tel:8654363229). 1216 East Pkwy 37738. 1216 East Pkwy. Gatlinburg, TN 37738.  [\[35.72556,-83.48150\]](tel:35725568348150)




**Hot Springs, NC**

274.6   **PO** M-F 9am-11:30am & 1pm-4pm, Sa 9am-10:30am [828-622-3242](tel:8286223242). 11 Bridge St. Hot Springs, NC 28743.  [\[35.89280,-82.82768\]](tel:35892808282768)




**Erwin, TN 37650.**

344.3   **PO** M-F 8:30-4:45, Sa 10-12, [423-743-9422](tel:4237439422). 201 N Main Ave, Erwin TN 37650.  [\[36.14673,-82.41555\]](tel:36146738241555)




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

395.3   (2.3E) **PO** M-F 9am-12:30am & 1:30pm-4pm, Sa 8am-11:30am. [828-733-5711](tel:8287335711). 153 Main St. W, Elk Park, NC 28622.  [\[36.15778,-81.98004\]](tel:36157788198004)

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

395.3   **PO** M-F 8am-12pm & 1pm-4pm, Sa 7:30am-9:30am [423-772-3014](tel:4237723014). 8060 US-19E, Roan Mtn, TN 37687.  [\[36.20021,-82.07448\]](tel:36200218207448)

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

428.5   **PO** M-F 7:30am - 11:30am, 12:30pm - 1:00pm. Sat-Sun Closed. [423-725-2177](tel:4237252177). 153 Main St. W. Hampton, TN 28622.  [\[36.28621,-82.16526\]](tel:36286218216526)




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

455.7   **PO** M-F 8am-12pm, Sa 8am-10am, [423-739-2073](tel:4237392073). 136 Hwy 133. Shady Valley, TN 37688.  [\[36.51961,-81.92803\]](tel:36519618192803)




**Damascus, VA. 24236.**

470.7   **PO** M-F 8:30-1 & 2-4:30, Sa 9-11, [276-475-3411](tel:2764753411). 211 N Reynolds St. Damascus, VA 24236.  [\[36.63608,-81.78988\]](tel:36636088178988)

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

520.2   **PO** M 8am-12pm, Sa 8am-11am, Su Closed. 93 Ripshin Rd. Troutdale, VA . 24378.  [\[36.70260,-81.43910\]](tel:36702608143910)




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

534.2   **PO** M-F 8:30-12:30 & 1:30-3:30, Sa 8:15-10:30, [276-677-3200](tel:2766773200). 5444 Sugar Grove Hwy. Sugar Grove, VA 24375.  [\[36.77535,-81.41308\]](tel:36775358141308)



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

534.3   **PO** M-F 9am-5pm, Sa 9:30am-12pm, [276-783-5051](tel:2767835051). 200 Pearl Ave. Marion, VA 24354.  [\[36.83223,-81.51753\]](tel:36832238151753)




**Atkins, VA.**

546.0   (3.0W) **PO** M-F 8:30am-12pm & 12:30am-3:15pm, Sa 9am-10:45am, [276-783-5551](tel:2767835551). 5864 Lee Hwy. Atkins, VA 24311.  [\[36.86686,-81.42051\]](tel:36866868142051)




**Bland, VA (2.5E)**

591.8   **PO** M-F 8:30am-11:30am & 12pm-4pm, Sa 9am-11am, [276-688-3751](tel:2766883751). 207 Jackson St. Bland, VA 24315.  [\[37.10026,-81.11610\]](tel:37100268111610)




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

591.8   **PO** M-F 8am-12pm, Sa 9:15am-11:15am, [276-688-4631](tel:2766884631). 178 Walnut St. Bastian, VA 24314.  [\[37.15223,-81.15210\]](tel:37152238115210)




**Pearisburg, VA (1.3E)**

637.1   **PO** M-F 9am-4:30pm, Sa 10am-12pm, [540-921-1100](tel:5409211100). 206 N Main St. Pearisburg, VA 24134.  [\[37.32815,-80.73565\]](tel:37328158073565)




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

637.1   **PO** MF 9:30am-1:15pm & 2pm-4: 15pm, Sa 9am-11am, [540-726-3272](tel:5407263272). 305 Main St. Narrows, VA 24124.  [\[37.33101,-80.81018\]](tel:37331018081018)




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

677.8   **PO** M-F 8:15am-11:30am & 12:30pm-3:15pm, Sa 9am-11pm, [540-544-7415](tel:5405447415). 119 Blue Grass Trl. Newport, VA 24128.  [\[37.29055,-80.49825\]](tel:37290558049825)




**Catawba, VA. (1.0W)**

710.5   (1.0W) **PO** M-F 9am-12pm & 1pm-4pm, Sa 8:30am-10:30am, [540-384-6011](tel:5403846011). 4917 Catawba Creek Rd. Catawba, VA 24070.  [\[37.38273,-80.10866\]](tel:37382738010866)




**Daleville, VA 24083**

730.3   (1.0W) from AT on route 220 to **PO** M-F 8am-5pm, Sa 8am-12pm, [540-992-4422](tel:5409924422). 1492 Roanoke Rd. Daleville, VA 24083.  [\[37.40626,-79.91291\]](tel:37406267991291)

**Troutville, VA. (1.0E)**

731.8   (0.7W) from AT on Hwy 11 to **PO** M-F 9am-12pm & 1pm-5pm, Sa 9am-11am, [540-992-1472](tel:5409921472). 4952 Lee Hwy. Troutville, VA 24175.  [\[37.41261,-79.88091\]](tel:37412617988091)

**Buchanan, VA (downtown) (5.0W)**

751.9   **PO** M & Th 9am-7pm; Tu, W, F 9am-5pm; Sa 9am-1pm, [540-254-2538](tel:5402542538). 19698 Main St. Buchanan, VA 24066.  [\[37.52706,-79.68010\]](tel:37527067968010)

0.2	♠ ▲{18} ☞{12} ☞{2}♀	(0.2E) <b>Springer Mountain Shelter&gt;2.6&gt;&gt;7.9&gt;&gt;&gt;15.5</b> ♠ 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]	2196.3 3730
2.8	♠♠▲{3} ☞{16} ☞(☞♀)	(0.1E) <b>2.6&lt;Stover Creek Shelter&gt;5.3&gt;&gt;12.9&gt;&gt;&gt;24.9</b> ♠ 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 2193.7
8.1	♠♠▲{16} ☞(☞♀)	(0.2W) <b>7.9&lt;&lt;&lt;5.3&lt;Hawk Mountain Shelter&gt;7.6&gt;&gt;19.6&gt;&gt;&gt;20.8</b> ♠ 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 2188.4
15.7	♠♠ ▲{12} ☞{14} ☞(☞♀)	(0.1W) <b>15.5&lt;&lt;&lt;12.9&lt;&lt;7.6&lt;Gooch Mountain Shelter&gt;12&gt;&gt;13.2&gt;&gt;&gt;22.3</b> ♠ 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 2180.8
27.7	♠♠▲ ☞{7} ☞(☞♀)	Bird Gap (0.4W) <b>24.9&lt;&lt;&lt;19.6&lt;&lt;12&lt;Woods Hole Shelter&gt;1.2&gt;&gt;10.3&gt;&gt;&gt;15.1</b> ♠ Water (stream) on trail to shelter is unreliable in dry months, ☞ privy, ▲ tenting, ☞ bear cables. ♠[34.73706,-83.94835] ☞[34.73713,-83.95500]	3650 2168.8
28.9	☞{8} ☞(♠♀♀)	Bird Gap, Freeman Trail just east bypasses Blood Mtn. and rejoins AT at Flatrock Gap. Blood Mountain, open rocky summit. <b>20.8&lt;&lt;&lt;13.2&lt;&lt;1.2&lt;Blood Mountain Shelter&gt;9.1&gt;&gt;13.9&gt;&gt;&gt;21.2</b> Shelter is located south of summit, no water at shelter, ☞ privy, view. ▲ Fires are not permitted. ♠[34.73998,-83.93738]	4461 2167.6
38.0	♠♠♠ ▲{3}☞{7} ☞(☞♠♀)	Crest Wildcat Mountain. (1.2E) <b>22.3&lt;&lt;&lt;10.3&lt;&lt;9.1&lt;Whitley Gap Shelter&gt;4.8&gt;&gt;12.1&gt;&gt;&gt;20.2</b> ♠ 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 2158.5
42.8	♠☞{7} ▲{4} ☞(☞♀)	(190 yds E) <b>15.1&lt;&lt;&lt;13.9&lt;&lt;4.8&lt;Low Gap Shelter&gt;7.3&gt;&gt;15.4&gt;&gt;&gt;22.8</b> ♠ 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 2153.7
50.1	♠☞☞{7} ▲{4} ☞(☞♀)	(0.1W) <b>21.2&lt;&lt;&lt;12.1&lt;&lt;7.3&lt;Blue Mountain Shelter&gt;8.1&gt;&gt;15.5&gt;&gt;&gt;23.6</b> ♠ (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 2146.4
58.2	♠♠▲{3} ☞{7} ☞(☞♀)	(230 yds W) <b>20.2&lt;&lt;&lt;15.4&lt;&lt;8.1&lt;Tray Mountain Shelter&gt;7.4&gt;&gt;15.5&gt;&gt;&gt;22.8</b> ♠ 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 2138.3
65.6	♠♠▲{4} ☞{12} ☞(☞♀)	(0.3E) <b>22.8&lt;&lt;&lt;15.5&lt;&lt;7.4&lt;Deep Gap Shelter&gt;8.1&gt;&gt;15.4&gt;&gt;&gt;20.3</b> ♠ 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 2130.9
73.7	♠♠♠▲{6} ☞{14}☞ ☞(☞♀)	(0.2E) <b>23.6&lt;&lt;&lt;15.5&lt;&lt;8.1&lt;Plumorchard Gap Shelter&gt;7.3&gt;&gt;12.2&gt;&gt;&gt;19.8</b> ♠ Plumorchard Creek is on the shelter trail, beyond the shelter. ▲ 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 2122.8
81.0	♠♠☞{8} ▲ ☞(☞♀)	(100 ft E) <b>22.8&lt;&lt;&lt;15.4&lt;&lt;7.3&lt;Muskrat Creek Shelter&gt;4.9&gt;&gt;12.5&gt;&gt;&gt;21.2</b> ♠ Water (spring) is located behind shelter, ▲ tenting, ☞ privy. ☞[35.02053,-83.58160]	4600 2115.5
85.9	♠♠☞{8} ☞(☞♀)	(250 ft E) <b>20.3&lt;&lt;&lt;12.2&lt;&lt;4.9&lt;Standing Indian Shelter&gt;7.6&gt;&gt;16.3&gt;&gt;&gt;19.7</b> ♠ 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 2110.6
93.5	♠♠☞{8} ☞(☞♀)	(100 ft E) <b>19.8&lt;&lt;&lt;12.5&lt;&lt;7.6&lt;Carter Gap Shelter&gt;8.7&gt;&gt;12.1&gt;&gt;&gt;19.6</b> ♠ Water (spring) is located 200 yards west on blue blaze trail, ▲ tenting, ☞ privy. ☞[34.99898,-83.49413]	4540 2103.0
102.2	♠♠♠▲{5} ☞{16} ☞(☞♀)	(0.1W) <b>21.2&lt;&lt;&lt;16.3&lt;&lt;8.7&lt;Long Branch Shelter&gt;3.4&gt;&gt;10.9&gt;&gt;&gt;18.2</b> ♠ Water, ▲ tent sites, ☞ privy. ♠[35.06941,-83.49706] ☞[35.06996,-83.49815]	4932 2094.3
105.6	♠♠☞{8} ☞(☞♀)	(300 ft W) <b>19.7&lt;&lt;&lt;12.1&lt;&lt;3.4&lt;Rock Gap Shelter&gt;7.5&gt;&gt;14.8&gt;&gt;&gt;19.6</b> water (spring) is known to go dry, privy. ☞[35.09143,-83.52310]	3760 2090.9
113.1	♠♠☞{8} ▲ ☞(☞♀)	Southern end of blue blaze of Siler Bald Loop (0.5E) <b>19.6&lt;&lt;&lt;10.9&lt;&lt;7.5&lt;Siler Bald Shelter&gt;7.3&gt;&gt;12.1&gt;&gt;&gt;17.9</b> ♠ Water (spring) is located 300 feet south of shelter on loop trail, ▲ tenting, ☞ privy, ☞ bear cables but non functional, south end of loop trail to shelter. ☞[35.14413,-83.57250]	4600 2083.4
120.4	♠♠☞{8} ▲{5} ☞(☞♀)	(100 ydsE) <b>18.2&lt;&lt;&lt;14.8&lt;&lt;7.3&lt;Wayah Shelter&gt;4.8&gt;&gt;10.6&gt;&gt;&gt;15.5</b> Shelter on AT. ♠ Water (Little Laurel Spring) is located (546FT W) on blue blaze trail across from shelter side trail, ▲ tent sites, ☞ privy. ☞[35.18784,-83.56201]	4480 2076.1

**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** = Camelizing 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.