WhiteBlaze Pages 2023

(Interactive PDF for Gaia GPS)

A Complete Appalachian Trail Guidebook

Rick "Attroll" Towle

Interactice PDF Version Date: December 26, 2022 2:50 pm

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HELP ME KEEP THIS GUIDE UP TO DATE

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

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First Printing, 2017
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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.
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Icon Legend

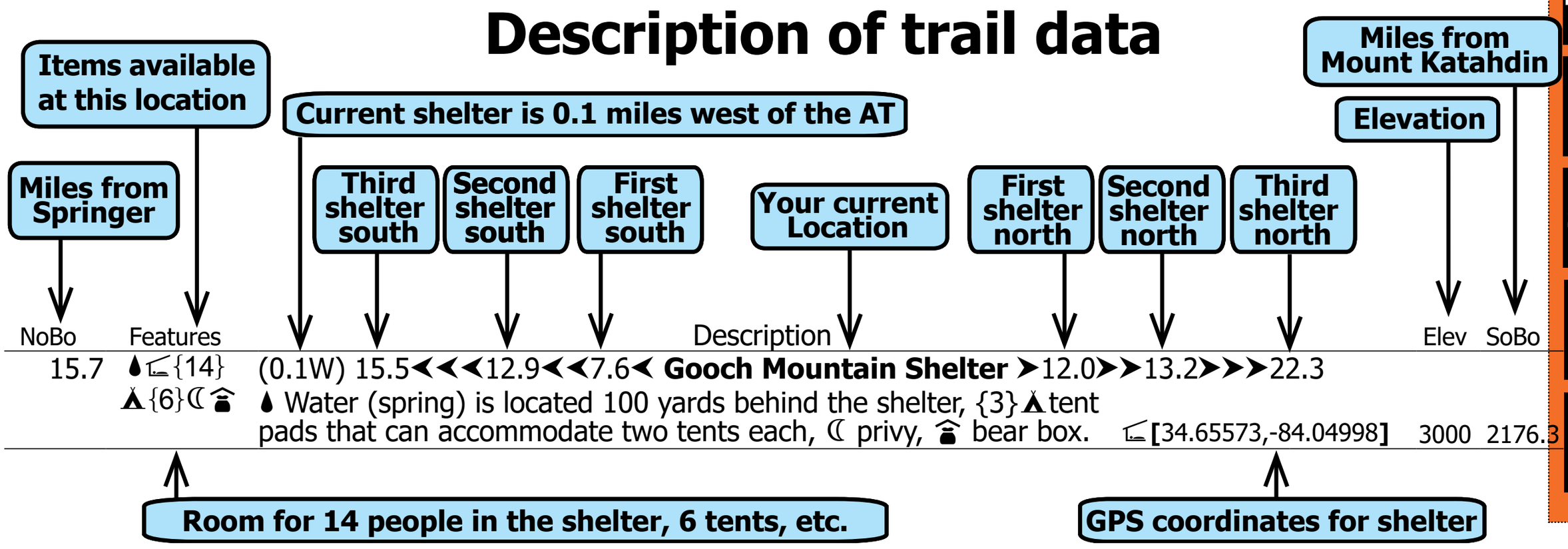
Icons	Descriptions
★★★★★	See notes and establishments listed below this entry.
	Source of drinking water. Indicates dependable water (when icon box is shaded)
	Seasonal water source, not always reliable (unreliable)
	Intersection, junction, side trail, connecting trail or adjoining trail.
	{x} AT Shelter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

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

Gaia GPS Legend

- Attractions, important stuff, State lines, ect.
- Post Office
- Laundry
- Outfitter
- Library
- Information
- Resupply possibilities
- Crossing of road, tote road, or use as a reference
- Pharmacy
- Hostel
- P Parking
- Summit
- Picnic Table
- Tower, fire tower, or observation deck
- View
- Photo opertunity or
- Cemetery or grave
- Vet
- Hospital
- Water
- Lodging
- Restaurant
- ATC
- Shelter
- Swimming
- Privy or restroom
- Dog
- Junction with another trail or road

Description of trail data



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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 {15-20} ★★★★★	Cross U.S. 64, Winding Stair Gap, piped spring. P [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) P 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. P ask about shuttles. [35.18228,-83.37731] Mail drops for guest: 433 East Palmer Street, Franklin, NC 28734.

Icons showing establishments Primary function **Icons showing establishments other amenities** **Contact information, mailing address and description of what this place has to offer with icons for quick reference** **GPS coordinates for Budget Inn** **Post Office hours of operation, phone number, mailing adress, GPS coordinates** **GPS coordinates for PO**

Description of shuttle provider listing

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

Notes whether provider will take you to airports, bus, or train terminals **Town shuttle service is based out of** **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**

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

As seen in desriptions

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

P **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. P Parking, negotiable. "Completed SOBO AT thru-hike-2017 & SOBO BMT thru- hike-2019. Please feel free to contact with any hiking questions or needs."

Getting to the Southern Terminus, Springer Mtn

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

Getting to Springer Mountain

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

Starting at Amicalola Falls or Big Stamp Gap

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

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

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

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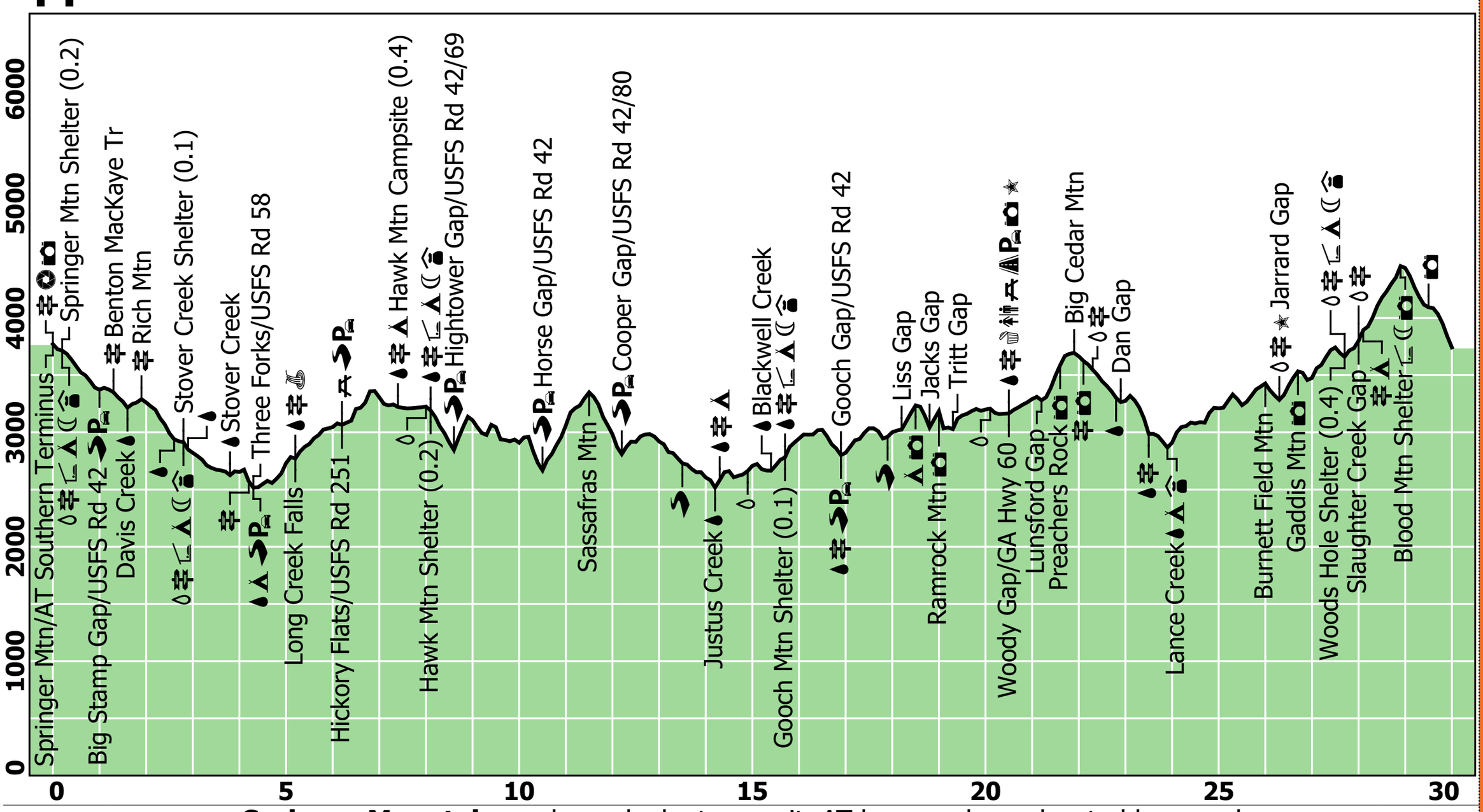
Appalachian Trail Data



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	2196.5
		See list of Shuttles to Springer Mountain/Amicalola Falls State Park.		
0.2	{18} {12} {2}	(0.2E) **0.0<<<0.0<<0.0<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	2196.3
0.3		Junction with Benton MacKaye to the east. [34.62977,-84.19433]	3746	2196.2
1.0	{25}	Cross **USFS 42**, **Big Stamp Gap**. Information board. Parking fee. [34.63760,-84.19538] [34.63733,-84.19515]	3350	2195.5
1.3		Junction with **Benton MacKaye Trail**. [34.63972,-84.19153]	3430	2195.2
1.6		Cross **Davis Creek** and small tributary. [34.64370,-84.19140]	3235	2194.9
1.9		**Rich Mountain** 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	{3} {16}	(0.1E) **2.6<Stover Creek Shelter>5.3>>12.9>>>24.9** Water behind shelter is often dry but good water can be found where trail crosses Stover Creek 100 yards north of shelter, tent pads, privy, bear cables. [34.65007,-84.19790] [34.65028,-84.19720]	2954	2193.7
2.9		Cross Stover Creek [34.65084,-84.19812]	2850	2193.6
3.8		Cross **Stover Creek** [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	{5-6}	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	2192.2
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	2191.3
6.2	{6-8}	Cross **USFS 251, Hickory Flats**, picnic pavilion, Hickory Flats cemetery is located (0.1) west [34.66538,-84.16198]	3000	2190.3
7.4	{30}	Ridgecrest below **Hawk Mountain**, 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	{16}	(0.2W) **7.9<<<5.3<Hawk Mountain Shelter>7.6>>19.6>>>20.8** Water is located 400 yards on a blue blazed trail behind the shelter, tent pads, privy, bear cables. [34.66467,-84.13702] [34.66608,-84.13638]	3194	2188.4
8.6	{8}	Cross **USFS 42/69, Hightower Gap**. Parking. [34.66354,-84.12976] [34.66363,-84.12976]	2854	2187.9
10.5	{6-8}	Cross **Horse Gap. USFS 42** is visible [34.65549,-84.10545] [34.65573,-84.10580]	2673	2186.0
11.5		**Sassafras Mountain**, summit [34.65317,-84.09424]	3336	2185.0
12.2	{6}	Cross **USFS 42/80, Cooper Gap**, parking. [34.65302,-84.08471] [34.65305,-84.08450]	2800	2184.3
13.5		Cross **logging road**. [34.66099,-84.07225]	3024	2183.0
14.2		Cross **Justus Creek**. [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 **Blackwell Creek**. [34.65396,-84.05200]	2601	2181.2
15.7	{12} {14}	(0.1W) **15.5<<<12.9<<7.6<Gooch Mountain Shelter>12>>13.2>>>22.3** Water (spring) is located 100 yards behind the shelter, tent pads that can accommodate two tents each, privy, bear box. [34.65492,-84.04948] [34.65573,-84.04998] [34.65652,-84.04954]	3000	2180.8
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	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		**Liss Gap** [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		**Jacks Gap** [34.67153,-84.01747]	3045	2177.7
19.0		Follow crest of **Ramrock Mountain**, rock outcropping, views to south. [34.67275,-84.01637]	3260	2177.5

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19.3		**Tritt Gap** [34.67293,-84.01186]	3031	2177.2
20.1		Creek. [34.67327,-84.00359]	3281	2176.4
20.5	P {40} ★★★★★	Cross **GA. 60, Woody Gap**, picnic area, water (spring) is located (0.1) west of the AT on northern side of the gap. Good view to the souteast of parking area. [34.67759,-83.99993] P [34.67765,-83.99978]	3198	2176.0

See list of Shuttles to Springer Mountain/Amicalola Falls State Park.

(1.3W) **Above The Clouds Hostel** 706-747-1022 (hostel) 678-983-0954(cell) atchostel@gmail.com. (www.abovethecloudshostel.com) Currently not pet friendly but it's in the works. AT Passport. 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 Slack-packing.
Mail drops: 1487 State Hwy 60, Suches Georgia 30572. [34.68316,-84.01732]

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

(6.5E) **The Hiker Hostel @ Barefoot Hills Hotel** 770-312-7342 reservations@barefoothills.com (www.barefoothills.com) AT Passport Location. Open year round. Single bunk accommodations in hostel priced from $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 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.

Suches, GA (2.0W)

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

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

Suches Hiker Shuttles 678-967-9510 "Ask for Murris" murrismiller@gmail.com (FB: HikershuttlesinGA) Owner: Murris. Based out of Suches, GA. Pet friendly. Insured. 365 days, 24/7 & holidays.
S to Atlanta Airport ➤ N to Fontana Dam & airport, bus & train stations. Slack-packing. "Groups OK. Propane available."

A.T. Hiker Shuttle 404-569-8776, beady2727@gmail.com. Owner: Bret Eady – "Suches". Based out of Suches, GA. Pet Friendly. Insured. 365 days, 24/7 & some holidays.
S to Atlanta, GA. / Springer Mountain ➤ N to Fontana Dam & airport, bus & train terminals. Slackpacking. Offering Georgia Section Hike Package. SOBO A.T. Thru Hiker 2017, SOBO BMT Thru Hiker 2019."

White Blaze Shuttle Services 706-300-8964 (cell) whiteblazeshuttleservices@gmail.com Owner Michelle Cofer. Based out of Dahlonega GA. Pet friendly Insured. 365 days, 6am-9pm & some holidays. Ask about holidays. Range varies by season - call.
S to Atlanta ➤ N to Wayah Bald, NC & airport, bus and train terminals. Slackpacking. "Covid-limited operations - call ahead. Covid precautions used."

Jeff's Appalachian Trail Shuttles & Tours 706-994-2307 Owner: Jeff Moon. Based out of Blairsville, GA. Pet friendly Insured. 365 days, 24/7 & holidays.
S to Atlanta, GA ➤ N to Fontana Dam, NC & airport, bus & train terminals. Slack-packing. P Parking, free. "Ready to help anyone anytime. In-depth knowledge of the area's history, happenings, and culture." Covid precautions. Masks optional.

21.6		Preachers Rock, view,	3580	2174.9
21.9		Rocky face of **Big Cedar Mountain**, Preaching Rock, rock outcrop just south of summit. [34.68721,-83.99403]	3737	2174.6
22.3		Small spring to west in **Augerhole Gap**.	3624	2174.2
22.8		Cross small stream on east slope of ridge. [34.69725,-83.98982]	3310	2173.7
22.9		**Dan Gap**. [34.69873,-83.98890]	3261	2173.6
23.6	P	**Miller Gap**. Cross Dockery Lake Trail. Spring about 100 yards east on Dockery Lake Trail. Dockery Lake Trail leads (3.5) east to Dockery Lake Recreation area. [34.70344,-83.98510]	3050	2172.9
24.0	{4}	**Lance Creek**, tent pads are located 100 yards north on the creek, bear cables. Last reliable water heading NOBO until Neels Gap (7.3 miles). [34.70801,-83.98477]	2880	2172.5
25.7		Flat area known as **Burnett Field Mountain**. [34.72220,-83.97032]	3480	2170.8
26.1		Water (spring) unreliable	3330	2170.4
26.3	★★★★★	**Jarrard Gap**, USFS, water (stream) is located (0.3) west. Jarrard Gap Trail (1.0) west to Lake Winfield Scott. [34.72657,-83.96492] [34.73406,-83.97318]	3250	2170.2

(1.0W) on the Jarrad Gap Trail (blue blazed) to **Lake Winfield Scott Recreation Area** (https://www.recreation.gov/camping/campgrounds/234469) $18 Tent sites for 5 persons and two vehicles, showers and bathrooms. P Parking. [34.73244,-83.97650]

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

26.7		Reach shoulder of **Gaddis Mountain**. [34.72966,-83.96118]	3536	2169.8

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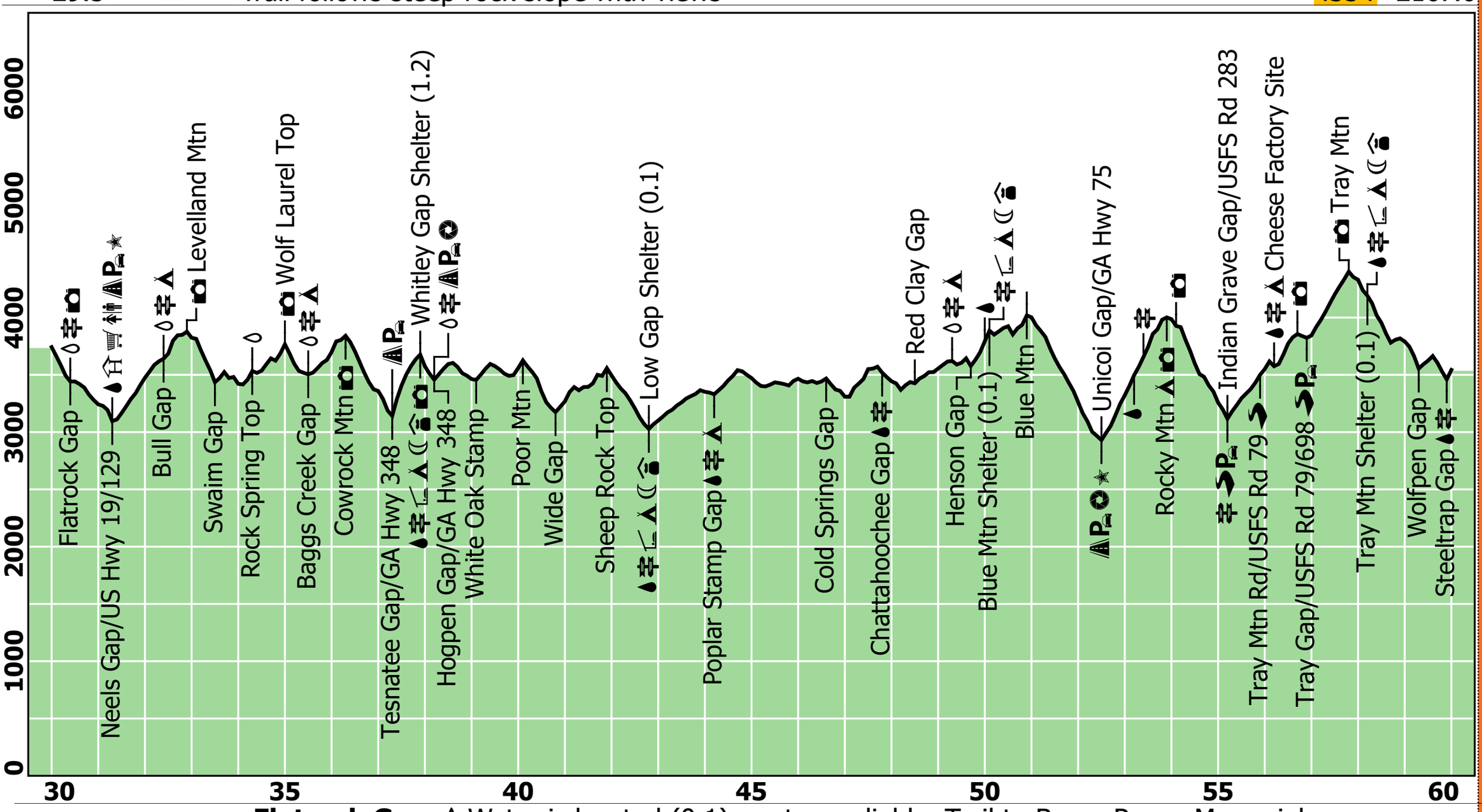
27.7	{7}	Bird Gap (0.4W) **24.9<<<19.6<<12<Woods Hole Shelter>1.2>>10.3>>>15.1** Water (stream) on trail to shelter is unreliable in dry months, privy, tenting, bear cables. [34.73706,-83.94835] [34.73713,-83.95500] Bird Gap, Freeman Trail just east bypasses Blood Mtn. and rejoins AT at Flatrock Gap.	3650	2168.8
28.0		Slaughter Creek Trail at **Slaughter Creek Gap**, water is unreliable. [34.74080,-83.94410]	3790	2168.5
28.1	{8}	Slaughter Creek campsite to the west, tent pads. **Fires are not permitted**. [34.74044,-83.94448]	3800	2168.4
28.5		Duncan Ridge and Coosa Trail west. [34.74192,-83.94128]	4168	2168.0
28.9	{8}	Blood Mountain, open rocky summit. **20.8<<<13.2<<1.2<Blood Mountain Shelter>9.1>>13.9>>>21.2** Shelter is located south of summit, no water at shelter, privy, view. **Fires are not permitted**. [34.73998,-83.93738]	4461	2167.6
29.5		Trail follows steep rock slope with views	4334	2167.0



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	2166.2
30.4		Balance Rock to the east of Trail. [34.73516,-83.92723]	3453	2166.1
31.3	{8}	Cross **U.S. 19/129, Neel Gap**. Walasi-Yi Center. Last reliable water heading SOBO until Lance Creek at mile (7.3 miles). Last reliable water heading NOBO until Low Gap Shelter (11.5 miles) [34.73542,-83.91818] [34.74061,-83.92016]	3125	2165.2

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. [34.87576,-83.95754]
Dahlonega, GA 30597(17E) All major services. [34.53253,-83.98501]

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32.4		**Bull Gap**, water (spring) on blue blazed trail to the west downhill 200 yards. [34.73249,-83.90763]	3644	2164.1
32.8		**Levelland Mountain**, wooded summit. [34.73204,-83.90128]	3942	2163.7
33.0		Crest of Levelland Mountain, open rocky area, view. [34.73055,-83.89836]	3668	2163.5
33.4		**Swaim Gap**. [34.72561,-83.89124]	3450	2163.1
34.3		Pass west of **Rock Spring Top**, water (spring) is located to the west of the trail. [34.72681,-83.88535]	3520	2162.2
35.0		**Wolf Laurel Top**, open rock face east of the trail offers views. [34.72517,-83.87463]	3766	2161.5
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	2161.0
36.3		**Cowrock Mountain**, summit offers good views of the valley below. [34.72159,-83.85647]	3842	2160.2
37.3	{10-12}	Skirts **GA. 348, Tesnatee Gap** and Russell Scenic Highway. [34.72626,-83.84770]	3138	2159.2
37.8		Rock cliff with views of Cowrock Mountain and gorge of Town Creek. [34.72617,-83.84371]	3614	2158.7
38.0	{3} {7}	Crest Wildcat Mountain. (1.2E) **22.3<<<10.3<<9.1<Whitley Gap Shelter>4.8>>12.1>>>20.2** Water (spring) located (0.2) beyond shelter, privy, bear cables. (0.1E) beyond shelter to tent sites. [34.72476,-83.84102] [34.71238,-83.83440]	3370	2158.5
38.2	{10-12}	Cross **GA. 348**, Hogpen Gap, water (spring) south side of road on a blue blazed trail. **AT plaque on rock**. [34.72532,-83.83910] [34.72590,-83.83988]	3450	2158.3
Blairsville, GA 30514 (14.0W) All major services. See Notes at NOBO mile 31.3. [34.87576,-83.95754]				
39.1		**White Oak Stamp**, ridge crest. [34.73256,-83.82967]	3470	2157.4
40.2		**Poor Mountain**, summit. [34.74645,-83.82610]	3650	2156.3
40.8		**Wide Gap**. [34.75524,-83.82822]	3169	2155.7
42.0		**Sheep Rock Top**, rocky summit. [34.76882,-83.82884]	3600	2154.5
42.8	{7} {4}	(190 yds E) **15.1<<<13.9<<4.8<Low Gap Shelter>7.3>>15.4>>>22.8** Water located 30 yards in front of shelter, tenting, privy, bear cables. | Last reliable water heading SOBO until Neels Gap (11.5 miles) [34.77659,-83.82627] [34.77626,-83.82450]	3050	2153.7
44.2		**Poplar Stamp Gap**, water (stream) is located several (0.1E) down an old road bed. [34.78964,-83.81352]	3330	2152.3
46.6		**Cold Springs Gap**, pay no attention to the name you will not find a spring, Tenting. [34.81072,-83.80993]	3300	2149.9
47.8	{7}	**Chattahoochee Gap**, Jack's Gap Trail west (2.4) to GA. 180 and parking. Water (spring) is located 200 yards east on a steep blue blazed trail. [34.82242,-83.79717] [34.84786,-83.79873]	3500	2148.7
48.5		**Red Clay Gap**. [34.82243,-83.78732]	3485	2148.0
49.2		Campsites to west of trail. [34.82230,-83.77704]	3600	2147.3
49.4		Campsites to west of trail. [34.81759,-83.77594]	3500	2147.1
49.6		Flat area known as Rocky Knob. Water is about 150 yards west down rocky slope. [34.81703,-83.77443]	3629	2146.9
49.7		**Henson Gap**. [34.81666,-83.77298]	3580	2146.8
50.0		Spring on west side trail. This is the water for Blue Mountain Shelter. [34.81673,-83.76812]	3890	2146.5
50.1	{7} {4}	(0.1W) **21.2<<<12.1<<7.3<Blue Mountain Shelter>8.1>>15.5>>>23.6** (No potable water) at shelter, water (spring) located (0.1) south of shelter on AT, tenting, privy, bear cables. [34.81665,-83.76706] [34.81721,-83.76673]	3900	2146.4
51.0		**Blue Mountain**, summit [34.81261,-83.75489]	4025	2145.5
52.5	{14}	Cross **GA. 75**, **Unicoi Gap**, **AT plaque placed in a rock on north side of road**. [34.802115,-83.74299] [34.80178,-83.74281]	2949	2144.0
		Budget Inn Shuttles Hiawassee Budget Inn bus runs from Dick's Creek & Unicoi Gap to and from Hiawassee. Will be around the trail heads in the morning about 9:45 & 11:45 for pickup. They will be a $10 shuttle fee. Will drop hikers off in town, Holiday Inn Express, Mulls, and Budget Inn.		
Helen, GA 30545 (9.0E) See Helen, GA map. [34.701565,-83.731464]				
		PO M–F 9am–12:30pm and 1:30pm-4pm, Sa 9am-12pm. 706-878-2422. 7976 S Main St. Helen, GA 30545. [34.69801,-83.71968]		
		Baymont Inn & Suites 706-725-8764. Rate, $125 and up. Includes breakfast buffet during festivals. Microwave, fridge, pool outside, free WiFi. [34.70039,-83.72313]		
		Helendorf River Inn 800-445-2271. (www.helendorf.com) Rates range from $45-$85, $10EAP depending on season. Weekend rates are higher. Pets $20. Includes continental breakfast. Laundry, Computer available for use, free WiFi. Visa/MC/Disc accepted. [34.70120,-83.72821]		
		SureStay Hotel by Best Western 706-878-2191. Open year round. No Pets. Offers a hiker room with two bed for two people $50, EAP $5 with a maximum of 4 people, offer is good for M-Th, microwave, fridge. Indoor pool. Free WiFi. [34.70071,-83.72661]		
		Econo Lodge 706-878-8000. Open year round. Weekday rates $68, weekend rates are higher, includes continental breakfast, microwave, fridge, free WiFi. Accepts only pets under 20 pounds with pet fee $20. [34.69711,-83.71346]		
		Country Inn and Suites 706-878-9000. Open year round. Call for rates, stay includes hot breakfast, indoor pool and whirl pool, laundry, Computer available to use, free WiFi. [34.70118,-83.72445]		
		Betty's Country Store (IGA) 706-878-2943. (bettysinhelen.com) M-Th 7am-8pm, F-Sa 7am-9pm Su 7am-8pm. [34.70180,-83.73423]		
		Laundromat 706-779-2066. [34.70166,-83.72575]		
		White County Library 706-878-2438. M-F 9am-6pm, Sa-Su closed. [34.70316,-83.73138]		
		Hitch-A-Hiker 813-294-6994 (cell, text preferred) Owner: Gracie Rogers. Based out of Hiawassee, GA. Pet friendly Insured. 365 days, 24/7 & holidays. **S to Atlanta, GA < > N to Fontana Dam** & airport, bus & train terminals. Slackpacking.		
Hiawassee, GA 30546 (12E) See Hiawassee and map at mile 69.2. [34.94876,-83.75710]				

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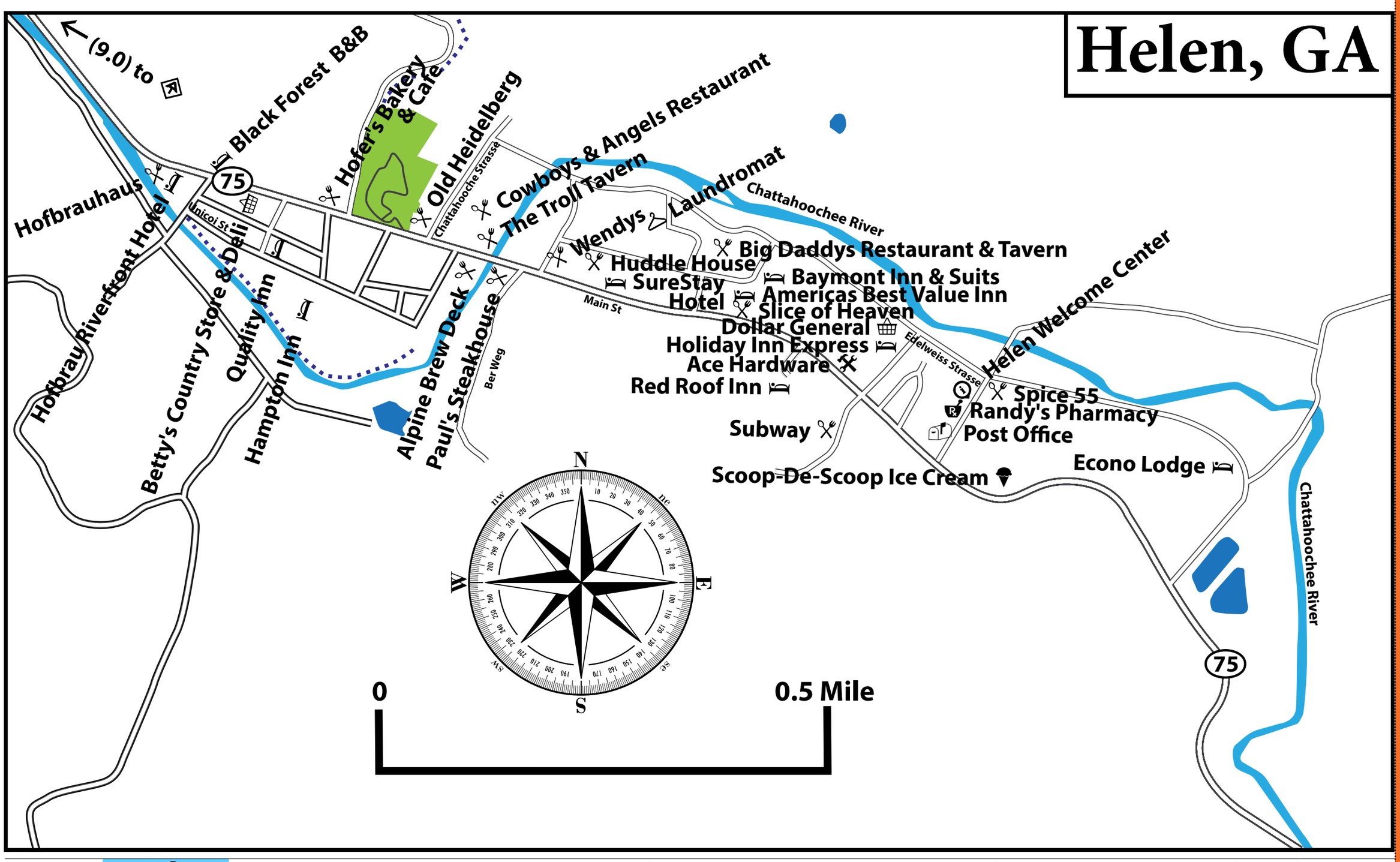
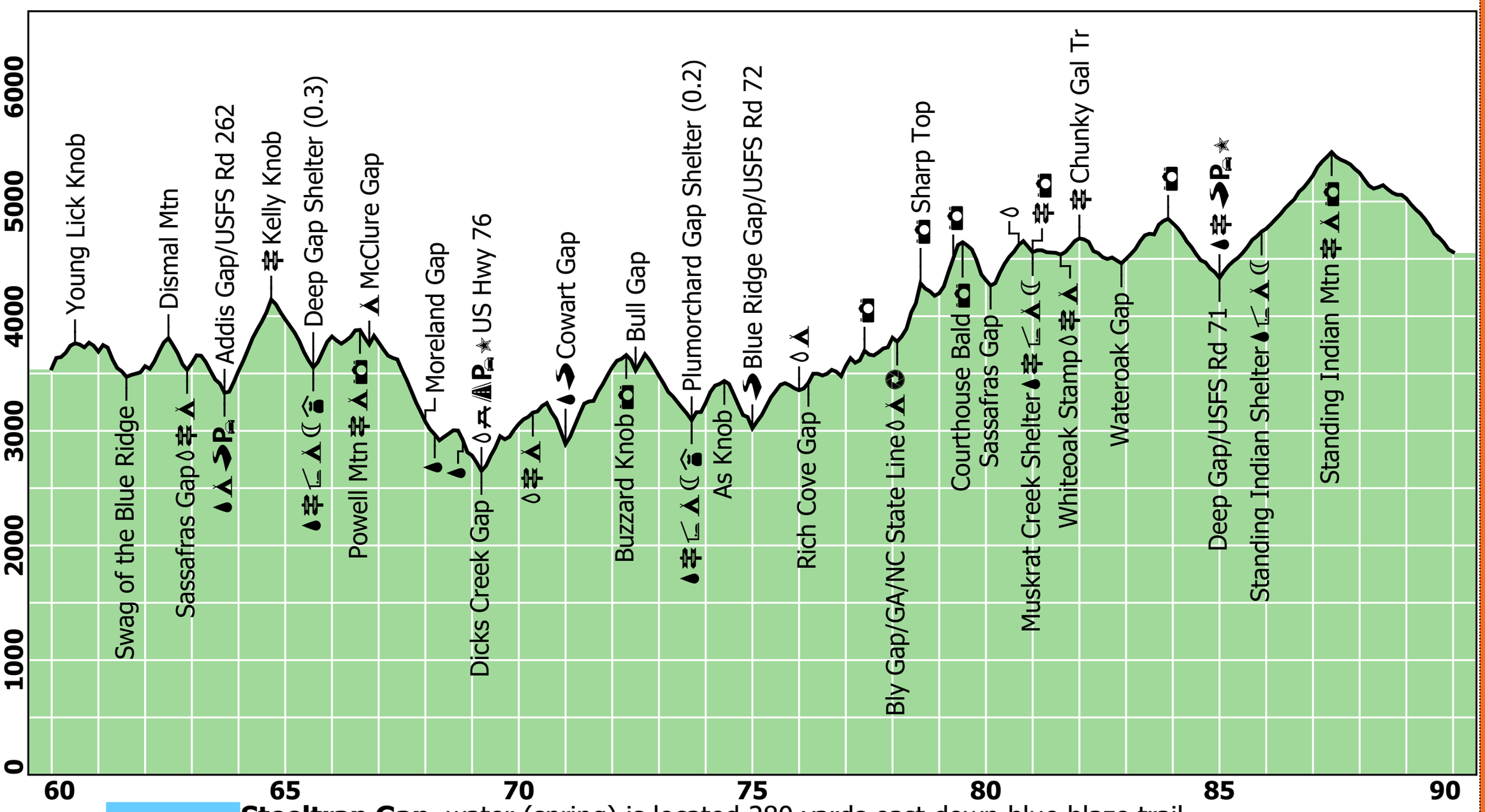


53.1		Cross **stream**, Hiwassee River (headwaters). [34.80189,-83.73534]	3504	2143.4
53.4		Rocky Mountain Trail leads (1.0W) to USFS 283. [34.80395,-83.73231]	3702	2143.1
53.9		**Rocky Mountain**, summit. [34.79817,-83.73046]	4017	2142.6
54.1		Rock ledges with good views. [34.79761,-83.72715]	3965	2142.4
55.2		Cross **USFS 283**, **Indian Grave Gap**. Blue blaze trail leads (1.9) east to Andrews Cove Campground. [34.79287,-83.71429] [34.79305,-83.71431]	3113	2141.3
55.9		Cross **USFS 79**, **Tray Mountain Road** [34.79329,-83.70323]	3580	2140.6
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	2140.3
56.7		Rocky cliff with small overlook.	3853	2139.8
56.9	{6}	Cross **USFS 79/698**, **Tray Mountain Road**, **Tray Gap**. [34.79938,-83.69100]	3847	2139.6
57.7		**Tray Mountain**, small rocky summit, views in all directions. [34.80138,-83.68395]	4430	2138.8
58.2	{3} {7}	(230 yds W) **20.2<<<15.4<<8.1<Tray Mountain Shelter>7.4>>15.5>>>22.8** Water (box spring) located 50 yards behind shelter, tenting, privy, bear cables. [34.80283,-83.67857] [34.80396,-83.67690] [34.80491,-83.67568]	4200	2138.3
59.4		**Wolfpen Gap**. [34.81118,-83.66288]	3600	2137.1



60.0		**Steeltrap Gap**, water (spring) is located 280 yards east down blue blaze trail. [34.81686,-83.65697] [34.81516,-83.65540]	3490	2136.5
60.5		West side of **Young Lick Knob**. [34.82294,-83.65250]	3800	2136.0
61.8		Cross **Swag of the Blue Ridge**. [34.83838,-83.65917]	3400	2134.7
62.9		**Sassafras Gap**, camp sites, water (spring) is located 150 yards downhill to the east. [34.85294,-83.66067] [34.85382,-83.65917]	3500	2133.6
63.8		**Addis Gap**, old fire road leads (0.5) east to campsite and water and eventually to **USFS 26-2**. During Turkey hunting season the locals like to use this campsite because they can drive into it. Old fire road leads (8.0) east to GA. 197. [34.86310,-83.65613]	3304	2132.7
64.8		Trail to **Kelly Knob** (0.2) west. [34.87822,-83.65451]	4276	2131.7
65.6	{4} {12}	(0.3E) **22.8<<<15.5<<7.4<Deep Gap Shelter>8.1>>15.4>>>20.3** Water (spring) is located (0.1) south on the trail to the shelter, tenting, privy, bear cables. [34.88539,-83.64790] [34.88249,-83.64597] [34.88313,-83.64719]	3550	2130.9
66.6		Blue blaze trail east leads several yards to campsites and view, **no water**. [34.89286,-83.63628] [34.89246,-83.63507]	3827	2129.9
66.8		**McClure Gap**. Tenting [34.89394,-83.63341]	3767	2129.7
67.0		**Powell Mountain**, summit. [34.89283,-83.63070]	3850	2129.5
68.0		**Moreland Gap**. An old overgrown roadbed leads west. [34.90120,-83.62826]	3050	2128.5
68.2		Stream. [34.90244,-83.62714]	2650	2128.3
68.8		Dick's Creek, stream. [34.90821,-83.62215]	2650	2127.7

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69.2 Cross **U.S. 76**, **Dicks Creek Gap**, picnic area, water is located near parking area. **See Dicks Creek map**. [34.91218,-83.61892] [34.91231,-83.61885] 2675 2127.3

(0.6W) **Hostel Around the Bend** 706-389-9668 stay@hostelaroundthebend.com (www.hostelaroundthebend.com)
Just a short walk away (0.6 miles downhill) west of Dicks Creek Gap. Pet-friendly private accommodations available for well-behaved pets. . All prices include use of 2 shared full bathrooms, full kitchen, laundry facilities, free Wi-Fi, and guest shuttle to town. Pet-friendly private accommodations available for well-behaved pets.
Reservations for bunks accepted after 10 am on day of arrival (call/text). Private bedroom, reserve a private room, book on our website or call/text ahead. Tent & hammock camping space available.
Included with stay: guest laundry, shower with towel and toiletries provided, and guest shuttle service (includes resupply shuttle to town and pick-up/drop-off at Dicks Creek Gap, Unicoi Gap, and Blue Ridge Gap upon request). Additional guest amenities include: free guest resupply box holding ($5/box for non-guests), free wifi, loaner clothes, use of full kitchen, games, puzzles, books, and more.
Limited day passes available for $20 per person per day, includes shower, laundry, use of facilities, and resupply shuttle. Shower only $10/person. Please call/text ahead for availability for camping and day passes. Resupply items available. Ask us about our slackpacking options. Parking available.
Mail drops: (free for guests, $5 donation for non-guests) held for 21 days. ID required to pick up packages: 7675 US Hwy 76 E., Hiawassee GA 30546. [34.92035,-83.62492]

(5.0W) **Henson Cove B&B** 706-970-1533 (text/cell) (www.henson-cove-place.com)
relax@hensoncoveplace.com Well behaved pets only.
Cabin for 1 to 4 people. Cabin includes a full kitchen, 3 beds, 2 Bedroom. 1 1/2 bath. $120 for 2 people, $135 for 3 people, $150 for 4 people. Dogs $10. Breakfast $10 pp/pd. B&B rates $130 and up, including breakfast. Accepts credit cards. All stays include ride to and from trailhead at Dick's Creek or $20 from Unicoi Gap and or into town for resupplies. Free laundry and Internet for guests only. Slackpacking (cash only). Shuttles available. Shuttles, (Springer to Fontana – Price based on Time, Distance and Difficulty). Parking for section hikers.
Mail drops: 1137 Car Miles Rd, Hiawassee, GA 30546. Mail drops MUST have Full Return Address and PHONE Number. [34.93086,-83.68968]

Henson Cove Shuttles 706-970-1533 relax@henson-cove-place.com (www.henson-cove-place.com)
Owners: David and Mariah Nugent. Based out of Hiawassee, GA. Pet friendly. Insured. 365 days, M-Sat: 9 AM-6 PM, Sun: 9 AM-5PM & some holidays.
Springer/Amicalola SP ➤ Fontana & airport, bus & train terminals. Slackpacking. Parking, free (1, or 2 cars, at most). Slack Pack rates based on time & distance. Shuttles based on time & distance. Dicks Creek is $10. $20.00 to/from Unicoi. MUST be staying with us for Shuttle Service.

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

Hiawassee, GA 30546 (11.0W). See Hiawassee, GA map. [34.94876,-83.75710]

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

(10.2W) **Hiawassee Budget Inn** 706-896-4121. (www.hiawasseebudgetinn.com)
AT Passport location. Open year round. $50 per person, limited to four per room, $8 for each additional person. $15 pet deposit. Rooms include cable TV, refrigerators, microwaves. Coin laundry. Free Wifi. Free shuttles for guests to and from Dick's Creek Gap and Unicoi Gap, leaves at 9 and 11 am for the months of March thru April. There is a fee for "non-guest".
Mail drops for guests: 193 S Main Street - Hiawassee, Georgia. 30546 [34.94485,-83.75370]

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

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

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

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

Freds 706-896-4302. M-Sa 8am-9pm, Su 9am-8pm; Pharmacy 706-896-1774. M-F 9am-7pm, Sa 9am-4pm, Su closed. [34.95539,-83.75849]

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

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

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

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

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

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

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

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

Warrior 678-570-5128 (cell) trpatton@outlook.com (www.AYPNow.com) Owner: Timothy & Cyndi Patton. Based out of Cleveland, GA. Pet Friendly. Insured. 365 days, 10am - 8pm & holidays.
S to Atlanta Airport/Amicalola/Springer Mountain, GA ➤ N to Winding Stair Gap, GA & airport, bus & train terminals. Slackpacking. "Prefer 24 hr notice to guarantee a ride. Car seats up to four hikers. Seat belts required. Masks required."

Encourager's Shuttles 706-897-7281 Call, text, or PM mtman100@yahoo.com.
Darrell "Encourager" Barrett. Based out of Hiawassee, GA. Pet friendly.
Shuttles are "donation only" for local shuttles in the Hiawassee area.
Long distance shuttles are available for a reasonable fee. All donations go to providing Trail Magic. Parking available at no charge.
S to GA-75/Unicoi Gap ➤ N to U.S.-64/Winding Stair

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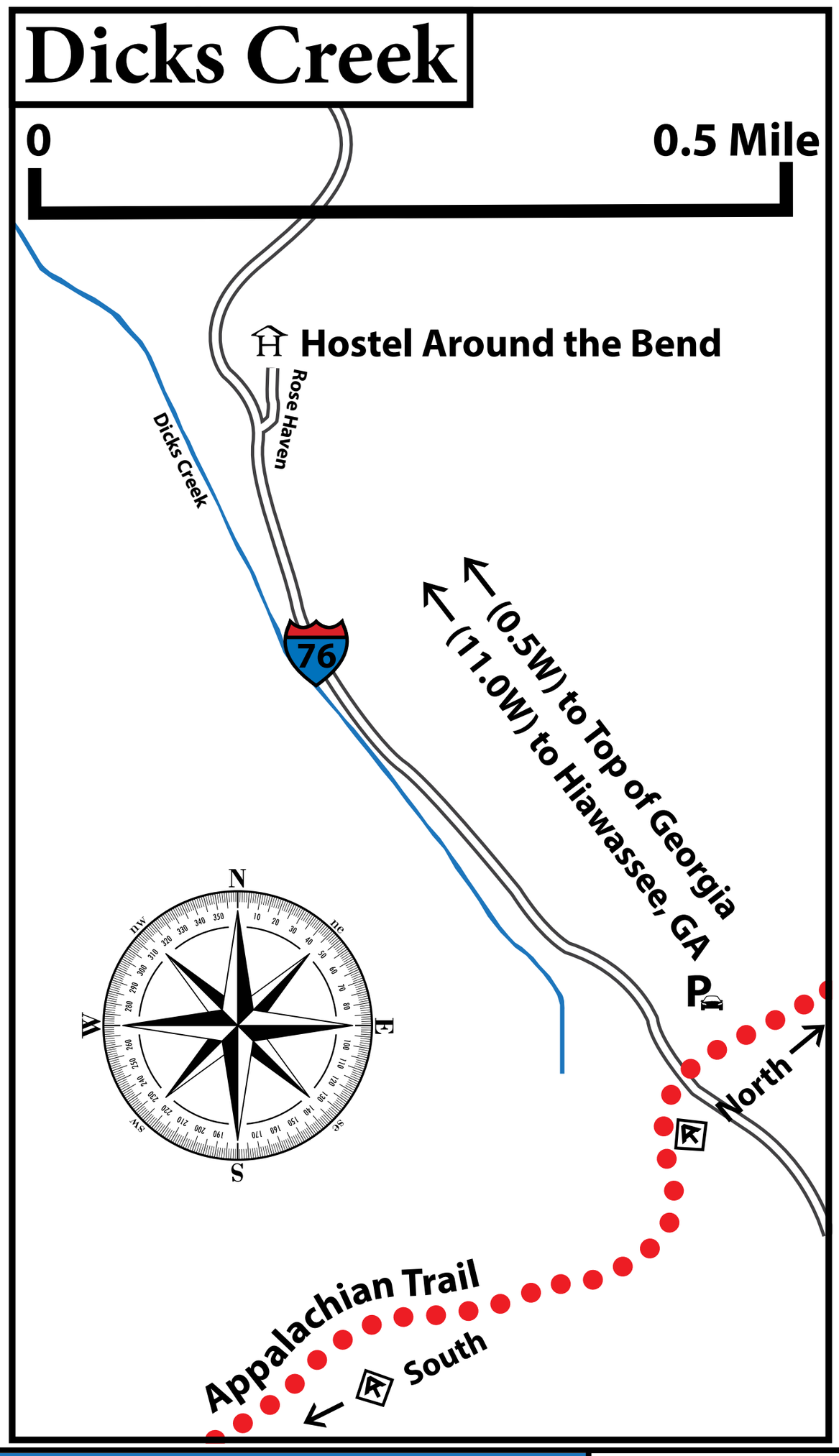

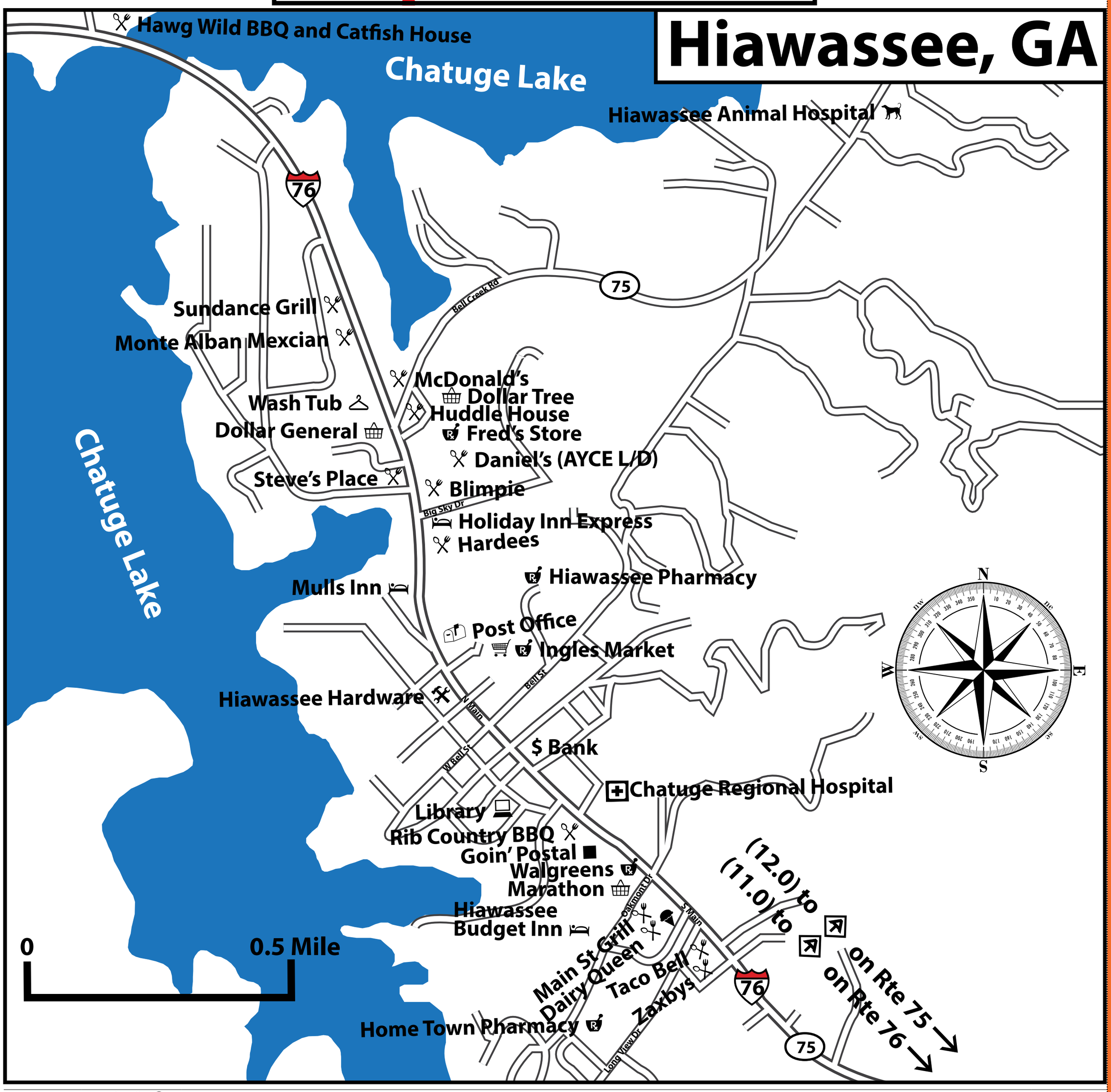

70.3		(0.1E) **Campsite** east on blue blazed trail, water.	[34.91047,-83.60330]	3150	2126.2
71.0		**Cowart Gap**, tall pines.	[34.91719,-83.59552]	2900	2125.5
72.1		Good views from **Buzzard Knob** when the leaves are not on trees.	[34.93109,-83.60139]	3675	2124.4
72.5		**Bull Gap**.	[34.93596,-83.60215]	3550	2124.0

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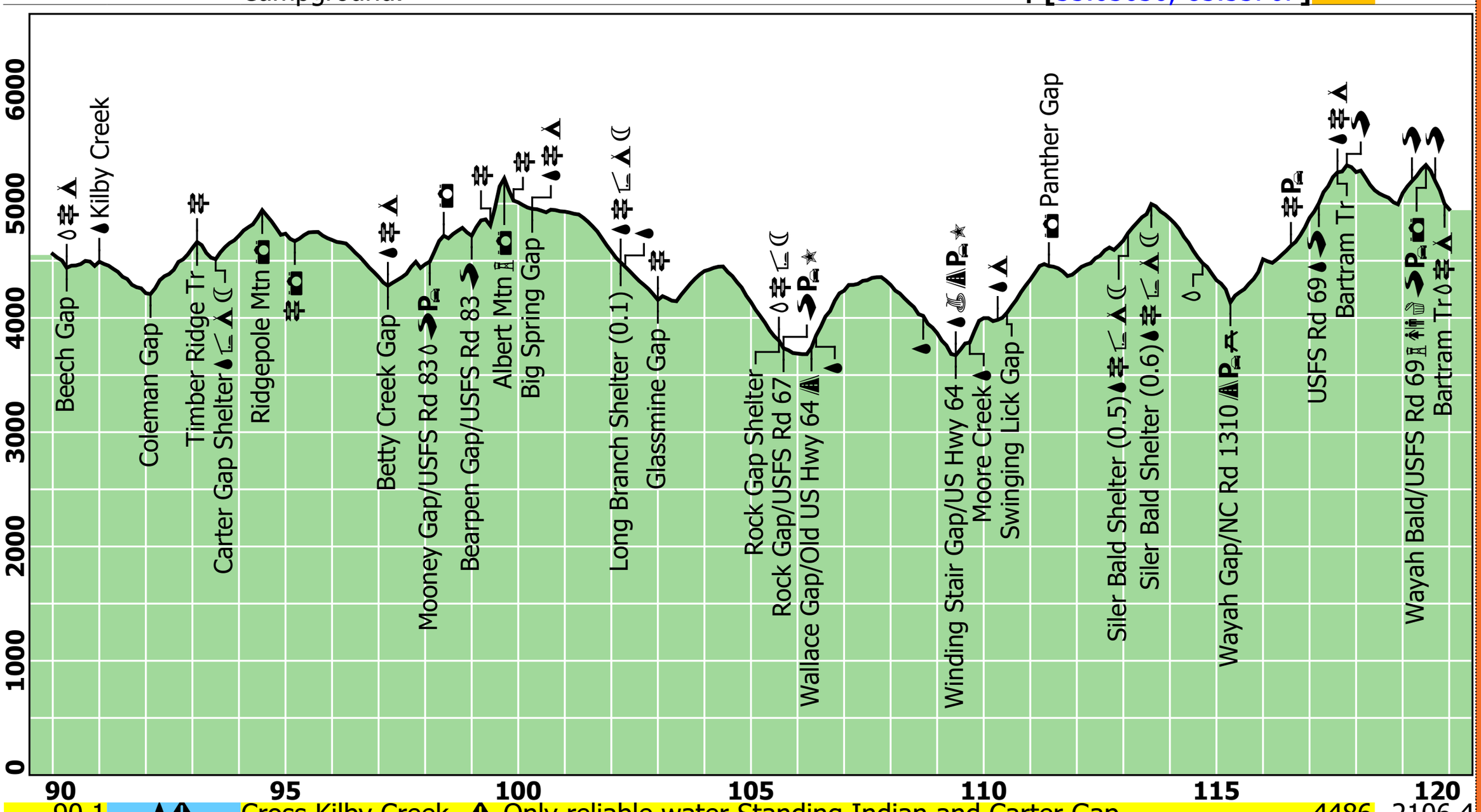
73.6		Big John Spring, west of AT. [34.94578,-83.59264]	3176	2122.9
73.7	{6} {14}	Plumorchard Gap. (0.2E) **23.6<<<15.5<<8.1<Plumorchard Gap Shelter>7.3>>12.2>>>19.8** Plumorchard Creek is on the shelter trail, beyond the shelter. tenting, privy, bear cables. **Caution** the stump in front of the shelter 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
74.4		**As Knob**, crosses high point below summit. [34.95337,-83.59321]	3460	2122.1
75.0		**Blue Ridge Gap**, cross dirt road **USFS 72**. [34.95868,-83.59628]	3020	2121.5
76.0		Campsite, water. [34.96838,-83.59447]	3500	2120.5
76.2		**Rich Cove Gap**. [34.97071,-83.59393]	3390	2120.3
77.6		Small knob west of trail with good views. [34.97639,-83.59580]	3695	2118.9
78.1	**State Line**	**Georgia–North Carolina State Line**, register in tree. [34.99218,-83.59983]	3825	2118.4
78.2		**Bly Gap**, Bly Gap Spring is located east of the trail and 250 feet south of the gap. Gnarly twisted oak tree located here. **Often photographed tree**. [34.99432,-83.59932] [34.99385,-83.59968]	3840	2118.3
78.9		**Sharp Top**, skirts the summit, vista. [34.99614,-83.59358]	4300	2117.6
79.3		View of Shooting Creek Valley. [35.00156,-83.58667]	4521	2117.2
79.5		Trail skirts summit of **Courthouse Bald**, view. [35.00285,-83.58424]	4650	2117.0
80.1		**Sassafras Gap**. [35.01043,-83.58263]	4300	2116.4
80.7		Cross stream	4549	2115.8
80.9		Viewpoint to the west.	4627	2115.6
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	2115.5
81.8		Edge of **White Oak Stamp**, Buck Creek Trail leads crosses the AT. water (spring) is located to the east. Tent sites to west and east. Camp out of sight of the trail to the west or east. [35.02684,-83.57159]	4620	2114.7
82.0		Chunky Gal Trail to the west (5.5) to U.S. 64. [35.02965,-83.57194]	4700	2114.5
82.9		Wateroak Gap, small clearing. [35.03723,-83.56152]	4490	2113.6
83.9		View.	4737	2112.6
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	2111.5
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	2110.6
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	2109.1



90.1		Cross Kilby Creek. Only reliable water Standing Indian and Carter Gap.	4486	2106.4
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	2106.2
92.1		**Coleman Gap**, dense rhododendron thicket. [35.00536,-83.51042]	4200	2104.4
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	2103.4
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	2103.0
94.5		North side of **Ridgepole Mountain**.	4990	2102.0
95.2		**Unmarked trail** leads 25 feet east to Little Ridgepole vista of Pickens Nose.	4749	2101.3
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	2099.3
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	2098.4
98.4		Log steps, spring	4500	2098.1
99.0		**Bearpen Gap**. USGS 83 is visable to the west. [35.04684,-83.47145]	4700	2097.5
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	2097.1
99.7	P {7}	**Albert Mountain** summit, fire tower. [35.05256,-83.47752] P [35.05247,-83.48020]	5250	2096.8

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99.9		Albert Mountain bad weather bypass trail leads west (0.4) to parking area, SOBO hikers continue (0,4) to USFS 83 to rejoin AT at NOBO mile 99.4. [35.05558,-83.47766]	5035	2096.6
100.3		**Big Spring Gap**. Spring and tenting. [35.05874,-83.47801]	4954	2096.2
102.2	{5} {16}	(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	2094.3
102.3		Cross stream. [35.07001,-83.49684]	4930	2094.2
103.0		**Glassmine Gap**, Long Branch Trail (2.0) west to USFS 67. [35.07707,-83.50222]	4130	2093.5
104.1		Unreliable spring below trail. Several seasonal water sources are one mile in either direction.	4363	2092.4
105.6	{8}	(300 ft W) **19.7<<<12.1<<3.4<Rock Gap Shelter>7.5>>14.8>>>19.6** water (spring) is known to go dry, privy. [35.09143,-83.52310]	3760	2090.9
105.7	{6-7}	**Rock Gap**. (1.5W) Standing Indian Campground. [35.09406,-83.52250]	3750	2090.8
		(1.5W) **Standing Indian Campground** 828-524-6441. Campsites $20, open Apr 1 - Nov 30. Showers, camp store, pay phone. Pets must be leashed. Parking is permitted year round. [35.07610,-83.52840]		
106.3		Cross **Old U.S. 64**, **Wallace Gap**. [35.09807,-83.52674]	3738	2090.2
106.4		Cross feeder stream to the Nantahala River. [35.09944,-83.52793]	3745	2090.1
108.7		Cross Moore Creek. [35.11649,-83.54504]	3797	2087.8
109.4	{15-20}	Cross **U.S. 64**, Winding Stair Gap, piped spring. [35.12051,-83.54716] [35.11975,-83.54818]	3770	2087.1

Franklin, NC 28734 (10E) (all major services) See Franklin north side and south side maps. [35.18213,-83.38004]

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

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

(11.6E) **Gooder Grove Hostel** 828-332-0228. No Pets. AT Passport available. **Open Year Round!**. Located in downtown Franklin, close to resupply options, Main Street, two outfitters, local breweries, and restaurants. FREE Trailhead Shuttle early/mid-mornings & afternoons to and from Winding Stair Gap & Rock Gap, February 23 through May, plus Town Shuttle. Bunk: $35 per person, laundry included. Private room: $55, $10 each additional person. Tent, Hammock: $20 per person. Stay includes Bed with linens, laundry and shower. Kitchen & Den for hikers. Loaner Clothes available. Free Wifi. Zen Shuttles (short or long distance), Guided Hikes, & Slackpacking. Long Term Parking for section hikes. Fenced dog lot/kennel. Boarding available. Print Smokies Permit.
Mail drops: 130 Hayes Circle, Franklin, NC 28734. [35.17814,-83.37801]

(12.6E) **Chica & Sunsets Hostel** 715-315-0876 (text preferred) Text up to 3 days in advance. chica@chicaandsunsets.com (www.chicaandsunsets.com) Not pet friendly AT passport location. **Open Feb 15 – May 15, 2022** $60 per person + tax (cash/Venmo/PayPal only) includes continental breakfast, pickup and dropoff at Winding Stair Gap/Rock Gap, laundry, shuttle to town. Hostel is co-ed and holds 4 hikers max; hikers have use of full apartment (2 twin beds/room). Text up to 2 days in advance to secure a spot (no walk-ins). Chica & Sunsets are former thru-hikers of the AT, Camino, CT, Bartram Trail and Ice Age Trail.
Mail drops for guest: Contacted establishment for details. [35.19349,-83.38744]

The Barn A.T. Hiker Hostel 252-646-3580 Call/Text Spidy. Open 1 Aug to 1 May. No pets. Full-service hostel with space for 6. Call ahead to ensure availability. Tenting avialable. Provides Pickup and drop off to all local trailheads, resupply in town, shower, laundry, loaner clothes, movie lounge, and breakfast with one of the best views in Franklin. Slackpacking available. Donations accepted but not expected.
Mail drops: 333 Beteejay lane Franklin NC 28734. [35.15363,-83.26972]

Sapphire Inn 828-524-4406. (www.sapphireinnfranklin.com) Pet friendly. AT Passport location. Our Hiker's Special starts at only $59.99 & up. Pet fee charges are based on pet size free WiFi.
Mail drops for guests: 761 East Main Street, Business 441, Franklin, NC 28734. [35.18761,-83.37003]

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

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

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

Lazy Hiker Brewing Company 828-349-2337. (www.lazyhikerbrewing.com) AT Passport location. Spring and Summer hours, M-Thu 12pm-9pm, F-Sa 12pm-11pm, Su 12pm-6pm. Food Truck on-site M-Th 12pm-8pm, F-Sa 12pm-9pm, Su 12pm-8pm. Computer and printer available for use, free WiFi. Pet friendly. [35.18081,-83.38423]

Outdoor 76 828-349-7676. (www.outdoor76.com) AT Passort location. M–Sa 10 am-7 pm, Su closed. Specialty AT hiking store with lightweight gear, food & draft beer, right in center of town. Fuels available. Footwear experts with Pedorthic trained staff to deal with injuries and various foot issues. 10% off total purchase for thru-hikers. Computer available for use, free WiFi. Shipping services, in town shuttles.
No charge for Mail drops: 35 East Main Street, Franklin, NC 28734. [35.18208,-83.38076]
Rock House Lodge taproom/restaurant: Inside Outdoor 76
M-Sa 10 am-9 pm. 18 beers on tap, wine and food. Darts, indoor shuffleboard, community instruments for hikers, along with big screen T.V and occasional live music. Weekly food specials. Free WiFi.

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Three Eagles Outfitters 828-524-9061. www.threeeaglesoutfitters.net) AT Passport location. Open year round. M–Sa 9am–6pm, Su 12am–5pm. Full service outfitter. 10% AT thru hiker discount. Denatured alcohol and Coleman fuel by the ounce, fuel canisters. Computer available for use, free Wifi. Coffee and espresso bar and offers free beer for shoppers. Listing of shuttle providers available.
Mail drops: Three Eagles Outfitters 78 Siler Rd. Franklin, NC 28734. [35.16426,-83.39101]

Ruby City Gems and Minerals 828-524-3967. (www.rubycity.com) gems@rubycity.com AT Passport location. M-Closed, Tu-Sa 10am-5pm, Su-Closed. [35.18226,-83.37883]

Currahee Brewing Co. 828-634-0078. (www.curraheebrew.com) AT Passport location. Hours: M-Th 12am-9pm, F-Sa 12am-10pm, SU 2pm-7pm. [35.18746,-83.37296]

Lenzo Animal Hospital 828-369-2635 (www.lenzoanimalhospital.tripod.com) M-F 8:30 am-5 pm, Sa 8:30 am-12pm, Su sometimes open. Emergency clinic 828-665-4399. [35.14923,-83.39433]

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 accommodate 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!"

Dorie & Steve Cameron 678-480-2580 cell/text Doriancameron51@gmail.com Owner: Dori & Steve Cameron Based out of Franklin, NC. Pet friendly. 365 days (hours vary) & some holidays.
S to Rock Gap Parking ➤ N to Tellico Gap. "We prefer texting over calling."

Kick Your Boots Off Shuttle 386-337-1363 nasfan2024@aol.com Owner: Paul Finn- "Flatlander". Based out of Andrews/Hayesville, NC. Pet friendly. Insured. 365 days, 24/7 & holidays.
S to Amicolola Falls ➤ N to Davenport Gap & airport & bus terminals. Slackpacking. "Experienced AT hiker-owned business."

Dorie & Steve Cameron 678-480-2580 cell/text Doriancameron51@gmail.com Owner: Dori & Steve Cameron Based out of Franklin, NC. Pet friendly. 365 days (hours vary) & some holidays.
S to Rock Gap Parking ➤ N to Tellico Gap. "We prefer texting over calling."

Wayah Gap Shuttle 828 421-3924 (cell), 770-351-9763 4 danmargw@gmail.com Owners: Danny & Margie Watkins. Based out of Franklin/Wayah Gap. Pet friendly. 365 days, call/text, limited availability, days & hours variable & some holidays.
S to Wayah Gap ➤ N to Franklin. "Route and availability are limited to Wayah Gap to Franklin/ Franklin to Wayah Gap ONLY!"

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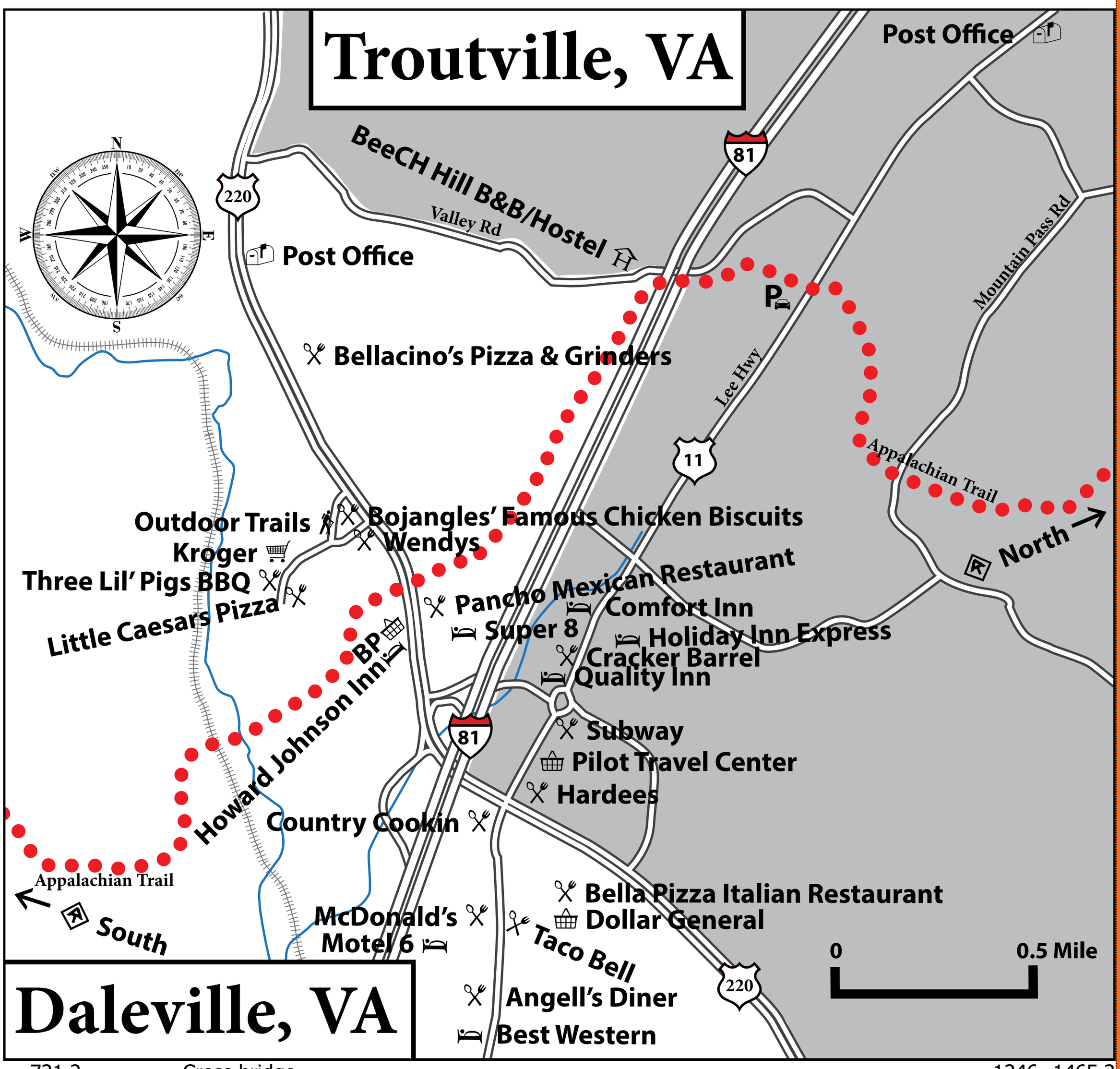

731.2		Cross bridge.	1346	1465.3
731.4		**VA 779/Valley Rd, I-81 underpass**. [37.40470,-79.89620]	1400	1465.1
731.6		Cross low bridge. [37.40515,-79.89238]	1378	1464.9
731.8	{6}	Cross **U.S. 11**, Norfolk Southern Railway. [37.40450,-79.88989] **Troutville, VA. (1.0E). See Daleville, VA/Troutdale, VA map**.	1300	1464.7
		(0.7W) from AT on Hwy 11 to **PO** M-F 9am-12pm & 1pm-5pm, Sa 9am-11am, 540-992-1472. 4952 Lee Hwy. Trouteville, VA 24175. [37.41261,-79.88091]		
		Super 8 540-992-3000. No pets. $67.95 and up, includes continental breakfast, microwave, fridge. Laundry. Outdoor pool. Computer available for use, free WiFi. Accepts Credit Cards. [37.39220,-79.90491]		
		Quality Inn 540-992-5335. $72 and up, king or 2 doubles (hikers rate). $25.00 pet fee nonrefundable. Includes free Full Hot Breakfast. Seasonal Pool. Microwaves/refrigerators/coffee makers in each room, computer available for use, free WiFi. Free WiFi/HD TV/Fitness Center. [37.39148,-79.90077]		
		Holiday Inn Express 540-966-4444. No pets. $109-129, includes continental breakfast. Coin laundry. Computer available for use, free WiFi. Mail drops for guests: 3200 Lee Hwy, Troutville, VA 24175. [37.39208,-79.89839]		
		BeeCh Hill B&B/Hostel Owners "Yeeha" and Beth. 540-462-7248 Call or text. Beechhilltroutville@gmail.com. Located 200 paces off the AT at 624 Valley Road (Rt. 779), Troutville, VA 24175. 2 B&B rooms, 7 total bunks in 2 rustic cabins with twin beds/bunks and electricity. 4 tent sites, some with hammock space. Bunks/tents served by composting toilet. All stays include a hot shower, linens/towels, and breakfast at 8AM. WIFI available. Self serve laundry for a fee. Resupply & restaurants within 2 mile walk. Limited local shuttle, ask for details. Maildrop accepted, please indicate hiker/anticipated arrival date: 624 Valley Rd. Troutville 24175. [37.40457,-79.89774]		
732.2		Good views from a hill top in an open field. [37.40036,-79.88564]	1540	1464.3
732.3		Cross **VA. 652, Mountain Pass Road**. , Trail crosses a small footbridge over a stream just south of road. [37.39925,-79.88525]	1450	1464.2
733.9		Intersects old farm lane.	1484	1462.6
735.3	{6}	(0.1E) **22.8<<<20.4<<14.4<Fullhardt Knob Shelter>6.2>>13.5>>>20** Water is from cistern behind shelter. This is the last shelter on the AT that has a cistern. Tenting, privy. [37.39846,-79.85390]	2676	1461.2
736.2	{2}	Intersects Fullhardt Knob fire road. [37.40340,-79.83968]	2213	1460.3
738.1	{2}	Cross **USFS 191**, Salt Pond Road. [37.41690,-79.81910]	2260	1458.4
738.9		Cross Curry Creek	1680	1457.6
739.3		Pass through gap south of Grindstone Knob. [37.41769,-79.80561]	1920	1457.2
739.6		Cross stream.	1660	1456.9
740.2		Cross stream.	1490	1456.3
740.8		Cross Wilson Creek	1690	1455.7
741.5	{6}	(150 ft W) **26.6<<<20.6<<6.2<Wilson Creek Shelter>7.3>>13.8>>>20.8** Water (stream) is located 200 yards on opposite of trail from the shelter, tenting, privy. [37.41926,-79.78570]	1830	1455.0
741.8		Unreliable spring	2050	1454.7
742.8		Spur to the west with views.	2174	1453.7
743.6		Narrow side trail with views.	2307	1452.9

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Hostels along the Appalachian Trail

The following is a listing of hostels, campgrounds, and lodgings along the Appalachian Trail. This page will contain the basic contact information, with name, open and close dates, and physical mailing address, and GPS coordinates. The physical address is not the mail-drop address. Checking the detailed listing for the correct mail-drop address and more information.

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

20.5 (1.3W) **Above The Clouds Hostel** 706-747-1022 (hostel) 678-983-0954(cell) ✉ atchostel@gmail.com. (www.abovethecloudshostel.com) Mail drops: 1487 State Hwy 60, Suches Georgia 30572. [34.68316,-84.01732]

20.5 (2.9E) **Kennedy Creek Resort** 404-720-0087 ✉ kennedycreekresort@gmail.com (kennedycreekresort.com) Pet friendly Bunk houses & dormitory. $40 per night plus $5 cleaning fee, laundry. Cabins also available. Dinner, just under $20. Free Wi-Fi. 3001 High Valley Rd, Suches, GA 30572. [34.69709,-84.01439]

20.5 (6.5E) **The Hiker Hostel @ Barefoot Hills Hotel** 770-312-7342 ✉ reservations@barefoothills.com (www.barefoothills.com) [34.61318,-83.96511] Mail drops: (USPS/FedEx/UPS) 7693 US Highway 19N, Dahlonega, GA 30533.

31.3 **Mountain Crossings** 706-745-6095. (www.mountaincrossings.com) Mail drops (USPS/UPS/FedEx) held for 2 weeks, $1 donation fee upon pickup, 12471 Gainesville Hwy, Blairsville, GA 30512. [34.73516,-83.91788]

69.2 (0.6W) **Hostel Around the Bend** 706-389-9668 ✉ stay@hostelaroundthebend.com (www.hostelaroundthebend.com) Mail drops: (free for guests, $5 donation for non-guests) held for 21 days. ID required to pick up packages: 7675 US Hwy 76 E., Hiawassee GA 30546. [34.92035,-83.62492]

109.4 (12.6E) **Chica & Sunsets Hostel** 715-315-0876 (text preferred) Text up to 3 days in advance. ✉ chica@chicaandsunsets.com (www.chicaandsunsets.com) Mail drops for guest: Contacted establishment for details. [35.19349,-83.38744]

109.4 **The Barn A.T. Hiker Hostel** 252-646-3580 Call/ text Spidy. Mail drops: 333 Beteejay lane Franklin NC 28734. [35.15363,-83.26972]

109.4 (11.6E) **Gooder Grove Hostel** 828-332-0228. **Open Year Round!**. Mail drops: 130 Hayes Circle, Franklin, NC 28734. [35.17814,-83.37801]

136.7 **Nantahala Outdoor Center** 828-785-5082. (www.noc.com) ✉ reservations@noc.com. Mail drops: dated and marked "Hold for AT Hiker", 13077 Hwy 19W, Bryson City, NC 28713. Must show ID to pick up.

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) **The Cabins in the Woods** 980-406-6446 Craig (Hawk) (www.thecabinsinthewoods.com) [35.37696,-83.70186] Mail drops for guests. 386 W. Stecoah Hts., Robbinsville, NC 28771

150.5 (4.7E) **Hidden Pond Hostel** 706-747-3736 ✉ HiddenPondHostel@outlook.com (www.hiddenpondhostel.com) - Opening in 2023 Mail drops:191 Holly Hill Rd., Suches, GA 30572. [34.71491,-83.99853]

158.3 (3.1 E) **The Hike Inn** 828-479-3677 ✉ hikeinn@graham.main.nc.us. Open Feb thru Nov. May close periodically Dec-Jan. Free mail drops for guests: 3204 Fontana Rd., Fontana Dam, NC 28733. Shuttles between Atlanta & Damascus. [35.41578,-83.72500]

241.0 (9.0W) **The Discerning Hiker** 423-721-5278 ✉ discerninghiker@gmail.com (www.discerninghiker.com) [35.79560,-83.19188] Mail drops for guests: 4319 Ground Hog Rd, Crosby, TN. 37722.

241.5 (0.1W) **Standing Bear Farm** 423-487-0014 (call) or 423-608-0149 (call or text). Mail drops for guests free (non guest $3 per package): 4255 Green Corner Rd, Hartford, TN 37753. [35.78615,-83.10180]

268.3 (1.8W) **Happy Gnomads Hiker House** 865-256-2654, 828-206-2074. ✉ happygnomadsnc@gmail.com (www.facebook.com/HappyGnomadsHikerHouse) [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) 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 February-August. 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** 423-707-4013 (text or leave message). (www.ATunclejohnnys.com) [36.105680,-82.448515] Mail drops: 151 River Rd, Erwin, TN 37650.

368.6 (0.6E) **Greasy Creek Friendly** 828-688-9948 ✉ greasycreekfriendly@gmail.com (www.greasycreekfriendly.com) Mail drops: 1827 Greasy Creek Rd, Bakersville, NC 28705. [36.139059,-82.189020]

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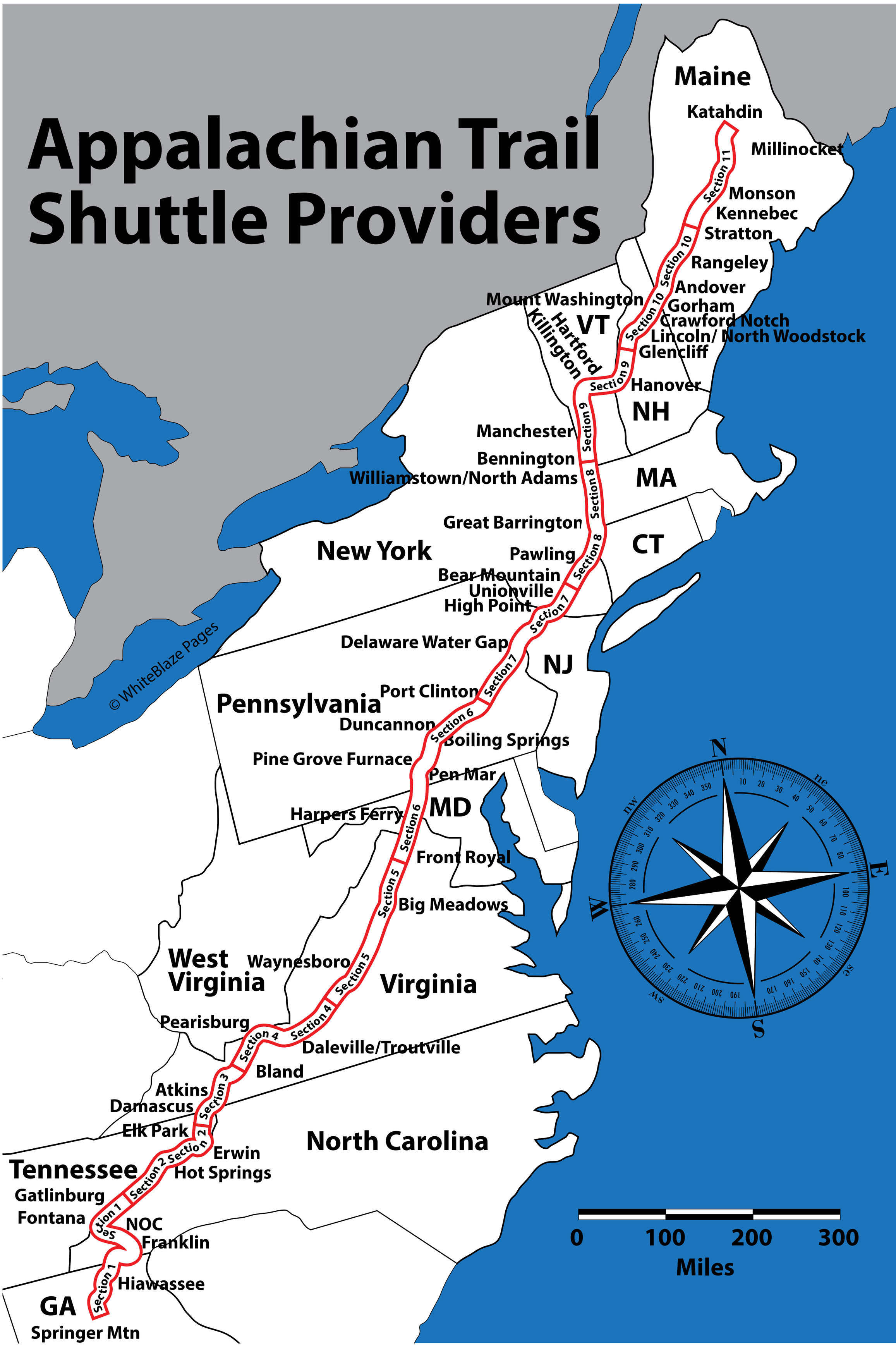
Shuttle Provider Listing



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Shuttle Provider Listing

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

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

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Name / Based out of	Pet friendly	Page or NOBO Mile	1 Springer Mtn., GA – Newfound Gap, TN (0.0-207.8)	2 Newfound Gap, TN – Elk Park/Roan Mtn., TN (207.8-395.3)	3 Elk Park/Roan Mtn., TN – Bland, VA (395.3-591.7)	4 Bland VA – Buena Vista, VA (591.7-808.5)	5 Buena Vista, VA – Front Royal, VA (808.5-971.5)	6 Front Royal, VA – Port Clinton, PA (971.5-1219.2)	7 Port Clinton, PA – Bear Mountain NY (1219.2-1405.5)	8 Bear Mountain NY – Bennington VT (1405.5-1612.8)	9 Bennington VT – Glencliff NH (1612.8-1793.1)	10 Glencliff NH – Stratton ME (1793.1-2003.8)	11 Stratton ME – Mount Katahdin ME (2003.8-2192.0)
Richard Anderson Ellijay/GA, Springer Mtn.		0.0											
Ron's Appalachian Trail Shuttle Ellijay, GA, Springer Mt.		0.0											
Marty Rogers Atlanta, GA.		0.0											
Subman's Shuttles Ellijay, GA.		0.0											
David "Solo" Tyler Atlanta, GA.		0.0											
WAA-Adventures Woodstock,GA.		0.0											
Mel & Mc Shuttle Service Atlanta, GA.		0.0											
Barefoot Hills Shuttles Dahlonega, GA		0.0											
Atlanta Airport to Amicalola Falls Canton, GA.		0.0											
John Walls Cumming, GA		0.0											
Suches Hiker Shuttles Suches, GA.		20.5											
A.T. Hiker Shuttle Suches, GA.		20.5											
White Blaze Shuttle Services Dahlonega, GA.		31.3											
Jeff's Appalachian Trail Shuttles Blairsville, GA		31.3											
Neels Gap AT Shuttle Blairsville, GA.		31.3											
The Further Shuttle Appalachian Blairsville, GA.		31.3											
Hitch-A-Hiker Shuttles Hiawassee, GA.		52.5											
Henson Cove Shuttle Service Hiawassee, GA		69.2											
Warrior Cleveland, GA.		69.2											
Budget Inn Hiawassee, GA.		69.2											
Chuck Allen Franklin, NC.		69.2											
Beverly Carini Franklin, NC.		109.4											
Western Carolina Shuttle Franklin, NC.		109.4											
Mike's AT Shuttles Franklin, NC.		109.4											
Roadrunner Driving Services Franklin, NC.		109.4		➤									
Appalachian Zen Franklin, NC.		109.4											
Kat and John Shuttle Service Rabun Gap, NC.		109.4											
Sherpa Al Franklin, NC.	$#	109.4											
Nantahala Mountain Lodge/Nantahala Lake Shuttles Burningtown Gap, NC.		128.8											

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Resuppply 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 Trai or PO's.

NOBO Mile	Location (Designates map available = ★)	From trail head	Options	SOBO Mile
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
787.3	Glasgow, VA ★	(5.9W)		1409.2
809.1	Buena Vista, VA ★	(9.3W)		1387.4
825.4	Montebello, VA ★	(3.0W)		1371.1
864.3	Waynesboro, VA ★	(3.7W)		1332.2
892.1	Loft Mountain Campground	(0.1W)		1304.4
909.8	Elkton, VA	(6.5W)		1286.7
918.1	Lewis Mountain Campground	(100ft W)		1278.4
925.9	Big Meadows Wayside	(0.3E)		1270.6
944.4	Luray, VA ★	(9.0W)		1252.1
972.1	Front Royal, VA ★	(3.5W)		1224.4
978.4	Linden, VA	(1.0W)		1218.1
1005.6	Bears Den Hostel ★	(0.2E)		1190.9
1006.2	Bluemont, VA ★	(1.7E)		1190.3
1019.8	Keys Gap, VA ★	(0.3E)		1176.7
1025.7	Charles Town, WV	(6.0W)		1170.8
1025.7	Frederick, MD	(20.0E)		1170.8
1025.7	Harpers Ferry, WV ★	On Trail		1170.8
1036.4	Gapland Road, MD. 572.	(0.4W)		1160.1
1043.8	Boonsboro, MD ★	(2.5W)		1152.7
1057.3	Smithsburg, MD ★	(1.5W)		1139.2
1067.4	Cascade, MD	(1.4E)		1129.1
1067.4	Rouzerville, PA	(1.5W)		1129.1
1067.4	Waynesboro, PA ★	(6.6W)		1129.1
1069.9	Blue Ridge Summit, PA	(1.2E)		1126.6
1080.5	South Mountain, PA	(1.3E)		1116.0
1085.2	Fayetteville, PA	(3.5W)		1111.3
1105.1	Pine Grove Furnace State Park	On Trail		1091.4
1113.9	Gardners, PA	(0.2E)		1082.6
1115.5	Mt. Holly Springs, PA	(2.5E)		1081.0
1124.3	Boiling Springs, PA ★	On Trail		1072.2
1132.3	Carlisle, PA	(0.5W)		1064.2
1132.3	New Kingston, PA	(1.7W)		1064.2
1132.3	Mechanicsburg, PA	(5.0E)		1064.2
1150.0	Duncannon, PA ★	On Trail		1046.5
1185.0	Lickdale, PA/Jonestown, PA ★	(2.1E)		1011.5
1194.5	Pine Grove, PA ★	(3.4EW)		1002.0
1196.4	Bethel, PA	(4.1E)		1000.1
1219.9	Port Clinton, PA ★	On Trail		976.6
1220.6	Hamburg, PA ★	(1.6E)		975.9
1227.1	Blue Rocks Campground	(1.5E)		969.4
1260.7	Slatington, PA ★	(2.0E)		935.8

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Post Offices locations along the Appalachian Trail

Listing is in NOBO mileages

Suches, GA (2.0W)

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

Helen, GA 30545 (9.0E)

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

Hiawassee, GA 30546 (11.0W)

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

Franklin, NC 28734 (10E)

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

Robbinsville, NC (7.0W) from Stecoah Gap.

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

Fontana Village, NC (2W from NC 28)

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

Gatlinburg, TN (15.0W)

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

Hot Springs, NC

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

Erwin, TN 37650.

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

Elk Park, NC. (2.5E)

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

Roan Mountain, TN 37687 (3.5W)

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

Hampton, TN 37658 (2.6W)

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

Shady Valley, TN.(2.7E)

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

Damascus, VA. 24236.

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

Troutedale, VA 24378 (2.6E)

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

Sugar Grove, VA 24375 (3.2E)

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

Marion, VA 24354 (6.0W)

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

Atkins, VA.

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

Bland, VA (2.5E)

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

Bastian, VA 24314 (3.0W)

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

Pearisburg, VA (1.3E)

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

Narrows, VA (3.6W on VA 100)

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

Newport, VA 24128 (8E)

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

Catawba, VA. (1.0W)

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

Daleville, VA 24083

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

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. 4952 Lee Hwy. Trouteville, VA 24175. [37.41261,-79.88091]

Buchanan, VA (downtown) (5.0W)

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

Glasgow, VA 24555 (5.9W)

787.3 **PO** M-F 8am-11:30am & 12:30pm-4:30pm, Sa 8:30am-10:30pm, 540-258-2852. 805 Blue Ridge Rd. Glasgow, VA 24555. [37.63148,-79.44938]

Buena Vista, VA 24416 (9.3W)

809.1 **PO** M-F 8:30am-4:30pm, 540-261-8959. 2071 Forest Ave. Buena Vista, VA 24416. [37.73405,-79.35355]

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Shelters on the Appalachian Trail

0.2	{18} {12} {2}	(0.2E) **Springer Mountain Shelter➤2.6➤➤7.9➤➤➤15.5** Water (spring) 80 yards on a blue blazed trail in front of the shelter but is known to go dry, tenting, privy, 2 bear boxes. Benton MacKaye Trail (southern terminus) is located 50 yards north on the AT. [34.62864,-84.19445] [34.62933,-84.19275]	3730	2196.3
2.8	{3} {16}	(0.1E) **2.6<Stover Creek Shelter➤5.3➤➤12.9➤➤➤24.9** Water behind shelter is often dry but good water can be found where trail crosses Stover Creek 100 yards north of shelter, tent pads, privy, bear cables. [34.65007,-84.19790] [34.65028,-84.19720]	2954	2193.7
8.1	{16}	(0.2W) **7.9<<5.3<Hawk Mountain Shelter➤7.6➤➤19.6➤➤➤20.8** Water is located 400 yards on a blue blazed trail behind the shelter, tent pads, privy, bear cables. [34.66467,-84.13702] [34.66608,-84.13638]	3194	2188.4
15.7	{12} {14}	(0.1W) **15.5<<<12.9<<7.6<Gooch Mountain Shelter➤12➤➤13.2➤➤➤22.3** Water (spring) is located 100 yards behind the shelter, tent pads that can accommodate two tents each, privy, bear box. [34.65492,-84.04948] [34.65573,-84.04998] [34.65652,-84.04954]	3000	2180.8
27.7	{7}	Bird Gap (0.4W) **24.9<<<19.6<<12<Woods Hole Shelter➤1.2➤➤10.3➤➤➤15.1** Water (stream) on trail to shelter is unreliable in dry months, privy, tenting, bear cables. [34.73706,-83.94835] [34.73713,-83.95500] Bird Gap, Freeman Trail just east bypasses Blood Mtn. and rejoins AT at Flatrock Gap.	3650	2168.8
28.9	{8}	Blood Mountain, open rocky summit. **20.8<<<13.2<<1.2<Blood Mountain Shelter➤9.1➤➤13.9➤➤➤21.2** Shelter is located south of summit, no water at shelter, privy, view. ⚠ **Fires are not permitted**. [34.73998,-83.93738]	4461	2167.6
38.0	{3} {7}	Crest Wildcat Mountain. (1.2E) **22.3<<<10.3<<9.1<Whitley Gap Shelter➤4.8➤➤12.1➤➤➤20.2** Water (spring) located (0.2) beyond shelter, privy, bear cables. (0.1E) beyond shelter to tent sites. [34.72476,-83.84102] [34.71238,-83.83440]	3370	2158.5
42.8	{7} {4}	(190 yds E) **15.1<<<13.9<<4.8<Low Gap Shelter➤7.3➤➤15.4➤➤➤22.8** Water located 30 yards in front of shelter, tenting, privy, bear cables. | Last reliable water heading SOBO until Neels Gap (11.5 miles) [34.77659,-83.82627] [34.77626,-83.82450]	3050	2153.7
50.1	{7} {4}	(0.1W) **21.2<<<12.1<<7.3<Blue Mountain Shelter➤8.1➤➤15.5➤➤➤23.6** (No potable water) at shelter, water (spring) located (0.1) south of shelter on AT, tenting, privy, bear cables. [34.81665,-83.76706] [34.81721,-83.76673]	3900	2146.4
58.2	{3} {7}	(230 yds W) **20.2<<<15.4<<8.1<Tray Mountain Shelter➤7.4➤➤15.5➤➤➤22.8** Water (box spring) located 50 yards behind shelter, tenting, privy, bear cables. [34.80283,-83.67857] [34.80396,-83.67690] [34.80491,-83.67568]	4200	2138.3
65.6	{4} {12}	(0.3E) **22.8<<<15.5<<7.4<Deep Gap Shelter➤8.1➤➤15.4➤➤➤20.3** Water (spring) is located (0.1) south on the trail to the shelter, tenting, privy, bear cables. [34.88539,-83.64790] [34.88249,-83.64597] [34.88313,-83.64719]	3550	2130.9
73.7	{6} {14}	Plumorchard Gap. (0.2E) **23.6<<<15.5<<8.1<Plumorchard Gap Shelter➤7.3➤➤12.2➤➤➤19.8** 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) **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	2115.5
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	2110.6
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	2103.0
102.2	{5} {16}	(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	2094.3
105.6	{8}	(300 ft W) **19.7<<<12.1<<3.4<Rock Gap Shelter➤7.5➤➤14.8➤➤➤19.6** water (spring) is known to go dry, privy. [35.09143,-83.52310]	3760	2090.9
113.1	{8}	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	2083.4
120.4	{8} {5}	(100 ydsE) **18.2<<<14.8<<7.3<Wayah Shelter➤4.8➤➤10.6➤➤➤15.5** 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] [35.18624,-83.56355]	4480	2076.1
125.2	{6}	**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	2071.3
131.0	{8}	(0.1W) **17.9<<<10.6<<5.8<Wesser Bald Shelter➤4.9➤➤12.8➤➤➤21.9** Water (spring) located (0.1 S) on AT then (125FT E) on a blue blazed trail, tenting, privy, bear cables. [35.28235,-83.58220] [35.282528,-83.581671] Blue blazed Wesser Creek Trail leads (2.0E) to Wesser Creek Road.	4115	2065.5
135.9	{6}	(200 ft E) **15.5<<<10.7<<4.9<A. Rufus Morgan Shelter➤7.9➤➤17➤➤➤23.3** Water (Silvermine Creek) located west of shelter AT, tenting, privy. [35.32418,-83.59020]	2300	2060.6
143.8	{14}	(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	2052.7
152.9	{8}	(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	2043.6

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Hiker Slang

2000-Miler = A person who has hiked the entire distance of the trail either by thru-hiking or section hiking. Also known as an **End-to-ender**.
Alpine Zone = The area consisting of all the land above tree line in New England. (See: **Treeline**).
AMC = The "Appalachian Mountain Club" has a huge presence in the White Mountains of New Hampshire, as well as throughout some of the more popular backcountry destinations across New England. 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 repellant.
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 thy 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 cause by the amoebic cyst, Giardia lamblia. Giardia resides in water so it is wise to always chemically treat or filter your water before drinking. Symptoms include stomach cramps, diarrhea, bloating, loss of appetite and vomiting. Also known as, a backpacker's worst nightmare.
GORP = 'Good ole raisins & peanuts', or some other variation thereof.
Gray Water = (Dirty dishwater). Some campsites will have designated spots to dump your gray water.
Hiker Box = A cabinet, or box, at lodgings or hostels where hikers donate unwanted food, gear, fuel, and any other items the hiker no longer wants to carry. Leaving it for the hikers coming behind them.
Hostel = An establishment along the trail that has bunks, showers, and sometimes meals and mail drops.
HYOH = Meaning "Hike Your Own Hike," the idea that we should all live and let live on the trail.
JMT = The "John Muir Trail" is a 210 mile trail that follows a section of the PCT. Almost entirely above 8,000 ft of elevation, much of the trail is in the Alpine Zone, with gorgeous big-mountain views and wildflowers.
Knob = A prominent rounded hill or mountain. A southern term.
Lean-to = A three sided open shelter, used primarily in New England.
LNT (or Leave No Trace) = "Leave No Trace" is a series of 7 principles designed to help backpackers and campers think about ways to minimize the impact that their presence has on the natural environment.
Lyme Disease = A debilitating illness carried by small ticks.
MacGyver = After an old TV show where the hero would construct useful devices out of common, available materials. To hikers, it means to build, or repair gear with imagination.
Mail Drop = Mail drops are a method of re-supply while hiking. A mail drop is usually made ahead of time, before the hike starts, and a person not hiking (usually a spouse or relative, but it can be a friend) mails the package according to a pre-arranged schedule so that it arrives on time for the hiker to receive it at the post office.
Maintainer = See: **Trail maintainer**.
MEGA , or ME-GA = A hike or hiker going from Maine to Georgia.
Mountain money = Toilet paper.
Mouse Hanger = The cord-with-can contraption used to discourage mice from entering a pack, or food bags, when hung in a shelter.

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