

# WhiteBlaze Pages 2024

(Interactive PDF for Gaia GPS)

A Complete Appalachian Trail Guidebook

Rick "Attroll" Towle



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# Appalachian Trail

## 2197.4 miles



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### HELP ME KEEP THIS GUIDE UP TO DATE

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

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## ATTENTION

If you know of any other locations and coordinates that you think should be in this guidebook, please share them with me so they can be added. Contact me at [✉ whiteblazepages@gmail.com](mailto:whiteblazepages@gmail.com)

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# Trail Information

## Abbreviations

<b>ABNB</b>	Air Bed and Breakfast
<b>AT or A.T.</b>	Appalachian Trail
<b>ATC</b>	Appalachian Trail Conservancy
<b>AMC</b>	Appalachian Mountain Club
<b>AYCE</b>	All You Can Eat
<b>AYH</b>	American Youth Hostels
<b>BMT</b>	Benton MacKaye Trail
<b>BRP</b>	Blue Ridge Parkway
<b>BSP</b>	Baxter State Park
<b>B/L/D</b>	Breakfast/lunch/dinner
<b>C/O</b>	Care Of
<b>CC</b>	Credit Card
<b>DOC</b>	Dartmouth Outing Club
<b>E</b>	East
<b>EAP</b>	Each addition person
<b>ETA</b>	Estimated Date of Arrival
<b>FedEx</b>	Federal Express
<b>FT</b>	Feet
<b>GMC</b>	Green Mountain Club
<b>HYOH</b>	Hike Your Own Hike
<b>KSC</b>	Katahdin Stream Campground
<b>L</b>	Left
<b>LNT</b>	Leave No Trace
<b>LT</b>	Long Trail
<b>MATC</b>	Maine Appalachian Trail Club

<b>MP</b>	Mile Point or Mile Post
<b>M</b>	Mile or Mile Point
<b>N</b>	North
<b>NHP</b>	National Historical Park
<b>NOBO</b>	North Bound
<b>NOC</b>	Nantahala Outdoor Center
<b>NP</b>	National Park
<b>NPS</b>	National Park Service
<b>PATC</b>	Potomac Appalachian Trail Club
<b>PO</b>	Post Office
<b>PP</b>	Per Person
<b>R</b>	Right
<b>S</b>	South
<b>SDMP</b>	Skyline Drive Milepost
<b>SMNP</b>	Smoky Mountain National Park
<b>SNP</b>	Shenandoah National Park
<b>SOBO</b>	South Bound
<b>SP</b>	State Park
<b>USFS</b>	United States Forest Service
<b>USGS</b>	United States Geological Survey
<b>UPS</b>	United Parcel Service
<b>USPS</b>	U.S. Postal Service
<b>W</b>	West
<b>WBP</b>	WhiteBlaze Pages
<b>WFS</b>	Work For Stay
<b>YDS</b>	Yards

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## Prices in this book

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

## Understanding the white and blue blazes

### White blazes

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

### Blue blazes

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

## AT Passports

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

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

The passport often ends up being a treasured possession as it is a great reminder of all the places you have stopped at or stayed overnight. The stamps are all different, no two stamps are alike.

More about AT Passport here: ([www.atpassport.com](http://www.atpassport.com))

## Stealth Camping

What is stealth camping?

Stealth camping is camping at a non-designated camp site.

Most hikers do not purposely plan to stealth camp, but when they near the end of the hiking day, they realize that they will be unable to cover the remaining distance to reach the next designated campsite, or shelter.

Is stealth camping illegal?

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

## Trail Names and how they are derived

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

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

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

## Bear Safety and Canisters

- See [Bear bag hanging diagram on page 190](#).

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

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

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

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

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

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

## Road access to get to trail or trail heads

Paved roads can be easily used to get to many trail heads, unless closed during off-season or other unplanned reasons.

Not all the gravel, dirt roads, logging roads, wood roads, USFS roads, forest roads, fire roads, or any other non-paved roads are accessible by vehicle. Please do your research before assuming you can drive into these places by vehicle. If there are parking coordinates listed, this means that at one time it was accessible by vehicle.

## Mail Drop explanation

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

## Mail drop information

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

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

### **Post Office mail drops:**

Joe's Mom  
123 Main St  
Abbot, ME 04011

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

### **Business mail drops:**

Joe's Mom  
123 Main St  
Abbot, ME 04011

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

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## Trail Tidbits, by Walking Home

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

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

**Chafing** - Many have this problem early.

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

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

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

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

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

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

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

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

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

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

## Privies in the Smokey Mountains or lack of

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

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

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

## Understanding directions & mileages as mentioned in this book

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

### **When physically on the Appalachian Trail**

**For North bound hikers:** West is Left and East is Right.

**For South bound hikers:** West is Right and East is Left.

### **When stepping off the Appalachian Trail**

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

## Icons in this book

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

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# Notes, information, and warnings

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

▲ Under no circumstances should anyone drink or treat water from the Housatonic River or Tenmile River in Connecticut.

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

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

([www.petsandparasites.org/resources/fleas-ticks-your-pet/](http://www.petsandparasites.org/resources/fleas-ticks-your-pet/)).

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

**Hammocks and hammock camping** - When the hammock icon is displayed it means that there are possibilities for hammocks in that area. In some cases you may have to branch out up to 100 feet or so beyond the area to find good trees. Hanging also varies from season to season due to the growth of the underbrush.

When using a hammock, please use **Leave No Trace** (LNT) procedures.

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

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

## Hitchhiking

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

### **Avoid hitchhiking or accepting rides**

- Hikers needing to get into town should make arrangements beforehand and budget for shuttles or a taxi. If you must hitchhike, be sure to have a partner. Make a careful evaluation before entering a vehicle. Size up the drive, occupants, and condition of the vehicle. If anything just "doesn't add up," decline the offer.

- Maintain enough distance between you and the vehicle so as not to be in a position to be pulled into the vehicle. If you do accept a ride, don't let your gear get separated from you. Keep your wallet and ID on your person. Photograph or write down the license plate and note the make, model, and color of the vehicle.

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

### **Things to consider when hitchhiking**

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

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

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

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## Parentheses, braces, and brackets and their meanings

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

### **Parentheses ( )**

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

### **Braces { }**

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

### **Brackets [ ]**

Brackets are used in conjunction with GPS coordinates. The GPS coordinates will be inside the brackets. [[34.62671,-84.19388](#)]. Clicking on the coordinates with open Gaia GPS to that location on the Gaia GPS map. You may need to create an account with Gaia GPS, it's free.

## Description of maps in this book

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

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

## GPS formatting and icons

The GPS coordinates are in DDD.DDDDD format.

### **GPS icons in the location descriptions**

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

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

GPS coordinates will get you within eyesight of the location.

## Profiles and their icons

The profiles are in 30 mile increments.

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

Anything listed in the mileage data that has text in bold is listed on the profiles.

- If the icon is above the profile image, this means it is to the west side of the trail.
- If the icon is below the profile image, this means it is to the east side of the trail.

For off-trail locations, the icons in the profiles are oriented in the following manner:

- Icons above the profile line depict items located on the west side of the trail.
- Icons beneath the profile line depict items located on the east side of the trail.

## Shuttle providers info and their locations in this guidebook

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

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

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

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

### **Who is considered a shuttle provider?**

A shuttle provider is a person that will shuttle hikers to different locations or trail heads up and down the Appalachian Trail. **They usually charge a fee**, come to a agreement beforehand.

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

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

[See page 206 for listing of shuttle providers.](#)



# Icon Legend

## Icons Descriptions

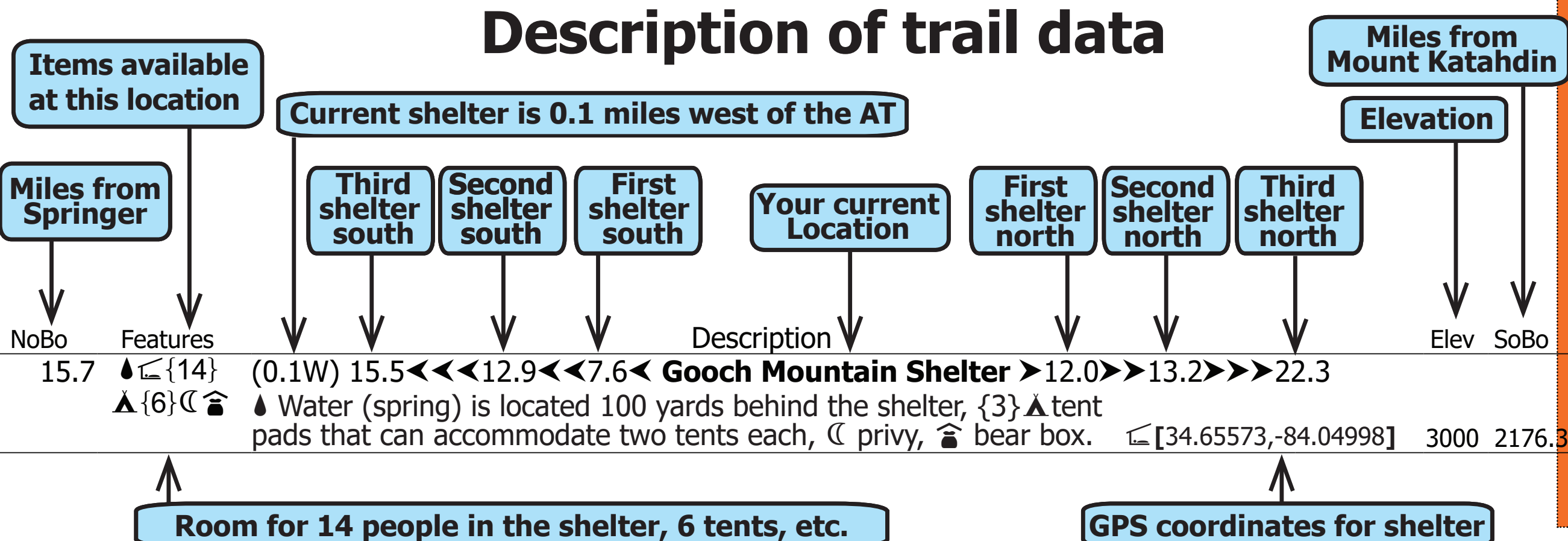
- ★★★★★ See notes and establishments listed below this entry.
- ☔ Source of drinking water. Indicates dependable water (when icon box is shaded)
- ☔ Seasonal water source, not always reliable (unreliable)
- ⚡ Intersection, junction, side trail, connecting trail or adjoining trail.
- {x} AT Shelter and (capacity). Highlighted for quick reference.
- ⚡ {x} Tent sites, may sometimes be listed with (capacity) or tent platforms
- ☾ Possibilities for hammocks available. In some cases you may have to expand up to 100 feet beyond the area to find trees but you can hang. Availability of hanging also depends on the growth of the underbrush.
- ☾ Privy
- 🐻 Bear cables or bear box available for food bags
- 📶 ●●● Cell phone signal strength, based on a nice clear day.
- ⚡ Power line, pipe line or electrical wires
- ⚡ Summit or crest. Highlighted for quick reference.
- ↔ Direction and miles to next shelter South or North. This does not include the mileage distance the shelter is off the trail.
- 📷 Views, overlooks or photo opportunities
- 🗼 Lookout, fire tower or observation tower
- ⌒ Footbridge, or any other bridge
- 🛣 Road. Highlighted for quick reference.
- 🛣 Gravel or dirt roads, logging roads, wood roads, USFS roads, forest roads, fire roads, or any other non-paved roads. Not all of these roads can be accessed by vehicle. Highlighted for quick reference.
- 🌊 Waterfalls
- 📍 Attractions, important or historical features, other photo opportunities
- P {x} Parking. Vehicle capacity, and fee inside parenthesis. If there is a fee there will be a "\$". Coordinates should get you within eyesight of parking area. Always check ahead for parking safety.
- \$ Overnight/caretaker fee. On town maps it represents a bank.
- ⚠ Warnings or things that you need to be aware of. Highlighted for quick reference.
- [ ] GPS coordinates are listed inside of descriptions
- 🚂 Railroad crossing, tracks
- 🏊 Swimming possibilities
- 🍽 Picnic Table or picnic area
- 🗑 Trash can usually available
- 🚤 Boating or boats available for use
- 📍 AT Passport location. Get your book stamp here. (www.atpassport.com). When icon is on maps, it refers to the Appalachian Trail.
- 🏠 Hostel. Highlighted for quick reference.
- 🚗 Lodging. May not include tax.
- 🚗 Shuttle, bus, or taxi. **Shuttle providers are highlighted** for quick reference. A shuttle provider is a person that will shuttle hikers to different locations or trail heads up and down the Appalachian Trail. They usually charge a fee. Not a person that picks a hiker up at the local trail head close to bring back to their establishment and back in the same trail head. Highlighted for quick reference.
- 📄 Post Office. Highlighted for quick reference.
- ✉ Mail drop location
- 🐕 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 cream
- 🔧 Hardware store
- 🚻 Public Restroom
- 🏪 Pharmacy
- ✂ Barber
- 📍 Information Area
- 🍷 Purchase or serves alcohol
- 🏥 First Aid, doctor, hospital or urgent care
- 🎬 Movie Theater
- 📺 Not categorized
- ✈ Airport or airfield
- 🚌 Bus or bus station
- 🚂 Train or train station

- 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 opportunity or
- 🏪 Cemetery or grave
- 🐕 Vet
- 🏥 Hospital
- ☔ Water
- 🚗 Lodging
- 🍽 Restaurant
- ★ ATC
- {x} Shelter
- 🏊 Swimming
- 🚻 Privy or restroom
- 🐾 Dog
- ⚡ Junction with another trail or road

## Description of trail data



- Title
- Map
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- Legend & more
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- NC/TN
- TN
- VA
- WV
- MD
- PA
- NJ
- NY
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- MA
- VT
- NH
- ME
- Bear bag & more
- Hostels
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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 <sub>15-20</sub>	Cross U.S. 64, Winding Stair Gap, piped spring.	3770	2082.6

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

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

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

**Icons showing establishments Primary function**      **Icons showing establishments other amenities**      **Contact information, mailing address and description of what this place has to offer with icons for quick reference**      **GPS coordinates for Budget Inn**

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

# Description of shuttle provider listing

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

**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**

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

Name~Pet friendly	Based out of~A.T. miles covered	Page or NOBO Mile	1	2	3	4	5	6	7	8	9	10	11
<b>Rodney's</b>	Ellijay, GA. ~X	Pg 13											
<b>Ricky Tickey's</b>	Ellijay, GA. ~X	Pg 13											
<b>Teamwork Shuttles</b>	Johnson City, TN. ~X	Pg 13											
<b>David Poacher</b>	Waynesboro, VA. ~X	Pg 13											
<b>George Pilferer</b>	Monson, ME. ~X	Pg 14											

## As seen in descriptions

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

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

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

### Suggestions:

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

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

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

### Driving directions to Springer Mountain from Amicalola Falls State Park

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

### Driving directions from points in GA

#### Getting to Springer from points in northern GA

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

#### Getting to Springer from Ellijay, GA (from western GA)

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

#### Getting to Springer from Dahlonega, GA (from eastern GA)

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

### Getting to Springer from southern GA

The best bet for doing this is the find your way to either Ellijay, or Dahlonega, and follow those directions as mentioned above.

### Shuttles to Springer Mountain/Amicalola Falls State Park:

**Richard Anderson** 404-408-2524 [richardjanderson@etcmail.com](mailto:richardjanderson@etcmail.com) Owner: Richard Anderson. Based out of Springer Mtn. Pet Friendly. 24/7 days and some holidays. **S to Atlanta airport** **N to Davenport Gap** & airport, bus & train terminals. Slackpacking. Parking at Trailheads. "Thirteen year's experience, on time, friendly & helpful. Look for my Yellow Xterra." Covid precautions. Masks.  
 **Ron's Appalachian Trail Shuttle** 706-669-0919  
 [hikershuttles@outlook.com](mailto:hikershuttles@outlook.com) (Ron's Appalachian Trail Shuttle-Facebook) Owner: Ron. Based out of Ellijay, GA, Springer Mt.. No Pets. Insured. 365 days, 24/7, (Can accommodate early starts.) & holidays. **S to Atlanta** **N to Fontana Dam** & airport, bus & train terminals. Slackpacking. "Please leave a message with your phone number if you get voice mail or text me. Flat rate for shuttles to or from any part of the AT, & nearby towns, as well as Amicalola Falls SP, Atlanta airport, and Gainesville, GA. Extra stops OK. Fuel on request."

**Marty Rogers, 678-576-6315**, Owner: Marty Rogers. Based out of Atlanta, GA. No pets. Spring months, dawn to dusk & some holidays. **S to Atlanta Georgia < > N to N Georgia Mtns & ✈ airport, 🚌 bus & 🚆 train terminals.** "Please text, or voicemail".

**Subman's Shuttles 706-889-7044** (cell) ✉ [submanat03@yahoo.com](mailto:submanat03@yahoo.com). Owner: Larry La-Pierre. Based out of Ellijay, GA. 🐾 Pet friendly. 365 days, 24/7 & some holidays. **S to Amicalola Falls SP < > Dicks Creek Gap & ✈ airport, 🚌 bus & 🚆 train terminals.** 🅅 Parking possible, (call & ask.) "I hike a lot and may be on the trail."

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

**WAA-Adventures 770-365-8368** ✉ [KG4RNF@outlook.com](mailto:KG4RNF@outlook.com) ([www.waa-aventures.blogspot.com](http://www.waa-aventures.blogspot.com)) Owner: Alan. Based out of Woodstock, GA. 🐾 Pet friendly. 12noon-5pm, Mon-Fri, year round. **S to Atlanta Airport < > N to Amicalola Falls SP/Springer Mtn.** "I work at the Atlanta Airport, will transport hikers to Amicalola Falls State Park. Vehicle used is a 2006 F250, with covered bed. 🅅 Stops can be arranged at Cabela's Outfitters, grocery store, if needed." Covid precautions. Masks.

**Mel & Mc Shuttle Service 610-554-5442** (cell), **770-846-7952** (cell) Melinda Rex 🐾 Pet friendly. 24-7. Year-round and holidays. **S to Atlanta Airport < > Neels Gap, Airport & ✈ airport, 🚌 bus & 🚆 train terminals.** Non-smoking cars, text is best form of communication. Both vaccinated, masks optional.

**Hiker Hostel at Barefoot Hills 770-312-7342** ✉ [info@barefoothills.com](mailto:info@barefoothills.com) ([www.barefoothills.com](http://www.barefoothills.com)) Owner: Sharon Caldwell. Based out of Dahlonega, GA. 🐾 Pet friendly. 365 days, 24/7, (Contact from 9am-9pm) & holidays. **S to Atlanta airport < > N to Springer Mtn & ✈ airport & 🚌 bus terminals.** 🅅 Parking, free. "We are a Hiker Hostel/Hotel with a bunk room and cabins. We offer a Thru-Hiker Special every year, and can assist in recommending shuttle services to our property."

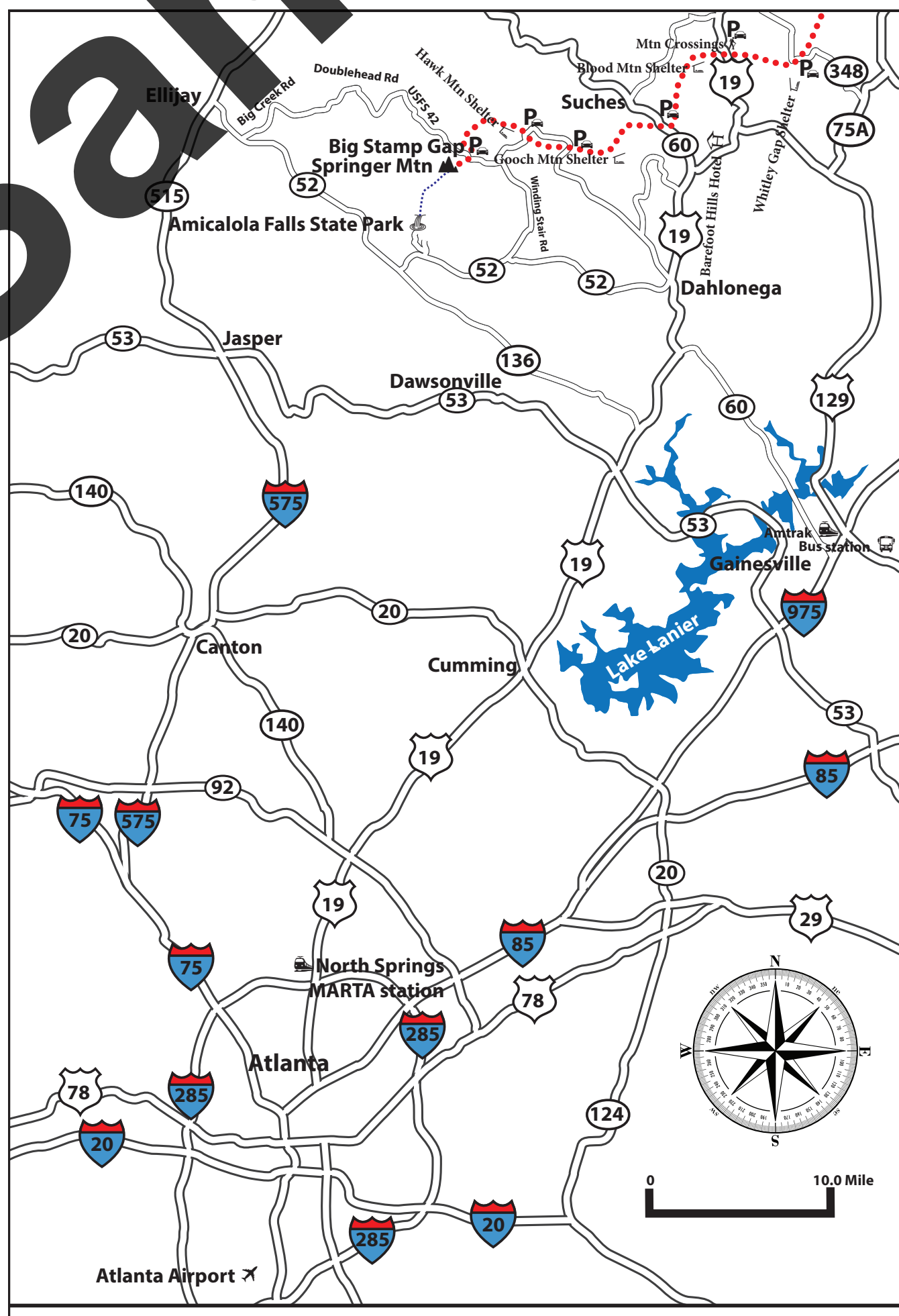
**S to Atlanta Hartsfield-Jackson Airport < > N to Amicalola SP, GA** (AT Access Tr) & ✈ airport, 🚌 bus & 🚆 train terminals. "Maximum 2 passengers, owing to car size."

**Frank Huggins 404-281-6680** (call or text) ✉ [fah2389@gmail.com](mailto:fah2389@gmail.com). Base out of Cumming, GA. 🐾 Pet friendly 🚫 Insured. Year round, 24/7 and holidays. **S to Atlanta Airport < > N to Ashville, NC & ✈ airport, 🚌 bus & 🚆 train terminals.** 🅅 Slackpacking. Lives one mile from all the rental car companies offices.

**Mountain Trails Shuttles 828-231-7728** (cell) (Text preferred and works best in low cell service areas) ✉ [rdalej@gmail.com](mailto:rdalej@gmail.com) ([www.mountaintrailsshuttles.com](http://www.mountaintrailsshuttles.com)) Owner Dale "Bandit" Johnson. Based out of Amicalola/Hiawassee. 🐾 Pet friendly. 🚫 Insured. Operates 365/24/7, including holidays (early starts are no problem). **S to Atlanta < > N to Knoxville & ✈ airport, 🚌 bus & 🚆 train terminals.** 🅅 Slackpacking. ⛽ Fuel upon request. Service to all area airports, public transportation, trailheads, access points and nearby towns. Very competitive pricing. Enroute stops okay (please request at booking if possible). Owned and operated by 2022 AT thruhiker.

**Atlanta Airport - Appalachian Trail Shuttle 404-913-8936** (cell). ✉ [aatshuttle@gmail.com](mailto:aatshuttle@gmail.com) ([www.aatshuttle.com](http://www.aatshuttle.com)) Owner Jeff Veal. Based out of Johns Creek, GA. 🐾 Pet Friendly. 🚫 Insured. 365 days a year and holidays. 3 Jan to 1 May for Airport to Trail, Year round Gap to Gap.

**S to Macon, GA < > N to Georgia Border & ✈ airport, 🚌 bus & 🚆 train terminals.**



**Getting to Springer Mountain**

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# Getting to Northern Terminus, Mount Katahdin

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

## Mount Katahdin, Baxter State Park, Maine:

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

## Driving direction to Baxter State Park/Mount Katahdin

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

## Getting to Medway, Millinocket and Baxter SP/Katahdin area:

**Cyr Bus Lines Station**, 153 Gilman Falls Ave, Old Town, ME 04468  
800-244-2335, 207-827-2335, 207-827-2010 ([www.johntcyrandsons.com](http://www.johntcyrandsons.com))

Depart Bangor 6pm - arrive Medway 7:40pm, fare \$10.50

Depart Medway 9:30am - arrive Bangor 11:10am

**The Appalachian Trail Lodge** 207-723-4321  
([www.appalachiantrailodge.com](http://www.appalachiantrailodge.com))

**Pet friendly shuttles.** **Insured.** **S to Bangor or Monson** **Katahdin** & **airports** & **bus terminals.** **Slackpacking.** **Parking.** "We also shuttle dogs (without hiker) to and from Abol Bridge & Katahdin Kritters".

**Shaw's Hiker Hostel** 207-997-3597 [shawshikerhostel@gmail.com](mailto:shawshikerhostel@gmail.com)

([www.shawshikerhostel.com](http://www.shawshikerhostel.com)) Owner: Jarrod Hester. **Pet friendly** **Insured.** May-Oct, 7 days, 7am-5pm & holidays. **S to Gorham, NH.** **N to Baxter SP** & **airport** & **bus terminals.** **Slackpacking.** **Parking,** \$1/day.

**Maine Quest Adventures** 207-447-5011 [mainequestadventures@gmail.com](mailto:mainequestadventures@gmail.com)

([www.mainequestadventure.com](http://www.mainequestadventure.com)) Owner: Bryant Davis. **Pet friendly.** **Insured.** **S to Portland, ME** **N to Allagash, ME** & **airport.** **bus terminals.** **Slackpacking.** **Parking,** free, if using my shuttle. "Will shuttle and pick up anywhere, Medway bus station, Katahdin Stream, Abol Bridge, 100 Mile Wilderness. Also does Food Drops for by arrangement."

**Seven Pines Shuttle** 207-343-2564 (cell) [Buppyx4@midmaine.com](mailto:Buppyx4@midmaine.com) Owner: Buddy. Based out of Monson, ME. **Pet friendly.** 365 days, 24/7 & holidays.

**S to all NH trails** **N to all of ME** & **airport,** **bus** & **train terminals.** **Slackpacking.**

**Wilderness Edge Campground Shuttles** 207-447-8485

[info@wildernessedgecampground.com](mailto:info@wildernessedgecampground.com) ([www.wildernessedgecampground.com](http://www.wildernessedgecampground.com)) Owner: Marcel Langlois. Based out of Millinocket, ME. **Pet friendly.** **Insured.** Mid-May - mid-Oct 12, 7 days & holidays.

**S to Bangor, ME** **N to Patten, ME** & **airport,** **bus terminals.** **Parking,** fee negotiable.

## Friends and family joining you in Baxter State Park

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

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Legend & more

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TN

VA

WV

MD

PA

NJ

NY

CT

MA

VT

NH

ME

Bear bag & more

Hostels

Shuttles

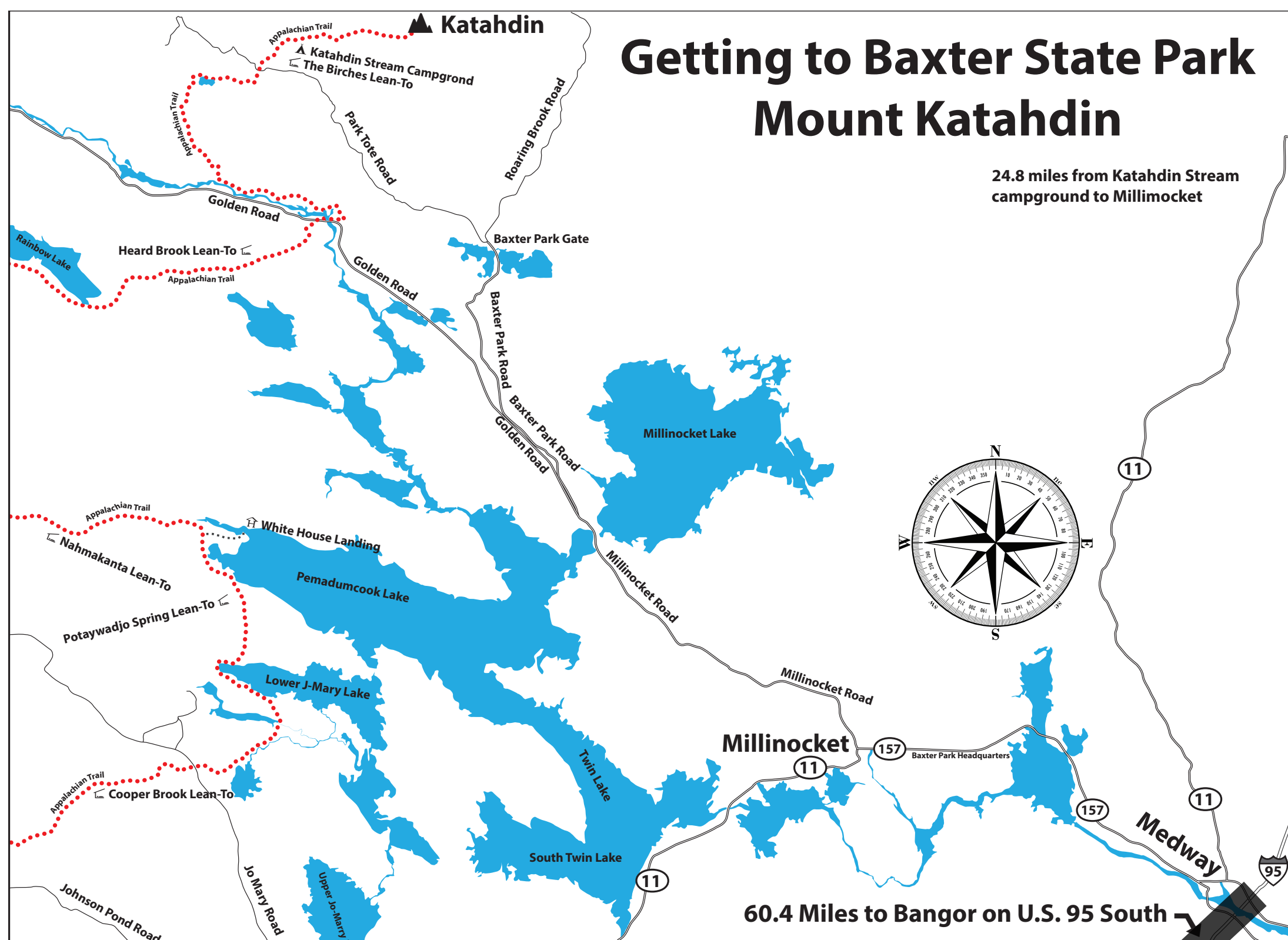
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## Approach Trail to Springer Mountain

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

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

## Amicalola Falls State Park, Parking, Accommodations, Cabins, Campsites

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

Visitor Center hours are:

Sunday – Wednesday: 9:00 am – 5:00 pm

Thursday – Saturday: 9:00 am – 7:00 pm.

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

### Parking:

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

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

### Accommodations

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

### Amicalola Lodge

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

### Cabins

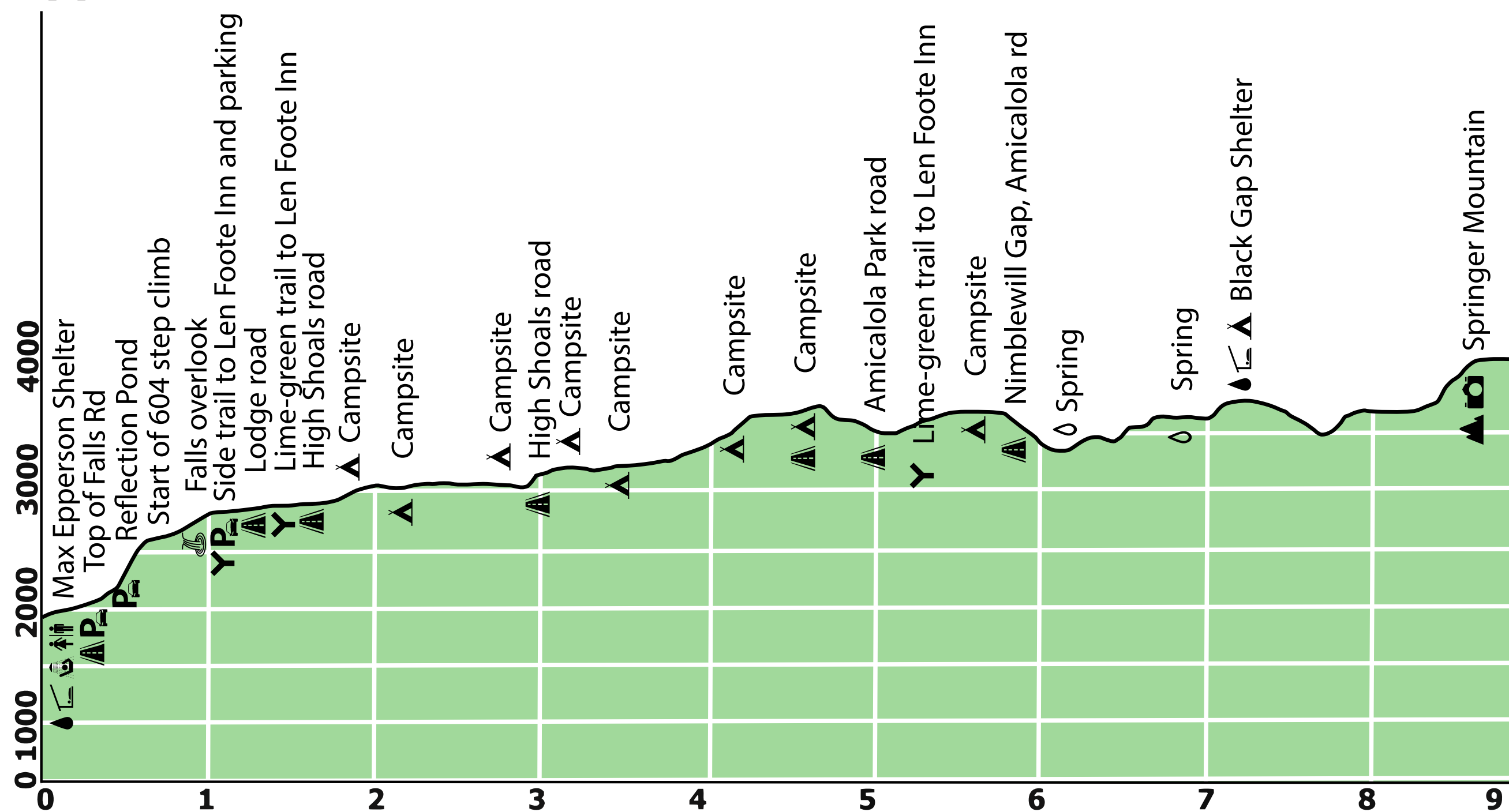
{14} starting at \$219 and up.  
1 room w/ 2 full size beds & 1 room w/ a king bed, living room w/ pull out sofa, TV, wood burning fireplace, back porch w/ rocking chairs. Outside grill, picnic table & fire-ring Cabin located in the woods at the top of the mountain a short distance from the Lodge and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

### Campsites

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

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

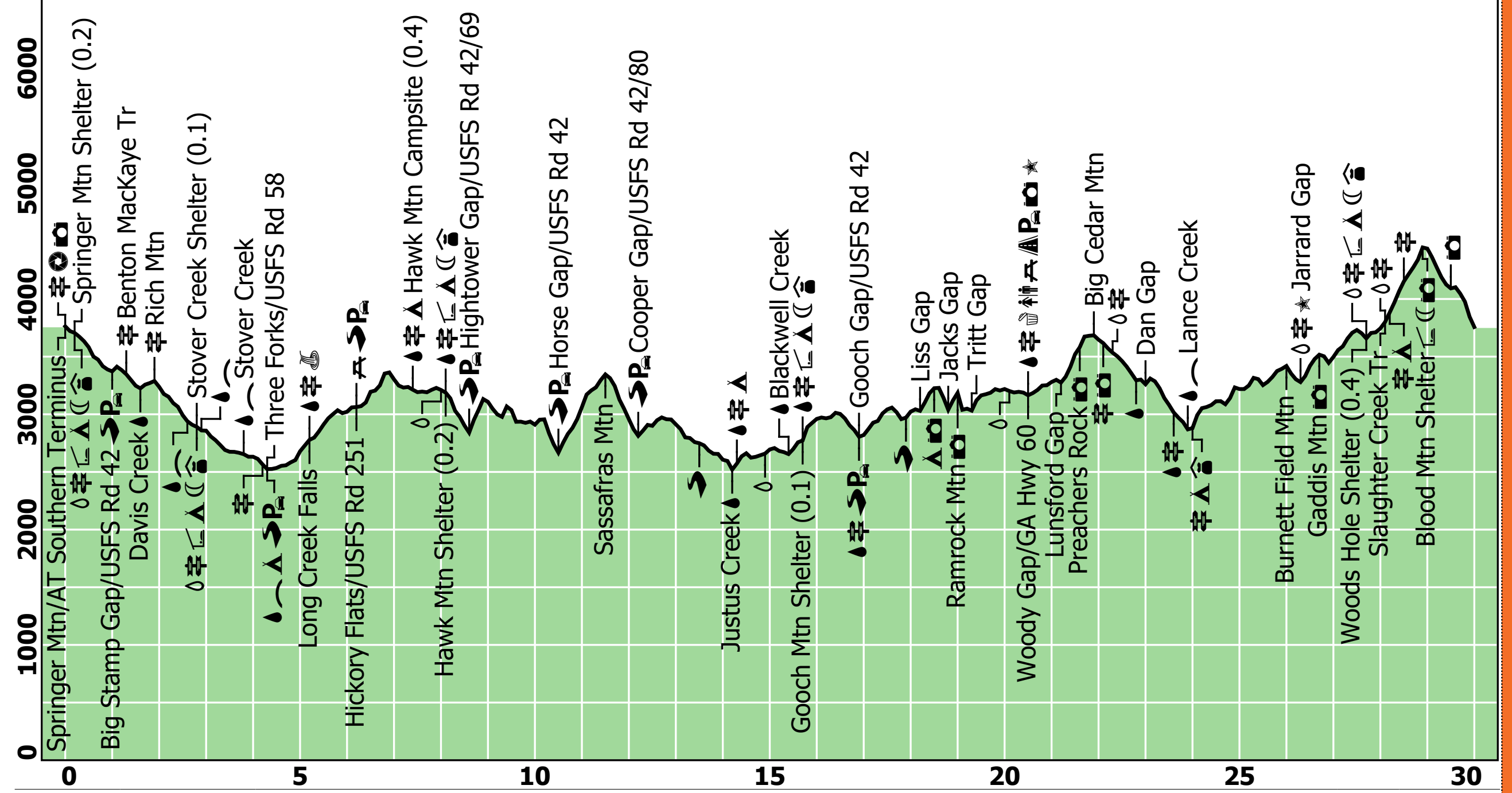
# Approach Trail Data



0.0		<b>Approach Trail Southern Terminus</b> , pass under stone archway. Restroom, water.	<a href="#">[34.55790,-84.24975]</a>	1807	8.8
		<b>Vistor's Center</b> , AT Passport location. Carries cold drinks and snacks.	<a href="#">[34.55782,-84.24953]</a>		
		<b>Max Epperson Shelter</b> (50 ft east)	<a href="#">[34.55806,-84.25022]</a>		
0.1		For thru-hikers only.	<a href="#">[34.55808,-84.24868]</a>	1830	8.7
0.3		Cross Top of the Falls Rd. Parking lot.	<a href="#">[34.56098,-84.24733]</a>		8.5
0.5		Reflection Pond. Base of Amicalola Falls.	<a href="#">[34.56359,-84.24696]</a>	1960	8.3
0.8		The start of 604 step climb on staircase.	<a href="#">[34.56623,-84.24532]</a>	2154	8.0
1.0		Falls overlook.	<a href="#">[34.56743,-84.24424]</a>	2257	7.8
1.1		Parking lot and side trail to to Len Foote Hike Inn. Large parking lot. Pit toilet available at the parking lot. Sometimes there is a concession stand.	<a href="#">[34.56718,-84.24353]</a>	2547	7.7
1.2		Cross Amicalola Falls Lodge Road. Trail crosses bridge over Amicalola Creek.	<a href="#">[34.56854,-84.24296]</a>	2607	7.6
		<b>Amicalola Falls Lodge</b> 800-573-9656. Offers lodging rooms, cabins, and campsites. Rates vary depending on the season. Call for reservations and more information. 418 Amicalola Falls Lodge Rd, Dawsonville, GA 30534.	<a href="#">[34.565362,-84.242509]</a>		
1.3		(5.0E) on lime-green trail to Len Foote Hike Inn.	<a href="#">[34.56960,-84.24168]</a>	2631	7.5
1.4		Cross High Shoals road. Bridge over	<a href="#">[34.57151,-84.24195]</a>	2570	7.4
1.7		Campsite to the east, tenting and hammocks.	<a href="#">[34.57211,-84.24281]</a>	2663	7.1
1.8		Campsite to the east, tenting and hammocks.	<a href="#">[34.57393,-84.24390]</a>	2803	7.0
2.3		Campsite to the west, tenting and hammocks.	<a href="#">[34.58165,-84.24367]</a>	2874	6.5
2.8		Campsites to east and west, tenting, 2 site east of trail and 4 sites west of trail hammocks.	<a href="#">[34.58656,-84.23908]</a>	2732	6.0
3.0		Cross High Shoals Road.	<a href="#">[34.58788,-84.23764]</a>	2821	5.8
3.1		Campsite to the west, tenting and hammocks.	<a href="#">[34.58839,-84.23705]</a>	2284	5.7
3.4		Campsite to the west, tenting and hammocks.	<a href="#">[34.59135,-84.23726]</a>	2993	5.4
4.2		Campsite to the west, tenting and hammocks.	<a href="#">[34.59764,-84.23039]</a>	3328	4.6
4.6		Frosty Mountain. Campsites hammocking. Spring (0.2E) reliable.	<a href="#">[34.59639,-84.22650]</a>	3390	4.2
5.0		Old USFS 46 unused tote road.	<a href="#">[34.59950,-84.22354]</a>	3202	3.8
5.3		(1.0E) on lime-green trail to Len Foote Hike Inn.	<a href="#">[34.60180,-84.21901]</a>	3373	3.5
		<b>Len Foote Hike Inn</b> 800-581-8032 ( <a href="http://www.hike-inn.com">www.hike-inn.com</a> ) No pets. AT Passport location. Open year round. Bunk room. \$132 single, \$184 double. Each room sleeps two adults. A camp mat may be provided for one child under twelve years of age to sleep on the floor. There are no outlets. Bunk includes linens. Includes dinner and breakfast. Reservations recommended.	<a href="#">[34.59225,-84.20848]</a>		
5.6		Campsite to the west, tenting and hammocks.	<a href="#">[34.60464,-84.21628]</a>	3354	3.2
5.9		Nimblewill Gap. Cross Amicalola Park Road.	<a href="#">[34.60869,-84.21430]</a>	3065	2.9
6.1		Spring 100 ft on side trail to, unreliable.	<a href="#">[34.61593,-84.20733]</a>	3142	2.7
6.9		Water, unreliable.	<a href="#">[34.61593,-84.20733]</a>	3364	1.9
		(0.1W) <b>Black Gap Shelter</b>			
7.3		Spring is located on east site of the trail (0.2) steep downhill. Tenting and hammocks to the west. Bear cables.	<a href="#">[34.61531,-84.19720]</a> <a href="#">[34.61746,-84.19845]</a>	3195	1.5
8.4		Water 50 feet west of trail, unreliable.	<a href="#">[34.62477,-84.19177]</a>	3575	0.4
8.8		<b>Springer Mountain</b> .	<a href="#">[34.62671,-84.19388]</a>	3782	0.0

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# Appalachian Trail Data



0	<b>Springer Mountain</b> , rock overlook at summit. AT bronze plaque located here and register located in rock.  Blue blaze trail is the Approach Trail from Amicalola Falls. <b>Don't forget your starting photo and to sign the register.</b> [34.62671,-84.19388] 2197.4
0.2	(0.2E) <b>Springer Mountain Shelter</b> > 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] 2197.2
0.3	Junction with Benton MacKaye to the east.  [34.62977,-84.19433] 3746 2197.1
1.0	Cross <b>USFS 42, Big Stamp Gap</b> . Information board.  Parking fee.  [34.63760,-84.19538]  [34.63733,-84.19515] 3350 2196.4
1.3	Junction with <b>Benton MacKaye Trail</b> .  [34.63972,-84.19153] 3430 2196.1
1.6	Cross <b>Davis Creek</b> and small tributary.  [34.64370,-84.19140] 3235 2195.8
1.9	<b>Rich Mountain</b> ridge crest. Benton MacKaye Trail junction east.  [34.64772,-84.19249] 3303 2195.5
2.6	Cross Stover Creek.  [34.64844,-84.19792] 2993 2194.8
2.8	(0.1E) <b>2.6 &lt;Stover Creek Shelter&gt; 5.3 &gt;&gt; 12.9 &gt;&gt;&gt; 24.9</b> Water behind shelter is often dry but good water can be found where trail crosses Stover Creek 100 yards north of shelter,  tent pads,  privy,  bear cables.  [34.65007,-84.19790]  [34.65028,-84.19720] 2954 2194.6
2.9	Cross Stover Creek  [34.65084,-84.19812] 2850 2194.5
3.8	Cross <b>Stover Creek</b> [34.65940,-84.19020] 2660 2193.6
4.2	Junction with Benton MacKaye to the east, Duncan Ridge Trail to west.  [34.66230,-84.18450] 2580 2193.2
4.3	Cross <b>USFS 58, Three Forks</b> . Stover Creek, Chester Creek, and Long Creek all converge here.  Parking.  [34.66327,-84.18443]  [34.66356,-84.18413]  [34.66348,-84.18395] 2530 2193.1
5.2	Trail junctions to <b>Long Creek Falls</b> , Benton MacKaye and Duncan Ridge Trails. BMT is marked with white diamonds, Duncan Ridge is marked with blue blazes to the west, Long Creek is also blue blazed.  [34.66670,-84.17184]  [34.66771,-84.17089] 2800 2192.2
6.2	Cross <b>USFS 251, Hickory Flats</b> ,  picnic pavilion.  Privy located down side trail. Hickory Flats cemetery is located (0.1) west  [34.66538,-84.16198] Cemetery  [34.66731,-84.16205] 3000 2191.2
7.4	Ridgecrest below <b>Hawk Mountain</b> ,  campsite located (0.4W) tent pads.  [34.66405,-84.14511]  [34.66630,-84.14945] 3250 2190.0
8.0	Cross Stream, skirts the side of Hawk Mountain.  [34.66350,-84.13858] 3191 2189.4
8.1	(0.2W) <b>7.9 &lt;&lt; 5.3 &lt;Hawk Mountain Shelter&gt; 7.6 &gt;&gt; 19.6 &gt;&gt;&gt; 20.8</b> Water is located 400 yards on a blue blazed trail behind the shelter,  tent pads,  privy,  bear cables.  [34.66467,-84.13702]  [34.66608,-84.13638] 3194 2189.3
8.6	Cross <b>USFS 42/69, Hightower Gap</b> .  Parking.  [34.66354,-84.12976]  [34.66363,-84.12976] 2854 2188.8
10.5	Cross <b>Horse Gap. USFS 42</b> is visible  [34.65549,-84.10545]  [34.65573,-84.10580] 2673 2186.9
11.5	<b>Sassafras Mountain</b> , summit  [34.65317,-84.09424] 3336 2185.9
12.2	Cross <b>USFS 42/80, Cooper Gap</b> ,  parking.  [34.65302,-84.08471]  [34.65305,-84.08450] 2800 2185.2
13.5	Cross <b>logging road</b> .  [34.66099,-84.07225] 3024 2183.9
14.2	Cross <b>Justus Creek</b> .  [34.65986,-84.06250] 2564 2183.2
14.3	Trail to the west to  tent pads.  Water source is Justus Creek  [34.65914,-84.06238] 2626 2183.1
14.9	Cross Small stream  [34.65741,-84.05737] 2605 2182.5
15.3	Cross <b>Blackwell Creek</b> .  [34.65396,-84.05200] 2601 2182.1
15.7	(0.1W) <b>15.5 &lt;&lt;&lt; 12.9 &lt;&lt; 7.6 &lt;Gooch Mountain Shelter&gt; 12.0 &gt;&gt; 13.2 &gt;&gt;&gt; 22.3</b> Water (spring) is located 100 yards behind the shelter,  tent pads that can accommodate two tents each,  privy,  bear box.  [34.65573,-84.04998]  [34.65652,-84.04954] 3000 2181.7
16.9	Cross <b>USFS 42, Gooch Gap</b> ,  Water is located north 100 yards north and east 200 yards on a blue blazed trail.  [34.65217,-84.03225]  [34.65210,-84.03230] 2821 2180.5
17.0	Marked trail to water 230 yards east on old road.  [34.65237,-84.03154] 2804 2180.4
17.9	Cross abandoned Grassy Gap Road.  [34.66390,-84.02598] 2955 2179.5
18.2	<b>Liss Gap</b> [34.66821,-84.02573] 3032 2179.2
18.3	<b>Morris Knob</b> .  Tenting to the east, room for three tents.  Views to the west.  [34.67008,-84.02103] 3238 2179.1
18.8	<b>Jacks Gap</b> [34.67153,-84.01747] 3045 2178.6
19.0	Follow crest of <b>Ramrock Mountain</b> , rock outcropping, views to south.  [34.67275,-84.01637] 3260 2178.4

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19.3		<b>Tritt Gap</b>	[34.67293,-84.01186]3031 2178.1
20.1		Creek.	[34.67327,-84.00359]3281 2177.3
20.5	      	Cross <b>GA. 60, Woody Gap</b> ,  picnic area,  water (spring) is located (0.1) west of the AT on northern side of the gap.  Good view to the southeast of parking area. 3198 [34.67759,-83.99993]  [34.67765,-83.99978] 2176.9	
See list of Shuttles to Springer Mountain/Amicalola Falls State Park.			
	 	<b>(1.3W) Above The Clouds Hostel</b> 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  Slackpacking. Mail drops: 1487 State Hwy 60, Suches Georgia 30572.  [34.68316,-84.01732]	
	 	<b>(2.9E) Kennedy Creek Resort</b> 404-720-0087  kennedycreekresort@gmail.com (kennedy-creekresort.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.  [34.69607,-84.01404]	
	 	<b>(6.5E) The Hiker Hostel @ Barefoot Hills Hotel</b> 770-312-7342  reservations@barefoothills.com (www.barefoothills.com)  AT Passport Location. Open year round.  Private bunk room accommodations in hostel priced from \$95 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 on private guest rooms only during direct reservation call. All stays include new bed linens and towels, and shower. 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. Limited retail supplies available for purchase onsite including  canisterfuel and a few supplies.  Overnight parking,  laundry service and  kayak rentals also available (for registered guests only).  Free WiFi is available.  Ask about shuttles to and from select trail heads and gaps, local wineries, and downtown Dahlonega for an extra fee. Mail drops: (USPS/FedEx/UPS) 7693 US Highway 19N, Dahlonega, GA 30533.	
<b>Suches, GA (2.0W)</b>			
		<b>(2.1W) PO</b> M-F 12:15pm - 4:15pm, Sa-SU Closed. 706-747-2611. 72078 State Highway 60 Suches, GA 30572.  [34.69004,-84.02210]	
		<b>(2.0W) Wolfpen Gap Country Store</b> 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]	
	    	<b>Suches Hiker Shuttles</b> 678-967-9510 "Ask for Murriss"  murrismiller@gmail.com (FB: HikershuttlesinGA) Owner: Murriss. Based out of Suches, GA.  Pet friendly.  Insured. 365 days, 24/7 & holidays. <b>S to Atlanta Airport</b> < > <b>N to Fontana Dam</b> &  airport,  bus &  train stations.  Slackpacking. "Groups OK. Propane available"	
	    	<b>A.T. Hiker Shuttle</b> 404-569-8776,  beady2727@gmail.com. Owner: Bret Eady - "Suches". Based out of Suches, GA.  Pet Friendly.  Insured. 365 days, 24/7 & some holidays. <b>S to Atlanta, GA. / Springer Mountain</b> < > <b>N to Fontana Dam</b> &  airport,  bus &  train terminals.  Slackpacking. Offering Georgia Section Hike Package. SOBO A.T. Thru Hiker 2017, SOBO BMT Thru Hiker 2019."	
	    	<b>White Blaze Shuttle Services</b> 706-300-8964 (cell)  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. <b>S to Atlanta</b> < > <b>N to Wayah Bald, NC</b> &  airport,  bus and  train terminals.  Slackpacking. "Covid-limited operations - call ahead. Covid precautions used."	
	    	<b>Jeff's Appalachian Trail Shuttles &amp; Tours</b> 706-994-2307 Owner: Jeff Moon. Based out of Blairsville, GA.  Pet friendly  Insured. 365 days, 24/7 & holidays. <b>S to Atlanta, GA</b> < > <b>N to Fontana Dam, NC</b> &  airport,  bus &  train terminals.  Slackpacking.  Parking, free. "Ready to help anyone anytime. In-depth knowledge of the area's history, happenings, and culture." Covid precautions. Masks optional.	

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# Woody Gap/Gooch Gap and Suches, GA

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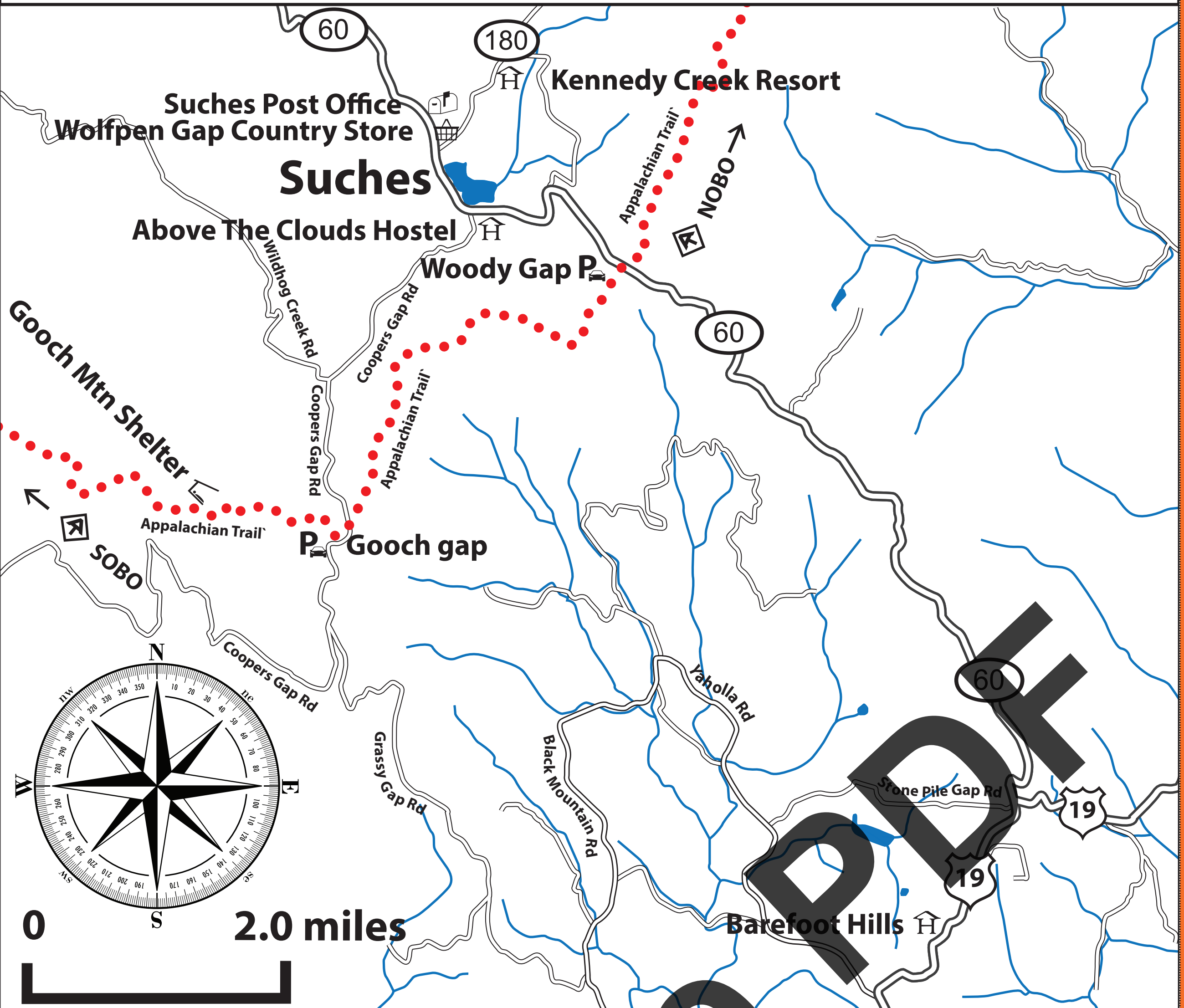
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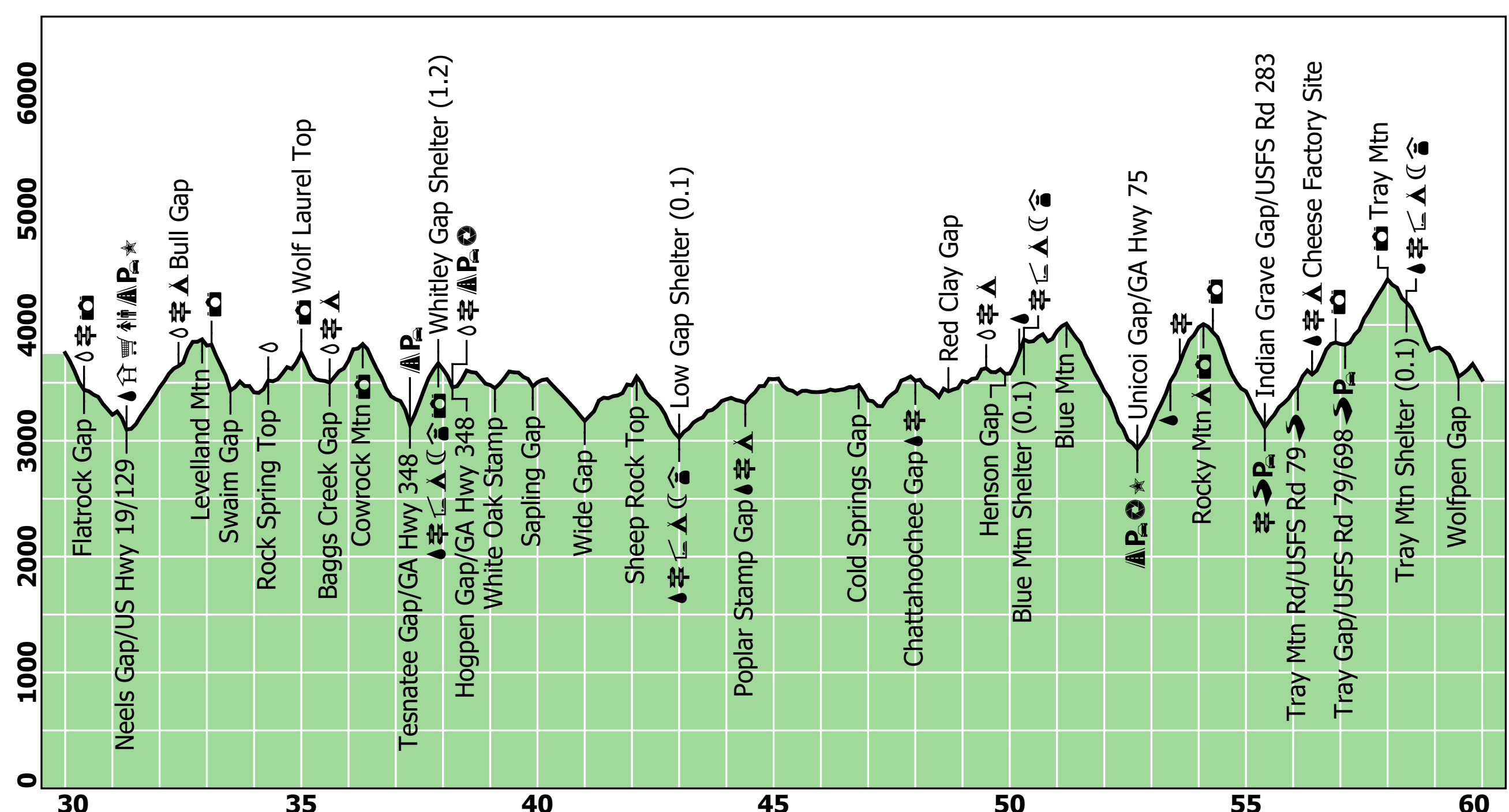
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21.6		Preachers Rock, view,	3580	2175.8
21.9		Rocky face of <b>Big Cedar Mountain</b> , Preaching Rock, rock outcrop just south of summit.	[34.68721,-83.99403]	3737 2175.5
22.3		Small spring to west in <b>Augerhole Gap</b> .	3624	2175.1
22.8		Cross small stream on east slope of ridge.	[34.69725,-83.98982]	3310 2174.6
22.9		<b>Dan Gap</b> .	[34.69873,-83.98890]	3261 2174.5
23.6		<b>Miller Gap</b> . Cross Dockery Lake Trail.  Spring about 100 yards east on Dockery Lake Trail. Dockery Lake Trail leads (3.5) east to Dockery Lake Recreation area.	3050	2173.8
24.0	{4}	<b>Lance Creek</b> ,  tent pads are located 100 yards north on the  creek,  bear cables.  Last reliable water heading NOBO until Neels Gap (7.3 miles).	2880	2173.4
25.7		Flat area known as <b>Burnett Field Mountain</b> .	[34.72220,-83.97032]	3480 2171.7
26.1		Water (spring) unreliable	3330	2171.3
26.3		<b>Jarrard Gap</b> , USFS, water (stream) is located (0.3) west. Jarrard Gap Trail (1.0) west to Lake Winfield Scott.   [34.72657,-83.96492]  [34.73406,-83.97318]	3250	2171.1
26.7		Reach shoulder of <b>Gaddis Mountain</b> .	[34.72966,-83.96118]	3536 2170.7
27.7		(0.4W) <b>24.9&lt;&lt;&lt;19.6&lt;&lt;12&lt;Woods Hole Shelter&gt;1.2&gt;&gt;10.3&gt;&gt;&gt;15.3</b> Water (stream) on trail to shelter is unreliable in dry months,  privy,  tenting,  bear cables.	3650	2169.7
28.0		Bird Gap, Freeman Trail just east bypasses Blood Mtn. and rejoins AT at Flatrock Gap. Slaughter Creek Trail at <b>Slaughter Creek Gap</b> ,  water is unreliable.	3790	2169.4
28.1	{8}	<b>Blood Mountain Campsite</b> to the west,  tent pads.  Fires are not permitted.	3800	2169.3
28.5		Duncan Ridge and Coosa Trail west. Blood Mountain, open rocky summit.	4168	2168.9
28.9	{8}	<b>20.8&lt;&lt;&lt;13.2&lt;&lt;1.2&lt;Blood Mountain Shelter&gt;9.1&gt;&gt;14.1&gt;&gt;&gt;21.4</b> Shelter is located south of summit, no water at shelter,  privy, view.  Fires are not permitted.	4461	2168.5
29.5		Trail follows steep rock slope with views	4334	2167.9



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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] 3487 2167.1

30.4 Balance Rock to the east of Trail. [34.73516,-83.92723] 3453 2167.0

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] 2166.1

**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: (CLOSED at this time)** 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: Include your name and E.T.A. on all sides of the box. (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]

32.4 **Bull Gap,** water (spring) on blue blazed trail to the west downhill 200 yards. [34.73249,-83.90763] 3644 2165.0

32.8 **Levelland Mountain,** wooded summit. [34.73204,-83.90128] 3942 2164.6

33.0 Crest of Levelland Mountain, open rocky area, view. [34.73055,-83.89836] 3668 2164.4

33.4 **Swaim Gap.** [34.72561,-83.89124] 3450 2164.0

34.3 Pass west of **Rock Spring Top,** water (spring) is located to the west of the trail. [34.72681,-83.88535] 3520 2163.1

35.0 **Wolf Laurel Top,** open rock face east of the trail offers views. [34.72517,-83.87463] 3766 2162.4

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 2161.9

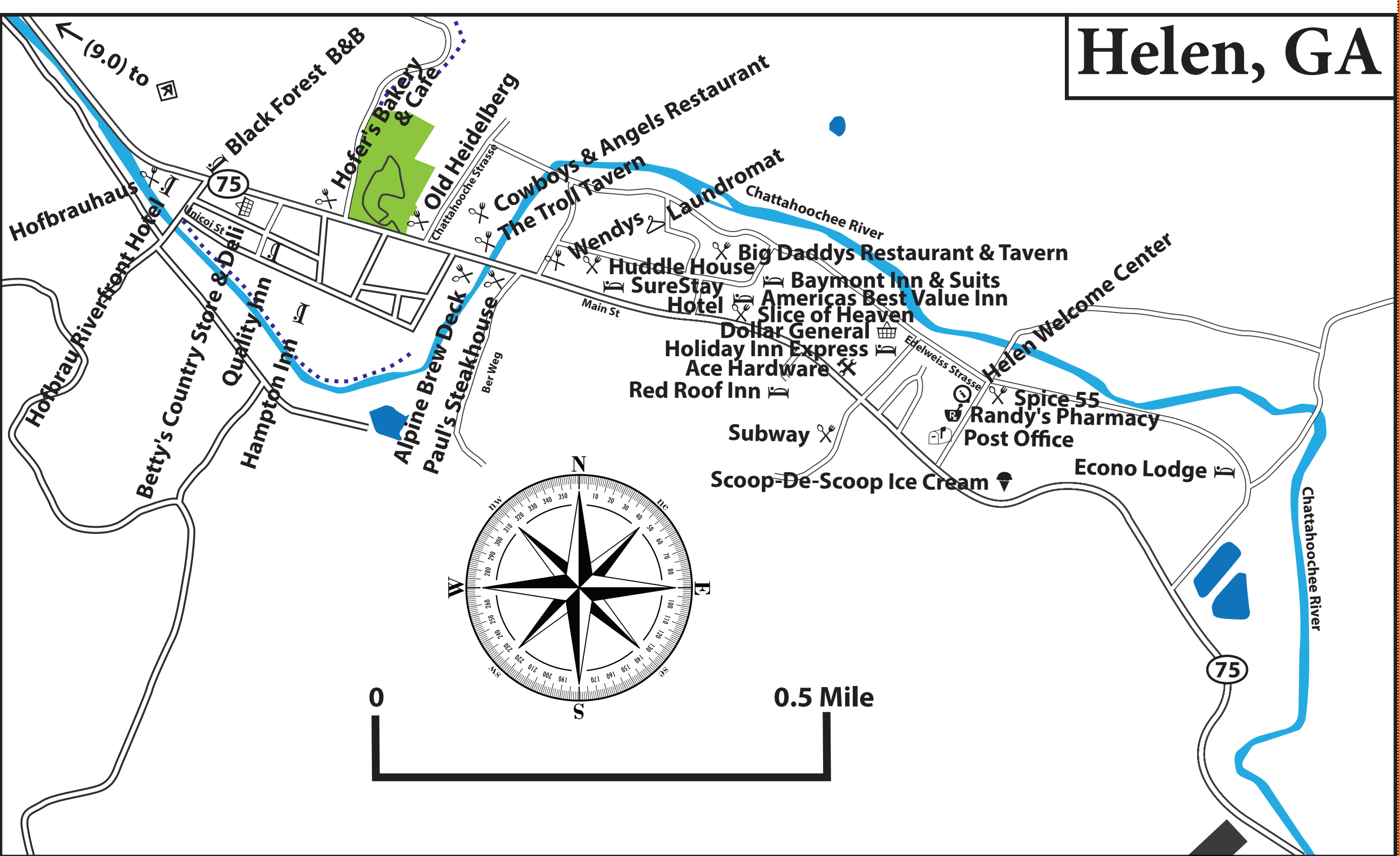
36.3 **Cowrock Mountain,** summit offers good views of the valley below. [34.72159,-83.85647] 3842 2161.1

37.3 {10-12} Skirts **GA. 348, Tesnatee Gap** and Russell Scenic Highway. [34.72626,-83.84770] 3138 2160.1

37.8		Rock cliff with views of Cowrock Mountain and gorge of Town Creek. [34.72617,-83.84371]	3614	2159.6	<b>Title</b>
38.0		<b>Crest Wildcat Mountain.</b> (1.2E) <b>22.3&lt;&lt;&lt;10.3&lt;&lt;9.1&lt;Whitley Gap Shelter&gt;5.0&gt;&gt;12.3&gt;&gt;&gt;20.4</b> Water (spring) located (0.2) beyond shelter, privy, bear cables. (0.1E) beyond shelter to tent sites. [34.72476,-83.84102] [34.71238,-83.83440]	3370	2159.4	<b>Map</b>
38.2		<b>Cross GA. 348, Hogpen Gap, water (spring) south side of road on a blue blazed trail.</b> <b>AT plaque on rock.</b> [34.72532,-83.83910] [34.72590,-83.83988]	3450	2159.2	<b>Content &amp; more</b>
<b>Blairsville, GA 30514 (14.0W) All major services. See Notes at NOBO mile 31.3.</b> [34.87576,-83.95754]					
39.1		<b>White Oak Stamp</b> , ridge crest. [34.73256,-83.82967]	3470	2158.3	<b>Legend &amp; more</b>
40.3		<b>Sapling Gap.</b> NOBO hikers skirts Poor Mountain. [34.74293,-83.82694]	3485	2157.1	<b>Approach &amp; GA</b>
41.0		<b>Wide Gap.</b> SOBO hikers skirts Poor Mountain. [34.75524,-83.82822]	3169	2156.4	
42.2		<b>Sheep Rock Top</b> , rocky summit. [34.76882,-83.82884]	3600	2155.2	
43.0		(190 yds E) <b>15.3&lt;&lt;&lt;14.1&lt;&lt;5.0&lt;Low Gap Shelter&gt;7.3&gt;&gt;15.4&gt;&gt;&gt;22.8</b> Water located 30 yards in front of shelter, tenting, privy, bear cables.   Last reliable water heading SOBO until Neels Gap (11.5 miles) [34.77659,-83.82627] [34.77626,-83.82450]	3050	2154.4	
44.4		<b>Poplar Stamp Gap</b> , water (stream) is located several (0.1E) down an old road bed. [34.78964,-83.81352]	3330	2153.0	<b>NC</b>
46.8		<b>Cold Springs Gap</b> , pay no attention to the name you will not find a spring, Tenting. [34.81072,-83.80993]	3300	2150.6	<b>NC/TN</b>
48.0		<b>Chattahoochee Gap</b> , 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	2149.4	<b>TN</b>
48.7		<b>Red Clay Gap.</b> [34.82243,-83.78732]	3485	2148.7	<b>VA</b>
49.4		Campsites to west of trail. [34.82230,-83.77704]	3600	2148.0	
49.6		Campsites to west of trail. [34.81759,-83.77594]	3500	2147.8	<b>WV</b>
49.8		Flat area known as Rocky Knob. Water is about 150 yards west down rocky slope. [34.81703,-83.77443]	3629	2147.6	
49.9		<b>Henson Gap.</b> [34.81666,-83.77298]	3580	2147.5	<b>MD</b>
50.2		Spring on west side trail. This is the water for Blue Mountain Shelter. [34.81673,-83.76812]	3890	2147.2	
50.3		(0.1W) <b>21.4&lt;&lt;&lt;12.3&lt;&lt;7.3&lt;Blue Mountain Shelter&gt;8.1&gt;&gt;15.5&gt;&gt;&gt;23.6</b> (No potable water) at shelter, water (spring) located (0.1) south of shelter on AT, tenting, privy, bear cables. [34.81665,-83.76706] [34.81721,-83.76673]	3900	2147.1	<b>PA</b>
51.2		<b>Blue Mountain</b> , summit [34.81261,-83.75489]	4025	2146.2	
52.7		<b>Cross GA. 75, Unicoi Gap, AT plaque placed in a rock on north side of road.</b> [34.802115,-83.74299] [34.80178,-83.74281]	2949	2144.7	<b>NJ</b>
<b>The Green Dragon Hostel</b> 407-435-0294 thegreendragonhostel@gmail.com (www.greendragonhostel.com) Owners Donna & Bill. Bunks, text or call for pricing. All included w/bunk: laundry, loaner clothes, bed linens, privacy curtains, stocked shower, hot breakfast, community dinner, Wi-Fi, tv w/streaming, 10 min shuttle pickup and drop off to Unicoi Gap or Dicks Creek Gap, 5 min shuttle to grocery, post office, outfitters. Longer shuttles for a fee. Slackpacking available. Parking free for guests, non-guests we offer daytime parking and our shuttle service to Unicoi or Dicks Creek for \$10. If you are section hiking and need overnight parking or a longer shuttle call us for availability and rates. Mail drop for guests 2708 HWY 17 Hiawassee, GA 30546. [34.90099,-83.72167]					
<b>Budget Inn Shuttles</b> 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.					
<b>Helen, GA 30545 (9.0E) See Helen, GA map.</b> [34.701565,-83.731464]					
(9.9E) <b>PO</b> 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]					
		<b>Baymont Inn &amp; Suites</b> 706-725-8764. Rate, \$125 and up. Includes breakfast buffet during festivals. Microwave, fridge, pool outside, free WiFi. [34.70039,-83.72313]			<b>VT</b>
		<b>Helendorf River Inn</b> 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]			<b>NH</b>
		<b>SureStay Hotel by Best Western</b> 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]			<b>ME</b>
		<b>Econo Lodge</b> 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]			<b>Bear bag &amp; more</b>
		<b>Country Inn and Suites</b> 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]			<b>Hostels</b>
		<b>Betty's Country Store</b> (IGA) 706-878-2943. (bettysinhelen.com) M-Th 7am-8pm, F-Sa 7am-9pm Su 7am-8pm. [34.70180,-83.73423]			<b>Shuttles</b>
		<b>Laundromat</b> 706-779-2066. [34.70166,-83.72575]			<b>Resupply</b>
		<b>White County Library</b> 706-878-2438. M-F 9am-6pm, Sa-Su closed. [34.70316,-83.73138]			
		<b>Hitch-A-Hiker</b> 813-294-6994 (cell, text preferred) Owner: Gracie Rogers. Based out of Hiawassee, GA. Pet friendly Insured. 365 days, 24/7 & holidays. <b>S to Atlanta, GA &lt;&gt; N to Fontana Dam &amp; airport, bus &amp; train terminals.</b> Slackpacking.			<b>Post Offices</b>
<b>Hiawassee, GA 30546 (12E) See Hiawassee and map at mile 69.2.</b> [34.94876,-83.75710]					

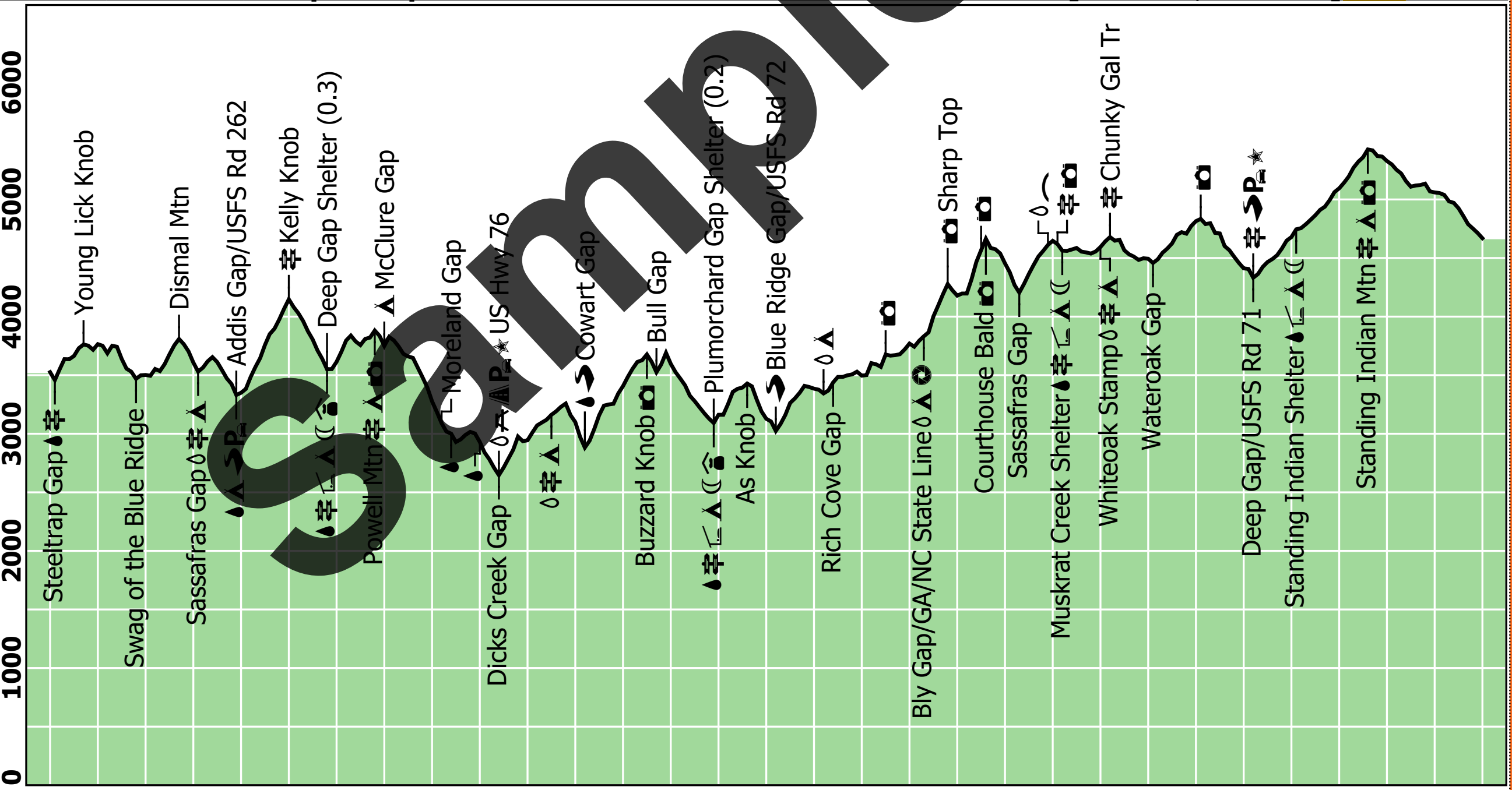
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# Helen, GA



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53.3	📍	Cross <b>stream</b> , Hiwassee River (headwaters).	📍 [34.80189,-83.73534]	3504	2144.1
53.6	📍	Rocky Mountain Trail leads (1.0W) to USFS 283.	📍 [34.80395,-83.73231]	3702	2143.8
54.1	📍	<b>Rocky Mountain</b> , summit.	📍 [34.79817,-83.73046]	4017	2143.3
54.3	📍	Rock ledges with good views.	📍 [34.79761,-83.72715]	3965	2143.1
55.4	📍	Cross <b>USFS 283, Indian Grave Gap</b> . 📍 Blue blaze trail leads (1.9) east to Andrews Cove Campground.	📍 [34.79287,-83.71429]	3113	2142.0
56.1	📍	Cross <b>USFS 79, Tray Mountain Road</b>	📍 [34.79329,-83.70323]	3580	2141.3
56.4	📍	<b>Cheese Factory Site</b> , 📍 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]	3590	2141.0
56.9	📍	Rocky cliff with small overlook.		3853	2140.5
57.1	📍	Cross <b>USFS 79/698, Tray Mountain Road, Tray Gap</b> .	📍 [34.79938,-83.69100]	3847	2140.3
57.9	📍	<b>Tray Mountain</b> , small rocky summit, views in all directions.	📍 [34.80138,-83.68395]	4430	2139.5
58.4	📍	(230 yds W) <b>20.4&lt;&lt;&lt;&lt;15.4&lt;&lt;&lt;8.1&lt;Tray Mountain Shelter&gt;7.4&gt;&gt;&gt;&gt;15.5&gt;&gt;&gt;&gt;22.8</b>		4200	2139.0
59.6	📍	<b>Wolfpen Gap</b> .	📍 [34.81118,-83.66288]	3600	2137.8



60.2	📍	<b>Steeltrap Gap</b> , water (spring) is located 280 yards east down blue blaze trail.	📍 [34.81686,-83.65697]	3490	2137.2
60.7	📍	West side of <b>Young Lick Knob</b> .	📍 [34.82294,-83.65250]	3800	2136.7
62.0	📍	Cross <b>Swag of the Blue Ridge</b> .	📍 [34.83838,-83.65917]	3400	2135.4
63.1	📍	<b>Sassafras Gap</b> , 📍 camp sites, 📍 water (spring) is located 150 yards downhill to the east.	📍 [34.85294,-83.66067]	3500	2134.3
64.0	📍	<b>Addis Gap</b> , old fire road leads (0.5) east to 📍 campsite and 📍 water and eventually to <b>USFS 26-2</b> . 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	2133.4
65.0	📍	Trail to <b>Kelly Knob</b> (0.2) west.	📍 [34.87822,-83.65451]	4276	2132.4
65.8	📍	(0.3E) <b>22.8&lt;&lt;&lt;&lt;15.5&lt;&lt;&lt;7.4&lt;Deep Gap Shelter&gt;8.1&gt;&gt;&gt;&gt;15.4&gt;&gt;&gt;&gt;20.3</b>		3550	2131.6
66.8	📍	Blue blaze trail east leads several yards to 📍 campsites and 📍 view, <b>no water</b> .	📍 [34.89286,-83.63628]	3827	2130.6
67.0	📍	<b>McClure Gap</b> . 📍 Tenting	📍 [34.89394,-83.63341]	3767	2130.4
67.2	📍	<b>Powell Mountain</b> , summit.	📍 [34.89283,-83.63070]	3850	2130.2
68.2	📍	<b>Moreland Gap</b> . An old overgrown roadbed leads west.	📍 [34.90120,-83.62826]	3050	2129.2
68.4	📍	Stream.	📍 [34.90244,-83.62714]	2650	2129.0
69.0	📍	Dick's Creek, stream.	📍 [34.90821,-83.62215]	2650	2128.4

69.4 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 2128.0

(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., Hiwassee 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, Hiwassee, GA 30546. Mail drops MUST have Full Return Address and PHONE Number. [34.93036,-83.68968]

**Hiwassee, GA 30546 (11.0W). See Hiwassee, GA map.** [34.94876,-83.75710]  
 (10.6W) **PO** M-F 8:30am-5pm, Sa 8:30am-12pm. 706-896-4173. 118 N Main St. Hiwassee, GA 30546. [34.94988,-83.75796]

(10.2W) **Hiwassee Budget Inn** 706-896-4121. (www.hiwasseebudgetinn.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 - Hiwassee, 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. Hiwassee, 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, Hiwassee, 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 pharmacy** 706-896-2255. M-Su 8am-10pm.

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

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

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

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

**Henson Cove Shuttles** 706-970-1533 relax@henson-cove-place.com (www.henson-cove-place.com) Owners: David and Mariah Nugent. Based out of Hiwassee, GA. Pet friendly. Insured. 365 days, M-Sat: 9 AM-6 PM, Sun: 9 AM-5PM & some holidays.  
**Springer/Amicalola SP < > Fontana & X 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.

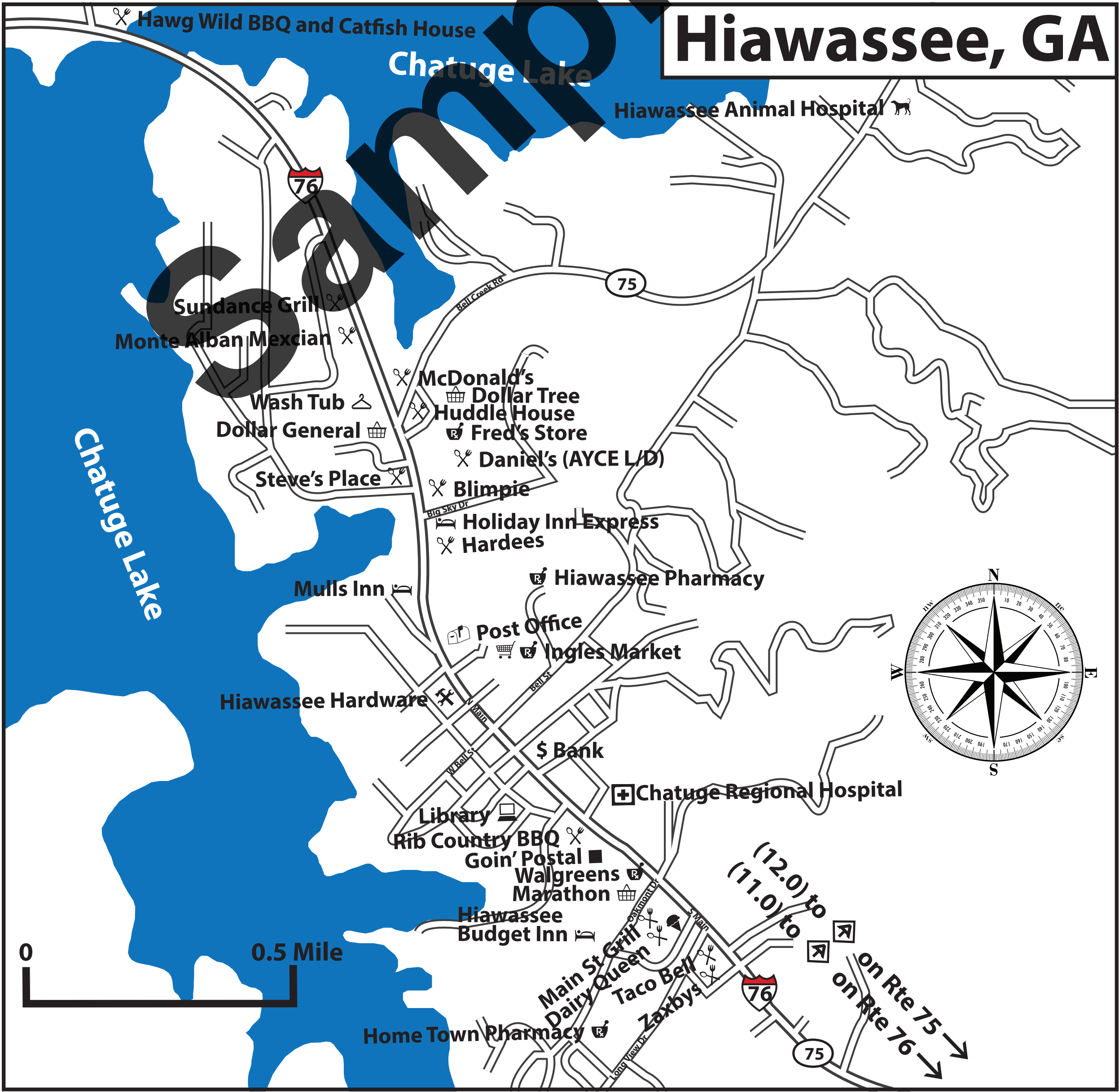
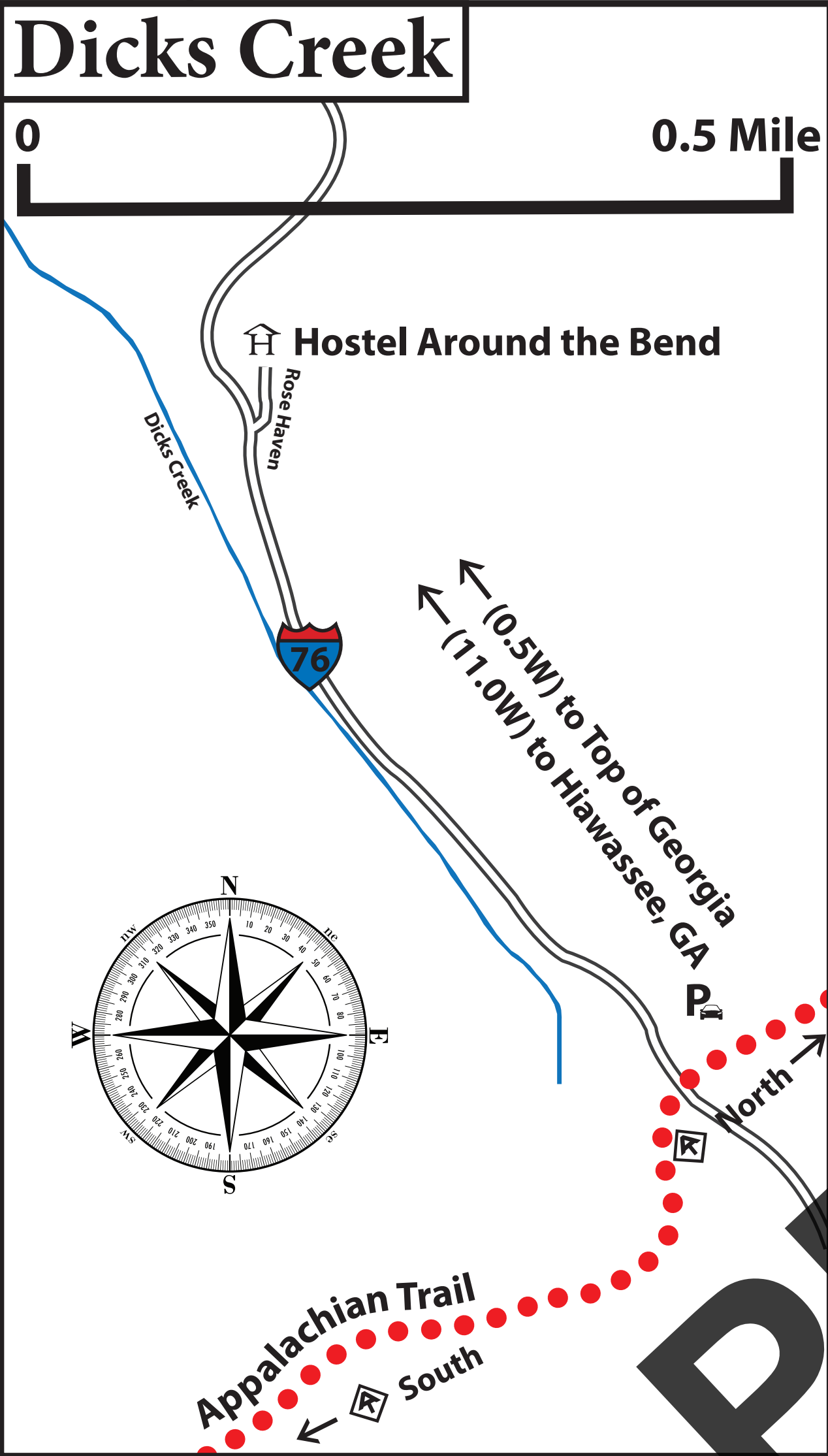
**Budget Inn** 706-896-4121 (main) (www.hiwasseebudgetinn.com) Hiwassee, GA. Pet Friendly. Insured.

**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."

**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 & X airport, bus & train terminals.** Slackpacking. "Prefer 24 hr notice to guarantee a ride. Car seats up to four hikers. Seat belts required. Masks required."

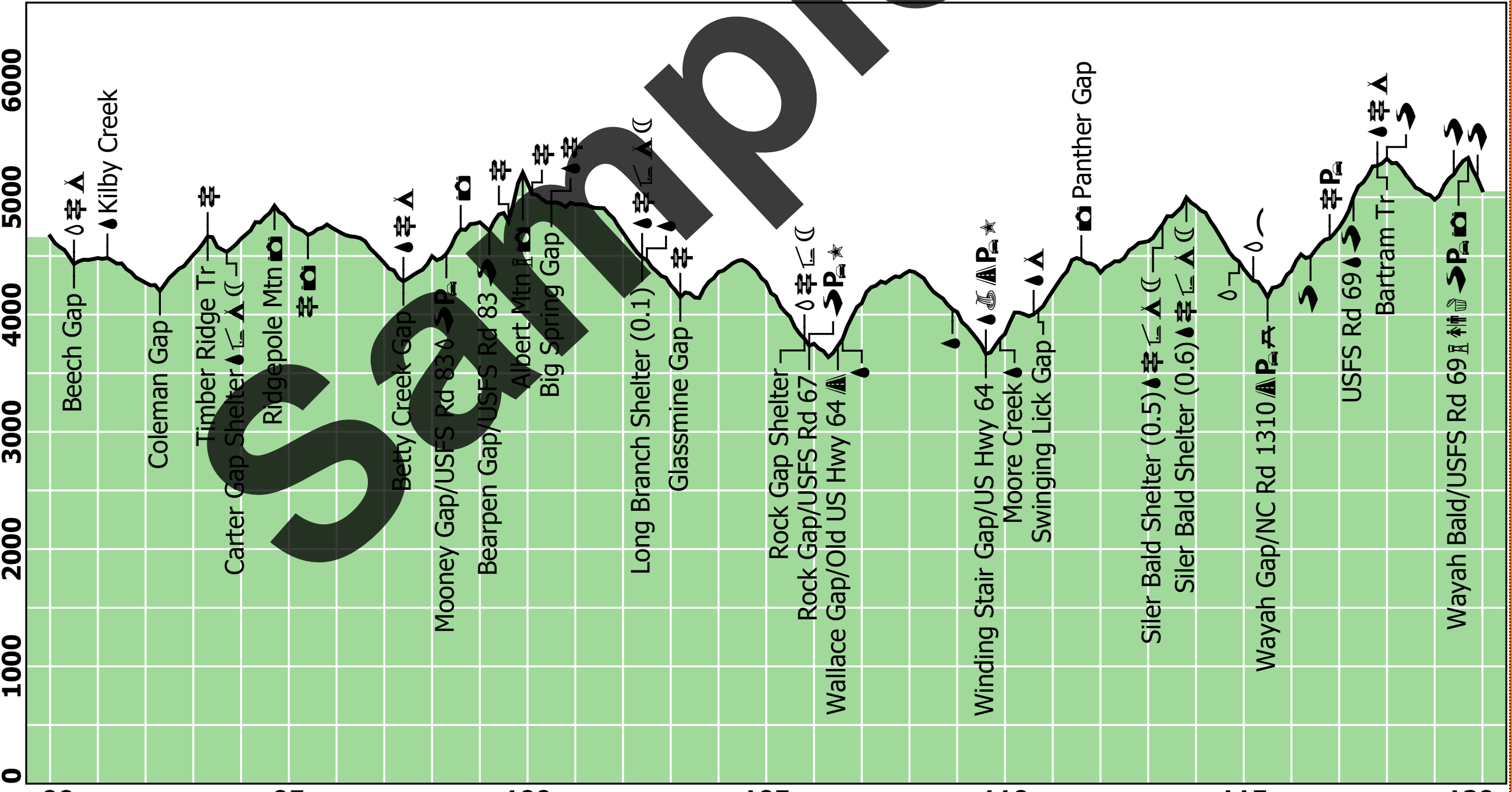
**Encourager's Shuttles** 706-897-7281 Call, text, or PM mtman100@yahoo.com. Darrell "Encourager" Barrett. Based out of Hiwassee, GA. Pet friendly. Shuttles are "donation only" for local shuttles in the Hiwassee area. Long distance shuttles are available for a reasonable fee. All donations go to providing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

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70.5	♣♣♣♣♣♣	(0.1E) <b>Campsite</b> east on blue blazed trail, ♣ water.	♣[34.91047,-83.60330]	3150	2126.9
71.2	♣	<b>Cowart Gap</b> , tall pines.	♣[34.91719,-83.59552]	2900	2126.2
72.3	♣♣♣	Good views from <b>Buzzard Knob</b> when the leaves are not on trees.	♣[34.93109,-83.60139]	3675	2125.1
72.7	♣	<b>Bull Gap</b> .	♣[34.93596,-83.60215]	3550	2124.7
73.8	♣	Big John Spring, west of AT.	♣[34.94578,-83.59264]	3176	2123.6
73.9	♣♣♣♣♣♣ ♣♣♣♣♣♣ ♣♣♣♣♣♣	Plumorchard Gap. (0.2E) <b>23.6&lt;&lt;&lt;15.5&lt;&lt;8.1&lt;Plumorchard Gap Shelter&gt;7.3&gt;&gt;&gt;12.2&gt;&gt;&gt;19.8</b> ♣ Plumorchard Creek is on the shelter trail, beyond the shelter. ♣ tenting, ♣ privy, ♣ bear cables. ♣ <b>Caution</b> 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]	3050	2123.5
74.6	♣	<b>As Knob</b> , crosses high point below summit.	♣[34.95337,-83.59321]	3460	2122.8
75.2	♣♣♣	<b>Blue Ridge Gap</b> , cross dirt road <b>USFS 72</b> .	♣[34.95868,-83.59628]	3020	2122.2
76.2	♣♣♣♣	Campsite, ♣ water.	♣[34.96838,-83.59447]	3500	2121.2
76.4	♣	<b>Rich Cove Gap</b> .	♣[34.97071,-83.59393]	3390	2121.0
77.8	♣♣♣	Small knob west of trail with good views.	♣[34.97639,-83.59580]	3695	2119.6
78.3	♣	<b>State Line Georgia–North Carolina State Line</b> , register in tree.	♣[34.99218,-83.59983]	3825	2119.1
78.4	♣♣♣♣	<b>Bly Gap</b> , ♣ Bly Gap Spring is located east of the trail and 250 feet south of the gap. ♣ Gnarly twisted oak tree located here. <b>Often photographed tree.</b>	♣[34.99432,-83.59932]	3840	2119.0
79.1	♣♣♣	<b>Sharp Top</b> , skirts the summit, vista.	♣[34.99614,-83.59358]	4300	2118.3
79.5	♣♣♣	View of Shooting Creek Valley.	♣[35.00156,-83.58667]	4521	2117.9
79.7	♣♣♣	Trail skirts summit of <b>Courthouse Bald</b> , view.	♣[35.00285,-83.58424]	4650	2117.7
80.3	♣	<b>Sassafras Gap</b> .	♣[35.01043,-83.58263]	4300	2117.1
80.9	♣	Cross stream		4549	2116.5
81.1	♣	Viewpoint to the west.		4627	2116.3
81.2	♣♣♣♣♣♣ ♣♣♣♣♣♣	(100 ft E) <b>22.8&lt;&lt;&lt;15.4&lt;&lt;7.3&lt;Muskrat Creek Shelter&gt;4.9&gt;&gt;&gt;12.5&gt;&gt;&gt;21.2</b> ♣ Water (spring) is located behind shelter, ♣ tenting, ♣ privy.	♣[35.02053,-83.58160]	4600	2116.2
82.0	♣♣♣♣	Edge of <b>White Oak Stamp</b> , Buck Creek Trail leads across 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	2115.4
82.2	♣♣	Chunky Gal Trail to the west (5.5) to U.S. 64.	♣[35.02965,-83.57194]	4700	2115.2
83.1	♣	Wateroak Gap, small clearing.	♣[35.03723,-83.56152]	4490	2114.3
84.1	♣	View.		4737	2113.3
85.2	♣♣♣♣♣♣ ♣♣♣♣♣♣	Cross <b>USFS 71, Deep Gap</b> , Kimsey Creek Trail leads (3.7W) to USFS <b>Standing Indian Campground</b> . See notes at <b>NOBO mile 105.9</b> .	♣[35.03949,-83.55276]	4341	2112.2
86.1	♣♣♣♣♣♣ ♣♣♣♣♣♣	(250 ft E) <b>20.3&lt;&lt;&lt;12.2&lt;&lt;4.9&lt;Standing Indian Shelter&gt;7.6&gt;&gt;&gt;16.3&gt;&gt;&gt;19.7</b> ♣ Creek that serves as the water source for shelter is on the opposite side of the AT from the shelter. ♣ tenting, ♣ privy.	♣[35.04200,-83.54806]	4760	2111.3
87.6	♣♣♣♣♣♣	Lower Ridge Trail junction, east leads 600 feet to <b>Standing Indian Mountain</b> summit. ♣ Several campsites to the east near the summit. West leads (4.2) to Standing Indian Campground.	♣[35.03630,-83.53767]	5498	2109.8



90.3	♣♣♣	Cross Kilby Creek. ♣ Only reliable water Standing Indian and Carter Gap.		4486	2107.1
90.5	♣♣♣♣♣	<b>Beech Gap</b> , ♣ water (spring) is located 100 feet to the east but is unreliable. ♣ Beech Gap Trail leads (2.8) west to USFS 67 ♣ parking area.	♣[35.01011,-83.52570]	4460	2106.9
92.3	♣	<b>Coleman Gap</b> , dense rhododendron thicket.	♣[35.00536,-83.51042]	4200	2105.1
93.3	♣♣♣♣♣	<b>Timber Ridge Trail</b> leads (2.3) west to USFS 67 ♣ parking area.	♣[35.00299,-83.49923]	4700	2104.1
93.7	♣♣♣♣♣♣ ♣♣♣♣♣♣	(100 ft E) <b>19.8&lt;&lt;&lt;12.5&lt;&lt;7.6&lt;Carter Gap Shelter&gt;8.7&gt;&gt;&gt;12.1&gt;&gt;&gt;19.6</b> ♣ Water (spring) is located 200 yards west on blue blaze trail, ♣ tenting, ♣ privy.	♣[34.99898,-83.49413]	4540	2103.7
94.7	♣	North side of <b>Ridgepole Mountain</b> .		4990	2102.7
95.4	♣♣	<b>Unmarked trail</b> leads 25 feet east to Little Ridgepole vista of Pickens Nose.		4749	2102.0
97.4	♣♣♣♣♣♣	<b>Betty Creek Gap</b> . ♣ Several test site at gap. ♣ (0.1W) Water (Stream) is located on blue blaze trail. Continue (0.1E) on blue blaze to USFS 67 and ♣ parking.	♣[35.02829,-83.47892]	4300	2100.0
98.3	♣♣♣♣♣	Cross <b>USFS 83, Mooney Gap</b> . ♣ Trail crosses small stream (0.1S) and a culvert north on road. ♣ Road closed mid-Dec thru first of Apr.	♣[35.03548,-83.47018]	4400	2099.1
98.6	♣	Log steps, spring		4500	2098.8
99.2	♣♣	<b>Bearpen Gap</b> . USGS 83 is visible to the west.	♣[35.04684,-83.47145]	4700	2098.2

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99.6	幸 9	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.	4790	幸[35.05054,-83.47455]	2097.8
99.9	▲ 9	<b>Albert Mountain</b> summit, 9 fire tower.	5250	9[35.05256,-83.47752] P[35.05247,-83.48020]	2097.5
100.1	幸 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.	5035	幸[35.05558,-83.47766]	2097.3
100.5	▲ 9	<b>Big Spring Gap.</b> ▲ Spring and ▲ tenting.	4954	▲[35.05874,-83.47801]	2096.9
102.4	▲ 9	(0.1W) <b>21.2&lt;&lt;&lt;16.3&lt;&lt;8.7&lt;Long Branch Shelter&gt;3.4&gt;&gt;10.9&gt;&gt;&gt;18.2</b> ▲ Water, ▲ tent sites, ☺ privy.	4932	幸[35.06941,-83.49706] ☺[35.06996,-83.49815]	2095.0
102.5	▲ 9	Cross stream.	4930	▲[35.07001,-83.49684]	2094.9
103.2	幸 9	<b>Glassmine Gap</b> , Long Branch Trail (2.0) west to USFS 67.	4130	幸[35.07707,-83.50222]	2094.2
104.3	9	Unreliable spring below trail. Several seasonal water sources are one mile in either direction.	4363		2093.1
105.8	9	(300 ft W) <b>19.7&lt;&lt;&lt;12.1&lt;&lt;3.4&lt;Rock Gap Shelter&gt;7.5&gt;&gt;14.8&gt;&gt;&gt;19.6</b> water (spring) is known to go dry, privy.	3760	☺[35.09143,-83.52310]	2091.6
105.9	P{6-7} 9	<b>Rock Gap.</b> (1.5W) Standing Indian Campground.	3750	P[35.09406,-83.52250]	2091.5
	▲ 9	(1.5W) <b>Standing Indian Campground</b> 828-524-6441. ▲ Campsites \$20, open Apr 1 - Nov 30. ☺ Showers, ☺ camp store, ☺ pay phone. 🐾 Pets must be leashed. P. Parking is permitted year round.		▲[35.07610,-83.52840]	
106.5	▲ 9	Cross <b>Old U.S. 64, Wallace Gap.</b>	3738	▲[35.09807,-83.52674]	2090.9
106.6	▲ 9	Cross feeder stream to the Nantahala River.	3745	▲[35.09944,-83.52793]	2090.8
108.9	▲ 9	Cross Moore Creek.	3797	▲[35.11649,-83.54504]	2088.5
109.6	P{15-20} 9	Cross <b>U.S. 64</b> , Winding Stair Gap, piped spring.	3770	▲[35.12051,-83.54716] P[35.11975,-83.54818]	2087.8
<b>Franklin, NC 28734 (10E) (all major services) See Franklin north side and south side maps.</b>					
	9	(11.9E) <b>PO</b> M-F 8:30am-5pm, Sa 9am-12pm. 828-524-3219. 250 Depot St. Franklin, NC 28734.		9[35.18213,-83.38004]	
	9			9[35.17885,-83.37433]	
	9	<b>Hill Top Inn</b> 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. P. ask about shuttles. 📬 Mail drops for guest: 433 East Palmer Street, Franklin, NC 28734. 📞[35.18228,-83.37731]			
	9	(11.6E) <b>The Grove Hostel</b> 828-346-7657 text to reserve. 📧 contact@grovehostel.com. All stays by reservation only. (www.thegrovehostel.com) Owners: Ben "Unfiltered" and Mary "Newfound". P. Check-in is 12-7pm; checkout is 10am. 🛏 Bunks: \$45 plus tax, private Room: \$80 plus tax. Accepts credit cards, in addition to Venmo, PayPal, and cash. Amenities: 🚰 Free laundry, 🚿 showers, 📶 wifi, hiker kitchen, 🚗 free guest shuttle back to trail, free guest shuttle to resupply. Walking distance to Outdoor 76, Lazy Hiker Brewing Co., restaurants, and other downtown Franklin stops. NO mail drops: 130 Hayes Circle, Franklin, NC 28734. 🛏[35.17814,-83.37801]			
	9	(12.6E) <b>Chica &amp; Sunsets Hostel</b> 715-315-0876 (text preferred) chica@chicaandsunsets.com (www.chicaandsunsets.com) 🐾 Not pet friendly. 📄 AT passport location. 🛏 \$55 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 ahead 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]			
	9	<b>The Barn A.T. Hiker Hostel</b> 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 available. 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 Betejay lane Franklin NC 28734. 🛏[35.15363,-83.26972]			
	9	<b>Sapphire Inn</b> 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]			
	9	<b>Microtel Inn &amp; Suites by Wyndham Franklin</b> 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]			
	9	<b>Comfort Inn</b> 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]			
	9	<b>1st Baptist Church Free Breakfast</b> 📄 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]			
	9	<b>Lazy Hiker Brewing Company</b> 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]			
	9	<b>Outdoor 76</b> 828-349-7676. (www.outdoor76.com) 📄 AT Passport location. M-Sa 10 am-7 pm, Su closed. 🍳 Specialty AT hiking store with lightweight gear, food & draft beer, right in center of town. 🚰 Fuels available. Footwear experts with Pedorthic trained staff to deal with injuries and various foot issues. 10% off total purchase for thru-hikers. 📄 Computer available for use, 📶 free WiFi. Shipping services, in town shuttles. 📬 No charge for Mail drops: 35 East Main Street, Franklin, NC 28734. 📞[35.18208,-83.38076]			
	9	<b>Rock House Lodge taproom/restaurant:</b> 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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# 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.

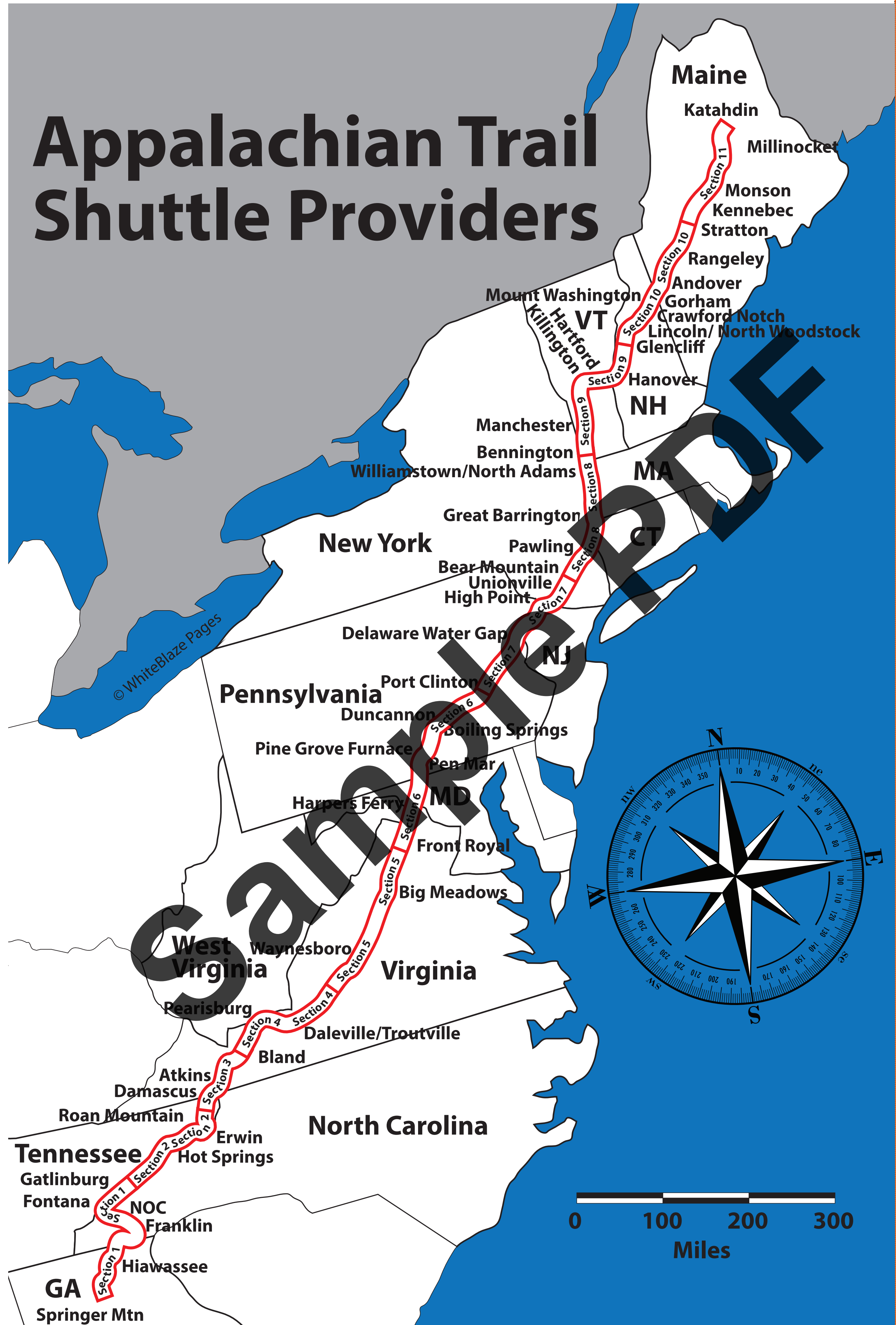
The listing will also include the icons to show the features for the establishment. To find out more detailed information for each listing, go to their NOBO mileage location in the book.

20.5		(1.3W) <b>Above The Clouds Hostel</b> 706-747-1022 (hostel) 678-983-0954(cell) <a href="mailto:atcshostel@gmail.com">atcshostel@gmail.com</a> . ( <a href="http://www.abovethecloudshostel.com">www.abovethecloudshostel.com</a> ) <a href="#">[34.68316,-84.01732]</a>
20.5		(2.9E) <b>Kennedy Creek Resort</b> 404-720-0087 <a href="mailto:kennedycreekresort@gmail.com">kennedycreekresort@gmail.com</a> ( <a href="http://kennedycreekresort.com">kennedycreekresort.com</a> ) 3001 High Valley Rd, Suches, GA 30572. <a href="#">[34.69709,-84.01439]</a>
20.5		(6.5E) <b>The Hiker Hostel @ Barefoot Hills Hotel</b> 770-312-7342 <a href="mailto:reservations@barefoothills.com">reservations@barefoothills.com</a> ( <a href="http://www.barefoothills.com">www.barefoothills.com</a> ) Mail drops: (USPS/FedEx/UPS) 7693 US Highway 19N, Dahlonega, GA 30533. <a href="#">[34.61318,-83.96511]</a>
31.3		<b>Mountain Crossings Hostel: CLOSED AT THIS TIME</b> Mail drops (USPS/UPS/FedEx) held for 2 weeks, \$1 donation fee upon pickup, 12471 Gainesville Hwy, Blairsville, GA 30512. <a href="#">[34.73516,-83.91788]</a>
52.7		<b>The Green Dragon Hostel</b> 407-435-0294 <a href="mailto:thegreendragonhostel@gmail.com">thegreendragonhostel@gmail.com</a> ( <a href="http://www.greendragonhostel.com">www.greendragonhostel.com</a> ) Owners Donna & Bill. Mail drop for guests 2708 HWY 17 Hiwassee, GA 30546. <a href="#">[34.90099,-83.72167]</a>
69.4		(0.6W) <b>Hostel Around the Bend</b> 706-389-9668 <a href="mailto:stay@hostelaroundthebend.com">stay@hostelaroundthebend.com</a> ( <a href="http://www.hostelaroundthebend.com">www.hostelaroundthebend.com</a> ) 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, Hiwassee GA 30546. <a href="#">[34.92035,-83.62492]</a>
109.6		(11.6E) <b>The Grove Hostel</b> 828-346-7657 text to reserve. <a href="mailto:contact@grovehostel.com">contact@grovehostel.com</a> . NO mail drops: 130 Hayes Circle, Franklin, NC 28734. <a href="#">[35.17814,-83.37801]</a>
109.6		(12.6E) <b>Chica &amp; Sunsets Hostel</b> 715-315-0876 (text preferred) <a href="mailto:chica@chicaandsunsets.com">chica@chicaandsunsets.com</a> ( <a href="http://www.chicaandsunsets.com">www.chicaandsunsets.com</a> ) Mail drops for guest: Contacted establishment for details. <a href="#">[35.19349,-83.38744]</a>
136.9		<b>Nantahala Outdoor Center</b> 828-785-5082. ( <a href="http://www.noc.com">www.noc.com</a> ) <a href="mailto:media@noc.com">media@noc.com</a> Mail drops: dated and marked "Hold for AT Hiker", 13077 Hwy 19W, Bryson City, NC 28713. <a href="#">[35.33120,-83.59173]</a>
150.7		(3.4E) <b>Stecoah Wolf Creek Hostel</b> 828-735-0768. <a href="mailto:lonnie479@gmail.com">lonnie479@gmail.com</a> . Open Jan-Dec. <a href="#">[35.37127,-83.68515]</a>
150.7		(3.2E) <b>Cabin in the Woods</b> Craig 980-406-6446. ( <a href="http://www.thecabinsinthewoods.com">www.thecabinsinthewoods.com</a> ) Mail drops for guests only. 386 W. Stecoah Hts., Robbinsville, NC 28771. <a href="#">[35.37696,-83.70186]</a>
158.5		(3.1 E) <b>The Hike Inn</b> 828-479-3677. <a href="mailto:hikeinn@graham.main.nc.us">hikeinn@graham.main.nc.us</a> . Free mail drops for guests: 3204 Fontana Rd., Fontana Dam, NC 28733. Shuttles between Atlanta & Damascus. <a href="#">[35.41578,-83.72500]</a>
241.3		(9.0W) <b>The Discerning Hiker</b> 423-721-5278 <a href="mailto:discerninghiker@gmail.com">discerninghiker@gmail.com</a> ( <a href="http://www.discerninghiker.com">www.discerninghiker.com</a> ) Opens for reservations Open March 2024 thru Oct 2024. Mail drops for guests: 4319 Ground Hog Rd, Crosby, TN. 37722. <a href="#">[35.79560,-83.19188]</a>
241.8		(0.1W) <b>Standing Bear Farm</b> 423-487-0014 (call) or 423-608-0149 (call or text) <a href="mailto:standingbearian@gmail.com">standingbearian@gmail.com</a> . Open year round. <a href="#">[35.78615,-83.10180]</a> Mail drops for guests free (non guest \$5 per package): 4255 Green Corner Rd, Hartford, TN 37753.
268.6		(1.8W) <b>Happy Gnomads Hiker House</b> 865-256-2654, 828-206-2074. <a href="mailto:happygnomadsnc@gmail.com">happygnomadsnc@gmail.com</a> ( <a href="http://www.facebook.com/HappyGnomadsHikerHouse">www.facebook.com/HappyGnomadsHikerHouse</a> ) <a href="#">[35.838451,-82.855828]</a>
274.9		<b>Hostel at Laughing Heart Lodge</b> 828-206-8487 <a href="mailto:laughingheartlodge@gmail.com">laughingheartlodge@gmail.com</a> ( <a href="http://www.laughingheartlodge.com">www.laughingheartlodge.com</a> ) Open year round. Mail drops: 289 NW Hwy 25/70, Hot Springs, NC 28743 <a href="#">[35.89003,-82.83270]</a>
275.2		<b>Elmers Sunnybank Inn</b> 828-622-7206. ( <a href="http://www.sunnybankretreatassociation.org">www.sunnybankretreatassociation.org</a> ) Open year round. Mail drops for guests: PO Box 233, Hot Springs, NC 28743. FEDX drops: 26 Walnut St., Hot Springs, NC 28743. <a href="#">[35.89124,-82.82979]</a>
275.2		<b>Appalachian Trail-er Bunkhouse</b> 828-713-5451 ( <a href="http://www.blueridgehikingco.com">www.blueridgehikingco.com</a> ) <a href="#">[35.88977,-82.83169]</a>
291.5		(0.7W) <b>Hemlock Hollow Inn</b> 423-787-1736 <a href="mailto:hemlockhollowinn@gmail.com">hemlockhollowinn@gmail.com</a> ( <a href="http://www.hemlockhollowinn.com">www.hemlockhollowinn.com</a> ) Owners Russ and Dianna Rosa. Closed during the winter (October 25th-March 25th). Mail drops free if you stay, \$5 without staying. Mail drops (ETA mandatory): 645 Chandler Circle, Greeneville, TN 37743. <a href="#">[36.00356,-82.78157]</a>
312.0		(0.2W) <b>Laurel Hostel</b> 423-270-1320 <a href="mailto:timmytwotoke@gmail.com">timmytwotoke@gmail.com</a> . Open year round. <a href="#">[36.007112,-82.60516]</a>
320.0		(2.7W) <b>Natures Inn Hostel</b> 828-216-1611 <a href="mailto:naturesinnhostel@gmail.com">naturesinnhostel@gmail.com</a> Mail Drops: 4871 Old Asheville Highway, Flag Pond, TN 37657 <a href="#">[35.97569,-82.55517]</a>
344.6		<b>Uncle Johnny's Nolichucky Hostel and Outfitters</b> 423-707-4013(text/call/leave message) <a href="mailto:Johnnywise2022@gmail.com">Johnnywise2022@gmail.com</a> ( <a href="http://www.ATunclejohnnys.com">www.ATunclejohnnys.com</a> ) Owned and operated by SOBO '21 thru-hiker. Open year round (closed for Christmas/New Year's and summer vacation). Mail drops: 151 River Rd, Erwin, TN 37650 <a href="#">[36.105680,-82.448515]</a>
368.9		(0.6E) <b>Greasy Creek Friendly</b> 828-688-9948 <a href="mailto:greasycreefriendly@gmail.com">greasycreefriendly@gmail.com</a> ( <a href="http://www.greasycreefriendly.com">www.greasycreefriendly.com</a> ) Open year round, except during Trail Days. Call ahead during Dec-Feb, self-serve during the Sabbath (sundown Friday to sundown Saturday). Mail drops: 1827 Greasy Creek Rd, Bakersville, NC 28705. <a href="#">[36.139059,-82.189020]</a>
395.6		(0.3W) <b>Mountain Harbour B&amp;B and Hiker Hostel</b> 866-772-9494. <a href="mailto:welcome@mountainharbour.net">welcome@mountainharbour.net</a> ( <a href="http://www.mountainharbour.net">www.mountainharbour.net</a> ) Open year round. Mail drops free for guests, non-guests \$5, 9151 Hwy 19E, Roan Mountain, TN 37687. <a href="#">[36.17907,-82.01608]</a>
395.6		<b>The Appalachian Station at 19E</b> 423-723-0450 <a href="http://www.theastationat19e.com">www.theastationat19e.com</a> Open year round. Mail drops are free. 9367 HWY 19E Roan Mountain, TN 37687. <a href="#">[36.17241,-82.00132]</a>

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# Shuttle Provider Listing

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

- Shuttle areas covered
  - Pet friendly
  - Non-pet friendly
  - Insured
  - Slackpacking
  - Some stipulations
  - Airports
  - Bus stations
  - Train stations
  - Can go to these locations south
  - Can go to these locations north
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Sections and miles covered in each section											
1	2	3	4	5	6	7	8	9	10	11	
Springer Mtn., GA Newfound Gap, TN	Newfound Gap, TN Elk Park/Roan Mtn., TN	Elk Park/Roan Mtn., TN Bland, VA	Bland VA Buena Vista, VA	Buena Vista, VA Front Royal, VA	Front Royal, VA Port Clinton, PA	Port Clinton, PA Bear Mountain NY	Bear Mountain NY Bennington VT	Bennington VT Glenclyff NH	Glenclyff NH Stratton ME	Stratton ME Mount Katahdin ME	

Name	Pet friendly	NOBO	1	2	3	4	5	6	7	8	9	10	11
<b>Richard Anderson</b>		0.0											
<b>Ron's Appalachian Trail Shuttle</b>		0.0											
<b>Marty Rogers</b>		0.0											
<b>Subman's Shuttles</b>		0.0											
<b>David "Solo" Tyler</b>		0.0											
<b>WAA-Adventures</b>		0.0											
<b>Mel &amp; Mc Shuttle Service</b>		0.0											
<b>Barefoot Hills Shuttles</b>		0.0											
<b>Frank Huggins</b>		0.0											
<b>Atlanta Airport to Amicalola Falls</b>		0.0											
<b>John Walls</b>		0.0											
<b>Mountain Trails Shuttles</b>		0.0											
<b>Atlanta Airport - Appalachian Trail Shuttle</b>		0.0											
<b>Suches Hiker Shuttles</b>		20.5											
<b>A.T. Hiker Shuttle</b>		20.5											
<b>White Blaze Shuttle Services</b>		20.5											
<b>Jeff's Appalachian Trail Shuttles</b>		20.5											
<b>Neels Gap AT Shuttle</b>		31.3											
<b>The Further Shuttle Appalachian</b>		31.3											
<b>Hitch-A-Hiker Shuttles</b>		52.7											
<b>Henson Cove Shuttle Service</b>		69.4											
<b>Warrior</b>		69.4											
<b>Budget Inn</b>		69.4											
<b>Chuck Allen</b>		109.6											
<b>Beverly Carini</b>		109.6											
<b>Western Carolina Shuttle</b>		109.6											
<b>Roadrunner Driving Services</b>		109.6											
<b>Appalachian Zen</b>		109.6											

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# Resupply locations along the Appalachian Trail

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

NOBO Mile	Location	Designates map available = ★	From trail head	Options	SOBO Mile
20.5	Suches, GA	★	(2.0W)	🛒📄	2176.9
31.3	Neel Gap, GA		On Trail	🛒	2166.1
31.3	Blairsville, GA		(14.0W)	🛒📄	2166.1
31.3	Dahlonega, GA		(17.0E)	🛒📄	2166.1
52.7	Helen, GA	★	(9.0E)	🛒📄	2144.7
69.4	Hiawassee, GA	★	(11.0W)	🛒📄	2128.0
109.6	Franklin, NC	★	(10.0E)	🛒📄	2087.8
136.9	NOC, NC	★	On Trail	🛒	2060.5
150.7	Stecoah Gap, NC (NC. 143)	★	(3.4E)	🛒	2046.6
150.7	Robbinsville, NC	★	(7.0W)	🛒📄	2046.6
166.2	Fontana Village, NC	★	(2.0W)	🛒📄	2031.2
208.0	Gatlinburg, TN	★	(15.0W)	🛒📄	1989.4
208.0	Cherokee, NC		(18.0E)	🛒📄	1989.4
239.5	Davenport Gap, TN	★	(1.2E)	🛒	1957.9
241.8	Green Corner Road	★	(0.1W)	🛒	1955.6
275.2	Hot Springs, NC	★	On Trail	🛒📄	1922.5
291.5	Log Cabin Rd	★	(0.7W)	🛒	1905.9
320.0	Sams Gap, TN	★	(2.7W)	🛒	1877.4
344.6	Uncle Johnny's Nolichucky Hostel	★	On Trail	🛒	1852.8
344.6	Erwin, TN	★	(3.8W)	🛒📄	1852.8
395.6	Elk Park, NC	★	(2.3E)	📄	1801.8
395.6	Roan Mountain, TN	★	(3.5W)	🛒📄	1801.8
420.3	Dennis Cove, TN	★	On Trail	🛒	1777.1
428.8	Shook Branch Road	★	(0.1W)	🛒	1768.6
428.9	Hampton, TN	★	(2.6W)	🛒📄	1768.5
456.0	Shady Valley, TN	★	(2.7E)	🛒📄	1741.4
471.0	Damascus, VA	★	On Trail	🛒📄	1726.4
520.5	Troutdale, VA	★	(2.6E)	🛒📄	1676.9
534.4	Sugar Grove, VA		(3.2E)	📄	1663.0
534.4	Marion, VA	★	(6.0W)	📄	1663.0
546.3	Atkins, VA	★	On Trail	🛒📄	1651.1
556.1	Quarter Way Inn		(0.3W)	🛒	1641.3
558.6	VA. 42/W Blue Grass Trail	★	(0.2E)	🛒	1638.8
576.3	Saint Luke's Hostel		(5.1W)	🛒	1621.1
592.1	Bland, VA	★	(2.5E)	🛒📄	1605.3
592.1	Bastian, VA		(3.0W)	🛒📄	1605.3
610.6	VA. 606	★	(0.5W)	🛒	1586.9
625.7	Sugar Run Gap, VA	★	(0.5E)	🛒	1571.7
637.4	Pearisburg, VA	★	(1.3E)	🛒📄	1556.0
637.4	Narrows, VA	★	(3.6W)	🛒📄	1556.0
677.9	Newport, VA	★	(8.0E)	🛒📄	1519.5
704.9	Catawba, VA	★	(0.4W)	🛒📄	1492.5
730.6	Daleville, VA	★	On Trail	🛒📄	1466.8
732.1	Troutville, VA	★	(1.0E)	📄	1465.3
752.2	Buchanan, VA	★	(5.0W)	🛒📄	1445.2
758.8	Jennings Creek Road, VA. 614	★	(1.2E)	🛒	1438.6
787.6	Big Island, VA		(5.6E)	🛒📄	1409.8
787.3	Glasgow, VA	★	(5.9W)	🛒📄	1409.2
809.4	Buena Vista, VA	★	(9.3W)	🛒📄	1388.0
828.3	Montebello, VA	★	(3.0W)	🛒📄	1379.1
864.6	Waynesboro, VA	★	(3.7W)	🛒📄	1332.8
892.4	Loft Mountain Campground	★	(0.1W)	🛒	1305.0
910.1	Elkton, VA	★	(6.5W)	🛒📄	1287.3
918.4	Lewis Mountain Campground	★	(100ft W)	🛒	1279.0
926.2	Big Meadows Wayside	★	(0.3E)	🛒📄	1271.2
944.7	Luray, VA	★	(9.0W)	🛒📄	12527.0
972.4	Front Royal, VA	★	(3.5W)	🛒📄	1225.0
978.7	Masassas Gap/Linden, VA	★	(1.0W)	🛒📄	1218.7
1005.9	Bears Den Hostel	★	(0.2E)	🛒	1191.5
1006.5	Bluemont, VA	★	(1.7E)	📄	1190.9
1020.1	Keys Gap, VA	★	(0.3E)	🛒	1177.3
1026.0	Charles Town, WV		(6.0W)	🛒	1171.4
1026.0	Frederick, MD		(20.0E)	🛒	1171.4
1026.0	Harpers Ferry, WV	★	On Trail	🛒📄	1171.4
1036.7	Gapland Road, MD. 572		(0.4W)	🛒	1160.7
1044.1	Boonsboro, MD	★	(2.5W)	🛒📄	1153.3
1057.6	Smithsburg, MD	★	(1.5W)	🛒📄	1139.8
1067.7	Cascade, MD		(1.4E)	🛒📄	1129.7
1067.7	Rouzerville, PA		(1.5W)	📄	1129.7
1067.7	Waynesboro, PA	★	(6.6W)	🛒📄	1129.7
1070.2	Blue Ridge Summit, PA		(1.2E)	🛒📄	1127.2
1080.8	South Mountain, PA		(1.3E)	📄	1116.6
1085.5	Fayetteville, PA	★	(3.5W)	🛒📄	1111.9
1105.4	Pine Grove Furnace State Park	★	On Trail	🛒	1092.0
1114.2	Gardners, PA		(0.2E)	🛒	1083.2
1115.8	Mt. Holly Springs, PA	★	(2.5E)	🛒📄	1081.6
1124.6	Boiling Springs, PA	★	On Trail	🛒📄	1072.8
1132.6	Carlisle, PA	★	(0.5W)	🛒📄	1064.8
1132.6	New Kingston, PA		(1.7W)	📄	1064.8
1132.6	Mechanicsburg, PA		(5.0E)	🛒	1064.8
1150.3	Duncannon, PA	★	On Trail	🛒📄	1047.1
1185.3	Lickdale, PA/Jonestown, PA	★	(2.1E)	🛒	1012.1
1194.8	Pine Grove, PA	★	(3.4EW)	🛒📄	1002.6
1196.7	Bethel, PA		(4.1E)	🛒📄	1000.7
1220.2	Port Clinton, PA	★	On Trail	🛒📄	977.2
1220.9	Hamburg, PA	★	(1.6E)	🛒📄	976.5
1227.4	Blue Rocks Campground		(1.5E)	🛒	970.0
1261.0	Slatington, PA	★	(2.0E)	📄	936.4
1261.2	Palmerton, PA	★	(1.5W)	🛒📄	936.2

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# Post Offices locations along the Appalachian Trail

Listing is in NOBO mileages

<b>Suches, GA (2.0W)</b> 20.5 <b>PO</b> M-F 12:15pm - 4:15pm, Sa-SU Closed. <a href="tel:706-747-2611">706-747-2611</a> . 72078 State Highway 60 Suches, GA 30572.  [34.69004,-84.02210]
<b>Helen, GA 30545 (9.0E)</b> 52.5 <b>PO</b> M-F 9am-12:30pm and 1:30pm-4pm, Sa 9am-12pm. <a href="tel:706-878-2422">706-878-2422</a> . 7976 S Main St. Helen, GA 30545.  [34.69801,-83.71968]
<b>Hiawassee, GA 30546 (11.0W)</b> 62.9 <b>PO</b> M-F 8:30am-5pm, Sa 8:30am-12pm. <a href="tel:706-896-4173">706-896-4173</a> . 118 N Main St. Hiawassee, GA 30546. [34.94988,-83.75796]
<b>Franklin, NC 28734 (10E)</b> 109.4 <b>PO</b> M-F 8:30am-5pm, Sa 9am-12pm. <a href="tel:828-524-3219">828-524-3219</a> . 250 Depot St. Franklin, NC 28734. [35.17885,-83.37433]
<b>Robbinsville, NC (7.0W) from Stecoah Gap.</b> 136.7 <b>PO</b> M-F 9am-4:30pm, Sa-Su Closed. <a href="tel:828-479-3397">828-479-3397</a> . 74 Sweetwater Rd. Robbinsville, NC 28771. [35.32396,-83.80100]
<b>Fontana Village, NC (2W from NC 28)</b> 165.9 <b>PO</b> M-F: 11:45am-3:45pm. <a href="tel:828-498-2315">828-498-2315</a> . 50 Fontana Rd. Fontana, NC 28733. [35.43506,-83.82551]
<b>Gatlinburg, TN (15.0W)</b> 207.7 <b>PO</b> M-F 9am-5pm, Sa 9am-11am. <a href="tel:865-436-3229">865-436-3229</a> . 1216 East Pkwy 37738. 1216 East Pkwy. Gattlinburg, TN 37738.  [35.72556,-83.48150]
<b>Hot Springs, NC</b> 274.6 <b>PO</b> M-F 9am-11:30am & 1pm-4pm, Sa 9am-10:30am <a href="tel:828-622-3242">828-622-3242</a> . 11 Bridge St. Hot Springs, NC 28743.  [35.89280,-82.82768]
<b>Erwin, TN 37650.</b> 344.3 <b>PO</b> M-F 8:30-4:45, Sa 10-12, <a href="tel:423-743-9422">423-743-9422</a> . 201 N Main Ave, Erwin TN 37650. [36.14673,-82.41555]
<b>Elk Park, NC. (2.5E)</b> 395.3   (2.3E) <b>PO</b> M-F 9am-12:30am & 1:30pm-4pm, Sa 8am-11:30am. <a href="tel:828-733-5711">828-733-5711</a> . 153 Main St. W, Elk Park, NC 28622.  [36.15778,-81.98004]
<b>Roan Mountain, TN 37687 (3.5W)</b> 395.3 <b>PO</b> M-F 8am-12pm & 1pm-4pm, Sa 7:30am-9:30am <a href="tel:423-772-3014">423-772-3014</a> . 8060 US-19E, Roan Mtn, TN 37687.  [36.20021,-82.07448]
<b>Hampton, TN 37658 (2.6W)</b> 428.5 <b>PO</b> M-F 7:30am - 11:30am, 12:30pm - 1:00pm. Sat-Sun Closed. <a href="tel:423-725-2177">423-725-2177</a> . 153 Main St. W. Hamp- ton, TN 28622.  [36.28621,-82.16526]
<b>Shady Valley, TN.(2.7E)</b> 455.7 <b>PO</b> M-F 8am-12pm, Sa 8am-10am, <a href="tel:423-739-2073">423-739-2073</a> . 136 Hwy 133. Shady Valley, TN 37688. [36.51961,-81.92803]
<b>Damascus, VA. 24236.</b> 470.7 <b>PO</b> M-F 8:30-1 & 2-4:30, Sa 9-11, <a href="tel:276-475-3411">276-475-3411</a> . 211 N Reynolds St. Damascus, VA 24236. [36.63608,-81.78988]
<b>Troutdale, VA 24378 (2.6E)</b> 520.2 <b>PO</b> M 8am-12pm, Sa 8am-11am, Su Closed. 93 Ripshin Rd. Troutdale, VA . 24378. [36.70260,-81.43910]
<b>Sugar Grove, VA 24375 (3.2E)</b> 534.2 <b>PO</b> M-F 8:30-12:30 & 1:30-3:30, Sa 8:15-10:30, <a href="tel:276-677-3200">276-677-3200</a> . 5444 Sugar Grove Hwy. Sugar Grove, VA 24375.  [36.77535,-81.41308]
<b>Marion, VA 24354 (6.0W)</b> 534.3 <b>PO</b> M-F 9am-5pm, Sa 9:30am-12pm, <a href="tel:276-783-5051">276-783-5051</a> . 200 Pearl Ave. Marion, VA 24354. [36.83223,-81.51753]
<b>Atkins, VA.</b> 546.0   (3.0W) <b>PO</b> M-F 8:30am-12pm & 12:30am-3:15pm, Sa 9am-10:45am, <a href="tel:276-783-5551">276-783-5551</a> . 5864 Lee Hwy. Atkins, VA 24311.  [36.86686,-81.42051]
<b>Bland, VA (2.5E)</b> 591.8 <b>PO</b> M-F 8:30am-11:30am & 12pm-4pm, Sa 9am-11am, <a href="tel:276-688-3751">276-688-3751</a> . 207 Jackson St. Bland, VA 24315.  [37.10026,-81.11610]
<b>Bastian, VA 24314 (3.0W)</b> 591.8 <b>PO</b> M-F 8am-12pm, Sa 9:15am-11:15am, <a href="tel:276-688-4631">276-688-4631</a> . 178 Walnut St. Bastian, VA 24314. [37.15223,-81.15210]
<b>Pearisburg, VA (1.3E)</b> 637.1 <b>PO</b> M-F 9am-4:30pm, Sa 10am-12pm, <a href="tel:540-921-1100">540-921-1100</a> . 206 N Main St. Pearisburg, VA 24134. [37.32815,-80.73565]
<b>Narrows, VA (3.6W on VA 100)</b> 637.1 <b>PO</b> MF 9:30am-1:15pm & 2pm-4: 15pm, Sa 9am-11am, <a href="tel:540-726-3272">540-726-3272</a> . 305 Main St. Narrows, VA 24124.  [37.33101,-80.81018]
<b>Newport, VA 24128 (8E)</b> 677.8 <b>PO</b> M-F 8:15am-11:30am & 12:30pm-3:15pm, Sa 9am-11pm, <a href="tel:540-544-7415">540-544-7415</a> . 119 Blue Grass Trl. New- port, VA 24128.  [37.29055,-80.49825]
<b>Catawba, VA. (1.0W)</b> 710.5   (1.0W) <b>PO</b> M-F 9am-12pm & 1pm-4pm, Sa 8:30am-10:30am, <a href="tel:540-384-6011">540-384-6011</a> . 4917 Catawba Creek Rd. Catawba, VA 24070.  [37.38273,-80.10866]
<b>Daleville, VA 24083</b> 730.3   (1.0W) from AT on route 220 to <b>PO</b> M-F 8am-5pm, Sa 8am-12pm, <a href="tel:540-992-4422">540-992-4422</a> . 1492 Roanoke Rd. Daleville, VA 24083.  [37.40626,-79.91291]
<b>Troutville, VA. (1.0E)</b> 731.8   (0.7W) from AT on Hwy 11 to <b>PO</b> M-F 9am-12pm & 1pm-5pm, Sa 9am-11am, <a href="tel:540-992-1472">540-992-1472</a> . 4952 Lee Hwy. Troutville, VA 24175.  [37.41261,-79.88091]
<b>Buchanan, VA (downtown) (5.0W)</b> 751.9 <b>PO</b> M & Th 9am-7pm; Tu, W, F 9am-5pm; Sa 9am-1pm, <a href="tel:540-254-2538">540-254-2538</a> . 19698 Main St. Buchanan, VA 24066.  [37.52706,-79.68010]
<b>Glasgow, VA 24555 (5.9W)</b> 787.3 <b>PO</b> M-F 8am-11:30am & 12:30pm-4:30pm, Sa 8:30am-10:30pm, <a href="tel:540-258-2852">540-258-2852</a> . 805 Blue Ridge Rd. Glasgow, VA 24555.  [37.63148,-79.44938]
<b>Buena Vista, VA 24416 (9.3W)</b> 809.1 <b>PO</b> M-F 8:30am-4:30pm, <a href="tel:540-261-8959">540-261-8959</a> . 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) <b>0.0&lt;&lt;&lt;0.0&lt;&lt;0.0&lt;Springer Mountain Shelter&gt;2.6&gt;&gt;7.9&gt;&gt;&gt;15.5</b> ♠ Water (spring) 80 yards on a blue blazed trail in front of the shelter but is known to go dry, ▲ tenting, ☞ privy, ☞ 2 bear boxes. ☞ Benton MacKaye Trail (southern terminus) is located 50 yards north on the AT. ☞[34.62864,-84.19445] ☞[34.62933,-84.19275]	3730 2197.2
2.8	♠☞▲{3} ☞{16} ☞☞☞♀	(0.1E) <b>2.6&lt;Stover Creek Shelter&gt;5.3&gt;&gt;12.9&gt;&gt;&gt;24.9</b> ♠ Water behind shelter is often dry but good water can be found where trail crosses Stover Creek 100 yards north of shelter, ▲ tent pads, ☞ privy, ☞ bear cables. ☞[34.65007,-84.19790] ☞[34.65028,-84.19720]	2954 2194.6
8.1	♠☞▲ ☞{16} ☞☞☞♀	(0.2W) <b>7.9&lt;&lt;&lt;5.3&lt;Hawk Mountain Shelter&gt;7.6&gt;&gt;19.6&gt;&gt;&gt;20.8</b> ♠ Water is located 400 yards on a blue blazed trail behind the shelter, ▲ tent pads, ☞ privy, ☞ bear cables. ☞[34.66467,-84.13702] ☞[34.66608,-84.13638]	3194 2189.3
15.7	♠☞ ▲{12} ☞{14} ☞☞☞♀	(0.1W) <b>15.5&lt;&lt;&lt;12.9&lt;&lt;7.6&lt;Gooch Mountain Shelter&gt;12&gt;&gt;13.2&gt;&gt;&gt;22.3</b> ♠ Water (spring) is located 100 yards behind the shelter, ▲ tent pads that can accommodate two tents each, ☞ privy, ☞ bear box. ☞[34.65492,-84.04948] ☞[34.65573,-84.04998] ♠[34.65652,-84.04954]	3000 2181.7
27.7	♠☞▲ ☞{7} ☞☞☞♀	Bird Gap (0.4W) <b>24.9&lt;&lt;&lt;19.6&lt;&lt;12&lt;Woods Hole Shelter&gt;1.2&gt;&gt;10.3&gt;&gt;&gt;15.1</b> ♠ Water (stream) on trail to shelter is unreliable in dry months, ☞ privy, ▲ tenting, ☞ bear cables. ☞[34.73706,-83.94835] ☞[34.73713,-83.95500] Bird Gap, Freeman Trail just east bypasses Blood Mtn. and rejoins AT at Flatrock Gap. 2169.7	3650
28.9	☞{8} ☞▲☞♀	<b>20.8&lt;&lt;&lt;13.2&lt;&lt;1.2&lt;Blood Mountain Shelter&gt;9.1&gt;&gt;13.9&gt;&gt;&gt;21.2</b> Shelter is located south of summit, no water at shelter, ☞ privy, view. ▲ Fires are not permitted. ☞[34.73998,-83.93738]	4461 2168.5
38.0	♠☞▲ ▲{3}☞{7} ☞☞☞♀	Crest Wildcat Mountain. (1.2E) <b>22.3&lt;&lt;&lt;10.3&lt;&lt;9.1&lt;Whitley Gap Shelter&gt;4.8&gt;&gt;12.1&gt;&gt;&gt;20.2</b> ♠ Water (spring) located (0.2) beyond shelter, ☞ privy, ☞ bear cables. (0.1E) beyond shelter to ▲ tent sites. ☞[34.72476,-83.84102] ☞[34.71238,-83.83440]	3370 2159.4
43.0	♠☞{7} ▲{4} ☞☞☞♀	(190 yds E) <b>15.1&lt;&lt;&lt;13.9&lt;&lt;4.8&lt;Low Gap Shelter&gt;7.3&gt;&gt;15.4&gt;&gt;&gt;22.8</b> ♠ Water located 30 yards in front of shelter, ▲ tenting, ☞ privy, ☞ bear cables.   Last reliable water heading SOBO until Neels Gap (11.5 miles) ☞[34.77659,-83.82627] ☞[34.77626,-83.82450]	3050 2154.4
50.3	☞♠☞{7} ▲{4} ☞☞☞♀	(0.1W) <b>21.2&lt;&lt;&lt;12.1&lt;&lt;7.3&lt;Blue Mountain Shelter&gt;8.1&gt;&gt;15.5&gt;&gt;&gt;23.6</b> ♠ (No potable water) at shelter, ♠ water (spring) located (0.1) south of shelter on AT, ▲ tenting, ☞ privy, ☞ bear cables. ☞[34.81665,-83.76706] ☞[34.81721,-83.76673]	3900 2147.1
58.4	☞♠▲{3} ☞{7} ☞☞☞♀	(230 yds W) <b>20.2&lt;&lt;&lt;15.4&lt;&lt;8.1&lt;Tray Mountain Shelter&gt;7.4&gt;&gt;15.5&gt;&gt;&gt;22.8</b> ♠ Water (box spring) located 50 yards behind shelter, ▲ tenting, ☞ privy, ☞ bear cables. ☞[34.80283,-83.67857] ☞[34.80396,-83.67690] ♠[34.80491,-83.67568]	4200 2139.0
65.8	☞♠▲{4} ☞{12} ☞☞☞♀	(0.3E) <b>22.8&lt;&lt;&lt;15.5&lt;&lt;7.4&lt;Deep Gap Shelter&gt;8.1&gt;&gt;15.4&gt;&gt;&gt;20.3</b> ♠ Water (spring) is located (0.1) south on the trail to the shelter, ▲ tenting, ☞ privy, ☞ bear cables. ☞[34.88539,-83.64790] ☞[34.88249,-83.64597] ♠[34.88313,-83.64719]	3550 2131.6
73.9	♠☞▲{6} ☞{14}☞ ☞☞☞♀	Plumorchard Gap. (0.2E) <b>23.6&lt;&lt;&lt;15.5&lt;&lt;8.1&lt;Plumorchard Gap Shelter&gt;7.3&gt;&gt;12.2&gt;&gt;&gt;19.8</b> ♠ Plumorchard Creek is on the shelter trail, beyond the shelter. ▲ tenting, ☞ privy, ☞ bear cables. ▲ Caution the stump in front of the shelter has been home to copperhead snakes. ♠ Water located 200 yards west on AT beyond shelter. ☞[34.94607,-83.59118] ☞[34.94603,-83.58830]	3050 2123.5
81.2	♠☞☞{8} ▲ ☞☞♀	(100 ft E) <b>22.8&lt;&lt;&lt;15.4&lt;&lt;7.3&lt;Muskrat Creek Shelter&gt;4.9&gt;&gt;12.5&gt;&gt;&gt;21.2</b> ♠ Water (spring) is located behind shelter, ▲ tenting, ☞ privy. ☞[35.02053,-83.58160]	4600 2116.2
86.1	♠▲☞{8} ☞☞♀	(250 ft E) <b>20.3&lt;&lt;&lt;12.2&lt;&lt;4.9&lt;Standing Indian Shelter&gt;7.6&gt;&gt;16.3&gt;&gt;&gt;19.7</b> ♠ Creek that serves as the water source for shelter is on the opposite side of the AT from the shelter. ▲ tenting, ☞ privy. ☞[35.04200,-83.54806]	4760 2111.3
93.7	♠▲☞{8} ☞☞♀	(100 ft E) <b>19.8&lt;&lt;&lt;12.5&lt;&lt;7.6&lt;Carter Gap Shelter&gt;8.7&gt;&gt;12.1&gt;&gt;&gt;19.6</b> ♠ Water (spring) is located 200 yards west on blue blaze trail, ▲ tenting, ☞ privy. ☞[34.99898,-83.49413]	4540 2103.7
102.4	♠☞▲{5} ☞{16} ☞☞♀	(0.1W) <b>21.2&lt;&lt;&lt;16.3&lt;&lt;8.7&lt;Long Branch Shelter&gt;3.4&gt;&gt;10.9&gt;&gt;&gt;18.2</b> ♠ Water, ▲ tent sites, ☞ privy. ☞[35.06941,-83.49706] ☞[35.06996,-83.49815]	4932 2095.0
105.8	♠☞☞{8} ☞☞♀	(300 ft W) <b>19.7&lt;&lt;&lt;12.1&lt;&lt;3.4&lt;Rock Gap Shelter&gt;7.5&gt;&gt;14.8&gt;&gt;&gt;19.6</b> ♠ water (spring) is known to go dry, privy. ☞[35.09143,-83.52310]	3760 2091.6
113.3	♠☞☞{8} ▲ ☞☞♀	Southern end of blue blaze of Siler Bald Loop (0.5E) <b>19.6&lt;&lt;&lt;10.9&lt;&lt;7.5&lt;Siler Bald Shelter&gt;7.3&gt;&gt;12.1&gt;&gt;&gt;17.9</b> ♠ Water (spring) is located 300 feet south of shelter on loop trail, ▲ tenting, ☞ privy, ☞ bear cables but non functional, south end of loop trail to shelter. ☞[35.14413,-83.57250]	4600 2084.1
120.6	♠☞☞{8} ▲{5} ☞☞♀	(100 ydsE) <b>18.2&lt;&lt;&lt;14.8&lt;&lt;7.3&lt;Wayah Shelter&gt;4.8&gt;&gt;10.6&gt;&gt;&gt;15.5</b> Shelter on AT. ♠ Water (Little Laurel Spring) is located (546FT W) on blue blaze trail across from shelter side trail, ▲ tent sites, ☞ privy. ☞[35.18784,-83.56201] ♠[35.18624,-83.56355]	4480 2076.8
125.4	♠☞{6}▲ ☞☞☞♀	<b>19.6&lt;&lt;&lt;12.1&lt;&lt;4.8&lt;Cold Spring Shelter&gt;5.8&gt;&gt;10.7&gt;&gt;&gt;18.6</b> ♠ 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 2072.0
131.2	☞☞☞{8} ▲☞☞☞♀	(0.1W) <b>17.9&lt;&lt;&lt;10.6&lt;&lt;5.8&lt;Wesser Bald Shelter&gt;4.9&gt;&gt;12.8&gt;&gt;&gt;21.9</b> ♠ 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. 2066.2	4115
136.1	♠☞☞{6} ▲☞☞♀	(200 ft E) <b>15.5&lt;&lt;&lt;10.7&lt;&lt;4.9&lt;A. Rufus Morgan Shelter&gt;7.9&gt;&gt;17&gt;&gt;&gt;23.3</b> ♠ Water (Silvermine Creek) located west of shelter AT, ▲ tenting, ☞ privy. ☞[35.32418,-83.59020]	2300 2061.3
144.0	♠☞☞{14} ▲ ☞☞♀	(0.1W) <b>18.6&lt;&lt;&lt;12.8&lt;&lt;7.9&lt;Sassafras Gap Shelter&gt;9.1&gt;&gt;15.4&gt;&gt;&gt;22.1</b> ♠ Water (spring) is reliable and located in front of shelter, ▲ tenting, ☞ privy. ☞[35.33068,-83.66700]	4330 2053.4
153.1	♠☞☞{8} ▲ ☞☞♀	(70 yds E) <b>21.9&lt;&lt;&lt;17&lt;&lt;9.1&lt;Brown Fork Gap Shelter&gt;6.3&gt;&gt;13&gt;&gt;&gt;24.9</b> ♠ Water (spring) is reliable located on the right of shelter, ▲ tenting, ☞ privy. ☞[35.37423,-83.73390]	3800 2044.3

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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. They run a number of high-end Huts.

**AT, A.T.** = The Appalachian Trail.

**AYCE** = All You Can Eat Restaurants that offer all you can eat buffets are very popular with hungry hikers.

**AYH** = The abbreviation for American Youth Hostels.

**Bald** = A low elevation mountain surrounded by forest yet devoid of trees on the crown. Typically covered with meadows, balds can offer great views and are a good place to find wild berries, they also attract much wildlife. A southern term.

**Base Weight** = The weight of your backpack plus all the gear that's inside it, but not counting consumables like food, water and fuel.

**Bear bag** = The bag used by hikers to hang their food out of reach of bears and other critters.

**Bear cable** = A permanent cable rigged high between two trees specifically for hanging bear bags.

**Blow-down** = A tree or shrub that has fallen across the Trail.

**Blue blaze** = Spur trails off the AT. Leading to shelters, views, water sources etc. are often marked by AT style blazes painted Blue.

**Blue-blazer** = A long-distance hiker who substitutes a section of blue-blazed trail for a white-blazed section between two points on the Trail.

**Bog bridge** = Narrow wooden walkway placed to protect sensitive wetlands. (See: **Puncheon**).

**Bounce box** = A mail-drop type box containing seldom used necessities that is 'bounced', (mailed), ahead to a town where you think you might need the contents.

**Brown-blazing** = Taking an off-trail detour to take a dump.

**Bushwhack** = To hike where there is no marked trail.

**Cache** = A Cache is a place where you store gear, food and other supplies before a long trip. The Cache is usually on or near the trail, allowing you to resupply when you reach it.

**Cairn** = A structure made of rocks used to mark a trail where trees aren't present for Blazes, like in Alpine Zones. Some are just loose piles while others are more decorative.

**Camel Up** = Cameling Up is a process to help you stay hydrated without needing to carry lots of heavy water bottles during your hike. When you reach a water source, you refill quickly -- usually with an inline filter like a Sawyer Mini -- and then gulp down all the water immediately before heading off down the trail again. This allows you to get the water into your system quickly while avoiding the need to carry heavy, full water bottles (2.2 pounds per liter!) on the hike. A technique commonly used by Ultralight hikers.

**Cat Hole** = A small hole dug by a hiker for the deposit of human waste when **Brown-blazing**.

**CDT** = The "Continental Divide Trail," a 3,100 mile long trail, following the Continental Divide along the Rocky Mountains and traversing Montana, Idaho, Wyoming, Colorado, and New Mexico.

**Col** and **Sag** = Typically dips in the ridge without a road, while **Gap** and **Notch** are typically larger dips that have a road going through. **Sag** is a typically southern term, as is **Gap**, while Col and Notch are typically northern terms. Water Gap, is of course, a Gap with a river.

**Col** and **Notch** are typically northern terms. **Water Gap**, is of course, a **Gap** with a river.

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

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

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

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

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

**DEET** = A powerful insect repellent.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Lyme Disease** = A debilitating illness carried by small ticks.

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

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

**Maintainer** = See: **Trail maintainer**.

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

**Mountain money** = Toilet paper.

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

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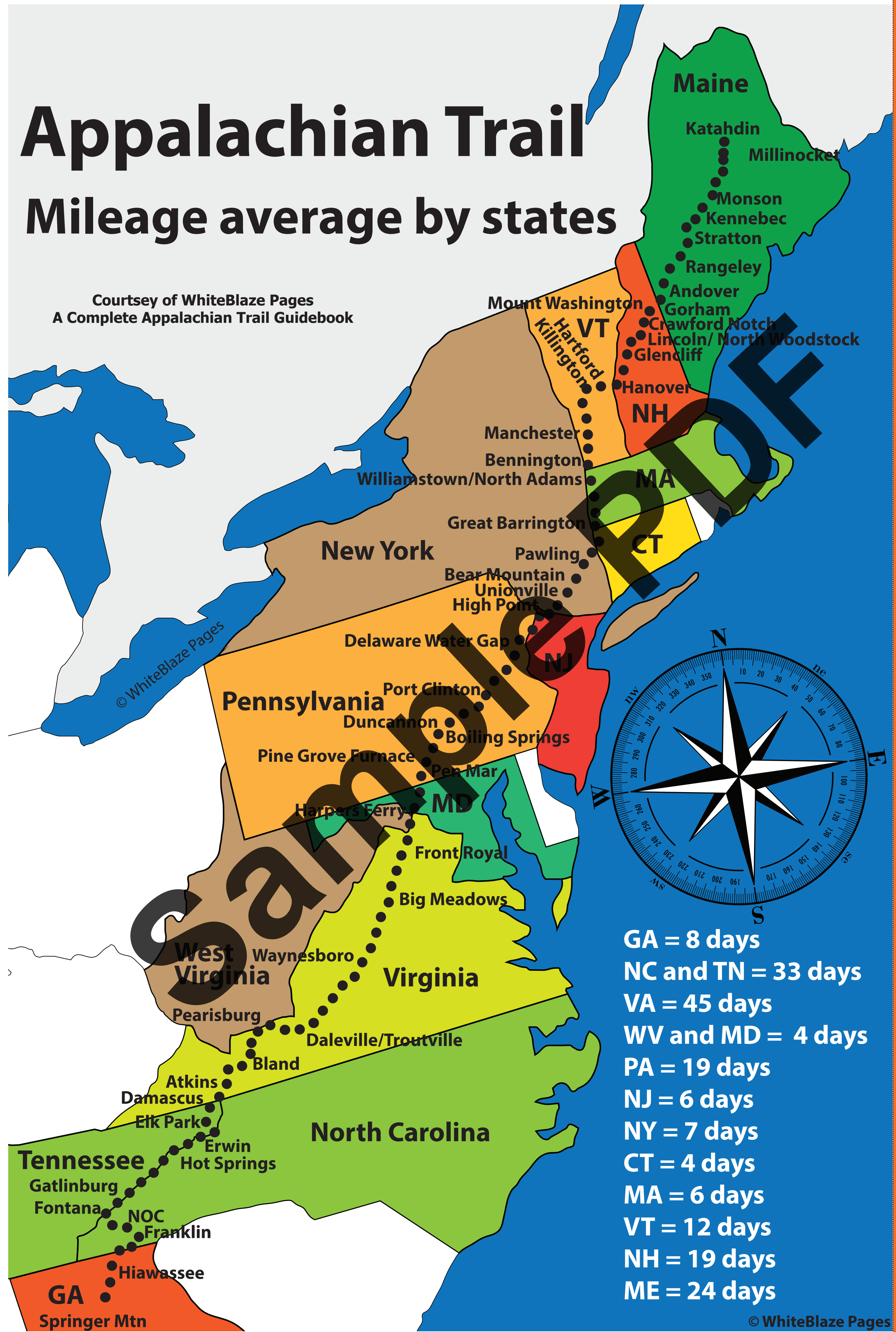
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## Averages by state map

# Appalachian Trail Mileage average by states

Courtesy of WhiteBlaze Pages  
A Complete Appalachian Trail Guidebook



GA = 8 days  
 NC and TN = 33 days  
 VA = 45 days  
 WV and MD = 4 days  
 PA = 19 days  
 NJ = 6 days  
 NY = 7 days  
 CT = 4 days  
 MA = 6 days  
 VT = 12 days  
 NH = 19 days  
 ME = 24 days

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