WhiteBlaze Pages 2025

(Interactive PDF for Gaia GPS)

A Complete Appalachian Trail Guidebook

Rick “Attroll” Towle

Interactice PDF Version Date: June 21, 2025 1:38 pm

ATTENTION

Please check the ATC web site for the most recent updates on repairs (appalachiantrail.org/trail-updates/ga-va-tropical-storm-helene).

The ATC is encouraging flip-flopping until repairs can be completed in the south.

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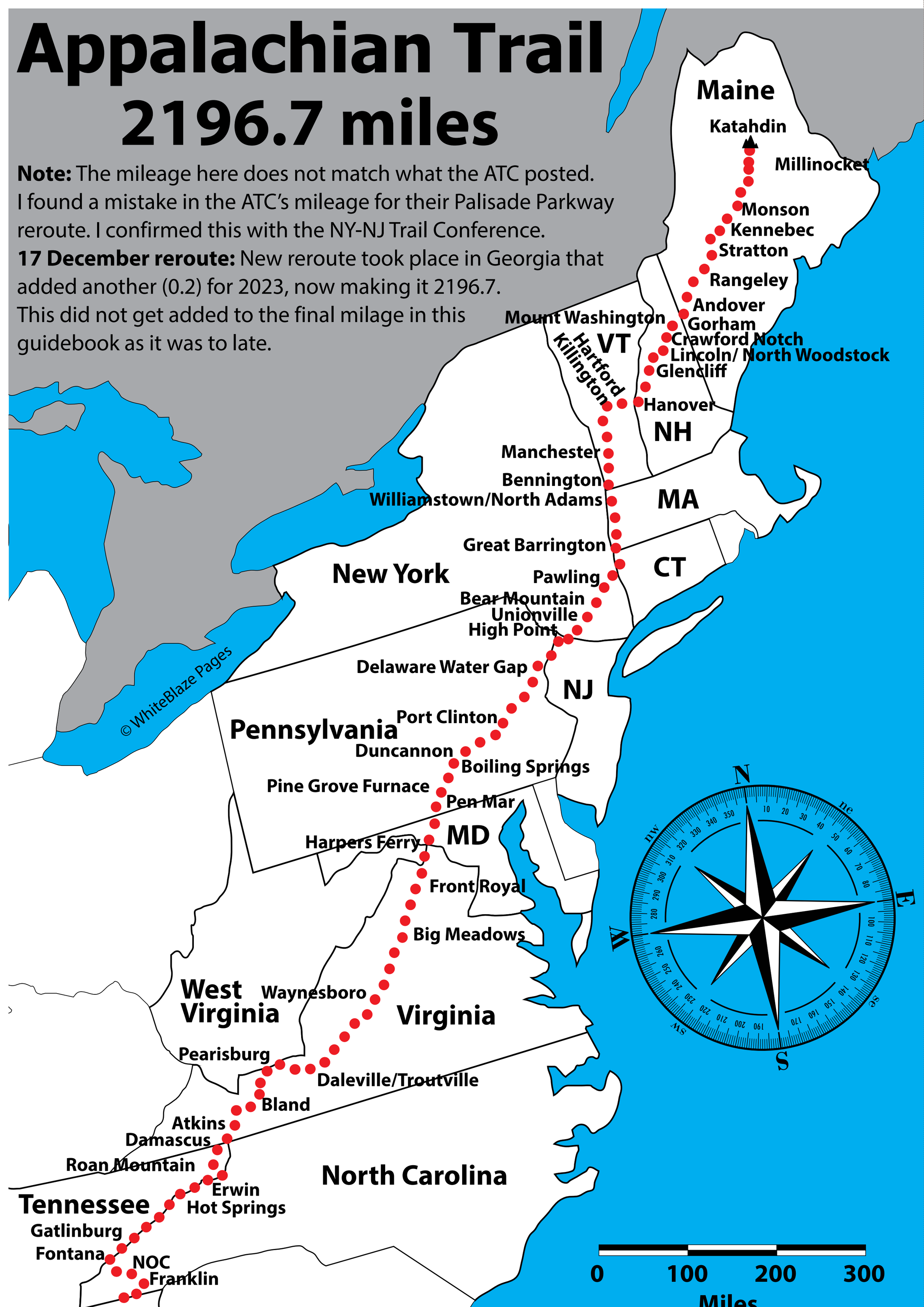
Appalachian Trail
2196.7 miles

Note: The mileage here does not match what the ATC posted.
I found a mistake in the ATC's mileage for their Palisade Parkway reroute. I confirmed this with the NY-NJ Trail Conference.
17 December reroute: New reroute took place in Georgia that added another (0.2) for 2023, now making it 2196.7.
This did not get added to the final milage in this guidebook as it was to late.



HELP ME KEEP THIS GUIDE UP TO DATE

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

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ATTENTION

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

WhiteBlaze Pages is designed for thru-hikers, long-distance hikers, and section-hikers on the Appalachian Trail. Its aim is to assist you in determining your location and surrounding features, and to locate nearby re-supply options and other needed services.

With help from the Appalachian Trail Conservancy (ATC), I have made every effort to make this as up to date as possible; however the trail and its surroundings are constantly changing. If you find any inaccurate information in this book, I would greatly appreciate it if you would write through the web site or the email listed in this book.

This book was done by hands-on research and data collection. The establishments in this book do not pay to be listed. I receive no funding to produce this book.

Dogs:
When wearing a mask be extra caution around dogs.
Dogs are known to be defensive around people wearing masks.
Dogs are known to be protective of their owners, especially when you're wearing a mask.

Updates and Corrections for WhiteBlaze Pages PDF

When there are any major updates/changes, a new PDF will be placed in your downloads. Login into you account at (www.whiteblazepages.com/store) and click on downloads.
If you subscribed to "Be notified of updates/new releases to 2025 WhiteBlaze Pages PDF", you will get an email notification when one is released. Minor updates and correction will be at (www.whiteblazepages.com/store/2023-wbp-updates) Updates.pdf)until they get put in the next release.

Acknowledgments

Credits for data collection and inputs to WhiteBlaze Pages are as follows, by name or trail name:

Dedicated to Jim "Veteran" Rodney, a true inspiration.

Appalachian Trail Conservancy (ATC)
Alpha-Gal
Ed "atraildreamer" Brown
Chris "Trailboss" Brunton
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Mouser999
Robert Weaver

I would also like to thank the members of the WhiteBlaze hiking community website for their many contributions to this guidebook.

Special thanks
Special thanks to Ed "traildreamer" Brown for his many hours of dedicated help with putting this book together. He has been my greatest asset.

Trail Updates from Appalachian Trail Conservancy (ATC)

Keep an eye out here for the most up to date trail information or changes.
www.appalachiantrail.org/trail-updates/

The WhiteBlaze 2,000 miler Registration
Log into the WhiteBlaze web site (www.whiteblaze.net) and register. Once you have completed your thru hike or section hikes of the Appalachian Trail you can log your completion at www.whiteblaze.net/forum/ap.php. This way others that you have hiked with can find you later or you can find others that you hiked with.

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Common reoccurring Appalachian Trail questions

What is the Appalachian Trail?
The Appalachian Trail also known as the "AT" is a National Scenic Trail extending from Springer Mountain, Georgia, to Mount Katahdin, Maine.

How long is the Appalachian Trail?
The trail measured 2,196.5 miles in 2025. The total length of the trail varies slightly each year due to necessary trail re-routes.

How long does it take to thru-hike the entire trail?
If trying to complete the entire trail in one calendar year, it takes between five to seven months to complete. Only about 20 percent of hikers who begin the trail will complete it.

What is a thru-hiker?
A thru hiker is someone who is attempting to complete the entire Trail in one calendar year. It does not have to be in one continuous direction, just complete the whole trail.

How much does a thru-hike cost?
The average cost to hike the entire Appalachian Trail as a thru-hike is approximately $3,000, which is about $1.50 per mile. This is just spending money for hiking the trail. This does not include your gear.

What direction should you hike for a thru-hike, from GA to ME or ME to GA?
You can pick any direction you want.

The direction depends on the hiker and the start date. If you can start in early spring it is better to start in Georgia because the mountains in New England are still very cold and snowy. Most hike northbound, beginning in Georgia anytime from March to April. Southbound hikers generally start in Maine from late May to July.

Some hikers start down south and then realize they will not make it to Mount Katahdin before Baxter State Park closes mid-Oct. Once they realize this they often jump ahead to Mount Katahdin, and then hike south to where they got off the trail. This is called Flip-Flopping.

Where do thru-hikers stay at night?
Most hikers stay at the many shelters and tent sites along the trail. There is always a shelter or a tent site within a day's walk.

How easy it is to get to a town?
The trail usually crosses a road about every five miles but this does not mean a trail town is close by. In this guidebook, the access points to get to the trail towns are marked at road crossings, along with the distance to them.

Where do thru-hikers get food and other supplies?
They obtain them from trail-town grocery stores, and other suppliers. Another option to send pre-prepared packages as a series of mail-drops to post offices, and other establishments situated in, or near, towns along the trail. Many hikers do this to ensure that they will have sufficient supplies to reach the next town. See "Mail-drop information" in this guide.

They say there are bears, wild boars and poisonous snakes?
There is no need to fear bears, snakes and wild boars, and as long as you keep your eyes open and stay clear, if you should happen to encounter any of them. The best thing a hiker can do is protect their food by hanging it, or use bear bags, or securing it in bear boxes, when they are available.
See Bear bag hanging diagram on page 210.

Trail Updates from the Appalachian Trail Conservancy (ATC)

Keep an eye out here on these pages for the most up-to-date COVID-19 and trail information or changes.
(www.appalachiantrail.org/trail-updates/)

The WhiteBlaze 2,000 miler Registration
Log into the WhiteBlaze web site (www.whiteblaze.net) and register. Once you have completed your thru hike or section hike of the Appalachian Trail you can log your completion at www.whiteblaze.net/forum/ap.php. This way others that you have hiked with can find you later or you can find others that you hiked with.

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Info provided courtesy of Appalachian Trail Conservancy

(www.ATCamp.org**) -** All thru-hikers and overnight hikers are encouraged to register their plans at (ATCamp.org) to help alleviate overcrowding. This system allows them to see how many people are already registered and adjust their plans to choose a less crowded date or location, and help preserve the Trail.

Northbound thru-hikers - are strongly advised to start at Amicalola Falls and walk the approach Trail instead of driving to Springer Mountain. This will help alleviate crowding on Springer Mountain (eliminating two-way traffic to and from the Springer parking lot, especially when family accompanies the hiker) and eliminate the possibility of encountering hazardous conditions on muddy, snow or ice-covered forest service roads.

Hikers should allow approximately an hour at the state park visitor center to register, weigh their packs, and attend a brief thru-hiker orientation.

Incidents/Emergencies

In an emergency requiring immediate medical, or law-enforcement response - call 9-1-1.

Report the emergency, and then ask the dispatcher to contact National Park Service dispatch 24-hour communications center at 1-866-677-6677. More information about reporting incidents can be found at (www.appalachiantrail.org/incidents).
If you have an incident with a bear on the A.T. use a Bear Incident Report form available at (www.appalachiantrail.org/bears**).**

PLANNING

- Register thru-hikes, and any overnight, or section-hike, at (www.ATcamp.org) Registering will help you avoid crowded areas, and will help preserve the Appalachian Trail.
- Avoid starting on peak days as shown on ATCamp registration charts, e.g., March 1 for Georgia start.
- Monitor the Appalachian Trail Conservancy's Trail's Updates page at (appalachiantrail.org/trail-updates/) for trail closures and alerts.
- Carry map and/or guidebooks and compass; while mobile apps can be extremely useful, they are useless when phone batteries run out, when it's cold, or raining
- Stop in at the Appalachian Trail Conservancy (ATC) HQ in Harpers Ferry, WV., to get your photo taken for the official hiker album, (If your goal is to complete hiking the entire A.T.).
- Stop in Monson Visitor Center in Maine for essential info about the 100 Mile Wilderness and Baxter State Park.
- Avoid climbing Katahdin (in Baxter State Park, Maine) on Saturdays if possible. Absolutely avoid climbing on Labor Day Weekend, the busiest weekend of the entire year. Be aware that second half of August is usually the most crowded time when it can be difficult to find a spot.
- If family is visiting you at the end of a northbound thru-hike, consider encouraging them to meet you at Abol Bridge before entering Baxter State Park, where they will get the best view of Katahdin, instead of in the park itself. Parking or camping spots in the park are limited and can be very challenging to obtain, especially during summer months, Labor Day weekend, and on nice fall Saturdays. Also advise them that Katahdin is the most difficult mountain on the entire A.T. and recommended only for those in superior hiking condition. Otherwise, having them tag along will slow you down so you won't be able to summit with your friends, or may even end in a rescue.

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Regulations

CAMPING

General

Camping and fire regulations can be found at (www.appalachiantrail.org/camping).

Site specific (not comprehensive, but highlights the most significant areas)

- You must stay in designated sites only in the following areas (no dispersed or "stealth" camping is allowed). These areas are either high-use, or sensitive areas.

◇Great Smoky Mountains National Park, NC/TN
◇Grayson Highlands, VA
◇Va. 624 to US 220, VA (Dragon's Tooth/McAfee Knob/Tinker Cliffs area)
◇Maryland
◇Cumberland Valley, PA
◇Portions of Delaware Water Gap NRA, NJ
◇New Jersey
◇New York
◇Connecticut
◇Massachusetts

Above tree line in White Mountains, NH, and other Forest Protection Areas.

Stealth camping is strongly discouraged anywhere in Maine, and is strictly prohibited in Baxter State Park.

Dispersed or "stealth" camping

Dispersed or "stealth" camping is not allowed in the following areas (and others) where there are no designated sites.

◇Grassy Ridge, NC
◇Deep Gap, VA
◇Most valley crossings in Virginia
◇Cold Mountain
◇Harpers Ferry National Historical Park
◇C&O Towpath National Historical Park

- When selecting a dispersed camping site where legal, camp 200' from trails and water
- No stealth camping in towns
- No stealth camping on farmland

CAMPFIRES

- Wherever camping is prohibited, campfires are also prohibited.
- Campfires should be avoided if possible; if constructed, wood pieces should be small enough to break by hand
- Burn only wood; carry out all trash. Burn all wood to ash and do not leave fire pit until completely cold to the touch. Douse with water, if necessary!

Site specific

- Campfires are prohibited in these areas where camping is allowed in designated areas

◇Annapolis Rock, MD
◇New Jersey
◇Connecticut

DOGS

Dogs are not allowed in the following areas:

- Great Smoky Mountains National Park in TN/NC (must be kenneled outside the park).
- Baxter State Park, ME (must be kenneled outside the park).
- Bear Mountain Zoo, NY (a very short alternate road walk is available).

MISCELLANEOUS.

Specific sites:

- No jumping off James River Foot Bridge in central Virginia (it's illegal and people have drowned when trapped by underwater snags).

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Trail Ethics & Sustainable Camping Practices

All A.T. hikers should become familiar with the in-depth Leave No Trace (LNT) information available at (www.apalachiantrail.org/lnt). Here are some of the specific guidelines found at the LNT site:

FOOD STORAGE & BEARS

- Do not leave food in shelters or along the Trail for other hikers. This leads to trash or problems with animals.
- Always store food and smellables in a bear-resistant container, or hang using PCT method, on a branch at least 18 feet high, 12 feet from the ground, and 6 feet from the trunk.
- Filter food scraps from your dishwater and pack them out with you, or drink the "grey water."

MISCELLANEOUS

- No cutting switchbacks (this leads to erosion, creates more work for volunteers and creates an eyesore).
- Don't step on vegetation on edge of trails when allowing a person to pass (step onto rock, log, leaves, etc. instead); in muddy areas, avoid widening the path.
- No foraging (eating berries and nuts is fine).
- Do not «tag» shelters, signs or trees with graffiti or carvings. You are encouraged to get creative in the shelter trail register.

Ethics for Dog Owners

- Dogs should be on a leash at all times and kept away from water sources. Avoid taking dogs into crowded shelters, and always ask permission of other hikers. It is strongly recommended that hikers with dogs always tent.
- Dog should be kept away from springs and other drinking water sources.
- Dispose of your dogs waste as you would your own.
- More info at (www.appalachiantrail.org/dogs).

Electronics

- If listening to music, wear ear buds/headphones.
- When using cell phones, or other electronics, do so out of sight and sound of other people (potentially excluding members of your own party who are comfortable with your use).

Recommended Gear For Sustainable Hiking

(in addition to all items that enable hikers to be prepared for all weather conditions they will encounter):

- -**Digging implement** such as a trowel or snow stake to dig a cathole, 200 feet away from trails, campsites, and water.
- -**Bear-resistant canister OR 50' of paracord, waterproof stuff sack, and cara-biner** for the PCT-method of hanging food, 6 feet from trunk, hanging 6 feet below an 18' limb. An Ursack in combination with an odor-barrier bag and/or aluminum liner may be acceptable.
- -**Rubber tips for trekking poles** to avoid scarring rocks, disturbing/digging soil which can hasten the spread of invasive species, and eroding the treadway. Tips also reduce noise level.
- -**Tree saver straps for hammocks** – if hammocks are used, straps at least 1" in width should be used to protect trees.
- -**A piece of screening** to filter food scraps from your dishwater and pack them out with you, unless you are eating cold, or willing to drink "grey water".

Health & Hygiene

- Treat all water with chemical, filtration, or UV method.
- Wash bodies, dishes, and clothing 200 feet away from water sources. Use biodegradable soap sparingly.
- When swimming, avoid polluting the water by rinsing off at a distance to remove your excess sunscreen, bug repellent, etc.
- Disperse dishwater and toothpaste, and urinate well-away (at least 100 feet) from shelters and popular campsites.
- Educate yourself on norovirus, and how to prevent it at (www.appalachiantrail.org/health); if you do suspect you have contracted it, email stomachbug@appalachiantrail.org as soon as possible.

At The End Of Your Hike

Report your completion of the entire A.T. to the Appalachian Trail Conservancy to be added to the official registry of 2,000-milers. You'll receive a patch and certificate, and your name will be listed in the ATJourneys magazine and on the ATC website. The is available at (www.appalachiantrail.org/ATcompletion).

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Trail Information

Abbreviations

ABNB	Air Bed and Breakfast
AT or A.T.	Appalachian Trail
ATC	Appalachian Trail Conservancy
AMC	Appalachian Mountain Club
AYCE	All You Can Eat
AYH	American Youth Hostels
BMT	Benton MacKaye Trail
BRP	Blue Ridge Parkway
BSP	Baxter State Park
B/L/D	Breakfast/lunch/dinner
C/O	Care Of
CC	Credit Card
DOC	Dartmouth Outing Club
E	East
EAP	Each addition person
ETA	Estimated Date of Arrival
FedEx	Federal Express
FT	Feet
GMC	Green Mountain Club
HYOH	Hike Your Own Hike
KSC	Katahdin Stream Campground
L	Left
LNT	Leave No Trace
LT	Long Trail
MATC	Maine Appalachian Trail Club
MP	Mile Point or Mile Post
M	Mile or Mile Point
N	North
NHP	National Historical Park
NOBO	North Bound
NOC	Nantahala Outdoor Center
NP	National Park
NPS	National Park Service
PATC	Potomac Appalachian Trail Club
PO	Post Office
PP	Per Person
R	Right
S	South
SDMP	Skyline Drive Milepost
SMNP	Smoky Mountain National Park
SNP	Shenandoah National Park
SOBO	South Bound
SP	State Park
USFS	United States Forest Service
USGS	United States Geological Survey
UPS	United Parcel Service
USPS	U.S. Postal Service
W	West
WBP	WhiteBlaze Pages
WFS	Work For Stay
YDS	Yards

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)

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.

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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 there 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 explaination

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

Sample

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

Sample

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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 intrervals 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 unseen 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/).

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 you 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 you inner self. Come up with and 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 parenthese, 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 quanities. A number inside of braces is the quanity 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 creaate 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 ledgend 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 trail head 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.

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Icon Legend

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

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

Gaia GPS Legend

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

Description of trail data

Items available at this location

Current shelter is 0.1 miles west of the AT

Miles from Springer

Third shelter south

Second shelter south

First shelter south

Your current Location

First shelter north

Second shelter north

Third shelter north

Miles from Mount Katahdin

Elevation

NoBo	Features	Description	Elev	SoBo
15.7	{14} {6}	(0.1W) 15.5 ◀◀◀ 12.9 ◀◀ 7.6 ◀ **Gooch Mountain Shelter** ➤ 12.0 ➤➤ 13.2 ➤➤➤ 22.3 Water (spring) is located 100 yards behind the shelter, {3} tent pads that can accommodate two tents each, privy, bear box. [34.65573,-84.04998]	3000	2176.3

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

GPS coordinates for shelter

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Description of town data

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

Trail head — **Parking coordinates**

NoBo	Features	Description	Elev	SoBo
109.4	P{15-20} ★★★★★	Cross U.S. 64, Winding Stair Gap, piped spring. P[35.11975,-83.54818]	3770	2082.6

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

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

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

Icons showing establishments Primary function

Icons showing establishments other amenities

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

GPS coordinates for Budget Inn

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

GPS coordinates for PO

Description of shuttle provider listing

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

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

Town shuttle service is based out of

Name of shuttle service

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

Book page or NOBO Mile with more detailed information

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

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

As seen in desriptions

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

Getting to the Southern Terminus, Springer Mtn

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

Getting to Springer Mountain

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

Starting at Amicalola Falls or Big Stamp Gap

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

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

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

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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).
AMTRAK, (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/)

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 drirections as mentioned above.

Shuttles to Springer Mountain/Amicalola Falls State Park:
🚗🐾🎒 **Richard Anderson** 404-408-2524 ✉ 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 (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.

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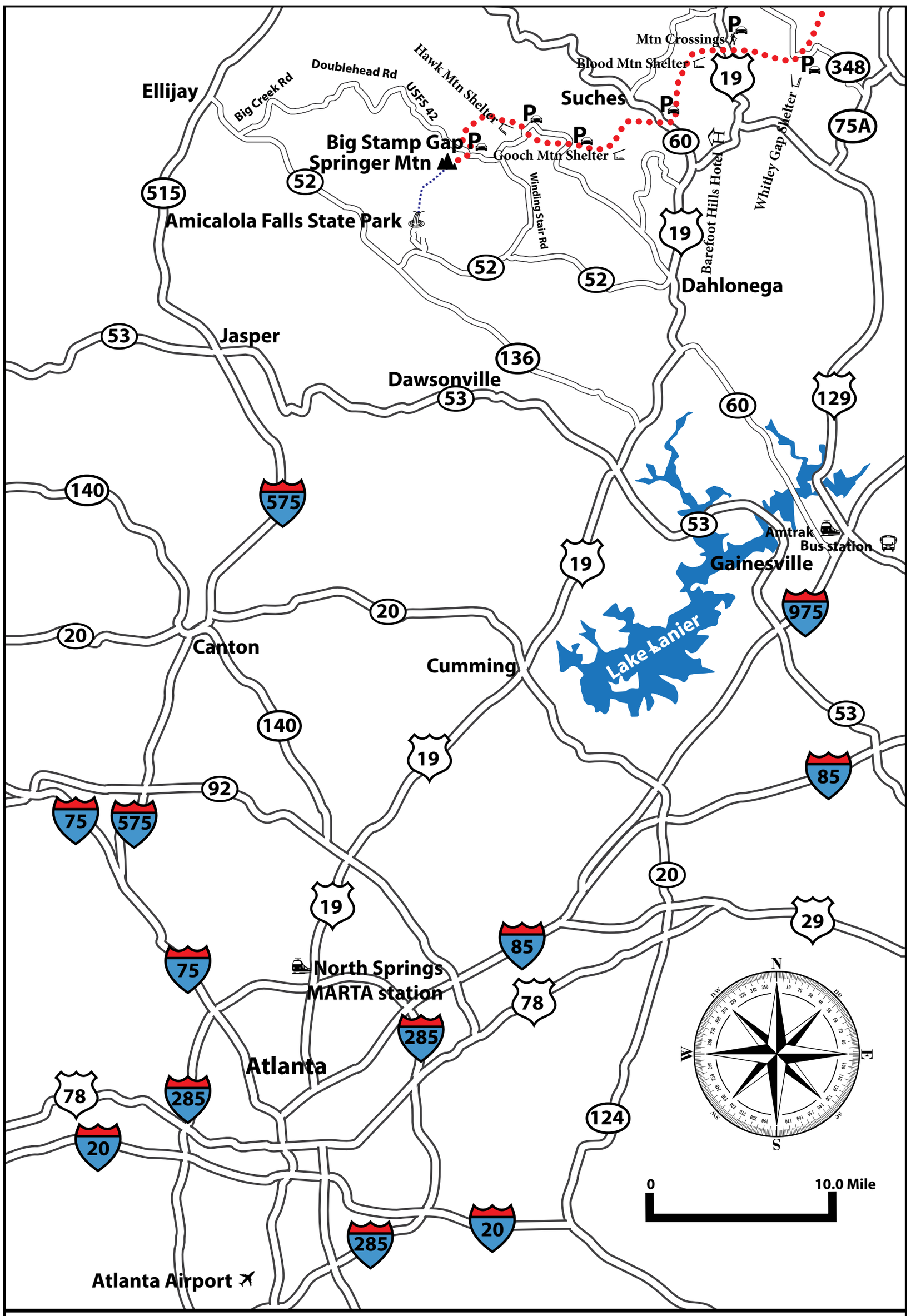
Extra stops OK. Fuel on request."
🚗🚭 **Marty Rogers**, 678-576-6315, Owner: Marty Rogers. Based out of Atlanta, GA. 🚭 No pets. Spring months, dawn to dusk & some holidays. **S to Atlanta Georgia◄ ► N to N Georgia Mtns** & ✈ airport, 🚌 bus & 🚆 train terminals. "Please text, or voicemail". "Vaccinated riders only.".
🚗🐾🅿🚗 **Subman's Shuttles** 706-889-7044 (cell) 🖂 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 🖂 dmtyler@gmail.com. David Tyler 🚭 No pets. Based out of Atlanta, GA. Open year roun d, 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 (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.
🚗🐾 **Hiker Hostel at Barefoot Hills** 770-312-7342 🖂 info@barefoothills.com (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."
Atlanta Airport to Amicalola Falls 404-784-6451(cell) 🖂 chalmersm01@gmail.com Owner: Mike Chalmers. Based out of Canton, GA. 🐾 Pet friendly. Mar-Nov, Mon-Sat, dawn to dusk & some holidays.
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. 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.



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) 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)
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.appalachiantraillodge.com)
Pet friendly shuttles. Insured. **S to Bangor or Monson ➤ Katahdin** & airports & bus terminals. Slackpacking. P Parking. "We also shuttle dogs (without hiker) to and from Abol Bridge & Katahdin Kritters".
Shaw's Hiker Hostel 207-997-3597 ✉ shawshikerhostel@gmail.com (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. Slackacking. k Parking, $1/day.
Maine Quest Adventures 207-447-5011 ✉ mainequestadventures@gmail.com (www.mainequestadventure.com) Owner: Bryant Davis. Pet friendly. Insured. **S to Portland, ME ➤ N to Allagash, ME** & airport, bus terminals. Slackpacking. P 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 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 (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. P 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, 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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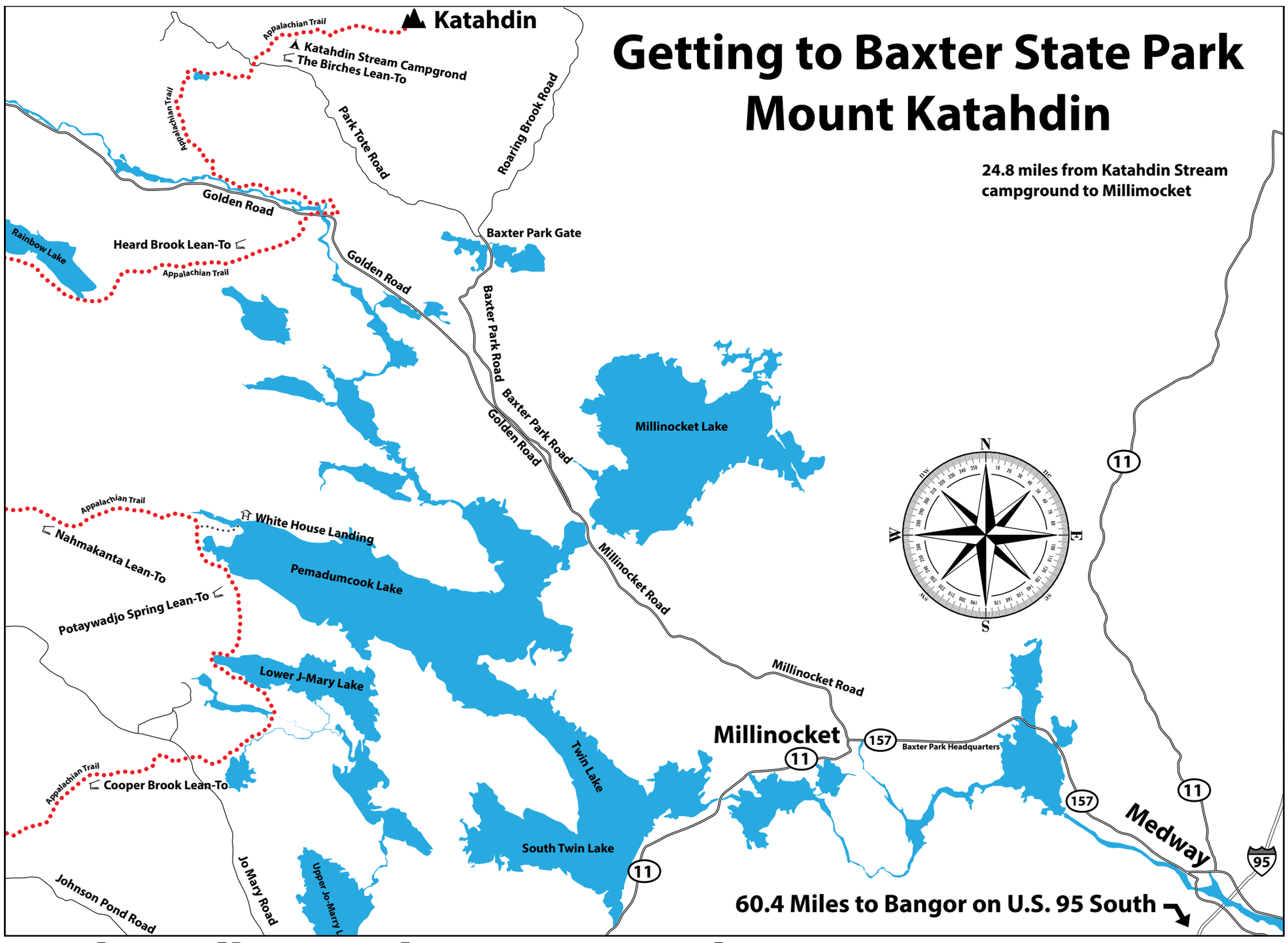

Approach Trail to Springer Mountain

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 WWMountain. 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

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) or call 706-265-8888.

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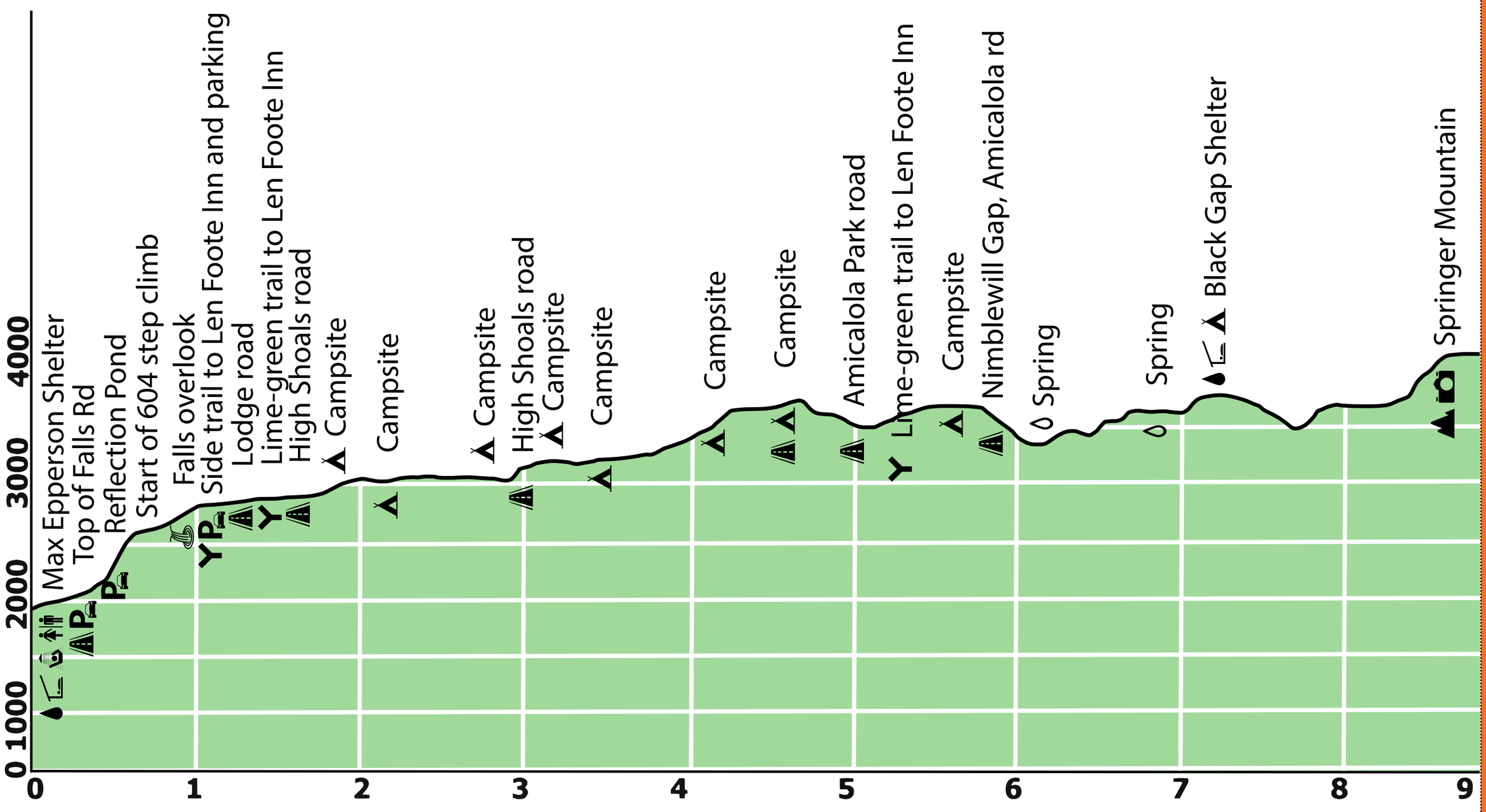
Approach Trail Data



0.0		**Approach Trail Southern Terminus**, pass under stone archway. Restroom, water. [34.55790,-84.24975]	1807	8.8
		Vistors Center, AT Passport location. Carries cold drinks and snacks. [34.55782,-84.24953] P [34.55806,-84.25022]		
0.1	{12}	(50 ft east) **Max Epperson Shelter➤7.2** For thru-hikers only. [34.55808,-84.24868]	1830	8.7
0.3	P {25}	Cross Top of the Falls Rd. P Parking lot. P [34.56098,-84.24733]		8.5
0.5	P {40}	Reflection Pond. Base of Amicalola Falls. [34.56359,-84.24696]	1960	8.3
0.8		The start of 604 step climb on staircase. [34.56623,-84.24532]	2154	8.0
1.0		Falls overlook. [34.56743,-84.24424]	2257	7.8
1.1	P {25}	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. P [34.56718,-84.24353]	2547	7.7
1.2		Cross Amicalola Falls Lodge Road. Trail crosses bridge over Amicalola Creek. [34.56854,-84.24296]	2607	7.6
		Amicalola Falls Lodge 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. [34.565362,-84.242509]		
1.3		(5.0E) on lime-green trail to Len Foote Hike Inn. [34.56960,-84.24168]	2631	7.5
1.4		Cross High Shoals road. Bridge over [34.57151,-84.24195]	2570	7.4
1.7	{8}	Campsite to the east, tenting and hammocks. [34.57211,-84.24281]	2663	7.1
1.8	{5}	Campsite to the east, tenting hammocks. [34.57393,-84.24390]	2803	7.0
2.3	{4}	Campsite to the west, tenting hammocks. [34.58165,-84.24367]	2874	6.5
2.8	{6}	Campsites to east and west. tenting, 2 site east of trail and 4 sites west of trail hammocks. [34.58656,-84.23908]	2732	6.0
3.0		Cross High Shoals Road. [34.58788,-84.23764]	2821	5.8
3.1	{4}	Campsite to the west, tenting and hammocks. [34.58839,-84.23705]	2284	5.7
3.4	{4}	Campsite to the west, tenting hammocks. [34.59135,-84.23726]	2993	5.4
4.2	{8}	Campsite to the west, tenting hammocks. [34.59764,-84.23039]	3328	4.6
4.6	{6}	Frosty Mountain. Campsites hammocking. Spring (0.2E) reliable. [34.59639,-84.22650]	3390	4.2
5.0		Old USFS 46 unused tote road. [34.59950,-84.22354]	3202	3.8
5.3		(1.0E) on lime-green trail to Len Foote Hike Inn. [34.60180,-84.21901]	3373	3.5
		Len Foote Hike Inn 800-581-8032 (www.hike-inn.com) 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. [34.59225,-84.20848]		
5.6	{2}	Campsite to the west, tenting hammocks. [34.60464,-84.21628]	3354	3.2
5.9		Nimblewill Gap. Cross Amicalola Park Road. [34.60869,-84.21430]	3065	2.9
6.1		Spring 100 ft on side trail to, unreliable. [34.61593,-84.20733]	3142	2.7
6.9		Water, unreliable. [34.61593,-84.20733]	3364	1.9
7.3	{8}	(0.1W) **7.2➤Black Gap Shelter** Spring is located on east site of the trail (0.2) steep downhill. Tenting and hammocks to the west. Bear cables. [34.61531,-84.19720] [34.61746,-84.19845]	3195	1.5
8.4		Water 50 feet west of trail, unreliable. [34.62477,-84.19177]	3575	0.4
8.8		**Springer Mountain**. [34.62671,-84.19388]	3782	0.0

Storm damage from Hurricane Helene is widespread across the region, and detours on the A.T., including at the Nolichucky River, are still being finalized by Trail managers. Hikers should respect all Trail closures and follow all official detours. For up-to-date Trail conditions and status, visit (www.appalachiantrail.org/Helene).”

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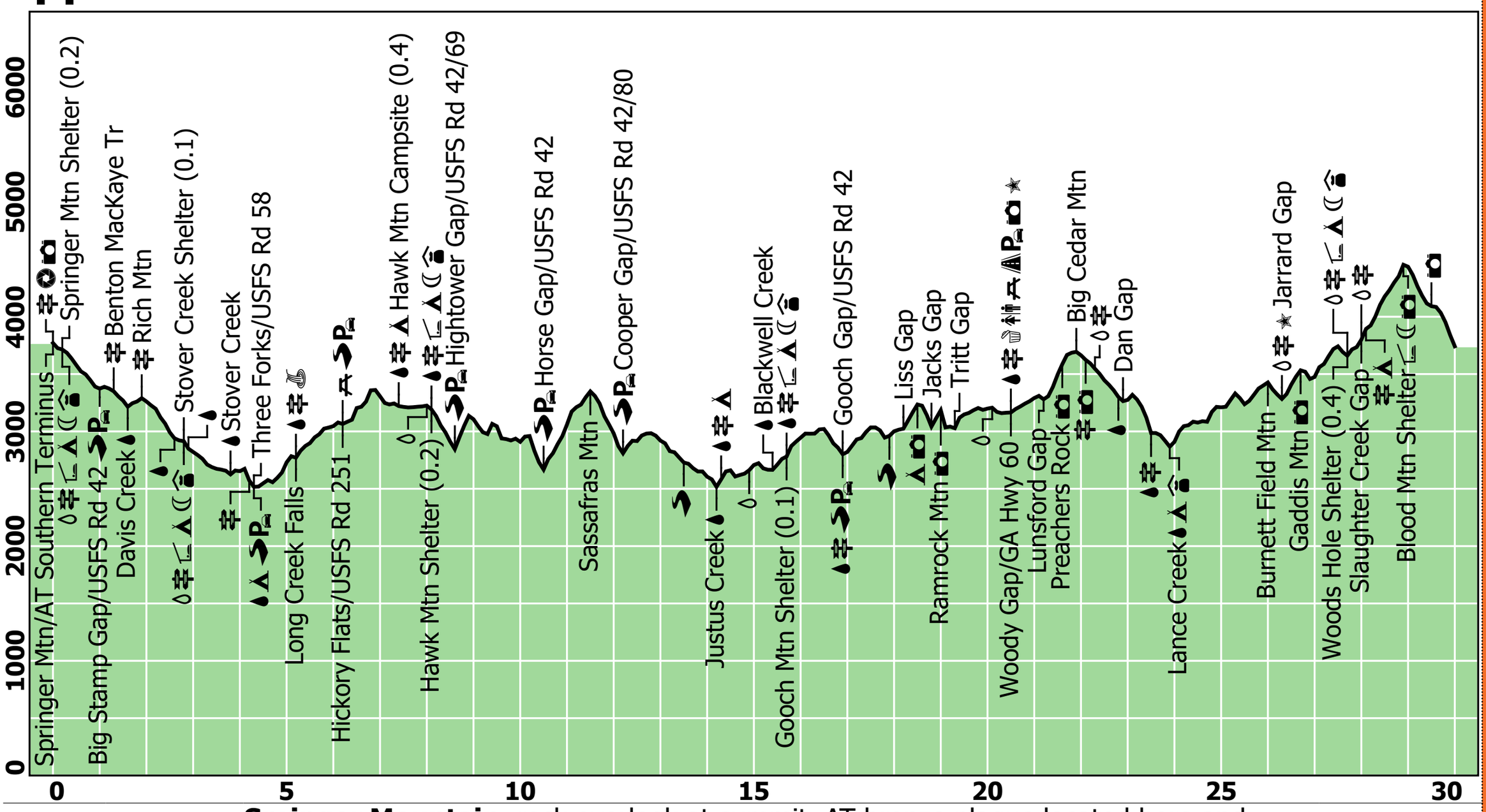
Appalachian Trail Data



0	⛺▲📷📍 ★★★★★	**Springer Mountain**, rock overlook at summit. AT bronze plaque located here and register located in rock. ⛺ Blue blaze trail is the Approach Trail from Amicalola Falls. **Don't forget your starting photo and to sign the register.** ▲[34.62671,-84.19388]	3782	2197.4
0.2	💧⛺ ▲{18} 🛏{12} 🌙☾ 🐻{2}📍	(0.2E) **Springer Mountain Shelter➤2.6➤➤7.9➤➤➤15.5** 💧 Water (spring) 80 yards on a blue blazed trail in front of the shelter but is known to go dry, ▲ tenting, ☾ privy, 🐻 2 bear boxes. ⛺ Benton MacKaye Trail (southern terminus) is located 50 yards north on the AT. ⛺[34.62864,-84.19445] 🛏[34.62933,-84.19275]	3730	2197.2
0.3	⛺📍	Junction with Benton MacKaye to the east. ⛺[34.62977,-84.19433]	3746	2197.1
1.0	➔P🚗{25} 📍	Cross **USFS 42**, **Big Stamp Gap**. Information board. P🚗 Parking fee. ➔[34.63760,-84.19538] P🚗[34.63733,-84.19515]	3350	2196.4
1.3	⛺📍	Junction with **Benton MacKaye Trail**. ⛺[34.63972,-84.19153]	3430	2196.1
1.6	💧📍	Cross **Davis Creek** and small tributary. 💧[34.64370,-84.19140]	3235	2195.8
1.9	⛺📍	**Rich Mountain** 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	💧⛺▲{3} 🛏{16} 🌙🐻📍	(0.1E) **2.6➤Stover Creek Shelter➤5.3➤➤12.9➤➤➤24.9** 💧 Water behind shelter is often dry but good water can be found where trail crosses Stover Creek 100 yards north of shelter, ▲ tent pads, ☾ privy, 🐻 bear cables. ⛺[34.65007,-84.19790] 🛏[34.65028,-84.19720]	2954	2194.6
2.9	💧📍	Cross Stover Creek 💧[34.65084,-84.19812]	2850	2194.5
3.8	💧▲📍	Cross **Stover Creek** 💧[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	💧▲🌉➔ P🚗{5-6}📍	Cross **USFS 58, Three Forks**. Stover Creek, Chester Creek, and Long Creek all converge here. P🚗 Parking. 💧[34.66327,-84.18443] ➔[34.66356,-84.18413] P🚗[34.66348,-84.18395]	2530	2193.1
5.2	💧⛺♨📍	Trail junctions to **Long Creek Falls**, Benton MacKaye and Duncan Ridge Trails. BMT is marked with white diamonds, Duncan Ridge is marked with blue blazes to the west, Long Creek is also blue blazed. ⛺[34.66670,-84.17184] ♨[34.66771,-84.17089]	2800	2192.2
6.2	➔🛖☾ P🚗{6-8}📍	Cross **USFS 251, Hickory Flats**, 🛖 picnic pavilion. ☾ Privy located down side trail. Hickory Flats cemetery is located (0.1) west ➔[34.66538,-84.16198] Cemetery ➔[34.66538,-84.16198] Cemetery [34.66731,-84.16205]	3000	2191.2
7.4	⛺💧▲{30} 🌉📍	Ridgecrest below **Hawk Mountain**, ▲ 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	💧⛺▲ 🛏{16} 🌙🐻📍	(0.2W) **7.9➤➤5.3➤Hawk Mountain Shelter➤7.6➤➤19.6➤➤➤20.8** 💧 Water is located 400 yards on a blue blazed trail behind the shelter, ▲ tent pads, ☾ privy, 🐻 bear cables. ⛺[34.66467,-84.13702] 🛏[34.66608,-84.13638]	3194	2189.3
8.6	➔P🚗{8}📍	Cross **USFS 42/69, Hightower Gap**. P🚗 Parking. ➔[34.66354,-84.12976] P🚗[34.66363,-84.12976]	2854	2188.8
10.5	➔P🚗{6-8} 📍	Cross **Horse Gap. USFS 42** is visible ➔[34.65549,-84.10545] P🚗[34.65573,-84.10580]	2673	2186.9
11.5	⛰▲📍	**Sassafras Mountain**, summit ⛰[34.65317,-84.09424]	3336	2185.9
12.2	➔P🚗{6}📍	Cross **USFS 42/80, Cooper Gap**, P🚗 parking. ➔[34.65302,-84.08471] P🚗[34.65305,-84.08450]	2800	2185.2
13.5	➔▲📍	Cross **logging road**. ➔[34.66099,-84.07225]	3024	2183.9
14.2	💧📍	Cross **Justus Creek**. 💧[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 **Blackwell Creek**. 💧[34.65396,-84.05200]	2601	2182.1
15.7	💧⛺ ▲{12} 🛏{14} 🌙🐻📍	(0.1W) **15.5➤➤➤12.9➤➤7.6➤Gooch Mountain Shelter➤12.0➤➤13.2➤➤➤22.3** 💧 Water (spring) is located 100 yards behind the shelter, ▲ tent pads that can accommodate two tents each, ☾ privy, 🐻 bear box. ⛺[34.65492,-84.04948] 🛏[34.65573,-84.04998] 💧[34.65652,-84.04954]	3000	2181.7
16.9	💧➔P🚗📍	Cross **USFS 42, Gooch Gap**, 💧 Water is located north 100 yards north and east 200 yards on a blue blazed trail. ➔[34.65217,-84.03225] P🚗[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	📍	**Liss Gap** 📍[34.66821,-84.02573]	3032	2179.2
18.3	{3}▲📷 📍	Morris Knob. ▲ Tenting to the east, room for three tents. 📷 Views to the west. ▲[34.67008,-84.02103]	3238	2179.1
18.8	📍	**Jacks Gap** 📍[34.67153,-84.01747]	3045	2178.6

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19.0		Follow crest of **Ramrock Mountain**, rock outcropping, views to south. [34.67275,-84.01637]	3260	2178.4
19.3		**Tritt Gap** [34.67293,-84.01186]	3031	2178.1
20.1		Creek. [34.67327,-84.00359]	3281	2177.3
20.5	{40} ★★★★★	Cross **GA. 60, Woody Gap**, picnic area, water (spring) is located (0.1) west of the AT on northern side of the gap. Good view to the souteast of parking area. [34.67759,-83.99993] P[34.67765,-83.99978]	3198	2176.9
		See list of Shuttles to Springer Mountain/Amicalola Falls State Park.		
		(1.3W) **Above The Clouds Hostel** 706-747-1022 (hostel) 678-983-0954(cell) atchostel@gmail.com. (www.abovethecloudshostel.com) Currently not pet friendly but it's in the works. AT Passport. Bunks $50, including breakfast. Lodging, 2 private rooms with a queen bed. Private cabin with 2 single beds. Shower, laundry. Free Wi-Fi. Resupply. Community space. Included free shuttle to and from Woody Gap (20.5) and Gooch Gap. Shuttles and Slackpacking. Mail drops: 1487 State Hwy 60, Suches Georgia 30572. [34.68316,-84.01732]		
		(2.9E) **Kennedy Creek Resort** 404-720-0087 kennedycreekresort@gmail.com (kennedycreekresort.com) Pet friendly Bunk houses & dormitory. $40 per night plus $5 cleaning fee, laundry. Cabins also available. Dinner, just under $20. Free Wi-Fi. 3001 High Valley Rd, Suches, GA 30572. [34.69607,-84.01404]		
		(6.5E) **The Hiker Hostel @ Barefoot Hills Hotel** 770-312-7342 reservations@barefoothills.com (www.barefoothills.com) AT Passport Location. Open year round. Private bunk room and 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 are 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 canister fuel and a few supplies. P Overnight parking, laundry service and kayak rentals also available (for registered guests only). Free Wi-Fi is available. Ask about shuttles to and from select trail heads and gaps, local wineries, and downtown Dahlonega for an extra fee. [34.61318,-83.96511] Mail drops: (USPS/FedEx/UPS) 7693 US Highway 19N, Dahlonega, GA 30533.		

Suches, GA (2.0W)

		(2.1W) **PO** M–F 12:15pm - 4:15pm, Sa-SU Closed. 706-747-2611. 72078 State Highway 60 Suches, GA 30572. [34.69004,-84.02210]		
		(2.0W) **Wolfpen Gap Country Store** 706-747-2271. AT Passport location. Store: M 7am-9pm, Tu 7am-10pm, W 7am-9pm, Th-Sa 7a,-10pm, Su 8am-9pm. Coleman fuel by the ounce & canisters. Full menu, with hamburgers, chicken, philly cheese steaks, etc., served Thursday - Sunday. [34.68938,-84.02203]		
		Suches Hiker Shuttles 678-967-9510 "Ask for Murris" murrismiller@gmail.com (FB: HikershuttlesinGA) Owner: Murris. Based out of Suches, GA. Pet friendly. Insured. 365 days, 24/7 & holidays. **S to Atlanta Airport ➤ N to Fontana Dam** & airport, bus & train stations. Slackpacking. "Groups OK. Propane available."		
		A.T. Hiker Shuttle 404-569-8776, beady2727@gmail.com. Owner: Bret Eady – "Suches". Based out of Suches, GA. Pet Friendly. Insured. 365 days, 24/7 & some holidays. **S to Atlanta, GA. / Springer Mountain ➤ N to Fontana Dam** & airport, bus & train terminals. Slackpacking. Offering Georgia Section Hike Package. SOBO A.T. Thru Hiker 2017, SOBO BMT Thru Hiker 2019."		
		White Blaze Shuttle Services 706-300-8964 (cell) whiteblazeshuttleservices@gmail.com Owner Michelle Cofer. Based out of Dahlonega GA. Pet friendly Insured. 365 days, 6am-9pm & some holidays. Ask about holidays. Range varies by season - call. **S to Atlanta ➤ N to Wayah Bald, NC** & airport, bus and train terminals. Slackpacking. "Covid-limited operations - call ahead. Covid precautions used."		
		Jeff's Appalachian Trail Shuttles & Tours 706-994-2307 Owner: Jeff Moon. Based out of Blairsville, GA. Pet friendly Insured. 365 days, 24/7 & holidays. **S to Atlanta, GA ➤ N to Fontana Dam, NC** & airport, bus & train terminals. Slackpacking. P Parking, free. "Ready to help anyone anytime. In-depth knowledge of the area's history, happenings, and culture." Covid precautions. Masks optional.		
		Hiking Not Homeless LLC 678-979-0257 Sloofy@gmail.com. FB: Hiking Not Homeless. Owner Jason Reina. Commercially insured and licensed. In business since 2022. Based out of Hiawassee GA. **S to Atlanta Airport ➤ N to Winding Stair Gap, NC** & airport, bus & train terminals.		

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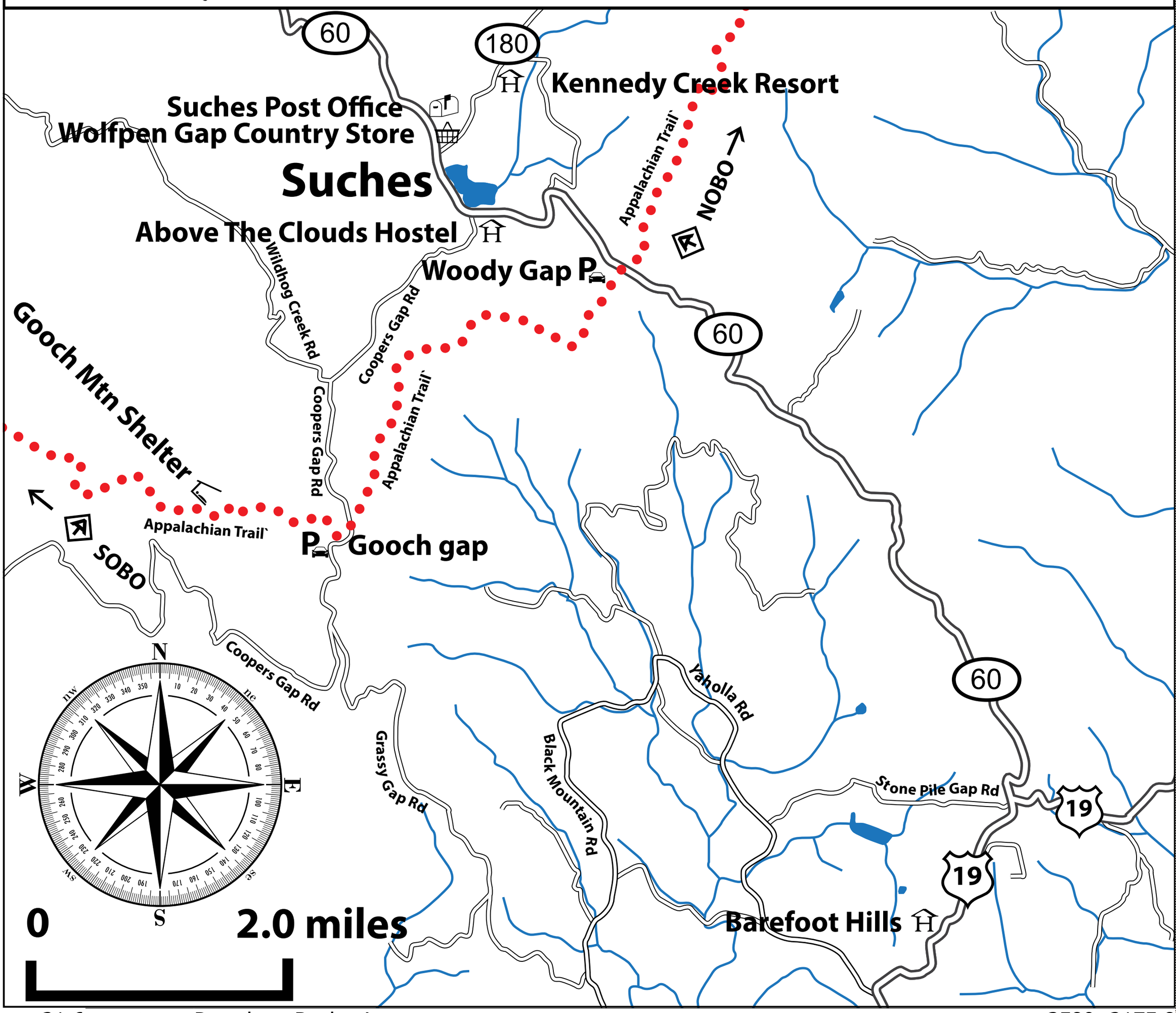
Woody Gap/Gooch Gap and Suches, GA



21.6	📷	Preachers Rock, view,	3580	2175.8
21.9	📷 📍	Rocky face of **Big Cedar Mountain**, Preaching Rock, rock outcrop just south of summit. 📷[34.68721,-83.99403]	3737	2175.5
22.3	💧	Small spring to west in **Augerhole Gap**.	3624	2175.1
22.8	💧 📍	Cross small stream on east slope of ridge. 💧[34.69725,-83.98982]	3310	2174.6
22.9	📍	**Dan Gap**. 📍[34.69873,-83.98890]	3261	2174.5
23.6	💧 🪑 🅿 📍	**Miller Gap**. Cross Dockery Lake Trail. 💧 Spring about 100 yards east on Dockery Lake Trail. Dockery Lake Trail leads (3.5) east to Dockery Lake Recreation area. 🪑[34.70344,-83.98510]	3050	2173.8
24.0	💧 ⛺ {4} 🛁 📶 ⚠ 📍	**Lance Creek**, ⛺ tent pads are located 100 yards north on the 💧 creek, 📶 bear cables. ⚠ Last reliable water heading NOBO until Neels Gap (7.3 miles). ⛺[34.70801,-83.98477]	2880	2173.4
25.7	📍	Flat area known as **Burnett Field Mountain**. [34.72220,-83.97032]	3480	2171.7
26.1	💧	Water (spring) unreliable	3330	2171.3
26.3	💧 🪑 ➡ 📍 ★★★★★	**Jarrard Gap**, USFS, water (stream) is located (0.3) west. Jarrard Gap Trail (1.0) west to Lake Winfield Scott. 📍🪑[34.72657,-83.96492] ⛺[34.73406,-83.97318]	3250	2171.1
⛺	🚻 🚹🚺 🅿 📍	(1.0W) on the Jarrad Gap Trail (blue blazed) to **Lake Winfield Scott Recreation Area** (https://www.recreation.gov/camping/campgrounds/234469) ⛺ $18 Tent sites for 5 persons and two vehicles, 🚻 🚹🚺 showers and bathrooms. 🅿 Parking. ⛺[34.73244,-83.97650]		
26.7	📷 📍	Reach shoulder of **Gaddis Mountain**. 📍[34.72966,-83.96118]	3536	2170.7
27.7	💧 🪑 ⛺ 🛌 {7} 🛁 ☾ 📶 📍	Bird Gap (0.4W) **24.9<<<19.6<<12<Woods Hole Shelter>1.2>>10.3>>>15.3** 💧 Water (stream) on trail to shelter is unreliable in dry months, ☾ privy, ⛺ tenting, 📶 bear cables. 🪑[34.73706,-83.94835] 🛌[34.73713,-83.95500] Bird Gap, Freeman Trail just east bypasses Blood Mtn. and rejoins AT at Flatrock Gap.	3650	2169.7
28.0	💧 🪑 📍	Slaughter Creek Trail at **Slaughter Creek Gap**, 💧 water is unreliable. 🪑💧[34.74080,-83.94410]	3790	2169.4
28.1	⛺ {8} 📍	**Blood Mountain Campsite** to the west, ⛺ tent pads. ⚠ **Fires are not permitted**. ⛺[34.74044,-83.94448]	3800	2169.3
28.5	🪑 📍	Duncan Ridge and Coosa Trail west. 🪑[34.74192,-83.94128]	4168	2168.9
28.9	🛌 {8} ☾ ⛰ 📷 📍	Blood Mountain, open rocky summit. **20.8<<<13.2<<1.2<Blood Mountain Shelter>9.1>>14.1>>>21.4** Shelter is located south of summit, no water at shelter, ☾ privy, view. ⚠ **Fires are not permitted**. 🛌[34.73998,-83.93738]	4461	2168.5
29.5	📷	Trail follows steep rock slope with views	4334	2167.9

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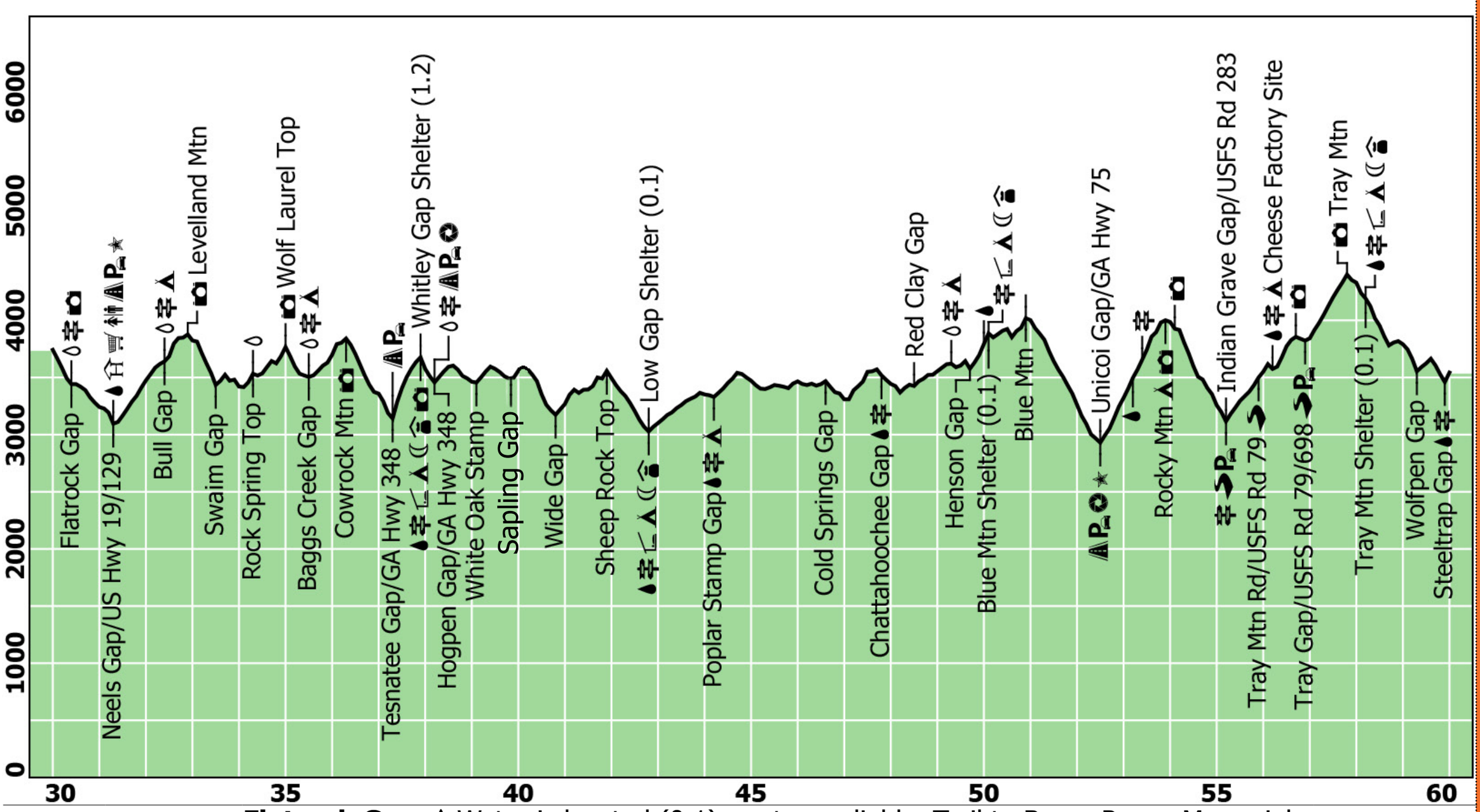

30.3		**Flatrock Gap**. Water is located (0.1) west, unreliable. Trail to Byron Reece Memorial Trail leads west (1.0) to U.S. 19 and P parking.	[34.73558,-83.92839] [34.74293,-83.92093]	3487	2167.1
30.4		Balance Rock to the east of Trail.	[34.73516,-83.92723]	3453	2167.0
31.3	★★★★★	Cross **U.S. 19/129, Neel Gap**. Walasi-Yi Center. ⚠ Last reliable water heading SOBO until Lance Creek at mile (7.3 miles). Last reliable water heading NOBO until Low Gap Shelter (11.5 miles)	⚠[34.73542,-83.91818] P[34.74061,-83.92016]	3125	2166.1
		Mountain Crossings 706-745-6095. (www.mountaincrossings.com) AT Passport location. Open year round. Store hours change seasonally, closed for 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]		
		The Grateful Hiker 772-321-0905 Donald, 706-400-9105 Mary. A free spot for hikers to sit and wait for a ride, hotel room, etc. Wi-Fi, information, resupply, and other trail related supplies. Call if you have any questions. Mail drops: 94 Town Square, Suite E Blairsville, GA 30512. Will also mail packages.	[34.87653,-83.95784]		
		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. P 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

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36.3	⛰📷📍	**Cowrock Mountain**, summit offers good views of the valley below. ⛰[34.72159,-83.85647]	3842	2161.1
37.3	🛣 P{10-12}📍	Skirts **GA. 348, Tesnatee Gap** and Russell Scenic Highway. P[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
38.0	💧🪧⛰ ⛺{3}🚽{7} 🛁☾📶📷 📍	Crest Wildcat Mountain. (1.2E) **22.3<<<10.3<<9.1<Whitley Gap Shelter>5.0>>12.3>>>20.4** 💧 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
38.2	🛣💧🛞📍 P{10-12} ★★★★★	Cross **GA. 348**, Hogpen Gap, water (spring) south side of road on a blue blazed trail. **AT plaque on rock**. 🛣[34.72532,-83.83910] P[34.72590,-83.83988]	3450	2159.2
Blairsville, GA 30514 (14.0W) All major services. See Notes at NOBO mile 31.3. 📍[34.87576,-83.95754]				
39.1	📍	**White Oak Stamp**, ridge crest. 📍[34.73256,-83.82967]	3470	2158.3
40.3	🪧📍	Sapling Gap. NOBO hikers skirts Poor Mountain. 🪧[34.74293,-83.82694]	3485	2157.1
41.0	🪧📍	**Wide Gap**. SOBO hikers skirts Poor Mountain. 📍[34.75524,-83.82822]	3169	2156.4
42.2	⛰⛺📍	**Sheep Rock Top**, rocky summit. ⛰[34.76882,-83.82884]	3600	2155.2
43.0	💧🚽{7} ⛺{4} 🛁☾📶📍	(190 yds E) **15.3<<<14.1<<5.0<Low Gap Shelter>7.3>>15.4>>>22.8** 💧 Water located 30 yards in front of shelter, ⛺ tenting, ☾ privy, 📶 bear cables. | Last reliable water heading SOBO until Neels Gap (11.5 miles) 🪧[34.77659,-83.82627] 🚽[34.77626,-83.82450]	3050	2154.4
44.4	💧⛺📍	**Poplar Stamp Gap**, water (stream) is located several (0.1E) down an old road bed. ⛺[34.78964,-83.81352]	3330	2153.0
46.8	⛺📍	**Cold Springs Gap**, pay no attention to the name you will not find a spring, ⛺ Tenting. ⛺[34.81072,-83.80993]	3300	2150.6
48.0	💧🪧P{7} 📍	**Chattahoochee Gap**, Jack's Gap Trail west (2.4) to GA. 180 and P parking. 💧 Water (spring) is located 200 yards east on a steep blue blazed trail. 🪧[34.82242,-83.79717] P[34.84786,-83.79873]	3500	2149.4
48.7	⛺📍	**Red Clay Gap**. ⛺[34.82243,-83.78732]	3485	2148.7
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
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	📍	**Henson Gap**. 📍[34.81666,-83.77298]	3580	2147.5
50.2	💧📍	Spring on west side trail. This is the water for Blue Mountain Shelter. 💧[34.81673,-83.76812]	3890	2147.2
50.3	🪧💧🚽{7} ⛺{4} 🛁☾📶📍	(0.1W) **21.4<<<12.3<<7.3<Blue Mountain Shelter>8.1>>15.5>>>23.6** 💧 (No potable water) at shelter, 💧 water (spring) located (0.1) south of shelter on AT, ⛺ tenting, ☾ privy, 📶 bear cables. 🪧[34.81665,-83.76706] 🚽[34.81721,-83.76673]	3900	2147.1
51.2	⛰📍	**Blue Mountain**, summit ⛰[34.81261,-83.75489]	4025	2146.2
52.7	🛣🛞 P{14}📍 ★★★★★	Cross **GA. 75**, **Unicoi Gap**, 🛞 **AT plaque placed in a rock on north side of road**. 🛣[34.802115,-83.74299] P[34.80178,-83.74281]	2949	2144.7
🏠	🚽🧺📶 🛒🚗⛽P 📍	**The Green Dragon Hostel** 407-435-0294 ✉ thegreendragonhostel@gmail.com (www.greendragonhostel.com) Owners Donna & Bill. 🏠 Bunks, text or call for pricing. All included with bunk: 10 min shuttle pickup and drop off to Unicoi Gap or Dicks Creek Gap; free 10 min shuttle to grocery, post office & outfitters; loaner clothes, 🧺 laundry, bed linens, privacy curtains, 🚿 stocked shower, hot breakfast, 📶 Wi-Fi, tv w/ streaming, 🚗 longer shuttles for a fee, 🎒 slackpacking available. P 3 days of parking free for guests, $5 a day after that. If you are section hiking and need longer parking call us for availability and rates. 📪 Mail drop for guests 2708 HWY 17 Hiawassee, GA 30546. 🏠[34.90099,-83.72167]		
🚗	🐾🛟🎒	**Budget Inn Shuttles** Hiawassee Budget Inn bus runs from Dick's Creek & Unicoi Gap to and from Hiawassee. Will be around the trail heads in the morning about 9:45 & 11:45 for pickup. They will be a $10 shuttle fee. Will drop hikers off in town, Holiday Inn Express, Mulls, and Budget Inn.		
Helen, GA 30545 (9.0E) See Helen, GA map. 📍[34.701565,-83.731464]				
📪	📍	(9.9E) **PO** M–F 9am–12:30pm and 1:30pm-4pm, Sa 9am-12pm. 706-878-2422. 7976 S Main St. Helen, GA 30545. 📪[34.69801,-83.71968]		
🛏	📶📍	**Baymont Inn & Suites** 706-725-8764. Rate, $125 and up. Includes breakfast buffet during festivals. Microwave, fridge, pool outside, 📶 free WiFi. 🛏[34.70039,-83.72313]		
🛏	🧺💻📶 📍	**Helendorf River Inn** 800-445-2271. (www.helendorf.com) Rates range from $45-$85, $10EAP depending on season. Weekend rates are higher. Pets $20. Includes continental breakfast. 🧺 Laundry, 💻 Computer available for use, 📶 free WiFi. Visa/MC/Disc accepted. 🛏[34.70120,-83.72821]		
🛏	🚭📶📍	**SureStay Hotel by Best Western** 706-878-2191. Open year round. 🚭 No Pets. Offers a hiker room with two bed for two people $50, EAP $5 with a maximum of 4 people, offer is good for M-Th, microwave, fridge. Indoor pool. 📶 Free WiFi. 🛏[34.70071,-83.72661]		
🛏	📶📍	**Econo Lodge** 706-878-8000. Open year round. Weekday rates $68, weekend rates are higher, includes continental breakfast, microwave, fridge, 📶 free WiFi. Accepts only pets under 20 pounds with pet fee $20. 🏠[34.69711,-83.71346]		
🛏	🧺💻📶 🏊📍	**Country Inn and Suites** 706-878-9000. Open year round. Call for rates, stay includes hot breakfast, indoor pool and whirl pool, 🧺 laundry, 💻 Computer available to use, 📶 free WiFi. 🛏[34.70118,-83.72445]		
🛒	📍	**Betty's Country Store** (IGA) 706-878-2943. (bettysinhelen.com) M-Th 7am-8pm, F-Sa 7am-9pm Su 7am-8pm. 🛒[34.70180,-83.73423]		
🧺	📍	**Laundromat** 706-779-2066. 🧺[34.70166,-83.72575]		
💻	📍	**White County Library** 706-878-2438. M-F 9am-6pm, Sa-Su closed. 💻[34.70316,-83.73138]		
🚗	🐾🛟🎒 ✈🚌🚆	**Hitch-A-Hiker** 813-294-6994 (cell, text preferred) Owner: Gracie Rogers. Based out of Hiawassee, GA. 🐾 Pet friendly 🛟 Insured. 365 days, 24/7 & holidays. **S to Atlanta, GA ➤ N to Fontana Dam** & ✈ airport, 🚌 bus & 🚆 train terminals. 🎒 Slackpacking.		
Hiawassee, GA 30546 (12E) See Hiawassee and map at mile 69.4. 📍[34.94876,-83.75710]				

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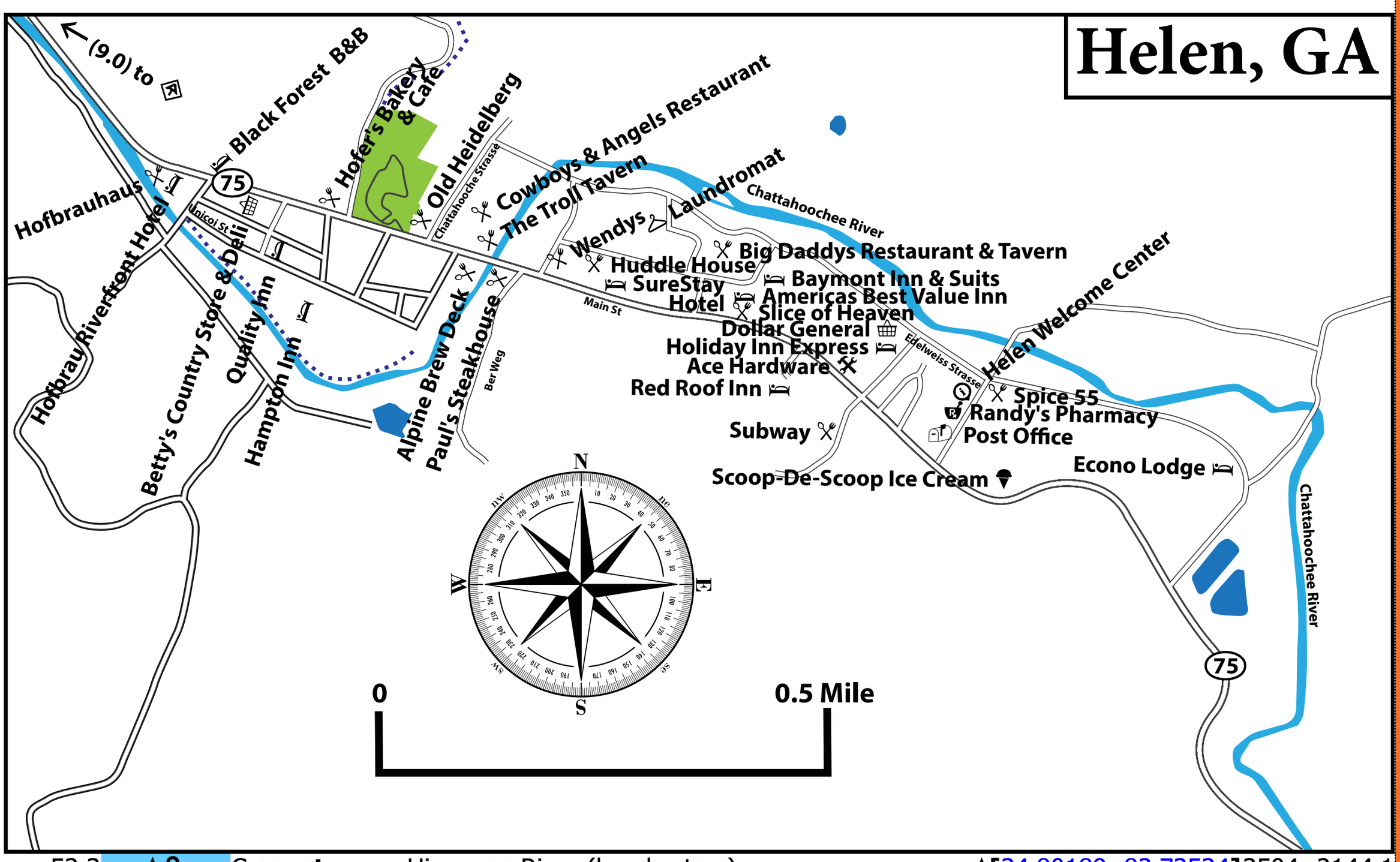
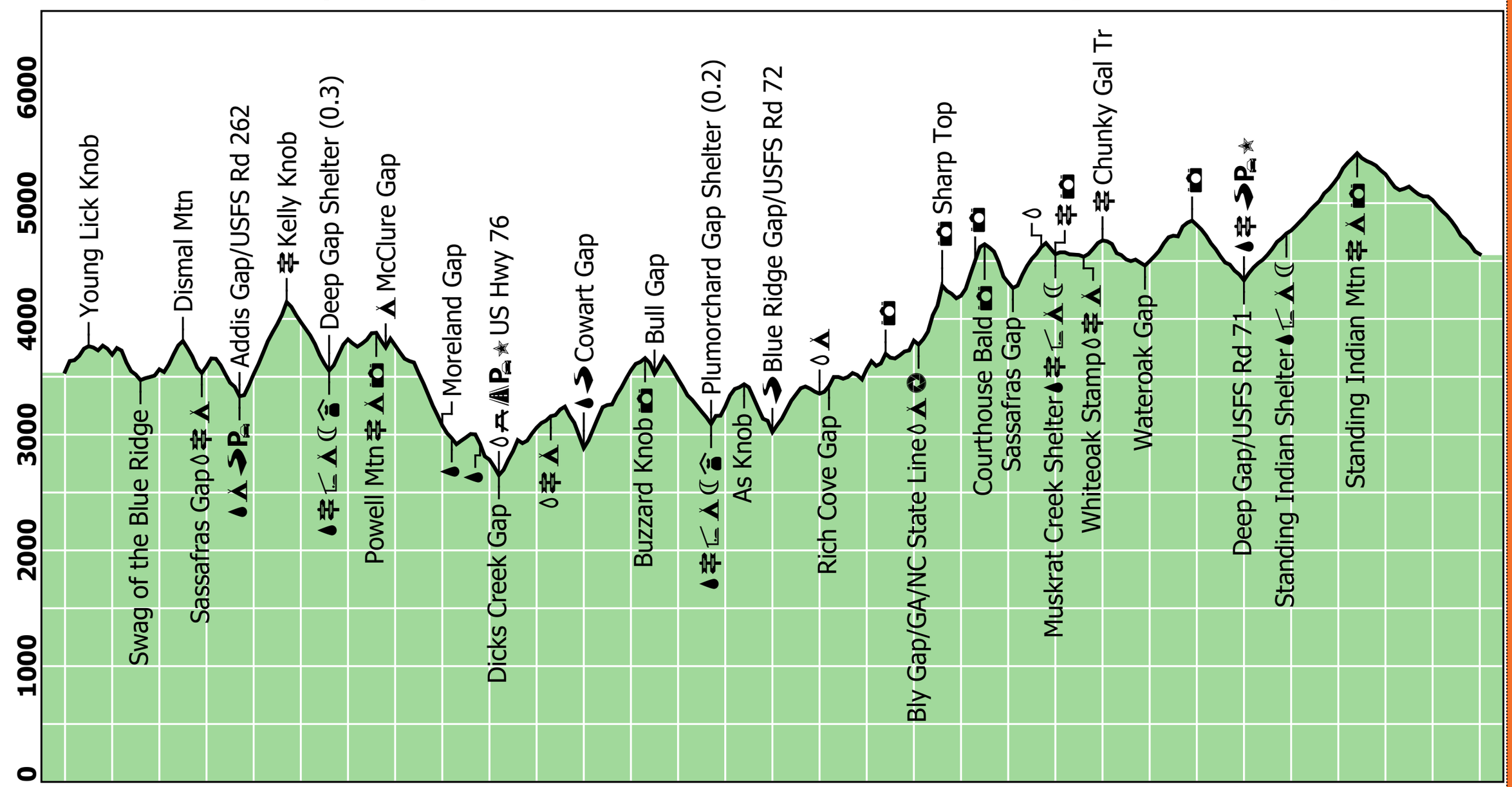


53.3		Cross **stream**, Hiwassee River (headwaters).	[34.80189,-83.73534]	3504	2144.1
53.6		Rocky Mountain Trail leads (1.0W) to USFS 283.	[34.80395,-83.73231]	3702	2143.8
54.1		**Rocky Mountain**, summit.	[34.79817,-83.73046]	4017	2143.3
54.3		Rock ledges with good views.	[34.79761,-83.72715]	3965	2143.1
55.4		Cross **USFS 283**, **Indian Grave Gap**. Blue blaze trail leads (1.9) east to Andrews Cove Campground. [34.79287,-83.71429] P [34.79305,-83.71431]		3113	2142.0
56.1		Cross **USFS 79**, **Tray Mountain Road**	[34.79329,-83.70323]	3580	2141.3
56.4		**Cheese Factory Site**, water (spring) is located 50 yards west. There is no cheese factory here. There is nothing here now that would make you even think there was one located here. However in the 1800's there was once one here. Now it is a good flat area for a picnic or camping. [34.79351,-83.69797] [34.79472,-83.69830]		3590	2141.0
56.9		Rocky cliff with small overlook.		3853	2140.5
57.1	P {6}	Cross **USFS 79/698**, **Tray Mountain Road**, **Tray Gap**.	P [34.79938,-83.69100]	3847	2140.3
57.9		**Tray Mountain**, small rocky summit, views in all directions.	[34.80138,-83.68395]	4430	2139.5
58.4	{3} {7}	(230 yds W) **20.4<<<15.4<<8.1<Tray Mountain Shelter>7.4>>15.5>>>22.8** Water (box spring) located 50 yards behind shelter, tenting, privy, bear cables. [34.80283,-83.67857] [34.80396,-83.67690]	[34.80491,-83.67568]	4200	2139.0
59.6		**Wolfpen Gap**.	[34.81118,-83.66288]	3600	2137.8



60.2		**Steeltrap Gap**, water (spring) is located 280 yards east down blue blaze trail.	[34.81686,-83.65697] [34.81516,-83.65540]	3490	2137.2
60.7		West side of **Young Lick Knob**.	[34.82294,-83.65250]	3800	2136.7
62.0		Cross **Swag of the Blue Ridge**.	[34.83838,-83.65917]	3400	2135.4
63.1		**Sassafras Gap**, camp sites, water (spring) is located 150 yards downhill to the east.	[34.85294,-83.66067] [34.85382,-83.65917]	3500	2134.3
64.0	P	**Addis Gap**, old fire road leads (0.5) east to campsite and water and eventually to **USFS 26-2**. During Turkey hunting season the locals like to use this campsite because they can drive into it. Old fire road leads (8.0) east to GA. 197.	[34.86310,-83.65613]	3304	2133.4
65.0		Trail to **Kelly Knob** (0.2) west.	[34.87822,-83.65451]	4276	2132.4
65.8	{4} {12}	(0.3E) **22.8<<<15.5<<7.4<Deep Gap Shelter>8.1>>15.4>>>20.3** Water (spring) is located (0.1) south on the trail to the shelter, tenting, privy, bear cables. [34.88539,-83.64790] [34.88249,-83.64597]	[34.88313,-83.64719]	3550	2131.6
66.8		Blue blaze trail east leads several yards to campsites and view, **no water**.	[34.89286,-83.63628] [34.89246,-83.63507]	3827	2130.6
67.0		**McClure Gap**. Tenting	[34.89394,-83.63341]	3767	2130.4
67.2		**Powell Mountain**, summit.	[34.89283,-83.63070]	3850	2130.2
68.2		**Moreland Gap**. 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

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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 are 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.
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 Wi-Fi, 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. **P** Parking available.
Mail drops: (free for guests, $5 donation for non-guests) held for 21 days. ID required to pick up packages: 7675 US Hwy 76 E., Hiawassee GA 30546. [34.92035,-83.62492]

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

Hiawassee, GA 30546 (11.0W). See Hiawassee, 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. Hiawassee, GA 30546. [34.94988,-83.75796]

(10.2W) **Hiawassee Budget Inn** 706-896-4121. (www.hiawasseebudgetinn.com)
AT Passport location. Open year round. price for two person room $89 per night including tax. Rooms include cable TV, refrigerators, microwaves. Free Wifi.
Mail drops for guests: 193 S Main Street - Hiawassee, Georgia. 30546 [34.94485,-83.75370]

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

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

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

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

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

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

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

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

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

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

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

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

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Dicks Creek

0

0.5 Mile

Hostel Around the Bend

Rose Haven

Dicks Creek

76

(0.5W) to Top of Georgia

(11.0W) to Hiawassee, GA

P

North

Appalachian Trail

South

Hiawassee, GA

Hawg Wild BBQ and Catfish House

Chatuge Lake

Hiawassee Animal Hospital

76

75

Bell Creek Rd

Sundance Grill

Monte Alban Mexcian

McDonald's

Dollar Tree

Wash Tub

Huddle House

Dollar General

Fred's Store

Daniel's (AYCE L/D)

Steve's Place

Blimpie

Big Sky Dr

Holiday Inn Express

Hardees

Chatuge Lake

Hiawassee Pharmacy

Mulls Inn

Post Office

Ingles Market

Bell St

Hiawassee Hardware

N Main

W Bell St

$ Bank

Chatuge Regional Hospital

Library

Rib Country BBQ

Goin' Postal

Walgreens

Marathon

Hiawassee

Budget Inn

Oakmont Dr

S Main

Main St Grill

Dairy Queen

Taco Bell

Zaxbys

Long View Dr

Home Town Pharmacy

(12.0) to

(11.0) to

on Rte 75

on Rte 76

0

0.5 Mile

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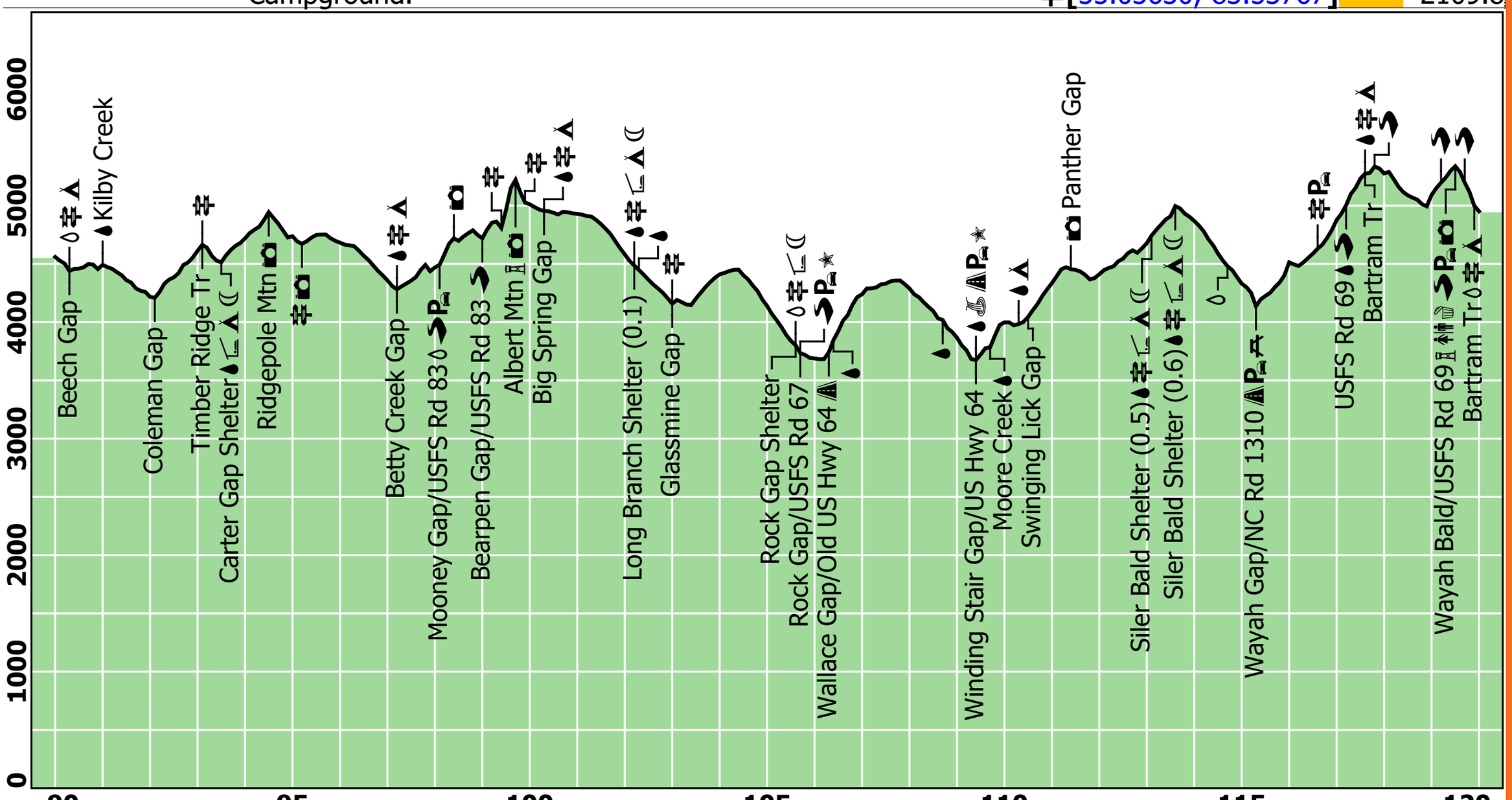
70.5		(0.1E) **Campsite** east on blue blazed trail, water. [34.91047,-83.60330]	3150	2126.9	
71.2		**Cowart Gap**, tall pines. [34.91719,-83.59552]	2900	2126.2	
72.3		Good views from **Buzzard Knob** when the leaves are not on trees. [34.93109,-83.60139]	3675	2125.1	
72.7		**Bull Gap**. [34.93596,-83.60215]	3550	2124.7	
73.8		Big John Spring, west of AT. [34.94578,-83.59264]	3176	2123.6	
73.9	{6} {14}	Plumorchard Gap. (0.2E) **23.6<<<15.5<<8.1<Plumorchard Gap Shelter>7.3>>12.2>>>19.8** Plumorchard Creek is on the shelter trail, beyond the shelter. tenting, privy, bear cables. **Caution** the stump in front of the shelter has been home to copperhead snakes. Water located 200 yards west on AT beyond shelter. [34.94607,-83.59118] [34.94603,-83.58830]	3050	2123.5	
74.6		**As Knob**, crosses high point below summit. [34.95337,-83.59321]	3460	2122.8	
75.2		**Blue Ridge Gap**, cross dirt road **USFS 72**. [34.95868,-83.59628]	3020	2122.2	
76.2		Campsite, water. [34.96838,-83.59447]	3500	2121.2	
76.4		**Rich Cove Gap**. [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	**State Line**	**Georgia–North Carolina State Line**, register in tree. [34.99218,-83.59983]	3825	2119.1	
78.4		**Bly Gap**, Bly Gap Spring is located east of the trail and 250 feet south of the gap. Gnarly twisted oak tree located here. **Often photographed tree**. [34.99432,-83.59932] [34.99385,-83.59968]	3840	2119.0	
79.1		**Sharp Top**, 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 **Courthouse Bald**, view. [35.00285,-83.58424]	4650	2117.7	
80.3		**Sassafras Gap**. [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	{8}	(100 ft E) **22.8<<<15.4<<7.3<Muskrat Creek Shelter>4.9>>12.5>>>21.2** Water (spring) is located behind shelter, tenting, privy. [35.02053,-83.58160]	4600	2116.2	
82.0		Edge of **White Oak Stamp**, Buck Creek Trail leads crosses the AT. water (spring) is located to the east. Tent sites to west and east. Camp out of sight of the trail to the west or east. [35.02684,-83.57159]	4620	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	{8-10}	Cross **USFS 71**, **Deep Gap**, Kimsey Creek Trail leads (3.7W) to USFS **Standing Indian Campground**. **See notes at NOBO mile 105.9**. [35.03949,-83.55276] [35.03960,-83.55250]	4341	2112.2	
86.1	{8}	(250 ft E) **20.3<<<12.2<<4.9<Standing Indian Shelter>7.6>>16.3>>>19.7** Creek that serves as the water source for shelter is on the opposite side of the AT from the shelter. tenting, privy. [35.04200,-83.54806]	4760	2111.3	
87.6		Lower Ridge Trail junction, east leads 600 feet to **Standing Indian Mountain** summit. Several campsites to the east near the summit. West leads (4.2) to Standing Indian Campground. [35.03630,-83.53767]	5498	2109.8	



90.3		Cross Kilby Creek. Only reliable water Standing Indian and Carter Gap.	4486	2107.1	
90.5		**Beech Gap**, water (spring) is located 100 feet to the east but is unreliable. Beech Gap Trail leads (2.8) west to USFS 67 **P** parking area. [35.01011,-83.52570]	4460	2106.9	
92.3		**Coleman Gap**, dense rhododendron thicket. [35.00536,-83.51042]	4200	2105.1	
93.3	{3}	**Timber Ridge Trail** leads (2.3) west to USFS 67 **P** parking area. [35.00299,-83.49923] **P** [35.02205,-83.50363]	4700	2104.1	
93.7	{8}	(100 ft E) **19.8<<<12.5<<7.6<Carter Gap Shelter>8.7>>12.1>>>19.6** Water (spring) is located 200 yards west on blue blaze trail, tenting, privy. [34.99898,-83.49413]	4540	2103.7	
94.7		North side of **Ridgepole Mountain**.	4990	2102.7	
95.4		**Unmarked trail** leads 25 feet east to Little Ridgepole vista of Pickens Nose.	4749	2102.0	
97.4		**Betty Creek Gap**. Several test site at gap. (0.1W) Water (Stream) is located on blue blaze trail. Continue (0.1E) on blue blaze to USFS 67 and **P** parking. [35.02829,-83.47892]	4300	2100.0	
98.3	{1-2}	Cross **USFS 83**, **Mooney Gap**. Trail crosses small stream (0.1S) and a culvert north on road. Road closed mid-Dec thru first of Apr. **P** [35.03548,-83.47018]	4400	2099.1	
98.6		Log steps, spring	4500	2098.8	
99.2		**Bearpen Gap**. USGS 83 is visable to the west. [35.04684,-83.47145]	4700	2098.2	

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99.6		Trail skirts USFS 83. Bearpen Trail leads west. USFS 83, gravel, may be used as a bad weather route around Albert Mountain, NOBO hikers follow USFS 83 (0.4) to parking area then continue on blue-blaze trail (0.4) to rejoin AT at NOBO mile 99.9. [35.05054,-83.47455]	4790	2097.8
99.9	P{7}	**Albert Mountain** summit, fire tower. [35.05256,-83.47752] P[35.05247,-83.48020]	5250	2097.5
100.1		Albert Mountain bad weather bypass trail leads west (0.4) to parking area, SOBO hikers continue (0,4) to USFS 83 to rejoin AT at NOBO mile 99.4. [35.05558,-83.47766]	5035	2097.3
100.5		**Big Spring Gap**. Spring and tenting. [35.05874,-83.47801]	4954	2096.9
102.4	{5} {16}	(0.1W) **21.2<<<16.3<<8.7<Long Branch Shelter>3.4>>10.9>>>18.2** Water, tent sites, privy. [35.06941,-83.49706] [35.06996,-83.49815]	4932	2095.0
102.5		Cross stream. [35.07001,-83.49684]	4930	2094.9
103.2		**Glassmine Gap**, Long Branch Trail (2.0) west to USFS 67. [35.07707,-83.50222]	4130	2094.2
104.3		Unreliable spring below trail. Several seasonal water sources are one mile in either direction.	4363	2093.1
105.8	{8}	(300 ft W) **19.7<<<12.1<<3.4<Rock Gap Shelter>7.5>>14.8>>>19.6** water (spring) is known to go dry, privy. [35.09143,-83.52310]	3760	2091.6
105.9	P{6-7}	**Rock Gap**. (1.5W) Standing Indian Campground. P[35.09406,-83.52250]	3750	2091.5
		(1.5W) **Standing Indian Campground** 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		Cross **Old U.S. 64**, **Wallace Gap**. [35.09807,-83.52674]	3738	2090.9
106.6		Cross feeder stream to the Nantahala River. [35.09944,-83.52793]	3745	2090.8
108.9		Cross Moore Creek. [35.11649,-83.54504]	3797	2088.5
109.6	P{15-20}	Cross **U.S. 64**, Winding Stair Gap, piped spring. [35.12051,-83.54716] P[35.11975,-83.54818]	3770	2087.8
Franklin, NC 28734 (10E) (all major services) See Franklin north side and south side maps. [35.18213,-83.38004]				
		(11.9E) **PO** M-F 8:30am-5pm, Sa 9am-12pm. 828-524-3219. 250 Depot St. Franklin, NC 28734. [35.17885,-83.37433]		
		Hill Top Inn 828-524-4403. (www.budgetinnoffranklin.com) No Pets. AT Passport location. Open year round. $39.99 per person, limited to four per room, $5 for each additional person. $50 pet deposit. Rooms include cable TV, refrigerators and microwaves, computer for use, free WiFi. Coin laundry. P ask about shuttles. Mail drops for guest: 433 East Palmer Street, Franklin, NC 28734. [35.18228,-83.37731]		
		(11.6E) **The Grove Hostel** 828-346-7657 text to reserve. contact@grovehostel.com. All stays by reservation only. (www.thegrovehostel.com) Owners: Ben "Unfiltered" and Mary "Newfound". 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, W-Fi, 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]		
		(12.6E) **Chica & Sunsets Hostel** 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 drop off 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]		
		The Barn A.T. Hiker Hostel 252-646-3580 Call/Text Spidy. Open 1 Aug to 1 May. No pets. Full-service hostel with space for 6. Call ahead to ensure availability. Tenting 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 Beteejay lane Franklin NC 28734. [35.15363,-83.26972]		
		All In The Family Hiker Suite 256-479-3429 (call or text) dennisjamesbbq@gmail.com. Owners Slim Jim, One More, and Freddie the Trail Dog. Reservations required, no walk-ins or drive-ups. Well behaved dogs. We do not put strangers together, so we rent the entire suite to just you and your group. Rates are $135 for up to three hikers, and $160 for four. All taxes are included. All stays include the following: Pick up and drop off from Winding Stair (110) or Rock (106) Gaps, restock and town shuttles (a short 5-minute drive), premium mattresses, private bath and shower, in-suite laundry with loaner clothes, continental breakfast, Wi-Fi, boot dryer, covered clothesline for drying gear, and a deck with a view of the Appalachian Trail. Slackpacking options available. P Parking for guests. We take cash or Venmo. Please note that we are for hikers only. Mail Drop for guests only, text for address.		
		Sapphire Inn 828-524-4406. (www.sapphireinnfranklin.com) Pet friendly. AT Passport location. Our Hiker's Special starts at only $59.99 & up. Pet fee charges are based on pet size free WiFi. Mail drops for guests: 761 East Main Street, Business 441, Franklin, NC 28734. [35.18761,-83.37003]		
		Microtel Inn & Suites by Wyndham Franklin 828-349-9000. Call for prices, pet fee $25, microwave, fridge, stay includes continental breakfast. Computer available for use. Free WiFi. Mail drops for guests: 81 Allman Dr, Franklin, NC 28734. [35.16163,-83.39011]		
		Comfort Inn 828-369-9200. Dog Friendly rooms available. Hiker Discount. Hot Breakfast, Indoor Pool. Guest Laundry. Free WiFi. Hotel has access to best hiker shuttle services in area. Mail address: 313 Cunningham Rd Franklin NC 28734 [35.18441,-83.35675]		
		1st Baptist Church Free Breakfast AT Passport location. Serves a pancake breakfast for Hikers starting the middle of March and ending the middle of April. Picks hikers up at the motels and hostels and take them back. "We serve the breakfast!" M-Sun 7:30am. [35.18301,-83.38111]		
		Lazy Hiker Brewing Company 828-349-2337. (www.lazyhikerbrewing.com) AT Passport location. Spring and Summer hours, M-Thu 12pm-9pm, F-Sa 12pm-11pm, Su 12pm-6pm. Food Truck on-site M-Th 12pm-8pm, F-Sa 12pm-9pm, Su 12pm-8pm. Computer and printer available for use, free WiFi. Pet friendly. [35.18081,-83.38423]		

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

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

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

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

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

Chuck Allen 828-371-6460 (call after 1 pm) (hometownshuttle@gmail.com) Owner: Chuck Allen. Based out of Franklin, NC. Pet friendly. 365 days, 24/7 & holidays.
S to Springer Mtn ➤ N to Hot Springs & airport.

Beverly Carini 850-572-7352 (cell) beverly.carini@gmail.com. Owner: Beverly Carini. Based out of Frankilin, NC. Pet friendly. Insured. 365 days, Mon-Sat, 7 AM - 7 PM; Sun, 1 PM – 7 PM & some holidays.
S to Amicalola Falls ➤ N to Standing Bear Farm & airport, bus & train terminals. Slackpacking. Parking, free. "My car can hold 7 hikers w/gear, plus driver."

Western Carolina Shuttle "Bobby the Greek" 847-400-7169 (cell) Hspentzos@gmail.com. Owner: Bobby Spentzos . Based out of Franklin, NC. Pet Friendly. Insured. 365 days, 24/7 & holidays. **S to Springer Mtn ➤ N to Hot Springs** & airport, bus & train terminals. "Pick up & drop-off to Atlanta & Asheville airports from trail."

Road Runner 706-291-7719 (cell) Owner: Darlene Swofford. where2@mac.com (roadrunnerdrivingservice.com) Based out of Franklin, NC. Pet friendly. Insured. 365 days, 24/7 & some holidays. Limit of 3 riders. Covid precautions. Masks required.
S to Atlanta, GA ➤ N to (unlimited range) & airport, bus & train terminals.

Appalachian Zen 828-332-0228 (cell) / (FB: Appalachian Zen) Owner: Colin Gooder -"Zen." Based out of Franklin, NC. Pet friendly. Insured. 365 days, 24/7 & holidays.
S to Amicalola Falls/Approach Trail, GA ➤ N to Damascus, VA & airport, bus & train terminals. Slackpacking. Parking, affordable. "Appalachian Zen Shuttles: Go with the flow & enjoy the ride!"

Kat and John Shuttle Service 706-982-1313 (Call or text) katntim13@gmail.com. Based out of Rabun Gap. Pet friendly. Insured. 365 days, 7am-9pm & holidays.
S to Atlanta airport ➤ N to Clingmans Dome & airport, bus & train terminals. Slackpacking. Covid precautions. Masks required. Also have masks for sale.

Sherpa Al 305-216-7234 / goodview80@gmail.com Owne: Allen - "Sherpa Al". Based out of Franklin, NC. Pet friendly Insured. 365 days, dawn to dusk & holidays.
S to Atlanta ➤ N to Hot Springs, NC & airport, bus & train terminals. Slackpacking. Parking, free. "Happy to serve the hiking community!"

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

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

Wayah Gap Shuttle 828 421-3924 (cell), 770-351-97634 danmargw@gmail.com Owners: Danny & Margie Watkins. Based out of Franklin/Wayah Gap. Pet friendly. 365 days, call/text, limited availability, days & hours variable & some holidays.
S to Wayah Gap ➤ N to Franklin. "Route and availability are limited to Wayah Gap to Franklin/ Franklin to Wayah Gap ONLY!"

Western Carolina Shuttle 828-371-7019. 365 days, call/text between 6am-11pm, & some holidays. airport, bus & train terminals.

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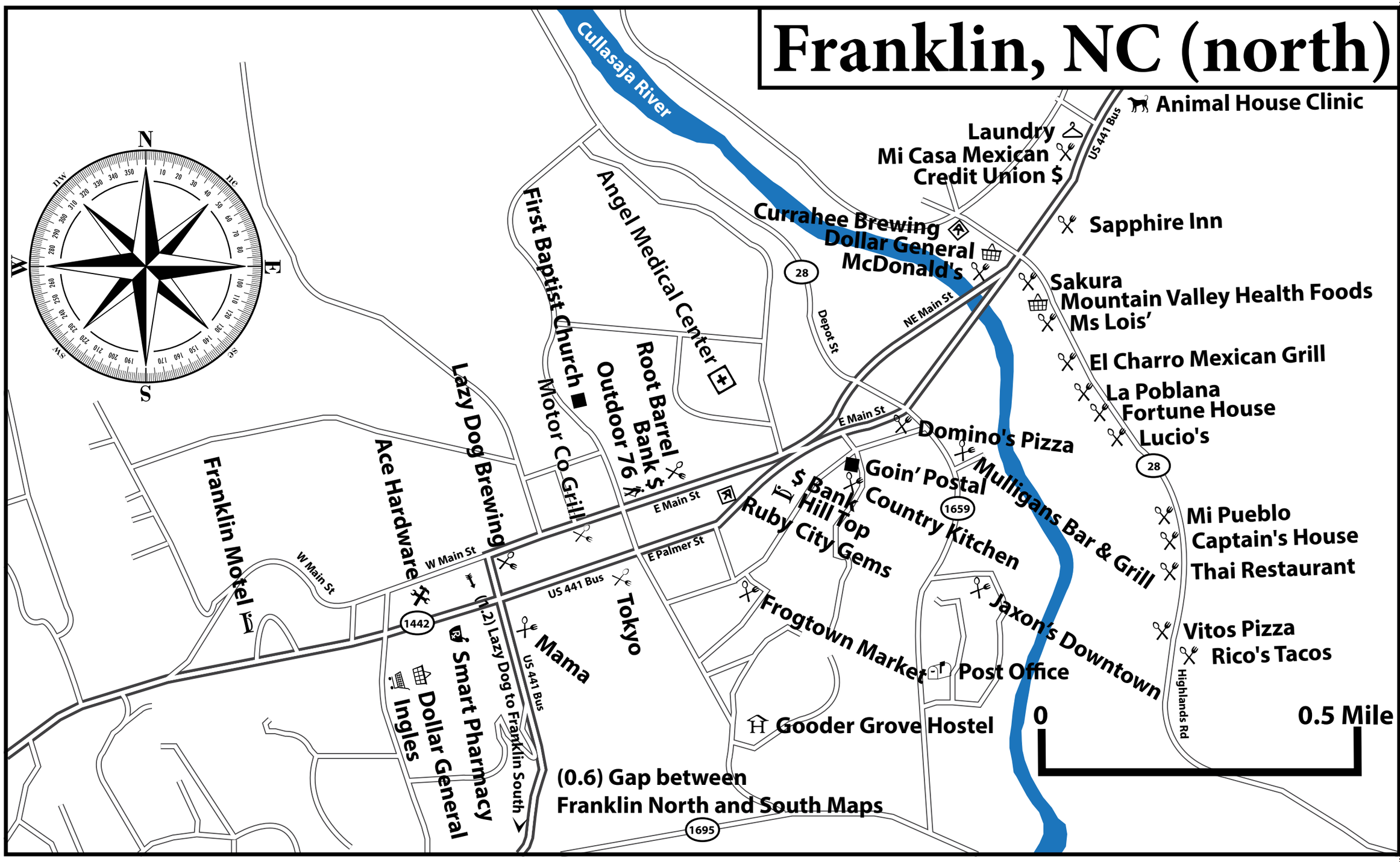

109.7		Cross west fork of Moore Creek bridge, Campsite to west.		3970	2087.7
109.9		Cross **east fork of Moore Creek,** stone steps..	[35.12154,-83.54768]	3803	2087.5
110.5		Cross **west fork of Moore Creek**, Campsite to west.	[35.12248,-83.55643]	3970	2086.9
110.7		Swinging Lick Gap, water	[35.12087,-83.55808]	4100	2086.7
111.6		**Panther Gap**, view.	[35.13033,-83.55438]	4480	2085.8
113.3	{8}	Southern end of blue blaze of Siler Bald Loop (0.5E) **19.6<<<10.9<<7.5<Siler Bald Shelter>7.3>>12.1>>>17.9** Water (spring) is located 300 feet south of shelter on loop trail, tenting, privy, bear cables but non funtional, south end of loop trail to shelter.	[35.14413,-83.57250]	4600	2084.1
113.8	{8}	Snowbird Gap. Northern end of blue blaze of Siler Bald Loop Trail (0.6E) to **Siler Bald Shelter.** (0.2W) to Siler Bald summit.	[35.14212,-83.57591]	5000	2083.6
114.5		Pipe Spring		3726	2082.9
114.9		Pipe spring east side of trail		4480	2082.5
115.5		Cross **NC. 1310**, **Wayah Gap**, picnic area.	[35.15393,-83.58023]	4180	2081.9
116.8		Wilson Lick Ranger Station is located to the west.	[35.16305,-83.58473]	4650	2080.6
117.3	P {4-5}	Cross **USFS 69**, water (piped spring) is located a few yards to the east.	[35.17069,-83.58312]	4900	2080.1
117.8		**Wine Spring**, **Bartram Trail** is yellow blazed, tents sites and water (pipe spring) is located a few yards to the east.	[35.17386,-83.58401]	5290	2079.6
118.0		Woods road intersects.	[35.17582,-83.58292]	5008	2079.4
119.4		Cross Wine Spring Trail.		5158	2078.0
119.6	P	USFS Road termination, restrooms and P parking to the east.		5302	2077.8
119.7	P {20}	**Wayah Bald**, stone observation tower. P Parking lot and a paved footpath.	[35.18026,-83.56071] P [35.17871,-83.56231]	5342	2077.7
119.9		Cross Jones Cabin Road.	[35.18123,-83.56253]	5178	2077.5
120.0		Spring to the west of Trail.	[35.18285,-83.56348]	5035	2077.4

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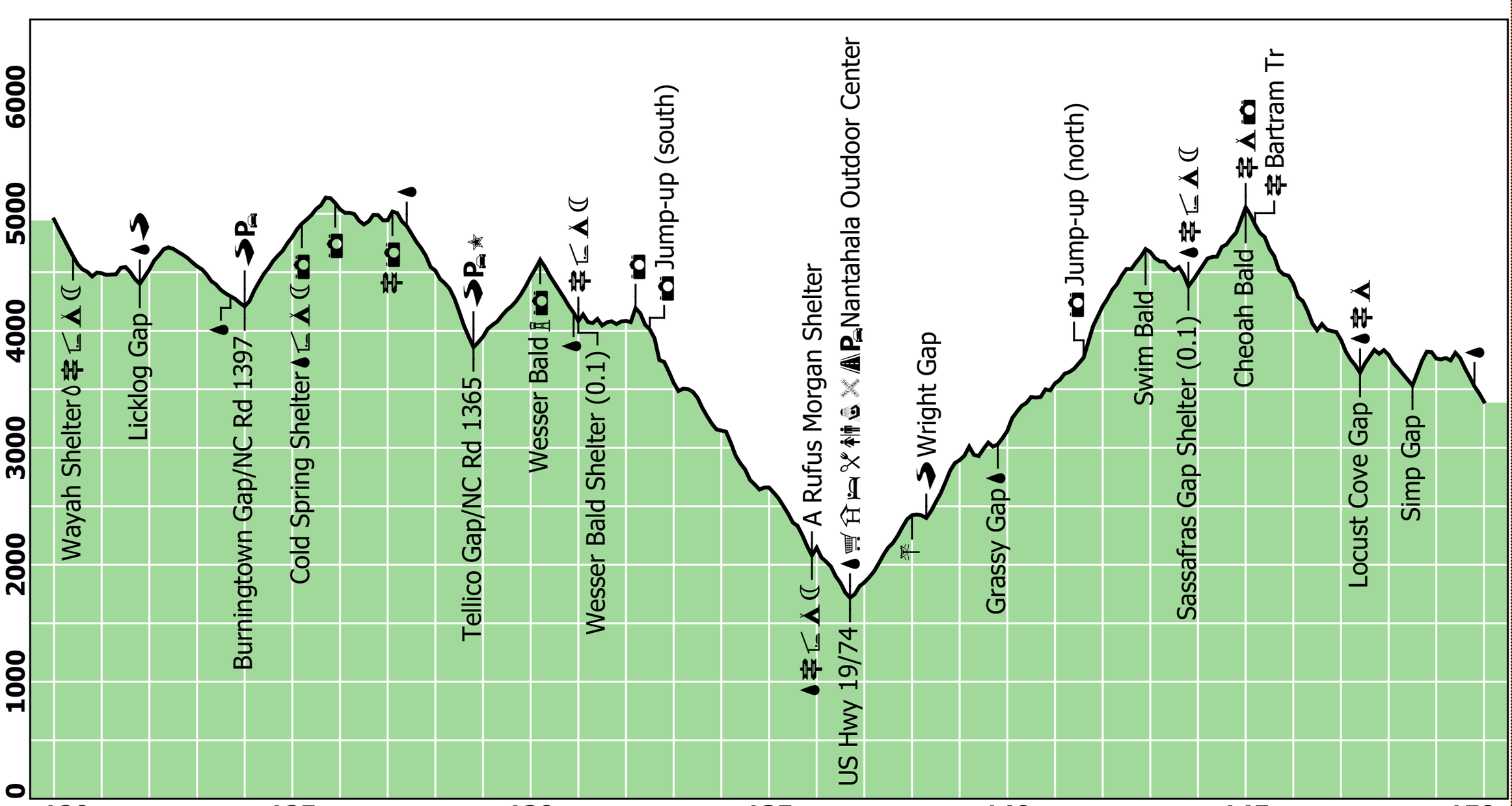

120.1		Yellow blazed Bartram Trail comes in from the east and joins the AT for (2.4). Right Prong Ray Branch 200 yards east on the Bartram Trail. Not an ATC approved camping spot. [35.18458,-83.56099]	5200	2077.3
120.6	{8} {5}	(100 ydsE) **18.2<<<14.8<<7.3<Wayah Shelter>4.8>>10.6>>>15.5** Shelter on AT. Water (Little Laurel Spring) is located (546FT W) on blue blaze trail across from shelter side trail, tent sites, privy. [35.18784,-83.56201] [35.18624,-83.56355]	4480	2076.8
121.9		**Licklog Gap**, logging road, water is located (0.5) west. [35.20246,-83.56766]	4440	2075.5
123.9		Cross Ben Creek. [35.21838,-83.56276]	4295	2073.5
124.2	{7}	Cross **NC. 1397**, gravel. **Burningtown Gap**, large clearing with apple trees. Good cell service here. [35.22234,-83.56226] P [35.22230,-83.56220]	4236	2073.2
125.4	{6}	**19.6<<<12.1<<4.8<Cold Spring Shelter>5.8>>10.7>>>18.6** Water located 5 yards in front of the shelter, privy, tent sites located (0.1) north on AT, bear cables but non functional. [35.23090,-83.55990]	4920	2072.0
125.5		Cold Spring Shelter tent sites. Water, privy and bear cables are located near the shelter. [35.23167,-83.55926]	4958	2071.9
126.1		Vista to east near **Copper Ridge Bald**.	5080	2071.3
127.3		Trail to **Rocky Bald** summit (0.2) east to view.	5030	2070.1
127.6		Good spring.	4900	2069.8
129.0	{10}	Cross **NC. 1365**, gravel. **Tellico Gap**. P Parking, not recommend low clearance vehicles. [35.26817,-83.57229] P [35.26820,-83.57231]	3850	2068.4
130.4		**Wesser Bald** summit. Observation tower is located east 40 yards on side trail. Formerly a fire tower, the structure atop Wesser Bald is now an observation deck offering panoramic views. The Great Smoky Mountains and Fontana Lake dominate the view to the north. [35.27705,-83.57735]	4627	2067.0
131.1		Water (spring), reliable on blue blazed trail (125FT E). [35.280720,-83.580750]	4100	2066.3
131.2	{8}	(0.1W) **17.9<<<10.6<<5.8<Wesser Bald Shelter>4.9>>12.8>>>21.9** Water (spring) located (0.1 S) on AT then (125FT E) on a blue blazed trail, tenting, privy, bear cables. [35.28235,-83.58220] [35.282528,-83.581671] Blue blazed Wesser Creek Trail leads (2.0E) to Wesser Creek Road.	4115	2066.2
132.4		**Vista** to the west.	4162	2065.0
132.7		**Jump-up**, rocky outcrop with outstanding views, not the same as the other jump-up within the next 10 miles north.	4000	2064.7
136.1	{6}	(200 ft E) **15.5<<<10.7<<4.9<A. Rufus Morgan Shelter>7.9>>17.0>>>23.3** Water (Silvermine Creek) located west of shelter AT, tenting, privy. [35.32418,-83.59020]	2300	2061.3
136.9	{10}	Cross **US 19/74**, Nantahala Gorge, Nantahala Outdoor Center. **See NOC map**. [35.33111,-83.59179] P [35.33120,-83.59220]	1723	2060.5

Nantahala Outdoor Center 828-785-5082. (www.noc.com) reservations@noc.com AT Passport location. Lodging walk ins with or without out reservation must check in at General Store between 10am and 7pm. Credit Cards accepted.

Motel rooms: $100 and up, free Wi-Fi.

Base Camp Bunkhouse: 866-336-1037, reservations are recommended, $39.99 for 2 people, $79.99 for 4 people, $109 for 6 people, $139.99 for 8 people, all include shower, common area and community kitchen, free WiFi.

River's End Restaurant: Serves lunch and dinner daily. Breakfast & early hours start in April thru Aug. M-Thu 10am-7pm. F-Sa 8am-8pm, Sun 8am-7pm. Free Wi-Fi

NOC Outfitters: Open daily. Lots of gear, trail food, F fuel by the ounce, free Wi-Fi. They will do gear shakedowns if you would like them to, just ask. You can print Smoky Mountain permits from here. Ask about shuttles. [35.33120,-83.59173]

Mail drops: dated and marked "Hold for AT Hiker", 13077 Hwy 19W, Bryson City, NC 28713. Must show ID to pick up.

(10.8W) **Wing & Hoof Mountain Escape** 828-200-1447 (www.wingandhoof.com)

Pet friendly $25 pet fee. 2 guestrooms with 3 beds. 5 tiny homes. Private accommodations. $80 per hiker per night. Includes free shuttle from/to NOC or Stecoah Gap. Includes breakfast. Free Wi-Fi. Slackpacking from Tellico to Fontana. Shuttles, **S from Atlanta airports ➤ N to Davenport Gap.**

Mail drops with stay: 322 Jacobs Rd, Bryson City, NC. [35.40595,-83.47228]

Wesser General Store Open Mar thru Oct. [35.33099,-83.59175]

River's End Restaurant 828-488-7172. M 11am-7pm, Tu Closed, W-Su 11am-7pm. [35.33123,-83.59234]

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Crabtree Retrievers and Kennels chuck187@yahoo.com (www.crabtreeretrievers.com)
Dog Transportation and Kenneling for thru hiker in the GSMNP.
Pickup and Drop off in Hot Springs and NOC. Vet Services available upon request. Mild grooming available. A/C and heated kennels. Please visit website for more information.

Jude Julius 828-736-0086. Based in Bryson City, NC.
S to Hiawassee, GA. ➤ N to Newfound Gap, NC.

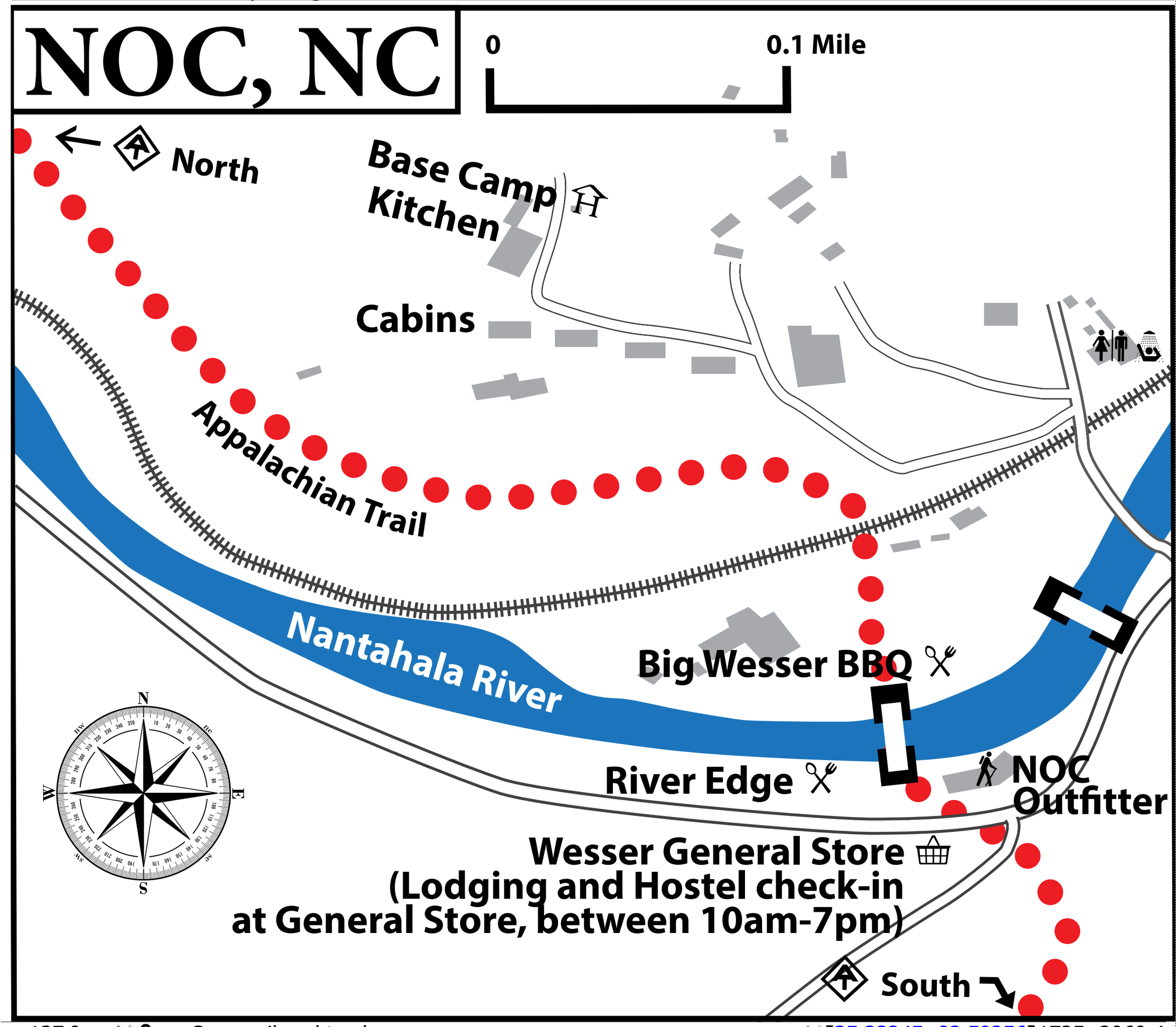
Carolina Bound Adventures 828-569-6699, ✉ Mark@CarolinaBoundAdventures.com. (www.CarolinaBoundAdventures.com) Owned by: Mark Van Osdal. Based out of Bryson City, NC. Pet friendly. Insured. Mar - Oct, 7am - 7-pm & holidays.
S to Winding Stair Gap/Franklin, NC ➤ N to Fontana Dam & Clingmans Dome & train terminals. Slackpacking. "We operate on a Commercial Use Authorization Permit within the GSMNP."

Patrice Price 828-538-1236 (cell). Owner: Patrice Price. Based out of Wesser, NC. Pet friendly. Insured. 365 days - 24/7. & some holidays.
S to Unicoi Gap, GA ➤ N to Davenport/Standing Bear, TN & airports, bus & train terminals. Slackpacking. "I'm located at the Nantahala Outdoor Center, most shuttles are in & out from there." Covid precautions. Masks required

Bigfoot Hiker Shuttle 704-701-9265 (cell) ✉ dedwards1e@gmail.com. Owner: Dave Edwards. Based out of Bryson City, NC. Pet friendly. Insured. 365 days, 24/7 & holidays.
S to Franklin, NC ➤ N to Knoxville/Gatlinburg, TN. & airport. "Masks & hand sanitizer available & recommended. Vehicle sanitized between trips. "Services provided: Hiker shuttle, resupply, equipment repair/procurement, maildrops sent/rcvd. Boat shuttles from Fontana Marina to Northshore hiking/fishing areas (Eagle, Hazel, Forney, Chambers). Range to GSMNP, Newfound Gap, Clingman's Dome, Bryson City, NOC, Stecoah, Robbinsville, Stecoah Gap, Fontana Lake/Dam." Emergency transportation is free!"

Bryson City Outdoors 828-342-6444 ✉ info@brysoncityoutdoors.com (brysoncityoutdoors.com) Owner: Peter Millsaps Based out of Bryson City, NC. Pet friendly. Insured. 365 days, 7am-7pm & some holidays.
S to Clayton, GA ➤ N to Knoxville, TN & airport, bus & train terminals. "Please call us to inquire about shuttle pricing."

Wing & Hoof Mountain Escape 828-200-1447 text or call. (www.wingandhoof.com) Based out of Bryson City, NC. Pet friendly. Insured. Year round and holidays, 7am to 11pm.
S from Atlanta airports ➤ N to Davenport Gap & airports & bus terminals. Slackpacking.



137.0		Cross railroad tracks.	[35.33245,-83.59256] 1725	2060.4
138.2		**Power line**.	[35.34013,-83.60358] 2428	2059.2
138.5		Wright Gap, dirt road.	2390	2058.9
140.0		**Grassy Gap**, water.	[35.34507,-83.62091] 3050	2057.4
140.4		Reach crest of Grassy Top.	[35.34285,-83.62945] 3317	2057.0
141.7		Rock Creak.	[35.34232,-83.64148] 3743	2055.7
142.4		The **Jump-up**, views to Nantahala Gorge.	[35.33915,-83.64157] 3814	2055.0
143.1		**Swim Bald**, summit, water (spring) is located 50 yards east of summit but is unreliable.	[35.33675,-83.65488] 4710	2054.3
144.0	{14}	(0.1W) **18.6<<<12.8<<7.9<Sassafras Gap Shelter>9.1>>15.4>>>22.2** Water (spring) is reliable and located in front of shelter, tenting, privy.	[35.33068,-83.66700] 4330	2053.4
145.2		**Cheoah Bald** summit, vistas, good camping spot to see the sunrise, not an ATC approved camping spot. The terminus of the Bartram Trail.	[35.32560,-83.68087] 5062	2052.2
145.6		Bartram Trail to the west, yellow blazed.	[35.32430,-83.68409] 4900	2051.8

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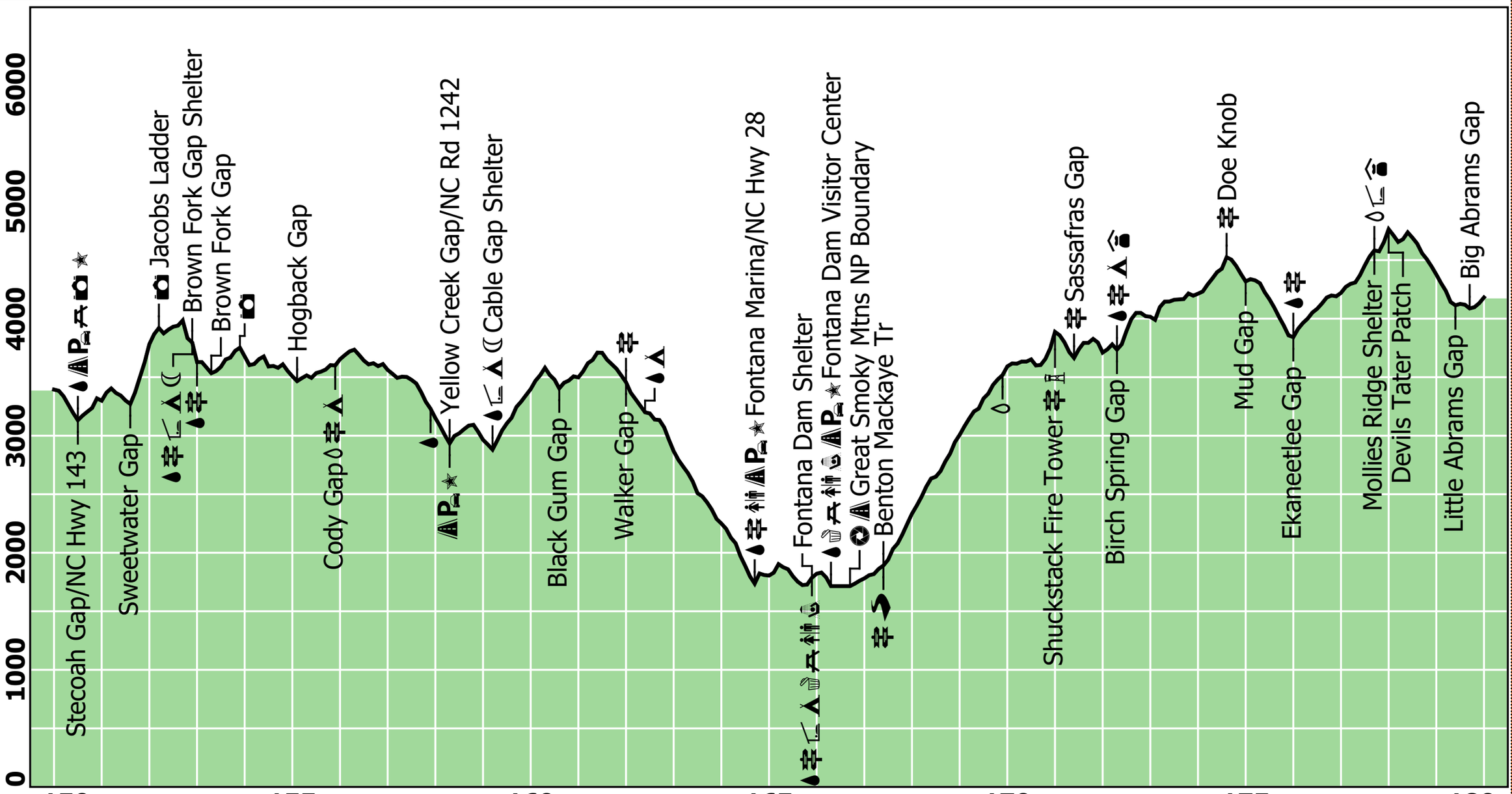
147.6		**Locust Cove Gap**, water (spring) is located 150 yards to the west and is some what reliable, not an ATC approved camping spot. [35.33398,-83.70387]	3690	2049.8
148.6		**Simp Gap**. [35.34326,-83.70921]	3700	2048.8
150.0		Good spring (0.1) west on logging road.	3292	2047.4



150.7		Cross **NC. 143**, Sweetwater Road, **Stecoah Gap**, picnic table. Water (spring) is located 200 feet on blue blaze west on NC 143 then left 250 feet on abandoned overgrown logging road. **See Stecoah Gap, NC map**. [35.35841,-83.71800] P [35.35828,-83.71790] 3165 2046.7
		(1.2E) **Appalachian Inn Bed & Breakfast** 828-735-1792. (www.appalachianinn.com). Located at Stecoah Gap. Room rates $145-$165. Breakfast is included, dinner can be added upon request. Free WiFi. Shuttle services are available. Cash, check and credit cards are accepted. [35.37041,-83.70485]
		(3.4E) **Stecoah Wolf Creek Hostel** 828-735-0768. lonnie479@gmail.com. Open Jan-Dec. $40PP, full beds, TV and kitchen. Free Wi-Fi. Washer & dryer. Resupply shuttle after 5pm on weekdays. Computer & printer available for permits if needed. Free pickup and drop off at Stecoah Gap. All other shuttles after 5 pm based on time and mileage. Convenient store hours seasonal. Fee based shuttles. [35.37127,-83.68515]
		(3.2E) **Cabin in the Woods** Craig 980-406-6446. (www.thecabinsinthewoods.com) $30 pp Hiker Lodging includes ride to/from Stecoah Gap, indoor shower, bathroom, satellite TV and Wi-Fi. Private cabins are available but are often booked - reserve early. Fee resupply to Robbinsville available. Offers for fee shuttle range from Amicalola to Hot Springs and Knoxville to Asheville. Breakfast options. Laundry service available for hikers. Call for availability. [35.37696,-83.70186] Mail drops for guests only. 386 W. Stecoah Hts., Robbinsville, NC 28771.
		(4.7E) **Hidden Pond Hostel** 706-747-3736 HiddenPondHostel@outlook.com (www.hiddenpondhostel.com) Bunkhouse. Bath house. Resupply. Wi-Fi. Mail drops:191 Holly Hill Rd., Suches, GA 30572. [34.71491,-83.99853]
		(4.4E) **Wolf Creek General Store Café** 828-479-6669. M-Su 7am-9pm.
		Hawks Hiker Shuttle 980-406-6446 (cell) craig@thecabinsinthewoods.com (www.thecabinsinthewoods.com) Owner: Craig Kallmayer - "Hawk". Based out of Stecoah, NC. Pet Friendly. 365 days, 7am-7pm. **S to Amicalola Falls SP ➤ N to Hot Springs, NC** & airport, bus & train terminals. Slackpacking. "Hiker lodging is available."
Robbinsville, NC (7.0W) see Robbinsville, NC map.		[35.32354,-83.80682]
		(7.0W) **PO** M-F 9am-4:30pm, Sa-Su Closed. 828-479-3397. 74 Sweetwater Rd. Robbinsville, NC 28771. [35.32396,-83.80100]
		San Ran Motel 828-479-3256. (www.sanranmotel.com) Open Apr - Nov. No pets, no smoking. Fridge and microwave, free WiFi. [35.32425,-83.80334]
		Phillips Motel 828-479-3370. (www.phillipsmotelonline.com) [35.32700,-83.80740]
		Mountain Manor Hotel 828-479-4555. (www.mountainmanorhotel.com) [35.32385,-83.80602]
		River's Edge Treehouse Resort 828-735-2228 (www.riversedgetreehouses.com) [35.33157,-83.81184]
		Simple Life Campground and Cabins 828-788-1099. (www.thesimplelifecampground.com) [35.33597,-83.80508]
		Dollar General 828-479-6221. M-Su 8am-10pm. [35.32444,-83.79992]
		The Hub of WNC 828-479-0478. M-F 9am-4pm, Sa-Su closed. [35.32917,-83.80754]
		Papa's Pizza To Go Inc 828-479-2431. (www.papaspizzatogo.com) pies, wings and subs. [35.32889,-83.81160]
		El Pacifico Mexican Restaurant 828-479-8448. M-Su 11am-9pm. [35.32642,-83.80477]
		Wendys 828-479-4755. [35.32533,-83.80368]
		McDonalds 828-479-6776. [35.32620,-83.80310]
		Lynn's Place 828-479-9777. (www.grahamcounty.net) M-Sa 11am-9pm, Su 11am-2:30pm. [35.324548,-83.802008]
		Walgreens 828-479-8791. M-Su 8am-9pm. [35.32377,-83.80303]
		Robbinsville Pharmacy 828-479-2273. (www.stores.healthmart.com) M-F 8am-6:30pm, Sa 9am-3pm, Su closed. [35.32267,-83.80662]

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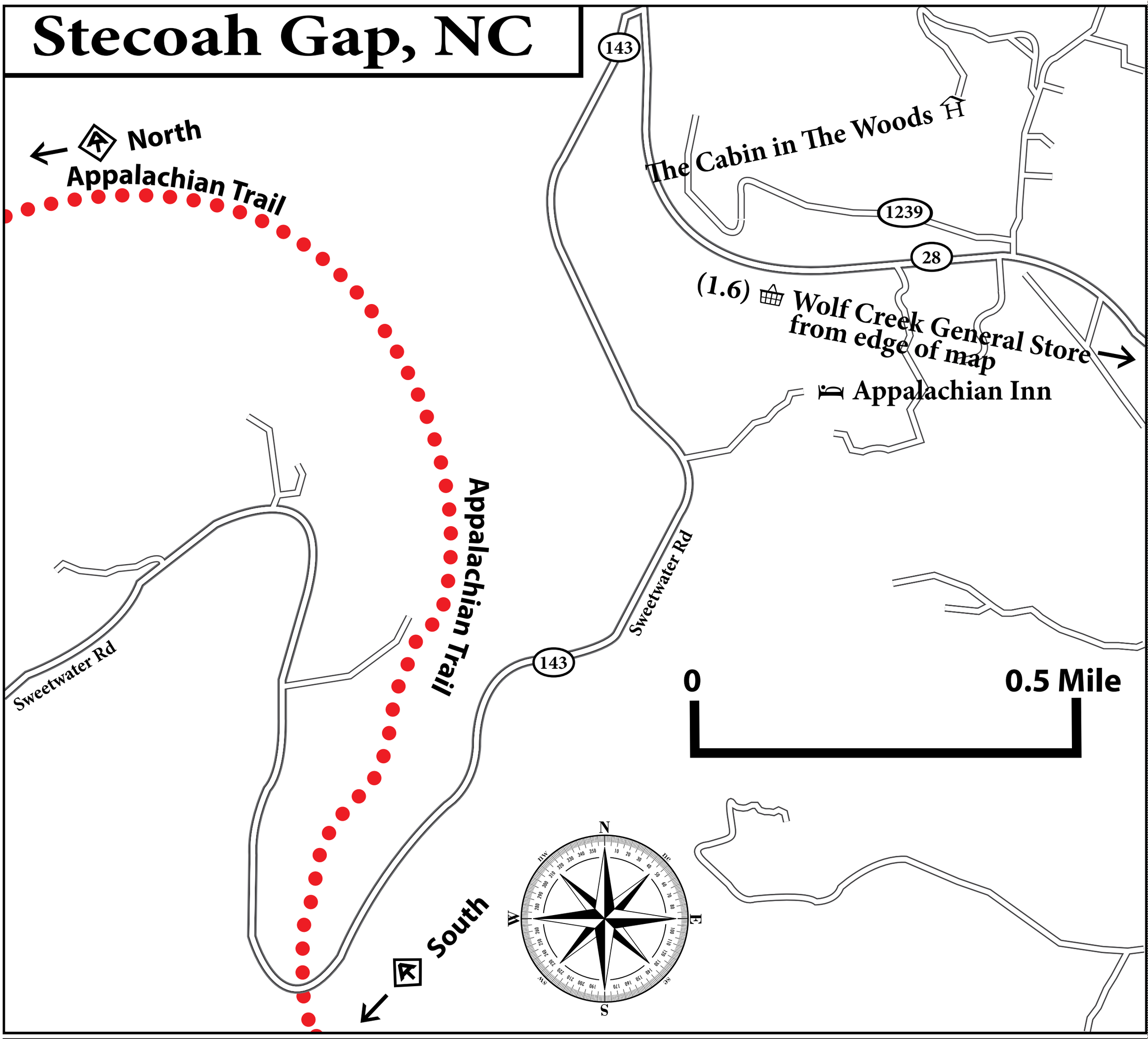
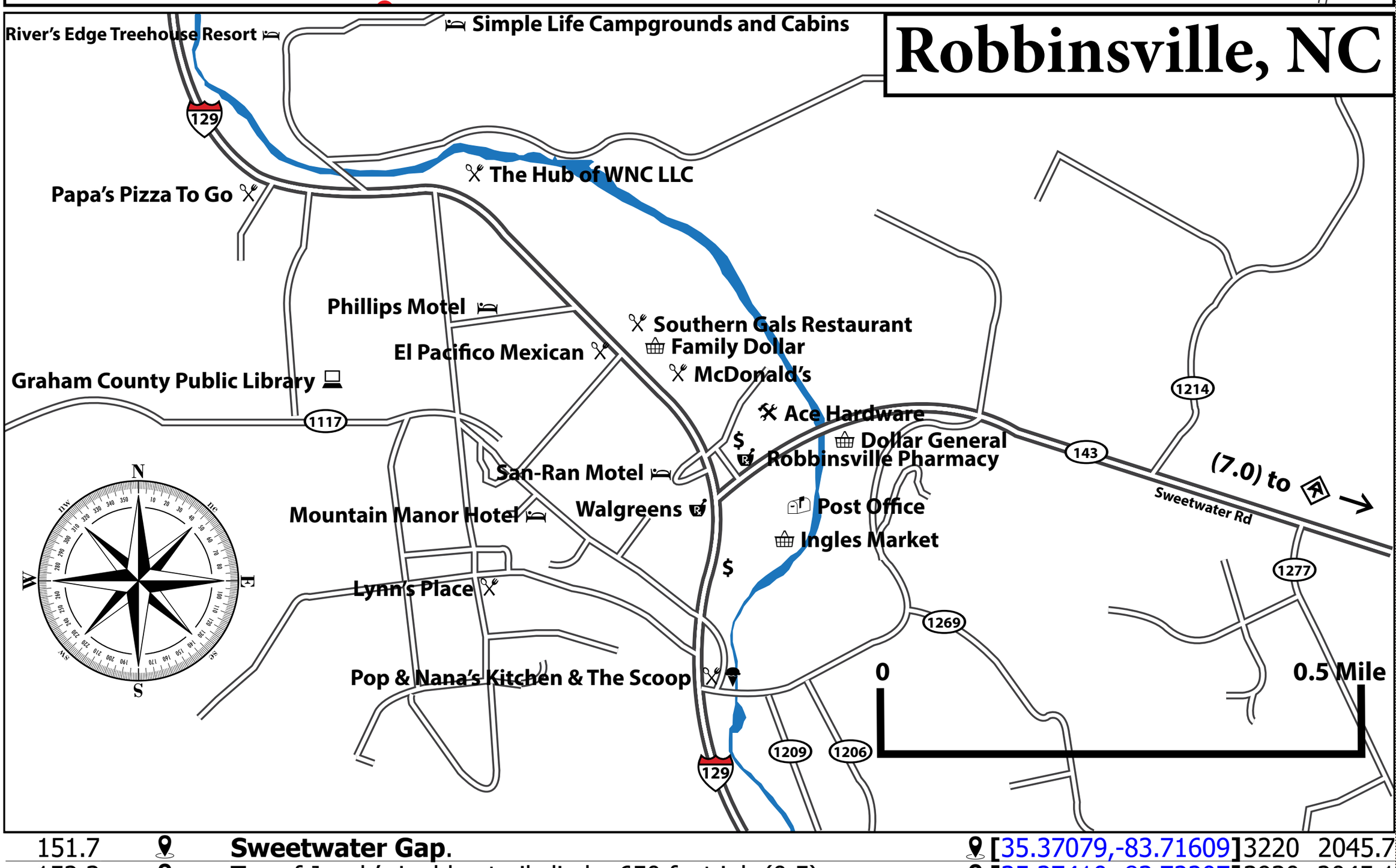
Stecoah Gap, NC





151.7		**Sweetwater Gap**. [35.37079,-83.71609]	3220	2045.7
152.3		Top of Jacob's Ladder, trail climbs 650 feet inb (0.5). [35.37410,-83.72207]	3930	2045.1
	{8}	(70 yds E) **21.9<<<17.0<<9.1<Brown Fork Gap Shelter>6.3>>13.1>>>24.9**		
153.1		Water (spring) is reliable located on the right of shelter, tenting, privy. [35.37423,-83.73390]	3800	2044.3
153.5		**Brown Fork Gap**, Browns Gap Spring is located south of the gap and 35 yards east of the trail. [35.371136,-83.739316]	3600	2043.9
154.1		Good view to west.	3752	2043.3
155.3		**Hogback Gap**. [35.38396,-83.75560]	3500	2042.1
156.1		**Cody Gap**, water from spring (0.1W) on blue-blaze, known to go dry up in hot weather. [35.39156,-83.76165]	3600	2041.3
156.9		Cross knob.	4000	2040.5
158.1		Cross **stream** above Yellow Creek Gap.	3374	2039.3
158.5	P {3} ★★★★★	Cross NC. 1242, Yellow Creek Mountain Road, Yellow Creek Gap. [35.41075,-83.76588] P [35.41050,-83.76570]	2980	2038.9

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(2.2W) **Creekside Paradise Bed and Breakfast** 828-346-1076 ✉ info@creeksideparadisewnc.com. (www.creeksideparadisewnc.com) (No texting available). Cynthia and Jeff. Pet friendly. Room rates: $60 per person, $45PP- 2 per room, $38PP-3 or more per room. Camping $10. Stays include pickup and return from Yellow Creek Gap, laundry, hot tub. Breakfast and resupply trip to Robbinsville included with room rental, $10 for campers. Dinner $15 per person. Free WiFi. Pickup and return from Stecoah Gap and Fontana $5 each way, NOC $15 each way. Slackpacking available.

Mail drops: 259 Upper Cove Rd, Robbinsville, NC, 28771. [35.40920,-83.79804]

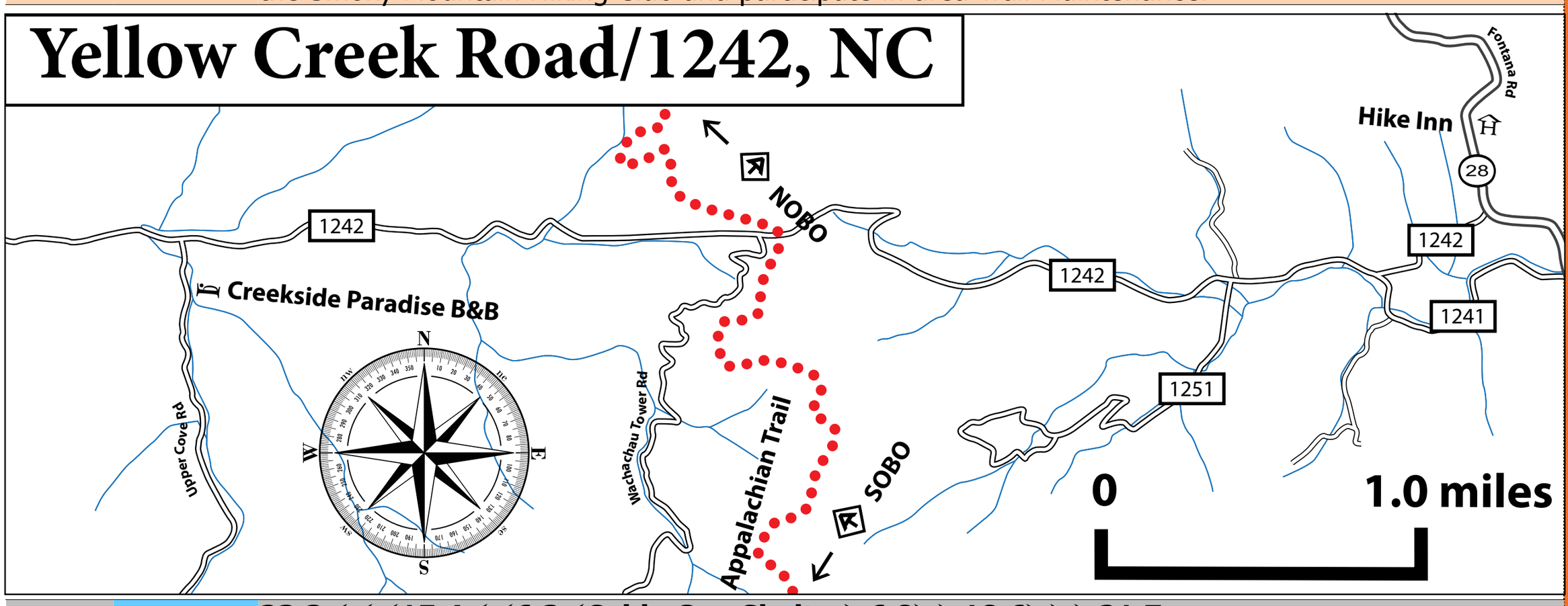
(3.1 E) **The Hike Inn** 828-479-3677. ✉ hikeinn@graham.main.nc.us. Open March thru November. A hikers-only motel and shuttle service run by Nancy Hoch since 1993, now joined by 2014 AT thru hiker Tom "High Loon" Barrett. May close periodically Nov thru Feb, so please call well ahead during those months. Hostel style atmosphere. Private room w/bath, TV, Wi-Fi, fridge, microwave & coffee maker: Laundry $5. **Thru & long-distance hiker package** (incl laundry, dinner/resupply trip to Robbinsville & p/u & d/o at Stecoah Gap, Yellow Creek Gap or Fontana Dam): One hiker is $75.00 plus tax. Two hikers in the same room is $60.00 each plus tax. **Section hikers** Room for 1 is $70.00 plus tax. Two hikers in a room is $80.00 plus tax. Two ppl max. Free slackpacking between Stecoah Gap, Yellow Creek Gap and Fontana Dam w/2-night stay. **P** Free parking for section hikers with stay & shuttle. Free printing of Smokies permit for guests. See The Hike Inn Shuttles for shuttles at NOBO mile 165.9.

Free mail drops for guests: 3204 Fontana Rd., Fontana Dam, NC 28733. Shuttles between Atlanta & Damascus. [35.41578,-83.72500]

Creekside Paradise Shuttles 828-346-1076 ✉ postandwilson@gmail.com Owner: Cynthia Post. Based out of Robbinsville, NC. 365 days, 8am-6pm & some holidays. Pet friendly.
S to Winding Stair Gap ➤ N to Clingmans Dome/Newfound Gap. Slackpacking. **P** Parking, free with stay, or daily and weekly rates apply. "Shuttle service availability needs 24 hours notice-short distances and 5-day notice for longer shuttles. Covid precautions followed."

Raymond Karr 828-735-6120(cell phone) TEXT ONLY Please ✉ rainman_is@protonmail.com Based out of Robbinsville, NC. Pet friendly. Some holidays.
Tellico Gap S ➤ N I-40 Underpass, TN. Slackpacking, **P** Parking negotiable based on circumstances. Cash preferred. Please Text (Calls are difficult due to cell range) I am a Member of the Smoky Mountain Hiking Club and participate in area Trail Maintenance.

Yellow Creek Road/1242, NC



159.4	{6}	**23.3➤➤➤15.4➤➤6.3➤Cable Gap Shelter➤6.8➤➤18.6➤➤➤21.7** Water (spring) located in front of shelter, tenting, ☾ privy. 2880 [35.41521,-83.77360] 2038.0
160.8		**Black Gum Gap**. [35.42040,-83.78306] 3490 2036.6
162.2		**Walker Gap**. Yellow Creek Mountain Trail leads west. [35.42329,-83.80399] 3450 2035.2
162.5		Cross small stream. [35.42628,-83.80106] 3629 2034.9
162.6		Campsite is not an ATC approved camping spot, water. [35.42674,-83.80079] 3200 2034.8
164.8	★★★★★	Cross **NC. 28**, Benton Mackaye Trail. [35.44140,-83.79544] **Fontana Dam Village (2.0W)**. **See Fontana Dam, NC map**. 1810 [35.43428,-83.82371] 2032.6
		Phone available to call for shuttle service to Lodge.
165.1	P {10} ★★★★★	Cross access road to marina, **P** parking lot. **See Fontana Dam, NC map.** P [35.44141,-83.79548] 1802 2032.3
		Fontana 28 AT Crossing. Bathrooms, free phone, vending machines.
		Fontana Shuttle 828-498-2211. Shuttles for $3 per person each way between AT Crossing at the marina, Visitor Center, Fontana Dam Shelter, and Fontana Village. 8:30-6 daily Feb 15 thru May 15. Call for rides outside these dates.
166.2	{24} P ★★★★★	(0.1E) paved **22.2➤➤➤13.1➤➤6.8➤Fontana Dam Shelter➤11.8➤➤14.9➤➤➤17.8** Also called the **"Fontana Hilton"** Water, tenting, shower, restroom. [35.44853,-83.79396] P [35.44941,-83.79669] 1775 2031.2
Fontana Village, NC (2.5W from NC 28). **See Fontana Dam, NC map.**		[35.43428,-83.82371]
		(2.7W) **PO** M-F: 11:45am-3:45pm. 828-498-2315. 50 Fontana Rd. Fontana, NC 28733. [35.43506,-83.82551]

Fontana Lodge 800-849-2258, 828-498-2211. Pet friendly cabins. Offers thru hiker rate $99 Sunday-Thursday and $109.00 for weekends for up to 4 people. Cabins $100 and up. Pet fee for cabins is an addistion $25 per night. Computer available for use with printer in lobby, free WiFi, ATM. Gift Shop stocks some hiker food and canister fuel when the General Store and Pitstop are closed.

Mail drops: free for guests, $5 for non-guest. Fontana Village Resort, ATTN: Front Desk, 300 Woods Rd., Fontana Dam, NC 28733. [35.43252,-83.82148]

General Store Grocery May thru Thanksgiving. Open W-Su 9am-6pm. Offers freeze-dried food, Canister fuel, Coleman and alcohol by the ounce. Wi-Fi. [35.43486,-83.82557]

Fontana Pit Stop M-Su 8am-5pm. Pizza, hot dogs and other light food, soda and coffee. Stocks some hiker food, freeze-dried food, and fuel when the General Store is closed. [35.43671,-83.82430]

Mountainview Bistro 828-498-2115. Open daily for breakfast, 7am-10pm. Th-Sa 5pm-9pm for dinner during March-Nov. Wi-Fi. **Wildwood Grill**, March-Nov. 12pm-9pm. Wi-Fi [35.43328,-83.82333]

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		Laundromat Open year round, 7 days a week, $2.50/dry and $0.50 for soap, detergent available in General Store. [35.43479,-83.82557]		
		The Hike Inn 828-479-3677 (Landline, no texts please) hikeinn@graham.main.nc.us. Owners: Nancy Hoch & Tom Barrett - "High Loon". Based out of Fontana Dam, NC. Pet friendly. Insured. Mar-Nov, 24/7 & holidays. Open everyday Mar thru Oct. May close periodically Dec thru Feb, so please call well ahead during those months. **S to Atlanta airport ➤ N to Damascus, VA** & airports, bus & train terminals. Slackpacking. Parking, free w/stay & shuttle, $5/day otherwise. "Hiker-friendly motel for 29 years, shuttle service since 1993, now joined by 2014 AT thru-hiker Tom "High Loon" Barrett. Reasonable Covid precautions in effect. Masks required in the vehicle, and keeping the vehicle's windows slightly open -- to help ensure that everyone has a safe and enjoyable shuttle ride."		
166.5		Fontana Dam bypass trail to the west. [35.45067,-83.79964]	1773	2030.9
166.6	{10} ★★★★★	Fontana Dam Visitor Center, water. Southern end of dam. [35.45134,-83.80155]	1700	2030.8
		Fontana Dam Visitor Center 828-498-2234. AT Passport loaction. Open daily April 2 - Sept 30: 9am-7 pm; October 9 am-6 pm. Soda machine outside. Restrooms, showers, free WiFi. Parking. [35.45184,-83.80238] [35.45134,-83.80155]		
167.0	★★★★★	Cross **Fontana Dam**, Little Tennessee River. Southern boundary of **Great Smoky Mountains National Park**. **⚠ North bounders must have a backcountry permit before entering Great Smoky Mountains National Park. Dogs are not permitted inside the Great Smoky Mountains National Park.** [35.45264,-83.80488]	1740	2030.4
		Loving Care Kennels 865-453-2028 (www.LovingCareKennels.com) Will pickup your dog at Fontana Dam and return him/her to Davenport Gap. $400 for one dog, $575 for two. Will deliver maildrops upon pickup and return. Call at least 2 days in advance if you are heading north bound. 3779 Tinker Hollow Rd, Pigeon Forge, TN 37863.		
		Standing Bear Farm 423-487-0014 (call) or 423-608-0149 (call or text). Listed under Standing Bear Farm on Green Corner Road in Davenport Gap at the north end of the Smoky Mountains.		
		Barks and Recreation 865-325-8245 (www.barksandrecgatlinburg.com) Does not offer rides, but you can drop-off and pickup. Located at 2159 East Pkwy Gatlinburg, TN. M-Sa 8am-8pm, Su 10am-6pm.		

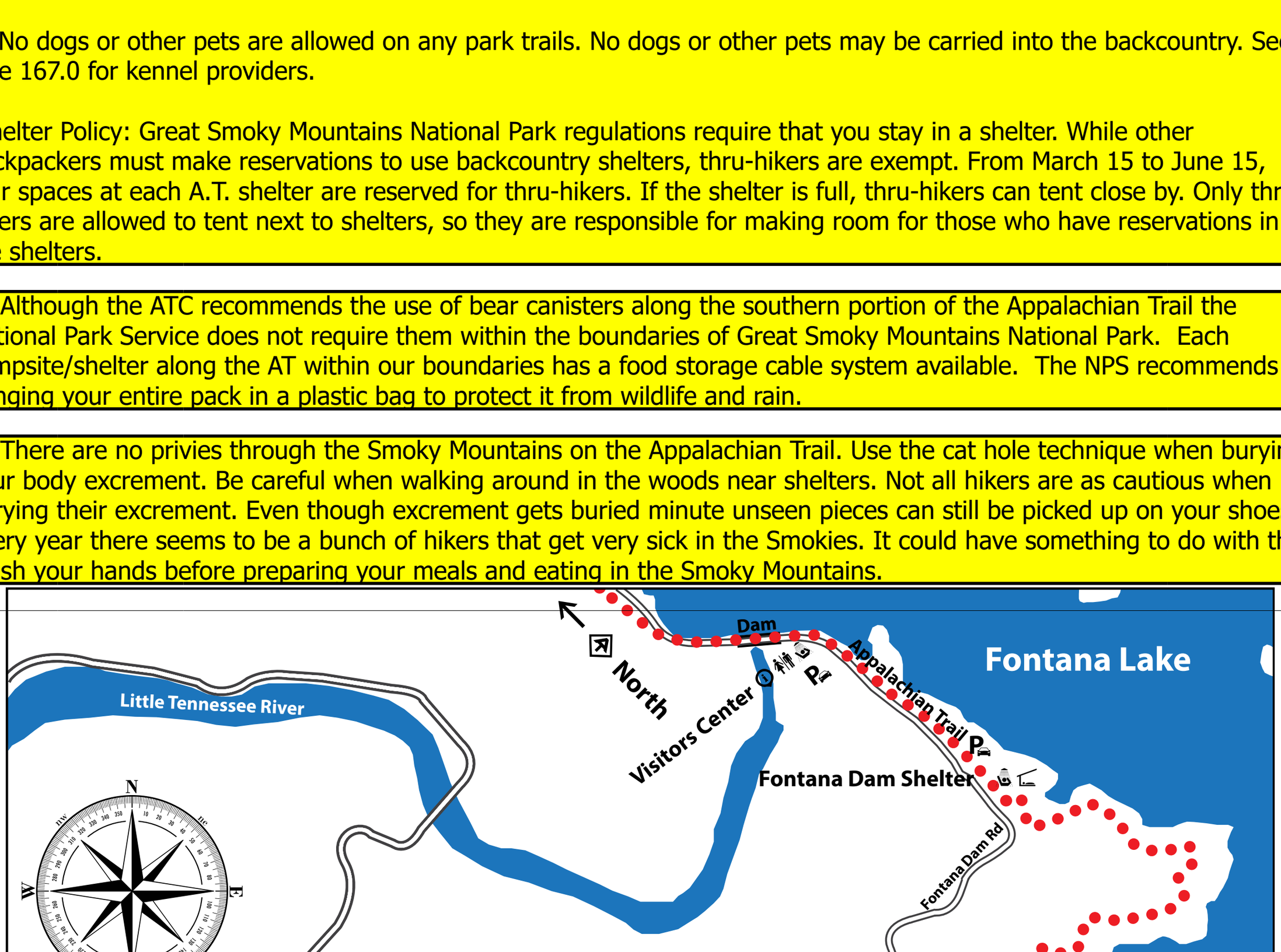
⚠ PERMITS
Great Smoky Mountains National Park (Tennessee/North Carolina)
-Thru-Hiker Permit: Hikers who meet the definition of an A.T. thru-hiker {those who begin and end their hike at least 50 miles outside the park and only travel on the A.T. in the park} are eligible for a thru-hiker permit for $20 (valid for 38 days from the date issued for an up to 8 day hike through the Park). Permits are available here. A permit may also be obtained in person at the park's Backcountry Office {at the Sugarlands Visitor Center near Gatlinburg} or over the phone; with permits issued by fax, mail or email. Permits are available at (https://smokiespermits.nps.gov/). Hikers staying overnight in the backcountry are required to have a printed copy of the permit. For more information, call 865-436-1297.

No dogs or other pets are allowed on any park trails. No dogs or other pets may be carried into the backcountry. See mile 167.0 for kennel providers.

-Shelter Policy: Great Smoky Mountains National Park regulations require that you stay in a shelter. While other backpackers must make reservations to use backcountry shelters, thru-hikers are exempt. From March 15 to June 15, four spaces at each A.T. shelter are reserved for thru-hikers. If the shelter is full, thru-hikers can tent close by. Only thru-hikers are allowed to tent next to shelters, so they are responsible for making room for those who have reservations in the shelters.

⚠ Although the ATC recommends the use of bear canisters along the southern portion of the Appalachian Trail the National Park Service does not require them within the boundaries of Great Smoky Mountains National Park. Each campsite/shelter along the AT within our boundaries has a food storage cable system available. The NPS recommends hanging your entire pack in a plastic bag to protect it from wildlife and rain.

⚠ There are no privies through the Smoky Mountains on the Appalachian Trail. Use the cat hole technique when burying your body excrement. Be careful when walking around in the woods near shelters. Not all hikers are as cautious when burying their excrement. Even though excrement gets buried minute unseen pieces can still be picked up on your shoes. Every year there seems to be a bunch of hikers that get very sick in the Smokies. It could have something to do with this. Wash your hands before preparing your meals and eating in the Smoky Mountains.



Fontana Dam, NC

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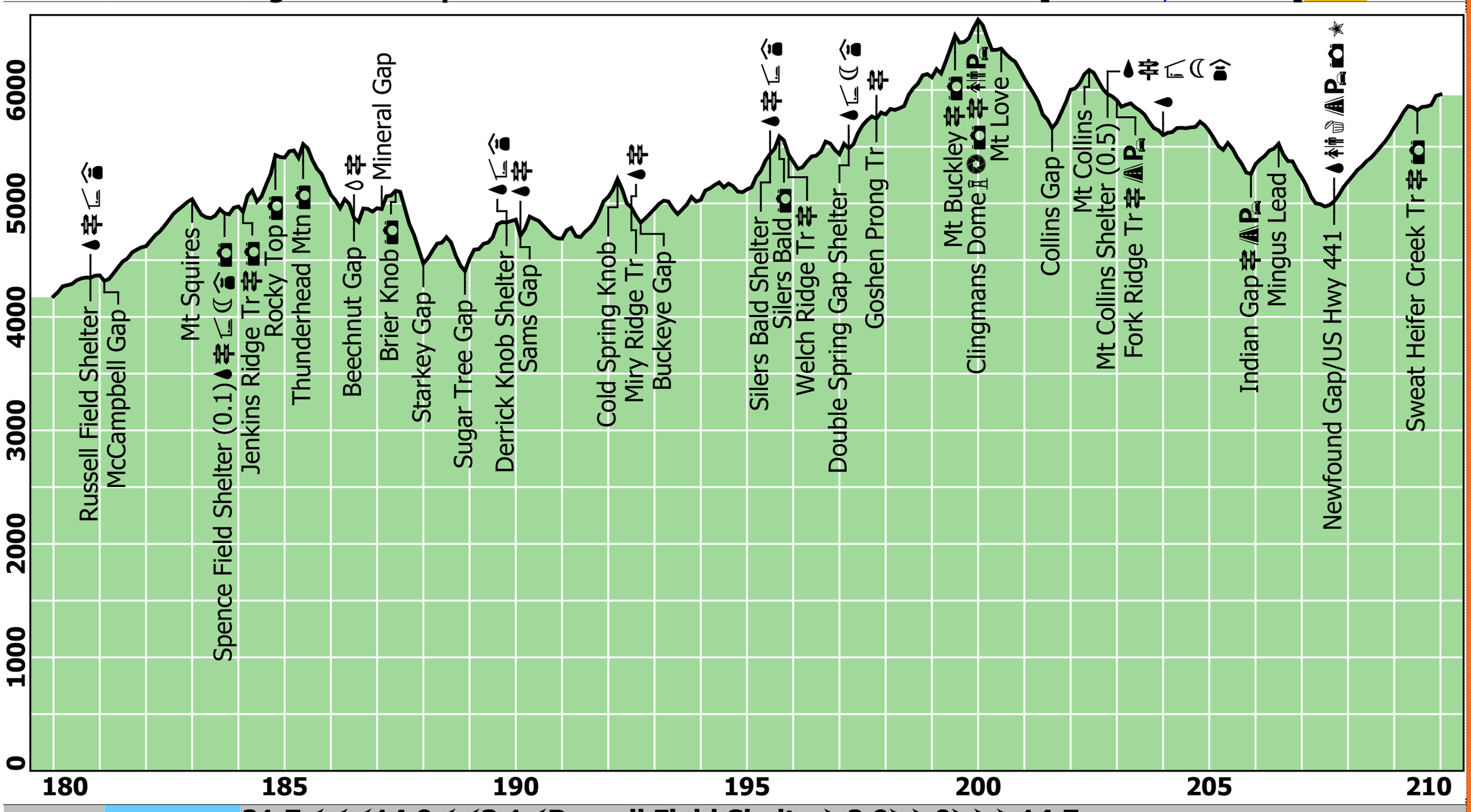
167.1		Fontana Dam bypass trail to the west.	[35.45246,-83.80811]	1725	2030.3
167.7	{7}	**Lakeview Drive West**, **Benton MacKaye Trail** and Lakeshore Trail and Benton MacKaye Trail lead east. **P** Roadside parking.	[35.46052,-83.81111] **P**[35.45381,-83.80905]	1800	2029.7
169.9		Unreliable water source a few yards east at bend in trail.		3621	2027.5
171.3		Old road leads (0.1) east to **Shuckstack Fire Tower**. Fire Tower:	[35.48546,-83.81515]	3800	2026.1
171.7		**Sassafras Gap**. Intersection of Lost Cove Trail east and Twentymile Trail to west.	[35.48941,-83.81557]	3648	2025.7
172.6		**Birch Spring Gap**, Backcountry Campsite 113 located 100 yards to west down slope, spring, bear cables. **Camping beyound here is not permitted along AT in Smokies.**	[35.50210,-83.81390] [35.50210,-83.81390]	3680	2024.8
174.7		**Doe Knob** summit, intersects with Gregory Bald Trail to the west.	[35.52556,-83.82149]	4520	2022.7
175.2		**Mud Gap**.	[35.52970,-83.81553]	4331	2022.2
176.1	**State Line**	**North Carolina–Tennessee State Line** (no marker here).	[35.53668,-83.80840]	4012	2021.3
176.6		**Ekaneetlee Gap**, spring 300 feet west.	[35.54006,-83.80187]	4034	2020.8
178.0	{12}	**24.9<<<18.6<<11.8<Mollies Ridge Shelter>3.1>>6.0>>>12.1** Water (spring) located 200 yards to the right of the shelter, bear cables.	[35.54588,-83.79363]	4570	2019.4
178.5		**Devil's Tater Patch**.	[35.54724,-83.78904]	4775	2018.9
179.6		**Little Abrams Gap**.	[35.55511,-83.77587]	4120	2017.8
179.9		**Big Abrams Gap**.	[35.55833,-83.77245]	4121	2017.5



181.1	{14}	**21.7<<<14.9<<3.1<Russell Field Shelter>2.9>>9>>>14.7** Water (spring) located 150 yards down the Russell Field Trail toward Cades Cove, bear cables.	[35.56161,-83.76636] [35.56173,-83.76660]	4360	2016.3
181.4		MacCampbell Gap.	[35.56250,-83.76170]	4329	2016.0
183.2		Mt. Squires, wooded summit.	[35.56349,-83.74184]	5037	2014.2
184.0	{12}	(0.15) east down Eagle Creek Trail to shelter. **17.8<<<6.0<<2.9<Spence Field Shelter>6.1>>11.8>>>13.5** Water (Anthony Spring) (150YDS) down the Eagle Creek Trail, privy, bear cables. Bote Mountain Trail to the west.	[35.56385,-83.73155] [35.56180,-83.73270] [35.56487,-83.73075]	4915	2013.4
184.4		**Jenkins Ridge Trail** leads east. Jenkins Ridge Spring is down the Jenkins Ridge Trail.	[35.56270,-83.72586] [35.561279,-83.725433]	4936	2013.0
185.1		**Rocky Top**, views of Fontana Lake.	[35.56415,-83.71390]	5440	2012.3
185.7		**Thunderhead Mountain,** east peak, views of Fontana Lake and southwest. Spring to the west.	[35.56858,-83.70630] [35.56983,-83.70594]	5527	2011.7
186.8	**P**	**Beechnut Gap**, water (spring) is located 75 yards west.	[35.56931,-83.69372]	4920	2010.6
187.4		Mineral Gap.	[35.56899,-83.68199]	5030	2010.0
187.8		Eastern shoulder of **Brier Knob**, vista		5210	2009.6
188.3		**Starkey Gap**.	[35.56941,-83.66987]	4480	2009.1
189.1		Sugar Tree Gap, sugar maple trees.	[35.56938,-83.65729]	4435	2008.3
190.1	{12}	**12.1<<<9.0<<6.1<Derrick Knob Shelter>5.7>>7.4>>>13.0** Water (spring), bear cables.	[35.56651,-83.64190]	4880	2007.3
190.4	**P**{15-20}	**Sams Gap**, water (spring) is located 300 feet west, junction with Greenbrier Ridge Trail to the west (4.2) to Tremont Road and **P** parking.	[35.56764,-83.63671]	4995	2007.0
192.5		Cold Spring Knob, wooded summit.	[35.57997,-83.60844]	5216	2004.9
192.7		Miry Ridge Trail ro the west.	[35.57927,-83.60373]	4967	2004.7
192.9		**Buckeye Gap**.	[35.57841,-83.60129]	4866	2004.5
195.8	{12}	**14.7<<<11.8<<5.7<Silers Bald Shelter>1.7>>7.3>>>15.3** Water (spring) located to the east 75 yards on side trail. Bear cables.	[35.56428,-83.56831]	5460	2001.6
196.0		Silers Bald, partially wooded summit, view.	[35.56596,-83.56546]	5607	2001.4
196.2		**Welch Ridge Trail** to east.	[35.56553,-83.56347]	5432	2001.2
197.5	{12}	**13.4<<<7.4<<1.7<Double Spring Gap Shelter>5.6>>13.6>>>21** Water that is reliable is located on the North Carolina side, 15 yards from the crest. A second source is on the Tennessee side, 35 yards from the crest. Privy, bear cables. Gap is named for two springs that are unreliable in late summer.	[35.56525,-83.54263]	5505	1999.9
198.0		**Goshen Prong Trail** to the west.	[35.56468,-83.53391]	5755	1999.4
199.8		**Mt. Buckley**, vista. Clingman's Dome Bypass Trail leads east 0.5 mile to Clingman's Dome Parking Area.	[35.56208,-83.50432]	6582	1997.6

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200.3	P{20}	**Kuwohi**, previously known as **Clingmans Dome**. This was changed back to its Cherokee name in 2024. AT Passport location, in visitors center. Highest point on the AT. Observation tower provides 360-degree views. Trail east (0.5) to Clingman's P parking area with restroom. P[35.55649,-83.49599] [35.56291,-83.49832]	6643		1997.1
200.8		**Mt. Love**, summit. [35.56687,-83.49337]	6446		1996.6
201.9		Collins Gap, Clingman's Dome Road is visable to the east.	5664		1995.5
202.7		Mt Collins, wooded summit. [35.58648,-83.47250]	6176		1994.7
203.1	{12}	Sugarland Mountain Trail leads (0.4W) on Sugarland Mtn Trail to shelter. **13.0<<<7.3<<5.6<Mt. Collins Shelter>8.0>>15.4>>>20.6** Water (spring) located 200 yards beyond shelter on Sugarland Mountain Trail, privy, bear cables. [35.59069,-83.47422] [35.59408,-83.47105]	5900		1994.3
203.3	P{4-5}	Side trail leads east 35 yards to **Clingmans Dome Access Road** and **Fork Ridge Trail**. P[35.59025,-83.46960]	5269		1994.1
204.2		Reliable spring. [35.59622,-83.46101]	5602		1993.2
206.3	P{8-10}	**Indian Gap**, intersection of Road Prong Trail. P Parking 19 yards east off **Clingmans Dome Access Road**. [35.60947,-83.44672] P[35.60953,-83.44655]	5286		1991.1
206.8		Mingus Lead ridge crest, trail passes between two gaps in fence designed to protect ecologically sensitive areas from wild boars. [35.61186,-83.44108]	5526		1990.6
208.0	P{20} ★★★★★	Cross **U.S. 441**, **Newfound Gap**. Rockefeller Memorial. Restrooms. The only road crossing along the Trail in the Smokies. [35.61123,-83.42534] P[35.61108,-83.42531]	5045		1989.4
Gatlinburg, TN (15.0W), See Gatlinburg, TN map.				[35.71420,-83.50997]	
		(17.7) **PO** M-F 9am-5pm, Sa 9am-11am. 865-436-3229. 1216 East Pkwy 37738. 1216 East Pkwy. Gattlinburg, TN 37738.		[35.72556,-83.48150]	
		Microtel Inn 865-436-0107. $69.99 to 89.99, includes continental breakfast. Pets fee $10. Free WiFi. Mail drops for guests and advance reservations: 211 Historic Nature Trail, Gatlinburg, TN 37738		[35.70933,-83.51785]	
		Motel 6 865-436-7813. Reaonable rates, call for pricing. Pets under 25 lbs are free, There is a pet fee of over 25 lbs. Microwave, fridge, outdoor pool, free WiFi. Accepts Credit Cards. Mail drops for guests: 309 Ownby St, Gatlinburg, TN 37738.		[35.70737,-83.52514]	
		Days Inn & Suites 865-436-5811. Call for pricing, free WiFi.		[35.70727,-83.52233]	
		NOC Great Outpost 865-277-8209 (noc.com/retail-locations/noc-gatlinburg) AT Passport location. M-Th 10am-6pm, F-Sa 10am-8pm, Su 10m-6pm. Coleman and alcohol by the ounce. Free showers and pack storage. Mail drops: 1138 Parkway, Gatlinburg, TN 37738.		[35.70650,-83.52182]	
		The Day Hiker 865-430-0970. (www.thedayhiker.com)		[35.71245,-83.51433]	
		Old Dad's General Store & Deli 865-430-1644. (www.olddadsgeneralstore.com) Deli, Grill, Grocery. Also serves hot foods. M-Su 7am-11pm.		[35.70703,-83.52236]	
		Bennett's BBQ (bennetts-bbq.com) AYCE Breakfast bar include 50 items. AYCE Soup and Salad bar for lunch.		[35.70888,-83.52238]	
		Smoky Mountain Brewery (www.smoky-mtn-brewery.com)		[35.70756,-83.52044]	
		Park Grill Steakhouse (www.parkgrillgatlinburg.com)		[35.70690,-83.52167]	
		Other restaurants intown include. Pizza Hut, TGI Friday's, Five Guys, Shoney's, Loco Burro fresh mex cantina			
		A Walk in the Woods 865-436-8283 (office) info@awalkinthewoods.com (www.awalkinthewoods.com) Owner: Vesna Plakanis. Based out of Gatlinburg, TN. Not Pet friendly. Insured. 365 days, (weather permitting) - 9am-5pm daily, some holidays, (closed Thanksgiving, Christmas & New Years Day). **S to Springer Mtn ➤ N to Damascus, VA** & airports, bus & train terminals. Covid precautions. Masks required in vehicle until further notice.			
		AAA Hiker Service 865-322-0691 (cell), 423-487-3072 shuttle@aaahikerservice.com (www.aaahikerservice.com) Owner: Mark Rodgers. Based out of Cosby/Gatlinburg, TN. Pet friendly. Insured. 365 days, 24/7, weather permitting & some holidays. **S to Springer Mtn ➤ N to Damascus, VA** & airport, bus & train terminals. Slackpacking. "Up to 4 passengers per vehicle. All points in the GSMNP with CUA permit. Shuttle service in and around the Great Smoky Mountains since the last Millennia{1998}. Call for resupply availability."			
Cherokee, NC. (18.0E) (all major services)					
		Appalachian Services 828-736-8169 (cell) (appalachianServices@msn.com) (www.appalachianservices.biz) Owner: Bill Johnson. Based out of Cherokee, NC. **S to Amicalola Falls State Park/Springer Mountain, GA to Erwin. TN.** Shuttles to/from Harpers Ferry, WV also available with sufficient notice. Website has info on airports/bus stations served, availability, additional services offered, and no-charge transportation to hospitals/Urgent Care facilities. Full-service hiker support since 2001 for the AT.			
		Cherokee Cabs & Limousine 828-269-8621 (cell) cherokeecabs@gmail.com (www.cherokeecabs.com) Dispatcher: Mike Jones. Based out of Cherokee, NC. Pet friendly Insured. 365 days, 24/7 & holidays. **S to (anywhere) ➤ N to (anywhere)** & airport, bus & train terminals. "We have a motel and cabins, we can get hikers a discount on, in Cherokee, NC."			
		Michelle Moshinskie "Starr" 802-522-3968 Pet friendly. michellemoshinskie@yahoo.com. Based out of Kodak, TN. Pet friendly. Rates at $2/mile, rates for the car load (up to four passengers). Ice cold gatorades upon pick-up. Slackpacking. Schedule ahead of time to reserve your preferred time slots. **S to Fontana Dam, NC ➤ Hot Springs. NC.** & airport, bus & train terminals			

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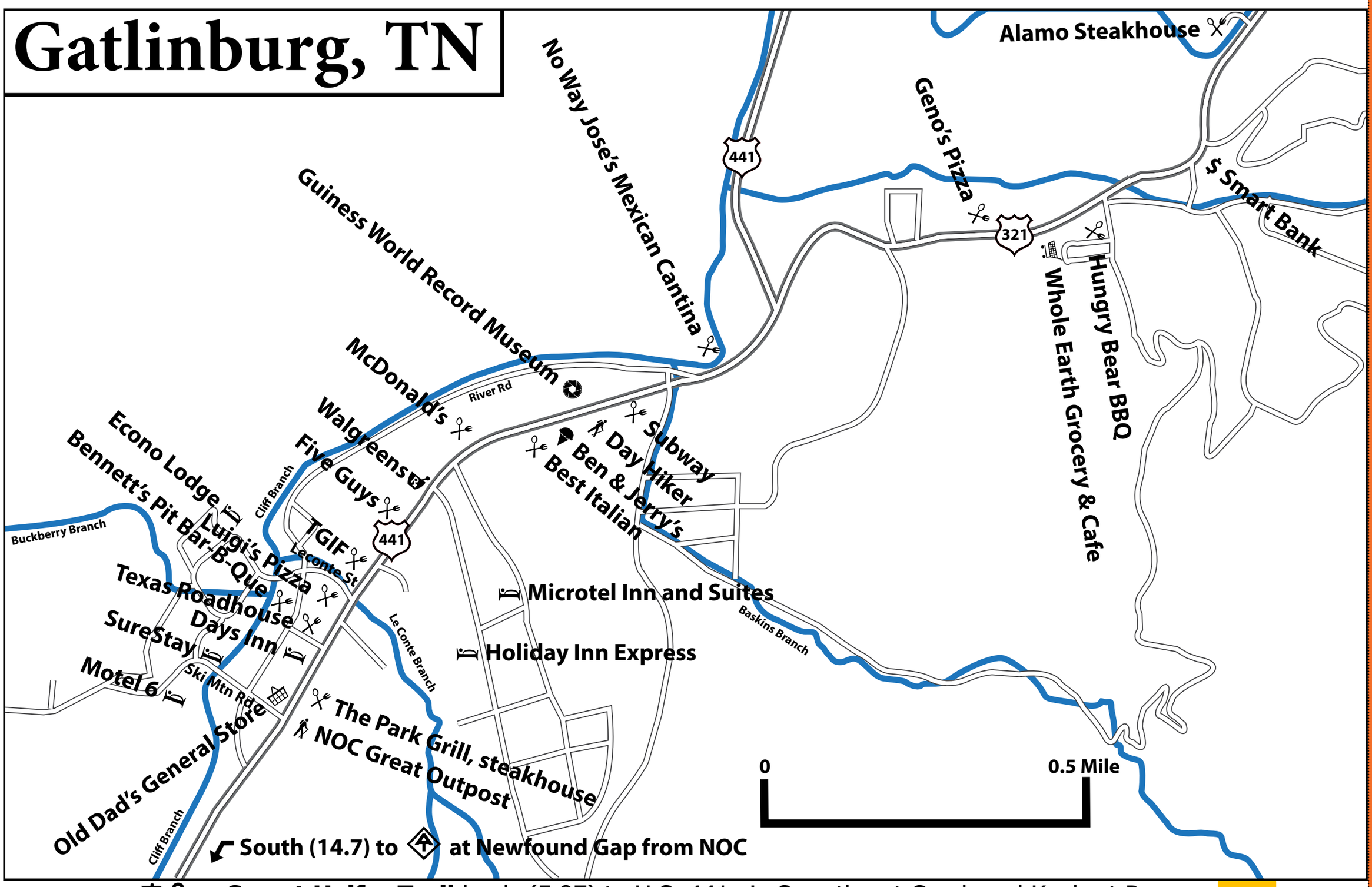
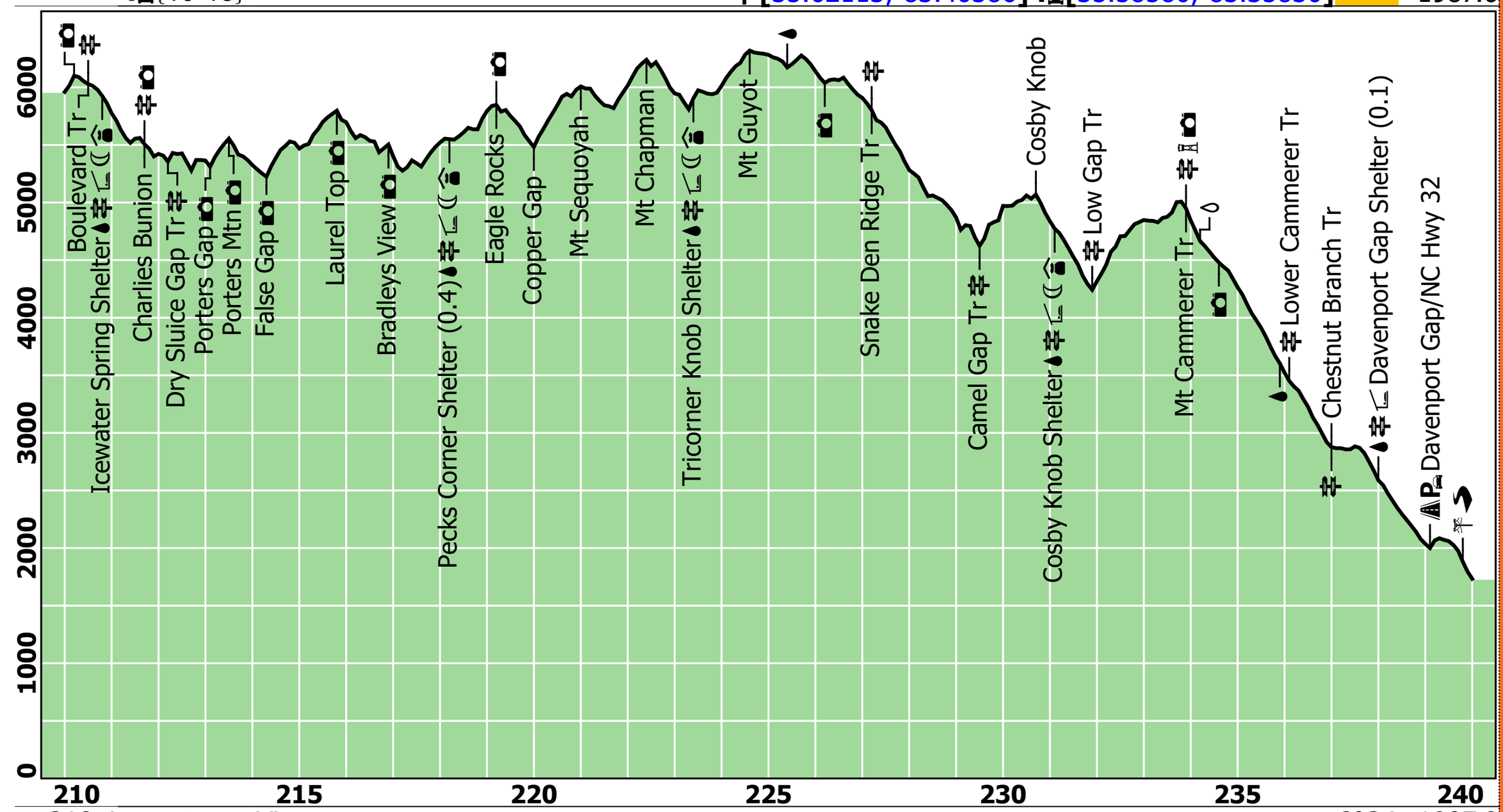


209.8 **Sweat Heifer Trail** leads (5.8E) to U.S. 441 via Sweetheart Creek and Kephart Prong. 5842 1987.6
P{10-15} [35.62113,-83.40386] P[35.58580,-83.35830]



210.4		View.		6034	1987.0
210.8		**Boulevard Trail** leads (5.5W) to Mt. LeConte.	[35.62839,-83.39066]	5695	1986.6
211.1	{12}	(75 ft E) **15.3<<<13.6<<8.0<Icewater Spring Shelter>7.4>>12.6>>>20.3** Water (Icewater Spring) located 50 yards north on AT, privy, bear cables.	[35.62981,-83.38631] [35.63064,-83.38683]	5920	1986.3
212.0		**Charlies Bunion** (0.1) on loop trail west around Fodder Stack. From here to Porters Gap there are some spectacular views.	[35.63841,-83.37214] [35.63921,-83.37187]	5500	1985.4
212.4		**Dry Sluice Gap**.	[35.63826,-83.36991]	5314	1985.0
212.5		Dry Sluice Gap Trail leads (8.7) east to Smokemont Campground.	[35.63814,-83.36906]	5443	1984.9
213.4		**Porters Gap**, the Sawteeth. From here to Charlies Bunion there are some spectacular views.	[35.64648,-83.35966]	5577	1984.0
213.7		Porters Mountain, trail passes west of summit, view.		5555	1983.7
214.6		**False Gap**.	[35.65692,-83.35396]	5500	1982.8
216.0		Laurel Top.	[35.66464,-83.34029]	5880	1981.4
217.1		**Bradley's View**, views east into deep-cut gorge of Bradley Fork.		5200	1980.3
218.3		Cross Hughes Ridge.	[35.65277,-83.30935]	5571	1979.1
218.5	{12}	Hughes Ridge Trail leads east, continue on trail to shelter. (0.4E) **21.0<<<15.4<<7.4<Pecks Corner Shelter>5.2>>12.9>>>19.8** Water (spring) located 50 yards in front of shelter, privy, bear cables. From the shelter Hughes Ridge Trail leads to Smokemont Campground.	[35.65515,-83.30844] [35.65081,-83.30851]	5280	1978.9
219.4		**Eagle Rocks**. Good view of slopes and gorges.	[35.65995,-83.29514]	5884	1978.0
220.2		**Copper Gap**.	[35.66881,-83.29117]	5480	1977.2
220.9		Skirts a summit Mt. Sequoyah.	[35.67488,-83.28814]	5999	1976.5
221.2		**Mt. Sequoyah**, summit.	[35.67540,-83.28260]	6010	1976.2
222.6		Reach high point on Mt. Chapman.		6240	1974.8
223.7	{12}	(300 ft E) **20.6<<<12.6<<5.2<Tri-Corner Knob Shelter>7.7>>14.6>>>25.3** Water (spring) located 10 yards in front of shelter, privy, bear cables.	[35.69383,-83.25665]	5920	1973.7
224.0		**Balsam Mountain Trail** leads (10.1) along ridge of Balsam Mountains to Pin Oak Gap at Balsam Mountain Road, closed in winter.	[35.69448,-83.25657]	5970	1973.4
225.1		Trail skirts around **Mt Guyot.**		6360	1972.3
225.7		**Guyot Spring**, located on AT.	[35.70946,-83.25439]	6150	1971.7

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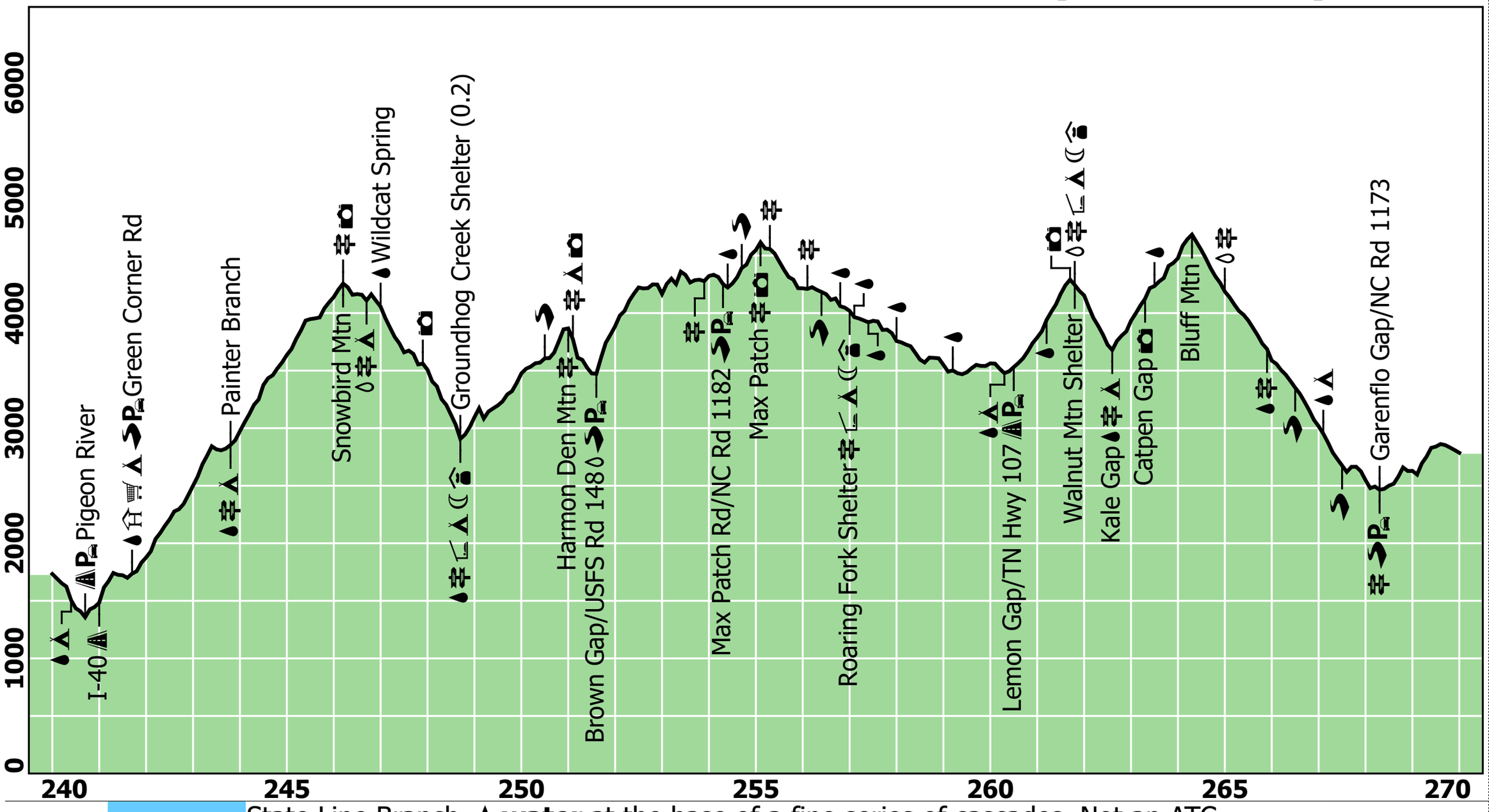
226.4		Good view. Former site pf helicopter pad at Deer Gap. Good view. [35.71962,-83.25150]	6271	1971.0	
227.7		**Snake Den Ridge Trail** leads (5.3W) to Cosby Campground. [35.72677,-83.23814]	5600	1969.7	
229.9		Camel Gap Trail to the east. [35.72593,-83.20496]	4630	1967.5	
231.0		Ridgecrest on west side of ridge near Cosby Knob. [35.72937,-83.18759]	5150	1966.4	
231.4	{12}	(150 ft E) **20.3<<<12.9<<7.7<Cosby Knob Shelter>6.9>>17.6>>>25.9** Water (spring) is located 35 yards downhill in front of shelter, privy, bear cables. [35.72828,-83.18206]	4700	1966.0	
232.1		**Low Gap Trail** leads (2.5) west to Crosby Campground, east to Big Creek Campground. [35.73735,-83.18120]	4240	1965.3	
234.2		Side trail leads (0.6) west to **Mt. Cammerer** fire tower. Historic stone and timber structure rebuilt in 1994 that provides panoramic views from its platform. Not your run of the mill fire lookout, it's an octagonal rock tower. [35.75708,-83.16540] [35.76353,-83.16134]	5000	1963.2	
234.6		**Water** (spring) is located on AT west side. [35.76132,-83.16115]	4300	1962.8	
234.8		Large rock provides good **views** east.	4387	1962.6	
236.1		**Water** (spring) is located 80 feet to the east	3700	1961.3	
236.3		**Lower Mt. Cammerer Trail** leads west (7.8) public road at NPS Cosby Campground. [35.76532,-83.14418]	3469	1961.1	
237.3	P{10}	**Chestnut Branch Trail**, leads (2.0) east to P parking at Big Creek Ranger Station and to the north end of BMT. [35.76713,-83.13357] P [35.75986,-83.10555]	2900	1960.1	
238.3	{12} ★★★★★	(200 yds W) **19.8<<<14.6<<6.9<Davenport Gap Shelter>10.7>>19.0>>>23.8** Water (spring) located to left of shelter. [35.76917,-83.12215] [35.76921,-83.12370]	2600	1959.1	

⚠ Advance notice for any hiker getting on here, if you don't already have a Backcountry Permit:
See Notes about Great Smoky Mountains National Park, Backcountry Permit Fees at NOBO mile 167.0.

⚠ There are no privies through the Smoky Mountains on the Appalachian Trail. Use the cat hole technique when burying your body excrement. Be careful when walking around in the woods near shelters. Not all hikers are as cautious when burying their excrement. Even though excrement gets buried, minute unseen pieces can still be picked up on your shoes. Every year there seems to be a bunch of hikers that get very sick in the Smokies. It could have something to do with this. Wash your hands before preparing your meals and eating in the Smoky Mountains.

239.5	P{5-6} ★★★★★	Cross TN. 32, Davenport Gap, Mount Sterling Road. (Old NC. 284), eastern boundary, Great Smoky Mountain National Park. Parking is not recommend here, location has a history of vandalism with car thefts. [35.77050,-83.11089] P [35.77443,-83.11215] ⚠ See Notes about Great Smoky Mountains National Park, Backcountry Permit Fees at NOBO mile 167.0.	1975	1957.9	
		(1.2E) **Big Creek Country Store** 828-476-4492. Open seasonally. Hours may vary. Showers and restrooms available for customers. Call for more info. **See Map of Davenport Gap, TN.** [35.76210,-83.10370]			
239.8		Cross woods road. [35.77480,-83.10929]	1799	1957.6	
240.1		Power line. [35.77784,-83.11093]	1822	1957.3	



240.7		State Line Branch, **water** at the base of a fine series of cascades. Not an ATC approved **camping spot**. [35.78261,-83.11519]	1600	1956.7	
240.9	P{1-2}	Cross/Intersects with Tobes Creek Road, Waterville Road, Pigeon River. P Parking at intersection. [35.78444,-83.11375] P [35.78506,-83.11285]	1400	1956.5	
		I-40, cross, underpass. [35.78365,-83.11043]			
241.2	P{2}	(150 yds) north, reach steps. Green Corner Road, steps. It is recommended that if you want to go to Standing Bear Hostel that you continue on another (0.4) miles to the next road crossing. P Roadside parking. P [35.78343,-83.10930]	1445	1956.2	
241.3	★★★★★	Green Corner Road, steps. It is recommended that if you want to go to Standing Bear Hostel that you continue on another (0.4) miles to the next road crossing. [35.78327,-83.10928]	1510	1956.1	
		(9.0W) **The Discerning Hiker** 423-721-5278 ✉ discerninghiker@gmail.com (www.discerninghiker.com) Opens for reservations Open March 2024 thru Oct 2024. Reservations only. $75 per hiker per night semi-private. Private queen room $75 per hiker double occupancy. $140 Single occupancy. Full laundry, full kitchen. Ride to Walmart/town is included. Hot shower and soaker tub 4 hikers. Shuttles to and from Davenport Gap with stay. Mail drops for guests: 4319 Ground Hog Rd, Crosby, TN. 37722. [35.79560,-83.19188]			
241.8	★★★★★	**Green Corner Road**. **See Davenport Gap, TN map.** [35.78297, -83.10212]	1800	1955.6	

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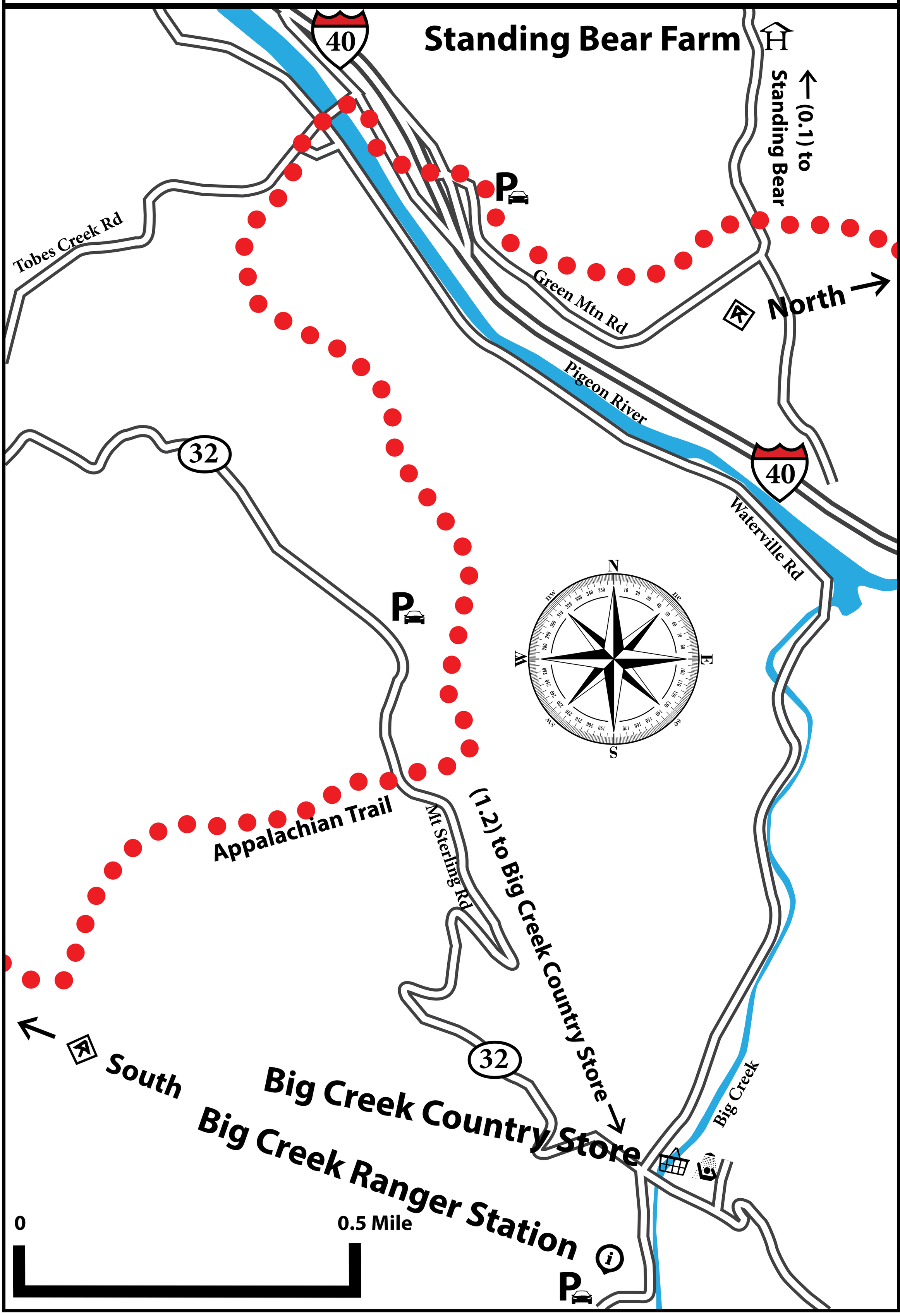
(0.1W) **Standing Bear Farm** 423-487-0014 (call) or 423-608-0149 (call or text) ✉ standingbearian@gmail.com. AT Passport location. Open year round. Bunk $25, tenting $20 for one $30 for double. Private rooms: $50/one $80/two etc. Good resupply. U-cook pizzas for sale (pizza oven), all stove fuels. Canister, Coleman and alcohol fuels. Laundry, deep sink, scrub board & dryer. Free Wi-Fi. Shuttles services. Dog sitting/dog shuttle around Smokies. **P** Parking $5 per day. [35.78615,-83.10180]
Mail drops for guests free (non-guest $5 per package): 4255 Green Corner Rd, Hartford, TN 37753.

Standing Bear Farm Shuttle Service 423-487-0014 (call) , 423-608-0149 (call/text) (www.standingbearfarmhostel.com) Owner: Maria Guzman. Based out of Hartford TN. Pet friendly Insured 365 days, 8am-8pm & holidays.
S to Springer Mtn ◄ ► N to Harpers Ferry, WA. & airport, bus & train terminals. Slackpacking. **P** Parking, $5/vehicle/day. "Please contact Maria for shuttle scheduling/reservations at 423-487-0014. Covid precautions. Masks required on shuttles."

Hike 2 Heal Julie Wilson-Freeman. 317-417-5351 ✉ hike2heal@yahoo.com
2721 Autumn Drive, Crosby, TN. 37722. $10 for pickup, $1 per mile. **[**35.875434,-83.265764**]**

Davenport Gap, TN



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244.1		**Painter Branch**, blue blazed trail east across to Painter Creek ⛺ campsite and good 💧 spring. [35.78400, -83.08028]	3100	1953.3
245.0		**Spanish Oak Gap**, trail joins old road bed. [35.78934,-83.07561]	3730	1952.4
246.5		Western Peak of **Snowbird Mountain**, side trail 50 yards to white FAA building on western peak of Snowbird Mountain. Good views from the area around the FAA tower on Snowbird Mtn. [35.78943,-83.05240]	4263	1950.9
247.0		A wide trail leads down 250 yards to ⛺ **campsite** and 💧 **water** (spring). ⛺[35.78575,-83.04506]	4100	1950.4
247.2		Wildcat Spring 25 feet uphill from Trail. 💧[35.78391,-83.04319]	4066	1950.2
248.2		Vista.	3546	1949.2
249.0	{6}	Deep Gap, also called Groundhog Creek Gap. (0.2E) **25.3<<<17.6<<10.7<Groundhog Creek Shelter>8.3>>13.1>>>23.0** 💧 Water available from stream 100 yards from the shelter, ☾ privy, bear cables. ⛺ Tent sites are west of the trail at Deep Gap. [35.78341,-83.02509] [35.78183,-83.02621]	2900	1948.4
250.8		Lumber road with gate 200 feet above trail to west.	3597	1946.6
251.3	{4}	**Harmon Den Mountain** to unmarked trail east to summit. The Rube Rock Trail leads (4.2) east to Rube Rock Branch and the Pigeon River. Spur trail leads west 350 feet to formation known as Hawk's Roost. ⛺ Campsite, no water. [35.77375,-83.00114]	3833	1946.1
251.9	P{2}	Cross **USFS 148A**, **Brown Gap**, occasional spring is 100 yards down dirt road. Roadside P parking. [35.77305,-82.99575] P[35.77315,-82.99588]	3500	1945.5
252.3		Cross Old road.	4393	1945.1
252.5		Spring 100 yards west in steep ravine.	4311	1944.9
254.4		Intersection of Cherry Creek Trail, yellow blazed. [35.79000,-82.96595]	4346	1943.0
254.6	P{3-4}	Cross **Max Patch Road**, **SR 1182.** [35.79226,-82.96179] P[35.79630,-82.96270]	4380	1942.8
254.7		Cross West Fork Little Creek. 💧[35.79268,-82.96166]	4273	1942.7
255.0		Cross gravel road leading west to SR 1182. [35.79304,-82.95820]	4406	1942.4
255.4	P{15-20}⚠	**Max Patch** Summit, open summit with 📷 views, ⚠ **NO CAMPING, NO FIRES**. Side trail leads west (0.2) to P parking lot. [35.79653,-82.95801]	4629	1942.0
255.6		Pass side trail that leads to old road, which leads to SR 1182. [35.79881,-82.95565]	4487	1941.8
256.4		Intersection with Buckeye Ridge Trail. [35.79868,-82.94733]	4239	1941.0
256.7		Cross road with stiles on both sides. [35.80145,-82.94551]	4235	1940.7
257.1		Cross **stream**. 💧[35.80254,-82.94773]	4237	1940.3
257.3	{10} ⛺{8}	(50 yds E) **25.9<<<19.0<<8.3<Roaring Fork Shelter>4.8>>14.7>>>28.9** 💧 Water located 800 feet north and south on the AT from the shelter, ⛺ tent pads, ☾ privy, bear cables. [35.80499,-82.94978]	3950	1940.1
257.4		Cross stream. 💧[35.80485,-82.95134]	4080	1940.0
257.6		Cross footbridge.	4020	1939.8
258.2		Nice **cascades** below the trail to the east.	3861	1939.2
258.3		Cross creek on footbridge.	3863	1939.1
259.1		Cross old woods road.	3612	1938.3
259.4		Trail crosses two streams within 100 yards of each other. 💧[35.81760,-82.94098]	3500	1938.0
260.6		Cross **stream** with nice ⛺ **camping** spot nearby. 💧[35.82319,-82.93819]	3488	1936.8
260.8	P{4-6}	Skirts **SR 1182**, **TN. 107**, **Lemon Gap**. Small clearing with three way road junction. P[35.82536,-82.93750]	3550	1936.6
261.5		Cross two branches of **Lemon Prong** (150FT) apart. 💧[35.81989,-82.93777]	3937	1935.9
262.1	{5}⛺	**23.8<<<13.1<<4.8<Walnut Mountain Shelter>9.9>>24.1>>>32.7 Removed** 💧 Water (Walnut Creek Spring) is located down a blue blazed trail to the left of Rattlesnake Trail and is difficult to locate, ⛺ tenting, ☾ privy, bear cables. Walnut Mountain Trail to west. [35.83655,-82.93646] 💧[35.83714,-82.93645]	4260	1935.3
262.9		**Kale Gap**, ⛺ campsite among pine trees east of the trail. 💧 Water from a small stream 100 yards east on a woods road. [35.83832,-82.92733]	3680	1934.5
263.6		**Catpen Gap**, views. 📷[35.83701,-82.92012]	4146	1933.8
263.8		Cross brooks. 💧[35.83913,-82.91859]	4251	1933.6
264.5		**Bluff Mountain**, large boulders on summit. [35.84118,-82.90668]	4686	1932.9
264.8		Catpen Branch. 💧[35.84487,-82.90470]	4520	1932.6
265.3		**Spring** west on blue blazed trail 50 yards.	4036	1932.1
266.1		**Big Rock Spring**, water (spring) is located 50 yards east at base of log steps. 💧[35.84983,-82.89817]	3730	1931.3
266.4		Cross old road.	3466	1931.0
266.8		Cross USFS-3506, Bluff Mountain Road. [35.85358,-82.89632]	3366	1930.6
267.2		Cross brook.	3081	1930.2
267.3		Cross **brook** with cascades below trail. ⛺ **Campsite** west of the trail. 💧[35.85069,-82.89179]	3022	1930.1
267.8		Cross old road that is now grassed over USFS-3543. [35.85090,-82.88504]	2679	1929.6
268.4		Cross old road.	2499	1929.0
268.6	P{6-8} ★★★★★	**Garenflo Gap Road/State Road 1173**, Garenflo Gap. Shut-In Trail yellow blazed trail leads (2.0) west to Upper Shut-in Road/SR 1183. [35.85333,-82.87536] P[35.85340,-82.87590]	2500	1928.8
H		(1.8W) **Happy Gnomads Hiker House** 865-256-2654, 828-206-2074. ✉ happygnomadsnc@gmail.com (www.facebook.com/HappyGnomadsHikerHouse) Run by thru hikers Jumanji and Sunshine. {6} bunks $20, {3} private rooms $50. Shower. Laundry, loaner clothes available. Shared living room and kitchen stocked full of soda, beer, pizza, and snacks. Call from Garenflo Gap for pickup. 6130 NC-209, Hot Springs, NC 28743. H[35.838451,-82.855828]		

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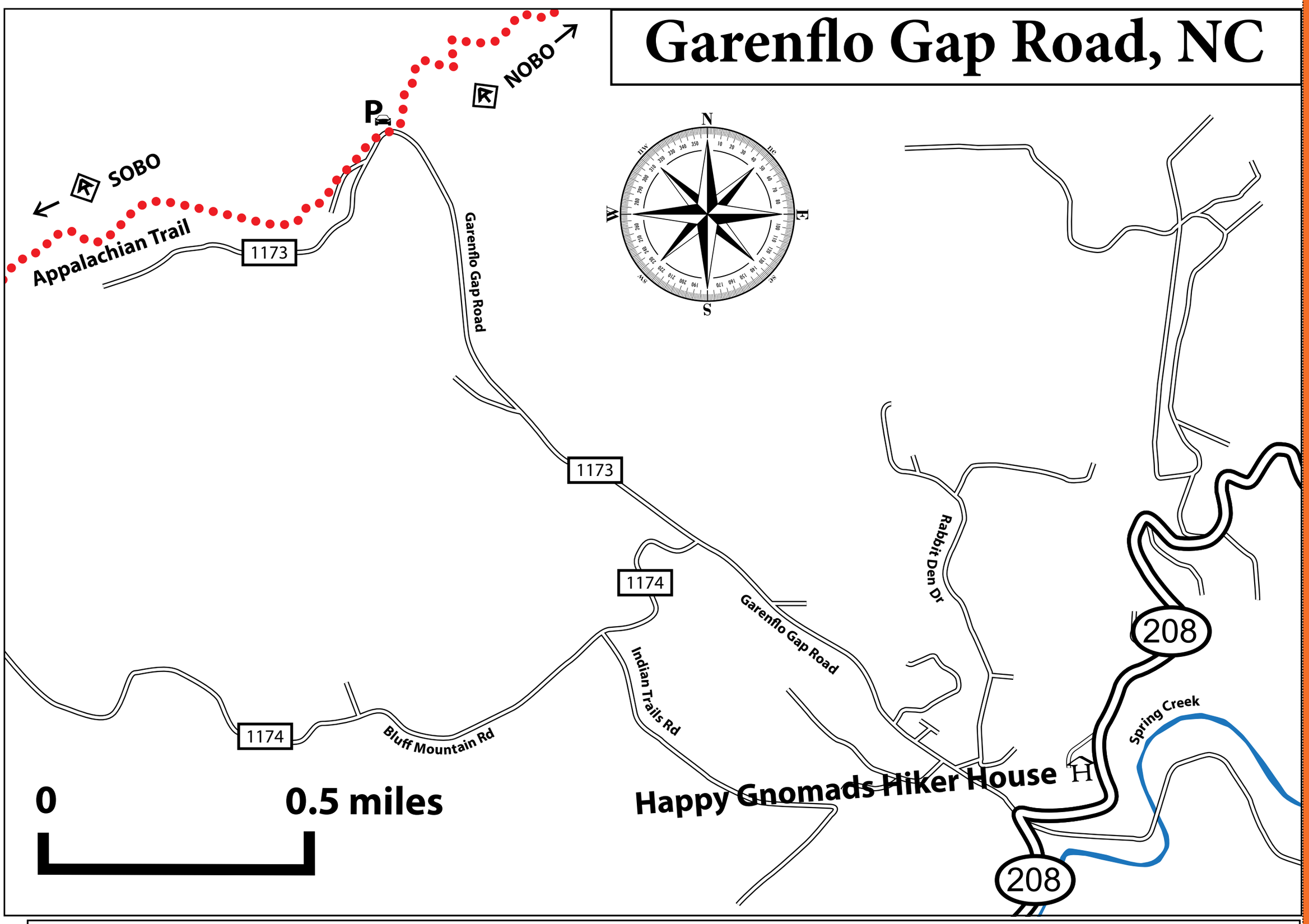

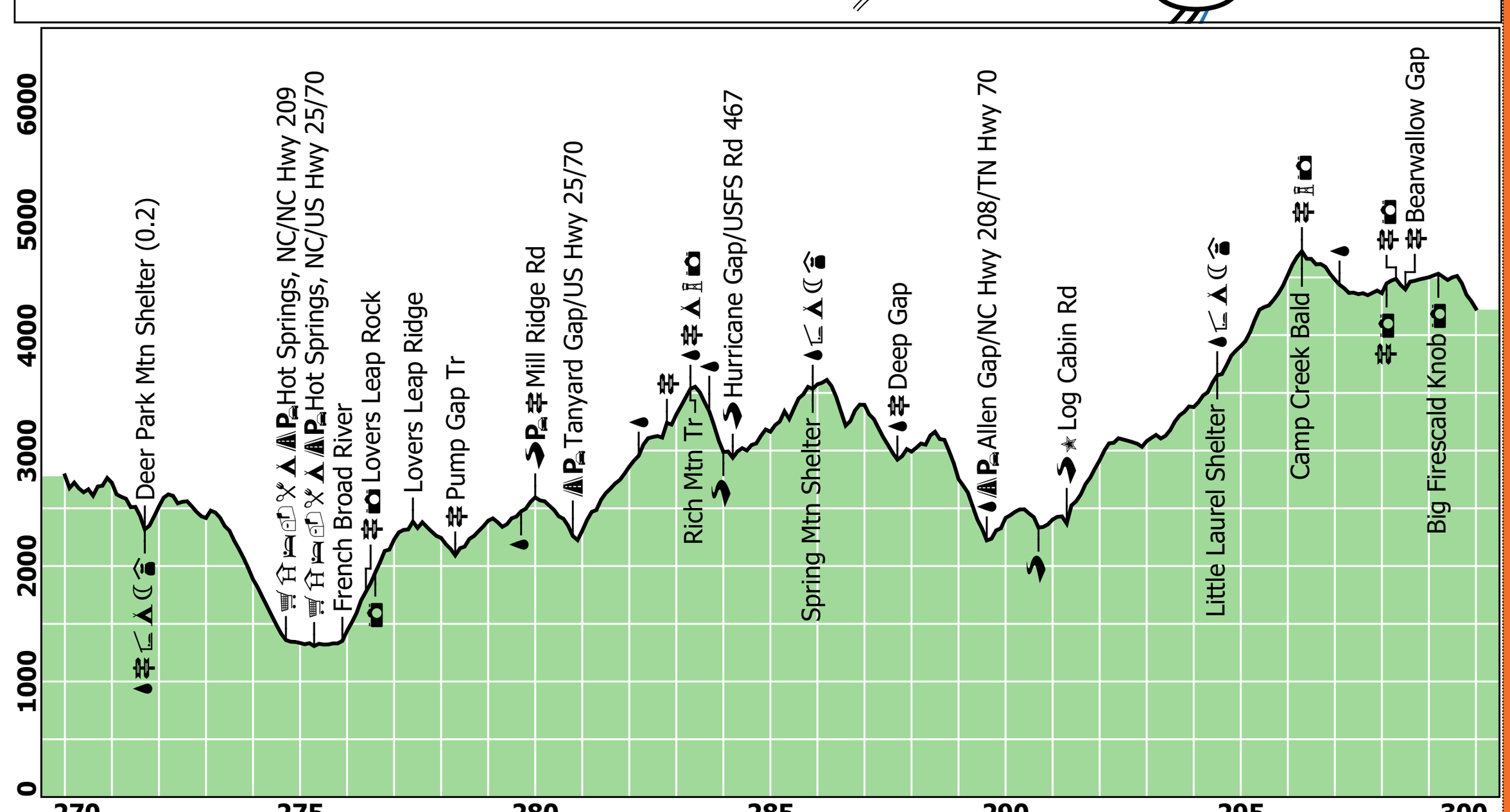

		Gragg Gap. (0.2E)			
	{5}	**23.0<<<14.7<<9.9<Deer Park Mountain Shelter>14.2>>22.8>>>30.1**			
		Water (spring) is located on the trail about half way to the shelter, if dry a reliable spring can be found (0.1W) of trail on blue blaze trail. Tenting, privy, bear cables. Gravestones west of trail.		2330	
272.0		[35.87566,-82.86206] [35.87583,-82.86140]			1925.4
274.7		View of Spring Creek at switchback.		1593	1922.7
274.8	★★★★★	Cross Serpentine Street near P parking area.	[35.88975,-82.83229]	1404	1922.6
		Hostel at Laughing Heart Lodge 828-206-8487 laughingheartlodge@gmail.com (www.laughingheartlodge.com) Pet friendly. AT Passport location. Open year round. $30 bunks, $45 single private, $60 double private (one full size bed). Linens provided in private rooms only. Tenting is $15 per person, $20 for two in one tent. All guests have access to a common kitchen, morning coffee/tea, Wi-Fi & and showers with towel provided. Quiet hours observed from 10pm to 7am. Laundry $5 includes soap. Shower only $5. Lodge rooms may be available for $95 & up and include continental breakfast. Mail drops: 289 NW Hwy 25/70, Hot Springs, NC 28743	[35.89003,-82.83270]		
274.9	P{15-20} ★★★★★	**U.S. 25/70, N.C. 209**, South end of **Hot Springs, NC. Notice the AT logos in the sidewalks.** (North bounders note the AT logos on sidewalk)	P[35.88950,-82.83230]	1326	1922.5
		⚠ Advance notice for South Bounders: See Notes about Great Smoky Mountains National Park, Backcountry Permit Fees at NOBO mile 167.0.			
275.2	★★★★★	Downtown Hot Springs, NC, US 25/70 enters from the west. see map of Hot Springs, NC. **See Hot Springs, NC map**.	[35.89252,-82.82969]	1326	1922.2
		PO M-F 9am-11:30am & 1pm-4pm, Sa 9am-10:30am 828-622-3242. 11 Bridge St. Hot Springs, NC 28743.	[35.89280,-82.82768]		

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Elmers Sunnybank Inn 828-622-7206. (www.sunnybankretreatassociation.org) AT Passport location. Open year round. No Pets. No Smoking. Located across from Dollar General. Traditional thru-hikers $30 per person for private room, includes linens, towel and shower. Breakfast available by request; gourmet organic vegetarian meals. Inn offers an extensive library and a well-equipped music room. Wi-Fi available. Work exchange is possible. Shuttle service available. Does not take Credit Cards. Call ahead for lodging. Must have a reservation prior to arrival. Mail drops for guests: PO Box 233, Hot Springs, NC 28743. FEDX drops: 26 Walnut St., Hot Springs, NC 28743. [35.89124,-82.82979]

Appalachian Trail-er Bunkhouse 828-713-5451 (www.blueridgehikingco.com) Bunkhouse {10} $40-$60 PP. Prefer reservations but occasionally take walkups based on availability. Guests will enjoy common areas (kitchen stocked with basic cooking implements, living room, and porch). Linens provided (sheets, blankets, and towels). Wi-Fi, showers, and laundry are available. Complimentary coffee/tea available for guests each morning. Gear rentals, shuttle services, and a handpicked selection of ultralight gear available. Guided hikes available. h[35.88977,-82.83169]

Iron Horse Station 866-402-9377. (www.theironhorsestation.com) Restaurant, tavern and coffee shop. Serves lunch and dinner, offers few vegetarian options, free WiFi. Hiker room rate $70D. [35.89303,-82.82657]

Little Bird Cabins 828-206-1487. littlebirdcabinrentals@gmail.com (www.littlebirdcabinrentals.com) Open year round. Pet friendly. Located 500 feet east from the southern AT trail head in town. Cabin sleeps 7, includes kitchenette. Pet fee $25. Free Wifi. Credit Cards accepted. [35.89046,-82.83212]

Mountain Magnolia Inn 800-914-9306. (www.mountainmagnoliainn.com) Discount hiker rates $80S, $105D, includes country breakfast, free WiFi. Dinner Th-M. Mail drops for guests: 204 Lawson St, Hot Springs, NC 28743. [35.89495,-82.82895]

Creekside Court 828-215-1261. Call or text for availability 828-206-5473. (www.lodginghotspringsnc.com) $79 and up, ask for hiker discount, pets allowed, pet fee $50. Free WiFi. [35.89318,-82.82735]

Hot Springs Resort & Spa 828-622-7676. (www.nchotsprings.com) Tenting $45 up to 4 people. Camping cabins $75 and up. Pets $10. Mineral water spa before 6pm; 2-person rate $50 before 6pm, $60 after 6pm. Free WiFi. Also offers massage therapy. Accepts Credit Cards. [35.89429,-82.82422]

Spring Creek Tavern 828-622-0187. (www.thespringcreektavern.com) AT Passport location. Limited rooms to rent, call ahead. M-Th 11am-10pm, F-Sa 11:30am-11pm, Su 11am-10pm. special AT burger. Limited amount of rooms to rent, call for availability and pricing. Free WiFi. [35.893017,-82.827171]

Smoky Mountain Diner 828-622-7571 AT Passport location. M-W 6am-8pm, Th-Sa 6:30-8pm, Su 6:30am-2pm. [35.89161,-82.83049]

Visitor Center 828-622-9932. AT Passport location. Free WiFi, signal still accessible outside after closed. M-Su 10am-5pm. [35.89255,-82.82761]

Hiker's Ridge Ministries Resource Center 828-691-0503 godswayeen@gmail.com (www.hikersridge.com) AT Passport location. Open M-Sa 9am-3pm, Mar 21 - May. Place to relax, coffee, drinks, snacks, restroom. Computer available for use, free WiFi. Overnight stays, ask for pricing. [35.89287,-82.82748]

Bluff Mountain Outfitters 828-622-7162 AT Passport location. M-Thu 9am-5pm, F-Sa 9:30am-5:30pm, Su 10am-5pm. Full service outfitter, fuel by the ounce. Long term resupply. Computer available for use. ATM. Hikers can print GSMNP permits here. [35.89284,-82.82689] Mail drops: (USPS) PO Box 114 Hot Springs, NC 28743 or (FedEx/UPS) 152 Bridge St, Hot Springs, NC 28743.

Hot Springs Library 828-622-3584. M-F 10 am-6 pm, Sa 10 am-2 pm, Su closed. [35.89300,-82.82666]

Asheville Airport Shuttle 828-231-1053 harrys8684@gmail.com (www.ashevilleairportshuttle.com) Owner: Harry Siegel - "Zenpig" - AT Section hiker, 2000 miler). Based out of Asheville, NC. Pet Friendly. Insured. 365 days, 24/7 (by reservation) & holidays.
S to Springer Mtn, GA ➤ N to Damascus, VA & airport, bus. **P** Parking with fee. " See website for popular AT, Art Loeb Trail & MTS hiking destinations & current prices."

SalaMeander 828-242-6160 moabsun@aol.com Owner: Sue Konopka. Based out of Asheville, NC. Pet friendly. 365 days, 24/7, dawn to dusk & some holidays.
S to Fontana Dam ➤ N to Damascus, VA. & airport terminal. "3 hikers, max. I require all hikers to be vaccinated & wear masks in the car."

Traveling Lite Shuttle and Resupply 817-239-4266 nathangressett@ymail.com (FB: ravelingliteshuttleandresupply) Owner: Nate "Zach Galifianakis" Gressett. Based out of Asheville, NC. 365 days, 24/7 & holidays. Pet friendly. Insured. Send me your list, I will buy it, and deliver it to you on the trail. PO Box pickup and delivery is available as well!
S to Springer Mtn/Atlanta ➤ N to Damascus, VA. & airport, bus & train terminals. Slackpacking. "AT-2013, '16, PCT-2020. I provide shuttles, slack packing, resupply, and I will typically respond immediately if I have service!"

Jason Turney Shuttles 321-693-6455 jturneyasi@gmail.com Owner: Jason Turney. Based out of Hot Springs, NC. Pet friendly Insured. 365 days, 24/7 holidays.
S to Clingmans Dome < > N to Damascus, VA & airport, bus & train terminals. Slackpacking. **P** Parking, free. "Will do shuttles to ME or GA if you want to pay me."

Cate Hubbard 828-206-4436 katepk@hotmail.com Pet friendly. Based out of Hot Springs, NC.
S to Clingmans Dome ➤ N to Damascus, VA or Georgia to Maine & airports: AVL, Knoxville, bus terminals, & train stations. Slackpacking.

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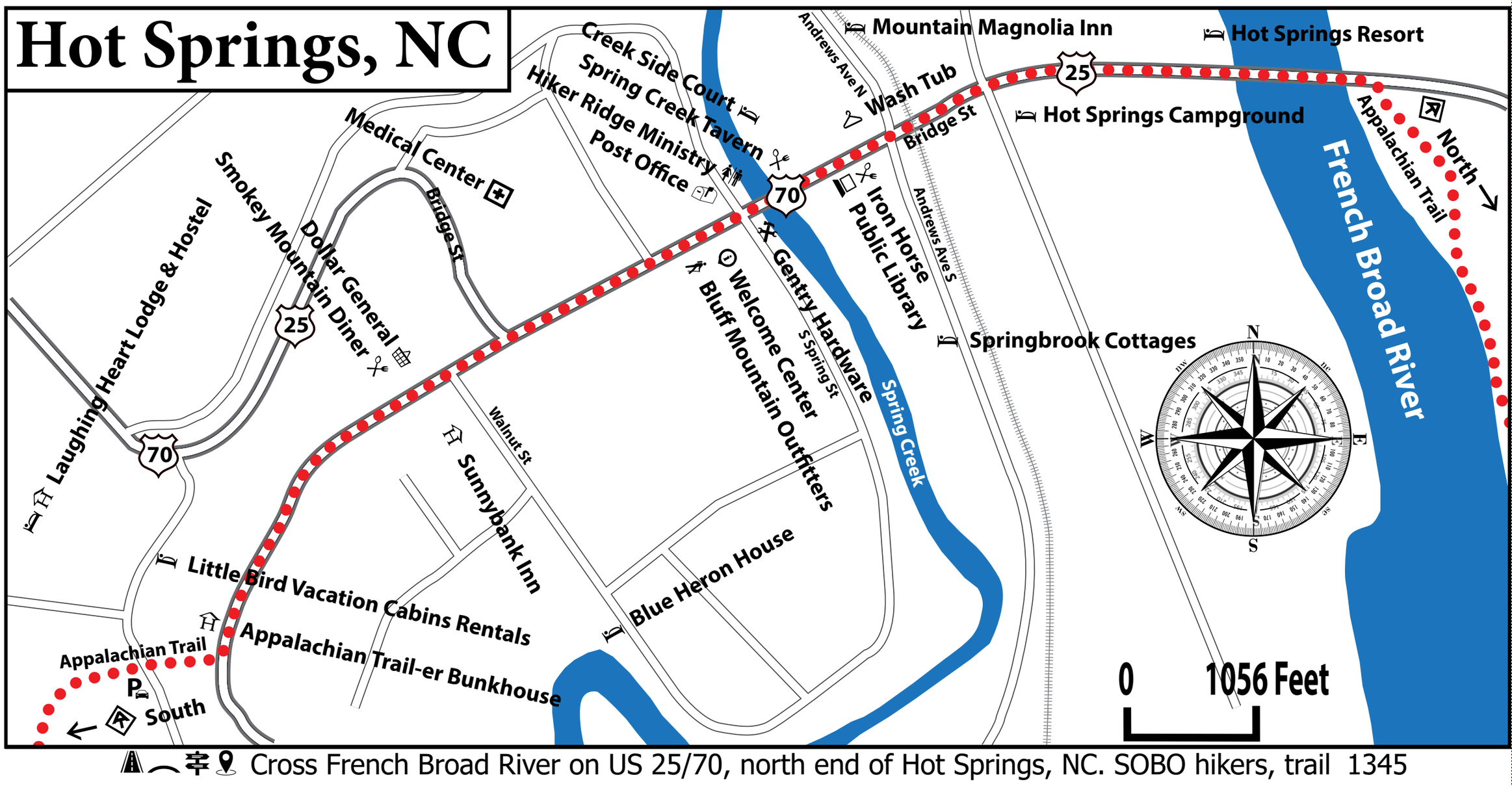

275.5		Cross French Broad River on US 25/70, north end of Hot Springs, NC. SOBO hikers, trail resumes to the west at the end of the gaudrail. [35.89357,-82.82226]	1345	1921.9
276.1		Trail makes a sharp turn near the bank of the French Broad River. [35.88648,-82.81957]	1352	1921.3
276.6		**Lovers Leap Rock**, Pump Gap Trail leads to the west. [35.89089,-82.81938]	1820	1920.8
276.9		Viewpoint overlooking the French Broad River 600 feet below. [35.88451,-82.80608]	1980	1920.5
278.5		**Pump Gap**, Pump Gap Loop Trail crosses here. [35.88826,-82.79651]	2130	1918.9
280.1		Reach saddle then turn right downhill to pond and **campsite**, pond is stagnant and not a good water source. Not an ATC approved camping spot, box spring. Bench overlooking pond. [35.90097,-82.79152]	2490	1917.3
280.2		For NOBO hikers, trail follows gravel Mill Ridge Rd next 0.3 miles north. Mill Ridge Trail to the east. [35.90178,-82.79029]	2540	1917.2
280.4		Mill Ridge Trail head and parking to the east. SOBO hikers, trail follows gravel Mill Ridge. Pipe spring (50 ft W) on gated USFS road. [35.90457,-82.79013]	2576	1917.0
281.1		Cross **U.S. 25 & 70** overpass, **Tanyard Gap**. Trail follow fire road 70 feet. [35.91001,-82.79100] [35.91036,-82.79111]	2278	1916.3
282.5		Cross foot log below good **spring**.	3097	1914.9
282.9		Trail is on road for about 50 feet.	3283	1914.5
283.0		**Roundtop Ridge Trail**, yellow blazed leads (8.2) west back to Hot Springs. [35.92215,-82.80233]	3257	1914.4
283.4		**Rich Mountain**. Side trail (0.1) west to Fire Tower and views, water (piped spring) is located north on AT. Campsite is located (0.1) west on side trail. [35.92784,-82.80312] [35.92717,-82.80496]	3600	1914.0
283.5		Head of ravine with camp site and spring to the west. [35.92845,-82.80278]	3030	1913.9
284.0		Spring west on trail.	3321	1913.4
284.3		Cross road, **USFS 3514** leads east. [35.93445,-82.80504]	3019	1913.1
284.5		Cross/Junction with **USFS 467**, **Hurricane Gap**. Trail follows fire road 70 feet. [35.93568,-82.80580]	2900	1912.9
286.2	{5}	**28.9<<<24.1<<14.2<Spring Mountain Shelter>8.6>>15.9>>>22.6** Water is located 75 yards down a blue blazed trail on the east side of the AT, tenting, privy, bear cables. [35.95148,-82.79020] [35.95056,-82.78861]	3300	1911.2
287.7		Deep Gap. Water (spring) 10 feet west on trail in ravine. [35.96928,-82.77720]	3190	1909.7
289.8		Cross logging road.	2466	1907.6
289.9		Cross **NC. 208, TN. 70**, **Allen Gap**, Paint Creek, water to the west 350 yards. [35.98694,-82.78675] [35.98693,-82.78720]	2234	1907.5
290.9		Cross old dirt road. [35.99356,-82.77911]	2494	1906.5
291.5	★★★★★	**Log Cabin Road**. Private home in view to 100 yards east, please do not trespass. **See Log Cabin Road map**. [35.99894,-82.77521]	2560	1905.9
		(0.7W) **Hemlock Hollow Inn** 423-787-1736 hemlockhollowinn@gmail.com (www.hemlockhollowinn.com) Owners Russ and Dianna Rosa. AT Passport location. Closed during the winter (October 25th-March 25th). Head west on Log Cabin Road to paved Viking Mountain Rd. Bunkroom $27PP with linens, $22 without. Cabin for couples with linens $60. All rooms heated. Tent site $15 per person. Pets fee $5. All stays include shower. Non-guest shower and towel for $5. Camp store stocked with long term resupply, some gear, cold drinks, foods, fruit, stove fuels. Ask about shuttles. Parking free for guests, fee for non-guests. Credit cards accepted. Mail drops free if you stay, $5 without staying. Mail drops (ETA mandatory): 645 Chandler Circle, Greeneville, TN 37743. [36.00356,-82.78157]		

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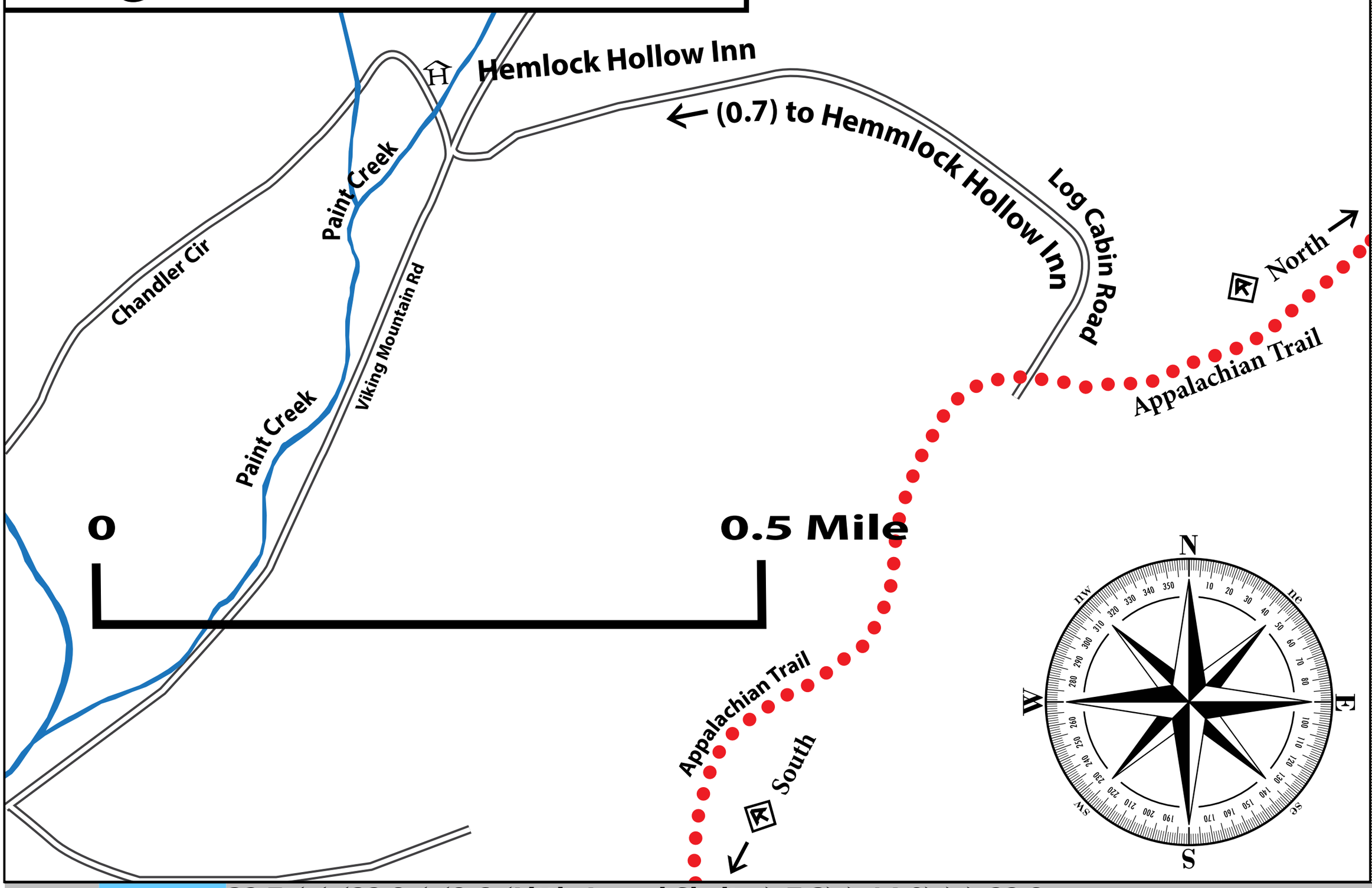
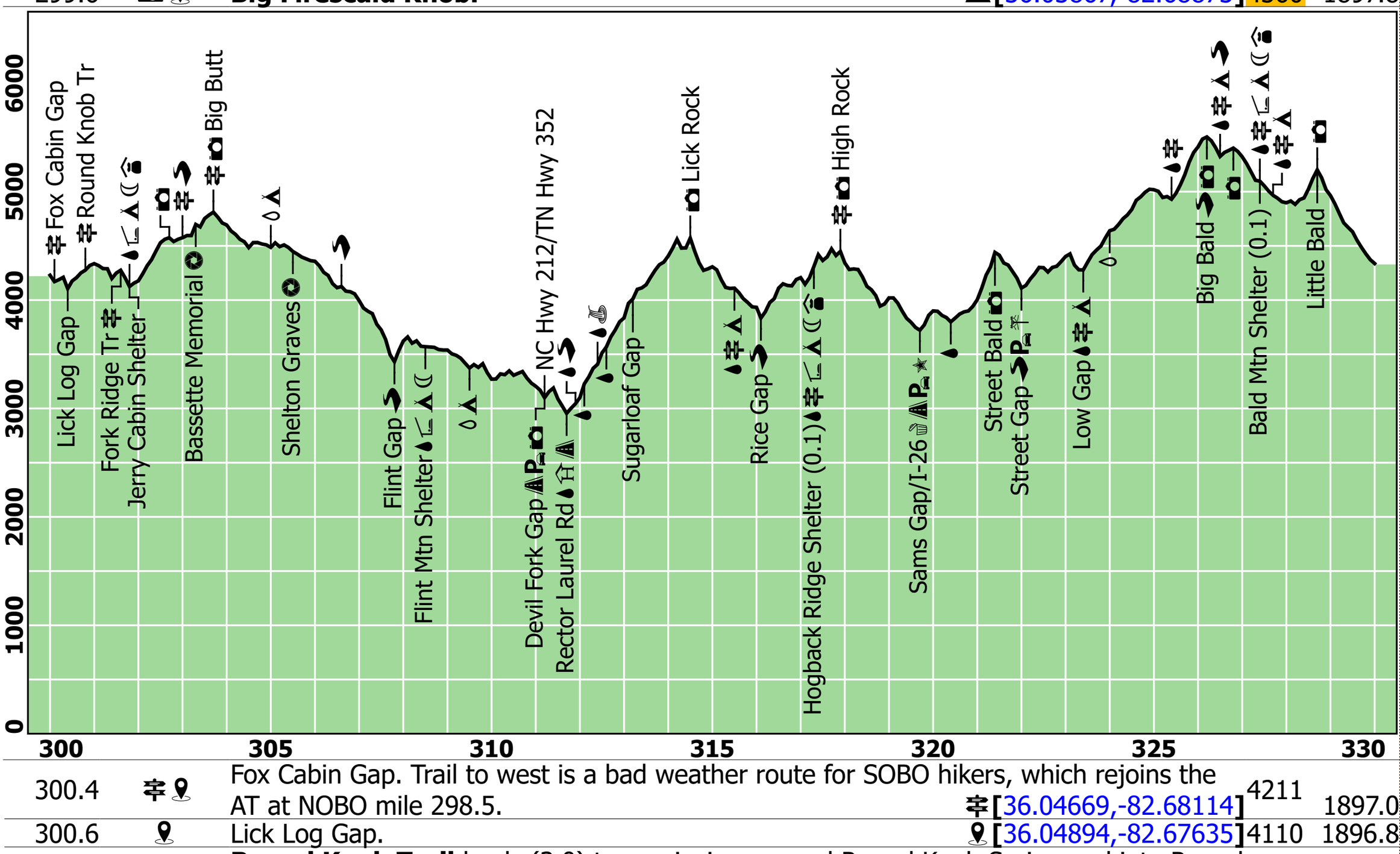
Log Cabin Road, TN



294.8	{5}	**32.7<<<22.8<<8.6<Little Laurel Shelter>7.3>>14.0>>>22.8** Water (boxed spring) is located 100 yards down blue blazed trail behind shelter to west, tent sites are south of shelter, ☾ privy, bear cables. [36.01498,-82.73590]	3300	1902.6
296.6		**Camp Creek Bald Trail** leads (0.2) west to Camp Creek Bald Lookout Tower, catwalk is often locked. [36.02129,-82.71634]	4750	1900.8
298.3		Water (spring), creek, blue blaze trails on both sides of the AT	4390	1899.1
298.4		**White Rock Cliffs** are located 50 feet east with views.	4450	1899.0
298.6		**Blackstack Cliffs** are located 200 feet west with views.	4420	1898.8
298.8		Bearwallow Gap. Trail to west is a bad weather route for NOBO hikers, which rejoins the AT in at NOBO mile 300.1. [36.03482,-82.69834]	4434	1898.6
299.6		**Big Firescald Knob.** [36.03867,-82.68873]	4360	1897.8



300.4		Fox Cabin Gap. Trail to west is a bad weather route for SOBO hikers, which rejoins the AT at NOBO mile 298.5. [36.04669,-82.68114]	4211	1897.0
300.6		Lick Log Gap. [36.04894,-82.67635]	4110	1896.8
301.0		**Round Knob Trail** leads (3.0) to picnic area and Round Knob Spring and into Round Knob Campground Road. [36.05201,-82.67145]	4260	1896.4
301.9		USFS Fork Ridge Trail leads (2.0E) to P parking area at Big Creek Road. [36.05574,-82.66015]	4272	1895.5
302.1	{6}	**30.1<<<15.9<<7.3<Jerry Cabin Shelter>6.7>>15.5>>>25.6** Water is located in front of shelter and uphill, side trail leads west from the AT to pipe spring 100 yards down a blue blazed trail. tenting, ☾ privy, bear cables. [36.05653,-82.65718]	4150	1895.3
302.8		Trail passes through open meadows with good view.	4575	1894.6
303.2		Crosss dirt road. Sarvis Cove Trail leads (4.2W) to Horse Creek Campground. [36.06326,-82.64221]	4568	1894.2
303.7		Cross dirt road.	4477	1893.7
304.0		**Big Butt**, summit to west, short bypass trail. Trail turns abruptly here. ⚠ No camping allowed here. [36.06592,-82.63277]	4750	1893.4
304.1		Pass memorial for Howard E. Bassette, who thru-hiked the trail in 1968.	4698	1893.3
305.1		Tent sites to the east, water from seasonal spring (50 ydsW) on blue blaze trail. [36.05645,-82.61875]	4486	1892.3

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305.6		**Shelton Graves,** William and David Shelton, uncle and nephew. History says they were Union soldiers who had left their posts and returned to Madison County to recruit for the Union Army. They were killed near their homes on July 19, 1864, by Rebel soldiers. [36.05151,-82.61780]	4490	1891.8
306.7		Cross old logging road on Snake Den Ridge crest. [36.04557,-82.60475]	4577	1890.7
308.0		**Flint Gap**, cross old logging road. [36.04008,-82.60271]	3616	1889.4
308.8	{8}	**22.6<<<14.0<<6.7<Flint Mountain Shelter>8.8>>18.9>>>29.5** Water (spring) located 100 feet north of shelter on the AT, there are two streams between the shelter and the spring, privy. good tenting. [36.03478,-82.59690]	3570	1888.6
309.7		**Campsite**, **water** is downhill to east . [36.02472,-82.60112]	3400	1887.7
311.5	P	Cross **NC. 212**, **Devil Fork Gap**, hostel and resupply (2.5E) see next entry north. Good views in open area north of the road. [36.01020,-82.60885] P[36.01051,-82.60843]	3100	1885.9
312.0	★★★★★	Cross **Rector Laurel Road**, spring north on AT. Cross stream on bog bridge north of the road crossing. [36.00643,-82.60733]	2960	1885.4
		(0.2W) **Laurel Hostel** 423-270-1320 timmytwotoke@gmail.com. Open February-August Pet friendly. Bunks $25, includes shower. Shower without stay $5. Hiker food, shuttles to Erwin, Sams Gap, and Spivery Gap. Located at 105 Iva Ln, Flag Pond. [36.007112,-82.60516]		
312.3		Small cemetery, **water** (stream). [36.00313,-82.60688]	3060	1885.1
312.6		Cross stream and woods road.	3258	1884.8
312.9		Cross **stream** at **waterfall**. [35.99817,-82.60615]	3589	1884.5
313.3		**Sugarloaf Gap**. Sugarloaf Knob to the east. [35.99281,-82.60917]	4000	1884.1
313.7		Pass spring and big rocks.	4203	1883.7
314.7		Pass apples trees from remnants of farm.	4477	1882.7
314.8		**Lick Rock**, summit.	4579	1882.6
315.4		Big Flat is located east of rock formation, **water**, **campsite** to east. [35.96781,-82.61109]	4160	1882.0
316.4		Rice Gap, dirt road. [35.96623, 82.60424]	3800	1881.0
317.6	{6}	(0.1E) **22.8<<<15.5<<8.8<Hogback Ridge Shelter>10.1>>20.7>>>31.2** Water (spring) (0.3) on a side trail near the shelter, privy, bear cables. [35.96540, -82.58716] [35.96395,-82.58720]	4255	1879.8
318.2		**High Rock**, blue blazed trail leads 150 feet to the west for view. [35.96448,-82.57818]	4460	1879.2
320.0	P ★★★★★	Cross Flag Pond Road, U.S. 23, I-26, **Sams Gap**. **See Sams Gap map**. [35.95394,-82.56078] P[35.95248,-82.56091]	3800	1877.4
		(2.8E) **Little Laurel Cafe** 828-689-2307. M-Th 6am-2pm, F 6am-7:30pm, Sa 7am-2pm, Su closed. [35.91455,-82.55509]		
		(3.5E) **Wolf Creek Market** 828-689-5943. Open M-F 6am-10pm, Sa 8am-9pm, Su closed. **Hunts Bros. Pizza**, M-Sa 6am-10pm, Su 8am-9pm. **Convenience Store**, M-Sa 6am-10 pm, Su 8am-9 pm. [35.90880,-82.55291]		
	{4}	(2.7W) **Natures Inn Hostel** 828-216-1611 AT Passport location. Pets allowed but they must be leashed when on property. Two bunkhouses, both have electricity, twin mattress, bed linens for extra fee, heaters available for rent for extra fee, covered outdoor space between the two buildings. Cabins, 2 People, EAP for a fee up to a total of 4, electricity, queen and twin bed with mattress, bed linens for extra fee, heaters are available for rent for extra fee, fire ring (firewood for sale), picnic table, charcoal grill (charcoal for sale). Bath house; bath towels, soap and shampoo included with stay. Private rooms available in house ask for prices, 2 queen beds, 1 king beds. Tenting, includes shower for a price. 4 hammock spots (in ground poles) for a price, includes shower. Free Wi-Fi. Laundry facilities on site, for a fee, includes laundry powder. Showers; without stay for a fee, if shuttle to and from trail head needed there is a fee. Small resupply store for Hiker food stuff and we offer pizza, soft drinks, hamburgers, hot dogs, some fuels etc. Shuttle: to and from trail head at Sams Gap, free with stay. To and from Devil's Fork trail head, ask for pricing. Slackpacking: available, negotiated pricing dependent upon, where, when, etc. P Parking: No charge with stay, priced per day without stay. We accept CC and cash. Reservations recommended. All reservations must provide CC to reserve or pay in advance. Full refund if cancelled 7 days prior to reservation, 50% refund if cancelled during 6 days up to check in date. [35.97569,-82.55517] Mail Drops: 4871 Old Asheville Highway, Flag Pond, TN 37657		
		Hitch N' Hike Shuttle Service 847-217-4515. Owner Paul Monsen "Mr Maps" - AT 2018/19. Based out of Ashville, TN. Pet friendly. **S to Davenport Gap, TN < > N to Damascus, VA**.		
		Traveling Lite Shuttle and Resupply 817-239-4266 (cell) nathangressett@ymail.com (www.facebook.com/travelingliteshuttleandresupply). Owner: Nate "Zach Galifianakis" Gressett. Based out of Asheville, NC. Pet friendly. 24/7 and holidays. **S to Springer < > N to Damascus, VA.** airports, bus, and trail terminals. Slackpacking. Former AT and PCT thru hiker will go above and beyond to take care of your section or thru hike transportation and resupply needs.		

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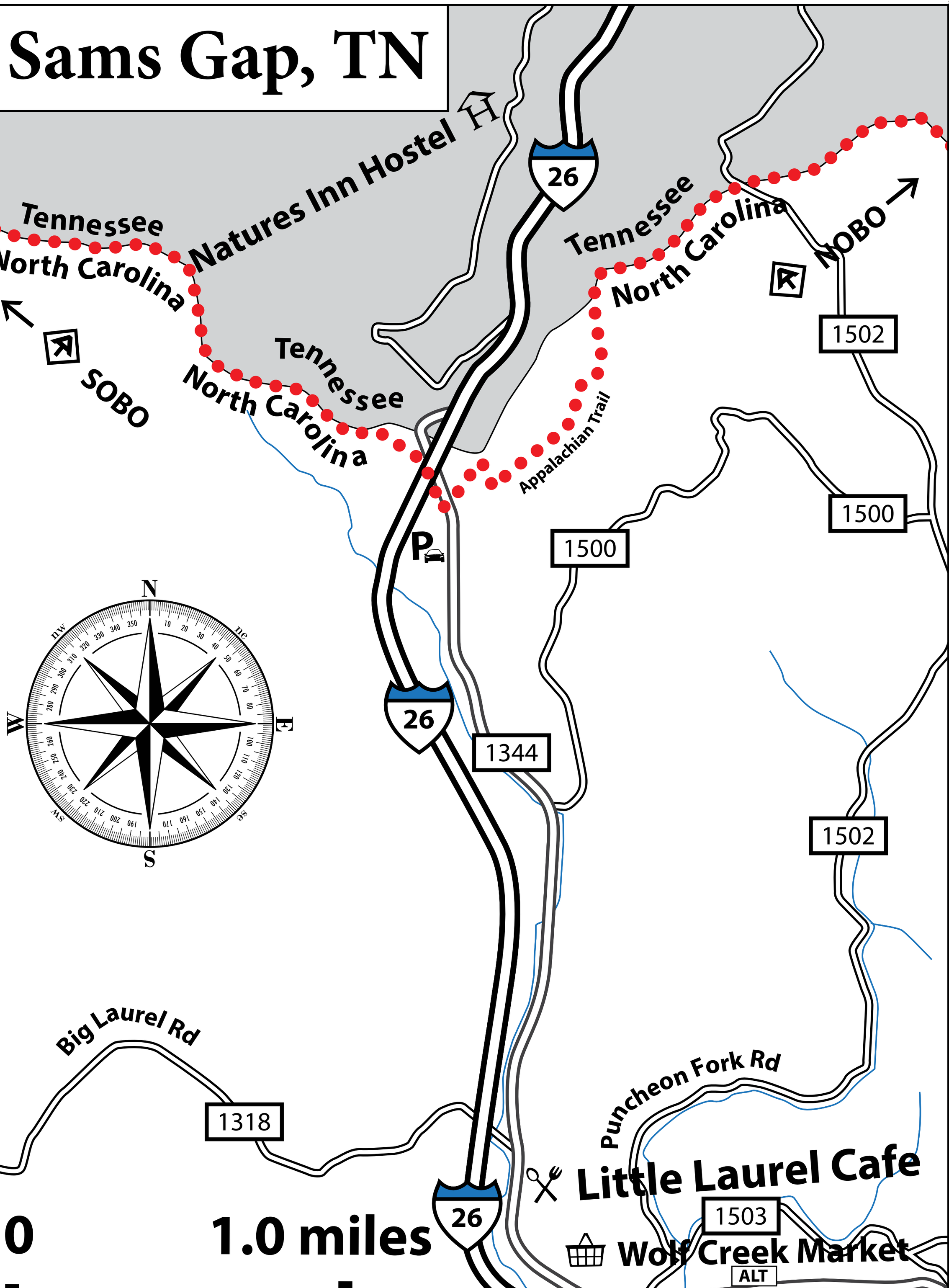
Sams Gap, TN



320.7		**Water**, two springs about 660 feet apart.	[35.95671,-82.55386]	4000	1876.7
321.4		Pass around the east edge of an old abandoned talc mine, woods road to the west.		4357	1876.0
321.7		Street Bald, open grassy are with views.	[35.96509,-82.54524]	4440	1875.7
322.3		Cross Street Gap, gravel road.	[35.96884,-82.54021] P [35.96888,-82.54048]	4100	1875.1
322.4		Power line.	[35.96943,-82.53647]	4219	1875.0
323.5		Blue blaze trail to east leads 20 yards to **spring**.	[35.97209,-82.52329]	4342	1873.9
323.7		Low Gap, water (piped spring) is located by campsite that are located downhill and to the west.	[35.97402,-82.52209]	4300	1873.7
324.3		Pass spring.		4533	1873.1
325.2		Reach crest of ridge extending northwest.		4908	1872.2
325.7		Blue blaze trail leads west 100 yards down slope to spring.		4850	1871.7
325.8		Junction of blue blaze bypass trail east.	[35.98623,-82.49513]	4959	1871.6
326.0		Cross small streams in the area.		4965	1871.4
326.2		Slipper Spur, southern end of grassy bald.	[35.99030,-82.49313]	5461	1871.2
326.5		**Big Bald**, open summit.	[35.98977,-82.49027]	5548	1870.9
326.8		**Big Stamp** is a treeless saddle at the base of Big Bald, bypass trail to east. Water is located near campsite that is (0.3) west. Blue blaze bypass trail and road from Wolf Laurel ski resort.	[35.99140,-82.48778]	5300	1870.6
327.0		View from open meadow on ridge northeast of Big Bald.	[35.99327,-82.48480]	5402	1870.4
327.7	{10}	(0.1W) **25.6<<<18.9<<10.1<Bald Mountain Shelter>10.6>>21.1>>>43.1** Water (spring) is located on the side trail to the shelter, tenting, privy, bear cables.	[36.00018,-82.47820]	5100	1869.7
327.9		Spring beside trail. Stream crosses path.	[35.99988,-82.47453]	4993	1869.5
328.1		Blue blazed side trail leading west to a good campsite and continuing down (0.2) to Tumbling Creek and a reliable **spring**. This **campsite** is a good place to tent if the shelter is crowded.	[36.00156,-82.47188]	4890	1869.3
329.1		**Little Bald**.	[36.00771,-82.46064]	5185	1868.3

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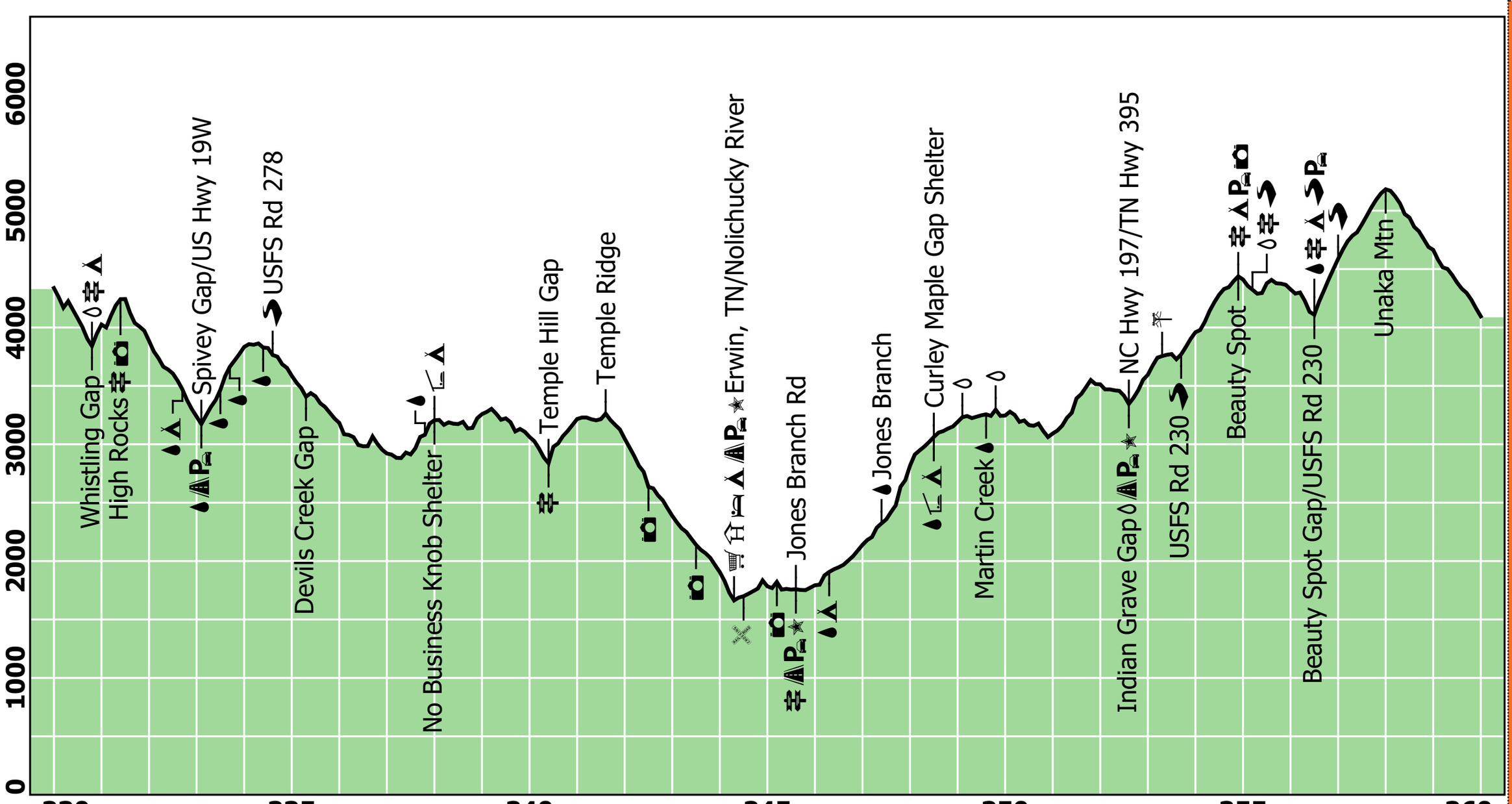

331.1		**Whistling Gap**, a trail leads 0.1 to west and small clearing, water, campsite. [36.01832,-82.43709]	3650	1866.3
331.7		Blue blaze trail leads 200 ft east to **High Rocks**. [36.02254,-82.42898]	4100	1865.7
332.8		Cross several small streams in the area.	3715	1864.6
332.9		Stone steps. **Stream** and **campsite** to east. [36.02713,-82.42405]	3490	1864.5
333.4		Cross **U.S. 19W**, **Spivey Gap**, stream south of gap. Parking (0.5W) [36.03196,-82.42034] [36.03190,-82.42020]	3200	1864.0
333.5		Cross woods road.	3307	1863.9
333.8		Cross Oglesby Branch on plank bridge.	3806	1863.6
334.0		Cross Oglesby Branch on plank bridge.	3800	1863.4
334.7		Cross Flattop Mountain Branch. [36.04455,-82.42382]	3809	1862.7
334.9		Cross/Intersection of old logging road and gravel **USFS 278**. Small gap. [36.04463,-82.42763]	3752	1862.5
335.7		**Devils Creek Gap**. [36.04681,-82.43404]	3400	1861.7
338.1		Spring to west in hemlock grove, water for No Business Knob Shelter. [36.06359,-82.43365]	3300	1859.3
338.3	{6}	**29.5<<<20.7<<10.6<No Business Knob Shelter>10.5>>32.5>>>46.2** Water is located (0.2) south of the shelter on the AT, tenting. [36.06676,-82.43360]	3180	1859.1
340.7		**Temple Hill Gap**, Side trails east and west from here. [36.07715,-82.45520]	2850	1856.7
341.4		Access road to former fire tower.	2930	1856.0
341.9		High point on Temple Ridge. [36.08305,-82.45983]	3260	1855.5
342.8		**View** of railroad and Unaka Springs below. Good views of the Nolichucky River Gorge for next (1.0) heading north. [36.09396,-82.44931]	2671	1854.6
344.6	★★★★★	**BRIDGE OUT see Erwin map and notes below for reroute across Nolichucky River. River Hill Road**, Chestoa Bridge, **Nolichucky River**. [36.10520,-82.44656] **Erwin, TN. (3.8W) (all major services).** [36.10544,-82.44773]	1700	1852.8

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0.5 miles hike on River Rd/Unaka Springs Road, turn right.
0.8 miles hike on Temple Hill Road, turn right.
0.5 miles hike on Jackson Love Highway, turn right.
0.5 miles hike on Carolina Ave, turn right.
1.3 miles hike on Chestoa Pike, turn right.
3.6 miles total detour.

Uncle Johnny's Nolichucky Hostel and Outfitters 423-707-4013(text/call/leave message) Johnnywise2022@gmail.com (www.ATunclejohnnys.com) Owned and operated by SOBO '21 thru-hiker.
Currently in the process of rebuilding the hostel. Plans are to open by the end of February 2025. Currently the price per person and cabin prices are still slated at last years prices, but that could change.
Open year round (closed for Christmas/New Year's and summer vacation). AT Passport location. Pet friendly. Tenting and Hammock Pavilion $20 per person. Riverside Premium tenting $25. $30 per person per bunk. Private cabins range from $70-$120, including heat, A/C, fridge, microwave, and linens. Cabins B/C/D/G/H/J are $70 for up to two people and $30 for each additional person. Cabin F is $120 per night and includes a private bath, kitchen, and den.
Complimentary with stay: Parking, laundry, showers (shampoo/conditioner/soap), coffee, Wi-Fi, loaner clothes. Bikes available for rides into town ($10 deposit). If not staying the night: Parking/ Shower/ Laundry: $5 each. Bicycle: $10 for the day. Coffee: complimentary. Work for Stay possible, just ask. G Full resupply. The Outfitter store carries top gear (shelter/sleep systems, stoves, water treatment/filters, headlamps and lots more hiker gear) and is well stocked with food, snacks, and energy bars/drinks. Free town shuttles for guests. The free shuttle service is seasonal. It runs morning and evening during NOBO season (March to May), mornings only for SOBO season (Sep-Nov), no guarantees when it's slow. Longer shuttles for a fee.
Mail drops: 151 River Rd, Erwin, TN 37650 [36.105680,-82.448515]

(4.4W) **PO** M-F 8:30-4:45, Sa 10-12, 423-743-9422. 201 N Main Ave, Erwin TN 37650. [36.14673,-82.41555]

Mountain Inn & Suites 423-743-4100. (www.erwinmountaininn.com) No pets. Hiker rate $79.99 single, $10 each additional person up to four people, includes breakfast buffet. Coin laundry, Computer in lobby for guest. Free WiFi. Hot tub & swimming pool open (Memorial Day to Labor Day). [36.12087,-82.44519]
Mail drops for registered guests only: 2002 Temple Hill Rd, Erwin TN 37650.

Best Southern 423-743-6438. $50 and up. Pet fee $10, free WiFi.
Mail drops for guests only: 1315 Jackson Love Hwy, Erwin, TN 37650. [36.12719,-82.42993]

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Super 8 423-743-0200. No pets. $49.99 single, $59.99 double for two persons, $10 each additional person, max 4, includes breakfast. Microwaves, fridge, coin operated laundry for guest, WiFi.
Mail drops for guests only: 1101 N Buffalo St, Erwin TN 37650. [36.15254,-82.41851]

(0.9W) **Cantarroso Farm & Apiary** 423-833-7514 or 423-360-1697. cantarrosofarm@gmail.com
No pets. Lodging and Shuttles available for section hikers, call ahead.
[36.11365,-82.44478]

Price Less Foods M-Su 7am-9pm. [36.12636,-82.42990]

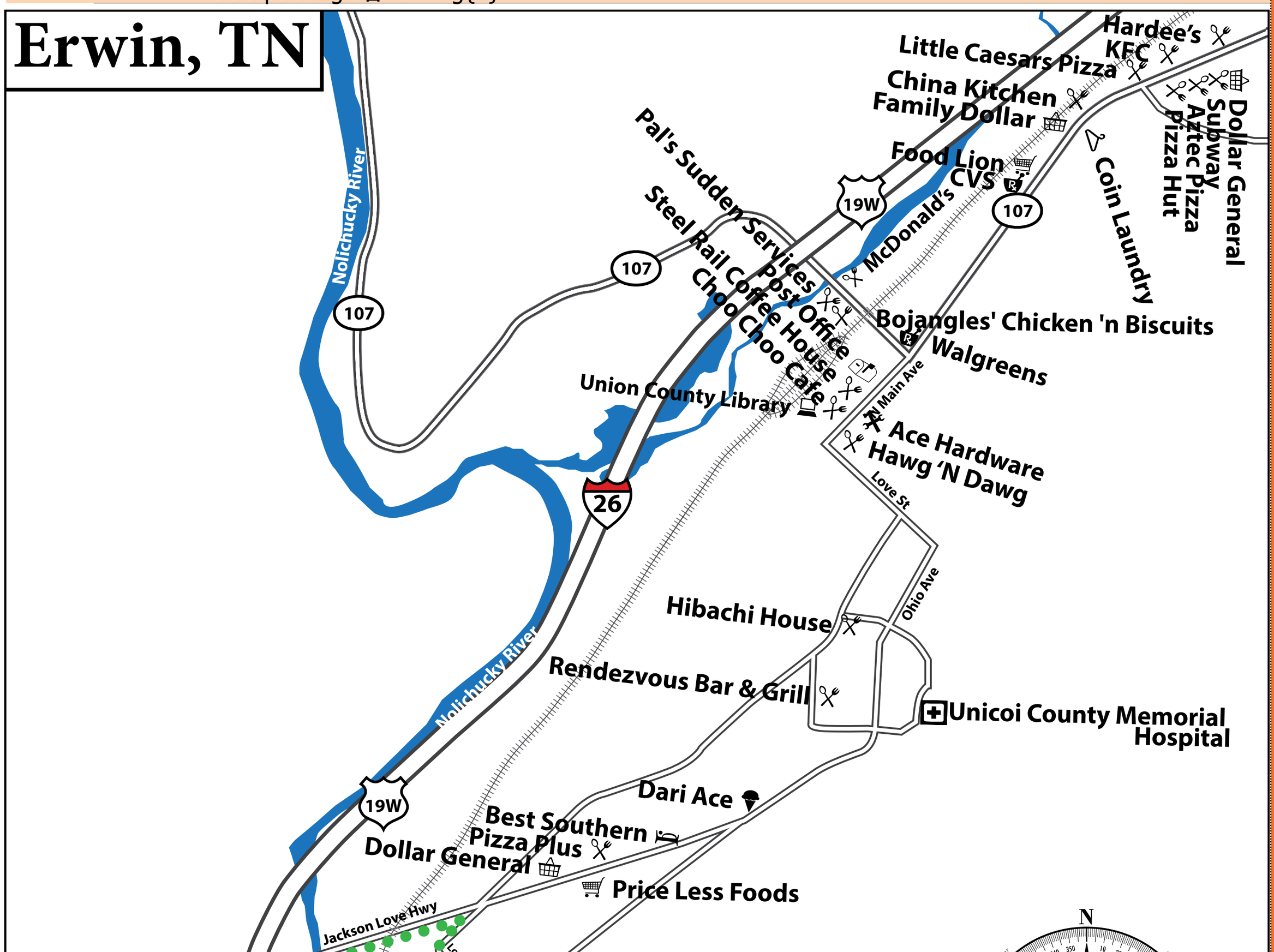
Pizza Plus, 423-743-7121. M-Su 11am-11pm. (AYCE 11am-2pm) [36.12719,-82.42954]

Baker's Shoe Repair 423-743-5421. Full service repair shop for shoes, leather, backpacks, etc. M 10am-5pm, Tu-Thurs 10am-3:30 pm. F 10am-5pm. Sa-Su closed. Sat--sometimes open but do not advertise any hours. Located across the street from the courthouse. [36.14544,-82.41677]

Sir Whines A Lot 423-833-7514 (Mike's cell) 423-360-1697 (Peggy's cell), cantarrosofarm@gmail.com (www.cantarrosofarm.com). Owner: Mike Barrosso. Based out of Erwin, TN. 365 days, 8am-8pm & some holidays. Section hikers only. No thru hiker services.
S to Hot Springs NC ➤ N to 19E Carter Cty TN & airport, bus terminals. Slackpacking. Parking. $2/per night. **(Shuttle for guests, only)**. Covid precautions followed."

Miss Janet's Shuttles 423-483-0620. Owner: Miss Janet. Base out of Erwin, TN. Per friendly. 7 days, 24/7 & some holidays. Operates Nov thru Apr.
S Hot Spring, NC. ➤ Damascus, VA. & airport, bus & train terminals. Slackpacking. Parking.

Unicoi Shuttle 828-775-5809 (cell) unicoishuttle@yahoo.com. Owner: Steve Domagala
Base out of Erwin TN. Pet friendly, Insured. 24/7/365 and holidays. Shuttles 5am to 10pm. Emergencies 24 hours.
S to Franklin NC ➤ N to Roanoke VA. & airport, bus & train terminals. Slackpacking. Parking{2}.



Attention SOBO hikers. BRIDGE OUT see Erwin map and notes below for reroute across Nolichucky River. River Hill Road, Chestoa Bridge, Nolichucky River: At the time of this release of this guidebook there has still been no decision between ATC and the areas club as to how hikers are to get around the Nolichucky River. There is talk of a road walk around and also of shuttling, but nothing has been decided on at this time (1/8/2025).

1.3 miles hike on Chestoa Pike, turn left.
0.5 miles hike on Carolina Ave, turn left.
0.5 miles hike on Jackson Love Highway, turn left.
0.8 miles hike on Temple Hill Road, turn left.
0.5 miles hike on River Rd/Unaka Springs Road, turn left.
3.6 miles total detour.

344.7		Several good views of the Nolichucky River Gorge for next (1.0) south.	2140	1852.7

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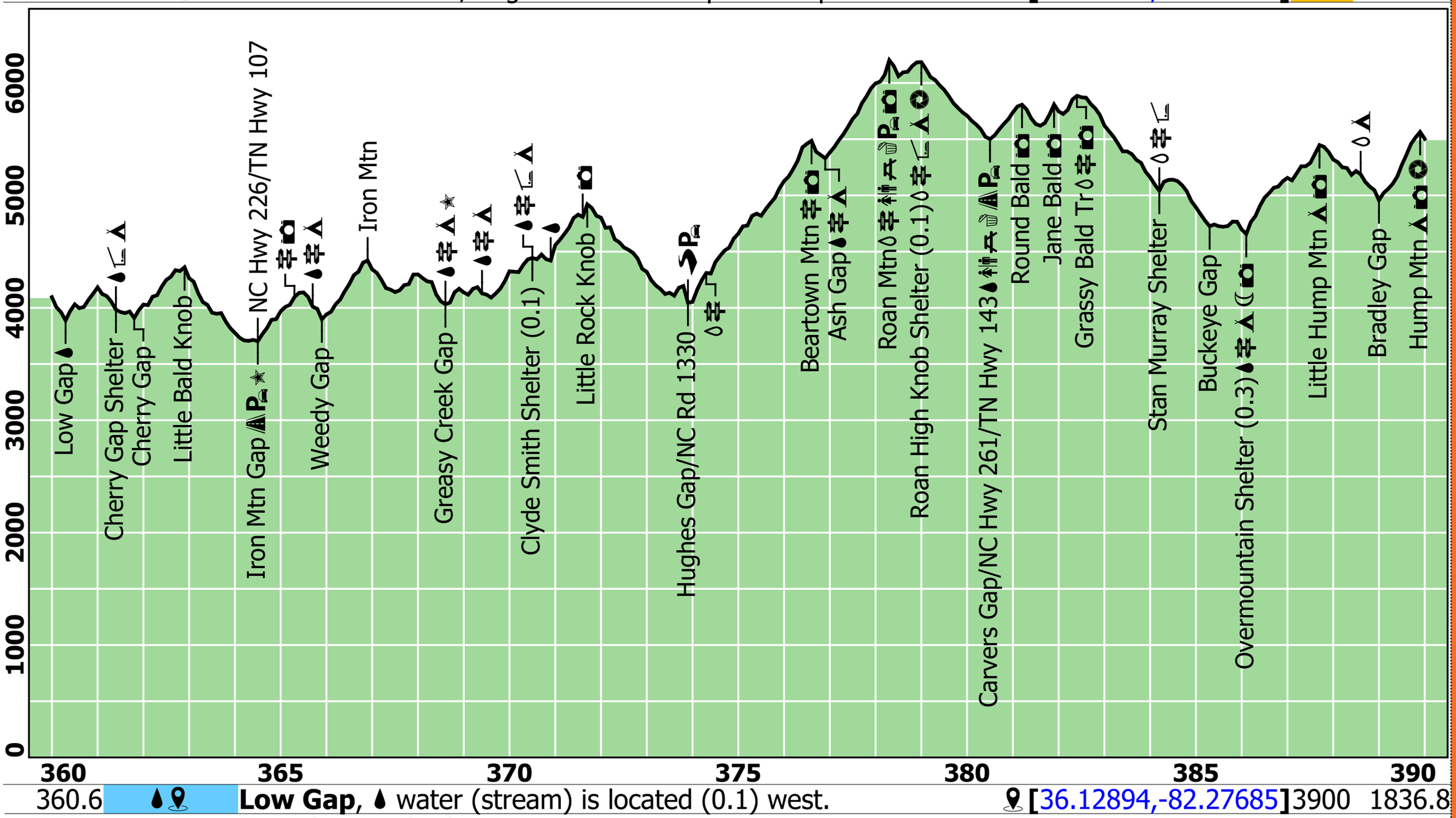
344.8		Cross CSX railroad track. [36.10370,-82.44620]		1714	1852.6
345.2		Nolichucky River Gorge **view**		1707	1852.2
345.9	★★★★★	Blue blaze 0.1E to Jones Branch Road with Chestoa Pike 0.8W. Nolichucky Gorge Campground and Cabins.		1725	1851.5
		Nolichucky Gorge Campground & Cabins 423-743-8876 ✉ nolichucky11@gmail.com (www.nolichucky.com) Pet friendly but must be leashed. tenting $20, private room $75. Showers included with stay. [36.09825,-82.43152]			
		USA RAFT NOLICHUCKY 800-872-7238 (www.usaraft.com/nolichucky-river) 2 Jones Branch Rd., Erwin, TN. The Nolichucky River Gorge is one of the most adventurous and scenic rivers in the entire Southeast. The Upper Nolichucky has over 25 named class II, III, and IV rapids along nine miles of pristine wilderness. USA Raft offers Full day trips with lunch & Half day trips and Overnight Trips that include riverside dinner and breakfast. [36.09891,-82.43195]			
346.6		Cross four bridges in the **Jones Branch** bottomland over (1.2)		1785	1850.8
347.7		Bottom of switchback leading north out of **Jones Branch/Nolichucky River Valley**		2306	1849.7
348.8	{14}	**31.2<<<21.1<<10.5<Curley Maple Gap Shelter>22.0>>35.7>>>55.6** Water (spring) is located south on the AT, tenting. [36.10436,-82.39683]		3060	1848.6
348.9		Curley Maple Gap. [36.10543,-82.39576]		3080	1848.5
349.3		Spring feed pool in a cove of rocks beside the trail. [36.10329,-82.39116]		3235	1848.1
349.9		Cross small **stream** known as Martin Creek. [36.10446,-82.38609]		3288	1847.5
350.1		**Spring**.		3271	1847.3
351.4		Cross through a gap.		3432	1846.0
352.9	★★★★★	Cross **TN. 395, NC. 197**, **Indian Grave Gap**, water is located (0.1) east on outside of curve in road. **Erwin, TN (7.0W) See NOBO mile 344.3.** [36.11073,-82.36089] P [36.11076,-82.36108]		3360	1844.5
		(3.0W) **Rock Creek Recreation Area** (USFS) 423-638-4109. Tent site $12, Open mid-May to mid-Nov. [36.13731,-82.35358]			
353.6		Power line. [36.11581,-82.35395]		3749	1843.8
354.0		Cross **USFS 230**, Beauty Spot Gap Road, gravel road. [36.11605,-82.34900]		4443	1843.4
355.0		**Beauty Spot**, summit, views. Parking is located to the west. [36.11672,-82.33259] P [36.11756,-82.33308]		4437	1842.4
355.8		**USFS 230**, water (spring) is located across road at gap in wood fence.		4120	1841.6
356.8	P	**Beauty Spot Gap**, blue blaze trail leads (50 ysdW) across from USFS 230 to spring in small field and pipe from concrete collection for spring. tenting. [36.12511,-82.31229]		4100	1840.6
357.4		USFS 230, Unaka Mountain Road is a few feet to the east. [36.12730,-82.30914]		4660	1840.0
358.4		**Unaka Mountain**, large stand of red spruce atop its summit. [36.13386,-82.29689]		5180	1839.0



360.6		**Low Gap**, water (stream) is located (0.1) west. [36.12894,-82.27685]		3900	1836.8
361.5		Cross bog bridge.		3902	1835.9
361.7		**Former Cherry Gap Shelter Destroyed by Hurricane Helene** Water (spring) is located 80 yards on a blue blazed trail from the shelter. Several tenting sites between trail and shelter. [36.12923,-82.26420]		3900	1835.7
362.1		**Cherry Gap**. [36.13478,-82.25730]		4016	1835.3
362.4		Reach several gaps within the next mile heading north.		3833	1835.0
363.2		Skirts the summit of Little Bald Knob.		4435	1834.2
364.8	★★★★★	Cross **TN 107, NC 226**, **Iron Mountain Gap**. **Unicoi, TN.** [36.14336,-82.23324] P [36.14315,-82.23330]		3723	1832.6
		Greasy Creek Friendly Shuttles 828-688-9948 (home) ✉ greasycreekfriendly@gmail.com (www.greasycreekfriendly.com) Owner: Cornelia Pruitt - "Cee-Cee". Based out of Bakersville, NC. Pet friendly. 365 days, 24/7 & holidays. **S to Fontana Dam ➤ N to Damascus, VA** & airprot & bus terminals. Slackpacking. P Parking, $2/overnight parking. Covid precautions. Masks required.			
365.3		Trail west provides good **views** across Stone Mountain.		3942	1832.1
365.6		Open field to the west provide good **view** of Unaka Mountain.		4096	1831.8
366.0		365.8 Campsite at north edge of orchard and blue blaze down to water		3950	1831.4
366.2		366.0 **Weedy Gap**.		3913	1831.2
367.1		367.0 Iron Mountain summit, pass a large rock formation to the east.		4426	1830.3
367.6		Pass through Gap		4390	1829.8
368.2		High point near summit of knob.		4332	1829.2
368.9	★★★★★	**Greasy Creek Gap**, blue blaze trail leads west 300 yards to good campsite and water (spring) , campsite is located at the at gap. Old road bed to Greasy Creek Road. [36.14757,-82.18609]		4034	1828.5

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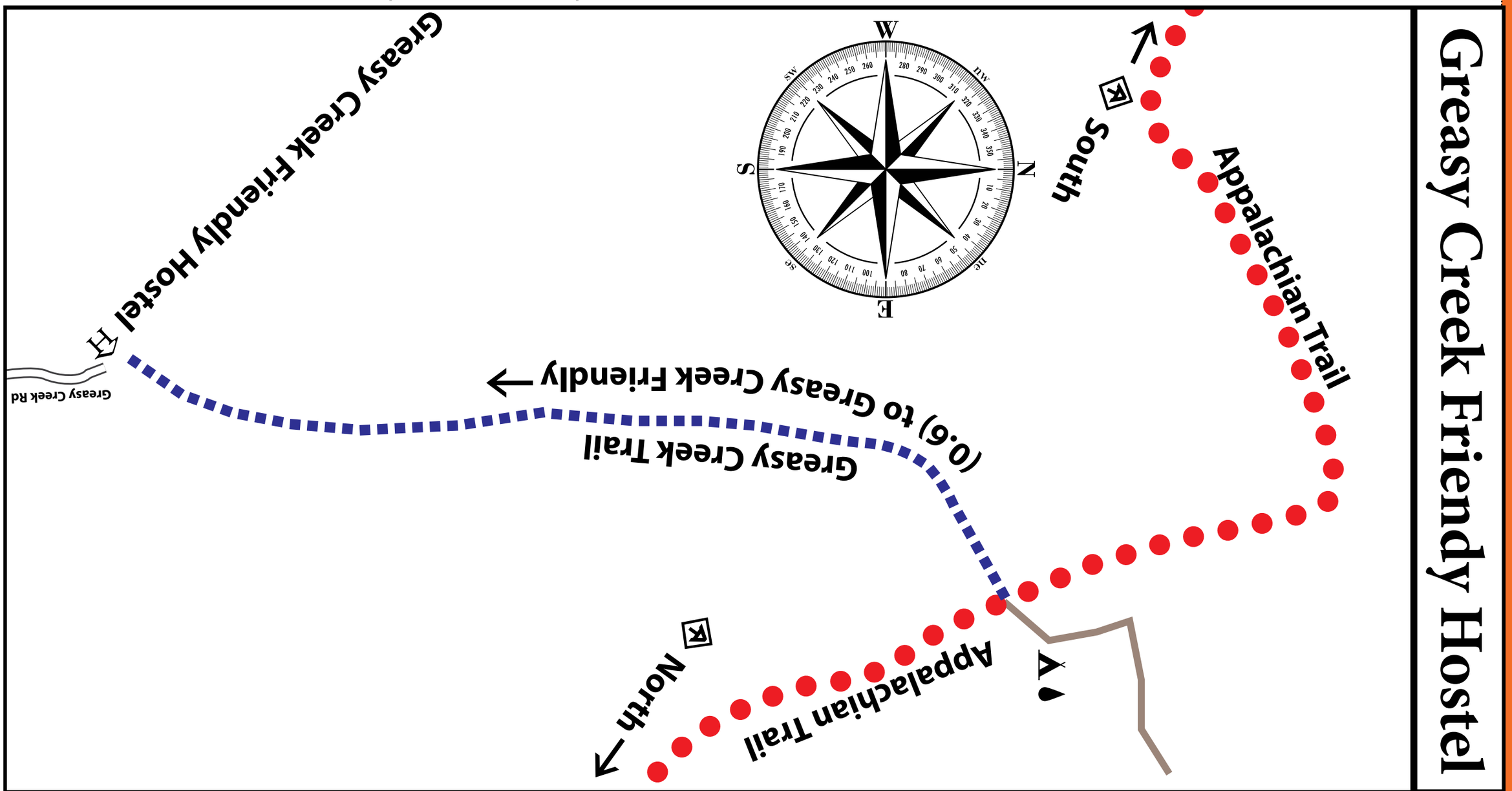
(0.6E) **Greasy Creek Friendly** - Permanently Closed. 828-688-9948 greasycreekfriendly@gmail.com (www.greasycreekfriendly.com) Pets okay outside. AT Passport location. Open year round, except during Trail Days. Call ahead during Dec-Feb, self-serve during the Sabbath (sundown Friday to sundown Saturday). There is a shed where guests can stay with their pets called the Pup Shed for $15, includes dog. Bunk house or bed on porch $15 per person (8 bunks available). Indoor beds $20 per person (3 single beds available). Tenting $7.50 per person, stay includes shower. Shower without stay $3. Laundry done by owner in the evening for staying guests only, $2 to $6 depending on the load size. Limited kitchen privileges. Free Wi-Fi. Home-cooked meals. Resupply options include multi-day resupply including snacks, meals, and microwaveable entrees. Coleman and alcohol fuel by the ounce. There are shuttles available from Hot Springs, NC to Damascus, VA and all trailheads and trail towns in between. Call or email to inquire about availability and pricing. Free long-distance calls within US. Parking $2 per night. Credit cards accepted. **Directions;** from Greasy Creek Gap; take old woods road Trail east, follow flags on branches and painted arrows downhill. You should be going downhill all the way. Hostel is first house to your right with gravel path, follow gravel path past bunk house to main house back door to check in. Mail drops: 1827 Greasy Creek Rd, Bakersville, NC 28705. [36.139059,-82.189020]



369.7		**Campsite**, **water** (spring) is located (0.1) west.	[36.14314,-82.17594]	4110	1827.7
370.5		Reach shallow Gap.	[36.14519,-82.16571]	4335	1826.9
370.8	{10}	(0.1W) **43.1<<<32.5<<22.0<Clyde Smith Shelter>13.7>>33.6>>>43.2** Water is located 200 yards west of the shelter down a steep hill. tent sites. hammock spots behind sehlter.	[36.14843,-82.16130]	4400	1826.6
371.2		Reach gap, **spring** (0.1) west in a hollow.	[36.14799,-82.15488]	4460	1826.2
371.9		Pass many overlooks with good views		4646	1825.5
372.0		**Little Rock Knob**, high point near summit.	[36.15011,-82.14831]	4918	1825.4
373.4		Series of rock steps.		4224	1824.0
373.6		Pass through Gap.	[36.14215,-82.14463]	4120	1823.8
374.2	P	**Hughes Gap Road**, gravel. **Hughes Gap**.	[36.13676,-82.14084] P [36.13680,-82.14100]	4040	1823.2
374.6		Blue blaze trail leads 65 yards west to small pipe spring.		4524	1822.8
376.7		Summit of **Beartown Mountain**.	[36.11902,-82.13727]	5481	1820.7
377.2		**Ash Gap**, campsite at gap, water (spring) is located (0.1) east.	[36.11510,-82.13529]	5350	1820.2
378.5		Trail gets steep with many switchbacks		6151	1818.9
378.6	P	**Roan High Bluff Trail** leads (0.1) east to parking, picnic area. Open Memorial Day thru the first of October. There is a water fountain that is turn on during the open months, turned of from Oct thru Apr. To the east is an open meadow where the Cloudland Hotel stood in the 19th century.	P [36.10396,-82.13316]	6200	1818.8
378.8		NOBO hikers, trail follows wide gravel path formally known as the Southern end of **old Hack Line Road** in small open gap for (1.6). Pass old chimney.		6085	1818.6
379.3		(0.1E) Former **Roan High Knob Shelter** Closed in Sept 2024, due to structural concerns. Piped spring, tenting. This is the highest shelter on AT.	[36.10496,-82.12270]	6285	1818.1
380.4		SOBO hiker, trail follows wide gravel path formally known as the Northern end of old Hack Line Road for (1.6).			1817.0
380.5		Cross several board bridges.		5756	1816.9
380.8	P	Cross **TN. 143, NC. 261**, **Carvers Gap**, water (spring), restroom, picnic area.	[36.10646,-82.11029] P [36.10620,-82.11051]	5512	1816.6
381.0		Southern end of wooded path.		5742	1816.4
381.2		Northern end of wooded path.		5836	1816.2
381.5		Trail skirts the side of **Round Bald** summit on gravel trail.	[36.10689,-82.10386]	5801	1815.9
381.8		Engine Gap.	[36.10563,-82.09876]	5620	1815.6
382.1		Passes a rock formation with several locations for good views between Jane Bald and Round Bald.	[36.10609,-82.09428]	5708	1815.3
382.2		Summit of **Jane Bald**.	[36.10595,-82.09336]	5785	1815.2
382.7		Side trail leads east (0.5) to the summit of Grassy Ridge Bald with 360-degree views.	[36.10548,-82.08536]	5770	1814.7
382.8		Spring east of trail.		5770	1814.6
384.5	{6}	Low Gap. **46.2<<<35.7<<13.7<Stan Murray Shelter>19.9>>29.5>>>53.5** Water (spring) is located east on a blue blazed trail opposite the shelter.	[36.11226,-82.06590]	5050	1812.9
384.9		Crest of Elk Hollow Ridge, view a short distance on trail.	[36.11055,-82.06052]	5180	1812.5
385.6		**Buckeye Gap**.	[36.11791,-82.05905]	4730	1811.8

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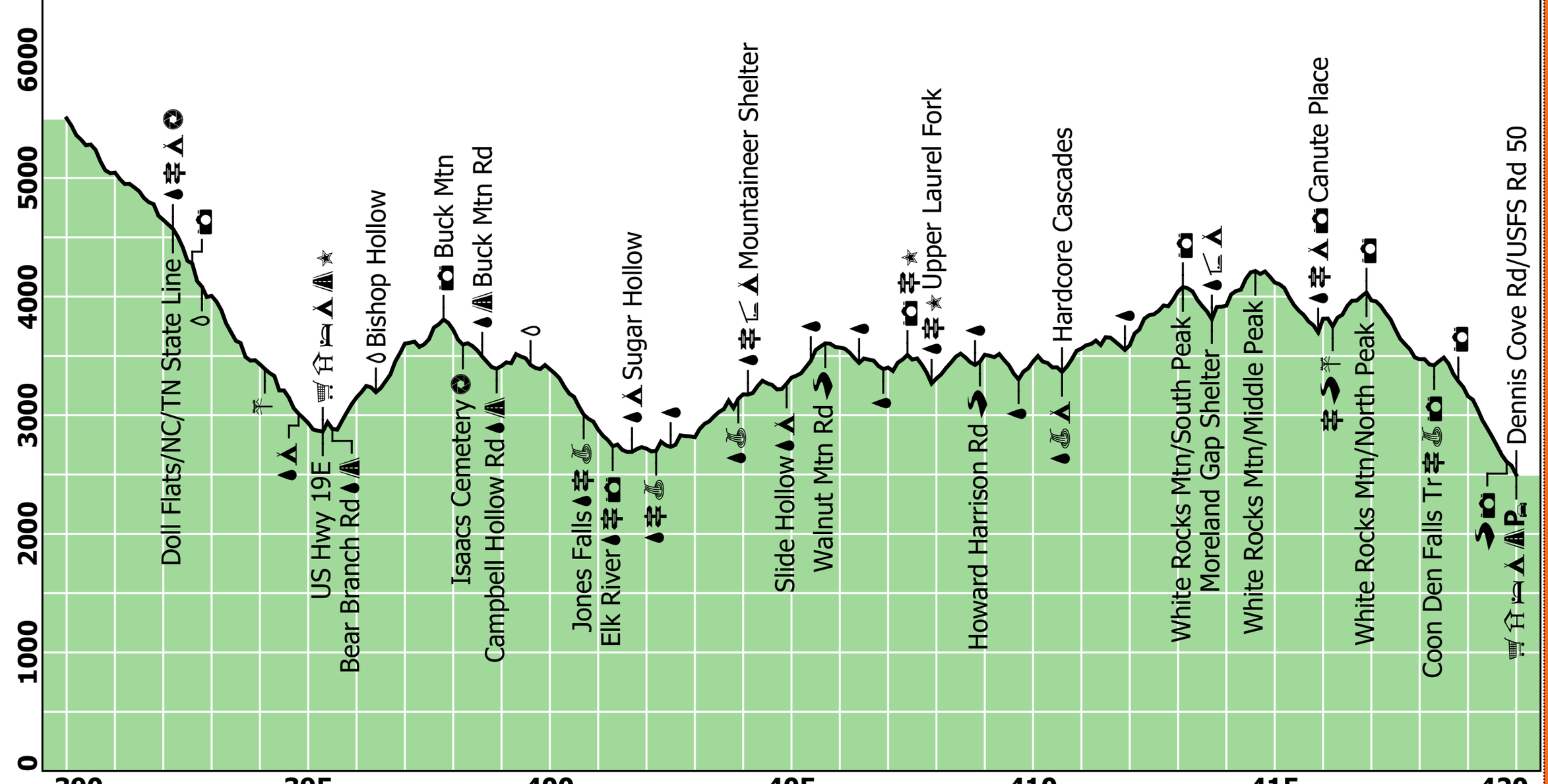
386.4		Yellow Mountain Gap. (0.3W) **Overmountain Shelter (Permanently Closed)** Camping is still allowed at least 40 feet away from the building. Water is located on way to the shelter, tenting, hammocks, privy. (0.7W) Yellow Mountain Gap trailhead parking. [36.12576,-82.05133] [36.12397,-82.05383]	4682	1811.0
387.6		Saddle in open field. Spring is about 100 yards east. [36.12101,-82.03275]	5272	1809.8
388.0		**Little Hump Mountain**, grassy summit with outstanding views. [36.12497,-82.02896]	5459	1809.4
388.2	**State Line**	Reach small gap, be careful of side trails. **North Carolina–Tennessee State Line** (no marking here). [36.12769,-82.02704]	5196	1809.2
388.8		Unreliable pipe spring a few feet from trail along with tent sites.	5069	1808.6
389.3		**Bradley Gap**, grassy, water (spring) is located 100 yards east. [36.13315,-82.02255]	4950	1808.1
390.2		**Hump Mountain**, Stan Murray plaque. Grassy summit, 360 degree views, tenting [36.14055,-82.01226]	5587	1807.2



392.4	**State Line**	**Doll Flats** a grassy area. A blue blaze trail leads west to water. Several good tent sites. **Tennessee–North Carolina State Line**. [36.15220,-82.01157]	4600	1805.0
393.0		Crest of rocky spur, **overlook** 50 feet east with **views** of Elk River Valley pastures. [36.15579,-82.01686]	4400	1804.4
393.1		Cliff with overhanging rock over trail.	4153	1804.3
394.6		**Power line**. [36.16724,-82.01145]	3420	1802.8
395.0		**Campsite** is the former site of the Apple House shelter that was dismantled in 2012. Water west of trail in Wilder Mine Hollow, **water** is also located 100 yards north on AT. [36.17206,-82.01111]	3200	1802.4
395.4		Northern end of old road in Wilder Mine Hollow.	3008	1802.0
395.6	★★★★★	Cross **U.S. 19E**. As of 2019 parking was not recommended because of vandalism. **Elk Park, NC. (2.5E), see Elk Park, NC map.** **Roan Mountain, TN (3.5W), see Roan Moutain, TN maps.** Parking is not recommended here [36.17748,-82.01162] [36.17746,-82.01181]	2895	1801.8
		(2.3E) **PO** M-F 9am-12:30am & 1:30pm-4pm, Sa 8am-11:30am. 828-733-5711. 153 Main St. W, Elk Park, NC 28622. [36.15778,-81.98004]		
Roan Mountain, TN 37687 (3.5W)				[36.19904,-82.06994]
		(3.9W) **PO** M-F 8am-12pm & 1pm-4pm, Sa 7:30am-9:30am 423-772-3014. 8060 US-19E, Roan Mtn, TN 37687. [36.20021,-82.07448]		
		(0.3W) **Mountain Harbour B&B and Hiker Hostel** 866-772-9494. welcome@mountainharbour.net (www.mountainharbour.net) Open year-round. AT Passport location. Food Truck open during NOBO Season. hostel offers 5 private rooms & 13 semi-private beds with shared men's & women's bathrooms, 2 private rooms have their own bathroom. One flat rate includes laundry, fresh linens, soaps, foot bath, boot dryer, A/C & fireplace, gaming lounge and fast Wi-Fi. Secure parking $10/day or $2/day wtih shuttle. [36.17907,-82.01608] Mail drops free for guests, non-guests $5, 9151 Hwy 19E, Roan Mountain, TN 37687.		
		The Appalachian Station at 19E 423-723-0450 (www.theastationat19e.com) Open year-round. Pets OK. AT Passport location. Hostel offers 5 private rooms & 13 semi-private beds with shared men's & women's bathrooms, 2 private rooms have their own bathroom. Booking through Airbnb. One flat rate includes laundry, fresh linens, soaps, foot bath, A/C & fireplace, gaming lounge and fast Wi-Fi. Includes shuttle to and from 19E trail head (call or text), shower, laundry, washcloth, soaps, fresh linens, foot bath, boot dryer. Restaurant with lunch and dinner. Outfitter and inexpensive resupply. Pub, Restaurant & Music Hall are open year-round with 400+ craft beers, all you can eat breakfast. Friday night is our famous Karaoke night. Live Music Sat. nights. Shuttle available. Parking, $2/night w/shuttle, $10/night w/out shuttle. Mail drops are free. 9367 HWY 19E Roan Mountain, TN 37687. [36.17241,-82.00132]		
		(2.6W) **The Refuge Hostel** 423-772-3125. Pet friendly for well minded pets. Directions from Bishop Hollow, Roby Miller Road AT-NOBO mile (396.8) up-hill through grass to forestry gate (flat road at top). Follow blue blaze to Refuge. {8} bed bunk house (twin mattress). Shower, laundry, small resupply/snacks available. Slackpacking options available. Call for shuttle services between Erwin,TN. & Damascus,VA. Mail drops free for guest, $5 for non-guests: Robert Overbay 240 Roby Miller Rd. Roan Mountain TN 37687. [36.195163,-82.015515]		

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(4.8W) **Roan Mountain B&B** 423-772-3207 ✉ campbell79@comcast.net (www.roanmtbb.com) Open year round. Pets considered, no alcohol, no smoking inside. AT Passport location. Hiker rate $75 single, $95 double includes full hot breakfast. Free pickup and return at Hwy 19E and 5pm town shuttle. Do it yourself laundry $5. Some resupply items on site. Free WiFi. Free 5pm shuttle into town for restaurants and restock for guests. Shuttles and slackpacking Sam's Gap to Watauga Lake. **P** Parking for section hikers. Credit Cards accepted.
Mail drops; must have both the PO and physical address both on the mailing label. P.O. Box 227, 132 W. B. Mitchell Rd. Roan Mountain, Tennessee 37687. **[**36.20083,-82.08452**]**

Highlander BBQ 423-895-3013 ✉ hturbyfill@hotmail.com. Great food. Will shuttle to and from trailhead. Call about bunks and showers at a different location, within 150 yds of AT Will shuttle if they have time. M-Tu Closed, W-F 11am-8pm. Sa 11am-7pm, Su Closed. **[**36.197364,-82.065636**]**

Village Package 8312 Hwy 19E. M-Sat 12pm-9pm, Su 12pm-6pm. **[**36.19689,-82.06624**]**

Smokey Mountain Bakers 423-957-1202. Good brick oven pizza. M closed, Tu-Sa 8 am-8 pm, Su Closed. **[**36.19291,-82.06110**]**

Puerto Nuevo Fresh Mex & Seafood 423-481-1412 Mon-Su 11am-10pm. WiFi. Ask for ride availability after eating if going back to 19E trail head. **[**36.19927,-82.07189**]**

Bob's Dairyland 423-772-3641. (www.bobsdairyland.com) AT Passport location. M-Su 6am-9pm. WiFi. **[**36.19642,-82.06471**]**

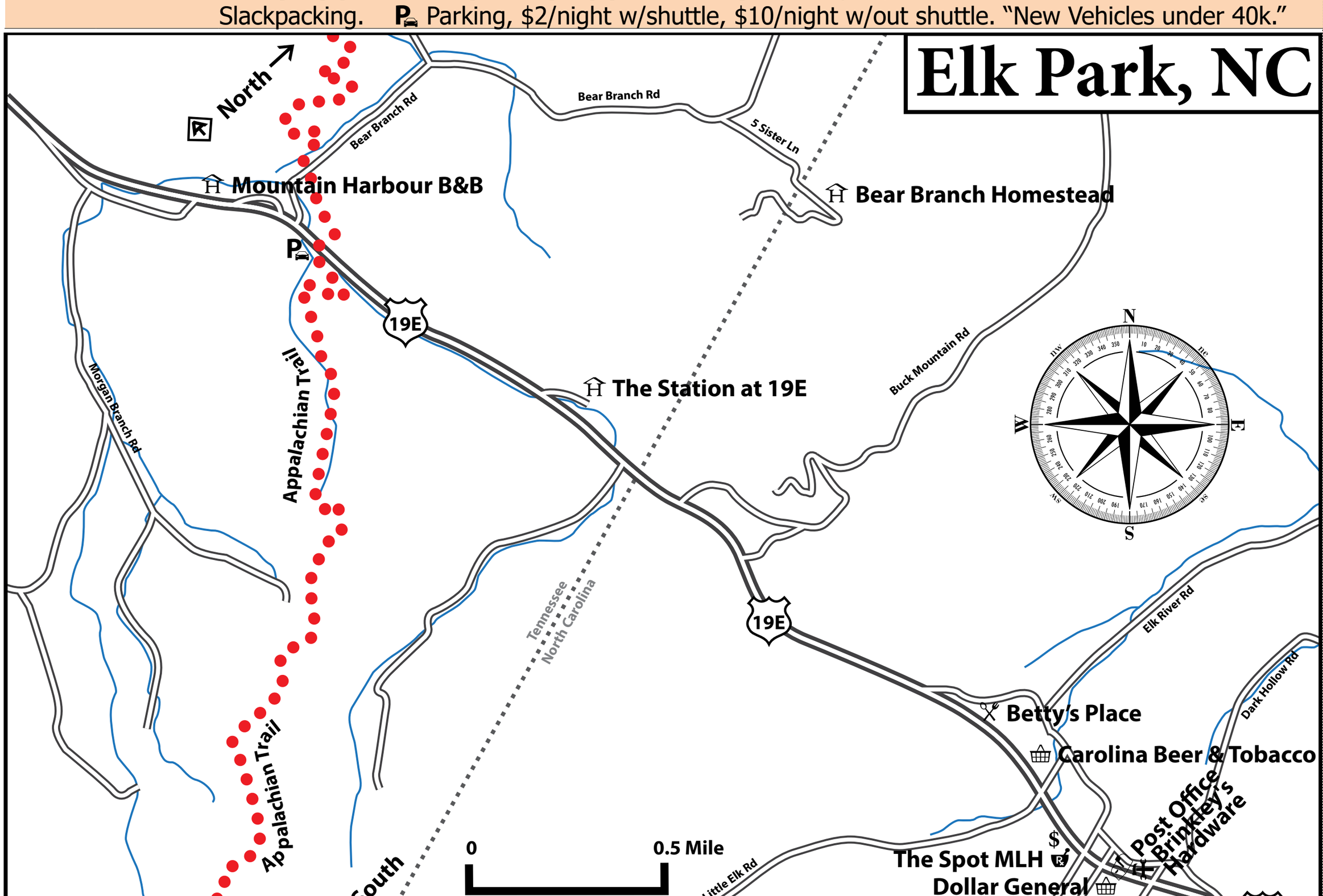
Frank & Marty's Pizza 423-772-3083. M closed, Tu-Sa 4 am-9 pm, Su closed. WiFi. **[**36.19070,-82.04544**]**

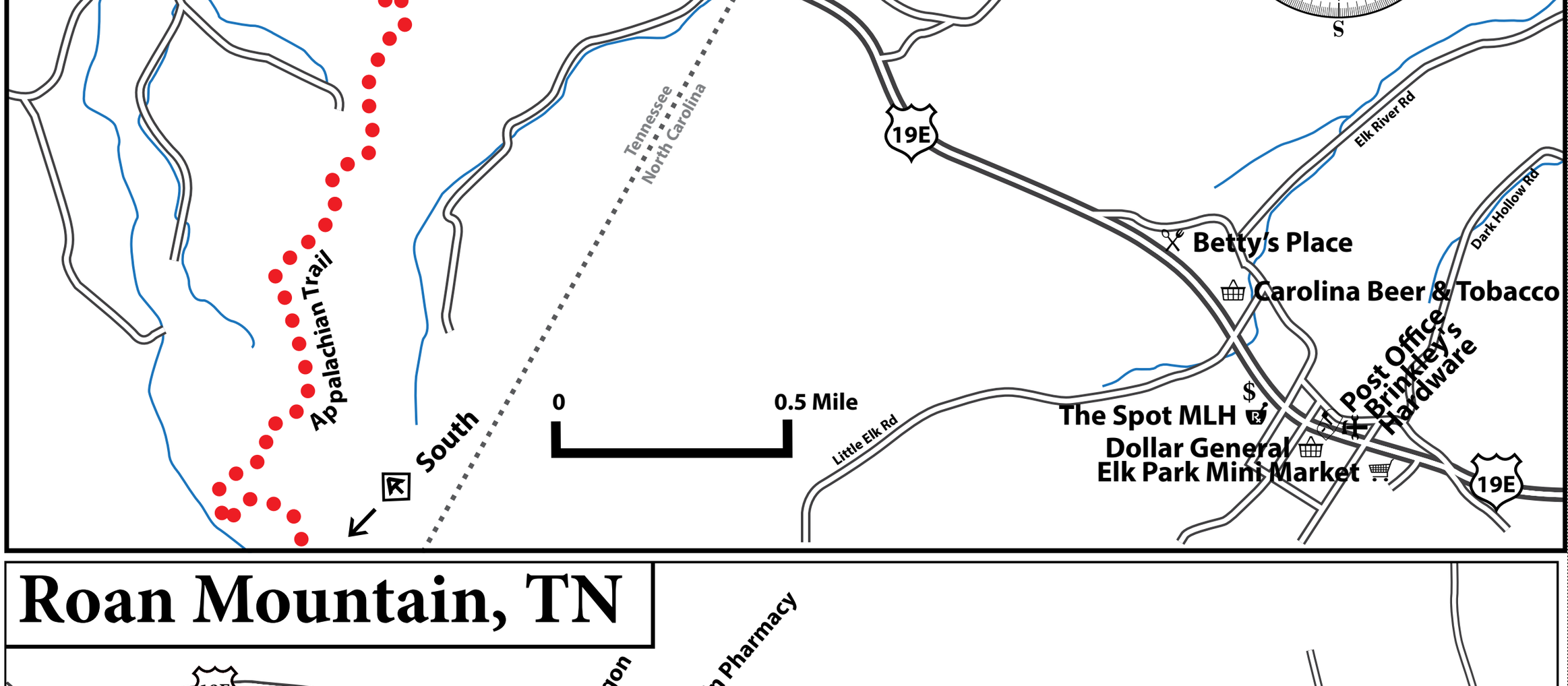
Redi Mart 423-772-3032. M-Sa 8am-10pm, Sun 10am-8pm. ATM. **[**36.19647,-82.06588**]**

Cloudland Market 423-772-3201. M-Sa 8am-7pm. **[**36.19901,-82.07106**]**

Mountain Harbour B&B Shuttles 423-772-9494 ✉ welcome@mountainharbour.net (mountainharbour.net) Owner: David Hill. Based out of Roan Mtn, TN. Pet friendly. Insured. 365 days, 9 AM - 5 PM & holidays.
S to Clingmans Dome ➤ N to Marion, VA & airport & bus terminals. Slackpacking. **P** Parking, $2.00/day, w/shuttle, $10/day, without/ shuttle. "We can shuttle from 1 person, to groups of 25 at a time".

Roan Mountain Hiker Shuttle 423-250-3700 ✉ roanmountainshuttle@gmail.com (www.roanmountainshuttle.com) Owner: David Magee. Based out of Roan Mountain, TN. Pet Friendly. Insured. 365 days, 24/7 & holidays.
S to (Any point - call) ➤ (Any point - call) & airport, bus & train terminals. Slackpacking. **P** Parking, $2/night w/shuttle, $10/night w/out shuttle. "New Vehicles under 40k."





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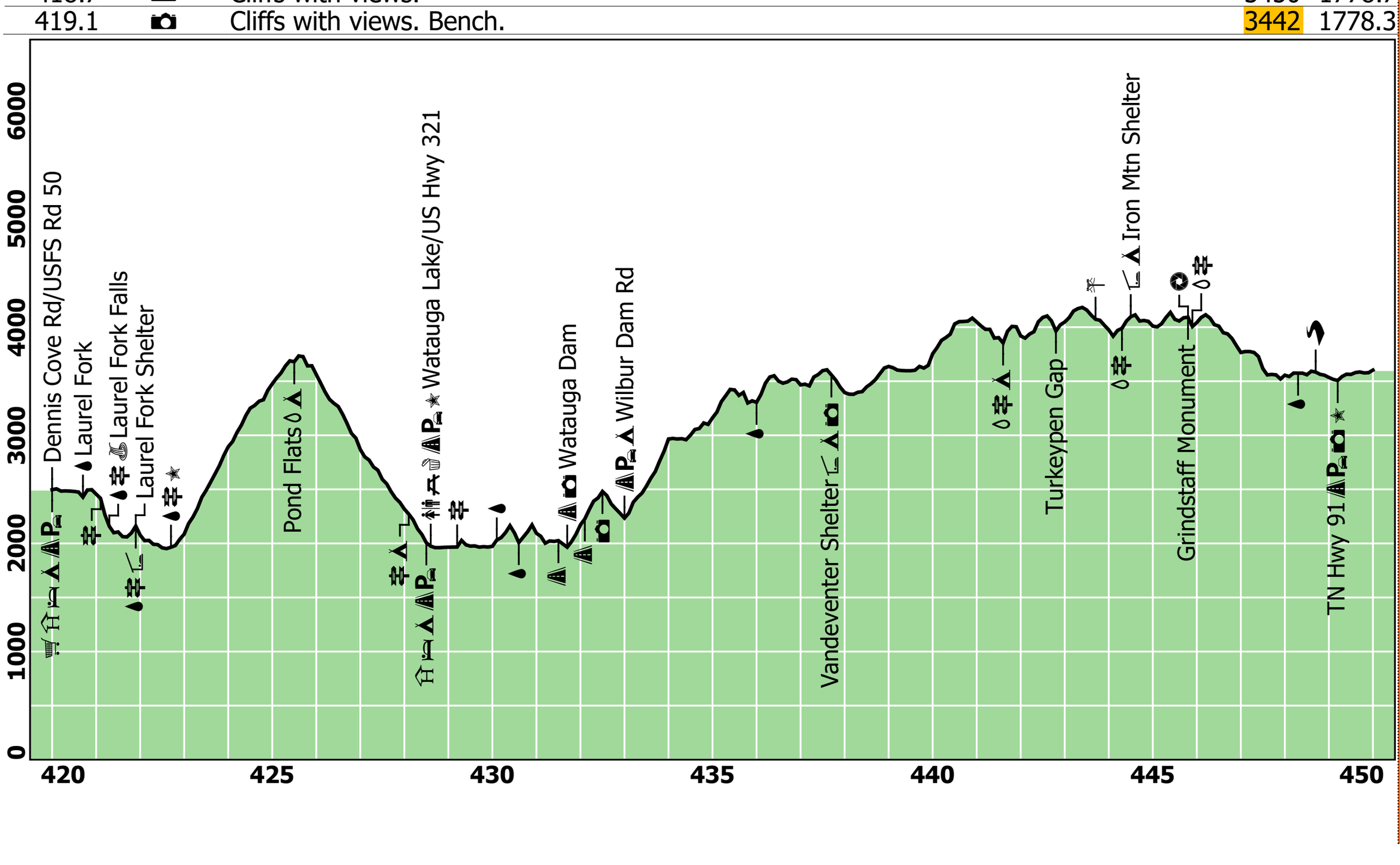
395.7		High point on ridge.	2911	1801.7
395.8	★★★★★	Cross **Bear Branch Road**, water (streams) are located north of road. **See Elk Park, NC map.** ➔[36.17946,-82.01241] P[36.17940,-82.01280]	2900	1801.6
		(1.2E) **Bear Branch Homestead** 864-509-8402 call or text. ✉ danikawithak@gmail.com Owner: Danika Harris. Open year-round. Pet friendly. Room in barn for sleeping, $25. Private rooms available, $45. Tenting available, $15. Shower, laundry, free Wi-Fi. Charging Stations. Kitchen privileges. Restocking shuttle available. Essential items available. Ask about work for stay. Will pick up and drop off at trail head on Bear Branch Rd, ask about longer shuttles. Ask about slackpacking. P Free parking. Maildrops 122 Five Sisters Ln, Roan Mountain, TN 37687. [36.18030,-81.99337]		
396.7		Lower end of Bishop Hollow.	3344	1800.7
397.1		High end of Bishop Hollow, Roby Mille Road, grass road.	3623	1800.3
398.1		Reach Buck Mountain summit and stile. Many views in this area. [36.19359,-82.00389]	3820	1799.3
398.5		Circle around Isaacs Cemetery. [36.19867,-82.00250]	3602	1798.9
398.9	★★★★★	Cross **Buck Mountain Road**, water (spigot) is located (0.1) east at church. ➔[36.20140,-81.99907] [36.20093,-81.99827]	3340	1798.5
		(1.6W) **Hiker Hostel Refuge**. See information under NOBO mile (395.8).		
399.1		Cross small stream.	3461	1798.3
399.2		Cross **Campbell Hollow Road**, water (streams) are located south of road. ➔[36.20411,-81.99727]	3330	1798.2
399.5		Cross small bridge.	3435	1797.9
399.9		Pass by **spring**.	3422	1797.5
401.0		Side trail (0.1) east to **Jones Falls**. [36.20376,-81.97991] [36.20296,-81.98223]	3148	1796.4
401.6		Trail makes a sharp turn near the bank of the Elk River as it enters North Carolina for about 200 yards. Short side trail leads east to good viewsa across river.	2739	1795.8
401.9		Cross smal stream at Sugar Hollow. [36.20342,-81.97552]	2700	1795.5
403.2		Cross **creek**. [36.20822,-81.97970]	2925	1794.2
403.8		Cross small log bridge.	2935	1793.6
404.2		Cross small stream below Mountaineer Falls, blue blaze west to campsite. [36.21953,-81.98474]	3130	1793.2
404.4	{14}	(70 yds W) **55.6<<<33.6<<19.9<Mountaineer Falls Shelter>9.6>>33.6>>>40.4** Water is a small pool at top of waterfall, located 200 feet on blue blaze in front of shelter, tenting. [36.2202,-81.98569]	3470	1793.0
405.2		**Slide Hollow**, blue blaze trail east leads to **campsite**, **water.**	3260	1792.2
405.7		Cross small stream.	3531	1791.7
405.8		Cross poorly maintained Forest Service Road. [36.22030,-82.00226]	3572	1791.6
406.0		Cross **Walnut Mountain Road**. [36.22205,-82.00411] P[36.22211,-82.00430]	3550	1791.4
406.7		Cross stream on footbridge.	3441	1790.7
407.2		Cross stream on footbridge. [36.22232,-82.01727]	3389	1790.2
407.7		**Viewpoint**, memorial bench. [36.21983,-82.02298]	3350	1789.7
408.2		**Upper Laurel Fork**, footbridge. [36.22053,-82.02937]	3290	1789.2
409.2		Cross **USFS 293/Howard Harrison Road**. Stream crossing just south. [36.21742,-82.03820]	3442	1788.2
410.0		Cross stream. [36.22207,-82.04401]	3410	1787.4
410.9		Hardcore Cascades (Named after Bob People's Hardcore tail crew) Stream. Tent sites are on unmarked trail leading downhill to the east, just north of the cascades.	3378	1786.5
412.2		Trail crosses four small streams with (0.1).	3550	1785.2
413.4		Cross high point on **White Rocks Mountain**. [36.22001,-82.08054]	4121	1784.0
414.0	{6}	**43.2<<<29.5<<9.6<Moreland Gap Shelter>24.0>>30.8>>>38 .5 Damaged by Hurricane Helene** water is located (0.2) across from the shelter and down the hollow, tenting. [36.22011,-82.08850]	3815	1783.4
415.1		Cross middle peak of White Rocks Mountain. [36.22311,-82.10100]	4216	1782.3
416.2		Canute Place. Campsite on southern end of field, blue blaze trail leads (0.1W) to pipe spring. [36.22918,-82.11276]	3700	1781.2
416.5		Cross **forest road USFS 36**. Power line Lacy Trapp Trail to the east. [36.23379,-82.11660]	3810	1780.9
417.1		Hight point on north peak of White Rocks Mtn. views o the west. [36.23868,-82.12175]	4059	1780.3
418.6		Trail to **Coon Den Falls** is located to the east (0.8). [36.25172,-82.12241] [36.25344,-82.11890]	3412	1778.8
418.7		Cliffs with views.	3450	1778.7
419.1		Cliffs with views. Bench.	3442	1778.3



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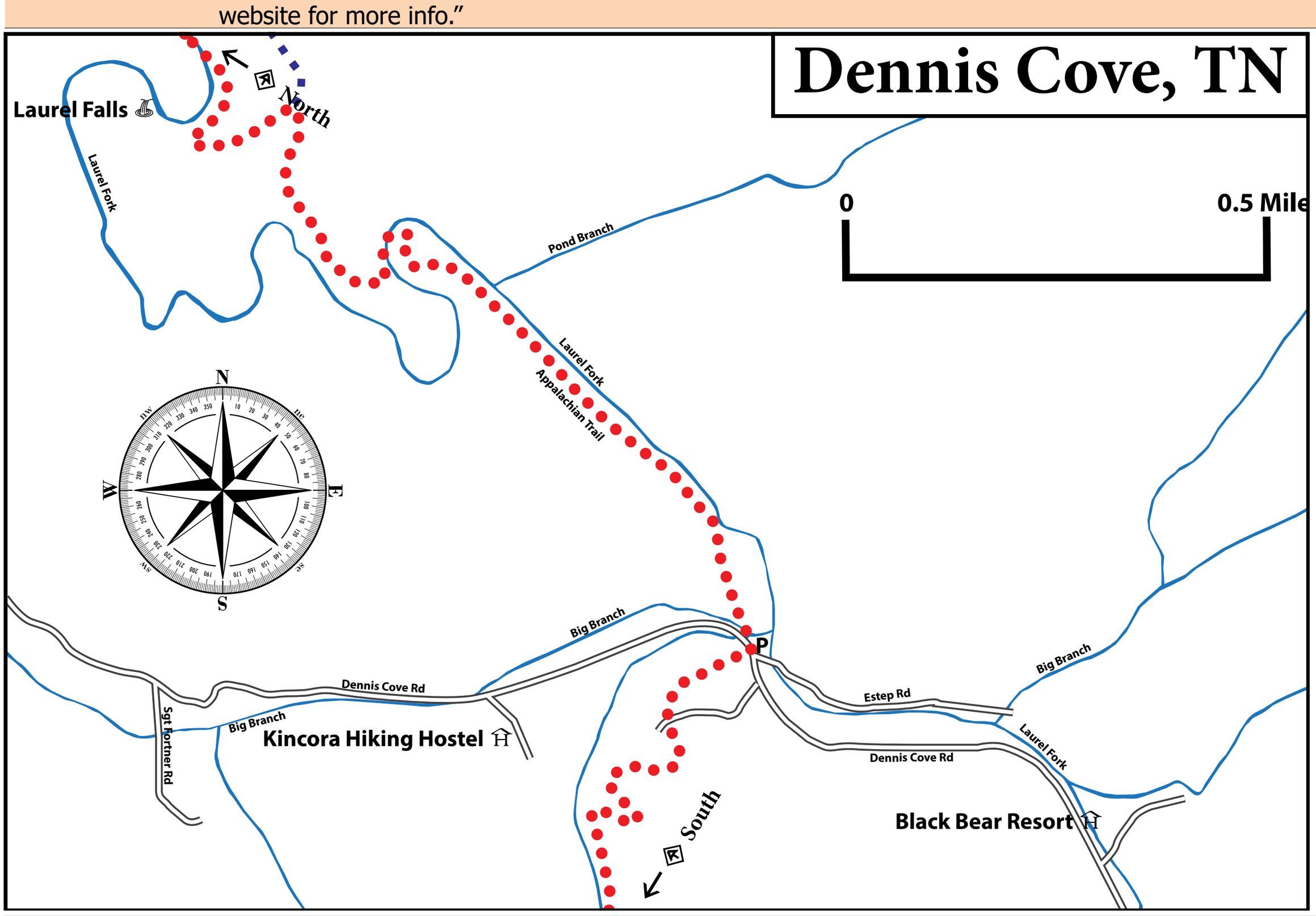
420.1		Follow farm road by pond (stagnant). Trail passes though open fields and old farm building.	2606	1777.3
420.3	★★★★★	Cross **USFS 50**, Dennis Cove. **See Dennis Cove, TN map**. [36.26386,-82.12296] P [36.26422,-82.12313]	2550	1777.1

(0.3W) **Kincora Hiking Hostel** 423-725-4409. AT Passport location. No dogs. Bunks $5 a night recommended donation, 3 night limit. Cooking facilities, laundry. Coleman and alcohol by the ounce. Shuttles by arrangement. [36.26320,-82.12822]
Mail drops free for guests, non-guest $5. 1278 Dennis Cove Rd, Hampton, TN 37658.

Black Bear Resort 423-725-5988, 321-271-5188 (Cell/Text) reserve@blackbearresorttn.com (www.blackbearresorttn.com). Pet friendly with $10 fee. AT Passport.
For early NoBo hikers call for availability from Jan – Feb 2024. All other hikers **Open Mar 1 - Oct 31**. Can book directly on website. Accepts credit cards. If hiking NoBo there is cell service 6 miles south at Mooreland Gap Shelter. You can call ahead if you like. Offers a hiker Bunkhouse Special $30pp, which includes a towel package, 1 load of laundry, 1 trip into Hampton TN. **(mention you saw this in the WhiteBlaze Pages and receive a 10% disc) NOTE:** Hot Breakfast Items soon to be announced and will be offered between Mar – Jun 2024. Tenting and hammocking $15. Rustic Cabins $60/$76 for first person and $10.00 each additional person 6-person max. Private Cottages are also available, prices are listed on our website. Courtesy phone and free Coffee for Guests. General store is fully stocked for your hiker resupply needs with Freeze-dried meals, snacks, sodas, pizza, assorted beers, (Draft Beers TBA) ice cream, and foods that can be prepared on site. Fuel by the ounce and canisters fuel. Credit/Debit ok. Long and Short distance shuttles prices listed on our website. **P** Parking $3/night. Laundry $5 and showers $5 for non-guest, Hiker drop boxes.
Mail drops (non-guest fee $5) 1511 Dennis Cove Road Hampton TN 37658. [36.26052,-82.11596]

Black Bear Resort Shuttles 423-725-5988 (main), 321-446-3647 (cell/text)
Reserve@blackbearresorttn.com (www.blackbearresorttn.com) Owner: Travis Culp. Based out of Hampton, TN. Pet friendly. Insured. Jan-Dec, 6am-8pm, (urgent requests accommodated) & some holidays. 6 riders, max.
S to Hot Springs, NC/Ashville NC Regional Airport ◄ ► N to Damascus VA & airport, bus & train terminals. Slackpacking. **P** Parking, $3/day, (3 days free for guests). "Privately owned, clean and affordable hostel. We shuttle to most locations. Flexible to small changes. Check website for more info."



420.4		Pass two small bridges and a campsite that is near the area used for the old railroad. [36.26574,-82.12374]	2499	1777.0
421.1		Cross Koonford Bridge over Laurel Fork. [36.27071,-82.13029]	2118	1776.3
421.2		Unmarked trail junction to Potato Top. [36.27164,-82.13239]	2450	1776.2
421.4		High water bypass to Laurel Fork Shelter, reconnects again at Laurel Fork Shelter. [36.27294,-82.13224]	2200	1776.0
421.5		**Laurel Fork Falls**, Laurel Fork Gorge. **Do not swim near or close to the falls. Hikers have been pulled in and drowned here**. [36.27244,-82.13484]	2120	1775.9
421.7		Skirt edge of cliff on walkway. If the walkway is flooded or icy, use high water bypass trail.	2211	1775.7
422.2		(300 ft E) Former **Laurel Fork Shelter. Burned down on 15 Aug 2024** Water (stream) is located 50 yards behind the shelter. Also high water bypass trail. [36.27856,-82.13640]	2450	1775.2
422.5		Waycaster Spring, there are a few footbridges that go over Laurel Fork in this area. [36.28160,-82.13771]	1900	1774.9
422.6		Cross stream on footbridge. [36.27968,-82.13784]	2082	1774.8
422.8		Cross stream on footbridge. [36.28107,-82.13758]	2137	1774.6
423.0		Water, blue blaze Hampton Blue Blaze Trail to leads west (0.8) to US. 321, **Hampton TN** is west on 321. **See Notes Below NOBO 428.8.** [36.28147,-82.14326]	1900	1774.4
425.4		Pond Flats (south end).	2682	1772.0
425.5		Spring located in rocky bottom of drainage. [36.28375,-82.11731]	3304	1771.9
425.8		**Pond Flats** (north end), water (spring) is located (0.1) north on AT, campsite. [36.28033,-82.11835]	3780	1771.6
428.4		**Campsite** to the east. [36.29756,-82.12722]	2200	1769.0
428.8	★★★★★	Trail and **Shook Branch Road** intersect with gravel road to the east. **See Hampton, TN map.** [36.30021,-82.12853]	2023	1768.6

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(0.1W) **Boots Off Hostel & Campground**, Owner Jim Gregory: 239-218-3904 ✉ bootsoffhampton@gmail.com (www.BootsOff.camp). Please book online on web site. "Top-5 AT Hostel" - The Trek AT Passport location. PET FRIENDLY! Call ahead & before coming up driveway if you have dog! Just steps from the A.T. and 5 minute walk to Watauga Lake beach area. Shaded campground with semi-private sites with picnic tables: $15/pp (Tent or Hammock). Air-conditioned/Heated bunkhouse (each bed has privacy curtains, individual light, & charging station): $30/pp+tax. Air-conditioned /Heated private tiny cabins (full bed with twin bunk, mini fridge, coffee maker with supplies) sleeps up to 3 people: $60+tax for one person + $15 each additional person. All stays include: light continental breakfast, clean linens, towels, scheduled evening town shuttle ($5 without stay), Wi-Fi, and access to common area, kitchen, communal fire ring (regular fires during peak season), clean bathrooms and unique showers ($5 without stay). Full-service Laundry is $5 pp (we do it for you!). Excellent cell phone signal! Resupply and onsite General Store available. Swimming available at Watauga Lake. Kayak/ Canoe/Paddleboard rentals available at hostel. Aqua Blaze available (Nobo OR Sobo). Short Term Parking $5/day, reduced rates for Long Term Parking. Slackpacking available for a fee. Shuttles available - range Sam's Gap to Damascus for a fee (Extended shuttles available out of season). Mail drops free with stay $5 without stay. Mail drops: 142 Shook Branch Rd., Hampton, TN 37658. [36.29927,-82.13036]

428.9 Cross **US. 321**, **Shook Branch Picnic Area**. **See Hampton, TN map**. [36.30200,-82.12795] P[36.30186,-82.12891] 1990 1768.5

(0.8E) **Dividing Ridge Campground** 424-957-0821. Open until July. Donation based. Hot showers, charging stations, wash tub and local shuttles. WiFi. Call for pickup. 1219 Highway 321 Hampton, TN 37658. [36.29188,-82.14326]

(7.4E) **Far Not Fast Hiker Home and Shuttle** 423-895-8236, a night at home. AT Passport location. No pets allowed at this time. Free pick up and drop off with stay from Wilbur Dam Road and Shook Branch Recreation Area. Accommodates four hikers. $40 +tax, includes bunk (with quality linens, privacy curtains, light and power strip), showers (with towels, soap, shampoo and conditioner), use of kitchen and BBQ grill. shuttles to Elizabethton for dinner options and resupply, laundry, computer for use and games, WIFI, hiker den with cable TV, hiker closet, hot breakfast before getting shuttle back to trail. Offers slack packing. Ask about shuttles from Erwin to Damascus. P Parking for guest with stay. **Nero special for without stay:** For $25 pp, pick up at Wilbur Dam, shower, laundry, resupply, back to Wilbur Dam. Mail drops for guests: 274 Old Charity Hill Road, Elizabethton, TN 37643.

Hampton, TN 37658 (2.6W) See map. [36.28450,-82.17248]

(2.6W) **PO** M-F 7:30am - 11:30am, 12:30pm - 1:00pm. Sat-Sun Closed. 423-725-2177. 153 Main St. W. Hampton, TN 28622. [36.28621,-82.16526]

Brown's Grocery & Braemar Castle Hostel 423-725-2411, 423-725-2262. AT Passport location. Open year round. Operated by Sutton Brown; check-in at grocery to stay at the hostel or for shuttles. Pets okay. WiFi at hostel only. **Store:** Open M-Sa 8am-6pm, Su closed. Store accepts Credit Cards; hostel is cash only. [36.28372,-82.15834] [36.28502,-82.15943]

Medical Care 423-929-2584. Family practice clinic. [36.28590,-82.16460]

Hampton Trails Bicycle Shop 423-725-5000. (www.hamptontrails.com) Offers shuttles and has few supplies in shop. M, T, Th, F 11am-6pm, Sat 10pm-3pm, closed Wed & Sun.

Trailmeister 423-741-5944 (cell-leave msg) ✉ barrycreek@yahoo.com. Owner: Barry Creek. Based out of Johnson City/Elizabethton, TN. Pet friendly. Insured. 365 days, 24/7 & holidays. **S to US74/Nantahala River ➤ N to I77/Bland VA** & airport, bus & train terminals. Slackpacking, P Parking, included in shuttle rate. "Customized, flexible, shuttles runs available by prior arrangement!"

Boots Off Hostel & Campground Shuttles 239-218-3904 (cell) ✉ bootsoffhampton@gmail.com (www.facebook.com/BootsOffHostelandCampground) (www.bootsoff.camp) Owner: Jim Gregory. Based out of Hampton, TN. Shuttle rates available on website, call for rate if not listed. Pet friendly. Insured. 365 days, 24/7 (extremely flexible) & holidays. **S to Amicalola Falls SP/Dawsonville, GA ➤ N to Harpers Ferry, WV** & airport, bus & train terminals. Slackpacking. P Parking, $5/Day/short-term, $25/Wk/long-term (7 days). "We are able to shuttle large groups, (15-passenger van & other shuttle vehicles). Drivers available to do simultaneous shuttle runs to various destinations. Very flexible and accommodating on pick-up and drop-off times. Very reasonable rates. Covid precautions. Masks required.

Shuttles by Uncle Mike 423-383-2022 (cell) ✉ Unclemike116@aol.com. Owner: Michael G Wallace. Based out of Hampton, TN. Pet Friendly. 365 days, 24/7 (by reservation) & holidays. **S to Hot Springs, NC ➤ N to Pearisburg, VA** & airport, bus & train terminals. P Parking, free. "Often available on short notice. Will consider longer shuttles."

Lost & Found Shuttle 423-278-2544 (cell) ✉ lostandfoundshuttle@gmail.com Owner: Randy Allen Base out of Hampton, TN. Pet friendly Insured. 365 day (M-Su 6am-9pm) & holidays. **S to Sams Gap, TN ➤ Damacus, VA.** & airport, bus & train terminals.

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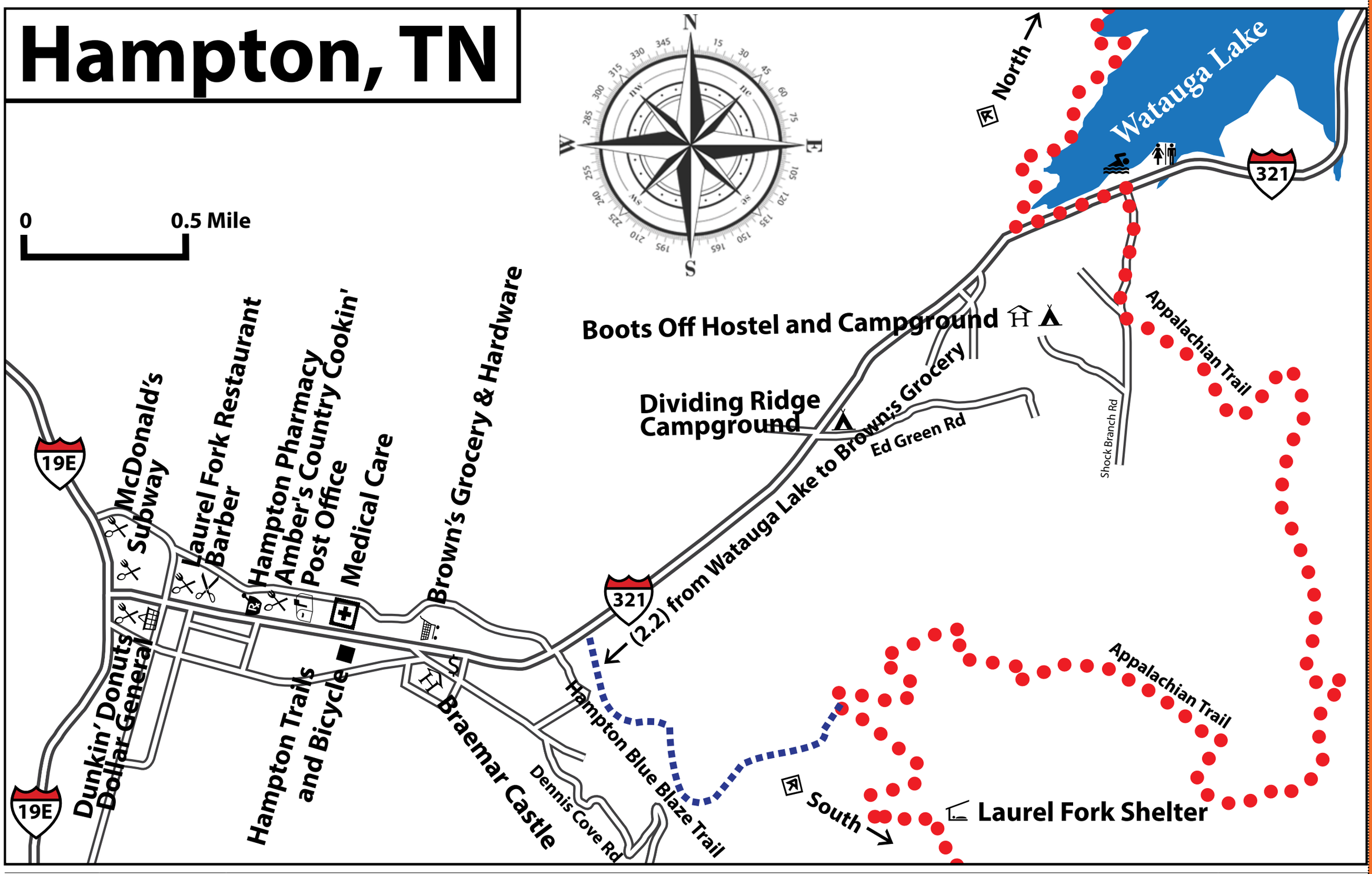
Hampton, TN



429.1		Paved road to Shook Branch Recreation Area.		1970	1768.3
429.2		Footbridge across stream.	[36.30288, 82.13156]	1964	1768.2
429.6		Go through gate in old road.		2046	1767.8
430.4		**Griffith Branch**.	[36.31128,-82.13115]	2100	1767.0
430.9		Cross stream		2008	1766.5
431.8		Trail intersects Lookout Road next (0.6) north.	[36.32146,-82.12367]	2042	1765.6
432.0		Watauga Dam, good views across lake to east.	[36.32302,-82.12259]	1965	1765.4
432.4		Trail intersects **Lookout Road** next (0.6) south. (NOBO hikers, keep an eye out for blue blazes to the west).		2227	1765.0
432.8		Reach summit, **views** of Watauga Lake.		2480	1764.6
433.3		Trail intersects with **Wilbur Dam Road** for 200 ft. Campsite north of the road crossing, no water.	[36.32914,-82.11171] [36.32880,-82.11150]	2250	1764.1
435.7		Cross summit.	[36.34527,-82.08419]	3420	1761.7
435.9		Cross summit.	[36.34698,-82.08099]	3400	1761.5
436.3		**Water** (spring).		3360	1761.1
437.3		Large rock formation to the east.		3482	1760.1
438.0	{6}	**53.5<<<33.6<<24.0<Vandeventer Shelter>6.8>>14.5>>>22.8** Bring water. Closest water source is (0.5) south on blue-blazed side trail, (South on AT for 300 feet, then turn right on blue-blazed trail, and descend steeply to right on old road track 0.2 mile to saddle, bear right off road track 0.3 mile into hollow, and reach spring.) If NB, then stock up (1.7) south of shelter. Views from shelter.	[36.36710,-82.05875]	3620	1759.4
439.0		**Lookout** to the east.		3632	1758.4
440.0		**Lookout** to the east.		3947	1757.4
441.5		Side trail leading west to private property.		3993	1755.9
441.8		**Water** (spring) is located about 40 yards east beyond bog. There are good **tent sites** 175 yards north.	[36.40857,-82.01517]	3900	1755.6
442.9		Big Laurel Branch Wilderness (north end).	[36.41471,-82.00842]	4063	1754.5
443.2		**Turkeypen Gap**.	[36.41950,-82.00541]	4011	1754.2
443.8		Reach high point of Iron Mountain.	[36.42572,-82.00169]	4190	1753.6
444.1		**Power line**. Views of fields around Doeville, TN.	[36.42650,-81.99651]	4138	1753.3
444.6		**Water** (spring) is also water for Iron Mountain Shelter, a more reliable spring is located 100 yards compass-south on blue blaze trail.	[36.43344,-81.99286]	4000	1752.8
444.8	{6}	**40.4<<<30.8<<6.8<Iron Mountain Shelter>7.7>>16.0>>>35.7** Water (spring) 500 yards south on AT, tenting.	[36.43553,-81.99100]	4125	1752.6
446.1		**Nick Grindstaff Monument** located (10 yrdsW), person was a hermit living here before the trail came through.	[36.44889,-81.97873]	4090	1751.3
446.2		Water (spring) on blue blazed trail west 100 yards to spring.	[36.44953,-81.97783]	4090	1751.2
446.6		Cross over high point.		4113	1750.8
447.8		Reach top of ridge.		3750	1749.6
448.6		**Cross two streams** 100 yards apart on bog bridges.		3500	1748.8
448.9		Cross several bog bridges.		3625	1748.5
449.0		Cross USFS logging road.	[36.47601,-81.95826]	3620	1748.4
449.5	★★★★★	Cross **TN 91**. Trail goes through open patures with good views next (0.8) north, "please ensure all gates are closed behind you", as fields can be used for cattle (So watch your step...). **See Shady Valley, TN map**.	[36.48130,-81.96057] [36.48136,-81.96036]	3450	1747.9

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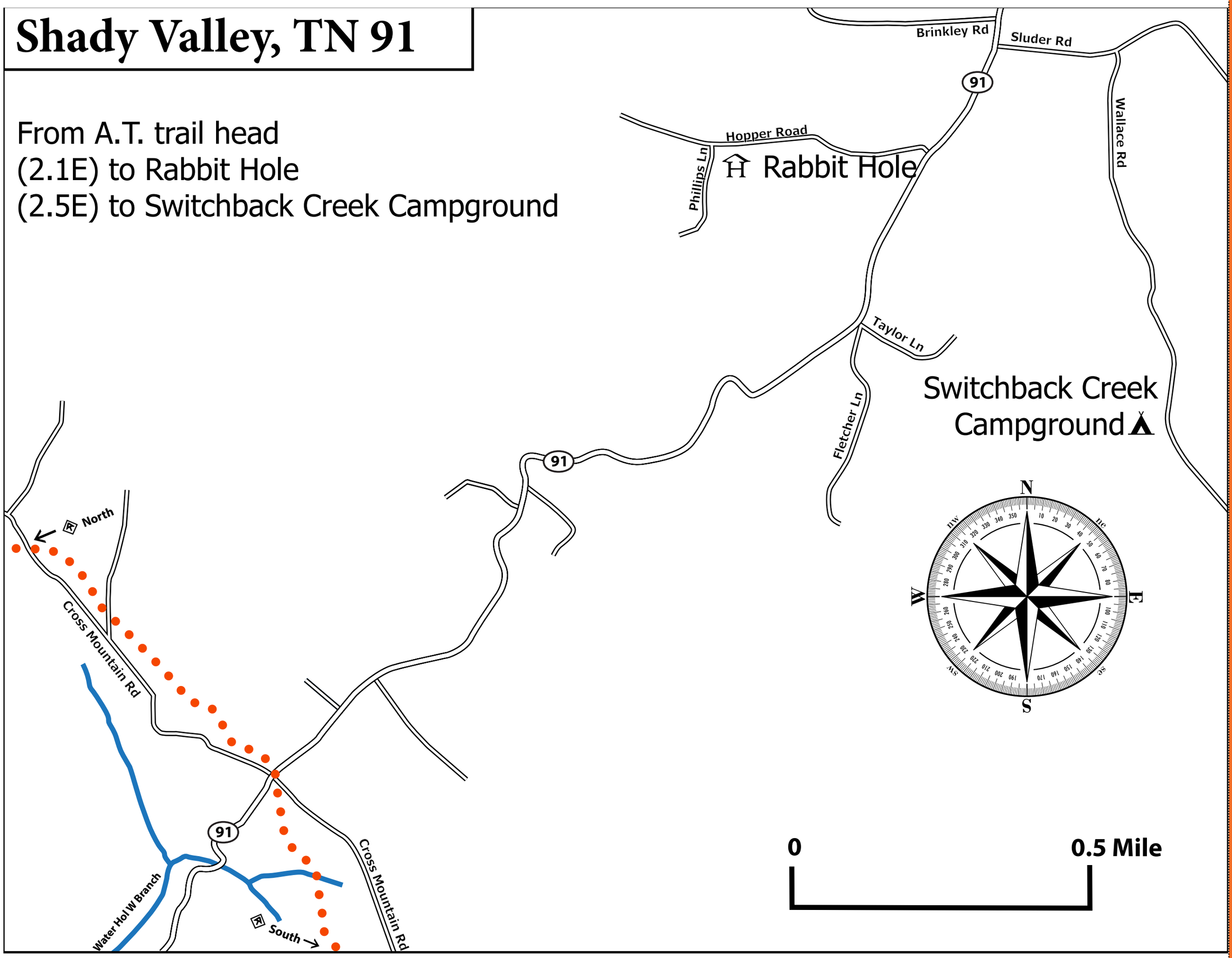
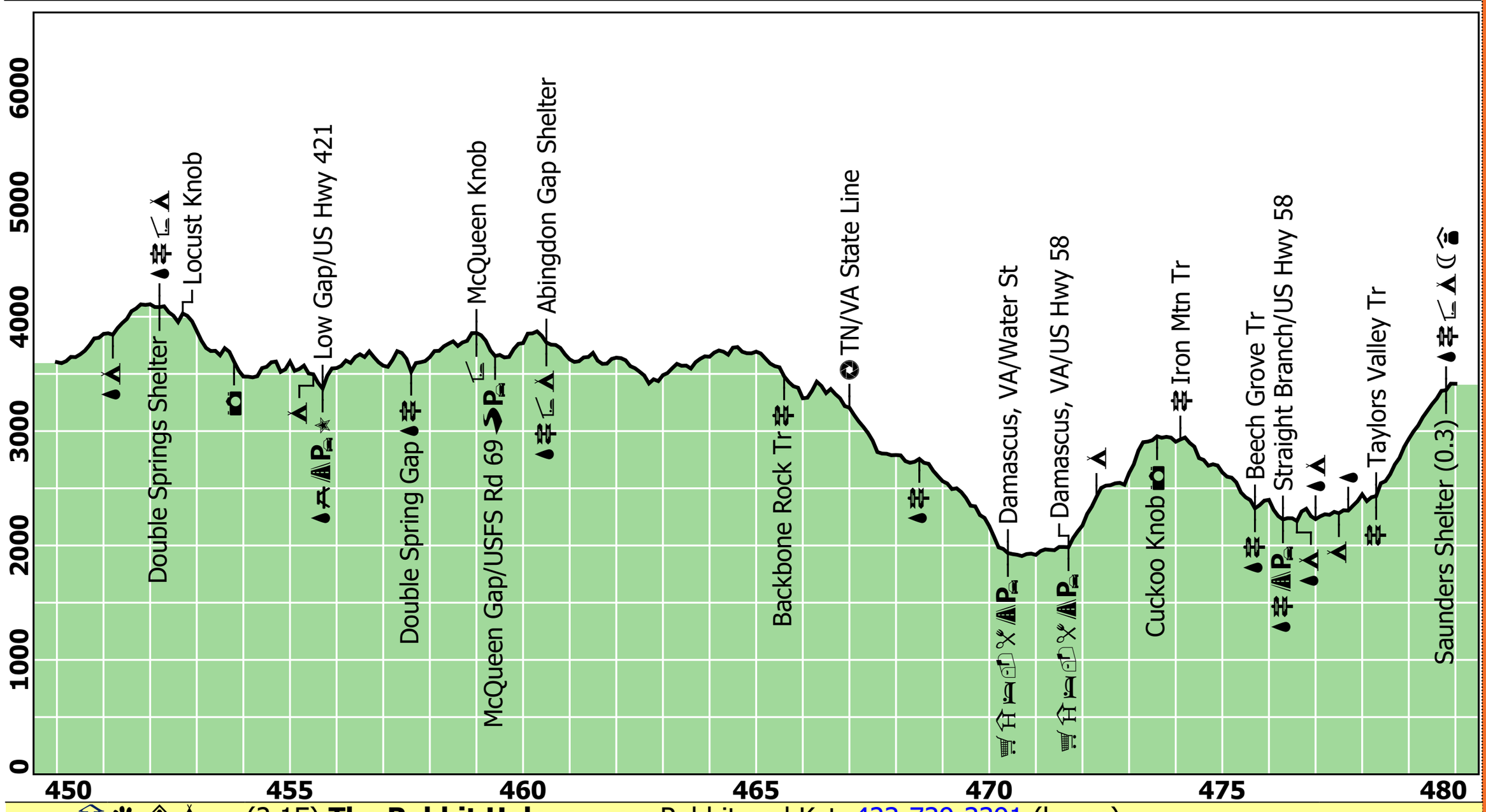
Shady Valley, TN 91

From A.T. trail head
(2.1E) to Rabbit Hole
(2.5E) to Switchback Creek Campground





(2.1E) **The Rabbit Hole**, owners Rabbit and Kat. 423-739-3391 (home) homeforhikers@gmail.com (www.facebook.com/HomeForHikers/) Pet friendly. Open year round. AT Passport. 12 bunks, $25 each. 1 private room, $50 and $10 EAP. Tenting/hammocks, $10 each. Work for stay if work available. Offers milkshakes and frozen pizzas. Laundry for guest and non-guests, $4 per load. Showers for non-guest $3. WiFi available. Shuttles for guests, range of 100 mile radius from Erwin to Atkins. P Parking available for section hikers with one night stay for $2 per day, without stay $4 per day. [36.49504,-81.94783]
Mail drops for guest and non-guests: 391 Hopper Rd Shady Valley TN 37688.

(2.6E) **Switchback Creek Campground** 407-484-3388. (www.switchbackcreek.com) Open Apr 1 - Oct 31. Location; (1.8) miles east to Sluder Rd, turn right for (0.2) miles, then right on Wallace Rd. (0.6) miles to 570 Wallace Rd, Shady Valley, TN 37688. Cabin for two $40, 3 people $50.00, campsite $10, cash or credit cards. Pets allowed except in cabins. Showers, laundry is $5,00 a load -includes detergent, free wifi. Call for ride at TN. 91 or Low Gap. [36.49111,-81.93554]

Shady Valley, TN. (3.5E) See NOBO mile 455.7

450.3		Cross ladder over barbed wire fence. Trail goes through open pastures with good views next (0.8) south. [36.48856,-81.97098]	3607	1747.1
451.6		**Campsite, water.** [36.50002,-81.98476]	3990	1745.8
452.2		High point on crest of Cross Mountain. [36.50473,-81.98520]	4135	1745.2
452.5	{6}	**38.5<<<14.5<<7.7<Double Springs Shelter>8.3>>28.0>>>34.5** Water (spring) is located 100 yards in the draw beyond the shelter, tenting. Rich Knob to south, Holston Mountain Trail to north. [36.50896,-81.98620]	4060	1744.9
453.0		**Locust Knob**. [36.51213,-81.97930]	4020	1744.4
454.1		**Views** in the open field. [36.52373,-81.97177]	3712	1743.3
454.6		Cross Jenkins Road, old woods road. [36.52935,-81.96640]	3885	1742.8
455.9		It is highly recommended to not us this site for camping. [36.53802,-81.94896]	3495	1741.5
456.0	★★★★★	Cross **U.S. 421**, **Low Gap**, picnic table, spring. [36.53879,-81.94881] P [36.53885,-81.94821]	3384	1741.4

Shady Valley, TN.(2.7E) See map of Shady Valley, TN under NOBO mile 449.2.

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		(2.8E) **PO** M–F 8am-12pm, Sa 8am-10am, 423-739-2073. 136 Hwy 133. Shady Valley, TN 37688. [36.51961,-81.92803]		
		Shady Valley Country Store & Deli 423-739-2325. (www.shadyvalleycountrystore.com) Open in the Spring until Thanksgiving: M-F 7 am-8 pm, Sa 8 am-8 pm, Su 9 am-6 pm. Deli serves burgers and sandwiches. Coleman fuel. [36.51917,-81.92822]		
		Raceway Restaurant 423-739-2499. M-Tu 7am-8pm, W 7am-2pm, Th-Sa 7am-8pm, Su 8am-2pm. [36.51900,-81.92926]		
		Combattracker 352-214-4511 (cell) philliphooks4@gmail.com. Owner: Alan Hooks. Based out of Bristol, TN. Pet friendly. Insured. 365 days, 24/7 & holidays. **S to Erwin, TN ➤ N to Roanoke, VA** & airport & bus terminals. Slackpacking.		
457.0		Cross a summit. [36.55559,-81.93135]	3643	1740.4
457.9		**Double Spring Gap**, water is known to be unreliable at times. [36.5]5776,-81.93134]	3650	1739.5
458.3		Gap, evidence of old farmstead.	3642	1739.1
459.3		**McQueen Knob**, little remains of old fire tower. [36.57214,-81.92128]	3900	1738.1
459.4		Old unused shelter, emergency use only shelter. Referred to as the Holiday Inn Shelter. [36.57215,-81.92037]	3816	1738.0
459.7	P	Cross **USFS 69**, **McQueen Gap**. [36.57444,-81.91523] P [36.57390,-81.91526]	3680	1737.7
460.8	{5}	**22.8➤➤➤16/0➤➤8.3➤Abingdon Gap Shelter➤19.7➤➤26.2➤➤➤38.6** Water (spring) is located spring (0.2) east on a steep, blue blazed side trail, downhill behind the shelter, tenting. Maple Spring Gap. [36.58101,-81.90220]	3785	1736.6
465.9		Junction of **Backbone Rock Trail**, heading (3.0) downhill and east to TN 133. [36.60468,-81.84098]	3466	1731.5
467.3	State Line	**Tennessee–Virginia State Line**, Mt. Rogers NRA sign. [36.61449,-81.82511]	3302	1730.1
468.9		Spring on blue blaze trail (0.1) east at an abandoned homestead.	2600	1728.5
470.1		Wooded path intersects with old woods road.	1984	1727.3
470.2		Entering Damascus Park. Walk under "Welcome to Damascus" sign. [36.63160,-81.79140]	1946	1727.2
470.7		South end of Damascus, VA. Trail follows Water Street in Damascus for (200 ft), cross South Beaver Dam Ave.	1946	1726.7
470.8		Damascus Town Park, picnic pavilion, trash cans, restrooms. Viginia Creeper Trasil junction. [36.63506,-81.79188]	1925	1726.6
471.0	P {25}	Junction with **U.S. 58**. **Damascus, VA. 24236. See Damascus, VA map**. P [36.63600,-81.78960]	1928	1726.4
		PO M-F 8:30-1 & 2-4:30, Sa 9-11, 276-475-3411. 211 N Reynolds St. Damascus, VA 24236. [36.63608,-81.78988]		
		Food City (0.5W on US 58) 276-475-3653, M-Sa 6am-12am, Su 8am-12pm. Pharmacy, M-F 9am-7pm, Sa 9a,-3pm, Su closed.		
		ATC's Damascus Trail Center 276-323-3046. (www.appalachiantrail.org/our-work/about-us/contact-us/damascus-trail-center) Located at 209 W. Laurel Ave. While visiting the center, you can find current trail updates, pick up thru-hiker hangtags, relax on the outside or inside porch. Other amenities include water, restrooms, and free Wi-Fi.		
		The Broken Fiddle Hostel Contact: Treehouse 276-608-1055. ***No calls before 9am *** Pet friendly, but must book a private room, no exceptions. Located on the AT. Bunks $40. Private roms $75 up to 2 people, $10 per each additional person. Laundry and shower included with in house stay. Walk in laundry and shower are $5 each. Shuttles and slackpacking options. Loaner clothes available. Each bunk has its own electric outlet and shelf for your electronics. Outdoor shower and sink area with hot water, in addition to an inside bathroom. Fully equipped kitchen for cooking meals. Free coffee in the morning (make it yourself). Fire pit, hammock hangout spot, extensive movie collection, huge outdoor movie screen, dart board, giant jenga, hiker box, alcohol and 420 friendly, big fenced in backyard with the best porch around. If you want a chill stay, this is the spot! Check in 12pm, out of bunks by 11am. Cash, card, and Venmo accepted. *Due to postal complications, we no longer accept mail drops. You can send them to the post office or any of the outfitters in town.* [36.63414,-81.78350]		
		The Place Hostel (www.facebook.com/theplacehostel) AT Passport location. No pets, alcohol, profanity or tobacco use anywhere on the church property. Methodist Church run bunkrooms, hammock polls, pavilion, guest only showers with towel and soap, Wi-Fi. Suggested donation $10. Please help Caretaker keep the hostel clean. Two night max, unless sick/injured. Check-in from 3-9 pm. Open mid-Mar (depending on weather) until mid-June, closed Summer, reopen weekend after Labor Day until mid-Nov (depending on whether). No vehicle-assisted hikers (except during Trail Days). [36.63381,-81.78740]		
		Crazy Larry's Hostel 276-525-5138. Sleep up to 4. 1 private room with a queen bed. 1 room with 2 twins. Shared bathroom. Donation based, includes shower and laundry. No alcohol or drug use on property, no 420 either. AC/Heat. Free Wi-Fi. Breakfast is sometimes served for a fee. No tenting. No longer accepts credit cards. This is a Christian and AA friendly Hostel. Mail drops: 209 Douglas Drive, Damascus, VA 24236. [36.63259,-81.78362]		
		Song Peddlar Rest 276-475-5888. Open year around. Bed with linens $35-45 plus tax. Private cabin $75 $125D. Hot breakfast with stay. Laundry $5. Common area, large yard. Pavilion with gas grill. Free Wi-Fi. Dogs welcome. Cold drinks and snacks. Free shuttle to Food City. Other shuttles by arrangement. No drugs or alcohol. Credit card online booking preferred . Physical address 533 Docie St. Mail drops to: PO 555, Damascus VA. 24236. [36.63591,-81.79355]		
		Appalachian Folk School 423-341-1843. (www.warrendoyle.com) Open dates (2024) March 10-April 1, April 29 - May 20, June 19-28, Sept. 20 - Oct. 31. Nonprofit, run by Warren Doyle (18 AT traverses) offers work for stay weeknights (M-Th) only (2-3 hours per night) for all hikers who are conscientiously following the white blazes. Kitchen privileges, shower, free WiFi, laundry and rides to and from the AT between Route 321 (Hampton, TN) and VA 603 (Fox Creek). [36.51378,-81.77751]		
		Lady Di's Bed & Breakfast 612-695-4738 Tinney55@msn.com (www.ladydibnb.com) Call or text to inquire about reservation. Shared rooms/single bed $60. Private rooms: $135 and up. Stay includes laundry, Hot breakfast, loaner clothes, and loaner bikes, . Free Wi-Fi. $ PayPal, Venmo, Google Pay and Cash accepted. P Parking for guests only Mail drops for guests only: 217 Damascus Drive, Damascus VA. [36.63568,-81.78413]		

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Dancing Bear Inn 276-475-8778. (www.dancingbear-damascus.com)
✉ thedancingbearinn@gmail.com No pets, no smoking. Call or Text for rates. Free WiFi. Credit cards accepted. [36.63463,-81.78706]
Mail for guest only: PO Box 1082, 203 E Laurel Ave, Damascus, VA 24236.

Lazy Fox Inn 423-571-1830 ✉ melissatnc@yahoo.com. No pets, no smoking. $80-$125. Breakfast $5 PP when offered. Free WiFi. Credit cards accepted. [36.63566,-81.78719]
Mail for guest only: PO Box 252, 133 Imboden Street, Damascus, VA 24236.

Mountain Laurel Inn 276-475-8822 (www.mountainlaurelinn.com) $85-$145, includes breakfast. Discounts for extended stay. Optional dinners, Laundry for registered guests, saltwater pool, free wifi. Located across from Food City and Family Dollar store. [36.63987,-81.79902]

Virginia Creeper Lodge 276-492-1143. (www.virginiacreeperlodge.com) $125 and up, free WiFi. Coin laundry. [36.64037,-81.79670]

Appalachian Town Inn 276-475-3838 ✉ p3broker@hotmail.com (www.appalachiantrailtowninn.com) AT Passport location. Call for pricing. [36.63369,-81.78457]

Mt. Rogers Outfitters 276-475-5416 (www.mtrogersoutfitters.com) AT Passport location. Full service outfitter, fuel by the ounce, short term resupply. Shuttles to many area in TN and VA.
Mail drops: PO Box 546, 335 E Laurel Ave, Damascus, VA 24236. [36.63410,-81.78506]

Adventure Damascus 888-595-2453 or 276-475-6262 (www.adventuredamascus.com) AT Passport location. Open year round, 7 days a week. Catering to thru hikers with backpacking gear. Offers hiker foods, alcohol and Coleman by the ounce, other fuels available, bike rentals. Showers $3. Shuttles to area trail heads by arrangement. [36.63510,-81.78971]
USPS and UPS Mail drops: PO Box 1113, 128 W. Laurel Ave. Damascus, VA 24236.

Sundog Outfitter 276-475-6252. (www.sundogoutfitter.com) AT Passport location. Open year round, 7 days a week. Backpacking gear and clothing, repairs, hiker food, Coleman and alcohol by the ounce, other fuels available. Shuttles to area trail heads by arrangement,
Mail drops: PO Box 1113 or 331 Douglas Dr, Damascus, VA 24236. [36.63076,-81.78366]

Damascus Library 276-475-3820. M 9am-5pm, Tu 11am-7pm, W 9am-5pm, Th 11am-7pm, F 9am-5pm, Sa 9am-1pm, Sun closed. Computers available for use, one hour internet limit. Free WiFi. Charging stations are set up for hikers to charge their phones, IPads, tablets, etc. [36.63121,-81.79098]

AT Shuttle Service 276-475-5546 (home), 276-206-1245 (cell) ✉ bigrichfatman@gmail.com
Owner: Larry Conroy. Based out of Damascus, VA. Pet friendly. 365 days, 24/7 & holidays.
S to to (100-mile range) ➤ N to (100-mile range) & airport, bus & train terminals. Slackpacking. **P** Parking, free, (at local library). "Short, or long-distance runs from Damascus. Call anytime. Call home phone 1st, due to poor cell reception in NP area. Free parking at local library. Register with library if parking for more than 9 days." Limited operations - call. Covid precautions. Masks required.

Barbara Clark 276-274-0907 (cell), 276-388-2906 (home) Owner: Barbara Clark. Based out of Damascus, VA. Pet friendly. 365 days, mostly weekends, (but flexible) & holidays.
S to Hampton, TN ➤ N to Atkins, VA & airport & bus terminals. Slackpacking.

Sundog Outfitter 276-475-6252 ✉ sundogoutfitter@gmail.com (www.sundogoutfitter.com) Based out of Damascus,Va. Owner: Chris. Pet friendly. Insured. 365 days, 8am-6pm & holidays.
S to TN/NC ➤ N to Central VA & airport, bus & train terminals. Slackpacking. **P** Parking, free, long-term parking in town.

Dirt Nap - Jackie Lastinger 678-232-9302 (cell) Owner: Jackie Lastinger. Based out of Damascus, VA. Pet friendly Insured. Apr-Nov, 24/7 & holidays.
S to Hot Springs ➤ N to Roanoke, VA. & airport, bus & train terminals. Slackpacking. **P** Parking, free.

Lone Wolf AT Shuttles 276-206-6078 (cell), 276-475-3532 (home) ✉ gypwolf@gmail.com Owner: David A Blair. Based out of Damascus, VA. Pet Friendly Insured. 365 days, 24/7 & holidays.
S to Davenport Gap/Smokies ➤ N to Daleville, VA. & airport, bus & train terminals. Slackpacking.

Warren Doyle 423-341-1843 ✉ warrendance@gmail.com (www.warrendoyle.com) Owner: Warren E Doyle. Based out of Mountain City, TN. Pet friendly. Varied hours, open Mar, Oct & early Nov & some holidays.
S to Springer Mt, GA ➤ Mt Katahdin, ME & airports, bus & train terminals. Slackpacking. **P** Parking, fee. "I operate only in March, Oct & early Nov. I prefer to be notified at least a month ahead of the planned shuttle. Since I've hiked the entire AT 18 times, I know where I am going and I can offer very good AT advice during the shuttle."

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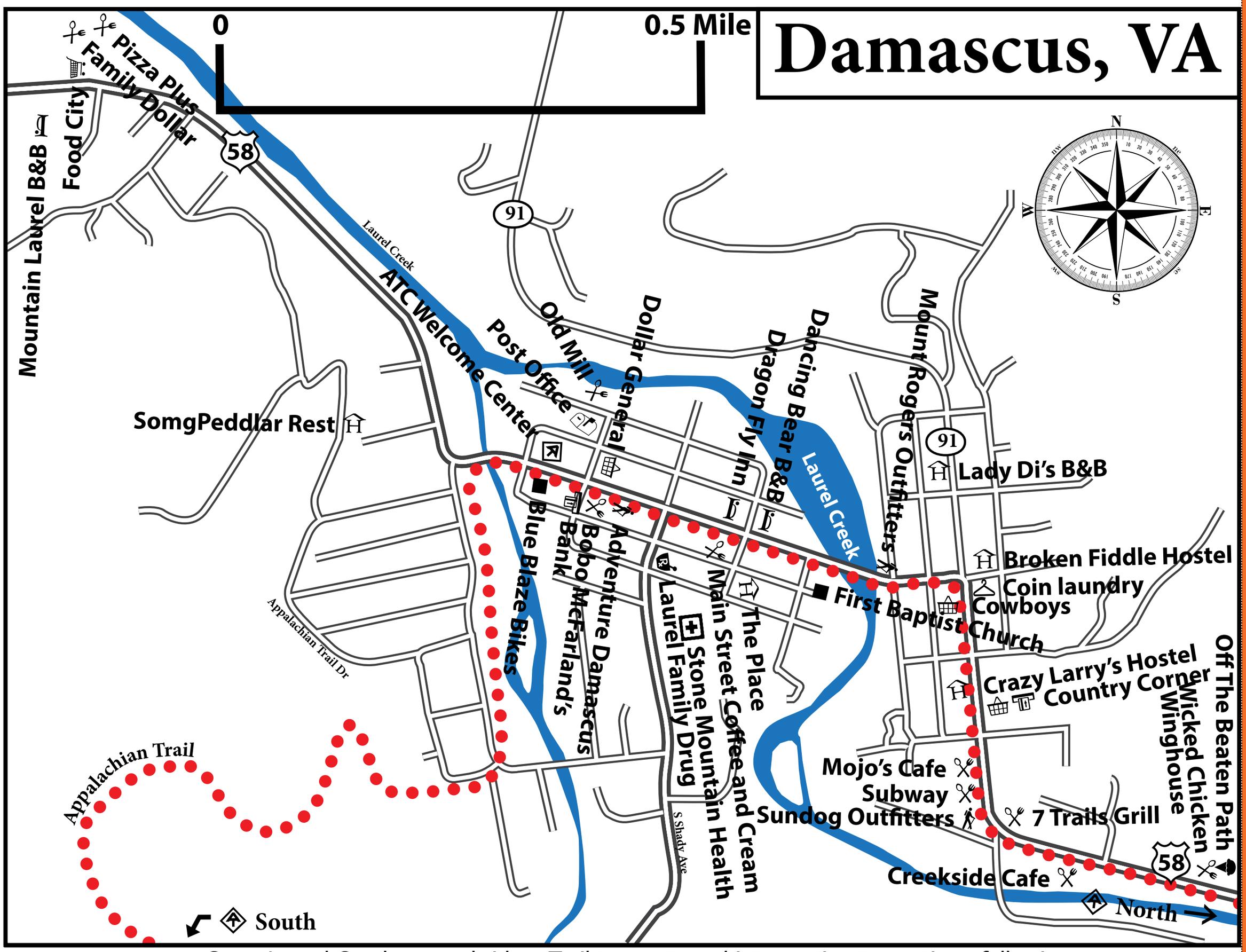
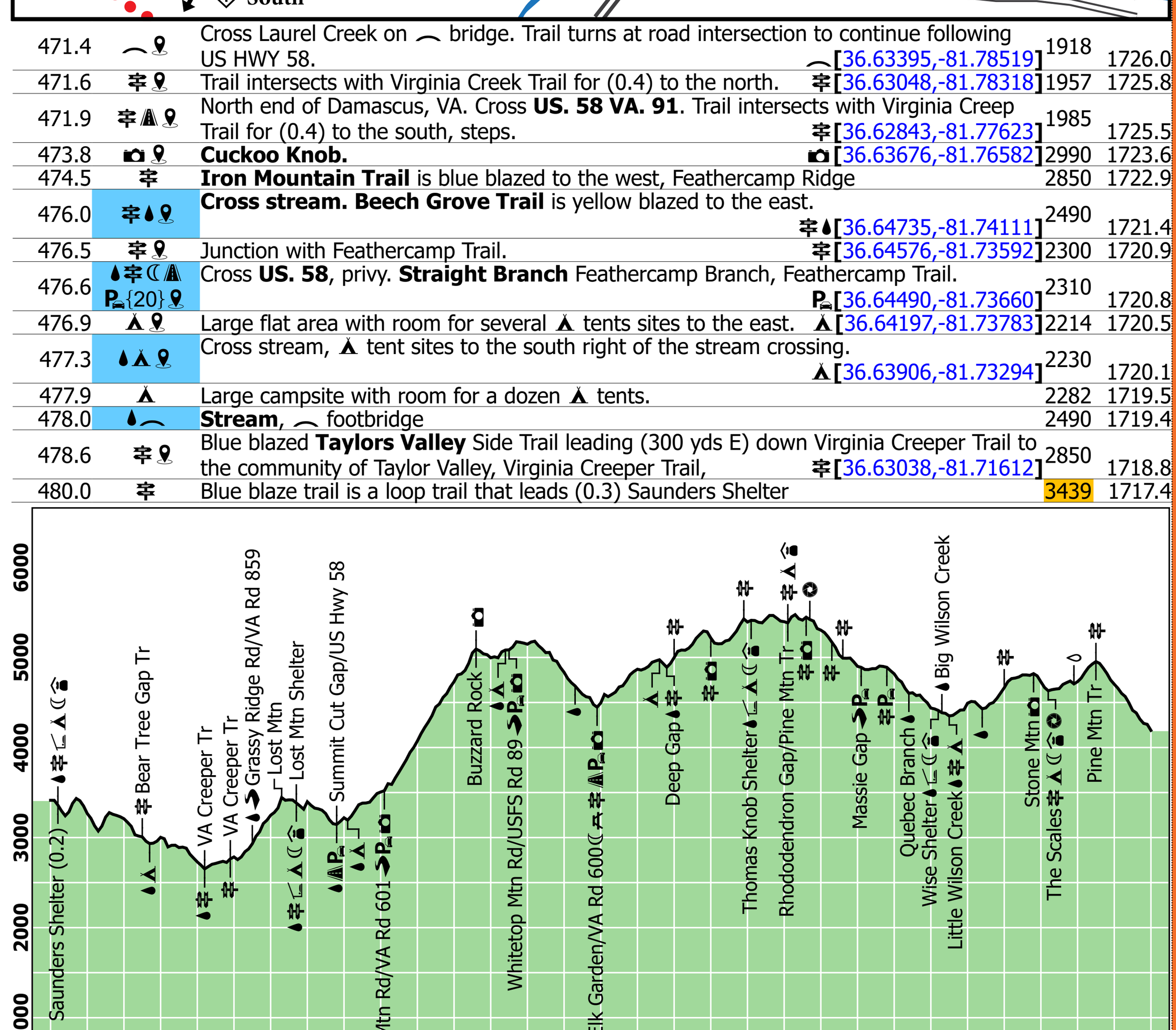


471.4		Cross Laurel Creek on bridge. Trail turns at road intersection to continue following US HWY 58. [36.63395,-81.78519]	1918	1726.0
471.6		Trail intersects with Virginia Creek Trail for (0.4) to the north. [36.63048,-81.78318]	1957	1725.8
471.9		North end of Damascus, VA. Cross **US. 58 VA. 91**. Trail intersects with Virginia Creep Trail for (0.4) to the south, steps. [36.62843,-81.77623]	1985	1725.5
473.8		**Cuckoo Knob.** [36.63676,-81.76582]	2990	1723.6
474.5		**Iron Mountain Trail** is blue blazed to the west, Feathercamp Ridge	2850	1722.9
476.0		**Cross stream. Beech Grove Trail** is yellow blazed to the east. [36.64735,-81.74111]	2490	1721.4
476.5		Junction with Feathercamp Trail. [36.64576,-81.73592]	2300	1720.9
476.6	P{20}	Cross **US. 58**, privy. **Straight Branch** Feathercamp Branch, Feathercamp Trail. [36.64490,-81.73660]	2310	1720.8
476.9		Large flat area with room for several tents sites to the east. [36.64197,-81.73783]	2214	1720.5
477.3		Cross stream, tent sites to the south right of the stream crossing. [36.63906,-81.73294]	2230	1720.1
477.9		Large campsite with room for a dozen tents.	2282	1719.5
478.0		**Stream**, footbridge	2490	1719.4
478.6		Blue blazed **Taylors Valley** Side Trail leading (300 yds E) down Virginia Creeper Trail to the community of Taylor Valley, Virginia Creeper Trail, [36.63038,-81.71612]	2850	1718.8
480.0		Blue blaze trail is a loop trail that leads (0.3) Saunders Shelter	3439	1717.4



480.2		Straight Mountain, crest	3440	1717.2
480.5	{8}	(300 yds W) **35.7<<<28.0<<19.7<Saunders Shelter>6.5>>18.9>>>24.0** Water (spring) is located behind the shelter on the right and down an old road, tenting, bear box, privy. [36.63770,-81.71320]	3310	1716.9
482.8		**Bear Tree Gap Trail**, (3.0) west to roadside parking area on US HWY 58. **See Bear Trail - Grassy Ridge Rd map**. [36.65149,-81.68877]	3008	1714.6
483.0		**Campsite** with man-made pond. [36.65139,-81.68718]	3020	1714.4
484.5		Trail intersects with Virginia Creeper Trail next (0.7) north. SOBO hikers turn right (50 yds) before reaching the bridge over Laurel Creek. [36.64821,-81.67907]	2652	1712.9

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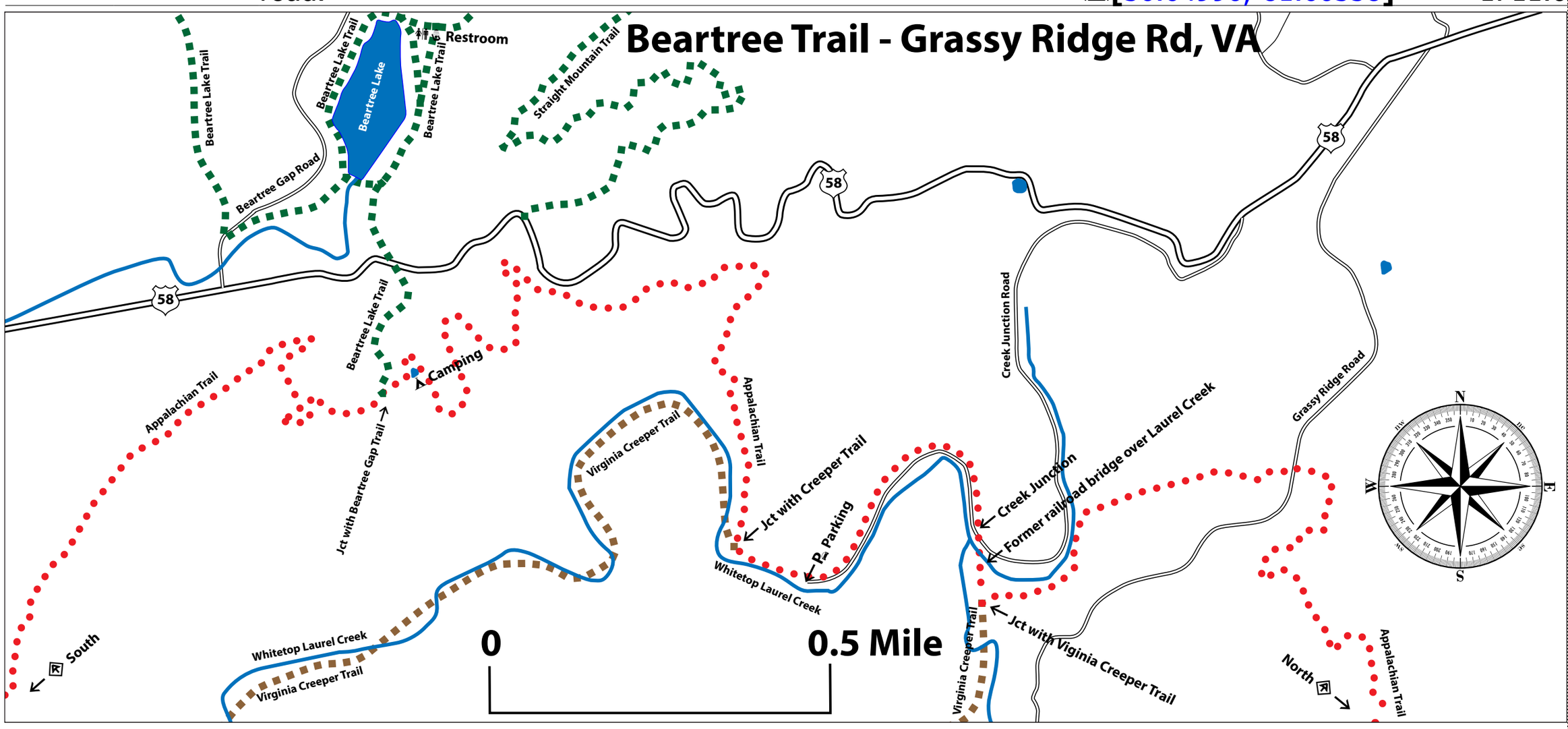
484.6	P	Creek Junction access trail to the east follows an old railroad bed (0.5) to P parking area. P[36.64737,-81.67703]	2663		1712.8
485.1		Cross a long former railroad bridge over Laurel Creek.	2745		1712.3
485.2		Trail intersects with Virginia Creeper Trail next (0.7) south. NOBO hikers turn left after reaching the end of the bridge. [36.64692,-81.67224]	2764		1712.2
485.8		Cross **VA. 859**, **Grassy Ridge Road.** Trail crosses small stream (100 yds) south on the road. [36.64990,-81.66358]	2900		1711.6



Beartree Trail - Grassy Ridge Rd, VA

486.0		Streams.	3040		1711.4
487.0	{8}	(50 yds E) **34.5<<<26.2<<6.5<Lost Mountain Shelter>12.4>>17.5>>>23.5** Water is located on a trail to the left of the shelter, tenting, bear box, privy. [36.64406,-81.65630]	3360		1710.4
488.1	P	Cross **US. 58**. **Summit Cut, VA.** [36.64000,-81.64871] P[36.64002,-81.64875]	3160		1709.3
488.3		**Campsites** located near water (stream). [36.63851,-81.64798]	3220		1709.1
489.4	P{5}	Cross **VA. 601**, **Beech Mountain Road**. reliable box spring. Views from pastures to the south. P[36.63728,-81.64036]	3600		1708.0
491.9		**Buzzard Rock** on the south slope of Whitetop Mountain. [36.63514,-81.61664]	5080		1705.5
492.7		Water (spring) on east side of trail, pipes. [36.63193,-81.60413]	5100		1704.7
492.8	P{15}	Cross **USFS 89**, **Whitetop Mountain Road** to summit. Views in open area here and to the south. Tenting to the north after trail re-enters the woods. P parking 100 feet to the east. P[36.63180,-81.60126]	5150		1704.6
494.6		Small creek at log steps.	4763		1702.8
495.2	P{12}	Cross **VA. 600**, **Elk Garden**, Whitetop, VA. Pit toilet and trash can near edge of parking area. Open woods on west sided of parking are with room for a few tents. P[36.64635,-81.58298]	4463		1702.2
495.7		Boundary Lewis Fork Wilderness, fence	4640		1701.7
497.1		Campsites are uphill to the east on blue blaze trail	4850		1700.3
497.2		**Deep Gap**, **No camping permitted here**, water is located (0.2) east. [36.65873,-81.55713]	4900		1700.2
497.3		Virginia Highlands Horse Trail, Mt. Rogers Trail, (4.0) west to USFS Grindstone campground, tenting. [36.65940, -81.55478]	5200		1700.1
498.3		Blue blaze trail to the east that connects to Virginia Highlands Horse Trail.	5125		1699.1
499.2		Spur Trail to summit of Mt. Rogers (0.5W) [36.65806,-81.53771]	5490		1698.2
499.3		Campsite. [36.65693,-81.53578]	5402		1698.1
499.4	{16}	**38.6<<<18.9<<12.4<Thomas Knob Shelter>5.1>>11.1>>>16.0** water is located in an enclosed area in a pasture behind the shelter and please lock the gate after getting water as this will keep the ponies in the area from polluting the water. Privy, bear box, views. **No camping or open fires permitted around the shelter**. [36.65660,-81.53523]	5400		1698.0
499.7		Campsite (70 yds) to the east. [36.65406,-81.53173]	5373		1697.7
500.0		Trail west (75 yds) to Thomas Knob. [36.65461,-81.52719]	5469		1697.4
500.4		**Rhododendron Gap**, **Pine Mountain Trail** is a blue blaze trail to the west. Many large, established campsites between Thomas Knob and Rhododendron Gap, bear box. [36.65773,-81.52227]	5440		1697.0
500.5		Trail to (80 yds) west to campsite or (0.1) to Summit of Pine Mountain. [36.65600, -81.52105] [36.65668,-81.52107]	5478		1696.9
500.9		Wilburn Ridge Trail is a blue blazed trail to the east. [36.65319,-81.51773]	5440		1696.5
501.0		**Fatman Squeeze**, a narrow rock passage in the rocks. [36.65259,-81.51687]	5300		1696.4
501.6		**Wilburn Ridge Trail** is a blue blazed trail to the east. [36.64542,-81.51632]	4900		1695.8
502.4		Grayson Highlands State Park, fence [36.64237,-81.51605]	4800		1695.0
503.1	P	Blue blaze AT Spur Trail leads (0.5E) to backpackers P parking lot. [36.63904,-81.50955] P[36.63348,-81.50520]	4882		1694.3
503.6		Cross **Quebec Branch**. [36.64504,-81.50606]	4629		1693.8
504.5	{8}	Grayson Highlands State Park. **24.0<<<17.5<<5.1<Wise Shelter>6.0>>10.9>>>20.1** Water (spring) is located south of the shelter on a trail east of the AT, **no tenting around the shelter**; tent sites are located in the Mt. Rogers NRA, across Wilson Creek (0.3) north. Privy. Bear box. [36.65403,-81.49843]	4460		1692.9
504.6		Big Wilson Creek, footbridge, fence stile. Tenting. [36.65559,-81.49553]	4300		1692.8
504.8		Cross Little Wilson Creek. Wilson Creek Trail. (1.3E) To campground with shower and restroom.	4300		1692.6
504.9		Junction with Scales Trail, open to horses and hikers. [36.65488,-81.49468]	4650		1692.5
505.9		Water (spring)	4610		1691.5
507.1		**Stone Mountain**.	4820		1690.3
507.5	P{8}	**The Scales**, livestock corral, a grassy fenced in area used by campers and horse riders. Bear box, privy. Scales Trail and VA Highlands Horse Trail also intersect here. P[36.66990,-81.48741]	4620		1689.9
508.2		Cross small stream.	4797		1689.2
508.9		**Pine Mountain Trail** is a blue blazed trail to the west [36.67633,-81.50121]	4960		1688.5

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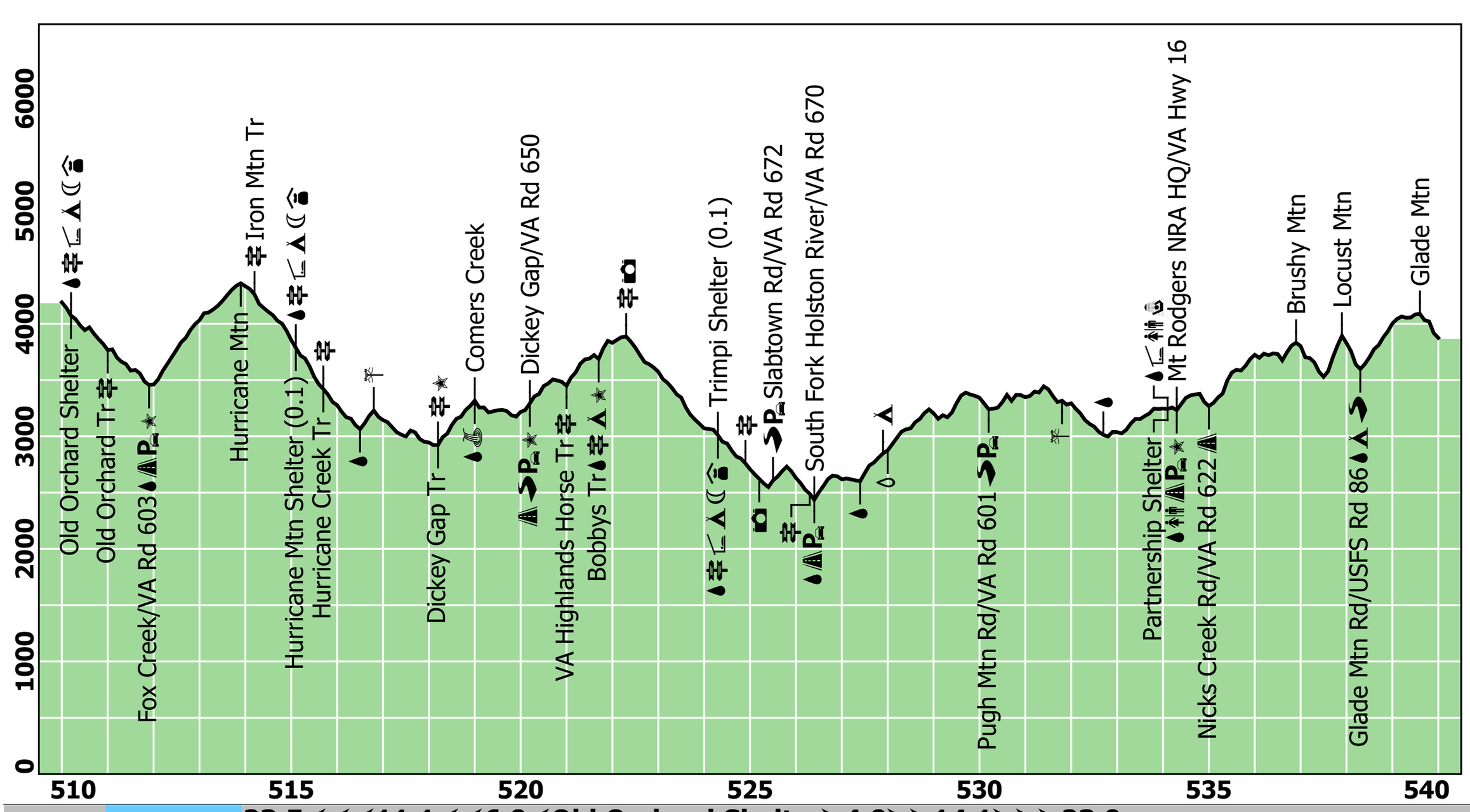

510.5		**23.5<<<11.1<<6.0<Old Orchard Shelter>4.9>>14.1>>>23.9** Water is located 100 yards west on blue blazed trail to right of shelter, tenting, privy. Bear box. [36.68321,-81.51120]	4050		1686.9
510.6		Upper **Old Orchard Trail** [36.68444,-81.51129]	4020		1686.8
511.3		**Old Orchard Trail**. [36.68993,-81.50616]	3750		1686.1
512.2	{10}	**Cross VA. 603/Fairwood Road, Fox Creek Horse camp**, (2.5) west leads to USFS Grindstone campground. 100 yards east to parking and port-a-potty. [36.69660,-81.50635]	3480		1685.2
512.3		Cross Fox Creek on long footbridge. [36.69691,-81.50690]	3450		1685.1
514.2		Ridge crest on **Hurricane Mountain** on the Tennessee New River Divide.	4360		1683.2
514.5		**Iron Mountain Trail**, Chestnut Flats. [36.70898,-81.51888]	4240		1682.9
515.4	{8}	Side trail across from stream leads 160 yards west to shelter. **16.0<<<10.9<<4.9<Hurricane Mountain Shelter>9.2>>19.0>>>26.0** Privy, bear box. Water (creek) and tenting is east of the trail. [36.71535,-81.50950]	3850		1682.0
516.0		Hurricane Creek Trail leads west (0.6) to USFS 84/Hurricane Rd. [36.71733,-81.51490]	3300		1681.4
516.8		Water (stream). [36.71931,-81.50370]	3000		1680.6
517.1		Power line. [36.71671,-81.49983]	3013		1680.3
518.5		Jct **Dickey Gap Trail**, USFS Hurricane campground (0.4W) **USFS Hurricane Creek Campground.** [36.71963,-81.48467]	3090		1678.9
		(0.4W) **USFS Hurricane Creek Campground** 276-783-5196 Tent site $16, shower $2, Restroom. Open mid Apr-Oct. [36.72436,-81.49308]			
519.3		**Comers Creek Falls Trail**.	3120		1678.1
520.5		Cross Cromer Creek Road, **VA. 650**, VA 16. **Dickey Gap**. 100 yards to VA. 16. **Troutdale, VA.(2.6E)**. [36.72030,-81.46128]	3300		1676.9
Troutdale, VA 24378 (2.6E) See Troutdale, VA map.				[36.70243,-81.44103]	
		(2.7E) **PO** M 8am-12pm, Sa 8am-11am, Su Closed. 93 Ripshin Rd. Troutedale, VA . 24378. [36.70260,-81.43910]			
		(2.6E) **Troutdale Church Hostel** 276-677-4092. AT Passport location. Open Mar 15 thru Nov 15. 62 Sapphire Lane, Troutdale. Donations are appreciated. Bunkhouse with microwave, tenting, shower available. Pets stay outside, no alcohol. Hikers welcome to services in hiker attire. Pastor Ken Riggins. **No mail drops to here.** [36.70123,-81.44260]			
		(3.2E) **Sufi Lodge** 276-677-0195 SufiLodgeVA@gmail.com (www.sufilodge.org) AT Passport location. Shuttle from Gap when available. NOBO's call at (Hurricane Shelter) to arrange pick-up. SOBO's call near (Trimpi Shelter). Happy Family Friendly Environment, No Alcohol or Tobacco Products on the Property. Several private rooms available in the Main SUFI LODGE starting at $49.00. Clean linen, towels, hot shower, toiletries and hot breakfast. Full breakfast, lunch and dinner served for an additional fee. Request VEGAN or VEG in advance. Ressupply options and hiker store. Free high speed WIFI. Free Epsom Salt Foot Bath for all Guests. Hiker Recover Room - Massage and other hiker wellness services, including expert Cupping Therapy and Dry Carbon Sauna. tocking Store - COSTCO and other popular Hiker Favorites at shuttle rates. HIKER HEALING KITS sent anywhere on the AT (see website for details). US Post Office 1000 yards away open till 12 Noon. Skyline Bank - ATM Machine. General Store, Restaurants and Dollar General within TEN MILES - Shuttle Fees Apply. Slackpacking options available. US Post Office 1000 yards away, see hours listed above. Mail drops are free for all guests, non-guests $10: Please include your full legal name on the package. Send to: 67 High Country Lane, Troutdale, VIA 24378 Attn: Mail Drop Service. [36.70440,-81.43356]			
		(6.4E) **Foxfire Ridge Retreat** 276-768-8528 (www.foxfireretreat.com) Pet friendly. No smoking. Log cabin with 4 bedrooms, 3 bathrooms located in Troutdale VA. Mega capacity washer and dryer. Grill, fire pit, fully stocked kitchen. 2 king suites, 2 twin xl beds, bunk with 2 twins, queen size sofa bed. Call for pricing. Walking distance to Sarah's a local eatery famous for slow smoked bbq and casual upscale dining. Grayson Highlands Park 13 miles. Post office and bank 3.5 miles. Elk Garden Trailhead at Whitetop 19 miles. Fox Creek Trailhead 12 miles.			
		(6.2E) **Fox Creek General Store** AT Passport location. 276-579-6033. M-F 7 am-7 pm, Sa 7 am-6 pm, Su closed. Located 4 miles south on route 16. Resupply food, short-order grill, burgers, pizza, and deli items. Fuel, denatured alcohol and canister fuel. Beer and wine available on and off premises. [36.66278,-81.40359]			
		(3.1E) **Sufi Lodge Shuttles** 276-677-0195(home), 276-759-1672(cell) SufiLodgeVA@gmail.com (www.sufilodge.org). Average $2.00 per mile. Based out of Troutdale VA. Based out of Troutdale, VA. **S to Damascus, VA. ➤ N to Atkins, VA.** Slackpacking. Parking. Shuttle from Gap when available. NOBO's call (1.0 S) of Hurricane Mountain Shelter (Crossroads that identifies the shelter as being a mile ahead) to arrange pick-up. SOBO's call near (Trimpi Shelter). Covid precautions. Masks required.			

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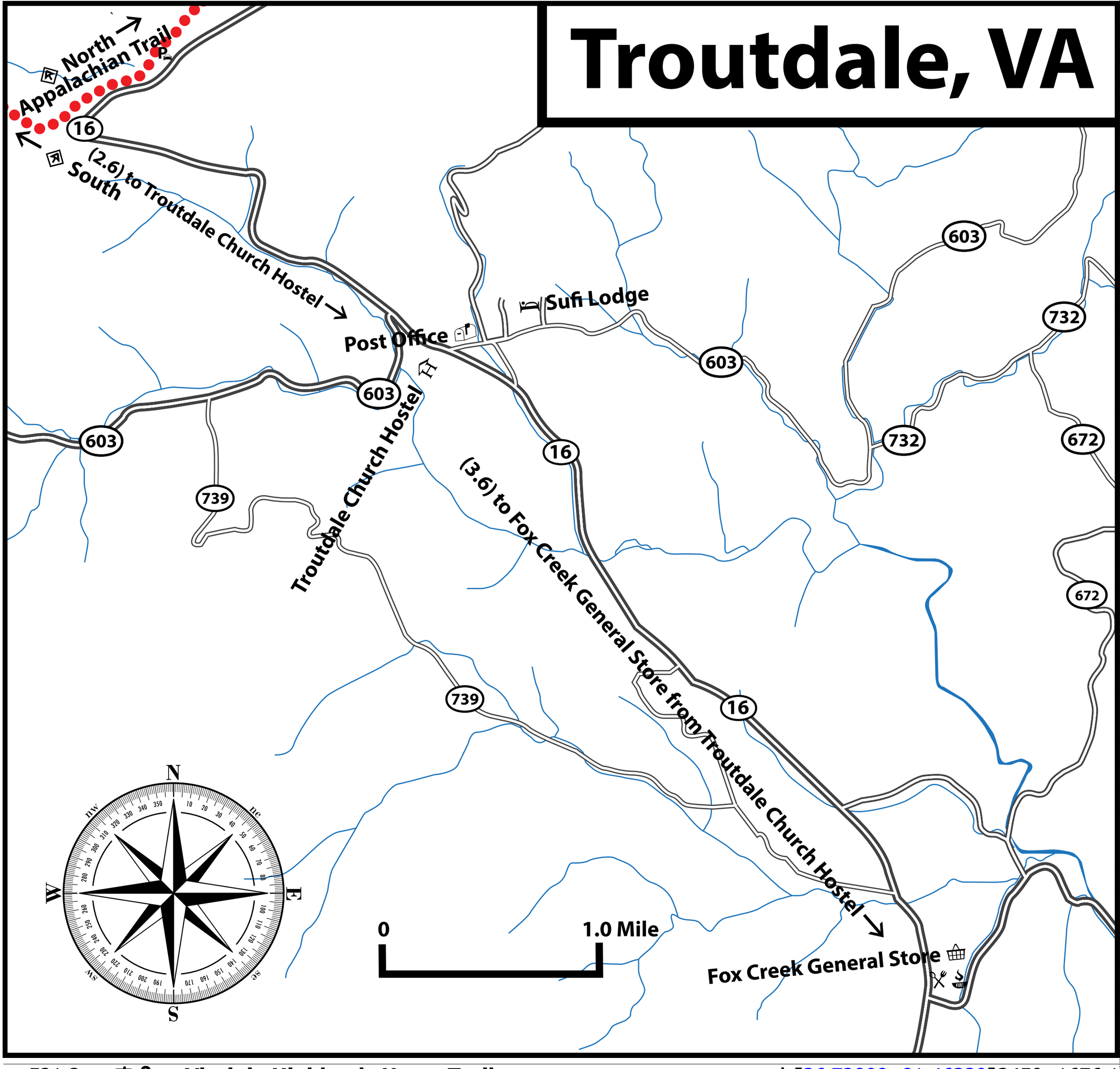

521.3		**Virginia Highlands Horse Trail**. [36.72808,-81.46330]	3450	1676.1
522.0	★★★★★	Bobby's Trail leads (0.2E) to former Raccoon Branch Shelter, tentting, water from stream, ☾ privey, picnic table. From intersction (2.0E) to **Raccoon Branch Campground**. [36.72943,-81.47437] [36.73084,-81.47186]	3570	1675.4
		Raccoon Branch Campground 276-783-5196 Tent site $16/$20, Restroom. Open mid Apr-Oct.		
522.6		High Point (200 yds W) on blue blazed trail.	4040	1674.8
522.8		Trail (2.5E) to Brushy Mountain. [36.73560,-81.47084]	3807	1674.6
524.6	{8} ☾ ★★★★★	(1.0E) **20.1<<<14.1<<9.2<Trimpi Shelter>9.8>>16.8>>>36.1** Water (spring), tent sites in front of shelter, ☾ privy, bear box. Blue blaze Slabtown Trail rejoins the AT at mile 526.2. [36.74925,-81.48040]	2900	1672.8
525.5		Views of open meadows along the trail.	2622	1671.9
525.8	P {4}	Cross **VA. 672, Slabtown Road**, gravel [36.75660,-81.49112]	2700	1671.6
526.5		Blue blaze Slabtown Trail to the east. [36.76278,-81.49210]	2645	1670.9
526.7	P {4}	Cross **VA. 670, Teas Road**, **South Fork Holston River**, bridge. [36.76315,-81.49313]	2450	1670.7
527.7		Cross stream on stepping stones.	2604	1669.7
528.2		**Campsite** located in the pines in small hollow west. [36.77094,-81.49232]	2933	1669.2
528.3		Stream, unreliable and usually dry except after a heavy rain.	2674	1669.1
530.5	P {3}	Cross **VA. 601, Pugh Mountain Road**, gravel. A P parking pull-off. [36.78670,-81.47165]	3250	1666.9
532.1		**Power line**. [36.79804,-81.45191]	3316	1665.3
533.0		Cross **creek** on bridge.	3052	1664.4
533.7		Junction of two roads.	3227	1663.7
534.4	{16} ★★★★★	**23.9<<<19.0<<9.8<Partnership Shelter>7.0>>26.3>>>35.7** Water from faucet, bathroom, warm shower, no tenting around shelter, **No tenting permitted here.** Can call for pizza delivery at Visitor Center. Pizza Perfect On Main 276-782-9000. [36.80940,-81.42260]	3360	1663.0
		Marion Transit provides free shuttles from Partnership into Marion if you call them and let them know you need a ride. Free Marion Transit will pick-up at 8:45, 11:15, 2:15 M-F if you call 276-782-9300		
534.6	★★★★★	Cross **VA. 16**, **Mount Rogers NRA Headquarters**. [36.81146,-81.42121]	3220	1662.8
	P {5}	**Mount Rogers National Recreation Area HQ** 276-783-5196. AT Passport location. P {5} Inquire about overnight parking at the office for outside the gate before doing it. [36.81093,-81.42598]		
	P	**Eller Taxi Service LLC** 276-759-2200-cell ellertaxi@yahoo.com (FB: Eller Taxi Service LLC, Google Business) Contact: Linda Teaster, Mgr. Based out of Chilhowie, VA. Pet friendly. Insured. 365 days, 6am-5pm. **S to Tri-Cities Airport ➤ N to Roanoke Airport** & airport, bus & train terminals. P Parking, free. "Must wear mask! If you are running a fever, runny nose, or coughing no entry."		
Sugar Grove, VA 24375 (3.2E)				
		(3.6E) **PO** M-F 8:30-12:30 & 1:30-3:30, Sa 8:15-10:30, 276-677-3200. 5444 Sugar Grove Hwy. Sugar Grove, VA 24375. [36.77535,-81.41308]		
Marion, VA 24354 (6.0W). See Marion, VA map.			[36.83394,-81.51644]	

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(6.7W) **PO** M-F 9am-5pm, Sa 9:30am-12pm, 276-783-5051. 200 Pearl Ave. Marion, VA 24354. [36.83223,-81.51753]

The Merry Inn Hiker Hostel 276-242-2825. Text Coach with questions 828-329-2166. ✉ Marionvaoutdoors@gmail.com (www.marionoutdoors.com) Owners Coach and GoAT. Located above Marion Outdoors. Located in Downtown Marion, VA. {2} private rooms $65 each, {8} bunks $35 each, {3} showers, bedding included, {10} person capacity. Included with stay: laundry, loaner clothes, bottomless coffee and a treat, hiker box, WiFi, smart TV, guitar, games,. Free shuttle if you stay. **P** Parking $10/day (must call in advance). No Locals allowed. Slackpacking available, **S to Damascus ➤ N to Bland, VA.**
* Rates available for shower and laundry without stay. Laundry: $5, Shower: $5.
✉ Mail drops: 208 E Main St, Marion, VA 24354. [36.83351,-81.51774]

Travel Inn 276-783-5112 (www.travelinnmarion.com) AT Passport location. $43 and up. Include microwave, fridge, free coffee in the morning. Free WiFi.
Mail drops for guests: 1419 N Main St, Marion VA 24354. [36.84689,-81.49469]

Econo Lodge 276-783-6031. AT Passport location. Special Hiker Rate: $54 - $64. Pet fee. Includes Free Hot Breakfast, microwave, fridge, free WiFi.
Mail drops: 1420 N. Main St, Marion, VA 24354. [36.84543,-81.49370]

America's Best Value Inn 276-378-0481. Continental breakfast, coffee, microware, fridge, pool. Free WiFi. [36.84575,-81.49322]

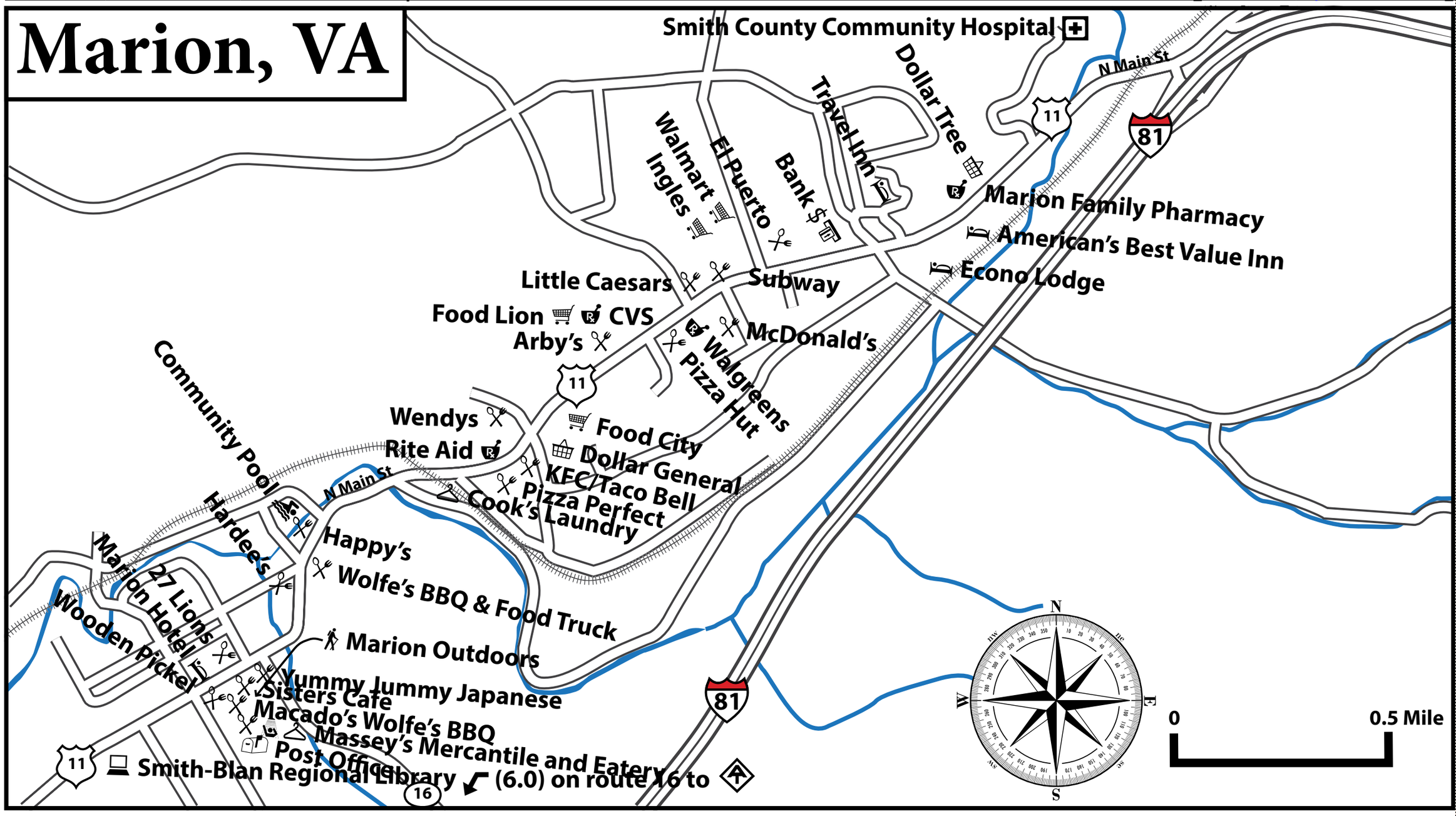
General Francis Marion Hotel 276-783-4800 (www.gfmhotel.com) Call for pricing
Offering a "Coffee Bar" seven days a weekfrom 6:30am-9:30am. The coffeee bar will offer, coffee, tea, fresh fruit, outmeal adn muffins/poptarts. **Puerto Nuevo Fresh Mex & Seafood** 276-378-0174

Massey's Mercantile and Eatery 276-243-9723. Provides showers($7) and laundry($7) to hikers with a cool outdoor and indoor space for hikers to hang out. 123 S Chestnut St, Marion, VA 24354.

Pizza Perfect On Main 276-782-9000. M-Su, 10am-10pm. Delivers to Partnership Shelter. [36.83925,-81.50836]

Marion Outdoors 276-242-2825. ✉ Marionvaoutdoors@gmail.com. (www.marionoutdoors.com) Full resupply (fuel canisters, dehydrated meals, tuna, oatmeal, bars, trail butter, ramen, etc.) M-Sa 10am-6pm, Su 12pm-5pm. * Charge your devices for free.
✉ Mail drops: 208 E Main St, Marion, VA 24354. [36.83351,-81.51774]

Park Place Drive-In 276-781-2222. More than welcome to walk in. Offers mini golf, arcade, and ice cream shop. [36.84655,-81.50341]



535.3		Cross **VA. 622/Nick's Creek Road**	[36.81497,-81.40925]	3270	1662.1
536.8		Campsite east of trail.	[36.81985,-81.38629]	3745	1660.6
537.2		**Brushy Mountain**.	[36.82089,-81.37907]	3600	1660.2
538.2		Locust Mountain, wooded knoll.	[36.82975,-81.37286]	3900	1659.2
538.6		Cross **USFS 86, Glade Mountain Road**, Water (spring). Private road, reports say that parking is not allowed here.	[36.83481,-81.37053]	3650	1658.8
539.9		**Glade Mountain**.	[36.84115,-81.35997]	4093	1657.5

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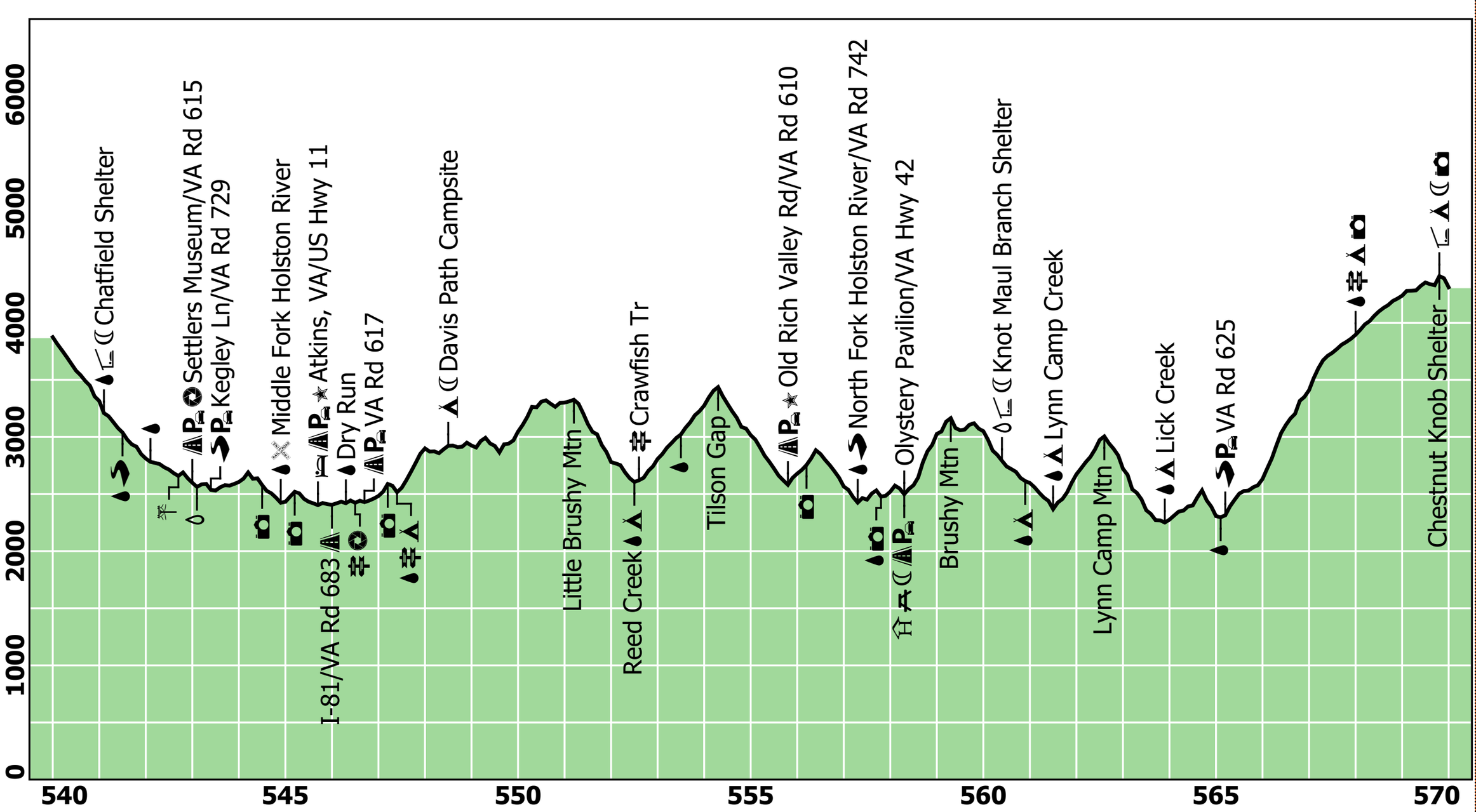

541.4	{6}	**26.0<<<16.8<<7.0<Chatfield Shelter>19.3>>28.7>>>39.4** Water (creek) is located in front of shelter, privy. [36.84991,-81.36330]	3150	1656.0
541.7		Cross **USFS 644**, stile. Trail crosses same stream twice within (0.1) north and south of road crossing. [36.85382,-81.36468]	3100	1655.7
542.0		Cross footbridge.	2930	1655.4
542.4		Cross Vaught Branch Stream, crosses several time between here and Charfield Shleter.	2784	1655.0
543.0		Trail crosses two powerlines in this area.	2731	1654.4
543.2	{15}	Cross **VA. 615, Rocky Hollow Road**. (0.1E) **Settlers Museum, Lindamood Schoolhouse** 276-686-4401. (www.settlersmuseum.com) Parking available at farm. (Apr 1-Nov 15) AT Passport location. [36.87080,-81.35770]	2600	1654.2
543.4		Cross stream on footbridge.	2563	1654.0
543.8	{3}	Cross **VA. 729**, **Kegley Lane**, gravel. [36.87511,-81.35981]	2540	1653.6
544.8		Good **view** at top of meadow of Brushy Mountain and Great Valley.	2560	1652.6
545.2		Cross **Middle Fork of Holston River**, railroad tracks. [36.88463,-81.36540]	2420	1652.2
546.0		Coss U.S. 11. [36.88565,-81.37308] [36.88618,-81.37346]	2420	1651.4
546.3	{30} ★★★★★	Cross under **I–81, VA. 683**. **Atkins, VA.** **See Atkins, VA map**. [36.88849,-81.37143]	2420	1651.1
		(3.0W) **PO** M-F 8:30am-12pm & 12:30am-3:15pm, Sa 9am-10:45am, 276-783-5551. 5864 Lee Hwy. Atkins, VA 24311. [36.86686,-81.42051]		
		(300ft W) **Relax Inn** 276-783-5811. $50S $55D, $5EAP (max 4), pets $10. Laundromat, free WiFi for guests. Parking $3 per day. Call for shuttle availability. No visitors allowed after 8 pm. Limit of two mail drops (boxes). Free mail drops for guests, $5 for non-guests. Government issued ID require to pick up mail drops and for room registration. Relax Inn, 7253 Lee Hwy, Rural Retreat, VA 24368. [36.88556,-81.37463]		
		Shell Convenience Store M-Su 24 hours, ATM inside. [36.88655,-81.37157]		
		El Burrito Loco 276-781-0361 (www.elburritolocoexit54.com) M, Closed, Tu-Sa 11am-9pm, Su 11:30am-8pm.		
		(3.7W) **Comfort Inn** 276-783-2144 Hiker rate, $79 double bed for two people. $10 EAP up to 4. $89 for Queen. Sometimes there is a discount book coupon at Exxon, or ask for hiker rate. Mail drops for guest only, call for mailing address. [36.86455,-81.43318]		
		(0.3W) **Long Neck Lair** 276-698 2079 (www.longnecklair.com) Pet friendly, must be on leash and picked up after. Bunkhouse on an alpaca farm. $38 bunk. Private and semi-private rooms available. Laundry. Free Wi-Fi. Continental breakfast included with stay. Parking available. Shuttles. You can meet alpacas. Call ahead. Mail drops: 7530 Lee Hwy, Rural Retreat, VA 24368. [36.88652,-81.36568]		
		Rambunny Shuttles 276-783-3754 (land-line, no texts) atrambunny@gmail.com Owner: Carol Barnes - "Rambunny". Based out of Peraisburg, VA. Pet friendly. Insured. 365 days, dawn to dusk & holidays. **S to Tn ➤ N to Pearisburg, VA.** & airports & bus & train terminals. Slackpacking. parking, free (donations appreciated). "3 time AT thru-hiker - '2001, '02 & '03."		
		Linda 276-783-3604 by appointment only. Based out of Atkins, VA. **S to Damascus ➤ N to Pearisburg**. Will know of water levels and weather.		
		Relax Inn Shuttles 276-783-5811 (motel), 276-783-1855 (business). Owner: Ben. Based out of Rural Retreat/Atkins/Marion, VA. Pet friendly. 365 days & some holidays. **S to to Johnson City & Airport/Kingsport, TN ➤ N to Roanoke, VA**. Parking, $3/day.		

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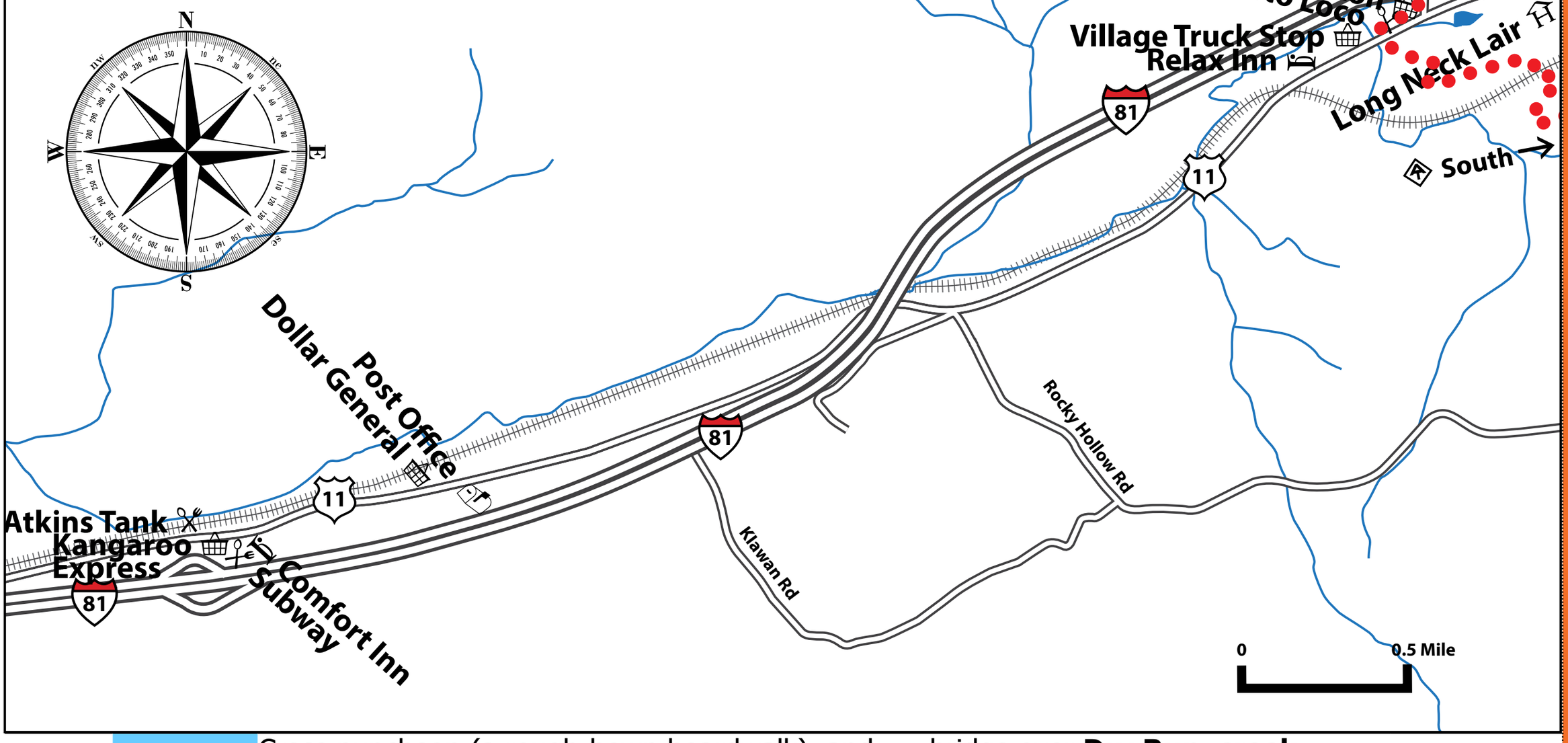
Atkins, VA



546.5		Cross puncheon (a rough-hewn boardwalk), and bridge over **Dry Run, creek**. [36.89388,-81.36829]	2433	1650.9
546.8		Davis Fancy historical marker. Path to east leads 100 yards to **Davis cemetery**. [36.89678,-81.36732]	2451	1650.6
547.0	{3}	Cross **VA. 617**, Davis Valley Road. [36.89736,-81.36920]	2580	1650.4
547.5		View from top of ridgein a cow pasture. [36.90299,-81.37305]	2589	1649.9
547.7		**Water**, year round spring is located 300 yards east, blue blaze. [36.90474,-81.37249]	2610	1649.7
548.8		**Davis Path campsite**, no water. [36.91451,-81.37672]	2840	1648.6
551.6		South Ridgecrest of **Little Brushy Mountain**, limited views.	3300	1645.8
552.7		**Reed Creek** in Crawfish Valley on east side of trail. Good campsites. [36.95027,-81.36347]	2600	1644.7
552.8		Intersection with Crawfish Trail (Channel Rock), marked with orange diamonds. [36.95112,-81.36480]	2622	1644.6
553.8		Cross stream.	3022	1643.6
554.6		Cross **Tilson Gap** on Big Ealker Mountain. [36.95174,-81.38002]	3437	1642.8
556.1	★★★★★	Cross **VA. 610**, **Old Rich Valley Road**. Trail passes through private proprty next (2.5) to the north (until VA 42), camping not allowed in this section. [36.95857,-81.39496]	2700	1641.3

(0.3W) **Quarter Way Inn** 276-522-4603 tina@quarterwayinn.com (www.quarterwayinn.com)
AT Passport location. No dogs. Open Apr 1–Jun 30. Renovated 1910 farmhouse run by '09 thru-hiker Tina (Chunky) & husband, Brett. $30PP for indoor bunkroom with comfy mattress, pillow, shower, towel, laundry, loaner clothes, & a.m. coffee. $45S, $75D private room; or, $18PP tenting, both include the same. Gourmet breakfast $12 including their own honey, apple butter, and jam. Full resupply (gas canisters, Mountain House, tuna, oatmeal, etc.), pizza, pop & ice cream. Extensive VHS collection, free phone calls, and hammock chairs in a majestic Sycamore tree. Slackpacking often available, call in advance. Can ship outgoing packages. Parking $3/day. Accepts Credit Cards, ID required. [36.95587,-81.40107]
Mail for guests accepted: 4083 Old Rich Valley Rd, Ceres, VA 24318.

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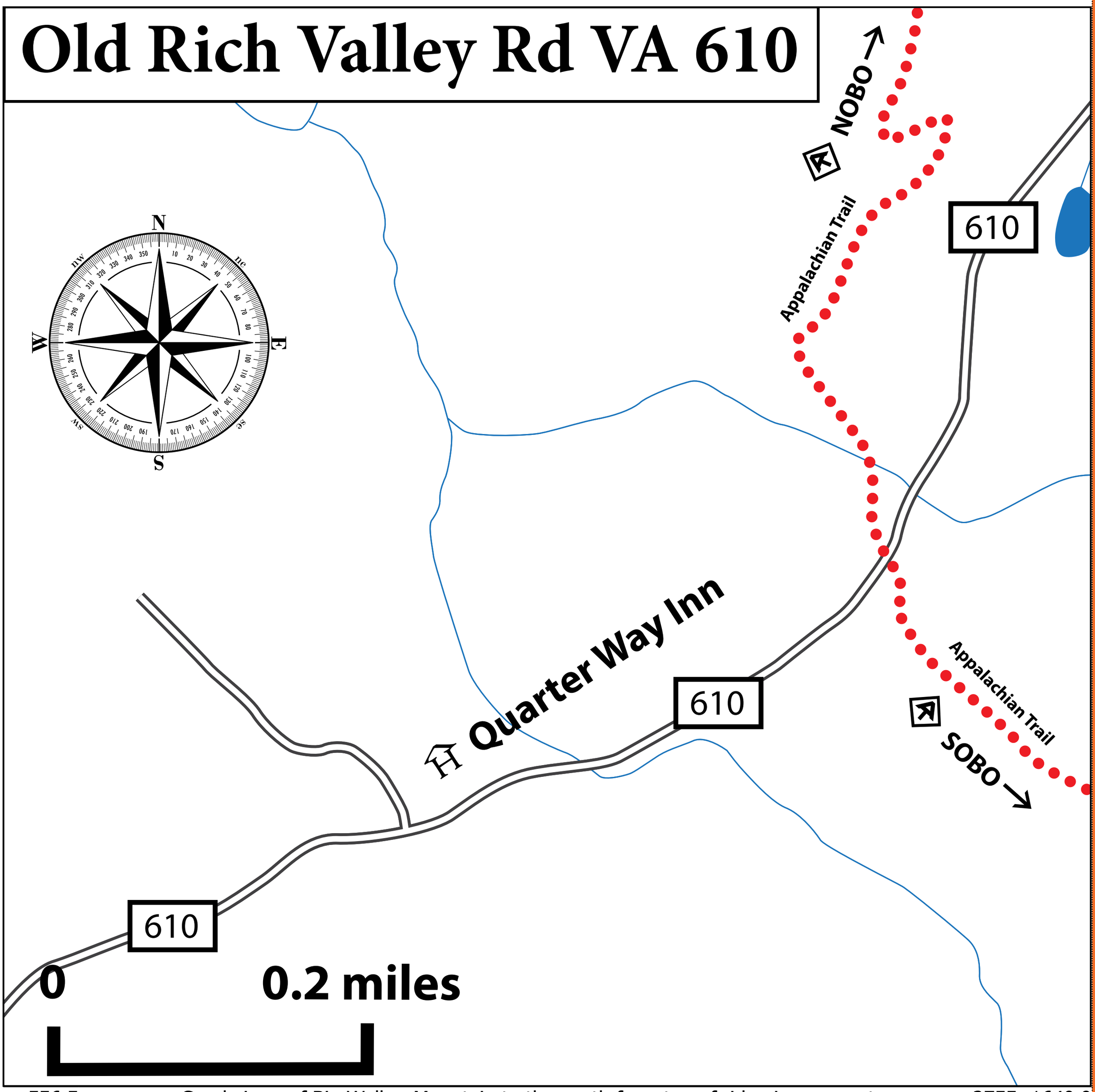
Old Rich Valley Rd VA 610



556.5	📷	Good views of Big Walker Mountain to the south from top of ridge in cow pasture.	2755	1640.9
557.6	💧 bridge 🚩	**VA. 742**, Shady Grove Road, **North Fork of Holston River**, bridge. 🚩[36.97337,-81.39734]	2460	1639.8
558.0	💧📷	Blue blaze trail 25 yards downhill to reliable **spring**. 📷 Views from cow pasture to the north.	2550	1639.4
558.6	⚠ P{10} ★★★★★	Cross **VA. 42/W Blue Grass Trail**. **O'Lystery Pavilion**. **See VA 42 map**. ⚠ Trail passes through private proprty next (2.5) to the south (until VA 610), camping not allowed in this section. P[36.98330,-81.40640]	2650	1638.8

(0.1E) **Bear Garden Hiker Hostel** 248-249-1951, 276-682-3769 ✉ beargardenhikerhostel@gmail.com. Bob and Bertie Lingham owners. 🚫🐾 No dogs in the buildings. Hikers with dogs, dogs must sleep in the hikers tent. AT Passport location. Bunkhouse $20 sleeps 10, overflow can sleep 6, includes shower, cold breakfast with cereal, bread for toast and homemade jellies, coffee-tea-hot chocolate included. ☾ Privy, washer/dryer are an additional charge. Chapel available for hikers. Stay in little house $100, sleeps 6 with full kitchen and laundry. Usually have fuel. We have food, drinks and some resupply at fair prices and free WiFi at the bunkhouse. 🚗 Some shuttle services are available.
Mail drop: 306 W. Blue Grass Trail Ceres VA. 24318 [36.98462,-81.40432]

(2.5W) **Appalachian Dreamer Hiker Hostel** 276-970-2834 (www.appalachiandreamerhikerhostel.com) AT Passport location. Open April thru October. 🚫 No pets or animals of any kind allowed. May accept guest at other times with advanced reservations. Please call a head for availability. Reservation are recommened. $20.00 donation requested for stay, cash only (last ATM heading North is at Shell Station in Atkins or if heading South, the trail crossing of HWY 52 at Bland VA. Space for 8 hikers, 2 full baths for hikers, large screened in porch, full kitchen for hikers where meals are served and hikers can prepare meals. Laundry facilities, WiFi, land line phone, towels, bath cloths and pillow case furnished. Photo I.D. required, max. 2 night stay must sign hold harmless hiker agreement and accept rules which we have in place. Visit web site for rules and more info. We are Christians and promote Christian Values. Complimentary meals, 🧺 short term resupply, fuel, 🚗🎒 shuttle service when availably for slack packing. ⚠ No cell service from trail crossing of Hwy. 42 or VA. 610. Call for pickup from top of Walker Mt. if heading north or from Chestnut Ridge if heading south. Will pick up from either Hwy 42 or Va. 610. Ask about P parking. Located: at, 502 Dotson Ridge Rd. Ceres, VA. 24318. It is located west of where trail crosses VA 42 and also west of where trail crosses Old Rich Valley Rd. Mail drops: 502 Dotson Ridge Rd. Ceres, VA. 24318. [36.96258,-81.42464]

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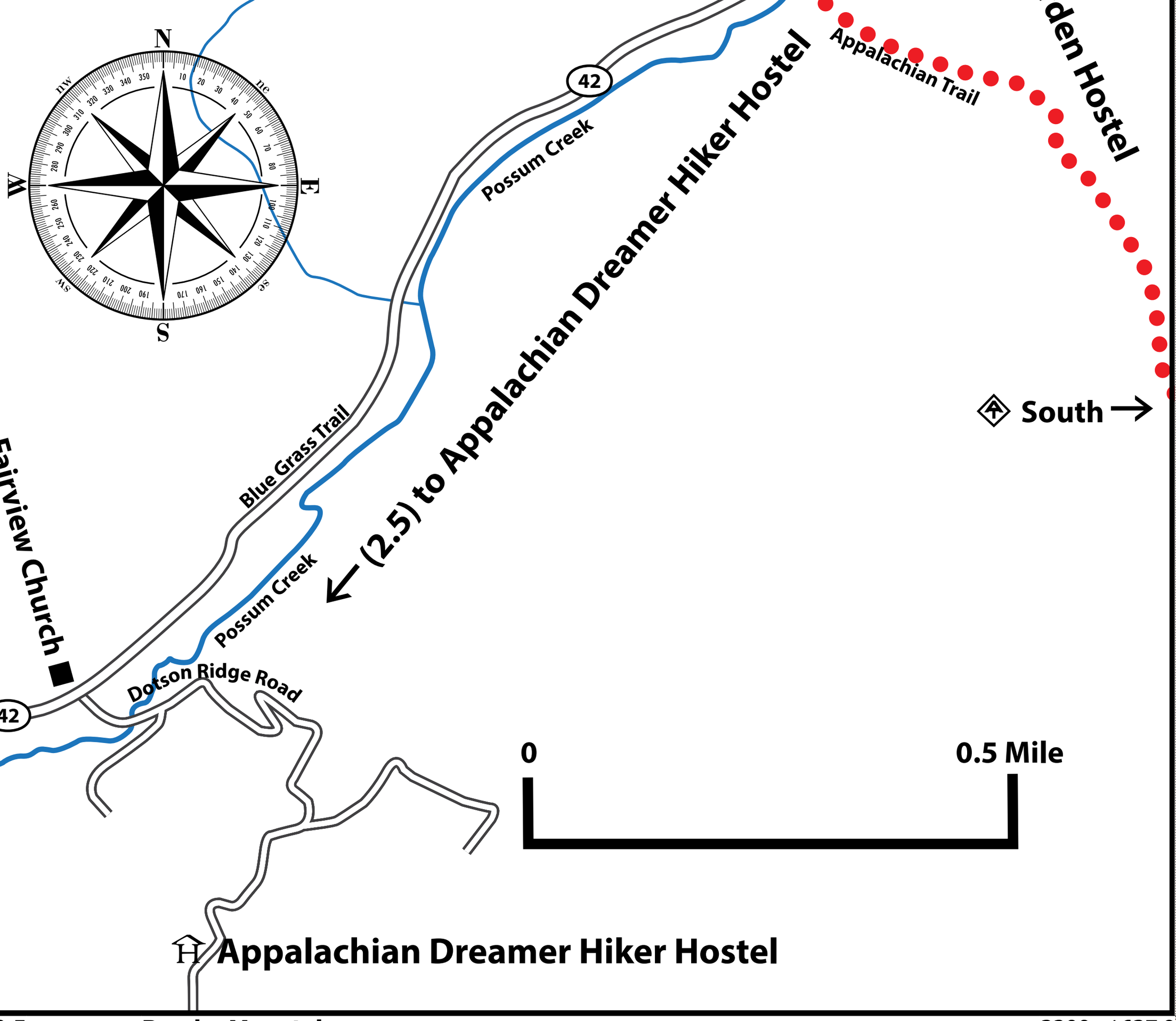
VA 42



559.5		**Brushy Mountain.**	3200	1637.9
		36.1<<<26.3<<19.3<Knot Maul Branch Shelter>9.4>>20.1>>>33.6		
560.7	🚰 {8} 🛏 ☾ ⛺ 📍	🚰 Seasonal spring on a blue blaze trail 100 yards behind the shelter. 💧 For good water, located (0.2) north on the AT, ☾ privy. [37.00066,-81.40460]	2880	1636.7
561.2	💧 ⛺ 🌉 📍	Cross bridge over **Knot Maul Branch**, creek. ⛺ Campsite and 💧 water for Knot Maul Branch Shelter. [37.00315,-81.39754]	2910	1636.2
561.8	💧 ⛺ 🌉 📍	**Lynn Camp Creek**, 🌉 footbridge, ⛺ Several good tent sites. [37.00376,-81.40675]	2400	1635.6
562.9	📍	**Lynn Camp Mountain**. [37.00569,-81.42021]	3000	1634.5
564.1	💧 🌉 ⛺ 🛏	**Lick Creek**, 🌉 footbridge. Good ⛺ campsites in the area. **Bridge out (2021).** [37.01477,-81.42058]	2300	1633.3
565.3	💧 📍	Cross creek. [37.02160,-81.42954]	2311	1632.1
565.5	🛏 P 🚗 {4} 📍	Cross **USFS 222, VA. 625**, gravel. 4 wheel drives recommended to get to this trail head. P 🚗 [37.02286,-81.42598]	2300	1631.9
568.3	💧 ⛺ 📍	Spring-fed pond, ⛺ tent sites. Blue balze trail (100 yds W) to 💧 spring on far side of pond. NOBO hilkers get water here for Chestnut Knob Shelter. Great views along Chestnut Ridge to the North. [37.04495,-81.42618]	3800	1629.1
569.4		Chestnut Ridge	3700	1628.0

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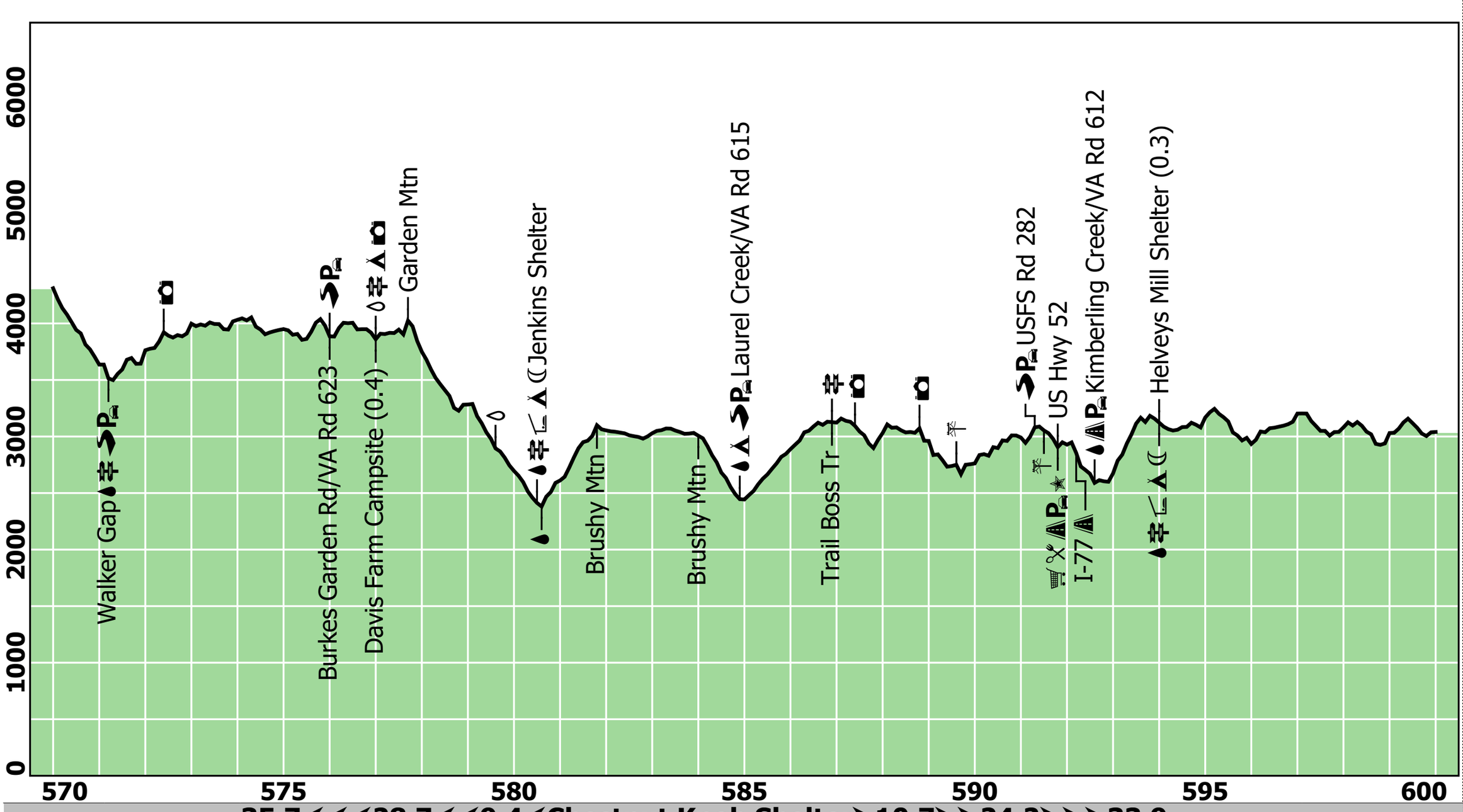


35.7<<<28.7<<9.4<Chestnut Knob Shelter>10.7>>24.2>>>33.9

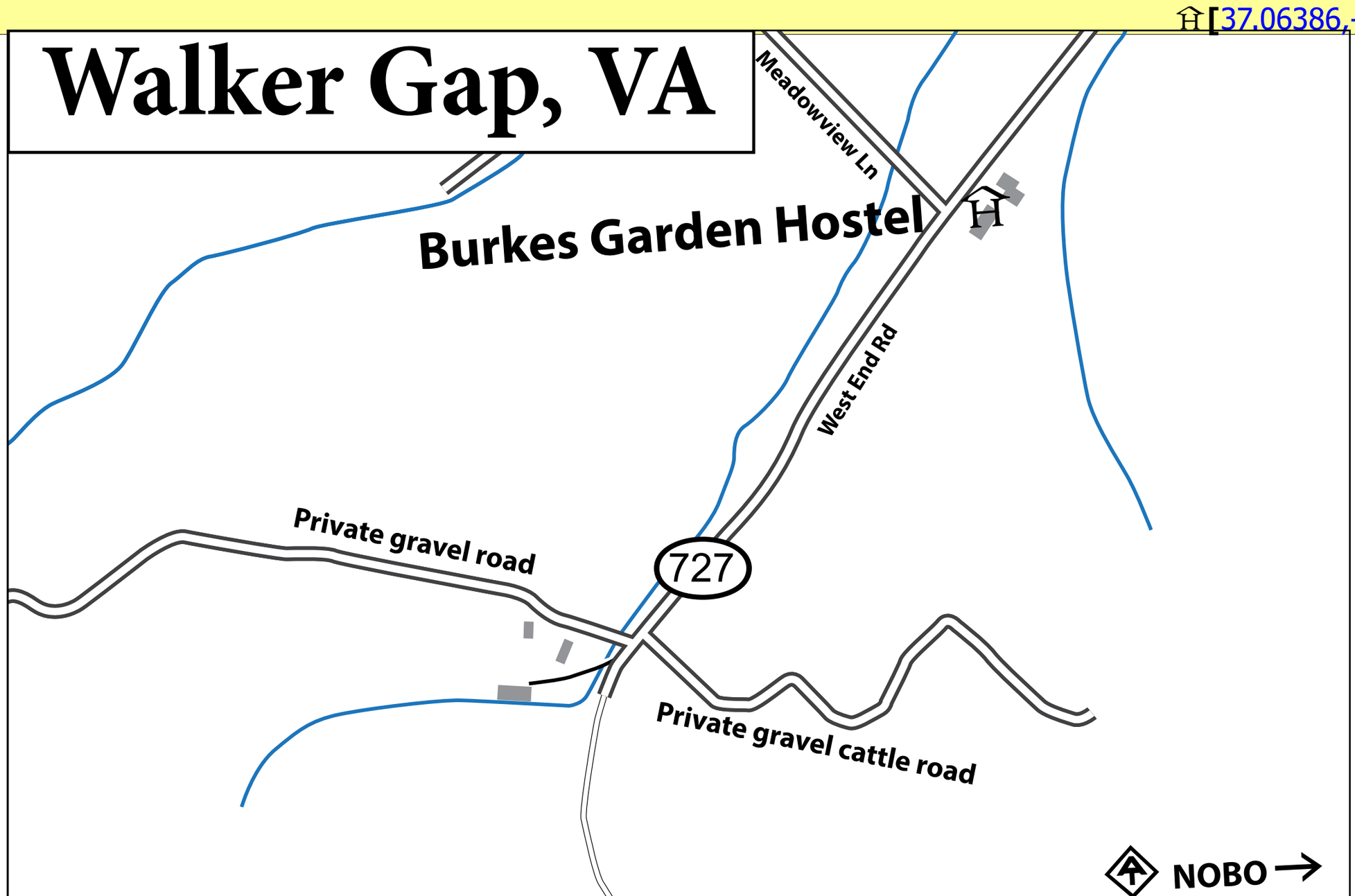
570.1 {8} **No water at shelter**, but is sometimes found (0.2) south on the AT and then 50 yards east on an old Jeep road, ☾ privy. [37.05780,-81.39948] 4409
📷 Burkes Garden Overlook 1627.3

571.5 {5} **Walker Gap**, 💧 Water for southbound hikers going to Chestnut Knob Shelter is a spring located (130 yds E) on a blue blaze trail. [37.05480,-81.37786] 3520
1625.9

(0.7W) **Burke's Garden Hostel** 276-722-2343 call or text ✉ BurkesGardenHostel@gmail.com (www.burkesgardenhostel.com) Open mid-March thru October.

Located: VA 727 Gravel Rd, Walker Gap - (0.75W) downhill to Hostel (1st farm on right). 3713 W. End Rd., Tazewell, VA 24651. Free shuttle back to Trail at 727 VA 623. Pickup and return round trip $10. Renovated Amish Pole Barn. Wonderful views of Burkes Garden from the Hostel. Sleeps 12, Twin XL beds $35pp. Camping $20 pp. Full XL bed $70. single/double. Private rooms downstairs with full XL $90s, $105d. Queen Bedroom in Main House $125 Single, $150 Double. Wi-Fi, Laundry, Showers, Restrooms, Kitchen Area, Hot Waffles & Coffee for Breakfast all included for Guests. Large Resupply Store - Dehydrated meals, sides, snacks, candy. Drinks, pizza, frozen food, ice cream and many other frozen meals. Fresh fruit. Fuel Canisters, first aid and hygiene items. Some basic Gear, Repair Kits coming. Website will have a complete listing of items before the 2024 season opens. Other dates available with advance notice. More Info. at Burke's Garden Hostel website and Facebook Page. Extended Overnight Parking Available $10 per day. Some shuttles - call in advance. Small fee for non-guests for showers, laundry, breakfast, or mail drops.

Mail Drops for Guests within 10 days of ETA for no fee. 3713 W. End Rd., Tazewell, VA 24651.
[37.06386,-81.37427]



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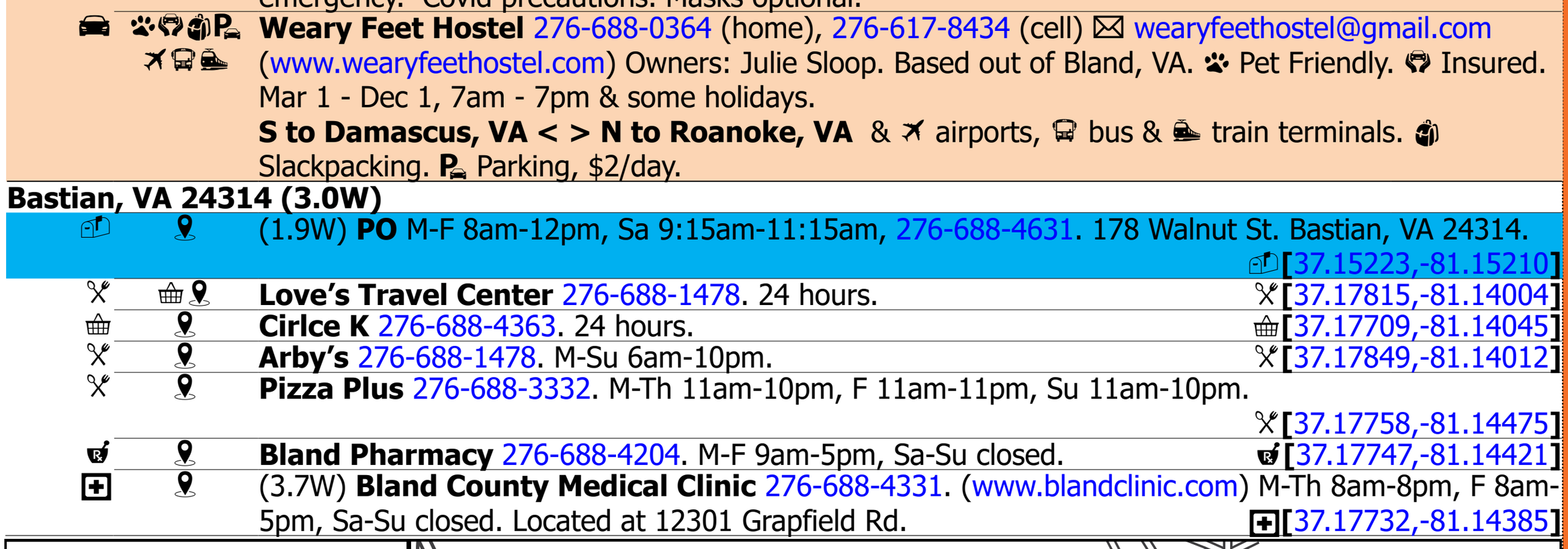
572.6		Cliffs on west side of trail, **view**.	3948	1624.8
576.3	P{6} ★★★★★	Cross **VA. 623, Burkes Garden Road**, **Garden Mountain**. P[37.07705,-81.30706]	3880	1621.1
		(5.1W) **Saint Luke's Hostel** 276-472-2150 gold4woody@yahoo.com (www.saintlukeshostel.yolasite.com) Open year-round. Pet friendly. AT Passport. $20 Bunks, $15 tents/hammocks, $60 private rooms available. Showers, laundry. Kitchen use. Fuel. Resupply available once a day. Free shuttle to and from VA 623. Mail drops for guest only: 1404 Banks Ridge Road, Tazewell, VA 24651. [37.08882,-81.31087]		
577.3	{2}	Blue blazed trail leads (0.4) west to **Davis Farm** campsite with seasonal spring in fenced area 165 yards further down the trail.	3850	1620.1
578.0		Ridge crest on Garden Mountain.	4020	1619.4
579.9		**Water** (stream), unreliable	3700	1617.5
580.8	{6}	(80 yds W) **39.4<<<20.1<<10.7<Jenkins Shelter>13.5>>23.2>>>37.7** Water (stream) is located 100 yards north on blue blazed trail, tenting, ☾ privy. [37.09338,-81.24780]	2470	1616.6
580.9		Hunting Camp Creek. [37.09229,-81.24597]	2388	1616.5
582.0		Ridge crest on Brushy Mountain, trail follows old road bed to the north.	3100	1615.4
584.4		Ridge crest on **Brushy Mountain**, trail follows old road bed to the south.	3080	1613.0
585.2	P{20}	Cross **VA. 615, Suiter Road**, **Laurel Creek** on footbridge, **treat water**. Two P parking options. P[37.10295,-81.20221] P[37.11008,-81.20600]	2450	1612.2
585.3		Laurel Creek campsite. [37.10410,-81.20069]	2492	1612.1
587.2		Blue blazed **Trail Boss Trail** leads west (2.0) to VA 615. [37.11331,-81.18761]	3095	1610.2
587.7		Good view to the west.	3050	1609.7
589.1		Small clearing provides good views to the west.	3080	1608.3
590.1		Pass under telephone line. [37.13140,-81.15553]	2737	1607.3
591.6	P{3}	Trail intersects with **USFS 282**. P[37.13846,-81.13568]	3086	1605.8
591.8		**Power line**. [37.13779,-81.13714]	3028	1605.6
592.1	P{10} ★★★★★	Intersects with **U.S. 52. Bland, VA (2.5E)**. [37.13755, -81.13185]	2920	1605.3
		(50 ft E) **Brushy Mountain Outpost** 276-266-0537. M-F 8am-6pm, Sa 7am-2pm, Sun closed. Hot Deli Foods, Breakfast, Lunch, And Dinner. Hand-dipped Ice Cream. Hiker food resupply. [37.13686,-81.13330]		

Bland, VA (2.5E). See Bland, VA map.

		(3.0E) **PO** M-F 8:30am-11:30am & 12pm-4pm, Sa 9am-11am, 276-688-3751. 207 Jackson St. Bland, VA 24315. [37.10026,-81.11610]		
		Big Walker Motel 276-688-3331 pets okay. $64.33(1-2), $69(3-4) Fridge and microwave. WiFi. [37.10148,-81.13164] Mail drops for guests only: (UPS) 70 Skyview Lane, Bland VA 24315, (USPS) PO Box 155, Bland VA 24315.		
		Dairy Queen 276-688-3645. M-Th 7am-9pm, F 7am-10pm, Sa 8am-10pm, Su 8am-9pm. [37.09981,-81.13123]		
		Subway 276-688-4848. M-Su 9am-9pm. [37.10157,-81.12678]		
		Grants Supermarket 276-688-0314 (www.shopatgrants.com) M-Sa8am-8pm, Su 10am-7pm. [37.10044,-81.11467]		
		Sunco 276-688-4468. Open year round, M-Su 6:30am-9pm. Groceries, Canister fuel and Heet, Hunt Brothers Pizza, payphone, ATM. [37.10180,-81.11668]		
		Dollar General Open M-Su 8am-10pm. [37.10045,-81.12376]		
		Bland Family Clinic 276-688-0500. M 10am-6pm, Tu 11am-7pm, W closed, Th 9am-5pm, F 10am-2pm, Sa-Su closed. Call ahead because they sometimes close early.		
		Bland County Library 276-688-3737. M 10am-4:30pm, 10am-7:30pm, W 10am-4:30pm, Th 10am-7:30pm, F-Sa 10am-7:30pm, Su closed. Located at 697 Main Street. Computers available for use, free WiFi. [37.09951,-81.11351]		
		Bubba'a Shuttles 276-730-5869(cell) Barnes.james43@yahoo.com Owner: James Barnes. Based out of Bland, VA. Pet friendly. 365 days, 7am-10pm & holidays. **S to Damascus, VA ➤ N to Bland, VA & Tri-City & Roanoke** airports. "Call anytime if an emergency." Covid precautions. Masks optional.		
		Weary Feet Hostel 276-688-0364 (home), 276-617-8434 (cell) wearyfeethostel@gmail.com (www.wearyfeethostel.com) Owners: Julie Sloop. Based out of Bland, VA. Pet Friendly. Insured. Mar 1 - Dec 1, 7am - 7pm & some holidays. **S to Damascus, VA < > N to Roanoke, VA** & airports, bus & train terminals. Slackpacking. P Parking, $2/day.		

Bastian, VA 24314 (3.0W)

		(1.9W) **PO** M-F 8am-12pm, Sa 9:15am-11:15am, 276-688-4631. 178 Walnut St. Bastian, VA 24314. [37.15223,-81.15210]		
		Love's Travel Center 276-688-1478. 24 hours. [37.17815,-81.14004]		
		Cirlce K 276-688-4363. 24 hours. [37.17709,-81.14045]		
		Arby's 276-688-1478. M-Su 6am-10pm. [37.17849,-81.14012]		
		Pizza Plus 276-688-3332. M-Th 11am-10pm, F 11am-11pm, Su 11am-10pm. [37.17758,-81.14475]		
		Bland Pharmacy 276-688-4204. M-F 9am-5pm, Sa-Su closed. [37.17747,-81.14421]		
		(3.7W) **Bland County Medical Clinic** 276-688-4331. (www.blandclinic.com) M-Th 8am-8pm, F 8am-5pm, Sa-Su closed. Located at 12301 Grapfield Rd. [37.17732,-81.14385]		



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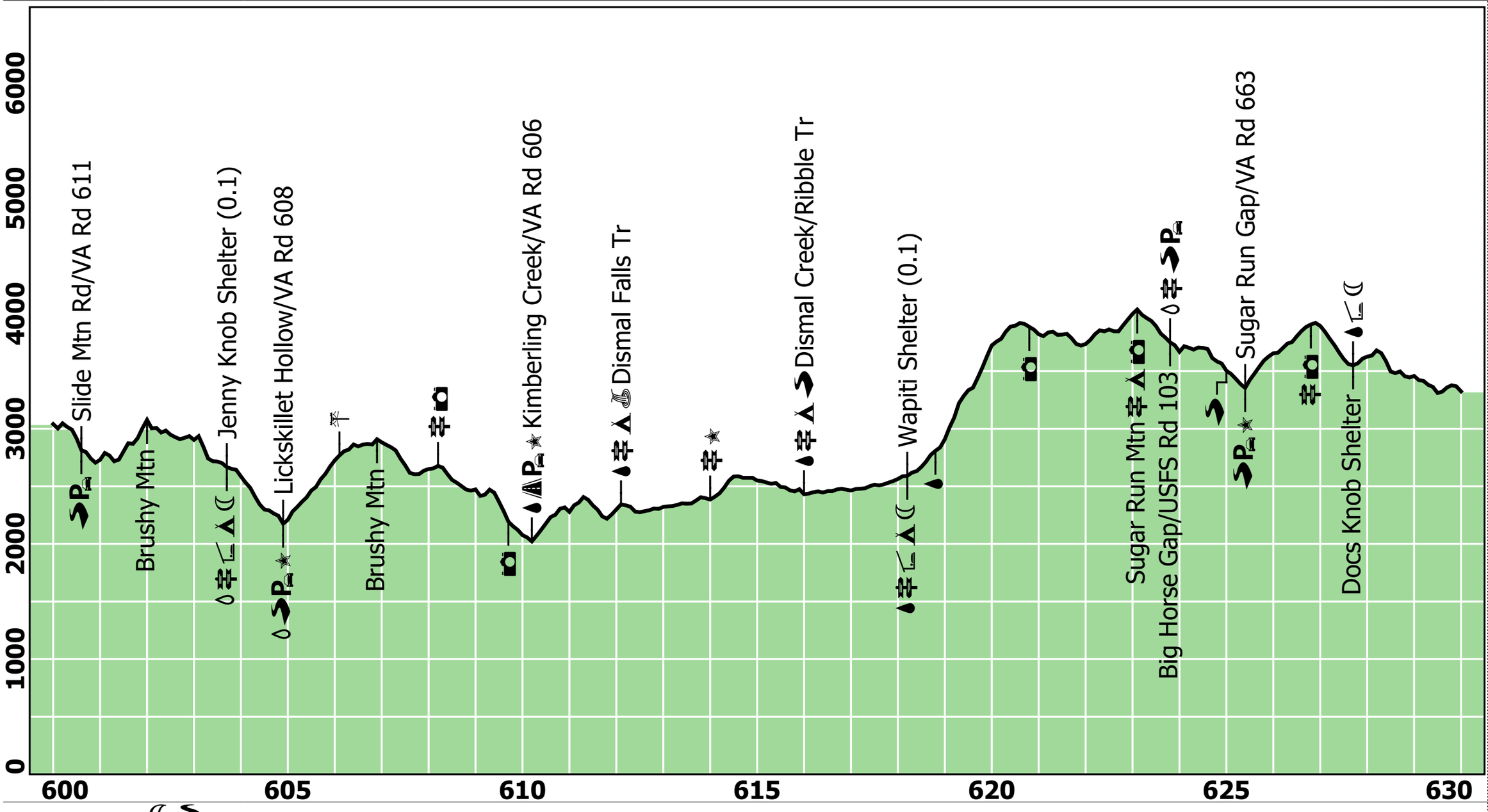
592.5		Intersects with **VA. 612, I–77 overpass**. [37.13948,-81.12625]	2750	1604.9
592.9	{8}	**VA. 612, Kimberling Creek**. ⚠ **Do not drink water from creek, it is drainage off I-77**. [37.13970,-81.11993]	2700	1604.5
594.3	{8}	(0.3E) **33.6➤➤➤24.2➤➤13.5➤Helveys Mill Shelter➤9.7➤➤24.2➤➤➤33.7** Water is located (0.3) down a blue blazed switch backed trail in front of the shelter. Lots of places for tenting, ☾ privy. [37.13398,-81.10434] [37.13261,-81.10440]	3090	1603.1
595.2		Junction with wood road.	3102	1602.2
596.4		Woods road intersects at double blaze.	3006	1601.0



600.9	{3}	Cross **VA. 611/Slide Mountain Road**. [37.14601,-81.00831]	2820	1596.5
602.3		**Brushy Mountain** summit, wooded.	3101	1595.1
604.0	{8}	(130 yds E) **33.9➤➤➤23.2➤➤9.7➤Jenny Knob Shelter➤14.5➤➤24.0➤➤➤40.5** two separate springs, each on blue blaze trail near shelter are unreliable, tenting, ☾ privy. [37.15498,-80.98030]	2800	1593.4
605.2	{3}	Cross **VA. 608**, **Lickskillet Hollow**. **See map of VA 608**. [37.15715,-80.96118]	2200	1592.2
		Closed for 2024 Season (0.8E) **Lickskillet Hostel** 276-779-5447. Open 01 March. Pets OK. Donations accepted, laundry, TV with dvd collection, pool table, slackpacking available. Limited kitchen, fridge, microwave, hotplate. Free WiFi. [37.14750,-80.96456] [37.15567,-80.97999] Mail drops for guests only: 35 Price Ridge Rd Bland, VA 24315		
605.4		Stream, unreliable.	2733	1592.0
606.4		**Power line**. [37.15408,-80.95443]	2739	1591.0
607.2		**Brushy Mountain**, crest.	2800	1590.2
610.4		Kimberling Creek, suspension bridge. [37.17025,-80.90269]	2090	1587.0
610.5	{4}	Cross **VA. 606**. **See VA 606 map**. [37.17065,-80.90208] [37.17043,-80.90221] [37.17570,-80.90830]	2040	1586.9
		(0.5W) **Trent's Grocery** 276-928-1349. Pet friendly in campground but no pets allowed in store. AT Passport location. Open year round. M-Sa 7am-8pm, Sun 8am-8pm, hours are subject to change. Deli with pizza, hamburgers, hot dogs and more. Camping $6, shower $3, laundry $3. Coleman and alcohol by the ounce, canisters. Soda machines outside. Accepts Credit Cards. Shuttles are available. Parking at store is at No Charge ATM. [37.17542,-80.90827] Mail drops: 900 Wilderness Rd, Bland, VA 24315.		
		(0.5E) **Weary Feet Hostel** Julie Sloop. 276-688-0364 (home). Text or call 276-617-8434(cell). stay@wearyfeethostel.com. (www.wearyfeethostel.com) Open from March 1st thru Jan 1st. Pet friendly, pets must be well mannered. AT Passport. Bunks in outdoor bunkhouse $20, inner bunkhouse $30. 2 private rooms $70, $5 EAP. Tenting and hammocks allowed $10, includes shower. Showers for non-guests $4. Laundry with and without stay $5. Day pass: $8 for shower and laundry. Work for stay if work is available. Meals 7am until 9pm. Home-cooked hiker breakfast $8 and supper $12. Also have other items too like hamburger, hotdogs, chicken tenders and breakfast biscuits. Hiker resupply. Canister fuel available. WiFi. Shuttles from **S to Troutdale, VA ➤ N to Roanoke, VA**. Shuttle is insured. Parking available for $3 per day. Mail drops with and without stay: 13152 E Blue Grass Trl, Bland VA 24315. [37.16518,-80.89899]		
		Trent's Grocery Shuttles 276-928-1349. Pet friendly. Check for availablity first. **S to Virgina line ➤ N to Roanoke, VA.** Slackpacking. Parking available.		

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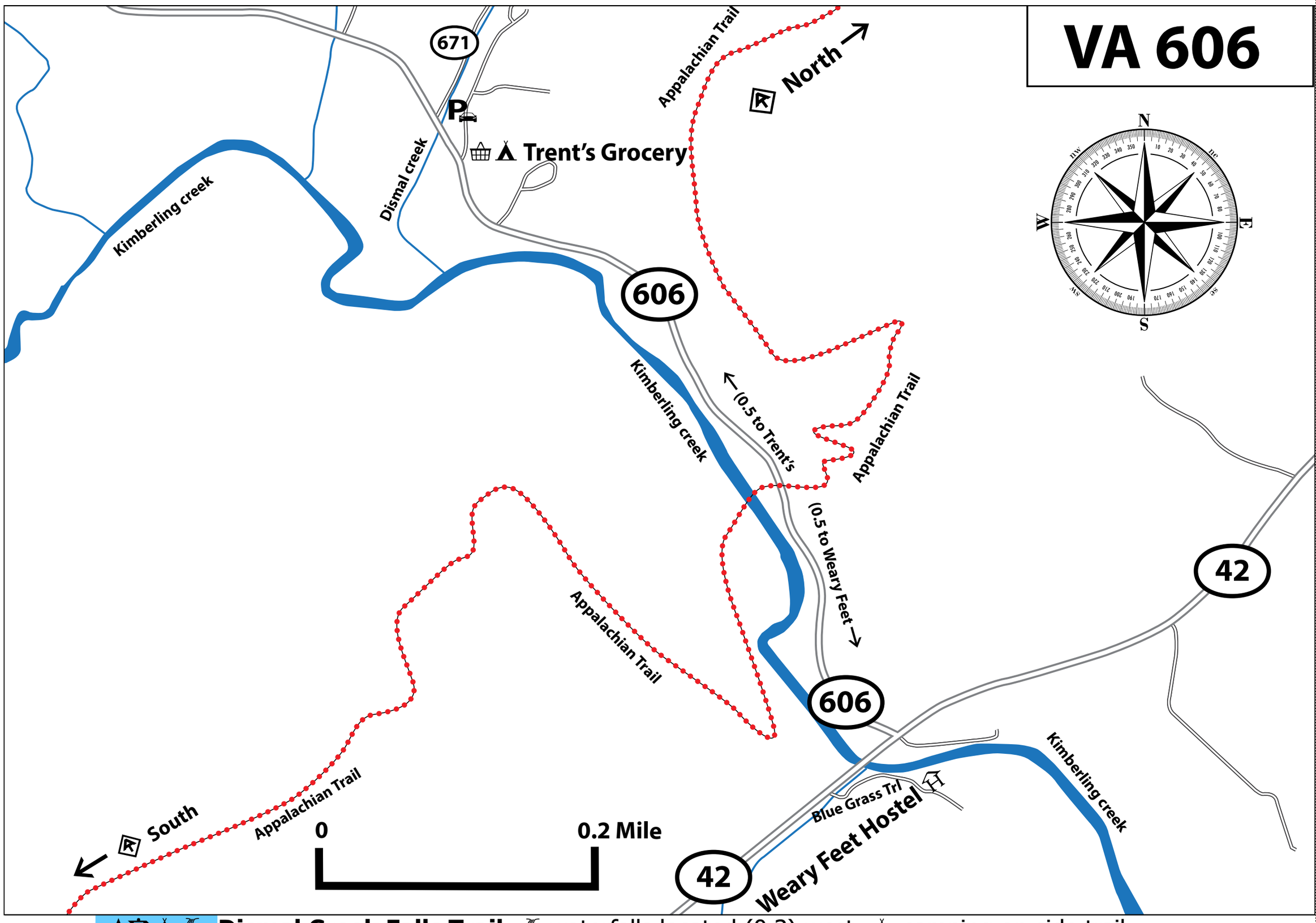
VA 606



612.4		**Dismal Creek Falls Trail**, waterfalls located (0.3) west, camping on side trail. [37.18665,-80.89592] [37.18569,-80.90163]	2320	1585.0
613.5		Cross bridge over deep gully.	2387	1583.9
614.3	★★★★★	Side trail leads (0.4) west to **Walnut Flats** campground.	2400	1583.1
		Walnut Flats Campground. (No fee) This campground operates on a first-come, first-served basis.. Primitive campground also accommodates small recreation vehicles. It has shaded sites clustered around a grassy opening surrounded by forest. Dismal Creek (a stocked trout stream), and the Falls of Dismal are close by. [37.19818,-80.88662]		
616.3	P{4}	Cross dirt forest service road at Dismal Creek on footbridge. Several test sites along the banks of the creek. [37.21299,-80.85413] P[37.21290,-80.85648]	2519	1581.1
616.4		**Ribble Trail** leads (3.0W) to form a loop with the further NOBO.	2400	1581.0
616.7		Water (stream), bridge.	2500	1580.7
617.7		Intersects with woods road. [37.22193,-80.83799]	2493	1579.7
618.3		Trail passes a small pond to the west. [37.22420,-80.82760]	2564	1579.1
618.5	{6} ☾	(100 yds E) **37.7<<<24.2<<14.5<Wapiti Shelter>9.5>>26.0>>>38.5** Water (Dismal Creek) just south of the turn off to the shelter, tenting ☾ privy. [37.22452,-80.82423] [37.22393,-80.82410]	2600	1578.9
619.1		Upper branch of **Dismal Creek**. [37.22886,-80.81525]	2656	1578.3
619.9		Intersects with woods road.	3417	1577.5
621.1		**Sugar Run Mountain**, rocky outcropping. [37.24189,-80.81649]	3800	1576.3
623.4		Side trail (0.1E) to high point on Sugar Run Mtn with good views from a rocky outcropping just beyond a communications tower. tenting with fire ring near overlook.	4040	1574.0
624.0		Junction with blue blazed Ribble Trail north junction forms a loop with the AT further SOBO. [37.24182,-80.86269]	3800	1573.4
624.1	P{4}	Cross **USFS 103**, **Big Horse Gap**. P[37.24201,-80.86391]	3752	1573.3
625.3		Cross **Nobusiness Creek Road**. [37.25314,-80.85871]	3711	1572.1
625.7	P{6} ★★★★★	Cross **VA. 663, Sugar Run Gap Road**, **Sugar Run Gap**. Gap Rd. **See Sugar Run Gap, VA map**. P[37.25588,-80.85546]	3450	1571.7
		(0.5E) **Woods Hole Hostel & Mountain B&B** 540-921-3444 woodsholehostel@gmail.com (www.woodsholehostel.com) Pet friendly. AT Passport location. "A slice of heaven not to be missed." An isolated 1880's Chestnut Log Cabin opened to hikers in 1986 by Roy & Tillie Wood. Granddaughter, Neville, continues their legacy with Communal Meals Suggested donation $11-$16, Organic Gardening, Pottery, Free Yoga at 4pm. Open Seasonal. Bunkhouse $24/person: Pellet Stove, mattresses, electricity, and hot shower. Camping $14/person. Indoor rooms: $35/person shared/$75 private room/safari tent (thru-hiker rate) regulat $85. Limited Wifi, Laundry, Home Roast Coffee, Home-made bread/cheese, baked goods. Coleman fuel and alcohol by the ounce, fuel canisters. Resupply options. Shuttles and Slackpack for fee. **Directions:** NOBO hikers turn east at Sugar Run Gap, SOBO hikers turn west/Dirt Road. Take a left at fork on gravel road to Hostel. Mail drops free for guests. Will mail packages out: Woods Hole Hostel, 3696 Sugar Run Rd, Pearisburg, VA 24134. [37.253514,-80.847693]		

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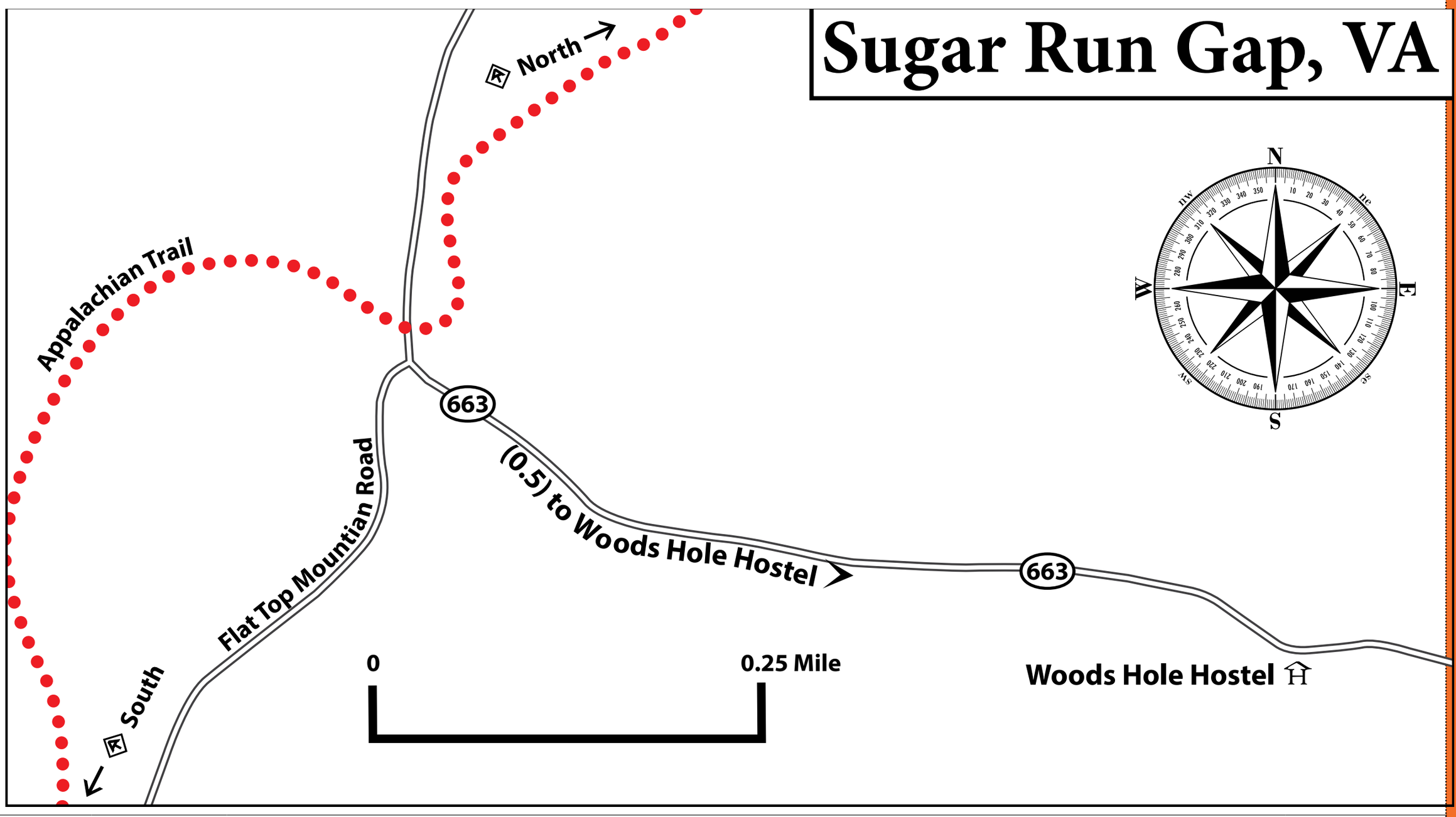
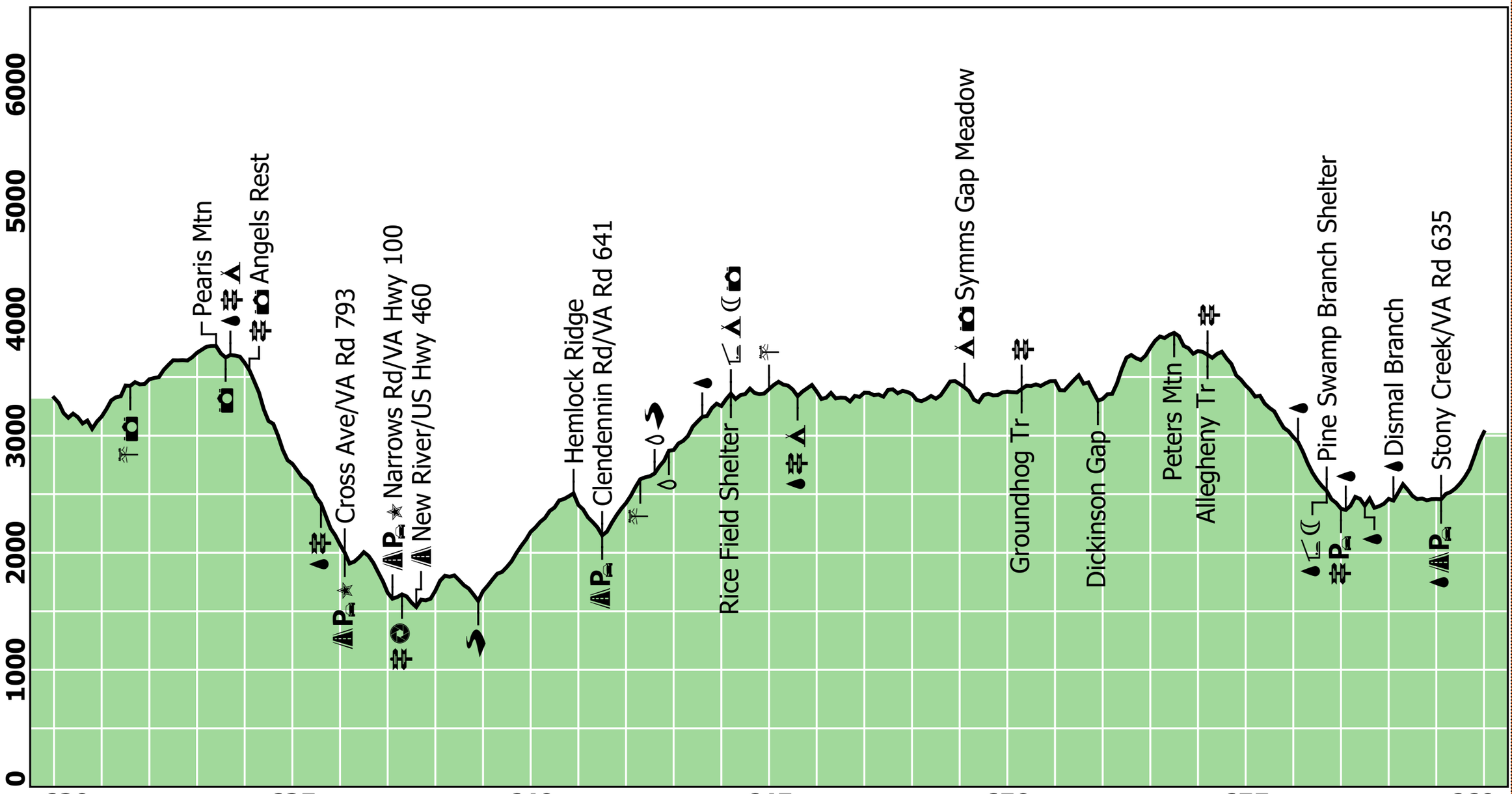
Sugar Run Gap, VA



627.1		Blue blaze trail leads to Rock Cliff Overlook and views.	3850	1570.3
628.0	{8}	(100 ft W) **33.7<<<24.0<<9.5<Docs Knob Shelter>16.5>>29.0>>>32.9** Water (spring) is located to left of shelter, ☾ privy. [37.27021,-80.83640]	3555	1569.4



631.6		Power line. [37.29227,-80.78581]	3225	1565.8
633.7		Near the summit of **Pearis Mountain**, pass rock ledges with panoramic views.	3770	1563.7
633.9		Campsite, water (spring).	3750	1563.5
634.5		Blue blaze to **Angels Rest** on north end of Pearis Mountain, vista. [37.31639, -80.75571]	3555	1562.9
635.4		Abandoned power line. [37.32129,-80.75375]	3438	1562.0
635.8		**Water**, spring 300 yards west. [37.32317,-80.75234]	2300	1561.6
636.4	P	Cross **VA. 793**, Cross Ave. Pearisburg, VA (0.9E). See notes for Pearisburg below. [37.32929,-80.75114]	2200	1561.0
637.4	P {8} ★★★★★	Cross **Narrows Road, VA. 100**, P parking. [37.33440,-80.75620]	1617	1560.0

Pearisburg, VA (1.3E) (all major services) See Pearisburg, VA map. [37.32615,-80.73457]

(1.3E) **PO** M-F 9am-4:30pm, Sa 10am-12pm, 540-921-1100. 206 N Main St. Pearisburg, VA 24134. [37.32815,-80.73565]

(1.9E) **Angels Rest Hiker's Haven** 540 599 5717 (cell), call or text. ✉ angelsresthikershaven@gmail.com (www.angelsresthikershaven.com) Open year round, full service Mar15-Oct31. Your host Doc Peppa Pet friendly. AT Passport location. Bunks $25 and Private Rooms available $50-$75 pp a night. Tenting and Hammocking $12PP. Military/1st Responder discount. Pet fee $5, dogs must be leashed. Laundry $4. $7 day pass includes pickup and return to local trailhead, shower, laundry, and all amenities until 6 p.m. WiFi, full kitchen. Limited work-for-stay. Responsible drinking only. No drunkenness, no drugs, no drama. Courtesy shuttle to and from local trail heads. Local Shuttles $2-$4. Shuttles between Damascus and Daleville, VA. (call for pricing) Slackpacking. P Ask about parking. Chiropractic and Acupuncture available by appointment. Cash or credit

Mail drops regardless of stay: 204 Douglas Ln. Pearisburg, VA 24134. [37.33279,-80.73442]

Holiday Motor Lodge 540-921-1552. AT Passport location. Open year round. Lodging; Standard rooms $55, $10 for each addition person after 2, $10 pet fee, microwave, fridge, TV. Coin laundry. Pet friendly. Coffee in office. Free WiFi. ATM.

Mail drops: 401 N Main St, Pearisburg, VA 24134. [37.32964,-80.73756]

Plaza Motel 540-921-2591. $44S $55D includes tax, No pets, accepts credit cards. Laundry, computer available to use, free WiFi.

Mail drops: 415 N. Main St, Pearisburg, VA 24134. [37.33015,-80.73803]

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(2.9E) **Holy Family Hostel** Pat Muldoon 540-626-3337. Open Mar-Nov. No Pets, drugs or alcohol allowed. Volunteer caretaker on hand please don't call for a ride, no pickup. Donations are requested, suggested $10PP, 2 night max. Hot shower, bath room, electric stove, micro-wave, fridge, pots, pans & dishes. Clean Towels provided. Bed mats, tables & benches, library, tents allowed on grounds. Wood Stove for heating. Keep hostel clean and neat. Co-ed sleeping area. [37.33289,-80.71561]

Food Lion 540-921-2571. M-Su 7am-11pm. [37.33043,-80.73585]

Walmart 540-921-1204.M-Su 24 hours. [37.32901,-80.70881]

Grant's 540-921-2058. M-Su 8am-9pm. [37.32644,-80.72888]

Pearis Mercantile 540-921-2260. AT Passport location. M-Sa 10am-5:30pm. Has a small selection of hiker food, small gear items, fuel. [37.32786,-80.73564]

EZ Way Laundry M-Sa 6am-9pm, Su 6am-8pm. [37.32827,-80.73171]

Papa's Pizzeria & Subs 540-921-1333 M-Sa 10:30am-8pm, Su Closed. [37.32647,-80.73322]

Wendys 540-921-3787. M-W 6:30am-10pm, Th 6:30am-6pm, F Closed, Sa-Su 6:30am-10pm, [37.32754,-80.70879]

Pizza Hut 540-921-1000. M-Th 11am-10pm, F-Sa 11am-11pm, Su 11am-10pm. [37.32693,-80.72985]

Lucky Star Chinese (AYCE) 540-921-2808 M Closed, Tu-Su 11am-9:30pm. [37.33092,-80.73629]

La Barranca Méxican Grill 540-921-2323. M-F 11am-10pm, Sa 12-10pm, Su 12-9pm. [37.33051,-80.73774]

Pizza Plus 540-921-3100. M-Th 11am-10pm, F-Sa 11am-11pm, Su am-10pm. [37.33077,-80.73996]

Arby's 540-921-2503. M-Sa 5am-11pm, Su 6am-11pm. [37.33130,-80.74014]

Dollar General 540-750-4566. M-Su 8a,-8pm. [37.32639,-80.72916]

Walgrens 540-921-1284. M-W 9am-1:30pm&2pm-8pm, Th 9am-5pm, F Closed, Sa 9am-1:30pm&2pm-6pm, Su 10am-1:30pm&2pm-6pm. [37.32697,-80.73585]

The Hardware Store 540-921-1456. (www.harveystreethardwareandelectronics.com) M-F 9am-5pm, Sa 9am-4pm, Su closed. Canister fuel, alcohol by the ounce, tent repair kits. [37.32966,-80.73542]

Pearisburg Library 540-921-2556. M 12pm-8pm, T 12pm-5pm, W 9am-5pm, TH 9am-8pm, F 9am-5pm, Sa 9am-1pm, Su closed. [37.32473,-80.72191]

Kut-N-Klip 540-787-5008. (www.kut-n-klip.com) AT Passport location. M-F 9am-6pm, Sa 9am-1pm, SU closed. [37.32596,-80.73476]

Community Health Center 540-921-3502. M-F 8am-4:30pm, Sa-Su closed. Located at 219 South Buchanan Street Quick, low cost healthcare, hikers welcome. [37.32332,-80.72269]

Don Raines 540-921-7433 (cell) ✉ Ratface20724@aol.com Owner: Donald Raines. Based out of Pearisburg, VA. Pet friendly. 365 days, 24/7 & holidays.
S to (anywhere) ➤ N to (anywhere) & airport, bus & train terminals. Slackpacking. P Parking, free.

Tom Hoffman 540-921-1184 ✉ gopullman@aol.com Owner: Tom E. Hoffman Jr. Based out of Pearisburg, VA. Pet Friendly. 365 days, (flexible hrs) & holidays.
S to Damascus, VA ➤ N to Rockfish Gap & airport, bus & train terminals. Slackpacking.

Woods Hole Shuttles 540-921-3444 (cell) ✉ woodsholehostel@gmail.com (www.woodsholehostel.com) Owner: Neville Harris. Based out of Pearisburg, VA. Pet friendly. Insured. 365 days, (check website) 8am-9pm & holidays.
S to As far as you want to go ➤ N to As far as you want to go & airports, bus & train terminals. Slackpacking. P Parking, $4/day, $20/wk. "Woods Hole Hostel and B&B is 1/2 mile off the Appalachian Trail. It offers unique lodging, massage therapy, communal meals, handmade pottery, home roasted coffee, and a great View. Coined by hikers as a "Slice of Heaven not to be Missed." Hope to see you along the way." Covid precautions. Masks required.

Angels Rest Hiker's Haven Shuttles 540-599-5717 (cell) ✉ angelsresthikershaven@gmail.com (angelsresthikershaven.com) Owner: Pippa Chapman - "Doc Peppa". Based out of Pearisburg, VA. Pet friendly. Insured. 365 days, 7am-7pm & holidays.
S to Damascus, VA ➤ N to Daleville, VA & airport, bus & train terminals. Slackpacking. P Parking. $2/day w/stay, or shuttle, $4day w/out stay. "Chiropractic & Acupuncture Svcs available by appointment. We follow CDC and State Covid guidelines for Taxi Services."

Larry Richardson 540-921-4724. $ Pet friendly. Based out of Pearisburg, VA.
S to Bland, VA ➤ N to Pearisburg, VA.

Narrows, VA (3.6W on VA 100). See Narrows, VA map.

(3.5W) **PO** MF 9:30am-1:15pm & 2pm-4: 15pm, Sa 9am-11am, 540-726-3272. 305 Main St. Narrows, VA 24124. [37.33101,-80.81018]

(3.6W) **MacArthur Inn** 540-726-7510. (www.macarthur-inn.com) AT Passport location. Hiker room $45 includes one double bed with half bath. Guest shower in our laundry area. Other rooms will receive a discounted price. Free long distance phone, cable TV, WiFi and use of guest kitchen. Shower without stay $8. Breakfast served by request Saturday and Sunday only; dinner is served Thurs. 5-8 p.m. with Old Time Mountain Music Jam. Located in center of town with all major services, grocery store, post office, restaurants, laundry all within close walking distance. Call for ride from Pearisburg area trail heads, ride $5 round trip. Longer shuttles and slackpacking can be arranged.
Mail drops: 117 MacArthur Lane, Narrows, VA 24124. [37.33201,-80.81088]

(3.6W) **Camp Success Camping** (www.townofnarrows.org/camp-success-campground/) Primitive camping tents or hammocks only. $5 tenting/hammocking per night, no showers. Check-in at Town Office 540-726-3020 M-F 9am-5 pm. Discount of $20 for 5 days (1 tent). They do have an outhouse and a slop-sink. Flooding may cause campgrounds to be closed. Call ahead for after-hours arrivals or print permit form . [37.33468,-80.81185]

Grants Supermarket 540-726-2303 M–Sa 8am–8pm, Su 9am–8pm. [37.33190,-80.81175]

Anna's Restaurant 540-726-3545 ✉ creekside118@yahoo.com. AYCA Buffet. M closed. Tu-F 11am-8pm, Sa 12am-8pm, Su 12am-3pm. [37.33156,-80.81185]

Creekside Laundry Mat 540-726-2028. M-Su 7am-9pm. [37.33112,-80.81195]

MacArthur Inn Shuttles 540-726-7510 ✉ macarthurinn@yahoo.com (www.macarthur-inn.com) Owner: Allen Neely. Based out of Narrows, VA. Pet friendly. Insured. 365 days, 24/7 & some holidays.
S to Bland, VA ➤ N to Newport, VA. Slackpacking. P Parking, $5/day. "We mainly shuttle to & from the trail in Pearisburg, VA to the MacArthur Inn, Narrows, VA." Covid precautions. Masks required.

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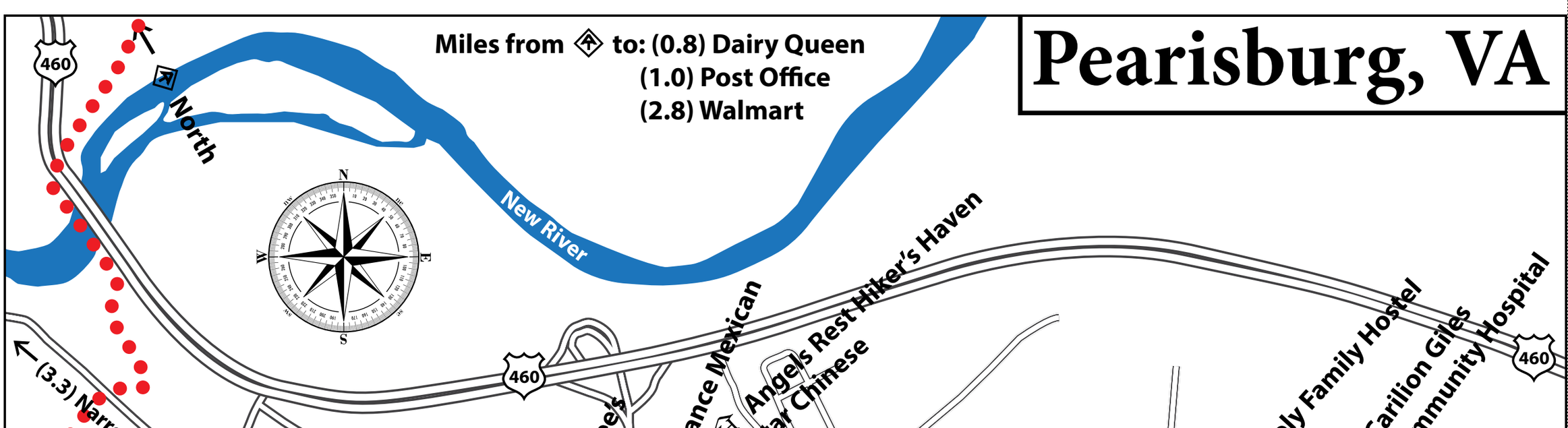
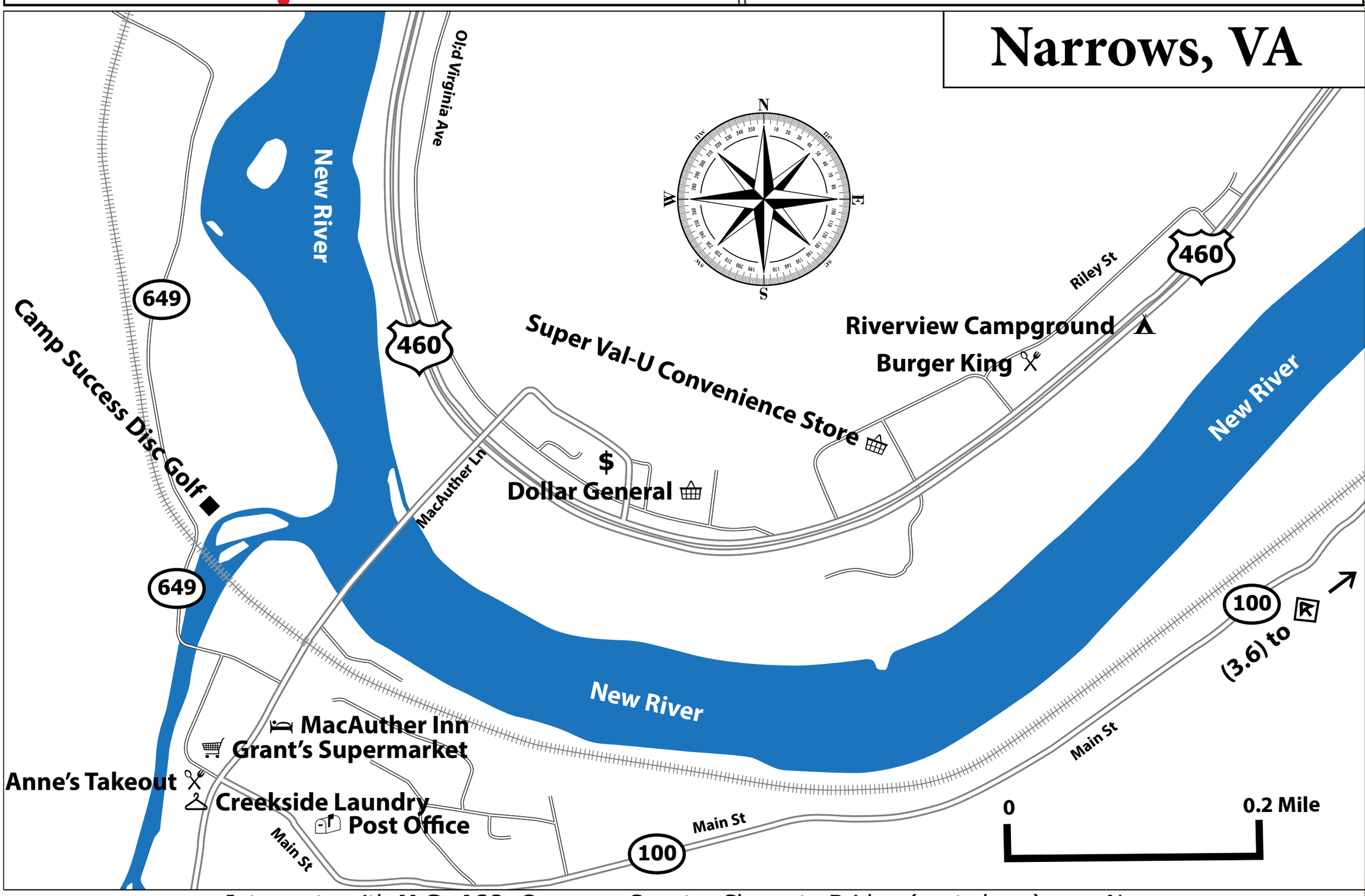
Pearisburg, VA

Miles from ⛺ to: (0.8) Dairy Queen
(1.0) Post Office
(2.8) Walmart



Narrows, VA



637.8		Intersects with **U.S. 460**, Cross Senator Shumate Bridge (east shore) over New River.	1600	1559.6
639.2		Cross stream at a dirt road. **Do not drink the water here**, it is runoff from a nearby landfill.	1611	1558.2
641.2		**Hemlock Ridge**. [37.36046,-80.75379]	2470	1556.2
641.7	P {4}	Cross/Intersects with **VA. 641, Clendennin Road**. P [37.36466,-80.74971]	2220	1555.7
641.8		**Pocahontas Road**, re-enter woods. [37.36590,-80.74854]	2230	1555.6
642.5		Cross power line. [37.37110 -80.74757]	2655	1554.9
642.9		Trail intersects dirt road, cross **stream**. [37.37381,-80.74508]	2663	1554.5
643.2		Spring	2976	1554.2
643.9		**Water** (springs), **camping**. This is the water source for Rice Field Shelter - old blue blaze trail to the water source. [37.37479,-80.75519]	3200	1553.5
644.5	{8}	(75 Yds E) **40.5<<<26.0<<16.5<Rice Field Shelter>12.5>>16.4>>>25.2** Water source is a spring located 0.3 mile south on the AT. ☾ Privy. [37.37478,-80.75860]	3400	1552.9
645.0		Trail passes right next to AT&T cell tower, good for AT&T users. [37.37870,-80.75021]	3382	1552.4
645.3		Cross Power line. [37.37996,-80.74627]	3467	1552.1
646.0		**Campsite**, **water** (spring), (50 ft) blue blaze to the east. This is the last reliable water source for 10 miles going northbound. [37.38418,-80.73239]	3450	1551.4
649.5		**Symms Gap Meadow**. A mountain meadow with views into West Virginia. Camping nearby. [37.40520,-80.68330]	2480	1547.9
650.5		Blue blazed **Groundhog Trail**. [37.41219,-80.66926]	3400	1546.9
652.1		**Dickinson Gap**. [37.42201,-80.64624]	3300	1545.3
654.3		**Peters Mountain** Ridgecrest.	3880	1543.1
654.5		Yellow blazed **Allegheny Trail** Junction west. [37.43777,-80.61931]	3740	1542.9
657.0	{6}	**38.5<<<29.0<<12.5<Pine Swamp Branch Shelter>3.9>>12.7>>>18.5** Water (stream) is located 75 yards down a blue blazed trail on the west of the side trail to the shelter, ☾ privy. [37.42208,-80.60880]	2530	1540.4
657.3	P {6}	Blue blazed trail leads east to **VA. 635**, Stony Creek Valley, USFS P parking area (0.1E). [37.41976,-80.60447] P [37.41865,-80.60460]	2370	1540.1
657.4		Cross **Pine Swamp Branch**.	2430	1540.0
657.8		Cross Stony Creek tributary. [37.42271,-80.60262]	2437	1539.6
658.4		Cross **Dismal Branch** on bridge. [37.41781,-80.59407]	2480	1539.0
658.5		Intersects with old road.	2542	1538.9

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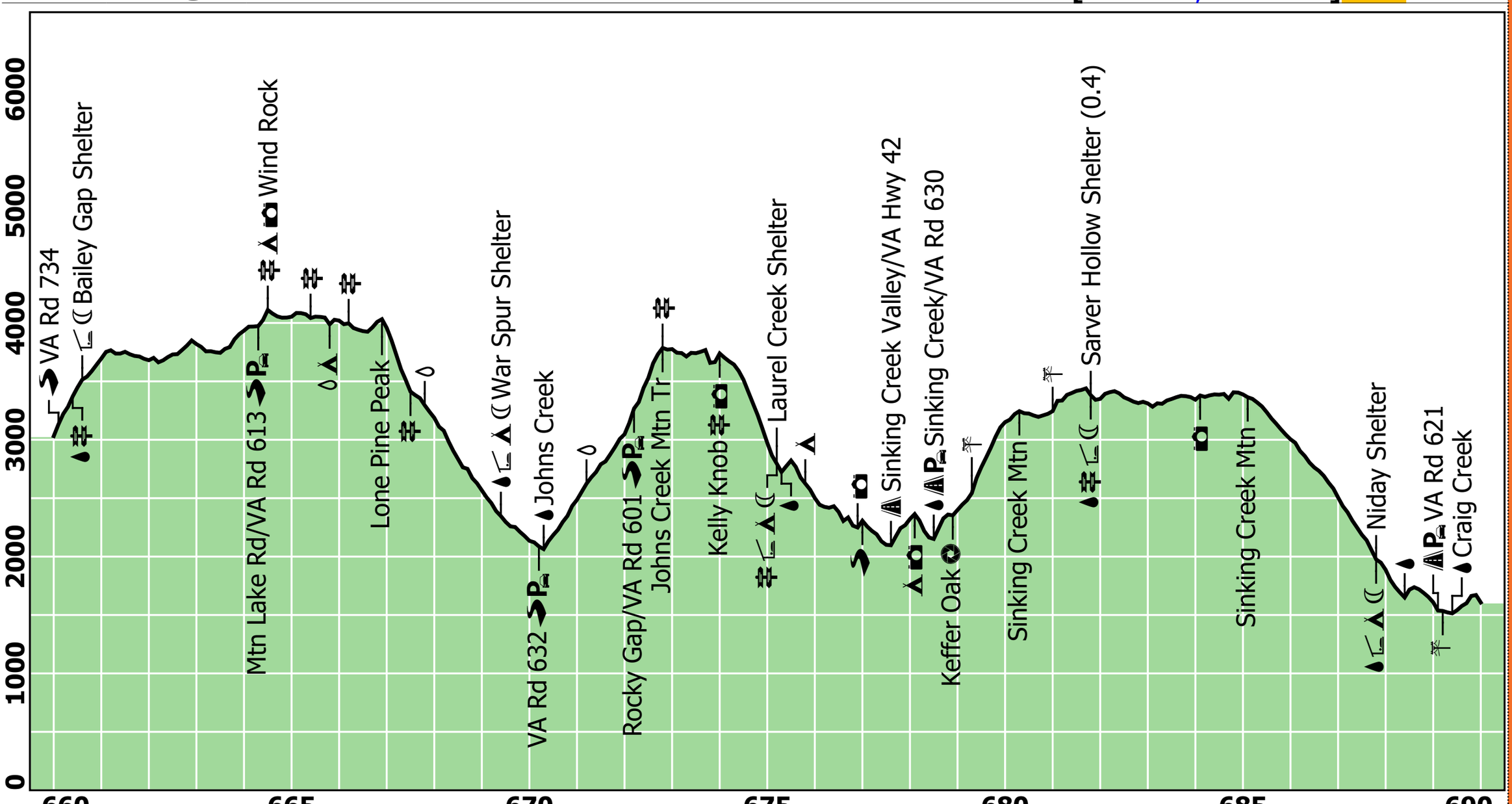
659.1	P{15}	Cross **VA. 635** (paved), Crosses **Stony Creek** on footbridge. [37.41438, -80.58451] P[37.41433,-80.58333]	2450	1538.3
659.3		Cross woods road. [37.41257,-80.58451]	2562	1538.1



660.5		Cross **VA 734**, gravel fire road. [37.40337 -80.58191]	3173	1536.9
660.7		Blue blazed side trail leads 125 yards east to **water** (spring). [37.40020,-80.58011]	3490	1536.7
660.9	{6}	**32.9<<<16.4<<3.9<Bailey Gap Shelter>8.8>>14.6>>>21.2** Water is located (0.2) south on the AT and then east down a blue blazed trail, privy. [37.40086,-80.57720]	3525	1536.5
663.5		Rock ledge west of trail.	3952	1533.9
664.6	P{14}	Cross **VA. 613** (gravel), **Mountain Lake Road**, Salt Sulphur Turnpike. P[37.41198,-80.52266]	3950	1532.8
664.8		Wind Rock is located 100 feet west on side trail, vista. There is a large flat area near Wind Rock with a fire ring and several good tent sites. **No water**. [37.41379,-80.51916]	4121	1532.6
665.7		Cross old woods road, Side trail **Potts Mountain Trail** is 100 feet north on trail.	4068	1531.7
666.0		Campsite, water (spring) located north of open area. [37.41667,-80.49855]	4000	1531.4
666.5		Junction of old trail leading 150 yards west to Potts Mountain Trail.	3981	1530.9
667.2		West side of **Pine Peak**. [37.40838,-80.49352]	4018	1530.2
667.7		Junction with connector trail that leads to **War Spur Trail** to the east. [37.40265,-80.48724]	3429	1529.7
668.0		Water on east side of trail, rock field on west side. [37.40343,-80.48552]	3299	1529.4
668.2		Seasonal spring west on trail.	3158	1529.2
669.7	{6}	**25.2<<<12.7<<8.8<War Spur Shelter>5.8>>12.4>>>18.4** Water (stream) is located 80 yards north of the shelter on the AT, privy. [37.39753,-80.47400]	2340	1527.7
670.5	P{6}	Cross **USFS 156**, **Johns Creek Valley**. P[37.38800,-80.46891]	2102	1526.9
671.5		**Water** (stream), seasonal.	2700	1525.9
672.5	P{3}	Cross **VA. 601**, gravel road, **Rocky Gap**. [37.37275,-80.44634]	3250	1524.9
673.0		Intersection with **Johns Creek Mountain Trail** west side. [37.37380,-80.43967]	3757	1524.4
673.1		Unmarked trail west.	3779	1524.3
674.3		Blue blaze trail leads 100 yards east to White Rock.	3809	1523.1
674.6		**Kelly Knob**. [37.35599,-80.44069]	3735	1522.8
675.4		Laurel Creek.	2753	1522.0
675.5	{6}	(100 ft E) **18.5<<<14.6<<5.8<Laurel Creek Shelter>6.6>>12.6>>>22.7** Water is located to the west on the AT and 45 yards south of the shelter trail junction. Water also at Laurel Creek 100 yards north of the shelter, which is a second water source. privy. [37.35891,-80.42120]	2720	1521.9
676.7		Water (spring), seasonal	2400	1520.7
677.3		Cross dirt farm road in open pasture, views. [37.35879,-80.39738]	2308	1520.1
677.9	★★★★★	Cross **VA. 42**, **Sinking Creek Valley**. Trail crosses a creek on a footbridge just south of the road crossing. [37.35416,-80.39156]	2200	1519.5

Newport, VA 24128 (8.0E) Not much located here.

		(7.6E) **PO** M-F 8:15am-11:30am & 12:30pm-3:15pm, Sa 9am-11pm, 540-544-7415. 119 Blue Grass Trl. Newport, VA 24128. [37.29055,-80.49825]	
		Super Val-U 540-544-7702. M-Th 6am-10pm, F-Sa 6am-10:30pm, Su 6am-10pm. [37.29023,-80.49859]	
	P	**Shuttles AT NRV** 540-449-9119 (cell) shuttlesatnrv@yahoo.com. Owner: Ed Martin. Based out of Blacksburg, VA. Pet friendly. 365 days, 24/7 & some holidays. **S to I77 < > N to James River** & airport, bus & train terminals. Slackpacking. P Parking, free. Covid precautions.	

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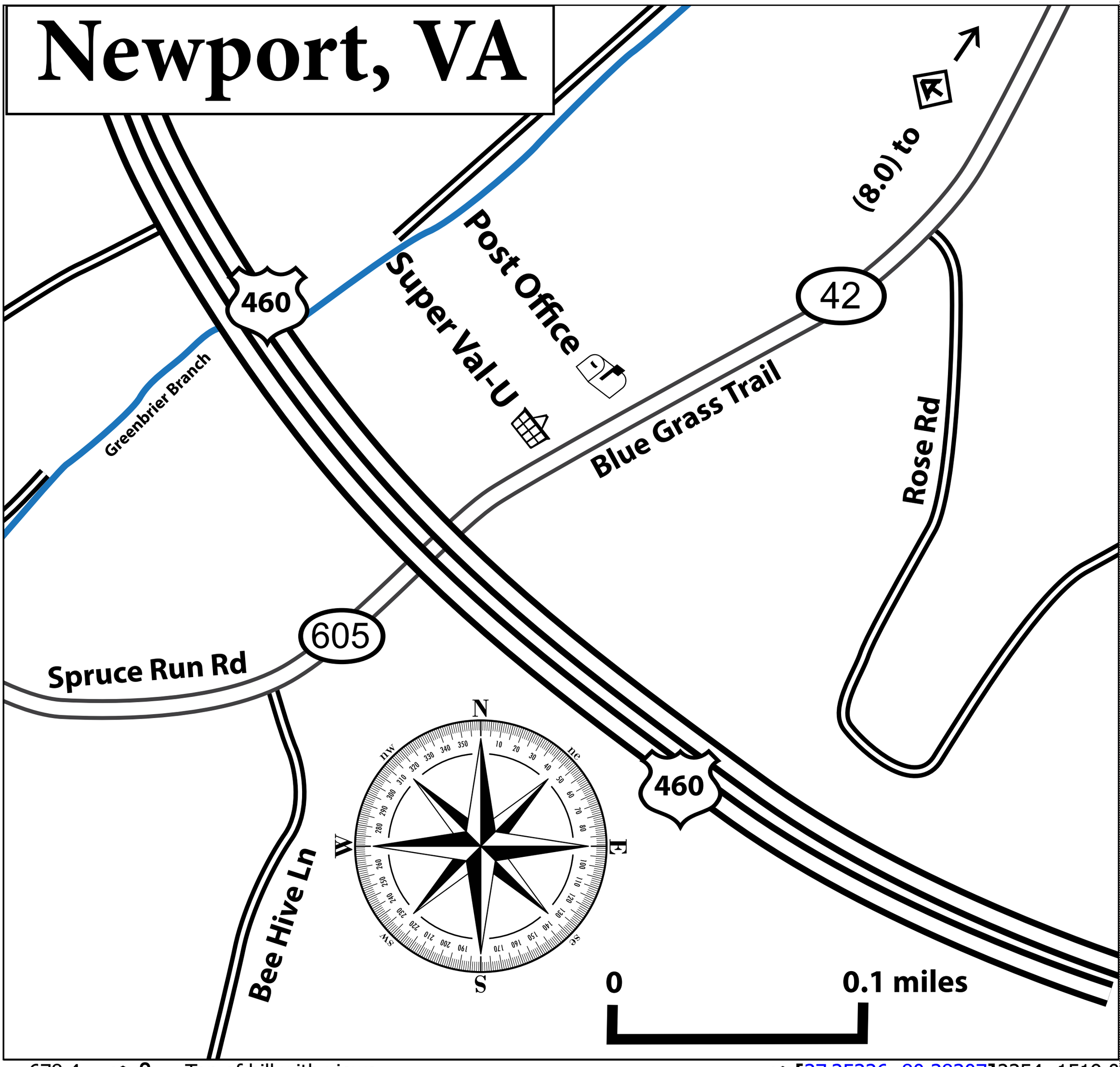

678.4		Top of hill with views.	[37.35336,-80.38307]	2354	1519.0
678.8	{5}	Cross **VA. 630**, **Sinking Creek**.	[37.35155,-80.37920]	2100	1518.6
679.2		Cross stream over footbridge.		2183	1518.2
679.6		**Keffer Oak**, this is the largest oak tree on the AT in the south	[37.34994,-80.37429]	2240	1517.8
680.1		Power line.	[37.34829,-80.36978]	2420	1517.3
680.9		Sinking Creek Mountain (south end).	[37.34339,-80.36497]	3200	1516.5
681.5		Power line.	[37.34783,-80.35459]	3225	1515.9
682.1	{12}	(0.4E) **21.2<<<12.4<<6.6<Sarver Hollow Shelter>6.0>>16.1>>>29.7** Water from box spring located (0.1) beyond the shelter on a blue-blazed trail. Privy.	[37.35476,-80.33741]	3000	1515.3
684.5		Walk along rock ledge with views east.	[37.37582,-80.31384]	3364	1512.9
685.7		Sinking Creek Mountain (north end).	[37.38462,-80.29915]	3490	1511.7
687.4		Cross Cabin Branch.	[37.39066,-80.27367]	2490	1510.0
688.1	{6}	**18.4<<<12.6<<6.0<Niday Shelter>10.1>>23.7>>>24.7** Water is located 75 yards down a blue blazed trail west of the AT, tenting, privy.	[37.38748,-80.26440]	1800	1509.3
688.7		Cross small stream.	[37.38184,-80.25994]	1689	1508.7
689.4	{10}	Cross **VA. 621**, Craig Creek Valley. The bridge over Craig Creek has been closed due to safety concerns. A (4.5) mile reroute of is currently in place. The reroute also saves you (2.8) miles.	[37.37925,-80.25006]	1560	1508.0
689.5		Power line.	[37.37920,-80.24770]	1539	1507.9
689.7		High bridge over Craig Creek.	[37.37968,-80.24634]	1571	1507.7

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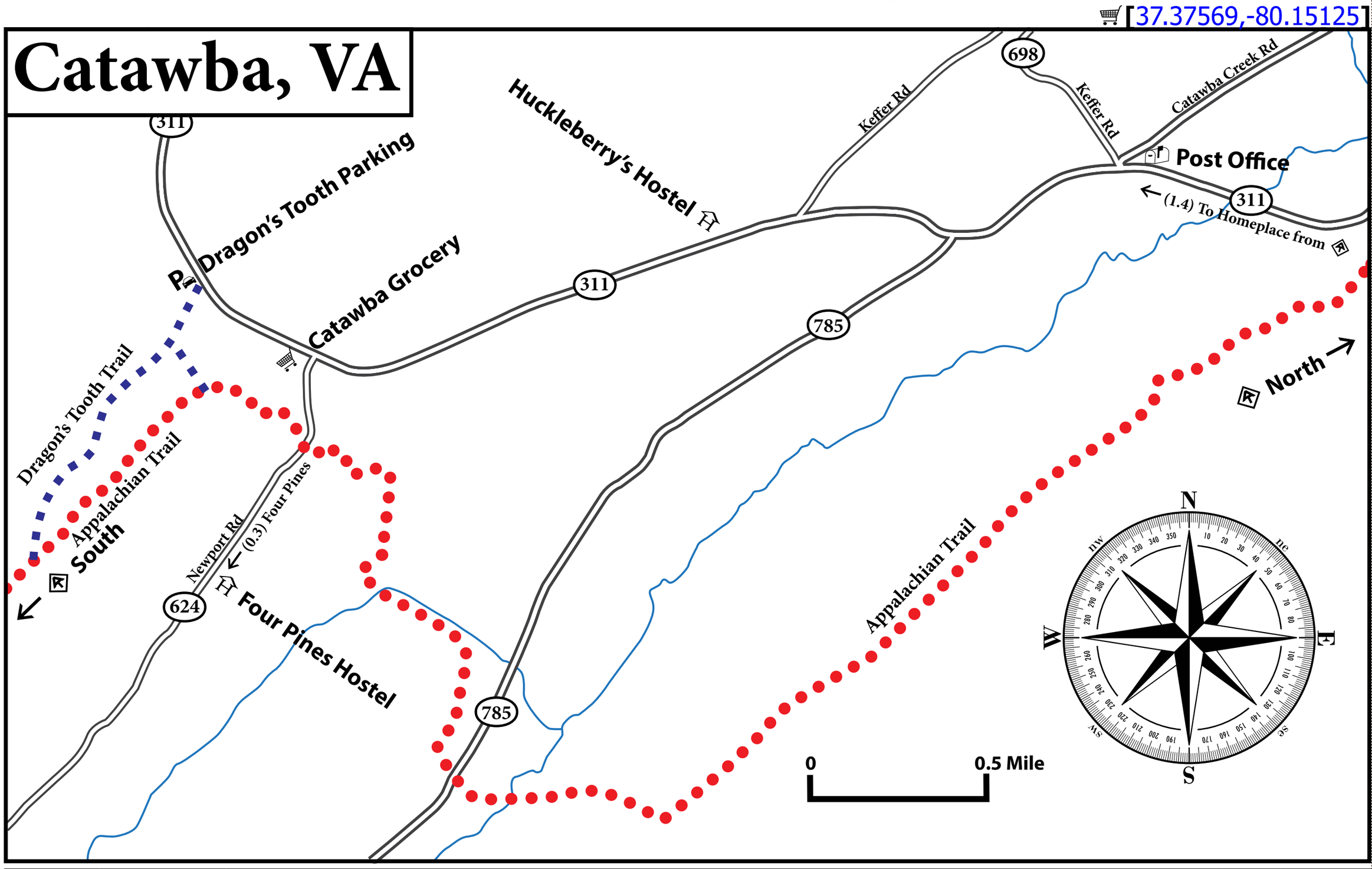
690.5		Cross stream.	1568	1506.9
692.7	P{10}	Intersection with grassy wood road at top of Brushy Mountain. Follow grassy wood road to Audie Murphy Monument P Parking (0.1E). [37.35868,-80.23603]P[37.35758, -80.23744]	3100	1504.7
693.2		At intersection of woods road a Blue blaze trail leads 50 yards to **Audie Murphy Monument**, Murphy was the most-decorated American soldier of World War II. After the war, he starred in many Hollywood war movies and westerns. He died in a 1971 plane crash near this site. Monument on blue blazed trail to west. [37.36451,-80.22573]	3100	1504.2
694.0		Intersects old road at ridge crest of Brushy Mountain. [37.36722,-80.21406]	2944	1503.4
695.3		Pass vista as trail turns west.	2541	1502.1
695.4		Brushy Mountain, vista on east side of trail.	2600	1502.0
697.0	P{5}	Cross **VA. 620**, Trout Creek, Miller Cove Road. P[37.38988,-80.19633] The bridge over Craig Creek as SOBO mile (1507.4) has been closed due to safety concerns. A (4.5) mile reroute of is currently in place. The reroute also saves you (2.8) miles.	1525	1500.4
697.4		Power line. [37.39053,-80.19321]	1738	1500.0
698.2	{6}	(0.3E) **22.7<<<16.1<<10.1<Pickle Branch Shelter>13.6>>14.6>>>17.0** Water (stream) is located below the shelter, tenting along trail to shelter, ☾ privy. [37.38620,-80.18712] [37.38810,-80.19110]	1845	1499.2
700.2		Catawba Greenway.		1497.2
700.8		Pass Hemlock Point, a rocky outcrop with views 100 feet west. [37.38169,-80.16463]	2134	1496.6
702.3		Cove Mountain Summit. (0.1E) to Dragons Tooth. [37.36192, -80.17300] [37.36069,-80.17329]	3005	1495.1
703.4	P	Lost Spectacles Gap, Blue blazed Dragon's Tooth Trail leads west 1.4 miles to Dragon's Tooth trailhead P parking area. AT northbound from here for (1.0) is rocky and steep. [37.36582,-80.16650]	2550	1494.0
703.5		Pass Devils Seat to east. [37.36546,-80.16575]	2346	1493.9
703.6		Viewpoint Rock on the west side of trail.	2376	1493.8
703.9		Rawies Rest, ridge narrows to knife-edge.	2350	1493.5
704.4		Blue blazed Scout Trail with access to North Mountain Trail. [37.37364,-80.15354]	2102	1493.0
704.9	P{3} ★★★★★	Cross **VA. 624**, Newport Road, North Mountain Trail. P Parking at Dragons Tooth Trail head on VA 311. **See Catawba, VA map**. [37.37135,-80.14982] P[37.37963,-80.15591]	1810	1492.5
		(0.3E) **Four Pines Hostel** Owner Donna Mitchell, cell: 540-765-0060 or 540-309-8615. Open year round. No pets. AT Passport location. Donation based. Bunk house. tenting, and hammocking with shower, kitchen and washing machine. Free Wifi. Free shuttles to Catawba grocery. Longer shuttles for a fee. [37.36618,-80.15287] Mail drops: 6164 Newport Rd. Catawba VA 24070.		
		(1.4W) **Huckleberry's Hostel** 540-494-9593 huckleberryshostel@gmail.com (www.huckleberryshostel.com) Owned and operated by 2024 Thru hiker, Huckleberry. Opening 1 Mar 2025 Only well-behaved dogs. 12-person bunkhouse $35 per person, with plenty of $20 tent space. Laundry. Wi-Fi. Breakfast and other homemade goodies. Slackpacking options available. Free shuttle to and from trailhead with stay. Shuttles to town for a small fee. Shuttles services available. **S to Dragons Tooth < > N to daleville, VA.** Mail drops free with stay: 5429 Catawba Valley Drive, Catawba, VA. 24070. [37.37959, -80.12984]		
		(0.4W) **Catawba Grocery** 540-384-8050. (0.3W) to VA 311 and then left (0.1) mile to store. Open M-Su 6am-10pm. Grill serves breakfast, pizza, burgers, ice cream. [37.37569,-80.15125]		



705.6		Intersects woods road.	1867	1491.8
705.8		Cross stream on bridge. [37.36576,-80.14614]	1833	1491.6
706.5		Cross **VA. 785, Blacksburg Road** [37.35749,-80.14291]	1790	1490.9
706.6		Bridge over Catawba Creek. [37.35725,-80.13946]	1762	1490.8
706.8		Cross stream on bridge, unreliable.	1761	1490.6
707.5		Catawba Mtn ridge crest.	2350	1489.9
710.5		Side trail east to rock outcrops and views. [37.37859,-80.09459]	2121	1486.9
710.8	P{20}	Cross **VA. 311, Catawba Valley Drive** on pedestrian bridge. [37.38036,-80.08923] P[37.38018,-80.08951]		
	★★★★★	**Catawba, VA. (1.0W) See Catawba, VA map**.	1990	1486.6
		(1.0W) **PO** M-F 9am-12pm & 1pm-4pm, Sa 8:30am-10:30am, 540-384-6011. 4917 Catawba Creek Rd. Catawba, VA 24070. [37.38273,-80.10866]		

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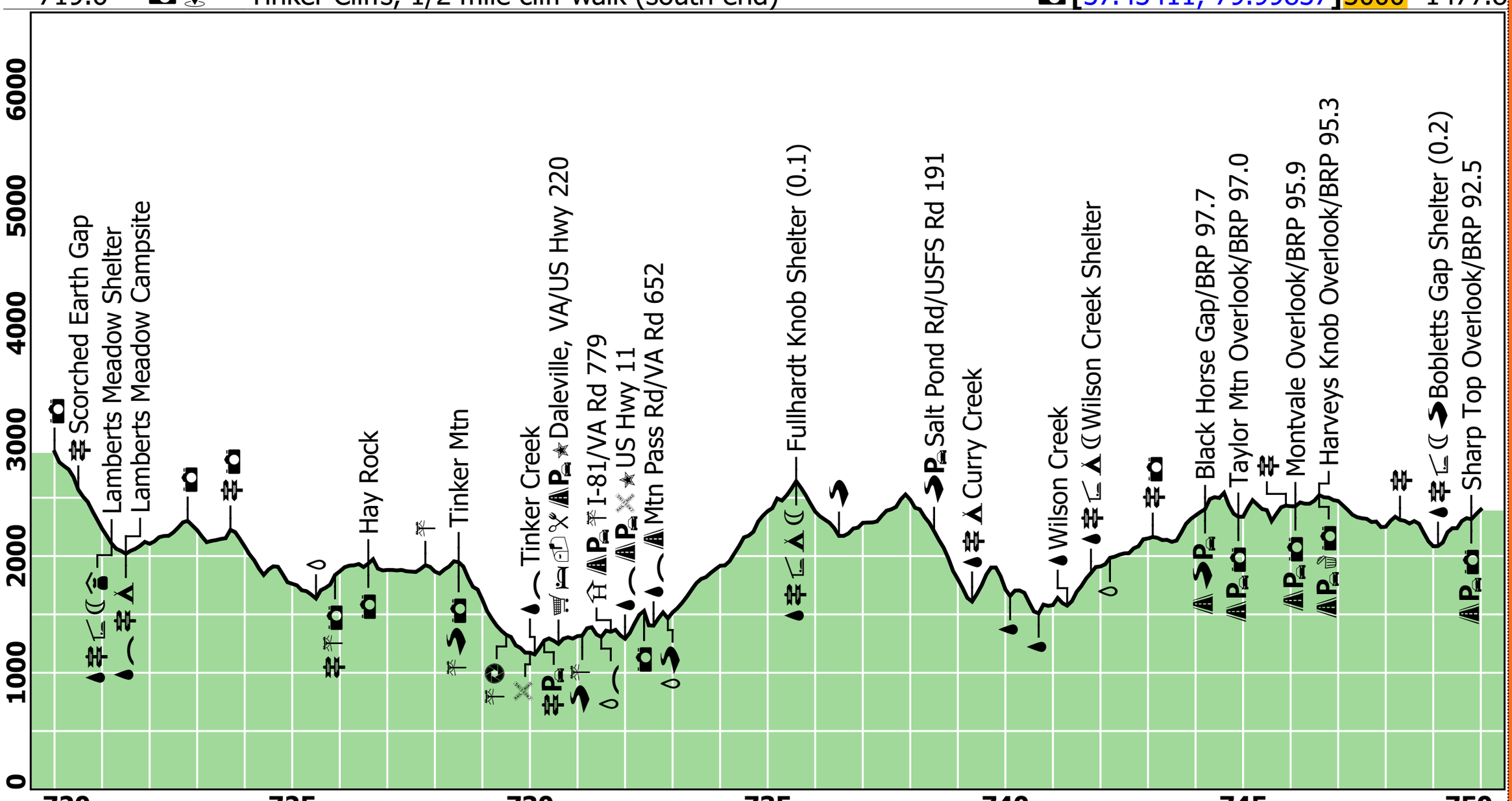
	{6}	**29.7<<<23.7<<13.6<Johns Spring Shelter>1.0>>3.4>>>9.4**		
711.8		Water (spring) in front of shelter is unreliable, privy, tenting bear box. [37.38531,-80.07410]	1980	1485.6
712.7		Intersects old road.	2306	1484.7
	{6}	(0.1W) **24.7<<<14.6<<1.0<Catawba Mountain Shelter>2.4>>8.4>>>22.8**		
712.8		Water (piped spring) is located 50 yards south on the AT, tenting to the north, bear box privy. [37.38820,-80.05740]	2580	1484.6
712.9		Primitive campsite at turn in trail. [37.38735,-80.05656]	2261	1484.5
713.3		Dirt fire road. [37.38825,-80.05170]	2347	1484.1
713.7		Power line. [37.39052,-80.04719]	2448	1483.7
714.1		Rock outcrop on west side of trail with views.	3192	1483.3
714.2		Intersects old woods road. [37.39137,-80.04053]	2698	1483.2
714.4		Side trail west leads to cliffs.	3171	1483.0
714.5		Side trails lead to **McAfee Knob**, **⚠ NO CAMPING**. Coordinates are to McAfee Knob. [37.39287,-80.03704]	3199	1482.9
715.1		Pig Farm campsite, picnic tables. Blue blaze trail a few yards south on AT leads (0.1) east to large spring. [37.39099,-80.03044]	3000	1482.3
715.2	{6}	(100 ft E) **17.0<<<3.4<<2.4<Campbell Shelter>6.0>>20.4>>>26.6** Water (spring) is located on a blue blazed trail to the left and behind the shelter and follow the trail through meadow, tenting, bear box privy. [37.39078,-80.02950]	2580	1482.2
716.6		Intersects old road.	2372	1480.8
718.3		Brickey's Gap and a blue blazed trail to the east. [37.41744,-79.99580]	2250	1479.1
719.6		Tinker Cliffs, 1/2 mile cliff walk (south end) [37.43411,-79.99837]	3000	1477.8



720.1		Tinker Cliffs, 1/2 mile cliff walk (north end) [37.43661,-79.99714]	3000	1477.3
720.5		Scorched Earth Gap, Yellow blazed west to Andy Layne Trail. [37.44024,-79.99512]	2600	1476.9
721.2	{6}	(50 yds E) **9.4<<<8.4<<6.0<Lamberts Meadow Shelter>14.4>>20.6>>>27.9** Water is located 50 yards down the trail in front of the shelter, tenting, bear box, privy. [37.43456,-79.98780]	2080	1476.2
721.3		Cross bridge over stream. [37.43340,-79.98498]	2077	1476.1
721.5		Lamberts Meadow campsite. Sawmill Run, 100 yards north is a blue blazed trail. [37.43255,-79.98254] [37.43317,-79.98081]	2000	1475.9
725.3		Power line. [37.41456,-79.94204]	1823	1472.1
725.5		Angels Gap, gas line clearing. [37.41532,-79.94022]	1800	1471.9
726.6		Hay Rock, Tinker Ridge. A climb to the top of Hay Rock provides some good views. [37.40240,-79.93300]	1900	1470.8
726.9		Power line. [37.41092,-79.93837]	1934	1470.5
728.5		Tinker Mountain ridge crest, power lines. Pass rock outcrop to the east side of trail with view. Trail passes within 10 yards of a gravel road.	1951	1468.9
729.5		Power line. Trail kiosk just north of power lines. [37.38768,-79.92276]	1381	1467.9
730.0		RR Crossing [37.39004,-79.91499]	1172	1467.4
730.1		Cross Tinker Creek, Trail crosses gated concrete bridge.	1165	1467.3
730.3		Side trail leads (0.2E) to **P** parking area at US 220.	1245	1467.1
730.6	{25}	Cross **U.S. 220**. **Daleville. VA**. [37.39369,-79.90626] **P**[37.39101,-79.90633]	1350	1466.8

Daleville, VA 24083. See Daleville. VA/Troutville, VA map.

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

Comfort Inn 540-992-5600. No smoking. Hiker rate 52.99 +tax = 59.51 for 1-2 people, an additional $10 per person up to 4 people in a room, pets $25. 25.00 + tax = 26.33, the smoking fee is now $250.00 if you smoke in a room. Includes continental breakfast. Microwave, fridge, computer available, free WiFi. There is a $150 fine if caught smoking in the room. Outdoor pool is open Memorial Day thru Labor day. Credit card is required even if you pay in cash. [37.39331,-79.90002]

Motel 6 540-992-6700. $59.99 and up $6EAP, microwave, fridge, pets stay for free. Laundry, WiFi. [37.38489,-79.90440]

Three Li'l Pigs Barbeque 540-966-0165. (www.threelilpigsbbq.com) AT Passport location. Open year-round, extended summer hours. M-W 7 am-9 pm, Th 7 am-9:30 pm, F-Sa 7 am-10:30 pm, Su 7 am-9 pm. Hiker friendly, "hand-chopped BBQ, ribs, wings, fresh-ground burgers and a good selection of beer, much of it locally-brewed." In addition, during peak season (mid-April-June), we offer free Banana Pudding to thru-hikers with a meal purchase. [37.39587,-79.91054]

Kroger Grocery Store and Pharmacy 540-992-4920. M-Su 24 hours, pharmacy M-F 8am-9pm, Sa 9am-6pm, Su 12pm-6pm. [37.39694,-79.91085]

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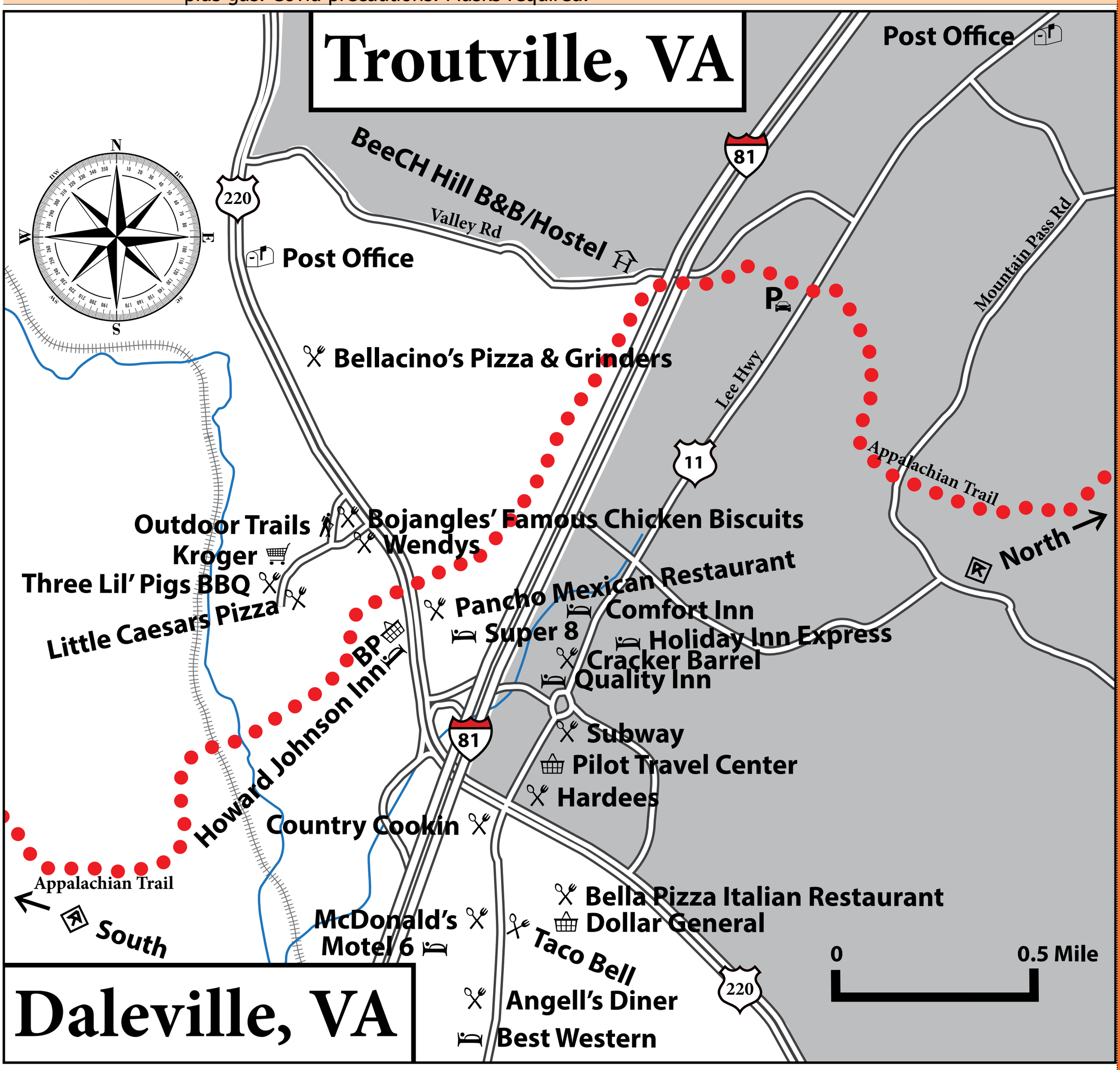
Outdoor Trails 540-992-5850 (www.outdoortrails.com) AT Passport location. Full service outdoor specialty shop. Open Mon-Fri 10am-8pm, Saturday 10am-6 pm. Footwear, equipment and clothing, freeze dried & dehydrated food, fuel by the ounce. Wifi & charging stations. Shuttle service. [37.39763,-79.91037]
Mail drops: Address to: Outdoor Trails, Hold for AT Hiker: Your Real name, 28 Kingston Dr, Daleville, VA 24083.

(19W) **Duck N Hut Hikers Hostel** 540-819-2164 ducknhuthikershostel@gmail.com. Donation based. Open year round . Pet friendly, farm animals on site. Bunkhouse. campsites. laundry. Charging stations for devices. Wifi available. Parking available for section hikers. Resupply options 4 miles away. Shuttle services: Free pickup and drop off at trailheads between Daleville, VA and Thunder Ridge Overlook with stay. Mouth of Wise, Va to Tyro VA. $1.75 a mile. You pay for gas long distance.
Mail drops: 11597 Stewartsville Road Vinton, Virginia 24179. [37.25971,-79.73881]

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

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

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



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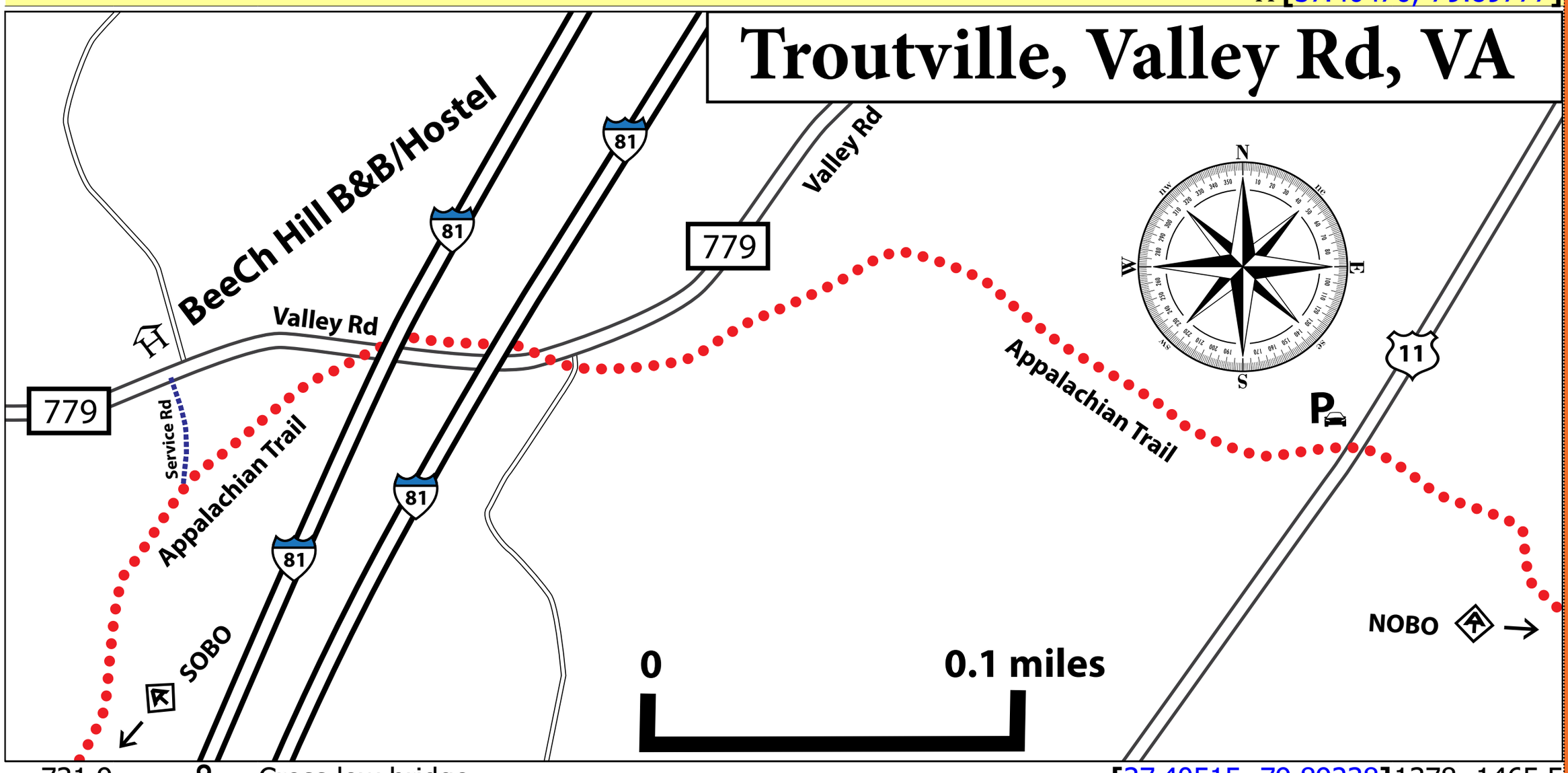
731.5		Cross bridge.		1346	1465.9
731.8	★★★★★	**VA 779/Valley Rd, I-81 underpass**.	P [37.40470,-79.89620]	1400	1465.6
		BeeCh Hill B&B/Hostel Owners "Yeeha" and Beth. 540-462-7248 Call or text. ✉ Beechhilltroutville@gmail.com. Located 200 paces off the AT at 624 Valley Road (Rt. 779), Troutville, VA 24175. 🛏 2 B&B rooms, 7 total bunks in 2 rustic cabins with twin beds/bunks and electricity. ⛺ 4 tent sites, some with hammock space. Bunks/tents served by composting toilet. All stays include a hot shower, linens/towels, and breakfast at 8AM. WIFI available. Self serve laundry for a fee. Resupply & restaurants within 2 mile walk. Limited local shuttle, ask for details. Maildrop accepted, please indicate hiker/anticipated arrival date: 624 Valley Rd. Troutville 24175. [37.40470,-79.89777]			



731.9		Cross low bridge.	[37.40515,-79.89238]	1378	1465.5
732.1	P{6}	Cross **U.S. 11**, Norfolk Southern Railway. **Troutville, VA. (1.0E). See Daleville, VA/Troutville, VA map**.	P [37.40450,-79.88989]	1300	1465.3
		(0.7W) from AT on Hwy 11 to **PO** M-F 9am-12pm & 1pm-5pm, Sa 9am-11am, 540-992-1472. 4952 Lee Hwy. Troutville, VA 24175.	[37.41261,-79.88091]		
		Super 8 540-992-3000. No pets. $67.95 and up, includes continental breakfast, microwave, fridge. Laundry. Outdoor pool. Computer available for use, free WiFi. Accepts Credit Cards.	[37.39220,-79.90491]		
		Quality Inn 540-992-5335. $72 and up, king or 2 doubles (hikers rate). $25.00 pet fee nonrefundable. Includes free Full Hot Breakfast. Seasonal Pool. Microwaves/refrigerators/coffee makers in each room, computer available for use, free WiFi. Free WiFi/HD TV/Fitness Center.	[37.39148,-79.90077]		
		Holiday Inn Express 540-966-4444. No pets. $109-129, includes continental breakfast. Coin laundry. Computer available for use, free WiFi. Mail drops for guests: 3200 Lee Hwy, Troutville, VA 24175.	[37.39208,-79.89839]		
732.5		Good views from a hill top in an open field.	[37.40036,-79.88564]	1540	1464.9
732.6		Cross **VA. 652, Mountain Pass Road**. , Trail crosses a small footbridge over a stream just south of road.	[37.39925,-79.88525]	1450	1464.8
734.2		Intersects old farm lane.		1484	1463.2
735.6	{6}	(0.1E) **22.8<<<20.4<<14.4<Fullhardt Knob Shelter>6.2>>13.5>>>20.0** Water is from cistern behind shelter. This is the last shelter on the AT that has a cistern. Tenting, privy.	[37.39846,-79.85390]	2676	1461.8
736.5	P{2}	Intersects Fullhardt Knob fire road.	P [37.40340,-79.83968]	2213	1460.9
738.4	P{2}	Cross **USFS 191**, Salt Pond Road.	P [37.41690,-79.81910]	2260	1459.0
739.2		Cross Curry Creek		1680	1458.2
739.6		Pass through gap south of Grindstone Knob.	[37.41769,-79.80561]	1920	1457.8
739.9		Cross stream.		1660	1457.5
740.5		Cross stream.		1490	1456.9
741.1		Cross Wilson Creek		1690	1456.3
741.8	{6}	(150 ft W) **26.6<<<20.6<<6.2<Wilson Creek Shelter>7.3>>13.8>>>20.8** Water (stream) is located 200 yards on opposite of trail from the shelter, tenting, privy.	[37.41926,-79.78570]	1830	1455.6
742.1		Unreliable spring		2050	1455.3
743.1		Spur to the west with views.		2174	1454.3
743.9		Narrow side trail with views.		2307	1453.5
744.2	P	Black Horse Gap, cross USFS 186 (gated), **BRP MP 97.7** is (50 ft E). Trail east to USFS 186; **BRP MP 97.7**.	P [37.42495,-79.75726]	2402	1453.2
745.0	P{12}	Cross **BRP MP 97.0** at Taylors Mountain Overlook.	P [37.43140,-79.74998]	2350	1452.4
745.9		Blue blazed Spec Mines Trail leads south to milepost 96.		2451	1451.5
746.1	P	Montvale Overlook; BRP MP 95.9.	[37.44093,-79.73458]	2400	1451.3
746.7	P{20}	Cross **BRP MP 95.3** at Harveys Knob Overlook.	P [37.44523,-79.72661]	2550	1450.7
747.3		Pass stone wall built by the Civilian Conservation Corps (CCC) in the 1930's.		2406	1450.1
748.3		Blue blazed Hammond Hollow Trail west.	[37.45964,-79.70779]	2335	1449.1
749.1	{6}	(0.2W) **27.9<<<13.5<<7.3<Bobblets Gap Shelter>6.5>>13.5>>>18.4** Water (spring) is located to the left of the shelter but frequently goes dry but look farther downstream if dry, privy.	[37.46720,-79.70140]	1920	1448.3
749.8	P	Cross **BRP MP 92.5** at Sharp Top Overlook.	P [37.47440,-79.69208]	2350	1447.6

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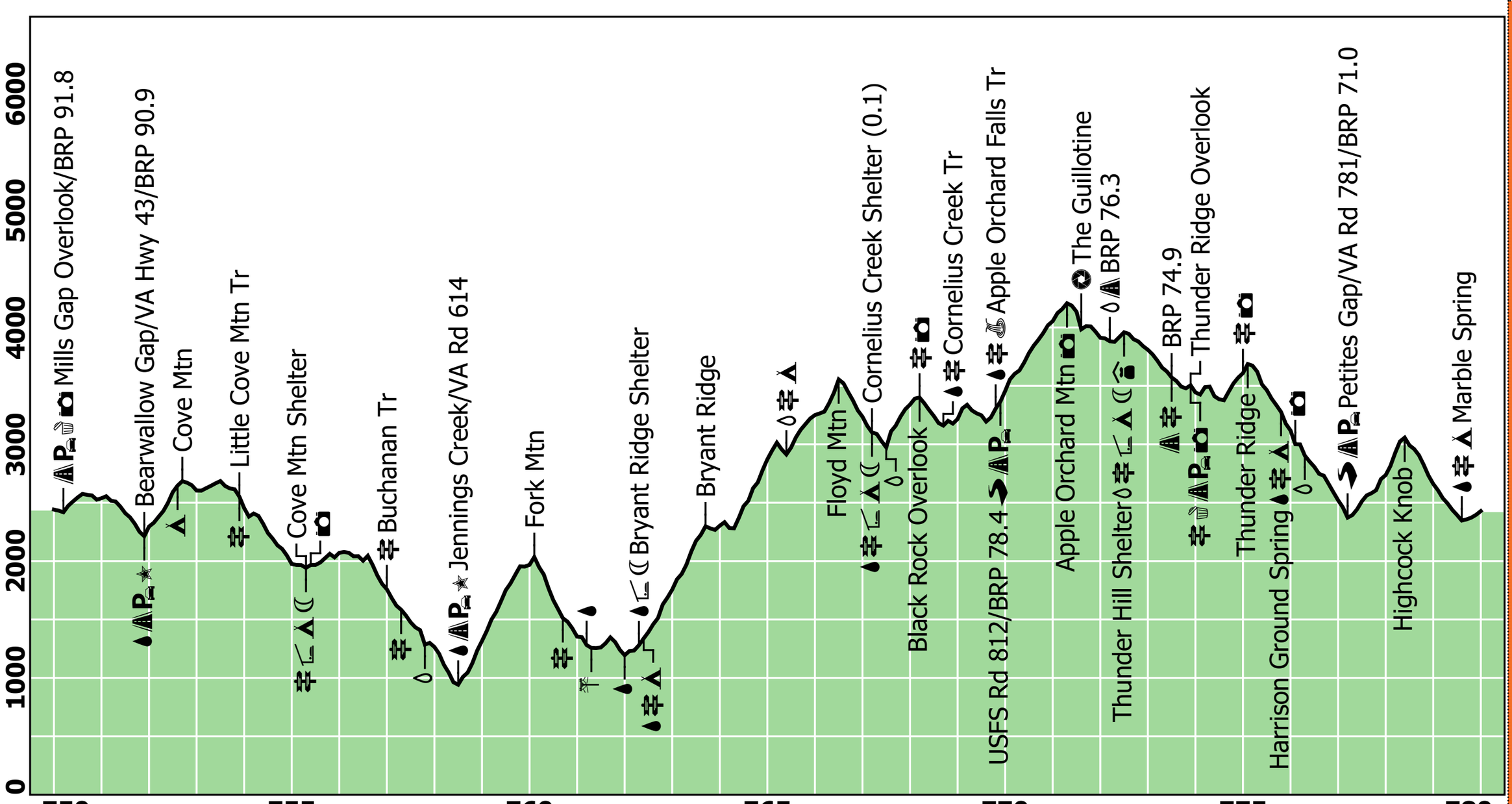
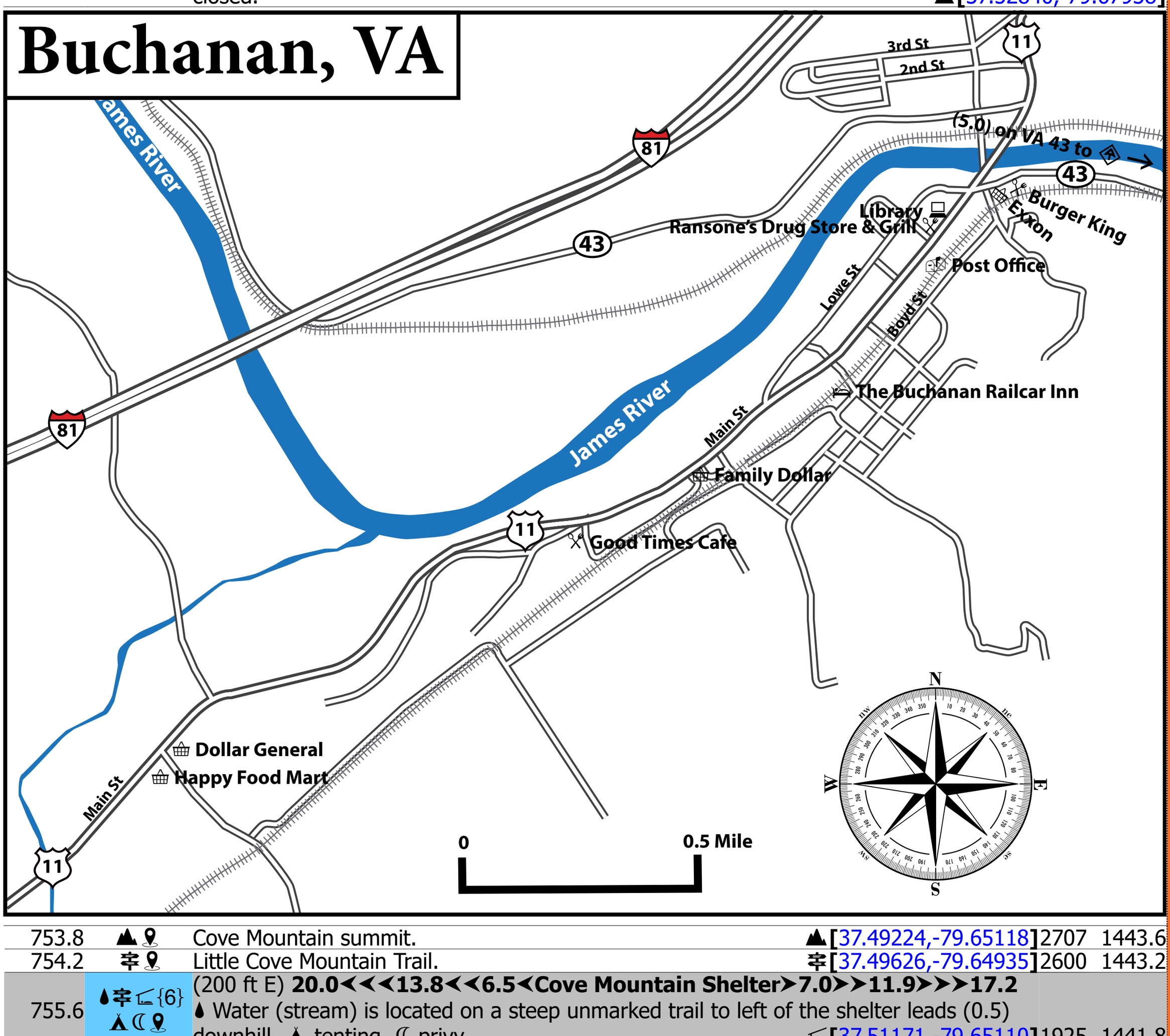


750.5	P{15}	Cross **BRP MP 91.8** at Mills Gap Overlook, P parking west. P[37.47955,-79.68218]	2450	1446.9
752.2	P{6} ★★★★★	Bearwallow Gap. Cross **VA 43**, **BRP 90.9** and P parking (0.1E). Trail crosses a small stream with a pipe south of the road crossing, this is the best place to get water if you are hiking north to Cove Mtn Shelter. [37.48560,-79.66850] P[37.48293,-79.66888]	2228	1445.2
		(5.5E) **Peaks of Otter Lodge & Restaurant** 540-586-1081 (www.peaksofotter.com). (0.1) east on to the Blue Ridge Parkway overpass, then follow BRP to the left (5.0). Motel rooms $126 weekdays, $169 weekends, higher in fall. Restaurant is open for breakfast, lunch and dinner. Sunday buffet brunch 11:30 am-3:30 pm. Limited supplies in camp store. Off season operation Dec-Mar reduced to Th-Su and lower lodging pricing. Camping is managed separately, 540-586-7321, Open end of Apr - end of Oct, $16-19. [37.44808,-79.60461]		
Buchanan, VA (downtown) (5.0W). See Buchanan, VA map.				
		PO M & Th 9am-7pm; Tu, W, F 9am-5pm; Sa 9am-1pm, 540-254-2538. 19698 Main St. Buchanan, VA 24066. [37.52706,-79.68010]		
		Rasones Fountain & Grille 540-254-1800, Pharmacy 540-254-2904. located at 19771 Main St. [37.52825,-79.67967]		
		Burger King, M-Sa 6am-12am, Su 7am-12am. [37.52901,-79.67808]		
		Library 540-254-2538. M 9am-7pm, T-W 9am-5pm, Th 9am-7pm, F 9am-5pm, Sa 9am-1pm, Su closed. [37.52840,-79.67938]		



753.8		Cove Mountain summit. [37.49224,-79.65118]	2707	1443.6
754.2		Little Cove Mountain Trail. [37.49626,-79.64935]	2600	1443.2
755.6	{6}	(200 ft E) **20.0<<<13.8<<6.5<Cove Mountain Shelter>7.0>>11.9>>>17.2** Water (stream) is located on a steep unmarked trail to left of the shelter leads (0.5) downhill, tenting, privy. [37.51171,-79.65110]	1925	1441.8
755.7		Pass rocky outlook to west.	1735	1441.7
757.3		Buchanan Trail leads west. [37.52993,-79.63425]	1790	1440.1
758.1		Intermittent stream.	1339	1439.3
758.8	P{15} ★★★★★	Intersects with **VA. 614** and crosses **Jennings Creek Road** on bridge, Jennings Creek. **See Jennings Creek Road map**. P[37.52925,-79.62280]	955	1438.6

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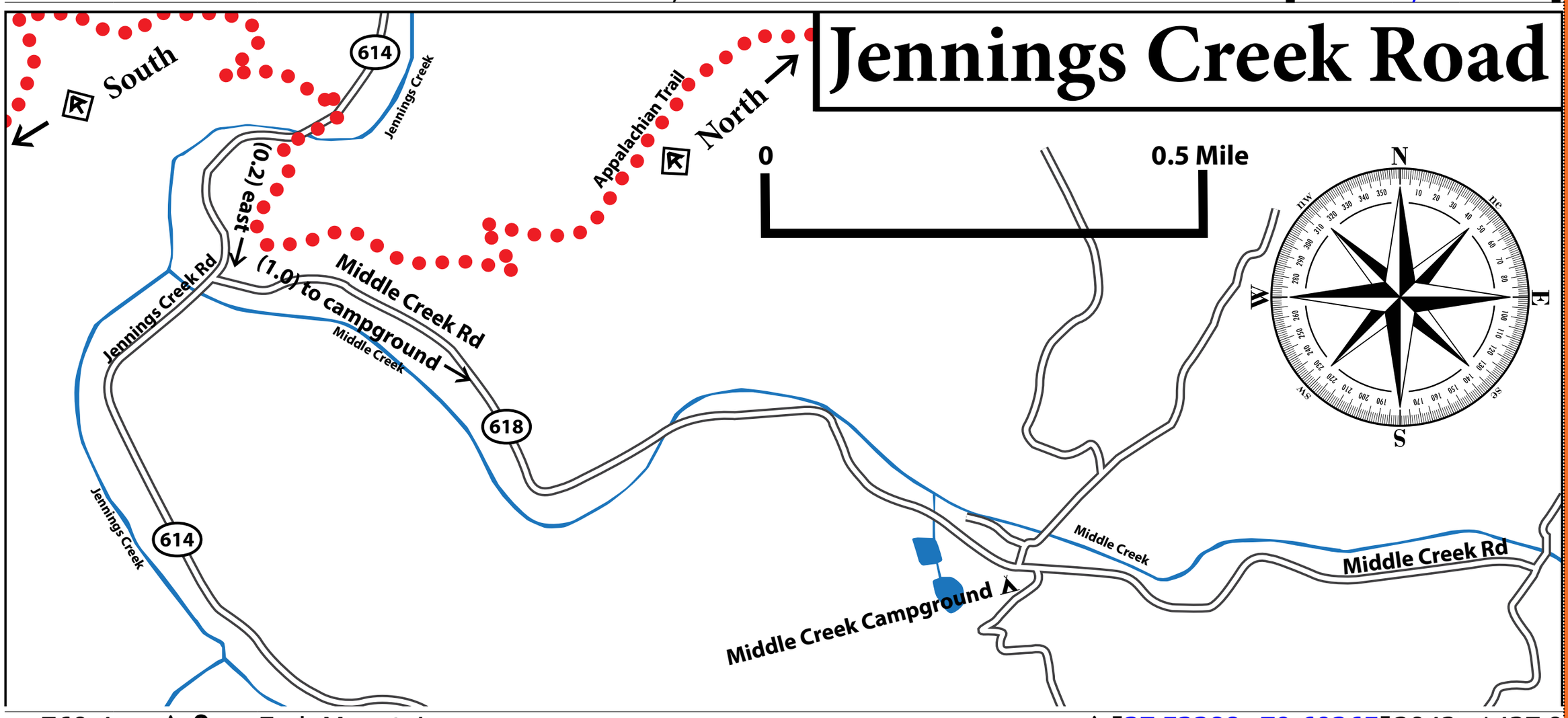
(1.2E) **Middle Creek Campground** 540-254-2550. (www.middlecreekcampground.com) AT Passport location. If walking off AT go east on 614 for (0.2), and then left 1 mile on 618. Thru hiker rates, Camping/hammocking $10 per person, includes showers and pool or $5.00 for just shower and pool use. Cabins begin at $60, A/C, rec room with couches, outlets, movies. Night registration is available. Grill serves burgers, fries, milkshakes, nachos, wings, and more. Resupply, pouch meats, instant food, spices, oatmeal, tuna, fuel, beer. Laundry. Free WiFi. Call for free shuttle to and from trail head, phone signal strongest near parking area. Mail drops: 1164 Middle Creek Rd, Buchanan, VA 24066. [37.52193,-79.60755]

Buchanan, VA (west side) (4.6W on VA 614) see NOBO mile 751.9. See Buchanan, VA map.

(4.7W) **Wattstull Inn** 540-254-1551. (wattstullinn.com) Hiker rates starting at $65, pets $15, includes continental breakfast, fridge, free WiFi, outdoor pool. Free ride to and from trail head with stay.

Foot of the Mountain Café, on site restaurant. [37.55407,-79.65927]



760.4		Fork Mountain. [37.53388,-79.60365]	2042	1437.0
761.0	P	Jct with Blue blazed side trail leads (0.8) east to VA. 714 terminus. [37.53356,-79.59214] P[37.53010,-79.58968]	1656	1436.4
761.5		Cross creek on two large rocks	1350	1435.9
762.3		Cross Hamps Branch.	1256	1435.1
762.6	{16}	Steps up to shelter. **20.8<<<13.5<<7.0<Bryant Ridge Shelter>4.9>>10.2>>>22.8** Water (stream) is located 25 yards in front of the shelter and also crossed on the trail to the shelter, privy. [37.53003,-79.58560] Blue blazed trail (0.1N) of shelter leads (0.5E) to VA 714.	1330	1434.8
762.7	P	Cross stream junction, campsite and blue blaze trail that leads (0.5) east to VA. 714 terminus. P[37.53010,-79.58968]	1467	1434.7
762.9		Intersects old road.	1543	1434.5
764.0		Bryant Ridge crest.	2246	1433.4
766.9		Floyd Mountain crest, wooded. [37.49895,-79.55543]	3560	1430.5
767.5	{6}	(0.1E) **18.4<<<11.9<<4.9<Cornelius Creek Shelter>5.3>>17.9>>>21.8** Water is located on trail to shelter, tenting, privy. [37.49391,-79.54720]	3145	1429.9
768.4		Side trail leading west 200 feet to Black Rock, view.	3450	1429.0
768.7		Cross stream.	3373	1428.7
769.0		Intersects with Cornelius Creek Trail Recreation Trail west. [37.50698,-79.53587]	3246	1428.4
770.1		Intersects with Apple Orchard Falls Trail (1.1W) to 200 foot waterfall. [37.51005, -79.52285] [37.51631,-79.53273]	3250	1427.3
770.2	P	Cross **USFS 812, Parkers Gap Road; BRP MP 78.4**. Parking is (0.3E) on USFS 812. [37.51061,-79.52254] P[37.50778,-79.52401]	3410	1427.2
771.6		Top of Apple Orchard Mountain, radar dome. View. [37.51724,-79.51136]	4206	1425.8
771.9		The Guillotine, a large rock boulder suspended over the trail in a narrow rock cleft. [37.51982,-79.50857]	4090	1425.5
772.5	P{2}	Cross Upper **BRP crossing MP 76.3**. [37.52461,-79.50522] P[37.52191,-79.50395]	3900	1424.9
772.6		Cross woods road. [37.52550,-79.50472]	3883	1424.8
772.8	{6}	**17.2<<<10.2<<5.3<Thunder Hill Shelter>12.6>>16.5>>>25.3** Water is a walled-in spring south on AT and unreliable during dry seasons , privy, tent sites north of shelter. Bear box. [37.52738,-79.50420]	3960	1424.6
773.7		Hunter Creek Trail east (2.0) to USFS 45.	3607	1423.7
773.8		Cross Lower **BRP crossing MP 74.9** [37.53723,-79.49560] [37.53767,-79.49547]	3650	1423.6
774.1		Thunder Ridge loop trail leads east.	3518	1423.3
774.4	P	Unmarked trail leads (85 FT E) to Thunder Hill Overlook; **BRP MP 74.7**. P[37.54043,-79.49025]	3525	1423.0
774.8		Path west leads to view of Arnold Valley and Devils Marblehead.	3672	1422.6
775.4		Thunder Hill summit, wooded. [37.54924,-79.47399]	3666	1422.0
776.1		Harrison Ground Spring, tenting. [37.55240,-79.47024]	3200	1421.3
776.4		Ridgecrest with views.	3113	1421.0
776.6		Intermittent spring.	2932	1420.8
777.1		Intersects old road to east.	2640	1420.3
777.5	P{6}	Cross **Petites Gap Road/SR 781**, Petites Gap; **BRP MP 71.0** is (200 ftE) of trail. P[37.55941,-79.45866]	2369	1419.9
778.7		Highcock Knob summit. [37.56367,-79.44062]	3054	1418.7
779.9		Marble Spring, campsite in sag. [37.57083,-79.43750]	2290	1417.5

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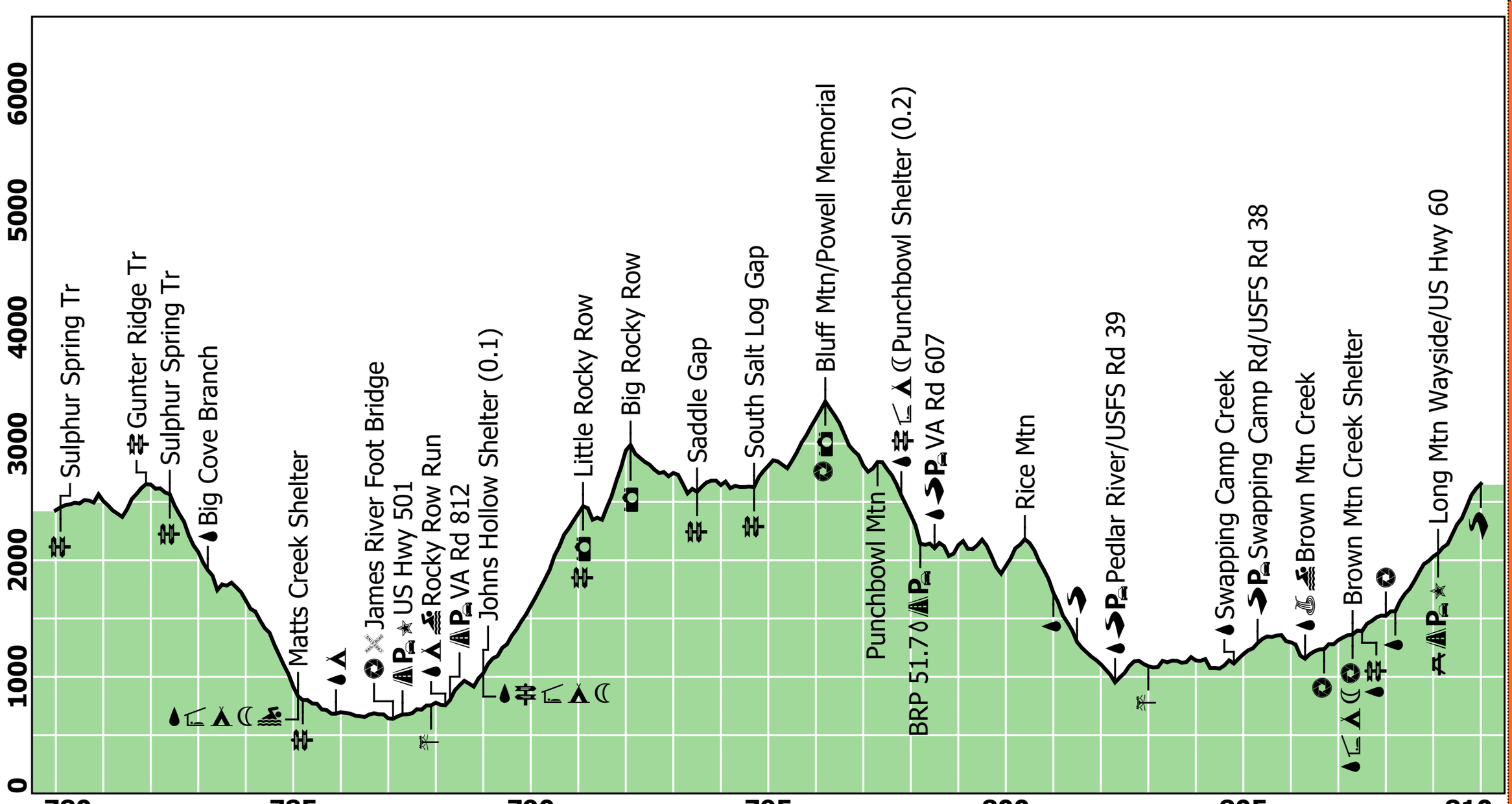

780.2		Pass area with open view.	2567	1417.2
780.4		Sulphur Spring Trail crosse the AT. Piney Ridge Trail east (south crossing). [37.57618,-79.43733]	2400	1417.0
781.8		Hickory Stand. [37.58485,-79.44904]	2389	1415.6
782.2		Gunter Ridge Trail to west. [37.58584,-79.45546]	2650	1415.2
782.7		Sulphur Spring Trail to east (north crossing). [37.59114,-79.45108]	2588	1414.7
783.1		View of James River Gorge.	2322	1414.3
783.5		Big Cove Branch	1890	1413.9
785.4	{6}	**22.8<<<17.9<<12.6<Matts Creek Shelter>3.9>>12.7>>>22.2** Water (Matts Creek) in front of the shelter, tent spaces nearby, privy. Several small swimming holes are nearby. [37.59945,-79.41350] Matts Creek Trail (2.5E) to US 501	835	1412.0
785.5		Matts Creek Trail to east. [37.60010,-79.41129]	816	1411.9
786.2		Campsite, water. [37.60090,-79.39929]	700	1411.2
787.4		Cross **James River Foot Bridge**, James River. This bridge is the longest foot bridge on the AT. Trail passes under railroad bridge near the north end of the James River bridge. [37.59563,-79.39091]	678	1410.0
787.6	{25} ★★★★★	Cross **U.S. 501/VA. 130**. [37.59696,-79.39128]	680	1409.8
		(1.2E) **Middle Creek Campground** 540-254-2550. (www.middlecreekcampground.com) AT Passport location. If walking off AT go east on 614 for (0.2), and then left 1 mile on 618. Thru hiker rates, Camping/hammocking $10 per person, includes showers and pool or $5.00 for just shower and pool use. Cabins begin at $60, A/C, rec room with couches, outlets, movies. Night registration is available. Grill serves burgers, fries, milkshakes, nachos, wings, and more. Resupply, pouch meats, instant food, spices, oatmeal, tuna, fuel, beer. Laundry. Free WiFi. Call for free shuttle to and from trail head, phone signal strongest near parking area. Mail drops: 1164 Middle Creek Rd, Buchanan, VA 24066. [37.52193,-79.60755]		
Buchanan, VA (west side) (4.6W on VA 614) see NOBO mile 751.9. See Buchanan, VA map.				
		(4.7W) **Wattstull Inn** 540-254-1551. (wattstullinn.com) Hiker rates starting at $65, pets $15, includes continental breakfast, fridge, free WiFi, outdoor pool. Free ride to and from trail head with stay. **Foot of the Mountain Café**, on site restaurant. [37.55407,-79.65927]		
Glasgow, VA 24555 (5.9W). See Glascow, VA map. [37.63111,-79.44887]				
		PO M-F 8am-11:30am & 12:30pm-4:30pm, Sa 8:30am-10:30pm, 540-258-2852. 805 Blue Ridge Rd. Glasgow, VA 24555. [37.63148,-79.44938]		
		Town Hall 540-258-2246 Maintains Hikers Shelter and Knick Field restrooms. (www.glasgowvirginia.org/hikers-shelter) [37.63437,-79.45056]		
		Free tenting and hot showers. [37.63238,-79.44843]		
		(6.6W) **Stanimal's 328 Hostel Glasgow** 540-480-8325 AdamStanley06@gmail.com (www.stanimals328.com) Not pet friendly. AT Passport location. Guests enjoy complimentary pickup and drop off from 501 James River trailhead, computer available for use, WiFi, complimentary laundry services, shower, clean linens and bunks with mattresses. Property is ultra clean and features 55" flat screen with Netflix. Pizza, drinks & ice cream plus snacks available for purchase at reasonable prices. Full house available to hikers plus kitchen privileges. $35 per night plus private room options available for additional fee. Paid shuttles available. for guests and non-guests at lowest rates. No cell service at 501 trailhead. Guests can call ahead from ridge to arrange for pickup at 501. Owned and operated by Adam Stanley "STANIMAL" AT '04 PCT '10. [37.62930,-79.45617] Mail drops free for guest, $5 for non guests: 1131 Rockbridge Road, Glasgow, VA 24555.		
		Lodging at MidMountain 540-254-0138 river@midmountain.org (www.midmountain.org) Reservations required. Arts and agriculture nonprofit, located on historic property run by a section hiker. Bunk with linen and towel from $50PP. Private rooms with TV and shared bath from $100, or suite with double bed, twin futon, and private bath clawfoot tub from $125, thru-hiker rate. Full kitchen, shower, laundry, Wi-Fi, and access to the James River on site. Resupply store with deli counter for meals (TPee's) a short walk down the road. Ask about shuttle availability from Petite's Gap or VA-501 at the James River crossing. Parking available with stay. Can accommodate mail drops for guests with advance notice. 338 Arnolds Valley Rd, Natural Bridge Station, VA 24567. [37.61535,-79.49979]		
		Glasgow Grocery Express 540-258-1818. M-Sa 6am-11:30pm, Su 8am-1130pm. Large selection of grocery and hiker foods. Hardware section, beer, dairy, frozen, ice cream. Coleman and alcohol fuel by the ounce, heet in bottles, isobutane fuel in two size cans. Hiker Friendly Store. [37.63088,-79.44939]		

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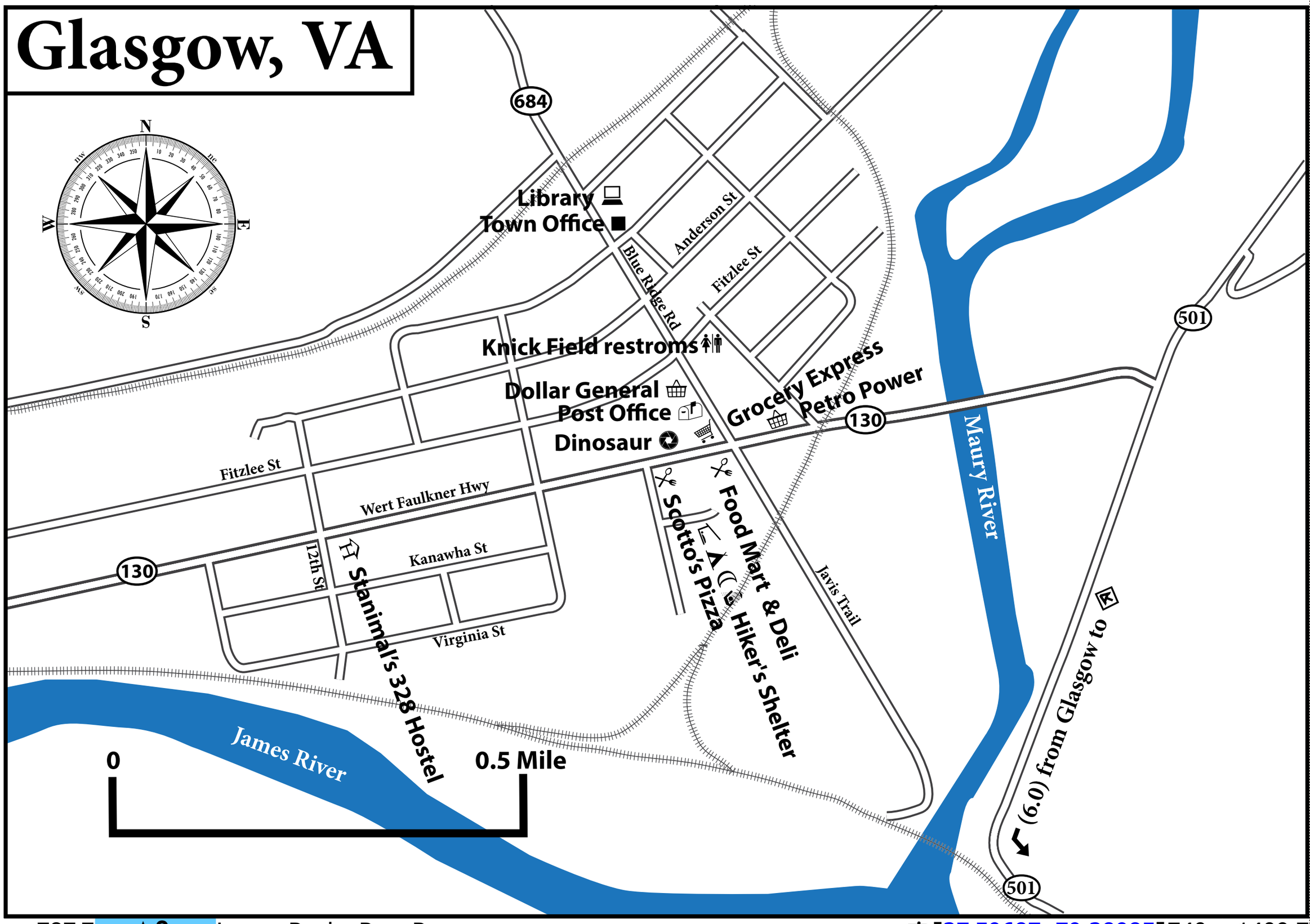
		Natural Bridge Animal Hospital 540-291-1444. Located at 466 Buck Hill Rd, Natural Bridge Station VA 24579. M-F 8am-6pm, Sa 8am-12pm Sunday and all Major holidays Closed. [37.63422,-79.52730]		
		Lew's Laundromat, M-Su 24 hours. [37.63013,-79.45159]		
		Library 540-258-2509. M 10am-6pm, Tu-W 10am-5:30pm, Th 10am-7pm, F-Sa 10am-2pm. [37.63477,-79.45085]		
		Stanimal's 328 Hostel & Shuttle Service 540-480-8325 ✉ adamstanley06@gmail.com (www.stanimals328.com) Owner: Adam Stanley. Based out of Glasgow, VA. 🐾 Pet friendly. Insured. 365 days, 6:30AM - 7PM & holidays. **S to Damascus, VA ➤ N to Washington DC** & ✈ airports, 🚌 bus & 🚆 train terminals. Slackpacking. **P** Parking, $3/day.		
Big Island, VA 24526 (5.6E)				
		PO M-F 8:15am-12pm & 1pm-4pm, Sa 8am-10am. 434-299-5072. 10830 Lee Jackson Hwy. Big Island, VA 24526. [37.53518,-79.36108]		
		H&H Food Market 434-299-5153. M-Su 6am-9pm, 7 days a week, serves breakfast, lunch, and dinner 6:30am-8pm. Mail drops: 11619 Lee Jackson Hwy, Big Island, VA 24526. [37.54230,-79.36546]		



787.7		Lower Rocky Row Run.	[37.59687,-79.38985]	740	1409.7
787.8		Upper Rocky Row Run.	[37.59755,-79.38987]	663	1409.6
787.9		Intersects woods road.		674	1409.5
788.2		Power lines.	[37.60282,-79.39159]	669	1409.2
788.4		Johns Creek, swimming hole below in Rocky Row Run.	[37.60431,-79.38834]	684	1409.0
788.6		Rocky Row Run with cascades and swimming holes, campsites along creek		760	1408.8
788.7	P {6}	Cross **VA. 812, USFS 36**.	[37.60501,-79.38804] P [37.60490,-79.38835]	825	1408.7
789.3	{6}	(400 ft E) **21.8<<<16.5<<3.9<Johns Hollow Shelter>8.8>>18.3>>>23.9** Water (springs) are located to left and right of shelter, tenting, ☾ privy.	[37.61300,-79.39210]	1020	1408.1
789.7		Cross woods road.		1323	1407.7
789.8		Cross logging road.		1344	1407.6
790.0		Old road intersects.		1545	1407.4
790.4		Cross old road.		2045	1407.0
791.3		Rocky Row Trail to west.	[37.62576,-79.40296]	2400	1406.1
791.4		Fullers Rocks, Little Rocky Row, several view points.		2486	1406.0
791.9		Unmarked trail to west 40 feet to large flat rock with view.		2800	1405.5
792.4		Big Rocky Row summit.	[37.63425, 79.39063]	2974	1405.0
792.5		Cliff east of the trail offers good views.		2952	1404.9
793.9		Saddle Gap, Saddle Gap Trail leads (2.5E) to VA 812.	[37.64475,-79.37277]	2600	1403.5
795.0		Salt Log Gap Trail leads (3.8E) to VA 812.	[37.65468,-79.35876]	2573	1402.4
795.7		Cross pipeline in small clearing.		2775	1401.7
796.3		Old Trail intersects.		2803	1401.1
796.5		Bluff Mountain, **Ottie Cline Powell Memorial.** On 9 November 1891 at a school located 7 miles down the mountain from here, a teacher sent the kids out to collect kindling. Ottie Cline Powell who was going to turn five later that month, wandered off to help collect kindling but did not return. A search was organized later to find little Ottie with no luck. In April 1892, a hunter crossing over Bluff Mountain found Ottie's body. It has become somewhat of a little tradition for hikers that pass by this monument to leave a small toy or something at the monument.	[37.65995,-79.34641]	3391	1400.9
797.0		Intersects old road.		2933	1400.4
797.4		Cross old road.		2770	1400.0
797.6		Punchbowl Mountain summit, wooded.	[37.67188,-79.34191]	2850	1399.8
798.1	{6}	(0.2W) **25.3<<<12.7<<8.8<Punchbowl Shelter>9.5>>15.1>>>25.3** Water (spring) is located by a tree next to the pond drainage in front and to the left of the shelter. Another source, Spring is about 50 feet downstream from the pond outlet. tenting, ☾ privy.	[37.67775,-79.33880]	2500	1399.3
798.5	P {8}	Cross Punchbowl Mountain crossing; **BRP MP 51.7**, water north of road.	P [37.67380,-79.33470]	2170	1398.9
798.6		Trail to the east leads 150 feet to a reliable pipe spring.		2147	1398.8
798.8	P	Cross **VA. 607, Robinson Gap Road**.	P [37.67610,-79.33200]	2100	1398.6

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800.7		Rice Mountain summit, wooded.	[37.66963,-79.30471]	2169	1396.7
801.4		Spring west side of trail.		1602	1396.0
801.8		Cross **USFS 311A**, dirt road.	[37.67641,-79.29131]	1235	1395.6
802.6	P {5}	Cross **USFS 39/Reservoir Road**, possible camping (0.2) south on road and parking	P [37.67095,-79.28313]	990	1394.8
802.7		Pedlar River Bridge.	[37.67046,-79.28340]	970	1394.7
805.2		Cross Swapping Camp Creek.	[37.68332,-79.27203]	1088	1392.2
805.6	P	Cross USFS 38, Swapping Camp Road.	[37.68548,-79.27117] P [37.68556,-79.27135]	1000	1391.8
806.2	⚠	⚠ NOBO hikers turn east (90 degrees) along old logging road. South end of detour around bridge that is out. Detour has been in place since 2018. New bridge has been approved, just waiting for it to happen.	[37.69235,-79.27275]	1409	1391.2
806.6		Cross footbridge over Brown Mountain Creek. Swimming hole and waterfalls upstream.	[37.69951,-79.27065]	1249	1390.8
806.7		Swimming hole on east side of trail.		1178	1390.7
806.9	⚠	⚠ Detour along old logging road. North end of detour around bridge that is out. Detour has been in place since 2018. New bridge has been approved, just waiting for it to happen.	[37.70062,-79.26962]	1299	1390.5
807.6	{6}	(50 ft E) **22.2<<<18.3<<9.5<Brown Mtn Creek Shelter>5.6>>15.8>>>22.4** Water (spring) is located in front of and uphill from, the shelter, tenting across the creek, privy.	[37.70944,-79.26830]	1395	1389.8
807.8		Old walled spring (15 yds E) of tail.		1484	1389.6
808.5		Cross branch of Brown Mountain Creek.		1684	1388.9
809.3		Intersects old road.		2049	1388.1
809.4	P {15} ★★★★★	Cross **U.S. 60, Lexington Turnpike**, Long Mountain Wayside, picnic table.	[37.72351,-79.25065] P [37.72343,-79.24990]	2060	1388.0

Buena Vista, VA 24416 (9.3W) See Vista, VA map. [37.73335,-79.35624]

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

(11.8W) **Glen Maury Park Campground** 540-261-7321. (www.glenmaurypark.com) Open Apr-Oct. Located at south end of town across river. AT hiker special $5 tent site. Free shower, even without stay, pool. South end of town across river. Yearly Maury River Fiddlers Convention and Beach Music Festival takes place in mid-June. [37.72766,-79.36589]

Buena Vista Motel 540-261-2138. (http://buenavistamotel.us) $45 and up, microwave, fridge, free local calls. Free WiFi. Shuttle to and from trail for a fee. [37.74512,-79.34244]

Budget Inn 540-261-2156. (www.budgetinnbv.net) $59.95 and up, microwave, fridge, laundry, pets $10 and must use smoking room. [37.74187,-79.35865]

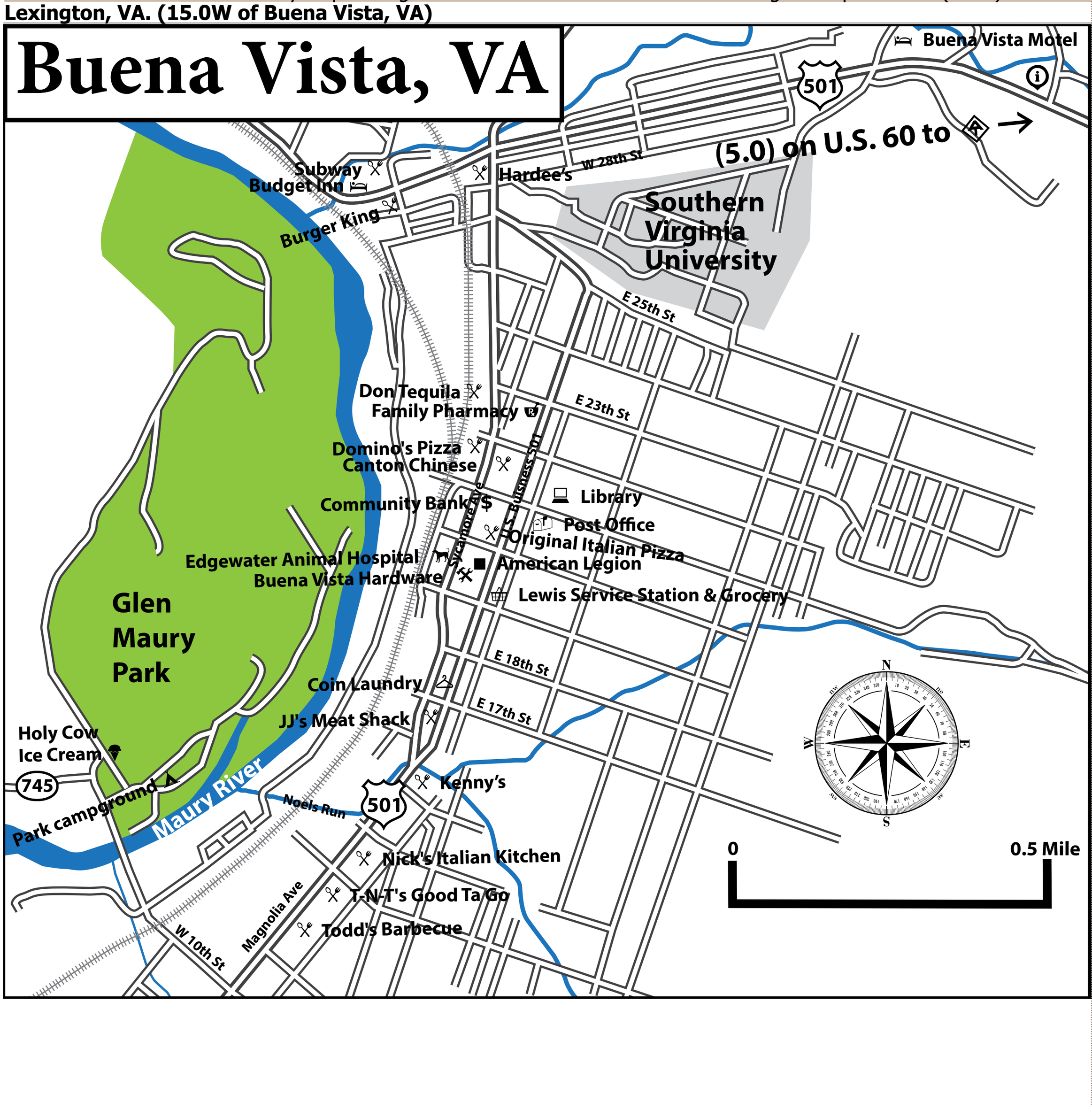
Food Lion 540-261-7672, M-Su 7am- 10pm. [37.74268,-79.37892]

Edgewater Animal Hospital 540-261-4114 (www.edgewateranimalhospitalpc.com) M-F 8am-6pm, Sa 8am-1 pm. [37.73315,-79.35642]

Regional Visitor Center 540-261-8004 Allows multi-day parking. P [37.74408,-79.33886]

Maury Express 800-964-5707, 540-343-1721. M-F 8am-6pm, Sa 10am-4pm, Su closed. Area bus makes hourly loops though Buena Vista and connects with a Lexington loop bus. Fee (small).

Lexington, VA. (15.0W of Buena Vista, VA)



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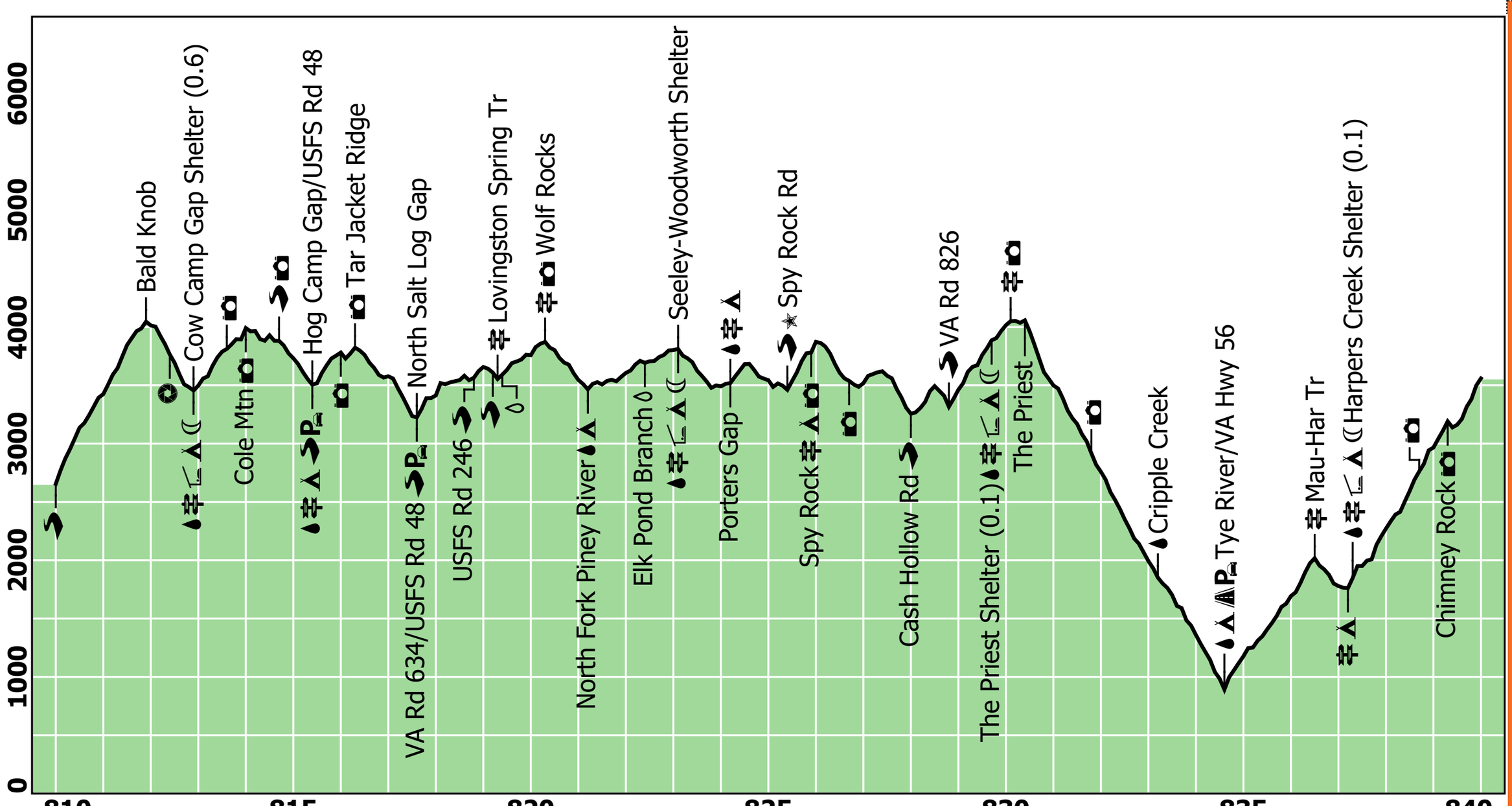

810.3		Cross **USFS 507** [37.72701,-79.24359]	2663	1387.1
812.2		Bald Knob. Now completely wooded, it was at one time pasture land. [37.74004,-79.22361]	4059	1385.2
812.6		Side trail east to view.	3960	1384.8
812.7		Near switchback to east, pass site of airplane crash 50 yards below trail.	3809	1384.7
813.2	{8}	Cow Camp Gap. Old Hotel Trail leads shelter. [37.74782,-79.21488] (0.6E) **23.9<<<15.1<<5.6< Cow Camp Gap Shelter>10.2>>16.8>>>24.4** Water (stream) is located on blue blazed trail to the left of the shelter and if you have crossed a small stream then you missed the spring, campsites nearby, privy. [37.74661,-79.21330] [37.74447,-79.21147] [37.74522,-79.21335]	3428	1384.2
813.5		Pass outcrop with views of Shenandoah Valley, one of three in area. [37.74924,-79.21391]	3597	1383.9
814.1		Pass outcrop with views.	3946	1383.3
814.4		Cole Mountain. Excellent views of Mt Pleasant to the east. [37.75100,-79.20512]	4022	1383.0
814.5		360 degree views in this cleared area. [37.75260,-79.19999]	4037	1382.9
815.1		Intersects grassy road. View (open meadow).	3891	1382.3
815.4		Cross grassy dirt road.	3734	1382.0
815.7		Cross **USFS 48, Wiggins Spring Road**, Hog Camp Gap. Grassy meadow with lots of campsites. Spring is (0.3E) on USFS 48, about 50 feet to the left shortly after passing a gravel spur road on the right leading to the Mt. Pleasant/Old Hotel trailheads. [37.75970,-79.19521]	3485	1381.7
815.8		Hog Camp Gap. Side trail leads (0.3E) to water. Same spring as previous entry south of here. [37.76027,-79.19561] [37.76117,-79.19121]	3504	1381.6
816.3		Views. [37.76501,-79.19263]	3778	1381.1
816.6		Tar Jacket Ridge. [37.76688,-79.18708]	3840	1380.8
817.9	{6}	Cross two road crossings here, about 100 yards apart. The southern crossing USFS 48, same road crossed at Hog Camp Gap. Northern crossing **VA 634 and USFS 63,** Salt Log Gap (north). [37.77991,-79.18190] [37.77995,-79.18196]	3290	1379.5
819.1		Cross **USFS 246** [37.78888,-79.17196]	3500	1378.3
819.6		**Greasy Spring Road**, just north is blue blazed Lovingston Spring trail leads (3.4W) and re-joins the AT at the Seeley-Woodworth Shelter. [37.79309,-79.17619]	3600	1377.8
819.8		Unmarked spring 20 yards east.	3746	1377.6
820.6		Wolf Rocks 50 yards to the west. [37.80178,-79.16361]	3785	1376.8
821.5		Cross two branches of the North Fork of Piney River.	3500	1375.9
822.7		Cross Elk Pond Branch. [37.81246,-79.16019]	3750	1374.7
823.4	{6}	(175 yds E) to Shelter. [37.81993,-79.15527] **25.3<<<15.8<<10.2<Seeley Woodworth Shelter>6.6>>14.2>>>20.4** Water (pipe spring) is located (0.1) beyond shelter downhill to right, campsites nearby, privy. [37.81893,-79.15510] [37.81794,-79.15579]	3770	1374.0
824.5		Porters Field, spring 100 feet down old road to the west. Camping both east and west of trail. [37.82508,-79.14266] [37.82598,-79.14259]	3650	1372.9
825.7	★★★★★	Cross **Spy Rock Road, formerly Fish Hatchery Rd**, gravel, not recommended for low-clearance vehicles. Parking (1.0W) see parking under Montebello, VA. [37.82921,-79.12867]	3454	1371.7
Montebello, VA. (3.0W) See Montebello, VA map				
826.2		Spy Rock (0.1W) on side trail with 360 degree views from the top, wonderful camping area and has great views. **Water needs to be carried in**. [37.82651,-79.12093]	3680	1371.2
827.3		Cash Hollow Rock	3550	1370.1
828.3	★★★★★	Cross **Cash Hollow Road**, dirt. (3.7W) on Cash Hollow Road to Montbello, VA. [37.82487,-79.09349]	3280	1369.1
Montebello, VA. (4.4W) See Montebello, VA map				
		PO M-F 10am-2pm, Sa 10am-1pm, 540-377-9218. 15048 Crabtree Falls Hwy. Montebello, VA 24464. [37.85255,-79.13128]		
		(4.4W) **Montebello Camping & General Store** 540-377-2650. (www.montebellova.com) Store open year-round. Apr thru Oct 8am-6pm, Dec thru March 9am-5pm. Campground open Apr 1 - Oct 31. Thru-hiker rate on tent site $15 EAP, more for additional people. Laundry. [37.85277,-79.13165]		
		Earl & Lois Arnold 540-377-6646. Owner: Earl Arnold. Based out of Montebello, VA. Pet friendly. When available, shuttles **S to James River < > N to Rockfish Gap**.		

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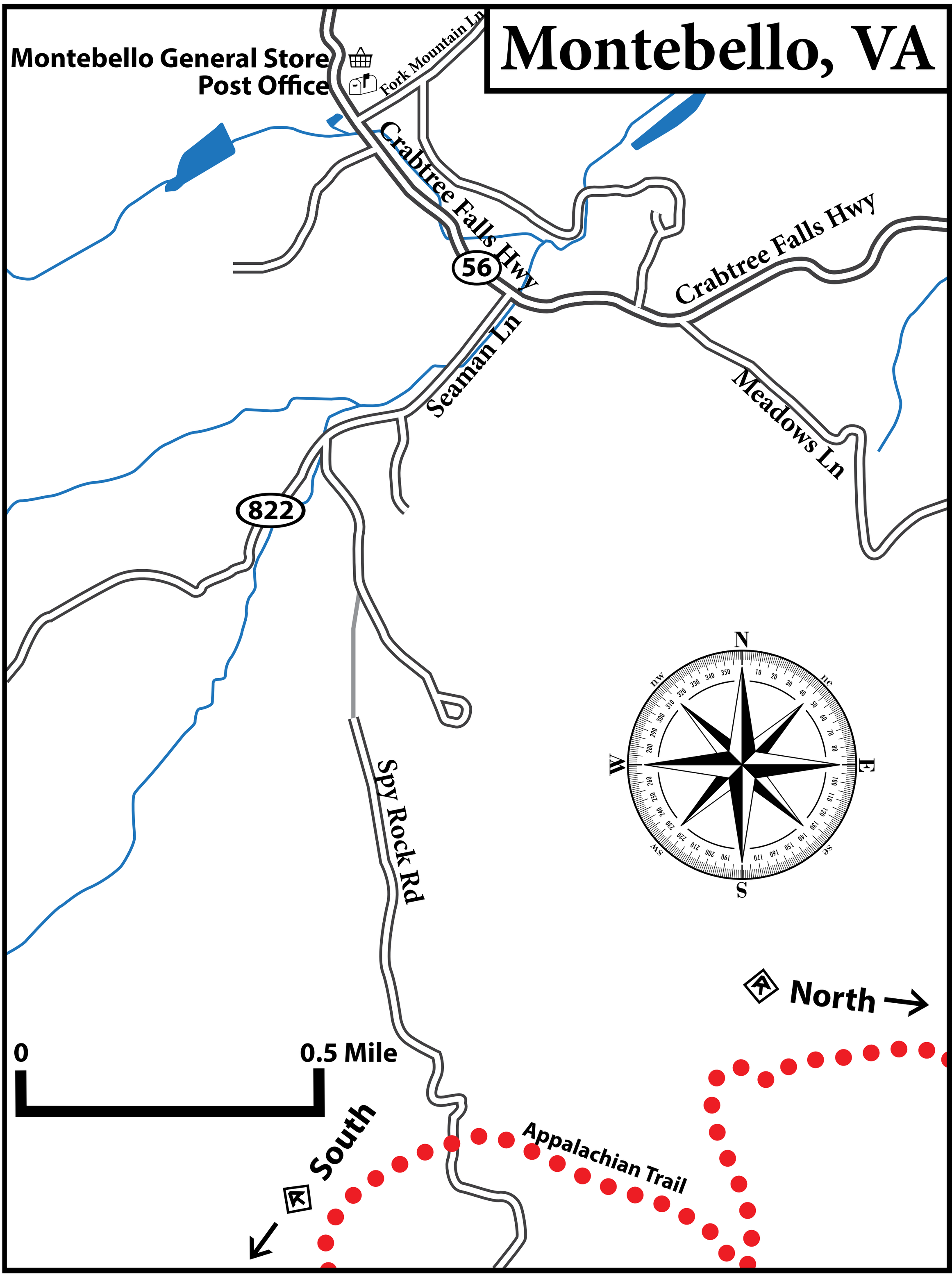

829.1	💧➲ P{10} ★★★★★	Cross Meadows Lane **(VA 826)**, Crabtree Falls Trail, 💧 water is located (0.5W) along with Meadows Lane/Crabtree Falls P Parking Area. ➲[37.82534,-79.08205]	P[37.83063,-79.08342]	3350	1368.3
Montebello, VA. (5.0W) See Montebello, VA map					
830.0	💧⛺{6} ☾	(0.1E) **22.4<<<16.8<<6.6<The Priest Shelter>7.6>>13.8>>>29.8** 💧 Water (spring) is located left of the shelter, ☾ privy.	⛺[37.81775,-79.07060] ▲[37.81764,-79.07012] 💧[37.81775,-79.07045]	3840	1367.4
830.4	🪧📷	Path west 150 feet to boulders with 180 degree view.	🪧[37.81994,-79.06671] 📷[37.82030,-79.06673]	4088	1367.0
830.5	📷	The Priest summit, wooded. There are 36 switchbacks.		4063	1366.9
833.5	💧	Cripple Creek and falls.	💧[37.83030,-79.03769]	1800	1363.9
834.8	⌒▲ P{20}	Cross **VA. 56, Crabtree Falls Highway**, ⌒ River suspension bridge.	▲[37.83849,-79.02314] P[37.83845,-79.02325]	997	1362.6
834.9	💧⌒▲	Tye River	⌒[37.83839,-79.02224]	950	1362.5
836.4	➲	Cross old logging road.		1323	1361.0
836.7	🪧	Mau-Har Trail leads (3.3W) to Maupin Field Shelter.	🪧[37.85528,-79.01024]	2090	1360.7
837.6	🪧 💧⛺{6}▲ ☾	(0.1W) to Shelter. Cross a creek 100 feet before the shelter. **24.4<<<14.2<<7.6<Harpers Creek Shelter>6.2>>22.2>>>34.7** 💧 Water (Harpers Creek) in front of shelter. ▲ Tent platforms near trail intersection with AT also places for tents behind shelter. ☾ Privy.	⛺[37.85641,-79.00120]	1800	1359.8
839.2	📷	Flat-rock overlook to the east with view.	📷[37.84474,-78.99597]	3188	1358.2
839.6	📷	Chimney Rocks, a faint unblazed trail ascends steeply for 25 yards, then passes around the left side of the summit to the Chimney Rock overlook.	📷[37.84978,-78.99127]	3190	1357.8

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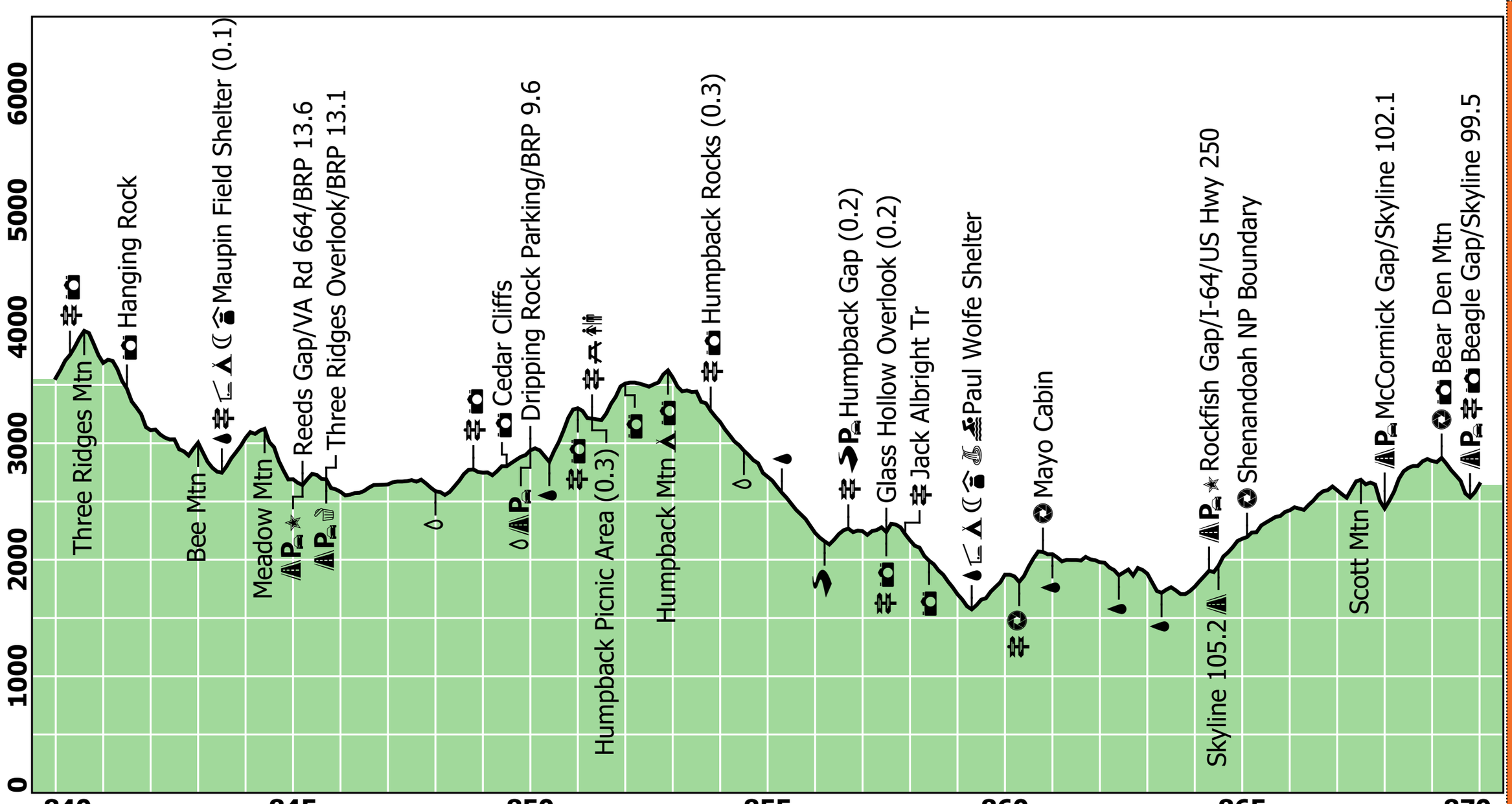
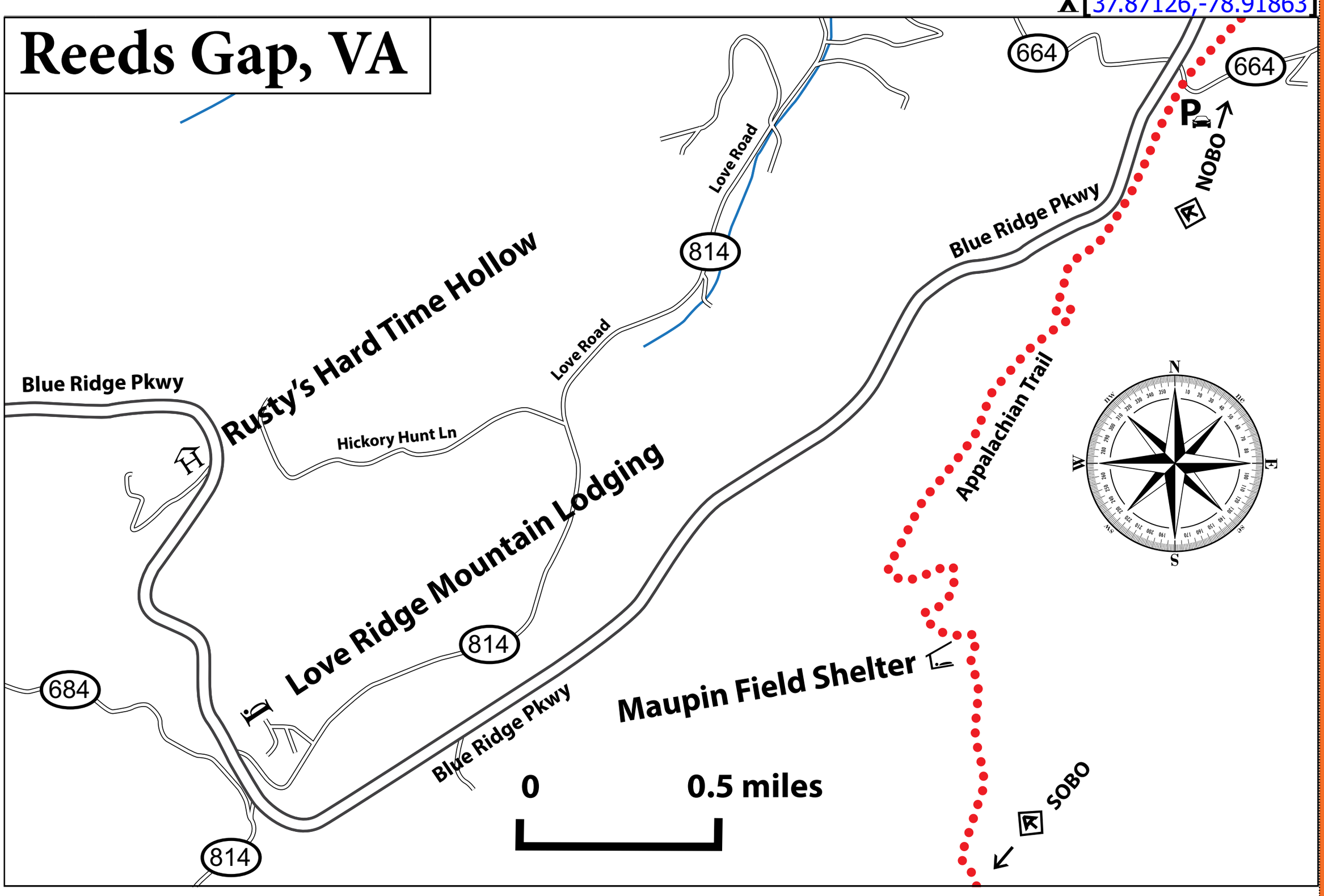


840.9		Blue blazed trail to rocky outcrop with views. [37.85620,-78.98706]	3514	1356.5
841.3		Three Ridges summit, wooded. [37.85828,-78.98411]	3970	1356.1
841.8		Hanging Rock, good views. [37.86380,-78.99309]	3750	1355.6
843.4		Bee Mountain summit, limited views. [37.87876,-78.99150]	3077	1354.0
843.8	{6} {6}	(300 ft W) **20.4<<<13.8<<6.2<Maupin Field Shelter>16.0>>28.5>>>41.5** Water (spring) behind the shelter, tent sites, privy. [37.88488,-78.99390] Mau-Har Trail northern intersection. Jeep road leads (1.4) to BRP.	2720	1353.6
844.7		High point on Meadow Mtn.	3140	1352.7
845.5	{20}	Cross **Reeds Gap**, **VA. 664; BRP MP 13.6** is 50 yards west of the AT intersection at VA 664. [37.90130,-78.98521] [37.90163,-78.98535]	2645	1351.9

(3.1W) **Rusty's Hard Time Hollow** turn left on fire road (just north of Maupin Field Shelter), walk (1.2W) to the Blue Ridge Parkway, then turn left (south), walk the parkway (1.3) to Rusty's driveway on the left, at BRP mile 16.7. Open Apr-Sep. Gravel driveway with gray pipe gate and Rusty's name and AT stickers on one end. Thru-hikers are welcome. The no-trespassing signs are for the non-hikers. Rustic hostel includes a cabin, bunkhouse, spring-house, outhouse, rainwater shower, tent sites. No electricity, no plumbing. Donations encouraged and necessary to keep this hostel running. No illegal drugs permitted on the premises. Coordinates to driveway: [37.89104,-79.01817]

(2.8W) **Love Ridge Mountain Lodging & Country Store** 540-943-7625 (www.LoveRidgeVA.com) Cabin Cabins and camping 20% off (walk-in hiker rate, no vehicles). Local frozen dinners available for pre-order.
Mail drops: 45 Royal Oaks Ln, Lyndhurst VA 22952. [37.88383,-79.01655]

(5.4E) on 664 to **Devils Backbone Basecamp Brewpub & Meadows** 434-361-1001. (www.dbbrewingcompany.com) AT Passport location. Hikers can camp on site for free. **Brewpub**, Open Daily 11:30am until last call. Full service restaurant and bar serving lunch & dinner. **The Summit**, Open M-Sa 7am–12pm, Su 7am–2pm serving specialty coffees & breakfast. $5 breakfast offered to AT thru-hikers. **The Oak Grill**, Open weekends 11:30am until last call, serving a fast casual menu, with the outdoor bar serving Devils Backbone beers, local cider, and wine. [37.87126,-78.91863]



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846.0	{10}	Cross **BRP MP 13.1**; P Three Ridges Parking Overlook.	[37.90719,-78.97945] P [37.90708,-78.97973]	2700	1351.4
848.3		Cross stream, unreliable.		2640	1349.1
849.0		Side trails to the west 400 feet to rocky outcrop with views.	[37.93853,-78.95205]	2824	1348.4
849.8		Cedar Cliffs, grassy top with views. ⚠ No camping allowed within (0.5) of Cedar Cliffs.	[37.94570,-78.94228]	2800	1347.6
850.3	{5}	Cross **BRP MP 9.6**; P Dripping Rock Parking Area, small spring behind overlook sign is unreliable.	P [37.94123,-78.93670]	2950	1347.1
850.6		Laurel Springs to the east is unreliable.	[37.93919,-78.93242]	2915	1346.8
851.2		Side trail leads 25 yards to overlook with views.		3313	1346.2
851.5		Blue blaze trail leads (0.3) west to Humpback Rocks picnic area.	[37.94429,-78.92117] [37.94541,-78.92630]	3260	1345.9
852.9		(0.1E) to remains Navy T-28B Marine trainer wreckage. Not a well defined side-trail.	[37.94739,-78.90226] [37.94565,-78.90115]	3513	1344.5
853.1		Blue blazed trail to Humpback Rocks leads (0.2) west to view at the rocks.	[37.95876,-78.90139]	3250	1344.3
853.1		Humpback Mountain. Good camping sites but no water.	[37.94873,-78.89943]	3606	1344.3
854.3		Bear Spring is up hill west of trail.		2539	1343.1
857.2	{10}	Side trail to Humpback Mountain Visitors Center (0.5W). P parking.	[37.96933,-78.89745]	2307	1340.2
858.1		Side trail (0.1E) to Glass Hollow Overlook, view to the east.	[37.97448,-78.88829] [37.97430,-78.88609]	2352	1339.3
858.5	{10}	Jct with Jack Albright Loop Trail (south end) leads north end intersection with AT leads (2.0W) to Humpback Gap P parking area.	[37.97905,-78.88405] P [37.96933,-78.89745]	2385	1338.9
859.8	{10}	**29.8<<<22.2<<16.0<Paul C. Wolfe Shelter>12.5>>25.5>>>38.7** Water (Mill Creek) is located 50 yards in front of shelter, ☾ privy. Waterfall with pool 100 yards. Bear pole. Swimming hole with small waterfalls just downstream.	[37.98543,-78.88367]	1700	1337.6
860.6		Lowe Family Cemetery on unmarked side trail. Small cemetery.	[37.98807,-78.87854]	1955	1336.8
861.3		Pass remnants of Mayo cabin that dates back to the 1900's, chimney and hearth remain.	[37.99637,-78.88078]	2085	1336.1
862.8		Cross stream.	[38.01426,-78.87406]	1992	1334.6
864.6	{15}	Cross **U.S. 250, I-64**, Rockfish Gap.	P [38.03110,-78.85901]	1902	1332.8
		Rockfish Gap Tourist Information Center 540-943-5187. AT Passport location. Open most days 9 am-5 pm. Info on town services. Maintains a listing of local trail angels. If the center is closed, the listing is displayed in the window. Some lodging facilities offer free pickup and return from here. P Long-term parking is permitted here but not encouraged; it's a "park at your own risk" situation. It is recommended to park for free in Waynesboro at the police-monitored lot near Kroger's (fill out a waiver at the police department). Hikers who leave their car in town can then catch a ride to the AT with one of the trail angels.	[38.03055,-78.86183]		
		(0.5W on 250) **Colony House Motel** 540-942-4156. $42-70, microwave and fridge. Ask about tenting. Pets $10. Laundry. Free WiFi. Mail drops for guest: 494 Three Notched Mountain Hwy, Waynesboro, VA 22980.	[38.04002,-78.85664]		
		Rockfish Gap to Waynesboro Shuttles Waynesboro Tourism 540-942-6512 Based out of Waynesboro, VA. Maintains a list of people who will shuttle hikers from **S to Rockfish Gap ➤ N to Waynesboro, VA**, for no charge. Some on the list may be available to provide longer-distance shuttles for a fee.			
Waynesboro, VA 22980 (3.7W) on route 250 (all major services) See Waynesboro, VA map.			[38.07029,-78.89631]		
		PO M-F 9am-5pm, Sa pickup (only) 8am-12pm, 540-942-7320. 200 S Wayne Ave. Waynesboro, VA 22980.	[38.06758,-78.88931]		
		(4.7W) **YMCA** 540 943-YMCA(9622). Free camping, hammocking polls, and showers. Use of YMCA facilities for $10. Charging station. Free WiFi. Check-in at front desk, need photo ID.	[38.06132,-78.89389]		
		(4.8W) **Stanimal's 328 Hostel Waynesboro** 540-290-4002 AdamStanley06@gmail.com (www.stanimals328.com) Pet friendly. AT Passport location. $35 hiker only hostel includes pickup and return to trail, mattress with clean linens, shower with towel, soap, loaner clothes, laundry. Private rooms available plus full kitchen privileges. Microsoft surface tablets, WiFi and DVDs. Fridge, freezer and microwave. Snacks, drinks, and ice cream for sale. Discounted slackpacking for multi-night guests. Large property located downtown near grocery, restaurants, and fastfood. **S to Damascus, VA ➤ N to Washington DC.** Hikers are required to call ahead and speak with owner prior to staying. Owned by Adam Stanley AT '04, PCT '10. Mail drops free for guest, $5 for non guests: 1333 West Main Street, Waynesboro, VA 22980.	[38.07217,-78.89905]		
		(4.6W) **Grace Hiker Hostel** - Supervised Lutheran Church Hostel. 804-814-6841 endATend@aol.com AT Passport location. FREE and FRIENDLY! Opens Monday, May 22, Closes Saturday, June 17, CLOSED SATURDAY AND SUNDAY NIGHTS. 20 hiker maximum. Please do not call the church office. No pets, smoking, drugs, alcohol, firearms or foul language. Donations gratefully accepted. Check-in 5 pm-8pm, check-out 9 am; hikers staying over may leave packs. Cots in air-conditioned Fellowship Hall, showers, internet, big-screen TV and DVD, hiker lounge with kitchenette, snacks and breakfast foods. Free WiFi. Congregation cooks free dinner Thursday nights followed by optional vespers service.	[38.06303,-78.89248]		
		Belle Hearth B&B 540-943-1910. (www.bellehearth.com) No pets, no smoking, no alcohol. $85S +tax, $99D +tax, higher on weekends, includes breakfast, pool, pickup and return. 10 day cancellation policy. WiFi. Mail drops guest only: 320 S. Wayne Ave, Waynesboro, VA 22980.	[38.06547,-78.89065]		
		Heritage on Main 540-946-6166. (www.heritageonmainstreet.com) M-Th 11am-12am, F-Sa 11am-1am, Su 11am-12am. Hiker friendly sports bar, beer, burgers, salads.	[38.06840,-78.88759]		
		Weasie's Kitchen 540-943-0500. M-F 5:30 am-8 pm, Sa 6 am- 2 pm, Su 7 am-2 pm.	[38.06874,-78.88361]		
		Ming Garden 540-942-8800. (www.minggardenwbo.com) AT Passport location. M-F 10 am-10pm, Sa-Su 10 am- 11 pm. **All you can eat meals**.	[38.06740,-78.88829]		
		Ace Hardware 540-949-8229. M-F 7:30am-6pm, Sa 8am-5pm, Su closed. Coleman by the ounce.			
		Yellow Truck 540-487-6388(cell) Owner: DuBose Egleston Jr. Based out of Waynesboro, VA. Pet friendly. Insured. 365 days, 24/7 & holidays. **S to Roanoke, VA ➤ N to Harpers Ferry, WV** & airport, bus & train terminals. Slackpacking.			

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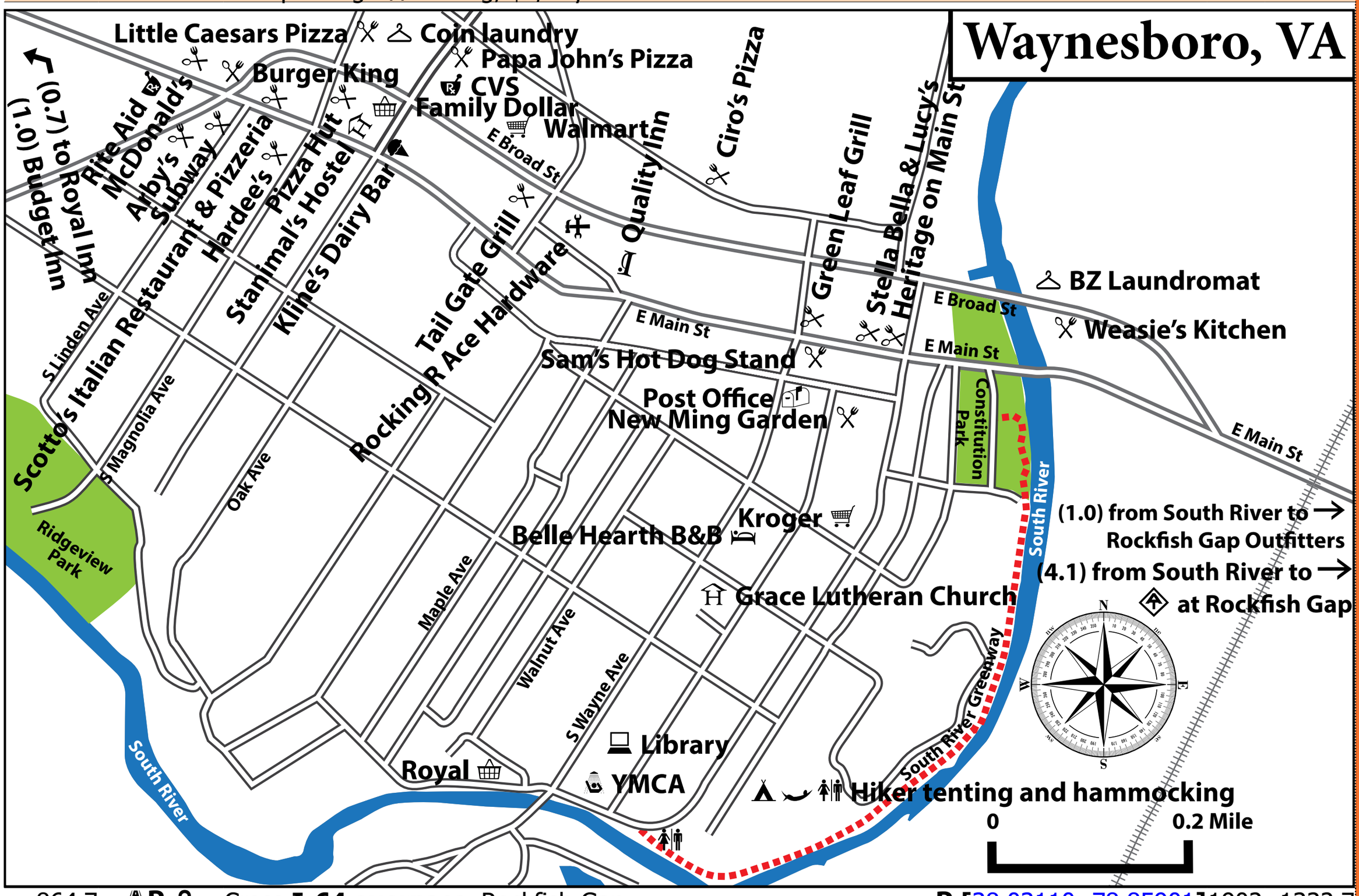
		Rickshaw/Scott McLellan 757-817-3901 (cell)✉ scott.mc77@gmail.com (FB/Instagram: RickshawSNP) Owner: Scott - "Rickshaw". Based out of Elkton, VA. 🐾 Pet friendly. 365 days, 24/7 & some holidays. **S to Buena Vista ➤ Harpers Ferry/DC** & ✈ airports, 🚌 bus & 🚆 train terminals. 🎒 Slackpacking. "We shuttle in peace for all trail kind all of Shenandoah NP from, to, through & near Swift Run Gap, or whatever."			
		Pam Bennett 540-447-6882 (cell) ✉ pingg62@yahoo.com. Owner: Pam Bennett. Based out of Rockfish Gap/Waynesboro, VA. 🐾 Pet friendly. 365 days, mostly weekends & holidays. **S to (120 miles south of Rockfish Gap, in any direction) ➤ N to Front Royal/Daleville** & ✈ airports, 🚌 bus & 🚆 train terminals. 🎒 Slackpacking. Parking, free. "Please call, text, or email, in advance, to schedule. Shuttle runs on donations."			
		Stanimal's Shuttle Service 540-480-8325 ✉ adamstanley06@gmail.com. (Stanimals328.com) Owner: Adam Stanley. Based out of Waynesboro, VA. 🐾 Pet friendly. Insured. 365 days - 24/7. & holidays. **S to Damascus, VA ➤ N to Washington DC** & ✈ airports, 🚌 bus & 🚆 train terminals. 🎒 Slackpacking. 🅿 Parking, $3/day.			



864.7	🅿	Cross **I-64 overpass**, Rockfish Gap.	🅿 [38.03110,-78.85901] 1902	1332.7
864.9	🅿	**Skyline Drive MP 105.2**.	🅿 [38.03186,-78.85836] 1902	1332.5
865.4	★★★★★	SNP ⓘ kiosk for self-registration; park entrance station	2200	1332.0

PERMITS
Shenandoah National Park (Virginia)
Starting January 11, 2024, at 10:00 a.m., visitors who wish to overnight in the backcountry of Shenandoah National Park must purchase a permit through Recreation.gov. This includes Appalachian Trail (A.T.) hikers in the park. The previous system of obtaining a paper permit through the park's website or at kiosks along the Trail will be eliminated effective January 10, 2024. (www.recreation.gov/permits/4675336)

The new permit system will also implement a $9 per person fee and a $6 fee per reservation. For example, a one-person permit would cost $15. A two-person permit on the same reservation would cost $24.
Permits can be obtained up to 90 days in advance of entering the park. A.T. thru-hikers will not need to indicate specific camping zones for each night. Thru-hikers will be able to choose a 14-day window during which to hike through the park. Hikers will need to carry a printed or digital copy of their permit with them while in the park. For more information, visit the backcountry regulations page of the park's website.
(www.nps.gov/shen/planyourvisit/backcountry-regulations.htm)

Shenandoah National Park 540-999-3500 **Emergency line**: 1-800-732-0911.

868.3	🅿{20}	Cross **McCormick Gap/Skyline Drive MP 102.1**.	⚠[38.05972,-78.81751] 🅿[38.05968,-78.81760] 2450	1329.1
869.2		Pass TV tower to the east.	2852	1328.2
869.6	📷	Bear Den Mountain. Larger TV tower. **Old tractor seats**, the tractor seats were put here because the family that owned this property used to have picnics and cookouts and bonfires, particularly to watch the fireworks on July fourth. Vista.	[38.06675,-78.79896] 2885	1327.8

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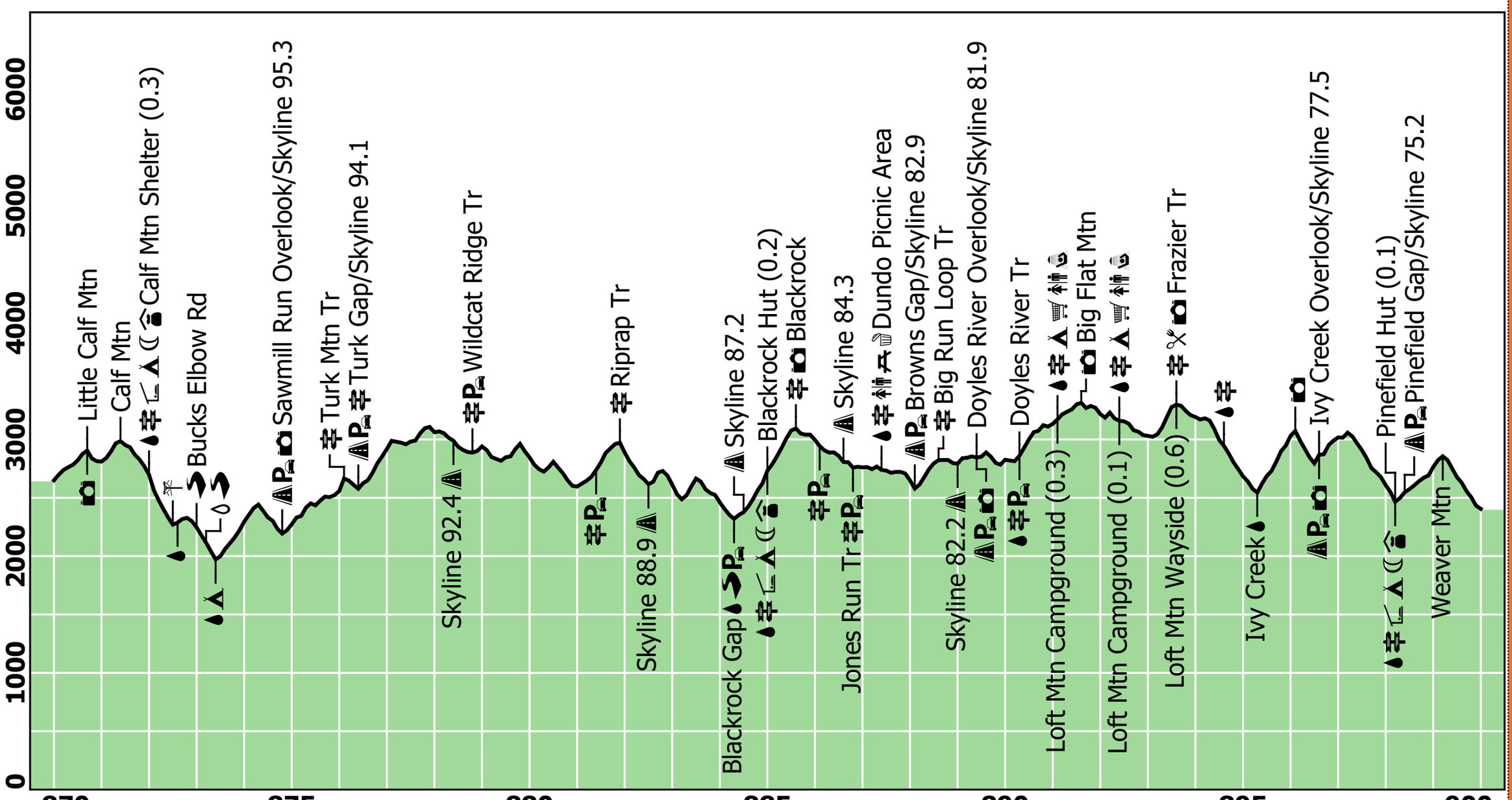

870.1		Cross **Skyline Drive MP 99.5**; Beagle Gap. open fields with good views to the north and south of Beagle Gap.	P [38.07311,-78.79335]	2550	1327.3
871.0		Little Calf Mountain, open with great views. Calf Mtn is at 870.1 but it's just a pile of rocks in the woods.	[38.08162,-78.78406]		1326.4
871.7		Calf Mountain summit (wooded), large rock pile.		2990	1325.7
872.3	{6}	(0.3W) **34.7<<<28.5<<12.5<Calf Mountain Shelter>13.0>>26.2>>>34.4** Water (piped spring) on the access trail, tenting, privy, bear pole.	[38.08554,-78.78161] [38.08551,-78.78680]	2700	1325.1
872.8		Trail crosses under a wide power line clearing here, Skyline Drive is visible to the west.	[38.09033,-78.78376]	2283	1324.6
872.9		Water (spring).	[38.09092,-78.78238]	2200	1324.5
873.3	{8}	Jarman Gap; Skyline Drive MP 96.9 (0.1) east; SNP southern boundary. Sign on road said it was called Bucks Elbow Rd.	[38.09647,-78.78026] P [38.09803,-78.78133]	2173	1324.1
873.5		Spring, trail crosses dirt South Fork Moormans Road near a stream here	[40.02764,-77.35996]	2150	1323.9
873.7		Trail follows South Fork Moormans River for a short distance, there are a couple of campsites near the stream. ⚠ NOBO hikers, this is the last reliable water source for over 10 miles.			1323.7
875.1	{20}	Cross **Skyline Drive MP 95.3**; Sawmill Run Overlook. View.	[38.11400,-78.78395] P [38.11338,-78.78348]	2200	1322.3
876.4		Junction with Turk Mountain Trail, west (1.0) to summit of Turk Mountain.	[38.12762,-78.78775]	2654	1321.0
876.7	{11}	Cross **Skyline Drive MP 94.1**; Turk Gap. Turk Branch Trail leads (2.5E) to South Fork Moormans River Rd, Turk Gap Trail leads (2.0W) to the park boundary.	P [38.12918,-78.78481]	2600	1320.7
878.7	{4}	Cross **Skyline Drive MP 92.4**.	P [38.14911,-78.77440]	3100	1318.7
879.1		Junction with Wildcat Ridge Trail, (2.7W) to Riprap Trail. (0.1E) to Wildcat Ridge P parking area at Skyline Drive MP 92.1.	[38.15325,-78.77418]	2934	1318.3
881.6	{10}	Parking area for Riprap Trail at Skyline Drive MM 90.0. Trail doesn't go through the parking area but it is visible to the east.	P [38.17766,-78.76525]	2750	1315.8
882.0		Junction with Riprap Trail leads (4.6W) to Wildcat Ridge Trail.	[38.18251,-78.76195]	2979	1315.4
882.8		Cross **Skyline Drive MP 88.9**	[38.18954,-78.75682]	2350	1314.6
884.6	{10}	Cross Blackrock Gap; Skyline Drive MP 87.4. P Parking to the west across Skyline Drive. Water from stream 0.1 east down a dirt road. ⚠ SOBO hikers, this is the last reliable water source for over 10 miles.	P [38.20683,-78.74948]	2321	1312.8
884.8		Cross **Skyline Drive MP 87.2**	[38.20959,-78.74782]	2700	1312.6
885.3	{6}	(0.2E) **41.5<<<25.5<<13.0<Blackrock Hut>13.2>>21.4>>>33.8** Water (piped spring) is located 10 yards in front of the shelter, tenting, privy, bear box.	[38.21522,-78.74369] [38.21408,-78.74270]	2645	1312.1
885.8		Cross dirt access road for Blackrock Hut.	[38.21925,-78.73937]	3047	1311.6
885.9		Blackrock, open rocky summit. A short rock scramble to the summit yields 360 degree views. Furnace Mtn Trail leads (2.8W) to the summit of Furnace Mtn.	[38.21988,-78.74025]	3100	1311.5
886.4	{10}	Blackrock parking area to the east. **Skyline Drive MP 84.3**.	P [38.22258,-78.73318]	2962	1311.0
886.9		Cross **Skyline Drive north of MP 84.3**.	[38.22851,-78.72785]	2809	1310.5
887.8	{10}	Cross/Intersects with Jones Run Trail leads (100 ft W) to P parking area ore (2.5E) to Jones Run Falls.	P [38.23018,-78.72645]	2804	1309.6
888.2		(100 ft W) Dundo Group campground, primitive, reserved for group use.	[38.23404,-78.71909]	2700	1309.2
888.4	{10}	Cross **Skyline Drive MP 82.9**; Browns Gap.	P [38.24050,-78.71061]	2600	1309.0
888.9		Big Run Loop Trail (south end) leads (4.1W) to form a loop with the AT.	[38.24571,-78.70575]	2859	1308.5
889.3		Cross **Skyline Drive MP 82.2**	[38.24575,-78.69998]	2800	1308.1
889.7		Doyles River overlook. Skyline Drive MP 81.9, P parking west.	P [38.24664,-78.69417]	2800	1307.7
890.6	{15}	Intersection with Doyles River Trail (north end) for (0.3E) to Doyles River Cabin (locked). **Skyline Drive MP 81.1** to the (100 ft W) and P parking.	[38.25394,-78.68270] P [38.25440,-78.68301]	2900	1306.8
891.4		Trail leads (0.2W) to Loft Mountain Amphitheater.	[38.24983,-78.67321]	3272	1306.0
891.5		Trail leads west to Loft Mountain Campground. If you plan on camping, this is the one you want.		3288	1305.9
892.4	★★★★★	Side trail leaded (0.1W) to Loft Mountain campground store. **See Loft Mountain map**.	[38.25015,-78.66586]	3171	1305.0

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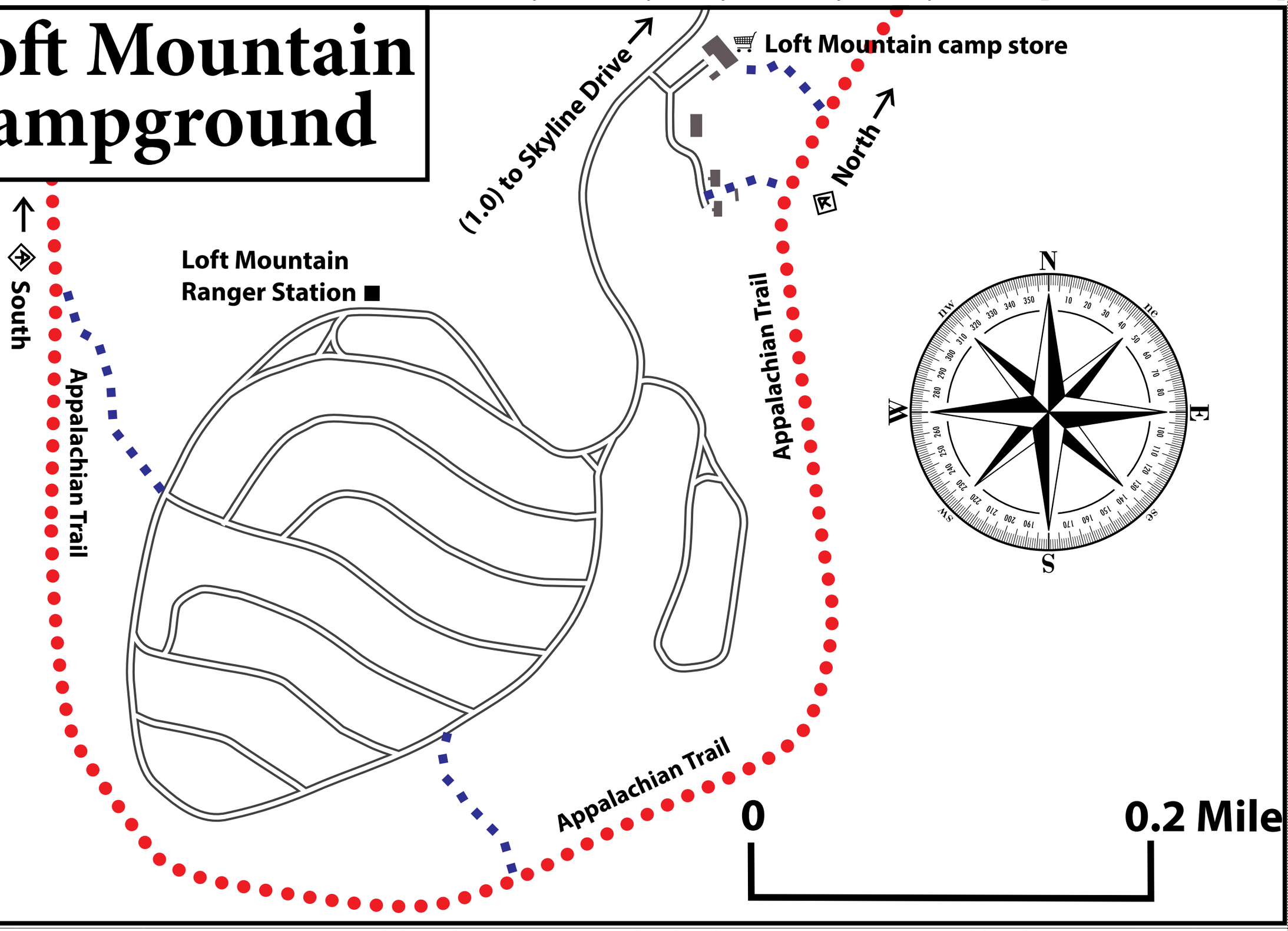
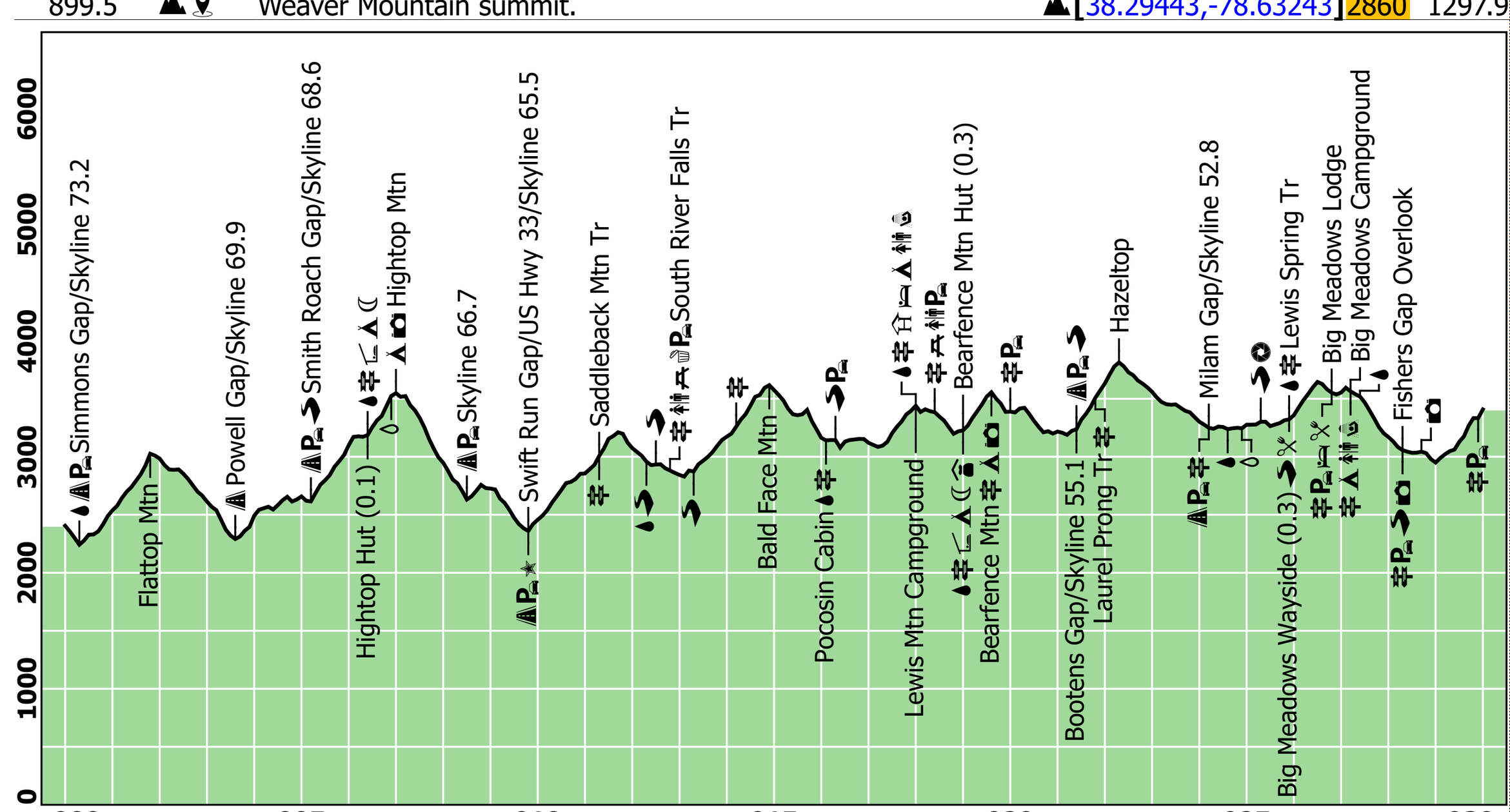
Loft Mountain Campground Campsites ⛺ $20. AT skirts the campground, several short side trails lead to campsites and the camp store. Open mid May-Oct. Camp store, M-Th 8am-7pm, F-Sa 8am-8pm, Su 8am-7pm. 🚻 Restroom, 🚿 Showers $1, 🧺 laundry and 🛒 long term resupply available from camp store. ⛺[38.25072,-78.66698]

Loft Mountain Wayside 434-823-4515. (1.0) miles from camp store, serves Breakfast, lunch and dinner from a short order menu. Open mid-Apr-early Nov, daily 9am-7pm. 🍴[38.26233,-78.66133]

Loft Mountain Campground



893.8		Frazier Discovery Trail (south end) joins AT for (1.1) Fraizer Discovery Trail leads to (0.5W) to Loft Mountain Wayside. 🚎[38.25990,-78.65553]	2950	1303.6
893.9		Frazier Discovery Trail (north end) joins AT for (1.1) Fraizer Discovery Trail leads to (0.5W) to Loft Mountain Wayside. 🚎[38.26068,-78.65467]	3277	1303.5
894.5		Loft Mountain	3200	1302.9
894.8		Water, (spring) is located (0.1) west	2950	1302.6
895.6		Cross Ivy Creek. 💧[38.27065,-78.65877]	2550	1301.8
896.4		View from rocky outcropping to the west of the trail.	3070	1301.0
896.9	⛺🅿{15}	Ivy Creek Overlook; **Skyline Drive MP 77.5**, 🅿 parking area. 🅿[38.28457,-78.65868]	2800	1300.5
898.5	💧🚎 🚽{6} ⛺ 🛏☾🐻	(0.1E) **38.7<<<26.2<<13.2<Pinefield Hut>8.2>>20.6>>>32.1** 💧 Water (spring) is located behind the shelter 50 yards and it is known to fail during dry seasons. 💧 Water is also located on Shelter side trail crosses a small stream 10 yards before reaching the shelter. ⛺ tenting located past the ☾ privy, privy. 🐻 Bear box. 🚎[38.29098,-78.64430] 🚽[38.29055,-78.64600]	2430	1298.9
898.7	⛺🅿{5}	Cross **Skyline Drive MP 75.2**; Pinefield Gap, 🅿 parking 50 yards west. 🅿[38.29113,-78.64191]	2590	1298.7
899.5		Weaver Mountain summit. ⛰[38.29443,-78.63243]	2860	1297.9



900.6	⛺💧🅿{7}	Cross Skyline Drive MP 73.2; Simmons Gap, Simmons Gap ranger station on paved road (0.2E) from where AT crosses Skyline. 💧 Water available at pump outside buildings. 🅿 Parking 50 yards west. 🅿[38.30175,-78.62268]	2250	1296.8
902.1		North peak of Flattop Mountain, wooded summit. ⛰[38.30621,-78.60576]	3030	1295.3
903.9	⛺🅿{4}	Cross **Skyline Drive MP 69.9**; Powell Gap. 🅿 Parking 80 yards(east). 🅿[38.32121,-78.59125]	2294	1293.5
904.3		Skit west side of Little Roundtop Mountain	2700	1293.1
905.5	⛺ 🅿{8}	Cross **Skyline Drive MP 68.6**; Smith Roach Gap. Also crosses dirt fire road just north on the AT. 🅿[38.32860,-78.57500]	2600	1291.9

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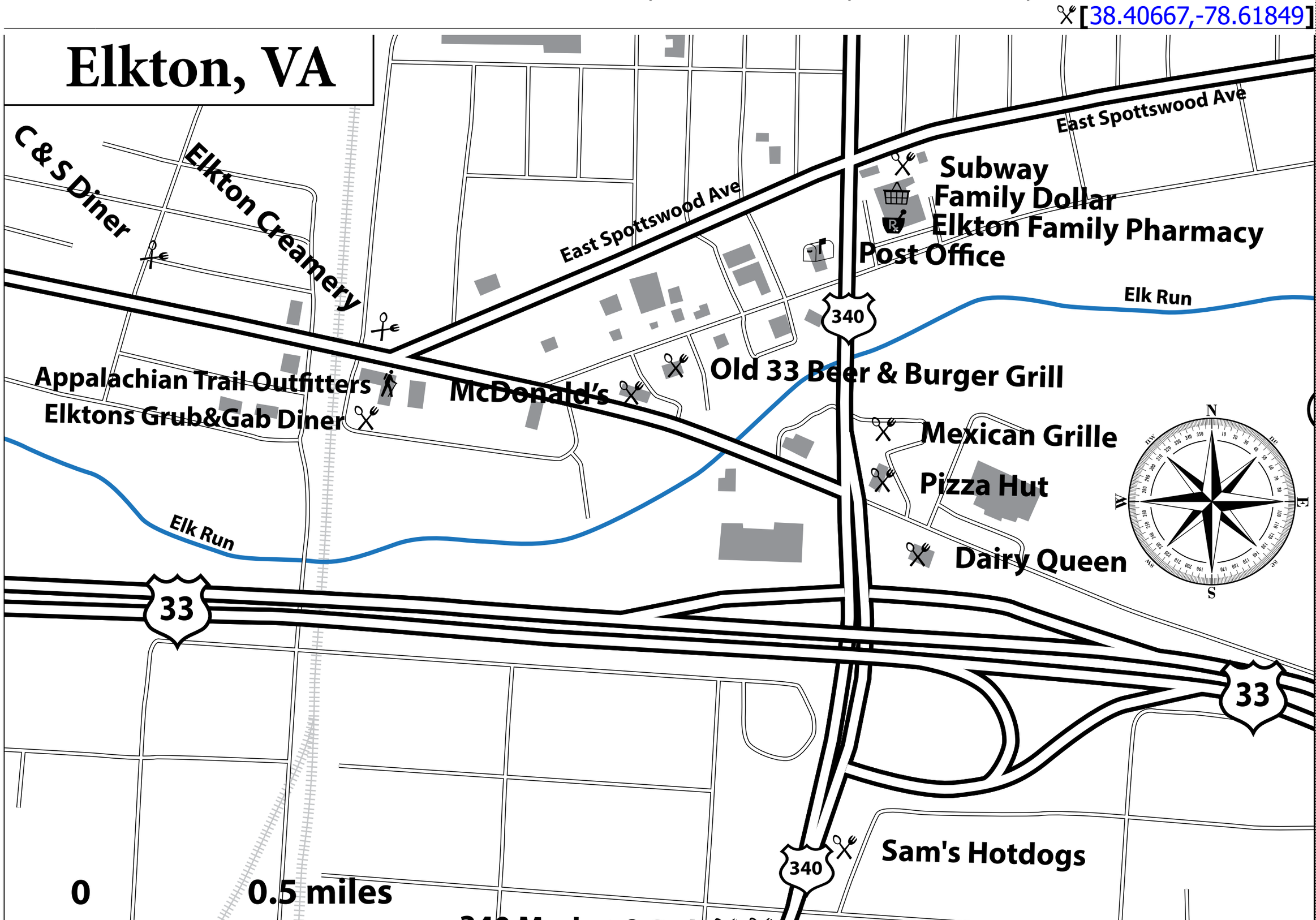
906.7	{6} {8}	(0.1W) **34.4<<<21.4<<8.2<Hightop Hut>12.4>>23.9>>>34.8** To reach the spring, follow the road downhill from the shelter for about (200 ft) then follow a blue-blaze trail about (100 yds) to the right. Tenting, ☾ privy. [38.33097,-78.55980] [38.33313,-78.55835]	3175	1290.7
907.2		Water (box spring). [38.33508,-78.55214]	3450	1290.2
907.3	{7}	Hightop Mountain, south on A.T. there are three tent sites, side trail to top of High Top has room for four more tents.	3587	1290.1
908.8	{6}	Cross **Skyline Drive MP 66.7**, P parking west. [38.34480,-78.55318]	2650	1288.6
910.1	★★★★★	Cross **Skyline Drive MP 65.5 over U.S. 33** on overpass; Swift Run Gap; Spotswood Trail. [38.35691,-78.54522]	2367	1287.3
		(5.2W) **Small Axe Farms, LLC**. 301-646-4466 smallaxefarms.info@gmail.com 19074 Mount Pleasant Road Elkton, VA 22827. [38.39402,-78.58194]		
		(2.9W) **Country View Motel** 540-298-0025 (www.countryviewlodging.com) Room with 1 queen bed $79.42 including tax for single bed, two queen beds $95.96 including tax for double beds. All rooms have microwave and fridge. No charge for laundry with stay, but you must have detergent which they sell. Free WiFi. Mail drops for guests only: 19974 Spotswood Trail, Elkton, VA 22827. [38.37011,-78.58216]		
		(3.3W) **Swift Run Campround** 540-298-8086, 540-713-8292. (www.shenandoahvalleyweb.com/swiftrun) Open year-round. $20 campsite, shower, and snack bar, game room, seasonal pool. Small camp store with some hiker items. [38.37416,-78.58858]		
		(3.2W) **Bear Grocery & Deli** 540-298-9826. M-F 5am-8pm, Sa 6am–8pm, Su 8am-7pm.		
Elkton, VA 22827 (6.5W)				
		PO M-F 8:30am-4:30pm, Sa 9am-11am, 540-298-7772. 102 W Rockingham St. Elkton, VA 22827. [38.40858,-78.61915]		
		Appalachian Trail Outfitters in Elkton 540-713-9015 (www.appalachiantrailoutfitters.com) Open M-Sat 10am-6pm, Su 1pm-5pm. Full-service outfitter. Showers on site. Laundry, other lodging close by. Coleman and alcohol fuel by the ounce, and fuel canisters. Hydration supplies and freeze dried foods. Footwear, clothing, hiking & camping gear. Brochure with local information, places to stay, eat, trail angels, and shuttle assistance. Free WiFi & pack sitting. Mail drops: 311 W Spotswood Trail, Elkton, VA 22827 [38.40747,-78.62352]		
		Food Lion M-Su 7am-11pm. [38.40682,-78.65264]		
		Pizza Hut 540-298-9439. M-F 11am-10pm, F-Sa 11am-11pm, Su 11am-10pm. [38.40667,-78.61849]		



911.7		Saddleback Mountain Trail (south end) leads east (1.5E) to spring and continue (0.2) to rejoin the AT (1.0) NOBO. [38.36489,-78.52782]	3035	1285.7
912.8		Fire road/Saddleback Mountain Trail (north end) leads (0.2E) to spring and continue (1.5) to rejoin the AT (1.0) SOBO. [38.37801,-78.52309]	2920	1284.6
913.1		Intersection with South River Falls Trail, (0.1W) to South River Picnic Area, (1.2E) to South River Falls. P parking west. [38.38028,-78.51600] [38.38170,-78.51920]	3200	1284.3
913.5		Cross dirt fire road. [38.38604,-78.51352]	2895	1283.9
914.5		Side trail leading (0.1W) to Skyline Drive.	3254	1282.9
915.2		Bald Face Mountain, wooded summit. [38.39942,-78.50117]	3620	1282.2
916.4		Cross dirt road, (0.15W) to P parking on Skyline Drive, (0.15E) to spring and Pocosin Cabin (locked). [38.41165,-78.48817] [38.41360,-78.48970]	3150	1281.0
916.7		Water (spring).	3100	1280.7
918.4	{20} ★★★★★	Side trail leads (100ft W) to Lewis Mountain Campground and Cabins, follow campground road (0.1) to camp store, restrooms and showers. (0.3E) to Lewis Mtn summit. P Parking west. **See Lewis Mountain map**. [38.43742,-78.47840]	3500	1279.0

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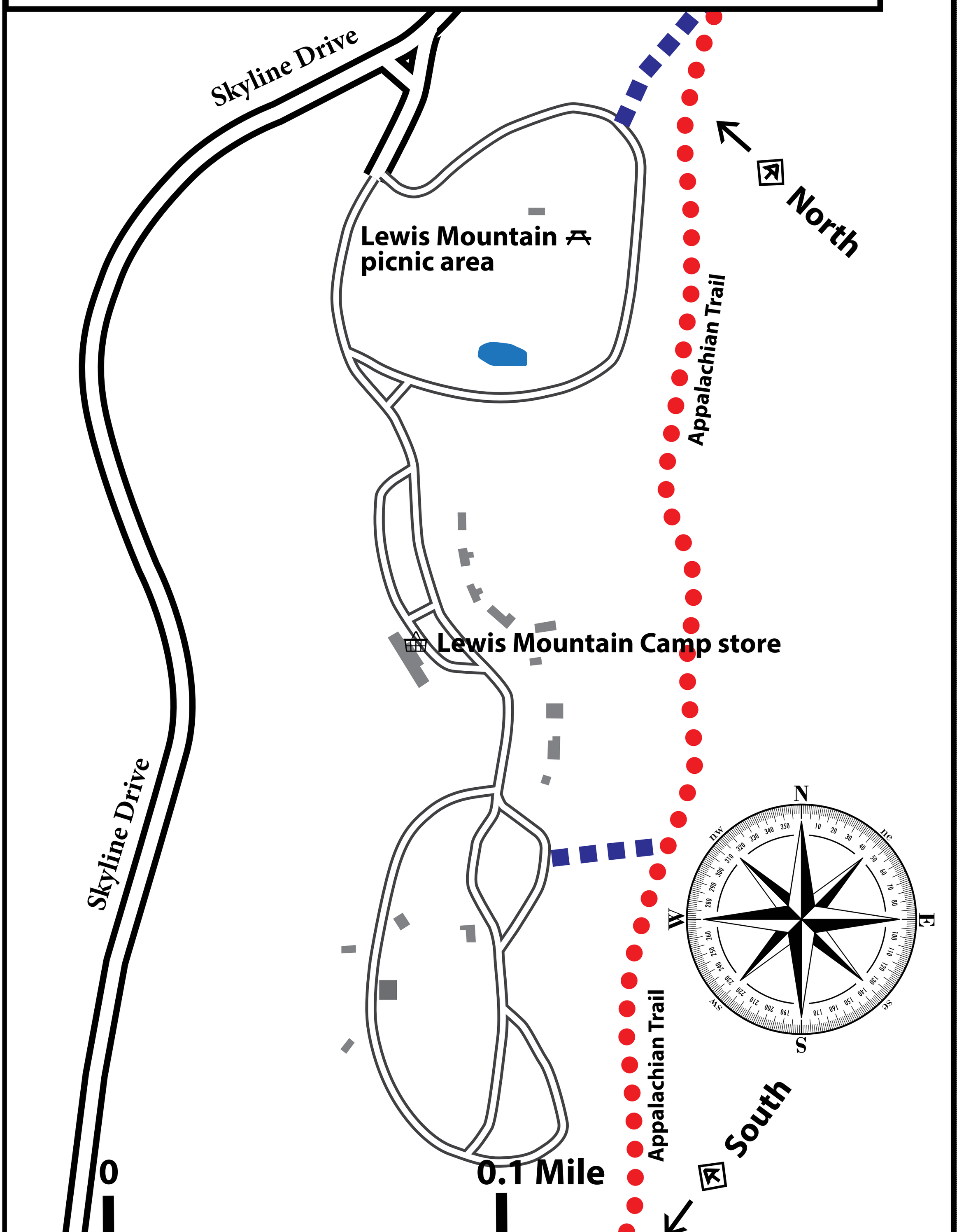
Lewis Mountain Campground



918.7		Side trail (50 yds W) to Lewis Mountain P Picnic area and P parking. [38.43977,-78.47666]	3367	1278.7
919.1	{7} {6}	(0.2E) **33.8<<<20.6<<12.4<Bearfence Mountain Hut>11.5>>22.4>>>26.8** Water (piped spring) is located in front of the shelter, tent sites, privy. [38.44444,-78.47164] [38.44408,-78.47070]	3110	1278.3
919.9	{5}	Bearfence Loop Trail east to Bearfence Mtn summit and rock scramble, returns to the AT in (0.25) further north. Campsite. [38.44670,-78.46488] [38.44694,-78.46541]	3400	1277.5
920.1		Bearfence Loop Trail east to rock scramble and Bearfence Mtn summit, returns to the AT in (0.25) futher south. [38.44821,-78.46585]	3447	1277.3
920.3	P {18}	Side trail leads (0.1W) to Bearfence Parking. [38.45198,-78.46532] P [38.45251,-78.46694]	3392	1277.1
920.7	{5}	Campsite.	3400	1276.7
921.7	P {6}	Cross Conway River Fire Road; 50 feet west to **Skyline Drive MP 55.1/Bootens Gap** and P parking. [38.46831,-78.45725] P [38.46844,-78.45749]	3243	1275.7
922.2		Laurel Prong Trail leads (2.6E) to Rapidan Camp, a former vacation spot for President Herbert Hoover in the 1920's. [38.47347,-78.45462]	2480	1275.2
922.6		Hazeltop. [38.47817,-78.45173]	3812	1274.8
924.5	P {25}	Cross **Skyline Drive MP 52.8**; Milam Gap. Mill Prong Trail leads (1.9E) miles to Rapidan Camp. [38.49966,-78.44575] P [38.49990,-78.44573]	3300	1272.9
925.0		Water (spring). [38.50712,-78.44459]	3267	1272.4
925.4		Water (spring). [38.51097,-78.44781]	3380	1272.0
925.6		Cross gravel Tanners Ridge Road, large cemetery visible to the west. [38.51339,-78.44884]	3312	1271.8

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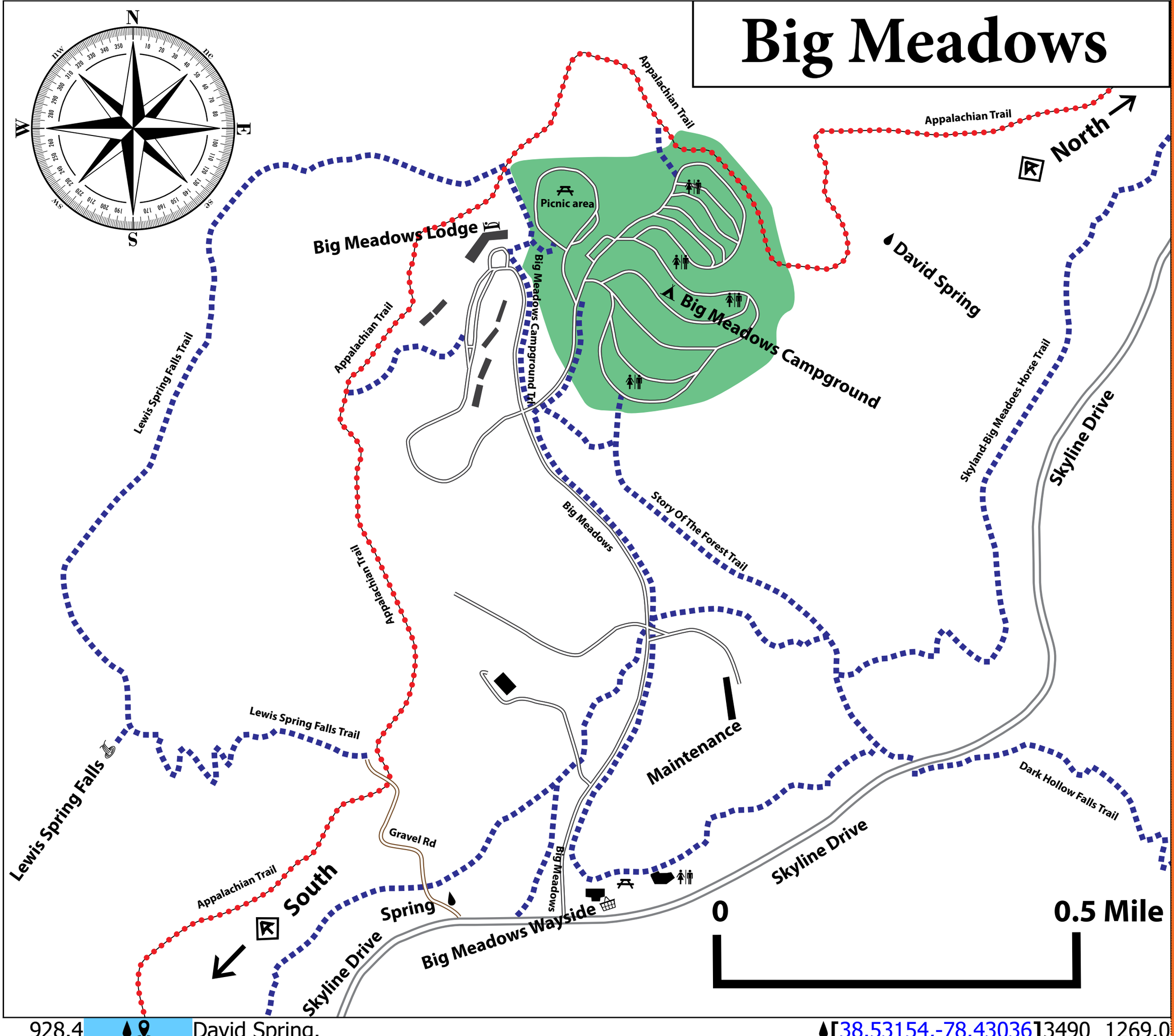
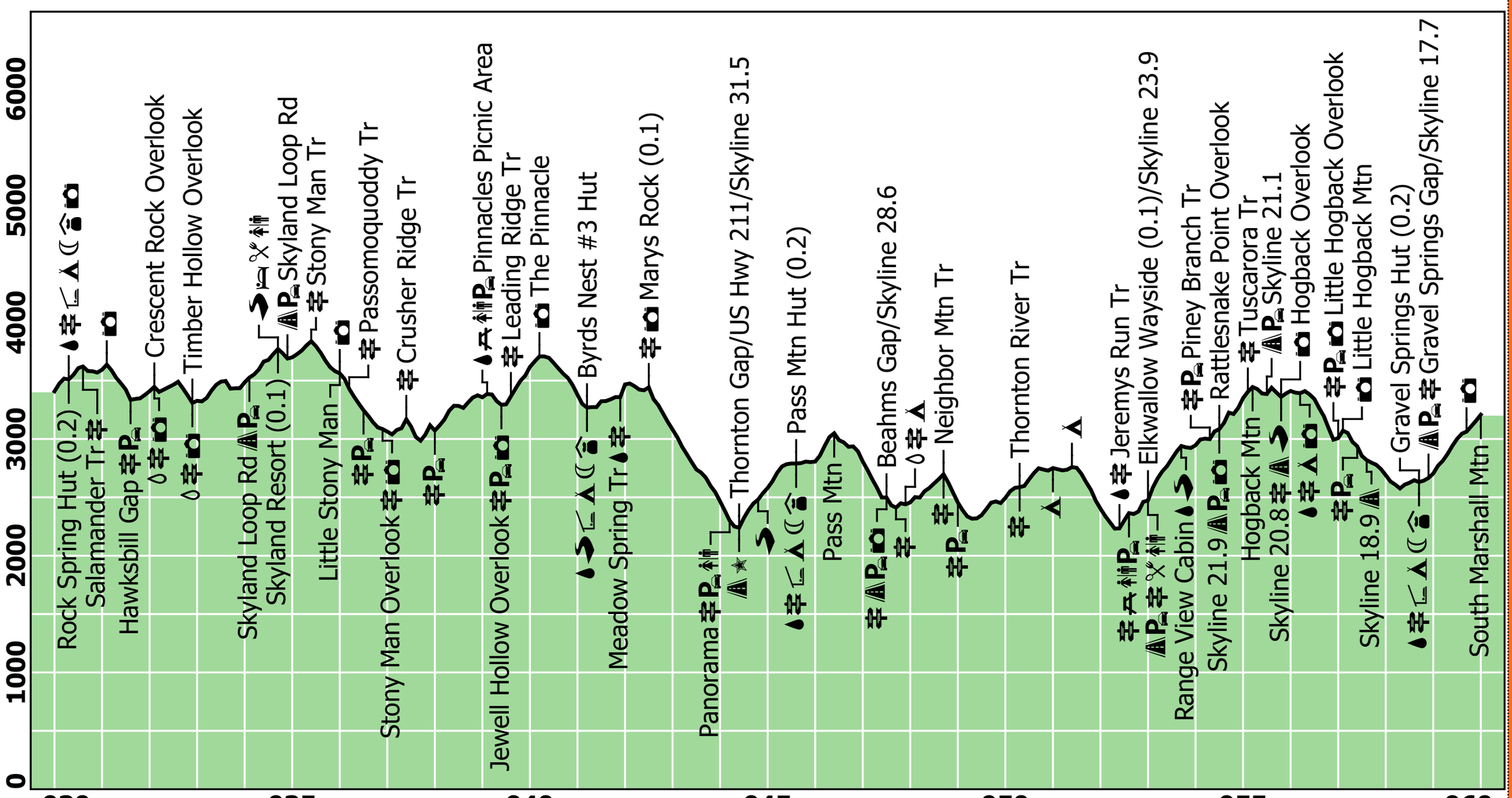
926.2		Lewis Spring, Big Meadows Wayside; Harry F. Byrd Sr. Visitor Center is (0.2E) on dirt road, then left (0.1) on Skyline Drive, Byrd Visitors Center is a AT Passport location. Lewis Falls Trail leads (0.5W) mile to Lewis Falls. **See Big Meadows map**. [38.51952,-78.44335] P{4}[38.51693,-78.44200] P{10}[38.51648,-78.44015]	3390	1271.2
		Big Meadows Wayside AT Passport location Open late-March through Nov. M-Su 8am-8pm, daily. Resupply foods, breakfast, lunch, dinner from a short-order menu, fuel by the ounce at gas station. Open Mar 24-Nov 13. [38.51741,-78.43839]		
926.8		(0.1E) Big Meadows Lodge, Big Meadows campground. Lewis Falls trail leads (1.3W) to Lewis Falls [38.53099,-78.44065]	3500	1270.6
		Big Meadows Lodge 877-847-1919. Open 11 May- 06 Nov. Lodge rooms, cabins and suites, reservations required. Some pet-friendly rooms. Breakfast 7:30am-10am, lunch 12pm-2pm, dinner 5:30pm-9p.m. ATM. [38.52958,-78.44097]		
927.7		Side trail to Big Meadows Campground.		1269.7
		Big Meadows Campground 540-999-3231. Opens late March to Mid Nov. tents $20, 6 people per site. Self registration. Coin laundry and Showers.		

Big Meadows



928.4		David Spring.	[38.53154,-78.43036] 3490	1269.0
928.9		Cross fire road which leads (100 yds E) to the Fisher's Gap Overlook and P parking at Skyline Drive MP 49.3.	[38.53425,-78.42167] 3050	1268.5
929.1		View to the west from rocky outcrop beneath Franklin Cliffs Overlook.	[38.53702,-78.42018] 3042	1268.3



930.2	P	Side trail (0.1E) to P parking area on Skyline Drive.	[38.54905,-78.41266] 3342	1267.2

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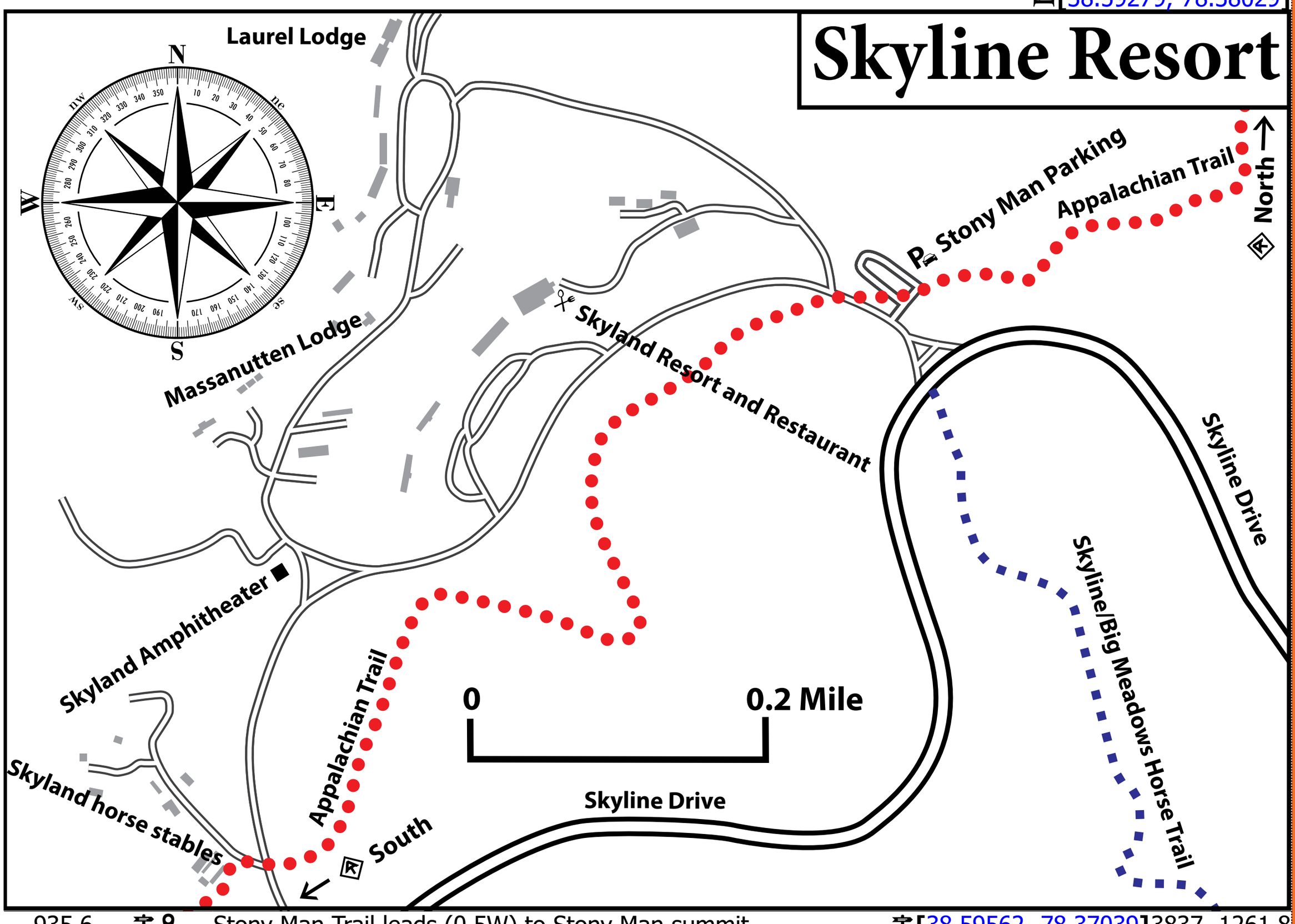
930.6	💧🏕{8} ⛺{9} 🌙📍	(0.2W) **32.1<<<23.9<<11.5< Rock Spring Hut & Cabin>10.9>>15.3>>>28.4** **Cabin Locked**. 💧 Water is located down a steep trail in front of the hut and flows from beneath a rock, ⛺ tent sites, 🌙 privy. 🏕[38.55229,-78.40731] 🏕[38.55351,-78.40820]	3465	1266.8
930.9	🏕📍	Salamander Trail to Hawksbill Mountain (0.9E), **Byrd's Nest #2 Picnic Shelter**. 🏕[38.55455,-78.40330]	3600	1266.5
931.4	📷	Good views to the west from rocky open area on the trail.	3534	1266.0
931.9	🏕🛣 P{15} 📍	Trail to east leads (250FT) to Hawksbill Gap; Skyline Drive MP 45.6. P Parking area. 🏕[38.55695,-78.38705] P[38.55617,-78.38680]	3361	1265.5
932.3	🏕📍	Trail to Crescent Rock Overlook; Skyline Drive MP 44.4. 🏕[38.56225,-78.38377]	3450	1265.1
933.2	🏕📷📍	Side trail (100 ft E) to Timber Hollow Overlook, Skyline Drive MP 43.3. 🏕[38.57477,-78.38459]	3321	1264.2
934.4	🛣P{5}📍	Cross **Skyland Service Road (south end)**; horse stables. 🏕[38.58746,-78.38381] P[38.58670,-78.38340]	3550	1263.0
935.0	🚗📍	Cross gravel service road near a water tower, Skyland is (0.1W). 🚗[38.59195,-78.37917]	3757	1262.4
935.2	🛣P{20} 📍 ★★★★★	Cross **Skyland Service Road (north end)**, best access to Skyland leads (0.2) west. Stoney Man Parking. **See Skyline Resort map**. 🛣[38.59300,-78.37667] P[38.59281,-78.37600]	3790	1262.2
	🛏🍴☎🚻📍	**Skyland Resort and Restaurant** 540-999-2212. Open Mar 30-Dec. 🛏 Rates seasonal, reservations required. Snack foods and sodas sold at gift shop and vending machines. 🍴 Dining hours: Breakfast 7:30am-10:30am, Lunch 12pm-2:30pm, Dinner 5:30pm-9:00pm. ☎ ATM, 🍴 restroom. 🛏[38.59279,-78.38029]		



935.6	🏕📍	Stony Man Trail leads (0.5W) to Stony Man summit. 🏕[38.59562,-78.37039]	3837	1261.8
936.5	🏕	Passamaquoddy Trail leads (1.1W) to Skyland. 🏕[38.60305,-78.36629]	3394	1260.9
936.8	🏕P{7}📍	Side trail (100 ft E) to Little Stony Man P parking area; Skyline Drive MP 39.1. 🏕[38.60574,-78.36689]	3224	1260.6
937.2	💧🏕📷🛣 P📍	Hughes River Gap; Side trail (100 ft E) to Stony Man Overlook and P parking. 🏕[38.61053,-78.36477] P[38.61028,-78.36381]	3097	1260.2
937.6	🏕📍	4-way trail intersection; Crusher Ridge Trail to the west; Nicholson Hollow Trail to the east. 🏕[38.61453,-78.35925]	3168	1259.8
938.3	🏕P{7}📍	Side trail (100 ft E) to trailhead P parking for Corbin Cabin Cutoff Trail. 🏕[38.61605,-78.35075] P[38.61570,-78.35054]	3076	1259.1
939.4	💧🚻🛻☎ 🛣P{15} 📍	Pinnacles Picnic Ground; Skyline Drive MP 36.7 🏕[38.62352,-78.34388] P[38.62508,-78.34110]	3390	1258.0
939.5	🏕📍	Trail east to Jewell Hollow Overlook; **Skyline Drive MP 36.4**. 🏕[38.62668,-78.34025]	3350	1257.9
939.7	🏕	Junction with Leading Ridge Trail to the west. 🏕[38.62770,-78.33674]	3275	1257.7
940.5	📷📍	The Pinnacle. 📷[38.62790,-78.32996]	3730	1256.9
941.5	💧🏕 🏕{8} ⛺ 🌙📍	**34.8<<<22.4<<10.9<Byrds Nest #3 Hut>4.4>>17.5>>>28** 💧 Water (spring) is located (0.3) east and down the fire road, ⛺ tenting, 🌙 privy. 🏕[38.63443,-78.32371] 💧[38.63650,-78.32016]	3290	1255.9
942.2	💧🏕📍	Water (Meadow Spring) is located (0.3) east. Continue another (0.3) to Meadow Spring trailhead P parking. 🏕[38.64188,-78.32064] P[38.63832,-78.31365]	3100	1255.2
942.8	🏕📷📍	Trail leads (0.1W) to Mary's Rock with panoramic views. 🏕[38.64921,-78.31740]	3514	1254.6
944.5	🏕📷🚻📍	Side trail (100 ft W) to Panorama P parking area and 🚻 restrooms. 🚻[38.65882,-78.32172]	2310	1252.9
944.7	🛣P{30} 📍 ★★★★★	Cross **U.S. 211**; Thornton Gap, Panorama **Skyline Drive MP 31.5**. Two P parking options. 🛣[38.66097,-78.32353] P[38.65962,-78.32129] P[38.65972,-78.32229]	2307	1252.7
🛏	🍴📶📍	(4.5W on US 211) **Brookside Cabins & Restaurant** 540-743-5698 (www.brooksidecabins.com) 🛏 $85-$200 cabins open year-round, range in size (2-6 persons). 🍴 Restaurant AYCE M- Th closed, F 10 am-8 pm, Sa 9 am- 8pm, Su 9 am-5 pm. Closed Dec-Mar. 📶 Free WiFi. 🛏[38.66918,-78.38054]		

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(5.3W) **Yogi Bear's Jellystone Park** 540-743-4002. (www.campluray.com) Open late Mar to late Nov. Has some pet friendly sites. Cabins $66-$552. Tent sites $37-75, 2-night min. All stays include free water slide, paddle boat, mini golf. Snack Shop: Open Memorial to Labor Day, serves hamburgers, hot dogs, pizza. Camp store, coin laundry, pool. Showers for guests only.
[38.67335,-78.39159]

(6.9W) **Days Inn** 540-743-4521. (www.daysinn-luray.com) Rates: $79.00 - $140.00, $10 extra person, $10.00 for extra bed, pets under 50lbs $15.00. Includes continental breakfast. Microwave, fridge, laundry, seasonal outdoor pool, computer available for use, free WiFi.
[38.67647,-78.42194]

Luray, VA 22835 (9.0W) (all major services) See Luray, VA map. [38.66536,-78.45707]

PO M-F 8:30am-4:30pm, 540-743-2100. 102 S Broad St. Luray, VA 22835. [38.66473,-78.46035]

(8.9W) **Open Arms Hostel & Inn** 540-244-5652 (www.openarmsluray.com)
openarmsluray@gmail.com. Open year-round. Pet-friendly for well-behaved dogs that won't try to eat my cats. Thru-hikers call or text for availability and pick-up schedule. Section hikers please email dates of stays and shuttle requests. AT Passport location. Complimentary pick-up & drop-off for guests at trailhead (Rt. 211/Thornton Gap). Beds $35 cash or CC $36. Stay includes bed, fresh linens, shower, AC/heat, Wi-Fi, loaner clothes, hiker box, boot dryers, shuttle to town, fire pit and grill use, and complimentary coffee/tea. t Camping $20PP cash or CC $20.50, includes shower and kitchen privileges, Wi-Fi, and device charging. Breakfast, soda, and snacks for sale on-site. Laundry $5 per load, shared loads permitted. Computer available for guests. On-site parking $3/ night not stayed. Shuttles for a fee within SNP, from/to DC airports, Harper's Ferry, SNP, and south to Waynesboro. Cats on property and a VERY friendly puppy! She loves to play with people and dogs.
Free mail drop for guests ($2/ package for non-guests): 1260 E. Main St., Luray, VA 22835.
[38.66938,-78.43299]

Budget Inn 540-743-5176. (www.hotelluray.com) $69.95-$129.95, $10EAP, pets $10. 10% off if you mention that you saw the 10% discount on their web site. Microwave, fridge. Free WiFi.
Mail drops (non-guests $10): 320 W. Main St, Luray, VA 22835. [38.66580,-78.46526]

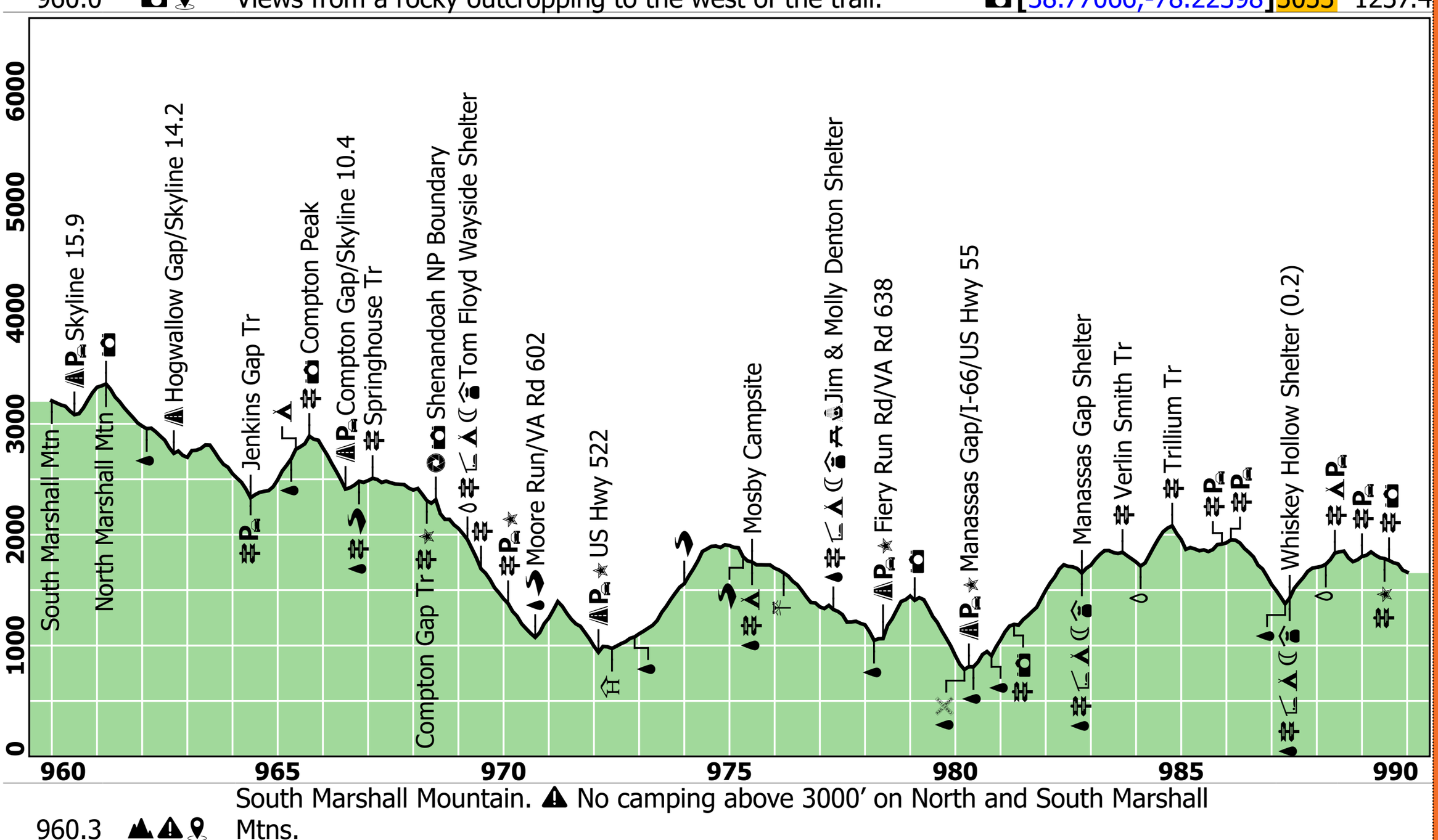
Cardinal Inn 540-743-5010. (www.cardinalinn.com) Hiker rate: winter $55, summer $75. Microwave, fridge. Free local calls. Free WiFi. [38.66769,-78.44176]

Quality Inn 540-743-6511.
$80 and up, pet fee $20. Microwave, fridge. Outdoor pool. Computer available for use, free WiFi. Restaurant onsite. [38.66585,-78.46675]

Appalachian Trail Outfitters in Luray 540-743-7400 (www.appalachiantrailoutfitters.com) Open M-Sat 10am-6pm, Su 1pm-5pm. Full-service outfitter. Large selectioon of footwear, socks, packs, and general supplies. Coleman and alcohol fuel by the ounce, and fuel canisters. Hydration supplies and freeze dried foods. Showers in town, laundry, hostel and other lodging close by. Brochure with local information, places to stay, eat, trail angels, and shuttle assistance. Free WiFi & pack sitting.
Mail drops: 2 West Main St, Luray, VA 22835. [38.66563,-78.46038]

Alison's Shuttles at Open Arms Hostel 540-244-5652 (cell) openarmsluray@gmail.com (www.openarmsluray.com) Owner: Alison Coltrane. Based out of Luray, VA. Pet friendly. Insured. 365 days, 6AM – 8PM & holidays. Email ahead for shuttle and/or hostel stay. We have a puppy that likes to meet hikers and ride along. Let me know if that's okay with you. Blaze gets along with other dogs!
S to Daleville, VA ➤ N to Carlisle, PA & airport, bus & train terminals. Slackpacking. Parking, free w/stay, $3/day for day-hikers. "Email is required with dates and end points for shuttle."

945.9	💧⛩ ⛺{8} ⛺☾📡📍	(0.2E) **26.8<<<15.3<<4.4<Pass Mountain Hut>13.1>>23.6>>>31.7** 💧 Water (piped spring) is located 15 yards behind shelter, ⛺ tenting, ☾ privy, 📡 bear box and pole. ⛩[38.67557,-78.32285] ⛺[38.67666,-78.31895]	2690	1251.5
946.7	⛰📍	Pass Mountain, wooded summit. ⛰[38.68290,-78.31418]	3052	1250.7
947.3	⛺	Tenting. ⛺[38.69073,-78.31633]	2802	1250.1
947.8	⚠⛩🅿📍	Cross **Skyline Drive MP 28.6**. Intersection with Rocky Branch Trail 100 yards south of Skyline Drive. ⛩[38.69409,-78.31963] 🅿[38.69915,-78.32058]	2490	1249.6
948.1	⛩⛺{2} 📷⚠ 🅿{25}📍	Side trail leads (0.1) east to Skyline Drive MP 28.5; Beahms Gap. Tenting, west side of trail. Space for 2 t tents, maybe 3. 350 feet south of w spring on AT. ⛩[38.69660,-78.32150] ⛺[38.69658,-78.32165] 🅿[38.69915,-78.32058]	2481	1249.3
949.1	⛰💧🪑🅿📍	Neighbor Mtn, Trail to 🪑 **Byrds Nest #4 Picnic Shelter** (0.5E), 💧 water is located (0.5E). ⛩[38.70331,-78.33206] 🪑[38.70150,-78.32492]	2600	1248.3
949.5	⛩🅿📍	Side trail (0.1E) to trailhead 🅿 parking area. ⛩[38.70681,-78.33162] 🅿[38.70766,-78.33084]	2409	1247.9
949.7	⛩🅿📍	Thornton River Trail leads (0.3E) to 🅿 parking on Skyline Drive. ⛩[38.72162,-78.32414]	2583	1247.7
951.3	⛺{2}📍	Tenting, east side of trail. Space for 2 ⛺ tents. ⛺[38.73710,-78.32021]	2484	1246.1
951.7	⛺{2}📍	Tenting, west side of trail. Space for 2 ⛺ tents, maybe 3. 350 feet south of 💧 spring on AT. ⛺[38.74164,-78.31989]	2773	1245.7
952.8	💧⛩📍	Small stream crossing, possibly from spring. Junction with Jeremys Run Trail to the west. 💧[38.74284,-78.31387]	2600	1244.6
953.0	🪑🚻🅿📍	Side trail east 100 feet to Elkwallow 🪑 Picnic Area. ⛩[38.74160,-78.31228]	2385	1244.4
953.3	⚠🍴🚻📞 🪑🅿{30} 📍	Cross **Skyline Drive MP 23.9**; Junction with Elkwallow Trail, (0.1E) mile to Elkwallow Wayside, (1.8W) to Matthews Arm Campground. 🅿 parking on Skyline Drive ⚠[38.73883,-78.30758] 🅿[38.73847,-78.30993]	2480	1244.1
954.1	💧⛩📍	Trail (0.1E) to Range View Cabin (locked). ⛩[38.74389,-78.29749]	2950	1243.3
954.6	⛩🅿📍	Junction with Piney Branch Trail, (0.2W) to 🅿 parking. ⛩[38.74913,-78.29215]	3013	1242.8
954.8	📷⚠🅿{8} 📍	Rattlesnake Point Overlook Skyline Drive MP 21.9, 🅿 parking (0.1) east. 📷[38.75042,-78.29058] ⚠[38.75095,-78.29020] 🅿[38.75158,-78.28885]	3100	1242.6
955.4	⛩⛺📍	Tuscarora Trail (southern terminus) to (0.7W) Matthews Arm campground. Open May-Oct, primitive sites for a fee. The Tuscarora Trail reconnects back to the AT in PA at Blue Mountain. ⛩[38.75771,-78.28598]	3400	1242.0
955.8	⚠🅿{15} 📍	Cross **Skyline Drive MP 21.1**, 🅿 parking west. ⚠[38.76097,-78.28198] 🅿[38.76119,-78.28225]	3350	1241.6
956.0	📷	Hogback Third Peak. 📷 View west from trail overlooking the Hogback Overlook on Skyline Drive. ⛰[38.76249,-78.27900]	3400	1241.4
956.1	📷⚠⛩ 🅿{15}📍	Cross Skyline Drive MP 20.8. Intersection with Sugarloaf Trail south of Skyline Drive, intersects with dirt road north of Skyline Drive. ⚠[38.76202,-78.27748] 🅿[38.76286,-78.27981]	3350	1241.3
956.3	⛰	Hogback Second Peak.	3475	1241.1
956.5	⛩💧⛺{4} 📍	Water (spring) is located (0.2) east. 100 yards down the trail to the spring are a few ⛺ tent sites on the left. There is room for 4 tents. ⛩[38.76184,-78.27180] 💧[38.75905,-78.27275]	3250	1240.9
956.6	⛰📍	Hogback First Peak. ⛰[38.76101,-78.26983]	3390	1240.8
957.3	⛩⚠ 🅿{10}📍	Little Hogback Overlook; Skyline Drive MP 19.7, side trail leads 50 feet east to 🅿 parking. 🅿[38.75885,-78.26273]	3000	1240.1
957.4	⛩📷📍	Side trail (30FT W) to Little Hogback Overlook. ⛩[38.75942,-78.26113]	3050	1240.0
957.7	⛩🅿📍	Side trail (0.1E) to 🅿 parking area. ⛩[38.75817,-78.25567] 🅿[38.75731,-78.25680]	2923	1239.7
957.9	⚠📍	Cross **Skyline Drive MP 18.9** ⚠[38.75863,-78.25094]	2850	1239.5
959.0	💧⛩ ⛺{8} ⛺☾📡📍	Bluff Trail leads (0.2E) to shelter. **28.4<<<17.5<<13.1<Gravel Springs Hut>10.5>>18.6>>>24.1** 💧 Water (boxed spring) is located on side trail near the shelter, ⛺ tent sites on a blue blazed trail, ☾ privy. A 📡 bear pole at the shelter and another up towards the tent site, also a box. ⛩[38.76564,-78.23395] ⛺[38.76390,-78.23363]	2480	1238.4
959.2	⚠⛩ 🅿{8}📍	Cross **Skyline Drive MP 17.7**; Gravel Springs Gap, 🅿 parking. Intersection with Browntown Trail north of Skyline Drive. ⚠[38.76794,-78.23356] 🅿[38.76774,-78.23356]	2666	1238.2
960.0	📷📍	Views from a rocky outcropping to the west of the trail. 📷[38.77066,-78.22398]	3053	1237.4



960.3	⛰⚠📍	South Marshall Mountain. ⚠ No camping above 3000’ on North and South Marshall Mtns. ⛰[38.77189,-78.22025]	3212	1237.1
960.8	⚠🅿{12} 📍	Cross **Skyline Drive MP 15.9**, parking west. ⚠[38.77489,-78.21193] 🅿[38.77523,-78.21086]	3050	1236.6
961.5	⛰📷⚠📍	North Marshall Mountain. Good 📷 views to the south and west from rocky outcropping near the summit. ⚠ No camping above 3000’ on North and South Marshall Mtns. ⛰[38.77595,-78.20251]	3368	1235.9
962.4	💧📍	Hogwallow Spring. 💧[38.78403,-78.19381]	2950	1235.0

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963.0		Cross **Skyline Drive MP 14.2**; Hogwallow Gap, parking west. [38.79007, 78.18839] P [38.79019,-78.18834]	2739	1234.4
964.0		Tent site. [38.79952,-78.17775]	2684	1233.4
964.7	P {14}	Intersection with Jenkins Gap Trail, (100 ft E) to trailhead P parking at Skyline Drive MP 12.3.; Jenkins Gap. . [38.80694,-78.18183] P [38.80658,-78.18070]	2400	1232.7
965.6		Compton Springs. [38.81610,-78.17720]	2700	1231.8
966.0		Compton Peak, blue blaze trail (0.2) east to Columnar Jointing Geologic Feature and, west to views. [38.81833,-78.17566]	2909	1231.4
966.8	P {14}	Cross **Skyline Drive MP 10.4**; Compton Gap. [38.82353,-78.17046] P [38.82363,-78.17051]	2550	1230.6
967.1		Intersection with Dickey Ridge Trail west; trail leads (0.2E) to Water (Indian Run Spring) is located down a dirt fire road. [38.82710,-78.16955]	2350	1230.3
967.4		Intersection with Springhouse Trail to the west. [38.83119,-78.16796]	2511	1230.0
968.6		Compton Gap Trail leads (0.5E) to Chester Gap. [38.84544,-78.15878]	2350	1228.8
968.8		Possums Rest Overlook with 180 degree views, SNP kiosk for self-registration, SNP northern boundary	2300	1228.6
969.5	{6}	(200 ft W) **28.0<<<23.6<<10.5<Tom Floyd Wayside>8.1>>13.6>>>18.1** Water is located (0.2) on a blue blazed trail to the right of the shelter and is not reliable, tent sties, privy, bear pole. [38.85063,-78.16325] [38.85038,-78.16390] [38.85006,-78.16555]	1900	1227.9
969.6		Blue blaze trail leads west (0.2) to Ginger Spring and tent site. Built for shelter overflow.	1956	1227.8
969.8	P {3}	Harmony Hollow Trail, Blue blaze trail leads west (0.6W) VA. 601 and P parking. [38.85366,-78.16544] P [38.85514,-78.17249]	1762	1227.6
970.2		Power line.	1480	1227.2
970.3	P {10} ★★★★★	Side trail leads (0.3W) to Northern Virginia 4-H Swimming Pool. [38.85707,-78.16671] P [38.86078,-78.16814]	1350	1227.1
970.9		Cross stream, not reliable. **Do not use water from stream because of houses upstream.** [38.86161,-78.16447]	1280	1226.5
971.0		Cross **VA. 602/Moore Road**. [38.86401,-78.16253]	1150	1226.4
972.4	P {10} ★★★★★	Cross **U.S. 522**. **See note below under Vistors Center about trolley that runs from here to Front Royal.** P [38.87798,-78.15055]	950	1225.0
		Trolley runs from trail head to the town of Front Royal Mid-May thru July, call for details. M-F 9:45am and 2:20pm. Sa-Su 2:20pm and 5:20pm. Fifty cents to ride the trolley. 540-635-5788.		
		(0.3E) **Mountain Home** 540-692-6198 MountainHomeAT@gmail.com (www.mountainhomeat.com). Lisa & Scott "Possible" Jenkins. AT Passport location. Open year-round, call or email ahead recommended, drop-ins OK. 1847 Historic Home and cozy "Cabbin" were purchased and rehabilitated after Scott's SoBo thru-hike in 2012. Check in at Main House – patio side entrance. Located 120 steps east of AT, from Gate 7 sign, where it bends north from Route 522. Look for sign, long stone wall on left and red brick "Cabbin" up the hill. Cabbin: has 4 twin beds upstairs, 2 double beds downstairs. Main house has two informal rooms that sleep 2-4 each. Full room for 2 w/2 twins 1/2-bath $85. Full room for 3 w/queen and 2 twins $123. Can add a roll-away for $41 card/$40 cash. Bed rate in shared space: $41 PP card, $40 PP cash. Hiker mid-week special on formal private rooms 2-4 people in Main House: $125/room All stays include b breakfast, bed, fresh linens, shower, AC/heat, breakfast, Wi-Fi, some cell, loaner clothes, hiker box, boot dryers, shuttle to town. Laundry $5 per load. $ Max 1 dog per night in Cabbin only for $5; outdoor kennel available for short day use. Pizza, ice cream, sport drinks, snacks & fuel for sale on site. Free juice, water, recharging, bathroom at Main House for day visitors, too. P Parking $4 per day for non-guests. Call for availability. Mail drops: c/o Mountain Home B&B, 3471 Remount Rd., Front Royal, VA. 22630. [38.87496,-78.14486]		
		Front Royal, VA. (3.5W) (all major services) See Front Royal, VA map.		
		PO M-F 8:30am-5pm, Sa 8:30am-1pm, 540-635-8482. 120 E 3rd St. Front Royal, VA 22630. [38.92340,-78.19208]		
		Visitors Center 540-635-5788. (www.discoverfrontroyal.com) AT Passport location. Open 7 days a week 9am-5pm, except Thanksgiving, Christmas, and New Years. Hiker goody bags, hiker box, pack storage. Cold drinks for sale. Sells stamps. Restrooms, free WiFi. Mail drops: 414 East Main Street, Front Royal, VA, 22630 [38.91759,-78.18929]		
		Mountain Trails, Base Camp 540-749-2470. Full service outfitter. Hiker food. Equipment repairs. AT Passport location. Fuel (canister, and alcohol by the oz). Free shower, coin laundry, restrooms, lockers, boot dryer, message board, WiFi. AT mural. Shuttle operated by the city of Front Royal (.50c). Hours: M-Th 9:30 a.m.-6 p.m., Fri-Sat 9:30 a.m.-7 p.m., Sun 12-5 p.m. Mail drops: 120 E Main St, Front Royal, VA 22630 [38.91798,-78.19211]		
		Baymont 540-635-3161. Recently renovated. Call for rate, $10EAP (up to 4) includes hot continental breakfast. Pets $15. Guests laundry, microwave, fridge, flat screen TV and HBO, free WiFi. Outdoor pool. When you check-in let them know if you need a ride back to the AT in the morning (free). Thai restaurant onsite. Mail drops for guests only: 10 Commerce Avenue, Front Royal, VA 22630. [38.91658,-78.18570]		
		Parkside Inn 540-631-1153. (www.parksideinnfrontroyal.com) Clean, hiker friendly: $50-75, microwave, fridge, laundry, free WiFi. Trail pickup and drop off when available. [38.90990,-78.19469]		
		Super 8 540-636-4888. $62.60 and up, 10% hiker discount. Pets $10. Microwave, fridge, computer available for use, free WiFi. [38.91138,-78.19294]		
		Budget Inn 540-635-2196. (www.budgetinnfrontroyal.com) $49.95 and up, Pet fee. Microwave, fridge, free WiFi. [38.93278,-78.19458]		
		BeYOUtiful Salon & Barber 540-636-3300. Located at 413 South St, Front Royal. M 9am-5pm, T-W closed, Th 9am-5pm, F 9am-3pm, Sa 9am-3pm, Su 10am-2pm, closed hoildays. [38.91103,-78.18755]		
		Mountain Shuttle of the Shenandoah 540-622-6060 (yellowcabofftheshenandoah.com) Owner: Tony Elar. Based out of Front Royal, VA. Pet friendly. Insured. 365 days, 24/7 & holidays. **S to NC state line ➤ N to NY state line** & airport, bus & train stations. P Parking, free. "All cars late model Crown Vic's w/ A/C, and big trunks."		
		Kristine "Montana" Villatoro 703-585-1757 kvillato5@yahoo.com Owner: Kristine Villatoro. Based out of Front Royal, VA. No pets. 365 days, 10am-4pm, depending on availability, (call ahead) & some holidays. **S to SNP/Luray, VA ➤ N to Harpers Ferry, WV** "Please send me an email or text. I normally will not answer calls that I dont know number. I work Monday-Thursday so shuttle is limited. Masks required while in my vehicle."		

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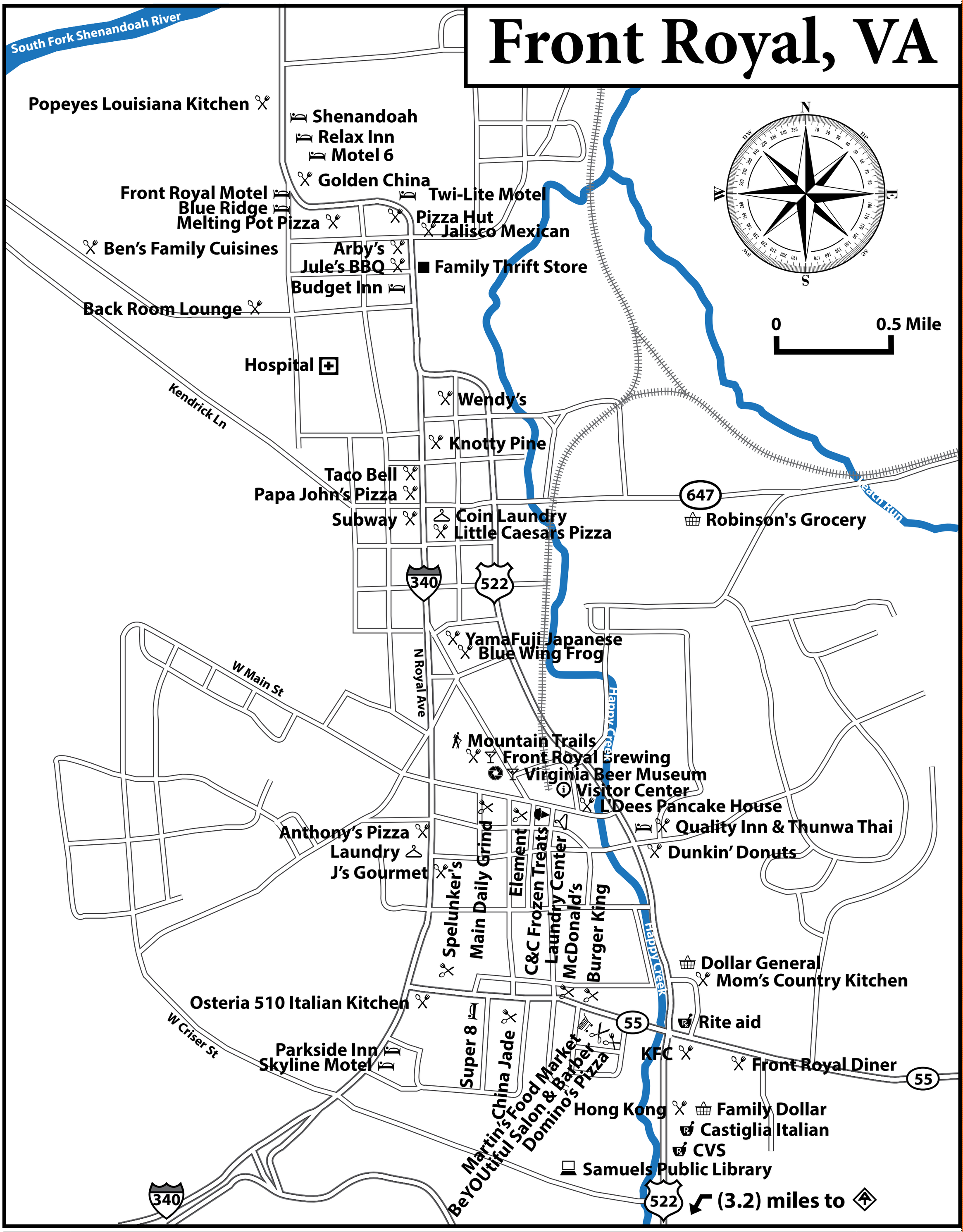
Next Bend Adventures, LLC. 703-907-9662 ✉ wander4soul@gmail.com (www.nextbendadventures.com) Owner Susan "Goldilocks" Tschirhart 🐾 Pet friendly. 🛟 Insured. Year-round. Based out of Front Royal, VA. Car capacity is 4 hikers. Operating hours, Week: 6 am to 9 am; 4 pm to 8 pm; Weekend: all day and holidays.
S Waynesboro, VA. to ◄ ► N to Harpers Ferry, WV. & ✈ airports, 🚌 bus, and 🚆 Train terminals. Dulles Airport, Culpepper and Manassas. 🎒 Slackpacking.
Also certified in Wilderness First Aid, First Aid and CPR. Service area includes Shenandoah National Park.

BGS Hiker Shuttle 540-830-5778, Bill Markunas ✉ billmarkunas@yahoo.com

Patricia "Blue Heron" Phair 615-806-9009 (2 people only) **S to Waynesboro, VA. ◄ ► N to Harpers Ferry.**

Scott Martin 360-513-4234 ✉ bikeandski80@gmail.com

Trail Smith Services, LLC 703-206-8490, Tony "Smooth" Smith **S to Wayndesboro, VA. ◄ ► N to Harpers Ferry.**



972.7		Near fence corner.	[38.87620,-78.14662] 980	1224.7
973.2	💧	Cross Bear Hollow Creek.	💧[38.87890,-78.13831] 1089	1224.2
974.2		Cross old road.	[38.87895,-78.12485] 1562	1223.2
974.3		Cross road.	1575	1223.1
975.6		Cross **Forest Road 3460**.	[38.88068,-78.10531] 1808	1221.8
975.7	💧⛩⛺{4}	Cross stream. Blue blaze east 100 yards to Mosby campground. 💧 Tom Sealock Spring is located 25 yards downhill from ⛺ campsite, spring coordinates listed. ⛩[38.87992,-78.10292] 💧[38.87945,-78.10173] ⛺[38.87933,-78.10218]	1800	1221.7
976.4		Power line.	[38.88521,-78.09333] 1653	1221.0
977.6	💧⛩🎒 🚽{7}⛺ 🌙🚻🎒 🛖	(150 ft W) to shelter. **31.7◄◄◄18.6◄◄8.1◄Jim and Molly Denton Shelter►5.5►►10.0►►►18.4** 💧 Water (spring) is located on the AT 150 feet south, lots of ⛺ tenting sites, 🌙 privy, 🎒 solar shower, 🚻 bear pole, 🛖 picnic table and pavilion, horseshoe pit.	🚽[38.89008,-78.08313] 💧[38.88927,-78.08282] 1310	1219.8
977.7		Old road intersects west.	1342	1219.7
978.4	⛩	Intersection with another trail.	1164	1219.0
978.5	💧	Small stream/Manassas Run.	💧[38.89636,-78.07324] 1088	1218.9

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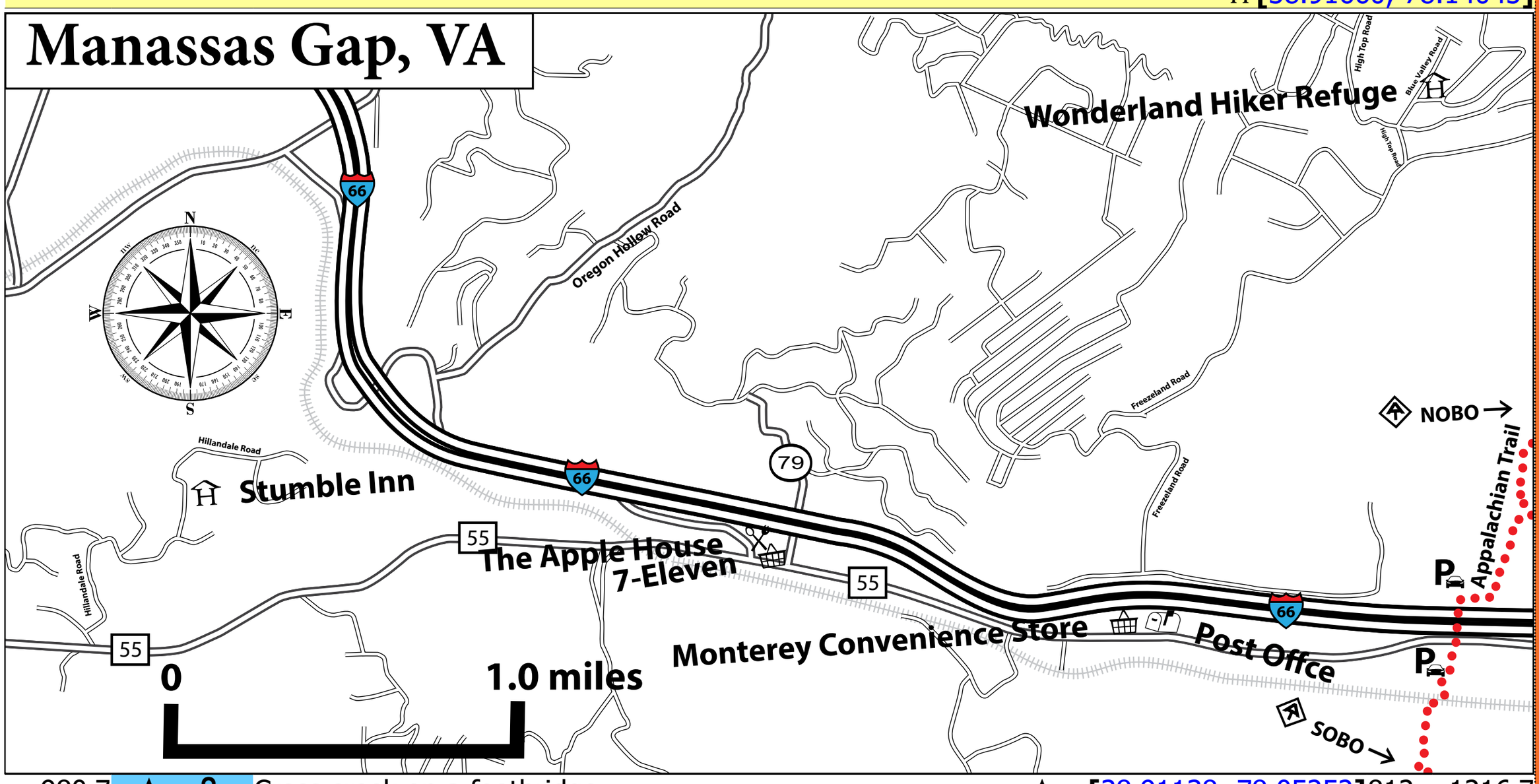
978.7		Cross **VA. 638**, Fiery Run Rd [38.89735,-78.07181]	1065	1218.7	

Linden, VA. (0.9W)

		(1.0W) **PO** M-F 8-am12pm & 1pm-5pm, Sa 8am-12pm, 540-636-9936, packages only held for 15 days. 13474 John Marshall Hwy. Linden, VA 22642. [38.90991,-78.07495]			
		(2.3W) **Apple House Restaurant** 540-636-6329. (www.theapplehouse.net) Open M 7am-5pm, Tu-Su 7am-8 pm. Hiker specials, supplies and rides sometimes available. [38.91378,-78.10160]			
		(0.9W)			
979.5		Bench east of trail at the top of an open meadow with good views.	1450	1217.9	
980.5		Cross railroad tracks. Trail also crosses Goose Creek 50 yards north of the railroad tracks. [38.90808,-78.05421]	867	1216.9	
980.6	{4} {6} ★★★★★	Trail crosses **VA 55** and beneath I-66. P Parking south of VA 55 and north of I-66; Manassas Gap. P Pass under I-66 north and south lanes. There are two P parking areas. P [38.90922,-78.05332] P [38.91139,-78.05290]	800	1216.8	

Linden, VA .(1.2W) See notes at NOBO mile 978.7

		(4.2W) **Wonderland Hiker Refuge** 571-722-4841 scottlyricu@gmail.com. No pets. Donation based. Bunk room, includes Shower and laundry. Computer available for use. Free WiFi. Slackpacking offered with stay. [38.93853,-78.05611]			
		(6.2W) **Stumble Inn** 703-470-1654 stumbleinnat@gmail.com (www.stumbleinnat.com). Owned by 2018 thru hikers Stumbles and Texas. Pet friendly. Open April 1st- July 4th weekend. Free pickup from U.S. 522. mm 972.1 (route 522) Call ahead for one of below pickup times (8:45, 12:30, 4:15, 6:00). $35 bunk, $70 private Queen. Fresh linens provided. Town run included with 2 hour drop off from 4-6 pm. Stay includes shower, laundry, hiker kitchen, individual charging station with each bunk, loaner clothes, boot dryers, hiker box, fire pit and grill use, complementary coffee/ tea, Wi-Fi excellent 4G. $8 hot breakfast. Snacks, pizza, and cold drinks available for purchase. Mail drops: Free for guests. C/O Stumble Inn 990 Hillandale Road Front Royal, VA. 22630. [38.91660,-78.14045]			



980.7		Cross creek on a footbridge. [38.91138,-78.05252]	812	1216.7	
981.6		Blue blaze Ted Lake Trail leads east to overgrown view. Ted Lake Trail leads (0.8W) to trailhead parking.	1339	1215.8	
983.1	{6}	(200 ft E) **24.1<<<13.6<<5.5<Manassas Gap Shelter>4.5>>12.9>>>19.8** Water (spring) is located near the shelter on a side trail, tenting, privy, bear pole. [38.93084,-78.03357] [38.93073,-78.03270] Blue-blazed trail south of shelter leads (0.9W) to VA 638.	1655	1214.3	
984.3		Stream, unreliable.	1789	1213.1	
985.0	{10}	Trico Tower Trail (aka Trillium Trail) leads (0.3) west to Trico Road just short of Trillium parking area on VA. 638. [38.95105,-78.02620] P [38.95365,-78.02710]	1900	1212.4	
985.3		Cross Trico Fire Road. [38.95317,-78.02140]	1888	1212.1	
986.1		Side trail leads (0.2W) to Freezeland Road and parking. [38.96349,-78.01613] P [38.96324,-78.01974]	1930	1211.3	
986.2		Side trail leads (0.3W) to Fire Trail Road and parking. [38.96475,-78.01440] P [38.96749,-78.01831]	1973	1211.2	
987.6	{4} {9}	(0.2E) **18.1<<<10.0<<4.5<Whiskey Hollow Shelter>8.4>>15.3>>>26.3** Water **TREAT WATER**. (Whiskey Hollow Creek) is located in front of the shelter, tenting, hammocking, privy, bear pole. [38.97048,-77.99923] [38.96991,-77.99700]	1230	1209.8	
987.7		Cross dirt road. [38.97167,-77.99830]	1492	1209.7	
987.9		Power line. [38.97454,-77.99783]	1618	1209.5	
988.6		Water (spring). [38.98272,-77.99839]	1578	1208.8	
988.7	{10}	Side trail (0.1W) to P parking area for 10 cars on Signal Knob. [38.98448,-77.99876] P [38.98545,-77.99971]	1799	1208.7	
988.8		Side trail west to camping. ⚠ **NOBO hiker, no camping north of here for the next (3.6) miles.**	1810	1208.6	
989.3	{10}	Pass path to the west side leading (0.1W) to Orchard P parking area for 10 cars. [38.99125,-77.99367] P [38.99181,-77.99488]	1821	1208.1	
989.8	{6} ★★★★★	Blue-blaze North Ridge Trail leads (1.5E) to Sky Meadows Campground or (1.7E) miles to P parking. [38.99543,-77.99054]	1780	1207.6	
	{12}	(1.7E) **Sky Meadows Campground**, 1-800-933-PARK. Reservations required. tent pads $20, group camping $9, picnic table, bear-proof locker, pit toilet. [38.99311,-77.96743]			
989.9		Cross gas pipeline. Intersection with purple-blazed Old Trail to the west. [38.99725,-77.98932]	1761	1207.5	

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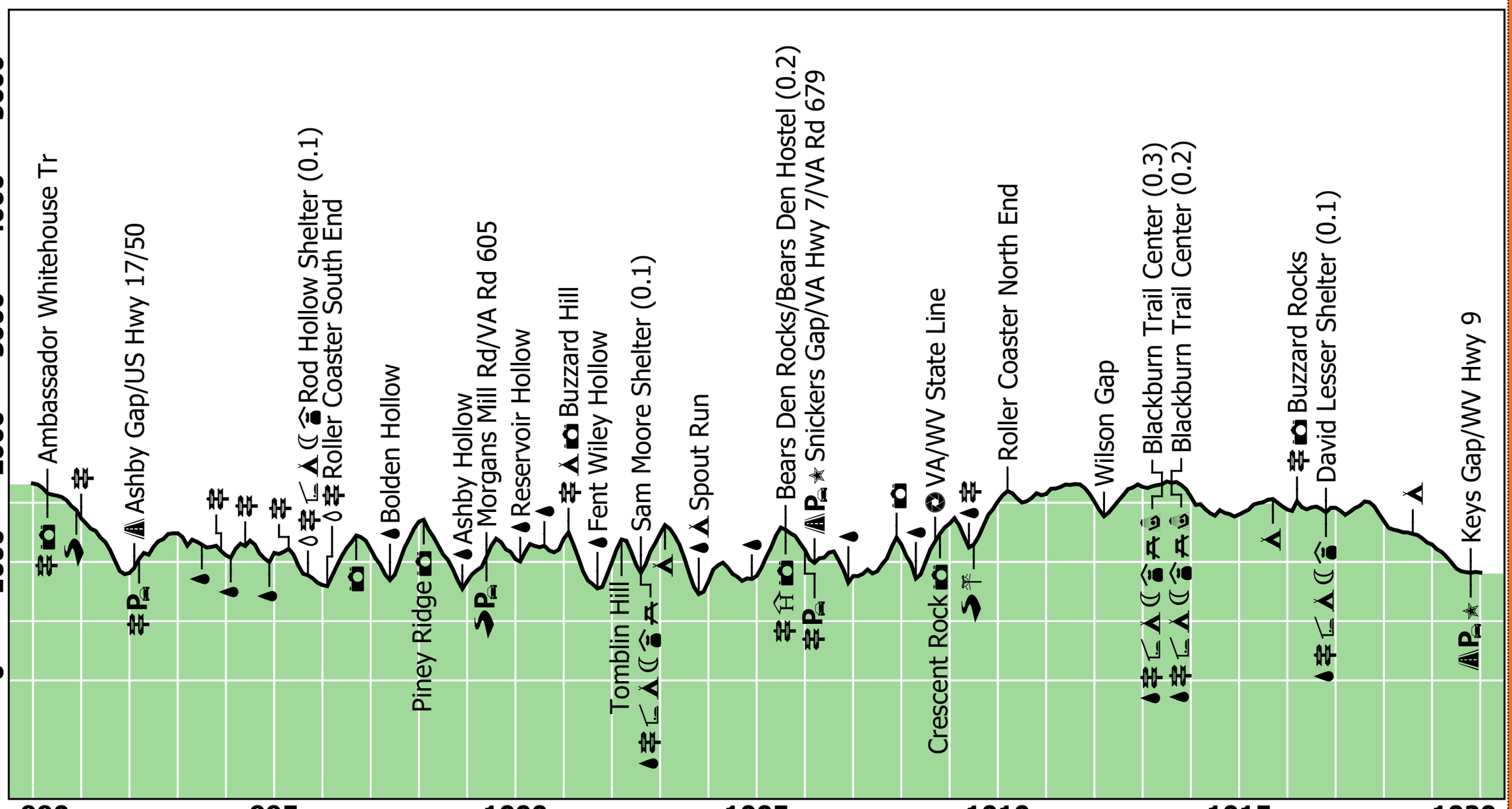

990.5		Pass sign at boundary of Sky Meadows State Park. [38.99261,-77.99179]	1838	1206.9
990.5		Intersection with blue-blazed Ambassador Whitehouse Trail to the east, good views from open meadows. [39.00256,-77.98068]	1575	1206.9
991.2		Cross old roadbed. [39.00872,-77.97632]	1372	1206.2
991.3		Old Trail, purple blazed. [39.00998,-77.97711]	1380	1206.1
992.4		Cross U.S. 50, US. 17, Ashby Gap. ⚠ **SOBO hiker, no camping south of here for the next (3.6) miles.** [39.01677,-77.96478]	900	1205.0
992.6	P {6}	Blue blaze trail leads 85 yards east to PATC trail head P parking lot. [39.01741,-77.96292] P [39.01653,-77.96201]	1084	1204.8
993.9		Cross creek	1095	1203.5
994.2		Blue blaze (south end) leads to Myron Glaser Cabin, reserved for PATC members only. [39.03378,-77.95524]	1123	1203.2
994.4		Cross creek.	1022	1203.0
994.7		Blue blaze (north end) leads (0.2) to Myron Glaser Cabin, reserved for PATC members only. [39.03597,-77.95122]	1015	1202.7
995.2		Cross creek.	1000	1202.2
995.7		Blue blaze Fishers Hill Loop Trail to the west, rejoins the AT at NOBO MM 996.0. [39.04335,-77.94717]	1102	1201.7
996.0	{7}	(0.1W) **18.4<<<12.9<<8.4<Rod Hollow Shelter>6.9>>17.9>>>21.1** Water (spring) is located in the streams just south of the shelter, tenting, privy. [39.04704,-77.94218] [39.04781,-77.94440]	840	1201.4
996.3		Blue blaze Fishers Hill Loop Trail to west, rejoins the AT at NOBO MM 995.4. [39.05090,-77.94100]	800	1201.1
996.4		30 foot boardwalk.	826	1201.0
996.5		Start of Roller Coaster for NoBo hikers, end for SoBo hikers. [39.05201,-77.94158]	809	1200.9
997.7		Cross creek.	1189	1199.7
998.3		Piney Ridge knoll, view. [39.06241,-77.92235]	1342	1199.1
999.2		Cross footbridge over Morgans Mill Stream.	772	1198.2
999.7	P {6}	Cross **VA. 605, Morgans Mill Road**. P [39.07210,-77.91208]	1140	1197.7
1000.3		Cross Reservoir Hollow, brook. Follow the creek (0.1E) to Hollow Brook Falls. [39.06993,-77.90363] [39.06906,-77.90274]	1096	1197.1
1000.9		Lonely Spring. Old foundation 50 yards north [39.07400,-77.89980]	1150	1196.5
1001.5		Trail west leads to summit of Buzzard Hill with nice views. Campsite nearby [39.08021,-77.90175]	1183	1195.9
1002.0		Cross Fent Wiley Hollow, creek. [39.08410,-77.89702]	775	1195.4
1002.1		Cross creek. [39.08561,-77.89538]	775	1195.3
1002.3		Cross old road.	1028	1195.1
1002.5		Top of Tomblin Hill	1169	1194.9
1002.9	{6} {2}	Cross branch of Spout Run. Blue blaze 35 yards south leads east to unreliable Sawmill Spring and to continue of 90 yards to **19.8<<<15.3<<6.9< Sam Moore Shelter>11.0>>14.2>>>30.1** Water (Sawmill Spring) is located in front of shelter or spring to left of shelter, tenting, privy, bear pole. picnic pavilion. [39.09158,-77.88692] [39.09063,-77.88660]	990	1194.5
1003.0		Cross old road.	932	1194.4
1004.1		Cross Spout Run. [39.10225,-77.87474]	741	1193.3
1005.3		Cross creek on footbridge. [39.11170,-77.86178]	864	1192.1
1005.9		Bears Den Rocks with good views, (0.2E) Bears Den Hostel, tap water available. [39.11192,-77.85625] **See Bluemont, VA map**.	1350	1191.5
		(0.2E) **Bears Den Hostel** 540-554-8708. (www.bearsdencenter.org) AT Passport location. Stone lodge, ATC owned and PATC operated. Bunk $30PP, tenting $15PP includes full house privileges. Hiker Special $34: Bunk, laundry, pizza, soda and pint of Ben & Jerry's ice cream $40PP. All stays include shower and self serve pancake breakfast. Laundry, computer available for use, free WiFi. Hiker room with TV, shower, Internet and sodas, accessible all day by entering a mileage code at the hostel door. Upper lodge, kitchen, camp store and office open 5pm-9pm daily. Check-out 9am. Slackpacking and shuttles may be available during summer months. P Parking $3 per day. Credit Cards accepted. [39.11110,-77.85425] Mail drops, picked up during office hours: Bears Den Hostel, 18393 Blue Ridge Mountain Rd, Bluemont, VA 20135.		
1006.3	P {20}	Side trail leads (0.3E) to P parking. P [39.11555,-77.84669]	1075	1191.1

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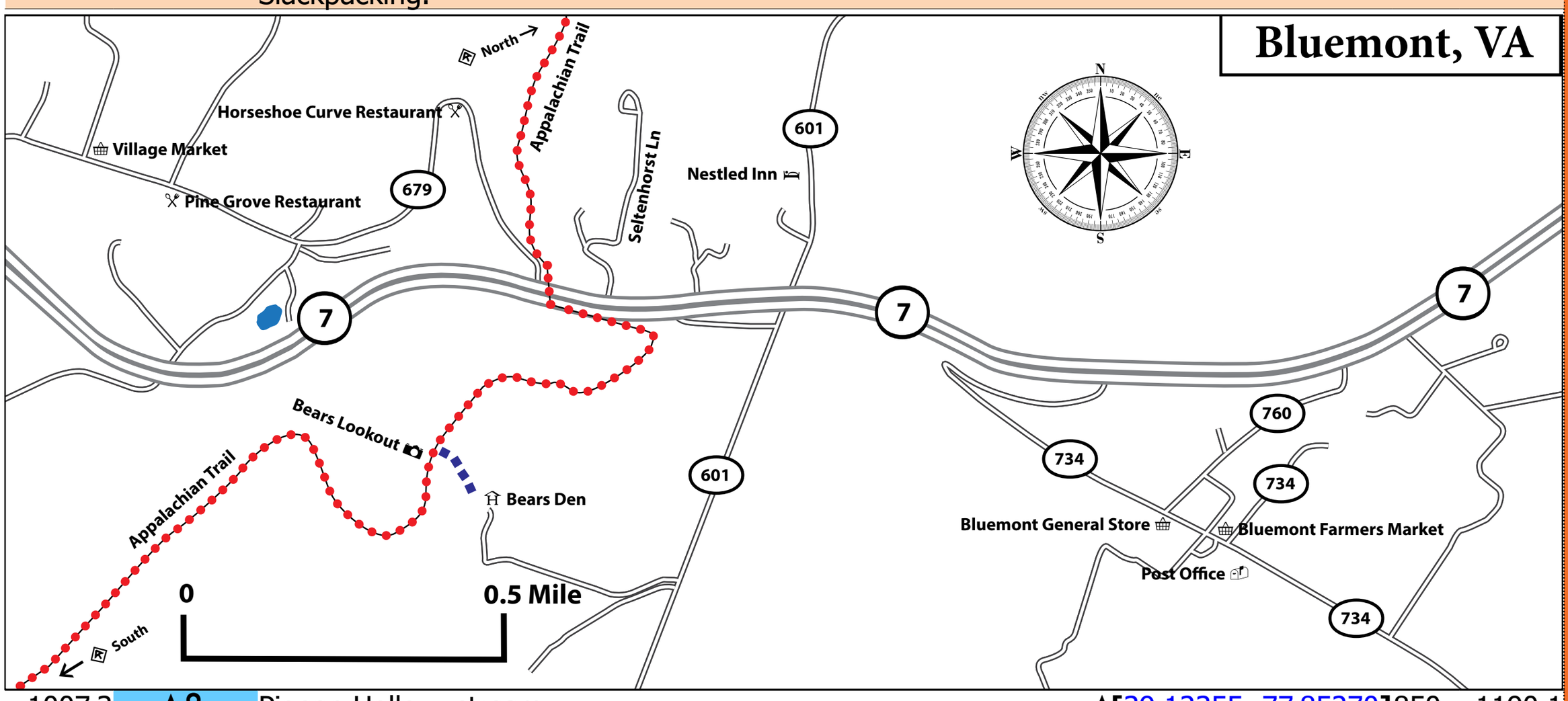
		Cross **VA. 7, VA. 679**, Snickers Gap. Same P parking [39.11653,-77.85236]			
	⚠P{10}	Caution against parking on the shoulders of VA 679 if the VA 679 parking lot is full -			
1006.5		vehicles parked on either shoulder will be towed. Alternate parking is available nearby at			
	★★★★★	the intersection of VA 7 and VA 601, where a rather large parking lot is located. If your			
		car is towed, contact the Clarke County Communications Center at 540-955-1234.		1000	1190.9
Bluemont, VA. (1.7E) See Bluemont, VA map.					
		(1.8E) **PO** M-F 10am-1pm & 2pm-5pm, Sa 8:30am-12pm, 540-554-4537. 33775 Snickersville Tpke. Bluemont, VA 20135. [39.11001,-77.83221]			
		(0.4W) **Horseshoe Curve Restaurant** 540-554-8291. M Closed, Tu-W 5pm-9pm, Th-Su 12 pm-9pm. [39.12024,-77.85522]			
	WiFi	(0.9W) **Pine Grove Restaurant** 540-554-8126. M-Sa 7am-8pm, Su 7am-2pm. Welcomes hikers, serves breakfast, lunch and dinner, breakfast served all day. Free WiFi, ATM. [39.11833,-77.86319]			
		(1.8W) **The Village Market** 540-955-8742. M-Sa 11am08pm, Sun Closed. [39.11925,-77.86538]			
		(1.7E) **Bluemont Farmers Market** 540-454-8089. **CHECK ON HOURS** Store features a wide variety of items for sale - from farm fresh produce including locally raised grass fed Angus beef and free roaming chickens, to creative and whimsical items for house and farm. [39.11063,-77.83285]			
		Scott & Marie Wheaton 540-514-9385. scottandmariewheaton@gmail.com Owners: Scott & Marie Wheaton - "Hopeful & Red Wing". Based out of Bluemont, VA. Pet friendly. 365 days, (call for availability) & some holidays. **S to SNP, (N end) ◄ ► N to Southern PA** & airport, bus & train terminals. Slackpacking.			



1007.3		Pigeon Hollow, stream.	[39.12355,-77.85270]	850	1190.1
1008.7		Water (spring).	[39.13749,-77.84220]	1083	1188.7
1009.0	State Line	**Virginia–West Virginia State Line**. View to the west.	[39.14016,-77.84029]	1140	1188.4
1009.1		Raven Rocks, view to the east from cliffs.	[39.13930,-77.83790]	1252	1188.3
1009.7		Old road leading west 70 yards to Sand Spring (seasonal), 20 yards further to a dependable spring and Ridge to River Trail.		1150	1187.7
1009.8		Power line. Devils Racecourse, boulder field.	[39.14463,-77.83151]	1200	1187.6
1010.5	State Line	End of Roller Coaster for NoBo hikers, start for SoBo hikers. **West Virginia-Virginia State Line**.	[39.14681,-77.82392]	1595	1186.9
1011.2		Friends Trail leads west.	[39.15541,-77.81853]	1575	1186.2
1012.7		Wilson Gap, side trails here.	[39.17240,-77.80782]	1380	1184.7
1013.4		Unnamed trail leads west.	[39.18066,-77.80355]	1652	1184.0
1013.6		South access trail to Blackburn Trail Center leads (0.3E), long and doesn't pass the group campground. Group campsite is the northern access trail. Side trail leads (0.2) east **Blackburn AT Center** see **notes below** (0.1) east to campground.		1651	1183.8
1013.9	{8} {6} ★★★★★	(0.2E) **26.3<<<17.9<<11.0< Blackburn Trail Center>3.2>>19.1>>>23.2** Water, tenting, privy.	[39.18770,-77.79780]	1650	1183.5
		(0.2E) **Blackburn Trail Center** 703-967-2226. AT Passport location. Open year round. The Center offers a hiker cabin with four double bunks with a picnic pavilion; tent platforms are located below the hiker cabin. Showers available during warmer weather. Water is available from an outside spigot and a solar shower is located on the lower lawn. On porch of main building are logbook, donation box, pay phone, and electrical outlets. Shuttles sometimes available. [39.18755,-77.79798]			
		(0.1E) **Group campground** with tent sites, picnic tables, and a privy is located on the north blue blaze trail. The Trail Center is owned and operated by the Potomac Appalachian Trail Club and is used to house trail crews, hold meetings, training seminars and retreats. A caretaker lives on site.			

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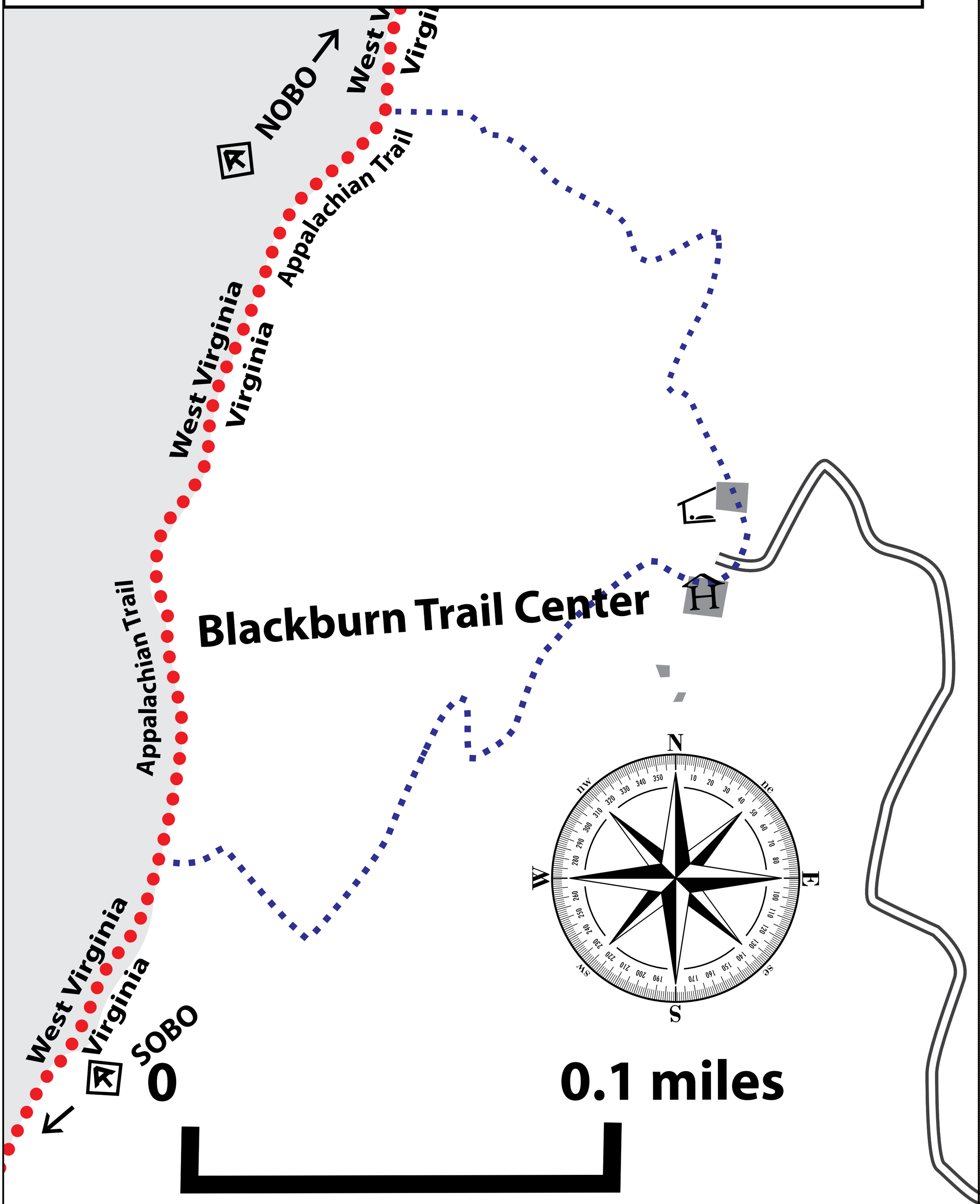
Blackburn Trail Center



1014.0		Path west to outcrop with views. [39.19071,-77.79921]	1666	1183.4
1015.5	P	Side trail leads west to P parking. [39.20970,-77.79221] P[39.20873,-77.79460]	1465	1181.9
1016.0		Clearing with campsites.	1527	1181.4
1016.5		Blue blazed trail (0.1W) to Buzzard Rocks, left branch in trail has limited views, right branch of trail has no views. [39.22139,-77.78604]	1512	1180.9
1017.1	{6}	(350 ft E) to shelter. **21.1<<<14.2<<3.2<David Lesser Memorial Shelter>15.9>>20.0>>>25** Water (spring) is located (0.4) downhill from the shelter, tenting, ☾ privy. [39.22748,-77.78012] [39.22725,-77.77910] [39.22384,-77.78007]	1430	1180.3
1018.1		Cross old road.	1516	1179.3
1019.0		Primitive campsite.	1229	1178.4
1019.7		Cross polluted stream, **Do not drink water from stream**.	1048	1177.7

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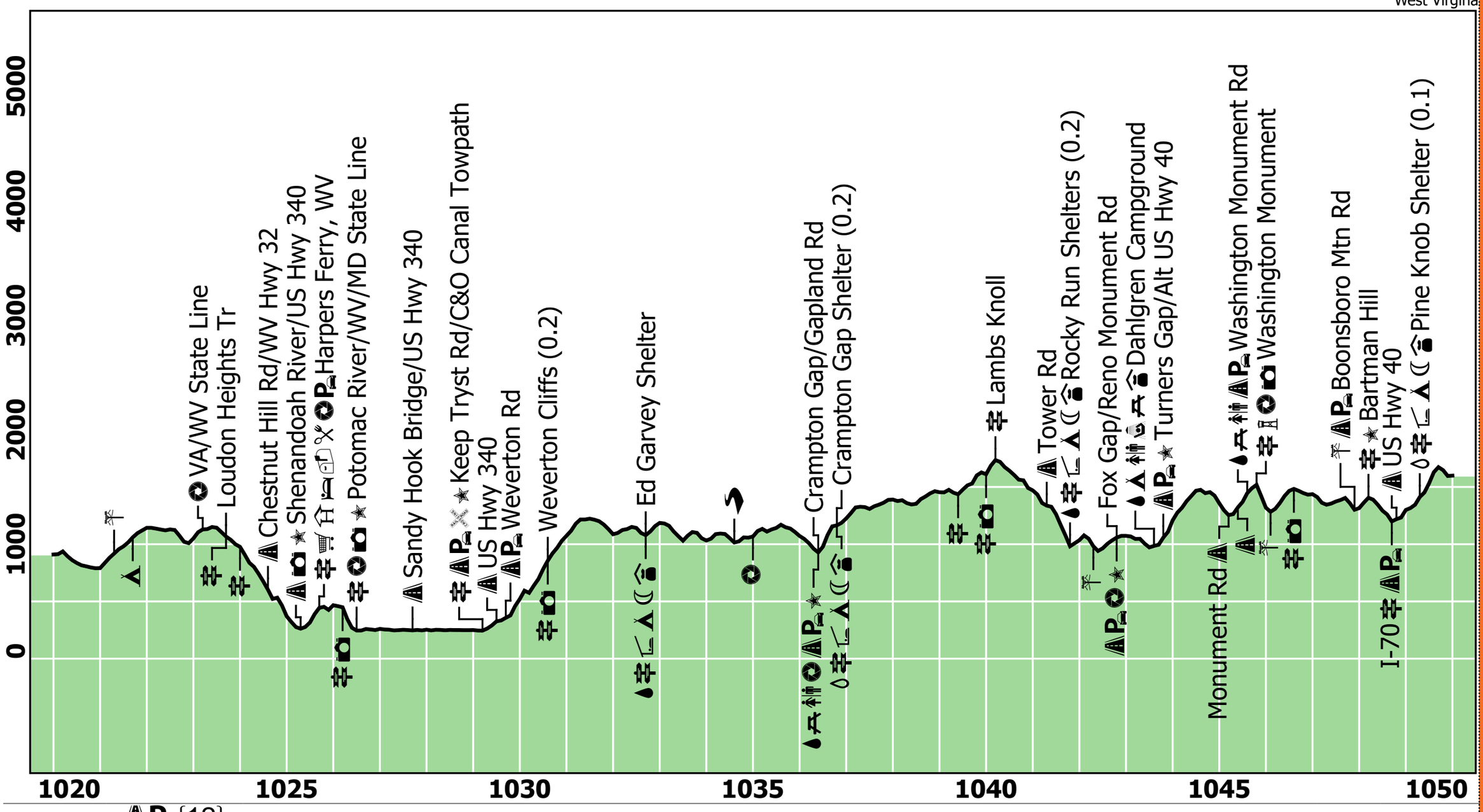

		{12}		
1020.1		Cross **VA. 9**, **Keys Gap**. **See Keys Gap, VA map**.	[39.26140,-77.76245]	935 1177.3
		(0.3E) **Sweet Springs Country Store** 540-668-7200. Good selection of hiker foods. Fuel available. Full deli, sandwiches, hamburgers, subs and fried chicken. M-Sa 4am-11pm, Su 7am-11pm. Mail drops: 34357 Charles Town Pike, Purcellville, VA 20132.	[39.25678,-77.76113]	
		(0.3) west at intersection) **Mini-Mart & Torlone's Pizza** 304-725-0916. M-Th 11am-9pm, F-Sa 11am-10pm, Su 12pm-8pm. Restaurant and conveyance store.	[39.26130,-77.76779]	

1021.6		Power line.	[39.28063,-77.75314]	920 1175.8
1022.0		4 Mile Campsite, no water.	[39.28652,-77.75127]	1120 1175.4
1024.0	**State Line**	Blue blaze Loudoun Heights Trail east. **Virginia–West Virginia State Line**.	[39.30902,-77.73853]	1200 1173.4
1024.3		Blue blazed trail leads to Loudoun Heights Trail east.	[39.31504,-77.73466]	977 1173.1
1025.0		Cross **W VA. 32, Chestnut Hill Road**	[39.31475,-77.74054]	820 1172.4
1025.7		Cross **U.S. 340,** **Shenandoah River Bridge (south end)** **See Harpers Ferry, WV map**.	[39.31903,-77.73968]	312 1171.7
1026.0		**Cross U.S. 340,** **Shenandoah River Bridge (north end)** **See Harpers Ferry, WV map**.	[39.32165,-77.74397]	394 1171.4
Harpers Ferry, WV. See Harpers Ferry, WV map.				
		PO M-F 8am-4pm, Sa 9am-12pm, 304-535-2479. 1010 Washington St. Harpers Ferry, WV 25425.	[39.32661,-77.74503]	

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ATC Headquarters 304-535-6331. (www.appalachiantrail.org) Closed until February 2021. With normal protocols being impacted by COVID, visit (appalachiantrail.org/harpers-ferry-visitor-center) for more information. Information board on the front porch. Some items may become available again if COVID status changes. [39.32285,-77.74043] [39.32555,-77.74051]

(360FT W) **The Town's Inn** 304-932-0677 or 304-702-1872 (mobile). (www.thetownsinn.com) Located about 100 steps from the AT. {9} Private rooms $80-$200, sleeps from 1 to 6 persons, {3} pet room. Hostel walk-in only $40PP. Dining available 6am-10pm daily year-round. Shop stocked for hiker resupply. Laundry $5. Shuttles $1.50/mile. All Credit Cards accepted. [39.32372,-77.73160]

The Outfitter at Harpers Ferry & Harpers Ferry General Store 888-535-2087. (www.theoutfitteratharpersferry.com) AT Passport location. Full service outfitter with good selection of shoes & trail food. Shuttle referrals. M-Su 10am–6pm, later on F-Sa. Located just steps off the AT across the street from the train station at 161 Potomac St. [39.32377,-77.73093]

(0.1W) on 340 **Quality Inn/Econo Lodge** 304-535-6391. No pets. Rates $93–$119. 10% hiker discount, hot breakfast bar. Laundry. Computer available for use, free WiFi. [39.32190,-77.74666]

(1.2W) on 340 **Harpers Ferry KOA** 304-535-6895. (www.koa.com/campgrounds/harpers-ferry) Camping $40 and up, cabins $85 and up, $8EAP. Coin laundry on-site, shower only $5, WiFi. Camp store. [39.31470,-77.76384]

(1.2W) on 340 **Clarion Inn** 304-535-6302. Rates $123 and up, continental breakfast, laundry, indoor pool, Spa, computer available for use, free WiFi. Restaurant onsite. [39.31677,-77.76636]

Charles Town, WV 25414 (6.0W) (All major services)

Walmart Supercenter with grocery and pharmacy 304-728-2720. Open M-Su 24 hours. Pharmacy M-F 9am-9pm, Sa 9am-7pm, Su 10am-6pm. [39.30030,-77.82738]

Jefferson Medical Center (emergency room) 304-728-1642. [39.29579,-77.85854]

Jefferson Urgent Care 304-728-8533 (www.jeffersonurgentcare.com)M-F 8 am-8 pm, Sa-Su closed. Closed Thanksgiving and Christmas. [39.29594,-77.83010]

Winchester Foot & Ankle 304-725-5000 (www.footcarecenterva.com) [39.30061,-77.82099]

Jefferson Animal Hospital 304-725-0428. [39.29099,-77.85912]

Frederick, MD 21701 (20E) (All major services)

River Riders 304-535-2663 trips@riverriders.com (https://www.riverriders.com/) Owner: River Riders. Based out of Harpers Ferry, WV. Pet friendly. Insured. Memorial Day-Labor Day, 9am-5pm & holidays. Covid precautions. Masks required.
S to 50-mile range ➤ N to 50-mile range & airport, bus & train terminals.

HostelHiker Rideshare Shuttles 304-885-9550 info@hostelhiker.com (www.hostelhiker.com) Owner: Paul. Based out of Harpers Ferry, WV. Pet Friendly. Insured. May-early Oct, 24/7 & holidays.
S to Swift Run Gap/Hwy 33 in VA ➤ N to Boiling Springs in PA & airport, bus & train terminals. Slackpacking. "Online Reservations & text/email pefered"

Mark "Strings" Cusic 304-433-0028 (cell) mdcusic00@gmail.com Owner: Mark D Cusic - "Strings". Based out of Harpers Ferry, WV. Pet Friendly. 365 days, 24/7 & holidays.
S to Rockfish Gap/Waynesboro, VA ➤ N to Duncannon, PA, (farther by request) & airport, bus & train terminals. Slackpacking. "I am vaccinated. Masks optional. I would be happy to wear one if you like."

Dan Perkins 304-283-5174 shuttles@hykeroo.com (www.hykeroo.com) Owner: Dan Perkins. Based out of Harpers Ferry, WV. Pet friendly. 365 days, early AM. **S to Front Royal, VA ➤ N to Pen Mar SP** & airports. "Email communication preferred. I'm vaccinated. Masks are optional, but I'm happy to wear one if you prefer."

Harpers Ferry Outfitters I 9 304-535-2087 outfitter1996@yahoo.com Owner: Laura Lee Clark. Based out of Harpers Ferry WV. Pet Friendly. Insured. 365 days, 24/7 & holidays.
S to Waynesboro, VA ➤ N to Boiling Springs, PA & airport, bus & terminals. "Email for reservatioons. Limit 3 riders. Pickup & P parking available at Harpers Frry Nat'l Historic Park. State Covid precaution guidelines followed."

Trailboss AT Shuttles 703-967-2226 (cell) trailbossbtc@msn.com. Owner: Chris Brunton - "Trailboss". Based out of Harpers Ferry, WV. Pet Friendly. 365 days, 24/7 & some holidays.
S to Blue Ridge Pkwy ➤ N to PA/NJ & airport, bus & train terminals. Slackpacking. "P Parking in Harpers Ferry, cost/$20.00." I can give excellent hiking info. Must be vaccinated & wear masks."

Town's Inn 304-702-1872 (cell) karantownsend@gmail.com (www.thetownsinn.com) Owner: Karan Townsend. Based out of Harpers Ferry, WV. Pet friendly. 365 days, 24/7 & holidays.
S to (no limit) ➤ N to (no limit) & airport, bus & train terminals. Slackpacking. P Parking, only at the NPS parking lots.

Debi's Shuttle Service 304-724-7356 Main Number 304-270-0549 Phone and Text debi19592002@yahoo.com Owner: Debi. Based out of Harpers Ferry, WV. Pet friendly. Insured. 365 days (Su-Th 6am-9pm, Fri-Sat 6am-10pm) & holidays, unless otherwise specified or you have an appointment.
S to Front Royal, VA and more ➤ N to PA and more & airport, bus & train terminals. Slackpacking. Will do round-trip resupply runs. Rates negotiable - call. No COVID limitations in effect.

HostelHiker Rideshare Shuttles 304-885-9550 info@hostelhiker.com (www.hostelhiker.com) Owner: Paul. Based out of Harpers Ferry, WV. Pet Friendly. Insured. May-early Oct, 24/7 & holidays.
S to Swift Run Gap/Hwy 33 in VA ➤ N to Boiling Springs in PA & airport, bus & train terminals. Slackpacking. "Online Reservations & text"

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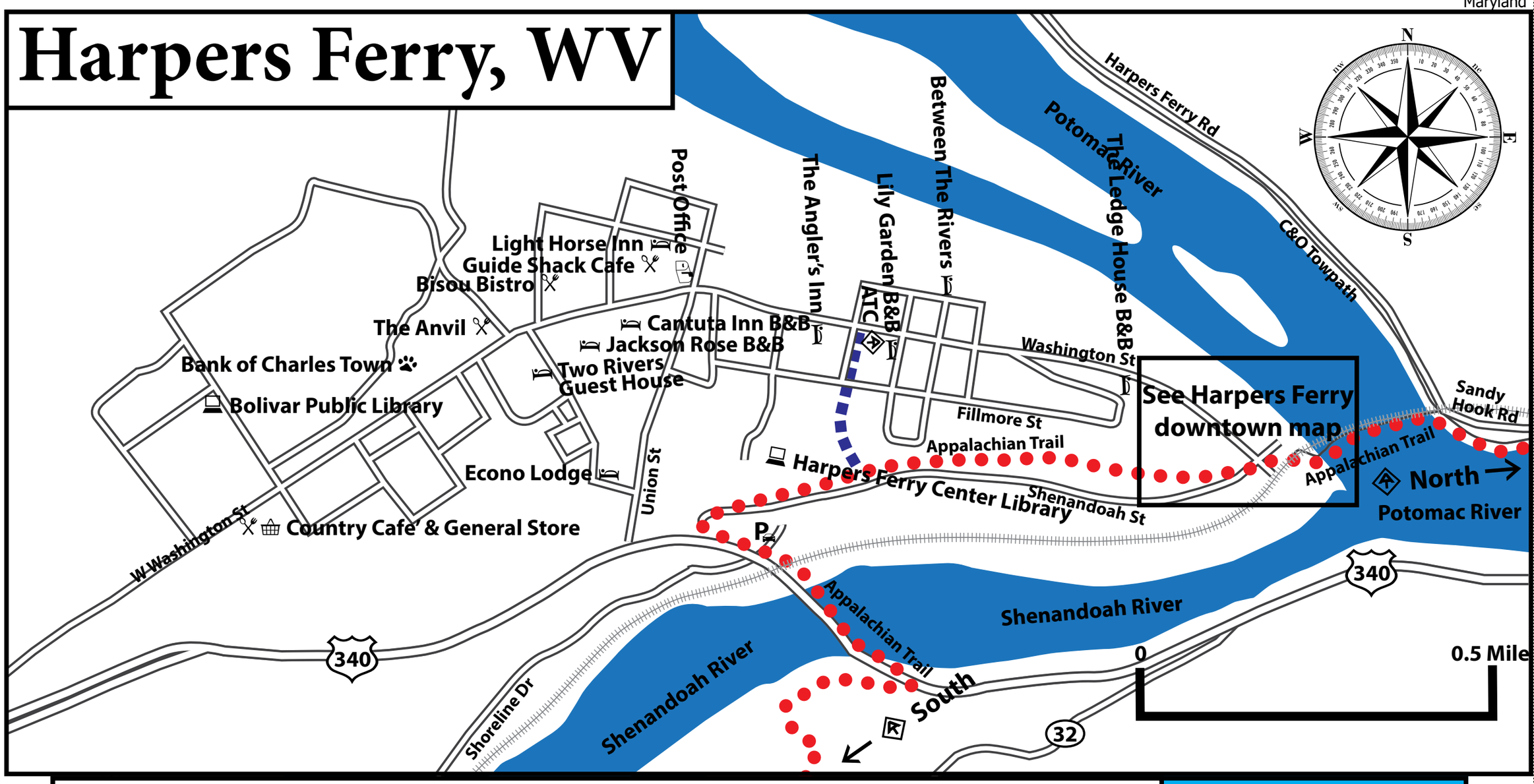

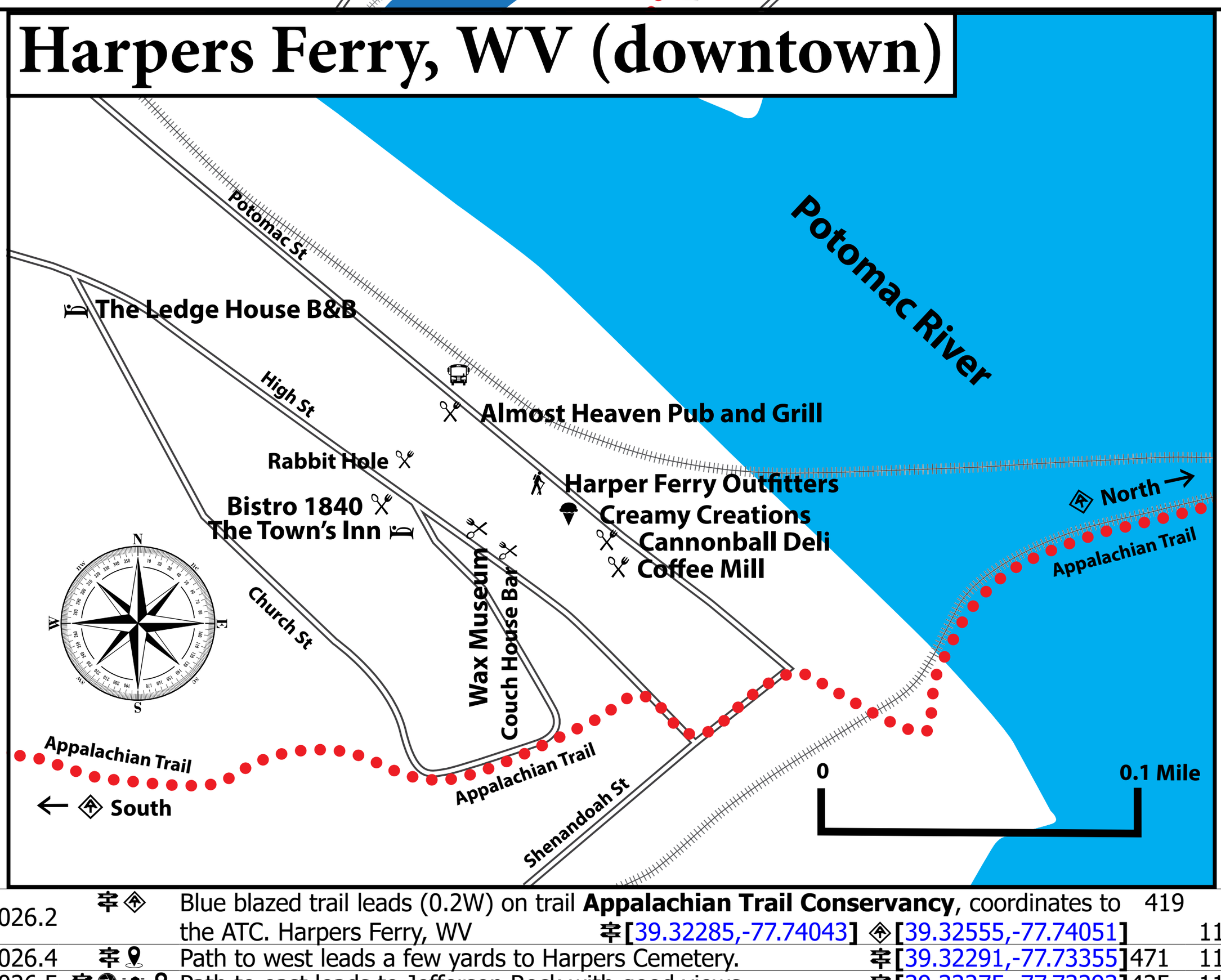

1026.2		Blue blazed trail leads (0.2W) on trail **Appalachian Trail Conservancy**, coordinates to the ATC. Harpers Ferry, WV [39.32285,-77.74043] [39.32555,-77.74051]	419		1171.2
1026.4		Path to west leads a few yards to Harpers Cemetery. [39.32291,-77.73355]	471		1171.0
1026.5		Path to east leads to Jefferson Rock with good views. [39.32275,-77.73293]	425		1170.9
1026.6		**Harpers Harpers Ferry National Historical Park and (0.8W) Parking** 304-535-6029. AT Passport location. $10 entrance fee, P Overnight parking in Harpers Ferry can be done at the visitor center parking lot at 171 Shoreline Drive. Overnight parking is limited to 14 days and the National Park Service assumes no responsibility for the vehicle itself or its contents(must register). You can find more information at this web link (www.nps.gov /hafe/planyourvisit/parking.htm). Free shuttle bus to lower town. Gates open 9am-dusk. P [39.31586,-77.75685]	495		1170.8
1026.7	**State Line**	Cross **Potomac River** on Goodloe E. Bryon Memorial Footbridge, **West Virginia–Maryland State Line**. [39.32313,-77.72885]	250		1170.7
1026.9		Goodloe E. Bryon Memorial Footbridge (north end); C&O Canal Towpath MP 60.2 (AT west junction). [39.32408,-77.72618]	290		1170.5
1028.0		Cross **under US. 340 bridge**, Sandy Hook Bridge above, underpass. [39.32570,-77.70657]	290		1169.4
1028.2	★★★★★	Side trail to Sandy Hook Road.	257		1169.2
		(0.25W) **Cross Trails Hostel** 301-834-2778 (office), 443-221-8382 (cell) info@potomachostels.com (www.potomachostels.com) Tent or hammock $15, Bunk $30, Private room $80, indoor hot shower included. Laundry +$5. Free wifi. Large fully equipped kitchen. Comfortable indoor & outdoor lounging. Relaxed atmosphere, friendly staff. Mail drops: 19123 Sandy Hook Rd, Knoxville, MD 21758. [39.32649,-77.70051]			
1029.5		C&O Canal Towpath MP 58 (AT east junction) Lockhouse 38. [39.32923,-77.68136]	290		1167.9
1029.6	★★★★★	Cross Railroad tracks; Intersects with **Keep Tryst Road**. P [39.32975,-77.68213]	320		1167.8
Knoxville, MD. (1.0W)					
		The Hillside Hotel 301-660-3580 $69.99 and up, fridge, microwave, continental breakfast, WiFi. Hiker laundry $5. [39.32921,-77.70171]			
		Guide House Grill 301-655-3663. (www.guidehousegrill.com) M-Tu Closed, W-Su 11am-9pm. [39.33026,-77.70153]			

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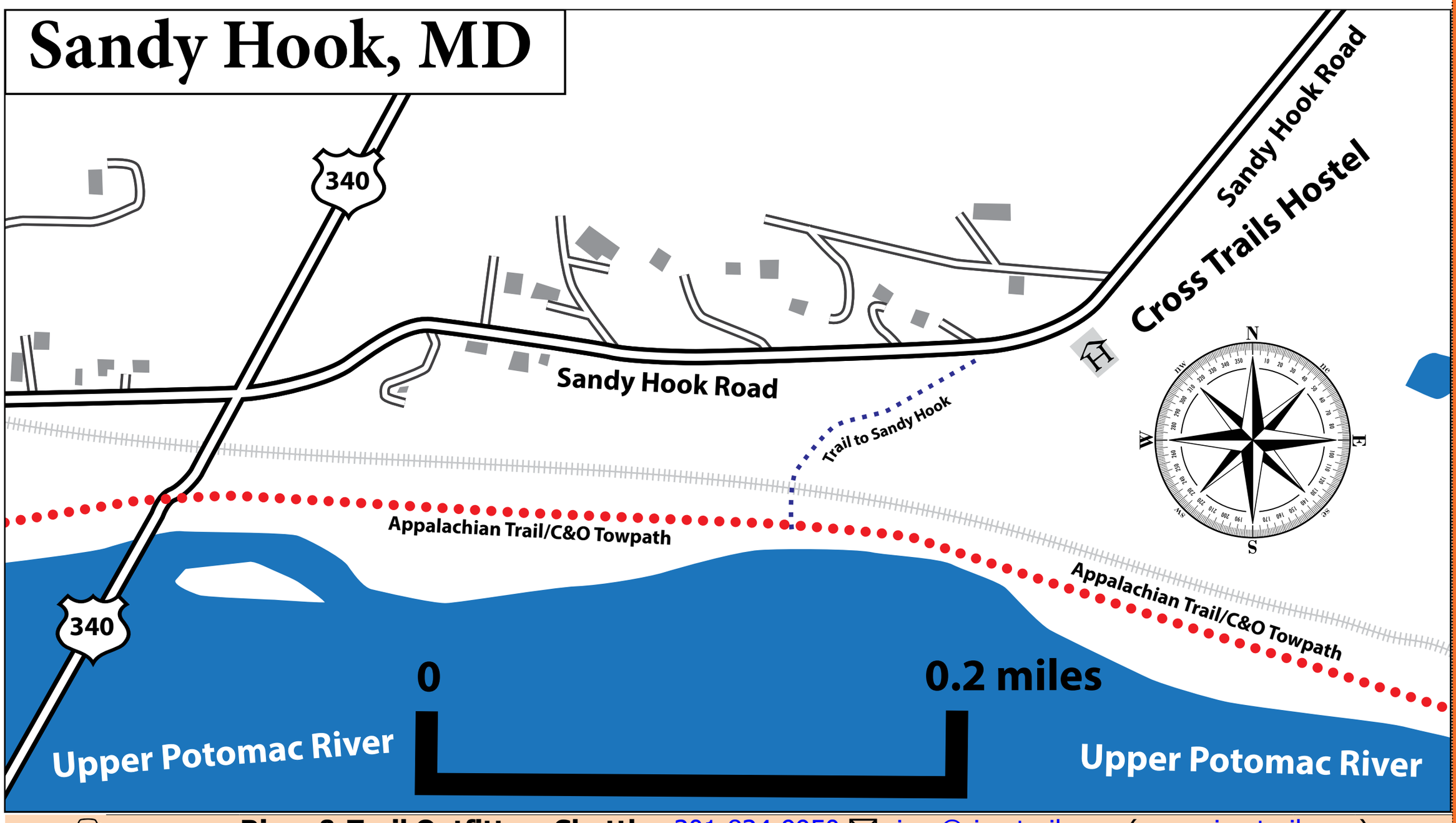
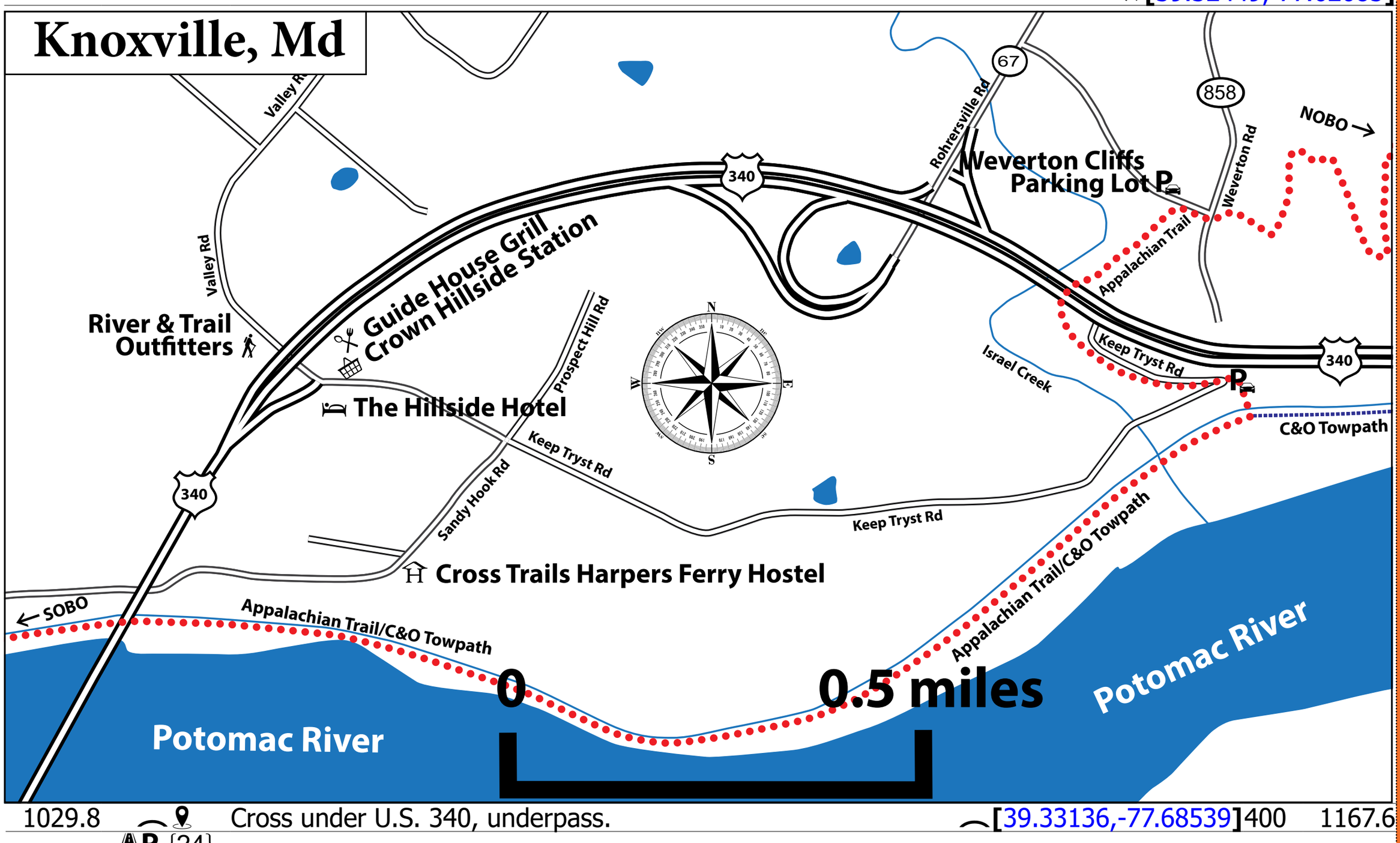


River & Trail Outfitters Shuttles 301-834-9950 ✉ river@rivertrail.com (www.rivertrail.com)
Owner: John Gonano. Based out of Knoxville, MD/Harper's Ferry, WV.
S to Pen Mar/Harpers Ferry, WV/Shenandoah NP ➤ N to Duncannon, PA & ✈ Dulles/Reagan/BWI airports & 🚌 bus terminals. "DOT authorized for state and interstate transport. Shuttles by SUV, van or bus available. We operate a campground near AT for staging and R&R."

Brunswick, MD (2.5E from Keep Tryst Rd)

PO M-F 8am-4:30pm, Sa 9am-12pm, 301-834-9944. 315 Brunswick St. Brunswick, MD 21716. [39.31470,-77.63116]

Wing n' Pizza Shack 301-834-5555. (www.wingnpizzashack.com) Not just pizzas, they have other foods. Delivers to Harper Ferry Hostel. M-Th 11am-9pm, F-Sa 11am-10pm, Su 12pm-9pm. [39.32449,-77.62085]



1029.8		Cross under U.S. 340, underpass. [39.33136,-77.68539]	400	1167.6
1030.0	P {24}	Intersects with **Weverton Road.** P [39.33297,-77.68328]	420	1167.4
1030.9		**Weaverton Cliffs Trail** (0.1E) to Weaverton Cliffs, Potomac River view, Congressman Goodloe E. Bryon plaque. [39.33330,-77.67639] [39.33331,-77.67637]	780	1166.5
1033.0	{12}	(100 ft E) **30.1➤➤➤19.1➤➤15.9➤Ed Garvey Shelter➤4.1➤➤9.1➤➤➤16.6** Water is located in reliable spring (0.4) at the end of a steep side trail in front of the shelter, ⛺ tenting, ☾ privy. [39.36001,-77.66269] [39.35985,-77.66205] [39.36000,-77.65803]	1100	1164.4
1035.0		Cross Brownsville Gap, dirt road	1140	1162.4
1035.3		Glenn R. Caveney Memorial Plaque. [39.38720,-77.64788]	1150	1162.1
1036.7	P ◈ ★★★★★	Cross **Gapland Road, MD. 572**. Gathland State Park, Crampton Gap Monument. ◈ AT Passport location. Frost-free spigot by 🚻 restrooms. [39.40575,-77.63969] P [39.40568,-77.63976]	650	1160.7
		(0.4W) Maple Tree Campground 301-432-5585 (www.thetreehousecamp.com) Open year round. ⛺ $30 tent site for 1-3 people, $10EAP, showers. Wooded tent sites are $10/person per night and there is a 3 person minimum. Field tent sites for $8/person per night, but they are usually intended for larger groups with a 10-person minimum. They do make exceptions for hikers when there is space availabie. 🛏 Treehouses/Tree Cottages, Non-insulated rustic Treehouses available for $43-$72/night, and insulated Tree Cottages with mattresses and wood stoves available for $65-$79/night. Also has a Hobbit House, for $140 and a deluxe tree house for $120. 🧺 Campstore has snacks, candy bars, sodas, batteries. Located: west of AT on Gapland Road, taker the right onto Townsend Road. ⛺ [39.40991,-77.64629]		
1037.1	{6}	(0.25E) **23.2➤➤➤20.0➤➤4.1➤Crampton Gap Shelter➤5.0➤➤12.5➤➤➤20.7** Water intermittent (spring) is located (0.1) south on AT, ⛺ tenting, ☾ privy. [39.41087,-77.64017] [39.41253,-77.63760]	1000	1160.3

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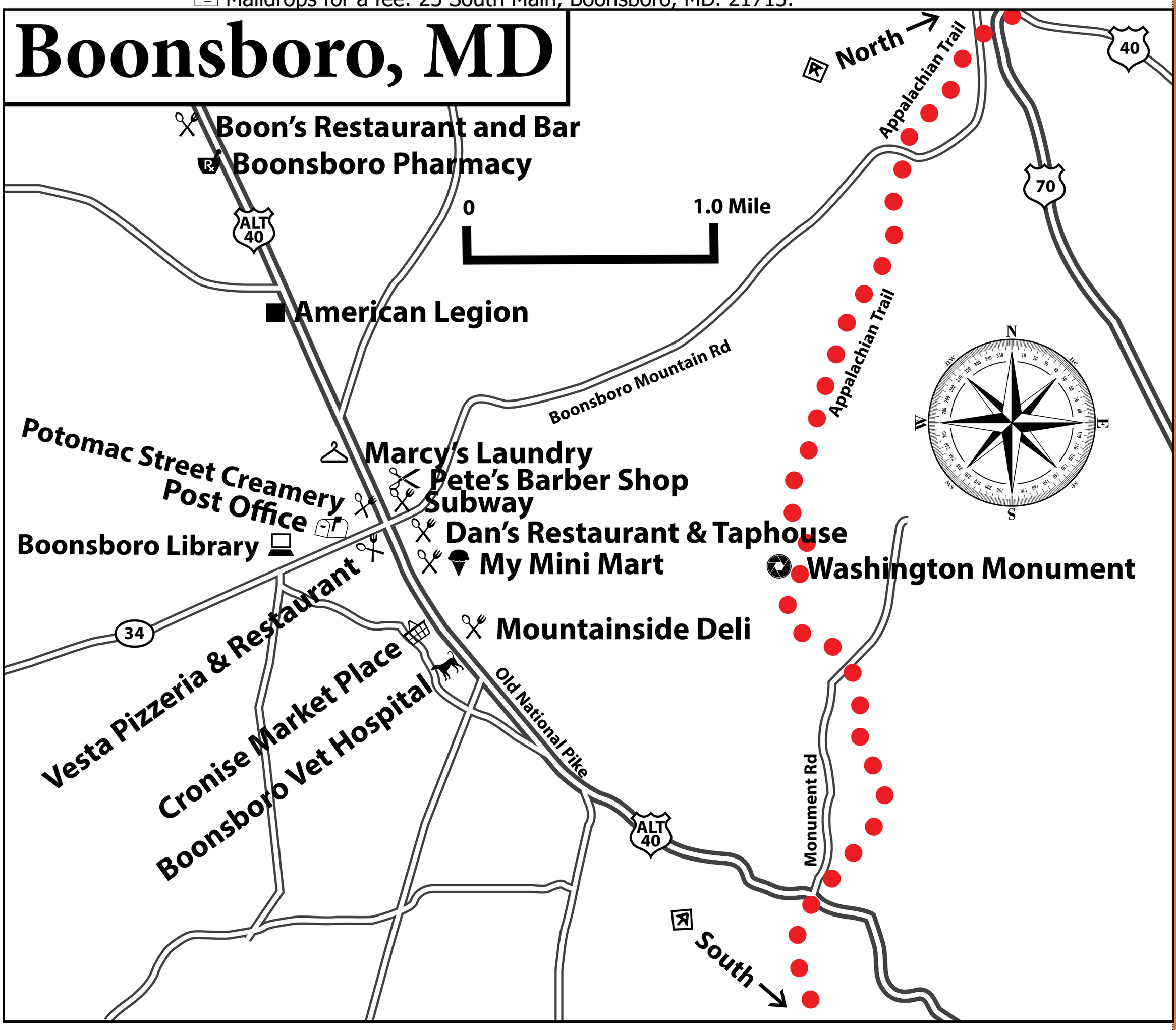
1039.7		Side trail leads (0.2E) to White Rocks Trail. Bear Spring Cabin (locked) is (0.7E) from the trail junction. water is located (0.8W). [39.44470,-77.63274] [39.43656,-77.62823]	1480	1157.7
1040.3		White Rocks Cliff, quartzite cliff with good view. [39.44692,-77.62997]	1500	1157.1
1040.5		**Lamb's Knoll**, unmarked trail west leads 50 yards to antenna tower. [39.44791,-77.62685]	1600	1156.9
1041.6		Cross **Tower Road**. [39.45738,-77.62643]	1300	1155.8
1042.1	{5}	(0.2W) **25.0<<<9.1<<5.0<Rocky Run Shelter>7.5>>15.7>>>20.6** Water (Rocky Run Spring) is located at old shelter a few hundred yards on blue blaze, tenting and hammocks sites, privy. [39.46311,-77.62892] [39.46209,-77.63077]	970	1155.3
1042.4		Intersects with old road.	967	1155.0
1042.6		High tension power line clearing, view. [39.46729,-77.62392]	950	1154.8
1043.1		Cross **Reno Monument Road**, **Fox Gap**. Reno's Monument is (60 YDS) on Reno Monument Road. [39.47062,-77.61703] [39.47052,-77.61770]	910	1154.3
		(2.0E) to South Mountain Creamery 301-371-8565. (www.southmountaincreamery.com). M-Sa 10 am-6 pm, Su 12-6 pm. [39.45848,-77.60330]		
		The RoseSniffers 717-408-5021 Rosesniffers@gmail.com Owner: Amy Reinke- "Mrs Rosesniffer". Based out of Fairfield, PA. Pet Friendly. Insured. 365 days, early am – 8pm & some holidays. **S to Harpers Ferry WV < > N to Duncannon PA** & bus & train terminals.		
		Sawbriar's AT Shuttle & Guide Service 301-471-3021 Pet friendly. Insured. Based out of Brunswick, MD. **S to Roanoke, VA/Blue Ridge area < > N to Boiling Springs, PA** & bus & train terminals.		
1043.9		**Dahlgren Backpacker Campground** west of trail. Restrooms are locked November-March, water is available from a frost free spigot 100 yards north on the access road. [39.48072,-77.61947]	980	1153.5
1044.1	{10}	Cross **U.S. Alt. 40**, **Turners Gap**. [39.48440,-77.61960] [39.48408,-77.61991]	1000	1153.3
		(0.1W) **Old South Mountain Inn** 301-432-6155. (www.oldsouthmountaininn.com) Please shower first. Men, no sleeveless shirts. Dining reservations preferred. Tu–F 5pm until close, Sa 4pm until close, Su 2pm until close. Brunch on Sundays 10:30am-1:30pm, except Easter and Mothers Day. Winter hours may differ. Outdoor shower for hikers. Hiker friendly groceries. [39.48454,-77.62048]		

Boonsboro, MD (2.5W) See Boonsboro, MD map.

		(2.5W) **PO** M-F 9am-1pm & 2pm-5pm Sa 9am-12pm, 301-432-6861. 5 Potomac St., Boonsboro, MD 21713. [39.50638,-77.65268]	
		Vesta Pizzeria 301-432-6166. (www.vestapizza.com) M-Tu 11am-9pm, W-Su 11am-10pm. [39.50628,-77.65227]	
		Mountainside Deli 301-432-6700. M-Sa 11am-7pm, Su 11am-5pm. Accepts Credit Cards. [39.50021,-77.64768]	
		Cronise Market Place 301-432-7377. (www.cronisemarket.com) Fruits and vegetables, limited. M-F 9am-7pm, Sa 9am-6pm, Su 12pm-6pm. [39.50004,-77.64802]	
		My Mini Mart & Deli 301-991-9163. Owner Michelle. Deli, diner. Resupply, summer sausage. Make your own ice cream. Maildrops for a fee: 23 South Main, Boonsboro, MD. 21713. [39.50600,-77.65161]	



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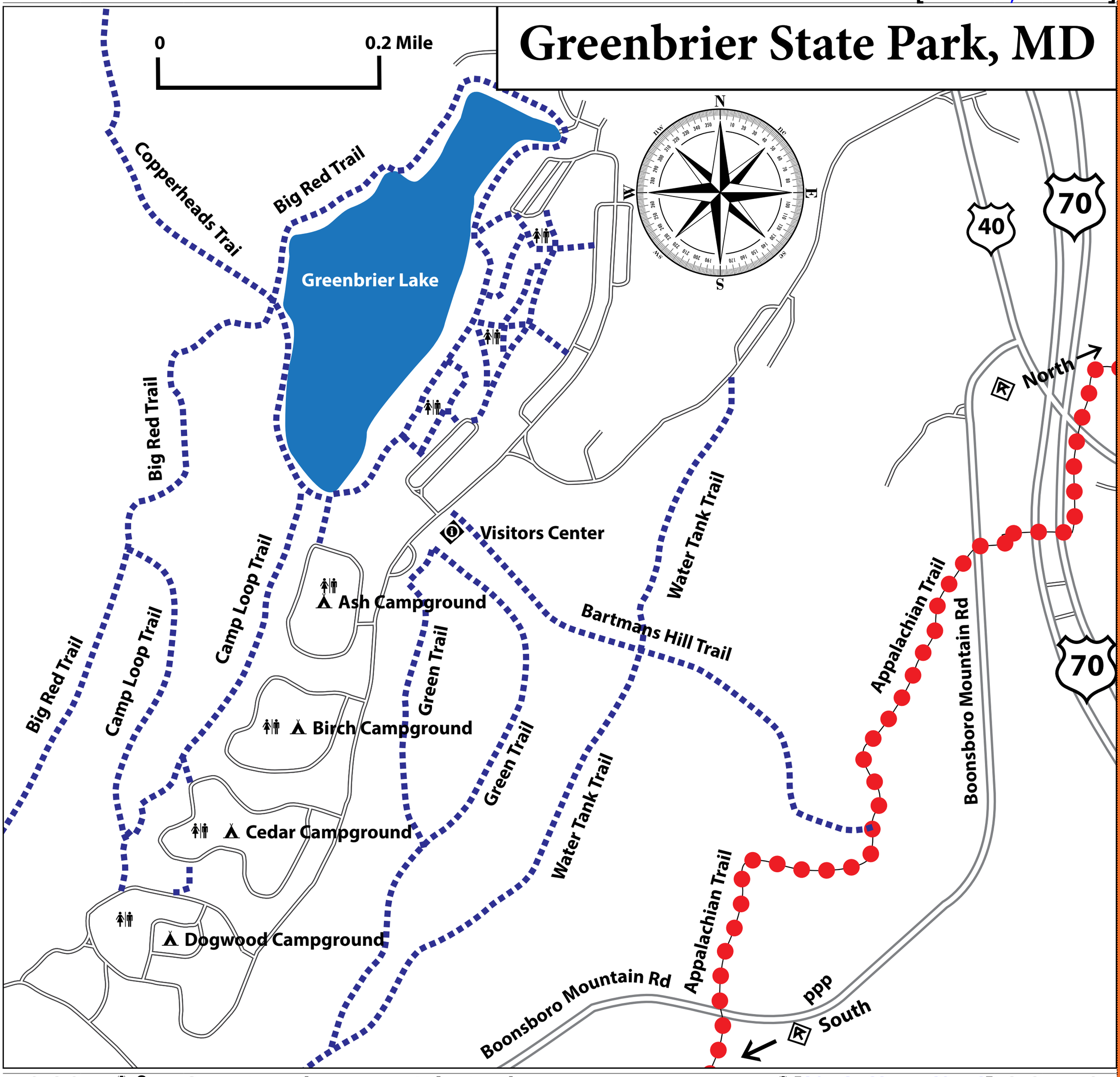
1045.5		Cross **Monument Road** [39.49816,-77.61752]	1350	1151.9
1045.7	P {35}	Cross **Washington Monument Road** [39.49796,-77.62007] P [39.49770,-77.62080]	1400	1151.7
1045.9	P	Washington Monument State Park, cross Washington Monument Rd at a P parking area. Picnic pavilion and frost free water spigot north of road crossing. AT Passport location. P [39.49886,-77.62350]	1456	1151.5
1046.1	P {35}	Washington Monument. The first monument built dedicated to George Washington built in 1827. When open, the observation deck on top of the monument offers fine views of the surrounding countryside. [39.50044,-77.62320]	1500	1151.3
1046.4		Power line. [39.50474,-77.62082]	1277	1151.0
1046.9		Short path to the east to rocks with view.	1509	1150.5
1048.2	P {4}	Cross **Boonsboro Mountain Road**. [39.52781,-77.61274] P [39.52756,-77.61233]	1300	1149.2
1048.5	★★★★★	Bartman Hill. Bartman Hill Trail leads (0.6) west to **Greenbrier State Park**, water, tenting, shower. **See Greenbrier Park map**. [39.53045,-77.60988]	1380	1148.9
		Greenbrier State Park 301-791-4767 Camping first Fri of Apr to last full weekend in Oct. $5 entrance fee waived for campers, or, if you hike in on the Bartman Trail. Prices listed as MD resident/ nonresident. Tent sites with showers $26-30, higher weekends/holidays. Pets allowed at Dog Wood. Available Mem Day-Labor Day: lunch concession stand, lake swimming, row boat & paddle boat rentals. [39.54145,-77.60884]		



1048.9		Cross **Boonsboro Mountain Road**. [39.53468,-77.60776]	1248	1148.5
1049.0	P {25}	Cross over **I-70** on footbridge. Side trail leads (0.1E) to P parking. Cross beneath **US 40** underpass [39.53504,-77.60641] [39.53506,-77.60586] P [39.53556,-77.60383]	1200	1148.4
1049.6	{5}	(0.1W) **16.6<<<12.5<<7.5<Pine Knob Shelter>8.2>>13.1>>>22.7** Water (piped spring) beside shelter, tenting, privy. [39.54047,-77.60262] [39.54250,-77.60240]	1360	1147.8
1049.7		Side trail leads (0.1W) (north end) **Pine Knob Shelter**, see above information on shelter. [39.54049,-77.60128]	1452	1147.7

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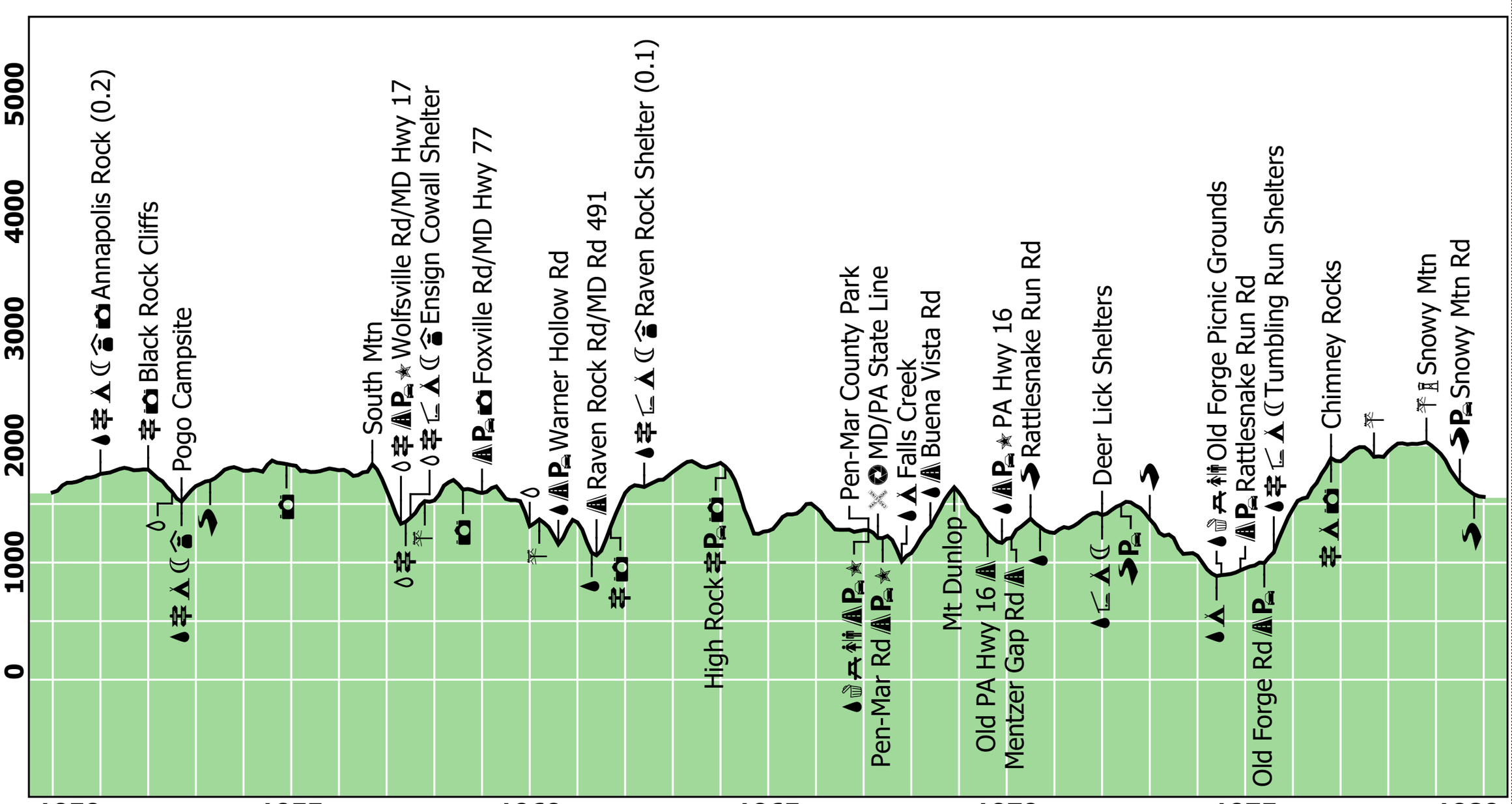

1051.2		Trail leads (0.2W) to **Annapolis Rock**, water list located (0.3W), camping is located (0.2W). [39.55949,-77.59541]	1820	1146.2
1052.2		**Black Rock Cliffs** 40 yards west. [39.57326,-77.59640] [39.57325,-77.59714]	1800	1145.2
1052.7		Black Rock Creek. [39.57370,-77.58971]	1566	1144.7
1052.8	P{6}	**Pogo Memorial campsite** to the east, side trail west leads 190 feet to spring, continue on side trail leads (0.9) west to parking. [39.57710,-77.58881] [39.57790,-77.58818] [39.57670,-77.58852] P [39.58301,-77.60356]	1500	1144.6
1053.6		Junction with old road.	1762	1143.8
1055.2		View to the east.	1850	1142.2
1057.6	P ★★★★★	Cross **MD. 17, Wolfsville Road**. Blue blazed trail 400 feet to trail head parking. P [39.62843,-77.55943]	1400	1139.8

Smithsburg, MD. (1.5W) See Smithburg, MD map

		PO M–F 8:30am–1pm & 2pm–4:30pm, Sa 8:30am–12pm, 301-824-2828. 43 Grove Ln. Smithsburg, MD 21783. [39.65411,-77.57038]	
		Dollar General Store 301-824-6940, M-Su 8am-10pm. [39.64752,-77.56856]	
		Martin's Food 301-824-5160, M-Su 6am-11pm. [39.64137,-77.59031]	
		Rocky's Pizza 301-824-2066. (www.rockyspizzasmithsburg.com) M-Sa 10am-10:30pm, Su 11am-10:30pm. [39.64388,-77.60222]	
		Vince's New York Pizza 301-824-3939 (www.vincespizza.net) M-Su 11am-11pm. [39.65452,-77.57252]	
		Dixie Diner 301-824-5224. M closed, Tu-F 7am-8pm, Sa-Su 7am-2pm. [39.65504,-77.57294]	
		Subway 301-824-3826. M-Su 24 hrs. [39.64194,-77.58521]	
		China 88 301-824-7300. M-Th 11am-10pm, F-Sa 11am-10:30pm, Su 11:30am-10pm. [39.64143,-77.58985]	
		Smithsburg Veterinary Clinic 301-416-0888. [39.64782,-77.56811]	
		Walgreens Pharmacy 301-824-2211, store M-Sa 8am-9pm, Su 10am-8pm. Pharmacy M-F 9am-9pm, Sa 9am-6pm, Su 10am-6pm. [39.64183,-77.58967]	
		Home Style Laundry M-Su 5:30 am-10:30pm. [39.65344,-77.57286]	
		Library 301-824-7722. M 10am–7pm, Tu 12:30am-9pm, W–Th 10:30am–7pm, F 10:30am-6pm, Su closed. [39.65402,-77.58040]	
		Ace Hardware 301-733-7940. M 7am-6pm, Tu-W 7a,-5pm, Th 7am-6pm, F 7am-5pm, Sa 7am-3pm, Su closed. [39.64679,-77.58482]	
	P	**Dennis Sewell** 717-446-7436(cell) 301-241-3176(home) Owner: Dennis Sewell. Based out of Pen Mar Park, MD. Pet friendly. 365 days, 24/7 (call for availability) & holidays. **S to Harpers Ferry, WV ➤ N to Pine Grove Furnace SP, PA** & airport, bus & train terminals. Slackpacking, (call for availability). P Parking, (fee negotiable). "Available for emergencies." Covid precautions. Masks required. Hand sanitizer available.	
		Bill S 301-791-7747 (home) esybiker@verizon.net Owner: Bill Stachoviak. Based out of Hagerstown, MD. Not Pet Friendly. 365 days, (daylight hours, as available) & some holidays. **S to Front Royal, VA ➤ N to Duncannon, PA** & train terminals. Slackpacking. "Up to 3 hikers with gear, prefer week notice. AT: To or from Maryland. Tuscarora T: WV, MD, PA.	

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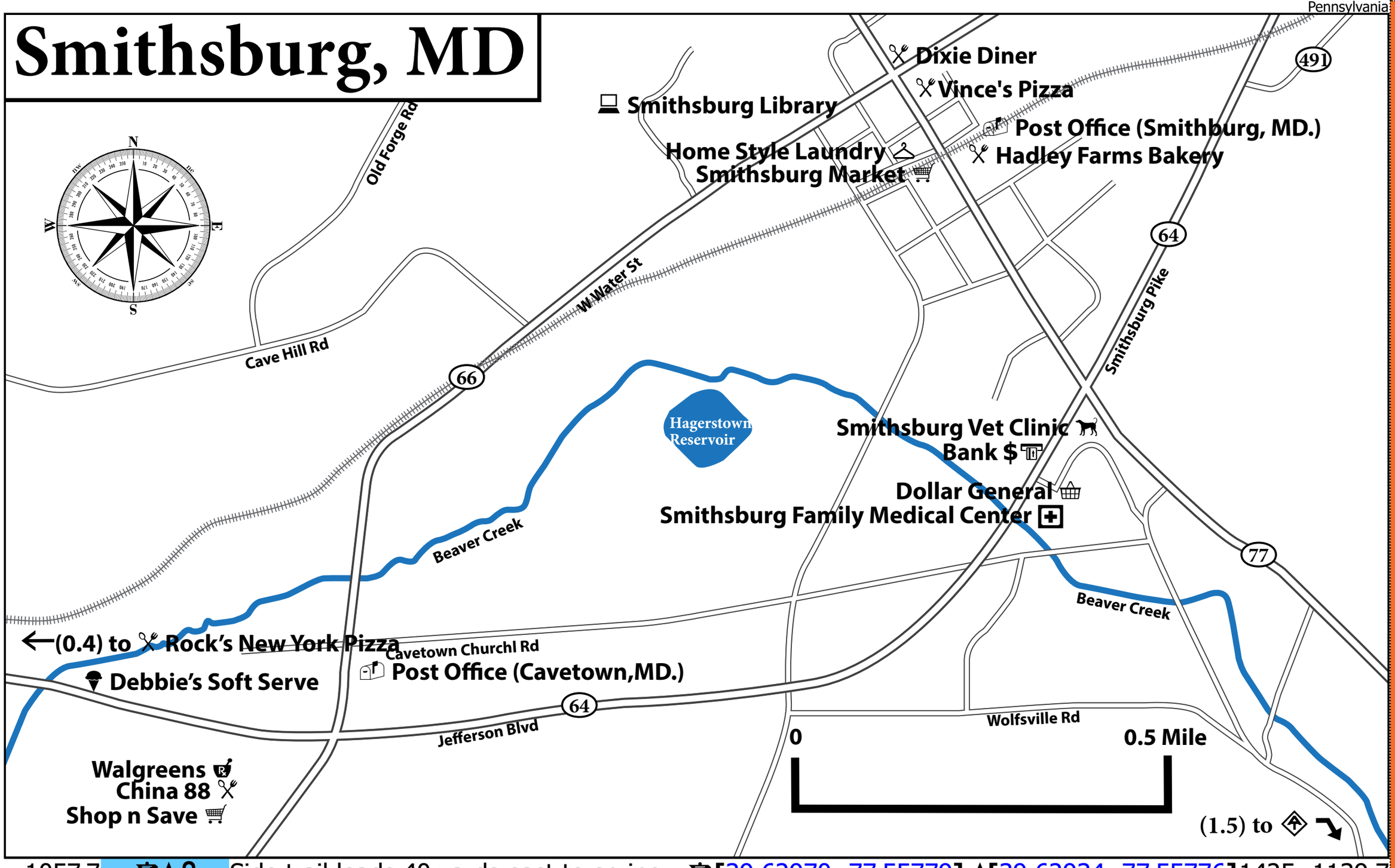

1057.7		Side trail leads 40 yards east to spring. [39.62970,-77.55779] [39.62934,-77.55776]	1425	1139.7
1057.8	{8}	(150 feet W) **20.7<<<15.7<<8.2<Ensign Cowall Shelter>4.9>>14.5>>>18.1** Water (boxed spring) is located south of the shelter (0.2) on the AT. Another water source Follow the dirt access road downhill from the privy, piped spring is on the left after about 100 yards. tenting, privy. [39.63093,-77.55592] [39.63053,-77.55678]	1430	1139.6
1058.0		Power line. [39.63022,-77.55298]	1505	1139.4
1059.1	{2}	Cross **MD. 77, Foxville Road**. good views from pastures to the north and south of this road crossing. [39.63705,-77.54122] [39.63700,-77.54110]	1450	1138.3
1060.3		Cross stream.	1318	1137.1
1060.5		Power lines. [39.65266,-77.54262]	1368	1136.9
1060.8		Spring 10 feet west.	1300	1136.6
1060.9	{2}	Cross **Warner Hollow Road**, two-board bridge across stream. [39.65594,-77.53849] [39.65555,-77.53803]	1150	1136.5
1061.6		Cross **Little Antietam Creek**. [39.66365,-77.53456]	1093	1135.8
1061.7	{4}	Cross **MD. 491**, Raven Rock Hollow, rock-hop stream. [39.66451,-77.53593] [39.66450,-77.53565]	1190	1135.7
1061.9		View (120FT E). [39.66476,-77.53335]	1297	1135.5
1062.7	{16}	(0.1W) **20.6<<<13.1<<4.9<Raven Rock Shelter>9.6>>13.2>>>19.8** Water (spring) is located (0.3) east of the AT on a clearly marked blue blaze trail, tenting, privy, bear cables. [39.67302,-77.52837] [39.67327,-77.52949] If you continue (0.15) past the spring (blazes painted over) you'll find the Devils Racecourse boulder field with interesting water noises beneath	1480	1134.7
1064.3		Trail to High Rock (south end), view. See below informtion on High Rock. [39.69375,-77.52189]	1838	1133.1
1064.4		Trail to **High Rock** (north end), view. (0.1E) from either end to view and parking. Parking gated from dusk 'till 8am. (1.7) from parking area to Pen Mar Park via Pen Mar Road. [39.69344,-77.52355] [39.69503, -77.52369] [39.69480,-77.52320]	1852	1133.0
1067.2		Unused forest service road. [39.71102,-77.51616]	1347	1130.2
1067.4	★★★★★	**Pen Mar County Park**, picnic area. [39.71721,-77.50883] [39.71738,-77.50824] [39.71640,-77.50720]	1300	1130.0

Pen Mar County Park Open first Sunday in May thru last Sunday in Oct. **No camping permitted here**. Vending machines, water. Restrooms locked when park closed. Bobby D's and other pizza places deliver here.

An advance parking pass is now available for overnight parking at Pen Mar (across the street from the county park). While the pass is not required, it is strongly recommended for those leaving their vehicle for an extended period.

Here's how to get the pass:
Email Christine Casey ccasey@washco-md.net at the Washington County Parks and Facilities Dept. the following information:
(1) The make and model of your vehicle
(2) Registered owners name
(3) Tag information
(4) Dates the vehicle will parked

Ms. Casey will respond with a "do not tow" pass, as an attachment, that is to be printed and posted in your vehicle so local police will know that the vehicle has been registered.
The phone number to call to reach Ms. Casey is 240-313-2700 Tue-Fri. 6am - 4:30pm (reduced hours in winter and more information here.) (www.washco-md.net/parks-facilities/overnight-parking-pass)

Rouzerville, PA. (1.5W)

1067.6	State Line	**Mason–Dixon Line. Maryland–Pennsylvania State Line**. Railroad tracks	1250	1129.8
1067.7	★★★★★	Cross **Pen Mar Road/550**. [39.72087,-77.50697] [39.72081,-77.50709]	1240	1129.7

Cascade, MD (1.4E on Pen Mar/High Rock Rd)

PO M-F 10am-1pm & 2pm-5pm, Sa 8am-12pm, 301-241-3403. 25208 Military Rd. Cascade, MD 21719. [39.70876,-77.48916]

(2.3E) **Sanders Market** M 8:30am-9pm, 8:30-8pm, W-F 8:30am-9pm, Sa 8:30–8pm, Su closed.

(1.6E) **Fort Ritchie Community Center** 301-241-5085. (www.thefrcc.org) Showers, computer available for use, free WiFi. M-Th 6am-9pm, F 6am-6pm, Sa 9am-5pm, Su 10am-4pm.

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(0.1W) **Zero Day Stay** 540-999-6280(text) zerodaystay@gmail.com (www.zerodaystay.com) Owner: Hoody (Jeff Hood). Located at 14530 Maryland Ave Cascade MD. Pet Friendly. Full-service hostel. Operating Season April, May, June, & July, (check website for Aug-Apr). $80 private room (2 twins, 3 twins, or 1 queen) $120 apt (1 queen, 1 full, 1 cot, priv bath/kitch). All stays comes with farm eggs, frozen waffles, laundry, showers, AC, Wi-Fi. Walmart dropoff-then-pickup $15/carload. Local and long distance shuttles available. Resupply available for walkups (10-4, text ahead please). ⚠ No tenting nor work-for stay. ⚠ No laundry nor showers for walkups. ⚠ No walkup resupply. One block from Pen Mar Park and the AT.
For guests: 14530 Maryland Ave Cascade MD. 21719. [39.71508, -77.50623]

(1.6E) **Sunflower Cottage** 240-469-7609 soolahhoops@gmail.com (www.soolahhoops.com/at-hikers.html) Open March 31 to October 31st. No smoking. $25 Hiker hut with bunk beds and a wifi extender. Soolah Hiker cottage $35 per person, Blue Moon room $40 per person, Peach Room $40 per person, includes hearty home-cooked breakfast. Tent and Hammock camping $15. Other lodging available. Laundry $5 per load. Can pick up and drop off at Pen Mar Park.
Accepts mail drops, contact for more information.

Rouzerville, PA 17250 (1.8W) most major services.

PO M–F 8:30am–1pm & 2am–4:30pm, Sa 8:30am–11:30pm 717-762-7050. 11738 Pen Mar Rd. Rouserville, PA 17250. [39.73701,-77.52468]

Cobblestone Hotel & Suits 717-765-0034, ask for hiker discount.

Waynesboro, PA 17214 (6.6W) See Waynseboro, PA map.
(2.1W) to Walmart, (4.5) to downtown.

PO M-Fi 8:30am - 5:00pm, SA 9:00am - 12:00pm, Su Closed. 717-762-1513. 118 E Main St. Waynesboro, PA 17268. [39.75395,-77.57506]

(2.5W) **Cobblestone Hotel** 717-765-0034 (www.staycobblestone.com/pa/waynesboro) Pet friendly. Ask about hiker discount. $90 and up, includes hot breakfast, coin laundry, microwave, fridge. Computer available for use, outdoor grill, indoor pool. WiFi. Pet fee $2. Convenience store. [39.74377,-77.52716]

Days Inn 717-762-9113. $59.99 and up, $5EAP, $10 pet fee. Continental breakfast, microwave, fridge, free WiFi, laundry close by. [38.06175,-78.93811]

Bobby D's Pizza 717-762-0388. (www.bobbydsonline.com) M-Th: 11am-9pm, F-Sa 11am-10pm, Su 11am-9pm. [39.73763,-77.52468]

Laundry Station 717-762-7203. [39.76050,-77.58418]

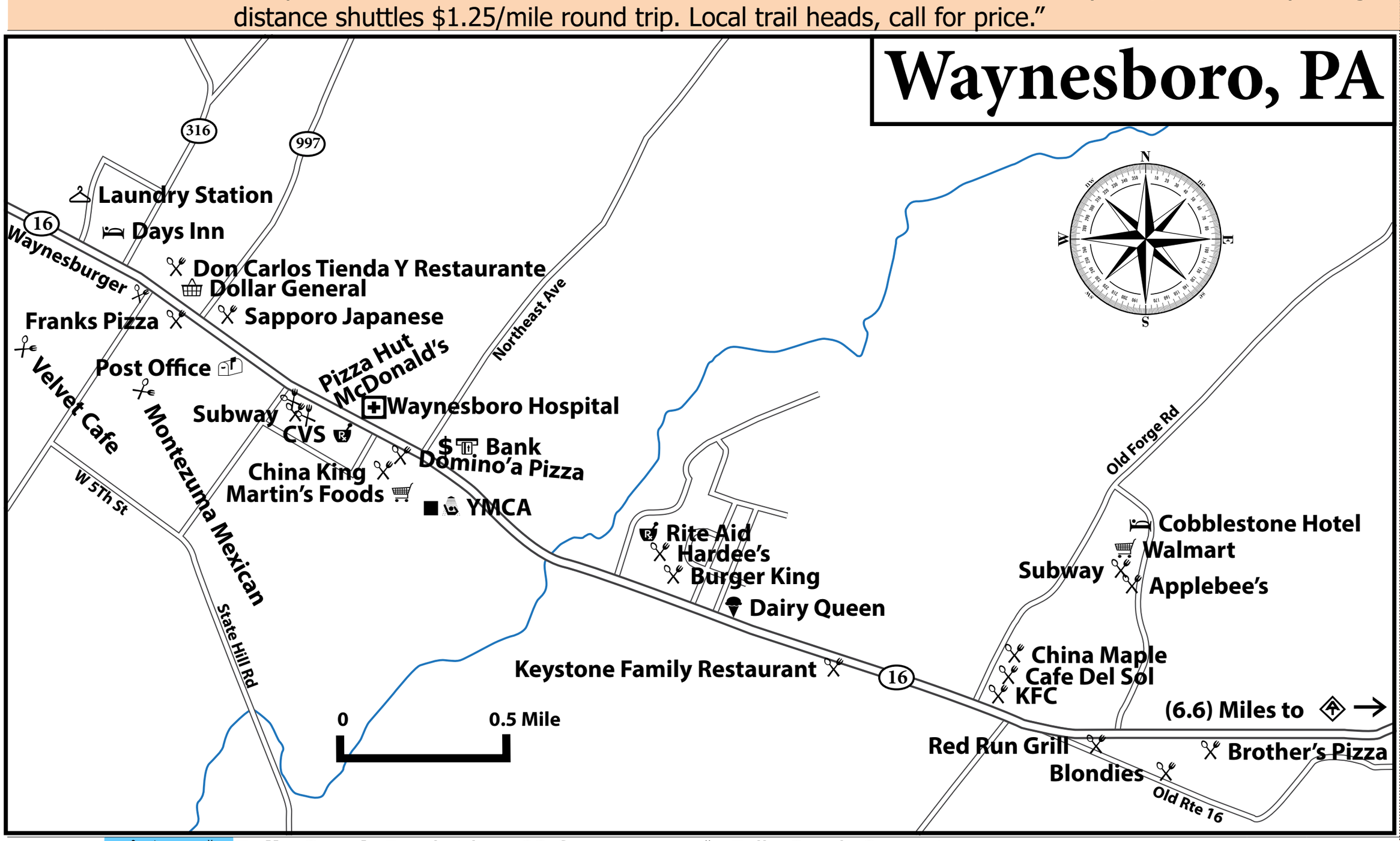
Waynesboro Hospital 717-765-4000. Location 501 E Main St. [39.75165,-77.56831]

Waynesboro Walk-in Clinic 717-219-8790. (www.waynesborowalkin.com) M-Th 8am-5:30pm, F 8am-1pm, Sa 9am-5pm, Su Closed. [39.73907,-77.53501]

Wayne Heights Animal Hospital 717-765-9636 urgentcareclinic@hotmail.com (www.whahvet.com) M-F 8am-12pm & 2pm-6pm. [39.74282,-77.54715]

(2.1W) **Walmart** 540-943-4087. M-Su 24 hours; **Pharmacy** 540-943-4637 M-F 9am-9pm, Sa 9am-7pm, Su 10am-6pm. [39.74267,-77.52828]

Soggy 717-331-8827 soggytreks@gmail.com. Owner: Chris Vores - "Soggy". Based out of Waynesboro, PA. Pet friendly Insured. 365 days & holidays.
S to Front Royal, VA ➤ N to Pine Grove Furnace, PA & airports, bus & train terminals. Slackpacking. "Local & long-distance shuttles. Call or text for weekday shuttles best after 3:30pm. But I can recommend others if not available. Weekend shuttles anytime, unless busy. Long distance shuttles $1.25/mile round trip. Local trail heads, call for price."



1068.3		**Falls Creek** Footbridge. 92 feet east to Falls Creek Campsite. [39.72298,-77.50131] [39.72275,-77.50113]	1100	1129.1
1068.4		Slow spring. [39.72304,-77.49990]	1148	1129.0
1068.7		Cross **Buena Vista Road**, roadside spring on the west. [39.72476,-77.49448]	1290	1128.7
1069.9		Cross **Old PA. 16**. Limited parking. [39.73779,-77.48975]	1350	1127.5
1070.2	★★★★★	Cross **PA. 16**. [39.74143,-77.49033] [39.74140,-77.49050]	1200	1127.2

Blue Ridge Summit, PA (1.2E)

(9.8E) **RoseSniffers** 717-408-5021 Rosesniffers@gmail.com Pet friendly. Pricing: $20, main floor, double sofa bed with adjoining bath and laundry, $10 lower basement floor space. $10/night outdoor campsite. **Notes:** All stays include non-alcoholic cold beverages, coffee, tea, laundry access, ride back to trail, zeros, transportation, pool. Snacks included, (serving breakfast, lunch, dinner) ask about shuttles.
Address: 3910 Bullfrog Road, Fairfield, PA 17320 [39.79561,-77.35790]

Synergy Massage Wellness Center 877-372-6617 (www.synergymassage.com) Massage, hiker discount. Free outdoor shower, hot tub and pool.

Unique Bar and Grill 717-794-2565. (www.uniquebarandgrill.com)

1070.4	{2}	Cross **Mentzer Gap Road**, Mackie Run. [39.74379,-77.48913]	1250	1127.0

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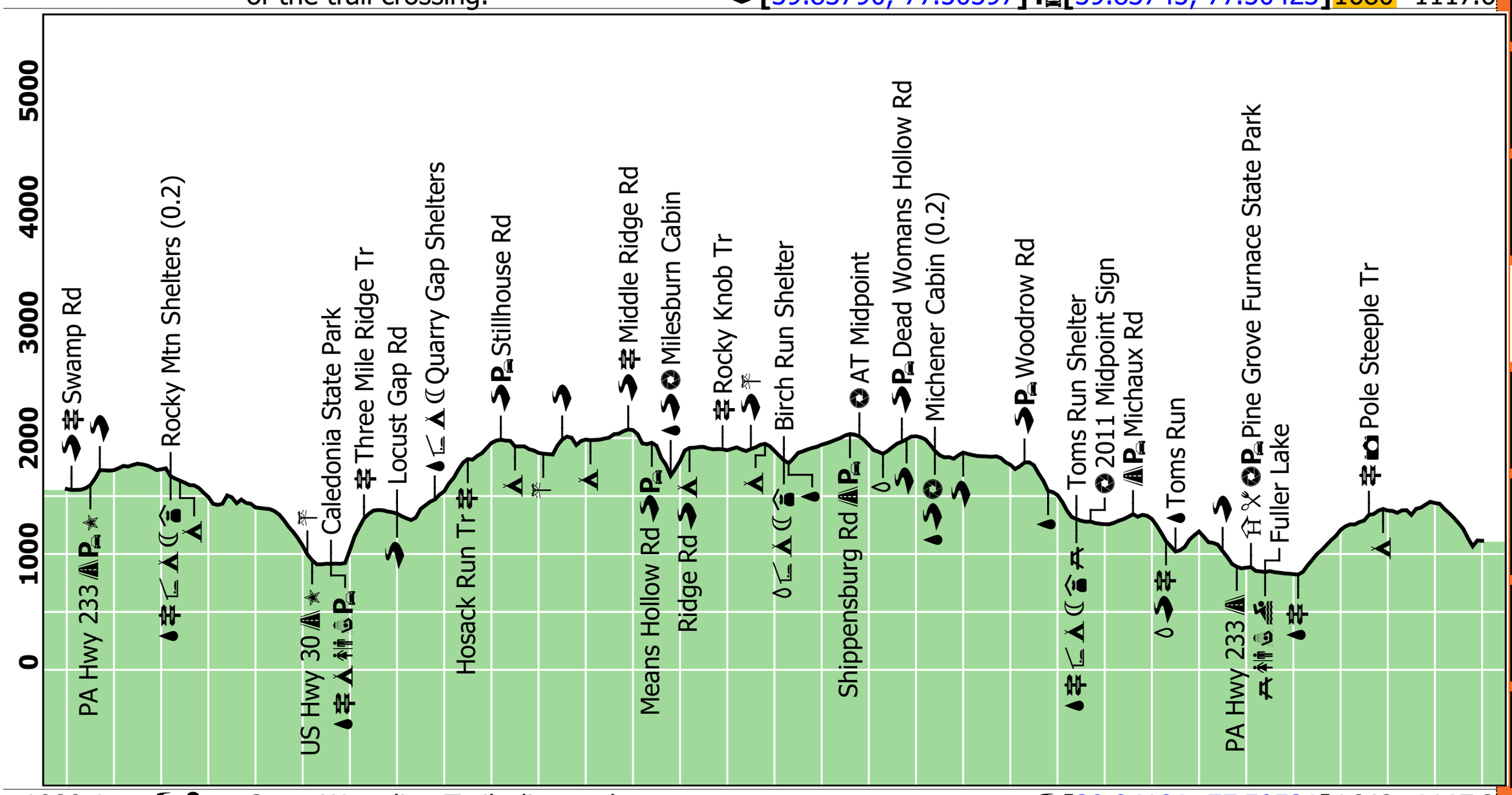
1070.8		Cross **Rattlesnake Run Road** [39.74823,-77.48998]	1370	1126.6
1071.0		Bailey Spring, box spring 15 yards west. [39.75075,-77.49171]	1300	1126.4
1072.2		Junction of Sidewinder Trail west and east. [39.76444,-77.48651]	1444	1125.2
1072.3	{8}	**22.7<<<14.5<<9.6<Deer Lick Shelters>3.6>>10.2>>>15.8** (two shelters hold four hikers each), water (spring) (0.25) on a blue blazed trail to the east of the shelter, tenting, privy. [39.76621,-77.48512] [39.76618,-77.48520] [39.76489,-77.48090]	1420	1125.1
1072.6		Unnamed trail crossing. East leads to Rattlesnake Run Road. [39.76943,-77.48189]	1502	1124.8
1073.0		Trail leads (0.2E) to Rattlesnake Run Road. [39.77392,-77.47977]	1505	1124.4
1073.3		Trail leads (0.4E) to Rattlesnake Run Road. [39.77728,-77.48138]	1389	1124.1
1073.4		Upper Sucker Punch Trail crosses here. [39.77869,-77.48244]	1337	1124.0
1074.5		Chikadee Trail crosses here. [39.79188,-77.48235]	934	1122.9
1074.8		**Old Forge Picnic Grounds**, day use only. restroom, frost-free water tap. **No overnight parking permitted**. [39.79539,-77.48290] [39.79559,-77.48294]	900	1122.6
1075.1	P	Cross **Rattlesnake Run Road**. [39.79729,-77.47998]	900	1122.3
1075.7	P {20}	Cross **Old Forge Road** [39.80167,-77.47689]	1000	1121.7
1075.9	{8}	(150 ft E) **18.1<<<13.2<<3.6<Tumbling Run Shelters>6.6>>12.2>>>19.6** (two shelters hold four hikers each), Water is located 100 yards to the west of the shelter on blue-blazed trail on the other side of AT. Tenting, privy. [39.80431,-77.47820] [39.80500,-77.47830] [39.80489,-77.47933]	1120	1121.5
1076.0		Water (205FT W) on side trial. Tumbling Run Shelters are (100FT E). See information on shetlers above. [39.80505,-77.47865]	1124	1121.4
1077.2		Blue blaze trail (0.1E) to **Chimney Rocks** or west to PATC Hermitage Cabin (locked) [39.81958,-77.47215] [39.8190,-77.47104]	1900	1120.2
1078.0		**Pipe line**. [39.82729,-77.48202]	1603	1119.4
1079.2		**Power line**. 50 yards west to Snowy Mtn Fire Tower. [39.83540,-77.49460]	1901	1118.2
1079.8	P {3}	Cross **Snowy Mountain Road**. Parking pull-off on the west side of the road just north of the trail crossing. [39.83790,-77.50397] P[39.83745,-77.50423]	1680	1117.6



1080.1		Cross Waterline Trail, dirt road. [39.84181,-77.50521]	1648	1117.3
1080.4		Junction with **Swamp Road (south)**. [39.84610,-77.50559]	1560	1117.0
1080.5		Junction with **Swamp Road (north)**. [39.84646,-77.50688]	1560	1116.9
1080.6		**Raccoon Run Trail** east goes to Caledonia State Park.	1624	1116.8
1080.8	P {4}	Cross **PA. 233**. [39.84957,-77.50878] P[39.84970,-77.50881]	1600	1116.6

South Mountain, PA. (1.3E)

		(1.0E) **PO** M-F 12pm-4pm, Sa 8:30am-11:30am. 717-749-5833. 10444 S Mountain Rd. South Mountain, PA 17261. [39.84830,-77.48973]		
		(1.1E) **South Mountain Hotel** 717-749-3845 Historic Bar & Grill, serves lunch and dinner. This is listed as a hotel but it is not a hotel, it more like a tavern. Ask about tenting M-Sa 9am-2am, Su 12pm-2am. [39.847053,-77.488894]		

Waynesboro, PA. (5.2W) see NOBO mile 1067.1.

1081.0		Gravel road. [39.85075,-77.51083]	1751	1116.4
1082.5	{8}	(0.2E) **19.8<<<10.2<<6.6<Rocky Mountain Shelters>5.6>>13.0>>>19.2** (two shelters hold four hikers each), Water (piped spring) is located (0.2) on blue blaze side trail to road and then right 75 yards. tenting, bear box, privy. [39.86913,-77.50193] [39.86856,-77.50090]	1520	1114.9
1082.7		**Campsite** east of trail. [39.87185,-77.50087]	1664	1114.7
1085.4		Cross pipe line. [39.90423,-77.48926]	1501	1112.0
1085.5	P {12}	Cross **U.S. 30.** [39.90591,-77.48958]	960	1111.9
		(0.8W) **Trail of Hope Outreach Ministries Hostel** 717-360-1481, 717-352-2513. AT Passport location. $22 bunk or $12 camping. Coin laundry, use of kitchen, resupply, white gas, denatured alcohol by the ounce, canister fuel. Call for shuttles from Timbers. [39.90504,-77.50532] Mail drops: 7798 Lincoln Way East Fayetteville, PA 17222.		

Fayetteville, PA. (3.5W). See Fayetteville, PA map.

		(3.2 W) **PO** M-F 8-4:30; Sa 8:30-12, 717-352-2022. 4025 Lincon Way E. Fayetteville, PA 17222. [39.91080,-77.55991]		
		Scottish Inn and Suites 717-352-2144, 800-251-1962. $62.99 and up, $15 pets. $5PP for pickup or return to trail. $10 for ride to Walmart. Coin laundry, free WiFi. Restaurant on site. Mail drops for guests only: 5651 Lincoln Way East, Fayetteville, PA 17222. [39.90752,-77.53819]		
		Rutters Convenience store 717-401-0626. M-Su 24 hours. Deli, free WiFi. [39.90691,-77.52054]		

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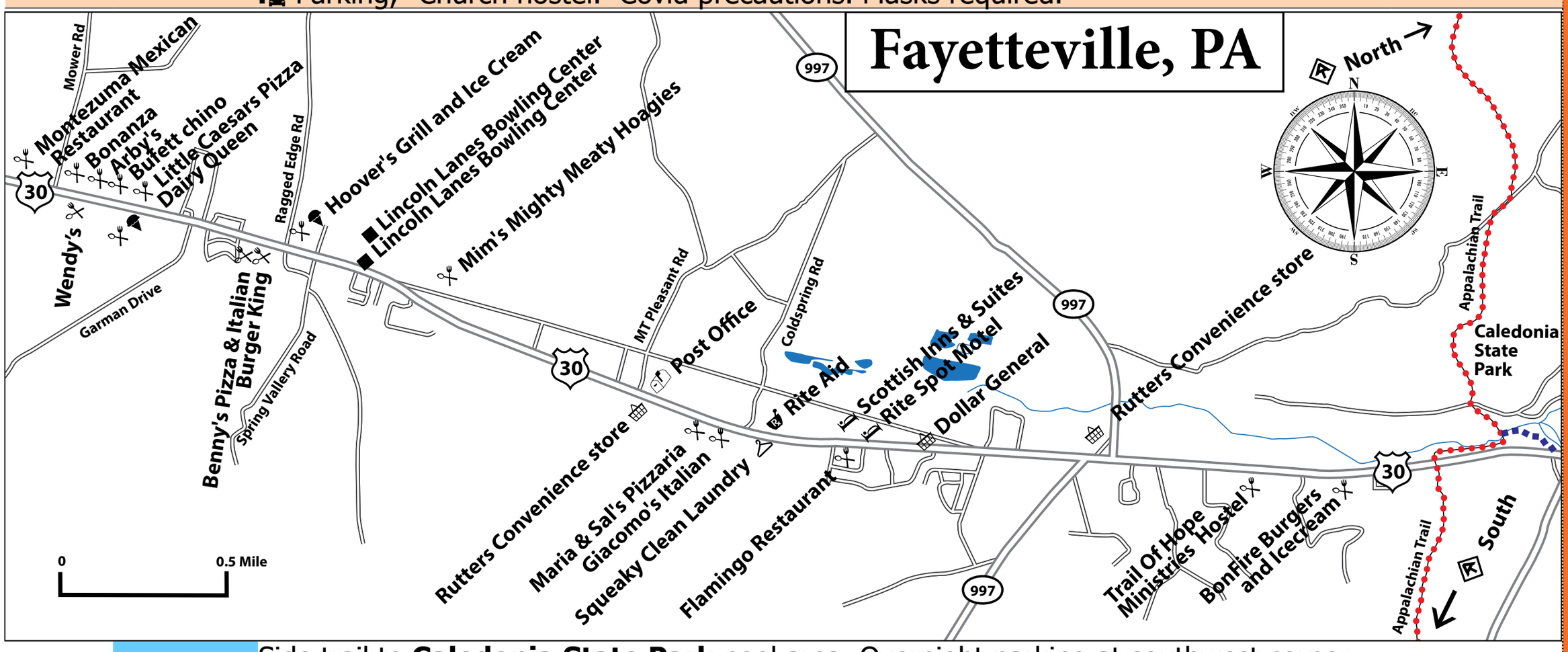
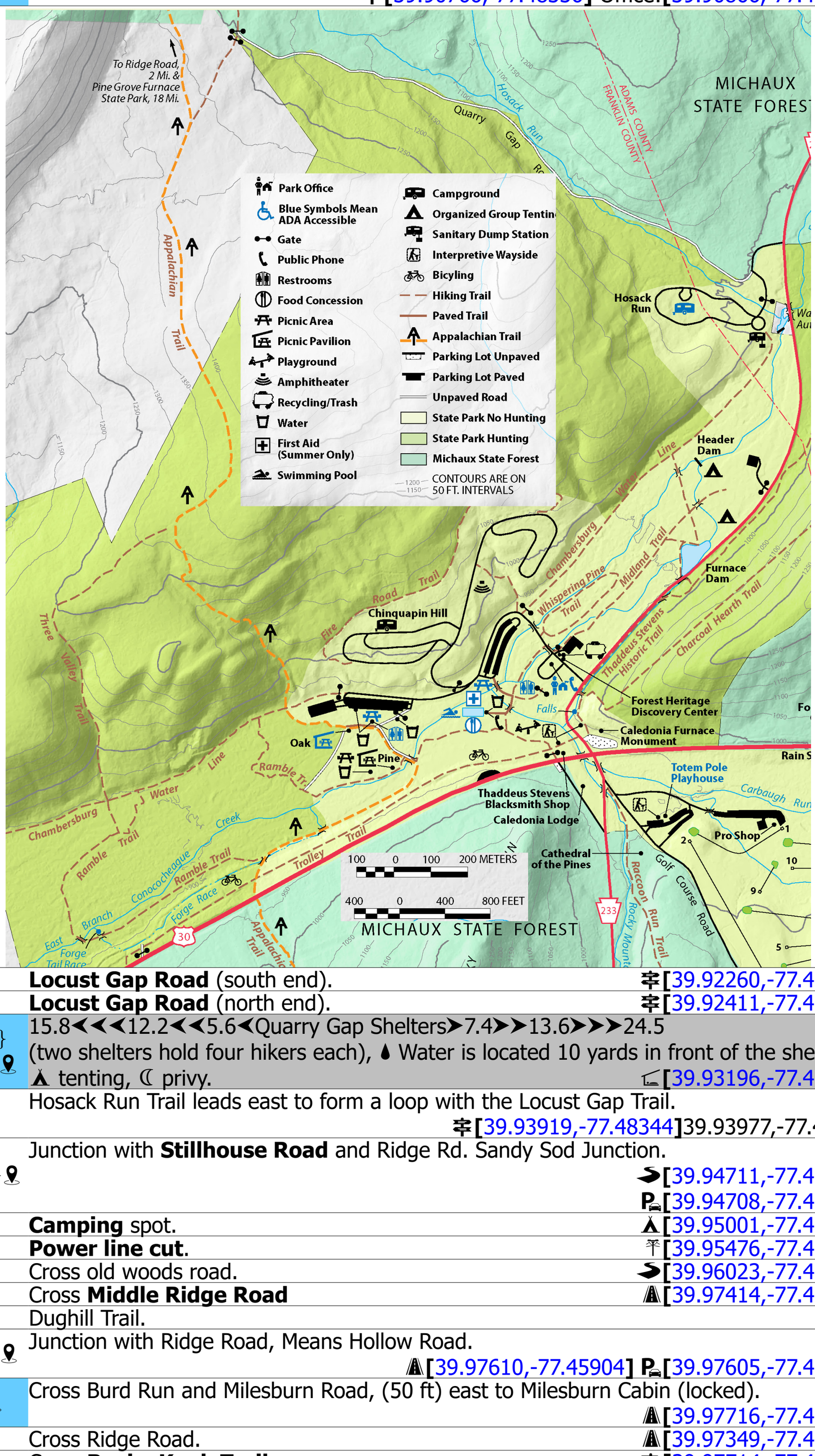
		Flamingo Restaurant 717-352-8755. (www.flamingofamilyrestaurantllc.com) Breakfast, lunch and dinner, M-Th 5:30am-8pm, F-Sa 5:30am-9pm, Su 6:30am-2pm. [39.90672,-77.53948]			
		(6.5W) **Walmart** 717-264-2300 with 24-hours grocery. Pharmacy M-F 9 am-9 pm, Sa 9 am-7 pm, Su 10 am-6 pm. [39.92061,-77.60709]			
		Freeman's Shuttle 717-491-2460 (cell), Owner: Robert Freeman - "Junker". Based out of Fayetteville, PA. Pet friendly. Apr-Nov, 6 am - 7 pm & holidays. **S to Front Royal ◄ ► N to Delaware Water Gap** & bus & train terminals. Slackpacking. Parking, "Church hostel." Covid precautions. Masks required.			



1085.9		Side trail to **Caledonia State Park** pool area. Overnight parking at southwest corner of US 30 & Pine Grove Rd, check-in at park HQ. Caledonia State Park now requests that those P parking overnight at the parking area on Rt. 30 register at the park office. For more information, contact the park at 717-352-2161. [39.90766,-77.48336] Office:[39.90866,-77.47828]	939	1111.5



1087.4		**Locust Gap Road** (south end).	[39.92260,-77.48463]	1250	1110.0
1087.5		**Locust Gap Road** (north end).	[39.92411,-77.48297]	1335	1109.9
1088.1	{8}	15.8◄◄◄12.2◄◄5.6◄Quarry Gap Shelters►7.4►►13.6►►►24.5 (two shelters hold four hikers each), Water is located 10 yards in front of the shelter, tenting, privy.	[39.93196,-77.48646]	1363	1109.3
1089.0		Hosack Run Trail leads east to form a loop with the Locust Gap Trail.	[39.93919,-77.48344] 39.93977,-77.48325	1817	1108.4
1089.6	P{5}	Junction with **Stillhouse Road** and Ridge Rd. Sandy Sod Junction.	[39.94711,-77.49108] P[39.94708,-77.49126]	1980	1107.8
1089.8		**Camping** spot.	[39.95001,-77.48900]	2002	1107.6
1090.4		**Power line cut**.	[39.95476,-77.48138]	1861	1107.0
1090.8		Cross old woods road.	[39.96023,-77.48221]	1990	1106.6
1092.2		Cross **Middle Ridge Road**	[39.97414,-77.46896]	2050	1105.2
1092.3		Dughill Trail.		2073	1105.1
1092.7	P{5}	Junction with Ridge Road, Means Hollow Road.	[39.97610,-77.45904] P[39.97605,-77.45913]	1800	1104.7
1093.1		Cross Burd Run and Milesburn Road, (50 ft) east to Milesburn Cabin (locked).	[39.97716,-77.45233]	1600	1104.3
1093.5		Cross Ridge Road.	[39.97349,-77.44972]	1909	1103.9
1094.2		Cross **Rocky Knob Trail**.	[39.97714,-77.43870]	1905	1103.2

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1094.8		Cross dirt road, power line.	[39.98290,-77.42953]	1925	1102.6
1095.1		**Camp** site.	[39.98484,-77.42660]	1954	1102.3
1095.5	{8}	**19.6<<<13<<7.4<Birch Run Shelter>6.2>>17.1>>>25.2** Water (spring) is located 30 yards in front of the shelter, tenting, bear box, privy.	[39.98510,-77.41948]	1795	1101.9
1096.8	P {12}	Cross **Shippensburg Road**, Big Flat parking area.	[39.99754,-77.40544] [39.99761,-77.40543]	2040	1100.6
1097.4		**2018 Midpoint**.	[40.00343,-77.40007]	2000	1100.0
1097.5		Cross Hair Spring.	[40.00468,-77.39809]	1877	1099.9
1097.8		Cross Dead Womans Holllow Road.	[40.00812,-77.39481]	1966	1099.6
1098.1		Trail follows dirt road (0.6) to north.		1966	1099.3
1098.7		Dirt road leads (0.2E) to PATC Michener Cabin (locked), and (0.2E) to water.	[40.01200,-77.38382]	1850	1098.7
1099.2		Cross dirt Road.	[40.01852,-77.38083]	1873	1098.2
1100.6	P {4}	Cross **Woodrow Road**.	[40.02888,-77.36632] P [40.02941,-77.36813]	1850	1096.8
1101.1		Spring.	[40.02764,-77.35996]	1572	1096.3
1101.7	{4}	**19.2<<<13.6<<6.2<Toms Run Shelter>10.9>>19>>>37.2** Water (spring) is located near old chimney, dining pavilion, numerous tent pads, privy. Sunset Rocks Trail rejoins AT (1.9E).	[40.03366,-77.35678]	1300	1095.7
1102.0		**2011 Midpoint** Sign.	[40.03666,-77.35736]	1300	1095.4
1102.9	P {6}	Intersects with **Michaux Road**.	[40.04075,-77.34175] P [40.04043,-77.34156]	1320	1094.5
1103.6		Cross Toms Run on footbridge. Also near this area; Cross gravel road, blue blaze trail leads east (50 yds) to Halfway Spring. Sunset Rocks Trail leads (1.9E) to rejoin AT.	[40.03869,-77.32611]	1100	1093.8
1104.6		Cross dirt road.		1032	1092.8
1105.1		Cross PA. 233/Pine Grove Rd (north end). Follows shoulder of road for SOBO (0.1).	[40.03193,-77.31002]	911	1092.3
1105.1	P	Cross **PA. 233/Pine Grove Rd (south end)**. Follows shoulder of road NOBO for (0.1).	[40.03116, -77.31189] P [40.03116,-77.31219]	933	1092.3
1105.4	P {20} ★★★★★	**Pine Grove Furnace State Park.** Pine Grove Furnace State Park requires that hikers check in with the park office before leaving a vehicle in the park and that vehicles be left for no more than one week.	P [40.03170,-77.30540]	850	1092.0

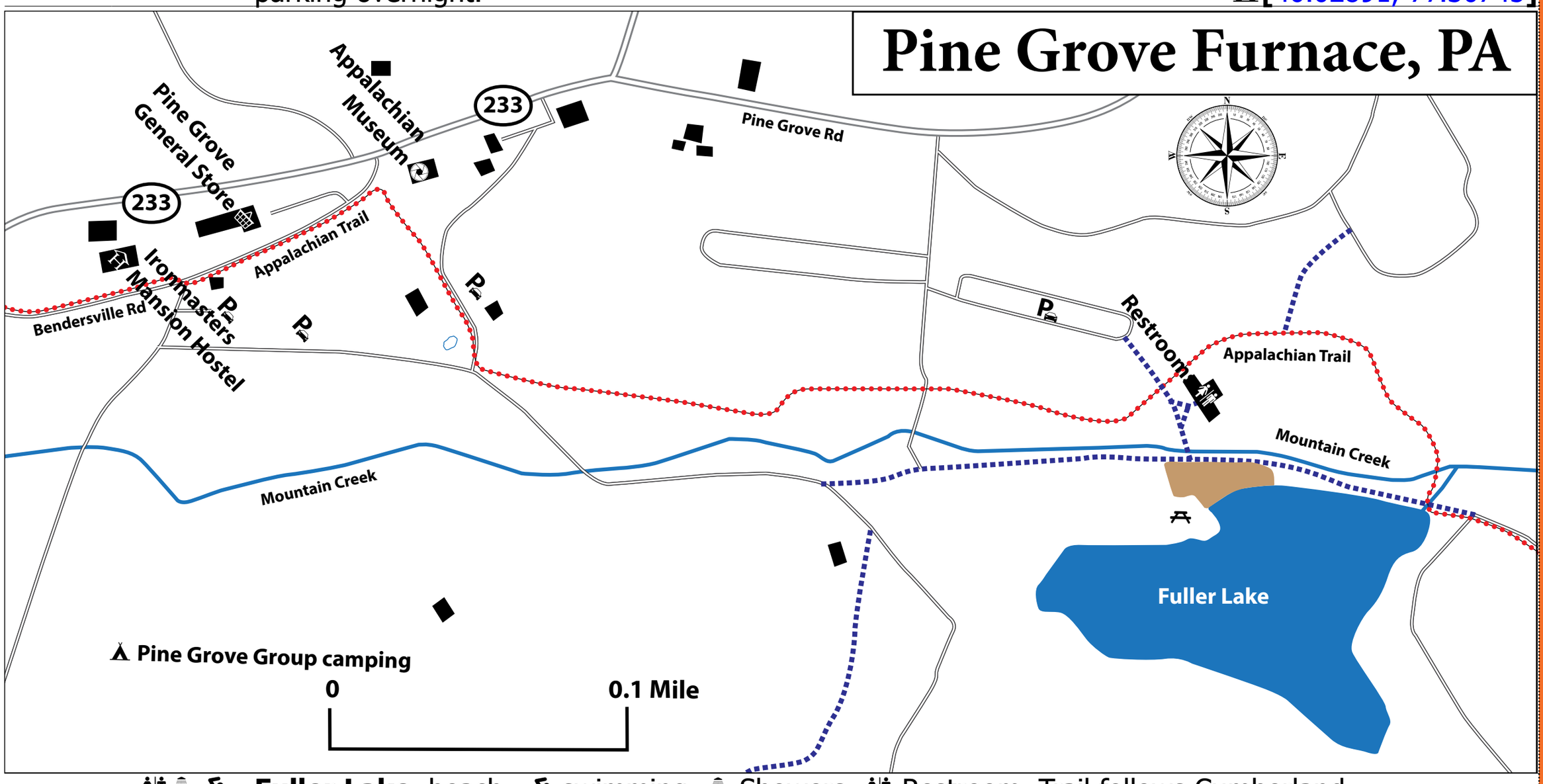
Pine Grove Furnace State Park, See Pine Grove Furnace map

Ironmasters Mansion Hostel 717-486-4108 ironmasterspinegrove@gmail.com. (www.ironmastersmansion.com) AT Passport location. Open April 1-Oct 31 all-day. Nov 1-Mar 30 by reservation. Call or email for reservations. Updates posted on website. $25PP; Dinner and breakfast for $10 more. Private room $60. a night Mon-Th and $80. a night Fri, Sat and Sun Computer available for use, free WiFi, laundry $3.
Mail drops: Ironmasters Hostel, 1212 Pine Grove Rd, Gardners, PA 17324.
[40.03211,-77.30797]

Pine Grove General Store 717-486-4920. AT Passport location. M-Su 8am-7pm mid-May thru Labor Day; weekends only mid-Apr thru mid-May and Labor Day thru Oct. Selection of hiking food, cold drinks, canister fuel, fuel by the ounce. Short order grill. Soda machine outside. Free WiFi and phone charging. ATM. **"Home of the Half-Gallon Challenge!"**.
[40.03236,-77.30709]

A.T. Museum 717-486-8126. (www.atmuseum.org) AT Passport location. Hikers welcome. Artifacts and photos of past hikers, signs from Springer & Katahdin. Sells halfway patch and bandana. Open; April 3-May 2, Weekends only 12pm to 4pm. May 3-July 11, Every day 9am to 4pm. July 12-Aug 15, Every day 12pm to 4pm. Aug 18-Oct 31, Wed-Sun, 12pm to 4pm. Open Labor Day(Sept 6) and Columbus Day(Oct 11), 12pm to 4pm.
[40.03259,-77.30569]

Pine Grove Furnace State Park 717-486-7174 From end of Dec to end of Mar open weekdays only; open 7 days rest of year. Campsites start at $17 weekdays, weekends are a little more, $2 off for PA residents. Dogs allowed in some sites. Restrooms. Check with park office before parking overnight.
[40.02891,-77.30745]



1105.6	P {12}	**Fuller Lake**, beach, swimming, Showers, Restroom. Trail follows Cumberland County Bike and Hike Trail for next (0.6S). P Parking to west.	[40.03063,-77.29789]	871	1091.8
1106.2		Trail follows Cumberland County Bike and Hike Trail for next (0.6S).	[40.03153,-77.29024]	881	1091.2
1107.9		**Pole Steeple side trail**.	[40.02862,-77.26666]	1300	1089.5

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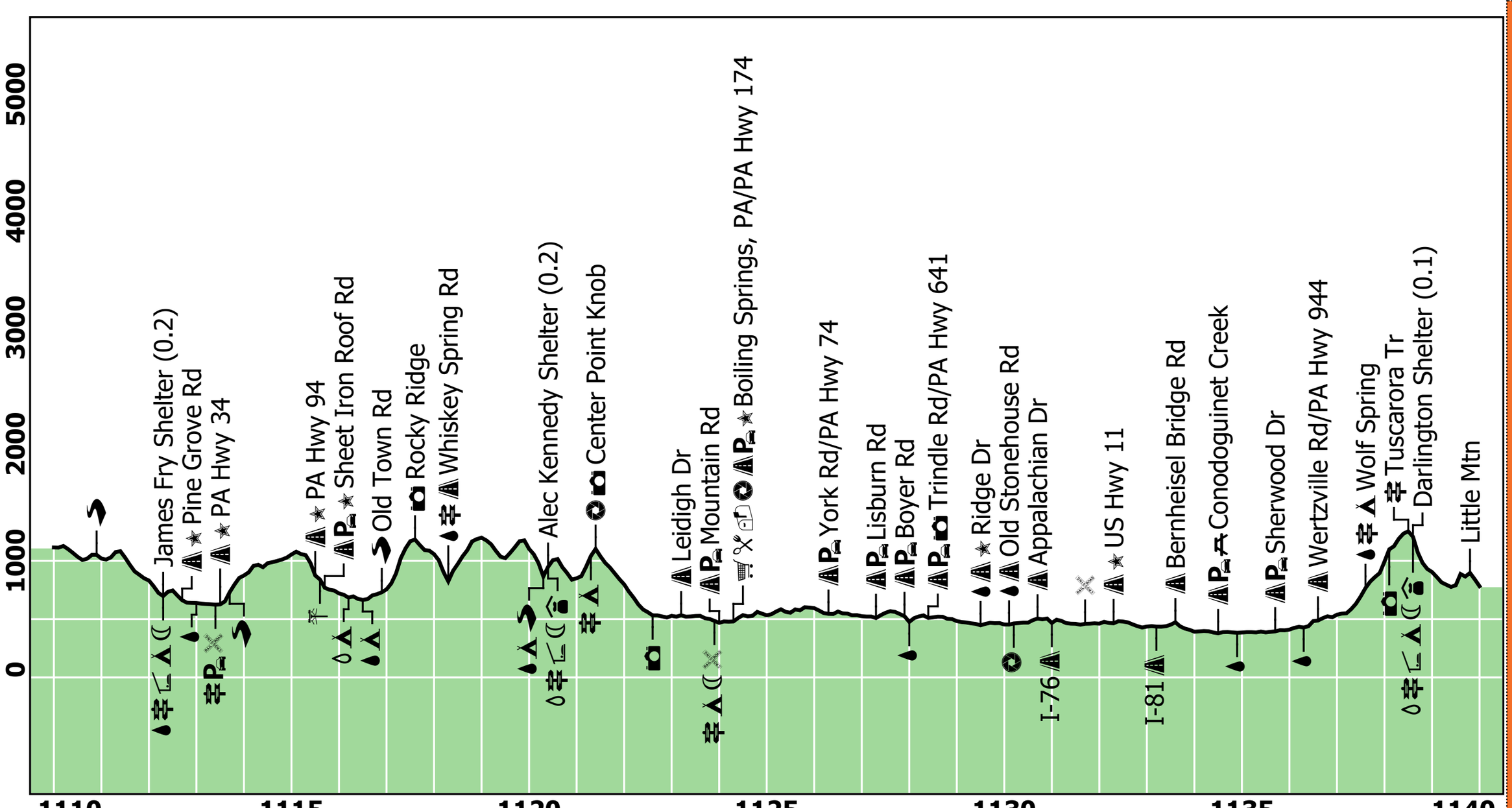
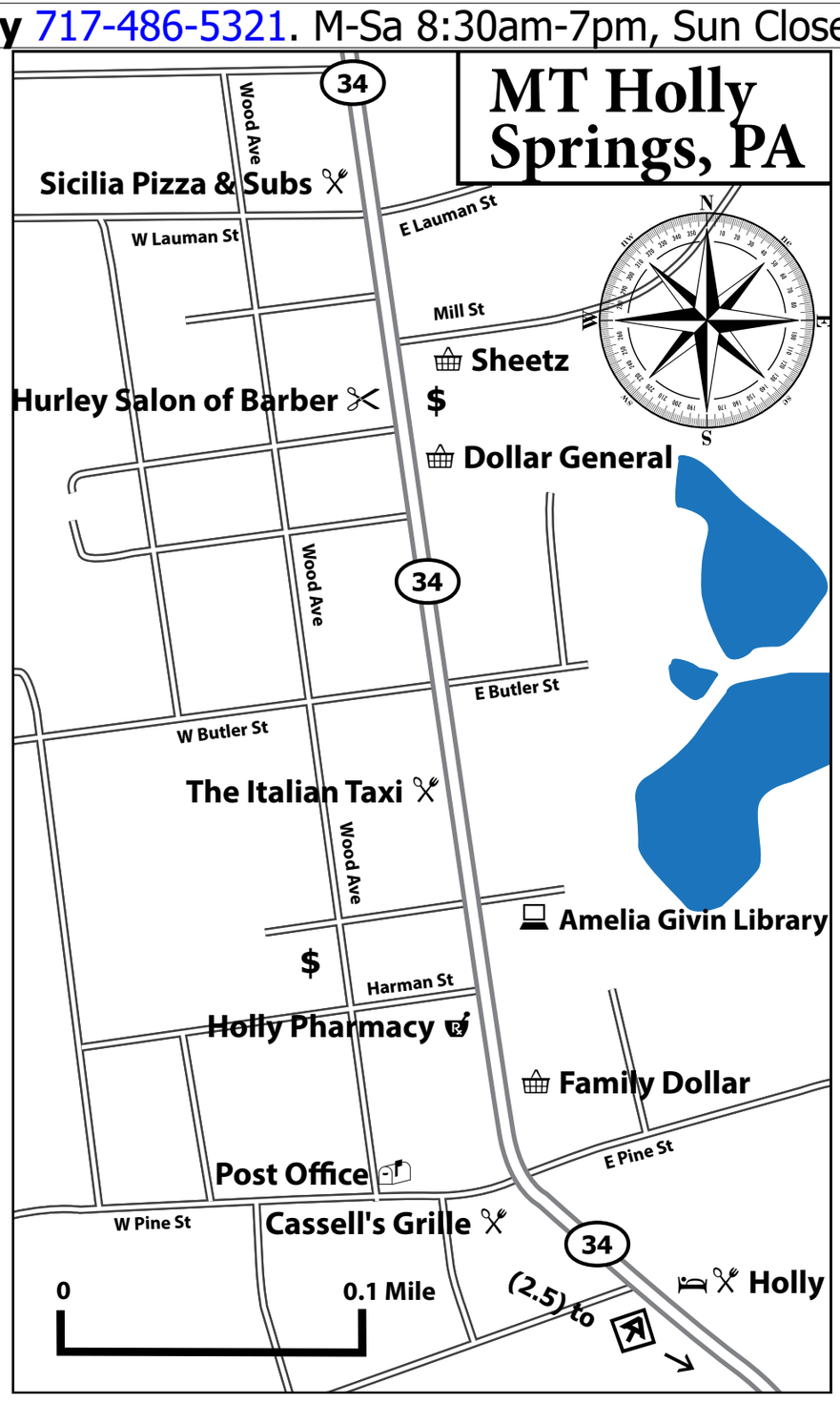


1111.2		Old road bed. [40.05394,-77.22685]	1080	1086.2
1111.4	{4} ★★★★★	Trail to **Mountain Creek Campground**, on Pine Grove Road, (0.7W) to tenting, long term resupply, water, shower, swimming. See below. [40.06043,-77.22548]	1050	1086.0
		Mountain Creek Campground 717-486-7681. (www.mtncreekcg.com) Open Apr-Nov, cabins $52+ tax, tentsites $27. Camp store has sodas and ice cream, laundry, short-order grill on weekends. Swimming. [40.06361,-77.22674]		
1112.2		Side trail leads (0.1W) to spring, signed. [40.06623,-77.20837]	750	1085.2
1112.6	{9}	Tagg Run. (0.2E)**24.5<<<17.1<<10.9<James Fry Shelter>8.1>>26.3>>>33.6** Also refered to as **Tagg Run Shelter**. Water is located (0.1) south of the AT on a blue blaze, and also (100 yds) north on AT. tenting, privy. [40.066306,-77.20724] [40.06296,-77.20640] [40.06680,-77.20843]	805	1084.8
1113.2	★★★★★	Cross **Pine Grove Road.** Camping (0.4W) [40.07161,-77.20436]	750	1084.2
		(0.3W) **Cherokee Family Campground** 717-486-8000 (www.cherokeecampgroundpa.com) cherokeecamp@aol.com. Tent sites $25, showers, WiFi, swimming pool, store. [40.06983,-77.21027]		
		(0.6E) **The Twirly Top** 717-486-3424 (www.thetwirlytop.com) Serves lunch and dinner. April-May: Tu-Sa 11am-9pm, Su/M Closed. May-Sept: M-Sa 11am-10pm, Su Closed. Sept-End of Season: M-Sa 11am-9pm, Su Closed. Accept credit cards. [40.06911,-77.19400]		
1114.2	{18} ★★★★★	Cross PA. 34, Hunters Run Road, cross train track. Parking (0.1E). **Gardners, PA.** [40.07774,-77.19451]	670	1083.2
Gardners, PA. (0.2E)				
		(0.2E) **Green Mountain Store & Deli** 717-486-4558 M-F 7am-8pm, Sa 8am-8pm, Su 9am-6pm. Hiker foods, prepared foods, ice cream, canister fuel, Heet. Restroom. [40.07579,-77.19560]		
1115.8	★★★★★	Cross **PA. 94**. [40.09184,-77.16787]	880	1081.6
Mt. Holly Springs, PA. (2.5W), See Mt. Holly Springs, PA map				
		PO M–F 8am-1pm & 2pm-4:30pm, Sa 9am-12pm. 717-486-3468. 16 W Pine St. Mt Holly Springs, PA 17065. [40.11430,-77.19026]		
		Dollar General 717-323-2150. M-Su 8am-10pm. [40.12042,-77.18975]		
		Family Dollar 717-701-4277. M-Su 8am-10pm. [40.11496,-77.18882]		
		Sheetz M-Su 24 hours. [40.12122,-77.18980]		
		Sicilia Pizza 717-486-4011. M-Th a1am-9pm, F-Sa 11am-10pm, Su 11am-9pm. [40.12272,-77.19086]		
		Holly Pharmacy 717-486-5321. M-Sa 8:30am-7pm, Sun Closed. [40.11537,-77.18958]		



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1116.0	P {4} ★★★★★	Cross **Sheet Iron Roof Road**, (0.4W) to ⛺ tenting, ✕ restaurant, 🛏 lodging, 🧺 short term-resupply, 🚿 shower, 🧺 laundry, 🏊 swimming. ▲[40.09322,-77.16443] P[40.09301,-77.16455]	680	1081.4
	⛺🛏 ✕🧺🚿🧺 🏊	(0.4W)**Deer Run Campground** 717-486-8168. (www.deerruncampingresort.com) ⛺ Tent with 🚿 shower $10, 🛏 cabin $75. ⛺[40.09641,-77.15905]		
1116.8	💧 ⛺	Cross stream of foot bridge, ⛺ tent sites to the west. 💧[40.09335,-77.15339]	671	1080.6
1117.2		Cross **Mountain Road**. [40.09249,-77.14580]	794	1080.2
1117.9		Rocky Ridge, rock scramble. [40.09306,-77.13940]	1190	1079.5
1118.6	💧 P {4} ⚠	Cross **Whiskey Spring Road**, Whiskey Spring. Sign marking the Western terminus of Mason-Dixon Trail, a 199-mile trail that passes by major rivers, and thru several nature preserves, in MD & DE, to its eastern terminus at Chadds Ford, PA. (www.masondixontrail.wixsite.com/mdts) ⚠ Beware of parking here, vehicles have been vandalized here. ▲[40.09822,-77.12861] P[40.09798,-77.12865]	830	1078.8
1120.6		Orange blazed side trail leads (1.7E) to Boy Scout Camp Tuckahoe. [40.11272,-77.10580]	905	1076.8
1120.7	💧 ✕ {7} 🐻 📶 ☾	(580 ft E) **25.2<<<19<<8.1<Alec Kennedy Shelter>18.2>>25.5>>>33.8** 💧 Water (spring) is located on a side trail behind the shelter but is known to go dry, 📶 bear box, ☾ privy. ✕[40.11375,-77.10451] [40.11180,-77.10423] 💧[40.11046,-77.10517]	850	1076.7
1121.6	✕ 📷 P {10}	**Center Point Knob** which at one time was mid point for the AT, White Rocks Trail heads (1.3E) to Kuhn Road and P parking. 📷[40.12357,-77.10532] P[40.13212,-77.08825]	1060	1075.8
1122.9		Pass evidence of mining operations.	558	1074.5
1123.5	▲ P	Cross **Leidigh Drive**. Very limited parking. ▲[40.14161,-77.11632] P[40.14136,-77.11548]	560	1073.9
1124.2	💧 ☾ ⛺	Backpackers campsite, near railroad tracks to east. ☾ Privy is on-site after Memorial Day. ⛺[40.14872,-77.11839]	500	1073.2
1124.3	▲ ⛺	Intersects with **Mountain Road**, crosses over Yellow Breeches Creek. ✕[40.14662,-77.12281]	500	1073.1
1124.4	☾ ▲ P {2} ⚠	Cross **Bucher Hill Road**. Trail head parking, ⚠ get permission from the ATC in Boiling Springs if your going to park overnight. ▲[40.14785,-77.12470] P[40.14785,-77.12416]	500	1073.0
1124.6	💧 ▲ P ★★★★★	Intersects with **PA. 174**, ATC Mid-Atlantic Office, limited use parking. **Boiling Springs, PA**. P Limited parking. P[40.15006,-77.12716]	500	1072.8

Boiling Springs, PA. See Boiling Springs, PA map.

		PO M-F 9am-12pm & 1pm-4:30pm, Sa 9am-12pm. 717-258-6668. 3 E 1st St. Boiling Springs, PA 17007. [40.15051,-77.12698]
	💧 📶	**ATC Mid-Atlantic Regional Office** 717-258-5771. 💧 Spigot on south side of building, may be off in winter. Ask staff about trail conditions and check bulletin board. Small shop with maps. 📶 WiFi. Some items may become available again if COVID status changes. [40.14997,-77.12700]
🛏	🚭 📶	**Red Cardinal B&B** 717-245-0823. (www.redcardinalbedandbreakfast.com) 🚭 No pets, no smoking. 🛏 $125 and up, queen bed room includes full breakfast and pickup and return from Boiling Springs, 📶 free WiFi. [40.14656,-77.16419]
🛒		**Karn's Quality Foods** 717-258-1458. M-Su 7am–10pm. [40.16121,-77.13767]
🧺	🏧	**Gettys Food Mart** 717-241-6163. 🏧 ATM inside. [40.15007,-77.12933]
🐕		**Boiling Springs Animal Hospital** 717-258-4575. (www.bsahvets2.com) M 9am-7:30pm, Tu 9a,-6pm, W 9am-7:30pm, Th-F 9am-6pm, Sa 9am-1pm. [40.14000,-77.14352]
✕		**Café 101** 717-254-6121. Serves coffee, breakfast, lunch, and dinner. M-Sa 7am-9pm, Su 7am-8pm. Located one block from the ATC Office on PA 174. [40.14000,-77.14352]
✕		**Anile's Ristorante & Pizzeria** 717-258-5070. M-Th 11am-10pm, F-Sa 11am-11pm, Su 11am-10pm. [40.15081,-77.12978]
✕		**Boiling Springs Tavern** 717-258-3614. (www.boilingspringstavern.com) Serves lunch and dinner. M closed, Tu-Sa 11:30-9pm, Su closed. [40.15012,-77.12865]
🚿	🏊	**Boiling Springs Pool** 717-258-4121.(www.bspool.com) Memorial Day-Labor Day, M-Su 11am-7pm, $2 hot shower. If you want to swim, visit ATC Regional Office for $3 off the $12 admission. [40.14624,-77.12483]
🚶	⛽	**Boiling Springs Pool** 717-258-4121.(www.bspool.com) Memorial Day-Labor Day, M-Su 11am-7pm, $2 hot shower. If you want to swim, visit ATC Regional Office for $3 off the $12 admission. [40.14624,-77.12483]
H	⛺ 🐾 🚿 🧺 🚗	**Lisa's Hostel** 717-226-8390. Open Feb-Mar, 7 days a week. No walk-ins. No credit cards. Call for details. 🐾 Pet friendly. H Bunks $20, includes linens, pillow. ⛺ Tenting $20. Stay includes 🚿 shower with towel, shampoo body wash. 🧺 Laundry $3 PP. 🚗 Shuttles for quests. Pickup at ATC at Boiling Springs.
🚗	🐾 🛟 🎒 ✈ 🚌 🚆	**Michael's Shuttle Service** 717-497-6022 (cell-talk/text) ✉ mike@atshuttler.com Owner: Michael Gelinas. Based out of Central PA. 🐾 Pet Friendly. 🛟 Insured. 365 days, 24/7 & holidays. **S to "anyplace" ➤ N to "anyplace"** & ✈ airport, 🚌 bus & 🚆 train terminals. 🎒 Slackpacking. "You pay the fare and I'll take you anywhere."If not vaccinated, mask required, and 3rd row seating."
🚗	🐾 P ✈ 🚌 🚆	**Bruce Dunlavy** 717-385-1697 (cell/text is best) Owner: Bruce Dunlavy - AT '96. Based out of Boiling Springs, PA. 🐾 Pet friendly. (Availability varies, call/text) & some holidays. **S to Caledonia SP, PA ➤ N to Duncannon, PA**. & ✈ airport, 🚌 bus & 🚆 train terminals. P Parking, donations accepted. "Basic lodging or camping available when we are home. Vaccinated riders preferred."

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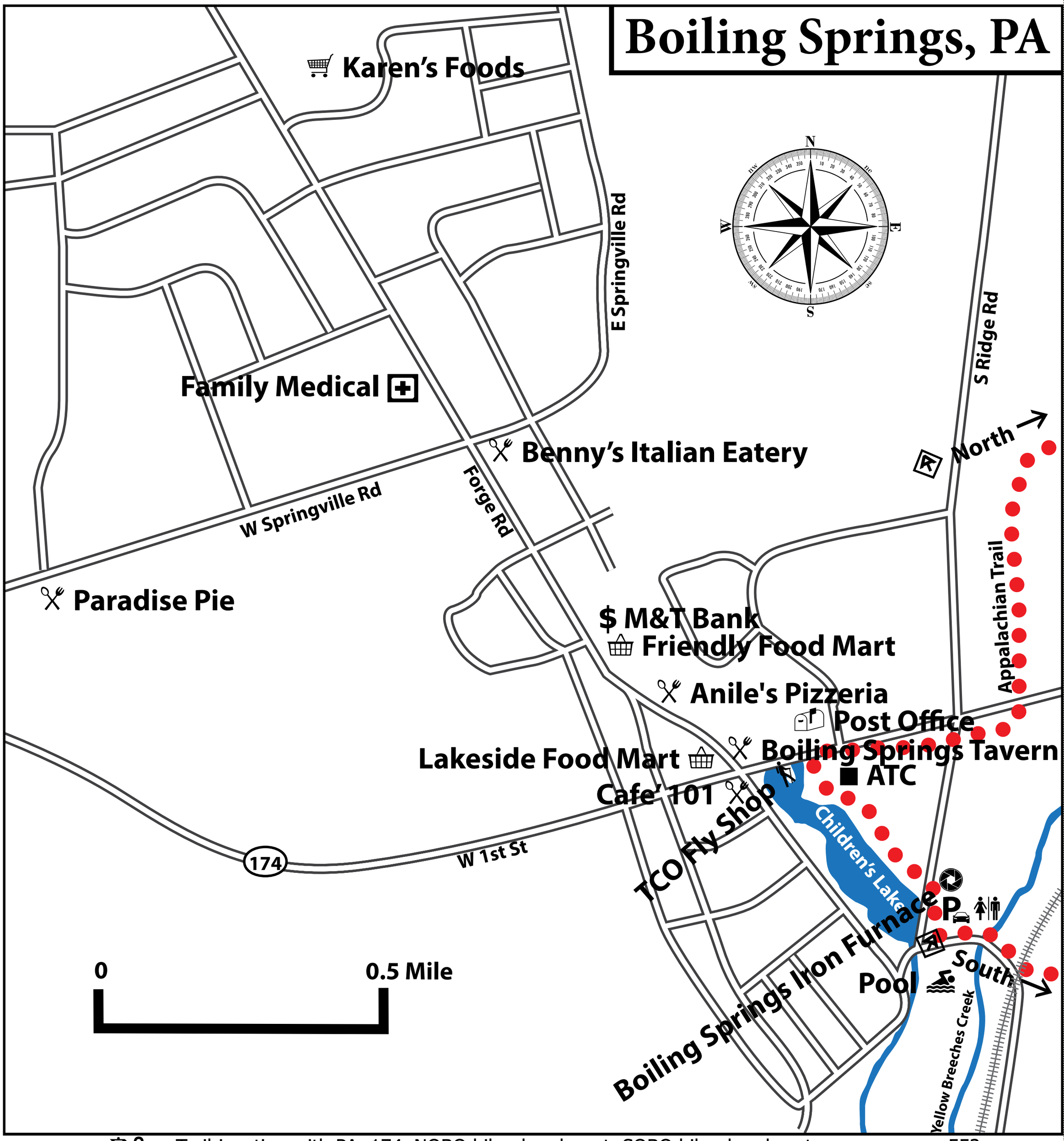

1124.8		Trail junction with PA. 174. NOBO hiker head west. SOBO hiker head east.	553	
			[40.15079,-77.12279]	1072.6
1126.6	⚠ P {6}	Cross **PA. 74, York Road**.	⚠[40.17293,-77.12100] P[40.17298,-77.12098]	580 1070.8
1127.7	⚠ P {6}	Cross **Lisburn Road**.	⚠[40.18331,-77.11150] P[40.18338,-77.11150]	550 1069.7
1128.3	⚠ P {2}	Cross Boyer Road.	⚠[40.19007,-77.10758]	550 1069.1
1128.7	⚠ P {8}	Cross **PA. 641, Trindle Road**.	⚠[40.19495,-77.10830] P[40.19501,-77.10920]	540 1068.7
1129.8	⚠ ★★★★★	Cross **Ridge Drive**. Cross Hogestown Run on foot bridge.	⚠[40.20741,-77.11303]	460 1067.6
		(0.7W) **Pheasant Field B&B** 717-258-0717. Behaved pets ok. AT Passport location. (www.pheasantfield.com) $135 and up, free pickup and return to trail head with stay, big breakfast, microwave, fridge, laundry for fee, free WiFi. Call from Trindle Rd at **NOBO mile 1128.4**, or from Ridge Rd, go (0.5W) to Hickorytown Rd, turn left on road, they are located on right.	[40.20284,-77.12004]	
1130.4	⚠	Cross **Old Stonehouse Road.**	⚠[40.21211,-77.10873]	470 1067.0
1130.5		Cemetery east of trail.	[40.21291,-77.10687]	482 1066.9
1131.1	⚠	Cross **Appalachian Drive.**	⚠[40.21826,-77.10638]	510 1066.3
1131.4	⚠	Cross over **I-76 Pennsylvania Turnpike**, overpass on Appalachian Trail Drive.	⚠[40.22102,-77.10273]	495 1066.0
1132.0		Cross **Norfolk Southern Railroad Tracks.**	[40.22663,-77.10529]	470 1065.4
1132.6	⚠ ★★★★★	Cross over **U.S. 11**, **pedestrian footbridge**.	[40.23287,-77.10892]	490 1064.8
New Kingston, PA. 17073 (1.9W)				
		(1.7W) **PO** M-F 8:30am - 4pm, Sa 10am - 12pm, Su Closed. 31 E Main St, New Kingstown, PA 17072.	[40.23433,-77.07738]	
Carlisle, PA. (0.5W) Post office further into Carlisle. **See Carlisle, PA map**.				
		(5.1W) **PO** M-F 9am - 6pm, Sa 9am - 1pm, Sun Closed. 717-243-3531. 66 W Louther St, Carlisle, PA 17013.	[40.20278,-77.19043]	
		Middlesex Dinner 717-241-2021, 24 hours.	[40.23396,-77.11664]	
		Days Inn 717-245-2242 Hiker rate $55.95, continental breakfast, pets $20. WiFi.	[40.23384,-77.13160]	
		Super 8 Motel 717-249-7000. $65 and up, continental breakfast, laundry, free WiFi, $10 pet fee. Mail drops for Guests: 1800 Harrisburg Pike, Carlisle, PA 17013.	[40.23316,-77.11698]	
		Red Roof Inn 717-245-2400. Call for pricing.	[40.23227,-77.12526]	
		Americas Best Value Inn 717-249-7775. $43.95 and up + tax, continental breakfast, $15 pet fee, microwave, fridge, free WiFi.	[40.23311,-77.12415]	
		Flying J Truck stop 717-243-6659, M-Su 24hrs. Convenience store, diner, showers $12 includes towel, laundry.	[40.23520,-77.12290]	
	P	**Points between Penn Mar & Port Clinton** aka JEB, 717-554-9945 ande5560@gmail.com. Owner: Bob Anderson-"JEB". Based out of Mechanicsburg, PA. Pet friendly. 365 days, (depends on availability, call) & some holidays. **S to Penn Mar ➤ N to Port Clinton** & airport, bus & train terminals. P Parking, free.		

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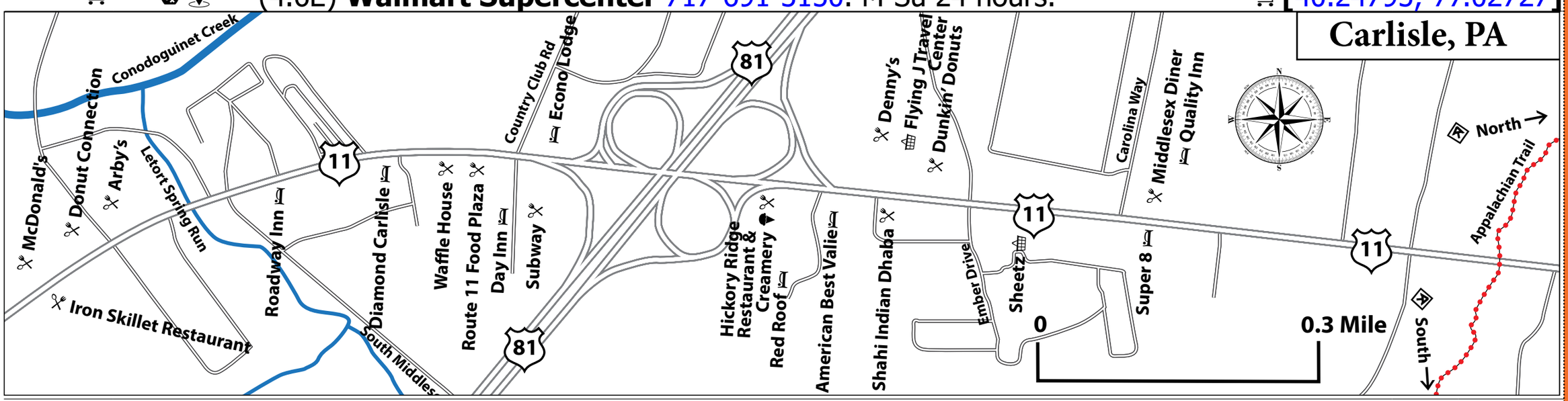
Wiley 717-962-0286 ✉ livewiretennis@aol.com Owner: Wiley Stonebraker. Based out of Carlisle, PA.
Pet friendly. Insured. 365 days, 24/7 & holidays.
S to Harpers Ferry, WV ◄ ► N to Port Clinton & airport, bus & train terminals. Slackpacking. **P** Parking, free.

Mechanicsburg, PA. (5.0E)

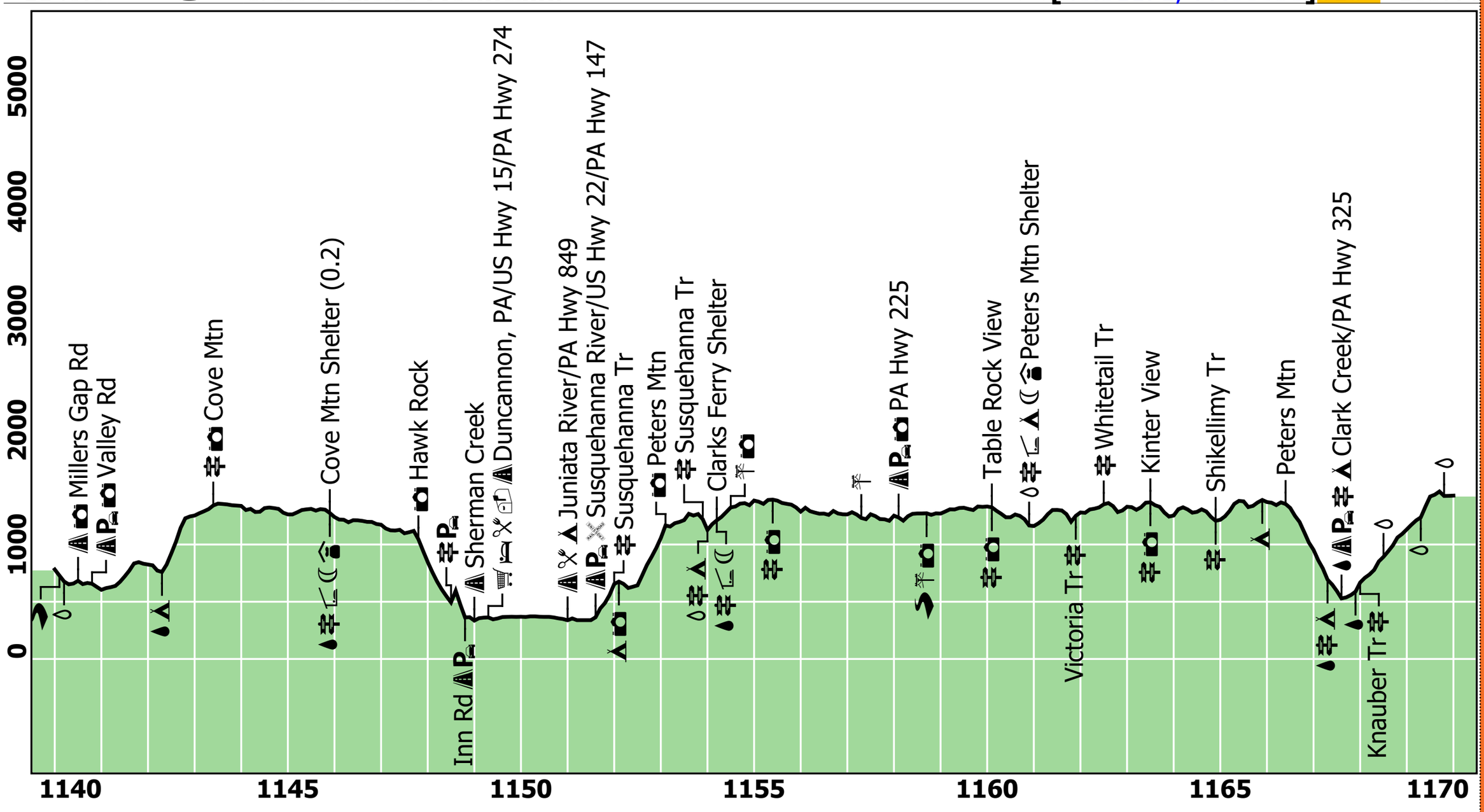
(3.0E) **CVS** 717-697-1645. M-Sa 8am-9pm, Su 9am-7pm; Pharmacy M-F 9am-9pm, Sa 9am-6pm, Su 9am-5pm. [40.24031,-77.05377]

(4.3E) **Giant Food** 717-796-6555. M-Su 24 hours. [40.24747,-77.03110]

(4.6E) **Walmart Supercenter** 717-691-3150. M-Su 24 hours. [40.24795,-77.02727]



1133.5		Cross over **I-81**, overpass on Bernheisel Bridge Road. [40.24276,-77.10080]	485	1063.9
1134.7		(0.1N) Boardwalk for NOBO hikers. [40.25842,-77.10200]	395	1062.7
1134.8		(0.1S) Boardwalk for SOBO hikers. [40.25961,-77.10217]	394	1062.6
1134.9		Cross **Conodoguinet Creek Bridge**, **ATC Scott Farm Trail Work Center**, AT work center. **P** Parking is limited; users must contact the Appalachian Trail Conservancy to determine parking availability, driving and parking on the grass are strictly prohibited. See next entry north for Sherwood Drive for alternate parking. **P** [40.25980,-77.10370]	480	1062.5
1135.3		Cross stream of 200 ft curved foot bridge. [40.26514,-77.10396]	404	1062.1
1135.4		Cross stream of 200 ft curved foot bridge. [40.26729,-77.10338]	392	1062.0
1136.0		Intersects with **Sherwood Drive**. **P** [40.27400,-77.09950]	420	1061.4
1136.9		Cross **PA. 944**, pedestrian tunnel. Donnellytown, PA. [40.28438,-77.09378]	480	1060.5
1137.9		Spring at **Wolf Trail** Junction, spring is (50FT W), follow blue blaze. Tent sites east of trail near remains of old car. **⚠ NoBo's Get Water Here.** [40.29582,-77.08875]	650	1059.5
1138.5		Cumberland Overlook. Stone bench on east side of trail. [40.29942,-77.08653]	1101	1058.9
1138.8		Junction with Tuscarora Trail (northern terminus) and the Darlington Trail. [40.30046,-77.08904]	1390	1058.6
		(0.1E) **37.2◄◄◄26.3◄◄18.2◄Darlington Shelter►7.3►►15.6►►►22.3**		
1138.9		Water (spring) is located (0.2) on a blue blazed trail in front of the shelter but is unreliable, lots of tenting, privy. [40.30203,-77.08686]	1250	1058.5
1140.0		Crest of **Little Mountain**. [40.31171,-77.08030]	910	1057.4



1140.8		Cross **Millers Gap Road**, paved. [40.31904,-77.08103]	700	1056.6
1141.2		Cross **PA. 850, Valley Road**. [40.32204,-77.07748] **P** [40.32181,-77.07815]	650	1056.2
1142.6		Cross stream. Tent sites. ⚠ SOBO hikers going to Darlington Shelter should get water here. [40.33477,-77.08964]	761	1054.8
1143.7		**Pipe line clearing** with views. Unmarked trail leads west down to State Game lands parking. Crest of Cove Mtn. [40.34113, -77.10303] **P** [40.33316,-77.11388] **P** [40.33411,-77.11084]	1315	1053.7
1145.3		Blue blaze trail leads west steeply down to service road for Duncannon Water Company. [40.35733,-77.08324]	1246	1052.1
1146.2		(0.2E) **33.6◄◄◄25.5◄◄7.3◄Cove Mountain Shelter►8.3►►15.0►►►33.0** Water (spring) is located 125 yards away on a steeply graded trail near the shelter, privy. [40.36365,-77.06736]	1200	1051.2
1148.1		**Hawk Rock**, view of Duncannon, [40.37444,-77.04201]	1140	1049.3
1148.2		Hawk Rock trail leads east. [40.37517,-77.04059]	1124	1049.2
1148.8		Trails leads (0.1W) to **P** parking. [40.38151,-77.03480] **P** [40.38297,-77.03313]	539	1048.6
1149.3		Intersects with **Inn Road.** [40.38129,-77.02888]	360	1048.1
1149.4		Cross over **Sherman Creek Bridge.** [40.38382,-77.03098]	360	1048.0
1149.8		Intersection with **PA. 274, U.S. 11 & 15**, underpass, (0.5W) to long term resupply. [40.38814,-77.03181]	385	1047.6
1150.3		Intersection of **Market and Cumberland Street**. [40.38989,-77.03046] **Duncannon, PA. See Duncannon, PA map**.	385	1047.1
		PO ID required, M-F 8am-11am & 12pm-4:30pm, Sa 8:30am-12:30pm. 717-834-3332. 203 N Market St. Duncannon, PA 17020. [40.39255,-77.02928]		

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Doyle Hotel 717-834-6789. Under new ownership. [40.39027,-77.03044]

Stardust Motel 717-834-3191. No pets. $45S, $55D, laundry. Sometimes pick-up and return rides available. [40.43441,-76.99910]

Red Carpet Inn 717-834-3320. $55S, $60D + tax. Laundry, free WiFi. Pick-up and return from Duncannon for $10. [40.45074,-76.97632]

Kind of Outdoorsy 717-596-0016 (www.kindofoutdoorsy.com)
Store hours, M-Th 9am-5pm, F-Sa 9am-6pm, Su 9am-5pm. Darn Tough Sock exchange location.
Hostel: Open year round. Pet Friendly. AT Passport. {14} bunks available $25 per night, 6 more in annex. nobo hikers should call at least one day in advance or make online reservations. Private room available. Showers. Free Wifi. fuel. Full Long term resupply, darn tough warranty. Laundromat located three buildings away. Loaner clothes. Hiker Lounge is available to any hiker during store hours. Parking for hikers. Max is 4 cars per night at location.
Maildrops: Include name and expected arrival date. 9 South Market St, Duncannon, PA 17020.
[40.38964,-77.03075]

Riverfront Campground 717-834-5252. (www.riverfrontcampground.com) Site and shower $5PP, check-in daylight until dark. Shuttles available. Take note of the railroad tracks. [40.40203,-77.01665]

The Pub 717-834-5420. Bar serves lunch and dinner. M-Sa 11am-2am, Su Closed. [40.39127,-77.02983]

Sorrento Pizza 717-834-5167. (www.sorrentosduncannon.com) M-Th 11am-10:30pm, F-Sa 11am-11:30pm, Su 11am-10:30pm. Bar and Lounge; every day 4pm- last call. Dinner service ends 10pm. [40.39136,-77.02956]

Goodies Breakfast 717-834-6300. M closed, Tu-Su 6am-11am. [40.39003,-77.03014]

Ranch House Restaurant 717-834-4710. (www.ranchhouseperryco.com) M-Fr 5:30am-9pm, Sa 6am-9pm, & Su 7am-9pm. Serves breakfast, lunch and dinner. Soup & Salad Bar is available everyday for lunch & dinner (11AM to 7PM). Breakfast bar on Sa-Su. [40.43124,-77.00238]

Lumberjack's Kitchen 717-834-9099. (www.lumberjackskitchen.weebly.com) Seasonal hours, open in the summer and spring M-Th 9am-9pm, F-Sa 8am-9pm, Su 8am-8pm. In the Fall and Winter open M-Th 10am- 8pm, F-Sa 8am-9pm, Su 8am-7pm. Located near Red Carpet Inn. [40.45586,-76.96456]

Trail Laundry 717-283-2705 (www.facebook.com/TrailLaundry) 24 hours, Coin laundry. 25 South Market Street. [40.38913,-77.03090]

Rite Aid 717-834-6303. M-F 8am-9pm, Sa 8am-7pm, Su 8am-8pm. Pharmacy M-F 9am-9pm, Sa 9am-6pm, Su 10am-6pm. [40.39004,-77.04392]

Pilot Travel Plaza 717-834-3156, M-Su 24 hours, $12 showers. [40.40590,-77.00937]

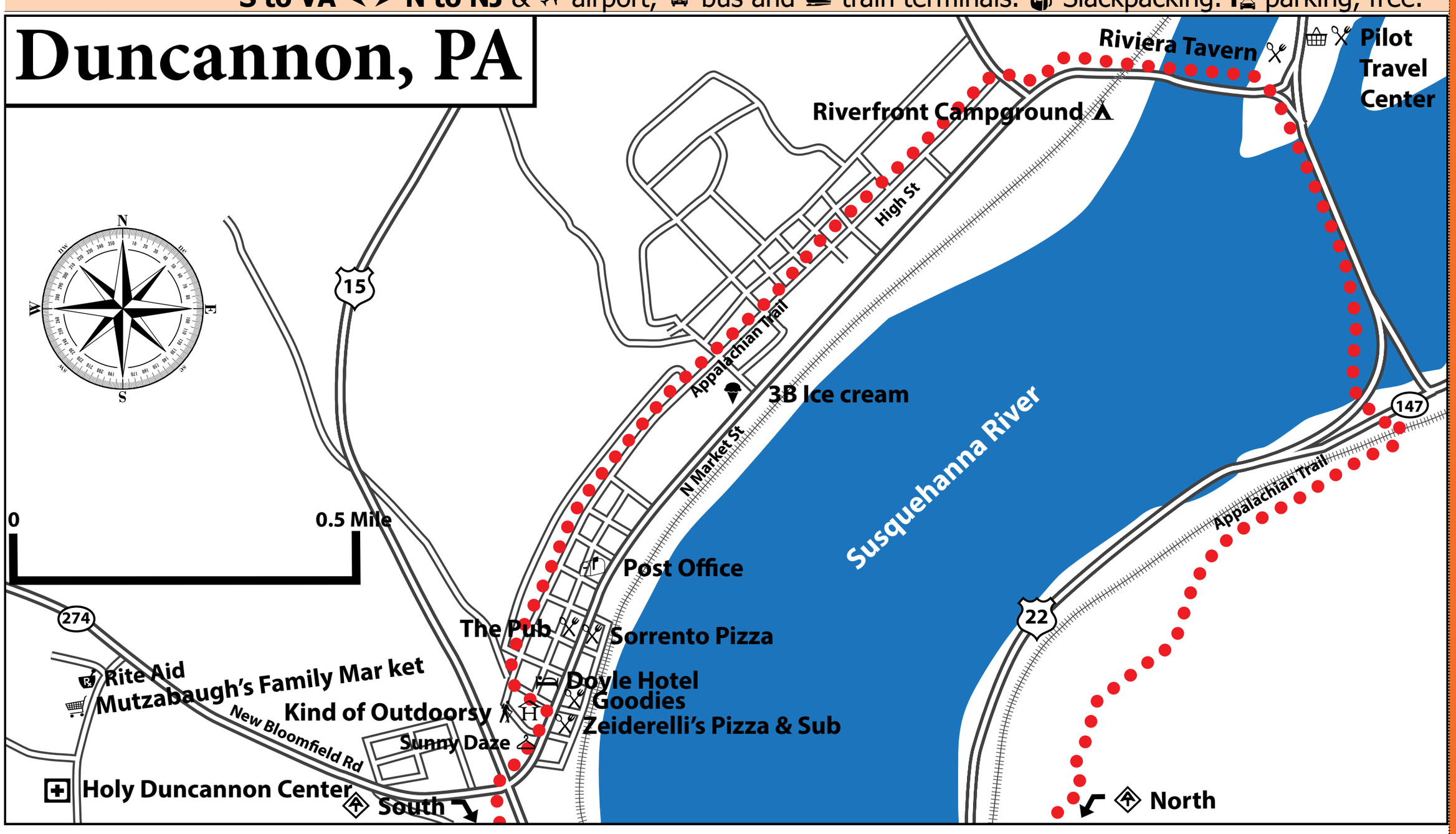
Cove Mountain Animal Hospital 717-834-5534. (www.covemountainanimalhospital.vetstreet.com) M-W 9am-8pm, Th 9am-5pm, F 9am-6pm, Sa 9am-12pm, Su closed. [40.35964,-77.01897]

Christ Lutheran Church 717-834-3140. (www.clcduncannon.org) Free hiker dinner Wednesdays in June & July 5pm-7pm at 115 Church St., the corner of Plum St and Church St. Sunday service 10am. [40.39235,-77.03148]

Trailangelmary 717-834-4706 Owner: Mary B Parry. Based out of Duncannon, PA. Pet friendly. 365 days, 7am/7pm & holidays.
S to Harpers Ferry, WV ➤ N to Delaware Water Gap, NJ & airport, bus & train terminals. Slackpacking.

Jim & Denise Glenn 717-623-6089 jglenn6874@aol.com Owners: Jim & Denise Glenn. Based out of Marysville , PA. Pet friendly. 365 days, dawn to dusk & some holidays.
S to Pine Grove Furnace SP ➤ N to Swatara SP & airports & bus & train terminals. Covid precautions. Masks required.

Sholley's Shuttle 570-259-2569 (cell) sholleytanner@gmail.com. Based out of Harrisburg, PA. $ Pet friendly. 365 days, 24/7 & some holidays.
S to VA ➤ N to NJ & airport, bus and train terminals. Slackpacking. P parking, free.



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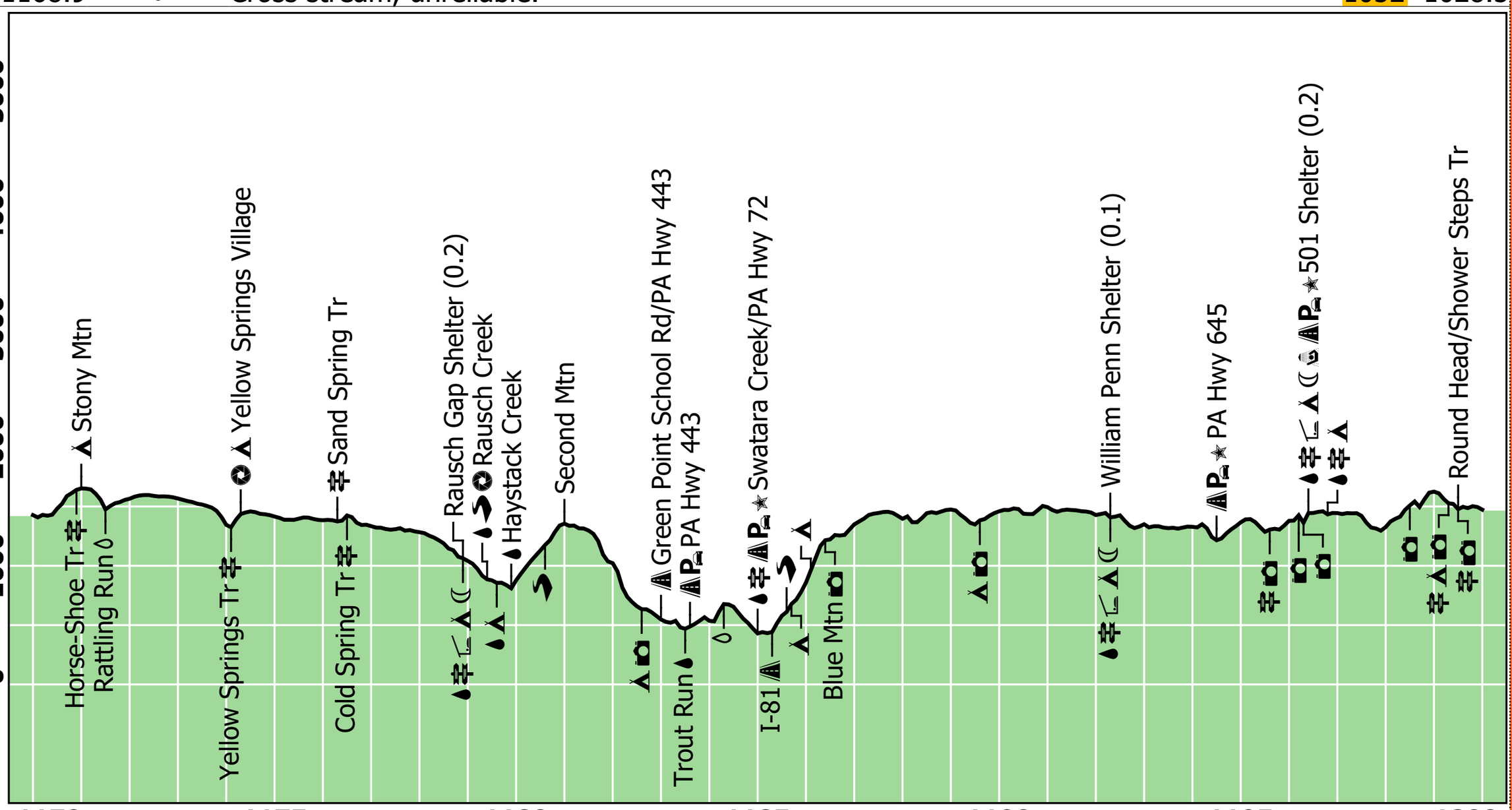
1150.4		Cumberland and High Street meet. NOBO hikers fllow High Street. [40.39024,-77.03165]	260	1047.0
1151.3		**PA. 849, Newport Road**, and High Steet meet. SOBO hiker follow Hight Street. [40.40280, -77.01844]	380	1046.1
1151.6		Juniata River Bridge. [40.40260,-77.01285]	345	1045.8
1151.7		**Susquehanna River** on Clarks Ferry Bridge (south end). [40.40189,-77.01055]	353	1045.7
1152.1	P	**Susquehanna River** on Clarks Ferry Bridge (north end). **U.S. 22 & 322 Crossing and Norfolk Southern Railway** [40.39584, -77.00769] P[40.39593,-77.00850] P[40.39623,-77.00775]	392	1045.3
1152.5		Blue blazed Susquehanna Trail leads (0.9W) and rejoins the A.T.. [40.39255,-77.01313]	650	1044.9
1153.7		Views of Duncannon and Susquehanna River. Tenting near trail. Views to the east. [40.38797,-77.00940]	1177	1043.7
1153.9		Peters Mtn ridge crest, rock scramble next (0.5N).	1249	1043.5
1154.2		Blue blazed Susquehanna Trail leads (0.9W) and rejoins the A.T. [40.39179,-76.99897]	1150	1043.2
1154.3	{3}	Side trail to (200FT E) to Eagle Scout Campsite, spring. [40.39146,-76.99705] [40.39095,-76.99707]	1166	1043.1
1154.5	{8}	(300 ft E) **33.8<<<15.6<<8.3<Clarks Ferry Shelter>6.7>>24.7>>>38.1** Water (pipe spring) 0.1 beyond shelter, privy. [40.39226,-76.99383]	1260	1042.9
1155.1		Power line. [40.39489,-76.99022]	1314	1042.3
1156.0		Cross pipeline. [40.39958,-76.97505]	1374	1041.4
1158.4	P{10}	Cross **PA. 225** on footbridge. [40.41138,-76.93053] P[40.41202,-76.93006]	1250	1039.0
1159.0		Power lines. [40.41473,-76.91919]	1275	1038.4
1160.4		Blue blaze (28FT E) to **Table Rock**. View. [40.42171,-76.89468] [40.42143,-76.89463]	1200	1037.0
1160.6		Tenting, and bear box. [40.42199,-76.89392]		1036.8
1161.2	{16}	(128FT W) **22.3<<<15.0<<6.7<Peters Mountain Shelter>18.0>>31.4>>>35.5** Water is located (0.3) down a steep blue blazed trail of almost 300 rock steps in front of shelter, bear box, privy. [40.42571,-76.87941]	970	1036.2
1162.2		Blue blazed **Victoria Trail** to west. [40.43059,-76.86341]	1240	1035.2
1162.3	P	Victoria Trail to east (0.4E) keepe left at next intersection (0.5) to P parking on PA. 324. [540.43091,-76.86185] P[40.42162,-76.86181]	1265	1035.1
1162.8	P{10}	Four-way trail junction. Pink blazed **Whitetail Trail**. Trail goes (0.7W) to Victoria Trail and then (0.5 Left) to P parking on PA. 325. [40.43399,-76.85283] P[40.42162,-76.86181]	1310	1034.6
1163.6		Kinter tent site. [40.43948,-76.83897]	1302	1033.8
1163.9		Blue blazed trail (60YDS E) to **Kinter View**. [40.44066,-76.83431]	1320	1033.5
1165.3	P	Blue blazed **Shikellimy Trail** east leads to P parking area. [40.44916,-76.80956]	1250	1032.1
1166.9		Peter Mountain ridge crest. [40.45473,-76.79244]	1350	1030.5
1167.6		Blue blaze (136YDS E) to spring and tenting. [40.45353,-76.78039]	737	1029.8
1167.9	{30}	Cross **PA. 325**, **Clark's Valley**, Clark Creek on NOBO side of road. [40.45180,-76.77619] [40.45139,76.77572] P[40.45160,-76.77619]	550	1029.5
1168.0		Blue blazed Water Tank Trail to east. Streamside campsite in west side of AT.	570	1029.4
1168.3		Spring	620	1029.1
1168.4		Red blazed Henry Knauber Trail to east. [40.44785,-76.77114]	680	1029.0
1168.9		Cross stream, unreliable.	1052	1028.5



1170.1		Spring, unreliable.	1453	1027.3
1170.6		Spring, unreliable.	1486	1026.8
1171.1		**Horse-Shoe Trail** (northern end). Horse-Shoe Trail is Yellow blazed and leads to Valley Forge, PA, it is a total of 140.3 miles. [40.45459,-76.72139]	1638	1026.3
1171.2		**Stony Mountain** summit. Tent site.	1650	1026.2
1171.8		Cross **Rattling Run**. [40.45467,-76.71125]	1547	1025.6
1174.4		**Yellow Springs Trail** leads (0.8E) to Stony Creeak Rail Trail. [40.47045,-76.67272]	1380	1023.0
1174.6		**Yellow Springs Village Site**, trail register	1450	1022.8
1176.6		**Sand Spring Trail**.	1380	1020.8
1176.8	P	**Cold Spring Trail** leads (0.7E) crossing Stony Creeak Rail Trail to P parking lot Cold Spring Road. [40.48624,-76.63253] P[40.47740,-76.62596]	1400	1020.6
1179.2	{6}	(0.2E) **33<<<24.7<<18.0<Rausch Gap Shelter>13.4>>17.5>>>32.4** Water (spring) next to the shelter, tenting, privy. [40.50157,-76.60014] [40.49863,-76.60016]	980	1018.2
1179.7		**Rausch Creek**, steel bridge. [40.49718,-76.59666]	920	1017.7

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1179.8		Raush Gap Village, sign. Option for a NOBO detour, due to flooding caused by beaver activity. Detour is (1.6W), (0.9) mile along old railroad bed, turn right at sign and follow woods road 0.7 mile to rejoin AT. [40.49757,-76.59516]	920	1017.6
1179.9	{10}	Campsite and hammocking to the east. [40.49594,-76.59476] [40.49583,-76.59520]	870	1017.5
1180.0		Cemetery to the west. [40.49630,-76.59207]	855	1017.4
1180.1		**Stony Creek**, wooden bridge	840	1017.3
1180.8		Option for a SOBO detour, due to flooding caused by beaver activity. Detour is (1.6W), follow woods road 0.7 mile, turn left at sign and follow old railroad bed (0.9) mile to rejoin AT. [40.49524,-76.57638]	1099	1016.6
1180.9		**Second Mountain**.	1350	1016.5
1182.6		Camping	761	1014.8
1182.7		Camping	701	1014.7
1182.8		Camping	672	1014.6
1183.0		Pass through field. [40.49208,-76.55282]	620	1014.4
1183.3		Cross **Greenpoint School Road** then **150 feet to cross PA. 443**. [40.49014,-76.55136] (PA443) [40.48999,-76.55104]	570	1014.1
1183.7		Wooden boardwalk. [40.48430,-76.54972]	486	1013.7
1183.8		**Trout Run**, reliable water. [40.48303,-76.55022]	476	1013.6
1183.9	⚠	Cross PA. 443/72. Green Point, PA. underpass. (2.6W via PA-72) to hotel, tenting, restaurant, laundry, shower. **⚠ Camping, campfires are prohibited and pets must be on a leash between here and north to PA 72**. [40.48282,-76.55063]		1013.5
1184.0	P	Cross **PA. 443**. [40.48195,-76.55065] P [40.48181,-76.55071]	550	1013.4
1184.6		Water Source, unreliable.	673	1012.8
1185.3	P {5} ⚠ ★★★★★	Cross **PA. 72**, Swatara Gap. **⚠ Camping, campfires are prohibited and pets must be on a leash between here and south to PA 443**. Hikers planning to walk into Lickdale should take the Swatara Rail Trail for (2.3E) miles. [40.48012,-76.53257] P [40.48083,-76.53365]	480	1012.1
		(250 FT E) **Stay-AT-Swatara** 717-644-2864 (text) for availability stayatswatara@gmail.com FB: StayATSwatara. We are pushing hard to be open by April 2024. This year we will be offering primitive camping, shower/bath house, laundry, Wi-Fi. Re-supply, food and drinks to purchase. Shuttle services. Slackpacking if time permits. We have fresh and very cold spring water coming out of the Mountain! Come relax and get some "rest for your soles". Price list will be posted shortly. Maildrops avaialbe with stay: 3533 State Route 72, Jonestown Pa 17038. [40.47906,-76.53197]		

Lickdale, PA (2.1E) See Lickdale, PA map.

Via PA-72. Establishments are listed as Jonestown but that is because they have no post office box for Lickdale.

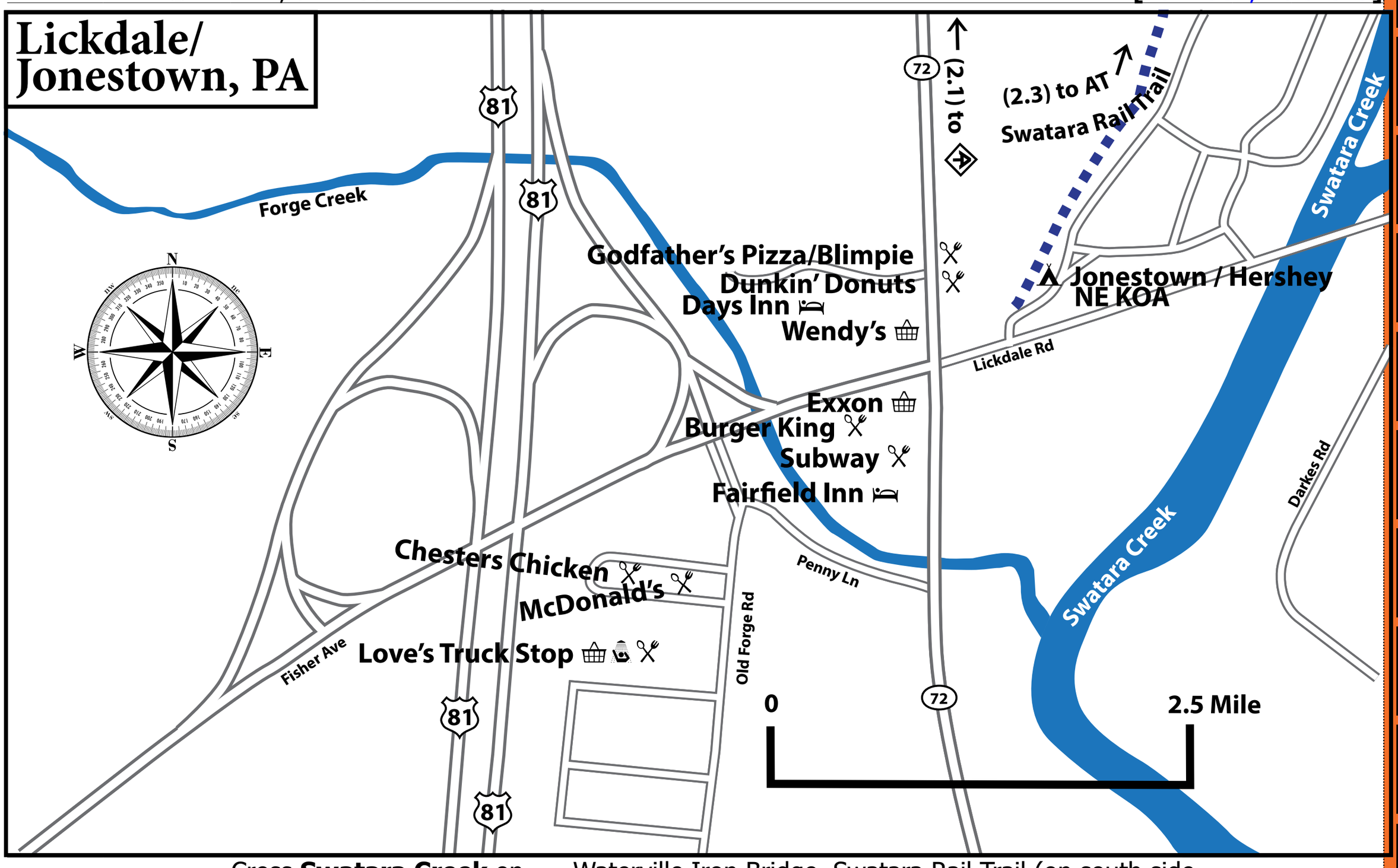
Days Inn 717-865-4064. $85.15 and up (goes up in summer months), includes continental breakfast, pets $10. Microwave, fridge, laundry, computer available for use, free WiFi. Call about mail drops. [40.45184,-76.51344]

Fairfield Inn & Suites by Marriott 717-865-4234. Call for pricing. [40.45060,-76.51279]

SureStay Plus 717-865-8080. $75 and up, includes breakfast, microwave, fridge, laundry, computer available for use, free WiFi, pool. Pets $25. [40.44921,-76.52040]

Jonestown KOA 877-865-6411. (www.koa.com/campgrounds/jonestown) M-Su 7 days. Summer 5am-9pm. Tent site $38 and up, cabin also available. Pets on leash okay. Laundry, camp store, snack bar, free WiFi. [40.44923,-76.52046]

Love's Travel Stop with McDonald's, Chesters 717-861-7390. $10 showers, ATM, WiFi, all M-Su 24 hrs. [40.44952,-76.51529]



1185.4	P {10}	Cross **Swatara Creek** on Waterville Iron Bridge, Swatara Rail Trail (on south side of bridge). Hikers planning to walk into Lickdale should take the Swatara Rail Trail for (2.3E). [40.48006,-76.53213] [40.48031,-76.53182] P [40.48080,-76.53156]	460	1012.0
1185.7		Cross **I-81**, underpass. [40.47868,-76.52779]	450	1011.7
1186.0		Cross woods road. [40.48194,-76.52861]	710	1011.4
1186.1		**Campsite**, no water. [40.48292,-76.52722]	697	1011.3
1186.5		Campsite. [40.48270,-76.52222]	1037	1010.9
1186.8		Blue Mountain ridge crest. Overlook to the east. [40.48308,-76.51805]	1212	1010.6
1189.9		**View of Monroe Valley** to east. Campsite with no water. Another campsite and water can be located about (60FT N) and (0.3W) on old service road, it's a small stream seems to be flowing when other places are dried up. It's a little steep (220'). [40.49618,-76.46487] [40.49963,-76.462496]	1383	1007.5

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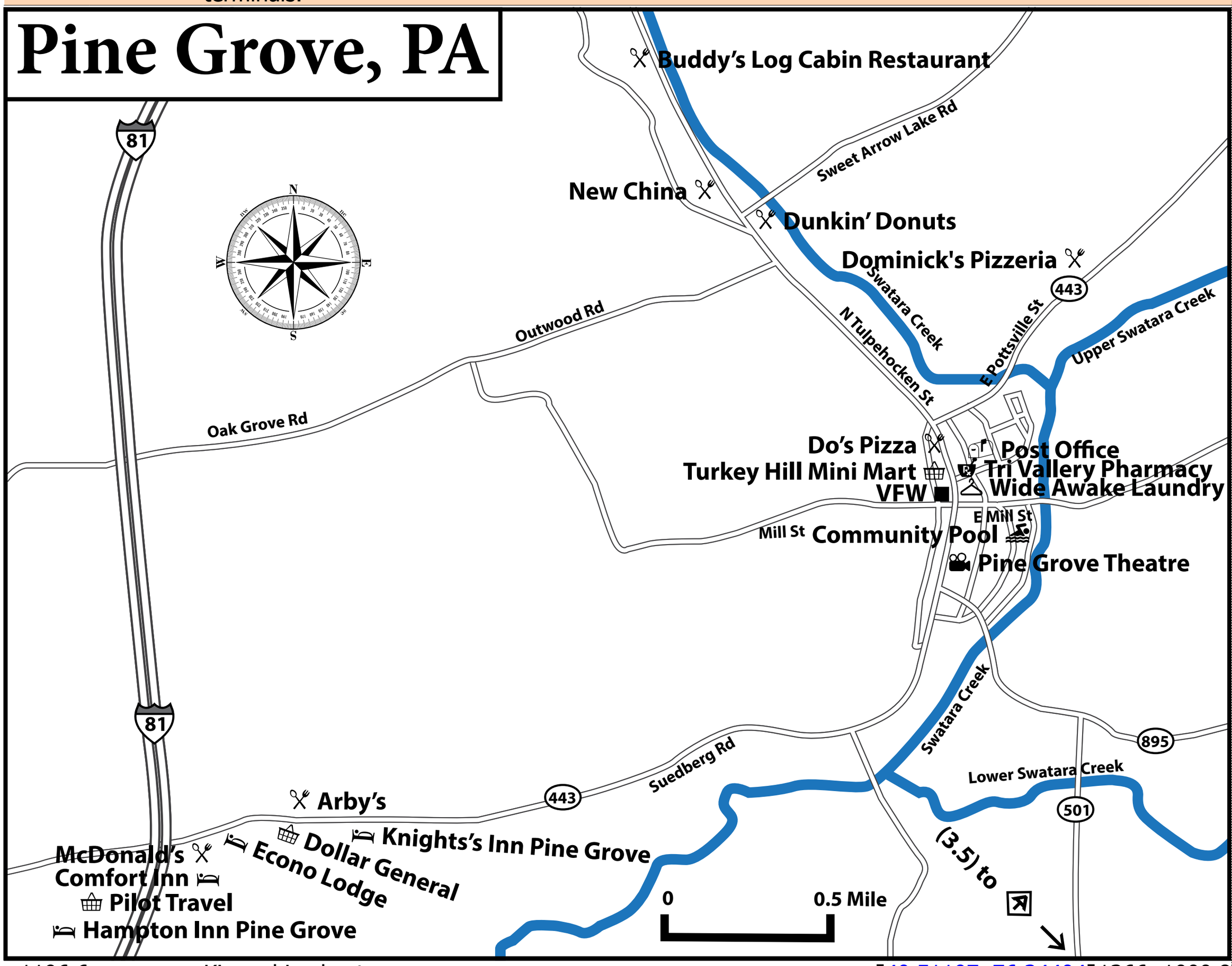
1192.6		Blue Mountain Spring. Water is located 200 yards west on a blue blazed trail off the AT. (0.12E) **38.1<<<31.4<<13.4<William Penn Shelter>4.1>>19.0>>>33.7** ☾ privy, ⛺ tenting across AT from shelter. Spring is located across AT from shelter about 700 ft on side trail. [40.49560,-76.41440] [40.49787,-76.41618]	1300	1004.8
1194.8		Cross **PA. 645**. Camp Swatara Road/Geary Wolfe Road [40.50688,-76.37708] [40.50665,-76.37724]	1250	1002.6

Pine Grove, PA. (3.4W) See Pine Grove, PA map.

		PO M-F 8:30am-4:30pm, Sa 9am-1pm. 570-345-4955. 103 Snyder Ave. Pine Grove, PA 17963. [40.55036,-76.38361]
		Original Italian Pizza 570-345-5432. M closed, Tu-Th 11am-10pm, F 11am-11pm, Sa-Su 11am-10pm. Delivers to 501 shelter. [40.54776,-76.38499]
		Pilot Travel Center 570-345-8800, laundry, $12 shower, ATM. M-Su 24 hours. **Subway**, **Dairy Queen**
		New China 570-345-8666. M-Th 11am-10pm, F-Sa 11am-11pm, Sun 11am-10pm. [40.56129,-76.39753]
		Bergers Market 570-345-3663. M-F 8am-9pm, Sa-Su 8am-6pm. [40.56042,-76.39235]
		Original Italian Pizza 570-345-5432. M Closed, Tu0 Su 11am–8pm. [40.54925,-76.38521]
		Do's Pizza 703-454-041. M 11am–9pm, Tu Closed, W-Th 11am–9pm, F-Sa 11am–10pm, Su Closed. [40.54977,-76.38512]
		Turkey Hill Mini Market 570-345-6754**.** M-Su 5am–12pm. [40.54925,-76.38521]
		Tri-Valley Pharmacy 570-345-4966. (www.trivalleypharmacy.com) M-F 9am-7pm, Sa 9am-1pm, Su closed. [40.55037,-76.38485]
		Wide Awake Laundry [40.55553,-76.39163]
		Leone's Transportation LLC 570-442-2870 leonestransportationllc@outlook.com Owner: David Leone. Based out of Tremont, PA. Pet friendly Insured. 365 days and holidays 6am-10pm, all year round. **S to (Anywhere - call) < > N to (Anywhere - call)** & airport, bus & train terminals.



1196.6		Kimmel Lookout. [40.51107,-76.34404]	1366	1000.8
1196.7		Cross **PA. 501.** (0.1W) **35.5<<<17.5<<4.1<501 Shelter>14.9>>29.6>>>38.7** Water for shelter is available at faucet next to house. ⛺ Tenting, ☾ privy, solar shower. No smoking no alcoholic beverages allowed in shelter. Pets allowed but must be leashed. Some Pine Grove restaurants might deliver here. [40.51256,-76.34421] [40.51320,-76.34640] [40.51255,-76.34463]	1460	1000.7

Bethel, PA. (4.1E)

		PO M-F 8am-12pm & 1:15am-4:30pm, Sa 8:30am-10:30am. 717-933-8305. 10 Legion Dr. Bethel, PA 19507. [40.47471,-76.29238]		
		Several small convenience stores in the area.		
		Bethel Library 717-933-4060. (www.berks.lib.pa.us/sbe) M-TH 10am-8pm, F 8am-6pm, Sa 10am-2pm, Su closed. [40.47759,-76.29473]		
		Bethel Animal Hospital 717-933-4916. [40.48748,-76.31138]		
1196.7		**Darrick's Shuttle Service** 570-449-8756 nuske@comcast.net Based out of PA. 501/Pine Grove, PA. Pet friendly, Insured. Open Year round 24/7 and holidays. **S to PA. 325, Clarks Valley, Clarks Valley < > N PA 308, Lookout Hostel** & airport, C bus and train terminals. Slackpacking. parking, free. Will also make my home address available should you need something mailed.		
1197.2		Blue blazed **Pilger Ruh Spring Trail** to east to spring which is a water spot dated back to colonial days. Applebee ⛺ campsite to west.	1450	1000.2
1198.6		Kessel Trail (0.5E) to PA. 501. [40.50789,-76.31126]	1478	998.8
1199.7		Unmarked trail to east leads 100 feet to unnamed lookout.	1483	997.7
1199.8		Blue blazed trail to **Round Head and Shower Steps**, not worth checking out.	1500	997.6

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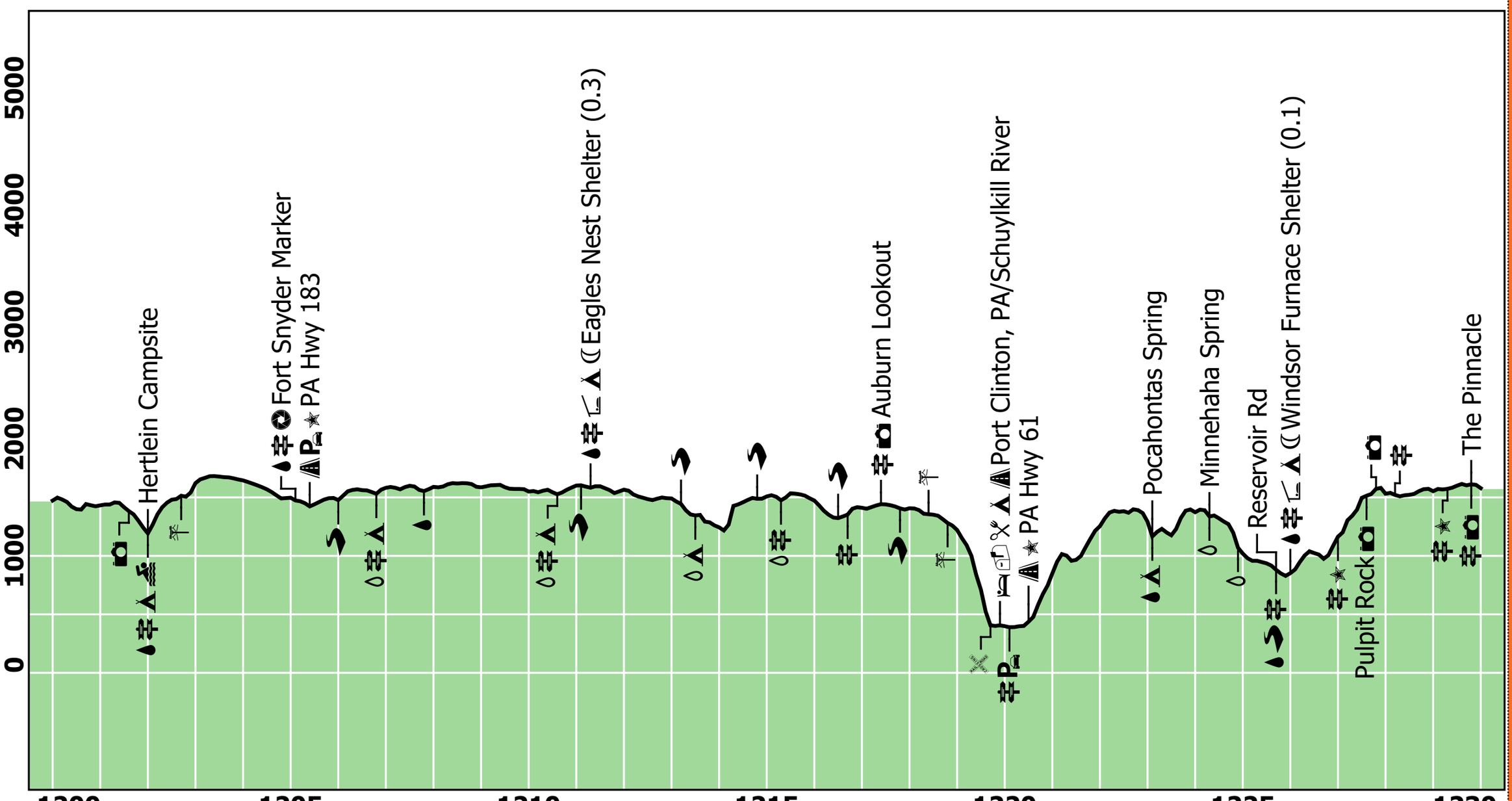

1200		1205	1210	1215	1220	1225	1230
1201.9	⛰ 📷	Shikellamy summit and overlook.			📷 [40.50849,-76.27876]	1390	995.5
1202.3	💧⛺🛏🏊 📍	**Hertlein campsite**, stream south of campsite. Blue blaze trail (50YDS E) to swimming hole.			⛺ [40.51033,-76.27494] 🏊 [40.50983,-76.27554]	1200	995.1
1202.4		Shuberts Gap				1341	995.0
1203.1	📍	Cross pipe line.			📍 [40.51338,-76.26563]	1536	994.3
1205.5	💧📍	**Fort Dietrich Snyder Marker**, 💧 (0.2W) to spring.			📍 [40.52593,-76.22853]	1491	991.9
1205.8	⚠🅿{6}📍 ★★★★★	Cross **PA. 183**, Rentschler Marker. Be careful crossing the four lane highway.			⚠ [40.52702,-76.22341] 🅿 [40.52696,-76.22355]	1440	991.6
Pine Grove, PA. (4.2W) See Notes at mile 1194.8.							
1206.3	➲🅿📍	Cross **Service Road (0.3E) to PA. 183**.			🅿 [40.52526,-76.21666]	1490	991.1
1207.1	💧⚠	Blazed trail (0.2E) to Black Swatara Spring, unreliable. ⚠ **No Camping**.			⛉ [40.52799,-76.20122] 💧 [40.52763,-76.20379]	1510	990.3
1208.2	💧	**Cross stream**.				1536	989.2
1210.9	💧⛉⚠📍	**Sand Spring Trail**, (0.14E) to walled spring. ⚠ **No Camping near spring**.			⛉ [40.54185,-76.14967]	1510	986.5
1211.4	➲📍	Cross **Game Lands Road**.			➲ [40.54785,-76.14785]	1592	986.0
1211.6	💧⛉ ⛿{8} ⛺ 🌙☾📍	(0.2E) Blue blaze trail leads to water (Yeich Spring). (0.3E) **32.4<<<19.0<<14.9<Eagles Nest Shelter>14.7>>23.8>>>31.2** 💧 spring on trail to shelter, ⛺ tenting, ☾ privy.			⛉ [40.55050,-76.14753] ⛿ [40.54938,-76.15243]	1510	985.8
1213.5	➲	Cross **Shartlesville Cross–Mountain Road**				1450	983.9
1215.3	➲📍	Intersects with **State Game Lands Road** for about 100 yards.			➲ [40.54741,-76.10104]	1492	982.1
1216.2	💧	Unmarked Phillip's Canyon Spring trail is located east down a steep descent 135 yards in a stone enclosure, unreliable.				1500	981.2
1216.9	➲📍	Diagonally cross **State Game Lands Road**.			➲ [40.55532,-76.07526]	1330	980.5
1217.1	⛉	Marshall's Path				1370	980.3
1217.7	⛉📷📍	**Auburn Lookout** on trail to the west.			📷 [40.56031,-76.06000]	1400	979.7
1218.0	➲📍	Cross **State Game Lands Road**.			➲ [40.56332,-76.05329]	1415	979.4
1218.8	📍	Cross pipe line.			📍 [40.56780,-76.04288]	1359	978.6
1219.2	📍	Cross pipe line.			📍 [40.56920,-76.03525]	1275	978.2
1220.0	⛉ RAILROAD CROSSING 📍	Cross Schuylkill River trail and RAILROAD CROSSING railroad tracks.			RAILROAD CROSSING [40.57745,-76.02606]	420	977.4
1220.1	⌒🅿📍	Intersection of Broad Street, cross Schuylkill River on ⌒ bridge. Parking one block west near baseball field.			⚠ [40.58007,-76.02629] 🅿 [40.57936,-76.02758]	400	977.3
1220.2	⚠🅿{4}📍 ★★★★★	Intersection with **Penn Street**. **Port Clinton, PA. See Port Clinton, PA map**.			⚠ [40.58022,-76.02503] 🅿 [40.57838,-76.02393]	400	977.2
🖃	📍	**PO** M-F 12:30am-4:30pm, Sa 8am-11pm. 610-562-3787. 6 Broad St. Port Clinton, PA 19549.			🖃 [40.58040,-76.02440]		
⛺	💧☾📍	(0.5W) on Penn Street to **Pavilion** No alcohol or drugs. ⛺ Tenting max 2 nights, no car camping. 💧 Water can be obtained from a spigot outside the Port Clinton Hotel. Permission required for more than two nights, call LaVerne Sterner 570-366-0489.			⛺ [40.58703,-76.02625]		
🛏🍴	⛳🧺📍	**Port Clinton Hotel** 610-562-3354. (www.portclintonhotel.net) ⛳ AT Passport location. 🛏 Limited room, call for prices. $10 deposit for room key and towel. 🧺 Laundry. 🍴 Dining M- closed, Tu-Th 11am-9pm, F-Sa 11am-10pm, Su 11am-9pm. Please shower before dine. Credit cards accepted.			🛏 [40.58241,-76.02455]		
🛏	🧺📍	**Union House B&B** 610-562-3155. 610-562-4076. $65 and up. Open F-Su.			🛏 [40.58019,-76.02428]		
🍴	WiFi	**3C's Family Restaurant** 610-562-5925. WiFi Free WiFi. M-F 5am-2pm, Sa-Su 6am-2pm.					
🧺	⛳🏧📍	**The Peanut Shop** 610-562-0610. ⛳ AT Passport location. Su-F 10am-6pm, Sa 10am-8pm, Su 10am-6pm. 🧺 Sodas, candy, dried fruit, trail mixes, 🏧 ATM.			🧺 [40.58226,-76.02450]		
✂	🐾⛳🗲🚗 📍	**Port Clinton Barber** 484-336-8516. 🐾 Dog friendly. ⛳ AT Passport location. Hikers are welcome to hang out. Coffee, cookies, and 🗲 phone charging available. 🚗 Shuttles available. Lots of music. M-F 8-5, Sa 8am-2 pm, Su Closed.			✂ [40.58513,-76.02521]		
🚗		**Cabela's Shuttle Van**. Cabela's offers a shuttle that runs between the Port Clinton Pavilion and Cabela's. Starts running in April. The hours are as follow: Pavilion Pick Ups at: 10:15 am and 1:15 pm. Please initiate pickup by calling 15 minutes ahead. 602-929-7000 Return Trips leave Cabela's at: 1pm and 5pm.					

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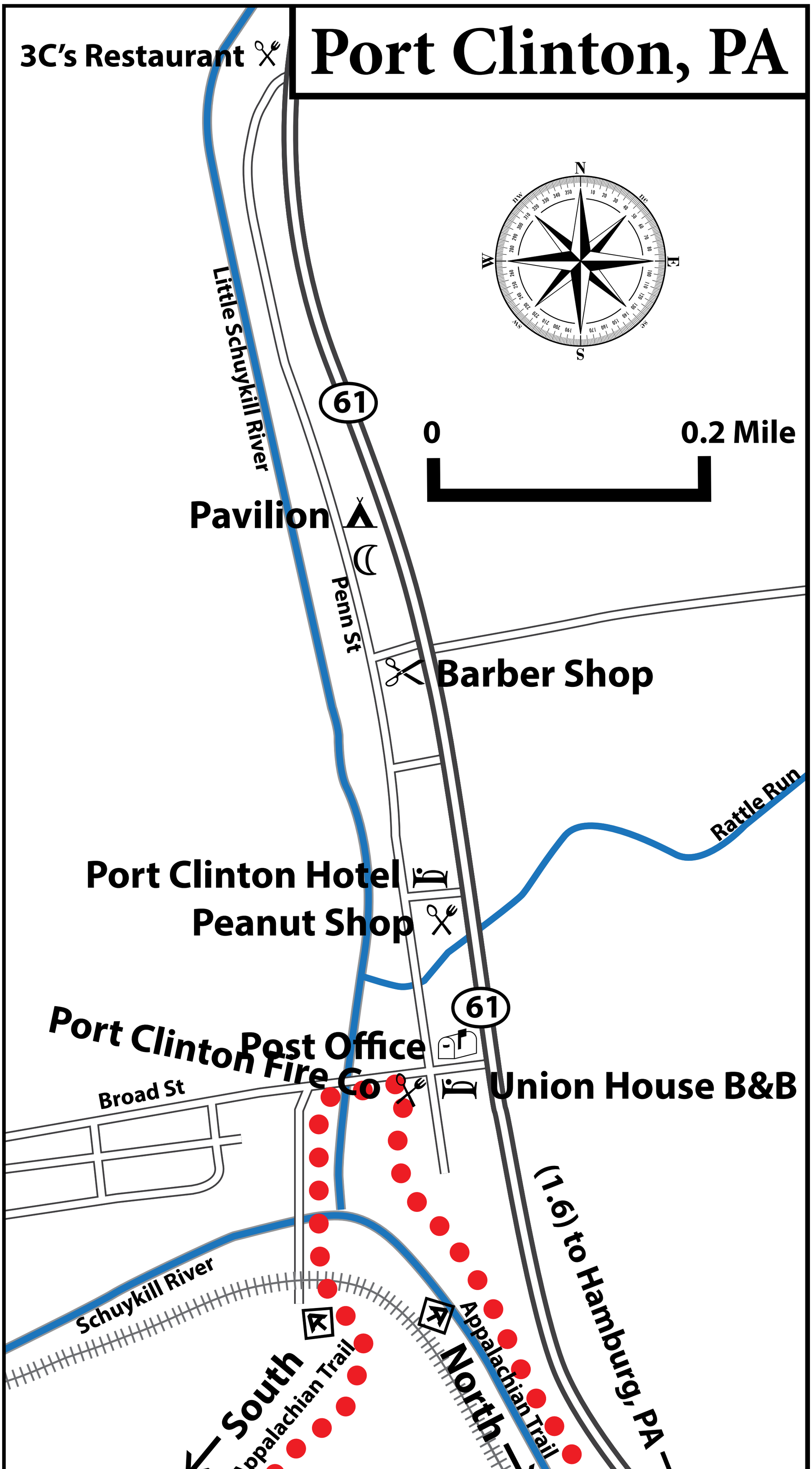

1220.9 ⛺P🚗{10} ★★★★★ Cross **PA. 61, Port Clinton Avenue** , underpass. ⛺[40.57414,-76.02029] 490 976.5

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PO M-F 9am-5pm, Sa 9am-12pm. 610-562-7812. 50 N 3rd St. Hamburg, PA 19526. [40.55605,-75.98461]

Microtel Inn 610-562-4234. Includes contintental breakfast. Mail drops accepted for guests only. 100 Industrial Drive, Hamburg, PA 19526. [40.56180,-75.99960]

Cabela's 610-929-7000, M-F 9am-10pm, Sa 8am-10pm, Su 9am-9pm. Lots of hiking items, canister fuel. They will pickup from trail head if staff is available. [40.55767,-76.00292]

Walmart Superstore 484-668-4001. M-Su 24 hours, with grocery and **Subway** M-Su 7am-9pm. [40.56382,-76.01201]

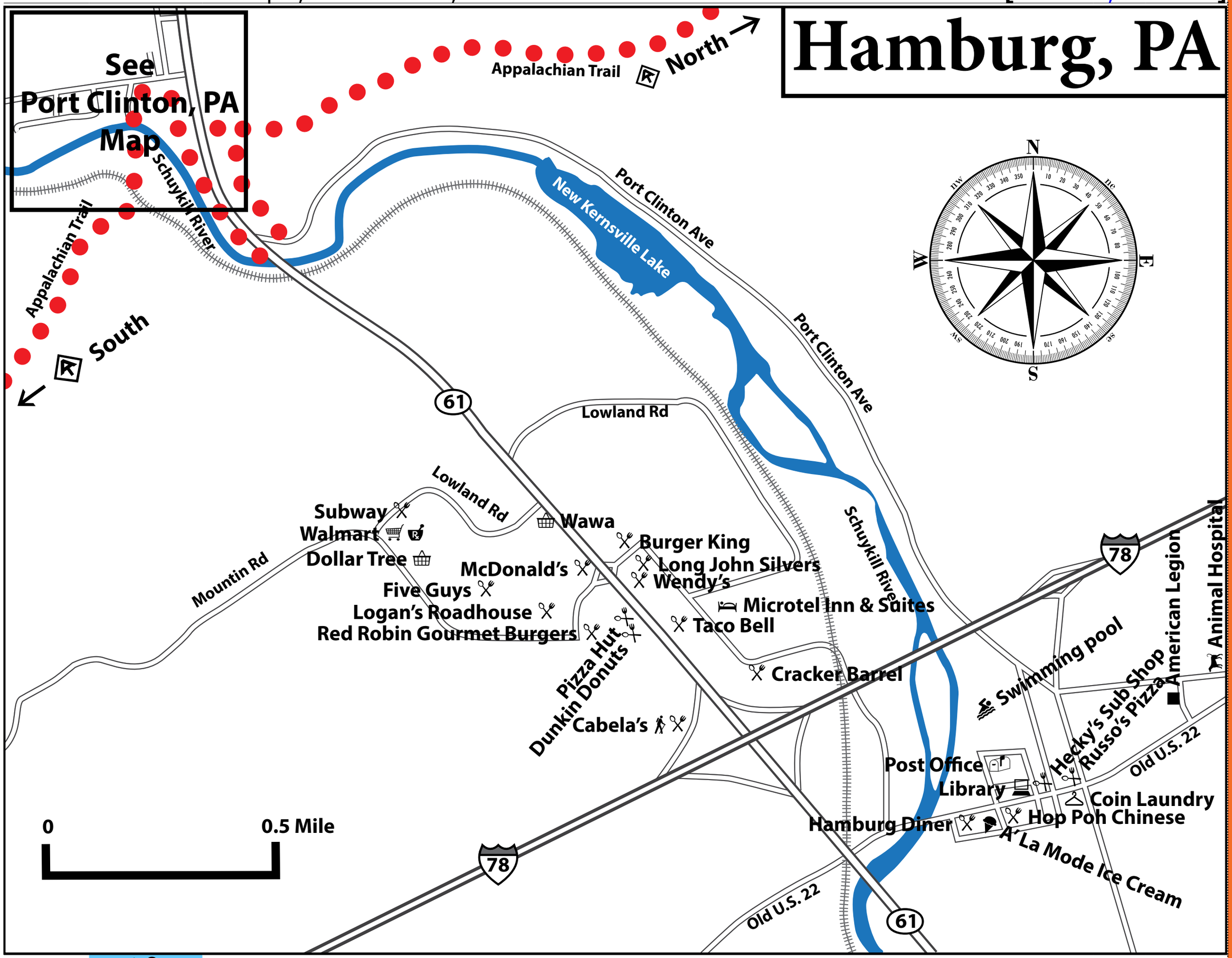
Many restaurants in area, **Pizza Hut, Red Robin, Logan's Steakhouse, Five Guys Burgers, Taco Bell/Long John Silver, Cracker Barrel.**

Rite Aid 610-562-9454, M-Su am-10pm. Pharmacy M-F 8am-9pm, Sa 8am-6pm, Su 9am-5pm. [40.54249,-75.97747]

Hamburg, PA 19526 (1.6E) See Hamburg, PA map.

Hamburg Coin Laundry 610-562-4890. [40.55555,-75.97992]

Hamburg Animal Hospital 610-562-5000 (www.hamburganimalhospital.com) M-Th 9am-7pm, F 9am-5pm, Sa 9am-11am, Su closed. [40.55953,-75.97545]



1223.5		**Pocahontas Spring**. [40.58207,-75.98702]	1200	973.9
1224.7		Ha Ha Trail heads west. **Minnehaha spring** nearby, unreliable. [40.58887,-75.96785]	963	972.7
1225.3		**Stream, unreliable** in summer.	1054	972.1
1226.1		Cross **Reservoir Road**, Windsor Furnace, Hamburg Reservoir. (0.5E) to water, tenting, **P** parking. [40.58960,-75.94430]	900	971.3
1226.3		(500 ft W) **33.7<<<29.6<<14.7<Windsor Furnace Shelter>9.1>>16.5>>>26.5** Water (creek) is located south of the shelter, privy. [40.59028,-75.94230]	940	971.1
1227.4	★★★★★	(1.5E) to Trail to Blue Rocks Campground and shelter, tenting, long term resupply, laundry, shower, swimming.	1000	970.0
		Blue Rocks Campground 610-756-6366 (www.bluerockscampground.com) Open year round with limited days Nov-Mar. Tentsite $36 and up, cabin $67 and up. Showers, laundry, free WiFi. Pets allowed in campground, but not cabins. **Woods Filling Station;** M-Th closed, F 6am-10pm, Sa 11am-10pm, Su 11am-4pm, sells burgers, shakes. **Camp store;** closed Dec-Mar. Sodas, candy bars, snacks. Credit cards accepted. [40.59054,-75.91032]		
1227.9		**Pulpit Rock, Observatory**, overlook. **No camping or fires**. [40.59668,-75.93135]	1582	969.5
1228.1		View to west on rock outcropping. [40.59993,-75.93698]	1569	969.3
1229.7	★★★★★	Side trail leads (1.5) east to **Blue Rocks Campground** and shelter, tenting, long term resupply, laundry, shower, swimming. **See Notes at NOBO 1227.4.**	1150	967.7

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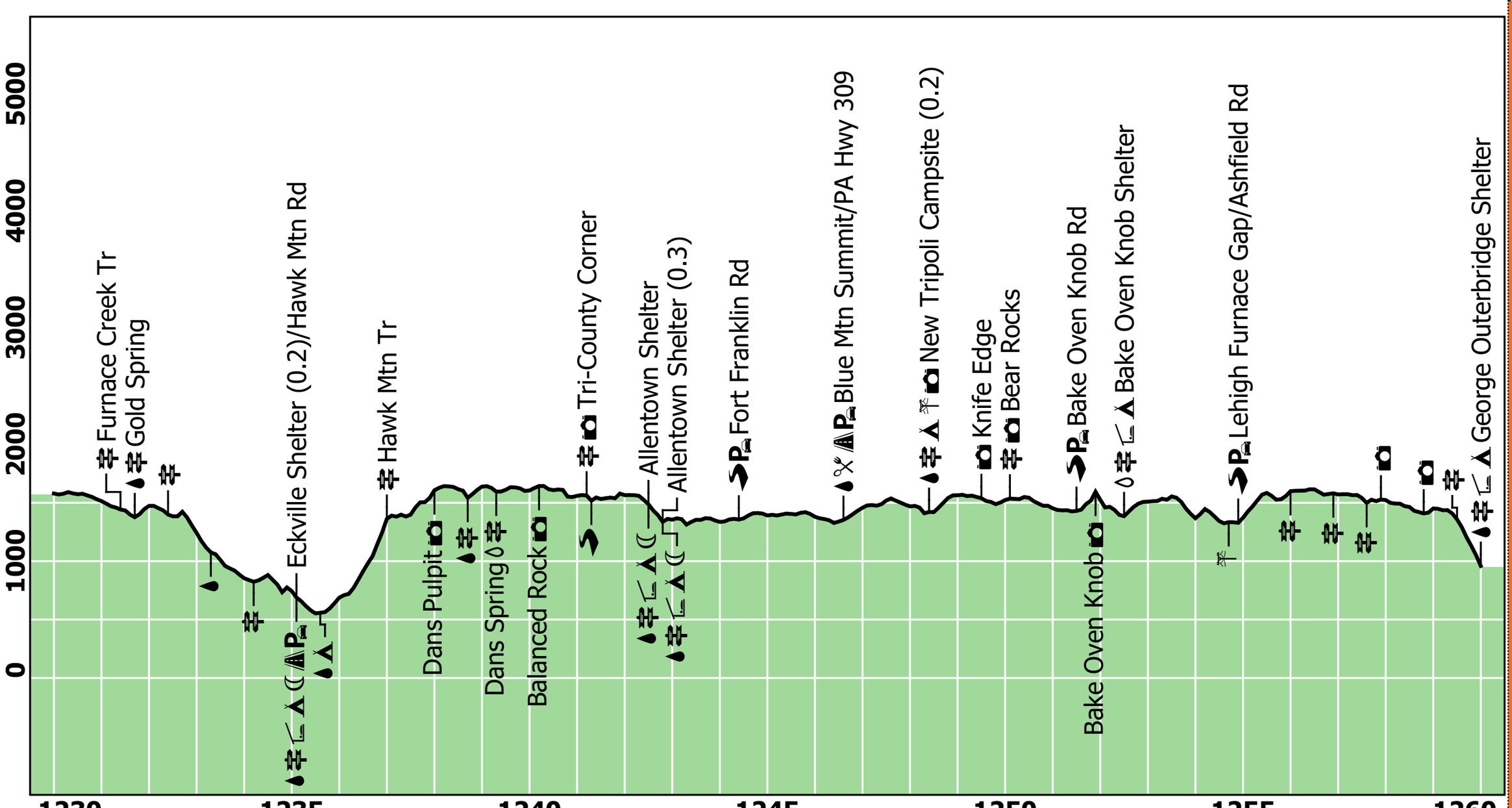

1230.1		Side trail (0.1E) leads to **The Pinnacle**, overlook	[40.61279,-75.91275]	1615	967.3
1231.8		**Furnace Creek Trail** to the west	[40.60711,-75.94003]	1440	965.6
1232.1		Gold Spring, reliable. ⚠ **No camping or fires**.	[40.60569,-75.94523]	1580	965.3
1232.7		Blue blazed Trail (1.2W) conntecing to A.T. at **Windsor Furnace**.	[40.60561,-75.95684]	1420	964.7
1232.9		Pinnacle Trail west.	[40.60597,-75.96083]		964.5
1233.6		Unmarked **Panther Spring** to west, reliable.		1070	963.8
1234.5		Side trail (0.4E) to P parking of Pine Swamp Road.	[40.62346,-75.95869] P[40.62565,-75.95347]	859	962.9
1235.4	{6} ★★★★★	Cross Hawk Mountain Road (0.2E) **38.7<<<23.8<<9.1<Eckville Shelter>7.4>>17.4>>>24.9** Water (spigot) is located at the back of the caretaker's house, tent sites, flush toilet, solar shower. Charging station. Open year round.	[40.63379,-75.96079] [40.63366,-75.95788] P[40.63403,-75.95773]	600	962.0
		(1.6W) **Common Ground Farm & Retreat** 610-756-4070. (www.commongroundretreat.com) Open year round, no alcohol or drugs. Comfortable B&B style lodging. Hiker discount $99 for two-person, includes breakfast and pickup and return from Eckville Shelter. Laundry, computer available for use, free WiFi. Call about pickups from other trail heads. Slackpacking. P Parking for section hikers, longer shuttles for a fee. Mountain bikes available for ride to nearby store. Ask about veteran discounts. Credit cards accepted. Mail drops with reservation only: 333 New Bethel Church Road, Kempton, PA 19529.	[40.64207,-75.89580]		
1235.9		Stream.	[40.63839,-75.95937]	604	961.5
1237.2		**Hawk Mountain Sanctuary Trail**.	[40.65125,-75.95941]	1330	960.2
1238.3		**Dan's Pulpit**, trail register, view	[40.65817, -75.94551]	1600	959.1
1239.0		Blue blaze trail leads (0.75E) to spring.		1569	958.4
1239.6		Blue blaze trail east (230FT E) to Dan's Spring, unreliable.	[40.66311,-75.92357] [40.66245,-75.92341]	1604	957.8
1240.5		**Balance Rock** to the east.	[40.66898,-75.90842]	1647	956.9
1241.5		Tri-County Corner, blue blazed trail leads west 400 feet to top of a rock pile indicating intersection of Berks, Lehigh, and Schuykill Counties.		1560	955.9
1241.6		Blue blaze trail leads (1.5E) down to Old Dresher Road, not passable for autos.	[40.67580,-75.89230]	1531	955.8
1242.8	{8}	(30 yds E) to shelter. **31.2<<<16.5<<7.4<Allentown Hiking Club Shelter>10.0>>17.5>>>34.5** unreliable water (spring) is located (0.2) downhill in front of shelter and if dry, continue downhill (0.1) to second spring, tenting, privy.	[40.68308,-75.87388]	1350	954.6
1243.1		Blue blaze trail leads (375FT E) to spring. Side trail continues on (0.2) to Allentown Shelter.	[40.68396,-75.86883] [40.68324,-75.86964]	1349	954.3
1244.7		Cross **Fort Franklin Road**, gravel, parking lot.	[40.69430,-75.84171] P[40.69440,-75.84205]	1350	952.7
1246.9	P{10} ★★★★★	Cross **PA. 309**, **Blue Mountain Summit**. Blue blaze trail to west leads to parking area.	[40.70741,-75.80737] P[40.70723,-75.80838] P[40.70781,-75.80767]	1360	950.5
		(0.1W) **Thunder Lodge** 610-248-0524 thunderheadlodgepa@gmail.com (www.thunderheadlodgepa.com). M-W Closed, Th 4pm-9pm, F-Sa 12pm-9pm, Su 12pm-7pm. Reservations are recommended but not required.	[40.70708,-75.80955]		
		(0.14E) **The Lookout Hostel** Please text 484-357-9178. Please do not call because of occupation. You must text to get access to the hostel. ⚠ No parties allowed. Pet friendly. Bunks $35 and one private room. Full kitchen access. Showers with stay. Laundry. Tenting is available below the garage at hiker campsite. $5 for tenting only, $15 with amenities. P Parking for donation. Full resupply, soda, water, pizza, breakfast sandwiches. Free coffee, eggs when available, and pancake mix. Pizza and Chinese available for delivery. Mail drops: 8680 PA 309, New Tripoli PA. 18066.	[40.70771,-75.80478]		
	P	**Acres 21 Shuttle** 484-684-9654 5stillinggz@gmail.com Owner: Steve Stilling. Based out of Germansville, PA. Pet friendly. 365 days, dawn to dusk & some holidays. **S to I-81 @ mm 1185.4 < > N to Wind Gap, PA @ mm 1281.4** & airport, bus & train terminals. P Parking, free. "$1/mile, round trip, no matter the number of hikers."			

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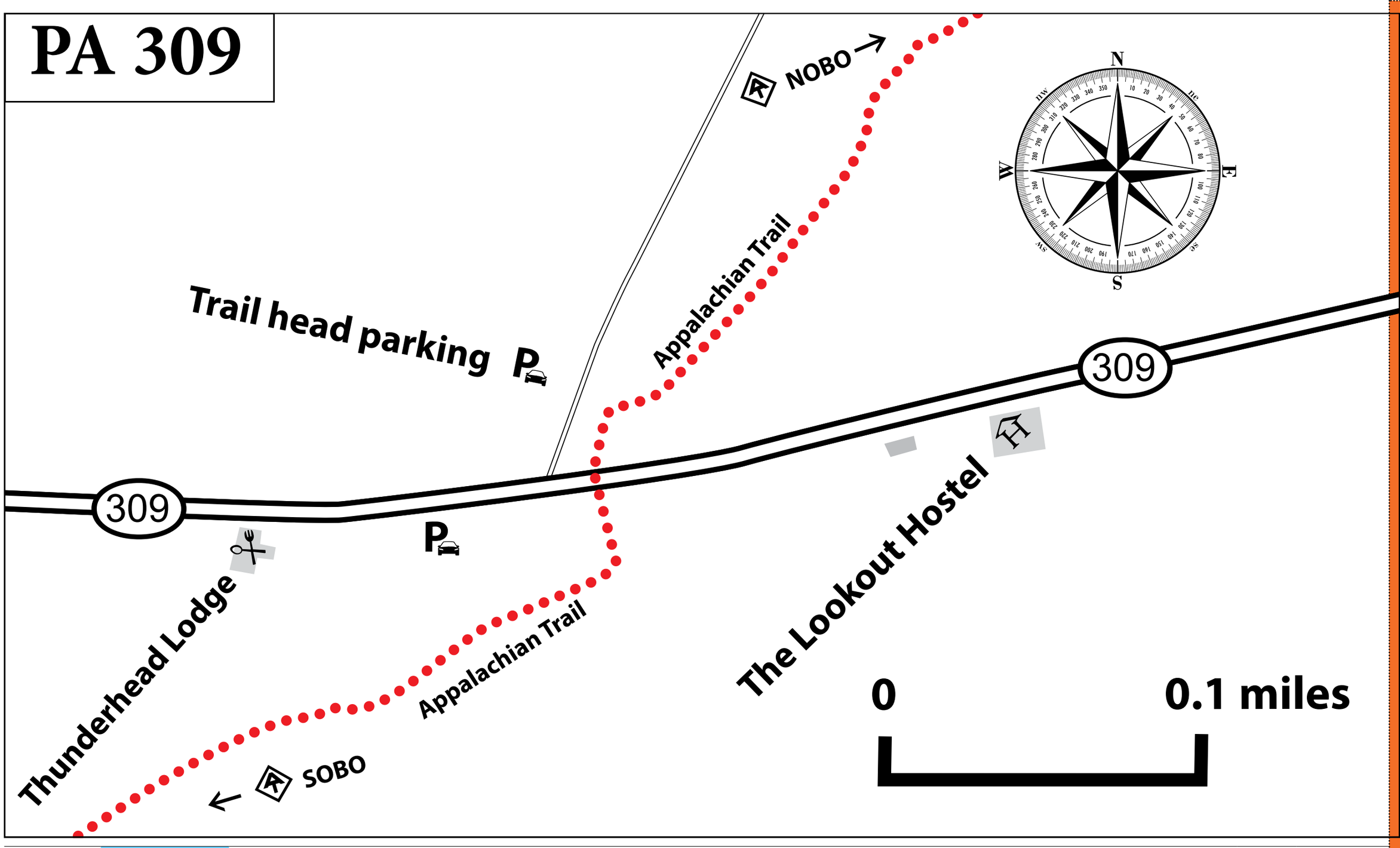
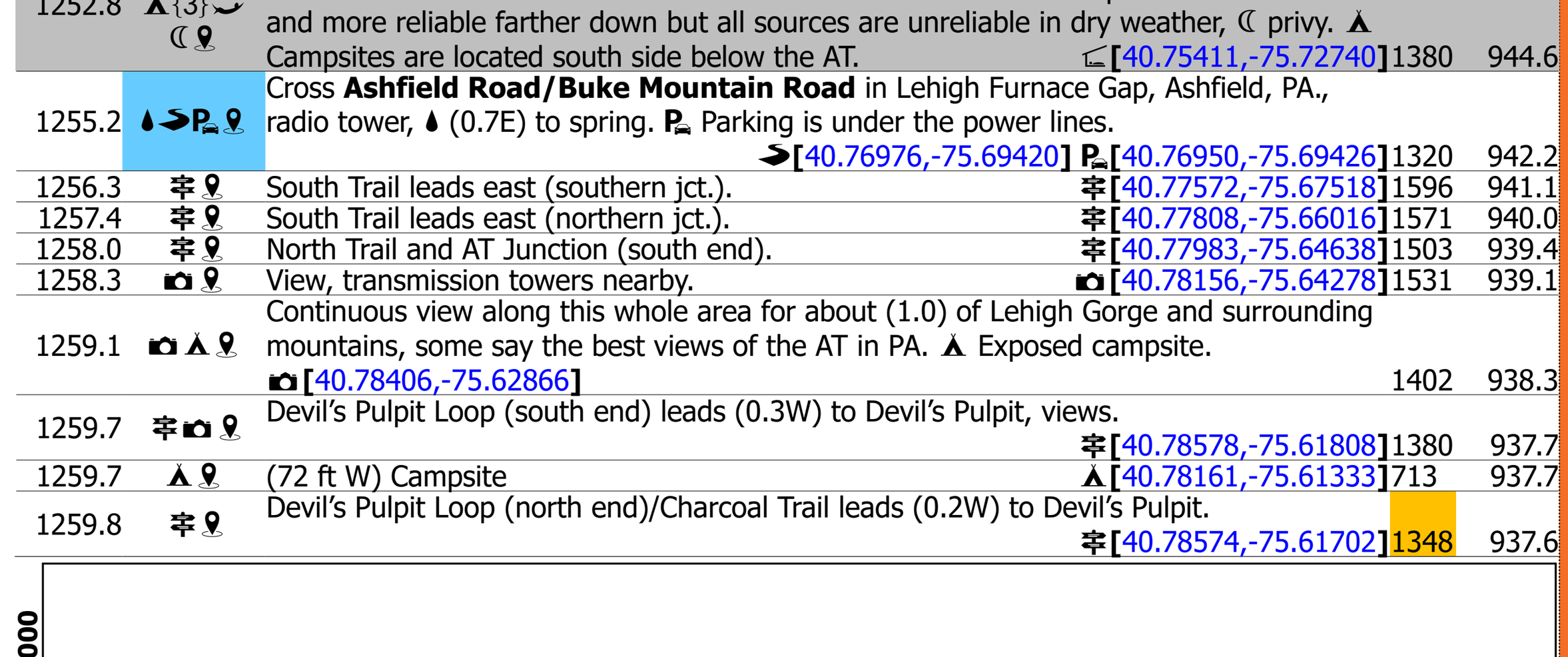


1248.7		Blue blaze trail west (0.2) leads to ⛺ **New Tripoli campsite**, 💧 spring, 🪧 power line. ⛺[40.72261,-75.78354] 🪧[40.72282,-75.78315]	1400	948.7
1249.7	📷 📍	**Knife Edge** " The Cliffs", 📷 view. 📷[40.73054,-75.76827]	1525	947.7
1250.4	📷 📍	Blue blaze (90FT W) to **Bear Rocks** with a little difficulty but 360 degree view. 📷[40.73424,-75.75920]	1525	947.0
1251.8	➲P{30} 📍	Cross State Game Lands parking lot and **Bake Oven Knob Road**, dirt road. ➲[40.74443,-75.73831] P[40.74471,-75.73806]	1450	945.6
1252.2	📷 📍	Bake Oven Knob. 🪧[40.74865,-75.73398]	1560	945.2
1252.8	💧⛺{6} ⛺{3} ☾ 📍	**26.5<<<17.4<<10.0<Bake Oven Knob Shelter>7.5>>24.5>>>38.2** 💧 Water is located at trail in front of shelter leads downhill to multiple water sources and more reliable farther down but all sources are unreliable in dry weather, ☾ privy. ⛺ Campsites are located south side below the AT. ⛺[40.75411,-75.72740]	1380	944.6
1255.2	💧➲P 📍	Cross **Ashfield Road/Buke Mountain Road** in Lehigh Furnace Gap, Ashfield, PA., radio tower, 💧 (0.7E) to spring. P Parking is under the power lines. ➲[40.76976,-75.69420] P[40.76950,-75.69426]	1320	942.2
1256.3	🪧 📍	South Trail leads east (southern jct.). 🪧[40.77572,-75.67518]	1596	941.1
1257.4	🪧 📍	South Trail leads east (northern jct.). 🪧[40.77808,-75.66016]	1571	940.0
1258.0	🪧 📍	North Trail and AT Junction (south end). 🪧[40.77983,-75.64638]	1503	939.4
1258.3	📷 📍	View, transmission towers nearby. 📷[40.78156,-75.64278]	1531	939.1
1259.1	📷 ⛺ 📍	Continuous view along this whole area for about (1.0) of Lehigh Gorge and surrounding mountains, some say the best views of the AT in PA. ⛺ Exposed campsite. 📷[40.78406,-75.62866]	1402	938.3
1259.7	🪧 📷 📍	Devil's Pulpit Loop (south end) leads (0.3W) to Devil's Pulpit, views. 🪧[40.78578,-75.61808]	1380	937.7
1259.7	⛺ 📍	(72 ft W) Campsite ⛺[40.78161,-75.61333]	713	937.7
1259.8	🪧 📍	Devil's Pulpit Loop (north end)/Charcoal Trail leads (0.2W) to Devil's Pulpit. 🪧[40.78574,-75.61702]	1348	937.6



1260.1	🪧 📍	North Trail and AT Junction (north end). 🪧[40.78242,-75.61972]	1077	937.3
1260.3	💧⛺{6} ☾ 📍	**24.9<<<17.5<<7.5<George W. Outerbridge Shelter>17>>30.7>>>62.0** 💧 Water (piped spring) is located north 150 yards on the AT north of the shelter. 📍⛺[40.78251,-75.61798] **The surrounding area suffers from heavy-metal contamination from the zinc plant at Palmerton**.	1000	937.1
1260.7	🪧 📷 📍	Power lines with view. 🪧[40.78070,-75.61085]	557	936.7
1260.8	🪧P 📍	Woodpecker Trail leads (0.3W) to Lehigh Gap Nature Center and P parking. 🪧[40.78108, -75.61001] P[40.78486,-75.60944]	502	936.6
1261.0	⌒ 🛣 📍 ★★★★★	Intersection with **PA. 873, ⌒ Lehigh River Bridge (east end)** ⌒[40.78365,-75.60586]	380	936.4

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Slatington, PA. (2.0E) See Slatington, PA map.

PO M-F 8:30am - 11:00am, 1:30pm - 4:00pm, Sat 8:30am - 11:30am, Sun Closed. 610-767-2182. 605 Main St. Slatington, PA 18080. [40.75146,-75.61258]

Bechtel's Pharmacy 610-767-4121. (www.bechtelspharmacyinc.com) Open M-F 9am-8pm, Su 9am-2pm, Su closed. [40.75281,-75.60811]

Slatington Library 610-767-6461. (www.slatelibrary.com) M 9am-7pm, Tu 9am-3pm, W 9am-7-m, Th closed, F 9am-5pm, Sa 8am-2pm, Su closed. [40.75073,-75.61293]

1261.2 Cross **PA. 145/248**. [40.78222,-75.60392] P[40.78121,-75.60868]

★★★★★ 380 936.2

Walnutport, PA (2.0E) See Walnutport, PA map

PO M-F 8:30am-5pm, Sa 8:30am-12pm. 610-767-2182. 249 Lehigh Gap St. Walnutport, PA 18088. [40.75400,-75.59196]

Kmart 610-767-1812, M-Su 8am-10pm. **Pharmacy** 610-767-2541. M-F 9am-9pm, Sa 9am-5pm, Su 10am-4pm. [40.76307,-75.59258]

Pizza Hut, Subway, Ritas, Burger King, Great Wall, Mamma's, Pizza

St Luke's Family Practice Center 610-628-8922. [40.76130,-75.59418]

Rite Aid 610-767-9595. M-Su 8am-10pm, Su 9am-8pm. **Pharmacy** M-F 9am-9pm, Sa 9am-6pm, Su 9am-5pm. [40.75593,-75.59439]

Blue Ridge Veterinary Clinic 610-767-4896. (www.blueridgeveterinary.com) M-W 9am-7pm, Th 9am-6pm, F 8:30am-5:30pm, Sa 9am-12pm, Su closed. Call first. [40.77600,-75.57265]

Palmerton, PA 18071 (1.5W) See Palmerton, PA map.

PO M-F 8:30am-5pm, Sa 8:30am-12pm. 610-826-2286. 128 Delaware Ave Front. Palmerton, PA 18071. [40.79931,-75.61485]

Bert's Restaurant 610-826-9921. AT Passport location. M-T 7am-2pm, W-Th 7am-8pm, F-Sa 7am-8:30pm, Su 8am-8pm. WiFi in restaurant, ask about overnight stay, shower $5. [40.80273,-75.60698]

Palmerton Hotel Restaurant 610-826-5454. (www.palmertonhotel.com) Dining M-Sa 11am-10pm, Su closed. [40.80145,-75.61015]

Country Harvest 610-824-3663. (www.countryharvestmarkets.com) M-Su 8am-9pm. ATM. [40.80424,-75.60246]

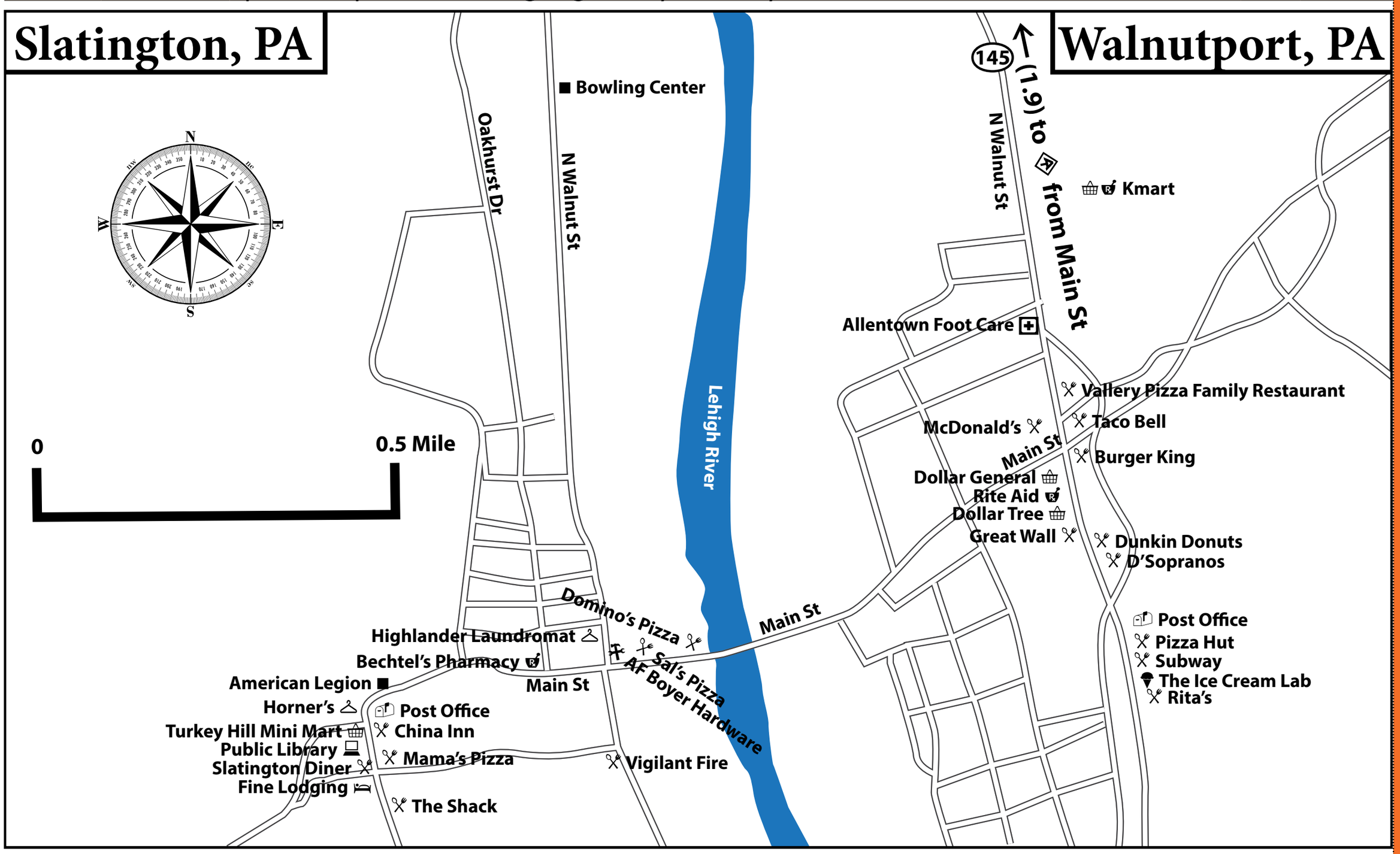
Tony's Pizzeria 610-826-6161. M-Su 11am-10:30pm. Serves lunch and dinner. [40.80174,-75.61059]

Joe's Place 610-826-3730. Serves lunch and dinner, deli sandwiches. M-Su 11am-8pm. [40.80528,-75.60023]

(3.5W) **Little Gap Animal Hospital** 610-826-2793. (www.littlegapanimalhospital.com) [40.81920,-75.54244]

24/7 Laundry 484-547-9307. Coin, 24 hours. [40.80595,-75.60034]

Sunny Rest Resort 610-377-2911 ✉ sunnyrest@sunnyrest.com (www.sunnyrest.com) Owner: Halsie Bowers. Based out of Palmerton, PA. Pet friendly. Insured. May-Sept, 8am-6pm, 7 days/wk & holidays. **Local Palmerton, PA shuttle, only**. P Parking. (Fee for Day Visit, or Tenting.) "Pick up and drop off for those going to stay at Sunny Rest Resort."



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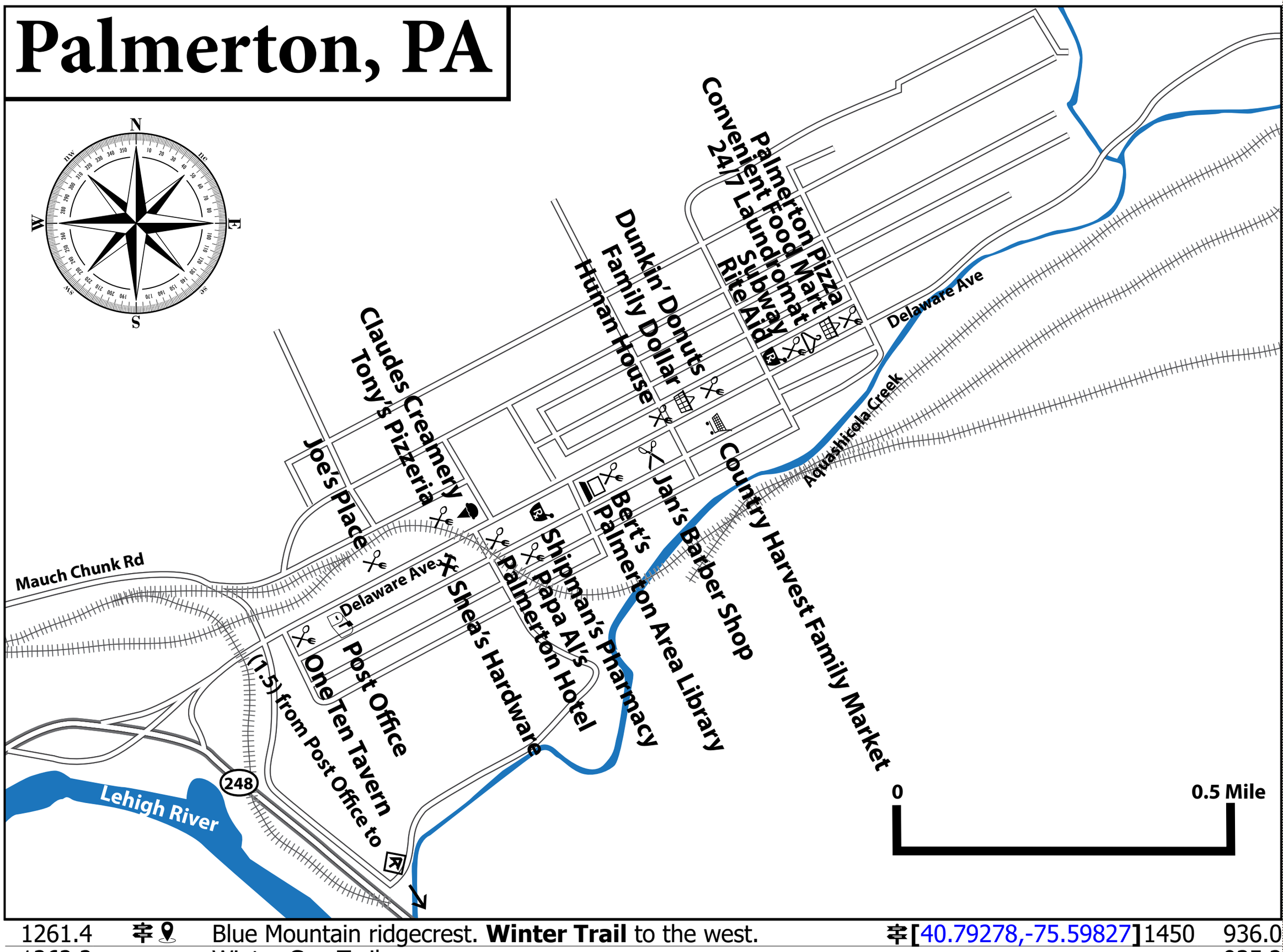
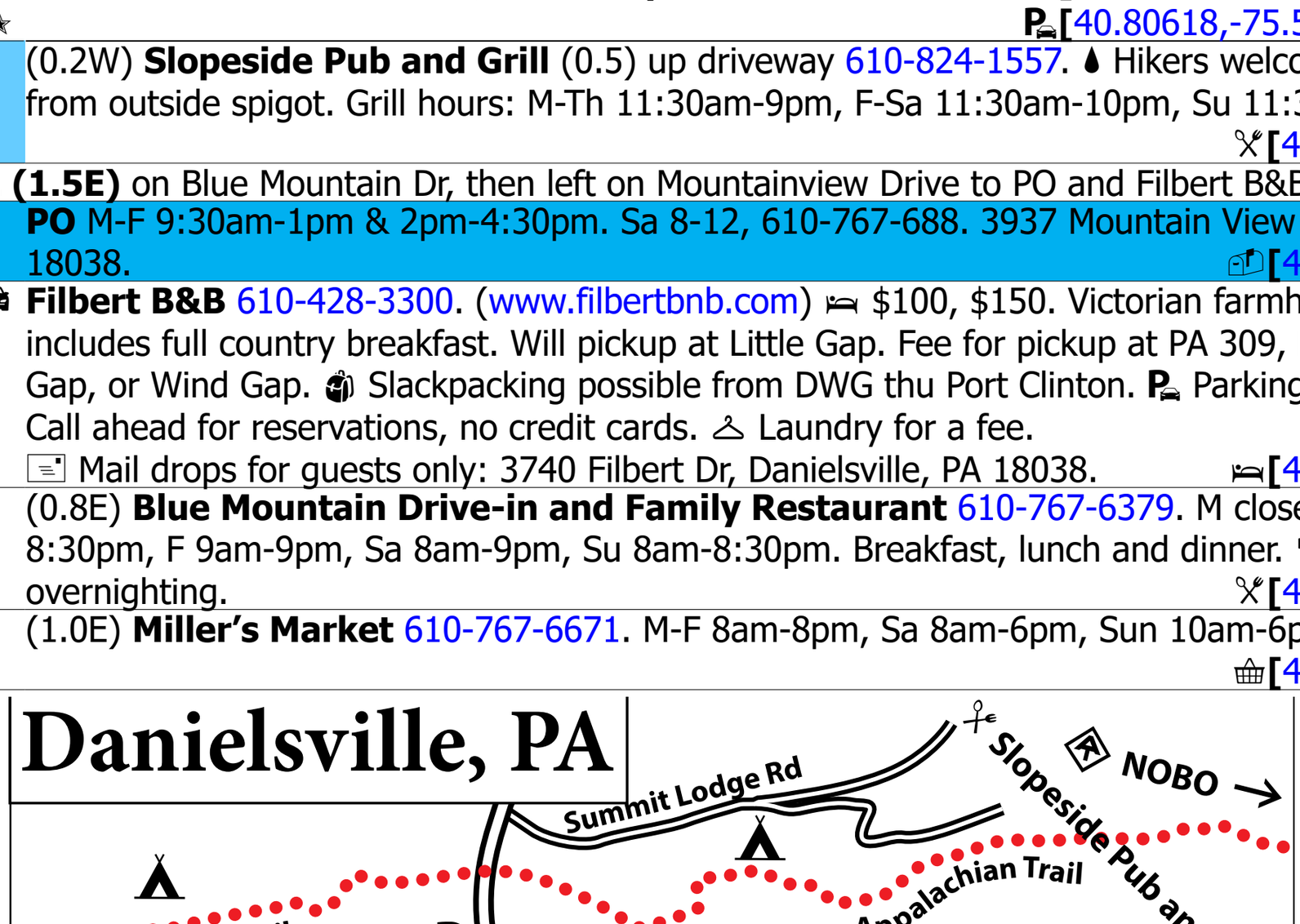


1261.4		Blue Mountain ridgecrest. **Winter Trail** to the west.		[40.79278,-75.59827]	1450	936.0
1262.2		Winter Gap Trail				935.2
1265.2		Power lines.		[40.80579,-75.55197]	1407	932.2
1265.9		(55 ft E) Campsite		[40.80631,-75.54443]	1425	931.5
1266.5	★★★★★	Cross **Blue Mountain Road**, **Little Gap**.		[40.80793,-75.53465] [40.80618,-75.53465]	1100	930.9
		(0.2W) **Slopeside Pub and Grill** (0.5) up driveway 610-824-1557. Hikers welcome to get water from outside spigot. Grill hours: M-Th 11:30am-9pm, F-Sa 11:30am-10pm, Su 11:30am-9pm.		[40.81085,-75.52026]		
Danielsville, PA. (1.5E) on Blue Mountain Dr, then left on Mountainview Drive to PO and Filbert B&B.						
		PO M-F 9:30am-1pm & 2pm-4:30pm. Sa 8-12, 610-767-688. 3937 Mountain View Dr. Danielsville, PA 18038.		[40.79466,-75.52916]		
		Filbert B&B 610-428-3300. (www.filbertbnb.com) $100, $150. Victorian farmhouse with A/C includes full country breakfast. Will pickup at Little Gap. Fee for pickup at PA 309, Lehigh Gap, Smith Gap, or Wind Gap. Slackpacking possible from DWG thu Port Clinton. **P** Parking for section hikers. Call ahead for reservations, no credit cards. Laundry for a fee. Mail drops for guests only: 3740 Filbert Dr, Danielsville, PA 18038.		[40.79131,-75.51362]		
		(0.8E) **Blue Mountain Drive-in and Family Restaurant** 610-767-6379. M closed, Tu-Th 9am-8:30pm, F 9am-9pm, Sa 8am-9pm, Su 8am-8:30pm. Breakfast, lunch and dinner. ATM. Ask about overnighting.		[40.79835,-75.53564]		
		(1.0E) **Miller's Market** 610-767-6671. M-F 8am-8pm, Sa 8am-6pm, Sun 10am-6pm.		[40.79454,-75.53242]		



1266.8		Side trail (95FT E) to **Weathering Knob**, views.		[40.80677,-75.52897]	1378	930.6
1267.0		(30 ft E) Campsite		[40.80762,75.52631]	1386	930.4
1267.4		Little Gap Summit.		[40.80850,-75.51861]	1456	930.0
1268.8		Memorial for Flight Monmouth 98. Site of Beechcraft 99 aircraft wreck on 24 Oct 99. Very little wreckage left. For more information on the crash (www.aviation-safety.net/database/record.php?id=19711024-0)		[40.81070,-75.49379]	1558	928.6
1271.3		Blue blaze **Delps Trail** leads east, (0.25E) on Delps Trail to unreliable spring. Continue on down from spring (0.5) on Delps Trail to trailhead **P** parking.		[40.81794,-75.45363] [40.81373,-75.45302] **P** [40.80920,-75.45128]	1580	926.1
1273.1		(0.6E) Stempa Spring			1510	924.3

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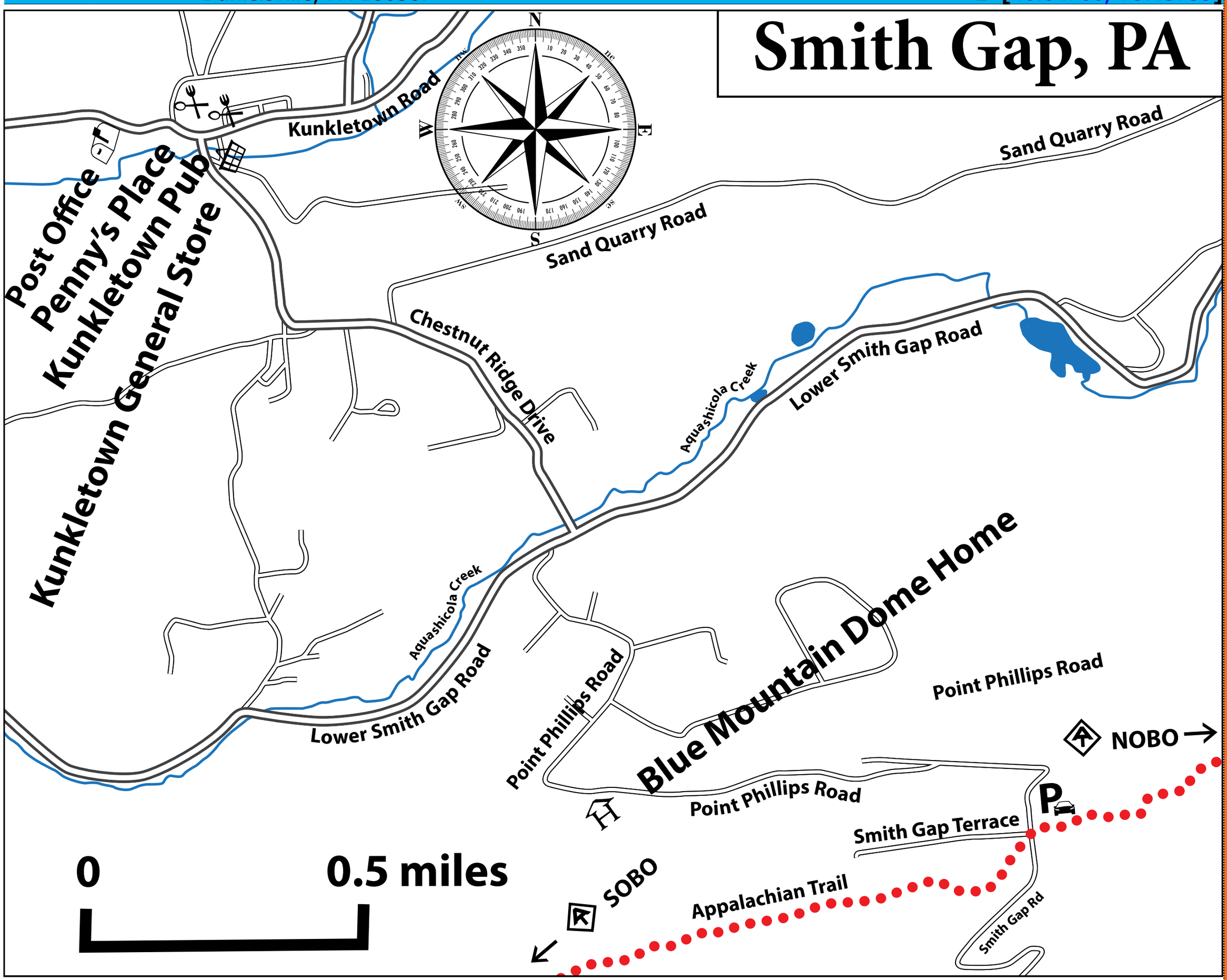
1273.8	★★★★★	Cross **Smith Gap Road**, paved.	[40.82550,-75.41430]	1540	923.6
		(1.2W) **Blue Mountain Dome Home** John "Mechanical Man" & Linda "Crayon Lady" Stempa. 610-428-1165 (cell) ✉ mechlman@ptd.net. (www.facebook.com/Linda-and-Johns-Blue-Mountain-Dome-Home-982159751951035) Follow the blue blazes on the telephone poles. Hikers welcome to water from the water spigot at the rear of the house (no need to call). You may also use the free outside shower during daylight hours. Pet Friendly, ask about dog sitting. Please sign register. Shuttles **S to Duncannon PA. ➤ N to Delaware Water Gap** for a fee. **P** Parking free with permission only, safe parking. $10 Camp or stay in garage, includes hot shower and towel and ride to Kunkletown and back to trail (call in advance). Ask about fuel, and Mail drops.	[40.82658,-75.43264]		
		(3.4W) **Penny's Place** 610-381-5350. Open M thru Su.	[40.84787,-75.44930]		
		(3.5W) **Kunkletown General Store** 610-381-2887. M-Sa 7am-7:30pm, Sun 7am-5pm.	[40.84758,-75.44891]		
		(3.9W) **PO** M-F 9:30am-1pm & 2pm-4:30pm. Sa 8-12, 610-767-688. 3937 Mountain View Dr. Danielsville, PA 18038.	[40.84780,-75.45733]		



	{8}	(0.14E) on Katellen Trail to shelter. **34.5➤➤➤24.5➤➤➤17➤Leroy A. Smith Shelter➤13.7➤➤45➤➤➤51.7** Water is located along the blue blazed trail to shelter and another source (0.2) and (0.5) farther down the trail (this spring is reliable), tenting, ☾ privy. Katellen Trail leads (0.9E) to trailhead **P** parking.	[40.83940,-75.35940] **P** [40.83062,-75.35638]	1410	920.1
1277.5		Power line.	[40.84311,-75.35784]	1472	919.9
1280.9		**Hahns Lookout**.		1450	916.5
1281.2		Lookout Rock, views.		1430	916.2
1281.7		Power line.	[40.85059,-75.33021]	1037	915.7
1281.9	★★★★★	Intersection with **PA. 33 (south end)**.	[40.86152,-75.29485]	980	915.5
		(0.2W) **Gateway Motel** 610-881-6045. Hikers are welcome to stop in for water and use of vending machine.			
		(4W) **Creature Comforts** 570-992-0400. (www.creaturecomfortsvet.net) M-Su 24 hours.			

Wind Gap, PA 18091 (1.0E) See Wind Gap, PA map.

		PO M–F 8:30am–5pm, Sa 8:30am–12pm, 610-863-6206. 138 N Broadway. Wind Gap, PA 18091.	[40.85088,-75.29186]
		Giant Food Store M-Su 24 hours. Offers deli and salad bar.	[40.83864,-75.29984]
		Sal's Pizza 610-863-7565, delivers. M-W 11am-10pm, Sa 11am-11pm, Su 11am-10pm.	[40.83151,-75.30647]
		Hong Kong Chinese 610-863-9309. Lunch and dinner buffet. M-Su 11am-10:30pm.	[40.83919,-75.29977]
		CVS 610-863-5341. M-Su 8am-9m. **Pharmacy** M-F 8am-8pm, Sa 9am-6pm, Su pam-5pm.	[40.83864,-75.29557]
		St. Luke's Family Practice 610-654-5454. Walk-in clinic M-F 8am-8pm, Sa 10am-5pm, Su 10am-4pm.	[40.83878,-75.29773]
		Slate Belt Family Practice 610-863-3019. (www.slatebeltfamilypractice.com) M-Tu 8am-8pm, W 8am-1pm & 4pm-7pm, Th 8am-8pm, F 8am-1pm & 4pm-7pm, Sa 9am-12pm, Su closed.	[40.83937,-75.29632]

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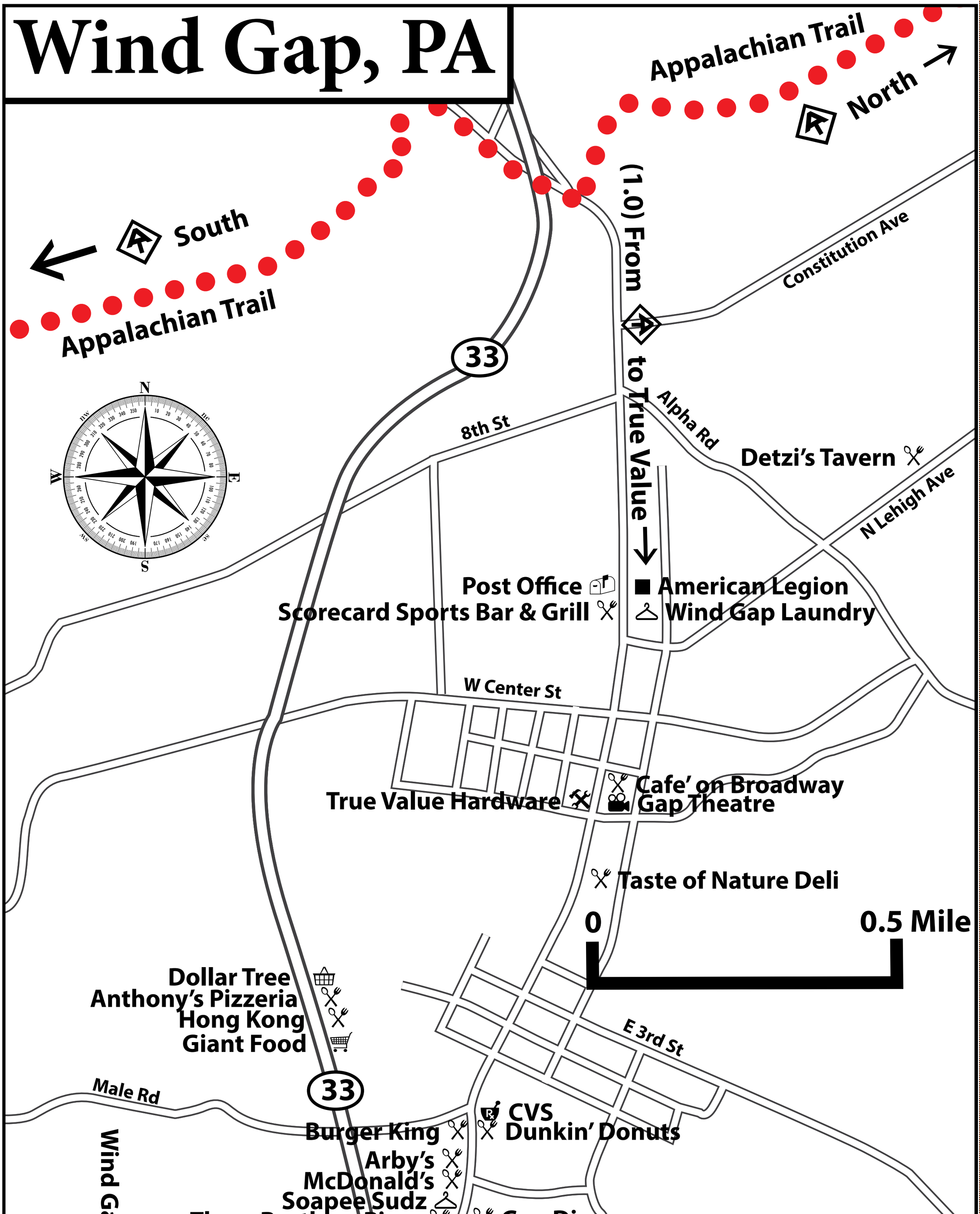
Wind Gap, PA



1282.0	P	Intersection with **PA. 33 (north end)**.	[40.86062,-75.29272] P [40.86070,-75.29268]	980	915.4
1284.0		Cross Private road to Blue Mountain Water Company.	[40.87950,-75.27340]	1571	913.4
1288.3	💧	**Wolf Rocks Bypass Trail** (south end), 💧 signed spring.	[40.91932,-75.22592]	1550	909.1
1288.8		Wolf Rocks	[40.92457,-75.22284]	1620	908.6
1289.0		**Wolf Rocks Bypass Trail** (north end). Power line.	[40.92828,-75.21873]	1510	908.4

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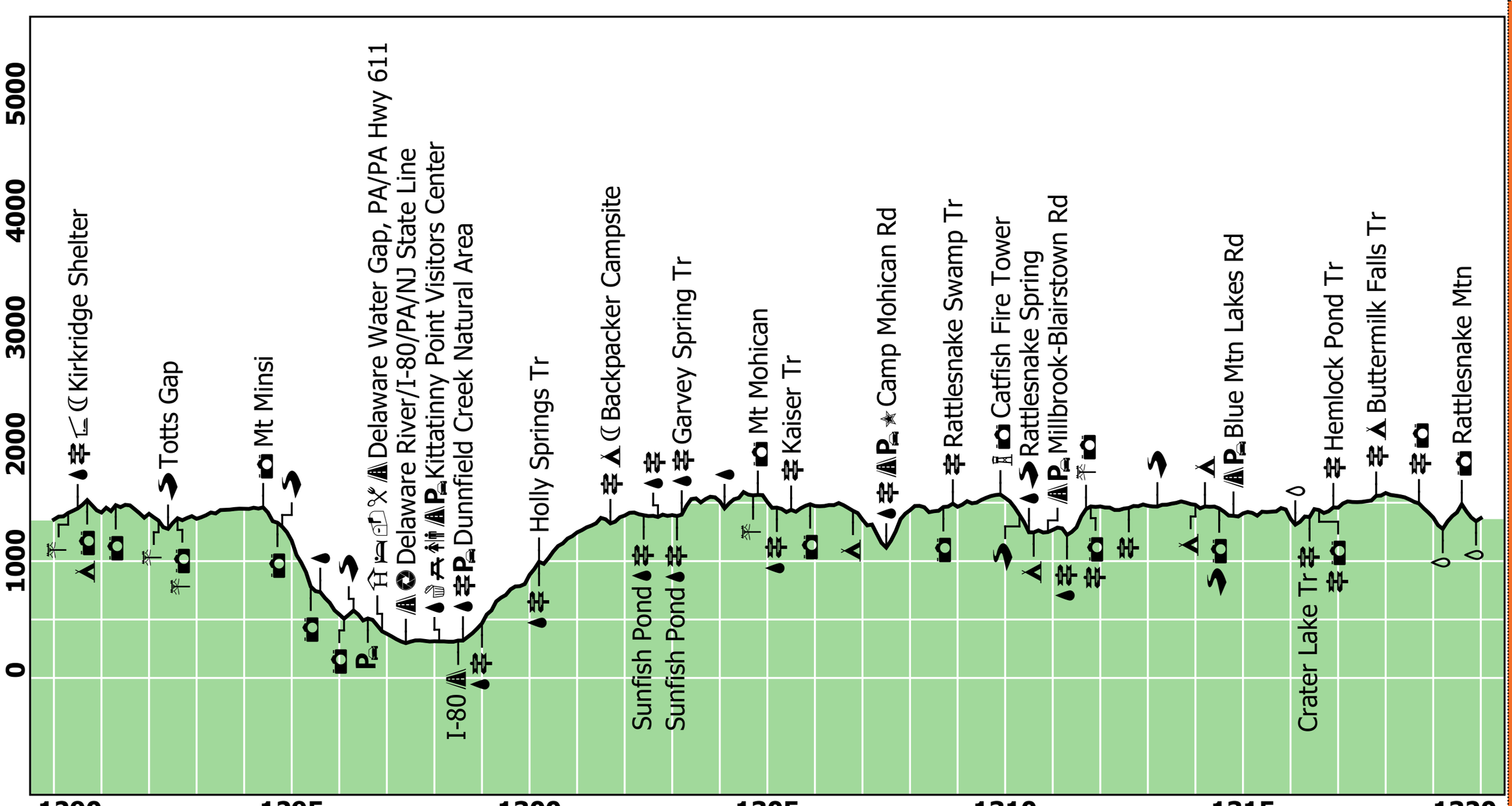

1290.4	P {6}	Cross **PA. 191**, Fox Gap, small parking lot.	[40.93541,-75.19685] P [40.93541,-75.19698]	1400 907.0
1290.8		Orange blazed The Great Wall Trail descends (0.8) down the mountain.		1419 906.6
1291.0	{8} ☾	**38.2<<<30.7<<13.7<Kirkridge Shelter>31.3>>38>>>43.8** Water is located on outside tap to rear of shelter before the Kirkridge Retreat facility parking lot, ☾ privy. Views.	[40.93675,-75.18643]	1500 906.4
1291.1		Blue blazed trail (North end) to Kirkridge Shelter, **see notes above**.	[40.93696,-75.18510]	1495 906.3
1291.2		**Nelson's Overlook**, good views.	[40.93786,-75.18313]	1527 906.2
1291.8		**Lunch Rock** located 50 feet east, view.	[40.94354,-75.17701]	1482 905.6
1292.7		Power line.	[40.94829,-75.16393]	1349 904.7
1292.9		Cross **Totts Gap**, gravel road	[40.94838,-75.16174]	1300 904.5
1294.9		**Mt. Minsi**, summit, views.	[40.95910,-75.12884]	1461 902.5
1295.2		Panoramic view of Delaware Water Gap.	[40.96273,-75.12676]	1339 902.2
1295.9		Side trail leads (56FT E) to **Lookout Rock**, view of Delaware River and Delaware Water Gap.	[40.96861,-75.13509]	800 901.5
1296.1		Cross **Eureka Creek**.	[40.96767,-75.13702]	733 901.3
1296.7		**Council Rock**, view.	[40.97400,-75.13839]	600 900.7
1297.0		Pass Lake Lenape.	[40.97878,-75.14045]	492 900.4
1297.2		Pass hiker parking lot.	[40.97981,-75.14206]	510 900.2
1297.3		Intersection of **Lake Road and Mountain Road**.	[40.98128,-75.14189]	457 900.1
1297.4	★★★★★	Intersection with **PA. 611 and Delaware Ave**.	[40.98314,-75.14033]	400 900.0

Delaware Water Gap, PA. See Delaware Water Gap, PA map

PO M-F 8:30am-12pm, & 1pm-4:45pm, Sa 8:30am-11:30pm. 570-476-0304. 12 Shepard Ave. Delaware Water Gap, PA 18327. [40.98356,-75.14275]

Church of the Mountain Hiker Center 862-268-1120, 570-476-0345, 570-992-3934. (www.churchofthemountain.org) Open year-round. If you arrive and it is locked, call one of the phone numbers. AT Passport location. Bunkroom, showers, overflow tenting. Donations encouraged. 2 night maximum. No laundry. There is a phone listing of people who can help posted in the hostel. ⚠ Cars may not be parked on the property at any time. Mail drops are not accepted but the post office is next door. [40.98289,-75.14196]

Rodeway Inn 570-476-0000. (www.poconoinnwg.com) No pets. $75 and up, higher on weekends. Coin laundry, free WiFi. [40.98874,-75.14351]

Deer Head Inn 570-424-2000. (www.deerheadinn.com) No pets. $120 and up. Restaurant and lounge. [40.98307,-75.14084]

Village Farmer & Bakery 570-476-9440. (www.villagefarmerbakery.com) M-SU 8am-8pm. Serves a hot dog and slice of pie $2.95. Breakfast sandwiches, salads, sandwiches. Credit card minimum $10. [40.98607,-75.14437]

Doughboy's Pizza 570-421-1900. (www.doughboysofthepoconos.com) M-Th 11am-11pm, F-Sa 11am-11pm, Su 11am-9pm. [40.98560,-75.14521]

Edge of the Woods Outfitters 570-421-6681. (www.edgeofthewoodsoutfitters.com/theshop.html) Full line of gear, carries a large selection of hiker trail food, backpacking meals, ultralight back pack gear, and footwear. Alcohol and Coleman by the ounce. Shuttles from Little Gap to Bear Mtn by advance reservation only. Open 7 days, Memorial - Labor Day. New location, just across the street to 129 Main St. [40.98495,-75.14534]

Water Gap Adventures 570-424-8533. (www.adventuresport.com) Apr-Oct.

Gary, Alaska Concierge Services 907-590-4279 ggray5252@gmail.com Owner: Gary Gray. Based out of Delaware Water Gap, PA. Pet friendly. Insured. 365 days, 5am-10pm & holidays. **S to Pen-Mar Park, MD < > N to Middletown, NY** & airport, bus & _ train terminals. Slackpacking. P Parking, free. Complimentary drinks & snacks.

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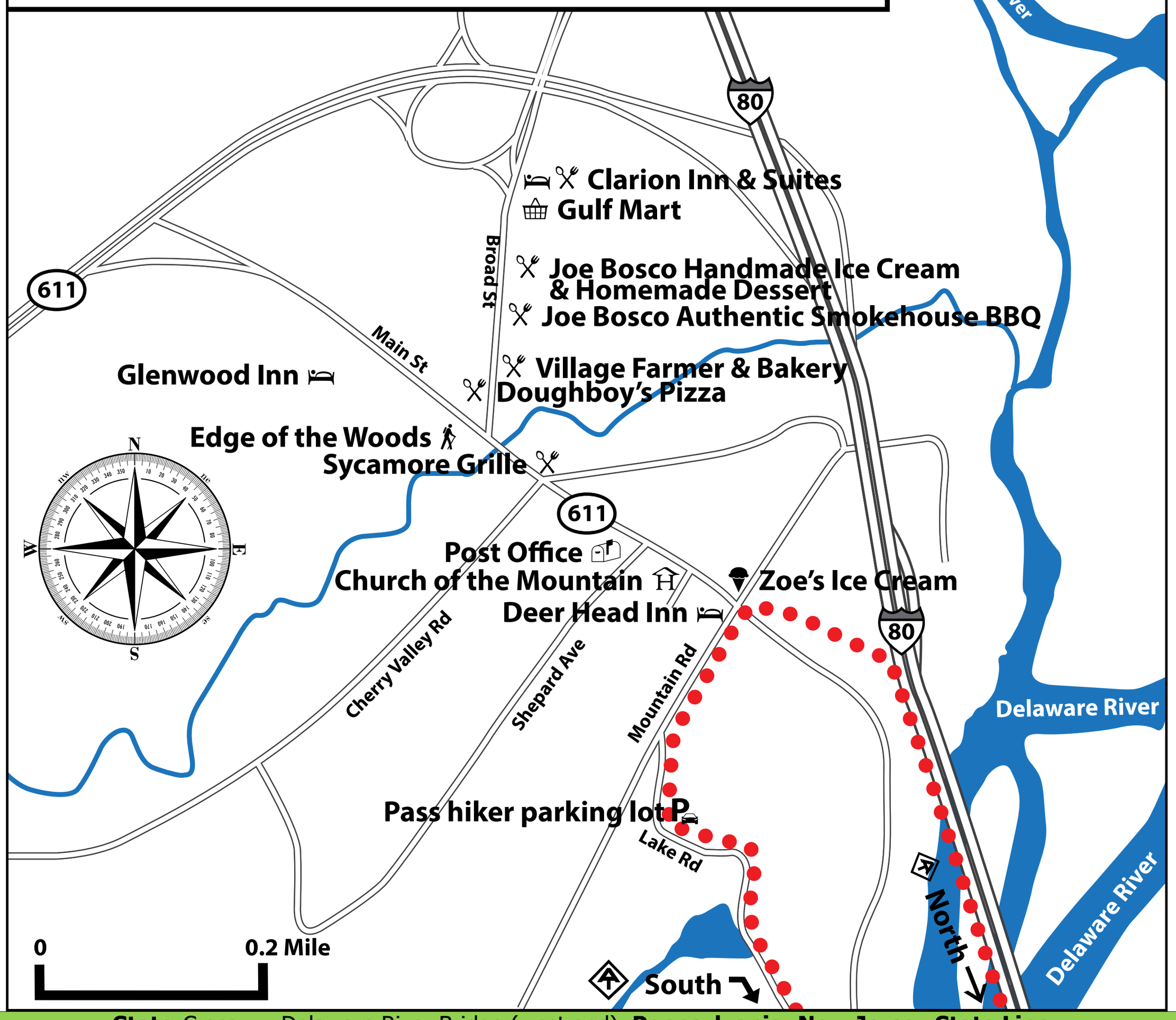
Delaware Water Gap, PA/NJ



1297.6		**State Line** Cross Delaware River Bridge (west end), **Pennsylvania–New Jersey State Line**. [40.98201,-75.13758]	350	899.8
1297.7		**State Line** Cross Delaware River Bridge (east end), **Pennsylvania–New Jersey State Line**. [40.97414,-75.13461]	350	899.7
1298.6		Delaware Water Gap National Recreation Kittatinny Point Visitors Center. AT Passport location. P [40.97025,-75.12853]	350	898.8
1299.0		Cross **under I-80**, underpass. [40.97125,-75.12422]	350	898.4
1299.1		Dunnfield Creek Natural Area, water pump at northern end of parking area. P [40.97146,-75.12553]	350	898.3
1299.5		Blue blazed **Blue Dot Trail** leads (1.8) east to the summit of Mt. Tammany overlooking Delaware Water Gap. Green blazed Dunnfield Hollow Trail to Dunnfield, Creek Falls, (0.25E) to water. [40.97562,-75.12342]	350	897.9
1300.6		Red blazed Holly Springs Trail (0.2E) to water. Yellow blazed Beulah Trail west. [40.98560,-75.11054]	950	896.8
1301.6		Blue blazed Douglas Trail leads (1.7W) to Worthington State Forest Campground. tenting, water and shower. Trailhead P parking. [40.99944,-75.08994] P [41.01318,-75.08255]	1300	895.8
1302.2		Pass **Backpacker Site**, no water. Blue blaze Douglas Trail west.	1353	895.2
1302.8		**Sunfish Pond**, glacial pond, ⚠ **NO CAMPING.** [41.00136,-75.07807]	1382	894.6
1303.1		Outlet stream of Sunfish Pond. Unmarked Sunfish Drainage Trail to the west. [41.00422,-75.07546]	1387	894.3
1303.4		Turquoise Trail to the east. [41.00494,-75.06891]	1445	894.0
1303.5		Orange blazed Garvey Springs Trail west and leads 600 feet to spring. [41.00502,-75.06746]	1400	893.9
1304.3		**Cross brook**. [41.00913,-75.05437]	1454	893.1
1304.9		Power line. [41.01407,-75.04429]	1568	892.5
1305.3		Large pile of rocks, views on both sides of trail. Also known as **Mt Mohican**.	1579	892.1
1305.7		Blue on White, Kaiser Road Trail leads east (0.3) to spring. [41.01738,-75.03557]	1445	891.7
1306.0		Blue on White, Kaiser Road Trail leads west to Old Mine Road. [41.01864,-75.03117]	1419	891.4
1306.4		Open rocks, view.	1480	891.0
1307.3		Open area to east can be used for **camping**.	1325	890.1
1308.0	★★★★★	Cross **Camp Road**. Just south of road crossing trail crosses Yards Creek water source and red blazed Coppermines Trail on west side of AT. **AMC Mohican Outdoor Center**. [41.03220,-75.00498]	1150	889.4

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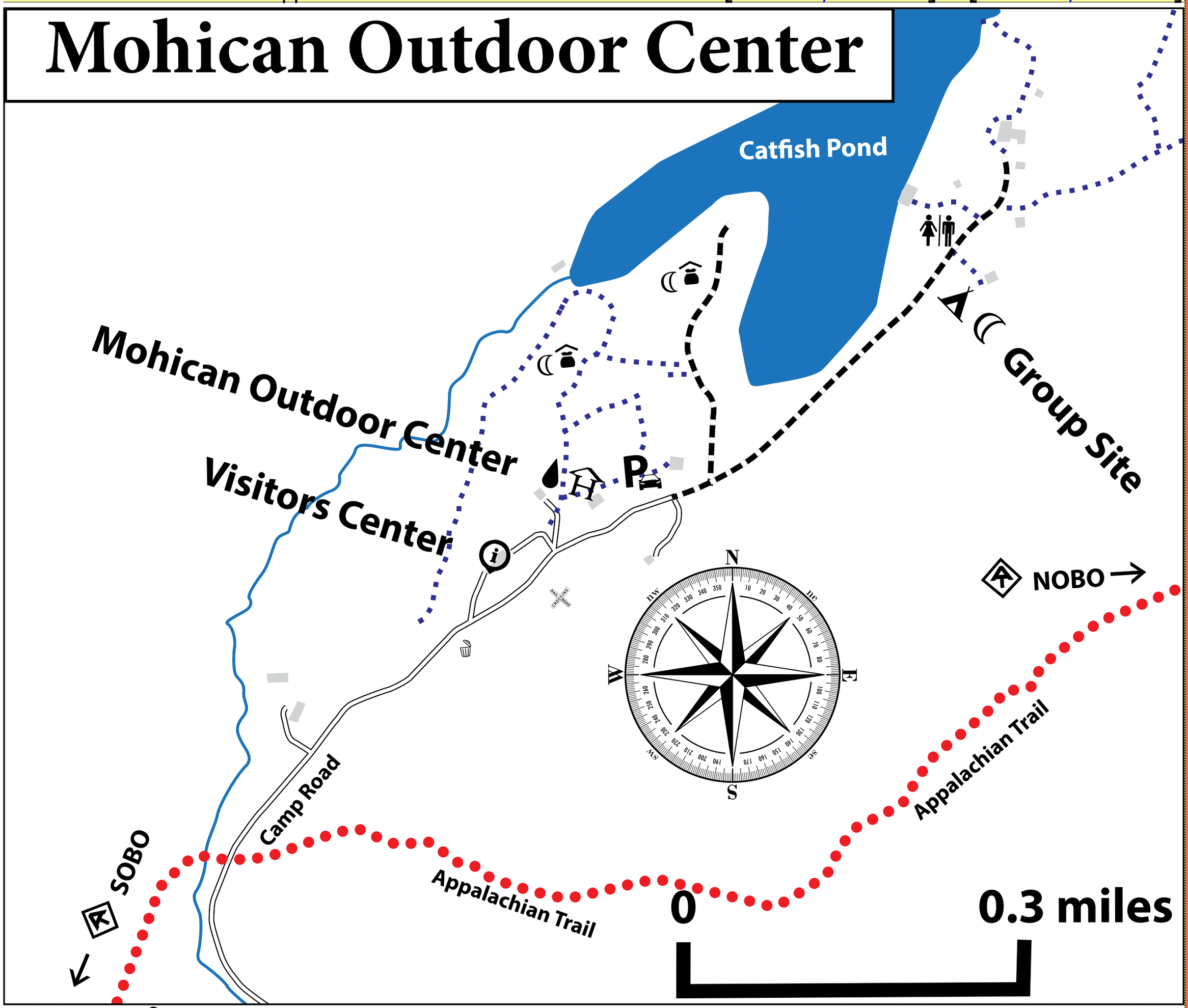
(0.3W) **Mohican Outdoor Center** 908-362-5670. (www.outdoors.org/lodging/mohican)
AT Passport location. Thru-hiker rates $30 PP in a cabin, includes electricity, showers, full kitchen and access to WiFi typically. Bunk room available, first come first serve. Tenting with access to showers, bear boxes, and WiFi, $10 PP, price subject to change, call ahead and inquire. Towels free for guest, $3 for non-guests. Shower for non-guests are $5 PP. Sheets and blankets available for rent at varying rates. Thru-hiker's dogs are not allowed overnight. All legitimate ADA-compliant Service Dogs are welcome anytime. Campfires only in designated areas. Water available at the lodge. IsoPro fuel canisters, and Alcohol fuel by the ounce as well as camp supplies, Good-To-Go Dried Meals, trekking poles, rain gear, etc. The Mohican Outdoor Center Deli is open and we are ready to satiate your Hiker Hunger! We have sandwiches, ice cream, breakfast all day AND an exclusive Hiker Hunger friendly menu with high calorie meal options, simply ask at the front desk. Welcome center and camp store hours April- September Su-Th 8am-6pm, F 8am-8pm, Sa 8am-8pm. Our off-season hours are Oct-Mar Su-Th 9am-5pm, F-Sa 9am-7pm. Hours are subject to change. After hours arrivals, please call ahead for lodging.
If reservations are made it is for full price. Weekends the cabins and campground fill up fast, so it is best to shoot for a weekday. If all else fails, there is an overflow section for thru-hikers
Mail drops: C/O AMC Mohican Outdoor Center 50 Camp Mohican Rd, Blairstown, NJ 07825. Please include approximate date of arrival. [41.03507,-75.00153] [41.03556,-75.00055]



1309.0		View. [41.03732,-74.98865]	1429	888.4
1309.1		View [41.03849,-74.98678]	1478	888.3
1309.6		**Rattlesnack Trail** leads (1.0W) to AMC Mohican Outdoor Center. [41.03946,-74.98516]	1473	887.8
1310.4		**Catfish Fire Tower**, 360 degree views. [41.04758,-74.97245]	1565	887.0
1310.7		Intersects with fire tower road. [41.05264,-74.96686]	1485	886.7
1310.9		Tent site. [41.05505,-74.96277]	1264	886.5
1311.0		Rattlesnake Spring (50FT W), dirt road. [41.05713,-74.96476]	1260	886.4
1311.4	P{6}	Cross **Millbrook–Blairstown Road/County Road 602**, (1.1W) to water, park overnight at your own risk. [41.05810,-74.96427] P [41.05817,-74.96438]	1260	886.0
1311.9		Cross bridge over outlet of beaver pond. Sand Pond Loop Trail leads east. [41.06091,-74.95892]	1258	885.5
1312.2		**Powerline**, view. [41.06325,-74.95626]	1451	885.2
1312.3		Side trail east leads to viewpoint.	1463	885.1
1313.1		**Red and white blazed trail** descends east over private property to Camp No-Be-Bo-Sco (boy scout camp).	1458	884.3
1313.7		Intersects with **dirt road**.	1486	883.7
1314.5		Tenting [41.08122,-74.92256]	1484	882.9
1314.7		Tenting [41.08343,-74.91914]	1474	882.7
1315.0		**Unmarked woods road** leads east 125 feet to view. [41.08588,-74.91547]	1457	882.4
1315.3	P{8}	Blue **Mountain Lakes Road (Flatbrookville-Stillwater Road).** Water (0.1E) Pipe spring [41.08937,-74.91231] P [41.08931,-74.91295] P [41.08979,-74.91146]	1350	882.1
1316.6		Pass swamp to east of trail. Water on west side of trail. [41.10383,-74.90003]	1407	880.8
1317.1	P	**Crater Lake Trail** leads east 150 feet to view overlooking Crater Lake, (0.3E) to water. P [41.10938,-74.89190]	1560	880.3
1317.4		**Hemlock Pond Trail** west (0.4) to Hemlock Pond.	1470	880.0
1318.2		**Buttermill Falls Trail** leads (1.3W) descending to Buttermilk Falls and trailhead P parking. [41.12518,-74.88768] [41.13627,-74.88852] P [41.13730,-74.88922]	1560	879.2
1319.2		Unmarked trail to west leads to view from slanted rock slabs. [41.12837,-74.87468]	1499	878.2
1319.6		Cross **stream** on logs. Just north of stream is a blue blazed trail east to water. [41.13157,-74.86970]	1291	877.8

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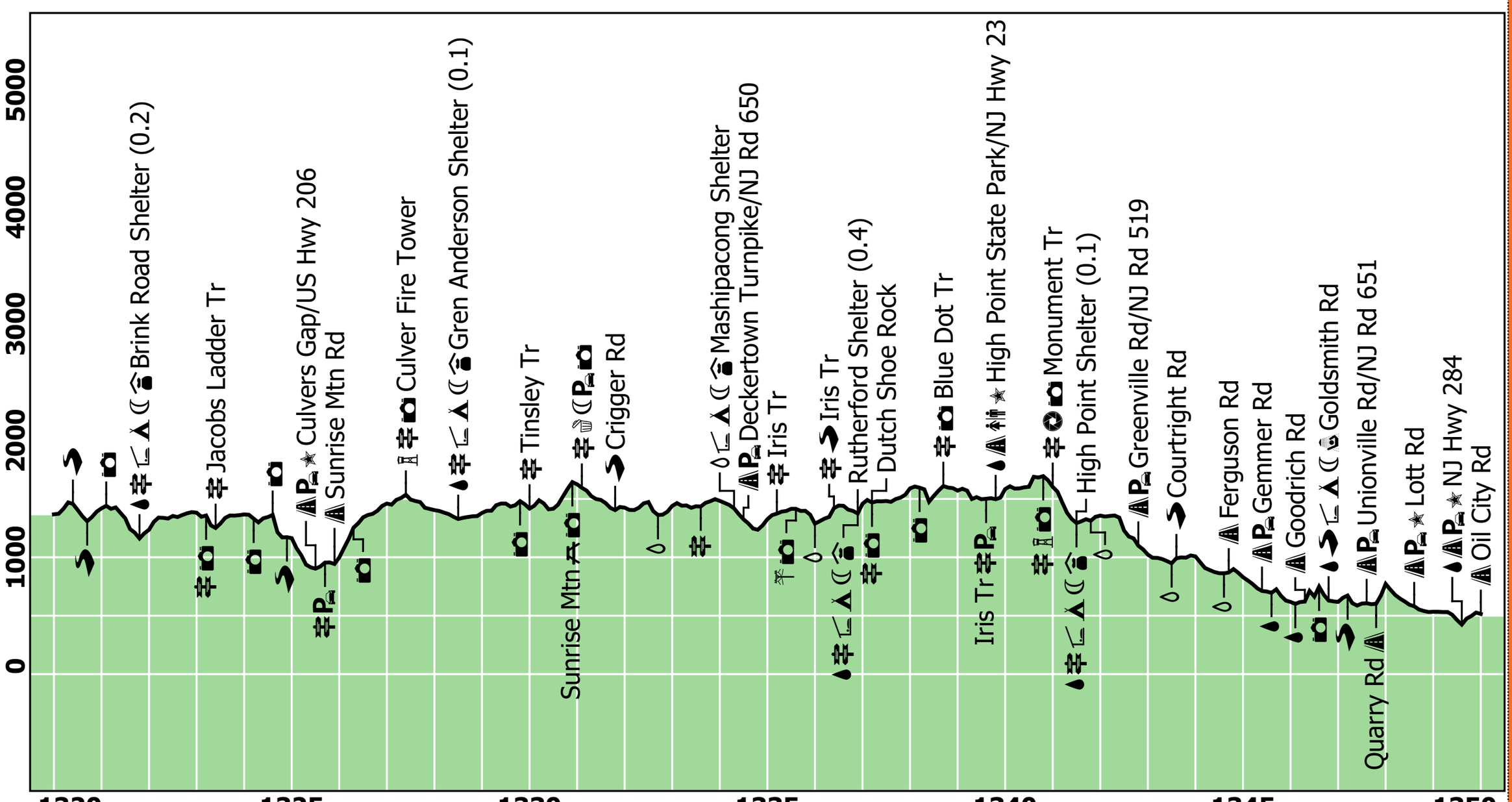

1320		1325	1330	1335	1340	1345	1350
1320.1		**Rattlesnake Mountain** summit, open ledges.			[41.13207,-74.86363]	1492	877.3
1320.4		Cross stream on rocks.			[41.13593,-74.86298]	1405	877.0
1320.9		Intersects with dirt road.			[41.14125,-74.85859]	1483	876.5
1321.6		**Reach crest** of ridge with good views.				1441	875.8
1322.3	{8}	(900 ft W) **62.0<<<45.0<<31.3<Brink Shelter>6.7>>12.5>>>15.1** Water (spring) is located across the road 100 yards northeast of the shelter, privy, bear box. Water is easier to get to if you walk past the shelter to gate, turn right, and follow to stream.			[41.15320,-74.83820] [41.15392,-74.83724] [41.15366,-74.83865]	1110	875.1
1323.9		Unmarked side trail leads east to overlook of Lake Owassa.				1343	873.5
1324.1		**Jacobs Ladder** is a blue and gray blazed trail descending to the west.			[41.16103,-74.81380]	1365	873.3
1324.8		**View point**.			[41.16698,-74.80310]	1360	872.6
1325.5		Power line, views.			[41.17179,-74.79290]	1245	871.9
1326.0	{30}	Cross **U.S. 206**, **Culvers Gap**. **See map of Culvers Gap, NJ.**			[41.17706,-74.79113] [41.17701,-74.79113]	935	871.4

Sunrise Appalachian Trail Deli 973-250-3036. Owner John Lantieri. Open M-Su 4AM-3PM. Deli, Water outside, restroom, charging station. [41.17714,-74.79166]

Stokes State Park 973-948-3820 Tentsites are located (1.5) away from State Park office near Rte 206. Tent site 1-6 persons $25 an up. Snack bar and free showers at Stony Lake . Open Memorial Day thru Columbus Day. Accessible from (1.0) Stony Lake Trail. [41.18564,-74.79567]

Mountain House Tavern and Grill 973-250-3300. (www.mountainhousenj.com) free WiFi available. M 11:30am-8pm, Tu Closed, W-Th 11:20pm-8pm, F-Sa 11:30-9PM, Su 11:30pm-8pm. Open seven days a week in Spring and Summer. [41.17762,-74.79247]

Gyps Tavern 973-948-5013. Serves lunch and dinner. Inside and lakeside seating for hikers, charging outlets. Outdoor seating on the lake with a pergola, (arched trellis), and fire pits. Sells beer & wine to go. M Closed,Tu-Th 11am-1am, F-Sa 11am-2am, 11am-1am. [41.17830,-74.79412]

(1.9W) **Forest Motel** 973-948-5456. $60 and up, pets $20, laundry for a fee, free WiFi. Mail drops for guests: 104 Rte 206 N, Branchville, NJ 07826. [41.20026,-74.80216]

(1.1E) **Jumboland Diner** 973-948-6802. Serves breakfast, lunch and dinner. Thursday dinner buffet. M-Sa 4am-11pm, Su 5am-11pm. [41.16268,-74.78762]

(1.6E) **Dale's Market** 973-948-3078. (www.www.dalesmarket.com) M-F 6am-9pm, Sa-Su 7am-9pm. [41.15681,-74.78154]

(2.5E) **Cobmin Ridge Motel** 973-948-3459, 973-652-0780 $50 and up. [41.15224,-74.76623]

Branchville, NJ 07826 (3.4E) See map of Branchville, NJ.

PO M–F 8:30am–5pm, Sa 8:30am–1pm. 973-948-3580. 1 Broad Rd. Branchville, NJ 07826. [41.14670,-74.75170]

Beatnik's Shuttle 201-906-3556 (text/cell) beatnikhiker@gmail.com. Owner: George Lightcap - "Beatnik". Based out of Newton, NJ. Pet friendly. 365 days, 24/7 (flexible, depending on my teaching schedule) & holidays. **S to Port Clinton PA < > N to Kent, CT** & airports, bus & train terminals. Slackpacking. "I'm just an old guy with a car. Best to arrange shuttles in advance as possible. Masks are required."

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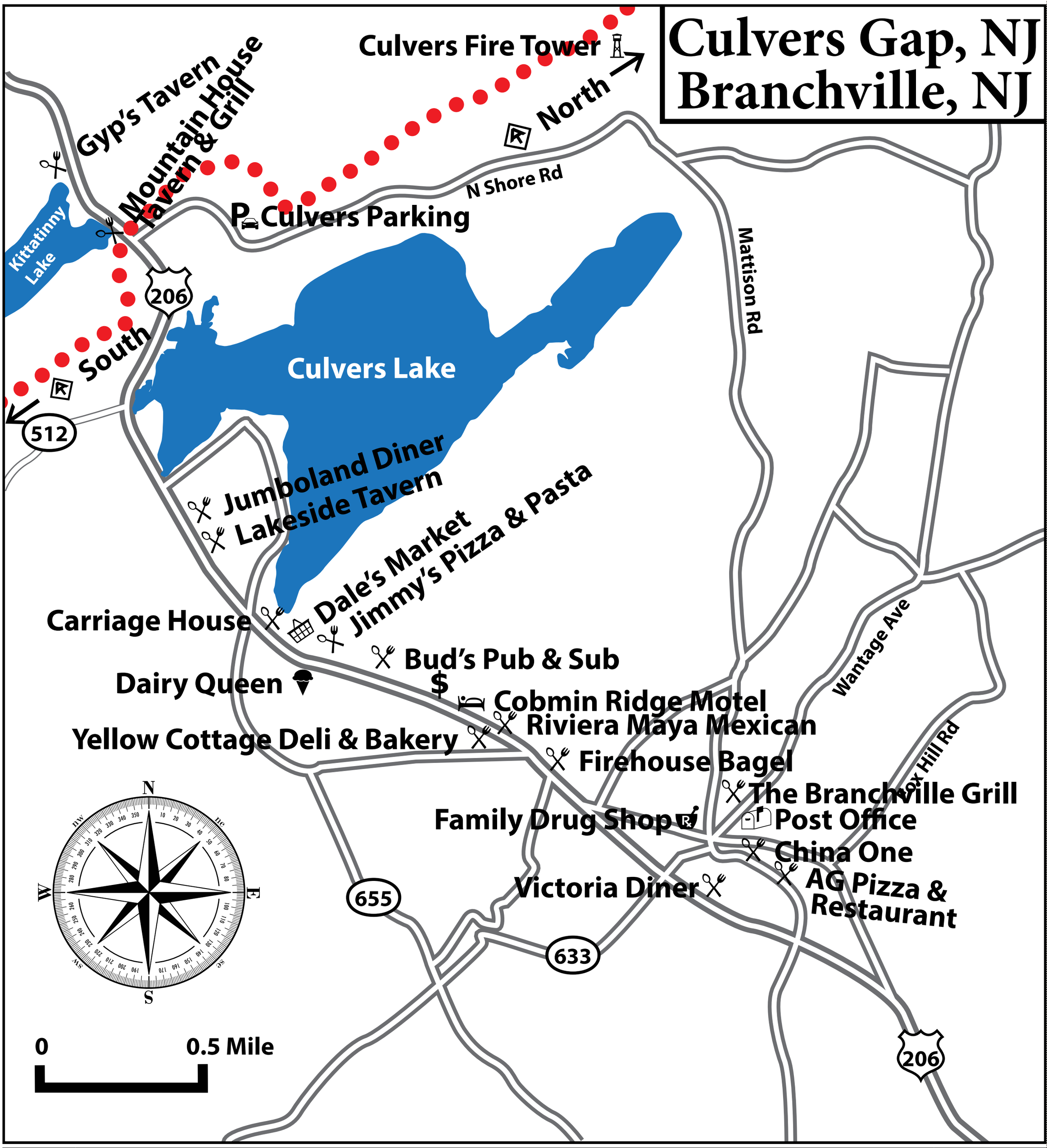
Culvers Gap, NJ
Branchville, NJ



1326.2		Unmarked trail to parking area.	P [41.18026,-74.78775] 987	871.2
1326.4		Cross **Sunrise Mountain Road**. Limited parking.	[41.18164,-74.78533] P [41.18026,-74.78775] 970	871.0
1326.9		**View point** to the west.	[41.18042,-74.77872] 1260	870.5
1327.8		Unmarked trail intersects west, leads 75 feet to good view.	1534	869.6
1327.9		**Culver Fire Tower**, good views.	[41.18790,-74.76649] 1550	869.5
1328.0		Green blaze Tower Trail intersects west.	[41.18867,-74.76615] 1535	869.4
1328.9		Cross Stony Brook.	[41.19738,-74.75325] 1512	868.5
1329.0	{8}	(0.1W) **51.7<<<38<<6.7<Gren Anderson Shelter>5.8>>8.4>>>13.0** Water (spring) is located downhill and to the left of shelter 70 yards, privy. Stony Brook trail is brown blazed west (0.3) to Sunrise Mountain Road and continues on (1.0) to Stony Lake.	[41.19938,-74.75310] 1320	868.4
1330.3		View point west.	1450	867.1
1330.4		Intersects with yellow blazed **Tinsley Trail**.	[41.21075,-74.73354] 1476	867.0
1331.4	{25}	**Sunrise Mountain**, picnic pavilion, panoramic views.	[41.21816,-74.72040] 1653	866.0
1331.5	{25}	Path leads (45FT W) to P parking lot.	P [41.21941,-74.71841] 1617	865.9
1332.2		Cross **Crigger Road**, dirt.	[41.22614,-74.71044] 1400	865.2
1333.1		Cross swamp outlet.	[41.23591,-74.70297] 1407	864.3
1334.8	{8}	**43.8<<<12.5<<5.8<Mashipacong Shelter>2.6>>7.2>>>19.6** ⚠ **NO WATER HERE**, ☾ privy, bear box.	[41.25216,-74.68638] 1425	862.6
1335.0	{10}	Cross **Deckertown Turnpike**, paved.	[] 41.25225,-74.68933 P [41.25245,-74.68956] 1320	862.4
1335.7		Intersects with red on white blazes of **Iris Trail**.	[41.25756,-74.68219] 1414	861.7
1336.1		Clear strip of land, a buried pipeline. A trail east leads to view.	[41.26268,-74.67807] 1417	861.3
1336.5		Cross **stream** on logs. Just north of stream is a blue blazed trail east to water.	[41.26792,-74.67587] 1334	860.9
1336.9		Intersects with **woods road** and the red and white blazes of **Iris Trail**.	[41.26958,-74.68173] 1370	860.5
1337.4	{6}	Dutch Rock with views. (0.4E) **15.1<<<8.4<<2.6<Rutherford Shelter>4.6>>17.0>>>28.5** Spring 100 yards before shelter on connecting trail. Slow stream. Tenting, ☾ privy, bear box.	[41.27419,-74.68377] [41.27751,-74.67815] [41.27799,-74.67862] [41.27737,-74.67807] 1345	860.0
1338.7		View east.	1614	858.7
1339.1		View west over Sawmill Lake.	1590	858.3
1339.2		**Blue Dot Trail**, (0.4W) to tenting and water amd trailhead P parking. P [41.29659,-74.68471]	1600	858.2

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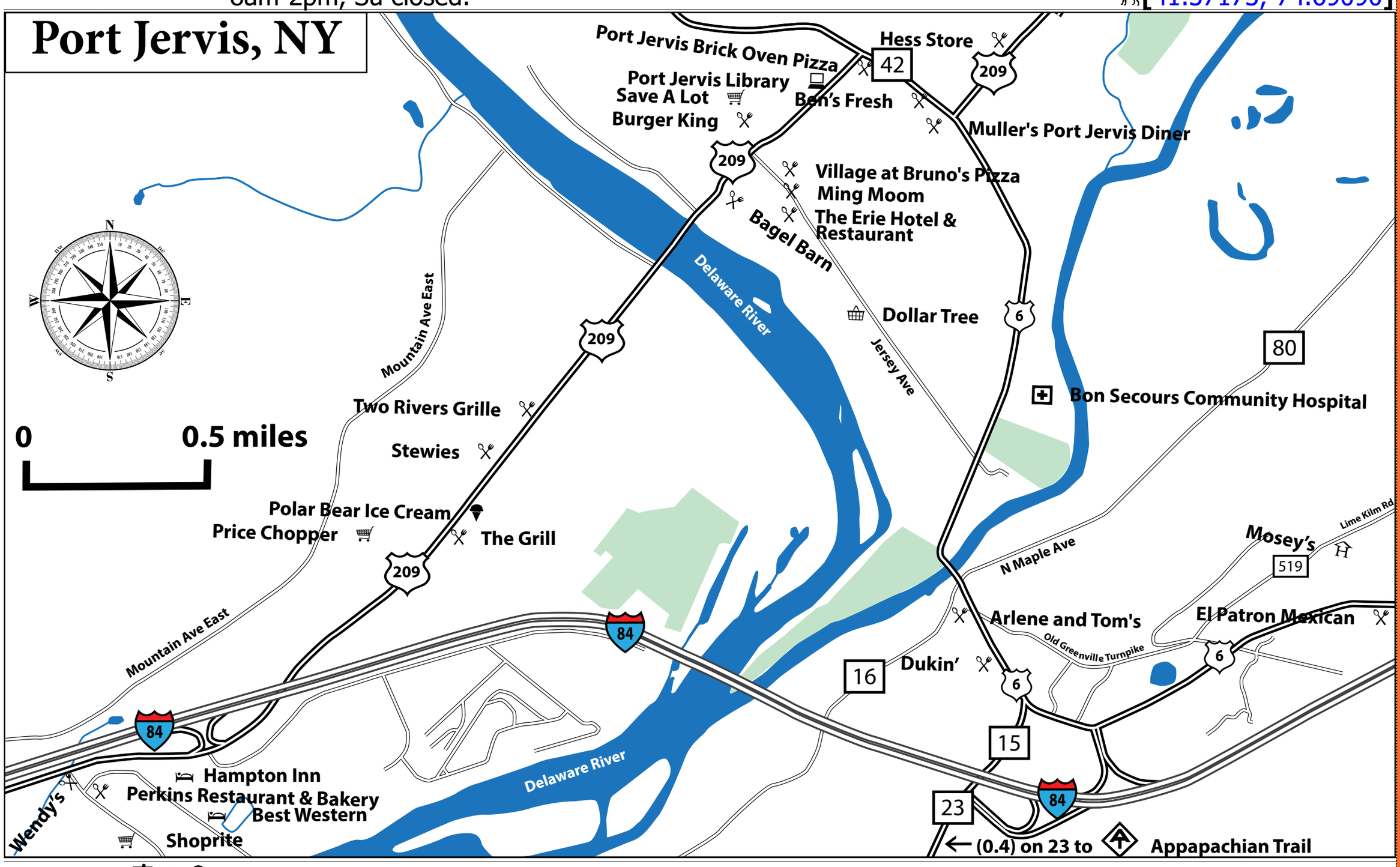
1340.2		Trail intersection. Yellow blaze; Mashipacong Trail west. Red and white blaze; Iris Trail east. [41.30337,-74.67184]	1552	857.2
1340.3	★★★★★	Cross **N.J. 23**; **High Point State Park HQ**. [41.30533,-74.67013] P [41.30260,-74.66780]	1500	857.1
	P {20}	**High Point State Park Headquarters** 973-875-4800. AT Passport location. Office is open year round M-Su 9am-4pm. Bathrooms inside, water spigot outside. P Overnight parking (0.25E). Mail drops: 1480 State Rte 23, Sussex, NJ 07461. [41.30532,-74.67136]		

Port Jervis, NY. (4.4W)

		Days Inn 845-856-6611 $80 and up, $10EAP, pets $25. Free continental breakfast. Computer available for use, free WiFi. [41.35178,-74.68056] Mail drops for guests: 2247 Greenville Turnpike, Port Jervis, NY 12771.		
		(5.7W) **Mosey's Place** 845-239-3028, please call or text. AT Passport location. Open first week of April, closes last week of Oct. Closed Labor day weekend. Bunks $40. Free WiFi. Stay includes laundry and free pickup and return to the trail head at High Point State Park Head Quarters. Reservations required. Ask ahead about mail drops. [41.36187,-74.66833]		
		Village Pizza 973-293-3364. (www.villagepizzaitalianrestaurant.com) M-Sa 11am-11pm, Su 12-11pm. [41.35026,-74.68498]		
		Shop Rite Market M-Su 6am-12am. [41.35078,-74.68396]		
		Rite Aid 845-856-8342. M-Sa 7am-10pm, Su 9am-8pm, Pharmacy M-F 8am-9pm, Sa 9am-6pm, Su 9am-5pm. [41.37580,-74.69420]		
		Medicine Shoppe 845-856-6681. M-F 9am-6pm, Sa 9am-1pm, Su closed. [41.37225,-74.69169]		
		Bon Secours Community Hospital 845-858-7000. (www.bonsecourscommunityhosp.org). [41.36760,-74.68172]		
		Tri-States Veterinary Medical 845-856-1914. M-Tu 8am-5pm, W-Th 8am-7pm, F 8am-5pm, Sa 8am-2pm, Su closed. [41.37173,-74.69090]		



1341.3		**Observation Platform**. [41.31678,-74.66463]	1680	856.1
1341.5		**Side Trail (0.2W) to High Point Monument** intersects with red and green blazed Monument Trail. [41.31852,-74.66360] [41.32090,-74.66161]	1600	855.9
1342.0	{8}	(0.1E) **13.0<<<7.2<<4.6<High Point Shelter>12.4>>23.9>>>36.1** streams on both sides of shelter are known to dry up at times, privy, bear box. [41.31573,-74.65732]	1280	855.4
1342.3		Cross brook at head of ravine, unreliable. [41.31992,-74.65342]	1233	855.1
1343.3	P {5}	Cross **County Road/519**, paved, (2.5E) to lodging. [41.32846,-74.64320] P [41.32931,-74.64325]	1100	854.1
1344.0		Cross two streams in area. [41.32599,-74.63345]	951	853.4
1344.1		Cross **Courtwright Road**, gravel. [41.32468,-74.63158]	1000	853.3
1344.3		⚠ Follow blazes carefully in area along stone walls.	994	853.1
1344.8		Pass pond to the west. [41.31962,-74.62267]	916	852.6
1345.1		Intersection of stone walls.	864	852.3
1345.2		Cross stream on bridge. [41.32198,-74.61848]	861	852.2
1345.3		Cross **Ferguson Road also known as Mt. Salem Road**. [41.32136,-74.61652] P [41.32153,-74.61651]	900	852.1
1345.9	P {2}	Cross **Gemmer Road**, paved. [41.31643,-74.60816]	740	851.5
1346.0		Cross wooden bridge over brook. [41.31603,-74.60645]	727	851.4
1346.2		Cross stream over wooden bridge. [41.31520,-74.60398]	741	851.2
1346.6		Cross two wooden bridges over streams. [41.31203,-74.59746]	710	850.8
1346.9	P {2}	Cross **Goodrich Road**, paved. [41.31030,-74.59330] P [41.31491,-74.60246]	610	850.5
1347.1		Cross over concrete dam (outlet of pond). [41.30957,-74.59038]	700	850.3
1347.2		Reach crest of Wolf Pit Hill, open field.	741	850.2
1347.3	★★★★★	Cross **Goldsmith Road**, road leads (0.2) west to Jim Murray property with water, shelter, tenting, privy, shower. [41.30776,-74.58658]	660	850.1
		Private cabin open for the use of long distance hikers as it has been for nearly 20 years, tenting, well water, shower and privy. If you feel the need to change your brain chemistry this is probably not your stop but serious hikers welcome. **No groups please**.		
1347.4		Cross Goldsmith Lane, gravel. Vernie Swamp (southern end). [41.30447,-74.58191]	600	850.0
1347.6		Vernie Swamp (northern end). [41.30644,-74.58399]	590	849.8
1347.7		Cross **Goldsmith Lane**.	674	849.7
1348.0		Reach hilltop, overgrown fields with abandoned apple orchards.	654	849.4
1348.2	P {3}	Cross **Unionville Road, county Road 651. See map of Unionville, NY (0.8W).** [41.30230,-74.57582] P [41.30226,-74.57581]	610	849.2

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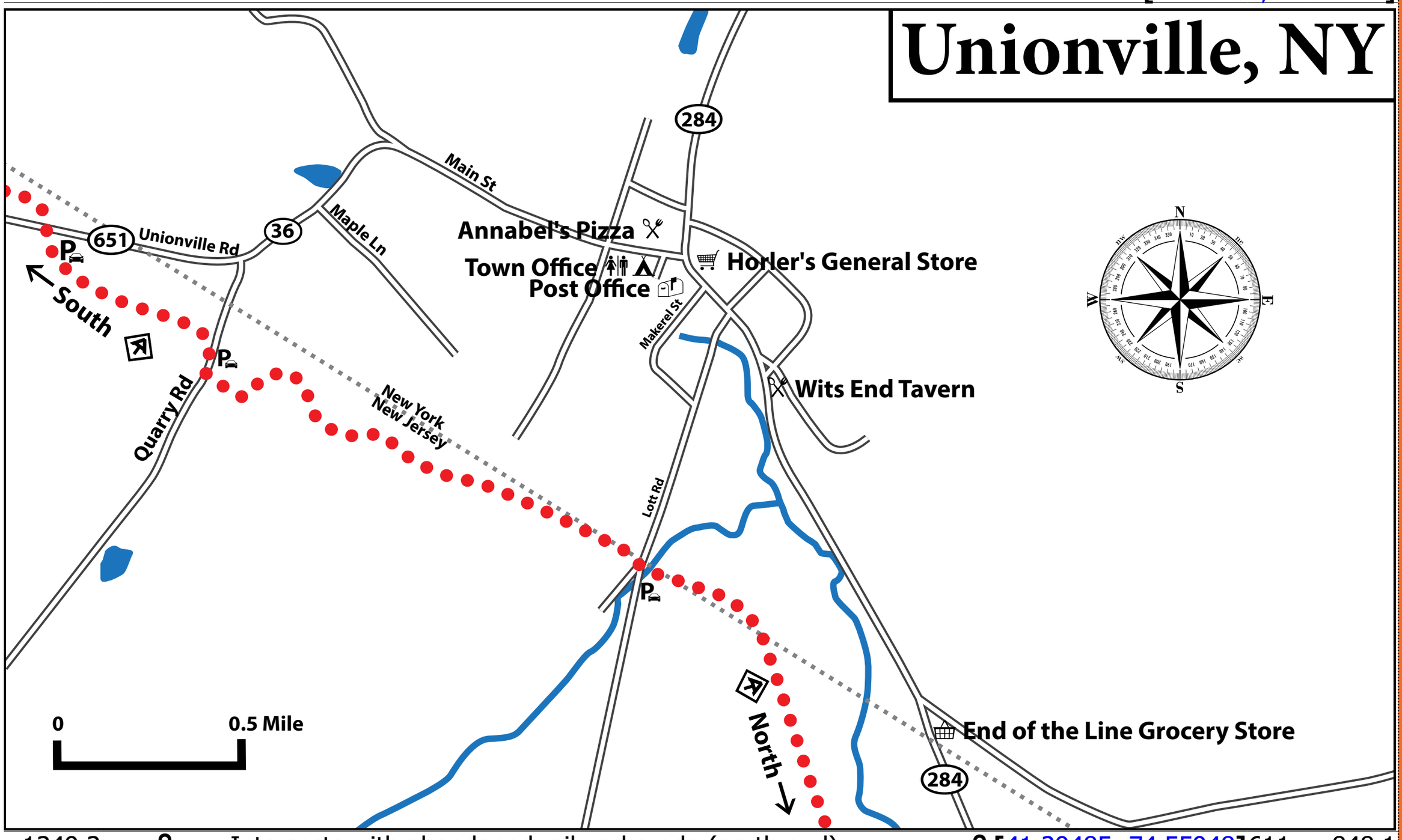
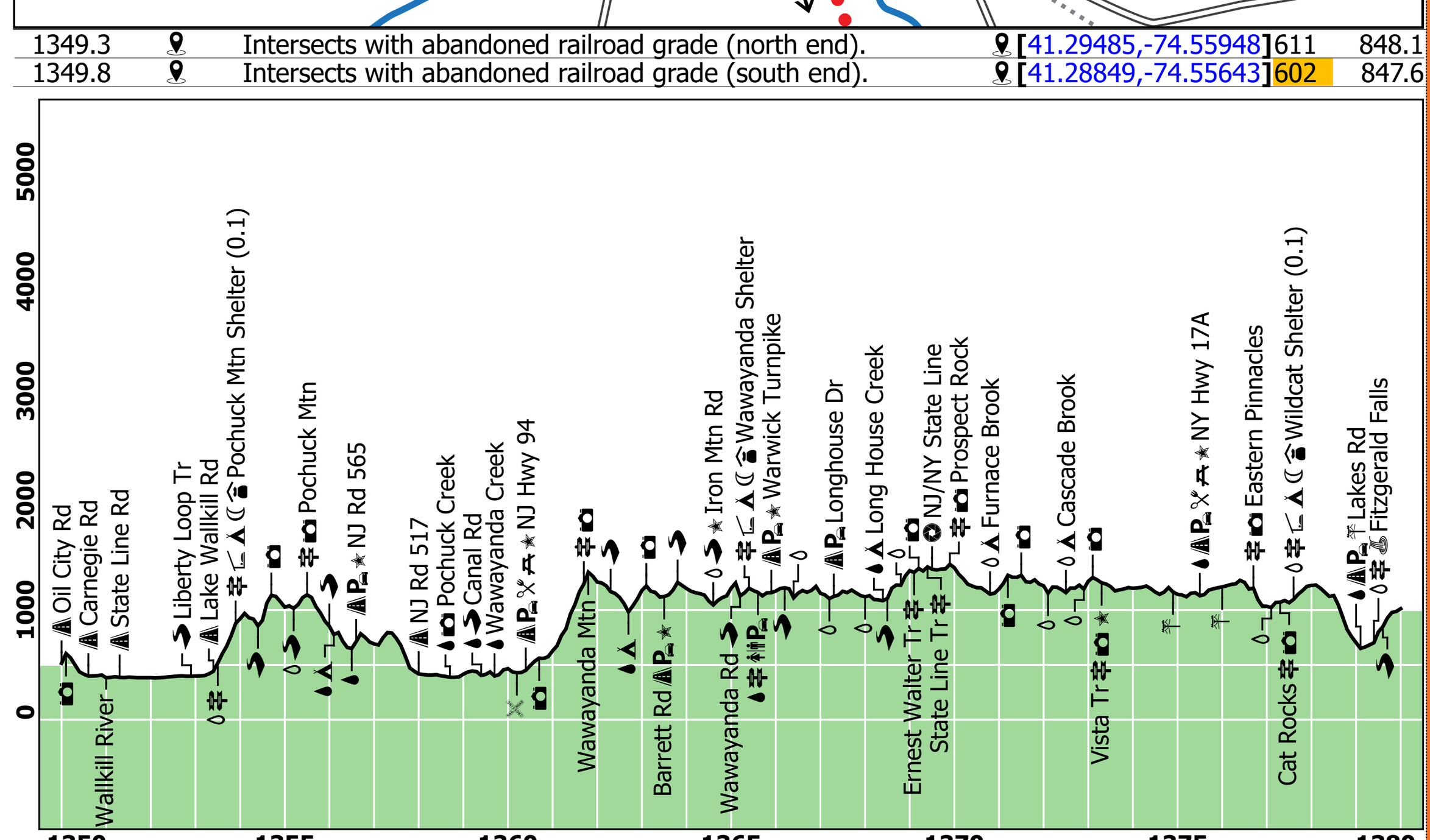
1348.3		Pass old quarry pit.	638	849.1
1348.4	⛺P{5}	Cross **Quarry Road**, paved. **Unionville, NY (0.7W)**. **See map of Unionville, NY.** ⛺[41.30035,-74.57201] P[41.30030,-74.57180]	678	849.0
1349.1	⛺ P{2} ★★★★★	Cross Lott Road, also known as Jersey Avenue. **(0.4W).** ⛺[41.29682,-74.56258] P[41.29653,-74.56263]	590	848.3

Unionville, NY. (0.7W) See Unionville, NY map.

		PO M-F 8am-11:30am & 1pm-5pm, Sa 9am-12pm. 845-726-3535. 1 Main St. Unionville, NY 10988. [41.30151,-74.56210]	
⛺		(0.4W) **Village Office** 845-726-3681. ⛺ Check-in at office or at Horler's Store for overnight tenting. ⛺[41.30177,-74.56253]	
		Wits End Tavern 845-726-3956. (www.witsendtavern.com) Serves ribs, burgers, wings and more. ATM. M-Th 12pm-2am, F-Sa 12pm-4am, Su 12pm-2am. [41.29979,-74.55965]	
		Horler's Store 845-726-3210 M–Sa 6am–8pm, Su 7am–7pm. Has a short-order grill open M-F 6:30am-3pm, Sa-Su 7am-1pm. ATM. [41.30167,-74.56138]	
		Annabel's Pizza 845-726-9992 (www.annabelspizza.com) M-Sa 11am-10pm, Su 11am-9pm. [41.30206,-74.56225]	



1349.3		Intersects with abandoned railroad grade (north end). [41.29485,-74.55948]	611	848.1
1349.8		Intersects with abandoned railroad grade (south end). [41.28849,-74.55643]	602	847.6



1350.1	⛺P{5} ★★★★★	Cross **N.J. 284**. **See map of Unionville, NY (1.1W).** P[41.28833,-74.55216]	420	847.3

Unionville, NY. (0.7W) see Unionville, NY map.

1350.6	⛺	Cross **Oil City Road**, paved. ⛺[41.28920,-74.54630]	400	846.8
1351.2	⛺	Intersects with private road just north of a bridge over small stream. ⛺[41.28784,-74.53906]	442	846.2
1351.4	⛺	Intersects with private road leading to private property of Carnegie Industries. ⛺[41.29029,-74.53730]	442	846.0
1351.6	⛺ P	Cross bridge over **Wallkill River** on **State Line Road**. Road (126FT N) to P parking at boat landing. P[41.28786,-74.53391]	410	845.8
1351.9	⛺	Intersects with **State Line Road**, Wallkill National Wildlife Preserve. P[41.28531,-74.53088]	410	845.5
1353.4		Intersects with Liberty Loop Trail, dirt road. [41.27591,-74.52833]	387	844.0
1353.9	⛺	Intersects with **Lake Wallkill Road (Liberty Corners Road)**, paved. ⛺[41.27252,-74.52171]	440	843.5

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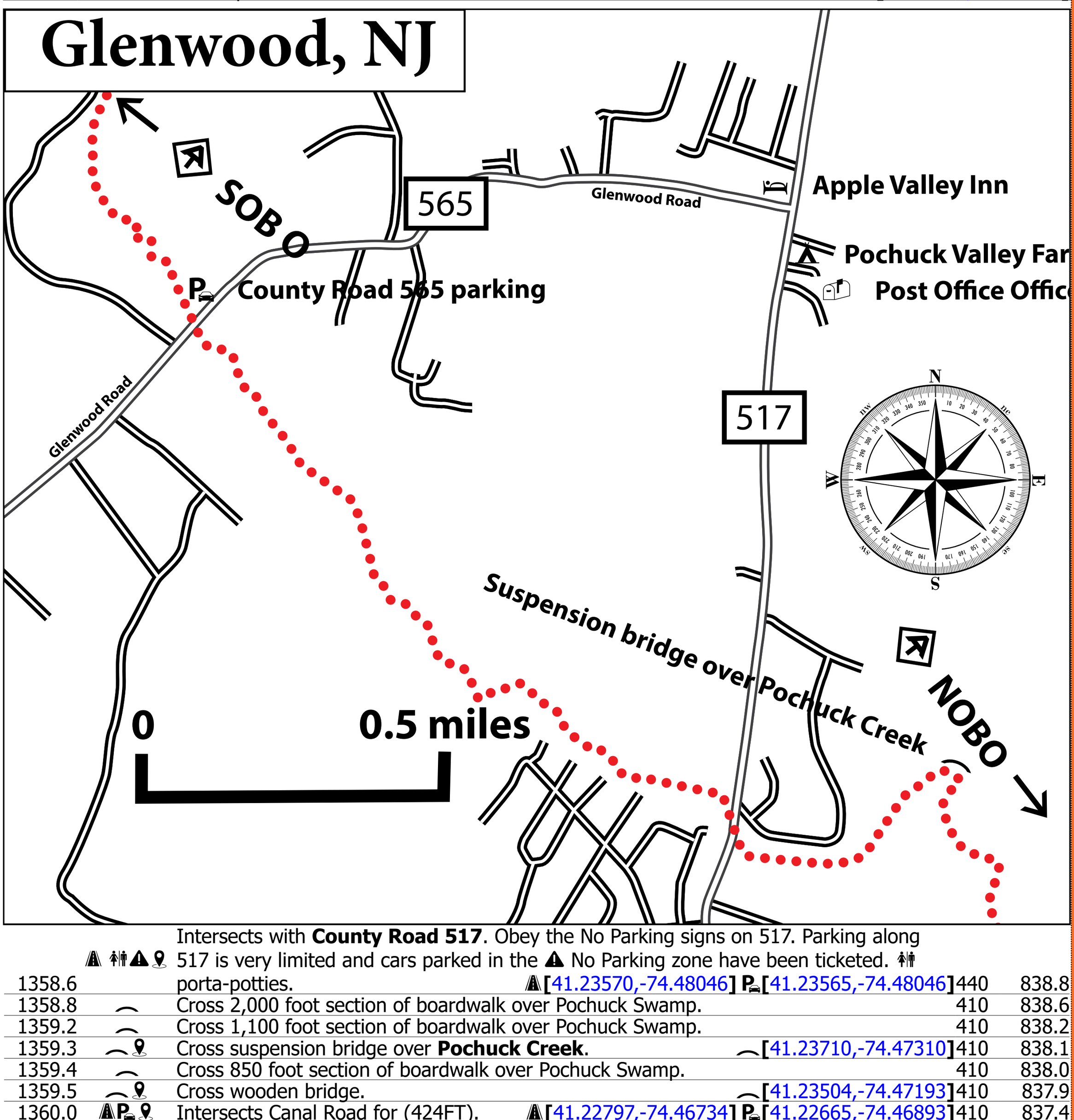
		(0.1W)			
	{6}	**19.6<<<17.0<<12.4<Pochuck Mountain Shelter>11.5>>23.7>>>38.2**			
		Water is available at a spigot on the north side of a vacant white house at the foot of			
		Pochuck Mountain (0.5) south on Lake Wallkill Road(Liberty Corners Road). Tenting,			
1354.4		privy, bear box.	[41.27124,-74.51531]	840	843.0
1354.6		Pochuck Mountain western ridge.		1200	842.8
1354.9		Cross woods road.	[41.25975,-74.50629]	975	842.5
1355.2		**Overlook** at crest , views across Wallkill Valley to High Point.	[41.25945,-74.50507]	1134	842.2
		Pochuck Mountain summit, side trail leads 40 feet west to view.			
1355.3			[41.25846,-74.50412]	1163	842.1
1355.4		Pass old stone foundation.	[41.25790,-74.50251]	1078	842.0
1355.4		Cross Lauemma Lane, **dirt road,** leads west to youth camp.	[41.25472,-74.50061]	900	842.0
1356.5		Cross stream.	[41.25241,-74.50127]	846	840.9
1357.0		Cross bridge over stream.	[41.24946,-74.49858]	741	840.4
	{3}	Cross **County Road 565**, limited parking.	[41.24816,-74.49783] [41.24838,-74.49768]		
1357.1				720	840.3

Glenwood, NJ. (1.1W)

		PO M-F 7:30am–5pm, Sa 10am–2pm. 973-764-2616. 958 County Rt 517. Glenwood, NY 07418.	[41.24928,-74.47815]		
		Apple Valley Inn 973-764-3735 (www.applevalleyinn.com) No pets. $145 and up, includes country breakfast, WiFi, with stay also return to the trail to County Roads 517 & 565. Mail drop for guest: PO Box 302, Glenwood, NJ 07418.	[41.25137,-74.47883]		
		(1.0W) **Pochuck Valley Farms** Market & Deli 973-764-4732. (www.pochuckvalleyfarms.com) Serves breakfast and lunch. Water spigot outside. Ask about tenting. M–F 6am–6pm, Sa–Su 6am–5pm.	[41.25008,-74.47841]		



		Intersects with **County Road 517**. Obey the No Parking signs on 517. Parking along			
		517 is very limited and cars parked in the No Parking zone have been ticketed.			
1358.6		porta-potties.	[41.23570,-74.48046] [41.23565,-74.48046]	440	838.8
1358.8		Cross 2,000 foot section of boardwalk over Pochuck Swamp.		410	838.6
1359.2		Cross 1,100 foot section of boardwalk over Pochuck Swamp.		410	838.2
1359.3		Cross suspension bridge over **Pochuck Creek**.	[41.23710,-74.47310]	410	838.1
1359.4		Cross 850 foot section of boardwalk over Pochuck Swamp.		410	838.0
1359.5		Cross wooden bridge.	[41.23504,-74.47193]	410	837.9
1360.0		Intersects Canal Road for (424FT).	[41.22797,-74.46734] [41.22665,-74.46893]	410	837.4
1360.2		Cross bridge over **Wawayanda Creek**.	[41.22613,-74.46451]	434	837.2
1360.7		Cross New York/Susquehanna and Western Railway tracks.	[41.22063,-74.45802]	422	836.7
	{8}	Cross **N.J. 94. See Vernon, NJ map**.			
1360.9			[41.21942,-74.45527] [41.21936,-74.45518]	450	836.5
		(0.1W) **Heaven Hill Farm** 973-764-5144. (www.heavenhillfarm.com) Has bakery items, vegetables, ice cream, picnic tables, ATM. M-F 9am–7pm, Su 9am-6pm.	[41.22115,-74.45365]		
		(0.2E) **Mitch's Roadside Grill Hot dog Stand** 973-715-2608. M-Su 11am-3pm Hot dogs, sodas, Italian Ice and potato knish, picnic tables.	[41.22011,-74.45423]		
		(1.2E) **H&R Pazer Farm** 954-646-8004. Located at 380 NJ-94, Vernon Township, NJ 07462. Allows hikers to stay in the barn for $10.	[41.20764,-74.46989]		
		(1.4E) **Appalachian Motel** 973-764-6070. (www.appalachianmotel.us) $75 and up $10EAP. Pets $20. Microwave, fridge, laundry $10, Wifi. In order to get a ride, make reservations through motel (not 3rd party). Mail drops for guests only: 367 Route 94, Vernon, NJ 07462.	[41.20568,-74.47258]		

Vernon, NJ 07462 (2.4E) See Vernon, NJ map.

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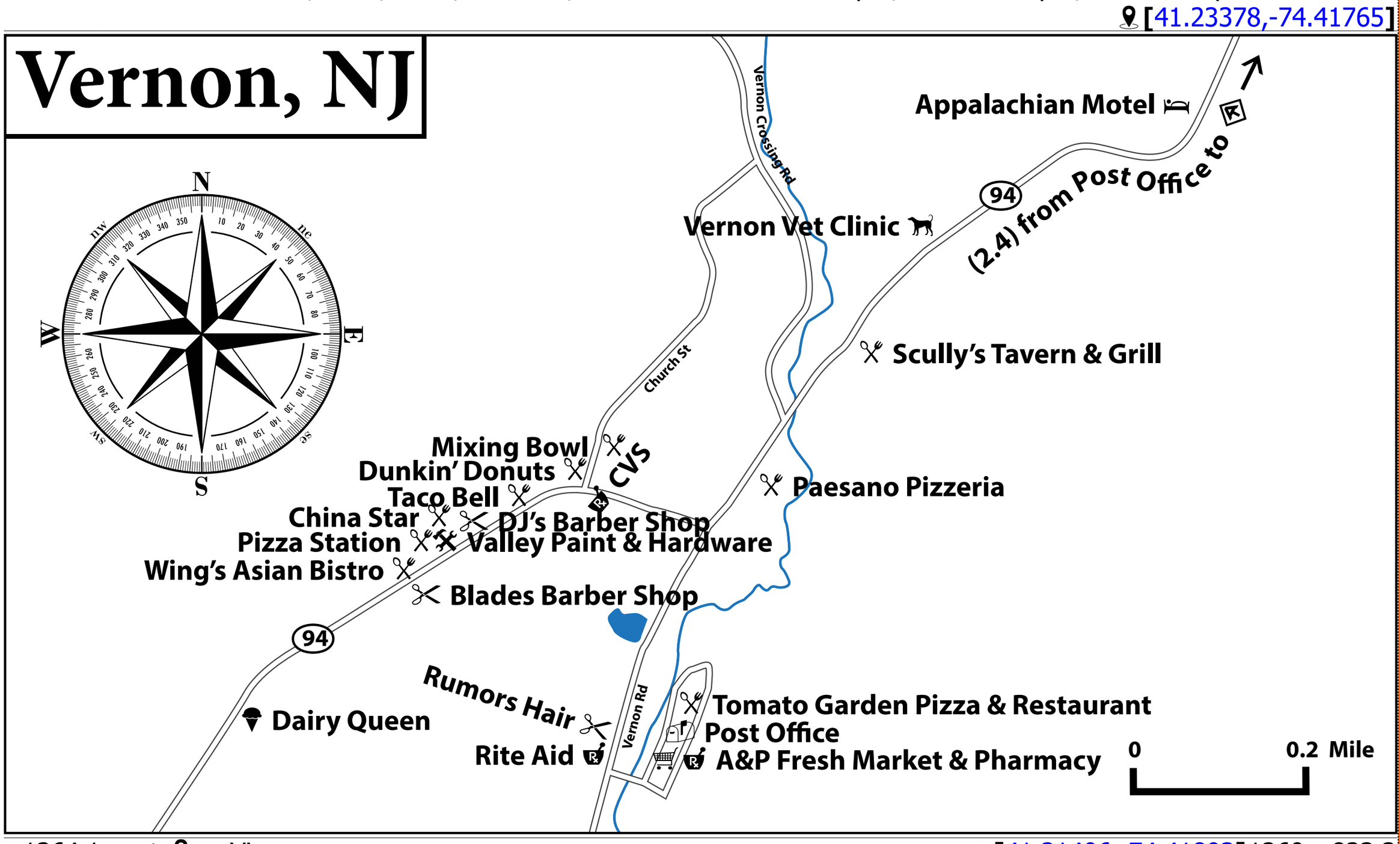
		PO M-F 8:30am-5pm, Sa 9:30am-12:30pm. 973-764-9056. 530 County Route 515 Unit 13. Vernon, NJ 07462 [41.19508,-74.48318]		
		Acme Market 973-764-5350. Pharmacy, ATM. M-Sa 6am-12am, Su 6am-10pm. [41.19452,-74.48351]		
		China Star, Dairy Queen, Burger King, Paesano Pizza, Wing's Asian Bistro		
		Vernon Urgent Care 973-209-2260. (1.0) mile beyond hostel, M–F 8am–8pm, Sa–Su 9am–5pm. [41.19604,-74.48498]		
		Vernon Vet Clinic 973-764-3630. (www.vernonvet.com) M-Su by appointment. [41.20337,-74.47863]		
New Milford, NY (2.7W) See Notes at NOBO Mile 1364.0.				
1360.9		{8} Intersection with **PA. 873,** **Lehigh River Bridge (west end)**, Lehigh Gap. [40.78131,-75.60848] [40.78121,-75.60868]	380	836.5
1361.3		Cross old stone wall above overgrown field with views. [41.21628,-74.44791]	562	836.1
1361.9		Reach the south most point of Wawayanda Mountain. Pinwheel vista (160FT W). [41.21303,-74.44514]	1244	835.5
1362.0		Blue blaze trail leads (0.1W) to Wawayanda Mountain, view. [41.21217,-74.44390]	1345	835.4
1362.3		**Wawayanda Mountain**.	1340	835.1
1362.8		Cross woods road.	1143	834.6
1363.2		Cross **stream** on bridge. [41.21596,-74.43181]	989	834.2
1363.6		**Luthers Rock**, limited views through trees.	1206	833.8
		{2} Cross **Barrett Road**, New Milford, NY. [41.21445,-74.42098]		
1364.0		[41.21468,-74.42078]	1140	833.4
New Milford, NY. (1.8W)				
		(1.4W) on Barret Rd, then right (0.6) on NJ 94 to shoe store and **Post Office**. M-F 8:30am-12:30pm, Sa 9am-11:30am. 845-986-3557. 3 Jockey Hollow Rd Ste 2. New Milford, NY 10959. [41.23445,-74.41645]		
		The Grange 845-986-1170. M 4pm-8pm, Tu-W Closed, F-Sa 4pm-8pm, Su 12am-4pm.		
		Sneakers to Boots 845-986-0333 (www.sneakerstoboots.com) Carries brand name footwear from Merrell, Keen, Oboz, Salomon, and Hi-Tec. M-F 10am-6pm, Sat 10am-5pm, Su 11am-2pm. [41.23378,-74.41765]		



1364.1		View. [41.21406,-74.41893]	1260	833.3
1364.2		Cross drain.	1145	833.2
1364.3		Intersects with woods road.	1203	833.1
1364.7		Stream, unreliable.	1185	832.7
1365.3		Intersects with **Iron Mountain Road**. Iron bridge over Double Kill Creek, 1890's era bridge is just south on the AT from here. Road leads (1.5E) to Wawayada Lake and k parking. k Parking also avaiable at nearby Wawayand Start Park. [41.20377,-74.41152] [41.18869,-74.42540] [41.19043,-74.42861]	1060	832.1
1365.4		Cross woods road.	1195	832.0
1365.7		Intersects with **Wawayanda Road**, dirt. [41.20310,-74.40057]	1150	831.7
1365.9		(0.1W) **28.5<<<23.9<<11.5<Wawayanda Shelter>12.2>>26.7>>>32.0** {6} ☾ privy, water is available at the park office which can be reached by going north on the AT (0.1) and east (0.2) on Hoeferlin Trail. ☾ Privy, bear box. [41.20226,-74.39811]	1200	831.5
1366.1		Cross woods road, Hoeferlin Trail leads (0.2) east to headquarters of Wawayanda State Park. [41.20114,-74.39648] [41.19810,-74.39750]	1200	831.3
1366.2		Cross plank bridge over swamp outlet. [41.20123,-74.39524]	1114	831.2
1366.4		{8} Cross **Warwick Turnpike**, (2.7W) to long term resupply and restaurant. [41.20156,-74.39149] [41.20159,-74.39135]	1140	831.0
Warwick, NY. (2.7W)				
		PO M–F 8:30am–5pm, Sa 9am–4pm, Su Closed. 845-986-0271. 108 Main St, Warwick, NY 10990. [41.25913,-74.35725]		
		(2.5W) **Warwick Drive-In Theater** 845-986-4440 (www.warwickdrivein.com) @ AT Passport location. Allows trail walkers to stop for the night, pitch tent and watch that night's movies, all at no charge. Access to cold running water, and a station where they can charge their cell phones. **ShopRite** (0.1) from thearter. [41.23462,-74.38065]		
		(9.8W) **MeadowLark Farm B&B** 845-651-4286 (www.meadowlarkfarm.com) Owner: Dorothy Haupt. Pet friendly. Tent camping on lawn, $15 per person includes shower and laundry. H Rooms $95D, includes breakfast, laundry. Shuttles avaiable $1.00 per mile round trip. Parking available. [41.30434,-74.38345] Mail drops: 180 Union Corners Rd, Warwick, New York 10990.		
		(2.6W) **ShopRite** 845-987-1200, 845-987-2359. M-Sat 6am-12am, Su 6am-12am. [41.23568,-74.38106]		
		(3.1W) **Price Chopper** 845-987-6333. M-Su 24 hours; Pharmacy M-F 8am-8pm, Sa 9am-5pm, Su 9am-3pm. [41.24024,-74.38013]		

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		(4.7W) **Warwick Laundromat** 845-987-5000. M-Su 7am-10pm.	[41.25508,-74.36207]		
		St. Anthony Community Hospital 845-986-2276. Open 24 hours.	[41.26112,-74.35768]		
		Luca Trattoria & Pizzeria 845-986-2002. (www.lucapizzawarwick.com).	[41.23694,-74.38098]		
Many, many more restaurants.					
		Meadowlark Farm B&B Shuttles 845-651-4286 (home) ✉ meadow@warwick.net (meadowlarkfarm.com) Owner: Dorothy Haupt. Based out Warwick, NY. Pet friendly. 365 days, 24/7 & some holidays. **S to Delaware Water Gap, PA ➤ N to Kent, CT** & airport, bus & train terminals. Slackpacking. Parking, free. "Face masks. I have strict Covid policy rules."			
1366.6		South end of farm road on edge of field.	[41.20184,-74.38764]	1194	830.8
1366.7		North end of edge of farm road along field.	[41.20168,-74.38622]	1197	830.7
1366.9		Cross brook.	[41.20062,-74.38281]	1152	830.5
1367.1		Cross old woods road.		1183	830.3
1367.7		Cross logs on stream, unreliable.	[41.19497,-74.37355]	1136	829.7
1367.8	{4}	Intersects with **Long House Road (Brady Road)** for short distance.	[41.19560,-74.37153]	1080	829.6
1368.1		Follow grassy woods road.		1154	829.3
1368.3		Follow woods road for a short distance.		1155	829.1
1368.5		Cross wooden bridge over stream.	[41.19601,-74.36108]	1160	828.9
1368.9		Cross log bridge over **Long House Creek.**	[41.19638,-74.35489]	1085	828.5
1369.0		Follows dirt road for a short distance.		1087	828.4
1369.2		Cross two woods roads in a short distance.		1193	828.2
1369.3		Cross stream on rocks.	[41.19330,-74.35130]	1365	828.1
1369.5		Rock ledge with view west.		1379	827.9
1369.7		Yellow blazed Ernest Walter Trail leads east.	[41.18949, -74.34786]	1368	827.7
1369.8		View overlooking Surprise Lake and Sterling Ridge.	[41.18885,-74.34656]	1393	827.6
1370.0	**State Line**	**New Jersey–New York State Line**.State Line Trail leads (1.0E) to trailhead parking; Hewitt, N.J.	[41.19237,-74.34293] [41.19086,-74.34466] [41.18591,-74.33195]	1385	827.4
1370.1		Pass trail register.		1364	827.3
1370.4		**Prospect Rock**, views over Greenwood Lake and south. American flag us usually flow over this.	[41.19452,-74.33932]	1433	827.0
1370.5		Zig Zag trail leads west to Cascade Lake Park.		1402	826.9
1370.6		Rock promontory west of trail.		1379	826.8
1371.2		Cross **Furnace Brook**.		1135	826.2
1371.6		Cross stream, seasonal.		1224	825.8
1371.7		Bellvalew Mountain.	[41.20308,-74.32363]	1328	825.7
1372.5		Exposed rock outcrop, limited views		1273	824.9
1372.6		Cross several small streams in the area.		1268	824.8
1373.0		Cross **Cascade Brook**.		1246	824.4
1373.4		Cross brook.		1173	824.0
1373.7		Exposed rock outcrops with views of Greenwood Lake.		1280	823.7
1373.9	★★★★★	**Vista Trail** leads (0.8) east to the village of **Greenwood Lake, NY (0.8E)**.	[41.22535,-74.30702]	1180	823.5
Greenwood Lake, NY (0.8E) See note at NOBO mile 1375.5. See Greenwood Lake, NY map.					
1375.1		Cross brook.		1199	822.3
1375.3		**Power line**.	[41.24102,-74.28925]	1159	822.1
1375.9		Blue blaze trail leads (350FT W) to **Hot Dog Plus** and another (0.1W) to Short-cut to **Bellvale Farms Creamery**. See listing below. **See Bellvale Creamery map.**	[41.24373,-74.28595]	1144	821.5
1376.0	{12} ★★★★★	Cross **N.Y. 17A**.	[41.24483,-74.28597] [41.24428,-74.28716]	1180	821.4
		(0.1W) **Hot Dog Plus** Korean War Army Veteran Bernard "Bud" Whitt is open seasonally Tu-Sa 10:30-3:30.	[41.24416,-74.28738]		
		(0.2W) **Bellvale Farms Creamery** 845-988-1818. (www.bellvalefarms.com) Ice cream. Water, electric charging station available outside. Picnic tables.	[41.24468,-74.28918]		
Bellvale, NY. (1.6W)					
		Bellvale Market 845-544-7700. (www.bellvalemarket.com) M-F 8am-7pm, Sa 8am-6pm, Su 8am-4pm.	[41.25039,-74.31124]		
Greenwood Lake, NY. (2.0E) See Greenwood Lake, NY map.					
		PO M–F 8am–5pm, Sa 9am–12pm. 845-477-7328. 123 Windermere Ave. Greenwood Lake, NY 10925.	[41.22641,-74.29175]		
		Lake Lodging 845-477-0700, 845-705-2005. No Pets. Hiker rates, free WiFi, **no credit cards**.	[41.22503,-74.28487]		
		Breezy Point Inn 845-477-8100. (www.breezypointinn.com) No pets, no smoking. $185 and up. Free WiFi, ATM. Serves lunch and dinner M-Su. Closed month of January. Mail drops for guests: (UPS/FedEx) 620 Jersey Ave, Greenwood Lake, NY 10925.	[41.21851,-74.30434]		
		The Lost and Found Hostel (845) 595-1114 or text 610-322-9561 (Pete) 202-497-1821 (Mary) reservations required. Not dog friendly, old rescue dog onsite. Hosted by Lost and Found Nobo '21. Pickup route 17A (2.3 mi E) with stay. ⚠ No smoking, drugs, hard liquor. {6} Single bunk $50, {1} Private room $80, maximum two-night stay. Laundry, shower with stay. Wi-Fi. Slack packing options available. Walking distance to restaurants, banks, CVS, General Store, Cumberland Farms, boat rentals, Post Office. Bus into NYC (90 min, roundtrip) Mail drop with stay: Call or text for details.			
		Country Kitchen, Ashley's Pizza, Sing Loong Kitchen, Subway			
		Country Grocery 845-477-0100. M-F 8am-8pm, Sa 10am-7pm, Su 10am-6pm.	[41.22321,-74.29631]		
		CVS M-Su 8am-9pm, **Pharmacy** M-F 8am-8pm, Sa 9am-6pm, Su 9am-5pm.	[41.22630,-74.29208]		
		True Value Hardware 845-477-3327. M-Sa 8am-6pm, Su 9am-2pm.	[41.22332,-74.29371]		
		Carl 845-820-1331 (cell) Owner: Carl Fiskaa. Based out of Greenwood Lake, NY. Pet Friendly. 365 day, 8am-6pm & some holidays. **S Delaware Water Gap, PA ➤ Kent, CT** & airport (no NYC airports), bus & train terminals. Slackpacking.			

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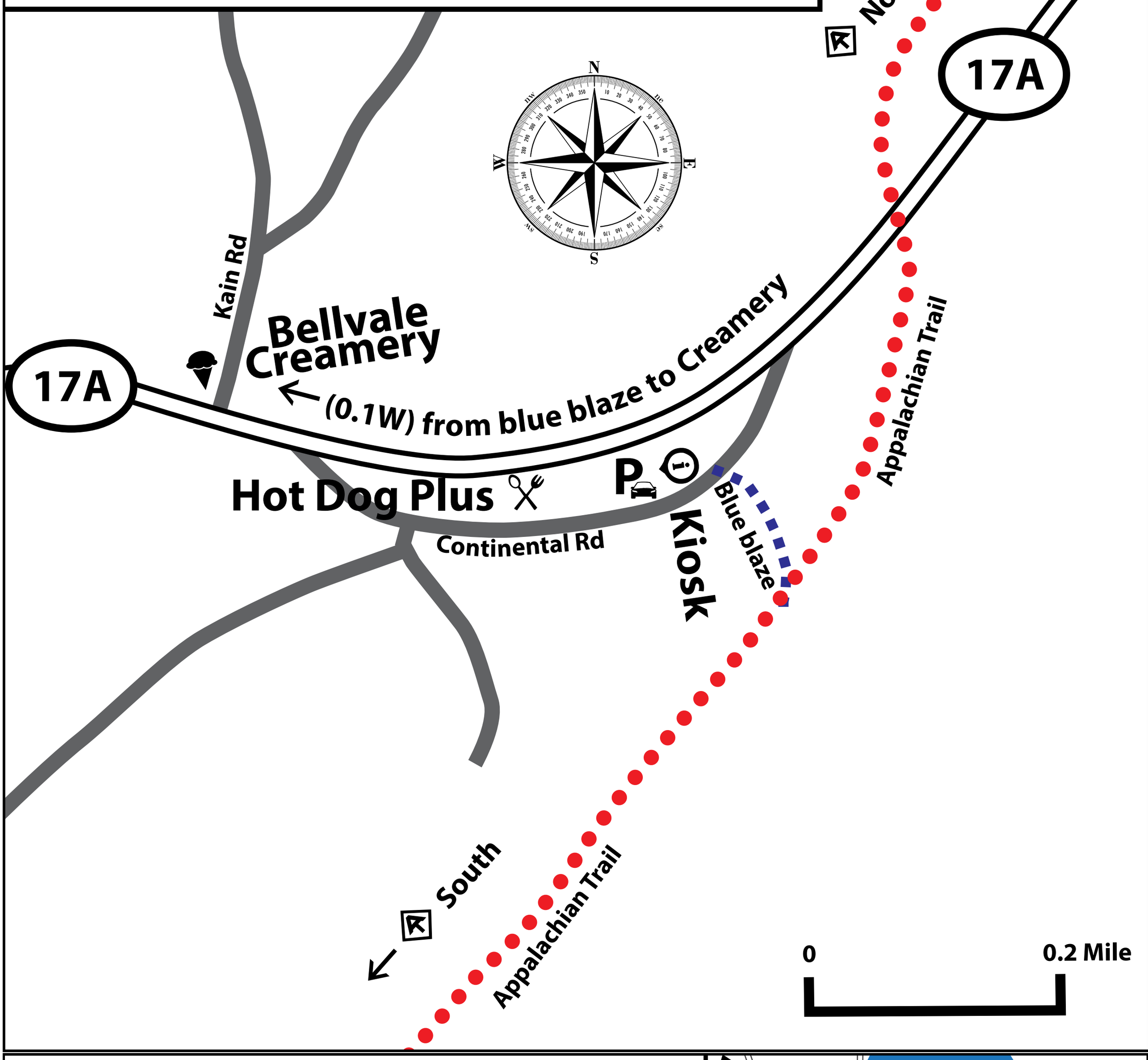
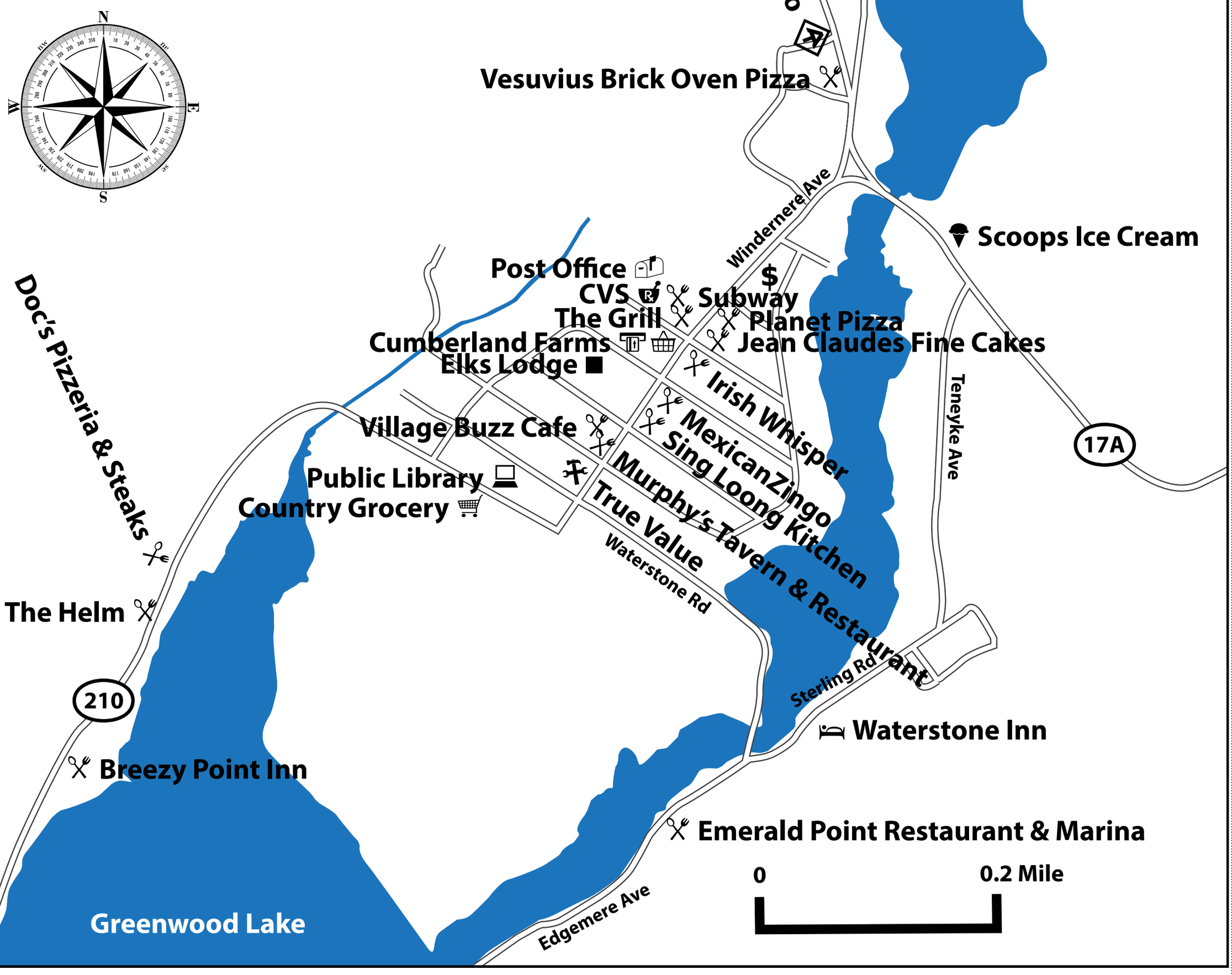
NY 17A, Bellvale Creamery



Greenwood Lake, NY



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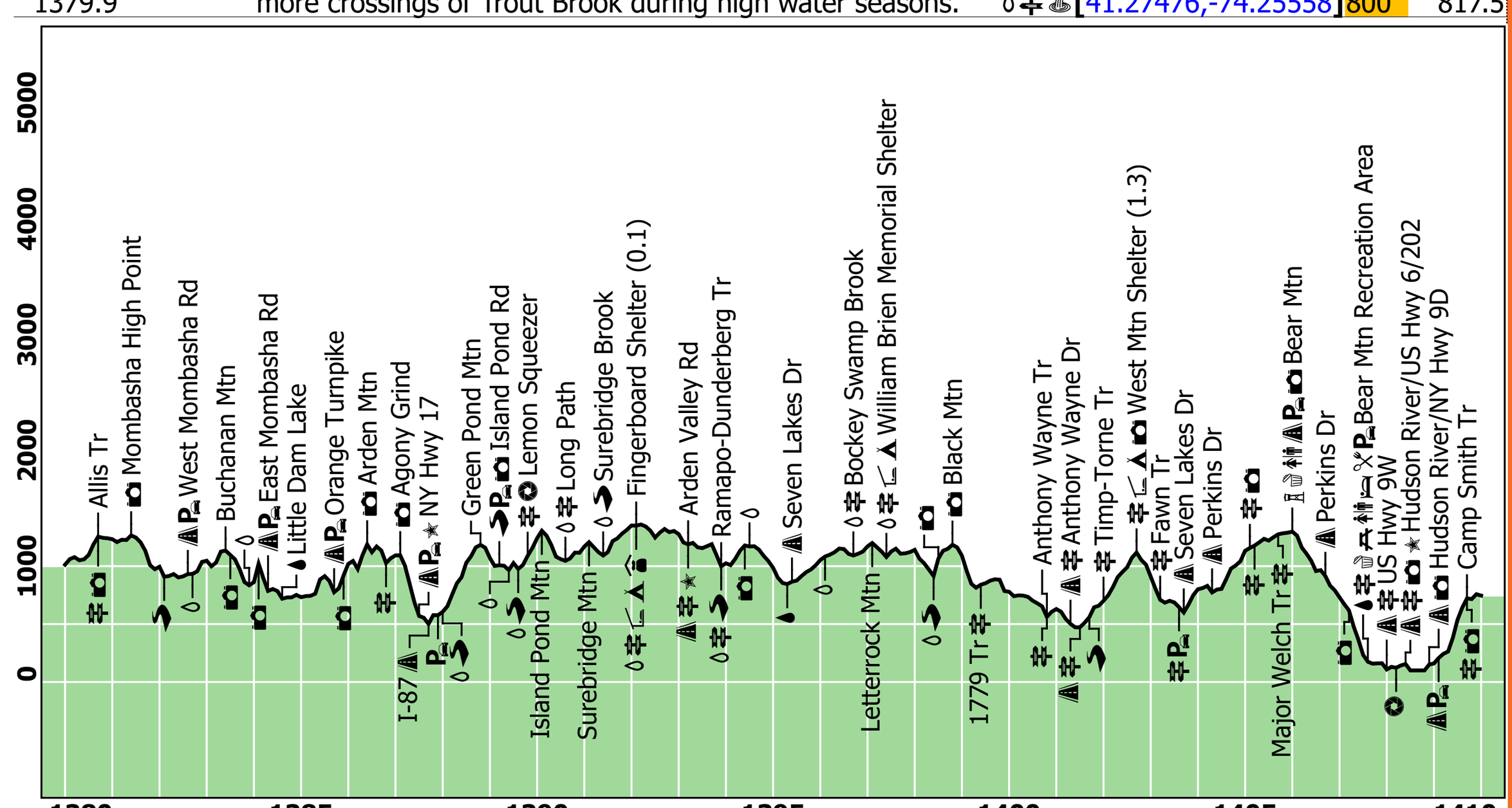
1376.6		Clearing for gas pipe line. [41.25277,-74.28060]		1216	820.8
1377.2		**Eastern Pinnacles**, views to the east and south. [41.25886,-74.27375]		1294	820.2
1377.6		Cross brook.		1026	819.8
1377.8		**Cat Rocks**, 360 degree views. Blue blaze trail to the east bypasses this. [41.26335,-74.27027]		1080	819.6
1378.1	{8} {3}	(600 ft W) **36.1◄◄◄23.7◄◄12.2◄Wildcat Shelter►14.5►►19.8►►►25.1** Water (spring) is located 75 yards downhill and left from the shelter, tenting, privy, bear box. [41.26835,-74.26830]		1180	819.3
1378.3		Cross old stone wall and pass foundation to the west.		1201	819.1
1379.0		**Highlands Trail**, teal diamond blazed leads west but runs with the AT north for (2.1) miles. [41.27745,-74.26189]		1127	818.4
1379.6	P {2}	Cross **Lakes Road,** paved. [41.27367,-74.25428] P [41.27366,-74.25420]		680	817.8
1379.7		Cross wooden bridge over Trout Brook. [41.27340,-74.25319]		643	817.7
1379.8		Blue blaze trail leads (0.2E), avoiding two more crossings of Trout Brook during high water seasons, rejoining at Fitzgerald Falls. [41.27666,-74.25809]		662	817.6
1379.9		Fitzgerald Falls. Blue blaze bypass trail leads (0.2E) after crossing the brook avoids two more crossings of Trout Brook during high water seasons. [41.27476,-74.25558]		800	817.5



	P	**Allis Trail** leads (0.2E) and connects to the Doris Duke Trail with yellow "DD" logo on white descends (1.9) to Buchanan Meadow Road off from N.Y. 17A and P parking.			
1381.1			P [41.25342,-74.23075]	1198	816.3
1381.9		Mombasha High Point.	[41.27600,-74.22371]	1236	815.5
1382.6		Cross grassy woods road.		950	814.8
1383.1	P {5}	Cross **West Mombasha Road**, paved. You might fit one car here to park.	[41.27005,-74.21484] P [41.27008,-74.21493]	980	814.3
1383.2		Cross stream, outlet of Kloiber's Pond to the east, not visible.	[41.27016,-74.21234]	931	814.2
1383.5		Cross stream.		1021	813.9
1384.0		Viewpoint from rock ledge near the summit of **Buchanan Mountain**.		1142	813.4
1384.4		Cross four streams in the area.		877	813.0
1384.6		View to the east.		1016	812.8
1384.8	P	Cross **East Mombasha Road**, paved. P Limited parking. Overnight parking prohibited.	[41.26622,-74.19399] P [41.26696,-74.19358]	840	812.6
1385.1		Cross inlet of **Little Dam Lake** on stone.	[41.26377,-74.19229]	719	812.3
1385.5		Cross Eastern end of Little Dam Lake.		720	811.9
1386.2	P {4}	Cross/Intersects with **Orange Turnpike** and follow for 250 feet.	[41.26965,-74.18117] P [41.26900,-74.18046]	780	811.2
1386.8		**Arden Mountain**, Agony Grind, views west and north.	[41.27206,-74.16898]	1180	810.6
1387.1		Blue blaze trail east leads (0.4) to yellow blazed Indian Hill Loop Trail. Trail register near here.	[41.27213,-74.16739]	1166	810.3
1387.2		Sapphire Trail leads (2.6W) to Harriman station on Metro-North's Port Jervis Line which provides rail service to Hoboken and Penn Station.	[41.27194,-74.16523]	1166	810.2
1387.4		View above **Agony Grind**.	[41.27123,-74.16239]	1083	810.0
1388.0	★★★★★	Cross **N.Y. 17**, **Arden Valley Road** walking into Harriman State Park and follow to Elk Pen parking lot.	[41.26724,-74.15898]	550	809.4

NY 17 Southfields, NY. (2.1E)

PO M–F 10am–12pm & 1pm–5pm, Sa 8:30am–11:30am. 845-351-2628. 996 Route 17. Southfields, NY 10975. [41.24223,-74.17596]

Tuxedo Motel 845-351-4747 (www.tuxedomotelinc.com) No pets, no cooking. $54.50S, $59.50D, $10EAP. Laundry. Accepts Visa, MC. Mail drops: 985 Route 17 South, Southfields, NY, 10975. [41.24209,-74.17854]

Valero (0.1W) of Post Office. [41.24360,-74.17654]

Village Taxi 845-783-6112. Owner: Steven G Lootz. Based out of Monroe, NY. Pet friendly. Insured. 365 days, M-F, 530am-10pm; Sat & Sun & holidays, 7am-10pm. **S to No limit ◄ ► N to No limit** & airports, bus & train terminals. Slackpacking. Covid precautions. Masks required.

Harriman, NY. (3.7W) Lodging, restaurants.

1388.2		Cross over **I-87 N.Y. State Thruway**, overpass.	[41.26591,-74.15556]	560	809.2
1388.3	★★★★★	Intersects with **Arden Valley Road**.		680	809.1
	P	**Harriman Shuttle** (www.myharriman.com/harriman-shuttle-bus) Run first week of July to end of Oct. Sa, Su and holidays will pickup 11:40 Right at Tiorati Circle, Arden Valley Rd at 11:43, 11: 45: ElkPen, and Tiorati circle at 11:40. Connects to town of Southfields and Tuxedo Train Station. $5 per ride.			
1388.4	P {30}	Pass Elk Pen P parking area.	P [41.26471,-74.15445]	587	809.0
1388.5		Intersects with **Old Arden Road**.	[41.26363,-74.15065]	628	808.9
1389.3		**Green Pond Mountain** summit.	[41.26065,-74.14635]	1180	808.1
1389.8		Cross gravel road.	[41.26111,-74.14049]	1027	807.6

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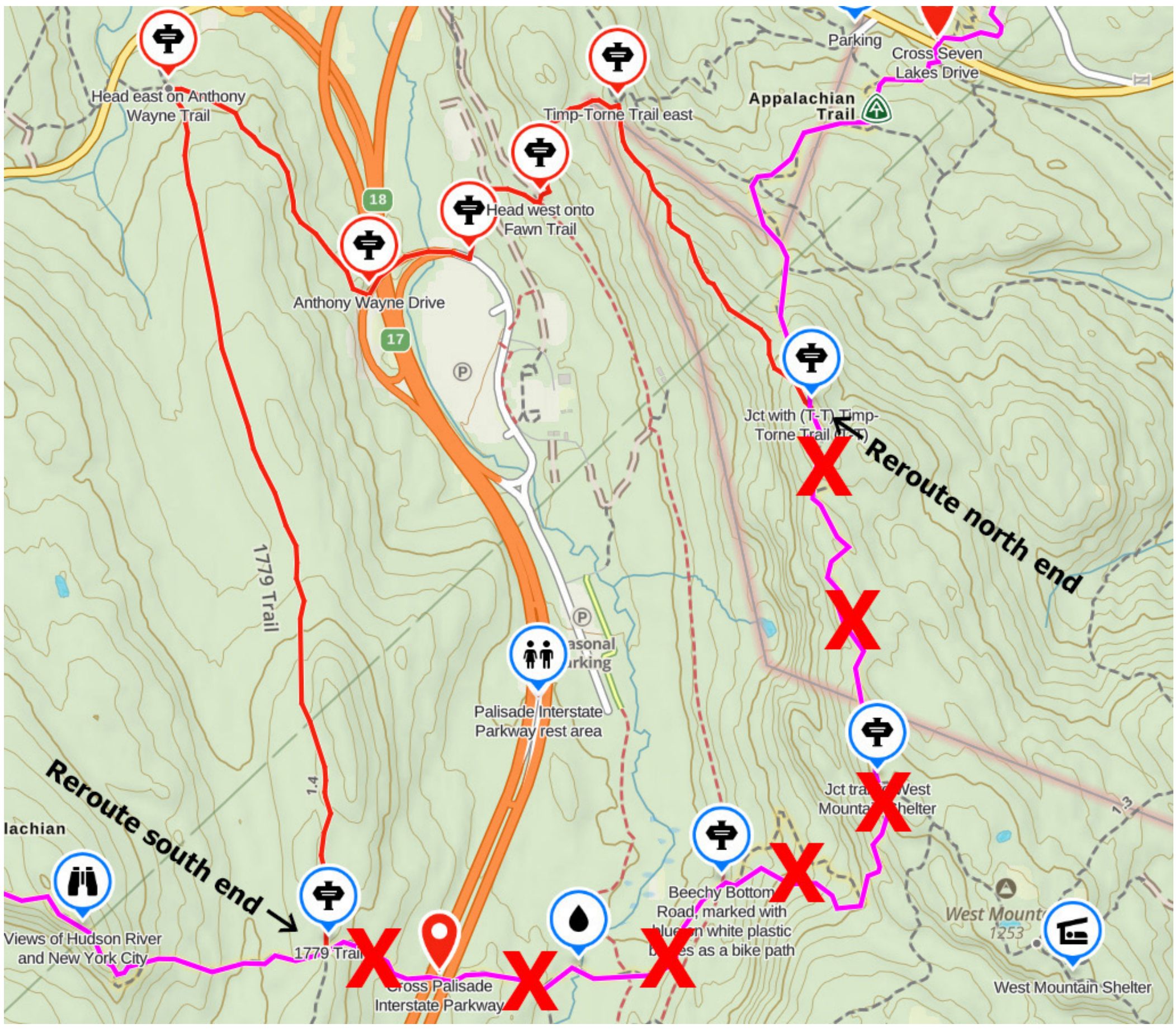
1389.9		Cross Island Pond Outlet.	[41.26091,-74.13925]	1350	807.5
1390.1		**Crooked Pond Road**, and old woods road briefly joins the AT and crosses the inlet of Island Pond.	[41.25989,-74.13592]	1073	807.3
1390.3		**Lemon Squeezer**. Arden-Surebridge Trail (A-SB) leads east.	[41.25816,-74.13336]	1150	807.1
1390.6		**Island Pond summit**.	[41.26173,-74.13051]	1303	806.8
1391.0		Cross the Aqua-blazed **Long Path Trail**.	[41.26353,-74.12474]	1160	806.4
1391.1		Stream, unreliable.	[41.26410,-74.12265]	1130	806.3
1391.5		**Surebridge Mountain**.		1200	805.9
1391.7		Cross **Surebridge Brook**.	[41.26429,-74.11407]	1103	805.7
1391.8		Surebridge Mine Road. Greenwood Mine was once located in this area. The mine was an ore mine and worked as early as 1838. The mine was not worked from 1870 to 1879 but ore was raised in 1880, the year it closed for good. Open cuts, flooded stopes and archeological remains are all that can be seen.	[41.26513,-74.11287]	1197	805.6
1392.5		Rampo-Dunderberg Trail (R-D) leads east, marked with red on white blazes.	[41.26296,-74.10555]	1354	804.9
1392.6	{8}	(350 ft E) **38.2<<<26.7<<14.5<Fingerboard Shelter>5.3>>10.6>>>36.9** Water (spring) is located downhill to left but is unreliable. Plenty of tent sites. NO PRIVY. Bear cables. (0.5E) on Hurst Trail to water from a spigot.	[41.26331,-74.10405]	1300	804.8
1393.2		Fingerboard Mountain summit.	[41.26510,-74.10403]	1374	804.2
1393.6		Pass round water tank.	[41.27412,-74.09481]	1204	803.8
1393.7	★★★★★	Cross **Arden Valley Road**, to Lake Tiorati Circle, (0.3W) to water and shower.	[41.27519,-74.09408]	1196	803.7
		(0.3E) **Lake Tiorati Beach** 845-429-8257. M-Su 9am-7pm, mid Jun thru mid Aug, Only open on weekends in spring and fall. Free showers, restrooms, trash cans, picnic tables, vending machine, swimming.	[41.27524,-74.08853]		
1394.9		Reach high point with view through trees.		1182	802.5
1395.7		Cross stream.	[41.28858,-74.07594]	862	801.7
1395.9		Cross **Seven Lakes Drive** diagonally to the left.	[41.28750,-74.07456]	850	801.5
1396.7		Skirt Goshen Mountain		1122	800.7
1397.1		Cross over **Bockey Swamp Brook** between Goshen and Letterock Mountains. Ramapo-Dunderberg Trail (R-D) marked with red on white blazes.	[41.27547,-74.06772]	1105	800.3
1397.5		**Letterrock Mountain** summit.	[41.27634 -74.06221]	1200	799.9
1397.9		Cross rocky high point of Letterrock Mountain.		1143	799.5
1397.9	{8}	**32.0<<<19.8<<5.3<William Brien Memorial Shelter>5.3>>31.6>>>36.6** Water is located at a unreliable spring-fed well 80 yards down blue blazed trail to right of shelter. Tenting. NO PRIVY	[41.27970,-74.05990]	1070	799.5
1398.7		Cross **Silvermine Road**, fire road.	[41.28583,-74.04649]	913	798.7
1398.8		Overlook with view of Silvermine Lake.	[41.28573,-74.04537]	1060	798.6
1399.2		South side of **Black Mountain**, views of Hudson River and New York City.	[41.28351,-74.03959]	1175	798.2
1400.7		AT now heads west on to 1779 Trail east.	[41.28318,-74.03204]	822	796.7
1401.1		Head east on to Anthony Wayner Trail.	[41.30294,-74.03695]	600	796.3
1401.6		Head west onto Anthony Wayne Drive crossing over the Palisade Interstate Parkway, divided highway.	[41.29818,-74.03080]	522	795.8
1401.8		Head west on **Horn Hill Loop Trail**.	[41.29899,-74.02773]	492	795.6
1402.0		Head west onto **Fawn Trail**.	[41.30033,-74.02555]	599	795.4
1402.3		Head east onto **Timp-Torne Trail** (T-T).	[41.30253,-74.02317]	706	795.1



This was the 2024 reroute. It's perminant now. The red X's mark the section of the trail now closed.

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		NOBO hikers head left. SOBO head right onto Timp-Torne Trail (T-T). [41.29559,-74.01723]		
	{8}	(0.6E) **25.1<<<10.6<<5.3<West Mountain Shelter>26.3>>31.3>>>40.3**		
		⚠ NO WATER, ⚠ NO PRIVY. Views of Hudson River and NYC.		
1403.2		[41.28695,-74.01521] [41.28239,-74.00921]	1240	794.2
1403.3		View on West Mountain looking at Bear Mountain and Hudson River.	1041	794.1
1403.8		**Fawn Trail**, west, red blazed.	747	793.6
1404.0		Follows woods road which is not a cross country ski trail.	730	793.4
1404.2	P	Cross **Seven Lakes Drive**. Trail head parking located (0.1W). [41.30394,-74.01336] P[41.30424,-74.01590]	610	793.2
1406.7	P {99}	**Bear Mountain, Perkins Tower**. P[41.31148,-74.00685] [41.31189,-74.00613]	1305	790.7
1407.0		Intersects with old section of paved **scenic drive**. [41.30785,-74.00093]	1152	790.4
1408.1		Cross 28 foot wooden bridge, view of Hudson River.	456	789.3
1408.3	P ★★★★★	Passes by Bear Mountain Inn, Hessian Lake. See notes for Bear Mountain Inn under Fort Montgomery, NY. See Bear Mountain/Fort Montgomery, NY map. P[41.31301,-73.98898]	155	789.1
		(0.4E) **PO** 9am-11am, Sat-Sun Closed, 845-786-3747. 30 Service Rd. Bear Mountain, NY 10911. **See Bear Mountain/Fort Montgomery, NY map.** [41.31106,-73.98745]		
1409.0	★★★★★	Cross under U.S. 9W in tunnel, **Bear Mountain Museum and Zoo.** Dogs are not pemitted in the zoo. [41.31650,-73.98956]	124	788.4
		Bear Mountain Museum and Zoo AT Passport location. No pets allowed. If closed, or if you have a dog, use bypass. 845-786-2701 Open 10 am-4:30 pm; no charge for hiking through. [41.31801,-73.98951]		
1409.1	★★★★★	Intersects with **U.S. 9W**, Bear Mountain Circle, Bear Mountain Bridge (south end), Hudson River. **Bear Mountain, NY. See Bear Mountain/Fort Montgomery, NY map**. [41.31993,-73.98850]	150	788.3
Fort Montgomery, NY. (1.8W) See Bear Mountain/Fort Montgomery, NY map				
		(1.0W) **PO** M-F 8am-1pm & 2:30pm-5pm, Sa 9am-12pm, 845-446-8459. 130 Firefighters Memorial Dr. Fort Montgomery, NY 10922. [41.33130,-73.98760]		
		(0.6W) **Bear Mountain Inn** 845-786-2731. $149 and up, includes continental breakfast, restaurant, computer available for use, free WiFi, ATM. [41.31302,-73.98980]		
		(1.5W) **Bear Mountain Bridge Motel** 845-446-2472. No pets. $85D, pickup and return to trail at park, zoo or bridge with stay, free WiFi. Accepts Visa, MC. Mail drops for guests: PO Box 554, Fort Montgomery, NY 10922. [41.33776,-73.98045]		
		(1.7W) **Holiday Inn Express** 845-446-4277. To make reservations, please call for rates and availability, walk-ins welcome also. Free Express Start Breakfast with stay. Coin laundry, indoor pool and sauna. Complimentary Wi-Fi and business center includes computer and printer for use. Mail drops for guests: 1106 Route 9 W, Fort Montgomery, NY 10922-0620. [41.33792,-73.97718]		
		Bear Mountain Pizza 845-977-8003 (https://bear-mountain-pizza-restaurant.business.site) M Closed, Tu-Th 11am-9pm, F-Sa 11am-10pm, Su 11am-9pm. Serves breakfast, lunch and dinner. [41.33227,-73.98624]		
		American Burrito 845-446-2345 (www.americanburrito.com) M-Su 11am-9pm. [41.33140,-73.98820]		
		Richie's Little Place 845-446-7918. M Closed, Tu 4:30pm-7:30pm, W 4:30pm-8pm, Th-Sa 4:30pm-7:30pm, Su Closed. [41.33186,-73.98710]		
Highland Falls, NY. (3.8W)				
		Fairbridge Inn & Suites 845-446-9400. $75 and up, includes continental breakfast. Pets $10. [41.35633,-73.97255]		
		My Town Marketplace 845-446-3663.M-Sa 8am-9pm, Su 8am-6pm. [41.36577,-73.96510]		
		Walgreens 845-446-3170. M-Su 8am-10pm, Pharmacy M-Su 9am-1:30pm; 2pm-9pm. [41.36533,-73.96553]		
		Highland Falls Library 845-446-3113. (www.highlandfallslibrary.org) M 10am-5pm, Tu 10am-7pm, W 10am-5pm, Th-F 10am-5pm, Sa 10am-2pm, Su closed. [41.37024,-73.96515]		
		Food Mart Convenience store. 845-446-3931. Open 24 hours. [41.33798,-73.97877]		
		Chestnut Mart Convenience store. 845-446-6439. Open 24 hours. [41.33128,-73.98732]		
		Toast 845-625-7025 Michael. Based out of Putnam Valley/Cold Spring NY Pet friendly Year-round 6:30am to 4pm, limited weekends and some holidays. **Harriman State Park ➤ Kent, CT.** & airports, bus & train terminals. Slackpacking. Offers delivery to trail from Mountain Tops Outfitters in Beacon NY.		

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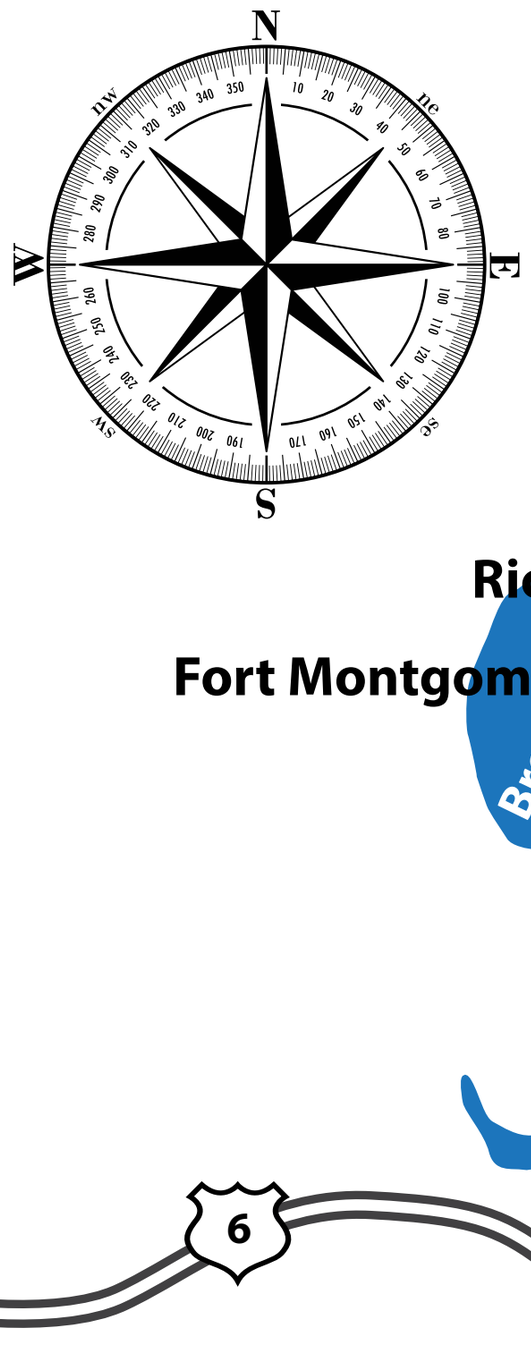
Bear Mtn/Fort Montgomery, NY



Intersects with U.S. 9W, Bear Mountain Bridge (south end), Hudson River.

1409.6			150	787.8
1409.8	P{3}	Cross **NY. 9D**.	P[41.32253,-73.97581] 230	787.6

1410.5		Camp Smith Trail to Anthony's Nose (0.5E) with view of Hudson River.	[41.32369,-73.96881] 700	786.9
1410.7		Intersects with rocky dirt road.	[41.32562,-73.96615] 786	786.7
1411.4		Cross brook.	551	786.0
1411.5		Intersects with dirt road at a "Y" intersection. Blue blazed trail leads 100 feet east to **Hemlock Springs Campsite**, nearby spring. Do not camp in the area where blue blaze trail leaves the AT.	[41.32774,-73.95531] 550	785.9
1411.7	P{4}	Cross/Intersects South Mountain Pass Road and follows the road for 250 feet.	[41.32975,-73.95285] P[41.32976,-73.95235] 460	785.7
1412.6		High point near Canada Hill summit.	[41.33655,-73.94742] 832	784.8
1412.7		**Osborn Loop Trail** (south end) leads west.	[41.33984,-73.94351] 787	784.7
1412.8		Unmarked woods road east.	864	784.6

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1413.2		**Curry Pond Trail** west, yellow blazed.	821	784.2
1414.0		Blue blazed trail leads 100 feet to view over Hudson River and Bear Mountain Bridge.	931	783.4
1414.1		**Osborn Loop Trail** (north end) leads west. [41.35409,-73.93659]	872	783.3
1414.6		Carriage Connector Trail west leads to Hudson Highlands State Park. [41.35510,-73.93060]	708	782.8
1415.1	★★★★★	Cross **U.S. 9, NY. 403**. [41.35066,-73.92605]	400	782.3
		Appalachian Market at trail head. 845-424-6241. Hiker-friendly, open 24hrs, deli serves breakfast, lunch and dinner. ATM. Water spigot on north side of building. M-Su 24 hours. [41.35115,-73.92566]		
Peekskill, NY. (4.5E) All major services.				
		PO M–F 9am–5pm, Sa 9am-4pm. 914-737-6437. 738 South St. Peekskill, NY 10566. [41.28958,-73.92305]		
1415.3		Cross Old Highland Turnpike, paved. [41.34993,-73.92346]		782.1
1415.6	★★★★★	Graymoor Village Road, **Franciscan Way**. [41.35245,-73.91971]	520	781.8
		(0.4E) **Graymoor Spiritual Life Center,** No longer allows hikers to use their facilities.		
1415.7		Cross Old West Point Road. [41.35231,-73.91846]	550	781.7
1415.8		Cross private gravel road. [41.35353,-73.91725]	576	781.6
1416.4		Short side trail marked with orange blazes leads east to a shrine on top of **Little Fort Hill**.	863	781.0
1417.2		Intersects with woods road.	889	780.2
1417.3		Follows woods road. Blue blaze side trail leads 650 feet west to good view of Hudson River.	960	780.1
1417.6		(0.1W) **Denning Hill**, panoramic view south.	900	779.8
1418.4	{3}	Cross **Old Albany Post Road–Chapman Road**. [41.37899,-73.89581] [41.37901,-73.89588]	607	779.0
1419.4		View on top of **Canopus Hill**.	820	778.0
1420.0		Cross brook.	350	777.4
1420.1	★★★★★	Cross **Canopus Hill Road**. [41.38742,-73.87890] [41.37901,-73.89588]	420	777.3
		(1.6E) **Putnam Valley Market** 845-528-8626. (www.theputnamvalleymarket.com) (0.3E) on Campus Hill Road, (0.1E) on Canopus Hollow Road, (1.2W) on Sunset Hill Road. Pizza, hot food off the grill, ATM, open M-Sa 6am–9pm, Su 9am-7pm. [41.37871,-73.85589]		
1421.1	{2}	Cross **South Highland Road**. [41.39964,-73.87673] [41.39960,-73.87650]	570	776.3
1421.5		Rocky knob with limited views.	715	775.9
1421.7		Intersects with old woods road.	665	775.7
1421.9		Intersects with old woods road.	836	775.5
1422.2		Intersects with old woods road.	980	775.2
1422.3		Cross stream.	998	775.1
1422.6		Cross **Catfish Loop Trail**, red blazed. [41.41177,-73.88050]	976	774.8
1423.3		View east, limited.	1019	774.1
1423.7		Junctions with Catfish Loop Trail (74FT) apart, red blazed. [41.42041,-73.86945]	887	773.7
1423.8	{12}	Cross **Dennytown Road**, tables, grills, porta-potties, water faucet on building. [41.42044,-73.86895] [41.42073,-73.86886]	860	773.6
1424.0		Catfish Loop Trail traildead, red blazed.	862	773.4
1424.1		Cross stream. [41.41952,-73.86358]	838	773.3
1424.7		**High point** on ridge, views west.	1073	772.7
1425.4		Cross **Sunken Mine Road**, leads west to blue blazed Three Lakes Trail. [41.43074,-73.850104] [41.43070,-73.84988]	800	772.0
1425.5		Cross bridge over stream. [41.43134,-73.84896]	823	771.9
1426.6		Cross **Three Lakes Trail**. [41.44365,-73.84418]	1019	770.8
1426.8		Intersects with old mine-railway bed (south end).	1000	770.6
1427.5	{9} ★★★★★	**NY. 301** (south side), old mine-railway bed (north end), **Canopus Lake**. [41.45298,-73.83693]	920	769.9
		(1.1E) **Clarence Fahnestock State Park** 845-225-7207, 800-456-2267 Open mid-Apr to mid-Dec. Thru-hikers get one free night of camping. Restrooms. Concession at beach open weekends only Memorial Day - June; open daily July - Labor Day. Hours M-Sa 9-5, Su 9-6. [41.46625,-73.82457]		
1427.6		Intersects with **NY. 301 (north side)**. [41.45330,-73.83626]	1009	769.8
1427.8		Trail register.	1092	769.6
1428.1		**Fahnestock Trail** west. [41.45689,-73.83891]	1118	769.3
1428.5		Cross Canopus Creek rocky stream. [41.46147,-73.83657]	1111	768.9
1429.4		Cross stream.	1197	768.0
1429.5		(0.6E) **36.9<<<31.6<<26.3<Raymond Torrey Shelter>5.0>>14.0>>>21.8** (0.2E) from shelter to Water and restrooms by the lake. Part of Fahnestock State Park. [41.47443,-73.82188]	957	767.9
1429.6		Green blazed trail (south end) leads (0.2E) to Canopus Lake beach, part of Fahnestock State Park. [41.47263,-73.82796]	1013	767.8
1429.8		View east of of **Canopus Lake**. [41.47246,-73.82654]	1052	767.6
1429.9		Side trails lead west to views of Catskills.		767.5
1430.3		Cross small stream.		767.1
1430.5		Intersects with woods road.	1055	766.9
1430.6		(0.6E) on green blazed trail (north end) **Raymond Torrey Shelter**, see writeup above for shelter. Continue on (0.2) to Canopus Beach, part of Fahnestock State Park. [41.48075,-73.82142]	1038	766.8
1431.3		Trail follows woods road, stone wall to east.	1185	766.1
1431.7		Unnamed Mountain summit, good views. [41.49520,-73.81540]	1282	765.7
1431.8		Views to west. [41.49673,-73.81467]	1266	765.6
1432.1	{5}	Cross **Long Hill Road**. [41.50025,-73.81350] [41.50034,-73.81337]	1049	765.3
1432.4		Cross stream, unreliable.	1037	765.0
1432.5		Shirts the west side of Shenandoah Mountain. [41.50553,-73.81353]	1053	764.9
1432.7		Power line. [41.50697,-73.81252]	996	764.7
1433.2		Blue blaze trail leads (0.1W) to **Shenandoah Tenting Area**, water from pump. [41.51148,-73.80572] [41.51278,-73.80550]	917	764.2
1433.5		Shenandoah Mountain high point with views through trees. [41.51131,-73.80213]	853	763.9
1433.6		Cross stream. [41.51281,-73.80184]	803	763.8
1434.2		Cross stream. [41.51593,-73.79595]	452	763.2
1434.3		Cross bridge over brook. [41.51539,-73.79340]	354	763.1
1434.5	{6} {3} ★★★★★	(60 ft E) **36.6<<<31.3<<5.0<RPH Shelter>9.0>>16.8>>>25.6** Water is a hand pump, tenting, privy, trash can. (300FT N) on AT to **Hortontown Road**. [41.51448,-73.79246] [41.51407,-73.79171] [41.51423,-73.79121]	370	762.9

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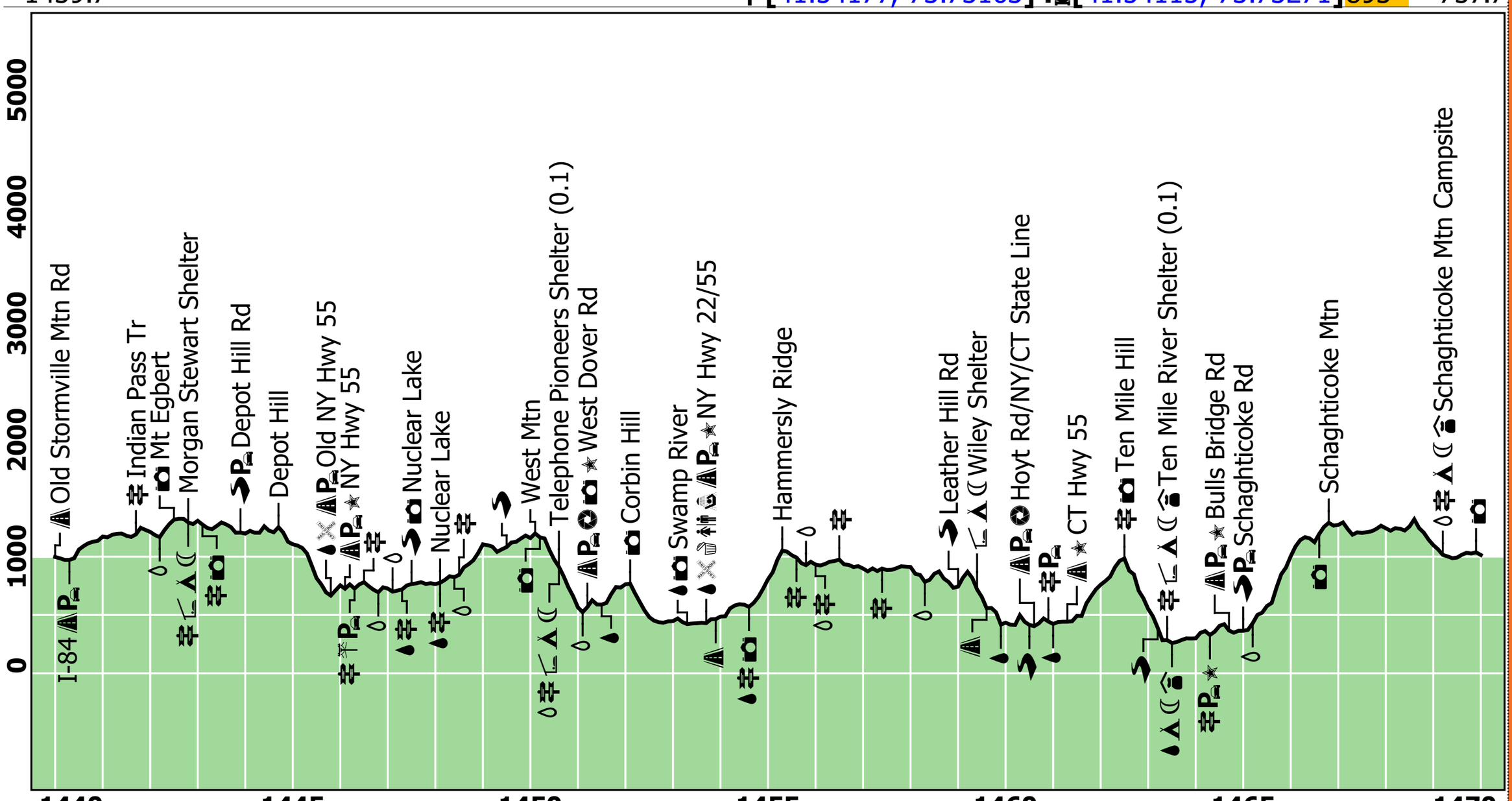
		(3.7W) **Mike and Joe's** 845-592-4200 ✉ team@mikeandjoeshopewell.com (www.mikeandjoeshopewell.com). Restaurant pizzeria. [41.55484,-73.78414]			
1434.7		Cross bridge over brook. [41.51278,-73.78896]	480	762.7	
1434.8		Cross under **Taconic State Parkway**, underpass. [41.51269,-73.78833]	650	762.6	
1434.9		Intersects with Rockledge Road. [41.51223,-73.78745]	540	762.5	
1435.8		Rocky viewpoint.	968	761.6	
1436.1		Cross small brook.	1077	761.3	
1436.2		Hosner Mountain Side Trail west.	1020	761.2	
1436.4		View, panoramic view of Hudson Highlands, Shawangunks, and Catskills at top of rocks.	1075	761.0	
1436.7		Hosner Mountain Side Trail west.	1074	760.7	
1437.2		Rocky area with views of Hudson River Valley and Fishkill Plains.	1000	760.2	
1438.0		Cross **Hosner Mountain Road**. [41.54091,-73.75301]	500	759.4	
1438.6		Views of Hudson Valley.	1026	758.8	
1438.8		Old trail west.	989	758.6	
1439.1		Skirt west of **Stormville Mountain** summit.	1056	758.3	
1439.6	★★★★★	Cross **NY. 52**. [41.54080,-73.73300] P [41.54115,-73.73271]	800	757.8	
		(0.5E) **Mountaintop Market Deli** 845-221-0928. ATM, pay phone inside, water from faucet on side of building and electric outlets for charging. Camping allowed. M-F 6am–8pm. [41.53478,-73.73469]			
		(0.5E) **Danny's Pizzeria** 845-223-5888. pizza by the slice. [41.53478,-73.73469]			
Stormville, NY. (1.9W)					
		PO M–F 8:30am–5pm, Sa 9am–12pm. 845.226.2627. 7 Old Route 52. Stormville, NY 12582. [41.56383,-73.74113]			
1439.7		Blue blazed trail to P parking area on NY. 52. [41.54177,-73.73163] P [41.54115,-73.73271]	893	757.7	



1440.2		Footbridge over stream, unreliable. [41.54395,-73.72614]	906	757.2	
1440.8	P{4}	Intersects with **Stormville Mountain Road (south end)**. [41.54413,-73.71780] P [41.54490,-73.71751]	999	756.6	
1441.0		Intersects with **Stormville Mountain Road (north end), Mountain Top Road, and crosses over I-84**, overpass. [41.54290,-73.71581]	950	756.4	
1441.2		Cross Grape Hollow Road. [41.54425,-73.71375]	982	756.2	
1442.5	P	Side trail leads (0.4W) to Indian Pass and trailhead parking. [41.55621,-73.70127] P [41.56013,-73.70694]	1208	754.9	
1442.9		Cross brook. [41.56133,-73.69793]	1222	754.5	
1443.2		Ridgecrest with good views. [41.56229,-73.69494]	1278	754.2	
1443.4		Mt. Egbert summit. [41.56413,-73.69305]	1329	754.0	
1443.5	{6}	(75 ft E) **40.3<<<14.0<<9.0<Morgan Stewart Shelter>7.8>>16.6>>>20.6** Water is a well with a pump located downhill and in front of the shelter, tenting, privy. [41.56458,-73.69177]	1285	753.9	
1443.8		Side trail to view.	1327	753.6	
1444.1		Seasonal pond. [41.56744,-73.68607]	1313	753.3	
1444.6	P{6}	Cross **Depot Hill Road**, near radio tower. [41.57125,-73.68052] P [41.57262,-73.68084]	1230	752.8	
1444.9		Balanced Rock. [41.58283,-73.66592]	1064	752.5	
1445.4		High point on **Depot Hill**. [41.57713,-73.67018]	1250	752.0	
1446.4		Railroad tracks, brook and bridge. [41.58812,-73.66297]	719	751.0	
1446.5	P{3}	Cross **Old Route 55**, paved. [41.58788,-73.66161] P [41.58785,-73.66150]	750	750.9	
1446.8	P{5} ★★★★★	Cross **N.Y. 55**, P parking (0.1W). [41.58845,-73.65773] P [41.58973,-73.65918]	720	750.6	
Poughquag, NY. (3.1W)					
		(3.2W) **PO** M–F 8:30am–1pm & 2pm-5pm, Sa 8:30am–12:30pm. 845-724-4763. 2546 Route 55. Poughquag, NY 12570. [41.62478,-73.68801]			
		(3.4W) **Stop & Shop** 845-227-3163. M-Sa 7:30am-12am, Su 7:30am-9pm. [41.62721,-73.69625]			
		(1.5W) **Pleasant Ridge Pizza** 845-724-3444 (www.pleasantridgepizzarestaurant.com) Serves lunch and dinner. Accepts major credit cards. M-Sa 10:30am-10pm, Su 11am-9pm. [41.60753,-73.67302]			
		(1.5W) **A&A Italian Deli** 845-724-3400. (www.aandaitaliandeli.com)M-F 6am-7pm, Sa 7am-6pm, Su 8am-3:30pm. [41.60729,-73.67268]			
		(1.5W) **Total Care Pharmacy** 845-724-5757. M-F 9am-8pm, Sa 9am-3pm. [41.60716,-73.67249]			
		(2.5W) **Pine Grove Motel** 845-724-5151. No pets. $70S $75D. Free WiFi. Accepts Visa/MC/Disc. [41.62022,-73.67887]			
		(2.6W) **Montebello's Restaurant & Brick Oven Pizza** 845-478-2227. M-Tu Closed, Tu-Sa 11am-10pm, Su 12pm-9pm. [41.62069,-73.67985]			
		(3.0W) **Station Grill** 845-478-2071 (ww.thestationgrille.com) M Closed, Tu-Th 4pm-12pm, F-Sa 12pm-12am. [41.62332,-73.68584]			
		(3.2W) **Beekman Pharmacy** 845-724-3200. M-F 9am-8pm, Sa 9am-4pm, Su 10am-2pm. [41.62479,-73.68849]			

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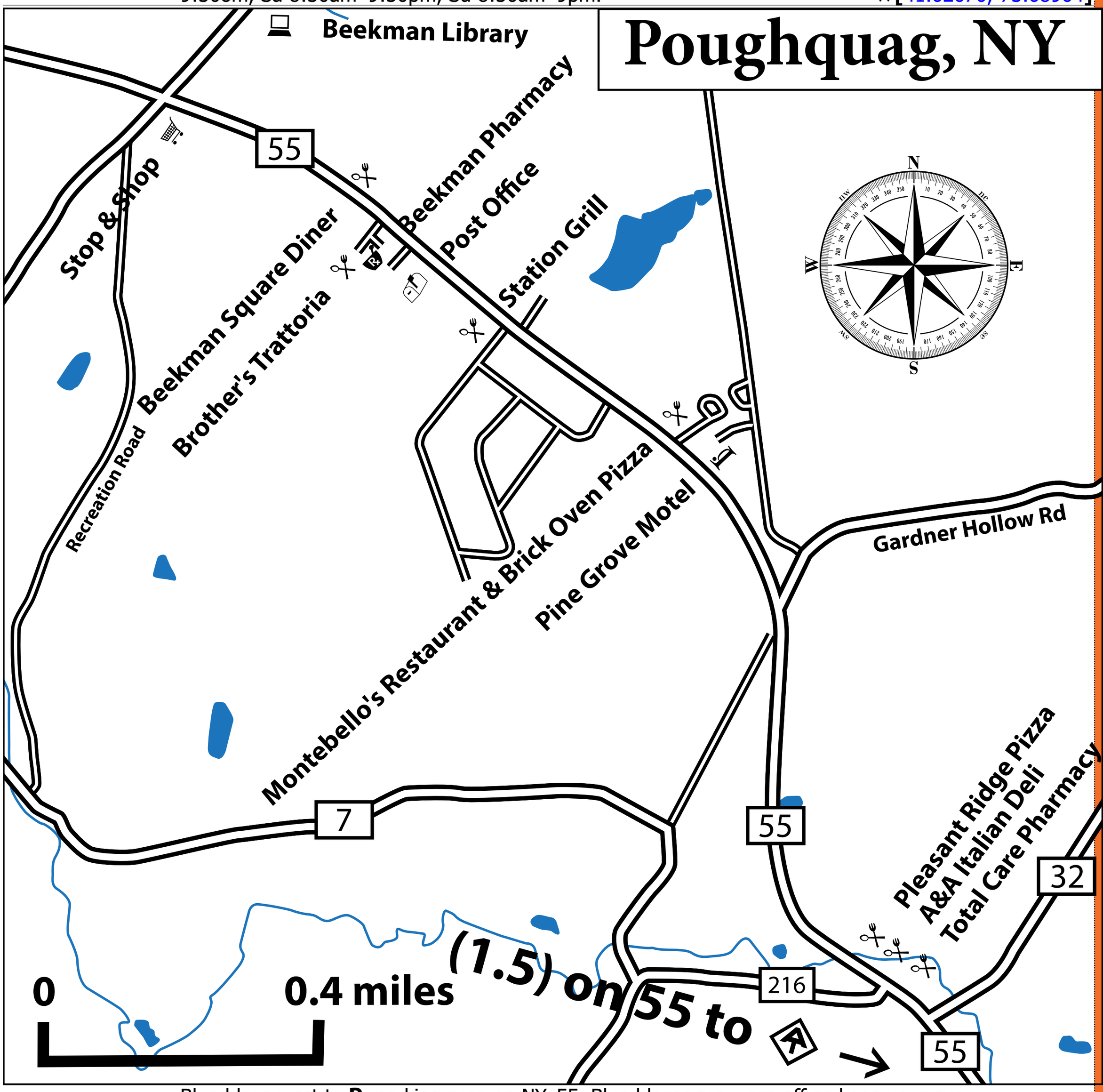
		(3.2W) **Brother's Trattoria** 845-724-4700. M-Su 12pm-10pm.	[41.62451,-73.68876]
		(3.2W) **Great Wall** 845-724-5387.	[41.62467,-73.68869]
		(3.3W) **Beekman Square Diner** 845-223-3401 (www,beekmansquare.com) M-Th 9am-9pm, F 9am-9:30om, Sa 8:30am–9:30pm, Su 8:30am–9pm.	[41.62670,-73.68964]



1447.0		Blue blaze west to P parking area on NY. 55. Blue blazes are worn off so keep your eye open.	[41.59060,-73.65799] P [41.58973,-73.65918]730	750.4
1447.1		Beekman Uplands Trail (south end) leads west, blue blazed.	[41.59239,-73.65858]799	750.3
1447.8		Cross stream.	[41.59530,-73.65255]725	749.6
1448.2		Nuclear Lake between 1958-72 was a facility licensed by the government to experiment with bomb-grade uranium and plutonium. It was cleaned up in 1972 and purchased by the National Park Service in 1979.	750	749.2
1448.3	P	Side trail leads (424F E) to Nuclear Lake Loop Trail. At Nuclear Lake Loop Trail turn right (0.6) on access trail to P parking.	[41.59463,-73.64971] P [41.58590,-73.65290]746	749.1
1448.5	P	**Nuclear Lake Loop Trail** (south end) leads east around lake or (0.8E) to P parking.	[41.59701,-73.64769] P [41.58590,-73.65290]768	748.9
1449.1		**Nuclear Lake Loop Trail** (north end) leads east around lake, yellow blazed.	[41.60293,-73.64371]787	748.3
1449.4		Cross stream, unreliable.	[41.60666,-73.64352]847	748.0
1449.5		**Beekman Uplands Trail** (north end) leads west, blue blazed.	[41.60756,-73.64290]879	747.9
1450.5		Cross **Penny Road**, dirt.	[41.60947,-73.62735]787	746.9
1451.0		West Mountain. Views to the west.	1200	746.4
1451.1		Side trail (80FT W) to Cats Rock, views.	[41.60717,-73.61868]1153	746.3
1451.3	{6}	(0.1E) **21.8<<<16.8<<7.8<Telephone Pioneers Shelter>8.8>>12.8>>>21.6** Trail crosses stream, if dry go (0.7) north at the Champion residence on Country Road 20, tenting, privy.	[41.60426,-73.61930]910	746.1
1452.0	P {5}	Cross **County Road 20, West Dover Road**, **Dover Oak**. The Dover Oak is the largest oak tree on the AT. **See map of Pawling, NY.**	[41.60294,-73.61152] P [41.60291,-73.61143]650	745.4

Pawling, NY. (3.1E) See Pawling, NY map.

		PO M-F 8:30am-5pm. Sa 9am-12pm. 845-855-2669. 10 Broad St. Pawling, NY 12564. [41.56381,-73.60208]
		Edward R. Murrow Memorial Park No pets. Town allows hikers to camp in the park for one night only. Located one mile from the center of town, restrooms, swimming. [41.56741,-73.61454]
		Station Inn 845-266-6262 (www.stationinnpawling.com) $180 and up. Wi-Fi, free coffe with stay. [41.56232,-73.60070]
		Vinny's Deli & Pasta 845-855-1922. (www.vinnysdeliandcatering.com) M-Sa 8am-6pm, Su 9am-2pm. [41.56202,-73.60041]
		Gaudino's Italian Kitchen 845-855-3200. M-Sa 11am-10pm, Su 12pm-8pm. [41.56182,-73.60057]
		Great Wall 845-855-9750. M-F 11am-10:30pm, Sa-Su 11am-11:30pm. [41.56371,-73.60149]
		Tacos and Cones 845-493-0349 (www.tacosandconespawling.com/order) M-Tu 11am-9pm, W Closed, Th 11am-8pm, F-Sa 11am-9pm, Su 11am-8pm. [41.56185,-73.60086]

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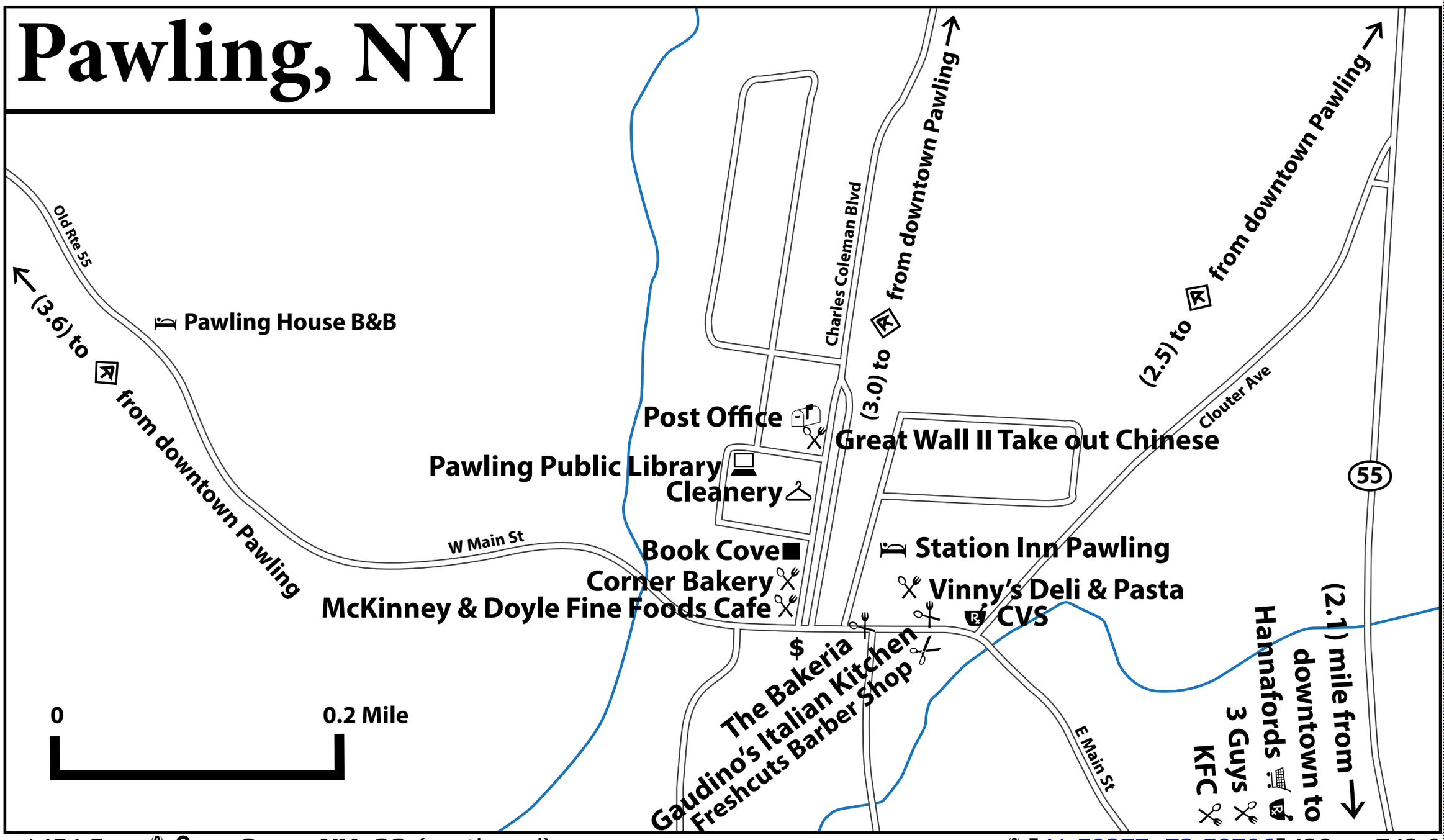
		CVS Pharmacy 845-855-5100. M-F 9am-8pm, Sa 9am-6pm, Su 10am-5pm. [41.56214,-73.59972]			
		Pawling Free Library M-12pm-5pm, Tu-TH 10am-8pm, F 12pm-5pm, Sa 10am-4pm, Su 12pm-4pm. Closed Sundays in July and August. [41.56345,-73.60231]			
		Martin Hunley 845-505-1671 ✉ mchunley@yahoo.com. Based out of Fish Kill/Pawling, NY. Pet friendly. 365 days, hours vary, (call for availability) & some holidays. **S to unlimited ➤ N to unlimited**. Slackpacking. "I need advance notice. I live about 20-25 miles from the trail. I cannot just be at the trail on short notice. I work third shift. My hours depend on my work load. Adds a cost factor sometimes. I will go as far as you are willing to pay."			
		Donna 845-546-1832 Base out of Poughkeepsie, NY. Night and weekends only **S to RPH Shelter ➤ N Kent, CT**.			
1452.2		Cross Stream. [41.60321,-73.60721]	596	745.2	
1453.6		Skirt the side of **Corbin Hill**.	483	743.8	
1454.0		Cross Swamp River. [41.59384,-73.59310]	415	743.4	
1454.3		Intersects with dirt road west. Appalachian Trail Metro–North Train Platform on north side of tracks.	430	743.1	
1454.4		{15} Cross **NY. 22** (south end), Appalachian Trail Metro–North Train Platform. [41.59258,-73.58793]	480	743.0	
		Native Landscapes & Garden Center 845-855-7050. (www.nativelandscaping.net) AT Passport location. M-Su 9-5, please do not loiter after hours. Owner Pete Muroski is hiker friendly. Free outside cold shower, charging outlet, use of restrooms. No loitering inside please, hikers please leave your packs outside in the outdoor gazebo when going inside. Drinks, snacks, freeze-dried meals and canister fuel sold at the garden center. Mail drops: 991 Route 22, Pawling, NY 12564. [41.59354,-73.58743]			
		(0.6E) **Tony's Deli** 845-855-9540. (www.tonysdeli22.com) Short order grill, sandwiches, salads, soda machine outside. WiFi. Ask about camping. M-F 3:30 am-12am, Sa 4am-12am, Su 5am-12am. [41.58368,-73.59132]			
Pawling, NY. (2.5E) see mile 1451.3.					
Wingdale, NY. (4.0W)					
		PO M-F 8:30am-12:30pm & 1:30pm-5pm, Sa 8am-12:30pm. 845-832-6147. 1809 route 22. Wingdale, NY 12594. [41.64823,-73.56381]			
		Wingdale Supermarket 845-832-9361 [41.64841,-73.56385]			
		Cousins Pizza 845-832-6510. (www.cousinspizzawingdale.com) Acceptss Visa, Master Card & Discover. M-Sa 11am-10pm, Su 1pm-9pm. [41.64875,-73.56401]			
		Peking Kitchen 845-832-9500. M-Th 10:30am-10pm, F-Sa 10:30am-10:30pm, Su 10:30am-10pm.			
		Dunkin' Donuts 845-832-6118. M-Su 24 hours. [41.64701,-73.56204]			
		Ben's Deli 845-832-9460. M-Su 3am-9pm. [41.62627,-73.57443]			
		Peking Kitchen Lin			
		Orlando Family Hardware Store 845-832-0501 (www.orlandofamilyhardware.com) M-Tu 8am-6pm, W 7am-6pm, TH-F 8am-6pm, Sa 8am-5pm, Su 9aqm-4pm. [41.64894,-73.56409]			
		Dover Plains Library 845-832-6605. M-F 10am-8pm, Sa closed, Su 10am-8pm. [41.64776,-73.56326]			



1454.5		**Cross NY. 22** (south end). [41.59377,-73.58706]	428	742.9	
1454.6		Cross Hurds Corners Road, paved. [41.59417,-73.58364]	480	742.8	
1454.8		Cross stream. [41.59506,-73.58108]	473	742.6	
1455.2		Pawling Nature Preserve, blue blaze trail west, trail register. [41.59893,-73.57595]	675	742.2	
1456.0		Reach crest on **Hammersly Ridge**. [41.60491,-73.56860]	1050	741.4	
1456.2		Red Trail (south end) crossing. [41.60767,-73.56775]	1042	741.2	
1456.4		Cross stream. [41.60922,-73.56590]	971	741.0	
1456.7		Intersection with Yellow Trail (south end). [41.61101,-73.56248]	954	740.7	
1457.1		Intersection of Red Trail (middle). [41.61612,-73.56421]	987	740.3	
1457.2		Green Trail leads west. (160FT N) Red Trail (north end) leads east. [41.61651,-73.56282]	1008	740.2	
Wingdale, NY. (4.0W)					
(0.9E) down the Grean Trail and (0.1) further to NY. 22 and two restaurants.					
		Ben's Deli 845-832-9460. M-F 5:30am-8:30pm, Sa 6am-8:30pm, Su 7am-7pm. [41.62627,-73.57443]			
		Stupid Delicious Pizza Inc 845-832-3400 (www.stupiddeliciouspizza.com) Re-opens 19 April 2022. M Closed, Tu 45pm-8pm, W Closed, Th-F 4pm-8pm, Sa-Su Closed. [41.62684,-73.57386]			
1458.1		Yellow Trail leads (0.4E) to trailhead P parking. [41.62460,-73.55407] P [41.62409,-73.54923]	918	739.3	
1459.7		Cross **Leather Hill Road**, dirt road. [41.63511,-73.53692]	750	737.7	

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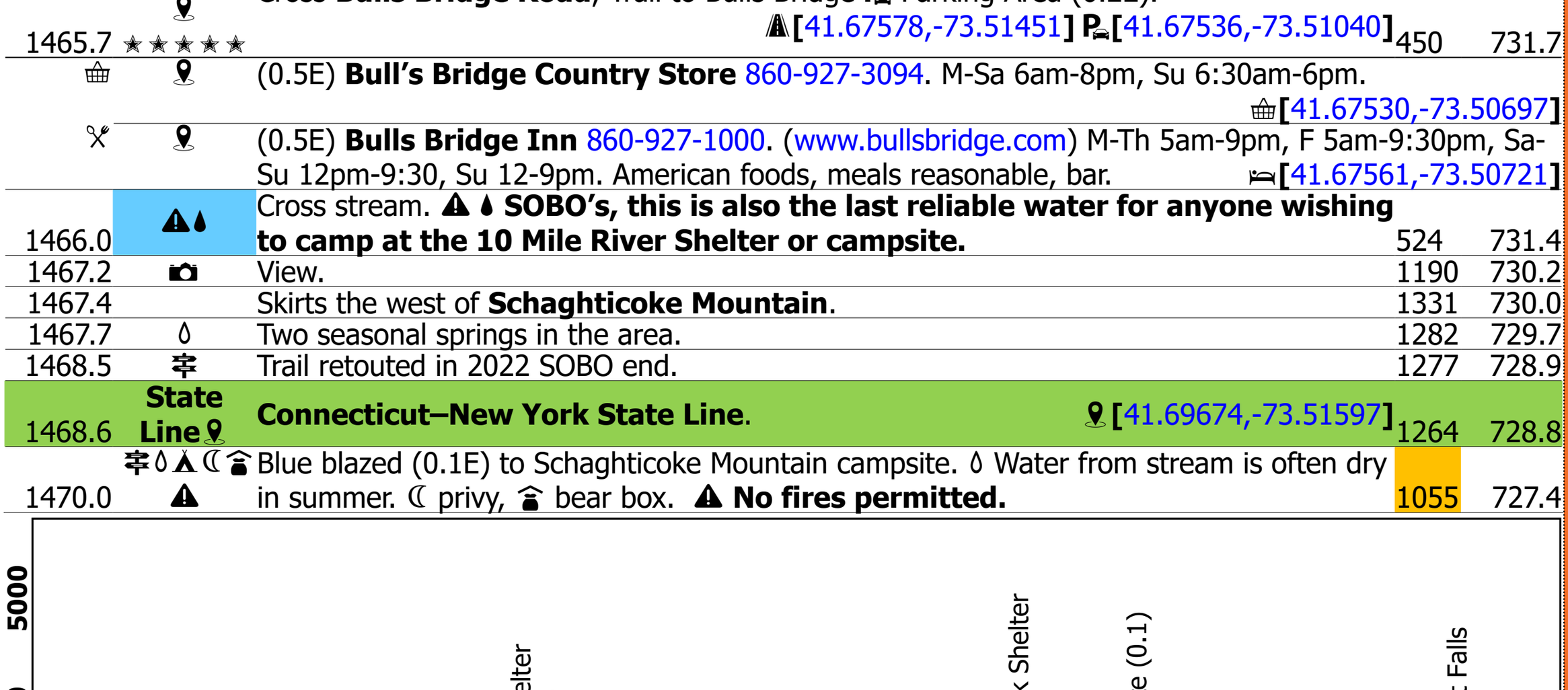
1460.1	{6}	**25.6<<<16.6<<8.8<Wiley Shelter>4.0>>12.8>>>20.3** Water is located at pump on trail (0.1) north of the shelter on the AT beyond tent platform, tenting, privy. [41.63786,-73.53240]	740	737.3
1460.3	P {5} ★★★★★	Cross **Duell Hollow Road**, paved. Duell Hollow Bridge closed due to structural issues. The 2019 re-route for NOBO hikers adding (1.25W) road walk. Fording the brook can be extremely dangerous due to fluctuating water levels and currents. [41.63750,-73.53063] P [41.63650,-73.52990]	620	737.1
1460.6		**Christine** 860-488-1015 (cell) (Text is best) busyhiking20@gmail.com. Based out of Sherman, CT. Pet friendly, 365 days, 24/7 & holidays. Call/text/email for availability. **S to Harriman SP, NY < > N to Lee, MA.** & airports, bus, and train stations. Slackpacking. "Long shuttles possible, depending on schedule & destination. Contact for availability."		
1461.1	★★★★★	Cross wooden bridge over Duell Hollow Brook. [41.63708,-73.52654] Trail briefly follows old woods road.	567 417	736.8 736.3
		This is the start of the CT/MA sections of the AT for northbounders. Fires are not permitted anywhere along the AT in these states.		
1461.3	P {4} **State Line**	Cross **Hoyt Road**, **New York–Connecticut State Line**. Duell Hollow Bridge closed due to structural issues. The 2019 re-route for SOBO hikers adding (1.25W) road walk. Fording the brook can be extremely dangerous due to fluctuating water levels and currents. [41.64107,-73.52003] P [41.64105,-73.52018]	400	736.1
1461.6	P {12}	Side trail west leads to CT. 55 and large P parking area. [41.64416,-73.51861] P [41.64471,-73.51921]	424	735.8
1461.8		Cross brook, reliable. **NOBO's, this is also the last reliable water for anyone wishing to camp at the 10 Mile River Shelter or campsite.**	445	735.6
1462.0	P {12} ★★★★★	Cross **CT. 55**, Gaylordsville, CT. 06755, (2.5E) Post Office, long-term resupply, restaurant. [41.64688,-73.51654]	580	735.4
Gaylordsville, CT. (2.9E)				
		PO M-F 8am-1pm & 2pm-5pm, Sa 8am-12pm. 860-354-9727. 3 Geo. Washington Plz Unit 8. Gaylordsville, CT 06755. [41.63936,-73.48208]		
		Gaylordsville Diner 860-210-1622. Servers breakfast, lunch and dinner. M-Su 7am-8pm. [41.63907,-73.48184]		
		Salinas Restaurant and Pizza 860-355-2448 (www.salinaspizzeria.com) M4pm-9pm, Tu Closed, W-Th 11am-9pm, F-Sa 11am-10pm, Su 12pm-9pm. [41.64040,-73.48287]		
1463.1		Top of **Ten Mile Hill**, views of Housatonic Valley. [41.66008,-73.51560]	1000	734.3
1463.2		Herrick Trail leads (0.3E) to view. [41.66105,-73.51308]	948	734.2
1463.6		Spring west, unreliable.	761	733.8
1463.8		Cross dirt road.	584	733.6
1464.1	{6}	(0.1E) **20.6<<<12.8<<4.0<Ten Mile River Shelter>8.8>>16.3>>>26.3** tenting, privy, bear box. **Under no circumstance should anyone attempt to treat and drink water from either river. No fires permitted.** [41.66519,-73.50971]	290	733.3
1464.3		Cross Ten Mile River on footbridge. Camping at **Ten Mile River Campsite**, is in field south of the bridge. privy, bear box. **Under no circumstance should anyone attempt to treat and drink water from either river. No fires permitted.** [41.66601,-73.50707]	280	733.1
1465.0	P	Side trail leads (0.2E) to P parking area. [41.67258,-73.50963] P [41.67536,-73.51040]	365	732.4
1465.7		Intersects with **Schaghticoke Road**. [41.67981,-73.51272]	320	731.7
1465.7	P {14} ★★★★★	Cross **Bulls Bridge Road**, Trail to Bulls Bridge P Parking Area (0.2E). [41.67578,-73.51451] P [41.67536,-73.51040]	450	731.7
		(0.5E) **Bull's Bridge Country Store** 860-927-3094. M-Sa 6am-8pm, Su 6:30am-6pm. [41.67530,-73.50697]		
		(0.5E) **Bulls Bridge Inn** 860-927-1000. (www.bullsbridge.com) M-Th 5am-9pm, F 5am-9:30pm, Sa-Su 12pm-9:30, Su 12-9pm. American foods, meals reasonable, bar. [41.67561,-73.50721]		
1466.0		Cross stream. **NOBO's, this is also the last reliable water for anyone wishing to camp at the 10 Mile River Shelter or campsite.**	524	731.4
1467.2		View.	1190	730.2
1467.4		Skirts the west of **Schaghticoke Mountain**.	1331	730.0
1467.7		Two seasonal springs in the area.	1282	729.7
1468.5		Trail retouted in 2022 SOBO end.	1277	728.9
1468.6	**State Line**	**Connecticut–New York State Line**. [41.69674,-73.51597]	1264	728.8
1470.0		Blue blazed (0.1E) to Schaghticoke Mountain campsite. Water from stream is often dry in summer. privy, bear box. **No fires permitted.**	1055	727.4



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1470.0		Trail rerouted in 2022 NOBO end.	963	727.4
1471.4		Reach high point with good views.	1403	726.0
1471.9		Cross Thayer Brook	900	725.5
1472.3		Reach height of land on Mt. Algo.	1190	725.1
1472.9	{6}	(200 ft W) **21.6<<<12.8<<8.8<Mt. Algo Shelter>7.5>>17.5>>>30.2** Water is located on the blue blaze trail leading to shelter, 15 yards in front of shelter, tenting, ☾ privy, bear box. **No fires permitted**. [41.73165,-73.49670]	655	724.5
1473.2	{10}	Cross **CT. 341, Macedonia Road**. [41.73105,-73.49061] [41.73105,-73.49065]	350	724.2
1473.5		Cross Macedonia Brook on log bridge. [41.73127,-73.48850]	363	723.9

Kent, CT. (0.8E) See Kent, CT map.

PO M-F 8am-1pm & 2pm-5pm, Sa 8:30am-12:30pm. 860-927-3435. 31 Kent Green Blvd. Kent, CT 06757. [41.72723,-73.47183]

Kent Welcome Center 860-592-0061. Bathrooms, outdoor showers (coin operated), water bottle filler, electrical outlets for charging devices and trash & recycling bins. [41.72701,-73.47464]

Fife 'n Drum Restaurant & Inn 860-927-3509. (www.fifendrum.com) No pets. Hiker room rates $140D +tax weekdays, $170D +tax weekends, $25EAP +tax. Front desk closed Tu, so make prior arrangements for Tu night stays. **Restaurant hours**: Lunch; M 11:30am-3pm, Tu closed, W-Sa 11:30am – 3pm, Su Brunch 11:30am-3pm. Dinner; M 5:30pm-9:30pm, Tu closed, W-Th 5:30pm-9:30pm, Fr-Sa 5:30pm-10pm, Su 3pm-8:30pm [41.72833,-73.47458]
Mail drops for guests: (USPS) PO Box 188 or (FedEx/UPS) 53 N Main Street, Kent, CT 06757.

Cooper Creek B&B 860-927-4334. (2.5) north of town on US 7.
Hiker rate Sunday thru Thursday $110 plus 11% CT Lodging tax. Weekend rates $145-200 +tax. Free WiFi. [41.75257,-73.44282]

Starbuck Inn 860-927-1788. (www.starbuckinn.com) No pets. $220D/up + tax, includes full breakfast and afternoon tea. Includes healthy breakfast made with local ingredients, it's different every day. Free WiFi. Sometimes discounted mid-week, accepts credit cards. [41.72965,-73.47268]

Davis IGA (860) 927-4093. (www.davisiga.com) M-Sa 8am-7pm, Su 8am-6pm. [41.72769,-73.47177]

Laundromat 860-927-1144. (www.kentgreenlaundromat.com) M-Su 6am-11pm. [41.72736,-73.47287]

JP Gifford 860-592-0200. (www.jpgifford.com/kent)
Breakfast sandwiches, salads, bakery, coffee and supplies. M-Sa 6:30am-6pm, Su 7am-3pm. [41.72531,-73.47638]

Kent Pizza Garden 860-927-3733. (www.kentpizzagarden.com) M-Th 11am-1am, F-Sa 11am-2am, Su 11am-1am. [41.72619,-73.47443]

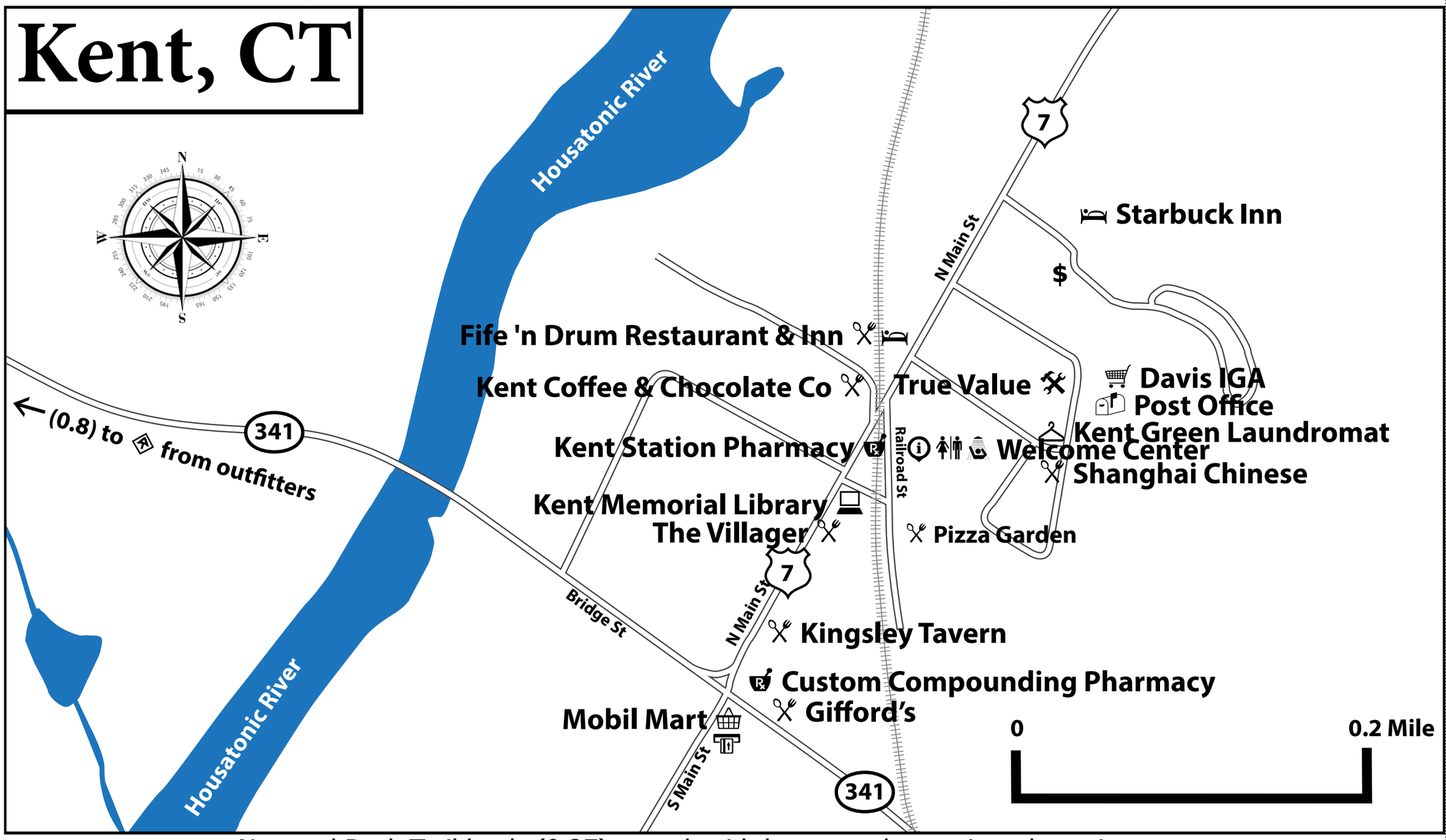
Shanghai 860-927-4809. M-Sa 11:30am-10pm, Su 12pm-9pm. [41.72676,-73.47292]

Chris's Hot Dog Cart Every sumer since 1979. Chris has been running this since he was 12 years old. [41.72391,-73.47743]

Kent Animal Clinic 860-0927-1200. [41.72491,-73.47787]

Library 860.927.3761 (www.kentmemoriallibrary.org) M-F 10am-5:30pm, Sa 10am-4pm. [41.72639,-73.47528]

Frank aka "Trail Hopper" 860-387-8066 ifilmny@gmail.com Owner: Frank Galterio. Based out of Kent, CT. Pet friendly. Insured. 365 days, 24/7 & holidays.
S to Bear Mtn NY ➤ N to MA/VT (southern) & airport, bus & train terminals. Slackpacking. Parking, free. "I have been shuttling hikers for 5 years always great experiences also live right next to Appalachian Trail, Kent, CT, Bulls Bridge." Covid precautions. Masks required.



1474.0		Numeral Rock Trail leads (0.2E) to rock with large number on it and view. [41.73346,-73.48191]	813	723.4
1474.2		Ledge with view of Kent and Housatonic Valley.	799	723.2
1475.0		Cross Choggam Brook, dries up in the summer. [41.74330,-73.47380]	898	722.4
1475.5		Swamp Brook, unreliable. [41.74764,-73.47718]	856	721.9
1476.2	{2}	Cross **Skiff Mountain Road**, paved. [41.75011,-73.47150] [41.74993,-73.47155]	850	721.2
1476.4		View from ledge outcropping.	923	721.0
1476.9		**Caleb's Peak**. Views of Housatonic River. [41.75446,-73.46567]	1160	720.5
1477.1		Brook, unreliable. [41.75532,-73.46142]	905	720.3
1477.6		Cross top of **St. Johns Ledges**. [41.75799,-73.45451]	852	719.8
1478.1		Intersects **River Road**. [41.75780,-73.45051]	480	719.3
1478.4		Brook unreliable. [41.76118,-73.44743]	450	719.0
1478.8		Brook, unreliable. [41.76600,-73.44358]	467	718.6
1479.1		Terminus of town road running north along river from Kent.	384	718.3

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1480.4	{6}	(237 ft E) to shelter. **20.3<<<16.3<<7.5<Stewart Hollow Brook Shelter>10.0>>22.7>>>30.1** Water (Stewart Hollow Brook) is located 50 feet south of trail to shelter, tenting, ☾ privy, bear box. ⚠ **No fires permitted**. [41.77930,-73.41856]	400	717.0
1480.8		Cross **Stony Brook**, campsites nearby, ☾ privy. ⚠ **No fires permitted**. [41.78406,-73.41350]	440	716.6
1482.8		Cross dirt River Road that parallels Housatonic River. Spring (reliable) a few feet north of trail crossing. ⚠ NOBO's, if you're going to stay at Silver Hill Campsite in (0.8), get water here. [41.80623,-73.39402]	460	714.6
1483.0	P {5}	Cross **Dawn Hill Road**, paved. [41.80772,-73.39385] P [41.80790,-73.39150]	541	714.4
1483.6		Side trail leads (0.1E) to **Silver Hill campsite.** ☾ privy, pavilion, bear box, and swing. ⚠ **No fires permitted**. [41.81496,-73.39053]	909	713.8
1484.0		Lookout at north side of **Silver Hill**. [41.81921,-73.39081]	1148	713.4
1484.5	P {12} ★★★★★	Cross **CT. 4**. [41.82296,-73.38636]	700	712.9

Cornwall Bridge, CT (0.9E) See Cornwall Bridge, CT map.

PO M-F 8:30am-1pm & 2pm-5pm, Sa 9am-12pm. 860-672-6710. 18A Kent Rd S. Cornwall, CT 06754. [41.81820,-73.37105]

Hitching Post Motel 860-672-6219. (www.cthitchingpostmotel.us) $65/up weekdays, $85/up weekends. Pets $25, laundry $5, WiFi, shuttles $2 per mile.
Mail drops for guests: 45 Kent Road, Cornwall Bridge, CT 06754. [41.81486,-73.37271]

The Amselhaus 860-248-3155. (www.theamselhaus.com) AT Passport location. Located behind carpet store, check-in at grey house next door to apartments. $95S, $120 for couple, $50 EAP. 2-3 bedroom apartments, includes laundry, satelite TV, local and long-distance phone, WiFi. Rides available. [41.81797,-73.37159]
Mail drops for guests: C/O Tyler, 6 Rug Road South, Cornwall Bridge, CT 06754.

(2.1E) **Housatonic Meadows State Park** 860-672-6772. Camping and Cabins 1.3 miles north of town on US 7. ⚠ **No hammocks. No alcohol**. Open mid-May to Labor Day, registration at main cabin by gate. Campsite $17 for CT residents, $27 nonresidents, $3 walk-in fee for first night. Cabins $60 with 2 nights minimum, CT resident fees for cabins is $50 plus tax. Reservations can be made Memorial Day Through Labor Day by contacting (ReserveAmerica.com) or by calling 1-877-668-2267. [41.83823,-73.37999]

Cornwall Inn 860-672-6884. (www.cornwallinn.com) (2.2) miles south on US 7. Pet friendly. Su-Th $129D +tax, includes continental breakfast. Weekends 10% hiker discount. Seasonal pool and hot tub. Free WiFi. $20 Pet fee. Pickup and return to trail head and other shuttles for a fee.
Mail drops with reservation. [41.79313,-73.39862]

Cornwall Country Market 860-619-8199. (www.cornwallcountrymarket.com) AT Passport location. Hiker friendly, hot meals, breakfast, groceries, charging stations, WiFi, Restrooms. M-F 6am-5pm, Sa-Su 7am-5pm. [41.81703,-73.37054]

Citgo 860-672-6786. M 6am-11pm, Tu-Sa 6am-10pm, Su 6am-9pm. [41.82031,-73.37472]

Cornwall Package Store 860-672-6645. (www.cornwallpackagestore.com) AT Passport location. Water available from spigot outside. Stop in to sign their register. M-Th 10am-7pm, F 10am-8pm Sa 11am-3pm, Su closed. [41.81849,-73.37122]

Housatonic Veterinary Care 860-672-4948. (www.housatonicveterinarycare.com) M-Tu 9am-5:30pm, W closed, Th-F 9am-5:30pm, Sa 9am-1pm, Su closed. [41.81710,-73.36961]

Cornwall Inn Shuttles 860-672-6884 ✉ Info@cornwallinn.com (www. Cornwallinn. Com) Owner: Mark Hampson. Based out of Cornwall Bridge, CT. Pet friendly. Insured. 365 days, flexible hrs & holidays.
S to Pawling, NY ➤ N to Sheffield, MA & train terminals. "Shuttle based on availability. Advanced notice required. Rates start at $2.50/mile, $25/minimum." Covid precautions. Masks required.

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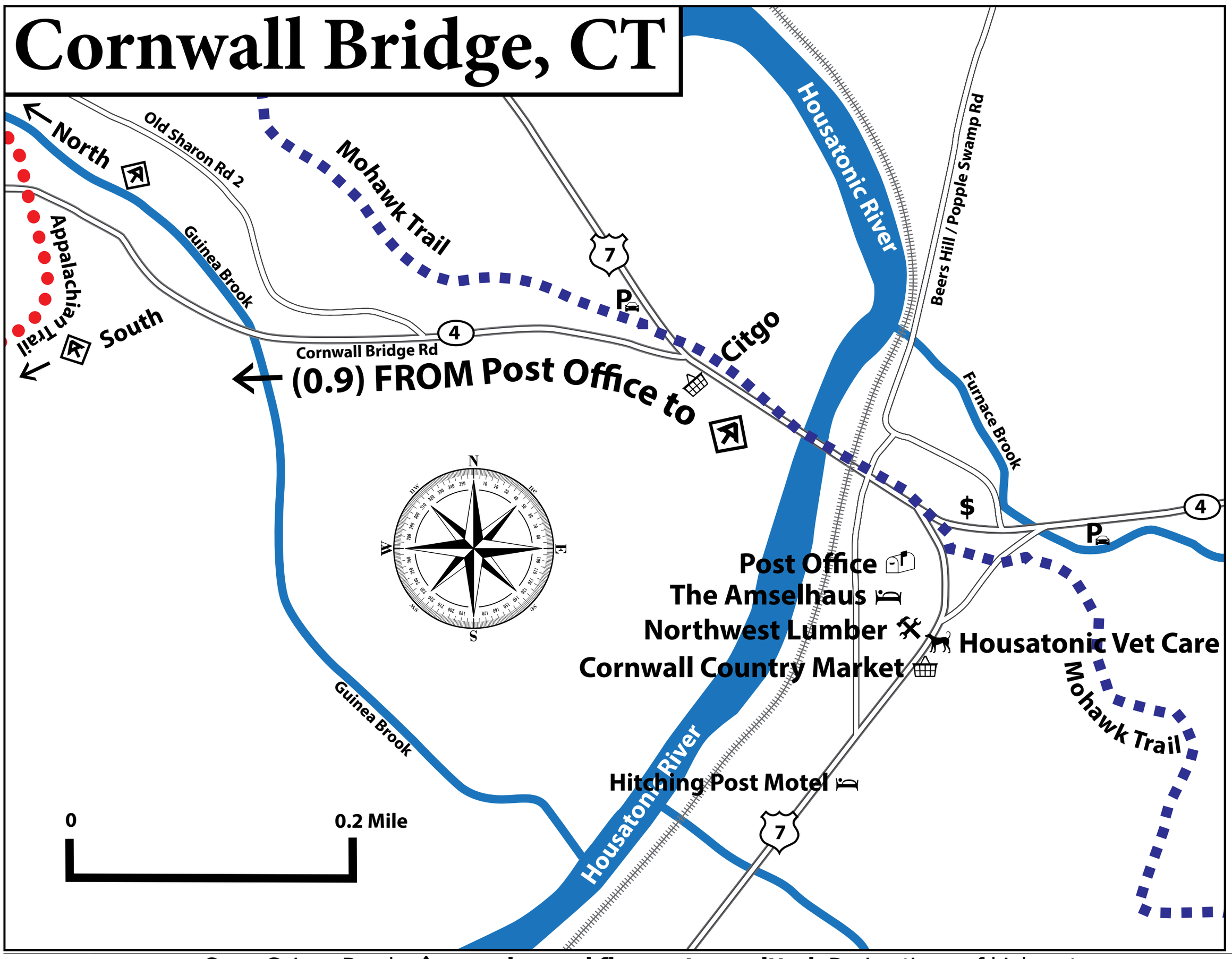

1484.6	💧⚠	Cross Guinea Brook, ⚠ **camping and fires not permitted**. During times of high water hikers can detour on Old Sharon Road and CT. 4. ⚠ SOBO's, if you're going to stay at Silver Hill Campsite in 1.0 mile, get water here. 💧[41.82402,-73.38744]	650	712.8
1484.7	➲📍	Cross Old Sharon Road, dirt. ➲[41.82468,-73.38730]	750	712.7
1484.8	⛪🅿📍	Mohawk Tail Southern Terminus and Side trail leads (0.1) to summit of Bread Loaf Mountain and (0.5) to US. 7 trail head and large 🅿 parking lot. ⛪[41.82592,-73.38707]	744	712.6
1485.9	💧📍	Cross **Hatch Brook**. 💧[41.83809,-73.39231]	880	711.5
1486.0	⛪⛺🚾🅿{8}📍	Pine Knob Loop Trail (south end) leads (0.6E) to CT. 7 and trailhead 🅿 parking, go another (0.35) left on CT. 7 to Housatonic Meadows State Park with ⛺ tenting and 🚾 shower. $17 for CT residence, $27 for others. ⛪[41.83930,-73.39085] 🅿[41.83322,-73.38349] ⛺[41.83825,-73.37997]	1150	711.4
1486.2	📷📍	**Pine Knob**, view of Housatonic Valley. 📷[41.84035,-73.38761]	1097	711.2
1486.6	⛪⛺🚾🅿{8}📍	Pine Knob Loop Trail (north end) leads (0.7E) to CT. 7 and trailhead 🅿 parking, go another (0.35) left on CT. 7 to Housatonic Meadows State Park with ⛺ tenting and 🚾 shower. See previous entry at (0.6S). ⛪[41.84479,-73.38498] 🅿[41.83322,-73.38349] ⛺[41.83825,-73.37997]	794	710.8
1487.0	💧⛺{4}☾🛣🚾⚠	Cross Caesar Brook and abandoned Caesar Road. **Caesar Brook campsite** is located south of Caesar Brook on the AT on to the east. There are four ⛺ tent sites here, 🚾 bear box, ☾ privy. ⚠ **No fires permitted.** ⛺[41.84825,-73.38342]	760	710.4
1488.4	🛣	Cross abandoned Road.	874	709.0
1488.5	💧📍	Stream. 💧[41.86393,-73.38851]	926	708.9
1489.2	💧🌉📍	Cross Carse Brook on 🌉 log bridge. 💧🌉[41.87254,-73.39192]	827	708.2
1489.3	🛣🅿{3}📍 ★★★★★	Cross **West Cornwall Road**, paved. **See Falls Village, CT map for US 7/CT 112.** 🅿[41.87343,-73.39111]	800	708.1

West Cornwall, CT. (2.2E)

	📪📍	**PO** M–F 8:30am–12pm & 2pm–4:30pm, Sa 9am–12pm. 860-672-6791. 408 Sharon Goshen Tpke. West Cornwall, CT 06796. 📪[41.87173,-73.36105]		

Sharon, CT. (4.7W)

	📪📍	**PO** M–F 9:30am–4:30pm, Sa 9:30am–12:30pm. 860-364-5306. 2 Low Rd. Sharon, CT 06069. 📪[41.88428,-73.47023]		
	🛒📍	**Sharon Farm Market** 860-397-5161. M-Sa 8am-8pm, Su 8am-7pm. 🛒[41.88500,-73.46960]		
	🍴📍	**When Pigs Fly** 860-492-0000 (www.whenpigsflysouth.com) M Closed, Tu-Su 11am-7pm. 🍴[41.87927,-73.47838]		
	💻📍	**Hotchkiss Library** 860-364-5041 (www.hotchkisslibrary.org) M 10am–5pm, Tu 12pm–7pm, W-Th 12pm–5PM, F 10am–5pm, Sa 10am–4pm, Su 12pm–3pm. 💻[41.87874,-73.47607]		
	➕📍	**Sharon Hospital** 860-364-4141. (www.sharonhospital.com). ➕[41.88052,-73.48145]		
	💊📍	**Sharon Pharmacy** 860-364-5272. M-F 8am-6pm, Sa 8am-3pm, Su 8am-12pm. 💊[41.88483,-73.46922]		
	🐕📍	**Bee Tree Veterinary Clinic LLC** 860-364-0008. 🐕[41.87917,-73.47748]		
1489.5	📍	Roger's Ramp. Pass through a large split boulder. 📍[41.87301,-73.38661]	1113	707.9
1489.8	🛣	Crest of **Pine Swamp Hill**.	1260	707.6
1490.4	💧⛪🛏{6}⛺🌉☾🚾⚠📍	(285 ft W) to shelter. **CLOSED** 3 April 2025, do to large oak trees causing a safety hazard. **26.3<<<17.5<<10.0<Pine Swamp Brook Shelter>12.7>>20.1>>>21.3** 💧 Water is located on the blue-blazed trail, ⛺ tenting, ☾ privy, 🚾 bear box. ⚠ **No fires permitted**. 🛏[41.88163,-73.39210]	1075	707.0
1491.3	🛣📍	Cross **Mt. Easter Road**. 🛣[41.89237,-73.40190]	1150	706.1
1491.6		Skirt the summit of **Mt. Easter**.	1350	705.8
1492.8	⛪💧⛺☾🚾⚠📍	Side trail leads (280FT W) to **Sharon Mountain Campsite**. 💧 Water is a stream (260FT S) on AT, often dry late summer. ⛺ tenting, ☾ privy, 🚾 bear box. ⚠ **No fires permitted**. ⛪[41.91013,-73.39386] ⛺[41.91057,-73.39475]	1200	704.6
1493.6	📷📍	Hang Glider View. 📷[41.91823,-73.38692]	1150	703.8
1494.1	⛰📍	Sharon Mountain. ⛰[41.91741,-73.38044]	1161	703.3
1494.4	📷	Several viewpoints along the ridge area.	1137	703.0

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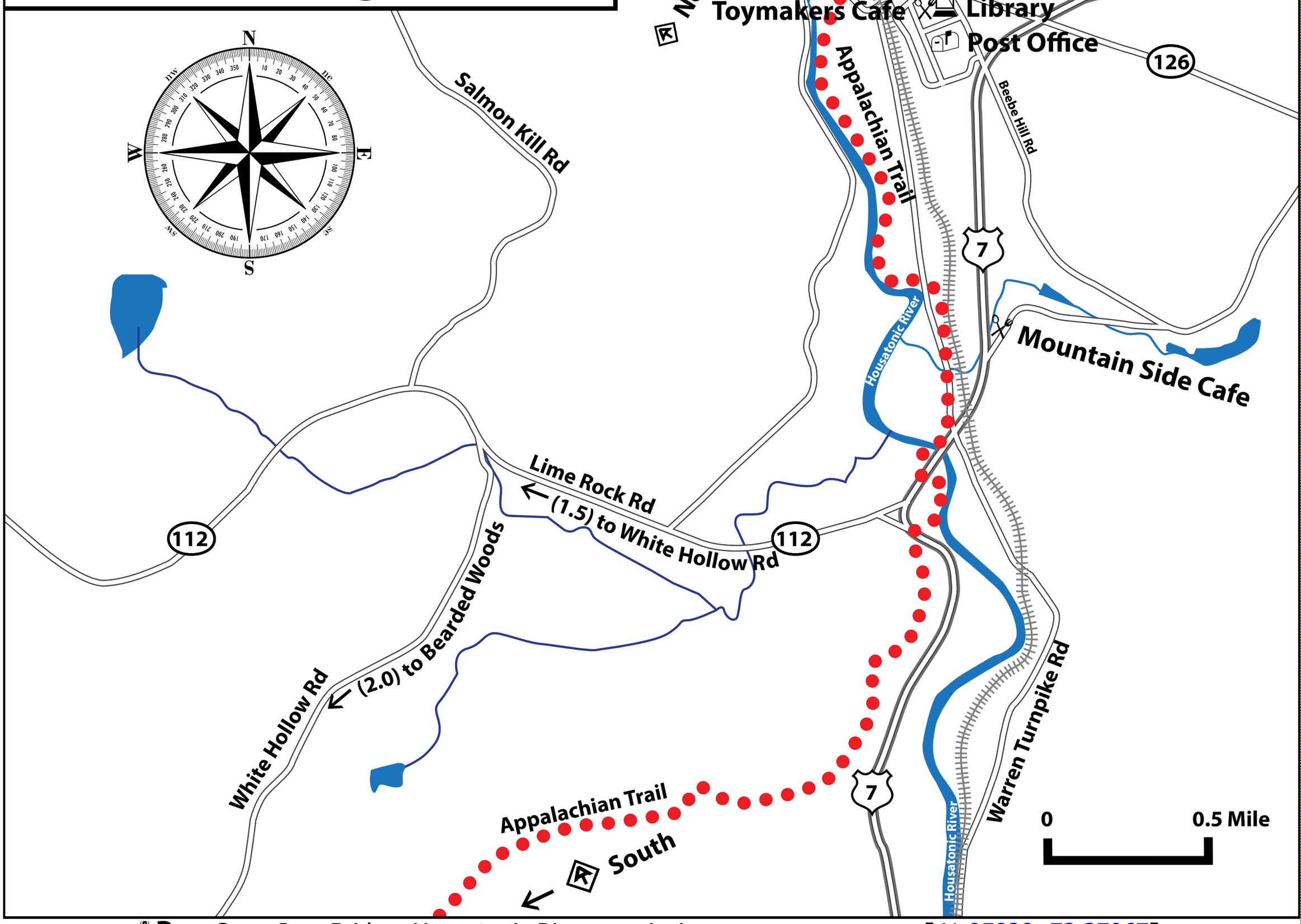
1495.8		Side trail leads (235FT W) to **Belter's Campsite**, privy. Water along the AT (0.05) north. Tenting, p privy, bear box. **No fires permitted**. [41.92622,-73.36315] [41.92673,-73.36344]	770	701.6
1496.2	P	Cross **U.S. 7 (south end)**, **CT. 112**. [41.93046,-73.36355] P[41.93091,-73.36431]	520	701.2
1496.8	P{12} ★★★★★	Cross **U.S. 7 (north end)**, Warren Turnpike, **Housatonic River Bridge**. **See Falls Village, CT map**. [41.93277,-73.36337] P[41.93261,-73.36343]	500	700.6
1496.9		Mohawk Trail Junction. (0.16E) on Mohawk Trail to US 7 then left on US 7 for (0.3) to Mountainside Café restaurant, see above. [41.93892,-73.36171]	500	700.5
1497.5		Cross **Warren Turnpike**. [41.94702,-73.36361]	564	699.9
1498.7	P{20} ★★★★★	Intersects with **Water Street**, Hydroelectric Plant. There is a shower (cold water) available in the ivy on the side of the hydro-plant building for use by hikers . It is overgrown with ivy. **Falls Village, CT**. **See Falls Village, CT map**. [41.95611,-73.36765] P[41.95580,-73.36750]	530	698.7
		(0.5E) **PO** M-F 8:20-1pm & 2pm-5pm, Sa 8:30am-12pm. 860-824-7781. 5 Miner St. Falls Village, CT 06031. [41.95466,-73.36148]		
		(0.3E) **Toymakers Café** 860-824-8168. Serves breakfast and lunch. Ask about free tent sites, hiker friendly, knock on upstairs door if closed. Cash only. M-W closed, Th-F 7am-2pm, Sa-Su 7am-4pm. [41.95617,-73.36316]		
		Falls Village Inn 860-824-0033. (www.thefallsvillageinn.com) AT Passport location. $239 and up, restaurant and bar. [41.95465,-73.36446]		
	P	**Bearded Woods** 860-480-2966 (cell) TEXT only. Owner Hudson. Based out of Falls Village, CT. Pet friendly. 365 days, 7am to 7pm & some holidays. **S GA ◄ ► N to ME**. & airport, bus & train terminals. Slackpacking. **P** Parking, free.		

Falls Village, CT



1498.9	P	Cross Iron Bridge, Housatonic River, picnic area. [41.95828,-73.37067] P[41.95716,-73.37088]	510	698.5
1499.1	P	Cross **Housatonic River Road**, Great Falls. [41.96352,-73.37266] P[41.96230,-73.37400]	650	698.3

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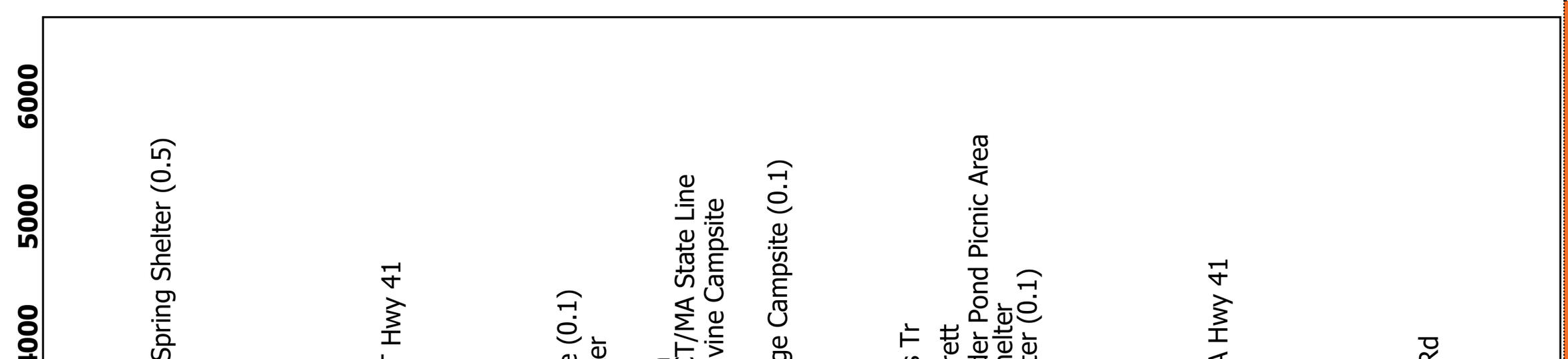

1500.2		Spring, seasonal	750	697.2
1502.4	⛰	**Prospect Mountain** summit, ⛰[41.97913,-73.38469]	1475	695.0
1503.1	💧⛲ 🪑{6} ⛺ 🛏☾🛜 ⚠📍	(0.5W) **30.2➤➤➤22.7➤➤12.7➤Limestone Spring Shelter➤7.4➤➤8.6➤➤➤16.9** 💧 Water is behind shelter, ⛺ tenting, ☾ privy, 🛜 bear box. ⚠ **No fires permitted**. ⛲[41.98055,-73.39264] 🪑[41.97513,-73.39230]	980	694.3
1503.2	📷📍	Rand's View, some say it's one of the best views on the AT. 📷[41.98085,-73.39454]	1250	694.2
1503.5	📍	Cross Giant's Thumb, rock formation on Raccoon Hill. [41.97355,-73.40092]	1220	693.9
1504.0	📷	Billy's View, views over the Salmon Kill Valley.	1150	693.4
1506.8	🛣📍	Intersects **U.S. 44** (south end) **See map of Salisbury, CT**. 🛣[41.99159,-73.41540]	700	690.6
1507.0	🛣📍	Trail turns where U.S. 44 and Lower Cobble Road intersect. 🛣[41.98918,-73.41761]	678	690.4
1507.4	🛣🅿{2}📍	Intersects with Lower Cobble Road. 🅿[41.98991,-73.41900]	685	690.0
1507.5	🛣☾🅿{4} 📍 ★★★★★	Cross **CT. 41, Undermountain Road**. **Salisbury, CT. See map of Salisbury, CT.** 🛣[41.99357,-73.42646] 🅿[41.99411,-73.42655]	720	689.9

Salisbury, CT. See Salisbury, CT map.

📪	📍	**PO** M-F 8:30am-1pm & 2pm-5pm, Sa 9am-12om. 860-435-5072. 22 Main St. Salisbury, CT 06068. 📪[41.98211,-73.42231]
🏠	🧺🚗✉📍	(0.9W) **Vanessa Breton** 860-435-9577, 860-671-9832. 🏠 Beds in home $40PP, pets $5, 🧺 laundry $5. 🚗 Shuttle range 100 miles. ✉ Mail drops for guests (fee for non-guests $5). Street address is 7 The Lock Up Rd, but send mail drops to PO Box: PO Box 131, Salisbury, CT 06068. 🏠[41.98229,-73.42337]
🏠	🚿🧺✉	**Maria McCabe's Place** 860-435-0593. Maria has left us, but her grandson is picking uip where she left off. 🏠 Beds in home (call for pricing) includes 🚿 shower, use of living room, shuttle to 🧺 coin laundry, cash only. ✉ Mail drops for guests: 4 Grove, Street Salisbury, CT 06068.
🛒	🍴📍	**LaBonne's Market** 860-435-2559 (www.labonnes.com) Grocery, deli, bakery, pizza. M–Sa 8am–7pm, Su 8am-6pm. 🛒[41.98228,-73.42165]
💊	📍	**Salisbury General Store and Pharmacy** 860-435-9388 (www.salisburypharmacy.com) M-F 9am-6pm, Sa 9am-3pm, Su Closed. 💊[41.98224,-73.42231]
ℹ	🚻📶📍	**Town Hall** 860-435-5182. M-F 8:30-4 ℹ Hikers welcome to use 🚻 bathrooms and 📞 phone (local calls only), 📶 WiFi. ℹ[41.98171,-73.42308]
💻	📍	**Scoville Memorial Library** 860-435-2838. (www.scovillelibrary.org) M closed, Tu-W 10am-5pm, Th 10am-7pm, F 10am-5pm, Sa 10am-4pm, Su 1pm-4pm. 💻[41.98086,-73.42261]
🛏	⛺🧺📶💧 ⚠✉	(2.3W) **David Mcarthur** 860-318-1144 ✉ codacrel@hotmail.com. 🛏 Private home with rooms available to rent, $45PP. 5 beds with kitchen and dinning room, 🧺 laundry, 📶 WiFi. Will shuttle to and from trail heads. ⚠ Cats on property. ⛺ Tenting spots at farm $35, 💧 water, 📶 WiFi. ✉ Ask about mail drops.

Lakeville, CT. (2.0W)

🍴	📍	**The Boathouse At Lakeville** 860-435-2111. (www.theboathouseatlakeville.com) Sports bar and restaurant. M-Th 11am-9pm, F-Sa 11am-11pm, Su 11am-9pm. 🍴[41.96487,-73.44080]
🍴		**Mizza's Pizza** 860-435-6266. (www.mizzas.com) M-Sa 11am-10:30pm Su 12pm-10:30pm. 🍴[41.96300,-73.44035]
🧺	📍	**Washboard Laundromat** Located behind Mizza's Pizza. 🧺[41.96284,-73.44024]
🚗	🐾🛡 ✈🚌🚆	**Executive Livery** 860-491-3955 ✉ executivelivery@me.com Owner: Toni. Based in Goshen/ Lakeville, CT. 365 days, 24/7 & some holidays. 🐾 Pet friendly. 🛡 Insured. **S to range unlimited ➤ N to range unlimited,** & ✈ airport, 🚌 bus & 🚆 train terminals. "Advanced notice preferred. Please call office M-F, 9am-5pm, Sat-Sun, 9 am-2pm, to book transportation."

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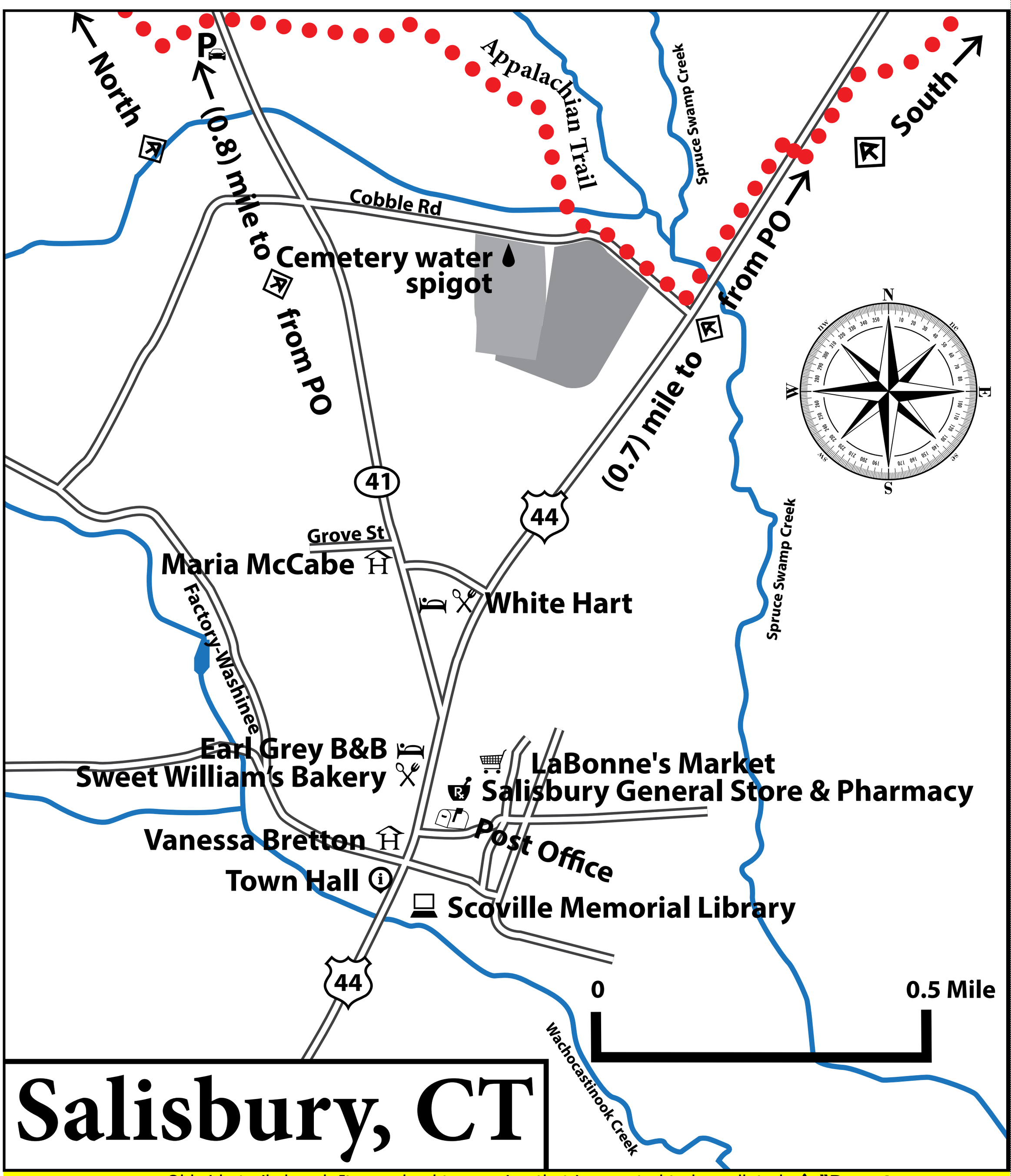

Salisbury, CT

1507.7		Old side trail closed. It once lead to a spring that is reported to be polluted. ⚠ **"Do not drink this water!"**.	844	689.7
1508.2		Side trail sometimes used by local motorcyclists.	1139	689.2
1509.0		Cross small stream, dependable. [42.00827,-73.43950]	1281	688.4
1509.2		Cross **old charcoal road**. [42.00742,-73.44239]	1698	688.2
1509.5		Intersects with Lions Head Trail leads west. Leads (0.8W) to P trailhead parking on Bunker Hill Rd. P[41.99871,-73.43786]	1583	687.9
1509.6		Blue blaze bypass trail intersects west.	1562	687.8
1509.7		**Lions Head** summit and ridgeline of the Taconic Range with views of Sheffield and Salisbury. Side trail (150FT S) on tail is the (0.1W) bypass for Linons Head. [42.00666,-73.44624]	1738	687.7
1509.9		North outlook of Lions Head with views of Bear Mountain Mt. Greylock. Blue blaze trail (150FT N) on tail is the (0.1W) bypass for Lions Head. [42.00830,-73.44766]	1626	687.5
1510.3		Blue blaze trail leads west to private property.	1607	687.1
1510.5	⚠ {6}	(350 ft E) to shelter. **30.1<<<20.1<<7.4<Riga Shelter and Camping Area>1.2>>9.5>>>9.6** Water (spring) is located on a blue blazed trail to the left of the clearing on the AT, tenting, ☾ privy, bear box. ⚠ **No fires permitted**. Views. [42.01561,-73.45190]	1610	686.9
1511.1	⚠	Cross Ball Brook. Ball Brook Group Campsite is (290 FT S) of brook on a side trail leading (0.1E) to campsite. ⚠ **No fires permitted**. [42.02211,-73.45506] [42.02138,-73.45456] [42.02026,-73.45264]	1650	686.3
1511.7	⚠ {6} ☾	Cross Brassie Brook (south branch). (225 ft E) to shelter. **21.3<<<8.6<<1.2<Brassie Brook Shelter and Camping>8.3>>8.4>>>22.7** Water (stream) is located on the AT 50 feet north of the side trail to the shelter, tenting, ☾ privy, bear box. Limited hammocking. ⚠ **No fires permitted**. [42.02877,-73.45382] [42.02838,-73.45330]	1705	685.7
1512.2		Riga Junction, Trail intersects with **Undermountain Trail** leading east (1.1) to Paradise Lane Trail and group camping area, and (1.9) to CT. 41 which is one of the most popular trail heads in CT. [42.03492,-73.45465]	1820	685.2
1512.4	P {5}	Intersects with Bear Mountain Road, old charcoal road. Leads (1.0W) to Mount Washington Road and P parking. [42.03713,-73.45670] P[42.04937,-73.46684]	1920	685.0
1513.0		Cross Bear Mountain summit, rock observation tower. [42.04485,-73.45441]	2316	684.4

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1513.5	State Line	**Connecticut–Massachusetts State Line**. **Paradise Lane Trail** intersects (250FT N) above the ravine and leads east. (0.75E) on Paradise Lane Trail to camping at Paradise Lane Group camping area. Northwest Road intersects (230FT S) and leads (0.8W) to Mount Washington Road and k parking. P[42.04937,-73.46684] [42.05023,-73.45466]	1800	683.9
1513.9		(490FT E) **Sages Ravine Brook campsite**, water falls. water from Sages Brook, tenting, privy, bear box. This is also the summer basecamp for the CT/MA Ridgerunners. No fires permitted. [42.05314,-73.45283] [42.05328,-73.45077]	1360	683.5
1514.5		Sawmill Branch (Sages Ravine).	1340	682.9
1515.5	★★★★★	(0.1W) **Laurel Ridge Campsite**, water at south end of campsite, on side trail, privy, bear box. No fires permitted. [42.06048,-73.43747] [42.06113,-73.43786]	1750	681.9
		This is the start of the MA/CT sections of the AT for southbounders. Fires are not permitted anywhere along the AT in these states.		
1515.8		Cross Bear Rock Stream. Side trail leads (0.1E) to Bear Rock Falls. [42.06313,-73.43737]	1548	681.6
1517.3		**Mount Race** summit, open ledges, views. [42.08228,-73.43197]	2365	680.1
1518.2	★★★★★	**Race Brook Falls Trail**, (0.3E) to Race Brook Campsites, tenting, privy, bear box. (0.4E) to water and waterfalls. Race Brook Falls offers five distinct and very scenic sets of waterfalls. (1.8E) to MA. 41 and trailhead P parking. [42.09370,-73.43561] P[42.08947,-73.41118]	1950	679.2
		Racebrook Lodge 413-229-2916. (www.rblodge.com) Open year round. Call for rates, lowest during off season (Nov-May). M-Th $85-$160, F-Su $115-170. Free WiFi. Stay includes breakfast. Pets $25 per night. Accepts Visa, MC, Disc. [42.08437,-73.41238]		
1518.9		**Mt. Everett**. [42.10200,-73.43261]	2602	678.5
1519.5		Cross summit road, **Mt. Evertt Road**. [42.10595,-73.43413]	2189	677.9
1519.6	P{20}	**Guilder Pond** Picnic Area, day use only, privy. P[42.10700,-73.43585]	2050	677.8
1519.7		Blue-blazed side trail leads west and does a (0.8) mile loop around Guilder Pond, highest fresh water pond in MA. [42.10825,-73.43495]	2042	677.7
1520.0	{10}	(0.1E) **16.9<<<9.5<<8.3<The Hemlocks Shelter>0.1>>14.4>>>19.8** Water is located on the blue blazed access trail, privy. [42.10990,-73.42900]	1880	677.4
1520.1	{4}	(0.1E) **9.6<<<8.4<<0.1<Glen Brook Shelter>14.3>>19.7>>>21.4** Water (stream) is located in front of and downhill from the shelter, 2 tent platforms and extensive tenting area, privy. [42.11113,-73.42830]	1885	677.3
1520.7	★★★★★	**Elbow Trail** leads (1.5E) to **MA. 41**. [42.11909,-73.43106]	1750	676.7
1521.3		**Mt Bushnell summit**. [42.13136,-73.43170]	1830	676.1
1522.4		**Jug End** summit, rocky with good views. [42.14351,-73.43820]	1750	675.0
1523.5	{3}	Cross **Jug End Road (Curtiss Road)**, (0.25E) to spring. [42.14454,-73.43168] P[42.14440,-73.43160]	890	673.9
1524.4	★★★★★	Cross **MA. 41, Undermountain Road**. [42.14612,-73.41654]	810	673.0
South Egremont, MA. (1.2W)				
		(1.1) **PO** M–F 8:15am–12pm & 12:30pm–4pm, Sa 9am–11:30am. 413-528-1571. 64 Main St. South Egremont, MA 01258. [42.16073,-73.41961]		
		(1.2W) **Egremont Market** 413-528-0075 Market & deli, ice cream, trail mix, sodas. M-Su 6:30am-7pm.(6pm in winter). [42.16040,-73.41877]		
		(1.2W) **Mom's Country Cafe'** 413-528-2414. Serves breakfast and lunch, breakfast all day, free coffee refills, outdoor water spigot available, hikers welcome. M-Su 6:30am-3pm. [42.16032,-73.41899]		
1524.6		Cross bog bridges.	707	672.8
1524.8		Trail follows old woods road along a narrow ridge.	791	672.6
1525.2		Cross bog bridges.	722	672.2
1526.0		Cross Hubbard Brook on boardwalk and bridge.	675	671.4
1526.2	P{6}	Cross **Sheffield–Egremont Road**. Shay's Rebellion Monument P[42.14713,-73.38662] [42.14683,-73.38579] [42.14675,-73.38584]	700	671.2
1526.7		Cross Lime Kiln Road, (100E) on road, where **two historical lime kilns** can be seen on the north side of the road. [42.14663,-73.37864]	814	670.7
1527.4		Cross **West Road**. [42.15378,-73.37466]	694	670.0
1527.8		Cross long boardwalk across swamp.	664	669.6
1527.9		Cross active railroad tracks of the Housatonic Railroad. [42.15303,-73.36640]	668	669.5
1528.0	★★★★★	Cross U.S. 7. [42.15346,-73.36445]	700	669.4
Sheffield, MA. (3.0E)				
		PO M–F 9am–4:30pm, Sa 9am–12pm. 413-229-8772. 99 Main St. Sheffield, MA 01257. [42.10980,-73.35421]		
		(6.2E) **Moon in the Pond Farm** 413-229-3092(home) 413-446-3320(text/cell) dom@mooninthepond.org (www.mooninthepond.org) 816 Barnum St., Sheffield, MA 01257. Dominic Palumbo offers free stay in exchange for farm work (minimum full day's work): organic farm meals, tent site, shower, $2 laundry, insight into farming, farm work and food justice issues. Call ahead to reserve. Plan to arrive late afternoon for following work day. Pick up and drop off from: Salisbury, CT, Jug End Rd, MA 41, Shay's Rebellion, US Rte. 7, Home Rd. or Great Barrington. [42.07817,-73.38146]		
Great Barrington, MA. (3.0W) (all major services) See Great Barrington, MA map.				
		PO M-F 8:30am-4:30pm, Sa 8:30am-12:30pm. 413-528-3670. 222 Main St. Great Barrington, MA 01230. [42.19635,-73.36141]		
		Days Inn 413-528-3150. No pets. Rates $89 and UP, includes continental breakfast, free WiFi, non-smoking rooms. [42.19228,-73.36478]		
		Mountain View Motel 413-528-0250. (www.themountainviewmotel.com) No pets. Week days $69S $89D, $20EAP +tax. Microwave, fridge, free WiFi. Rides sometimes available. [42.19478,-73.33821]		
		Monument Mountain Motel 413-528-3272. (www.monumentmountainmotel.com) Weekdays $65S $75D. Free WiFi, outdoor pool. [42.20713,-73.34685] Mail drops for guests with reservations: 247 Stockbridge Rd, Rt 7, Great Barrington, MA 01230.		
		Fairfield Inn & Suites 413-644-3200. No pets. Prices seasonal, call for pricing. Full breakfast, heated pool and hot tub. [42.20764,-73.34802] Mail drops for guests with advance reservations: 249 Stockbridge Rd, Rt 7, Great Barrington, MA 01230.		
		Travel Lodge 413-528-2340 Su-Th $59-89D + tax, $10EAP, continental breakfast, coin laundry, free WiFi. [42.21286,-73.34435]		

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(5.0W) **Berkshire South Regional Community Center** 413-528-2810. (www.berkshiresouth.org) 15 Crissey Rd at north end of town. No Pets. No smoking, drugs, alcohol. Free tenting, check-in at front desk. $8PP for use of facilities, showers, saunas, pool. Free dinner M 5pm-6pm, donations accepted. [42.21289,-73.34426]

Berkshire Food Co-op 413-528-9697. (www.berkshire.coop). M-Su 8am-8pm. [42.19317,-73.36164]

Price Chopper 413-528-8415. M-Sa 6am-12am, Su 7am-12am;
Pharmacy M-F 8am-8pm, Sa 9am-7pm, Su 9am-3pm. [42.21006,-73.34413]

Big Y Foods 413-528-1314. M-F 7am-10pm, Sa 7am-10pm, Su 7am-9pm;
Pharmacy 413-528-5460 M-F 9am-8pm, Sa 9am-5pm. [42.18052,-73.36559]

Aroma Bar & Grill 413-528-3116, 413-528-3992. (www.aromabarandgrill.com) Lunch M-closed, Tu-Su 11:30am-3pm. Dinner M-Th 4:30pm-10pm, F-Su 4:30pm-10:30pm. [42.18876,-73.36416]

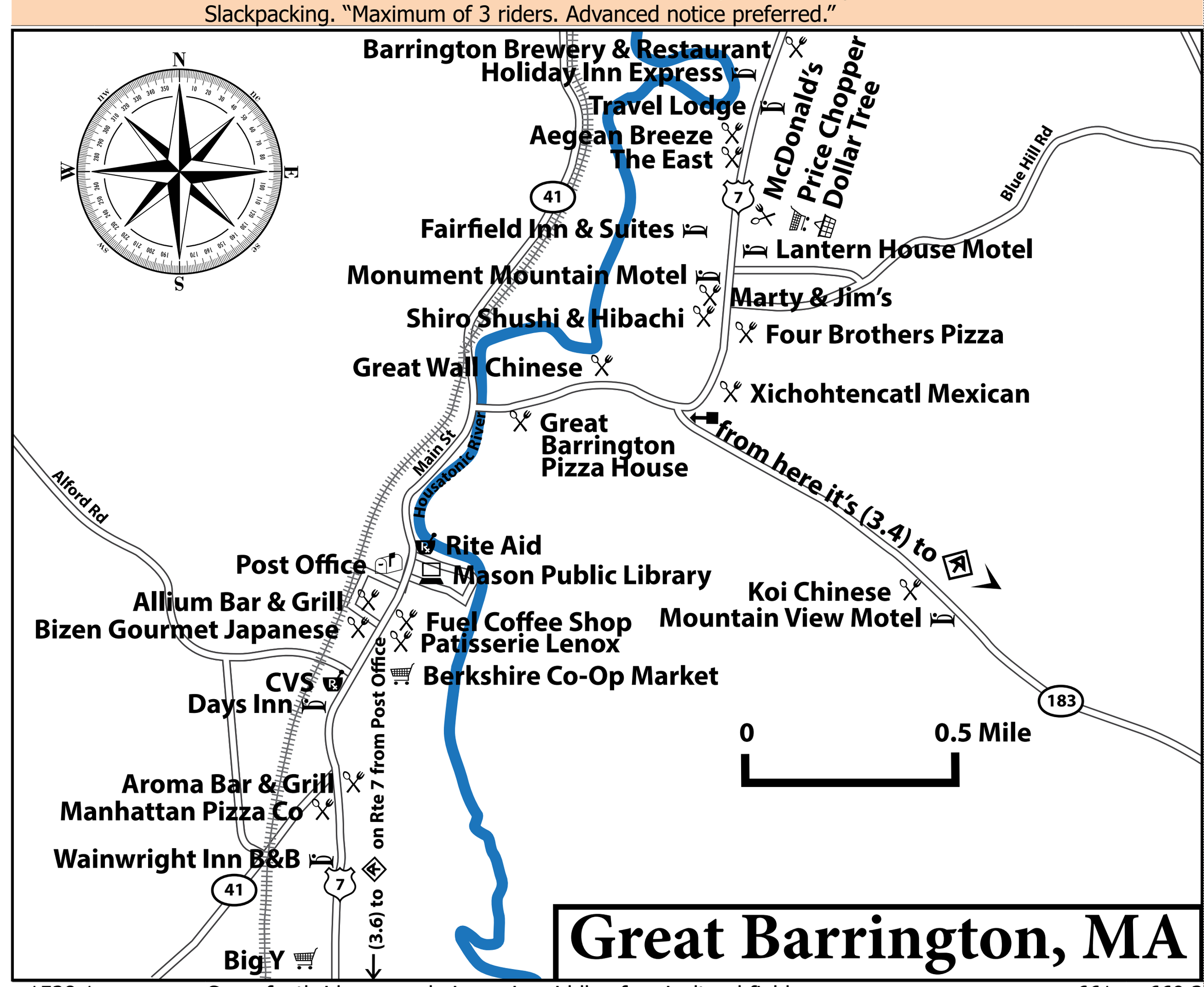
Manhattan Pizza 413-528-2550. M-Th 11am-10pm, F-Sa 11am-11pm, Su 12pm-10pm. [42.18857,-73.36464]

Four Brothers Pizza 413-528-9684. M-Su 10am-10pm. [42.20394,-73.34625]

McDonald's 413-528-0434. M-Su 5am-11pm. [42.20990,-73.34536]

Fairview Hospital 413-528-0790. (www.berkshirehealthsystems.org/fairview) M-Su 24 hours. [42.19086,-73.37162]

Jess Treat 860-248-5710 (cell/text) jesstrea@gmail.com. Owner: Jessica Treat. Based out of Sheffield, MA. Pet friendly. 7 days, Feb - Oct, especially Fri-Sun, 7am to 7pm & some holidays. **S to Bear Mtn, NY ➤ N to Manchester Center, VT** & airport, bus & train terminals. Slackpacking. "Maximum of 3 riders. Advanced notice preferred."



Great Barrington, MA

1528.1		Cross footbridge over drainage in middle of agricultural fields.	661	669.3
1528.9	P {6}	Cross **Housatonic River Bridge, Kellogg Road**. [42.14404,-73.35981] [42.14431,-73.36073]	720	668.5
1529.3		Cross **Boardman Street** near it's intersection with Kellogg Road. [42.14417,-73.35288]	694	668.1
1529.9		Cross rim of **June Mountain**. [42.15338,-73.34405]	1206	667.5

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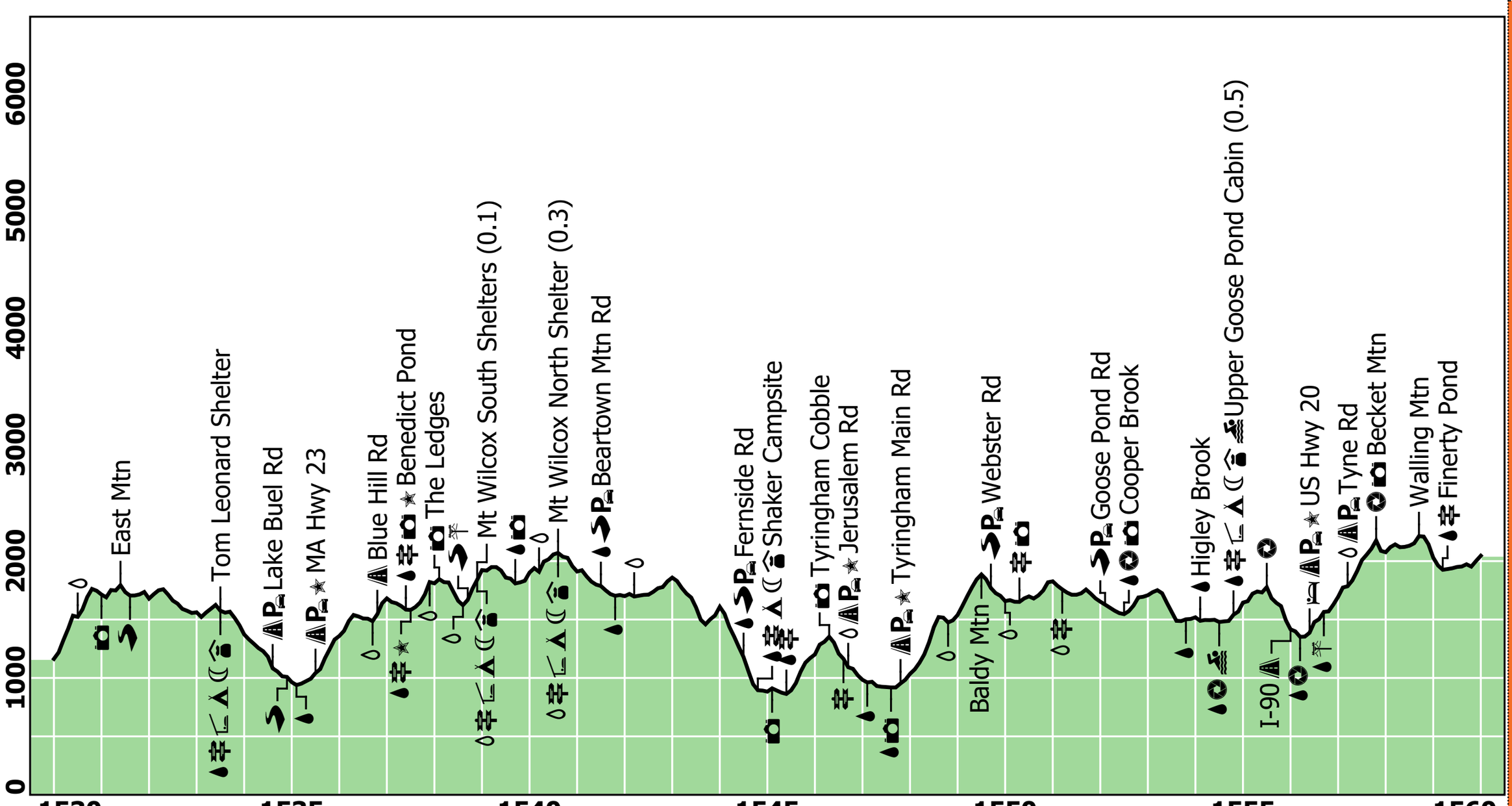

1530.6		Cross intermittent brook.	1184	666.8
1530.9	P{5}	Cross **Home Road, also known as Brush Hill Road**. **(2.3W) to Great Barrington**. [42.15490,-73.34125] P[42.15483,-73.34121]	1150	666.5
1531.9		View. [42.15474,-73.33129]	1713	665.5
1532.3		Ridge at southern end of **East Mountain**, offers good views.	1800	665.1
1533.4		Cross overgrown woodland road.	1681	664.0
1534.4	{10}	(141FT E) **22.7<<<14.4<<14.3<Tom Leonard Shelter>5.4>>7.1>>>21.1** Water (stream) is located (0.2) down a ravine on a blue blazed trail to the left of the shelter, campsite overlooking ravine north of shelter, privy, bear box, view. [42.16488,-73.30585]	1540	663.0
1534.5		Steep cliffs, view.	1616	662.9
1535.5	P{10} ★★★★★	Cross **Lake Buel Road**, paved. [42.17432,-73.29370] P[42.17470,-73.29396]	1150	661.9
1535.9		Cross dirt road.	1008	661.5
1536.0		Cross broken cement dam. [42.17937,-73.29080]	940	661.4
1536.4	P{15} ★★★★★	Cross **MA. 23**, paved. [42.18398,-73.29064] P[42.18427,-73.29057]	1050	661.0
Great Barrington, MA 01230 (4.0W) See NOBO mile 1525.1.				
1536.8		Intersects with unmarked trail.	1342	660.6
1537.4		Cross 100 yards of bog bridges and stepping stones in red maple swamp.	1502	660.0
1537.6		Cross **Blue Hill Road (Stony Brook Road)**. [42.19506,-73.28501]	1550	659.8
1538.0		Follows woods road for a short distance, passes semicircle charcoal pit.	1657	659.4
1538.3	P{20}	Intersects with blue-blaze trail leading (0.4W) to trailhead parking on Benedict Pond Road. Another blue-blaze trail leads (0.5W) on south shore of **Benedict Pond** to state forest camping and swimming area. [42.20070,-73.28276] P[42.20270,-73.28880]	1604	659.1
1538.4		Cross bog bridges across outlet of Benedict Pond, (0.4W) to tenting and to water to state forest camping and swimming area. [42.20246,-73.28135]	1620	659.0
1538.5		Cross abandoned road bridge.	1643	658.9
1538.8		Cross footbridge.	1797	658.6
1539.0		Follow the **Ledges** with views.	1820	658.4
1539.6		Old woods road. [42.20644,-73.26919]	1676	657.8
1539.8	{6} {16} {5}	**19.8<<<19.7<<5.4<Mt. Wilcox South Shelter>1.7>>15.7>>>24.7** Two shelters located here. Old shelter (0.1E), New shelter (0.2E). Water (spring) is crossed en-route to the shelters, tenting, privy, bear box. New: [42.20723,-73.26731] Old: [42.20775,-73.26821]	1720	657.6
1540.7		Cross Swann Brook. [42.21427,-73.25982]	1816	656.7
1541.5	{10}	(0.2E) **21.4<<<7.1<<1.7<Mt. Wilcox North Shelter>14.0>>23.0>>>31.8** Water is located in front of shelter, privy. [42.22110,-73.25020]	2100	655.9
1542.0		Cross ATV trail (Airplane Trail).	1815	655.4
1542.1	P	Cross **Beartown Mountain Road**, culvert directs stream to beaver dam. (0.2E) on Beartown Mountain Road to P parking. [42.22927,-73.24779] P[2.22771,-73.24470]	1800	655.3
1542.3		Cross East Brook (upstream). [42.23193,-73.24746]	1759	655.1
1542.4		Cross East Brook (downstream). [42.23193,-73.24746]	1739	655.0
1542.6		Cross footbridge over a series of beaver dams.	1703	654.8
1545.3	P	Cross **Fernside Road/Jerusalem Road**, dirt, (0.2E) to water. [42.25004,-73.22730] P[42.25000,-73.22730]	1200	652.1
1545.6	{2}	Side trail leads (130FT E) to **Shaker Campsite**, water is at AT stream crossing 100 yards north of campsite, {2} tent platforms and more room on the ground, privy, bear box. [42.25180,-73.22451]	1000	651.8
1545.9		Cross pipe line.	1500	651.5
1546.4		Tyringham Cobble Loop (south end)leads west. [42.24810,-73.21419]	1122	651.0
1546.4		Tyringham Cobble Loop (north end) leads west. [42.24051,-73.21066]	1182	651.0
1546.7		Cobble Hill bypass trail (south end). [42.24499,-73.21263]	1249	650.7
1547.1		**Cobble Hill** summit, views. [42.24346,-73.21050]	1355	650.3
1547.3		Cobble Hill bypass trail (north end). [42.24104,-73.21125]	1206	650.1
1547.6	P{3} ★★★★★	Cross **Jerusalem Road**. (0.1W) on left side of road. [42.23817,-73.20929] P[42.23790,-73.20941]	930	649.8
	★	**Trail Magic**. Small booth sometimes has sodas, chips, snacks, eggs. It's all on the honor system. Do not abuse this or it will not continue. [42.23882,-73.20869]		
Tyringham, MA. (0.6W)				
		PO M–F 9am–12:30pm & 4pm-5:30pm, Sa 8:30am–12:30pm. 413-243-1225. 118 Main Rd. Tyringham, MA 01264. [42.24590,-73.20431]		
		Tyringham Free Public Library 413-243-1373 Next door to the PO. Free WiFi. M closed, Tu 3pm-5pm, W-F closed, Saturday 10am-12pm, Su closed. [42.24592,-73.20433]		

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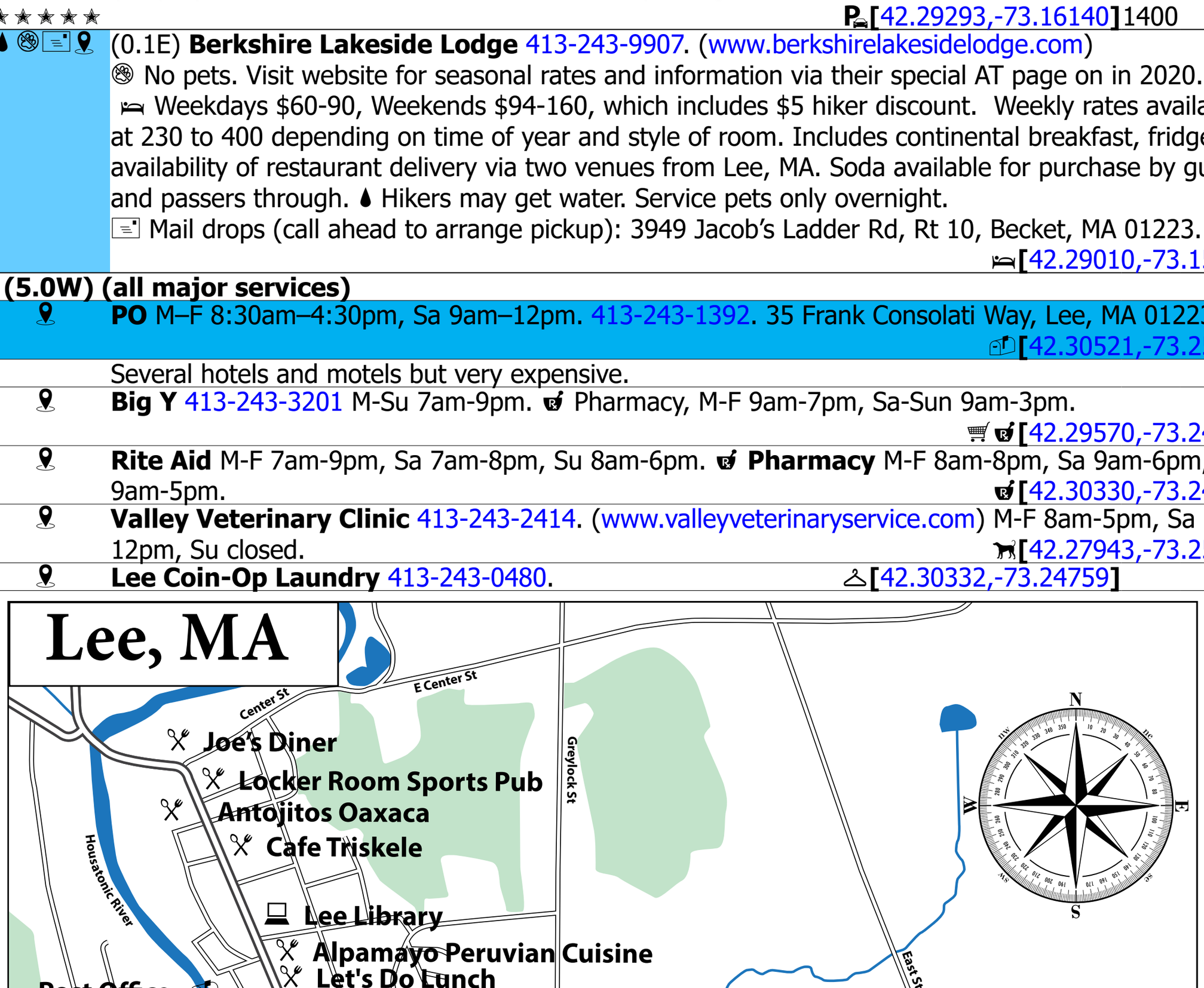
Lee , MA 01238 (5.0W) See Notes at mile 1557.3				
1547.7		Cross active cow pasture. Watch out for bulls and cow pies! :)	889	649.7
1547.9		Cross intermittent brooks.	891	649.5
1548.0		Cross buried pipe line.	903	649.4
1548.6		Cross extensive boardwalk over wet fields.	956	648.8
1548.7	P{5} ★★★★★	Cross **Tyringham Main Road**. [42.23480,-73.19425] P[42.23530,-73.19440]	930	648.7
Tyringham, MA 01264 (0.9W) See Notes at mile 1547.6				
Lee , MA 01238 (5.3W) See Notes at mile 1557.3				
1550.3		Baldy Mountain summit. [42.25045,-73.17907]	1880	647.1
1550.6	P{2}	Cross **Webster Road**. [42.25248,-73.17886] P[42.25255,-73.17895]	1800	646.8
1550.8		Brook [42.25465,-73.17614]	1732	646.6
1551.0		Unmarked trail gives view to Knee Deep Pond west.	1654	646.4
1552.1		Blue blazed side trail leds (50 ft) west to spring.	1762	645.3
1553.0	P{10}	Cross **Goose Pond Road**, gravel, P parking (0.1E). [42.27442,-73.18427] P[42.27440,-73.18360]	1650	644.4
1553.2		Telephone pole bridge over marsh of Cooper Brook beaver pond. [42.27895,-73.18450]	1570	644.2
1554.9		Cross Higley Brook, outlet of Upper Goose Pond. [42.28136,-73.16358]	1500	642.5
1555.4		Pass old Chimney and Plaque	1520	642.0
1555.5	{14}	(0.5W) **21.1<<<15.7<<14.0<Upper Goose Pond Cabin>9.0>>17.8>>>34.5** Open daily mid May - mid Oct. AT Passport location. Cabin offers bunks, fireplace, covered porch. Cabin may be full during peak season. Tenting platforms, privy, bear box, swimming and canoeing. During the summer, the resident volunteer caretaker brings water by canoe from a spring across the pond; otherwise, the pond is the water source. No fee is charged for staying at this site but donations are appreciated. **No Alcohol.** Campsites open year round. [42.28806,-73.17311] [42.28865,-73.18130]	1480	641.9
1555.7		Ridge overlooking I-90 and Upper Goose Pond Natural Area, register box. **No camping or fires allowed**.	1752	641.7
1556.9		Cross **I-90 MA**. Turnpike, pedestrian bridge. [42.28904,-73.15815] [42.28890,-73.15719]	1400	640.5
1557.0		Cross Greenwater Brook on high bridge over historical mill site on outlet stream. [42.29009,-73.15790]	1400	640.4
1557.3	P{20} ★★★★★	Cross **U.S. 20**. (43 yds) north of U.S. 20 trail leads west to P parking area. [42.29149,-73.15743] [42.29182,-73.15737] P[42.29293,-73.16140]	1400	640.1
		(0.1E) **Berkshire Lakeside Lodge** 413-243-9907. (www.berkshirelakesidelodge.com) No pets. Visit website for seasonal rates and information via their special AT page on in 2020. Weekdays $60-90, Weekends $94-160, which includes $5 hiker discount. Weekly rates available at 230 to 400 depending on time of year and style of room. Includes continental breakfast, fridge and availability of restaurant delivery via two venues from Lee, MA. Soda available for purchase by guests and passers through. Hikers may get water. Service pets only overnight. Mail drops (call ahead to arrange pickup): 3949 Jacob's Ladder Rd, Rt 10, Becket, MA 01223. [42.29010,-73.15592]		
Lee, MA. (5.0W) (all major services)				
		PO M–F 8:30am–4:30pm, Sa 9am–12pm. 413-243-1392. 35 Frank Consolati Way, Lee, MA 01223. [42.30521,-73.25071]		
		Several hotels and motels but very expensive.		
		Big Y 413-243-3201 M-Su 7am-9pm. Pharmacy, M-F 9am-7pm, Sa-Sun 9am-3pm. [42.29570,-73.24058]		
		Rite Aid M-F 7am-9pm, Sa 7am-8pm, Su 8am-6pm. **Pharmacy** M-F 8am-8pm, Sa 9am-6pm, Su 9am-5pm. [42.30330,-73.24713]		
		Valley Veterinary Clinic 413-243-2414. (www.valleyveterinaryservice.com) M-F 8am-5pm, Sa 8am-12pm, Su closed. [42.27943,-73.25441]		
		Lee Coin-Op Laundry 413-243-0480. [42.30332,-73.24759]		



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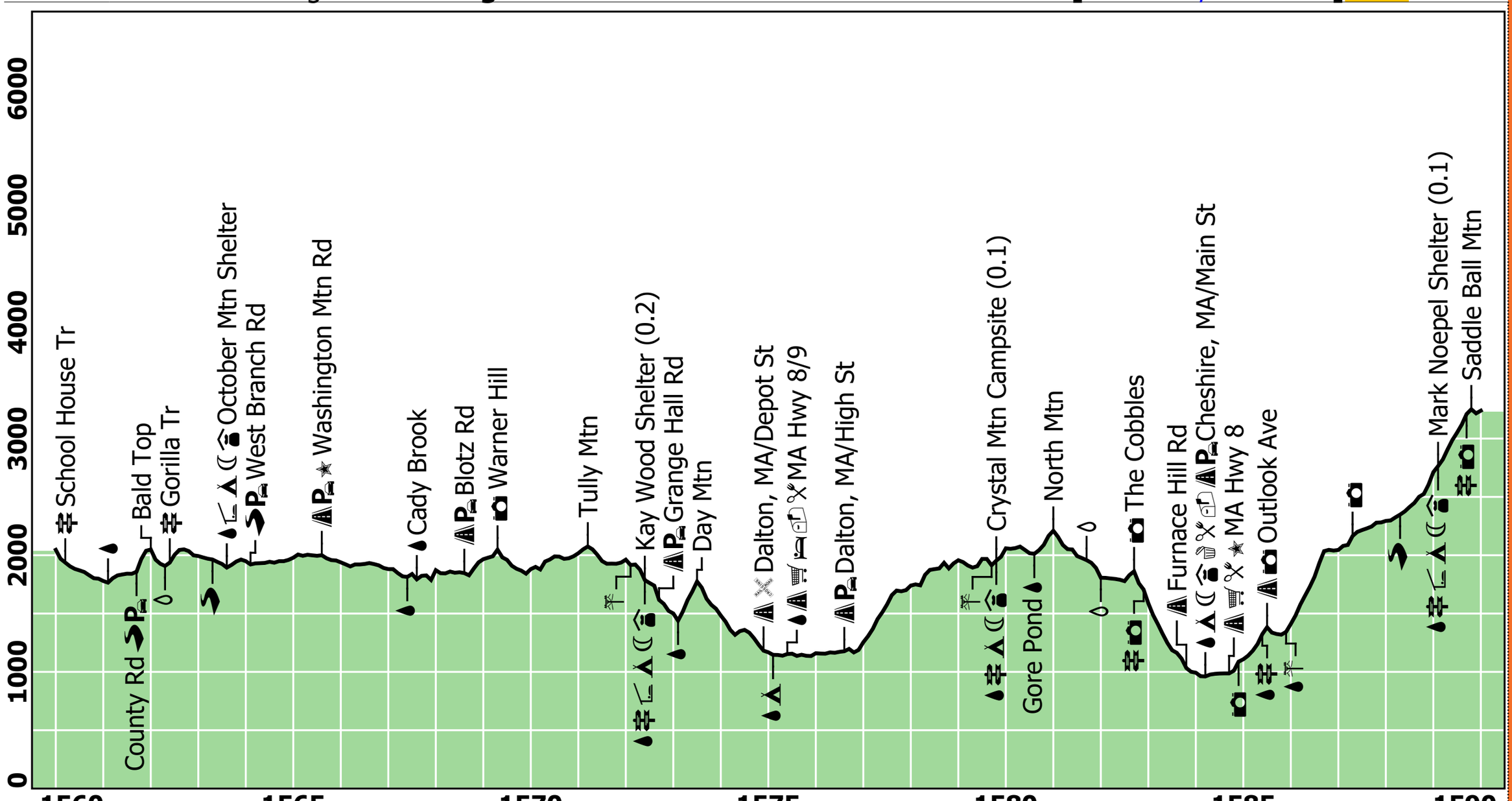
1557.5		Power line. [42.29132,-73.15161]	1574	639.9
1558.1	P	Cross **Tyne Road also known as Becket Road**. US. 20 is (0.9) west. MA 8 is (3.5) east. Very limited **P** parking. [42.29682,-73.15037] **P** [42.29680,-73.15048]	1750	639.3
1558.6		**Becket Mountain** summit, concrete footing mark the location of the old fire tower, register box. [42.30177,-73.14578]	2180	638.8
1559.6		Overgrown **Walling Mountain**. [42.31059,-73.15797]	2220	637.8



1560.2		South side of **Finerty Pond**, crosses an ATV trail. [42.31288,-73.16349]	1900	637.2
1560.5		Skirt west side of Finerty Pond.	1928	636.9
1560.7		Northwest side of Finerty Pond.	1947	636.7
1561.0		High point north of Finerty Pond	2070	636.4
1561.2		**School House Trail**, ATV trail. [42.31924,-73.16543]	1991	636.2
1561.9		Washington Mountain Brook. [42.32847,-73.16873]	1803	635.5
1562.7	P	Cross **County Road**, road leads (4.0) east to MA. 8. [42.33319,-73.16235]	1850	634.7
1562.9		**Bald Top** summit, overgrown, [42.33619,-73.16210]	2040	634.5
1563.4		**Gorilla Trail**, motorcycle/ATV trail. [42.34240,-73.16292]	1933	634.0
1564.5	{12}	(45FT W) **24.7<<<23.0<<9.0<October Mountain Shelter>8.8>>25.5>>>32.1** Water (stream) is located south of the shelter on the AT, tenting, privy, bear cables. [42.35486,-73.15450]	1950	632.9
1565.2	P	Cross **West Branch Road**. Beavers often plug culverts in this area. [42.36171,-73.15321] **P** [42.36180,-73.15280]	1960	632.2
1566.6		Intersects with service road leading west.	1978	630.8
1566.7	P {6} ★★★★★	Cross **Washington Mountain Road**, **Beach Road**. [42.37700,-73.15077] **P** [42.37715,-73.15065]	2000	630.7
		(0.1 E) **Home of the "Cookie Lady" and Blueberry Hill**. Pick your own blueberries. Water spigot near the garage door, please sign register on the steps. Homemade cookies are often available and other items. Camping allowed, ask permission first. Contact Ruth or Michael Sangree, 47 Washington Mountain Road, Becket, MA 01223; contact via text (860) 942-1038 or email: atblueberryhill@gmail.com [42.37605,-73.14960]		

Becket, MA. (5.0E)

		PO M–F 8am–4pm, Sa 9am–11:30pm. 413-623-8845. 623 Main St. Becket, MA 01223. [42.27885,-73.06028]		
		Becket Motel 413-623-8888. (www.thebecketmotel.com) $95-156 +tax, includes shuttle from and to US 20 or Washington Mountain Rd. Tavern next door. coin laundry, WiFi. Mail drops for guests: 29 Chester Road, Becket, MA 01223. [42.26435,-73.04856]		
1568.7		**Cady Brook**. [42.39876,-73.15036]	1950	628.7
1569.9	P {4}	Cross **Blotz Road** through small **P** parking lot. [42.40939,-73.14976] **P** [42.40946,-73.14975]	1850	627.5
1570.6		**Warner Hill** summit just off the trail to east, view of Mt. Greylock. [42.41745,-73.15217]	2050	626.8
1572.3		**Tully Mountain** summit. [42.44005,-73.15912]	2070	625.1
1573.2		Power line. [42.44989,-73.16614]	1936	624.2
1573.3	{10}	(0.2E) **31.8<<<17.8<<8.8<Kay Wood Shelter>16.7>>23.3>>>35.7** Water is located on a blue blazed trail to the left of the shelter, privy, bear box. [42.45213,-73.16163]	1860	624.1
1573.6	P	Cross **Grange Hall Road**. [42.45641,-73.16176] **P** [42.45660,-73.16186]	1650	623.8
1573.9		Cross Barton Brook. [42.45933,-73.16419]	1452	623.5
1574.3		**Day Mountain** Summit. [42.46214,-73.15959]	1780	623.1
1575.7		Cross CSX Railroad crossing. [42.46877,-73.15941]	1250	621.7
1575.8		Cross intersection of **Housatonic Street and Depot Street**. [42.46954,-73.15900]	1245	621.6
1576.2	★★★★★	Intersects with **Depot St.**, water at 83 Depot St. [42.47177,-73.15684]	1240	621.2
		Thomas Levardi's hostel, **see notes under Dalton, MA. listing.**		
1576.3		Juntion of **Depot Street and MA. 8**. [42.47405,-73.15650]	1200	621.1
1576.4	★★★★★	Junction of **High Street with MA. 8 and MA. 9. Dalton, MA. See Dalton, MA map.** [42.47428,-73.15979]	1200	621.0
		PO M-F 8:30am-4:30pm, Sa 9am-1pm. 413-684-0364. 609 Main St. Dalton, MA 01226. [42.56181,-73.15786]		
		Thomas Levardi 83 Depot St., 413-684-3359, cell 413-212-9691. Not pet friendly. AT Passport location. Allows hikers to use a water spigot outside his home and provides the hospitality of his front porch and back yard for tenting (limited space, get permission first) [42.471818,-73.156796]		

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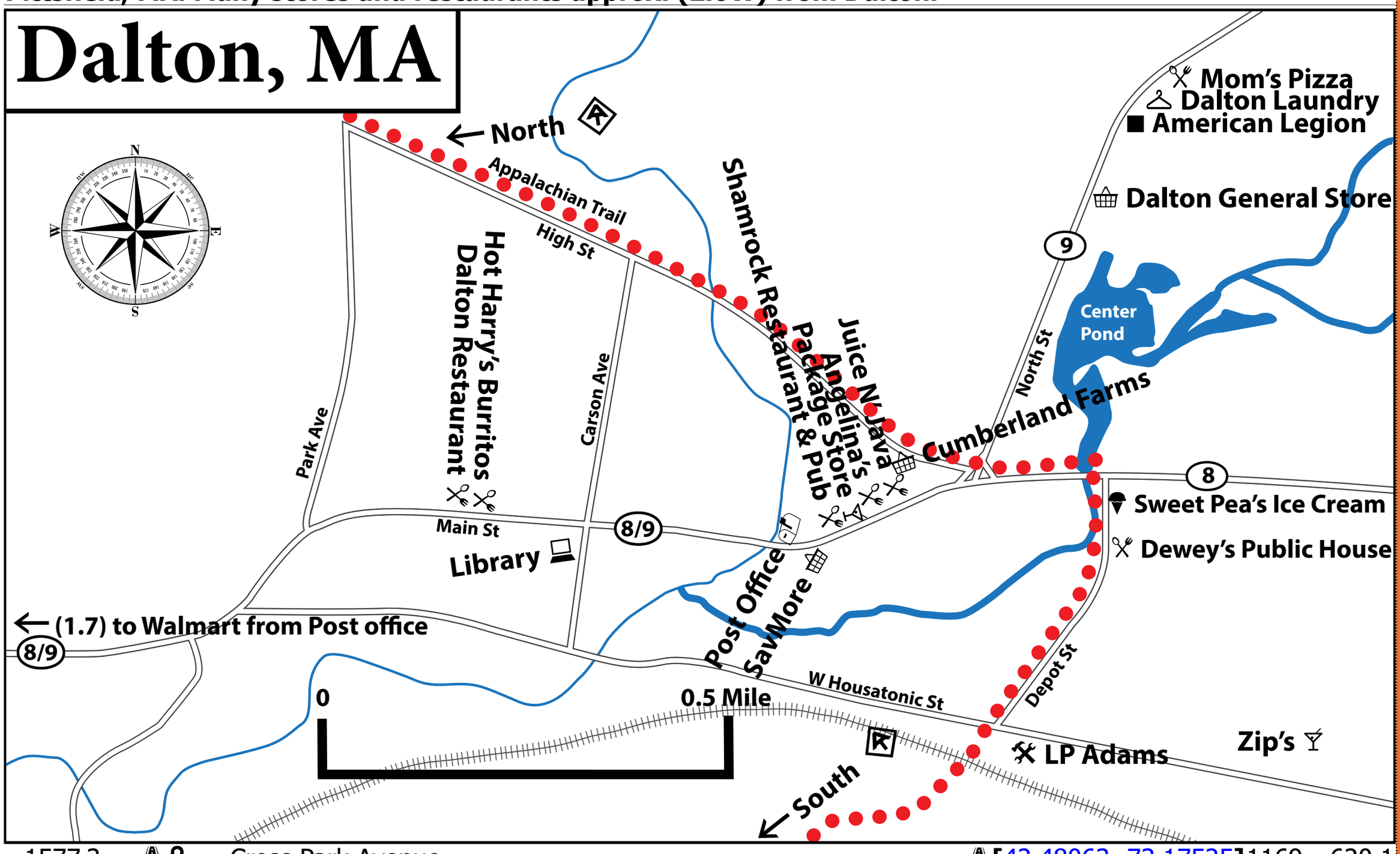
		Shamrock Village Inn 413-684-0860. (www.shamrockvillage.webs.com) AT Passport location. Hiker rates Su-Th are $70.60S, $75D, $85 king bed. F-Sa prices $85.50/$93.60/$99 respectively. Add tax to all prices. Well behaved pets allowed with $75 deposit. Coin laundry, free use of computer and WiFi. [42.47358,-73.16348]	
		(2.3W) **Walmart** 413-442-1971. M-Su 7am-12am; **Pharmacy** M-F 8am-8pm, Sa 9am-7pm, Su 10am-6pm. [42.46491,-73.19802]	
		Price Chopper 413-443-5449. M-Su 7am-12am. [42.46677,-73.19561]	
		Angelina's Subs 413-443-9875. (www.angelinassubshop.com) M-Su 8:30am-11pm. [42.47337,-73.16257]	
		Dalton Restaurant 413-684-0414. Serves breakfast, lunch and dinner. M-Th 6am-8pm, F-Sa 6am-8:30pm, Su 6am-12:30pm. [42.47347,-73.17205]	
		SweetPea's Ice Cream Shop 413-684-9799. Serving 32 flavors of Hershey's ice cream, Hot Dogs, Pulled Pork and Chicken Sandwich, and a daily Lunch Special. Summer hours; M-Th 12pm-9pm, F-Sa 12pm-10pm, Su 1pm-8pm. [42.47389,-73.15605]	
		Dewey's Public House 413-684-0900 (www.deweyspublichouse.com) M-F 5pm-9pm, Sa 4pm-12pm, Su 4pm-11pm. [42.47361,-73.15603]	
		Dalton Laundry 413-684-9702. M-F 9am-5:30pm, Sa 8am-4:15pm, Su 10am-2pm. [42.48115,-73.15524]	
		(0.7 from AT) **Dalton CRA** (www.daltoncra.org) 413-684-0260. Free Showers M-F 5am-8pm, Sa 7am-3:30pm, Su 9am-1pm. [42.47303,-73.17204]	
		O'Laughlin's Pharmacy 413-684-0023. [42.47340,-73.16249]	
		LP Adams 413-684-0025. (www.lpadams.com) Coleman fuel and denatured alcohol available. M-F 6am-5pm, Sa 6am-1pm, Su closed. [42.46946,-73.15968]	
		Andrus Transportation 413-841-4362 (cell) Owner: Deborah Andrus. Based out of Berkshire Cty, MA. Insured. 365 days, 24/7 & holidays. **S to CT & NY ◄ ► N to VT** & airport, bus & train terminals. Slackpacking. "I will try to accommodate everyone that contacts me." Covid precautions. Masks required.	
		Walter Shuttle Service 413-664-1441 (cell) pesachtheactor@gmail.com pvwalter@gmail.com OWNER: Pesach Walter. Based out of Dalton MA. Pet friendly. Insured. 7 Days, 24/7 & holidays. **S to NYC ◄ ► N to Maine** & airport, bus & train terminals. Slackpacking. **P** Parking w/ fee.	

Pittsfield, MA. Many stores and restaurants approx. (2.0W) from Dalton.



1577.3		Cross Park Avenue. [42.48063,-73.17525]	1169	620.1
1577.4		Cross parking lot on Gulf Road which becomes High Street, hiker kiosk. P {6} [42.48171,-73.17821]	1180	620.0
1579.5		Hoosic River, unreliable. [42.50477,-73.16883]	1927	617.9
1581.0		Power line. **Beware!** Bears are around when the berries abound!	1920	616.4
1581.1	{5}	(0.2E) **Crystal Mountain Campsite**, Water source crosses AT just north of side trail to campsite and can be dry in the summer, privy, bear box, picnic table. [42.51545,-73.15927]	2100	616.3
1581.4		Cross outlet of Gore Pond. [42.52404,-73.15499]	2050	616.0
1581.9		**North Mountan** summit. [42.52873,-73.15591]	2210	615.5
1583.9		Blue blaze side tail to **The Cobbles**, series of white quartz ledges, good views. [42.55032,-73.14772]	1850	613.5
1584.7		Intersection of **Furnace Hill Road and East Main Street**. [42.56162,-73.15464]	964	612.7
1584.9		Intersects with Church St., Hoosic River, Ashuwillticook Rail Trail. [42.56200,-73.15693]	950	612.5
1585.1	★★★★★	Intersects with Church St., School St., hiker kiosk. Post office across the street. **Cheshire, MA. See Cheshire, MA map**. [42.56280,-73.15762] P [42.56145,-73.15760] P [42.56251,-73.15660]	970	612.3
		PO M-F 7:30am-1pm & 2pm-4:30pm, Sa 8:30am-11:30am. 413-743-3184. 214 Church St. Cheshire, MA 01225. [42.56181,-73.15786]		
		Diane's Twist 413-743-9776. AT Passport location. Limited hours, deli sandwiches, soda, ice cream. [42.56209,-73.15640]		

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Father Tom Campsite Across the street from Diane's Twist, heading NOBO on AT, take the left before the Cheshire snow plow. The entrance is on the left. For use by individual hikers only, no organized groups. ⛺ 10 tents and 2 night stay, maximum. Hammock poles. ☾ Port-a-potty, water, bear box, picnic table, and electricity available. Bicycles for local use. **⚠ No smoking/alcohol/drugs of any kind. No fires**. Open May 1 - Oct. 30. Sponsored by the Cheshire A.T. Committee. ⛺[42.56138,-73.15663]

The following places will deliver here:
Bass Water Grill, 413-743-1911
Lee's Dynasty, 413-743-3333
Chees Chinese, 413-743-7270
Vivaldi's Pizzeria, 413-236-5633

Cheshire Sporting Goods 413-776-7216. Dehydrated foods, stove fuel.
M Closed, M-F 4pm-9pm, Sa-Su 9am-4pm. [42.56187,-73.16376]

Cheshire Public Library 413-743-4746. M 9am-3pm, Tu 11am-2pm & 5pm-8pm, W closed, Th 3:30pm-6:30pm, F-Su closed. [42.56188,-73.16276]

1585.6 Cross **MA. 8. See Cheshire, MA map**. [42.56772,-73.15930] 1000 611.8

(0.1W) **Dollar General**. [42.56681,-73.16115]

(0.2W) **Shell** 413-743-1535. M-Su 9am-5pm. [42.56631,-73.16324]

(0.2W) **Dunkin' Donuts** 413-749-7007. M-Su 5am -11pm. [42.56644,-73.16348]

Harbour House Inn B&B 413-441-6644 (www.harbourhouseinn.com) AT Passport location.
Prices starting at $195, ask about hiker rate. Pickup and drop off when available. Hiker laundry. Free WiFi. [42.57772,-73.15162]
Mail drops of guest only: 725 North State Rd. Cheshire, MA 01225.

(2.2E) **Berkshire Outfitters** 413-743-5900. (www.berkshireoutfitters.com) Full-service outfitter. Coleman fuel and alcohol by the ounce, canister fuel, freeze-dried foods. Often provides return ride to Cheshire. M-F 10am-6pm, Sa 10am-5pm, Su 11am-4pm. [42.59927,-73.13958]

Adams, MA. (4.2E)

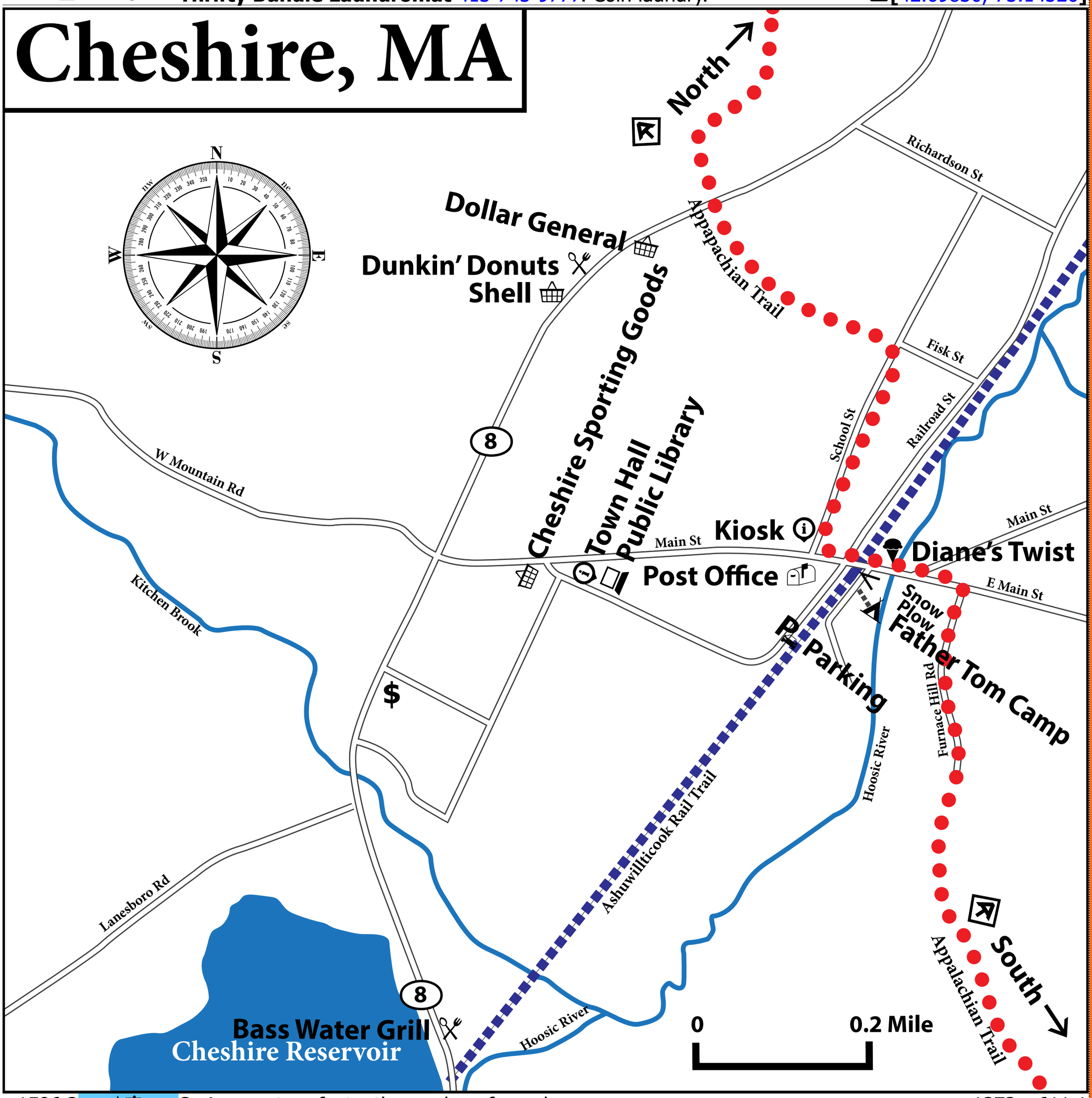
PO M–F 8:30am–4:30pm, Sa 10am–12pm. 413-743-5177. 1 Center St. Adams, MA 01220. [42.62016,-73.12056]

Big Y Foods Supermarket 413-743-1941. M-Su 7am-9pm; **Pharmacy** 413-743-5702. M-F 8am-7pm, Sa 8am-5pm, Su closed. [42.70112,-73.11053]

Rite Aid 413-743-4659. M-Sa 8am-8pm, Su 9am-5pm; **Pharmacy** M-F 8am-8pm, Sa 9am-6pm, Su 8am-5pm. [42.70121,-73.11092]

Adams Veterinary Clinic 413-743-4000. (www.adamsveterinary.com) M, Closed, Tu 8:30am-12pm, W 8:30am-12pm & 1:30pm-5pm, Thu 1:30pm-5:30pm, F 8:30am-12pm & 1:30pm-5pm, Sa-Su closed. [42.67805,-73.10641]

Thrifty Bundle Laundromat 413-743-9777. Coin laundry. [42.69830,-73.14326]



1586.3		Spring west on footpath on edge of woods.	1373	611.1
1586.4		Cross **Outlook Ave**, between hayfields. There is a curious rock and tree formation called Reynolds Rock on side of road crossing. [42.57585,-73.16434]	1350	611.0
1586.6		Power lines. [42.57644,-73.16991]	1353	610.8
1588.1		Views from open ledges.	2217	609.3
1589.1	P{15}	Cross **Old Adams Road**, dirt, [42.59869,-73.17775]	2350	608.3

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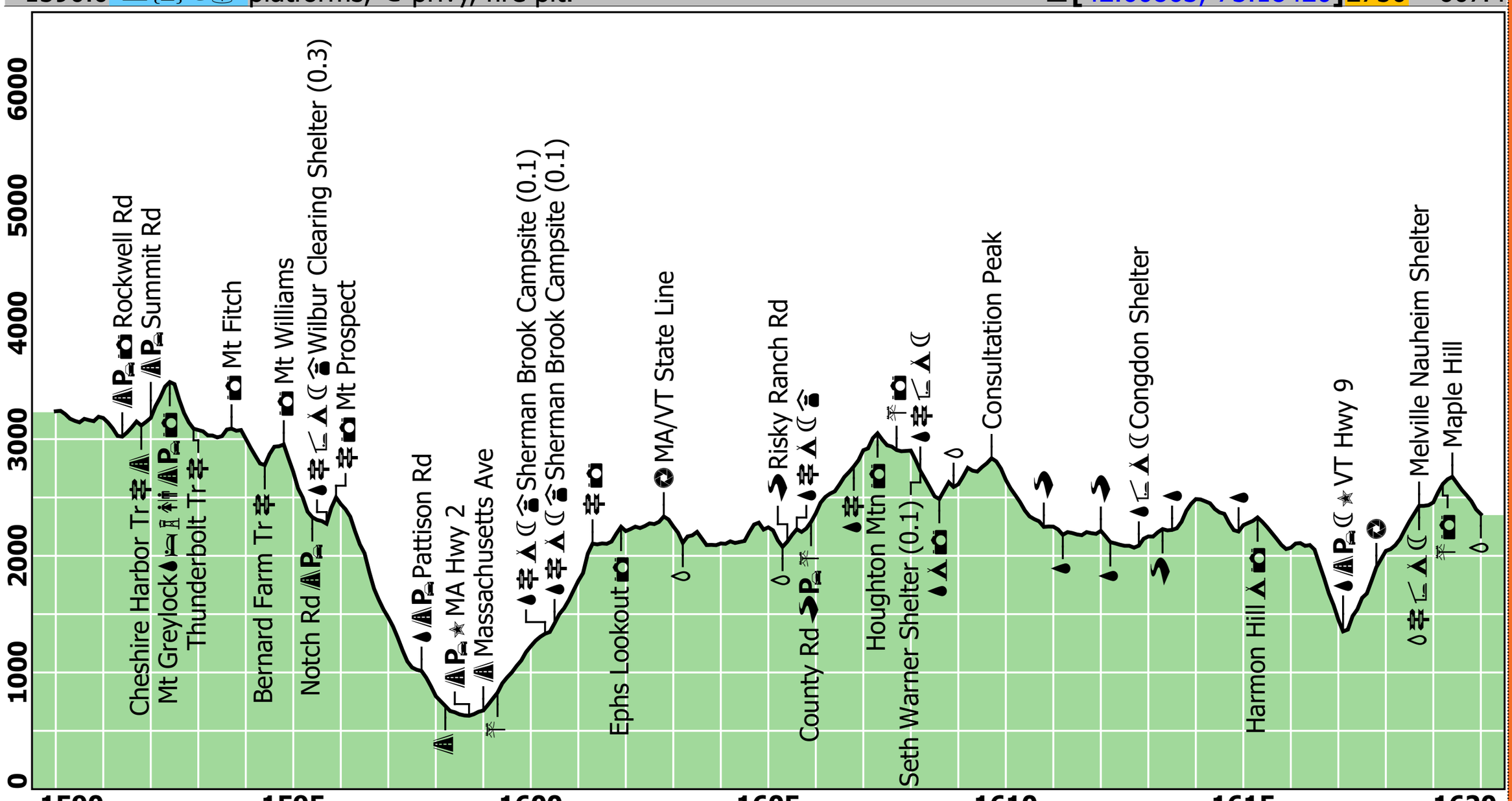
1590.0	{10} {2}	(0.2E) **34.5<<<25.5<<16.7<Mark Noepel Shelter>6.6>>19.0>>>23.7** Water (stream) is located on a blue blazed trail to the right of the shelter, tenting platforms, privy, fire pit. [42.60863,-73.18420]	2750	607.4



1590.6		Jones Nose Trail comes in from west to intersects along the southern end of **Saddle Ball Mountain**. [42.61318,-73.19178]	3150	606.8
1591.0		Saddle Ball Mountain. [42.61716,-73.18972]	3248	606.4
1592.2		View of Mt. Greylock just north of bog bridges.	3254	605.2
1592.5		Meet **Rockwell Road** at hairpin turn in road. Gravel parking lot. [42.63100,-73.17816]	3031	604.9
1592.8		Intersection of **Rockwell Road** and Cheshire Harbor Trail, which descends east. [42.63266,-73.17378]	3121	604.6
1592.9		Overlook Trail leads west. [42.63347,-73.17274]	3140	604.5
1593.0		Crosses the junction of **Notch, Rockwell, and Summits Roads**. Old water supply and pump house are on AT south of this junction. East of this junction is a gravel parking lot. [42.63395,-73.17088] [42.63370,-73.17076]	3176	604.4
1593.3	★★★★★	**Mt. Greylock** summit, **Summit Road**, Bascom Lodge, War Memorial. Many parking spots. [42.63705,-73.16777] [42.63725,-73.16593]	3462	604.1
		Bascom Lodge on summit of Mt Greylock, 413-743-1591. (www.bascomlodge.net) Closed on Tuesdays. No smoking. Private rooms $125 and up, bunkroom $40PP. Bunkroom includes use of shower and continental breakfast. Shower and towel without stay $5, some snacks, restaurant serves breakfast, lunch and dinner, free WiFi. Open May 20-mid Oct. [42.63664,-73.16692]		
1593.8		Intersects with **Thunderbolt Trail** and Bellows Pipe Trail leads to the east. Another trail leads (350Ft W) to Notch Road and parkign to the west. All within 100 yards of each other. [42.64208,-73.16254] [42.64300,-73.16319]	3095	603.6
1594.6		Unusual outcropping of milky quartz atop of **Mt. Fitch**.	3096	602.8
1595.4		Four way junction with **Bernard Farm Trail** east and Old Summit Trail west. [42.66371,-73.15791]	2772	602.0
1595.6		**Mt. Williams** summit, register box. [42.66816,-73.15797]	2951	601.8
1596.0		Belter's Bump, scenic look. [41.92687,-73.36270]	721	601.4
1596.5	{4}	Intersects with **Notch Road**, water (0.25E). [42.67092,-73.16780] [42.66933,-73.16776]	2400	600.9
1596.6	{8}	(0.3W) **32.1<<<23.3<<6.6<Wilbur Clearing Shelter>12.4>>17.1>>>23.0** Water (stream) is located to the right of the shelter but is unreliable at times, tenting, privy, bear box. [42.66972,-73.17179] [42.66781,-73.17013]	2300	600.8
1596.8		Intersects with **Mt. Prospect Trail** to the west. When the wind is right hang gliders will launch on the summit ledge. [42.67253,-73.17390]	2502	600.6
1598.7	{5}	Cross **Pattison Road**. [42.68754,-73.15989] [42.68763,-73.15976]	900	598.7
1599.0		Local off road trail for ATV's cross the trail here.	854	598.4
1599.1		Intersects with a steep driveway called **Phelps Avenue Extension**. [42.69328,-73.15714]	746	598.3
1599.2		Catherine Street-Phelps Road. [42.69397,-73.15711]	670	598.2
1599.6	★★★★★	Cross intersection of **Phelps Avenue and MA. 2**. Cross footbridge (south end) across Boston & Maine Railroad and the Hoosic River [42.69998,-73.15594] [42.69900,-73.15350]	650	597.8
1599.6		**Greylock Community Club** 413-664-9020. There is parking across the street (route 2) from the club. The parking is not owned or maintained by the club but they have a sign-in book and can answer any questions you have. There is a bathroom for use in the club. It's a private club, ring and they will open the door for you. [42.69932,-73.15358]		
		(0.5W) **Stop & Shop** 413-664-8100. M-Sa 6am-12am, Su 7am-9pm; **Pharmacy** 413-664-8550. M-F 9am-9pm, Sa 9am-8pm, Su 9am-6pm. [42.69923,-73.16586]		

Williamstown, MA. (2.6W) See Williamstown (downtown and mid-town) map.

		PO M-F 8:30am-4:30pm, Sa 9am-12pm. 413-458-3707. 56 Spring St. Williamstown, MA 01267. [42.71050,-73.20411]		
		Willows Motel 413-458-5768. (www.willowsmotel.com) No pets, no smoking. $79-149, includes continental breakfast, free pick-up and return to trail with stay. Microwave, fridge. Laundry $6, outdoor pool, computer available for use, free WiFi. [42.70694,-73.19051] Mail drops for guests: 480 Main Street, Williamstown, MA 01267.		
		Williamstown Motel 413-458-5202. (www.williamstownmotel.com) $68 to 109 weekdays, $89 $169 weekends, includes continental breakfast, microwave, fridge. Laundry $8, (they do it for you). Computer available for use, free WiFi. Will pickup at Route MA 2. All major credit cards accepted. Mail drops for guests: 295 Main Street, Williamstown, MA 01267. [42.70261,-73.18685]		

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Howard Johnsons 413-458-8158, Rates seasonal, continental breakfast, outdoor pool, BBQ grills, Computer available for use, free WiFi. [42.70116,-73.18406]
Mail drops free for guests (fee for non-guests): 213 Main Street, Williamstown, MA 01267.

Maple Terrace 413-458-9677. (www.mapleterrace.com) Prices seasonal, call for rates. Heated pool, WiFi, all rooms non smoking.

River Bend Farm 413-458-3121. (www.riverbendfarmbb.com) $120 includes breakfast. Free pick-up and return to trail when available, short term parking for guests. [42.72975,-73.20521]

Williams Inn 413-458-9371. (www.williamsinn.com) $155 and up, includes continental breakfast, pool, hot tub, sauna. Non-guests can pay $8 for use of shower, pool and sauna. ATM. Restaurant M-Su 5am-10pm. Short term parking $2 per day. [42.70855,-73.20556]

Wild Oats 413-458-8060. (www.wildoats.coop) M-Sa 7am-8pm, Su 9am-8pm. [42.70376,-73.18675]

Walgreens & Pharmacy 413-458-2138. M-SA 8am-9pm, Su 9am-6pm. [42.70248,-73.18363]

Dollar General 413-597-8423. M-Su 9am-9pm. [42.70494,-73.18865]

Desperado's 4130458-2100. (www.mydesperados.net) M-Th 4pm-9pm, F-Sa 4pm,-10pm, Su 3pm-9pm. [42.70261,-73.18455]

Spice Root Indian Cuisine 413-458-5200. (www.spiceroot.com)Weekday Lunch Buffet - Served Tu-F 11:30pm 2:30pm $10.95; Weekend Maharaja Brunch Buffet Served Sa: 11:30pm 2:30pm; Sunday: 12pm 3pm; $12.95. 10% hiker discount. [42.71137,-73.20421]

Water Street Grill 413-458-2175. (www.waterstgrill.com) Serves lunch and dinner. M-Su 11:30am-11pm. [42.70788,-73.20097]

Nature's Closet 413-458-7909. (www.naturescloset.net) Clothing, footwear, canister fuel. M-Th 10am-6pm, F-Sa 10am-7pm, Su 10am-6pm. [42.71044,-73.20471]
Mail drops: 61 Spring St, Williamstown, MA 01267.

Williamstown Public Library 413-458-5369. (wwwmilnelibrary.org) M-Tu 10am-5:30pm, W 10-8, Th-F 10am-5:30pm, Sa 10am-4pm, Su closed. [42.71310,-73.21170]

North Adams, MA. (2.5E) See North Adams, MA map.

PO M-F 8:30am-4:30pm, Sa 10am-12pm. 413-664-4554. 67 Summer St. North Adams, MA 01247. [42.69815,-73.11070]

Holiday Inn 413-663-6500. Summer rates $170 and up, pool, hot tub, computer available for use. **Richmond Grill** on location. [42.69882,-73.11321]

Big Y 413-663-6549. M-F 7am-9pm, Sa-Su 7am-9pm. [42.70112,-73.11053]

Thrifty Bundle Laundromat 413-664-9007. M-Su 6am-10pm. Coin laundry. [42.69830,-73.14326]

Renee's Diner 413-664-2070. Breakfast & Lunch. Hiker friendly. M 7am-1pm, Tu-W Closed, Th-Su 7am-1pm. [42.70067,-73.14159]

Subway, Brewhaha, McDonald's, Dunkin Donuts

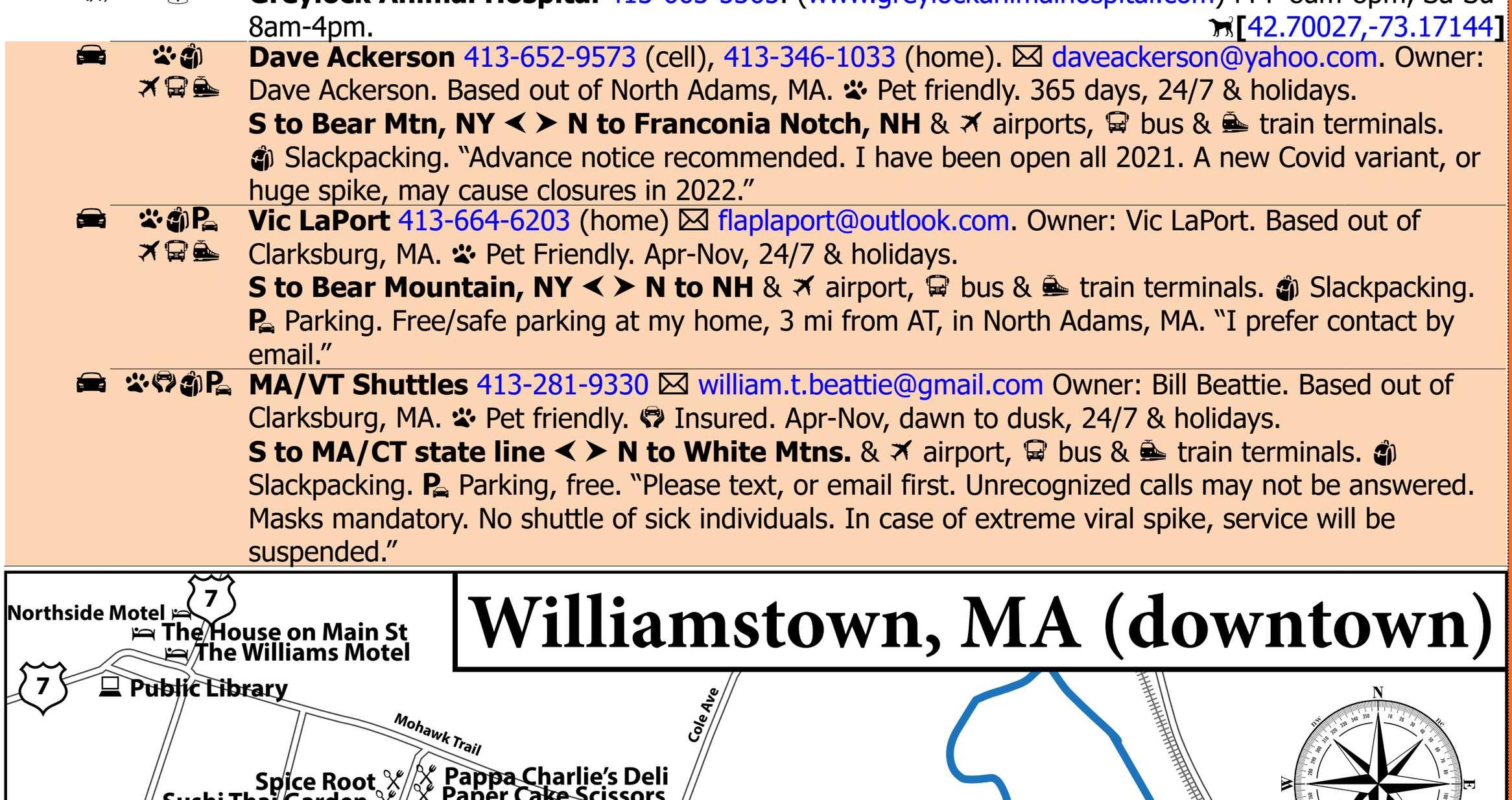
CVS 413-664-8712. M-Su 8am-9pm; **Pharmacy** M-F 8am-8pm, Sa 9am-6pm, Su 9am-5pm. [42.70121,73.11092]

Greylock Animal Hospital 413-663-5365. (www.greylockanimalhospital.com) M-F 8am-8pm, Sa-Su 8am-4pm. [42.70027,-73.17144]

Dave Ackerson 413-652-9573 (cell), 413-346-1033 (home). ✉ daveackerson@yahoo.com. Owner: Dave Ackerson. Based out of North Adams, MA. Pet friendly. 365 days, 24/7 & holidays.
S to Bear Mtn, NY ➤ N to Franconia Notch, NH & airports, bus & train terminals. Slackpacking. "Advance notice recommended. I have been open all 2021. A new Covid variant, or huge spike, may cause closures in 2022."

Vic LaPort 413-664-6203 (home) ✉ flaplaport@outlook.com. Owner: Vic LaPort. Based out of Clarksburg, MA. Pet Friendly. Apr-Nov, 24/7 & holidays.
S to Bear Mountain, NY ➤ N to NH & airport, bus & train terminals. Slackpacking. Parking. Free/safe parking at my home, 3 mi from AT, in North Adams, MA. "I prefer contact by email."

MA/VT Shuttles 413-281-9330 ✉ william.t.beattie@gmail.com Owner: Bill Beattie. Based out of Clarksburg, MA. Pet friendly. Insured. Apr-Nov, dawn to dusk, 24/7 & holidays.
S to MA/CT state line ➤ N to White Mtns. & airport, bus & train terminals. Slackpacking. Parking, free. "Please text, or email first. Unrecognized calls may not be answered. Masks mandatory. No shuttle of sick individuals. In case of extreme viral spike, service will be suspended."



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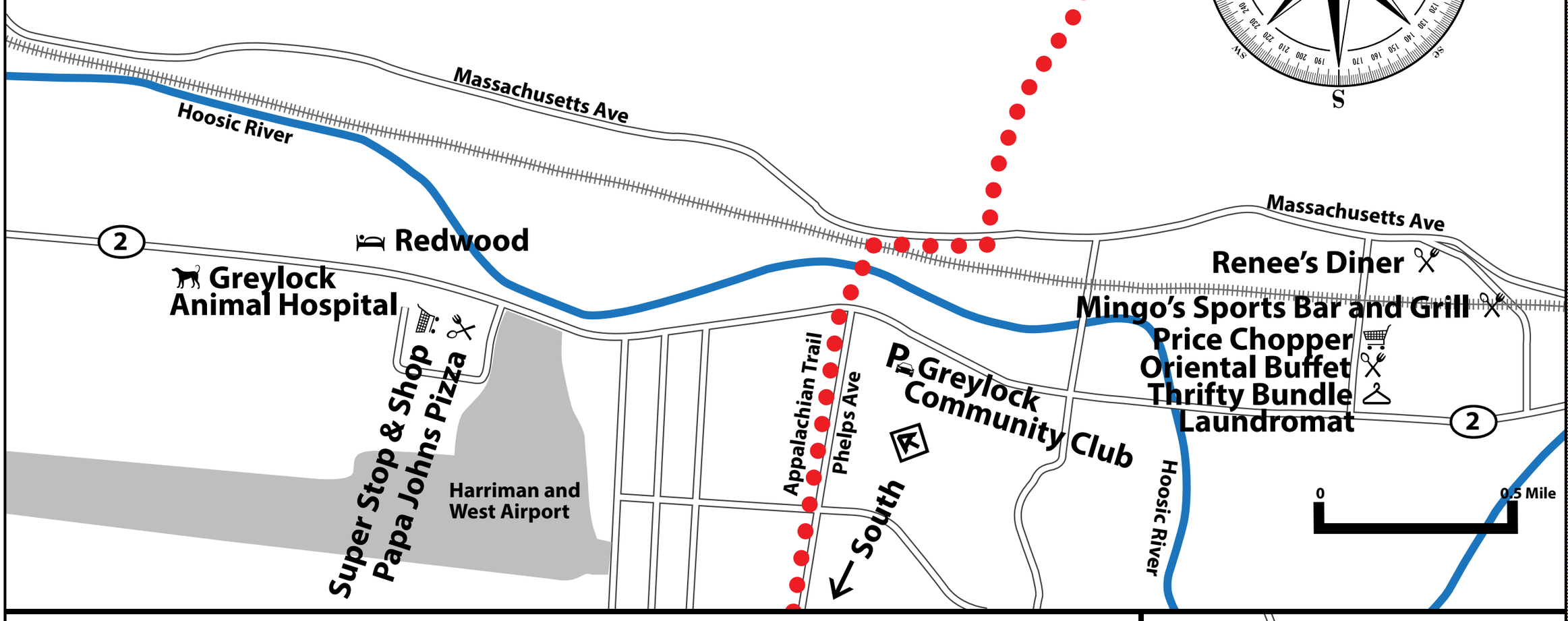
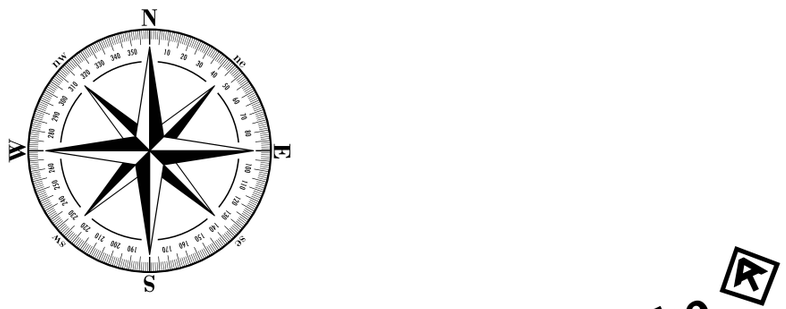
North Adams, MA



North Adams, MA (downtown)



1599.7		Cross **Massachusetts Avenue**. Cross footbridge (north end) across Boston & Maine Railroad and the Hoosic River. [42.70120,-73.15510]	666	597.7
1600.0		Cross Sherman Brook twice, passing an old dam, spillway, this was all part of textile mills.	693	597.4
1600.4		Power line. [42.70479,-73.15080]	817	597.0
1601.3	{3}	Side trail (south end), (0.1W) to **Sherman Brook Campsite**, ☾ privy, bear box. Pete's Spring is on east side of AT. [42.71721,-73.15034]	1371	596.1
1601.5	{3}	Side trail (north end), (0.1W) to **Sherman Brook Campsite**, ☾ privy, bear box. Pete's Spring is on east side of AT. [42.71968,-73.15171]	1300	595.9
1601.7		Blue-blaze bad weather trail (south end) leads (0.3W) and reconnects with the A.T. in (0.3). [42.72516,-73.15553]	1874	595.7
1602.1		Blue-blaze bad weather trail (north end) leads (0.3W) and reconnects with the A.T. in (0.3). Views of Mt. Greylock. [42.72614,-73.15856]	2128	595.3
1602.2		Trail skirts north side of bog.	2130	595.2
1602.4		Intersects with **Pine Cobble Trail** leads (2.0W) to Pine Cobble Road and trailhead P parking. A quartzite covered viewpoint is 200 feet south of Pine Cobble. [42.72726,-73.16101] P [42.71611,-73.18525]	2010	595.0
1602.7	P	Class of '98 Trail leads west to make a loop with Pine Cobble Trail. [42.72936,-73.15959]	2122	594.7
1602.9		Eph's Lookout, a quartzite ridge with limited view.	2254	594.5
1603.2		Abandoned road descends west to Henderson Road in Williamstown.	2256	594.2
1603.7	**State Line**	**Massachusetts–Vermont State Line**, Long Trail (southern terminus), sign. [42.74387,-73.15550]	2330	593.7
1604.1		Brook. [42.74693,-73.14968]	2300	593.3
1606.2		Cross **Risky Ranch Road**, dirt. [42.76896,-73.13691]	2126	591.2
1606.5		**Old location of Seth Warner Shetler. Shelter was moved 2.6 miles north of this location.** [**42.77082,-73.13480**]	2180	590.9
1606.8	P {4}	Cross **County Road**. Getting to this road can be iffy in wet weather if you don't have a 4WD vehicle. [42.77501,-73.13305] P [42.77508,-73.13323]	2290	590.6
1607.7		Side trail east 100 feet to Ed's Spring.	2890	589.7
1608.0		View of Mt. Greylock.	2925	589.4
1608.2		Ridgeline with views. [42.78743,-73.12190]	3025	589.2
1608.6		Power line. [42.79121,-73.11866]	2906	588.8

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1609.0		(0.1E) **35.7<<<19.0<<12.4<Seth Warner Shelter>4.7>>10.6>>>19.1** ⚠ The new Seth Warner Shelter was started in the fall of 2022 but was not completed. It should be completed in spring of 2023. 💧 Water is a bit further down the trail from the shelter, ⛺ tenting available, 🛏 hammocking, ☾ molding privy. **These coordinatres are a rough guess for now.** [?????] [42.79977,-73.11994]	2820	588.4
1609.5		Cross **Roaring Branch** at base of beaver dam. ⚠ Private road, not vehicles allowed. [42.80191,-73.11718]	2470	587.9
1609.7		Pass over knob. [42.80521,-73.11646]	2615	587.7
1610.0		Pass over knob. [42.80989,-73.11737]	2773	587.4
1610.6		Consultation Peak summit, wooded. [42.81443,-73.12492]	2840	586.8
1611.4		Cross woods road, leads (0.2) west to clearing on eastern shore of Sucker Pond. [42.82549,-73.12347]	2232	586.0
1612.0		Cross Sucker Pond outlet brook. Note: Sucker Pond was formerly known as Lake Hancock. [42.83365,-73.12385]	2180	585.4
1612.5		Pass old foundation, nineteenth century tavern.	2209	584.9
1612.9		Cross woods road leads (800FT E) to Stamford Stream. [42.84022,-73.11598]	2162	584.5
1613.7	{8}	**23.7<<<17.1<<4.7<Congdon Shelter>5.9>>14.4>>>18.7** 💧 Water (brook) is located in front of the shelter, ⛺ tenting, ☾ privy. [42.84807,-73.10993]	2060	583.7
1614.3		Cross **Old Bennington-Heartwellville Road, also known as Burgess/Old Stage Road**. [42.85013,-73.11854]	2220	583.1
1614.4		Cross small stream.	2268	583.0
1615.9		Cross brook.	2262	581.5
1616.2		**Harmon Hill** summit, views of Bennington [42.87116,-73.13249]	2325	581.2
1618.0	{1} ★★★★★	Cross stream on bridge. Cross **VT. 9**, City Stream. [42.88435,-73.11577] [42.88508,-73.11578]	1360	579.4

VT 9 Bennington, VT. (5.1W) See Bennington, VA map.

PO M-F 8am-5pm, Sa 9am-2pm. 802-442-2421. 108 Elm St. Bennington, MA 05201. [42.87640,-73.19843]

Catamount Motel 802-442-5977. (www.catamountmotel.com) 🐾 Pet Friendly. 1 Hikers $69 plus tax, $74 plus tax for 2 hikers. Extra hikers cost $5 per person. laundry $5, 🐾 $10 dog fee. Free WiFi. 🚗 Free shuttle service. Credit cards accepted. [42.87217,-73.19584]
Mail drops for guests: 500 South St. Route 7 Bennington VT 05201

Autumn Inn Motel 802-447-7625. (www.theautumninn.com) 🐾 Pet friendly, $10 dog fee. $60-99, microwave, fridge, laundry, computer available for use, free WiFi. Pickup or return to trail for $10 each way. Pets $15. [42.88016,-73.17892]
Mail drops for guests: 924 Main Street, Bennington, VT 05201.

Knotty Pine Motel 802-442-5487. (www.knottypinemotel.com) 6.5 miles from the AT on VT 9. 🐾 Pet friendly. $97D and up, $8EAP up to 4. Includes continental breakfast, pets free, microwave, fridge, pool, computer available to use, free WiFi. [42.89769,-73.20756]
Mail drops for guests: 130 Northside Drive, Bennington, VT 05201.

Best Western 802-442-6311. $99 and up. [42.90017,-73.21158]

Hampton Inn 802-440-9862. call for prices, seasonal rates, includes hot breakfast. [42.90836,-73.22234]

Spice & Nice Natural Foods 802-442-8365. (www.spicennice.net) M-Sa 9am-5:30pm, Su 1am-4pm. [42.88267,-73.19665]

Price Chopper M-Su 24 hours; **Pharmacy** M-F 8am-8pm, Sa 9am-6pm, Su 9am-3pm. [42.89852,-73.21261]

Walmart 802-447-1614. M-Su 6am-12am; **Pharmacy** M-F 8am-8pm, Sa 9am-8pm, Su 10am-6pm. [42.89880,-73.20969]

Express Care Walk-in Clinic 802-440-4077. (www.svhealthcare.org) M-Su 8am to 6pm. [42.87294,-73.20752]

Cinema 7 802-442-8170. [42.90354,-73.21595]

Dot MacDonald 802-275-8649 ✉ dotmike2@comcast.net. Owner: Dot MacDonald. Based out of Brattleboro, VT. 🐾 Pet Friendly. Insured. 365 days, (limited hrs, call) & holidays.
S to Central Massachusettes ➤ N to Hanover, NH & airport, bus & train terminals.
P Parking, No parking, unless they are leaving it for a long time. "I refer people to other shuttlers looking for transport from point A to point B within the northernmost and southernmost areas as it can be more cost effective for them to use someone situated in that area." Covid precautions. Masks required.

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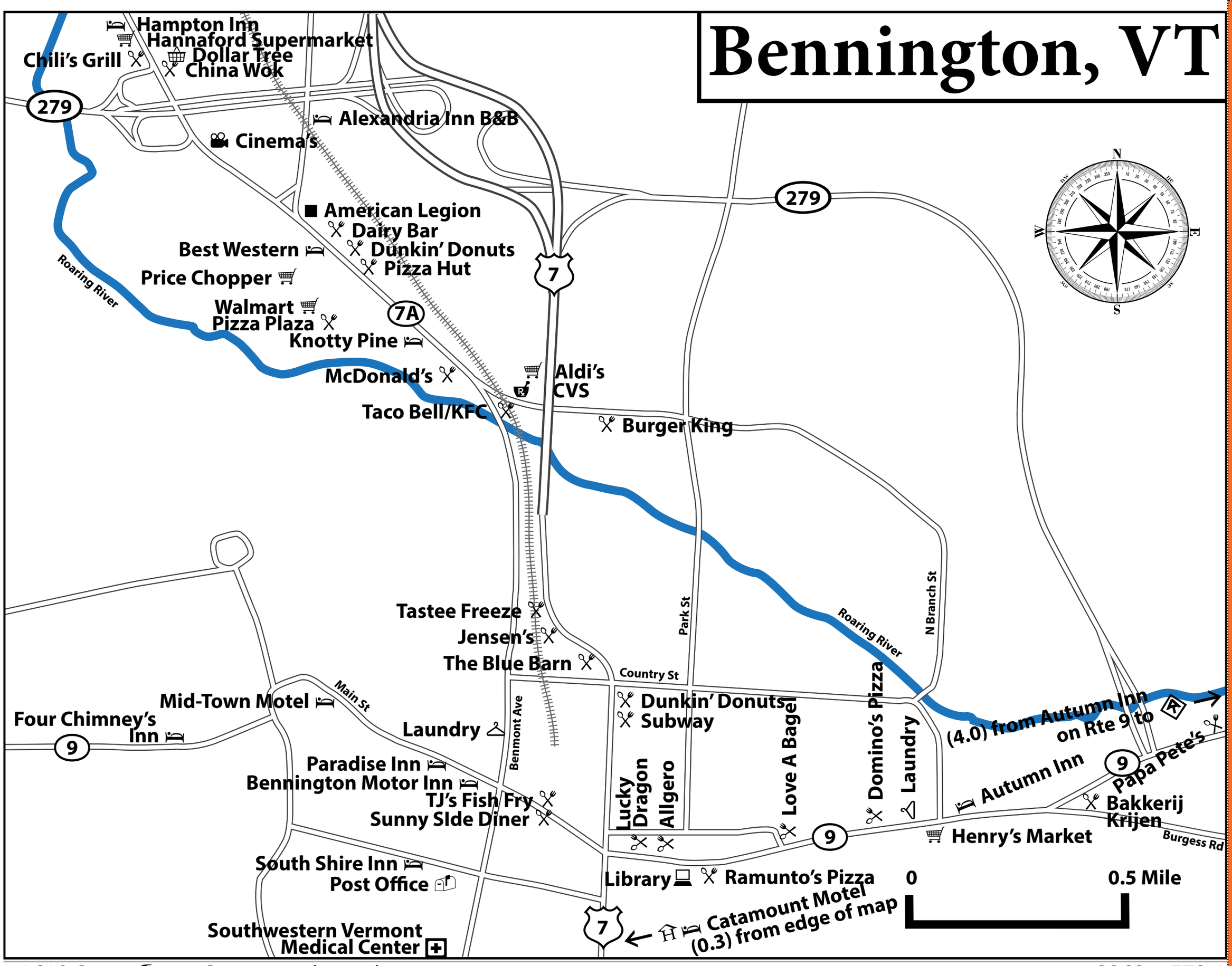
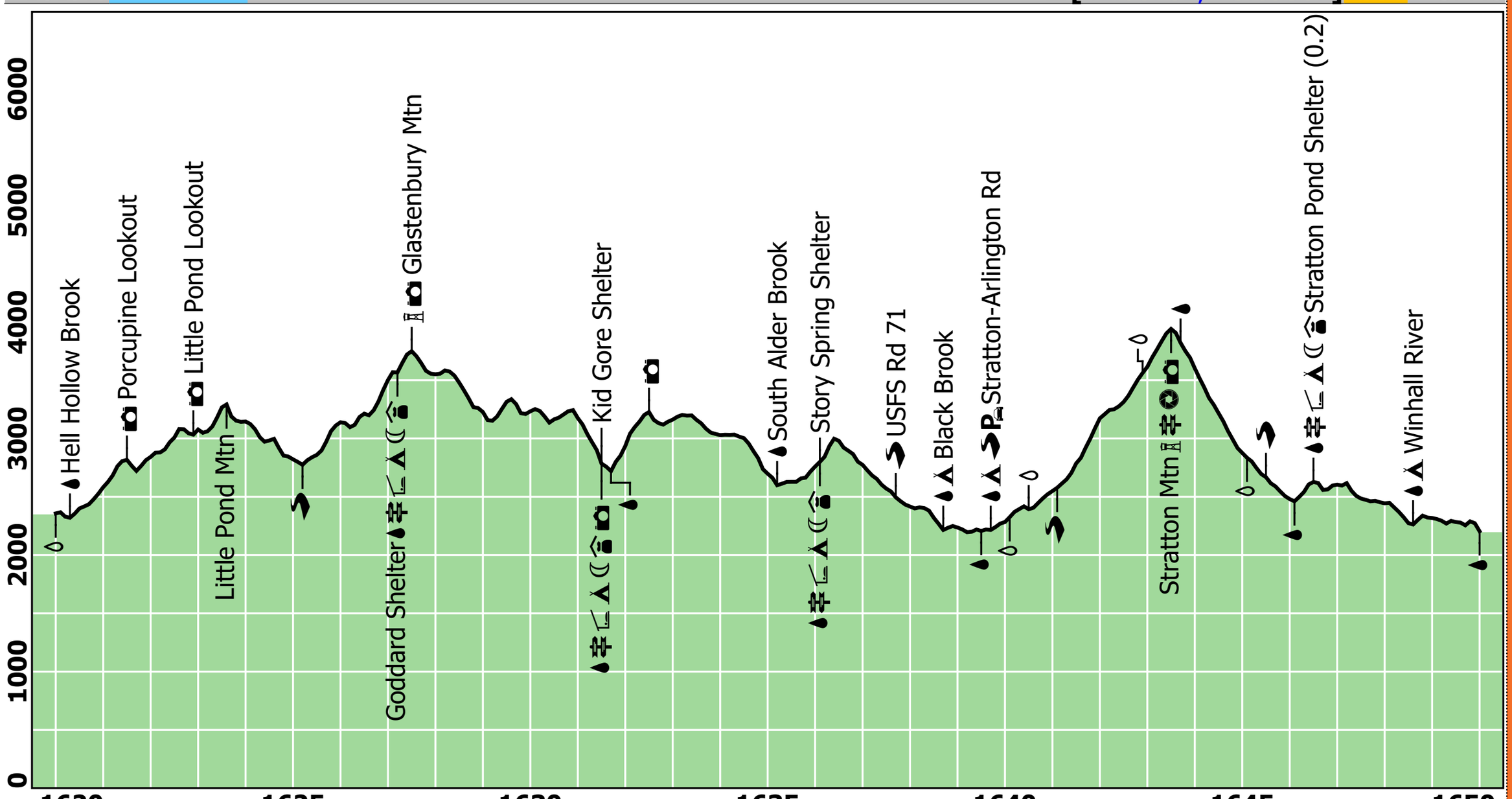


1619.3		Cross woods road.	2268	578.1
1619.5		Cross woods road.	2440	577.9
1619.6	{8}	Cross brook, spur trail leads 100 yards to shetler. **23.0<<<10.6<<5.9<Melville Nauheim Shelter>8.5>>12.8>>>17.4** Water (stream) is located north of trail to shelter, privy. [42.88798,-73.09650] [42.88782,-73.09507]	2330	577.8



1620.1		Power line. [42.89352,-73.09208]	2620	577.3
1620.3		**Maple Hill** summit, wooded. [42.89584,-73.09240]	2588	577.1
1620.9		Cross stream.	2492	576.5
1621.2		Cross **Hell Hollow Brook** is a rock hop, ⚠ **camping is not permitted here**. [42.90640,-73.08729]	2350	576.2
1622.4		**Porcupine Ridge**. [42.91816,-73.07928]	2815	575.0
1622.7		Link to Little Pond leads (0.5E) to Little Pond. [42.92085,-73.07610]	2747	574.7
1623.8		**Little Pond** summit, wooded summit. [42.93084,-73.07143]	3117	573.6
1625.6		Glastenbury Lookout, view west of Glastenbury Mountain and West Ridge. [42.94934,-73.06350]	2920	571.8
1626.1		Cross old woods road. [42.95742,-73.06116]	2877	571.3
1626.8		View of Mt. Greylock. [42.97294,-73.06032]	3150	570.6
1628.1	{12}	**19.1<<<14.4<<8.5<Goddard Shelter>4.3>>8.9>>>19.3** Water (spring) is located 40 feet south on the AT, tent above the shelter and to the west, privy, bear box. ⚠ **NO TENTING east of the trail**. [42.97413,-73.07260] Junction with West Ridge Trail close by, leads west.	3540	569.3
1628.3		Site of former fire warden's cabin to west.	3739	569.1
1628.4		Glastenbury Mountain summit, observation tower. ⚠ **Camping on summit is not permitted**. [42.97763,-73.07176]	3748	569.0
1629.4		Cross snowmobile Trail.	3390	568.0
1631.7		Pass Big Rock.	3250	565.7

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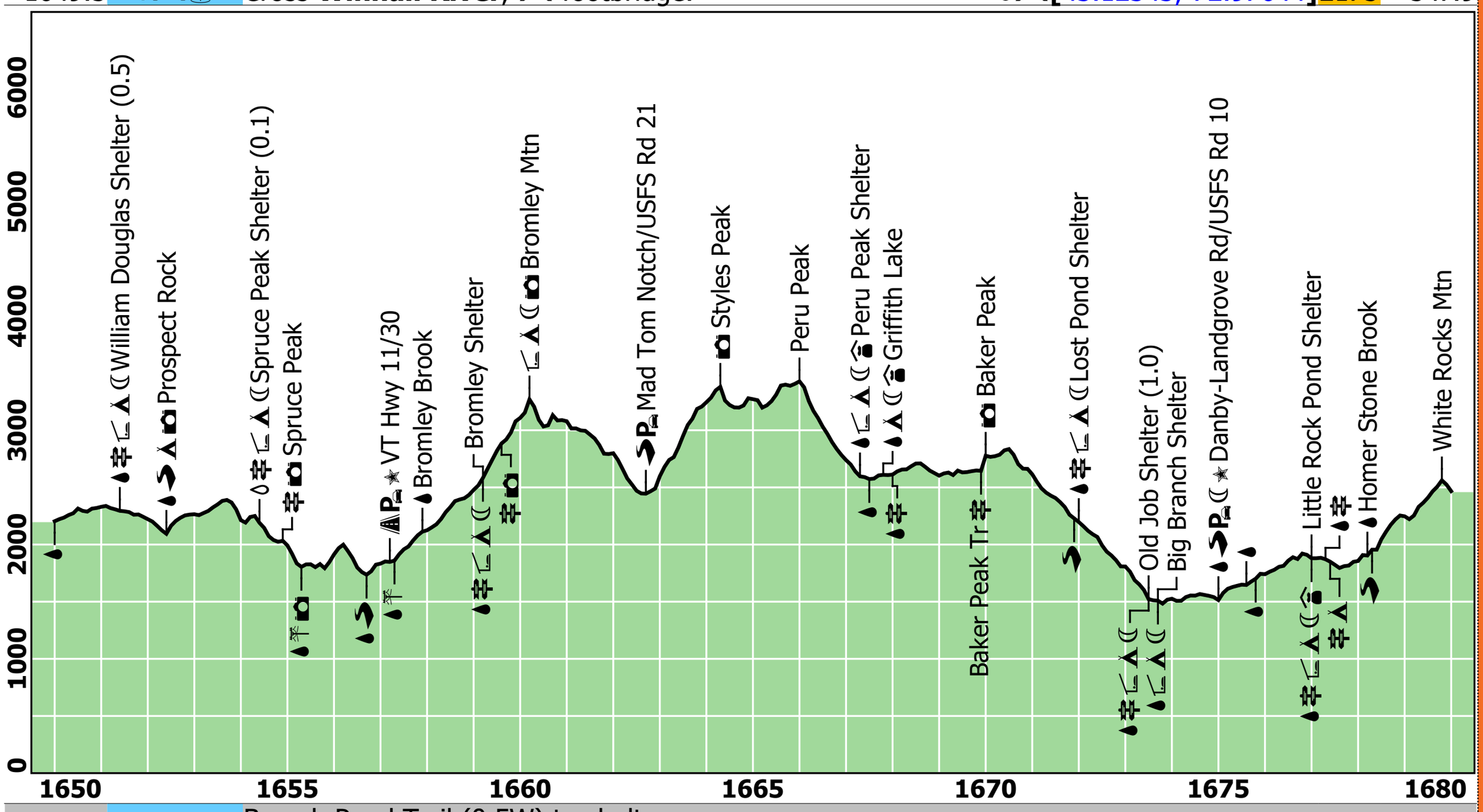
		(200 ft E) to shelter.			
1632.4	{12} {3}	**18.7<<<12.8<<4.3<Kid Gore Shelter and Tent sites>4.6>>15.0>>>19.9** Spring 300 feet from shelter also water in brook is located near Caughnawaga, Caughnawaga Tent sites, privy, {3} bear boxes.	[43.01303,-73.04160]	2795	565.0
1632.6		Glastenbury River.	[43.01622,-73.04154]	2809	564.8
1633.7		Pass west of unnamed summit, just north of Lydia's Rest with views.	[43.02780,-73.03732]	3250	563.7
1636.1		Cross two adjacent branches of **South Alder Brook**.	[43.04118,-73.01950]	2600	561.3
1636.3		Pass old beaver ponds.		2635	561.1
1637.0	(8) {16}	**17.4<<<8.9<<4.6<Story Spring Shelter>10.4>>15.3>>>18.3** Water (spring) is located 50 yards north on AT, tenting, bear box, privy.	[43.05053,-73.01300]	2810	560.4
1637.1		Jct with Brand Pond Trail.	[43.05144,-73.01143]		560.3
1638.6	P	Cross **USFS 71**, gravel. P Parking is very limited by getting your vehicle barely off road.	[43.05378,-72.99030] P [43.05360,-72.99050]	2500	558.8
1639.7		Cross **Black Brook on** footbridge.	[43.05327,-72.97463]	2220	557.7
1639.9		Forest Service Road 194.	[43.05328,-72.97190]		557.5
1640.5		Jct with Stratton-Arlington Road/Kelly Stand Rd (south end).	[43.05332,-72.97192]	2240	556.9
1640.6	P {20}	Cross **Stratton-Arlington Road/Kelly Stand Rd** (north end), gravel at former site of Grout Job, old logging camp.	[43.06103,-72.96764] P [43.06110,-72.96771]	2230	556.8
1642.0		Cross gravel road.	[43.06868,-72.94899]	2520	555.4
1642.6		Pass Vista.		3032	554.8
1643.3		Reach Col between Stratton and Little Stratton Mountains.	[43.07750,-72.93339]	3467	554.1
1643.8		Spring to west.		3816	553.6
1644.4	★★★★★	**Stratton Mountain** summit, fire tower, caretaker cabin, (0.8E) to gondola. **Camping is not permitted here**.	[43.08621,-72.92496]	3936	553.0
		(1.0) side trail summit and gondola ride. **Stratton Mountain Resort** 802-297-4000. Gondola has limited days and hours of operation. Make sure you know it's in operation before you make the side trip. Restaurant on site, hotel rooms $89 and up.	[43.11347,-72.90809]		
1644.6		Spring to east.		3810	552.8
1646.4		Cross gravel road.	[43.09991,-72.94641]	3694	551.0
1647.0		Cross brook on bridge.	[43.10193,-72.95554]	3145	550.4
1647.1		Pass beaver pond.		2862	550.3
1647.4	{16}	(0.2W) on Stratton Pond Trail leads to shelter. **19.3<<<15.0<<10.4<Stratton Pond Shelter>4.9>>7.9>>>12.7** Plenty of tenting, water, bear box, privy. $ Overnight/caretaker fee. **Camping is not permitted here at shelter, NO FIRES.**	43.10214,-72.96236] [43.10049,-72.96411]	2565	550.0
1647.6		Willis Ross Clearing at Stratton Pond and intermittent spring 25 feet north on trail, unreliable. Lye Brook Trail leads west to Bigelow Spring Pond Trail.		2583	549.8
1647.7		Stratton Pond. North Shore Trail leads (0.5) west to North Shore Tenting Area.		2555	549.7
1649.5		Cross **Winhall River**, footbridge.	[43.12343,-72.97644]	2175	547.9



		Branch Pond Trail (0.5W) to shelter.			
1652.3	{10}	**19.9<<<15.3<<4.9< William B. Douglas Shelter>3.0>>7.8>>>15.9** Water (spring) is located south of the shelter, privy. 100 feet after the side trail to the shelter you Cross brook on AT.	[43.15031,-72.99165] [43.14450,-72.99140]	2210	545.1
1653.2		Junction with side trail to **Prospect Rock** and Old Rootville Road. Side tail leads (135FT W) to Prospect Rock, views of Manchester and Mt. Equinox. Water is (150FT W). **This is a private road, no vehicle or parking is permitted here**. Old Rootville Road leads (2.1W) to VT. 30. Hikers can arrange for pickups and drop-offs at the water tower (1.5W) on Old Rootville Road.	[43.15400,-73.00830]	2079	544.2
1654.9		Pass west of summit.		2300	542.5
1655.3	{16} {10}	(0.1W) **18.3<<<7.9<<3.0<Spruce Peak Shelter>4.8>>12.9>>>17.6** Water (piped boxed spring) is located 100 feet to the right of the shelter, tenting, privy.	[43.17944,-72.99411] [43.17860,-72.99570]	2180	542.1
1655.7		Side trail leads (300FT W) to Spruce Peak, views of Taconic Range and valley below.	[43.18543,-72.99314]	2040	541.7
1656.1		Cross Power lines. Small brook (75FT N) on AT.	[43.18962,-72.98953] [43.18963,-72.98921]	1818	541.3
1657.6		Bridge over stream.	[43.20011,-72.97568]	1840	539.8
1657.7		Cross **abandoned Old VT. 30**. Bridge over stream.	[43.20086,-72.97348]	1771	539.7
1658.1	P {26} ★★★★★	Cross **VT. 11 & 30**.	[43.20681,-72.97074] P [43.20690,-72.97070]	1840	539.3

Manchester Center, VT. (5.4W) See Manchester, VT map.

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PO M-F 8:30am-4:30pm, Sa 9am-12pm. 802-362-3070. 3452 Richville Rd. Manchester, VT 05255. [43.16788,-73.04743]

Manchester Library 802-362-2607 Open M-Th 10am-6pm, F-Sat 10am to 4pm. [43.17778,-73.04989]

Cilantro Restaurant 802-768-8141. (www.cilantrorestaurantvt.com) Burritos, ice cream, sodas. Summer hours; M-Sa 11am-9pm, Su 11:30am-3pm. Winter hours; M-Sa 11:30am-8pm, Su closed. [43.17740,-73.05389]

Starbucks 802-681-5008 [43.17429,-73.05035]

(6.7W) **Green Mountain House** 330-388-6478. (www.greenmountainhouse.net) AT Passport location.
Jeff & Regina Taussig host hikers at their home. Open Jun 7 - Sep 15. Not a party place, no alcohol. Space is limited so reservations are essential. $40+tax per person. Clean bed with linens, shower, free laundry, computer available for use, free WiFi, well-equipped hiker kitchen. Private room for couples. Free breakfast supplies; make your own pancakes, eggs, cereal, coffee. Hikers with reservations get a ride to town, resupply, then call for pick-up. Check-in from Noon to 6pm. Free morning shuttle back to the trail for guests. Credit cards accepted. [43.15560,-73.05112]

Sutton's Place 802-362-1165. (www.suttonsplacevermont.com) $75 and up, pets okay on porch, WiFi. Accepts MC/Visa. [43.17914,-73.05639]
USPS Mail drops for guests: (USPS) PO Box 142 or (UPS) 50 School St, Manchester Center, VT 05255.

Palmer House 802-362-3600. (www.palmerhouse.com) No pets, Call for pricing, ask for hiker discount, stay includes continental breakfast, indoor and outdoor pool (not heated), WiFi. golf course, tennis courts and trout pond (all equipment provided). [43.17952,-73.04813]

Aspen at Manchester 802-362-2450 (www.aspenvt.com)
Has hiker rooms. [43.18361,-73.04611]

Carriage House 802-362-1706. (www.carriagehousemotel.com) No pets. $58 and up for summer, WiFi. [43.18178,-73.04699]

Econo Lodge 802-362-3333. Pet Friendlly. Outdoor seasonal pool, Wi-Fi, smoke free, Free coffee, vending machines, picnic area. Ask about hiker rate. [43.17717,-73.01808]

Price Chopper 802-362-9896. M-Su 7am-10pm. [43.17572,-73.05213]

VFW 802-362-9840. Will allow a {25} tents and {14} hammocks out back. Hammock stands avaiable, water from the faucet. Restroom avaible when open. [43.17440, -73.05251]

Aubuchon Hardware 802-362-7000 M-F 7:30am–7pm, Sa 7:30am–6pm, Su 8am–5pm [43.17423,-73.03693]

Manchester Laundromat 802-362-1510 (www.manchesterlaundromat.com) M-Su 6am-9pm. [43.17382,-73.05103]

Up For Breakfast 802-362-4204. AT Passport location. Casual breakfast and brunch. M-F 7am-13:30 pm, Sa-Su 7am-1:30pm. [43.17736,-73.05578]

The Works Café 802-362-5082. (www.workscafe.com) Made fresh daily. Allows hikers to charge accessories.

Thai Basil 802-768-8433. M-Tu 11:30am-9pm, W Closed, Th-Sa 11:30am-9pm [43.17710, -73.05571]

Gringo Jack's 802-362-0836 (www.gringojacks.com) M-Tu 4pm-9pm, W Closed, Th-Su 4pm-9pm. [43.17797,-73.05277]

Manchester House of Pizza 802-362-3338 (www.manchesterhouseofpizza.com) [43.17432,-73.05103]

Subway 802-768-8362. M-F 9am-8pm, Sa-Su 9am- 7pm. [43.17511,-73.05069]

McDonald's 802-362-5170. M-Th 6am-10pm, F-Sa 6am-11pm, Su 6am-10pm. [43.17501,-73.05404]

Mountain Goat Outfitter 802-362-5159. (www.mountaingoat.com) AT Passport location. Full service outfitter, white gas, alcohol, by the ounce. canister fuel, footwear. M-Sa 10am-6pm, Su 10am-5pm.
Mail drops: 4886 Main St, Manchester, VT 05255. [43.17677,-73.05663]

Walgreens 802-362-2230. M-Sa 8am-9pm, Su 8am-6pm. **Pharmacy**; M-Sa 8am-9pm, Su 9am-6pm. [43.17796,-73.05502]

Droznah Transport LLC 802-304-6640 christineleonard05402@gmail.com. Based out of Manchester, VT. Pet friendly, Insured. Open year-round, 24/7 and holidays. Capacity is for 4, with advance notice will take 6.
S to Dalton, MA. ➤ N to Gorham, NH & major airport, bus & train terminals including Montreal, Albany, Manchester NH and Boston. Slackpacking. Woman-owned and operated, US military Veteran.

Peru, VT. (4.3E)

(2.1E) **The Lodge at Bromley** 802-824-6941. (www.lodgeatbromley.com) No pets. Call for pricing, $100 hiker rate, WiFi, tavern with light menu, game room, ride to and from trail with stay.
Mail for guests: (non-guests $5) 4216 VT 11, Peru, VT 05152. [43.21243,-72.93657]

(2.5E) **Bromley Market** 802-824-4444. (www.thebromleymarket@gmail.com) M-Su 8am-6pm. [43.21405,-72.92839]

(3.6E) **Bromley View Inn** on VA 30, 802-297-1459. (www.bromleyviewinn.com) $99 and up, WiFi, includes hot breakfast, shuttle to and from trail head at VT 11/30 with stay.
Mail drops for guests: 522 VT 30, Bondville, VT 05340. [43.18359,-72.93141]

(4.2E) **JJ Hapgood General Store & Eatery** 802-824-4800. (www.jjhapgood.com) Located in Peru, next to PO. Restaurant serves breakfast, lunch and dinner, ATM, WiFi. M-Su 7am-7pm, hours may differ on weekends. [43.23007,-72.89924]

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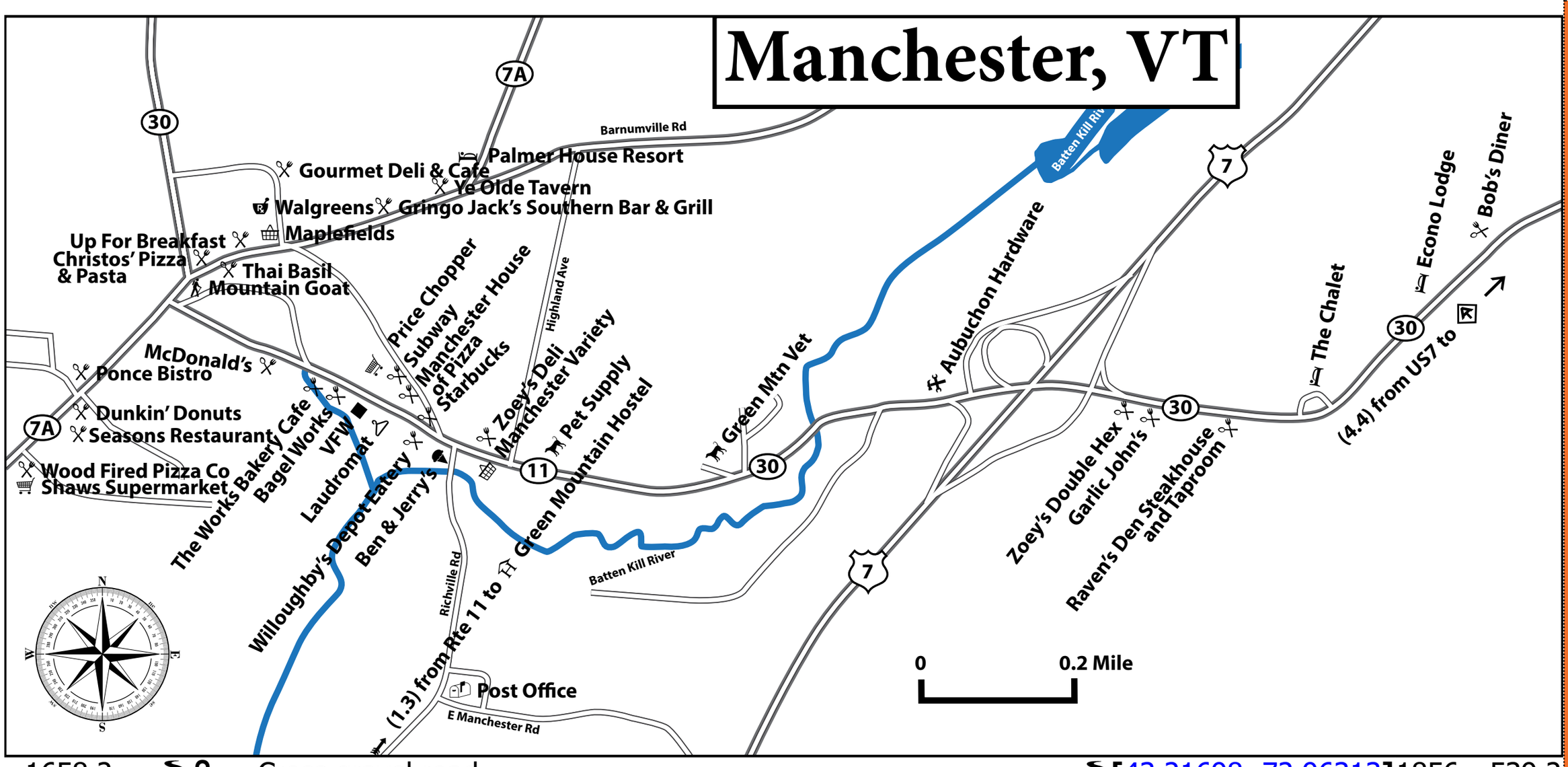
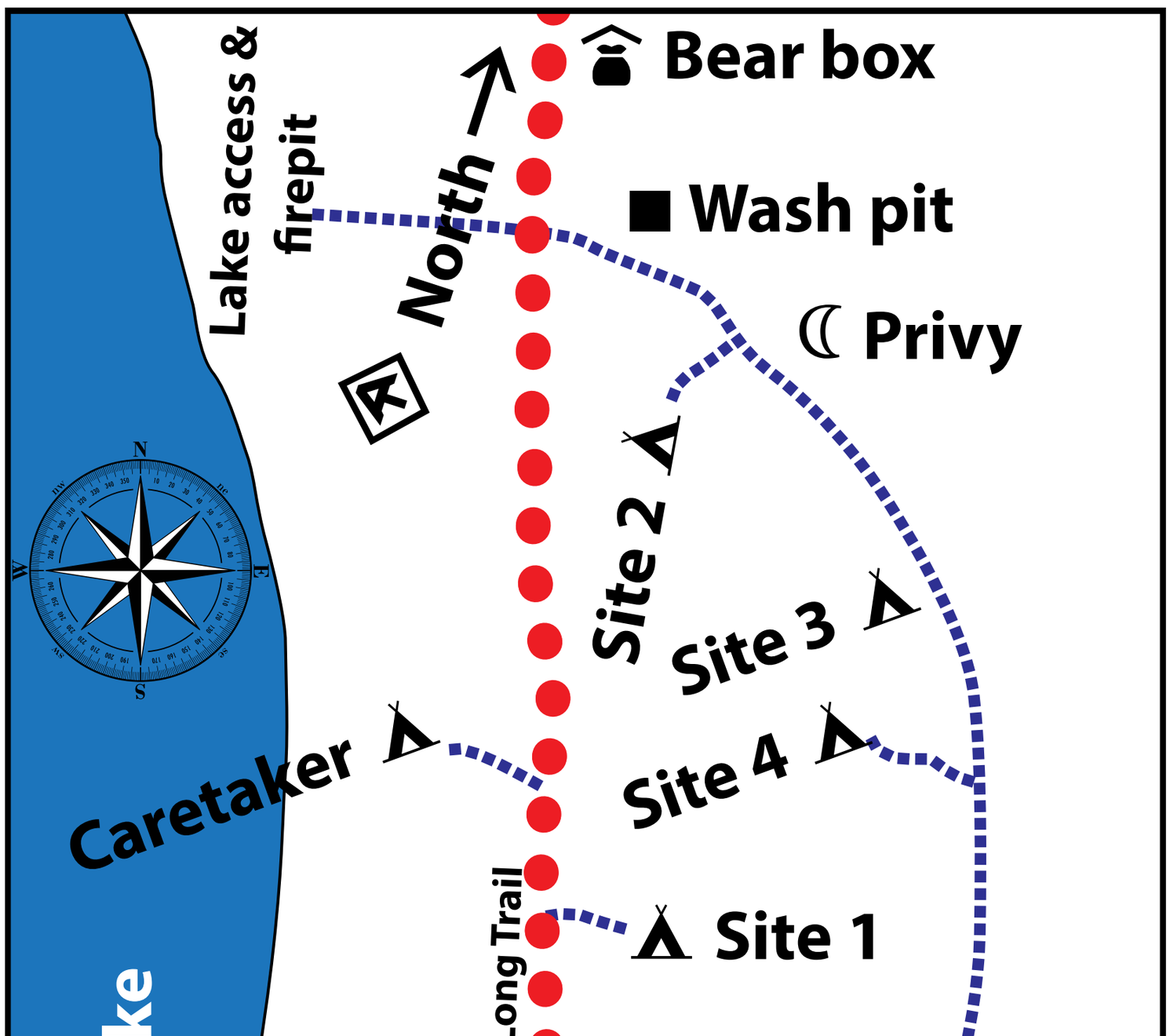


1658.2		Cross gravel road. [43.21698,-72.96313]	1856	539.2
1658.3		Cross brook on I-beam bridge.	1852	539.1
1658.4		Power line.	1859	539.0
1659.0		Cross **Bromley Brook** on bridge.	2043	538.4
1660.1	{12}	(300 ft E) **12.7<<<7.8<<4.8<Bromley Shelter>8.1>>12.8>>>14.3** Water (brook) is located at the terminus of the spur trail, privy. Tenting is (0.1N) on the AT see next entry. [43.22237,-72.95047]	2560	537.3
1660.2	{4}	Bromley Shelter tent platforms.	2685	537.2
1661.1		**Bromley Mountain**, ski patrol hut, **no tenting or fires** but it is okay to overnight in ski warming hut, **no smoking**, please keep hut clean so hikers can continue to use it.	3260	536.3
1663.6	P{10}	Cross **USFS 21**, **Mad Tom Notch**, gravel. [43.25770,-72.93824] P [43.25770,-72.93861]	2446	533.8
1665.2		Rock outcrop on **Styles Peak** summit, views of Bromley Mountain.	3394	532.2
1666.9		**Peru Peak** summit, wooded. [43.29462,-72.93767]	3429	530.5
1668.2	{10} $	**15.9<<<12.9<<8.1<Peru Peak Shelter>4.7>>6.2>>>6.4** Water (brook) is located near the shelter, tenting, bear box, privy. **$** Overnight/caretaker fee. [43.30131,-72.95290]	2605	529.2
1668.3		Cross wooden bridge.	2619	529.1
1668.4		Cross wooden bridge.	2602	529.0
1668.5		Eastern shore of Griffith Lake. [43.30212,-72.95795]	2600	528.9
1668.7	$	Pass west of **Griffith Lake Tenting Area** on slab. w Water source for Tenting Area is (0.2S) on Long Trail at Griffith Lake. Bear box. $ There is a fee for staying here. **Griffith Lake**. **See Griffith Lake tenting map**. [43.30398,-72.95824]	2600	528.7



Griffith Lake tenting

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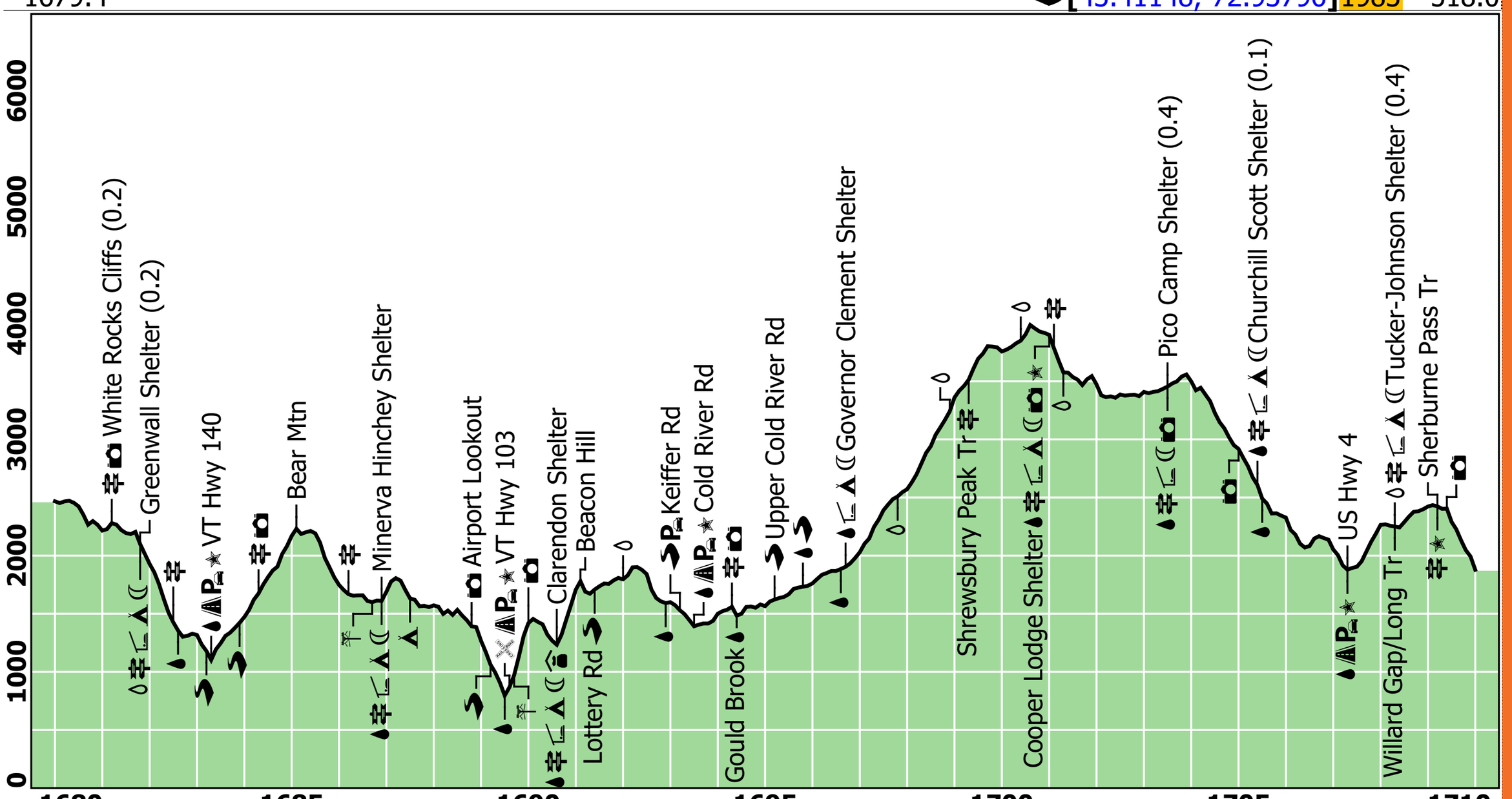
1668.9		Griffith Lake (north end), junction with Old Job Trail. Griffith Lake Trail leads (2.0) west to USFS 58. [43.30656,-72.95823]	2600	528.5
1669.0		Junction with Lake Trail leads east. [43.30877,-72.95845]	2620	528.4
1669.8		Cross old woods road.	2627	527.6
1669.9		Cross old woods road.	2655	527.5
1670.8		**Baker Peak Trail** leads west. [43.32334,-72.96526]	2760	526.6
1670.9		**Baker Peak** summit.	2850	526.5
1671.4		Reach height of land. [43.32951,-72.95912]	2664	526.0
1672.7		Intersection with wide grassy fire road. [43.34482,-72.95350]	2278	524.7
1672.9	{6} {10}	(100 ft W) **17.6<<<12.8<<4.7<Lost Pond Shelter>1.5>>1.7>>>5** Water is Stare Brook in a ravine below site, tenting, privy. [43.34768,-72.95300]	2150	524.5
1674.4	{8} {12}	(1.0E) on Old Job Trail to shelter. **14.3<<<6.2<<1.5<Old Job Shelter>0.2>>3.5>>>8.3** Water (Lake Brook) is source, tenting, privy. [43.35425,-72.92855] [43.35425,-72.92855]	1525	523.0
1674.6	{8} {12}	**6.4<<<1.7<<0.2<Big Branch Shelter>3.3>>8.1>>>13.2** Water (Big Branch) is located in front of the shelter, tenting, privy. This shelter is close to road and heavily used on weekends. [43.36413,-72.94640]	1460	522.8
1675.8		Intersects with **USFS 10, Danby–Landgrove Road (southern junction)**. [43.37095,-72.96115]	1598	521.6
1675.9	{25}	Intersects with USFS 10, Danby–Landgrove Road (northern junction), bridge over Black Branch. [43.37279,-72.96243] P [43.37270,-72.96270]	1521	521.5
		(3.2W) **PO** M–F 7:15am–10:15am & 11:15am-2:15pm, Sa 7am–10:30am. 802-293-5105. 214 N Main St. Danby, VT 05739. [43.34985,-72.99635]		
		(3.2W) **Mt. Tabor Country Store** 802-293-5641. M-Sa 5am-8pm, Su 6am-7pm. [43.34912,-72.99324]		
		(3.4W) **Silas Griffith Library** 802-293-5106. (www.slgriffithlibrary.wordpress.com) W 2pm-7pm, Sa 9am-12pm, one computer. [43.34582,-72.99617]		
1676.5		Cross Little Black Branch on I-beam bridge.	1686	520.9
1676.7		Rock hop across Little Black Branch.	1740	520.7
1677.9	{28} {8} {$}	100 feet east to shelter. **5<<<3.5<<3.3<Little Rock Pond Shelter & Tenting>4.8>>9.9>>>13.6** Water is located at the caretaker's platform, tenting, privy. $ Overnight/caretaker fee. [43.39880,-72.95480]	1920	519.5
1678.0		Spring, water for LRP Shelter	1854	519.4
1678.2		Little Rock Pond (northern end), rejoins AT. Junctions with Green Mountain Trail to Homer Stone Brook Trail. [43.40261,-72.95479]	1854	519.2
1678.3		Side trail leads (99FT E) to Little Rock Pond Tenting Area. [43.40401,-72.95351]	1878	519.1
1679.0		Aldrichville clearing.	1914	518.4
1679.2		Cross **Homer Stone Brook** on footbridge. [43.41111,-72.94077]	1900	518.2
1679.4		Cross **South Wallingford-Wallingford Pond Road**, snowmobile trail. [43.41148,-72.93796]	1983	518.0



1681.4		Jct trail west leads to **White Rocks Mountain** summit.	2680	516.0
1682.2		Jct with side trail to **White Rocks Cliffs**, (0.2W) vista. [43.44299,-72.94253]	2400	515.2
1682.7	{8}	(0.2E) **8.3<<<8.1<<4.8<Greenwall Shelter>5.1>>8.8>>>14.9** Water (spring) is located 200 yards along a trail behind the shelter and is known to go dry, privy. [43.44220,-72.93355] [43.44041,-72.92910]	2025	514.7
1683.4		Keewaydin Trail leads west. [43.44821,-72.93754]	1380	514.0
1683.5		Cross **Bully Brook**. Spave for {3} tents. [43.44904,-72.93744]	1760	513.9
1684.1		Cross **Sugar Hill Road**, gravel, descends (0.5) west to VT. 140, passing White Rocks Road USFS 52. [43.45482,-72.93581]	1260	513.3
1684.2	{25}	Cross **VT. 140, Wallingford Gulf Road**, **Roaring Brook**, P parking (0.2E). [43.45577,-72.93409] P [43.45690,-72.93270] P [43.45614,-72.93608]	1160	513.2
Wallingford, VT. (2.8W). See Wallingford, VT map.				
		PO M–F 8am–4:30pm, Sa 9am–12pm. 802-446-2140. 137 N Main St Unit A. Wallingford, VT 05773. [43.47368,-72.97731]		
		Cumberland Farms 802-446-3428. [43.47617,-72.97683]		
		Family Dollar 802-231-1867. M-S 8am-9pm. [43.47683,-72.97731]		
		Sweet Birch Coffee Roasters & Bakery 802-446-3000 (www.sweetbirchbakeryvt.com) M-Tu 7am-3p, W Closed, Closed, Th-Su7am-3pm. [43.47147,-72.97696]		
		Sal's Itilian Restaurant and Pizza 802-446-2935 (www.salsvermont.com) M Closed, Tu-Th 12pm - 9pm, Fr-Sa 12-9pm, Sun 12-9:30pm. [43.47149,-72.97696]		
		Gilbert Hart Library 802-446-2685. (www.ghlib.wordpress.com) Computer available to use, free WiFI. M 10am-5pm, Tu closed, W 10am-8pm, Th-F 10am-5pm, Sa 9am-12pm, Su closed. [43.47156,-72.97760]		

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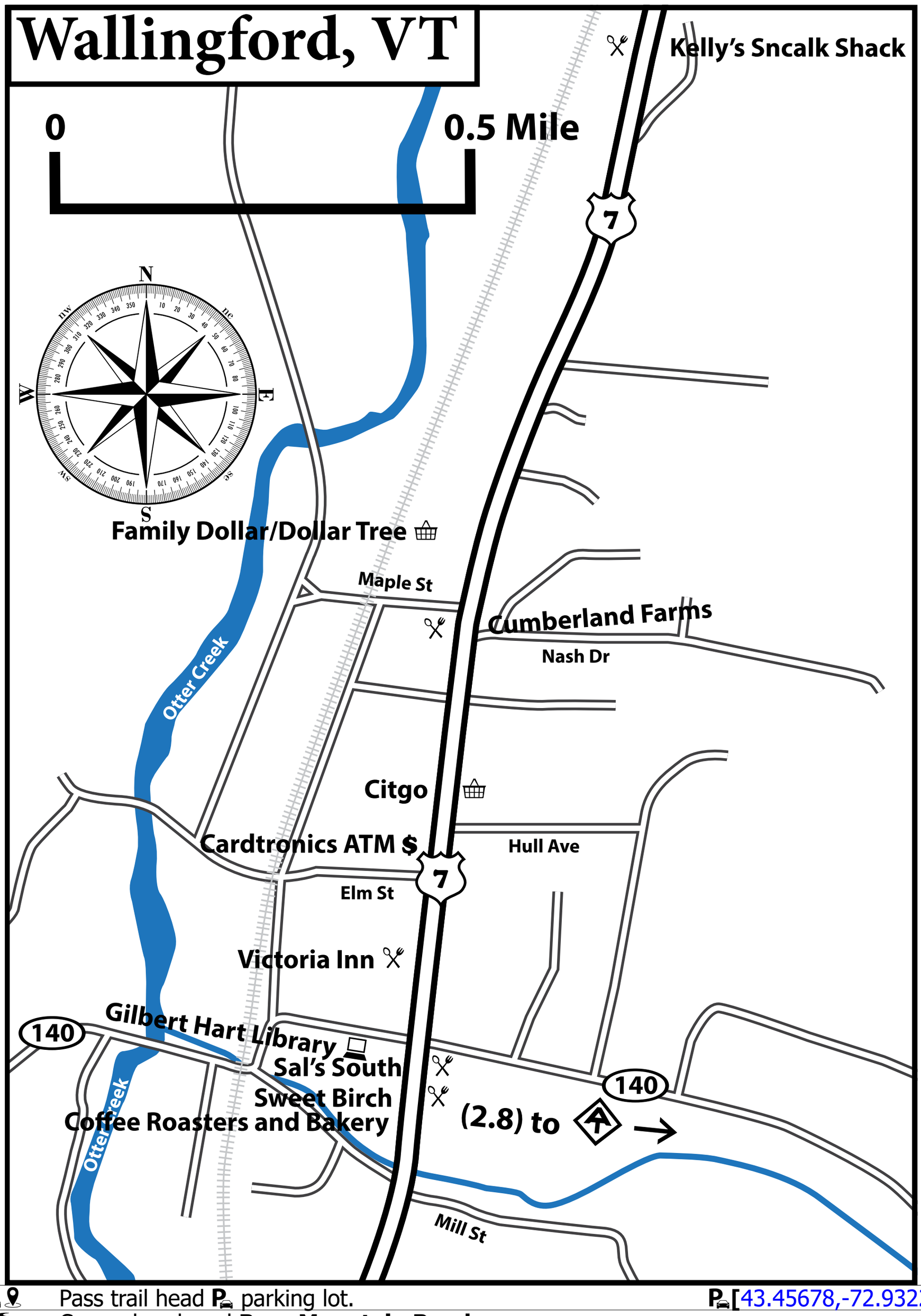

1684.3	P	Pass trail head P parking lot.	P[43.45678,-72.93228]	1195	513.1
1684.8		Cross abandoned **Bear Mountain Road**.		1441	512.6
1685.2		Jct with side trail leads 300 feet west to Domed Ledges Vista.	[43.46444,-72.93563]	1575	512.2
1686.3		**Bear Mountain** summit.	[43.47041,-72.93890]	2240	511.1
1686.9		Patch's Hollow at northern end of beaver pond.		1800	510.5
1687.5		Power line.	[43.48596,-72.92546]	1645	509.9
1687.8	{8} {10}	(200 ft E) **13.2<<<9.9<<5.1<Minerva Hinchey Shelter>3.7>>9.8>>>14.1** Water (spring) is located 150 feet south of shelter and follow "Wada" signs, tenting, privy.	[43.48778,-72.92500]	1605	509.6
1688.4		Spring Lake Clearing.		1620	509.0
1688.5		Power line with airport beacons.		1658	508.9
1689.4		Overlook.		1291	508.0
1689.5		Overlook.		1516	507.9
1689.7		Rutland **Airport Lookout**, views west of Taconic Range.		1478	507.7
1690.1		Cross **Knipes Road**, gravel, gated.	[43.51681,-72.92638]	1108	507.3
1690.4		Cross high suspension bridge over Mill River in Clarendon Gorge.	[43.52023,-72.92546]	800	507.0
1690.5	P {14}	Cross **VT. 103, railroad tracks**.	[43.52146,-72.92511] P[43.52148,-72.92583]	860	506.9
		(1.0W) **Goughberg Farms** 802-772-7638 ✉ goughbergfarm@gmail.com. Owners: Daniele & Matthew. M-Sa 6am-9pm, Sun 9am-4pm. Grocery and Deli.	[43.53152,-72.93743]		
North Clarendon, VT. (4.2W)					
		PO M–F 8am–1pm & 2pm–4:30pm, Sa 8am–10am. 802-773-7893. 47 Moulton Ave. North Clarendon, VT 05759.	[43.56468,-72.96683]		
		Clarendon Animal Clinic 802-775-4333. M-W 8am-6pm, Th 8am-5pm, F 8am-5pm, Sa 8am-12pm, Su closed.	[43.56799,-72.96516]		
Rutland, VT (8W of VT 103) see NOBO mile 1705.3. See map of Rutland, VT (north/south)					
1690.6		Power line.	[43.52309,-72.92405]	976	506.8
1690.8		Pass though boulder filled ravine.		1380	506.6
1690.9		Side trail 400 feet east to **Clarendon Lookout**, rock outcrop with views of VT. 103 and Rutland Airport.		1516	506.5
1691.5	{12} {20}	(0.1E) **13.6<<<8.8<<3.7<Clarendon Shelter>6.1>>10.4>>>12.9** Water (stream) is located 50 feet east from the shelter, tenting, privy.	[43.52430,-72.91304] [43.52367,-72.91263]	1190	505.9
1691.6		Cross brook.		1566	505.8
1692.0		**Beacon Hill**, airport beacon.		1740	505.4
1692.4	P	Cross **Lottery Road**, unpaved.	[43.52777,-72.89978] P[43.52770,-72.89967]	1720	505.0
1692.9		Hermit Spring to east, unreliable.		1864	504.5
1693.1		Ridgecrest.		1947	504.3
1694.1	P	Cross **Keiffer Road**, unpaved. Limited P parking.	[43.53449,-72.87384] P[43.53393,-72.87341]	1533	503.3
1694.3		Cold River Road (south end).		1403	503.1

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	P	Cross **Cold River Road** (north end), paved. Limited P parking. [43.53734,-72.87174] P[43.53770,-72.87225]	1400	503.0
1694.4	★★★★★				
		(2.4E) **W.E. Pierce Groceries** 802-492-3326 (www.piercesstorevt.com). Bakery & Deli. M-Sa 7am-7pm, Su 8am-5pm.		
1695.2		Cross **Gould Brook**, ford, can be **hazardous in high water**. [43.54130,-72.85939]	1480	502.2
1696.0	P{2}	Cross **Upper Cold River Road**, gravel road. P[43.55020,-72.85691]	1630	501.4
1696.7		Jct with Sargent Brook Bridge and gravel road. [43.55718,-72.85320]	1730	500.7
1697.4		Cross Robinson Brook on bridge.	1919	500.0
1697.6	{10}	**14.9<<<9.8<<6.1<Governor Clement Shelter>4.3>>6.8>>>8.7** Water (stream) is located across the road and north of the shelter, tenting, privy. Shelter is located close to road. [43.56456,-72.84880]	1900	499.8
1699.8		Cross two small brooks in the area.	2040	497.6
1700.2		**Shrewsbury Peak Trail**. Leads (1.9E) to Shrewsbury Peak. [43.58947,-72.81723]	3500	497.2
1700.7		High point on **Killington Ridge**.	3719	496.7
1701.9	{12} {2} ★★★★★	**14.1<<<10.4<<4.3<Cooper Lodge>2.5>>4.4>>>7.3** Water, (spring) is located north of shelter on AT, two tent platforms, privy. [43.60605,-72.82245]	3900	495.5
		(0.2E) **Killington Peak Lodge** 800-621-6867. Food service at the summit lodge, gondola ride ($25 round trip) to the ski resort below. Summer hours 10am-5pm. There is a new, safe, easy, and short trail to get from Cooper Lodge on Mount Killington and the gondola and cafe on the other side of the mountain. Currently, there is no signage at the trailhead, or at the summit, that directs you to the gondola. Trail starts just beyond the privy. You pass the top of a ski run take a set of stairs to the gondola area. [43.60486,-72.81790]		
1702.1		Junction with Bucklin Trail. [43.60688,-72.82412]	3770	495.3
1702.9		Height of land on **Snowdon Peak**. [43.61630,-72.82108]	3449	494.5
1704.4	{12 $	Jungle Junction. Sherburne Pass Trail (southern junction) leads (0.5) east to Shelter. **12.9<<<6.8<<2.5<Pico Camp>1.9>>4.8>>>13.8** Water is located (45YDS N)on the Sherburne Pass Trail, privy. If caretaker is present, there is an **$** overnight/caretaker fee. [43.63357,-72.83003] [43.63911,-72.83053] Pico Link trail leads (0.4) to Pico Peak summit and rejoins the AT north of Sheburne Pass (in VT).	3480	493.0
1706.0		Mendon Lookout.	2890	491.4
1706.3	{8} {1}	(0.1W) **8.7<<<4.4<<1.9<Churchill Scott Shelter>2.9>>11.9>>>21.8** Water is located on spur trail downhill behind shelter, tent sites, privy. **NO FIRES**. [43.64488,-72.85338]	2560	491.1
1706.4		Cross brook.	2530	491.0
1708.0		Catmount Trail west. [43.66473,-72.85143]	1997	489.4
1708.2	{24} ★★★★★	Cross **U.S. 4**. **See map of Killington, VT.** [43.66675,-72.85000] P[43.66615,-72.84866]	1880	489.2
		(0.89E) **The Inn at Long Trail** 802-775-7181, 800-325-2540. (www.innatlongtrail.com) AT Passport location. Ask about hiker rates, rooms include full breakfast. Limited pet rooms, reservations recommended on weekends. Overflow camping across street but there are no facilities. Coin laundry, outside water spigot. WiFi. Closed mid-April through Memorial Day. **McGrath's Irish Pub**; serves lunch and dinner from 11:30am-9pm. [43.66407,-72.83308] Mail drops for guests: (Packages FedEx/UPS only) 709 US 4, Killington, VT 05751.		
Rutland, VT (8.5W from US 4 trail head) See map of Rutland, VT (north/south)				
		PO M-F 10am-2pm, Sa 8:30am-11:30pm. 802-773-0223. 151 West St. Ste JJ. Rutland VT 05701. [43.60806,-72.98156]		
		(12.0W) **Hikers Hostel at the Yellow Deli** 802-683-9378, 802-775-9800, or 802-773-0160 or 802-747-0407 (www.hikershostel.org) Run by a Twelve Tribes spiritual community. AT Passport location. No alcohol, no smoking. Donation or Work For Stay. kitchenette, laundry. Free showers even without stay. Shuttles sometimes available by donation. Hostel open 24 hours 7 days a week (Deli open Sunday at noon, through Friday, 3pm) Stay includes breakfast and 15% off at deli. Friday night special. Sabbath Meal all are welcome. [43.60664,-72.97900] Mail drops: Hiker Hostel, 23 Center Street, Rutland, VT 05701.		
		Flipakey's Homestay 802-578-8148. Hosted by Flipakey. Not pet friendly. Reservations required. Four private rooms with double or queen beds. Shared living room, kitchen, and bathroom. $35 per hiker, per night. Tenting available. Wi-Fi and Laundry included. Located in Rutland Vermont at 5 Upland Drive. Reservations required. Please don't just show up as this is a private home. Asking 1$ per mile round trip for long distance shuttles in Vermont. [43.60927,-72.95089]		
		Walmart 802-773-0200. M-Su 7am-10pm; **Pharmacy** M-F 8am-8pm, Sa 9am-7pm, Su 10am-6pm. [43.60542,-72.98032]		
		Price Chopper 802-438-6119. M-Su 6am-12am. [43.60386,-72.97795]		
		Rutland Food Co-op 802-773-0737. (www.rutlandcoop.com) M-Sa 9am-7pm, Su 10am-6pm. [43.60593,-72.97763]		
		Subway [43.60396,-72.97918]		
		Applebee's [43.61987,-72.95508]		
		Little Caesars [43.62178,-72.95407]		
		Beauchamps & O'Rourke Pharmacy 802-775-4321. (www.beauchamppharmacy.com) M-F 8am-6pm, Sa 9am-12pm, Su closed. [43.61226,-72.96662]		
		Rutland Veterinary 802-773-2779. (www.rutlandvet.com) M-F 7am-8pm, Sa-Su 7am-5pm. [43.63848,-72.97510]		
		Flipakey's Homestay 802-681-3997 Based out of Rutland, VT. **S to MA/VT border < > N to VT/NH border** & airport, bus & train terminals.		
Killington, VT 05751 (1.8E) from US 4, See Notes at **NOBO mile 1711.5.**				

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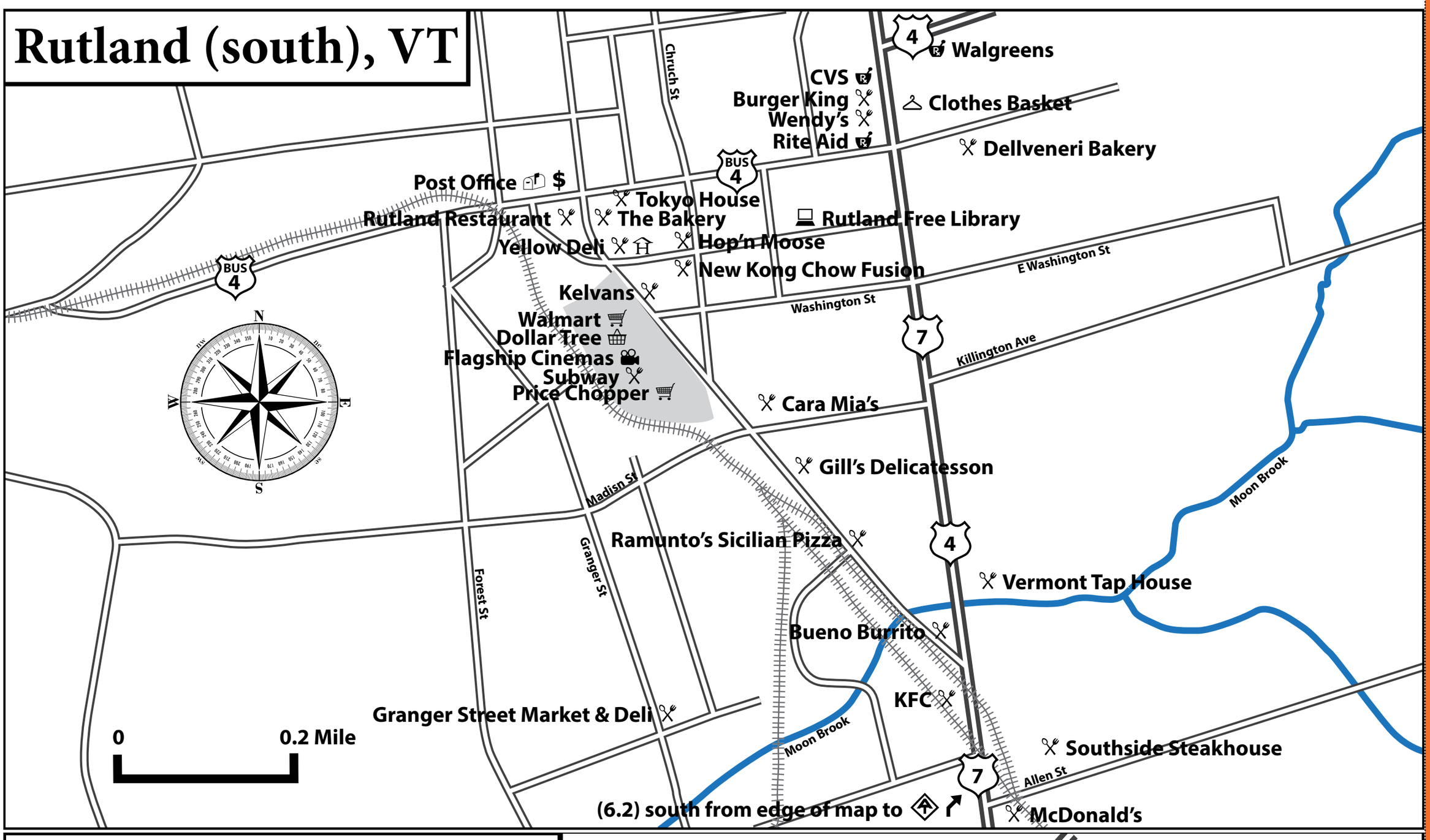
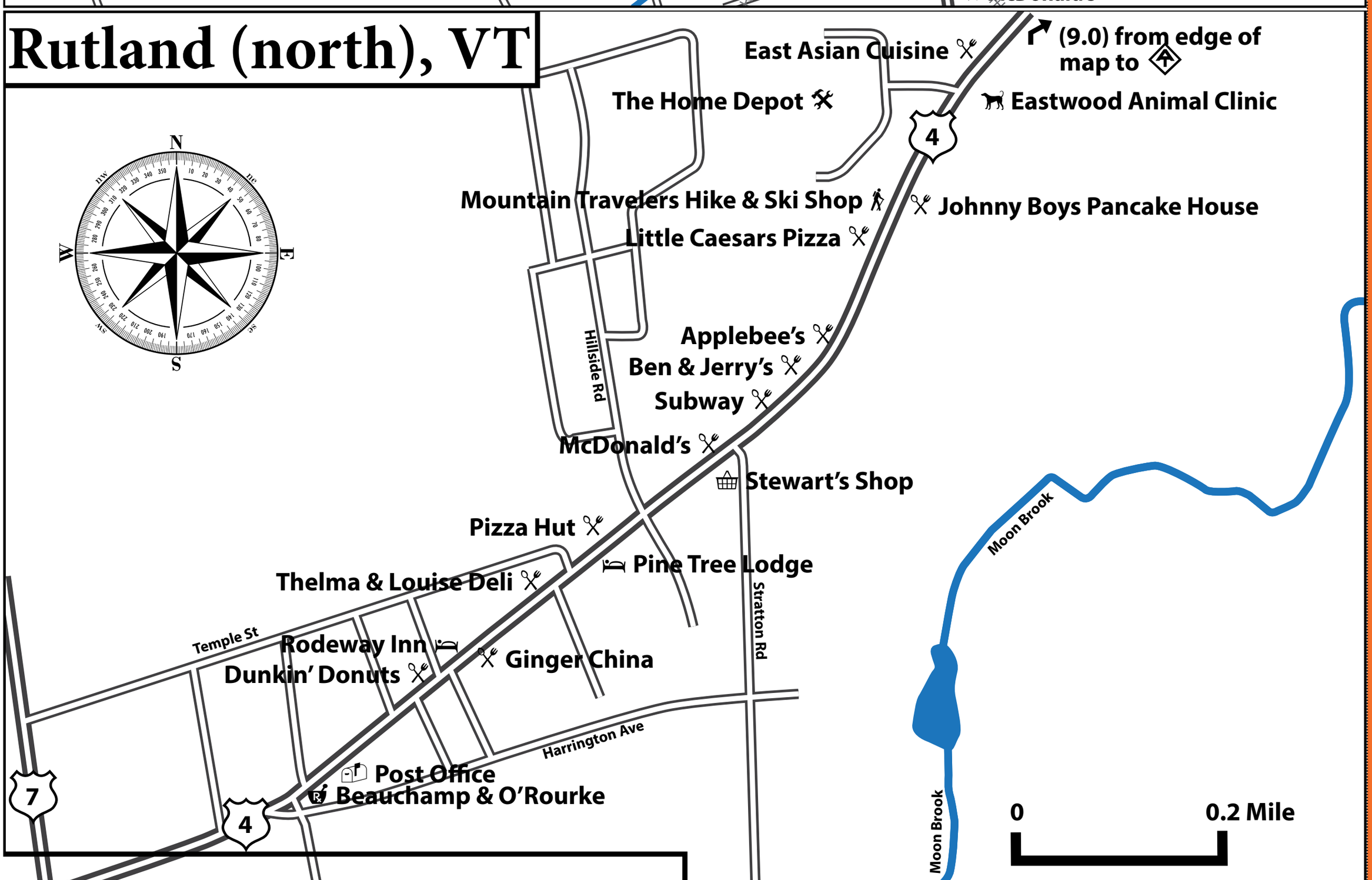
Rutland (south), VT



Rutland (north), VT



Connect together with Rutland-South map

1708.3		Catmount Trail east.	[43.66964,-72.84966] 1939	489.1
1709.2	{8}	Maine Junction with the Long Trail at Willard Gap. (0.4W) **7.3<<<4.8<<2.9<Tucker-Johnson Shelter>9>>18.9>>>31.2** Water source is nearby Eagle Square Brook. Tenting, privy.	[43.67943,-72.84295] 2250	488.2
1709.3		Junction of Deer Leap Trail, rejoins the AT at 21.8/1.9.	[43.67521,-72.83647] 2290	488.1
1710.0		Junction of Deer Leap Trail, rejoins the AT at 21.8/1.9.	[43.66932,-72.82763] 2290	487.4

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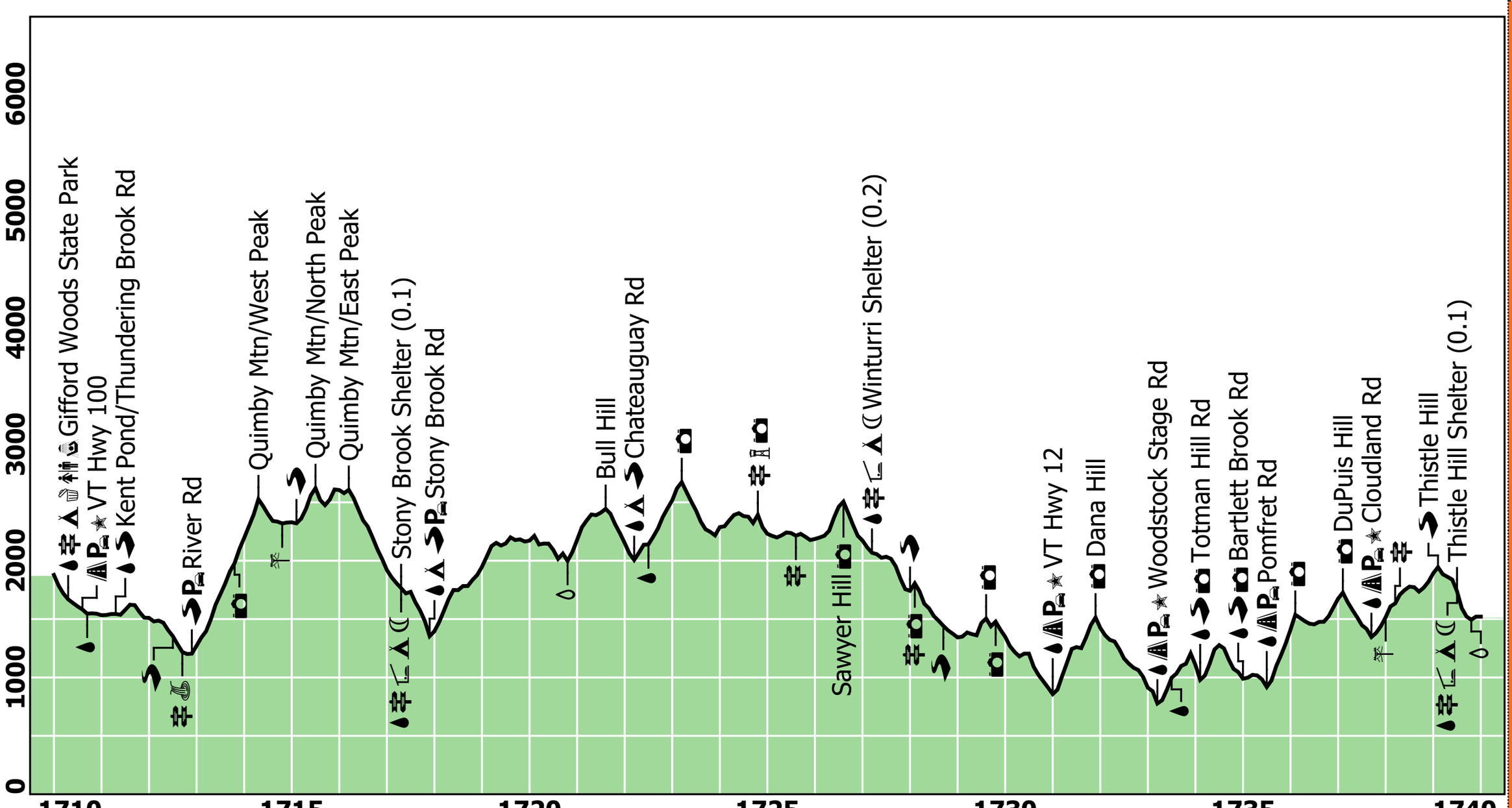


Sherburne Pass Trail, to **Inn at Long Trail** (0.5E)
See notes at mile 1708.2. [43.66884,-72.82766] 2440 487.3

1710.4 Side trail leads 500 feet east to **Bens Balcony**, views of Killington and Pico Peaks. 2443 487.0

Kent Brook Trail Junction, upper camping area of Gifford Woods State Park.

1711.2 [43.67344,-72.81679] 1700 486.2

The AT passes thru **Gifford Woods State Park** 802-775-5354.
AT Passport location. Shelters, discounted tent sites for AT hikers in special hiker section, coin operated showers, water spigot. Open Memorial Day-Columbus Day. Fills quickly in fall.
[43.67355,-72.80990]

1711.5 Cross **VT. 100. See map of Killington, VT.**
[43.67438,-72.80944] [43.67395,-72.80908] 1660 485.9

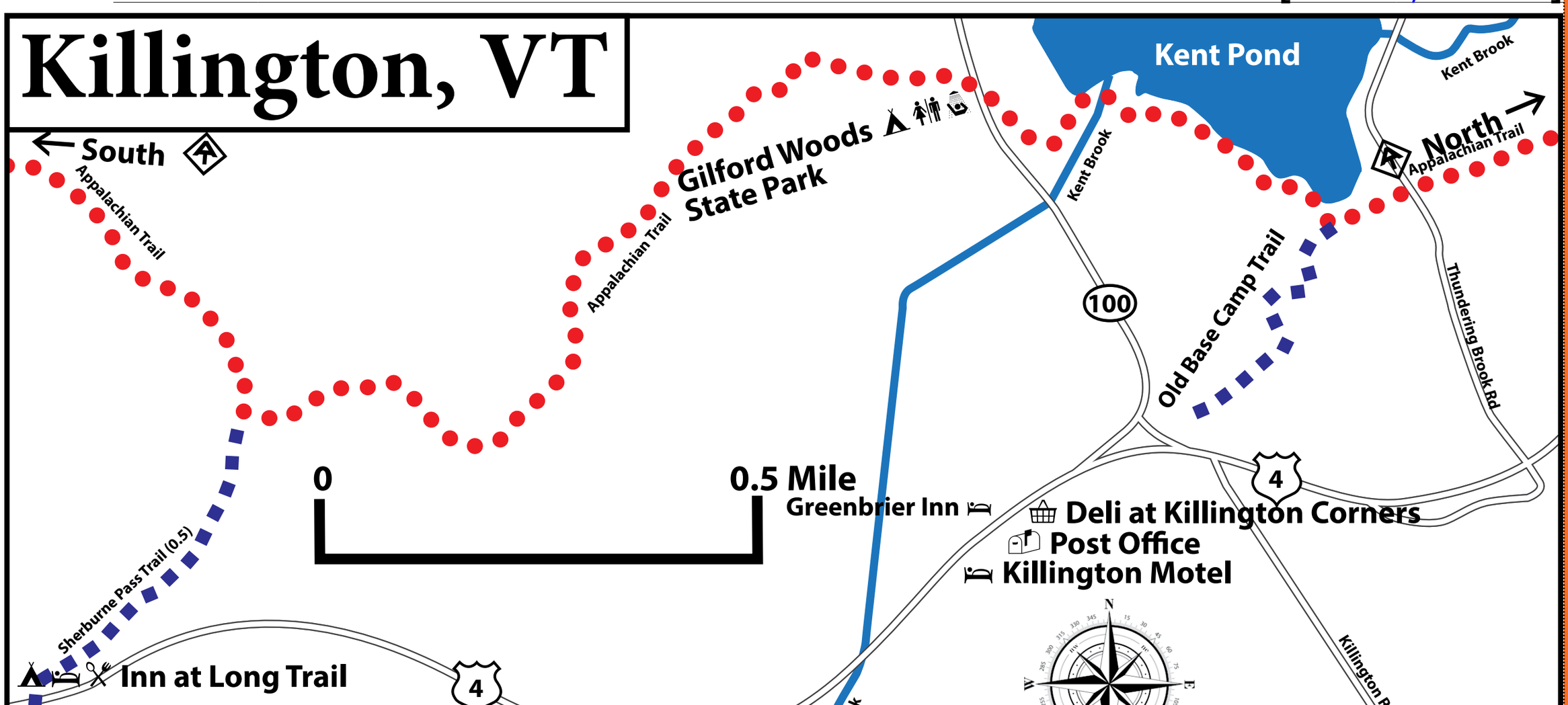
Killington, VT 05751 (0.6E from VT 100, 1.8E from US 4)

PO M-F 6:30am (window pickup only), 8:30am-11am & 12pm-4:30pm. Sa 8:30-12, 802-775-4247. 2046 Route 4. Killington, VT 05751. [43.66628,-72.80918]

Killington Deli & Marketplace 802-775-1599. (www.killingtondeli.com). [43.66671,-72.80888]

Greenbrier Inn 802-775-1575. (www.greenbriervt.com) No pets. AT Passport location. Ask about the 15% hiker discount. Fridge, free WiFi. [43.66716,-72.80937]

Killington Motel 802-773-9535. (www.killingtonmotel.com) No smoking rooms. Call for pricing and ask for hiker rate, includes continental breakfast, pool, fridge, free WiFi. [43.66558,-72.81009]



JAX Food & Games 802-422-5334. (www.jaxfoodandgames.com) Eat, have a drink, while you are doing your laundry. M-Su 3pm-2am. Located (0.8) south on US 4 on Killington Rd.
[43.64932,-72.78812]

1711.6 Cross Kent Brook on footbridge. [43.67416,-72.80741] 1580 485.8

1712.2 **Kent Pond**, shore. Old trail to Base camp Outfitters, outfitters is now closed.
[43.67246,-72.80010] 1621 485.2

1712.3 Junction with **Thundering Brook Road (southern junction)**.
[43.67279,-72.79878] 1450 485.1

1713.4 Junction with **Thunderinging Brook Road (northern junction)**, gravel road.
[43.67956,-72.78726] 1280 484.0

1713.6 Side trail leads 200 feet west on boardwalk to **Thundering Falls**.
[43.68056,-72.78544] 1226 483.8

1713.8 Views from boardwalk of Ottauquechee floodplain. [43.68042,-72.78378] 1224 483.6

1713.9 Cross **River Road**. [43.68051,-72.78221] [43.68066,-72.78225] 1214 483.5

1714.7 Vista of **Ottauquechee River Valley**. 2136 482.7

1715.2 **Western peak of Quimby Mounatin.** 2523 482.2

1715.7 Power line. [43.69043,-72.76478] 2334 481.7

1716.0 Cross woods road. [43.69275,-72.76016] 2374 481.4

1716.3 **Northern peak of Quimby Mountain**. [43.69450,-72.75575] 2600 481.1

1717.1 Northern shoulder of Quimby Mountain. [43.69153,-72.74545] 2550 480.3

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1718.2		(0.1E) **13.8<<<11.9<<9<Stony Brook Shelter>9.9>>22.2>>>31** Water (brook) is located 100 yards north of shelter on AT, tenting, ☾ privy. [43.69178,-72.73060]	1760	479.2
1718.4		Aluminum ladder on steep ledge.	1793	479.0
1719.0	P{4}	Cross Mink Brook or Stony Brook a few times, **Stony Brook Road**. [43.69097,-72.72033] P [43.69126,-72.72018]	2000	478.4
1720.4		Reach height of land.	2260	477.0
1720.9		Small pond in sag known locally as the Continental Divide.	2198	476.5
1721.3		Cross logging road.	2176	476.1
1721.4		Cross intermittent brook.	2073	476.0
1722.2		West of **Bull Hill**.	2445	475.2
1722.4		Cross logging road.	2464	475.0
1722.9	P{8}	Cross **Chateauguay Road**, gravel. [43.68951,-72.67381] P [43.68946,-72.67381]	2000	474.5
1723.3		Cross brook. [43.68580,-72.67002]	2248	474.1
1723.8		Lakota Lake Lookout, view of Lakota Lake below and White Mountains. This lookout is now overgrown. [43.68320,-72.66413]	2640	473.6
1725.5		(0.2W) to private cabin and observation deck, owners permit its use as a viewpoint for hikers, **no fires**. [43.67773,-72.63987] [43.67883,-72.63843]	2320	471.9
1726.4	P	Junction with **Lookout Farm Road (northern junction)**. Road leads (0.4W) to P parking on Green Gate Road. [43.66876,-72.63583] P [43.67039,-72.62848]	2297	471.0
1726.7		Junction with **Lookout Farm Road (southern junction)**. P [43.66876,-72.63583]	2262	470.7
1727.5	P{4}	Don's Rock on The Pinnacle, view of Killington and Pico Peaks. Don's Rock trail leads (0.6E) to trailhead P parking. [43.65824,-72.63041] P [43.65255,-72.62166]	2494	469.9
1728.1		(0.2W) **21.8<<<18.9<<9.9<Winturri Shelter>12.3>>21.1>>>28.4** Water (spring) is located to the right of the shelter, tenting, ☾ privy. [43.66008,-72.62150] [43.66218,-72.62260]	1910	469.3
1728.9	P{15}	Cross old woods road and trailhead P parking. [43.65911,-72.60839]	1794	468.5
1729.1		On crest of ridge side trail leads east view of North Bridgewater. [43.65820,-72.60590]	1805	468.3
1729.7		Cross old woods road. [43.65991,-72.59782]	1630	467.7
1730.5		Ridge with views of Mt. Ascutney. [43.65521,-72.58511]	1525	466.9
1730.7		Bald hilltop with panoramic views. [43.65399,-72.58264]	1488	466.7
1731.7		Clearing with wooden stile that crosses electric fence. [43.65453,-72.56806]	967	465.7
1731.9	P{10} ★★★★★	Cross **VT. 12**, **Gulf Stream Bridge**. **Woodstock, VT. (4.2E)**. [43.65467,-72.56558] P [43.65521,-72.56623]	882	465.5
		(0.2W) **On The Edge Farmstand** 802-457-4510. (www.ontheedgefarm.com) Mid-May to Labor Day M-Su 10am-5:30pm otherwise off season M 10am-5pm, Tu-W closed, Th-Su 10am-5pm. Local farm stand with goods, pies, fruit, milk, ice cream, smoked meats and cheese, cold drinks. Cheese and Gatorade package ($25) for 2 days rations. [43.65739,-72.56877]		

Woodstock, VT. (3.9E)

		PO M-F 8:30am-5pm, Sa 9am-12pm. 802-457-1323. 22 Central St. Woodstock, VT 05091. [43.62566,-72.51756]		
		Mac's Woodstock Market 802-457-9320 (www.woodstockvt.com/businesses/macs-market) M-Su 8am-8pm. [43.62614,-72.51183]		
		The Shire Woodstock 802-457-2211. (www.shirewoodstock.com) Call for pricing, free WiFi. This is a tourist town. [43.62711,-72.51145]		
		Braeside Motel 802-457-1366. (www.braesidemotel.com) $98-$168, fridge, free WiFi. [43.63562,-72.49721]		
		Pizza Chef 508-765-5979. (www.pizzachefsouthbridge.com) M-W 11am-10pm, Th-Sa 11am-11pm, Su 12pm-10pm. [43.63093,-72.50511]		
		Cumberland Farms, Gillingham & Sons 802-457-2100. (www.gillinghams.com) M-Sa 8:30am-6:30pm Su 10am-5pm. [43.62754,-72.50688]		
		Woodstock Veterinary Hospital 860) 974-1802. M-9am-7pm, Tu-W 9am-6pm, Th 9am-7pm, F 9am-6pm, Sa-Su 9am-2pm. [43.63250,-72.50399]		
		Norman Williams Public Library 802-457-2295. (www.normanwilliams.org) M-F 10am-6pm, Sa 10am-4pm, Su closed. [43.62425,-72.51856]		
		Ottauquechee Pharmacy 802-332-0015. M-F 8am-6pm, Sa 9am-1pm, Su Closed. [43.62711,-72.51372]		
		The Laundry Room 802-457-7442. M-Tu Closed, W-F 10am-5pm, Sa 10am-3:30pm, Su Closed. [43.62658,-72.50989]		

1732.6		Cross corner of hilltop field. [43.65453,-72.56806]	1265	464.8
1733.0		**Dana Hill**, tree covered. [43.66387,-72.56197]	1530	464.4

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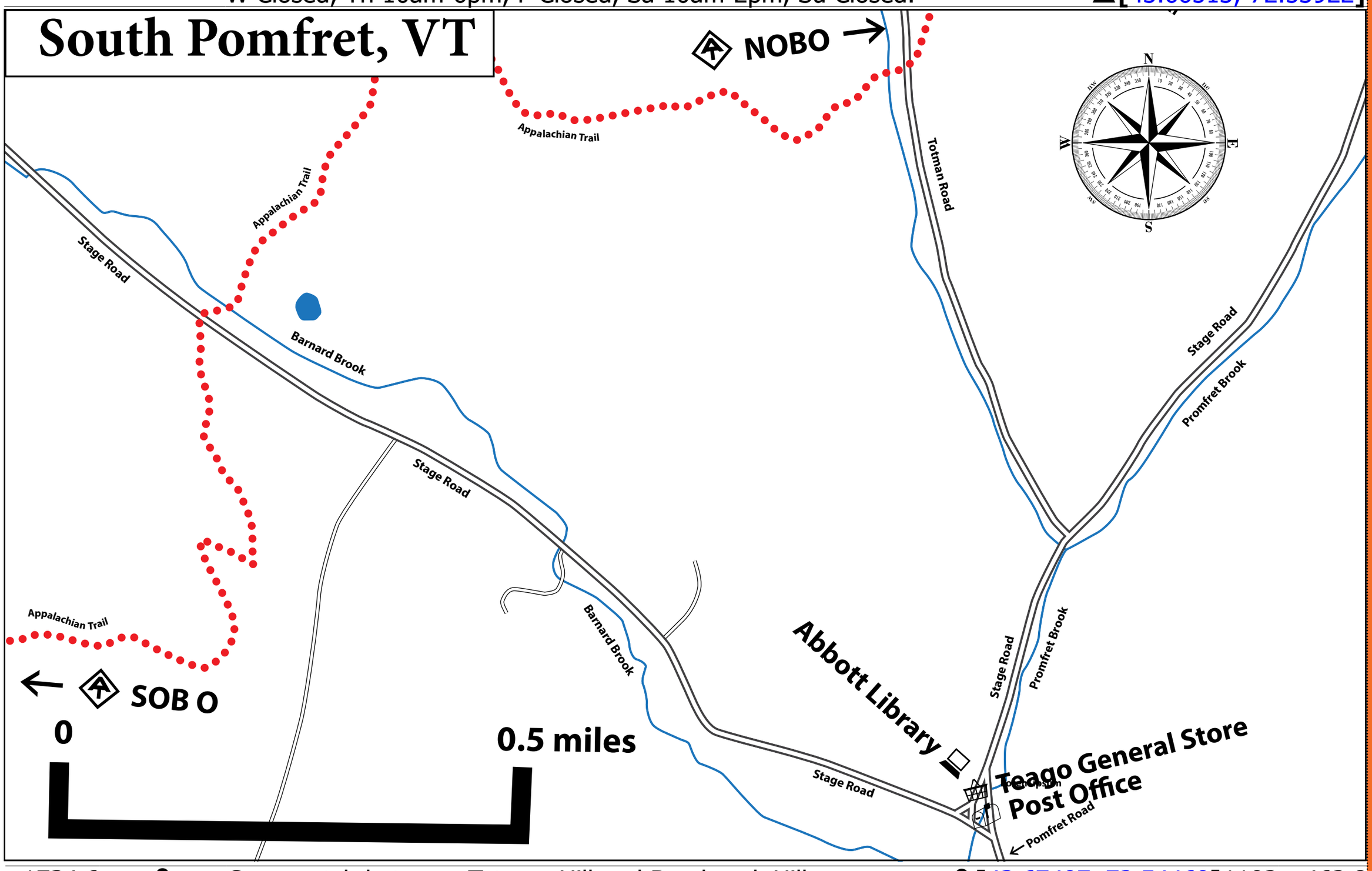
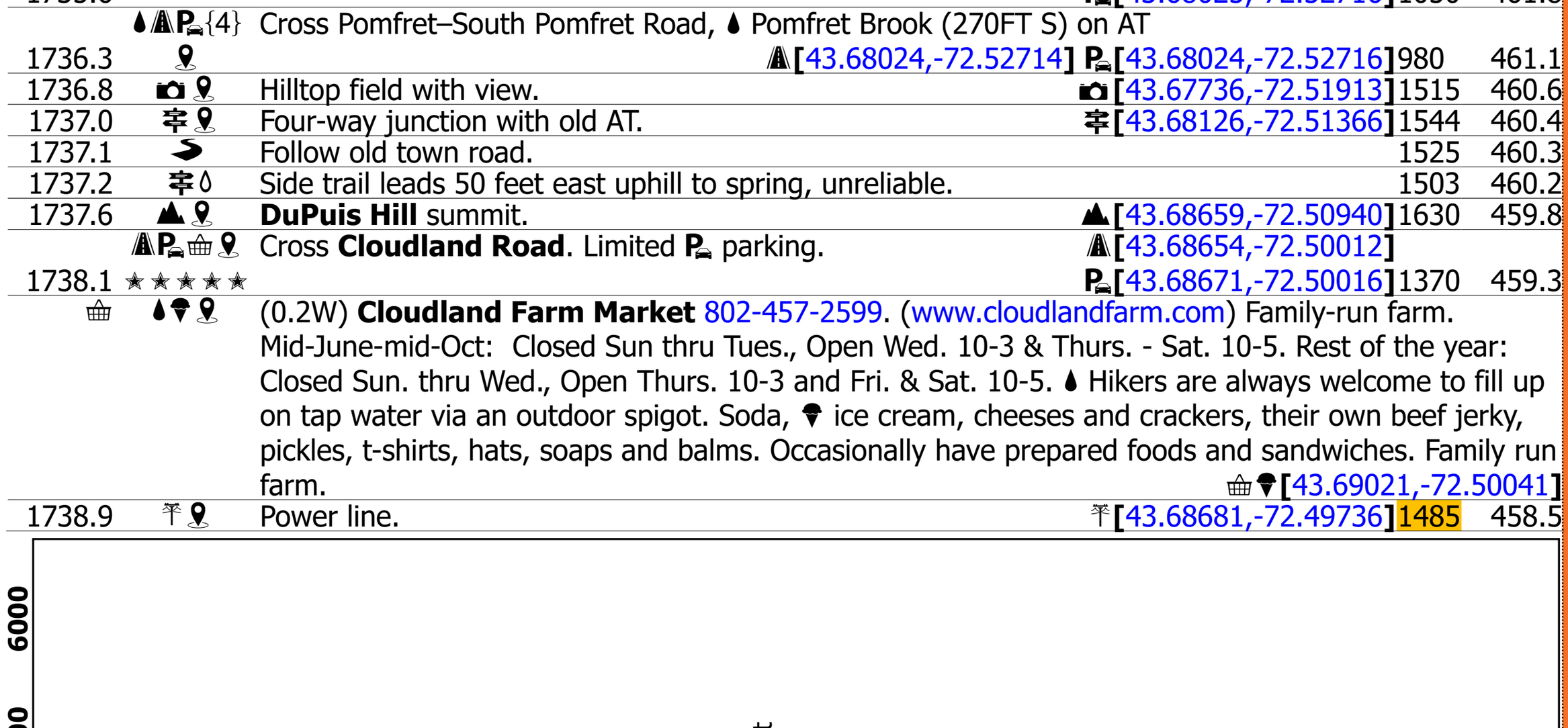
		Cross **Woodstock Stage Road** and Barnard Brook on footbridge. Barnard Brook (100FT N) on AT.			
1734.1	★★★★★		[43.67190,-72.55397] P[43.67188,-72.55376]	820	463.3

South Pomfret, VT 05067 (1.0E)

		PO M-F 10am-2pm, Sa 8:30am-11:30am. 802-457-1147, located inside of Teago's General Store. 2035 Pomfret Rd Unit B. South Pomfret, VT 05067.	[43.66488,-72.53878]		
		Teago's General Store 802-457-1626. Homemade soups, salads, sandwiches, ice cream. M-Sa 7am-6pm, Su 8am-4pm.	[43.66484,-72.53884]		
		Abbott Memorial Library 802-457-2236 (www.abbottmemoriallibrary.org) M Closed, Tu 10am-6pm, W Closed, Th 10am-6pm, F Closed, Sa 10am-2pm, Su Closed.	[43.66513,-72.53922]		



1734.6		Cross notch between Totman Hill and Breakneck Hill.	[43.67497,-72.54460]	1192	462.8
1734.8		Cross brook.		1285	462.6
1734.9		Cross **Totman Hill Road**, dirt road.	[43.67545,-72.54032]	1010	462.5
1735.6		Cross **Bartlett Brook Road**, gravel, footbridge, brook. Brook (170FT S) on AT.	[43.68500,-72.53484] P[43.68025,-72.52716]	1050	461.8
1736.3	P{4}	Cross Pomfret–South Pomfret Road, Pomfret Brook (270FT S) on AT	[43.68024,-72.52714] P[43.68024,-72.52716]	980	461.1
1736.8		Hilltop field with view.	[43.67736,-72.51913]	1515	460.6
1737.0		Four-way junction with old AT.	[43.68126,-72.51366]	1544	460.4
1737.1		Follow old town road.		1525	460.3
1737.2		Side trail leads 50 feet east uphill to spring, unreliable.		1503	460.2
1737.6		**DuPuis Hill** summit.	[43.68659,-72.50940]	1630	459.8
1738.1	★★★★★	Cross **Cloudland Road**. Limited P parking.	[43.68654,-72.50012] P[43.68671,-72.50016]	1370	459.3
		(0.2W) **Cloudland Farm Market** 802-457-2599. (www.cloudlandfarm.com) Family-run farm. Mid-June-mid-Oct: Closed Sun thru Tues., Open Wed. 10-3 & Thurs. - Sat. 10-5. Rest of the year: Closed Sun. thru Wed., Open Thurs. 10-3 and Fri. & Sat. 10-5. Hikers are always welcome to fill up on tap water via an outdoor spigot. Soda, ice cream, cheeses and crackers, their own beef jerky, pickles, t-shirts, hats, soaps and balms. Occasionally have prepared foods and sandwiches. Family run farm.	[43.69021,-72.50041]		
1738.9		Power line.	[43.68681,-72.49736]	1485	458.5



1740.1		Cross woods road on top of **Thistle Hill**, wooded.		1800	457.3
	{8}	(0.1E) **31.2<<<22.2<<12.3<Thistle Hill Shelter>8.8>>16.1>>>25.6** Water (stream) is located near the shelter, tenting, privy.			
1740.4			[43.69516,-72.47580]	1480	457.0
1741.1		Cross brook.		1596	456.3

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1741.2		Open field called **Arms Hill**, views. [43.70301,-72.46929]	1609	456.2	
1741.7		Open field with views. [43.70587,-72.46390]	1416	455.7	
1741.9	P {3}	Cross **Joe Ranger Road**, gravel, by small pond with stone dam. [43.70539,-72.46272] P [43.70530,-72.46246]	1280	455.5	
1742.5		**Bunker Hill** summit, wooded.	1466	454.9	
1742.6		Cross old town road by a cemetery. [43.70693,-72.45327]	1412	454.8	
1742.8		Hilltop pastures with views.	1418	454.6	
1742.9		Cross old farm road. [43.70764,-72.44800]	1161	454.5	
1744.2		Hilltop field with views of White River Valley.	1005	453.2	
1744.9		**Quechee - West Hartford Road**. [43.71016,-72.42279]	461	452.5	
1745.1		Junction with **Pomfret Road** on west bank of White River. [43.71199,-72.41860]	474	452.3	
1745.2	P ★★★★★	Junction with **VT. 14 (eastern end)**, Patriots Bridge over **White River**. [43.71230,-72.41750] P [43.71238,-72.41758]	390	452.2	
		Captain Stash's 802-295-6631. Owners Kathy and Captain Stash sometimes offer tenting to hikers. Water avaiable. Large shady backyard, complete with swimming hole (fed by a creek) ,fire pit, and lots of brightly colored adirondack chairs. 5255 VT-14, West Hartford, VT 05084.			
		Janet Abbott 802-738-5445 (cell), 802-431-3619 (cell), Owner: Janet Abbott. Based out of South Royalton, VT. Pet Friendly. Insured. 365 days, 24/7 & holidays. **S to Bennington, VT < > N to Franconia Notch, NH** & airport, bus & train terminals. Slackpacking. "Masks required."			
1745.6		Junction with **VT. 14 (western end)**. [43.71721,-72.41837]	390	451.8	
1745.7		Stetson Road joins to the east. [43.71764,-72.41692]	430	451.7	
1745.8	P {3}	Junction with **Podunk Road at Tigertown Road**. [43.72089,-72.41334] P [43.72073,-72.41321]	540	451.6	
1746.6	P {3}	Cross **Podunk Road (northern junction)**. [43.71854,-72.40013] P [43.71840,-72.40020]	860	450.8	
1746.7		Cross Podunk Brook. [43.71892,-72.39904]	860	450.7	
1746.9		Cross logging road. [43.71875,-72.39410]	897	450.5	
1747.2		Cross logging road. [^?^]	994	450.2	
1747.5		Cross East Fork of Podunk Brook and a logging road. Logging road, Burton Woods Road (190FT N) on AT. [43.72381,-72.38941] [43.72398,-72.38913]	1100	449.9	
1747.6		Cross logging road, Burton Woods Road. [43.72489,-72.38850]	1109	449.8	
1748.7		Wooded shoulder of **Griggs Mountain**. Side trail leads (0.2W) to Griggs Mountian, [43.72653,-72.37310]	1570	448.7	
1749.0		Cross small stream, seasonal.	1572	448.4	
1749.2	{8} {10}	(0.1E) **31<<<21.1<<8.8<Happy Hill Shelter>7.3>>16.8>>>22.5** Water (brook) is located near the shelter but known to go dry, tenting, privy. [43.72506,-72.36451] [43.72386,-72.36570]	1460	448.2	
1749.4		Junction with **William Tucker Trail** leads (0.6W) to Happy Hill Road. [43.72326,-72.36120]	1320	448.0	
1750.8		Cross **Newton Lane**. [43.71413,-72.34541]	1145	446.6	
1751.7		Skirt east side of **Mosley Hill**.	1180	445.7	
1752.1		Power line. [43.70679,-72.32954]	1166	445.3	
1752.2		Cross stream.	1195	445.2	
1752.7		Intersects with Elm Street Trail head. [43.71165,-72.32381]	750	444.7	
1753.0		Cross **Hopson Road**. [43.70895,-72.31827]	606	444.4	
1753.2		Cross Bloody Brook. [43.71101,-72.31272]	567	444.2	
1753.5	★★★★★	Junction of **Elm Street and U.S. 5**. [43.71318,-72.30826] **Norwich, VT.**	537	443.9	
		PO 802-649-1608. M-W 8:30am-5pm, Th 8:30-12pm, F 8:30am-5pm, Sa 9am-12pm, Su Closed. [43.71371,-72.30875]			
		Norwich Inn 802-649-1143. (www.norwichinn.com) $189 and up, 2 pet rooms available, no smoking, reservations recommended. Computer available to use, free WiFi. Mail drops for guests: PO Box 908, Norwich, VT 04055, or FedEx to 325 Main St. [43.71407,-72.30883]			
		Murdocks Ale House, located in the Norwich Inn. Serves diinner M-Su, serves breakfast and lunch W–Su. [43.71470,-72.30895]			
		(0.1W) on Main St. **Dan & Whits General Store** 802-649-1602. (www.danandwhitsonline.com) M-Su 7am-9pm. Hikers get free day-old sandwiches, when available. Small gear items, canister fuel, batteries, ponchos, hardware and grocery. [43.71474,-72.30879]			
		Norwich Library 802-649-1184. (www.norwichlibrary.org) M 1am-8pm, Tu-W-F 10am-5:30pm, Th 10am-8pm, F 10am-5:30pm, Sa 10am-3pm, Su 12pm-4pm. [43.71688,-72.30854]			
1754.1		**I-91 passes over VT. 10A**, AT on sidewalk. [43.70578,-72.30629]	450	443.3	
1754.5	State Line	Connecticut River, **Vermont–New Hampshire State Line**. [43.70376,-72.30016]	380	442.9	
1755.0	P {24} ★★★★★	**NH. 10, Intersection of North Main and East Wheelock streets**. Dartmouth College. **See map of Hanover, NH.** [43.70243,-72.28924] P [43.70403,-72.29845]	520	442.4	
		PO M-F 8:30am-5pm, Sa 8:30am-12pm, Sat pick-up available until 3pm. 603-643-4544. 50 S Main St. Hanover, NH 03755. [43.70066,-72.28923]			
		Hanover Friends of the AT produce a brochure with complete list of hiker services. Brochures can be found at the DOC, PO, libraries, Co-op.			
		Dartmouth Outing Club (DOC) 603-646-2428. (www.outdoors.dartmouth.edu) Offers room for pack storage in Robinson Hall and Howe Library, but packs cannot be left overnight as both areas are unsecured. Not available during Dartmouth orientation (mid Aug - mid Sept). Both places have computers for free internet use. [43.70318,-72.28976]			
P		Overnight parking on E Wheelock Street Lot A, see map. **No parking near Connecticut River Bridge**. P [43.70636,-72.27730]			
		Sunset Motor Inn 603-298-8721. (www.sunsetinnnh.com) M-Su 8-11. Call ahead for availability, Ask for hiker discount. Will shuttle when bus is not running, free laundry before 6pm, free WiFi, quiet after 10pm, $15 pet fee. Mail drops for guest only. 305 N Main Street, West Lebanon, NH 03874. [43.67295,-72.29701]			
		Hanover Inn 603-643-4300. (www.hanoverinn.com) $249 and up, discount sometimes available. Very pricey. [43.70212,-72.28885]			
		Jewel of India Buffet 603-643-2217. (www.jewelofindiahanover.com) M-Sa Lunch 11:30am-2:30pm, Dinner 4:30pm-10pm. Sunday brunch 11:30am-2:30pm, dinner 2:20pm-10pm. [43.70086,-72.28595]			
		C&C Pizza 603643-2966. (www.candapizza.net) M-Th 11am-11pm, F-Sa 11am-12pm, Sun 11am-11pm. [43.70077,-72.28730]			
		Stinson's Village Store Deli & Catering 603-643-6086. Deli sandwich, soda & small bag of chips. $5 hiker lunch special. M-Su 8am-12am. [43.70135,-72.29007]			

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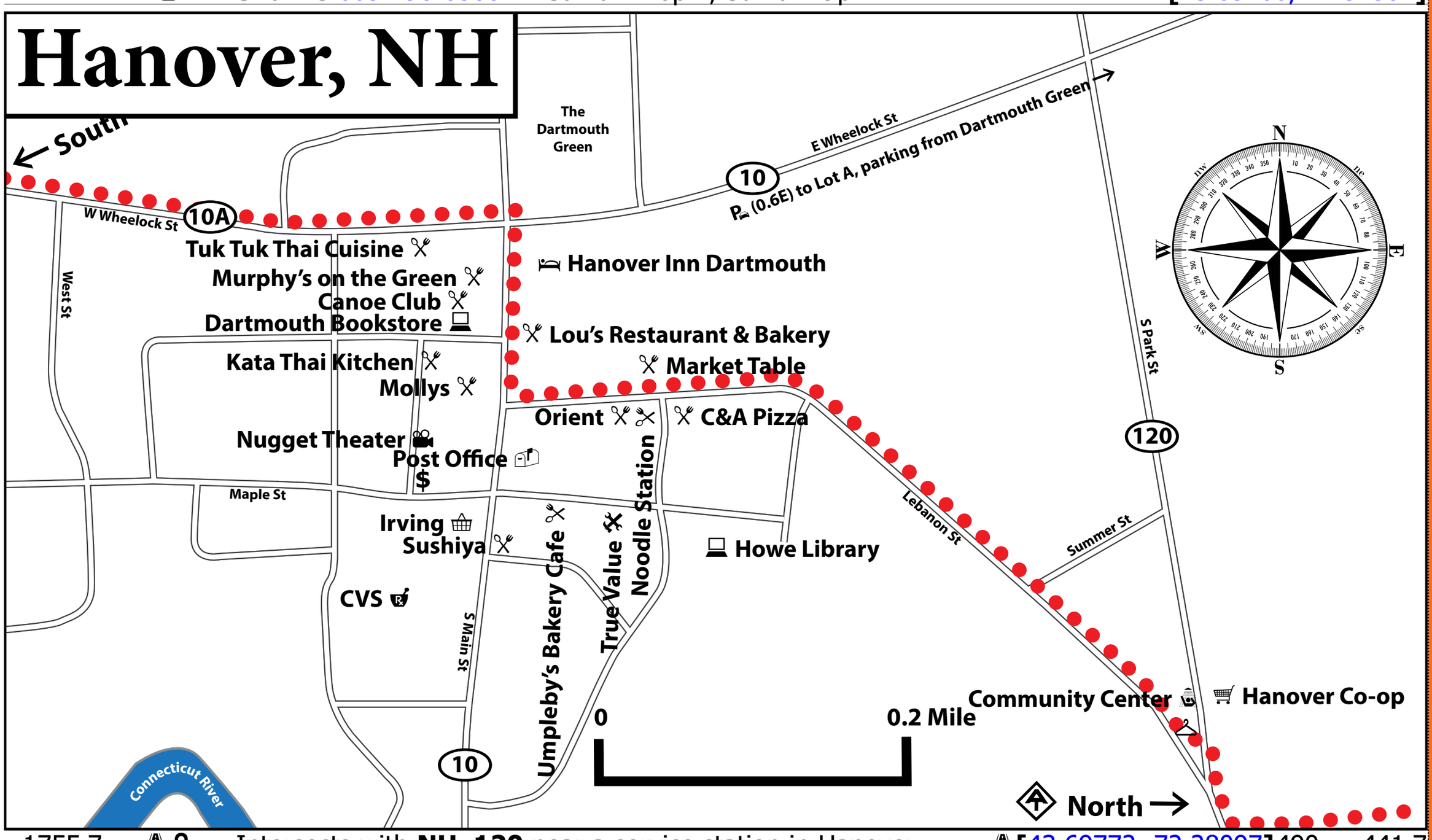
		Hanover Food Co-op 603-643-2667. Deli and food bar. Please use member #7000 at check out to help fund AT related initiatives. WiFi. M-Su 7am-8pm.	[43.69814,-72.28065]	
		Richard W. Black Recreation Center 603-643-5315. M 9am-5pm, Tu-F 9am-6pm, Sa 10am-6pm, Su closed. Shower with towel and soap $3, laundry with soap $2, must finish before 4:30pm. WiFi.	[43.69876,-72.28129]	
		Howe Library 603-643-4120. (www.howelibrary.org) M-Th 10am-8pm, F 10am-6pm, Sa 10am-5pm, Su 1pm-5pm.	[43.69956,-72.28688]	
		Hanover Hardware 603-643-2308. Coleman fuel and alcohol fuel by the ounce. M-F 8am-5:30pm, Sa 9am-5pm, Su 9:30am-2:30pm.	[43.69987,-72.28809]	
		Hanover Veterinary 603-643-3313. (www.hvcvets.com) M-F 8am-5:30pm, Sa 8am-12pm, Su closed.	[43.68374,-72.29503]	
		Hanover Hiker Shuttle 603-252-8295(cell) athikershuttle@gmail.com. Owner: Steve Lake -"Stray Cat"/1996. Based out of Hanover, NH. Pet Friendly. Insured. May 15-Oct 15, 8am-5pm, 7days/wk. & holidays. **S to North Adams, MA ➤ N to Baxter SP, ME** & airport, bus terminals. Slackpacking. Parking $5/day. "I can assist hikers with trail/trailhead info, emergency extractions, bail outs and logistical support."		
		Big Yellow Taxi 603-643-8294 brevells@yahoo.com Owner: Robert Revells. Based out of Hanover, NH. Pet friendly Insured. 365 days, 5am-12pm & holidays. **S to Woodstock, VT ➤ N to Orford, NH.** & airport, bus & train terminals.		

Lebanon & West Lebanon, NH (5.0E)

		EMS 603-298-7716. M-F 8am-8pm, Sa 8am-5pm, Su closed.	[43.63380,-72.31463]
		LL Bean 603-298-6975. M-F 9am-8pm, Sa 9am-5pm, Sun closed.	[43.63343,-72.31612]
		Shaw's 603-298-0388. M-Sa 7am-10pm, Su 7am-9pm.	[43.63200,-72.31581]



1755.7		Intersects with **NH. 120** near a service station in Hanover.	[43.69772,-72.28097]	490	441.7
1755.9		Juntion with DOC Chase Field and Trail, soccer field.	[43.69751,-72.27795]	504	441.5
1756.2		Spring to east, unreliable.		746	441.2
1756.5	{4}	Junction of loop trail (southern end) leading (0.2W) to shelter. **28.4<<<16.1<<7.3<Velvet Rocks Shelter>9.5>>15.2>>>21.9** Water (Ledyard Spring) is located along the northern access trail on northern access to shelter, tenting, privy.	[43.70049,-72.26687] [43.70256,-72.26468]	1040	440.9
1757.0		Junction of loop trail (northern end) leading (0.4) west to **Velvet Rocks Shelter**. Ledyard Spring Trail is (0.2) west on the loop trail.	[43.70437,-72.26152]	1200	440.4
1757.6		Unsigned junction with Trescott Road Spur Trail, blue blazed.	[43.70445,-72.25246]	1001	439.8
1757.8		High point on **Velvet Rocks**.		1243	439.6
1757.9		Oli's Trail leads east.	[43.70115,-72.25365]	1068	439.5
1758.9		Cross bridge over cattail marsh and beaver pond.		864	438.5
1759.5	P {8}	Cross **Trescott Road**.	[43.70484,-72.22958] P [43.70538,-72.22976]	915	437.9
1760.6		Cross brook.		960	436.8
1760.7		Cross brook.		892	436.7
1760.8		Cemetery to west.	[43.70508,-72.21280]	839	436.6
1760.9	P	Cross **Etna–Hanover Center Road**, **Etna, NH**.	[43.70393,-72.21199] P [43.70381,-72.21195]	845	436.5
		(1.9W) **Tiggers Tree House** 603-643-9213. Pets allowed. AT Passport location. Private home; not a party place. No drive-ins. Advance notice ensures a place to stay. Call from trail head, Etna General Store (will let you use phone) or Dartmouth Outing Club for pickup. Donations accepted or buy laundry soap or work for stay. Rides to grocery store, Walmart, EMS.			
		(0.7E) **Etna Library** 603-643-3116. M 3pm-7pm, Tu 9am-2pm. W 2pm-6pm, Th 2pm-7pm, F9am-3pm, Sa 10am-4pm. Su closed.	[43.69473,-72.21765]		
		(0.8E) **Etna General Store** 603-643-1655. Deli, hot meals. M-F 6am-7pm, Sa 8am-7pm, Su closed.,	[43.69340,-72.22024]		
1761.5		Cross large field with view.	[43.70553,-72.20108]	1092	435.9
1762.9		Cross Cory Road, woods road.	[43.71520,-72.18325]	1245	434.5
1763.4	P {4}	Cross **Three Mile Road**.	[43.71793,-72.17590] P [43.71800,-72.17600]	1350	434.0
1763.6		Cross Mink Brook.	[43.71731,-72.17166]	1320	433.8
1763.8		Cross road at junction with Fred Harris Trail.	[43.71740,-72.16834]	1804	433.6
1764.0		General's Trail leads west.	[43.71705,-72.16455]	1498	433.4
1764.4		Peter's Logging Trail leads east.	[43.71703,-72.15779]	1814	433.0
1764.6		Ridge Trail leads east.	[43.71666,-72.15346]	1924	432.8
1765.2		South peak of Moose Mountain.	[43.72113,-72.14573]	2290	432.2
1765.8		Cross **Old Wolfeboro Road/Trail** (woods road) at junction of abandon DOC Clark Pond Loop.	[43.72508,-72.15034]	2000	431.6

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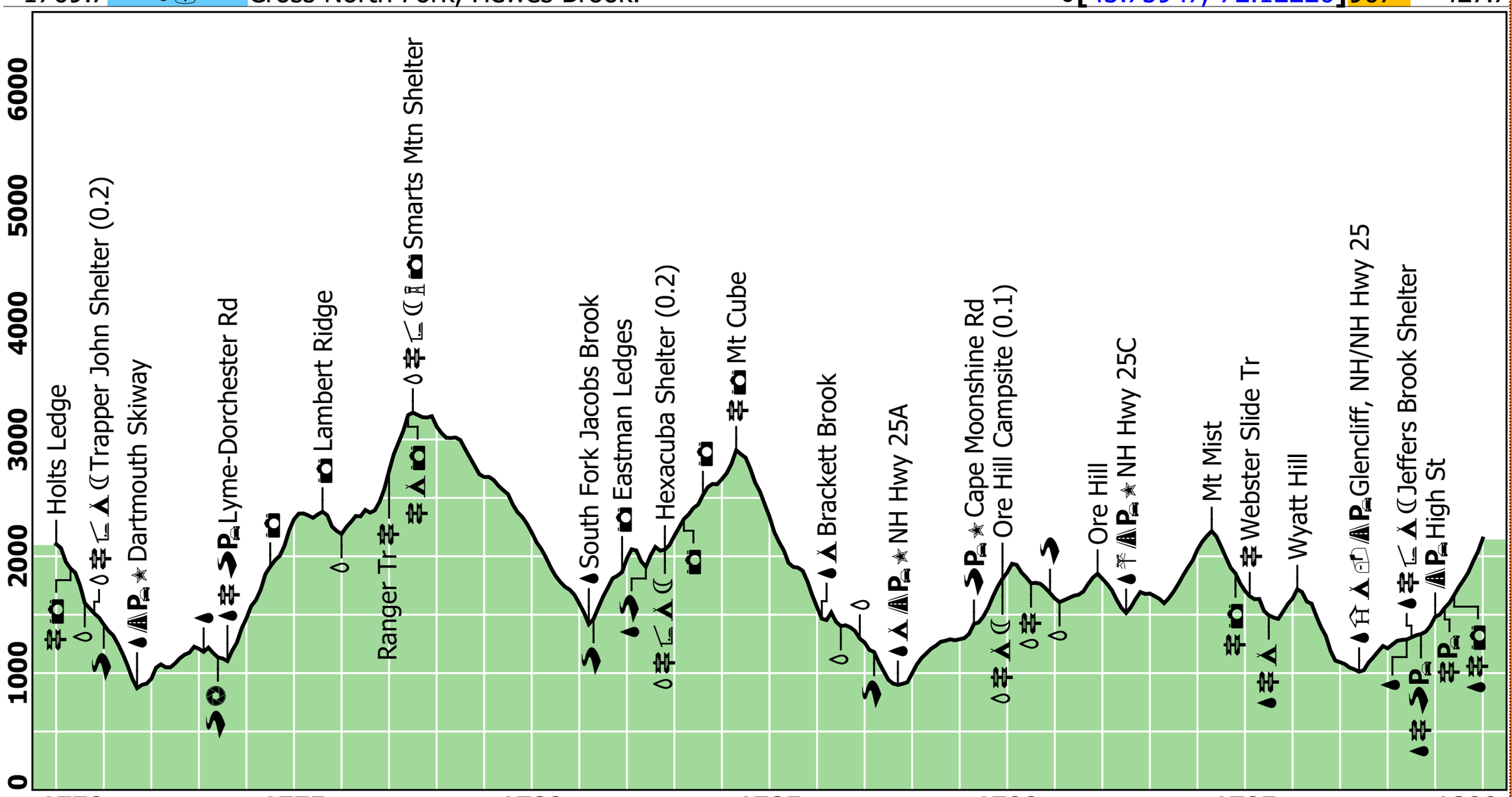
1766.0	{8}	Loop trail (southern junction) leads (75YDS E) to shelter. **25.6<<<16.8<<9.5<Moose Mountain Shelter>5.7>>12.4>>>17.7** Water is located on the AT north of the shelter follow loop trail to end, tenting, privy.	[43.72717,-72.14927]	1850	431.4
1766.1		Loop trail (northern junction) leads (100YDS E) to Moose Mountain Shelter.		2113	431.3
1767.2		North peak of **Moose Mountain**, views from quartzite ledges.	[43.73446,-72.14097]	2300	430.2
1768.8		Cross South Fork, Hewes Brook.	[43.75069,-72.12608]	1100	428.6
1769.2	P {6}	Cross **Goose Pond Road**, paved.	[43.75324,-72.12441] P [43.75280,-72.12330]	952	428.2
1769.5		Cross beaver pond on dam.		918	427.9
1769.7		Cross North Fork, Hewes Brook.	[43.75947,-72.12226]	907	427.7



1770.4		Cross snowmobile trail.	[43.76664,-72.11838]	1160	427.0
1770.6		View on side trail (62FT E).	[43.76888,-72.11613]	1653	426.8
1771.1		Reach height of land on Holts Ledge.	[43.77295,-72.10817]	2100	426.3
1771.3		Side trail leads (0.1E) to Holts Ledge, view, Peregrine Falcon rookery.	[43.77673,-72.10509]	1904	426.1
1771.7	{8}	(0.2W) **22.5<<<15.2<<5.7<Trapper John Shelter>6.7>>12>>>27.5** Water (brook) is located 15 yards to the left of the shelter, tenting, privy.	[43.78325,-72.10814] [43.78303,-72.11200]	1345	425.7
1771.9		Cross ski area access road.	[43.78401,-72.10785]	1508	425.5
1772.6	P {5} ★★★★★	Cross **Dartmouth Skiway, Lyme–Dorchester Road**. Area 1: P [43.79250,-72.10278] Area 2: P [43.79061,-72.10121]	[43.79246,-72.10286]	880	424.8

Lyme Center, NH. (1.3W)

PO M–F 8am–10am, Sa 8am–11:30am. 603-795-4037. 181 Dorchester RD Unit 3. Lyme Center, NH 03769. [43.79955,-72.12541]

Lyme, NH. (3.2W)

PO M–F 7:45am–12pm & 1:30am–5:15pm, Sa 7:45am–12pm. 603-795-4421. 5 Main St. Unit 5. Lyme, NH 03768. [43.81146,-72.15816]

Stella's Italian Kitchen & Market 603-795-4302. (www.stellaslyme.com) **Market is open** M closed, Tu-Th 1am-9pm, F-Sa 10am-10pm, Su 10am-9pm. **Dining Room is open** for lunch Mon closed, Tu-Su 11am-5pm, dinner T-Th 5pm-9pm, F-Sa 5pm-10pm, Sun 10am-9pm. [43.81112,-72.15824]

Dowd's Country Inn B&B 603-795-4712 (www.dowdscountryinn.com) Call in advance and let them know you are a hiker. Pickup and return to trail head is available. Rates change depending on the season mid week starting at $100 and up. Includes full breakfast and afternoon tea. Pets $15, allowed in some rooms. Computer available to use, free WiFi. Mail drops for guests: 9 Main Street, Lyme, NH 03768. [43.81088,-72.15724]

(3.3W) **Lyme Country Store** 603-795-2213. (www.lymecountrystore.com) Local products, fresh cut meats, deli salads, homemade baked goods, ice cream, produce, deli. M-Su 6am-8pm. Pay phone ouitside. They do not take mail drop but they do offer shipping Shipping UPS and FEDEX. Mail drops: 13 Main St, Lyme, NH 03768. [43.81080,-72.15655]

(2.8W) **Lyme Veterinary Hospital** 603-795-2747. (www.lymevethospital.com) Loated on High St, hospital is 50 yards on the left. M-F 8am-5pm, Sa 8am-12pm, Su closed. [43.80933,-72.15090]

Vtrips, LLC 781-762-6998 go@ridevtrips.com (www.vtripsride.com) Owner: Mark Bishop. Based out of Fairlee, VT. Insured. Apr – Oct, 7days, 6 AM – 6 PM & some holidays. **S to Woodstock, VT < > N to Franconia, NH** & airport, bus & train terminals. Max of 2 riders per trip. Covid precautions. Masks required.

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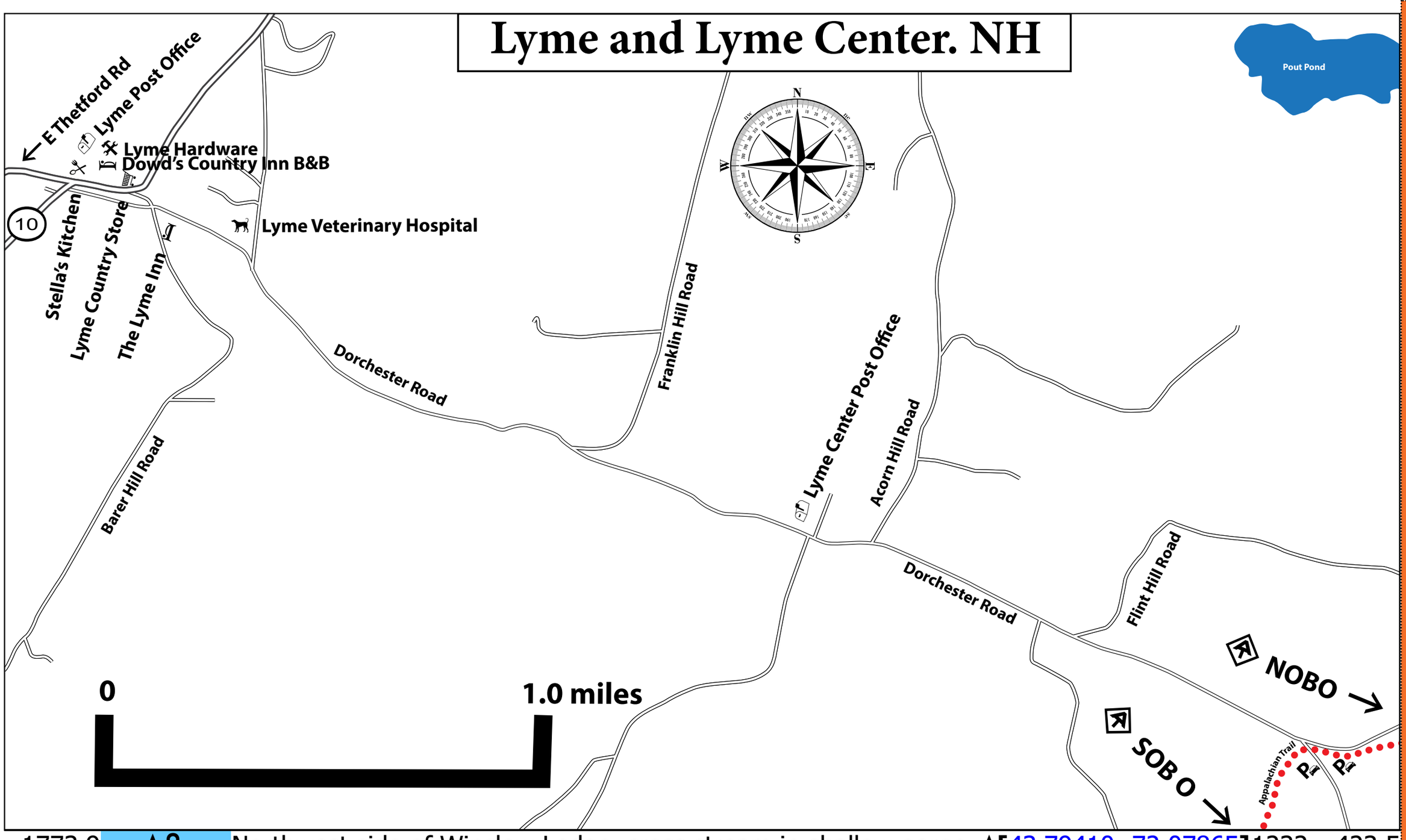

1773.9		Northwest side of Winslow Ledge, cross stream in shallow gorge. [43.79410,-72.07865]	1232	423.5
1774.3		Junction of old road at granite AT marker.	1216	423.1
1774.5		Cross Grant Brook	1090	422.9
1774.6	P{5}	Cross **Lyme–Dorchester Road**. Grant Brook. Smarts Mountain Ranger Trail on north side of road leads (2.9E) and reconnects north on the AT. [43.79699,-72.07159] P[43.79710,-72.07192] P[43.79710,-72.07131]	1100	422.8
1775.4		Pass numerous quartzite ledge outcrops in this area along Lambert Ridge while passing in and out of the woods. [43.80448-72.06664]	2039	422.0
1776.4		North end of Lamberts Ridge, view of summit. [43.81609,-72.06070]	2252	421.0
1776.9		Cross stream.	2392	420.5
1777.8		Smarts Mountain Ranger Trail leads (2.9E) and reconnects south on the AT. [43.82667,-72.04450]	2848	419.6
1778.3	{4}	Side trail leads 500 feet east to Smarts Mountain Tent site. Intermittent spring north on trail, unreliable. [43.82563,-72.03992]	3200	419.1
1778.4	{12}	(50YDS W) **21.9<<<12.4<<6.7<Smarts Mtn Fire Wardens Cabin>5.3>>20.8>>>27.9** Water (Mike Murphy Spring) is located (0.2) north of cabin on blue blazed Daniel Doan Trail, privy. Daniel Doan Trail lead (2.6E) to Mousley Brook Road and trailhead P parking. [43.82528,-72.03780] [43.82535,-72.03737] Abandoned fire tower with panoramic views. Southern end of J Trail. [43.82546,-72.03810] (235FT N) on trail is the junction with abandon DOC Clark Pond Loop leading east .	3230	419.0
1778.7		Smarts Mountain. [43.82560,-72.03249]	3206	418.7
1781.3	P	Side trail leads (1.0E) and connects to Marsh Road and P parking. [43.85900,-72.03896] P[43.86607,-72.05496]	1787	416.1
1782.1		Cross South Jacob's Brook on rocks.	1450	415.3
1782.3		Cross **South Branch Jacob's** Brook. [43.86498,-72.03810]	1538	415.1
1782.4	P{8}	Quinttown Road. [43.86578,-72.03708] P[43.86850,-72.04586]	1493	415.0
1782.9		**Eastman Ledges**, rocky. [43.86706,-72.03267]	2010	414.5
1783.3		Cross **North Branch Jacob's** Brook. [43.87126,-72.02891]	1949	414.1
1783.7	{8} {2} {12}	Cross a branch of North Jacob's Brook. Just south is a side trail that leads (0.3E) to shelter. **17.7<<<12<<5.3<Hexacuba Shelter>15.5>>22.6>>>31.6** Water (stream) is located at the blue blaze junction to the shelter, tenting, privy. [43.87501,-72.02834] [43.87623,-72.02686]	1980	413.7
1785.1		**Mt. Cube** (south summit), Rivendell Trail leads (2.0E) to to trailhead P parking for Mt. Cube. [43.88573,-72.02349] P[43.88589,-72.04778]	2909	412.3
1785.3		Side trail leads (0.3W) to Mt. Cube (north summit). [43.88640,-72.02364]	2911	412.1
1786.1		Stone chair west.	2276	411.3
1786.8		Ford **Brackett Brook**, ford. [43.88520,-72.00109]	1400	410.6
1788.1		Cross logging road, gravel. [43.89616,-71.98952]	1287	409.3
1788.6	P{8} ★★★★★	Cross **N.H. 25A**. [43.90110,-71.98187] P[43.90136,-71.98388]	900	408.8
		(1.9W) **Mount Cube Farm** 603-353-4111. Open year-round. Pets welcome. Maple syrup products. Store is not manned, but caretaker makes frequent stops. Hikers may tent outside or may be allowed to stay in the sugar house. Sometimes more is offered. [43.90419,-72.01864]		
		Camp Ebb -n- Flow - Camping on private property by permission only Only allowed when owners are at location, call ahead. 603-801-9261. Typically onsite Thursday thru Sunday every other week April thru late Oct, sometimes more often. Located 1/2 mile west of the AT trailhead on route 25A in Orford. South of Mt. Cube. Property can be seen from the peak of the mountain. Arrangements can be made with owners to pick up at the trailhead and return you to the trailhead the next day. Owners have running water as well as an outhouse with a flush toilet. Hot shower may be available as well, when owners are onsite. Brook flows through the center of the property. Owners have invested a lot into a substantial Wi-Fi grid which allows access from any location on the property. This offers connectivity with loved ones as well as making cellular phone calls. Additional GPS updates can be made and any other internet browsing. There is no charge for using the property, but minor donations are accepted to cover water and electric usage.		
Wentworth, NH. (4.5E) on NH 25A, then right (0.2) on NH 25				
		(4.7E) **PO** M–F 7am–11am & 2:45pm–4:45pm, Sa 7:15am–12pm. 603-764-9444. 12 Wentworth Village RD Unit B. Wentworth, NH 03282. [43.86953,-71.91095]		
		(4.9E) **Shawnee's General Store** 603-764-5553. M-Su 5am-8pm.		

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		(14.7E) **Barn Door Hostel & Campground** 603-254-1700. barndoorhostel@gmail.com (www.BarnDoorHostel.com) Owner David Cook Not Pet friendly. Open year-round. Hiker rate: $75/person/night. Stay includes shower, towel, laundry, Walmart Re-supply, shuttle pickup/ drop off to 25A, 25, and 25C. Please call at summit prior to road gap for pick up. Free Wi-Fi and DIY coffee and pancakes. Slacking over Moosilaukee available. [43.81943,-71.80953]			
1788.7		Edge of swampy area.		1043	408.7
	P {3}	Cross **Cape Moonshine Road**.	[43.91573,-71.96442] P [43.91600,-71.96448]		
1790.2				1400	407.2
		(2.7E) **Dancing Bones Intentional Community** 802-440-1612. (www.dancingbones.net) AT Passport location. Welcome Hikers!! Free tenting & clean water. WIFI. Charging station for devices, We offer rooms for $50.00 per night (cash), which includes washing machine, shower, and use of kitchen space. This is a family community, please be respectful when using shared facilities. Smoking is permitted in designated areas. Pets are welcome with responsible dog owners, we have dogs & a gargoyle. Need a ride, just ask.	[43.89786,-71.96175]		
	{2}	Side trail leads (0.1E) to **Ore Hill Campsite**, water is 150 yards south of campsite,	[43.92251,-71.95871] [43.92197,-71.95797]		
1790.8		privy.		1720	406.6
1791.1		Height of land on **Sentinel Mountain**.		1925	406.3
1791.4		Spring on side trail to east.		1800	406.0
1791.7		Cross woods road.		1525	405.7
1792.1		Cross small stream.		1686	405.3
1792.4		Beaver pond to east.	[43.93938,-71.95020]	1650	405.0
1793.1		High point on **Ore Hill**.	[43.94774,-71.94941]	1850	404.3
	P {10}	Cross **N.H. 25C**, Ore Hill Brook.	P [43.95375,-71.94478]		
1793.4				1550	404.0
		(0.7W) **Green House Restaurant** 603-764-5708. M-W closed, Th-F 3pm-11pm, Sa 12pm-12pm, Su 12pm-9pm. Bands on Saturdays 7pm-10pm, karaoke on Sundays 4pm-7pm. Hiker friendly, hikers can stay in our field out back.			
Warren, NH 03279 (4.0E)					
		PO M-F 7:30am-9:30am & 3pm-5pm, Sa 7:30am-12pm. 603-764-5733. 18 Lake Tarleton RD Unit 1. Warren, NH 03279.	[43.92288,-71.89066]		
		Calamity Jane's Restaurant 603-764-5288. Serves breakfast, lunch and dinner. M 6am-2pm, Tu & Wed closed, Th 6am-2pm, F 6am-8pm, Sa 6am-8pm, Su 8am-2pm. Serves breakfast and lunch M, Thurs-Su. Serves dinner F-Sa.	[43.92427,-71.89183]		
		Moose Scoops 603-764-9134. (www.moosescoopsicecream.com) AT Passport location. Open seasonally, see website for hours. Hard & soft ice cream, soda, coffee, t-shirts and souvenirs. WiFi.	[43.92392,-71.89327]		
		Laundry M-Su 8:30am-8:30pm.	[43.90671,-71.88972]		
		Joseph Patch Library 603-764-9072. M 9am-1pm, Tu 1pm-5pm, W 3pm-7pm, Sa 10am-1pm, Su closed.	[43.92706,-71.89024]		
1795.9		Mt. Mist summit.	[43.97524,-71.93232]	2242	401.5
1796.2		Side trail leads (105FT E) to view.	[43.97953,-71.92706]	1869	401.2
1796.6		**Webster Slide Trail** leads (0.7W) to Webster Slide Mountain. Wachipauka Pond Spur leads (0.2E) to Wachipauka Pond. Hairy Root Spring.	[43.98315,-71.92810]	1982	400.8
1797.2		Skirt west of **Wyatt Hill**.		1700	400.2
1798.3	P {20}	**NH. 25**, Ford Oliverian Brook, ford, road bypass if high water.	[43.99000,-71.89939] P [43.98986,-71.89931]	1000	399.1
NH 25 Glencliff, NH. (0.4E)					
		PO M-F 12pm-2pm, Sa 7am-1pm. 603-989-5154. 1385 NH Route 25 Unit 1. Glencliff, NH 03238.	[43.98551,-71.89640]		
		(0.4E) **Hikers Welcome Hostel** 603-989-0040 hikerswelcome@yahoo.com (www.hikerswelcome.com) Owned by Alyson, and John "Packrat" Robblee (AT'94, PCT'99, CDT'06) Pet friendly. AT Passport location. Opens mid May to Oct 1. Bunk ($35) and camping ($20) includes shower. Shower only with towel $4, laundry: $3 wash, $3 dry. Snacks, sodas, pizza, breakfast sandwiches, ramen, tuna, oatmeal, dehydrated meals, ice cream. Huge DVD and music library, computer available for use, free WiFi. Coleman and alcohol fuel by the ounce. Tools to help with gear repair, and selection of used gear available, particularly winter wear. Town shuttle free with stay (6 miles to resupply in Warren). Shuttles from Connecticut to parts of Maine. See Hikers Welcome Hostel Shuttles. Offers several slackpacking options, including over Mount Moosilauke. P Long term parking is available. Both guests and non-guests are welcome to send mail drops (USPS/FedEx/UPS): C/O Hikers Welcome Hostel, 1396 NH Rt 25, PO Box 25, Glencliff, NH 03238.	[43.98636,-71.89598]		
		Hikers Welcome Hostel & Shuttle Service LLC 603-989-0040 (hostel), 203-605-9430 (cell) hikerswelcome@yahoo.com (www.hikerswelcome.com) Owner: John Robblee - "Packrat". Based out of Glencliff, NH. Pet friendly. Insured. May-Oct, 24/7 & holidays. **S to CT ➤ N to ME** & airports, bus & train terminals. Slackpacking. P Parking, $3/day. "We offer rides all over the NE, specializing in slackpacking from Hanover to Lincoln, NH, especially over Mount Moosilauke. We have been the main source of AT hiker shuttles through out NH for over 20 years."			
Warren, NH (5.0E) See NOBO mile 1790.5.					

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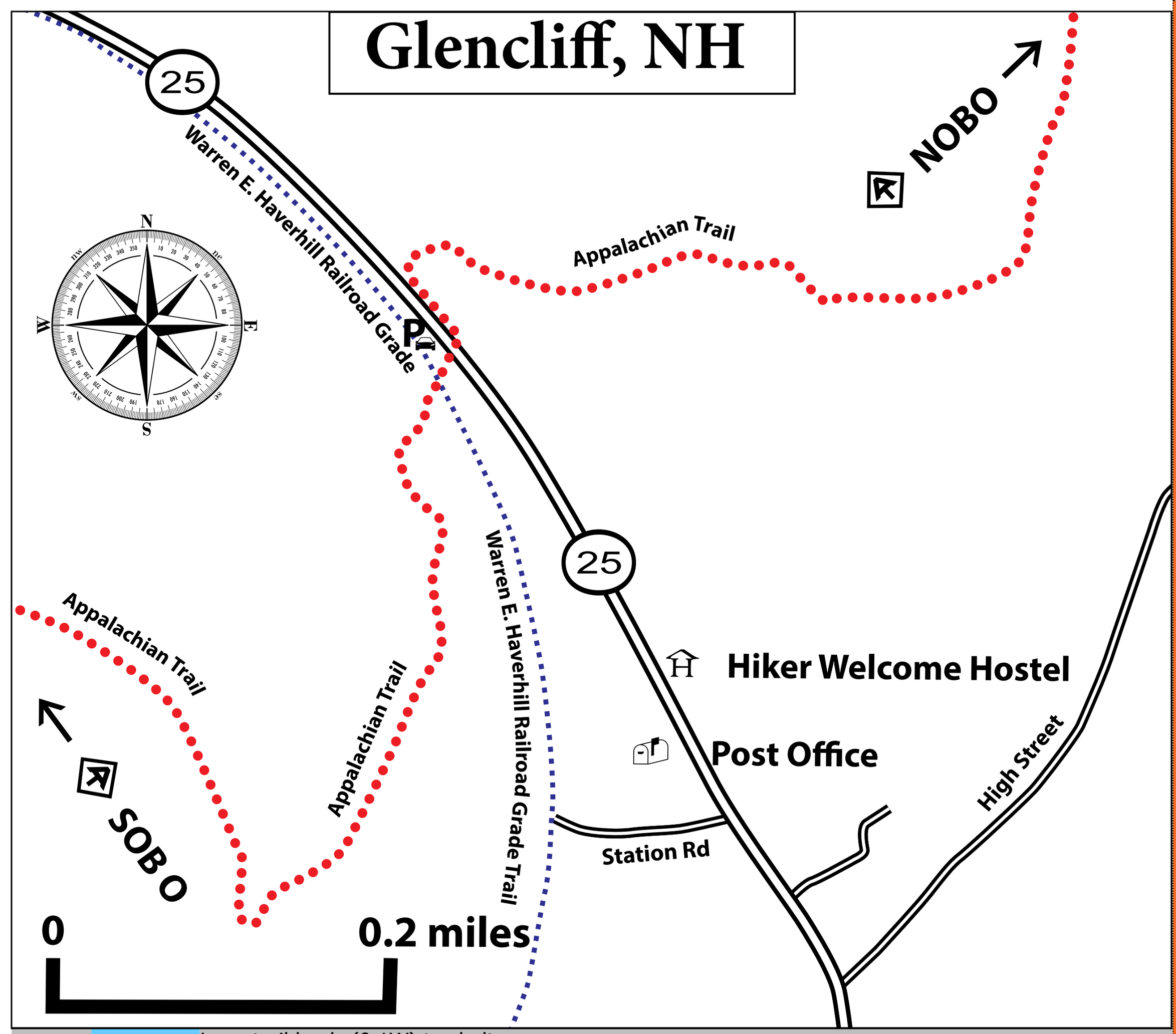
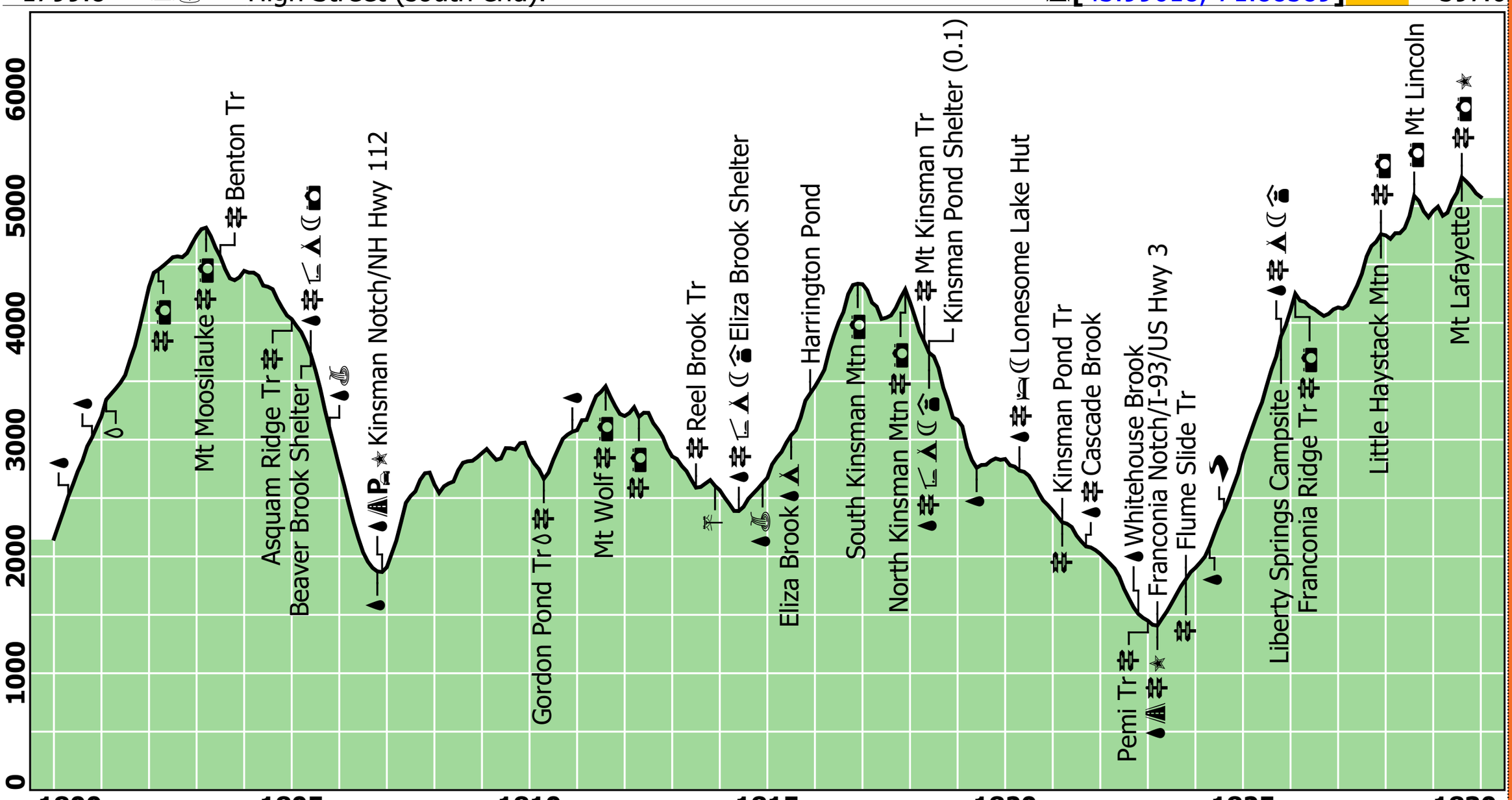
Glencliff, NH



	◭≃{8}☾	Loop trail leads (0.1W) to shelter. **27.5<<<20.8<<15.5<Jeffers Brook Shelter>7.1>>16.1>>>20.1** ◭ Water (Jeffers Brook) is located in front of the shelter, ☾ privy.			
1799.2			≃[43.99655,-71.88940]	1393	398.2
1799.3	◭	Side trail leads 40 yards to cascades on Jeffers Brook in Oliverian Notch.		1383	398.1
1799.4		Junction of loop trail leading 70 yards west to Jeffers Brook Shelter.		1350	398.0
1799.6	⚠	Junction of **Long Pond Road** and Town Line Trail.	⚠[43.99750,-71.88729]	1330	397.8
1799.8	⚠	High Street (south end).	⚠[43.99618,-71.88589]		397.6



1800.1	⚠P	Cross **High Street** (north end).	⚠[43.99806,-71.88226] P[43.99813,-71.88231]	1480	397.3
1800.4	◭	Cross brook.		1634	397.0
1800.5	≃	Junction with **Hurricane Trail**.	≃[43.99772,-71.87547]	1680	396.9
1801.1	◭	Cross stream.	◭[43.99757,-71.88104]	2322	396.3
1803.1	▲≃	Junction with **Glencliff Trail** and South Peak Spur Trail leads (0.2E) to Mt. Moosilauke (south peak) with 📷 view.	≃[44.01315,-71.83996]	4460	394.3
1803.4	📷	Middle peak of Mt. Moosilauke, side trail leads 50 feet with views of ravine.	📷[44.01799,-71.83855]	4500	394.0
1803.8		Tree line on Mt. Moosilauke.	[44.02214,-71.83388]	4600	393.6
1804.0	≃📷P	**Mt. Moosilauke** (north peak), Gorge Brook Trail descends (3.4E) to DOC Ravine Lodge. and P parking	📷[44.02349,-71.83137] P[43.99309,-71.81556]	4802	393.4
1804.4	≃P{6}	**Benton Trail** leads (2.5W) to Benton Trailhead and P parking	≃[44.02791,-71.83145]	4550	393.0
1805.9	≃	Junction with **Asquam Ridge Trail** leads (0.3E) to Mount Jim and to the DOC Trail system.	≃[44.02765,-71.81186]	4050	391.5

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	{8} {2}	80 yards west to shelter. **27.9<<<22.6<<7.1<Beaver Brook Shelter & Campsite>9>>13>>>28.1** Water (Beaver Brook) is located on the spur trail leading to the shelter, tenting, privy. Nice view of Franconia Ridge. [44.03255,-71.81091] [44.03303,-71.81132]	3750	391.1
1806.7		Beaver Brook Cascades. [44.03614,-71.80572]	3000	390.7
1807.6		Cross Beaver Brook on bridge. [44.03896,-71.79514]	1890	389.8
1807.7		Cross Beaver Brook on bridge. [44.04042,-71.79419]	1880	389.7
	P {25}	Cross **NH. 112**; **Kinsman Notch**. [44.04074,-71.79190] [44.03993,-71.79196]		
1807.8			1870	389.6
		(0.5E) **Lost River Gorge & Boulder Caves** 603-745-8031. (www.lostrivergorge.com) Open early May-late Oct. Tourist attraction. Gift store with microwave and microwavable food, snacks, coffee, soda. [44.03716,-71.78376]		
		(3.0E) **Lost River Valley Campground** 603-745-8321, 800-370-5678. (www.lostriver.com) Primitive camp sites $22, pets allowed but not in cabins, cabin $65 and up. Showers, coin laundry, WiFi, ATM, open mid-May to Columbus Day, quiet hours 10pm-8am. Mail drops for guests: 951 Lost River Rd, North Woodstock, NH 03262. [44.01934,-71.74283]		
		(5.0E) **The Notch Hostel** 603-348-1483 (www.notchhostel.com) Check-in 4-9pm. Bunks and private rooms in large white farmhouse on NH 112 (Lost River Rd). 1.0 W of N Woodstock, 2.0 W of Lincoln. Stay includes linens, towel, shower, free group laundry service (No individual laundry), bikes, coffee/tea, make-your-own pancakes, and shuttles. Free Wi-Fi, guest kitchen, fridge, and large yard. Beer and wine OK in moderation. Ideally situated for slackpack between Kinsman & Franconia Notch. Visit "AT Hikers" tab on website for shuttle info. Maildrops (no charge): 324 Lost River Rd. North Woodstock, NH 03262.. [44.02960,-71.70569]		
		(16E) **Wise Way Wellness Center** 603-726-7600. Open May- Oct. No smoking or pets. $95 for 1-2 persons, includes a.m. coffee and muffins. Cabin is 10 miles south of Lincoln in Thornton NH. Rustic cabin with no TV or phone but does have wifi, pool, mini-fridge and camp stove. Bathroom and shower inside adjacent building. Licensed Massage Therapist on-site. Additional services: sauna and outdoor Epsom salt bath. No pick up / drop off service. Cash, checks or PayPal.		
		Terry's Place 603-661-1955. Open first week of Jun to first week of Oct. Thru-hiker "Terodactyle" offered lodging in his home. $25PP night including laundry, swimming pool, & hot tub. Pickup and drop off at trailhead. Located downtown in a quiet, clean area. Slackpacking available for free.		
	P	**The Notch Hostel** 603-348-1483 (cell) (www.NotchHostel.com) Owner: Serena. Based out of N Woodstock, NH. Pet Friendly. Insured. June-Sept, (See website for hrs) & some holidays. **S to Kinsman Notch/Beaver Brook, NH. < > N to Liberty Springs/Flume Visitor Center, NH.** Slackpacking. **P** Parking free for guest. fee for non-guests. "Almost all shuttling for our hostel is handled by local shuttle services, listed on the AT Info page of our website (www.notchhostel.com/appalachian-trail-info-page).		
North Woodstock, NH (5E), Lincoln, NH (6E) See Notes at NOBO miles 1824.1.				
1808.4		Junction with **Dilly Trail** descends over rough terrain (0.5E) to Lost River Gorge and Boulder Caves on NH. 112. [44.04331,-71.78362]	2650	389.0
1808.7		Cross summit of knob, wooded.	2750	388.7
1811.1		Junction with **Gordon Pond Trail** leads (0.3E) to Gordon Pond. [44.06698,-71.76051]	2700	386.3
1811.7		Cross small brook, reliable.	3100	385.7
1812.4		Mt. Wolf (East Peak), Side trail leads (116FT E) yards east to outlook. [44.07590,-71.75081] [44.07597,-71.75048]	3478	385.0
1813.2		Side trail descends 20 yards east to edge of bog, known as Falling Water Pond with views of South Kinsman Mountains. [44.08437,-71.75327]	3200	384.2
1814.3	P	**Reel Brook Trail**. Leads (2.8W) to Reel Brook Trailhead and **P** parking on Reel Brook Road. [44.09590,-71.75534] [44.12415,-71.78486]	2600	383.1
1814.8		Power line. [44.09921,-71.75027]	2625	382.6
1815.3	{8} {4}	75 feet west to shelter. **31.6<<<16.1<<9<Eliza Brook Shelter & Campsite>4>>19.1>>>24.6** Water (Eliza Brook), 3 single tent pads and one double, privy, bear box. [44.10078,-71.74240]	2400	382.1
1815.6		Junction with logging road, grass cover.	2650	381.8
1815.8		Cascades west of trail.	2760	381.6
1816.4		Cross headwaters to **Eliza Brook**. [44.11114,-71.74089]	2880	381.0
1816.7		East of **Harrington Pond**, bog bridges. [44.11366,-71.74430]	3400	380.7
1816.8		Cross brook.	3425	380.6
1817.7		An exposed knob on South Kinsman Mountain. [44.12228,-71.73855]	4300	379.7
1817.8		(15YDS W) of north knob of **South Kinsman Mountain**. [44.12308,-71.73667]	4358	379.6
1818.3		Col between South and North Kinsman Mountains. [44.12825,-71.73662]	4050	379.1
1818.7		**North Kinsman Mountain** summit. [44.13336,-71.73679]	4293	378.7
1819.1		Junction with **Mt. Kinsman Trail**. [44.13745,-71.73465]	3900	378.3
1819.3	{12} {4} $	Kinsman Pond Trail loop trail (south) leads (0.1E) to shelter. **20.1<<<13<<4<Kinsman Pond Shelter & Campsite>15.1>>20.6>>>29.6** Water, (Kinsman Pond) **treat pond water**, 2 single and 2 double tent platforms, privy, bear box. **$** Overnight/caretaker fee. Run by the AMC. Junction, Kinsman Ridge Trail goes west, Kisman Pond Trail goes east, Fishin' Jimmy Trail and AT merge. Kinsman Pond Trail loop trail rejoins AT 2.0/14.3. [44.13801,-71.73299] [44.13691,-71.73240]	3750	378.1

The Appalachian Mountain Club (AMC) 603-466-2727 operates huts in the Whites, with bunk space for 30-90 people. There is no road access, no heat, and no showers. They use alternative energy sources and composting toilets. Overnight stays vary in price during the weekday and more on weekends, discounts for AMC members. Reservations recommended. Includes a bunk, dinner and breakfast. Work for stay is available to the first 2 thru-hikers; 4 at Lakes of the Clouds Hut and more at the croo's discretion. Work for stay hikers get floor space for sleeping and feast on leftovers. Do not count on hut stays without reservations, and camping is not allowed near most of the huts.

Appalachian Mountain Club Hiker Shuttle, 603-466-2727, (www.outdoors.org/lodging-camping/lodging-shuttle) Contact: Parker Peltzer. Based out of Pinkham Notch, NH. Pets prohibited. Insured. Jun 4 -Sept 9, Daily; Sep 10 - Oct 18, weekends, & holidays, (only). **S to Lincoln, NH < > N to Gorham, NH** & bus terminals. Flat Fare: $20.00 AMC Members / $24.00 Non-members for a reserved or walk-on ride of any length ONE WAY **P** Parking, free. "The AMC Shuttle runs a set route that serves many White Mtn trailheads daily. We are unable to offer custom shuttle services outside of that route." **See map on following page.**

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SHUTTLE ROUTE #1

SHUTTLE STOP	DEPARTS
Pinkham Notch Visitor Center	**7:30 AM**
19 Mile Brook Trailhead	7:35 AM
Gorham Irving	8:00 AM
Valley Way at Appalachia	8:15 AM
Highland Center	**9:00 AM**
Ammonoosuc Ravine Trailhead	9:20 AM
Valley Way at Appalachia	10:05 AM
Gorham Information Booth	10:20 AM
19 Mile Brook Trailhead	10:30 AM
Pinkham Notch Visitor Center	**10:40 AM**
19 Mile Brook Trailhead	10:50 AM
Gorham Information Booth	11:10 AM
Gorham Irving	11:25 AM
Valley Way at Appalachia	11:40 AM
Highland Center (Arrive)	**12:25 PM**
Highland Center (Leave)	**12:55 PM**
Webster Cliff	1:05 PM
Highland Center	**1:25 PM**
Ammonoosuc Ravine Trailhead	1:50 PM
Valley Way at Appalachia	2:35 PM
Gorham Information Booth	2:45 PM
19 Mile Brook Trailhead	2:55 PM
Pinkham Notch Visitor Center	**3:00 PM**
Highland Center	**4:00 PM**
Pinkham Notch Visitor Center	**5:00 PM**

SHUTTLE ROUTE #2

SHUTTLE STOP	DEPARTS
Highland Center	**8:30 AM**
Webster Cliff	8:45 AM
Highland Center	**9:00 AM**
Zealand Trailhead	9:20 AM
Gale River Trailhead	9:50 AM
Tramway Lot at Exit 34B	10:10 AM
Lafayette Campground	10:25 AM
Liberty Spring at Whitehouse Trailhead	10:35 AM
Lincoln Woods Visitor Center	11:00 AM
Lincoln BP/7-11 (Arrive)	11:10 AM
Concord Coach (Arrive)	11:15 AM
Lincoln BP/7-11 (Leave)	11:35 AM
Liberty Spring at Whitehouse Trailhead	11:50 AM
Old Bridle Path Trailhead	12:00 PM
Tramway Lot at Exit 34B	12:10 PM
Gale River Trailhead	12:20 PM
Zealand Trailhead	1:00 PM
Highland Center	**1:25 PM**
Zealand Trailhead	1:50 PM
Gale River Trailhead	2:20 PM
Lafayette Campground	2:45 PM
Liberty Spring at Whitehouse Trailhead	2:55 PM
Old Bridle Path Trailhead	3:05 PM
Tramway Lot at Exit 34B	3:15 PM
Highland Center	**4:00 PM**

1821.2		**AMC Lonesome Lake Hut**, Junction with Around Lonesome Lake Trail, Fishin' Jimmy Trail, and Cascade Brook Trail. **Lonesome Lake Hut** is a AT Passport location. [44.13846,-71.70370] [44.13843,-71.70265]	2760 376.2
1821.3		Southern edge of Lonesome Lake, junction with Fishin' Jimmy Trail, **⚠ No Camping permitted here.** [44.13809,-71.70198]	2740 376.1
1822.1		Junction with **Kinsman Pond Trail** (north) [44.12950,-71.70402]	2294 375.3
1822.6		Junction with Basin–Cascade Trail, Cross Cascade Brook, ford. [44.12600,-71.69601]	2084 374.8
1823.7		Cross **Whitehouse Brook**. [44.11378,-71.68452]	1610 373.7
1823.9		Pemi Trail leads west. [44.11198,-71.68373]	1520 373.5
1824.0		Pass under **I-93, US. 3 (south side)**. [44.11080,-71.68270]	1450 373.4
1824.1	★★★★★	Pass under **I-93, U.S. 3 (north side)**, **Franconia Notch**, Pemigawasset River, Franconia Notch paved bike path east to Liberty Springs hiker P parking and shuttle; and beyond to The Flume Visitor center; west to Lafayette Place campground. [44.11038,-71.68198] P[44.09986,-71.68230]	1450 373.3
		(0.7E) **Flume Visitor Center** 603-745-8391. Has a cafeteria, serves pastries, hamburgers, hot dogs, pizza remainder of the day. Restrooms, payphone. May–late Oct, M-Su 9am–5pm. Mail drops: Flume Gorge, 850 Daniel Webster Hwy, Lincoln, NH 03251. [44.09708,-71.67991]	
		(2.3W) **Lafayette Place Campground** 603-823-9513. Open mid May-Columbus Day. No pets. Tent sites $25, limited store, quiet time 10pm. Mail drops: 2 Franconia Notch State Park, Franconia, NH 03580 [44.14238,-71.68333]	
		(1.2E) **Profile Motel & Cottages** 603-745-2759. (www.profilemotel.com) Call for prices. Microwave, fridge, free WiFi, A/C. Mail drops to 391 US-3, Lincoln, NH 03251. [44.06548,-71.68661]	
		(3.0E) **Mt. Liberty Lodging** 603-745-3600. (www.mtlibertylodging.com) Open May-Oct. No pets or smoking. Prices increase during tourist season. $69 and up for off season, microwave, fridge, free WiFi, includes pickup and return from Kinsman, and Franconia Notch. Fee for town shuttle. Laundry $5. CC accepted. Mail drops for guests: 10 Liberty Road, Lincoln, NH 03251. [44.05838,-71.68695]	

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AMC Hiker Shuttle, See Notes at mile 1819.3.

North Woodstock, NH (4.8E) of Franconia Notch. See North Woodstock/Lincoln, NH map.

PO M-F 9:30am-12:30pm & 1:30pm-4:30pm, Sa 9am-12pm. 603-745-8134. 159a Main St North. North Woodstock, NH 03262. [44.03350,-71.68691]

Woodstock Inn 603-745-3951, 800-321-3985. (www.woodstockinnnh.com) Ask about 10% thru-hikers discount, prices are seasonal, includes full breakfast, free WiFi. Pet rooms available. Woodstock Station restaurant, outdoor bar, and a micro-brewery. [44.03238,-71.68683]

The Carriage Motel 603-745-2416. (www.carriagemotel.com) No pets. $69 and up, game room, pool, grills, free WiFi. Mail drops: PO Box 198, 180 Main St, North Woodstock, NH 03262. [44.03437,-71.68611]

Wayne's Market 603-745-8819. (www.lincolnwoodstockmarket.com) Open year round. Deli, meats, cheap sandwiches, ATM. M-Su 5am-10pm. [44.03412,-71.68685]

Fadden's General Store & Maple Sugarhouse 603-745-8371. (www.nhmaplesyrup.com) Open year-round. Maple sugar products, ice cream, fudge and more. M-Su 9am-5pm. [44.03113,-71.68710]

Lincoln, NH (5.8E) See North Woodstock/Lincoln, NH map.

PO M-F 8am-5pm, Sa 8am-12pm. 603-745-8133. 10 Lumber Yard Dr Unit 9, Lincoln, NH 03251. [44.04146,-71.67120]

Chet's One Step at a Time 603-745-8196. AT Passport location. bunk, includes shower, call for pricing. $5 for shower and laundry without stay. Free WiFi. Call ahead. [44.04535,-71.67527]

Snowchasers' Ski Club Text ONLY for reservations and shuttle 978-500-8089. (www.snowchasersnh.com). 40 Maple St, Lincoln, NH. Open year round.
Must text for reservations and bunk, shuttle availability. Offers bunks for hikers cost $30/person/night, maximum 3-night stay. Amenities include kitchen, showers, laundry and a full-time house manager. Walking distance to shops and outfitters. Offers shuttles if available for a fee to and from Beaver Brook Trailhead and Flume Gorge parking area. No mail drops. [44.04683,-71.67045]

Price Chopper M-Su 24 hours. [44.04116,-71.66994]

Lahout's Summit Shop 603-745-2882. (www.lahouts.com) Full service outfitter, packs, Coleman and alcohol fuel by the ounce, canister fuel, freeze dried foods. Located at 165 Main St. in the plaza next to Subway. M-F 9:30am-5:30pm, Sa 9am-5:30pm, Su 9am-5pm. [44.04351,-71.66974]

Chat Room Coffee House & Books 603-745-2626. (www.chatroomcoffeehouse.com) M-Sa 10-6, Su closed. [44.04121,-71.67051]

Homerun Laundromat 603-620-8497. Coin operated. M-Su 24 hours. [44.03499,-71.68665]

Franconia, NH 03580 (11.0W)

PO M-F 8:30am-1pm & 2pm-5pm, Sa 9am-12pm. 603-823-5611. 308 Main St. Franconia, NH 03580. [44.22796,-71.74986]

Gale River Motel 603-823-5655, 800-255-7989. (www.galerivermotel.com) Open year round. $50–$200, pets with approval, laundry wash $1, dry $1, Coleman by the ounce. Free pickup and return to Franconia Notch trail heads with stay, longer shuttles for a fee. Credit cards accepted. Mail drops (fee for non-guest): 1 Main Street, Franconia, NH 03580. [44.23440,-71.75671]

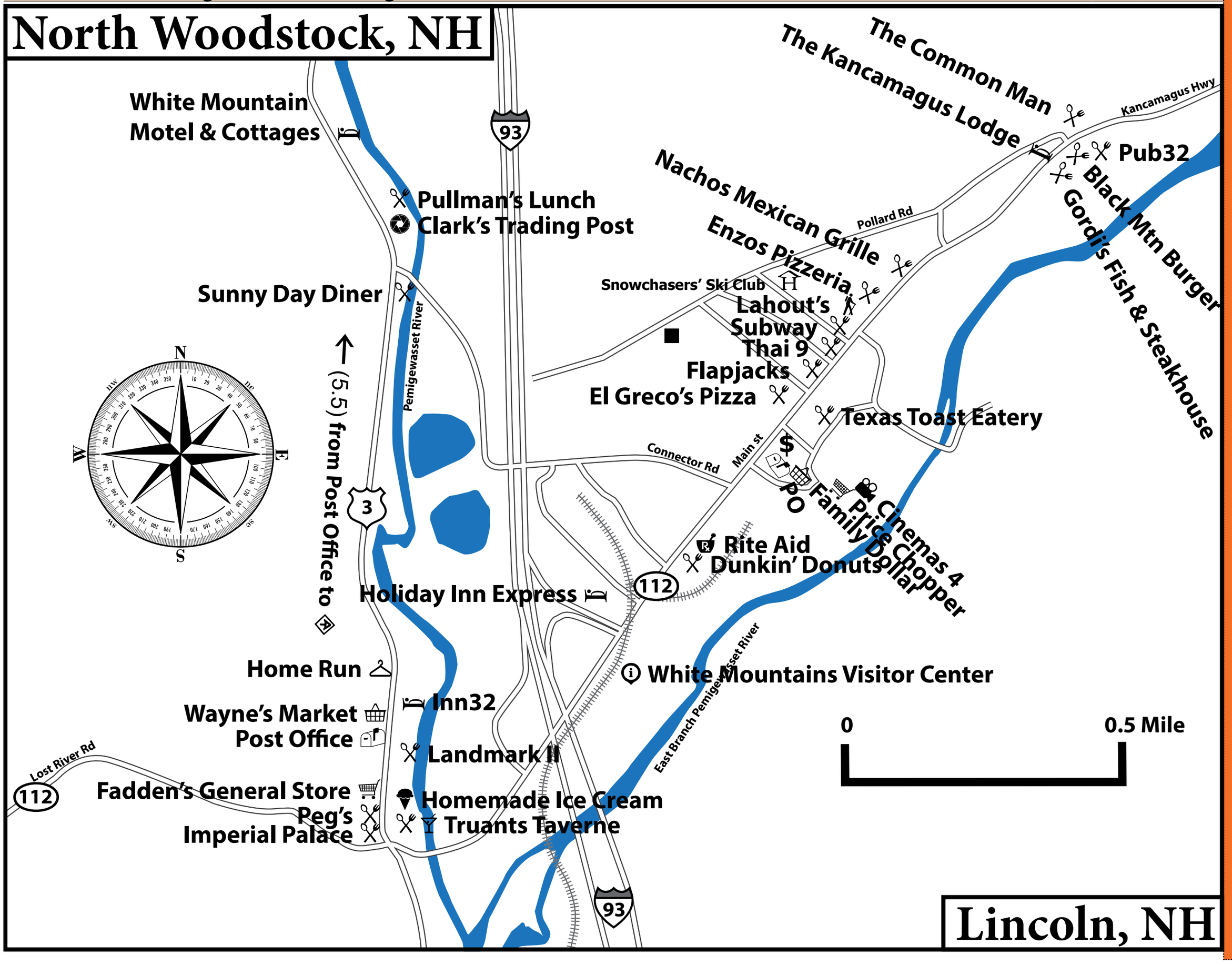
Mac's Market 603-823-7795. M-Su 7am-8pm. [44.22795,-71.74799]

Franconia Village Store 603-823-7782. Convenience store and deli. M-Sa 6am-9pm, Su 6:30am-7pm. [44.22776,-71.74928]

Abbie Greenleaf Library 603-823-8424. (www.abbielibrary.org) Free WiFi. M-Tu 2pm-6pm, W 10am-12pm & 2pm-6pm, Th-F 2pm-5pm, Sa 10am-1pm, Su closed. [44.22673,-71.74507]

Gale River Motel 603-823-5655 info@galerivermotel.com (www.galerivermotel.com) Owner: Kevin. Based out of Franconia, NH. Pet friendly. 365 days, 8am-5pm (24/7 when motel is open)l & holidays. **S to Franconia Notch SP ◄ ► N to Twin Mtn, NH P** Parking, free for guests with stay. "Hiker shuttle requires minimum one night stay at Gale River Motel."

The Shuttle Connection 603-745-3140, 603-348-7422 Owner: Lea. Based out of Lincoln, NH. Pet friendly Insured. 365 days, 6:30am-1 am & holidays, (except Christmas).
S to (call for info) ◄ ► N to (call for info) & airport. Slackpacking. "Call for reservations to guarantee ride. Might ask customers to wear mask."



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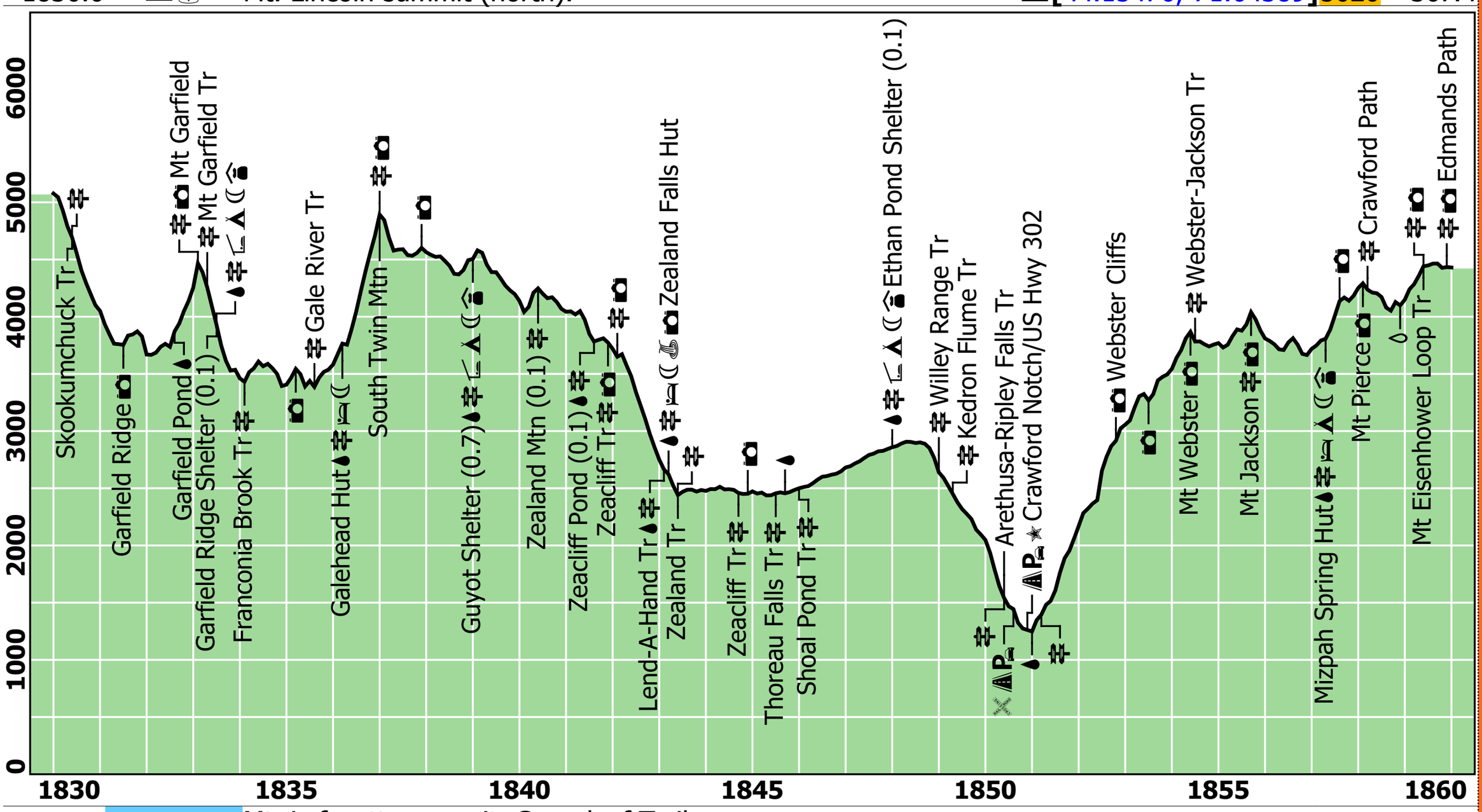
1824.7		Side trail to **Flume Slide Trail**.	[44.11238,-71.67551]	1800	372.7
1825.2		Cross **brook**.	[44.11334,-71.66698]	2050	372.2
1825.5		Junction of old logging road (northern).		1350	371.9
1826.7	{10}	(10YDS W) to AMC **Liberty Springs Tent site**, 7 single and 3 double tent platforms, accommodates 44. Spring on east side of AT.	[44.11730,-71.64678]	3870	370.7
1827.0		Junction of Liberty Spring Trail and **Franconia Ridge Trail**, (0.3E) to Mt. Liberty summit.	[44.11893,-71.64290]	4260	370.4
1828.8		**Little Haystack Mountain summit,** Falling Waters Trail, above tree line for next 2.5 miles north on Franconia Ridge.	[44.14050,-71.64589]	4800	368.6
1829.5		**Mt. Lincoln** summit.	[44.14869,-71.64459]	5089	367.9
1830.0		Mt. Lincoln summit (north).	[44.15476,-71.64389]	5020	367.4



1830.5	{12}	Mt. Lafayette summit, Greenleaf Trail. (1.0W) on Greenleaf Trail to **AMC Greenleaf Hut**. AT Passport location.	[44.16090,-71.64443] [44.16040,-71.66033]	5260	366.9
1830.9		North peak of Mt. Lafayette.	[44.16676,-71.64526]	5000	366.5
1831.3		Tree line and junction with **Skookumchuck Trail**, above tree line for the next 2.5 miles south on Franconia Ridge.	[44.16948,-71.64358]	4680	366.1
1833.5		**Garfield Pond** west.	[44.18702,-71.61840]	3860	363.9
1834.0		Side trail leads 50 yards east to Mt. Garfield summit.	[44.18740,-71.61118]	4500	363.4
1834.2		Jct with **Mount Garfield Trail**.	[44.18883,-71.60997]	4180	363.2
1834.4	{12} {7} $	(0.1W) to shelter. **28.1<<<19.1<<15.1<AMC Garfield Ridge Shelter>5.5>>14.5>>>56.5** Water (spring) at the junction to the campsite, two single and five double tent platforms, privy, bear box. **$** Overnight/caretaker fee. Run by the AMC.	[44.19000,-71.60676] [44.19068,-71.60836]	3900	363.0
1834.9	{9}	**Franconia Brook Trail** leads (2.0E) to 13 Falls Tent Site with nine tent pads, accommodates 36, bear box, water on site.	[44.18996,-71.59883]	3420	362.5
1836.2		Ledge knob with view.	[44.19288,-71.58125]	3420	361.2
1836.5		**Gale River Trail**.	[44.19005,-71.57768]	3390	360.9
1837.1		Joins the Garfield Trail. Frost Trail leads 40 yards east to **AMC Galehead Hut**. Twin Brook Trail. AT Passport location.	[44.18822,-71.56858] [44.18796,-71.56890]	3780	360.3
1837.9		South Twin Mountain summit and junction with North Twin Spur.	[44.18763,-71.55473]	4902	359.5
1838.8		Ledgy hump with views of **South Twin Mountain** and Guyot and Carrigain Mountains.	[44.17814,-71.54748]	4550	358.6
1839.9	{12} {18} $	Bondcliff Trail leading (0.7E) to Shelter. **24.6<<<20.6<<5.5<AMC Guyot Shelter & Campsite>9>>51>>>57.1** Water (spring) is located at the campsite, four single and two double tent platforms will accommodate 18, privy, bear box. **$** Overnight/caretaker fee. Run by the AMC. Mt. Guyot summit (100YDS N).	[44.16862,-71.53562] [44.16096,-71.53560]	4580	357.5
1841.2		Side trail leads (0.1) west to **Zealand Mountain** summit.	[44.17899,-71.52148]	4250	356.2
1842.4		Side trail leads (0.1E) to **Zeacliff Pond**.	[44.18421,-71.50534]	3800	355.0
1842.8		Junction with **Zeacliff Trail** (south), rejoins the AT again (2.8) north.	[44.18415,-71.49874]	3700	354.6
1842.9		100 yard side loop trail east to spectacular lookout edge of Zeacliff.	[44.18361,-71.49632]	3700	354.5
1844.0		100 yard side loop trail east to spectacular lookout edge of Zeacliff.	[44.18361,-71.49632]	2750	353.4
1844.1		**AMC Zealand Falls Hut**. AT Passport location.	[44.19580,-71.49445]	2630	353.3
1844.2		Side trail east leads to Zealand Falls.	[44.19603,-71.49257]	2600	353.2
1844.3		Junction with Zealand Trail, former railroad bed.	[44.19572,-71.49031]	2460	353.1
1845.6		Junction with **Zeacliff Trail** (north), rejoins the AT again (2.8) south.	[44.17903,-71.47953]	2448	351.8
1845.9		East side of trail shows slide and scarred slopes of Whitewall Mountain.		2450	351.5
1846.4		Junction with **Thoreau Falls Trail**. **Camping is not permitted here**.	[44.17067,-71.47100]	2460	351.0
1846.6		Cross North Fork on wooden bridge.	[44.16996,-71.46711]	2490	350.8
1846.9		**Shoal Pond Trail**. (0.8E) to water.	[44.17010,-71.46155]	2500	350.5
1847.1		Cross brook.		2520	350.3
1848.9	{8} {3} $	250 yards west to shelter. **29.6<<<14.5<<9<AMC Ethan Pond Shelter & Campsite>42>>48.1>>>61.8** Water (brook) is inlet brook to the pond, three single and two double tent platforms, privy, bear box. **$** Overnight/caretaker fee. Run by the AMC.	[44.17718,-71.42678]	2860	348.5
1849.4		Height of land.		2900	348.0

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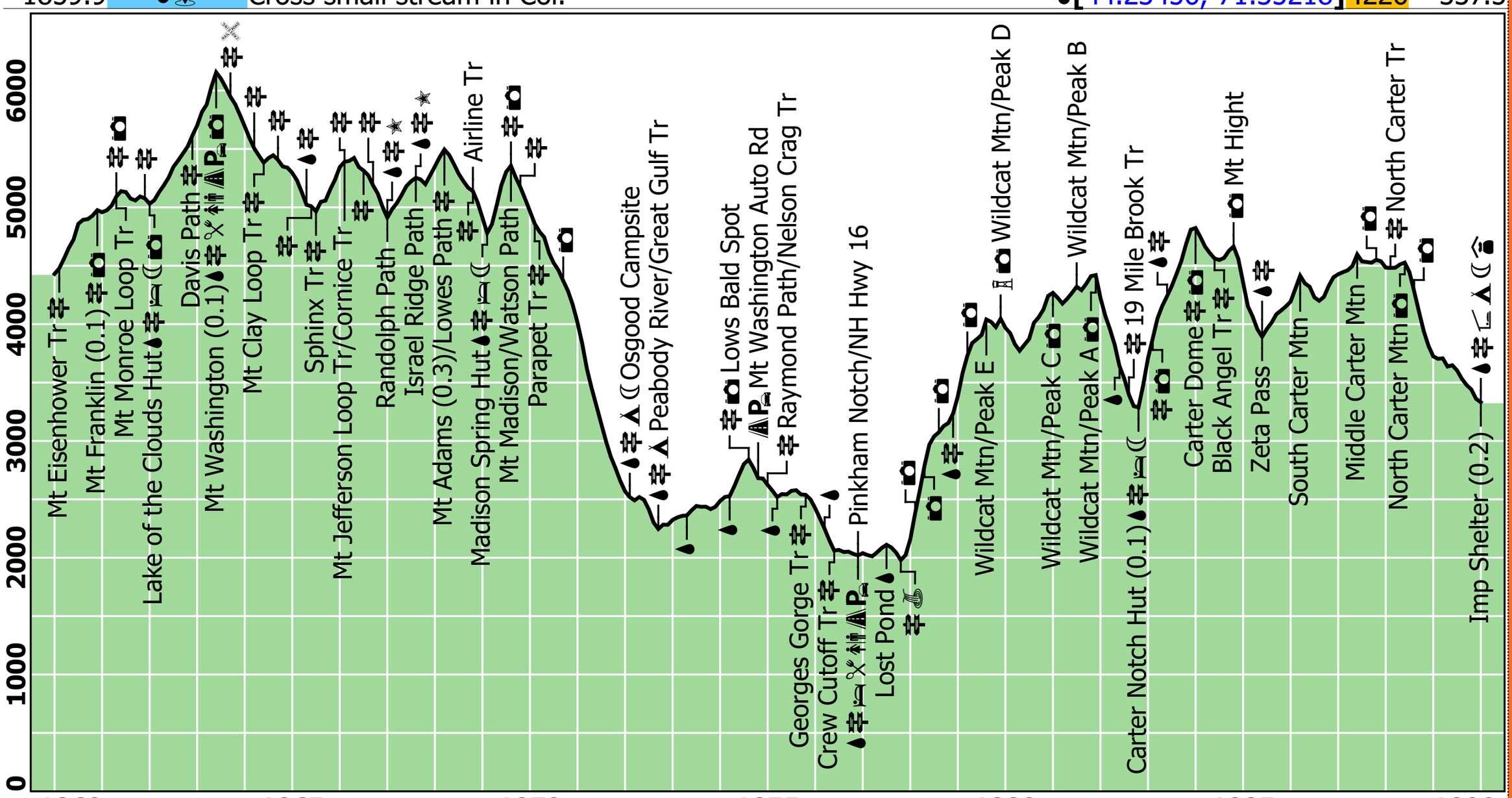
1849.9		**Willey Range Trail**.	[44.17526,-71.40891]	2680	347.5
1850.2		**Kedron Flume Trail.**	[44.17275,-71.40460]	2450	347.2
1851.3		Junction with **Arethusa–Ripley Falls Trail**.	[44.16615,-71.38813]	1600	346.1
1851.5	P{10}	Cross Railroad Tracks, Junction with Willey House Station Road. For P parking go all the way up Willey House Station Road.	[44.16670,-71.38614] P[44.17085,-71.38805]	1440	345.9
1851.8	P{10} ★★★★★	Cross **U.S. 302**, **Crawford Notch**, Presidential Range. See previous entry for P parking.	[44.17082,-71.38758]	1275	345.6
		(1.0W) **Willey House** 603-271-3556. Memorial Day-Columbus Day. Snack bar. M-Su 9:30am-5pm.	[44.18225,-71.39932]		
		(1.8E) **Dry River Campground** 603-374-2272. (www.nhstateparks.com/crawford.html) Open May-late Oct. Tent sites $25. Pets allowed, coin laundry and showers. Quiet time 10pm-8am.	[44.15496,-71.36302]		
		(3.8W) **AMC Highland Center** 603-278-4453 (www.outdoors.org) No pets, no smoking. Rates in summer during tourist season and during holidays. Call ahead for prices. AMC members get a discount. AMC Shuttle stops daily mid-Jun thru Columbus Day, after this time it only stops on weekends and holidays. Restaurant serves breakfast, lunch and dinner. Store carries snacks, sodas, canister fuel and some clothing, WiFi. Mail drops (include ETA): Route 302, Bretton Woods, NH 03574.	[44.22004,-71.41206]		
		(3.4E) **Crawford Notch General Store & Campground** 603-374-2779 (www.crawfordnotch.com) Open mid May-mid Oct. Cabins $75-95, tent sites, space for two tents $30. 9% lodging tax. Store carries hiker foods, ice cream and beer.	[44.13416,-71.35948]		
		AMC Hiker Shuttle, See Notes at mile 1819.3.			
1851.9		Cross Saco River, footbridge.	[44.17141,-71.38565]	1350	345.5
1852.0		Junction with Saco River Trail (southern).	[44.17194,-71.38539]	1350	345.4
1852.1		Junction Saco River Trail (northern).	[44.17216,-71.38317]	1400	345.3
1853.6		**Webster Cliffs**, view.	[44.17930,-71.38354]	3025	343.8
1854.2		View from ledge looks down at state park buildings.	[44.18578,-71.38509]	3506	343.2
1855.1		**Mt. Webster** summit.	[44.19489,-71.38841]	3910	342.3
1855.2		Junction with Webster Branch and Webster Jackson Trail.	[44.19558,-71.38973]	3820	342.2
1856.5		**Mt. Jackson** summit. Jackson-Webster Trail.	[44.20334,-71.37548]	4052	340.9
1858.1		Mizpah Cutoff to the west.	[44.21908,-71.37078]	3816	339.3
1858.2	{7}	Junction with Mt. Clinton Trail. **AMC Mizpah Spring Hut, AMC Nauman Tent Site**, Water from stream, 5 single and 2 double tent platforms accommodate 30, privy, bear box. Mizpah Hut is a AT Passport location.	[44.21938,-71.36953]	3800	339.2
1859.0		**Mt. Pierce** (Mt. Clinton) summit, above tree line for the next 12.7 miles north	[44.22686,-71.36571]	4312	338.4
1859.1		Spring. Join or leave Webster Cliff Trail or the **Crawford Path**.	[44.22779,-71.36476]	4350	338.3
1859.9		Cross small stream in Col.	[44.23456,-71.35218]	4226	337.5



1860.2		Junction of **Mt. Eisenhower Loop** (south) which leads (0.4) west to Mt. Eisenhower summit and rejoins the AT (0.5) north.	[44.23737,-71.35082]	4425	337.2
1860.8		Mt. Eisenhower Loop (north), **Edmonds Path**.	[44.24252,-71.34461]	4475	336.6
1860.9		Junction with Mt. Eisenhower Trail.	[44.24343,-71.34163]	4423	336.5
1861.2		Spring		4480	336.2
1861.8		West of summit of **Mt. Franklin**.		5004	335.6
1861.9		Unmarked path leads 130 yards east to summit of Mt. Franklin.	[44.24931,-71.33221]	4972	335.5
1862.1		Junction with Mt. Monroe Loop Trail (south), leads (0.4) west to Mt. Monroe summit.	[44.25324,-71.32651]	5077	335.3
1862.8		Junction with Mt. Monroe Loop Trail (north), leads (0.4) west to Mt. Monroe summit.	[44.25754,-71.31892]	5075	334.6
1862.9	★★★★★	**Lakes of the Clouds Hut**, "**The Dungeon**". AT Passport location.	[44.25880,-71.31895]	5125	334.5
		Paid lodging and work-for-stay. Also, "**The Dungeon**," a bunkroom available for 6 thru-hikers for $10PP with access to hut restroom and the common area. When the hut is closed, The Dungeon serves as an emergency shelter.			
1863.0		Junction with Tuckerman Crossover and Camel Trail, which leads (0.7) east to **Davis Path**.	[44.25929,-71.31613]	5125	334.4
1863.7		Junction with Davis Path is 35 yards south on the AT. Junction with Westside Trail which rejoins the AT (1.5) north. Westside Trail (south).	[44.26615,-71.30826] [44.26641,-71.30831]	5625	333.7
1864.1		Gulfside-Trinity Heights Connector Trail to the west.	[44.27090,-71.30563]	6150	333.3

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1864.3	★★★★★	**Mt. Washington** Summit, Mt. Washington Auto Road, Cog Railroad. Junction with Tuckerman Ravine Trail leads (2.0) east to **AMC Hermit Lake Shelter**, Pinkham Notch at NH. 16. Many **P** parking spots at the top. **Mt. Washington, NH.**	**P**[44.26966,-71.30206]	6288	333.1
		PO M-S 10am-4pm. For outgoing mail only. Do not send mail drops here.			
		Sherman Adams Building 603-466-3347. M-Su 8am-6pm mid-May thru Columbus Day. Snack bar M-Su 9am-6pm.			
		Mt Washington Auto Road 603-466-3988 (www.mt-washington.com/rates) Pet friendly Insured. **Mt Washington Summit ➤ ➤ Auto Road, Pinkham Notch & Great Gulf trailhead.**			
1864.5		Junction with Trinity Heights Connector.	[44.27190,-71.30551]	6100	332.9
1864.6		Cross **Cog Railroad Tracks**.	[44.27380,-71.30481]	6090	332.8
1864.7		Great Gulf Trail leads east.	[44.27462,-71.30468]	5925	332.7
1865.2		Junction with **Westside Trail** (northern).	[44.27734,-71.31196]	5500	332.2
1865.3		Junction with Mt. Clay Loop Trail (southern), leads (0.7) east to Mt. Clay summit.	[44.27873,-71.31334]	5400	332.1
1865.6		Junction with **Jewell Trail**.	[44.28245,-71.31678]	5400	331.8
1866.1		Loop trail to west to Greenough Spring, reliable.		5100	331.3
1866.2		Sphinx Col, Junction with Mt. Clay Loop Trail (northern), leads (0.5) east to Mt. Clay summit.	[44.29148,-71.31696]	5025	331.2
1866.3		Junction with **Sphinx Trail**.	[44.29314,-71.31784]	4975	331.1
1866.8		Junction with Cornice Trail and cross Monticello Lawn, a grassy plateau.	[44.29895,-71.31607]	5325	330.6
1866.9		Junction with **Mt. Jefferson Loop** (southern), leads (0.3W) to Mt. Jefferson summit.	[44.30071,-71.31477]	5396	330.5
1867.3		Junction with **Six Husbands Trail**.	[44.30498,-71.31165]	5325	330.1
1867.6		Junction with Mt. Jefferson Loop (north).	[44.30799,-71.31309]	5125	329.8
1867.8		Edmands Col, **Randolph Path** leads (0.2W) to reliable Spaulding Spring and continues (1.1) to The Perch Shelter.	[44.31041,-71.31238]	4938	329.6
1868.5	{4} {8}	Junction with **Israel Ridge Path** leads to (0.9W) **RMC The Perch Shelter and campsite**, 4 tent pads accommodate 16, ☾ privy. ⚠ **No fires permitted here.**	[44.31690,-71.30480] [44.32450,-71.31100]	5475	328.9
1868.6		Peabody Spring west, unreliable.	[44.31786,-71.30150]	5220	328.8
1869.0		Junction with Israel Ridge Path (northern).	[44.32075,-71.29684]	5211	328.4
1869.1		Thunderstorm Junction, Trail (1.1W) to **RMC Crag Camp Cabin**; (0.3E) on Lowe's Path to Mt. Adams and (1.2W) to **RMC Gray Knob Cabin**.	[44.32161,-71.29630]	5490	328.3
1869.6		Junction with Air Line Trail (southern) leads (0.5E) to Mt. Adams summit.	[44.32592,-71.28846]	5125	327.8
1869.7		Junction with Air Line Trail (northern) .	[44.32624,-71.28776]	5125	327.7
1870.0		**AMC Madison Spring Hut** AT Passport location. Valley Way Trail (0.6W) USFS Valley Way Tent site.	[44.32778,-71.28318]	4825	327.4
1870.5		**Mt. Madison** and junction of Watson Path west.	[44.32882,-71.27652]	5366	326.9
1870.7		Junction with Howker Ridge Trail.	[44.32954,-71.27350]	5100	326.7
1871.0		Osgood Junction, **Parapet Trail** east; Daniel Webster Scout Trail west.	[44.32778,-71.26934]	4822	326.4
1871.7		Osgood Ridge, above tree line for the next 12.7 miles south		4300	325.7
1873.0		Junction with Osgood Trail at USFS **Osgood campsite**, ☾ privy.	[44.30858,-71.25511]	2540	324.4
1873.6		Junction with Osgood Cutoff at the Bluff. Great Gulf Trail.	[44.30512,-71.26134]	2450	323.8
1873.7		Junction with Madison Gulf Trail, West Branch of the **Peabody River**.	[44.30450,-71.26268]	2300	323.7
1873.8		Junction with Great Gulf Trail (north)	[44.30464,-71.26317]	2290	323.6
1875.7		Side trail leads 200 yards to Low's Bald Spot, rock dome.	[44.28316,-71.25214]	2875	321.7
1875.9		Cross **Mt. Washington Auto Road**, [44.28150,-71.25329] **P**[44.28145,-71.25306]		2675	321.5
1876.0		Junction with Raymond Path.	[44.27898,-71.25440]	2625	321.4
1876.8		Junction with **George's Gorge Trail**.	[44.26936,-71.25312]	2525	320.6
1877.3		Junction with **Crew Cutoff Trail**.	[44.26281,-71.25358]	2075	320.1
1877.8	★★★★★	Cross **N.H. 16**, **Pinkham Notch**, Pinkham Notch Visitor center, AMC Joe Dodge Lodge. Many **P** parking spots.	[44.25681,-71.25230] **P**[44.25617,-71.25355]	2050	319.6
		Pinkham Notch Visitor Center & Joe Dodge Lodge 603-466-2721. (www.outdoors.org) Open year-round. No pets. Rates in summer during tourist season and during holidays. Check ahead for pricing and availability. Rates very according to season. AMC members get a discount. Restrooms. Meals available to non-guests; AYCE breakfast 6:30am-9am daily, food to order for lunch, family style dinner Sat-Thurs 6pm, Friday dinner buffet. Coin-op shower available 24 hours, coin laundry, $2 towel rental. Vending machines. Coleman fuel and alcohol fuel by the ounce, canister fuel, free WiFi. Shuttle 7:30am daily. Accepts credit cards. Mail drops: AMC Visitor Center, C/O Front Desk, 361 Rte. 16, Gorham, NH 03581.	[44.25712, -71.25354] [44.25742,-71.25311]		
		AMC Hiker Shuttle, See Notes at mile 1819.3.			
Gorham, NH (10.7W from Pinkham Notch) See map of Gorham, NH.					
1877.9		Junction with Square Ledge Trail.	[44.25596,-71.25164]	2020	319.5
1878.7	**P**{23}	Junction with **Lost Pond Trail**. Glen Ellis Falls (0.2E) on Whitecat Ridge Trail. (0.1E) to N.H. 16 and **P** parking.	[44.24568,-71.25147] [44.24423,-71.25247] **P**[44.24589,-71.25352]	1990	318.7
1879.5		Open Ledge, Sarge's Crag, views.	[44.24803,-71.23773]	3000	317.9
1879.8		Side path west to signed spring.		3250	317.6
1880.1		Steep ledge with views of ravine and Mt. Washington.	[44.24783,-71.23363]	3500	317.3
1880.5		Cross just yards west of **Wildcat Mountain Peak E**.	[44.24757,-71.22712]	4046	316.9
1880.7		Wildcat Mountain Ski Area Gondola.	[44.24901,-71.22472]	4020	316.7
1880.8		Wildcat Mountain, Peak D.	[44.24944,-71.22359]	4020	316.6
1881.1		Wildcat Col.	[44.25112,-71.21809]	3770	316.3
1881.9		**Wildcat Mountain, Peak C**.	[44.25077,-71.20769]	4298	315.5
1882.3		Wildcat Mountain, Peak B.	[44.25486,-71.20209]	4330	315.1
1882.8		**Wildcat Mountain, Peak A**, views down into Carter Notch.	[44.259315-71.20187]	4442	314.6
1883.5	**P**{25}	Junction with Wildcat Ridge Trail and Nineteen Mile Brooks Trail leads (3.4W) N.H. 16 and trailhead **P** parking.	[44.26165,-71.19560] **P**[44.30239,-71.22089]	3388	313.9
1883.7		Junction with Cater Moriah Trail and Nineteen Mile Brook Trail which leads (0.2E) to **AMC Carter Notch Hut** and into Carter Notch. AT Passport location.	[44.26022,-71.19470] [44.25930,-71.19541]	3350	313.7
1884.0		Side trail east with view into Carter Notch.	[44.26169,-71.19070]	4000	313.4
1884.3		60 yards west to good spring.		4300	313.1
1884.9		**Carter Dome** summit and junction with Rainbow Trail.	[44.26751,-71.17911]	4832	312.5
1885.3		**Black Angel Trail** leads east.	[44.27137,-71.17552]	4600	312.1

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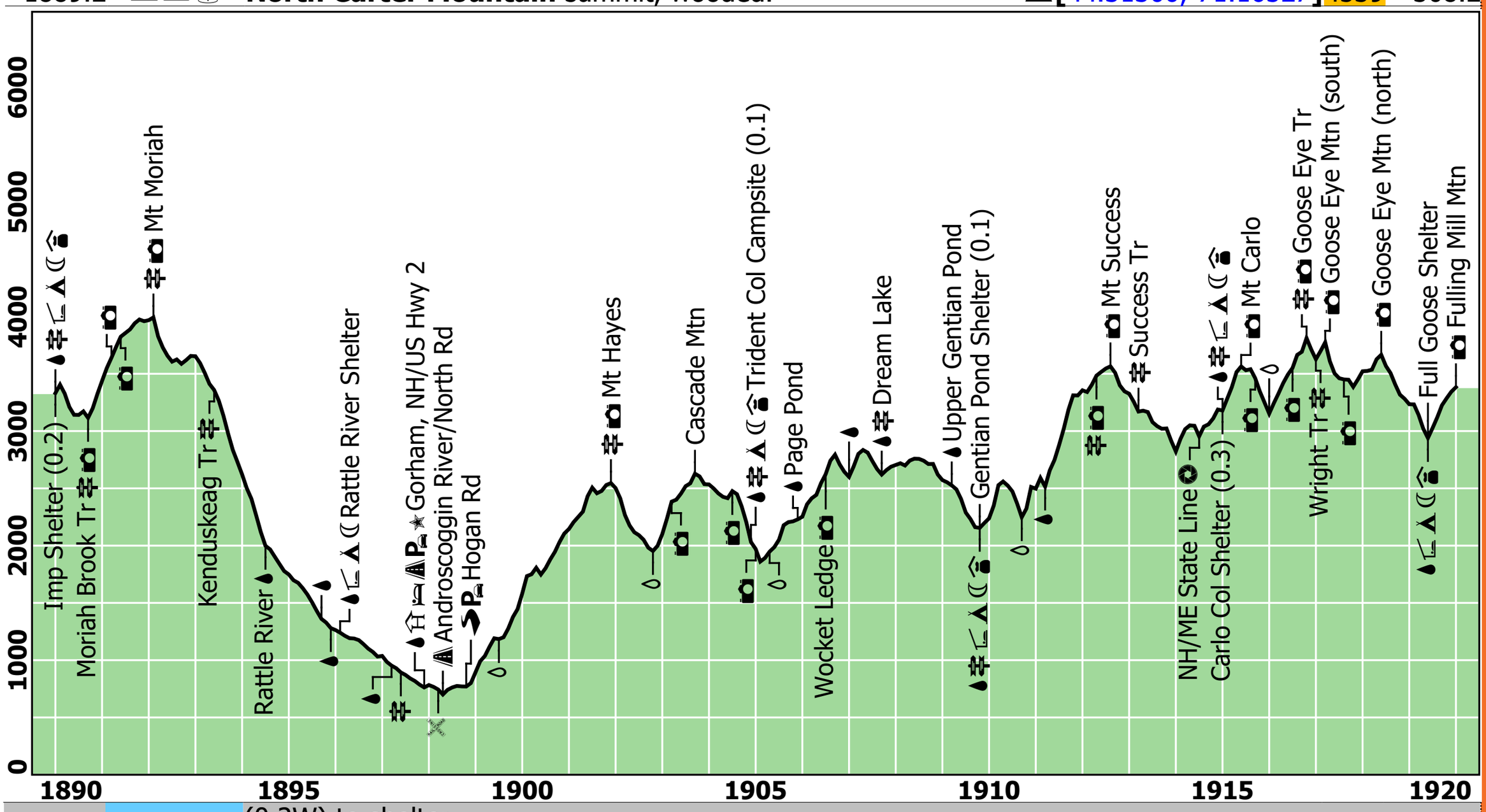
1885.7		Mt. Hight summit.	[44.27593,-71.17025]	4675	311.7
		Zeta Pass and junction with Carter Dome Trail junction. ⚠ **No camping permitted here**. Carter Dome Trail leads (1.7W) and leads (0.7) right onto Nineteen Mile Brook Trail to N.H. 16 and Nineteen Mile Brook Trailhead P parking.			
1886.3			[44.28109,-71.17375] P[44.30239,-71.22089]	3890	311.1
1887.1		**South Carter Mountain** summit, wooded.	[44.28978,-71.17623]	4458	310.3
1888.4		**Middle Carter Mountain** summit, wooded.	[44.30312,-71.16775]	4610	309.0
1888.7		Open ledges of Mt. Lethe.		4584	308.7
1889.0		Junction with North Carter Trail.	[44.31005,-71.16777]	4500	308.4
1889.2		**North Carter Mountain** summit, wooded.	[44.31300,-71.16527]	4539	308.2



	{12} {5} ☾ $	(0.2W) to shelter. **56.5<<<51<<42<AMC Imp Shelter & Campsite>6.1>>19.8>>>25** Water (stream) is located near shelter, four single and one double tent pads, ☾ privy, bear box, **$** Overnight/caretaker fee.	[44.32898,-71.15011]	3250	306.5
1891.6		Junction with Stony Brook Trail which descends (3.6) west to NH. 16, **Moriah Brook Trail**.	[44.33146,-71.14312]	3127	305.8
1893.0		Junction with Carter Moriah Trail to **Mt. Moriah** Mountain summit.	[44.34053,-71.13129]	4000	304.4
1894.2		East of Middle Moriah summit.		3640	303.2
1894.4		Junction with **Kenduskeag Trail**.	[44.34863,-71.11603]	3300	303.0
1895.5		Cross **Rattle River**.	[44.36076,-71.11417]	1700	301.9
1896.6	⚠	Cross **East Rattle River, ⚠ difficult in high water**.	[44.37560,-71.10787]	1500	300.8
1897.0	{8} ☾	**57.1<<<48.1<<6.1<Rattle River Shelter & Campsite>13.7>>18.9>>>23.3** Water (Rattle River), tenting, ☾ privy.	[44.38003,-71.10748]	1260	300.4
1898.7	P {12} ★★★★★	Cross **U.S. 2 (southern end)**. **See Gorham, NH map**.	[44.40109,-71.10951] P[44.40106,-71.10935]	780	298.7
		(1.7W) **White Birches Camping Park** 603-466-2022. (www.whitebirchescamping.com) Open May-Oct. Pet friendly. AT Passport location. Bunks $20PP, tent sites $20PP, laundry, pool, air hockey, pool table, Coleman and alcohol fuel by the ounce and canister fuel, free WiFi. Free shuttle to and from trail head and town with stay. Credit cards accepted. Mail drops for guests only: 218 US 2, Shelburne, NH 03581.	[44.38704,-71.13950]		
		(2.6W) **Town & Country Inn and Resort** 603-466-3315. (www.townandcountryinn.com) Open year round. $68.00 to $155.00 plus tax, seasonal, pets $25.00 daily fee, complimentary WiFi, microwave oven and fridge. Computer available to use. Breakfast and dinner served daily, lounge with entertainment. Indoor heated pool, Jacuzzi, Sauna, steam room and fully equipped health club.	[44.38455,-71.15758]		
Gorham, NH. 03581 (3.5W from U.S. 2 Trail head). See map of Gorham, NH.					
		PO M-F 8:30am-5pm, Sa 8:30am-12pm. 603-466-2182. ID required; all packages should include your legal name. 165 Main St. Gorham, NH 03581.	[44.39018,-71.18245]		
		(3.4W) **Libby House Inn & The Barn Hikers Hostel** 603-466-2271. (www.libbyhouseinn.com) AT Passport location. Open year-round. Serving the AT hikers for 41 years. No pets. Full and twin beds $28, tenting $18PP, B&B rooms available. Full bathroom. Hot country breakfast available. Fast, free pickup and return to Route 2 trail head for guests. Fast pickup and return to Rte 2 with for guests. Shuttle from Pinkham Notch free with 2 night stay to facilitate slackpacking and Shuttle to Walmart can be arranged. Clean beds with linens, full kitchen with cookware and refrigerator, lounge with big screen TV, free WiFi. Laundry $5. Visa MC accepted. [44.38749,-71.17199] Mail drops free for guests, $15 fee for non-guests: 55 Main Street, Gorham, NH 03581.			
		Royalty Inn 603-466-3312. (www.royaltyinn.com) Hiker rate $89 weekday, $99 weekend depending on the season. Pet fee $20. Indoor and outdoor pool, jucuzzi, sauna, A/C, laundry, free WiFi. Vending machines.	[44.38974,-71.17920]		
		Top Notch Inn 603-466-5496. (www.topnotchinn.com) Open May-mid Oct. Call for pricing. Guest laundry, limited shuttles, pool, hot tub, laundry, free WiFi, well-behaved dogs under 50 lbs okay, no smoking. Credit cards accepted. 10% local restaurant discount. Mail drops for guests and non guests: 265 Main St, Gorham, NH 03581.	[44.39332,-71.18990]		
		Northern Peaks Motor Inn 603-466-2288. (www.northernpeaksmotorinn.com) $70/up + tax, pets $5, A/C, free WiFi, no smoking. Hikers welcome. Accepts Master, Visa, Discover and American express card.	[44.39411,-71.19176]		
		Gorham Motor Inn 603-466-3381 $58-$158 Open May-Oct.	[44.39536,-71.19322]		
		Gorham Hardware & Sports Center 603-466-2312. (www.nhhockeyshop.com) Clothing, hiking poles, water treatment, hiking food, cold weather clothes, white gas, alcohol fuel by the ounce and canisters. Accepts Visa MC Disc. M-F 8am-5:30pm, Sa 8am-4pm, Su 8am-1pm. Closed Sundays after Columbus Day.	[44.38913,-71.17634]		

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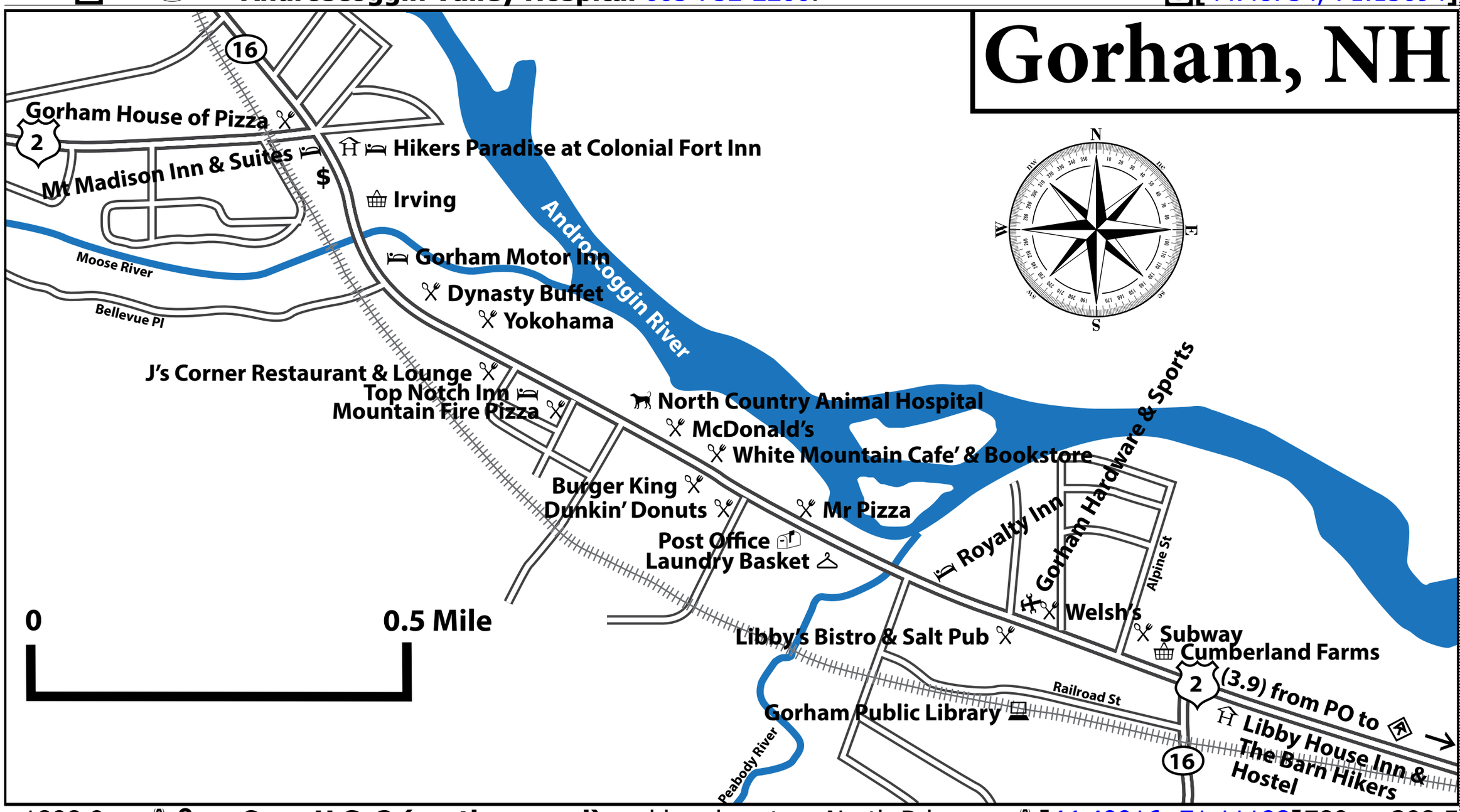
(6.7W) **Walmart** 603-752-4621. M-Su 7am-10pm; **Pharmacy** M-F 8am-8pm, Sa 9am-7pm, Su 10am-6pm. [44.42658,-71.19399]

AMC Hiker Shuttle, See Notes at mile 1819.3.

Trail Angels Hiker Services 603-326-6382 (Google #) info@trailangelshikerservices.com (www.trailangelshikerservices.com) Owner: Dan Millet. Based out of Berlin, NH. Pet Friendly. Insured. Memorial Day - Columbus Day, 7 days/wk, 7am-6pm & holidays.
S to Hanover, NH ➤ N to Millinocket, ME & airport terminals. Runs a flat rate (same price for 1 or 6 people max). Due to poor cell service online booking is advised. Next best thing is text, and we check emails only after hour. More info available on our website.

Berlin, NH (10.1W) from U.S. 2 trail head).

Androscoggin Valley Hospital 603-752-2200. [44.48754,-71.15694]



1898.9		Cross **U.S. 2 (northern end)** and head east on North Rd.	[44.40016,-71.11198]	780	298.5
1899.0		**Cross railroad tracks**.	[44.40236,-71.11369]	755	298.4
1899.2		Cross Androscoggin River on Leadmine Bridge at power plant, North Road.	[44.40382,-71.11480]	750	298.2
1899.7	{4}	Junction with **Hogan Road**, unpaved.	[44.40650,-71.11686] P [44.40640,-71.11680]	800	297.7
1899.9	P	Trail junction with Hogan Road.	P [44.40408,-71.12021]	826	297.5
1900.4		Cross **Brook**.	[44.40464,-71.13232]	1350	297.0
1902.5		**Mt. Hayes**, Mahoosuc Trail leads west.	[44.41777,-71.15721]	2555	294.9
1902.8		Junction with Centennial Trail and Mahoosuc Trail below Mt. Hayes.		2550	294.6
1903.5		Water in Col between Cascade Mountain and Mt. Hayes.		1960	293.9
1903.9		Good views on large steep open rock slabs and ledges.		2631	293.5
1904.7		**Cascade Mountain** summit, wooded.	[44.43385,-71.15097]	2631	292.7
1905.8	{4}☾	Side tail leads (0.1W) to **Trident Col Tent Site**, water at spring 50 yards from campsite, 4 tent sites accommodates 16, ☾ privy, bear box.	[44.44079,-71.13632] [44.44236,-71.13660]	2020	291.6
1906.8		Trident Pass, pass south end of **Page Pond** over outlet.	[44.44224,-71.11996]	2240	290.6
1907.4		View 50 yards west on **Wockett Ledge**, shoulder of Bald Cap.	[44.44325,-71.10904]	2780	290.0
1908.1		Cross Upper Branch of Peabody Brook.	[44.44303,-71.10479]	2750	289.3
1908.5		Cross **Dream Lake** inlet brook, Junction with Peabody Brook Trail leads to Dryad Falls Trail.	[44.44421,-71.09354]	2610	288.9
1910.0		Northwestern shore of Moss Pond.		2630	287.4
1910.3		Southwest shore of **Upper Gentian Pond**.	[44.45430,-71.07693]	2530	287.1
1910.7	{12} {4} ☾	Junction of Austin Brook Trail leads (0.2E) to shelter. **61.8➤➤➤19.8➤➤13.7➤Gentian Pond Shelter & Campsite➤5.2➤➤9.6➤➤➤14.7** Water is the inlet brook of Gentian Pond, three single and one double tent platforms accommodate 18, ☾ privy, bear box.	[44.45183,-71.06938]	2166	286.7
1912.1		Cross **small brook**.	[44.46324,-71.05495]	2500	285.3
1913.5		**Mt. Success** summit, alpine meadows on north side.	[44.47149,-71.03919]	3565	283.9
1914.1	P{10}	**Success Trail** leads (2.0W) to trailhead and P parking located (0.2) off Success Pond Road (gravel).	[44.47839,-71.03955] P [44.48378,-71.07243]	3170	283.3
1915.4	**State Line**	**New Hampshire–Maine State Line**.	[44.48500,-71.02150]	2972	282.0
1916.0	{8} {4} ☾	(0.3W) on Carlo Col Trail to shelter. **25➤➤➤18.9➤➤5.2➤Carlo Col Shelter & Campsite➤4.4➤➤9.5➤➤➤16.4** Water (spring) is located left of the lean-to, two single and one double tent platforms, ☾ privy, bear box. Carlo Col Trail leads (2.2W) to Success Pond Road (gravel) and trailhead P parking.	[44.48634,-71.01303] [44.48868,-71.01616] P [44.51050,-71.04305]	2945	281.4
1916.4		**Mt. Carlo** summit, 360 degree views.	[44.48913,-71.00826]	3565	281.0
1916.9		Sag between Mt. Carlo and **West Peak of Goose Eye Mtn**.	[44.49521,-71.00195]	3165	280.5
1917.8	P	Goose Eye Trail to Goose Eye Mountain (West Peak), (0.1W) to summit. (2.7W) on Goose Eye Trail to Success Pond Road (gravel) and trailhead P parking.	[44.50268,-70.99771] P [44.51555,-71.03630]	3854	279.6
1918.1		Junction with south fork of Wright Trail.	[44.50260,-70.99272]	3659	279.3
1918.2		**Goose Eye Mountain summit (East Peak)**.	[44.50358,-70.99060]	3794	279.2
1918.4		Junction of north fork of Wright Trail.	[44.50884,-70.98899]	3466	279.0
1919.3		**Goose Eye Mountain (North Peak)**.	[44.51628,-70.98836]	3675	278.1
1919.7		Tree line on North Peak of Goose Eye Mtn.		3320	277.7

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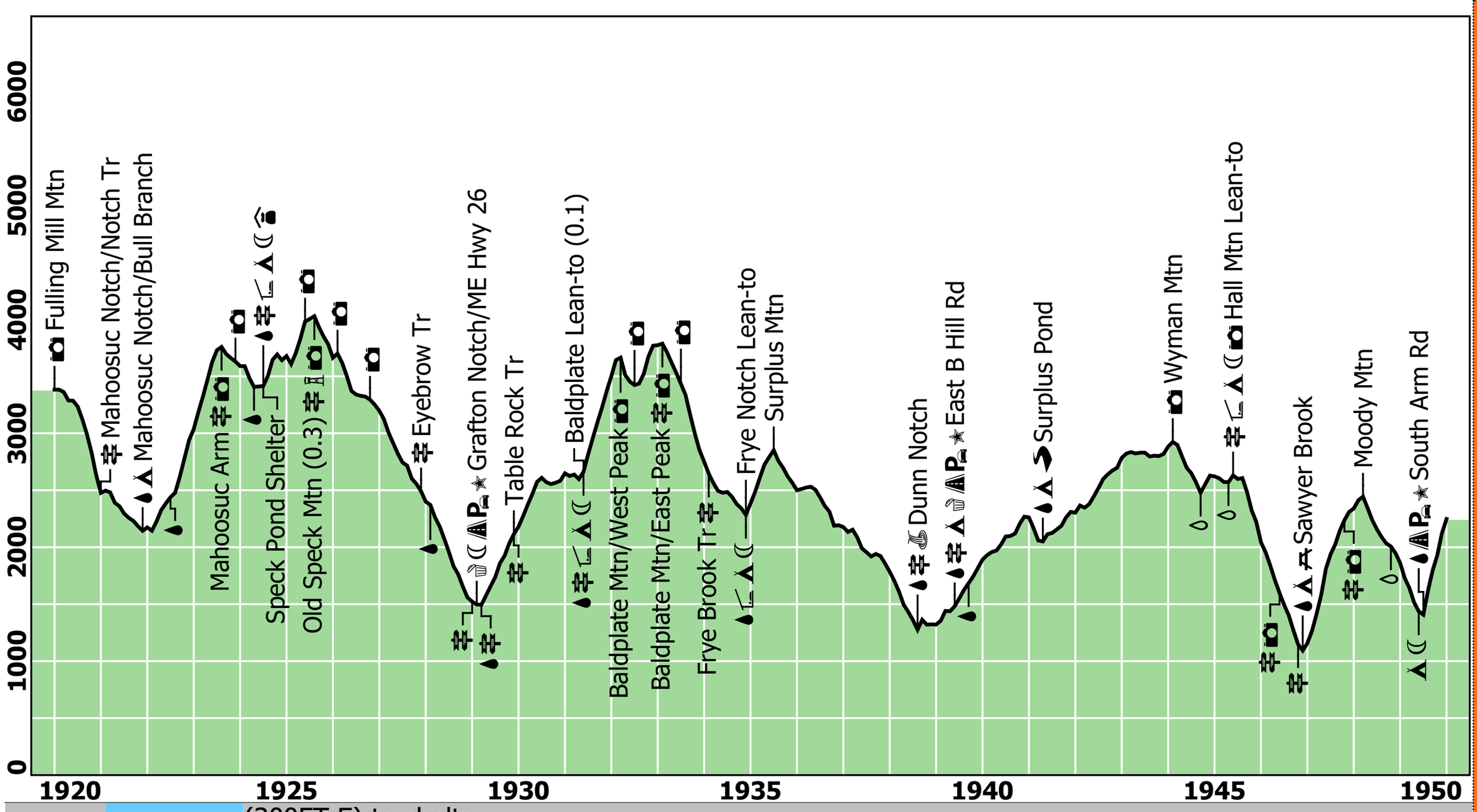

	{12}	(300FT E) to shelter. **23.3<<<9.6<<4.4<Full Goose Shelter & Camps>5.1>>12>>>15.5** Water (stream) is located behind shelter, three single and one double tent platforms, privy, bear box.			
1920.3			[44.52527,-70.98077]	3030	277.1
1920.8		**Fulling Mill Mountain** (South Peak).	[44.53042,-70.98006]	3395	276.6
	P	**Mahoosuc Notch Trail**, Mahoosuc Notch (west end). Notch Trail leads (1.8W) to trailhead and P parking located (0.6) off Success Pond Road (gravel).			
1922.0			[44.53754,-70.99043] P[44.53457,-71.02044]	2400	275.4
1923.0		**Mahoosuc Notch (east end)**, Bull Branch.	[44.54728,-70.97850]	2150	274.4
1923.4		Cross brook, Mahoosuc Notch Two.	[44.54981,-70.97864]	2593	274.0
1924.5		**Mahoosuc Arm** Summit, Joe May Cut-off Trail Jct.	[44.56028,-70.97627]	3765	272.9
1925.1		Cross Speck Pond Brook, outlet of Speck Pond.	[44.56269,-70.97119]	3430	272.3
	{8} $	Junction with Speck Pond Trail. **14.7<<<9.5<<5.1<Speck Pond Shelter & Campsite>6.9>>10.4>>>20.9** **NO FIRES**. Water (spring) is located (0.1) west on the blue blazed trail behind the caretaker's yurt, three single and three double tent platforms, privy, bear box. **$** Overnight/caretaker fee. Run by the AMC. Speck Pond is the highest body of water in Maine.			
1925.4			[44.56465,-70.97360]	3500	272.0
1926.0		Sag with intermittent spring.		3855	271.4
1926.1		Junction with Old Speck Trail and Grafton Loop Trail, (0.3E) to Old Speck Mtn and observation tower.	[44.57193,-70.95805]	3985	271.3
1926.3		Top of an old slide now overgrown with brush.		4017	271.1
1928.5		Several knobs on the north shoulder of Old Speck.		3718	268.9
1928.8		Junction with **Eyebrow Trail**, upper junction.	[44.58990,-70.95679]	2480	268.6
1928.9		Cross brook, last water for the next 3.5 miles south		2500	268.5
1929.7		Cross small brook		1760	267.7
1929.9		Junction with Eyebrow Trail, lower junction.	[44.59052,-70.94805]	1530	267.5
1930.0	P{50} ★★★★★	Cross **ME. 26**, **Grafton Notch**.	[44.59025,-70.94645] P[44.58980,-70.94676]	1495	267.4
		(12.8E) **Stony Brook Camping** 207-824-2836. (www.stonybrookrec.com) tent site $30, lean-to $35. Will shuttle from Grafton Notch for a fee. Pool, miniature golf, zip line, rec room, campstore, shower, laundry, free WiFi. Store with groceries and supplies; eat in or take out prepared foods; beer and wine. Location: (12.2E) on Hwy 26, then left (0.6) miles on Route 2. Mail drops for guests: 42 Powell Place, Hanover, ME 04237.	[44.48884,-70.77533]		
Bethel, ME. 04217 (17.9E) Directions: (12.2E) to Rt 2, right (5.7) miles on Rt 2.					
		PO M-F 9am-4pm, Sa 10am-12:30pm. 207-824-2668. 82 Main St. Bethel, ME 04217.	[44.40720,-70.78943]		
		(18.6E) **Chapman Inn** 207-824-2657. (www.chapmaninn.com) Prices may change. Bunk space $35 includes shower and full breakfast, $25 without breakfast. Rooms $69 and up, include breakfast. Kitchen privileges, $6 laundry, free WiFi. Mail drops for guests: PO Box 1067, Bethel, ME 04217.	[44.40429,-70.79105]		
		Bethel Outdoor Adventure 207-824-4224. (www.betheloutdooradventure.com) campsites $24/night, walking distance of Bethel. Laundry, free WiFi. Will shuttle to and from Grafton Notch trail head $45 group each way (one way).	[44.41834,-70.79705]		
		Pat's Pizza 207-824-3637. M-F 11am-9pm.	[44.41298,-70.79549]		
		Sudbury Inn Restaurant & Pub, 207-824-2174. (www.thesudburyinn.com) $89 and up, higher depending on the season, includes a full country breakfast. Restaurant is Thurs-Sat 5:30-9 and Pub is Daily 11:30am-9:30pm.	[44.40939,-70.78809]		
		Bethel Shop N Save 207-824-2121. (www.bethelfoodliner.com) M-Th 8am-8pm, F-Sa 8am-9pm, Su 8am-7pm.	[44.40674,-70.78961]		
		True North Adventureware 207-824-2201. (www.truenorthadventureware.com) AT Passport location. M-Th 10am-6pm, F-Sa 9am-6pm, Su 10am-5pm. Full service outdoor store, clothing, gear and footwear. Trekking pole repair, warranty sock replacement, Coleman fuel and alcohol fuel by the ounce and canisters, freeze dried foods, WiFi.	[44.41732,-70.77324]		
		Bethel Animal Hospital 207-824-2212. (www.bethelanimalhospital.com) M-Th 8am-6pm, F 8am-5pm, Sa 8am-12pm, Su closed.	[44.41624,-70.77421]		
		Stagecoach Shuttle Services 207-357-5783 (main/cell) ride@srstage.com (www.srstage.com) Owner: Gary Coyne. Based out of Bethel/Portland, ME. , Insured. May-Oct, 24/7 & holidays. **S to (Most places - call) < > N to (Most places - call)** & airport, bus & train terminals. Slackpacking. "Since 2007!"			
	P	**Mountain Courier Shuttle** 207-329-6433 (cell) mtnmediav@gmail.com Owner: Bill. Based out of Chocorua/Mt Washington Valley NH. Pet friendly. Insured. 365 days, 24/7 & holidays. **S to (call to discuss) < > N to (call to discuss)** & airports, bus & train terminals. Slackpacking. P Parking, free. "'Hike back to your car', planning & hiker consultation on all trailheads & logistics in White Mtns & ME." Covid precautions followed. Masks required.			

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		Bethel Outdoor Adventure & Campground 207-824-4224 ✉ info@BethelOutdoorAdventure.com (www.BethelOutdoorAdventure.com) Owner: Jeff & Pattie Parsons. Based out of Bethel, ME. Pet friendly. Insured. May 15-Oct 15, 7 days, 8am-7pm & holidays. **S to Shelburne, NH ➤ N to Grafton Notch/Newry, ME.** P Parking, free. "We also run a campground located 1 mile from town."			
1930.1		Junction with Table Rock Trail (lower junction).	[44.59104,-70.94507]	1556	267.3
1930.4		Bottom of steep slope.		1841	267.0
1930.8		Junction with **Table Rock Trail**, upper junction, views at Table Rock.	[44.59457,-70.93603]	2125	266.6
1932.3	{8} {4}	(0.1E) **16.4➤➤➤12➤➤6.9➤Baldpate Lean-to➤3.5➤➤14➤➤➤26.8** Water (stream) next to lean-to, 4 tent sites, ☾ privy.	[44.59973,-70.91238] [44.59845,-70.91161]	2645	265.1
1933.1		**Baldpate Mountain (West Peak)**.	[44.60121,-70.90225]	3662	264.3
1933.4		Bottom of sag between East and West Peaks of Baldpate Mountain.	[44.60491,-70.89992]	3471	264.0
1934.0		**Baldpate Mountain (East Peak)**, Grafton Loop Trail Junction.	[44.60927,-70.89186]	3812	263.4
1934.5		Little Baldpate Mountain.	[44.61466,-70.89189]	3442	262.9
1934.6		Tree line on north side of Little Baldpate Mountain.		3303	262.8
1935.8	{6} {5}	**15.5➤➤➤10.4➤➤3.5➤Frye Notch Lean-to➤10.5➤➤23.3➤➤➤31.6** Water (Frye Brook) is located in front of the lean-to, 5 tent sites, ☾ privy.	[44.62771,-70.90080]	2280	261.6
1936.3		**Surplus Mountain**, highpoint on NE ridge.	[44.63391,-70.90258]	2875	261.1
1939.3		South rim of Dunn Notch.	[44.65992,-70.89718]	1615	258.1
1939.5		**Dunn Notch** and Falls on side trail (0.2) west. West Branch Ellis River, ford. Dunnn Notch Falls upper falls	[44.66131,-70.89873] [44.66199,-70.90069]	1350	257.9
1940.2		Cross small brook.		1435	257.2
1940.3		Junction with Cascade Trail, 50 yds south of East B Hill Road. Cross **East B Hill Road**, not an ATC approved camping spot.	[44.66759,-70.89337] [44.66780,-70.89296] P [44.66838,-70.89315]	1485	257.1

Andover, ME. 04216 (8.0E). See Andover, ME map.

		PO M-F 9:15am-12pm & 1pm-4:15pm, Sa 9am-12pm. 207-392-4571. 6 Church St. Andover, ME 04216.	[44.63243,-70.74970]		
		(7.9E) **Pine Ellis Lodging** 207-392-4161. (www.pineellislodging.com) Host: Ilene Trainor. No pets. AT Passport location. private rooms $45S, $65D, $75 triple, $20EAP. Bunks $30PP. Stays include laundry and morning coffee, free WiFi. Trail head pickup for a fee, call in advance, slackpack Grafton Notch to Rangeley, and shuttles to nearby towns, airport and bus station. Multi-day slackpacking packages for groups. Resupply of trail snacks,and meals, Coleman and denatured fuel by the ounce, canister fuel. Mail drops for guests: (USPS) PO Box 12 or (UPS) 20 Pine Street, Andover. ME 04216.	[44.63384,-70.75522]		
		Paul's AT Camp for Hikers Stay in a rustic cabin for $60 for 4. Located 3 miles from Andover. Stay includes, water, electricity in the cabin and shower house, one round trip shuttle from the hostel. "Great for families and friends meeting up with hikers". Contact Pine Ellis for more information.			
		Mills Market 207-392-3062. Groceries, deli meats and cheese. Friday Pizza Special 16" one topping pizza and any 2 liter soda for $9.99. M-Th 5am-9pm, F-Sa 5am-10pm, Su 5am-9pm.	[44.63477,-70.75034]		
		Andover Public Library 207-392-4841. (www.andover.lib.me.us) M closed, Tu-W 1pm-4:30pm, Th 1pm-4:30pm & 6pm-8pm, Sa 1pm-4:30pm, Su closed.	[44.63181,-70.75137]		
		Donna Gifford massage therapist, 207-357-5686. Call for rates. Free pickup at Hostel and return to Hostels in Andover.			
		(10.9E) **The Cabin** 207-392-1333. (www.thecabininmaine.com) Located (2.8) from Andover. AT Passport location. $20 per person, shuttles available, call for reservations. Hiker kitchen, laundry, computer available for use, free WiFi.	[44.61143,-70.71333]		
		SD Shuttles 207-393-4161, 207-320-1831 (cell) ✉ pine_ellis@yahoo.com (www.pineellis.com) Owner: Ilene Trainor. Based out of Andover, ME. Not Pet Frierndly. Memorial Day - Columbus Day, 6 am - 8 pm & holidays. **S to Pinkham Notch ➤ N to Monson, ME** & airport & bus terminals. Slackpacking. P Parking, with fee. "Resupply, laundry. Private rooms only. No common areas. No kitchen. Masks required."			
		Rodney Kneeland 207-357-3083 Owner: Rodney Kneeland. Based out of Andover, ME. Pet friendly. Hiker season, 24/7 & holidays. **S to Mt Washington, NH ➤ N to Katahdin** & airport, bus & train terminals. Slackpacking. Parking, free. "I live in Andover, ME. I cover from Gorham, NH to Rangeley, ME. I will also do long shuttles."			
		IRONMIKE 207-418 2285 ✉ Millsmichael175@gmail.com. Owner Mike Mills. Based out of Andover, ME. Pet friendly. Insured, May to October, 7 days a week, when ever need, and Holidays. **S to Pinkham notch NH. ➤ N to Katahdin** & airport & bus terminals & train terminals. Slackpacking. Parking available for free. Service all hostels, Emergency rooms and hospitals			

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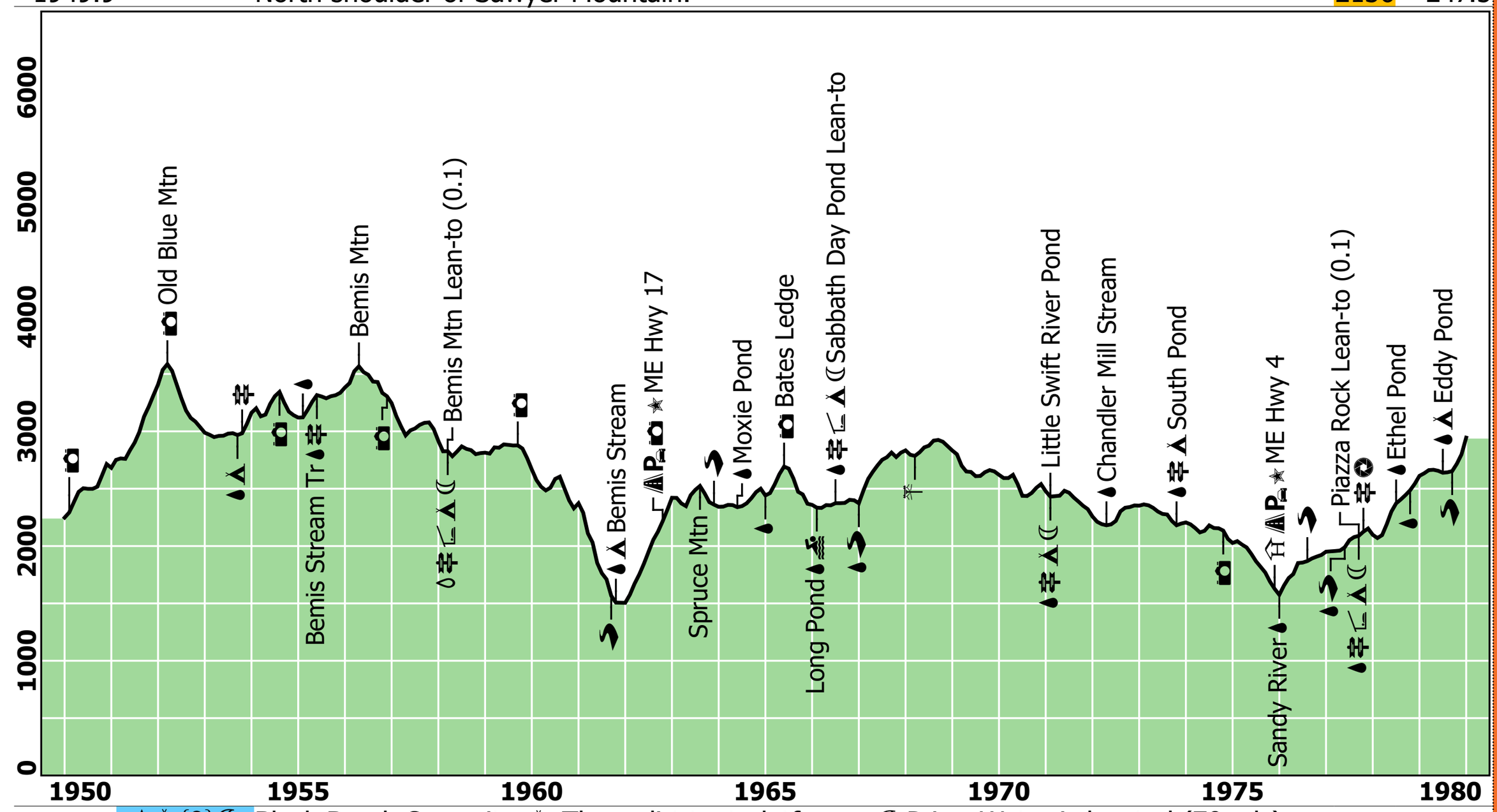
1942.1		Cross Burroughs Brook, ford, outlet of **Surplus Pond**. [44.67356,-70.86369] [44.67344,-70.86347]		2050	255.3
1942.2		Cross gravel logging road. [44.67351,-70.86280]		2050	255.2
1944.1		Southern shoulder of Wyman Mountain.		2381	253.3
1945.0		**Wyman Mountain** (north peak). [44.68919,-70.83730]		2945	252.4
1945.9		Cross small brook.		2869	251.5
1946.3	{6}	**20.9<<<14<<10.5<Hall Mountain Lean-to>12.8>>21.1>>>32.3** Water (spring) is located south of the lean-to on the AT, tent sites available, privy. Trail to view behind shelter. [44.70083,-70.82510] [44.70025,-70.82573]		2635	251.1
1947.6		Cross small brook just below cascade. [44.70025,-70.82573]		1196	249.8
1947.7		Sawyer Notch, cross **Sawyer Brook**, ford. [44.71272,-70.81490]		1095	249.7
1948.6		Moody Mountain. [44.71300,-70.80092]		2440	248.8
1949.3		Saddle between Sawyer and **Moody Mountain**. [44.71270,-70.79741]		2229	248.1
1949.7		Cross small brook.		2266	247.7
1949.9		North shoulder of Sawyer Mountain.		2136	247.5



1950.3	{3}	Black Brook Campsite Three dirt tent platforms. Privy. Water is located (70 yds) north on the trail at Black Brook. [44.72087,-70.78636] [44.72130,-70.78593]		1472	247.1
1950.4	{6}	Cross Black Brook and **South Arm Road**, ford. [44.72151,-70.78580]		1410	247.0

Andover, ME. (8.2E) See NOBO mile 1939.4. See Andover, ME map.

(17.4E) **The Human-Nature Hostel** 207-408-8216 HumanNatureHostel@gmail.com (www.humannaturehostel.com)
Owner: Ryan Holt, AKA Yukon. Does not take reservations, walk-ins only. $60 PP, all inclusive. Twin XL bunk bed or Loft Full bed (couples) with fresh linens, pillow & blanket. Kitchen, Bathrooms, Outdoor Sunset Showers, Loaner Clothes, Full Laundry Service, Toiletries, Ear Plugs, Lounge, Smart TV & Excellent WiFi. Tenting available with all the same privileges. On top of all that, you'll have access to our Outside Patio, Grills, picnic table, and communal fire pit & gardens!. Soda, Candy Bars, Ice Cream, Pizza, Hot Pockets & Fuel Canisters. Slackpacking free between East B Hill & South Arm Rd. with second night stay. Free pick-up & drop-off at trail head for guests. Also, multiple daily trips to Andover center for pick-ups, resupply and post office needs. South Arm Rd - 8:30am & 4:00pm. East B Hill – 8:30am & 4:30pm. Andover Center - 9:00am, 1:00pm & 5:00pm. Meals: Breakfast-$5.00/pp, AYCE Maine Blueberry Pancake breakfast with Coffee & Tea. Dinner-$10.00/pp, Hiker Hunger Dinner of the evening with two sides. Shuttles, Call to Reserve. Parking available.
Mail drops: P.O. Box 131 Roxbury, ME 04275. [44.598032,-70.650199]
Two shuttles a day each day to South Arm trailhead. Stops after pickup at Andover center for resupply and post office needs before returning to the hostel. South Arm Road 8:30am and 4pm, Andover center 9am and 4:30pm.

1951.0		Views of Black Brook Notch below.		2401	246.4
1952.7		Base of western slope of Sawyer Mountain.		2742	244.7
1953.2		**Old Blue Mountain** summit. [44.74708,-70.76529]		3600	244.2
1953.6		Base of northern slope of Old Blue Mountain.		3215	243.8
1954.7		Reach Col with old growth.		3051	242.7
1956.4		Junction with **Bemis Stream Trail**.		3350	241.0
1957.4		Bemis Mountain (West Peak). [44.79484,-70.76848]		3592	240.0
1957.5		**Bemis Mountain East Peak** [44.79652,-70.76688]		3532	239.9
1958.7		Bemis Mountain Third Peak. [44.80714,-70.75962]		3115	238.7
1959.1	{8} {4}	(0.1E) **26.8<<<23.3<<12.8<Bemis Mountain Lean-to>8.3>>19.5>>>28.4** Water small (spring) is located to left of lean-to, 4 tent sites, privy. [44.81025,-70.75590]		2790	238.3
1960.6		Bemis Range (Second Peak), open ledges. [44.82287,-70.74837]		2915	236.8
1961.5		Bemis Mountain First Peak. [44.82865,-70.73477]		2604	235.9
1962.0		Knob on east ends of Bemis Range.		2608	235.4
1962.2		Tree line at north end of series of knobs.		2358	235.2
1962.6		Small spring.		1747	234.8
1962.7	{3}	Cross Bemis Road is a gravel road, former rail bed. [44.83466,-70.72423]		1550	234.7
1962.8		Campsites. [44.83509,-70.72301]		1565	234.6
1962.9		Cross **Bemis Stream**, ford. [44.83465,-70.72064]		1495	234.5
1963.7	{30}	Cross **ME. 17**, view of Mooselookmeguntic Lake. Parking at the scenic overlook. [44.83603,-70.70984] [44.83765,-70.71016]		2200	233.7

Oquossoc, ME. (10.8W)

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		PO M–F 8am–10am & 2:15pm–4:15pm, Sa 9am–12pm. 207-864-3685. 92 Carry Rd. Oquossoc, ME 04964. [44.96585,-70.77496]			
		Oquossoc Grocery (207-864-3662. (www.oquossocgrocery.com) Deli, bakery, Coleman fuel. M-Th 6am-8pm, F-Sa 6am-9pm, Su 6am-8pm. [44.96629,-70.77343]			
		Gingerbread House (Temporarily closed) (207-864-3602. (www.gingerbreadhouserestaurant.net) Breakfast 7am-11am, lunch 11:30am-3pm, dinner 5pm-9pm. Pub menu available 3pm-9pm. Sunday Breakfast until 11:30am. Ice cream available all day. [44.96599,-70.77165]			
		45th Parallel Woodfired Grille 207-864-3001. M 3am-9pm, Tu-W Closed, Th-F 3pm-9pm, Sa 12am-9pm, Su 12am-3pm, [44.96500,-70.77241]			
1964.5		**Spruce Mountain**.	[44.84329,-70.69974]	2530	232.9
1965.3		North shore of **Moxie Pond**.	[44.84654,-70.68506]	2400	232.1
1966.4		**Bates Ledge**. View south over Long Pond.	[44.85063,-70.66798]	2713	231.0
1967.1		Northeastern shore of **Long Pond**, sandy beach.	[44.84454,-70.66249]	2330	230.3
1967.4	{8} {1}	(78 yards W) to shelter. **31.6<<<21.1<<8.3<Sabbath Day Pond Lean-to>11.2>>20.1>>>28.1** Water (piped spring) is located near pond in front of lean-to, 1 tent platform and tent sites available, privy. Sandy beach (0.3) south on AT, swimming.	[44.84095,-70.66205]	2390	230.0
1967.9		Cross **Houghton Fire Road**.	[44.84294,-70.65587]	2300	229.5
1969.1		Power line.	[44.84483,-70.63624]	2788	228.3
1969.6		Unnamed high point.	[44.84302,-70.62752]	2938	227.8
1972.0	{1}	**Little Swift River Pond**, tent sites available, privy.	[44.85051,-70.59100]	2460	225.4
1973.2		Cross **Chandler Mill Stream**, outlet of boreal bog.	[44.85792,-70.58067]	2150	224.2
1974.7		Skirt western shore of **South Pond**.	[44.86724,-70.55892]	2174	222.7
1975.7		View at top of steep slope.		1986	221.7
1976.8	{20}	Cross **ME. Route 4, Sandy River**.	[44.88696,-70.54037] P [44.88713,-70.54108]	1700	220.6
Rangeley, ME. (9.0W) See Rangeley, ME map.					
		PO M-F 9:30am-12:30pm & 1:30pm-4:15pm, Sa 9:30am-12pm. 207-864-2233. 2517 Main St. Rangeley, ME 04970. [44.96569,-70.64324]			
		Town & Lake Motel 207-864-3755. (www.rangeleytownandlake.com) Ask about hiker rate. Plus, $10.00 a person over two people. Pets $10. Canoes for guest use. Mail drops for guests: PO Box 47, Rangeley, ME 04970. [44.96646,-70.65031]			
		Rangeley Inn & Tavern 207-864-3341. (www.therangeleyinn.com) AT Passport location. Rates start at $150 in summer, $125 in fall (after Oct 20). Complimentary breakfast. Direct booking discount, kayaks/canoe, free wifi, free calls to US and Canada. [44.96423,-70.63955]			
		Rangeley Saddleback Inn 207-864-3434. (www.rangeleysaddlebackinn.com) $120 and up, prices vary depending on the season, includes continental breakfast, pets $10 includes . WiFi. Ride to and from trail head are sometimes available. [44.95950,-70.63859]			
		Pine Tree Frosty 207-864-5894. Ice CreMl. M-Th 12am-8pm, F-Sa 12am-8:30pm, Su 12am-8pm. [44.96421,-70.64123]			
		Sarge's Sports Pub & Grub 207-864-5616. Serves lunch and dinner also has a bar. M-Su 11am-1pm. Entertainment on weekends, outdoor deck. 2454 Main St. [44.96378,-70.64138]			
		Moose Alley 207-864-9955. (www.moosealley.me) Bowling, billiards, darts, dance floor, food. [44.96739,-70.65709]			
		IGA Supermarket 207-864-5089. (www.rangeleyiga.com) ATM. Summer hours M-Su 7am-9pm. Winter hours M-Su 7am-8pm. [44.95444,-70.63796]			
		Ecopelagicon 207-864-2771. (www.ecopelagicon.com) AT Passport location. Good selection of hiking gear & accessories. Fuel (canister, alcohol & white gas by the oz.) freeze dried foods, snacks, water purification, Leki poles & warranty work, Darn Tough, Injinji, Superfeet, Osprey & Big Agnes gear, first aid, rain gear and lots more. Free charging station, WIFI, water fill-up. Ask about shuttles. Trail Town Festival Sat. of Labor Day weekend. Mail drops: USPS- PO Box 899, UPS/FedEx- 7 Pond Street, Rangeley, ME 04970. [44.96504,-70.64169]			
		Alpine Shop 207-864-3741. (www.alpineshoprangeley.com) Clothing and some hiking gear, fuel by the ounce. M-Th 9am-5pm, F-Sa 9am-6pm, Su 10am-5pm. [44.96505,-70.64309]			
		Back Woods 207-864-2335 Clothing, some gear. M-Sa 9am-5pm, Su 10am-4pm. [44.96536,-70.64335]			
		Rangeley Family Medicine 207-864-3303. (www.rangeleychc.org) Location: 42 Dallas Hill Road. $5 shower, towel provided. M-Th 5am-8pm, F 5am-7:30pm, Sa-Su 8-2. [44.95438,-70.63503]			
		Ecopelagicon 207-864-2771 ecostore7@icloud.com (www.ecopelagicon.com) Owner: Linda Dexter. Based out of Rangeley, ME. Pet Friendly. Insured. 365 days, 7am-6pm (flexible) & some holidays. **S to Farmington, ME < > N to Jackman, ME** & airports, bus & train terminals. Slackpacking. P Parking, with donation to local church parking. "Long distance shuttles by referral."			

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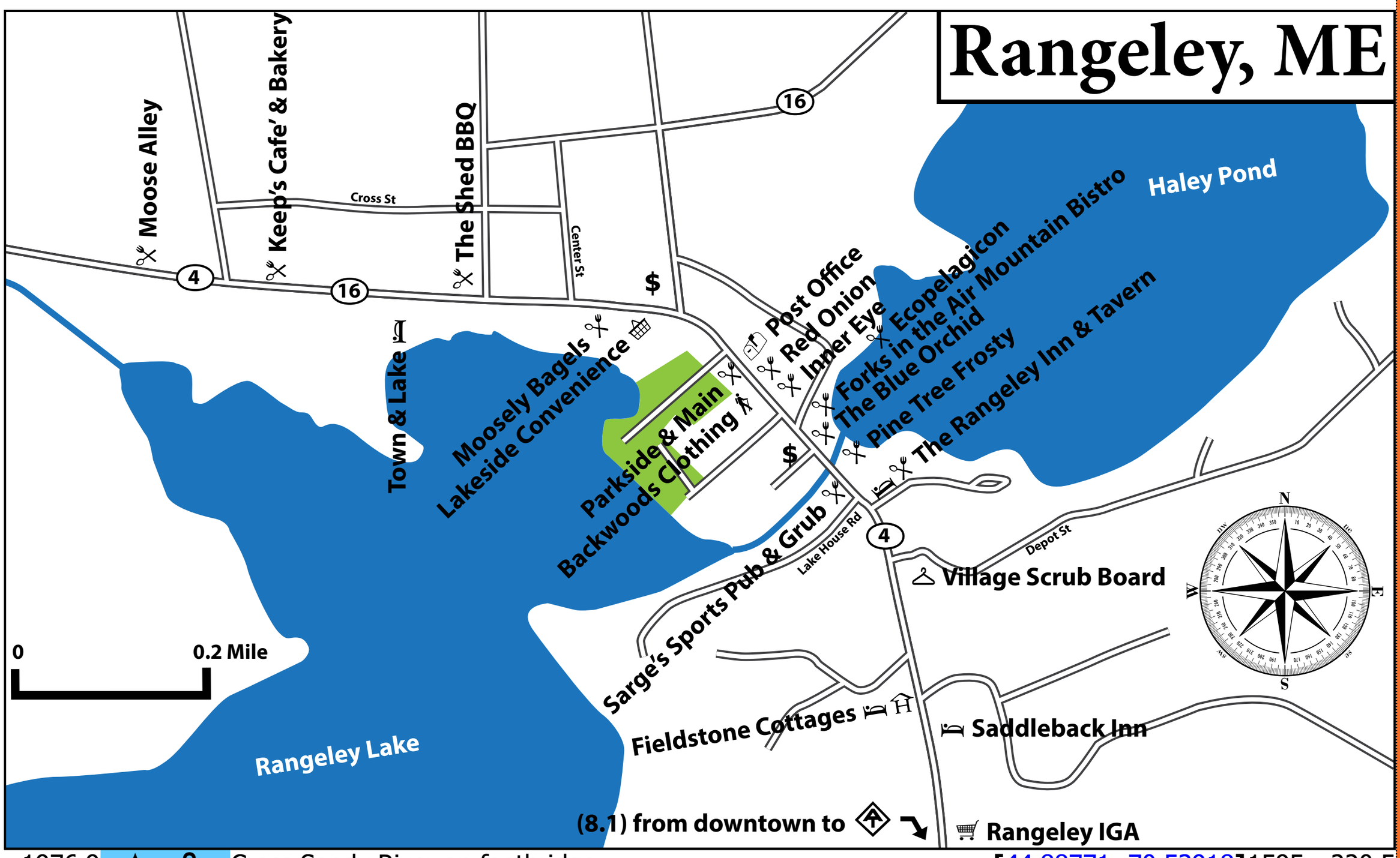
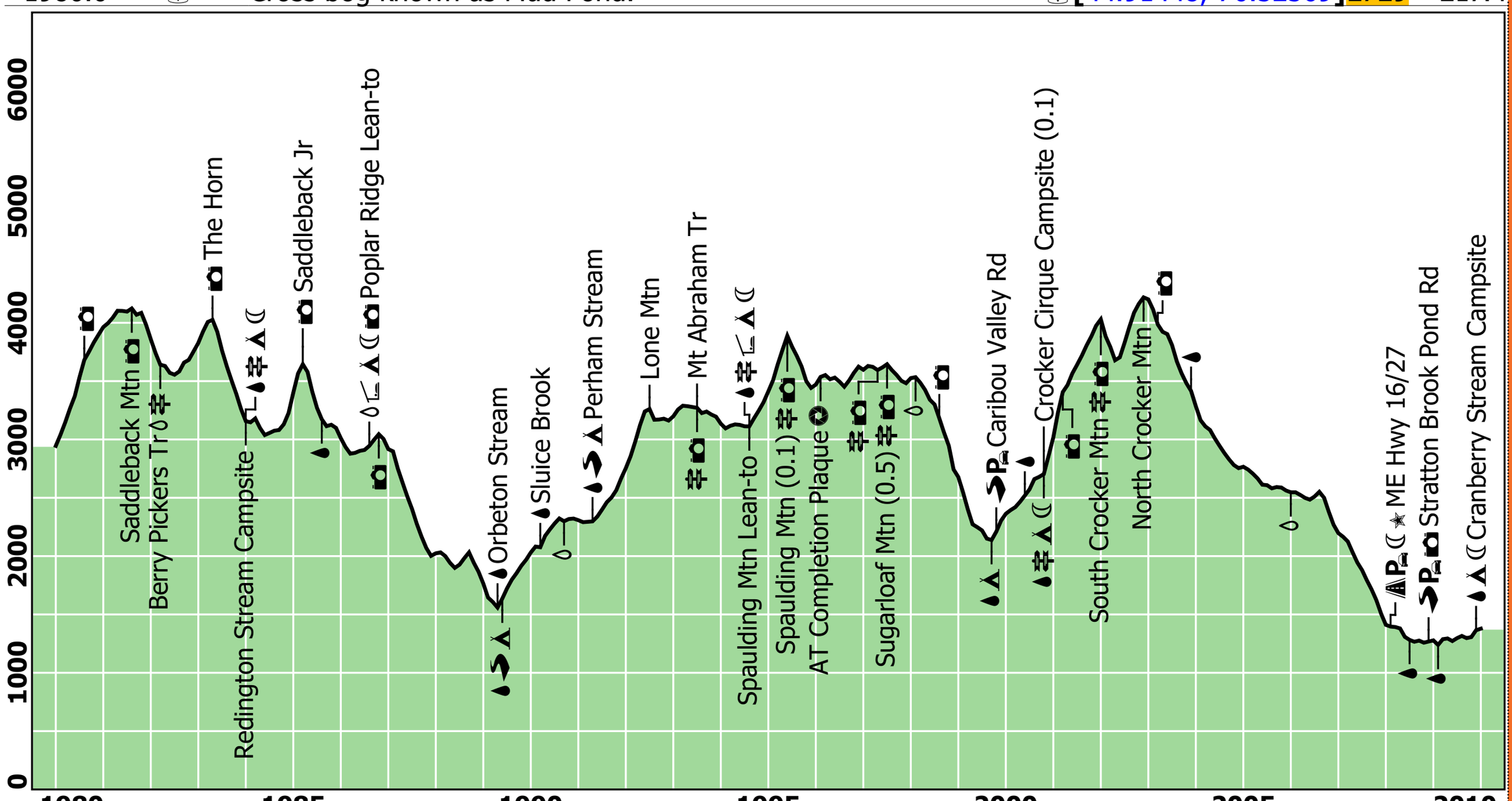


1976.9		Cross Sandy River on footbridge.	[44.88771,-70.53918]	1595	220.5
1977.4		Cross gravel road.	[44.89247,-70.53511]	1750	220.0
1978.0		Cross old logging road.		2011	219.4
1978.3		Cross brook.	[44.90298,-70.53564]	2102	219.1
1978.6	{8} {5}	(200 yds E) **32.3<<<19.5<<11.2< Piazza Rock Lean-to>8.9>>16.9>>>35.5** Water (stream) that passes through campsite, 5 tent platforms, privy (two seater).	[44.90421,-70.52996]	2080	218.8
1978.8		Side trail leads to some small boulder caves.		2163	218.6
1979.5		Skirt **Ethel Pond**.	[44.90873,-70.52421]	2200	217.9
1979.9		Cross Saddleback Stream.	[44.91196,-70.52425]	2350	217.5
1980.0		Cross bog known as Mud Pond.	[44.91448,-70.52569]	2729	217.4



1980.5		Cross Moose and Deer Pond Outlet near **Eddy Pond**, last water for the next 6 miles north.	[44.91767,-70.52316]	2616	216.9
1980.7		Cross gravel logging road, gravel.	[44.92001,-70.52448]	2625	216.7
1981.5		Tree line on south slope of Saddleback Mountain, above tree line for the next 2.9 miles north		3700	215.9
1982.5		**Saddleback Mountain** summit.	[44.93643,-70.50479]	4120	214.9
1983.1		Sag between Saddleback Mountain and The Horn.	[44.94533,-70.49599]	3565	214.3
1984.1		**The Horn** summit.	[44.95106,-70.48748]	4041	213.3
1984.4		Tree line, above tree line for the next 2.9 miles south		3620	213.0
1984.8	{10}	Blue-blazed side trail leads west to **Redington Stream Campsite**, (0.2W) to water, 8 tent sites, privy.		3170	212.6
1985.6		Base of Saddleback Junior.	[44.95481,-70.46546]	3094	211.8
1986.1		**Saddleback Junior**, open summit.	[44.95799,-70.45790]	3655	211.3
1986.5		Cross brook, last water for the next 6 miles south		3200	210.9
1987.5	{6}	(53 yds W) **28.4<<<20.1<<8.9<Poplar Ridge Lean-to>8>>26.6>>>36.8** Water (brook) is located in front of lean-to, tent sites available, privy.	[44.97006,-70.44595]	2920	209.9
1987.7		Open ledges of Poplar Ridge.		3120	209.7
1990.2		Cross **Orbeton Stream**, ford.	[44.97341,-70.40711]	1550	207.2
1990.3		Cross gravel road, old rail bed; north bound turn East 100 ft. to re-enter woods.	[44.97314,-70.40621]	1650	207.1
1991.0		Cross **Sluice Brook**.	[44.97853,-70.39575]	2145	206.4
1991.7		Cross logging road.	[44.97627,-70.38486]	2300	205.7
1992.2	{3}	Cross logging road, **Perham Stream** nearby.	[44.97493,-70.37520]	2300	205.2
1993.3		**Lone Mountain** summit, wooded.	[44.97385,-70.36244]	3280	204.1
1994.4		Junction with **Mt. Abraham Trail**. (1.7E) to summit and view.	[44.98531,-70.35078]	3184	203.0

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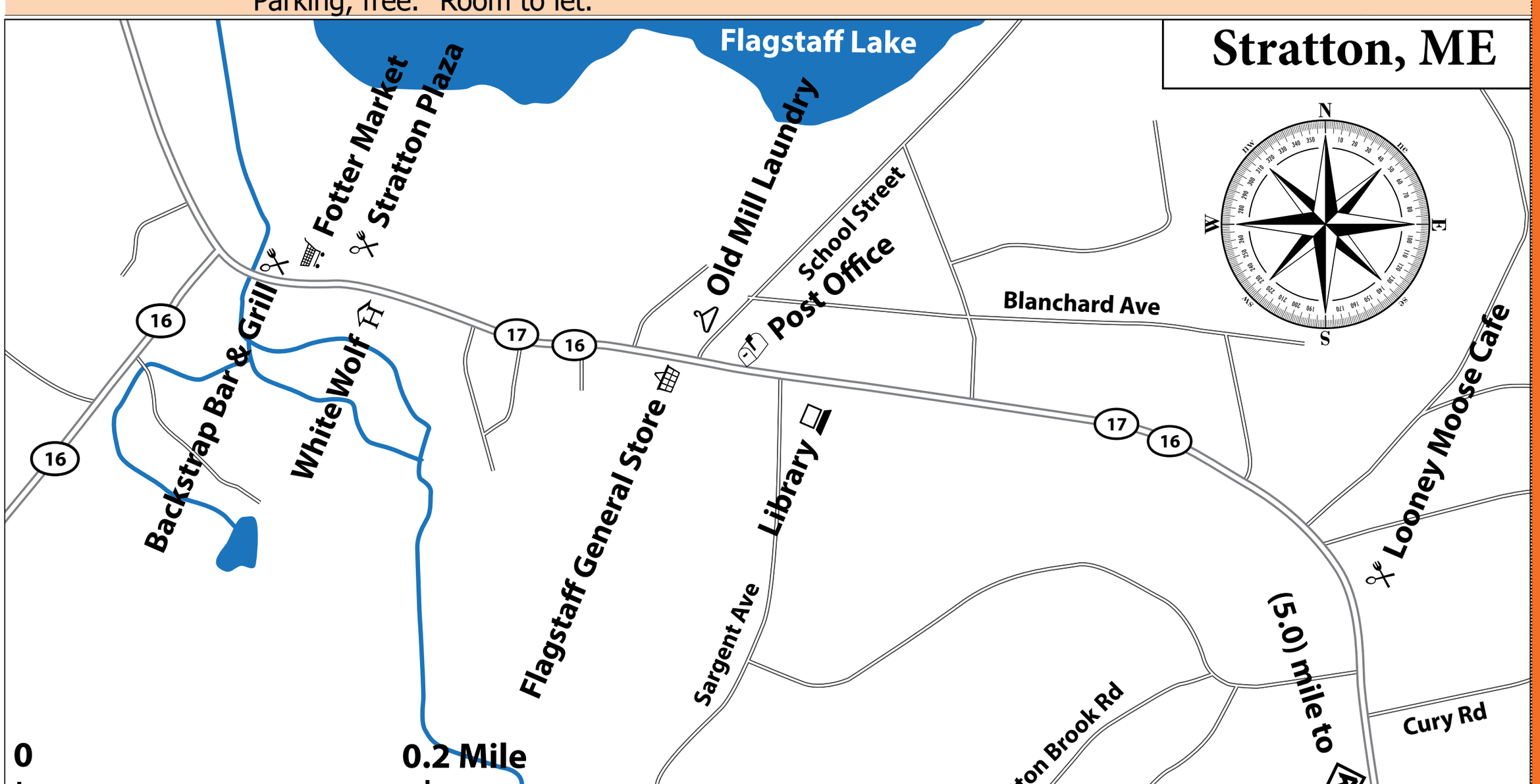
		(150 ft W) to shelter.		
	{8}	**28.1<<<16.9<<8<Spaulding Mountain Lean-to>18.6>>28.8>>>36.5**		
		Water small (spring) is located to right of lean-to, tent sites available, privy.		
1995.5		[44.99576,-70.34140]	3140	201.9
1996.3		Northwestern shoulder of **Spaulding Mountain**, side trail (0.1) east to summit. [45.00338,-70.33538]	4010	201.1
1997.0		**Bronze plaque**, 1937 completion of the final two miles of the AT.	3500	200.4
1998.4		Junction with **Sugarloaf Mountain Trail**, Maine's third-highest peak, (0.3E) to summit. [45.02703,-70.32058]	3540	199.0
1999.0		Cross small brook.	3612	198.4
1999.8		Open rim of deep ravine, 500-foot drop. Good views. [45.03494,-70.33486]	3219	197.6
2000.2		Base of northwest slope of Sugarloaf Mountain. [45.03450,-70.34108]	2457	197.2
2000.6		Cross South Branch Carrabassett River, ford. [45.03927,-70.34270]	2100	196.8
2000.7	{10}	Cross **Caribou Valley Road**, gravel, not an ATC approved camping spot. [45.03961,-70.34466]	2220	196.7
2001.7		(0.2E) **Crocker Cirque Campsite**, stream, tent platform and tent sites available, privy. [45.04082,-70.36036] [45.04190,-70.36086]	2710	195.7
2002.8		**South Crocker Mountain**, 150 feet west to summit. [45.03648,-70.37573]	4040	194.6
2003.3		Saddle between North and South Peaks of Crocker Mountain. [45.04096,-70.37813]	3692	194.1
2003.8		**North Crocker Mountain**, wooded summit. [45.04723,-70.38292]	4228	193.6
2004.1		Views of the Bigelow Range and Stratton.	3749	193.3
2004.8		Cross small stream.	3300	192.6
2006.9		Cross small stream, in stand of large white birch trees.	2500	190.5
2009.0	{20}	Cross **ME. 16/27**. [45.10354,-70.35681] [45.10228,-70.35585]	1450	188.4
		(2.7E) **Mountainside Grocers** 207-237-2248. M-Su 7:30am–8pm.		
		(3.4E) **Hostel of Maine** 207-237-0088 reservation@hostelofmaine.com (www.hostelofmaine.com) AT Passport location. Bunks $39, lodging rooms $109 for thru-hikers. Includes, shower, towels, linens, loaner clothes, breakfast. laundry service available. Free WiFi. Has ice cream, frozen pizza and more. Scheduled pickups and drop offs at the trail head on route ME 27 are 1PM and 4:30pm. Slackpacking. Local craft beer, cider, and more for purchase. To reserve online hikers use promo code "AT2022" to get the hiker rate, visit (www.hostelofmaine.com/thruhiker). [45.08127,-70.30405]		
Stratton, ME. 04982 (5.0W). See Stratton, ME map.				
		PO M-F 8:30am-1pm & 1:30pm-4pm, Sa 8:30am-11am. 207-246-6461. 95 Main St. Stratton, ME 04982. [45.14041,-70.43790]		
		(5.1W) **White Wolf Inn & Restaurant** 207-246-2922. (www.thewhitewolfinn.com) AT Passport location. Hiker rate: Private rooms $79 mid-week, $89 weekends and holidays, $15EAP. Pets $15, free WiFi, ATM. [45.14081,-70.44279] **Restaurant:** M 12pm-8pm, Tu closed, W closed, Th-Su 11am-8:30pm. Serves lunch and dinner. Home of the 8oz Wolf Burger; Fish Fry Friday. Visa, M/C accepted $20 min. Mail drops for guests (non-guest fee): 146 Main St, PO Box 590, Stratton, ME 04982.		
		Spillover Motel 207-246-6571 frontdesk@spillovermaine.com (www.spillovermaine.com) $89 and up, pets $15, includes continental breakfast. Shoers $5. Full kitchen for use by guests, gas grill, free WiFi. Mail drops for guests: PO Box 427, Stratton, ME 04982. [45.13623,-70.43079]		
		Fotter's Market 207-246-2401. (www.fottersmarket.com) M-Th 8am-7pm, F-Sa 8am-8pm, Su 9am-5pm. Coleman and alcohol fuel by the ounce, ATM. [45.14111,-70.44360]		
		Flagstaff General Store 207-246-2300. Deli, hot coffee, snacks, subs, pizza, salads, fried foods, canister fuel, free WiFi, ATM. M-F 6am-9pm, Sa 7am-9pm, Su 7am-7pm. [45.14021,-70.43906]		
		Stratton Public Library 207-246-4401. (www.stratton.lib.me.us) M 10am-5pm Tu 1pm-5pm, W 10am-5pm Th 1pm-5pm, F 10am-5pm, Sa 9am-1pm, Su closed. WiFi. [45.13988,-70.43721]		
		All Points Transportation 207-329-3482 (cell) allpointstrans1@gmail.com. Owner: Greg Roy. Based out of Carrabassett, ME. Insured. Pet Friendly. Insured. 365 days, 24/7 (by reservation) & holidays. **S to NH/MA < > N to Baxter SP** & airport, bus & train terminals. Slackpacking. Parking, free. "Room to let."		



2009.4		Cross stream. [45.10720,-70.35359]	1297	188.0
2009.8	{10}	Cross **Stratton Brook Pond Road**. [45.11181,-70.34943] [45.11180,-70.34936]	1250	187.6
2009.9		Cross logging road, gravel. [45.11306,-70.34940]	1290	187.5
2010.0		Cross Stratton Brook on footbridge. [45.11361,-70.34939]	1230	187.4

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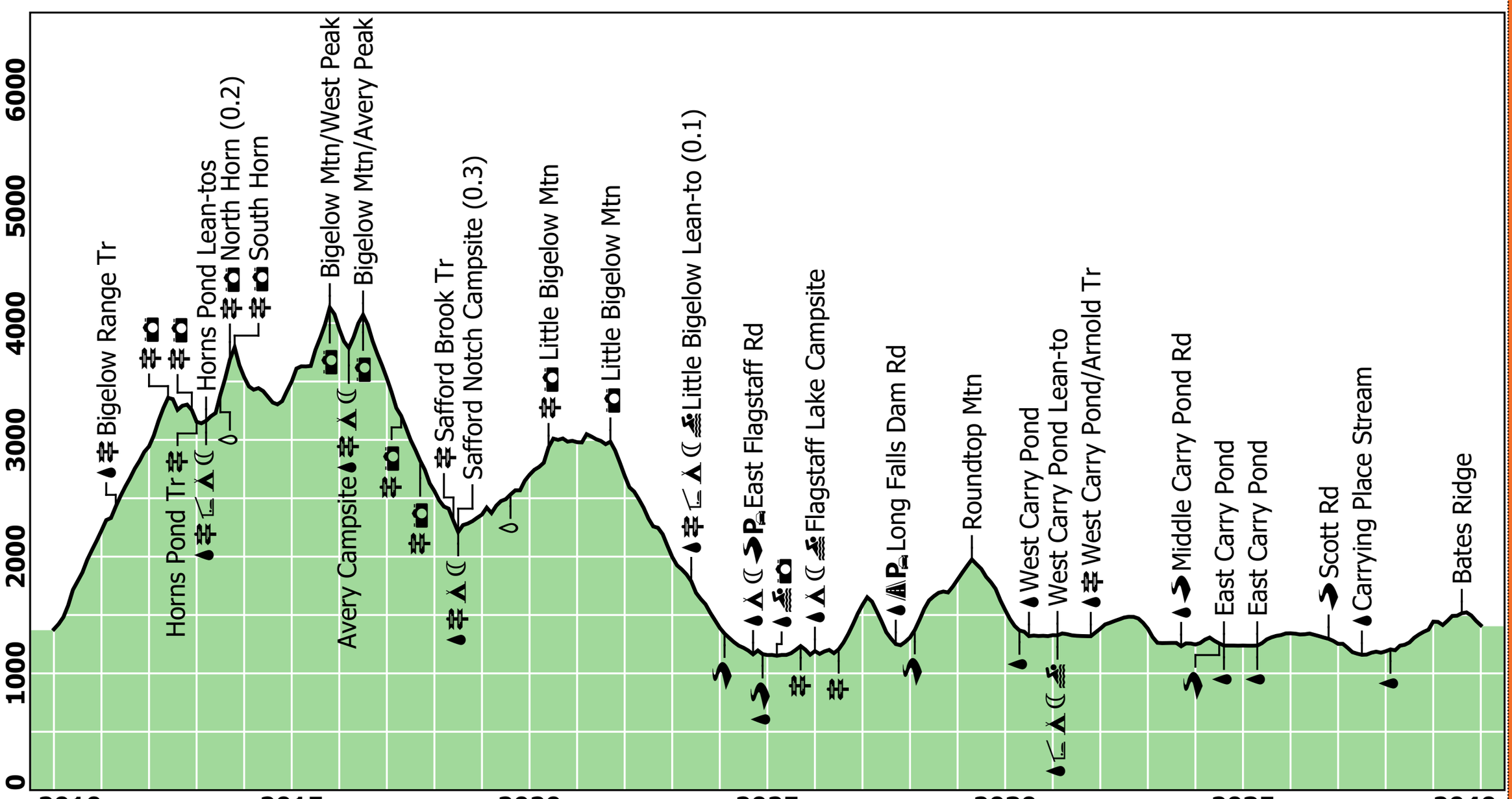

2010.6		Cross tote road.		1356	186.8
2010.9	{3}	Side trail leads (55FT E) to **Cranberry Stream Campsite**, 3 tent sites available, privy.	[45.12381,-70.34891]	1350	186.5
2012.2		Junction with Bigelow Range Trail, **Cranberry Pond** (0.2W).	[45.13769,-70.35428]	2400	185.2
2012.3		Slab cave system.		2246	185.1
2013.1		Side trail to views of Sugarloaf and Crocker Mountains.	[45.14278,-70.34307]	2957	184.3
2013.3		Views of Bigelow, Sugarloaf, Horns, and Crocker Mountains.	[45.14320,-70.33842]	3278	184.1
2013.8		Side trail to overlook of Horns Pond.		3278	183.6
2013.9		Junction with **Horns Pond Trail** leads (3.9) to Stratton Brook Pond Road.	[45.14368,-70.33306]	3200	183.5
2014.1	{16}	(52 yds E) **35.5<<<26.6<<18.6<Horns Pond Lean-tos>10.2>>17.9>>>27.9** two lean-to's, water is located north of the lean-tos or Horns Pond, tent sites available, privy. Caretaker, no fee.	[45.14388,-70.32971]	3160	183.3
2014.4		Box spring		3400	183.0
2014.5		Side Trail to North Horn, (0.2W) to summit and views.	[45.14563,-70.32405]	3792	182.9
2014.6		**South Horn** summit.	[45.14491,-70.32307]	3831	182.8
2016.7		**Bigelow Mountain (West Peak)**, 360 degree views.	[45.14681,-70.28801]	4145	180.7
2017.0	{6}	Bigelow Col, Fire Warden's Trail, **Avery Memorial Campsite** to east, 6 tent platforms available, reliable water for campsite is (0.2N) on AT, privy.	[45.14736,-70.28271]	3850	180.4
2017.2		Spring		3900	180.2
2017.4		**Bigelow Mountain, Avery Peak**. Remains of old fire tower.	[45.14666,-70.27541]	4090	180.0
2018.2		Side trail to Old Man's Head.	[45.14702,-70.26167]	3187	179.2
2019.3		Junction with Safford Brook Trail leading (2.2W) to Flagstaff Road and (0.3) more to Flagstaff Lake.	[45.14507,-70.25555]	2260	178.1
2019.4	{2}	(0.3E) Safford Notch and campsite, 2 tent platforms and tent sites available, privy.	[45.14449,-70.25581]	2230	178.0
2021.2		Little Bigelow Mountain (west end).	[45.13925,-70.22734]	3035	176.2
2022.6		Little Bigelow Mountain (east end).	[45.13130,-70.21339]	3040	174.8
2024.3	{8} {2}	(0.1W) **36.8<<<28.8<<10.2<Little Bigelow Lean-to>7.7>>17.7>>>27.4** Water (spring) is located 50 yards in front of the lean-to, 2 tent platforms and tent sites available, p privy. Swimming in "the Tubs" along the side trail.	[45.13911,-70.19160]	1760	173.1
2025.6	{9}	**Campsites**, tent pads, firepits, privy.	[45.14528,-70.17012]	1210	171.8
2025.8	{6}	Cross **East Flagstaff Road**, 80 yards east to parking.	[45.13465,-70.17164] [45.13461,-70.17136]	1200	171.6
2025.9		Cross **Bog Brook Road**, Flagstaff Lake, inlet. (0.2W) to Lake.	[45.13444,-70.16910]	1150	171.5
Kingfield, ME. (25.7E) small town.					
2027.2		Flagstaff Lake			170.2
2028.5	{10}	Cross **Long Falls Dam Road**.	[45.15593,-70.15432] [45.15605,-70.15440]	1225	168.9
Kingfield, ME. (27.0E) small town.					
2028.6		Cross Jerome Brook.	[45.15613,-70.15362]	1300	168.8
2028.9		Cross logging road, gravel.	[45.15632,-70.14734]	1400	168.5
2030.2		Northern side of **Roundtop Mountain**.	[45.15869,-70.12727]	1760	167.2
2031.0		Cross brook.	[45.15690,-70.11234]	1604	166.4
2031.3		South west corner of **West Carry Pond** (west side).	[45.15954,-70.10831]	1320	166.1
2032.0	{8} {2}	(72 yds E) to shelter. **36.5<<<17.9<<7.7<West Carry Pond Lean-to>10>>19.7>>>28.7** Water (spring house) is located to the left of the lean-to or West Carry Pond, tent sites available, privy. Swimming in pond.	[45.15796,-70.09973]	1340	165.4
2032.7		**West Carry Pond** (east side), side trail west to Arnold Point Beach on **Arnold Trail**.	[45.16627,-70.09701]	1320	164.7
2034.2		Arnold Swamp, many bog bridges		1255	163.2
2034.4		Intersection with **Long Pond Road**.	[45.17694,-70.07341]	1250	163.0
2034.6		Cross Sandy Stream and **Middle Carry Pond Road**, bridge.	[45.17844,-70.07248]	1229	162.8
2035.4		Cross East Carry Pond Logging Road, gravel.	[45.18377,-70.06129]	1250	162.0
2035.6		Western shore of **East Carry Pond**.	[45.18461,-70.05787]	1237	161.8
2036.1		Northeast shore of **East Carry Pond**.	[45.19102,-70.05579]	1256	161.3
2037.8		Cross **Scott Road**, main logging road,	[45.20336,-70.07308]	1300	159.6
2038.5		North Branch of **Carrying Place Stream**, ford.	[45.21092,-70.07076]	1200	158.9
2039.0		Spring.	[45.22068,-70.08269]	1220	158.4

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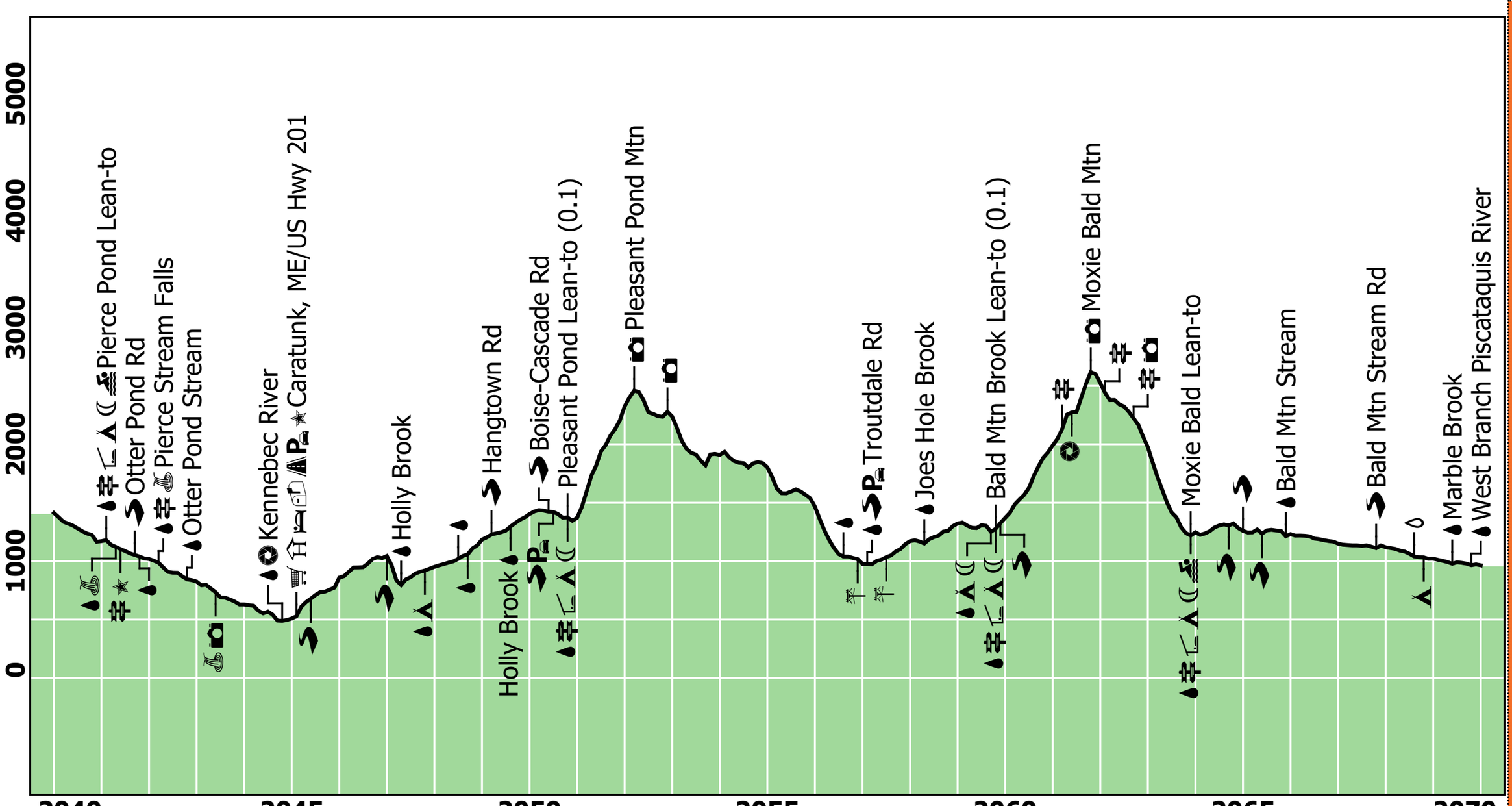

2040.5		Saddle in **Bates Ridge**. [45.22918,-70.07494]	1526	156.9
	{6}	(67 yds W) **27.9<<<17.7<<10<Pierce Pond Lean-to>9.7>>18.7>>>22.8**		
2042.0	☾	Water (Pierce Pond), tenting, ☾ privy, swimming. [45.24025,-70.05548]	1150	155.4
2042.1	★★★★★	Side trail leads (0.3) to Harrison's Camps. [45.23989,-70.05487]	1162	155.3
		Harrison's Pierce Pond Camps 207-672-3625, 207-612-8184. (www.harrisonspiercepondcamps.com) Pet friendly. May-Nov, 7 days. Bed, shower, and 12-pancake breakfast $40. For breakfast only, ($9-12 served 7am), **reserve a seat the day before**. **$** Cash only, no reservations for overnight stay. Okay to get water at camp and dispose of trash. Shortest route to camp is west from the north end of blue-blaze shelter loop trail. [45.23759,-70.05082]		
2042.2		Cross Wooden Dam, outlet of Pierce Pond. [45.24043,-70.05421]	1120	155.2
2042.3		Side trail at top of waterfall.	1145	155.1
2042.4		Trail to Harrison's Pierce Pond camps (0.1E). [45.23870,-70.05078]	1100	155.0
2042.7	P	Cross **Otter Pond Road**, gravel. [45.23897,-70.04633] P [45.23885,-70.04633]	1080	154.7
2043.2		Side trail leads (0.1) east to top of **waterfall**.	1042	154.2
2043.4		Side trail leads (0.1) east to pool at base of waterfalls, Pierce Pond Stream.	850	154.0
2043.8		Cross **Otter Pond Stream**, bridge. [45.24174,-70.02731]	900	153.6
2044.4		Ledge overlooking several high **waterfalls**.	785	153.0
		Cross **Kennebec River**, Kennebec Ferry. [45.23592,-70.00137]		
2045.7	★★★★★	**See Schedule below**	490	151.7

The ferry is free for hikers during open hours. Management of the ferry is by ATC and MATC with additional support by ALDHA and the dam operator. Operated by Greg Caruso of Maine Guide Service, LLC.
His contact is 207-858-3627 ✉ gcaruso@myfairpoint.net.

2024 hours of canoe ferry operation will be as follows:
May 24-June 30: 9am-11am
July 1-Sept 30: 9am-2pm
No service will be provided 1 October - 30 April.
A signed release form is required (provided on site)
Off hours, hikers can schedule a crossing for $50, 207-858-3627.
Off hours crossings are possible only at the operator's discretion and availability.
Hikers have drowned while attempting to ford the Kennebec River.
Do not attempt to ford the river!!!

Cheryl Anderson 207-672-3997, 207-717-7565 (cell) ✉ cheryllanderson60@yahoo.com. Privately run for fee insured ferry service for the Kennebec River crossing. $40 per trip. Can take up to four.

2046.0	★★★★★	P {20} Cross **U.S. 201**. [45.23822,-69.99632] P [45.23835,-69.99615]	520	151.4

US 201 Caratunk, ME. (0.3E)

PO M-F 2pm-4pm, Sa 1:30am-11:15am, 207-672-3416 Post office accepts debit cards with limited cash. 172 Main St. Caratunk, ME 04925. [45.23396,-69.99185]

(1.4E) **The Sterling Inn** 207-672-3333 ✉ maineskeptsecret@yahoo.com (www.mainesterlinginn.com/AT-hikers) Open year-round. Pet Friendly. AT Passport location. Bunk $40. Private rooms starting at $50S, $80D (shared bed); $100D; $110/3; $120/4, includes breakfast buffet. Free laundry, Shower, Wi-Fi, recharge, long distance telephone & mail drops for guests and non-guests. Computer availalbe for use. Complete resupply. Shuttle to and from the trail and PO. Free shuttle to/from Kennebec River BrewPub for guests staying overnight. Shuttle to locations throughout Maine can be arranged, primarily as a service to overnight guests. Shuttles for non-guests arranged as time permits. Multi-night discount. [45.21910,-69.98755]

Caratunk Country Store, located inside the Sterling Inn. Resupply has everything a hiker needs, including fuel by the ounce, canister fuel, batteries, meals, candy bars, ice cream, cold drinks, hygiene, first-aid, cook yourself options and more. Free shuttle to and from trail head, Post Office and nearby restaurant with stay. NOTE: tobacco products not available in Caratunk. Credit and debit cards accepted. Physical address: 1041 Route 201. Physical addresss: 1041 Route 201.
Mail drops: PO Box 129, Caratunk Maine 04925.

The Sterling Inn Shuttles, 207-672-3333 (main, land line) ✉ maineskeptsecret@yahoo.com (www.mainesterlinginn.com) Owner: Eric & Zachary Angevine. Based out of Caratunk, ME. Pet Friendly. 365 days, 7am-7pm & some holidays. Reservations required. Shuttles for non-guests arranged as time permits.
S to Portland, ME < > N to Baxter SP & airport & bus terminals. P Parking, $10/weekends. Covid precautions. Guests and riders should all be vaccinated."

The Forks, ME. (2.0W)

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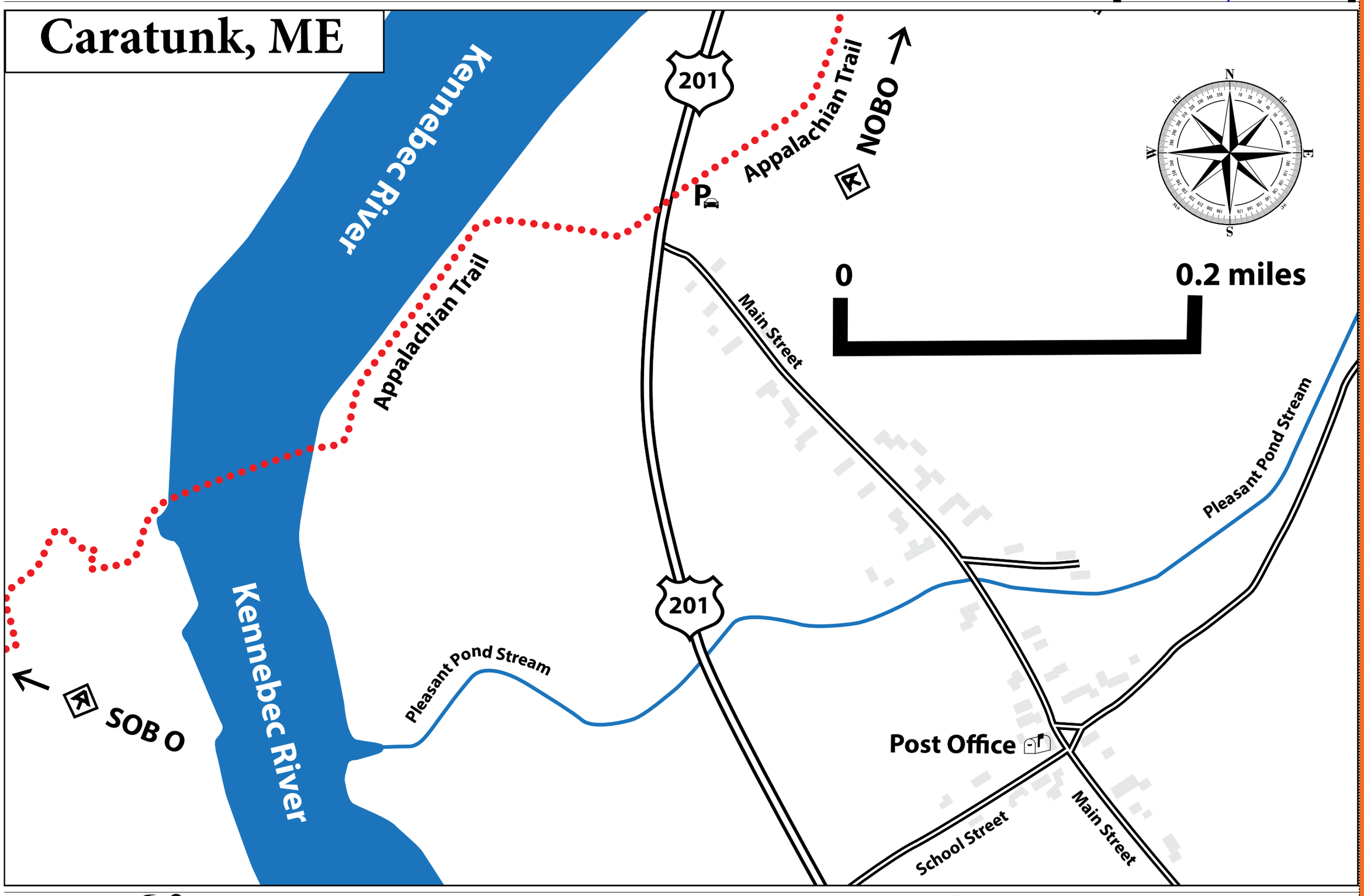
		(2.1W) **Northern Outdoors** 207-663-4466. (www.northernoutdoors.com) No pets permitted on property. Hikers welcome, use of resort facilities with or without stay; hikers receive 20% lodging discount; prices vary, call for rates. Coin laundry, giant hot tub, swimming pool, free WiFi, ATM, food & craft beer in Kennebec River Brewpub. [45.26582,-69.99463] Mail drops with hikers name: C/O Northern Outdoors, 1771 Route 201, The Forks, ME 04985. Please provide date of anticipated arrival.			
		(4.4W) **Three Rivers Trading Post** 207-663-2104. (www.threeriverswhitewater.com) $25 per pet per night. Hikers welcome, campsites, Bunkhouse, cabins and lodge rooms, prices vary, call for rates. Shuttles available. Trading Post carries groceries, beer & wine. free WiFi, ATM. Food from the onsite, Boatman's Bar & Grill (in season). Shuttles are possible if staff is available. [45.29828,-69.98574] Mail drops: C/O Three Rivers PO Box 10, West Forks, ME 04985. Please provide a date of anticipated arrival.			
		(7.6W) **Berry's General Store** 207-663-4461. Open year round. M-Su 5am-7pm, open till 8pm in summer. [45.33953,-69.97075]			



2046.3		Woods road.	[45.24151,-69.99147]	685	151.1
2048.7		Cross **Holly Brook**.	[45.26441,-69.96676]	900	148.7
2049.4		Cross Holly Brook tributary.		1076	148.0
2050.1		Cross **Hangtown Road**, gravel logging road. (1.0) east to Pleasant Pond settlement and (3.2) further to Caratunk.	[45.27396,-69.94500]	1240	147.3
2050.6		Cross Holly Brook.	[45.27522,-69.93751]	1339	146.8
2051.3		Cross **Boise–Cascade Logging Road**. (1.4) east to Pleasant Pond settlement and (3.2) further to Caratunk.	[45.27266,-69.92414]	1400	146.1
2051.4	P{10}	Trail head P parking area on logging road.	[45.27158,-69.92351]	1462	146.0
2051.7	{6}	(100 yds E) **27.4<<<19.7<<9.7<Pleasant Pond Lean-to>9>>13.1>>>22** Water small (brook) is located on the path to the lean-to or pond, tent sites available, privy. Beach (0.2) on side trail beyond lean-to, swimming.	[45.27123,-69.91673]	1320	145.7
2051.9		Side trail leads (0.2E) to Pleasant Pond Beach, sand beach.		1360	145.5
2053.0		**Pleasant Pond Mountain** summit. Signs of old fire tower still visible on summit.	[45.27186,-69.89529]	2477	144.4
2057.4		Cross brook.	[45.25356,-69.83577]	1098	140.0
2057.8		Power line.	[45.25294,-69.83112]	1010	139.6
2057.9		Junction with road near **Moxie Pond (south end), Troutdale Road**.	[45.25207,-69.82984]	970	139.5
2058.0	P{4}	Junction with road near Moxie Pond (north end), Troutdale Road, Joe's Hole. Cross Baker Stream, ford.	[45.24981,-69.83096] [45.24974,-69.83057] P [45.24981,-69.83096]	1010	139.4
2058.4		Power line.	[45.24727,-69.82646]	1027	139.0
2059.1		Cross **Joe's Hole Brook**.	[45.24984,-69.81537]	1240	138.3
2060.5		Cross Bald Mountain Brook, Bald Mountain Brook campsite near-by, tent sites available.	[45.25890,-69.80143]	1200	136.9
2060.7	{8}	(0.1E) **28.7<<<18.7<<9<Bald Mountain Brook Lean-to>4.1>>13>>>25** Water (Bald Mountain Brook) is located in front of lean-to, tent sites available, privy.	[45.25860,-69.79945]	1280	136.7
2060.8	P{4}	Cross gravel road.	[45.25904,-69.79835] P [45.25913,-69.79851]	1367	136.6
2062.1		Summit bypass trail, recommended in bad weather.	[45.26631,-69.77808]	2250	135.3
2062.7		**Moxie Bald Mountain** summit, 360 degree views.	[45.26359,-69.77194]	2629	134.7
2063.0		Summit bypass trail, recommended in bad weather.	[45.26478,-69.76944]	2490	134.4
2063.7		Side trail leads (0.7W) to Moxie Bald Mountain (north peak) summit.	[45.27098,-69.76422]	2320	133.7
2064.8	{6}	(100 ft E) **22.8<<<13.1<<4.1<Moxie Bald Lean-to>8.9>>20.9>>>28.3** Water (stream) is located near by or Moxie Bald Pond, tent sites available, privy, swimming.	[45.27068,-69.74538]	1220	132.6
2066.3		Cross gravel road.	[45.27474,-69.73601]	1290	131.1
2066.9		Cross **Bald Mountain Stream**, outlet of Bald Mountain Pond, ford.	[45.27919,-69.72174]	1213	130.5
2068.8	P{6}	Cross **Bald Mountain Stream Road**, gravel.	[45.27628,-69.68998] P [45.27633,-69.68990]	1100	128.6

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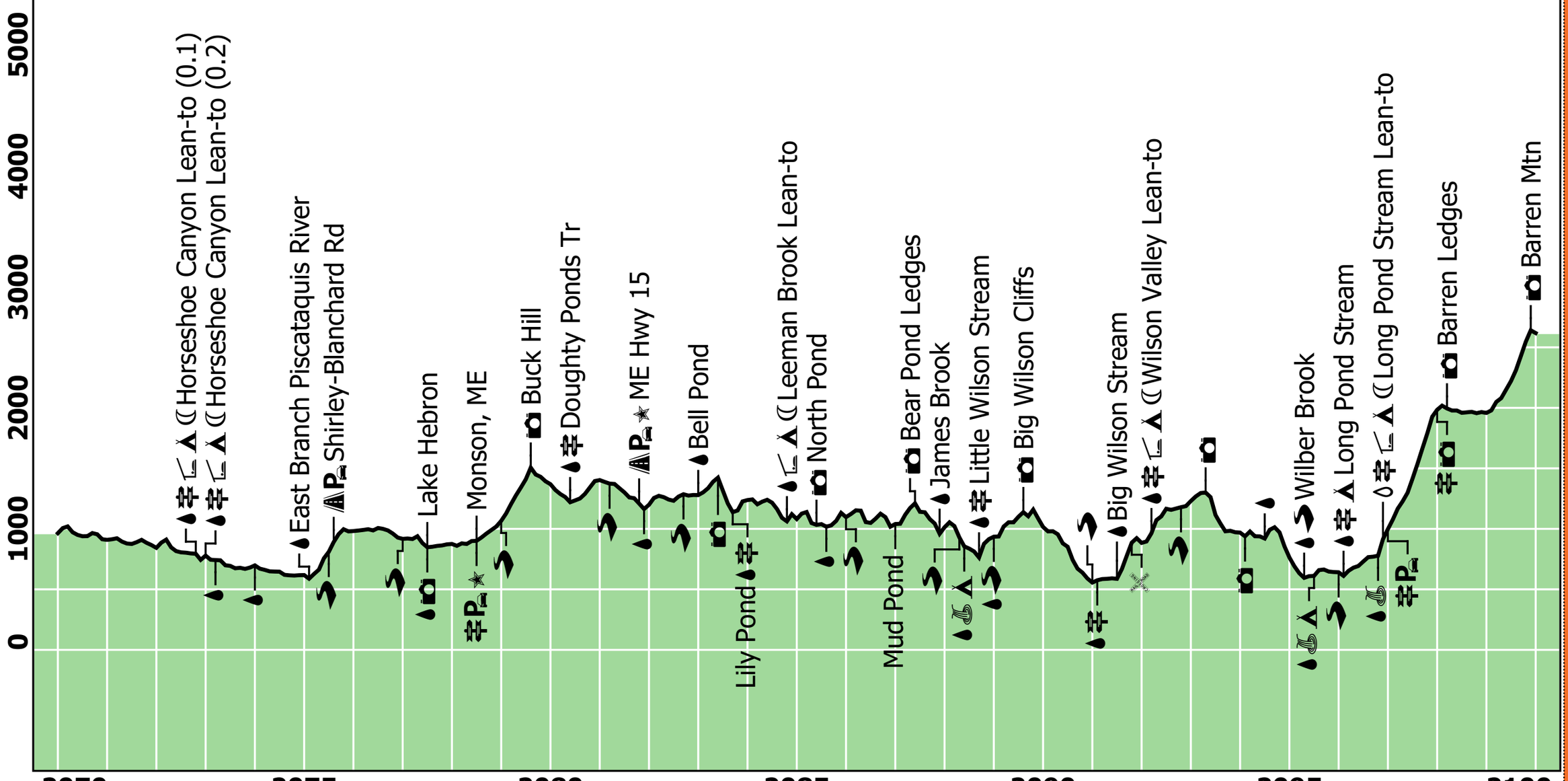

2070		2075	2080	2085	2090	2095	2100
2070.3		Cross **Marble Brook** and "Jeep Road".			[45.27174,-69.66483]	990	127.1
2070.6		Ford confluence of **West Branch Piscataquis River**.			[45.27564,-69.66147]	900	126.8
2073.7	{8}	(0.1W) **22.0<<<13.0<<8.9<Horseshoe Canyon Lean-to>12.0>>19.4>>>24.1** Water (spring) is located at the AT junction or the river in front of and below the lean-to, tent sites available, privy.			[45.28280,-69.62761]	880	123.7
2073.8		(0.1E) Horseshoe Canyon Lean-to, see notes above. Spring at trail junction.				859	123.6
2076.0		Ford **East Branch Piscataquis River**, 50-feet wide, and usually knee-deep. Difficult to cross during high water.			[45.28385,-69.59175]	650	121.4
2076.3		Cross Old Bangor and Aroostook Railroad bed, bed no longer has rails.			[45.28595,-69.58806]	800	121.1
2076.4	{6}	Cross **Shirley–Blanchard Road**, paved.			[45.28572,-69.58605] P [45.28478,-69.58676]	880	121.0
2077.9		Cross logging road.			[45.28351,-69.56198]	970	119.5
2079.4	{6} ★★★★★	Side trail leads (0.3E) to P parking area on north side of Lake Hebron. Not an ATC approved camping spot.			P [45.29020,-69.53471]	900	118.0
Monson ME (1.7W) to the left when coming off blue blaze trail. S**ee NOBO mileage 2081.8.**							
2080.5		East side of **Buck Hill**.			[45.30512,-69.54300]	1390	116.9
2081.3		Side trail leads (0.1W) to **Doughty Ponds**, two ponds.				1240	116.1
2082.7	{20} ★★★★★	Cross **ME. 15**.			[45.33119,-69.53578] P [45.33110,-69.53541]	1215	114.7

Monson, ME (3.6E). See Monson, ME map.

PO M-F 9:15am-12:15pm & 1:15pm-4:15pm, Sa 7:30am-11am. 207-997-3975. 2 Greenville Rd. Monson, ME 04464. [45.28611,-69.50043]

(3.7E) **Shaw's Hiker Hostel** 207-997-3597 shawshikerhostel@gmail.com (www.shawshikerhostel.com) AT Passport location. Open Mid-May through Oct. Bunks $30, private room $50S $60D, $15 tenting. Free pickup and return at ME 15 trail head with stay. $11 breakfast, $5 laundry, $5 shower without stay and towel, computer available for use, free WiFi. Food drops.
Licensed and insured slackpacking and shuttles for all over Maine. Gear supplies include Coleman and alcohol fuel by the ounce, canister fuel, Aquamira, freeze dried and packaged food. Gear repair and shakedowns available. Credit cards accepted. [45.28683,-69.50301]
Poet's Gear Emporium, full gear shop including ULA, hyperlite mountain gear, Big Agnes, Altra, Salomon, Sawyer and more, including full resupply.
Mail drops for guests (nonguests $5): PO Box 72 or 17 Pleasant St, Monson, ME 04464.

(3.8E) **The Lakeshore House Lodge & Pub**, 207-997-7069. (www.thelakeshorehouse.com) Well-behaved dogs okay. AT Passport location. Bunkroom Twin $30, Full/Queen $50. Private $100. Microwave, fridge, coffee maker available for hikers. Reservations appreciated, packs out by 10am. Packs can be on porch after checkout if wish to explore town. Free pickup and return from route 6 trail head for guests only; only till 10am for return. Loaner clothing, free WiFi, canoe for guests, swimming. Laundry $5; non-guests shower $5 available. Pub hours: M closed, Tu-Su 11:30pm-9pm. House quiet by 10pm, social drinking okay. Non-smoking. Accepts credit cards.
Mail drops for guests (non-guests $5): PO Box 307, C/O The Lakeshore House, Monson, ME 04464 or UPS/FedEx (no Sat delivery): 9 Tenney Hill Rd. [45.28560,-69.49962]

John Baptist Mission 207-558-1701, 207-279-6668 bettinan.stevens@gmail.com. (Private home) Proprietor: Bett Stevens. Open year-round. Pet friendly. Private home with relaxing atmosphere. Private rooms. Bunkhouse. Tenting and hammocking. Showers, laundry. Home cooked meals, use of kitchen and grill. Group shuttles to trail and resupply available. Donation or work for stay encouraged. Free WiFi, computer available for use. (0.5N) of post office.
Mail drops: PO Box 135, Monson, ME. 04464

Monson General Store Deli & Grocery 207-997-3800. Features foods grown locally and local artisan products. Deli offers delicious freshly made items to eat in or take out. In addition to sandwiches, choose from a daily selection of salads, baked goods and other treats. [45.28673,-69.50116]

A.E. Robinson's Convenience Store 207-997-3700. **Country Cafe Deli** inside serves burgers, pizza, breakfast. ATM. M-Su 4am-10pm. [45.28416,-69.49897]

Spring Creek Bar-B-Q 207-997-7025. (www.springcreekbar-b-qmaine.com) M-W closed, Th-Sa 11am-8pm, Sunday 11am-6pm. [45.28740,-69.50204]

At The Quarry 207-997-3486 (www.facebook.com/thequarrymonson) M-Tu 10am-2pm, W Closed, Th-Sa 6pm-10pm, Su 10am-2pm. [45.28543,-69.49940]

Charlie Anderson 207-965-5678, 207-997-7069 Statewide shuttles, slackpack, food drops, call for prices.

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Seven Pines Shuttle 207-343-2564 (cell) ✉ 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.

Shaw's Hiker Hostel Shuttles 207-997-3597 ✉ shawshikerhostel@gmail.com (www.shawshikerhostel.com) Owner: Jarrod Hester. Based out of Monson, ME. 🐾 Pet friendly 🤝 Insured. May-Oct, 7 days, 7am-5pm & holidays.
S to Gorham, NH. ➤ N to Baxter SP & ✈ airport & 🚌 bus terminals. 🎒 Slackacking. 🅿 Parking, $1/day.

100 Mile Wilderness 207-991-7030 (cell) ✉ phil@100milewilderness.info (www.100milewilderness.info) Owner: Phil Pepin. Based out of Monson, ME. 🚭 Not Pet Friendly. 🤝 Insured. May 15-Oct 15, (hours - as needed) & holidays. **S to Oquossoc, ME ➤ N to Baxter SP, ME** & ✈ airports & 🚌 bus terminals. 🎒 Slackpacking. 🅿 Parking, free, for guests, $20/non-guests. "Private accommodations and resupply opportunities in the 100 Mile Wilderness."

The Monson Appalachian Trail Visitor Center ✉ monsonvisitorcenter@appalachiantrail.org (www.facebook.com/monsonatvisitorcenter) AT Passport location. Open 7 days a week, early June 2 through 11 October, from 8am-11am and 1pm-5pm. The Visitor Center is a critical source of information for long-distance hikers, short-term backpackers and day-hikers on the trail in Maine. Northbound long distance hikers should stop in to make plans for entering and staying in Baxter State Park, climbing Katahdin and leaving the Trail. There will also be a small retail operation with souvenirs, maps and t-shirts available. [45.28596,-69.49968]

Greenville, ME. 04485 (10.4W from ME 15)

Kineo View Motor Lodge 207-695-4470. (www.kineoview.com) $79 and up-$99D, $10EAP includes continental breakfast, microwave, fridge, WiFi. From trail head (7.6) north on route 5 and right turn on Overlook Drive (0.4) up drive to Lodge. [45.41688,-69.59470]

Kelly's Landing 207-695-4438. (www.kellysatmoosehead.com) M-Su 7am-9pm, Su offers AYCE breakfast. [45.46381,-69.62237]

Dairy Bar ice cream. [45.45883,-69.59212]

Harris Drug Store 207-695-2921. Family owned and operated pharmacy serving the Moosehead Lake region since 1896. Also featuring an old-fashioned soda fountain, dining counter inside. M-Sa 8am-5:30pm, Su 9am-1pm. [45.45884,-69.59199]

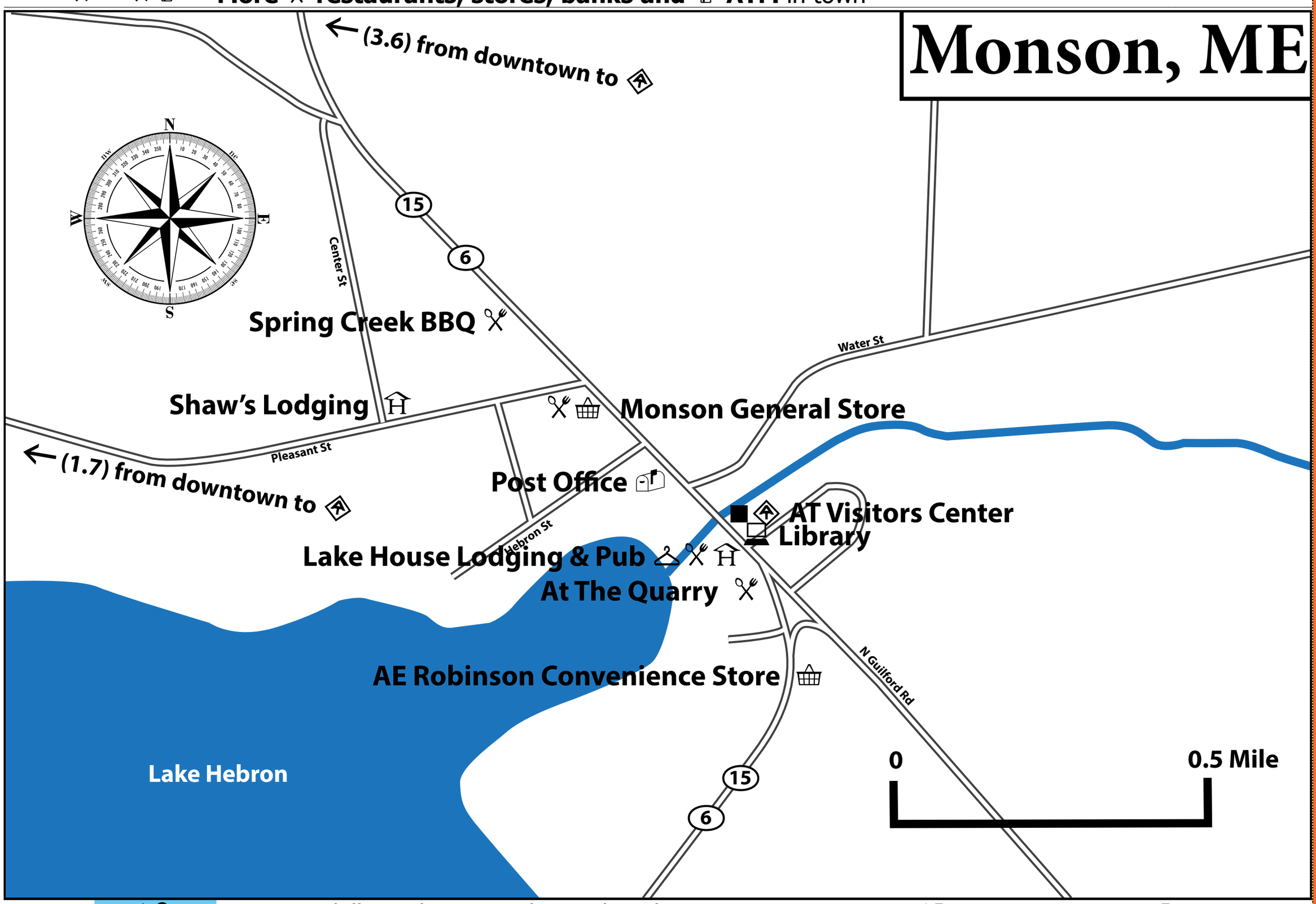
Indian Hill Trading Post & Supermarket 207-695-2104. (www.indianhill.com) M-Su 8am-8pm. [45.44949,-69.59033]

Jamos Pizza 207-695-2201. Pizza, sandwiches, take out, breakfast sandwiches, ice, groceries, Ben & Jerry's Ice Cream, beer and wine, local information. M-Th 5am-9pm, F-Sa 5am-10pm, Su 6am-9pm. [45.45873,-69.59324]

Northwoods Outfitters 207-695-3288. (www.maineoutfitter.com) Full service Gear supplier with pack's, Poles, Clothing and Footwear. Osprey, Thermarest, MSR, Leki, Patagonia,The Northface and many more. Cafe' inside- Espresso bar, pastries & free WiFi. M-Su 8am-5pm. [45.45884,-69.59199]

Charles Dean Memorial Hospital 207-695-5200. (www.cadean.org) [45.45889,-69.61093]

More restaurants, stores, banks and ATM in town



2082.8		Cross Goodell Brook, Spectacle Pond Outlet. [45.33225,-69.53440]	1163	114.6
2083.6		Cross **Old Stage Road**. Was once a stagecoach road to Greenville in the 1800's. [45.34011,-69.52508]	1295	113.8
2083.9		**Bell Pond**. [45.34162,-69.52051]	1278	113.5
2084.0		Power line. [45.34175,-69.51823]	1337	113.4
2084.3		Open ledges on ridge.	1438	113.1
2084.6		Side trail leads to **Lily Pond**. [45.34147,-69.50866]	1130	112.8
2085.7	{6}	**25.0<<<20.9<<12.0<Leeman Brook Lean-to>7.4>>12.1>>>16.1** Water (stream) is located in front of lean-to, tenting, privy. [45.35160,-69.49868]	1060	111.7
2086.5		Cross stream from **North Pond**. [45.35130,-69.48416]	1000	110.9
2086.9		Cross **North Pond Tote Road**. [45.35295,-69.48042]	1100	110.5
2087.9		Skirt **Mud Pond**. [45.36310,-69.47175]	1057	109.5
2088.2		Rim of **Bear Pond Ledges**. [45.36401,-69.46456]	1200	109.2
2089.0		Cross **James Brook**. [45.36895,-69.46692]	950	108.4
2089.2		Cross gravel haul road. [45.37288,-69.47126]	1000	108.2
2089.3		**Little Wilson Falls**, 60 ft. high. One of the highest falls on the AT. [45.37377,-69.47164]	850	108.1

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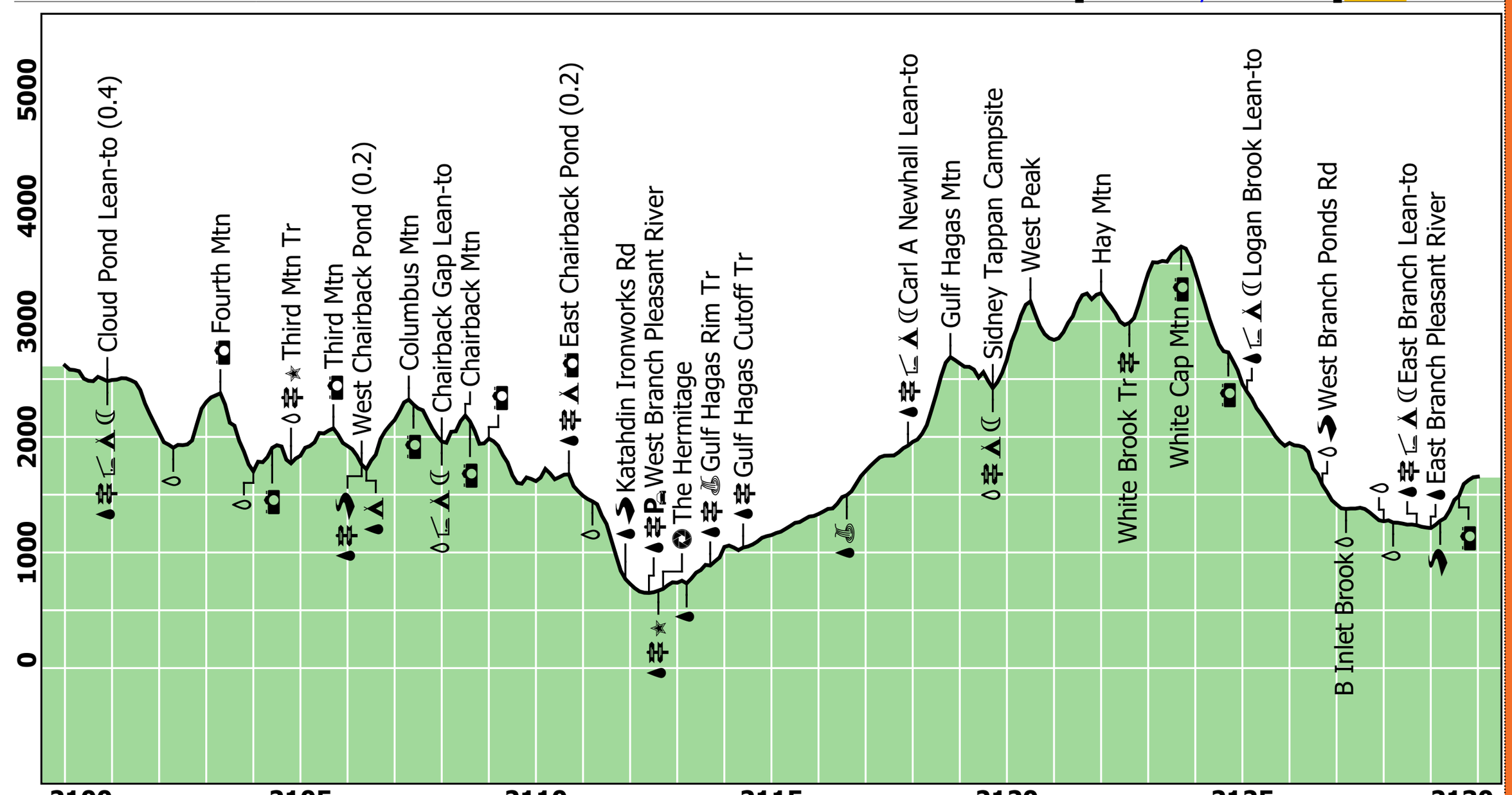
2089.5		Ford Little Wilson Stream, ford, not an ATC approved camping spot.	[45.37581,-69.46879]	750	107.9
2089.8		Cross 200 yard beaver dam.	[45.37875,-69.47058]	929	107.6
2089.9		NOBO's Follow gravel road for 100 yds.	[45.37979,-69.47148]	900	107.5
2090.0		SOBO's Follow gravel road for 100 yds.	[45.37962,-69.47300]	900	107.4
2090.4		Big Wilson Cliffs. High point along (0.5) long slate ridge.	[45.38142,-69.46466]	1152	107.0
2091.1		Wilson Stream.	[45.38656,-69.46803]	909	106.3
2091.4		Deep rock gully.		806	106.0
2091.8		Cross **Big Wilson Tote Road**.		620	105.6
2091.9		Cross Thompson Brook.	[45.39350,-69.46696]	620	105.5
2092.4		Ford Big Wilson Stream.	[45.39873,-69.47075]	600	105.0
2092.7		Cross **Montreal, Maine & Atlantic Railroad Tracks**.	[45.40001,-69.46622]	850	104.7
2093.1	{6}	(42 yds W) **28.3<<<19.4<<7.4<Wilson Valley Lean-to>4.7>>8.7>>>15.8** Water small (spring) is located in front of the lean-to on the opposite side of the AT, tenting, ☾ privy.	[45.39796,-69.46010]	1000	104.3
2093.7		Cross old winter logging road.	[45.39957,-69.44755]	1190	103.7
2094.3		Open ledges with views east and of Barren Mountain.	[45.40020,-69.43860]	1278	103.1
2094.6		Cross 150 yard rocky slope.		967	102.8
2095.1		Stream		933	102.3
2095.4		Stream.	[45.41142,-69.43799]	856	102.0
2095.9		Base of ridge.		681	101.5
2096.3		Cross **Wilber Brook**.	[45.42021,-69.43140]	660	101.1
2096.4		Cross Vaughn Stream, top of 20 ft. **waterfall**.	[45.42069,-69.42869]	670	101.0
2096.9		Bodfish Farm–Long Pond tote road.	[45.41738,-69.42021]	650	100.5
2097.0	P	Ford **Long Pond Stream**, usually knee deep. Side trail leads (0.3E) to P parking area off Bodfish Valley Road.	[45.41706,-69.41952] P [45.41363,-69.41690]	620	100.4
2097.7		Side Trail leads west to Slugundy Lower Falls.	[45.42201,-69.41014]	870	99.7
2097.8	{8}	(67YDS W) **24.1<<<12.1<<4.7<Long Pond Stream Lean-to>4.0>>11.1>>>21.0** Water from small spring, tenting, ☾ privy.	[45.42115,-69.41020]	930	99.6
2097.9	P {6}	Side trail leads (0.8E) to P parking area off Bodfish Valley Road.	P [45.41363,-69.41690]	1006	99.5
2098.9		Side trail leads 250 feet to top of Barren Slide with good views.		2024	98.5
2099.1		**Barren Ledges** with very good views of Bodfish Intervale, Lake Onawa and Borestone Mountain.	[45.41328,-69.39685]	2022	98.3



2100.1		Base of Barren Mountain.		1942	97.3
2100.9		**Barren Mountain** summit, remnants of old fire tower.	[45.41561,-69.37040]	2670	96.5
2101.8	{6}	(0.4E) **16.1<<<8.7<<4.0<Cloud Pond Lean-to>7.1>>17.0>>>24.2** Water small (stream) is located to the left of the lean-to, tenting, ☾ privy.	[45.42070,-69.35478] [45.41813,-69.35381]	2420	95.6
2103.2		Cross small stream.		1981	94.2
2104.1		**Fourth Mountain** summit, wooded.	[45.43233,-69.32007]	2383	93.3
2104.9		Cross stream at bottom of sag, unreliable.	[45.43660,-69.31169]	1844	92.5
2106.1		Junction with Third Mountain Trail west and unamed trail east.	[45.44282,-69.30481]	2076	91.3
2106.6		**Third Mountain**, Monument Cliff.	[45.44417,-69.29685]	2061	90.8
2107.2		Cross tote road and outlet stream. Side trail leads (0.2) east to West Chairback Pond.	[45.44915,-69.28620]	1770	90.2
2108.5		Ledge near **Columbus Mountain** summit.	[45.44942,-69.27023]	2325	88.9
2108.9	{6}	(9 yds E) **15.8<<<11.1<<7.1<Chairback Gap Lean-to>9.9>>17.1>>>20.7** Water small (spring) is located downhill and north of the lean-to 25 yards and is known to go dry, tenting, ☾ privy.	[45.45315,-69.26238]	2000	88.5
2109.4		**Chairback Mountain** summit, views of West Branch, Pleasant River Valley and White Cap Range.	[45.45660,-69.25565]	2219	88.0
2109.8		Semi open Ledges, views.	[45.45977,-69.25552]	2000	87.6
2111.6		Side trail leads (0.2W) to Chairback Pond. Views of Chairback and Columbus Mountain.	[45.46810,-69.27850]	1630	85.8
2112.1		Cross small stream and spring.		1250	85.3
2112.8		Cross **Katahdin Iron Works Road**.	[45.47398,-69.29436]	750	84.6
2113.3	P {20}	Ford **West Branch Pleasant River**. P Parking (0.2E).	[45.47910,-69.28839] P [45.47720,-69.28510]	680	84.1
2113.5	P	Side trail leads east to Pugwash Pond, (0.2E) to Pleasant River campsites, and another (0.5) to P Hay Brook Parking Area.	[45.48075,-69.28810]	680	83.9
2113.6		Side trail leads (200FT E) to The Hermitage. **No camping permitted here**.	[45.47972,-69.28948]	695	83.8
2114.6		Junction with **Gulf Hagas Loop Trail**.	[45.48450,-69.30457]	950	82.8

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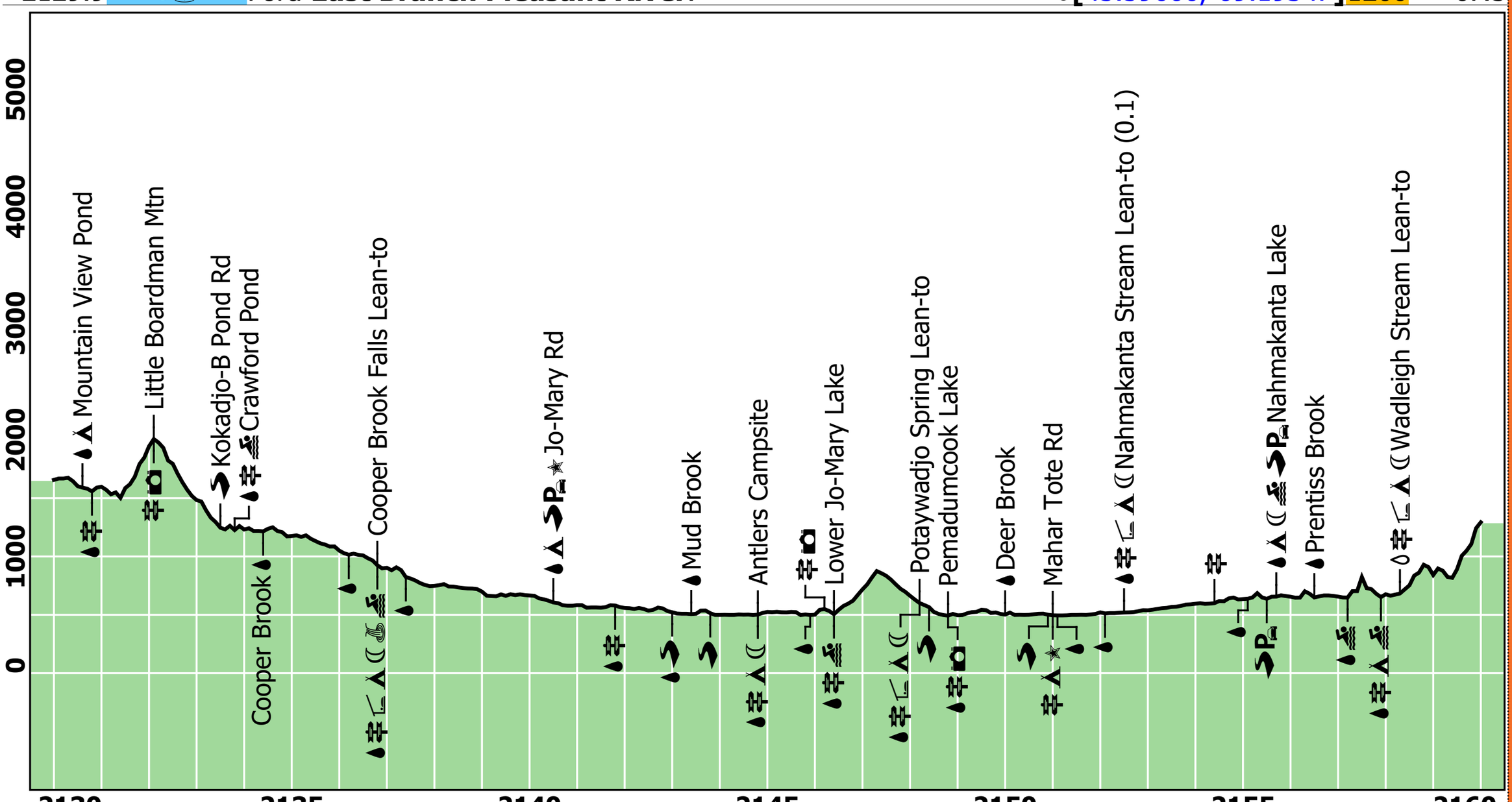
2115.3		Junction with Gulf Hagas Cut-off Loop Trail leads (1.0W) joining up with Gulf Hagas Loop Trail. [45.49296,-69.30689]	1050	82.1
2118.8	{6}	Cross Gulf Hagas Brook. (30 yds W) **21.0<<<17.0<<9.9<Carl A. Newhall Lean-to>7.2>>10.8>>>18.9** Water (Gulf Hagas Brook) is located south of shelter, tenting, privy. [45.53092,-69.31444] [45.53110,-69.31511]	1860	78.6
2119.7		**Gulf Hagas Mountain** summit. [45.53977,-69.32065]	2683	77.7
2120.6		**Sidney Tappan campsite**, (0.2) east to spring, tent sites available. [45.54496,-69.30744]	2425	76.8
2121.3		**West Peak** summit. [45.54516,-69.29611]	3178	76.1
2122.9		**Hay Mountain** summit, wooded. [45.55242,-69.27254]	3244	74.5
2123.5		Junction with **White Brook Trail**. [45.55650,-69.26268]	3125	73.9
2124.6		**White Cap Mountain** summit, view of Katahdin. [45.55443,-69.24628]	3654	72.8
2125.6		Side trail with lookout of Logon Brook Ravine.		71.8
2126.0	{6}	**24.2<<<17.1<<7.2<Logan Brook Lean-to>3.6>>11.7>>>23.1** Water (Logan Brook) is located behind the lean-to and cascades are farther upstream, tenting, privy. [45.56113,-69.23540]	2480	71.4
2127.6	P{10}	Cross **West Branch Ponds Road**, gravel [45.57880,-69.22485] P [45.57876,-69.22480]	1650	69.8
2128.0	P	Logan Brook Road P [45.57876,-69.22480]	1625	69.4
2128.1		Cross **B Inlet Brook**. [45.58197,-69.21933]	1438	69.3
2129.6	{6}	**20.7<<<10.8<<3.6<East Branch Lean-to>8.1>>19.5>>>23.8** Water (Pleasant River) is located in front of lean-to, tenting, privy. [45.59675,-69.19823]	1225	67.8
2129.9		Ford **East Branch Pleasant River**. [45.59666,-69.19347]	1200	67.5



2130.5		View of White Cap Range.	1625	66.9
2131.5		Cross **Mountain View Pond** outlet stream. [45.60797,-69.17325]	1597	65.9
2131.8		Side trail east to spring.	1580	65.6
2132.3		Saddle between Big and Little Boardman Mountain.	1405	65.1
2133.1		**Little Boardman Mountain**, (300FT E) to summit. [45.61546,-69.15259]	2017	64.3
2134.5	P{4}	Cross **Kokadjo-B Pond Road**, gravel. [45.61669,-69.13067] P [45.61655,-69.13058]	1380	62.9
2134.7		Between two sand beaches on south shore of Crawford Pond. **No camping permitted here**. [45.61691,-69.12791]	1230	62.7
2135.4		Cross Crawford Pond outlet. **No camping permitted here**. [45.62272,-69.12226]	1240	62.0
2137.7	{6}	(42 yds E) to shelter. **18.9<<<11.7<<8.1<Cooper Brook Falls Lean-to>11.4>>15.7>>>21.5** Water (Cooper Brook) is located in front of lean-to, tenting, privy across trail and up hill. Water Falls in front of lean-to. Swimming hole in front of lean-to. [45.64045,-69.08743]	880	59.7
2138.3		Cross **Cooper Brook** tributary. [45.64489,-69.07941]	833	59.1
2140.7		Views of Church Pond can be seen through trees.	681	56.7
2141.4	P{10}	Cross **Jo-Mary Road**, gravel. [45.65113,-69.03134] P [45.65066,-69.03068]	625	56.0
2142.7		Side trail leads (0.2E) to Cooper Pond.	600	54.7
2144.0		Cross gravel logging road, snowmobile bridge over Cooper Brook nearby. [45.65990,-68.99265]	520	53.4
2144.3		Cross over east end of **Mud Brook**, Mud Pond Outlet on bridge. [45.66549,-68.99049]	508	53.1
2144.9		Cross logging road.	565	52.5
2145.6		Side trail leads (100YDS E) to **Antlers campsite**, tent sites available, privy. [45.67802,-69.00457]	500	51.8
2146.8		Cross brook. **Treat water due to beaver activity**.	574	50.6
2147.1		Side trail leads (0.75W) to Potaywadjo Ridge with good views. [45.68652,-69.01491]	588	50.3
2147.3		Side trail leads (100FT E) to **Lower Jo-Mary Lake**, sand beach, good swimming. [45.68579,-69.01265]	580	50.1
2149.1	{8}	(31 yds E) to shelter. **23.1<<<19.5<<11.4<Potaywadjo Spring Lean-to>4.3>>10.1>>>18.2** Water (Potaywadjo Spring) is located to the right of the lean-to, tent sites available, privy. [45.70650,-69.00750]	710	48.3
2149.4		Cross **Tirio access road**. [45.70908,-69.01170]	540	48.0
2149.6		Cross Twitchell Brook, bridge. [45.71313,-69.01185]	590	47.8
2149.7		Side trail leads 75 feet to shore of **Pemadumcook Lake**, views of Katahdin.	580	47.7
2150.9		Cross **Deer Brook**. [45.72075,-69.02931]	588	46.5

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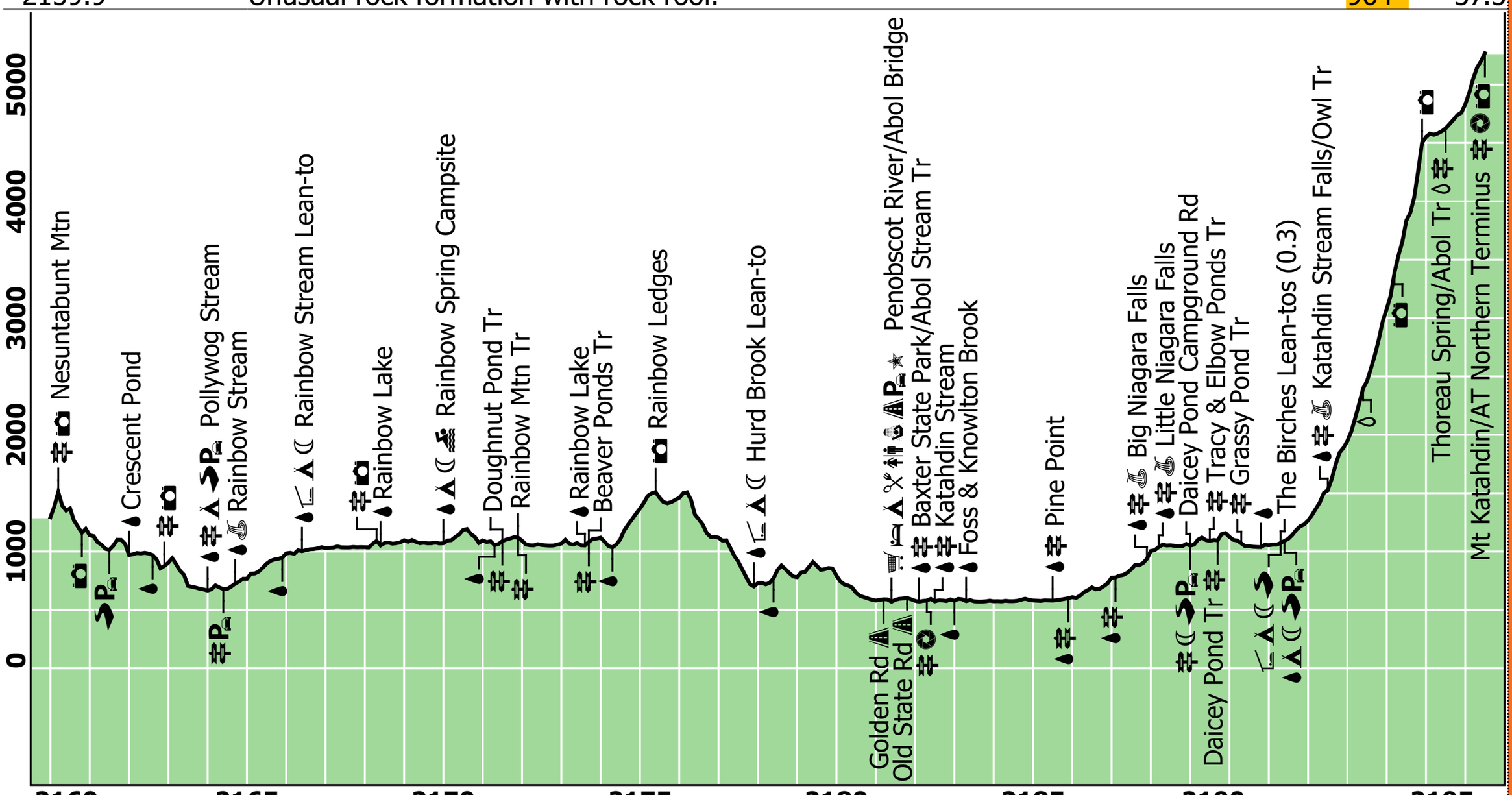
2151.7		Cross Mahar Tote Logging Road.	[45.73106,-69.02822]	580	45.7
2151.8		Cross gravel logging road.	[45.72956,-69.02787]	580	45.6
2151.8		Cross branch of Dick Stream.	[45.73121,-69.03022]	580	45.6
2152.9		Cross Tumbledown Dick Stream.	[45.73395,-69.04727]	590	44.5
	{8}	(400 ft W) to shelter.	[45.73532,-69.05398]		
	{6}	**23.8<<<15.7<<4.3<Nahmakanta Stream Lean-to>5.8>>13.9>>>25.4**			
2153.4		Water from the stream, 6 tent sites available, privy.	[45.73467,-69.05460]	600	44.0
2154.9		Junction with **Tumble Down Dick Trail**.		625	42.5
2156.0		Wood Rat's Spring		740	41.4
2156.3		Cross gravel road.		749	41.1
		Cross gravel road. **Nahmakanta Lake** (south end).			
2156.6	P {6}		[45.73601,-69.10348] P [45.73591,-69.10363]	650	40.8
2157.5		Cross **Prentiss Brook**.	[45.73661,-69.12212]	590	39.9
2158.1		Gravel beach on lake shore.	[45.74276,-69.12909]	668	39.3
2158.8		Side trail leads 50 feet west to Sand Beach, east to spring.	[45.74417,-69.13810]	595	38.6
2159.1		Cross Wadleigh Stream.	[45.74602,-69.14220]	680	38.3
	{6}	(40 yds W) to shelter.			
		21.5<<<10.1<<5.8<Wadleigh Stream Lean-to>8.1>>19.6>>>33.0			
2159.2		Water (spring) is located on the beach, tenting, privy.	[45.74733,-69.14520]	685	38.2
2159.9		Unusual rock formation with rock roof.		964	37.5



2161.1		**Nesuntabunt Mountain** summit, side trail leads 250 feet to ledge overlooking Nesuntabunt Lake and views of Katahdin.	[45.75647,-69.16510]	1520	36.3
2162.3		Cross logging road.	[45.76346,-69.17569]	1010	35.1
2162.9		**Crescent Pond (east end)**.	[45.76877,-69.17958]	1014	34.5
2163.5		**Crescent Pond (west end)**.	[45.77066,-69.18194]	980	33.9
2163.6		Side trail leads to bottom of Pollywog Gorge.		1021	33.8
2163.9		Side trail leads (150FT W) to **Pollywog Gorge**, good view of gorge.	[45.77361,-69.18493]	1050	33.5
		Cross **Pollywog Stream** on logging road bridge.			
2164.9	P {6}		[45.77942,-69.17260] P [45.77958,-69.17226]	682	32.5
2165.6		Flume in gorge, remains of old logging dam		1000	31.8
2166.9		Cross Murphy Pond Outlet Stream.	[45.79615,-69.16298]	1020	30.5
	{6}	**18.2<<<13.9<<8.1<Rainbow Stream Lean-to>11.5>>24.9**			
2167.3		Water (Rainbow Stream) is located in front of lean-to, tenting and hammocking, privy.	[45.79908,-69.17100]	1020	30.1
2167.5		Cross stream, Rainbow Deadwaters.	[45.80812,-69.17028]	1060	29.9
2169.3		**Rainbow Lake (west end)**, dam on side trail with Katahdin view,	[45.81900,-69.16187]	1080	28.1
2171.1	{2}	Rainbow Spring campsite, spring west 150 feet, 2 tent sites available, privy.	[45.82403,-69.13260]	1100	26.3
2172.6		Unmarked side trail.		1140	24.8
2172.8		Side trail leads (0.75E) to Rainbow Mountain summit.	[45.81842,-69.10246]	1100	24.6
2174.5		**Rainbow Lake (east end)**.	[45.80598,-69.08277]	980	22.9
2174.6		Side trail leads (0.1E) to Little Beaver and (0.4) further to Big Beaver Ponds.		1100	22.8
2176.3		**Rainbow Ledges**, open ledges with views of Katahdin.	[45.81609,-69.06208]	1517	21.1
	{6}	**25.4<<<19.6<<11.5<Hurd Brook Lean-to>13.4**			
2178.8		Water (Hurd Brook), tenting, privy.	[45.81853,-69.01900]	710	18.6
2179.5		Small spring.		740	17.9
2181.7		Pass through extensive cedar bog.		625	15.7

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⚠ PERMITS
Baxter State Park (Maine)
2021 Appalachian Trail Long Distance Hiker Permit: A free A.T. long distance hiker permit will be required of all long distance A.T. hikers: Northbound Thru-Hikers (Nobos), Southbound Thru-Hikers (Sobos), Flip-Flop Thru-Hikers and Section-hikers.

Long distance A.T. hikers must obtain a permit card in person at Katahdin Stream Campground when the A.T. (Hunt Trail) opens for hiking. Once hikers obtain a permit card they will need to have it stamped at the Katahdin Stream Ranger Station.

The number of AT-Hiker Permit Cards for 2021 are limited by a Baxter State Park quota: 3150 A.T. hikers. If all available permit cards have been issued for 2021, "The Birches" long distance hiker campsite will close for the year. Hikers may complete their hike by obtaining a Day Use Parking Reservation (DUPR) (www.baxterstatepark.org/general-info/#reserve) or campground reservation (www.baxterstatepark.org/camp-summer/#reserve) and enter the Park through the Togue Pond Gate.

For more information, please visit the Baxter State Park webpage and ATC's Baxter FAQs, which can be found at (www.appalachiantrail.org/updates).

-Thru-Hiker Campsite Fees: Those hiking the A.T. and walking more than 100 miles continuously on foot before entering the park are eligible to stay at The Birches site, but must still pay a camping fee. If the site is full, hikers must wait for space to become available.
-Non-Long Distance Hiker Campsite Fees: To camp overnight, a reservation is required and a fee is charged.
-Car Parking Reservation: To access Baxter State Park by vehicle for a day-hike, a day use parking reservation is strongly recommended, as there are a finite number of parking spots. Once all parking spots are full, you cannot enter the park.
-To make parking or camping reservations, (www.baxterstatepark.org/)

Junction with **Golden Road (Greenville-Millinocket Road).**
[45.83527,-68.97168]

2182.1 ★★★★★ **Millinocket, ME. (19.2E)**. **See Millinocket, ME map**. 600 15.3

Abol Bridge Campground & Store 207-447-5803. (www.mainewoodsresorts.com)
Open summer (May-Sept), Campsites $25pp includes breakfast buffet. Bunk cabin $75 for 2, $25 each additional sleeps up to 6. Store hours M-Su 7am-7pm. Full store with subs, sodas, ice cream, long-term resupply. Coin laundry. Free showers, non-guests $5. Satellite Pay phone available. Visa/MC accepted. [45.83529,-68.96522]

Abol Pines Campsite, State campsite is located (100 yds N) past the Abol Bridge Store on the east side of the road. A small dirt road leads (100 yds E) to Abol Pines Campsites. Primitive campground with no amenities. $10PP for Maine state residents. $15P for non-residents. Tent sites and two {6} lean-tos. Located on the riverbank on the West Branch Penobscot River with good views of Katahdin. Abol Pines sometimes sees large groups of MEGAs bunching up before going into Baxter Park.
[45.83460,-68.96439]

(10E) **Northern Woods Trading Post** 207-723-4326. (www.northwoodstradingpostme.com)
Open mid-May to mid-Oct Sept 11am-7pm. Groceries. Restaurant with sandwiches, pizza. Free Wi-Fi. ATM. [45.72951,-68.83791]

Abol Pines $8 ME residents $4, self-register tent sites and shelters. Located across the street from Abol Bridge Store. [45.83474,-68.96468]

Katahdin Kritters Pet Resort 207-746-8040 (katahdinkritters.com) Kennel (cage-free) with 24 hour supervision. Rabies and distemper vaccine required. Register online. Pick-up possible.

Millinocket, ME. 04462 (19.6E) from Abol Bridge. See map of Millinocket, ME.

PO M-F 9am - 4pm, Sa 9am - 11:30am, Sun Closed. 207-723-5921. 113 Penobscot Ave. Millinocket, ME 04462. [45.65505,-68.70873]

(18.9E) **Appalachian Trail Hostel & Outfitters** 207-723-4321. (www.appalachiantrailhostel.com)
info@appalachiantrailhostel.com. Koty "Trash Panda" and Danya "Loins of Arabia".
Open Memorial Day - October 22. No check-ins after 8pm. No Pets. AT Passport location. Bunkroom $30, Private Room with shared bath & kitchen $60-70. Family Suite $95-$115, sleeps 4. Coin laundry $5. Town clothes available. Free WiFi. Showers for non-guests $5. Licensed shuttle service to Bangor, Medway, Monson, Baxter State Park, 100 Mile Wilderness. Daily 3:30-4:30pm Katahdin shuttle to Millinocket (1 hour ride) $60 for 1, $30 each for 2, $20pp after 3. Call/text from Rainbow Ledges, Nesuntabunt, or Antler's campsite to reserve pick up and stay. Offers food drops at halfway point of 100 Mile Wilderness. **P** Free parking. Slackpack in 100-Mile Wilderness. See our website for updated SOBO Specials & SOBO Workshop.
Mail drops accepted for guests, Non guests $5 and arrange to pick up during Outfitters hours only ail drops: 33 Penobscot Avenue, Millinocket, ME 04462.
Outfitters - 8am-12pm, 1pm-5pm) - Fully stocked backing gear and camping supplies. Full resupply. Fuel. [45.65337,-68.70869]

100 Mile Wilderness Inn 207-731-3537 (www.100milewildernessinn.com) AT Passport location. Bunk house sleeps 8 with A/C, $30 PP, with shower house and flush toilets. Private rooms starting at $70 a night. Rooms offer A/C. The Inn offers free cold breakfast, hot coffee, tea or cocoa and snacks. We have Netflix on the TV. Free WiFi. Laundry. BBQ grill and fire pit available for use. Slackpacking. **P** Parking available. Shuttle service to BSP, parts of 100 mile wilderness, Midway bus station and beyond. A 2 minute walk from downtown restaurants and pubs.
Mail drops: 96 Oxford St Millinocket, ME 04462. [45.65288,-68.71121]

Katahdin Cabins 207-723-6305. (www.katahdincabins.com) No Pets. Skip & Nicole Mohoff run eco-friendly cabins with continental breakfast, TV, DVD, microwave, fridge. $65 up to 3 persons, $85 up to 5. Cafe' on site with coffee and baked goods. No smoking. Gas grill, bikes free for use, community room. WiFi. Accepts Credit cards cash and checks. [45.65279,-68.69749]
Mail drops for guests: 181 Medway Rd, Millinocket, ME 04462.

Parks Edge Inn 207-447-4321, 207-227-2692. Rooms for guests ranging from $65 to $150. Large capacity rooms sleep 6-8. All rooms have kitchen, bath, TV, DVD players, free WiFi.
Mail drops for guests with reservations: 19 Central St, Millinocket, ME 04462. [45.65758,-68.70561]

Pamola Motor Lodge 800-575-9746. (www.pamolalodge.com) $69 and up $10EAP up to 4, prices vary depending on season, includes continental breakfast, A/C, free WiFi. Pets $10. Restaurant on site. [45.65752,-68.68181]

Baxter Park Inn 207-723-9777. (www.baxterparkinn.com) $99 and up, prices vary depending on season, $10EAP, pets $25, sauna, pool, free WiFi. [45.65738,-68.68344]

Hotel Terrace & Ruthie's Restaurant 207-723-4545. $64.95S, $74.95D, free WiFi. Ruthie's; serves breakfast, lunch and dinner. [45.65638,-68.70115]

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Ice Fish Inn 207-723-9999. (www.icefishinn.com) $115 and up, prices vary depending on the season, includes full hot breakfast ($15 off with out breakfast). WiFi.
Mail drops for guests: PO Box 136, Millinocket, ME 04462. [45.65755,-68.71001]

Katahdin Inn 207-723-4555. (www.katahdininnandsuites.com) Room rates starting from $99.99/night for two people, includes continental breakfast, indoor heated pool, hot tub, computer available to use, free WiFi, coin laundry, pool tables. [45.65640,-68.69152]

Wilderness Edge Campground 207-447-8485. (www.wildernessedgecampground.com)
Open May 15-Oct 15 (weather permitting) Tent sites $10pp,with free hot showers for thru hikers. Pool (Memorial Day thru Labor Day). Fuel canisters. Coin operated laundry, soap available at store for $1.00. Free Wifi . Camp Store with bug repellent, soap, toothbrushes, drinks, candy, ice cream, map, souvenirs, etc. RV sites $39.95 for 2 adults. RV sites have water & electric hookups, Dump station on site. Dump station privilege for non-campers $10. Baxter State Park shuttle service available for a fee. Arrangements can also be made ahead of time to meet to pick up for the 100 Mile Wilderness, or summit Katahdin or to get them to the bus depot in East Millinocket.
[45.67573,-68.72319]

The Appalachian Trail Café 207-723-6720. AT Passport location. Serves breakfast and lunch. M-Su 5am-2pm. The AT Passport for Katahdin - Baxter State Park is stamped here.
[45.65664,-68.70929]

Sawmill Grill 207-447-6996. (www.sawmillbargrill.com) AT Passport location. M closed, Open Tu-Sun 11am-11pm in summer. Pizza, spaghetti sandwiches, burgers. [45.67195,-68.71994]

Maine Quest Adventures 207-447-5011 mainequestadventures@gmail.com (www.mainequestadventure.com) Owner: Bryant Davis. Based out of Millinocket, ME. Pet friendly. Insured.
S to Portland, ME ➤ N to Allagash, ME & airport, bus. 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."

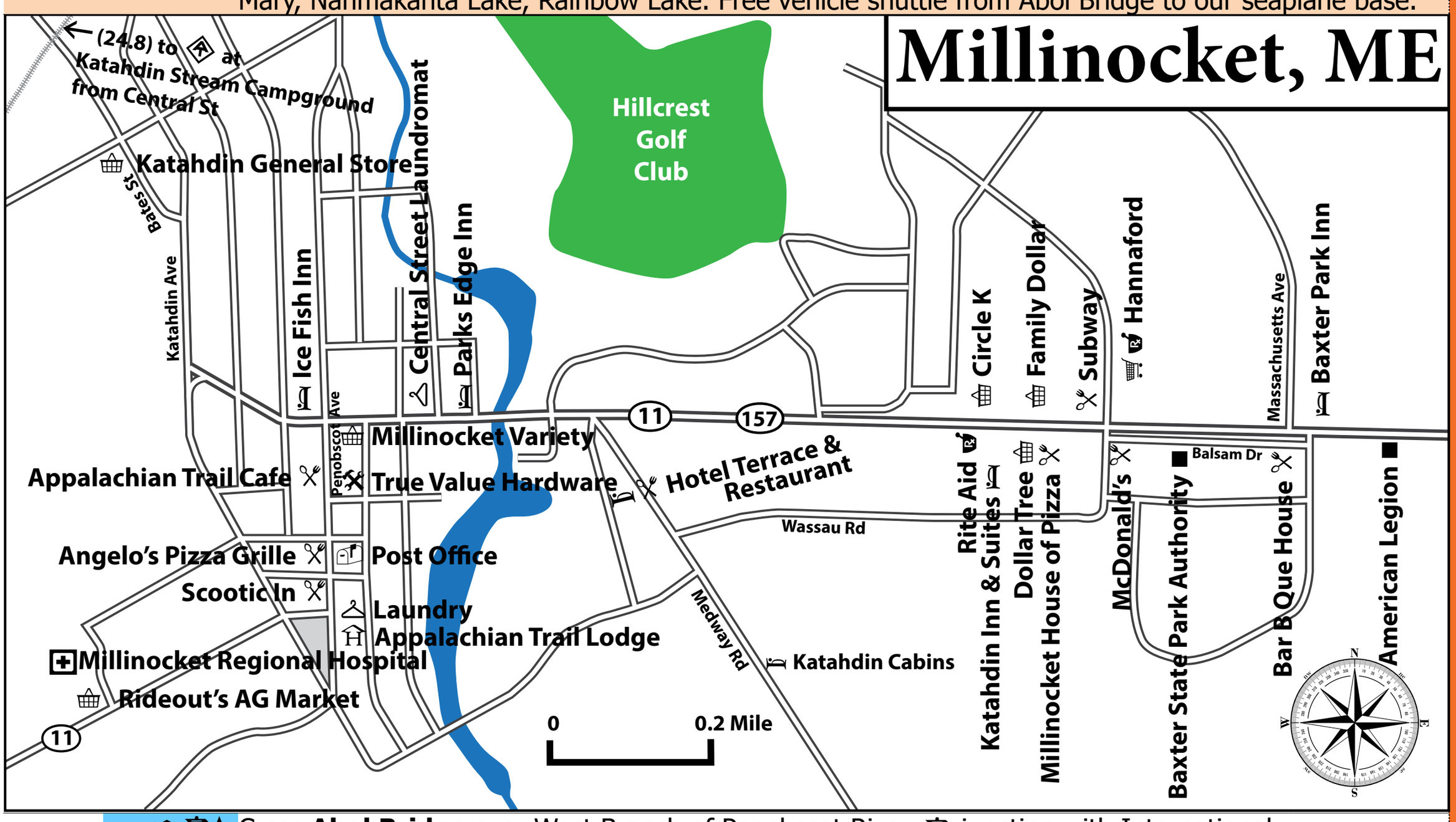
Appalachian Trail Lodge 207-723-4321. (www.appalachiantraillodge.com) Based out of Millinocket, ME. Pet friendly shuttles. Insured. Memorial Day-Oct 15, 7am-7pm (shuttles only available during daylight hours). **S to Monson, (115 trail miles S of Katahdin) ➤ N to Katahdin** & airports & bus terminals. Slackpacking. Parking, (free public parking). "Daily, (morning & afternoon) shuttles to/from Katahdin Stream Campground, Abol Bridge, & Medway bus stop, by reservation."

Katahdin Shuttle LLC 207-447-0337 (cell) katshuttle@gmail.com Owner: Lloyd Kelly. Based out of Millinocket, ME. Pet friendly Insured. May15-Oct 15, 5am-8pm, 7 days/wk, (during months of operation), & holidays.
S to Monson, ME ➤ N to Mt Katahdin/Millinocket, ME & airport & bus terminals. Slackpacking. Parking, free for clients, $4/day-others. "Insured with the State Of Maine for Hire. Working with all hotels and inns within the 100-Mile Wilderness. Offer SOBO special, and fall specials for NOBO thru-hikers finishing trip. Call for info. 207-447-0337. Starts taking reservations Jan 2021."

Wilderness Edge Campground Shuttles 207-447-8485 info@wildernessedgecampground.com (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.

Kim's Shuttle Services 207-233-2763 kimspats2004@gmail.com Owner: Kim. Based out of Rangeley, ME. Pet friendly. Insured. Operates May-October, 24/7 and holidays.
S to Portland Airport ➤ N to Millinocket, ME. airport, bus terminals Offers Slackpacking

Katahdin Air Seaplane Service, Inc 207-723-8378 fly@katahdinair.com (www.Katahdinair.com) Owner: Jim Strang. Based out of Millinocket, ME. Pet Friendly. Insured. May-Oct, daylight hrs, 7/days/wk & holidays.
S to 100 Mile Wilderness/ME/VT ➤ N to Katahdin/Abol & airport & bus terminals. Parking, free. "Located on the Golden Rd, 8 mi N of Millinocket. Common drop/pick-up locations on the 100 Mile Wilderness: Monson, Spectical Lake, Long Pond (Gorman), Crawford Pond, Lower Jo Mary, Nahmakanta Lake, Rainbow Lake. Free vehicle shuttle from Abol Bridge to our seaplane base."



2182.3		Cross **Abol Bridge** over West Branch of Penobscot River, junction with International A.T. [45.83524,-68.96722]	592	15.1
2182.4		**Abol Bridge campground and Store, see above. Millinocket, ME. (18.9E). See map of Millinocket.**	589	15.0
2182.5		Junction of **Golden Road and Old State Road**. Parking area located between Abol Bridge and trail head. Many parking spots. [45.83522,-68.96343] [45.83520,-68.96930]	592	14.9
2182.7		Junction of gravel and paved roads. [45.83504,-68.95910]	600	14.7
2182.9		Ski trail leads (1.0) east to Abol Pond on old road. [45.83698,-68.96074]	611	14.5

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2183.0		Abol Stream Trail, Abol Stream, Baxter Park Boundary, bridge, ski trail. [45.83936,-68.96464]	620	14.4
2183.2		BSP Hiker Kiosk, registration for "The Birches campsite"; Abol Pond & Blueberry Ledges trails	620	14.2
2183.4		**Katahdin Stream**, bridge. [45.83871,-68.96911]	620	14.0
2183.5		Foss and Knowlton Ponds Trail. [45.83841,-68.96959]	630	13.9
2183.9		Cross small brook.	618	13.5
2184.2		Cross Foss and **Knowlton Brook** on bog bridge.	625	13.2
2186.4		**Pine Point**. Side trail east is high water bypass trail.	640	11.0
2186.8		Ford Lower Fork Nesowadnehunk Stream. [45.85318,-69.02191]	630	10.6
2187.8		Ford Upper Fork Nesowadnehunk Stream. [45.85948,-69.03222]	800	9.6
2187.9		Upstream ledges.	778	9.5
2188.2		Big ledge above Rocky Rips	850	9.2
2188.6		Side trail leads west 150 feet to **Big Niagara Falls**. [45.86934,-69.03663]	850	8.8
2188.8		Side trail leads 150 feet east to spring.	990	8.6
2188.9		Side trail leads 150 feet west to Toll Dam and **Little Niagara Falls**. [45.87273,-69.03838]	1030	8.5
2189.7		Junction with Daicey Pond Nature Trail west. Parking and privy north of trail head. [45.88103,-69.03179]	1090	7.7
2189.9		Daicey Pond campground Road leads east to **Daicey Pond Campground**, west to Jct with Sentinel Mountain Trail trail head. Parking and privy east of trail head. [45.88237,-69.03166]	1100	7.5
2190.4		Junction with **Tracy and Elbow Ponds Trail** to the east. [45.88266,-69.02445]	1100	7.0
2190.9		Junction with Daicy Pond Trail. [45.88210,-69.02124]	800	6.5
2191.1		Cross Elbow Pond on bridge.	1103	6.3
2191.2		Junction **Grassy Pond Trail**. [45.88186,-69.01113]	1092	6.2
2191.3		Cross stream.		6.1
2191.6		**Perimeter Road** (south end), park tote road. [45.88554,-69.00025]	1101	5.8
2192.1		**Perimeter Road** (north end), park tote road.	1070	5.3
2192.2	{12} ★★★★★	Katahdin Stream campground, Ranger Station. (0.24E) **33<<<24.9<<13.4<The Birches campsite** **$** Overnight fee. Advance reservations. [45.88718,-68.99985]	1070	5.2

Millinocket, ME 04462 (24.8E) from Katahdin Stream Campground. See map of Millinocket, ME.

2193.2		Junction with The Owl Trail. [45.89585,-68.98440]	1570	4.2
2193.3		Cross **Katahdin Stream** on footbridge. [45.89557,-68.98368]	1500	4.1
2193.4		Side trail leads 50 feet west to Katahdin Stream Falls. [45.89592,-68.98144]	1550	4.0
2194.3		Cross small brook, unreliable.	2721	3.1
2194.9		"The Cave", small slab cave	4500	2.5
2195.0		Hunt Spur, tree line at base of "The Boulders" [45.89807,-68.95713]	3400	2.4
2195.8		Gateway to Tablelands [45.90003,-68.94693]	4600	1.6
2196.4		**Thoreau Spring,** Jct with Abol Slide Trail east and Baxter Peak Cut-off trail west [45.89828,-68.93661]	4627	1.0
2197.4		**Katahdin, Baxter Peak, sign, plaque, cairn. Northern Terminus of the A.T.** [45.90447,-68.92153]	5268	0.0

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Preperation Information

Bear Bag hanging method

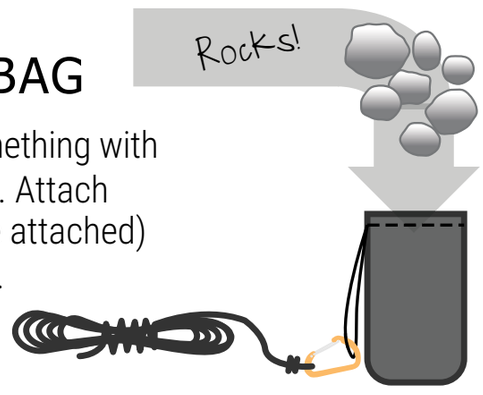
Hanging a Bear Bag The PCT Method

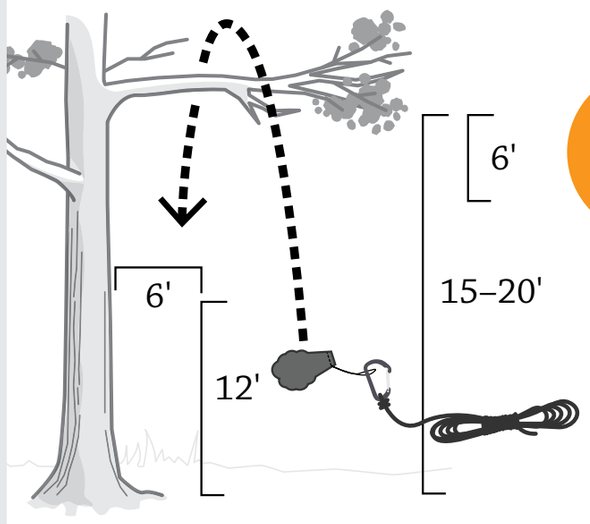
EQUIPMENT

- Bear Bag
- 40 ft (12 m) Rope
- Throw/Rope Bag
- Mini Carabiner
- Small twig (found)

1 FILL THROW BAG

Add rocks, sand, or something with weight to the throw bag. Attach the carabiner (with rope attached) to the bag's draw string.

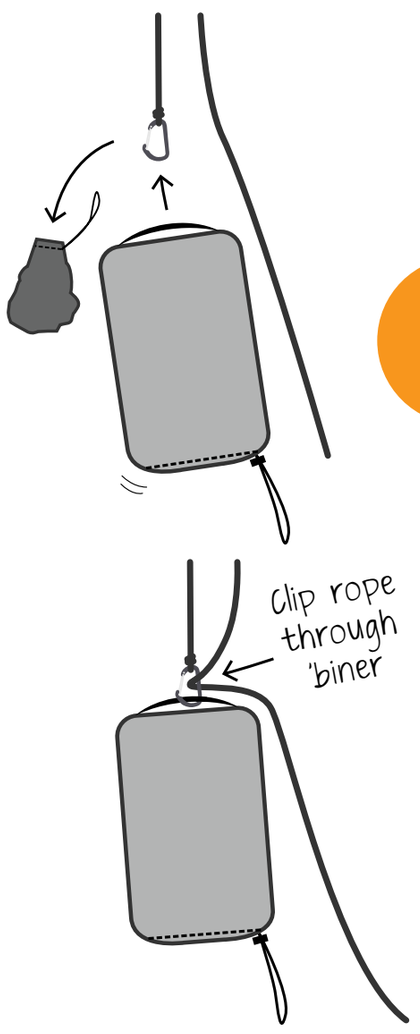




2 TOSS

Toss the throw bag over a sturdy branch that is 15–20 ft (4.5–6 m) above the ground.

note : When properly hung, the bear bag should hang at least 12 ft (4 m) above the ground and 6 ft (~2 m) down from the branch and 6 ft away from the tree trunk.

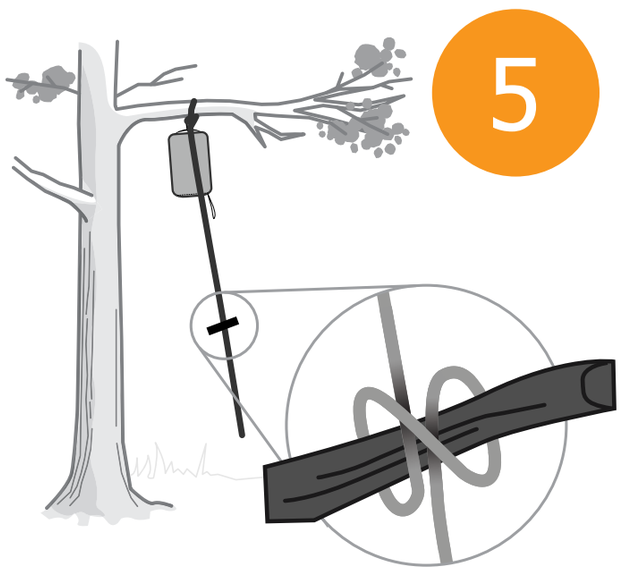


3 CLIP BEAR BAG

Unclip the throw bag from the carabiner. Clip the bear bag to the carabiner and then clip the loose end of the rope through the carabiner.

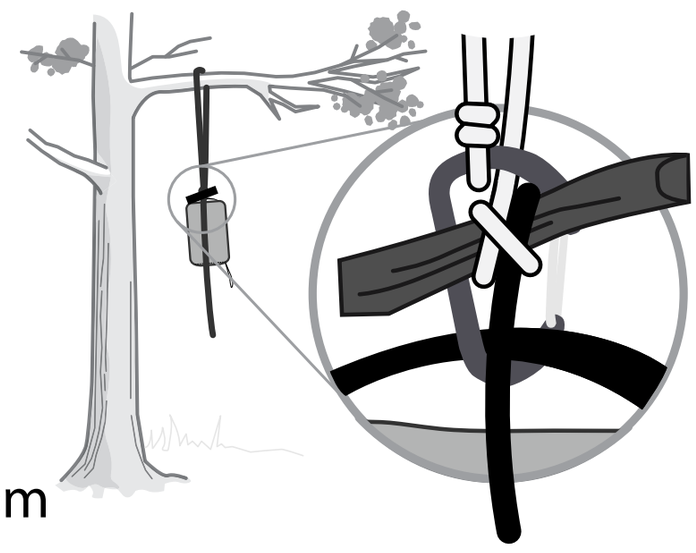
4 PULL

Pull the loose end to raise the bear bag to the top of the tree branch.



5 ADD TOGGLE

Reach as high as you can and tie a Clove Hitch around the twig on the loose end of the rope, creating a toggle.



6 RELEASE!

Release the loose end of the rope. The bag will slide down and the toggle will slide up until they meet half-way.

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Manufacturers Listings

Mfg:	Main Phone:	Cust. Service Phone:	Website:
AntiGravity Gear	910-794-3308		www.antigravitygear.com
Arc 'Teryx	866-458-BIRD	866-458-BIRD (-2473)	www.arcteryx.com
Asics	800-678-9435	855-235-3120	www.asicsamerica.com/footwear
Asolo/Lowe Alpine	603-448-8827, ext. 105	+39-0422-8866 (Italy)	www.asolo.com
Backcountry	800-490-4502 800-953-5499		www.backcountry.com
Big Agnes	877-554-8975		www.bigagnes.com
Black Diamond Equipment	877-554-8975	800-775-5552	www.blackdiamondequipment.com
Camelbak		877-271-1220	www.camelbak.com
Campmor	800-226-7667	800-525-4784	www.campmor.com
Cascade Designs/ MSR/Therm-a-Rest/Platypus	800-531-9531		www.cascadedesigns.com
Cedar Tree (Packa)	706-276-2351	276-780-2354	www.thepacka.com
Cnoc Outdoors	971-204-6312	503-446-6000	www.cnocoutdoors.com
Columbia	800-622-6953		www.columbia.com
Danner	877-432-6637		www.danner.com
Darn Tuff Socks	802-444-1800 877-327-6883 - toll free	888-332-6114 (dealers)	www.darntough.com
Dutch Ware gear	717-947-7849		www.dutchwaregear.com
Eastern Mountain Sports(EMS)	888-463-6367	203-379-2233	www.ems.com
Elemental Horizons	919-280-5402		www.elementalhorizons.com
Enlightened Equipment	507-474-6225		www.enlightenedequipment.com
Etowah Outfitters	770-975-7829		www.etowahoutfittersultralightbackpackinggear.com
Eureka	607-779-2265	800-572-8822 888-6EUREKA	www.eurekacampingctr.com
Eureka Camping		800-572-8822	www.eurekacamping.com
Ex Officio	800-644-7303	888-311-2900	www.exofficio.com
Farm to Feet	336-783-6043		www.farmtofeet.com
Feathered Friends	206-292-2210		www.featheredfriends.com
Frogg Toggs	256-931-1580	800-349-1835	www.froggtoggs.com
Garmin	800-800-1020		ww.garmin.com
Garmont	800-943-4453	844-GARMONT	www.garmontnorthamerica.com
Golite	206-620-0418	888-546-5483	www.golite.com
Gossamer gear	512-374-0133		www.gossamergear.com
Granite Gear	218-834-6157	218-834-6157 ext. 2	www.granitegear.com
Gregory Mountain Products	877-477-4292		www.gregorypacks.com
Hi-Tec US	209-545-1111	800-521-1698	www.hi-tec.com
Hyperlite Mountain Gear	800-464-9208		www.hyperlitemountaingear.com
Injinji (Rugged toe socks)	858-270-3811		www.injinji.com/
Inoveight	508-480-8856		www.inov-8.com/
Jacks 'R' Better	215-220-4042	757-643-8908	www.jacksrbetter.com
Jansport	720-778-4000 800-552-6776	855-818-5966 -Cust. Svc. 800-426-9227-Warranty	www.jansport.com
Katadyn/PUR	800-755-6701		www.katadyn.com
Keen	866-676-5336	WARRANTY: 855-553-0674	www.keenfootwear.com
Kelty Pack, Inc.	866-349-7225	800-535-3589	www.kelty.com
L.L.Bean	800-441-5713		www.llbean.com
Lawson Equipment			www.lawsonequipment.com
Leki	800-255-9982 ext. 1		www.leki.com
Lightheart Gear	828-552-4578		www.lightheartgear.com
Lowe Alpine Systems	303-926-7228	800-011-6107 (UK)	www.lowealpine.com
Marmot	888-357-3262	888-311-2900-warranty	www.marmot.com
Merrell	800-288-3124		www.merrell.com
Mont-bell	303-449-5331	877-666-8235	www.montbell.com
Montrail/Coulmbia	855-698-7245		www.columbia.com/montrail
Moonbow Gear	603-744-2264		www.moonbowgear.com
Mountain Hardwear	877-927-5649		www.mountainhardwear.com
Mountain Laurel	540-588-1721		www.mountainlaureldesigns.com
Mountainsmith	303-279-5930	800-426-4075, ext. 2	www.mountainsmith.com
MSR	800-531-9531		www.msrgear.com
Mystery Ranch	406-585-1428	833-548-1999	www.mysteryranch.com
NEMO Equipment	800-997-9301		www.nemoequipment.com
New Balance	800-595-9138		www.newbalance.com
Oboz Trail shoes	406-522-0319		www.obozfootwear.com
Osprey	866-284-7830		www.osprey.com
Outdoor Research	206-971-1496 (Store)	855-967-8197 888-467-4327	www.outdoorresearch.com
Patagonia	800-638-6464		www.patagonia.com
Peak 1/Coleman	800-835-3278		www.coleman.com
Petzl	877-807-3805	801-926-1500 (USA)	www.petzl.com
Photon	877-584-6898		www.photonlight.com
Platypus/Cascade Designs	800-531-9531		www.platy.com
Primus	888-546-2267	800-443-4871	www.primus.us
Princeton Tec	609-298-9331	800-257-9080	www.princetontec.com
REI	800-426-4840		www.rei.com
Royal Robbins	800-587-9044		www.royalrobbins.com
Salomon	800-654-2668	833-230-0292	www.salomonsports.com
Sea to Summit			www.seatosummitusa.com
Sierra Designs	800-736-8592		www.sierradesigns.com
Sierra Trading Post	800-713-4534		www.sierratradingpost.com
Six Moon Designs	503-430-2303		www.sixmoondesigns.com

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Slumberjack	800-233-6283		www.slumberjack.com
SOTO Outdoors	503-314-5119		www.sotooutdoors.com
Spot			
Suunto	800-543-9124	855-258-0900	www.suunto.com
Tarptent by Henry Shires	650-587-1548	530-362-8763	www.tarptent.com
Teva/Deckers Corporation	800-367-8382		www.teva.com
The North Face	855-500-8639 888-863-1968	920-545-5122 (text only)	www.thenorthface.com
Toaks	805-300-7685 (text also)		www.toaksoutdoor.com
UGQ	517-610-0966		www.ugqoutdoor.com
ULA-Equipment	435-753-5191	435-753-5190	www.ula-equipment.com
Vasque	800-224-4453		www.vasque.com
Western Mountaineering	408-287-8944		www.westernmountaineering.com
Zpacks			www.zpacks.com
ZZManufacturing (Zipztove)	256-729-8868	800-594-9046	www.zzstove.com

Planning

Planning and preparing for hiking the Appalachian Trail entails a lot. Every person is different. Some want to hike with the lightest gear they can find. Some are warm weather people and want to carry gear that will keep them warmer than others. Other want to dehydrate their own food, others will mail drop food to themselves or buy food along the way. Then there is the dilemma of what tent should you take or should you take a hammock. There is a lot to planning and hiking on the Appalachian Trail. I could go on and on and on about this but each person is different. You can ask and research some of this on web sites like www.whiteblaze.net.

I think the most important part of hiking on the Appalachian Trail is the mental preparation which is discussed next.

Mental Preparation

I have offered my opinion to prospective thru hikers for years, explaining that the trail is more mental than physical. Kyle Rohrig talks about mental preparedness in his book titled "Hear the Challenge… Hike the Appalachian Trail". I have paraphrased a portion of it and I believe his explanation is real good.

Completing an Appalachian Trail thru-hike is a major undertaking.

For completing a thru-hike (completing the whole trail in a calendar year) it is usually about 10% physical and 90% mental. You've got the gear, you've got the money, but do you have the mental toughness/strength and tenacity needed to achieve your goal? Once you get out there you can be sure to expect pain, misery, discomfort, and suffering within a wide range of varying degrees (do not let this scare or intimidate you). Some of your gear, as well as how much money you brought will sometimes play a part in how little or how much of this you endure (in some areas). In other areas, nothing will save you from some of the more unpleasant experiences of the Appalachian Trail. When these unpleasant experiences occur, what will you do? Will you break and quit? Or will you rise to the occasion, bend with your circumstances and adapt accordingly to any and all obstacles as you encounter them? Yes, your mind, attitude, and outlook will be the deciding factor on whether you complete your epic endeavor or not.

Mental Toughness "Mental Toughness:" is something you're going to need a great deal of when it comes to completing your thru-hike. In its most basic definition, mental toughness is the voice in the back of your head that tells you "keep going, don't give up, you can't quit now." While out on the trail, you're going to have A LOT of internal dialogue with yourself, possibly more than you've ever had in your entire life. The big question is… what will the tone of that internal dialogue be? Will it be mostly negative or positive? Will you be trying to talk yourself "into quitting" or "out of quitting?" Will you be counting the reasons to "stay on" trail, or reasons to "get off" trail? Your internal dialogue while on the trail will play a huge part in your mental state; in turn, directly influencing your chances of victory.

Besides the internal dialogue that you will be having with yourself nearly every solitary second spent out there, you will have a large amount of other factors that will evoke responses from your mental/emotional state. One of the greatest markers of mental toughness is the ability to control your emotions. Not "control" so much in the sense of repressing them, but in understanding them. If you're not in control of your emotions, then they're in control of you. Being able to realize and understand why you feel a certain way, but still be able to make rational decisions despite how you may feel is HUGE. I cannot emphasize that point enough. So many people make snap/impulse decisions based on how they feel at the present moment; they seldom stop to think, "Why do I really feel this way?" or "Is this really

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the best thing to do at this exact moment?"

This sort of mental toughness comes into play when you're thinking about quitting. There are many things that will make you question your decision to thru-hike and possibly consider quitting; things like physical pain, misery, suffering brought on by the elements, missing home, missing loved ones, missed expectations, becoming bored, or thoughts of, "I'll never make it." Thoughts are strong, but feelings are stronger. Your feelings of discomfort, boredom, or pain in the present moment can mislead your thoughts into making irrational decisions that have long term consequences/effects. You can lie to yourself with your thoughts, but your feelings will always be true, yet less in your control. This is why being able to understand and control your feelings to a certain extent is so important. You need to be able to use your thoughts clearly when your temporary feelings of the present moment may be clouding your judgment. To put it in better perspective; pain, misery, depression, discomfort, etc. are all "feelings" that can very rapidly lead to low morale and the decision to quit. There's no getting around the fact that you will experience these feelings at some point during your journey, if not many times throughout. Once these feelings arise, they're going to be accompanied by thoughts - the voice inside your head that interprets those feelings. Are your thoughts going to feed into the negative aspects of your feelings, subsequently initiating a downward spiral? Or will you keep a focused, level headed handle on your thoughts… understand and accept your feelings for whatever they may be, then use them to get through whatever outward or inward obstacle you may be facing? Don't let your thoughts defeat you on account of your feelings. Pain, misery, bad weather, tough terrain; none of it lasts forever - so don't make a decision that does. Remember, "This too shall pass."

When you've gone out there to attempt a thru-hike, it's safe to say that you "wanted it" pretty badly. At some point in your life you decided you wanted to hike over 2,000 miles and accomplish one of the great feats and adventures our planet has to offer. However, in order to seize that goal, you'll have to want it more than anything else in the world, before and during the endeavor. You know that deep inside yourself, completing the Appalachian Trail is what you want. So, what is the only thing (besides injury and running out of money) that can possibly stop you from achieving your desire of a completed thru-hike? The answer is YOU. You are the only one who can stop yourself from reaching your goal. Completing an Appalachian Trail thru-hike is as simple as not quitting. Don't quit, no matter what, and your dream is as good as realized.

So, let us delve deeper into things that make people quit, as well as why someone would make the decision to quit. The most blatant explanation for quitting in almost any circumstance would undoubtedly be "rationalization." We humans are rational creatures, and we can rationalize just about anything in order to make it make sense to us, or seem like the right thing to do. You can rationalize positive things, as well as negative things. If you put your mind to it, you can rationalize pretty much any decision you could ever make to seem like the right or wrong decision. It all depends on whichever one you "feel" is more beneficial to you at the present moment. Pain and suffering (feelings!) do funny things to the human brain. It can cause you to rationalize decisions you "think" you really want to make, when in fact you really don't. Rationalization is so powerful that when you're under stress and pain, you can actually convince yourself that finishing your Appalachian thru-hike is something you never truly wanted. Maybe this is true, but more often than not, you're only fooling yourself. You don't decide to hike over 2,000 miles and not have really wanted it at some point. When do most people realize they rationalized a lie to themselves when they decided quitting was the best decision to make (at whatever time they decided to make it)? That moment of regret is when they realize they deceived themselves. They made a decision in the heat of the moment that they didn't actually believe in, and then regretted it very shortly afterward. Once they're away from the pain and suffering of the moment, and able to think clearly, they realize, "What was I thinking? I really did want to complete this adventure! Why did I talk myself out of it and quit!?" Mental toughness will help you to avoid rationalizing "heat of the moment" decisions you will later regret. It is the ability to look past your present suffering to realize you will most likely regret any decisions to quit, thus deterring you from quitting; this ability is part of what demonstrates an aspect of your mental toughness.

Portions taken from - Hear the Challenge, Hike the Appalachian Trail

By

Kyle S. Rohrig

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Keeping a journal during your hike or thru hike

If you are thinking about keeping a journal during your hike, I highly recommend it. Keeping a journal is something that you will never regret and will greatly appreciate later on in life. As the days and years go by after the conclusion of your hike your memories get a little vague and fuzzy on how events happened and what took place during your hike. Time has a way of making us forget things. Keeping a journal of some type will allow you to go back and recapture all those memories and feelings that you experienced. Your journal is a souvenir to your future self. You will be able to look back and smile and laugh when you reread it, a truly priceless gift. It will also anchor you to where you were at a given point in time, on and off the trail during your hike.

I find myself going back and looking at my journals to see where I was on a certain date during my hike and end up reading through the entire day's entry. It brings my mind back to the places I was and sometimes just reading that journal entry reminds me of things I forgot to include. The journal was such a great gift to myself.

Getting into the habit of writing it down

Start your journal before your hike. Try to get yourself in the habit before you start your hike by doing a journal entry daily. This will help you get into the routine of keeping a journal. During your hike, you can write in it any time you want, as the thought or the occurrence happens or whenever the moment strikes you. Remember this is your journal; write in it when you want or as much as you want. (I did mine at the end of the day before I went to bed, that was what worked best for me.). I also stopped at times during my hike and wrote notes in it to remind me of things to write.

Finding the time during your hike

Find the time to write in your journal is the most important tip of all. If you do not get into the routine of writing in your journal regularly, you will find yourself skipping a day here and a day there. Next thing you know you will be skipping a whole week. Try to commit or program yourself to write to it daily, or do some form of regular writing. You should not make writing in your journal a chore; rather make it something you want to do. Find a way to make it enjoyable. A journal can be a helpful way to wind down at the day's end, especially if it's a comfortable place for you. Use your camera to take lots of pictures of something to help you remember what went on during the day or what your thoughts were at that time.

Don't fuss about grammar, spelling, or other imperfections. You need to write it down while it is still fresh in your memory. You can always go back and fix the grammar and spelling later. Wanting to erase errors while working through the day's events and your thoughts and ideas can hamper your flow. Pretend you are with a group of friends that were not with you during the day and you are telling them all the details and events of what went on during that day. Write in your journal anything you want. Doodles are totally acceptable. Lyrics to songs, poems, book excerpts, anything goes. Remember this is your journal, write whatever you want.

Always remember to date your entries and your location!

Notes for using any cell phone

I know hikers that used cell phones for their journals. They worked well for them, but the biggest complaint from them was their batteries were always going dead. When you're not using your phone either turn off the phone, or place it into airplane mode. Putting it into airplane mode will prevent your phone off from trying to find cell phone towers. That is the biggest battery drain your phone will experience when you are hiking. When your phone is on it is constantly scanning for a cell phone tower to lock onto, and if it is not locked onto a tower, it will continue to look for one until it finds one. Roaming is the biggest battery drain your phone will most likely experience. This is the reason to either turn it off or place it in airplane mode when not using it. Off is most likely better.

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Hostels along the Appalachian Trail

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

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

20.5 (1.3W) **Above The Clouds Hostel** 706-747-1022 (hostel) 678-983-0954(cell) atchostel@gmail.com. (www.abovethecloudshostel.com) [34.68316,-84.01732]

20.5 (2.9E) **Kennedy Creek Resort** 404-720-0087 kennedycreekresort@gmail.com (kennedycreekresort.com)3001 High Valley Rd, Suches, GA 30572. [34.69709,-84.01439]

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

31.3 **Mountain Crossings Hostel: CLOSED AT THIS TIME** Mail drops (USPS/UPS/FedEx) held for 2 weeks, $1 donation fee upon pickup, 12471 Gainesville Hwy, Blairsville, GA 30512. [34.73516,-83.91788]

52.7 **The Green Dragon Hostel** 407-435-0294 thegreendragonhostel@gmail.com (www.greendragonhostel.com) Owners Donna & Bill. Mail drop for guests 2708 HWY 17 Hiawassee, GA 30546. [34.90099,-83.72167]

69.4 (0.6W) **Hostel Around the Bend** 706-389-9668 stay@hostelaroundthebend.com (www.hostelaroundthebend.com) Mail drops: (free for guests, $5 donation for non-guests) held for 21 days. ID required to pick up packages: 7675 US Hwy 76 E., Hiawassee GA 30546. [34.92035,-83.62492]

109.6 (11.6E) **The Grove Hostel** 828-346-7657 text to reserve. contact@grovehostel.com. NO mail drops: 130 Hayes Circle, Franklin, NC 28734. [35.17814,-83.37801]

109.6 (12.6E) **Chica & Sunsets Hostel** 715-315-0876 (text preferred) chica@chicaandsunsets.com (www.chicaandsunsets.com) Mail drops for guest: Contacted establishment for details. [35.19349,-83.38744]

136.9 **Nantahala Outdoor Center** 828-785-5082. (www.noc.com) media@noc.com Mail drops: dated and marked "Hold for AT Hiker", 13077 Hwy 19W, Bryson City, NC 28713. [35.33120,-83.59173]

150.7 (3.4E) **Stecoah Wolf Creek Hostel** 828-735-0768. lonnie479@gmail.com. Open Jan-Dec. [35.37127,-83.68515]

150.7 (3.2E) **Cabin in the Woods** Craig 980-406-6446. (www.thecabinsinthewoods.com) Mail drops for guests only. 386 W. Stecoah Hts., Robbinsville, NC 28771. [35.37696,-83.70186]

158.5 (3.1 E) **The Hike Inn** 828-479-3677. hikeinn@graham.main.nc.us. Free mail drops for guests: 3204 Fontana Rd., Fontana Dam, NC 28733. Shuttles between Atlanta & Damascus. [35.41578,-83.72500]

241.3 (9.0W) **The Discerning Hiker** 423-721-5278 discerninghiker@gmail.com (www.discerninghiker.com) Opens for reservations Open March 2024 thru Oct 2024. Mail drops for guests: 4319 Ground Hog Rd, Crosby, TN. 37722. [35.79560,-83.19188]

241.8 (0.1W) **Standing Bear Farm** 423-487-0014 (call) or 423-608-0149 (call or text) standingbearian@gmail.com. Open year round. Mail drops for guests free (non guest $5 per package): 4255 Green Corner Rd, Hartford, TN 37753. [35.78615,-83.10180]

268.6 (1.8W) **Happy Gnomads Hiker House** 865-256-2654, 828-206-2074. happygnomadsnc@gmail.com (www.facebook.com/HappyGnomadsHikerHouse) [35.838451,-82.855828]

274.9 **Hostel at Laughing Heart Lodge** 828-206-8487 laughingheartlodge@gmail.com (www.laughingheartlodge.com) Open year round. Mail drops: 289 NW Hwy 25/70, Hot Springs, NC 28743 [35.89003,-82.83270]

275.2 **Elmers Sunnybank Inn** 828-622-7206. (www.sunnybankretreatassociation.org) Open year round. Mail drops for guests: PO Box 233, Hot Springs, NC 28743. FEDX drops: 26 Walnut St. , Hot Springs, NC 28743. [35.89124,-82.82979]

275.2 **Appalachian Trail-er Bunkhouse** 828-713-5451 (www.blueridgehikingco.com) [35.88977,-82.83169]

291.5 (0.7W) **Hemlock Hollow Inn** 423-787-1736 hemlockhollowinn@gmail.com (www.hemlockhollowinn.com) 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. [36.00356,-82.78157]

312.0 (0.2W) **Laurel Hostel** 423-270-1320 timmytwotoke@gmail.com. Open year round. [36.007112,-82.60516]

320.0 (2.7W) **Natures Inn Hostel** 828-216-1611 naturesinnhostel@gmail.com Mail Drops: 4871 Old Asheville Highway, Flag Pond, TN 37657 [35.97569,-82.55517]

344.6 **Uncle Johnny's Nolichucky Hostel and Outfitters** 423-707-4013(text/call/leave message) Johnnywise2022@gmail.com (www.ATunclejohnnys.com) 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 [36.105680,-82.448515]

395.6 (0.3W) **Mountain Harbour B&B and Hiker Hostel** 866-772-9494. welcome@mountainharbour.net (www.mountainharbour.net) Open year round. Mail drops free for guests, non-guests $5, 9151 Hwy 19E, Roan Mountain, TN 37687. [36.17907,-82.01608]

395.6 **The Appalachian Station at 19E** 423-723-0450 (www.theastationat19e.com) Open year round. Mail drops are free. 9367 HWY 19E Roan Mountain, TN 37687. [36.17241,-82.00132]

395.3 (2.6W) **The Refuge Hostel** 423-772-3125 Mail drops free for guest, $5 for non-guests: Robert Overbay 240 Roby Miller Rd. Roan Mountain TN 37687. [36.195163,-82.015515]

395.6 **Highlander BBQ** 423-895-3013 hturbyfill@hotmail.com. [36.197364,-82.065636]

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395.7 (1.2E) **Bear Branch Homestead** 864-509-8402 call or text. ✉ danikawithak@gmail.com
Owner: Danika Harris. Open year round.
Maildrops 122 Five Sisters Ln, Roan Mountain, TN 37687. [36.18030,-81.99337]

420.3 (0.3W) **Kincora Hiking Hostel** 423-725-4409. [36.26320,-82.12822]
Mail drops free for guests, non-guest $5. 1278 Dennis Cove Rd, Hampton, TN 37658.

420.3 **Black Bear Resort** 423-725-5988 (www.blackbearresorttn.com). **Open Mar 1 - Oct 31**.
Mail drops (nonguest fee $5) accepted. 1511 Dennis Cove Road, Hampton, TN 37658.
[36.26052,-82.11596]

428.8 (0.1W) **Boots Off Hostel & Campground**, Owner Jim Gregory: 239-218-3904
✉ bootsoffhampton@gmail.com (www.BootsOff.camp). Mail drops free with stay $5 without stay. Mail drops: 142 Shook Branch Rd., Hampton, TN 37658.
[36.29927,-82.13036]

428.9 (7.4E) **Far Not Fast Hiker Home and Shuttle** 423-895-8236, a night at home.
Mail drops for guests: 274 Old Charity Hill Road, Elizabethton, TN 37643.

428.9 **Brown's Grocery & Braemar Castle Hostel** 423-725-2411, 423-725-2262. AT Passport location. Open year round. Operated by Sutton Brown; check-in at grocery to stay at the hostel or for shuttles. Pets okay. WiFi at hostel only. **Store:** Open M-Sa 8am-6pm, Su closed. Store accepts Credit Cards; hostel is cash only.
[36.28372,-82.15834] [36.28502,-82.15943]

449.5 (2.1E) **The Rabbit Hole**, owners Rabbit and Kat. 423-739-3391 (home)
✉ homeforhikers@gmail.com (www.facebook.com/HomeForHikers)
Mail drops for guest and non-guests: 391 Hopper Rd Shady Valley TN 37688.
[36.49504,-81.94783]

449.5 (2.6E) **Switchback Creek Campground** 407-484-3388. (www.switchbackcreek.com) Open Apr 1 - Oct 31.
[36.49111,-81.93554]

471.0 **The Broken Fiddle Hostel** Contact: Treehouse 276-608-1055. ***No calls before 9am ***
[36.63414,-81.78350]

471.0 **The Place Hostel** 276-206-0440 (www.facebook.com/theplacehostel)
[36.63381,-81.78740]

471.0 **Crazy Larry's Hostel** 276-475-7130. Mail drops: 209 Douglas Drive, Damascus, VA 24236.
[36.63259,-81.78362]

471.0 **Outdoors Inn at Crazy Larry's** 276-475-7130. 227 Douglas Dr. Damascus, VA. 24236
[36.63224,-81.78367]

471.0 **Song Peddlar Rest** 276-475-5888. Open year around.
Mail drops to: PO 555, Damascus VA. 24236. [36.63591,-81.79355]

471.0 **Appalachian Folk School** 423-341-1843. (www.warrendoyle.com) Open dates (2024) March 10-April 1, April 29 - May 20, June 19-28, Sept. 20 - Oct. 31.
[36.51378,-81.77751]

471.0 **Lady Di's Bed & Breakfast** 612-695-4738 ✉ Tinney55@msn.com (www.ladydibnb.com)
Mail drops for guests only: 217 Damascus Drive, Damascus VA.
[36.63568,-81.78413]

520.5 (2.6E) **Troutdale Church Hostel** 276-677-4092. Open Mar 15 thru Nov 15. 62 Sapphire Lane, Troutdale. Pastor Ken Riggins. **No mail drops to here.** [36.70123,-81.44260]

534.6 **The Merry Inn Hiker Hostel** 276-242-2825. Text Coach with questions 828-329-2166.
✉ Marionvaoutdoors@gmail.com (www.marionoutdoors.com) Owners Coach and GoAT.
Mail drops: 208 E Main St, Marion, VA 24354. [36.83351,-81.51774]

546.3 (0.3W) **Long Neck Lair** 276-698 2079 (www.longnecklair.com)
Mail drops: 7530 Lee Hwy, Rural Retreat, VA 24368. [36.88652,-81.36568]

556.1 (0.3W) **Quarter Way Inn** 276-522-4603 ✉ tina@quarterwayinn.com
(www.quarterwayinn.com) Open Apr 1–Jun 30. Mail for guests accepted: 4083 Old Rich Valley Rd, Ceres, VA 24318. [36.95587,-81.40107]

558.6 (0.1E) **Bear Garden Hiker Hostel** 248-249-1951, 276-682-3769 ✉
beargardenhikerhostel@gmail.com. Bob and Bertie Lingham owners.
Mail drop: 306 W. Blue Grass Trail Ceres VA. 24318 [36.98462,-81.40432]

558.6 (2.5W) **Appalachian Dreamer Hiker Hostel** 276-970-2834
(www.appalachiandreamerhikerhostel.com) Open April thru October.
Mail drops: 502 Dotson Ridge Rd. Ceres, VA. 24318. [36.96258,-81.42464]

571.5 (0.7W) **Burke's Garden Hostel** 276-722-2343 call or text
✉ BurkesGardenHostel@gmail.com (www.burkesgardenhostel.com) Open mid-March thru October.
Mail Drops for Guests within 10 days of ETA for no fee. 3713 W. End Rd., Tazewell, VA 24651.
[37.06386,-81.37427]

576.3 (5.1W) **Saint Luke's Hostel** 276-472-2150 ✉ gold4woody@yahoo.com
(www.saintlukeshostel.yolasite.com) Open year-round. Mail drops for guest only: 1404 Banks Ridge Road, Tazewell, VA 24651. [37.08882,-81.31087]

610.5 (0.5E) **Weary Feet Hostel** Julie Sloop. 276-688-0364 (home). Text or call
276-617-8434(cell). ✉ stay@wearyfeethostel.com. (www.wearyfeethostel.com) Open from March 1st thru Jan 1st.
Mail drops with and without stay: 13152 E Blue Grass Trl, Bland VA 24315.
[37.16518,-80.89899]

625.7 (0.5E) **Woods Hole Hostel & Mountain B&B** 540-921-3444
✉ woodsholehostel@gmail.com (www.woodsholehostel.com)
Mail drops free for guests. Non-guest $5 fee, will mail packages out: Woods Hole Hostel, 3696 Sugar Run Rd, Pearisburg, VA 24134. [37.253514,-80.847693]

737.4 (1.9E) **Angels Rest Hiker's Haven** 540 599 5717 (cell), call or text.
✉ angelsresthikershaven@gmail.com (www.angelsresthikershaven.com) Open year-round.
Your host Doc Peppa. Mail drops regardless of stay: 204 Douglas Ln. Pearisburg, VA 24134.
[37.33279,-80.73442]

737.4 (2.9E) **Holy Family Hostel** Pat Muldoon 540-626-3337. Open Mar-Nov.
[37.33289,-80.71561]

704.9 (0.3E) **Four Pines Hostel** cell: 540-309-8615. Open year round.
Mail drops: 6164 Newport Rd. Catawba VA 24070. [37.36618,-80.15287]

704.9 (1.4W) **Huckleberry's Hostel** 540-494-9593 ✉ huckleberryshostel@gmail.com (www.huckleberryshostel.com) Mail drops free with stay: 5429 Catawba Valley Drive, Catawba, VA. 24070 [37.37959, -80.12984]

730.6 (19W) **Duck N Hut Hikers Hostel** 540-819-2164 ✉ ducknhuthikershostel@gmail.com. Donation based. Open year round..
11597 Stewartsville Road Vinton, Virginia 24179. [37.25971,-79.73881]

731.8 **BeeCH Hill B&B/Hostel** 540-462-7248 Call "YeeHa".
Maildrop accepted, please indicate hiker/anticipated arrival date: 624 Valley Rd. Troutville 24175.
[37.40457,-79.89774]

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787.6 (6.6W) **Stanimal's 328 Hostel Glasgow** 540-480-8325 ✉ AdamStanley06@gmail.com (www.stanimals328.com)
Mail drops free for guest, $5 for non guests: 1131 Rockbridge Road, Glasgow, VA 24555.
[37.62930,-79.45617]

787.6 **Lodging at MidMountain** 540-254-0138 ✉ river@midmountain.org (www.midmountain.org) Can accommodate mail drops for guests with advance notice. 338 Arnolds Valley Rd, Natural Bridge Station, VA 24567. [37.61535,-79.49979]

845.5 (2.5W) **Rusty's Hard Time Hollow** [37.89104,-79.01817]

864.6 (4.8W) **Stanimal's 328 Hostel Waynesboro** 540-290-4002 ✉ AdamStanley06@gmail.com (www.stanimals328.com) Mail drops free for guest, $5 for non guests: 1333 West Main Street, Waynesboro, VA 22980. [38.07217,-78.89905]

864.6 (4.6W) **Grace Hiker Hostel** - Supervised Lutheran Church Hostel. 804-814-6841 ✉ endATend@aol.com Opens Monday, May 23, Closes Saturday, June 19, closed Su nights, 2-night limit. [38.06303,-78.89248]

910.1 (5.2W) **Small Axe Farms, LLC**. 301-646-4466 ✉ smallaxefarms.info@gmail.com 19074 Mount Pleasant Road Elkton, VA 22827. [38.39402,-78.58194]

944.7 (8.9W) **Open Arms Hostel & Inn** 540-244-5652 (www.openarmsluray.com) ✉ openarmsluray@gmail.com. Open year-round.
Free mail drop for guests ($2/ package for non-guests): 1260 E. Main St., Luray, VA 22835.
[38.66938,-78.43299]

972.4 (0.3E) **Mountain Home** 540-692-6198 ✉ MountainHomeAT@gmail.com. Lisa & Scott "Possible" Jenkins. Mail drops: c/o Mountain Home B&B, 3471 Remount Rd., Front Royal, VA. 22630. [38.87496,-78.14486]

980.6 (4.2W) **Wonderland Hiker Refuge** 571-722-4841 ✉ scottlyricu@gmail.com. [38.93853,-78.05611]

980.6 (6.2W) **Stumble Inn** 703-470-1654 ✉ stumbleinnat@gmail.com (www.stumbleinnat.com). Owned by 2018 thru hikers Stumbles and Texas.
Mail drops: Free for guests. C/O Stumble Inn 990 Hillandale Road Front Royal, VA. 22630.
[38.91660,-78.14045]

1005.9 (0.2E) **Bears Den Hostel** 540-554-8708. (www.bearsdencenter.org)
Mail drops, picked up during office hours: Bears Den Hostel, 18393 Blue Ridge Mountain Rd, Bluemont, VA 20135. [39.11110,-77.85425]

1013.9 (0.2E) **Blackburn Trail Center** 703-967-2226. AT Passport location. Open year round. [39.18755,-77.79798]

1026.0 (360FT W) **The Town's Inn** 304-702-1872 (mobile) or 932-0677. (www.thetownsinn.com) [39.32372,-77.73160]

1028.2 (1.0W) **Cross Trails Harpers Ferry Hostel** 301-834-2778 (phone), 240-603-4150 (text) ✉ info@potomachostels.com (www.potomachostels.com) Open year round.
Mail drops for guests: 19123 Sandy Hook Rd, Knoxville, MD 21758. [39.32649,-77.70051]

1067.7 (0.1W) **Zero Day Stay** 540-999-6280(text) ✉ zerodaystay@gmail.com (www.zerodaystay.com) Owner: Hoody
14530 Maryland Ave Cascade MD. 21719. [39.71513,-77.50623]

1067.7 (1.6E) **Sunflower Cottage** 240-469-7609 soolahhoops@gmail.com (www.soolahhoops.com/at-hikers.html) Open March 31 to October 31st.
Accepts mail drops, contact for more information.

1070.2 (9.8E) **RoseSniffers** 717-408-5021 ✉ Rosesniffers@gmail.com Address: 3910 Bullfrog Road, Fairfield, PA 17320 [39.79561,-77.35790]

1085.5 (0.8W) **Trail of Hope Outreach Ministries Hostel** 717-360-1481, 717-352-2513.
Mail drops: 7798 Lincoln Way East Fayetteville, PA 17222. [39.90504,-77.50532]

1105.4 **Ironmasters Mansion Hostel** 717-486-4108 ✉ ironmasterspinegrove@gmail.com. (www.ironmastersmansion.com) AT Passport location. Open April 1-Oct 31 all-day. Nov 1-Mar 30 by reservation.
Mail drops: Ironmasters Hostel, 1212 Pine Grove Rd, Gardners, PA 17324.
[40.03211,-77.30797]

1124.6 **Lisa's Hostel** 717-226-8390. Open Feb-Mar, 7 days a week.

1150.3 **Kind of Outdoorsy** 717-596-0016 (www.kindofoutdoorsy.com) April-December Sunday-Thursday 9-5 Friday-Saturday 9-6.
Mail drop: 9 south market street, duncannon pa 17020. Include name and expected arrival date.
[40.38964,-77.03075]

1246.9 (0.14E) **The Lookout Hostel** Please text 484-357-9178. Please do not call because of our occupation. You must text to get access to the hostel.
Mail drops: 8680 PA 309, New Tripoli PA. 18066. [40.70771,-75.80478]

1261.2 **Bert's Restaurant** 610-826-9921. AT Passport location. M-T 7am-2pm, W-Th 7am-8pm, F-Sa 7am-8:30pm, Su 8am-8pm. [40.80273,-75.60698]

1273.8 (1.2W) **Blue Mountain Dome Home** John "Mechanical Man" & Linda "Crayon Lady" Stempa. 610-428-1165 (cell) ✉ mechlman@ptd.net.
(www.facebook.com/Linda-and-Johns-Blue-Mountain-Dome-Home-982159751951035)
Mail drops. [40.82658,-75.43264]

1297.4 **Church of the Mountain Hiker Center** 862-268-1120, 570-476-0345, 570-992-3934.
(www.churchofthemountain.org) Open year-round. [40.98289,-75.14196]

1308.0 (0.3W) **Mohican Outdoor Center** 908-362-5670. (www.outdoors.org/lodging/mohican)
Mail drops: C/O AMC Mohican Outdoor Center 50 Camp Mohican Rd, Blairstown, NJ 07825.
Please include approximate date of arrival.
[41.03507,-75.00153] [41.03556,-75.00055]

1340.3 (5.7W) **Mosey's Place** 845-239-3028, please call or text. Open first week of May, closes last week of Oct. Closed Labor day weekend.
Ask ahead about mail drops. [41.36187,-74.66833]

1360.9 (1.2E) **H&R Pazer Farm** 954-646-8004. Located at 380 NJ-94, Vernon Township, NJ 07462. Allows hikers to stay in the barn for $10. [41.20764,-74.46989]

1376.0 **The Lost and Found Hostel** (845) 595-1114 or text 610-322-9561 (Pete) 202-497-1821 (Mary) reservations required.
Mail drop with stay: Call or text for details.

1507.5 (0.9W) **Vanessa Breton** 860-435-9577, 860-671-9832. [41.98229,-73.42337]
Mail drops for guests (fee for non-guests $5). Street address is 7 The Lock Up Rd, but send mail drops to PO Box: PO Box 131, Salisbury, CT 06068.

1507.5 **Maria McCabe's Place** 860-435-0593. Maria has left us, but her grandson is picking uip where she left off.y.
Mail drops for guests: 4 Grove, Street Salisbury, CT 06068.

1593.3 **Bascom Lodge** on summit of Mt Greylock, 413-743-1591. (www.bascomlodge.net) Closed on Tuesdays.Open May 20-mid Oct. [42.63664,-73.16692]

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1618.0 **Catamount Motel** 802-442-5977. (www.catamountmotel.com)
Mail drops for guests: 500 South St. Route 7 Bennington VT 05201

1658.1 (6.7W) **Green Mountain House** 330-388-6478. (www.greenmountainhouse.net) Jeff & Regina Taussig host hikers at their home. Open Jun 7 - Sep 15. [43.15560,-73.05112]

1708.2 (12.0W) **Hikers Hostel at the Yellow Deli** 802-683-9378, 802-775-9800, or 802-773-0160 or 802-747-0407 (www.hikershostel.org) Run by a Twelve Tribes spiritual community.
Mail drops: Hiker Hostel, 23 Center Street, Rutland, VT 05701. [43.60664,-72.97900]

1760.9 (1.9W) **Tiggers Tree House** 603-643-9213.

1788.6 (14.7E) **Barn Door Hostel & Campground** 603-254-1700.
barndoorhostel@gmail.com (www.BarnDoorHostel.com) Owner David Cook
[43.81943,-71.80953]

1798.3 (0.4E) **Hikers Welcome Hostel** 603-989-0040 hikerswelcome@yahoo.com (www.hikerswelcome.com) Owned by Alyson, and John "Packrat" Robblee (AT'94, PCT'99, CDT'06)
Both guests and non-guests are welcome to send mail drops (USPS/FedEx/UPS): C/O Hikers Welcome Hostel, 1396 NH Rt 25, PO Box 25, Glencliff, NH 03238.
[43.98636,-71.89598]

1807.8 (5.0E) **The Notch Hostel** 603-348-1483 (www.notchhostel.com) Check-in 4-9pm..
Maildrops (no charge): 324 Lost River Rd. North Woodstock, NH 03262. [44.02960,-71.70569]

1824.1 **Chet's One Step at a Time** 603-745-8196. [44.04535,-71.67527]

1824.1 **Snowchasers' Ski Club** Text ONLY for reservations and shuttle 978-500-8089. (www.snowchasersnh.com). 40 Maple St, Lincoln, NH. Open year round.
⚠ No mail drops. [44.04683,-71.67045]

1851.8 (3.8W) **AMC Highland Center** 603-278-4453 (www.outdoors.org)
Mail drops (include ETA): Route 302, Bretton Woods, NH 03574. [44.22004,-71.41206]

1862.9 Paid lodging and work-for-stay. Also, "**The Dungeon**," a bunkroom available for 6 thru-hikers for $15PP with access to hut restroom and the common area. When the hut is closed, The Dungeon serves as an emergency shelter.

1877.8 **Pinkham Notch Visitor Center & Joe Dodge Lodge** 603-466-2721. (www.outdoors.org) Open year-round.
Mail drops: AMC Visitor Center, C/O Front Desk, 361 Rte. 16, Gorham, NH 03581.
[44.25712, -71.25354] [44.25742,-71.25311]

1898.7 (1.7W) **White Birches Camping Park** 603-466-2022. (www.whitebirchescamping.com) Open May-Oct.
Mail drops for guests only: 218 US 2, Shelburne, NH 03581. [44.38704,-71.13950]

1898.7 (3.4W) **Libby House Inn & The Barn Hikers Hostel** 603-466-2271. Open year-round.
Mail drops free for guests, $15 fee for non-guests: 55 Main Street, Gorham, NH 03581.
[44.38749,-71.17199]

1930.0 (18.6E) **Chapman Inn** 207-824-2657. (www.chapmaninn.com)
Mail drops for guests: PO Box 1067, Bethel, ME 04217. [44.40429,-70.79105]

1940.3 (7.9E) **Pine Ellis Lodging** 207-392-4161. (www.pineellislodging.com) Host: Ilene Trainor.
Mail drops for guests: (USPS) PO Box 12 or (UPS) 20 Pine Street, Andover. ME 04216.
[44.63384,-70.75522]

1940.3 (10.9E) **The Cabin** 207-392-1333. (www.thecabininmaine.com) [44.61143,-70.71333]

1950.4 (17.4E) **The Human-Nature Hostel** 207-408-8216 HumanNatureHostel@gmail.com (www.humannaturehostel.com)
Owner: Ryan Holt, AKA Yukon. Mail drops: P.O. Box 131 Roxbury, ME 04275.
[44.598032,-70.650199]

2009.0 (3.4E) **Hostel of Maine** 207-237-0088 reservation@hostelofmaine.com (www.hostelofmaine.com) [45.08127,-70.30405]

2009.0 **The Stratton Motel** 207-246-4171 themaineroadhouse@gmail.com. Owners Jenn and Jenn.
Open year-round. [45.14084,-70.44380]

2046.0 (1.4E) **The Sterling Inn** 207-672-3333 maineskeptsecret@yahoo.com (www.mainesterlinginn.com/AT-hikers) Open year-round. [45.21910,-69.98755]
Physical addresss: 1041 Route 201.
Mail drops: PO Box 129, Caratunk Maine 04925.

2046.0 (2.1W) **Northern Outdoors** 207-663-4466. (www.northernoutdoors.com) [45.26582,-69.99463]
Mail drops with hikers name: C/O Northern Outdoors, 1771 Route 201, The Forks, ME 04985. Please provide date of anticipated arrival.

2046.0 (4.4W) **Three Rivers Trading Post** 207-663-2104. (www.threeriverswhitewater.com)
Mail drops: C/O Three Rivers PO Box 10, West Forks, ME 04985. Please provide a date of anticipated arrival. [45.29828,-69.98574]

2082.7 (3.7E) **Shaw's Hiker Hostel** 207-997-3597 shawshikerhostel@gmail.com (www.shawshikerhostel.com) AT Passport location. Open Mid-May through Oct.
Mail drops for guests (nonguests $5): PO Box 72 or 17 Pleasant St, Monson, ME 04464.
[45.28683,-69.50301]

2082.7 (3.8E) **The Lakeshore House Lodge & Pub**, 207-997-7069. (www.thelakeshorehouse.com).
Mail drops for guests (non-guests $5): PO Box 307, C/O The Lakeshore House, Monson, ME 04464 or UPS/FedEx (no Sat delivery): 9 Tenney Hill Rd. [45.28560,-69.49962]

2082.7 **John Baptist Mission** 207-558-1701, 207-279-6668 bettinan.stevens@gmail.com. Mail drops: PO Box 135, Monson, ME. 04464

2182.1 (18.9E) **Appalachian Trail Hostel & Outfitters** 207-723-4321. (www.appalachiantrailhostel.com) info@appalachiantrailhostel.com. Koty "Trash Panda" and Danya "Loins of Arabia". Open Memorial Day - October 22. No check-ins after 8pm. Mail drops accepted for guests, Non guests $5 and arrange to pick up during Outfitters hours only
ail drops: 33 Penobscot Avenue, Millinocket, ME 04462.
[45.65337,-68.70869]

2182.1 **100 Mile Wilderness Inn** 207-731-3537 (www.100milewildernessinn.com)
[45.65288,-68.71121]

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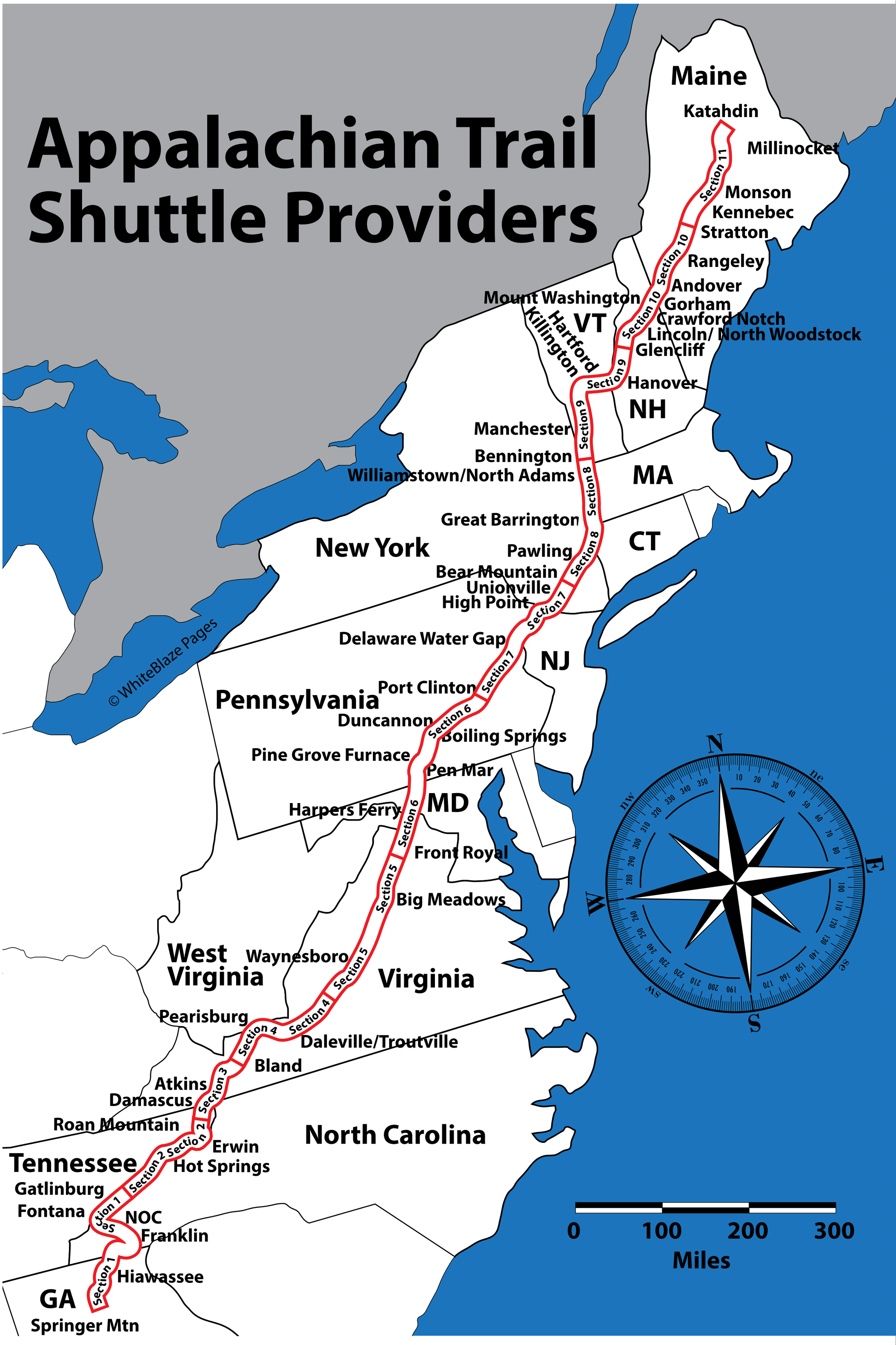
Shuttle Provider Listing



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Shuttle Provider Listing

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

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

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Name / Based out of	Pet friendly	A.T. miles covered	Page or NOBO Mile	Sections and miles covered in each section: 1 Springer Mtn., GA – Newfound Gap, TN (0.0-208.0)	2 Newfound Gap, TN – Elk Park/Roan Mtn., TN (208.0-395.6)	3 Elk Park/Roan Mtn., TN – Bland, VA (395.6-592.1)	4 Bland VA – Buena Vista, VA (592.1-809.4)	5 Buena Vista, VA – Front Royal, VA (809.4-972.4)	6 Front Royal, VA – Port Clinton, PA (972.4-1220.2)	7 Port Clinton, PA – Bear Mountain NY (1220.2-1409.1)	8 Bear Mountain NY – Bennington VT (1409.1-1618.0)	9 Bennington VT – Glencliff NH (1618.0-1798.3)	10 Glencliff NH – Stratton ME (1798.3-2009.0)	11 Stratton ME – Mount Katahdin ME (2009.0-2197.4)
Richard Anderson		Ellijay/GA, Springer Mtn.	0.0	✓	✓									
Ron's Appalachian Trail Shuttle		Ellijay, GA, Springer Mt.	0.0	✓										
Marty Rogers		Atlanta, GA.	0.0	✓										
Subman's Shuttles		Ellijay, GA.	0.0	✓										
David "Solo" Tyler		Atlanta, GA.	0.0	✓										
WAA-Adventures		Woodstock,GA.	0.0	✓										
Barefoot Hills Shuttles		Dahlonega, GA	0.0	✓										
Frank Huggins		Cumming, GA	0.0	✓	✓									
John Walls		Cumming, GA	0.0	✓										
Bandits AT Shuttles		Hiawassee, GA.	0.0	✓										
Atlanta Airport - Appalachian Trail Shuttle		John Creek, GA.	0.0	✓										
Tom Johnson		Alanta, GA	0.0	✓	✓									
Suches Hiker Shuttles		Suches, GA.	20.5	✓										
A.T. Hiker Shuttle		Suches, GA.	20.5	✓										
White Blaze Shuttle Services		Dahlonega, GA.	20.5	✓										
Jeff's Appalachian Trail Shuttles		Blairsville, GA	20.5	✓										
Neels Gap AT Shuttle		Blairsville, GA.	31.3	✓										
The Further Shuttle Appalachian		Blairsville, GA.	31.3	✓	✓									
Hitch-A-Hiker Shuttles		Hiawassee, GA.	52.7	✓										
Henson Cove Shuttle Service		Hiawassee, GA	69.4	✓										
Warrior		Cleveland, GA.	69.4	✓										
Chuck Allen		Franklin, NC.	109.6	✓	✓									
Beverly Carini		Franklin, NC.	109.6	✓	✓									
Western Carolina Shuttle		Franklin, NC.	109.6	✓	✓									
Roadrunner Driving Services		Franklin, NC.	109.6	✓	✓									
Appalachian Zen		Franklin, NC.	109.6	✓	✓	✓								
Kat and John Shuttle Service		Rabun Gap, NC.	109.6	✓										

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Sherpa Al Franklin, NC.	109.6	🚗	🚗									
Western Carolina Shuttle Franklin, NC.	109.6	🚗	🚗									
Nantahala Mountain Lodge/Nantahala Lake Shuttles Burningtown Gap, NC.	128.8	🚗	🚗									
Jude Julius Bryson City, NC.	136.7	🚗										
Carolina Bound Adventures Bryson City, NC.	136.7	🚗										
Patrice Price Wesser, NC.	136.7	🚗	🚗									
Bigfoot Hiker Shuttle Wesser, NC.	136.7	🚗										
Bryson City Outdoors Bryson City, NC.	136.7	🚗										
Wing & Hoof Mountain Escape Bryson City, NC.	136.7	🚗										
Hawks Hiker Hauling Stecoah/Robbinsville, NC.	150.5	🚗	🚗									
Creekside Paradise Shuttles Robbinsville, NC.	165.9	🚗	🚗	🚗								
Raymond Karr Robbinsville, NC.	165.9	🚗	🚗									
Fontana Shuttle Fontana, NC.	165.9	🚗										
The Hike Inn Shuttles Fontana Dam.	165.9	🚗	🚗	🚗								
A Walk in the Woods Gatlinburg, TN.	207.8	🚗	🚗	🚗								
AAA Hiker Service Gatlinburg, TN.	207.8	🚗	🚗	🚗								
Appalachian Services Cherokee, NC.	207.7	🚗	🚗									
Cherokee Cabs & Limousine Cherokee, NC.	207.7	🚗										
Michelle Moshinskie Kodak, TN.	207.7	🚗	🚗									
Standing Bear Farm Shuttle Service Newfound, TN.	241.5	🚗	🚗	🚗	🚗	🚗	🚗					
Hike 2 Heal Crosby, TN.	241.5											
Asheville Airport Shuttle Asheville, NC.	274.9	🚗	🚗	🚗								
SalaMeander Asheville, NC.	274.9	🚗	🚗	🚗								
Traveling Lite Shuttle and Resupply Asheville, NC.	274.9	🚗	🚗	🚗								
Jason Turney Shuttles Hot Springs, NC.	274.9	🚗	🚗	🚗								
Cate Hubbard Hot Springs, NC.	274.9	🚗	🚗	🚗	🚗							
Hitch N' Hike Shuttle Service Ashville, TN.	319.7	🚗	🚗	🚗								
Traveling Lite Shuttle and Resupply Asheville, NC.	319.7	🚗	🚗	🚗								
hikershuttles.com Erwin, TN.	344.3	🚗	🚗	🚗	🚗							
Sir Whines A Lot Erwin, TN.	344.4	🚗	🚗									
Unicoi Shuttle Erwin, TN.	344.3	🚗	🚗	🚗	🚗							
Greasy Creek Friendly Shuttles Bakersville, NC.	364.5	🚗	🚗	🚗								
Mountain Harbour B&B Shuttles Roan Mtn, TN.	395.3		🚗	🚗								
Roan Mountain Hiker Shuttle Roan Mtn, TN.	395.3	◀	🚗	▶								

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Black Bear Resort Shuttles Hampton, TN.	420.0		🚗	🚗								
Hampton Trails Bicycle Shop Hampton, TN.	428.6	🚗										
Trailmeister Johnson City, TN.	428.6	🚗	🚗									
Boots Off Hostel & Campground Shuttles Hampton, TN.	428.6	🚗	🚗	🚗	🚗	🚗	🚗					
Shuttles by Uncle Mike Bristol, TN.	428.6		🚗	🚗	🚗							
Combattracker Bristol, TN.	470.7		🚗	🚗	🚗							
AT Shuttle Service Damascus, VA.	470.7		🚗	🚗								
Barbara Clark Damascus, VA.	470.7			🚗								
Sundog Outfitter Damascus,VA.	470.7		🚗	🚗								
Dirt Nap - Jackie Lastinger Damascus, VA.	470.7			🚗	🚗							
Lone Wolf AT Shuttles Damascus, VA.	470.7		🚗	🚗	🚗							
Warren Doyle Mountain City, TN.	470.7		➤	🚗	➤							
Sufi Lodge Shuttles Troutdale, VA.	470.7			🚗								
Eller Taxi Service LLC Chilhowie, VA.	534.3			🚗								
Rambunny Shuttles Akins, VA.	546.0			🚗	🚗							
Linda Atkins, VA.	546.0			🚗	🚗							
Relax Inn Rural Retreat, VA.	546.0			🚗	🚗							
Bubba'a Shuttles Bland, VA.	591.8			🚗	🚗							
Weary Feet Bland, VA.	591.8			🚗	🚗							
Trent's Grocery Shuttles Bland, VA.	610.2			🚗	🚗							
Don Raines Pearisburg, VA.	637.1			➤	🚗	➤						
Tom Hoffman Pearisburg, VA.	637.1			🚗	🚗	🚗						
Woods Hole Shuttles Pearisburg, VA.	637.1			➤	🚗	➤						
Angels Rest Hiker's Haven Shuttles Pearisburg, VA.	637.1			➤	🚗	➤						
Larry Richardson Pearisburg, VA.	637.1			🚗	🚗							
MacArthur Inn Shuttles	637.1			🚗	🚗							
Shuttles AT NRV Blacksburg, VA.	677.8			🚗	🚗							
Homer & Therese Witcher Daleville, VA.	730.3				🚗	🚗						
Duck N Hut Shuttle Glasgow, VA.	730.3			🚗	🚗	🚗						
Stanimal's Shuttle Service Glasgow, VA.	787.3			🚗	🚗	🚗	🚗					
Maury Express	809.1					🚗						
Earl & Lois Arnold Montebello, VA.	828.0				🚗	🚗						
Rockfish Gap to Waynesboro Shuttles Waynesboro, VA.	864.3					🚗	🚗					
Yellow Truck Waynesboro, VA.	864.3				🚗	🚗	🚗					
Pam Bennett Waynesboro, VA.	864.3				🚗	🚗	🚗					
Stanimal's Shuttle Service Waynesboro, VA.	864.3			🚗	🚗	🚗						
Alison Coltrane Luray, VA.	944.4				🚗	🚗	🚗					
Front Royal Trolley Front Royal, VA.	972.1						🚗					

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Nina's Shuttle Service Front Royal, VA.	972.1											
Sharon's Shuttles Front Royal, VA.	972.1											
Mountain Shuttle Of The Shenandoah Front Royal, VA.	972.1											
Kristine "Montana" Villatoro Front Royal, VA	972.1											
Next Bend Adventures Front Royal, VA	972.1											
Scott & Marie Wheaton Bluemont, VA.	1006.2											
River Riders Harpers Ferry, WV.	1025.7											
HostelHiker Rideshare Shuttles Harpers Ferry, WV.	1025.7											
Mark "Strings" Cusic Harpers Ferry, WV.	1025.7											
Dan Perkins Harpers Ferry, WV.	1025.7											
Harpers Ferry Outfitters Harpers Ferry, WV.	1025.7											
Trailboss Shuttles Harpers Ferry, WV.	1025.7											
Town's Inn Shuttles Harpers Ferry, WV.	1025.7											
Debi"s Shuttle Service Harpers Ferry, WV.	1025.7											
HostelHiker Rideshare Shuttles Harpers Ferry, WV.	1025.7											
River & Trail Outfitters Shuttles Knoxville, MD/Harpers Ferry, WV.	1029.3											
The RoseSniffers Fairfield, PA.	1042.8											
Sawbriar's AT Shuttle & Guide Service Brunswick, MD.	1042.8											
Dennis Sewell Hagerstown, MD.	1057.3											
Bill S Hagerstown, MD.	1057.3											
Soggy Waynesboro, PA.	1067.4											
Freeman's Shuttle Fayetteville, PA.	1085.2											
Michael's Shuttle Service Boiling Springs, PA.	1124.3											
Bruce Dunlavy Boiling Springs, PA.	1124.3											
Points between Penn Mar & Port Clinton Shuttle Mechanicsburg, PA.	1132.3											
Wiley Carlisle, PA.	1132.3											
Trailangelmary Duncannon,PA.	1150.0											
Jim & Denise Glenn Marysville, PA,(Duncannon area)	1150.0											
Sholley's Shuttle Pine Grove, PA.	1150.0											
Darrick's Shuttle Service Pine Grove, PA. AC_	1196.7											
Cabela's Shuttle Hamburg, PA.	1219.9											
Acres 21 Shuttle Germansville, PA.	1246.6											
Gary, Alaska Concierge Services Delaware Water Gap, PA	1296.9											
Beatnik's Shuttle Newton, NJ.	1325.5											
Meadowlark Farm B&B Shuttles Warwick, NY	1365.9											

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Carl Greenwood Lake, NY.	1375.5						◄	🚗	►			
Village Taxi Monroe, NY.	1387.5						◄	🚗	►			
Harriman Shuttle	1387.8							🚗				
Toast Putnam Valley/Cold Spring NY.	1408.4							🚗	🚗			
Martin Hunley Poughkeepsie, NY.	1450.2						◄	🚗	►			
Donna Poughkeepsie, NY.	1450.2								🚗			
Christine Sherman, CT.	1459.6							🚗	🚗			
Frank aka "Trail Hopper" Kent, CT.	1472.5								🚗	🚗	🚗	
Cornwall Inn Cornwall Bride, CT.	1483.6								🚗			
Bearded Woods Shuttles Falls Village, CT.	1497.8							◄	🚗	►		
Executive Livery Goshen/Lakeville, CT	1506.6							◄	🚗	►		
Jessica Treat Sheffield, MA.	1527.1							🚗	🚗	🚗		
Andrus Transportation Berkshire Cty, MA.	1575.5								🚗	🚗		
Walter Shuttle Service Dalton, MA.	1575.5							🚗	🚗	🚗	🚗	🚗
Dave Ackerson North Adams, MA.	1598.7								🚗	🚗	🚗	
Vic LaPort Clarksburg, MA.	1598.7								🚗			
MA/VT Shuttles Clarksburg, MA.	1598.7								🚗	🚗		
Dot MacDonald Brattleboro, VT.	1617.1								🚗	🚗	🚗	
Droznah Transport LLC Manchester, VT.	1657.2								🚗	🚗	🚗	
Flipakey's Homestay Rutland, VT.	1708.2								🚗	🚗		
Janet Abbott South Royalton, VT.	1744.3								🚗	🚗	🚗	
Hanover Hiker Shuttle Hanover, NH.	1754.1								🚗	🚗	🚗	🚗
Big Yellow Taxi Hanover, NH.	1754.1								🚗	🚗		
Vtrips, LLC Fairlee, VT.	1771.7									🚗		
Hikers Welcome Hostel Shuttles Glencliff, NH.	1797.4								🚗	🚗	🚗	🚗
Notch Hostel Shuttles N Woodstock, NH.	1806.9										🚗	
Appalachian Mountain Club Hiker Shuttle Pinkham Notch, NH.	1818.4										🚗	
Gale River Motel Shuttle Franconia, NH.	1823.2									🚗	🚗	
The Shuttle Connection Lincoln, NH.	1823.2									🚗	🚗	
Mt Washington Auto Road	1863.4										🚗	
Trail Angels Hiker Services Berlin, NH.	1897.8									🚗	🚗	🚗
Stagecoach Shuttle Services Bethel/Sunday River, ME.	1929.1									◄	🚗	🚗
Mountain Courier Shuttle Westbrook, ME.	1929.1										🚗	
SD Shuttles Rangeley, ME.	1937.4										🚗	🚗
IRONMIKE Andover, ME.	1937.4										🚗	🚗
Rodney Kneeland Rangeley, ME.	1939.4										🚗	🚗
Ecopelagicon Rangeley, ME.	1975.9											🚗

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All Points Transportation Carrabassett Valley, ME.	2008.1										🚗	🚗
The Sterling Inn Shuttles Caratunk, ME.	2045.1											🚗
Charlie Anderson Caratunk, ME.	2081.8											🚗
Seven Pines Shuttle Monson, ME.	2081.8									🚗	🚗	🚗
Shaw's Hiker Hostel Shuttles Monson, ME	2081.1										🚗	🚗
100 Mile Wilderness Monson, ME.	2081.1											🚗
Maine Quest Adventures Millinocket, ME.	2181.2											🚗
The Appalachian Trail Lodge Millinocket, ME.	2181.2											🚗
Katahdin Shuttle Millinocket, ME	2181.2								🚗	🚗	🚗	🚗
Wilderness Edge Campground Shuttles Millinocket, ME	2181.2											🚗
Kim's Shuttle Services Millinocket, ME	2181.2											🚗
Katahdin Air Seaplane Service, Inc Millinocket, ME	2181.2									🚗	🚗	🚗

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Resuppply locations along the Appalachian Trail

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

NOBO Mile	Location (Designates map available = ★)	From trail head	Options	SOBO Mile
20.5	Suches, GA ★	(2.0W)		2176.0
31.3	Neel Gap, GA	On Trail		2165.2
31.3	Blairsville, GA	(14.0W)		2165.2
31.3	Dahlonega, GA	(17.0E)		2165.2
52.5	Helen, GA ★	(9.0E)		2144.0
69.2	Hiawassee, GA ★	(11.0W)		2127.3
109.4	Franklin, NC ★	(10.0E)		2087.1
136.7	NOC, NC ★	On Trail		2059.8
150.5	Stecoah Gap, NC (NC. 143) ★	(3.4E)		2046.0
150.5	Robbinsville, NC ★	(7.0W)		2046.0
165.9	Fontana Village, NC ★	(2.0W)		2030.6
207.7	Gatlinburg, TN ★	(15.0W)		1988.8
207.7	Cherokee, NC	(18.0E)		1988.8
239.2	Davenport Gap, TN ★	(1.2E)		1957.3
241.5	Green Corner Road ★	(0.1W)		1955.0
274.9	Hot Springs, NC ★	On Trail		1921.6
291.2	Log Cabin Rd ★	(0.7W)		1905.3
319.7	Sams Gap, TN ★	(2.7W)		1873.4
344.3	Uncle Johnny's Nolichucky Hostel ★	On Trail		1852.2
344.3	Erwin, TN ★	(3.8W)		1852.2
395.3	Elk Park, NC ★	(2.3E)		1801.2
395.3	Roan Mountain, TN ★	(3.5W)		1801.0
420.0	Dennis Cove, TN ★	On Trail		1776.5
428.5	Shook Branch Road ★	(0.1W)		1768.0
428.6	Hampton, TN ★	(2.6W)		1767.9
455.7	Shady Valley, TN ★	(2.7E)		1740.8
470.7	Damascus, VA ★	On Trail		1725.8
520.2	Troutdale, VA ★	(2.6E)		1676.3
534.3	Sugar Grove, VA	(3.2E)		1662.2
534.3	Marion, VA ★	(6.0W)		1662.2
546.0	Atkins, VA ★	On Trail		1650.5
555.8	Quarter Way Inn	(0.3W)		1640.7
558.3	VA. 42/W Blue Grass Trail ★	(0.2E)		1638.2
576.0	Saint Luke's Hostel	(5.1W)		1620.5
591.8	Bland, VA ★	(2.5E)		1604.7
591.8	Bastian, VA	(3.0W)		1604.7
610.2	VA. 606 ★	(0.5W)		1586.3
625.4	Sugar Run Gap, VA ★	(0.5E)		1571.1
637.1	Narrows, VA ★	(3.6W)		1559.4
637.1	Pearisburg, VA ★	(1.3E)		1559.4
677.8	Newport, VA ★	(8.0E)		1518.7
704.6	Catawba, VA ★	(0.4W)		1491.9
730.3	Daleville, VA ★	On Trail		1466.2
731.8	Troutville, VA ★	(1.0E)		1464.7
751.9	Buchanan, VA ★	(5.0W)		1444.6
758.5	Jennings Creek Road, VA. 614 ★	(1.2E)		1438.0
787.3	Big Island, VA	(5.6E)		1409.2
787.3	Glasgow, VA ★	(5.9W)		1409.2
809.1	Buena Vista, VA ★	(9.3W)		1387.4
825.4	Montebello, VA ★	(3.0W)		1371.1
864.3	Waynesboro, VA ★	(3.7W)		1332.2
892.1	Loft Mountain Campground ★	(0.1W)		1304.4
909.8	Elkton, VA ★	(6.5W)		1286.7
918.1	Lewis Mountain Campground ★	(100ft W)		1278.4
925.9	Big Meadows Wayside ★	(0.3E)		1270.6
944.4	Luray, VA ★	(9.0W)		1252.1
972.1	Front Royal, VA ★	(3.5W)		1224.4
978.4	Masassas Gap/Linden, VA ★	(1.0W)		1218.1
1005.6	Bears Den Hostel ★	(0.2E)		1190.9
1006.2	Bluemont, VA ★	(1.7E)		1190.3
1019.8	Keys Gap, VA ★	(0.3E)		1176.7
1025.7	Charles Town, WV	(6.0W)		1170.8
1025.7	Frederick, MD	(20.0E)		1170.8
1025.7	Harpers Ferry, WV ★	On Trail		1170.8
1036.4	Gapland Road, MD. 572	(0.4W)		1160.1
1043.8	Boonsboro, MD ★	(2.5W)		1152.7
1057.3	Smithsburg, MD ★	(1.5W)		1139.2
1067.4	Cascade, MD	(1.4E)		1129.1
1067.4	Rouzerville, PA	(1.5W)		1129.1
1067.4	Waynesboro, PA ★	(6.6W)		1129.1
1069.9	Blue Ridge Summit, PA	(1.2E)		1126.6
1080.5	South Mountain, PA	(1.3E)		1116.0
1085.2	Fayetteville, PA ★	(3.5W)		1111.3
1105.1	Pine Grove Furnace State Park ★	On Trail		1091.4
1113.9	Gardners, PA	(0.2E)		1082.6
1115.5	Mt. Holly Springs, PA ★	(2.5E)		1081.0
1124.3	Boiling Springs, PA ★	On Trail		1072.2
1132.3	Carlisle, PA ★	(0.5W)		1064.2
1132.3	New Kingston, PA	(1.7W)		1064.2
1132.3	Mechanicsburg, PA	(5.0E)		1064.2
1150.0	Duncannon, PA ★	On Trail		1046.5
1185.0	Lickdale, PA/Jonestown, PA ★	(2.1E)		1011.5
1194.5	Pine Grove, PA ★	(3.4EW)		1002.0
1196.4	Bethel, PA	(4.1E)		1000.1
1219.9	Port Clinton, PA ★	On Trail		976.6
1220.6	Hamburg, PA ★	(1.6E)		975.9
1227.1	Blue Rocks Campground	(1.5E)		969.4
1260.7	Slatington, PA ★	(2.0E)		935.8
1261.1	Palmerton, PA ★	(1.5W)	FUEL	935.4

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1261.1	Walnutport, PA	★	(2.0E)		935.4
1266.0	Danielsville, PA	★	(1.5E)		930.5
1273.3	Smith Gap Road	★	(1.2W)		923.2
1281.4	Wind Gap, PA	★	(1.0E)		915.1
1296.9	Delaware Water Gap, PA	★	On Trail		899.6
1307.5	Mohican Outdoor Center	★	(0.3W)		889.0
1325.5	Culvers Gap, NJ	★	(1.6E)		871.0
1325.5	Branchville, NJ	★	(3.4E)		871.0
1339.8	Port Jervis, NY	★	(4.4W)		856.7
1348.6	Unionville, NY	★	(0.7W)		847.9
1356,6	Greenwood, NJ	★	(1.1W)		839.9
1360.4	Vernon, NJ	★	(2.4E)		836.1
1363.5	New Milford, NY		(1.8W)		833.0
1365.9	Warwick, NY.		(2.7W)		830.6
1375.5	Bellvale Creamery, NY	★	(0.2W)	-	821.0
1375.5	Bellvale, NY		(1.6W)	-	821.0
1375.5	Greenwood Lake, NY	★	(2.0E)		821.0
1387.5	Southfields, NY		(2.1E)		809.0
1387.5	Harriman, NY		(3.7W)		809.0
1408.4	Fort Montgomery, NY	★	(1.0W)		788.1
1408.4	Highland Falls, NY		(3.8W)		788.1
1414.4	Appalachian Market		On Trail		782.1
1414.4	Peekskill, NY		(4.5E)		782.1
1419.4	Putnam Valley Market		(1.6E)		777.1
1438.9	Mountaintop Market Deli		(0.5E)		757.6
1438.9	Stormville, NY		(1.9W)		757.6
1446.1	Poughquag, NY	★	(3.1W)		750.4
1451.3	Pawling, NY	★	(3.1E)		745.2
1453.7	Native Landscapes & Garden Center		On Trail		742.8
1451.8	Wingdale, NY		(4.0W)		741.3
1461.3	Gaylordsville, CT		(2.9E)		735.2
1464.7	Bulls Bridge Road		(0.5E)		731.8
1472.5	Kent, CT	★	(0.8E)		724.0
1483.6	Cornwall Bridge, CT	★	(0.9E)		712.9
1488.4	West Cornwall, CT		(2.2E)		708.1
1488.4	Sharon, CT		(4.7W)		708.1
1495.9	Falls Village, CT	★	(0.5E)		700.6
1506.6	Salisbury, CT	★	On Trail		689.9
1506.6	Lakeville, CT		(2.0W)	-	689.9
1523.5	South Egremont, MA		(1.2W)		673.0
1527.1	Great Barrington, VT	★	(3.0W)		669.4
1527.1	Sheffield, MA		(3.0E)		669.4
1546.7	Tyringham, MA		(0.6W)		649.8
1556.4	Lee, MA	★	(5.0W)		640.1
1565.8	Becket, MA		(5.0E)		630.7
1575.5	Dalton, MA	★	On Trail		621.0
1584.2	Cheshire, MA	★	On Trail		612.3
1584.7	Adams, MA		(4.2E)		611.8
1598.7	Stop & Shop	★	(0.5W)		597.8
1598.7	North Adams, MA	★	(2.5E)		597.8
1598.7	Williamstown, MA	★	(2.6W)		597.8
1617.1	Bennington, VT	★	(5.1W)		579.4
1657.2	Manchester, VT	★	(5.4W)		539.3
1654.0	Peru, VT		(4.3E)		539.0
1675.0	Danby, VT		(3.2W)		521.5
1683.3	Wallingford, VT	★	(2.8W)		513.2
1689.6	North Clarendon, VT		(4.2W)		506.9
1707.3	Rutland, VT	★	(8.5W)		4892.0
1710.6	Killington, VT	★	(0.6E)		485.9
1731.0	Woodstock, VT	★	(4.2E)		465.5
1733.2	South Pomfret, VT	★	(1.0E)		463.3
1737.2	Cloudland Road		(0.2W)		459.3
1752.6	Norwich, VT		(0.1W)		443.9
1754.1	Hanover, NH	★	On Trail		442.4
1754.1	Lebanon & West Lebanon, NH		(5.0E)		442.4
1760.0	Etna, NH		(0.8E)		436.5
1771.7	Lyme Center, NH	★	(1.3W)		424.8
1771.7	Lyme, NH	★	(3.2W)		424.8
1787.7	Wentworth, NH		(4.5E)		408.8
1792.5	Warren, NH		(4.0E)		404.0
1797.4	Glencliff, NH	★	(0.4E)		399.1
1806.9	Kinsman Notch		(0.5E)		389.6
1823.2	Flume Visitor Center		(0.7E)		373.3
1823.2	Lafayette Place Campground		(2.3W)		373.3
1823.2	North Woodstock, NH	★	(4.8E)		373.3
1823.2	Lincoln, NH	★	(5.8E)		373.3
1823.2	Franconia, NH		(11.0W)		373.3
1850.9	Crawford Notch General Store & Campground		(3.4E)		345.6
1897.8	Gorham, NH	★	(3.5W)		298.7
1929.1	Bethel, ME		(17.9E)		267.4
1939.4	Andover, ME	★	(8.0E)		257.1
1962.8	Oquossoc, ME		(10.8W)		233.7
1975.9	Rangeley, ME	★	(9.0EW)		220.6
2008.1	ME. 16/27		(2.7E)		188.4
2008.1	Stratton, ME	★	(5.0W)		188.4
2045.1	Caratunk, ME	★	(0.3E)		151.4
2045.1	The Forks, ME		(2.0W)		151.4
2081.8	Monson, ME	★	(3.6E)		114.7
2081.8	Greenville, ME		(10.4W)		114.7
2081.2	Golden Road		On Trail		15.3
2181.5	Millinocket, ME	★	(19.6E)		15.0

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Post Offices locations along the Appalachian Trail

Listing is in NOBO mileages

Suches, GA (2.0W)

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

Helen, GA 30545 (9.0E)

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

Hiawassee, GA 30546 (11.0W)

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

Franklin, NC 28734 (10E)

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

Robbinsville, NC (7.0W) from Stecoah Gap.

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

Fontana Village, NC (2W from NC 28)

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

Gatlinburg, TN (15.0W)

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

Hot Springs, NC

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

Erwin, TN 37650.

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

Elk Park, NC. (2.5E)

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

Roan Mountain, TN 37687 (3.5W)

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

Hampton, TN 37658 (2.6W)

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

Shady Valley, TN.(2.7E)

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

Damascus, VA. 24236.

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

Troutdale, VA 24378 (2.6E)

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

Sugar Grove, VA 24375 (3.2E)

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

Marion, VA 24354 (6.0W)

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

Atkins, VA.

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

Bland, VA (2.5E)

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

Bastian, VA 24314 (3.0W)

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

Pearisburg, VA (1.3E)

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

Narrows, VA (3.6W on VA 100)

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

Newport, VA 24128 (8E)

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

Catawba, VA. (1.0W)

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

Daleville, VA 24083

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

Troutville, VA. (1.0E)

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

Buchanan, VA (downtown) (5.0W)

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

Glasgow, VA 24555 (5.9W)

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

Buena Vista, VA 24416 (9.3W)

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

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Montebello, VA. (3.0W)

825.4 **PO** M-F 10am-2pm, Sa 10am-1pm, 540-377-9218. 15048 Crabtree Falls Hwy. Montebello, VA 24464. [37.85255,-79.13128]

Waynesboro, VA 22980 (3.7W)

864.3 **PO** M-F 9am-5pm, Sa pickup (only) 8am-12pm, 540-942-7320. 200 S Wayne Ave. Waynesboro, VA 22980. [38.06758,-78.88931]

Elkton, VA 22827 (6.5W)

909.8 **PO** M-F 8:30am-4:30pm, Sa 9am-11am, 540-298-7772. 102 W Rockingham St. Elkton, VA 22827. [38.40858,-78.61915]

Luray, VA 22835 (9.0W)

944.4 **PO** M-F 8:30am-4:30pm, 540-743-2100. 102 S Broad St. Luray, VA 22835. [38.66473,-78.46035]

Front Royal, VA. (3.5W)

972.1 **PO** M-F 8:30am-5pm, Sa 8:30am-1pm, 540-635-8482. 120 E 3rd St. Front Royal, VA 22630. [38.92340,-78.19208]

Linden, VA. (0.9W)

978.4 (1.0W) **PO** M-F 8-am12pm & 1pm-5pm, Sa 8am-12pm, 540-636-9936, packages only held for 15 days. 13474 John Marshall Hwy. Linden, VA 22642. [38.90991,-78.07495]

Bluemont, VA. (1.7E)

1006.2 (1.8E) **PO** M-F 10am-1pm & 2pm-5pm, Sa 8:30am-12pm, 540-554-4537. 33775 Snickersville Tpke. Bluemont, VA 20135. [39.11001,-77.83221]

Harpers Ferry, WV.

1026.0 **PO** M-F 8am-4pm, Sa 9am-12pm, 304-535-2479. 1010 Washington St. Harpers Ferry, WV 25425. [39.32661,-77.74503]

Brunswick, MD (2.5E from Keep Tryst Rd)

1029.0 **PO** M-F 8am-4:30pm, Sa 9am-12pm, 301-834-9944. 315 Brunswick St. Brunswick, MD 21716. [39.31470,-77.63116]

Boonsboro, MD (2.5W)

1043.5 (2.5W) **PO** M-F 9am-1pm & 2pm-5pm Sa 9am-12pm, 301-432-6861. 5 Potomac St., Boonsboro, MD 21713. [39.50638,-77.65268]

Smithsburg, MD. (1.5W)

1057.0 **PO** M–F 8:30am–1pm & 2pm–4:30pm, Sa 8:30am–12pm, 301-824-2828. 43 Grove Ln. Smithsburg, MD 21783. [39.65411,-77.57038]

Cascade, MD (1.4E on Pen Mar/High Rock Rd)

1067.1 **PO** M-F 10am-1pm & 2pm-5pm, Sa 8am-12pm, 301-241-3403. 25208 Military Rd. Cascade, MD 21719. [39.70876,-77.48916]

Rouzerville, PA 17250 (1.8W)

1067.1 **PO** M–F 8:30am–1pm & 2am–4:30pm, Sa 8:30am–11:30pm 717-762-7050. 11738 Pen Mar Rd. Rouserville, PA 17250. [39.73701,-77.52468]

Waynesboro, PA 17214 (6.6W)

1067.1 **PO** M-Fi 8:30am - 5:00pm, SA 9:00am - 12:00pm, Su Closed. 717-762-1513. 118 E Main St. Waynesboro, PA 17268. [39.75395,-77.57506]

South Mountain, PA. (1.3E)

1080.2 **PO** M-F 12pm-4pm, Sa 8:30am-11:30am. 717-749-5833. 10444 S Mountain Rd. South Mountain, PA 17261. [39.84830,-77.48973]

Fayetteville, PA. (3.5W)

1084.9 (3.2 W) **PO** M-F 8-4:30; Sa 8:30-12, 717-352-2022. 4025 Lincon Way E. Fayetteville, PA 17222. [39.91080,-77.55991]

Mt. Holly Springs, PA. (2.5W)

1115.2 **PO** M–F 8am-1pm & 2pm-4:30pm, Sa 9am-12pm. 717-486-3468. 16 W Pine St. Mt Holly Springs, PA 17065. [40.11430,-77.19026]

Boiling Springs, PA.

1124.0 **PO** M-F 9am-12pm & 1pm-4:30pm, Sa 9am-12pm. 717-258-6668. 3 E 1st St. Boiling Springs, PA 17007. [40.15051,-77.12698]

New Kingston, PA. 17073 (1.9W)

1132.0 (1.7W) **PO** M-F 8:30am - 4pm, Sa 10am - 12pm, Su Closed. 31 E Main St, New Kingstown, PA 17072. [40.23433,-77.07738]

Carlisle, PA. (0.5W)

1132.0 (5.1W) **PO** M-F 9am - 6pm, Sa 9am - 1pm, Sun Closed. 717-243-3531. 66 W Louther St, Carlisle, PA 17013. [40.20278,-77.19043]

Duncannon, PA.

1149.7 **PO** ID required, M-F 8am-11am & 12pm-4:30pm, Sa 8:30am-12:30pm. 717-834-3332. 203 N Market St. Duncannon, PA 17020. [40.39255,-77.02928]

Pine Grove, PA. (3.4W)

1194.2 **PO** M-F 8:30am-4:30pm, Sa 9am-1pm. 570-345-4955. 103 Snyder Ave. Pine Grove, PA 17963. [40.55036,-76.38361]

Bethel, PA. (4.1E)

1196.1 **PO** M-F 8am-12pm & 1:15am-4:30pm, Sa 8:30am-10:30am. 717-933-8305. 10 Legion Dr. Bethel, PA 19507. [40.47471,-76.29238]

Port Clinton, PA.

1219.8 **PO** M-F 12:30am-4:30pm, Sa 8am-11pm. 610-562-3787. 6 Broad St. Port Clinton, PA 19549. [40.58040,-76.02440]

Hamburg, PA 19526 (1.6E)

1220.5 **PO** M-F 9am-5pm, Sa 9am-12pm. 610-562-7812. 50 N 3rd St. Hamburg, PA 19526. [40.55605,-75.98461]

Slatington, PA. (2.0E)

1259.9 **PO** M-F 8:30am - 11:00am, 1:30pm - 4:00pm, Sat 8:30am - 11:30am, Sun Closed. 610-767-2182. 605 Main St. Slatington, PA 18080. [40.75146,-75.61258]

Walnutport, PA (2.0E)

1260.1 **PO** M-F 8:30am-5pm, Sa 8:30am-12pm. 610-767-2182. 249 Lehigh Gap St. Walnutport, PA 18088. [40.75400,-75.59196]

Palmerton, PA 18071 (1.5W)

1260.1 **PO** M-F 8:30am-5pm, Sa 8:30am-12pm. 610-826-2286. 128 Delaware Ave Front. Palmerton, PA 18071. [40.79931,-75.61485]

Danielsville, PA. (1.5E) on Blue Mountain Dr, then left on Mountainview Drive to PO.

1265.2 **PO** M-F 9:30am-1pm & 2pm-4:30pm. Sa 8-12, 610-767-688. 3937 Mountain View Dr. Danielsville, PA 18038. [40.79466,-75.52916]

Wind Gap, PA 18091 (1.0E)

1280.6 **PO** M–F 8:30am–5pm, Sa 8:30am–12pm, 610-863-6206. 138 N Broadway. Wind Gap, PA 18091. [40.85088,-75.29186]

Delaware Water Gap, PA.

1296.1 **PO** M-F 8:30am-12pm, & 1pm-4:45pm, Sa 8:30am-11:30pm. 570-476-0304. 12 Shepard Ave. Delaware Water Gap, PA 18327. [40.98356,-75.14275]

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Branchville, NJ 07826 (3.4E)

1324.7 **PO** M–F 8:30am–5pm, Sa 8:30am–1pm. 973-948-3580. 1 Broad Rd. Branchville, NJ 07826. [41.14670,-74.75170]

Unionville, NY. (0.7W)

1347.8 **PO** M-F 8am-11:30am & 1pm-5pm, Sa 9am-12pm. 845-726-3535. 1 Main St. Unionville, NY 10988. [41.30151,-74.56210]

Glenwood, NJ. (1.1W)

1355.8 **PO** M-F 7:30am–5pm, Sa 10am–2pm. 973-764-2616. 958 County Rt 517. Glenwood, NY 07418. [41.24928,-74.47815]

Vernon, NJ 07462 (2.4E)

1359.6 **PO** M-F 8:30am-5pm, Sa 9:30am-12:30pm. 973-764-9056. 530 County Route 515 Unit 13. Vernon, NJ 07462 [41.19508,-74.48318]

New Milford, NY. (1.8W)

1362.7 (1.4W) on Barret Rd, then right (0.6) on NJ 94 to shoe store and **Post Office**. M-F 8:30am-12:30pm, Sa 9am-11:30am. 845-986-3557. 3 Jockey Hollow Rd Ste 2. New Milford, NY 10959. [41.23445,-74.41645]

Warwick, NY. (2.7W)

1365.1 **PO** M–F 8:30am–5pm, Sa 9am–4pm, Su Closed. 845-986-0271. 108 Main St, Warwick, NY 10990. [41.25913,-74.35725]

Greenwood Lake, NY. (2.0E)

1374.7 **PO** M–F 8am–5pm, Sa 9am–12pm. 845-477-7328. 123 Windermere Ave. Greenwood Lake, NY 10925. [41.22641,-74.29175]

NY 17 Southfields, NY. (2.1E)

1386.7 **PO** M–F 10am–12pm & 1pm–5pm, Sa 8:30am–11:30am. 845-351-2628. 996 Route 17. Southfields, NY 10975. [41.24223,-74.17596]

Montgomery, NY.

1405.7 (0.4E) **PO** 9am-11am, Sat-Sun Closed, 845-786-3747. 30 Service Rd. Bear Mountain, NY 10911. [41.31106,-73.98745]

Fort Montgomery, NY. (1.8W)

1406.5 (1.0W) **PO** M-F 8am-1pm & 2:30pm-5pm, Sa 9am-12pm, 845-446-8459. 130 Firefighters Memorial Dr. Fort Montgomery, NY 10922. [41.33130,-73.98760]

Peekskill, NY. (4.5E)

1412.5 **PO** M–F 9am–5pm, Sa 9am-4pm. 914-737-6437. 738 South St. Peekskill, NY 10566. [41.28958,-73.92305]

Stormville, NY. (1.9W)

1437.0 **PO** M–F 8:30am–5pm, Sa 9am–12pm. 845.226.2627. 7 Old Route 52. Stormville, NY 12582. [41.56383,-73.74113]

Poughquag, NY. (3.1W)

1444.2 **PO** M–F 8:30am–1pm & 2pm-5pm, Sa 8:30am–12:30pm. 845-724-4763. 2546 Route 55. Poughquag, NY 12570. [41.62478,-73.68801]

Pawling, NY. (3.1E)

1449.4 **PO** M-F 8:30am-5pm. Sa 9am-12pm. 845-855-2669. 10 Broad St. Pawling, NY 12564. [41.56381,-73.60208]

Wingdale, NY. (4.0W)

1451.8 **PO** M-F 8:30am-12:30pm & 1:30pm-5pm, Sa 8am-12:30pm. 845-832-6147. 1809 route 22. Wingdale, NY 12594. [41.64823,-73.56381]

Gaylordsville, CT. (2.9E)

1459.4 **PO** M-F 8am-1pm & 2pm-5pm, Sa 8am-12pm. 860-354-9727. 3 Geo. Washington Plz Unit 8. Gaylordsville, CT 06755. [41.63936,-73.48208]

Kent, CT. (0.8E)

1470.2 **PO** M-F 8am-1pm & 2pm-5pm, Sa 8:30am-12:30pm. 860-927-3435. 31 Kent Green Blvd. Kent, CT 06757. [41.67866,-73.47073]

Cornwall Bridge, CT (0.9E)

1481.3 **PO** M-F 8:30am-1pm & 2pm-5pm, Sa 9am-12pm. 860-672-6710. 18A Kent Rd S. Cornwall, CT 06754. [41.81820,-73.37105]

West Cornwall, CT. (2.2E)

1486.1 **PO** M–F 8:30am–12pm & 2pm–4:30pm, Sa 9am–12pm. 860-672-6791. 408 Sharon Goshen Tpke. West Cornwall, CT 06796. [41.87173,-73.36105]

Sharon, CT. (4.7W)

1486.1 **PO** M–F 9:30am–4:30pm, Sa 9:30am–12:30pm. 860-364-5306. 2 Low Rd. Sharon, CT 06069. [41.88428,-73.47023]

Falls Village, CT.

1495.2 (0.5E) **PO** M-F 8:20-1pm & 2pm-5pm, Sa 8:30am-12pm. 860-824-7781. 5 Miner St. Falls Village, CT 06031. [41.95466,-73.36148]

Salisbury, CT.

1502.9 **PO** M-F 8:30am-1pm & 2pm-5pm, Sa 9am-12om. 860-435-5072. 22 Main St. Salisbury, CT 06068. [41.98211,-73.42231]

South Egremont, MA. (1.2W)

1520.3 (1.1) **PO** M–F 8:15am–12pm & 12:30pm–4pm, Sa 9am–11:30am. 413-528-1571. 64 Main St. South Egremont, MA 01258. [42.16073,-73.41961]

Sheffield, MA. (3.0E)

1523.9 **PO** M–F 9am–4:30pm, Sa 9am–12pm. 413-229-8772. 99 Main St. Sheffield, MA 01257. [42.10980,-73.35421]

Great Barrington, MA. (3.0W)

1523.9 **PO** M-F 8:30am-4:30pm, Sa 8:30am-12:30pm. 413-528-3670. 222 Main St. Great Barrington, MA 01230. [42.19635,-73.36141]

Tyringham, MA. (0.6W)

1543.5 **PO** M–F 9am–12:30pm & 4pm-5:30pm, Sa 8:30am–12:30pm. 413-243-1225. 118 Main Rd. Tyringham, MA 01264. [42.24590,-73.20431]

Lee, MA. (5.0W)

1553.2 **PO** M–F 8:30am–4:30pm, Sa 9am–12pm. 413-243-1392. 35 Frank Consolati Way, Lee, MA 01223. [42.30521,-73.25071]

Becket, MA. (5.0E)

1562.6 **PO** M–F 8am–4pm, Sa 9am–11:30pm. 413-623-8845. 623 Main St. Becket, MA 01223. [42.27885,-73.06028]

MA. 8 and MA. 9. Dalton, MA.

1572.3 **PO** M-F 8:30am-4:30pm, Sa 9am-1pm. 413-684-0364. 609 Main St. Dalton, MA 01226. [42.56181,-73.15786]

Cheshire, MA

1581.0 **PO** M-F 7:30am-1pm & 2pm-4:30pm, Sa 8:30am-11:30am. 413-743-3184. 214 Church St. Cheshire, MA 01225. [42.56181,-73.15786]

Adams, MA. (4.2E)

1581.5 **PO** M–F 8:30am–4:30pm, Sa 10am–12pm. 413-743-5177. 1 Center St. Adams, MA 01220. [42.62016,-73.12056]

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Williamstown, MA. (2.6W)

1595.5 **PO** M-F 8:30am-4:30pm, Sa 9am-12pm. 413-458-3707. 56 Spring St. Williamstown, MA 01267. [42.71050,-73.20411]

North Adams, MA. (2.5E)

1595.5 **PO** M-F 8:30am-4:30pm, Sa 10am-12pm. 413-664-4554. 67 Summer St. North Adams, MA 01247. [42.69815,-73.11070]

VT 9 Bennington, VT. (5.1W)

1613.9 **PO** M-F 8am-5pm, Sa 9am-2pm. 802-442-2421. 108 Elm St. Bennington, MA 05201. [42.87640,-73.19843]

Manchester Center, VT. (5.4W)

1654.0 **PO** M-F 8:30am-4:30pm, Sa 9am-12pm. 802-362-3070. 3452 Richville Rd. Manchester, VT 05255. [43.16788,-73.04743]

USFS 10, Danby–Landgrove Road.

1671.8 (3.2W) **PO** M–F 7:15am–10:15am & 11:15am-2:15pm, Sa 7am–10:30am. 802-293-5105. 214 N Main St. Danby, VT 05739. [43.34985,-72.99635]

Wallingford, VT. (2.8W)

1680.1 **PO** M–F 8am–4:30pm, Sa 9am–12pm. 802-446-2140. 137 N Main St Unit A. Wallingford, VT 05773. [43.47368,-72.97731]

North Clarendon, VT. (4.2W)

1686.4 **PO** M–F 8am–1pm & 2pm–4:30pm, Sa 8am–10am. 802-773-7893. 47 Moulton Ave. North Clarendon, VT 05759. [43.56468,-72.96683]

Rutland, VT (8.5W from US 4 trail head)

1704.1 **PO** M-F 10am-2pm, Sa 8:30am-11:30pm. 802-773-0223. 151 West St. Ste JJ. Rutland VT 05701. [43.60806,-72.98156]

Killington, VT 05751 (0.6E from VT 100, 1.8E from US 4)

1704.4 **PO** M-F 6:30am (window pickup only), 8:30am-11am & 12pm-4:30pm. Sa 8:30-12, 802-775-4247. 2046 Route 4. Killington, VT 05751. [43.66628,-72.80918]

Woodstock, VT. (4.2E)

1727.8 **PO** M-F 8:30am-5pm, Sa 9am-12pm. 802-457-1323. 22 Central St. Woodstock, VT 05091. [43.62566,-72.51756]

South Pomfret, VT 05067 (1.0E)

1730.0 **PO** M-F 10am-2pm, Sa 8:30am-11:30am. 802-457-1147, located inside of Teago's General Store. 2035 Pomfret Rd Unit B. South Pomfret, VT 05067. [43.66488,-72.53878]

Norwich, VT.

1749.4 **PO** 802-649-1608. M-W 8:30am-5pm, Th 8:30-12pm, F 8:30am-5pm, Sa 9am-12pm, Su Closed. [43.71371,-72.30875]

Hanover, NH.

1750.9 **PO** M-F 8:30am-5pm, Sa 8:30am-12pm, Sat pick-up available until 3pm. 603-643-4544. 50 S Main St. Hanover, NH 03755. [43.70066,-72.28923]

Lyme Center, NH. (1.3W)

1768.5 **PO** M–F 8am–10am, Sa 8am–11:30am. 603-795-4037. 181 Dorchester RD Unit 3. Lyme Center, NH 03769. [43.79955,-72.12541]

Lyme, NH. (3.2W)

1768.5 **PO** M–F 7:45am–12pm & 1:30am–5:15pm, Sa 7:45am–12pm. 603-795-4421. 5 Main St. Unit 5. Lyme, NH 03768. [43.81146,-72.15816]

Wentworth, NH. (4.5E) on NH 25A, then right (0.2) on NH 25

1784.5 (4.7E) **PO** M–F 7am–11am & 2:45pm–4:45pm, Sa 7:15am–12pm. 603-764-9444. 12 Wentworth Village RD Unit B. Wentworth, NH 03282. [43.86953,-71.91095]

Warren, NH 03279 (4.0E)

1789.3 **PO** M-F 7:30am-9:30am & 3pm-5pm, Sa 7:30am-12pm. 603-764-5733. 18 Lake Tarleton RD Unit 1. Warren, NH 03279. [43.92288,-71.89066]

NH 25 Glencliff, NH. (0.4E)

1794.2 **PO** M-F 12pm-2pm, Sa 7am-1pm. 603-989-5154. 1385 NH Route 25 Unit 1. Glencliff, NH 03238. [43.98551,-71.89640]

North Woodstock, NH (4.8E) of Franconia Notch.

1820.0 **PO** M-F 9:30am-12:30pm & 1:30pm-4:30pm, Sa 9am-12pm. 603-745-8134. 159a Main St North. North Woodstock, NH 03262. [44.03350,-71.68691]

Lincoln, NH (5.8E)

1820.0 **PO** M-F 8am-5pm, Sa 8am-12pm. 603-745-8133. 10 Lumber Yard Dr Unit 9, Lincoln, NH 03251. [44.04146,-71.67120]

Franconia, NH 03580 (11.0W)

1820.0 **PO** M-F 8:30am-1pm & 2pm-5pm, Sa 9am-12pm. 603-823-5611. 308 Main St. Franconia, NH 03580. [44.22796,-71.74986]

Mt. Washington Summit.

1860.2 **PO** M-S 10am-4pm. For outgoing mail only. Do not send mail drops here.

Gorham, NH. 03581 (3.5W from U.S. 2 Trail head).

1894.6 **PO** M-F 8:30am-5pm, Sa 8:30am-12pm. 603-466-2182. ID required; all packages should include your legal name. 165 Main St. Gorham, NH 03581. [44.39018,-71.18245]

Bethel, ME. 04217 (17.9E) Directions: (12.2E) to Rt 2, right (5.7) miles on Rt 2.

1925.9 **PO** M-F 9am-4pm, Sa 10am-12:30pm. 207-824-2668. 82 Main St. Bethel, ME 04217. [44.40720,-70.78943]

Andover, ME. 04216 (8.0E)

1936.2 **PO** M-F 9:15am-12pm & 1pm-4:15pm, Sa 9am-12pm. 207-392-4571. 6 Church St. Andover, ME 04216. [44.63243,-70.74970]

Oquossoc, ME. (10.8W)

1959.6 **PO** M–F 8am–10am & 2:15pm–4:15pm, Sa 9am–12pm. 207-864-3685. 92 Carry Rd. Oquossoc, ME 04964. [44.96585,-70.77496]

Rangeley, ME. (9.0W)

1972.7 **PO** M-F 9:30am-12:30pm & 1:30pm-4:15pm, Sa 9:30am-12pm. 207-864-2233. 2517 Main St. Rangeley, ME 04970. [44.96569,-70.64324]

Stratton, ME. 04982 (5.0W)

2004.9 **PO** M-F 8:30am-1pm & 1:30pm-4pm, Sa 8:30am-11am. 207-246-6461. 95 Main St. Stratton, ME 04982. [45.14041,-70.43790]

US 201 Caratunk, ME. (0.3E)

2041.9 **PO** M-F 2pm-4pm, Sa 7:30am-11:15am, 207-672-3416 Post office accepts debit cards with limited cash. 172 Main St. Caratunk, ME 04925. [45.23396,-69.99185]

Monson, ME (3.6E)

2078.6 **PO** M-F 9:15am-12:15pm & 1:15pm-4:15pm, Sa 7:30am-11am. 207-997-3975. 2 Greenville Rd. Monson, ME 04464. [45.28611,-69.50043]

Millinocket, ME. 04462 (19.6E) from Abol Bridge.

2177.8 **PO** M-F 9am - 4pm, Sa 9am - 11:30am, Sun Closed. 207-723-5921. 113 Penobscot Ave. Millinocket, ME 04462. [45.65505,-68.70873]

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Shelters on the Appalachian Trail

0.2	🚰 🚻 ⛺{18} ⛳{12} 🛏 🌙 🛜{2} 📍	(0.2E) **0.0⮜⮜⮜0.0⮜⮜0.0⮜Springer Mountain Shelter⮞2.6⮞⮞7.9⮞⮞⮞15.5** 🚰 Water (spring) 80 yards on a blue blazed trail in front of the shelter but is known to go dry, ⛺ tenting, 🌙 privy, 🛜 2 bear boxes. 🚻 Benton MacKaye Trail (southern terminus) is located 50 yards north on the AT. 🚻[34.62864,-84.19445] ⛳[34.62933,-84.19275]	3730	2197.2
2.8	🚰 🚻 ⛺{3} ⛳{16} 🛏 🌙 🛜 📍	(0.1E) **2.6⮜Stover Creek Shelter⮞5.3⮞⮞12.9⮞⮞⮞24.9** 🚰 Water behind shelter is often dry but good water can be found where trail crosses Stover Creek 100 yards north of shelter, ⛺ tent pads, 🌙 privy, 🛜 bear cables. 🚻[34.65007,-84.19790] ⛳[34.65028,-84.19720]	2954	2194.6
8.1	🚰 🚻 ⛺ ⛳{16} 🛏 🌙 🛜 📍	(0.2W) **7.9⮜⮜5.3⮜Hawk Mountain Shelter⮞7.6⮞⮞19.6⮞⮞⮞20.8** 🚰 Water is located 400 yards on a blue blazed trail behind the shelter, ⛺ tent pads, 🌙 privy, 🛜 bear cables. 🚻[34.66467,-84.13702] ⛳[34.66608,-84.13638]	3194	2189.3
15.7	🚰 🚻 ⛺{12} ⛳{14} 🛏 🌙 🛜 📍	(0.1W) **15.5⮜⮜⮜12.9⮜⮜7.6⮜Gooch Mountain Shelter⮞12⮞⮞13.2⮞⮞⮞22.3** 🚰 Water (spring) is located 100 yards behind the shelter, ⛺ tent pads that can accommodate two tents each, 🌙 privy, 🛜 bear box. 🚻[34.65492,-84.04948] ⛳[34.65573,-84.04998] 🚰[34.65652,-84.04954]	3000	2181.7
27.7	🚰 🚻 ⛺ ⛳{7} 🛏 🌙 🛜 📍	Bird Gap (0.4W) **24.9⮜⮜⮜19.6⮜⮜12⮜Woods Hole Shelter⮞1.2⮞⮞10.3⮞⮞⮞15.1** 🚰 Water (stream) on trail to shelter is unreliable in dry months, 🌙 privy, ⛺ tenting, 🛜 bear cables. 🚻[34.73706,-83.94835] ⛳[34.73713,-83.95500] Bird Gap, Freeman Trail just east bypasses Blood Mtn. and rejoins AT at Flatrock Gap.	3650	2169.7
28.9	⛳{8} 🌙 ⛰ 📷 📍	Blood Mountain, open rocky summit. **20.8⮜⮜⮜13.2⮜⮜1.2⮜Blood Mountain Shelter⮞9.1⮞⮞13.9⮞⮞⮞21.2** Shelter is located south of summit, no water at shelter, 🌙 privy, view. ⚠ **Fires are not permitted**. ⛳[34.73998,-83.93738]	4461	2168.5
38.0	🚰 🚻 ⛰ ⛺{3} ⛳{7} 🛏 🌙 🛜 📷 📍	Crest Wildcat Mountain. (1.2E) **22.3⮜⮜⮜10.3⮜⮜9.1⮜Whitley Gap Shelter⮞4.8⮞⮞12.1⮞⮞⮞20.2** 🚰 Water (spring) located (0.2) beyond shelter, 🌙 privy, 🛜 bear cables. (0.1E) beyond shelter to ⛺ tent sites. 🚻[34.72476,-83.84102] ⛳[34.71238,-83.83440]	3370	2159.4
43.0	🚰 ⛳{7} ⛺{4} 🛏 🌙 🛜 📍	(190 yds E) **15.1⮜⮜⮜13.9⮜⮜4.8⮜Low Gap Shelter⮞7.3⮞⮞15.4⮞⮞⮞22.8** 🚰 Water located 30 yards in front of shelter, ⛺ tenting, 🌙 privy, 🛜 bear cables. | Last reliable water heading SOBO until Neels Gap (11.5 miles) 🚻[34.77659,-83.82627] ⛳[34.77626,-83.82450]	3050	2154.4
50.3	🚻 🚰 ⛳{7} ⛺{4} 🛏 🌙 🛜 📍	(0.1W) **21.2⮜⮜⮜12.1⮜⮜7.3⮜Blue Mountain Shelter⮞8.1⮞⮞15.5⮞⮞⮞23.6** 🚰 (No potable water) at shelter, 🚰 water (spring) located (0.1) south of shelter on AT, ⛺ tenting, 🌙 privy, 🛜 bear cables. 🚻[34.81665,-83.76706] ⛳[34.81721,-83.76673]	3900	2147.1
58.4	🚻 🚰 ⛺{3} ⛳{7} 🛏 🌙 🛜 📍	(230 yds W) **20.2⮜⮜⮜15.4⮜⮜8.1⮜Tray Mountain Shelter⮞7.4⮞⮞15.5⮞⮞⮞22.8** 🚰 Water (box spring) located 50 yards behind shelter, ⛺ tenting, 🌙 privy, 🛜 bear cables. 🚻[34.80283,-83.67857] ⛳[34.80396,-83.67690] 🚰[34.80491,-83.67568]	4200	2139.0
65.8	🚻 🚰 ⛺{4} ⛳{12} 🛏 🌙 🛜 📍	(0.3E) **22.8⮜⮜⮜15.5⮜⮜7.4⮜Deep Gap Shelter⮞8.1⮞⮞15.4⮞⮞⮞20.3** 🚰 Water (spring) is located (0.1) south on the trail to the shelter, ⛺ tenting, 🌙 privy, 🛜 bear cables. 🚻[34.88539,-83.64790] ⛳[34.88249,-83.64597] 🚰[34.88313,-83.64719]	3550	2131.6
73.9	🚰 🚻 ⛺{6} ⛳{14} 🛏 🌙 🛜 ⚠ 📍	Plumorchard Gap. (0.2E) **23.6⮜⮜⮜15.5⮜⮜8.1⮜Plumorchard Gap Shelter⮞7.3⮞⮞12.2⮞⮞⮞19.8** 🚰 Plumorchard Creek is on the shelter trail, beyond the shelter. ⛺ tenting, 🌙 privy, 🛜 bear cables. ⚠ **Caution** the stump in front of the shelter has been home to copperhead snakes. 🚰 Water located 200 yards west on AT beyond shelter. 🚻[34.94607,-83.59118] ⛳[34.94603,-83.58830]	3050	2123.5
81.2	🚰 🚻 ⛳{8} ⛺ 🛏 🌙 📍	(100 ft E) **22.8⮜⮜⮜15.4⮜⮜7.3⮜Muskrat Creek Shelter⮞4.9⮞⮞12.5⮞⮞⮞21.2** 🚰 Water (spring) is located behind shelter, ⛺ tenting, 🌙 privy. ⛳[35.02053,-83.58160]	4600	2116.2
86.1	🚰 ⛺ ⛳{8} 🛏 🌙 📍	(250 ft E) **20.3⮜⮜⮜12.2⮜⮜4.9⮜Standing Indian Shelter⮞7.6⮞⮞16.3⮞⮞⮞19.7** 🚰 Creek that serves as the water source for shelter is on the opposite side of the AT from the shelter. ⛺ tenting, 🌙 privy. ⛳[35.04200,-83.54806]	4760	2111.3
93.7	🚰 ⛺ ⛳{8} 🛏 🌙 📍	(100 ft E) **19.8⮜⮜⮜12.5⮜⮜7.6⮜Carter Gap Shelter⮞8.7⮞⮞12.1⮞⮞⮞19.6** 🚰 Water (spring) is located 200 yards west on blue blaze trail, ⛺ tenting, 🌙 privy. ⛳[34.99898,-83.49413]	4540	2103.7
102.4	🚰 🚻 ⛺{5} ⛳{16} 🛏 🌙 📍	(0.1W) **21.2⮜⮜⮜16.3⮜⮜8.7⮜Long Branch Shelter⮞3.4⮞⮞10.9⮞⮞⮞18.2** 🚰 Water, ⛺ tent sites, 🌙 privy. 🚻[35.06941,-83.49706] ⛳[35.06996,-83.49815]	4932	2095.0
105.8	🚰 🚻 ⛳{8} 🛏 🌙 📍	(300 ft W) **19.7⮜⮜⮜12.1⮜⮜3.4⮜Rock Gap Shelter⮞7.5⮞⮞14.8⮞⮞⮞19.6** water (spring) is known to go dry, privy. ⛳[35.09143,-83.52310]	3760	2091.6
113.3	🚰 🚻 ⛳{8} ⛺ 🌙 🛜 📍	Southern end of blue blaze of Siler Bald Loop (0.5E) **19.6⮜⮜⮜10.9⮜⮜7.5⮜Siler Bald Shelter⮞7.3⮞⮞12.1⮞⮞⮞17.9** 🚰 Water (spring) is located 300 feet south of shelter on loop trail, ⛺ tenting, 🌙 privy, 🛜 bear cables but non funtional, south end of loop trail to shelter. ⛳[35.14413,-83.57250]	4600	2084.1
120.6	🚰 🚻 ⛳{8} ⛺{5} 🛏 🌙 📍	(100 ydsE) **18.2⮜⮜⮜14.8⮜⮜7.3⮜Wayah Shelter⮞4.8⮞⮞10.6⮞⮞⮞15.5** Shelter on AT. 🚰 Water (Little Laurel Spring) is located (546FT W) on blue blaze trail across from shelter side trail, ⛺ tent sites, 🌙 privy. ⛳[35.18784,-83.56201] 🚰[35.18624,-83.56355]	4480	2076.8
125.4	🚰 ⛳{6} ⛺ 🛏 🌙 🛜 📍	**19.6⮜⮜⮜12.1⮜⮜4.8⮜Cold Spring Shelter⮞5.8⮞⮞10.7⮞⮞⮞18.6** 🚰 Water located 5 yards in front of the shelter, 🌙 privy, ⛺ tent sites located (0.1) north on AT, 🛜 bear cables but non functional. ⛳[35.23090,-83.55990]	4920	2072.0
131.2	🚻 ⛳{8} ⛺ 🛏 🌙 🛜 📍	(0.1W) **17.9⮜⮜⮜10.6⮜⮜5.8⮜Wesser Bald Shelter⮞4.9⮞⮞12.8⮞⮞⮞21.9** 🚰 Water (spring) located (0.1 S) on AT then (125FT E) on a blue blazed trail, ⛺ tenting, 🌙 privy, 🛜 bear cables. 🚻 Blue blazed Wesser Creek Trail leads (2.0E) to Wesser Creek Road. ⛳[35.28235,-83.58220] 🚻[35.282528,-83.581671]	4115	2066.2
136.1	🚰 🚻 ⛳{6} ⛺ 🛏 🌙 📍	(200 ft E) **15.5⮜⮜⮜10.7⮜⮜4.9⮜A. Rufus Morgan Shelter⮞7.9⮞⮞17⮞⮞⮞23.3** 🚰 Water (Silvermine Creek) located west of shelter AT, ⛺ tenting, 🌙 privy. ⛳[35.32418,-83.59020]	2300	2061.3
144.0	🚰 🚻 ⛳{14} ⛺ 🛏 🌙 📍	(0.1W) **18.6⮜⮜⮜12.8⮜⮜7.9⮜Sassafras Gap Shelter⮞9.1⮞⮞15.4⮞⮞⮞22.1** 🚰 Water (spring) is reliable and located in front of shelter, ⛺ tenting, 🌙 privy. ⛳[35.33068,-83.66700]	4330	2053.4
153.1	🚰 🚻 ⛳{8} ⛺ 🛏 🌙 📍	(70 yds E) **21.9⮜⮜⮜17⮜⮜9.1⮜Brown Fork Gap Shelter⮞6.3⮞⮞13⮞⮞⮞24.9** 🚰 Water (spring) is reliable located on the right of shelter, ⛺ tenting, 🌙 privy. ⛳[35.37423,-83.73390]	3800	2044.3

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Shelters on the Appalachian Trail

159.4	{6}	**23.3<<<15.4<<6.3<Cable Gap Shelter>6.7>>18.6>>>21.6** Water (spring) located in front of shelter, tenting, privy. [35.41521,-83.77360]	2880	2038.0
166.2	{24} ★★★★★	(0.1E) paved **22.1<<<13<<6.7<Fontana Dam Shelter>11.9>>14.9>>>17.9** Also called the **"Fontana Hilton"** Water, tenting, shower, restroom. [35.44853,-83.79396] P[35.44941,-83.79669]	1775	2031.2
178.0	{12}	**24.9<<<18.6<<11.9<Mollies Ridge Shelter>3.1>>6.0>>>12.1** Water (spring) located 200 yards to the right of the shelter, bear cables. [35.54588,-83.79363]	4570	2019.4
181.1	{14}	**21.6<<<14.9<<3<Russell Field Shelter>3>>9>>>14.7** Water (spring) located 150 yards down the Russell Field Trail toward Cades Cove, bear cables. [35.56161,-83.76636] [35.56173,-83.76660]	4360	2016.3
184.0	{12}	(0.15) east down Eagle Creek Trail to shelter. **17.9<<<6<<3<Spence Field Shelter>6>>11.7>>>13.4** Water (Anthony Spring) (150YDS) down the Eagle Creek Trail, privy, bear cables. Bote Mountain Trail to the west. [35.56385,-83.73155] [35.56180,-83.73270] [35.56487,-83.73075]	4915	2013.4
190.1	{12}	**12<<<9<<6<Derrick Knob Shelter>5.7>>7.4>>>13** Water (spring), bear cables. [35.56651,-83.64190]	4880	2007.3
195.8	{12}	**14.7<<<11.7<<5.7<Silers Bald Shelter>1.7>>7.3>>>15.3** Water (spring) located to the east 75 yards on side trail. Bear cables. [35.56428,-83.56831]	5460	2001.6
197.5	{12}	**13.4<<<7.4<<1.7<Double Spring Gap Shelter>5.6>>13.6>>>21** Water that is reliable is located on the North Carolina side, 15 yards from the crest. A second source is on the Tennessee side, 35 yards from the crest. Privy, bear cables. Gap is named for two springs that are unreliable in late summer. [35.56525,-83.54263]	5505	1999.9
203.1	{12}	Sugarland Mountain Trail leads (0.4W) on Sugarland Mtn Trail to shelter. **13<<<7.3<<5.6<Mt. Collins Shelter>8>>15.4>>>20.6** Water (spring) located 200 yards beyond shelter on Sugarland Mountain Trail, privy, bear cables. [35.59069,-83.47422] [35.59408,-83.47105]	5900	1994.3
211.1	{12}	(75 ft E) **15.3<<<13.6<<8<Icewater Spring Shelter>7.4>>12.6>>>20.3** Water (Icewater Spring) located 50 yards north on AT, privy, bear cables. [35.62981,-83.38631] [35.63064,-83.38683]	5920	1986.3
218.5	{12}	Hughes Ridge Trail leads east, continue on trail to shelter. (0.4E) **21<<<15.4<<7.4<Pecks Corner Shelter>5.2>>12.9>>>19.8** Water (spring) located 50 yards in front of shelter, privy, bear cables. + From the shelter Hughes Ridge Trail leads to Smokemont Campground. [35.65515,-83.30844] [35.65081,-83.30851]	5280	1978.9
223.7	{12}	(300 ft E) **20.6<<<12.6<<5.2<Tri-Corner Knob Shelter>7.7>>14.6>>>25.3** Water (spring) located 10 yards in front of shelter, privy, bear cables [35.69383,-83.25665]	5920	1973.7
231.4	{12}	(150 ft E) **20.3<<<12.9<<7.7<Cosby Knob Shelter>6.9>>17.6>>>25.9** Water (spring) is located 35 yards downhill in front of shelter, privy, bear cables. [35.72828,-83.18206]	4700	1966.0
238.3	{12} ★★★★★	(200 yds W) **19.8<<<14.6<<6.9<Davenport Gap Shelter>10.7>>19>>>23.8** Water (spring) located to left of shelter. [35.76917,-83.12215] [35.76921,-83.12370]	2600	1959.1
249.0	{6}	Deep Gap, also called Groundhog Creek Gap. (0.2E) **25.3<<<17.6<<10.7<Groundhog Creek Shelter>8.3>>13.1>>>23** Water available from stream 100 yards from the shelter, privy, bear cables. Tent sites are west of the trail at Deep Gap. [35.78341,-83.02509] [35.78183,-83.02621]	2900	1948.4
257.3	{10} {8}	(50 yds E) **25.9<<<19<<8.3<Roaring Fork Shelter>4.8>>14.7>>>28.9** Water located 800 feet north and south on the AT from the shelter, tent pads, privy, bear cables. [35.80499,-82.94978]	3950	1940.1
262.1	{5}	**23.8<<<13.1<<4.8<Walnut Mountain Shelter>9.9>>24.1>>>32.7 Removed** Water (Walnut Creek Spring) is located down a blue blazed trail to the left of Rattlesnake Trail and is difficult to locate, tenting, privy, bear cables. Walnut Mountain Trail to west. [35.83655,-82.93646] [35.83714,-82.93645]	4260	1935.3
272.0	{5}	**Gragg Gap**. (0.2E) **23<<<14.7<<9.9<Deer Park Mountain Shelter>14.2>>22.8>>>30.1** Water (spring) is located on the trail about half way to the shelter, if dry a reliable spring can be found (0.1W) of trail on blue blaze trail. Tenting, privy, bear cables. Gravestones west of trail. [35.87566,-82.86206] [35.87583,-82.86140]	2330	1925.4
286.2	{5}	**28.9<<<24.1<<14.2<Spring Mountain Shelter>8.6>>15.9>>>22.6** Water is located 75 yards down a blue blazed trail on the east side of the AT, tenting, privy, bear cables. [35.95148,-82.79020] [35.95056,-82.78861]	3300	1911.2
294.8	{5}	**32.7<<<22.8<<8.6<Little Laurel Shelter>7.3>>14>>>22.8** Water (boxed spring) is located 100 yards down blue blazed trail behind shelter to west, tent sites are south of shelter, privy, bear cables. [36.01498,-82.73590]	3300	1902.6
302.1	{6}	**30.1<<<15.9<<7.3<Jerry Cabin Shelter>6.7>>15.5>>>25.6** Water is located in front of shelter and uphill, side trail leads west from the AT to pipe spring 100 yards down a blue blazed trail. tenting, privy, bear cables. [36.05653,-82.65718]	4150	1895.3
308.8	{8}	**22.6<<<14<<6.7<Flint Mountain Shelter>8.8>>18.9>>>29.5** Water (spring) located 100 feet north of shelter on the AT, there are two streams between the shelter and the spring, privy. good tenting. [36.03478,-82.59690]	3570	1888.6
317.6	{6}	(0.1E) **22.8<<<15.5<<8.8<Hogback Ridge Shelter>10.1>>20.7>>>31.2** Water (spring) (0.3) on a side trail near the shelter, privy, bear cables. [35.96540, -82.58716] [35.96395,-82.58720]	4255	1879.8
327.7	{10}	(0.1W) **25.6<<<18.9<<10.1<Bald Mountain Shelter>10.6>>21.1>>>43.1** Water (spring) is located on the side trail to the shelter, tenting, privy, bear cables. [36.00018,-82.47820]	5100	1869.7
338.3	{6}	**29.5<<<20.7<<10.6<No Business Knob Shelter>10.5>>32.5>>>46.2** Water is located (0.2) south of the shelter on the AT, tenting. [36.06676,-82.43360]	3180	1859.1
348.8	{14}	**31.2<<<21.1<<10.5<Curley Maple Gap Shelter>22.0>>35.7>>>55.6** Water (spring) is located south on the AT, tenting. [36.10436,-82.39683]	3060	1848.6

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361.7		**Former Cherry Gap Shelter Destroyed by Hurricane Helene** Water (spring) is located 80 yards on a blue blazed trail from the shelter. Several tenting sites between trail and shelter. [36.12923,-82.26420]	3900	1835.7
370.8	{10}	(0.1W) **43.1<<<32.5<<22.0<Clyde Smith Shelter>13.7>>33.6>>>43.2** Water is located 200 yards west of the shelter down a steep hill. tent sites. hammock spots behind sehlter. [36.14843,-82.16130]	4400	1826.6
379.3		(0.1E) Former **Roan High Knob Shelter Removed 2023.** Piped spring, tenting. This is the highest shelter on AT. [36.10496,-82.12270]	6285	1818.1
384.5	{6}	Low Gap. **46.2<<<35.7<<13.7<Stan Murray Shelter>19.9>>29.5>>>53.5** Water (spring) is located east on a blue blazed trail opposite the shelter. [36.11226,-82.06590]	5050	1812.9
404.4	{14}	(70 yds W) **55.6<<<33.6<<19.9<Mountaineer Falls Shelter>9.6>>33.6>>>40.4** Water is a small pool at top of waterfall, located 200 feet on blue blaze in front of shelter, tenting. [36.2202,-81.98569]	3470	1793.0
414.0		**43.2<<<29.5<<9.6<Moreland Gap Shelter>24.0>>30.8>>>38.5 Damaged by Hurricane Helene** water is located (0.2) across from the shelter and down the hollow, tenting. [36.22011,-82.08850]	3815	1783.4
422.2	{6}	(300 ft E) **Former Laurel Fork Shelter burned down 15 Aug 2024.** Water (stream) is located 50 yards behind the shelter. Also high water bypass trail. [36.27856,-82.13640]	2450	1775.2
438.0	{6}	**53.5<<<33.6<<24.0<Vandeventer Shelter>6.8>>14.5>>>22.8** Bring water. Closest water source is (0.5) south on blue-blazed side trail, (South on AT for 300 feet, then turn right on blue-blazed trail, and descend steeply to right on old road track 0.2 mile to saddle, bear right off road track 0.3 mile into hollow, and reach spring.) If NB, then stock up (1.7) south of shelter. Views from shelter. [36.36710,-82.05875]	3620	1759.4
444.8	{6}	**40.4<<<30.8<<6.8<Iron Mountain Shelter>7.7>>16.0>>>35.7** Water (spring) 500 yards south on AT, tenting. [36.43553,-81.99100]	4125	1752.6
452.5	{6}	**38.5<<<14.5<<7.7<Double Springs Shelter>8.3>>28.0>>>34.5** Water (spring) is located 100 yards in the draw beyond the shelter, tenting. Rich Knob to south, Holston Mountain Trail to north. [36.50896,-81.98620]	4060	1744.9
460.8	{5}	**22.8<<<16<<8.3<Abingdon Gap Shelter>19.7>>26.2>>>38.6** Water (spring) is located spring (0.2) east on a steep, blue blazed side trail, downhill behind the shelter, tenting. Maple Spring Gap. [36.58101,-81.90220]	3785	1736.6
480.5	{8}	(300 yds W) **35.7<<<28<<19.7<Saunders Shelter>6.5>>18.9>>>24** Water (spring) is located behind the shelter on the right and down an old road, tenting, bear box, privy. [36.63770,-81.71320]	3310	1716.9
487.0	{8}	(50 yds E) **34.5<<<26.2<<6.5<Lost Mountain Shelter>12.4>>17.5>>>23.5** Water is located on a trail to the left of the shelter, tenting, bear box, privy. [36.64406,-81.65630]	3360	1710.4
499.4	{16}	**38.6<<<18.9<<12.4<Thomas Knob Shelter>5.1>>11.1>>>16** water is located in an enclosed area in a pasture behind the shelter and please lock the gate after getting water as this will keep the ponies in the area from polluting the water. Privy, bear box, views. **⚠ No camping or open fires permitted around the shelter**. [36.65660,-81.53523]	5400	1698.0
504.5	{8}	Grayson Highlands State Park. **24<<<17.5<<5.1<Wise Shelter>6>>10.9>>>20.1** Water (spring) is located south of the shelter on a trail east of the AT, **⚠ no tenting around the shelter**; tent sites are located in the Mt. Rogers NRA, across Wilson Creek (0.3) north. Privy. Bear box. [36.65403,-81.49843]	4460	1692.9
510.5	{6}	**23.5<<<11.1<<6<Old Orchard Shelter>4.9>>14.1>>>23.9** Water is located 100 yards west on blue blazed trail to right of shelter, tenting, privy. Bear box. [36.68321,-81.51120]	4050	1686.9
515.4	{8}	Side trail across from stream leads 160 yards west to shelter. **16<<<10.9<<4.9<Hurricane Mountain Shelter>9.2>>19>>>26** Privy, bear box. Water (creek) and tenting is east of the trail. [36.71535,-81.50950]	3850	1682.0
524.6	{8}	(1.0E) **20.1<<<14.1<<9.2<Trimpi Shelter>9.8>>16.8>>>36.1** Water (spring), tent sites in front of shelter, privy, bear box. Blue blaze Slabtown Trail rejoins the AT at mile 526.2. [36.74925,-81.48040]	2900	1672.8
534.4	{16} ★★★★★	**23.9<<<19<<9.8<Partnership Shelter>7>>26.3>>>35.7** Water from faucet, bathroom, warm shower, no tenting around shelter, **⚠ No tenting permitted here.** Can call for pizza delivery at Visitor Center. Pizza Perfect On Main 276-782-9000. [36.80940,-81.42260]	3360	1663.0
541.4	{6}	**26<<<16.8<<7<Chatfield Shelter>19.3>>28.7>>>39.4** Water (creek) is located in front of shelter, privy. [36.84991,-81.36330]	3150	1656.0
560.7	{8}	**36.1<<<26.3<<19.3<Knot Maul Branch Shelter>9.4>>20.1>>>33.6** Seasonal spring on a blue blaze trail 100 yards behind the shelter. For good water, located (0.2) north on the AT, privy. [37.00066,-81.40460]	2880	1636.7
570.1	{8}	**35.7<<<28.7<<9.4<Chestnut Knob Shelter>10.7>>24.2>>>33.9** **No water at shelter**, but is sometimes found (0.2) south on the AT and then 50 yards east on an old Jeep road, privy. [37.05780,-81.39948] Burkes Garden Overlook	4409	1627.3
580.8	{6}	(80 yds W) **39.4<<<20.1<<10.7<Jenkins Shelter>13.5>>23.2>>>37.7** Water (stream) is located 100 yards north on blue blazed trail, tenting, privy. [37.09338,-81.24780]	2470	1616.6
594.3	{8}	(0.3E) **33.6<<<24.2<<13.5<Helveys Mill Shelter>9.7>>24.2>>>33.7** Water is located (0.3) down a blue blazed switch backed trail in front of the shelter. Lots of places for tenting, privy. [37.13398,-81.10434] [37.13261,-81.10440]	3090	1603.1
604.0	{8}	(130 yds E) **33.9<<<23.2<<9.7<Jenny Knob Shelter>14.5>>24>>>40.5** two separate springs, each on blue blaze trail near shelter are unreliable, tenting, privy. [37.15498,-80.98030]	2800	1593.4

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618.5	{6}	(100 yds E) **37.7<<<24.2<<14.5<Wapiti Shelter>9.5>>26>>>38.5** Water (Dismal Creek) just south of the turn off to the shelter, tenting ☾ privy. [37.22452,-80.82423] [37.22393,-80.82410]	2600	1578.9
628.0	{8}	(100 ft W) **33.7<<<24<<9.5<Docs Knob Shelter>16.5>>29>>>32.9** Water (spring) is located to left of shelter, ☾ privy. [37.27021,-80.83640]	3555	1569.4
644.5	{8}	(75 Yds E) **40.5<<<26<<16.5<Rice Field Shelter>12.5>>16.4>>>25.2** Water source is a spring located 0.3 mile south on the AT. ☾ Privy. [37.37478,-80.75860]	3400	1552.9
657.0	{6}	**38.5<<<29<<12.5<Pine Swamp Branch Shelter>3.9>>12.7>>>18.5** Water (stream) is located 75 yards down a blue blazed trail on the west of the side trail to the shelter, ☾ privy. [37.42208,-80.60880]	2530	1540.4
660.9	{6}	**32.9<<<16.4<<3.9<Bailey Gap Shelter>8.8>>14.6>>>21.2** Water is located (0.2) south on the AT and then east down a blue blazed trail, ☾ privy. [37.40086,-80.57720]	3525	1536.5
669.7	{6}	**25.2<<<12.7<<8.8<War Spur Shelter>5.8>>12.4>>>18.4** Water (stream) is located 80 yards north of the shelter on the AT, ☾ privy. [37.39753,-80.47400]	2340	1527.7
675.5	{6}	(100 ft E) **18.5<<<14.6<<5.8<Laurel Creek Shelter>6.6>>12.6>>>22.7** Water is located to the west on the AT and 45 yards south of the shelter trail junction. Water also at Laurel Creek 100 yards north of the shelter, which is a second water source. ☾ privy. [37.35891,-80.42120]	2720	1521.9
682.1	{12}	(0.4E) **21.2<<<12.4<<6.6<Sarver Hollow Shelter>6>>16.1>>>29.7** Water from box spring located (0.1) beyond the shelter on a blue-blazed trail. ☾ Privy. [37.35476,-80.33741]	3000	1515.3
688.1	{6}	**18.4<<<12.6<<6<Niday Shelter>10.1>>23.7>>>24.7** Water is located 75 yards down a blue blazed trail west of the AT, tenting, ☾ privy. [37.38748,-80.26440]	1800	1509.3
698.2	{6}	(0.3E) **22.7<<<16.1<<10.1<Pickle Branch Shelter>13.6>>14.6>>>17** Water (stream) is located below the shelter, tenting along trail to shelter, ☾ privy. [37.38620,-80.18712] [37.38810,-80.19110]	1845	1499.2
711.8	{6}	**29.7<<<23.7<<13.6<Johns Spring Shelter>1>>3.4>>>9.4** Water (spring) in front of shelter is unreliable, ☾ privy, tenting bear box. [37.38531,-80.07410]	1980	1485.6
712.8	{6}	(0.1W) **24.7<<<14.6<<1<Catawba Mountain Shelter>2.4>>8.4>>>22.8** Water (piped spring) is located 50 yards south on the AT, tenting to the north, bear box ☾ privy. [37.38820,-80.05740]	2580	1484.6
715.2	{6}	(100 ft E) **17<<<3.4<<2.4<Campbell Shelter>6>>20.4>>>26.6** Water (spring) is located on a blue blazed trail to the left and behind the shelter and follow the trail through meadow, tenting, bear box ☾ privy. [37.39078,-80.02950]	2580	1482.2
721.2	{6}	(50 yds E) **9.4<<<8.4<<6<Lamberts Meadow Shelter>14.4>>20.6>>>27.9** Water is located 50 yards down the trail in front of the shelter, tenting, bear box, ☾ privy. [37.43456,-79.98780]	2080	1476.2
735.6	{6}	(0.1E) **22.8<<<20.4<<14.4<Fullhardt Knob Shelter>6.2>>13.5>>>20** Water is from cistern behind shelter. This is the last shelter on the AT that has a cistern. Tenting, ☾ privy. [37.39846,-79.85390]	2676	1461.8
741.8	{6}	(150 ft W) **26.6<<<20.6<<6.2<Wilson Creek Shelter>7.3>>13.8>>>20.8** Water (stream) is located 200 yards on opposite of trail from the shelter, tenting, ☾ privy. [37.41926,-79.78570]	1830	1455.6
749.1	{6}	(0.2W) **27.9<<<13.5<<7.3<Bobblets Gap Shelter>6.5>>13.5>>>18.4** Water (spring) is located to the left of the shelter but frequently goes dry but look farther downstream if dry, ☾ privy. [37.46720,-79.70140]	1920	1448.3
755.6	{6}	(200 ft E) **20<<<13.8<<6.5<Cove Mountain Shelter>7>>11.9>>>17.2** Water (stream) is located on a steep unmarked trail to left of the shelter leads (0.5) downhill, tenting, ☾ privy. [37.51171,-79.65110]	1925	1441.8
762.6	{16}	Steps up to shelter. **20.8<<<13.5<<7<Bryant Ridge Shelter>4.9>>10.2>>>22.8** Water (stream) is located 25 yards in front of the shelter and also crossed on the trail to the shelter, ☾ privy. [37.53003,-79.58560] Blue blazed trail (0.1N) of shelter leads (0.5E) to VA 714.	1330	1434.8
767.5	{6}	(0.1E) **18.4<<<11.9<<4.9<Cornelius Creek Shelter>5.3>>17.9>>>21.8** Water is located on trail to shelter, tenting, ☾ privy. [37.49391,-79.54720]	3145	1429.9
772.8	{6}	**17.2<<<10.2<<5.3<Thunder Hill Shelter>12.6>>16.5>>>25.3** Water is a walled-in spring south on AT and unreliable during dry seasons , ☾ privy, tent sites north of shelter. Bear box. [37.52738,-79.50420]	3960	1424.6
785.4	{6}	**22.8<<<17.9<<12.6<Matts Creek Shelter>3.9>>12.7>>>22.2** Water (Matts Creek) in front of the shelter, tent spaces nearby, ☾ privy. Several small swimming holes are nearby. Matts Creek Trail (2.5E) to US 501 [37.59945,-79.41350]	835	1412.0
789.3	{6}	(400 ft E) **21.8<<<16.5<<3.9<Johns Hollow Shelter>8.8>>18.3>>>23.9** Water (springs) are located to left and right of shelter, tenting, ☾ privy. [37.61300,-79.39210]	1020	1408.1
798.1	{6}	(0.2W) **25.3<<<12.7<<8.8<Punchbowl Shelter>9.5>>15.1>>>25.3** Water (spring) is located by a tree next to the pond drainage in front and to the left of the shelter. Another source, Spring is about 50 feet downstream from the pond outlet. tenting, ☾ privy. [37.67775,-79.33880]	2500	1399.3
807.6	{6}	(50 ft E) **22.2<<<18.3<<9.5<Brown Mtn Creek Shelter>5.6>>15.8>>>22.4** Water (spring) is located in front of and uphill from, the shelter, tenting across the creek, ☾ privy. [37.70944,-79.26830]	1395	1389.8
813.2	{8}	Cow Camp Gap. Old Hotel Trail leads shelter. [37.74782,-79.21488] (0.6E) **23.9<<<15.1<<5.6< Cow Camp Gap Shelter>10.2>>16.8>>>24.4** Water (stream) is located on blue blazed trail to the left of the shelter and if you have crossed a small stream then you missed the spring, campsites nearby, ☾ privy. [37.74661,-79.21330] [37.74447,-79.21147] [37.74522,-79.21335]	3428	1384.2
823.4	{6}	(175 yds E) to Shelter. [37.81993,-79.15527] **25.3<<<15.8<<10.2<Seeley Woodworth Shelter>6.6>>14.2>>>20.4** Water (pipe spring) is located (0.1) beyond shelter downhill to right, campsites nearby, ☾ privy. [37.81893,-79.15510] [37.81794,-79.15579]	3770	1374.0

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830.0	💧🛏{6} 🛁☾📍	(0.1E) **22.4<<<16.8<<6.6<The Priest Shelter>7.6>>13.8>>>29.6** 💧 Water (spring) is located left of the shelter, ☾ privy. 🛏[37.81775,-79.07060] ⛺[37.81764,-79.07012] 💧[37.81775,-79.07045]	3840	1367.4
837.6	🪧 💧🛏{6}⛺ 🛁☾🪑📍	(0.1W) to Shelter. Cross a creek 100 feet before the shelter. **24.4<<<14.2<<7.6<Harpers Creek Shelter>6.2>>22>>>34.7** 💧 Water (Harpers Creek) in front of shelter. ⛺ Tent platforms near trail intersection with AT also places for tents behind shelter. ☾ Privy. 🛏[37.85641,-79.00120]	1800	1359.8
843.8	💧🪧🛏{6} ⛺{6}☾📍	(300 ft W) **20.4<<<13.8<<6.2<Maupin Field Shelter>15.8>>28.5>>>41.5** 💧 Water (spring) behind the shelter, ⛺ tent sites, ☾ privy. 🛏[37.88488,-78.99390] 🪧 Mau-Har Trail northern intersection. Jeep road leads (1.4) to BRP.	2720	1353.6
859.8	💧🛏{10} 🛁☾📶🚰 🏊📍	**29.6<<<22<<15.8<Paul C. Wolfe Shelter>12.7>>25.7>>>38.9** 💧 Water (Mill Creek) is located 50 yards in front of shelter, ☾ privy. 🚰 Waterfall with pool 100 yards. 📶 Bear pole. 🏊 Swimming hole with small 🚰 waterfalls just downstream. 🛏[37.98543,-78.88367]	1700	1337.6
872.3	💧🪧🛏{6} ⛺☾📶📍	(0.3W) **34.7<<<28.5<<12.7<Calf Mountain Shelter>13>>26.2>>>34.4** 💧 Water (piped spring) on the access trail, ⛺ tenting, ☾ privy, 📶 bear pole. 🪧[38.08554,-78.78161] 🛏[38.08551,-78.78680]	2700	1325.1
885.3	💧🪧 🛏{6} ⛺🛁☾📶 📍	(0.2E) **41.5<<<25.7<<13<Blackrock Hut>13.2>>21.4>>>33.8** 💧 Water (piped spring) is located 10 yards in front of the shelter, ⛺ tenting, ☾ privy, 📶 bear box. 🪧[38.21522,-78.74369] 🛏[38.21408,-78.74270]	2645	1312.1
898.5	💧🪧 🛏{6} ⛺ 🛁☾📶📍	(0.1E) **38.9<<<26.2<<13.2<Pinefield Hut>8.2>>20.6>>>32.1** 💧 Water (spring) is located behind the shelter 50 yards and it is known to fail during dry seasons. 💧 Water is also located on Shelter side trail crosses a small stream 10 yards before reaching the shelter. ⛺ tenting located past the ☾ privy, privy. 📶 Bear box. 🪧[38.29098,-78.64430] 🛏[38.29055,-78.64600]	2430	1298.9
906.7	💧🪧🛏{6} ⛺{8} 🛁☾📍	(0.1W) **34.4<<<21.4<<8.2<Hightop Hut>12.4>>23.9>>>34.8** 💧 To reach the spring, follow the road downhill from the shelter for about (200 ft) then follow a blue-blaze trail about (100 yds) to the right. ⛺ Tenting, ☾ privy. 🪧[38.33097,-78.55980] 🛏[38.33313,-78.55835]	3175	1290.7
919.1	💧🪧⛺{7} 🛏{6} 🛁☾📶📍	(0.2E) **33.8<<<20.6<<12.4<Bearfence Mountain Hut>11.5>>22.4>>>26.8** 💧 Water (piped spring) is located in front of the shelter, ⛺ tent sites, ☾ privy. 🪧[38.44444,-78.47164] 🛏[38.44408,-78.47070]	3110	1278.3
930.6	💧🪧🛏{8} ⛺{9} 🛁☾📍	(0.2W) **32.1<<<23.9<<11.5< Rock Spring Hut & Cabin>10.9>>15.3>>>28.4** **Cabin Locked**. 💧 Water is located down a steep trail in front of the hut and flows from beneath a rock, ⛺ tent sites, ☾ privy. 🪧[38.55229,-78.40731] 🛏[38.55351,-78.40820]	3465	1266.8
941.5	💧🪧 🛏{8} ⛺ ☾📍	**34.8<<<22.4<<10.9<Byrds Nest #3 Hut>4.4>>17.5>>>28** 💧 Water (spring) is located (0.3) east and down the fire road, ⛺ tenting, ☾ privy. 🛏[38.63443,-78.32371] 💧[38.63650,-78.32016]	3290	1255.9
945.9	💧🪧 🛏{8} ⛺☾📶📍	(0.2E) **26.8<<<15.3<<4.4<Pass Mountain Hut>13.1>>23.6>>>31.7** 💧 Water (piped spring) is located 15 yards behind shelter, ⛺ tenting, ☾ privy, 📶 bear box and pole. 🪧[38.67557,-78.32285] 🛏[38.67666,-78.31895]	2690	1251.5
959.0	💧🪧 🛏{8} ⛺☾📶📍	Bluff Trail leads (0.2E) to shelter. **28.4<<<17.5<<13.1<Gravel Springs Hut>10.5>>18.6>>>24.1** 💧 Water (boxed spring) is located on side trail near the shelter, ⛺ tent sites on a blue blazed trail, ☾ privy. A 📶 bear pole at the shelter and another up towards the tent site, also a box. 🪧[38.76564,-78.23395] 🛏[38.76390,-78.23363]	2480	1238.4
969.5	🪧💧🛏{6} ⛺📶☾📍	(200 ft W) **28<<<23.6<<10.5<Tom Floyd Wayside>8.1>>13.6>>>18.1** 💧 Water is located (0.2) on a blue blazed trail to the right of the shelter and is not reliable, ⛺ tent sties, ☾ privy, 📶 bear pole. 🪧[38.85063,-78.16325] 🛏[38.85038,-78.16390] 💧[38.85006,-78.16555]	1900	1227.9
977.6	💧🪧🚰 🛏{7}⛺ 🛁☾📶🚰 🪑📍	(150 ft W) to shelter. **31.7<<<18.6<<8.1<Jim and Molly Denton Shelter>5.5>>10>>>18.4** 💧 Water (spring) is located on the AT 150 feet south, lots of ⛺ tenting sites, ☾ privy, 🚰 solar shower, 📶 bear pole, 🪑 picnic table and pavilion, horseshoe pit. 🛏[38.89008,-78.08313] 💧[38.88927,-78.08282]	1310	1219.8
983.1	💧🪧 🛏{6} ⛺ 🛁☾📶📍	(200 ft E) **24.1<<<13.6<<5.5<Manassas Gap Shelter>4.5>>12.9>>>19.8** 💧 Water (spring) is located near the shelter on a side trail, ⛺ tenting, ☾ privy, 📶 bear pole. 🪧[38.93084,-78.03357] 🛏[38.93073,-78.03270] 🪧 Blue-blazed trail south of shelter leads (0.9W) to VA 638.	1655	1214.3
987.6	🪧💧 🛏{4}🛏{9} ⛺🛁☾📶 📍	(0.2E) **18.1<<<10<<4.5<Whiskey Hollow Shelter>8.4>>15.3>>>26.3** 💧 Water **TREAT WATER**. (Whiskey Hollow Creek) is located in front of the shelter, ⛺ tenting, 🛁 hammocking, ☾ privy, 📶 bear pole. 🪧[38.97048,-77.99923] 🛏[38.96991,-77.99700]	1230	1209.8
996.0	💧🪧 🛏{7} ⛺ 🛁☾🪑📍	(0.1W) **18.4<<<12.9<<8.4<Rod Hollow Shelter>6.9>>17.9>>>21.1** 💧 Water (spring) is located in the streams just south of the shelter, ⛺ tenting, ☾ privy. 🪧[39.04704,-77.94218] 🛏[39.04781,-77.94440]	840	1201.4
1002.9	🪧💧🛏{6} ⛺{2}🛁 ☾🪑📶📍	Cross branch of Spout Run. Blue blaze 35 yards south leads east to unreliable Sawmill Spring and to continue of 90 yards to **19.8<<<15.3<<6.9< Sam Moore Shelter>11>>14.2>>>29.8** 💧 Water (Sawmill Spring) is located in front of shelter or spring to left of shelter, ⛺ tenting, ☾ privy, 📶 bear pole. 🪑 picnic pavilion. 🪧[39.09158,-77.88692] 🛏[39.09063,-77.88660]	990	1194.5
1013.9	💧🪧 🛏{8} ⛺☾ P🚗{6}📍 ★★★★★	(0.2E) **26.3<<<17.9<<11< Blackburn Trail Center>3.2>>19.7>>>23.8** 💧 Water, ⛺ tenting, ☾ privy. 🛏[39.18770,-77.79780]	1650	1183.5
1017.1	💧🪧 🛏{6} ⛺ 🛁☾🪑📍	(350 ft E) to shelter. **21.1<<<14.2<<3.2<David Lesser Memorial Shelter>16.5>>20.6>>>25.6** 💧 Water (spring) is located (0.4) downhill from the shelter, ⛺ tenting, ☾ privy. 🪧[39.22748,-77.78012] 🛏[39.22725,-77.77910] 💧[39.22384,-77.78007]	1430	1180.3
1033.0	💧🪧 🛏{12} ⛺ ☾📍	(100 ft E) **30.7<<<19.7<<16.5<Ed Garvey Shelter>4.1>>9.1>>>16.6** 💧 Water is located in reliable spring (0.4) at the end of a steep side trail in front of the shelter, ⛺ tenting, ☾ privy. 🪧[39.36001,-77.66269] 🛏[39.35985,-77.66205] 💧[39.36000,-77.65803]	1100	1164.4
1037.1	💧🛏{6} ⛺🛁☾📍	(0.25E) **23.8<<<20.6<<4.1<Crampton Gap Shelter>5>>12.5>>>20.7** 💧 Water intermittent (spring) is located (0.1) south on AT, ⛺ tenting, ☾ privy. 🪧[39.41087,-77.64017] 🛏[39.41253,-77.63760]	1000	1160.3

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1042.1	🚰 🏕 🛏{5} ⛺ 🛁 ☾ 📍	(0.2W) **25.6⮜⮜⮜9.1⮜⮜5⮜Rocky Run Shelter⮞7.5⮞⮞15.7⮞⮞⮞20.6** 🚰 Water (Rocky Run Spring) is located at old shelter a few hundred yards on blue blaze, ⛺ tenting and 🛁 hammocks sites, ☾ privy. 🏕[39.46311,-77.62892] 🛏[39.46209,-77.63077]	970	1155.3
1049.6	🏕 🚰 🛏{5} ⛺ ☾ 📍	(0.1W) **16.6⮜⮜⮜12.5⮜⮜7.5⮜Pine Knob Shelter⮞8.2⮞⮞13.1⮞⮞⮞22.7** 🚰 Water (piped spring) beside shelter, ⛺ tenting, ☾ privy. 🏕[39.54047,-77.60262] 🛏[39.54250,-77.60240]	1360	1147.8
1057.8	🚰 🛏{8} ⛺ 🛁 ☾ 📍	(150 feet W) **20.7⮜⮜⮜15.7⮜⮜8.2⮜Ensign Cowall Shelter⮞4.9⮞⮞14.5⮞⮞⮞18.1** 🚰 Water (boxed spring) is located south of the shelter (0.2) on the AT. Another 🚰 water source Follow the dirt access road downhill from the privy, piped spring is on the left after about 100 yards. ⛺ tenting, ☾ privy. 🛏[39.63093,-77.55592] ⛺[39.63053,-77.55678]	1430	1139.6
1062.7	🚰 🏕 🛏{16} ⛺ 🛁 ☾ 🐻 📍	(0.1W) **20.6⮜⮜⮜13.1⮜⮜4.9⮜Raven Rock Shelter⮞9.6⮞⮞13.2⮞⮞⮞19.8** 🚰 Water (spring) is located (0.3) east of the AT on a clearly marked blue blaze trail, ⛺ tenting, ☾ privy, 🐻 bear cables. 🏕[39.67302,-77.52837] 🛏[39.67327,-77.52949] If you continue (0.15) past the spring (blazes painted over) you'll find the Devils Racecourse boulder field with interesting water noises beneath	1480	1134.7
1072.3	🚰 🛏{8} ⛺ 🛁 ☾ 📍	**22.7⮜⮜⮜14.5⮜⮜9.6⮜Deer Lick Shelters⮞3.6⮞⮞10.2⮞⮞⮞15.8** (two shelters hold four hikers each), 🚰 water (spring) (0.25) on a blue blazed trail to the east of the shelter, ⛺ tenting, ☾ privy. 🏕[39.76621,-77.48512] 🛏[39.76618,-77.48520] 🚰[39.76489,-77.48090]	1420	1125.1
1075.9	🏕 🚰 🛏{8} ⛺ 🛁 ☾ 📍	(150 ft E) **18.1⮜⮜⮜13.2⮜⮜3.6⮜Tumbling Run Shelters⮞6.6⮞⮞12.2⮞⮞⮞19.6** (two shelters hold four hikers each), 🚰 Water is located 100 yards to the west of the shelter on blue-blazed trail on the other side of AT. ⛺ Tenting, ☾ privy. 🏕[39.80431,-77.47820] 🛏[39.80500,-77.47830] 🚰[39.80489,-77.47933]	1120	1121.5
1082.5	🚰 🏕 🛏{8} ⛺ 🐻 ☾ 📍	(0.2E) **19.8⮜⮜⮜10.2⮜⮜6.6⮜Rocky Mountain Shelters⮞5.6⮞⮞13⮞⮞⮞19.2** (two shelters hold four hikers each), 🚰 Water (piped spring) is located (0.2) on blue blaze side trail to road and then right 75 yards. ⛺ tenting, 🐻 bear box, ☾ privy. 🏕[39.86913,-77.50193] 🛏[39.86856,-77.50090]	1520	1114.9
1088.1	🚰 🛏{8} ⛺ 🛁 ☾ 📍	15.8⮜⮜⮜12.2⮜⮜5.6⮜Quarry Gap Shelters⮞7.4⮞⮞13.6⮞⮞⮞24.5 (two shelters hold four hikers each), 🚰 Water is located 10 yards in front of the shelter, ⛺ tenting, ☾ privy. 🛏[39.93196,-77.48646]	1363	1109.3
1095.5	🚰 🛏{8} ⛺ 🛁 🐻 ☾ 📍	**19.6⮜⮜⮜13⮜⮜7.4⮜Birch Run Shelter⮞6.2⮞⮞17.1⮞⮞⮞25.2** 🚰 Water (spring) is located 30 yards in front of the shelter, ⛺ tenting, 🐻 bear box, ☾ privy. 🛏[39.98510,-77.41948]	1795	1101.9
1101.7	🚰 🏕 🛏{4} ⛺ 🛁 ☾ 📍	**19.2⮜⮜⮜13.6⮜⮜6.2⮜Toms Run Shelter⮞10.9⮞⮞19⮞⮞⮞37.2** 🚰 Water (spring) is located near old chimney, 🛖 dining pavilion, numerous ⛺ tent pads, ☾ privy. 🏕 Sunset Rocks Trail rejoins AT (1.9E). 🛏[40.03366,-77.35678]	1300	1095.7
1112.6	🚰 🛏{9} ⛺ ☾ 🛖 📍	Tagg Run (0.2E)**24.5⮜⮜⮜17.1⮜⮜10.9⮜James Fry Shelter⮞8.1⮞⮞26.3⮞⮞⮞33.6** Also refered to as **Tagg Run Shelter**. 🚰 Water is located (0.1) south of the AT on a blue blaze, and also (100 yds) north on AT. ⛺ tenting, ☾ privy. 🏕[40.066306,-77.20724] 🛏[40.06296,-77.20640] 🚰[40.06680,-77.20843]	805	1084.8
1120.7	🚰 🏕 🛏{7} 🛁 🐻 ☾ 📍	(580 ft E) **25.2⮜⮜⮜19⮜⮜8.1⮜Alec Kennedy Shelter⮞18.2⮞⮞25.5⮞⮞⮞33.8** 🚰 Water (spring) is located on a side trail behind the shelter but is known to go dry, 🐻 bear box, ☾ privy. 🏕[40.11375,-77.10451] 🛏[40.11180,-77.10423] 🚰[40.11046,-77.10517]	850	1076.7
1138.9	🚰 🏕 🛏{5} ⛺ 🛁 ☾ 📍	(0.1E) **37.2⮜⮜⮜26.3⮜⮜18.2⮜Darlington Shelter⮞7.3⮞⮞15.6⮞⮞⮞22.3** 🚰 Water (spring) is located (0.2) on a blue blazed trail in front of the shelter but is unreliable, lots of ⛺ tenting, ☾ privy. 🛏[40.30203,-77.08686]	1250	1058.5
1146.2	🚰 🏕 🛏{8} 🛁 ☾ 📍	(0.2E) **33.6⮜⮜⮜25.5⮜⮜7.3⮜Cove Mountain Shelter⮞8.3⮞⮞15⮞⮞⮞33** 🚰 Water (spring) is located 125 yards away on a steeply graded trail near the shelter, ☾ privy. 🛏[40.36365,-77.06736]	1200	1051.2
1154.5	🚰 🏕 🛏{8} 🛁 ☾ 📍	(300 ft E) **33.8⮜⮜⮜15.6⮜⮜8.3⮜Clarks Ferry Shelter⮞6.7⮞⮞24.7⮞⮞⮞38.1** 🚰 Water (pipe spring) 0.1 beyond shelter, ☾ privy. 🛏[40.39226,-76.99383]	1260	1042.9
1161.2	🚰 🏕 🛏{16} 🛁 🐻 ☾ 📍	(128FT W) **22.3⮜⮜⮜15⮜⮜6.7⮜Peters Mountain Shelter⮞18⮞⮞31.4⮞⮞⮞35.5** 🚰 Water is located (0.3) down a steep blue blazed trail of almost 300 rock steps in front of shelter, 🐻 bear box, ☾ privy. 🛏[40.42571,-76.87941]	970	1036.2
1179.2	🚰 🏕 🛏{6} ⛺ 🛁 ☾ 📍	(0.2E) **33⮜⮜⮜24.7⮜⮜18⮜Rausch Gap Shelter⮞13.4⮞⮞17.5⮞⮞⮞32.4** 🚰 Water (spring) next to the shelter, ⛺ tenting, ☾ privy. 🏕[40.50157,-76.60014] 🛏[40.49863,-76.60016]	980	1018.2
1192.6	🚰 🏕 🛏{16} ⛺ 🛁 ☾ 📍	Blue Mountain Spring. 🚰 Water is located 200 yards west on a blue blazed trail off the AT. (0.12E) **38.1⮜⮜⮜31.4⮜⮜13.4⮜William Penn Shelter⮞4.1⮞⮞19⮞⮞⮞33.7** ☾ privy, ⛺ tenting across AT from shelter. 🚰 Spring is located across AT from shelter about 700 ft on side trail. 🛏[40.49560,-76.41440] 🚰[40.49787,-76.41618]	1300	1004.8
1196.7	🚰 🏕 🛏 ⛺ 🛁 ☾ 🚿 🛣 🅿 📍 ★★★★★	Cross **PA. 501.** (0.1W) **35.5⮜⮜⮜17.5⮜⮜4.1⮜501 Shelter⮞14.9⮞⮞29.6⮞⮞⮞38.7** Water for shelter is available at faucet next to house. ⛺ Tenting, ☾ privy, 🚿 solar shower. No smoking no alcoholic beverages allowed in shelter. 🐾 Pets allowed but must be leashed. Some Pine Grove 🍴 restaurants might deliver here. 🛣[40.51256,-76.34421] 🛏[40.51320,-76.34640] 🅿[40.51255,-76.34463]	1460	1000.7
1211.6	🚰 🏕 🛏{8} ⛺ 🛁 ☾ 📍	(0.2E) Blue blaze trail leads to water (Yeich Spring). (0.3E) **32.4⮜⮜⮜19⮜⮜14.9⮜Eagles Nest Shelter⮞14.7⮞⮞23.8⮞⮞⮞31.2** 🚰 spring on trail to shelter, ⛺ tenting, ☾ privy. 🏕[40.55050,-76.14753] 🛏[40.54938,-76.15243]	1510	985.8
1226.3	🚰 🏕 ☾ 🛏{6 🛁 ☾ 📍	(500 ft W)**33.7⮜⮜⮜29.6⮜⮜14.7⮜Windsor Furnace Shelter⮞9.1⮞⮞16.5⮞⮞⮞26.5** 🚰 Water (creek) is located south of the shelter, ☾ privy. 🛏[40.59028,-75.94230]	940	971.1
1235.4	🚰 🏕 🛏{6} ⛺ ☾ 🚿 ϟ 🛖 🅿 📍 ★★★★★	Cross Hawk Mountain Road (0.2E) **38.7⮜⮜⮜23.8⮜⮜9.1⮜Eckville Shelter⮞7.4⮞⮞17.4⮞⮞⮞24.9** 🚰 Water (spigot) is located at the back of the caretaker's house, ⛺ tent sites, ☾ flush toilet, 🚿 solar shower. ϟ Charging station. Open year round. 🛣[40.63379,-75.96079] 🛏[40.63366,-75.95788] 🅿[40.63403,-75.95773]	600	962.0
1242.8	🚰 🏕 🛏{8} ⛺ 🛁 ☾ 📍	(30 yds E) to shelter. **31.2⮜⮜⮜16.5⮜⮜7.4⮜Allentown Hiking Club Shelter⮞10⮞⮞17.5⮞⮞⮞34.3** 🚰 unreliable water (spring) is located (0.2) downhill in front of shelter and if dry, continue downhill (0.1) to second spring, ⛺ tenting, ☾ privy. 🛏[40.68308,-75.87388]	1350	954.6

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1252.8	💧 🛏{6} ⛺{3} 🌙 ☾ 📍	**26.5⮜⮜⮜17.4⮜⮜10⮜Bake Oven Knob Shelter⮞7.5⮞⮞24.3⮞⮞⮞38** 💧 Water is located at trail in front of shelter leads downhill to multiple water sources and more reliable farther down but all sources are unreliable in dry weather, ☾ privy. ⛺ Campsites are located south side below the AT.	🛏[40.75411,-75.72740]	1380	944.6
1260.3	💧 🛏{6} 🌙 📍	**24.9⮜⮜⮜17.5⮜⮜7.5⮜George W. Outerbridge Shelter⮞16.8⮞⮞30.5⮞⮞⮞61.8** 💧 Water (piped spring) is located north 150 yards on the AT north of the shelter. **The surrounding area suffers from heavy-metal contamination from the zinc plant at Palmerton**.	📍🛏[40.78251,-75.61798]	1000	937.1
1277.3	💧🚻 🛏{8} ⛺ ☾🅿🚗 📍	(0.14E) on Katellen Trail to shelter. **34.3⮜⮜⮜24.3⮜⮜16.8⮜Leroy A. Smith Shelter⮞13.7⮞⮞45⮞⮞⮞51.7** 💧 Water is located along the blue blazed trail to shelter and another source (0.2) and (0.5) farther down the trail (this spring is reliable), ⛺ tenting, ☾ privy. Katellen Trail leads (0.9E) to trailhead 🅿🚗 parking.	🛏[40.83940,-75.35940] 🅿🚗[40.83062,-75.35638]	1410	920.1
1291.0	💧🚻 🛏{8} 🌙 ☾📷 📍	**38⮜⮜⮜30.5⮜⮜13.7⮜Kirkridge Shelter⮞31.3⮞⮞38⮞⮞⮞43.8** 💧 Water is located on outside tap to rear of shelter before the Kirkridge Retreat facility parking lot, ☾ privy. 📷 Views.	🛏[40.93675,-75.18643]	1500	906.4
1322.3	💧🚻 🛏{8} ☾📶 📍	(900 ft W) **61.8⮜⮜⮜45⮜⮜31.3⮜Brink Shelter⮞6.7⮞⮞12.5⮞⮞⮞15.1** 💧 Water (spring) is located across the road 100 yards northeast of the shelter, ☾ privy, 📶 bear box. 💧 Water is easier to get to if you walk past the shelter to gate, turn right, and follow to stream.	🛏[41.15320,-74.83820] 💧[41.15392,-74.83724] ☾[41.15366,-74.83865]	1110	875.1
1329.0	💧🚻 🛏{8} 🌙 ☾📶 📍	(0.1W) **51.7⮜⮜⮜38⮜⮜6.7⮜Gren Anderson Shelter⮞5.8⮞⮞8.4⮞⮞⮞13** 💧 Water (spring) is located downhill and to the left of shelter 70 yards, privy. Stony Brook trail is brown blazed west (0.3) to Sunrise Mountain Road and continues on (1.0) to Stony Lake.	🛏[41.19938,-74.75310]	1320	868.4
1334.8	🛏{8} ⛺ 🌙 ☾📶 📍	**43.8⮜⮜⮜12.5⮜⮜5.8⮜Mashipacong Shelter⮞2.6⮞⮞7.2⮞⮞⮞19.6** ⚠ **NO WATER HERE**, ☾ privy, 📶 bear box.	🛏[41.25216,-74.68638]	1425	862.6
1337.4	💧🚻 🛏{6} ⛺ 🌙 ☾📶📷 📍	Dutch Rock with views. 🚻[41.27419,-74.68377] (0.4E) **15.1⮜⮜⮜8.4⮜⮜2.6⮜Rutherford Shelter⮞4.6⮞⮞17⮞⮞⮞28.5** 💧 Spring 100 yards before shelter on connecting trail. Slow stream. ⛺ Tenting, ☾ privy, 📶 bear box.	🛏[41.27751,-74.67815] 💧[41.27799,-74.67862] ☾[41.27737,-74.67807]	1345	860.0
1342.0	💧🚻 🛏{8} ☾📶 📍	(0.1E) **13⮜⮜⮜7.2⮜⮜4.6⮜High Point Shelter⮞12.4⮞⮞23.9⮞⮞⮞36.1** 💧 streams on both sides of shelter are known to dry up at times, ☾ privy, 📶 bear box.	🛏[41.31573,-74.65732]	1280	855.4
1354.4	💧🚻 🛏{6} ⛺ 🌙 ☾📶 📍	(0.1W) **19.6⮜⮜⮜17.0⮜⮜12.4⮜Pochuck Mountain Shelter⮞11.5⮞⮞23.7⮞⮞⮞38.2** 💧 Water is available at a spigot on the north side of a vacant white house at the foot of Pochuck Mountain (0.5) south on Lake Wallkill Road(Liberty Corners Road). ⛺ Tenting, ☾ privy, 📶 bear box.	🛏[41.27124,-74.51531]	840	843.0
1365.9	🛏{6} ⛺ ☾📶 📍	(0.1W) **28.5⮜⮜⮜23.9⮜⮜11.5⮜Wawayanda Shelter⮞12.2⮞⮞26.7⮞⮞⮞32.0** ☾ privy, 💧 water is available at the park office which can be reached by going north on the AT (0.1) and east (0.2) on Hoeferlin Trail. ☾ Privy, 📶 bear box.	🛏[41.20226,-74.39811]	1200	831.5
1378.1	💧🚻 🛏{8} ⛺{3} 🌙 ☾📶 📍	(600 ft W) **36.1⮜⮜⮜23.7⮜⮜12.2⮜Wildcat Shelter⮞14.5⮞⮞19.8⮞⮞⮞19.8** 💧 Water (spring) is located 75 yards downhill and left from the shelter, ⛺ tenting, ☾ privy, 📶 bear box.	🛏[41.26835,-74.26830]	1180	819.3
1392.6	💧🚻 🛏{8} ⛺ 🌙 📶 📍	(350 ft E) **38.2⮜⮜⮜26.7⮜⮜14.5⮜Fingerboard Shelter⮞5.3⮞⮞5.3⮞⮞⮞41.7** 💧 Water (spring) is located downhill to left but is unreliable. ⛺ Plenty of tent sites. ⚠ NO PRIVY. 📶 Bear cables. (0.5E) on Hurst Trail to water from a spigot.	🛏[41.26331,-74.10405]	1300	804.8
1397.9	💧 🛏{8} ⛺ 🌙 📷 📍	**32.0⮜⮜⮜19.8⮜⮜5.3⮜William Brien Memorial Shelter⮞5.3⮞⮞36.4⮞⮞⮞45.4** 💧 Water is located at a unreliable spring-fed well 80 yards down blue blazed trail to right of shelter. ⛺ Tenting. ⚠ NO PRIVY	🛏[41.27970,-74.05990]	1070	799.5
1403.2	🚻 🛏{8} 📷 📍	NOBO hikers head left. SOBO head right onto Timp-Torne Trail (T-T). 🚻[41.29559,-74.01723] (0.6E) **23.2⮜⮜⮜8.5⮜⮜3.4⮜West Mountain Shelter⮞31.9⮞⮞40.9⮞⮞⮞48.7** ⚠ NO WATER, ⚠ NO PRIVY. Views of Hudson River and NYC.	🚻[41.28695,-74.01521] 🛏[41.28239,-74.00921]	1240	794.2
1429.5	🛏 💧☾ 📍	(0.6E) **Raymond Torrey Memorial Shelter**	🛏[41.47443,-73.82188]	957	767.9
1434.5	💧🚻 🛏{6} ⛺☾🚮⚠ 🅿🚗{3} 📍 ★★★★★	(60 ft E) **41.7⮜⮜⮜36.4⮜⮜31.1⮜RPH Shelter⮞9.0⮞⮞16.8⮞⮞⮞25.6** 💧 Water is a hand pump, ⛺ tenting, ☾ privy, 🚮 trash can. (300FT N) on AT to **Hortontown Road**.	🛏[41.51448,-73.79246] ⚠[41.51407,-73.79171] 🅿🚗[41.51423,-73.79121]	370	762.9
1443.5	💧🚻 🛏{6} ⛺☾ 📍	(75 ft E) **45.4⮜⮜⮜40.1⮜⮜9.0⮜Morgan Stewart Shelter⮞7.8⮞⮞16.6⮞⮞⮞20.6** 💧 Water is a well with a pump located downhill and in front of the shelter, ⛺ tenting, ☾ privy.	📍🛏[41.56458,-73.69177]	1285	753.9
1451.3	💧⛺ 🛏{6} ☾ 📍	(0.1E) **47.9⮜⮜⮜16.8⮜⮜7.8⮜Telephone Pioneers Shelter⮞8.8⮞⮞12.8⮞⮞⮞21.6** 💧 Trail crosses stream, if dry go (0.7) north at the Champion residence on Country Road 20, ⛺ tenting, ☾ privy.	🛏[41.60426,-73.61930]	910	746.1
1460.1	💧 🛏{6} ⛺ 🌙 ☾ 📍	**25.6⮜⮜⮜16.6⮜⮜8.8⮜Wiley Shelter⮞4.0⮞⮞12.8⮞⮞⮞20.1** 💧 Water is located at pump on trail (0.1) north of the shelter on the AT beyond tent platform, ⛺ tenting, ☾ privy.	🛏[41.63786,-73.53240]	740	737.3
1464.1	⚠🚻⛺ 🛏{6} 🌙 ☾📶 📍	(0.1E) **20.6⮜⮜⮜12.8⮜⮜4.0⮜Ten Mile River Shelter⮞8.8⮞⮞16.1⮞⮞⮞26.1** ⛺ tenting, ☾ privy, 📶 bear box. ⚠ **Under no circumstance should anyone attempt to treat and drink water from either river. ⚠ No fires permitted**.	🛏[41.66519,-73.50971]	290	733.3
1472.9	💧🚻 🛏{6} ⛺ 🌙 ☾📶 ⚠📍	(200 ft W) **21.6⮜⮜⮜12.8⮜⮜8.8⮜Mt. Algo Shelter⮞7.3⮞⮞17.3⮞⮞⮞30.0** 💧 Water is located on the blue blaze trail leading to shelter, 15 yards in front of shelter, ⛺ tenting, ☾ privy, 📶 bear box. ⚠ **No fires permitted**.	🛏[41.73165,-73.49670]	655	724.5
1480.4	💧🚻 🛏{6} ⛺ 🌙 ☾📶 ⚠📍	(237 ft E) to shelter. **20.1⮜⮜⮜16.1⮜⮜7.3⮜Stewart Hollow Brook Shelter⮞10.0⮞⮞22.7⮞⮞⮞30.1** 💧 Water (Stewart Hollow Brook) is located 50 feet south of trail to shelter, ⛺ tenting, ☾ privy, 📶 bear box. ⚠ **No fires permitted**.	🛏[41.77930,-73.41856]	400	717.0
1490.4	💧🚻 🛏{6} ⛺ 🌙 ☾📶⚠ 📍	(285 ft W) to shelter. **CLOSED** 3 April 2025, do to large oak trees causing a safety hazard. **26.1⮜⮜⮜17.3⮜⮜10.0⮜Pine Swamp Brook Shelter⮞12.7⮞⮞20.1⮞⮞⮞21.3** 💧 Water is located on the blue-blazed trail, ⛺ tenting, ☾ privy, 📶 bear box. ⚠ **No fires permitted**.	🛏[41.88163,-73.39210]	1075	707.0

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1503.1	🚰🚾 ⛺{6} 🏕🛏☾📶 ⚠📍	(0.5W) **30.0<<<22.7<<12.7<Limestone Spring Shelter>7.4>>8.6>>>16.9** 🚰 Water is behind shelter, 🏕 tenting, ☾ privy, 📶 bear box. ⚠ **No fires permitted**. 🚾[41.98055,-73.39264] ⛺[41.97513,-73.39230]	980	694.3
1510.5	🚰🚾⚠🏕 ⛺{6}🛏☾ 📷📶📍	(350 ft E) to shelter. **30.1<<<20.1<<7.4<Riga Shelter and Camping Area>1.2>>9.5>>>9.6** 🚰 Water (spring) is located on a blue blazed trail to the left of the clearing on the AT, 🏕 tenting, ☾ privy, 📶 bear box. ⚠ **No fires permitted**. Views. ⛺[42.01561,-73.45190]	1610	686.9
1511.7	🚰⚠⛺{6} 🏕🛏☾📍	Cross Brassie Brook (south branch). (225 ft E) to shelter. **21.3<<<8.6<<1.2<Brassie Brook Shelter and Camping>8.3>>8.4>>>22.7** 🚰 Water (stream) is located on the AT 50 feet north of the side trail to the shelter, 🏕 tenting, ☾ privy, 📶 bear box. 🛏 Limited hammocking. ⚠ **No fires permitted**. 🚾[42.02877,-73.45382] ⛺[42.02838,-73.45330]	1705	685.7
1520.0	🚰🚾⛺{10} ☾📍	(0.1E) **16.9<<<9.5<<8.3<The Hemlocks Shelter>0.1>>14.4>>>19.8** 🚰 Water is located on the blue blazed access trail, ☾ privy. ⛺[42.10990,-73.42900]	1880	677.4
1520.1	🚰🚾⛺{4} 🏕 🛏☾📍	(0.1E) **9.6<<<8.4<<0.1<Glen Brook Shelter>14.3>>19.7>>>21.4** 🚰 Water (stream) is located in front of and downhill from the shelter, 🏕 2 tent platforms and extensive tenting area, ☾ privy. ⛺[42.11113,-73.42830]	1885	677.3
1534.4	🚰🚾⛺{10} 🏕 🛏☾📶 📷📍	(141FT E) **22.7<<<14.4<<14.3<Tom Leonard Shelter>5.4>>7.1>>>21.1** 🚰 Water (stream) is located (0.2) down a ravine on a blue blazed trail to the left of the shelter, 🏕 campsite overlooking ravine north of shelter, ☾ privy, 📶 bear box, 📷 view. ⛺[42.16488,-73.30585]	1540	663.0
1539.8	🚰🚾⛺{6} ⛺{16} 🏕{5}🛏 ☾📶📍	**19.8<<<19.7<<5.4<Mt. Wilcox South Shelter>1.7>>15.7>>>24.7** Two shelters located here. Old shelter (0.1E), New shelter (0.2E). 🚰 Water (spring) is crossed en-route to the shelters, 🏕 tenting, ☾ privy, 📶 bear box. New: ⛺[42.20723,-73.26731] Old: ⛺[42.20775,-73.26821]	1720	657.6
1541.5	💧🚾⛺{10} 🛏☾📍	(0.2E) **21.4<<<7.1<<1.7<Mt. Wilcox North Shelter>14.0>>23.0>>>31.8** 🚰 Water is located in front of shelter, ☾ privy. ⛺[42.22110,-73.25020]	2100	655.9
1555.5	⚠🚰🚾 🔷 🏕 ⛺{14} ☾📶🏊🛶	(0.5W) **21.1<<<15.7<<14.0<Upper Goose Pond Cabin>9.0>>17.8>>>34.5** Open daily mid May - mid Oct. 🔷 AT Passport location. Cabin offers bunks, fireplace, covered porch. Cabin may be full during peak season. 🏕 Tenting platforms, ☾ privy, 📶 bear box, 🏊 swimming and 🛶 canoeing. During the summer, the resident volunteer caretaker brings water by canoe from a spring across the pond; otherwise, the pond is the water source. No fee is charged for staying at this site but donations are appreciated. **No Alcohol.** Campsites open year round. 🚾[42.28806,-73.17311] ⛺[42.28865,-73.18130]	1480	641.9
1564.5	💧⛺{12} 🏕☾🛏📶 📍	(45FT W) **24.7<<<23.0<<9.0<October Mountain Shelter>8.8>>25.5>>>32.1** 🚰 Water (stream) is located south of the shelter on the AT, 🏕 tenting, ☾ privy, 📶 bear cables. ⛺[42.35486,-73.15450]	1950	632.9
1573.3	🚰⛺{10) ☾📶📍	(0.2E) **31.8<<<17.8<<8.8<Kay Wood Shelter>16.7>>23.3>>>35.7** 🚰 Water is located on a blue blazed trail to the left of the shelter, ☾ privy, 📶 bear box. ⛺[42.45213,-73.16163]	1860	624.1
1590.0	🚰🚾 ⛺{10} 🏕{2}☾📍	(0.2E) **34.5<<<25.5<<16.7<Mark Noepel Shelter>6.6>>19.0>>>23.7** 🚰 Water (stream) is located on a blue blazed trail to the right of the shelter, 🏕 tenting platforms, ☾ privy, fire pit. ⛺[42.60863,-73.18420]	2750	607.4
1596.6	💧🚾 ⛺{8} 🏕 🛏☾📶📍	(0.3W) **32.1<<<23.3<<6.6<Wilbur Clearing Shelter>12.4>>17.1>>>23.0** 💧 Water (stream) is located to the right of the shelter but is unreliable at times, 🏕 tenting, ☾ privy, 📶 bear box. 🚾[42.66972,-73.17179] ⛺[42.66781,-73.17013]	2300	600.8
1609.0	⚠🚰🚾 ⛺{10}🏕 🛏☾📍	(0.1E) **35.7<<<19.0<<12.4<Seth Warner Shelter>4.7>>10.6>>>19.1** ⚠ The new Seth Warner Shelter was started in the fall of 2022 but was not completed. It should be completed in spring of 2023. 🚰 Water is a bit further down the trail from the shelter, 🏕 tenting available, 🛏 hammocking, ☾ molding privy. **These coordinatres are a rough guess for now.** 🚾[?????] ⛺[42.79977,-73.11994]	2820	588.4
1613.7	🚰⛺{8} 🏕🛏☾📍	**23.7<<<17.1<<4.7<Congdon Shelter>5.9>>14.4>>>18.7** 🚰 Water (brook) is located in front of the shelter, 🏕 tenting, ☾ privy. ⛺[42.84807,-73.10993]	2060	583.7
1619.6	🚰🚾⛺{8} ☾📍	Cross brook, spur trail leads 100 yards to shetler. **23.0<<<10.6<<5.9<Melville Nauheim Shelter>8.5>>12.8>>>17.4** 🚰 Water (stream) is located north of trail to shelter, ☾ privy. 🚾[42.88798,-73.09650] ⛺[42.88782,-73.09507]	2330	577.8
1628.1	🚰🚾 ⛺{12} 🏕☾📶⚠ 📍	**19.1<<<14.4<<8.5<Goddard Shelter>4.3>>8.9>>>19.3** 🚰 Water (spring) is located 40 feet south on the AT, 🏕 tent above the shelter and to the west, ☾ privy, 📶 bear box. ⚠ **NO TENTING east of the trail**. 🚾 Junction with West Ridge Trail close by, leads west. ⛺[42.97413,-73.07260]	3540	569.3
1632.4	🚰🚾 ⛺{12} 🏕☾📶{3} 📍📷	(200 ft E) to shelter. **18.7<<<12.8<<4.3<Kid Gore Shelter and Tent sites>4.6>>15.0>>>19.9** 🚰 Spring 300 feet from shelter also water in brook is located near Caughnawaga, 🏕 Caughnawaga Tent sites, ☾ privy, 📶{3} bear boxes. ⛺[43.01303,-73.04160]	2795	565.0
1637.0	🚰⛺(8) 🏕{16} 🛏📶☾📍	**17.4<<<8.9<<4.6<Story Spring Shelter>10.4>>15.3>>>18.3** 🚰 Water (spring) is located 50 yards north on AT, 🏕 tenting, 📶 bear box, ☾ privy. ⛺[43.05053,-73.01300]	2810	560.4
1647.4	🚰🚾⛺{16} 🏕📶☾ $⚠📍	(0.2W) on Stratton Pond Trail leads to shelter. **19.3<<<15.0<<10.4<Stratton Pond Shelter>4.9>>7.9>>>12.7** Plenty of 🏕 tenting, 🚰 water, 📶 bear box, ☾ privy. **$** Overnight/caretaker fee. ⚠ **Camping is not permitted here at shelter, NO FIRES.** 🚾43.10214,-72.96236] ⛺[43.10049,-72.96411]	2565	550.0
1652.3	🚰🚾⛺{10} 🛏☾📍	Branch Pond Trail (0.5W) to shelter. **19.9<<<15.3<<4.9< William B. Douglas Shelter>3.0>>7.8>>>15.9** 🚰 Water (spring) is located south of the shelter, ☾ privy. 100 feet after the side trail to the shelter you Cross brook on AT. 🚾[43.15031,-72.99165] ⛺[43.14450,-72.99140]	2210	545.1
1655.3	🚰🚾⛺{16} 🏕{10}☾ 📍	(0.1W) **18.3<<<7.9<<3.0<Spruce Peak Shelter>4.8>>12.9>>>17.6** 🚰 Water (piped boxed spring) is located 100 feet to the right of the shelter, 🏕 tenting, ☾ privy. 🚾[43.17944,-72.99411] ⛺[43.17860,-72.99570]	2180	542.1
1660.1	🚰🚾⛺{12} ☾📍	(300 ft E) **12.7<<<7.8<<4.8<Bromley Shelter>8.1>>12.8>>>14.3** 🚰 Water (brook) is located at the terminus of the spur trail, ☾ privy. 🏕 Tenting is (0.1N) on the AT see next entry. ⛺[43.22237,-72.95047]	2560	537.3
1668.2	🚰⛺{10} 🏕📶☾ $📍	**15.9<<<12.9<<8.1<Peru Peak Shelter>4.7>>6.2>>>6.4** 🚰 Water (brook) is located near the shelter, 🏕 tenting, 📶 bear box, ☾ privy. **$** Overnight/ caretaker fee. ⛺[43.30131,-72.95290]	2605	529.2

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1672.9	💧🏧⛺{6} ⛺{10} 🛁☾📍	(100 ft W) **17.6⮜⮜⮜12.8⮜⮜4.7⮜Lost Pond Shelter⮞1.5⮞⮞1.7⮞⮞⮞5** 💧 Water is Stare Brook in a ravine below site, ⛺ tenting, ☾ privy. ⛺[43.34768,-72.95300]	2150	524.5
1674.4	💧🏧⛺{8} ⛺{12}☾ 📍	(1.0E) on Old Job Trail to shelter. **14.3⮜⮜⮜6.2⮜⮜1.5⮜Old Job Shelter⮞0.2⮞⮞3.5⮞⮞⮞8.3** 💧 Water (Lake Brook) is source, ⛺ tenting, ☾ privy. 🏧[43.35425,-72.92855] ⛺[43.35425,-72.92855]	1525	523.0
1674.6	💧⛺{8} ⛺{12}☾📍	**6.4⮜⮜⮜1.7⮜⮜0.2⮜Big Branch Shelter⮞3.3⮞⮞8.1⮞⮞⮞13.2** 💧 Water (Big Branch) is located in front of the shelter, ⛺ tenting, ☾ privy. This shelter is close to road and heavily used on weekends. ⛺[43.36413,-72.94640]	1460	522.8
1677.9	💧🏧⛺{28} ⛺{8}☾$ 📍	100 feet east to shelter. **5⮜⮜⮜3.5⮜⮜3.3⮜Little Rock Pond Shelter & Tenting⮞4.8⮞⮞9.9⮞⮞⮞13.6** 💧 Water is located at the caretaker's platform, ⛺ tenting, ☾ privy. **$** Overnight/caretaker fee. ⛺[43.39880,-72.95480]	1920	519.5
1682.7	💧🏧⛺{8} ☾📍	(0.2E) **8.3⮜⮜⮜8.1⮜⮜4.8⮜Greenwall Shelter⮞5.1⮞⮞8.8⮞⮞⮞14.9** 💧 Water (spring) is located 200 yards along a trail behind the shelter and is known to go dry, ☾ privy. 🏧[43.44220,-72.93355] ⛺[43.44041,-72.92910]	2025	514.7
1687.8	💧🏧⛺{8} ⛺{10} 🛁☾📍	(200 ft E) **13.2⮜⮜⮜9.9⮜⮜5.1⮜Minerva Hinchey Shelter⮞3.7⮞⮞9.8⮞⮞⮞14.1** 💧 Water (spring) is located 150 feet south of shelter and follow "Wada" signs, ⛺ tenting, ☾ privy. ⛺[43.48778,-72.92500]	1605	509.6
1691.5	💧🏧⛺{12} ⛺{20} 🛁☾📍	(0.1E) **13.6⮜⮜⮜8.8⮜⮜3.7⮜Clarendon Shelter⮞6.1⮞⮞10.4⮞⮞⮞12.9** 💧 Water (stream) is located 50 feet east from the shelter, ⛺ tenting, ☾ privy. 🏧[43.52430,-72.91304] ⛺[43.52367,-72.91263]	1190	505.9
1697.6	💧⛺{10} ⛺🛁☾📍	**14.9⮜⮜⮜9.8⮜⮜6.1⮜Governor Clement Shelter⮞4.3⮞⮞6.8⮞⮞⮞8.7** 💧 Water (stream) is located across the road and north of the shelter, ⛺ tenting, ☾ privy. Shelter is located close to road. ⛺[43.56456,-72.84880]	1900	499.8
1701.9	💧🏧⛺{12} ⛺{2}🛁☾ 📷📍 ★★★★★	**14.1⮜⮜⮜10.4⮜⮜4.3⮜Cooper Lodge⮞2.5⮞⮞4.4⮞⮞⮞7.3** 💧 Water, (spring) is located north of shelter on AT, ⛺ two tent platforms, ☾ privy. ⛺[43.60605,-72.82245]	3900	495.5
1704.4	💧🏧⛺{12} $📍	Jungle Junction. Sherburne Pass Trail (southern junction) leads (0.5) east to Shelter. **12.9⮜⮜⮜6.8⮜⮜2.5⮜Pico Camp⮞1.9⮞⮞4.8⮞⮞⮞13.8** 💧 Water is located (45YDS N)on the Sherburne Pass Trail, ☾ privy. If caretaker is present, there is an **$** overnight/caretaker fee. Pico Link trail leads (0.4) to Pico Peak summit and rejoins the AT north of Sheburne Pass (in VT). 🏧[43.63357,-72.83003] ⛺[43.63911,-72.83053]	3480	493.0
1706.3	💧🏧☾ ⛺{8} ⛺{1}⚠📍	(0.1W) **8.7⮜⮜⮜4.4⮜⮜1.9⮜Churchill Scott Shelter⮞2.9⮞⮞11.9⮞⮞⮞21.8** 💧 Water is located on spur trail downhill behind shelter, ⛺ tent sites, ☾ privy. ⚠ **NO FIRES**. ⛺[43.64488,-72.85338]	2560	491.1
1709.2	💧🏧⛺{8} ⛺☾📍	Maine Junction with the Long Trail at Willard Gap. (0.4W) **7.3⮜⮜⮜4.8⮜⮜2.9⮜Tucker-Johnson Shelter⮞9⮞⮞18.9⮞⮞⮞31.2** 💧 Water source is nearby Eagle Square Brook. ⛺ Tenting, ☾ privy. ⛺[43.67943,-72.84295]	2250	488.2
1718.2	💧🏧 ⛺{6} ⛺ 🛁☾📍	(0.1E) **13.8⮜⮜⮜11.9⮜⮜9⮜Stony Brook Shelter⮞9.9⮞⮞22.2⮞⮞⮞31** 💧 Water (brook) is located 100 yards north of shelter on AT, ⛺ tenting, ☾ privy. ⛺[43.69178,-72.73060]	1760	479.2
1728.1	💧🏧 ⛺{6} ⛺ ☾📍	(0.2W) **21.8⮜⮜⮜18.9⮜⮜9.9⮜Winturri Shelter⮞12.3⮞⮞21.1⮞⮞⮞28.4** 💧 Water (spring) is located to the right of the shelter, ⛺ tenting, ☾ privy. 🏧[43.66008,-72.62150] ⛺[43.66218,-72.62260]	1910	469.3
1740.4	💧🏧 ⛺{8} ⛺ 🛁☾📍	(0.1E) **31.2⮜⮜⮜22.2⮜⮜12.3⮜Thistle Hill Shelter⮞8.8⮞⮞16.1⮞⮞⮞25.6** 💧 Water (stream) is located near the shelter, ⛺ tenting, ☾ privy. ⛺[43.69516,-72.47580]	1480	457.0
1749.2	💧🏧☾ ⛺{8} ⛺{10} 🛁☾📍	(0.1E) **31⮜⮜⮜21.1⮜⮜8.8⮜Happy Hill Shelter⮞7.3⮞⮞16.8⮞⮞⮞22.5** 💧 Water (brook) is located near the shelter but known to go dry, ⛺ tenting, ☾ privy. 🏧[43.72506,-72.36451] ⛺[43.72386,-72.36570]	1460	448.2
1756.5	💧🏧 ⛺{4} ⛺ 🛁☾📍	Junction of loop trail (southern end) leading (0.2W) to shelter. **28.4⮜⮜⮜16.1⮜⮜7.3⮜Velvet Rocks Shelter⮞9.5⮞⮞15.2⮞⮞⮞21.9** 💧 Water (Ledyard Spring) is located along the northern access trail on northern access to shelter, ⛺ tenting, ☾ privy. 🏧[43.70049,-72.26687] ⛺[43.70256,-72.26468]	1040	440.9
1766.0	💧🏧☾ ⛺{8} ⛺{8} 🛁☾📍	Loop trail (southern junction) leads (75YDS E) to shelter. **25.6⮜⮜⮜16.8⮜⮜9.5⮜Moose Mountain Shelter⮞5.7⮞⮞12.4⮞⮞⮞17.7** 💧 Water is located on the AT north of the shelter follow loop trail to end, ⛺ tenting, ☾ privy. ⛺[43.72717,-72.14927]	1850	431.4
1771.7	💧🏧 ⛺{8} ⛺ 🛁☾📍	(0.2W) **22.5⮜⮜⮜15.2⮜⮜5.7⮜Trapper John Shelter⮞6.7⮞⮞12⮞⮞⮞27.5** 💧 Water (brook) is located 15 yards to the left of the shelter, ⛺ tenting, ☾ privy. 🏧[43.78325,-72.10814] ⛺[43.78303,-72.11200]	1345	425.7
1778.4	💧🏧☾ 🛁 ⛺{12} 🚂📷📍	(50YDS W) **21.9⮜⮜⮜12.4⮜⮜6.7⮜Smarts Mtn Fire Wardens Cabin⮞5.3⮞⮞20.8⮞⮞⮞27.9** 💧 Water (Mike Murphy Spring) is located (0.2) north of cabin on blue blazed Daniel Doan Trail, ☾ privy. 🏧 Daniel Doan Trail lead (2.6E) to Mousley Brook Road and trailhead 🅿 parking. Abandoned 🚂 fire tower with panoramic views. 🏧 Southern end of J Trail. (235FT N) on trail is the junction with abandon DOC Clark Pond Loop leading east . 🚂[43.82546,-72.03810]	3230	419.0
1783.7	💧🏧☾ ⛺{8} ⛺{2} 🛁☾📍	Cross a branch of North Jacob's Brook. Just south is a side trail that leads (0.3E) to shelter. **17.7⮜⮜⮜12⮜⮜5.3⮜Hexacuba Shelter⮞15.5⮞⮞22.6⮞⮞⮞31.6** 💧 Water (stream) is located at the blue blaze junction to the shelter, ⛺ tenting, ☾ privy. 🏧[43.87501,-72.02834] ⛺[43.87623,-72.02686]	1980	413.7
1799.2	💧⛺{8}☾📍	Loop trail leads (0.1W) to shelter. **27.5⮜⮜⮜20.8⮜⮜15.5⮜Jeffers Brook Shelter⮞7.1⮞⮞16.1⮞⮞⮞20.1** 💧 Water (Jeffers Brook) is located in front of the shelter, ☾ privy. ⛺[43.99655,-71.88940]	1393	398.2

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	💧🛏{8} ⛺{2} ☾📷📍	80 yards west to shelter. **27.9⮜⮜⮜22.6⮜⮜7.1⮜Beaver Brook Shelter & Campsite➤9➤➤13➤➤➤28.1** 💧 Water (Beaver Brook) is located on the spur trail leading to the shelter, ⛺ tenting, ☾ privy. Nice view of Franconia Ridge.		
1806.3			🪧[44.03255,-71.81091] 🛏[44.03303,-71.81132]	3750 391.1
	💧🛏{8} ⛺{4} 🌙☾📶📍	75 feet west to shelter. **31.6⮜⮜⮜16.1⮜⮜9⮜Eliza Brook Shelter & Campsite➤4➤➤19.1➤➤➤24.6** 💧 Water (Eliza Brook), ⛺ 3 single tent pads and one double, ☾ privy, 📶 bear box.		
1815.3			🛏[44.10078,-71.74240]	2400 382.1
	💧🛏{12} ⛺{4}🌙☾ 📶$📍 ★★★★★	Kinsman Pond Trail loop trail (south) leads (0.1E) to shelter. **20.1⮜⮜⮜13⮜⮜4⮜Kinsman Pond Shelter & Campsite➤15.1➤➤20.6➤➤➤29.6** 💧 Water, (Kinsman Pond) **treat pond water**, ⛺ 2 single and 2 double tent platforms, ☾ privy, 📶 bear box. **$** Overnight/caretaker fee. Run by the AMC. 🪧 Junction, Kinsman Ridge Trail goes west, Kisman Pond Trail goes east, Fishin' Jimmy Trail and AT merge. Kinsman Pond Trail loop trail rejoins AT 2.0/14.3.		
1819.3			🪧[44.13801,-71.73299] 🛏[44.13691,-71.73240]	3750 378.1
	💧🪧🛏{12} ⛺{7}🌙☾ 📶$📍	(0.1W) to shelter. **28.1⮜⮜⮜19.1⮜⮜15.1⮜AMC Garfield Ridge Shelter&Camp➤5.5➤➤14.5➤➤➤56.5** 💧 Water (spring) at the junction to the campsite, ⛺ two single and five double tent platforms, ☾ privy, 📶 bear box. **$** Overnight/caretaker fee. Run by the AMC.		
1834.4			🪧[44.19000,-71.60676] 🛏[44.19068,-71.60836]	3900 363.0
	💧🪧🛏{12} ⛺{18}🌙 ☾📶$📍	Bondcliff Trail leading (0.7E) to Shelter. 🪧[44.16862,-71.53562] **24.6⮜⮜⮜20.6⮜⮜5.5⮜AMC Guyot Shelter & Campsite➤9➤➤51➤➤➤57.1** 💧 Water (spring) is located at the campsite, ⛺ four single and two double tent platforms will accommodate 18, ☾ privy, bear box. **$** Overnight/caretaker fee. Run by the AMC. ⛰		
1839.9		Mt. Guyot summit (100YDS N).	🛏[44.16096,-71.53560]	4580 357.5
	💧🪧🛏{8} ⛺{3}🌙 ☾📶$📍	250 yards west to shelter. **29.6⮜⮜⮜14.5⮜⮜9⮜AMC Ethan Pond Shelter & Campsite➤42➤➤48.1➤➤➤61.8** 💧 Water (brook) is inlet brook to the pond, ⛺ three single and two double tent platforms, ☾ privy, 📶 bear box. **$** Overnight/caretaker fee. Run by the AMC.		
1848.9			🛏[44.17718,-71.42678]	2860 348.5
	💧🪧🛏{12} ⛺{5}🌙☾ 📶$📍	(0.2W) to shelter. **56.5⮜⮜⮜51⮜⮜42⮜AMC Imp Shelter & Campsite➤6.1➤➤19.8➤➤➤25** 💧 Water (stream) is located near shelter, ⛺ four single and one double tent pads, ☾ privy, 📶 bear box, **$** Overnight/caretaker fee.		
1890.9			🛏[44.32898,-71.15011]	3250 306.5
	💧🛏{8}	**57.1⮜⮜⮜48.1⮜⮜6.1⮜Rattle River Shelter & Campsite➤13.7➤➤18.9➤➤➤23.3**		
1897.0	⛺🌙☾📍	💧 Water (Rattle River), ⛺ tenting, ☾ privy.	🛏[44.38003,-71.10748]	1260 300.4
	💧🪧🛏{12} ⛺{4} 🌙☾📶📍	Junction of Austin Brook Trail leads (0.2E) to shelter. **61.8⮜⮜⮜19.8⮜⮜13.7⮜Gentian Pond Shelter & Campsite➤5.2➤➤9.6➤➤➤14.7** 💧 Water is the inlet brook of Gentian Pond, ⛺ three single and one double tent platforms accommodate 18, ☾ privy, 📶 bear box.		
1910.7			🛏[44.45183,-71.06938]	2166 286.7
	💧🪧 🛏{8} ⛺ 🌙☾📶📍	(0.3W) on Carlo Col Trail to shelter. 🪧[44.48634,-71.01303] **25⮜⮜⮜18.9⮜⮜5.2⮜Carlo Col Shelter & Campsite➤4.4➤➤9.5➤➤➤16.4** 💧 Water (spring) is located left of the lean-to, ⛺ two single and one double tent platforms, ☾ privy, 📶 bear box. 🪧 Carlo Col Trail leads (2.2W) to Success Pond Road (gravel) and trailhead 🅿 parking.		
1916.0			🛏[44.48868,-71.01616] 🅿[44.51050,-71.04305]	2945 281.4
	💧🛏{12} ⛺🌙☾📶 📍	(300FT E) to shelter. **23.3⮜⮜⮜9.6⮜⮜4.4⮜Full Goose Shelter & Camps➤5.1➤➤12➤➤➤15.5** 💧 Water (stream) is located behind shelter, ⛺ three single and one double tent platforms, ☾ privy, 📶 bear box.		
1920.3			🛏[44.52527,-70.98077]	3030 277.1
	💧🪧 🛏{8} ⛺ 📶$⚠ 📍	Junction with Speck Pond Trail. **14.7⮜⮜⮜9.5⮜⮜5.1⮜Speck Pond Shelter & Campsite➤6.9➤➤10.4➤➤➤20.9** ⚠ **NO FIRES**. 💧 Water (spring) is located (0.1) west on the blue blazed trail behind the caretaker's yurt, ⛺ three single and three double tent platforms, ☾ privy, 📶 bear box. **$** Overnight/caretaker fee. Run by the AMC. Speck Pond is the highest body of water in Maine.		
1925.4			🛏[44.56465,-70.97360]	3500 272.0
	💧🪧🛏{8} ⛺{4} 🌙☾📍	(0.1E) **16.4⮜⮜⮜12⮜⮜6.9⮜Baldpate Lean-to➤3.5➤➤14➤➤➤26.8** 💧 Water (stream) next to lean-to, ⛺ 4 tent sites, ☾ privy.		
1932.3			🪧[44.59973,-70.91238] 🛏[44.59845,-70.91161]	2645 265.1
	💧🛏{6} ⛺{5} 🌙☾📍	**15.5⮜⮜⮜10.4⮜⮜3.5⮜Frye Notch Lean-to➤10.5➤➤23.3➤➤➤31.6** 💧 Water (Frye Brook) is located in front of the lean-to, ⛺ 5 tent sites, ☾ privy.		
1935.8			🛏[44.62771,-70.90080]	2280 261.6
	💧🛏{6}⛺ 🌙☾📷📍	**20.9⮜⮜⮜14⮜⮜10.5⮜Hall Mountain Lean-to➤12.8➤➤21.1➤➤➤32.3** 💧 Water (spring) is located south of the lean-to on the AT, ⛺ tent sites available, ☾ privy. Trail to view behind shelter.		
1946.3			🛏[44.70083,-70.82510] 💧[44.70025,-70.82573]	2635 251.1
	💧🛏{8} ⛺{4} 🌙☾📍	(0.1E) **26.8⮜⮜⮜23.3⮜⮜12.8⮜Bemis Mountain Lean-to➤8.3➤➤19.5➤➤➤28.4** 💧 Water small (spring) is located to left of lean-to, ⛺ 4 tent sites, ☾ privy.		
1959.1			🛏[44.81025,-70.75590]	2790 238.3
	💧🛏{8} ⛺{1} 🌙☾🏊📍	(78 yards W) to shelter. **31.6⮜⮜⮜21.1⮜⮜8.3⮜Sabbath Day Pond Lean-to➤11.2➤➤20.1➤➤➤28.1** 💧 Water (piped spring) is located near pond in front of lean-to, ⛺ 1 tent platform and tent sites available, ☾ privy. Sandy beach (0.3) south on AT, 🏊 swimming.		
1967.4			🛏[44.84095,-70.66205]	2390 230.0
	💧🛏{8} ⛺{5} 🌙☾📍	(200 yds E) **32.3⮜⮜⮜19.5⮜⮜11.2⮜ Piazza Rock Lean-to➤8.9➤➤16.9➤➤➤35.5** 💧 Water (stream) that passes through campsite, ⛺ 5 tent platforms, ☾ privy (two seater).		
1978.6			🛏[44.90421,-70.52996]	2080 218.8
	💧🛏{6} ⛺☾📷📍	(53 yrds W) **28.4⮜⮜⮜20.1⮜⮜8.9⮜Poplar Ridge Lean-to➤8➤➤26.6➤➤➤36.8** 💧 Water (brook) is located in front of lean-to, ⛺ tent sites available, ☾ privy.		
1987.5			📍🛏[44.97006,-70.44595]	2920 209.9
	💧🛏{8} ⛺🌙☾📍	(150 ft W) to shelter. **28.1⮜⮜⮜16.9⮜⮜8⮜Spaulding Mountain Lean-to➤18.6➤➤28.8➤➤➤36.5** 💧 Water small (spring) is located to right of lean-to, ⛺ tent sites available, ☾ privy.		
1995.5			🛏[44.99576,-70.34140]	3140 201.9

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2014.1	💧🛋{16} ⛺🛁☾📍	(52 yds E) **35.5⮜⮜⮜26.6⮜⮜18.6⮜Horns Pond Lean-tos⮞10.2⮞⮞17.9⮞⮞⮞27.9** 🛋 two lean-to's, 💧 water is located north of the lean-tos or Horns Pond, ⛺ tent sites available, ☾ privy. Caretaker, no fee.	🛋[45.14388,-70.32971]3160	183.3
2024.3	💧🛋{8} ⛺{2} 🛁☾🏊📍	(0.1W) **36.8⮜⮜⮜28.8⮜⮜10.2⮜Little Bigelow Lean-to⮞7.7⮞⮞17.7⮞⮞⮞27.4** 💧 Water (spring) is located 50 yards in front of the lean-to, ⛺ 2 tent platforms and tent sites available, p privy. 🏊 Swimming in "the Tubs" along the side trail.	🛋[45.13911,-70.19160]1760	173.1
2032.0	💧🛋{8} ⛺{2} 🛁☾🏊📍	(72 yds E) to shelter. **36.5⮜⮜⮜17.9⮜⮜7.7⮜West Carry Pond Lean-to⮞10⮞⮞19.7⮞⮞⮞28.7** 💧 Water (spring house) is located to the left of the lean-to or West Carry Pond, ⛺ tent sites available, ☾ privy. 🏊 Swimming in pond.	🛋[45.15796,-70.09973]1340	165.4
2042.0	💧🛋{6}⛺ 🛁☾🏊📍	(67 yds W) **27.9⮜⮜⮜17.7⮜⮜10⮜Pierce Pond Lean-to⮞9.7⮞⮞18.7⮞⮞⮞22.8** 💧 Water (Pierce Pond), ⛺ tenting, ☾ privy, 🏊 swimming.	🛋[45.24025,-70.05548]1150	155.4
2051.7	💧🛋{6}⛺ 🛁☾🏊📍	(100 yds E) **27.4⮜⮜⮜19.7⮜⮜9.7⮜Pleasant Pond Lean-to⮞9⮞⮞13.1⮞⮞⮞22** 💧 Water small (brook) is located on the path to the lean-to or pond, ⛺ tent sites available, ☾ privy. ⛱ Beach (0.2) on side trail beyond lean-to, 🏊 swimming.	🛋[45.27123,-69.91673]1320	145.7
2060.7	💧🛋{8} ⛺🛁☾📍	(0.1E) **28.7⮜⮜⮜18.7⮜⮜9⮜Bald Mountain Brook Lean-to⮞4.1⮞⮞13⮞⮞⮞25** 💧 Water (Bald Mountain Brook) is located in front of lean-to, ⛺ tent sites available, ☾ privy.	🛋[45.25860,-69.79945]1280	136.7
2064.8	💧🛋{6}⛺ 🛁☾🏊📍	(100 ft E) **22.8⮜⮜⮜13.1⮜⮜4.1⮜Moxie Bald Lean-to⮞8.9⮞⮞20.9⮞⮞⮞28.3** 💧 Water (stream) is located near by or Moxie Bald Pond, ⛺ tent sites available, ☾ privy, 🏊 swimming.	🛋[45.27068,-69.74538]1220	132.6
2073.7	💧🛋{8} ⛺🛁☾📍	(0.1W) **22.0⮜⮜⮜13.0⮜⮜8.9⮜Horseshoe Canyon Lean-to⮞12.0⮞⮞19.4⮞⮞⮞24.1** 💧 Water (spring) is located at the AT junction or the river in front of and below the lean-to, ⛺ tent sites available, ☾ privy.	🛋[45.28280,-69.62761]880	123.7
2085.7	💧🛋{6} ⛺🛁☾📍	**25.0⮜⮜⮜20.9⮜⮜12.0⮜Leeman Brook Lean-to⮞7.4⮞⮞12.1⮞⮞⮞16.1** 💧 Water (stream) is located in front of lean-to, ⛺ tenting, ☾ privy.	🛋[45.35160,-69.49868]1060	111.7
2093.1	💧🛋{6} ⛺🛁☾📍	(42 yds W) **28.3⮜⮜⮜19.4⮜⮜7.4⮜Wilson Valley Lean-to⮞4.7⮞⮞8.7⮞⮞⮞15.8** 💧 Water small (spring) is located in front of the lean-to on the opposite side of the AT, ⛺ tenting, ☾ privy.	🛋[45.39796,-69.46010]1000	104.3
2097.8	💧🛋{8} ⛺🛁☾📍	(67YDS W) **24.1⮜⮜⮜12.1⮜⮜4.7⮜Long Pond Stream Lean-to⮞4.0⮞⮞11.1⮞⮞⮞21.0** 💧 Water from small spring, ⛺ tenting, ☾ privy.	🛋[45.42115,-69.41020]930	99.6
2101.8	💧⛲🛋{6} ⛺🛁☾📍	(0.4E) **16.1⮜⮜⮜8.7⮜⮜4.0⮜Cloud Pond Lean-to⮞7.1⮞⮞17.0⮞⮞⮞24.2** 💧 Water small (stream) is located to the left of the lean-to, ⛺ tenting, ☾ privy.	⛲[45.42070,-69.35478] 🛋[45.41813,-69.35381]2420	95.6
2108.9	💧🛋{6} ⛺🛁☾📍	(9 yds E) **15.8⮜⮜⮜11.1⮜⮜7.1⮜Chairback Gap Lean-to⮞9.9⮞⮞17.1⮞⮞⮞20.7** 💧 Water small (spring) is located downhill and north of the lean-to 25 yards and is known to go dry, ⛺ tenting, ☾ privy.	🛋[45.45315,-69.26238]2000	88.5
2118.8	💧🛋{6} ⛺☾📍	Cross Gulf Hagas Brook. (30 yds W) **21.0⮜⮜⮜17.0⮜⮜9.9⮜Carl A. Newhall Lean-to⮞7.2⮞⮞10.8⮞⮞⮞18.9** 💧 Water (Gulf Hagas Brook) is located south of shelter, ⛺ tenting, ☾ privy.	💧[45.53092,-69.31444] 🛋[45.53110,-69.31511]1860	78.6
2126.0	💧🛋{6} ⛺☾📍	**24.2⮜⮜⮜17.1⮜⮜7.2⮜Logan Brook Lean-to⮞3.6⮞⮞11.7⮞⮞⮞23.1** 💧 Water (Logan Brook) is located behind the lean-to and cascades are farther upstream, ⛺ tenting, ☾ privy.	🛋[45.56113,-69.23540]2480	71.4
2129.6	💧🛋{6} ⛺☾📍	**20.7⮜⮜⮜10.8⮜⮜3.6⮜East Branch Lean-to⮞8.1⮞⮞19.5⮞⮞⮞23.8** 💧 Water (Pleasant River) is located in front of lean-to, ⛺ tenting, ☾ privy.	🛋[45.59675,-69.19823]1225	67.8
2137.7	💧🛋{6} ⛺🛁☾ 🚿🏊📍	(42 yds E) to shelter. **18.9⮜⮜⮜11.7⮜⮜8.1⮜Cooper Brook Falls Lean-to⮞11.4⮞⮞15.7⮞⮞⮞21.5** 💧 Water (Cooper Brook) is located in front of lean-to, ⛺ tenting, ☾ privy across trail and up hill. 🚿 Water Falls in front of lean-to. 🏊 Swimming hole in front of lean-to.	🛋[45.64045,-69.08743]880	59.7
2149.1	💧🛋{8} ⛺🛁☾📍	(31 yds E) to shelter. **23.1⮜⮜⮜19.5⮜⮜11.4⮜Potaywadjo Spring Lean-to⮞4.3⮞⮞10.1⮞⮞⮞18.2** 💧 Water (Potaywadjo Spring) is located to the right of the lean-to, ⛺ tent sites available, ☾ privy.	🛋[45.70650,-69.00750]710	48.3
2153.4	💧🛋{8} ⛺{6}🛁☾	(400 ft W) to shelter. ⛲[45.73532,-69.05398] **23.8⮜⮜⮜15.7⮜⮜4.3⮜Nahmakanta Stream Lean-to⮞5.8⮞⮞13.9⮞⮞⮞25.4** 💧 Water from the stream, ⛺ 6 tent sites available, ☾ privy.	🛋[45.73467,-69.05460]600	44.0
2159.2	💧🛋{6} ⛺🛁☾📍	(40 yds W) to shelter. **21.5⮜⮜⮜10.1⮜⮜5.8⮜Wadleigh Stream Lean-to⮞8.1⮞⮞19.6⮞⮞⮞33** 💧 Water (spring) is located on the beach, ⛺ tenting, ☾ privy.	🛋[45.74733,-69.14520]685	38.2
2167.3	💧🛋{6} ⛺🛁☾📍	**18.2⮜⮜⮜13.9⮜⮜8.1⮜Rainbow Stream Lean-to⮞11.5⮞⮞24.9** 💧 Water (Rainbow Stream) is located in front of lean-to, ⛺ tenting and 🛁 hammocking, ☾ privy.	🛋[45.79908,-69.17100]1020	30.1
2178.8	💧🛋{6} ⛺☾📍	**25.4⮜⮜⮜19.6⮜⮜11.5⮜Hurd Brook Lean-to⮞13.4** 💧 Water (Hurd Brook), ⛺ tenting, ☾ privy.	🛋[45.81853,-69.01900]710	18.6
2192.2	💧🛋{12} ⛺🚙🅿🚗📍 ★★★★★	Katahdin Stream campground, Ranger Station. (0.24E) **33⮜⮜⮜24.9⮜⮜13.4⮜The Birches campsite** **$** Overnight fee. Advance reservations.	🛋[45.88718,-68.99985]1070	5.2

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Hiker Slang

2000-Miler = A person who has hiked the entire distance of the trail either by thru-hiking or section hiking. Also known as an **End-to-ender**.
Alpine Zone = The area consisting of all the land above tree line in New England. (See: **Treeline**).
AMC = The "Appalachian Mountain Club" has a huge presence in the White Mountains of New Hampshire, as well as throughout some of the more popular backcountry destinations across New England. The run a number of high-end Huts.
AT, A.T. =The Appalachian Trail.
AYCE = All You Can Eat Restaurants that offer all you can eat buffets are very popular with hungry hikers.
AYH = The abbreviation for American Youth Hostels.
Bald = A low elevation mountain surrounded by forest yet devoid of trees on the crown. Typically covered with meadows, balds can offer great views and are a good place to find wild berries, they also attract much wildlife. A southern term.
Base Weight = The weight of your backpack plus all the gear that's inside it, but not counting consumables like food, water and fuel.
Bear bag = The bag used by hikers to hang their food out of reach of bears and other critters.
Bear cable = A permanent cable rigged high between two trees specifically for hanging bear bags.
Blow-down = A tree or shrub that has fallen across the Trail.
Blue blaze = Spur trails off the AT. Leading to shelters, views, water sources etc. are often marked by AT style blazes painted Blue.
Blue-blazer = A long-distance hiker who substitutes a section of blue-blazed trail for a white-blazed section between two points on the Trail.
Bog bridge = Narrow wooden walkway placed to protect sensitive wetlands. (See: **Puncheon**).
Bounce box = A mail-drop type box containing seldom used necessities that is 'bounced', (mailed), ahead to a town where you think you might need the contents.
Brown-blazing = Taking an off-trail detour to take a dump.
Bushwhack = To hike where there is no marked trail.
Cache = A Cache is a place where you store gear, food and other supplies before a long trip. The Cache is usually on or near the trail, allowing you to resupply when you reach it.
Cairn = A structure made of rocks used to mark a trail where trees aren't present for Blazes, like in Alpine Zones. Some are just loose piles while others are more decorative.
Camel Up = Cameling Up is a process to help you stay hydrated without needing to carry lots of heavy water bottles during your hike. When you reach a water source, you refill quickly -- usually with an inline filter like a Sawyer Mini -- and then gulp down all the water immediately before heading off down the trail again. This allows you to get the water into your system quickly while avoiding the need to carry heavy, full water bottles (2.2 pounds per liter!) on the hike. A technique commonly used by Ultralight hikers.
Cat Hole = A small hole dug by a hiker for the deposit of human waste when **Brown-blazing**.
CDT = The "Continental Divide Trail," a 3,100 mile long trail, following the Continental Divide along the Rocky Mountains and traversing Montana, Idaho, Wyoming, Colorado, and New Mexico.
Col and **Sag** = Typically dips in the ridge without a road, while **Gap** and **Notch** are typically larger dips that have a road going through. **Sag** is a typically southern term, as is **Gap**, while Col and Notch are typically northern terms. Water Gap, is of course, a Gap with a river.
Col and **Notch** are typically northern terms. **Water Gap**, is of course, a **Gap** with a river.
Cove = A southern Appalachian word meaning a high, flat valley, surrounded by mountains. Cades Cove in the Smokies is the one most people know about.
Corridor = The Appalachian Trail is a long and narrow Park, sometimes less than 100 feet wide. The Area set aside for the AT to pass within is called the Trail Corridor.
Cowboy = When one camps without any shelter - just spreading one's sleeping pad and bag out **camping** under the stars and putting one's faith in their opinion about the weather staying dry.
Croo = The crew of caretakers who man the Appalachian Mountain Club Huts. For the most part, the summer Croo will be college students.
Dead Fall = A trail maintainer's term for a fallen dead trees across the trail.
DEET = A powerful insect repellant.
Double blaze = Two blazes, one above the other as an indication of an imminent turn or intersection in the trail. Offset double blazes, called Garveys, indicate the direction of the turn by the offset of the top blaze.
Dodgeways = Are V-shaped stiles through fences, used where the Trail passes through livestock enclosures.
DWG = **The Delaware Water Gap, DWG**, is the most well-known **Gap** along the AT.
End-to-ender = Another term for a **2,000-Miler**.
Flip-flop = A term used to signify a hiker that starts hiking in one direction then at some point decides to jump ahead and hike back in the opposite direction of where thy left off.
Flip-flopper = A hiker that starts hiking in one direction then at some point decides to jump ahead and hike back in the opposite direction. Some hikers on the AT will start hiking northbound from Springer Mt. and usually at Harpers Ferry they may decide to go to Katahdin and hike back down to Harpers Ferry, thus completing their thru-hike. This is a good way for someone to still get their hike completed if they are behind and their time is limited due to the oncoming winter.
Food bag = A bag a hiker carries in their pack specifically for storing their food in. It is typically bear **Bear bag** suspended from a tree at night so bears and varmints don't get into it.
GAME, GAMEr = A hike or hiker going from Georgia to Maine.
Gap = A southern term for a low spot along a ridge line, called a **Col**, or **Notch**, by northern individuals.
Gear head = A hiker whose main focus is backpacking and outdoors gear.
Giardia = More properly known as **Giardiasis**, an infection of the lower intestines cause by the amoebic cyst, Giardia lamblia. Giardia resides in water so it is wise to always chemically treat or filter your water before drinking. Symptoms include stomach cramps, diarrhea, bloating, loss of appetite and vomiting. Also known as, a backpacker's worst nightmare.
GORP = 'Good ole raisins & peanuts', or some other variation thereof.
Gray Water = (Dirty dishwater). Some campsites will have designated spots to dump your gray water.
Hiker Box = A cabinet, or box, at lodgings or hostels where hikers donate unwanted food, gear, fuel, and any other items the hiker no longer wants to carry. Leaving it for the hikers coming behind them.
Hostel = An establishment along the trail that has bunks, showers, and sometimes meals and mail drops.
HYOH = Meaning "Hike Your Own Hike," the idea that we should all live and let live on the trail.
JMT = The "John Muir Trail" is a 210 mile trail that follows a section of the PCT. Almost entirely above 8,000 ft of elevation, much of the trail is in the Alpine Zone, with gorgeous big-mountain views and wildflowers.
Knob = A prominent rounded hill or mountain. A southern term.
Lean-to = A three sided open shelter, used primarily in New England.
LNT (or Leave No Trace) = "Leave No Trace" is a series of 7 principles designed to help backpackers and campers think about ways to minimize the impact that their presence has on the natural environment.
Lyme Disease = A debilitating illness carried by small ticks.
MacGyver = After an old TV show where the hero would construct useful devices out of common, available materials. To hikers, it means to build, or repair gear with imagination.
Mail Drop = Mail drops are a method of re-supply while hiking. A mail drop is usually made ahead of time, before the hike starts, and a person not hiking (usually a spouse or relative, but it can be a friend) mails the package according to a pre-arranged schedule so that it arrives on time for the hiker to receive it at the post office.
Maintainer = See: **Trail maintainer**.
MEGA , or ME-GA = A hike or hiker going from Maine to Georgia.
Mountain money = Toilet paper.
Mouse Hanger = The cord-with-can contraption used to discourage mice from entering a pack, or food bags, when hung in a shelter.

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Nalgene = Called nalgene because that is the name of the company that makes them. Which also refers to the standard 32oz wide mouth bottle.
Nero = Almost a **Zero,** in other words, a very short mileage day.
NOBO = Short for "North Bound." A term used to describe Thru Hikers that start at the southern terminus of a long trail and head north.
NPS = The National Park Service in the United States, in charge of running and protecting the National Parks.
PCT = The "Pacific Crest Trail," a 2,654 miles long trail through Washington, Oregon, and California following the highest portion of the Sierra Nevada and Cascade Range.
Peak Bagging = The process of summiting (or "bagging") a collection of related peaks in an area. It's like going through a to-do list of challenging but rewarding hikes. Popular Peak Bagging lists include the "New Hampshire 4000 Footers" (48 peaks) and the "Colorado Fourteeners" (53 peaks).
Pink blazing =Term used when a male or female is following their partner on the trail.
Posthole = When hiking through fresh, deep snow, Postholing is when each step you take sinks far down into the snow, sometimes burying your entire leg. Postholing is extremely tiring and slow-going. Groups of hikers will often switch up the person in the front, allowing the old leader the easier task of following in the new leader's footsteps (or Postholes).
Presidentials = The White Mountains of New Hampshire, (aka: the **Whites**).
Privy = A trail-side outhouse for solid waste. You shouldn't pee in the privy.
PUDS = Thru-hiker shorthand for "pointless ups and downs", referring to the less interesting sections of mountains thru-hikers encounter from time to time; several PUDS in a row are **MUDS**, which is shorthand for "mindless ups and downs".
Puncheon = Also called a **Bog bridge**, is a wooden walkway built to provide a stable, hardened tread-way across bogs, mud flats, and marshy areas.
Purist = 1 - A hiker who wants to pass every white blaze on the trail. 2 - A hiker who wants others to pass every white blaze on the trail.
Register = A log book normally found at a trail shelter, or a trail head. The original intent was for hikers to sign in so a searcher needing to find a lost hiker could tell where they last were.
Relo = A section of trail recently relocated.
Ridge runner = A person paid by a trail-maintaining club or governmental organization to hike back and forth along a certain section of trail to educate hikers. Such persons are most often found in high-use areas of the trail.
Rime ice = White super-cooled water droplets that stick to surfaces and freeze into the direction of the wind.
RMC = The Randolph Mountain Club, who maintain the Perch and Crag Camp in the **Presidentials,** (aka: the **Whites**), of New Hampshire.
Rock Hop = A Rock Hop is a river or stream crossing that can be done without getting your feet wet. Generally done by hopping from rock to rock through a low-running channel of water. A Rock Hop is generally faster and safer than a Ford.
Ruck = Originally small informal gatherings of past and future AT hikers, they have evolved into larger annual scheduled events.
Sag and Col = 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.
Section Hike = When someone isn't able to complete a Thru Hike in one contiguous effort, they may instead choose to complete the trail over a longer period by hiking smaller sections of it and returning to society in between.
Shelter = A three-sided wooden or stone building, spaced out a half day's hike apart, near a water source, and with a privy. There are many varieties of shelters, including: lean-to's, cabins and barns, to name a few types found on the AT.
Shuttle = A ride from town to trailhead, usually for a fee, or a person who runs a shuttle service. **Shuttler**
Slackpacking = Thru-hiking without your backpack while someone transports it to your end destination for the day.
SOBO = Short for "South Bound." A term used to describe Thru Hikers that start at the northern terminus of a long trail and head south.
Springer Fever = The almost uncontrollable urge to be back on the Trail that hits thru-hikers of past years **fever** each spring.
Stealth = A method of camping where there is no indication that you are there, and no trace of your having been there after you leave. Sometimes used as a term for camping illegally on public or private land.
Stile = Steps constructed over a fence to allow people, but not livestock, to pass.
Swag = The lowest connecting point between two ridges in the South.
Switchback = A method of building a trail that forms a zig-zag of trails up a mountain. The strategy is to prevent erosion and to make the climb easier. Switchbacks are not made to be short-cutted, although some people do, which damages the trail. Switchbacks are often appreciated by hikers.
Thru-hiker = (**Thru-hiker, Thru**), one who is attempting to become a 2,000-Miler **Thru** in a single, continuous, (**Thru-hiking**), journey leaving from one terminus of the Trail, **Thru-hiking** and backpacking the other terminus.
Trail Angel = Someone who provides unexpected help, or food, to a hiker.
Trail candy = Term for good looking man or woman
Trailhead = Where the trail leaves a road crossing or parking lot.
Trail magic = Unexpected, but welcome, help or food.
Trail maintainer = A volunteer who works to keep the trail clear of Blowdowns, Deadfall and hung-up maintainer trees, (see: Widowmakers), and to curb trail erosion.
Trail name =A nickname adopted by or given to a hiker.
Tramily = Trail family
Treeline = The point of elevation on a mountain above which the climate will no longer support tree growth. (See: **Alpine Zone**).
Triple Crown = The crowning accomplishment of Thru Hiking the AT, PCT. and CDT.
USFS = The abbreviation for United States Forest Service.
Vitamin I = Ibuprofen, an over-the-counter, anti-inflammatory drug, that many hikers use while backpacking.
Waterbar = A log or rock barrier that diverts water off the Trail to prevent erosion.
Water Gap = Typically dips in the ridge without a road, while **Gap** and **Notch** are typically larger dips that have a road going through, **Water Gap**, is of course, a **Gap** with a river. The Delaware Water Gap, **DWG**, is the most well-known along the AT.
The Whites = The White Mountains of New Hampshire, (aka: the **Presidentials**).
Whiteblazer = A term from the Appalachian Trail to describe a person hiking pure, (see **Purist**), that is, hiking past every white blaze - which are the standard trail markers on the AT. Also what members of WhiteBlaze.net are called.
Widowmaker = Widow makers are limbs, or whole trees, that have partially fallen, but remain hung-up in overhead branches, and pose an **extreme danger** to a hiker passing below them.
Wilderness Area = An official designation for public lands set aside to be protected from humans.
Work-for-stay = Some hostels, the AMC Huts in the Whites, and a few other places along the AT, allow some hikers to work instead of paying the fee for lodging.
Yellow blazes = Term used to denote the yellow center-line that is painted on a highway.(See **Yellow blazes**).
Yellow blazer = Someone who hitch-hikes around sections of trail by following yellow blazes. Yellow blaze, referring to the yellow paint on roads.
Yogi-ing = The good-natured art of "letting" food be offered cheerfully by strangers without actually asking them directly. (If you ask, it's begging!).
Yogi = The cartoon bear famous for stealing "picnic baskets", and other-wise cadging food handouts, from whom the term **Yogi-ing** is derived.
Yo-yo = The act of completing one A.T. thru-hike, then immediately turning around to begin **yo-yo-ing** another thru-hike in the opposite direction.
Yurt = A round semi-permanent structure, tent-like in form.
Zero day =A day in which no miles are hiked, usually because the hiker is stopping in a town to **Zero** resupply and/or rest.

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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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About the author:

Rick "Attroll" Towle

Rick's love for the Appalachian Trail began in the early 1980's. It became a focus of attention for him, filling his dreams, both day and night, prompting him to acquire, moderate, and improve, two web sites: www.whiteblaze.net and www.hammockforums.net, successfully developing them into two of the worlds's most-visited and informative backpacking and hiking websites. Rick achieved his goal of thru-hiking the entire Appalachian Trail in 2010.

A good friend once told him that he was a good example of what Mark Twain said:

"…I never let my schooling get in the way of my education…"

Rick has combined his hiking skills, website development knowledge, and computer expertise, with extensive research and data collection, to compile, and incorporate, accurate, up-to-date trail information, reliable GPS data, and detailed maps, into WhiteBlaze Pages, the most informative and user-friendly Appalachian Trail guidebook ever published!!!

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