

APPALACHIAN  
TRAIL

Thru-Hikers' Companion

2013





# Appalachian Trail Thru-Hikers' Companion

Robert Sylvester  
*Editor*



Cover photograph: On Katahdin. © Valerie Long.

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Welcome to the twentieth edition of the *Appalachian Trail Thru-Hikers' Companion*. Why another edition of this book? The simple answer is that the Appalachian Trail and the community that surrounds this famous footpath are continuous works in progress. Every year, businesses close or emerge, fees change, town maps need revision, shelters are built or renovated, and sections of the Trail are relocated.

Thank you for picking up this edition. The 2013 *Companion* is a carefully conceived, diligently compiled book that belongs in the possession of every Appalachian Trail hiker. Our hope is that the *Companion*, used in conjunction with Trail maps, will lead the reader into making informed decisions about towns and services for re-supply options.

This book is the culmination of the volunteer efforts of more than thirty ALDHA field editors and ATC staff members who worked to make this edition as accurate as possible. To everyone who contributed in some way to the publication of this book, many thanks.

A guidebook, like the Trail, is not a static document. Each hiker may discover something previously unknown. Your contributions are vital to this process. Your comments are most welcome — and requested! We rely on hikers' feedback to help us update future editions. Please send your comments on this book to ALDHA at the e-mail address on page xvi, along with any corrections to Trail, shelter, or town descriptions.

Robert Sylvester  
Editor

The *Companion* is compiled, written, and edited by volunteers of the Appalachian Long Distance Hikers Association (ALDHA) and published by the Appalachian Trail Conservancy (ATC) as a service to those seeking to explore the Trail. It is intended for those making thru-hikes but is also valuable for those taking shorter section-hikes or overnight backpacking trips. The *Companion* provides you with details on shelters, water sources, post offices, hostels, campgrounds, lodging, groceries, restaurants, outfitters, and other related services along the Trail. In addition, the *Companion* offers information of historical significance about places you pass through while hiking the A.T. Unlike commercial guides, this book benefits from the latest information from volunteers who measure, maintain, and manage the Trail and those who hike it regularly.

*Due to publication deadlines, we cannot guarantee that the information in this book will not change by the time you arrive in an area, despite the efforts of volunteers to acquire the most up-to-date information. Businesses close or change hours, hostels change rates and policies, and the Trail itself is subject to relocation. This edition was produced in the fall of 2012.*

*As you walk, talk to other hikers, and read shelter registers. The Conservancy's Web site periodically posts updates at <[www.appalachiantrail.org/hiking/trail-updates/thru-hikers-companion](http://www.appalachiantrail.org/hiking/trail-updates/thru-hikers-companion)>, which you can also reach by using a "smartphone" equipped with a QR reader and the code on the back cover of this book.*

Inclusion in this book is not an endorsement by ALDHA or ATC, but rather a listing of services available and contacted by field editors. Likewise, the businesses listed do not pay for "advertisements" but are listed because of their proximity to the Trail.

ALDHA members do field research for each section of the Trail and are instrumental in gathering information. Without the hard work of the following ALDHA field editors, other volunteers, and ATC staff members, this book would not have been possible: **Georgia and North Carolina**—Scott Dowling (Pilgrim), Ann W. Thomas (Timberpixie); **North Carolina and Tennessee**—Lamar Powell (Hopeful), Sunny Riggs (Sunrise), Tom Bradford (10-K), Miss Janet Hensley, Tim Steward (Mountain Squid); **Central Virginia**—Laurie Foot (Happy Feet), Pat Ohleger, Leonard Adkins (Habitual Hiker); **Northern Virginia**—David and Sue Hennel (Gourmet Dave and The Real Gourmet); **West Virginia**—ATC Information Services Manager Laurie Potteiger (Mountain Laurel); **Maryland**—Mike Wingheart (Wingheart); **Southern Pennsylvania**—Jack Vose (Camo Jack); **Northern Pennsylvania**—Mary Ann Nissley (M.A.



from Pa.); **New Jersey**—Deborah Melita (Baby Carrots); **New York**—Robert Cunningham (EZ), Mark Hudson (Skeeter); **Connecticut**—Tom Evans (Flatlander); **Massachusetts**—Mary Higley (Fussy Mary), Kevin Reardon (Slider), Hannah Reardon (Catamount); **Vermont**—Jeff Taussig, Kathy Krevetski (Ma Buddha), Cynthia Taylor-Miller (Mrs. Gorp); **New Hampshire**—Jeff Phillips & Jen O'Connor Phillips (Chaco Taco & Wakapak), Art Cloutman (Gabby); **Maine**—J.W. Gordon (Teej), Sandie Sabaka (Bluebearee), Emerson McMillan (Warraghiyagey), Jennifer Friedrich (vonFrick). ATC Information Services Assistant Claire Hobbs also provided valuable information on town and Trail changes, along with updating the Web site. Mileage figures are based on information from the 2013 edition of the *Appalachian Trail Data Book*.

#### TRAIL-MAINTAINING CLUBS AND REGISTERS

Trail-maintaining clubs are listed throughout the book. You may use the addresses provided to contact the clubs with any comments, suggestions, or feedback. Although often a thru-hiker will leave an additional one, the official shelter registers are the property of the maintaining club and should not be removed by hikers. The register is a useful tool for information on Trail conditions and other things that are happening in its section of the A.T. It may also help locate a hiker in case of an emergency. If you wish to donate a register (assuming that one doesn't already exist), you should include a note asking the maintaining club to forward it to you when it's filled.

#### GETTING TO THE TRAIL

Section-hikers looking for shuttle services should check the business and individual listings for the area in which they plan to hike. Also, check with ATC at (304) 535-6331, <info@appalachiantrail.org>, or check the ATC's A.T. shuttle and public-transportation list available at <www.appalachiantrail.org/shuttles>. (See page 1 for an important note on shuttles.) This same Web site will link to information on Trailhead parking.

**MAKING THE COMPANION YOUR OWN**

Do not be afraid to abuse your paper *Companion*. While it has considerable information, it has been suggested that it could be made smaller. Unfortunately, no one agrees on what should be left out. So, here is an idea—do your own editing. Rip out what you don't want, use a hole-punch, a pair of scissors, or a highlighter. Send sections ahead to mail drops; mail completed sections home. Do some old-fashioned cut-and-paste. Make this book your own.

**READING THE COMPANION**

*Road-crossings and Trailheads with significant services nearby* are indicated in south-to-north order.

*Towns and post offices* (including P.O. hours) are printed in **bold type**. A listing of post offices can also be found on page 273.

*East and West*—Regardless of compass direction, “**east**” or “E” and “**west**” or “W” are used as they are in the *A.T. Data Book* and the series of 11 *A.T. guides*: “East” is to the northbounder’s right and the southbounder’s left, when referring to the Trail.

*Services*—Major categories are indicated with **bold italics**, specifically *groceries, lodging, hostels, campgrounds, doctors or hospitals, restaurants, Internet access, laundries, veterinarians, and outfitters*.

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*Trail-Maintaining Clubs*—Information is provided at the southern end of their sections and is offset by two rules.

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*Abbreviations—**In the body of the text:*

M—Monday

Tu—Tuesday

W—Wednesday

Th—Thursday

F—Friday

Sa—Saturday

Su—Sunday

FedEx—Federal Express

USPS—U.S. Postal Service



UPS—United Parcel Service	EAP—each additional person
a/c—air conditioning	D—double
AYCE—all-you-can-eat	PP—per person
B/L/D—breakfast/lunch/dinner	s—single
CATV—cable television	T—triple

*In the tables at beginning of each chapter:*


C—campground, campsites	O—outfitter
cl—coin laundry	P.O.—post office
D—doctor, medical	R—road access
f—fuel	S—shelter
G—groceries, supplies	sh—shower
H—hostels	nw—no potable water
L—lodging	V—veterinarian
m—miles	w—water
M—meals; restaurants	☼—Internet

*Elevation*—This column refers to the approximate elevation (in feet) of the landmark.

*Comma*—Services separated by commas are in the same location. For example, E–1.5m P.O., G means that the post office and grocery store are both located 1.5 miles east.

*Parentheses*—Services separated by parentheses are not all in the same location. For example, (E–0.2m C, S) (W–0.1m w) means that the campsite and shelter are east 0.2 mile, and the water source is west 0.1 mile from the Trailhead.

*Shelters*—May also be referred to as lean-tos. Shown in **bold print**, with distance and direction off Trail, water-source location, and distance to the next shelter (in italics, both north and south). **The distance to the next north and south shelter shown in the Companion includes the side-trail(s) distance from one to the other.**

In-  dicates a designated “Appalachian Trail Community.” Towns and counties participating in this new Appalachian Trail Conservancy program agree to help promote, preserve, and maintain the A.T. in various ways while ATC helps them with economic development.

## 2,000-MILER CERTIFICATES

ATC recognizes anyone who reports completion of the entire Trail as a “2,000-Miler” with a certificate. The term “2,000-Miler” is a matter of tradition and convenience, based upon the original estimated length of the Trail. ATC operates on the honor system, assuming that those who apply for 2,000-Miler status have hiked all of the A.T. between Katahdin and Springer. In the event of an emergency, such as a flood, forest fire, or an impending storm on an exposed high-elevation stretch, blue-blazed trails or officially required road-walks are considered viable substitutes for the white-blazed route. Issues of sequence, direction, speed, length of time, or whether one carries a pack or not are not considered. ATC assumes that those who apply have made an honest effort to walk the entire Trail.

## HUNTING SEASONS

Hunters are rarely an issue for northbound thru-hikers, but southbounders need to be aware of the hunting seasons, which may begin as early as mid-Oct, as you progress south toward Springer. Hunting is legal along many parts of the Trail, and ATC's Web site lists local hunting seasons. Wearing bright (“blaze”) orange is a necessity in fall, winter, and spring.

## SAFETY—OTHER HUMANS

If you tell friends you are planning a long-distance hike on the A.T., one of the first questions is likely to be, “Aren't you afraid? What will you do to protect yourself?” There are dangers in the backcountry, but, because of mass-media publicity and the popularity of backpacking, your friend was likely speaking of the dangers posed by other humans. Violent crimes have occurred on the Trail, with a frequency rate of less than two every *ten* years, on a footpath more than three million people use *each* year.

The difference on the A.T. and in any wilderness setting—other than people's expectations—is that you only have yourself and your instincts for protection. That means you must use common sense to avoid potential dangers. It is best not to hike alone. If you choose to, a few precautions can help keep you safe:

- Don't tell strangers where you are headed or plan to camp for the night; *don't post plans in real time on on-line journals or blogs.*
- If you run into a suspicious person, consider moving on to another location.
- Avoid camping or staying at shelters that are within a mile of a road crossing.
- Leave an itinerary of your trip with family or friends.
- If you use a Trail name, make sure the folks back home know what it is.
- Even with a partner, don't be lulled into a false sense of security. Two or more can also be vulnerable.

- Eliminate opportunities for theft. Don't bring jewelry. Keep wallets and money on your person rather than in your pack or tent. Leaving a pack unattended at trailheads or shelters is risky, even when it is hidden.
- Trust your gut. Always.

ATC and most long-distance hikers strongly discourage the carrying of a gun on the Trail. Guns are restricted (you can carry with all the proper permits but not legally discharge) on national park lands (40 percent of the route) and in many other jurisdictions through which the Trail passes. Report any crime or harassment immediately to the local police *and* ATC. Contact ATC at (304) 535-6331 or <incident@appalachiantrail.org>. Further advice can be found at <www.appalachiantrail.org/safetyawareness>.

#### SAFETY—MOTHER NATURE

While natural dangers are inherent to backpacking, many are misunderstood. For some, a hike in the woods conjures images of snakebites and bear attacks—both rare.

#### BEARS

Black bears live along many parts of the Trail and are particularly common in Georgia, the Shenandoah and Great Smoky Mountains national parks, and north of Shenandoah on into New York. While attacks on humans are rare, a startled bear or a female with cubs may react aggressively. The best way to avoid an encounter while you are hiking is to make noise by whistling, talking, *etc.*, to give the bear a chance to move away before you get close enough to make it feel threatened. If you encounter a bear and it does not move away, you should back off, and avoid making eye contact. Do not run or “play dead,” even if a bear makes a “bluff charge.”

The best preventive defense is preparing and storing food properly:

- Cook and eat meals away from your tent or shelter so food odors do not linger.
- Hang food, cookware, toothpaste, personal hygiene items, water bottles with drink mixes in a sturdy bag from a strong tree branch 10 feet off the ground, 6 feet from the tree, and away from your campsite. **NOTE:** New Forest Service rules in Georgia *require* hikers to carry and use bear canisters if camping overnight between Jarrad Gap and Neel Gap, including at Woods Hole and Blood Mountain shelters and Slaughter Gap Campsite.
- Use bear boxes, poles, or cable systems where provided.
- **Never** feed bears or leave food behind for them.
- A bear entering a campsite should be considered predatory. Yelling, making loud noises, and throwing rocks may frighten it away, but be prepared to fight back.
- If attacked, fight for all you are worth with anything at hand—rocks, sticks, fists.

Less dramatic threats to safety, such as contaminated water, dehydration, and hypothermia, afflict far more hikers—particularly those who are unprepared.

If you are unfamiliar with backcountry travel, ask questions, and read and learn about backpacking safely. Learn about dehydration, heat exhaustion, and hypothermia; learn safe ways of fording rivers and purifying water; learn how to avoid lightning, rabies, and Lyme disease—the most common threats to a hiker's well-being. A good resource for learning more about these topics is the ATC publication *Step by Step: An Introduction to Walking the A.T.* Before starting an end-to-end hike, take shorter backpacking trips until you feel confident in the backcountry. Finally, information and experience are useless if you forget one thing—common sense.

#### LYME DISEASE

In the Northeast, the heightened risk for Lyme disease (LD) is Apr to Jul and Oct to Nov, which coincide with the timeframe thru-hikers pass through the states with the highest reported cases of the disease. Cases have been reported in all fourteen Trail states.

LD is a bacterial infection transmitted to humans by the bite of infected blacklegged ticks (formerly called “deer” ticks). Hikers should watch carefully for symptoms of LD, which may include “flu-like” reactions of fever, headache, chills, and fatigue and a characteristic “bulls-eye” skin rash, called *erythema migrans*, at the site of the tick attachment. Hikers should seek immediate medical attention for treatment.

Steps hikers can take to prevent LD include using insect repellent with Deet for exposed skin; spraying clothing items with the insecticide permethrin; removing ticks promptly; conducting a daily full-body tick check, including the head, underarms, and groin area; minimizing contact with high grass, brush, and woody shrubs; wearing long pants tucked into your socks; and wearing long sleeves, tucking your shirt into your pants to keep ticks off your torso.

#### LEAVE NO TRACE

With the millions who enjoy this place each year, the chances are great that any of us may inadvertently damage the natural environment along the Trail and mar the experience for others. Those negative effects can be minimized by adopting sound hiking and camping techniques which, while simple to learn, require some committed effort—think of LNT, wholly endorsed by ATC and ALDHA, as an educational and ethical program for responsible enjoyment of the outdoors, not a set of rules. If we are successful, the Trail will retain its essential natural qualities and continue to be a place where an extraordinary outdoor experience is available. Everyone's help is important. Please do your part by committing to these practices, and encourage others to learn about techniques that “Leave No Trace” on the Appalachian Trail. More information can be found at <[www.LNT.org](http://www.LNT.org)> and <[www.appalachianbtrail.org/lnt](http://www.appalachianbtrail.org/lnt)>.

*PLAN AHEAD AND PREPARE*

- Check Appalachian Trail guidebooks and maps for guidance and note that camping regulations vary considerably along the Trail. Travel in groups of 10 or fewer. If in a group of more than five, leave shelters for lone hikers and smaller groups.
- Bring a lightweight trowel or wide tent stake to dig a hole for burying human waste.
- Bring a piece of screening to filter food scraps from your dishwater and pack them out.
- Bring a waterproof bag and at least 50 feet of rope to hang food and scented articles.
- Repackage food in resealable bags to minimize waste.
- Prepare for extreme weather, hazards, and emergencies—especially the cold—to avoid impacts from searches, rescues, and campfires.
- Try to avoid areas when they are most crowded. If you are planning a northbound thru-hike, avoid starting on March 1, March 15, the first day of spring, or April 1.

*TRAVEL AND CAMP ON DURABLE SURFACES*

- Stay on the trail; never shortcut switchbacks. Take breaks off-trail on durable surfaces, such as rock or grass.
- Restrict activities to areas where vegetation is already absent.
- Avoid expanding existing trails and campsites by walking in the middle of the trail, and using the already-impacted core areas of campsites.
- If tree branches block the trail, move them off if possible, rather than going around and creating new trails.
- Wear gaiters and waterproof boots, so you may walk through puddles instead of walking around them and creating a wide spot in the trail.

*DISPOSE OF WASTE PROPERLY*

- "Pack it in, Pack it out." Don't burn, bury, or leave litter or extra food. That includes cigarette butts, fruit peels, and hygiene articles. Keep your trash bag handy, so you can pick up litter left by others.
- Use the privy for human waste only (feces). Do not add trash. If there is no privy, dispose of human waste by burying it in a "cathole," a hole 6-8 inches deep, 4-6 inches wide, at least 200 feet (80 steps) from campsites, water sources, and shelters, and well away from trails. Add dirt to the hole, and stir with a stick to promote decomposition. Push toilet paper to the bottom of the hole, and leave your stick in the hole. Don't hide your waste under a rock; this slows decomposition.
- Note that most "disposable wipes" are made from nonbiodegradable material that must be carried out rather than buried, burned, or left in privies. For those willing to go the extra mile, consider packing out your toilet paper, too. Animals' curiosity often brings toilet paper and other trash to the surface.
- Wash dishes, bodies, and clothing 200 feet away from water sources. Use biodegradable

soap sparingly, or not at all. Avoid polluting the water by rinsing off at a distance to remove your excess sunscreen, bug repellent, *etc.*, before swimming in a lake or stream.

- Disperse dishwater and toothpaste, and urinate well away (at least 100 feet) from shelters and popular campsites. In that way, wildlife is not attracted close to camp. Animals sometimes defoliate plants to consume the salt in urine, so urinate on rocks or bare ground rather than on vegetation. Where water is plentiful, consider diluting the urine by adding water to the site.
- If you wish to donate items to other hikers (food, extra gear, clothing, books, *etc.*), don't leave them at shelters—use the hiker boxes at motels and hostels.

#### LEAVE WHAT YOU FIND

- Leave plants, artifacts and natural objects where you found them, for others to enjoy.
- Don't build structures or dig trenches around tents.
- Do not damage live trees or plants; green wood burns poorly. Collect only firewood that is dead, down, and no larger than your wrist. Leave dead standing trees and dead limbs on standing trees for the wildlife.
- Consider using rubber tips on the bottom of your trekking poles to avoid scratch marks on rocks, "clicking" sounds, and holes along the Trail.

#### MINIMIZE CAMPFIRE IMPACTS

- Use stoves for cooking—if you *need* a fire, build one only where it's legal and in an existing fire ring. Leave hatchets and saws at home. Burn all wood to ash.
- Do not try to burn trash, including foil, plastic, glass, cans, tea bags, food, or anything with food on it. These items do not burn thoroughly. They create noxious fumes, attract wildlife like skunks and bears, and make the area unsightly.
- Where campfires are permitted, leave the fire ring clean by removing others' trash and scattering unused wood, cold coals, and ashes 200 feet away from camp after the fire is cold and completely out.

#### RESPECT WILDLIFE

- Bears inhabit or travel through nearly every part of the A.T. Sightings have increased at shelters and campsites and even small food rewards teach bears to associate humans with food. When that happens, they often have to be killed to protect human safety. Dropped, spilled, or improperly stored food also attracts rodents. Even a few noodles are a large meal for mice. Clean up spills completely, and pack out all food scraps.
- Store your food according to local regulations. Store all food, trash, and scented articles (toothpaste, sunscreen, insect repellent, water-purification chemicals, balm, *etc.*) out of reach of bears and other animals. A safe distance is 12 feet from the ground and 6 feet from a limb or trunk.
- Keep a respectful distance. If hiking with a dog, keep it on a short leash. Do not follow or approach animals. Particularly avoid wildlife during sensitive times, *i.e.*, when they are mating, nesting, or raising young.

*BE CONSIDERATE OF OTHER VISITORS*

- Let nature's sounds prevail. Respect others by keeping loud voices and noise to a minimum. Do not use cell phones or audio equipment within sight or sound of other hikers, and turn ringers off.
- A.T. shelter space is available on a first-come, first-served basis in most (but not all) areas, regardless of the type of hiker or length of their hike.
- Limit-of-stay is generally two nights at any one shelter or campsite.
- If you are hiking with a dog, be aware of its potential impact on animals and other hikers. Keep your dog leashed and under control at all times, and learn where dogs are prohibited. Ask permission before bringing your dog into a shelter. If you find the shelter is crowded, be considerate and tent with your dog. Keep your dog away from springs and other water sources. Bury your dog's waste as you would your own.

**TOWN CONDUCT**

As a result of tension between hikers and some communities along the Trail, ALDHA started an "Endangered Services Campaign" to educate hikers to be responsible for their actions. In town, consider yourself a walking, talking billboard for all backpackers and the Trail. Your actions have a direct impact on the businesses that provide services for the long-distance hiking community.

The success of a thru-hiker's journey depends on Trail towns and the services they provide. Remember that you are a guest of the community, no matter how large or small, even though you may be pumping money into the local economy. Be courteous to those who earn their livelihood there, and remember that your conduct will have a bearing on how well—or badly—the next hiker is treated. As with so many other things in life, we are never truly alone. You are an ambassador for all those who follow you on the Trail. Nothing can turn a person or town against backpacking and the Trail quicker than an arrogant, smelly, and ill-behaved hiker.

Some business owners have reduced services or closed their doors to hikers simply because some hikers wouldn't respect their rules. Be a part of a movement that will reverse this practice and ensure that no one closes another door because of bad hiker behavior.



*The Endangered  
Services Campaign*

**DONATIONS**

Many hostels listed in this book suggest donations for the services provided. This means that the service should not be considered a gift or that it costs the provider nothing. The honor system of the Trail requires that you leave something.

**GIVING BACK**

If you would like to give back what was freely given to you by those who maintain the Trail

or while you stayed in Trail towns, volunteer your time, effort, or money to the services and people who supported you. Consider contacting a Trail-maintaining club and working with them to organize or participate in a work trip, Trail-construction project, or regular maintenance. Every year, ALDHA sponsors work trips to Trail establishments. The Konnarock and other ATC crews seek volunteers during the summer, and you often will pass a Trail club working busily as you head along the path. Be sure to acknowledge their work with your thanks and respect. Giving back to the Trail and community helps keep the Trail safe and services available.

#### **HITCHHIKING**

Hitchhiking is illegal in certain states. It is your responsibility to know the motor-vehicle law as it applies to hitchhiking where you are hiking, to avoid being fined or hitching into worse trouble. Hitchhiking poses the risk of being picked up by an unsafe driver or someone who is personally dangerous. Hitchhiking is prohibited on interstate highways, the Blue Ridge Parkway, and Skyline Drive in Shenandoah National Park.

#### **HIKING WITH DOGS**

If you choose to hike with your canine companion, treat your dog as another backpacker. That means bury its waste as you would your own, and carry a water bowl so your dog won't drink directly from Trailside water sources. You are responsible for your dog, and you will be held accountable if it decides to steal another hiker's food or flop its wet body on another hiker's equipment. Keep your pet under control in camp, on the Trail, and in towns. Many hostels and other accommodations don't allow dogs, and, in those that do, a dog does not belong in the communal kitchen and sleeping areas. Closely monitor your pet's feet for torn flesh, bleeding, and other sores. After the weather warms up, check for ticks. It is best to keep your dog on a leash at all times; on national-park lands (40 percent of the Trail), regulations require it. Most post offices allow only guide dogs inside. Carry current rabies-vaccine certification papers in addition to a tag on the dog's collar. Dogs are prohibited in the Great Smoky Mountains National Park, the zoo area of Bear Mountain State Park in New York, and Maine's Baxter State Park. (For information on kennels near GSMNP and BSP, see entries for those sections.)

#### **APPALACHIAN TRAIL MUSEUM SOCIETY**

The Appalachian Trail Museum opened in June 2010 in Pine Grove Furnace State Park near the Trail's midpoint after years of work by the Appalachian Trail Museum Society (ATMS), formed in 2002. The group includes representatives of ATC and ALDHA and works with the National Park Service. The society is collecting items for eventual display in the museum and monetary donations. They are also in need of volunteers to help in many areas. Please contact ATMS, if you'd like to help, at <[www.atmuseum.org](http://www.atmuseum.org)>.



**APPALACHIAN LONG DISTANCE HIKERS ASSOCIATION**

The Appalachian Long Distance Hikers Association (ALDHA) is a nonprofit organization founded in 1983 to promote the welfare of the Appalachian Trail and the Trail community. ALDHA conducts work weekends on the Trail, speaks out on issues concerning the A.T. and its environs, and collects the information for this book. It has worked with various clubs and hostels to maintain areas widely used by hikers. ALDHA is open to anyone. A membership form is included at the back of this book. Annual dues are \$10 per family (or individual). Benefits include the *Thru-Hikers' Companion* in pdf format, a membership directory, and a quarterly newsletter. For more information, visit our Web site, <[www.aldha.org](http://www.aldha.org)>.

**THE GATHERING**

Folks who want to learn what it takes to thru-hike the Appalachian Trail can find out everything they need to know at the fall Gathering. If you are already thru-hiking the Trail this year, the Gathering is also the place to find out what's next for your worn-in hiking boots. Slide shows and how-to workshops on the Pacific Crest Trail, Continental Divide, and other major foot trails help fill the weekend event. The 32nd Gathering will be Oct. 11–13, 2013, at Shippensburg University, Shippensburg, Pennsylvania. For more information, visit <[www.aldha.org/gathering](http://www.aldha.org/gathering)>.

**AN INVITATION**

This is the twentieth edition of the *A.T. Thru-Hikers' Companion*, and ALDHA will again depend on comments, suggestions, and volunteers to update it in the fall of 2013. If you see information that needs correcting or come across information that should be included, or would like to be a volunteer field editor, please contact the editor at <[companion@aldha.org](mailto:companion@aldha.org)>.

**THE APPALACHIAN TRAIL CONSERVANCY**

For additional information about the Appalachian Trail and a complete list of guidebooks, maps, and thru-hiking publications, contact the Appalachian Trail Conservancy at P.O. Box 807, Harpers Ferry, WV 25425-0807, or call (304) 535-6331, Monday through Friday except federal holidays, between 9 a.m. and 5 p.m. Eastern time. Its visitors center at the Harpers Ferry headquarters is open year-round except Christmas and New Year's days. The e-mail address is <[info@appalachiantrail.org](mailto:info@appalachiantrail.org)>; the Web address is <[www.appalachiantrail.org](http://www.appalachiantrail.org)>. For direct access to the Ultimate A.T. Store, e-mail <[sales@appalachiantrail.org](mailto:sales@appalachiantrail.org)>, call (888) 287-8673 weekdays between 9 a.m. and 4:30 p.m. Eastern time, or visit <[www.atctrailstore.org](http://www.atctrailstore.org)>.

***Class of 2013: See the back of the book for a special invitation for you!***



**OVERVIEW OF THE APPALACHIAN TRAIL**

# 2013 Calendar

<b>JANUARY</b> <b>S M T W T F S</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>FEBRUARY</b> <b>S M T W T F S</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	<b>MARCH</b> <b>S M T W T F S</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
<b>APRIL</b> <b>S M T W T F S</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>MAY</b> <b>S M T W T F S</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>JUNE</b> <b>S M T W T F S</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
<b>JULY</b> <b>S M T W T F S</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>AUGUST</b> <b>S M T W T F S</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>SEPTEMBER</b> <b>S M T W T F S</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
<b>OCTOBER</b> <b>S M T W T F S</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>NOVEMBER</b> <b>S M T W T F S</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>DECEMBER</b> <b>S M T W T F S</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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# Getting to the Termini

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## An important note about shuttle services

Beginning in 1995, USDA Forest Service law-enforcement rangers in the South—who report to the regional office rather than the supervisor of an individual forest—began enforcing agency regulations on “special-use permits.” The regulations say anyone taking money for a service involving Forest Service lands (including roads) must obtain a permit to do so; profit is not a factor. Permit-holders must pay a fee (up to \$75) and, more prohibitively, carry high-premium insurance. Some A.T. shuttlers have been fined. Responding to questions from ATC and its Park Service partners, regional officials made it clear they will continue to enforce the policy and cited directives stating that it is to be enforced consistently and nationally. The A.T. crosses six national forests in the South and two in New England. ATC will continue to provide names of shuttle services, but keep that policy in mind—**call ahead to ensure the person is still performing this service.** You can check the ATC Web site, [www.appalachiantrail.org/shuttles](http://www.appalachiantrail.org/shuttles), for a downloadable copy of that list, or write ATC, Attn.: Shuttle List (address on page ii), for a copy by first-class mail.

## Getting to Amicalola Falls State Park, Georgia

No public transportation is available to or from Amicalola Falls State Park, but hikers have several options from Atlanta, Gainesville (located 40 miles southeast of the park), and the mountain town of Dahlonega (located 16 miles east of Amicalola Falls).

### LEAVING ATLANTA

If you fly into Atlanta, you can take Atlanta’s rapid-transit trains (MARTA) from the airport to either the Greyhound bus station or the Amtrak station. To reach either station, take the MARTA train north from MARTA’s airport station (\$1.75 fare). To reach the Greyhound bus station, exit the train at Garnett Station. The bus station is located at 232 Forsyth Street, within sight of the entrance to the MARTA station. To get to the Amtrak station, continue north on the train to the Arts Center Station. From the Arts Center Station, bus No. 23 (departing the station every 10 minutes) will take you to the Amtrak station, located about 10 blocks north on Peachtree. If you wish to walk to the Amtrak station, follow Peachtree Street approximately one mile north; the

station is on the left (west) at 1688 Peachtree NW. For more information, call MARTA, (404) 848-4711. Other options from the airport to the bus and train stations include taxis and the Atlanta Airport Shuttle, (404) 941-3440, a privately owned bus service. Atlanta Airport Shuttle vans leave the airport every 15 minutes, from south baggage claim, bound for the bus station and Amtrak station (\$18.50 fare). Superior Transportation, (770) 457-4794, leaves Atlanta airport every two hours on the odd hour; \$55 one way.

#### ATLANTA TO GAINESVILLE

Two buses and one Amtrak train leave daily from Atlanta for Gainesville. At publication time, Greyhound buses, (800) 229-9424, <www.greyhound.com>, departed the Atlanta station for Gainesville at 9:15 a.m. and 4 p.m. (M–Th \$20.52, F–Su \$23.22) and arrived in Gainesville at 10:50 a.m. and 5:40 p.m. Buses departed Gainesville at 11:25 a.m. and 8:25 p.m. (M–Th \$20.33, F–Su \$23.01) and arrived in Atlanta at 1:05 p.m. However, Greyhound routinely revises its schedule; call for current information. Amtrak's train was scheduled to depart from Atlanta daily at 8:04 p.m. and arrive in Gainesville at 8:59 p.m. (\$18). A train was scheduled to depart Gainesville for Atlanta daily at 6:58 a.m. Reservations are required. Call (800) 872-7245, or visit <www.amtrak.com>.

**Gainesville—Lodging:** Motel 6, (770) 532-7531, \$39.99 weekdays, \$42.99 weekends, \$3EAP, pet-friendly \$5; Lanier Center Holiday Inn, (770) 531-0907, \$85–100D, no dogs, hot B, Internet; Ramada Limited, (770) 287-3205, \$49.99S, \$55D, B buffet, small pets \$10; Hampton Inn, (770) 503-0300, \$100–125, no pets, hot B; Best Value Inn, (770) 534-0303, \$50S–\$55D, no pets. All are within four miles of the bus and train stations.

#### GAINESVILLE TO AMICALOLA FALLS STATE PARK

UNITAXI, (770) 534-5355 or (770) 297-0255, offers service to Amicalola Falls State Park (\$70 fare); transports dogs and accepts only cash. Service to the Trailheads at Nimblewill Gap and USFS 42 available at an additional cost.

#### GAINESVILLE TO DAHLONEGA

Some hikers choose to stay in Dahlonega rather than Gainesville. The site of the country's first gold rush, in the 1830s, Dahlonega sits 16 miles east of Amicalola Falls and offers all major services. UNITAXI (see above) offers service to Dahlonega.

**Dahlonega—Hostel:** A.T. Hiker Hostel run by Josh and Leigh Saint, (770) 312-7342, <www.hikerhostel.com>, <hikerhostel@yahoo.com>, open year-round, by reservation; \$80 thru-hiker's special (Feb 24–Apr 20) includes pick-up at North Springs MARTA station in Atlanta or bus/train station in Gainesville, bunk, fuel, stop at outfitters if

needed, B, and shuttle to Springer or Amicalola. Gear shipment to hostel available. Bunk & B \$18, private room & B \$42D. Fuel (white gas, canister & alcohol), free Internet access. For guests only, shuttle service to all Georgia Trailheads (contact or see Web site for rates).

**Lodging:** Hotel rates in Dahlonega vary with the season. After May 1 and on weekends, expect listed rates to increase. Holiday Inn Express, (706) 867-7777, \$79–\$119, \$5EAP, includes hot B, no pets or smoking allowed; Super 8, (706) 864-4343, \$45D, includes B, \$10 for dogs, WiFi; Days Inn, (706) 864-2338, newly renovated, \$49–\$80, one room for pets, B, WiFi; Quality Inn, (706) 864-6191, \$50–\$80, includes B, pets <20 pounds \$10 fee, Internet access and WiFi; Smith House, (800) 852-9577, <www.smithhouse.com>, \$129–\$249, no dogs, no smoking. The Smith House Restaurant, in operation since 1922, is famous for its family-style AYCE fare: L (beginning in April) Tu–F 11–3, D Tu–F 4–8, Sa–Su 11–8. Hours are seasonal and may vary. Call ahead.



#### ALTERNATIVES

Several Trail enthusiasts in the Atlanta area offer shuttles from Atlanta to the park and Springer Mountain. The ATC is continually updating its list. Many people who offer shuttles do so on their time off; arrangements are best made at least a week or two in advance. See page 1 for shuttle services.

#### AMICALOLA FALLS APPROACH TRAIL

Miles from Springer	Features	Services	Elev.	Miles from AFSP
8.8	Amicalola Falls State Park; Visitors Center; <b>AFSP Shelter</b> <i>0.0mS; 7.3mN</i>	R, C, L, M, S, sh, cl, w (W–19 m O)	1,700	0.0
7.6	Amicalola Lodge Rd	R, L, M, w	2,550	1.2
7.4	+Len Foote Hike Inn Trail	E–5m L, M	2,600	1.4
5.6	High Shoals Rd	R	2,800	3.2
4.0	Frosty Mtn	C, w	3,382	4.8
4.5	+Len Foote Hike Inn	E–1m L, M	3,310	5.3
3.7	Frosty Mtn. Rd USFS 28	R	3,192	5.1
2.8	Nimblewill Gap, USFS 28	R	3,100	6.0
1.5	<b>Black Gap Shelter</b> <i>7.3mS; 1.7mN</i>	C, S, w	3,300	7.3
0.0	Springer Mountain		3,782	8.8

+ Fee charged

## THE APPROACH TRAIL

**Amicalola Falls State Park**—Its facilities nestled almost nine miles southwest of Springer Mountain, the park is the gateway to the southern terminus of the A.T. Scales to weigh packs and showers are located near the center entrance, as well as a restroom, pay phone, snack machines, and water fountain. The visitors center sells guidebooks, maps, and gift items. The park holds UPS and USPS packages sent c/o Amicalola Falls State Park, 240 Amicalola Falls State Park Rd., Dawsonville, GA 30534. Indicate on the box to hold the package at either the visitors center or the lodge. The visitors center, (706) 265-4703, is open 8:30–5 daily. While at the park, sign the hiker register inside the visitors center. Long-distance hikers may leave vehicles only in the parking area opposite the visitors center. A \$5-per-vehicle user fee is charged to all park visitors. Dogs must be on a leash within the park. ■ **Camping:** The park also offers campsites and cabins: campsites \$25 with shower, coin laundry, 1- to 3-bedroom cabins (2-night minimum) \$75–\$175. ■ **Lodging:** The desk at Amicalola Lodge, (706) 265-8888, (800) 573-9656, <www.gastateparks.org>, is staffed around the clock; rooms \$60–180D, B included. Reservations suggested for cabins, campsites, and the lodge. ■ **Restaurant:** The lodge houses the Maple Restaurant, daily buffets, full-buffet B 7–10:30, L 11:30–3, D 5–8.

**West 19 miles to Outfitters:** North Georgia Mountain Outfitters, Travis/Shirley/Whitney Crouch, (706) 698-4453, fax (706) 698-4454, <www.hikenorthgeorgia.com>, <info@hikenorthgeorgia.com>, 583 Highland Crossing, Suite 230, East Ellijay, GA 30540, Tu–Sa 10–6; full-service outfitter, Coleman and alcohol fuels by the ounce, canister fuels, short-term food resupply; will hold packages w/o fee; possible shuttles to Atlanta Airport, Amicalola, Springer Mountain, and Neel Gap; call for possible delivery of packages and store items.

**Amicalola Falls State Park Shelter** (1993)—Located 50 yards behind the visitors center, sleeps 12, and available to thru-hikers at no charge. Built by a group of Trail backpacking enthusiasts from nearby Canton in memory of their friend, Max Epperson. The “A.T. Gang” spent 800 hours constructing the facility. Epperson hiked the Trail as far north as Connecticut before his health failed. Afterward, he continued to offer shuttles and support for his hiking friends. Water source and restroom 50 yards away at visitors center.

**Approach Trail to Springer Mountain**—From the park visitors center, it is an 8.8-mile trek to the first white blaze, most of it uphill. To cut off the steep, one-mile ascent of the falls, catch a ride to the top of the falls, and pick up the blue blazes there. The southern end was recently relocated just past its start at the visitors center.

**Approach Trail via Nimblewill Gap**—This alternative puts you 2.2 miles south of Springer Mountain on the Approach Trail but requires a bumpy, muddy drive up Forest Service roads. From the park entrance, go east 9.5 miles on Ga. 52 to abandoned Grizzles Store. Turn left on Nimblewill Road, and continue past Nimblewill Church at 6.6 miles. Just beyond the church, pass a road on the left where the pavement ends. Continue to the right on the unpaved road, and reach Nimblewill Gap at 14 miles. This is a very rough road and probably should not be attempted unless you have a vehicle with high ground clearance.

**From Amicalola Falls to Springer Mountain via Forest Service roads**—The easiest and quickest route takes you within one mile of the Springer summit. From the park, go west on Ga. 52 for 13.6 miles to Roy Road, at Cartecay Church and Stanley's Store. Turn right, and proceed 9.5 miles to the second stop sign. At the stop sign, bear right, and go 2.3 miles to Mt. Pleasant Church on the left. Across from the church, turn right onto unpaved Forest Service Road 42. This well-graded gravel road, suitable for all vehicles, winds 6.6 miles to the A.T. crossing at Big Stamp on the north side of the road. To reach the summit of Springer Mountain, walk 0.9 mile south. If you don't want to retrace your steps on the A.T., an alternative is to continue 1.7 miles past the A.T. crossing to USFS 42's intersection with the Benton MacKaye Trail (BMT). The BMT leads 1.5 miles up Springer and joins the A.T. just north of the southern terminus.

**Len Foote Hike Inn**—(800) 581-8032, <[www.hike-inn.com](http://www.hike-inn.com)>. This \$1-million lodge is similar to huts in New Hampshire's White Mountains. The 40-bed, 20-room inn is approximately 5.0 miles north of Amicalola Falls State Park facilities and 4.5 miles south of the Springer Mountain summit. The yellow-blazed Hike Inn Trail creates a loop with the blue-blazed Approach Trail that leads from the park to Springer. Overnight stays, which include family-style B/D, are \$107s, \$154D, rates subject to change; no dogs allowed. Amenities include linens, hot showers, composting toilets, and electricity (outlets in bath house only). Owned by the Georgia Department of Natural Resources, the inn is operated by the Appalachian Education and Recreation Services, Inc., a nonprofit corporation affiliated with the Georgia Appalachian Trail Club. Walk-ins are allowed, subject to availability. Registration is at the Amicalola Falls State Park visitors center, where you can check on room availability. Open year-round, guest rooms in the bunkhouse are heated. Sleeping bags recommended Nov–Mar.

**Black Gap Shelter** (1953/1995)—Sleeps 8. privy. Once the Springer Mountain Shelter, dismantled and moved to this location in 1995. This shelter is 1.5 miles south of the summit of Springer Mountain on the Approach Trail. Water is located 300 yards downhill to the right of the shelter.



## Getting to Baxter State Park, Maine

No public transportation is available to or from Baxter State Park, but arrangements can be made to conclude or begin your journey with little difficulty. This usually means going through Boston, Portland, and/or Bangor, then to Medway, and then to Millinocket, still 20 miles southeast of the park. The nearest airport is in Bangor; the Portland airport is said to have more competitive rates, and Boston more so. For services and accommodations in Bangor, see page 272. Bus transportation is available from Portland to Medway and also from Boston to Portland.

### LEAVING BANGOR

Cyr Bus Lines of Old Town, Maine, (207) 827-2335, (207) 827-2010, or (800) 244-2335, <[www.cyrbustours.com](http://www.cyrbustours.com)>, serves northern Maine. A bus leaves Bangor/Hermon Greyhound bus station at 6:00 p.m. and Concord–Trailways bus station at 6:30 p.m. and arrives at Medway at 7:40 p.m. A bus leaves Medway at 9:30 a.m. and arrives at Concord–Trailways station at 10:50 a.m. and at Bangor/Hermon Greyhound station at 11:10 a.m. (\$12 fare). The A.T. Lodge in Millinocket, (207) 723-4321, shuttles, as does Phil Pepin (A.T. thru-hiker, Trail maintainer, and registered Maine wilderness guide), (207) 991-7030, <[www.100milewilderness.com](http://www.100milewilderness.com)>.

### MEDWAY TO MILLINOCKET

From Medway, in the past, you would have to hitch on Maine 157 or call a taxi to go to either Millinocket, 10 miles to the west, or Baxter State Park, about 30 miles away. Today, however, transportation is available to and from BSP *via* shuttle from Maine Quest Adventures, (207) 746-9615, <[www.mainequestadventures.com](http://www.mainequestadventures.com)>, from Medway bus stop to BSP or Abol Bridge, \$55 couple, \$5EAP. Town Taxi, (207) 723-2000, charges \$55 to Baxter State Park (BSP) gate and to Katahdin Stream Campground or to the A.T. Lodge in Millinocket. The A.T. Lodge also offers a SOBO special: pick-up in Medway, bed in the bunkroom, breakfast at the A.T. Café, and shuttle to Katahdin Stream Campground. For more information on that and other lodging and facilities near Baxter State Park in Medway and Millinocket, please see the entries on pages 269-270.

**Baxter State Park**—The park, (207) 723-5140, has 10 campgrounds available May 15–Oct 15 by reservation on a first-come, first-served basis—\$30 per night per 4-person lean-to or 6-person-max-tentsite—except at the Birches long-distance hiker site, where the fee is \$10PP/night. The Birches campsite, near Katahdin Stream Campground, is intended for northbound long-distance hikers who have hiked 100 miles or more contiguous with the park on their current trip. Hikers staying at the Birches must sign up at the information kiosk just north of Abol Bridge. Please see the entry for Baxter on

page 253 for more information and details about camping and regulations near Katahdin. Southbound hikers should reserve a regular lean-to or tentsite at Katahdin Stream or Abol campgrounds. Reservations may be made four months in advance of the date you wish to stay in the park and can be made by mail or in person using a credit card. More information and a chart outlining real-time availability of sites is available at <[www.baxterstateparkauthority.com](http://www.baxterstateparkauthority.com)>. Inside the park, ranger stations do NOT accept credit cards. Every hiker must register *with a ranger* upon entering Baxter. Information kiosks are located at Abol Stream and Katahdin Stream campgrounds.

*Pets*—No dogs or other pets are allowed; see Medway and Millinocket entries for kennels (pages 269-270).

*Parking*—No long-term parking is available, and parking at all trailheads and campgrounds is at a premium and is managed at the entrance gates. Check the park Web site, <[www.baxterstateparkauthority.com](http://www.baxterstateparkauthority.com)>, for information on how to reserve a parking space. Advance reservations for day-use parking May 15–Oct 15 become available for Maine residents Apr 1; two weeks in advance of the day for nonresidents. When the spaces for a particular day have been reserved, that specific parking lot is closed. Plan ahead!

#### APPROACH TO KATAHDIN

*A note for would-be southbounders*—Katahdin is no stroll in the park. The profile and topo on the MATC's maps only give you a hint of what to expect—the single greatest sustained climb on the A.T. Get yourself physically prepared before you start at Baxter State Park (you will be on your own once you get past the ranger station). Northbounders routinely leave their full packs on the ranger's porch and hike up with daypacks provided there for that purpose. Every year, several stubborn southbounders, invariably much less-conditioned than seasoned northbounders, insist on carrying their fully loaded packs up the A.T. beyond Katahdin Stream Campground. This results in knee injuries and aborted climbs or even entire A.T. hiking plans. Take a hint from the northbound veterans: Hike Katahdin with a day pack, and pick up your full pack on your way back through the campground—you will still be a thru-hiker, and you will enjoy your day, rather than suffer the entire time and predispose yourself to any number of injuries or the need for a rescue on your first Trail day. The footpath below treeline is more rocks and roots than soil—no problem for the hikers who have been rock-hopping for 2,000 miles, but not a pleasant journey straight from the desk chair. Above treeline, you pull yourself over rocks in a few places and walk across slanted, roof-sized boulders in others. The climb is tough, even without a pack. The park recommends you bring or borrow a day pack (plenty of water, lots of snacks, sunscreen,

a first-aid kit, gloves, hat, and extra layers of clothing). If you don't want to retrace your steps, you might consider going up the Abol Trail (part of which is referred to as the "Abol Slide," because of the loose rocks and steepness formed by a nineteenth-century landslide) and down the Hunt Trail (A.T.). That requires a two-mile walk or ride from Katahdin Stream along the Perimeter Road to Abol Campground before starting your hike. The Abol Trail usually opens after the Hunt Trail; until the sandy, gravelly soils dry out, the trail is unstable, and boulders can become dislodged.

"Weather permitting," you can begin a southbound hike as early as May 31. Before then, trails are so wet, even without snow and ice, that foot traffic would irreparably harm the alpine and subalpine areas. However, even for the following few weeks, the tiny, biting blackflies can drive you out of the woods in agony and frustration, leaving behind a contribution of your blood to the North Woods ecosystem. Overnight camping season in Baxter is May 15–Oct 15.

Baxter Park will provide information on weather and conditions and recommendations regarding climbing but will remind hikers that your safety and good decision-making are your responsibility. The park is largely wilderness, and hikers should *not* expect timely rescue or assistance and *should* be prepared to self-rescue. Each morning, rangers at Chimney Pond (elev. 2,914 feet) make observations of conditions to determine both the safety of hiking conditions and the need to protect fragile alpine areas. At times, trails are closed for safety considerations and to protect the rare and endangered alpine plants, animals, and their habitat, as well as protecting unstable soils. Trail statuses and alerts then are posted at campgrounds throughout the park to provide hikers a guideline for planning their day's hike. Any park-wide alerts will be listed, including, for example, high heat index, blowdowns, thunderstorms, high water, snow, ice, *etc.* Be sure to check the posted weather report before embarking on your day's hike. Change plans if warranted.


Hikers who hike closed trails are subject to a court summons and fine and having park visitation privileges revoked. Those daily weather reports and trail alerts are posted at the trailheads at 7 a.m. during the hiking season.

**BEFORE YOU GO NORTHBOUND: Get your Smokies backcountry permit! See page 32. This is very important.**


**LOOKING FOR PROFILES?** The official A.T. maps' profiles are the best on the market (and an important bit of safety gear, too), but an on-line option can be found at <<http://tinyurl.com/dye9k9h>>, accessible *via* the QR code at right if your device has a reader.



# Georgia

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
2,185.9	Springer Mtn		3,782	0.0
2,185.7	<b>Springer Mtn Shelter</b> ... <i>1.9mS; 3mN</i>	E-0.2m S, C, w	3,730	0.2
2,184.9	USFS 42	R	3,350	1.0
2,183.1	<b>Stover Creek Shelter</b> ... <i>3mS; 5.7mN</i>	E-0.2m S, w	2,870	2.8
2,182.1	Stover Creek	w	2,660	3.8
2,181.6	Three Forks, USFS 58	R, C, w	2,530	4.3
2,180.7	Trail to Long Creek Falls	w	2,800	5.2
2,179.7	USFS 251	R	3,000	6.2
2,177.8	<b>Hawk Mtn Shelter</b> ... <i>5.7mS; 8mN</i>	W-0.2m S; 0.4m w	3,200	8.1
2,177.3	Hightower Gap, USFS 42/69	R	2,854	8.6
2,175.4	Horse Gap	R	2,673	10.5
2,173.7	Cooper Gap, USFS 42/80	R	2,800	12.2
2,173.0	Justus Mtn		3,224	12.9
2,171.6	Justus Creek	C, w	2,550	14.3
2,170.1	<b>Gooch Mtn Shelter</b> ... <i>8mS; 12.9mN</i>	W-0.1m S, w	3,000	15.8
2,168.6	Gooch Gap, USFS 42	R, w	2,821	17.3
2,166.3	Ramrock Mtn		3,260	19.6
2,164.8	Ga. 60, Woody Gap <b>Suches, GA 30572</b>	R (W-0.1m w; 2m PO G, C, D, cl, sh, f) (E-7m H, f,  )	3,173	21.1
2,163.8	Big Cedar Mtn		3,737	22.1
2,162.5	Dan Gap		3,300	23.4
2,161.6	Lance Creek	C, w	3,050	24.3
2,159.7	Burnett Field Mtn		3,480	26.2
2,159.2	Jarrard Gap	W-0.3m w; 1m C, sh, w; 2m M	3,250	26.7
2,157.8	Bird Gap, Freeman Trail; <b>Woods Hole Shelter</b> ... <i>12.9mS; 1.7mN</i>	W-0.5m S, w	3,650	28.1
2,157.4	Slaughter Creek Campsite	C, w	3,800	28.5

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
2,156.6	<b>Blood Mtn, Blood Mtn Shelter...</b> <i>1.7mS; 10.3mN</i>	S, nw	4,450	29.3
2,155.2	Flatrock Gap, Trail to Byron Reece Memorial	W–0.2m w	3,450	30.7
2,154.2	U.S. 19 & 129, Neel Gap	R, H, O, cl, sh, f, ☹ (E–0.3m L) (W–3m C, G, cl, sh; 3.5m C, L, cl, sh)	3,125	31.7
2,153.1	Bull Gap	C, w	3,690	32.8
2,152.7	Levelland Mtn		3,942	33.2
2,152.0	Swaim Gap		3,470	33.9
2,151.2	Rock Spring Top	w	3,520	34.7
2,150.5	Wolf Laurel Top		3,766	35.4
2,150.0	Baggs Creek Gap	C, w	3,800	35.9
2,149.2	Cowrock Mtn		3,842	36.7
2,148.2	Tesnatee Gap, Ga. 348	R	3,138	37.7
2,147.5	<b>Whitley Gap Shelter...</b> <i>10.3mS; 6mN</i>	E–1.2m S; 1.5m w	3,370	38.4
2,147.3	Hogpen Gap, Ga. 348	R, w	3,450	38.6
2,146.4	White Oak Stamp		3,470	39.5
2,145.3	Poor Mtn		3,620	40.6
2,143.5	Sheep Rock Top		3,600	42.4
2,142.7	<b>Low Gap Shelter...</b> <i>6mS; 7.3mN</i>	S, w	3,050	43.2
2,141.3	Poplar Stamp Gap	C, w	2,990	44.6
2,138.9	Cold Springs Gap		3,300	47.0
2,137.7	Chattahoochee Gap	E–0.5m w	3,500	48.2
2,137.0	Red Clay Gap		3,485	48.9
2,136.3	Campsite	C	3,600	49.6
2,136.1	Spring	w	3,500	49.8
2,135.4	<b>Blue Mtn Shelter...</b> <i>7.3mS; 8.1mN</i>	S, w	3,900	50.5
2,134.5	Blue Mtn		4,025	51.4
2,133.0	Ga. 75, Unicoi Gap <b>Helen, GA 30545</b>	R (E–9m PO G, M, L, cl, ☹) (W–3.8m C, L, G, cl, f, ☹)	2,949	52.9

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
2,132.4	Stream	w	3,300	53.5
2,131.6	Rocky Mtn	C	4,017	54.3
2,130.3	Indian Grave Gap, USFS 283	R	3,113	55.6
2,129.6	Tray Mtn Rd, (USFS 79)	R	3,580	56.3
2,129.3	Cheese Factory Site	C, w	3,590	56.6
2,128.6	Tray Gap, Tray Mtn Rd, (USFS 79)	R	3,847	57.3
2,127.8	Tray Mtn		4,430	58.1
2,127.3	<b>Tray Mtn Shelter...</b> <i>8.1mS; 7.7mN</i>	S, w	4,200	58.6
2,123.7	Swag of the Blue Ridge		3,400	62.2
2,122.6	Sassafras Gap	w	3,500	63.3
2,121.7	Addis Gap	E–0.5m C, w	3,304	64.2
2,120.7	Kelly Knob		4,276	65.2
2,119.9	<b>Deep Gap Shelter...</b> <i>7.7mS; 8.6mN</i>	E–0.3m S, w	3,550	66.0
2,118.7	McClure Gap	C	3,650	67.2
2,118.5	Powell Mtn		3,850	67.4
2,117.5	Moreland Gap		3,200	68.4
2,116.9	Streams	w	2,650	69.0
2,116.3	U.S. 76, Dicks Creek Gap <b>Hiawassee, GA 30546</b>	R, w (W–1.5m H, f; 3.5m H, f, cl; 11m PO, G, M, L, O, D, V, cl, sh,  )	2,675	69.6
2,115.2	Campsite	C, w	3,150	70.7
2,114.5	Cowart Gap		2,900	71.4
2,113.0	Bull Gap		3,550	72.9
2,111.8	<b>Plumorchard Gap Shelter...</b> <i>8.6mS; 7.5mN</i>	E–0.2m S, w	3,050	74.1
2,111.1	As Knob		3,460	74.8
2,110.5	Blue Ridge Gap		3,020	75.4
2,109.5	Campsite	C, w	3,500	76.4
2,109.3	Rich Cove Gap		3,390	76.6
2,107.4	Ga.–N.C. State Line		3,825	78.5

The Trail in Georgia begins at Springer Mountain and follows a rugged, often rocky terrain, reaching a height of more than 4,461 feet and never dipping below 2,500 feet. It passes through five major gaps and more than 25 smaller ones. Thru-hikers starting their journey in March or April will probably see snow, which can add to the difficulty. Spring melts give way to many of the wildflowers common throughout the mountains, including bloodroot, trillium, and azalea. Forests are mostly second-growth hardwoods of hickory, oak, and poplar.

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**Georgia Appalachian Trail Club**—GATC maintains the 78.6 miles from Springer Mountain to Bly Gap, just over the North Carolina line. Correspondence should be sent to GATC, P.O. Box 654, Atlanta, GA 30301; (404) 494-0968; <www.georgia-atclub.org>; <gatc-trail\_supv@charter.net>.

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**Chattahoochee National Forest**—The Trail in Georgia winds through the Chattahoochee National Forest, created by Congress in 1936. By that time, much of the land had been laid bare from intensive timber harvesting. Today, little virgin timber remains, but the hardwoods have reestablished themselves with the help of 77 years of management and protection. Half of the Trail lies within five designated wilderness areas in the forest.

*Bear problems*—With the loss of habitat from development in the mountains, black bears are roaming farther in search of food. To combat this problem, the GATC and the USFS are placing bear cables for hanging food at the shelters most affected. If bear cables are not available, secure food using bear-proof techniques. *New U.S. Forest Service rules (through June) require using a bear canister while camping overnight between Jarrard and Neel gaps, a five-mile stretch that includes Woods Hole and Blood Mountain shelters and Slaughter Gap Campsite. Plan accordingly.*

**Springer Mountain**—Springer has served as the A.T.'s southern terminus since 1958. Before that, Mt. Oglethorpe, to the southwest, was the southern terminus. In 1993, GATC members and the Forest Service installed a new plaque marking the Trail's southernmost blaze. The hiker register is located within the boulder on which the plaque is mounted. The origin of the mountain's name is a bit foggy. The best guess is that it was named in honor of William G. Springer, a settler who, in 1833, was appointed by the Georgia governor to implement legislation to improve conditions for North Georgia Indians. The original bronze plaque marking the southern terminus, one of three intended for road crossings, was created in 1934 by GATC member and

amateur sculptor George Noble at a cost of \$20—a hefty amount in those days. Warner Hall, the club’s second president, served as Noble’s model and coined the phrase, “A footpath for those who seek fellowship with the wilderness.” That plaque was moved to the mountain in May 1959; keep an eye out for the other two plaques at road crossings along the Trail in Georgia. The overlook at the 3,782-foot summit provides views to the west—a nice sunset spot.

**Springer Mountain Shelter** (1993)—Sleeps 12. Privy. Near the summit, about 250 yards north of the bronze plaque, then east on a blue-blazed side trail about 200 yards. Use the designated tentpads in this heavily trafficked area, and use the food-hoist cables to discourage local bears. Water source is a spring located 80 yards on a blue-blazed trail in front of the shelter; spring may go dry in times of drought.

**Stover Creek Shelter** (2006)—Sleeps 16. Privy, tentpads, bear cables. The fourth incarnation, this nearby alternative to the often-crowded Springer Mountain Shelter was built in 2006. Water source is the creek. No tenting near water.

**Hawk Mountain Shelter** (1993)—Sleeps 12. Privy. Army Rangers from nearby Camp Frank D. Merrill use the area for training exercises and have been spotted all times of the day and night. Food-hoist cables available; bear activity often reported. Water source is located 300 yards on a blue-blazed trail behind the shelter.

**Gooch Mountain Shelter** (2001)—Sleeps 14. Privy. Nearly 2,000 volunteer hours were spent constructing this double-decker shelter and nearby tentpads. Additional tenting space farther north at Gooch Gap, near the old shelter site. Food-hoisting cables. Excellent water source is 100 yards behind the shelter.



**Ga. 60/Woody Gap/Suches**—At the gap are picnic tables and chemical toilets. A spring is on a poorly marked side trail west of the A.T. on northern side of the gap.

**East** 7 miles to **Hostel**: A.T. Hiker Hostel run by Josh and Leigh Saint, (770) 312-7342, <[www.hikerhostel.com](http://www.hikerhostel.com)>, open year-round. Bunk & B \$18, private & B \$42D; 5 p.m. pick-up at Woody Gap, Feb 24–Apr 27. Fuel, free Internet, laundry, shuttle service for guests to all Georgia Trailheads; see Web site or contact for shuttle rates.

**West** 2 miles to **Suches, Ga. [P.O. ZIP 30572: M–F 7:30–11:30 & 1–4:30; (706) 747-2611]**. ■ **Hostel**: Wolfpen Gap Country Store (short-term resupply), (706) 747-2271, \$15PP includes shopper (towel, soap, shampoo); nonguest shower, \$5; laundry w/ detergent for fee; fuel and L items; WiFi available; ATM; holds UPS packages shipped to 12905





Wolf Pen Gap Rd., Suches, GA 30572. Store open M–F 7:30–8, Sa 7:30–9, Su 9–7, free shuttle to Woody Gap for guests; shuttle to all Georgia Trailheads for fee. ■ **Lodging and camping:** Wildcat Lodge & Campground; Donald Oakes, (770) 853-2629, <www.wildcatsuches.com>; about 7 miles **north** of Ga. 60 crossing; hot showers, food, place to hang out; free shuttle to lodge. ■ **Other services:** Don L. Pruitt, M.D., (706) 747-1421, open M–Th 9–4, walk-ins 9–11. Jim and Ruth Ann Miner, (706) 747-5434, live in town and are available if you need help. ■ **Shuttles:** Wes Wisson, (706) 747-2671; <dwisson@windstream.net>.

**Lance Creek**—Campsite with 4 tent platforms, built by the ATC Konnarock crew. Good water.

*New U.S. Forest Service rules (through June) require using a bear canister while camping overnight between Jarrard and Neel gaps, a five-mile stretch that includes Woods Hole and Blood Mountain shelters and Slaughter Gap Campsite. Plan accordingly.*

**Jarrard Gap**—A blue-blazed trail to the west leads 1 mile to USFS Lake Winfield Scott Recreation Area, which offers tentsites, showers, \$15; dogs must be leashed.

**Woods Hole Shelter** (1998)—Sleeps 7. Privy. Located 0.4 mile west on a blue-blazed side trail, this “Nantahala design” shelter is named in honor of the late Tillie and Roy Wood, operators of the Woodshole Hostel near Pearisburg, Virginia. Food-hoist cables available. Water source is an unreliable spring along the trail to the shelter.

**Bird Gap**—From here, the Freeman Trail leads 1.7 miles around the south slope of Blood Mountain and rejoins the A.T. 1.1 miles from Neel Gap. Those who choose this blue-blazed route miss the climb to the Trail’s high point in Georgia; it serves as a foul-weather route around Blood Mountain.

**Slaughter Gap**—Reached by a side trail, tentsites have been built near Slaughter Creek to ease the load on Blood Mountain.

**Blood Mountain**—According to tales of the Creek and Cherokee, a battle here between the two nations left so many dead and wounded that the ground ran red with blood. Blood Mountain is the most-visited spot on the A.T. south of Clingmans Dome, and the impact of more than 40,000 visitors a year has taken its toll. Vandalism in and around the shelter has been a chronic problem. In an effort to counter visitor impact, fires have been banned along a 3.3-mile section between Slaughter Gap and Neel Gap.

**Blood Mountain Shelter** (1934)—Sleeps 8. Privy. Located atop the highest peak on the A.T. in Georgia (4,461 feet), this historic two-room stone structure was last refurbished in 2012. No water or firewood available; no fires permitted. Northbounders can get water from a stream 0.3 mile north of Bird Gap or on a blue-blazed side trail at Slaughter Gap, 0.9 mile from the shelter. Southbounders can get water at Neel Gap or at a spring located on the blue-blazed trail to Byron Reece Memorial, 0.2 mile from where the trail joins the A.T., 2.4 miles south of Neel Gap.



**U.S. 19 & 129/Neel Gap**—Mountain Crossings at Walasi-Yi Center is a full-service **Outfitter** with all stove fuels and gift shop (short-term resupply) operated by Winton Porter, (706) 745-6095; open daily 8:30–6. UPS and USPS packages held, \$1 donation. Ship packages to 12471 Gainesville Hwy., Blairsville, GA 30512.



■ **Hostel:** Walasi-Yi, <[www.mountaincrossings.com](http://www.mountaincrossings.com)>, open year-round, \$15PP, with shower, coin laundry, nonguest shower \$3.50, pets outside.

■ **Shuttles:** Lumpy, (706) 994-6009, <[lumpy@mountaincrossings.com](mailto:lumpy@mountaincrossings.com)>.

**East** 0.3 mile to **Lodging:** Blood Mountain Cabins, (800) 284-6866, <[www.blood-mountain.com](http://www.blood-mountain.com)>, limited resupply. Cabins with showers, kitchens, and satellite TV sleep 4; thru-hiker rate \$60, free laundry, Internet access, no pets. A trail leads from the Walasi-Yi Center to the resort office.

**West** 3 miles to **Camping:** Vogel State Park, (800) 864-7275, <[www.gastateparks.org](http://www.gastateparks.org)>. Tentsites with shower \$19–\$25, showers only \$2. Other park services include a camp store (limited resupply), coin laundry (detergent \$1), and rental cabins; reservations are suggested for tentsites and cabins. Leash dogs inside the park.

**West** 3.5 miles to **Lodging:** Goose Creek Cabins, (706) 745-5111, cell (706) 781-8593, <[www.goosecreekcabins.com](http://www.goosecreekcabins.com)>. Owners Keith and Retter Bailey offer free shuttles from Neel Gap with cabin or tentsite rental. Special hiker rates for cabin begin at \$25PP; \$10/dog. Tentsites with shower, \$10PP. Amenities include laundry (\$5/load), and \$25 daily group shuttle to Blairsville. UPS packages can be shipped to Goose Creek Cabins, 29 Goose Creek Rd/U.S. 129S, Blairsville, GA 30512.

**Whitley Gap Shelter** (1974)—Sleeps 6. Privy. This shelter is located 1.2 miles east of the A.T. down a steep side trail. Food-hoist cables available. Water source is a spring 0.3 mile behind the shelter.

**Low Gap Shelter** (1953)—Sleeps 7. Privy. Food-hoist cables available. Water source is crossed at the shelter; a second source can be found 30 yards in front of the shelter.

**Chattahoochee Gap**—A blue-blazed side trail leads east to Chattahoochee Spring, source of the Chattahoochee River, which supplies drinking water to Atlanta and almost half of the state's population. Some 500 miles from this point, the river empties into the Gulf of Mexico. Springs rising on the other side of the continental divide flow to the Tennessee River and eventually to the Mississippi.

**Blue Mountain Shelter** (1988)—Sleeps 7. Privy. Located on a short side trail, this shelter is notorious for cold north winds that blow up Blue Mountain from the gap below. Food-hoist cables available. Water source is a spring on the A.T. 0.1 mile south of the shelter.



**Ga. 75/Unicoi Gap—East 9 miles to Helen, Ga. [P.O. ZIP 30545:**

**M–F 9–12:30, 1:30–4, Sa 9–12; (706) 878-2422]**, Georgia's "Gatlinburg." The town's year-round population of 300 can play host to as many as 30,000 people in a day, so there are many motels and restaurants from which to choose. A good place to start in town is the visitors center, found behind the post office, which has a map and



free phone from which to call motels to find the best rates. Rates vary greatly according to season but are generally at their lowest Jan–Mar. Expect rates to increase after Apr 1 and on the weekends and for Oktoberfest (held early Sep–Oct). Retail shops abound as well. ■ **Lodging:** Helendorf River Inn, (800) 445-2271, \$22–24, coin laundry, detergent \$1, \$10/pet, B, WiFi, heated pool; Econolodge, (706) 878-8000, \$50–\$180, \$10EAP, B, \$20/pets under 20 lbs. in selected rooms; Super 8 Motel, (800) 535-1251, next to laundromat, hiker rates (\$35, \$10EAP) exclude weekends, B, microwave, refrigerator, no pets, WiFi, Internet access, heated pool; Best Western, (706) 878-2111, \$45–\$65, WiFi, hot B, no pets, free possible shuttles to Trail M–F; America's Best Value Inn, (706) 878-8888, \$40–\$80, \$6EAP, pets up to 30lbs. \$15, WiFi, B; Ramada Limited, (706) 878-1451, \$39D, B, no pets; Quality Inn, (706) 878-2268, \$39–\$69, \$10EAP, B, \$20/pet under 20 lbs., WiFi; Days Inn, (706) 878-4079, \$39D, B, no pets; RiverBend, (706) 878-2155, hiker rate \$39–\$169, \$10EAP, cabins up to 4 people \$99–\$250, pets \$12.50; Rodeway Inn, (706) 878-2141, \$40–\$70 in off-season, \$10EAP, pets less than 15 lbs. \$10, heavier \$15, B; Helen accommodations, <www.helenga.org>.

■ **Groceries:** Betty's Country Store and Deli (long-term resupply), open daily 7–8.

■ **Restaurants:** numerous. ■ **Internet access:** White County Library, Helen Branch.

■ **Other services:** bicycle rentals available at Woody's Mountain Bikes, (706) 878-3715; pharmacy. ■ **Shuttles:** Woody's.

**East 17 miles to Medical:** Cleveland, Ga., Northeast Georgia Physicians Group, (706) 865-1234, M–F 7:30–6:30.

**West** 1.3 miles, then left 2.5 miles on Ga. 180 to **Lodging:** Enota Mountain Retreat, (800) 990-8869, <www.enota.com>; waterfalls, organic gardens, and an animal sanctuary; \$10 membership per visit and \$5 campfire fee; tentsites \$25, bunkhouse \$25, motel-type room \$80, cabins \$100–\$165, dogs \$5. Amenities include free long-distance phone, coin laundry with soap, B Sa–Su, D F–Sa with advance notice, satellite TV, video library, Internet access, Jacuzzis in some cabins, massage 1½ hours \$100, possible shuttle to Trail for fee. General store (short-term resupply) open 8:30–8, including Coleman, alcohol, and canister fuels. Enota holds packages, for guests only, mailed to 1000 Hwy. 180, Hiawassee, GA 30546.

**West** 11 miles to Hiawassee, Ga. (see below).

**Cheese Factory Site**—In the mid-1800s, an eccentric New Englander established a dairy near Tray Mountain, about 15 miles from the nearest farmhouse. Other Georgians, who received parcels in the mountains after a government survey of former Indian lands in the 1830s, opted to sell their land to speculators rather than attempt to tame the untamable. For several years, the man ran his dairy successfully and reportedly produced a superior cheese that won several awards at state agricultural fairs. Little evidence of the dairy remains today, although the spot is a designated campsite with a spring.

**Tray Mountain**—Spectacular views from the 4,430-foot summit and probably the southernmost breeding area in the United States for Canada warblers. These small, active songbirds may be spotted in the rhododendron thickets along the southern approach to the summit. Males are blue-gray above and yellow throughout the chest. Look for the distinctive “necklace” on both the males’ and females’ chests. The Canada warbler’s song is an irregular burst of beautiful notes.

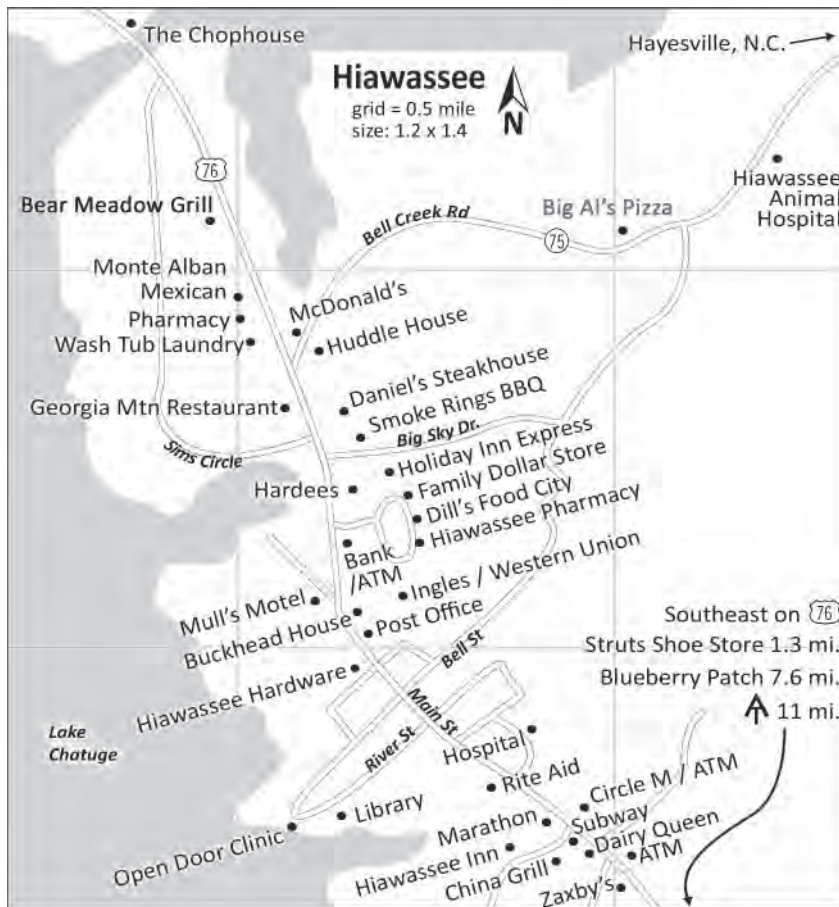
**Tray Mountain Shelter** (1971)—Sleeps 7. Privy. Food-hoist cables. Excellent spot for taking in the sunset and sunrise from the summit or from viewpoints along the 0.2-mile trail to the shelter. Water source is a spring located 260 yards behind the shelter.

**Deep Gap Shelter** (1983)—Sleeps 12. Privy. Food-hoist cables. Shelter is designed like the Springer Mountain Shelter and located on a 0.3-mile side trail to the east. Water source is on the blue-blazed trail to the shelter.



**U.S. 76/Dicks Creek Gap/Hiawassee**—At road are parking lot, picnic tables, and small creek.

**West** 3.5 miles to **Hostel:** Blueberry Patch Hiker Hostel, a Christian ministry owned by '91 thru-hiker Gary Poteat and his wife, Lennie. Look for the Blue-



berry Patch sign on the left side of the highway as you descend from Dicks Creek Gap; (706) 896-4893. Evenings are the best time to reach the Poteats. If you can't reach them, keep trying. Open Feb 15–May 1. Hostel remains open by generosity of hiker donations. Includes shower, laundry service, B, and shuttle back to the Trail at 9:30 a.m. Bunks for 7 with accommodations for up to 10. Please arrive no earlier than 10 a.m. and no later than 6 p.m. Coleman fuel, alcohol, by the ounce. The Poteats hold UPS and USPS packages mailed to 5038 U.S. Hwy. 76, Hiwassee, GA 30546. NO pets, alcohol, drugs, or tobacco products.

**West** 11 miles to **Hiawassee, Ga.** [P.O. ZIP 30546: M–F 8:30–5, Sa 8:30–12; (706) 896-3632]. ■ **Lodging:** Mull's Motel, (706) 896-4196, \$55 and up, pets allowed (fee), holds packages for guests only, 213 N. Main St., Hiawassee, GA 30546; Hiawassee Budget Inn, (706) 896-4121, <www.hiawasseebudgetinn.com>, \$39.95–\$49.95S, \$5EAP each, tent set-up with shower \$10, one evening restaurant shuttle, coin laundry, Internet access, short-term resupply, hiker supplies, free Mar–Apr shuttle for guests only from/to Trail at Dicks Creek or Unicoi gaps at 9 and 11 a.m. (fee for nonguests), \$5 per person other months, holds UPS packages only for guests, 193 East Main St., Hiawassee, GA 30546; Holiday Inn Express, <www.hiexpress.com/hiawassee>, (706) 896-8884, special hiker rates of \$69–\$120, \$6EAP, no pets, B included, coin laundry with free detergent, indoor whirlpool, Internet access, will hold UPS packages, 300 Big Sky Dr., Hiawassee, GA 30546. ■ **Outfitter:** The Buckhead House, owner Pam Fagan, (706) 896-0028, 130 North Main St., hiker supplies, Coleman and alcohol fuel by the ounce, canisters, open M–F 10–5, Sa 10–4:30. ■ **Groceries:** Dill's Food City, Ingles (ATM), both long-term resupply. ■ **Restaurants:** Georgia Mountain Restaurant, B only on weekends, L/D; Subway; China Grill AYCE; Big Al's Pizza, L/D AYCE; Dairy Queen; Monte Alban Mexican, L/D; Daniel's Steakhouse, L/D AYCE; Huddle House; Smoke Rings BBQ; various other fast-food places. ■ **Internet access:** Towns County Public Library. ■ **Other services:** Western Union; coin laundry; Chatugue Regional Hospital, (706) 896-2222, known for treatment of blisters; Open Door Clinic on Thursdays, (706) 896-6241, 120 River St., fee based on income; pharmacy; dentist; banks with ATM; hardware store; Hiawassee Animal Hospital, (706) 896-4173; Strut's Shoe Store, (706) 896-2002, <www.strutsshoestore.com>, <struts@windstream.net>, 1374 U.S. 76 East, M–F 10–6, Sa 10–4, carries various brands of hiking shoes, insoles, with limited hiker supplies. ■ **Shuttles:** Hiawassee Budget Inn, (706) 896-4121.



**Plumorchard Gap Shelter** (1993)—Sleeps 14. Privy. The stump in front of the shelter has been home to copperhead snakes. Water source is a creek that crosses the trail to the shelter or a spring located 200 yards west of the A.T., opposite the shelter trail. Food-hoisting cables.

**Bly Gap**—If you are thru-hiking, it is time to celebrate your first (or last) state line. When you see the gnarled oak in a clearing, you're officially in North Carolina. The gap, with its grassy area and views to the northwest, makes a good campsite. Water can be obtained from a spring about 100 yards south on the A.T.

# North Carolina

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
2,107.4	N.C.-Ga. State Line		3,825	78.5
2,107.3	Bly Gap	C, w	3,840	78.6
2,105.4	Sassafras Gap		4,300	80.5
2,104.5	<b>Muskrat Creek Shelter...</b> <i>7.5mS; 4.9mN</i>	S, w	4,600	81.4
2,103.7	Whiteoak Stamp		4,620	82.2
2,103.5	Chunky Gal Trail		4,700	82.4
2,102.6	Wateroak Gap		4,490	83.3
2,100.5	Deep Gap, USFS 71, Kimsey Creek Trail	R, w (W-3.7m C, G, sh)	4,341	85.4
2,099.6	<b>Standing Indian Shelter...</b> <i>4.9mS; 7.6mN</i>	S, w	4,760	86.3
2,098.1	Lower Trail Ridge Trail, Standing Indian Mtn	(E-0.2m summit) (W-0.2m w)	5,498	87.8
2,095.2	Beech Gap	C, w	4,460	90.7
2,092.4	Timber Ridge Trail		4,700	93.5
2,092.0	<b>Carter Gap Shelter...</b> <i>7.6mS; 8.6mN</i>	S, w	4,540	93.9
2,088.3	Betty Creek Gap	C, w	4,300	97.6
2,087.4	Mooney Gap, USFS 83	R	4,400	98.5
2,087.1	Spring	w	4,500	98.8
2,086.1	Bearpen Trail, USFS 67	R	4,790	99.8
2,085.8	Albert Mtn		5,250	100.1
2,083.4	<b>Long Branch Shelter...</b> <i>8.6mS, 3.5m N</i>	S,w	2,500	102.5
2,082.4	Glassmine Gap		4,160	103.5
2,079.9	<b>Rock Gap Shelter...</b> <i>3.5mS; 8.5mN</i>	S, w	3,760	106.0
2,079.8	Rock Gap; Wasilik Poplar; Standing Indian Campground	R (W-1.5m C, G, sh)	3,750	106.1
2,079.2	Wallace Gap, Old U.S. 64	R	3,738	106.7
2,076.1	Winding Stair Gap, U.S. 64 <b>Franklin, NC 28734</b>	R, w (E-10m PO, G, M, L, O, D, V, cl, f, ☞)	3,770	109.8

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
2,075.2	Campsite	C, w	3,970	110.7
2,075.0	Swinging Lick Gap		4,100	110.9
2,074.1	Panther Gap		4,480	111.8
2,071.9	<b>Siler Bald Shelter...</b> <i>8.5mS; 7.3mN</i>	E–0.5m S, w	4,600	114.0
2,070.2	Wayah Gap, S.R. 1310	R	4,180	115.7
2,068.4	USFS 69	R, w	4,900	117.5
2,067.9	Wine Spring	C, w	5,290	118.0
2,066.0	Wayah Bald	R	5,342	119.9
2,065.6	Campsite	C, w	5,200	120.3
2,065.1	<b>Wayah Shelter...</b> <i>7.3mS, 4.8mN</i>	S, w	4,480	120.8
2,063.8	Licklog Gap	W–0.5m w	4,440	122.1
2,061.5	Burningtown Gap, S.R. 1397	R	4,236	124.4
2,060.3	<b>Cold Spring Shelter...</b> <i>4.8mS; 5.8mN</i>	C, S, w	4,920	125.6
2,059.6	Copper Ridge Bald Lookout		5,080	126.3
2,058.4	Trail to Rocky Bald Lookout		5,030	127.5
2,058.1	Spring	w	4,900	127.8
2,056.7	Tellico Gap, S.R. 1365	R	3,850	129.2
2,055.3	Wesser Bald Observation Tower	E–0.1m	4,627	130.6
2,054.6	Spring	w	4,100	131.3
2,054.5	Wesser Creek Trail, <b>Wesser Bald Shelter...</b> <i>5.8mS; 4.9mN</i>	C, S, w	4,115	131.4
2,052.9	Jump-up Lookout		4,000	133.0
2,049.6	<b>A. Rufus Morgan Shelter...</b> <i>4.9mS; 7.7mN</i>	S, w	2,300	136.3
2,048.8	U.S. 19, U.S. 74, Nantahala River, Nantahala Outdoor Center, Wesser, N.C. <b>Bryson City, NC 28713</b>	R, G, L, M, O, cl, sh, f (E–1m C, G, L; 13m PO, G, M, L, D, cl) (S–1m C, sh)	1,723	137.1
2,047.2	Wright Gap	R	2,390	138.7
2,045.7	Grassy Gap		3,050	140.2
2,042.8	Swim Bald		4,710	143.1



Miles from Katahdin	Features	Services	Elev.	Miles from Springer
2,041.9	<b>Sassafras Gap Shelter...</b> <i>7.7mS; 9.1mN</i>	S, w	4,330	144.0
2,040.7	Cheoah Bald		5,062	145.2
2,038.3	Locust Cove Gap	C, w	3,690	147.6
2,037.3	Simp Gap		3,700	148.6
2,035.2	Stecoah Gap, N.C. 143	R, w	3,165	150.7
2,034.2	Sweetwater Gap		3,270	151.7
2,032.8	<b>Brown Fork Gap Shelter...</b> <i>9.1mS; 6.1mN</i>	S, w	3,800	153.1
2,032.6	Brown Fork Gap		3,600	153.3
2,030.8	Hogback Gap		3,540	155.1
2,030.0	Cody Gap	C, w	3,600	155.9
2,027.6	Yellow Creek Gap, S.R. 1242 (Yellow Crk Mtn Rd)	R	2,980	158.3
2,026.7	<b>Cable Gap Shelter...</b> <i>6.1mS; 6.6mN</i>	S, w	2,880	159.2
2,025.3	Black Gum Gap		3,490	160.6
2,023.9	Walker Gap, Yellow Creek Trail	W—2.5m PO, G, L, M, O, cl, f	3,450	162.0
2,023.5	Campsite	C, w	3,200	162.4
2,021.2	N.C. 28 <b>Fontana Dam, NC 28733</b>	R (E—0.6m L, f, ♀) (W—1.8m PO, G, L, M, O, cl, f)	1,810	164.7
2,020.1	<b>Fontana Dam Shelter...</b> <i>6.6mS; 11.0mN</i>	R, S, w	1,775	165.8
2,019.8	Fontana Dam Visitor Ctr	R, sh, w	1,700	166.1

At Bly Gap, northbounders enter the Nantahala National Forest with 4,000-foot gaps and 5,000-foot peaks. Nantahala is Cherokee for “land of the noonday sun.” Long climbs between the Stecoah–Cheoah Mountain area and Cheoah Bald offer panoramic views of western North Carolina. Don’t rush; enjoy the landscape from an observation tower or two. Take a pit stop at the NOC playground on the Nantahala River for some food and a rafting trip.

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**Nantahala Hiking Club**—NHC maintains the 58.5 miles between Bly Gap and the Nantahala River. Correspondence should be sent to NHC, 173 Carl Slagle Rd., Franklin, NC 28734; <[www.nantahalahikingclub.org](http://www.nantahalahikingclub.org)>.

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*No road access to the A.T. is available between Bly Gap and Rock Gap during Jan, Feb, and part of Mar. The Forest Service closes USFS 71 to all vehicular traffic until Mar 1 and USFS 67 until Mar 15. Frequently used Trailheads at Deep Gap, and others, are inaccessible.*

**Muskrat Creek Shelter** (rebuilt 1995)—Sleeps 8. Moldering privy. This shelter uses the “Nantahala design.” Water source is just south and visible from the shelter.

**Deep Gap**—From here, the Kimsey Creek Trail leads 3.7 miles to the Forest Service’s Standing Indian Campground (see next page).

**Standing Indian Shelter** (1996)—Sleeps 8. Privy. “Nantahala design” shelter east of the A.T. Water source is a stream opposite the side trail to the shelter. Recent bear sightings; *use bear-proofing techniques*.

**Standing Indian Mountain**—The 5,498-foot summit of the mountain 0.2 mile east is reached *via* a blue-blazed side trail. Cliff-top views to the south gave it the nickname, “Grandstand of the Southern Appalachians.” At the top are flat areas for camping and views south toward Blood Mountain. A spring is located 0.2 mile downhill on an unmarked trail near the A.T. junction with Lower Trail Ridge Trail. Please tread lightly if you choose to camp here; the area receives tremendous use.

**Carter Gap Shelter** (1959 old/1998 new)—Two shelters, the old and the new. Old shelter sleeps 6; new shelter sleeps 8. Privy. The new shelter uses the “Nantahala design.” Water source is a spring located downhill behind the old shelter, on the west side of the Trail.

**Mooney Gap**—This gap has been identified as among the wettest places in the eastern U.S., with an estimated annual precipitation of 93.5 inches.

**Long Branch Shelter**—Timber-frame shelter built in 2011–2012.

**Rock Gap Shelter** (1965)—Sleeps 8. Privy. Located only 0.5 mile from the road. Food-hoist cables available. Water source is a spring to the left and behind the shelter.



**Rock Gap/Standing Indian Campground—West** 1.5 miles on a paved road to the Forest Service campground with tentsites \$16, restroom, warm showers (\$2 shower only); small campstore open 10–5 Apr–Oct; will hold packages shipped UPS to 2037 Standing Indian Campground Rd., Franklin, NC 28734.

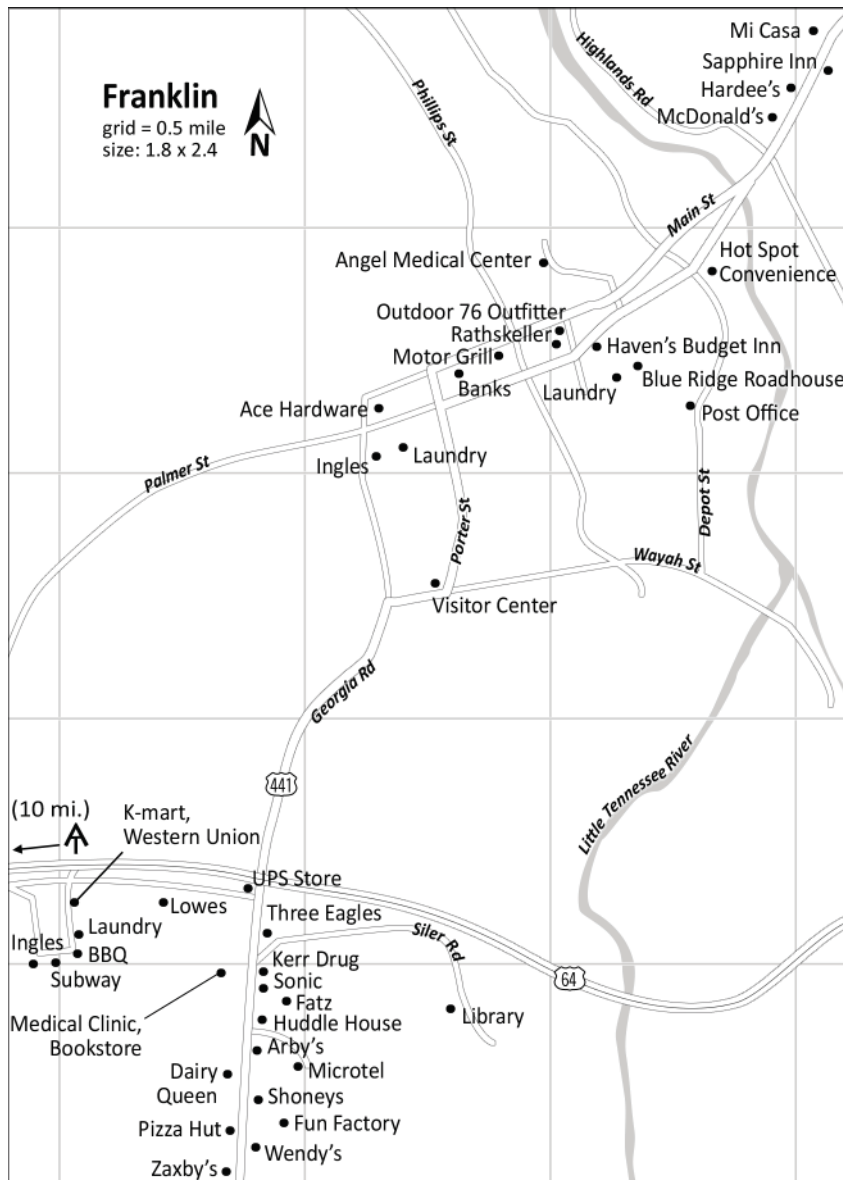
**Wasilik Poplar**—At Rock Gap, a blue-blazed side trail leads **East** 0.5 mile to the second-largest poplar tree in the United States, now dead. In 1996, the tree measured 27 feet in circumference, 8.6 feet in diameter, and 125.5 feet in height (to a broken-off top). In the early 1900s, when logging companies began cutting the timber in this area, workers cut down another poplar similar in size to the Wasilik. However, its weight so badly strained the oxen transporting the tree the lumberjacks decided against harvesting this one.



**U.S. 64/Winding Stair Gap—East** 10 miles to **Franklin, N.C. [P.O. ZIP 28734: M–F 8:30–5, Sa 9–12; (828) 524-3219]**.

The 9th Annual Hiker Bash, organized by Ronnie Haven, (828) 524-4431, <[www.hikerfollobash.com](http://www.hikerfollobash.com)>, will be held Mar 29–30 and include food, music, and entertainment at 6 o'clock each evening at the Sapphire Inn Motel on East Main Street. This is a great venue for thru-hikers to share stories and meet former A.T. thru-hikers. Although a bit spread out, most major services are within walking distance along Business U.S. 441; <[www.franklinchamber.com](http://www.franklinchamber.com)>. ■ **Lodging:** Haven's Budget Inn, (828) 524-4403, <[www.ronhavenhikerservices.com](http://www.ronhavenhikerservices.com)>, \$39.99S/D \$5EAP, microwave, refrigerator, Internet, WiFi, daily shuttles in season to/from town and Trail, pets \$10 with \$50 refundable deposit, in-room phone, free local calls, laundry room with free detergent, will hold packages, 433 E. Palmer St.; The Sapphire Inn, (828) 524-4403, <[www.thesapphireinn.com](http://www.thesapphireinn.com)>, \$39.99S/D, \$5EAP, microwave, refrigerator, Internet, WiFi, daily shuttles in season to/from Trail, pets \$10 w/\$50 refundable deposit, in-room phone, free local calls, laundry room w/ free detergent, will hold packages sent to 761 E. Main St.; Microtel Inn & Suites, (828) 349-9000, \$62–\$80, pets \$20 up to 20 lbs., free long-distance phone (U.S.), B, Internet access. ■ **Groceries:** Ingles Supermarket (long-term resupply). ■ **Restaurants:** Shoney's, AYCE; Corbin's Country Buffet, AYCE, M–F 11–2, Sa 5–8; Rathskeller Snack, Lunch and Coffee Shop, Tu–Th 11–7, F–Sa 11–11, Internet access; and various other restaurants. ■ **Outfitters:** Three Eagles Outfitters, (828) 524-9061, open M–Sa 10–6, Su 12–4, full-service outfitter, Coleman and alcohol fuel





by the ounce, Esbit and canisters, will ship and hold packages, 78 Siler Rd., 1 Three Eagles Place; Outdoor 76, (828) 349-7676, <www.outdoor76.com>, full-service outfitter (footwear experts!), open M–Sa 10–7, 10% thru-hiker discount, \$10 local-restaurant gift card with \$50+ purchase, all fuel types available, Internet access, free shuttles when available, will hold and ship packages sent to 35 East Main St. ■ **Internet access:** Macon County Library, Rathskeller. ■ **Other services:** UPS Store, (828) 524-9800, M–F 8–6, Sa 9–1; coin laundry; cobbler; hospital; Angel Urgent Care Center, (828) 369-4427, M–F 8–6, Sa–Su 10–4; pharmacy; veterinarian; banks with ATM; visitors center, (866) 372-5546, M–Sa 9–5. ■ **Shuttles:** Larry's Taxi and Shuttle, (828) 421-4987, <spunkman101@yahoo.com>; Roadrunner Driving Services, (706) 201-7719, <where2@mac.com>.

**Aquone Hostel**—Call for pick-up from Wayah, Burningtown, or Tellico gaps, (828) 321-2340, \$20/night. Hot food and hiker supplies available. Mail drops to 63 Britannia Dr., Aquone (or Topton), NC 28781.

**Siler Bald Shelter** (1959)—Sleeps 8. Privy. Located 0.5 mile on a blue-blazed loop. Food-hoist cables available. Water source is 80 yards down a blue-blazed trail from the shelter.

**Wayah Bald**—John B. Byrne Memorial Tower. The stone observation tower at the summit of Wayah Bald (5,342 ft.) was built in 1937 by the CCC and renovated in 1983. Byrne was the supervisor of the Nantahala National Forest who first proposed the route of the Appalachian Trail in this area. Wayah is Cherokee for “wolf.”

**Wayah Shelter** (2007)—Nantahala-type shelter sleeps 8 with overhang for cooking shelves and seating. Privy. Five tentsites and fire ring near shelter. Water source is Little Laurel Creek, 600 feet west of A.T. on blue-blazed trail. This shelter was built by NHC in memory of Ann and Larry McDuff, thru-hikers and ALDHA members who were killed about a year apart in eerily similar accidents, hit by vehicles while riding bikes near home.

**Cold Spring Shelter** (1933)—Sleeps 6. Privy. Food-hoist cables available. Shelter built by the CCC. Tentsites are reached *via* a trail on the east side of the Trail 200 yards north on the A.T. Water source is 5 yards in front of the shelter.

**Wesser Bald**—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.

**Wesser Bald Shelter** (1994)—Sleeps 8. No privy. This was the first of the “Nantahala design” shelters. Food-hoist cables available. Tentsites available in clearing where the blue-blaze heads to the shelter. Water source is a spring 0.1 mile south on the A.T., then 75 yards on a blue-blazed trail.

**Rufus Morgan Shelter** (rebuilt 1989)—Sleeps 6. No privy. Located in a small cove, this shelter is named after the Nantahala club’s founder. The water source is a stream across the A.T. from the shelter.



**U.S. 19/Nantahala River/Nantahala Outdoor Center**—At U.S. 19, the A.T. passes through the Nantahala Outdoor Center (NOC), (828) 488-2175 or (800) 232-7238, <www.noc.com>, an outdoor-adventure center with many services for backpackers; call ahead for shuttles. Between the store and River’s End Restaurant, the A.T. crosses a pedestrian bridge over the Nantahala River. ■ **Lodging:** NOC, office hours Nov–Feb 9–5, Mar–May 8–5, Jun–Aug 8–9, Sep–Oct 8–5; Internet access; after hours, go to Base Camp, a winterized hostel that may be full on weekends, \$17 for bunk space; motel rooms \$54–\$79. NOC Nantahala Inn, \$74–\$84, satellite TV, pets in two rooms only, cabins \$109–\$189 with cleaning fee. ■ **Groceries:** Wesser General Store (snacks), open 7–9 Mar–Sep. ■ **Restaurants:** River’s End Restaurant, open 11–6 Nov–Feb L/D, 8–7 Mar–Oct B/L/D; Sloe Joe’s Café, L until 4 (outdoors), open seasonally. ■ **Outfitter:** NOC Outfitters (short-term resupply), 10–5 (varies with season), offers backpacking gear, Coleman and alcohol fuel by the ounce, Esbit and canisters, ATM, stamps, laundry detergent, ATC publications, WiFi. Pay phone, coin laundry with detergent by the scoop during office hours, restroom, and shower with towel \$2 (except with bunkroom) are located on the southern side of U.S. 19. NOC accepts USPS, UPS, and FedEx packages sent to 13077 Hwy. 19W, Bryson City, NC 28713. Check with the front desk; packages must be marked “Hold for A.T. Hiker.” NOC can ship packages; extra charge on weekends.

**South** 1 mile to **Camping:** Lost Mine Campground, (828) 488-6445, across from NOC on Silvermine Road, sites \$16 minimum (\$8pp) Apr–Oct, showers, dogs on leash.

**East** 1 mile to ■ **Groceries:** Nantahala Food Mart (short-term resupply), daily 7 a.m.–8 p.m. ■ **Lodging:** Carolina Outfitters Cottages, (800) 468-7238, <www.carolinaoutfitters.com>, check-in at Nantahala Food Mart, \$50D, \$10EAP, kitchen, satellite TV, no pets, free shuttle to/from Trail at Wesser Gap (call from NOC). ■ **Camp-**

**ing:** Nantahala Wesser Campground, (828) 488-8708, located near Nantahala Food Market on Wesser Rd; turn right at gem-mine sign; tent site \$7PP, showers, open Apr–Oct.

**East** 13 miles on U.S. 19 to **Bryson City, N.C. [P.O. ZIP 28713: M–F 9:30–5, Sa 10–12; (828) 488-3481]**. Bryson City is a large town with many services, including Ingles Supermarket (long-term resupply), pharmacy, coin laundry, several restaurants, banks with ATM, Western Union, hospital, and several hotels.

**Whitewater Rafting**—The Nantahala marks the northbounder's first chance at Trail-side whitewater rafting. The French Broad River in Hot Springs, N.C., and the Nolichucky River in Erwin, Tenn., are also whitewater hot-spots. Guided tours on the Nantahala are available through NOC for about \$25 on nonpeak days, but you can rent a raft or “ducky” for less, with shuttles to the put-in point upstream included. Mountain biking and horseback riding also available.

**Smoky Mountains Hiking Club**—SMHC maintains the 101 miles between the Nantahala River and Davenport Gap. Correspondence should be sent to the SMHC, P.O. Box 1454, Knoxville, TN 37901; <www.smhclub.org>.

**Sassafras Gap Shelter** (2002)—Sleeps 14. Privy. Located in a ravine 100 yards in on a blue-blazed side trail, this wood-framed shelter features a covered porch and benches. Water source is a reliable spring in front of the shelter.



**N.C. 143/Stecoah Gap**—A good spring can be found by following the paved road west 200 feet to an overgrown logging road. Spring is located down the logging road on the left. **Lodging:** Cabin in the Woods, (828) 735-1930, <www.thecabininthewoods.com>, 2 miles from gap; 3 cabins from ~~\$30~~–\$70/night; laundry, showers, pets allowed, Jacuzzi; shuttle and slackpacking service available; mail drops to 301 Stecoah Heights Rd., Robbinsville, NC 28771.



**Brown Fork Gap Shelter** (1996)—Sleeps 6. Privy. Constructed by the SMHC, Konnarock Crew, and the USFS. Water source is a reliable spring to the right of the shelter.

**Cable Gap Shelter** (1939/1988)—Sleeps 6. Privy. Shelter originally built by the CCC. The water source is a reliable spring in front of the shelter.

**Walker Gap**—The Yellow Creek Trail leads 2.5 miles west to Fontana Village. However, it is a poorly marked, difficult short-cut to the resort.



**N.C. 28/Fontana Dam—East** 6 miles to **Lodging:** The Hike Inn, (828) 479-3677, <www.thehikeinn.com>, <hikeinn@graham.main.nc.us>. A hikers-only inn, owned and operated by Jeff and Nancy Hoch. Open Feb 15–July 10, Sep 1–Dec 1, other dates by reservation only. For pick-up, continue north on the A.T. to the Fontana Dam Visitors Center (see below), and call from the pay phone. Thru-hikers, call from NOC or Hot Springs for reservations. Four rooms with max 2 per room. No credit cards. Thru-hiker/long-distance-hiker package reservations required (check in by 4 p.m., check-out 9 a.m. firm), \$60s, \$75D (prices subject to change due to fuel costs). Rate includes shuttle to and from dam, one load of laundry, evening shuttle to Robbinsville (5–7 p.m.) for dinner and supplies. Section-hikers, \$40s/D (room only). Packages accepted free for guests, \$30 nonguests; c/o Hike Inn, 3204 Fontana Rd., Fontana Dam, NC 28733. Shuttles, slack-pack, Coleman and alcohol fuel.

**West** 2 miles to Fontana Village Resort. **Fontana Dam, N.C. [P.O. ZIP 28733; M–F 11:45–3:45; (828) 498-2315]**, is located 2 miles from Fontana Dam within the Fontana Village Resort. *Please note: Some services may close or be under reduced hours during off-season, and supplies are limited; most services available by late Mar.* ■ **Lodging:** Fontana Lodge, <www.fontanavillage.com>, (800) 849-2258, \$69D, EAP up to 4 no charge; cabins also available, Apr–Oct \$99 & up, Nov–Mar \$59 during week, \$79 weekends. ■ **Groceries:** Fontana General Store (short-term resupply). ■ **Outfitter:** Hazel Creek Outfitter, limited hiker gear and all stove fuels, shuttles available. ■ **Other services:** restaurant, ATM, Internet access, coin laundry, detergent available at outfitters 50¢, ice cream/soda fountain (open in May), mountain-bike rentals, and fitness center. Shuttle to and from Fontana Marina Mar 10–May 15 for \$3; dial “O” from the boat-dock house phone. Backcountry permits available.

**Fontana Dam Shelter** (1982)—Sleeps 24. Restroom with showers and water located at shelter. Known as the “Fontana Hilton,” this spacious shelter is located 0.3 mile south of the dam on TVA land. Pay phone and shower facilities are located at the dam; see below.

**Fontana Dam**—At 480 feet, Fontana Dam is the highest dam in the eastern United States. This facility offers a visitors center with restrooms and shower that is normally open May–Nov, 9–7.



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# Great Smoky Mountains National Park

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Miles from Katahdin	Features	Services	Elev.	Miles from Springer
2,019.8	Fontana Dam Visitors Ctr	R, sh, w	1,700	166.1
2,019.4	Little Tennessee River, Fontana Dam; southern boundary, Great Smoky Mtns. National Park	R	1,740	166.5
2,015.4	Shuckstack Fire Tower	E–0.1m	3,800	170.5
2,014.2	Birch Spring Gap	C, w	3,680	171.7
2,011.9	Doe Knob		4,520	174.0
2,010.5	Ekaneetlee Gap	w	3,842	175.4
2,009.1	<b>Mollies Ridge Shelter...</b> <i>11.0mS; 2.8mN</i>	S, w	4,570	176.8
2,008.5	Devils Tater Patch		4,775	177.4
2,007.1	Little Abrams Gap		4,120	178.8
2,006.3	<b>Russell Field Shelter...</b> <i>2.8mS; 3.1mN</i>	S, w	4,360	179.6
2,003.4	<b>Eagle Creek Trail to Spence Field Shelter...</b> <i>3.1mS; 6.5mN; Bote Mtn Trail</i>	E–0.2m S, w	4,915	182.5
2,002.2	Rocky Top		5,440	183.7
2,001.6	Thunderhead (east peak)		5,527	184.3
2,001.3	Beechnut Gap	w	4,920	184.6
2,000.6	Mineral Gap		5,030	185.3
1,998.2	Sugar Tree Gap		4,435	187.7
1,997.1	<b>Derrick Knob Shelter...</b> <i>6.5mS; 5.5mN</i>	S, w	4,880	188.8
1,996.9	Sams Gap	w	4,995	189.0
1,994.3	Buckeye Gap	w	4,817	191.6
1,991.6	<b>Silers Bald Shelter...</b> <i>5.5mS; 1.7mN</i>	S, w	5,460	194.3
1,991.4	Silers Bald		5,607	194.5
1,989.9	<b>Double Spring Gap Shelter...</b> <i>1.7mS; 6.8mN</i>	S, w	5,505	196.0
1,987.0	Clingmans Dome	E–0.5m R, w	6,643	198.9
1,985.8	Mt. Love		6,446	200.1

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,983.6	<b>Mt. Collins Shelter...</b> <i>6.8mS; 8mN</i>	W–0.5m S, w	5,870	202.3
1,980.8	Indian Gap	R	5,286	205.1
1,979.1	U.S. 441, Newfound Gap <b>Gatlinburg, TN 37738</b>	R, w (W–15m PO, G, L, M, O, D, f) (E–18m PO, G, L, M, D, f)	5,045	206.8
1,976.4	Boulevard Trail to Mt. LeConte	W–5m L, M	5,695	209.5
1,976.1	<b>Icewater Spring Shelter...</b> <i>8mS; 7.8mN</i>	S, w	5,920	209.8
1,975.2	Charlies Bunion		5,905	210.7
1,973.3	Porters Gap, The Sawteeth		5,577	212.6
1,970.0	Bradley's View		5,200	215.9
1,968.7	<b>Peck's Corner Shelter...</b> <i>7.8mS; 5.6mN</i>	w (E–0.4m S, w)	5,280	217.2
1,966.0	Mt. Sequoyah		6,069	219.9
1,964.5	Mt. Chapman		6,417	221.4
1,963.5	<b>Tri-Corner Knob Shelter...</b> <i>5.6mS; 7.7mN</i>	S, w	5,920	222.4
1,962.3	Guyot Spur		6,360	223.6
1,961.7	Guyot Spring	w	6,150	224.2
1,961.6	Mt. Guyot Side Trail		6,395	224.3
1,959.7	Snake Den Ridge Trail		5,600	226.2
1,956.4	Cosby Knob		5,150	229.5
1,955.8	<b>Cosby Knob Shelter...</b> <i>7.7mS; 7.1mN</i>	S, w	4,700	230.1
1,953.0	Side Trail to Mt. Cammerer Fire Tower	W–0.6m	5,000	232.9
1,952.5	Spring	w	4,300	233.4
1,950.9	Spring	w	3,700	235.0
1,948.7	<b>Davenport Gap Shelter...</b> <i>7.1mS; 10.7mN</i>	S, w	2,600	237.2
1,947.8	Davenport Gap, Tenn. 32, N.C. 284; eastern boundary, Great Smoky Mtns. National Park	R (E–1.3m Ranger Station; 2.3m C)	1,975	238.1

Established in 1934, the Smokies is the most visited of the traditional national parks; for that reason, it is especially important to practice Leave No Trace here. The highest elevation on the A.T. is here at Clingmans Dome at 6,643 feet. The Smokies also has the most rainfall and snowfall on the A.T. in the South, and many hikers are caught off-guard by the snow and cold temperatures that the high elevation means.

**Great Smoky Mountains National Park**—<[www.nps.gov/grsm](http://www.nps.gov/grsm)>. The Trail through the park officially begins for northbounders on the northern side of Fontana Dam; for southbounders, Davenport Gap is the beginning. In recent years, the park has hosted more than nine million visitors annually. Home to the most diverse forest in North America, the park includes more than 100 species of trees, 1,570 species of flowering plants, 60 species of mammals, more than 25 different salamanders, and 2,000 varieties of mushrooms.

Seasonal and temporary closures can be found at <[www.nps.gov/grsm](http://www.nps.gov/grsm)>.

*Backcountry Permits*—**Backcountry permits must be obtained before entering the park—the thru-hiker fee is \$20 for a seven-night permit. Please check current information on new 2013 policies at <[www.nps.gov/grsm/planyourvisit/backcountry-camping](http://www.nps.gov/grsm/planyourvisit/backcountry-camping)>. At publication, this was the deal: Purchase it on-line up to 30 days before your planned entry of the park at <[www.smokiespermits.nps.gov](http://www.smokiespermits.nps.gov)> or by telephone at (865) 436-1297. You will need a paper copy; don't count on finding a computer and printer on the way. Opportunities to secure permits at the traditional "self-registration" spots were very much up in the air.** Section-hikers (considered to be anyone not beginning and ending a hike 50 miles outside the park) must make reservations by calling the GSMNP Reservations Office at (865) 436-1231. Anyone caught without a permit may be issued a ticket! Additional rangers are being deployed in the backcountry this year to enforce this new fee.

*Human Waste and Privies*—In past years, the park's administration shunned privies at backcountry facilities. Instead, "toilet areas" were designated where backpackers are supposed to dig cat holes and bury their waste. A privy-building campaign, underwritten by ATC and SMHC, resulted in new facilities at the shelters by 2010. Although privies mainly provide an aesthetically acceptable way to deal with many hikers' refusal to use proper Leave No Trace methods, they are costly to maintain and a management last resort. The best decision is to do your business away from the shelter area before you get to camp or after you leave. Pick a spot far from any trails and 200 feet or more from any water, and practice Leave No Trace methods.

*Horses*—Within the park, half of the A.T. is open to horseback riding; horse users may also share A.T. shelters. SMHC and ATC have made a concerted effort to resolve issues with the horse users, who have helped with major rehabilitation and other projects along the Trail in that half.

*Bears*—Between 400 and 600 bears reside in the park. They become more active in the early spring and remain active through the fall. Following a few simple guidelines can help keep bears and other animals away from people and safe within the park. Be sure to hang food on the provided bear-bag system, and do not feed or leave food for these wild creatures to eat. Shelters no longer have chain-link fences to keep bears out. Whenever possible, eat away from the shelters.

*Dogs*—Dogs are not permitted on trails in the park. Hikers violating this rule will be fined up to \$500. Those hiking with dogs should arrange to board their pets. Several kennels provide this service: Standing Bear Farm Hiker Hostel, (423) 487-0014, <curtisvown@gmail.com>; contact for details. Loving Care Kennels, (865) 453-2028, <www.lovingcarekennels.net>, in Pigeon Forge, Tenn.; owner Lida O'Neill will pick up and/or drop off your dog at Fontana Dam and Davenport Gap for \$300 for one dog, \$450 for two dogs; also holds mail drops, will shop for delivery. Rippling Water Kennels, <www.ripplingwaterkennel.com>, (828) 488-2091, will pick up, board, and deliver pets for \$250, up to 7 days; \$50 deposit, reservations necessary.

*Pests and Disease*—At Clingmans Dome and throughout the park, you will witness changes in the Smokies' ecosystem. The most obvious has been the death of conifers at higher elevations. Atmospheric pollution weakens the trees, which makes it easier for the balsam woolly adelgid to attack and eventually kill the park's Fraser firs. The small, waxy insects attack the firs, which then overreact to the feeding adelgids, clogging their own transport tissues. Trees die within five years of infestation. Other pests and diseases affecting the park's ecosystem include chestnut blight, southern pine beetle, hemlock woolly adelgid, and dogwood anthracnose.

*Air Pollution*—This is one of the Smokies' most conspicuous problems. Pollution can drop visibility from 93 to 22 miles on an otherwise clear day. Ozone can make breathing difficult and causes visible damage to black cherry, milkweed, and thirty other species of plants in the park. The park's ozone, nitrogen, and sulfur levels are among the nation's highest and often remain high longer than in nearby urban communities.

*Shelter Policy*—Park regulations require that you stay in a shelter. While other backpackers must make reservations to use backcountry shelters, thru-hikers are exempt from this shelter-specific regulation, and, from Mar 15 to Jun 15, four spaces at each A.T. shelter are reserved for thru-hikers. If the shelter is occupied by reservation and four thru-hikers, however, additional thru-hikers must tent close by and use the bear cables. Because only thru-hikers are permitted to tent-camp at shelters, the burden is on them to make room inside shelters for others who have reserved space; that is also the regulation.

*Shelters South of Newfound Gap*—Seven shelters and a campsite are located between the Little Tennessee River (Fontana Dam) and Newfound Gap.

**Birch Spring Campsite**—Former shelter site with water, bear cables, and tentpads.

**Mollies Ridge Shelter** (1961/2003)—Sleeps 12. No privy. Food-hoist cables available. Legend says the area was named for a Cherokee maiden who froze to death looking for a lost hunter and that her ghost still haunts the ridge. Water source is a somewhat reliable spring 200 yards to the right of the shelter.

**Russell Field Shelter** (1961)—Sleeps 14. No privy. This section of Trail is popular with riders. Food-hoist cables available. Water source is a spring 150 yards down the Russell Field Trail toward Cades Cove. A short walk beyond the spring is an open, grassy area with views into Cades Cove; the Russell Gregory family grazed stock here in the 1800s.

**Spence Field Shelter** (1963/2005)—Sleeps 12. Privy. Shelter is located 0.2 mile east on the Eagle Creek Trail. Food-hoist cables available. This section of Trail is popular with riders and bears. Spence Field, to the north of the shelter, offers azaleas, blueberries, and open views into North Carolina and Tennessee from the largest grassy bald in the Smokies. James Spence cleared 100 acres here in the 1830s for cattle grazing. Water source is a reliable spring 150 yards down the Eagle Creek Trail.

**Derrick Knob Shelter** (1961)—Sleeps 12. No privy. Food-hoist cables available. Water source is a reliable spring near the shelter.

**Silers Bald Shelter** (1961/2001)—Sleeps 12. No privy. Food-hoist cables available. Named for Jesse Silers, who once grazed stock here. The increasingly overgrown bald

0.3 mile north of the shelter offers views of Clingmans Dome and sunsets over Cove Mountain. Water source is to the right; a trail leads 75 yards to a reliable spring.

**Double Spring Gap Shelter** (1963)—Sleeps 12. Privy. Food-hoist cables available. Gap was named to indicate the existence of two springs, one on each side of the state line and both now unreliable. The better water source is on the North Carolina side, 15 yards from the crest; second source is on the Tennessee side, 35 yards from the crest.

**Clingmans Dome**—At 6,643 feet, this is the highest point on the A.T. There are no feet-on-the-ground views from the tree-clad summit, but the observation tower provides 360-degree views. The summit is usually busy; a park road leads to within 0.5 mile of the tower. Renovations near the day-hiker parking lot will eliminate a spigot as a water source; bottled water is available for purchase in the visitors-center area. From here to the northern end of the park, Fraser firs and red spruce are now dying *en masse*—a dramatic change from the southernmost 30 miles of the park.

**Mt. Collins Shelter** (1960)—Sleeps 12. Privy. Food-hoist cables available. Nestled in spruce thicket, this mountain is named for Robert Collins, who guided geographer Arnold Guyot's explorations in the Smokies in the 1850s. Water source is a small spring 200 yards beyond the shelter on the Sugarland Mountain Trail.



**U.S. 441/Newfound Gap**—The only road crossing along the Trail in the Smokies. Great Smoky Mountain National Park shuttle, (828) 497-5296; <[www.chero-keetransit.com](http://www.chero-keetransit.com)> for information; makes regularly scheduled stops at Newfound Gap, Gatlinburg, Tenn., and Cherokee, N.C. (May–Oct); hiker drop-off/pick-up at any GSMNP pull-over by arrangement; \$5 one-way; purchase tickets from driver or at welcome center on Tsalali Blvd./U.S. 441N.

**East 18 miles to Cherokee, N.C., [P.O. ZIP 28719: M-F 9-4:30; (828) 497-3891]**, <[www.cherokee-nc.com](http://www.cherokee-nc.com)>, home of the Eastern Band of the Cherokee and its reservation, with more than 40 motels and most major services. Attractions include the Museum of the Cherokee Indian, Unto These Hills Mountainside Theatre, Qualia Arts & Crafts center, and Harrah's Hotel & Casino. ■ **Hostel:** Gry (Grey) Wolf's Hiker Hostel, (828) 507-5747, open year-round, tobacco-free campus. Bunkhouse and tent sites (reservations recommended); shower, laundry, fuel, short-term resupply; microwave, refrigerator, and other amenities in common room; one meal included, \$15pp. Mail drops held for guests. Dog kennel and long-term vehicle parking for fee. Free shuttle to town, morning and evening shuttle to Cherokee Transit station for connection with bus that has scheduled runs to Newfound Gap for nominal fee.

Hostel offers shuttle to Newfound Gap (\$35, up to 4 guests) and Clingmans Dome (\$45, up to 4 guests). ■ **Lodging:** Microtel Inn & Suites (828) 497-7800, <www.microtelcherokee.com>, contact for rates; free phone, WiFi, B, pool; coin laundry; shuttles 50¢/person/mile.

**West** 15 miles to the resort town of **Gatlinburg, Tenn. [P.O. ZIP 37738: M–F 9–5, Sa 9–11; (865) 436-3229]**, <www.gatlinburg.com>, with most major services. Most current information on hiker-friendly services is available at the NOC outfitter. There's plenty of traffic through Newfound Gap, with its large parking lot, shuttle (see above), and scenic overlook; usually an easy hitch into Gatlinburg. Once in town, a trolley service, Nov–Mar 10–6, Apr–Oct 8–12, takes you to most services and costs a quarter. ■ **Lodging:** Grand Prix Motel, (865) 436-4561, <www.grandprixmotel.COM>, 235 Ski Mountain Road, Gatlinburg, TN 37738, near edge of town closest to the park, hiker rate, B, Internet access, laundry, shuttles to Trail, accepts mail drops; Dudley Creek Plaza Motel, (865) 277-7616, \$15–\$25, additional for pets, on trolley line, mail drops accepted at 804 East Parkway, Gatlinburg, TN 37738. Nearly 100 other hotels and motels. ■ **Restaurants:** More than 70, including Shoney's, with AYCE B and soup/salad bar, and most fast-food chains. ■ **Groceries:** Battle's Food Center and Food City (both long-term resupply). ■ **Outfitter:** NOC's Great Outpost, (865) 277-8209, ext. 1162; full-service, including free shuttle to/from Newfound Gap, free showers for hikers, Internet access, white gas and alcohol fuel by the ounce. Shuttle leaves Newfound Gap at 8:30 a.m., 12:45 p.m., and 4:45 p.m.; leaves Gatlinburg at 8:00 a.m., 12:00 noon, and 4:00 p.m. Shuttle limited to 4 hikers. Shuttles to other locations possible for a fee. Mail drops accepted at, and shipments made from, NOC's Great Outpost, 1138 Parkway, Gatlinburg, TN 37738. ■ **Other services:** Banks with ATM, doctor. ■ **Dog shuttle/kennel:** A Walk in the Woods, <www.awalkinthewoods.com>, (865) 436-8283, dog-shuttling and boarding.

**Boulevard Trail**—This side trail, located 2.7 miles north of Newfound Gap, leads 5 miles to the summit of Mt. LeConte. A shelter and LeConte Lodge, (865) 429-5704, <www.lecontelodge.com>, are located at the top (reservations required; \$121PP includes B/D). The round-trip to this spectacular peak is worth it, if you have the time.

*Shelters North of Newfound Gap*—GSMNP has five shelters between Newfound Gap and Davenport Gap.

**Icewater Spring Shelter** (1963/1999)—Sleeps 12. Privy. Food-hoist cables available. Water source for this heavily used shelter is 50 yards north on the A.T.

**Charlies Bunion**—Views of Mt. LeConte to the west. It got its name on a hike in 1929, when Charlie Conner and Horace Kephart, an A.T. pioneer and famed writer/conservationist of the period, discovered this feature, created by a landslide after a disastrous rain that year. The two decided the rocky outcropping stuck out like a bunion on Charlie's foot. The narrow path was blasted out by the Park Service.

**Pecks Corner Shelter** (1958/2000)—Sleeps 12. Privy. Food-hoist cables available. Follow the Hughes Ridge Trail 0.4 mile to a junction with the side trail to the shelter. Water source is in front of the shelter 50 yards.

**Tri-Corner Knob Shelter** (1961/2004)—Sleeps 12. Privy. Located on the North Carolina side of the A.T., this is the most remote shelter in the GSMNP. The water source for this shelter is a reliable spring 10 yards in front of the shelter. In wet weather, this shelter may be a very soggy place.

**Cosby Knob Shelter** (1959)—Sleeps 12. Privy. Shelter is located 100 yards east down a side trail. Food-hoist cables available. Water source is a reliable spring 35 yards downhill and in front of the shelter.

**Mt. Cammerer Side Trail**—This trail to the west leads 0.6 mile to the Mt. Cammerer firetower, a historic stone-and-timber structure originally built in 1939 by the CCC and rebuilt in 1994. Panoramic views from its platform.

**Davenport Gap Shelter** (1961/1998)—Sleeps 12. No privy. Your last, or first, GSMNP A.T. shelter, dubbed the "Smokies Sheraton." Water source is a spring to the left of the shelter.



**Tenn. 32, N.C. 284/Davenport Gap—East** 1.3 miles to Big Creek Ranger Station, (828) 486-5910, with phone and self-registration backcountry permits (southbounders—see page 33 note about registration); 1 mile farther to the station's seasonal campsites, \$12/site, no showers. The Chestnut Branch Trail leads out from the ranger station and, in two miles, meets the A.T. one mile south of Davenport Gap Shelter.




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# North Carolina & Tennessee Border


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Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,947.8	Davenport Gap, Tenn. 32, N.C. 284; eastern boundary, Great Smoky Mtns. National Park	R (E−1.3m Ranger Station; 2.3m C)	1,975	238.1
1,946.5	State Line Branch	C, w	1,600	239.4
1,946.3	Pigeon River	R	1,400	239.6
1,945.9	I-40	R	1,500	240.0
1,945.4	Green Corner Rd	R (W−0.15m H, G, cl, sh, f, ☞)	1,800	241.0
1,943.1	Painter Branch	C, w	3,100	242.8
1,942.2	Spanish Oak Gap		3,730	243.7
1,940.7	Snowbird Mtn		4,263	245.2
1,940.2	Campsite	C, w	4,100	245.7
1,938.2	<b>Deep Gap, Groundhog Creek Shelter...</b> <i>10.7mS; 8.4mN</i>	E−0.2m S, w	2,850	247.7
1,935.3	Brown Gap	R, C, w	3,500	250.6
1,932.6	Max Patch Rd; N.C. 1182	R	4,380	253.3
1,931.8	Max Patch Summit		4,629	254.1
1,930.0	<b>Roaring Fork Shelter ...</b> <i>8.4mS; 4.9mN</i>	S, w	3,950	255.9
1,926.4	Lemon Gap, N.C. 1182, Tenn. 107	R	3,550	259.5
1,925.1	<b>Walnut Mtn Shelter...</b> <i>4.9mS; 9.9mN</i>	S, w	4,260	260.8
1,922.7	Bluff Mtn		4,686	263.2
1,921.1	Big Rock Spring	w	3,730	264.8
1,918.6	Garenflo Gap	R	2,500	267.3
1,915.2	<b>Deer Park Mtn Shelter...</b> <i>9.9mS; 14.2mN</i>	S, w	2,330	270.7
1,912.0	U.S. 25 & 70, N.C. 209 <b>Hot Springs, NC 28743</b>	R, PO, H, C, G, L, M, O, cl, sh, f, ☞	1,326	273.9
1,910.6	Lovers Leap Rock		1,820	275.3
1,908.7	Pump Gap		2,130	277.2
1,907.1	Campsite	C	2,490	278.8
1,906.1	U.S. 25 & 70 overpass, Tanyard Gap	R	2,270	279.8

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,903.8	<b>Rich Mtn Fire Tower Side Trail</b>	C, w	3,600	282.1
1,902.7	Hurricane Gap	R	2,900	283.2
1,901.0	<b>Spring Mtn Shelter...</b> <i>14.2mS; 8.6mN</i>	S, w	3,300	284.9
1,899.5	Spring	w	3,190	286.4
1,897.3	Allen Gap, N.C. 208, Tenn. 70	R, w (Paint Creek W-350yds)	2,234	288.6
1,895.7	Log Cabin Drive	R (W-0.7m C, L, G, sh, f,  )	2,560	290.2
1,892.4	<b>Little Laurel Shelter...</b> <i>8.6mS; 6.8mN</i>	S, w	3,620	293.5
1,891.1	Camp Creek Bald, side trail to fire tower	R	4,750	294.8
1,889.4	Spring, creek	w (on blue-blazed trails either side of A.T.)	4,390	296.5
1,889.3	White Rocks Cliffs	E-0.1m		296.6
1,889.1	Blackstack Cliffs	W-0.1m	4,420	296.8
1,888.1	Big Firescald Knob	w	4,360	297.8
1,885.6	<b>Jerry Cabin Shelter...</b> <i>6.8mS; 5.9mN</i>	S, w	4,150	300.3
1,883.7	Big Butt	C	4,750	302.2
1,882.4	Spring	w	4,480	303.5
1,882.1	Shelton Graves		4,490	303.8
1,879.7	<b>Flint Mtn Shelter...</b> <i>5.9mS; 8.9mN</i>	S, w	3,570	306.2
1,878.8	Campsite	C, w	3,400	307.1
1,877.0	Devil Fork Gap; N.C. 212	R	3,100	308.9
1,876.5	Rector Laurel Rd	R, w (trail crosses stream several times on N side of road)	2,960	309.4
1,873.7	Frozen Knob		4,579	312.2
1,873.1	Big Flat	C	4,160	312.8
1,872.1	Rice Gap		3,800	313.8
1,870.9	<b>Hogback Ridge Shelter...</b> <i>8.9mS; 10.2mN</i>	E-0.1m S; 0.3m w	4,255	315.0

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,870.3	High Rock		4,460	315.6
1,868.5	Sams Gap, U.S. 23, I-26	R	3,850	317.4
1,867.8	Springs	w	4,000	318.1
1,866.2	Street Gap		4,100	319.7
1,864.8	Low Gap	C, w	4,300	321.1
1,862.8	Spring	w	4,850	323.1
1,862.0	Big Bald	(C, w N on A.T. 0.2m then W 0.3m)	5,516	323.9
1,861.7	Big Stamp	W—0.3m C, w	5,300	324.2
1,860.8	<b>Bald Mtn Shelter...</b> 10.2mS; 10.6mN	S, w	5,100	325.1
1,860.4	Campsite	C, w	4,890	325.5
1,859.4	Little Bald		5,220	326.5
1,857.4	Whistling Gap	C	3,650	328.5
1,857.1	Trail to High Rocks		4,100	328.8
1,855.6	Campsite	C, w	3,490	330.3
1,855.1	Spivey Gap, U.S. 19W	R, w	3,200	330.8
1,854.5	Oglesby Branch	w	3,800	331.4
1,850.4	Spring	w (water source for No Business Knob Shelter)	3,300	335.5
1,850.2	<b>No Business Knob Shelter...</b> 10.6mS; 10.5mN	S	3,180	335.7
1,847.8	Temple Hill Gap		2,850	338.1
1,843.9	Chestoa Bridge, Nolichucky River <b>Erwin, TN 37650</b>	R (W—3.8m PO, C, H, G, M, L, cl, sh, f)	1,700	342.0
1,842.6	Nolichucky River Valley	R	1,780	343.3
1,839.7	<b>Curley Maple Gap Shelter...</b> 10.5mS; 12.8mN	S, w	3,070	346.2
1,835.6	Indian Grave Gap, Tenn. 395, N.C. 197	R (W—7m Erwin, Tenn.)	3,350	350.3
1,834.5	USFS 230	R	3,980	351.4
1,833.3	Beauty Spot		4,437	352.6
1,832.8	Beauty Spot Gap	R, w	4,120	353.1

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,831.8	Deep Gap	C, w	4,100	354.1
1,831.2	USFS 230	R	4,660	354.7
1,830.2	Unaka Mtn		5,180	355.7
1,828.0	Low Gap	w	3,900	357.9
1,826.9	<b>Cherry Gap Shelter...</b> <i>12.8mS; 9.3mN</i>	S, w	3,900	359.0
1,823.8	Iron Mtn Gap, Tenn. 107, N.C. 226 <b>Unicoi, TN 37692</b>	R (E–3m G, f) (W–4.7m G, M; 10.3m P O, G, M, D)	3,723	362.1
1,822.5	Campsite	C, w	3,950	363.4
1,819.6	Greasy Creek Gap	R (E–0.6m H, G, C, M, sh, f,  ) (W–0.2m w)	4,034	366.3
1,818.8	Campsite	C, w	4,110	367.1
1,817.7	<b>Clyde Smith Shelter...</b> <i>9.3mS; 7.7mN</i>	W–0.1m S, w	4,400	368.2
1,816.8	Little Rock Knob		4,918	369.1
1,814.6	Hughes Gap	R	4,040	371.3
1,811.7	Ash Gap	C, w	5,350	374.2
1,810.7	Trail to Roan High Bluff, Rhododendron Gardens	R, w	6,200	375.2
1,810.1	<b>Roan High Knob Shelter...</b> <i>7.7mS; 5.2mN</i>	S, w	6,275	375.8
1,808.6	Carvers Gap, Tenn. 143, N.C. 261	R, w	5,512	377.3
1,806.7	Trail to Grassy Ridge		5,770	379.2
1,804.9	<b>Stan Murray Shelter...</b> <i>5.2mS; 2.1mN</i>	S, w	5,050	381.0
1,803.0	Yellow Mtn Gap, <b>Overmountain Shelter...</b> <i>2.1mS; 18.2mN</i>	C (E–0.2m w; 0.3m S)	4,550	382.9
1,801.4	Little Hump Mtn		5,459	384.5
1,800.1	Bradley Gap	C, w	4,950	385.8
1,799.2	Hump Mtn		5,587	386.7
1,796.8	Doll Flats, N.C.–Tenn. State Line	C, w	4,600	389.1
1,794.4	Spring	w	3,060	391.5

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,793.8	U.S. 19E <b>Elk Park, NC 08622; Newland, NC 28657; Roan Mtn, TN 37687</b>	R (E—0.5m M; 2.5m P O, G, M; 9m P O, G, M, f, cl,  ) (W—0.3m H, C, L, f, sh; 3.4m P O, G, M, D, V; 7.5m C)	2,895	392.1

This section has plentiful 360-degree views and ever-changing scenery flowing from rich mountain coves, boreal forests, and heath balds. Highlights are Max Patch, Big Bald, Beauty Spot, Unaka Mountain, Roan Mountain at 6,285 feet, and the open, grassy bald of Hump Mountain.

**Carolina Mountain Club**—CMC maintains the 92.7 miles between Davenport Gap and Spivey Gap. Send correspondence to CMC, P.O. Box 68, Asheville, NC 28802; <www.carolinamountainclub.com>.

*Due to trailhead vandalism, the supervisor of trails for the CMC advises, “We do not recommend leaving cars at trailheads for anything more than a day trip.”*

*Water sources—Several water sources are located between Davenport Gap and Deep Gap. State Line Branch may be polluted.*



**Green Corner Road—West** 0.15 mile to *Hostel*: Standing Bear Farm Hiker Hostel, (423) 487-0014, <www.standingbearfarm.com>, <curtisvowen@gmail.com>; operated by Maria Guzman and Curtis Owen; \$20PP cabin, \$15 bunkhouse or tentsite, includes hot shower, laundry, phone, kitchen, Internet \$5/hour; campstore with enough supplies to get you to Hot Springs or Fontana, including fuels by the ounce, cook-your-own pizzas and sandwiches; some gear available; dogs outside \$5/night; shuttles available; parking \$2/day; kennel services (call for details); credit cards accepted. Holds packages sent to 4255 Green Corner Rd., Hartford, TN 37753. *Directions*: After walking under I-40, continue north on the A.T. 1.0 mile beyond the stone stairs to the first gravel road (Green Corner Rd.), turn left, walk 200 yards to white farmhouse.

**Groundhog Creek Shelter** (1939)—Sleeps 6. Privy. Stone shelter located 0.2 mile on a blue-blazed side trail. Water source is a reliable spring to the left of the shelter.

**Max Patch**—The site of an old homestead and logging camp, Max Patch was originally forested, but early inhabitants cleared the mountaintop to graze sheep and cattle. The summit also has been used as a landing strip for small planes. In 1982, the USFS purchased the 392-acre grassy-top mountain for the A.T. and now uses mowing and controlled burns to maintain its bald appearance. The wide summit, at 4,629 feet, offers panoramic views of the Smokies to the south and a glimpse of Mt. Mitchell (at 6,684 feet, the highest peak east of the Mississippi) to the east.

**Roaring Fork Shelter** (2005)—Sleeps 8. Privy. Two water sources, both located on the A.T., 800 ft. north and south of side trail to shelter.

**Walnut Mountain Shelter** (1938)—Sleeps 6. Privy. An old shelter, with a water source located down the blue-blazed trail to the left of Rattlesnake Trail; difficult to locate, may be seasonal. The neighborhood bears show no fear of hikers, so be sure to use the bear cables if you decide to stay.

**Deer Park Mountain Shelter** (1938)—Sleeps 5. Privy. A former farmstead; the water source is located on the trail to the shelter.



**N.C. 209/Hot Springs, N.C. [P.O. ZIP 28743: M–F 9–11:30 & 1–4, Sa 9–10:30; (828) 622-3242].** The A.T., now marked by special A.T.

diamonds in the sidewalk, passes through the center of Hot Springs on Bridge Street, and most services are located on the Trail. ■ **Hostel:** The Hostel at Laughing Heart Lodge, (813) 763-7868, a stone's throw from the A.T. as you exit the woods; hiker "Chuck Norris,"



caretaker. Bunks, \$12, private rooms \$25, private double \$40, all with shared bath; hot showers (towel, soap, shampoo), pillows and linens, kitchen facilities. ■ **Lodging:** The Sunnybank Inn, (828) 622-7206, owned by Elmer Hall, located at the white Victorian house across the street from the Dollar Store; thru-hiker rates \$20PP, and organic vegetarian meals, \$6 B, \$10 D; work exchange is possible; no tents allowed; holds packages for guests mailed to 26 Walnut St., P.O. Box 233, Hot Springs, NC 28743. Alpine Court Motel, (828) 622-3231, call for rates; credit cards not accepted; no dogs permitted in rooms. Hot Springs Resort and Spa, (828) 622-7267, <www.hotspringsnc.com>, thru-hiker cabin rate \$50–\$72, \$5EAP up to 5; tentsites \$5PP up to 4; shower only, \$5. River Spirit B&B, owner Jason Josey, 833 River St., (828) 622-9568, \$50–\$130. ■ **Groceries:** Bluff Mountain Outfitters and Hillbilly Market (both long-term resupply); L&K's Deli (short-term resupply); Hot Springs Camp Store (short-term resupply), grill with pizza, BBQ, hoagies. ■ **Restaurants:** Smoky Moun-



tain Diner, B/L/D; Sweet Imaginations, (828) 622-7522, W–Su, Mar–Nov, deli, soups, salads, and ice cream. ■ **Outfitter:** Bluff Mountain Outfitters, (828) 622-7162, <[www.bluffmountain.com](http://www.bluffmountain.com)>; owners, Dan Gallagher and Wayne Crosby; a full-service outfitter with fax service, ATM, Internet access, shuttle; packages can be sent to 152 Bridge St., P.O. Box 114, Hot Springs, NC 28743; ships UPS and FedEx packages. ■ **Internet access:** library, 88 Bridge St. (on A.T.), call (828) 622-3584 for hours. ■ **Other services:** coin laundry; bank; Dollar General; Gentry Hardware. ArtiSun Gallery and Marketplace, (828) 662-3573, open 7 days a week during hiker season, owned and operated by '02 thru-hiker Sunny aka Sunrise; serves organic fair-trade coffee, espresso, and home-baked goods; free WiFi; sign up with Sunny for a new ALDHA membership and save 25%; will hold UPS and FedEx drop boxes (sorry, no USPS) sent to 16 S. Andrews Street, Hot Springs, NC 28743.

**Whitewater Rafting**—Rafting companies offer guided trips on the French Broad River: Huck Finn River Adventures, (877) 520-4658; Nantahala Outdoor Center, (800) 232-7238; Blue Ridge Resort, (800) 303-7238.

**Southbound permits for Smokies**—Southbounders must have a backcountry permit before entering Great Smoky Mountains National Park (see page 33 for details on *new policies for 2013*).

**Hot Springs Spa**—(828) 622-7676. At the northern end of town, on the southern bank of the French Broad River, the spa offers baths and massages at the famous therapeutic mineral baths for which the town was named. The springs were purchased in 1990 by Anne and Eugene Hicks, who developed the natural resource by adding Jacuzzi baths and piping in the 105-degree water. The springs have attracted people to the area since the late 1700s. During World War I, a detention center/prison was constructed on the spot to hold German prisoners of war, and many German-American prisoners enjoyed the springs so much that they stayed in the area after the war. During the 1800s, literature promoting the springs claimed the water could “bring vigor to a wasted frame”—just the remedy for worn-out hikers.

**Spring Mountain Shelter** (1938)—Sleeps 5. Privy. The shelter is on the west side of the Trail. Water source is 75 yards down a blue-blazed trail on the east side of the A.T.

**Allen Gap**—Paint Creek is 350 yards west, but water quality is questionable.



**Log Cabin Drive—West** 0.7 mile to **Lodging**: Hemlock Hollow Farm Shoppe and Cabins, (423) 787-0917, <[www.hemlockhollowinn.com](http://www.hemlockhollowinn.com)>, open all year. Go west for a few hundred yards on a dirt/rock road to Log Cabin Drive (gravel road). Turn left, and follow for 0.6 mile to paved Viking Mountain Rd. Shop is across the road on right. Heated cabin (Mar–Nov) \$50 with linens; heated bunkhouse with kitchenette \$20; linens \$5; tentsite \$12 per person; shower & towel and ride back to Trail included with all stays; shower & towel only, \$4; hiker dogs \$2/day; free Internet access for guests for 30 minutes. Campstore; good variety of hiker foods, cold drinks, fruit; all types of fuel; first-aid and outfitter supplies. Accepts mail drops at 645 Chandler Circle, Greenville, TN 37743. Will send out packages. Shuttles available. Paint Creek Café open, accepts credit cards.

**Little Laurel Shelter** (1967)—Sleeps 5. Privy. Water source is 100 yards down a blue-blazed trail behind the shelter.

**Jerry Cabin Shelter** (1968)—Sleeps 6. Privy. Water source is on a small knoll, up a path found on the opposite side of the A.T. CMC member and honorary ALDHA life member Sam Waddle was the caretaker of this shelter and 2.9 miles of the Trail, from Round



Knob to Big Butt, for 26 years until his death February 1, 2005. Sam had a good sense of humor and was responsible for a light bulb and telephone installed on the shelter wall. Sam's volunteer efforts transformed this shelter from "the dirtiest shelter on the entire Trail to one of the cleanest," according to Ed Garvey, by hauling out an estimated 20 bushels of litter. He was devoted to the A.T. and an inspiration to all volunteers who share the commitment it takes to make a difference. The electric outlet and telephone may be gone, but Sam's legacy will live forever.

**Shelton Graves**—North of Big Butt is the final resting place of William and David Shelton, who lived in Madison County, N.C., but enlisted in the Union army during the Civil War. While returning to a family gathering during the war, the uncle and nephew were ambushed near here and killed by Confederate troops.

**Flint Mountain Shelter (1988)**—Sleeps 8. Privy. Site of one of the more unusual animal encounters in Trail history. In 1994, a sleeping thru-hiker was bitten on the hand by a fox in the middle of the night, despite the presence of other hikers and two dogs. Water source is on the A.T. north of the shelter.

**Hogback Ridge Shelter (1986)**—Sleeps 6. Privy. Water source is a spring 0.3 mile on a side trail near the shelter.

**Big Bald**—True to its name, Big Bald offers 360-degree views at an elevation of 5,516 feet. From 1802 to 1834, the bald was inhabited by a cantankerous hermit named David Greer. Spurned by a woman, he retreated to the mountaintop where he lived in a small, cave-like structure (no longer visible). He declared himself sovereign of the mountain and eventually killed a man, only to be acquitted on grounds of insanity. The life of "Hog Greer," called so by the neighbors because he lived like one, ended when a local blacksmith shot him in the back (but was never charged). Greer Bald eventually became known as Big Bald. A golf and ski resort, Wolf Laurel, is clearly visible from the summit of Big Bald. A spring and campsite can be found by following the A.T. 0.2 mile north of the summit to a dirt road and then walking west 0.3 mile down the dirt road.

**Bald Mountain Shelter (1988)**—Sleeps 10. Privy. One of the highest on the A.T. (5,100 feet). The surrounding area is too fragile for tenting. Water source is a spring located on the side trail to the shelter.

**Tennessee Eastman Hiking & Canoeing Club**—TEHC maintains the 136.1 miles between Spivey Gap and Damascus. Correspondence should be sent to TEHC, P.O. Box 511, Kingsport, TN 37662; <www.tehcc.org>.

**No Business Knob Shelter** (1963)—Sleeps 6. No privy. Surrounded by large Fraser magnolias and mammoth hemlocks, this concrete-block shelter was built by the Forest Service. Reliable water is found 0.2 mile south of the shelter on the A.T.



**Chestoa Bridge/Erwin, Tenn. [P.O. ZIP 37650: M–F 8:30–4:45; Sa 10–12; (423)**

**743-9422]. *Hostel:*** Nolichucky Hostel and Outfitters; owners, John and

Charlotte Shores; (423) 735-0548; <www.unclejohnnys.net>; 151 River Road, where A.T. crosses River Road. Hostel \$18/night; private cabins \$25–\$45S, \$45–\$85D; camping \$8PP; showers with towel free with stay, shower without stay \$4; laundry \$4 load; dog-friendly; free town shuttles for guests; section-hike and slackpacking shuttles available; free Internet, WiFi, and bicycles available. Outfitter store sells most normal fuel and gear. Shipments accepted addressed to ATTN: A.T. Hiker & Name, 151 River Rd, Erwin, TN 37650.

**West** 1.3 miles to **Lodging:** 0.5 mile on River Road (best hitch), then 0.8 mile on Temple Hill Road to Holiday Inn Express, (423) 743-4100, \$75D per night (4 max), no pets, hot B buffet, Internet in lobby, guest laundry, hot tub and swimming pool (both seasonal), swimming pool, parking for section-hikers, mail drops accepted at 2002 Temple Hill Rd., Erwin, TN 37650.

**West** 3.8 miles on River Road (best hitch) to ■ **Lodging:** Clayton's

Dogwood Inn, <www.claytonsdogwoodinn.com>, (423) 735-0093,

\$50S, \$65D, reservations recommended, includes hot homestyle B,

no pets, mail drops accepted at 430 Ohio Ave., Erwin, TN 37650;

Best Southern Motel, (423) 743-6438, \$39.95S, no pets, mail drops

accepted, 1315 Jackson Love Hwy., Erwin, TN 37650; Super 8 Motel,

(423) 743-0200, \$49.95S, \$59.95D includes B, Internet, no pets, will accept mail drops at 1101 N. Buffalo St., Erwin, TN 37650. ■ **Camping:** Cherokee Adventures, (800)

445-7238, <www.cherokeeadventures.com>, tentsite \$5PP, bunkhouse \$8PP (call for availability), showers only \$2, 1.4 miles west on Tenn. 81. ■ **Restaurants:** China

Kitchen, Su buffet; Engle's Roadside; Azteca Mexican Ristorante; El Corita Mexican

Restaurant; Pizza Plus; Pizza Hut; Rocky's Pizza; Dairy Ace; Hardee's; Little Caesar's;

Wendy's; McDonald's; Huddle House; River's Edge Café, L/D, Tu–Su (summer),

seasonal (Nov–Mar), call (423) 743-3713 to check hours, live music on weekends, 5.5 miles from the A.T.; J.D.'s Market & Deli; Union Street Café, M–F, 11–2, 5–8 p.m.





■ **Groceries:** Food Lion, IGA (2 locations), both long-term resupply; Dollar General (2 locations); and Family Dollar. ■ **Outfitter:** Mahoney's, (423) 282-8889, in Johnson City, 13 miles north. ■ **Internet access:** public library; Chamber of Commerce, (423) 743-3000, M–F 8–5, Sa 9–1, also has information on shuttles. ■ **Other services:** banks; ATM; barber; coin laundries; thrift stores; hardware; dentists; 24-hour emergency center; Walgreens; Walmart; shoe repair; movie theater; art gallery; veterinarian.

**Whitewater Rafting**—Rafting companies offer guided trips on the scenic, free-flowing Nolichucky River: NOC, (800) 232-7238; USA Raft, (800) USA-RAFT; Cherokee Adventure, (800) 445-7238; High Mountain Expeditions, (800) 262-9036; Wahoo's Adventures, (800) 444-RAFT, which also provides rafting on Watauga River near Hampton–Elizabethton.

**Curley Maple Gap Shelter** (1961, renovated 2010)—Sleeps 12. No privy. Water source is a spring south on the A.T.

**Unaka Mountain**—With a large stand of red spruce atop its 5,180-foot summit, Unaka will remind southbounders of the Maine woods. Unaka is the Cherokee word for “white.”

**Cherry Gap Shelter** (1962)—Sleeps 6. No privy. Water source is a spring found 80 yards on a blue-blazed trail from the shelter.



**Tenn. 107, N.C. 226/Iron Mountain Gap**—**East** 3 miles to **Groceries:** Buladean Shell Gas & Grocery (short-term resupply), (828) 628-4850, Su–Sa 7 a.m.–8 p.m., with made-to-order sandwiches, ice cream, and Coleman fuel.

**West** 10.3 miles to **Unicoi, Tenn. [P.O. ZIP 37692: M–F 8–11 & 12–4 Sa 8:30–10:30; (800) 275-8777]**, with Clarence's Restaurant B/L/D, Maple Grove Restaurant, mini-marts, and a doctor.

**Greasy Creek Gap**—**East** 0.6 mile to **Hostel:** Greasy Creek Friendly (short-term resupply), (828) 688-9948; bunkhouse \$10PP, one room (twin beds) \$15PP, camping \$7.50PP, includes shower/towel/soap for guests; nonguest shower \$3; restricted kitchen privileges; shuttle, laundry, prepared meals, ice cream, fuel, Internet; no dogs inside. Accepts mail drops sent to Greasy Creek Friendly (GCF), 1827 Greasy Creek Road, Bakerville, NC 28705. *Directions:* At gap, opposite blue-blaze, go through campsite

“down” old dirt road past old barns through service gate to first house on right; do not use the “unfriendly” neighbor’s drive.

**Clyde Smith Shelter** (1976)—Sleeps 10. No privy. Water source is a spring 100 yards behind the shelter on a blue-blazed trail. Renovations include new roof and porch.

**Roan Mountain**—For northbounders, this will be the last time the A.T. climbs above 6,000 feet until Mt. Washington in New Hampshire. At the top is a parking area, with restroom and running water (May–Oct). Roan Mountain is arguably the coldest spot, year-round, on the southern A.T. Upon reaching the top of the main climb (for northbounders), enter a clearing, and pass the foundation of the former Cloudland Hotel. The Tennessee–North Carolina state line ran through the center of the hotel’s ballroom when Cloudland was a thriving resort during the late 1800s and early 1900s. It was demolished in 1915, after loggers harvested the fir and spruce on the mountaintop. Much of the Catawba rhododendron was dug up and sold to ornamental nurseries. The remaining rhododendron flourished after the logging and quickly covered the slopes of Roan, hence the famous rhododendron gardens. The peak blooming time is usually around Jun 20. The gardens can be reached by following the Forest Service road (visible from the hotel foundation) west, uphill, along the top of the mountain, where an information station is located.

**Roan High Knob Shelter** (1980)—Sleeps 15. No privy. The highest shelter on the A.T. (6,275 feet). Originally an old firewarden’s cabin, this shelter was rebuilt by Cherokee National Forest employees. The loft is known to leak. An unreliable water source can be found on a 100-yard, blue-blazed trail near the shelter. More reliable sources are south on the A.T. at the Roan Mountain restroom, when open, or a spring at Carvers Gap picnic area, 1.3 miles north.

**Gray’s lily**—A protected, red, nodding lily can be found blooming on the slopes of Round Bald, Grassy Ridge, and Hump Mountain in late Jun–early Jul. The lily is named for botanist Asa Gray, who found the plant here during the 1840s. He called the Roan range, “without a doubt, the most beautiful mountain east of the Rockies.”

**Roan Mountain to Hump Mountain**—Between Roan Mountain and Hump Mountain, the Trail crosses several balds. Round Bald (5,826 feet) is the site of a USFS experiment in which goats were used to keep briars and brambles from encroaching on the bald. Although the southern Appalachians do not rise above treeline, there are many balds, the origins of which remains a mystery to scientists. Some point

to the harsh conditions at high elevations, while others claim Indians cleared the mountains for religious ceremonies. Many believe extensive grazing and cropping led to treeless summits, and still others say it's the work of spacemen. The 6,189-foot summit of Grassy Ridge is reached by following a side trail to the east before the A.T. begins its descent off the ridge to Stan Murray Shelter. It is the only natural 360-degree viewpoint above 6,000 feet near the Trail. (Clingmans Dome has its observation tower, and Mt. Washington's summit in New Hampshire is covered with numerous buildings.) To avoid potential damage to endangered species, please do *not* camp between the summit and the southern peak. For northbounders, the A.T. veers west from the North Carolina/Tennessee line into Tennessee at Doll Flats, where it remains until crossing into Virginia 3.5 miles south of Damascus.




**N.C. 261/Carvers Gap**—Picnic area and parking area with restrooms; piped spring beyond restrooms. North out of Carvers Gap, the Trail has been relocated with switchbacks to control erosion and heal the vivid scar of the old treadway. Please stay on the new treadway to allow this area to recover.

**Stan Murray Shelter** (1977)—Sleeps 6. No privy. Formerly the Roan Highlands Shelter, this shelter was renamed for the former chairman of the ATC and originator of the Appalachian Greenway concept. Water source is a spring on a blue-blazed trail opposite the shelter.

**Overmountain Shelter** (1983)—Sleeps 20. Privy. A large, red, converted barn once used as a backdrop for the movie "Winter People." Fires and cooking are permitted on the ground floor only. Water source is a spring found to the left once you reach the old road before the shelter. There are two separate water sources here, depending on the dryness of the year.

# Tennessee

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,793.8	U.S. 19E <b>Elk Park, NC 08622; Newland, NC 28657; Roan Mtn, TN 37687</b>	R (E–0.5m M; 2.5m PO, G, M; 9m PO, G, M, f, cl, ♀) (W–0.3m H, C, L, f, sh; 3.4m PO, G, M, D, V; 7.5m C)	2,895	392.1
1,793.6	Bear Branch Rd	R	2,900	392.3
1,790.5	Buck Mtn Rd	R	3,340	395.4
1,790.2	Campbell Hollow Rd	R	3,330	395.7
1,787.4	Campsite	C, w	3,590	398.5
1,785.2	Campsite	C, w	3,130	400.7
1,785.0	<b>Mountaineer Falls Shelter...</b> <i>18.2mS; 9.6mN</i>	S, w	3,470	400.9
1,784.2	Campsite	C, w	3,260	401.7
1,783.4	Walnut Mtn Rd	R	3,550	402.5
1,782.2	Stream		3,400	403.7
1,781.7	Viewpoint	W–0.2m H	3,350	404.2
1,781.2	Upper Laurel Fork	W–0.4m H, sh, ♀	3,290	404.7
1,777.3	Campsite	C, w	3,410	408.6
1,775.4	<b>Moreland Gap Shelter...</b> <i>9.6mS; 7.9mN</i>	S, w	3,815	410.5
1,774.1	White Rocks Mtn		4,206	411.8
1,773.3	Campsite	C, w		412.6
1,771.1	Trail to Coon Den Falls		2,660	414.8
1,769.4	Dennis Cove; USFS 50	R, w (E–0.3m C, G, L, cl, sh, f, ♀) (W–0.2m H, C, cl, sh, f)	2,550	416.5
1,768.2	Laurel Fork Falls	w	2,120	417.7
1,767.5	<b>Laurel Fork Shelter...</b> <i>7.9mS; 8.4mN</i>	S, w	2,450	418.4
1,767.2	Waycaster Spring	w	1,900	418.7
1,766.7	Side trail to U.S. 321	w (W–0.8m PO, G, M, L, D, f, ♀)	1,900	419.2
1,763.9	Pond Flats	C, w	3,780	422.0

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,760.8	U.S. 321 <b>Hampton, TN 37658</b>	R (W–2m PO, G, M, L, D, f; 9m L, G, M, D, V, cl, ~  )	1,990	425.1
1,759.4	Griffith Branch	C, w	2,100	426.5
1,759.1	<b>Watauga Lake Shelter...</b> <i>8.4mS; 7.2mN</i>	S, w	2,130	426.8
1,757.9	Watauga Dam (north end)		1,915	428.0
1,756.6	Wilbur Dam Rd	R	2,250	429.3
1,753.6	Spring	w	3,400	432.3
1,751.9	<b>Vandeventer Shelter...</b> <i>7.2mS; 6.8mN</i>	S; W–0.3m w	3,620	434.0
1,748.1	Spring	w	3,900	437.8
1,746.7	Turkeypen Gap		3,840	439.2
1,745.3	Spring	w	4,000	440.6
1,745.1	<b>Iron Mtn Shelter...</b> <i>6.8mS; 7.6mN</i>	S, nw	4,125	440.8
1,743.8	Nick Grindstaff Monument		4,090	442.1
1,743.7	Spring	w	4,090	442.2
1,741.3	Stream	w	3,500	444.6
1,740.5	Tenn. 91	R	3,450	445.4
1,738.4	Campsite	C, w	3,990	447.5
1,737.5	<b>Double Springs Shelter...</b> <i>7.6mS; 8.3mN</i>	S, w	4,060	448.4
1,734.0	U.S. 421, Low Gap <b>Shady Valley, TN 37688</b>	R, w (E–2.7m PO, C, G, M, f)	3,384	451.9
1,732.1	Double Spring Gap	w	3,650	453.8
1,730.7	McQueens Knob		3,900	455.2
1,730.7	McQueens Gap; USFS 69	R	3,680	455.6
1,729.2	<b>Abingdon Gap Shelter...</b> <i>8.3mS; 19.8mN</i>	S (E–0.2m w)	3,785	456.7
1,722.7	Tenn.–Va. State Line		3,302	463.2

In this 71-mile section, you will stroll along the Elk River, pass Jones and Mountain-eer falls, see the impressive 50-foot Laurel Falls in the Pond Mountain Wilderness, look over the 16-mile-long Watauga Reservoir, and climb Iron Mountain. *Water sources between Wilbur Dam Road and Tenn. 91 often are unreliable in late summer.*





**U.S. 19E**—Numerous incidents of vandalism have been reported at this parking area. Overnight parking not recommended.

**East** 0.8 mile to **Restaurant**: King of the Road Restaurant and Steak House, L Su 11–3, D Th–Sa 4–7:30.

**East** 2.5 miles to **Elk Park, N.C. [P.O. ZIP 28622: M–F 7:30–12 & 1:30–4:15, Sa 7:30–11; (828) 733-5711]**. ■ **Restaurants**: Times Square Diner, <aroundthecornerrestaurant.com>, M–Th 10:30–8:30, F–Sa 7:30–9, Su 10–2; Betty & Carol's Place, cash & take-out only, Tu–Sa 11–7:30; Country House, M–Sa 7:30–8, Su 8–2. ■ **Other services**: two small mini-marts (short-term resupply), hardware store with Coleman fuel and denatured by the ounce.

**East** 9 miles to Newland, N.C. ■ **Lodging**: Shady Lawn Lodge and Restaurant. ■ **Restaurants**: Carolina BBQ; San Dee's Café; Fabio's; Papa's Pizza To Go; McDonald's; Hardee's; Subway. ■ **Groceries**: Ingles Food Store, Lowe's Food Store (both long-term resupply). ■ **Internet access**: library. ■ **Other services**: CVS pharmacy, Avery Hardware (sells fuel), laundry.

**West** 0.3 mile to **Lodging**: Mountain Harbour B&B and Hiker Hostel, 9151 Highway 19-E, Roan Mountain, TN 37687; (866) 772-9494; <www.mountainharbour.net>. Hostel open year-round; hiker cabin/hostel over barn for \$22PP, semi-private king bed \$40; includes linens, shower with towel, full kitchen, wood-burning stove, video library, and small general store. Tent sites \$8, B&B rooms \$95 to \$145. Shower without stay \$4 w/ towel. Laundry \$6/load. Complimentary white gas and denatured alcohol; canisters available. Long-term supply. Will hold mail drop packages (free for guests, \$5 for nonguests). B available for \$10 during peak hiker season. Free town shuttle at 5 p.m., other shuttles priced by trailhead w/ reservation (shuttle parking \$2/day). Secure overnight parking for \$5/day.

**West** to ■ **Restaurant**: 2.0 miles to Frank & Marty's, pizza/subs T–W Sa 4–9, Th–F 11–9, closed Su–M. ■ **Other services**: 2.4 miles, Dollar General.

**West** 3.4 miles to **Roan Mountain, Tenn. [P.O. ZIP 37687: M–F 8:00–12 & 1–4:30, Sa 7:30–9:30; (423) 772-3014]**. ■ **Restaurants**: Mad Martha's Café, Tu–Sa 11–5; Bob's Dairyland, M–Th 6–8, F–Sa 6–9, Su 8–6, possible shuttles—ask for Joe; Highland BBQ, T–Sa 11–8; Subway, M–Sa 7–10, Su 9–10. ■ **Other services**: several small grocery stores (long-term resupply); bank with ATM; pharmacy; medical center, open M–F; veterinarian.

**West** 7.5 miles to **Camping**: Roan Mountain State Park on Tenn. 143, (423) 772-0190; campground with showers, \$11 primitive campsite, \$20–\$25 for campsites with water and electricity, \$95–\$114 for cabins; visitors center and swimming pool.

**Mountaineer Falls Shelter** (2006)—Sleeps 14. No privy. Water source 200 feet on blue-blaze. Tent camping 0.2 mile south of the shelter.

**Trail to Vango and Abby's Memorial Hostel**—(423) 772-3450, <vangoabby@gmail.com>; run by "Scotty," 14,000-miler and Trail-maintainer. Bunkroom with stove, desk, computer, small library, sleeps 6, \$9/night w/o heat, \$11 using heat, includes 2 hours Internet (5–11 p.m.) & shower; showers only, wash, dryer all \$3; resupply basics, snacks, ice cream, pizza, beverages, stove fuels. Private room w/deck, queen bed, clean sheets, heat, \$15s–25d. Will hold mail drops if mailed 10+ days in advance to P.O. Box 185, Roan Mountain, TN 37687. *Access:* (1) From vista with memorial bench (2 miles north of Walnut Mountain Rd. crossing), take side trail at height of land (SW) along powerline, 0.2 mile to hostel; (2) from hand-railed Upper Laurel Fork Creek A.T. footbridge, take blue-blaze along creek 0.3 mile to hostel. Pets, nudists, and space aliens welcome but no druggies, alcoholics, or yellow-blazers. Cash only.

**Moreland Gap Shelter** (1960)—Sleeps 6. No privy. Water source is 0.2 mile down the hollow across from the shelter. Northwest exposure; wet during storms.




**Dennis Cove Road/USFS 50—West** 0.2 mile to *Hostel*: the never-closed Kincora Hiking Hostel, (423) 725-4409, with bunkroom, showers, tentsites, cooking facilities, laundry, fuel, phone, shuttles to Hampton (other shuttles by arrangement), \$5/night suggested donation; owner Bob Peoples holds packages for hikers mailed to 1278 Dennis Cove Rd., Hampton, TN 37658. No dogs, alcohol, or drugs allowed. Plan to arrive before 10 p.m.

**West** 0.2 mile to *Lodging*: Black Bear Resort, (423) 725-5988, <www.blackbear-resorttn.com>. Creekside resort with bunkroom \$15 w/towel and shower; tent site (up to 6) \$10; four-person cabin \$40, \$10EAP. Courtesy phone, computer, movies (DVD), and free morning coffee for guests. Camp store with long-term resupply items, snacks, sodas, ice cream, and food that can be prepared on-site with microwave or stove. Laundry \$4. Fuel by ounce & canister. Pet-friendly, accepts credit cards. Parking free for section-hiking guests, \$2/night for nonguests. Shuttles. Mail drops (nonguest fee \$5) can be sent to 1511 Dennis Cove Road, Hampton, TN 37658

**Laurel Fork Falls**—The Trail passes within sight of this waterfall, under which two hikers, father and son, drowned in 2012. Be careful if swimming or wading; the undertows are strong and dangerous.

**Laurel Fork Shelter** (1977)—Sleeps 8. No privy. Constructed from native rocks, this shelter is located on the blue-blazed high-water route above the Laurel Fork. Water source is a stream found 50 yards behind the shelter.

 **U.S. 321—West** 2 miles to **Hampton, Tenn.** [P.O. ZIP 37658: M–F 7:30–11:30 & 12:30–4:00, Sa 8–10; (423) 725-2177]. ■ **Lodging:** Braemar Castle Hostel and Guest House, (423) 725-2411 or 725-2262. Sutton and Beverly Brown offer hiker space, kitchen, and showers for \$15PP; private rooms, \$20s \$40D. Iron Mountain Inn B&B, (423) 768-2446, <www.ironmountaininn.com>; private room and bath \$125D, includes B. Creekside Chalet, same phone as Iron Mountain Inn, <www.creeksidechalet.net>, \$75PP includes hot tub on deck, pet-friendly, call from Hampton for pick-up, inquire about slackpacking, packages held addressed c/o Woods, 138 Moreland Dr., Butler, TN 37640. ■ **Restaurants:** Ice House Saloon & Grill, Internet, \$2.50 wash/\$2.50 dry; Wow! Whataburger; McDonald's; Subway. ■ **Groceries:** Brown's Grocery, (423) 725-2411, long-term resupply, closed Su; check with Sutton at the grocery store for accommodations and shuttles; Coleman fuel and denatured alcohol; holds USPS and UPS packages addressed to Brown's Grocery, 613 Hwy. 321, Hampton, TN 37658. ■ **Other services:** Dollar General, convenience stores, health clinic, banks, and ATM. ■ **Shuttles:** Hampton Trails Bicycle Shop, (423) 725-5000, owner Brian White, <www.hamptontrails.com>, <brian@hamptontrails.com>. *Note: The best access to Hampton from the A.T. is the 0.8-mile blue-blazed trail in Laurel Gorge, two miles downstream from Laurel Falls.*

**Appalachian Folk School**—(423) 341-1843, <www.warrendoyle.com>, <warrendance@gmail.com>. Warren Doyle (ALDHA Founder; 34,000-miler) offers work-for-stay for hikers who have a spiritual/poetic connection to the entire white-blazed Trail; 2-3 hours of work for each night. Kitchen privileges, shower, WiFi. Rides to and from the Trail between U.S. 321 (Hampton) and Va. 603 (Fox Creek). No smoking, alcohol, pets.

**West 9 miles to Elizabethton, Tenn.** ■ **Lodging:** Travelers Inn, (423) 543-3344, hiker's discount \$49.99, B, coin laundry, pool (seasonal); Americourt Hotel, (423) 542-4466, <americourthotel@yahoo.com>, located on U.S. 19E, \$59 hiker rate includes B, WiFi, Internet. ■ **Groceries:** Food City, Walmart (both long-term resupply). ■ **Internet access:** library. ■ **Other services:** restaurants, convenience stores, doctor, bank, veterinarian, laundry, and ATM.

**Shook Branch Recreation Area**—This developed area on Watauga Lake offers picnic tables, restroom, water that is turned on after the last freeze of spring (usually by late Apr), and a beach for swimming.

**Watauga Lake Shelter** (1980)—Sleeps 6. No privy. Water source is on A.T., south of the shelter (if dry, follow stream up to small pool).

**Watauga Dam**—The A.T. crosses the Watauga River on this dam at Watauga Lake. A visitors center with restroom, often closed during cold-weather months, can be reached by following Wilbur Dam Road 0.9 mile east. This TVA dam, completed in 1948, displaced about 700 people living along the river banks. All told, TVA dams in the South displaced nearly 75,000 people from their homes. The trade-off was flood control, electricity, jobs, and recreational opportunities.

**Vandeventer Shelter** (1961)—Sleeps 6. No privy. Water source is 0.3 mile down a steep, blue-blazed trail south of the shelter.

**Iron Mountain Shelter** (1960)—Sleeps 6. No privy. Water source is a spring 500 yards south on the A.T.

**Nick Grindstaff Monument**—Nick Grindstaff traveled west to win his fortune but was robbed of all his money during the journey. He then returned to Iron Mountain, where he lived for more than 40 years, becoming one of the region's most famous hermits. He died in 1923, and the plaque on the chimney was erected in 1925.

**Double Springs Shelter** (1960)—Sleeps 6. No privy. Water source is a spring located 100 yards in the draw beyond the shelter.



**U.S. 421/Low Gap**—A piped spring is located in the gap, on the A.T. **East** 2.7 miles to **Shady Valley, Tenn. [P.O. ZIP 37688: M–F 7:30–11 & 12–3:30, Sa 7:30–9:30; (423) 739-2173].** ■ **Groceries:** Shady Valley Country Store & Deli, (423) 739-2325, <[www.shadyvalleycountrystore.com](http://www.shadyvalleycountrystore.com)>, daily 6–8, short-term resupply, fuel, shuttle to Damascus possible if not too busy. ■ **Restaurant:** Raceway, (423) 739-2499, open daily 7–8, closes W & Su at 3.



**Queens Knob Shelter** (1934)—Sleeps 4. No privy. This shelter was the first on Holston Mountain on the A.T. and is one of the A.T.'s oldest shelters. Not up to current standards, it is intended *for emergency use only*, and, even then, the unchinked walls allow for the weather to easily enter. No water at this site.

**Abingdon Gap Shelter** (1959)—Sleeps 5. No privy. Water source is a spring 0.2 mile east on a steep, blue-blazed side trail, downhill behind the shelter.


**Tennessee/Virginia State Line**—You're entering or leaving Virginia when you see the Mt. Rogers National Recreation Area sign, which is on the state line.

# Virginia—Part 1 (Southwest)

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,722.7	Va.—Tenn. State Line		3,302	463.2
1,721.1	Spring	w	2,600	464.8
1,719.0	U.S. 58 <b>Damascus, VA 24236</b>	R, PO, H, G, L, M, O, D, cl, sh, f, ☞ (W—2m V; 12m G, L, M, O, V)	1,928	466.9
1,717.9	U.S. 58, Va. 91, Virginia Creeper Trail	R	1,928	468.0
1,715.5	Iron Mtn Trail, Feathercamp Ridge		2,850	470.4
1,713.4	U.S. 58, Straight Branch, Feathercamp Branch	R, w, privy	2,200	472.5
1,712.1	Stream	w	2,490	473.8
1,711.4	Taylors Valley Side Trail	E—0.7 m on Va Creeper M, w	2,850	474.5
1,709.9	Straight Mtn		3,500	476.0
1,709.6	<b>Saunders Shelter</b> ... <i>19.8mS; 6.6mN</i>	W—0.2m S, w	3,310	476.3
1,707.3	Beartree Gap Trail	W—0.6m w, sh; 3.6m C, w, sh	3,050	478.6
1,707.2	Campsite	C, w	3,020	478.7
1,705.4	Va. 728, Creek Jct	R	2,720	480.5
1,705.0	Virginia Creeper Trail, Whitetop Laurel Creek		2,690	480.9
1,704.4	Va. 859, Grassy Ridge Rd	R	2,900	481.5
1,704.2	Spring	w	3,040	481.7
1,703.2	<b>Lost Mtn Shelter</b> ... <i>6.6mS; 12.2mN</i>	S, w	3,360	482.7
1,702.1	U.S. 58; Summit Cut, Va.	R	3,160	483.8
1,701.8	Campsites, stream	C, w	3,300	484.1
1,700.9	Va. 601 (Beech Mtn Rd)	R, w	3,600	485.0
1,698.4	Buzzard Rock, Whitetop Mtn		5,080	487.5
1,697.9	Spring	w	5,100	488.0
1,697.7	Whitetop Mtn Rd (USFS 89)	R, C, w	5,150	488.2

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,695.2	Va. 600, Elk Garden <b>Whitetop, VA 24292</b>	R, privy (E–2.9m PO)	4,434	490.7
1,693.2	Deep Gap	E–0.2m w; W–4m C, w, sh	4,900	492.7
1,691.4	Mt. Rogers Spur Trail		5,490	494.5
1,691.0	<b>Thomas Knob Shelter...</b> <i>12.2mS; 5.1mN</i>	S, w	5,400	494.9
1,690.2	Rhododendron Gap		5,440	495.7
1,688.9	Wilburn Ridge		4,900	497.0
1,688.1	Trail to Massie Gap	E–2m C, G, sh	4,800	497.8
1,685.9	Grayson Highlands State Park, Wilson Creek Trail, <b>Wise Shelter...</b> <i>5.1mS; 5.9mN</i>	S, w (E–2m C, G, sh)	4,460	500.0
1,685.6	Big Wilson Creek	C, w	4,300	500.3
1,684.6	Spring	w	4,610	501.3
1,683.4	Stone Mtn		4,820	502.5
1,681.7	Pine Mtn		5,000	504.2
1,680.0	<b>Old Orchard Shelter...</b> <i>5.9mS; 5.0mN</i>	S, w	4,050	505.9
1,678.3	Va. 603, Fox Creek	R, C, w	3,480	507.6
1,676.3	Hurricane Mtn		4,320	509.6
1,676.0	Iron Mtn Trail, Chestnut Flats		4,240	509.9
1,675.0	<b>Hurricane Mtn Shelter...</b> <i>5.0mS; 9.1mN</i>	S, w	4,300	510.9
1,673.6	Stream	w	3,000	512.3
1,671.9	Hurricane Campground Trail	W–0.5m C, w, sh	3,090	514.0
1,671.0	Comers Creek, Comers Creek Falls Trail	w	3,100	514.9
1,669.8	Va. 650, Va. 16, Dickey Gap <b>Troutdale, VA 24378</b> <b>Sugar Grove, VA 24375</b>	R (E–100yd to Va. 16 then E 2.6m PO, H; W–5m PO; 5.6m G, M, ATM)	3,300	516.1
1,668.3	Campsite, spring	E–0.2m C, w	3,570	517.6
1,667.7	High Point		4,040	518.2
1,665.9	<b>Trimpi Shelter...</b> <i>9.1mS; 10.6mN</i>	S, w	2,900	520.0
1,664.4	Va. 672	R	2,700	521.5

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,663.1	Va. 670, South Fork Holston River	R	2,450	522.8
1,659.3	Va. 601	R	3,250	526.6
1,655.3	<b>Partnership Shelter...</b> <i>10.6mS; 7.1mN</i>	S, w, sh	3,360	530.6
1,655.2	Va. 16, Mt. Rogers NRA Headquarters <b>Sugar Grove, VA 24375; Marion, VA 24354</b>	R (E—3.2m PO, G, L, M, f) (W—6m PO, G, M, L, cl)	3,220	530.7
1,654.5	Va. 622	R	3,270	531.4
1,654.0	Brushy Mtn		3,600	531.9
1,651.5	Locust Mtn		3,900	534.4
1,651.1	USFS 86	R, C, w	3,650	534.8
1,650.2	Glade Mtn		3,900	535.7
1,648.2	<b>Chatfield Shelter...</b> <i>7.1mS; 18.4mN</i>	S, w	3,150	537.7
1,647.9	USFS 644	R	3,100	538.0
1,646.4	Va. 615, Settlers Museum	R	2,650	539.5
1,645.9	Va. 729	R	2,700	540.0
1,643.7	Va. 683, U.S. 11, I-81 <b>Atkins, VA 24311; Marion, VA 24354</b>	R, G, M, L, sh, f, cl (W—3.2m PO, G, M, cl; 10.2m PO, G, M, L, cl)	2,420	542.2
1,642.6	Va. 617	R	2,580	543.3
1,641.9	Spring	E—50yds w	2,610	544.0
1,641.0	Davis Path Campsite	C, nw	2,840	544.9
1,638.5	Gullion (Little Brushy) Mtn		3,300	547.4
1,637.4	Crawfish Valley along Reed Creek	w on A.T. (E—0.3m C, w)	2,600	548.5
1,635.7	Tilson Gap, Big Walker Mtn		3,500	550.2
1,634.3	Va. 610	R	2,700	551.6
1,632.9	Va. 742, North Fork of Holston River		2,460	553.0
1,631.9	Va. 42	R (E—0.2m w)	2,650	554.0
1,631.1	Brushy Mtn		3,200	554.8
1,629.8	<b>Knot Maul Branch Shelter...</b> <i>18.4mS; 9.1mN</i>	S, nw	2,880	556.1

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,629.6	Spring, campsite	C, w	2,810	556.3
1,628.6	Lynn Camp Creek	w	2,400	557.3
1,626.6	Lick Creek		3,000	559.3
1,625.3	USFS 222	R	2,380	560.6
1,622.5	Spring-fed pond	w	3,800	563.4
1,620.7	<b>Chestnut Knob Shelter...</b> <i>9.1mS; 10mN</i>	S, nw	4,409	565.2
1,619.4	Walker Gap	R, w	3,520	566.5
1,619.2	Spring	E–0.2m w		566.7
1,614.5	Va. 623, Garden Mtn	R	3,880	571.4
1,613.7	Davis Farm Campsite	W–0.5m C, w	3,850	572.2
1,610.7	<b>Jenkins Shelter...</b> <i>10mS; 14.3mN</i>	S, w	2,500	575.2
1,606.5	Brushy Mtn		3,080	579.4
1,605.9	Va. 615, Laurel Creek	R, C, w	2,450	580.0
1,599.0	U.S. 52 <b>Bland, VA 24315; Bastian, VA 24314</b>	R (E–2.7m PO, G, L, M, D,  ; 3.3m G, L, M) (W–2.5m PO; 3.5m D)	2,900	586.9
1,598.8	I-77 Crossing	R	2,750	587.1
1,598.2	Va. 612, Kimberling Creek	R, w	2,700	587.7
1,596.7	<b>Helveys Mill Shelter...</b> <i>14.3mS; 10.1mN</i>	E–0.3m S, w	3,090	589.2
1,590.0	Va. 611	R	2,820	595.9
1,588.6	Brushy Mtn		3,101	597.3
1,586.9	<b>Jenny Knob Shelter...</b> <i>10.1mS; 14.2mN</i>	S, w	2,800	599.0
1,585.7	Va. 608, Crandon	R	2,200	600.2
1,582.4	Brushy Mtn		2,900	603.5
1,580.5	Kimberling Creek suspension bridge		2,090	605.4
1,580.4	Va. 606	R (W–0.5m C, G, M, sh, f)	2,100	605.5
1,578.5	Dismal Creek Falls Trail	W–0.3m to falls	2,320	607.4
1,574.6	Ribble Trail, south jct; White Cedar Horse Campground	W–0.5m C, w	2,400	611.3



Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,574.2	Stream	w	2,500	611.7
1,572.7	<b>Wapiti Shelter</b> ...14.2mS; 8.4mN	S, w	2,640	613.2
1,567.2	Ribble Trail, north jct	w	3,800	618.7
1,567.1	USFS 103, Big Horse Gap	R	3,800	618.8
1,565.5	Sugar Run Gap, Sugar Run Gap Rd (Va. 663)	R (E–0.5m H)	3,450	620.4
1,563.3	<b>Doc's Knob Shelter</b> ...8.4mS; 15mN	S, w	3,555	622.6
1,558.1	Campsite, spring	C, w	3,750	627.8
1,557.6	Angels Rest; Pearis Mtn		3,550	628.3
1,555.6	Va. 634	R	2,200	630.3

The state's highest mountain, Mt. Rogers, an area of spectacular highland meadows, routinely receives snowfall from October to May, making it considerably colder, wetter, and snowier than other areas of Virginia. Northbounders may be tempted to mail home their cold-weather gear, only to see spring flavored by winter.

*Caution:* According to Mt. Rogers National Recreation Area officials, more than 100 vehicle thefts have been reported in the area since 1999. Hikers should use caution when leaving vehicles at any local trailhead. Safer hiker parking is available at some locations in Damascus, as well as the Mt. Rogers NRA headquarters.

**Mt. Rogers Appalachian Trail Club**—MRATC maintains the 55.9 miles between Damascus and Va. 670 at the South Fork of the Holston River. Send correspondence to MRATC, P.O. Box 789, Damascus, VA 24236-0789; <www.mratc.org>.



**U.S. 58/Damascus, Va. [P.O. ZIP 24236: M–F 8:30–1 & 2–4:30, Sa 9–11; (276) 475-3411]**—Called “the friendliest town on the

Trail” and the home of Trail Days (to be held this year May 17–19).

First held in '87 as a commemorative event for the 50th anniversary of the A.T., the festival's activities and crowds have grown each year since. Activities include a hiker reunion and talent show, hiking-related exhibits, arts-and-crafts exhibits, a trout rodeo, street

dances, live music, and the popular hiker parade through downtown. If you are unable to walk into Damascus for the weekend, rides are easy to find from all points





along the Trail. Be aware that state open-container laws that restrict drinking in public places are enforced. Hiker camping during Trail Days is at the edge of town on Shady Lane. Camping is prohibited everywhere else. Please keep quiet in the late evening and early morning, and, upon departure, leave your campsite clean. Leave No Trace camping principles apply in town as well as on the Trail. You'll find all major services, except veterinary, in Damascus. ■ **Hostels:** The Place opens in late Mar and closes when the pipes are in danger of freezing. Stays and parking are limited to two days. A large house for hikers and cyclists only, with bunk space, showers, and outside tenting and picnic tables. Six-dollar-per-night donation is requested, but larger donations are appreciated in addition to cleaning chores. No dogs, drinking, or smoking are allowed on the property of the First United Methodist Church, its parking lot, and The Place. Dave's Place Hostel, run by Mt. Rogers

Outfitters, 5 rooms with two bunks each, \$21/room/night (max. 2, 2-night stay), shower without stay \$3, no dogs allowed, daily parking \$2/day, no alcohol/smoking on property. ■ **Lodging:** The Hiker's Inn, (276) 475-3788, 216 East Laurel Ave., owned and operated by Paul (Skink of 2010) and Lee, bunks in hostel \$25, private room \$35/\$45D, private room in house \$65/night or \$55/multiple nights, a/c and WiFi in hostel and house, dogs allowed only in hostel; Lazy Fox Inn, (276) 475-5838; Mountain Laurel Inn, (276) 475-5956, 0.5 mile west of town on U.S. 58, 2-night minimum; Montgomery Homestead B&B, (276) 475-3053 or cell (276) 492-6283, 103 Laurel Ave., mail drops accepted for guests sent to Susie Montgomery, P.O. Box 12, Damascus, VA 24236; The Victorian Inn B&B, (276) 475-5059, 203 N. Legion St.; Ruby's Rest, (276) 475-3914, <www.rubysrest.com>, \$40S/D, \$10EAP, dogs free in fenced yard, 719 E. 2nd St. (near Dairy King); Outdoors Inn, (276) 475-3611, rent the entire space for groups of 10 for \$150/night including full kitchen. ■ **Groceries:** Food City (long-term resupply). ■ **Restaurants:** Quincey's Pizza; B.O.E.'s Diner, L; Smokey Mountain BBQ; Dairy King; Subway; Dot's Inn; Cowboy's Deli and convenience store, with ATM; In the Country; Mojoe's Trailside Coffee House, B. ■ **Outfitters:** Mt. Rogers Outfitters (MRO), (276) 475-5416, <mtrogersoutfitters.com>, owned and operated by 1990 thru-hiker and Damascus native Dave Patrick and son Jeff, backpacking gear and supplies, stove fuel, shuttles, accepts mail drops sent to 110 Laurel Ave. (P.O. Box 546), Damascus, VA 24236, open M-Sa 9-6, Su 12-6; Adventure Damascus Outdoor Co., 128 W. Laurel Ave., open 7 days/week, backpacking gear and clothing, fuel, \$3 shower available; Sundog Outfitter, (276) 475-6252 or (866) 515-3441, <www.sundogoutfitter.com>, 331 Douglas Dr., Damascus, VA 24236, backpacking gear and clothing, repairs, hiker food, denatured alcohol and other fuels, will hold USPS and UPS mail drops, call ahead for shuttles, open 7 days a week. ■ **Internet access:** Damascus Public Library, WiFi, M-W-F 9-5, T-Th 11-7, Sa 9-1. ■ **Other services:** coin laundry; medical clinic; pharmacy; hardware store; Dollar General; two banks with ATM; Crazy Larry's Buy & Sell (across from laundry), (276) 274-3637, 209 Douglas Dr., bunks available, catering to guests 40 and older, inquire within; Bunny Medeiros massages, home (276) 475-5140, cell (276) 676-4325, discount for hikers.

**West** 2 miles on U.S. 58 to Fisher Hollow Veterinary Clinic, (276) 475-5397.

**West** 12 miles on U.S. 58 to Abingdon, Va., a large town near I-81 with all major services, including a veterinarian, movie theater, and Highlands Ski & Outdoor Center, (276) 628-1329, open M-F 10-7, Sa 9-7, Su 12-6.



**Virginia Creeper Trail**—The Virginia Creeper stretches 33 miles along an old railroad bed from Abingdon to the Virginia–North Carolina state line. It began as a native-American footpath. Later, it was used by pioneers, including Daniel Boone, and, beginning in the early 1900s, by a quintessential mountain railroad, its namesake, with 100 trestles and bridges, as well as many steep grades and sharp curves. The A.T. shares the Creeper route north of Damascus for 300 yards and again 10 miles north. [Two restaurants are found in Taylors Valley, east of Damascus along the Creeper, including the Creeper Trail Café, open daily 11–5, (276) 475-3918.]

**Saunders Shelter** (1987)—Sleeps 8. Privy. Shelter is located on a 0.2-mile blue-blazed trail. Water source is behind and to the right of the shelter, then down an old road to a reliable, seeping spring.

**USFS Beartree Campground**—*via* Bear Tree Gap Trail **West** 3.6 miles. Part of Mt. Rogers National Recreation Area, (276) 388-3642, with a bathhouse (hot showers \$4), lake, and swimming area 0.6 mile from the A.T. Campground is 3 miles beyond swimming area, with tent sites \$20 and hot showers \$4. Parking \$5/day. Open mid-Apr–Oct. Cash or check only.

**Lost Mountain Shelter** (1994)—Sleeps 8. Privy. Water source is on a trail to the left of the shelter.

**Whitetop Mountain**—At 5,520 feet, this is Virginia's second-highest peak, although the Trail does not go to the top. Nearby Whitetop is home to a ramp festival, held the weekend after Memorial Day. The celebration includes a ramp-eating contest thru-hikers have won in past years. Ramps emerge from the forest floor in early spring. The two-leafed greens sprout from an onion-like tuber that can be used to spice up Trail meals. Other plants have a similar look, but ramps are identified easily by their smell and taste, which are akin to onions and garlic. In years past, local residents held large music festivals on Whitetop Mountain.

**Va. 600, Elk Garden**—Elk Garden is named after the now-extinct eastern elk that once roamed throughout this area, along with timber wolves, mountain lions, and bison. Today, none of those exist here, but black bear, white-tailed deer, and wild turkey are common.

**USFS Grindstone Campground**—*via* Mt. Rogers Trail **West** 4 miles. Tent sites including shower \$20; hot shower \$4; parking \$5/day. Open mid-Apr–Oct; cash or check only.

**Mt. Rogers**—Virginia's highest peak, at 5,729 feet; the Trail does not go to the viewless summit, but it can be reached *via* a side trail, going west 0.5 mile. Camping is prohibited in the area from the A.T. to the summit due to fragile plant life and the endangered Wellers salamander. The Wellers, a dark blue-black salamander with gold splotches on its back, can be found only in coniferous forests above 5,000 feet. You may also see or hear northern birds, such as the hermit thrush and winter wren. Such species nest here because of the favorable altitude at the summit area.

**Thomas Knob Shelter** (1991)—Sleeps 16. Privy (moldering). This two-level shelter was built by the MRATC and Konnarock Crew. Water source is in an enclosed area in a pasture behind the shelter; lock the gate leading to the water source to keep the feral ponies in the area from polluting the water. Be aware those ponies like to chew on packs and other salty items.

**Rhododendron Gap**—Just below the highest point on the Virginia A.T. on Pine Mountain and Wilburn Ridge. Many large, established campsites between Thomas Knob and Rhododendron Gap. This section extremely popular with weekend and day-hikers. In Jun, rhododendron blooms here in full force. Panoramic views of the rhododendron thickets can be seen from a rock outcropping. Watch your step from Thomas Knob through the Grayson Highlands State Park area; cattle and feral ponies roam the area. In the spring, you will see mares tending their foals.

**Grayson Highlands State Park**—(276) 579-7092. At Massey Gap, a blue-blaze leads **East** 0.5 mile to a parking area, then 1.5 miles farther on roads or horse trail to campground. Park is open year-round from dawn to 10 p.m. The campstore and showers are open May 1–Oct 31; may use phone at camp store with a calling card; tentsite \$21, shower only \$5. Camp store staffed by volunteers, usually open on weekends but hours vary.

**Wise Shelter** (1996)—Sleeps 8. Privy. Water source is a reliable spring south of the shelter on a trail east of the A.T. No tenting around the shelter or in the state park. Tentsites are in the Mt. Rogers NRA, across Wilson Creek, 0.3 mile north. Follow the Wilson Creek Trail 2 miles east to Grayson Highlands State Park (see above).

**Old Orchard Shelter** (1970)—Sleeps 6. Privy. Water source is 100 yards on a blue-blazed trail to the right of the shelter.

**Hurricane Mountain Shelter** (2004)—Sleeps 8. Privy (moldering). Water source is a nearby stream.

**USFS Hurricane Campground—West** 0.5 mile *via* side trail to Hurricane Campground, (276) 783-5196, one of nine USFS campgrounds within the George Washington and Jefferson National Forests. The campground charges \$16 per site; \$2 shower 10-2. Open Apr 15–Oct 31, depending on weather.



**Va. 650**, east 100 yards to **Va. 16/Dickey Gap—East (compass south)** 2.6 miles to Troutdale, Va. [P.O. ZIP 24378: M–F 8:15–12 & 1–4:30, Sa 8:15–11:30; (276) 677-3221].

■ **Hostel:** Troutdale Baptist Church, Pastor Ken Riggins, (276) 677-4092, located at 10148 Troutdale Hwy., offers a place to tent or use of a hiker bunkhouse, shower; pets welcome, donations accepted. ■ **Other services:** ATM, bank, dentist, medical clinic.

**East** on Va. 16 5 miles to **Sugar Grove, Va.** (see below).

**East** on Va. 16 6.2 miles to Fox Creek General Store (short-term resupply), 7116 Troutdale Hwy, (276) 579-6033, open M–F 7–7, Sa 7–6; groceries, deli w/sandwiches, pizza. Deli closes 30 minutes before store.

**Trimpi Shelter** (1975)—Sleeps 8. Privy. A reliable spring is in front of the shelter.

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**Piedmont Appalachian Trail Hikers (PATH)**—PATH maintains the 64.1 miles between Va. 670, South Fork of the Holston River, and U.S. 52 at Bland, Va. Correspondence can be sent to PATH, P.O. Box 4423, Greensboro, NC 27404; <[www.path-at.org](http://www.path-at.org)>.

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**Partnership Shelter** (1998)—Sleeps 16. Privy and propane-powered warm-water shower (available during warmer months). No tenting around the shelter. Water source is a faucet behind the shelter. No alcoholic beverages allowed. For a week or more after Trail Days, expect law-enforcement officers to be checking in.

**Mt. Rogers National Recreation Area Headquarters**—(276) 783-5196 or (800) 628-7202, M–F 8–4:30 year-round, Sa–Su 9–4 May–Oct (weather permitting). Only several hundred yards north of Partnership Shelter, the headquarters houses a bookshop and interpretive center with information about plants and animals found in the area. Water is available from a spigot outside (in nonfreezing weather). Restroom and soda machine inside. From the outside phone (free local calls, calling card needed for long distance), you can order pizza from several area pizzerias, including Pizza Hut, (276) 783-3104, to be delivered to gate. Do not sleep on the headquarters' covered

porch. Obtain free permit to park overnight or weekly. Local transit authority offers daily shuttles M–F to Marion, 50¢ each way; info at (276) 782-9300.



**Va. 16—East** 3.2 miles to **Sugar Grove, Va. [P.O. ZIP 24375: M–F 8:15–12 & 1:15–4:45, Sa 8:15–10:30; (276) 677-3200]**. The town is home to the ATC Konnarock Volunteer Crew (see below). **Groceries:** Sugar Grove Food Mart (short-term resupply) on Va. 16, (276) 377-3037, M–Sa 6–9:30, Su 7–9:30, snack bar, ATM.

**West** 6 miles to **Marion, Va. [P.O. ZIP 24354: M–F 9–5 Sa 9:30–12; (276) 783-5051]**, a larger town near I-81 with all major services, including Food Lion and Ingles supermarkets (long-term resupply), several restaurants, fast-food outlets, a coin laundry, and Greyhound bus service along the I-81 corridor, (276) 783-7114 (closed Sa, Su, and holidays). ■ **Lodging:** various motels, including the hiker-friendly Travel Inn, (276) 783-5112, 1419 N. Main/U.S. 11, 0.25 mile beyond Walmart, hiker rate \$36s, \$40D (except during Bristol Raceway weekends), dogs \$7, CATV, in-room phones, WiFi, coin laundry, hiker box (in season), accept mail drops (\$5 fee for nonguests). ■ **Other services:** hospital; coin laundry.

**Konnarock Crew**—Based 1 mile from Sugar Grove post office at USFS facility. If you want part of your experience to be a week on the crew that builds and rehabilitates the Trail, call the Blacksburg, Va., ATC regional office at (540) 953-3571 before your hike to make arrangements. Getting to base camp and back is your responsibility, but, once there, food and amenities are provided. Commitments include 5 days/4 nights along the Trail in the South. Be prepared to work and have a lot of fun.

**Chatfield Shelter** (1970s)—Sleeps 6. Privy. Named in honor of North Carolina conservationist and PATH founder Louise Meroney Chatfield. A creek is in front.

**Va. 615, Settlers Museum**—On USFS lands adjacent to the Trail, the farmstead and visitors center include exhibits of rural life at the time the valley was settled. Admission free to hikers.

**Va. 683, U.S. 11, I-81**—At Groseclose, Va. (no post office), this is the southernmost crossing of I-81. ■ **Restaurants:** The Barn Restaurant, B/L/D, M–Sa 7–8, Su 7–3 buffet, ask permission for long-term parking, (276) 686-6222, mail drops accepted (no fee), 7412 Lee Hwy, Rural Retreat, VA 24368. ■ **Groceries:** Village Truck Stop (Shell station), (276) 783-5775, 5–11, snack bar, showers, fuel (in season), and short-term resupply. ■ **Lodging:** The Relax Inn, 7253 Lee Hwy, Rural Retreat, VA 24368, (276) 783-5811, \$40S, \$45D, \$5EAP, \$10 per pet; long-term hiker parking \$3/day; coin laundry; call for

info on shuttle to Trailhead; holds USPS, UPS, FedEx packages (nonguests \$5), please provide your ETA.

**West** 3.2 miles (on U.S. 11 south) to **Atkins, Va. [P.O. ZIP 24311: M–F 8:30–1:30 & 2:30–4, Sa 9:30–11; (276) 783-5551].** ■ **Restaurants:** Atkins Tank (at Arnold’s Exxon), M–Th 7:30–8, F–Sa 7:30–9, Su 11–3; Subway (at Kangaroo Express), 7–10 daily. ■ **Groceries:** Arnold’s Exxon, daily 5–10, hiker-friendly, ATM, fuel, short-term resupply, nice craft-beer selection; Kangaroo Express, open 24 hrs., ATM, short-term resupply. ■ **Lodging:** Comfort Inn, (276) 783-2144, hiker rate \$70 up to 4, no pets, B included, WiFi, mail drops accepted at 5558 Lee Hwy, Atkins, VA 24311. ■ **Other services:** coin laundry, M–Sa 7:30–7.

**West** 10.2 miles (on U.S. 11 south) to **Marion, Va.** (see above), a larger town.

**Davis Path Campsite**—The shelter roof and walls were removed in 2008, but tent platform, table, and privy remain. Located near an eighteenth-century settlers’ route through Davis Valley. Water source is a spring 0.9 mile south of the shelter. Southbounders can carry water from Crawfish Valley, 3.5 miles north. Once sidehill campsites are built from the shelter logs, the platform will be removed as well.

**Knot Maul Branch Shelter** (1980s)—Sleeps 8. Privy. Named for the knotty wood settlers used as mauls for their farm work. Water source is 0.2 mile north on the A.T.

**Chestnut Knob Shelter** (renovated 1994)—Sleeps 8. Privy. A former firewarden’s cabin, the shelter was once called “the cave” but now includes plexiglass windows to let in some light. No water is available at this shelter, but water is sometimes found 0.2 mile south on the A.T., then 50 yards east on an old Jeep road. Otherwise, southbounders can find water 1.3 miles north in Walker Gap, and northbounders can find water at a spring-fed pond 1.8 miles south.

**Burkes Garden**—Chestnut Knob Shelter, elevation 4,410 feet, overlooks this unusual geologic feature, which was the Vanderbilts’ first choice for their Biltmore estate, later constructed near Asheville, N.C. It is a large, crater-shaped depression surrounded on all sides by a high ridge that the A.T. follows for nearly 8 miles. From Chestnut Knob, you can see how it got its nickname, “God’s Thumbprint.”

**Jenkins Shelter** (1960s)—Sleeps 8. Privy. Formerly the Monster Rock Shelter, built when the A.T. followed the ridge of Walker Mountain. It was moved in the early 1980s, when the Trail was. Water source is a stream 100 yards north on a blue-blazed trail.

*Laurel Creek footbridge:* Note that the formerly blue-blazed high-water route just



south of Va. 615 has been changed to white-blazed. The formerly white-blazed route along Little Wolf Creek has been repainted blue. Recently, some hikers have made a wrong turn and walked the old trail back to where they started.



**U.S. 52—East 2.7 miles to Bland, Va. [P.O. ZIP 24315: M–F 8–11:30 & 12–4, Sa 9–11; (276) 688-3751].** Larger than Bastian, with more services. ■

**Restaurant:** Bland Square Grill (in Bland Square Citgo, 8870 South Scenic Hwy, first block west of Main on U.S. 52 in downtown Bland, B/L/D, 7 days. ■ **Internet access:** townwide WiFi; library, (276) 688-3737, M, W, F–Sa 10–4:30, Tu, Th 10–7:30. ■ **Other services:** hardware store; two banks with ATM.



**East 3.3 miles to ■ Lodging:** Big Walker Motel, 70 Skyview Lane, Bland, VA 24315, (276) 688-3331, \$57.73 1-2 persons, \$62.01 3 or more, pets OK, WiFi, will hold packages only for guests. Call motel or Bubba, (276) 266-6147, for shuttle possibilities. ■ **Other services:** Bland Family Clinic, (276) 688-0500, M 10–6, T 11–7, Th 9–5, F 10–2, closed W; Dairy Queen/gas station (short-term resupply) with ATM; Subway; Dollar General. There is no place to camp in Bland.

**West 2.5 miles to Bastian, Va. [P.O. ZIP 24314: M–F 8–12 & 12:30–4, Sa 8–10:30; (276) 688-4631].** P.O. is **West 1.9 miles**, left on Railroad Trail, right on Walnut Drive. Two miles farther down U.S. 52 to **Other services:** medical clinic, after hours call (276) 688-4331, M, W 8:30–6, Tu 8:30–8, Th 8:30–8, F 8:30–5; pharmacy next door, (276) 688-4204, M–F 9–5, Tu 9–8, Sa 9–12; Greyhound bus service, (304) 325-9442, available for the I-77 corridor in Bluefield, W.Va., about 10 miles beyond Bastian on U.S. 52 (closed Su and holidays); Pizza Plus, (276) 688-3332, will deliver to U.S. 52 Trailhead and Bland; English Tea House.

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**Outdoor Club of Virginia Tech—OCVT** maintains the 9 miles between U.S. 52 and Va. 611 and 18.8 miles in central Virginia between U.S. 460 and Pine Swamp Branch Shelter. Correspondence should be sent to OCVT, P.O. Box 538, Blacksburg, VA 24060; <[www.outdoor.org.vt.edu](http://www.outdoor.org.vt.edu)>.

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**Helveys Mill Shelter** (1960s)—Sleeps 6. Privy. Relocated here when the A.T. was moved off Walker Mountain in the 1980s. Water source is down a switch-backed trail in front of the shelter.

**Jenny Knob Shelter** (1960s)—Sleeps 6. Privy. Relocated here when the A.T. was moved off

Walker Mountain. Water source, considered unreliable, is a seasonal spring near shelter.



**Va. 608, Va. 42—East** 0.8 mile to the community of Crandon. No services.

**Roanoke Appalachian Trail Club**—RATC maintains the 36.4 miles between Va. 611 and U.S. 460 and 87.0 miles in the next section between Pine Swamp Branch Shelter and Black Horse Gap. Correspondence should be sent to RATC, P.O. Box 12282, Roanoke, VA 24024; <[www.ratc.org](http://www.ratc.org)>.



**Va. 606—West** 0.5 mile to **Groceries:** Trent's Grocery, (276) 928-1349, with deli and pizza; possible shuttles. Open M–Sa 7–8, Su 9–8, Coleman and denatured alcohol by the ounce, canister fuel, pay phone, and soda machines. Camping, shower, and laundry \$6, or warm shower and laundry only \$3. Now accepts packages mailed to 900 Wilderness Rd., Bland, VA 24315.

**Wapiti Shelter** (1980)—Sleeps 8. Privy. Water source is Dismal Creek, just south of the turn-off to the shelter.



**Sugar Run Road/Sugar Run Gap—East** 0.5 mile to **Hostel:** Woodshole Hostel, (540) 921-3444, <[www.woodsholehostel.com](http://www.woodsholehostel.com)>, open year-round, called “a slice of Heaven not to be missed.” The isolated 1880s’ chestnut-log cabin was discovered by the late Roy and Tillie Wood while he was doing a study on elk in 1940. The two opened the hostel in 1986. Their granddaughter, Neville, and her husband, Michael, continue their legacy, placing an emphasis on sustainable living through beekeeping, organic gardening, yoga, and massage therapy. The bunkhouse offers mattresses, electricity, hot shower, and a.m. organic coffee/tea, \$10PP donation; camping, \$6 donation; 2 indoor rooms \$25 shared, \$50 private (thru-hiker special). Guests often are invited for local/organic community dinner, \$12; breakfast \$6.50 in the main cabin. Shuttles, Internet, laundry, smoothies, and snacks. Coleman fuel, denatured alcohol, fuel canisters. Credit and cash. Pet-friendly. Will hold packages sent to Woodshole Hostel, 3696 Sugar Run Rd., Pearisburg, VA 24134. *Directions:* Going north, at Sugar Run Gap, turn right on dirt road, bear left at fork, go 0.5 mile downhill; going south, at Sugar Run Gap, turn left and downhill 0.5 mile. Watch for signs.

**Doc's Knob Shelter** (1971)—Sleeps 8. Privy. A reliable spring is to left of the shelter.

# Virginia—Part 2 (Central)

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,555.6	Va. 634	R	2,200	630.3
1,555.1	Lane Street <b>Pearisburg, VA 24134</b>	R, L, G, sh, f (E–1m PO, G, L, M, D, V, f, cl, ♀♂; 2.9m H; 20m G, L, M, O) (W–3m L, M, G)	1,650	630.8
1,554.6	U.S. 460, Senator Shumate Bridge (east end), New River	R	1,600	631.3
1,553.1	Clendennin Rd (Va. 641)	R	1,750	632.8
1,550.9	Springs	C, w	3,250	635.0
1,548.3	<b>Rice Field Shelter...</b> <i>15mS; 12.5mN</i>	S (E–0.3m w)	3,375	637.6
1,546.7	Campsite, water	C, w	3,300	639.2
1,543.2	Symms Gap Meadow	C, w	3,320	642.7
1,542.2	Groundhog Trail		3,400	643.7
1,540.6	Dickenson Gap		3,300	645.3
1,538.5	Peters Mtn		3,500	647.4
1,538.3	Allegheny Trail		3,740	647.6
1,535.8	<b>Pine Swamp Branch Shelter...</b> <i>12.5mS; 3.9mN</i>	S, w	2,530	650.1
1,535.5	Va. 635, Stony Creek Valley	R	2,370	650.4
1,534.4	Dismal Branch	w	2,480	651.5
1,533.4	Va. 635, Stony Creek	R, w	2,450	652.5
1,532.1	Spring	w	3,490	653.8
1,531.9	<b>Bailey Gap Shelter...</b> <i>3.9mS; 8.8mN</i>	S, w	3,525	654.0
1,528.2	Va. 613, Mtn Lake Rd	R	3,950	657.7
1,528.0	Wind Rock		4,100	657.9
1,526.8	Campsites, spring	C, w	4,000	659.1
1,523.1	<b>War Spur Shelter...</b> <i>8.8mS; 5.8mN</i>	S, w	2,340	662.8
1,522.3	USFS 156, Johns Creek Valley	R, w	2,080	663.6
1,521.3	Stream	w	2,700	664.6

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,520.3	Va. 601, Rocky Gap	R	3,250	665.6
1,517.3	<b>Laurel Creek Shelter...</b> <i>5.8mS; 6.7mN</i>	S, w	2,720	668.6
1,516.3	Spring	w	2,400	669.6
1,514.9	Va. 42, Sinking Creek Valley	R (E–0.5m L)	2,200	671.0
1,514.0	Va. 630, Sinking Creek	R, w (W–0.5m L)	2,100	671.9
1,513.6	Keffer Oak		2,240	672.3
1,510.9	<b>Sarver Hollow Shelter...</b> <i>6.7mS; 6.3mN</i>	E–0.3m S, w	3,000	675.0
1,507.3	Sinking Creek Mtn		3,450	678.6
1,505.6	Cabin Branch	C, w	2,490	680.3
1,504.9	<b>Niday Shelter...</b> <i>6.3mS; 10.4mN</i>	S, w	1,800	681.0
1,503.6	Va. 621, Craig Creek Valley	R	1,540	682.3
1,499.8	Audie Murphy Monument		3,100	686.1
1,496.0	Va. 620, Trout Creek	R, w	1,525	689.9
1,494.8	<b>Pickle Branch Shelter...</b> <i>10.4mS; 13.9mN</i>	E–0.3m S, w	1,845	691.1
1,490.6	Cove Mtn, Dragons Tooth		3,020	695.3
1,489.6	Lost Spectacles Gap		2,550	696.3
1,489.1	Rawies Rest		2,350	696.8
1,488.1	Va. 624, North Mtn Trail	R (E–0.4m H) (W–0.4m G, M)	1,810	697.8
1,486.5	Va. 785	R	1,790	699.4
1,482.2	Va. 311 <b>Catawba, VA 24070</b>	R (W–1m PO, C, G; 1.3m M)	1,990	703.7
1,481.2	<b>Johns Spring Shelter...</b> <i>13.9mS; 1mN</i>	S, w	1,980	704.7
1,480.2	<b>Catawba Mtn Shelter...</b> <i>1mS; 2.4mN</i>	S, w	2,580	705.7
1,478.5	McAfee Knob		3,197	707.4
1,477.9	Pig Farm Campsite	C, w	3,000	708.0
1,477.8	<b>Campbell Shelter...</b> <i>2.4mS; 6mN</i>	S, w	2,580	708.1
1,474.7	Brickey's Gap		2,250	711.2
1,472.9	Tinker Cliffs		3,000	713.0

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,472.4	Scorched Earth Gap, Andy Layne Trail		2,600	713.5
1,471.8	<b>Lamberts Meadow Shelter...</b> <i>6mS; 14.4mN</i>	S, w	2,080	714.1
1,471.5	Lamberts Meadow Campsite, Sawmill Run	C, w	2,000	714.4
1,467.5	Angels Gap		1,800	718.4
1,466.4	Hay Rock, Tinker Ridge		1,900	719.5
1,462.9	Tinker Creek		1,165	723.0
1,462.4	U.S. 220, Va. 816 <b>Cloverdale, VA 24077;</b> <b>Daleville, VA 24083</b>	R; G, L, M, cl (E—0.8m G, M, L, cl, sh; 2.3m PO G, L, M; 12m G, M, O, D, V) (W—0.3m G, M, O, f; 1m PO)	1,350	723.5
1,461.2	Va. 779, I-81	R	1,400	724.7
1,460.9	U.S. 11, Norfolk Southern Railway <b>Troutville, VA 24175</b>	R (W—1.3m PO, C, G, M)	1,300	725.0
1,460.4	Va. 652	R	1,450	725.5
1,457.4	<b>Fullhardt Knob Shelter...</b> <i>14.4mS; 6.2mN</i>	S, w	2,670	728.5
1,454.6	USFS 191, Salt Pond Rd	R	2,260	731.3
1,453.8	Curry Creek	w	1,680	732.1
1,451.9	Wilson Creek	w	1,690	734.0
1,451.2	<b>Wilson Creek Shelter...</b> <i>6.2mS;</i> <i>7.5mN</i>	S, w	1,830	734.7
1,450.8	Spring	w	2,050	735.1
1,448.8	USFS 186; BRP mp 97.7; Old Fincastle Rd; Black Horse Gap	R	2,402	737.1
1,448.0	BRP mp 97.0; Taylors Mtn Overlook	R	2,350	737.9
1,446.9	BRP mp 95.9; Montvale Overlook	R	2,400	739.0
1,446.3	BRP mp 95.3; Harveys Knob Overlook	R	2,550	739.6
1,443.9	<b>Bobblets Gap Shelter...</b> <i>7.5mS;</i> <i>6.7mN</i>	W—0.2m S, w	1,920	742.0
1,443.2	BRP mp 92.5; Peaks of Otter Overlook	R	2,350	742.7

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,442.5	BRP mp 91.8; Mills Gap Overlook	R	2,450	743.4
1,440.8	Va. 43, Bearwallow Gap; BRP mp 90.9 <b>Buchanan, VA 24066</b>	R (E–4.4m C, L, M) (W–5m PO, G, M, <del>W</del> ; 7m L, M)	2,228	745.1
1,439.2	Cove Mtn		2,720	746.7
1,438.8	Little Cove Mtn Trail		2,600	747.1
1,437.4	<b>Cove Mtn Shelter...</b> 6.7mS; 7mN	S, nw	1,925	748.5
1,435.7	Buchanan Trail		1,790	750.2
1,434.2	Va. 614, Jennings Creek	R, C, w (E–0.3m w; 1.4m C, G, cl, sh, f) (W–4.5m L, M)	951	751.7
1,432.6	Fork Mtn		2,042	753.3
1,430.4	<b>Bryant Ridge Shelter...</b> 7mS; 4.9mN	S, w	1,320	755.5
1,426.1	Floyd Mtn		3,560	759.8
1,425.5	<b>Cornelius Creek Shelter...</b> 4.9mS; 5.3mN	S, w	3,145	760.4
1,424.6	Black Rock		3,450	761.3
1,422.9	Apple Orchard Falls Trail		3,250	763.0
1,422.8	USFS 812, Parkers Gap Rd; BRP mp 78.4	R	3,430	763.1
1,421.4	Apple Orchard Mtn		4,225	764.5
1,421.1	The Guillotine		4,090	764.8
1,420.5	Upper BRP mp 76.3	R	3,900	765.4
1,420.2	<b>Thunder Hill Shelter...</b> 5.3mS; 12.4mN	S, w	3,960	765.7
1,419.2	Lower BRP mp 74.9	R	3,650	766.7
1,418.8	Thunder Ridge Overlook; BRP mp 74.7	R	3,501	767.1
1,416.9	Harrison Ground Spring	w	3,200	769.0
1,415.5	USFS 35, Petites Gap; BRP mp 71.0	R	2,369	770.4
1,414.3	Highcock Knob		3,073	771.6
1,413.3	Marble Spring	C, w	2,290	772.6

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,412.8	Sulphur Spring Trail (south crossing)		2,400	773.1
1,411.0	Gunter Ridge Trail, Hickory Stand		2,650	774.9
1,410.5	Sulphur Spring Trail (north crossing)		2,588	775.4
1,409.7	Big Cove Branch	w	1,890	776.2
1,407.8	<b>Matts Creek Shelter...</b> 12.4mS; 3.9mN	S, w	835	778.1
1,407.0	Campsite	C, w	700	778.9
1,405.8	James River Foot Bridge		678	780.1
1,405.6	U.S. 501, Va. 130, James River <b>Big Island, VA 24526;</b> <b>Glasgow, VA 24555</b>	R (E—4.7m C, G, L, cl, sh; 5.1m PO, G, M, D) (W—5.9m PO, G, L, M, cl, f, ⌘)	680	780.3
1,405.5	Lower Rocky Row Run Bridge	w	670	780.4
1,404.6	Rocky Row Run	C, w	760	781.3
1,404.5	Va. 812, USFS 36	R	825	781.4
1,403.9	<b>Johns Hollow Shelter...</b> 3.9mS; 9mN	S, w	1,020	782.0
1,401.9	Rocky Row Trail		2,400	784.0
1,401.8	Fullers Rocks, Little Rocky Row		2,472	784.1
1,400.8	Big Rocky Row		2,992	785.1
1,399.3	Saddle Gap, Saddle Gap Trail		2,600	786.6
1,398.2	Saltlog Gap (south)		2,573	787.7
1,396.7	Bluff Mtn		3,372	789.2
1,395.6	Punchbowl Mtn		2,850	790.3
1,395.1	<b>Punchbowl Shelter...</b> 9mS; 9.7mN	W—0.2m S, w	2,500	790.8
1,394.7	Punchbowl Mtn Crossing; BRP mp 51.7	R, w	2,170	791.2
1,394.4	Va. 607, Robinson Gap Rd	R	2,100	791.5
1,392.5	Rice Mtn		2,228	793.4
1,390.6	USFS 39	R	990	795.3
1,390.5	Pedlar River Bridge		970	795.4

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,387.6	Pedlar Lake Rd (USFS 38)	R	1,000	798.3
1,385.6	<b>Brown Mtn Creek Shelter...</b> <i>9.7mS; 6.2mN</i>	S, w	1,395	800.3
1,383.8	U.S. 60 <b>Buena Vista, VA 24416;</b> <b>Lexington, VA 24450</b>	R (W–9.3m PO, C, G, L, M, D, V, cl, sh; 15m PO, G, L, M, D, V, O, f)	2,065	802.1
1,381.0	Bald Knob		4,059	804.9
1,380.0	Old Hotel Trail, <b>Cow Camp Gap Shelter...</b> <i>6.2mS; 10.8mN</i>	E–0.6m S, w	3,160	805.9
1,378.8	Cold Mtn		4,022	807.1
1,377.5	USFS 48, Hog Camp Gap	R, C, w	3,485	808.4
1,376.6	Tar Jacket Ridge		3,847	809.3
1,375.3	USFS 63, Salt Log Gap (north)	R	3,257	810.6
1,374.1	USFS 246	R	3,500	811.8
1,373.6	Greasy Spring Rd	R	3,600	812.3
1,371.7	N Fork of Piney River	C, w	3,500	814.2
1,370.5	Elk Pond Branch	C, w	3,750	815.4
1,369.8	<b>Seeley-Woodworth Shelter...</b> <i>10.8mS; 6.6mN</i>	S, w	3,770	816.1
1,368.7	Porters Field	C, w	3,650	817.2
1,367.5	Spy Rock Rd <b>Montebello, VA 24464</b>	R (W–2.5m PO; 2.2m C, G, L, M, cl, sh, f)	3,454	818.4
1,367.0	Spy Rock		3,680	818.9
1,366.2	Cash Hollow Rock		3,550	819.7
1,364.9	Cash Hollow Rd	R	3,280	821.0
1,364.1	Va. 826, Crabtree Farm Rd, Crabtree Falls Trail	W–0.5m C, w	3,350	821.8
1,363.2	<b>The Priest Shelter...</b> <i>6.6mS; 7.6mN</i>	S, w	3,840	822.7
1,362.7	The Priest		4,063	823.2
1,359.7	Cripple Creek	w	1,800	826.2
1,358.4	Va. 56	R, C, w (W–4m C, G, sh)	970	827.5
1,358.3	Tye River		950	827.6



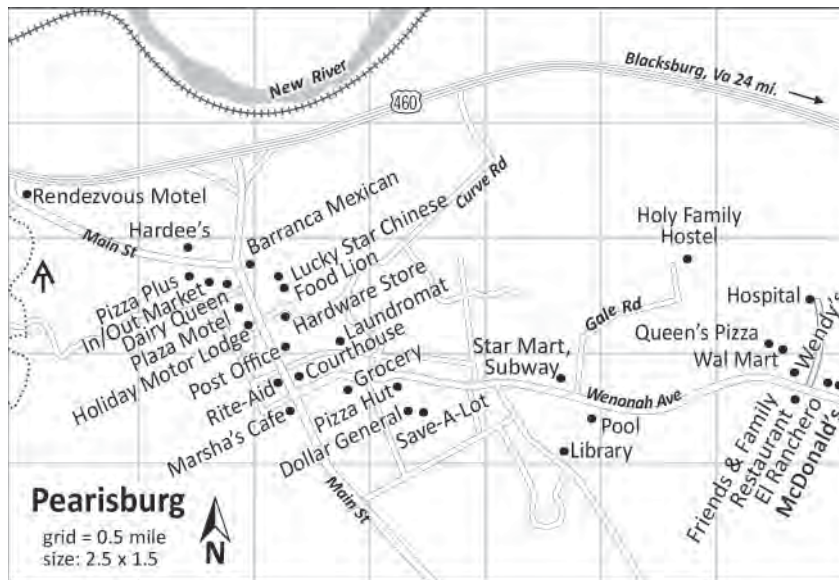
Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,356.7	Mau-Har Trail		2,090	829.2
1,355.6	<b>Harpers Creek Shelter...</b> <i>7.6mS; 6.2mN</i>	S, w	1,800	830.3
1,353.6	Chimney Rocks		3,190	832.3
1,351.9	Three Ridges		3,870	834.0
1,351.4	Hanging Rock		3,750	834.5
1,349.4	<b>Maupin Field Shelter...</b> <i>6.2mS; 15.8mN</i>	S, w (W-2m G, L) (W-2.8m H)	2,720	836.5
1,347.7	Va. 664, Reeds Gap; BRP mp 13.6	R	2,650	838.2
1,347.2	BRP mp 13.1; Three Ridges Parking Overlook	R	2,700	838.7
1,343.4	Cedar Cliffs		2,800	842.5
1,342.9	BRP mp 9.6; Dripping Rock Parking Area	R, w	2,950	843.0
1,340.1	Humpback Mtn		3,250	845.8
1,339.1	Trail to Humpback Rocks		3,250	846.8
1,337.6	Bear Spring	w	3,200	848.3
1,335.4	Glass Hollow Overlook		2,750	850.5
1,335.1	Trail to Humpback Visitors Center	W-1.3m w	2,150	850.8
1,333.6	Mill Creek, <b>Paul C. Wolfe Shelter...</b> <i>15.8mS; 13mN</i>	S, w	1,700	852.3
1,328.6	U.S. 250, I-64, Rockfish Gap <b>Waynesboro, VA 22980</b>	R, L, M (W-1m L; 4.5m PO, H, C, G, L, M, O, D, V, cl, sh, f, ♀)	1,902	857.3

BRP=Blue Ridge Parkway, mp=milepost

Central Virginia's treadway is well-graded and includes several 2,000- to 3,000-foot climbs. You will traverse some of the northernmost balds on the Trail. Unusual rock formations offer up views to the valley below from the peaks of Humpback Rocks, Three Ridges, The Priest, McAfee Knob, and Dragons Tooth. This section, more rugged and remote than Shenandoah to the north, parallels the Blue Ridge Parkway for 90 miles.



**U.S.460/Pearisburg, Va.** On A.T. **Lodging:** Rendezvous Motel, (540) 921-2636, \$44S, \$50D up to 4, dogs permitted, long-distance phone, laundry, denatured alcohol, Coleman, possible shuttle, shower without stay \$8, holds mail and packages



for guests addressed to 795 North Main St., Pearisburg, VA 24134. If you leave on a Sunday, they will mail your packages for you.

**East 1 mile to Pearisburg, Va. [P.O. ZIP 24134: M–F 9–4:30, Sa 10–12: (540) 921-1100]. ■**

**Lodging:** Plaza Motel, (540) 921-2591, \$40s plus \$10EAP, stay 3 nights \$25s plus \$5EAP, laundry, no pets, will hold packages whether guest or not, 415 North Main St., e-mail available in office; Holiday Motor Lodge, (540) 921-1551, rates start at \$32.69s plus \$4EAP, Internet access, swimming pool during the season, pet-friendly, accepts packages at 401 North Main St. ■ **Groceries:** Food Lion, Sav-a-Lot, and 7-Day Market (all long-term resupply). ■ **Restaurants:** Courthouse Café, 414 Wenonah Ave., one block from P.O., gourmet coffee, tea, specialty drinks, pastry, Internet access, live music F nights; Subway; Hardee's; Pizza Plus, buy one pizza, get one free, AYCE salad/pizza buffet, and free delivery; Dairy Queen; Papa's Pizza Inn with subs, salads; Pizza Hut with AYCE L buffet; Queens Subs; Lucky Star Chinese; Friends & Family. ■ **Internet access:** Courthouse Café, Pearisburg Public Library. ■ **Other services:** Rite Aid with one-hour photo service; automotive and hardware stores; Melinda's Barber Shop; Walmart; coin laundry; ATM; hospital; dentist; veterinarian; municipal swimming pool open to the public Memorial Day to Labor Day for small fee. ■ **Shuttles:** Tom



Hoffman, (540) 921-1184, <gopullman@aol.com>; Don Raines, (540) 921-7433, <ratface20724@aol.com>.

**East** 2.9 miles, follow blue-blaze to **Hostel**: Holy Family Church Hostel, (540) 921-3547. *Efforts are being made to keep it open, but it's possible it could be closed in 2013; date TBA if it remains open.* Located in a peaceful setting on a hill, the hostel is hidden by trees beyond the church parking lot. Refrigerator, microwave, and loft with sleeping pads, \$10 suggested donation per night; additional donations and cleaning appreciated. Stays are limited to two nights. Alcoholic beverages, drugs, and pets prohibited.

**East** 6 miles on U.S. 460 to **Outfitter**: Tangent Outfitters, (540) 626-4567, 201 Cascade Dr., Pembroke, VA 24136, <www.newrivertrail.com>, primarily oriented to rafters.

**East** 20 miles *via* U.S. 460 to Blacksburg, Va., home of Virginia Tech, with all services. ATC's Virginia regional office, (540) 953-3571, is located at 110 Southpark Dr. **Outfitter**: Back Country Ski & Sports, (800) 560-6401 or (540) 552-6400, open M–Sa 10–8, Su 1–5.

**West** 3 miles *via* U.S. 460 to Va. 61 to **Narrows, Va. [P.O. ZIP 24124: M–F 8:30–12 & 12:30–4, Sa 9–11, (540) 726-3272].** ■ **Lodging**: MacArthur Inn, 117 MacArthur Lane, Narrows, VA 24124, (540) 726-7510, <www.macarthur-inn.com>; renovated hotel, 26 rooms; hiker rates start at \$45, private room with shared bath, full B; shower \$8; laundry; no pets; WiFi; long-distance phone (no charge); shuttle to and from Trail \$5 each way (call from Pearisburg); accepts mail drops. ■ **Other services**: town campground on river, \$2; restaurant; deli; groceries.

**Rice Field Shelter** (1995)—Sleeps 7. Privy. This shelter has an excellent viewing area for sunsets and clouded valleys in the morning. Water is on a steep, 0.3-mile downhill hike behind and to the left of the shelter.

**Symms Gap Meadow**—The traverse of Peters Mountain on the Virginia–West Virginia state line is a dry one. At this mountain meadow, with views into West Virginia, a small pond downhill from the A.T. on the West Virginia side, has spots for camping nearby.

**Allegheny Trail**—2.5 miles south of Pine Swamp Branch Shelter is the A.T.'s junction with the southern end of the Allegheny Trail, which extends about 300 miles across West Virginia to Pennsylvania. The trail is maintained by the West Virginia Scenic Trails Association, P.O. Box 4042, Charleston, WV 25364; <www.wvscenictrails.org>. Portions are being incorporated into the Great Eastern Trail, <www.greateastertrail.net>.

**Pine Swamp Branch Shelter** (1980s)—Sleeps 8. Privy. Stone shelter. Water is from the stream 75 yards down a blue-blazed trail west of the side trail to the shelter.

**Bailey Gap Shelter** (1960s)—Sleeps 6. Privy. Water is 0.2 mile south on the A.T., then east down a blue-blazed trail.

**Va. 613, Salt Sulfur Turnpike—**East 5 miles to *Lodging*: Mountain Lake Conservancy and Hotel, (800) 346-3334, <[www.mountainlakehotel.com](http://www.mountainlakehotel.com)>, site of one of only two natural lakes in Virginia; rates begin at \$125S/\$175D, includes B & D, access to resort amenities, shuttle from and to A.T.; reservations required. Will hold packages for registered guests mailed to 115 Hotel Circle, Pembroke, VA 24136. One of the locations where the movie “Dirty Dancing” was filmed.

**War Spur Shelter** (1960s)—Sleeps 6. Privy. Water source is a stream 80 yards north of the shelter on the A.T.

**Laurel Creek Shelter** (1988)—Sleeps 6. Privy. Water is west on the A.T., 45 yards south of the shelter-trail junction.



**Va. 42, Sinking Creek Valley**—by trail East 0.5 mile to *Lodging*: The Huffman House B&B at Creekside Farm, <[www.thehuffmanhousebandb.com](http://www.thehuffmanhousebandb.com)>, owned by 1999 thru-hikers Ron and Carol Baker (Leafhopper & Snowy Egret), (540) 544-6942, \$139–\$169D, \$20EAP, reservations required, will hold packages for hikers sent to 16 Huffman Store Dr., Newport, VA 24128 (include name and ETA).

**Keffer Oak**—Located about 0.2 mile north of Va. 630, this is the largest oak tree on the A.T. in the South. Last measured, the girth was 18 feet, 3 inches; it is estimated to be 300 years old. The Dover Oak along the A.T. in New York is slightly larger.

**Sarver Hollow Shelter** (2001)—Sleeps 6. Privy. Water source is a spring located on a blue-blazed trail near the shelter.

**Sinking Creek Mountain**—The northernmost spot where the A.T. crosses a notable “continental divide.” Waters flowing down the western side of the ridge drain into Sinking Creek Valley and the Mississippi River to the Gulf of Mexico. Waters flowing on the eastern side empty into Craig Creek Valley, the James River, and the Atlantic Ocean. Between here and mid-Pennsylvania, except for a short section near Roanoke, the Trail is in the Chesapeake Bay watershed.

**Niday Shelter** (1980)—Sleeps 6. Privy. Water source is 75 yards down a blue-blazed trail west of the A.T.

**Audie Murphy Monument**—located on a blue-blazed trail to the west on Brushy Mountain. Murphy was the most decorated American soldier of World War II, and his single-handed capture of a large number of German soldiers made him a legend. After the war, he starred in many Hollywood war and B-grade western movies. He died in a 1971 plane crash near this site. A trail leads beyond the monument to a view from a rock outcropping.

**Pickle Branch Shelter** (1980)—Sleeps 6. Privy. Water from stream below the shelter.

**Dragons Tooth**—Named by Tom Campbell, an early RATC member and prime mover in the 1930s–1950s in locating the A.T. here. He also named Lost Spectacles Gap, north of Dragons Tooth, after his glasses disappeared on a scouting/work hike.

*Camping Restrictions*—Between Va. 624 and U.S. 220, camping and fires are allowed only at the following designated sites of this heavily used section: Johns Spring, Catawba Mountain, Campbell, and Lamberts Meadow shelters and Pig Farm and Lamberts Meadow campsites.



**Va. 624/North Mountain Trail**—**West** 0.3 mile to Va. 311, then left 0.1 mile to Catawba Grocery, (540) 384-8050 (short-term resupply), open M–Th 5–10, F–Sa 5–11, Su 6–10. Nearby North Mountain Trail was once the A.T. route. A 30-mile loop is possible.

**East** 0.4 mile to 4 Pines Hostel, (540) 384-7599, cell (540) 309-8615; donations accepted; shuttles available. Will hold UPS and USPS packages for 30 days; send to 6164 Newport Rd., Catawba, VA 24070.



**Va. 311**—**West** 1 mile to **Catawba, Va. [P.O. ZIP 24070: M–F 7:30–12 & 1–5, Sa 8–10:30; (540) 384-6011]. Groceries:** Catawba Quick Stop (short-term resupply), (540) 384-6817, open Tu 7–3, W–F 7–7, Sa–Su 10–5; sandwiches and pizza; accepts UPS mail drops to 4905 Catawba Valley Dr., Catawba, VA 24070; camping behind store, but restrooms and water available only when store is open. Catawba Valley Farmers Market, (540) 767-6114, held at the Catawba Community Center in the village of Catawba; open Th, May–Oct, 3:30–7 p.m.

**West** 1.3 miles to the Homeplace Restaurant, (540) 384-7252; AYCE meals \$14 for two meats, \$15 for three meats, less if you're vegetarian. Open Th–F 4–8, Sa 3–8, Su 11–6 (closed the week of Jul 4 and two weeks in late Dec); Th is Southern-barbeque night. No public restroom.

Plans are in the works for a blue-blazed trail from the Va. 311 parking lot to Ca-

tawba through a 400-acre Virginia Tech farm; watch for updates along the Trail and in the Trail-updates section of <[www.appalachiantrail.org](http://www.appalachiantrail.org)>.

**Johns Spring Shelter** (2003)—Sleeps 6. Privy. Site of the former Boy Scout Shelter. Unreliable water in front of the shelter; follow blue-blazed trail 0.25 mile to a slightly more reliable spring.

**Catawba Mountain Shelter** (1984)—Sleeps 6. Privy. Two water sources: One is a piped spring 50 yards south on the A.T., and the other is crossed a few feet north of the piped spring, but often goes dry in summer. Tentsites available north on the A.T.

**McAfee Knob**—Considered by many to have the best view in Virginia, McAfee Knob is a tempting campsite. However, it is absolutely *verboten* to camp here; the knob already sustains tremendous impact. Campbell Shelter or Pig Farm Campsite are good alternatives if you want to climb back up to catch the sunset or sunrise from the cliff.

**Campbell Shelter** (1989)—Sleeps 6. Privy. Water can be found by following the blue-blazed trail left and behind the shelter. Follow the trail through the “electric meadow” to the spring.

**Tinker Cliffs**—A cliff-walk half a mile long, with views back to McAfee Knob. Folklore says the name comes from Revolutionary War deserters who hid near here and repaired pots and pans (“tinkers”).

**Lamberts Meadow Shelter** (1974)—Sleeps 6. Privy. Tentsites are 0.3 mile farther north. Water is 50 yards down the trail in front of the shelter; reported dry in Aug 2007.



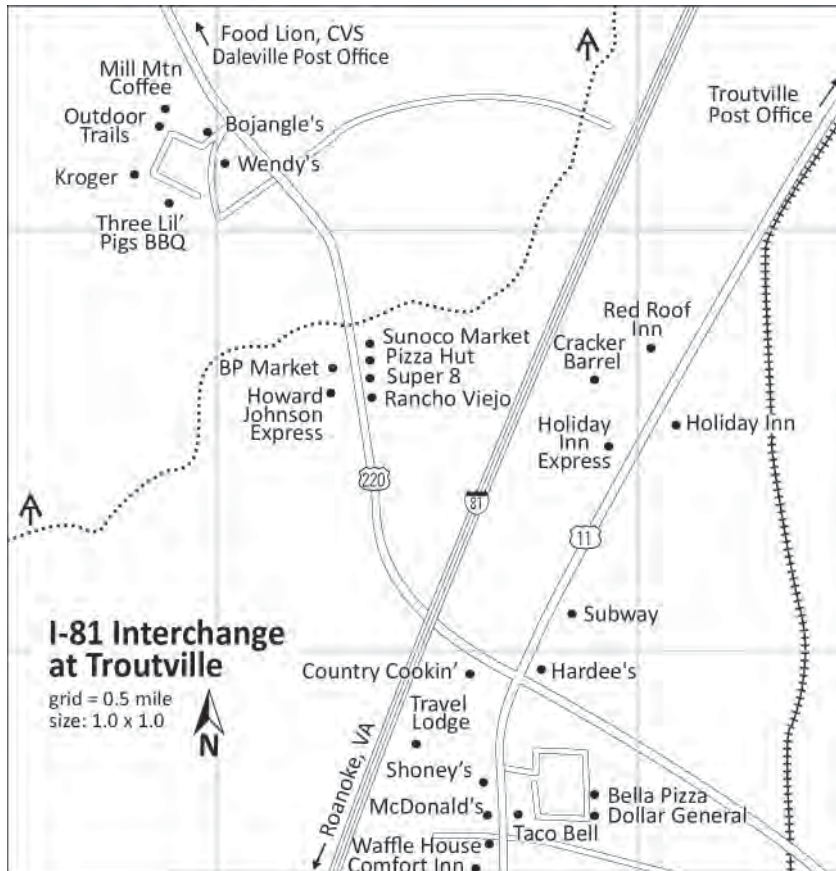
**U.S. 220/I-81 Interchange Area**—The interchange area offers all the comforts of interstate vehicular travel, with most services near the A.T.

**On U.S. 220.** ■ **Lodging:** Super 8, (540) 992-3000, hiker rates subject to availability, \$60 up to 4 people, continental B, coin laundry, pool, no pets; Howard Johnson Express Inn, (540) 992-1234, hiker rate \$50S/D, \$5EAP, includes continental B, holds UPS and USPS packages for registered guests sent to 437 Roanoke Road, Daleville, VA 24083, pool, microwave & refrigerator, coin laundry, dogs permitted, \$10 per pet. Both motels fill up quickly, particularly on the weekends. If you wish to stay there, make reservations during an earlier town stop. ■ **Restaurants:** Pizza Hut with AYCE salad bar; Rancho Viejo Mexican. ■ **Other services:** Several convenience stores.

**West** 0.3 mile to Botetourt Commons Shopping Plaza. ■ **Restaurants:** Mill Moun-

tain Coffee House, 3 Little Pigs BBQ, Wendy's, Bojangles, Lil Caesar's, C.L. Asian (L buffet). ■ **Groceries:** Kroger Super Store, with pharmacy (long-term resupply). ■ **Outfitter:** Outdoor Trails, (540) 992-5850, (M-F 10-8, Sa 10-6, closed Su), a full-service outfitter, sells fuel by the ounce and holds packages mailed to it at Botetourt Commons, 28 Kingston Dr., Daleville, VA 24083; make reservation for shuttle or slackpacking. ■ **Internet access:** Outdoor Trails, if computer is not needed for the business. ■ **Other services:** UPS Store, (540) 966-0220, M-F 8-6, Sa 9-5; bank with ATM.

**West 1 mile to Daleville, Va. [P.O. ZIP 24083: M-F 8-5, Sa 8-12 (540) 992-4422].** Con-





venience stores, Food Lion (long-term resupply), CVS, and bank are nearby. **Other services:** Medical center fits in hikers as schedule permits; veterinarian.

**East** 0.8 mile to U.S. 11. ■ **Lodging:** Travelodge, (540) 992-6700, 2619 Lee Hwy., Troutville, VA 24175, \$35D, \$6EAP, pool, dogs \$10, continental B; Comfort Inn, (540) 992-5600, 2545 Lee Hwy, Troutville, VA 24175, will hold UPS/USPS packages for incoming guests, ask for the “hiker-corporate” rates of \$49.99S/D, \$5EAP, includes continental B, pets \$25, pool, and Internet access; Red Roof Inn, (540) 992-5055, \$46S/D, \$5EAP, limited continental B, pets permitted, pool, hot tub; Quality Inn, (540) 992-5335, \$80S/D, pets permitted with one-time \$25 fee, hot and cold continental B, pool, exercise room, microwave and refrigerator, will hold packages sent to 3139 Lee Hwy. South, Troutville, VA 24175; Holiday Inn Express, (540) 966-4444, \$109S/D, weekends add \$10, microwave and refrigerator in rooms, pool, hot and cold B, holds UPS and USPS packages for registered guests mailed to 3200 Lee Hwy. South, Troutville, VA 24175. ■ **Restaurants:** Cracker Barrel; Country Cookin’, with \$5.29 L and \$6.59 D; Shoney’s \$7.49 B bar; Italian Bella with AYCE \$6.29 L Tu–F; Taco Bell; Waffle House; Best Wok; Subway inside Pilot Truck Stop, which also has \$10 pay shower; Travel Centers of America, 24-hour truck-stop restaurant with coin laundry and showers for \$10.

**East** 2.3 miles to **Cloverdale, Va.** [P.O. ZIP 24077: M–F 8:30–11 & 11:30–4, Sa 9–12; (540) 992-2334], via U.S. 220 and U.S. 11 from the interchange area. ■ **Lodging:** Hollins Motel, (540) 992-2971, \$35S, \$40D, \$45T, \$48 for 4. ■ **Groceries:** Greenway Market (short-term resupply), open till 11. ■ **Restaurant:** Cloverdale Grill, M–F 8:30–3:30.

**East** 12 miles to **Roanoke.** **Outfitters:** In Roanoke, Walkabout Outfitters, downtown, (540) 777-2727, and Valley View Mall, (540) 777-0990, owned by 1999 thru-hiker Kirk Miller (Flying Money), open daily. Nearby in **Salem:** Backcountry Ski and Sports, (540) 389-8602, closed Su.



**U.S. 11—West** 1.3 mile (1.5 miles north of the interchange area) to **Troutville, Va.** [P.O. ZIP 24175: M–F 9–12 & 1–5, Sa 9–11; (540) 992-1472]. Town hall, (540) 992-4401, M–F 9–1 and 2–5, sometimes allows hikers to camp at the city park; must check with town hall or find park manager; bathrooms and water available. The town permits hikers to shower and do laundry at the fire station. ■ **Groceries:** Thriftway Market (long-term resupply), M–Sa 8–8, closed Su. ■ **Other services:** Pomegranate Restaurant, (540) 966-6052, 106 Stoney Battery Rd, open for D Tu–Sa 5–10, casual and fine dining; banks with ATMs. ■ **Shuttles:** Del Schechterly, (540) 529-6028, <dschecht1@juno.com>, helps hikers in need and shuttles from Pearisburg to Waynesboro.





**Fullhardt Knob Shelter** (1960s)—Sleeps 6. Privy. The water source for this shelter is an elaborate cistern system of water run-off hooked to the shelter's roof. Give the water enough time to flow through the freeze-proof valve, which is a few feet up the pipe toward the cistern. Please make sure spigot is off when you have finished getting water.

**Wilson Creek Shelter** (1986)—Sleeps 6. Privy. Water source is a reliable stream 200 yards in front of the shelter.



**Blue Ridge Parkway**—Black Horse Gap is the A.T.'s southernmost encounter with the Blue Ridge Parkway (BRP). The A.T. parallels BRP, and later Skyline Drive, for approximately 200 miles. Much of the original A.T. route along the Blue Ridge south of Roanoke was displaced by the parkway when it was built. Hitchhiking is not permitted on the BRP.

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**Natural Bridge Appalachian Trail Club**—NBATC maintains the 90.5 miles between Black Horse Gap and the Tye River. Correspondence should be sent to NBATC, P.O. Box 3012, Lynchburg, VA 24503; <[www.nbatc.org/trailinfo.html](http://www.nbatc.org/trailinfo.html)>.

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**Bobblets Gap Shelter** (1961)—Sleeps 6. Privy. Built by the USFS; the water source is a spring to the left of the shelter that is prone to go dry after prolonged rainless periods. Look farther downstream if the first source is dry.



**Va. 43/Bearwallow Gap**—**East**, then north 4.4 miles on the BRP to Peaks of Otter Area, (540) 586-1081, with lodge, restaurant. Campsites open May 20–Oct 30, \$16–19, (540) 586-7321, <[www.recreation.gov](http://www.recreation.gov)>.

**West** 5 miles on Va. 43 to **Buchanan, Va. [P.O. ZIP 24066: M–F 8:30–1 & 1:30–4:30, Sa 10–12; (540) 254-2178]**. ■ **Lodging:** Wattstull Motel & Restaurant, (540) 254-1551, <[www.wattstullinn.com](http://www.wattstullinn.com)>, is 2 miles north of town on I-81, rates \$65–\$75, Internet access, mail drops accepted at 130 Arcadia Rd., Buchanan, VA 24066. ■ **Internet access:** Buchanan Library. ■ **Other services:** bank with ATM, restaurants.

**Cove Mountain Shelter** (1981)—Sleeps 6. Privy. No convenient water source at this shelter. A steep, unmarked trail to left of the shelter leads 0.5 mile downhill to a stream.



**Va. 614/Jennings Creek**—Jennings Creek is a popular swimming hole for both hikers and local residents, with good tentsites in the woods beyond the bridge. **East** 0.2 mile to Va. 618, then 0.1 mile to the USFS Middle Creek Picnic Area with

covered picnic pavilions and well water; 1.1 miles farther on Va. 618 to **Camping:** Middle Creek Campground, (540) 254-2550, tentsites for 4 with shower \$26; cabins sleep 4–6, \$65 for 4, \$75 for 6; showers \$5, leashed dogs allowed. Campstore (short-term resupply), Coleman fuel, canister and denatured alcohol by the ounce, coin laundry; accepts packages sent to 1164 Middle Creek Rd., Buchanan, VA 24066; when available, shuttle to the A.T.

**West** 4.5 miles to Wattstull Motel & Restaurant (see Buchanan entry above).

**Bryant Ridge Shelter** (1992)—Sleeps 20. Privy. This trilevel, timber-frame shelter is one of the A.T.'s largest. Water source is a stream 25 yards in front of the shelter, also crossed on the trail to the shelter.

**Cornelius Creek Shelter** (1960)—Sleeps 6. Privy. A blue-blazed trail leads to the shelter, but just north of the turn-off is a branch of Cornelius Creek where you can find water. Water can also be found on the trail to the shelter. An unmarked trail behind the shelter leads 0.1 mile to a fire road and then left 0.2 mile to the BRP, where it is then 6 miles south to the Peaks of Otter Area.

**Apple Orchard Falls Trail**—Located 2.6 miles north of Cornelius Creek Shelter. When the water is high, these falls are impressive, making the 3-mile round-trip worth the effort.


**Apple Orchard Mountain**—When you reach the top, you will be at 4,225 feet. Once an Air Force radar base, the meadows were covered with barracks and support-service buildings for 250 people. On the northern side of the mountain, the A.T. leads you under The Guillotine—an impressively large boulder stuck over the Trail between rock formations. No camping is permitted on top of the mountain, the highest point on the A.T. between Chestnut Knob and Mt. Moosilauke in New Hampshire.

**Thunder Hill Shelter** (1962)—Sleeps 6. Privy. Water source is a walled-in spring south of the shelter, prone to go dry by late summer. A larger, reliable spring can be found by going south on the A.T. to the BRP. At the BRP, turn left, walk 0.3 mile to a gated road on the left; 500 feet down the gated road, where the road turns left, angle right to a spring basin.

**Matts Creek Shelter** (1961)—Sleeps 6. Privy. Several small swimming holes are nearby. The rocks you will find in this area are 500 million years old. Tentsites can be found

north 1.0 mile, where Matts Creek flows into the James River, with river views and the sound of trains across the river. Water source is Matts Creek, in front of the shelter.

**James River Foot Bridge**—This bridge, the longest foot-use-only bridge on the A.T., is dedicated to the memory of Bill Foot, a 1987 thru-hiker and ALDHA honorary life member (Trail-named “The Happy Feet” with his wife, Laurie) whose efforts in securing the existing piers, applying for grants, and gaining numerous agencies’ cooperation made the bridge a reality.

 **U.S. 501 & Va. 130/James River**—The two roads diverge at a fork east of the Trail crossing. On Va. 130, **East** 4.8 miles to **Camping**: Wildwood Campground, (434) 299-5228. Owners Terry and Dona Farmer provide tentsites \$20 per tent for up to 2 tents (hikers only), cabins \$60–\$80 for 4 adults, \$5EAP; camp store, showers for registered guests, laundry facilities, pool, and snack bar.

On U.S. 501, **East** 5.3 miles to **Big Island, Va.** [P.O. ZIP 24526: **M–F 8:30–12:30 & 1:30–4:30, Sa 8–10; (434) 299-5072**]. ■ **Groceries**: H&H Market, (434) 299-5153, open daily 5:15–9 (long-term resupply), short-order restaurant, B/L/D. ■ **Other services**: bank with ATM and medical center, (434) 299-5951.

**West** 6.0 miles to **Glasgow, Va.** [P.O. ZIP 24555: **M–F 8–11:30, 12:30–4:30, Sa 8:30–10:30; (540) 258-2852**]. ■ **Hostel**: Glasgow Hiker's Shelter, sleeps 6, shower and water, fire pit, on 9th St. in town. ■ **Groceries**: Glasgow Grocery Express (long-term resupply), open 6–11:30, has Coleman fuel by the ounce, denatured alcohol, and Heet. ■ **Restaurants**: Family's Inn Restaurant, (540) 258-1009; CC's Stop & Go, (540) 258-1900, deli and convenience store, M–Sa 6–11:30, Su 8–9, deli open M–Sa 10–7, Su 8–7. ■ **Internet access**: library, (540) 258-2509; M, Th 10–7; T, W 10–5:30, Sa 10–1. ■ **Other services**: Dollar General, coin laundry, doctor, bank with ATM. ■ **Shuttles**: Ken Wallace, (434) 609-2704, between Black Horse Gap and Tye River (May–mid-Oct), sometimes farther.



**Johns Hollow Shelter** (1961)—Sleeps 6. Privy. Water source is a spring to the left of the shelter or a stream to right 25 yards from the shelter.

**Bluff Mountain**—Site of a monument to four-year-old Ottie Cline Powell. In the fall of 1890, Ottie went into the woods to gather firewood for his schoolhouse and never returned. His body was found five months later on top of this mountain. NBATC members erected a permanent gravestone for his final resting place, seven miles from the monument.

**Punchbowl Shelter** (1961)—Sleeps 6. Privy. Some believe this shelter is haunted by Little Ottie's ghost. Tentsites nearby if the shelter is full, which it often is. Water source is a spring by a tree next to the pond drainage in front and to the left of the shelter. An alternative water source is a spring in the ravine north 0.4 mile, shortly after crossing the BRP.

**Brown Mountain Creek Valley**—Community of freed slaves lived here from the Civil War until about 1918; remains of cabins and interpretive signs tell of life in the valley then.

**Brown Mountain Creek Shelter** (1961)—Sleeps 6. Privy. Water source is a spring in front of, and uphill from, the shelter. In dry conditions, get water from Brown Mountain Creek, crossed on the side trail to the shelter.



**U.S. 60—West** 9.3 miles to **Buena Vista [P.O. ZIP 24416: M–F**

**8:30–4:30, closed Sa; (540) 261-8959]. ■ Lodging:** Buena Vista

Motel, (540) 261-2138, \$49–\$79; Budget Inn, (540) 261-2156, \$44.95S, \$54.95S/D, \$10EAP, pet fee (allowed in smoking rooms only), laundry, Subway restaurant in motel, WiFi, continental B on weekends, possible shuttle to and from the Trail. ■ **Camping:** Glen Maury Campground, (540) 261-7321, hiker specials, tentsites with shower, \$5+tax per tent, free shower without stay, pool \$2 for guests (closes mid-Aug). ■ **Groceries:** Food Lion (long-term resupply). ■ **Restaurants:** Todd's Barbeque; Alexander's Ice Cream, WiFi; Franks for the Memories, (540) 261-5553, L/D, WiFi, Trail angel, hot dogs, BBQ, wings, paninis, fresh soups, deli sandwiches, smoothies and more, live music on F; and several ethnic and fast-food options. ■ **Shuttles:** Rockbridge Taxi Service, (540) 261-7733, provides local shuttles, \$2 per mile, farther distances with advance notice. Trail-angel network being developed for rides and support; call Uncorked wine shop, (540) 261-9463, for info, M–F 10–6, Sa 11–6. ■ **Other services:** Regional Visitors Center, (540) 261-8004; library with Internet access; Bald Bear Outdoors, (540) 261-1029, limited supplies; coin laundry; banks with ATM; hardware store; doctor; dentist; pharmacy; and veterinarian. ■ **Other attractions:** The annual Maury River Fiddlers Convention, popular with hikers, will be held at Glen Maury Park, the third weekend in Jun; Beach Music Festival, last Sa in Jul; annual Mountain Day street festival, second Sa in Oct.

**West** 15 miles to **Lexington [P.O. ZIP 24450: M–F 9–5, Sa 10–12; (540) 463-6449].** A large town with groceries, motels, doctors, vets. **Outfitter:** Walkabout Outfitter, (540) 464-HIKE, 15 W. Washington St., M–F 10–5:30, Sa 10–5, Su 11:30–3:30, owned by Kirk Miller (Flying Monkey '99), full-service outfitter, only MSR canisters.



**Cow Camp Gap Shelter** (1986)—Sleeps 8. Privy. Water source is on blue-blazed trail to the left of the shelter; if you have crossed a small stream, you missed the spring.

**Cold Mountain**—Bald Knob, south of Cold Mountain, isn't a bald, but Cold Mountain and Tar Jacket Ridge are. A mowing project was undertaken by NBATC and the Forest Service to preserve the open views and habitat for northern cottontail rabbits, various raptors, turkey, and grouse.

**Seeley-Woodworth Shelter** (1984)—Sleeps 8. Privy. Continue 0.1 mile farther on blue-blaze to a piped spring.

**Porters Field**—West to a spring and campsite 300 feet down the second of two dirt roads.



**Spy Rock Road**—This “road”—formerly known as Fish Hatchery Road—is a gated, one-lane dirt road with no traffic. **West** 1.5 miles to the fish hatchery, 0.7 mile farther to **Montebello, Va. [P.O. ZIP 24464: M–F 8–1 & 1:30–4:30, Sa 9–12; (540) 377-9218; on possible closure list; call first]**, on Va. 56. Turn left, and reach town in 0.3 mile, with post office, grocery store, and campground. **Lodging:** Montebello Camping and Fishing, (540) 377-2650, <www.montebellova.com>, special thru-hiker-rate tentsites with shower \$10S, \$3EAP, furnished efficiency cabin \$90–\$165, bed-only camping cabin \$50–\$60, shower, laundry, long-term resupply, denatured alcohol, other fuels, leashed dogs allowed, mail drops accepted at 15702 Crabtree Falls Hwy., Montebello, VA 24464; Dutch Haus B&B, owners Earl and Lois Arnold, (540) 377-2119, check registers for dates and call ahead from top of Spy Rock Rd. for pick-up at bottom gate \$30PP, free L to thru-hikers, D extra, fuel by the ounce, credit cards accepted, laundry, shuttle, Internet access, holds mail drops sent to 655 Fork Mountain Ln., Montebello, VA 24464.



**Crabtree Farm Road**—**West** 0.5 mile to campsite and spring; 2 miles farther on the Crabtree Falls Trail to Crabtree Falls, one of the highest cascades in the East.

**The Priest Shelter** (1960)—Sleeps 8. Privy. Named for the massif dominating the area; near a busy access for backpackers and often full. Water source is a spring to left of the shelter.

**Va. 56/Tye River**—**West** 3.9 miles to **Camping:** Crabtree Falls Campground (short-term resupply), (540) 377-2066, <www.crabtreefallscampground.com>, <cfcg@ceva.net>. Go west 0.5 mile on Crabtree Farm Road to Crabtree Meadows parking area, then down Crabtree Falls Trail 2.9 miles to Va. 56, then east 0.5 mile to the campground. The campground offers tentsites with shower \$25D, cabins \$50D; M–Th 9–6, F–Sa 9–10, Su 9–2, no

charge for shower without stay. Campground accepts packages for guests mailed to 11039 Crabtree Falls Hwy., Tyro, VA 22976; packages accepted are limited to shoebox size. River crossing is 0.1 mile north of Va. 56.

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**Tidewater Appalachian Trail Club**—TATC maintains the 10.6 miles between the Tye River and Reeds Gap. Correspondence should be sent to P.O. Box 8246, Norfolk, VA 23503; <president@tidewateratc.com>; <www.tidewateratc.com>.

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**Mau-Har Trail**—Traversing an area rich in waterfalls and good swimming holes, this steep, 3-mile blue-blaze connects with the A.T. at Maupin Field Shelter. It's shorter, but harder, than the white-blazed route.

**Harpers Creek Shelter** (1960)—Sleeps 6. Privy. Designated low-impact tentsites, which campers are requested to use. Water source is Harpers Creek, in front of the shelter. In extreme droughts, go upstream, and find water in the spring-fed ponds.

**Maupin Field Shelter** (1960)—Sleeps 6. Privy. Designated low-impact tentsites, which campers are requested to use. The Mau-Har Trail begins behind the shelter and rejoins the A.T. 3 miles south. Water source is a dependable spring behind the shelter.

**Fire Road to Blue Ridge Parkway**— From Maupin Field Shelter, turn left on fire road (just north of shelter), 1.2 miles to BRP.

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**Old Dominion Appalachian Trail Club**—ODATC maintains the 19.1 miles between Reeds Gap and Rockfish Gap. Correspondence should be sent to P.O. Box 25283, Richmond, VA 23260; <odatcpresident@gmail.com>; <www.odatc.net>.

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**Humpback Rocks**—The Trail circumvents the rocks, but, if you are seeking a bouldering opportunity, they may still be reached by a short, blue-blazed side trail.

**Paul C. Wolfe Shelter** (1991)—Sleeps 10. Privy. Built by ODATC, this shelter has windows and a porch cooking area. Tentsites available. Water source is Mill Creek, located 50 yards in front of the shelter.

**Paul Wolfe Shelter to Rockfish Gap**—The Trail passes remnants of a cabin, cemetery, and rock piles, all evocative of settlement by early mountain folks.

# Virginia—Part 3

## (Shenandoah National Park)

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,328.6	U.S. 250, I-64, Rockfish Gap <b>Waynesboro, VA 22980</b>	R, L, M (W–1m L; 4.5m PO, H, C, G, L, M, O, D, V, cl, sh, f, @)	1,902	857.3
1,328.5	I-64 overpass	R	1,902	857.4
1,328.3	Skyline Drive mp 105.2	R	1,902	857.6
1,327.8	SNP kiosk for camping permits self-registration; park entrance station	Kiosk on trail (W–0.2m R)	2,200	858.1
1,324.9	Skyline Drive mp 102.1; McCormick Gap	R	3,450	861.0
1,323.6	Bear Den Mtn		2,885	862.3
1,323.1	Skyline Drive mp 99.5; Beagle Gap	R	2,550	862.8
1,320.9	<b>Calf Mtn Shelter</b> ... <i>13mS; 13.5mN</i>	W–0.3m S, w	2,700	865.0
1,320.3	Spring	w	2,200	865.6
1,319.9	Skyline Drive mp 96.9; SNP southern boundary; Jarman Gap	R	2,250	866.0
1,319.7	Spring	w	2,150	866.2
1,318.1	Skyline Drive mp 95.3; Sawmill Run Overlook	R	2,200	867.8
1,316.5	Skyline Drive mp 94.1; Turk Gap	R	2,600	869.4
1,314.5	Skyline Drive mp 92.4	R	3,100	871.4
1,310.4	Skyline Drive mp 88.9	R	2,350	875.5
1,308.6	Skyline Drive mp 87.4; Blackrock Gap	R	2,321	877.3
1,308.4	Skyline Drive mp 87.2	R	2,700	877.5
1,307.9	<b>Blackrock Hut</b> ... <i>13.5mS; 13.5mN</i>	E–0.2m S, w	2,645	878.0
1,307.3	Blackrock		3,100	878.6
1,306.3	Skyline Drive mp 84.3	R	2,800	879.6

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,304.8	Skyline Drive mp 82.9; Browns Gap	R	2,600	881.1
1,303.9	Skyline Drive mp 82.2	R	2,800	882.0
1,303.5	Skyline Drive mp 81.9; Doyles River Parking Overlook	R	2,800	882.4
1,302.6	Skyline Drive mp 81.1; Doyles River Cabin (locked)	R (E–0.3m w)	2,900	883.3
1,300.5	+Loft Mtn Campground	W–0.2m C, G, cl, sh; 1.2m M	3,300	885.4
1,299.4	Frazier Discovery Trail to Loft Mtn Wayside	W–0.6m R, M	2,950	886.5
1,298.7	Loft Mtn		3,200	887.2
1,298.4	Spring	W–0.1m w	2,950	887.5
1,296.3	Skyline Drive mp 77.5; Ivy Creek Overlook	R	2,800	889.6
1,294.7	<b>Pinefield Hut</b> ... <i>13.5mS; 8.4mN</i>	E–0.1m S, C, w	2,430	891.2
1,294.5	Skyline Drive mp 75.2; Pinefield Gap	R	2,590	891.4
1,292.6	Skyline Drive mp 73.2; Simmons Gap	R (E–0.2m w)	2,250	893.3
1,289.3	Skyline Drive mp 69.9; Powell Gap	R	2,294	896.6
1,288.9	Little Roundtop Mtn		2,700	897.0
1,287.7	Skyline Drive mp 68.6; Smith Roach Gap	R	2,600	898.2
1,286.5	<b>Hightop Hut</b> ... <i>8.4mS; 12.6mN</i>	W–0.1m S; 0.2m C, w	3,175	899.4
1,286.0	Spring	w	3,450	899.9
1,285.9	Hightop Mtn		3,587	900.0
1,284.4	Skyline Drive mp 66.7	R	2,650	901.5
1,283.1	Skyline Drive mp 65.5; Swift Run Gap, U.S. 33 <b>Elkton, VA 22827</b>	R (W–2.9m L; 3.2m C, L, G, M, cl; 7.5m PO, G, M)	2,367	902.8
1,280.1	South River Picnic Grounds	W–0.1m w	3,200	905.8
1,276.8	Pocosin Cabin (locked)	W–0.1m w	3,150	909.1
1,276.5	Spring	w	3,100	909.4
1,274.8	Skyline Drive mp 57.6; +Lewis Mtn Campground/Cabins	R (W–0.1m C, L, G, cl, sh)	3,500	911.1



Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,274.1	<b>Bearfence Mtn Hut...</b> <i>12.6mS; 11.8mN</i>	E–0.1m S, C, w	3,110	911.8
1,271.5	Skyline Drive mp 55.1; Bootens Gap	R	3,243	914.4
1,270.6	Hazeltop		3,812	915.3
1,268.7	Skyline Drive mp 52.8; Milam Gap	R	3,300	917.2
1,267.8	Spring	w	3,380	918.1
1,267.0	Big Meadows Wayside; Harry F. Bird, Sr., Visitor Ctr	R, w (E–0.4m G, M)	3,390	918.9
1,266.1	Big Meadows Lodge; +Big Meadows Campground	E–0.1m C, L, M, cl, sh, @; 0.9m G, M	3,500	919.8
1,265.5	David Spring	w	3,490	920.4
1,264.5	Skyline Drive mp 49.3; Fishers Gap	R	3,050	921.4
1,262.6	<b>Rock Spring Hut and (locked) Cabin...</b> <i>11.8mS; 11.1mN</i>	W–0.2m S, C, w	3,465	923.3
1,262.3	Trail to Hawksbill Mtn, Byrd's Nest #2 Picnic Shelter	E–0.9m	3,600	923.6
1,261.3	Skyline Drive mp 45.6; Hawksbill Gap	R	3,361	924.6
1,260.9	Skyline Drive mp 44.4; trail to Crescent Rock Overlook		3,450	925.0
1,258.8	Skyland Service Rd (south—horse stables)	R	3,550	927.1
1,258.0	Skyland Service Rd (north—best access to Skyland)	R (W–0.2m M, L)	3,790	927.9
1,257.6	Trail to Stony Man Summit		3,837	928.3
1,256.0	Skyline Drive mp 38.6; Hughes River Gap; trail to Stony Man Mtn Overlook	R, w	3,097	929.9
1,253.8	Skyline Drive mp 36.7; Pinnacles Picnic Ground	R, w	3,390	932.1
1,253.7	Skyline Drive mp 36.4; Trail to Jewell Hollow Overlook	R	3,350	932.2
1,252.7	The Pinnacle		3,730	933.2
1,251.7	<b>Byrds Nest #3 Shelter...</b> <i>11.1mS; 4.6mN</i>	E–0.3m C, S, w	3,290	934.2
1,251.0	Meadow Spring	E–0.3m w	3,100	934.9
1,250.4	Marys Rock		3,514	935.5

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,248.5	Skyline Drive mp 31.5; Thorton Gap, U.S. 211 <b>Luray, VA 22835</b>	R (W–0.1m w; 4.6m L, M; 5.6m C, G, cl; 8m PO, L, M, G, O, D, V, cl, @)	2,307	937.4
1,247.3	<b>Pass Mtn Hut...4.6mS; 13.5mN</b>	E–0.2m S, w	2,690	938.6
1,246.5	Pass Mtn		3,052	939.4
1,245.4	Skyline Drive mp 28.6; Beahms Gap	R	2,490	940.5
1,245.1	Skyline Drive mp 28.5	R	2,490	940.8
1,245.0	Byrds Nest #4 Picnic Shelter	E–0.5m	2,600	940.9
1,240.4	Spring	w	2,600	945.5
1,239.9	Skyline Drive mp 23.9; Elkwallow Gap; Elkwallow Wayside	R (E–0.1m G, M)	2,480	946.0
1,239.1	Range View Cabin (locked)	E–0.1m w	2,950	946.8
1,238.4	Skyline Drive mp 21.9; Rattlesnake Point Overlook	R	3,100	947.5
1,237.8	Tuscarora Trail (southern terminus) to +Matthews Arm Campground	W–0.7m C	3,400	948.1
1,237.4	Skyline Drive mp 21.1	R	3,350	948.5
1,237.2	Hogback Third Peak		3,400	948.7
1,237.1	Skyline Drive mp 20.8	R	3,350	948.8
1,236.9	Hogback Second Peak		3,475	949.0
1,236.7	Spring	E–0.2m w	3,250	949.2
1,236.6	Hogback First Peak		3,390	949.3
1,235.9	Skyline Drive mp 19.7; Little Hogback Overlook	R	3,000	950.0
1,235.8	Little Hogback Mtn		3,050	950.1
1,235.3	Skyline Drive mp 18.9	R	2,850	950.6
1,234.2	<b>Gravel Springs Hut...13.5mS; 10.7mN</b>	E–0.2m S, C, w	2,480	951.7
1,234.0	Skyline Drive mp 17.7; Gravel Springs Gap	R	2,666	951.9
1,232.9	South Marshall Mtn		3,212	953.0
1,232.4	Skyline Drive mp 15.9	R	3,050	953.5

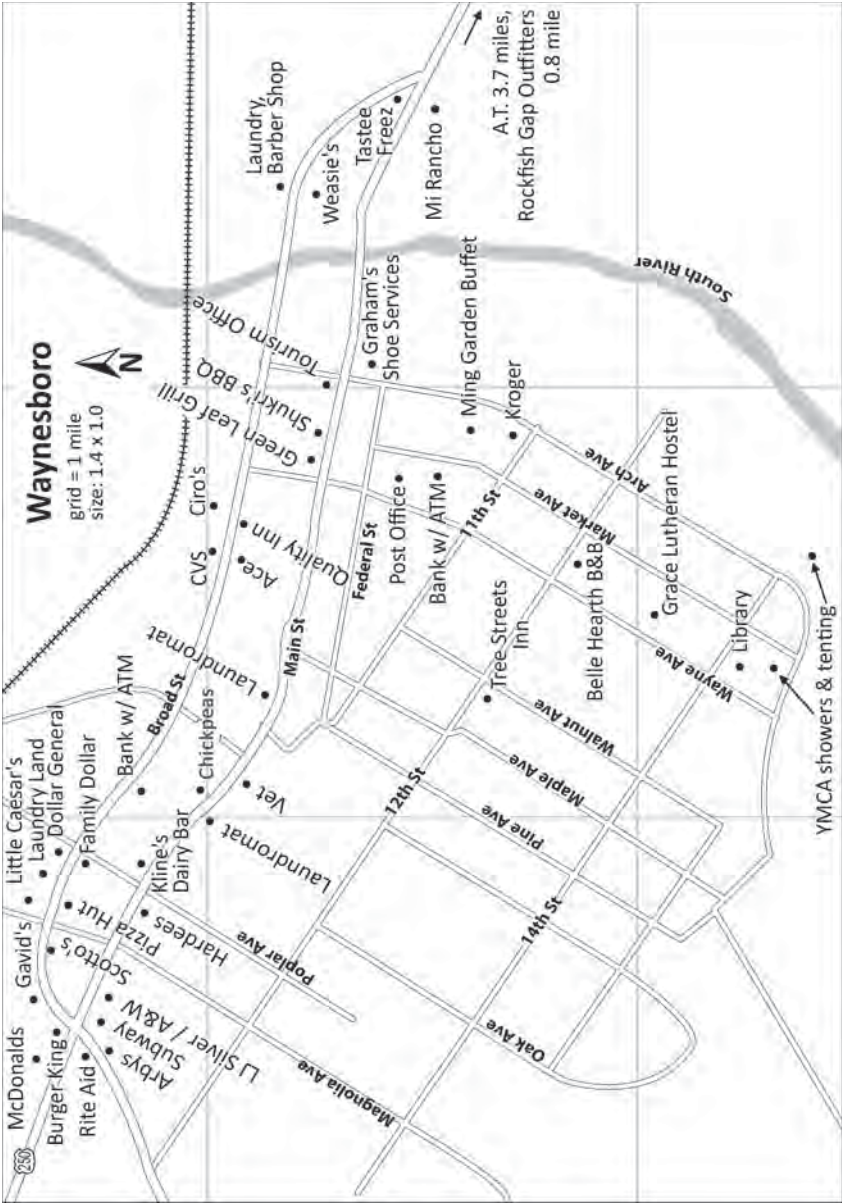
Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,231.7	North Marshall Mtn		3,368	954.2
1,230.8	Hogwallow Spring	w	2,950	955.1
1,230.2	Skyline Drive mp 14.2; Hogwallow Gap	R	2,739	955.7
1,228.5	Skyline Drive mp 12.3; Jenkins Gap	R	2,400	957.4
1,227.6	Compton Springs	w	2,700	958.3
1,227.2	Compton Peak		2,909	958.7
1,226.4	Skyline Drive mp 10.4; Compton Gap	R	2,550	959.5
1,226.1	Indian Run Spring	E—0.3m w	2,350	959.8
1,224.6	Compton Gap Fire Rd, Compton Gap Trail	N—0.5m H, sh, f, M	2,350	961.3
1,224.5	SNP kiosk for camping permits self-registration			961.4
1,224.4	SNP northern boundary, Possums Rest Overlook		2,300	961.5
1,223.7	<b>Tom Floyd Wayside</b> ...10.7mS; 8.1mN	S	1,900	962.2
1,222.7	Northern Virginia 4-H Swimming Pool	W—0.3m	1,350	963.2
1,222.2	Va. 602	R	1,150	963.7
1,220.8	U.S. 522 <b>Front Royal, VA 22630</b>	R (W—3.2m G, L, M, O, cl, f, @; 4.2m PO, M, D, @)	950	965.1

+Fee charged, mp=milepost

Shenandoah National Park, with 96 miles of well-graded Appalachian Trail, is memorable for its many vistas and abundant wildlife. Skyline Drive, which you will cross 28 times, has many waysides and concessions for resupply stops. *Backcountry permits are required when camping in the park.*



**U.S. 250, I-64/Rockfish Gap**—Where the A.T. crosses U.S. 250, it is **West** 500 yards to the Rockfish Gap Visitors Center (on the hill next to the Inn at Afton), (540) 943-5187. Open daily 9–5, it offers an information packet on the area, created specifically for hikers, that notes volunteers provide free shuttles between Rockfish Gap and downtown. (See list at the visitors center, YMCA, and various other locations.) If closed, packets are in box near door and pay phone, or you can download it from <www.visit-



waynesboro.net/outdoors-your-way/appalachian-trail>; click on “hiking guide.”

■ **Lodging:** Inn at Afton, (540) 942-5201, above and behind the visitors' center, \$40 hiker rate, B/L/D, pool, pets allowed, vehicles may be parked in lot; leave name, vehicle information, and date of return with desk staff.

**West** 1 mile to **Lodging:** Colony House Motel, (540) 942-4156, hiker rate \$48.80 incl. tax., pets \$10, pool, laundry, can shuttle back to Trail if asked and available.

**West** 4.5 miles to **Waynesboro, Va. [P.O. ZIP 22980: M–F 9–5, closed**

**Sa (hikers have gotten mail by knocking on the back door); (540) 942-7320]**, a large, hiker-friendly town with most services; <www.visit-waynesboro.net>.

■ **Hostel:** Grace Evangelical Lutheran Church, 500 South Wayne Ave., open May 21–Jun 24, closed Su nights, check-in 5–9 p.m., check-out 9 a.m, but will store packs for those staying another night. Lounge with big-screen TV, a/c, Internet, showers, cots, kitchen, snacks, and continental breakfast. Members of the congregation host a Th night supper for hikers (max. 15) followed by an optional vespers service. No pets, drugs, smoking, alcohol, firearms, foul language. Maximum 15 hikers; 2-night limit. Donations accepted. Hiker Fest is Jun 15. ■ **Camping:** Waynesboro Family YMCA, (540) 942-5107, on South Wayne Ave., offers tentsites on a grassy area at the foot of 14th St. near the South River. Check-in at desk M–F 5:15 a.m.–10 p.m., Sa 8–5, Su 1–5. Although not officially a hostel, the YMCA offers showers, restroom, gym, and pay phone; donations appreciated. ■ **Lodging:** Quality Inn, (540) 942-1171, \$53.59S, \$59.59D, \$5EAP, pets in smoking rooms only \$10; Tree Streets Inn B&B, (540) 949-4484, \$75S/D includes B, pool, no pets, shuttle from/to Rockfish Gap, mail drops accepted for guests sent to 421 Walnut Ave. ■ **Groceries:** Kroger (long-term resupply). ■ **Restaurants:** Ming Garden, AYCE L/D; Gavid's Steaks; Scotto's Italian; Ciro's Pizza; Pizza Hut, AYCE L; Chickpeas; Stone Stone; Stella, Bella & Lucy Café; Shukis BBQ; Weasie's Kitchen, B/L/D with AYCE pancake B anytime, open M–Sa 5:30 a.m.–8 p.m., Su 7–2; Greenleaf Grill; many fast-food outlets. ■ **Outfitter:** Rockfish Gap Outfitters, (540) 943-1461, located on U.S. 250 on the way to town; fuel by the ounce, backpacking gear, ATC publications, large footwear selection, minor gear repairs, and warranty assistance. ■ **Internet access:** Waynesboro Public Library, M–F 9–9, Sa 9–5; Learning Tree, 421 W. Main St., during normal business hours; Grace Church during times of hostel operation (see above). ■ **Other services:** cobbler, coin laundry, pharmacy, ATM, doctor, dentist, veterinarian, barber, massages, Western Union, one-hour photo service, and Aquablaze Solutions (434-989-0571, <www.aquablazesolutions.com>). More motels, restaurants, and groceries are 2 miles south on U.S. 340 (Rosser Ave.) at I-64.



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**Potomac Appalachian Trail Club**—PATC maintains the 240.4 miles between Rockfish Gap and Pine Grove Furnace State Park in Pennsylvania. Send correspondence to PATC, 118 Park St. SE, Vienna, VA 22180; (703) 242-0693; <www.patc.net>; <info@patc.net>.

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**Shenandoah National Park**—Although the SNP presents some significant ascents and descents, hikers generally will find the Trail within the park well-graded.

*Park history*—In 1926, Congress authorized the creation of the Shenandoah and Great Smoky Mountains national parks. Unlike western parks, most of today's Shenandoah parkland was privately owned; the Blue Ridge here had been dotted with communities and isolated groups of settlers since the 1750s. Areas had long been farmed and grazed. Out-of-state corporations had exploited some areas for timber and mineral ores. Three resorts provided Victorian-era vacationers with cool mountain breezes and recreation.

By the 1910s, conditions were changing. A blight killing American chestnut trees, some 30–40 percent of the Appalachian forest, had destroyed not only large swaths of the forest but a way of life for many. Those trees provided nuts that were shipped by railroad to cities, providing mountain families with cash income. The chestnut was strong, straight, and rot-resistant, and its wood was valuable for fence posts, railroad ties, roof shingles, siding boards, and general lumber that residents used and sold in the Shenandoah Valley and the Piedmont.

In 1927, Virginia authorized condemnation of all private property within the boundary of the proposed park. More than 4,000 tracts were surveyed, and 1,081 were purchased and given to the federal government, uprooting most of the 465 families who lived on the land. Virginia resettled the majority and evicted those unwilling to move. Approximately 45 elderly residents were allowed to spend their last years in their homes.

In 1931, four years before Shenandoah was established, construction of Skyline Drive began. First built as a second entrance to President Herbert Hoover's summer White House, Rapidan Camp, the road was only to go from the camp to Skyland. State leaders successfully lobbied for congressional appropriations to extend the highway north to Thornton Gap (U.S. 211), on to Front Royal, and then south to Rockfish Gap. But, until the park was established in December 1935, Skyline Drive existed only as a 100-foot right-of-way within privately held land that basically coincided with the route of the A.T. In 1933, President Franklin D. Roosevelt's CCC "boys" established camps along the route and built many of the facilities, overlooks, rock walls, and gutters seen there today. They planted hundreds of thousands of trees and shrubs, creating the landscape that draws millions of visitors to the park, and built a new route for the A.T. ATC Chair Myron Avery's acceptance of this disruption, after years of simmering disagreements,

produced an open schism between the organization's leadership and founder Benton MacKaye and his allies in New York and New England.

Today, 95 percent reforested, the park is home to wild turkey, white-tailed deer, black bears, and shelter mice. Hundreds of migrating birds and butterflies summer or stop over in this central Appalachian biome. Nearly one million visitors a year come to watch wildlife, get back to nature, view the Shenandoah Valley to the west and the foothills to the east, or visit land on which their ancestors lived.

*Ranger Programs*—From Memorial Day through Oct, rangers present a variety of organized hikes, programs, and participatory events highlighting the natural and human history of the park. The SNP visitors' guide, available at entrance stations and visitors centers, outlines the seasonal schedule.

*Forest Damage*—Hurricane Isabel (2003) and fires before it damaged thousands of acres. Coupled with the floods, Tropical Storm Fran in 1996, a severe ice storm in 1998 and 2006, a 2012 derecho, and gypsy-moth and woolly adelgid infestations, the park has been hit hard in recent years. Be mindful of trees and branches that have been weakened by those events and could still fall.

*Fee*—Hikers entering the park *via* the A.T. are not charged a fee; hikers entering at other trailheads in SNP may incur one. During the spring (mid-Feb to mid-Apr), the park occasionally conducts prescribed burns along the A.T. to manage vegetation. During burns, a hut may be closed up to 3 days. Check the ATC or park Web sites or ask at any NPS station for current information.

*Backcountry Permits*—While there is no charge for permits, they are required of all thru-hikers and overnight backcountry travelers. Backcountry self-registration kiosks are located on the A.T. near the north and south boundaries of SNP. If you fail to register or can't show proof of registration when rangers ask for it, they may issue a citation or fine. Permits may also be obtained at Skyline Drive entrance stations and park visitors centers when they are open. A permit can be acquired in advance by calling (540) 999-3500, M–F 8–4. Be familiar with the regulations, have your exact itinerary ready, and allow 5–7 business days for the permit to be mailed. Write to: Superintendent, ATTN: Backcountry Camping Permit, 3655 U.S. Hwy. 211 East, Luray, VA 22835. See also <[www.nps.gov/shen/planyourvisit/camcbc\\_regs.htm](http://www.nps.gov/shen/planyourvisit/camcbc_regs.htm)>.

*Backcountry Accommodations*—Two types of three-sided structures are near the A.T.—day-use (called “shelters”) and overnight-use (called “huts”). Camping at or

near the day-use shelters is prohibited. Huts are available to long-distance hikers (those having an itinerary of at least three consecutive nights) on a first-come, first-served basis. Tenting at huts is permitted in designated campsites marked with a post and a tenting symbol; all huts within the park have campsites available. The PATC also operates several locked cabins within the park that require advance reservations and other arrangements. Contact PATC for details.

### *Backcountry Regulations*

- Campfires are prohibited in SNP, except at the commercial campgrounds and established fireplaces at shelters, huts, and cabins. Use a backpacking stove.
- Camping is prohibited within 10 yards of a stream or other natural water source; within 20 yards of a park trail or unpaved fire road; within 50 yards of culturally historic sites, other campers, or no-camping signs; within 100 yards of a hut, cabin, or day-use shelter (except designated sites); within 0.25 mile of a paved road, park boundary, picnic area, visitors center, or commercial facility. Several zones have been designated “noncamping areas,” including Limberlost, Hawksbill Summit, Whiteoak Canyon, Old Rag summit, Big Meadows clearing, and Rapidan Camp.
- Camping is permitted almost everywhere else. New regulations encourage hikers to seek “preexisting campsites” in legal locations that show signs of use and are not posted with no-camping signs. Camping at those sites is limited to two consecutive nights. If necessary, dispersed camping at undisturbed sites is permissible, but they must be left in pristine condition; use such sites only one night.
- Maximum group size is 10 people.
- Food must be stored so that wildlife cannot get it—hang food from a tree branch at least ten feet from the ground and four feet away from a tree’s trunk. Alternatively, overnight huts feature food-storage poles, which are to be used instead of the familiar “mouse hangers.” Park-approved, bear-resistant food-storage canisters are also permissible.
- Solid human waste should be buried in accordance with Leave No Trace ethics, under 6 inches of soil, more than 200 feet from trails, water sources, or roads.
- Carry out all trash from the backcountry, and dispose of it properly.
- Glass containers are discouraged.
- Pets must be leashed at all times and are prohibited on certain side trails.

*Commercial Facilities*—Campgrounds, restaurants, lodges, waysides, and small stores are normally open spring through fall and are located strategically near the



A.T. and Skyline Drive. Long-distance hikers may be able to save pack weight by resupplying or taking meals at these facilities. Call the park for the precise dates and times of operation. More details can be found at <[www.visitshenandoah.com](http://www.visitshenandoah.com)>. Campground reservations: (877) 444-6777 or <[www.recreation.gov](http://www.recreation.gov)>. Site rates range from \$17 to \$20.

**Calf Mountain Shelter** (1984)—Sleeps 6. Privy. Featuring two skylights, this shelter is not a part of the SNP hut system, so SNP rules don't apply here. Water source is a piped spring on the access trail to the shelter. From here to Blackrock Hut, the A.T. usually is without reliable water sources; plan accordingly.

**Blackrock Hut** (1941)—Sleeps 6. Privy. Designated tentsites nearby. Water source is a piped spring 10 yards in front of the shelter.

**Loft Mountain Campground**—Open mid-May to late Oct. The A.T. skirts the campground, but several short side trails lead to campsites and the camp store (short-term resupply). Campsites \$16, subject to change; showers \$1, laundry, restroom, and soda machine. Loft Mountain Wayside and Grill serves B/L/D, short-order menu, soda machine. From the camp store, follow the paved road 1.0 mile downhill to Skyline Drive or continue north on the A.T. 0.9 mile and take the Frazier Discovery Trail 0.5 mile west (steep descent) to Skyline Drive.

**Pinefield Hut** (1940)—Sleeps 6. Mouldering privy. Designated tentsites nearby. Water source is a spring behind the shelter 50 yards that tends to fail during dry seasons. Northbounders can get water from Ivy Creek or Loft Mountain Campground; southbounders, an outdoor spigot at the Simmons Gap ranger station.

**Simmons Gap**—Simmons Gap ranger station is down the paved road 0.2 mile east from where the A.T. crosses Skyline Drive. Frost-free pump.

**Hightop Hut** (1939)—Sleeps 6. Mouldering privy. Designated campsites nearby. Water source is a usually reliable piped spring 0.1 mile from the shelter on a side trail. An alternative water source is a boxed spring 0.5 mile north on the Trail.



**U.S.33/Swift Run Gap/Spotswood Trail**—West from Skyline Drive to pay phone, water. Backcountry self-registration station located at SNP entrance station, north of U.S. 33 bridge.

**On U.S. 33**—West 2.9 miles to **Lodging**: Country View Motel, (540) 298-0025, \$50,

no pet fee, shuttle possible back to Trail and Elkton, mail drops accepted for guests sent to 19974 Spotswood Trail, Elkton, VA 22827; Misty Mountain Motel, (540) 298-9771, \$43–\$53 1–4 people, no pets, all rooms nonsmoking.

**West** 3.2 miles to ■ **Camping:** Swift Run Camping, (540) 298-8086, \$20 campsite, laundry, pool, and snack bar. ■ **Groceries:** Bear Mountain Grocery, with a deli, daily 6–9.

**West** 7.5 miles to **Elkton, Va. [P.O. ZIP 22827: M–F 8:30–4:30, Sa 9–11; (540) 298-7772].** ■ **Groceries:** Food Lion, O'Dell's Grocery (both long-term resupply). ■ **Restaurants:** several fast-food places. ■ **Other services:** pharmacy, bank, and ATM.

**South River Parking Area**—Water, picnic benches, restrooms with sinks.



**Lewis Mountain Campground and Cabins**—(540) 999-2255. Open early Apr to Nov; reservations, (800) 999-4714. The A.T. passes in sight of the campground, and several short side trails lead to campsites and the camp store. Campsites \$16; hiker special only for cabins available *via* <www.visitshenandoah.com/mvs> or by calling (877) 778-2871 (press option 2, and ask for code SHMVS). *Campground sites are not on the reservation system.* Lewis Mountain Camp Store (short-term resupply), open 9–7 in summer. Showers \$1, laundry, restroom, soda machine, and pay phone.

**Bearfence Mountain Hut** (1940)—Sleeps 6. Privy. Designated tentsites nearby. Located on a blue-blazed trail off a fire road. Water source is a piped spring in front of the shelter; prone to fail during even moderately dry spells.



**Big Meadows Lodge, Campground, and Wayside**—The A.T. passes within sight of the campground, and short side trails lead to the lodge, which also houses a restaurant and tap room and has Internet access. ■ **Lodging:** hiker special (includes B, taxes, B gratuity) available *via* <www.visitshenandoah.com/mvs> or by calling (877) 778-2871 (press option 2, and ask for code SHMVS); rooms available in main lodge; also cabins, suites, and motel-type accommodations. A few pet-friendly rooms. Reservations required. Lodging and restaurant open late May–late Oct. ■ **Camping:** Open early Apr–late Nov, campsites \$20, reservations recommended. Walk-ins are possible, but the campground is often full; (800) 365-CAMP (use SHEN designator); showers \$1, laundry. ■ **Restaurant:** Dining room open daily for L/D; tap room, with nightly entertainment and light fare, open daily from late afternoon to late evening. From the lodge, follow the paved entrance road 0.9 mile to Big Meadows Wayside and Grill, B/L/D, open late Mar–late Nov, with short-order menu. ■ **Groceries:** Wayside has a good selection (short-term resupply)

and camping supplies, and soda machine. Next door is the Harry F. Byrd, Sr., Visitors Center, with exhibits and videos on the history of the area.

**Rock Spring Hut** (1940, updated 1980)—former Shaver Hollow Shelter, moved and rebuilt by PATC with chestnut logs from original CCC shelters. Sleeps 8. Privy. Designated tentsites nearby. Located on 0.2-mile blue-blazed trail. Water source, down a steep trail in front of the hut, flows from beneath a rock.



**Skyland Service Road/Skyland**—Skyland was originally a 19th-century mountain summer resort owned by A.T. pioneer George Freeman Pollock, who pushed hard to evict surrounding small landholders and create a national park and then, ironically, was forced to sell and give up management of the resort. Cross the road at the stables, and follow the A.T. north, passing a water tank on your right and the junction marked by a concrete post, which points to Skyland and dining room.

**West** 0.2 mile to ■ **Lodging:** Skyland, (800) 999-4714, late Mar–late Nov; hiker special (includes B, taxes) available *via* <[www.visitshenandoah.com/mvs](http://www.visitshenandoah.com/mvs)> or by calling (877) 778-2871 (press option 2, and ask for code SHMVS); also motel-type accommodations and suites, reservations required. A few pet-friendly rooms. ■ **Restaurant:** Pollock Dining Room serves B/L/D; limited hours. Tap room, light fare, nightly entertainment.

**Pinnacles Picnic Area**—Restrooms, covered area, picnic tables, fireplaces. Uphill from picnic pavilion is a frost-free pump for year-round water.

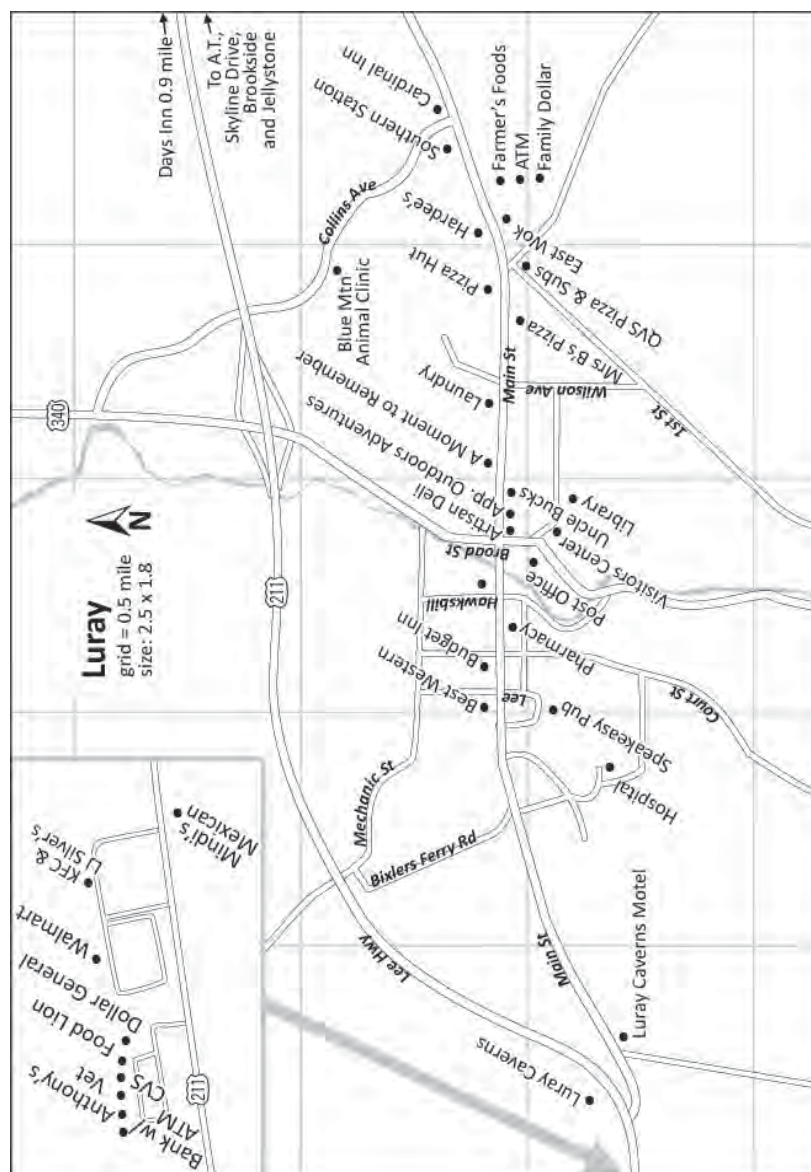
**Byrds Nest #3 Hut**—A picnic shelter converted to overnight use in the fall of 2008; sleeps 8. Mouldering privy. A spring is 0.3 mile east, down the fire road.



**U.S. 211/Thornton Gap/Panorama**—A short side trail, on the southern side of Thornton Gap, leads to Panorama area. The restaurant and backcountry-permit office were torn down in 2008; new restrooms, water source, pay phone, and a parking area have been installed at “east” end of lot. Park entrance station is north of U.S. 211, east of where the Trail crosses Skyline Drive, with water. *Until further notice, treat or boil water from both those locations due to contamination.*

**On U.S. 211—West** 4.6 miles to **Lodging:** Brookside Cabins, (540) 743-5698, luxury cabins \$85–\$195; full-menu restaurant featuring home-style foods and daily AYCE L/D buffet, weekend B buffet, open 8–8 (summer until 9). Closed early Dec–Mar.

**West** 5.6 miles to ■ **Lodging:** Days Inn, (540) 743-4521, \$79–\$229, pets \$10/night. ■ **Camping:** Yogi Bear’s Jellystone Park, (540) 743-4002, <[www.campluray.com](http://www.campluray.com)>.



tentsites \$37–\$59, cabins \$55–\$190, two-night minimum on weekends, campstore (short-term resupply), pool, pay phone, laundry, pets allowed (free) only at sites.

**West** 8.0 miles to the town of **Luray, Va. [P.O. ZIP 22835: M–F 8:30–4:30, closed Sa; (540) 743-2100]**. Luray–Page County Chamber of Commerce, <www.luraypage.com>, 18 Campbell St., (540) 743-3915, M–Sa 9–5, Su 12–4. ■ **Lodging:** Best Value Cardinal Inn, (888) 648-4633, \$59 and up, no pets; Best Western Motel, (540) 743-6511, call for rates; Budget Inn, (540) 743-5176, \$49s and up, pets \$5; Luray Caverns Motels



East and West, (540) 743-4531, 20% discount coupon for food/merchandise at Luray Caverns; Woodruff Inns B&B, (540) 743-1494, \$109 and up, includes B. ■ **Groceries:** Farmer's Foods, Food Lion, Walmart (all long-term resupply). ■ **Restaurants:** Anthony's Pizza XII, L/D; East Wok, L/D and AYCE L; Mindi's Mexican, L/D; Gathering Grounds, espresso, sandwiches, desserts; Artisan's Grill, deli sandwiches and full meals; Uncle Buck's; The Speakeasy at the Mimslyn Inn, sandwiches and D 4–10 p.m., full bar; and several fast-food restaurants. ■ **Internet access:** Page County Library. ■ **Outfitters:** Appalachian Outdoors Adventures, 18 E. Main St., (540) 743-7400, full-service outfitter, fuel by the ounce, Th 10–6, F–Sa 10–8, Su 1–5. ■ **Other services:** veterinarian, Blue Mountain Animal Clinic, (540) 743-PETS; laundromats; hospital; ATMs; and 5-screen Page Theater.

**Pass Mountain Hut** (1939)—Sleeps 8. Privy. Known for the “kissing trees,” the shelter is located on a blue-blazed trail. Designated campsites nearby. Water source is a piped spring 15 yards behind the shelter.



**Elkwallow Wayside and Grill**—Open 9–7 early Apr–early Oct. Visible from where the A.T. crosses Skyline Drive in Elkwallow Gap, the wayside includes a grill, gift shop, and restroom. Grill, B/L/D. Last chance in SNP for northbounders to get a blackberry milkshake. Gift shop offers limited groceries and camping supplies. Pay phone, soda machine outside. Frost-free pump at picnic area south of wayside.

**Mathews Arm Campground**—**West** 1.2 miles from the A.T., 0.3 mile south of the Hogback Parking Area *via* the Tuscarora and Traces trails. Signs lead to nearby primitive (*i.e.*, no services) campground, open mid-May–late Oct, campsites \$16 per night, rate subject to change. This junction is the southern end of the 260-mile Tuscarora Trail. The northern is on the A.T. south of Darlington Shelter in Pennsylvania.

**Gravel Springs Hut** (1940)—Sleeps 8. Mouldering privy. Designated tentsites nearby on a blue-blazed trail. Water source is a boxed spring found on side trail near the shelter.

**Compton Gap Trail**—At the last SNP concrete post on the Trail, labeled Va. 610/Chester Gap, the A.T. will turn left. Go straight, following the Compton Gap Trail 0.5 mile ahead to paved road; if you come to self-registration kiosk for southbound hikers, turn back 0.1 mile and then turn left. **Hostel:** Front Royal Terrapin Station Hostel, 304 Chester Gap Rd., Chester Gap, VA 22623, (540) 539-0509, <gratefullgg@hotmail.com>; immediately on your left along paved road (50 ft.) is gate and entrance to hostel. Open Apr 28–Jun 30, \$19/night, \$35 2 nights, or \$50 for 3 nights includes bunk with mattress and linens, shower w/soap, clothes for laundry w/detergent. Snacks, sodas, ice cream, oven pizza on site. Free shuttle to town each a.m. for groceries, post office, *etc.* Free slacks for hikers staying 2 or more nights. Mail drops accepted for guests. Owned by Mike Evans, (AT '95, PCT '98).

**Southbound Registration Station**—1.0 mile south of Tom Floyd Wayside.

**Tom Floyd Wayside** (1980s)—Sleeps 6. Privy. Shelter has an overhanging front deck with storage space above, a railed deck with benches, and several designated tentsites. Outside the SNP boundary, so SNP rules don't apply. Water source 0.2 mile on a blue-blazed trail to the right of the shelter often stops flowing. Next closest water source is a stream crossed about 1.5 miles north on the A.T. near Va. 602.

**Northern Virginia 4-H Swimming Pool**—Blue-blazed side trail 0.9 mile north of Tom Floyd Wayside leads 0.3 mile **West** to the swimming pool. It is open to the public, including hikers, 12–6 daily (Memorial Day–Labor Day), \$5 admission, swimsuits required. Inquire at 4-H office about multiday parking availability (advance arrangements required).

# Virginia—Part 4 (Northern Virginia)

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,220.8	U.S. 522 <b>Front Royal, VA 22630</b>	R (W–3.2m G, L, M, O, cl, f, ♀♂; 4.2m PO, M, D, ♀♂)	950	965.1
1,217.5	Mosby Campsite, Tom Sealock Spring	C, w	1,800	968.4
1,215.6	<b>Jim and Molly Denton Shelter</b> ... <i>8.1mS; 5.5mN</i>	S, w	1,310	970.3
1,214.5	Va. 638 <b>Linden, VA 22642</b>	R (W–1m PO, G; 2.5m G, M; 7m G, L, M, O, cl, f, ♀♂)	1,150	971.4
1,212.6	Va. 55, Manassas Gap <b>Linden, VA 22642</b>	R (W–1.1m PO, G, M; 2.6m G, M)	800	973.3
1,210.1	<b>Manassas Gap Shelter</b> ... <i>5.5mS; 4.7mN</i>	S, w	1,655	975.8
1,208.2	Trillium Trail		1,900	977.7
1,205.6	<b>Dick's Dome Shelter</b> ... <i>4.7mS; 8.8mN</i>	E–0.2m S, w	1,230	980.3
1,204.6	Spring	C, w	1,850	981.3
1,203.4	+Sky Meadows State Park Side Trail	E–1.7m C, w	1,780	982.5
1,200.8	U.S. 50, Ashby Gap	R (E–1.1m L) (W–0.9m M)	900	985.1
1,197.2	<b>Rod Hollow Shelter</b> ... <i>8.8mS; 7.1mN</i>	W–0.2m S, w	840	988.7
1,193.5	Morgans Mill Road (Va. 605)	R	1,140	992.4
1,192.3	Spring	w	1,150	993.6
1,190.3	Sawmill Spring, <b>Sam Moore Shelter</b> ... <i>7.1mS; 11.2mN</i>	S, w	990	995.6
1,187.3	Bears Den Rocks, Bears Den Hostel	E–0.2m w, H, C, G, L, cl, sh, f, ♀♂	1,350	998.6
1,186.7	Va. 7, Va. 679, Snickers Gap <b>Bluemont, VA 20135</b>	R (E–1.6m G; 1.7m PO) (W–0.3m M; 0.9m M; 1.0m G)	1,000	999.2
1,184.5	Spring	w	1,083	1,001.4
1,184.2	Va.–W.Va. State Line		1,140	1,001.7
1,184.1	Crescent Rock		1,312	1,001.8
1,183.5	Sand Spring	w	1,150	1,002.4

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,183.4	Devils Racecourse		1,200	1,002.5
1,180.6	Wilson Gap		1,380	1,005.3
1,179.4	<b>Blackburn Trail Center...</b> <i>11.2mS; 3.6mN</i>	E–0.1m C; 0.3m S, w	1,650	1,006.5
1,176.2	<b>David Lesser Memorial Shelter...</b> <i>3.6mS; 15.8mN</i>	E–0.1m S; 0.3m C, w	1,430	1,009.7
1,173.2	Keys Gap, W.Va. 9	R (E–0.3m G) (W–0.3m G, M, w)	935	1,012.7

+ Fee charged

*Higher rates of Lyme disease occur from northern Virginia into New England. Take precautions to prevent infection.*

This 48-mile section follows a long, low ridge rich in American history and home to the infamous “roller-coaster” south of Snickers Gap.



**U.S. 522—West** 3.2 miles to **Front Royal, Va. [P.O. ZIP 22630: M–F 8:30–5, Sa 8:30–1; (540) 635-7983]**. The post office is 1.0 mile

farther. The large town offers all major services, but they are spread out over a wide area. Except for the post office, most services are located near the U.S. 522 and Va. 55 intersection as you come into town from the A.T. ■ **Lodging:** Front Royal is the gateway to Shenandoah National Park, with motel rates that vary considerably according to season; be

sure to specify you are a hiker, as most have special rates. Skyline Resort Motel, (540)

635-5354, no dogs; Pioneer Motel, (540) 635-4784, pool, CATV, dogs sometimes al-

lowed for a fee; Scottish Inns, (540) 636-6168; Center City Motel, (540) 635-4050;

Super 8 Motel, (540) 636-4888, dogs \$8; Quality Inn, (540) 635-3161, no dogs; Wood-

ward House B&B, (540) 635-7010 or (800) 635-7011, no dogs, includes full B, shuttle

to and from Trail, other area shuttles for a fee, no smoking in house. ■ **Groceries:**

Food Lion, Martin's, Better Thymes natural foods, Walmart Supercenter (all long-

term resupply). ■ **Restaurants:** South Street Grill; Celio's Pizza; Jalisco Mexican;

Anthony's Pizza; Soul Mountain Café; Pizza Hut, AYCE; YamaFuji Japanese; Main

Street Deli; Spelunker's Burgers and Custard; 3 Brothers Burgers; China Jade and

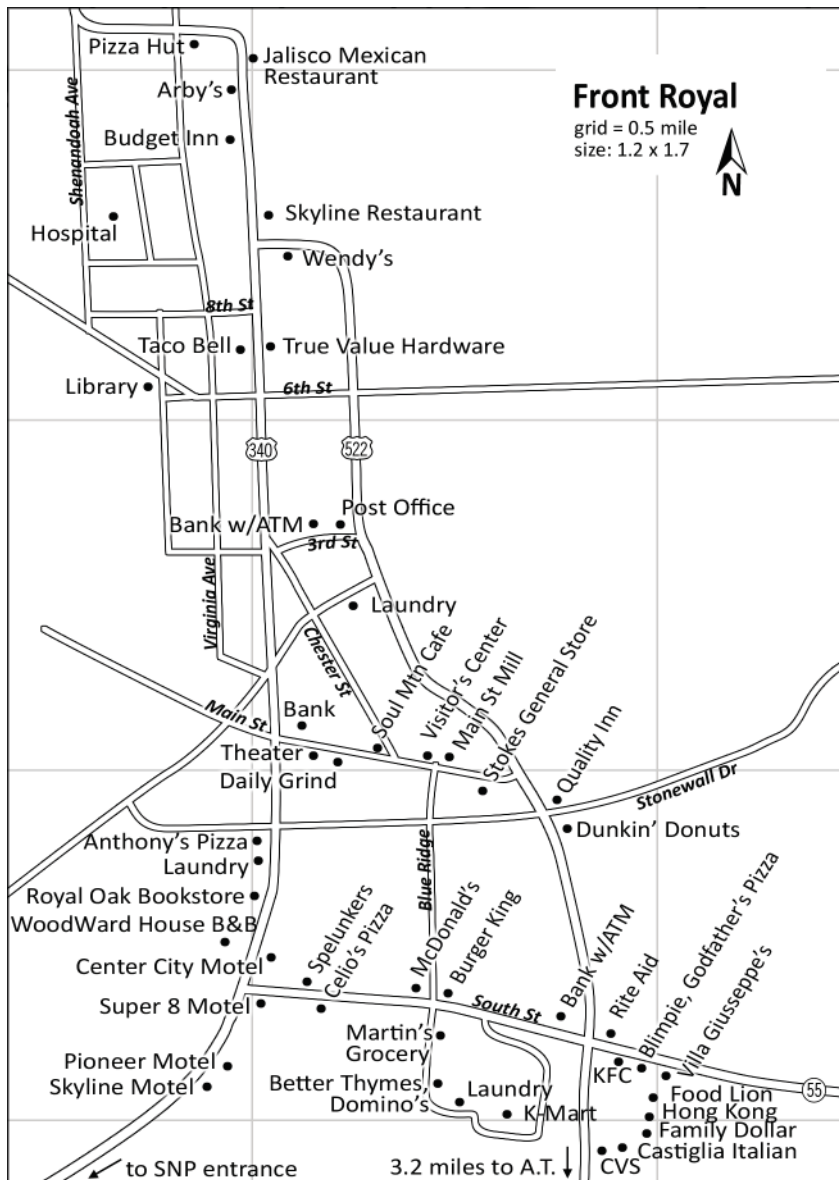
Top China, both AYCE L buffet; and many fast-food outlets. ■ **Internet access:**

Samuels Public Library. ■ **Other services:** coin laundry, daily 7–10; banks with ATM;

hospital; doctors, dentists; veterinarian; pharmacies; Stokes General; Ramsey's







Hardware, (540) 635-2547, Coleman fuel and alcohol by the ounce; Royal Oak Bookstore; movie theater; Royal Taxi, (540) 635-3214; Ace Taxi, (540) 635-6100 for local and D.C. airports.

**National Zoological Park**—Adjacent to U.S. 522 is the National Zoological Park Conservation and Research Center. On the northern side of the highway, the Trail follows along one of the center's fences. Exotic animals are sometimes visible.

**Jim and Molly Denton Shelter** (1991)—Sleeps 8. Privy. Enlarged front porch for extra sleepers. Water source is a spring on the A.T. near the solar shower.



**Va. 638—West** 1.1 mile to **Linden, Va. [P.O. ZIP 22642: M–F 8–12 & 1–5, Sa 8–12; (540) 636-9936]**. A small outpost on Va. 55, Linden offers only a post office and convenience store, but it's an alternative to hitching into Front Royal to pick up a mail drop. ■ **Groceries:** Monterey Service Station (short-term resupply), M–F 4–9, Sa 7–9, Su 8–8, hiker-friendly, accepts credit cards.

**West** 1.5 miles to ■ **Restaurant:** Apple House, fresh-baked pies, doughnuts, sandwiches, BBQ, buffalo(!) burgers, B, deli foods; Su–Th 7–8, F–Sa 7–9; credit cards accepted, ATM. ■ **Groceries:** Quarles Shell, (540) 635-1899, open 24 hrs., deli sandwiches, ice cream, short-term resupply, accepts credit cards; Apple Mountain Exxon, (540) 636-2960, large store, open 24 hrs., ATM, a must stop for hungry hikers, fresh pies, deli sandwiches, hand-dipped ice cream, accepts credit cards.

**West** 7 miles to Front Royal on Va. 55 (see above).



**Va. 55, Manassas Gap—West** 1.1 miles into Linden (see previous entry). This is a busier road, parallel to I-66, which leads east to Washington, D.C.

**Manassas Gap Shelter** (1940s/2002)—Sleeps 6. Privy. Food-hoist cables available. Water source is a reliable spring near the shelter on a side trail.

**Dick's Dome Shelter** (1985, rebuilt 2010)—Sleeps 4. Privy. Food-hoist cables available. Water source (which hikers should treat) is Whiskey Hollow Creek in front of the shelter.

**Sky Meadows State Park Side Trail**—Look for the resting bench at path that leads **East** 1.7 miles to the park's visitors center in Mt. Bleak Mansion, built in the 1820s. Now one of Virginia's finest parks, open daily 8–7:30/dusk. Cultural events are scheduled on summer weekends. Telephone, water fountain, and soda machine available at the

visitors center. Hike-in primitive camping (15+ sites) 1.25 mi from A.T., \$15PP, on the way to the visitors center. Registration required, (540) 592-3556 or (800) 933-7275, and campers must arrive before dusk, when the park closes.



**U.S. 50, U.S. 17/Ashby Gap—East** 0.8 mile on U.S. 50/17, then 0.3 mile south past barrier on Va. 759 to community of Paris. **Lodging:** The Ashby Inn, (540) 592-3900, restaurant serves L W–Sa 12–2, Su 12–2:30, D W–Sa 5:30–9, Su 5–8, rooms \$155 and up, includes B; restaurant closed M–Tu; reservations recommended.

**Rod Hollow Shelter** (1986)—Sleeps 8. Privy. Located on a blue-blazed trail. Water source is a spring or the streams just south of the shelter. Dining pavilion rebuilt in 2010.

**The “Roller Coaster”**—Northbounders leaving the Rod Hollow Shelter will enter the “roller coaster,” a 13.5-mile section with ten ascents and descents. Southbounders have just completed their ride. The Virginia corridor is narrow here, leaving Trail crews very little choice other than to route the path up and over each of these viewless and rocky ridges.

**Sam Moore Shelter** (1990)—Sleeps 6. Privy. Constructed of materials salvaged from the old Keys Gap Shelter. Named for maintainer Sam Moore, who gave 55 years of volunteer service to the A.T. Water source is Sawmill Spring in front of shelter or spring to left of shelter.

**Bears Den**—Bears Den Rocks provide a fine view of the Shenandoah Valley to the west. Nearby Bears Den Hostel, 0.1 mile off the Trail, is owned by ATC and operated by PATC; (540) 554-8708, <[www.bearsdencenter.org](http://www.bearsdencenter.org)>. Hiker Special includes bunk, shower, laundry, pizza, soda, and pint of Ben & Jerry’s ice cream for \$30; bunk & shower, \$17; camping \$10 (with shower and indoor-cooking privileges); shower only \$3. Hiker room with TV, Internet, and soda is accessible all day with mileage code. Free Internet and phone in hiker room. The upper lodge, kitchen, store, and office open at 5 p.m. daily; check-out is at 9 a.m. Mail drops can be sent to Bears Den Hostel, 18393 Blue Ridge Mountain Rd., Bluemont, VA 20135. Shuttles and slackpacking available.



**Va. 7, Va. 679/Snickers Gap—East** 1.7 miles to **Bluemont, Va. [P.O. ZIP 20135: M–F 8:30–12 & 1–5, Sa 8:30–12; (540) 554-4537]**. Follow Va. 7 **East** 0.9 mile over Snick-

ers Gap to the Snickersville Turnpike sign, turn right, and continue 0.8 mile to the post office on Va. 670.

**East** 1.6 mi to Bluemont General Store, M–F 6:30–7, Sa–Su 7–7; (540) 554-2054, short-term resupply, pizza by the slice, sandwiches, ice cream, pies.

On Va. 679, **West** 0.3 mile to **Restaurant:** Horseshoe Curve Restaurant, (540) 554-8291, open daily 12–11 (or later). Excellent hiker portions.

**West** 0.9 mile to **Restaurant:** Pine Grove Restaurant, (540) 554-8126, open W–Sa 7 a.m.–8 p.m., Su–M 7 a.m.–1 p.m.


**West** 1.0 mile to **Groceries:** Village Market, (540) 554-8422, open M–Sa 7–7; short-term resupply, ice cream, may give ride back to Trail if not busy.

**Blackburn Trail Center—East** 0.2 mile *via* either of two blue-blazed trails. This PATC facility, (540) 338-9028, is staffed during the summer months by a PATC caretaker. From the porch, on clear days, you may be able to glimpse the Washington Monument and National Cathedral in the distance to the east. The center has a free bunkhouse that sleeps 8 with a wood-burning stove, a picnic pavilion with table and benches built in 2002 with ALDHA donations in memory of Edward B. Garvey. Six tentsites and a tent platform are nearby, and a camping area with privy is 0.1 mile north of the main building on the blue-blazed trail. Water available year-round from an outside spigot, pay phone located on the porch, and solar-heated shower on front lawn. Donations appreciated.

**David Lesser Shelter** (1994)—Sleeps 6. Privy. A shelter-engineering feat. Water source is a spring located 0.4 mile downhill from the shelter.

# West Virginia

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,173.2	Keys Gap, W.Va. 9	R (E-0.3m G) (W-0.3m G, M, w)	935	1,012.7
1,169.3	Loudoun Heights Trail, Va.-W. Va. State Line		1,279	1,016.6
1,168.6	W. Va. 32 (Chestnut Hill Rd)	R	820	1,017.3
1,167.9	U.S. 340, Shenandoah River Bridge (north end)	R (W-0.1m L; 1.2m C, cl, sh) (E-3.7m H, sh, cl, ⚠)	312	1,018.0
1,167.6	ATC side trail <b>Harpers Ferry, WV 25425</b>	W-0.2m ATC, f, ⚠; 0.4m M; 0.5m PO; 0.6m L; 0.7m O; 1.1m G, D, ⚠; 1.7m C, cl, sh	394	1,018.3
1,167.0	Shenandoah Street; Harpers Ferry Nat'l Historical Park	R (W-0.1m M, O, f)	315	1,018.9
1,166.9	Potomac River, Goodloe E. Byron Memorial Footbridge, W.Va.-Md. State Line		263	1,019.0

 **W.Va. 9/Keys Gap**—**East** 0.3 mile to **Groceries:** Sweet Springs Country Store (short-term resupply), (540) 668-7200, M-Sa 4-11, Su 7-11, Ben & Jerry's, deli, ATM.

**West** 0.3 mile to ■ **Groceries:** Torlone Mini-Mart (short-term resupply), (304) 725-0916, M-Th 8-9, F-Sa 8-10, Su 8-8, shirts and shoes required. ■ **Restaurant:** Torlone Pizza, Pasta & Subs, (304) 728-4450, ATM and pay phone, open M-Th 11-9, F-Sa 11-10, Su 11-8.

*Camping and fires are prohibited a half-mile on either side of Keys Gap.*

**Harpers Ferry National Historical Park**—Nearly half the town of Harpers Ferry and surrounding ridges (including those south of the Shenandoah River crossing) have been a historical park since 1963, with gradual land acquisition outside the town proper ever since. Part of the town was a national monument from June 30, 1944, when President Franklin D. Roosevelt signed legislation designating it, until 1963. It saw extensive Civil War action, especially before the slaughter at nearby Antietam, Md., but is probably best known for the raid of John Brown, an abolitionist from Kansas who attempted to capture the federal arsenal here in 1859. The arsenal was to be the staging point for a slave uprising.

A U.S. colonel named Robert E. Lee crushed the raid in less than 36 hours, and historians point to the event as a steppingstone to the war, which began 16 months after Brown was hanged for treason in nearby Charles Town. But, the history of Harpers Ferry is more than one event, one date, or one individual. It is multilayered, involving a diverse number of people and events that influenced the course of American history. Harpers Ferry also witnessed the first successful application of interchangeable manufacture, the arrival of the first successful American railroad, the largest surrender of federal troops during the Civil War, the education of former slaves in one of the earliest integrated schools in the United States, and the first organized civil rights movement in the country. The park's visitors center (west of town along U.S. 340) offers parking and a free shuttle to the historic district. *Note: Hikers parking in lot must register at the visitors center, open 8–5. Parking-lot gates open at 8, close at dusk. Entrance fee is \$6 per vehicle for up to 2 weeks. Today, the Park Service runs many interpretive exhibits in renovated buildings dating back to the mid-19th century. More information on the historic town is available at ATC headquarters, (304) 535-6331, as well as the park's visitors center.*



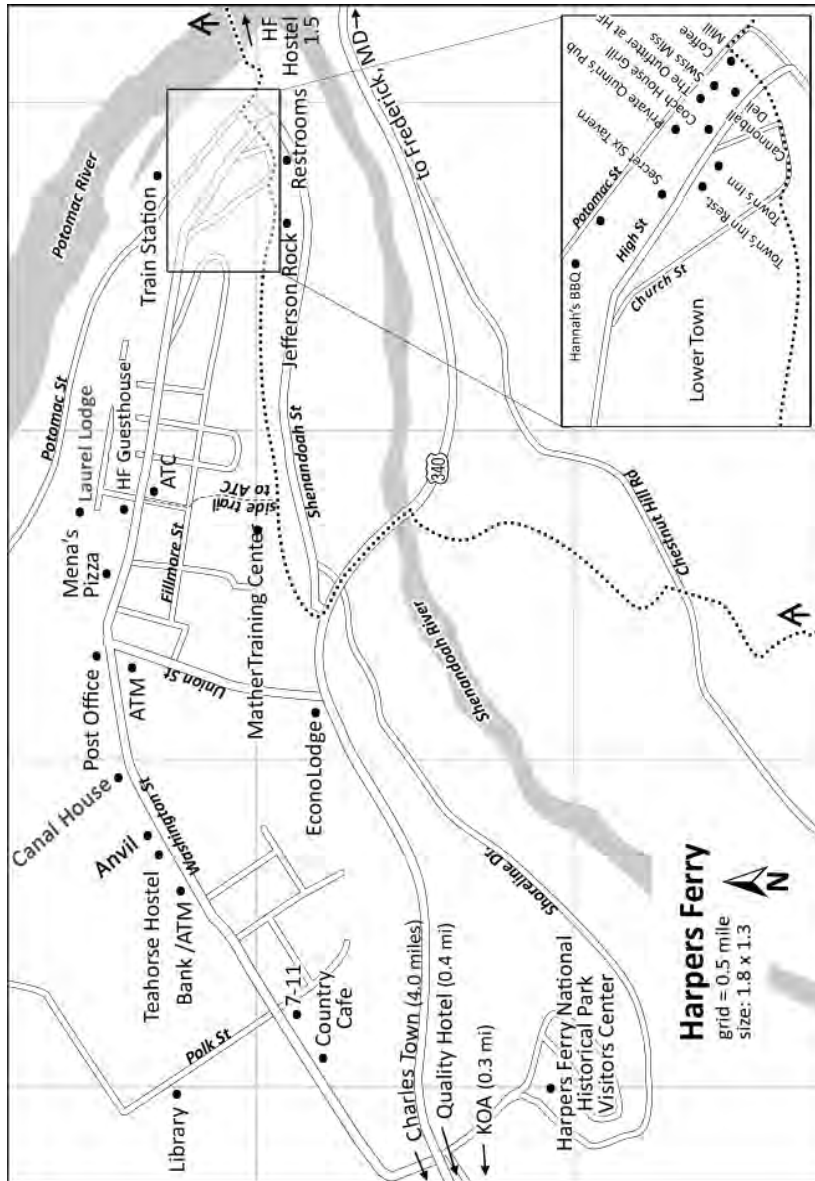
**U.S. 340/Shenandoah River—East** 20 miles to Frederick, Md., with all services, including Quality Shoe Service, 319 North Market St., (301) 695-9255, for boot repair, and The Trail House, an outfitter, 17 South Market St., (301) 694-8448. *Traffic can be extremely heavy at this Trailhead, and it is neither safe nor legal to hitchhike here; local police often are nearby, watching for speeders.*

Signs on U.S. 340 say “Appalachian Trail Visitor Center”—that’s the ATC visitors center and headquarters.

**West** 0.1 mile to **Lodging:** EconoLodge, (304) 535-6391, hiker rate of \$89.96s/D Su–Th, \$103.50s/D weekends, higher in summer, usually full on holiday weekends, WiFi, no pets, expanded continental B, pay phone outside, coin laundry, refrigerator and microwave in rooms.

**West** 1.2 miles to ■ **Camping:** Harpers Ferry KOA (short-term resupply), (304) 535-6895, cabins (sleep 4) \$79.50, tentsites (up to six) \$38.50, lodges \$131.50–\$172.50, shower only \$5, coin laundry, campstore, snack bar, pizzeria, pool, leashed pets welcome \$1.50, except Rottweillers, pit bulls, or Dobermans. Ask for hiker discount.

■ **Lodging and Restaurant:** Quality Hotel Conference Center, (304) 535-6302, 4328 William L. Wilson Freeway (U.S. 340), Harpers Ferry, WV 25425, bar and grill, call for current rates, microwave and refrigerator in rooms, some rooms with Jacuzzi, WiFi with computer access for hikers, pets allowed for \$50 nonrefundable fee per stay), coin laundry, indoor pool, fitness center, FedEx and postal services available, will hold and mail out packages for guests, long-term parking for guests. Vista Gourmet Dining Room, D 5–9. Vista Tavern, L/D, Su–Th 12–1, F–Sa 12–1 a.m.



**East** 3.7 miles to **Hostel**: Harpers Ferry Hostel, Keep Tryst Rd., Sandy Hook/Knoxville, Md. (see next chapter for details).

**West** 6 miles to Charles Town, W.Va., with all services, including Walmart, Jefferson Urgent Care Medical Facility, and a hospital.

**West** 20 miles (U.S. 340 to W.Va. 9 before Charles Town) to Martinsburg, W.Va., with all services, including movie theaters, malls, as well as many restaurants. For bus service to those towns, see Harpers Ferry entry below.

*Note: Hitchhiking is illegal on state-maintained roads in West Virginia. That includes U.S. 340 and the main street through Harpers Ferry and adjacent Bolivar.*



**Harpers Ferry, W.Va. [P.O. ZIP 25425: M–F 9–4, Sa 9–12; (304)**

**535-2479]**. The post office and most services are available above

the old town *via* the 0.2-mile blue-blazed trail to ATC headquarters (see below). The A.T. itself leads through the historic district at the bottom of the hill along the riverfronts, with museums, stores, and restaurants. Many businesses in the historic district are closed in

the winter or open only on weekends then. The national historical park is open 7 days a week year-round, but its visitors center closes Thanksgiving, Christmas, and New Year's Day. ■ **Hostel**: Teahorse Hostel, (304) 535-6848, <www.teahorsehostel.com>, closed Nov to mid-Mar, located 0.5 mile **west** of ATC at 1312 W. Washing-

ton St., \$28/night includes waffle B, fully equipped kitchen, WiFi, laundry \$5, shuttles/slacking. *See also listing in Maryland for Harpers Ferry Hostel.* ■ **Lodging**: The Town's Inn, (304) 932-0677, <info@thetownsinn.com>, 179 High St., right in historic lower town, private rooms \$120 sleep 2, 4, or 6, laundry \$5, shuttle \$1/mile,

no mail drops, Visa/MasterCard accepted; Harpers Ferry Guest House, (304) 535-2101, <www.harpersferryguesthouse.com>, 800 Washington St., \$95–\$125; Laurel Lodge, (304) 535-2886, <www.laurellodge.com>, 844 E. Ridge St., \$135–\$165. Information on several other B&Bs can be found at <www.historicharpersferry.com> or at ATC. ■ **Groceries**: The Outfitters at Harpers Ferry (short-term resupply, including freeze-dried food and hiker favorites), 0.5 mile **east** of ATC, open daily 10–6 except Jan–Feb when it's F–Su only; Town's Inn, wide variety of healthy snacks, ice cream,

toiletries; 7-11 convenience store (short-term resupply), 1 mile **west** of ATC; supermarkets and Walmart (long-term resupply) in Charles Town, 5 miles **west**. ■ **Restaurants**. **West** of ATC: 0.1 mile, Mena's Pizzeria & Italian Restaurant, L/D, closed M; 0.3 mile, Canal House Café, closed W, L/D M–F; 0.5 mile, Anvil Restaurant, W–Su 11–9; 1 mile, Country Café, B/L. **East** of ATC in lower town: The Town's Inn Restaurant, (304) 535-1860, 6 a.m.–10 p.m. daily, B/L/D; Secret Six Tavern, Su–Th 11–8, F–Sa 11–9; Cannonball Deli, hiker discounts; many others. ■ **Outfitter**: The





Outfitter at Harpers Ferry, 106 Potomac St., (304) 535-2087 or (888) 535-2087, <[www.theoutfitteratharpersferry.com](http://www.theoutfitteratharpersferry.com)>, full-service outfitter, shuttle referrals, open daily 10–6, Jan–Feb F–Su only. ■ **Internet access:** Harpers Ferry/Bolivar Library, (304) 535-2301, M, Tu, F, Sa 10–5:30, W, Th 10–8; ATC. ■ **Other services:** banks with ATM; dentist, Dr. John Mayhew, M–Th, (304) 535-2409; Caring Hands Chiropractic and Advanced Massage Therapy, Dr. Jenny Foster, a hiker (located near Middletown, Md.), (301) 371-3922, call ahead for possible pick-up (schedule permitting) at Harpers Ferry Hostel or Old South Mountain Inn; Vivo Hair Salon and Day Spa, (304) 535-1110, 1315 W. Washington St., across from Teahorse Hostel; Generations Hair Salon, (304) 535-3111, 1457 W. Washington St., 0.6 mile **West** of ATC; bicycle rental, repair, and supplies at The Outfitter at Harpers Ferry, (304) 535-2296. Rafting, tubing, canoeing, fishing, and horseback riding opportunities nearby; check <[www.historicharpersferry.com](http://www.historicharpersferry.com)>. ■ **Bus service:** Pan Tran bus to Charles Town or Martinsburg operates M–F; flag the bus across the street from the ATC office or anywhere along the main Washington/High St. The charge is \$2.50 one-way. Bus leaves town at 6:45 a.m., 9:05 a.m., 10:40 a.m., 1:35 p.m., 3:05 p.m., 4:45 p.m., 7:30 p.m.; Sa 10:25 a.m., 4:20 p.m. Leaves Walmart in Charles Town for Harpers Ferry at 8:50 a.m., 10:25 a.m., 1:20 p.m., 2:50 p.m., 4:30 p.m. and 7:15 p.m. No dogs; packs OK unless driver believes one may be suspicious. Times are subject to change.

**Appalachian Trail Conservancy (ATC)**—Reached *via* 0.2-mile blue-blazed trail 0.3 mile north of the junction of U.S. 340 and Shenandoah Street, before northbounders reach the historic section of Harpers Ferry; at the corner of Washington Street and Storer College Place.

ATC was formed in 1925 by private citizens to make the dream of an Appalachian Trail a reality. After the initial Trail route was pieced together in 1937 (much of it on roads and across private land), ATC continued to work to identify better routes for the Trail and worked with Congress, the National Park Service, the U.S. Forest Service, states, and others to ensure a continuously protected corridor. Today, ATC is the primary organization responsible for the stewardship of the footpath and 250,000 acres of public land surrounding it. Working with more than 6,000 volunteers (mostly in 31 affiliated local clubs) and multiple public agencies, ATC leads the efforts to improve the footpath, protect the plants and animals along the Trail (and the experience of hiking it), engage communities along the A.T. to support it, and guard against encroachments. Much of the behind-the-scenes work that continues to make the A.T. experience possible takes place out of sight in offices upstairs and the connected annex. As you know, no dues or fees are required to enjoy the Trail, even if you spend six months hiking it. The single largest source of ATC's funding

is individual membership dues and small contributions. If you're not already an ATC member, consider joining here to help support continued protection of the Trail.

ATC publications and products are for sale at the information/visitors center. New exhibits share a room with an unique, 10-foot-long raised-relief map of the A.T. Volunteers or staffers Dave Tarasevich (Poptart of 2002) and Laurie Potteiger (Mountain Laurel of 1987) can answer your Trail questions. The office accepts donations for Coleman fuel and denatured alcohol and holds packages sent USPS to P.O. Box 807 or FedEx and UPS to 799 Washington St., Harpers Ferry, WV 25425. Thru- and section-hikers are encouraged to stop at ATC headquarters to sign the register and have their picture taken to be counted among the class of 2013. The same photo can be purchased as a postcard for \$1 (postage and tax included; first one free for ATC members). Volunteers are needed periodically at headquarters and almost always at the sales-distribution center 11 miles away.

The ATC Visitors Center, (304) 535-6331, is open daily 9–5 except Thanksgiving, Christmas, and New Year's Day. Frost-free faucet is on west (Storer College Place) side of building. Drinks for sale inside. Bench and picnic tables in side yard. Phone and Internet access for hikers. Ask for ATC's often-updated "Guide to Harpers Ferry Hiker Services," with more details on area services. Driving directions are available at <[www.appalachiantrail.org/locations](http://www.appalachiantrail.org/locations)>.



**Jefferson Rock**—The white blazes take you past this Harpers Ferry viewpoint that overlooks the confluence of the Potomac and Shenandoah rivers. Named in honor of Thomas Jefferson, who was inspired by the beautiful view in 1783. Several large slabs of shale originally rested naturally but not securely atop each other. "Jefferson Rock" now rests securely on a set of short pillars erected in the 1850s.

**Trains to Washington, D.C.**—Amtrak, (800) USA-RAIL, <[www.amtrak.com](http://www.amtrak.com)>; Train No. 30 (Capitol Limited) is scheduled to depart Harpers Ferry at 10:55 a.m. (although it is often 2 or more hours late) and to arrive at D.C.'s Union Station at 12:40 p.m. Train No. 29 is scheduled to leave D.C. at 4:05 p.m., arriving in Harpers Ferry at 5:16 p.m. 7 days a week. Coach fares are \$11–\$20 one way (cost may be more if coach is not available). Fares and schedules subject to change. Harpers Ferry station is not staffed. Reservations are required; backpacks allowed, but not bikes. Maryland Rail Commuter Service (MARC), [(800) 325-7245 outside local calling area; others call (301) 834-8360; <[www.mtmaryland.com](http://www.mtmaryland.com)>]: Three scheduled commuter trains on the Brunswick line leave Harpers Ferry for D.C. on weekdays. They depart at 5:25 a.m., 5:50 a.m. and 6:50 a.m., arriving at 7:09 a.m., 7:35 a.m. and 8:31 a.m. Three trains leave D.C. for Harpers Ferry on weekdays. They depart at 4:25 p.m., 5:40 p.m., and 6:20 p.m. and arrive at 6:36 p.m., 7:40 p.m., and 8:25 p.m. Fares are \$11 one way, seats are not reserved, and tickets can be purchased on board (cash only).

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# Maryland

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Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,166.9	Potomac River, Goodloe E. Byron Memorial Footbridge, Md.–W.Va. State Line		263	1,019.0
1,166.7	C&O Canal Towpath (west jct)		290	1,019.2
1,165.6	U.S. 340, Sandy Hook Bridge	R	290	1,020.3
1,164.1	C&O Canal Towpath (east jct)		290	1,021.8
1,164.0	Keep Tryst Rd; RR tracks	R (E–2.5m L, M) (W–1.1m H, L, G, M, cl, sh, f)	320	1,021.9
1,163.8	U.S. 340 Underpass		400	1,022.1
1,163.6	Weverton Rd	R, parking	420	1,022.3
1,162.7	Weverton Cliffs Trail	View over Potomac	780	1,023.2
1,160.6	<b>Ed Garvey Shelter...</b> <i>15.8mS; 4.5mN</i>	E–0.1m S; 0.5m w	1,100	1,025.3
1,158.6	Brownsville Gap		1,140	1,027.3
1,156.9	Crampton Gap, Gathland State Park, Gapland Rd (Md. 572)	R, w (W–0.4m C, G,  )	950	1,029.0
1,156.5	<b>Crampton Gap Shelter...</b> <i>4.5mS; 5.5mN</i>	E–0.3m S, w	1,000	1,029.4
1,153.9	Trail to Bear Spring Cabin (locked)	W–0.5m w	1,480	1,032.0
1,153.3	White Rocks Cliff	View	1,500	1,032.6
1,153.1	Lamb’s Knoll		1,600	1,032.8
1,151.5	<b>Rocky Run Shelter...</b> <i>5.5mS; 7.8mN</i>	W–0.2m S, C, w	970	1,034.4
1,150.5	Reno Monument Rd	R, parking	910	1,035.4
1,149.7	Dahlgren Back Pack Campground	C, M, sh, w	980	1,036.2
1,149.5	Turners Gap, U.S. Alt. 40 <b>Boonsboro, MD 21713</b>	R, M (W–2.4m PO, M, D, V, cl,  ; 3.8m G)	1,000	1,036.4
1,148.1	Monument Rd	R	1,350	1,037.8
1,147.9	Washington Monument Rd	R, w	1,400	1,038.0
1,147.5	Washington Monument	View, parking	1,550	1,038.4
1,145.4	Boonsboro Mtn Rd	R	1,300	1,040.5

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,145.1	Bartman Hill Trail to Greenbrier State Park	W-0.6m C, f		1,040.8
1,144.6	I-70 Footbridge, U.S. 40, Greenbrier State Park	R, parking (W-0.5m M, w; 1.4m C, f)	1,200	1,041.3
1,144.0	<b>Pine Knob Shelter...</b> 7.8mS; 8.2mN	W-0.1m C, S, w	1,360	1,041.9
1,142.4	Trail to Annapolis Rock	W-0.2m C, 0.4m w	1,820	1,043.5
1,141.4	Black Rock Cliffs		1,800	1,044.5
1,140.8	Pogo Memorial Campsite	C, w	1,500	1,045.1
1,136.0	Md. 17, Wolfsville Rd <b>Smithsburg, MD 21783</b>	R (W-0.3m H, M, sh, cl, ♀; 1.8m G, D, V; 2.4m PO, G, M, D, cl, ♀)	1,400	1,049.9
1,135.8	<b>Ensign Cowall Shelter...</b> 8.2mS; 5.1mN	S, w, parking	1,430	1,050.1
1,134.5	Md. 77, Foxville Rd	R	1,450	1,051.4
1,132.7	Warner Gap Rd	R, w	1,150	1,053.2
1,131.9	Md. 491, Raven Rock Hollow	R	1,190	1,054.0
1,130.9	<b>Raven Rock Shelter...</b> 5.1mS; 9.8mN	W-0.2m C, S (E-0.1m w)	1,480	1,055.0
1,129.1	Trail to High Rock	R, view	1,950	1,056.8
1,126.2	Pen Mar County Park <b>Cascade, MD 21719</b>	R, w (E-1.7m PO, G, L, cl)	1,330	1,059.7
1,126.0	Mason-Dixon Line, Md.-Pa. State Line	R	1,250	1,059.9

Overnight camping in Maryland is allowed only at designated campsites: Ed Garvey Shelter, Crampton Gap Shelter, Rocky Run Shelters, Dahlgren Back Pack Campground, Pine Knob Shelter, Annapolis Rocks, Pogo Memorial Campsite, Ensign Cowall Shelter, and Raven Rocks Shelter. Please obey camping regulations in this heavily used section. Alcoholic beverages are prohibited on all Appalachian Trail lands in Maryland. Illegal activity should be reported to Park Watch, (800) 825-7275.

This section boasts easy terrain, the C & O Canal towpath along the Potomac River, a free on-trail hot-water shower, Civil War history, the War Correspondents Monument, the first monument to George Washington, and the Mason-Dixon line.

The “Four-State Challenge”—hiking in Virginia, West Virginia, Maryland, and Pennsylvania all in one day—is an A.T. tradition that begins just south of here, up where you (northbounders) left the Virginia line to head down to the Shenandoah River at Harpers Ferry. You can also hike Maryland all in one day during a Mountain Club of Maryland-sponsored event; see <[www.mcomd.org](http://www.mcomd.org)> for more information.

**C&O Canal Towpath**—The southernmost 2.8 miles of the Trail in Maryland follow this path from which mules towed barges, between what’s left of the canal on one side and the Potomac River on the other, until 1924. Stretching 185 miles from Washington, D.C., to Cumberland, Md., it was rescued from highway development by a protest hike led by Supreme Court Justice William O. Douglas, an A.T. 2,000-miler. Now, it is part of a national historical park, accessible to both hikers and bicyclists. Blazes are scarce, but the points at which the Trail enters and leaves it are hard to miss. The Maryland line is the southern shore of the Potomac, which you cross above when leaving Harpers Ferry National Historical Park on the Goodloe E. Byron Memorial Footbridge.



**Keep Tryst Road**—East 2.5 mile to Brunswick, Md., via U.S. 340 and Md. 478 at Knoxville exit. **Lodging:** Green Country Inn, (301) 834-9151, 620 Souder Rd., B/L/D, open 24/7, rates from \$49, weekends higher, pets okay.

**West** 1.1 mile to (left on Sandy Hook Road) ■ **Hostel:** Harpers Ferry Hostel (Hostelling International), (301) 834-7652, <[www.harpersferryhostel.org](http://www.harpersferryhostel.org)>, <[mail@harpersferryhostel.org](mailto:mail@harpersferryhostel.org)>, bunk \$18PP for thru-hikers or HI members, \$21PP for non-members, includes shower, kitchen privileges, a/c, free Internet access, WiFi, small store w/snacks; tenting \$8PP; groups of more than 10 \$6 PP (no access to hostel inside). AYCE pancake B \$3. Laundry \$4, nonguest shower \$5, parking \$5 per day w/o stay. Vending machine on porch. Hostel open for groups on weekends Dec 1–Mar 14; Mar 15–May 24 7–10 a.m. and 5–10 p.m.; 10 p.m. curfew and daytime lock-out. Dogs allowed if camping. Service dogs w/paperwork allowed inside. No alcoholic beverages permitted on the property. Closed Oct 15–Apr 14. Send mail drops for hikers to 19123 Sandy Hook Rd., Knoxville, MD 21758-1330 (mark “Hold for A.T. Hiker” with hiker’s real name). ■ **Lodging:** Hillside Motel, (301) 834-8144, no pets. ■ **Groceries:** Hillside Station, (301) 834-5300; deli hot food, pizza, ice cream, hot wings; ATM; M–F 5 a.m.–9 p.m., Sa 6–9, Su 7–9. ■ **Other services:** River and Trails Outfitters, (888) 446-7529 or (301) 695-5177, <[www.rivertrail.com](http://www.rivertrail.com)>, 604 Valley Rd., Knoxville; canoe, kayak, tube, and bike rentals, shuttles for C&O Canal, A.T., and Potomac and Shenandoah rivers.

**Ed Garvey Shelter** (2001)—Sleeps 12. Composting privy. Two tentsites north and south of shelter. Water source is found at the end of a 0.5-mile, steep side trail in front of the shelter.

**Gathland State Park**—Located in Crampton Gap, the state-run facility has water (frost-free faucet), soda and juice vending machines, restroom, covered picnic pavilion. No camping here. Two museums—Civil War and War Correspondent—are open weekends. The War Correspondents Monument is the only one of its kind in the country. Constructed in 1896, it stands 50 feet high, 40 feet broad, with plaques relating Battle of South Mountain history. Southbounders may want to pick up water here before heading to Ed Garvey Shelter.



**Gapland Road—West** 0.4 mile on Gapland Rd., right on Townsend Rd. to **Camping:** Maple Tree Campground, 20716 Townsend Rd., Gapland, MD 21779, (301) 432-5585, <[www.thetreehousecamp.com](http://www.thetreehousecamp.com)>; tentsites, ask for rate; rustic tree house \$40/night; cottages \$56/night; new cottages with woodstove \$66/night, 4-hiker maximum. All with picnic table, fire ring, grill. Short-term resupply; white gas, denatured alcohol, canisters; mail drops accepted; dogs on leashes okay, no extra fee; Internet access.

**Crampton Gap Shelter** (built by CCC, 1941)—Sleeps 6. Privy, deck with cooking table. Water source is an intermittent spring 0.1 mile south on the A.T. that may go dry in June. Northbounders may want to get water from faucet at Gathland State Park, 0.25 mile south on the A.T.

**Rocky Run Shelters** (CCC–1941, sleeps 6; PATC–2008, sleeps 16)—Newer shelter is on blue-blaze just north of old-road/blue-blaze to old CCC shelter. Composting privy. Tent platforms and benches on the ridgeline. Water is Rocky Run Spring at old shelter a few hundred yards on blue-blaze. Tent and hammock sites at both locations.

**Reno Monument in Fox Gap** marks the spot where Union Maj. Gen. Jesse Lee Reno and Confederate Gen. Samuel Garland, Jr., were wounded mortally in the Battle of South Mountain, antecedent to bloody Antietam to the west a few miles.

**Dahlgren Backpack Campground**—No, it's not a mirage; that really is a bathhouse with hot showers and flush toilets. Operated by the state at no charge, the bathhouse, campsites with gravel tentpads, hammock sites, fire rings, bear poles, and utility sink behind bathhouse are open Apr–Oct.



**U.S. 40-A/Turners Gap**—■ **Restaurant:** Old South Mountain Inn, (301) 371-5400, D opens Tu–Fr at 5 p.m. and Sa at 4 p.m., Su brunch 10:30–2, Su D 2–8. Hikers staying at Dahlgren Campground can literally shower and shave before an elegant dining experience, then walk back to camp in minutes. (Take your pack with you.) ■ **Other services:** chiropractic and therapeutic massage, Dr. Jenny Foster, (301) 371-3922, can pick up at Old South Mountain Inn, schedule permitting.

**West 2.4 miles to Boonsboro, Md. [P.O. ZIP 21713: M–F 9–1 & 2–5, Sa 9–12; (301) 432-6861].** ■ **Groceries:** Cronise Market Place (short-term resupply), (301) 432-7377, M–F 10–7, Sa 9–7, Su 10–6. ■ **Restaurants:** Crawford Confectionery (candy & sweets); Subway; Mountain-side Deli; Vesta Pizzeria & Restaurant; Potomac Street Creamery ice-cream shop; Icing Bakery and Café, (303) 432-5068, WiFi, hot and cold food. ■ **Internet access:** library, (301) 432-5723, M–F 10–7, Sa 10–2; Turn the Page Bookstore Café, with A.T. books and maps and expresso coffee bar. ■ **Other services:** Marcy's Laundry, (301) 491-5849, 6 a.m.–9:30 p.m. daily; banks with ATM; barber shop; doctor; dentist; veterinarian; and pharmacy.

**West 3.8 miles to Groceries:** Weis Supermarket & Pharmacy (long-term resupply), (301) 432-3950.

**Washington Monument State Park**—A state park built around the first monument to George Washington. The bottle-shaped structure is more modest than the big one in Washington, D.C., but impressive for small-town Marylanders in 1827. When open, the observation deck on top provides views of the surrounding countryside. South of the monument, on the A.T., are park facilities with picnic shelters, and restroom near the museum. Museum is open 9 a.m.–5 p.m. daily May–Sept, weekends only Apr and Oct. No camping permitted in the park; the campsite near the southern entrance is for youth groups with permits. Frost-free faucet on trail above main parking lot. Overnight parking permitted after registration at kiosk.



**U.S. 40/Greenbrier State Park**—North of the I-70 footbridge, the A.T. crosses U.S. 40. **West 0.4 mile to the park entrance, across the road from Restaurant:** Dogpatch Tavern, ATM.

**West 1.4 miles to Camping:** Greenbrier State Park, (301) 791-4767, open Apr–Oct, pets on leash allowed on some sites. Visitors center, restroom, concession stand, campstore with snacks, Coleman fuel by the gallon, row- and paddle boat rental and swimming in Greenbrier Lake. Tentsites with hot showers \$26. Reservations recommended on the weekends; two-night minimum. Walk-in hikers may be allowed a one-night stay if a site is available; day-use-only fee may apply.

**Pine Knob Shelter** (1939)—Sleeps 5. Privy. Shelter is located on a blue-blazed trail. Tent and hammock sites. Water source is a piped spring beside the shelter.

**Annapolis Rock Campsite**—13 tentsites and two privies at this popular area; caretaker on site. Tentsites are near an outstanding overlook popular with climbers. No fires. Spring location is marked.

**Pogo Memorial Campsite**—The campsite is immediately to the east of the Trail, with a spring 30 yards on a blue-blazed trail to the west. Named after Walter Rheinheimer, Jr., 1957–1974, nicknamed “Pogo” by his mother soon after his birth. The Mountain Club of Maryland decided to memorialize him, after he died in a canoe accident on the Potomac, by buying the former Black Rock Hotel site and turning it into a primitive campsite. Thurston Griggs Trail leads 0.9 mile west to White Oak Rd.



**Md. 17/Wolfsville Road**—**West** 0.3 mile to **Hostel**: The Free State Hiker Hostel, owned by 'o6 thru-hiker Ken “Bone Pac” and Jennel Berry, (301) 824-2407, 11626 Wolfsville Road, Smithsburg, MD 21783. Open Mar 15–Nov 15; \$32 includes bunk room, all linens, shower, laundry, Internet, phone. Credit cards accepted. Pizza and Mexican delivery available. Snacks, sodas, ice cream on site. Water available from spigot in front. No alcohol and no pets. Two-night maximum. Mail drops accepted for \$2 fee (fee waived for overnight stay).

**West** 1.7 miles on Wolfsville Road and then left 0.1 mile on Md. 64 to a small shopping center. ■ **Groceries**: Phil & Jerry's Meats & More (short-term resupply), (301) 824-3750, M–Th 8–6, F–Sa 8–8; Dollar General Store. ■ **Other services**: veterinarian, (301) 416-0888; medical clinic, (301) 824-3343; pharmacy, (301) 824-3900; pay phone; two banks with ATM, near shopping center.

**West** 2.4 miles *via* Wolfsville Road and Md. 77 to **Smithsburg, Md. [P.O. ZIP 21783: M–F 8:30–1 & 2–4:30, Sa 8:30–12; (301) 824-2828]**. ■ **Groceries**: Smithsburg Market, (303) 824-2171, M–Sa 8–8, Su 10–8. ■ **Restaurants**: Vince's New York Pizza, (301) 824-3939; Dixie Eatery. ■ **Internet access**: library, Tu 12–9, M, W, Th–F 10–7, Sa 10–2. ■ **Other services**: coin laundry; dentist; and banks with ATM.

**West** 2.4 miles *via* Wolfsville Road and south on Md. 64 1.0 mile to ■ **Groceries**: Food Lion, (301) 824-7011; Mountain Valley Orchard, (301) 824-7902. ■ **Restaurants**: Carmine's Italian Restaurant; China 88; Subway; Debbie's Soft Serve; Hartles Subs; Rocky's Pizzeria, (301) 824-2066, delivery. ■ **Other services**: Rite Aid, (301) 824-2211; Ace Hardware, fuel and camping supplies.



**Ensign Cowall Shelter** (1999)—Sleeps 8. Privy. Named for Ensign Phillip Cowall, who passed away in 1998. Built by the PATC and volunteers and students from Gallaudet University and its Model Secondary School for the Deaf (MSSD), located in Washington, D.C. Five tent pads, picnic table, fire ring with grill, bear pole. Water source is a boxed spring south of the shelter 0.2 mile on the A.T.

**Raven Rock Shelter** (2010)—Sleeps 16; composting privy, tent and hammock sites. Water source is a spring 200 feet east of the A.T. (on trail to former Devils Racecourse Shelter).



**Pen Mar County Park**—Open from the first Su in May to the last Su in Oct. No camping in the park, and dogs (pack poop) must be leashed and are allowed only on the A.T. proper. The pavilion provides views of the countryside to the west. Snack bar, soda machine. Museum (pay phone inside) open Sa and Su. Restroom locked in the evening. No alcohol permitted in the park. Bobby D's, (717) 762-0388, and Brother's Pizza, (717) 765-8808, will deliver food from menu to the park Su–Th 11–9, F–Sa 'til 10. **Shuttle:** Dennis Sewell, (301) 241-3176; will haul dogs.


**East** 1.4 miles to the small community of **Cascade, Md.** [P.O. ZIP 21719: **M–F 8–1 & 2–5, Sa 8–12; (301) 241-3403**]. To reach town from the park entrance, turn left on High Rock Road to Pen-Mar Road, go straight at intersection, pass under a railroad trestle, turn right at the stop sign onto Md. 550. To reach the post office, continue 0.1 mile, and turn left on Ft. Ritchie Road across from entrance to former Ft. Ritchie. ■ **Lodging:** AirBnB, (240) 469-7609, <[www.airbnb.com/rooms/423854](http://www.airbnb.com/rooms/423854)>, cottage-style home with rooms to rent, \$25PP/night includes B. ■ **Restaurant:** Rocky's New York Pizza, (301) 241-3470, 14323 MacAfee Rd. near P.O., 11–10 every day, Italian food, no delivery. ■ **Groceries:** GT's Handimart (short-term resupply), (301) 241-3434, 5 a.m.–11 p.m. daily, ice cream, sandwiches, hot bar, ATM; Sanders Market (long-term resupply), (301) 241-3612, open M, W, Tu, F 8:30–9, Tu, Sa 8:30–8.


**Mason-Dixon Line**—A marker often has been stolen. A new one was placed in 2011 by PATC and ALDHA. It signifies the historical survey line, important in the Civil War, that separates Maryland from Pennsylvania. What you should see here is a wooden sign on a post. When Mason and Dixon surveyed this line in 1763–67, they placed at one-mile intervals limestone blocks 3 to 5 feet long, weighing between 300 and 600 pounds, from an English quarry. Every fifth mile, a “Crown” stone was laid with the Penn coat of arms on the Pennsylvania side and the Calvert coat of arms on the Maryland side.

# Pennsylvania

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,126.0	Mason–Dixon Line, Pa.–Md. State Line	R	1,250	1,059.9
1,125.9	Pen Mar Rd	R	1,240	1,060.0
1,124.9	Buena Vista Rd	R, w	1,290	1,061.0
1,123.7	Old Pa. 16	R	1,350	1,062.2
1,123.4	Pa. 16 <b>Blue Ridge Summit, PA 17214;</b> <b>Waynesboro, PA 17268</b>	R (E–1.2m PO, G, M, D, cl, f, ♀) (W–2m G, M; 2.3m G; 5m PO, G, M, L, V, cl, f, ♀)	1,200	1,062.5
1,123.2	Mackie Run, Mentzer Gap Rd	R	1,250	1,062.7
1,122.6	Bailey Spring (sign missing?)	w	1,300	1,063.3
1,121.3	<b>Deer Lick Shelters...</b> <i>9.8mS; 2.6mN</i>	S (E–0.2m w)	1,420	1,064.6
1,118.9	Old Forge Park, <b>Antietam Shelter...</b> <i>2.6mS; 1.2mN</i>	R, S (w 0.2m N on A.T.)	890	1,067.0
1,118.5	Rattlesnake Run Rd	R	900	1,067.4
1,117.9	Old Forge Rd	R	1,000	1,068.0
1,117.7	<b>Tumbling Run Shelters...</b> <i>1.2mS; 6.8mN</i>	S, w	1,120	1,068.2
1,116.4	Chimney Rocks		1,900	1,069.5
1,113.1	Swamp Rd	R	1,560	1,072.8
1,112.8	Pa. 233 <b>South Mountain, PA 17261</b>	R (E–1.2m PO, L, M)	1,600	1,073.1
1,111.1	<b>Rocky Mtn Shelters...</b> <i>6.8mS; 5.8mN</i>	E–0.2m S; 0.5m w	1,520	1,074.8
1,108.1	U.S. 30, Caledonia State Park <b>Fayetteville, PA 17222</b>	R, C, M, sh, w (W–0.3m M; 0.7m G; 3.5m PO, G, M, L, D, cl)	960	1,077.8
1,106.2	Quarry Gap Rd	R	1,250	1,079.7
1,105.5	<b>Quarry Gap Shelters...</b> <i>5.8mS; 7.4mN</i>	S, w	1,455	1,080.4
1,104.0	Sandy Sod Jct	R	1,980	1,081.9
1,101.4	Middle Ridge Rd	R	2,050	1,084.5
1,100.9	Ridge Rd, Means Hollow Rd	R	1,800	1,085.0

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,100.5	Milesburn Rd, Milesburn Cabin (locked)	R, w	1,600	1,085.4
1,098.1	<b>Birch Run Shelter...</b> 7.4mS; 6.2mN	S, w	1,795	1,087.8
1,096.8	Shippensburg Rd, Big Flat Fire Tower	R	2,040	1,089.1
1,094.9	Michener Cabin (locked)	E–0.3m w	1,850	1,091.0
1,093.0	Woodrow Rd	R	1,850	1,092.9
1,091.9	<b>Toms Run Shelters...</b> 6.2mS; 11.1mN	S, w	1,300	1,094.0
1,091.4	Midpoint Marker		1,250	1,094.5
1,090.1	Halfway Spring (signed)	w	1,100	1,095.8
1,088.5	Pa. 233	R	900	1,097.4
1,088.2	Pine Grove Furnace State Park, A.T. Museum	R, H, C, G, w, sh	850	1,097.7
1,085.7	Pole Steeple side trail		1,300	1,100.2
1,082.2	Trail to Mtn Creek Camp-ground	W–0.7m C, G	1,050	1,103.7
1,081.4	Spring (signed)	W–0.1m w	750	1,104.5
1,081.0	<b>James Fry (Tagg Run) Shelter...</b> 11.1mS; 8.7mN	E–0.2m S, w	805	1,104.9
1,080.5	Pine Grove Rd	R (W–0.4m C, M)	750	1,105.4
1,079.6	Hunters Run Rd, Pa. 34	R (E–0.2m G, f)	670	1,106.3
1,077.8	Pa. 94 <b>Mt. Holly Springs, PA 17065</b>	R (W–2.5m PO, G, M, L, D, cl, ♀)	880	1,108.1
1,075.0	Whiskey Spring, Whiskey Spring Rd	R, w	830	1,110.9
1,072.9	<b>Alec Kennedy Shelter...</b> 8.7mS; 18.4mN	E–0.2m S, w	850	1,113.0
1,072.0	Center Point Knob		1,060	1,113.9
1,069.5	Backpackers' Campsite	C, w	500	1,116.4
1,069.3	Yellow Breeches Creek	R	500	1,116.6
1,069.0	Pa. 174, ATC Mid-Atlantic Office <b>Boiling Springs, PA 17007</b>	R, w, PO, sh, f (W–0.1m G, M, L; 1m G, D, V)	500	1,116.9
1,067.0	Pa. 74	R	580	1,118.9
1,064.9	Pa. 641, Trindle Rd	R	540	1,121.0

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,062.2	Pennsylvania Turnpike	R	495	1,123.7
1,061.0	U.S. 11 Footbridge	R (E-7m O) (W-0.5m M, L, sh; 5m G, L, M)	490	1,124.9
1,060.1	I-81 Overpass	R	485	1,125.8
1,058.7	Conodoguinet Creek Bridge, ATC Scott Farm Trail Work Center	R, w	480	1,127.2
1,056.7	Pa. 944	R	480	1,129.2
1,055.7	Spring	w	650	1,130.2
1,054.8	Tuscarora Trail (northern terminus), Darlington Trail		1,390	1,131.1
1,054.7	<b>Darlington Shelter...</b> <i>18.4mS; 7.3mN</i>	S, w	1,170	1,131.2
1,052.4	Pa. 850	R	650	1,133.5
1,047.4	<b>Cove Mtn Shelter...</b> <i>7.3mS; 8.6mN</i>	S, w	1,120	1,138.5
1,045.5	Hawk Rock		1,140	1,140.4
1,043.8	U.S. 11 & 15, Pa. 274	R (W-0.5m G; 2m L)	385	1,142.1
1,043.3	Market St <b>Duncannon, PA 17020</b>	R, P O, G, L, M, cl, f, ~ 	385	1,142.6
1,042.3	Pa. 849, Juniata River	R, C, sh	380	1,143.6
1,042.1	Clarks Ferry Bridge, Susquehanna River (west end)	R (W-0.1m M)	380	1,143.8
1,041.5	U.S. 22 & 322, Norfolk Southern RR	R (E-1m L; 16m G, L, M, O, D, V)	400	1,144.4
1,039.0	Campsite	C, w		1,146.9
1,038.8	<b>Clarks Ferry Shelter...</b> <i>8.6mS; 6.8mN</i>	S, w	1,180	1,147.1
1,034.9	Pa. 225 Footbridge	R	1,250	1,151.0
1,032.9	Table Rock View		1,200	1,153.0
1,032.1	<b>Peters Mtn Shelter...</b> <i>6.8mS; 17.8mN</i>	S, w	970	1,153.8
1,029.4	Kinter View		1,320	1,156.5
1,025.7	Spring	w	700	1,160.2
1,025.4	Pa. 325, Clark's Valley	R, w	550	1,160.5

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,022.1	Stony Mtn; Horse-Shoe Trail		1,650	1,163.8
1,018.7	Yellow Springs Village Site		1,450	1,167.2
1,016.4	Cold Spring Trail		1,400	1,169.5
1,014.1	<b>Rausch Gap Shelter...</b> 17.8mS; 13.6mN	E–0.3m S, w	970	1,171.8
1,009.4	Pa. 443, Green Point, Pa.	R (W–2.6m C, M, cl, sh)	550	1,176.5
1,008.0	Pa. 72, Swatara Gap	R (E–2.4m C, G, L, M)	480	1,177.9
1,007.6	I-81 Underpass	R	450	1,178.3
1,000.7	<b>William Penn Shelter...</b> 13.6mS; 4.2mN	S, w	1,300	1,185.2
998.5	Pa. 645	R	1,250	1,187.4
996.6	Pa. 501, <b>501 Shelter...</b> 4.2mS; 15.5mN <b>Pine Grove, PA 17963</b>	R (W–0.1m S, w; 0.5m H; 3.7m PO, G, M, L, D, V, cl, sh) (E–2m PO, V,  )	1,460	1,189.3
996.1	Pilger Ruh Spring Trail, Applebee Campsite	W–C, E–w	1,450	1,189.8
993.5	Round Head, Shower Steps	w	1,500	1,192.4
991.0	Hertlein Campsite	C, w	1,200	1,194.9
990.9	Shuberts Gap		1,200	1,195.0
987.6	Fort Dietrich Snyder Marker	W–0.2m w	1,440	1,198.3
987.3	Pa. 183, Rentschler Marker	R	1,450	1,198.6
986.0	Black Swatara Spring	W–0.3m w	1,510	1,199.9
982.2	Sand Spring Trail	E–0.2m w	1,510	1,203.7
981.5	<b>Eagle's Nest Shelter...</b> 15.5mS; 15mN	W–0.3m S, w	1,510	1,204.4
979.6	Shartlesville Cross-Mtn Rd		1,450	1,206.3
976.9	Phillip's Canyon Spring	w	1,500	1,209.0
972.9	<b>Port Clinton, PA 19549</b>	R, PO (W–0.3m C, S, L, M, sh, O)	400	1,213.0
972.2	Pa. 61 <b>Hamburg, PA 19526</b>	R (E–1m L, M, O, f; 5m PO, L, M, G, D, V, cl)	490	1,213.7
969.6	Spring	w	1,200	1,216.3

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
967.0	Windsor Furnace	E–0.5m C, w	900	1,218.9
966.8	<b>Windsor Furnace Shelter...</b> <i>15mS; 9.3mN</i>	S, w	880	1,219.1
965.2	Pulpit Rock		1,582	1,220.7
963.4	Trail to Blue Rocks Camp-ground	E–1.5m S, C, G, cl, sh, f, ♀	1,150	1,222.5
963.0	The Pinnacle		1,615	1,222.9
957.7	Hawk Mtn Rd, <b>Eckville Shelter...</b> <i>9.3mS; 7.6mN</i>	E–0.2m S, w, sh	535	1,228.2
951.6	Tri-County Corner		1,560	1,234.3
950.3	<b>Allentown Hiking Club Shelter...</b> <i>7.6mS; 10mN</i>	S, w	1,350	1,235.6
948.4	Fort Franklin Rd	R	1,350	1,237.5
946.2	Pa. 309, Blue Mtn Summit	R, L, M, w	1,360	1,239.7
944.4	New Tripoli Campsite	W–0.2m C, w	1,400	1,241.5
943.4	Knife Edge		1,525	1,242.5
942.7	Bear Rocks		1,604	1,243.2
941.3	Bake Oven Knob Rd	R	1,450	1,244.6
940.9	Bake Oven Knob		1,560	1,245.0
940.3	<b>Bake Oven Knob Shelter...</b> <i>10mS; 6.8mN</i>	S, w	1,380	1,245.6
937.9	Ashfield Rd, Lehigh Furnace Gap	R (E–0.7m w)	1,320	1,248.0
933.5	<b>George W. Outerbridge Shelter...</b> <i>6.8mS; 16.9mN</i>	S, w	1,000	1,252.4
932.9	Pa. 873, Lehigh Gap <b>Slatington, PA 18080</b>	R (E–2m PO, G, L, M, D, cl, sh, f, ♀)	380	1,253.0
932.8	Pa. 873, Lehigh River Bridge (east end)	R	380	1,253.1
932.6	Pa. 145 <b>Walnutport, PA 18088</b>	R (E–2m PO, G, M, D, V)	380	1,253.3
932.6	Pa. 248 <b>Palmerton, PA 18071</b>	R (W–2m PO, H, G, L, M, D, cl, f, ♀)	380	1,253.3
927.6	Little Gap, Blue Mtn Rd <b>Danielsville, PA 18038</b>	R (W–1m w, C, sh, f; 2.5m M) (E–1.5m PO, G, L, M)	1,100	1,258.3
922.8	Delps Trail	E–0.25m w	1,580	1,263.1

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
921.0	Stempa Spring	E–0.6m w	1,510	1,264.9
920.3	Smith Gap Rd	R	1,540	1,265.6
916.8	<b>Leroy A. Smith Shelter...</b> <i>16.9mS; 13.9mN</i>	E–0.1m S; 0.2m, 0.4m, 0.6m w	1,410	1,269.1
913.2	Hahns Lookout		1,450	1,272.7
912.2	Pa. 33 <b>Wind Gap, PA 18091</b>	R (E–1m P, G, L, M, D, V, cl) (W–0.1m L, w)	980	1,273.7
905.2	Wolf Rocks		1,550	1,280.7
903.6	Pa. 191, Fox Gap	R	1,400	1,282.3
903.0	<b>Kirkridge Shelter...</b> <i>13.9mS; 31.4mN</i>	S, w	1,480	1,282.9
901.1	Totts Gap		1,300	1,284.8
899.1	Mt. Minsi		1,461	1,286.8
898.1	Lookout Rock		800	1,287.8
897.3	Council Rock		600	1,288.6
896.6	Pa. 611 <b>Delaware Water Gap, PA 18327</b>	R (W–0.1m P, G, H, M; 0.4m L, M, G, O, f; 5m G, M, L, O, cl)	400	1,289.3
896.4	Delaware River Bridge (west end), Pa.–N.J. State Line		350	1,289.5

*Camping regulations vary depending on the type of public land. Be aware of posted notices, and check maps for boundaries. Most water sources are unreliable in summer.*



**Pa. 16**—East 1.2 miles to **Blue Ridge Summit, Pa.** [P.O. ZIP 17214: **M–F 8–12 & 1–4:00, Sa 9–11:30; (717) 794-2335**]. ■ **Restaurants:** Mountain Shadows, daily, B/L/D, phone; Summit Plaza, daily 7–8, B/L/D, pay phone; Unique Bar and Grill; and fast-food options. ■ **Internet access:** library, M–Th 3–8, Sa 10–4. ■ **Other services:** True Value hardware, denatured alcohol; bank with ATM; JJ's Laundromat; barber; and Blue Ridge Summit Medical Center, M, Tu, Th 8–5, W, F 8–1.

**West** 2 miles to Rouzerville, Pa., with grocery store, convenience store, bank with ATM, Red Run Grill, and Walmart.

**West** 2.3 miles to **Groceries:** Food Lion (long-term resupply).

**West** 5 miles to **Waynesboro, Pa.** [P.O. ZIP 17268: **M–F 8:30–5, Sa 9–12; (717) 762-1513; pick-up window only, M–F 6–5, Sa 6–12:15**], with all major services. ■ **Lodging:** Bur-

gundy Lane B&B, (717) 762-8112, phone for shuttle from Trailhead, Internet access, laundry, local shuttles, and slackpacks; Days Inn, (717) 762-9113, call for current rates. ■ **Groceries:** Martin's (long-term resupply); 7-11 (short-term resupply). ■ **Restaurants:** Golden Corral Buffet and Grill, Pizza Hut, Dairy Queen, Domino's Pizza. ■ **Internet access:** library, M-F 9:30-8, Sa 9-4. ■ **Other services:** 24-hour coin laundry; hospital; bank with ATM; Radio Shack; pharmacies; Ace Hardware, denatured alcohol; veterinarian; dentist; K-Mart; and UPS Store.

**Deer Lick Shelters** (1940s)—Two shelters, each sleeps 4. Privy. Water source is a spring 0.2 mile on a blue-blazed trail to the east of the shelter area (seasonal) or stream 50 feet north of shelter.

**Antietam Shelter** (1940)—Sleeps 6. Privy. Water source is 0.2 mile north on the A.T. to a springhouse with spigot by the ballfield in Old Forge Park. Southbounders should get their water before reaching the shelter.

**Tumbling Run Shelters** (1940s)—Two shelters, each sleeps 4. Privy. Located on a short, blue-blazed trail. Water source is 100 yards to the west of the shelter.



**Pa. 233—East** 1.2 miles to **South Mountain, Pa. [P.O. ZIP 17261: M-F 8:30-1 & 2-4:45, Sa 8:30-11:30; (717) 749-5833]. Restaurant:** Sou-Mont Hotel and Bar, a.k.a. South Mountain Bar and Restaurant; (717) 749-3845, grill-type menu (no lodging), M-Sa 9 a.m.-2 a.m., Su 11 a.m.-midnight.

**Rocky Mountain Shelters** (1989)—Two shelters, each sleeps 4. Privy. Located 0.2 mile on a steep, downhill, blue-blazed trail; for water, continue on side trail down to a road, then right 75 yards to spring.



**U.S. 30—East** 14 miles to historic Gettysburg with many motels and most major services.

**West** 0.3 mile to **Restaurant:** Taormina's Pizza, ice cream, Tu-Su 11-10; pay phone.

**West** 0.7 mile to **Groceries:** Henicle's Grocery (long-term resupply) with deli, pay phone; M-Sa 8-9, Su 8-6.

**West** 3.5 miles to **Fayetteville, Pa. [P.O. ZIP 17222: M-F 8-4:30, Sa 8:30-12; (717) 352-2022].**

■ **Lodging:** Rite Spot Motel, (717) 352-2144, \$55S, \$65D, \$20 EAP, dog \$15; shuttle \$5 one-way, call ahead. ■ **Groceries:** convenience store (short-term resupply). ■ **Restaurants:** Flamingo Family Restaurant, Mamma's II. ■ **Other services:** doctor, pharmacy, coin laundry, barber, and ATM.



**Caledonia State Park**—(717) 352-2161, home to the Thaddeus Stevens Museum, but, more importantly for hot hikers, home to a swimming pool. The pool is visible as the A.T. enters a clearing in the park. Open only weekends from Memorial Day to mid-Jun, then daily to Labor Day; \$4 admission. A snack bar with short-order grill opens at 10. Pay phone next to the pool and a second near the office. **Camping:** Campsites, non-electric, with showers, no pets: F–Sa, \$23 Pa. residents/\$25 nonresidents; Su–Th, \$19 Pa. residents/\$21 nonresidents; shower only \$3. With pets, add \$2 to rates above. Maximum of 5 people/tents per site as long as tents don't extend beyond campsite. U.S. Sen. Thaddeus Stevens, an outspoken abolitionist, owned Caledonia Ironworks during the Civil War. Confederates burned the ironworks *en route* to the battle of Gettysburg.

**Quarry Gap Shelters** (1935)—Two shelters, each sleeps 4. Privy. Water source is 10 yards in front of the shelter.

**Quarry Gap Shelters to Birch Run Shelter**—Between these areas, the A.T. runs through impressive thickets of mountain laurel. Peak bloom is usually late May–early Jun.

**Birch Run Shelter** (2003)—Sleeps 8. Privy. Shelter located on the east side of the A.T. Water source is a spring 30 yards in front of the shelter.

**Toms Run Shelters** (1936)—Two shelters, each sleeps 4. Privy. Water source is a spring near old chimney.

**Midpoint Marker**—A new wooden sign with a register marks the 2011 midpoint of the Trail. The old one has been retired to the nearby A.T. Museum. ALDHA honorary life member Chuck Wood, a.k.a. “Woodchuck” of 1985, built and erected both markers.



**Pa. 233/Pine Grove Furnace State Park**—(717) 486-7174. **Appalachian Trail Museum**, (717) 486-8126, <[www.atmuseum.org](http://www.atmuseum.org)>, in an old grist mill passed by the Trail; open daily Memorial Day–Labor Day, noon–4; spring and fall weekends, noon–4; stop in, it's free; parking for up to a week but register at park office. ■ **Hostel:** Ironmasters Mansion south of the entrance to Pine Grove Furnace State Park, an 1827 mansion that reportedly was once a “station” on the Underground Railroad; \$20/person, \$25 with B/D; closed 9 a.m.–4 p.m.; call for reservations, (717) 486-4108. ■ **Groceries:** Pine Grove General Store (short-term resupply), open Apr 15–mid-Nov, weekends only, hours may be limited. The first opportunity for northbounders to join the traditional “half-gallon club.” To belong, you have to eat a half-gallon of ice cream to mark your halfway point. ■ **Camping:** Nonelectric, no pets; F–Sa \$23 Pa. resident,

\$25 nonresident; Su–Th \$19 resident, \$21 nonresident. Nonelectric site with pets is \$2 more per night. Hot showers and flush toilets; concession stand with short-order grill, phone, and swimming in Laurel and Fuller lakes. An iron furnace that produced firearms used in the Revolutionary War ceased operation in the 1890s, but its remains are visible from the Trail.

**Mountain Club of Maryland**—MCM maintains the 16.2 miles from Pine Grove Furnace State Park to Center Point Knob and the 12.7 miles from the Darlington/Tuscarora Trail junction to the Susquehanna River. Correspondence should be sent to 7923 Galloping Circle, Baltimore, MD 21244; <paules2@aol.com>.

**Mountain Creek Campground—West** 0.7 mile; 349 Pine Grove Rd., Gardners, PA 17324; (717) 486-7681, <www.mtncreekcg.com>; mid-Apr–Oct, tenting \$33, cabin w/o heat \$45, hot showers, heated pool, camp store, camp supplies, snack shack; pets must be kept on a leash.

**James Fry Shelter at Tagg Run** (1998)—Sleeps 9. Privy (composting). Called “Tagg Run” in some sources, after the 1930s-vintage shelters it replaced. Tentsites available in the open adjacent field. Water source is 0.4 mile east of the A.T. on a blue-blazed trail; reported dry in Oct 2007.



**Pine Grove Road—West** 0.4 mile to Cherokee Family Restaurant and Campground, (717) 486-8000, deli 12–6; tentsites with shower \$16D, \$5EAP; pay phone outside.



**Pa. 34—East** 0.2 mile to the Green Mountain Store and Deli (short-term resupply), M–Sa 7–8, Su 9–6, Coleman fuel by the pint, pay phone. For southbounders, the first opportunity to join the Half-Gallon Club.




**Pa. 94—West** 2.5 miles to **Mt. Holly Springs, Pa. [P.O. ZIP 17065: M–F 8–4:30, Sa 9–12; (717) 486-3468].** ■ **Lodging:** Holly Inn and Restaurant, (717) 486-3823, call and will send car to pick up; <www.hollyinn.com>; \$65s/D includes continental B and ride back to the Trail; L/D Su–Su 11:30–9, F–Sa 11:30–10; Internet. ■ **Restaurants:** Cassell's Grill, 5 West Pine St., (717) 486-8800, Tu–Su 11–9; Laura's Family Restaurant; Sicilia Pizza and Subs. ■ **Internet access:** library. ■ **Other services:** Uni-Mart (short-term resupply), with pay phone; coin laundry; pharmacy; dentist; optometrist; and bank with ATM.

**Alec Kennedy Shelter** (1991)—Sleeps 7. Privy (composting). Built by the MCM and Tressler Wilderness School. The shelter is 0.2 mile east on a blue-blazed trail. Water source is a spring located on a side trail behind the shelter; prone to go dry during the summer. A second source is a small stream 0.5 mile south of the shelter on the A.T.

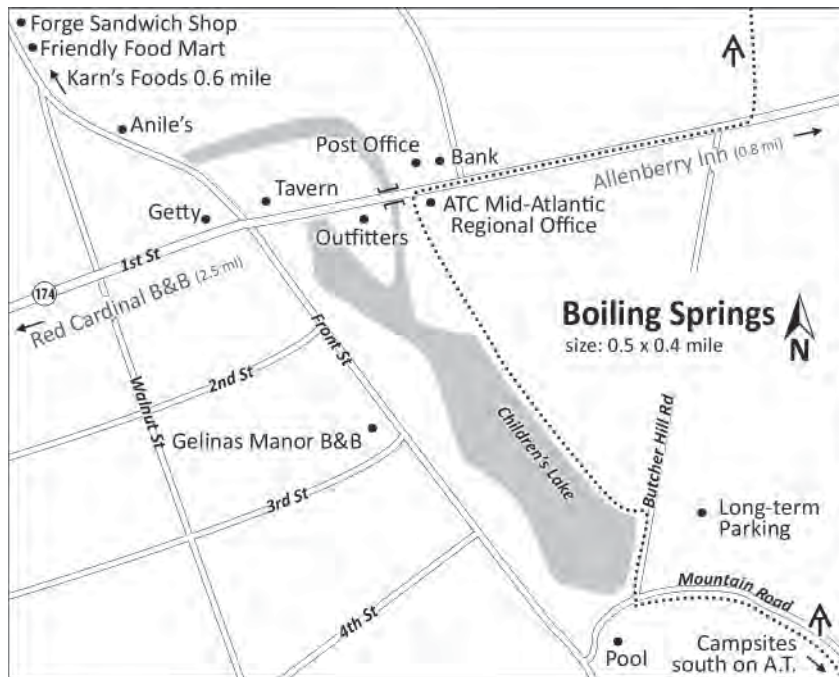
**Center Point Knob**—In 2012, the Mountain Club of Maryland replaced the missing Center Point Knob bronze plaque with a replica on the original boulder along the Trail.

**Cumberland Valley Appalachian Trail Club**—CVATC maintains the 17.2 miles between Center Point Knob and the Darlington/Tuscarora Trail junction. Correspondence should be sent to P.O. Box 395, Boiling Springs, Pa. 17007; <www.cvatclub.org>; <wbohn@paonline.com>.

*No camping or fires in the valley*—Between Alec Kennedy and Darlington shelters, the Boiling Springs campsite (see next entry) is the only place where camping is allowed.

 **Boiling Springs, Pa. [P.O. ZIP 17007: M–F 9–12, 1–4:30, Sa 9–12; (717) 258-6668]**—Home to ATC's mid-Atlantic regional office, (717) 258-5771. Open weekdays 8–5. Staff members and volunteers can provide information on Trail conditions, weather forecasts, and water availability. Coleman fuel and denatured alcohol are available for a donation; A.T. maps and books for sale. Picnic table and hiker bulletin board are located on the porch. Bursting-at-seams office cannot accommodate packages sent to hikers; please use P.O. across street. *No camping at the office.* Limited parking available at opposite end of lake in township parking lot; obtain permit from ATC office during regular office hours (overnight parking is only allowed with permit that you display on your dashboard). Lodging is limited in Boiling Springs, but a year-round campsite with a portable toilet in season is south of town, before the railroad tracks (toilet Memorial Day–Labor Day). The trains do run past here all night long. The water source for the campsite is a spigot behind the ATC office, next to the oil tank. ■ **Lodging:** Gelinas Manor B&B, (717) 258-6584, \$69 (one room only) to \$129 includes full B, no pets, no packs inside, \$5 laundry service, mail drops for guests. Check the hiker-information board at ATC for postings of additional camping possibilities in the area. ■ **Restaurants:** Anile's, L/D; Boiling Springs Tavern, L/D; Caffè 101, B/L/D. ■ **Outfitter:** Yellow Breeches Outfitter, (717) 258-6752, closed M, limited hiker supplies, socks, clothing, rain gear, first aid, A.T. maps of Pa., bug spray, water-purification tablets. ■ **Groceries:** Karn's Store (long-term resupply), open daily 7–10;





Getty Mart and Friendly Food Mart (both short-term resupply). ■ **Other services:** bank with ATM next to post office; doctor; dentist; veterinarian; Boiling Springs pool, (717) 258-4121, open Memorial–Labor Day, \$9.75 admission, \$1 hot shower, check ATC hiker bulletin board for coupons; barber; Jumpers Shoe Service, (717) 766-3422, in nearby Mechanicsburg.

**East** on Pa. 174—Allenberry Inn & Playhouse, (717) 258-3211; hikers' special \$40/room, no reservations, first-come/first-served; bar and lounge; seasonal pool; B/D buffet extra: dinner-and-theater package W–Su, \$25pp. Mail drops (\$5/box) can be sent to 1559 Boiling Springs Rd.

**West** on Pa. 174—**Lodging:** Red Cardinal B&B, (717) 245-0823, <redcardinalbandb@aol.com>, call for reservations and a ride.

**Cumberland Valley**—Water is scarce between Boiling Springs and Darlington Shelter, as the A.T. winds along hedgerows and through Pennsylvania farmland. Thanks to an ambitious land-acquisition program, most of the Trail has been taken off roads through

this heavily developed area, but it is still a hot walk on steamy summer days. Water can be obtained at one of the restaurants on U.S. 11 (see below) or at Scott Farm, which is 10.3 miles north of Boiling Springs.



**U.S. 11—West** 0.5 mile to various facilities spread along this busy highway. ■ **Lodging:** America's Best Inn, (717) 245-2242 or (800) 445-6715, dogs extra, laundry, WiFi; Days Inn Carlisle North, (717) 245-2242, hiker rate \$54.99; Super 8, (717) 249-7000, laundry, pool, WiFi, accepts mail drops to 1800 Harrisburg Pike, Carlisle, PA 17013; Econolodge, (717) 249-7775, continental B, pets extra and only in smoking rooms, laundry, pool, WiFi; Holiday Inn, (717) 245-2400, pets okay (\$10 nonrefundable fee), laundry, pool, Duffy's Restaurant and Pub, WiFi; Pheasant Field B&B, (717) 258-0717, Su–Th \$88D, F–Sa \$105–\$185D, pet-friendly room may be available, laundry, free phone, shuttle to and from Trail with stay; Hotel Carlisle, (717) 243-1717, heated indoor pool, sauna, hot tub, WiFi. Other options beyond I-81: Travel Lodge, Rodeway Inn, Howard Johnson, Quality Inn. ■ **Restaurants:** Trailside Restaurant (limited hours), 24-hour Middlesex Diner, Bob Evans, Dunkin' Donuts, and fast-food restaurants on the other side of I-81. The Flying J Travel Plaza has restaurant, shower \$11.50 (includes refundable \$5 towel deposit), laundry, store (short-term resupply).

**West**—5 miles to Carlisle, a large town with all major services.


**Conodoguinet Creek Bridge**—An old ATC-managed farmhouse, known as the Scott Farm, is located next to the bridge where the Trail U-turns, passes under the bridge, and heads north. Open May–Oct, the farm has a privy, water, and a picnic table. *No camping.*

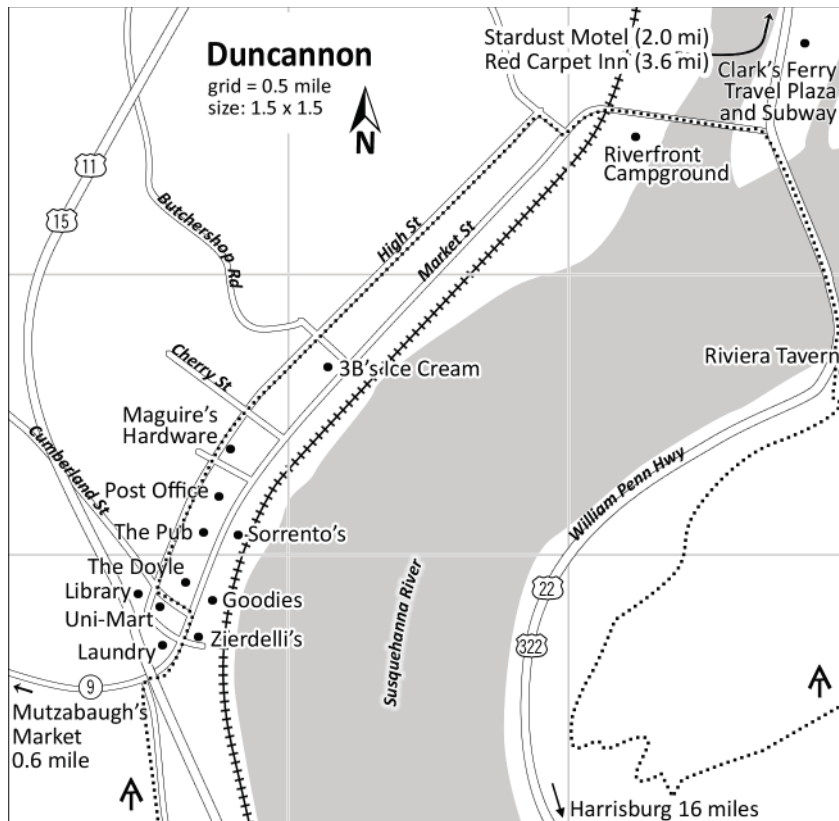
**Wolf Trail**—Water available where the A.T. crosses an overgrown dirt road.

**Tuscarora Trail**—The northern terminus of the blue-blazed Tuscarora Trail, a 260-mile route to its southern terminus on the A.T. in Shenandoah National Park in Virginia. It was blazed when maintainers feared that the A.T. route would be closed by private landowners.

**Darlington Shelter** (2005)—Sleeps 8. Privy. Built by MCM to replace a 1982 shelter. Campsites available. Water source, an intermittent spring 0.2 mile on a blue-blazed trail in front of the shelter, regularly dries up early in the hiker season. It is recommended that northbounders bring water to the shelter from the Wolf Trail spring at the base of North Mountain; southbounders, from Cove Mountain.

**Cove Mountain Shelter** (2000)—Sleeps 8. Privy. Built with the help of the Timber Framers Guild using timber salvaged from a barn, some pieces more than 100 years old. Water source is a spring 125 yards away on a steeply graded trail near the shelter.

 **U.S. 11/Duncannon, Pa. [P.O. ZIP 17020: M–F 8–11, 12–4:30, Sa 8–12; (717) 834-3332. ID required for mail drops.]**—The A.T. passes through the center of town, and all services are within a short walk. ■ **Camping:** Riverfront Campground (south of the Clarks Ferry Bridge), (717) 834-5252, tentsites and shower \$3.50PP in designated hiker area, shuttle service, canoe and kayak rentals. ■ **Lodging:** Doyle



Hotel, (717) 834-6789, one of the original Anheuser-Busch hotels, more than 100 years old, \$25S, \$750EAP, coin laundry, free Internet, pets allowed, shower only \$750 (includes towel), fuels (denatured, white gas, canister), will hold mail drops (ID required) sent to 7 North Market St., Duncannon, PA 17020, free shuttles to Mutzabaugh's, other shuttles available. On U.S. 11/15, 2 miles **North** of the truck stop, Stardust Motel, (717) 834-3191, Su–Th \$45S, F–Sa \$53S, \$5EAP, laundry, no dogs, free shuttles to and from town when available. ■ **Groceries:** **West** of town 0.5 mile on Pa. 274, Mutzabaugh Market and pharmacy (long-term resupply), M–Sa 6–10, Su 7–10; Uni-Mart Convenience Store (short-term resupply), daily 6–11. ■ **Restaurants:** All-American Truck Plaza, B/L/D with AYCE buffet; Doyle Hotel, L/D full menu and bar; Goodie's Café, B/L M–F, B Sa–Su; The Pub, L/D; Riviera Tavern, L/D; Sorrento's Pizza and Subs, L/D; Zeiderelli's Pizza, L/D, seasonal ice-cream stand. ■ **Outfitter:** Blue Mountain Outfitters, (717) 957-2413, <www.bluemountainoutfitters.net>, 8 miles **South** on U.S. 11 in Marysville, closed M, 10–8 T, 10–6 W–Su; fuel, water bottles, freeze-dried food, canoe and kayak rentals. ■ **Other services:** All-American Truck Plaza (short-term resupply), \$8 shower, ATM; laundry; banks with ATM; doctor; dentist; bank; veterinarian; Duncannon Community Library and Education Center at Duncannon Presbyterian Church, 3 N. High St., Duncannon 17020, open W 1–3, Sat 10–12, Internet, a/c, cold drinks & snacks, hiker box, all hikers welcome; Mary Parry (Trail Angel Mary), (717) 834-4706, can tell you about services in Duncannon.

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**York Hiking Club**—YHC maintains the 7.2 miles from the Susquehanna River to Pa. 225. Correspondence should be sent to YHC, 2684 Forest Rd., York, PA 17402; (717) 244-6769; <president@yorkhikingclub.com>.

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**Earl V. Shaffer**—Almost all hikers recognize Earl “Crazy One” Shaffer (1918–2002) from York, Pa., as the first A.T. thru-hiker. In 1948, he completed a northbound thru-hike; in 1965, he completed a southbound thru-hike, becoming the first to accomplish both northbound and southbound hikes. To celebrate the 50th anniversary in 1998 of his first hike, Earl did a northbound thru-hike at the young age of 79. ATC's first “corresponding secretary,” he was active in Trail maintenance and promoting trails for the YHC and Susquehanna Appalachian Trail Club for many years.

**Clarks Ferry Shelter** (1993)—Sleeps 8. Privy. A blue-blazed trail leads 100 yards to the shelter and 100 yards farther to a reliable piped spring.



**Pa. 225**—In 2003, a pedestrian bridge was built to avoid a dangerous road-crossing; it offers a good view of Powell Creek Valley, too.

**Susquehanna Appalachian Trail Club**—SATC maintains the 20.4 miles from Pa. 225 to Rausch Creek. Correspondence should be sent to <hike-hbg@satc-hike.org> or SATC, P.O. Box 61001, Harrisburg, PA 17106-1001.

**Peters Mountain Shelter** (1994)—Sleeps 20. Privy. The little shelter that Earl Shaffer built years earlier was removed in 2008 for inclusion in the new A.T. Museum. Water source for shelter is down blue-blazed trail in front of shelter on north side of the mountain. The trail is a steep path of almost 300 rock steps installed by SATC and ATC's mid-Atlantic crew between 1996 and 1999.

**Clarks Ferry to Rausch Gap**—The A.T. passes near the remains of old mining villages dating back to the 1800s. Remnants of Yellow Springs Village are still visible along the Trail, and, in Rausch Gap, near where the A.T. crosses Rausch Creek, a trail leads to a small family cemetery from the 1850s. Between here and Virginia's Sinking Creek Mountain, the Trail is in the Chesapeake Bay watershed.

**Blue Mountain Eagle Climbing Club**—BMECC maintains the 62.9 miles from Rausch Creek to Tri-County Corner and the 3 miles from Bake Oven Knob to Lehigh Furnace Gap. Correspondence can be sent to P.O. Box 14982, Reading, PA 19612; <www.bmecc.org>; <info@bmecc.org>; (610) 326-1656.

**Rausch Gap Shelter** (1972)—Sleeps 12. Privy. Built by the BMECC; no tenting. Water source is a reliable spring next to the shelter.



**Pa. 443—West** 2.6 miles to **Camping**: Twin Grove KOA, (800) 562-5471, <www.twingrove.com>, \$45 tentsite, laundry, restaurant, ice-cream parlor, Internet, pool, nonguest shower \$5.



**Pa. 72/Swatara Gap—East** 2.4 miles to Lickdale, adjacent to I-81 Exit 90. ■ **Restaurants**: Wendy's, Dairy Queen, McDonald's, Chester's Chicken, Sbarro Italian, Subway, Godfather's Pizza, Blimpie, Dunkin' Donuts. ■ **Lodging**: Best Western, (717) 865-4234, \$109D, continental B, laundry, pool, Internet; Days Inn, (717) 865-4064, \$50–\$99, pets \$10, laundry, ATM, hot tub, continental B, free Internet access; Quality



Inn, (717) 865-8080, \$65–\$109, continental B, Internet access, laundry, pool. ■ **Camping:** Lickdale Campground and General Store (short-term resupply), (877) 865-6411, \$26–\$30/tentsite, laundry, ATM, store with rotisserie chicken, pizza. ■ **Other services:** Love's (showers \$9, ATM), BP, and Exxon all have stores (short-term resupply).

**William Penn Shelter** (1993)—Sleeps 16. Privy. With second-floor loft and windows, 0.1 mile east of the A.T., often visited by summer camping groups. Water source is 200 yards on a blue-blazed trail to the west of the A.T.



**Pa. 501—East** 2 miles to **Bethel, Pa. [P.O. ZIP 19507: M–F 8–12 & 1:15–4:30, Sa 8:30–10:30; (717) 933-8305].** ■ **Other services:** Bethel Animal Clinic, (717) 933-4916.

■ **Internet access:** Bethel Library, M–Th 10–8, F 10–5, Sa 9–4.

**Shuttle:** Amy Lu Holland, (570) 345-1119 or cell (570) 292-3350, <pamoneypit@yahoo.com>. Local shuttles to town; call for rates.

**West** 3.7 miles to **Pine Grove, Pa. [P.O. ZIP 17963: M–F 8:30–4:30, Sa 9–12; (570) 345-4955].** Most major services but spread out over three miles. ■ **Lodging:** Hampton Inn, (540) 345-4505, indoor pool, laundry, WiFi, continental B; Econo Lodge, (570) 345-4099, weekdays \$45–\$60, dogs \$10 (in smoking rooms), continental B; Comfort Inn, (570) 345-8031, \$60–\$109D, pets \$10, includes continental B, pool, Internet access; Colony Lodge, (570) 345-8095, \$40–\$55D, pets \$5. ■ **Groceries:** Turkey Hill Market with ATM, pay phone (short-term resupply); BG's Market (long-term resupply), daily 7–9. ■ **Restaurants:** O'Neals Pub, L/D W–Su; McDonald's; Arby's; the Original Italian Pizza Place, L/D; Do's Pizza, L/D, closed Su; Dominick's Pizza, L/D, closed M; Buddy's Log Cabin Restaurant; Burke's Dairy Bar; Sholl Family Restaurant, (570) 345-8715, B/L/D, AYCE buffets, closed M, smoke-free, return shuttle possible; Gooseberry Farms Family Restaurant, shower \$9 with \$5 towel deposit; Subway; Dairy Queen; Blimpie. ■ **Other services:** coin laundry (7 a.m.–10 p.m.), barber, bank with ATM, doctor, podiatrist, dentist, veterinarian, pharmacy (closed Su), movie theater, community pool (\$9.50), and bus service to Harrisburg.

**501 Shelter** (1980s)—Immediately north of paved Pa. 501, go west on the blue-blaze 0.1 mile; always open, no fee. Shelter is fully enclosed, with 12 bunks, table, chairs, skylight (a potter once had her wheel underneath), privy, and solar shower. Tentsites off woods road uphill, beyond fire ring. Water available from faucet at adjacent house of BMECC caretaker. No smoking inside shelter; no alcoholic beverages allowed. Pets allowed (on leash only) if other shelter guests are willing to share and owner takes care of sanitary needs. Shuttles and motoring visitors park in public lot on paved 501 and walk in *via* blue-blaze.

**Eagles Nest Shelter** (1988)—Sleeps 8. Privy. Shelter is 0.3 mile from the A.T. on a blue-blazed trail. Intermittent Yeich Spring is crossed *en route* to the shelter.



**Port Clinton, Pa. [P.O. ZIP 19549: M–F 7:30–12:30 & 2–5, Sa 8–11; (610) 562-3787]**—Port Clinton allows hikers to camp free under the roof of its pavilion. The pavilion, with outhouse, located 0.3 mile west of the A.T. on Penn Street, is a drug- and alcohol-free area. Permission is required for a stay of more than two nights [call LaVerne Sterner, (570) 366-0489]. No car camping. Water can be obtained from a spigot outside the Port Clinton Hotel. ■ **Lodging:** Port Clinton Hotel, (610) 562-3354, <www.portclintonhotel.net>, \$49PP, \$10 deposit for room key and towel, shower only \$5, closed M, limited rooms available, laundry, no reservations, WiFi; Union House Bed & Bath, (610) 562-4076, (610) 562-3155, offers bedroom, bath, and sitting room for hikers \$65s, call to ask about double rooms and pets. ■ **Restaurants:** Port Clinton Hotel, L/D, closed M; 3-C's Restaurant, B/L, M–F 5–3, Sa–Su 6–2; Union House B&B, D. ■ **Other services:** The Port Clinton Peanut Shop, open M–Th 10–7, F–Sa 10–8, Su 10–6, with home-made goodies and snacks, cold drinks, ATM. ■ **Bus service:** LANTA, (610) 776-RIDE, <www.lantabus.com>.

**East** on Pa. 61 1 mile to ■ **Lodging:** Microtel Inn, <www.microtelinn.com>, (610) 562-4234, \$84–\$159D, continental B, pet-friendly (\$10 nonrefundable fee), free long-distance phone, laundry, WiFi. ■ **Restaurants:** Cabela's Restaurant, B/L/D; Wendy's; Burger King; Cracker Barrel; Pappy T's in Microtel Inn, L/D; Dunkin' Donuts–Baskin Robbins; Shell with food mart (short-term resupply), pay phone; Subway; Taco Bell/Long John Silver's; McDonald's; Pizza Hut/Wings Street, (610) 562-3619. ■ **Outfitter:** Cabela's Superstore, <www.cabelas.com>, (610) 929-7000, M–Sa 8–9, Su 9–8, a 250,000-square-foot outfitter (nation's largest), mostly for hunting and fishing, fuel (Esbit, propane/butane, Coleman Powermax), A.T. maps, ATM. ■ **Other services:** Walmart, next to Cabela's. ■ **Bus service:** M–Sa from Cabela's to Hamburg to Reading with connections to Philadelphia; (610) 921-0601, <www.bartabus.com>.

**East** on Pa. 61 3 miles, then left on State Street to **Hamburg, Pa. [P.O. ZIP 19526; M–F 9–5, Sa 9–12; (610) 562-7812]**. ■ **Lodging:** American House Hotel near center of town, (610) 562-4683. ■ **Groceries:** Weis Supermarket, open daily 6–11, one block east of the town center. In town are laundry, pharmacy, movie theater, doctor, dentist, bakery, medical center, veterinarian, banks with ATM. Near Pa. 61 are Redner's Market Warehouse (open 24 hrs., long-term resupply), Dollar General, Family Dollar, Rite Aid, Arby's, Xiang Shan (CVhinese food), Loue's Pizza, Subway.

**Hamburg Reservoir**—A parking area 0.3 mile **East** of the A.T. requires free permits for overnight parking. Call the Borough of Hamburg, (610) 562-7821, for permission.

**Windsor Furnace Shelter** (1970s)—Sleeps 8. Privy. Shelter is located on a blue-blazed trail near the reservoir. Tentsites available. Water source is the creek south of the shelter. *No campfires except at shelter. No swimming in streams or reservoir.*

**Blue Rocks Campground**—**East** 1.5 miles to campground, (866) 478-5267, <[www.bluerockscampground.com](http://www.bluerockscampground.com)>, *via* a blue-blazed trail from Pulpit Rock and a yellow-blazed trail from The Pinnacle. Tentsites \$32 M–F, 50% discount for thru-hikers M–Th, showers, swimming (nonguest) \$4, laundry, WiFi. Camp store (short-term resupply), M–Th 9–7, F 9–11, Sa 8–11, Su 8–7, with Coleman fuel and limited hiker supplies. Will hold packages mailed to 341 Sousley Rd., Lenhartsville, PA 19534. Hiker-friendly.

**The Pinnacle**—A panoramic view of Pennsylvania farmland from an elevation of 1,635 feet, said to be the best view on the A.T. in the state. Below the viewpoint lies a sheer cliff and a few caves. *No camping or fires are permitted.*

**Hawk Mountain Road**—**East** 0.2 mile to Eckville Hikers Center, an enclosed bunkroom that offers space for 6. No fee. Water from a spigot at the back of the caretaker's house. Solar shower, flush toilet, and tent platforms with picnic table available. Open year-round; privy and shower are winterized.

**Hawk Mountain Sanctuary**—Atop the Kittatinny Ridge sits the Hawk Mountain Visitors Center, <[www.hawkmountain.org](http://www.hawkmountain.org)>, accessible *via* a 2.5-mile blue-blazed trail from the A.T. Located within the visitors center are a bookstore, gift shop, and interpretive exhibits on raptors that fly by the mountain during the migratory seasons. Rosalie Edge founded the sanctuary in 1934. Prior to that time, instead of birders, hunters flocked to the mountain each fall to shoot the raptors. Several species other than raptors can be seen; 16 species of hawks, falcons, and eagles have been spotted over the mountain. Entrance fee \$6 adults, \$5 seniors, \$3 children, except in autumn, when it rises to adults \$8, children \$4.

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**Allentown Hiking Club**—AHC maintains the 10.7 miles from Tri-County Corner to Bake Oven Knob. Correspondence should be sent to P.O. Box 1542, Allentown, PA 18105; <[www.allentownhikingclub.org](http://www.allentownhikingclub.org)>; <[info@allentownhikingclub.org](mailto:info@allentownhikingclub.org)>.

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**Allentown Hiking Club Shelter** (1997)—Sleeps 8. Privy. Tentsites. Water source is a spring 0.2 mile downhill in front of shelter; if dry, try one 0.1 mile more downhill.



**Pa. 309—Lodging:** Blue Mountain B&B, (570) 386-2003, <www.bluemountain-summit.com>, \$95–\$125 per night when available. Restaurant open Th–Sa 11–10, Su 11–8; live music all year on F 7–10, on Su Jun–Sep Su 5–8 on the patio; hiker register. Possible camping near restaurant if you ask first. Water available from outside spigot.

**Bake Oven Knob Shelter** (1937)—Sleeps 6. No privy. One of the original Pennsylvania shelters. The first water source on the blue-blazed trail is often dry; continue 200 yards to the second, more dependable spring, although both may be intermittent.

**Philadelphia Trail Club**—PTC maintains the 10.3 miles from Lehigh Furnace Gap to Little Gap. Correspondence should be sent to 741 Golf Rd., Warrington, PA 18976; <pauls@deperjico.com>.

**George W. Outerbridge Shelter** (1965)—Sleeps 6. No privy. The surrounding area suffers from heavy-metal contamination from the zinc plant at Palmerton (see Superfund entry below). Water source is a piped spring north 150 yards on the A.T.



**Pa. 873/Lehigh Gap**—East 2 miles on Pa. 873 to **Slatington, Pa. [P.O. ZIP 18080: M–F 8:30–5, Sa 8:30–12; (610) 767-2182]**. ■ **Lodging:** Fine Lodging, (610) 760-0700, <finelodging@aol.com>; call ahead; rooms \$39 and up depending on availability; no dogs and no alcoholic beverages; Internet access for guests; shower without stay \$4. When available, owner Ira Fine will shuttle guests to and from the A.T. and other locations. Call from the office phone at D & J Auto on Pa. 873. Will hold packages mailed to Fine Lodgings, 700 Main St., Slatington, PA 18080. ■ **Restaurants:** The Shack, L/D; Mama's Pizza; Sal's Pizza; Slatington Diner B/L/D. ■ **Internet access:** Slatington Library, M, W 9–7, Tu 9–3, F 9–5, Sa 8–2. ■ **Other services:** coin laundry, ATM, convenience stores, A.F. Boyer Hardware store, doctor, dentist, pharmacy, bowling alley, and bus service to Walnutport and Allentown.

**East 2 miles on Pa. 145 to Walnutport, Pa. [P.O. ZIP 18088: M–F 8:30–5, Sa 8:30–12; (610) 767-5191]**. ■ **Groceries:** Super Fresh Supermarket (long-term resupply). ■ **Restaurants:** Valley Restaurant and Pizza, \$5.75 AYCE L; King Palace Chinese, \$4.95 AYCE L; Great Wall Chinese; d'Sopranos Pizza; Burger King; McDonald's; Subway; Pizza Hut. ■ **Other services:** ATM, doctor, dentist, pharmacy, veterinarian, K-Mart.

**West 2 miles on Pa. 248 or 2-mile blue-blaze to Palmerton, Pa. [P.O. ZIP 18071: M–F 8:30–5, Sa 8:30–12; (610) 826-2286]**. *Blue-blaze directions:* **West** 1.5 miles from the gravel lot on the northwest side of the Lehigh River over the Aquashicola Creek Bridge to the back road leading to Delaware Ave. in Palmerton. ■ **Hostel:** The city allows

hikers to sleep in the basement of the borough hall, (610) 826-2505, 443 Delaware Ave.; showers. Hikers (unassisted-by-vehicles only) should check in before 4:30; the town police (located at 401 Delaware Ave.) admit hikers after 4:30 weekdays and Sa–Su. You will need to provide an ID, name, address, and Trail name. No pets. *No alcoholic beverages or intoxicated persons are permitted.* ■ **Lodging:** The Palmerton Hotel, (610) 826-5454, \$558, \$65 efficiency unit. ■ **Groceries:** IGA, Country Harvest (both long-term resupply). ■ **Restaurants:** Bert's Steakhouse, B/L/D; One Ten Tavern, L/D, closed M; Simply Something Café, B/L/D; Tony's Pizzeria; Joe's Place, deli sandwiches; Palmer-ton Pizza and Restaurant; Subway; Hunan House Chinese. ■ **Internet access:** library M 10–8, T–F 10–5, Sa 9–4 (Sa Jul–Aug 9–1). ■ **Other services:** coin laundry; ATM; shuttle back to the Trail, Duane Masonheimer, (610) 767-7969; Shea's Hardware and Sporting Goods, Heet, Coleman fuel, and denatured alcohol; bowling alley; pharmacy; doctor; dentist; and hospital.

**Palmerton EPA Superfund Site**—The devastation along Blue Mountain near Lehigh Gap is the result of nearly a century of zinc smelting in Palmerton. In 1980, the Environmental Protection Agency shut down the furnaces and, in 1982, put the affected area on the Superfund clean-up list. Revegetation efforts are underway, and the mountain is slowly coming back to life. The scramble up the denuded rocks is among the most challenging on the A.T. south of New Hampshire.

**Appalachian Mountain Club—Delaware Valley Chapter**—AMC—Delaware Valley maintains the 15.4 miles from Little Gap to Wind Gap. Correspondence should be sent to 1180 Greenleaf Dr., Bethlehem, PA 18017; <www.amcdv.org>.



**Little Gap, Blue Mountain Drive**—**West** 2.5 miles to Little Gap and **Restaurant:** Covered Bridge Inn.

**East** 1.5 miles to **Danielsville, Pa. [P.O. 18038: M–F 8–12 & 1–5, Sa 8–12; (610) 767-6822].**


■ **Lodging:** Filbert B&B, (610) 428-3300, <www.filbertbnb.com>, starting at \$1000, reservations required; full, hearty, country B; pay laundry; will pick up and drop off hikers and possibly shuttle; mail drops accepted, but call first; deliveries by local restaurants, use of dining room. ■ **Restaurants:** Blue Mountain Family Restaurant, Chinese restaurant, Mama's Pizza and Como Pizza (both deliver). ■ **Groceries:** Millers Market.

**Smith Gap Road**—For northbounders, it is the first road after the Stempa Spring side trail, on which it's **West** 1 mile to a water spigot at the rear of the house of Linda

“Crayon Lady” and John “Mechanical Man” Stempa, (610) 381-4606. Free cold shower; hiker register; pets welcome; homemade alcohol stoves, windscreens, and methyl fuel available. Shuttles to area Trailheads by arrangement. Ask about safe parking.

**Leroy A. Smith Shelter** (1972)—Sleeps 8. Privy (composting). Built by the AMC–Delaware Valley Chapter, shelter is 0.2 mile down a blue-blazed trail. Water sources are said to be reliable; the first, 0.2 mile down the blue-blazed trail; a second, on a yellow-blazed trail 0.2 mile farther; a third, even farther, may be running when the first two are not.

**Batona Hiking Club**—BHC maintains the 8.6 miles from Wind Gap to Fox Gap (Pa. 191). Correspondence should be sent to BHC, 6651 Eastwood St., Philadelphia, Pa. 19149; <www.batonahikingclub.org>.

 **Pa. 33—East 1 mile to Wind Gap, Pa. [P.O. ZIP 18091: M–F 8:30–5, Sa 8:30–12; (610) 863-6206]. ■ Lodging:** About 2 miles from the Trail: Travel Inn, (610) 863-4146, \$55–\$65S, \$65–\$75D, 2 to a room. ■ **Groceries:** Giant Food Store located in K-Mart Plaza (long-term resupply, 24 hrs.); Turkey Hill Mini Market, Sunoco Mini Mart (both



short-term resupply). ■ **Restaurants:** Sal's Pizza; Beer Stein; McDonald's; Wendy's; Burger King; Subway; Hong Kong Restaurant; diners serving B/L/D; Dunkin' Donuts; Rita's Ices; other fast-food outlets. ■ **Other services:** coin laundry, K-Mart, hardware store, doctor (24-hour clinic), dentist, pharmacy, veterinarian, bank with ATM, and movie theater.

**West** 0.1 mile to **Lodging:** Gateway Motel, (610) 863-4959, \$60s, no pets. Pete, the owner, has had problems with past hikers' behavior and may be wary.

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**Wilmington Trail Club**—WTC maintains the 7.2 miles from Fox Gap to the Delaware River Bridge. Correspondence should be sent to P.O. Box 1184, Wilmington, DE 19899; <www.wilmingtontrailclub.org>.

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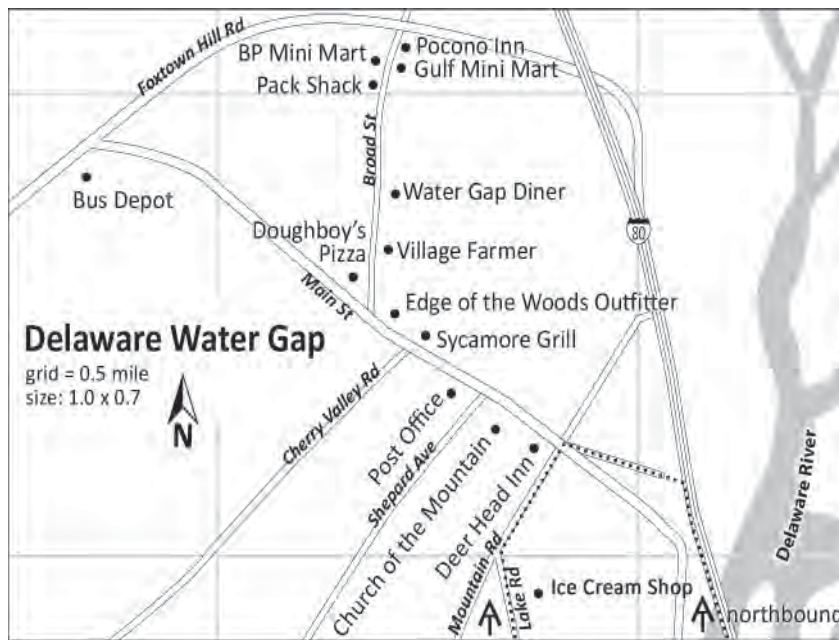
**Kirkridge Shelter** (1948)—Sleeps 8. Privy. Shelter is on a blue-blazed trail with excellent views south. Water source is an outside tap to rear of shelter before the Kirkridge Retreat facility parking lot. Tap is secured when frost is possible.



**Pa. 611/Delaware Water Gap, Pa. [P.O. ZIP 18327: M–F 8:30–12 & 1–4:45, Sa 8:30–11:30; (570) 476-0304]**—The A.T. doesn't go through the town center, but services are within a mile of where it crosses Pa. 611. ■ **Hostel:** The Presbyterian Church of the Mountain Hostel, with overflow lean-to in backyard, has been overwhelmed with hikers in the past; please respect the good-will of the pastor and parishioners. Space with shower limited to long-distance hikers—no car or van parking or support vehicles permitted in parking lot. Two-night limit, donations suggested, *absolutely no drugs or alcohol*. ■ **Lodging:** Deer Head Inn, (570) 424-2000, restaurant and upscale rooms available; Pocono Inn, (570) 476-0000, 101 Broad St., \$55 Su–Th, may be higher on weekends, no pets, coin laundry, hiker-friendly. ■ **Restaurants:** DWG Diner, (570) 476-0132, B/L/D; Doughboy Pizza; Deer Head Inn for fine dining F–Su, pizza, and live entertainment, notably jazz; Sycamore Grille, L/D, closed Su–M, D by reservation; Castle Inn, near Trail at Mountain Road, old-fashioned ice cream. ■ **Groceries:** Fuel On Mini Mart with ATM, Gulf Mini Mart (both short-term resupply); Farmer's Market with fruits, vegetables, baked goods, and ice cream. ■ **Outfitters:** The Pack Shack, (570) 424-8533, limited hiker gear, some fuels; Edge of the Woods Outfitters, 110 Main St. (Rt. 611), (570) 421-6681, maps, bike rentals, outerwear, activewear, footwear, all brands, will hold UPS packages for thru-hikers, shuttle \$1.50/mi, very hiker-friendly. ■ **Other services:** hair salon, run by Paulette, (570) 421-8218, Tu–F 10–7, Sa 10–3. ■ **Bus service:** Martz Trailways, (570) 421-4451 or (570) 421-3040, to New York, Philadelphia, and Scranton, and local service to Stroudsburg.





**West** 5 miles to East Stroudsburg and Stroudsburg, Pa., full-service towns. ■ **Outfitter:** Dunkelberger's Sports Outfitter, (570) 421-7950, with backpacking equipment, supplies, and clothing, is located at 6th and Main streets. ■ **Other services:** 7-day walk-in clinic at hospital.





# New Jersey

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
896.4	Delaware River Bridge (west end), N.J.–Pa. State Line		350	1,289.5
895.4	DWG Nat'l Rec. Area Visitors Center	R, w	350	1,290.5
893.4	Holly Springs Trail	E–0.2m w	950	1,292.5
891.8	Backpacker Campsite	C, nw	1,300	1,294.1
890.5	Sunfish Pond		1,382	1,295.4
890.4	Spring	w	1,400	1,295.5
888.7	Herbert Hiller plaque		1,450	1,297.2
886.1	Camp Rd; Mohican Outdoor Center	R, w (W–0.3m C, L, w, f)	1,150	1,299.8
883.7	Catfish Fire Tower		1,565	1,302.2
883.1	Rattlesnake Spring	W–50ft w	1,260	1,302.8
882.7	Millbrook-Blairstown Rd-CR 602	R (W–1.1m w)	1,350	1,303.2
878.8	Blue Mtn Lakes Rd	R, w (W–0.8m C, w)	1,350	1,307.1
876.8	Crater Lake	E–0.5m w	1,360	1,309.1
874.0	Rattlesnake Mtn		1,492	1,311.9
871.8	<b>Brink Rd Shelter...</b> <i>31.4mS; 6.9mN</i>	W–0.2m S, w	1,110	1,314.1
868.2	U.S. 206, Culvers Gap <b>Branchville, NJ 07826</b>	R, M (E–0.8m G; 1m M; 1.6m G, M; 2.5m G, M, L; 3.4m PO) (W–1.8m L, M)	935	1,317.7
867.9	Sunrise Mtn Rd	R	970	1,318.0
866.3	Culver Fire Tower		1,550	1,319.6
865.2	<b>Gren Anderson Shelter...</b> <i>6.9mS; 5.9mN</i>	W–0.1m S, w	1,320	1,320.7
862.8	Sunrise Mtn	R, nw	1,653	1,323.1
859.4	<b>Mashipacong Shelter...</b> <i>5.9mS; 3.1mN</i>	S, nw	1,425	1,326.5
859.2	Deckertown Turnpike	R	1,320	1,326.7
856.5	<b>Rutherford Shelter...</b> <i>3.1mS; 4.8mN</i>	E–0.4m S, w	1,345	1,329.4

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
853.9	N.J. 23; High Point State Park HQ	R, w (E–0.9m C, sh; 1.5m L; 2.6m G, M) (W–4.4m G, L, M)	1,500	1,332.0
852.2	<b>High Point Shelter...</b> <i>4.8mS; 12.5mN</i>	E–0.1m S, w	1,280	1,333.7
850.9	County 519	R (E–2.5m L)	1,100	1,335.0
850.1	Courtwright Rd	R	1,000	1,335.8
848.9	Ferguson Rd	R	900	1,337.0
848.3	Gemmer Rd	R	740	1,337.6
847.4	Stream	w	710	1,338.5
847.3	Goodrich Rd	R	610	1,338.6
846.9	Trail to Jim Murray property	W–0.2m w, S, C, sh	660	1,339.0
846.8	Goldsmith Rd	R	600	1,339.1
846.0	Unionville Rd	R	610	1,339.9
845.1	Lott Rd <b>Unionville, NY 10988</b>	R (W–0.4m PO, H, C, G, M)	590	1,340.8
844.1	N.J. 284	R (W–0.4m G, M,  )	420	1,341.8
843.6	Oil City Rd	R	400	1,342.3
842.6	Wallkill River	R	410	1,343.3
840.3	Lake Wallkill Rd (Liberty Corners Rd)	R, w	440	1,345.6
839.8	<b>Pochuck Mtn Shelter...</b> <i>12.5mS; 11.6mN</i>	S, nw	840	1,346.1
838.3	Pochuck Mtn		985	1,347.6
837.1	County 565	R	720	1,348.8
835.6	County 517 <b>Glenwood, NJ 07418</b>	R (W–1.1m PO, G, L)	440	1,350.3
834.9	Pochuck Creek Footbridge		410	1,351.0
834.2	Canal Rd	R	410	1,351.7
833.3	N.J. 94 <b>Vernon, NJ 07462</b>	R (E–1.8m L; 2.4m PO, C, H, G, L, M, V, cl, f,  ; 3.5m D) (W–0.1m G)	450	1,352.6
831.9	Wawayanda Mtn		1,340	1,354.0

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
830.2	Barrett Rd	R	1,140	1,355.7
829.1	Iron Mtn Rd Bridge		1,060	1,356.8
828.5	Wawayanda Rd	R	1,150	1,357.4
828.3	<b>Wawayanda Shelter</b> ...11.6mS; 12.2mN	W—0.1m S; 0.4m w	1,200	1,357.6
827.8	Warwick Turnpike	R (E—1.9m G, M) (W—2.7m G, M)	1,140	1,358.1
826.4	Long House (Brady Rd)	R	1,080	1,359.5
825.3	Long House Creek		1,085	1,360.6
824.2	State Line Trail; N.J.—N.Y. State Line		1,385	1,361.7

*Bear boxes are provided at several New Jersey shelters; please use them! Bears are extremely active in this area. One pair destroyed a hiker's tent. Never feed bears or leave food unattended. Do not bury or scatter excess food; avoid eating or preparing food in your tent.*

*Campfires are prohibited in New Jersey. Camping in areas other than those designated by signs also is prohibited in New Jersey.*

*Hitchhiking is illegal in New Jersey.*

New Jersey has the highest population of bears per square mile and a one-mile boardwalk. Southbounders are at the end of their deli-to-deli hike, whereas northbounders hungrily look forward to theirs. Thru-hiker legs are operating at machine level by now, which is good, because you may have to walk farther to find water.

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**New York–New Jersey Trail Conference**—The NY–NJ TC maintains the 161.9 miles from Delaware Water Gap to the New York–Connecticut state line. Correspondence should be sent to NY–NJ TC, 156 Ramapo Valley Rd., Mahwah, NJ 07430; (201) 512-9348; <www.nynjtc.org>; <info@nynjtc.org>.

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**Delaware Water Gap National Recreation Area**—The information center, (908) 496-4458, visible from the Trail, has restrooms, picnic area, and pay phone. Open daily Memorial Day weekend—Labor Day and 3 days a week in early autumn. Water is available from a

spigot to the left of the building. The Trail on Kittatinny Ridge runs through the NRA and state parks and forests, where regulations are different. The history of the recreation area is linked to a controversial 1960s plan to dam the Delaware, defeated by local opponents and the Trail community. Thru-hikers (defined by DWG as those who are hiking for two or more consecutive days) are permitted to camp along the Trail in the NRA with the following restrictions: one night per campsite, no more than ten persons per campsite, hiker camping allowed only within 100 feet of the A.T., no camping within 0.5 mile of an established roadway, no camping within 200 feet of another camping party, no camping from 0.5 mile south of Blue Mountain Lakes Road to a point 1 mile north of Crater Lake, no camping within 100 feet of any water source. Self-contained stoves are permitted; ground fires and charcoal stoves and grills are prohibited.

**Worthington State Forest**—Camping in Worthington State Forest is only permitted at the Backpacker Campsite 4.6 miles north of I-80 on the A.T. and at the campground on Old Mine Road. Rangers patrol the area and issue fines for those violating camping restrictions.

**Sunfish Pond**—The southernmost glacial pond on the A.T. and one of seven protected natural areas in the state of New Jersey, the pond also has several unique man-made features and is a beauty to behold. *No camping or swimming is allowed at the pond.*

**Herbert Hiller plaque**—The 23rd A.T. 2,000-miler and a longtime Trail booster in New Jersey is memorialized on a plaque off the A.T. on Kittatinny Mountain.



**AMC Mohican Outdoor Center—West**, on a dirt road, 0.3 mile, (908) 362-5670, operated by the Appalachian Mountain Club (AMC) as a retreat center. Thru-hikers can stay overnight for \$30PP in a cabin with bunk, stove, shower, and towel. Tent-camping \$9 to thru-hikers. Camp store with deli (Memorial to Labor Day), sodas, candy, and limited hiker supplies, including Coleman and denatured alcohol by the ounce. The center accepts packages sent *via* UPS to 50 Camp Mohican Rd., Blairstown, NJ 07825. Check in at the lodge, entrance on the left. Water available at the lodge or a spigot near the garage across the road.

**Rattlesnake Spring**—Located 0.6 mile north of the Catfish Fire Tower on a dirt road about 50 feet west of the A.T. Extremely dry years may cause the spring to fail.



**Millbrook—Blairstown Road, CR 602—West** 1.1 miles to Millbrook Village, a historical park with flush toilets and picnic area. The water supply in the pic-

nic area is cut off from the end of Oct until mid-Apr or May, and the restrooms are closed except for the unisex, handicap-accessible bathroom.



**Blue Mountain Lakes Road**—Camping needs to be 0.5 mile from this road in the NRA. For northbounders, the hand pump for water is on the west side of the Trail before crossing the paved road. Southbounders can get water here and, in 0.5 mile, reach several grassy areas for tenting. Those open lots were sites of former homes and cottages, acquired in the course of Trail preservation.

**Crater Lake**—Located 0.5 mile east of the A.T. on a dirt road 2 miles north of Blue Mountain Lakes Road. The dirt road leads to a parking area and beach. North of the dirt road (50 yards) leading to Crater Lake is an orange-blazed trail that leads west 1.5 miles to Hemlock Pond, which offers good swimming.

**Brink Road Shelter** (1970)—Sleeps 5. Privy. Bears are especially active here. Water source is a spring 100 yards to the right of the shelter.



**U.S. 206/Culvers Gap**—**Restaurants:** Stout's Steak House, (973) 948-3007, open W–Su, D, no pay phone but hikers may use restaurant phone for local calls, hiker-friendly; Gyp's Tavern, located on nearby Kittatinny Lake, serves L/D (no credit cards).

**East** 0.8 mile to a farmer's market with fresh fruit and vegetables.

**East** 1 mile to **Restaurant:** Jumboland, B/L/D.

**East** 1.6 miles to ■ **Groceries:** Dale's Market with ATM (long-term resupply).

■ **Restaurants:** Dairy Queen, Jimmy's Pasta and Pizza, Stewarts Root Beer.

**East** 2.5 miles to ■ **Lodging:** Cobmin Ridge Motel, (973) 948-3459, \$55s, \$65D, EAP's not allowed. ■ **Groceries:** Yellow Cottage Deli & Bakery (short-term resupply), pay phone outside. ■ **Restaurant:** Pizza/Pasta, open daily, pay phone.

**East** 3.4 miles to **Branchville, N.J. [P.O. ZIP 07826: M–F 8:30–5, Sa 8:30–1; (973) 948-3580].** ■ **Restaurants:** All within one block of P.O.: China One (take-out), (973) 948-8882; A&G Pizza & Restaurant; Dee's Place, B/L; Third Base Pub; Belcher's Village Market (short-term resupply). ■ **Other services:** bank, ATM, barber.

**West** 1.8 miles to ■ **Lodging:** Forest Motel, (973) 948-5456, \$50s, \$60D. ■ **Restaurant:** Rosie's Pizza, W–Su 11–9, L/D.

**Gren Anderson Shelter** (1958)—Sleeps 8. Privy. Built by the now disbanded New York section of the Green Mountain Club. Water source is a spring downhill to left of the shelter.

**Sunrise Mountain**—No camping allowed at pavilion. Nearby parking lot for day-use visitors. No water.

**Mashipacong Shelter** (1936)—Sleeps 8. Privy. High bear activity in this area. A stone shelter with wooden floor. No water is available at this shelter.

**Rutherford Shelter** (1967)—Sleeps 6. Privy. High bear activity in this area. Water source is an intermittent spring located 100 yards before the shelter on the connecting trail. Extremely dry years may cause the spring to fail.



**N.J. 23—High Point State Park Headquarters**, (973) 875-4800, on the A.T., has indoor restrooms and a seasonal outside water spigot. Rangers hold packages sent to High Point State Park, 1480 State Route 23, Sussex, NJ 07461. Offices are open year-round. Day-use area 0.9 mile to the east of the park office has a swimming area at spring-fed Lake Marcia, a concession stand, grill, and no charge to walk-ins for hot showers; available Memorial Day–Labor Day. High Point Monument, on a short side trail from A.T., marks the highest point in the state, 1,803 feet. **Camping:** Sawmill Lake Campground is located in the park; \$20/night, 6 people per site.

**East** 1.5 miles to **Lodging:** High Point Country Inn; Lee and Mike Hauck, (973) 702-1860, \$70D, \$10EAP, pets \$5 (call ahead), includes shuttle to/from Trail and shuttle into town for shopping, laundry service \$7, soda machine, pool.

**East** 1 mile to ■ **Restaurant:** Elias Cole Family Restaurant, (973) 875-3550, B/L/D, 7 a.m.–8 p.m., daily home-made pie, bread, country food. ■ **Groceries:** 2.6 miles to convenience store.

**West** 4.4 miles to the town of **Port Jervis, N.Y. [P.O. ZIP 12771: M–F 9–5, Sa 9–3; (845) 858-8173].** ■ **Lodging:** Comfort Inn, (845) 856-6611, call for current rates (ask sales manager for 10% thru-hiker discount). ■ **Groceries:** Shop-Rite supermarket (long-term resupply). ■ **Restaurants:** Dairy Queen, McDonald's, and a pizzeria. ■ **Other services:** pharmacy; hospital, (845) 858-7000; bank, ATM located at gas station next to Comfort Inn; Bucky's Taxi, (845) 856-3544.

**West** 7.1 miles to **Train Service:** Metro-North Railroad/NJ Transit, (973) 275-5555, service to Harriman, Tuxedo, and New York; station is 2 blocks west of post office, across from Burger King. Ticket machine accepts cash and credit and debit cards.

**High Point Shelter** (1936)—Sleeps 8. Privy. CCC-built stone shelter with wooden floor. Water sources are two streams on the trail to the shelter; both may fail in dry years. Potable water may be found 1.5 miles south at High Point State Park headquarters.



**N.J. 519**—East 2.5 miles to **Lodging**: High Point Country Inn (see listing above).

**Trail to Jim Murray Property** (0.4 mile north of Goodrich Road)—**West** 0.2 mile to well water. For the past 15 years, Jim Murray (AT '89), (845) 986-0942, <backpack@warwick.net>, has cordially allowed long-distance hikers year-round use of a heated hiker cabin, with outdoor shower and privy, on his property adjacent to the Trail; no groups. Tenting allowed. Follow the “well water” sign. This is a privately owned cabin. Be responsible, and please do not abuse this privilege.



**Lott Road**—**West** 0.4 mile to the town of **Unionville, N.Y. [P.O. ZIP 10988: M–F 8–11:30 & 1–5, Sa 9–12; (845) 726-3535]**. Lott Road is also known as Jersey Avenue. ■ **Camping**: It is unclear whether hikers may continue to use Unionville Memorial Park, with water and toilet facility; water may be shut off. A phone is located north of the post office on N.Y. 284. ■ **Groceries**: Horler's Store with ATM (long-term resupply), (845) 726-3110, M–Sa 6–9, Su 7–7. ■ **Restaurants**: Wit's End Tavern, (845) 726-3956, Su–Th 12–12, F–Sa noon–2 a.m. (also has a hostel, \$3PP, no shower); Annabel's Pizza & Italian Restaurant; bagel shop.



**N.J. 284**—**West** 0.4 mile to **Groceries**: End of the Line Grocery (short-term resupply), M–F 5–9, Sa 6–9, Su 6–7, with deli sandwiches, ATM, and free Internet access for thru-hiker customers.

**Pochuck Mountain Shelter** (1989)—Sleeps 6. Privy. “Pochuck” is Lenape for “out-of-the-way place.” Water source is a spigot (shut off in winter) on the north side of a vacant white house at the foot of Pochuck Mountain. No camping is allowed at the house (owned by the N.J. Department of Environmental Protection). A 200-foot connecting trail located approximately 0.6 mile south (steeply downhill) from the shelter and 150 feet north of the Liberty Corners Road crossing leads to that source. Southbounders can find water at a stream south of N.Y. 565.



**N.J. 517**—**West** 1.1 miles to **Glenwood, N.J. [P.O. ZIP 07418: M–F 7:30–5, Sa 10–2; (973) 764-2616]**. ■ **Lodging**: Apple Valley Inn and B&B, (973) 764-3735, M–Th \$125–\$140, F–Su \$135–\$150 includes full B. ■ **Groceries**: Pochuck Valley Farm Market & Deli (short-term resupply), (973) 764-4732, with pay phone, outside water spigot, ATM, and restroom. Open M–F 5–6, Sa–Su 5–5.



**N.J. 94—East** 1.8 miles to **Lodging:** Appalachian Motel, (973) 764-6070, Su–Th \$75D, F–Sa \$89D, \$10EAP.

**East** 2.4 miles to **Vernon, N.J. [P.O. ZIP 07462: M–F 8:30–5, Sa 9:30–12:30; (973) 764-9056].**

■ **Camping:** Firehouse offers camping for no charge, water, and restrooms; no shower available; call first, (973) 764-6155. ■ **Hostel:** St. Thomas Episcopal Church, (973) 764-7506, <stthomas@warwick.net>, <www.st-thomas-vernon.org>, offers space for 12. Stay limited to one night; absolutely no dogs, alcohol, or smoking permitted; Internet, laundry, shower, towels, refrigerator, microwave, and cooking in kitchen by permission; \$10PP donation requested. Coleman, denatured alcohol, and butane canisters available for purchase. Hikers may have to share space with other groups, are expected to pitch in and keep the hostel clean, and must be out of the hostel by 9 a.m. on Sunday. ■ **Groceries:** A&P Supermarket (long-term resupply) and a natural-foods store. ■ **Restaurants:** Vernon Diner; Little Anthony's Pizzeria; Mixing Bowl, B/L; Pizza Station; Dairy Queen, Burger King, Dunkin' Donuts. ■ **Other services:** bank with ATM, dentist, coin laundry, veterinarian, pharmacy, Camera Shop, R.J. Mars Department Store, and amusement park.

**East** 3.5 miles to **Medical:** Vernon Urgent Care, (973) 209-2260, M–F 8–8, Sa–Su 9–5.

**West** 0.1 mile to **Groceries:** Heaven Hill Farm, baked goods, fresh fruit and ice cream (short-term resupply), water spigot, (973) 764-5144, M–Sa 9–7 Su 9–6, Mar–Dec. Hikers are requested to keep packs outside on left side of building.

**West** 6.1 miles to **Warwick, N.Y.** (see page 161).

**Wawayanda Mountain**—Near the summit, a blue-blazed side trail leads 0.1 mile to Pinwheel's Vista, with views to the west of Pochuck Mountain and High Point Monument.

**Wawayanda Shelter** (1990)—Sleeps 6. Privy. The A.T. route was changed recently in the area around the shelter; it now passes compass-south of the shelter. The blue-blazed trail to the shelter turns Trail-west to it, not Trail-east as some guides describe the route. The park office is reached by going north on the blue-blazed trail 0.25 mile; pay phone outside. Water source is a faucet on the maintenance building near the entrance to the fenced-in work yard.



**Warwick Turnpike—East** 1.9 miles to **Groceries:** Mt. Jug Deli (short-term resupply); deli, grill, ice cream, ATM.

**West** 2.7 miles to a grocery store (long-term resupply) with ATM, pizzeria, bagel shop, and pharmacy.



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# New York

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Miles from Katahdin	Features	Services	Elev.	Miles from Springer
824.2	State Line Trail; N.Y.–N.J. State Line		1,385	1,361.7
823.8	Prospect Rock		1,433	1,362.1
821.0	Village Vista Trail <b>Greenwood Lake, NY 10925</b>	E–0.9m PO, G, M, L	1,180	1,364.9
818.3	N.Y. 17A <b>Greenwood Lake, NY 10925; Warwick, NY 10990</b>	R (E–2m PO, G, M, L, f) (W–0.2m w, M; 4.6m PO, G, M, L, D, cl)	1,180	1,367.6
817.0	Eastern Pinnacles		1,294	1,368.9
816.5	Cat Rocks		1,080	1,369.4
816.2	<b>Wildcat Shelter...</b> <i>12.2mS; 14.3mN</i>	S, w	1,180	1,369.7
814.7	Lakes Rd	R	680	1,371.2
814.4	Fitzgerald Falls	w	800	1,371.5
812.4	Mombasha High Pt.		1,280	1,373.5
811.2	West Mombasha Rd	R	980	1,374.7
810.3	Buchanan Mtn		1,142	1,375.6
809.5	East Mombasha Rd	R	840	1,376.4
808.8	Little Dam Lake		720	1,377.1
808.1	Orange Tpk	R (E–0.5m w)	780	1,377.8
807.4	Arden Mtn, Agony Grind		1,180	1,378.5
806.3	N.Y. 17 <b>Southfields, NY 10975</b>	R (E–2.1m PO, G, L, M) (W–3.7m G, L, M, cl)	550	1,379.6
806.1	NYS Thruway (I-87)		560	1,379.8
805.9	Arden Valley Rd	R	680	1,380.0
804.6	Island Pond Outlet	w	1,350	1,381.3
804.0	Lemon Squeezer		1,150	1,381.9
803.3	Long Path Jct		1,160	1,382.6
802.9	Surebridge Mtn		1,200	1,383.0
801.9	<b>Fingerboard Shelter...</b> <i>14.3mS; 5.3mN</i>	S, nw	1,300	1,384.0
800.8	Arden Valley Rd	R (E–0.3m w, sh)	1,196	1,385.1

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
798.6	Seven Lakes Dr	R	850	1,387.3
797.8	Goshen Mtn		1,180	1,388.1
796.6	<b>William Brien Memorial Shelter...</b> <i>5.3mS; 3.5mN</i>	S, nw	1,070	1,389.3
795.2	Black Mtn		1,160	1,390.7
794.5	Palisades Interstate Pkwy	R (W–0.4m w)	680	1,391.4
794.3	Beechy Bottom Brook	w	660	1,391.6
793.5	<b>West Mtn Shelter...</b> <i>3.5mS; 32.6mN</i>	E–0.4m w; 0.6m S, nw	1,240	1,392.4
791.7	Seven Lakes Dr	R	610	1,394.2
789.3	Bear Mtn <b>Bear Mtn, NY 10911</b>	R, w	1,305	1,396.6
786.6	Bear Mtn Museum/Zoo		124	1,399.3
786.5	U.S. 9W, Bear Mtn Circle <b>Ft. Montgomery, NY 10922</b>	R (W–0.7m PO, G, M, L, $\searrow$ )	150	1,399.4
786.5	Bear Mtn Bridge	R	200	1,399.4
785.8	N.Y. 9D	R	230	1,400.1
785.3	Camp Smith Trail to Anthony's Nose	E–0.6m	700	1,400.6
784.3	Hemlock Springs Campsite	C, w	550	1,401.6
784.1	Manitou Rd, South Mtn Pass	R	460	1,401.8
780.7	U.S. 9, N.Y. 403 <b>Peekskill, NY 10566</b>	R, G (E–4.8m PO, G, M, L, D, V, cl, $\searrow$ ) (W–6.7m G, L, M, O)	400	1,405.2
780.1	Graymoor Spiritual Life Center–Franciscan Way	R, w, C, sh	550	1,405.8
778.2	Denning Hill		900	1,407.7
777.4	Old Albany Post Rd–Chapman Rd	R	607	1,408.5
775.7	Canopus Hill Rd	R (E–1.6m G, M)	420	1,410.2
774.7	South Highland Rd	R	570	1,411.2
772.0	Dennytown Rd	R, C, w	860	1,413.9
770.4	Sunk Mine Rd	R	800	1,415.5
768.3	N.Y. 301, Canopus Lake, Clarence Fahnestock State Park	R (E–1m C, sh, w)	920	1,417.6

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
764.1	Shenandoah Mtn		1,282	1,421.8
763.7	Long Hill Rd	R	1,100	1,422.2
762.6	Shenandoah Tenting Area	C, w	900	1,423.3
761.3	Hortontown Rd, <b>RPH Shelter...</b> <i>32.6mS; 9mN</i>	R, S, w	360	1,424.6
761.0	Taconic State Pkwy	R	650	1,424.9
757.8	Hosner Mtn Rd	R	500	1,428.1
756.2	N.Y. 52 <b>Stormville, NY 12582</b>	R (E–0.3m G, M) (W–1.7m PO, G, M)	800	1,429.7
754.8	Stormville Mtn Rd, I-84 Overpass	R	950	1,431.1
752.4	Mt. Egbert		1,329	1,433.5
752.3	<b>Morgan Stewart Shelter...</b> <i>9mS; 7.8mN</i>	S, w	1,285	1,433.6
751.2	Depot Hill Rd	R	1,230	1,434.7
749.3	Old Route 55	R	750	1,436.6
749.0	N.Y. 55 <b>Poughquag, NY 12570</b>	R (W–1.5m M; 2.1m G, M; 3.1m PO, G, M, D)	720	1,436.9
747.8	Nuclear Lake		750	1,438.1
744.8	West Mtn		1,200	1,441.1
744.5	<b>Telephone Pioneers Shelter...</b> <i>7.8mS; 8.8mN</i>	S, w	910	1,441.4
743.8	County 20, West Dover Rd, Dover Oak <b>Pawling, NY 12564</b>	R, w (E–w, f; 3.1m PO, C, G, M, O, cl, ☺)	650	1,442.1
741.4	N.Y. 22, Appalachian Trail RR Station, Metro North RR	R, M, C, sh, w (E–0.6m G, M) (W–2.6m G, L; 2.8m M; 4m PO, G, L, M)	480	1,444.5
741.2	Hurds Corner Rd	R	480	1,444.7
736.1	Leather Hill Rd	R	750	1,449.8
735.7	<b>Wiley Shelter...</b> <i>8.8mS; 4mN</i>	S, w	740	1,450.2
735.5	Duell Hollow Rd	R	620	1,450.4
734.5	Hoyt Rd, N.Y.–Conn. State Line <b>Wingdale, NY 12594</b>	R (W–1.5m M; 3.3m PO, G, M, L, f, ☺)	400	1,451.4

*In New York, campfires are prohibited except in designated fire rings and fireplaces at established campsites and shelters. Camping itself is limited to designated sites.*

The first miles specifically intended for the A.T. were built here through Harriman–Bear Mountain state parks in 1922–23. With many parks, roads, and a railroad station right on the Trail, many hikers are thinking, what happened to my wilderness experience? You may find this stretch to be a uniquely multicultural experience. The Trail drops to its lowest elevation point—124 feet—after, or just before, you pass through the Trailside Museum and Zoo at Bear Mountain. Hydration becomes an issue in this area. Don't pass up an opportunity for water.

**Prospect Rock**—At 1,433 feet, this is the highest point on the A.T. in New York (Bear Mountain is 1,305 feet). This and other rock faces along this ridge provide views of Greenwood Lake to the east.



**Village Vista Trail**—This blue-blazed trail leads **East** 0.9 mile to Greenwood Lake without the fast traffic of N.Y. 17A; from the vista, you can see Lion's Field below, the terminus of the trail. A water fountain on the outside of the little green building next to the softball field can be used by hikers. **Greenwood Lake, N.Y. [P.O. ZIP 10925: M–F 8–5, Sa 9–12; (845) 477-7328].** ■ **Lodging:** Breezy Point, (845) 477-8100, rates begin at \$85 plus tax, ATM. ■ **Groceries:** Delicious Deli; Country Grocery; Kwik Mark; BG Bagles; and Cumberland Farms, with deli sandwiches (all short-term resupply). ■ **Restaurants:** Planet Pizza; Murphy's Tavern, L/D weekdays, B Sa–Su; Village Café; Huckleberry's BBQ, B/L/D; The Grill, B/L; Sing Loong Kitchen; O'Hare's Pub; The Old San Juan. ■ **Other services:** one-hour photo shop, some camping supplies; pharmacy; Long Pond Marina, with boat rentals; and Greenwood Lake Taxi, M–Th, (845) 477-3291 (call ahead).



**N.Y. 17A**—Public phone; Hot Dogs Plus, cash only. **East** 2 miles to **Greenwood Lake** (see above).

**West** 0.1 mile to Bellvale Creamery, daily 12–9, ice cream and water.

**West** 1.6 miles to Mama's Boy Pizzeria, (845) 986-1802, with deli sandwiches (short-term resupply), D, will deliver to Trail, ATM, open 7 days.

**West** 4.6 miles to the larger town of **Warwick, N.Y. [P.O. ZIP 10990: M–F 8:30–5, Sa 9–4; (845) 986-0271].** Hitchhikers have been cited leaving Warwick on N.Y. 17A. ■ **Lodging:** Warwick Motel, (845) 986-4822, \$80 weekdays, \$86 weekends; ask about hiker discount. ■ **Groceries:** ShopRite (long-term resupply) is 1.4 miles south of town on N.Y. 94.



■ **Other services:** NJ Transit buses run frequently in the area from Warwick to New York City; hospital; restaurants; drug store; coin laundry; ATM; and hardware store.

■ **Shuttle:** Josie's Taxi, (845) 820-4405.

**Wildcat Shelter** (1992)—Sleeps 8. Privy. Water source is a spring at the entrance of the side trail leading to the shelter.

**Mombasha High Point**—On a clear day, you can see the New York City skyline, including the Empire State Building.

**Sterling Forest**—Between Greenwood Lake and Arden, 6 miles of the A.T. pass through the northern portion of a 20,000-acre tract called Sterling Forest. It was the center of a decade-long struggle between a corporate private landowner and a coalition of conservation groups, state agencies in New York and New Jersey, and such organizations as the NY–NJ TC and ATC. All told, more than 30 environmental groups, along with foundations, individuals, states, and Congress, combined to contribute more than \$55 million toward the purchase and protection of 14,500 acres.



**N.Y. 17**—Pay phone at road crossing. **East** 2.1 miles to **Southfields, N.Y. [P.O. ZIP 10975: M–F 8:30–12 & 1–5, Sa 8:30–11:30; (845) 351-2628]**. ■ **Lodging:** Tuxedo Motel, (845) 351-4747, \$45.50S, \$54.50D, \$10EAP, WiFi available. ■ **Restaurant:** Take-out Chinese delivered to Tuxedo Motel, (845) 351-4428. ■ **Groceries:** Balero's (short-term resupply), deli, B/L/D, ATM. ■ **Other services:** ShortLine (Coach USA) buses from New York/Tuxedo/Southfields to Harriman with a flag stop at the A.T. crossing of N.Y. 17 and from New York to Fort Montgomery with a regular stop at Bear Mountain Inn.

**West** 0.7 mile to **Arden**

**West** 3.7 miles to the town of **Harriman**, for lodgings, groceries, restaurants, and coin laundries.

**Bear Mountain/Harriman State Parks**—Home to the first completed section of the A.T. Dry conditions and forest fires have forced the closure of the A.T. in the park for days or even weeks in the summer. In 1994, Harriman State Park instituted a policy under which, even if other trails in the park are closed, the A.T. remains open to thru-hikers.

**Fingerboard Shelter** (1928)—Sleeps 8. No privy. A stone structure. The closest dependable water is the spigot at Lake Tiorati, 0.5 mile east on the blue-blazed Hurst Trail. Southbounders can get their water at Tiorati Circle, 1.1 miles north of the shelter.



**Arden Valley Road—East** 0.3 mile to Tiorati Circle, with restroom; free showers in bath house for walk-ins; open Memorial Day to Labor Day, M–F 10–5:45, Sa–Su 9–7; vending machines, ice-cream sandwiches, candy, water, and public beach on Lake Tiorati.

**William Brien Memorial Shelter** (1933)—Sleeps 8. No privy. A stone shelter built by the CCC. Water source is a spring-fed well that is prone to go dry. This spring is 80 yards down a blue-blazed trail to the right of the shelter. An alternative for northbounders is to stop at Tiorati Circle, cook at one of the picnic tables, and hike to the shelter for the evening. Southbounders can get water at the park visitors center 0.4 mile west, on the Palisades Interstate Parkway.



**Palisades Interstate Parkway—West** 0.4 mile to park visitors center with restroom, pay phone, soda and snack machines. From here, it is a mere 34 miles to NYC on the Palisades Interstate Parkway. Hikers heading to West Mountain Shelter may want to pick up water at stream north of the parkway.

**West Mountain Shelter** (1928)—Sleeps 8. No privy. Water may be available from an unreliable spring 0.4 mile down steep Timp-Torne Trail or alternately at a seasonal stream 0.2 mile before the shelter. Located 0.6 mile on the Timp-Torne Trail, this shelter provides views of the surrounding countryside and the NYC skyline.

**Bear Mountain**—At 1,305 feet, this is one of the highest points on the Trail in New York and offers views of the Hudson River Valley and the New York City skyline. In the early 1900s, the state was considering a site near the base for a prison, but Mary Averell Harriman, widow of railroad magnate Edward Harriman and primary landholder in the area, had other plans. In 1910, she agreed to donate 10,000 acres for the development of a park with the condition that the state discontinue its plans for a prison. What was then known as Sing Sing Prison was eventually built on the Hudson River 20 miles south of the A.T., its location giving birth to the phrase, “sent up the river.” No water available at the summit. Do not rely on the seasonally stocked soda vending machine.



**Bear Mountain, N.Y.**—[P.O. ZIP 10911: M–F 8–12, closed Sa; (845) 786-3747]. P.O. may close early (and there’s talk of closing it altogether—call ahead). Located across the street from the park administration building on Seven Lakes Drive. Fort Montgomery (see below) may be a better option. **Restaurant:** Bear Mountain Inn–1915 Café, M–W 10:30–7, Th–Su 11–7, with B Th–Su 7–10:30.

**Trailside Museums and Zoo**—North of the inn and south of Bear Mountain Bridge, the Bear Mountain Zoo contains many native species, including black bears, and offers a unique, and sometimes emotional, experience for thru-hikers. Within the park is also a much-photographed statue of Walt Whitman. Admission \$1; A.T. hikers admitted free. The portion of the A.T. leading through the zoo to the bridge—an original section from 1923—descends to 124 feet above sea level; it's the Trail's lowest elevation between Maine and Georgia. *Dogs are not allowed in the museum/zoo section.* The southern gate opens at 10:30 a.m.; at 4:30 p.m., the gate is closed. If you arrive when the gate is closed or are hiking with a dog, hike around on U.S. 9W, which becomes the official route for the time period/circumstances.



**Bear Mountain Circle**—West 0.7 mile to Ft. Montgomery, N.Y. [P.O. ZIP 10922: M–F 8–1 & 2:30–5, Sa 9–12; (845) 446-8459]. ■ **Lodging:** Bear Mountain Bridge Motel, (845) 446-2472, \$69–\$75 weekdays, higher on weekends, with shuttle to/from the Trail; Holiday Inn Express, (845) 446-4277, thru-hiker rate \$110 for 1 or 2 people, Internet and computer/office for guests, laundry, indoor pool, continental B; Victorian River View B&B, (845) 446-5479, \$110–\$160. ■ **Groceries:** Mobil Mini Mart (short-term resupply). MyTown Marketplace (long-term resupply) is two miles north in Highland Falls. ■ **Restaurants:** Trading Post Restaurant, open M–Th 3–midnight, F 3 p.m.–1 a.m., Sa noon–2 a.m., Su noon–midnight; Bagel Café with ATM, open M–F 5–3, Sa 6–2, B/L; Fox's Deli; M&R Deli. Additional services are located beyond Fort Montgomery, near the U.S. Military Academy at West Point.

**Bear Mountain Bridge**—Built at a cost of \$5 million in 1923–24 by a private company run by the Harriman family. When Earl Shaffer arrived at the bridge in 1948, he had to pay a nickel to cross. Today, only vehicles must pay.

**Anthony's Nose**—Where the A.T. turns west on a dirt road, 0.5 mile north of N.Y. 9D, a turn east on this road, blazed as the Camp Smith Trail, leads 0.6 mile to the top of the mountain known as Anthony's Nose. This rock outcropping, 900 feet above the river, offers outstanding views of the Hudson River Valley. The state Office of Parks, Recreation, and Historic Preservation now owns the property; please stay on the trail. Originally, the A.T. climbed steeply to the summit but was rerouted when World War II broke out. The Nose remained closed until 1993, when the New York State Division of Military and Naval Affairs, managers of the adjacent National Guard camp, gave permission for hikers to once again walk to the summit.



**U.S. 9—Groceries:** Appalachian Equities, Shell station/convenience store just to west at U.S. 9/N.Y. 403 junction, full-service, food-to-go, 24 hours, (845) 424-6241.

**East** 4.5 miles to **Peekskill, N.Y. [P.O. ZIP 10566: M–F 9–5, Sa 9–4; (914) 737-6437]**. If you plan to go into Peekskill, take Highland Avenue into town, rather than U.S. 9, where the two roads fork about 3 miles from the A.T. Highland leads directly to downtown. Services in town include several motels and restaurants, supermarkets, pharmacy, laundry, banks with ATM, hospital, doctor, dentist, and veterinarian. The post office is on South St., 4.5 miles from the A.T. Services are spread out over a large, bustling area, and some hikers feel it is too spread out to easily maneuver on foot. Free Internet access at the Field Library, 4 Nelson Ave., M, Tu, Th 9–9, W 11–9, F 9–5, Sa 10–2.

**West** 6.7 miles *via* Route 403 to N.Y. 9D to **Cold Spring, N.Y.** ■ **Lodging:** Countryside Motel, 3577 Route 9, Cold Spring, NY 10516, (845) 265-2090, \$65S, \$74D, \$80 3 or 4 people, WiFi, will receive mail drops for guests; Pig Hill Inn, (845) 265-9247, \$130 and up. ■ **Restaurants:** McGuire's on Main, Cold Spring Pizza, Whistling Willies. ■ **Groceries:** Food Town Supermarket (long-term resupply). ■ **Outfitter:** Hudson Valley Outfitters, (845) 265-0221, <www.hudsonvalleyoutfitters.com>, 63 Main St., M–F 11–6, Sa–Su 9–6, caters to kayakers and day-hikers; clothing, boots, Leki poles and parts, MSR canisters. ■ **Shuttle:** Highland Transit Taxi, (845) 265-8294. ■ **Train:** Daily service to NYC.

**Graymoor Spiritual Life Center**—Hikers are permitted to sleep at the monastery's ball-field picnic shelter, which has water, a cold-water shower during warm months, and a privy. The shelter is open all season. *Directions:* North of U.S. 9, the A.T. climbs uphill and crosses a second paved road leading to the center. Here, northbounders should follow the blue blazes: Turn east on Franciscan Way, left on St. Anthony Way, and left on St. Joseph Drive to the ballfield. Southbounders will cross unpaved Old West Point Road onto the Graymoor driveway; continue straight on driveway, then north where the driveway forks. Pizza and deli food may be ordered for delivery to the picnic shelter.



**Canopus Hill Road—East** 1.6 miles to the Putnam Valley Market (short-term resupply), (845) 528-8626, with pizza, hot food from the grill, ATM, pay phone, and phone cards. Open daily 6:30–9 (closes at 7 on Su). *Directions:* east on Canopus Hill Road 0.3 mile to intersection with Canopus Hollow Road. Continue 0.1 mile south on Canopus Hollow Road, turn west on Sunset Hill Road 1.2 miles to store. Sunset Hill Road, a steep, winding road, climbs 400 feet from Canopus Hill Road.



**Dennytown Road**—Water available from spigot on the side of the pump building. Opens third F of Apr, closes last Su of Oct. Camping area located 500 feet west on Dennytown Road, then south onto a dirt road to top of hill.





**N.Y. 301/Clarence Fahnestock State Park—East** 1 mile to the park's campground, (845) 225-7207. The beach area can be reached from the A.T. 2.3 miles north of N.Y. 301 via an unmarked downhill gully trail that begins a quarter of a mile south of the viewpoint on the A.T. at the northern end of Canopus Lake. The beach area is visible from the overlook. Campground open Apr 2–second week of Dec, tentsites \$13 Su–Th, \$16 F–Sa. A free tenting area provided for thru-hikers with hot showers, flush toilets, and water; inquire at the park entrance. The beach-area concession stand, (845) 225-3998, and grill (open Memorial Day–Labor Day, Su–F 9–5, Sa 9–6, grill closes one hour earlier) has grilled sandwiches, soda, ice cream, supplies, pay phone. The beach area closes Labor Day.

**West** 7.2 miles to Cold Spring (see above).

**Shenandoah Tenting Area**—0.1 mile west. Group camping is permitted. Water is available from a hand pump.

**RPH Shelter** (1982)—Sleeps 6. Privy. Formerly a closed cabin, it was renovated as a three-sided shelter with a front porch. Water source is a hand pump.



**N.Y. 52—East** 0.3 mile to ■ **Groceries:** Mountain Top Market Deli, (845) 221-0928, (short-term resupply), open daily 6 a.m.–8 p.m., daily specials and hot sandwiches, water for hikers on faucet at side of building, pay phone. ■ **Restaurant:** Danny's Pizzeria, open daily at 11, cheaper soda.

**West** 1.9 miles to **Stormville, N.Y. [P.O. ZIP 12582: M–F 8:30–5, Sa 9–12; (845) 226-2627].**

■ **Groceries:** Citgo Mini Mart (short-term resupply). ■ **Restaurant:** Stormville Pizza, M–Sa 11–9:30, Su 12–9.

**Morgan Stewart Shelter** (1984)—Sleeps 6. Privy. Water source is a well with a pump located downhill and in front of the shelter.



**N.Y. 55—West** 1.5 miles to ■ **Restaurant:** Pleasant Ridge Pizza, pay phone, serving L/D, closed M. ■ **Other services:** Pleasant Ridge Shopping Center, pharmacy, and deli.

**West** 2.1 miles to **Poughquag, N.Y. [P.O. ZIP 12570: M–F 8:30–5, Sa 8:30–12:30; (845) 724-4763].** ■ **Groceries:** Beekman Corner's ShopRite & Cumberland Farms, Shell Mini-Mart, Clove Valley Deli. ■ **Restaurants:** Beekman Square Diner, Tailgates Grill, The Square, Brothers Trattoria, Via 55 Restaurant, Great Wall Chinese, Ramblers Roost Irish Bar & Restaurant. ■ **Other services:** Beekman Animal Hospital, (845) 724-8387.

**West** 3.5 miles to Verona Pizzeria and Restaurant, Karl Ehmer East Fishkill Pork Store, and Cheers Wine and Liquor.

**Nuclear Lake**—The site of a nuclear fuels-processing research facility until 1972. After the Park Service acquired the lands, the buildings were razed, and the area was tested extensively and given a clean bill of health, allowing the Trail to be rerouted along the shore.

**Telephone Pioneers Shelter** (1988)—Sleeps 6. Privy. Built with the assistance of the White Plains Council of the Telephone Pioneers of America. Water source is the stream crossed by the side trail leading to the shelter. Alternative water source is 0.7 mile north at the Champion residence (see next entry).



**County 20/West Dover Road**—Ron and Holly Champion live in the purple house east of the Trail; water is available from a tap at the end of their lower walk. *Please do not knock at door.*

**East** 3.1 miles to **Pawling, N.Y. [P.O. ZIP 12564: M–F 8:30–5, Sa 9–12; (845) 855-2669].**

Northbounders might want to hike 2.4 miles more to N.Y. 22 for easier access. ■ **Camping:** The town allows hikers to camp in its Edward R. Murrow Memorial Park, 1 mile from the town center on West Main. The park offers lake swimming, restroom, pay phone. No dogs permitted. Two-night maximum. ■ **Groceries:** Hannaford, 2 miles south from town center on Rt. 22 (long-term resupply); CVS (short-term resupply); La Guadalupana Mini-Mart. ■ **Restaurants:** Vinny's Deli & Pasta, Chris's Deli, Mama's Pizza, Gaudino Pizzeria, Great Wall Chinese, Pawling Tavern, McKeene's Restaurant, McKinney & Doyle, Pawling Café, El Quetzal Restaurant and Deli, Gaudino's Pizza. ■ **Outfitter:** Gear to Go Outfitters, (917) 301-8238, <www.geartogoutfitters.com>, will deliver to Trail in N.Y. ■ **Other services:** doctor, dentist, coin laundry, banks with ATM, pharmacy, and Metro-North station with service to NYC [call (800) METRO-INFO for fare and schedule]. ■ **Internet access:** Pawling Free Library, 11 Broad St., Tu–Th 12–8, F 12–5, Sa 10–4, Su 12–4 (except Jun–Jul). *Please leave packs and poles outside or in the hallway.*



**Dover Oak**—Located on the north side of West Dover Road, is reportedly the largest oak tree on the A.T. Its girth four feet from the ground is more than 20 feet, 4 inches, and it is estimated to be more than 300 years old.



**N.Y. 22/Appalachian Trail Railroad Station—West**, within view of the Trail, a hotdog stand. **Other services:** Native Landscapes & Garden Center; owner Pete Muroski, a hiker, is very hiker-friendly. Allows camping on site, use of restrooms, shower \$5, kitchen, seasonal short-term employment. Will hold mail drops sent to 991 Route 22, Pawling, NY 12564. Center is open daily, 7–5, year-round.

**East** 0.6 mile to ■ **Groceries:** Tony's Deli (short-term resupply), open daily 5 a.m.–midnight. ■ **Restaurants:** Strada's Italian Restaurant, Pizza Express, Big W's Roadside

Bar B Que; all might deliver to Dutchess Motor Lodge.

**West 2.6 miles to ■ Lodging:** Dutchess Motor Lodge, (845) 832-6400, Rt. 22, Wingdale, N.Y., \$78D including weekends, \$7 laundry, no pets, Internet access, shuttles.

■ **Groceries:** Village Deli & Market, Ben's Store (both short-term resupply).

**West 4 miles to the village of Wingdale** (see Hoyt Road entry below).

**Commuter Train**—On the south side of N.Y. 22, the Trail passes the A.T. station of a New York City commuter train (Metro-North). Trains leave the platform every Sa and Su at 2:44 p.m., 4:44 p.m., and 6:39 p.m. and arrive at Grand Central Terminal at 4:41 p.m., 6:41 p.m., and 8:40 p.m. Trains leave Grand Central at 7:48 a.m. and 9:48 a.m. on Sa and Su and arrive at the A.T. platform at 9:41 a.m. and 11:38 a.m. Fares are one-way \$20 off-peak, \$25 peak, and round-trip \$28 off-peak, \$37.50 peak. Weekday and additional weekend services are available to New York from stations in nearby Pawling and Wingdale.

**Wiley Shelter** (1940)—Sleeps 6. Privy. Water source is a pump 0.1 mile north of the shelter on the A.T. beyond tent platform; water should be treated.



**Hoyt Road**—**West 1.5 miles to Restaurant:** Buttonwood Café with bakery, serving B/L and ice cream; M, W 9–3, Th–F 9–5, Sa–Su 10–9.

**West 3.3 miles via Hoyt and Webatuck roads to Wingdale, N.Y. [P.O. ZIP 12594: M–F 8–5, Sa 8–12:30; (845) 832-6147].** To reach Wingdale Metro-North Station, continue south on N.Y. 22 for about one mile. ■ **Lodging:** Dutchess Motor Lodge (see above). ■ **Groceries:** Wingdale Super Market with ATM and Food Market (both long-term resupply). ■ **Restaurants:** Ben's Deli; Pizza Express; Valley Diner, open 24 hours; Cousin's Pizza; Peking Kitchen; Cousin's Café; Riverview Café. ■ **Other services:** Dover Plains Library, M–F 10–8, Sa 10–4, Internet access; Wingdale Hardware.

# Connecticut

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
734.5	Conn. State Line—Hoyt Rd, N.Y. <b>Wingdale, NY 12594</b>	R (W—1.5m M; 3.3m PO, G, M, L, f)	400	1,451.4
733.8	Conn. 55 <b>Gaylordsville, CT 06755</b>	R (E—2.5m PO, G)	580	1,452.1
732.7	Ten Mile Hill		1,000	1,453.2
731.7	<b>Ten Mile River Shelter...</b> <i>4mS; 8.4mN</i>	S, w	290	1,454.2
731.5	Ten Mile River	C, w	280	1,454.4
730.8	Trail to Bulls Bridge Parking Area	E—0.2m R; 0.5m G, ♀	450	1,455.1
730.1	Schaghticoke Rd	R	320	1,455.8
728.4	Schaghticoke Mtn		1,331	1,457.5
727.2	Conn.—N.Y. State Line		1,250	1,458.7
726.8	Indian Rocks		1,290	1,459.1
726.2	Schaghticoke Mtn Campsite	C, w	950	1,459.7
724.3	Thayer Brook		900	1,461.6
723.3	<b>Mt. Algo Shelter...</b> <i>8.4mS; 7.3mN</i>	C, S, w	655	1,462.6
723.0	Conn. 341, Schaghticoke Rd <b>Kent, CT 06757</b>	R (E—0.8m PO, G, M, L, O, D, f, cl, sh, ♀; 3.3m L)	350	1,462.9
720.2	Skiff Mtn Rd	R	850	1,465.7
718.8	St. Johns Ledges		900	1,467.1
718.3	River Rd	R	480	1,467.6
716.0	<b>Stewart Hollow Brook Shelter...</b> <i>7.3mS; 10mN</i>	C, S, w	425	1,469.9
715.6	Stony Brook Campsite	C, w	440	1,470.3
713.6	River Rd	R	460	1,472.3
712.8	Silver Hill Campsite	C, nw	1,000	1,473.1
711.9	Conn. 4 <b>Cornwall Bridge, CT 06754</b>	R (E—0.9m PO, G, L, O, V, f, ♀; 1.9m C, sh)	700	1,474.0
771.8	Guinea Brook		650	1,414.1
711.7	Old Sharon Rd	R	750	1,474.2

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
710.5	Hatch Brook		880	1,475.4
709.8	Pine Knob Loop Trail	E–0.9m C, sh	1,150	1,476.1
709.4	Caesar Rd, Caesar Brook Campsite	C, w	760	1,476.5
707.2	Carse Brook	w	810	1,478.7
707.1	West Cornwall Rd <b>West Cornwall, CT 06796;</b> <b>Sharon, CT 06069</b>	R (E–2.2m PO, G, M, O) (W–4.7m PO, G, M, L, D, cl)	800	1,478.8
706.0	<b>Pine Swamp Brook Shelter...</b> <i>10mS; 12.8mN</i>	S, w	1,075	1,479.9
705.1	Sharon Mtn Rd	R	1,150	1,480.8
704.8	Mt. Easter		1,350	1,481.1
703.6	Sharon Mtn Campsite	C, w	1,200	1,482.3
700.8	Belter's Campsite	C, w	770	1,485.1
700.4	U.S. 7, Conn. 112	R	520	1,485.5
699.8	U.S. 7, Housatonic River Bridge	R	500	1,486.1
699.7	Mohawk Trail	E–0.2m L, M	500	1,486.2
697.9	Water Street, Hydroelectric Plant	R, w, sh (E–0.5m PO, L)	530	1,488.0
697.8	Iron Bridge, Housatonic River <b>Falls Village, CT 06031</b>	R	510	1,488.1
697.2	Housatonic River Rd, Great Falls	R	650	1,488.7
696.7	Spring	w	750	1,489.2
694.4	Prospect Mtn		1,475	1,491.5
693.7	<b>Limestone Spring Shelter...</b> <i>12.8mS; 8mN</i>	W–0.5m C, S, w	980	1,492.2
693.6	Rand's View		1,250	1,492.3
692.8	Billy's View		1,150	1,493.1
690.3	U.S. 44 <b>Salisbury, CT 06068</b>	R (W–0.4m PO, G, L, M, ♀; 2.4m M, L, D, cl, f)	700	1,495.6
689.6	Conn. 41, Undermountain Rd <b>Salisbury, CT 06068</b>	R (W–0.8m PO, G, L, M, ♀; 2.8m M, L, D, cl, f)	720	1,496.3
686.9	Lions Head		1,738	1,499.0
686.2	<b>Riga Shelter...</b> <i>8mS; 1.2mN</i>	C, S, w	1,610	1,499.7

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
685.6	Ball Brook Campsite	C, w	1,650	1,500.3
685.0	Brassie Brook (south branch), <b>Brassie Brook Shelter...</b> <i>1.2mS; 8.8mN</i>	C, S, w	1,705	1,500.9
684.5	Undermountain Trail, Riga Jct		1,820	1,501.4
684.3	Bear Mtn Rd		1,920	1,501.6
683.6	Bear Mtn		2,316	1,502.3
682.9	Conn.–Mass. State Line		1,800	1,503.0

*Campfires are prohibited on the Trail in Connecticut, and camping is permitted only at designated sites. Ridgerunners patrol the state's 52 A.T. miles and serve as caretakers at Sages Ravine campsite.*

Southbounders and northbounders pass each other regularly now, each with a determined mindset. Take a moment to hear each direction's viewpoint. Lodging becomes pricier, but hospitality abounds. Southbounders should consider the hunting seasons and the need to wear bright "blaze" orange. If hiking with a four-footed friend, keep its safety in mind, too.

**AMC–Connecticut Chapter**—The Trails Committee of the AMC–Connecticut Chapter maintains the 52.3 miles from the New York–Connecticut state line to Sages Ravine, just across the Massachusetts line. The club can be reached at (413) 528-6333; <www.ct-amc.org>.



**Conn. 55—East** 2.5 miles to **Gaylordsville, Conn. [P.O. ZIP 06755: M–F 8–1 & 2–5, Sa 8–12; (860) 354-9727].** ■ **Groceries:** Gaylordsville Country Store, (860) 350-3802 (short-term resupply), M–F 6–8, Sa 6–6, Su 6–3, with deli, ATM, and pay phone. ■ **Restaurants:** Burgerittoville Bar and Grill Family Restaurant, Alfredo's Restaurant and Pizza.

**Ten Mile River Shelter** (1996)—Sleeps 6. Privy. Tentsites available nearby at a campsite. Water source is a hand pump 100 feet south and west of the shelter.



**Bulls Bridge Road—East** 0.5 mile to Country Market (short-term resupply) with fruit, Ben & Jerry's, water, ATM, and Internet access. On the way to the store, you

will cross the Housatonic River on Bulls Bridge, one of a handful of covered bridges still standing in Connecticut. A bridge has spanned the river here since the mid-1700s. During the Revolutionary War, George Washington and his army used this crossing on several occasions. The current bridge dates to the early 1800s.

**Indian Rocks**—Half a mile north of the only place along the entire A.T. where the Trail (for a short piece) crosses an Indian reservation. Most of the land from here down to the river is claimed by the Schaghticoke tribe, recognized by the state and briefly by the federal government. The tribe, actually the remnants of several tribes, played a unique communications role during the Revolutionary War by transmitting signals along the ridges between Long Island Sound in N.Y. and Stockbridge, Mass., a distance of nearly 100 miles, in about 2 hours.

**Mt. Algo Shelter** (1986)—Sleeps 6. Privy. Water source is on blue-blaze leading to shelter, 15 yards in front of shelter.





**Conn. 341**—East 0.8 mile to **Kent, Conn.** [P.O. ZIP 06757: M–F 8–1 & 2–5, Sa 8:30–12:30; (860) 927-3435]. ■ **Lodging:** Fife ’n Drum Inn & Restaurant, (860) 927-3509, <www.fifendrum.com>, restaurant M–Th (closed Tu) 11:30–9:30, F–Sa 11:30–10, Su 11:30–8:30, hiker rate \$116D weekdays, \$144D weekends, \$25EAP, tax not included, no dogs, call for reservations; Starbuck Inn, (860) 927-1788, <www.starbuckinn.com>, \$189–\$250D plus tax, includes full B, check-in 4 p.m., check-out 11 a.m. ■ **Groceries:** Davis IGA (long-term resupply); Kent Market (short-term resupply), with deli sandwiches, M–Sa 6–8, Su 7–7. ■ **Restaurants:** Wasabi Japanese; Shanghai Chinese; Kent Pizza Garden, L/D, 11–10; Kent Coffee and Chocolate Co.; The Villager; Panini Café, closed T, open W–M 9:30–5; Smoked Pig Restaurant, with WiFi. ■ **Outfitters:** Backcountry Outfitters, (860) 927-3377, <info@bcoutfitters.com>, limited backpacking gear and supplies, ice cream; holds packages shipped to 5 Bridge St., Kent, CT 06757; white gas, Esbit, canisters, denatured alcohol by the ounce; open most months M–Sa 9–6, Su 10–4; summer hours Su–Th until 8 p.m., F–Sa until 9; will shuttle; Annie Bananie ice cream inside. Sundog Shoe and Leather, 25 N. Main St., <sundogshoe@aol.com>, (860) 927-0009, boots, socks, insoles, M–Sa 10–5, Su 12–5. ■ **Internet access:** Kent Memorial Library, M–F 10–5:30, Sa 10–4. ■ **Other services:** banks with ATM; Kent Laundromat (no packs inside) with CATV, WiFi, open 6 a.m.–11 p.m., last wash at 10; doctor; dentist; pharmacy; House of Books, with guides, maps, fax, UPS and FedEx services, open daily.

**North** 2.5 miles *via* U.S. 7 to **Lodging:** Cooper Creek B&B, (860) 927-4334, <mtbotway@yahoo.com>. No mail drops, no pets; check in at 3 p.m.; shuttle to and from Kent; slackpacking for guests; out-of-area shuttles (Wassaic, N.Y., train station, airports) with advance notice. Hiker rate, Su–Th \$95, includes shuttle to Kent and B.


**Red-pine plantation**—The pines along the “river walk” north of Kent have seen hard times due to an insect blight. Most of the trees are now dead. The Connecticut Chapter of AMC harvested some of the dying trees to build new shelters, including the one at Ten Mile River.

**Stewart Hollow Brook Shelter** (1980s)—Sleeps 6. Privy. Water source is reliable Stony Brook, 0.4 mile north of the shelter on the A.T.

**Silver Hill Campsite**—Campsite, privy, swing, and pavilion sheltering two picnic tables are what’s left of the Silver Hill Shelter that burned down in 1991. Water pump.


**Mohawk Trail**—The former route of the A.T. starts north of Guinea Brook on the A.T., passes through Cornwall Bridge, and returns to the A.T. near Falls Village.



 **Conn. 4—East** 0.9 mile to **Cornwall Bridge, Conn. [P.O. ZIP 06754: M—F 8:30–1 & 2–5, Sa 9–12; (860) 672-6710]**. ■ **Lodging:** Hitching Post Motel, (860) 672-6219, \$65D and up weekdays, \$85D and up weekends, \$15EAP, laundry service \$5 and up, shuttle available depending on staffing; Housatonic Meadows Lodge B&B, (860) 672-6067, \$110; Cornwall Inn & Restaurant, open year-round, (800) 786-6884, <www.cornwall-inn.com>, hiker rate \$125D, \$150 for 4 in room with 2 queen beds, includes continental B, pool, hot tub, Internet access, restaurant and lounge open Th–Su, L/D \$8–\$30. ■ **Groceries:** Cornwall General Store (short-term resupply), (860) 672-6578, 6–6 daily, with deli, full B, ice cream. ■ **Outfitter:** Housatonic River Outfitters, (860) 672-1010, <hflyshop@aol.com>, open 7 days 9–5, limited hiker gear, canister fuel and fuel by ounce, will accept UPS and FedEx sent to 24 Kent Rd., Cornwall Bridge, CT 06754, but not responsible for packages. Shuttle available by appointment only, \$20 and up depending on distance. ■ **Other services:** hardware store; Housatonic Veterinary Care, (860) 672-4948. ■ **Camping:** Housatonic Meadows State Park, (860) 672-6772, 1 mile north of town on U.S. 7. Campsite \$36 per night, up to 6 per site; open mid-Apr to Jan 1, water shut off Oct 15. The park may be self-service in midweek; registration information at the main cabin by the gate. Showers free but check with registration desk; pay phone; no pets, no alcoholic beverages allowed. Accessible from the A.T. *via* Pine Knob Loop Trail (see below).

**Guinea Brook**—The AMC Connecticut Chapter installed stepping stones in the brook. In heavy rain, you may want to take the bypass: Northbounders should turn east on Conn. 4 and go downhill to unpaved Old Sharon Road on the north, which rejoins the A.T. on the other side of the stream. Southbounders should turn east on the dirt road that the Trail crosses before the brook, then follow it to Conn. 4, and turn south.

**Pine Knob Loop Trail**—Housatonic Meadows State Park (see above) can be reached from the A.T. by taking the blue-blazed Pine Knob Loop Trail 0.5 mile to U.S. 7, then following the highway north for 0.4 mile. You can return to the A.T. *via* the Pine Knob Loop Trail.

 **West Cornwall Road—East** 2.2 miles to **West Cornwall, Conn. [P.O. ZIP 06796: M—F 8–1 & 2–4:30, Sa 9–12; (860) 672-6791]**, site of a historical covered bridge spanning a whitewater section of the Housatonic River. ■ **Restaurant:** Wandering Moose Café. ■ **Groceries:** West Cornwall Market (short-term resupply), M–Th 6–7, F–Sa 6–8. ■ **Other services:** restaurants and gift shops. ■ **Outfitter:** Clarke Outdoors, (860) 672-6365, <www.clarkeoutdoors.com>, is located on U.S. 7 south of the village, with tube, canoe, and kayak rentals; limited outdoor gear and sportswear.

**West** 4.7 miles to **Sharon, Conn. [P.O. ZIP 06069: M–F 8:30–4:30, Sa 9:30–1:30; (860) 364-5306]**, with a supermarket, restaurant serving B/L/D, laundry, motel, bank with ATM, pharmacy, and hospital.

**Pine Swamp Brook Shelter** (1989)—Sleeps 6. Privy. Water is available on the blue-blazed trail.

**Wheelchair-accessible trail**—South of Falls Village, the A.T. hooks up with the River Trail, converted to create a handicap-accessible loop trail using part of the A.T. and an old racetrack.



**Water Street—East** 0.5 mile to **Falls Village, Conn. [P.O. ZIP 06031: M–F 8:30–1 & 2–5, Sa 8:30–12; (860) 824-7781]**. ■ **Lodging:** Bearded Woods, (860) 480-2966, “bunk and dine.” Hudon and Big Lu will pick up hikers in Cornwall Bridge, Falls Village, and Salisbury; \$50/night includes breakfast, dinner, shower, linens, and laundry; shuttles available; text or call in advance. ■ **Restaurants:** Toymakers Café, (860) 824-8168, B/L, Th–Su 6:30–2:30, free tentsites; Fall Village Inn, upscale but hiker-friendly. ■ **Other services:** Fall River Package Store, (860) 824-7971, owned by Pat Miller, has sodas and hiker snacks, allows hikers to charge phones, get water, and use phone to call area restaurants, open M–Sa 9–8, Su noon–5; Jacob’s Garage has snack machines, but please remove your pack so that the dog won’t be alarmed; bank with ATM at corner of Rtes. 7 & 126. Hikers may tent and shower at power plant.

**Hydroelectric Plant**—Cold shower and water are available outside the small, vine-covered building past the transformer. Look for silver shower head poking through ivy, with a small concrete pad below. Water faucet is below shower head.


**Iron Bridge over Housatonic**—Built by the Berlin Construction Co. of Connecticut in 1903. The same company built the iron bridge that now takes hikers over Swatara Creek in Pennsylvania.

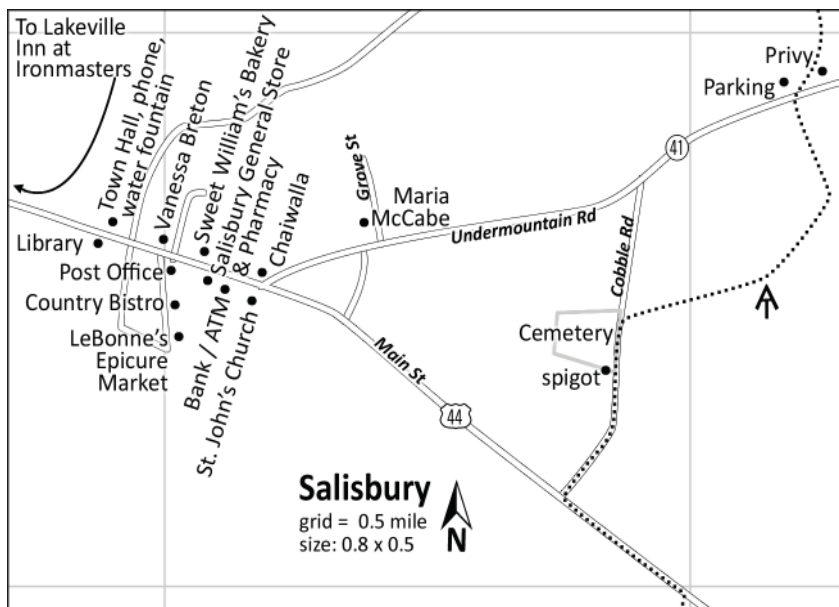
**Picnic Area**—North of bridge along the river, opposite the power plant, are picnic tables (no water), fire pits, a privy, trash cans, and parking area.

**Great Falls Dam**—North 0.5 mile on the A.T. are the Great Falls that gave Falls Village its name. Because the power plant below draws most of the river’s water, the falls appear “great” only during heavy rains or snowmelt.

**Limestone Spring Shelter** (1986)—Sleeps 6. Privy is uphill to the right. Follow the stream to where a spring comes out of a small limestone cave.

**Rand's View**—The A.T. passes by this vista, which offers views of the Taconic Range from Lion's Head to Mt. Everett and Jug End. *No camping allowed.*

 **U.S. 44—West** 0.4 mile to **Salisbury, Conn.** [P.O. ZIP 06068: **M–F 8–1 & 2–5, Sa 9–12; (860) 435-5072**]. Revolutionary War leader Ethan Allen, famous in Vermont history, studied here for a short time in preparation for entrance to Yale University (which he never attended). Allen moved to the New York area that later became Vermont. For northbounders, turn west on U.S. 44 to town. For southbounders, it is best to follow Conn. 41, Undermountain Road, 0.8 mile into town. Water is available from a fountain at town hall and also from a spigot in the cemetery on Lower Cobble Road (located behind a large cement cross about 200 feet right of the maintenance shed). ■ **Lodging:** Maria McCabe offers rooms in her home to hikers, (860) 435-0593, \$35PP, includes shower, use of living room, cooking outside, pets outside (no fee), no visitors in home, cash only, shuttle to laundry, mail drops accepted for guests at 4 Grove Street, Salisbury, CT 06068; Vanessa Breton offers 3 rooms in her home for up to 5 hikers (2/2/1), (860) 435-9577, \$35PP, includes



shower, laundry \$5, use of living room, cooking outside, pets outside (no fee), no visitors in home, cash only, mail drops accepted for guests at 7 The Lockup Road, Salisbury, CT 06068. Several other inns and B&Bs in the area. ■ **Groceries:** LaBonne's Epicure Market, (860) 435-2559 (long-term resupply), M–Sa, open 8–7, Su until 6. ■ **Restaurants:** Country Bistro, (860) 435-9420, appetizers, baked goods, B/L M–Th 8–5, B/L F–Su 8 a.m.–9 p.m. B/L/D, WiFi, live music F&Sa; Sweet William's Bakery, (860) 435-8889, Tu–Th, Su 9–4, ice cream in season. ■ **Internet access:** Scoville Memorial Library, Tu–F 10–6, Sa 10–4, Su 1–4. ■ **Other services:** Peter Beck's Village Store, (860) 596-4217, M–Sa 10–6, Su 10–4; Salisbury General Store and pharmacy, M–F 8–6, Sa 8–5, Su 8–4; bank with ATM; The Auto Shop, Coleman fuel and denatured alcohol. When open, town hall offers restroom and phone inside.

**West** 2.4 miles to **Lakeville**. ■ **Lodging:** Inn at Ironmasters, (860) 435-9844, <www.innatironmasters.com>, Mar–mid-Nov, \$134S, \$144D weekdays, \$206 weekends, \$15EAP, continental B, dogs allowed in certain rooms without fee, pool. ■ **Restaurants:** The Black Rabbit Bar and Grille, (860) 596-4227, L M W–Su 11:30–4:30, D 4:30–9:30, closed T; Mizza's Restaurant and Pizza, (860) 435-6266, free delivery; On the Run Coffee Shop, (860) 435-2007, open every day. ■ **Other services:** hardware store, laundromat, bank with ATM.



**Conn. 41 (Undermountain Road)**—**West** 0.8 mile to Salisbury (see previous entry).

**Riga Shelter** (1990)—Sleeps 6. Privy. The only shelter in Connecticut with a view. The shelter opens to the east, providing sunrise views. Tentsites and platform are also available. Water is a spring on a blue-blazed trail to the left of the clearing at the A.T. A second source is where the trail to the shelter crosses a small stream. Spring may not run in dry years.

**Brassie Brook Shelter** (1980s)—Sleeps 6. Privy. A log shelter with tentsites available. Water is available from a stream on the A.T. 50 feet north of the side trail to the shelter.

**Bear Mountain**—At 2,316 feet, this is the highest peak in Connecticut but not the highest ground, which instead falls on the flank of nearby Mt. Frissel, the peak of which is in Massachusetts. The northbound descent into Sages Ravine is rocky and steep. In foul weather, an alternative route for northbounders is east on the Undermountain Trail for 0.8 mile, then north on the Paradise Lane Trail for 2.1 miles, reconnecting with the A.T. near Sages Ravine, a net 1.7-mile detour. No camping on summit.

# Massachusetts

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
682.9	Mass.–Conn. State Line		1,800	1,503.0
682.8	Sages Ravine Brook Campsite	C, w	1,360	1,503.1
682.2	Sages Ravine	w	1,340	1,503.7
680.9	Laurel Ridge Campsite	C, w	1,750	1,505.0
679.1	Race Mtn		2,365	1,506.8
678.0	Race Brook Falls Trail	E–0.2m C, 0.4m w	1,950	1,507.9
677.3	Mt. Everett		2,602	1,508.6
676.6	Guilder Pond Picnic Area	R	2,050	1,509.3
676.2	<b>The Hemlocks Shelter...</b> <i>8.8mS; 0.1mN</i>	S, w	1,880	1,509.7
676.1	<b>Glen Brook Shelter....</b> <i>0.1mS; 14.3mN</i>	S, w	1,885	1,509.8
675.5	Elbow Trail		1,750	1,510.4
673.8	Jug End		1,750	1,512.1
672.7	Jug End Rd	R	890	1,513.2
671.8	Mass. 41; ATC Kellogg Conservation Center <b>South Egremont, MA 01258</b>	R (W–1.2m PO, G, M, L, ♀)	810	1,514.1
670.0	South Egremont Rd, Shays' Rebellion Monument	R	700	1,515.9
668.2	U.S. 7 <b>Sheffield, MA 01257; Great Barrington, MA 01230</b>	R (E–3.2m PO, G, M, L; 6m C, M) (W–1.5m G; 1.8m PO, G, M, L, O, D, V, cl, f)	700	1,517.7
667.3	Housatonic River	R	720	1,518.6
665.3	Homes Rd	R	1,150	1,520.6
663.9	East Mtn	w	1,800	1,522.0
661.8	<b>Tom Leonard Shelter...</b> <i>14.3mS; 5.3mN</i>	S (E–0.2m w)	1,540	1,524.1
660.7	Lake Buel Rd	R	1,150	1,525.2
659.8	Mass. 23 <b>Monterey, MA 01245</b>	R (W–1.6m H; 2.7m M; 4m PO, G, M, L, O, D, V, cl, f)	1,050	1,526.1
658.6	Blue Hill Rd (Stony Brook Rd)	R	1,550	1,527.3

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
657.8	Benedict Pond	W–0.5m C, w	1,620	1,528.1
657.2	The Ledges		1,820	1,528.7
656.5	<b>Mt. Wilcox South Shelter...</b> <i>5.3mS; 2.1mN</i>	S, w	1,720	1,529.4
654.7	<b>Mt. Wilcox North Shelter...</b> <i>2.1mS; 14.8mN</i>	E–0.3m S, w	1,950	1,531.2
654.1	Beartown Mtn Rd	R, w	1,800	1,531.8
650.9	Fernside Rd	R (W–0.2m w)	1,200	1,535.0
650.6	Shaker Campsite	C	1,000	1,535.3
648.8	Jerusalem Rd <b>Tyringham, MA 01264</b>	R, w (W–0.6m PO, L)	930	1,537.1
647.7	Tyringham Main Road	R	930	1,538.2
645.8	Webster Rd	R, w	1,800	1,540.1
643.4	Goose Pond Rd	R	1,650	1,542.5
641.5	Upper Goose Pond		1,500	1,544.4
640.7	<b>Upper Goose Pond Cabin...</b> <i>14.8mS; 9.3mN</i>	W–0.5m C, S, w	1,483	1,545.2
639.5	Mass. Turnpike (I-90)		1,400	1,546.4
639.4	Greenwater Brook	w	1,400	1,546.5
639.1	U.S. 20 <b>Lee, MA 01238</b>	R (E–0.1m L) (W–5m PO, G, L, M, D, V, cl, f)	1,400	1,546.8
638.3	Tyne Rd	R	1,750	1,547.6
637.8	Beckett Mtn		2,180	1,548.1
636.0	Finerty Pond	w	1,900	1,549.9
633.7	County Rd	R	1,850	1,552.2
633.5	Bald Top		2,040	1,552.4
631.9	<b>October Mtn Shelter...</b> <i>9.3mS; 9mN</i>	S, w	1,930	1,554.0
631.2	West Branch Rd	R	1,960	1,554.7
629.7	Washington Mtn Rd, Pittsfield Rd <b>Becket, MA 01223</b>	R (E–0.1m C, w; 5m PO, D, V)	2,000	1,556.2
627.7	Stream	w	1,950	1,558.2
626.5	Blotz Rd	R	1,850	1,559.4
625.8	Warner Hill		2,050	1,560.1

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
623.1	<b>Kay Wood Shelter...</b> <i>9mS; 17.3mN</i>	E–0.2m S, w	1,860	1,562.8
622.8	Grange Hall Rd	R	1,650	1,563.1
620.7	CSX Railroad		1,199	1,565.2
620.1	Mass. 8, Mass.9 <b>Dalton, MA 01226</b>	R, PO, G, M, L, D, cl, f, ♀	1,200	1,565.8
619.1	Gulf Rd	R	1,180	1,566.8
615.4	Crystal Mtn Campsite	E–0.2m C, w	2,100	1,570.5
615.0	Gore Pond		2,050	1,570.9
612.5	The Cobbles		1,850	1,573.4
611.1	Church St, Hoosic River <b>Cheshire, MA 01225</b>	R, PO, M, O, G, w (W–0.1m L)	950	1,574.8
610.0	Hiker Kiosk	R	970	1,575.9
610.6	Mass. 8 <b>Adams, MA 01220</b>	R (E–0.8m L, cl; 2.4m O, f; 4m PO, G, L, M, D, V, cl) (W–0.2m G)	990	1,575.3
609.8	Outlook Ave	R	1,350	1,576.1
607.1	Old Adams Rd	R	2,350	1,578.8
606.2	<b>Mark Noepel Shelter...</b> <i>17.3mS; 7.1mN</i>	E–0.2m S, C, w	2,750	1,579.7
605.6	Jones Nose Trail, Saddle Ball Mtn		3,150	1,580.3
603.4	Notch Rd; Rockwell Rd	R	3,290	1,582.5
602.9	Mt. Greylock, Bascom Lodge, Summit Rd	R, H, L, M, sh	3,491	1,583.0
599.7	Notch Rd	R, w	3,400	1,586.2
599.6	<b>Wilbur Clearing Shelter...</b> <i>7.1mS; 10.4mN</i>	W–0.3m S, w	2,325	1,586.3
597.5	Pattison Rd	R, w	900	1,588.4
596.6	Mass. 2 <b>North Adams, MA 01247; Williamstown, MA 01267</b>	R (E–0.6m G, M, cl; 1m sh; 2.5m PO, G, L, M, D, V, cl) (W–0.4m G, L, M; 1.4m G, L, M; 2.9m PO, C, G, L, M, D, V, cl, sh, f)	660	1,589.3
594.8	Sherman Brook Primitive Campsite	w (W–0.1 m C)	1,300	1,591.1
593.8	Pine Cobble Trail		2,010	1,592.1

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
593.3	Eph's Lookout		2,254	1,592.6
592.5	Mass.–Vt. State Line, Long Trail (southern terminus)		2,330	1,593.4

*The state line is south of Sages Ravine, near the junction with Paradise Lane Trail. The painted state abbreviations on a tree are so faded they're almost invisible.*

From the peaks of Mt. Greylock to Mt. Everett, over hills and valleys, through towns and hamlets of the Berkshires, one is reminded of the cultural mecca of New England's famous writers, artists, and performers. Juicy, sweet blueberries abound in season near Becket. Water and mosquitoes seem to be everywhere—be warned!

**Sages Ravine**—Two tent platforms and campsites with group site available, privy; staffed by ridgerunners who take turns as caretakers. No fires permitted. No fees charged.

**Berkshire Chapter of the Appalachian Mountain Club**—The A.T. Committee of the AMC–Berkshire Chapter maintains 89.7 miles from the Sages Ravine area to the Massachusetts–Vermont state line. Correspondence should be sent to Berkshire A.T. Committee, P.O. Box 2281, Pittsfield, MA 02102; <[www.amcberkshire.org](http://www.amcberkshire.org)>; (413) 454-4773.

**Berkshire Bus Service**—The Berkshire Regional Transit Authority, (413) 499-2782 or (800) 292-2782, <[www.berkshirerta.com](http://www.berkshirerta.com)>, serves the Trail towns of Great Barrington, Lee, Dalton, Cheshire, Adams, North Adams, and Williamstown. The buses run M–F 5:45 a.m.–7:20 p.m. and Sa 7:15 a.m.–7 p.m.; no service Su or holidays. Schedules may be posted in stores and post offices, but, to be sure, call for accurate, up-to-date information. The buses can be flagged down anywhere along Mass. 2 or 8 or U.S. 7, but there are designated bus stops. Popular trips for hikers include rides from Dalton west into Pittsfield, the region's hub with all major services, and from Cheshire south to the Berkshire Mall, with 103 shops and a 10-screen cinema. Maximum fare one way is \$5 (\$1.25 per community crossed, cash; drivers cannot make change); ask for free transfers. Senior rates available.



**Peter Pan Bus Lines**—(800) 343-9999, <[www.peterpanbus.com](http://www.peterpanbus.com)>. Buses run daily each way between NYC and Williamstown, Mass., stopping at towns near the A.T., including Canaan and Danbury in Connecticut and Sheffield, Great Barrington, Lee, Pittsfield, and Williamstown in Massachusetts. Call for schedules and rates.

**Laurel Ridge Campsite**—0.1 mile south of Bear Rock Falls, 4 campsites with 5 single tent platforms and one group site with 3 double tent platforms. Privy. Water source is a spring off a short side trail south of campsites. *No fires permitted in this area.*

**Race Mountain**—A spectacular walk on a clear day; spooky when foggy. It's a steep drop-off to the east.

**Race Brook Falls Campsite**—0.2 mile east on the Race Brook Falls Trail. Group camping area, four tent platforms, privy. Water source is stream at Race Brooks Falls east of the campsite.

**Mt. Everett**—This range is the second-highest on the A.T. in Massachusetts.

**Guilder Pond**—At 2,042 feet, the short side trail to the west leads to this highest body of water in Massachusetts. Picnic table and privy. For conservation reasons, please, no camping, swimming, or fishing.

**The Hemlocks Shelter** (1999)—Sleeps 10; has a group site. Privy. Nestled in a hemlock grove, the lean-to offers a sleeping loft with overhang. Water source is on the blue-blazed access trail. If you cannot find water here, Glen Brook crosses the A.T. 50 yards north of the access trail to the lean-to.

**Glen Brook Shelter** (1960s)—Sleeps 6. Privy. Two tent platforms and large tenting area. Water source is a reliable stream to the left of the lean-to.



**Mass. 41—West** 0.1 mile to the Appalachian Trail Conservancy's Kellogg Conservation Center (KCC) at the old April Hill farm, opened in May 2007. Initially solely an office for one ATC and one Appalachian Mountain Club staff member, both of whom are frequently in the field, it became in spring 2009 the New England regional office of ATC (formerly in Lyme, N.H.). For the moment, no visitor or hiker services are available, but the conservation work done out of this office helps ensure that beautiful and serene places like the farmland here are preserved as part of the A.T. experience forever. The property is insured for that business use

only, and no public parking is allowed. Trailhead parking is available at Sheffield/Egremont Road, 1.8 Trail miles north. For more information, contact Adam Brown at (413) 528-8002 or <abrown@appalachiantrail.org>.

**West** 1.2 miles to **South Egremont, Mass. [P.O. ZIP 01258: M–F 8:15–12 & 12:30–4, Sa 9–11:30; (413) 528-1571].** ■ **Lodging:** Weathervane Inn, (413) 528-9580, <www.weather-vaneinn.com>, 11-room B&B, each with private bath, full B, afternoon tea, a/c, \$150–\$225D, \$30EAP, several rooms accommodate 3–4 people, prior arrangements for shuttle to and from Trail, seasonal outdoor pool, on-site massage services and yoga, walk to town services, packages accepted with stay and prior arrangements, no pets. ■ **Groceries:** Country Market, (413) 528-8081, with deli and lunch counter, M–Sa 6–7, Su 6–6, hiker-friendly. ■ **Restaurant:** Mom’s Country Café, B/L, M–Su 6:30–3, D F–Su 5–9, water available from outdoor spigot. ■ **Internet access:** library, M, T & Th 10–6, Sa 9–noon. ■ **Other services:** bank with ATM.

**Shays’ Rebellion Monument**—Stone marker commemorates the last skirmish of a bloody farmers’ revolt led by Revolutionary War veteran Daniel Shays against government taxes and tactics in 1787. The incident assisted Federalists in making their case for a strong central government with powers to tax and maintain a standing army.



**U.S. 7—East** 3.2 miles to **Sheffield, Mass. [P.O. ZIP 01257: M–F 9–4:30, Sa 9–12; (413) 229-8772].** ■ **Lodging:** Jess Treat, (860) 248-5710, <jesstreat@gmail.com>, offers 2 rooms in her home for up to 4–5 hikers, \$35PP cash only, includes clean bed, shower, B, WiFi, \$5 laundry, no pets inside, not a party place, no drugs or alcohol, reservations essential, tent site also available for \$15PP with shower, shuttles possible depending on day/time; Race Brook Lodge, (413) 229-2916, <www.rblodge.com>, a restored 1790s barn, summer rates Su–Th \$110–\$250, F–Sa \$145–\$325, \$20EAP, pets allowed in same room \$15, mail drops accepted for guests at 864 South Undermountain Rd., Sheffield, MA 01257. ■ **Restaurants:** *In town:* Village on the Green Restaurant and Pizzeria, Su–Th 11–9, F–Sa 11–10; Sheffield Pub; The Marketplace Café, (413) 248-5040, open M–Sa 7–7, Su 9–4. *Along Rt. 7 toward town:* The Bridge Restaurant, closed M, D Tu–Su, opens at 4:30; Stagecoach Tavern (at Race Brook Lodge), open for D Th–Sa. ■ **Other services:** bank, ATM, and bus service.

**East** 6 miles to **Work for Stay:** Moon in the Pond Organic Farm, (413) 229-3092, <dom@mooninthepond.com>, 816 Barnum St., Sheffield, MA 01257. Organic meat-and-vegetable farmer Dominic Palumbo offers tentsites, shower, \$2 laundry, and organic meals for a day or two to a week, in exchange for farm work. Transportation can be arranged to and from the Trail. Keep trying to call; not always next to the phone.

**West** 0.3 mile to Route 7 Grille, L Sa–Su 11:30–3; D M–Th 5–9, F–Sa 5–10, Su 3–9.

**West** 1.5 miles to Guido's, with organic produce and deli.

**West** 1.8 miles to **Great Barrington, Mass. [P.O. ZIP 01230: M–F 8:30–4:30, Sa 8:30–12:30; (413) 528-3670].** ■ **Lodging:** Days Inn, (413) 528-8201, rates \$89 and up, \$10EAP, max 4/room, no pets, continental B, free WiFi; Lantern House Motel, (413) 528-2350, \$55 and up, higher on weekends, \$10EAP, outdoor saltwater pool, call for reservations, free WiFi, continental B, inquire about pets; Travelodge, (413) 528-2340, \$55, \$69 and up, higher on weekends and during special events, \$10EAP, max 2/room, pets allowed in some rooms for \$10 fee, laundry, free WiFi but no computers available for guests, continental B, outdoor pool; Mountain View Motel, (413) 528-0250, call for reservations and rates, no pets, free WiFi, CATV, phone, refrigerator, microwave, continental B; Holiday Inn Express, (413) 528-1810, 20% discount on current rates, extended continental B, no pets, free WiFi and computers available for guests; Comfort Inn, (413) 644-3200, <www.berkshirecomfortinn.com>, 20% discount on current rates, full hot B, laundry, no pets, indoor and outdoor pools, free WiFi and computer available for guests; The Briarcliff Motel, (413) 528-3000, <thebriarcliffmotel.com>, \$170 and up in summer, continental B, free WiFi; Monument Mountain Motel, (413) 528-3272, <www.monumentmountainmotel.com>, \$75 and up, higher on weekends and during special events, no pets, laundry, pool, inquire about shuttle to/from Trailhead, coffee and tea when office is open, mail drops accepted for guests at U.S. 7, 247 Stockbridge Road, Great Barrington, MA 01230. ■ **Groceries:** Big Y Foods, open M–Th Sa–Su 7–9, F 7–10; and Price Chopper, M–Sa 6–midnight, Su 7–midnight (both long-term resupply). ■ **Restaurants:** numerous, in town center and north along U.S. 7. ■ **Other services:** All major services available. Shopping center 1.8 miles **west** of Trail has pharmacy, coin laundry, hardware store; taxi, (413) 528-0911. ■ **Bus service:** In front of chamber of commerce in town (buy tickets from driver).



**Tom Leonard Shelter** (1970)—Sleeps 10. Privy. Located just south of Ice Gulch, a deep cleft in the landscape; the lean-to is visible from the A.T. Water source is a very cold stream 0.2 mile down a ravine to the left of the lean-to.



**Mass. 23—East** 4.3 miles to **Monterey, Mass. [P.O. ZIP 01245: M–F 8:30–1 & 2–4:30, Sa 9–11:30; (413) 528-4670].**

**West** 1 mile to Lake Buel Road, turn left, first right driveway 0.6 mile uphill or, 0.5 mile north of Tom Leonard Shelter, follow private trail initially marked with long cut logs, then blazed in white circles to **Hostel:** East Mountain Retreat Center, (413)

528-6617, <emrc@bcn.net>, open Apr 15–Jun 15 and Jul 15–Oct 15, \$10 donation, with shower; laundry \$3; use of the cooking facilities and library; 10 p.m. quiet curfew (no guests admitted after this hour) and prompt 8:30 a.m. checkout; will hold UPS/FedEx packages (no mail). Local pizza delivery.

**West** 4 miles to Great Barrington (see above).

**Benedict Pond**—**West** 0.5 mile on a blue-blazed side trail to a sandy beach with picnic tables, pay phone, tentsites \$10.

**Mt. Wilcox South Shelter** (1930/2007)—Old lean-to sleeps 6. Privy. Built as a CCC project; approach trail was part of the original A.T. in Massachusetts. Shelter completed in 2007 is just beyond old one. Water source is the spring crossed *en route* to the lean-to.

**Mt. Wilcox North Shelter** (1930s)—Sleeps 10. Privy. Shelter is on a 0.3-mile blue-blazed trail. Water source, stream in front of the privy, may go dry in late summer.

**Shaker Campsite**—Two tent platforms and privy available. Water is located north on the A.T. at stream crossing.

**Tyringham Cobble**—Formed by a geological event that separated this hill from the mountain behind it, the cobble rises 400 feet above the village below. The hill and nearly 200 acres around it are owned by a conservation trust.



**Jerusalem Road**—**West** 0.6 mile to **Tyringham, Mass. [P.O. ZIP 01264: M–F 9–12:30 & 4–5:30, Sa 8:30–12:30; (413) 243-1225]**. May also be reached from Tyringham Main Road 1.1 mile north on A.T. Water fountain outside post office. Library open T 3–5, Sa 10–12; WiFi and computer available. ■ **Lodging:** Cobble View B&B, (800) 467-4136, call for rates; <www.cobbleviewbandb.com>; no pets, no visitors; across from P.O.; drinks and snacks available.

**Jerusalem Road Spring**—**West** several yards to short path on left that leads to a piped spring (if you pass the first house on the right, you've gone too far).

**Upper Goose Pond Cabin**—AMC–Berkshire Chapter A.T. Committee maintains this cabin on a 0.5-mile side trail north of the pond. The cabin offers bunks, fireplace, covered porch, privy, swimming, and tent platforms. Open daily Memorial Day–Labor Day, then weekends through Columbus Day. During summer months, the

resident volunteer caretaker brings water by canoe from a spring across the pond; otherwise, the pond is the water source. When the caretaker is not in residence, or when the cabin is closed for the season, hikers may camp on the porch or tent platforms. Privy behind the cabin and near tentsites. There is no fee for staying at this site; donations appreciated.



**U.S. 20—East** 0.1 mile to **Lodging:** Berkshire Lakeside Lodge, (413) 243-9907, <[www.berkshirlakesidelodge.com](http://www.berkshirlakesidelodge.com)>, \$65–\$100, use of outside grill, canoes, and kayaks; continental B, WiFi, minifridge and coffee pot in each room; drinks available from vending machine in office; food delivery available; mail drops accepted for nonguests, no fee but call in advance, 3949 Jacob's Ladder Road, Becket, MA 01223.

**West** 5 miles to **Lee, Mass.** [P.O. ZIP 01238: **M–F 8:30–4:30, Sa 9–12; (413) 243-1392**], home of the famous Tanglewood Festival at Tanglewood Performing Arts Center, an outdoor theater that hosts a series of rock, jazz, and country concerts throughout the summer. ■ **Lodging:** Rodeway Inn, (413) 243-0813, Su–Th \$49–\$79s/D, F–Sa \$89–\$169, WiFi, continental B, no pets; Pilgrim Inn, (413) 243-1328, Su–Th \$79–\$95, F–Sa \$95–\$195, \$10 EAP, continental B, coffee in room, pool, WiFi, microwave, fridge, laundry; Super 8, (413) 243-0143, \$59–\$205, \$10 EAP, continental B, WiFi, no pets, accepts mail drops (if staying more than one night) at 170 Housatonic St., Lee, MA 01238; America's Best Value Inn, (413) 243-0501, \$85s/D weekdays, \$190 weekends, WiFi, microwave, fridge, continental B. ■ **Groceries:** Price Chopper and Big Y supermarkets (long-term resupply). ■ **Restaurants:** Joe's Diner, Athena's Pizza House, Rose's Restaurant (B/L 7–2), and several fast-food chains. ■ **Other services:** All major services available.


**October Mountain Shelter** (1980s)—Sleeps 12. Privy. Food-hoist cables available. Do not leave packs unattended. A large lean-to with porch. Water source is a stream just south of the lean-to on the A.T.

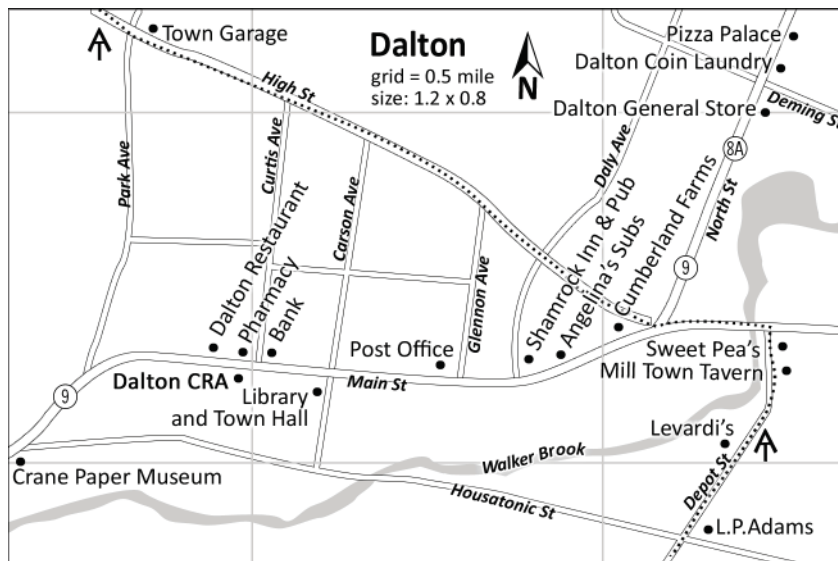


**Washington Mountain Road—East** 0.1 mile to the “Cookie Lady,” Marilyn Wiley, (413) 623-5859, who lives on a blueberry farm on the left of Washington Mountain Road. Water spigot near the garage door is for hikers. A.T. signs are posted; please sign register on the steps. Homemade cookies are often available to munch on as you watch hummingbirds buzz her feeder; pick your own blueberries at reasonable rates during season. Camping is allowed on the property in exchange for work. Will also hold packages and provide shuttles. Roy and Marilyn Wiley, 47 Washington Mountain Rd., Becket, MA 01223.

East 5 miles to **Becket, Mass.** [P.O. ZIP 01223: M–F 8–4, Sa 9–11:30; (413) 623-8845], where the A.T. ironically is listed as a historical site in a town settled more than 300 years ago. ■ **Lodging:** Becket Motel, 29 Chester Rd., Becket, MA 01223, (413) 623-8888, \$70–\$127, coin laundry, free shuttles to/from Trail, WiFi, mail drops accepted for guests only. ■ **Groceries:** Becket General Store, (413) 623-5700, M–Sa 7–8, Su 8–5, small grocery, deli counter. ■ **Other services:** doctor, veterinarian.

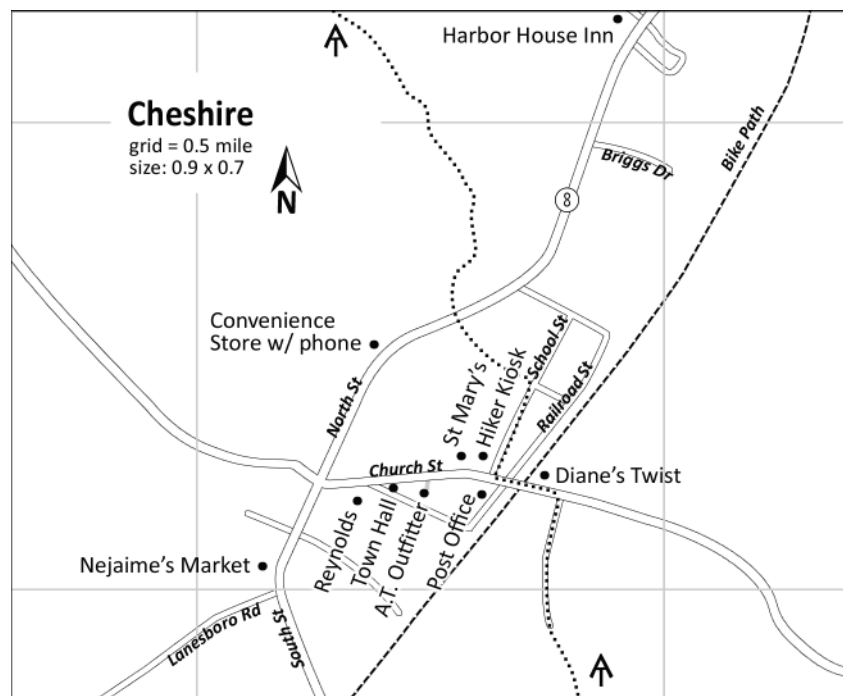
**Kay Wood Shelter** (1980s)—Sleeps 10. Privy, bear box. Shelter is named for Kay Wood, a 1972 thru-hiker and Trail maintainer in the area. Water source is the stream in front of the lean-to.

 **Dalton, Mass.** [P.O. ZIP 01226: M–F 8:30–4:30, Sa 9–12; (413) 684-0364]—The A.T. goes through the eastern side of town, where most services are available. Depot Street, which the A.T. follows into town from the south, offers a pharmacy and restaurants. Other services are within 0.5 mile of the A.T. ■ **Lodging:** Shamrock Village Inn, (413) 684-0860, S–Th 2 doubles or 1 queen \$80, 1 double \$74, 1 king \$90, F–Sa \$104, \$95, \$110 respectively, F–Sa includes continental B, pets \$75 deposit, hiker box, WiFi, laundry, ask about 10% hiker discount. ■ **Groceries:** Cumberland Farms with ATM, Dalton General Store with deli (both short-term resupply).



■ **Restaurants:** Jacob's Pub, (413) 684-9766, 51 Daly Ave., L/D M–Sa 11:30–1, Su 12–8, great Reubens, very hiker-friendly, hiker box; Mill Tavern, L/D; Dalton Diner; Angelina's Subs with veggie burgers; Dalton Restaurant, serves D daily, Th–Sa with live entertainment; Shamrocks Restaurant and Pub, L/D, Tu–Sa 11:30–9, Su 11:30–8, closed M, WiFi. ■ **Internet access:** library, 1-hour limit. ■ **Other services:** Thomas Levardi, 83 Depot St., (413) 684-3359, cell (413) 212-9691, allows hikers to use a water spigot outside his home and provides the hospitality of his front porch and back yard for tenting (space is limited; get permission first); Dalton CRA, 400 Main St., offers free showers with towel and soap to hikers; Dalton Laundry, M–F 8:30–6, Sa 8:30–4, Su 8:30–12; banks; L.P. Adams sells denatured alcohol and Coleman fuel; doctor; dentist; pharmacy. ■ **Bus service:** Connections to Pittsfield, with all major services and various AYCE options.

**Crystal Mountain Campsite**—0.2 mile east. Privy. Water is north on Trail.



**The Cobbles**—These outcroppings of marble overlook the Hoosic River Valley and offer views of Cheshire and Mt. Greylock. The Hoosic River, which is crossed south of Cheshire, flows north and empties into the Hudson River in New York.



**Cheshire, Mass. [P.O. ZIP 01225: M–F 7:30–1 & 2–4:30, Sa 8:30–11:30; (413) 743-3184]**—The Trail skirts the center of town to the east and crosses Mass. 8 0.4

mile east of the main stoplight at Church Street. St. Mary of the Assumption Church may allow hikers to stay in parish hall, tent, and use parking lot, but speak to Father David Raymond first. ■ **Groceries:** H.D. Reynolds, a general store, hiker snacks, denatured alcohol, and Coleman fuel. ■ **Restaurants:** Cobbleview Pub & Pizzeria, L/D Su–W 10–10, Th–Sa 10–11, home-made desserts; Bass Water Grill, Sa–Su B/L/D, M–F L/D; Diane’s Twist, M–Su 11–6, mid-Apr–mid-Oct, outdoor spigot, deli sandwiches, soda, and ice cream. ■ **Other services:** bank with ATM; AT Bicycle Works & Outfitters, owned by “Dragon” of ’05, across from church in back, emergency backpacking supplies, all fuels, call (413) 822-5357 if no one in shop. ■ **Bus service:** Stop across the street from the post office, connections to the Berkshire Mall and Adams, Mass.

**Hiker kiosk**—A detailed town map with hiker services marked.



**Mass. 8—East** 0.8 mile to **Lodging:** Harbour House Inn, (413) 743-8959, <[www.harbourhouseinn.com](http://www.harbourhouseinn.com)>, provides rooms midweek \$85. Rate includes B, Internet access, shuttle to the Trail; laundry available. Hiker-friendly.

**East** 2.4 miles to **Outfitter:** Berkshire Outfitters, (413) 743-5900, <[www.berkshire-outfitters.com](http://www.berkshire-outfitters.com)>, M–Sa 10–6, Th until 7, Su 11–4, with hiker supplies, Coleman fuel, minor equipment repairs.

**East** 4 miles to **Adams, Mass. [P.O. ZIP 01220: M–F 8:30–4:30, Sa 10–12; (413) 743-5177]**, an alternative to the smaller town of Cheshire. Adams is accessible by the Berkshire Bus Service. ■ **Lodging:** Mount Greylock Inn, (413) 743-2665, <[mountgreylockinn.com](http://mountgreylockinn.com)>, \$129–\$199, includes B. ■ **Groceries:** Big Y Foods supermarket (long-term resupply). ■ **Restaurants:** Pizza Jim’s, (413) 743-9161, will deliver; CJ’s Pub and Daily Grind Coffee; many fast-food outlets. ■ **Other services:** Thrifty Bundle Laundromat, banks, hardware store, doctor, dentist, Rite Aid, veterinarian, and Western Union.

**West** 0.2 mile to **Groceries:** Convenience store (short-term resupply), deli sandwiches, pay phone.



**Mark Noepel Shelter & Bassett Brook Campsite** (1985)—Sleeps 10. Privy is on a 0.1-mile, blue-blazed trail. Porcupines make regular appearances at this lean-to with tent platforms. Water source is a spring to the right of the lean-to.

**Saddle Ball Mountain**—At 3,238 feet and located at the A.T. junction with the Jones Nose Trail, Saddle Ball is the A.T.'s first 3,000-footer north of North Marshall in Shenandoah National Park.

**Mt. Greylock**—Topped by a war memorial, paved road, and Bascom Lodge, Greylock is Massachusetts' highest peak (3,491 feet). A stone tower, crowned by a globe lit at night, is a tribute to the state's war dead. You can climb the 89 steps to the top for views of the Green, Catskill, and Taconic mountains and surrounding towns. The mountain has inspired literary giants from Thoreau to Hawthorne. *Thunderbolt Shelter on Mt. Greylock is an emergency-only warming hut. No camping or fires on the summit.*

**Bascom Lodge**—Operated by Bascom Lodge Group, (413) 743-1591, <www.bascom-lodge.net>, open 7 days, B/L/D, showers and towel \$5, bunk \$35, private rooms \$125–\$155D, \$20EAP, open Jun–Oct.

**Wilbur Clearing Shelter** (1970)—Sleeps 8. Privy. Located 0.3 mile down the Money Brook Trail; very popular during the summer months. Tentsites available. Water source is an intermittent stream to the right of the lean-to.

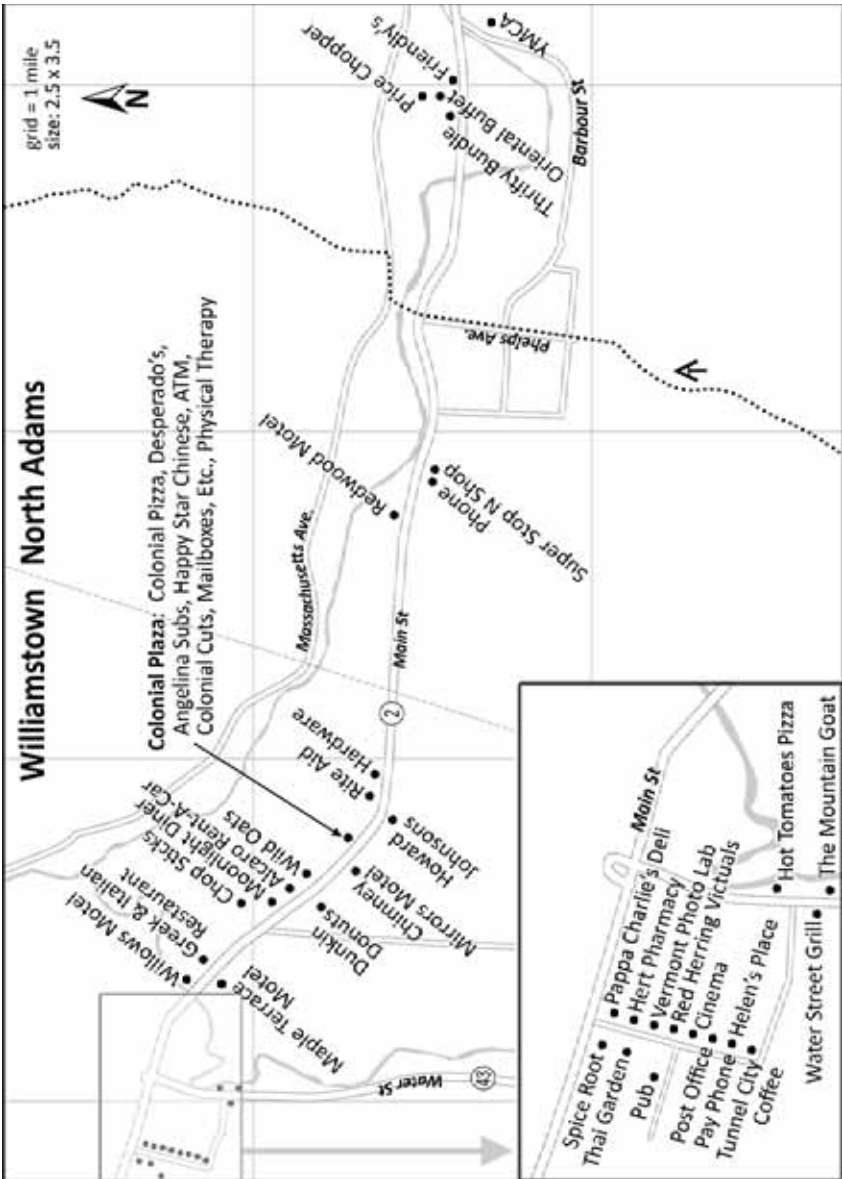


**Mass. 2/North Adams**—BRTA hourly bus service is available on this road (see page 194). *Note: The town of North Adams extends one mile west and several miles east of the Trail; the Williamstown line is 1.4 miles west of the Trail.*

**East** 0.6 mile to ■ **Groceries:** Price Chopper Supermarket (long-term resupply), open M–Sa 6 a.m.–midnight, Su 6–10, with deli, pay phone, Western Union, ATM; West's Variety (short-term resupply). ■ **Restaurants:** Chinese Buffet, AYCE L/D; Friendly's. ■ **Other services:** Thrifty Bundle Laundromat.

**East** 1.0 mile to YMCA, free showers, hiker-friendly.

**East** 2.5 miles to **North Adams, Mass. [P.O. ZIP 01247: M–F 8:30–4:30, Sa 10–12; (413) 664-4554]**. Large, spread-out city with most major services, including motels. ■ **Groceries:** Big Y Foods and Convenience Plus (both long-term resupply); Cumberland Farms (short-term resupply). ■ **Restaurants:** Boston Seafood Restaurant, Freight Yard Pub, other fast-food chains. ■ **Other services:** banks with ATM, hospital, shoe repair, hardware store, doctor, dentist, veterinarian, Radio Shack, and



movie theater. ■ **Shuttles:** Dave Ackerson, 82 Cherry St., North Adams, MA 01247, (413) 346-1033, <daveackerson@yahoo.com>.



**West** 0.4 mile to ■ **Groceries:** Super Shop & Stop, ATM, pharmacy, Western Union, bank, and pay phone. ■ **Lodging:** Redwood Motel, (413) 664-4351, \$74–\$149, reservations suggested.

**West** 1.4 miles to town border with **Williamstown** and ■ **Lodging:** Williamstown Motel, (413) 458-5202, \$59–89S, \$10EAP, continental B, WiFi, Internet, fridge, microwave, call for pick-up from Mass. 2 and Phelps Rd.; Howard Johnson, (413) 458-8158, <www.hojowt.com>, \$59–\$149 rate based on season and day of week, no pets, continental B, pool, pick-up/drop-off at Trail when available; Maple Terrace Motel, (413) 458-9677, <www.mapleterrace.com>, \$75–\$160 includes B, WiFi, heated pool, two rooms for pets, all rooms nonsmoking; The Willows Motel, (413) 458-5768, <www.willowsmotel.com>, Su–Th \$69–\$119, F–Sa \$89–\$129, includes continental B, microwave, Internet, free laundry, and shuttles to/from Trail, accepts packages for guests only (call first) to 480 Main St., Williamstown, MA 01267. ■ **Restaurants:** Chopsticks Asian, Colonial Pizza, Desperado's Mexican Grille, Dunkin' Donuts, Michael's Greek & Italian, Moonlight Diner & Grille, Subway. ■ **Groceries:** Wild Oats Whole Foods Market (long-term resupply). ■ **Other services:** Williamstown Wash & WiFi, M–F 7:30–9, Sa 9–9, Su 10–9; American Cab & Livery, (413) 662-2000.



**West** 2.6 miles to **Williamstown, Mass. [P.O. ZIP 01267: M–F 8:30–4:30, Sa 9–12; (413) 458-3707]**, home of Williams College. ■ **Lodging:** Cozy Corner Motel, (413) 458-8006, <www.cozycornermotel.com>, \$49–\$89, \$10EAP, continental B, microwave/fridge, WiFi, pet-friendly, will pick up and drop off; Williams Inn, (413) 458-9371, \$180–\$295 and up, but \$7 gets you a towel, shower, swim, and sauna, free WiFi, parking \$2/day. ■ **Restaurants:** Papa Charlie's, Hot Tomatoes Pizza, Red Herring Victuals, Thai Garden, Tunnel City Coffee (with extensive selection of homemade pastries), Spice Root (Indian), Water Street Grill (L/D). ■ **Other services:** banks with ATM; doctor; dentist; pharmacy; veterinarian; movie theater; bookstore; Nature's Closet, (413) 458-7909, <www.naturescloset.com>, limited hiker supplies, will hold mail drops; American Cab & Livery, (413) 662-2000; and Bonanza Peter Pan bus line, (800) 343-9999, <www.peterpanbus.com>.

**Sherman Brook Campsite**—Tent platforms available. A blue-blazed trail lets you bypass a boulder field north of the campsite in bad weather. Water at Pete's Spring.

# Vermont

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
592.5	Vt.–Mass. State Line, Long Trail (southern terminus)		2,330	1,593.4
592.1	Brook	w	2,300	1,593.8
589.7	<b>Seth Warner Shelter...</b> <i>10.4mS; 7.4mN</i>	W–0.2m S, C, w	2,180	1,596.2
589.4	County Rd	R	2,290	1,596.5
588.3	Ed's Spring	E–100ft w	2,890	1,597.6
586.7	Roaring Branch	w	2,470	1,599.2
582.5	<b>Congdon Shelter...</b> <i>7.4mS; 5.9mN</i>	S, w	2,060	1,603.4
580.0	Harmon Hill		2,325	1,605.9
578.2	Vt. 9 <b>Bennington, VT 05201</b>	R, w (W–5m PO, G, M, L, O, D, cl, f,  ; 7m G. L, M,  )	1,360	1,607.7
576.6	<b>Melville Nauheim Shelter...</b> <i>5.9mS; 8.5mN</i>	E–250ft S, w	2,330	1,609.3
575.0	Hell Hollow Brook	w	2,350	1,610.9
572.4	Little Pond Lookout		3,060	1,613.5
570.6	Glastenbury Lookout		2,920	1,615.3
568.1	<b>Goddard Shelter...</b> <i>8.5mS; 4.3mN</i>	S, w	3,540	1,617.8
567.8	Glastenbury Mtn		3,748	1,618.1
563.8	<b>Kid Gore Shelter,</b> Caughnawaga Tentsites... <i>4.3mS; 4.6mN</i>	S, C, w	2,795	1,622.1
560.1	South Alder Brook	w	2,600	1,625.8
559.2	<b>Story Spring Shelter...</b> <i>4.6mS; 10.4mN</i>	S, w	2,810	1,626.7
555.6	Stratton-Arlington Rd (Kelley Stand Rd)	R, w	2,230	1,630.3
551.8	Stratton Mtn		3,936	1,634.1
548.8	<b>+Stratton Pond Shelter</b> <i>via</i> Stratton Pond Trail... <i>10.4mS; 5.4mN</i>	W–450ft S, w	2,565	1,637.1
548.6	Stratton Pond, North Shore Trail to +North Shore Tenting Area	w (W–0.5m C, w)	2,555	1,637.3

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
546.7	Winhall River	w	2,175	1,639.2
543.9	<b>William B. Douglas Shelter</b> <i>via</i> Branch Pond Trail... <i>5.4mS</i> ; <i>3.6mN</i>	W–0.5m S, w	2,210	1,642.0
543.0	Old Rootville Rd, Prospect Rock	R (W–150ft w)	2,150	1,642.9
540.9	<b>Spruce Peak Shelter</b> ... <i>3.6mS</i> ; <i>5mN</i>	W–0.1m C, S, w	2,180	1,645.0
540.5	Spruce Peak	W–300ft	2,040	1,645.4
538.1	Vt. 11 & 30 <b>Manchester Center, VT 05255</b>	R, w (E–2.1m L, M; 2.5m G; 2.7m L, M; 3m L) (W–5.8m PO, H, G, M, L, O, D, V, cl, f, ♀)	1,840	1,647.8
536.1	<b>Bromley Shelter</b> ... <i>5mS</i> ; <i>8.2mN</i>	E–0.1m C, S, w	2,560	1,649.8
535.1	Bromley Mtn		3,260	1,650.8
532.6	Mad Tom Notch, USFS 21	R, w	2,446	1,653.3
531.0	Styles Peak		3,394	1,654.9
529.3	Peru Peak		3,429	1,656.6
528.0	<b>+Peru Peak Shelter</b> ... <i>8.2mS</i> ; <i>4.7mN</i>	C, S, w	2,605	1,657.9
527.5	Griffith Lake, +Griffith Lake Tenting Area	C, w	2,600	1,658.4
527.3	Griffith Lake	w	2,600	1,658.6
525.3	Baker Peak		2,850	1,660.6
523.3	<b>Lost Pond Shelter</b> ... <i>4.7mS</i> ; <i>2.5mN</i>	W–100ft C, S, w	2,150	1,662.6
521.8	<b>Old Job Shelter</b> <i>via</i> Old Job Trail ... <i>2.5mS</i> ; <i>1.2mN</i>	E–1m C, S, w	1,525	1,664.1
521.6	<b>Big Branch Shelter</b> ... <i>1.2mS</i> ; <i>3.3mN</i>	C, S, w	1,460	1,664.3
520.3	Danby–Landgrove Rd, USFS 10, Black Branch <b>Danby, VT 05739</b>	R, w (W–3.2m PO, G, M, L, f; 5.5m C)	1,500	1,665.6
518.3	<b>+Little Rock Pond Shelter &amp; Tenting Area</b> ... <i>3.3mS</i> ; <i>5mN</i>	C, S (N–0.1m w)	1,920	
518.2	Spring	w	1,854	1,667.6
518.0	Green Mtn Trail to Homer Stone Brook Trail		1,854	1,667.7
514.0	Trail to White Rocks Cliff vista	W–0.2m	2,400	1,667.9

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
513.5	<b>Greenwall Shelter...</b> <i>5mS; 5.3mN</i>	E-0.2m S, w	2,025	1,671.9
512.1	Sugar Hill Rd	R	1,260	1,672.4
512.0	Vt. 140 <b>Wallingford, VT 05773</b>	R, w (W-2.7m PO, G, M, L)	1,160	1,673.8
508.4	<b>Minerva Hinchey Shelter...</b> <i>5.3mS; 3.8mN</i>	E-200ft C, S, w	1,605	1,677.5
505.8	Clarendon Gorge, Mill River Suspension Bridge	w	800	1,680.1
505.7	Vt. 103	R (W-0.5m M, V; 1m G)	860	1,680.2
504.7	<b>Clarendon Shelter...</b> <i>3.8mS; 5.9mN</i>	E-0.1m C, S, w	1,190	1,681.2
504.2	Beacon Hill		1,740	1,681.7
503.8	Lottery Rd	R	1,720	1,682.1
501.8	Lower Cold River Rd	R	1,400	1,684.1
501.0	Gould Brook (ford)	w	1,480	1,684.9
500.3	Upper Cold River Rd	R, w	1,630	1,685.6
498.9	<b>Governor Clement Shelter...</b> <i>5.9mS; 4.3mN (see text)</i>	S, w	1,900	1,687.0
494.6	Trail to Killington Peak	E-0.2m	3,900	1,691.3
494.6	<b>Cooper Lodge...</b> <i>4.3mS; 3mN</i>	C, S, w	3,900	1,691.3
492.1	Jungle Jct; Sherburne Pass Trail to <b>Pico Camp</b> ... <i>3mS; 2.5mN</i>	E-0.5m S, w	3,480	1,693.8
490.2	<b>Churchill Scott Shelter...</b> <i>2.5mS; 12.1mN</i>	W-0.1m C, S, w	2,560	1,695.7
488.3	U.S. 4 <b>Rutland, VT 05701</b>	R, w (E-0.9m L, M; 2.2m PO, G, L) (W-0.9m L, M; 1.5m L, M; 8.9m PO, L, G, M, O, D, V, cl, f,  )	1,880	1,697.6
487.3	Willard Gap, Maine Junction, Long Trail	W-0.4m w	2,300	1,698.6
486.4	Sherburne Pass Trail	E-0.5m L, M	2,440	1,699.5
485.0	Vt. 100, Gifford Woods State Park <b>Killington, VT 05751</b>	R, w, C, S, sh (E-0.6m PO, G, L, M) (W-0.3m L)	1,660	1,700.9
484.3	Thundering Brook Rd, Kent Pond	R, L, M,  (E-0.3m O)	1,450	1,701.6

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
482.6	River Rd	R	1,214	1,703.3
482.1	Quimby Mtn		2,550	1,703.8
478.3	<b>Stony Brook Shelter</b> ...12.1mS; 10.2mN	E-0.1m S, w	1,760	1,707.6
473.6	Chateaugay Rd	R	2,000	1,712.3
472.9	Lakota Lake Lookout		2,640	1,713.0
470.8	Trail to the Lookout	W-0.2m	2,320	1,715.1
468.4	<b>Winturi Shelter</b> ...10.2mS; 11.9mN	W-0.2m S, w	1,910	1,717.5
464.6	Vt. 12, Gulf Stream Bridge <b>Woodstock, VT 05091</b>	R, w (E-4.4m PO, G, L, M, D, ♀♂) (W-0.2m G)	882	1,721.3
463.1	Woodstock Stage Rd (Bartlett Brook Rd) <b>South Pomfret, VT 05067</b>	R, w (E-0.9m PO, G)	820	1,722.8
460.9	Pomfret-South Pomfret Rd	R, w	980	1,725.0
459.1	Cloudland Rd	R (W-0.2m G)	1,370	1,726.8
457.1	Thistle Hill		1,800	1,728.8
456.8	<b>Thistle Hill Shelter</b> ...11.9mS; 9mN	E-0.1m S, w	1,480	1,729.1
455.3	Joe Ranger Rd	R	1,280	1,730.6
452.0	Iron Bridge, White River, Vt. 14 <b>Hartford, VT 05084</b>	R, G, M (E-7m PO, C, G, M, ♀♂; 8m H, G, M, L)	390	1,733.9
451.4	Tigertown Rd, Podunk Rd	R	540	1,734.5
450.6	Podunk Brook, Podunk Rd	R, w	860	1,735.3
448.0	<b>Happy Hill Shelter</b> ...9mS; 7.4mN	E-0.1m C, S, w	1,460	1,737.9
443.7	U.S. 5 <b>Norwich, VT 05055</b>	R (E-0.25m PO, G, L, M, ♀♂)	537	1,742.2
442.7	Connecticut River, Vt.-N.H. State Line	R	380	1,743.2

+ Fee charged

Avoid Vermont trails in “mud season,” mid-Apr to Memorial Day. Hiking there in wet, sloppy conditions leads to serious Trail erosion.

*In September 2011, floods from Hurricane/Tropical Storm Irene caused Trail damage from New Jersey to Maine, but Vermont was hit the hardest—not only on the footpath and bridges but also the access roads to the Trail. Temporary relocations still might be in effect and other repairs being made as you pass through; please observe all signs and local-club advice.*

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**Green Mountain Club**—GMC maintains the 149.8 miles from the Massachusetts–Vermont border to the Connecticut River on the Vermont–New Hampshire border. Correspondence should be sent to GMC at 4711 Waterbury–Stowe Rd., Waterbury Center, VT 05677; (802) 244-7037; fax, (802) 244-5867; <gmc@greenmountainclub.org>, <www.greenmountainclub.org>.

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*Public transportation*—Amtrak to Rutland and White River Junction, (800) 872-7245; Green Mountain Express–Green Mountain Chapter of the American Red Cross community bus from Bennington to Manchester and Bennington to Williamstown, (802) 447-0477, M–F 8–5; Marble Valley Regional Transit community bus serves Manchester, Rutland, and Killington, (802) 773-3244, no Sunday bus service between Rutland and Manchester; local taxi service is also available. Advance Transit bus, (802) 295-1824, serves Hartford, White River Junction, and Norwich with connections to West Lebanon and Hanover, N.H., M–F. Greyhound bus station in White River Junction, (802) 295-3011.

*Bears*—To prevent future problems and costly interventions, please hang all food from tree limbs at least 12 feet off the ground, and practice Leave No Trace camping.

**GMC Shelter Fees**—Fees are collected at high-use campsites to help defray the costs of field programs and shelter and Trail maintenance along the A.T. in Vermont. The fee is \$5PP per night. This fee applies to anyone camping within 0.5 mile of a fee site. In addition, all hikers who pay the \$5 fee in cash at either southern-pond fee site (Stratton Pond or Little Rock Pond—see chart for details) will receive a dated receipt that they can then use for one free night at the other fee site. The receipt must be used within 7 days. No receipt, no free nights, no exceptions. This offer does not extend north of Maine Junction on the Long Trail. This deal only works if you pay cash; it does not apply to folks who promise to pay later.



Fee Site	Includes (listed S to N)
Stratton Pond	Stratton Pond Shelter North Shore Tenting Area
Griffith Lake	Peru Peak Shelter Griffith Lake Tenting Area
Little Rock Pond	Little Rock Pond Shelter & Tenting Area

Caretakers are present throughout the season, May–Oct, at several locations. Through conversation and example, caretakers educate hikers about Leave No Trace practices and perform Trail and shelter maintenance. Most importantly, caretakers compost sewage at high-use fee sites and a few no-fee shelter sites in southern Vermont.

A ridgerunner may be found along the Coolidge Range at the following locations, although a fee is not charged: Clarendon Shelter, Governor Clement Shelter, Cooper Lodge, Pico Camp, and Churchill Scott Shelter.

**Long Trail**—At the Vermont–Massachusetts state line, the A.T. joins the Long Trail (L.T.) for 105.2 miles, to “Maine Junction” at Willard Gap. At Maine Junction, the A.T. leads toward Maine, and the L.T. continues north, reaching the Canadian border in another 167.8 miles. Completed in 1930, the L.T. served as one inspiration for the A.T. The L.T. and A.T. are seeing increased traffic in Vermont. Please use only designated shelters and campsites, and make use of privies and wash pits to protect water quality and greatly reduce the visible and permanent impact of greater use of the Trail.

**Seth Warner Shelter** (1965)—Sleeps 8. Privy, bear box. Tentsites available. Water source, a brook 150 yards to the left of the shelter, is known to fail in dry years.

**Congdon Shelter** (1967)—Sleeps 8. Privy. Tentsites available behind the shelter on the ridge. Water source is a brook in front of the shelter. If the brook is dry, follow downstream to larger Stamford Stream.

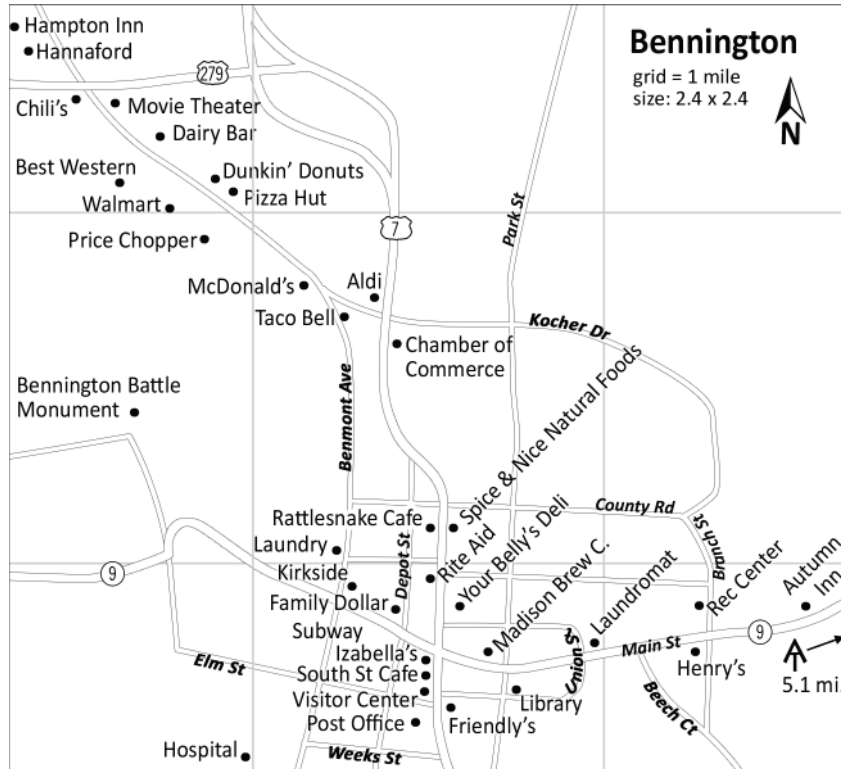


**Vt. 9—East** 2.5 miles to **Groceries**: Woodford Mountain General Store (short-term resupply), (802) 442-5222, daily 7–7, deli, Heet.

**West** 5.1 miles to **Bennington, Vt. [P.O. ZIP 05201: M–F 8–5, Sa 9–2; (802) 442-2421]**.  
**Lodging**: Kirkside Motor Lodge, (802) 447-7596, smoke-free facility; Bennington Motor Inn, 143 Main St., (802) 442-5479; Paradise Motor Inn, 141 West Main St., (802) 442-8351; Autumn Inn, 924 Main St., (802) 447-7625, \$75D, \$10 pick-up at Vt. 9

Trailhead, WiFi, laundry, dogs \$10, will hold packages for guests. ■ **Groceries:** Henry's Market; Spice and Nice Natural Foods. ■ **Restaurants:** Rattlesnake Café, open Tu–Su, L/D, Mexican fare; Izabella's B/L; Blue Benn Diner, B/L/D; South Street Café, B/L, WiFi; Your Belly's Deli; Subway; Friendly's. ■ **Internet access:** Bennington Free Library. ■ **Other services:** Family Dollar; coin laundry; banks with ATM; hospital; shoe repair; doctor; dentist; pharmacy; veterinarian; hardware store; and free showers available at Town Recreation Center on Gage Street. ■ **Shuttles:** Bennington Taxi, (802) 442-9052; Green Mountain Express, (802) 447-0477, <www.greenmtncn.org>, M–F, 7:30–5:30, call to arrange \$3 shuttle to Route 9 Trailhead and, M–F, four trips daily, \$2 service between Bennington and Manchester (see above under “Public transportation”).

**West** 7 miles to **North Bennington, Vt.**, Routes 67 and 7A, and ■ **Lodging:**



Knotty Pine Motel, (802) 442-5487, <kpine@knottypinemotel.com>, 130 Northside Dr., \$80–\$96D, \$8EAP, pets accepted on limited basis, continental B, WiFi, pool, holds packages only for guests; Best Western, (802) 442-6311, 200 Northside Dr.; Hampton Inn, (802) 440-9862, 51 Hannaford Square. ■ **Groceries:** Price Chopper, Hannaford, ALDI supermarkets (long-term resupply). ■ **Restaurants:** McDonald's, Wendy's, KFC, Taco Bell. ■ **Other services:** Walmart, movie theater.

**Melville Nauheim Shelter** (1977)—Sleeps 8. Privy. Water source is a stream just north of the spur to the shelter.

**Vt. 9 to Kelley Stand Road**—Please note: *This section of the Trail is receiving heavy use and experiencing resource damage as a result. GMC encourages hikers to use the designated shelters and campsites. If you must camp between shelters, please follow Leave No Trace practices, and camp 200 feet away from the Trail and all water sources.*

**Goddard Shelter** (2005)—Sleeps 10. Privy. The shelter has a front porch with a view to the south. Please tent above the shelter, to the west of the A.T. Water source is a spring 50 yards south on the A.T. *To preserve the pristine nature of the spring, no tenting is allowed east of the trail up the mountain.*

**Glastenbury Mountain** (3,748 ft.). The original firetower was built in 1927 and renovated once in 1970 and again in 2005 by the Long Trail Patrol, USFS, and volunteers from the GMC. The nearby ridges seen from the observation deck are the Berkshires to the south, the Taconics to the west, Mt. Equinox and Stratton Mountain to the north, and Somerset Reservoir, Mt. Snow, and Haystack Mountain to the east. Remains of the old firewarden's cabin and woodstove can be seen to the west of the Trail, south of the summit. Porcupines are active in this area; take precautions with your gear.

**Kid Gore Shelter** (1971)—Sleeps 8. Privy. Ecologically fragile area. Tentsites available north on Trail at the former Caughnawaga Shelter site. Water source is a brook near Caughnawaga. An unreliable spring is north of Kid Gore Shelter.

**Caughnawaga Tentsites**—Tenting only. A 1930s shelter was torn down in July 2008.

**Story Spring Shelter** (1963)—Sleeps 8. Privy. Tentsites. Water source is a spring north on the A.T. 50 yards.



**Stratton Mountain**—Although he offered a number of variations on the story about how he first thought of the A.T., many believe it was on the slopes of Stratton Mountain that Benton MacKaye first imagined a long-distance trail that would link the high peaks of the Appalachian Mountains. A firetower tops the summit and is open to hikers. A GMC summit caretaker is in the area during the day to interpret the area's cultural and natural history for hikers. No camping or fires on the summit. A side trail at the summit leads east 0.8 mile to a ski gondola at the top of Stratton Ski Area; this hut is not available for hiker use. The gondola has operated in past years, allowing hikers to ride down to Stratton Village, which has a grocery store and restaurants. Please check with the GMC summit caretakers or Stratton Mountain staff to see if the gondola is available for hiker use.

**Stratton Pond Shelter** (1999)—Sleeps 16. Privy. Overnight fee. Go 0.2 mile west *via* Stratton Pond Trail. No tenting is available at this shelter, but you may tent on platforms at the nearby North Shore Tenting Area; otherwise, within 0.5 mile of the pond, camping is permitted only at designated sites. Shelter has an open first floor, table, bunks, and an enclosed loft. Water source is Bigelow Spring at Stratton Pond about 0.1 mile down the Lye Brook Trail. *No fires at this shelter.*

**William B. Douglas Shelter** (1956, renovated 2005)—Sleeps 10. Privy. Go 0.5 mile west *via* the Branch Pond Trail. Water source is a spring located south of the shelter.

**Spruce Peak Shelter** (1983)—Sleeps 14. Privy. This shelter, 0.1 mile west on a spur trail, was constructed by GMC, USFS, and a work crew from the Rutland Community Correctional Center. Water source is a boxed spring 35 yards to the right of the shelter.



**Vt. 11 & 30—East** 2.1 miles to **Lodging:** Bromley Sun Lodge, (800) 722-2159, rooms starting at \$85s/D (weekends higher), tavern fare, indoor pool, game room, WiFi, laundry, Rt. 11 & 30 Trailhead shuttle, and mail drops (nonguest mail-drop fee, \$5) to 4216 Vt. 11, Peru, VT 05152.

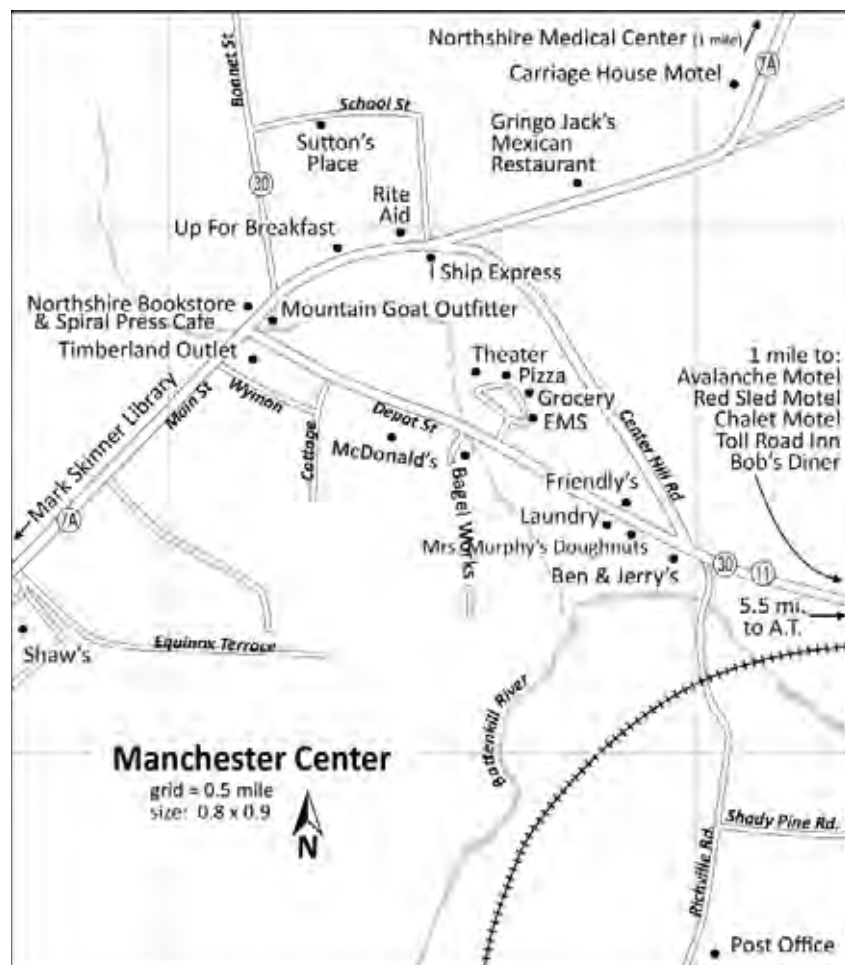
**East** 0.5 mile to Scoop's: ice cream, burgers, snacks, 10–8, Jun–Aug.

**East** 2.5 miles *via* Vt. 11 to **Groceries:** Bromley Market, (802) 824-4444, fresh foods, deli open 7–7 7 days, some hiker supplies, mail drops accepted, 3776 Vt. 11, Peru, VT 05152.

**East** 2.7 miles *via* Vt. 11 to **Lodging:** Johnny Seesaw's Lodge, (802) 824-5533, <[www.johnnyseesaw.com](http://www.johnnyseesaw.com)>, \$50D, weekends higher, restaurant B/D, lounge, Rt. 11 & 30 Trailhead shuttle, WiFi, pets \$10 based on room availability, mail drops accepted at P.O. Box 68 or 3574 Vt. 11, Peru, VT 05152.

**East** 3.0 miles *via* Vt. 30 to **Lodging**: Bromley View Inn, (877) 633-0308, <[www.bromleyviewinn.com](http://www.bromleyviewinn.com)>, \$85D weekends higher, includes B, pet-friendly, WiFi, call for shuttle to and from Rt. 11 & 30 Trailhead only, mail drops accepted at 522 Vermont 30, Bondville, VT 05340.

**West** 5.5 miles to **Manchester Center, Vt.** [P.O. ZIP 05255: M–F 8:30–4:30, Sa 9–12; (802) 362-3070]. Pick up mail at the post office on the way into town to avoid an extra



walk. The Mountain Goat and EMS are good resources for hiker services in town. *Note:* During the Manchester horse shows, mid-Jul–mid-Aug, affordable lodging will be difficult to find in the area. ■ **Hostel:** Green Mountain House. Jeff and Regina Taussig host hikers at their residence, (330) 388-6478, <[www.greenmountain-house.net](http://www.greenmountain-house.net)>; open Jun 26–Sep 7. Space is limited, and reservations are essential. Clean bed, shower, free laundry, Internet, phone, and well-equipped hiker kitchen, \$25/night. Breakfast supplies available. Private room for couples. Check in between 1 and 8 p.m. Free shuttle for guests back to the Trail in the morning. Not a party place; no drugs or alcohol. ■ **Lodging:** Sutton's Place, (802) 362-1165, <[www.suttonsplacevermont.com](http://www.suttonsplacevermont.com)>, \$60s, \$70D, \$90T plus tax, WiFi, within walking distance of all services; Carriage House Motel, (802) 362-1706, <[www.carriagehousemotel.com](http://www.carriagehousemotel.com)>, \$78D weekdays, \$105D weekends, \$10EAP, no pets, opens end of May, 1 mile east of town; Red Sled Motel, (802) 362-2161, smoke-free facility, \$70D, \$35EAP (cash only), WiFi; Toll Road Inn, (802) 362-1711; Avalanche Motel, (802) 362-3333, \$79D, \$20EAP. ■ **Groceries:** Price Chopper, Shaw's supermarkets (both long-term resupply). ■ **Restaurants:** Bob's Diner (B/L/D), Manchester Pizza House, Firefly Bar & Grill, Mrs. Murphy's Doughnuts and Coffee Shop, Cilantro's Burrito, Friendly's, Up For Breakfast (7:30–12), Christo's Pizza, Ben & Jerry's Scoop Shop, and several fast-food outlets. ■ **Internet access:** library, Tu–Sa; I Ship Express (below). ■ **Outfitters:** The Mountain Goat, (802) 362-5159, open M–Sa 10–6, Su 10–5, full-service outfitter, fuel by the ounce, custom footbeds and orthotics, mail drops (USPS, UPS & FedEx) accepted at 4886 Main Street, Manchester, VT 05255; Eastern Mountain Sports (EMS), (802) 366-8082, open Su–Th 10–6, F–Sa 10–7, Coleman and alcohol fuel by the ounce. Both are authorized Leki repair firms. ■ **Other services:** coin laundry; bank with ATM; doctor; dentist; pharmacy; veterinarian; movie theater; Manchester Taxi, (802) 362-4118 and (802) 688-6426; Leonard's Taxi, (802) 379-5332; Joe LeBlanc Taxi, (802) 362-7094; Green Mountain Express, (802) 447-0477, <[www.greenmtncn.org](http://www.greenmtncn.org)>, \$2 bus service between Manchester and Bennington, flag stop across from RiteAid and Shaw's; I Ship Express, 5018 Main St., (802) 362-1652, M–F 9:30–5, Sa 9:30–noon, packing and shipping services; Marble Valley Regional Transportation, \$2 bus service between Manchester and Rutland/Killington, with stops along the U.S. 7 corridor (Danby, Wallingford, North Clarendon).

**Bromley Shelter** (2003)—Sleeps 12. Privy (composting). Tent platforms and campsite are north 0.1 mile. Water is a brook at the end of the spur trail.


**Bromley Mountain**—An observation tower recently was torn down but the spot still offers an outstanding view. Ski trails lead to Bromley Base Lodge area.

**Peru Peak Shelter/Griffith Lake Campsite** (1935/1980/2000)—Sleeps 10. Privy. Overnight fee. Originally built by the CCC and renovated twice. Camping permitted only at designated sites within 0.5 mile of Griffith Lake. Water source is a brook near the shelter.

**Lost Pond Shelter** (2009)—Sleeps 8. Privy. Shelter burned down in 2001, was rebuilt in 2002, burned down again in Nov 2006, and rebuilt yet again in 2009. Tentsites. Water source is nearby stream.

**Old Job Shelter** (1935/2009)—One mile off Trail. Sleeps 8. Privy. Built by the CCC. Water source is in front of the shelter at Lake Brook.

**Big Branch Shelter** (1963)—Sleeps 8. Privy. This site is close to USFS 10 and receives heavy weekend use. Good soaking pools. Water source is Big Branch, located in front of the shelter.

 **Danby—Landgrove Road**—*Light traffic, may be a difficult hitch on weekdays.* **West** 3.5 miles to **Danby, Vt. [P.O. ZIP 05739: M–F 7:15–12 & 1:15–4, Sa 7:30–10:30; (802) 293-5105].** ■ **Lodging:** Silas Griffith Inn, (802) 293-5567, <www.SilasGriffith.com>, 1891 inn owned by hiker-friendly Brian and Cathy Preble; check in after 2 p.m.; \$99D and up based on availability, B included; pool, spa, WiFi; laundry service (fee); pet-friendly; mail drops for guests only accepted at 178 South Main St., Danby, VT 05739; Emma's Restaurant on premises, Th–Su 9–9, reservations required, will accommodate dietary restrictions and other meals by prior arrangement. ■ **Groceries:** Mt. Tabor Country Store, Nichols Store (both short-term resupply). ■ **Restaurants:** Alice's Someday Café, M–F 6:30–3, Sa–Su 7:30–5, closed Tu; Emma's; White Dog Tavern, D, W–Su. ■ **Other services:** EC Crosby & Sons, fuel, closed Su. MVRT, (802) 773-3244, <www.thebus.com>, Manchester-to-Rutland commuter, M–Sa \$2; approximate times from Mt. Tabor Country Store toward Manchester, 7:05 a.m., 9:05 a.m., 3:50 p.m., 5:50 p.m.; leaves Brooklyn Road headed toward Rutland at 7:37 a.m., 9:56 a.m., 4:22 p.m., and 6:22 p.m.

**West** 5.5 miles *via* U.S. 7 to **Campground:** Otter Creek Campground, (802) 293-5041; George and Alice Araskiewicz, owners. Tentsites \$18, coin showers, camp store with Coleman fuel; long-term parking; shuttle to A.T. Trailhead (USFS 10, 1–4 hikers) \$20; other shuttles possible. Will hold UPS and USPS packages addressed to the campground at 1136 U.S. 7, Danby, VT 05739.

**Little Rock Pond Shelter and Tenting Area** (2010)—Sleeps 12. Tenting platforms. Privy. Overnight fee.

**Greenwall Shelter** (1962/2009)—Sleeps 8. Privy 0.2 mile east on spur trail. Water source is a spring, prone to fail in dry seasons, 200 yards along a trail behind the shelter.



**Vt. 140—West** 2.8 miles to **Wallingford, Vt.** [P.O. ZIP 05773: M–F 8–4:30, Sa 9–12; (802) 446-2140]. ■ **Restaurants:** Mom’s Restaurant, B/L, open ’til 2; Sal’s Pizza, L/D, Su D only. ■ **Groceries:** Wallingford Country Store & Deli, Cumberland Farms, Midway Mobil Mart (all short-term resupply). ■ **Internet access:** Gilbert Hart Library, Tu–Sa. ■ **Other services:** Family Dollar (short-term resupply), ATM, dentist. MVRT, (802) 773-3244, <www.thebus.com>, Manchester-to-Rutland commuter, M–Sa \$2; approximate times from Cumberland Farms toward Manchester, 6:53 a.m., 8:53 a.m., 3:38 p.m., and 5:38 p.m.; leaves across the street from Cumberland Farms heading toward Rutland at 8 a.m., 10:09 a.m., 4:35 p.m., and 6:35 p.m.

**Minerva Hinchey Shelter** (1969/2006)—Sleeps 10. Privy. Water source is a spring 50 yards south of shelter; follow “Wada” signs. Tenting area.

**Clarendon Gorge**—A suspension bridge 0.1 mile from Vt. 103 overlooks a favorite swimming hole for residents. Built in 1974, this bridge is dedicated to the memory of Robert Brugmann, who drowned while trying to cross the swollen Mill River. Swimming in the gorge is hazardous during high water. Watch for broken glass. *No camping permitted in the gorge.*



**Vt. 103—West** 0.5 mile to ■ **Restaurant:** Whistle Stop Corner Restaurant, B/L, 6:30 a.m.–2:30 p.m., closed M. ■ **Other services:** veterinarian; commuter bus MVRT, (802) 773-3244, <www.thebus.com>, Bellows Falls to Rutland, \$3, flag stop M–F at approximately 6:30 a.m., 8:30 a.m., 4:30 p.m., 7:30 p.m. (leaves Rutland about 75 minutes before).

**West** 1 mile to **Groceries:** East Clarendon General Store, (802) 786-0948, short-term resupply, M–Sa 7:30–7, Su 7:30–6, Ben & Jerry’s, pay phone, call for mail-drop information.

**Clarendon Shelter** (1952)—Sleeps 10. Privy. Located near the old Crown Point Military Road that was built during the French and Indian Wars. Water source is a stream 25 yards from the shelter.

**Cold River [Lower] Road—East** 3 miles to Pierces’ Store, reopened as a community cooperative; short-term resupply, sandwiches and specials, open 10 a.m.; closed M.



*The footpath between Clement Shelter and Cold River (Lower) roads is closed until further notice due to damage from Tropical Storm Irene in 2011; significant relocations are under consideration for this area.*

**Governor Clement Shelter** (1929/2009)—Sleeps 12. Privy. Named for former Vermont Governor Percival W. Clement. Water source is a stream across the road and north of the shelter.

**Cooper Lodge** (1939)—Sleeps 16. Privy. This enclosed stone cabin was built by the Vermont Forest Service. Behind the shelter is a 0.2-mile side trail to Killington Peak. Water source is a spring north of shelter on A.T. Tent platforms.

**Killington Peak**—Reached by a steep 0.2-mile side trail from Cooper Lodge. At 4,241 feet, this is the highest point near the Trail in Vermont and the second-highest peak in the state. The open, rocky summit offers panoramic views, and, on a clear day, you can see the White Mountains of New Hampshire and the Adirondacks of New York. A short side trail leads from the summit to a snack bar and ski lift operated by the Killington ski resort; shops are located at the village reached by the gondola. Gondola operates Jun 29–Sep 2, 10–5, then weekends only, 10–5, until Sep 29; full operation during fall-foliage season. A GMC ridgerunner patrols the Coolidge Range (including Killington and Pico) and may be available to answer natural-history and Trail questions.



**Jungle Junction–Sherburne Pass Trail**—Named after a 1938 hurricane left behind a “jungle” of blowdowns (and essentially broke the A.T. as a continuous footpath a year after it opened as such). The blue-blazed Sherburne Pass Trail (former A.T.) leads 3.1 miles north to Sherburne Pass on U.S. 4, directly to the Inn at Long Trail (opened in 1938, ironically), and continues north of the inn 0.5 mile to reconnect with the A.T.

**Pico Camp** (1959)—Sleeps 12. Privy. An enclosed shelter located 0.5 mile east on the Sherburne Pass Trail, the former A.T. Water source is 45 yards north on the Sherburne Pass Trail.

**Rutland city watershed:** The western flanks of the Coolidge Range comprise a significant portion of the city of Rutland’s watershed. Fires are not permitted. Please camp only at designated sites and use facilities provided.

**Churchill Scott Shelter** (2002)—Sleeps 8. Privy (composting). Tent platform available; water on spur trail downhill behind shelter.




**U.S. 4—East** 0.9 mile uphill along a busy thoroughfare to **Lodging:** The Inn at Long Trail, (802) 775-7181, closed for innkeeper vacation mid-Apr, reopens Memorial Day weekend. The inn offers discounted rooms for hikers with full B; no dogs in the lodge. McGrath's Irish Pub serves L/D. Amenities include laundry facilities, hiker box, outside water spigot, WiFi. Only accepts UPS or Fed Ex packages; send to The Inn at Long Trail, 709 Route 4, Sherburne Pass, Killington, VT 05751. Bus service daily from inn to Rutland. *A safer alternative to the roadwalk in heavy traffic is to cross Route 4 and continue on the A.T. north 1.9 miles to the northern terminus of the Sherburne Pass Trail, which will lead you 0.5 mile south directly to the inn.*

**West** 7.5 miles to the city of Rutland, Vt. [P.O. 05701: M–F 8–5, Sa 8–12; (802) 773-0222], with all major services and chain motels. ■ **Hostel:** Hikers Hostel at the Yellow Deli, (802) 775-9800 or (802) 773-0160, <www.hikershostel.org>, check-in at restaurant, \$20PP donation includes B, common room, separate bunk rooms for men and women, possible work for stay, no pets, located downtown, mail drops accepted at 23 Center Street, Rutland, VT 05701. ■ **Groceries:** Rutland Food Coop on Wales St., Grand Union, Hannaford on U.S. 7, Price Chopper on Merchant's Row (all long-term resupply). ■ **Restaurants:** Yellow Deli, L/D, only organic food, closed Sa; Applebee's; A Crust Above; Pizza Hut; Sal's Italian Restaurant; Tokyo House; Hibachi Buffet; Gill's Delicatessen; farmers market (Sa). ■ **Outfitters:** Mountain Travelers Outdoor Shop, (802) 775-0814, <www.mtntravelers.com>, U.S. 4 East, with backpacking equipment and supplies, fuel by the ounce, open M–Sa 10–6; Simon the Tanner, (802) 282-4016, <www.simonthetanner.com>, 21 Center St., M–Th 11–9, F 11–3, closed Sa, Su 12–7, footwear, clothing, fuel, backpacking items. Dick's Sporting Goods at Green Mountain Shopping Plaza and Eastern Mountain Sports at Diamond Run Mall both can be reached *via* local MVRT bus. ■ **Internet access:** Rutland Free Library. ■ **Bus service:** MVRT bus (\$2 per ride) is available from Killington to Rutland; can be flagged anywhere along U.S. 4. The bus travels from downtown Rutland Transit Center to Killington and back approximately once every 2 hours, leaving Rutland beginning at 7:15 a.m. until 5:15 p.m. No bus service on Sundays, and no service to White River Junction. ■ **Train service:** Amtrak provides daily train service on the Ethan Allen Express, (800) USA-RAIL, from Rutland to Albany and New York City. Call for reservations and to confirm arrival and departure times, as they are constantly changing. Amtrak service on the Vermonter is also available at White River Junction, 35 miles east. ■ **Other services:** airport with

daily flights to Boston; Walmart; Rutland Regional Medical Center Hospital; veterinarian; Rutland Taxi, (802) 236-3133; All Occasion Transportation, (802) 236-1966.


**Maine Junction–Willard Gap.** The L.T. continues north 167.8 miles to Canada, while the A.T. diverges to the east toward New Hampshire and Maine.

**Tucker-Johnson Shelter Area** (1969/2009)—Burned down in 2011. Tenting area and privy still available. Located on the L.T. 0.4 mile north of Maine Junction. Water source is nearby Eagle Square Brook.

 **Vt. 100**—The A.T. passes through Gifford Woods State Park, (802) 775-5354, with shelters, tentsites, and bathhouse visible from the Trail. **Camping:** shelters \$25–\$27; tentsites \$18–\$20 up to 4 people, cabin \$48 for 4 people, two-night minimum reservation in Jul–Aug, limited primitive sites \$5, \$1/pet/night, coin-operated showers 50¢, water spigot. Space fills up quickly during the fall “leaf season.”

**East** 0.6 mile to **Killington, Vt. [P.O. ZIP 05751: M–F 8:30–11, 12–4:30, Sa 8:30–12; (802) 775-4247].** ■ **Lodging:** Killington Motel, (802) 773-9535, call for hiker rates, includes B, will pick up hikers as time allows, pool, WiFi, Internet access; Green Brier Inn, (802) 775-1575, <www.greenbriervt.com>, call for rates, pool. ■ **Groceries:** Deli at Killington Corners (short-term resupply), 6:30 a.m.–7 p.m. daily, excellent sandwiches, daily hot-meal specials, and ATM. ■ **Outfitter:** See below.

**West** 0.3 mile to **Lodging:** Grey Bonnet Inn & Resort, (802) 775-2537, (800) 342-2086, <www.greybonnetinn.com>, \$89D includes full B; pub, restaurant, and pool.

 **Kent Pond**—on A.T. **Lodging:** Mountain Meadows Lodge, (802) 775-1010, <www.mountainmeadowslodge.com>, hikers welcome, owner is a hiker; \$59 includes B, tent platforms \$10, reasonably priced L/D; laundry (fee); free use of computer, dogs permitted outside; hikers not staying at the lodge can have a reasonably priced B/L/D; outdoor pool, hot tub, sauna, kayaking on Kent Pond; hiker box inside; mail drops to 285 Thundering Brook Rd., Killington, VT 05751.

**East** 0.3 mile on side cross-country ski trail (BCO). **Outfitter:** Base Camp Outfitters, (802) 775-0166, <www.basecampvt.com>; on bus route to Rutland, open daily 9–6; backpacking equipment, clothing, and supplies, freeze-dried food, fuel, inside hiker box; accepts mail drops to 2363 U.S. 4, Killington, VT 05751.

**Thundering Falls**—A 2007-8 relocation, which took 30 years from conception to completion, eliminated a road walk and added views of Thundering Falls and the Ottauquechee River. The new path descends through northern-hardwood forest to

the base of high Thundering Falls and then through the open Ottauquechee River floodplain. A wheelchair-accessible bridge built by the Green Mountain Club and financed by ATC and the National Park Service (and rebuilt after Irene dislodged it) crosses the river.

**Stony Brook Shelter** (1997)—Sleeps 8. Privy. Water source is brook 100 yards north of shelter on A.T.

**Side Trail to the Lookout**—One of the few views between Killington Peak and New Hampshire. Follow side trail 0.2 mile west from A.T. to a private cabin. Use care on ladder that leads up to an observation deck. No water available. The owners permit its use *as a viewpoint* by hikers; please be responsible to ensure that this privilege continues.

**Wintturi Shelter** (1994)—Sleeps 8. Privy. Frame shelter. Water source is a spring to the right of the shelter.



**Vt. 12**—Please respect landowners at this road crossing by not camping in woods or fields near Vt. 12.

**East** 4.4 miles to **Woodstock, Vt.** [P.O. ZIP 05091: M–F 8:30–5, Sa 9–12; (802) 457-1323]. Services include several motels and inns, grocery (long-term resupply), restaurants, bank with ATM, doctor, dentist, pharmacy, and movie theater open F–Su. **Internet access:** library, M–Sa.

**West** 0.2 mile to **Groceries:** On the Edge farm stand, open daily in summer 10–5:30, Su 10–5; seasonal veggies, fruit, cold drinks, ice cream, pies, cheese, smoked meat, jerky.



**Woodstock Stage Road (Bartlett Brook Road)**—**East** 1 mile to **South Pomfret, Vt.** [P.O. ZIP 05067: M–F 8–1 & 2–4:45, Sa 8:30–11:30; (802) 457-1147]. **Groceries:** Teago General Store (short-term resupply), M–Sa 7–6, Su 8–4, with deli sandwiches and P.O. inside the store.



**Cloudland Road**—**West** 0.2 mile to **Groceries:** Cloudland Farm Country Market & Restaurant, (802) 457-2599, <www.cloudlandfarm.com>; W, F 10–3, Th, Sa 10–5 water, cold drinks, beef jerky, ice cream. Expensive on-farm restaurant, dinner reservation required Th & Sa. This operating farm is run by Bill and Cathy Emmons. Tenting and overnight stays may be available on a work-for-stay or donation basis.

**Thistle Hill Shelter** (1995)—Sleeps 8. Privy. The Cloudland privy was moved to Thistle Hill, partly with ALDHA's help. Water source is a stream near the shelter.

 **Vt.14—Groceries:** West Hartford Village Store and snack bar, (802) 280-1713, short-term resupply, is on the A.T., full B/L/D, Su–Th 7–8, F–Sa 7–9; information about nearby camping. Private post office inside store: **West Hartford, Vt. [P.O. ZIP 05084].**

**East 7 miles to Hartford, Vt. [P.O. ZIP 05047: M–F 8–11:30 & 1:30–5, Sa 9–11:30; (802) 295-5511].** Free bus service from Hartford, Vt., to West Lebanon or Hanover, N.H., on Advance Transit Green Route.

**East 8 miles to White River Junction,** a large town with all services. Amtrak provides daily train service on the Vermonter, (800) USA-RAIL. **Hostel:** Hotel Coolidge (Hostelling International), (802) 295-3118, (800) 622-1124, <www.hotelcoolidge.com>, 39 South Main St., White River Junction, VT 05001; nonmember rates: twin bed \$35s \$55D, full bed \$55s/D; member rates: twin bed \$25s, full bed \$45s \$55D; private rooms available; laundry, WiFi; walk to restaurants, banks, and stores.


**Happy Hill Shelter** (1998)—Sleeps 8. Privy. The oldest A.T. shelter (built in 1918, before the A.T.) was torn down, then burned; the debris was carried out. In 1998, a new shelter was built about 0.2 mile north of the original. ALDHA members worked on this project after the 1997 Gathering. Water source is the brook near the shelter.

 **U.S. 5/Norwich, Vt. [P.O. ZIP 05055: M–F 8:30–5, Sa 9–12; (802) 649-1608]**—**East** 0.25 mile to **Lodging:** Norwich Inn, (802) 649-1143, <www.norwichinn.com>; call for rates. Built in 1791 as a stage-coach inn, reportedly the inspiration for the “Newhart” TV show.

■ **Restaurants:** Norwich Inn, Tu–Su B/L/D, Su brunch. ■ **Groceries:** Dan & Whits (long-term resupply), open daily 7–9, a sprawling, eclectic general store; Allechante Bakery and Café, M–F 7:30–6, Sa 7:30–5. ■ **Internet access:** library. ■ **Other services:** Norwich Bookstore (on Trail); bank with ATM; free bus service to Hanover on Advance Transit Green Route.




# New Hampshire

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
442.7	Connecticut River, N.H./-Vt. State Line	R	380	1,743.2
442.2	N.H. 10, Dartmouth College <b>Hanover, NH 03755</b>	R, PO, C, G, M, L, O, D, V, f,  (E-2m L, cl; 16m H, f) (W-1.5m cl; 2.5m L)	520	1,743.7
441.5	N.H. 120	R	490	1,744.4
440.7	<b>Velvet Rocks Shelter...</b> <i>7.4mS; 9.5mN</i>	S (N-0.2m w)	1,040	1,745.2
440.2	Ledyard Spring	W-0.4m w	1,200	1,745.7
437.7	Trescott Rd	R	490	1,748.2
436.3	Etna-Hanover Center Rd	R (E-0.7m H, G)	845	1,749.6
433.8	Three Mile Rd	R	1,350	1,752.1
433.6	Mink Brook	w	1,320	1,752.3
432.0	Moose Mtn (South Peak)		2,290	1,753.9
431.2	<b>Moose Mtn Shelter...</b> <i>9.5mS; 5.9mN</i>	S, w	1,850	1,754.7
429.3	South Fork, Hewes Brook	w	1,100	1,756.6
428.0	Goose Pond Rd	R	952	1,757.9
426.0	Holts Ledge		1,930	1,759.9
425.5	<b>Trapper John Shelter...</b> <i>5.9mS; 6.9mN</i>	W-0.2m S, C, w	1,345	1,760.4
424.6	Dartmouth Skiway, Lyme-Dorchester Rd <b>Lyme, NH 03768</b>	R (W-3.2m PO, G, M, L)	880	1,761.3
422.6	Lyme-Dorchester Rd	R, w	850	1,763.3
418.9	Smarts Mtn Tentsite	C, w	3,200	1,767.0
418.8	<b>Firewarden's Cabin and Fire Tower...</b> <i>6.9mS; 5.6mN</i>	S, w	3,230	1,767.1
414.9	South Jacob's Brook		1,450	1,771.0
413.5	<b>Hexacuba Shelter...</b> <i>5.6mS; 16mN</i>	w (E-0.3m S)	1,980	1,772.4
411.9	Side trail to Mt. Cube (north summit)		2,911	1,774.0
408.6	N.H. 25A <b>Wentworth, NH 03282</b>	R (E-4.3m PO, G, L) (W-1.9m C, G)	900	1,777.3

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
407.0	Cape Moonshine Rd	R (E–1m C, sh)	1,480	1,778.9
406.4	Ore Hill	E–0.1m C, w	1,720	1,779.5
403.8	N.H. 25C <b>Warren, NH 03279</b>	R (E–4m PO, G, M, D, cl, ♀)	1,550	1,782.1
401.3	Mt. Mist		2,200	1,784.6
398.9	N.H. 25 <b>Glencliff, NH 03238</b>	R (E–0.4m PO, H, sh, cl, f)	1,000	1,787.0
397.8	<b>Jeffers Brook Shelter...</b> <i>16mS; 6.9mN</i>	S, w	1,350	1,788.1
393.2	Mt. Moosilauke		4,802	1,792.7
390.9	<b>Beaver Brook Shelter/</b> Campsite... <i>6.9mS; 9mN</i>	C, S, w	3,750	1,795.0
389.4	N.H. 112, Kinsman Notch <b>North Woodstock, NH 03262</b>	R (E–0.3m w; 5m PO, G, M, L, cl, f; 6m PO)	1,870	1,796.5
384.8	Mt. Wolf (East Peak)		3,478	1,801.1
381.9	<b>Eliza Brook Shelter/</b> Campsite... <i>9mS; 4.1mN</i>	C, S, w	2,400	1,804.0
379.4	South Kinsman Mtn		4,358	1,806.5
378.5	North Kinsman Mtn		4,293	1,807.4
377.9	<b>+Kinsman Pond Shelter/</b> Campsite... <i>4.1mS; 15.3mN</i>	E–0.1m C, S, w	3,750	1,808.0
376.0	+Lonesome Lake Hut	L, M, w	2,760	1,809.9
373.1	I-93, U.S. 3, Franconia Notch, Lafayette Place Campground <b>North Woodstock, NH 03262;</b> <b>Lincoln, NH 03251</b>	R (E–0.7m sh; 0.8m M, ph; 5.8m, 7.3m PO, G, M, L, cl, f) (W–2.1m C, G, sh; 8m G, L, M, sh, ♀)	1,450	1,812.8
370.5	+Liberty Springs Tentsite	C, w	3,870	1,815.4
368.4	Little Haystack Mtn		4,800	1,817.5
367.7	Mt. Lincoln		5,089	1,818.2
366.7	Mt. Lafayette, +Greenleaf Hut <i>via Greenleaf Trail</i>	(W–0.2m w; 1.1m L, M, w)	5,260	1,819.2
363.9	Garfield Pond		3,860	1,822.0
363.2	Mt. Garfield		4,500	1,822.7
362.8	<b>+Garfield Ridge Shelter/</b> Campsite... <i>15.3mS; 6.4mN</i>	W–0.1m C, S, w	3,900	1,823.1
360.1	+Galehead Hut	L, M, w	3,800	1,825.8

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
359.3	South Twin Mtn, North Twin Spur		4,902	1,826.6
357.3	Mt. Guyot; + <b>Guyot Shelter</b> / Campsite <i>via</i> Bondcliff Trail... <i>6.4mS; 9.8mN</i>	E-0.8m C, S, w	4,580	1,828.6
354.3	Zeacliff		4,084	1,831.6
353.1	+Zealand Falls Hut	L, M, w	2,630	1,832.8
348.3	+ <b>Ethan Pond Shelter</b> / Campsite... <i>9.8mS; 20.5mN</i>	C, S, w	2,860	1,837.6
345.4	U.S. 302, Crawford Notch <b>Bartlett, NH 03812</b>	R (E-1.8m C, cl, sh; 3m C, G, L, sh; 10m PO) (W-1m M; 3.7m L, M, sh; ~0.4m G, L, ~0)	1,277	1,840.5
345.3	Saco River		1,277	1,840.6
343.5	Webster Cliffs		3,350	1,842.4
342.1	Mt. Webster		3,910	1,843.8
340.7	Mt. Jackson		4,052	1,845.2
339.0	+Mizpah Spring Hut, +Nauman Tentsite	C, L, M, w	3,800	1,846.9
338.2	Mt. Pierce (Mt. Clinton)		4,312	1,847.7
337.3	Spring	w	4,350	1,848.6
336.0	Spring	w	4,480	1,849.9
335.4	Mt. Franklin		5,004	1,850.5
334.3	+Lakes of the Clouds Hut	L, M, w	5,012	1,851.6
332.9	Mt. Washington, Mt. Washington Auto Rd <b>Mt. Washington, NH 03589</b> (not recommended)	R, PO, M (8m via Auto Road to N.H. 16)	6,288	1,853.0
332.9	Tuckerman Ravine Trail to + <b>Hermit Lake Shelter</b> and Pinkham Notch	(E-2m S; 4.2m R, G, M, L, sh, f)	6,288	1,853.0
329.4	Edmonds Col	w	4,938	1,856.5
328.7	Israel Ridge Path to + <b>The Perch Shelter</b> /Campsite... <i>20.5mS; 23.5mN</i>	W-0.9m C, S, w	4,313	1,857.2
328.1	Thunderstorm Jct, Trail to + <b>RMC Crag Camp Cabin</b> ; Lowe's Path to Mt. Adams & + <b>RMC Gray Knob Cabin</b>	W-1.1m, 1.2m S, w	5,500	1,857.8



Miles from Katahdin	Features	Services	Elev.	Miles from Springer
327.2	+Madison Spring Hut	L, M, w	4,800	1,858.7
327.2	Valley Way Tentsite	W–0.6m C, w	3,900	1,858.7
326.7	Mt. Madison		5,366	1,859.2
324.2	Osgood Tentsite	C, w	2,540	1,861.7
323.4	West Branch, Peabody River	w	2,300	1,862.5
321.5	Low's Bald Spot		2,860	1,864.4
319.4	N.H. 16, Pinkham Notch, Pinkham Notch Visitor Center +Joe Dodge Lodge	R, G, M, L, sh, f (E–16m L, O; 18m G, M, L, O, D) (W–4m AMC Camp Dodge; 11m Gorham, N.H., see below)	2,050	1,866.5
316.4	Wildcat Mtn, Peak D Tower		3,990	1,869.5
314.4	Wildcat Mtn, Peak A		4,422	1,871.5
313.5	Carter Notch, +Carter Notch Hut	E–0.2m L, M, w	3,350	1,872.4
312.8	Spring	w	4,700	1,873.1
312.3	Carter Dome		4,832	1,873.6
310.9	Zeta Pass	w	3,890	1,875.0
310.1	South Carter Mtn		4,458	1,875.8
308.8	Middle Carter Mtn		4,610	1,877.1
308.2	North Carter Mtn		4,539	1,877.7
306.3	+ <b>Imp Shelter</b> /Campsite... <i>23.5mS; 6.3mN</i>	W–0.2m C, S, w	3,250	1,879.6
304.2	Mt. Moriah		4,049	1,881.7
300.2	<b>Rattle River Shelter</b> /Campsite... <i>6.3mS; 13.7mN</i>	S, w	1,260	1,885.7
298.3	U.S. 2 <b>Gorham, NH 03581</b>	R, H, w (W–1.8m H, C, M, cl, sh; 3.6m PO, H, G, M, L, O, cl, f,  ; 8m D)	780	1,887.6
298.0	Androscoggin River	R	750	1,887.9
297.8	Hogan Rd	R	760	1,888.1
296.8	Brook	w	1,350	1,889.1
294.7	Mt Hayes, Mahoosuc Trail		2,555	1,891.2
292.5	Cascade Mtn		2,631	1,893.4

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
291.4	Trident Col Tentsite	W–0.1m C, w	2,020	1,894.5
288.7	Dream Lake	w	2,600	1,897.2
287.2	Moss Pond	w	2,630	1,898.7
286.5	<b>Gentian Pond Shelter/</b> Campsite...13.7mS; 5.5mN	C, S, w	2,166	1,899.4
283.7	Mt. Success		3,565	1,902.2
281.8	N.H.–Maine State Line		2,972	1,904.1

+ Fee charged

RMC = Randolph Mountain Club

At Hanover, southbounders will have already experienced the White Mountains. Northbounders should gear up for the conditions ahead.

Considered one of the most challenging states, it is also one of the most rewarding. As the trees get shorter and the views get longer, you've entered the krummholz zone, where trees are stunted with flag-like tops due to stress from the wind and cold. Boreal bogs are home to local carnivorous plant species, sundew and pitcher plants. Hardy, yet delicate alpine flowers—Labrador tea, bunchberry, mountain sandwort, and cloudberry—may be in bloom when you pass through. Spruce grouse, winter wren, dark-eyed junco, and the white-throated sparrow will greet you along the way.

Much of the Trail is above timberline, where the temperature may change very suddenly; snow is possible in any season. Snow falls on Mt. Washington every month of the year. High winds and dense fog are common. Most shelters and campsites charge a fee.

*Tenting is prohibited within 200 feet of the A.T. from the Connecticut River (Vermont state line) to the summit of Mt. Moosilauke.*

*Many water sources in southern New Hampshire are not always reliable, including sources at, or adjacent to, shelters.*

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**Dartmouth Outing Club**—DOC maintains the 53.3 miles from the Connecticut River to Kinsman Notch in New Hampshire. Correspondence should be sent to DOC, P.O. Box 9, Hanover, NH 03755; (603) 646-2428; <[www.dartmouth.edu/~doc](http://www.dartmouth.edu/~doc)>. The DOC no longer uses orange-and-black paint for blazes, although many are still visible. The DOC does continue to use orange and black on trail signs.

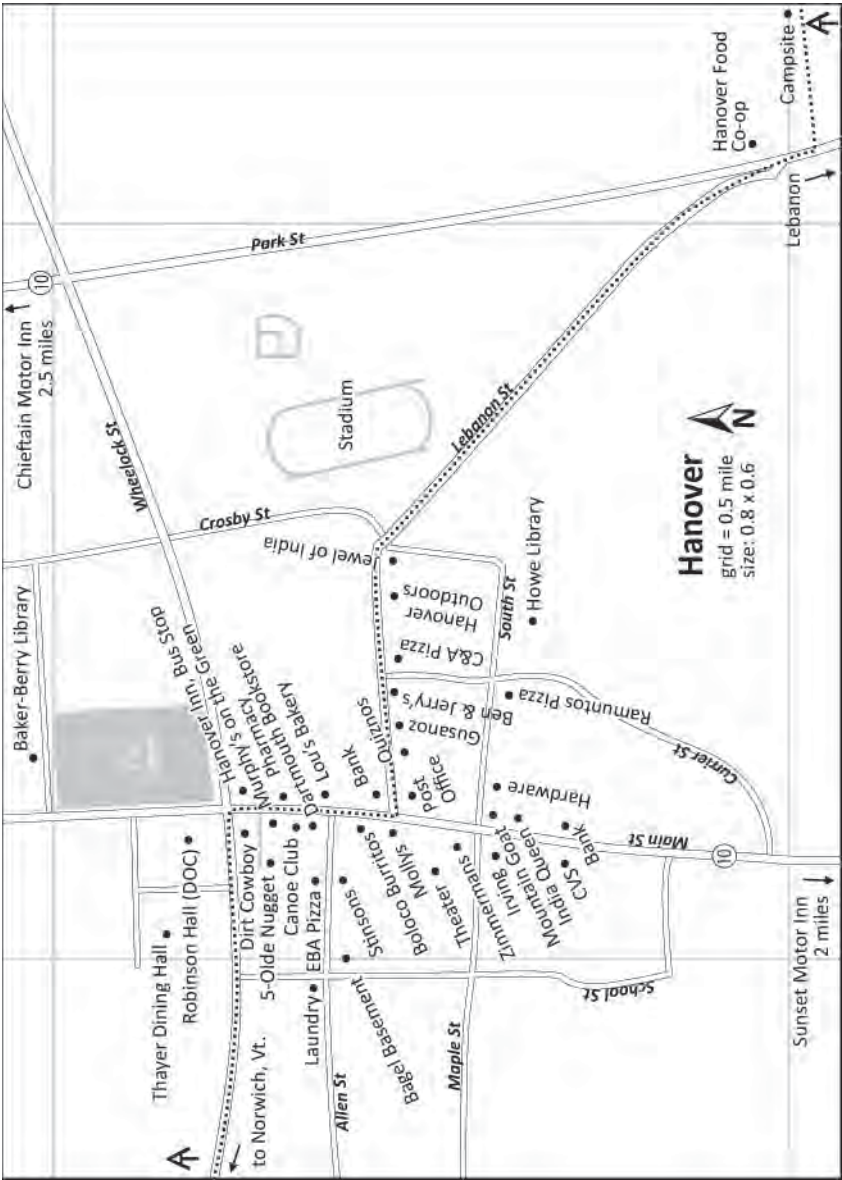
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**Hanover, N.H. [P.O. ZIP 03755: M–F 8:30–5, Sa 8:30–12, package pick-up opens at 7 a.m.; (603) 643-4544]**—Home of Dartmouth



College. The A.T. passes through the center of Hanover, and most services are along the route of the Trail. At the center of town and the Dartmouth Green, a blue-blazed side trail leads (Trail-west) to Robinson Hall and the office of the Dartmouth Outing Club (DOC) in Room 113, (603) 646-2428, <[www.dartmouth.edu/~doc/](http://www.dartmouth.edu/~doc/)>. DOC has student volunteers (DOCtours), Su–Th 2–6, phone, and Internet access. This is a good place to begin in town. The college does not allow nonstudents to stay in student housing. Dartmouth College security has reported problems with improper use of college facilities and buildings by hikers; hikers must not enter dormitories, offices, laundry rooms, *etc.*, without permission or try to sleep overnight in those locations, including the DOC building. The locker rooms and showers in the DOC basement are not public. Neither the college nor the DOC is responsible for hikers who leave their packs or other belongings unattended on college property. Public (on-street) consumption of alcohol is illegal downtown. ■ **Camping:** Tenting is permitted in the woods, past the soccer fields, *if you are 200 feet from the Trail and on Forest Service land.* ■ **Groceries:** Hanover Food Co-op (long-term resupply), bulk and natural foods; Irving Food Stop, CVS Pharmacy, and Stinson's Village Store (all short-term resupply). ■ **Restaurants:** 5 Olde Nugget Alley Restaurant; Ramunto's Pizza; Everything But Anchovies, L/D; Lou's Bakery & Restaurant, B/L; Rosey-Jekes Café; Umpleby's, L/D; Thayer Hall, the Dartmouth dining hall, B/L/D; C&A Pizza; Gusano's Taqueria; Ben & Jerry's Scoop Shop; Boloco; Orient; Bagel Basement; Jewel of India; Salthill Pub, L/D; Dirt Cowboy Café; The Canoe Club Restaurant; Murphy's, D. ■ **Internet access:** Howe Public Library and DOC. ■ **Outfitters:** Mountain Goat, (603) 676-7240, accepts packages sent to 68 S. Main St.; Zimmermann's, sells primarily North Face clothing and packs. In West Lebanon: EMS, (603) 298-7716; Omer and Bob's Sport Shop; and L.L.Bean Outlet, (603) 298-6975—take "Orange" bus route, switch to "Red," and ask the driver to let you off at the Powerhouse Mall. ■ **Other services:** Laura's Place, (603) 727-8187, 1 mile out of town near bus line, call for arrangements 8–8; True Value Hardware, Coleman fuel, denatured alcohol; Richard Black Recreation Center, Lebanon and Park streets, shower and laundry for hikers M–F during summer; College Cleaners on Allen Street offers "wash, dry, and fold"; One Clean Place, 1.5 miles north on N.H. 10 on "Brown" bus route, has self-service laundry; bookstores; dentist; doctor; hospital; movie theater; optician; banks with ATM; pharmacy; barber shop; Hanover Veterinary Clinic, (603) 643-3313, (603) 643-4829 after hours; Hanover Hot Tubs. ■ **Bus service:** Advance Transit is a local bus service, 6 a.m. to 6 p.m., M–F only. All routes are free; can be picked up outside the Hanover Inn (going north) or in front of Dartmouth Bookstore




on Main St. (going south); offers transportation throughout Hanover and to White River Junction, Vt. (where there is an Amtrak station), Lebanon, and West Lebanon, with all major services. Bus schedules available in the bookstore. Bus service to Boston by Dartmouth Coach, (800) 637-0123, and Vermont Transit Bus, (800) 552-8737.

■ **Long-term parking:** available for hikers in “A” lot, east of campus. Call parking operations, (603) 646-2204, for directions and to make arrangements. ■ **Shuttles:** Trail Head Shuttle, (802) 477-2048; Big Yellow Taxi, (603) 643-8294; Apex Transportation, “Stray Kat” ’96 & ’06, for shuttles between Killington and Glencliff, (603) 252-8295, <athikershuttle@gmail.com>.

**East (south)**—2.0 miles to **Lodging:** Sunset Motor Inn, (603) 298-8721, on N.H. 10, on the “Orange” bus route, \$69–\$99 through May, \$74–\$93 Jun–Sep, no pets, no smoking, CATV, continental B, shuttle and laundry may be available if you ask the owners; Super 8 Motel in White River Junction, Vt., (802) 295-7577, on the “Orange” bus route; Days Inn in Lebanon, N.H., (603) 448-5070, on the “Blue” bus route.


**West (north)**—2.5 miles to **Lodging:** Chieftain Motor Inn, (603) 643-2550, call for shuttle, \$55D, \$75/4 people, pets \$15, no smoking, free laundry, CATV, continental B.

**Velvet Rocks Shelter** (1980s/2006)—Sleeps 6. Privy. On blue-blazed loop trail with access from the north and south. Water source is Ledyard Spring along the northern access trail. During dry periods, hikers may want to bring water from town.

 **Etna–Hanover Center Road—East** 0.7 mile to ■ **Groceries:** Etna General Store (limited resupply), (603) 643-1655, M–F 6 a.m.–7 p.m., Sa 8–7, Su 8–6, snacks, sandwiches, cold drinks, fuels, hot food weekdays, showers, restroom. ■ **Hostel:** Tiger’s Treehouse Hostel, (603) 643-9213. Please call at least one day in advance. Showers and laundry available, shuttle into town for restaurants and resupply, dogs welcome. “Not a party place; this is our home and not a business.” Donations welcomed.

**Moose Mountain Shelter** (2004)—Sleeps 8. Privy. Log shelter built entirely with hand tools by DOC. Water is on the A.T. north of the shelter—follow loop trail to end.

**Trapper John Shelter** (1990s)—Sleeps 6. Privy uses an old chair. Tentsites. Water source is a brook 15 yards to the left of the shelter.

 **Lyme–Dorchester Road**—Water and ice cream at blue house just west of trail; sign on Trail after road intersection.

**West** 3.2 miles to **Lyme, N.H. [P.O. ZIP 03768: M–F 7:30–12 & 1:30–5:15, Sa 7:45–12; (603) 795-4421].** ■ **Lodging:** Dowd’s Country Inn B&B, (603) 795-4712; weekdays \$75s,

\$85D; weekends \$95S, \$115D. One or two rooms are pet-friendly. Internet access and WiFi. Weekend prices may vary depending on availability. Includes full country B and afternoon tea with home-made scones and all N.H. taxes. ■ **Restaurant:** Stella's Italian Kitchen & Market, L/D M–Sa, closed Su. ■ **Other services:** Country store and deli (short-term resupply), open daily; banks with ATM; Lyme Home and Hardware store; pay phone.

**Smarts Mountain Tentsites**—Maintained by DOC; cleared area for three tents; privy; water from Mike Murphy Spring (see next entry).

**Smarts Mountain Firewarden Cabin**—Sleeps 8. Privy. The cabin, built by the N.H. Forest Service, is now maintained as shelter by DOC. Panoramic views from the abandoned firetower on Smarts Mountain summit. Water source is Mike Murphy Spring 0.2 mile north of cabin on blue-blazed Daniel Doan Trail.

**Hexacuba Shelter (1989)**—Sleeps 8. Privy (penta-style). Constructed by DOC. Tentsites. Water source is an unreliable stream at the blue-blaze junction to the shelter. Alternative source is 0.3 mile south on the A.T. at North Jacobs Brook.



**N.H. 25A—East** 0.1 mile to lake with beach for swimming; 4.8 miles to **Wentworth, N.H.** [P.O. ZIP 03282: **M–F 7:15–1 & 3–5, Sa 7:15–12; (603) 764-9444**]. **Groceries:** Shawnee's General Store (long-term resupply), (603) 764-5553, M–Th 5 a.m.–8 p.m., F 5–9, Sa 6–9, Su 7–8; outside pay phone.

**Cape Moonshine Road—East** 1 mile to **Work for stay:** Dancing Bones Village, an independent community that offers hikers tentsites, showers, and sometimes meals in exchange for light work.

**Ore Hill Shelter Area (2000)**—Shelter burned down in late 2011; camping might be possible. Privy (medieval-style). Water source is a spring on the path 100 yards in front of the former shelter foundation.



**N.H. 25C—East** 4 miles to **Warren, N.H.** [P.O. ZIP 03279: **M–F 7:30–1 & 2:30–5, Sa 8–11:30; (603) 764-5733**]. ■ **Groceries:** Warren Village Market (long-term resupply), open daily 6 a.m.–8 p.m. (7 on Su), ATM, pay phone, restrooms. ■ **Restaurants:** Calamity Jane's, B/L/D, (603) 764-5288, open M–W 6 a.m.–2 p.m., Tu–Sa 6 a.m.–8 p.m., Su 8–3; Greenhouse Restaurant, (603) 764-5708, M 3–8, Th–F 3–11, Sa 12–10, Su 12–8. ■ **Other services:** hardware store, doctor, and laundry. See Warren's "Mystery

Missile”—according to the *Boston Globe*, it is one of New England's eight most bizarre roadside attractions.



**N.H. 25—East** 0.4 mile to **Glencliff, N.H. [P.O. ZIP 03238: M–F 2–4, Sa 7–1; (603) 989-5154]**, with pay phone located on south side of white building at driveway entrance to P.O. This is a prudent mail drop for northbounders to pick up cold-weather gear before entering the high country of the White Mountains. *The P.O. is now safe from a proposed close list, but the newly limited hours might change, so call first.* **Hostel:** The Hikers Welcome Hostel, (603) 989-0040, <[www.hikerswelcome.com/](http://www.hikerswelcome.com/)>, located at the base of Mt. Moosilauke; \$20 hostel/bunk includes shower; \$15 tenting includes shower; hot outdoor shower \$2.50; laundry, \$2.50 wash, \$2.50 dryer; hiker snacks, denatured alcohol and Coleman fuel by the ounce, free phone and wireless Internet, shuttles. Resupply, ATM, and restaurants in Warren (5 miles; see above). Mail drops *via* UPS and FedEx can be sent c/o Hikers Welcome Hostel, 1396 N.H. 25, Glencliff, NH 03238.

**Oliverian Brook**—The brook can be a difficult ford after rain. Be careful.

**Jeffers Brook Shelter** (1970s)—Sleeps 10. Privy. Located on a spur trail. Water source is Jeffers Brook, located in front of the shelter.

**The White Mountains**—One of the most impressive sections of the A.T., the Whites offer magnificent views with miles of above-treeline travel. Extra caution should be exercised while above treeline, due to rapidly changing weather and the lack of protection from it. Carry cold-weather gear, even in the middle of summer. Winter weather, including sleet, snow, and ice, is possible on these high ridges year-round. Each year, carelessness ends in death for a few visitors to the Whites. Pay close attention at Trail intersections. The Appalachian Mountain Club (AMC) maintains many trails that cross the A.T., and the A.T. route is commonly referred to on signs and in guidebooks by the name of the local trail it follows, such as “Franconia Ridge Trail.” (And, to add to the confusion, sections above treeline from Mizpah Hut to Madison Hut are often marked with yellow blazes on rock cairns, to stand out in the snow.) When above treeline, stay on the Trail. This alpine zone is home to very fragile plants. One misplaced bootstep can destroy them.

**Backcountry regulations**—Each summer, AMC serves tens of thousands of backpackers and campers at its backcountry shelters and campsites in the White Mountain National Forest. To prevent the Whites from being “loved to death,” the USFS,

in conjunction with AMC and the New Hampshire state parks agency, established a strict set of backcountry rules for the White Mountains. Please follow the rules. Hikers should be aware of all pertinent rules and regulations pertaining to camping in these areas and should not be surprised if they are rigorously enforced by ridgerunners and rangers. This especially applies to those who choose to camp immediately adjacent to huts, shelters, caretaker campsites, and road crossings. Hikers who ignore posted warnings may well receive hefty tickets. You will encounter forest protection areas (FPAs), where camping and fires are prohibited. The following regulations apply in those areas: no camping above treeline (where trees are less than eight feet high); no camping within 0.25 mile of huts, shelters, or tentsites except at the facility itself; no camping within 200 feet of the Trail. Groups of 6 or more should contact AMC Group Notification System, <[www.outdoors.org](http://www.outdoors.org)>, (603) 466-2721 x8150, so it can effectively manage all large groups that stay at AMC sites. AMC-managed sites can accommodate groups of up to 10. USFS parking fees are established throughout the Whites; be prepared to pay if you park at Forest Service trailheads.

**Mt. Moosilauke**—The north side of Mt. Moosilauke is slick, particularly in rain. Be careful! Sections use rebar, rock steps, and wooden blocks for footing. For northbounders, it is the first mountain above treeline. For southbounders, the meadow at the base of the southern side is the first pastureland they encounter on the A.T. From the summit, Franconia Ridge, as well as the rest of the Whites, can be seen to the northeast; the Green Mountains are visible to the west. Remnants of the 1860 Prospect House, a tourist spot that burned down in 1942, can still be seen at the summit.

**Beaver Brook Shelter** (1980s)—Sleeps 10. Privy (composting). Completed by DOC and ALDHA members, site includes tentsites and a nice view of Franconia Ridge. Water source is Beaver Brook on the spur trail to the shelter.

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**Appalachian Mountain Club**—AMC maintains most of the A.T. and many of the surrounding trails between Kinsman Notch and Grafton Notch in Maine, a total of 120 miles; (603) 466-2721; <[www.outdoors.org](http://www.outdoors.org)>.

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**AMC Tentsites, Shelters, and Campsites**—“Tentsites” have designated tenting areas and platforms or pads. “Shelters” are three- or four-sided structures. “Campsites” have designated tenting areas *and* a shelter. See below for description of “huts,” where reservations are required. Tentsites, shelters, and campsites are on a first-come, first-served basis. USFS parking fees are established throughout the Whites; be



prepared to pay if you park at a Forest Service trailhead. Caretakers are in residence at the following tentsites, shelters, and campsites, where a \$8 overnight fee is charged: Kinsman Pond Campsite, Liberty Spring Tentsite, Garfield Ridge Campsite, 13 Falls Tentsite, Guyot Campsite, Ethan Pond Campsite, Nauman Tentsite, Imp Campsite, and Speck Pond Campsite (Maine). A caretaker works at those sites due to the locations' popularity and the fragility of their resources. The remaining tentsites, shelters, and campsites, except those operated by the Randolph Mountain Club (see below), are available to backcountry travelers at no charge.

A *work-for-stay option* is possible for thru-hikers at the tentsites and shelter sites that have caretakers. This is at the discretion of the caretaker and may not always be available. A maximum of two thru-hikers per night can be accommodated in that way at each site, and each will be expected to contribute an hour of work.

**AMC Huts**—These large, enclosed lodges sleep from 36 to 90 people and are open with full service from Jun to early Sep or early Oct, depending on the hut. Rates range from \$92 to \$110, depending on the day, AMC membership, and the hut. Lonesome Lake, Carter Notch, and Zealand Falls huts are self-service from fall to the following Jun; Mizpah, Galehead, and Greenleaf are self-service the last 3 weeks of May. A crew ("croo") staffs these facilities during the full-service season. An overnight stay includes bunk space, pillow, blanket, bathroom privileges (no showers), and potable water. If you plan to stay three consecutive nights, there is a discounted package rate, available all summer. Rates for self-service seasons are significantly less (\$35–\$39) than full-service seasons. Each hut has trained wilderness first-aid staff, and the facilities' crews give natural- and cultural-history evening programs. The huts also contain excellent libraries and displays on cultural and natural history.

If you plan to pay for a stay in one of the huts, make reservations, (603) 466-2727, especially for the weekends, when bunk spaces fill quickly. *Call AMC or check <[www.outdoors.org](http://www.outdoors.org)> to verify the huts' opening and closing dates as well as rates and make reservations.* You may also be able to make a reservation by having a caretaker at one of the other huts or campsites radio ahead for you. The huts cater mainly to families and weekend hikers. AMC had wells drilled at all the huts, so you can look forward to water that meets state health standards. During the self-service season, a caretaker is at Lonesome Lake, Zealand, and Carter huts. Schedules vary from hut to hut; check individual listings for specific dates.

*Work exchange at the huts*—Thru-hikers can sometimes arrange with the croo to work off stays at the full- or self-service huts. Most huts can accommodate one or

two working thru-hikers each night—except for Lakes of the Clouds Hut, which takes up to four thru-hikers—but availability of work is never guaranteed. Work-for-stay is at the discretion of the hut croo. When work is available, thru-hikers are asked to put in two hours either at night or in the morning; when work is not available, the full fee may be charged. Please give other thru-hikers a chance to work off their stay, and limit your use of the work-for-stay option to no more than three huts.

The AMC *Thru-Hiker's Guide to AMC-Maintained Trails & Facilities in the White Mountains & Mahoosuc* is a resource written for those who plan to stay at the fee sites (both backcountry and hospitality). It is not a tool for thru-hikers who correctly follow backcountry regulations and camp through this area; see <[www.outdoors.org/thru-hikers](http://www.outdoors.org/thru-hikers)>.

**AMC Shuttle**—603-466-2727, <[www.outdoors.org/lodging/lodging-shuttle](http://www.outdoors.org/lodging/lodging-shuttle)>, daily Jun 1–Sep 16, weekends only Sep 22–Oct 14; \$18 AMC members (\$20 nonmembers), reservations strongly recommended; walk-ons accepted on a space-available basis, see driver; drop-offs on route between scheduled stops may be arranged with driver. Stops include trailheads at Liberty Spring/A.T. on I-93, Lafayette Place Campground, Old Bridle Path, Gale River, Zealand Falls, Ammonoosuc Ravine, Highland Center at Crawford Notch, Webster Cliff/A.T. at U.S. 302, Pinkham Notch Visitors Center, 19-Mile Brook Trail, Gorham information booth, Valley Way/Appalachia. Check Web site for further details.



**N.H. 112/Kinsman Notch**—**East** 0.3 mile to Lost River Gorge and Boulder Caves, a series of streams, caves, and waterfalls owned by the Society for the Protection of New Hampshire Forests. Self-guided tour of gorge, ecology trail, and nature garden, \$16, daily 9–5, from mid-May to mid-Oct, last ticket sold at 4 p.m. Snack bar. Phone available during business hours, with permission and a phone card.

**East** 5 miles to **North Woodstock, N.H. [P.O. ZIP 03262: M–F 9:30–12:30 & 1:30–4:30, Sa 9–12; (603) 745-8134]**, which also is accessible from Franconia Notch (below). ■ **Lodging:** Woodstock Inn, (603) 745-3951 or (800) 321-3985, shared bath \$94PP, private bath \$104PP, rates vary on weekends and holidays, no pets permitted, includes B, nonsmoking rooms, pool at Alpine Village, brew pub, restaurant L/D; Autumn Breeze, (603) 745-8549, \$72–\$90, nonsmoking rooms, no dogs, rooms have kitchenettes; Carriage Motel, (603) 745-2416, \$68–\$82, game room, gas grills, picnic tables, pool, hiker box, deli, ATM, laundry, and P.O. across street. ■ **Groceries:** Wayne's Market (long-term resupply), deli and excellent grinders. ■ **Restaurants:** Truants Tavern; Cascades Coffee Shop & Café, WiFi; Landmark II Family; Peg's; and Wood-

stock Station. ■ **Other services:** ATM, barber shop and beauty salon, Handy Wash Laundry, Fadden's General Store, ice cream, fudge shop, and Cascades town beach.

■ **Shuttles:** The Hiker Shuttle Connection, (508) 889-8515, 6 a.m.–2 a.m. year-round; from A.T. in Franconia Notch, follow Rt. 3 south to Exit 34A for shuttle pick-up on Rt. 3.

**East**—6 miles to **Lincoln, N.H.** (see below).

**Eliza Brook Shelter/Campsite** (2010)—Shelter sleeps 8. Privy (composting). Four hardened tent pads. Water source is Eliza Brook.

**Kinsman Pond Shelter/Campsite** (2007)—Shelter sleeps 15, replaces one built in 1966. Privy (composting). Two single and two double tent platforms. Overnight fee \$8PP, caretaker on site. Water source is Kinsman Pond; treat your water.

**Lonesome Lake Hut**—This southernmost hut offers swimming in Lonesome Lake. Full service Jun 1–Oct 19. Self-service the rest of the year except May 28–31.



**I-93/U.S.3/Franconia Notch**—**East** 0.7 mile to *Shuttle* via Whitehouse Brook Trail to hiker parking lot on U.S. 3 and AMC hiker shuttle stop.

**East**—0.8 mile to Flume Visitor Center, with snack bar/restaurant, and ice cream. Open daily early May to late Oct, 9–5. Call about mail drops; (603) 745-8391. Pay phone 24 hours; cell phones should work. Admission to see The Flume itself is \$13.

**East** 5.8 miles to North Woodstock (see above).

**East** 7.3 miles to **Lincoln, N.H.** [P.O. ZIP 03251: **M–F 8–5, Sa 8–12; (603) 745-8133**].

■ **Lodging:** Mt. Liberty Lodging, Carolyn and Paul Peterson, (603) 745-3600, <www.mtlibertylodging.com>, \$55–\$85D (seasonal), includes shuttle to/from Trail and into town, laundry \$5, pool, and river. ■ **Groceries:** Price Chopper (full-service grocery).

■ **Outfitter:** Lahout's Summit Shop, (603) 745-2882, full-service outfitter, M–F 9:30–5:30, Sa 9–5:30, Su 9–5, Coleman and alcohol by the ounce. ■ **Other services:** The Mountain Wanderer, <www.mountainwanderer.com>, well-stocked guides and maps; McKenzies, (603) 745-3438, Coleman and alcohol, open daily 9–6.

**West** 2.1 miles to **Camping:** Lafayette Place Campground, (603) 823-9513, with tentsites \$25D, coin-operated hot showers \$1, store (short-term resupply), Coleman fuel by the quart, outside soda vending machine. Park rangers hold packages mailed to Franconia Notch State Park, Lafayette Place Campground, Franconia, NH 03580. Write the date you expect to arrive on the package. Open mid-May to Columbus Day. Campground is usually filled by noon on weekends.

**West** 8 miles to Franconia; I-93 North at N.H. 18. ■ **Lodging:** Gale River Motel, 1

Main St., Franconia, N.H. 03580, (603) 823-5655 or (800) 255-7989, <www.galeriver-motel.com>, <info@galerivermotel.com>, \$90–\$125 Jun–Sep, \$95–\$220 foliage season, \$45–\$95 in between and ski season, shuttle to and from Trail when available, seasonal pool, hot tub, Internet access, laundry, call ahead for mail drops; White Mountain Best Western, \$90–\$110, indoor pool, hot tub, Internet access. ■ **Groceries:** Mac's Market (long-term supply), pay phone. ■ **Internet access:** library. ■ **Other services:** pizza, restaurant, bank, ATM, Concord Coach bus service, and AMC hiker shuttle stop at Lafayette Place Campground.

**Liberty Springs Tentsite**—Privy (composting). Seven single and three double tent platforms. Overnight fee \$8PP, caretaker on site. Water source is the spring.

**Franconia Ridge**—In any kind of weather, this ridge walk will leave you awestruck. Beautiful views from the summit of Mt. Liberty can be reached from the A.T. *via* a side trail.

**Greenleaf Hut**—Visible from the summit of Mt. Lafayette, it is 1.1 miles on the Greenleaf Trail to the hut. Self-service May 3–27. Full service Jun 1–Oct 19.

**Garfield Ridge Shelter/Campsite** (2011)—Shelter sleeps 12. Privy (composting). Two single and five double tent platforms. Overnight fee \$8PP, caretaker on site. Water source is a spring at the junction to the campsite.

**Galehead Hut**—Rebuilt 1999–2000, with wheelchair-accessible design. Self-service May 3–27. Full service Jun 1–Oct 19.

**Guyot Shelter/Campsite** (1977)—Shelter sleeps 12. Privy (composting). Four single and two double tent platforms. Located 0.7 mile east on Bondcliff Trail. Overnight fee \$8PP, caretaker on site. Water source is a spring at the campsite.

**Zealand Falls Hut**—Next to beautiful falls. Full service Jun 1–Oct 19. Self-service the rest of the year except May 28–31.

**Ethan Pond Shelter/Campsite** (1957)—Shelter sleeps 10. Privy (composting). Three single and two double tent platforms. Metal bear box. Overnight fee \$8PP, caretaker on site. Water source is the inlet brook to the pond.



**U.S. 302/Crawford Notch—East** 1.8 miles to ■ **Camping:** Dry River Campground, (603) 374-2272, \$27.25D, pay phone, coin laundry, and showers 25¢. Trail access to A.T. ■ **Shuttle:** AMC shuttle stop at Webster Cliff/A.T. Trailhead.

**East** 3 miles to **Camping:** Crawford Notch Campground and General Store, 1138 U.S. 302, Harts Location, NH 03812, <www.crawfordnotch.com>, (603) 374-2779; coin-operated shower; no dogs; campsites \$24D, additional fee for up to 4 people; laundry for overnight guests only; ~~long term resupply; white gas and denatured alcohol;~~ shower \$2 plus tokens 8 a.m.–9 p.m. ~~Camp store (short term resupply) has hot and cold sandwiches, limited camping supplies including bug spray and sunscreen, cold drinks, ice cream, ATM, pay phone.~~



**East** 10 miles to the small town of **Bartlett, N.H. [P.O. ZIP 03812: M–F 8:30–1 & 1:30–4:45, Sa 8:30–12; (603) 374-2351].**

**West** 1 mile to the Willey House, with snack bar (ice cream, cold drinks, fudge, sandwiches) and pay phone, hiker message board, tent repair and seam sealer, open daily mid-May to mid-Oct, 9–5.

**West** 3.7 miles to ■ **Lodging:** AMC's Highland Center, (603) 278-4453, <www.outdoors.org>, limited hiker supplies, AYCE B \$12, 6:30–10; *a la carte* L \$8–\$10, 10–4; 4-course D \$23, reserve seat by 6; bunk room in lodge \$77PP, includes B/D; private room in lodge \$91–\$144PP, includes B/D; Shapleigh Bunkhouse, \$39PP AMC member, \$47PP nonmember, includes bunk, shower, towel, and B. Facilities generally are for overnight guests only. Mail drops accepted sent to AMC Highland Center at Crawford Notch, Route 302, Bretton Woods, NH 03575. ■ **Shuttle:** AMC shuttle stop. ■ **Other services:** Showers at the visitors center, 9–5 Memorial Day–Columbus Day, coin-operated, towel rental \$2.

**West** 8.4 miles to **Lodging:** Above the Notch Motor Inn, (603) 846-5156, <www.abovethenotch.com>, rooms with phones, bath, TV, microwave, refrigerator, coffee/tea/condiments, WiFi, \$73–\$88 weekdays, \$83–\$93 weekends, \$10EAP, call about mail drops; no pets, no smoking, shuttles possible. Grocery store (short-term resupply), laundry, hiker supply nearby.

**Presidential Range**—The highest part of the Trail in New Hampshire, with 25 miles of ridge-walking between Crawford Notch and Pinkham Notch, most of which is above treeline (about 4,400 feet). The A.T. skirts many peaks, which can be reached by short side trails leading to, and often over, the summits.

**Mizpah Spring Hut & Nauman Tentsite**—Constructed in 1964 and 1965. Self-service May 3–20 and 24–27; full-service Jun 1–Oct 19. Tentsite, five single and three double

tent platforms, composting privy, metal bear box. Overnight fee \$8PP. Water source for tent site is a stream or potable water from hut (if open).

**Lakes of the Clouds Hut**—Constructed in 1915 at an elevation of 5,050 feet, the highest, largest, and most popular hut. Full-service Jun 1–Sep 21, with no self-service operation. “The Dungeon,” a small basement shelter, is available to thru-hikers for \$10, with access to hut restroom and the common area; it sleeps only 6, first-come/first-served, no reservations. “The Dungeon” is an emergency-only shelter when the hut is closed; must not be used as a destination.



**Mt. Washington Auto Road/Mt. Washington**—The highest peak in the Northeast (6,288 feet). Since it is also accessible by the Auto Road and a cog railroad, more touristy services are here than one might expect. *Note: In 2007, 8 hikers were arrested for mooning said cog railroad; take heed.* The summit building is operated by the New Hampshire Division of Parks and Recreation and houses Mt. Washington Observatory, <[www.mountwashington.org](http://www.mountwashington.org)>; Mt. Washington Museum (\$2 admission); a snack bar; a post office; and pay phones. The state park is open daily 8–8 early May–early Oct, weather permitting. A hiker room is downstairs, with a table, restroom, and a space to rest. (Absolutely no overnight stays are allowed.) Over the years, many buildings have come and gone on the summit, including a 94-bed-room hotel completed in 1873 and destroyed by fire in 1908. The summit is under cloud cover about 55 percent of the time. Average summertime high is 52 degrees, and the average wintertime high is 15 degrees. On April 12, 1934, an on-land wind speed of 231 mph was recorded, which still stands as the world’s record. If you see a staff meteorologist, ask about the “Century Club.” The upper plateau is home to large grassy areas, strewn with rocks but known as “lawns.” These lawns hold many species of plants and animals otherwise found only on high mountain peaks and in tundra areas hundreds of miles to the north.

**Mt. Washington, N.H. [P.O. ZIP 03589: (603) 466-3347]**—The post office in the summit building is *not* recommended as a mail drop. Its hours are limited, and it caters to those who visit the summit and desire to have the distinguished Mt. Washington postmark; since there is little space for storing mail drops, they may be redirected to other New Hampshire post offices, well off the Trail.

**East** 8 miles *via* Auto Road to N.H. 16.

**Tuckerman Ravine Trail**—A steep, 4.2-mile route from Mt. Washington to Pinkham Notch. In bad weather, you may wish to use this trail to get below treeline and bypass

the exposed northern loop of the Presidential Range, but this precarious route is no picnic in icy conditions.

**Hermit Lake Shelters**—At the base of the Tuckerman Ravine bowl, 2 miles downhill, with some steep rock- and boulder-scrambling from the summit; 8 lean-tos, 3 tent platforms, \$15PP; pets are not permitted overnight in the shelters; caretaker year-round.

**Edmands Col**—Just down to the east in the col is a reliable spring and the site of the former Edmands Col emergency shelter. Also, look for a bronze tablet in memory of J. Rayner Edmands, who was instrumental in the construction of most of the graded paths through the northern Presidentials.

**Randolph Mountain Club**—RMC maintains the 2.2 miles from Edmands Col north of Mt. Washington to Madison Spring Hut; <[www.randolphmountainclub.org](http://www.randolphmountainclub.org)>.



**Crag Camp/Randolph Mountain Club (RMC) Cabins and Shelters**—Randolph Mountain Club, Randolph, NH 03570, was named an A.T. maintaining club by ATC in Oct 2010. In addition to the 2.2 miles of the A.T. north of Edmands Col, RMC maintains a network of 100 miles of hiking trails, principally on the northern slopes of Mounts Madison, Adams, and Jefferson in the Presidential Range of the White Mountain National Forest and on the Crescent Range in the town of Randolph. Its trails are maintained through the joint efforts of volunteers, two seasonal trail crews, and one Student Conservation Association crew. The RMC maintains several cabins and shelters below treeline in the Presidential Range that are often used by A.T. hikers seeking shelter from the exposed ridgeline. Crag Camp (capacity 15) and Gray Knob (capacity 15) are cabins. The Perch is a lean-to with tent platforms. Another lean-to, the Log Cabin (capacity 10), is on Lowe's Path, 1 mile below Gray Knob. All camps are available to the public on a first-come, first-served basis. If a site is full, the caretaker may ask visitors to move to another RMC facility, if space is available. Groups are limited to 10. To maintain serenity, cellular phones may not be used at any of the camps. Since it is insulated and outfitted with a woodstove for cold-months use, Gray Knob has a caretaker year-round. Although fall and winter hikers are asked to bring up a couple of hardwood sticks, only its caretaker operates Gray Knob's woodstove. In Jul and Aug, Crag Camp has a caretaker. In those months, gas stoves at both camps are available to the public; at all other times, users must bring their own stoves. The Log Cabin, located at a lower elevation than the other

RMC camps, is well-suited to families with younger children and hikers making a late-in-the-day start. Year-round, the weather is far harsher and colder here than “below the notches.” RMC relies on visitors to carry out their trash and help keep the cabin and woods clean. To support the caretakers’ wages and maintain the camps, fees are charged on a per-night basis: Crag Camp and Gray Knob, \$13; The Perch, Log Cabin, and tent platforms, \$7. If the caretaker is absent, please mail fees to: Treasurer, RMC, Randolph, NH 03570.

**The Perch** (1948)—Shelter sleeps 8. Privy. Four tent platforms, \$7PP fee. Water source is crossed *en route* to the shelter.

**Madison Spring Hut**—Located in a col 0.5 mile south of the summit of Mt. Madison. Full service Jun 1–Sep 21, with no self-service operation.

**Valley Way and Osgood Tentsites**—These two no-fee U.S. Forest Service tentsites, below treeline on Mt. Madison, are often used by hikers starting or finishing the traverse of the Presidential Range. Valley Way Tentsite is off the A.T., 0.6 mile west of Madison Springs Hut, with two large tent platforms and a privy. Osgood Tentsite is 3 miles north of the hut, along the A.T., and has three tentsites, privy, and spring.



**N.H. 16/Pinkham Notch**—Pinkham Notch Visitors Center; front desk, (603) 466-2721. AMC’s New Hampshire headquarters, located on the A.T., offers a store with limited hiker supplies, restroom, coin-operated showers (open 24 hours), AMC shuttle stop, and Concord Coach bus service (see below). The center holds packages sent to AMC Visitors Center, c/o Front Desk, N.H. 16, Gorham, NH 03581.

■ **Restaurant:** Cafeteria with AYCE \$10 B, deli L (not AYCE) 9:30–4, trail L \$9, \$20 D (thru-hikers get member rates). ■ **Lodging:** Joe Dodge Lodge, (603) 466-2727, \$62 includes B/D. Prices can change; contact AMC for the most current rates.

**East** 13–16 miles to Intervale, N.H. ■ **Outfitter:** Ragged Mountain Equipment, (603) 356-3042, open daily with backpacking gear and repair service. ■ **Lodging:** Cranmore Mountain Lodge, (603) 356-2044, \$79D includes B, heated pool, spa, mail drops accepted at 859 Kearsage Rd., Kearsarge, NH 03847. ■ **Other services:** Peter Limmer & Sons Shop, (603) 356-5378, located on N.H. 16A, home of legendary hand-made hiking boots, will repair many brands of boots and hiking gear with priority to thru-hikers; closed Su.

**East** 18 miles to North Conway, N.H., a tourist town with most major services, including several outfitters, a supermarket, cobbler, laundry, bank, ATM, hospital, veterinarian, pharmacy, one-hour photo, movie theater, hotels, and restaurants.



**West** 2 miles to the Wildcat Mountain Gondola, operates daily mid-Jun to mid-Oct, 10–4:45, and offers rides to and from the A.T. on the top of Wildcat Mountain; \$15 round-trip, \$7.50 one way; special round-trip with lunch (deli) available for \$22.


**West** 11 miles to Gorham, N.H. (see below).

**Concord Coach Bus Service**—Provides service between Boston and Pinkham Notch, as well as Gorham, Berlin, and Conway, (800) 639-3317, <[www.concordtrailways.com](http://www.concordtrailways.com)>. The bus leaves Pinkham Notch daily at 8:07 a.m. and arrives at Boston South Station at 12:20 p.m. The bus to Pinkham Notch leaves Boston at 4:15 p.m. and arrives at Pinkham Notch at 8:15 p.m. One-way, \$33; round-trip, \$62.

**Carter Notch Hut**—The northernmost hut, located on the banks of two small lakes in Carter Notch. It is the original hut, built in 1914. Full service Jun 1–Sep 21; self-service rest of year except May 28–31.

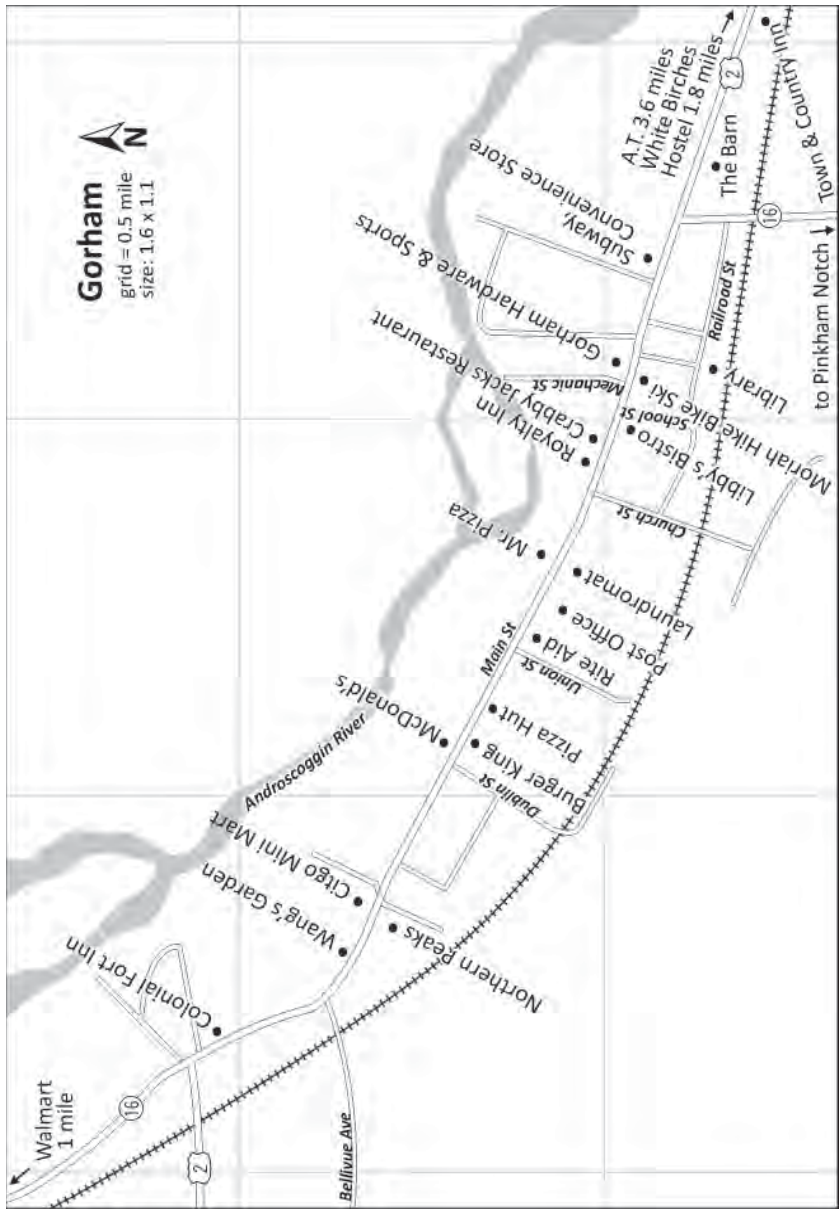
**Imp Shelter/Campsite** (1981)—Shelter sleeps 16. Privy (composting). Four single, one double tent platform. Overnight fee \$8PP, caretaker on site. Water is stream near shelter.

**Rattle River Shelter** (1980s)—Sleeps 8. Privy. Shelter built by USFS. Water source is Rattle River.

 **U.S. 2—Hostel:** Adjacent to Rattle River Trailhead, White Mountains Lodge & Hostel, (603) 466-5049, <[www.whitemountainslodgeandhostel.com](http://www.whitemountainslodgeandhostel.com)>, \$33PP with B, laundry, shuttles to town, slackpacking, smoking outdoors, rates and services may vary; mail drops accepted at 592 State Route 2, Shelburne, NH 03581.

**West** 1.8 miles to **Hostel:** White Birches Camping Park, owners Bob/Janet Langlands; (603) 466-2022, <[www.whitebirchescampingpark.com](http://www.whitebirchescampingpark.com)>, <[whb Birch@ncia.net](mailto:whb Birch@ncia.net)>; 218 State Rt. 2, Shelburne, NH 03581, May 1–end of Oct, tentsites \$12s, hostel \$15s per night, private cabins available, inquire. Hot showers and laundry for guests only, limited resupply, microwave, refrigerator, coin laundry (town clothes available while you wait), dogs welcome, local restaurants deliver, swimming pool, mail drops accepted for guests, limited shuttle to town/trailhead for guests only, slackpacking, Visa/MasterCard.

**West** 3.6 miles to **Gorham, N.H. [P.O. ZIP 03581: M–F 8:30–5, Sa 8:30–12; (603) 466-2182]**. The postmaster requests that all packages include your legal name and ETA; use bold letters/colors and have ID; can knock on door inside lobby to pick up mail drops after hours. ■ **Hostels:** Hikers Paradise Hostel at Colonial Fort Inn, 370 Main



St., (603) 466-2732, <[www.hikersparadise.com](http://www.hikersparadise.com)>, <[paradise@ncia.net](mailto:paradise@ncia.net)>; owners Mary Ann and Bruno Janicki offer three hostel units, \$21PP, each with bath, kitchen, phone, linen, and heat; motel rooms available; no pets, no mail drops; limited shuttle service to Trailhead, coin laundry, Coleman fuel and denatured alcohol; special hikers' B for guests at motel restaurant. The Barn Hostel, (603) 466-2271, <[theskilift@aol.com](mailto:theskilift@aol.com)>, at Libby House B&B offers room in the hostel, \$20PP; microwave, TV, coin laundry, shower, occasional shuttle, no pets, \$5 laundry; will hold mail drops for guests (\$6 nonguests) mailed to 55 Main Street, Gorham, NH 03581. ■ **Lodging:** Libby House B&B, (603) 466-2271, beginning at \$70S, \$85D, includes B; Royalty Inn, (603) 466-3312, <[www.royaltyinn.com](http://www.royaltyinn.com)>, \$83S, \$89D; Northern Peaks, (603) 466-3374, \$46 per room, dogs welcome, a/c, pool; Town & Country Inn, (603) 466-3315, \$50–60S, \$74–84D, \$6EAP, pets welcome, mail drops accepted at U.S. 2, Gorham, NH 03581. ■ **Groceries:** Super Walmart (long-term resupply) located 1.5 miles north of town on N.H. 16. ■ **Restaurants:** Mr. Pizza, J's Steak and Seafood, and various fast-food opportunities. ■ **Outfitters:** Altitude Sport-Hike-Bike-Ski, (603) 466-5050, owned and run by Steve Jackson, hiker gear, Coleman fuel and alcohol by the ounce; Gorham Hardware/Sports Center, (603) 466-2312, boots and hiker gear, Coleman fuel and alcohol by the ounce. ■ **Internet access:** public library, M, W, F, 10–7, Tu, Th 10–8, closed weekends, located near railroad, nominal fee. ■ **Other services:** Trail Angel Hiker Services, (978) 855-9227, <[www.trailangelhikerservices.com](http://www.trailangelhikerservices.com)>, shuttles, mail drops, guide service, etc.; coin laundry; bank with ATM; dentist; free concerts on the common Tu evenings; TriCounty CAP Transit, local Berlin–Gorham shuttle bus, (888) 997-20920, <[www.tccap.org](http://www.tccap.org)>, no Su service, stops at Walmart.

**East** 12 miles to **Hostel:** Bethel, Maine, Hostel International (see listing under Grafton Notch, Maine).

**West** 8 miles to small city of Berlin, N.H., and the Androscoggin Valley Hospital.


**Trident Col Tentsite**—Four tent pads. Privy (composting). Water source is an intermittent spring on a side trail.

**Gentian Pond Shelter/Campsite** (1974)—Shelter sleeps 14. Privy (composting). Three single and one double tent platform. Water source is the inlet brook of Gentian Pond.

**LOOKING FOR PROFILES?** The official A.T. maps' profiles are the best on the market (and an important bit of safety gear, too), but an on-line option can be found at <<http://tinyurl.com/dye9k9h>>, accessible via the QR code at right if your device has a reader.



# Maine

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
281.8	Maine–N.H. State Line		2,972	1,904.1
281.3	<b>Carlo Col Shelter</b> and Campsite... <i>5.5mS; 4.7mN</i>	W–0.3m C, S, w	2,945	1,904.6
280.9	Mt. Carlo		3,565	1,905.0
279.1	Goose Eye Mtn (East Peak)		3,790	1,906.8
277.9	Goose Eye Mtn (North Peak)		3,675	1,908.0
276.9	<b>Full Goose Shelter</b> and Campsite... <i>4.7mS; 5.1mN</i>	C, S, w	3,030	1,909.0
276.4	Fulling Mill Mtn (South Peak)		3,395	1,909.5
275.4	Mahoosuc Notch Trail Mahoosuc Notch (west end)	w	2,400	1,910.5
274.3	Mahoosuc Notch (east end)	w	2,150	1,911.6
272.7	Mahoosuc Arm		3,770	1,913.2
271.8	<b>+Speck Pond Shelter</b> and Campsite... <i>5.1mS; 6.9mN</i>	C, S, w	3,500	1,914.1
270.7	Old Speck Trail, Grafton Loop Trail		3,985	1,915.2
268.3	Brook	w	2,500	1,917.6
267.2	Maine 26, Grafton Notch	R (E–4.7m H, M, cl, sh, f; 5.5m C; 12.7m C, f; 17m G, L, M, O, f; 20m H, C, cl)	1,495	1,918.7
264.9	<b>Baldpate Lean-to</b> ... <i>6.9mS; 3.5mN</i>	S, w	2,645	1,921.0
264.1	Baldpate Mtn (West Peak)		3,662	1,921.8
263.2	Baldpate Mtn (East Peak), Grafton Loop Trail		3,810	1,922.7
261.4	<b>Frye Notch Lean-to</b> ... <i>3.5mS; 10.5mN</i>	S, w	2,280	1,924.5
257.7	Dunn Notch and Falls	w	1,350	1,928.2
256.9	East B Hill Rd <b>Andover, ME 04216</b>	R (E–8m PO, H, G, L, M, f, cl,  ; 11m H)	1,500	1,929.0
255.1	Surplus Pond	w	2,050	1,930.8
252.2	Wyman Mtn		2,920	1,933.7

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
250.9	<b>Hall Mtn Lean-to...</b> <i>10.5mS; 12.8mN</i>	S, w	2,635	1,935.0
249.5	Sawyer Notch, Sawyer Brook (ford)	w	1,095	1,936.4
248.6	Moody Mtn		2,440	1,937.3
246.8	South Arm Rd, Black Brook (ford) <b>Andover, ME 04216</b>	R (E-9m PO, H, G, L, M, f, ♀; 12m H) (W-3.5m C, G, cl)	1,410	1,939.1
244.0	Old Blue Mtn		3,600	1,941.9
240.8	Bemis Stream Trail		3,350	1,945.1
239.8	Bemis Range (West Peak)		3,580	1,946.1
238.1	<b>Bemis Mtn Lean-to...</b> <i>12.8mS; 8.3mN</i>	S, w	2,790	1,947.8
234.3	Bemis Stream (ford)	w	1,495	1,951.6
233.5	Maine 17 <b>Oquossoc, ME 04964</b>	R (W-11m PO, G, M, cl, f)	2,200	1,952.4
231.9	Moxie Pond	w	2,400	1,954.0
230.1	Long Pond	w	2,330	1,955.8
229.8	<b>Sabbath Day Pond Lean-to...</b> <i>8.3mS; 11.2mN</i>	S, w	2,390	1,956.1
225.2	Little Swift River Pond Campsite	C, w	2,460	1,960.7
222.5	South Pond	w	2,174	1,963.4
220.4	Maine 4 <b>Rangeley, ME 04970</b>	R (W-9m PO, H, G, L, M, O, D, cl, f, ♀; 15m G, M, cl)	1,700	1,965.5
220.3	Sandy River	w	1,595	1,965.6
218.6	<b>Piazza Rock Lean-to...</b> <i>11.2mS; 8.9mN</i>	C, S, w	2,080	1,967.3
216.7	Eddy Pond	w	2,616	1,969.2
214.7	Saddleback Mtn		4,120	1,971.2
213.1	The Horn		4,040	1,972.8
212.4	Redington Stream Campsite	C, w	3,170	1,973.5
211.1	Saddleback Junior		3,655	1,974.8
210.7	Stream	w	3,200	1,975.2
209.7	<b>Poplar Ridge Lean-to...</b> <i>8.9mS; 8mN</i>	S, w	2,920	1,976.2
207.0	Orbeton Stream (ford)	w	1,550	1,978.9

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
203.9	Lone Mtn		3,260	1,982.0
202.8	Mt. Abraham Trail		3,184	1,983.1
201.7	<b>Spaulding Mtn Lean-to...</b> <i>8mS; 18.6mN</i>	S, w	3,140	1,984.2
200.9	Spaulding Mtn		4,000	1,985.0
198.8	Sugarloaf Mtn Trail	E–0.3m w; 0.6m to summit	3,540	1,987.1
196.6	South Branch Carrabassett River (ford)	w	2,100	1,989.3
196.5	Caribou Valley Rd	R	2,220	1,989.4
195.5	Crocker Cirque	E–0.2m C, w	2,710	1,990.4
194.4	South Crocker Mtn		4,040	1,991.5
193.4	North Crocker Mtn		4,228	1,992.5
188.2	Maine 27 <b>Stratton, ME 04982</b>	R (E–2m G) (W–5m PO, H, G, L, M, cl, f,  ; 10m H)	1,450	1,997.7
187.4	Stratton Brook Pond Rd	R	1,250	1,998.5
187.2	Stratton Brook	w	1,230	1,998.7
186.3	Cranberry Stream	C, w	1,350	1,999.6
185.0	Bigelow Range Trail, Cranberry Pond	W–0.2m w	2,400	2,000.9
183.3	Horns Pond Trail		3,200	2,002.6
183.1	<b>Horns Pond Lean-tos...</b> <i>18.6mS; 10.2mN</i>	S, w	3,160	2,002.8
182.6	South Horn		3,831	2,003.3
180.5	Bigelow Mtn (West Peak)		4,145	2,005.4
180.2	Bigelow Col, Avery Memorial Campsite, Fire Warden's Trail	C, w	3,850	2,005.7
180.0	Spring	w	3,900	2,005.9
179.8	Bigelow Mtn (Avery Peak)		4,090	2,006.1
177.9	Safford Brook Trail		2,260	2,008.0
177.8	Safford Notch	E–0.3m C, w	2,230	2,008.1
174.6	Little Bigelow Mtn (east end)		3,010	2,011.3
172.9	<b>Little Bigelow Lean-to...</b> <i>10.2mS; 7.7mN</i>	C, S, w	1,760	2,013.0
171.5	East Flagstaff Rd	R	1,200	2,014.4

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
171.4	Bog Brook Rd, Flagstaff Lake (inlet)	R, w	1,150	2,014.5
170.4	Campsite	C, w, privy	1,210	2,015.5
168.7	Long Falls Dam Rd	R	1,225	2,017.2
167.0	Roundtop Mtn		1,760	2,018.9
165.9	West Carry Pond	w	1,320	2,020.0
165.2	<b>West Carry Pond Lean-to...</b> <i>7.7mS; 10mN</i>	S, w	1,340	2,020.7
164.5	West Carry Pond	w	1,320	2,021.4
162.6	Sandy Stream, Middle Carry Pond	w	1,229	2,023.3
161.1	East Carry Pond	w	1,237	2,024.8
159.4	Logging Rd	R	1,300	2,026.5
158.7	North Branch Carrying Place Stream	w	1,200	2,027.2
155.2	<b>Pierce Pond Lean-to...</b> <i>10mS; 9.7mN</i>	S, w	1,150	2,030.7
154.8	Trail to Harrison's Pierce Pond Camps	R (E—0.3m L, M, w)	1,100	2,031.1
151.5	Kennebec River	w	490	2,034.4
151.2	U.S. 201 <b>Caratunk, ME 04925</b>	R (E—0.3m PO; 16.5m G, L, M, cl) (W—2m C, L, M, sh, cl; 7m PO, G; 21m D,L, G, M, cl, O, f)	520	2,034.7
148.5	Holly Brook	w	900	2,037.4
145.9	Boise-Cascade Logging Rd	R	1,400	2,040.0
145.5	<b>Pleasant Pond Lean-to...</b> <i>9.7mS; 9mN</i>	S, w	1,320	2,040.4
144.2	Pleasant Pond Mtn		2,470	2,041.7
139.3	Moxie Pond	R, w	970	2,046.6
136.5	<b>Bald Mtn Brook Lean-to...</b> <i>9mS; 4.1mN</i>	S, w	1,280	2,049.4
134.5	Moxie Bald Mtn		2,629	2,051.4
132.4	<b>Moxie Bald Lean-to...</b> <i>4.1mS; 8.9mN</i>	S, w	1,220	2,053.5
130.3	Bald Mtn Pond	w	1,213	2,055.6

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
126.6	W Branch Piscataquis River (ford)	w	900	2,059.3
123.5	<b>Horseshoe Canyon Lean-to...</b> <i>8.9mS; 12mN</i>	S, w	880	2,062.4
121.2	E Branch Piscataquis River (ford)	w	650	2,064.7
120.8	Shirley-Blanchard Rd	R	850	2,065.1
117.8	Blue-blaze to Monson	E-0.3m R; 2m PO, G, M, L, cl, sh, f, ✓	900	2,068.1
114.5	Maine 15 <b>Monson, ME 04464</b>	R (E-4m PO, G, M, L, cl, sh, f, ✓) (W-8m G, M, L, O, D, f, ✓)	1,215	2,071.4
114.4	Spectacle Pond-outlet	w	1,163	2,071.5
113.3	Bell Pond	w	1,278	2,072.6
112.6	Lily Pond	w	1,130	2,073.3
111.5	<b>Leeman Brook Lean-to...</b> <i>12mS; 7.4mN</i>	S, w	1,070	2,074.4
110.7	North Pond (outlet)	w (W-0.4m H, M, sh, f)	1,000	2,075.2
107.9	Little Wilson Falls		850	2,078.0
107.7	Little Wilson Stream (ford)	w	750	2,078.2
104.8	Big Wilson Stream (ford)	w	600	2,081.1
104.5	Montreal, Maine & Atlantic RR		850	2,081.4
104.1	<b>Wilson Valley Lean-to...</b> <i>7.4mS; 4.7mN</i>	S, w	1,000	2,081.8
100.2	Long Pond Stream (ford)	w	620	2,085.7
99.4	<b>Long Pond Stream Lean-to...</b> <i>4.7mS; 4.4mN</i>	S, w	930	2,086.5
96.3	Barren Mtn		2,660	2,089.6
95.4	<b>Cloud Pond Lean-to...</b> <i>4.4mS; 7.3mN</i>	E-0.4m S, w	2,420	2,090.5
93.3	Fourth Mtn		2,380	2,092.6
90.8	Third Mtn, Monument Cliff		1,920	2,095.1
90.2	West Chairback Pond Trail	w	1,770	2,095.7
88.9	Columbus Mtn		2,325	2,097.0
88.5	<b>Chairback Gap Lean-to...</b> <i>7.3mS; 9.9mN</i>	S, w	2,000	2,097.4



Miles from Katahdin	Features	Services	Elev.	Miles from Springer
88.0	Chairback Mtn		2,180	2,097.9
85.8	East Chairback Pond Trail	W—0.2m w	1,630	2,100.1
84.6	Katahdin Iron Works Rd	R (E—20m C, G)	750	2,101.3
84.1	West Branch Pleasant River (ford)	w	680	2,101.8
83.8	The Hermitage	W—8m L	695	2,102.1
82.8	Gulf Hagas Trail	w	950	2,103.1
82.1	Gulf Hagas Cut-off Trail	w	1,050	2,103.8
78.6	<b>Carl A. Newhall Lean-to...</b> <i>9.9mS; 7.2mN</i>	S, w	1,840	2,107.3
77.7	Gulf Hagas Mtn		2,683	2,108.2
76.8	Sidney Tappan Campsite	C (E—0.2m w)	2,425	2,109.1
76.1	West Peak		3,178	2,109.8
74.5	Hay Mtn		3,244	2,111.4
73.9	White Brook Trail		3,125	2,112.0
72.8	White Cap Mtn		3,650	2,113.1
71.4	<b>Logan Brook Lean-to...</b> <i>7.2mS; 3.6mN</i>	S, w	2,530	2,114.5
69.8	W Branch Ponds Rd	R	1,650	2,116.1
67.8	<b>East Branch Lean-to...</b> <i>3.6mS; 8.1mN</i>	S, w	1,240	2,118.1
67.5	East Branch Pleasant River (ford)	w	1,200	2,118.4
65.9	Mtn View Pond	w	1,597	2,120.0
65.6	Spring	w	1,580	2,120.3
64.3	Little Boardman Mtn		1,980	2,121.6
62.9	Kokadjo-B Pond Rd	R	1,380	2,123.0
62.0	Crawford Pond	w	1,240	2,123.9
59.7	<b>Cooper Brook Falls Lean-to...</b> <i>8.1mS; 11.4mN</i>	C, S, w	910	2,126.2
56.0	Jo-Mary Rd	R, w (E—6m C, G, cl, sh; 20m G)	625	2,129.9
53.1	Mud Pond (outlet)	w	508	2,132.8
51.8	Antlers Campsite	C, w	500	2,134.1
50.1	Sand Beach, Lower Jo-Mary Lake	w	580	2,135.8

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
48.3	<b>Potaywadjo Spring Lean-to...</b> <i>11.4mS; 10.1mN</i>	S, w	620	2,137.6
47.7	Pemadumcook Lake	w	580	2,138.2
46.0	Mahar Tote Logging Rd	E-1.2m G, L, M, sh, f	580	2,139.9
44.0	Nahmakanta Stream Campsite	C, w	600	2,141.9
42.5	Tumbledown Dick Trail			2,143.4
40.8	Nahmakanta Lake	R, w	650	2,145.1
38.2	<b>Wadleigh Stream Lean-to...</b> <i>10.1mS; 8.1mN</i>	S, w	685	2,147.7
36.3	Nesuntabunt Mtn		1,520	2,149.6
33.9	Crescent Pond	w	980	2,152.0
32.5	Pollywog Stream	w	682	2,153.4
30.1	<b>Rainbow Stream Lean-to...</b> <i>8.1mS; 11.5mN</i>	S, w	1,005	2,155.8
28.1	Rainbow Lake (west)	w	1,080	2,157.8
26.3	Rainbow Spring Campsite	C, w	1,100	2,159.6
22.9	Rainbow Lake (east)	w	980	2,163.0
21.1	Rainbow Ledges		1,517	2,164.8
18.6	<b>Hurd Brook Lean-to...</b> <i>11.5mS; 13.7mN</i>	S, w	715	2,167.3
15.1	Golden Rd, Abol Bridge, West Branch/Penobscot River	R, w, C, G, sh (E-20m PO, G, M, L, D, cl)	588	2,170.8
14.4	Abol Stream, Baxter Park Boundary		620	2,171.5
14.0	Katahdin Stream	w	620	2,171.9
11.0	Pine Point	w	640	2,174.9
10.5	Lower Fork Nesowadnehunk Stream (ford)		630	2,175.4
9.6	Upper Fork Nesowadnehunk Stream (ford)		800	2,176.3
8.8	Big Niagara Falls	w	900	2,177.1
7.5	+Daicey Pond Campground Road	E-0.1m L, w	1,100	2,178.4
5.3	Cross Tote Rd	R	1,080	2,180.6

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
5.2	+Katahdin Stream Campground, + <b>The Birches...</b> <i>13.7mS</i>	C, w (E–0.25m S)	1,080	2,180.7
4.0	Katahdin Stream Falls	w	1,550	2,181.9
1.0	Thoreau Spring	w	4,620	2,184.9
0.0	Katahdin (Baxter Peak)		5,268	2,185.9

+ Fee charge, ~ Northbound long-distance hikers only at *The Birches*

Hikers in Maine encounter approximately 282 miles of lakes, bogs, moose, loons, hand-over-hand climbs, and a 100-mile wilderness that is neither 100 miles nor truly a wilderness. It is a mystical, magical place to begin or end your A.T. journey.

*No camping is allowed above treeline on the A.T. in Maine.*

**Carlo Col Shelter and Campsite** (1976)—Shelter sleeps 8. Off trail 0.3 mile west. Privy (composting). Two single and one double tent platforms. Water source is a spring left of the lean-to.

**Full Goose Shelter and Campsite** (1978)—Shelter sleeps 8. Privy (composting). Many hikers choose to stay here before or after Mahoosuc Notch. Three single and one double tent platforms. Water source is stream behind shelter.

**Mahoosuc Notch**—Famous for ice in deep crevices throughout the year. Many call this scramble under, around, over, and between boulders the most difficult mile on the Trail.

**Speck Pond Shelter and Campsite** (1968)—Shelter sleeps 8. Privy (composting). Three single and three double tent platforms. Cookstoves only. Overnight fee \$8pp. Speck Pond is the highest body of water in Maine. Water source is a spring on the blue-blazed trail behind the caretaker's yurt.

 **Maine 26/Grafton Notch**—Difficult hitch, very light traffic. **East** 4.7 miles to *Hos-*  
*tel:* Mahoosuc Mountain Lodge, 1513 Bear River Rd (Rt. 26), Newry, ME 04261,  
(207) 824-2073, <[www.mahoosucmountainlodge.com](http://www.mahoosucmountainlodge.com)>, 2 bunk rooms with shower,  
\$37.50 (with towel and wash cloth, no bed linen), \$47.50 with bed linen, \$50 meals with  
advance notice; cash only; full kitchen; mail drops accepted; no dogs; fuel by the ounce  
(white gas, alcohol); prepared meals available with advance notice; call from Old Spec/  
Baldpate for shuttle from parking lot (fee).

**East 5 miles to *Camping*:** Grafton Notch Camp Ground, 1471 Bear River Rd., Newry, ME 04261, (207) 824-2292, <www.campgrifton.com>, 14 wooded sites with fire pit and picnic table, bathhouse with hot showers and flush toilets, \$25 per site (up to 4), shower only \$5, leashed dogs, open mid-May through Columbus Day.

**East 12.7 miles to *Camping*:** Stony Brook Recreation Camping Area, (207) 824-2836 or (207) 824-2789, <www.stonybrookrec.com>, tentsite \$25 for 4, \$5EAP; lean-to \$30 for 4; shuttle available to Grafton Notch, shower, laundry, pool, miniature golf, rec room, and convenience store (short-term resupply) with Coleman fuel, plus RV sites with hook-ups available. Mail drops held if sent c/o SBRCA, Route 2, 42 Powell Place, Hanover, ME 04237.

**East 17 miles to the town of Bethel, offering most major services. ■ *Lodging*:** Chapman Inn, (877) 359-1498 or (207) 824-2657, <www.chapmaninn.com>, \$25 for bunk in hiker dorm with shower, \$10 B, kitchen privileges, \$5 laundry, and possible shuttle back to A.T.; mail drops accepted at 2 Church St., P.O. Box 1067, Bethel, ME 04217.

■ ***Restaurant*:** Moose's Tale Food and Ale, Sunday River Brewery. ■ ***Groceries*:** Bethel IGA Food Liner (long-term resupply), Irving Mainway convenience store with Subway & Dunkin' Donuts, Stop N Save. ■ ***Outfitter*:** True North Adventureware, (207) 824-2201, M–Sa 10–6, Su 10–5, full-service backpacking outfitter, stove fuel. ■ ***Camping*:** Bethel Outdoor Adventure & Campground, (800) 533-3607, (207) 824-4224, <www.betheloutdooradventure.com>; tentsites \$22D, \$4EAP; showers; restaurant nearby, phone, mail drops accepted for guests if sent to 121 Mayville Rd., U.S. 2, Bethel, ME 04217-4410; canoe trips on the Androscoggin River from Shelburne, N.H., to Bethel, Maine. ■ ***Other services*:** bank with ATM.

**East 20 miles to *Hostel*:** Bethel, Maine, International Hostel, (207) 357-0273, <www.hiusa.org>, \$22–25PP, coin laundry, kitchen, microwave, shuttle available, contact first for mail drops to 646 W. Bethel Rd., Bethel, ME 04217.

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**Maine Appalachian Trail Club**—MATC maintains the 267.2 miles from Grafton Notch to Katahdin. Correspondence should be sent to MATC, P.O. Box 283, Augusta, ME 04332-0283; <www.matc.org>.

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**Baldpate Lean-to** (1995)—Sleeps 8. Privy. Lean-to replaced Grafton Notch Lean-to, which was too close to a road. Water source is a spring behind the lean-to.

**Frye Notch Lean-to** (1983)—Sleeps 6. Privy. Water from Frye Brook in front of the lean-to.



**East B Hill Road/Andover**—East 8 miles to **Andover, Maine [P.O. ZIP 04216: M–F 8:30–1:30 & 2–4:30, Sa 8:30–12:15; (207) 392-4571]**. Andover also can be reached *via*

South Arm Road, 9.5 miles north on the A.T. Neither road has much traffic. ■ **Hostel:** Pine Ellis Hiking Lodge, (207) 392-4161, <www.pineellislodging.com>; hiker-friendly hosts Ilene Trainor and David Rousselin; located near P.O. and stores; large shared room in house or bunkhouse in backyard \$20PP, private rooms \$35S, \$50D, \$60T, includes house privileges, Internet, CATV, use of kitchen. For a fee: shuttle to/from Trailhead, laundry, slackpacking from Grafton Notch to Rangeley, denatured alcohol, and Coleman. Credit cards accepted; will hold packages mailed to 20 Pine St., P.O. Box 12, Andover, ME 04216. ■ **Restaurants:** Andover General Store & Diner, 5 a.m.–9 p.m., B/L/D, ATM, Heet; Little Red Hen Diner & Bakery, B/L daily, F D, Sa AYCE, WiFi. ■ **Internet access:** Andover Public Library, Tu–Th, Sa 1–4:30. ■ **Other services:** massage therapist Donna Gifford, (207) 357-5686.

**East** 11 miles to East Andover and **Lodging:** The Cabin, (207) 392-1333, owned by Margie and Earle Towne (Honey and Bear); log cabin with bunkroom and private room. Call to see if they are home and for reservations. Alumni always welcome.


**Surplus Pond**—See and hear an abundance of wood warblers spring and summer.

**Hall Mountain Lean-to** (1978)—Sleeps 6. Privy. Water source is a spring south of the lean-to on the A.T.; might have to walk downstream.

 **South Arm Road—East** 9 miles to Andover, Maine (see above).

**West** 3.5 miles to **Camping:** South Arm Campground, (207) 364-5155, open mid-May to mid-Sep; \$15 per site, up to 4. Campstore (short-term resupply); showers 25¢; coin laundry; canoe, kayak, and boat rentals. No credit cards. Packages accepted at P.O. Box 310, Andover, ME 04216.

**Bemis Mountain Lean-to** (1988)—Sleeps 8. Privy. Water source is a small spring to the left of the lean-to.

 **Maine 17—West** 11 miles to **Oquossoc, Maine [P.O. ZIP 04964: M–F 8–1 & 1:30–4:15, Sa 9–12; (207) 864-3685].** ■ **Lodging:** Oquossoc's Own B&B, (207) 864-5584, \$60S, \$90D, includes B. ■ **Groceries:** Carry Road Country Store (short-term resupply), with deli and bakery. ■ **Restaurants:** Gingerbread House, B/L/D with vegetarian specials; Four Seasons Café, daily 11–11, serves Mexican and vegetarian specialties, L/D. ■ **Other services:** pay phone and swimming area.

**Sabbath Day Pond Lean-to** (1993)—Sleeps 8. Privy. A sandy beach, 0.3 mile south on the A.T., provides an excellent swimming opportunity. Water source is Sabbath Day Pond in front of the lean-to.

**Little Swift River Pond Campsite** (1975)—Privy. Water from piped spring near pond. Sometimes a canoe is available; be sure to leave it upside-down after use.



**Maine 4—West** 0.3 mile to the Hiker Hut at 2 Pine Road, <hikerhut@gmail.com>, a rustic shelter for A.T. hikers beside the Sandy River.



**West** 9 miles to **Rangeley, Maine [P.O. ZIP 04970: M–F 9:30–12:30 & 1:30–4:15, Sa 9:30–12; (207) 864-2233]**, where services are spread along Maine 4. ■ **Camping:** Limited camping might be possible at Ecopelagicon Nature Store, (207) 864-2771. ■ **Lodging:** Rangeley Inn, (800) MOMENTS or (207) 864-3341, \$84–\$99; Saddleback Motor Inn, (207) 864-3434, \$90D, WiFi; Town and Lake Motel, (207) 864-3755, \$85S, \$99D; North Country Inn B&B, (207) 864-2440, <www.north-countrybb.com>, \$99–\$129, 3-course B. ■ **Groceries:** IGA Supermarket (long-term resupply). ■ **Restaurants:** Parkside Main Café, L/D; Sarge’s Pub & Grub, L/D; Red Onion, L/D; BMC Diner, B/L; The Shed BBQ, L/D. ■ **Outfitter:** Alpine Shop, (207) 864-3741, Coleman fuel and alcohol by the ounce; Ecopelagicon, 7 Pond St., (207) 864-2771, freeze-dried meals, backpacker supplies, fuel, ATC publications. ■ **Internet access:** Rangeley Public Library. ■ **Other services:** banks with ATM; Village Scrub Board laundry; doctor; Rangeley Region Health Center, (207) 864-4397; dentist; pharmacy; bookstore.

**West** 15 miles to Oquossoc (see entry above).

**Piazza Rock Lean-to** (1993)—Sleeps 8. Privy. Constructed by MATC’s team of maintainers from L.L.Bean, this lean-to and tent platforms are home to a two-seat privy and cribbage board. Water source is the stream that passes through the campsite. MATC caretaker in residence.

**Saddleback Mountain**—One of the most spectacular above-treeline stretches of the Trail in Maine; you may not notice the ski resort on one side. For many years, Saddleback was the controversial “missing link” in Maine during federal attempts to buy lands along the Trail to protect it from encroaching development. In late 2000, a deal was struck to sell a Trail corridor across Saddleback to the government, but it does permit future development of the resort, which is again up for sale.

**Redington Stream Campsite**—0.9 mile north of Saddleback’s Horn, at the east base of the Horn (middle peak of the Saddleback mountain range), right where the descent from the Horn levels off and the Trail heads for Saddleback Junior. The blue-blazed side trail leads 1,100 feet to a source that might not be reliable. It is about 400 feet along this side trail from the A.T. to the privy. Before you reach the privy, side trails branch off to tent pads,

with a current capacity of about two tents each. Open fires are *absolutely prohibited* at this campsite as it is in a very vulnerable softwood stand. Stoves are allowed, as usual.

**Poplar Ridge Lean-to** (1961)—Sleeps 6. Privy. This shelter uses the increasingly rare “baseball bat” design for its sleeping platform. Water source is the brook in front of lean-to.

**Spaulding Mountain Lean-to** (1989)—Sleeps 8. Privy. Water source is a small spring to right of lean-to.

**Sugarloaf Mountain**—A 0.6-mile side trail to the east leads to the summit of Sugarloaf, where, on clear days, panoramic views include glimpses of Katahdin and Mt. Washington. Cool spring water can be found at 0.3 mile. This side trail was the last section of the original A.T. to open, in August 1937.

**Crocker Cirque Campsite** (1975)—Privy. Numerous campsites; east on a 0.2-mile side trail, one large group platform, 2 small platforms. Water source is the spring.



**Maine 27**—East 2 miles to **Groceries**: Mountainside Grocers (long-term resupply), (207) 237-2248, at the base of Sugarloaf access road; open 7:30–6.

West 5 miles to **Stratton, Maine** [P.O. ZIP 04982: M–F 9–1 & 1:30–4, Sa 9–11:30; (207) 246-6461]. ■ **Hostel**: Stratton Motel & Hostel, (207) 246-4171, <www.thestrattonmotel.com>, owned by Susan Smith; hostel \$20pp includes hiker kitchen, free Internet and long-distance phone; motel rooms \$45s, \$50D, \$10EAP; free shuttle to Trail at Maine 27, local shuttles and slackpacking available; \$5 laundry for nonguests; send mail drops to P.O. Box 284, Stratton, ME 04982. ■ **Lodging**: Spillover Motel, (207) 246-6571, \$55s, \$72D, pets okay with a \$20 deposit and \$5 charge, continental B, located south of town; White Wolf Inn, (207) 246-2922, closed Tu, \$50s, \$55D, dogs \$5, accepts packages mailed to Main St., P.O. Box 590, Stratton, ME 04982; Diamond Corner B&B, (207) 246-2082, rooms \$70–\$100, includes B, shuttle to Trail, home-made pie, accepts mail drops at 8 Rangeley Road, P.O. Box 176, Stratton, ME 04982. ■ **Groceries**: Fother's Market (long-term resupply), with deli, Coleman fuel and denatured alcohol by the ounce, M–Sa 8–8 Su 9–5; Northland Cash Supply (short-term resupply), pizza, daily 5–9, hiker box, accepts packages sent to 152 Main St., Stratton, ME 04982; Copeland Co-op, organic groceries. ■ **Restaurants**: White Wolf Café, L/D (closed Tu, D-only W); Stratton Plaza, Tu–Sa 11–9, Su 12–5, pizza, L/D; The Looney Moose Café, B/L/D, W–Su 7–8. ■ **Internet access**: library. ■ **Other services**: Old Mill Laundromat; bank; ATM; Mt. Abram Regional Health Center, (207) 265-4555, located in Kingfield. ■ **Shuttles**: Susan at Stratton Motel, (207) 246-4171.

West 4 miles *via* Route 16 to **Hostel**: The Maine Roadhouse, (207) 246-2060, <www.

maineroadhouse.com>, owned by Susan Smith; bunk room \$20PP, semiprivate rooms \$40S, \$50D, \$10EAP; includes free laundry, free long-distance phone, satellite TV, hiker kitchen and grill, free shuttle to Trail (Route 27) and post office. Mail drops can be sent c/o Stratton Motel and Hostel, P.O. Box 284, Stratton, ME 04982.

**Cranberry Stream Campsite** (1995)—Privy. Stream is the water source.

**Horns Pond Lean-tos** (1997)—Two lean-tos; each sleeps 8. Privy. Located on a clear pond at which fishing is permitted. A MATC caretaker is in residence in this heavily used area. Water source is an often-dry spring on the A.T., north of the lean-tos, or Horns Pond.

**Bigelow Mountain**—Known as Maine's "Second Mountain," the Bigelow Range might look very different today had it not been for the efforts of many conservation groups, including MATC. During the 1960s and '70s, land developers had plans to turn the Bigelow Range into the "Aspen of the East," but opponents forced a state referendum on the issue. In 1976, the citizens of Maine decided to have the state purchase the land and create a 33,000-acre wilderness preserve.

**Bigelow Col/Avery Memorial Campsite**—This deep cleft between West Peak and Avery Peak is a beautiful (although often cold) place to spend the night. You can catch the sunset or sunrise views from either peak. Avery Memorial Campsite, with tent platforms, privy, and spring, is located in the col. The spring is unreliable in dry years; one maintained water site is behind the red maintenance shack, to left down unblazed trail.

**Safford Notch Campsite**—Privy. Located 0.3 mile east. Tent pads and platforms. Water source is Safford Brook, downhill from the campsite.

**Little Bigelow Lean-to** (1986)—Sleeps 8. Privy. Plenty of tentsites at this lean-to. Swimming in "the Tubs" along the side trail. Water source is a spring 50 yards in front of the lean-to.

**West Carry Pond Lean-to** (1989)—Sleeps 8. Privy. Swimming in pond. Water source is a spring house located to the left of the lean-to or West Carry Pond.

**Arnold Trail**—From West Carry to Middle Carry Pond, the A.T. follows the route of the historic Arnold Trail. In 1775, Benedict Arnold and an army of 1,150 Revolutionaries used this trail *en route* to Quebec, where they hoped to mount a surprise winter attack on the British. Like so many hikers, the army literally bogged down in the



streams and swamps of the area, and, as a result, the remaining 650 men were so weakened by the passage that the attack was unsuccessful. Prior to Arnold's transit, the Abenaki Indians used the route as a portage around rapids on the Dead River, the waters of which now fill artificial Flagstaff Lake.

**Pierce Pond Lean-to** (1970)—Sleeps 6. Privy (moldering). Located on the east bank of Pierce Pond, with swimming, sunsets, and wildlife. Water source is the pond or stream on a side trail to Harrison's Pierce Pond Camps (see below). If deciding to take a swim, buddy-up and be conscious of the fact that these Maine ponds often have underwater "cells" of 40-degree water. A young 2012 thru-hiker drowned here after diving in to swim off a 20-mile day.

**Harrison's Pierce Pond Camps** (1934)—Traditional Maine camp on blue-blazed trail across Pierce Pond Stream. Tim Harrison caters primarily to vacationers and anglers; summer radio phone, (207) 672-3625. Twelve-pancake lumberjack breakfast with juice, \$8; eggs, \$9; bacon, \$10; hiker cabin, shower, towel, \$30PP. If staying at Pierce Pond Lean-to, make reservations for B the night before. Water spigot; no credit cards; pets must be on leash. Hikers may use phone for emergencies.

**Kennebec River Ferry**—Over the last 24 years, canoes have ferried in excess of 21,000 hikers across the Kennebec River. For the 2013 hiker season, Fletcher Mountain Outfitters, David P. Corrigan, 82 Little Houston Brook Rd., Concord Township, ME 04920, (207) 672-4879, <maineguide@live.com>, will handle this monumental task. Shuttles possible after the ferry service ends. The ferry will operate daily, at no cost to hikers, tentatively from:

Late-May–mid-Jul	9–11 a.m.
Mid-Jul–late Sep	9–11 a.m. and 2–4 p.m.
Late Sep–mid-Oct	9 a.m.–11 a.m.

In early May and late Oct, the ferry also will be available when time and weather allow. Exact hours and dates will be posted at Pierce Pond and Pleasant Pond lean-tos and on line at <[www.matc.org](http://www.matc.org)>. After the regular season, ferry service is available for a fee of \$50 for 1–2 hikers.

**Kennebec River**—The most formidable unbridged water-crossing on the A.T. Ironically, the Indian word "Kennebec" means "long, quiet water." A thru-hiker drowned in 1985 trying to ford the river, and many other hikers have had close calls. Dangers include rocks, strong currents, and unpredictable water levels due to releases from the

dams upstream. ATC and MATC strenuously urge hikers not to attempt to ford the river. Purists also should note that a ferry is the official “white-blaze” route, as well as the original, historical route of the A.T. across the Kennebec. This is a free service funded by ATC and MATC. Hikers need to arrive a half-hour before the ferry ceases operation. If late, be prepared to wait, and note that camping and fires are prohibited on both banks of the river. You will be required to sign a release form before crossing, wear a life jacket during the crossing, and follow the instructions of the ferry operator; please cooperate in these matters. If river conditions or weather make the crossing dangerous, the service will be discontinued until conditions improve. The ferry is for hiker and pack—the operator will not carry your pack so you can attempt to ford.



**U.S. 201—East** 0.3 mile on Main Street to the village of **Caratunk, Maine** [P.O. ZIP 04925: **M—F 7:30–11:30 & 12–3:45, Sa 7:30–11:15; (207) 672-3416; call first (on possible closure list)**]. The post office accepts credit and debit cards with limited cash back. Pay phone.

**East** 1 mile on U.S. 201 to **Lodging and resupply**: The Sterling Inn, (207) 672-3333, <www.maine-sterlinginn.com>, 1041 U.S. 201, P.O. Box 129, Caratunk, ME 04925. Bunk room \$25; private rooms \$40–\$70, includes B and free shuttle to/from Trailhead or post office. Free WiFi and LD calling. Call from free phone at PO for pick-up. Debit/credit cards accepted, multnight discounts, well-behaved pets okay. Long-term resupply, showers, laundry, shuttle service available for guests and nonguests.

**East** 16.5 miles to the small town of Bingham, with restaurants, laundry, pharmacy, and three grocery facilities (all long-term resupply). **Lodging**: Bingham Motor Inn, (866) 806-6120, <www.binghammotorinn.com>, \$60S, \$75D, \$85T.

**West** 2 miles to **Lodging**: Northern Outdoors Resort, (800) 765-7238, rates begin at \$57.25/room for lodge rooms (max 4 persons, subject to availability), cabin tents at \$10.70PP, tent sites at \$6.42PP; include all taxes; B/L/D, Kennebec River Pub & Brewery, shuttle to the A.T. (ask ahead), coin laundry, free showers, free Internet access, hot tubs, Kennebec River rafting trips (class IV) start at \$79, accepts hiker mail/packages sent to Northern Outdoors, 1771 U.S. 201, The Forks, ME 04985. The Inn by the River, (207) 663-2181, <www.innbytheriver.com>, rooms with whirlpools and private porches start at \$79–\$129, B/L/D.

**West** 7 miles to Berry's General Store and Hardware, (207) 663-4461, <www.theforksarea.com>, accepts credit and debit cards; Heet, short-term resupply; in same building as West Forks P.O.

**West** 25 miles to Jackman, Maine, Regional Health Center, (207) 668-2691, 24-hour ER. The busy town of Jackman has coin laundry, pharmacy, and many moderately priced markets, motels, pubs, and restaurants. Bishop's Store (long-term resupply), (207) 668-3411, <www.bishopsstore.com>, has hiking and camping supplies, canister stove fuel, pizza, hot subs, beer, and liquor. **Lodging**: Bishop's Motel, (207) 668-3231, <www.bishopsmotel.com>, \$79D.

**Pleasant Pond Lean-to** (1958, renovated 1991)—Sleeps 6. Privy. Sandy beach on Pleasant Pond is 0.2 mile from the lean-to. Water source is a small brook crossed on the path to the lean-to or pond.

**Bald Mountain Brook Lean-to** (1994)—Sleeps 8. Privy. Water source is Bald Mountain Brook, in front of the lean-to.


**Moxie Bald Lean-to** (1958)—Sleeps 6. Privy. Many moose in the area. Water source is nearby stream.

**West Branch of Piscataquis River**—Normally knee-deep, this ford can be dangerous during periods of heavy rain. Do not attempt to cross in high water.

**Horseshoe Canyon Lean-to** (1991)—Sleeps 8. Privy. Lean-to is located on a blue-blaze. Water source is a spring at the A.T. junction or the river in front of, and below, the lean-to.

**East Branch of the Piscataquis River**—Like its West Branch, the 50-foot-wide East Branch of the Piscataquis can be tricky fording during periods of heavy rain.

**Blue-blaze to Monson**—Northbounders have an alternative route to Monson (see below), 3.3 miles south of Maine 15, near Lake Hebron; signs will point you in the right direction. This route leads a short distance to Pleasant St., where you will go left 2 miles into town.

 **Maine 15—East** 4 miles to **Monson, Maine [P.O. ZIP 04464: M–F 7:30–11:30 & 12:30–4, Sa 7:30–11; (207) 997-3975]**. Post office accepts debit cards with *limited* cash back. ATM at Mobile Mart. ■ **Lodging:** Shaws' Lodging, 36 years serving hikers, (207) 997-3597, P.O. Box 72, Monson, ME 04464, <www.shawslodging.com>; owners Dawn MacPherson-Allen and Sue Stevens; open May 15–Oct 15, no credit cards; tenting \$12PP, bunkhouse and bunkroom \$25PP, guest rooms \$35S \$56D, semiprivate \$28PP; advance reservations accepted; AYCE B; dogs welcome in bunkhouse; campstore, WiFi and Internet; nonguest showers, laundry, and mail drops \$5 each. Shuttles and food drops available. Mail drops free for guests sent to P.O. Box 72 or 17 Pleasant St., Monson, ME 04464. Lakeshore House Lodging & Pub, (207) 997-7069, (207) 343-5033, <www.thelakeshorehouse.com>, open year-round, credit cards accepted; owner Rebekah Anderson. Bunks \$25, private rooms \$40S \$50D; laundromat; coin-operated shower for nonguests; dogs OK; work for stay (3 hours work); WiFi and



loaner laptop for guests; pub hours Tu–Sa 12–9, Su 12–8, bar open later; AYCE specials on W and F; guest welcome to B at Shaw's; live music Su 2–5; free Trailhead pick-up and drop-off; no charge for parking. Hiker store with long-term resupply. Mail drops to P.O. Box 215, Monson, ME 04464. ■ **Groceries:** Tim's Monson General Store closed as a store but, Friday nights, an old-fashioned bluegrass jam session fills the space with locals and hikers; be sure to sign the famous register. A.E. Robinson Mobil Mart (short-term resupply), M–Su 5 a.m.–10 p.m., pizzas, hiker-sized calzones, hot sandwiches, ATM. ■ **Restaurants:** Spring Creek BBQ, Th–F 10–8, Su 8–6; Grill Master General's Food Wagon, BBQ, tacos, vegan selections, Th 11–6, F–M 11–8. ■ **Internet access:** Monson Public Library, M–W–F 1–4. ■ **Shuttles:** Buddy Ward, cell (207) 343-2564, home (207) 997-3792; Shaw's Lodging, (207) 997-3597; Lakeshore House, (207) 997-7069, (207) 343-5033; Phil Pepin, (207) 991-7030, <www.100milewilderness.com>.

**West** 10 miles to Greenville, Moosehead Lake's main tourist town and gateway to Maine's North Woods. ■ **Lodging:** Indian Hill Motel, (207) 695-2623, <indianhillmotel@gmail.com>, \$69S/D, \$12EAP. ■ **Groceries:** Indian Hill Trading Post (long-term



resupply). ■ **Restaurants:** Kelly's Landing, AYCE B on Su; Auntie Em's Family Restaurant; The Stress-Free Moose Pub; The Blue Loon Café; The Black Frog Pub; Flatlanders Rod and Reel. ■ **Outfitter:** Northwoods Outfitters, (207) 695-3288, <www.maineoutfitter.com>, daily 7–7, Internet (fee), and coffee at the Hard Drive Café inside store. ■ **Other services:** Indian Hill Trading Post, <www.indianhill.com>, (800) 675-4487; banks with ATM; Harris Drug Store, (207) 695-2921; Charles A. Dean Memorial Hospital, 24-hour ER, (207) 695-5200; Greenville Veterinary Clinic, (207) 695-4408.

**"100-Mile Wilderness"**—Signs at each end of this section proclaim this area's remoteness and warn the unprepared hiker to stay away, but don't be intimidated. The White House Landing Wilderness Camp, (207) 745-5116, is 32.3 miles south of Abol Bridge and 73.5 miles north of Monson; accepts MasterCard and Visa but might charge a fee for their use; no longer accepts mail drops but does have limited short-term resupplies. Hikers should remember to bring cash for Baxter State Park.

**Leeman Brook Lean-to** (1987)—Sleeps 6. Privy. Water source is the stream in front of the lean-to.

**Wilson Valley Lean-to** (1993)—Sleeps 6. Privy. Located north of Big Wilson Stream. Water source is a small spring in front of the lean-to, on the opposite side of the A.T.

**Long Pond Stream Lean-to** (1991)—Sleeps 8. Privy. Swimming in the scenic Slugundy Gorge and falls located 0.1 mile south, on a side trail 150 yards off the A.T. Water source is a small stream to the left of the lean-to.

**Cloud Pond Lean-to** (1992)—Sleeps 6. Privy 0.4 mile east. Water source is Cloud Pond, in front of the lean-to, or a spring to the north of the side trail to the lean-to.

**Chairback Gap Lean-to** (1954)—Sleeps 6. Privy. Water source, a small spring downhill and north of the lean-to 25 yards, is prone to go dry in drier years.



**Katahdin Iron Works (KIW) Road/West Branch of Pleasant River**—Just east of the A.T., on the KIW logging road, is a parking lot for Gulf Hagas.

**East** 20 miles to Maine 11 and Brownville Junction. ■ **Groceries:** The Junction General Store and Trackside Café (short-term resupply), (207) 965-8876, <www.the-junctiongeneral.com>, deli, live outdoor music on summer weekends, primitive camping available. ■ **Shuttle:** Kathy Preble, contact well in advance, (207) 965-8464, <svivor@midmaine.com>.

**The Hermitage**—Camping is not allowed inside this protected area, a national landmark owned by The Nature Conservancy. Look for the plaque to learn the meaning of its name. Home to magnificent old-growth white pines. **Camping:** Maine North Woods campgrounds and \$7 tentsites available near the Hermitage area. Maine North Woods, P.O. Box 425, Ashland, ME 04732, (207) 435-6213, <[www.northmainewoods.org](http://www.northmainewoods.org)>; contact it at the gatehouse; advance reservations are strongly recommended.

**West 8 miles to Lodging:** AMC Little Lyford Pond Camps, (603) 466-2727; \$92 for bunkroom space, two-night minimum, B/L/D included.

**Gulf Hagas**—If you've got the food and the time, you may want to take this side trail. The gulf was formed by water eroding the slate walls of a narrow canyon. The result of this sculpting is a stretch of many spectacular waterfalls nestled in a chasm about 500 feet deep. If you want a taste of the gulf's scenery, Screw Auger Falls is only 0.2 mile from the A.T. on Gulf Hagas Brook. A 5.2-mile loop hike is possible using the Rim and Gulf Hagas trails. MATC stations a ridgerunner in the area, which receives a tremendous amount of day use. *No camping allowed.*

**Carl A. Newhall Lean-to** (1986)—Sleeps 6. Privy. Lean-to is north of Gulf Hagas Brook, the water source.

**Sidney Tappan Campsite**—Privy. Follow the blue-blaze 0.2 mile east to water; trail begins just north of the campsite.

**Logan Brook Lean-to** (1983)—Sleeps 6. Privy. Water source is Logan Brook behind the lean-to; cascades are farther upstream.

**East Branch Lean-to** (1996)—Sleeps 8. Privy. Water source is the East Branch of the Pleasant River, in front.

**Cooper Brook Falls Lean-to** (1956)—Sleeps 6. Full-moon privy. Tentsite on trail to lean-to. A waterfront lean-to with numerous pools and falls. Water source is Cooper Brook in front of the lean-to.



**Jo-Mary Road—East 6 miles to Camping:** Jo-Mary Lake Campground, (207) 723-8117, <[www.northmainewoods.org](http://www.northmainewoods.org)>, mid-May–Oct 1, campsites \$20, camp-store B/L, showers, laundry, shuttle, dogs welcome. The A.T. crossing of Jo-Mary Road is 17 miles from Maine 11 and Brownville Junction.

**Antlers Campsite**—Campsites are on the edge of Lower Jo-Mary. Fort Relief privy to the west of the Trail. Water source is Jo-Mary Lake.

**Potaywadjo Spring Lean-to** (1995)—Sleeps 8. Privy. Water source is the 15-foot-wide Potaywadjo Spring, to the right of the lean-to.

**Mahe Trail/Mahe Tote Road/White House Landing Wilderness Camp—East** 1.2 miles to **Lodging:** White House Landing, (207) 745-5116. *Northbound directions:* Follow A.T. 2.8 miles north of Potaywadjo Spring Lean-to to third road north of lean-to, go east 0.2 mile on Mahe Trail/Mahe Tote Road to Pemadumcook Lake, follow lake shoreline south 1.0 mile to boat dock. *Southbound directions:* Follow A.T. 1.5 miles south of Nahmakanta Stream Campsite, go east 0.2 mile on Mahe Trail/Mahe Tote Road to Pemadumcook Lake, follow lake shoreline south 1.0 mile to boat dock. At boat dock, sound airhorn one short blast for ferry ride to camp; no ferry after dark. Owners Bill, Linda, and Ben Ware offer bunkhouse \$39PP, private rooms \$49PP, includes AYCE B and shower for guests only. L and grill menu 11–1; D for overnight guests only. Ice cream, cold drinks, campstore (long-term resupply), butane/propane canister fuel, denatured alcohol, white gas. No mail drops. Visa and MasterCard accepted; fee might be charged.

**Nahmakanta Stream Campsite**—Privy. Water is a stream in front of the campsite.

**Wadleigh Stream Lean-to** (1981)—Sleeps 6. Privy. Located 0.5 mile north of Nahmakanta Lake, which has a sandy beach. Water source is a spring on the beach.

**Rainbow Stream Lean-to** (1971)—Sleeps 6. Privy. Home of the A.T.'s best totem pole; often crowded with hiker groups. Good tenting and hammocking above and behind the lean-to. Water source is Rainbow Stream, in front.

**Rainbow Spring Campsite**—Privy. Water source is a flowing spring at the shore of Rainbow Lake.

**Hurd Brook Lean-to** (1959)—Sleeps 6. Privy. During high water, Hurd Brook, 50 feet south of the lean-to, can be deep and swift, and the ford dangerous. Area is frequented by hunters. Water source is Hurd Brook. Southbounders might want to tank up at the spring 0.7 mile north of the lean-to.



**"Golden Road"/Abol Bridge. ■ Camping:** Abol Bridge Campground, open May 15–Oct 1, privately run and located along the road on the West Branch of the Penobscot River, campsites \$10PP (\$20 minimum) or single-hiker special of \$15, coin-

op showers for guests (\$5 for nonguests), all visitors must register; Department of Conservation's Abol Pines, seasonal, tent site or space in one of two six-person lean-tos, \$8PP plus tax for out-of-state residents, reached by following a dirt road 75 yards east in front of the camp store. ■ **Groceries:** Abol Bridge Store (short-term resupply), restaurant, store phone (\$1 per 3 minute), credit cards accepted.

**East** 20 miles to Millinocket, Maine, near end of chapter.

**Baxter State Park**—The northern terminus of the Appalachian Trail, hosted by Baxter State Park, is Baxter Peak on Katahdin, Maine's highest mountain. Katahdin, along with the surrounding landscape, is part of a 209,644-acre wilderness sanctuary and forest preserve, Baxter State Park; <[www.baxterstateparkauthority.com](http://www.baxterstateparkauthority.com)>. The lands were donated in perpetual trust to the people of Maine by former Governor Percival Proctor Baxter, who served from 1921 to 1924. BSP is self-supporting, in large part due to Baxter's endowment funds and by his design, and is administered separately from any other agency or state park in Maine. Baxter's goal was to place preservation of natural resources as a priority over their recreational use, so some of BSP's regulations and policies are markedly different from what may be encountered elsewhere along the A.T. They were created to address protection of the park's natural features and wilderness, protection of the visitor's wilderness experience, and promotion of an attitude of personal responsibility and safety. No other entity is comparable to BSP along the Trail corridor, and A.T. hikers comprise less than 3 percent of the park's annual visitors. All visitors here are recipients of a very special gift, so please work with park authorities to honor the intent of such generosity by upholding its policies and regulations.

Most of Baxter's A.T.-related rules stem from the weather. Unlike the surrounding landscape south, Katahdin is exposed to extreme weather, including high winds, and has gotten snow during every month of the year. No shelters are located above treeline (north of Katahdin Stream Campground), and all trails to the summit are completely exposed. On humid, unsettled, late-summer days, for example, it is wise to start down by 1 p.m. to avoid electrical storms.

**Dogs**—Dogs are not allowed in the park. See Millinocket and Medway entries for kennels.

**Katahdin**—The translation of the Abenaki word is "greatest mountain." Maine's Penobscots considered the mountain a holy place and believed in Pamola, the deity of Katahdin, who purportedly would destroy any man who ventured too close to the mountain. The first recorded ascent of Katahdin by Euroamericans came on Aug 13, 1804, when a party



led by Charles Turner, Jr., reached the summit by the same rocks-and-roots route used by the A.T.—the Hunt Trail (named after Irving Hunt, a sporting-camp owner who cut the trail). Since then, the mountain has captured the imagination of many, including Henry David Thoreau, who explored the area in 1846. Thoreau Spring on the Tableland bears his name, although he likely never made it there. From Katahdin Stream Campground, it is a 10.4-mile trip to the summit and back. The ascent packs an elevation gain of 4,000 feet into 5 miles. Backpacks may be left at the ranger station at the campground, where you can borrow a daypack and obtain information on weather conditions. The park posts recommended “cut-off” times for beginning your climb: In Aug, hikers are advised to start by 11 a.m.; in Sep, by 10 a.m.; in Oct, by 9 a.m. Park rules require that you sign in at the campground before your climb and sign out on your return. Don’t forget to make your final, or first, register entry on the ranger station’s front porch.

*Weather*—Baxter State Park posts daily weather reports and trail-status alerts during the hiking season at 7 a.m. Before Memorial Day and anytime after late Sep, it is not uncommon for some trails to be closed for public-safety reasons or to protect the alpine-plant communities. The “class day” system has been discarded. Going forward, the mountain either will be open for hiking or it won’t. Hikers who choose to hike on closed trails are subject to a court summons, fine, and revocation of park-visitation privileges.

*Register*—Every hiker must register with a ranger upon entering BSP. An information kiosk is located on the A.T. 1 mile north of Abol Bridge. The 12 hikers using The Birches (see below) must sign up at the Abol Stream kiosk and also with the ranger at Katahdin Stream Campground. A Baxter Park “A.T. Steward” patrols the area to help hikers with information on the A.T. and the park.

*Reservations*—A “rolling reservations” policy is available four months in advance of the day you wish to stay within the park. If you want Jun 3, you need to know your reservation will not be processed before Feb 3. The traditional opening day to make walk-in reservations is the closest business day to Jan 15. Please call the park at (207) 723-5140, or check the Web site for updates. More information, and a chart outlining when reservations can be made, is at <[www.baxterstateparkauthority.com](http://www.baxterstateparkauthority.com)>. The site provides the many different ways reservations may be secured; you are strongly advised to review those options.

The overnight camping season is May 15–Oct 15 each year. After Oct 15, overnight camping is prohibited anywhere within the park. You may camp at the private Abol Bridge campground or the Maine DOC Abol Pines Campground downriver and across the road from Abol Bridge. Both charge fees. Your hike to the summit is then 15 miles one way from this area outside the park. Another option when BSP is closed for camping is to stay

in Millinocket and hire one of the local shuttle services to transport you in and out of Baxter on the day of your hike. Southbounders should note that the A.T. from Katahdin Stream Campground to Baxter Peak might not be open until Jun 1. Northbounders should note that they can check reservation availability by either going on-line or calling, and then sending in their request. With other mail requests coming in daily, that may not guarantee a spot. Between Jun 16 and Oct 15, campsite reservations may be made with a credit card *via* phone or Internet for any unreserved site in the park for any date. If you can't get camping space at one of the reservation-only campgrounds or the 12-slot Birches (see below), a very fit and fast thru-hiker, with 2,000 miles under her (or his) belt, might try leaving from and returning to Abol Bridge *via* the Blueberry Ledges Trail, a 19.2-mile round-trip to Katahdin's summit that includes the most challenging ascent and descent on the entire A.T. It wouldn't be a very leisurely way to end your thru-hike.

*Pamphlet—Long-Distance Hiking in Baxter State Park*, a pamphlet, is available on request from BSP. It has a map of the A.T. and the Blueberry Ledges Trail, a wealth of information about the park, and a message from park management.

*Mail and Messages*—BSP does not accept mail or packages. Mail drops should be arranged through the Millinocket post office.

*Trail closings on Katahdin*—It is advised to plan to reach BSP by Oct 1 or arrange to climb Katahdin before Oct 15; park officials emphasize that, in this northerly climate, chances are significantly high that you will be unable to successfully finish your hike at Katahdin's summit after this date. Winter hiking season is Dec 1–Mar 31; during that period, you must obtain a permit from the park to climb Katahdin.

In some years, access to the park road and trails up Katahdin can be closed by snowstorms for up to two weeks *before* Oct 15. On those days, the A.T. up to Baxter Peak is open only when conditions permit (see above). Each day at 7 a.m., park rangers post the weather forecast and trail alerts. Trail closures are not uncommon in late Sep–Oct. When the trails are closed, anyone hiking beyond the designated Trailhead is subject to a court summons and fine, and revocation of park privileges. If you must be rescued, assistance will be delayed until the rescuers can proceed safely; you could be found negligent and liable for all costs of search and rescue.

After Oct 15, Baxter State Park is open for day use only (sunrise to sunset), conditions permitting. Vehicular access to the park after Oct 15 is at the discretion of the park director and should not be planned on after Nov 1. Call park headquarters if you have questions about road access before May 15 or after Oct 15.

*Beginning at Katahdin*—Southbound thru-hikers beginning their trek at Katahdin should make reservations for campsites well in advance of their starting dates. During July and Aug, campsites normally are booked to maximum levels.

*Ending at Katahdin*—Northbounders who plan to have family and friends meet them at the park should reserve campsites in advance. Labor Day weekend is especially busy, with a traditional native-American event reserving the entire Katahdin Stream Campground. If driving into the park, there is a \$14 fee at the gate for out-of-state residents. Advise those who are meeting you that a new day-use parking reservation system is in effect at Katahdin Trailheads. You can compete to make a reservation on-line (<[www.baxterstatepark-authority.com](http://www.baxterstatepark-authority.com)>) for a \$5 fee for the Trailhead of your choice. Out-of-state residents can reserve a spot no earlier than two weeks before arrival; Maine residents can reserve anytime after Apr 1. When parking lots fill, visitors will be directed to open lots and alternate trailheads by the rangers at the gatehouse. ***Beginning in 2013, park regulations limit hiking groups to no more than 12 individuals; larger groups will be required to separate themselves into separate groups of 12 with at least a mile of trail between them. This regulation is designed to prevent large groups from dominating the experience at Baxter Peak. The park asks, "Please assist us in respecting the spectacular natural setting Percival Baxter generously preserved by complying with this new regulation."***

Southbounders, it is suggested you reserve a site for the nights before and after climbing Katahdin. For reservations and information, contact BSP, 64 Balsam Dr., Millinocket, ME 04462, (207) 723-5140.

*Camping in Baxter State Park*—Two 4-person lean-tos and tenting space for 4 additional people are available at a site called **The Birches**, not far from Katahdin Stream Campground. Advance reservations are not required; the fee to stay there is \$10PP. At reservation campgrounds, the fee is \$30 for either lean-to or tentsite (4- to 6-person capacity). *Cash only inside park.*

The Birches is 9 miles from Abol Bridge *via* the A.T. or 4.4 miles from Abol Bridge *via* the Blueberry Ledges Trail. Use of the the Birches facilities is limited strictly to 12 long-distance or thru-hikers who have hiked at least 100 contiguous miles up to and including entering the BSP. Stays at the Birches are limited to one night. Park authorities have posted a sign-up sheet for long-distance hikers at the information kiosk just north of Abol Bridge. If all 12 spaces are claimed for the night that you planned to stay at The Birches, you will need to stay elsewhere. Your choices include the Abol Bridge private campground; the nearby Maine Department of Conservation Abol Pines site on the West Branch of the Penobscot

(both are fee sites); standard-reservation campsites in the park at Katahdin Stream Campground, Foster Field Group Campsite, or any other available site of your choice in the park, if they are not already full; or staying in a campground or motel near Millinocket, if available. In Jul and Aug, and on all fall weekends, it is difficult to get a site at Katahdin Stream or elsewhere in the park, because sites are often reserved months in advance. However, Labor Day–Oct 15, it is possible (although not certain) that you will find vacant sites at Katahdin Stream during the week. *Beware:* In 2012, the park implemented a new policy of opening up all unreserved sites after Jun 16 for online reservations for the remainder of the camping season. That means that many sites previously obtained with ease at the last minute may become more difficult to reserve if you wait too long.

*2,000-Miler Certificate Applications*—ATC has asked Katahdin Stream Campground rangers to hand out forms to all northbounders who are about to finish the Trail, in an effort to expedite the processing of 2,000-miler certificates. See requirements on page ix.

*Reaching Baxter State Park*—No public transportation is available to and from BSP. Unless you have someone meeting you at the park, you'll need to hitch 24 miles from the Trail to Millinocket. Rides are usually easy to find, since almost everyone headed out of the park must go through Millinocket.



**Baxter State Park Road**—BSP Togue Pond Visitors Center, M–Th 7–3, F–Su 7–6; maps, guidebooks, additional information; beach, and picnic area (no camping).

**East 2 miles** from the park's south gate to **Lodging:** Maine Timberland Company's Katahdin Forest Cabins, (877) 622-2467, log cabin on Sunday Pond, spectacular view of Katahdin, \$87 per night, sleeps 6, with gas heat, stove, and privy; advance reservations necessary.

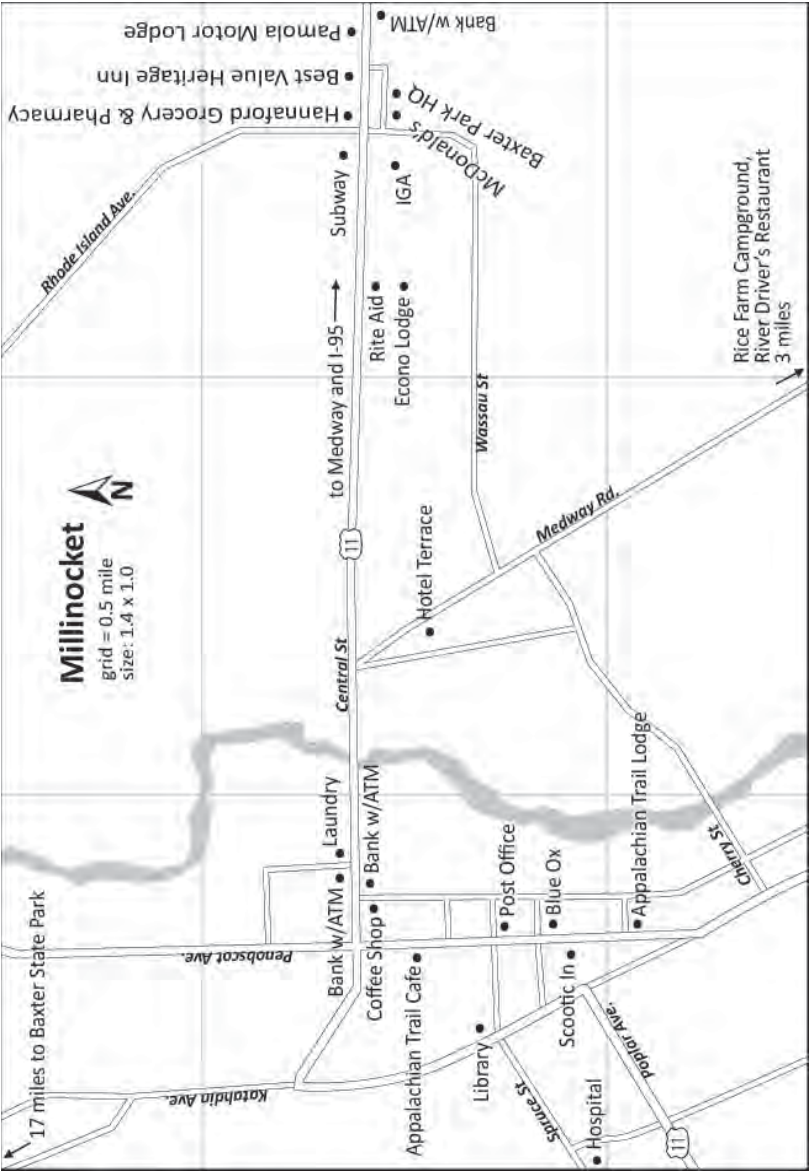
**East 2.6 miles** to **Camping:** Penobscot Outdoor Center on Pockwockamus Pond, (207) 723-3580, tentsites, showers, sauna, hot tub, restaurant, and lounge; call for rates.

**East 7 miles** to Golden Road junction (8 miles from here to Abol Bridge).

**East 8.3 miles** to ■ **Groceries:** Northwoods Trading Post (short-term resupply), (207) 723-4326, open 7–9, last gas station, pay phone, and ATM before entering BSP. A.T. maps, books, trail guides, patches, and souvenirs. ■ **Lodging:** Big Moose Inn, (207) 723-8391, <www.bigmoosecabins.com>, inn room with shared bath weekday \$53, weekend \$56; camping \$10PP; lean-to \$13PP; cabins, call for rates; restaurant and bar open W–Su, B available Sa–Su, no pets.

**East 15.6 miles** to **Camping:** Hidden Springs Campground, (888) 685-4488 or (207) 723-6337, <www.hiddenspring.com>, tentsites \$10PP/night, shower without stay \$3.

**East 17 miles** from the park's south gate to **Millinocket, Maine [P.O. 04462: M–F 9–4, Sa**



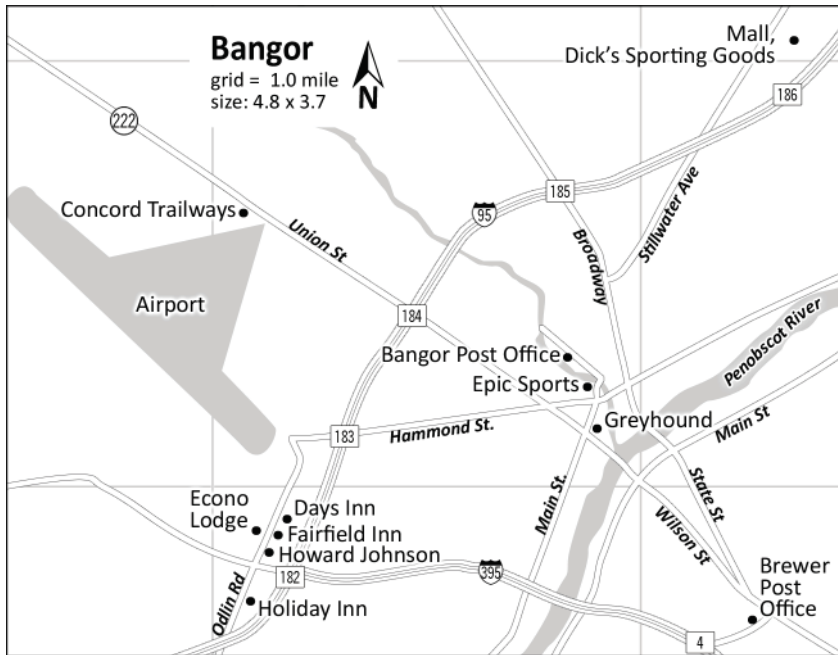
**9-11:30; (207) 723-5921].** BSP Headquarters, (207) 723-5140, 64 Balsam Dr., park reservations, publications, maps, and general information. ■ **Camping:** Rice Farm Campgrounds, (207) 723-8475, tentsites \$10–\$12PP, canvas tents \$22–\$28PP, showers included. ■ **Lodging:** Appalachian Trail Lodge and Café, (207) 723-4321, <www.appalachiantrailodge.com>, owners Paul (OleMan) & Jaime (NaviGator) Renaud, \$25 bunkroom, \$35S, \$55D, family suite (private bath) \$95; showers for nonguests \$3; WiFi, fuel, some hiking supplies; shuttle service to and from bus in Medway, into 100-mile wilderness or Monson, free daily shuttle from Baxter Sep–Oct 15 for guests (others \$10PP); no pets; accepts mail drops for guests at 33 Penobscot Ave., Millinocket, ME 04462; credit cards. Katahdin Inn & Suites, (207) 723-4555, \$69S, \$79D, \$89 king & sofa pull-out, dogs \$10/night, continental B, indoor pool and hot tub, WiFi, computer access, fitness center, laundry. Baxter Park Inn, (207) 723-9777, \$79S, \$89D, \$10EAP, dogs welcome \$10, continental B. Pamola Motor Lodge, (800) 575-9746, (207) 723-9746, <www.pamolamotorlodge.com>, \$59S, \$69D, dogs okay 410, continental B, Internet access, hot tub, lounge, laundry service. Hotel Terrace, (207) 723-4525, \$47S, \$56D, \$5EAP. The Young House B&B, (207) 723-5452, <www.theyoung-houseandb.com>, 193 Central Ave., \$95, credit cards accepted, WiFi, accepts mail drops. ■ **Restaurants:** Appalachian Trail Café, owned by Paul and Jaime Renaud, B/L/D, home of the Sundae Summit Challenge, free Internet access; Hotel Terrace, L/D, AYCE only on weekends; Hang Wong at Pamola Inn, M–Sa AYCE L; Angelo's Pizza Grille, B/L/D; BBQ House; Scootic Inn Restaurant; Blue Ox Saloon; Neoc River Drivers Restaurant, with coffee shop, bakery, deli. ■ **Other services:** Most major services are available in town, including supermarkets, coin laundries, and banks with ATM; Town Taxi, (207) 723-2000, provides service to the bus station (\$15) in Medway and (\$55) to Baxter State Park; Millinocket Regional Hospital, (207) 723-5161. Millinocket has no bus service, but Cyr Bus Lines of Old Town, Maine, serves nearby Medway (see below). ■ **Kennel services:** Connie McManus, (207) 723-6795, will pick up at Abol Bridge and house dogs for thru-hikers.



**Medway—** ■ **Lodging:** Katahdin Shadows Motel, (207) 746-5162, 10 miles east on Maine 157, <www.katahdinshadows.com>, \$54S, \$59D, \$10EAP; Gateway Inn, <www.medwaygateway.com>, (207) 746-3193, \$59.95 and up, dogs welcome; Pine Grove Campground and Cottages, (207) 746-5172, <www.pinegrovecamping.com>, tentsites, fully equipped cottages, dogs welcome, free use of canoe and kayak for guests, will pick up at bus station. ■ **Outfitter:** Nicatau Outfitter, <www.maine campingtrips.com>, (207) 746-3253 or (207) 746-3251, call ahead for shuttles or boarding pet. ■ **Bus service:** Cyr Bus Lines of Old Town, Maine, serves northern Maine; 10 miles east on Maine 757, (207) 927-2335, (207) 827-2010, or (800) 244-2335, <www.cyrbus tours.com>. A bus leaves Bangor at 6:00 p.m. and arrives at Medway at 7:40 p.m.; leaves Medway at 9:30 a.m. and arrives at Bangor at 10:50 a.m.; fee \$11.50 one way. ■ **Shuttle:** Maine Quest Adventures, (207) 746-9615, <www.mainequestadventures.com>; from Medway bus stop to Baxter SP or Abol Bridge, \$55 (2

persons), \$5EAP; will shuttle to all points in 100-mile Wilderness and to/from all Maine airports.

**Bangor**—A city with all major services, <www.bangorinfo.com>. For those traveling to or returning from BSP, Bangor offers a bus station and airport. The Chamber of Commerce, (207) 947-0307, can provide information as you prepare for your hike or return. For information on local transportation in the Bangor area: BAT Commuter Connection, (207) 992-4670, <www.bangormaine.gov>. ■ **Lodging:** Many motels and a mall are near the airport, including Days Inn, (207) 942-9272; Econo Lodge, (207) 945-0111; Fairfield Inn, (207) 990-0001; Howard Johnson's, (207) 947-3464; Holiday Inn, (207) 947-0101. ■ **Outfitters:** Epic Sports, (207) 941-5670, <www.epicsportsgear.com>, 6 Central St., M–Sa 9–8, Su 9–5; Dick's Sporting Goods, (207) 990-5932, located in the Bangor Mall. ■ **Bus service:** Concord Coach, (800) 639-3317; Cyr Bus Lines with daily transportation to Medway, (800) 244-2335 (see above).





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## Post Offices along the A.T.

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Post offices are listed here in south-to-north order. *Note: Many post offices (perhaps all) have been shaving one hour or more off their daily hours, typically some in the morning, some in the afternoon, and some at lunch time.* Changes we have verified are reflected here, but please take this development into account in your planning for picking up packages—call ahead! **Also, at the time of publication, the fates of several post offices for 2013 were undecided; check before you mail (or walk)!**

Local post office telephone numbers can be verified by calling (800) 275-8777 (ASK USPS) or consulting <www.usps.com>.

Post offices printed in **bold** are located on, or within one mile of, the Trail.

Town	ZIP Code	Hours Phone
Suches, GA	30572	M–F 7:30–11:30 & 1–4:30 (706) 747-2611
Helen, GA	30545	M–F 9–12:30, 1:30–4, Sa 9–12 (706) 878-2422
Hiawassee, GA	30546	M–F 8:30–5, Sa 8:30–12 (706) 896-3632
Franklin, NC	28734	M–F 8:30–5, Sa 9–12 (828) 524-3219
Bryson City, NC	28713	M–F 9:30–5, Sa 10–12 (828) 488-3481
Fontana Dam, NC	28733	M–F 11:45–3:45 (828) 498-2315
Gatlinburg, TN	37738	M–F 9–5, Sa 9–11 (865) 436-3229
Cherokee, NC	28719	M–F 9–4:30 (828) 497-3891
<b>Hot Springs, NC</b>	<b>28743</b>	M–F 9–11:30 & 1–4, Sa 9–10:30 (828) 622-3242
Erwin, TN	37650	M–F 8:30–4:45, Sa 10–12 (423) 743-9422
Unicoi, TN	37692	M–F 8–11 & 12–4, Sa 8:30–10:30 (800) 275-8777
Elk Park, NC	28622	M–F 7:30–12 & 1:30–4:15, Sa 7:30–11 (828) 733-5711



Roan Mountain, TN	37687	M–F 8–12 & 1–4, Sa 7:30–9:30 (423) 772-3014
Hampton, TN	37658	M–F 7:30–11:30 & 12:30–4, Sa 8–10 (423) 725-2177
Shady Valley, TN	37688	M–F 7:30–11 & 12–3:30, Sa 7:30–9:30 (423) 739-2173
<b>Damascus, VA</b>	<b>24236</b>	M–F 8:30–1 & 2–4:30, Sa 9–11 (276) 475-3411
Troutdale, VA	24378	M–F 8:15–12 & 1–4:30, Sa 8:15–11:30 (276) 677-3221
Sugar Grove, VA	24375	M–F 8:15–12 & 1:15–4:45, Sa 8:15–10:30 (276) 677-3200
Marion, VA	24354	M–F 9–5, Sa 9:30–12 (276) 783-5051
Atkins, VA	24311	M–F 8:30–12:30 & 1:15–4:, Sa 9:30–11 (276) 783-5551
Bland, VA	24315	M–F 8–11:30 & 12–4, Sa 9–11 (276) 688-3751
Bastian, VA	24314	M–F 8–12 & 12:30–4, Sa 9:15–1:15 (276) 688-4631
<b>Pearisburg, VA</b>	<b>24134</b>	M–9–4:30, Sa 10–12 (540) 921-1100
<b>Catawba, VA</b>	<b>24070</b>	M–F 7:30–12 & 1–5, Sa 8–10:30 (540) 384-6011
<b>Daleville, VA</b>	<b>24083</b>	M–F 8–5, Sa 8–12 (540) 992-4422
Cloverdale, VA	24077	M–F 8:30–11 & 11:30–4, Sa 9–12 (540) 992-2334
Troutville, VA	24175	M–F 9–12 & 1–5, Sa 9–11 (540) 992-1472
Buchanan, VA	24066	M–F 8:30–1 & 1:30–4:30, Sa 10–12 (540) 254-2178
Big Island, VA	24526	M–F 8:30–12:30 & 1:30–4:30, Sa 8–10 (434) 299-5072
Glasgow, VA	24555	M–F 8–11:30 & 12:30–4:30, Sa 8:30–10:30 (540) 258-2852
Buena Vista, VA	24416	M–F 8:30–4:30, closed Sa (540) 261-8959
Lexington, VA	24450	M–F 9–5, Sa 10–12 (540) 463-6449
Montebello, VA	24464	M–F 8–1 & 1:30–4:30, Sa 9–12 (540) 377-9218

Waynesboro, VA	22980	M–F 9–5, closed Sa (540) 942-7320
Elkton, VA	22827	M–F 8:30–4:30, Sa 9–11 (540) 298-7772
Luray, VA	22835	M–F 8:30–4:30, closed Sa (540) 743-2100
Front Royal, VA	22630	M–F 8:30–5, Sa 8:30–1 (540) 635-7983
Linden, VA	22642	M–F 8–12 & 1–5, Sa 8–12 (540) 636-9936
Bluemont, VA	20135	M–F 8:30–12 & 1–5, Sa 8:30–12 (540) 554-4537
<b>Harpers Ferry, WV</b>	<b>25425</b>	M–F 8–4, Sa 9–12 (304) 535-2479
Boonsboro, MD	21713	M–F 9–1 & 2–5, Sa 9–12 (301) 432-6861
Smithsburg, MD	21783	M–F 8:30–1 & 2–4:30, Sa 8:30–12 (301) 824-2828
Cascade, MD	21719	M–F 8–1 & 2–5, Sa 8–12 (301) 242-3403
Blue Ridge Summit, PA	17214	M–F 8–4, Sa 9–11:30 (717) 794-2335
Waynesboro, PA	17268	M–F 8:30–5, Sa 9–12 (717) 762-1513
South Mountain, PA	17261	M–F 8:30–1 & 2–4:30, Sa 8:30–11:30 (717) 749-5833
Fayetteville, PA	17222	M–F 8–4:30, Sa 8:30–12 (717) 352-2022
Mt. Holly Springs, PA	17065	M–F 8–1 & 2–4:30, Sa 9–12 (717) 486-3468
<b>Boiling Springs, PA</b>	<b>17007</b>	M–F 8–12 & 1–4:30, Sa 8–12 (717) 258-6668
<b>Duncannon, PA</b>	<b>17020</b>	M–F 8–11, 12–4:30, Sa 8–12 (717) 834-3332
Bethel, PA	19507	M–F 8–12, 1:15–4:30, Sa 8:30–10:30 (717) 933-8305
Pine Grove, PA	17963	M–F 8:30–4:30, Sa 9–12 (570) 345-4955
<b>Port Clinton, PA</b>	<b>19549</b>	M–F 7:30–12:30 & 2–5, Sa 8–11 (610) 562-3787
Hamburg, PA	19526	M–F 9–5, Sa 9–12 (610) 562-7812

Slatington, PA	18080	M–F 8:30–5, Sa 8:30–12 (610) 767-2182
Walnutport, PA	18088	M–F 8:30–5, Sa 8:30–12 (610) 767-5191
Palmerton, PA	18071	M–F 8:30–5, Sa 8:30–12 (610) 826-2286
Danielsville, PA	18038	M–F 8–12 & 1–5, Sa 8–12 (610) 767-6882
<b>Wind Gap, PA</b>	<b>18091</b>	M–F 8:30–5, Sa 8:30–12 (610) 863-6206
<b>Delaware Water Gap, PA</b>	<b>18327</b>	M–F 8:30–12 & 1–4:45, Sa 8:30–11:30 (570) 476-0304
Branchville, NJ	07826	M–F 8:30–5, Sa 8:30–1 (973) 948-3580
Unionville, NY	10988	M–F 8–11:30 & 1–5, Sa 8–12 (845) 726-3535
Glenwood, NJ	07418	M–F 7:30–5, Sa 10–2 (973) 764-2616
Vernon, NJ	07462	M–F 8:30–5, Sa 9:30–12:30 (973) 764-9056
Greenwood Lake, NY	10925	M–F 8–5, Sa 9–12 (845) 477-7328
Warwick, NY	10990	M–F 8:30–5, Sa 9–4 (845) 986-0271
Southfields, NY	10975	M–F 8:30–12, 1–5, Sa 8:30–11:30 (845) 351-2628
<b>Bear Mountain, NY</b>	<b>10911</b>	M–F 8–12, closed Sa (845) 786-3747
<b>Ft. Montgomery, NY</b>	<b>10922</b>	M–F 8–1 & 2:30–5, Sa 9–12 (845) 446-8459
Peekskill, NY	10566	M–F 9–5, Sa 9–4 (914) 737-1340
Stormville, NY	12582	M–F 8:30–5, Sa 9–12 (845) 226-2627
Poughquag, NY	12570	M–F 8:30–5, Sa 8:30–12:30 (845) 724-4763
Pawling, NY	12564	M–F 8:30–5, Sa 9–12 (845) 855-2669
Wingdale, NY	12594	M–F 8–5, Sa 8–12:30 (845) 832-6147
Gaylordsville, CT	06755	M–F 8–1 & 2–5, Sa 8–12 (860) 354-9727

<b>Kent, CT</b>	<b>06757</b>	M–F 8–1 & 2–5, Sa 8:30–12:30 (860) 927-3435
<b>Cornwall Bridge, CT</b>	<b>06754</b>	M–F 8:30–1 & 2–5, Sa 9–12 (860) 672-6710
West Cornwall, CT	06796	M–F 8:30–1 & 2–4:30, Sa 9–12 (860) 672-6791
Sharon, CT	06069	M–F 8:30–4:30, Sa 9:30–12:30 (860) 364-5306
<b>Falls Village, CT</b>	<b>06031</b>	M–F 8:30–1 & 2–5, Sa 8:30–12 (860) 824-7781
<b>Salisbury, CT</b>	<b>06068</b>	M–F 8–1 & 2–5, Sa 9–12 (860) 435-5072
South Egremont, MA	01258	M–F 8:15–12 & 12:30–4, Sa 9–11:30 (413) 528-1571
Sheffield, MA	01257	M–F 9–4:30, Sa 9–12 (413) 229-8772
Great Barrington, MA	01230	M–F 8:30–4:30, Sa 8:30–12:30 (413) 528-3670
Monterey, MA	01245	M–F 8:30–1 & 2–4:30, Sa 9–11:30 (413) 528-4670
<b>Tyringham, MA</b>	<b>01264</b>	M–F 9–12:30 & 4–5:30, Sa 8:30–12:30 (413) 243-1225
Lee, MA	01238	M–F 8:30–4:30, Sa 9–12 (413) 243-1392
Becket, MA	01223	M–F 8–4, Sa 9–11:30 (413) 623-8845
<b>Dalton, MA</b>	<b>01226</b>	M–F 8:30–4:30, Sa 9–12 (413) 684-0364
<b>Cheshire, MA</b>	<b>01225</b>	M–F 7:30–1 & 2–4:30, Sa 8:30–11:30 (413) 743-3184
Adams, MA	01220	M–F 8:30–4:30, Sa 10–12 (413) 743-5177
North Adams, MA	01247	M–F 8:30–4:30, Sa 10–12 (413) 664-4554
Williamstown, MA	01267	M–F 8:30–4:30, Sa 9–12 (413) 458-3707
Bennington, VT	05201	M–F 8–5, Sa 9–2 (802) 442-2421
Manchester Center, VT	05255	M–F 8:30–4:30, Sa 9–12 (802) 362-3070
Danby, VT	05739	M–F 7:15–12 & 1:15–4, Sa 7:30–10:30 (802) 293-5105

Wallingford, VT	05773	M–F 8–4:30, Sa 9–12 (802) 446-2140
Rutland, VT	05701	M–F 8–5, Sa 8–12 (802) 773-0222
Killington, VT	05751	M–F 8:30–11, 12–4:30, Sa 8:30–12 (802) 775-4247
Pittsfield, VT	05762	M–F 8–12 & 2–4:30, Sa 8:30–11:30 (802) 746-8953
Woodstock, VT	05091	M–F 8:30–5, Sa 9–12 (802) 457-1323
<b>South Pomfret, VT</b>	<b>05067</b>	M–F 8–1 & 2–4:45, Sa 8:30–11:30 (802) 457-1147
Hartford, VT	05047	M–F 7:30–11:30 & 1–4:45, Sa 7:30–10:15 (802) 295-6293
<b>Norwich, VT</b>	<b>05055</b>	M–F 8:30–5, Sa 9–12 (802) 649-1608
<b>Hanover, NH</b>	<b>03755</b>	M–F 8:30–5, Sa 8:30–12, pkg pick-up open 7 a.m. (603) 643-4544
Lyme, NH	03768	M–F 7:45–12 & 1:30–5:15, Sa 7:45–12 (603) 795-4421
Wentworth, NH	03282	M–F 7–1 & 3–5, Sa 7:15–12 (603) 764-9444
Warren, NH	03279	M–F 7:30–1 & 2:30–5, Sa 8–12 (603) 764-5733
<b>Glencliff, NH</b>	<b>03238</b>	M–F 7–10 & 2–5, Sa 7–1 (603) 989-5154
North Woodstock, NH	03262	M–F 9:30–12:30 & 1:30–4:30, Sa 9–12 (603) 745-8134
Lincoln, NH	03251	M–F 8–5, Sa 8–12 (603) 745-8133
Bartlett, NH	03812	M–F 8:30–1 & 1:30–4:45, Sa 8:30–12 (603) 374-2351
<b>Mt. Washington, NH</b>	<b>03589</b>	M–Sa 10–4, not recommended for mail drop (603) 466-3347
Gorham, NH	03581	M–F 8:30–5, Sa 8:30–12 (603) 466-2182
Andover, ME	04216	M–F 8:30–1:30 & 2–4:30, Sa 8:30–11:30 (207) 392-4571
Oquossoc, ME	04964	M–F 8–1 & 1:30–4:15, Sa 9–12 (207) 864-3685
Rangeley, ME	04970	M–F 9:30–12:30 & 1:30–4:15, Sa 9:30–12 (207) 864-2233

Stratton, ME	04982	M–F 9:00–1 & 1:30–4, Sa 8:30–11 (207) 246-6461
<b>Caratunk, ME</b>	<b>04925</b>	M–F 7:30–11:30 & 12–3:45, Sa 7:30–11:15 (207) 672-3416
Monson, ME	04464	M–F 7:30–11:30 & 12:30–4, Sa 7:30–11 (207) 997-3975
Millinocket, ME	04462	M–F 9–4, Sa 9–11:30 (207) 723-5921

## Mail Drops

Many thru-hikers use “mail drops” to send themselves supplies. The *Companion* lists U.S. Postal Service (USPS) offices and also establishments that accept packages from shippers such as UPS and FedEx. Mail drops can be sent to both types of locations, but it is important to address them differently. Post offices accept only mail; a post office will not accept a FedEx or UPS package. Only post offices will accept packages addressed to a “General Delivery” address. USPS will forward unopened first-class and “priority” items at no additional fee. **UPS and FedEx packages cannot be sent to “General Delivery”**—you must provide a physical address other than a post office, such as a street number, and (for FedEx) a telephone number for those shipments. Please assist the businesses and post offices by printing legibly and practicing the following labeling instructions:

Your Full Name (no nicknames or Trail names)  
 c/o the business (*General Delivery* if a post office)  
 City/State/ZIP Code  
*Please Hold for Thru-hiker or Section-Hiker*  
 (and estimated date of arrival)

At the post office, be prepared to show a photo ID when you pick up your package. Postmasters are one of a thru-hiker’s best friends on the Trail. Help them help you and other hikers by following the labeling instructions above for all your mail. Send a postcard if you leave the Trail for any reason, to let the post office know what to do with your package.

To ensure that your food parcels don’t pick up any “unwanted visitors” before you arrive, we suggest that hikers double-bag and securely seal all parcels.

# Hostels, Camping & Showers

The first thing that comes to a hiker’s one-track mind when she/he hits town is FOOD and lots of it, followed by a good hot shower and affordable accommodations. In the pursuit of just food, shower, and laundry, some hikers want to minimize the town experience and return to the Trail as soon as possible, usually the same day. This list provides low-cost options and will help you to keep the grunge at bay. Campgrounds were chosen for their proximity to the Trail, and consideration was given if they allowed nonguest showers, while keeping in mind travel by foot. There are many other campgrounds listed in the *Companion* that are best reached by car or require a longer walk.

Establishments printed in **bold** are located on or within one mile of the Trail.

NA=not available

n/c= no charge

S = shelter; H = hostel; C = camping; L = lodging; B = bunk

State	Location; Establishment	Guest Fee	Nonguest Shower-only fee
Ga.	<b>Amicalola Falls State Park</b>	C \$75–\$175, L \$60+	
Ga.	Suches; A.T. Hiker Hostel	H \$18	
Ga.	Suches; Wolfpen Gap Country Store Hostel	H \$15	\$5
Ga.	<b>Neels Gap</b> ; Walasi-Yi Center	H \$15	\$3.50
Ga.	Hiawassee; Blueberry Patch	H donation	
N.C.	Rock Gap; Standing Indian Campground	C \$16	\$2
N.C.	<b>Wesser</b> ; Nantahala Outdoor Center	H \$17	
N.C.	<b>Fontana Dam Visitors Center</b>		n/c
Tenn.	<b>Green Corner Rd</b> ; Standing Bear Farm	H \$20/\$15	
N.C.	<b>Hot Springs</b> ; The Sunnybank Inn	L \$20	
N.C.	<b>Hot Springs</b> ; The Hostel at Laughing Heart Lodge	H \$12 L \$25	
Tenn.	<b>Greeneville</b> ; Hemlock Hollow	L \$50 B \$20 C \$12	\$3
Tenn.	Erwin; Cherokee Adventures	C \$5 B \$8	\$2
Tenn.	Erwin; Nolichucky Hostel and Outfitters	H \$18 C \$8	\$4
Tenn.	<b>Greasy Creek Gap</b> ; Greasy Creek Friendly	H \$10/\$15 C \$7.50	\$3
Tenn.	<b>U.S. 19E</b> ; Mountain Harbour B&B/Hostel	C \$8 B \$22	\$4

Tenn.	<b>Roan Mtn;</b> Vango & Abby's Memorial Hostel	H \$9/\$11 L \$15–\$25	\$3
Tenn.	<b>Dennis Cove;</b> Kincora Hostel	H \$5 suggested donation	
Tenn.	<b>Dennis Cove;</b> Black Bear Resort	C \$10 H \$15 L \$40	
Va.	<b>Damascus;</b> The Place	H \$6 suggested donation	
Va.	<b>Damascus;</b> Dave's Place, MRO	H \$21 (2)	\$3
Va.	<b>USFS Hurricane Campground</b>	C \$16	\$2
Va.	Va. 16; Troutdale Baptist Church	H donation	n/c
Va.	<b>Va. 606;</b> Trent's Grocery Store	C \$6	\$3
Va.	<b>Sugar Run Rd;</b> Woodshole Hostel	H \$10 suggested donation C \$6	
Va.	Pearisburg; Holy Family Church Hostel	H \$10 suggested donation	
Va.	<b>Pearisburg;</b> Rendevois Motel	L \$44	\$8
Va.	<b>U.S. 11;</b> Day Stop Inn (Travel Centers of America)		\$10
Va.	Four Pines Hostel	H donation	
Va.	Va. 614; Middle Creek Campground	C \$26 / 4 L \$65 / 4	\$5
Va.	Buena Vista; Glen Maury Campground	C \$5	n/c
Va.	Montebello; Montebello Camping and Fishing	C \$10S/ \$3EAP	
Va.	Tye River; Crabtree Falls Campground	C \$23D	n/c
Va.	Waynesboro; Grace Evangelical Lutheran Church	H donation	n/c
Va.	Waynesboro; Waynesboro YMCA	C donation	n/c
Va.	<b>SNP;</b> Loft Mountain Campground	C \$16	\$1
Va.	<b>SNP;</b> Lewis Mountain Campground	C \$16	\$1
Va.	<b>SNP;</b> Big Meadows Campground	C \$19	\$1
Va.	<b>Compton Gap Trail/</b> Front Royal Terrapin Hostel	H \$17	
Va.	<b>Bears Den Hostel</b>	H \$30/\$17 C \$10	\$3
Va.	<b>Blackburn Trail Center</b>	H, C donations	
W.Va.	<b>Harpers Ferry;</b> Teahorse Hostel	H \$28	



Md.	Keep Tryst Road; <b>Harpers Ferry Hostel</b>	H \$18/\$21 C \$10	\$5
Md.	<b>Gapland Rd. West</b> ; Maple Tree Campground	C (ask for rate)	
Md.	<b>Dahlgren Backpack Campground</b>	C	n/c
Md.	<b>Md. 17/ Wolfsville Rd</b> ; The Free State Hiker Hostel	H \$32	
Pa.	<b>Caledonia State Park</b>	C \$21 weekday; \$25 weekend	\$3
Pa.	<b>Pa. 233</b> ; Pine Grove Furnace State Park, Ironmasters Mansion	H \$25	
Pa.	<b>Boiling Springs</b> ; Boiling Springs Pool		\$1
Pa.	<b>U.S. 11, Carlisle</b> ; Flyin' J Travel Plaza		\$11.50
Pa.	<b>Duncannon</b> ; Doyle Hotel	L \$25s/\$7.50 <sup>EAP</sup>	\$7.50
Pa.	<b>Duncannon</b> ; All-American Truck Stop		\$8
Pa.	<b>Port Clinton</b> pavilion	C n/c	
Pa.	<b>Hawk Mountain Road</b> ; Eckville Hikers Center; solar shower	B, C n/c	n/c
Pa.	Palmerton; Borough Hall	H n/c	n/c
Pa.	<b>DWG</b> ; Presbyterian Church of the Mountain Hostel	H donation	
N.J.	<b>Mohican Outdoor Center</b>	L \$25 C n/c	
N.J.	<b>High Point State Park</b> day-use area		n/c
N.J.	<b>Sawmill Lake Campground</b>	C \$20	
N.J.	Vernon; St. Thomas Episcopal Church	H \$10 donation	
N.Y.	<b>Arden Valley Rd</b> ; Tiorati Circle		n/c
N.Y.	<b>Graymoor Spiritual Life Center</b>	C	n/c
N.Y.	N.Y. 301; Clarence Fahnestock State Park	C \$13/\$16	n/c
Conn.	<b>Cornwall Bridge</b> ; Housatonic Meadows State Park	C \$36	n/c
Conn.	<b>Falls Village Hydroelectric Plant</b> ; cold water		n/c
Mass.	<b>U.S. 7</b> ; Dolls & Dwellings	C	n/c
Mass.	East Mountain Retreat	H \$10	
Mass.	<b>Cheshire</b> ; St. Mary's Church	H donation	
Mass.	Mass. 2; North Adams YMCA		\$2
Mass.	Williamstown; Williams Inn		\$7

Vt.	Rutland; Hostel at the Yellow Deli	H \$20 donation	
Vt.	<b>Vt. 100;</b> Gifford Woods State Park	S \$25–27 C \$18–22/4	50¢
N.H.	<b>Etna–Hanover Ctr. Rd East;</b> Tigger's Treehouse	H donation	
N.H.	<b>Cape Moonshine Rd;</b> Dancing Dunes Village	C work for stay	
N.H.	<b>Glencliff;</b> Hikers Welcome Hostel	H \$20 C \$15	\$2.50
N.H.	I-93, U.S. 3, Franconia Notch; Lafayette Place Campground	C \$25D	\$1
N.H.	U.S. 302, Crawford Notch; Dry River Campground	C \$27.25D	25¢
N.H.	U.S. 302, Crawford Notch; Crawford Notch Campground	C \$24	\$2
N.H.	U.S. 302, Crawford Notch; AMC Highland Center	B \$47	
N.H.	<b>N.H. 16;</b> Pinkham Notch Visitors Center		coin-operated
N.H.	U.S. 2, White Mtns Lodge & Hostel	\$33	
N.H.	U.S. 2, Shelburne; White Birches Camping Park	H \$15 C \$12	.
N.H.	Gorham; The Barn	H \$20	
N.H.	Gorham; Hikers Paradise Hostel at Colonial Fort Inn	H \$21	
Maine	Maine 26, Grafton Notch; Bethel, Maine, International Hostel	H \$22–\$25	
Maine	Andover; Pine Ellis Hiking Lodge	B \$20	
Maine	Andover; South Arm Campground	C \$15/4	25¢
Maine Maine	Stratton; Stratton Motel & Hostel Stratton; Maine Roadhouse	H \$20 B \$20	
Maine	U.S. 201; Northern Outdoors Resort	C \$10.70/\$6.42 L \$57.25/4	n/c
Maine	Monson; Lakeshore House	B \$25	coin-operated
Maine	Monson; Shaws	B \$25 C \$12PP	\$5
Maine	White House Landing	H \$39	
Maine	<b>Golden Road;</b> Abol Bridge Campground	C \$15	coin-operated
Maine	<b>Golden Road;</b> Abol Pines	C \$8	
Maine	Millinocket; A.T. Lodge	\$25 bunk \$35S, \$55D	\$3

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# Equipment Manufacturers & Distributors

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Most manufacturers and distributors stand behind their products. Companies will often replace or repair equipment while you are on the Trail. Usually, it is best to deal directly with the manufacturer rather than going through an outfitter along the Trail (except where noted below). A few telephone calls can save lost time and prevent a lot of headaches.

AntiGravity Gear	(910) 794-3308 <a href="http://www.antigravitygear.com">www.antigravitygear.com</a>
Arc 'Teryx	(866) 458-BIRD <a href="http://www.arcteryx.com">www.arcteryx.com</a>
Asolo	(603) 448-8827, ext. 105 <a href="http://www.asolo.com">www.asolo.com</a>
Backcountry Gear	(800) 953-5499 <a href="http://www.backcountrygear.com">www.backcountrygear.com</a>
Campmor	(800) 525-4784 <a href="http://www.campmor.com">www.campmor.com</a>
Camelbak	(800) 767-8725 <a href="http://www.camelbak.com">www.camelbak.com</a>
Cascade Designs	(800) 531-9531 <a href="http://www.cascadedesigns.com">www.cascadedesigns.com</a>
Cedar Tree Industry	(276) 780-2354 <a href="http://www.thepacka.com">www.thepacka.com</a>
Columbia	(800) 547-8066, (503) 985-4000 <a href="http://www.columbia.com">www.columbia.com</a>
Dana Design (Marmot)	(888) 357-3262 <a href="http://www.danadesign.com">www.danadesign.com</a>
Danner Shoe Manufacturing	(800) 345-0430, (877) 432-6637 <a href="http://www.danner.com">www.danner.com</a>
Eagle Creek	(800) 874-9925 <a href="http://www.eaglecreek.com">www.eaglecreek.com</a>
Eastern Mountain Sports	(888) 463-6367 <a href="http://www.ems.com">www.ems.com</a>
Eureka	(888) 6EUREKA <a href="http://www.eurekacampingctr.com">www.eurekacampingctr.com</a>
Ex Officio	(800) 644-7303 <a href="http://www.exofficio.com">www.exofficio.com</a>
Feathered Friends	(206) 292-6292 <a href="http://www.featheredfriends.com">www.featheredfriends.com</a>
Frogg Toggs	(800) 349-1835 <a href="http://www.froggtoggs.com">www.froggtoggs.com</a>
General Ecology/First Need Filter	(800) 441-8166 <a href="http://www.generalecology.com">www.generalecology.com</a>
Golite	(888) 546-5483 <a href="http://www.golite.com">www.golite.com</a>

Gossamer Gear	(512) 374-0133 www.gossamergear.com
Granite Gear	(218) 834-6157 www.granitegear.com
Gregory Mountain Products	(800) 477-3420 www.gregorypacks.com
Hi-Tec Sports, USA	(209) 545-1111 www.hi-tec.com
Jacks 'R' Better Quilts	(757) 643-8908 www.jacksrbetter.com
JanSport	(510) 614-4000 www.jansport.com
Katadyn	(800) 755-6701 www.katadyn.com
Kelty Pack, Inc.	(800) 423-2320 www.kelty.com
Leki	(800) 255-9982, ext. 3 www.leki.com
Peter Limmer & Sons, Inc.	(603) 694-2668 www.limmerboot.com
L.L.Bean	(800) 441-5713 www.llbean.com
Lowe Alpine Systems	(877) 888-8533 www.loweapline.com
Marmot	(888) 357-3262 www.marmot.com
Merrell	(800) 288-3124 www.merrell.com
Mont-bell	(303) 449-5331 www.montbell.com
Montrail	(800) 953-8398 www.montrail.com
Moonbow Gear	(800) Moonbow www.moonbowgear.com
Mountain Hardwear	(800) 953-8398 www.mountainhardwear.com
Mountain Safety Research (Cascade Designs)	(800) 531-9531 www.msrcorp.com
Mountainsmith	(800) 426-4075, ext. 2 www.mountainsmith.com
The North Face	(866) 715-3223, ext. 7 www.thenorthface.com
Osprey	(970) 564-5900 cs@ospreypacks.com
Outdoor Research	(888) 467-4327 www.outdoorresearch.com

Patagonia	(800) 638-6464 www.patagonia.com
Peak 1/Coleman	(800) 835-3278 www.coleman.com
Photon	(877) 584-6898 www.photonlight.com
Primus	(888) 546-2267 www.primus.stoves.com
Princeton Tec	(609) 298-9331 www.princetontec.com
REI	(800) 426-4840 www.rei.com
Royal Robbins	(800) 587-9044 www.royalrobbins.com
Salomon	(800) 654-2668 www.salomonsports.com
Sierra Designs	(800) 369-3949 www.sierradesigns.com
Six Moon Designs	(503) 430-2303 www.sixmoondesigns.com
Slumberjack	(800) 233-6283 www.slumberjack.com
Speer Hammocks	(828) 724-4444 www.speerhammocks.com
Suunto	(800) 543-9124 www.suunto.com
Tarptent by Henry Shires	(650) 587-1548 www.tarptent.com
Tecnica	(800) 258-3897, ext. 2 www.tecnicausa.com
Teva/Deckers Corporation	(800) FOR-TEVA www.teva.com
The Underwear Guys	(570) 573-0209 www.theunderwearguys.com
ULA-Equipment	(435) 753-5191 www.ula-equipment.com
Vasque	(800) 224-4453 www.vasque.com
Warm Stuff	(570) 573-0209 www.warmstuff.com
Western Mountaineering	(408) 287-8944 www.westernmountaineering.com
ZZManufacturing (Zipztove)	(800) 594-9046 www.zzstove.com

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## Key Dates to Remember (2013)

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<b>January 18–21</b>	Southern Ruck, Nantahala Outdoor Center, Wesser, N.C.
<b>January 25–29</b>	NoRuck, Bears Den Hostel, Bluemont, Va.
<b>March 8–10</b>	Appalachian Trail Kick Off (ATKO), Amicalola Falls State Park, Dawsonville, Ga.
<b>March 5</b>	ALDHA's 30th birthday
<b>March 22–24</b>	Dahlonge Trail Fest, Dahlonge, Ga.
<b>March 29–30</b>	April Fools Trail Fest, Franklin, N.C.
<b>April 13</b>	ALDHA Steering Committee meeting, open to the public, Ironmasters Hostel, Pine Grove Furnace State Park, Gardners, Pa.
<b>April 19–21</b>	ATC/ALDHA Corridor Work Trip
<b>April 19–21</b>	Appalachian Trailfest, Hot Springs, N.C.
<b>May 17–19</b>	Appalachian Trail Days, Damascus, Va.
<b>June 1</b>	National Trails Day at the Appalachian Trail Museum, Pine Grove Furnace State Park, Gardners, Pa.
<b>June 7</b>	Appalachian Trail Hall of Fame Induction Ceremony, Allenberry Resort Inn, Boiling Springs, Pa.
<b>July 19–26</b>	Appalachian Trail Conservancy Biennial Membership Meeting, Western Carolina University, Cullowhee, N.C.
<b>September 13–15</b>	Trail's End Festival, Millinocket, Maine
<b>September 27–29</b>	ALDHA West Gathering < <a href="http://www.aldhawest.org">www.aldhawest.org</a> >.
<b>October 11–13</b>	32nd ALDHA Gathering, Shippensburg University, Shippensburg, Pa.

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# ALDHA 2013 Membership/Registration Form

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**Membership open to all ♦ No prerequisites or requirements ♦ No need to be a hiker to join**

Name(s) \_\_\_\_\_

Current ALDHA member? ☐ Yes ☐ No

Date \_\_\_\_\_

Address \_\_\_\_\_

City, State, ZIP Code \_\_\_\_\_

Telephone (*with area code*) \_\_\_\_\_

E-mail \_\_\_\_\_

Trail name(s) \_\_\_\_\_

Trails completed and years they were hiked \_\_\_\_\_

## **Membership** (choose one)

*(includes four newsletters & the membership directory):*

- ☐ Enclosed is \$10 for my 2013 annual membership in ALDHA. (*It's \$10 per family. Memberships run Jan. 1–Dec. 31.*)
- ☐ Enclosed is \$20 for my 2013 and 2014 annual memberships in ALDHA.
- ☐ Enclosed is \$200 for a lifetime membership in ALDHA. (*Membership is for life but **does not include** the Gathering fee each year.*)

☐ **2013 Gathering registration fee**  
*(It's \$20 per person)* \_\_\_\_\_ registrants X \$20 = \_\_\_\_\_


☐ \$\_\_\_\_\_ tax-deductible donation to ALDHA, a 501(c)(3) nonprofit organization

**How would you like to receive your newsletters and directory?** ☐ e-mail (color; default) ☐ paper (black & white)

**Send completed form with payment (payable to ALDHA) to:**

**ALDHA, 10 Benning St., PMB 224, West Lebanon, NH 03784**

**or join on-line with debit or credit card at <[www.aldha.org](http://www.aldha.org)>.**



**Protect, enhance, and promote  
the Trail experience:  
That's what ATC does.**

**You can help  
by joining the  
Appalachian Trail Conservancy  
today!**

**You can become a member  
by going to  
[www.appalachiantrail.org/join](http://www.appalachiantrail.org/join)  
or calling  
(304) 535-6331**



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# Message to the Class of 2013

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## **2013 THRU-HIKER & 2,000-MILER AWARD CEREMONY**

ALDHA and ATC will be working together at the 2013 Gathering to recognize both thru-hikers and section-hikers who finish their journeys this year.

You will be called up to the stage at the Friday-night meeting (October 11) during the Class Years Event to receive an end-to-end certificate and patch from ALDHA.

The application for the official Appalachian Trail Conservancy certificate is on line at <[www.appalachiantrail.org/thruhiking/after](http://www.appalachiantrail.org/thruhiking/after)>.

For further information, please contact Mike Wingert, ALDHA coordinator, at (443) 791-9196 or <[coordinator@aldha.org](mailto:coordinator@aldha.org)> for registration.



## An Adventure-Oriented Approach to Appalachian Trail Thru-Hiking

The Appalachian Long Distance Hikers Association's *Appalachian Trail Thru-Hikers' Companion* offers up-to-the-minute knowledge of "the A.T." from current hikers and Trail-maintainers. It provides essential information on hiker-oriented services near the Trail.



Each year, hikers from ALDHA, the only organized Trail users' group, compile the *Companion* in collaboration with the Appalachian Trail Conservancy, the volunteer-based organization responsible for overseeing management of the Trail. Together, they seek to make walking on the A.T. *your* adventure—the adventure of a lifetime.

Conditions on the Trail are constantly changing. If you have a QR-code reader, you can use the code below to go directly to the updates page on the Appalachian Trail Conservancy's Web site ([www.appalachiantrail.org](http://www.appalachiantrail.org)). The ALDHA Web site ([www.aldha.org](http://www.aldha.org)) is another source of updates.

