



































Resupply locations along the Appalachian Trail

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

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

Suches, GA (2.0W)

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

Helen, GA 30545 (9.0E)

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

Hiawassee, GA 30546 (11.0W)

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

Franklin, NC 28734 (10E)

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

Robbinsville, NC (7.0W) from Stecoah Gap.

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

Fontana Village, NC (2W from NC 28)

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

Gatlinburg, TN (15.0W)

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

Hot Springs, NC

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

Erwin, TN 37650.

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

Elk Park, NC. (2.5E)

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

Roan Mountain, TN 37687 (3.5W)

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

Hampton, TN 37658 (2.6W)

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

Shady Valley, TN.(2.7E)

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

Damascus, VA. 24236.

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

Troutdale, VA 24378 (2.6E)

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

Sugar Grove, VA 24375 (3.2E)

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

Marion, VA 24354 (6.0W)

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

Atkins, VA.

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

Bland, VA (2.5E)

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

Bastian, VA 24314 (3.0W)

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

Pearisburg, VA (1.3E)

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

Narrows, VA (3.6W on VA 100)

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

Newport, VA 24128 (8E)

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

Catawba, VA. (1.0W)

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

Daleville, VA 24083

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

Troutville, VA. (1.0E)

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

Buchanan, VA (downtown) (5.0W)

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

0.2	♂ ▲{18} ☞{12} ☞ ☞{2}♀	(0.2E) Springer Mountain Shelter>2.6>>7.9>>>15.5 ♂ Water (spring) 80 yards on a blue blazed trail in front of the shelter but is known to go dry, ▲ tenting, ☞ privy, ♀ 2 bear boxes. ♀ Benton MacKaye Trail (southern terminus) is located 50 yards north on the AT. ♀[34.62864,-84.19445] ☞[34.62933,-84.19275]	3730	2196.3
2.8	♂ ▲{3} ☞{16} ☞☞☞♀	(0.1E) 2.6<Stover Creek Shelter>5.3>>12.9>>>24.9 ♂ Water behind shelter is often dry but good water can be found where trail crosses Stover Creek 100 yards north of shelter, ▲ tent pads, ☞ privy, ♀ bear cables. ♀[34.65007,-84.19790] ☞[34.65028,-84.19720]	2954	2193.7
8.1	♂ ▲{16} ☞☞☞♀	(0.2W) 7.9<<5.3<Hawk Mountain Shelter>7.6>>19.6>>>20.8 ♂ Water is located 400 yards on a blue blazed trail behind the shelter, ▲ tent pads, ☞ privy, ♀ bear cables. ♀[34.66467,-84.13702] ☞[34.66608,-84.13638]	3194	2188.4
15.7	♂ ▲{12} ☞{14} ☞☞☞♀	(0.1W) 15.5<<<12.9<<7.6<Gooch Mountain Shelter>12>>13.2>>>22.3 ♂ Water (spring) is located 100 yards behind the shelter, ▲ tent pads that can accommodate two tents each, ☞ privy, ♀ bear box. ♀[34.65492,-84.04948] ☞[34.65573,-84.04998] ♂[34.65652,-84.04954]	3000	2180.8
27.7	♂ ▲{7} ☞☞☞♀	Bird Gap (0.4W) 24.9<<<19.6<<12<Woods Hole Shelter>1.2>>10.3>>>15.1 ♂ Water (stream) on trail to shelter is unreliable in dry months, ☞ privy, ▲ tenting, ♀ bear cables. ♀[34.73706,-83.94835] ☞[34.73713,-83.95500]	3650	2168.8
28.9	☞{8} ☞☞☞♀	Bird Gap, Freeman Trail just east bypasses Blood Mtn. and rejoins AT at Flatrock Gap. Blood Mountain, open rocky summit. 20.8<<<13.2<<1.2<Blood Mountain Shelter>9.1>>13.9>>>21.2 Shelter is located south of summit, no water at shelter, ☞ privy, view. ♂ Fires are not permitted. ☞[34.73998,-83.93738]	4461	2167.6
38.0	♂ ▲{3}☞{7} ☞☞☞♀	Crest Wildcat Mountain. (1.2E) 22.3<<<10.3<<9.1<Whitley Gap Shelter>4.8>>12.1>>>20.2 ♂ Water (spring) located (0.2) beyond shelter, ☞ privy, ♀ bear cables. (0.1E) beyond shelter to ▲ tent sites. ♀[34.72476,-83.84102] ☞[34.71238,-83.83440]	3370	2158.5
42.8	♂ ▲{7} ☞{4} ☞☞☞♀	(190 yds E) 15.1<<<13.9<<4.8<Low Gap Shelter>7.3>>15.4>>>22.8 ♂ Water located 30 yards in front of shelter, ▲ tenting, ☞ privy, ♀ bear cables. Last reliable water heading SOBO until Neels Gap (11.5 miles) ♀[34.77659,-83.82627] ☞[34.77626,-83.82450]	3050	2153.7
50.1	♂ ▲{4} ☞☞☞♀	(0.1W) 21.2<<<12.1<<7.3<Blue Mountain Shelter>8.1>>15.5>>>23.6 ♂ (No potable water) at shelter, ♀ water (spring) located (0.1) south of shelter on AT, ▲ tenting, ☞ privy, ♀ bear cables. ♀[34.81665,-83.76706] ☞[34.81721,-83.76673]	3900	2146.4
58.2	♂ ▲{3} ☞{7} ☞☞☞♀	(230 yds W) 20.2<<<15.4<<8.1<Tray Mountain Shelter>7.4>>15.5>>>22.8 ♂ Water (box spring) located 50 yards behind shelter, ▲ tenting, ☞ privy, ♀ bear cables. ♀[34.80283,-83.67857] ☞[34.80396,-83.67690] ♂[34.80491,-83.67568]	4200	2138.3
65.6	♂ ▲{4} ☞{12} ☞☞☞♀	(0.3E) 22.8<<<15.5<<7.4<Deep Gap Shelter>8.1>>15.4>>>20.3 ♂ Water (spring) is located (0.1) south on the trail to the shelter, ▲ tenting, ☞ privy, ♀ bear cables. ♀[34.88539,-83.64790] ☞[34.88249,-83.64597] ♂[34.88313,-83.64719]	3550	2130.9
73.7	♂ ▲{6} ☞{14} ☞☞☞♀	Plumorchard Gap. (0.2E) 23.6<<<15.5<<8.1<Plumorchard Gap Shelter>7.3>>12.2>>>19.8 ♂ Plumorchard Creek is on the shelter trail, beyond the shelter. ▲ tenting, ☞ privy, ♀ bear cables. ⚠ Caution the stump in front of the shelter has been home to copperhead snakes. ♀ Water located 200 yards west on AT beyond shelter. ♀[34.94607,-83.59118] ☞[34.94603,-83.58830]	3050	2122.8
81.0	♂ ▲{8} ☞☞☞♀	(100 ft E) 22.8<<<15.4<<7.3<Muskrat Creek Shelter>4.9>>12.5>>>21.2 ♂ Water (spring) is located behind shelter, ▲ tenting, ☞ privy. ☞[35.02053,-83.58160]	4600	2115.5
85.9	♂ ▲{8} ☞☞☞♀	(250 ft E) 20.3<<<12.2<<4.9<Standing Indian Shelter>7.6>>16.3>>>19.7 ♂ Creek that serves as the water source for shelter is on the opposite side of the AT from the shelter. ▲ tenting, ☞ privy. ☞[35.04200,-83.54806]	4760	2110.6
93.5	♂ ▲{8} ☞☞☞♀	(100 ft E) 19.8<<<12.5<<7.6<Carter Gap Shelter>8.7>>12.1>>>19.6 ♂ Water (spring) is located 200 yards west on blue blaze trail, ▲ tenting, ☞ privy. ☞[34.99898,-83.49413]	4540	2103.0
102.2	♂ ▲{5} ☞{16} ☞☞☞♀	(0.1W) 21.2<<<16.3<<8.7<Long Branch Shelter>3.4>>10.9>>>18.2 ♂ Water, ▲ tent sites, ☞ privy. ♀[35.06941,-83.49706] ☞[35.06996,-83.49815]	4932	2094.3
105.6	♂ ▲{8} ☞☞☞♀	(300 ft W) 19.7<<<12.1<<3.4<Rock Gap Shelter>7.5>>14.8>>>19.6 water (spring) is known to go dry, privy. ☞[35.09143,-83.52310]	3760	2090.9
113.1	♂ ▲{8} ☞☞☞♀	Southern end of blue blaze of Siler Bald Loop (0.5E) 19.6<<<10.9<<7.5<Siler Bald Shelter>7.3>>12.1>>>17.9 ♂ Water (spring) is located 300 feet south of shelter on loop trail, ▲ tenting, ☞ privy, ♀ bear cables but non functional, south end of loop trail to shelter. ☞[35.14413,-83.57250]	4600	2083.4
120.4	♂ ▲{8} ☞{5} ☞☞☞♀	(100 ydsE) 18.2<<<14.8<<7.3<Wayah Shelter>4.8>>10.6>>>15.5 Shelter on AT. ♀ Water (Little Laurel Spring) is located (546FT W) on blue blaze trail across from shelter side trail, ▲ tent sites, ☞ privy. ☞[35.18784,-83.56201]	4480	2076.1

2000-Miler = A person who has hiked the entire distance of the trail either by thru-hiking or section hiking. Also known as an **End-to-ender**.

Alpine Zone = The area consisting of all the land above tree line in New England. (See: **Treeline**).

AMC = The "Appalachian Mountain Club" has a huge presence in the White Mountains of New Hampshire, as well as throughout some of the more popular backcountry destinations across New England. They run a number of high-end Huts.

AT, A.T. = The Appalachian Trail.

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

AYH = The abbreviation for American Youth Hostels.

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

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

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

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

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

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

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

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

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

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

Bushwhack = To hike where there is no marked trail.

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

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

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

Cat Hole = A small hole dug by a hiker for the deposit of human waste when

Brown-blazing.

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

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

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