

Symbols and Notations

💧	Any source of drinking water	@mailbox	Post Office
💧	Seasonal water source	✉	Will hold mail
↙(x)	AT Shelter and (capacity)	🌙	Privy
⛺	Camping, tentsite	🚻	Public restroom
🏨	Hostel	🗑	Trailhead trash can
🏡	Hotel, Cabin or B&B	undry	Laundry
🚿	Shower available w/o stay	💻	Computer available
🚶	Outfitter	📶	Wireless (WiFi)
🚌	Shuttle, Bus or Taxi	🚂	Train Station
🍴	Any place that serves food	✈️	Airport
🛒	Long term resupply	💊	Pharmacy
🎒	Short term resupply	✚	First Aid
🔧	Hardware store	🐶	Vet or kennel
💵	Bank or ATM	✂️	Barber
📷	View	👤	Info center
🚩	Lookout tower	🍸	Lounge
🚣	Boating or aquablaze	🎬	Movie Theater
✿	Flora	+	Intersection
⛺	Picnic table	🏊	Swimming area
/at	New in 2014. Hikers can acquire an "AT Passport" and have it stamped at more than 60 hiker friendly lodgings and at other landmarks along the trail. Patterned after the Camino de Santiago passport, it makes for a truly memorable keepsake for both thru and section hikers. Details and ordering info at < www.ATPassport.com >		

- ⚠ Warning: watch for trail turn or heed special rule.
 - 🅿 Parking. Many have GPS coordinates that can be entered into a vehicle's GPS to navigate to trailhead parking lots. GPS systems are not always able to plot a course to remote locations.
 - ➡ Southbound / Northbound. Used to show distances to next shelter, and to show a transition of trails in the White Mountain National Forest.
 - 📞 Public phone - nearly obsolete, no longer maintained
 - Not categorized by other symbols; only on maps.
 - (pg.xx) More information on page xx
 - B/L/D Breakfast/Lunch/Dinner
- \$nnS, \$nnD, \$nnPP, \$nnEAP: Room prices: single, double, per person, each additional person.

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The A.T. Guide

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Visit the Website: www.theATguide.com

The website contains the most recent updates, additions and corrections to the information contained in this book. Please let us know if there is anything we can do to improve the material or its presentation.
email: david@AWOLonTheTrail.com

2

Maildrop Guidelines

- Use your real name (not a trail name), and include an ETA.
- Only send "General Delivery" mail to a Post office.
- FedEx and UPS packages cannot be addressed to PO boxes.
- USPS will forward unopened general delivery mail for free if it was shipped by Priority Mail.
- Be prepared to show an ID when you retrieve your mail.
- The "C/O" name is essential when mailing to a business's PO Box; without it, they may not be able to retrieve your mail.
- Send maildrops to a lodging facility only if you plan to stay there. If your plans change, offer to pay for the service of holding your mail.

Packages sent to post offices:

John Doe
C/O General Delivery
Trail Town, VA 12345

Please hold for AT hiker
ETA May 16, 2014

Packages sent to businesses:

John Doe
C/O Hiker Hostel
2176 Appalachian Way
Trail Town, VA 12345

Please hold for AT hiker
ETA May 16, 2014

Directions

North/ South

At many points along the trail, a northbound hiker will be heading some direction other than compass north, but this book will always refer to "north" as the direction on the AT that ultimately leads to Katahdin, and "south" leads to Springer Mountain. When reference is made to the true bearing, the word "compass" will precede the direction (e.g.: "compass south"). If the trail joins a section of road, enters a park, or enters a town, the "south" end is where a northbound hiker first arrives, and the "north" end is where he leaves.

East/West

"East" is to the right of the trail for a northbound hiker and "west" is to his left, regardless of the compass reading. Most east-west directions are abbreviated along with a distance in miles. For example, three-tenths of a mile east is written "0.3E."

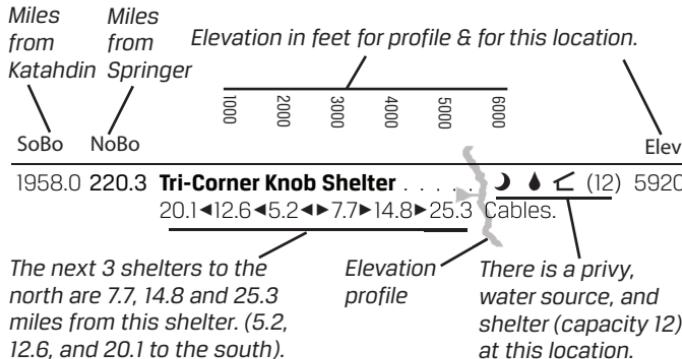
Left/Right

If a road leads to a town that is to the west, then a northbound hiker would go to his left, and the southbound hiker to his right. Once on the road both hikers are headed in the same direction, so any additional directions are given using the words "left" and "right." "Left" and "right" are also used to describe features near a shelter, from the perspective of a person outside of the shelter looking in.

Book Organization - A spread is the pair of pages seen when the book is laid open. *The A.T. Guide* contains trail data and services in alternating spreads; a spread containing trail data is followed by a spread detailing services available to hikers within that section. Occasionally the information is not distributed evenly and there are back-to-back spreads of data or services.

Data Spread - Data Spreads contain a table of landmarks, mileages and elevations. Every spread covers approximately 40.4 miles of trail (20.2 miles per page). An elevation profile is "watermarked" on the data. The lines of text that describe the landmarks are spaced so that they intersect the profile map at the approximate location of each landmark. Small triangular pointers below the profile line identify shelter locations. The vertical exaggeration of the profile maps is 8:1.

Services Spread - The Services Spreads provide resupply information in towns that the trail passes through or near. Businesses are selectively included, and maps may only show a portion of town closest to the trail.



When a map is provided, information presented in the map is not repeated in the text unless more elaboration is needed. Post office information will be on the map and is not repeated in the text. The width of the mapped area is at the bottom of the map and maps are proportionally scaled. Places of business that appear to be adjacent may be separated by one or more unspecified buildings or roads.

Prices are listed as given in fall of 2013. **No establishment is obliged to maintain these prices.** Lodging prices are particularly volatile, but most facilities listed will do their best for hikers. Let them know if you are thru-hiking; there may be a "thru-hiker rate."

DISPOSE OF WASTE PROPERLY

Improper waste disposal can spread disease, change the habits of wildlife and spoil the scenery.

- Pack it in; pack it out. Leave any donated items at hiker boxes in town rather than at campsites or shelters.
- Walk at least 100 feet (40 steps) away from shelters, water sources and campsites to dispose of urine, toothpaste, cooking water and strained dishwater, and to wash bodies, dishes or clothing. Minimize any use of soap.
- Use the privy only for human waste and toilet paper. Pack out disposable wipes and hygiene products.
- If there is no privy, walk at least 200 feet (80 steps) away from campsites, shelters, trails and water sources to bury feces in a hole 6 to 8 inches deep. Bury or carry out toilet paper.

Read more of the Leave No Trace techniques developed for the A.T.: www.appalachiantrail.org/LNT



Trail Etiquette

Avoid using a cell phone anywhere within the trail corridor, especially in shelters or within earshot of other hikers. Turn ringer off.

When hikers approach one another on the trail, the uphill hiker has the right-of-way, but the rule is irrelevant. If a hiker is approaching, look for an opportunity to step aside, regardless of your position. Be aware of hikers approaching from behind, and step aside so that they may pass.

Take only as much shelter space as you need to sleep. Shelter spaces cannot be reserved for friends who have yet to arrive. If you bring alcohol to a shelter or campsite, do so discreetly. Soon after dark is bedtime for most hikers.

The AT is liberating, and outlandish behavior is part of AT lore. Be considerate; boisterous and erratic behavior may be unsettling to strangers stuck in the woods with you. Conversely, hikers seeking a serene experience should be aware that AT hiking is, for many, a social experience. Be tolerant. Stay flexible and be prepared to move on rather than trying to convince others to conform to your expectations.

Town Etiquette

Ask permission before bringing a pack into a place of business.

Don't expect generosity, and show appreciation when it is offered. If you are granted work-for-stay, strive to provide service equal to the value of your stay.

Assume that alcohol is not permitted in hostels & campsites until told otherwise.

Respect hotel room capacities; hotel owners should know how many people intend to stay in a room. Try to leave hotel rooms as clean as a car traveler would. If a shower is available, use it.

Getting to Springer Mountain

The southern terminus of the trail is atop Springer Mountain, and is accessible only by foot. The 8.8-mile Approach Trail, originating at the Visitor Center in Amicalola Falls State Park, is one means of getting there. An alternative is to drive to Big Stamp Gap via USFS 42, a dirt road passable by most vehicles unless there is snow or bad-weather washout. From the gap, hike one mile south to Springer Mountain. Your hike would begin by retracing your steps. (See Start of Trail map on pg. 10)

The closest major city is Atlanta, GA, 82 miles south. If you fly or take AMTRAK into Atlanta, take the MARTA rail system to the North Springs Station, and a shuttle service can pick up from there. There is also Greyhound bus service to Gainesville, GA, 38 miles from the park.

 **Hiker Hostel** Package deal including shuttle, see pg. 11.

 **Survivor Dave's Trail Shuttle** 678-469-0978 (No texts please) <www.atsurvivordave.com> Shuttle service to/from Atlanta Airport and North Springs MARTA Station to Amicalola Falls State Park, Springer Mountain, and all trailheads as far north as Fontana Dam. Long haul shuttles to/from North Georgia directly to Clingmans Dome, Newfound Gap, Davenport Gap, and Hot Springs, NC are also available. Will stop at outfitter and/or supermarket for supplies (time permitting). Stove fuels available at cost. Well behaved dogs welcome. 24 hours' notice please. Will respond promptly to phone messages.

 **Wes Wisson** 706-747-2671, dwisson@alltel.net Based in Suches, GA. Will shuttle year-round, up to four hikers. MARTA to Amicalola or to Big Stamp Gap.

 **Ron Brown** Home: 706-636-2825, Cell: 706-669-0919 hikershuttles@outlook.com. Shuttle range Atlanta to Fontana.

 **Ron Hulbert and Sam Duke** 706-781-7641 or 706-745-1596 Centered in Blairsville, shuttle range Atlanta to Fontana.

Outfitters Near the Southern Terminus

 **Mountain Crossings** 706-745-6095 (see pg. 11)

 **North Georgia Mountain Outfitters** 706-698-4453

<hikeNorthGeorgia.com> 583 Highland Crossing, Suite 230, East Ellijay, GA 30540 Full service outfitter.

 **Woodlands Edge** 706-864-5358 Open 10-5, 363 days a year (closed Easter and Christmas Day). Full service outfitter, fuel/oz, ask about shuttles. 36 North Park Street Dahlonega, GA 30533

 **Outside World** 706-265-4500 471 Quill Drive, Dawsonville, GA 30534

 **Half Moon Outfitters** 404-249-7921 1034 N. Highland Ave. NE, Atlanta, GA 30306

 **High Country Outfitters** 404-814-0999 3906 Roswell Rd. #B, Atlanta, GA 30342

 **REI** Four Atlanta area stores:

1800 Northeast Expy NE, Atlanta, GA 30329, 404-633-6508

1165 Perimeter Ctr W Suite 200, Atlanta, GA 30338, 770-901-9200

740 Barrett Parkway Suite 450, Kennesaw, GA 30144, 770-425-4480

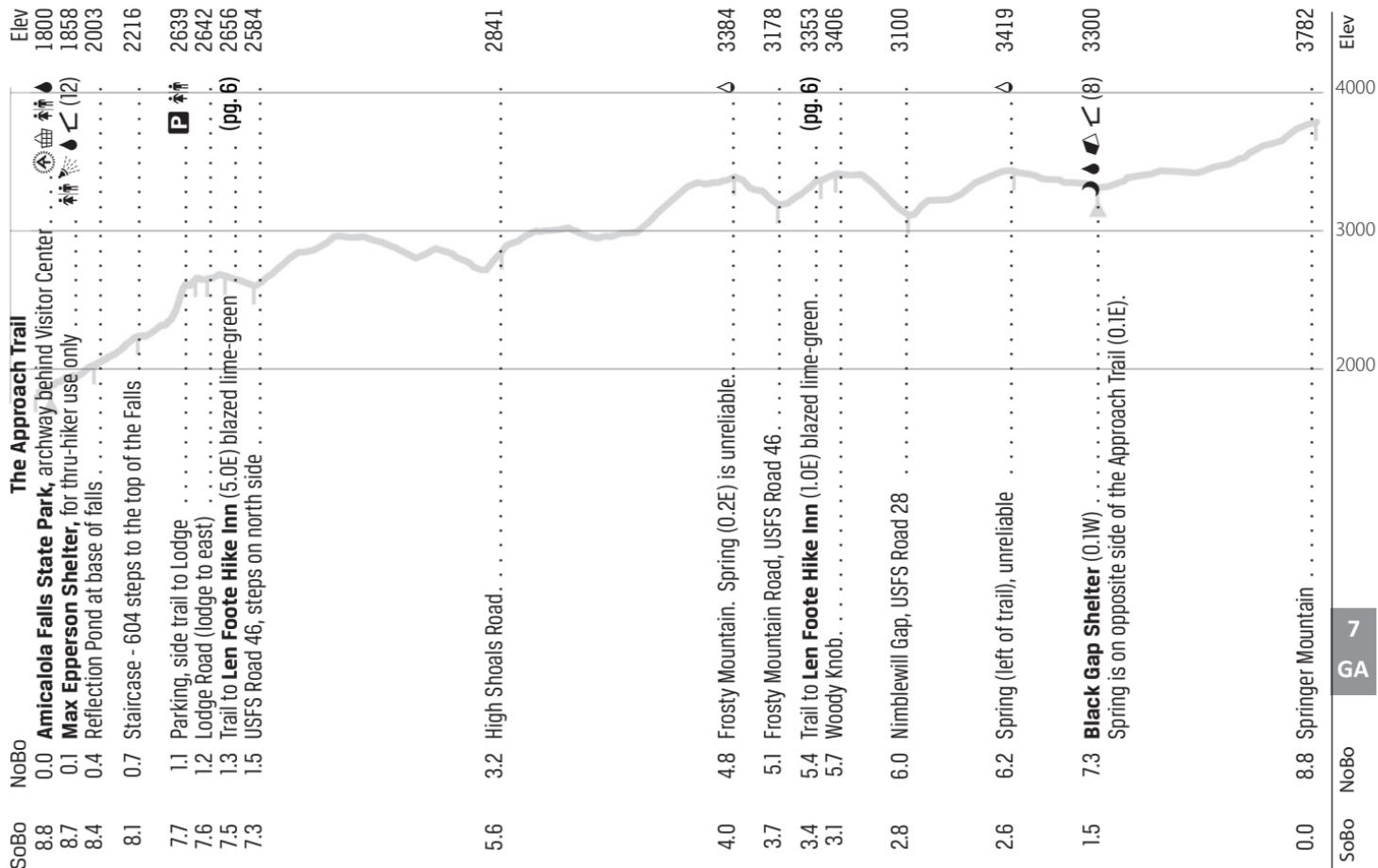
1600 Mall of Georgia Blvd, Buford, GA 30519, 770-831-0676

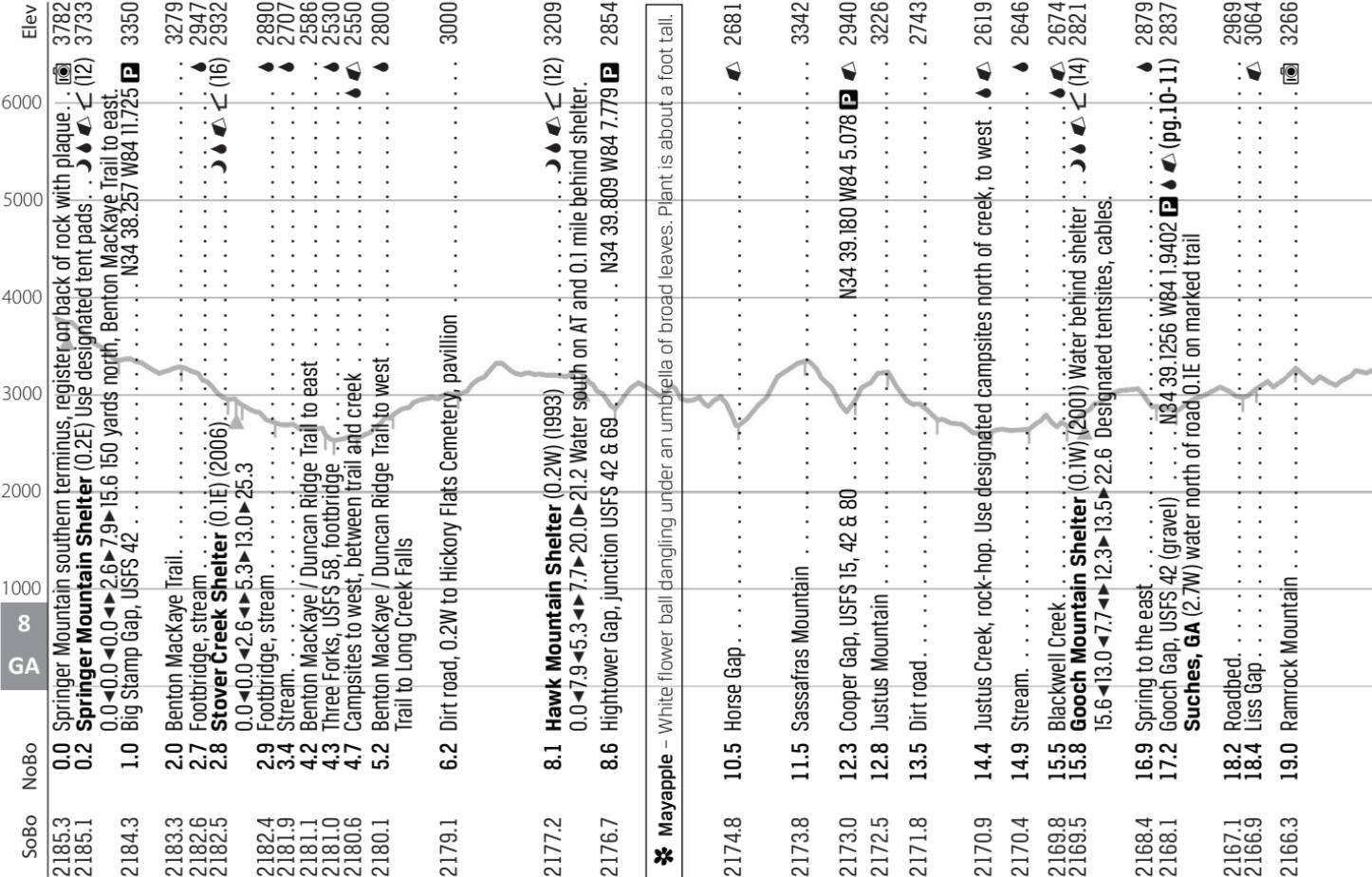
1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

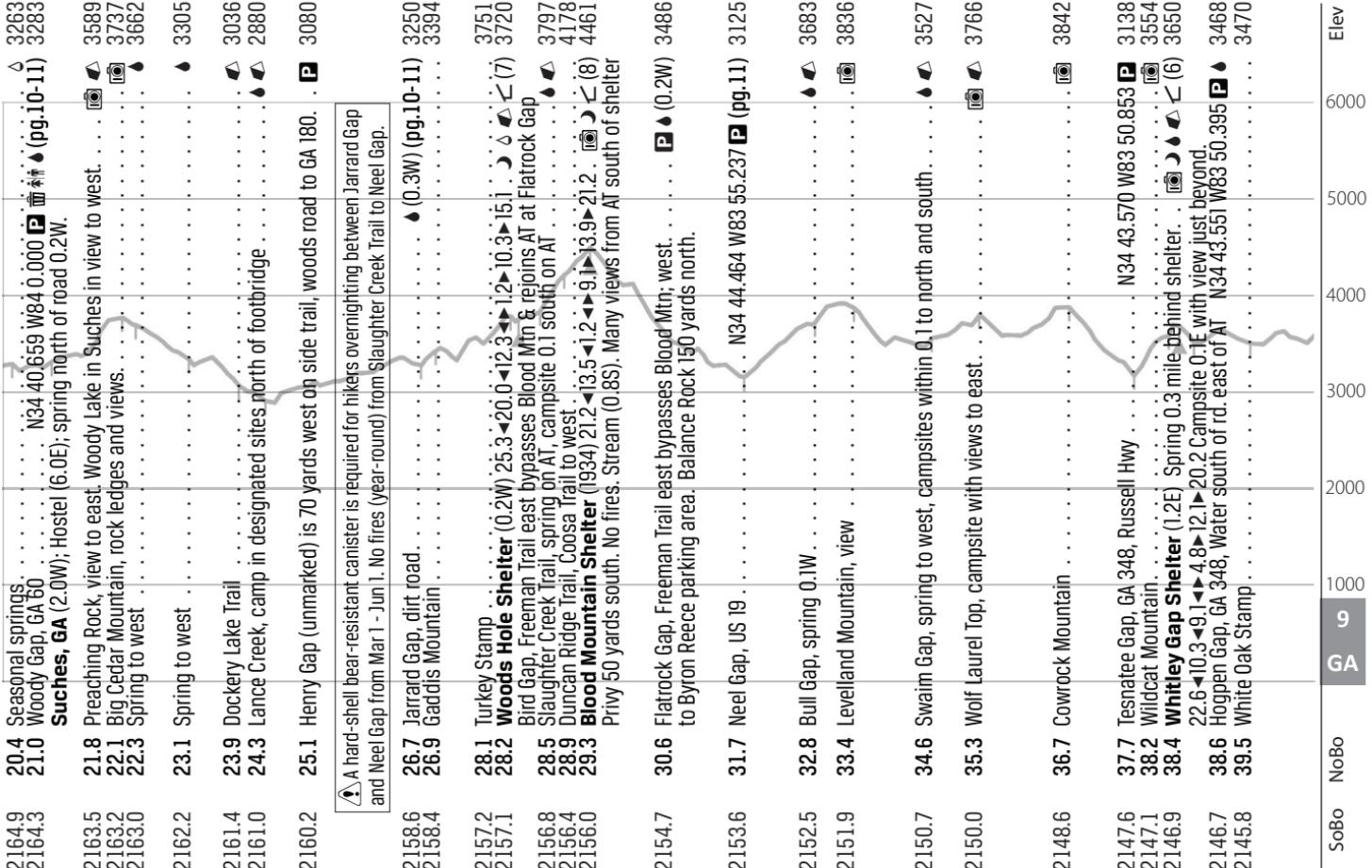


leave no trace

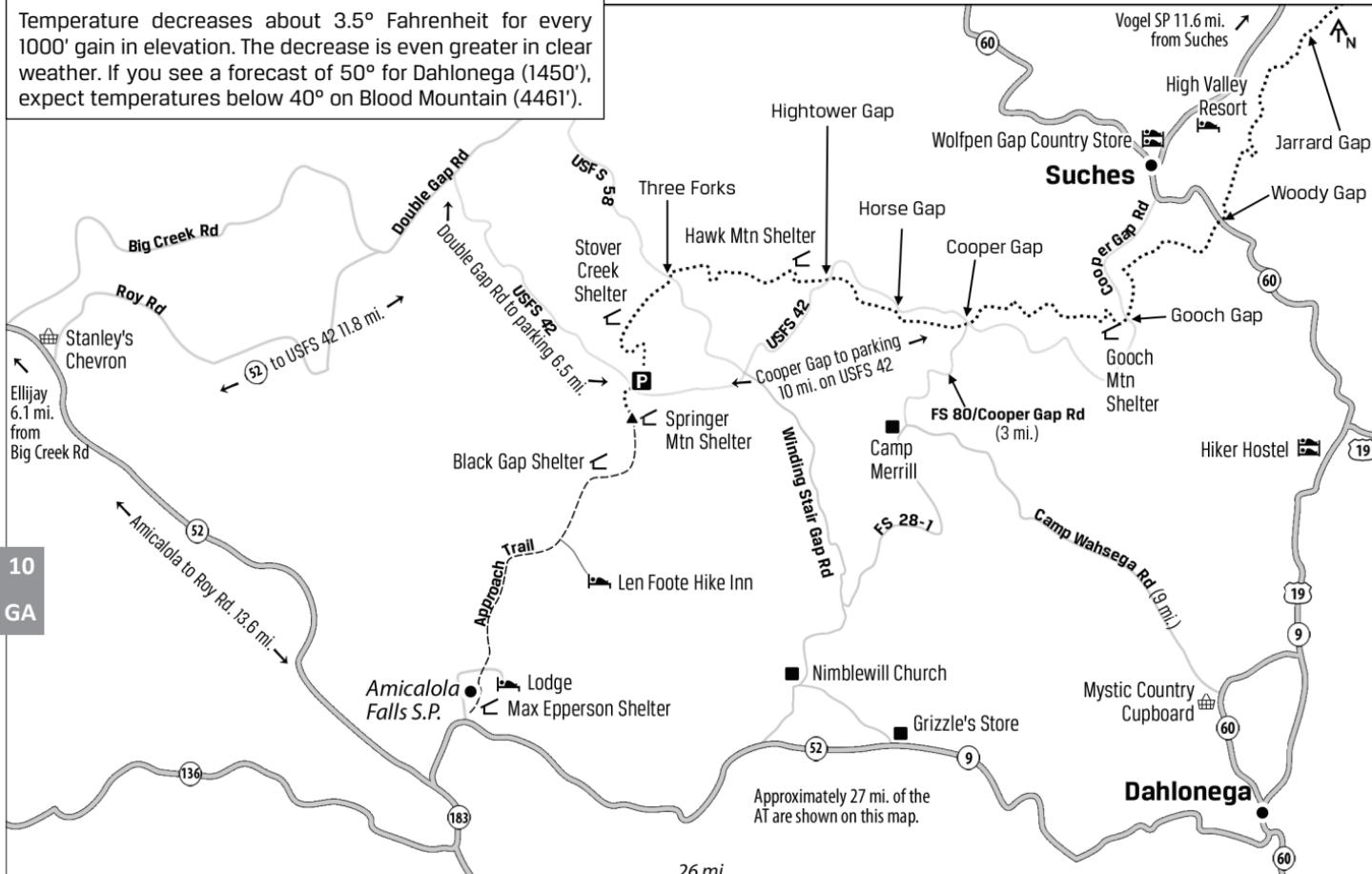
This copyrighted information has been reprinted with permission from the Leave No Trace Center for Outdoor Ethics: <www.LNT.org>







Temperature decreases about 3.5° Fahrenheit for every 1000' gain in elevation. The decrease is even greater in clear weather. If you see a forecast of 50° for Dahlonega (1450'), expect temperatures below 40° on Blood Mountain (4461').



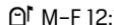
17.2 Gooch Gap, USFS 42

21.0 Woody Gap, GA 60

 (6.0E) **Hiker Hostel** 770-312-7342

www.hikerhostel.com hikerhostel@yahoo.com Open year-round. \$18PP Bunks \$42 Private room for 2. Overnight stay includes breakfast, bed linens, towel & shower. Computer w/ internet & wireless available. Laundry \$3. SPECIAL(Feb 24-Apr 20): \$80 pickup from Atlanta North Springs MARTA Station or Gainesville, overnight stay in bunk, breakfast, shuttle to Amicalola or Springer, 8oz of white gas/alcohol. Canister fuel available for purchase. Feb 24-Apr 27 5pm daily pickup at Woody Gap. Shuttles from Atlanta to Dick's Creek Gap by reservation for hostel guests. Maildrops: (USPS) PO Box 802 or (FedEx/UPS) 7693 Hwy 19N, Dahlonega, GA 30533.

Suches, GA 30572 (2W)

 M-F 12:15-4:15, 706-747-2611

 **Wolfpen Gap Country Store** 706-747-2271 M-Sat 7:30-8, Su 9-6, open later in summer. Bunks \$15. Laundry \$5/load. Beer, soda, hiker foods, pizza and BBQ. Coleman/oz and canisters. Will pickup at Woody Gap. Accepts MC/Disc. Maildrops: 41 Wolf Pen Gap Rd, Suches, GA 30572.

 **High Valley Resort** (0.7W) of PO, 404-720-0087 www.highvalleyresort.com Camping \$15PP, bunkhouse \$45PP. Tenters and bunkhouse have access to bathhouse, showers and lodge with satellite TV. Cabins \$100/night Su-Wed; \$165 Th-Sat, some sleep 4, some sleep up to 8 persons.

 **Wildcat Lodge and Campground** 706-747-1011. (7W) \$15 bunkroom, \$12 camping. Also lodge rooms. Sometimes can pickup & return. Well-stocked camp store has Coleman & canisters. Diner serves B/L.

 **Wes Wisson** 706-747-2671 Shuttles cover Atlanta thru GA.

 **Don Pruitt** 706-747-1421, M, Tu, Th, F 8-3, walk-ins 9-10.

26.7 Jarrard Gap

 (1.0W) **Lake Winfield Scott Recreation Area** tent sites \$12 for up to 5 persons, showers & bathrooms, leash dogs.

31.7 Neel Gap, US 19

 **Mountain Crossings** 706-745-6095

www.mountaincrossings.com Full-service outfitter, full resupply, gear shakedown, alcohol/oz., bunkroom (remodeled fall 2013) \$17PP includes shower w/towel. Shower without stay \$4. No pets. Ask about shuttles. Maildrops: (USPS/UPS/FedEx) held for 2 weeks, \$1 fee at pickup, 12471 Gainesville Hwy, Blairsville, GA 30512.

 (0.3E) **Blood Mountain Cabins** www.bloodmountain.com

800-284-6866 Thru-hiker rate \$60. Cabin w/ kitchen and satellite, holds 4 adults & 2 children under the age of 13. Laundry free w/stay. WiFi at lodge. No pets.

 (3W) **Vogel State Park** 706-745-2628

www.gastateparks.org Tent sites with shower \$19, cabins for 2 to 10 persons \$90-\$160, \$2 shower w/o stay. Long term parking \$5.

 (3.5W) **Goose Creek Cabins** 706-745-5111, 706-781-8593

Cabins with washer/dryer for 3-6 persons \$30PP/up. Shuttle to Blairsville for dinner or to Hogpen Gap \$25 for up to 6 persons. Other shuttles can be arranged and parking is available for section hikers using shuttle service.

 **Ron Hulbert and Sam Duke** 706-781-7641 or 706-745-1596 Centered in Blairsville, shuttle range Atlanta to Fontana.

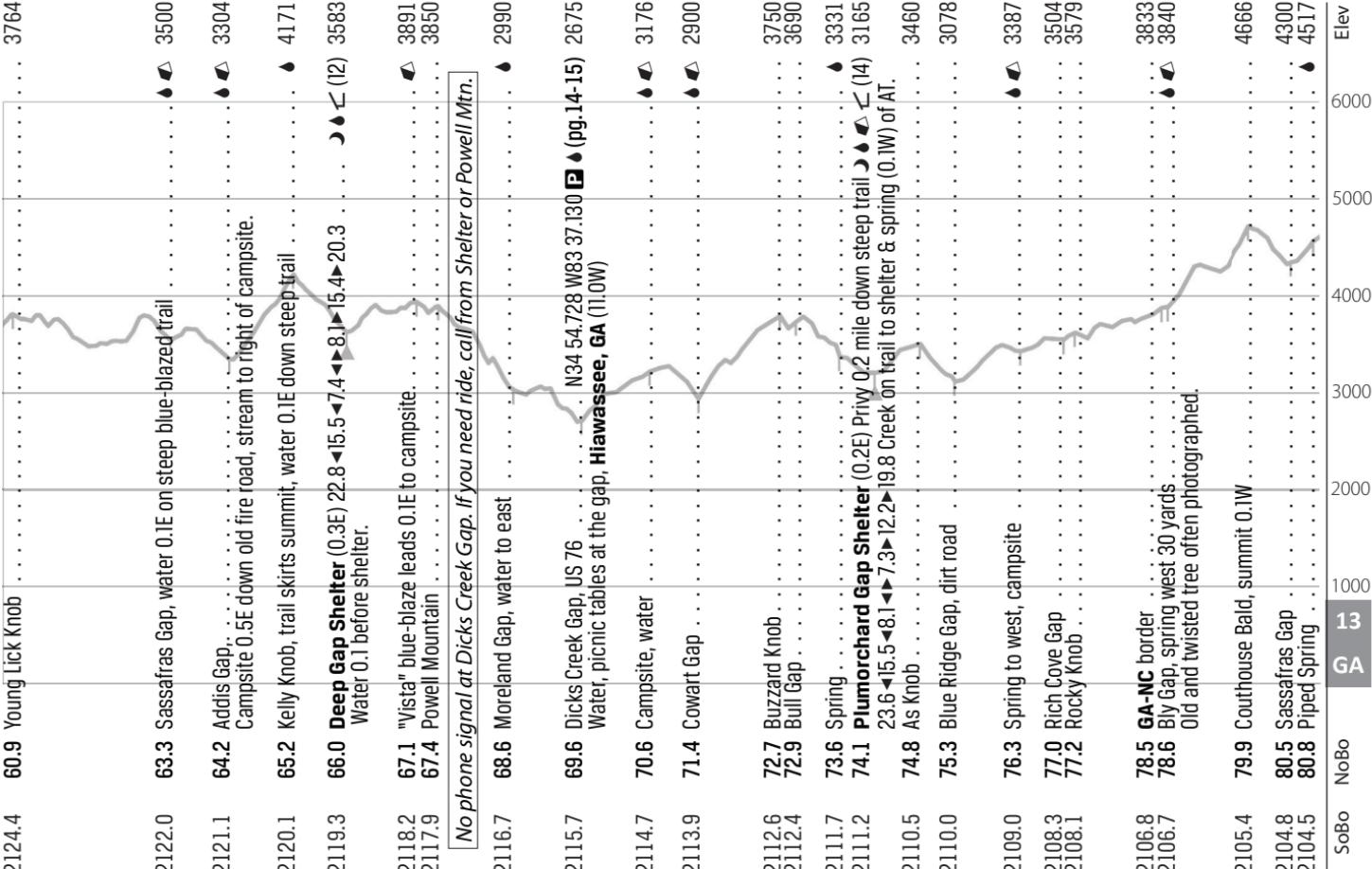
Blairsville, GA 30514 (14W) All major services.

 **Blairsville Hikes and Bikes** 706-745-8141 Packs, poles, fuel & hiker food.

Dahlonega, GA 30597 (17E) All major services.

SoBo	NoBo			Elev
2144.7	40.6	Poor Mountain	.	3620
2143.0	42.3	Sheep Rock Top.	.	3576
2142.1	43.2	Low Gap Shelter 15.1►13.9►4.8►7.3►15.4►22.8.	• ▲ ◇ (7)	3054
2141.7	43.6	Water 30 yards in front of shelter. Cables. Privy on steep hill beyond shelter.	.	3216
2140.7	44.6	Poplar Stamp Gap, spring 0.1E gap and side trail unmarked.	• ◇	3367
2140.0	45.3	Spring to west .	•	3563
2138.7	46.6	Stream with cascade, several streams in area.	•	3491
2138.2	47.1	Cold Springs Gap .	.	3490
2137.1	48.2	Chattahoochee Gap, Jacks Knob Trail to west, spring 0.5E	•	3480
2136.4	48.9	Red Clay Gap .	• (pg.14)	3485
2135.7	49.6	Site of former Rocky Knob Shelter .	• ◇	3636
2135.5	49.8	Spring west of trail down slope .	• ◇	3620
2134.8	50.5	Blue Mountain Shelter . 21.2►12.1►7.3►8.1►15.5►23.6 Spring on AT (0.1S), bear cables.	• ◇ (7)	3906
2133.9	51.4	Blue Mountain .	.	4025
2132.4	52.9	Unicoi Gap, GA 75, Helen, GA (9.0E) .	. N34 48.101 W83 44.570 P (pg.14)	2949
2131.7	53.6	Hawassee, GA (12.0W) Stream.	.	
2131.5	53.8	Rocky Mountain Trail to west .	•	3514
2131.0	54.3	Rocky Mountain, views from AT 0.1 north of summit .	• ◇	3709
2129.7	55.6	Indian Grave Gap, USFS 283 .	N34 47.563 W83 42.855 P	3113
2129.0	56.3	Andrews Cove Trail to east, USFS 79, piped stream east on road.	• ◇	3580
2128.7	56.6	Cheese factory site, water (0.1W) on blue-blazed trail .	• ◇	3638
2128.0	57.3	Tray Gap, Tray Mountain Rd, USFS 79 .	N34 47.959 W83 41.461 P ◇	3847
2127.2	58.1	Tray Mountain .	.	4430
2126.7	58.6	Tray Mountain Shelter (0.2W) 20.2►15.4►8.1►7.4►15.5►22.8 Spring 0.1 mile behind shelter. Cables.	• ◇ (7)	4199
2125.5	59.8	Wolfpen Gap .	.	3568
2125.0	60.3	Steeltrap Gap, water 0.5E .	•	3493

⚠️ Get the most out of your guidebook: pay attention to lines that end with a page number. The page that is referenced will list the services available at or near the trailhead.



48.9 Red Clay Gap

 **Enota Mountain Retreat** 706-896-9966, 1.4W from Red Clay Gap. No sign & trail not blazed; be certain of location if you walk. Marked on some maps by its previous name "Camp Pioneer." Trail is downhill to Joel's Creek and follows creek into camp. Driving from Unicoi Gap: 2.4W on Hwy 17, then left 2.4 mi. on Hwy 180. Rides sometimes available. Tentsites, cabins, bunkrooms (\$25), and laundry. Store with snacks and small gear items. Dining room open when there is enough guests. Beautiful waterfall, trout pond, work for stay possible on organic farm. Maildrops (guests only): 1000 Highway 180 Hiawassee, GA 30546

52.9 Unicoi Gap, GA 75

Enota Mountain Retreat (4.8W, see listing above)

Helen, GA 30545 (9E)

 M-F 9-12:30 & 1:30-4, Sa 9-12, 706-878-2422

Tourist town with many hotels, restaurants, gift shops, ice cream shops, river rafting and tubing rentals. Visitor Center on Bruckenstrasse (near the PO) has information about places to stay and a free phone for making reservations.

 **Best Western Motel** 706-878-2111 Hiker rate Mar 15-Apr 30; \$50S + \$5EAP up to 4. Includes breakfast buffet. Ride to/from trail weekdays only when staff is available.

 **Helendorf River Inn** 800-445-2271 Prices for 1 or 2 persons Su-Th; weekends are more: Dec-Mar \$34, Apr-May \$44, Jun-Sep \$59, \$10EAP, pets \$20. Includes cont B. Visa/MC/Disc accepted.

14

GA

 **Super 8 Motel** 706-878-2191, ask for hiker room \$49+tax for 1 or 2 persons, no pets.

 **Econo Lodge** 706-878-8000 Weekdays \$60, weekends higher, includes cont. bfast. Pets under 20 pounds allowed with \$20 fee.

 **Country Inn and Suites** (706) 878-9000, indoor pool

 **Betty's Country Store** 706-878-2943 open 7 days 7am-9pm.


Hiawassee, GA 30545 (12E) (see Dicks Creek Gap)

69.6 Dicks Creek Gap, US 76

 (3.4W) **Blueberry Patch Hostel** 706-896-4893 Christian ministry operated since 1993 by Gary and Lennie Poteat. Gary is a 1991 thru-hiker. Open mid-February until the end of April. Bunks and tentsites; donations accepted. Please check in between 10am-6pm. Shower, laundry, breakfast and 9:30 shuttle back to Dick's Creek Gap, white gas/alcohol/oz. No pets; no alcohol or drugs. Maildrops: 5038 Hwy 76 East, Hiawassee, GA 30546.

 **Henson Cove B&B** (5W) 800-714-5542 relax@henson-cove-place.com. Small cabin for 1-6 persons with full kitchen, 3 beds, 1.5 baths. \$100 for 3 people, \$120 for 6. Breakfast \$7PP. Standard B&B rooms \$100D, breakfast included. All stays include free ride to/from AT from Dick's Creek Gap or Unicoi Gap, or into town for provisions, free use of laundry and internet. Credit cards OK. Well behaved pets OK. Mail drops: 1137 Car Miles Rd, Hiawassee, GA 30546.

Hiawassee, GA 30546 (11W)

 **Budget Inn** 706-896-4121

(hiawasseebudgetinn.com) \$39.99S, \$5EAP, pets \$10, coin laundry. For guests, free ride to/from Dick's Creek Gap or Unicoi Gap (9 & 11am) Mar-Apr. Non-guest shuttles for a fee. Three Eagles Satellite on-site. Accepts Visa/MC. Complimentary guest maildrop transfer to Franklin Budget or Sapphire Inn. Maildrops: 193 South Main Street, Hiawassee, GA 30546.

 **Mull's Motel** 706-896-4195 \$45/up, no pets, shuttles by arrangement. Guest maildrops: 213 N Main St, Hiawassee, GA 30546.

 **Holiday Inn Express** 706-896-8884 \$79/up, accepts all major credit cards. Full hot breakfast included, indoor pool and hot tub, no pets. Maildrops: 300 Big Sky Drive, Hiawassee, GA 30546.

 **Ramada Lake Chatuge Lodge** 706-896-5253

\$89/up includes continental breakfast. **Chophouse Restaurant** on site.

Three Eagles Satellite 828-524-9061 Open Mar-Apr 8:30-1:30, 7 days. Footwear, hiking gear, rain gear, clothing, fuel/oz, food, shipping services, free "bumps" to Franklin store.

Buckhead House 706-896-0028 Hiker friendly, carries boots, clothes and small gear, freeze-dried food, canister fuel, denatured/white gas/oz.

Ingles 7-10, 7 days. Pharmacy, Starbucks, deli, bakery, salad bar.

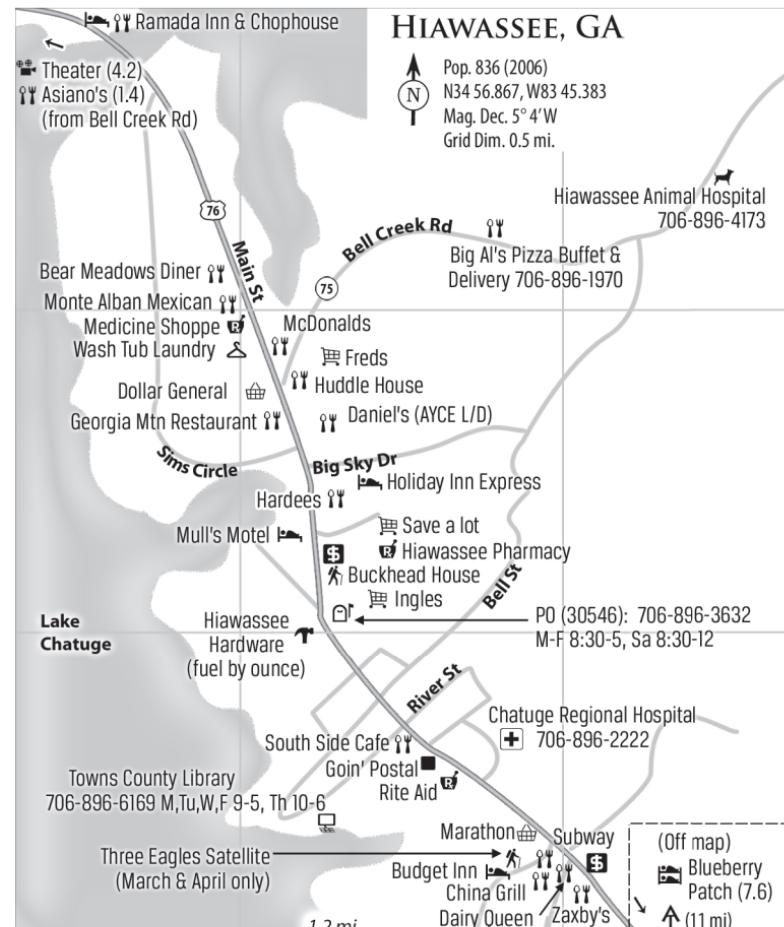
Bill's Wheels of Georgia 865-202-1041 (Cell) BillsWheelsOfGeorgia@yahoo.com Shuttles to/from airports, bus & train stations and trailheads from Atlanta to NOC in Wesser, NC. Available 365 days a year at any hour, however extremely early or extremely late shuttles are price-adjusted accordingly. Advance notice appreciated.

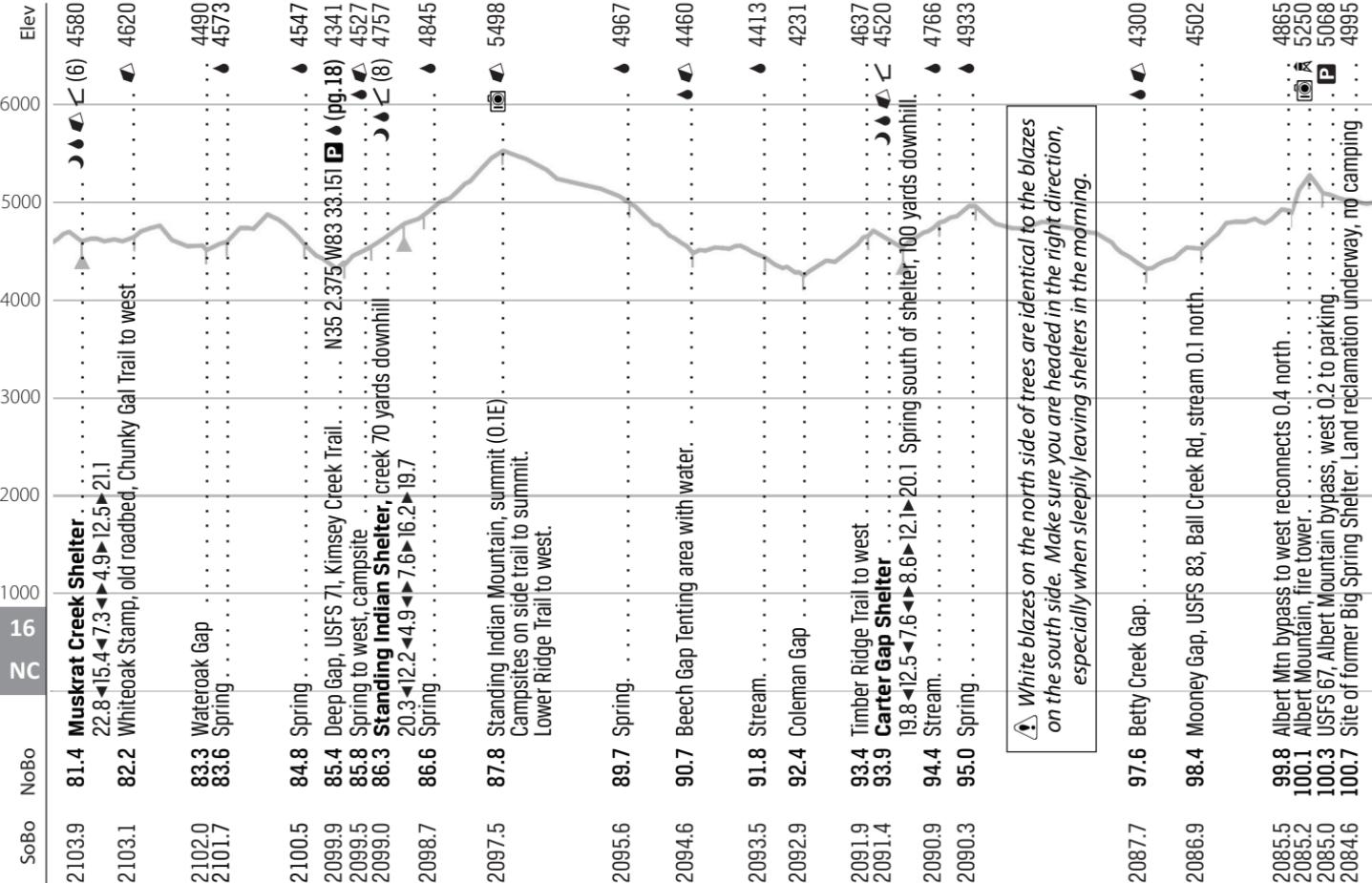
Goin' Postal 706-896-1844 FedEx and UPS shipping 9-5 M-F.

⚠ Visit the website www.theATguide.com regularly to get updates, additions and corrections. Please let us know if you've found anything that should be added or corrected.

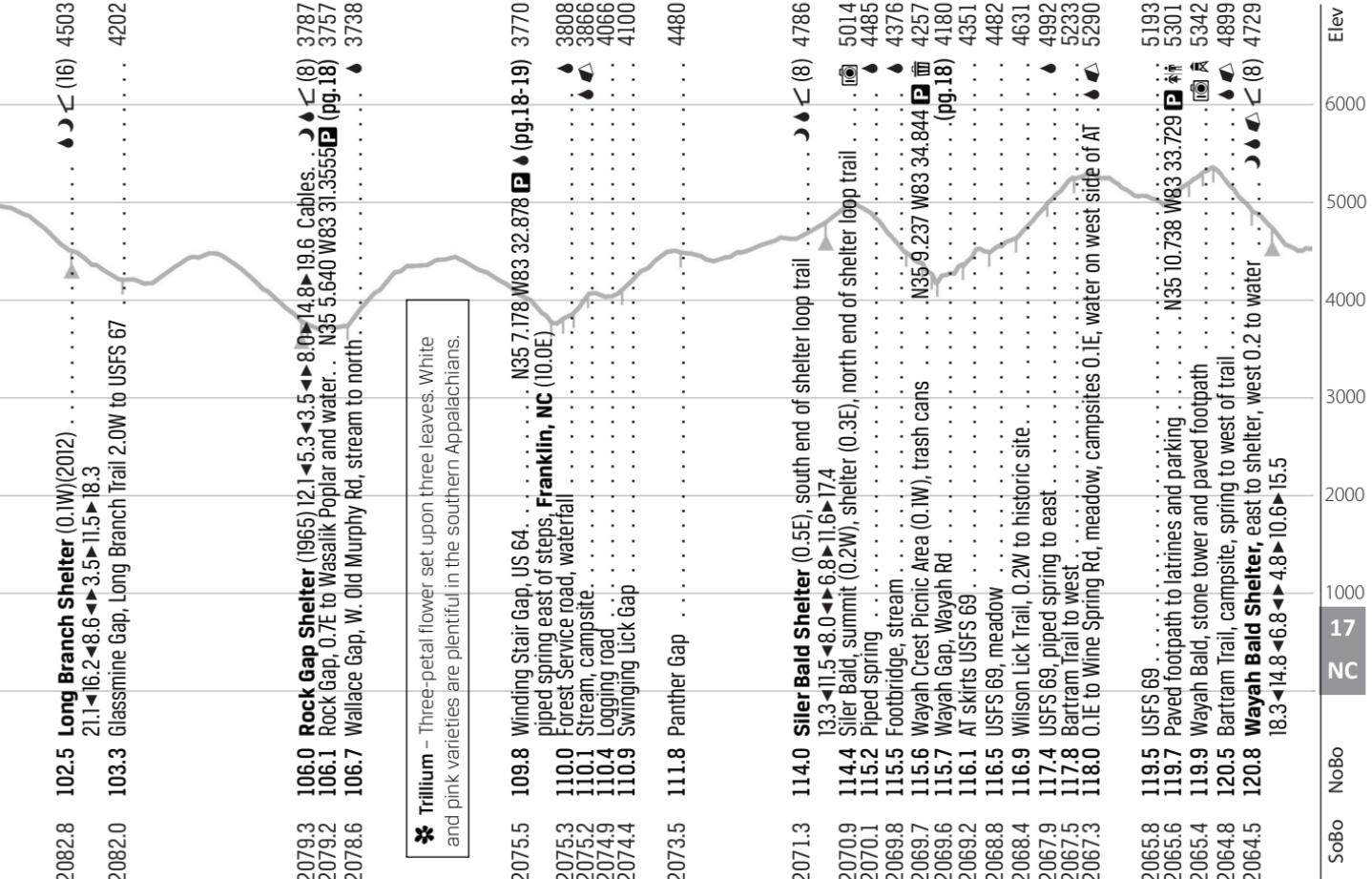
⚠ Prices are subject to change, particularly at hotels. Prices published in this guidebook were given in fall of 2013 and often represent a significant discount for hikers. Businesses *intend* to keep these prices throughout 2014, but they are not obliged to do so.

⚠ Many of the water sources listed in this book are springs and small streams that can go dry. Never carry just enough water to reach the next water source.





⚠️ White blazes on the north side of trees are identical to the blazes on the south side. Make sure you are headed in the right direction, especially when sleepily leaving shelters in the morning.



85.4 Deep Gap, USFS 71

106.1 Rock Gap

Standing Indian Campground 828-369-0442 3.7W from Deep Gap and 1.5W from Rock Gap. Campsites \$16, open Apr 1 - Nov 30. Camp store with small selection of foods.

Postal workers are present before & after the window closes at most post offices, and may retrieve a package for you. Doing so is a courtesy not an obligation. Do not impose on them unnecessarily.

109.8 Winding Stair Gap, US 64 **Franklin, NC** (10E)

Hiker Fool Bash March 28-29 at the Sapphire Inn. Food, fun & games.

Haven's Budget Inn 828-524-4403

www.budgetinnoffranklin.com \$39.99S, \$5EAP, \$50 pet deposit. Owner Ron Haven makes trips at 9 & 11am Mar-Apr to drop off/pick up at Rock, Wallace & Winding Stair Gaps. Motel guests may call for free pickup Mar-Apr, and get a 4pm shuttle around town for errands. Internet and coin laundry on-site. Hostel \$15 has full kitchen, vending machines and small gear items on-site. Shower w/o stay \$5. Maildrops: 433 East Palmer Street, Franklin, NC 28734.

Sapphire Inn 828-524-4406, \$39.99S, \$5EAP Maildrops: 761 East Main Street, Bus 441, Franklin, NC 28734.

Microtel Inn & Suites 888-403-1700 Prices vary, cont. breakfast, pet fee \$20. Maildrops: 81 Allman Dr, Franklin, NC 28734

Sunset Restaurant Homestyle B/L/D M-Sa 6am-8pm, daily specials, 10% hiker discount.

Fun Factory AYCE pizza lunch M-Sa.

Three Eagles Outfitters 828-524-9061

www.threeeaglesoutfitters.net Open M-Sa 9-6, Su 12-5. Full-service outfitter serving AT hikers for over 20 years. 10% discount for thru-hikers. Gear, footwear, clothing, hiker food, white gas/alcohol/oz. **Trail Tree Cafe** inside; coffee bar, baked goods and hiker lounge with internet access. In-town shuttle. Maildrops: 78 Siler Rd, Franklin, NC 28734.

Outdoor 76 828-349-7676 www.outdoor76.com Open M-Sa 10-7. Specialty AT hiking store with lightweight gear, food, fuel and draft beer, located in the center of town. Footwear experts with fully trained staff to deal with injuries and various foot issues. Spend \$50 get a \$10 gift card for local restaurant. 10% off for thru-hikers. Shipping services, free internet, ask about shuttles. No charge maildrops: 35 East Main Street, Franklin, NC 28734.

Rock House Lodge Inside of Outdoor 76, M-Sa 10-7. Quality draft beers on tap and beer to go. 10% hiker discount. Live entertainment Friday and Saturday evenings. Free internet.

Ace Hardware Coleman/alcohol/oz

City Taxi 828-369-5042, by appt. until 6 pm.

Roadrunner Driving Services 706-201-7719 where2@mac.com Long distance shuttles covering Atlanta to Damascus.

Larry's Taxi Service 828-421-4987, shuttles anywhere.

Lenzo Animal Hospital 828-369-2635 M-F 8:30-5:00, some Sa 8:30-noon. Emergency clinic 828-665-4399.

Visitor Center (Chamber of Commerce) 828-524-3161 M-F 9-5, Sa 10-4, closed Sunday. List of hiker services and shuttles.

UPS Store 828-524-9800, M-F 8-6, Sa 10-3.

115.7 Wayah Gap, Wayah Rd.

124.4 Burningtown Gap, NC 1397

129.2 Tellico Gap, Otter Creek Rd.

Aquone Hiker Lodge 828-321-2340

www.aquonecabins.com/at.html Run by 2010 thru-hiker "Wiggy". Open Feb 25 - May 25. Bunkroom \$20PP, private room \$50D, cabin \$110D. Pickup or return from/to Burningtown, Wayah or Tellico \$4 per trip. Home cooked breakfast and evening meal is available. Laundry \$4. Short term resupply, candy, sodas and packaged meals. Slackpacking from Rock Gap to NOC with reservations. No pets. \$3 surcharge for credit cards. Maildrops (guests only): 63 Britannia Dr, Aquone, NC 28781.

FRANKLIN, NC



Pop. 3,618 (2006)
N35 10.883, W83 22.833
Mag. Dec. 5° 22' W

Noah's Ark Animal Hosp. 828-524-6121

▲ (10.5 mi. to Winding Stair Gap)

Burger King
Little Caesars
Ingles
Subway,
Fat Buddies BBQ
Kmart w/ Western Union
Gondolas
Lowes
UPS Store

Angel Urgent Care 828-349-3114
Big Lots
Huddle House
McDonald's
Bojangles
Dairy Queen
Pizza Hut
Wendys
Ruby Cinema
(1.4 mi.)
Lenzo Animal Hosp. (1.1mi) 828-369-2635

Sunset Restaurant

28
Iota St

Alpine Haus Cigars
Outdoor 76
Bookstore, Rathskellar Below

Main St

Hardee's
Dollar General
McDonald's

Comm. Laundry
Mi Casa
Stamey's
Sapphire Inn

Sakura Japanese
Mtn Valley Health Fd
Subway

Hot Spot Convenience & Deli

Ms. Lois'

Mulligan's

La Poblanas

Main St. Pizzeria

Fortune House

Nantahala Hardware

Isaias Dugout

La Chispa

Cajun Connection

Thai Restaurant

Vito's Pizza

Ace
Normandie Diner
Ingles
Dollar Store

Motor Co. Grill
Life's Bounty Bakery
Rosebud Cottage (vegan)
Main St. Coffee

Haven's Burger Inn
Kountry Kitchen
Mikers
Dominos

Phillips
Depot St

PO (28734):
828-524-3219
M-F 8:30-5,
Sa 9-12

Little Tennessee River

Wells Grove Rd

Oak Forest Ln

Great Clips
Dollar Tree
Asian King

El Sabor del Rancho
ABC Liquor

Walmart

Palmer St

Porter St

Georgia Rd

441

Three Eagles

Foot & Ankle Clinic

828-349-4534

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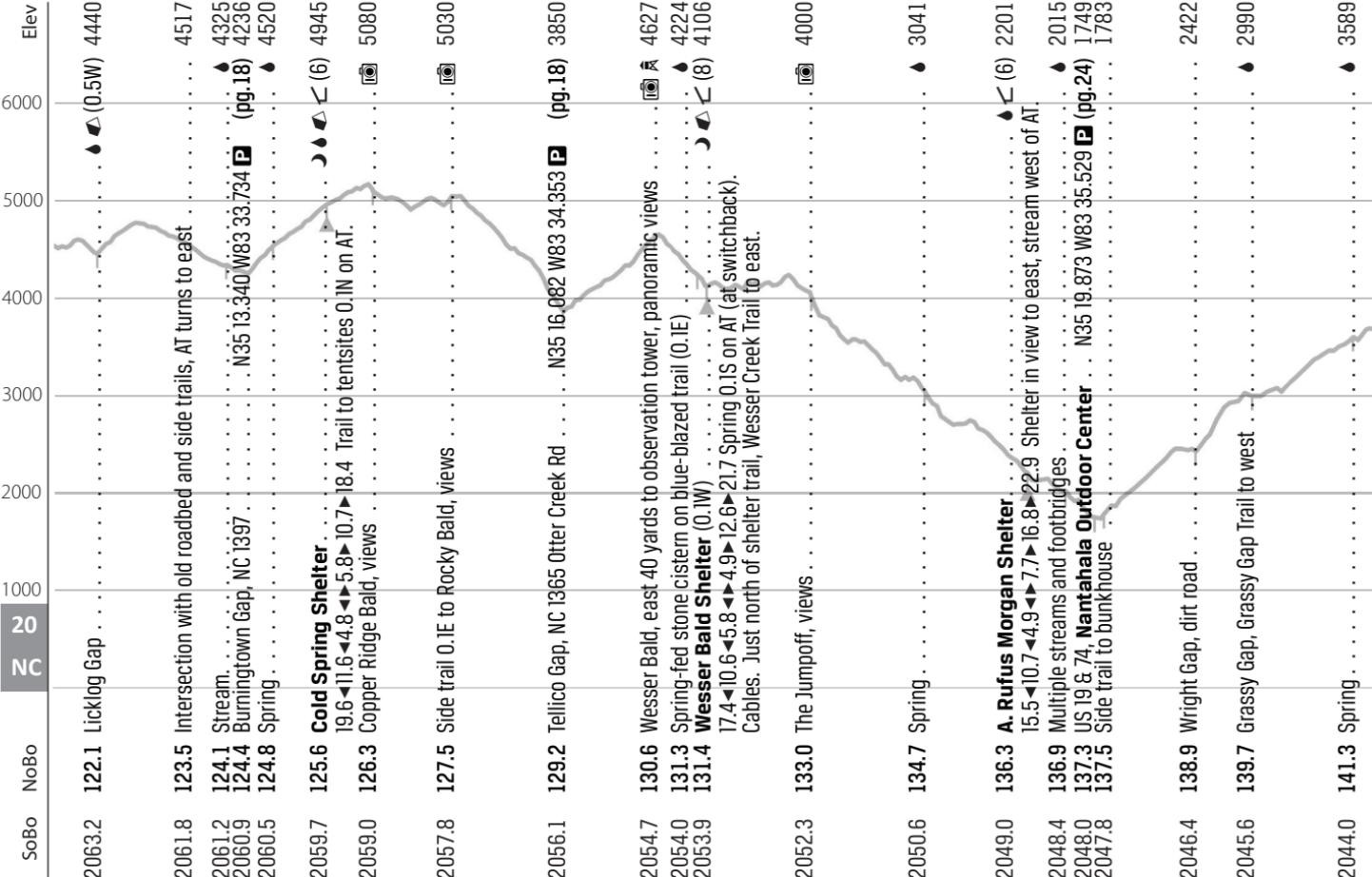
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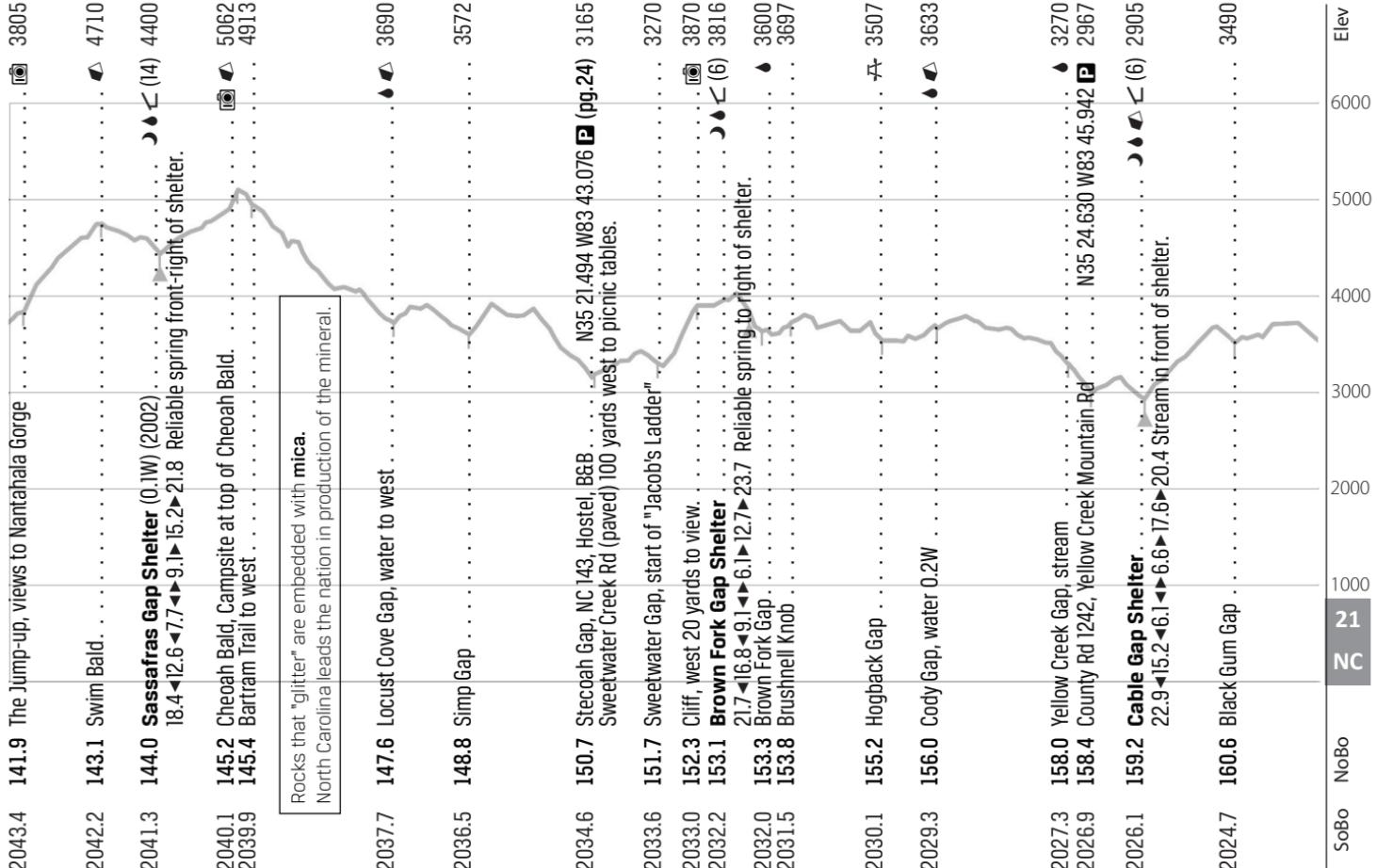
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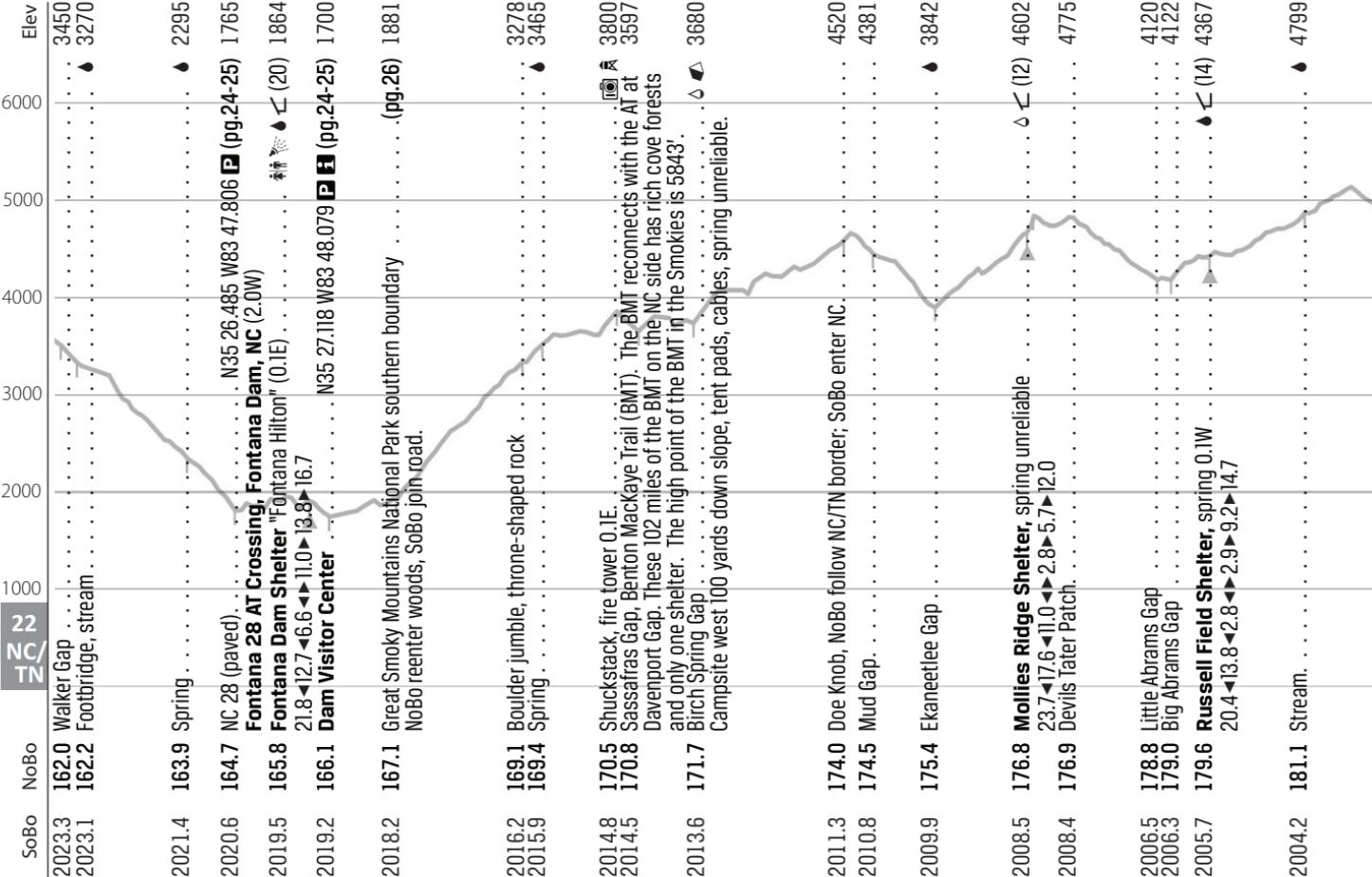
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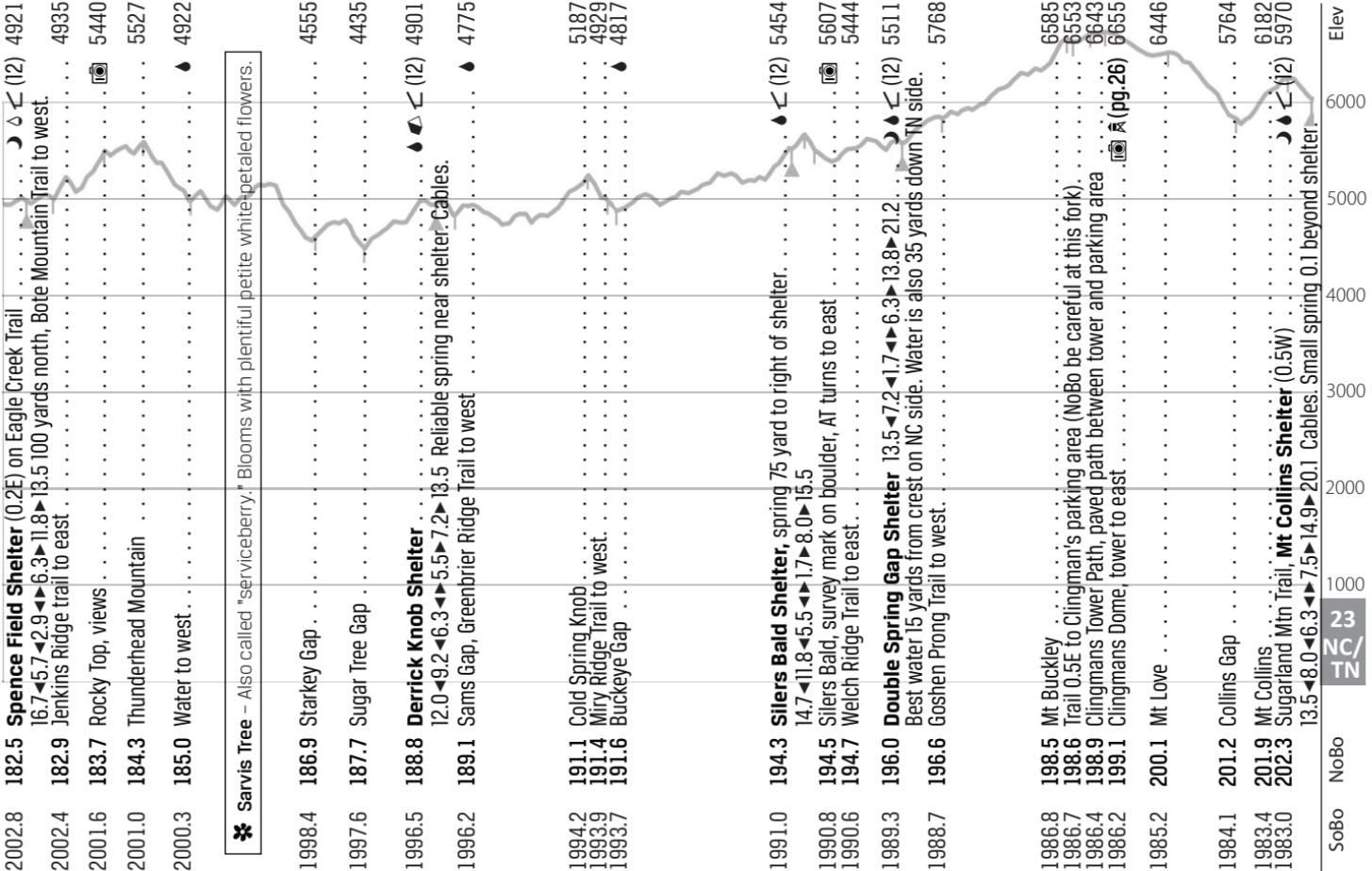
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Events at NOC: Southern Ruck Jan 17-20. **Founder's Bridge AT Festival** Apr 3-5 Free movies with soda and popcorn Th & Fr, thru-hiker dinner Sat. Live music, lightweight backpacking, cooking, and ATC clinics, lots of fun and giveaways. Gear reps on hand for support & repairs. Extended restaurant and store hours.

137.3 US 19 & 74

 **Nantahala Outdoor Center** 888-905-7238 <www.noc.com> Complex with lodging, food, gear & whitewater rafting. Coin-op showers available to non-guests Apr-Oct. In-season office hours 8-5. Reservations recommended, even for the hostel. If you walk in without reservation, go to General Store to check in, or to the River's End Restaurant if the store is closed.

 Motel rooms \$59/up. Prices higher mid-summer, weekends and holidays. Basic rooms do not have TV or phone. Rooms with more amenities are available at **Nantahala Inn** 1.5 miles away. For large groups, it can be economical to rent a cabin; ask about prices.

 **Base Camp (hostel)** \$19.387 includes tax, shower and use of common area and kitchen. Check in at general store.

 **River's End Restaurant** (B/L/D); **Big Wesser BBQ/ Pourover Pub** Live music, opens mid-April.

 **NOC Outfitters** Full service outfitter, fuel/oz. Experienced staff, gear shakedowns, Full line of gear and trail food. Open 7 days, extended hours in summer. Ask about shuttles. Maildrops: dated & marked "Hold for AT Hiker", 13077 Hwy 19W, Bryson City, NC 28713.

 **Wesser General Store**
 **Jude Julius** 828-736-0086 In Bryson City, NC. Shuttle range Standing Indian to Fontana.

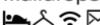
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NC

Peter Barr ("Whippersnap" GA-ME 2010), author of **Hiking North Carolina's Lookout Towers**, recorded the track and landmarks that are the core of this book.

150.7 Stecoah Gap, NC 143

 **The Cabin in the Woods** Phil Capper 828-735-3368 or 828-735-1930 <www.thecabininthewoods.com> Lodging includes ride to/from the trail up to 15 miles each way. 2 cabins \$65 or \$70, are often booked so reserve early. The loft accommodates 2 hikers; \$30 includes ride, shower, bathroom. \$15 resupply trip up to 4 persons. Shuttles anywhere 50 cents per mile. Family style breakfast \$6, dinner \$10, laundry \$3/load. Pets <40 pounds. Maildrops: 301 Stecoah Heights Rd. Robbinsville, NC 28771

 **Buffalo Creek B&B** 828-479-3892

RobMason@rocketmail.com. Hiker rate (no drive-ins) \$70 for single or double includes pickup/return from Stecoah Gap or Fontana Dam, a resupply stop in Robbinsville, laundry and breakfast. Open April-October, call for availability in other months. The B&B offers WiFi and you may print your Smokies permit here. Maildrops (guests only): 4989 W. Buffalo Creek Rd, Robbinsville, NC 28771.

 **Appalachian Inn** 828-479-8450 Luxurious log cabin with great views \$130-150 double, 1.2E from Stecoah Gap. Includes pickup/return from Stecoah Gap, laundry and full country breakfast. Additional charge for lunch/dinner. Some rooms have jacuzzi tubs.

Robbinsville, NC 28771 (8W) Compact town center with motel, restaurants, PO, grocery, pharmacy and laundromat within walking distance of each other.

 M-F 9-4:30, 828-479-3397

 **San Ran Motel** 828-479-3256 Non-smoking rooms with fridge and microwave. No pets.

164.6 NC 28

 **Fontana 28 AT Crossing** Bathrooms, vending machines, GSMNP maps (\$1), and house phone to call for shuttle. More snacks and canned meats available from bait store on dock 0.1E. \$3 for shuttle between here or shelter to/from Fontana Village 8:30-6 daily 2/15-5/15.

Fontana Village, NC (2W from NC 28) For all facilities contact: 800-849-2258 or 828-498-2211

Fontana Lodge Ask for thru-hiker rate \$59 Su-Th, \$89 F-Sa, room holds up to 4, no pets. Price may be higher on high-demand nights. Cabins \$99/up. Maildrops: Fontana Village Resort, ATTN: Front Desk, 300 Woods Dr., Fontana Dam, NC 28733.

General Store Grocery store, freeze-dried food, Coleman/alcohol/oz, isobutane canisters during thru-hiker season, small selection of gear items. 10% discount for thru-hikers on non-food items. Open Mar 7-Nov 28.

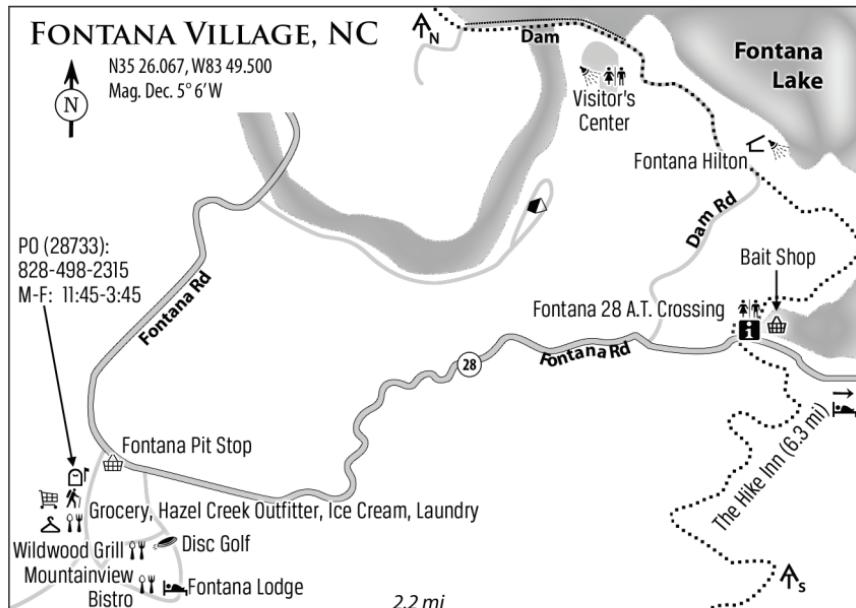
Mountainview Bistro is pricey; the **Wildwood Grill** does not open until May 1; the **Fontana Pit Stop** offers hot dogs, nachos and microwave fare.

Laundromat 7 days, open year-round.

166.1 **Fontana Dam Visitor Center**

Sodas, snacks, camera supplies, free showers, GSMP self-registration permits. Open 9am-6pm daily May-Oct. Verizon and AT&T cell phones may get signal at the overlook near the shelter parking area.

(6.3E) **The Hike Inn** 828-479-3677 <www.thehikeinn.com> hikeinn@graham.main.nc.us. A hiker only service owned and operated by Jeff and Nancy Hoch since 1993. They offer Thru-hiker/long distance hiker packages, section/day hiker rates, shuttles by arrangement as well as a variety of other hiker services. Please call, e-mail or visit their website for more information, reservations and directions.



**APPALACHIAN TRAIL
C O N S E R V A N C Y®**

The ATC works with the National Park Service, 31 volunteer maintaining clubs, and multiple other partners to engage the public in conserving this essential American resource. Please join or donate to the ATC.

Their website, www.AppalachianTrail.org, contains information about trail history and protection, hike planning, volunteer opportunities, and trail conditions.

Great Smoky Mountains NP <www.nps.gov/grsm>**Backcountry Info:** 865-436-1297**Reservations:** 865-436-1231

A permit is required and there is a backcountry fee - \$4PP per night or \$20PP flat rate fee for up to 7 nights. An on-line system allows you to pay and print a permit up to 30 days in advance <www.smokiespermits.nps.gov>

Shelters - The only near-trail campsite is Birch Spring. Otherwise hikers must overnight at shelters. Section hikers must make reservations. If there is no room in the shelter, thru-hikers must give up bunk space and tent in the vicinity of the shelter. All hikers must use bear cables to secure food.

No pets - Dogs are not permitted in the park. Below are kenneling options, vaccination records often required:

Loving Care Kennels 865-453-2028, 3779 Tinker Hollow Rd, Pigeon Forge, TN 37863. Pick up your dog at Fontana Dam and return him/her to Davenport Gap. \$325 for one dog, \$450 for two. Will deliver maildrops at time of pickup or return. Call at least 2 days in advance.

Barks and Recreation 865-325-8245 Does not offer rides, but you can drop off/pickup from 2159 East Parkway Gatlinburg, TN. M-F 7am-8pm, Su 10-6.

Standing Bear Farm (see pg. 32)

199.1 Clingmans Dome N35 33.433 W83 29.634

This is the highest point on the Appalachian Trail. Parking lot and restrooms are 0.5E on a paved walkway. It's 7 mi. from the parking area to Newfound Gap on Clingmans Dome Rd, and the road is closed to cars Dec 1 - Apr 1. There are no sinks in the restrooms. Gift shop near parking area sometimes sells drinks and snacks.

206.8 Newfound Gap, US 441

Grand Prix Motel 865-436-4561, \$29.95/up, coin laundry. Shuttle up to 4 persons to Newfound Gap \$30 or Clingmans Dome for \$35. Maildrops: 235 Ski Mtn Rd, Gatlinburg, TN 37738.

Microtel Gatlinburg 865-436-0107 \$44.95/up, cont B, pets \$10. Maildrop with reservation only: 211 Historic Nature Trail, Gatlinburg, TN 37738.

Motel 6 865-436-7813 Room for 2: \$40 weekdays, \$50 weekends, room for 4: \$46 weekdays, \$56 weekends. Pool, pets \$10. Trolley stops at the front door. All major CC. Maildrops: 309 Ownby St, Gatlinburg, TN 37738.

Days Inn 865-436-5811

Best Western 865-436-5121

NOC Great Outpost 865-277-8209 Open 7 days 10-9, 10-6 in winter (Jan-May). Full line of gear and white gas/denatured/oz. Free showers & pack storage, call for trailhead shuttle schedule. Maildrops: 1138 Parkway, Gatlinburg, TN 37738.

The Day Hiker 865-430-0970 Small shop with shoes and fuel.

Highlands Shuttle Service (Ron McGaha) 423-625-0739 or 865-322-2752 mdron@bellsouth.net, shuttles from Standing Indian (NC) to Damascus, VA. Also pick up/drop off at Knoxville and Asheville airports and bus stations.

A Walk in the Woods 865-436-8283 <www.aWalkintheWoods.com> GSMNP guides Vesna and Erik Plakanis shuttle anywhere from Springer to Damascus. Can help with resupply & dog shuttling while you are in the Smokies.

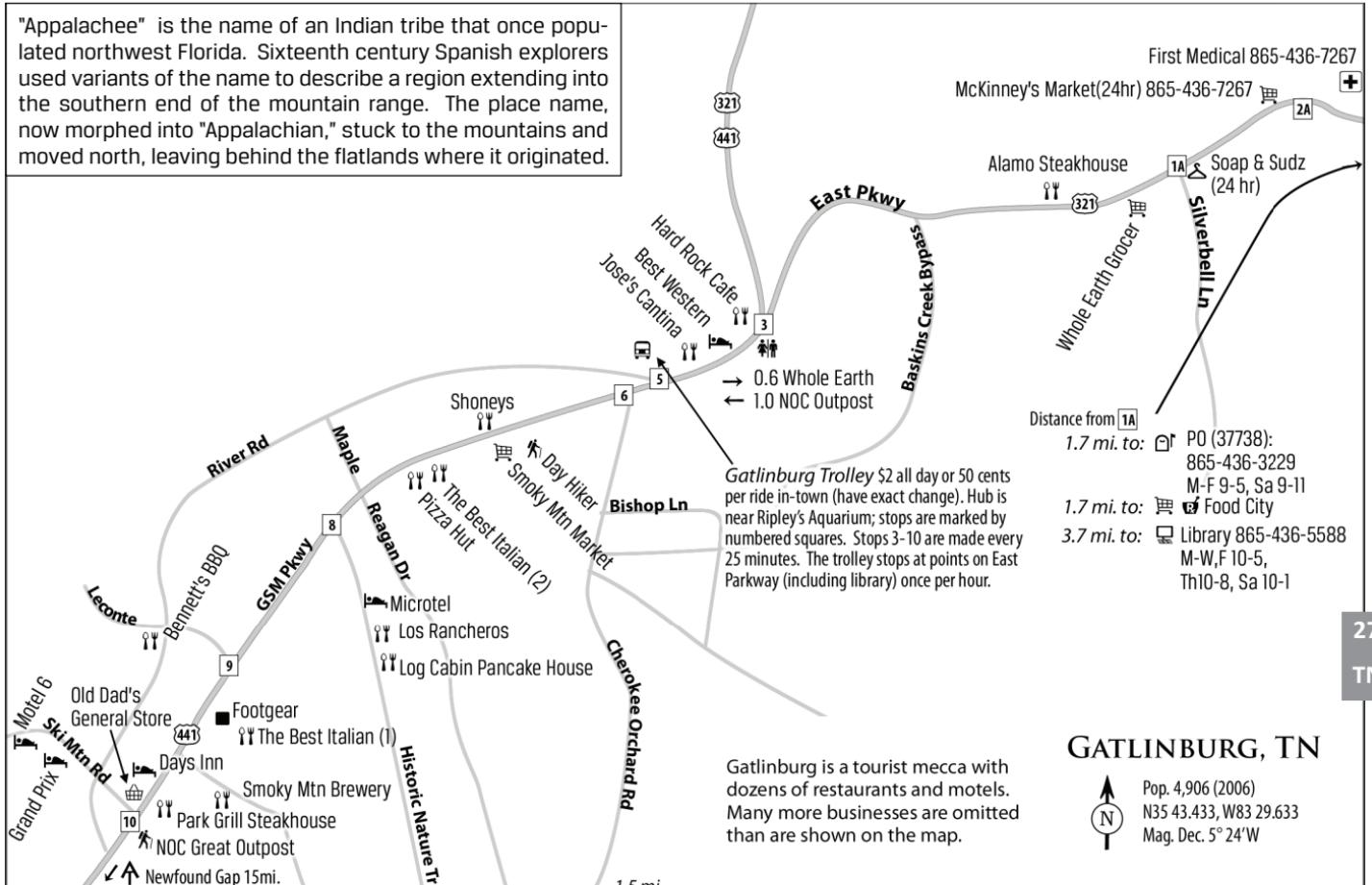
Cherokee Transit 866-388-6071 <www.cherokeetransit.com>

Roger Bailey, LMT 865-250-0676 Special thru-hiker rate \$50 for one-hour massage.

Cherokee, NC (21E) Large town, many services.

Microtel Inn & Suites 828-497-7800 \$65, higher on wknds, includes breakfast, free local/long distance phone. Coin laundry, pool. Adjacent supermarket, fast-food, shoe store.

"Appalachee" is the name of an Indian tribe that once populated northwest Florida. Sixteenth century Spanish explorers used variants of the name to describe a region extending into the southern end of the mountain range. The place name, now morphed into "Appalachian," stuck to the mountains and moved north, leaving behind the flatlands where it originated.

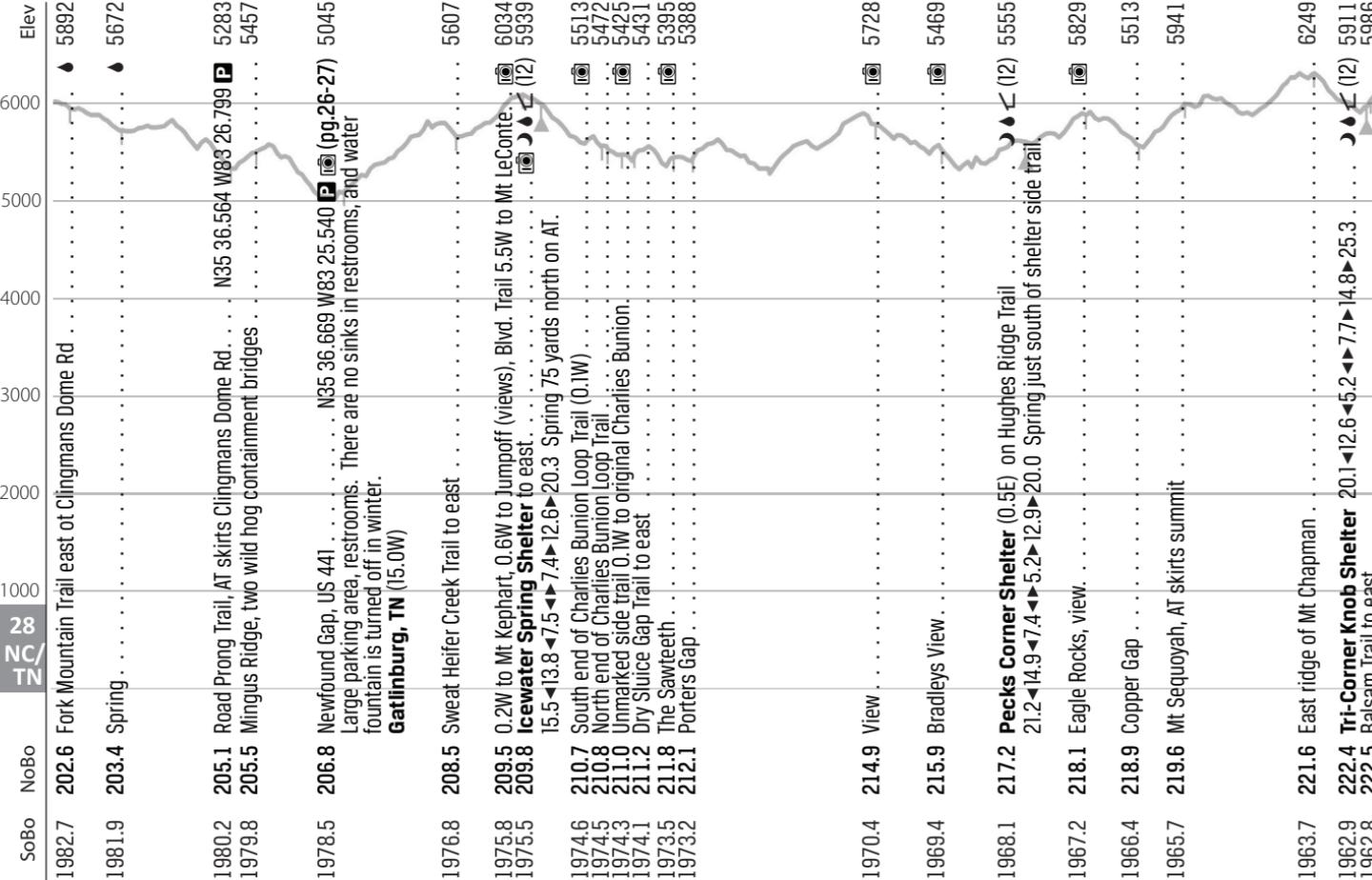


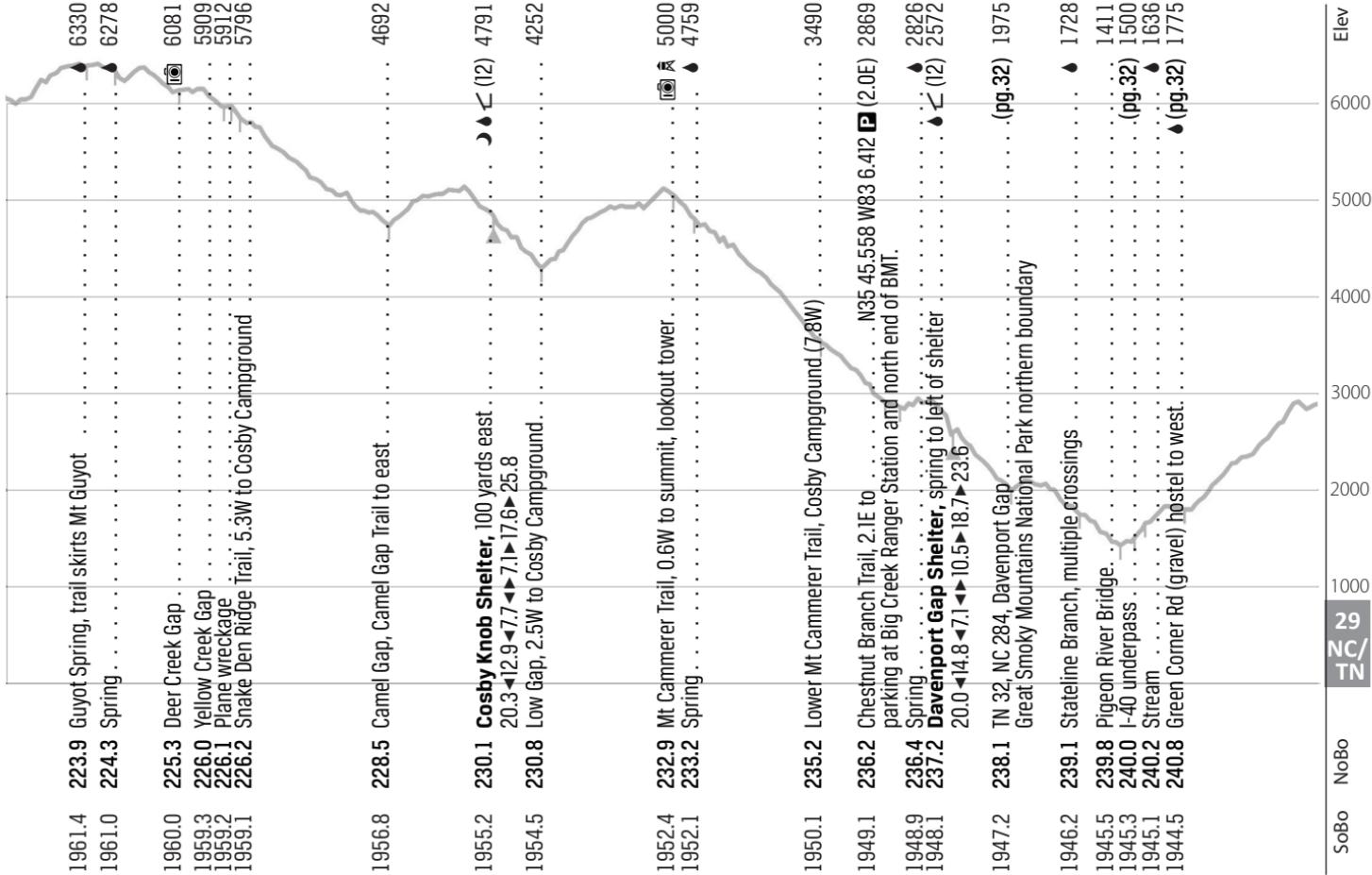
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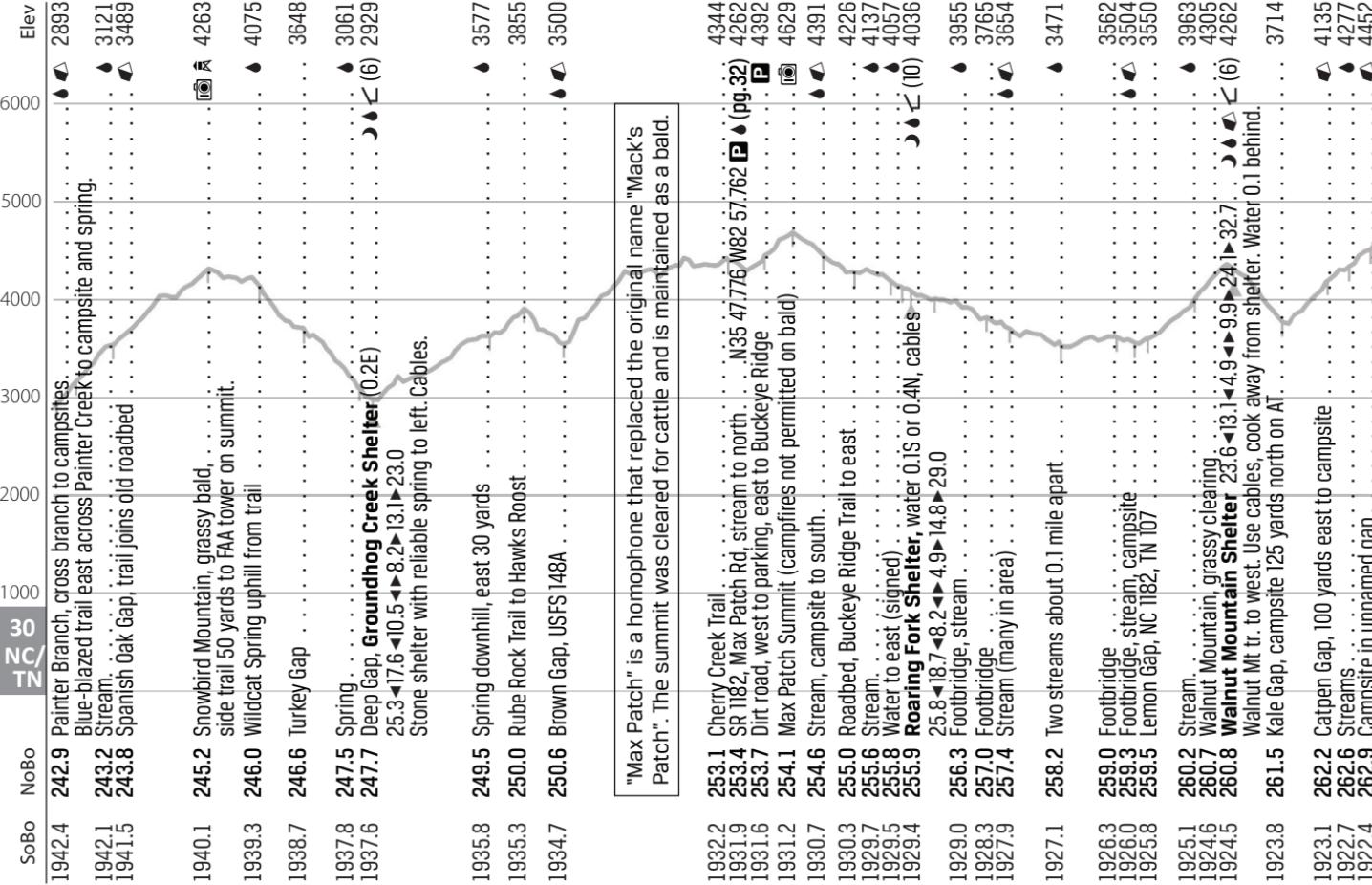
GATLINBURG, TN

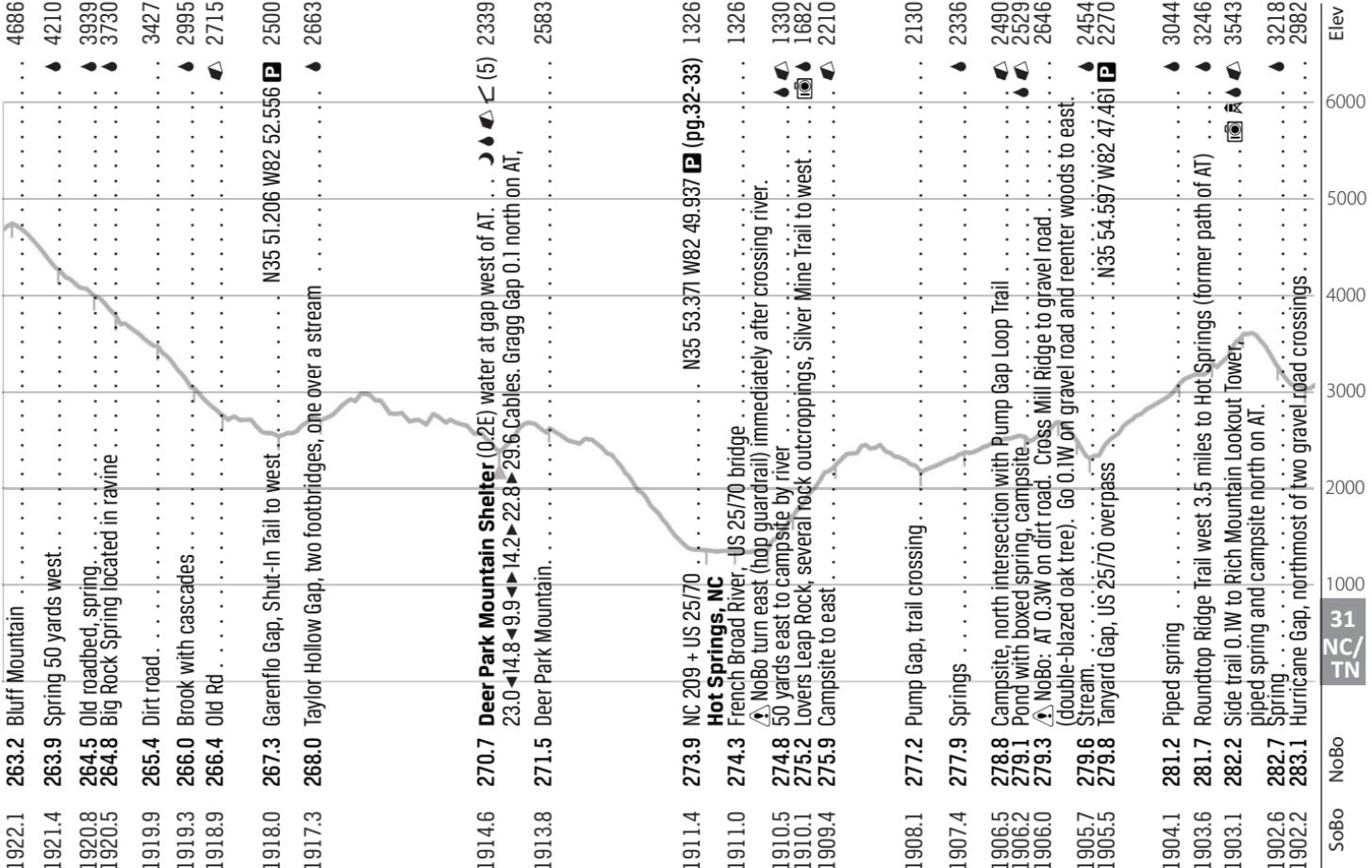


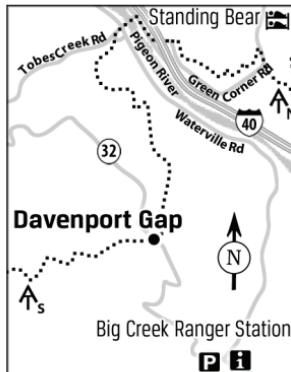
Pop. 4,906 (2006)
N35 43.433, W83 29.633
Mag. Dec. 5° 24'W











238.1 TN 32, NC 284, Davenport Gap **Great Smoky Mountain NP**

📞 (1.3E) **Big Creek Ranger Station** 828-486-5910

📍 (2.3E) **Big Creek Campground** 865-436-1261 \$14/site, no showers or electricity. Open Apr 1 - Oct 31. Chestnut Branch Tr (2.0mi) connects campground to AT 0.1S of Davenport Gap Shelter.

240.0 I-40 🚕 **Melissa Browning** 423-623-7074 shuttles from I-40 or Davenport Gap to Newport (town has hotels, restaurants, Walmart) or Hot Springs.

240.8 Green Corner Rd

🏨 🌿 🌸 🐾 🚗 📞 🌐 🖥 Standing Bear Farm (0.1W) 423-487-0014 curtisvowen@gmail.com; Hosted by Maria & Curtis. \$20PP cabin, \$15 bunkhouse or tenting. Food for sale that you can cook yourself. Reasonably-priced resupply. White gas/alcohol/oz, canister fuel. Daypack loaner for slackpackers. Shuttles anywhere. Dogs must be kept on a leash while on property. Kennel service available while you hike Smokies; ask about rates. Directions: Green Corner Rd is gravel road 1.0 north of I-40, go west 200 yards to white farmhouse (see map). Parking: short term \$5/car/day, long term \$3/car/day. Maildrops: 4255 Green Corner Rd, Hartford, TN 37753.

HOT SPRINGS, NC

Pop. 637 (2007)
N35 53.700, W82 49.717
Mag. Dec. 5° 58' W

PO (28743):
828-622-3242
M-F 9-11:30 & 1-4,
Sa 9-10:30

Hot Springs Medical Center
828-622-3245

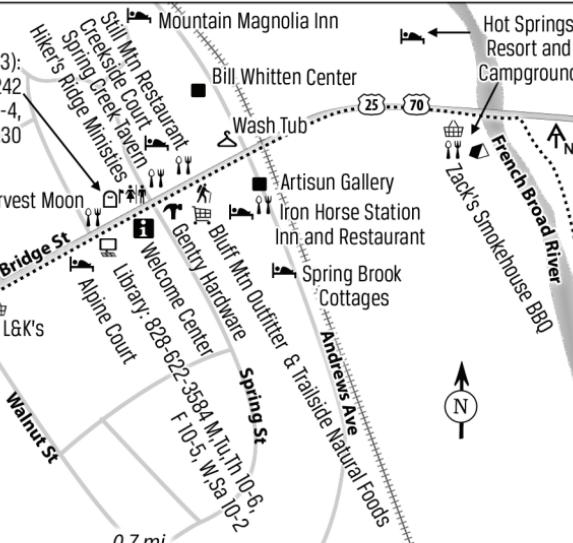
Hillbilly Market

Dollar General

Smoky Mtn Diner

Elmer's Sunnybank Inn

Hostel at Laughing Heart Lodge



253.4 Max Patch Rd (8.0E to hostel)

🏨 🌐 **Hostel of the Mountain** 217-597-0718 Hostelofthemountain@gmail.com. \$25 includes bunkroom & dinner. \$20 for pickup and return from Max Patch Rd or Hot Springs. Even with ride there is a 2 mile walk to cabin on picturesque Sandy Mush Bald devoted to sustainable living practices. Drink/smoke responsibly. Work-for-stay sometimes available. No pets. Maildrops with reservation: 19001 NC HWY 209 Hot Springs, NC 28743.

273.9 NC 209, US 25/70 **Hot Springs, NC**

Home to **Trailfest** on April 11-13, Friday night spaghetti dinner \$5 at the Comm. Center, activities all day Saturday and Sunday breakfast.

🏨 🌐 📞 **Elmers Sunnybank Inn** 828-622-7206 (www.sunnybankretreatassociation.org) Long-distance hikers (100+ miles) stay for \$20PP private room, includes linens, towel and shower. Guests only can purchase breakfast \$6 and dinner \$12; gourmet organic vegetarian meals.

No pets, no smoking, no credit cards. Historic Sunnybank Inn has offered hospitality to AT hikers since 1947. Staffed by former thru-hikers, the Inn offers an extensive library & well-equipped music room. Work exchange possible. Maildrops: PO Box 233, Hot Springs, NC 28743.

 **Hostel at Laughing Heart Lodge** 813-763-7868 At south trailhead parking lot. \$15pp bunkroom, \$25 single private, \$40 double private. All rooms include shower & towel, movies, reading room, full kitchen, wireless access. Pet friendly. Tenting with shower \$10, shower only \$5. Quiet time 10pm-7am. Lodge rooms \$75-100 include continental breakfast. Hosted by hikers Chuck Norris & Tigger. Maildrops: 289 NW Hwy 25/70, Hot Springs, NC 28743.

 **Iron Horse Station** 866-402-9377 Hiker rate \$55D. Restaurant, tavern and coffee shop. Serves L/D, and offers some vegetarian options. Live music Tu, Wed, Fri & Saturday.

 **Alpine Court Motel** 828-206-3384 Hiker rate Mar-Jun \$42S, \$55D. No credit cards. Maildrops: 50 Bridge St, Hot Springs, NC 28743.

 **Creekside Court** 828-215-1261 \$75D, lower on weekdays, ask for hiker discount, pets allowed.

 **Hot Springs Resort Cabins Campground & Spa** 828-622-7267 www.nchotsprings.com Tenting \$10S, \$24 up to 4. Cabins \$50 sleeps 5 with common bath & hot showers, \$66 cabin sleeps 8. Pet fee \$10. Shower w/o stay \$5. Famous Hot Springs mineral water spa \$15S before 6pm; 3-person rate \$30 before 6pm, \$35 after 6pm. The Camp store carries snacks and some supplies. Also offers massage therapy. Accepts Visa/MC/Disc.

 **Mountain Magnolia Inn** 800-914-9306 Discount hiker rates when rooms available \$65-\$130 includes AYCE breakfast. Dinner Th-M open to all. Maildrops: 204 Lawson St, Hot Springs, NC 28743.

 **Creekside Court Cabins and Restaurant** 828-215-1261

 **Smoky Mountain Diner** Hiker special 12 oz burger.

 **Spring Creek Tavern** 50 varieties of beer, outdoor deck overlooking creek, live music Thurs-Sunday nights.

 **ArtiSun Gallery** 828-622-3573 Coffee, baked goods, ultimate local ice cream, 50% off ALDHA membership, may use phone. AT hiker artwork. UPS or FedEx maildrops: 16 S. Andrews Ave, Hot Springs, NC 28743.

 **Hiker's Ridge Ministries Resource Center** Open M-Sa 9-3, Mar 15-May 15. Place to relax, coffee, drinks, doughnuts, kitchen internet, restroom.

 **Harvest Moon** Coffee, fresh lemonade, tincture. Next to PO; feel free to spread out on lawn and sort through your maildrops.

 **Bluff Mountain Outfitters** 828-622-7162, Su-Th 9-5, F-Sa 9-6 www.bluffmountain.com Full service outfitter, fuel/oz. Natural foods grocery and other foods make this a one-stop location for complete resupply. Computer for internet access, free 30 min for hikers. ATM and scale inside. Shuttles Springer to Roanoke & area airports. SoBo hikers can print Smoky Mtn NP permits here. Ships UPS packages. Maildrops: (USPS) PO Box 114 Hot Springs, NC 28743 or (FedEx/UPS) 152 Bridge St.

290.2 Log Cabin Drive (dirt/gravel road)

 (0.7W) **Hemlock Hollow Inn & Paint Creek Cafe** 423-787-0917 www.hemlockhollowinn.com West on Log Cabin Dr. to paved Viking Mountain Rd. Cabin \$50/75 (up to 3) w/linens. Single \$25 w/linens, \$20 without. All cabins heated. Tent site \$12PP. Pets \$5 extra. All stays include shower, free return ride to trail. Non-guests can get shower & towel for \$4. Camp store stocked with long term resupply, some gear, cold drinks, foods, fruit, stove fuels. Cafe open 7 days in hiker season, open-season if 4 or more. Shuttles available, slack-packing welcomed. Parking free for guests, \$2/day for non-guests. Accepts Visa, M/C, Discover. Maildrops (ETA mandatory): 645 Chandler Circle, Greeneville, TN 37743.

309.0 Devil Fork Gap, NC 212

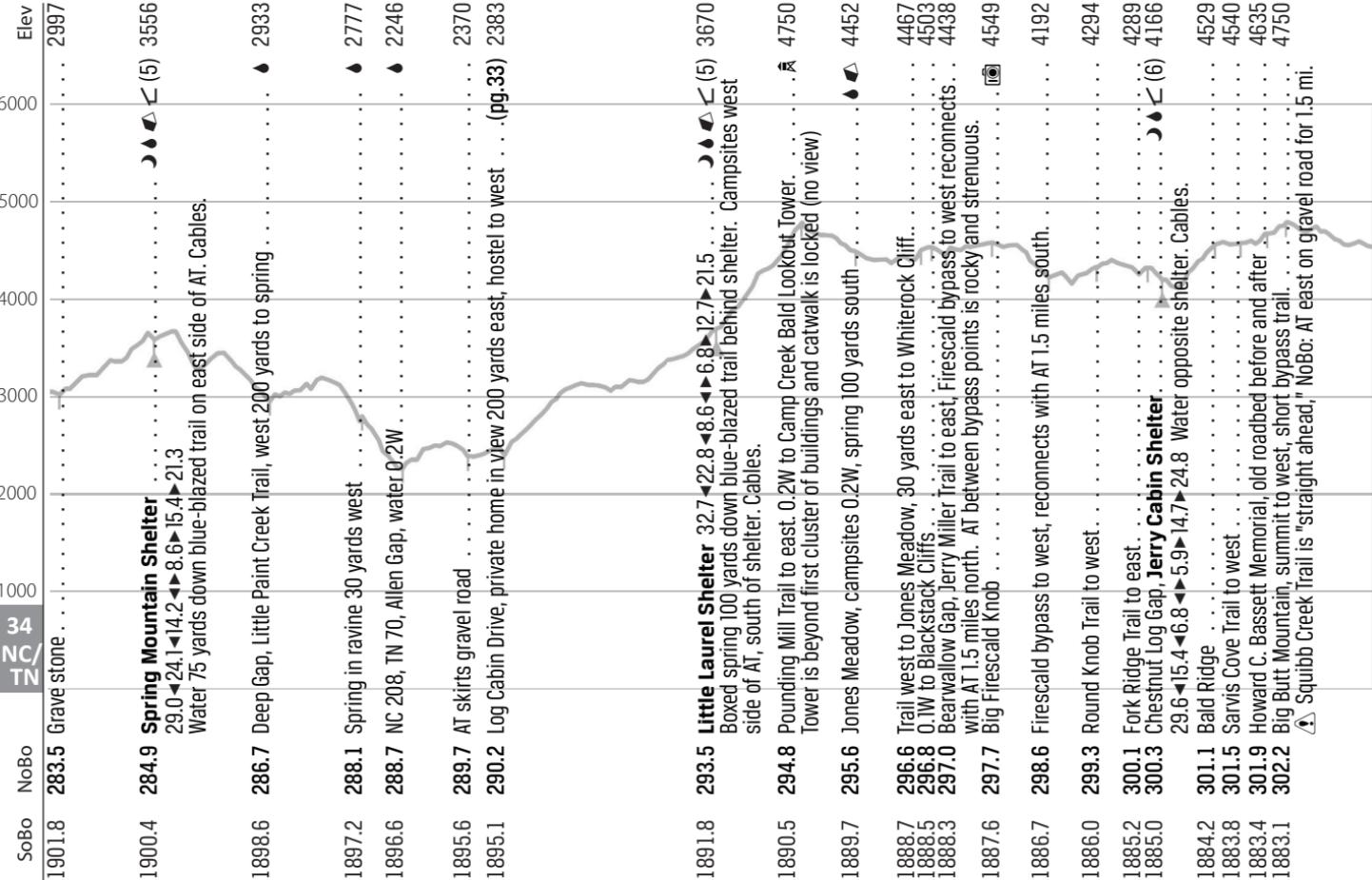
 AT northbound is headed due south; trading post is "trail east" (to the right for northbounders) but compass west.

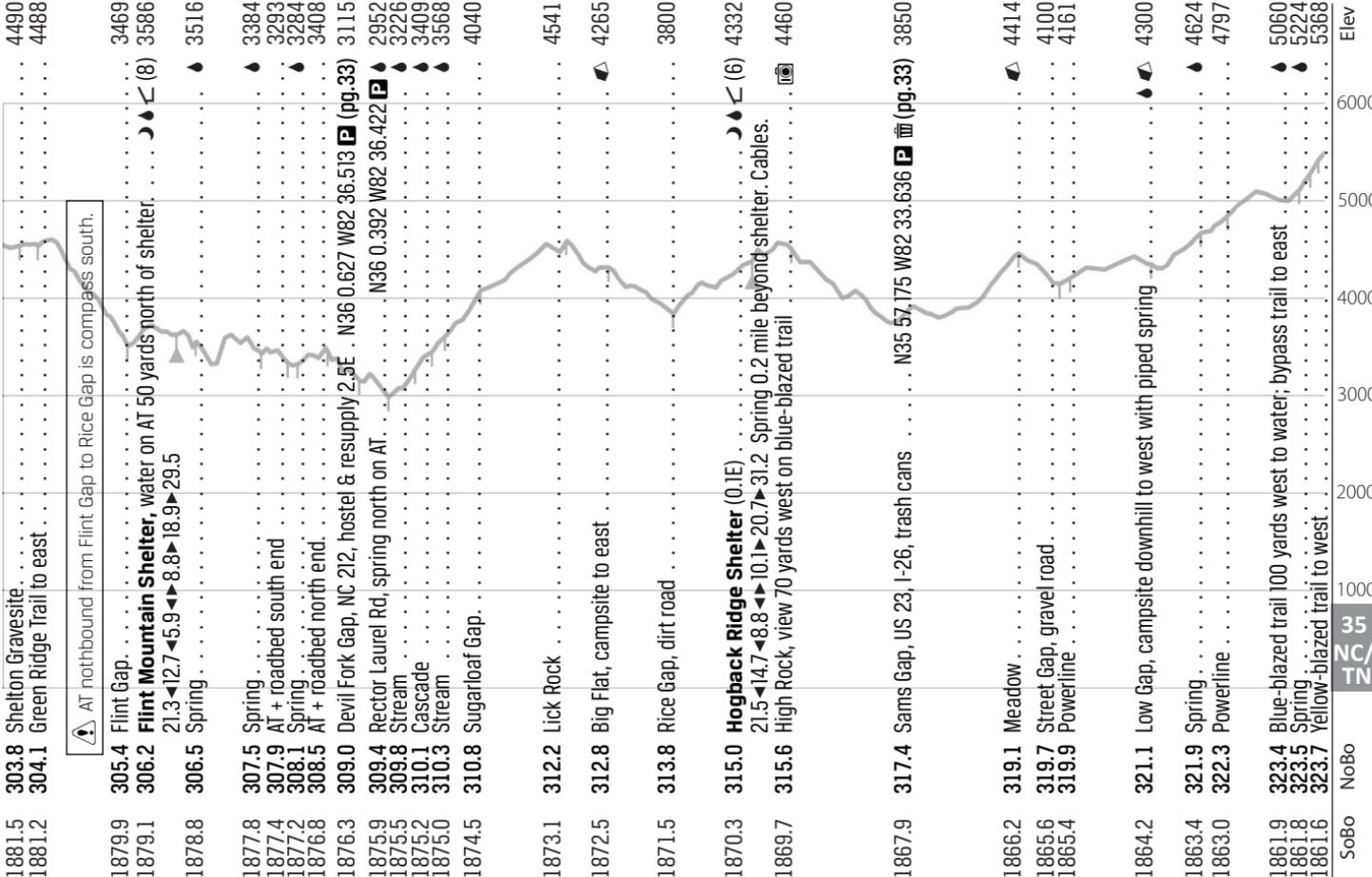
 (2.5E) **Laurel Trading Post** 828-656-2492 M-Sa 7-7 Bunkroom \$25, tenting \$10, laundry \$10, shower & towel w/o stay \$5.

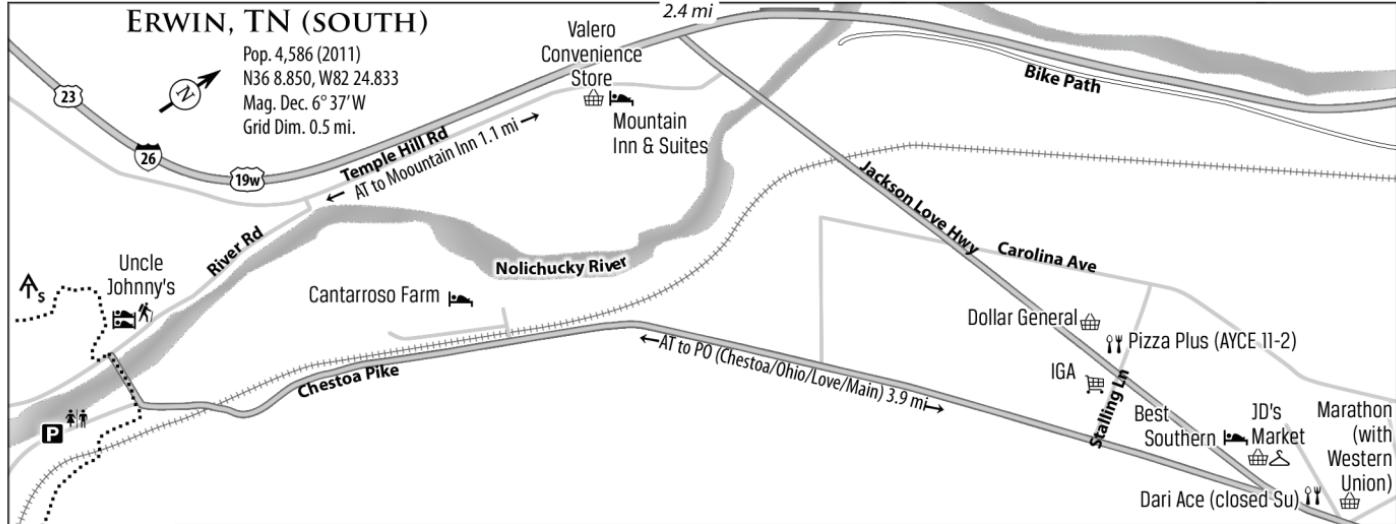
317.4 Sams Gap, US 23

 (2.8E) **Little Creek Cafe** (2.8E) 828-689-2307 M-Th & Sa 6am-2pm, F 7-7.

 (3.3E) Open 7 days







36
TN

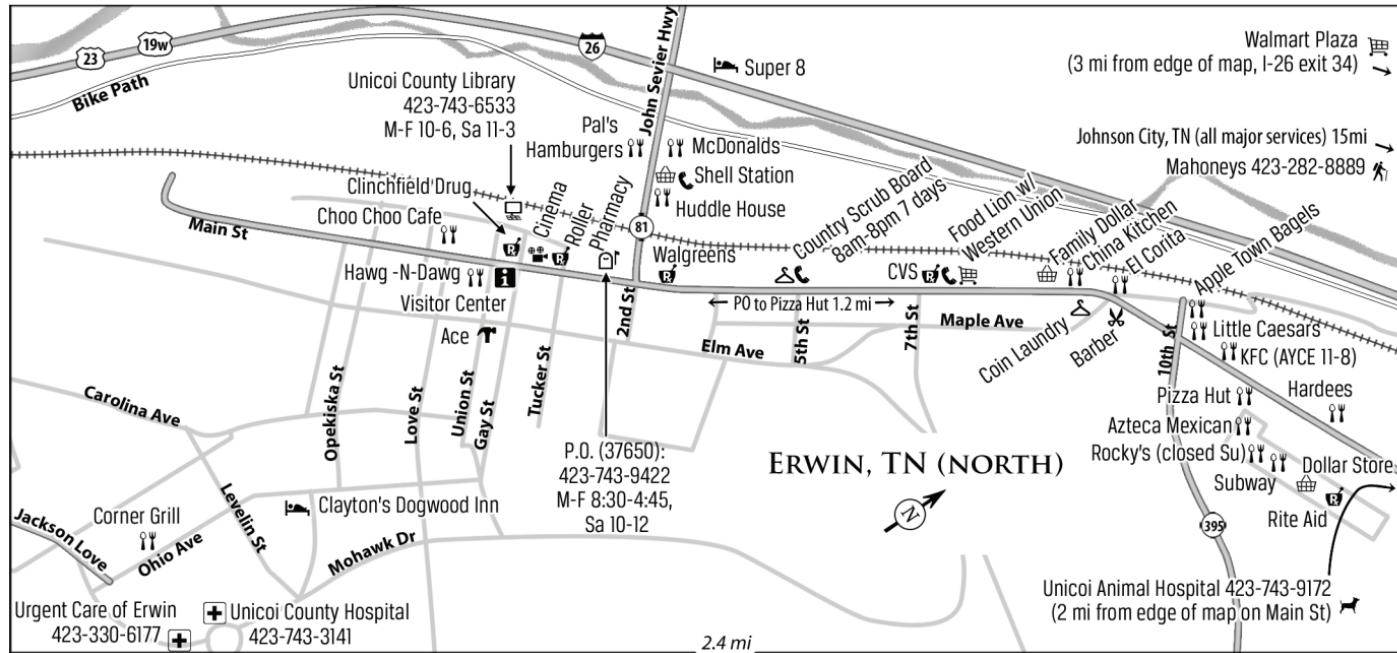
341.5 River Rd, Unaka Springs Rd **Erwin, TN 37650** (3.8W)

Uncle Johnny's Nolichucky Hostel and Outfitters 423-735-0548 (www.unclejohnnys.net) \$20PP bunk, private cabins \$25.99S or \$45.99D, 3 or more group rates. Camping \$10PP. \$5 shower without stay includes soap & towel, \$5 laundry. Pets allowed, but not inside hostel. Free use of grill, town shuttles & high-speed internet. Longer shuttles for a fee. Use of bike \$2, kayak and raft rentals. Outfitting store on-site carries all gear except footwear, Coleman/alcohol/oz, and full resupply food options. Open year round. Maildrops: 151 River Rd, Erwin, TN 37650.

Cantarroso Farm 423-833-7514 mikeabaroso@gmail.com (www.cantarosofarm.com) 1.0W from Chestoa Bridge. Private room including hot tub and breakfast \$90D. Bed in shared cabin \$25PP, tenting \$10PP. All stays include free pickup and return. Additional charge for town shuttles, laundry, breakfast (vegetarian options) and secure parking. Maildrops: 777 Bailey Lane, Erwin TN 37650.

Mountain Inn & Suites 423-743-4100 Hiker rate \$79.99 up to 4 includes breakfast buffet, laundry, no pets. Hot tub & swimming pool summer only. Maildrops: 2002 Temple Hill Rd, Erwin TN 37650.

Clayton's Dogwood Inn 423-735-0093 \$50S, \$65D includes full hot breakfast. No pets, no credit cards. Maildrops: 430 Ohio Ave, Erwin TN 37650.



Best Southern 423-743-6438 \$39.95S, \$49.95D, no pets, Maildrops: 1315 Jackson Love Hwy, Erwin, TN 37650.

Super 8 423-743-0200, \$49.99S, \$59.99D includes breakfast, no pets. Maildrops: 1101 N Buffalo St, Erwin TN 37650.

Cherokee Adventures 800-445-7238 \$10PP bunkhouse, \$5PP camping. Open Mar-Oct. Call ahead; rides sometimes available.

Azteca (north end of town) Serves beer.

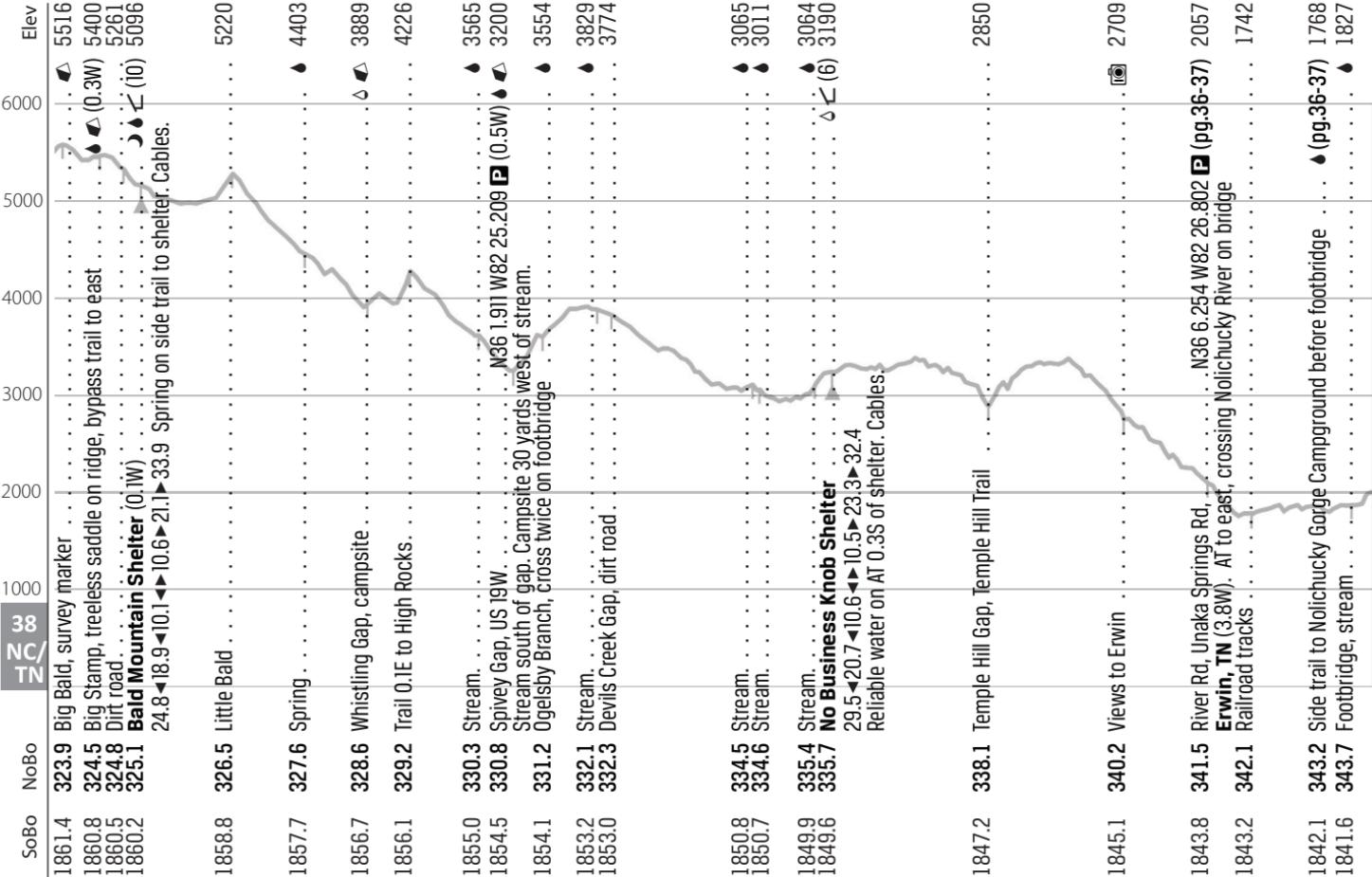
Shuttles by Tom 423-330-7416, 910-409-2509 Springer to Rockfish Gap including pickups at Asheville, Tri-Cities Knoxville

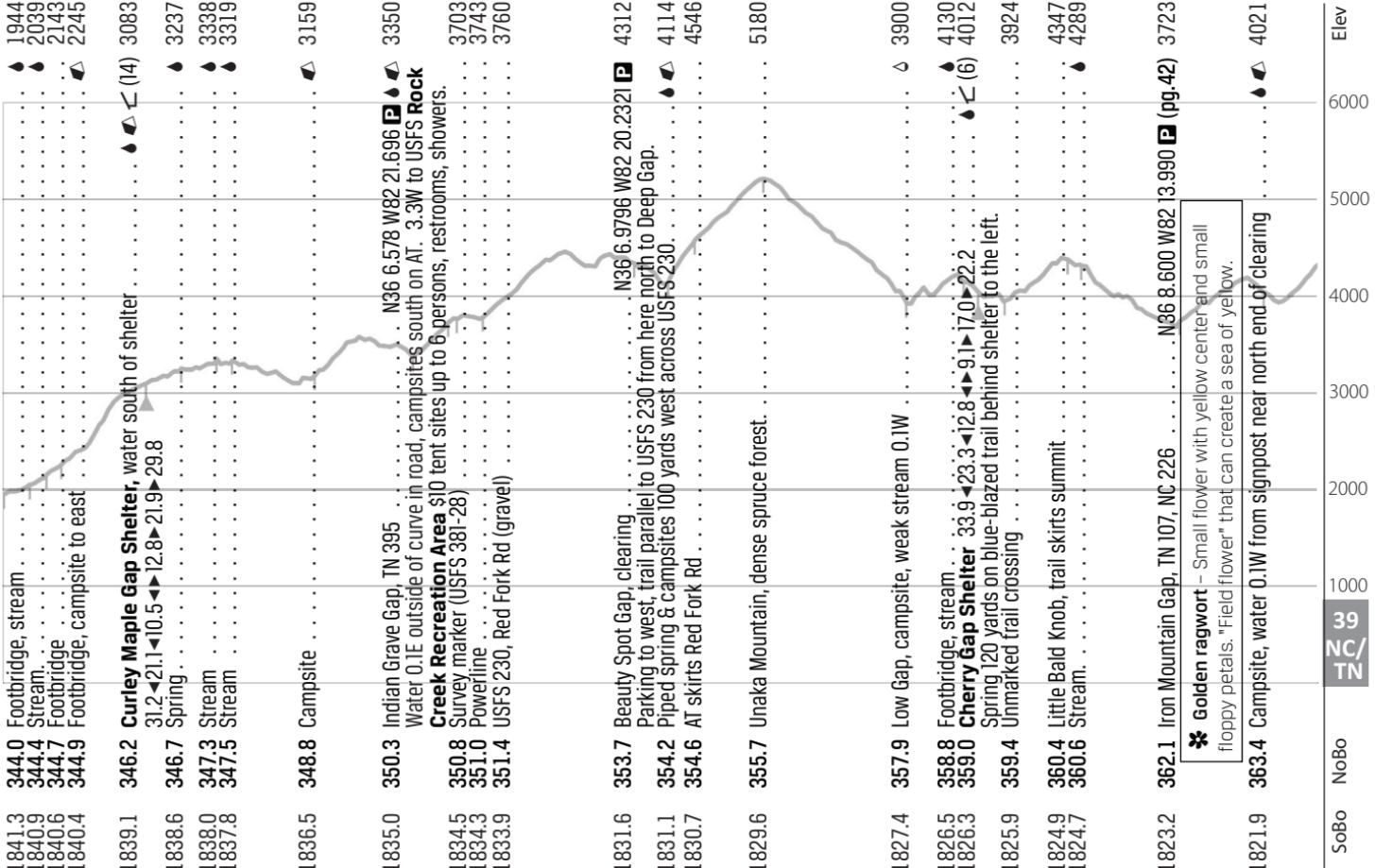
airports. Maildrops: Tom Bradford, ATTN: [hiker name], 620 Grove Ave. Erwin, TN 37650.

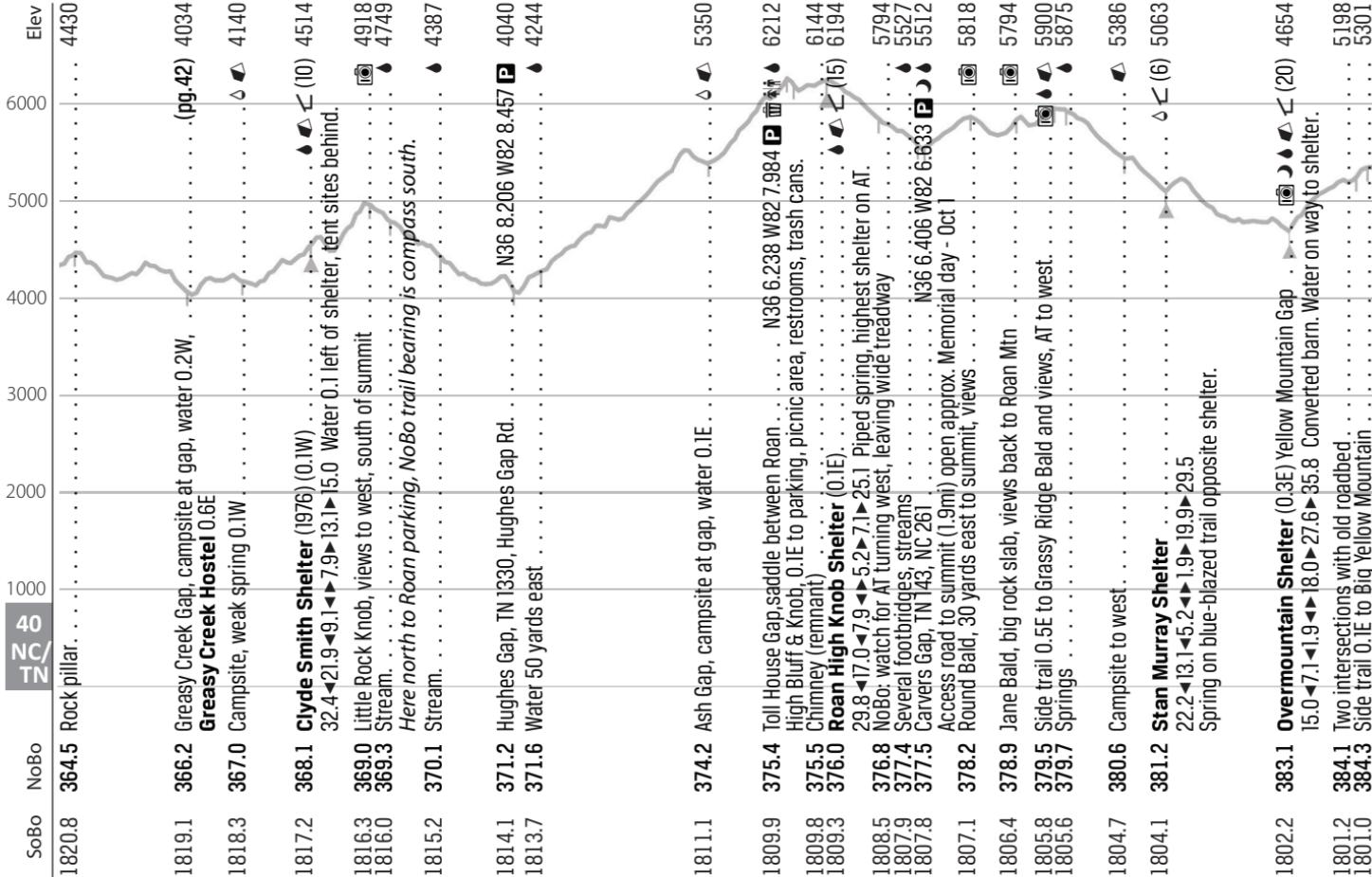
NetTrans 423-461-8288 (www.NetTrans.org) Erwin Connex on-demand service to Walmart \$2. Regularly-scheduled shuttles from Walmart to Johnson City \$3 approx. 6 times daily.

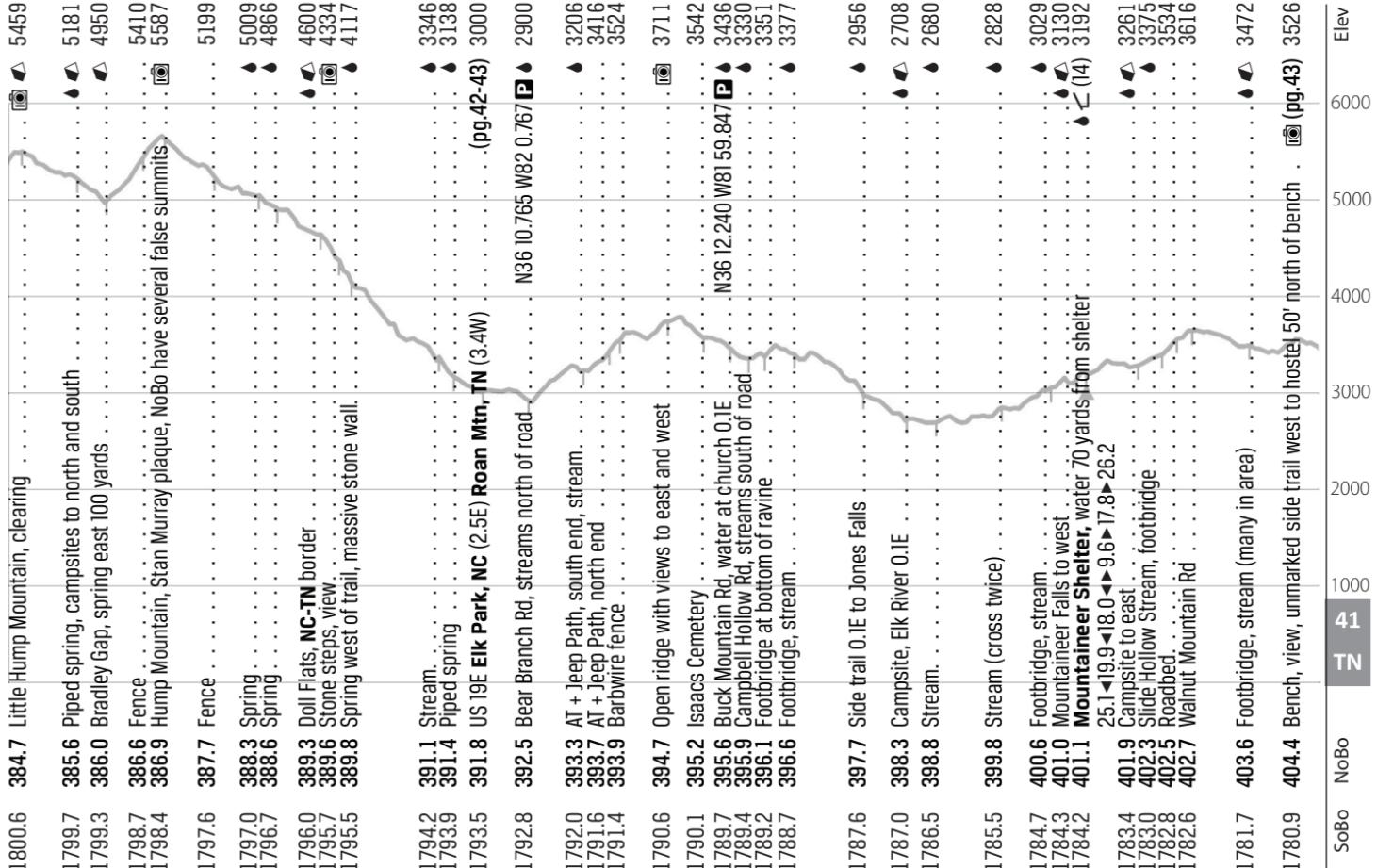
343.2 Side trail to:

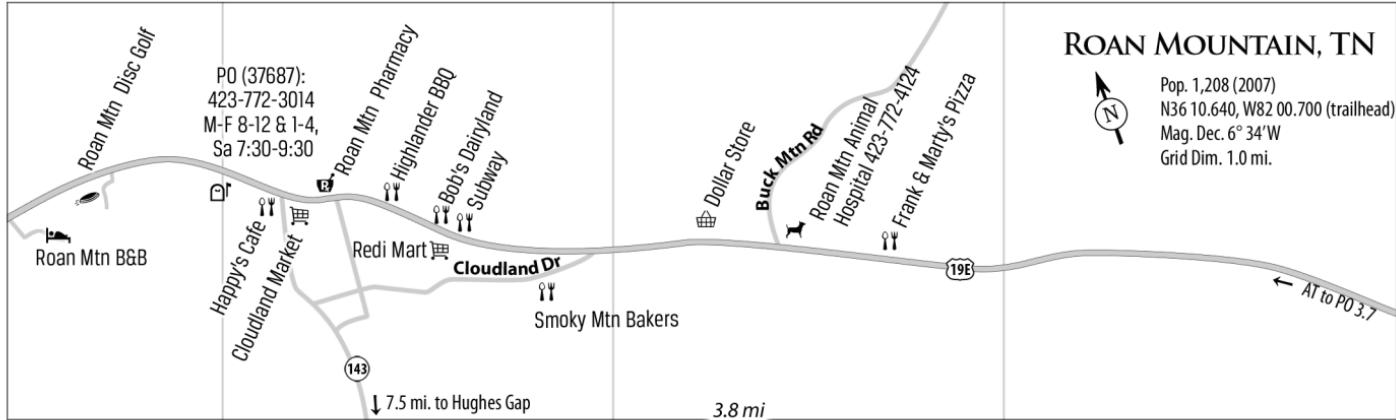
Nolichucky Gorge Campground 423-743-8876, (www.nolichucky.com) Tent site \$10, cabin \$80/up, primarily caters to river recreation.











362.1 Iron Mountain Gap, TN 107, NC 226 **Buladean, NC** (4.1E)

 Fox Den

 Mountain Grill 828-688-9061 Large meals, cash only, closed Su.

366.2 Greasy Creek Gap



828-688-9948 All room prices include tax: \$10PP bunkhouse, \$15PP/up indoor accommodations, \$7.50PP tenting includes shower. Shower without stay \$3. Pets okay outside. Open year-round, self serve during the Sabbath (sundown Friday to sundown Saturday). Home cooked meals, including vegetarian options. Limited kitchen privileges, and a well-stocked store including snacks and meals for multi-day resupply, Coleman/alcohol/oz. Shuttles Hot Springs to Damascus. Parking \$2/night. Directions: take old jeep road trail east (not compass east), then take first left. You should be going downhill all the way. Free long distance calls within US. Hostel is first house to your right. Maildrops: 1827 Greasy Creek Rd, Bakersville, NC 28705.

391.8 US 19E



866-772-9494 <www.mountainharbour.net> Hostel over barn overlooking creek \$25PP, semi-private king bed \$55, includes linens, shower, towel, full kitchen, wood burning stove, and video library. Tenting with shower \$10, non-guest shower w/towel \$4, guest laundry w/soap \$6 for guests, telephone w/calling card. Breakfast \$12 available during peak hiker season. B&B rooms \$100-165 includes breakfast, separate shower & fireplace, A/C, refrigerator, and cable TV/DVD. Free town shuttle at 5pm. Complimentary white gas/denatured alcohol. Sells fuel canisters. Slack pack/long distance shuttles by arrangement. Secured parking \$5/day or \$2/day with shuttle. Open year round. Maildrops: (non-guests \$5) 9151 Hwy 19E, Roan Mountain, TN 37687.

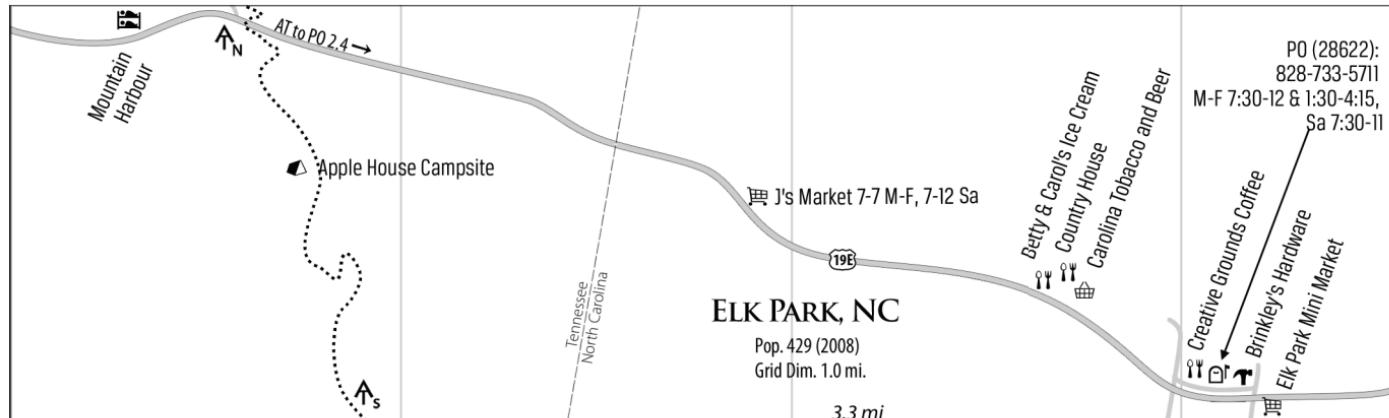
Roan Mountain, TN 37687 (3.5W)

Roan Mountain B&B 423-772-3207 (www.roanmtbb.com) Hiker rate \$65S, \$85D does not include breakfast, but will drop off at local restaurant. Free pickup after 3:30, free return before 7am to trail at Hwy 19E. Longer shuttles for a fee. Pets okay, no smoking inside. Free do-it-yourself laundry. Parking for section hikers.

Bob's Dairyland 423-772-3641

Smoky Mountain Bakers fresh bread, wood-fired pizza

Frank & Mary's Pizza 423-772-3083, closed M & Tu.



404.4 (0.2W) Side trail to hostel - follow powerline.

405.0 (0.3W) Upper Laurel Fork. Blue-blazed side trail to hostel originates at the hand-railed footbridge. Follow side trail along creek.

Vango/Abby Memorial Hostel

423-772-3450, vangoabby@gmail.com. Non-profit, donation-based, hostel run by "Scotty," Trekkie, engineer, trail maintainer and 3x AT thru-hiker who has over 14,000 trail miles. Open Feb 1 - Nov 31, cash only. Heated bunkroom with stove, and small library. Sleeps 6.

Cloudland Pizza 707-304-2770 Wood fired pizza.

Redi Mart 423-772-3032 M-Sa 8-10, Su 10-8

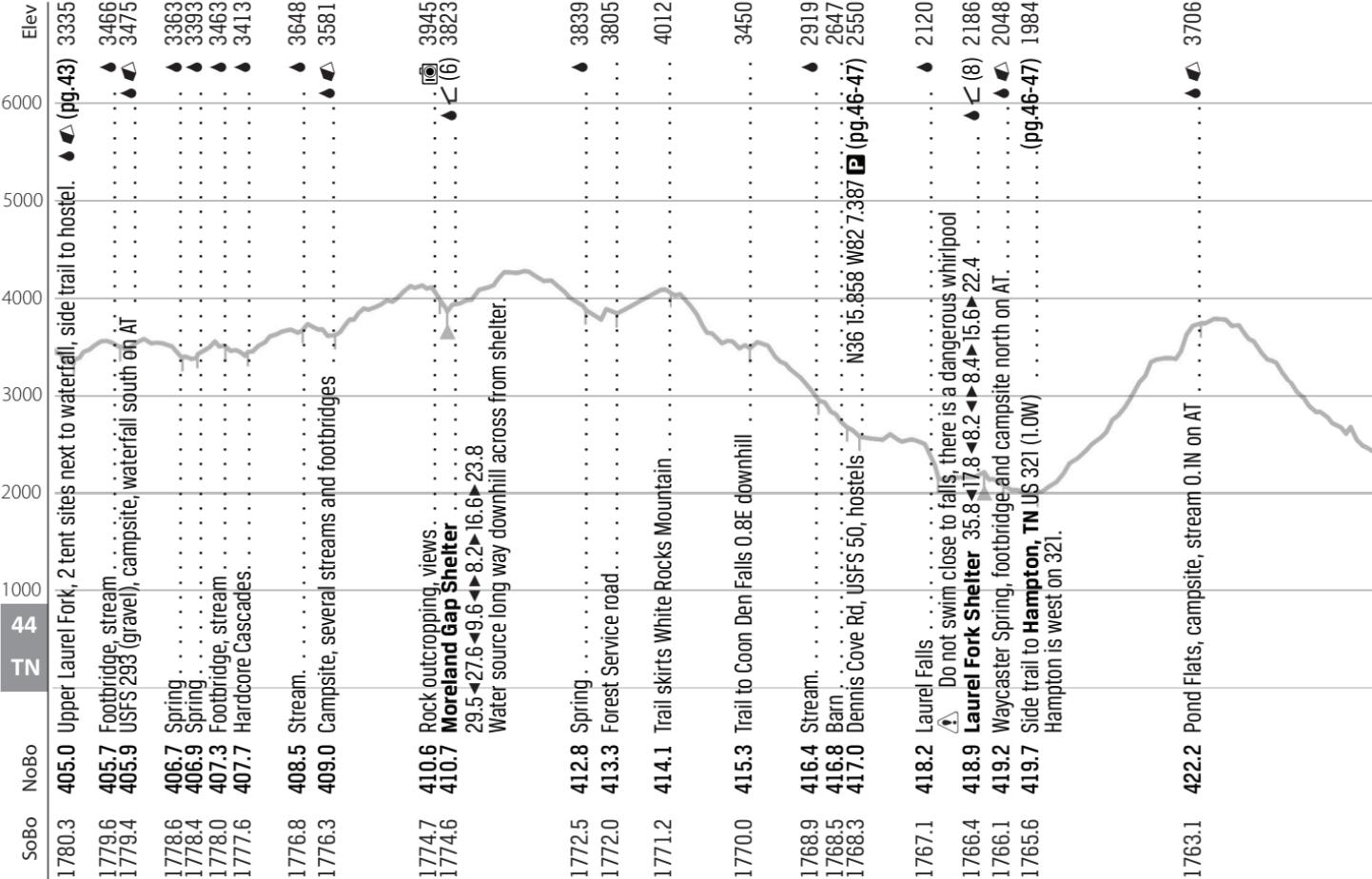
Cloudland Market 423-772-3201

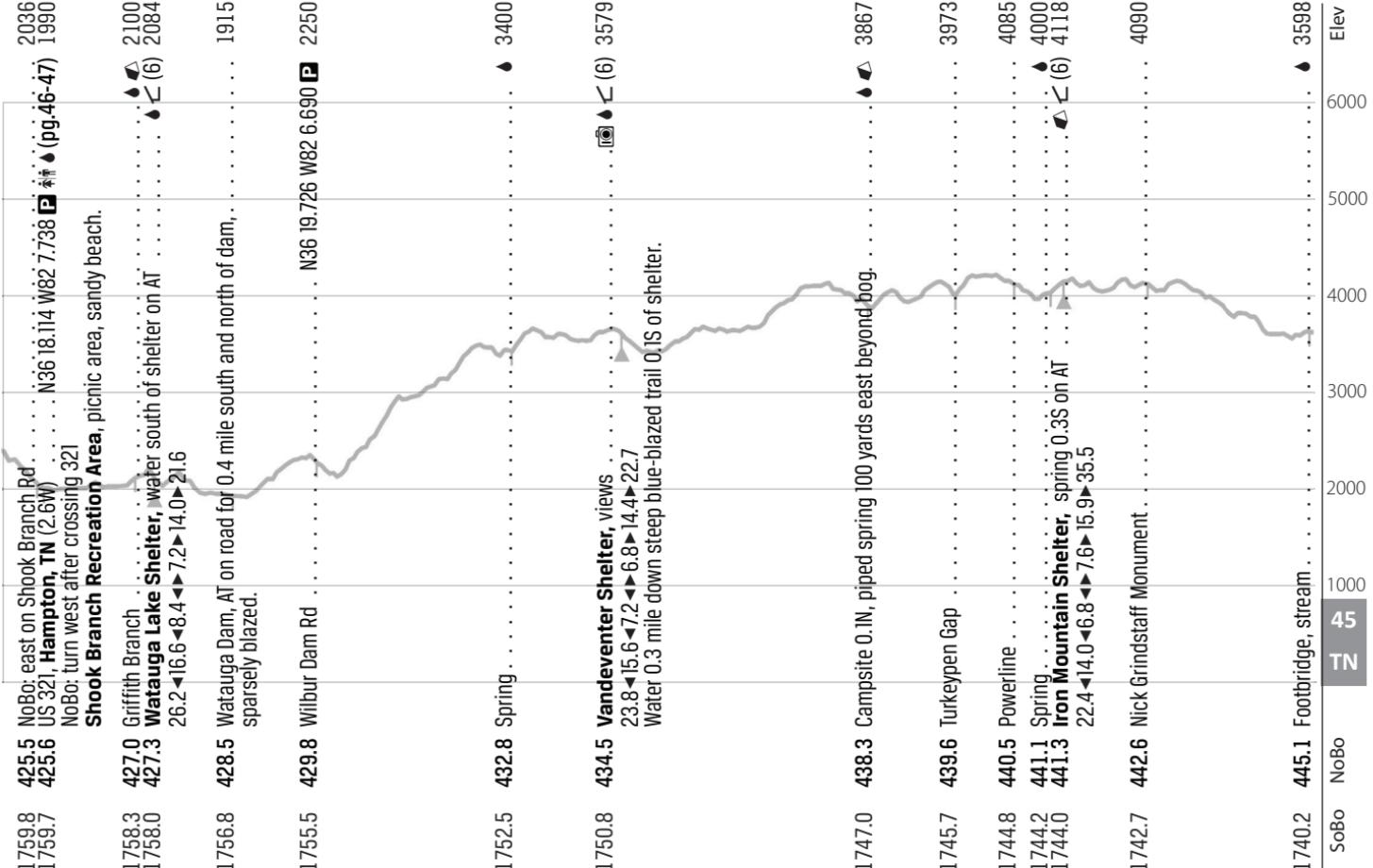
Elk Park, NC 28622 (2.4E, see services on map)

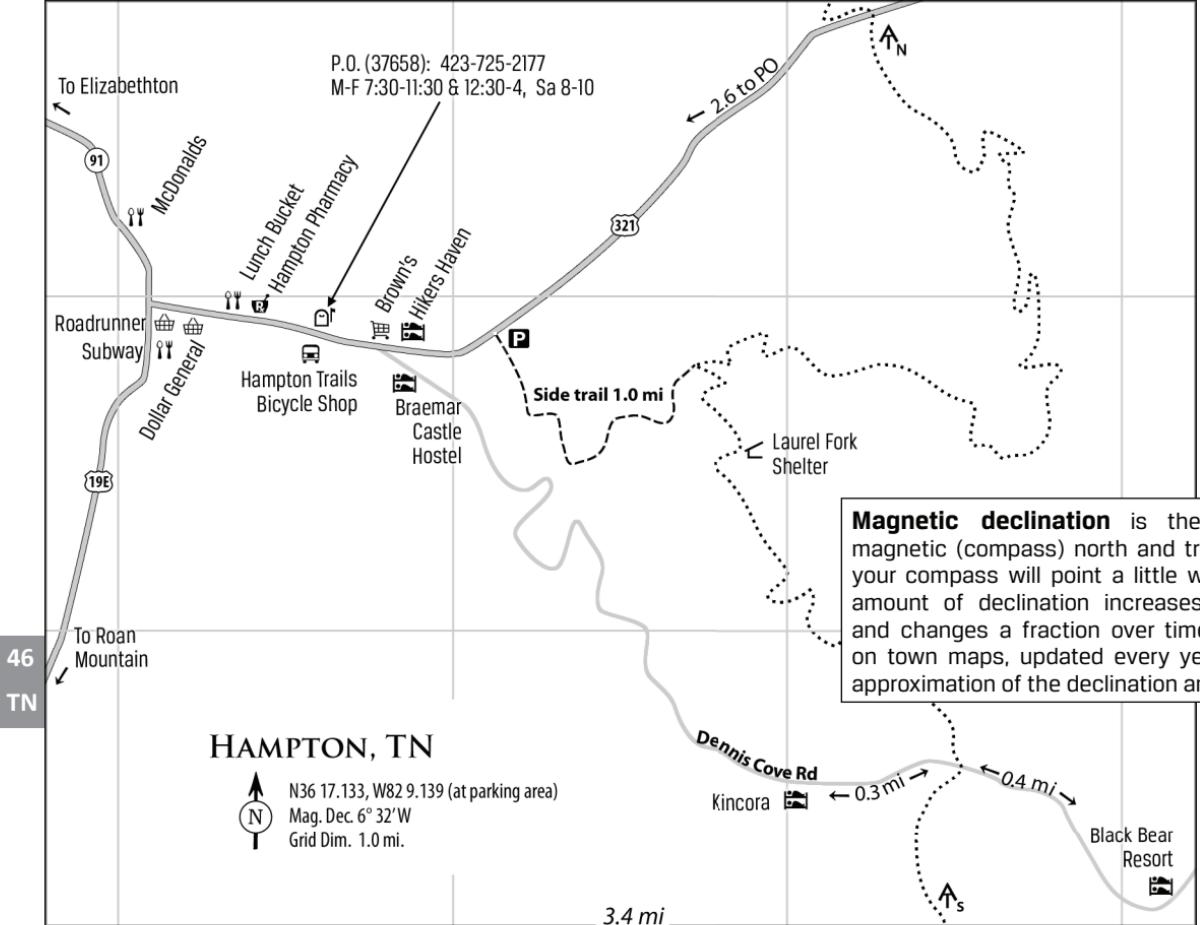
Newland, NC (7E, 19E to NC 194)

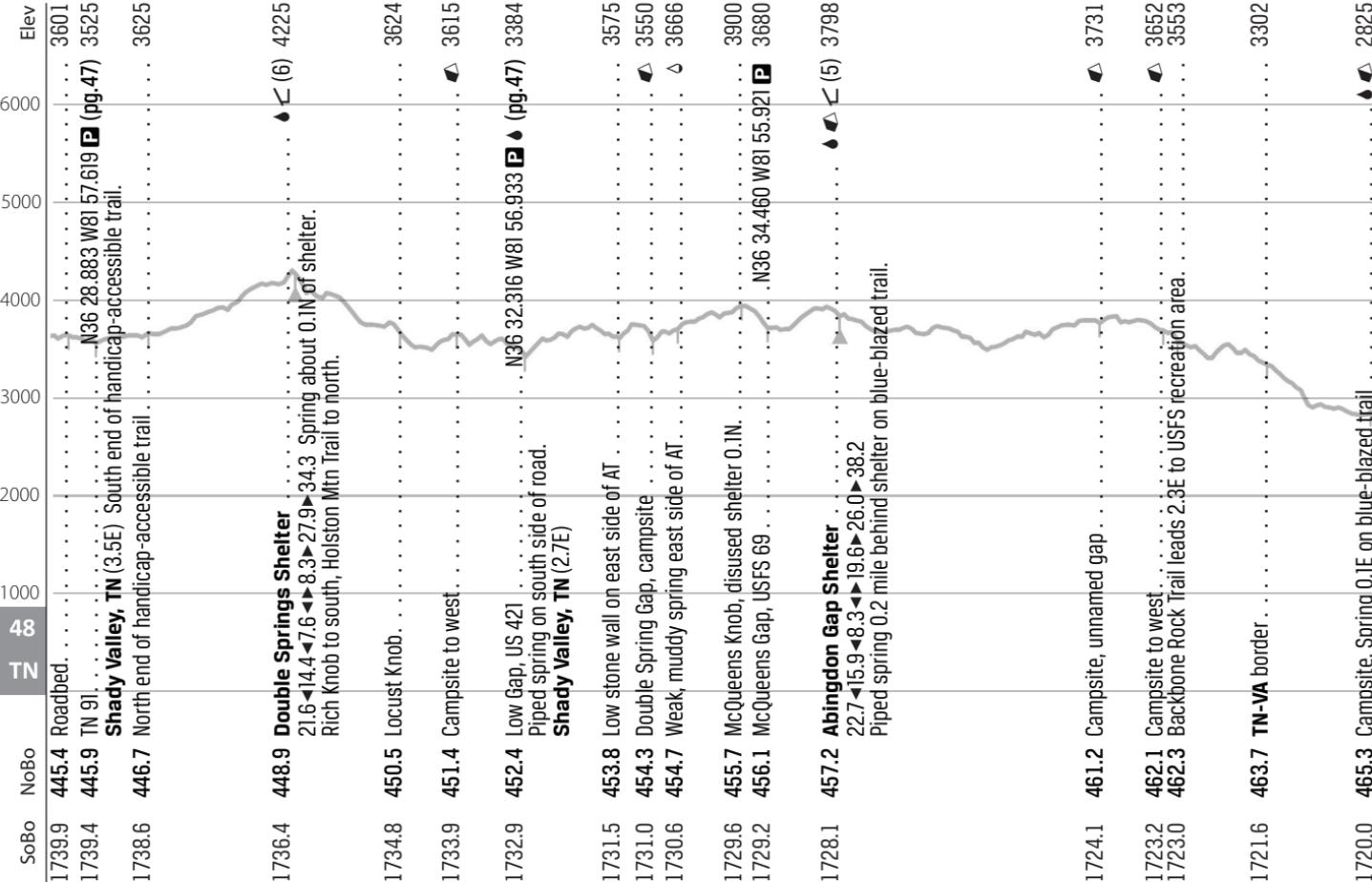
The Shady Lawn Lodge 828-733-9006, Thru-hikers get 10% off regular room rates, which are typically approx. \$60. Free pickup & return when driver is available. Laundry and restaurants nearby.

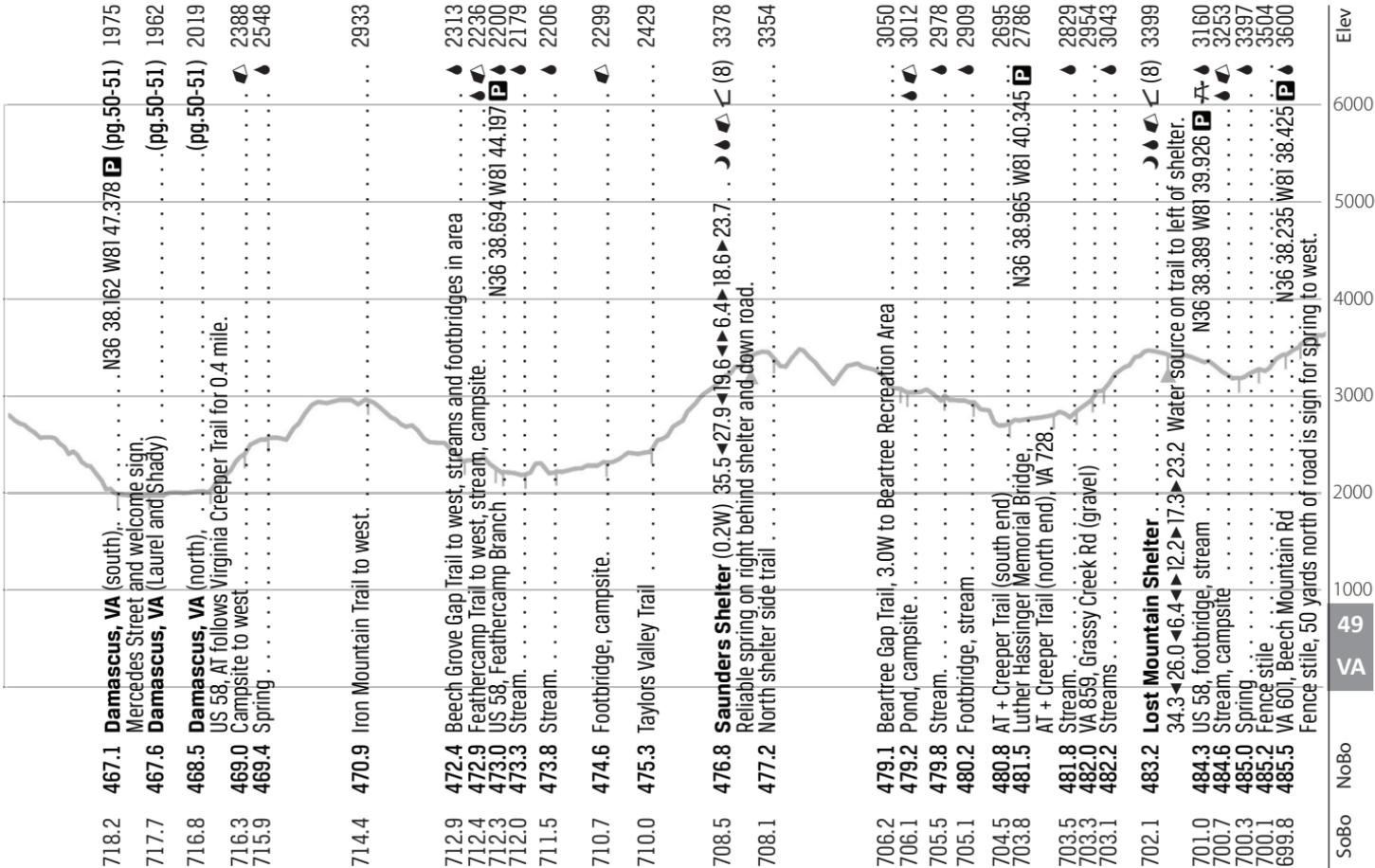
Suggested donation \$9/night, \$12 if using heat, includes shower. Upper private room & deck, queen bed w/linens, heat, \$15S/\$25D. Shower w/o stay \$3, wash \$3, dryer \$3. Resupply basics, beverages, pizza, B&J ice cream, and stove fuels. Hike-in/hike-out only; no yellow-blazers and no parking. No drugs or alcohol. Pets okay. Maildrops must be mailed 2 weeks in advance: PO Box 185, Roan Mtn, TN 37687









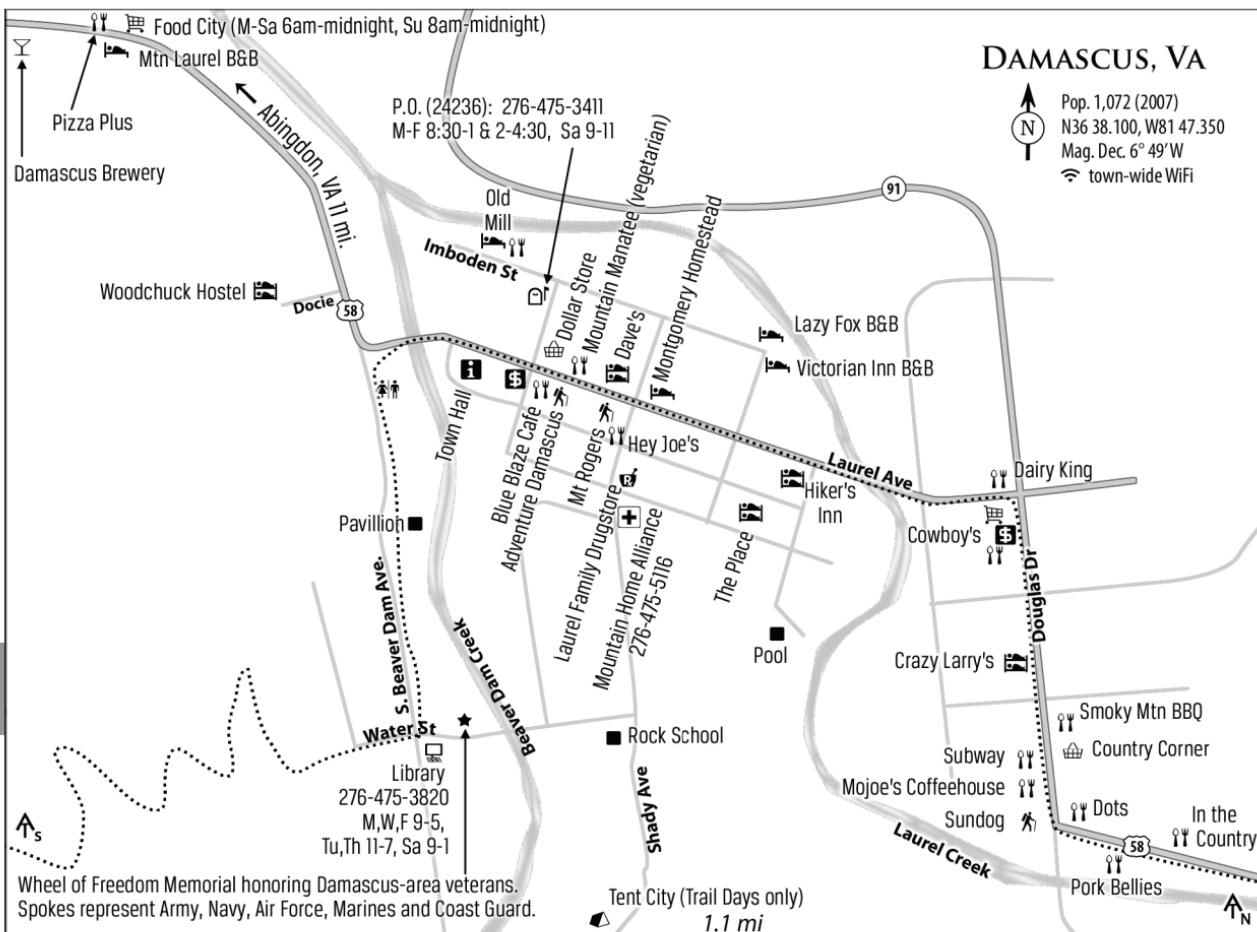


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VA

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VA

DAMASCUS, VA

Pop. 1,072 (2007)
N36 38.100, W81 47.350
Mag. Dec. $6^{\circ} 49'W$
 town-wide WiFi



Wheel of Freedom Memorial honoring Damascus-area veterans.
Spokes represent Army, Navy, Air Force, Marines and Coast Guard.

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467.1 Mercedes Street, **Damascus, VA** (more services on map)
467.6 Laurel and Shady
468.5 US 58

Trail Days <www.traildays.us> (May 16-18) is the largest event on the AT. Hiker reunion and talent show, presentations, music, contra dancing, and hiker parade. Many gear reps & retailers on-hand.

   **Dave's Place** \$20 per room per night for 1 or 2 persons, maximum stay 2 nights. All rooms private. Shower without stay \$3. No alcohol, no pets, no smoking. Check in at Mount Rogers Outfitters.

    **Hikers Inn** 276-475-3788, \$25 bunks, hostel private room \$45. Rooms in house \$65; \$55/night for multi-night stays, Laundry \$5. Run by Lee and Paul (2010 thru-hiker "Skink"). Open mid-March through October. A/C in all rooms. Smoking allowed outside, dogs allowed in hostel, cash or check.

   **The Place** 276-475-3441, 276-492-3983 Methodist Church-run bunkrooms and tenting. Seasonal caretaker, please help to keep the bunkroom clean. No pets, no alcohol, 2 night max unless sick/injured. Suggested donation \$6. No vehicle-assisted hikers (except during Trail Days).

   **Crazy Larry's** 276-274-3637 Bunkroom holds 4 (up to 6 in a crunch), and tenting in yard available by donation, Breakfast & kitchen use included in stay. Drinking in moderation. Laundry for non-guests \$5. Guest maildrops: 209 Douglas Drive, Damascus, VA 24236.

  **Woodchuck Hostel** 406-407-1272 Large comfortable common area. Bed w/linens \$25, tenting w/shower \$10. Laundry \$5.00. Dogs welcome. Quiet location with spacious yard near trail and Food City. Open Mar 15 - Oct 15.

   **Montgomery Homestead Inn** 276-475-3053 \$65/up. No smoking, no alcohol, no pets. Guest only maildrops: (USPS) PO Box 12, (FedEx/UPS) 103 E. Laurel Ave, Damascus, VA 24236.

   **Victorian Inn B&B** 276-475-5059, \$70+tax, includes breakfast. Also, 2 bedroom cottage \$120/night for 4 persons, \$20EAP up to 7.

Cottage room does not include breakfast. No pets.

   **Lazy Fox B&B** 276-475-5838, \$65/up+tax. No pets. Maildrops: PO Box 757, 133 Imboden St, Damascus, VA 24236.

 **Mountain Laurel B&B** 276-475-5956

    **Food City** (0.5W on US 58) 276-475-3653, 7 days.

    **Mt. Rogers Outfitters** 276-475-5416

<www.mtrogersoutfitters.com> Full service backpacking store, fuel/oz. Shuttle service for the Appalachian Trail, parking for section hikers \$2/day. Shower only \$3. Maildrops: PO Box 546, 110 W Laurel Ave, Damascus, VA 24236.

    **Adventure Damascus** <www.AdventureDamascus.com> 888-595-2453 or 276-475-6262 Catering to thru-hikers with backpacking gear, hiker foods, alcohol/Coleman/oz, other fuels, bike rentals, shuttles to area trailheads by arrangement, \$2 showers (\$4 includes a towel), open 7 days year-round. USPS and UPS Maildrops: PO Box 1113, 128 W. Laurel Ave. Damascus, VA 24236.

    **Sundog Outfitter** 276-475-6252

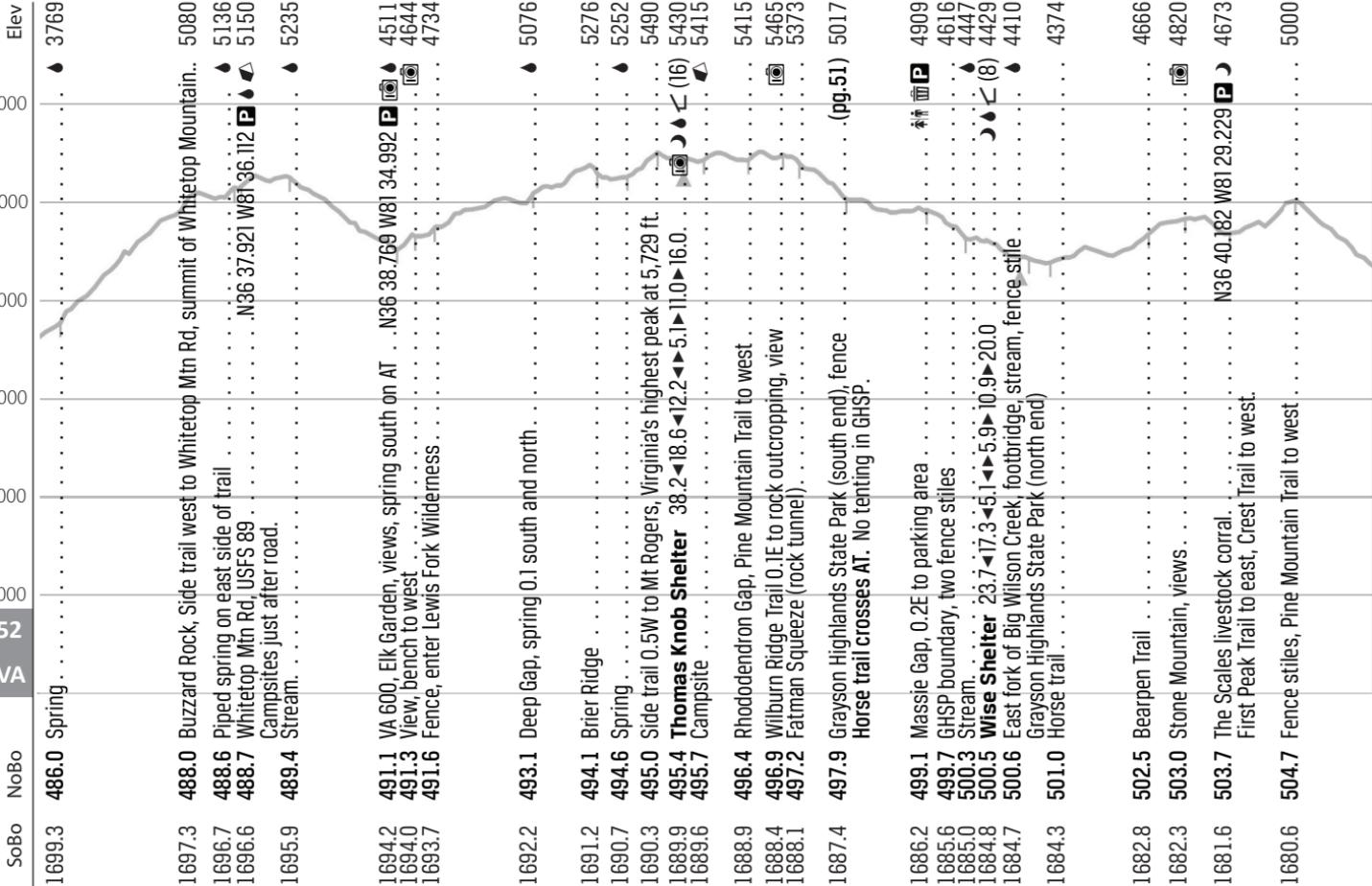
<www.sundogoutfitter.com> Backpacking gear and clothing, repairs, hiker food, Coleman/alcohol/oz, other fuels, shuttles to area trailheads by arrangement, open 7 days a week. Maildrops: PO Box 1113 or 331 Douglas Dr, Damascus, VA 24236.

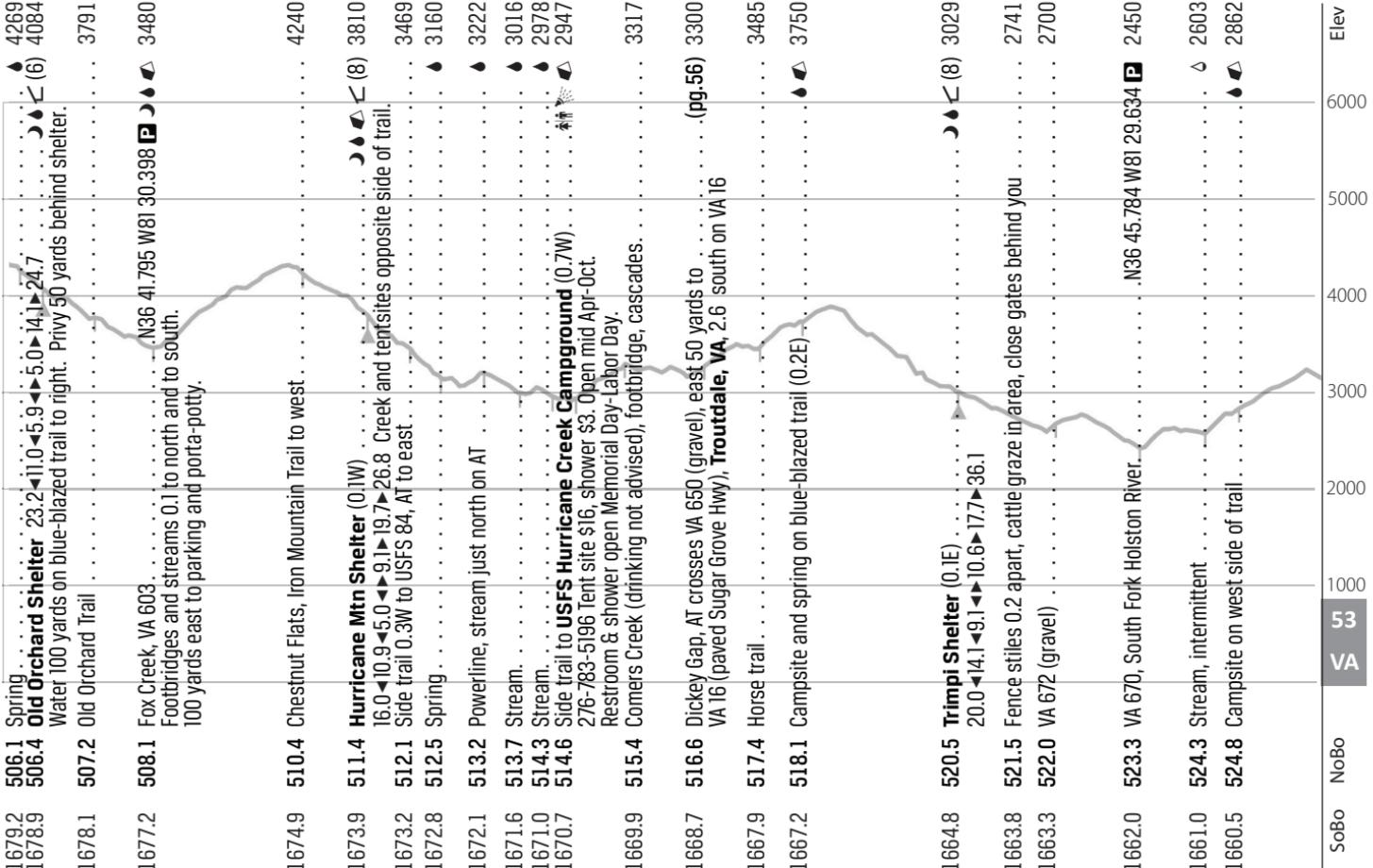
   **Library** 276-475-3820, M,W,F 9-5, T,Th 11-7, Sa 9-1, internet 1 hr.

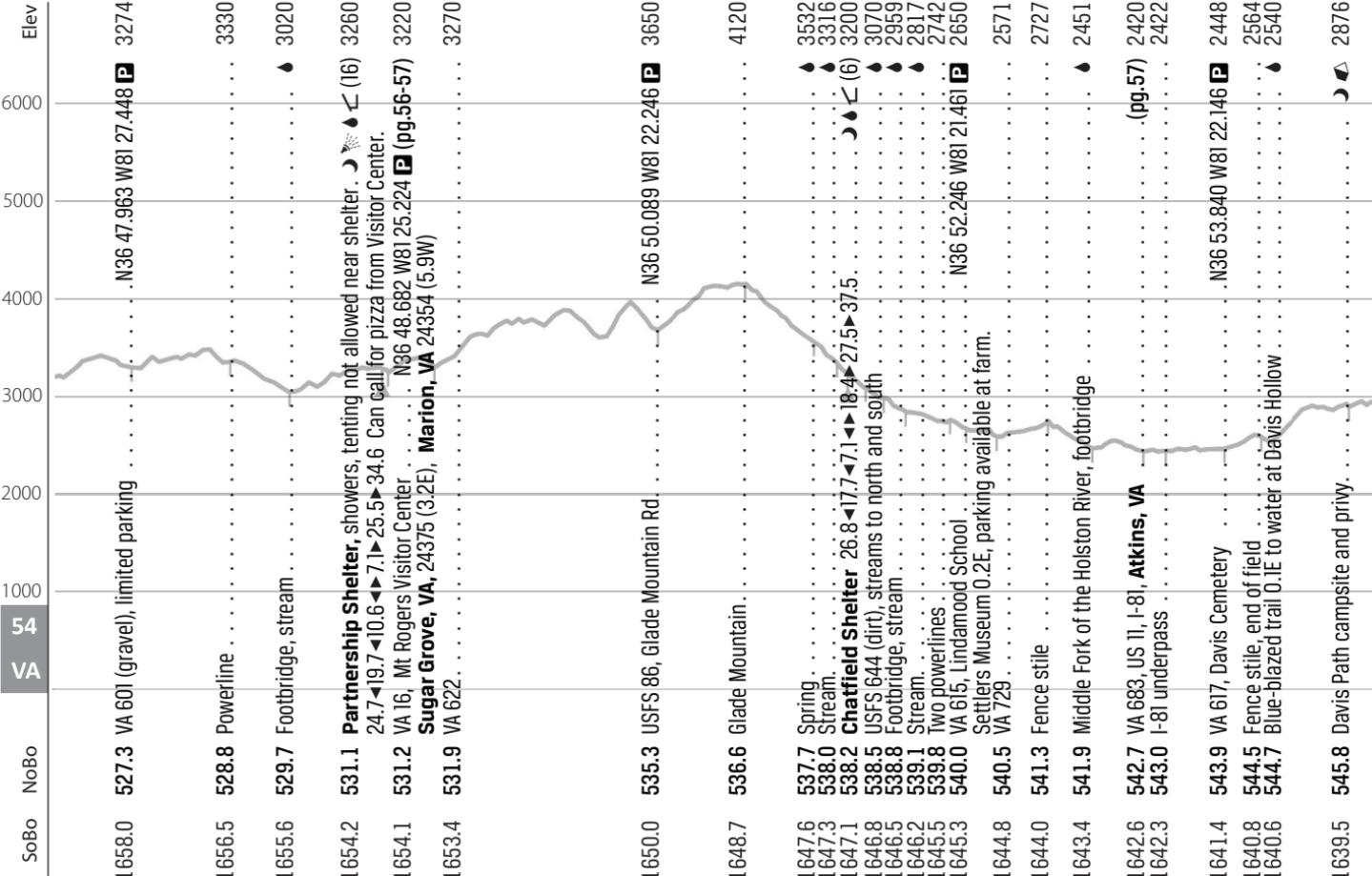
   **Gypsy Dave Shuttles** 276-492-0873, dstinnard@yahoo.com

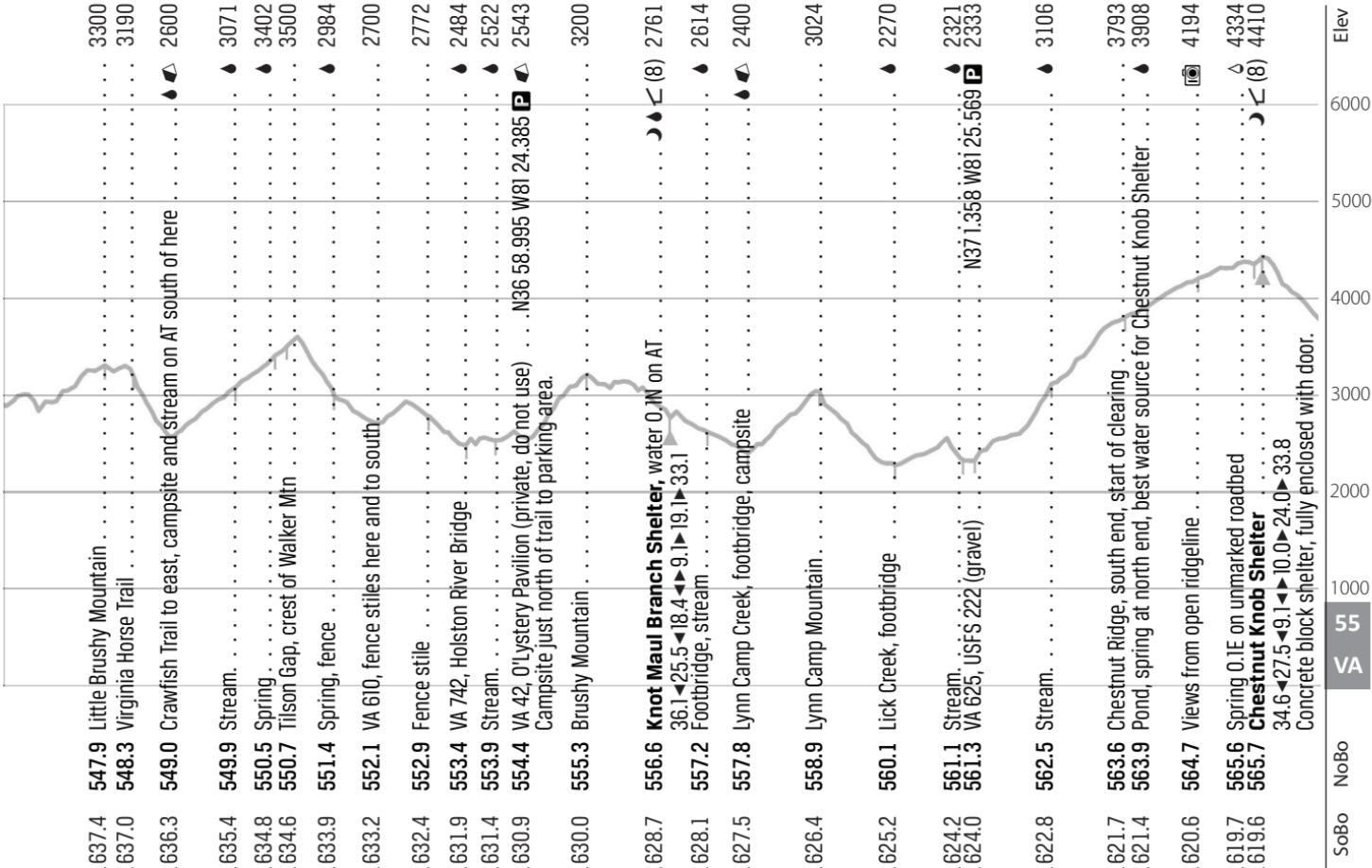
497.9 **Grayson Highlands State Park**

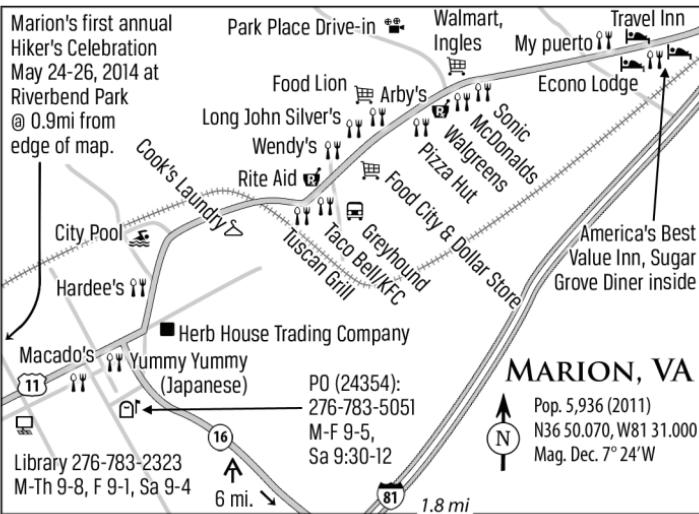
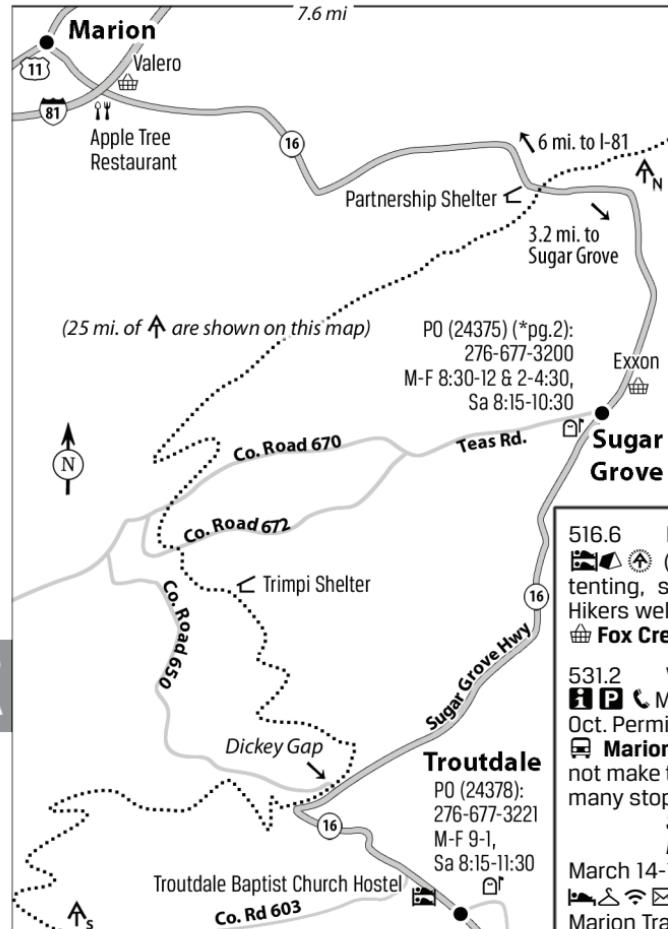
   276-579-7092 Blue-blazed trail (0.5E) to parking; campground 1.5 mi. farther east on road. Park closed in cold weather; call ahead if possible. Camp store with courtesy phone, tent site w/ shower \$21, shower only \$5. May 1 - mid Oct.

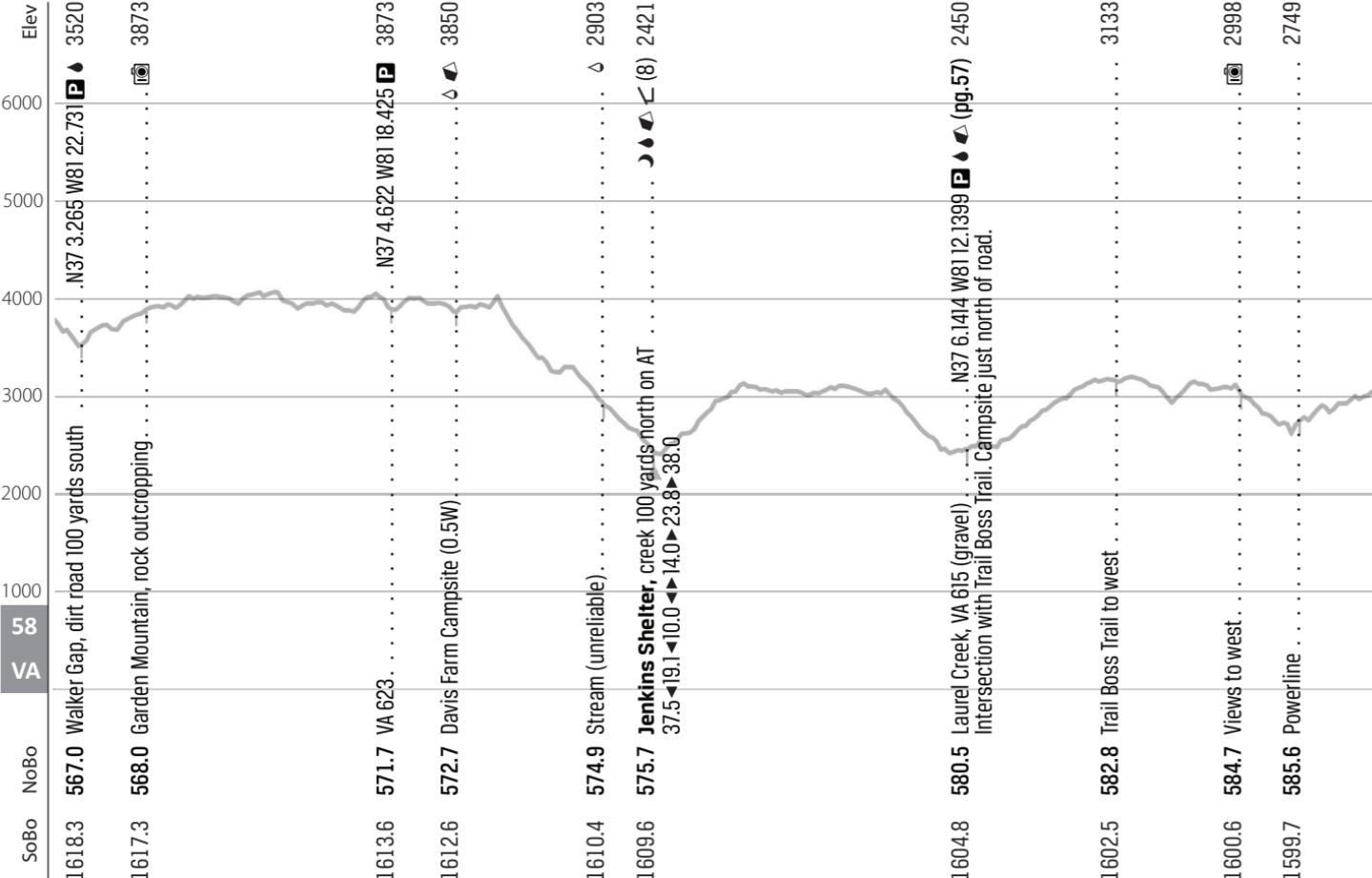


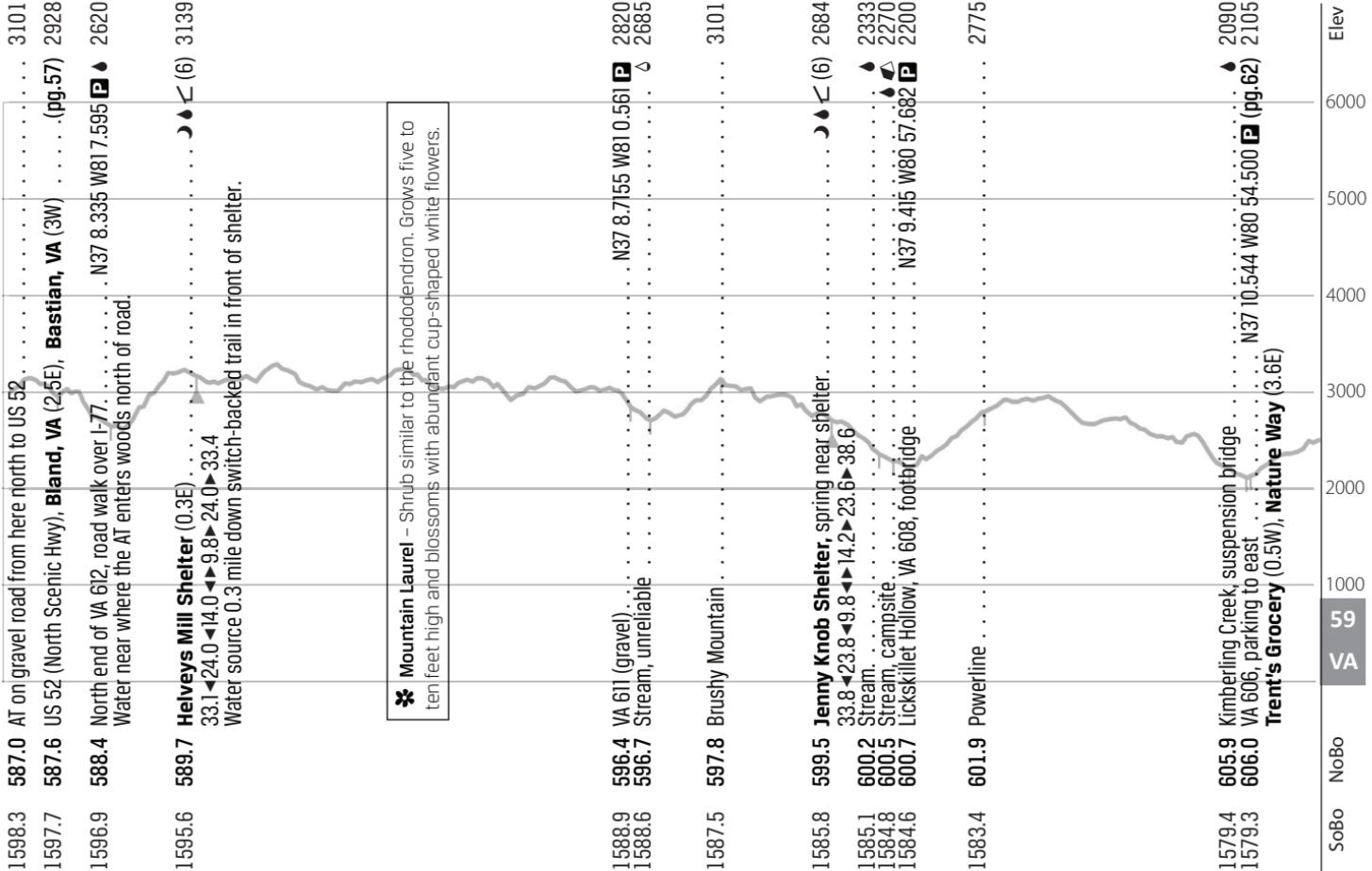


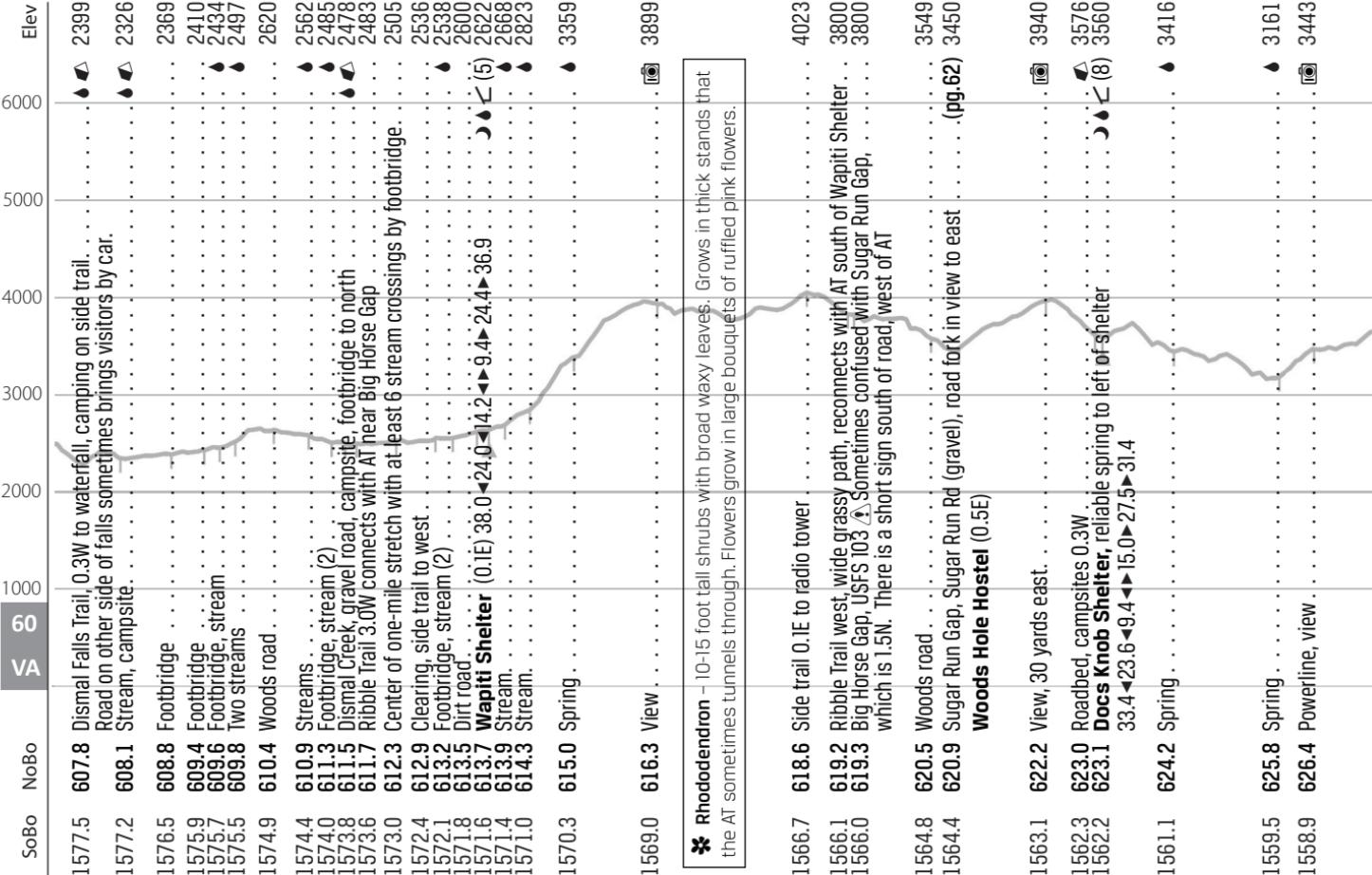


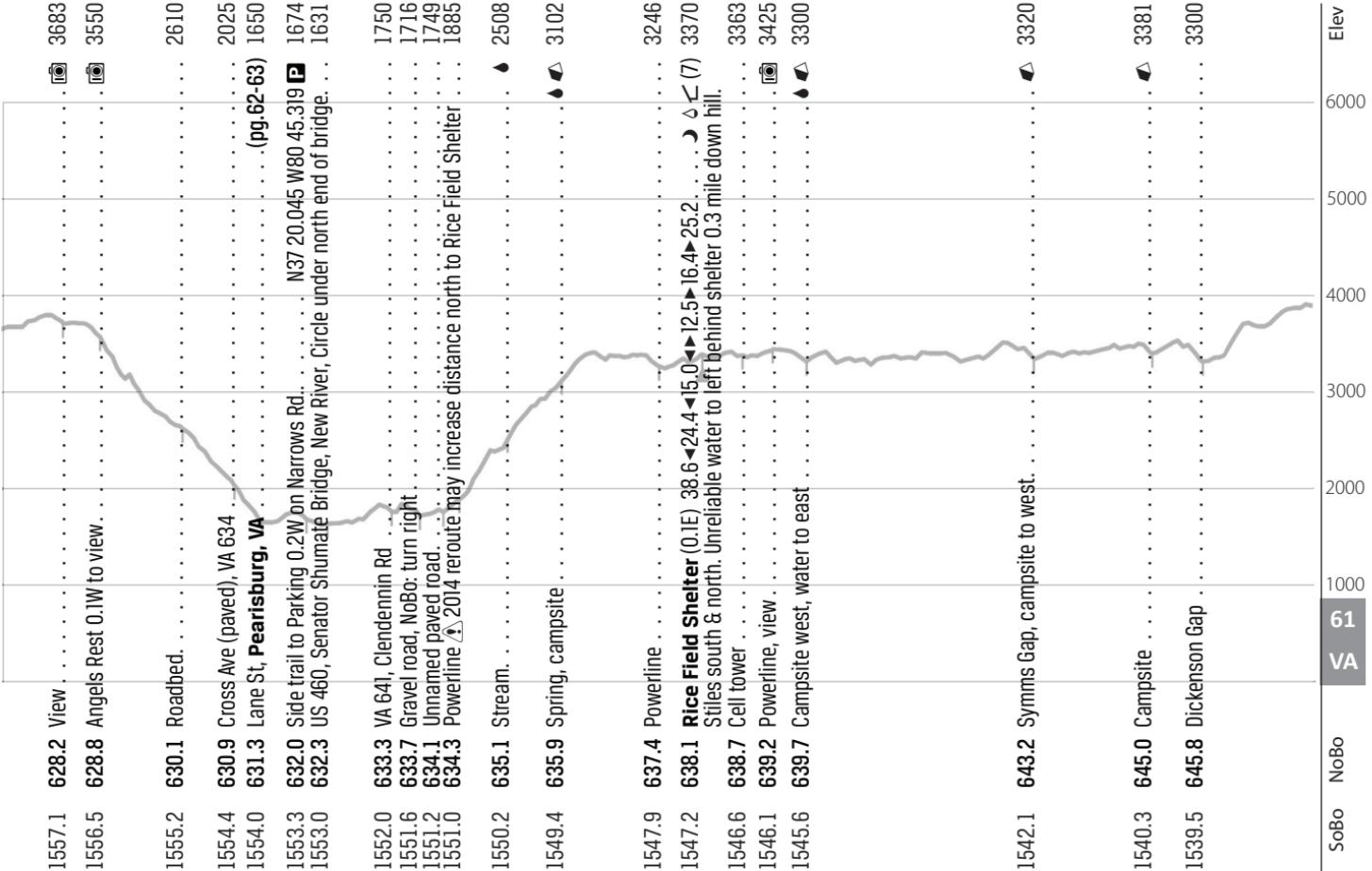












606.0 VA 606

▲ ☕ \$ 🌳 🚗 ☎ **Trent's Grocery** (0.5W) 276-928-1349

Open M-Sa 7-8, Sun 9-8. Deli with pizza, hamburgers, hot dogs and more. Camping \$6, shower \$3, laundry \$3. Coleman/alcohol/oz and canister fuel. Soda machines outside. Shuttles. Maildrops: 900 Wilderness Rd, Bland, VA 24315.

▣ ☕ **Nature Way** (3.6E) 540-921-1381 M-S 8am-5pm Unique Amish-run grocery with organic, locally grown foods. Dry goods, jerky, candy, produce, ice cream & sandwiches. 106 Nature Lane, Pearisburg, VA 24134

620.9 Sugar Run Gap, Sugar Run Rd

▲ ☕ \$ 🌳 🌸 🌳 🚗 ☎ **Woods Hole Hostel** (0.5E) 540-921-3444

(www.woodsholehostel.com) Open year-round. A "Slice of heaven, not to be missed." The 1880's chestnut-log cabin was discovered by Roy & Tillie Wood, who opened the hostel in 1986. Their granddaughter, Neville, continues the legacy with her husband Michael, placing an emphasis on sustainable living through beekeeping, farming, organic gardening, yoga(free), & massage therapy. Directions: NoBo right on dirt road at Sugar Run Gap, SoBo turn left. Bear left at fork, go downhill 0.5 mile to hostel on right. Offers massage, healing arts, & retreats. Bunkhouse \$15PP has mattresses, electricity, and hot shower, and coffee/tea in the morning. Camping \$10PP. Pet fee \$3. Two indoor rooms: \$25PP shared / \$50 private (thru-hiker rate). Guests often invited to share local/organic communal meals. Dinner \$13, breakfast \$8. Please call to inquire or reserve. Shuttles for a fee, computer access, laundry, smoothies, snacks & drinks, Coleman/alcohol/oz, fuel canisters. Accepts cash and credit. Maildrops for guests: Woods Hole Hostel, 3696 Sugar Run Rd, Pearisburg, VA 24134.

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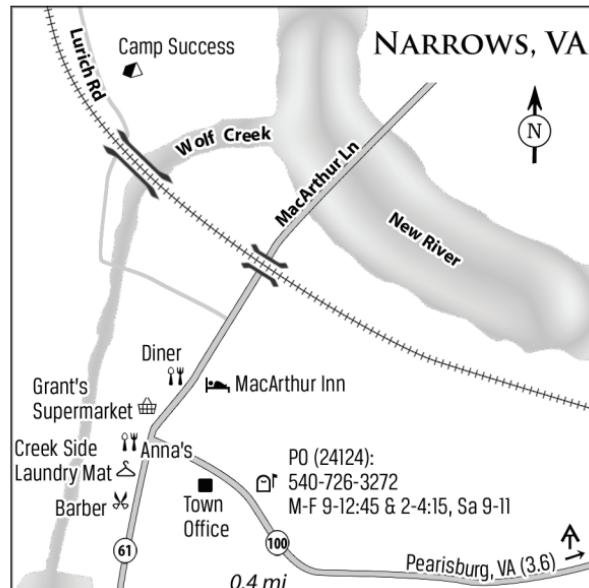
VA

631.3 Lane St, **Pearisburg, VA 24134** (0.9E)

☛ ☎ **Plaza Motel** 540-921-2591 \$40S \$50D plus tax, no pets, accepts credit cards. Maildrops: 415 N. Main St, Pearisburg, VA 24134.

☛ \$ ☎ **Holiday Motor Lodge** 540-921-1551 Rooms \$33/up. Game room, pool, pet friendly. Maildrops: 401 N Main Street, Pearisburg, VA 24134.

☛ ☎ **Holy Family Hostel** 540-921-3547 Early May to late Sept; if you arrive later, please call for availability. Please check in or call during daylight hours (8am-6pm). Bunks; tenting in designated areas, toilet, hot shower, refrigerator, 2 microwaves, grill. Keep hostel clean & noise down (church in residential area).



Donation \$10PP per night, 2 night max. No pets or alcohol.

△ **EZ Way Laundromat** M-Sa 6-9, Su 6-8

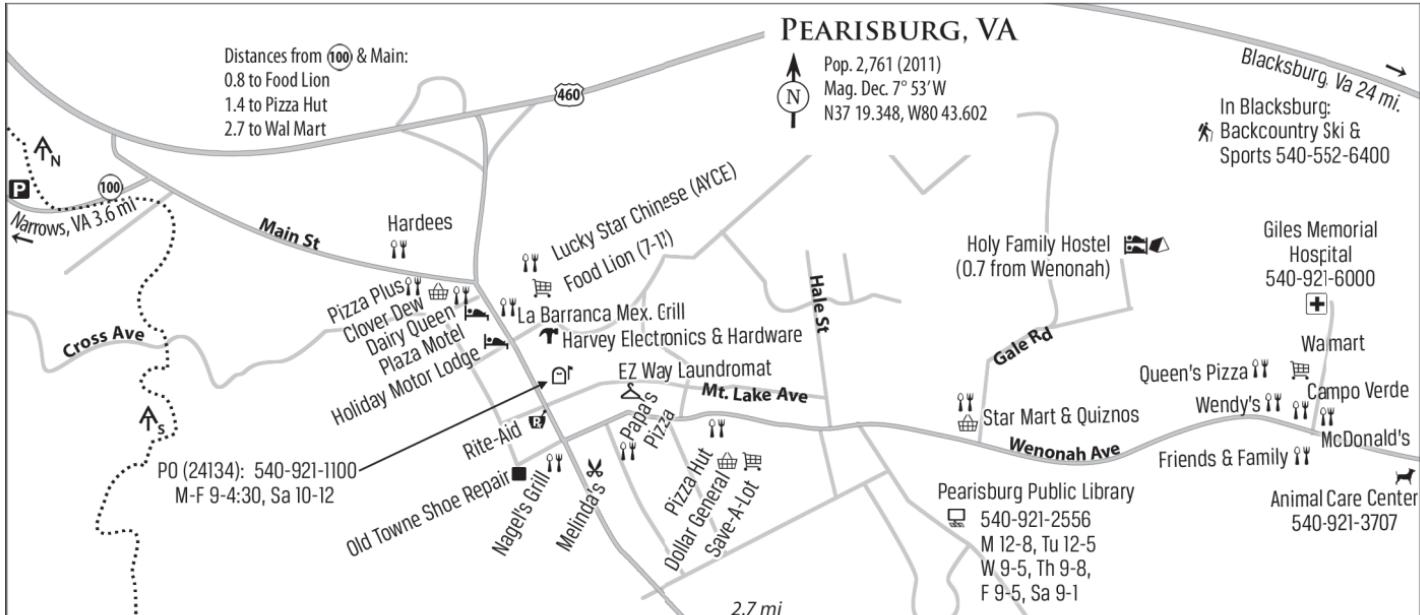
☛ **Rite Aid Pharmacy** 540-921-1284

☛ **Harvey Electronics and Hardware** 540-921-1456 Cell phones & supplies Canister fuel, alcohol/oz, tent repair kits.

☛ **Don Raines** 540-921-7433 Anytime, anywhere

☛ **Tom Hoffman** 540-921-1184 (gopullman@aol.com) mid-range shuttles centered in Pearisburg.

☛ **Old Towne Shoe Repair** Open Wed & Sat, Warner Baker 540-230-6357



Narrows, VA (3.6W on VA 100)

MacArthur Inn 540-726-7510 \$45D. Call for ride from Pearisburg area trailheads, ride \$5 each way. Longer shuttles and slackpacking can be arranged. Free long distance phone, cable TV and WiFi. In center of town with all services (restaurants, laundry, PO, grocery) in close walking distance. On-site restaurant serves breakfast 6am-11am M-Sa, and dinner when there is group interest. Maildrops: 117 MacArthur Lane, Narrows, VA 24124.

Camp Success Camping \$5, no showers. Check in at Town Office 540-726-3020 M-F 9-5. Call ahead if you will arrive on weekend or after hours.

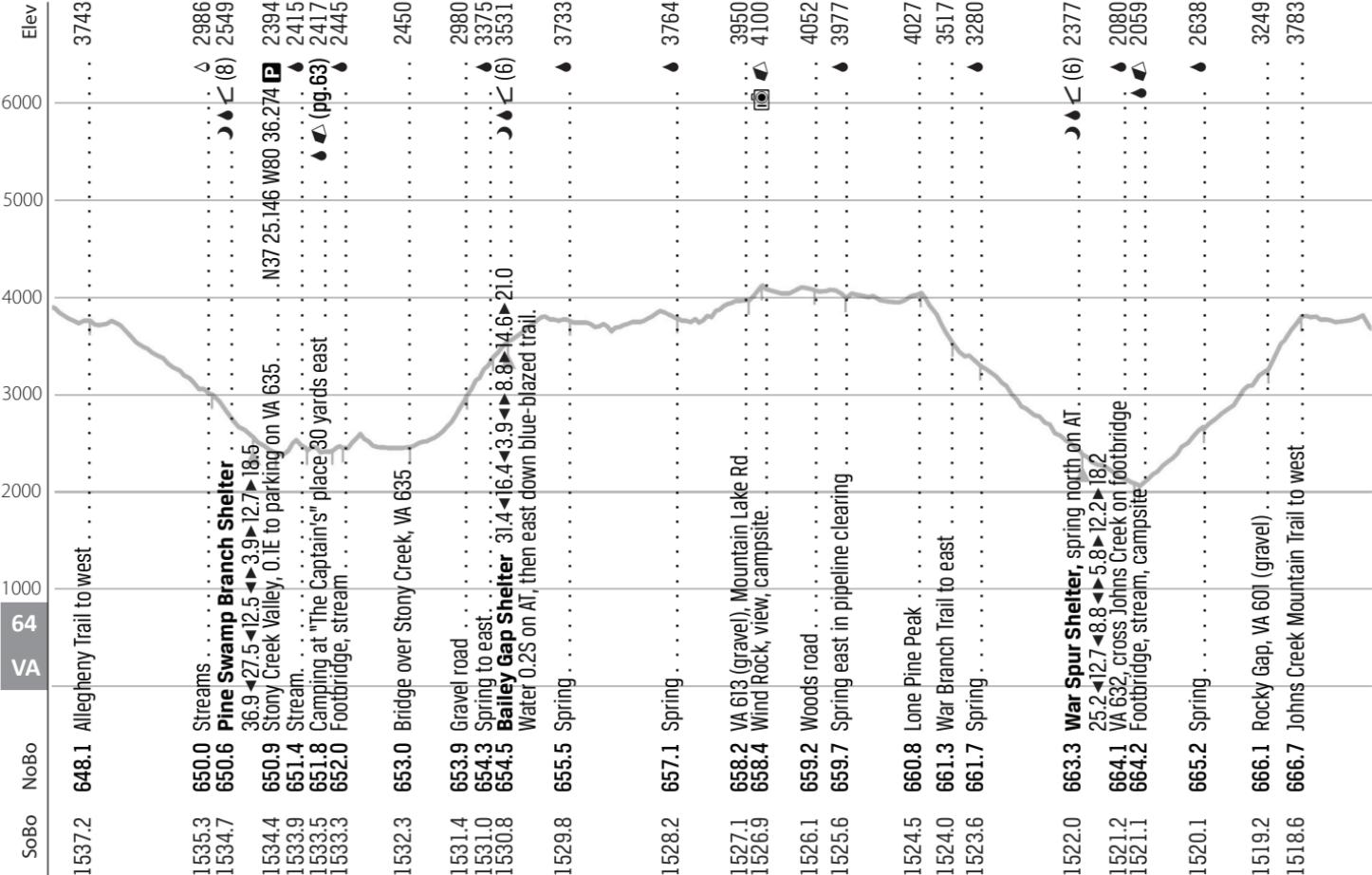
Grants Supermarket 540-726-2303 M-Sa 8-9, Sun 9-8

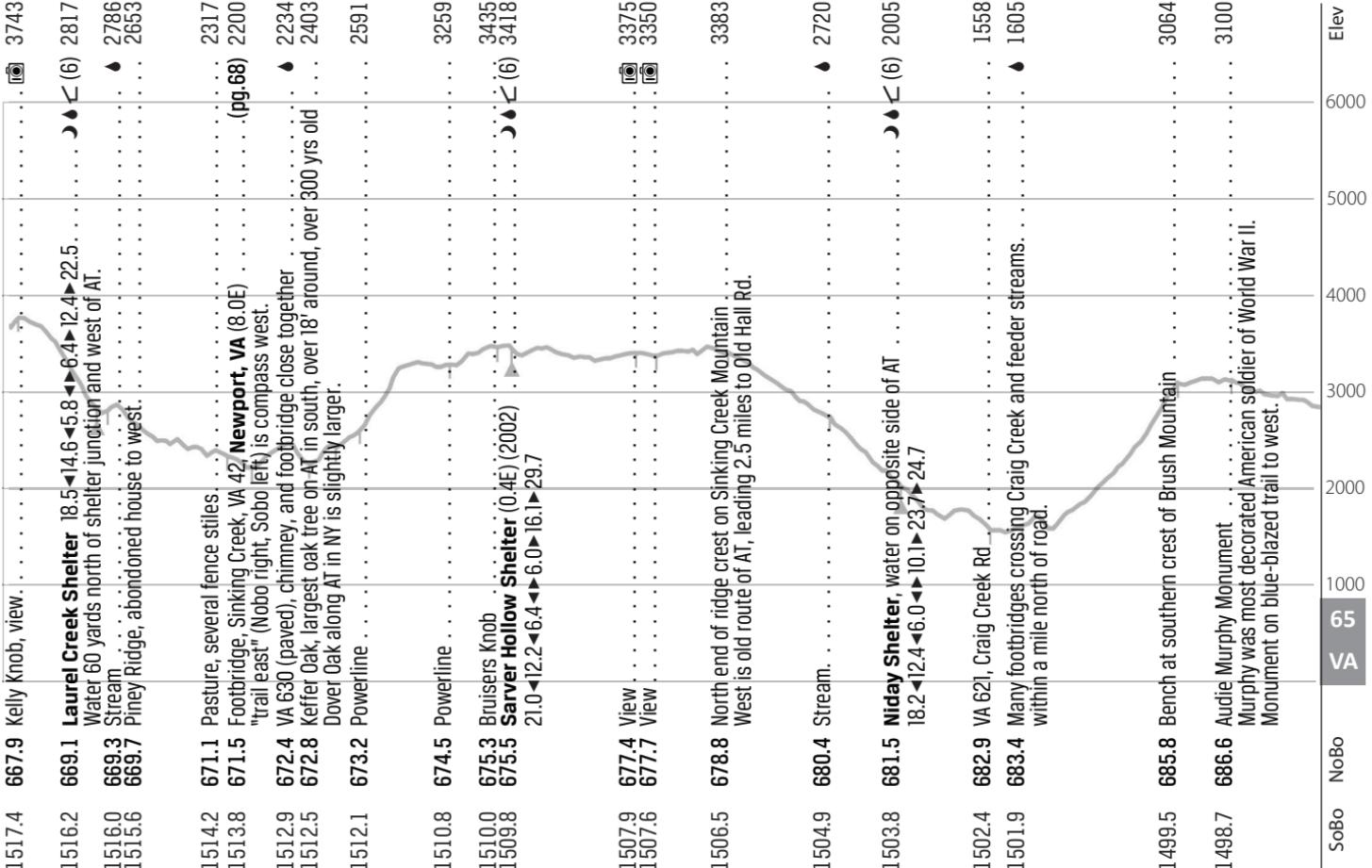
Blue Moon Diner (B/L)

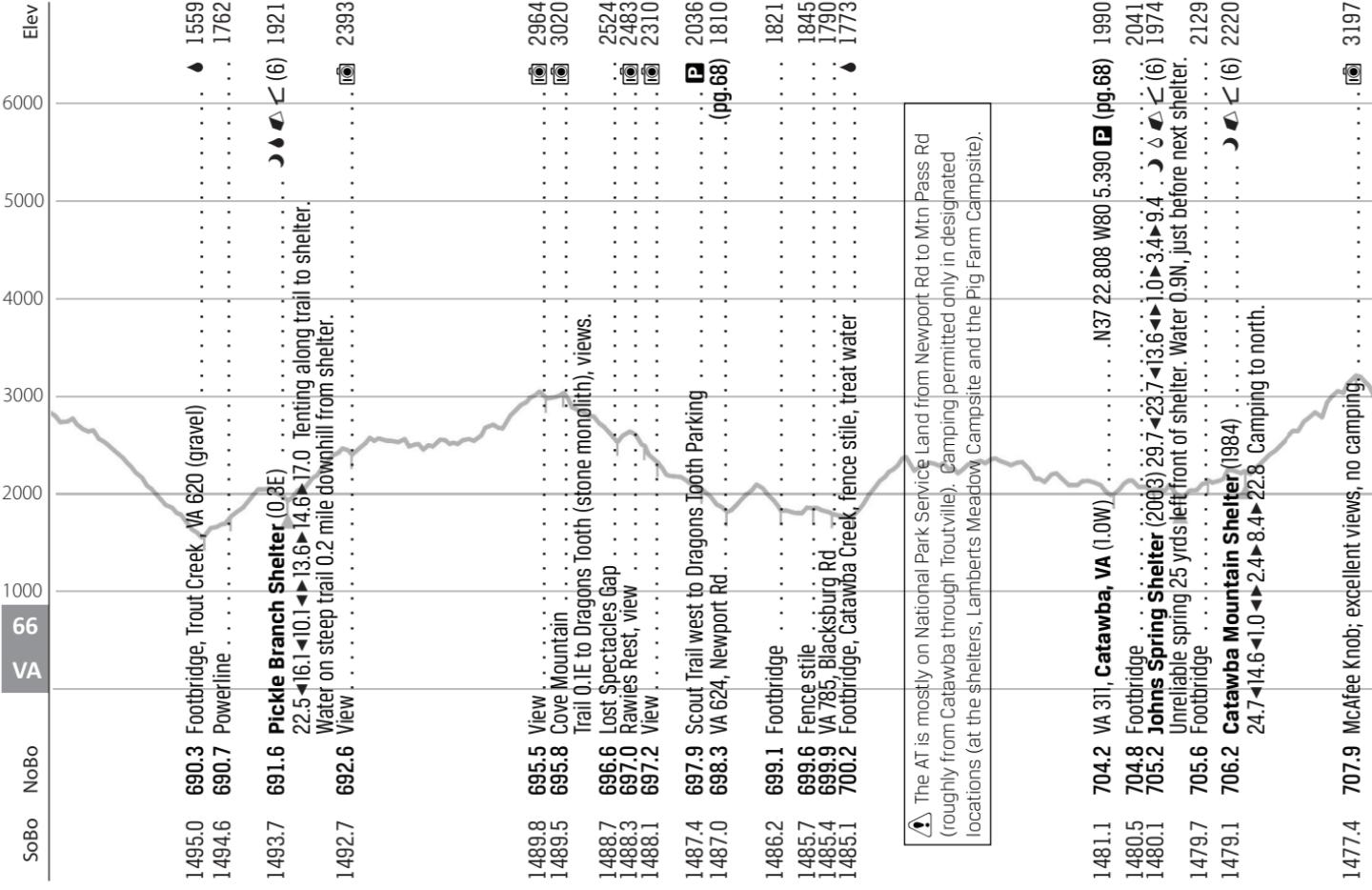
Anna's Restaurant (L/D)

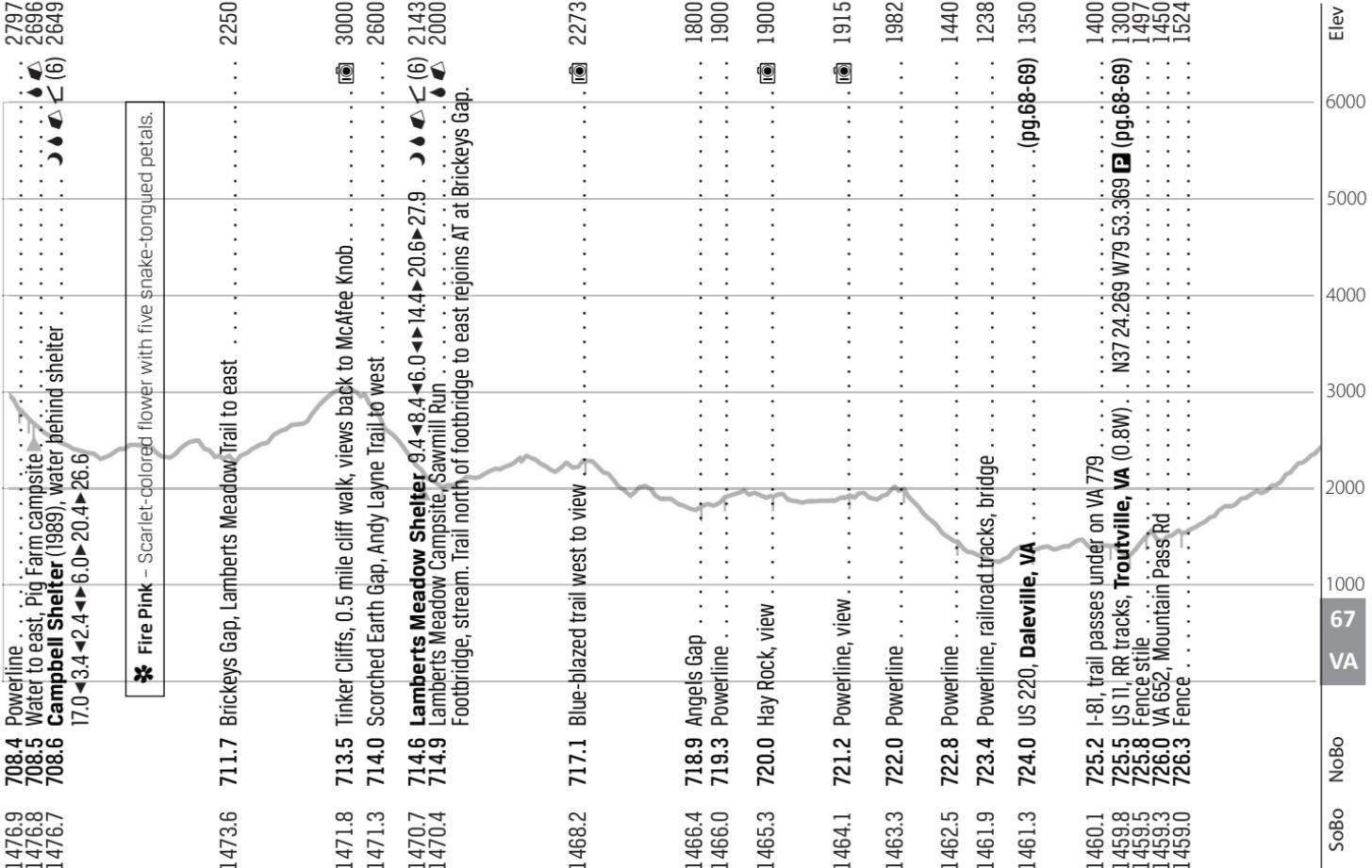
651.8 The Captain's

Camping available at 4464 Big Stony Creek Rd, about 30 yards from trail. Use zip line to cross the creek. You may camp even when The Captain is not home. Dogs will bark but are friendly and are contained by an invisible electric fence. Hiker Feed two weeks after Trail Days. **This is not a hostel; do not enter the house.** If it rains, you may stay on back porch.









671.5 VA 42, Sinking Creek, Trail "east" here is compass west.

 (0.5E) **The Huffman House B&B** 540-544-6942
(www.thehuffmanhousebandb.com), \$139-\$169 double, \$20EAP, reservations required. Owned by 1999 thru-hikers. Maildrops (call first): 16 Huffman Store Dr., Newport, VA 24128.

 (1.0W) **Sublett Place** 540-544-3099 (www.thesublettplace.com) Home and cottage for rent, prices seasonal.

 (1.0W) **Joe's Trees** 540-544-7303 (www.joestrees.com) Limited summer/fall hours (call ahead), 7 days Nov 15-Dec 21, closed Dec 22-Apr. Drinks, jerky, cheese, jams.

Newport, VA 24128 (8E)

Store, post office and restaurant near intersection of 42 and 460.

 M-F 8:15-12:30 & 2:30-4:15, Sa 9-11, 540-544-7415

 **Super Val-U** 540-544-7202

 **Mikie's 7th** 540-544-0007 Tu-Sa 5:30-8:30.

698.3 VA 624, Newport Rd

 (0.3E) **Four Pines Hostel** Owner Joe Mitchell cell: 540-309-8615 Hostel is a 3-bay garage with shower; please leave a donation. Pet friendly. Shuttles to/from The Homeplace Restaurant (Thurs-Sun) and to Catawba Grocery. Longer shuttles for a fee. Maildrops: 6164 Newport Rd. Catawba VA 24070

 **Catawba Grocery** 540-384-8050 West 0.3 mile to VA 311 and then left 0.1 mile to store, Su-Th 5am-10pm, F&Sa 5am-11pm. Grill serves breakfast, pizza, burgers, ice cream.

68

VA

704.2 VA 311, **Catawba, VA 24070** (1W)

 (1.0W) M-F 9-12:30 & 2:30-5, Sa 8:30-10:30, 540-384-6011

 (1.4W) **Homeplace Restaurant** 540-384-7252 Th 4-8, F-Sa 3-8, Su 11-6, Popular AYCE family-style meals including drink, dessert, and tax; \$14 (two meats) \$19 (three meats), \$8 (kids 3-11).

724.0 US 220, **Daleville, VA**

725.5 US 11, **Troutville, VA**

Troutville Trail Days June 6-7 at Town Park. Food, vendors, & 5K race.

 **Troutville Park & Fire Station** Free camping at town park, no pets. Free laundry and showers at fire station.

     **Howard Johnson Express** 540-992-1234 \$49.95 hiker rate, cont. breakfast. Game room and pool. Maildrops: 437 Roanoke Road, Daleville, VA 24083.

    **Super 8** 540-992-3000 \$59.36 + tax, cont B, pool, accepts major credit cards.

    **Comfort Inn** 540-992-5600 hiker rate \$49.99D, \$5EAP, continental breakfast.

    **Quality Inn** 540-992-5335 \$71/up, pets \$25.

    **Holiday Inn Express** 540-966-4444 \$99-119. Maildrops: 3200 Lee Hwy, Troutville, VA 24175.

    **Red Roof Inn** 540-992-5055

    **Travel Lodge** 540-992-6700 \$38.95 \$6EAP.

    **Three Li'l Pigs** 540-966-0165 Summer M-Th 11-9:30, F-Sa 11-11, Su 11-9, Hiker friendly, hand-chopped BBQ ribs and wings, large selection of beer, some locally-brewed. Thru-hikers get free banana pudding dessert Mid-April to June 1.

    **Kroger Grocery Store and Pharmacy** 540-992-4920 24hr, pharmacy M-F 8-9, Sa 9-6, Su 12-6.

    **Outdoor Trails** 540-992-5850 Full service outfitter. White gas, denatured alcohol and Dr. Bronners soap/oz. Computer for internet use, list of shuttlers. Open M-F 9-8, Sat 9-6 during hiking season (Apr 28-Jun 28); open M-F 10-8, Sat 10-6 the rest of the year. Maildrops: Botetourt Commons, 28 Kingston Dr, Daleville, VA 24083.

    **Homer Witcher** 540-266-4849 Trail maintainer & 2002 thru-hiker.

    **Del Schechterly** 540-529-6028 Covers Pearisburg-Waynesboro.

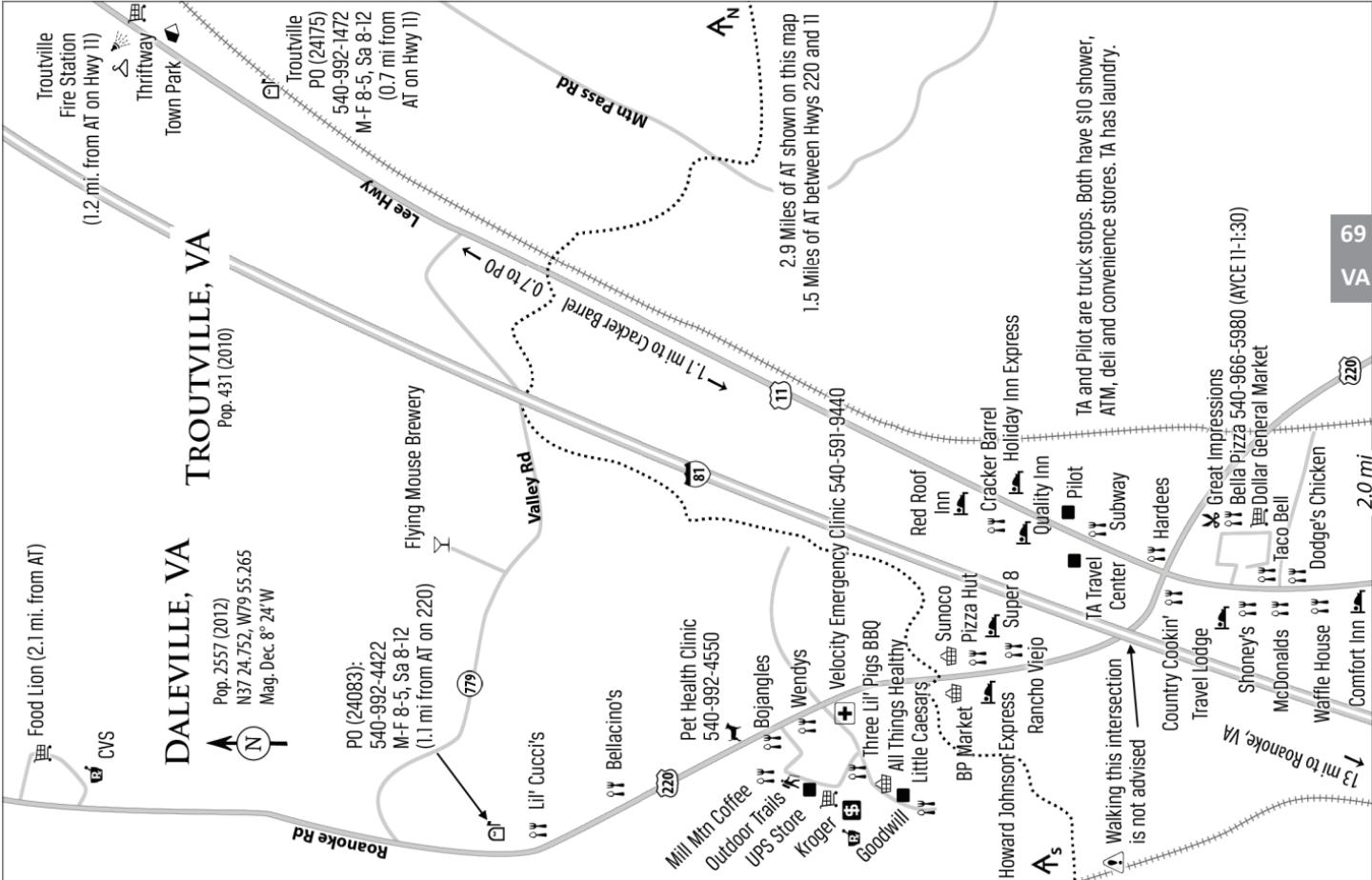
    **Flying Mouse Brewery** Check (www.flyingmousebrewery.com) for beer tasting events. 0.4W to Precast Way, then right 0.1mi.

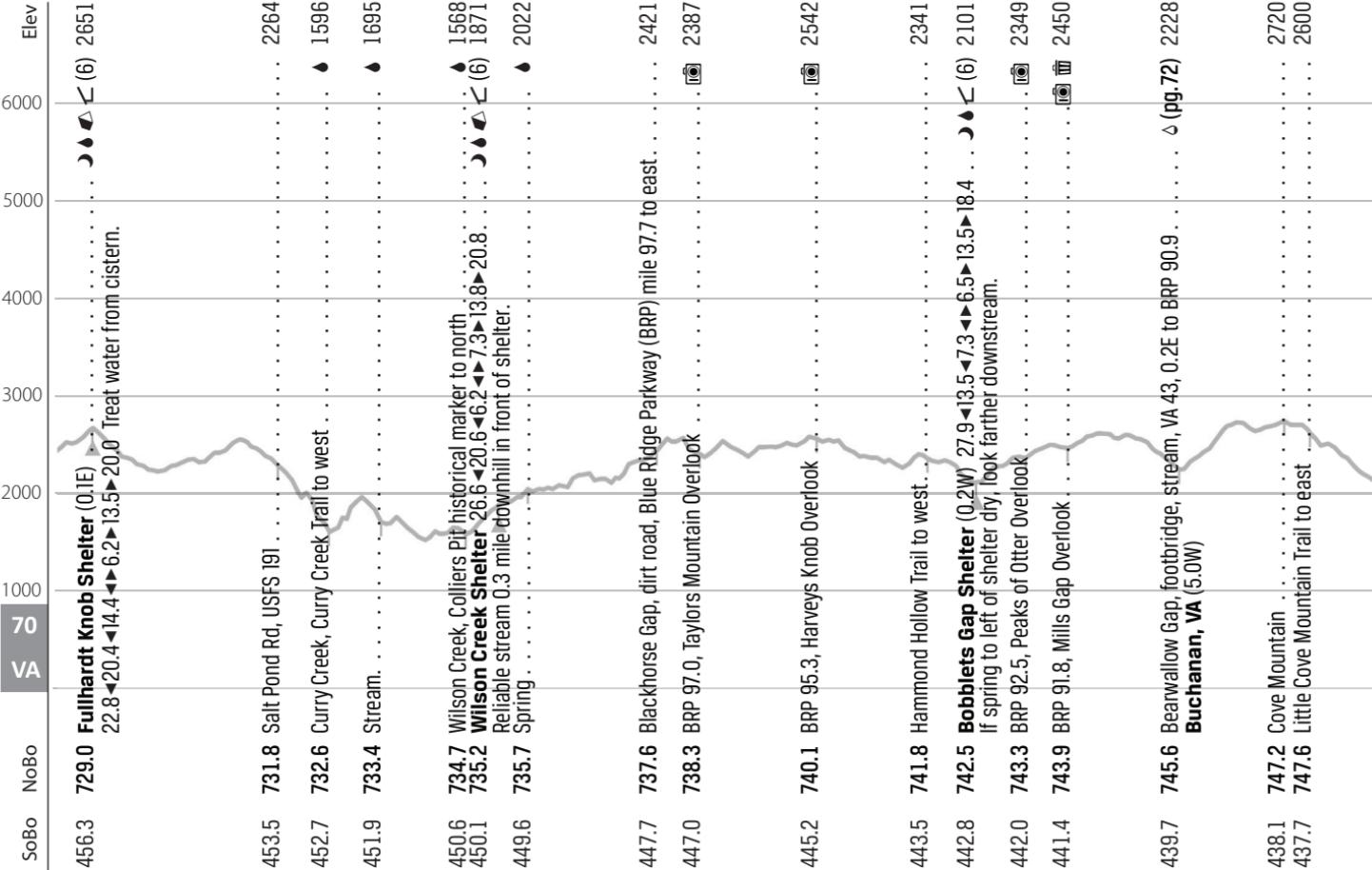
Roanoke, VA (13E)

 A large city with an airport approx 13 miles from the AT.

 (5E) **Gander Mountain** 540-362-3658

 (10E) **Sportsman's Warehouse** 540-366-9700 (3550 Ferncliff Ave NW) Full service outfitter with full line of gear including fuel, freeze dried foods, boots, clothes and trekking poles.





1436.3 749.0 **Cove Mountain Shelter** 20.0►13.8►6.5►7.0►11.9►17.2

1436.1 749.2 View

1434.6 750.7 Buchanan Trail

1434.3 751.0 Water to east on blue-blazed trail

1433.1 752.2 Jennings Creek, VA 614

Swimming hole, campsites. **Buchanan, VA** (5.0W)

1431.5 753.8 Fork Mountain.

1430.3 755.0 Stream south of powerline.

1430.0 755.3 Stream.

1429.6 755.7 Stream.

1429.3 756.0 **Bryant Ridge Shelter**

20.8►13.5►7.0►4.9►10.2►22.6 Stream on trail to shelter.
Blue-blazed trail 0.1N of shelter leads 0.5E to VA 714.

1426.2 759.1 Campsite, 0.1W to spring (signed).

2943

1425.0 760.3 Floyd Mountain

1424.4 760.9 **Cornelius Creek Shelter** (0.1E)

18.4►11.9►4.9►5.3►17.7►21.6 Water on trail to shelter. Privy behind shelter. (6)

1424.1 761.2 Stream.

1423.5 761.8 Black Rock Overlook, view 200' west

1423.2 762.1 Footbridge, stream

1422.9 762.4 Intersection with Cornelius Creek Trail

1421.8 763.5 Apple Orchard Falls Trail 1.1W to 200' waterfall, 0.1E to Sunset Field, USFS 812 (Parkers Gap Rd) 0.1N on AT.

3356

1420.3 765.0 Apple Orchard Mountain, FAA tower, views

1420.0 765.3 The Guillotine

4225

4090

1419.4 765.9 BRP 76.3, spring 100 yards north, then east of AT

1419.1 766.2 **Thunder Hill Shelter** 17.2►10.2►5.3►2.4►16.3►25.1► (6)

3900

3934 Poor water source, use spring south on AT.

1418.1 767.2 Hunting Creek Trail, BRP 74.9

1417.7 767.6 0.1E to BRP 74.7 Thunder Ridge Overlook

3596

3501

SoBo NoBo

71
VA

Elev
6000
5000
4000
3000
2000
1000

745.6 Bearwallow Gap, VA 43

(5.5E) **Peaks of Otter Lodge & Restaurant**

540-586-1081 To get to resort from the trailhead on VA 43, go 0.1E on to the Blue Ridge Parkway (the overpass), then follow BRP to the left 5.0 miles. Motel rooms \$126 weekdays, \$136 weekends, higher in fall. Restaurant open for B/L/D. Sunday buffet breakfast. Some supplies at camp store. Closes Dec. 15 and reopens in spring. Camping managed separately, 540-586-7321, \$16.

Buchanan, VA (5W) Also see next entry.

752.2 Jennings Creek ♦ (0.3E), VA 614

(1.2E) **Middle Creek Campground**

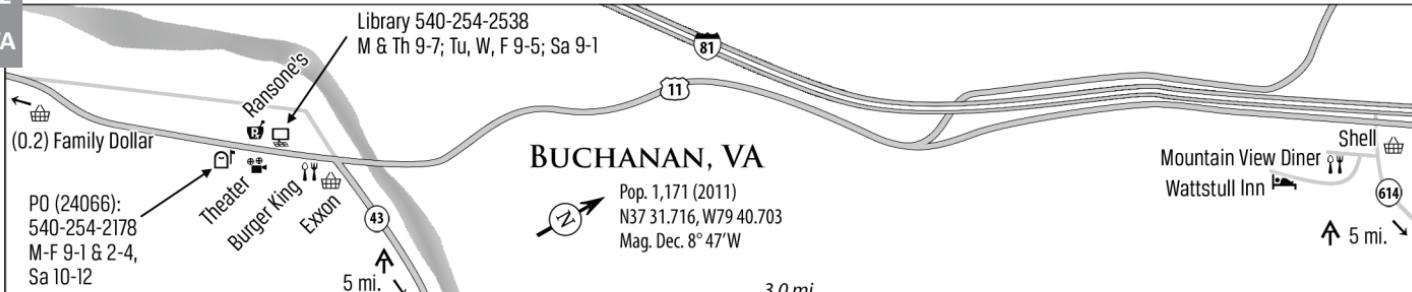
540-254-2550 (www.middlecreekcampground.com) cabins \$65-75, \$5EAP cabin sleeps 4-6, camping \$20 (2 persons), showers \$5, snack bar, Ask about shuttles, small amount of resupply, Coleman/alcohol/oz, and canister fuel. Laundry room (around back) is always open. Can also be reached on the northern side of Fork Mountain by taking VA 714 and VA 614 east 1.4 miles. Guest maildrops: 1164 Middle Creek Rd, Buchanan, VA 24066.

Buchanan, VA (I-81 exit 168) (5W on VA 614)

Watstull Inn 540-254-1551, \$68+tax/up, \$5EAP, pets \$15 each.

72

VA



780.8 US 501, VA 130

Lynchburg/Blue Ridge KOA (5.0E) 866-883-5228 Hiker special \$15PP includes tent site, shower w/towel, pool. \$10 day-use including shower. Four-person cabins available. Camp store, coin laundry. Maildrops: 6252 Elon Rd, Monroe ,VA 24574.

Ken Wallace 434-609-2704 Shuttles covering Daleville to Waynesboro and Lynchburg KOA.

Gary Serra 757-681-2254 Gary has completed the AT twice in sections and is familiar with all trailheads. Pickups at Glasgow & Buena Vista trailheads. Shuttles along AT, to Roanoke, Lynchburg and Charlottesville airports, and to Amtrak station.

Big Island, VA 24526 (5.6E)

M-F 8-12 & 2-4, Sa 8-10, 434-299-5072

H&H Food Market 434-299-5153 7 days 5:30-9, B/L/D, Maildrops: 11619 Lee Jackson Hwy, Big Island, VA 24526.

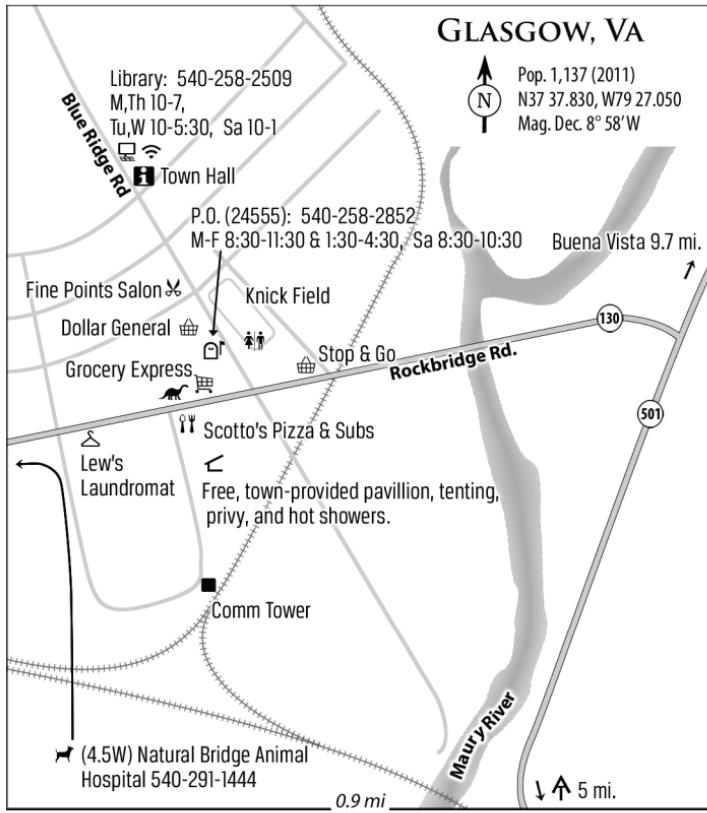
Big Island Family Medical Center 434-299-5951

Glasgow, VA 24555 (5.9W)

Town Hall 540-258-2246 Maintains shelter & Knick Field restrooms

Glasgow Grocery Express 540-258-1818 M-Sa 6-11:30pm, Su 8-1130pm, Coleman/alcohol/oz.

Natural Bridge Animal Hospital 540-291-1444 4.5W of Glasgow on VA 130. M,W,F 8-5:30, T,Th 8-7.



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 – collect dead and downed wood that you can break by hand. Burn all wood to ash.

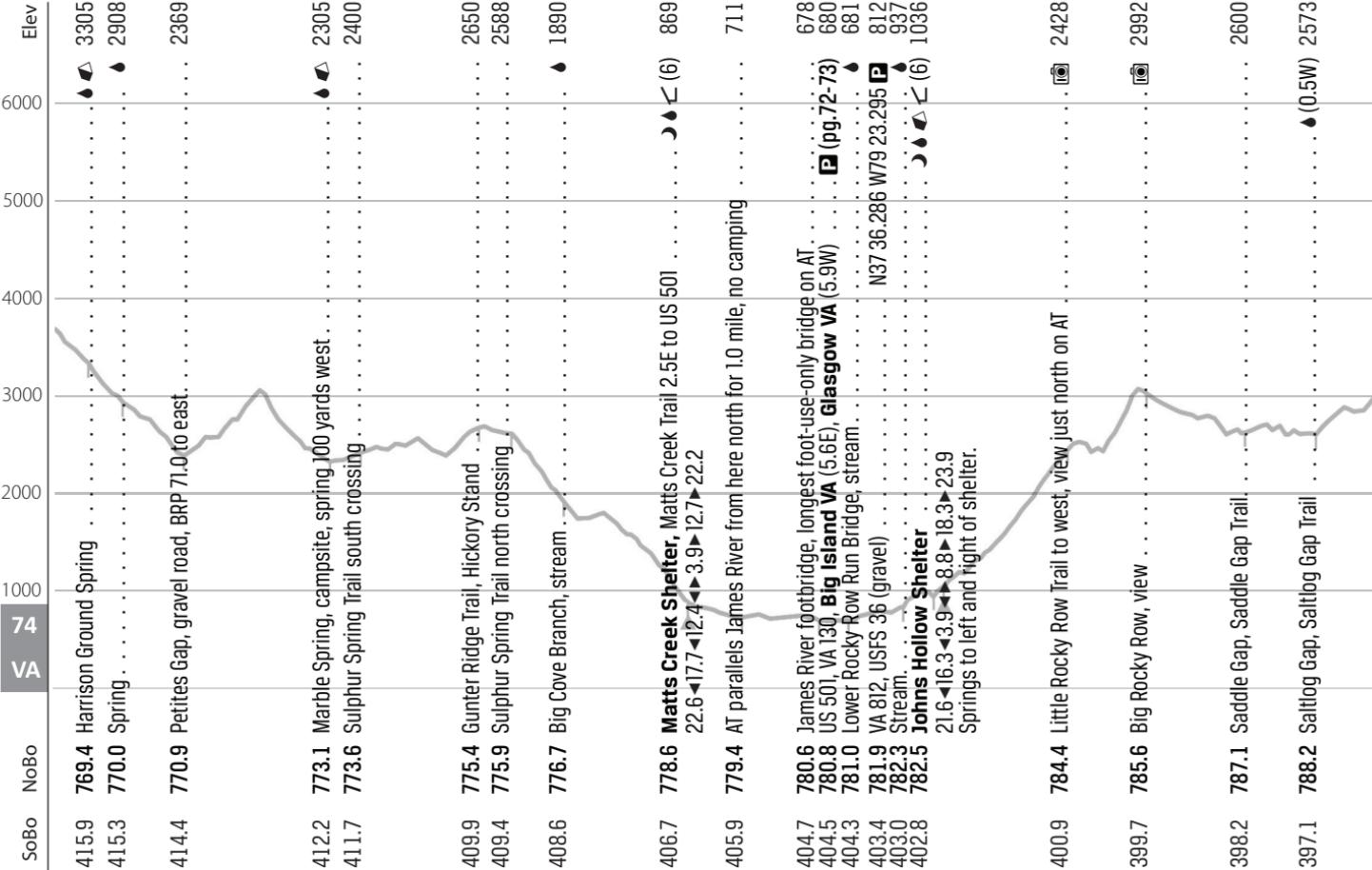
- Do not try to burn trash, including foil, plastic, glass, cans, tea bags, food, or anything with food on it. These items do not burn thoroughly. They create noxious fumes, attract wildlife like skunks and bears, and make the area unsightly.

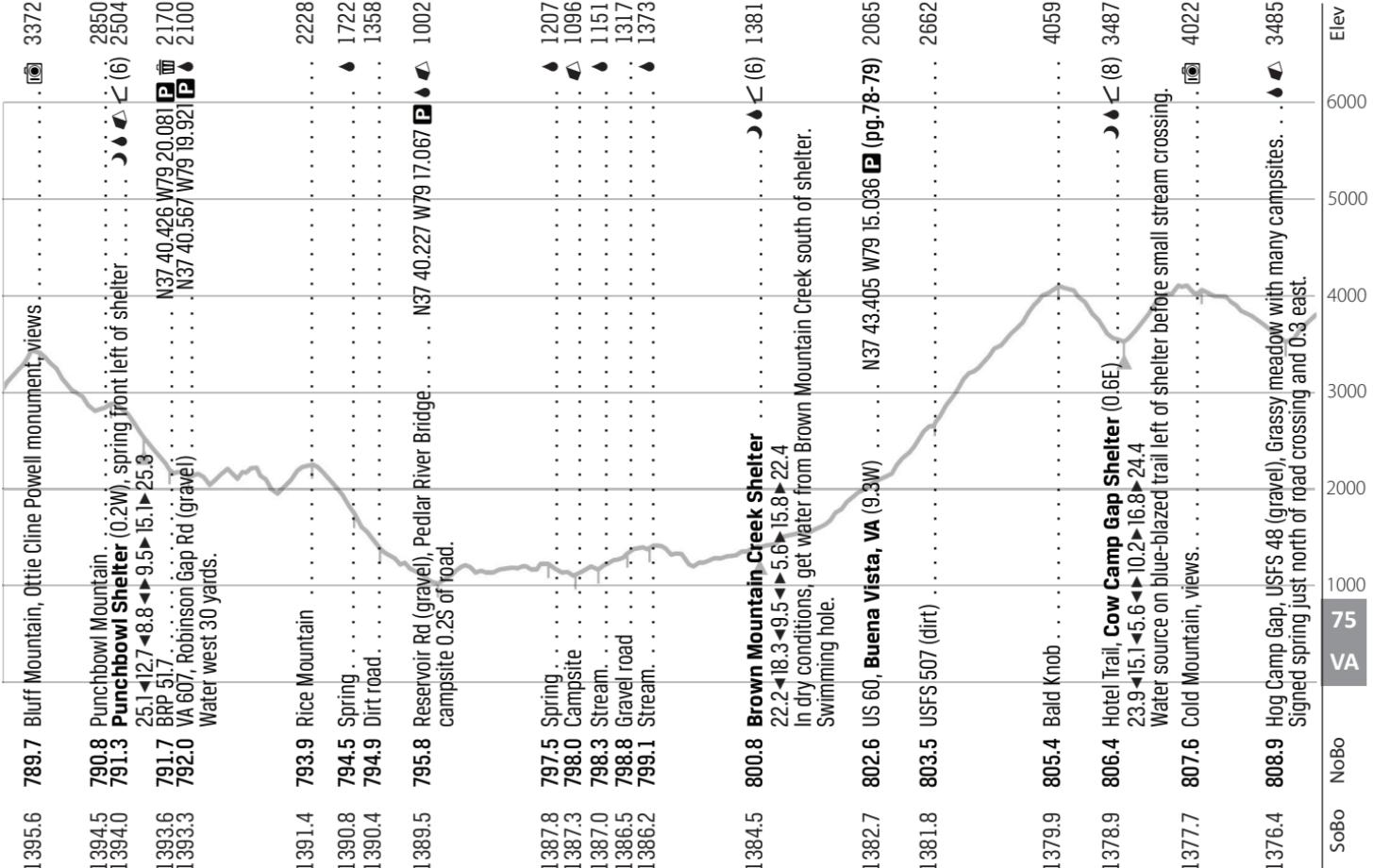
- Where campfires are permitted, leave the fire ring clean by removing others' trash and scattering unused wood, cold coals, and ashes 200 feet away from camp after the fire is cold and completely out.

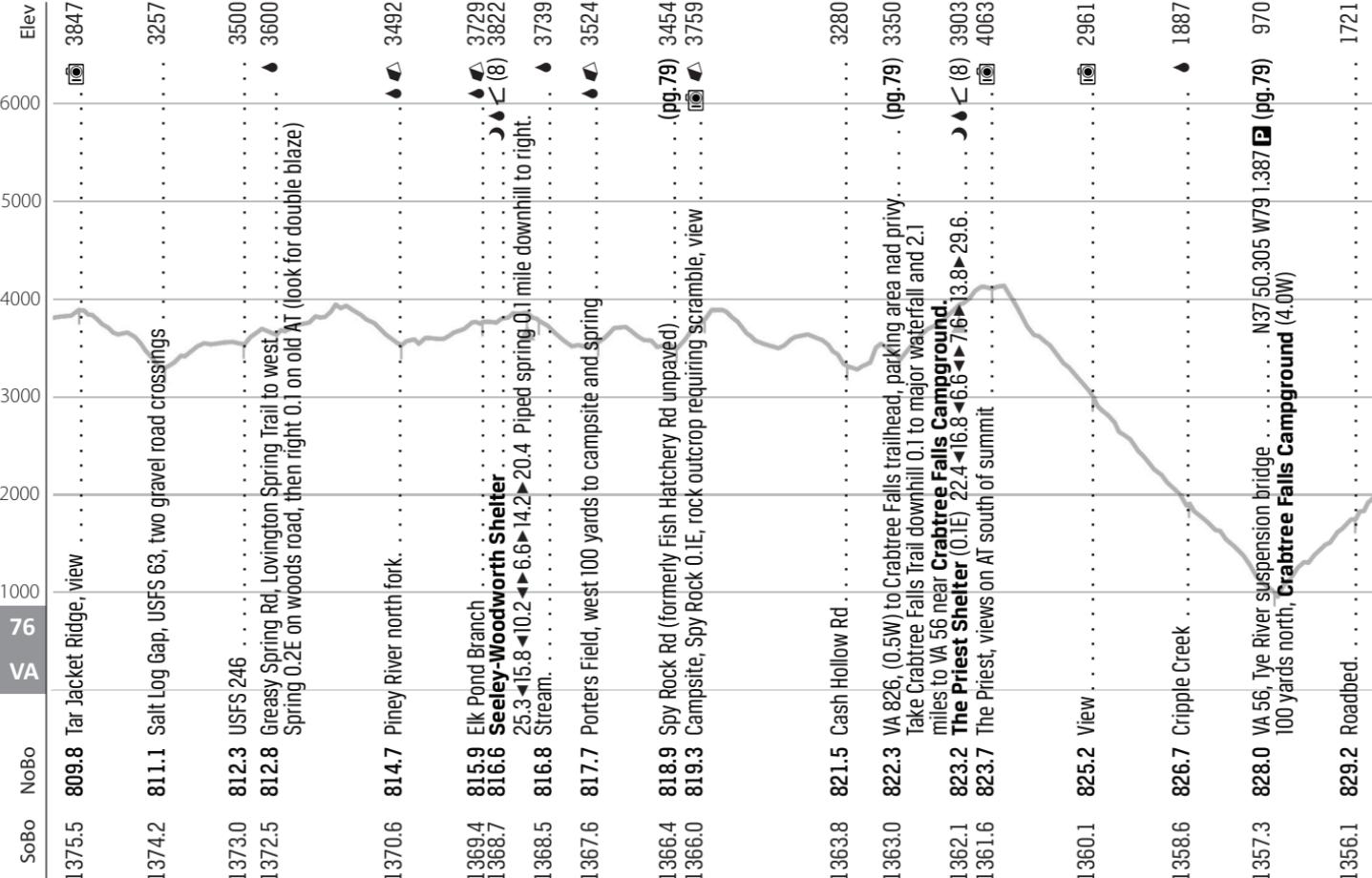
Read more of the Leave No Trace techniques developed for the A.T.: www.appalachiantrail.org/LNT

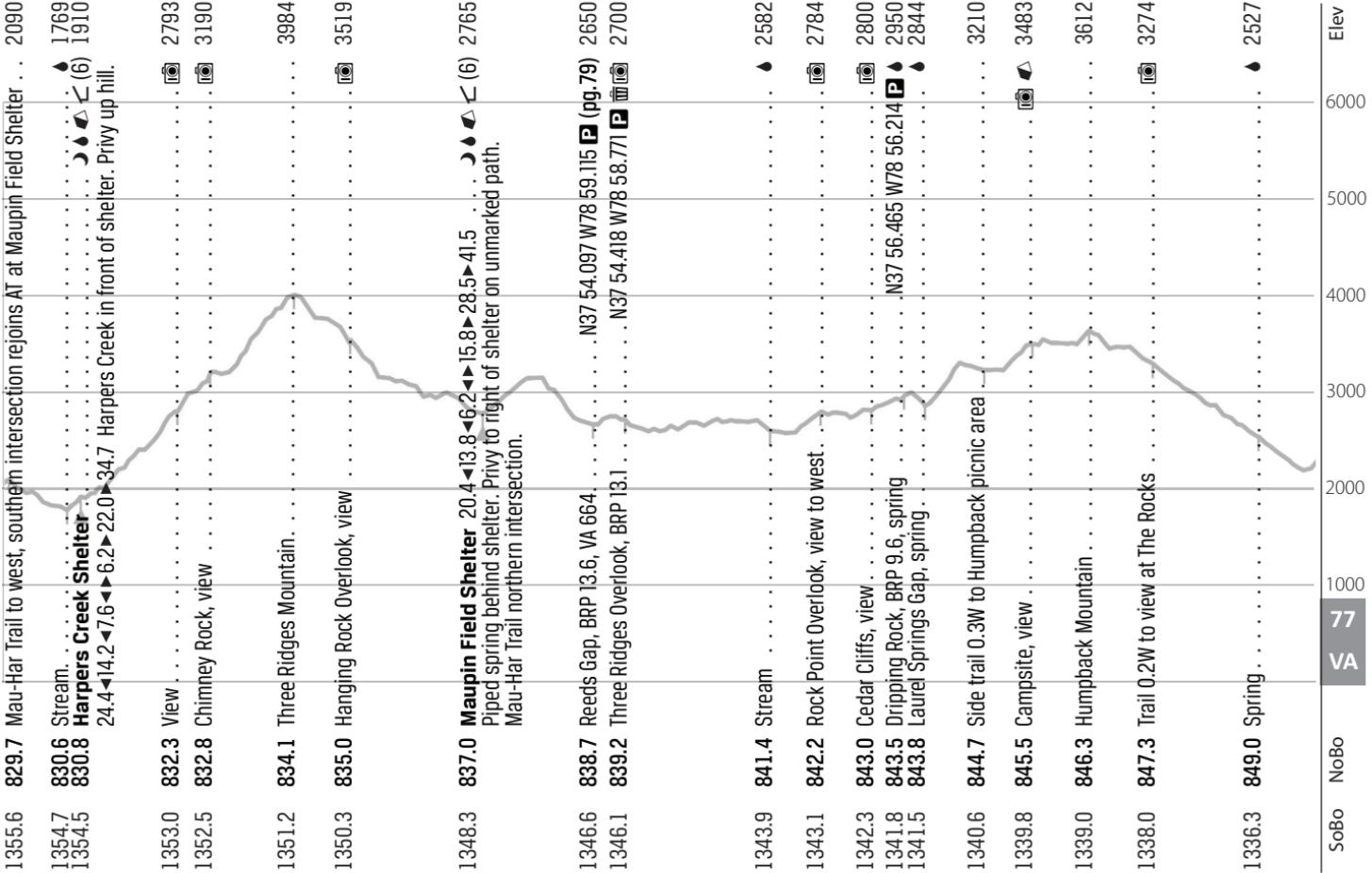
Water Sources

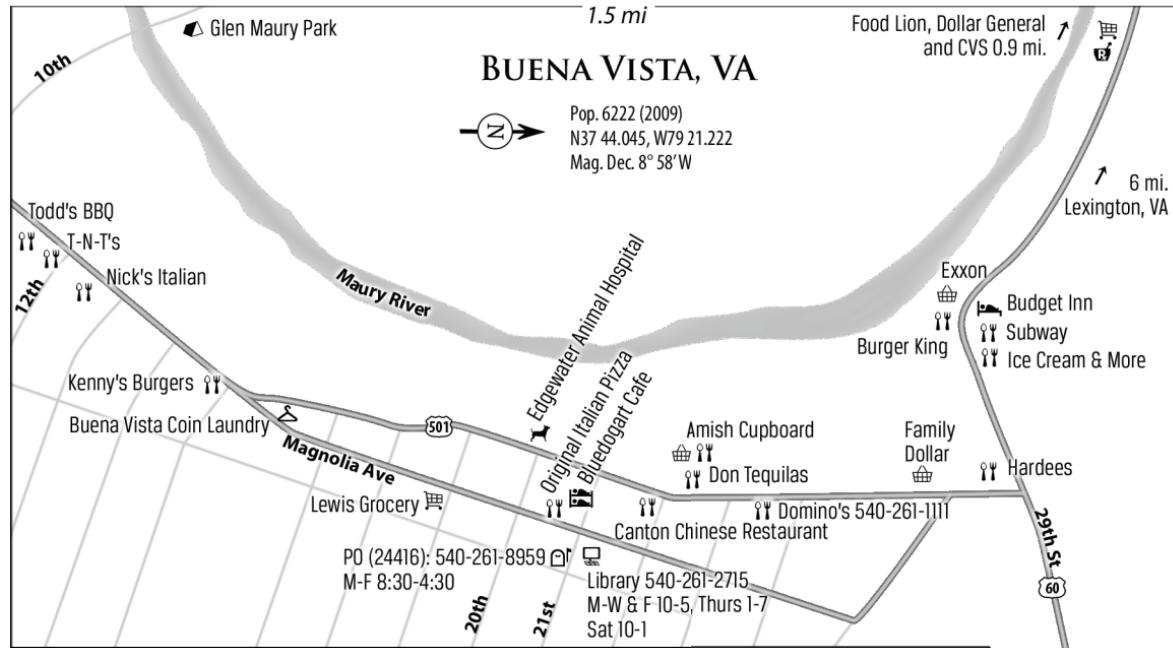
Be aware of trail conditions before heading out, and tune in to advice from outfitters and other hikers. The trail gets re-routed, springs dry up, streams alter their course. Be prepared to deal with changes, particularly with respect to water sources. Never plan to carry just enough water to reach the next spring.











78

VA

802.6 US 60 **Buena Vista, VA 24416** (9.3W)

Blue Dog Art Café 540-460-0933 Hostel \$20 per night includes breakfast open Mar-Oct. Call in advance, check-in during cafe hours 7am-6pm. Shuttles for guests at 10:30, 3:30, and 6pm will only come if called. Once-daily resupply run for guests to Food Lion. Laundry \$5/load. Alcohol/oz and canister fuel. Restaurant serves healthy meals for B/L/D and includes a menu for dogs! Thru-hikers please sign the wall in the café. Maildrops: 112 West 21st Street, Buena Vista, VA. 24416

Glen Maury Park Campground 540-261-7321 AT hiker special \$5 tentsite. Free shower, even without stay, South end of town across river. Maury River Fiddlers Convention mid-June.

Buena Vista Motel 540-261-2138 \$39-\$79 Rooms have fridge & microwave, free local calls. Shuttle to/from trail for a small fee.

Budget Inn 540-261-2156 \$49-\$89, pets \$10 and must use smoking room.

Amish Cupboard 540-264-0215 Deli, Ice Cream, jerky, tons of candy and dried foods. M-F 10-7, Sa 10-6.

Lewis Grocery Short order grill with excellent burger.

Food Lion 540-261-7672, 7 days

Maury Express Area bus makes hourly loop though BV and connects with a Lexington loop bus. 50¢ per board. M-F 8-5, Sa 10-4.

Edgewater Animal Hospital 540-261-4114 M-F 8-7, Sa 10-12

Regional Visitor Center 540-261-8004 Multi-day parking.

Lexington, VA 24450 (15W of Buena Vista)

Brierley Hill B&B 540-464-8421 relax@brierleyhill.com Thru-hiker special \$75PP for standard double occupancy room. Includes breakfast, free use of laundry facilities, and WiFi. Shuttle to/from the AT (Rt. 60) for additional fee. No Pets. Maildrops: 985 Borden Rd, Lexington, VA 24450.

502 South Main B&B 540-460-7353 info@southmain.com. "Thru-hiker special" \$75PP for 2 or 3 persons. Round trip to AT (Rt. 60) \$10PP, free laundry, hearty breakfast. Restaurants & shops nearby. No pets, No smoking. Maildrops: 502 S. Main St, Lexington VA 24450

Walkabout Outfitter 540-464-4453 Full service outfitter owned by Kirk Miller (Flying Monkey '99). Fuel canisters.

818.9 Spy Rock Rd
Montebello, VA 24464

2.4W to post office, general store. Go downhill on gravel road 1.1W to parking area on Fish Hatchery Rd. Watch for right turn 0.5 from AT, and watch for blue blazes. Follow F.H. Road (turn right at intersection) 0.9mi. to Crabtree Falls Hwy (VA 56). Go left on VA 56 0.4 miles to post office.

M-F 10-2, Sa 10-1, 540-377-9218

Montebello Camping & General Store 540-377-2650 Store open year-round, camping & laundry Apr 1 - Oct 31. Thru-hiker rate \$10 site and \$3EAP sometimes has fuel/oz.

* **Dutch Haus B&B** 540-377-2119 Likely to be closed for the 2014 season; call to check availability.

822.3 VA 826 (0.5 on road and 2.1 on falls trail to campground)

828.0 VA 56, Tye River (4W to campground)

Crabtree Falls Campground 540-377-2066 www.crabtreefallscampground.com cfcg@ceva.net, cabins \$50 four people, camping \$26/site(2 tents). Laundry, free shower w/o stay. Trail foods and snacks, ice cream, sodas. fuel/oz. Maildrops (shoebox size or smaller): 11039 Crabtree Falls Hwy, Tyro, VA 22976.

838.7 Reeds Gap, Rte 664 (5.0E to pub)

Devils Backbone Brewpub 434-361-1001 On Rte. 664 at intersection with Patrick Henry Hwy (151). Open 11:30 to 9 seven days, later on weekends. Serves L/D and sometimes hiker-only breakfast for \$5. Hikers welcome to camp on-site. Pickup rarely available, but morning return ride often provided.

Red-spotted newt is the slow-moving red lizard that can be seen anywhere along the AT. The newt lives on land for the middle stage of its life, which lasts about two years. During this stage, it's also known as a **red eft**. It is a tadpole in its first stage. In its last stage it returns to water and turns green, but retains its red spots.

SoBo	NoBo	VA	Elev
1335.3	850.0	Spring	2347
1335.2	850.1	Side trail 0.2W to Humpback Gap, BRP 6.0	2339
1334.3	851.0	Glass Hollow Overlook, view to east.	2267
1333.9	851.4	Side trail 1.3W to Humpback Visitor Center	2303
1333.8	851.5	Albright Loop Trail to west	2239
1332.5	852.8	Paul C. Wolfe Shelter 29.6►22.0►15.8►12.7►25.7►38.9	1594
		Mill Creek 50 yards in front of shelter. Waterfall with pool 100 yards.	
1331.7	853.6	Small cemetery	1878
1331.0	854.3	Cabin ruins, chimney	2085
1330.8	854.5	Spring	2058
1329.4	855.9	Stream	1883
1328.6	856.7	Stream	1745
1327.4	857.9	US 250 + Blue Ridge Pkwy Rockfish Gap, Waynesboro , VA (37W)	1912
1326.5	858.8	N38 1.864 W78 51.545 P H (pg.82-83) Shenandoah National Park (SNP)	(pg.84)
		Entrance station and self-registration for overnight permits.	2215
1325.0	860.3	"Wrong Way" side trail to east	2572
1323.8	861.5	Skyline 102.1, McCormick Gap	2444
1322.5	862.8	Bears Den Mountain, communication towers	2885
1322.0	863.3	Skyline 99.5, Beagle Gap, stream	2550
1321.2	864.1	Little Calf Mountain	2895
1320.5	864.8	Calf Mountain	2983
1319.8	865.5	Calf Mountain Shelter (0.3W)	(6)
		34.7►28.5►12.7►13.0►26.2►34.4 Spring on way to shelter. Bear pole.	2703
1319.4	865.9	Powerline	2303
1319.3	866.0	Spring	2316
1318.8	866.5	Gravel road 0.1W to Skyline 96.9, Jarman Gap	2270
1318.7	866.6	Spring, just south of Woods road	2161
1317.0	868.3	Skyline 95.3, Sawmill Run Overlook	2200
1315.6	869.7	Turk Mountain Trail to west.	2636
1315.4	869.9	Skyline 94.1, Turk Gap	2600

1313.4 871.9 Skyline 92.4 N38 8.904 W78 46.477 P
 1313.0 872.3 Wildcat Ridge Trail east to Skyline 92.1 3100
 3000

 **Turk's Cap Lily** – Petals of this down-facing large flower curl back to form a bun (Turk's cap) shape. Common color is flame orange and yellow, speckled with brown dots.

1310.4 874.9 Skyline 90.0, spur trail to east leads to Riprap parking area. P 2797
 1309.9 875.4 Riprap Trail branches to west 3015
 1309.2 876.1 Skyline 88.9 2639

1307.5 877.8 Skyline 87.4, Black Rock Gap Paine Run Trail. N38 12.398 W78 44.974 P 2321
 1307.3 878.0 Skyline 87.2
 1306.8 878.5 **Blackrock Hut** (0.2E) 41.5 ▲ 25.7 ▲ 13.0 ▲ 13.2 ▲ 21.4 ▲ 33.8 2385
 1306.4 878.9 Trayfoot Mountain Trail to west
 1306.3 879.0 Blackrock, views from summit, which is skirted by the AT 2758
 1305.7 879.6 Blackrock parking area 3087
 1305.2 880.1 Skyline 84.3
 1305.1 880.2 Jones Run parking
 1304.5 880.8 Two trails west to Dundo Campground (primitive, reserved for group use) 3101
 1303.8 881.5 Skyline 82.9, Browns Gap N38 14.242 W78 42.653 P 2579
 1303.2 882.1 Big Run Loop Trail to west
 1302.9 882.4 Skyline 82.2 2826
 1302.4 882.9 West to Doyle's River Parking Overlook, Skyline 81.9 N38 14.806 W78 41.686 P 2775
 1301.6 883.7 Doyle's River Trail, west to Skyline 81.1, east to Doyle's River Cabin (locked) and 0.1E to falls 2838
 1300.8 884.5 Trail to Loft Mtn amphitheater
 1300.7 884.6 Trail to **Loft Mtn Campground** (go here if camping). 3176
 1300.1 885.2 Trail to **Loft Mtn Campground** 3263
 1299.7 885.6 Powerline
 1299.5 885.8 Trail to **Loft Mtn Store** (in view to west) (pg.85) 3294
 1298.3 887.0 Frazier Discovery Trail 0.3W to **Loft Mtn Wayside** (pg.85) 3237
 1298.2 887.1 Frazier Discovery Trail to west (pg.85) 3165

1297.3 888.0 Trail to 0.5W to **Loft Mtn Wayside** (flatter than FDT), Ivy Creek Spring 0.1W. ♦ 2985
 1296.7 888.6 Cross Ivy Creek ♦ 2580
 1296.0 889.3 View to west (pg.85) 2961
 1295.2 890.1 West to Skyline 77.5, Ivy Creek Overlook (pg.85) 2890

SoBo	NoBo	VA	Elev
		81	6000
			5000
			4000
			3000
			2000
			1000

857.9 Rockfish Gap

Afton Mountain Visitor Center 540-943-5187 Open most days 9-5. Hiker flyers offer current info about town services and trail angels. Many lodging facilities offer free pickup/return from this location. Long-term parking okay; leave contact info and expected return date.

Inn at Afton 540-942-5201 Hiker rate \$40+tax, pets allowed, Some restaurants deliver here.

Colony House Motel 540-942-4156

\$49S, \$59D+tax, pets \$10, some snacks sold on-site, all rooms have micro and fridge. Maildrops: 494 Three Notched Mtn Hwy, Waynesboro, VA 22980.

King's Kettle Corn Mid-March through Nov. M-F 9am-7pm; Sa,Su 8am-8pm; Dec-Mar open Thurs-Sun. Hot dogs, sodas, ice cream, coffee, kettle corn, and gourmet popcorn.

Waynesboro, VA 22980 (4.5W on I-64)

Home to **Hiker Fest** on June 14, gather at camp area 11am for food and a movie. Camping area (bottom right corner of map) has pavillion, grill, and solar charger; shower at YMCA nearby.

YMCA 540-942-5107 Free camping and showers. Use of YMCA facilities \$10. Check-in at front desk, need photo ID.

Grace Hiker Hostel Supervised hostel at Lutheran Church open May 26-June 22, closed Su nights, 2-night limit. Check-in 5-8pm, check-out 9am; hikers staying over may leave packs. Bunks in air-conditioned Fellowship Hall, showers, internet, big-screen TV with DVD, kitchenette with snacks and breakfast foods in a separate hiker lounge. 20 hiker max. No pets, smoking, drugs, alcohol, firearms or foul language. Donations gratefully accepted. Congregation cooks free dinner Thursday



nights followed by optional vespers service.

Stanimal's Hostel 540-290-4002

AdamStanley06@gmail.com \$20 hiker-only hostel includes pickup/return, resupply ride & limited errands, mattress with clean linens, shower w/towel, soap, laundry. Large private area including sunroom and finished basement, laptop, WiFi and DVDs. Fridge, freezer & microwave. Snacks, drinks, and ice cream for sale. Optional AYCE dinner and breakfast for small fee depending on group size. Discounted slackpacking for multinight guests. Residential area. Please respect noise level. Hikers are required to call ahead and speak with owner prior to staying. Owned by Adam Stanley AT '04, PCT '10.

Tree Streets Inn 540-949-4484, \$80S/D, includes breakfast, pool, snacks, no pets. Call from Rockfish Gap for free pickup/return with stay. Maildrops (pre-registered guests only; other packages will be returned): 421 Walnut Avenue, Waynesboro, VA 22980.

Belle Hearth B&B 540-943-1910 <www.bellehearth.com> \$75S, \$95D, higher on weekends, includes B, pool, pickup/return. No pets, no smoking.

Quality Inn 540-942-1171 Hiker rates \$59.49S \$63.74 up to 4, pets \$10. Includes continental breakfast.

Heritage on Main Hiker-friendly sports bar with variety of beer on tap, burgers, salads, sandwiches. Open 11-11. Live music Wed & Sat, trivia Thurs.

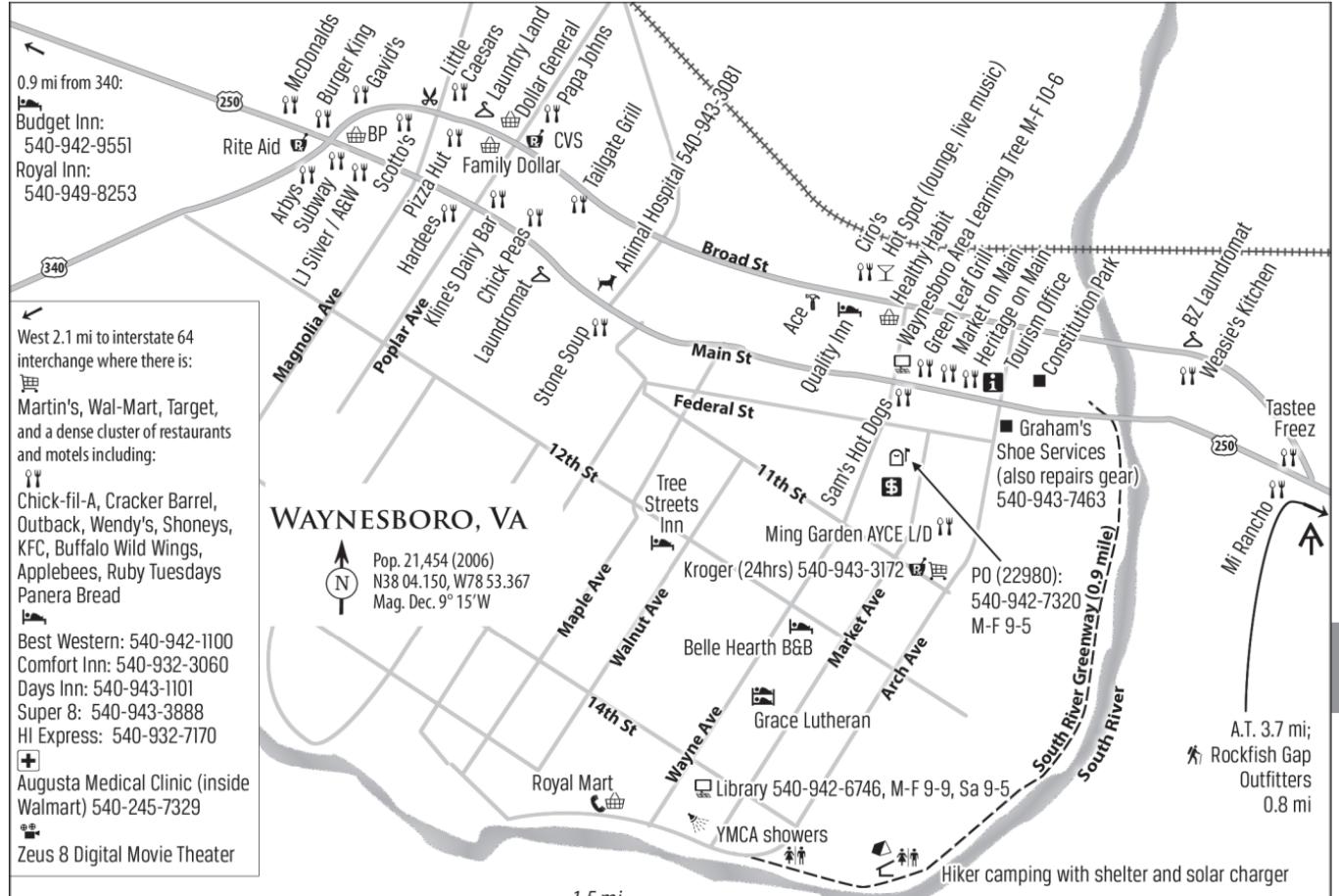
Weasie's Kitchen AYCE pancake challenge \$6.39.

Rockfish Gap Outfitters 540-943-1461 full service outfitter, Coleman/alcohol/oz, other fuels, shuttle information. Ice cream and freeze-dried foods. Located between town and trail, so ask your ride to stop on the way. Maildrops (please provide ETA): 1461 E. Main St., Waynesboro, VA 22980

DuBoise Egleston 540-487-6388 Shuttles Roanoke to Harpers Ferry.

Ace Hardware Coleman/oz.

Aquablaze Solutions 540-910-3566 <www.aquablazesolutions.com> Sells used canoe and gear and buys it back later, enabling hikers to travel the Shenandoah River as far as Harpers Ferry. Return shuttle available for 2000-milers. Please learn the rules for camping on the river.



Backcountry Permits are required for overnight hikes within the park. There is no charge for the permit and there is a fine for not having one. Permits are available from self-registration sites at the south and north entrance of the AT into SNP, from any park visitor center, or by mail (see contact information above).

Concrete 4"x4" signposts are used to mark intersections. Information is stamped into an aluminum band at the top of the post.

What is known as a "shelter" on most of the AT is called a "hut" in Shenandoah, and three-sided day-use-only structures are called "shelters." When overnighting in the park, please use the huts or designated campsites, which are usually near the huts.

Backcountry stay is limited to 14 consecutive nights; two at any one location. If you cannot tent in a designated campsite, follow LNT principles of dispersed camping. Tenting at a new location is limited to one night and must be:

- One quarter mile from any park facility (roads, campgrounds, lodges, visitor centers, and picnic areas).
- 10 yards from any water source.
- 50 yards from other camping parties, building ruins, or "no camping" signs.
- Not within designated no camping locations.

Groups are limited to 10. Campfires are only permitted at pre-constructed fire rings at the huts. Pets must be leashed.

Lodges and campgrounds are typically full on weekends. A small number of unreserved walk-in tentsites are available on a first-come, first-served basis at all campgrounds except Lewis Mtn.

Delaware North Companies Parks & Resorts

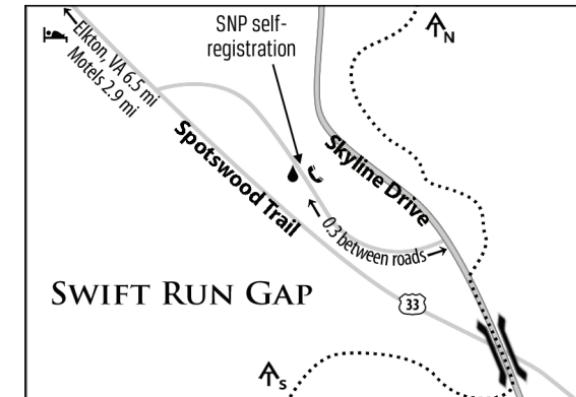
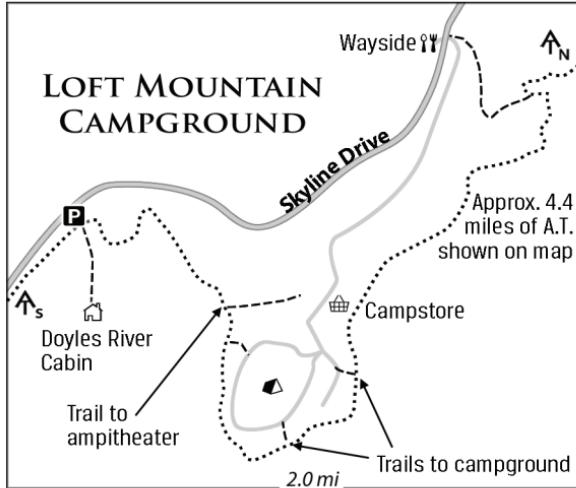
GoShenandoah.com operates the Skyland Resort, Big Meadows Lodge and Lewis Mountain Cabins, gift shops & camp stores and restaurants within Shenandoah National Park; many readily accessible from the trail. Call 877-247-9261 for special offers, rates and availability.

The Park Service operates campgrounds. Call 877-444-6777 or visit www.recreation.gov to reserve campsites. All campsites accommodate 2 tents and up to 6 persons. All except Mathews Arm have coin operated laundry and showers. Many facilities are closed November-May and all are closed December-March.

 **Yellow Cab of the Shenandoah** 540-692-9200 serves all of SNP (24/7). Pet friendly, accepts CC.

If You Plan to be a 2000-Miler

The ATC recognizes hikers who have completed the trail, all at once or in sections, with a "2000-miler" certificate. Your name will be printed in the March/April issue of ATC's member magazine, *AT Journeys*, and listed on ATC's website. The honor system application states that conditional bypasses and reroutes are acceptable and that "Issues of sequence, direction, speed, length of time or whether one carries a pack are not considered." The number "2,000" is used out of tradition, and does not imply that hiking less than the full mileage qualifies. Feel free to set your own agenda on the AT, but if 2000-miler recognition is important to you keep in mind that the application will ask if you "have made an honest effort to walk the entire Trail."



884.6, 885.2 Loft Mountain Campground
885.8 Loft Mountain Wayside

► ☕ 🌱 ⚡ Loft Mountain Campground Campsites \$15. AT skirts the campground, and several short side trails lead to campsites and the camp store. Showers, laundry and long term resupply available from camp store. Open May-Oct.

¶ Loft Mountain Wayside 1.1 miles from camp store, serves B/L/D, short-order menu, 9-5:30, 7 days. Open 4/22 - 11/9.

903.3 US 33, Swift Run Gap. US 33 is also known as Spotswood Trail. The AT crosses over US 33 on the Skyline Drive. North of the bridge, take access road to the west to reach US 33.

(2.9W):

► ☕ 🌱 Elkton, VA 22827 Country View Motel 540-298-0025 \$50 most rooms hold 4. shuttle possible back to trail and to Elkton. Pets okay. Maildrops for guests: 19974 Spotswood Trail, Elkton, VA 22827.

(3.2W):

► ☕ 🌱 Swift Run Camping 540-298-8086, \$20 campsite, laundry, pool, and snack bar.

► Bear Mountain Grocery with deli, daily 6am-9pm.

(6.5W): Elkton, VA 22827

► M-F 8:30-4:30, Sa 9-11, 540-298-7772

► Food Lion, O'Dell's Grocery

► Pizza Hut, several fast-food restaurants

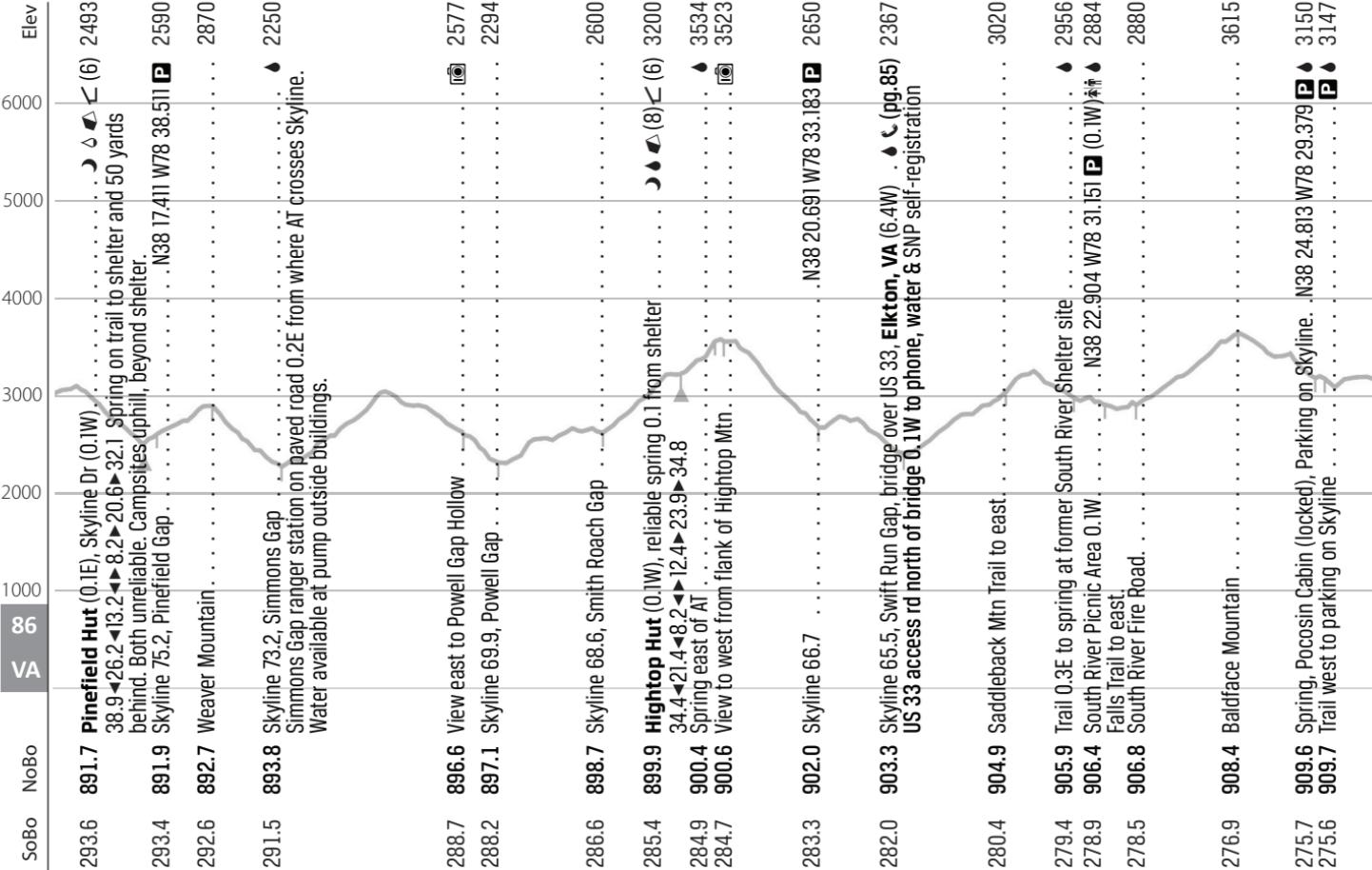
► Rite Aid

85

VA

911.6, 911.6 Lewis Mountain Campground

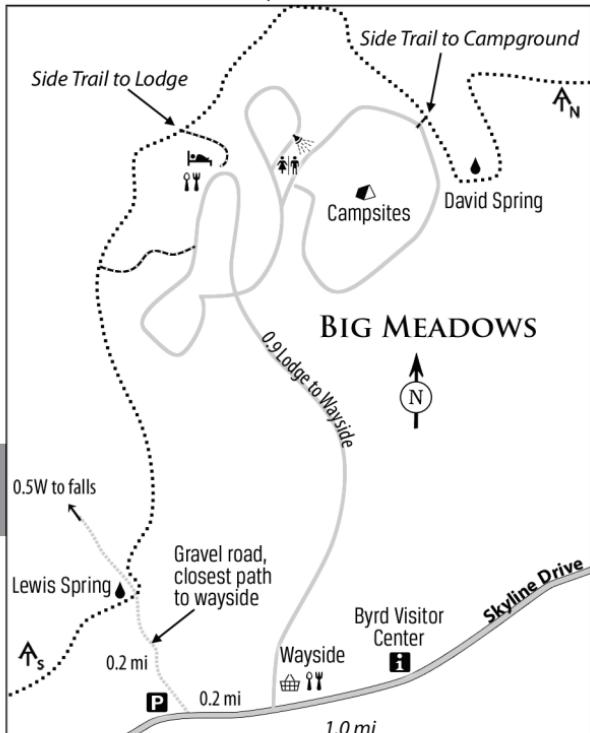
► ☕ 🌱 Lewis Mountain Campground and Cabins 540-999-2255, campsites \$15. Reservations, 877-847-1919, Lewis Mountain Camp store, open 9-7 in summer. May-Oct.



																				Elev
1273.8	911.5	West to Lewis Mtn Campground & Cabins	(pg. 85)	3444		
1273.7	911.6	West to Lewis Mtn Campground	N38 26.234 W78 28.737 P	(pg. 85)	3392		
1273.0	912.3	Bearfence Mountain Hut (0.1E), unreliable spring	P	△ ◇ (6) ⊂ (6)	3212		
1272.3	913.0	Bearfence Mountain Loop Trail, two intersections 0.2 mile apart, views 0.1E.	□	3523				
1271.8	913.5	Skyline 56.4, Bearfence Mtn Trail, parking 0.1W.	N38 27.141 W78 28.015 P	3397				
1270.4	914.9	Skyline 55.1, Bootens Gap	N38 28.049 W78 27.440 P	3243				
1269.9	915.4	Laurel Prong Trail to east.	●	3514			
1269.5	915.8	Hazetop	3812			
1267.6	917.7	Skyline 52.8, Milam Gap, parking to east	N38 29.928 W78 26.741 P	3300				
1267.0	918.3	Spring, No camping in Big Meadows clearing within sight of Skyline Dr	◆	3266				
1266.5	918.8	Tanners Ridge Rd (gravel), cemetery	3325			
1265.9	919.4	Lewis Spring & Road, Lewis Falls 0.5W	N38 27.141 W78 28.015 P	● (pg. 88)	3332			
1265.4	919.9	Gravel road 0.2E to Skyline, then left 0.2 to Big Meadows Wayside	3332			
1265.0	920.3	Rock outcropping, view	3618			
1264.6	920.7	Trail east to Big Meadows Campground	3563			
1264.4	920.9	David Spring 20 yards West	3560			
1264.2	921.1	Stream.	●	3490				
1263.4	921.9	Fishers Gap, Skyline 49.3 to east, maintenance road	3381			
1263.2	922.1	Franklin Cliffs, view	3050			
1262.1	923.2	Trail to Spitler Knoll parking, 4 cars	N38 32.892 W78 24.828 P	3238				
1261.5	923.8	Rock Spring Hut (0.2W)	3530			
1261.2	924.1	32.1 ▲ 23.9 ▀ 11.5 ▶ 10.9 ▶ 15.3 ▶ 28.4 Locked cabin in front.	△ ◇ (9) ⊂ (8)	3530				
1260.2	925.1	Trail east to Hawksbill Mountain.	3640			
1259.7	925.6	No camping on summit (anywhere above 3600')	N38 33.776 W78 22.952 P	3361				
1258.9	926.4	Stream, trail to Crescent Rock Overlook, parking to east.	3416			
1258.0	927.3	Spring	3314			
1257.7	927.6	Skyland stables, service road	N38 35.201 W78 23.006 P	3440				
1257.1	928.2	Trail to Skyland Resort & Restaurant (0.1W)	3550			
1257.0	928.3	Skyland service road north.	3697			
1256.5	928.8	Trail to Stony Man Summit (0.2W) Highest point on the AT in SNP.	3837			
1256.0	929.3	Little Stony Man Cliffs, overlook to west.	3554			
1255.7	929.6	Passamaquoddy Trail	3414			
1255.4	929.9	Spur trail to parking	3237			
1255.0	930.3	Stony Man Overlook	3092			
1254.6	930.7	Nicholson Hollow Trail	3120			
1254.5	930.8	Crusher Ridge Trail	3202			

919.4 Lewis Spring Rd (See map for easiest access.)
 920.3 Big Meadows Lodge
 ⚡ Big Meadows Wayside B/L/D, Fuel/oz at gas station.
 Open 3/17 - 11/30.

Big Meadows Lodge Lodge rooms, cabins & suites, reservations required. Some pet-friendly rooms. B: 7:30-10:30, L: 12-2, D: 5:30-9. Open 5/14 - 11/2 (first Sun of Nov).



920.7 Big Meadows Campground
 ⚡ Big Meadows Campground 540-999-3231 Tentsites \$20 for 2 tents & 6 persons, self-register after-hours. Coin laundry & showers, Open May-Oct.

928.2 Side trail to Skyland

Big Meadows Wayside B/L/D, Fuel/oz at gas station. Rates seasonal, reservations required. Dining room hours B: 7:30-10:30, L: 12-2, D: 5:30-9, nightly entertainment. Snack foods and sodas sold at gift shop and vending machines. Open 3/27 - 11/30 (Sunday following Thanksgiving).

937.9 US 211, Thornton Gap

US 211 to Brookside Cabins & Restaurant 540-743-5698 \$85-\$200 cabins open year-round, range in size (2-6 persons). Some have kitchen & hot tub, no TV or phone. Restaurant AYCE L/D buffet daily, weekend breakfast buffet. Open 2/14-Thanksgiving, 7 days 8am-8pm, later in summer.

Brookside Cabins & Restaurant 540-743-5698 \$85-\$200 cabins open year-round, range in size (2-6 persons). Some have kitchen & hot tub, no TV or phone. Restaurant AYCE L/D buffet daily, weekend breakfast buffet. Open 2/14-Thanksgiving, 7 days 8am-8pm, later in summer.

Yogi Bear's Jellystone Park 540-743-4002 Cabins \$55-\$275 hold 6-10, summer weekend 3-night min. Tent sites \$35-80, 2-night minimum on weekends. Pets at tentsites only. All stays include free water slide, paddle boat, mini golf & laser tag, Memorial to Labor Day snack shop serving hamburgers, hot dogs, pizza. Coin laundry, camp store, pool.

Days Inn 540-743-4521 \$80-\$300, pool, cont. B, pets \$15.

Luray, VA 22835 (9W) Farmer's market held on Saturdays.

Budget Inn 540-743-5176 \$55/up, \$10EAP, pets \$10. Maildrops 320 W. Main St, Luray, VA 22835.

Luray Caverns Motels East and West Buildings 540-743-4536, 888-941-4531, Su-Th \$73, F-Sa \$91. 20% discount coupon on food at Luray Caverns. No pets or maildrops.

Cardinal Inn 888-648-4633 Hiker rate: winter \$65, summer \$75.

South Court Inn B&B 540-843-0980 southcourtinn.com Discounted rate for hikers \$100S/D when rooms available, includes big breakfast. No pets, smoking outside only. Wir sprechen Deutsch.

Mayne View B&B 540-743-7921 mayneview.com \$99-175D, includes full breakfast. 10% discount for single, \$10EAP for rooms that hold 4. Outdoor hot tub w/view, movie library.

Best Western 540-743-6511 Call for rates, pet fee \$20.

Woodruff House & Victorian Inn B&B 540-743-1494

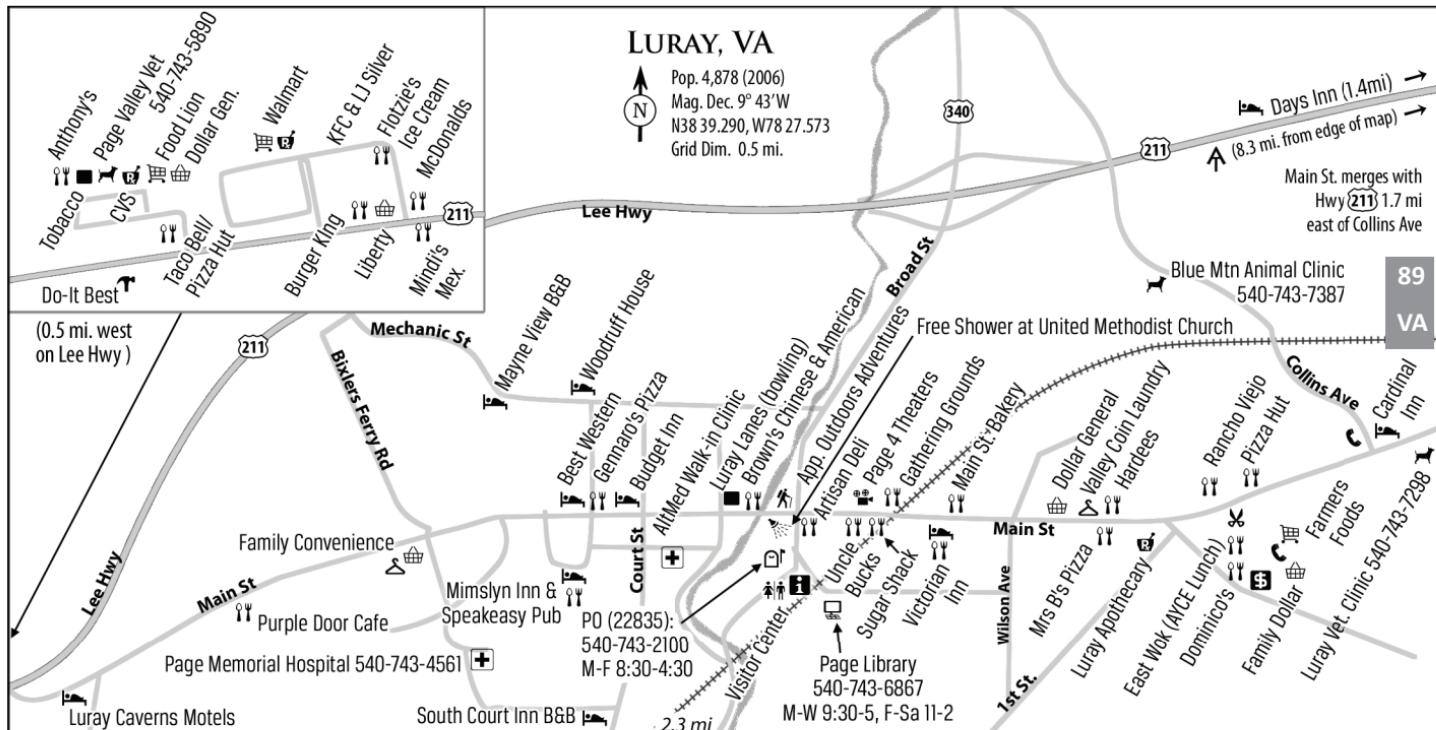
Mimslyn Inn 540-743-5105 Rooms \$169/up, **Speakeasy** on-site, dinner 4-11pm, full bar and W-F entertainment.

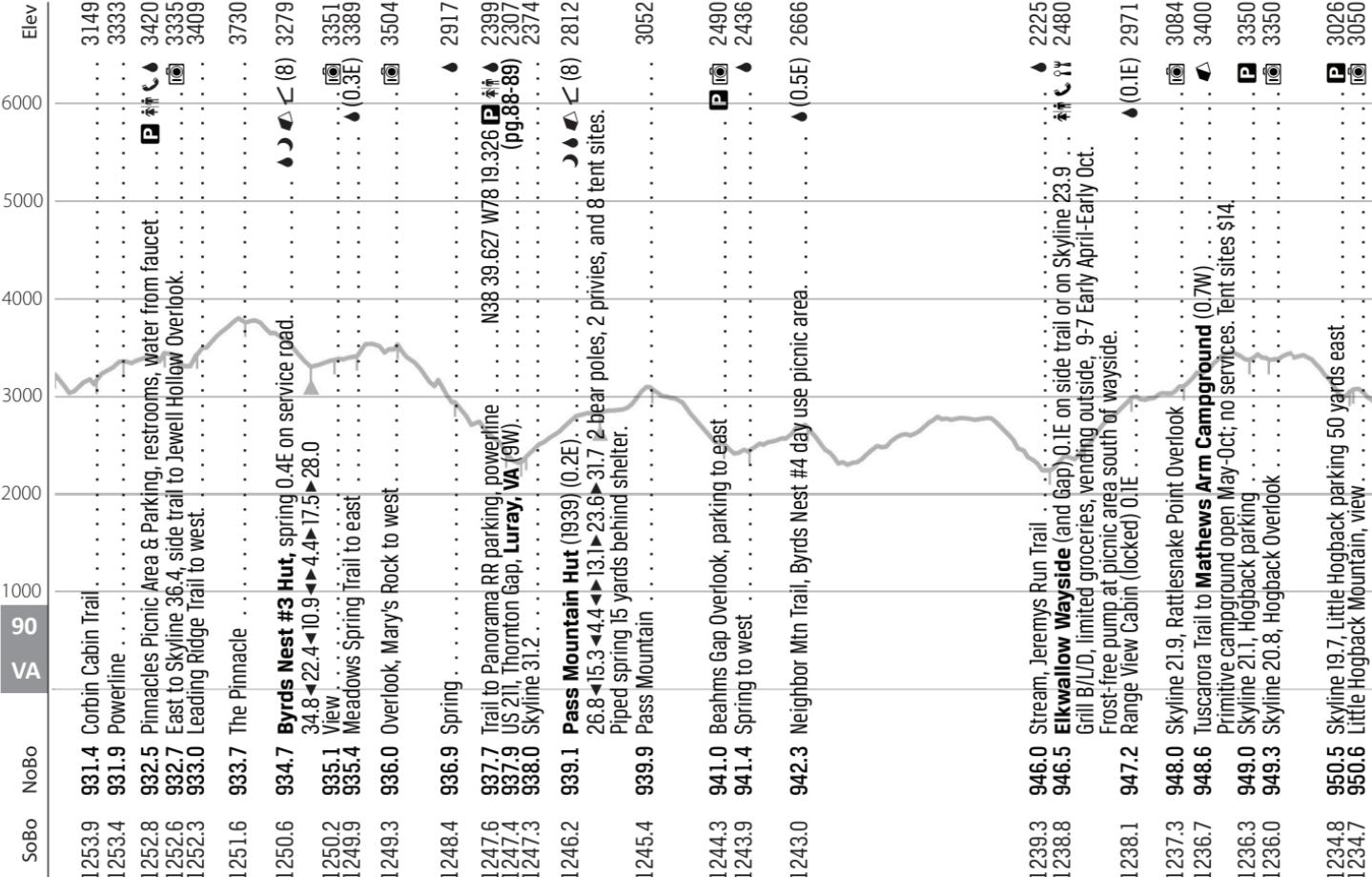
Appalachian Outdoors Adventures 540-743-7400 Full-service outfitter, Coleman/alcohol/oz, canisters, freeze-dried foods. M-Th 10-6, F-Sa 10-8, Su 1-5. Maildrops: 2 West Main St., Luray, VA 22835.

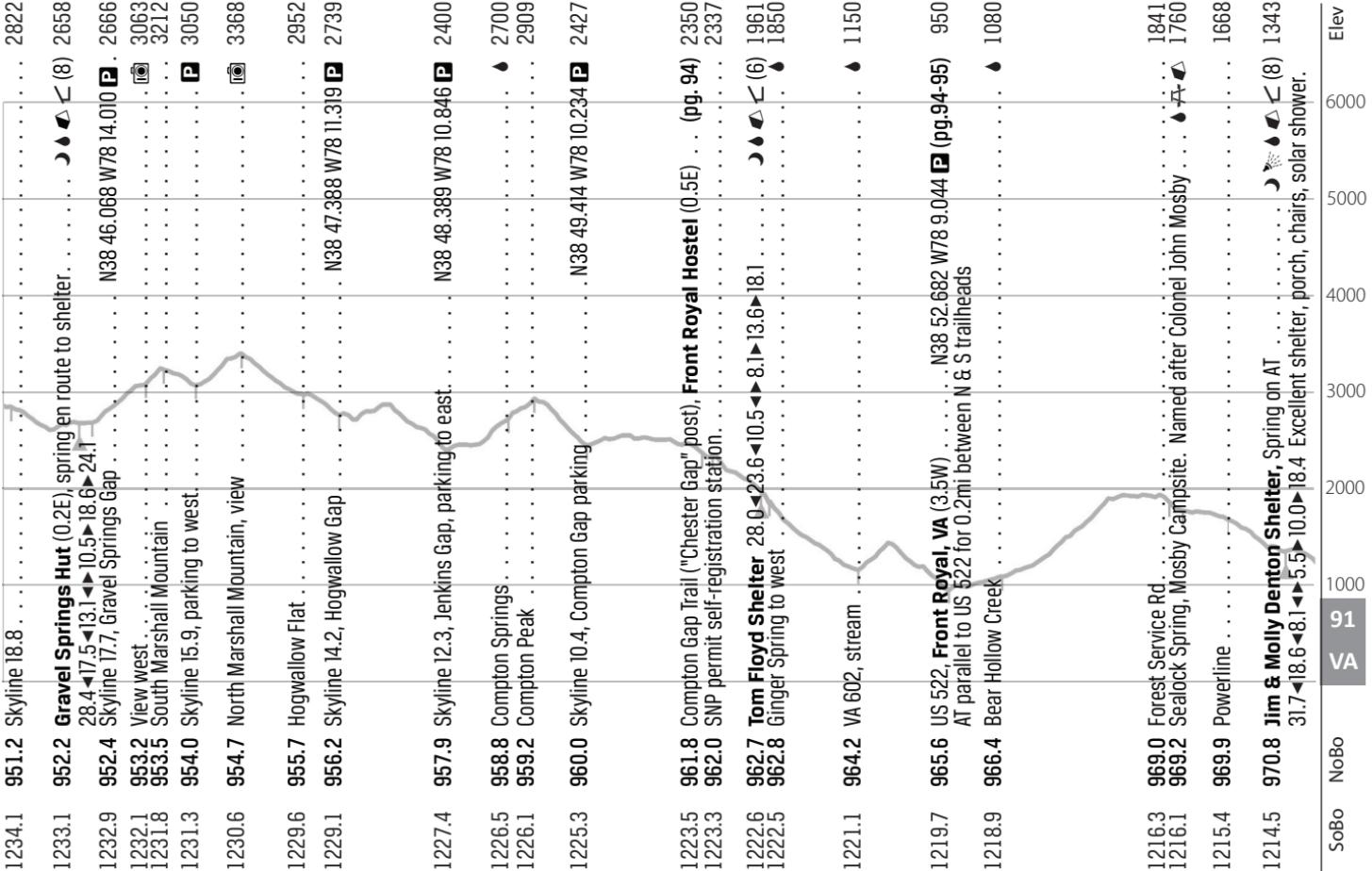
Visitor Center 540-743-3915 M-Sa 9-5, Su 12-4.

5mi. north of town on Shenandoah River:

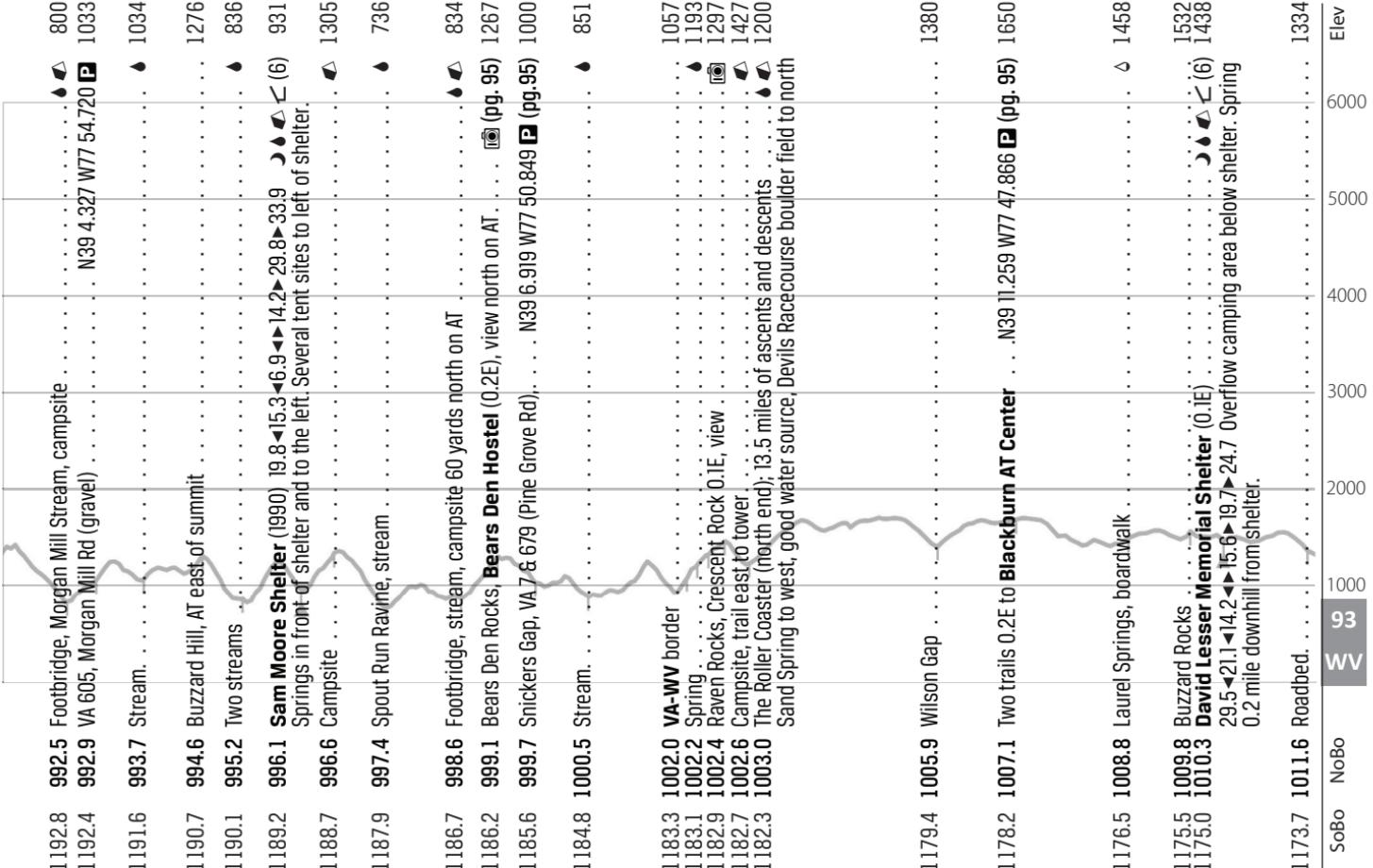
Rock Tavern River Kamp 540-843-4232 Tentsites \$35 for 4, Yurt \$99 (4 person), luxury cabins hold up to 10. Canoe portage around Shenandoah River Dam and shuttles from Thornton Gap. Please call 24 hrs in advance for shuttles.







SoBo	NoBo	Elev
92	VA	
1213.4	971.9 Stream.	1057
1213.3	972.0 VA 638	1081
1211.5	973.8 VA 55, Manassas Gap, RR tracks to south. AT passes under I-66 on Tuckers Lane.	800
1211.3	974.0 Tuckers Lane parking, Footbridge, stream	N38 54.679 W78 3.178 P
1210.0	975.3 Stone wall	819
1209.0	976.3 Manassas Gap Shelter 24.1▶13.6◀5.5▶4.5▶12.9▶19.8 Bear Pole. Reliable spring downhill to right of shelter on side trail. Blue-blazed trail south of shelter leads 0.9W to VA 638.	1431
1207.7	977.6 Spring	1696
1207.0	978.3 Trico Tower Trail 0.4W to comm tower, some parking on VA 638.	1736
1204.5	980.8 Dicks Dome Shelter (0.2E) 18.1▶10.0▶4.5▶8.4▶15.3▶29.5. ▶♦ ◁ (4)	2102
	Whiskey Hollow Creek in front of shelter (treat water). Stream on AT 75 yards north of shelter side trail.	1409
1204.1	981.2 Powerline	1632
1203.5	981.8 Spring	
1203.3	982.0 Signal Knob parking on VA 638 / Fire Trail Rd 0.1W.	
1202.5	982.8 Boundary to Sky Meadows State Park.	
1202.2	983.1 Bench, 1.7E to Sky Meadows State Park Visitors Center H ⚡	
	800-933-PARK Open W-Su, 8-5, restrooms, soda machine, 12 sites & primitive group camping, \$9PP, reservation required, campers must arrive before dusk.	1821
1201.4	983.9 View 0.4E on Ambassador Whitehouse Trail	1598
1199.8	985.5 Two footbridges, streams	
1199.7	985.6 Ashby Gap, US 50/17	
1199.5	985.8 Trail 0.1E to parking on VA 601, Blueridge Mtn Rd.	
	N39 0.942 W77 57.718 P	1090
1198.3	987.0 Stream	
1197.7	987.6 Stream	
1197.4	987.9 Trail west to Myron Glaser Cabin (locked)	
1196.9	988.4 Stream	
1196.5	988.8 Fishers Hill Trail to west	
1196.1	989.2 Rod Hollow Shelter (0.1W) 18.4▶12.9▶8.4▶6.9▶21.1▶36.7	
	Piped Spring left of shelter. Stream on AT south of side trail.	917
1195.7	989.6 Stream, Fishers Hill Trail to west, south end of The Roller Coaster	13.5 miles of tightly packed ascents and descents.
1194.4	990.9 Spring at Bolden Hollow	824
		871



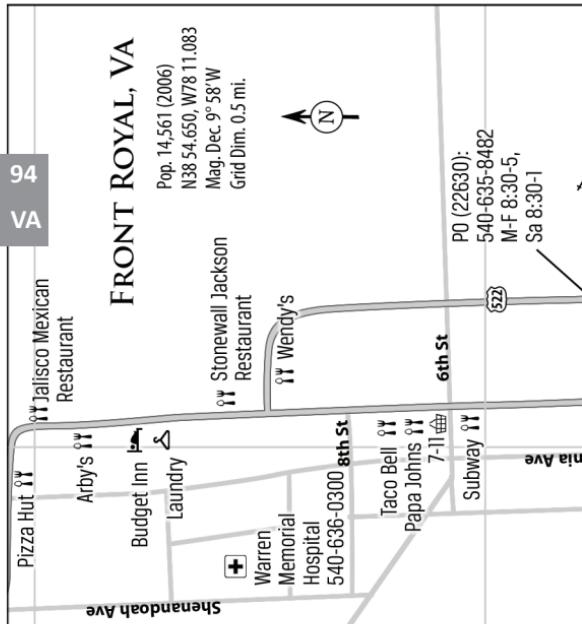
961.8 Compton Gap Trail (post labeled "VA 610/Chester Gap")

 **Front Royal Terrapin Station Hostel** (0.5E)

540-539-0509, Go east (straight ahead for NoBo) on Compton Gap Trail 0.5 mi. to paved road. Hostel is first house on the left on paved road. Enter around back through marked gate. Open Apr 27-July 4, 2014, includes bunk w/mattress, shower, soap, shower clothes, laundry, free morning shuttle to town for groceries, PO, etc...Cost \$19/night, \$35/2nights, \$50/3nights. Three night max unless injured. Fuel, snacks, sodas, ice cream & oven pizza on site. Special: bunk, laundry, pizza, soda & ice cream \$30. Free slackpacking for overnight guests; shuttles

available for all. Hikers only, picture ID required, reservations encouraged. Owned by Mike Evans (AT '95, PCT '98), <gratefulgg@hotmail.com>. Guest maildrops: 304 Chester Gap Rd, Chester Gap, VA 22623.

 **Mobile Mike's** 540-539-0509 shuttles and more (Mike Evans).



965.6 US 522 (Remount Road) **Front Royal 22630** (4W)

Mountain Home Cabin 540-692-6198

MountainHomeAT@gmail.com. Renovated "cabbin" of historic home at 3471 Remount Rd (US 522). AT parallels 522 for 0.25. From south side trailhead parking lot, home is 100 yards east on 522 (red roof visible). Open year-round. Walk-ins okay Apr-Sept, 4pm Fri - 6pm Sun. Other times, call/email for reservations. Sleeps up to 6, individually or as a group. \$20PP includes bed, fresh linens, bath/shower, cont. breakfast & daily town shuttle for laundry & resupply. Pizza, ice cream, and snacks for sale on site. All hikers welcome to get water from faucet on SW corner of the cabbin. Dogs may stay in outdoor kennel with doghouse. Parking \$3/day. No alcohol, smoking outside in designated area. Owned by Lisa and Scott ("Possible" AT '12) Jenkins.

Visitor Center 540-635-5788 7 days, 9-5pm. Often has hiker goodie bags. Restrooms, hiker box, pack storage. Cold drinks for sale.

Quality Inn 540-635-3161 \$65 S/D, \$10EAP (up to 4) includes continental B. Pets \$15. Pool. If you need ride back to AT in the morning, let them know when you check in. **Thunwa Thai** on-site. Maildrops: 10 Commerce Avenue, Front Royal, VA 22630.

Woodward House B&B 540-635-7010 \$110D includes breakfast, pickup and return to trail.

Super 8 540-636-4888 10% hiker discount, pets \$10.

Scottish Inn 540-636-6168 \$50/up, pets \$10.

Budget Inn 540-635-2196

Pioneer Motel 540-635-4784 \$39S+tax

Lucky Star Lounge L/D variety, some vegetarian, live music.

Stokes Market Wonderfully random selection of goods & foods.

Alyson Browett 540-764-0711 Shuttle range Luray-HF and Dulles.

973.8 VA 55, Manassas Gap, **Linden, VA 22642** (1.2W)

M-F 8-12 & 1-5, Sa 8-12, 540-636-9936, packages held only 15 days.

Apple House Restaurant 540-636-6329 Tu-Su 7-8, M 7-5 year-round. Hiker specials, some supplies and rides sometimes available.

Monterey Convenience Store

999.1 Bears Den Rocks

Bears Den Hostel and Trail Center 540-554-8708 www.bearsdencenter.org The castle-like stone lodge, ATC owned and PATC operated. Bunk & shower \$17, tenting \$12PP includes shower with full house privileges. Hiker Special: Bunk, laundry, pizza, soda & a pint of Ben & Jerry's ice cream for \$30. All prices include self-serve pancake breakfast. Credit cards accepted. Hiker room, which has TV, shower, Internet and sodas for sale, is accessible all day by entering a mileage code. The upper lodge, kitchen, camp store and office open 5-9pm daily. Checkout is at 9am. Slackpacking available, Shuttles may be available during summer months only. Short-term parking \$3/day. Maildrops can be picked up during office hours: Bears Den Hostel, 18393 Blue Ridge Mountain Rd, Bluemont, VA 20135. Hosts the **Northern Ruck** Jan 31-Feb 2, 2014.

999.7 Snickers Gap, VA 7 & 679 (Pine Grove Rd). AT crosses VA 7 at its intersection with Pine Grove Rd. Take Pine Grove Rd. west to antique shop & restaurants. For PO, take VA 7 0.8E, then right on route 734 for another 0.8 mile.

Bluemont, VA 20135

(1.7E) M-F 10-1 & 2-5, Sa 8:30-12, 540-554-4537

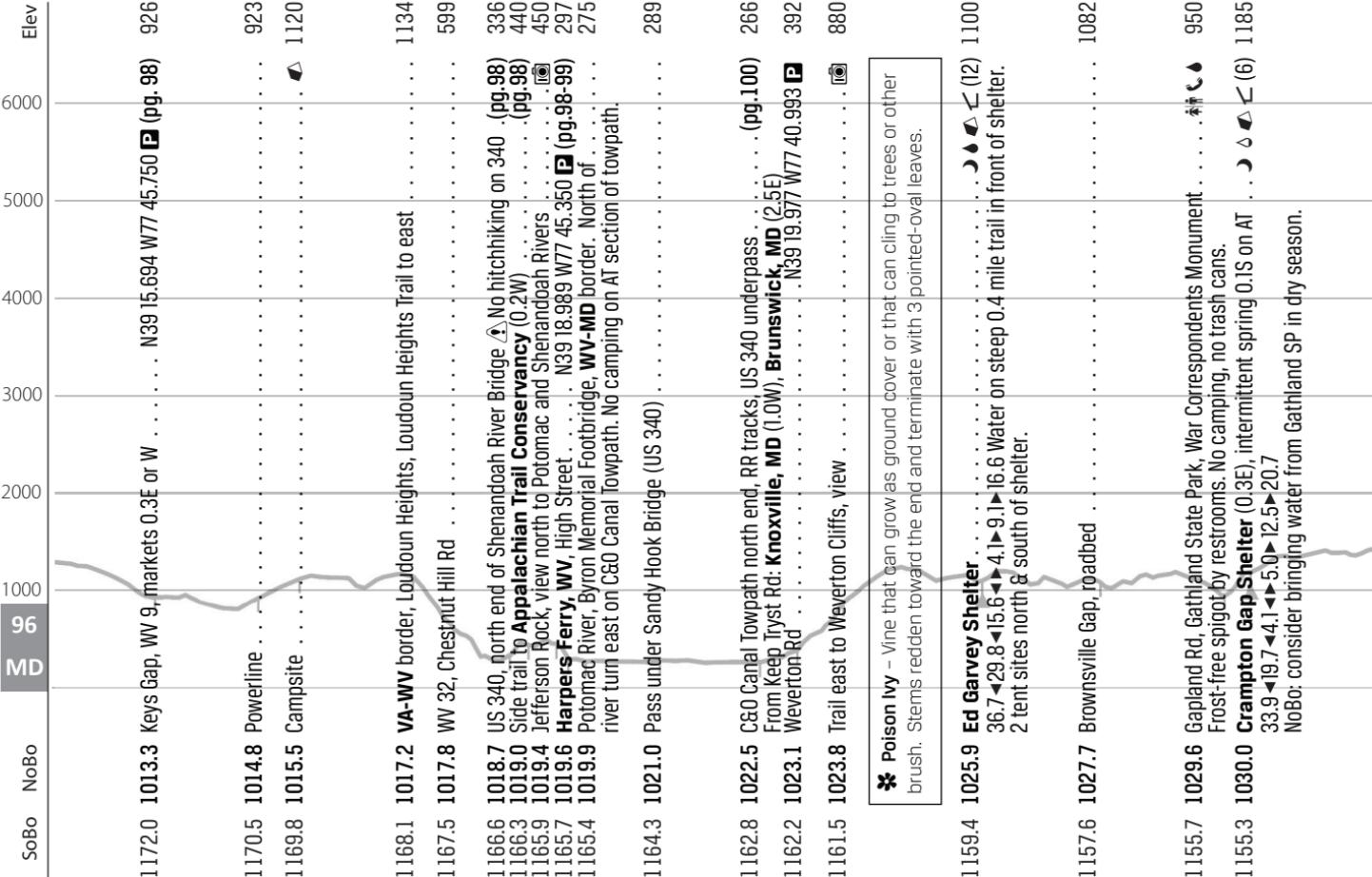
(0.2W) **Snickers Gap Antiques** Hiker-friendly store with limited snacks & first aid items, WiFi, free water fill-up.

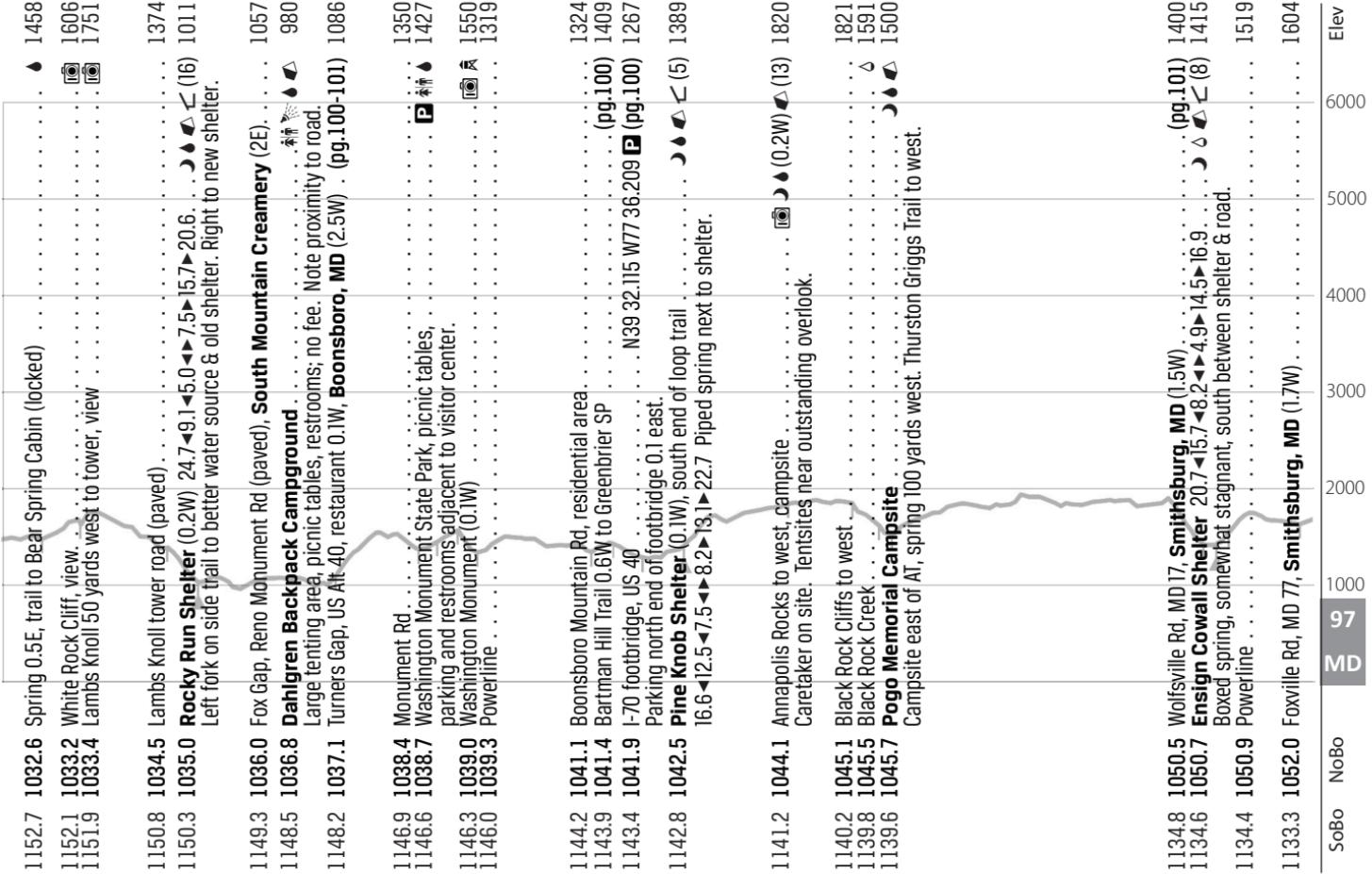
(0.3W) **Horseshoe Curve Restaurant** 540-554-8291 Tu-Sa 12-9, Su 12-6. Good pub food.

(0.9W) **Pine Grove Restaurant** 540-554-8126 M-Sa 6:30-8, Su7-2.

1007.1 Side trails (0.2E) to:

Blackburn AT Center 540-338-9028. PATC caretaker on-site. Hiker bunks in small cabin with wood-burning stove. On porch of main building: logbook, donation box, pay phone, and electrical outlets (welcome to charge devices). Solar shower on lawn, water from hose, picnic tables. Open year-round.





1013.3 Keys Gap, WV 9

(0.3E) **Sweet Springs Country Store** M-Sa 4am-11pm, Su 7am-11pm

(0.3W veer left at intersection) **Mini-Mart & Torlone's Pizza**

(2.0E) **Stoneybrook Organic Farm** 703-622-7526 (Matt or Ron) 37091 Charlestown Pike, Hillsboro, VA 20132. Full day WFS includes shower, laundry and meals. *Free pickup/return from Bears Den, Blackburn Trail Center, Keys Gap, or Harpers Ferry.*

1018.7 US 340, Shenandoah River Bridge

Go west on 340 to the Quality Hotel, KOA, or to Charles Town; east to Frederick. NoBos stay on the AT for better access to Harpers Ferry.

Econo Lodge 304-535-6391 \$99-\$119 (peak rate mid-summer), 10% thru-hiker discount, breakfast bar, no pets.

(1.2W) Harpers Ferry KOA 304-535-6895 Camping \$40/up. One room cabin for five \$77/up. Shower only \$5, coin laundry on-site.

Quality Hotel 304-535-6302 \$99/up, 10% hiker discount. Pool, **Vista Tavern** (L/D) on-site.

Charles Town, WV 25414 (6W) All major services.

Walmart with grocery and pharmacy 304-728-2720

Jefferson Urgent Care 304-728-8533 M-F 9-7, Sa-Su 9-5

Jefferson Animal Hospital 304-725-0428

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

98

WV

1019.0 Side Trail to ATC HQ (0.2W)

Appalachian Trail Conservancy HQ - 304-535-6331 www.appalachiantrail.org Open year-round, 7 days a week 9-5. Closed Thanksgiving, Christmas and New Year's Day. If you're thru-hiking or hiking the entire trail in sections, have your photo taken for the album; a postcard version of this photo may be purchased (first one is free for ATC members). Hiker lounge, register, scale, and cold drinks inside, along with hats, shirts, maps, all ATC publications. Coleman/denatured alcohol/oz for donation. There is an information board on the front porch. Maildrops: (USPS) PO Box 807 or (FedEx/UPS) 799 Washington St, Harpers Ferry, WV 25425.

1019.6 **Harpers Ferry, WV 25425** (more services on map)

Teahorse Hostel 304-535-6848 0.5W of ATC <www.teahorsehostel.com>. \$33 per bunk plus tax includes waffle breakfast. Laundry \$6. No pets, alcohol or smoking. Shuttle range Thorton Gap to Duncannon and Dulles Airport. Call before sending maildrops in off-season (winter). Maildrops (\$2 fee for non-guests): 1312 W. Washington St., Harpers Ferry, WV 25425.

Harpers Ferry Hostel (in Knoxville, see pg. 100)

Town's Inn Lodging, Dining, and Sundry Supplies

304-932-0677 <www.TheTownslnn.com> Three rooms in historic downtown building: Shenandoah sleeps 6, \$120, Potomac \$120/4, Appalachian Room \$140/2. Laundry \$5, shuttles \$1/mile, no maildrops, Visa/MC accepted. Restaurant and shop downstairs open 6am-10pm every day, stocked specifically for hiker resupply.

Laurel Lodge 304-535-2886 \$135-180 for 2 includes big breakfast, view overlooking Potomac.

The Outfitter at Harpers Ferry & Harpers Ferry General Store 888-535-2087 Knowledgeable full service outfitter with good selection of shoes and trail food. Shuttle referrals. Open daily 10-6.

Foot and Ankle Care Dr. Warren BeVards, 304-535-3040

Harpers Ferry National Historical Park 304-535-6029 \$6 entrance fee, long-term parking. Free shuttle bus to lower town.

HostelHiker.com 202-670-6323 Short route when available centered in HF covering AT from Thorton Gap to Pen-Mar Park. Daily route to/from DC, Dulles and Baltimore. Registered/insured.

Mark "Strings" Cusic 304-433-0028 mdcusic@frontier.com

Pan Tran 304-263-0876 Route to Charles Town (Walmart) M-F 1:35 and 3:05, \$2.50 each way.

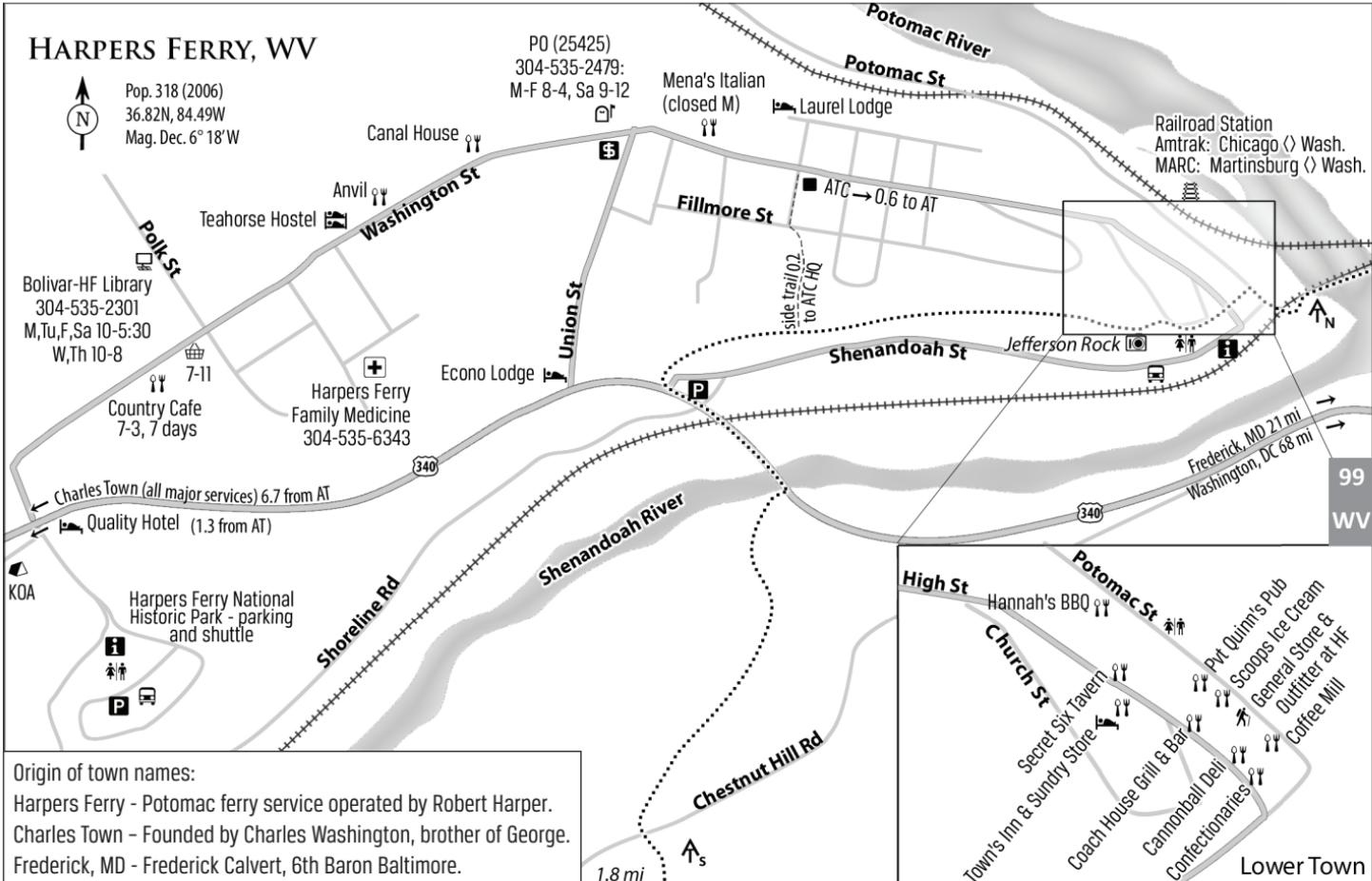
Amtrak 800-USA-RAIL "Capitol Limited" daily 11:25am-1:10pm HF to Washington, DC Union Station (DC to HF 4:05-5:16pm). \$12 each way.

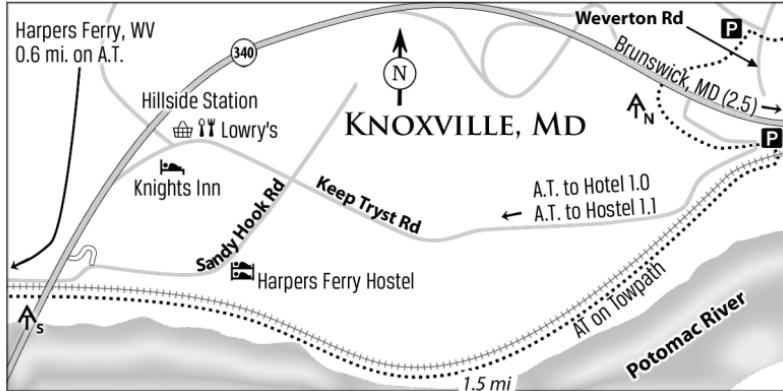
Maryland Rail Commuter Service (MARC) 410-539-5000 <www.mta.maryland.gov/marc-train>. "Brunswick Line" M-F to Washington DC Union Station 5:25am, 5:50am and 6:50am, returns 4:25, 5:40 and 6:20pm. \$11 each way.

HARPERS FERRY, WV



Pop. 318 (2006)
36.82N, 84.49W
Mag. Dec. 6° 18'W





1022.5 US 340, Keep Tryst Rd, **Knoxville, MD, 21758** (1W)

Harpers Ferry Hostel

301-834-7652 (www.harpersferryhostel.org) Discounted rate for thru-hikers \$20.16 includes tax, shower, internet & WiFi, make-your-own AYCE pancakes with coffee & tea. Bunkroom has A/C & heat. Laundry \$2 wash (soap provided), \$2 dry. Tenting \$6PP, pay extra \$5 for shower and \$3 for breakfast. Campers permitted inside only for shower, laundry or breakfast. WiFi on back porch, porta-potty, fire pits, grill. Service dogs okay inside, otherwise dogs on leash allowed only if tenting. Soda & Gatorade machine, store with hiker snacks, often free leftovers in fridge & hiker cupboard. Movie nights on request. No drinking. Non-guest parking \$5/day. **Summer** (Labor - Mem. Day): check-in 3-10pm, check out 11am. **Spring & Fall** (Apr 15 - Labor Day & Mem. Day - Nov. 30): check-in 5-10pm, check out 10am. **Winter** (Dec 1-Apr 14): closed. Maildrops: 19123 Sandy Hook Rd, Knoxville, MD 21758.

Knights Inn 301-660-3580 Hiker rate \$59.99 room can accommodate 4 and includes continental breakfast.

Hillside Station 301-834-5300 Convenience store with pizza, wings, and more. M-Sa 6am-8:30pm, Su 8-8.

100

MD

Brunswick, MD 21716 (2.5E from Keep Tryst Rd)

M-F 8:30-1 & 2-4:30, Sa 9-12, 301-834-9944

Wing N' Pizza Shack 301-834-5555 Delivers to HF Hostel

1037.1 Turners Gap, US Alt 40

(0.1W) **Old South Mountain Inn** 301-432-6155 Tu-F 5-9, Sa 4-close, Su brunch 10:30-2, dinner 12-7:30. Men, no sleeveless shirts. Please shower first. Dining reservations preferred.

Boonsboro, MD (2.5W)

Vesta Pizzeria 301-432-6166 M-Tu 11-9, W-Su 11-10. Delivers to Turner's Gap (Dahlgren campground).

Mountainside Deli 301-432-6700 M-F 6am-8pm, Sa 8am-8pm, Su 11am-6pm.

Cronise Market Place 301-432-7377 M-Sa 9-7, Su 12-6

Turn the Page Book Store Café 301-432-4588

Crawfords 301-432-2903 M-F 7am-6pm, Sa 7am-3pm

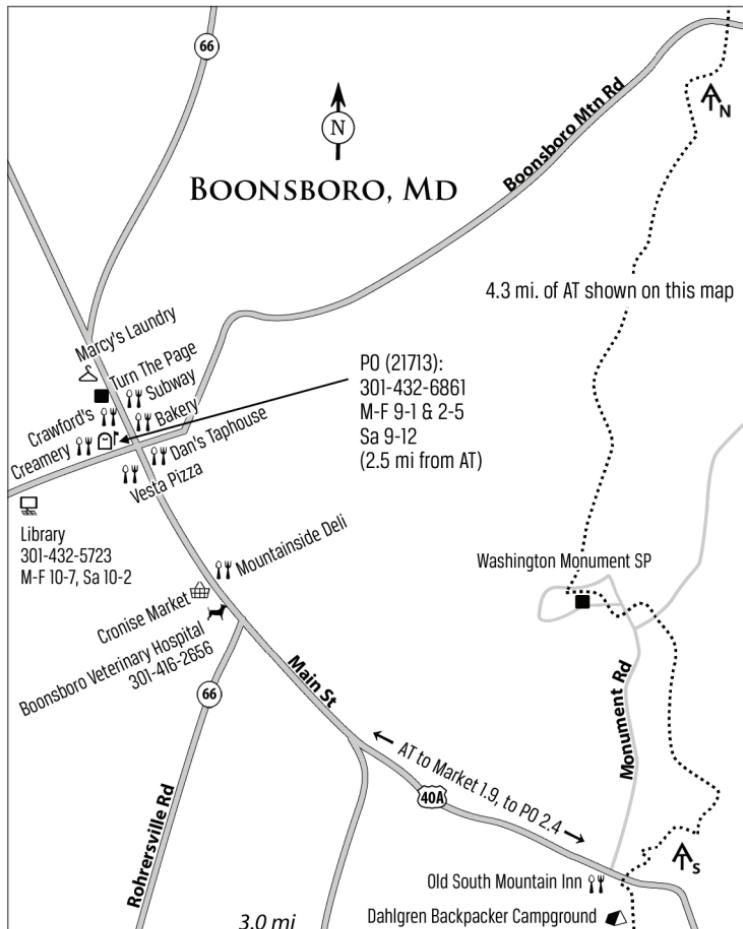
1041.4 Bartman Hill Trail (0.6W) to:

Greenbrier State Park 301-791-4767 Prices listed as MD resident/nonresident. camping 4/5-last full weekend in October. Pets okay. Lunch concession stand open Mem-Labor Day. Entrance fee \$5 not charged if camping or if you walk in on Bartman Trail. Tent sites with showers \$26-28, higher weekends/holidays. Lake swimming, row boat and paddle boat rentals.

1041.9 I-70, US 40, (1.4W on US 40) to:

Dogpatch Tavern 301-791-2844

Greenbrier State Park (listed above)



1050.5 Wolfsville Rd, MD 17

• (0.3E) If shelter water source is dry, you may get water from ranger's house. Go 0.1 east (compass south) to a gravel road on left, then 0.2 on gravel road to first house on left.

The Free State Hiker Hostel

301-824-2407 (www.freestatehiker.com) \$32 stay includes climate-controlled bunkroom, linens, hot shower, laundry (detergent supplied), internet & free long-distance phone. Open Mar 15-Nov 15, two night limit, check-in between 2-9pm. Credit cards accepted. Pizza and Mexican delivery available. Water available from spigot in front. No alcohol and no pets. Maildrops: (non-guest \$2) c/o Free State Hiker, LLC 11626 Wolfsville Road, Smithsburg, Maryland 21783.

Smithsburg, MD 21783 (1.5W)

□ M-F 8:30-1 & 2-4:30, Sa 8:30-12, 301-824-2828

■ **Dollar General Store** 301-824-6940, 7 days 8-10

■ **Food Lion** 301-824-7011, daily 7am-11pm

● **Smithsburg Market** 301-824-2171, M-Sa 8am-8pm, Su 10am-8pm

● **Rocky's Pizzeria** 301-824-2066, 7 days 11am-10pm

● **Vince's New York Pizza** 301-824-3939, daily 11am-11pm

● **Dixie Diner** 301-824-5334, closed M, Tu 7-2, W-F 7-8, Sa-Su 7-2

● **Subway** 301-824-3826, 24 hrs

● **China 88** 301-824-7300

■ **Smithsburg Emergency Medical** 301-824-3314

■ **Smithsburg Veterinary Clinic** 301-416-0888

■ **Home Care Pharmacy**

■ **Rite Aid** 301-824-2211, store 8-9, pharmacy 9-6

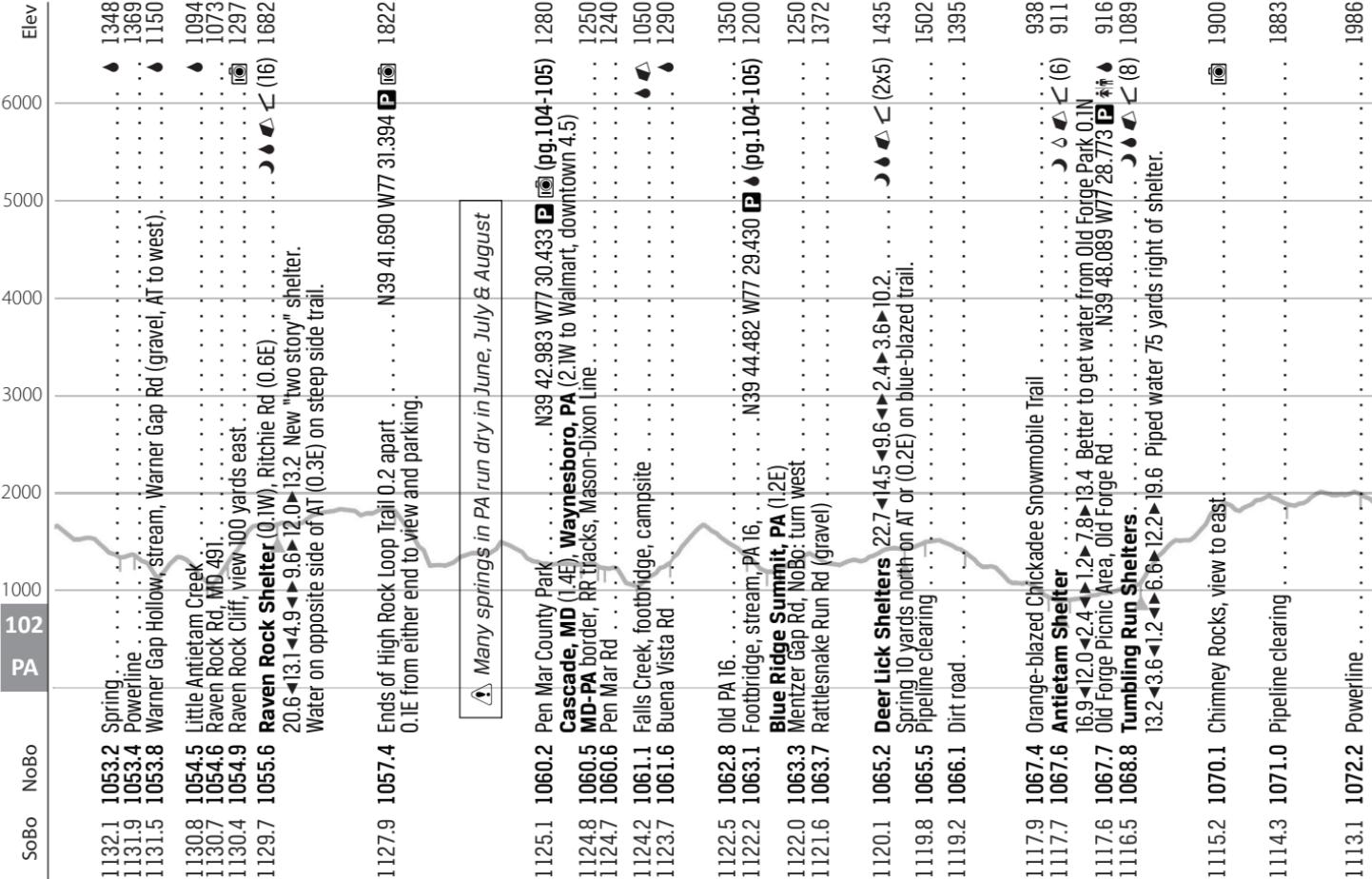
△ **Laundry**

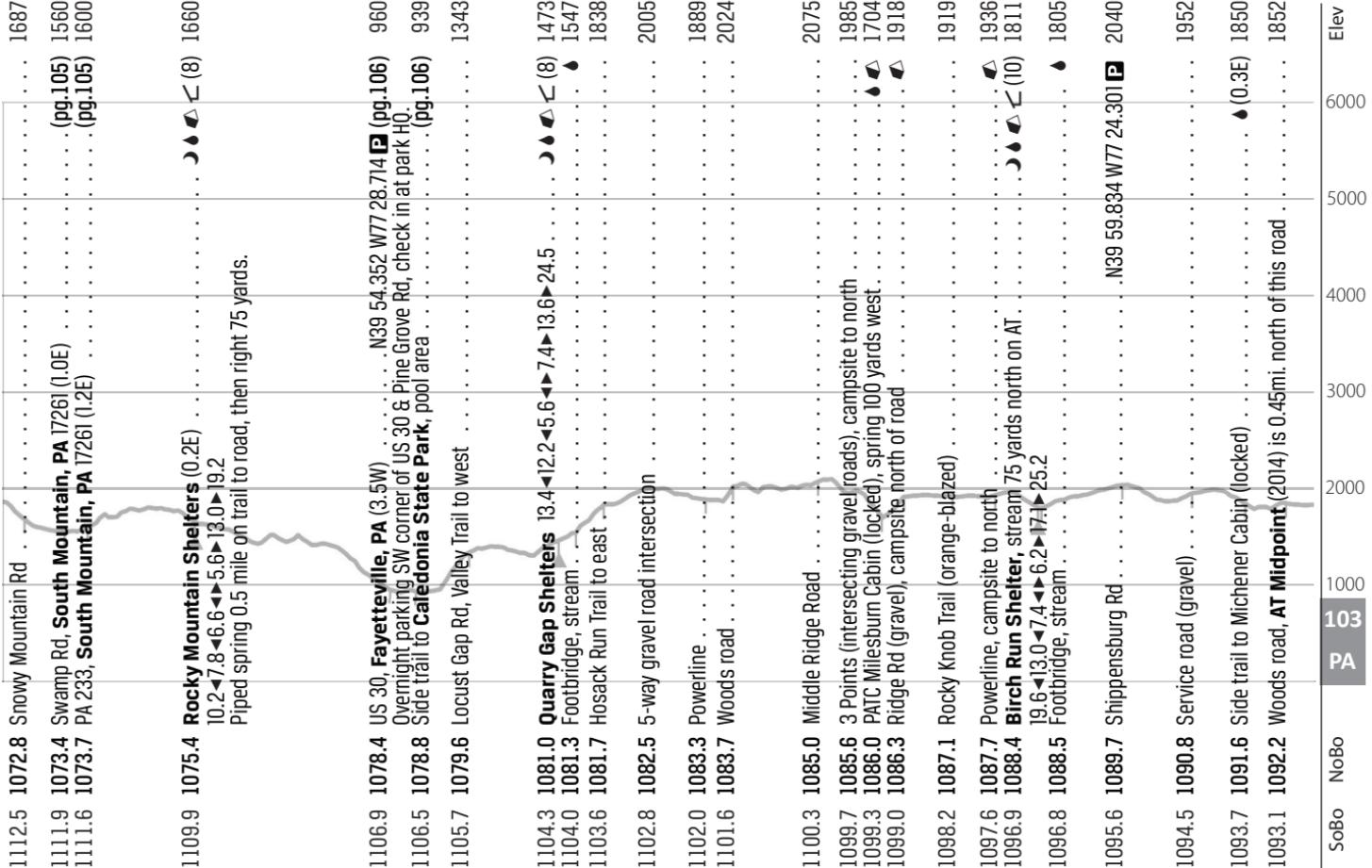
□ **Library** 301-824-7722 M,W-F 10am-7pm, Tu 12-9pm, Sa 10am-2pm

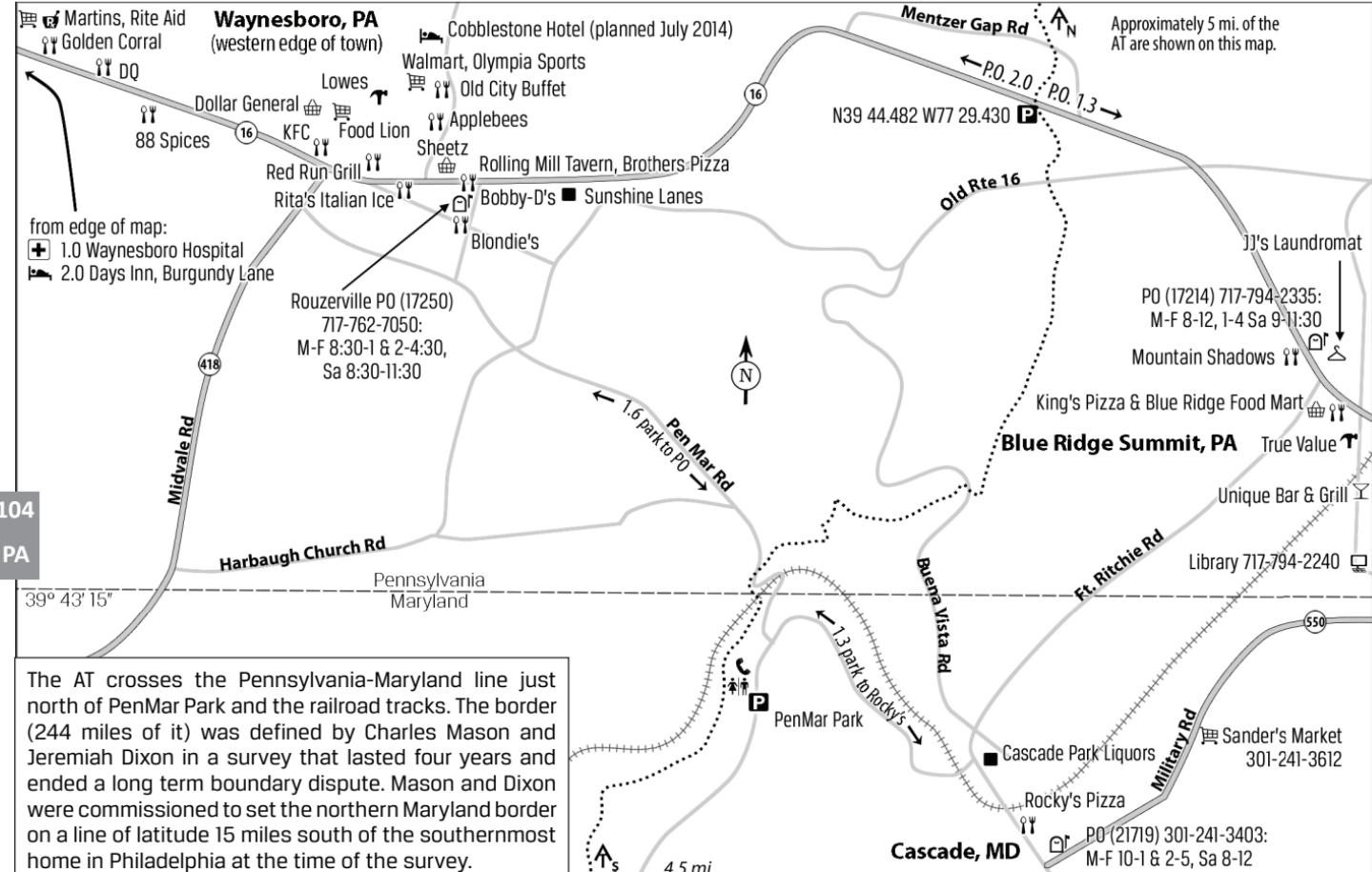
■ **Ace Hardware**

101

MD







1060.2 Pen Mar County Park

Open first Sunday in May to last Sunday in Oct. Vending machines & water; no camping. Restrooms locked when park closed. Bobby D's & other pizza places deliver. Pen Mar Rd passes in front of park, east of AT. If intending to walk to town, do so from AT/Pen Mar Rd intersection 0.3N of park. Rouzerville PO is nearest to the AT. Just beyond the PO, reach Main St (PA 16), and turn left to reach many services on the western edge of Waynesboro. Hospital, Days Inn, Burgundy Lane and more restaurants approx. 3mi. further west, in downtown Waynesboro.

Dennis Sewell 301-241-3176

Waynesboro, PA 17214 (2.1W)

Walmart, Food Lion

Bobby D's Pizza 717-762-0388

Old City Buffet American, Chinese, Japanese AYCE L/D.

Golden Corral, 88 Spices (both offer buffets)

Also: Olympia Sports large selection of running shoes.

3W of Walmart:

Burgundy Lane B&B 717-762-8112 \$90-105D w/full breakfast, free laundry & shuttle to trailhead or town stop. Longer shuttles for fee. Maildrops: 128 W Main St, Waynesboro, PA 17268.

Days Inn 717-762-9113 \$59S, \$69D, \$5EAP. Continental breakfast, \$10 pet fee, laundry next door.

Waynesboro Hospital 717-765-4000 501 E Main St.

Wayne Heights Animal Hospital 717-765-9636

Waynesboro Theater 717-762-7879

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

Sanders Market M-Sa 8:30-8, open till 9pm Tu and Sa.

1063.1 PA 16 Blue Ridge Summit, PA 17214 (1.2E)

Unique Bar and Grill 717-794-2565 live music, **Summit Plaza** 717-794-2500 open 7-8, B/L/D.

JJ's Laundromat

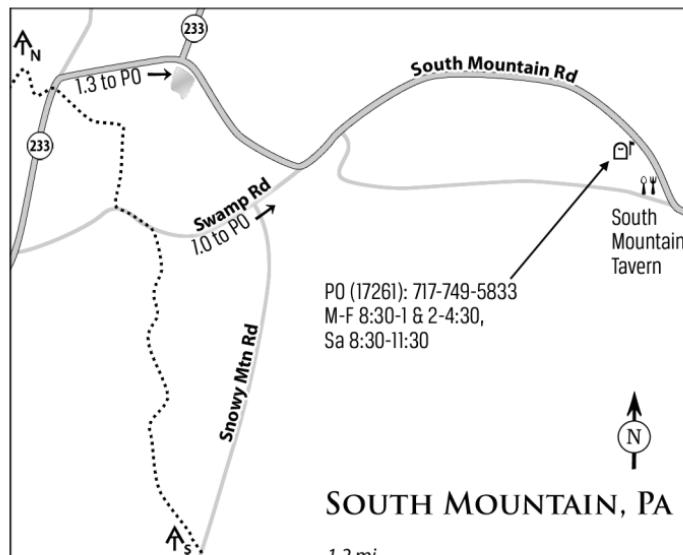
True Value Hardware

1073.4 Swamp Rd, dirt road, walk for 0.3 before connecting with paved South Mountain Rd. (1.0E) total to PO.

1073.7 PA 233 - 0.2E of the trailhead, PA 233 veers to the north; stay to right on South Mountain Rd. (1.2E) total to PO.

South Mountain, PA 17261 (1.0E or 1.2E)

South Mountain Tavern 717-749-3845 M-Sa 9am-2am



1078.4 US 30

1078.8 Side trail to park

Caledonia State Park 717-352-2161 Open Mar. 29 - Dec. 9. Pool & snack bar open seven days in summer (Jun. 8 - Labor Day) snack bar 11-7. Phone and vending next to the pool and near office. Campsites with showers, \$21 Su-Th, \$25 F-Sa, (2013) \$2 more for campsites that allow pets, \$2 less for PA residents. \$3 shower only.

(1.5E) **Bobby A's Grill & Bar** 717-352-2252

Fayetteville, PA 17222 (spread out to west)

(0.4W) **La Mattina's Italian Restaurant** 717-352-8503 Tu-Th 11-1:30, F&Sa 11-10:30, Su 12-9:30. Pizza, ice cream.

(1.7W) **Rutter's Market**

(2.3W) **Dollar General**

(2.6W) **Scottish Inn and Suites** 717-352-2144, 800-251-1962 \$59S, \$69D, \$15 pets. \$5 for pickup or return to trail. \$10 for ride to Walmart. Guest maildrops: 5651 Lincoln Way East, Fayetteville, PA 17222

(2.6W) **Flamingo Restaurant** excellent large breakfast.

(3.1W) **Vince's Pizza** 717-401-0096

(3.1W) **Squeaky Clean Laundry**

(3.2W) M-F 8-4:30, Sa 8:30-12, 717-352-2022

(3.2W) **Rite Aid**

(7W) **Walmart** 24hrs w/ pharmacy and **Subway**.

Freeman's Shuttle Service 717-352-2513, 717-658-9185. Front Royal to DWG.

1097.9 PA 233, Pine Grove Furnace State Park

Pine Grove General Store 717-731-6700 Open 7 days Memorial Day to Labor Day 9am-7pm; Open F-Su spring & fall. Foods and cold drinks, short-order grill. Soda machine outside. Home of the **half gallon challenge**.

A.T. Museum <www.atmuseum.org> Hikers welcome to bring food to eat outside & relax. Artifacts of pioneering hikers, past thru-hiker photos, signs from Springer & Katahdin. Sells halfway patch. Open Mar 29-May 4 weekends 12-4; May 10-July 6 every day 9-4; July 7-Aug 3 every day 12-4; Aug 6-Nov 2 W-Sun 12-4 **Hiker Festival** June 7.

Ironmasters Mansion Hostel 717-486-4108. West end of Pine Grove Furnace State Park. English Tudor brick residence (with secret room) built by the Ironmaster for his family in 1829; renovated in 2010 as a hostel. \$25/ person w/breakfast; \$35 Hiker's Package includes 2 meals, shower, laundry, drink, dessert, and AT Halfway souvenir; 5-9pm check-in and 9 am check-out; closed during day 9am - 5pm and Tuesday nights. Season Apr 1- Nov 1. Maildrops: Ironmasters Hostel, 1212 Pine Grove Rd, Gardners, PA 17324.

Pine Grove Furnace State Park 717-486-7174 Office and parking west of Museum. Open last week of March - second weekend in Dec. Apr-Oct open 7 days; spring & fall weekdays only. Least expensive campsites \$21 weekdays, \$25 weekends, \$2 off for PA residents. Some dog-allowed sites. Beach/ swimming area. Restrooms throughout park. Check in with the park office before leaving a vehicle overnight; cars can be left for up to one week.

1104.3 Side trail (0.7W) to campground

Mountain Creek Campground 717-486-7681 Open Apr-Nov, cabins \$50D, \$5EAP, tent sites \$28, heated pool, camp store.

1108.7 PA 94 **Mt. Holly Springs, PA 17065** (2.5W) Services at two intersections 0.5mi apart. 5mi farther to 81 interchange with Walmart and movies at Carlisle Commons.

M-F 8-1 & 2-4:30, Sa 9-12, 717-486-3468

Holly Inn, Restaurant and Tavern 717-486-3823 \$55D \$10EAP, free ride to/from AT if available, \$5 pick up from Pine Grove Furnace SP. Fri live music, Sa karaoke, Sun open mic. Restaurant open 11:30-9.

Sheetz, Dollar General

Laura's breakfast, lunch, and ice cream.

Subway, Sicilia Pizza

Holly Pharmacy 717-486-5321

Dollie's Laundromat

1117.5 PA 174, **Boiling Springs, PA 17007**

Free hiker campsite with privy south of town.
Railroad tracks pass very near campsite.

Allenberry Resort Inn &

Playhouse 717-258-3211, 800-430-5468 (www.allenberry.com) Hiker special \$40 double occupancy. Restaurant and bar, no food service on Monday, limited on Tuesday. Buffets sometimes available (\$6 breakfast, \$10 lunch, \$15 dinner). Theater shows \$10, \$4 laundry, pool open memorial-labor day, accepts credit cards. Gift shop carries snacks, beer and some toiletries. A large variety of 6-packs can be purchased from the bar. \$5 fee for maildrops: 1559 Boiling Springs Rd, Boiling Springs, PA 17007

Gelinias Manor 717-258-6584

(www.geliniasmanor.com) Room w/shared bath for \$99D/up. No pets, no packs inside. Full breakfast at 8:30. Laundry \$6/load. Credit cards accepted. Maildrops w/reservation: MUST say "in care of Gelinias Manor", 219 Front Street, Boiling Springs, PA 17007.

Red Cardinal B&B 717-245-0823 Prices seasonal, queen bed room includes full breakfast & pickup/return from Boiling Springs (2mi away). No pets, no smoking.

Anile's Ristorante & Pizzeria 717-258-5070 L/D subs, pizza, entrees. Su-Th 11-10, F-Sa 11-11,

Caffe 101 B/L/D.

Boiling Springs Tavern 717-258-3614 L/D 11:30-2, 5-9:30, closed Su-M.

Karn's Quality Foods 717-258-1458 Daily 7-10.

Gettys Food Mart 717-241-6163 ATM inside.

Yellow Breeches Outfitters 717-258-6752

Primarily a fishing outfitter; limited hiking selection.

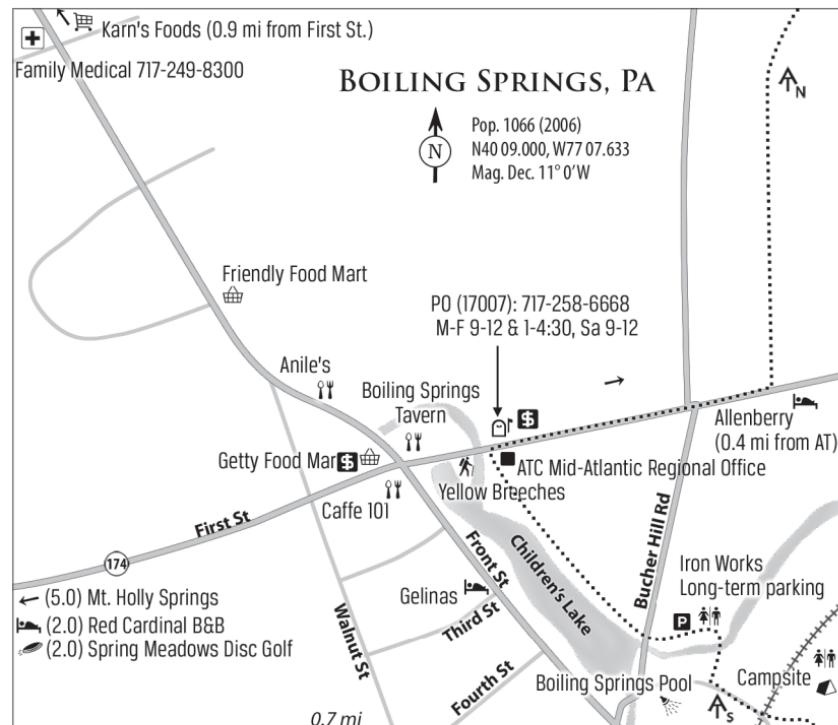
Boiling Springs Pool 717-258-4121 Memorial Day-Labor Day, M-Su 11-7, \$12 admission, \$1 hot shower.

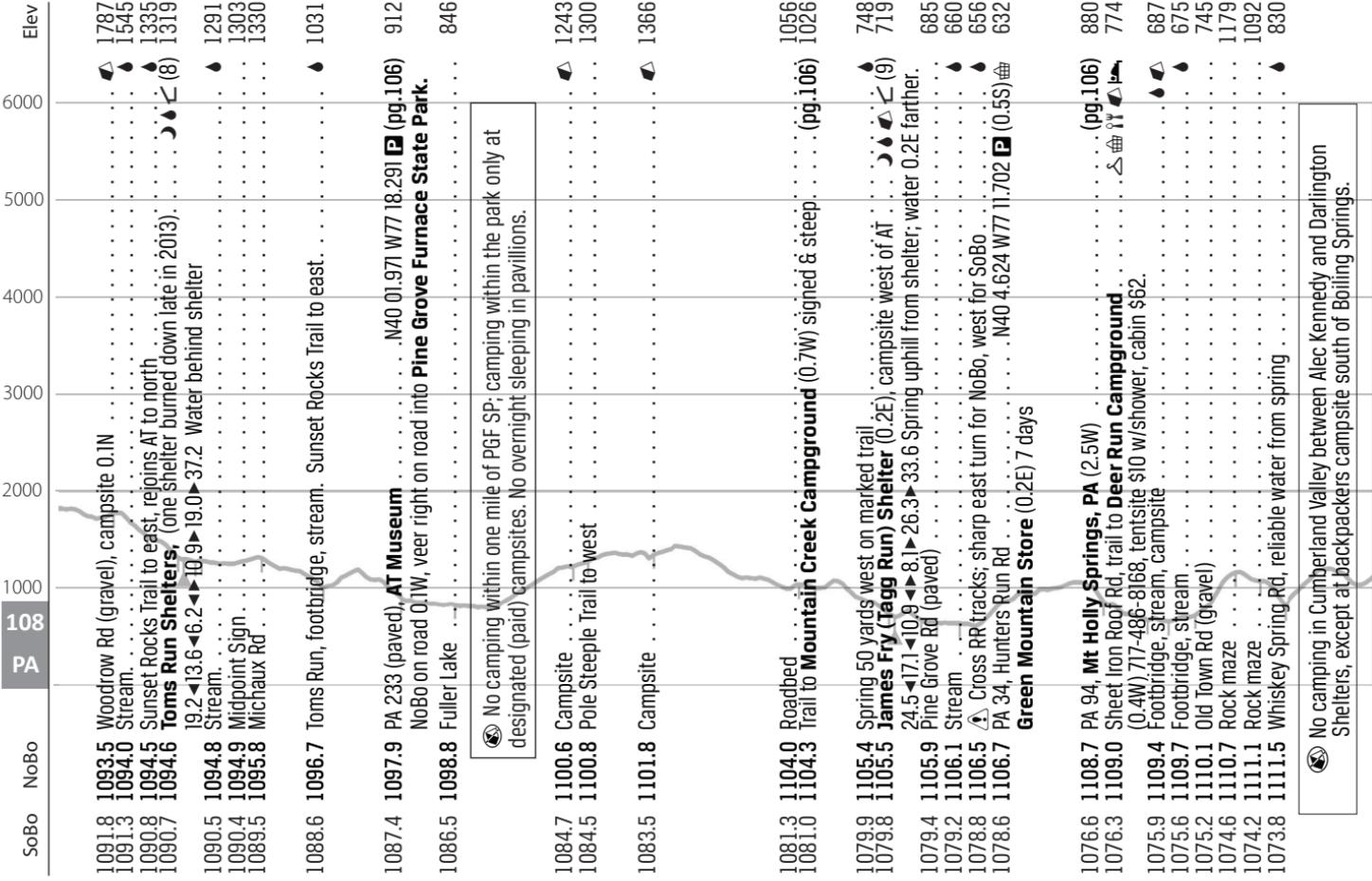
Boiling Springs Animal Hospital 717-258-4575 M-T 8-7:30, W-F 8-6, Sa 8-1, 1.4W on Park Drive.

Mike's Shuttle Service 717-497-6022

ATC Mid-Atlantic Regional Office

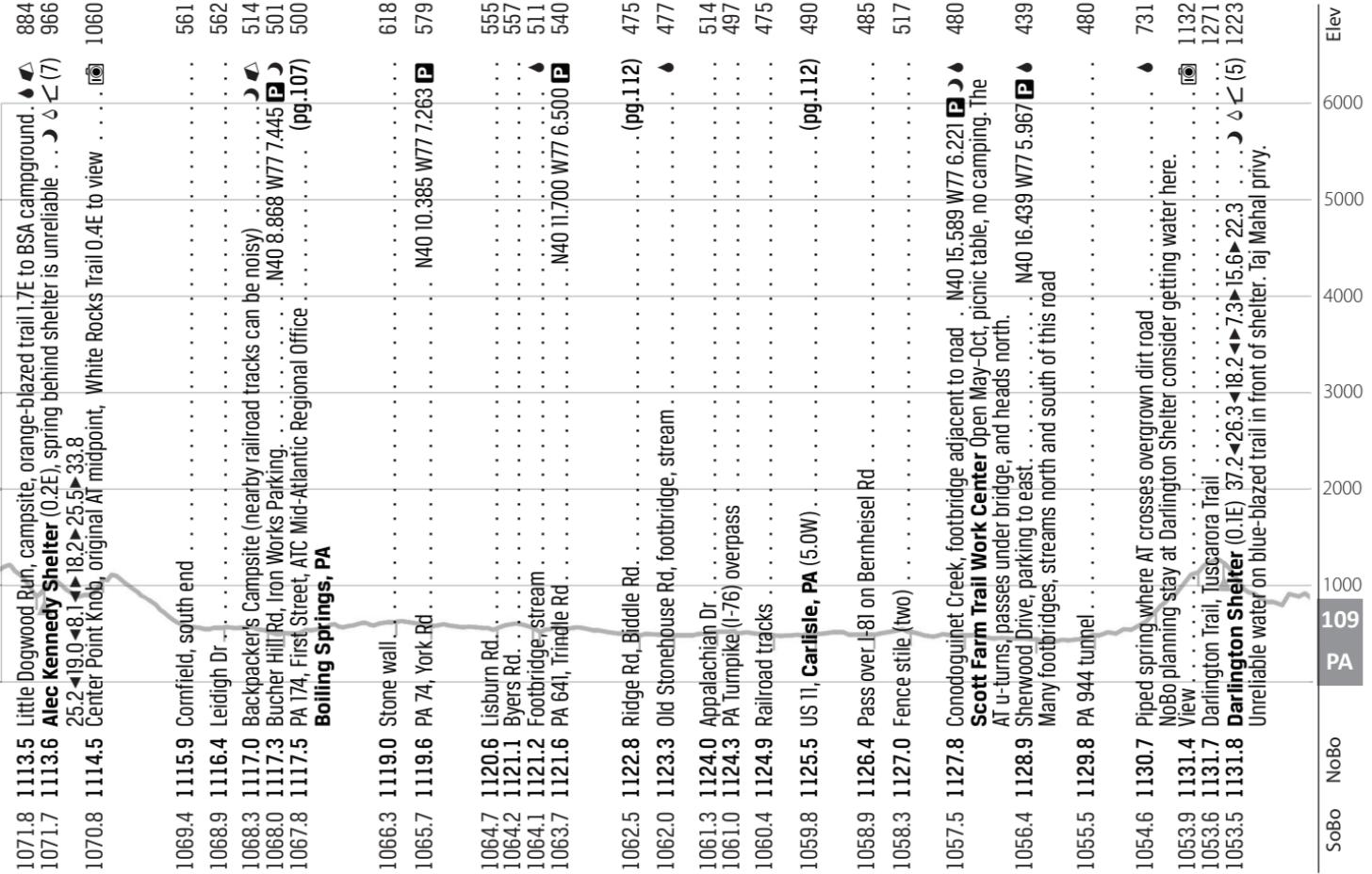
717-258-5771 Open wkdays 8-5. Water faucet on south side of building. Staff and bulletin board provide info on trail conditions, water availability and parking. Small shop with guidebooks and maps. White gas/denatured alcohol for small donation.

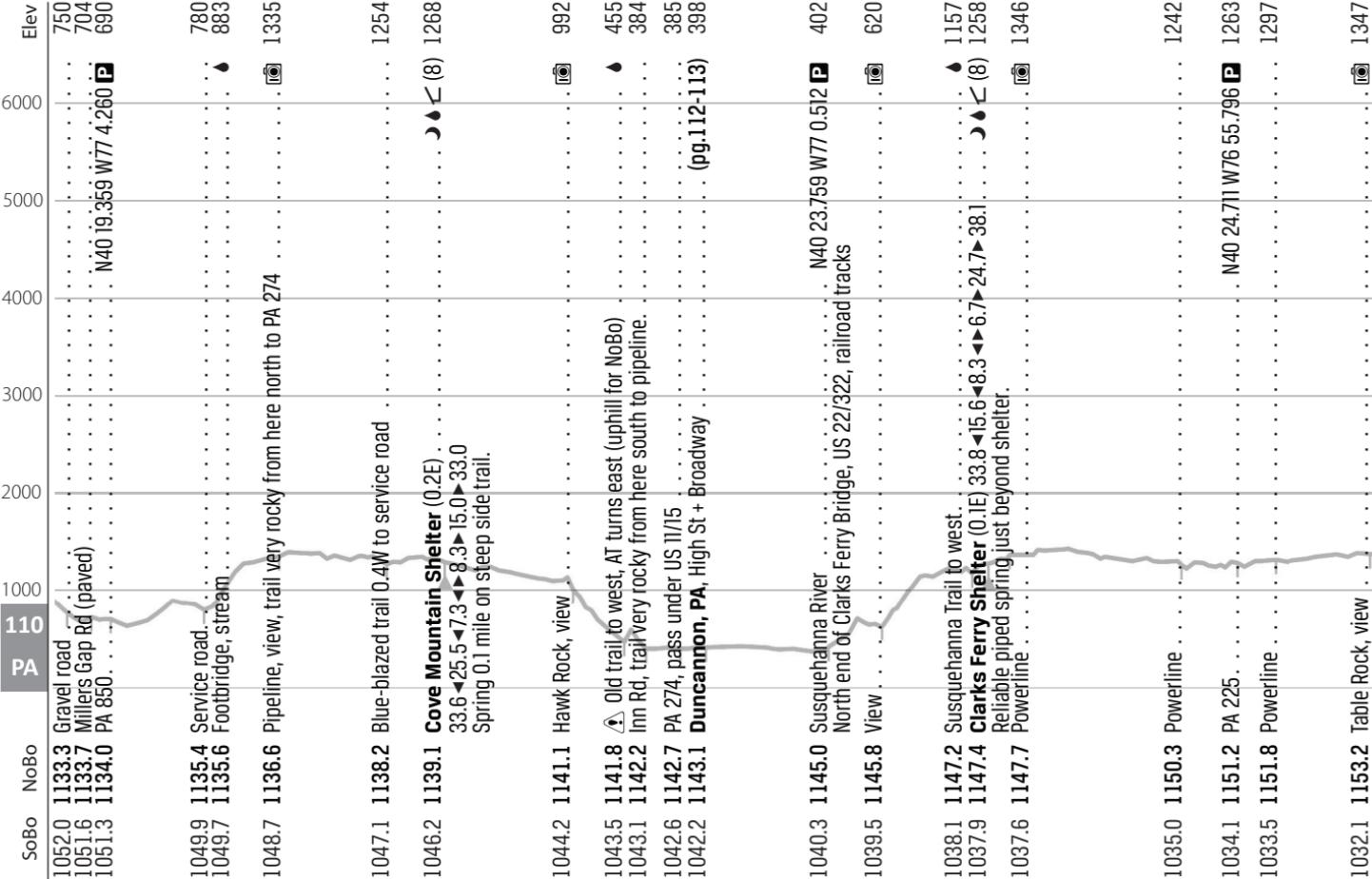


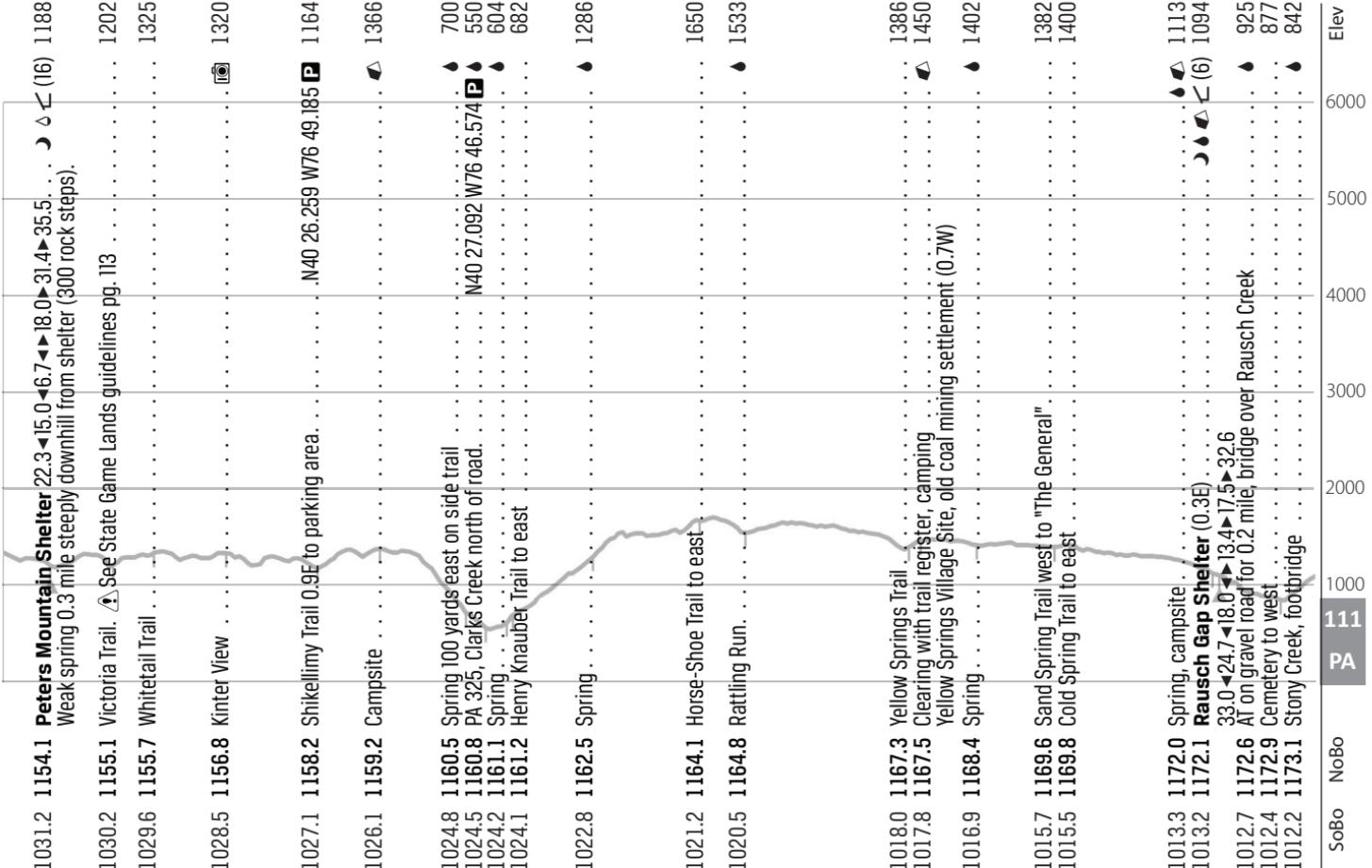


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1122.8 Ridge Rd, Biddle Rd

   **Pheasant Field B&B** (0.5W) 717-258-0717 \$135/up, free pickup and return with stay, free laundry, behaved pets ok. Go 0.25W to Hickory Town Rd, turn left on road, B&B on right.

1125.5 US 11 (Carlisle Pike), **Carlisle, PA 17013** (0.5W to hotels)

The AT passes over the highway on a footbridge. Side trails are bushwhacked down to the road on either end. Most businesses listed below are on the outskirts of Carlisle to the west in view from the overpass. Hotels run short of rooms (and go up in price) every other weekend when there is a car show.

   **Super 8 Motel** 717-249-7000 \$54.99S, \$59.99D, cont. breakfast, \$10 pet fee, free WiFi, computer \$1/20mins. Guest maildrops: 1800 Harrisburg Pike, Carlisle, PA 17013.

   **Days Inn** 717-245-2242 \$55/up, cont B, \$20 pet fee.

   **Red Roof Inn** 717-245-2400 call for rates. Maildrops: 1450 Harrisburg Pike, Carlisle, PA 17015.

  **Americas Best Value Inn** 717-249-7775 \$49.99/up, cont B, \$15 pet fee.

   **Hotel Carlisle** 717-243-1717 \$25 pet fee.

 **Middlesex Diner** 24hrs.

    **Flying J Truckstop** 717-243-6659, 24hrs. Has store, diner, pizza by the slice, showers (\$12) and laundry.

Mechanicsburg, PA 17050 (7E)

Large city with many motels, restaurants, and retail.

  **Park Inn** 717-697-0321 Notable due to its two sizeable bars (**Legends Sports Bar & Grille** and **Buck Wild's Roadhouse**) and sand volleyball courts.

1142.5 High St

Duncannon, PA 17020 (more services on map)

         **Doyle Hotel** 717-834-6789, \$25S, \$7.50EAP + tax, bar serves L/D, iso canisters, Coleman/alcohol/oz, accepts Visa/MC/Disc. Maildrops: (USPS/UPS) 7 North Market Street, Duncannon, PA 17020.

  **Motel Stardust** 717-834-3191 Sometimes pickup/return rides available.

  **Red Carpet Inn** 717-834-3320 \$55S, \$65D + tax.

   **Riverfront Campground** 717-834-5252, south of the Clarks Ferry Bridge, sites and shower \$5PP, shuttles.

  **Road Hawg BBQ** Th-Su

  **Zeiderelli's Pizza & Subs** 717-834-3331

  **Sorrento Pizza** 717-834-5167

  **Goodies** Breakfast 6am-11am

  **Ranch House Restaurant** B/L/D, near Motel Stardust has dinner buffet F-Sa, breakfast on weekends.

         **Mutzabaugh's Market** 717-834-3121 7 days, pickup/return to Doyle 4pm daily.

   **Rite Aid** next door to market.

        **Pilot Travel Plaza** 717-834-3156, \$8 showers.

    **Cove Mountain Animal Hospital** 717-834-5534

         **Store 34** M-F 12-7, Sa 10-4. High speed internet \$3.00/30 min, \$5/hr.

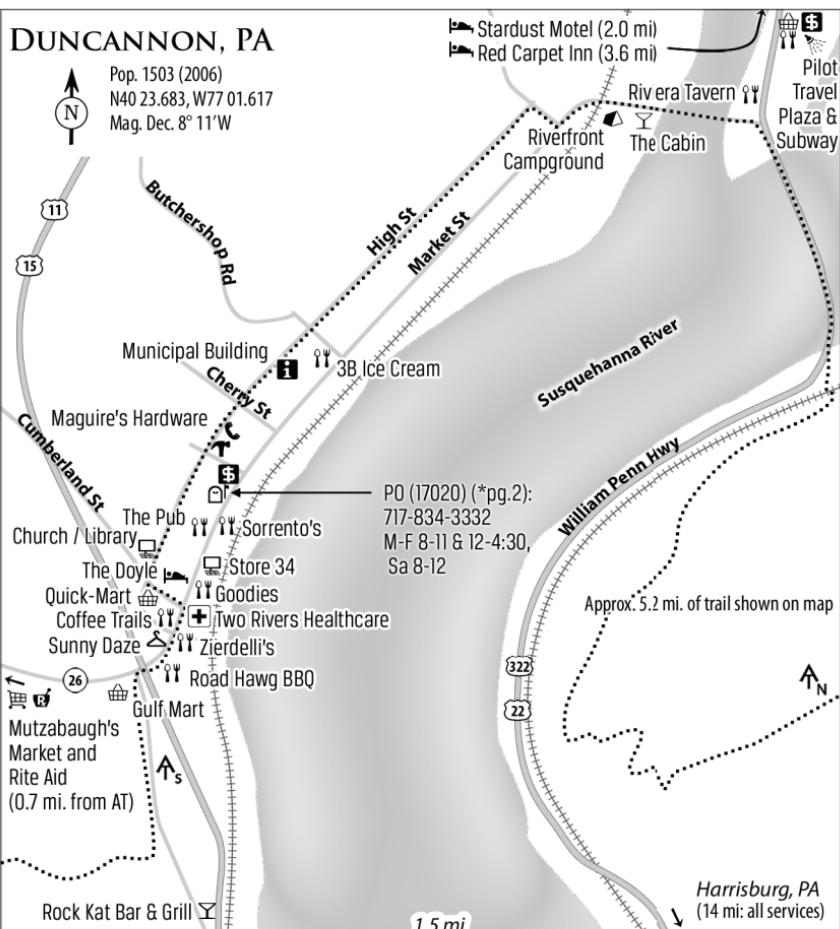
  **Maguire's True Value Hardware** Coleman and Heet.

         **Trail Angel Mary** 717-834-4706 2 Ann St, Duncannon, PA 17020

         **Blue Mountain Outfitters** 717-957-2413 8mi south in Maryville, PA

DUNCANNON, PA

Pop. 1503 (2006)
N40 23.683, W77 01.617
Mag. Dec. 8° 11'W

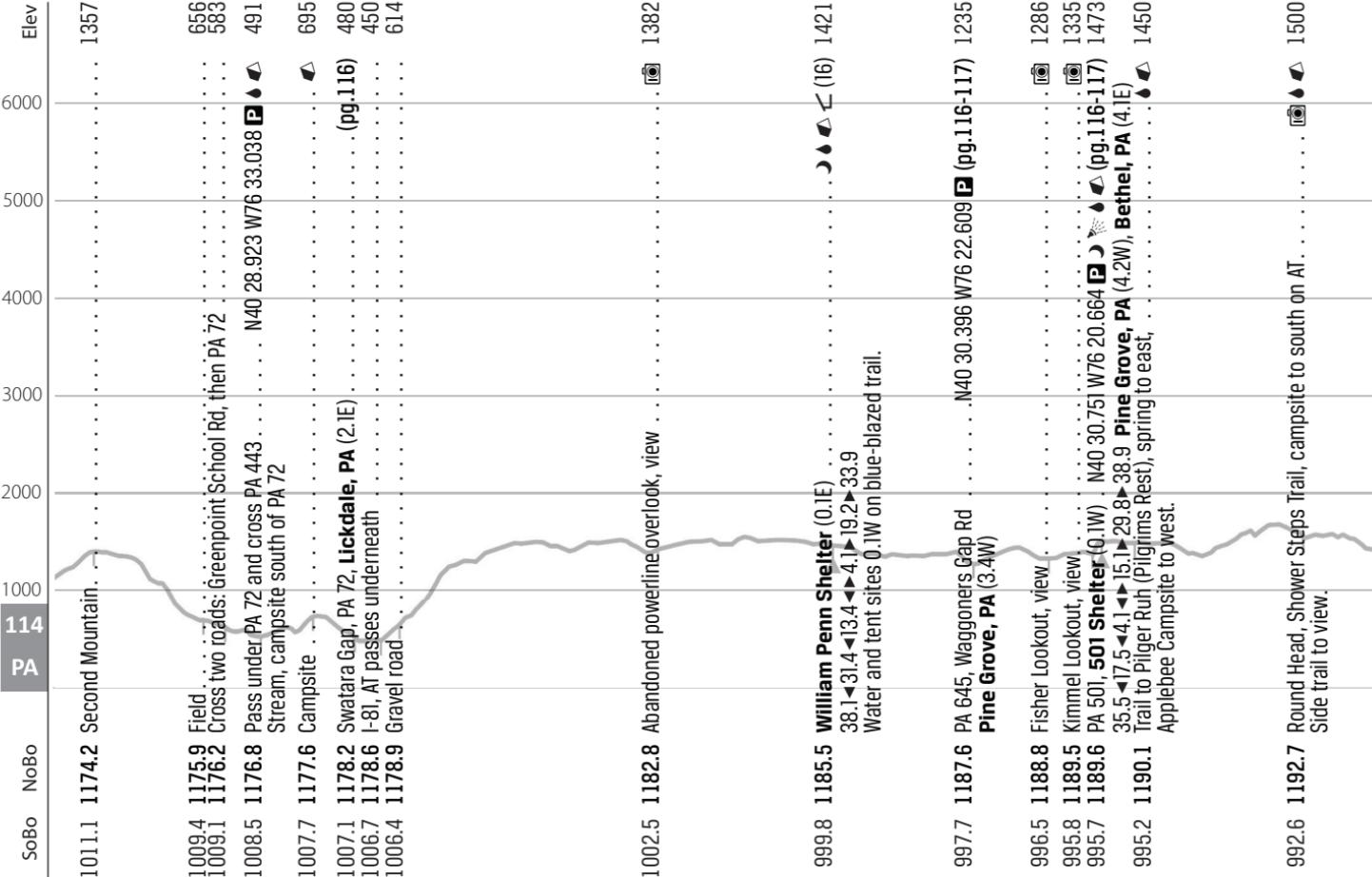


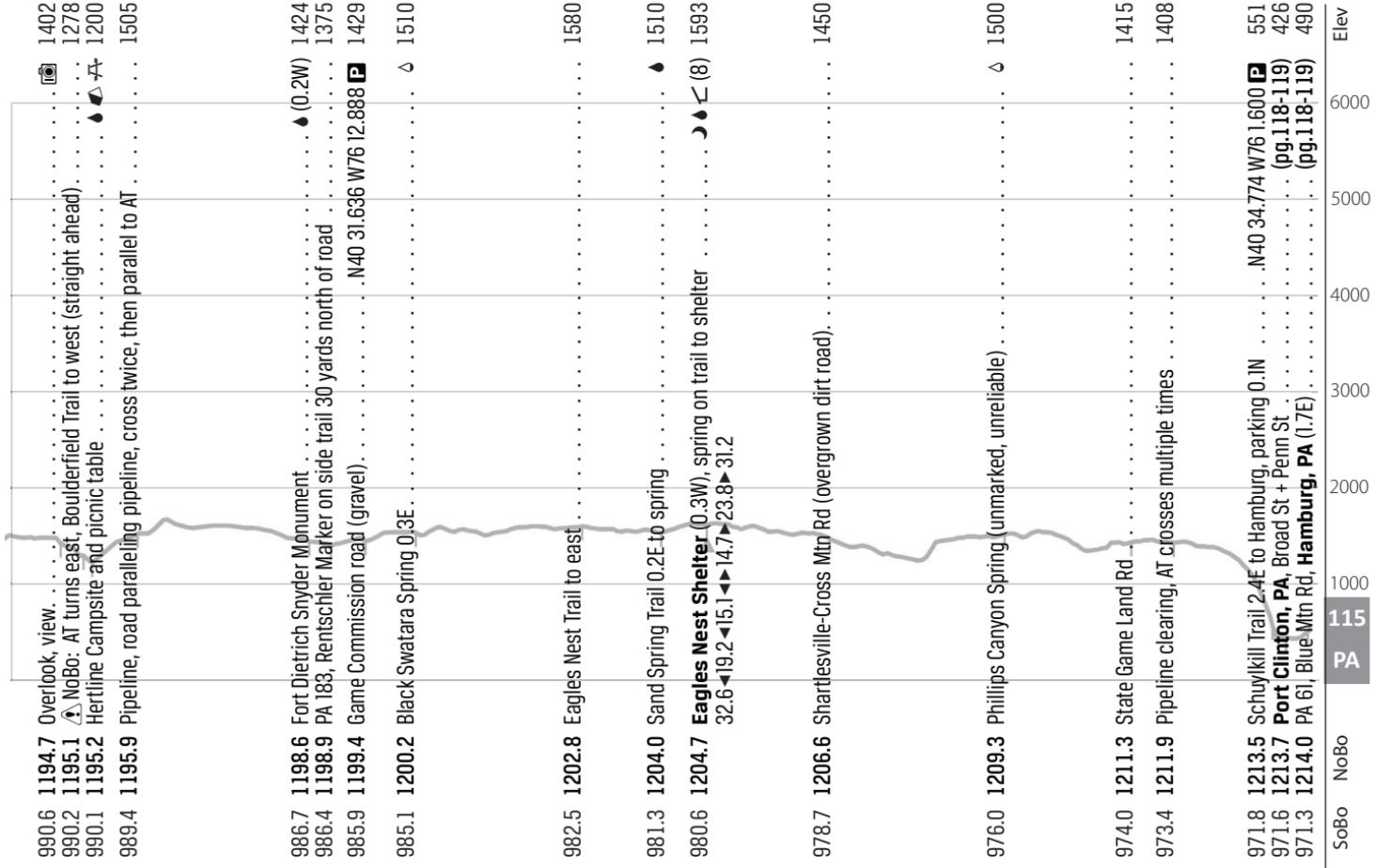
The AT is on **State Game Lands** in PA from north of Peters Mtn Shelter to Wind Gap, with the exception of small patches of land, mostly near major road crossings. Watch for posted regulations.

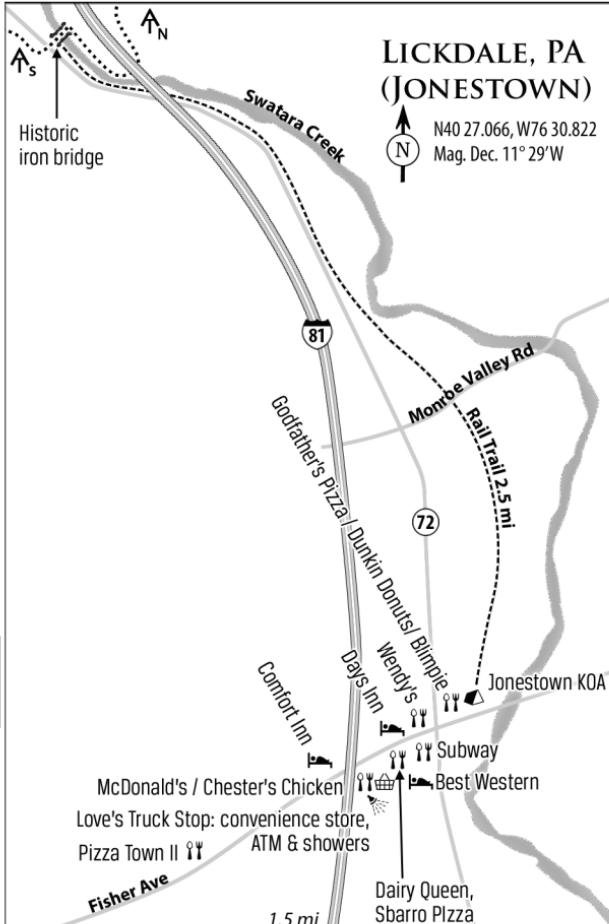
Primitive one-night camping is allowed:

- Only by hikers starting and ending at different locations.
- Within 200 feet of the AT, and
- 500 feet from water sources, trailheads, road crossings, and parking areas.
- Only small campfires are allowed, and only when the wildfire danger is less than "high."

Rausch Gap Shelter, Bake Oven Knob and George Outerbridge Shelters are on State Game Lands.







1177.9 Swatara Gap, PA 72

Lickdale, PA (Jonestown) (2.1E)

Days Inn 717-865-4064 \$55/up, cont B, pets \$15, jacuzzi.

Best Western 717-865-4234 \$89.99/up, cont B. Guests get 10% discount at Sbarro and DQ, indoor heated pool, pet fee \$15.

Comfort Inn 717-865-8080 Summer rates \$75S, \$80D plus tax, cont B, pets \$10, pool.

Jonestown KOA 877-865-6411 Open 7 days. Summer 5am-9pm. Tentsite \$31/up, cabin sleeps 4 \$60/up. Pets on leash okay.

Love's Truckstop \$10 showers, ATM, 24 Hrs

1187.6 PA 645

Pine Grove, PA (3.4W) (more services on map)

Original Italian Pizza 570-345-5432 Delivers to 501 shelter.

Sholls Family Restaurant 570-345-8715 Open Tu-Su, delivers to 501 shelter.

Pilot Travel Center 570-345-8800, 24hr, other side of 81, Subway, Dairy Queen and Auntie Anne's Pretzel, shower \$12.

Bergers Market 570-345-3663, open 7 days

Carlin's AT Shuttle Service 570-345-0474. Shuttles anywhere in PA. 4.8W near intersection of I-81

Comfort Inn 570-345-8031 \$65 includes hot breakfast. Hiker friendly, honors flat rate all season, pool, \$10/pet.

Econo Lodge 570-345-4099 Hiker rate \$50 when room available, includes full breakfast. Pets \$10 allowed in smoking rooms only.

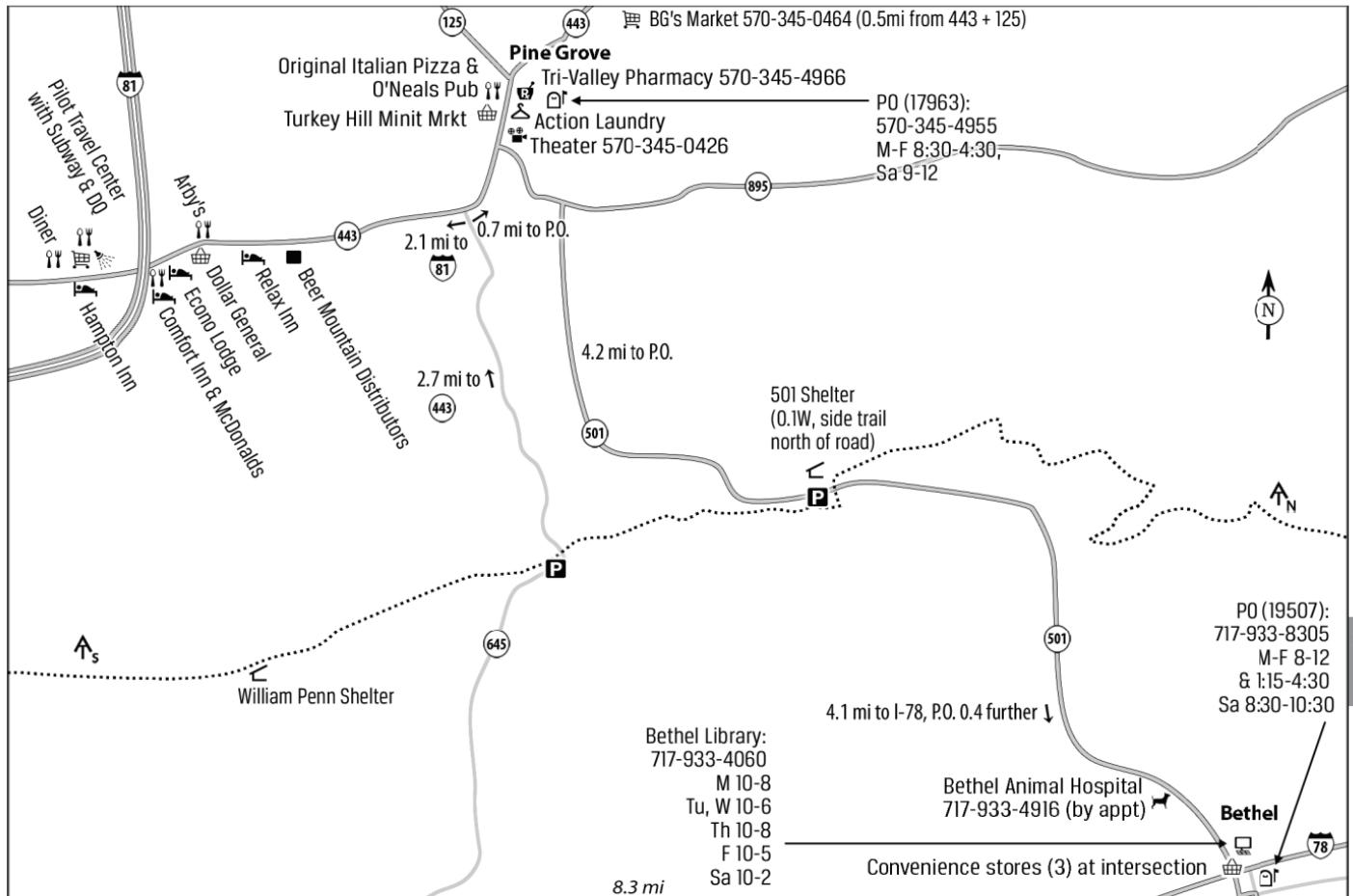
Relax Inn 570-345-8095 \$50-\$55, Pets \$10. HBO.

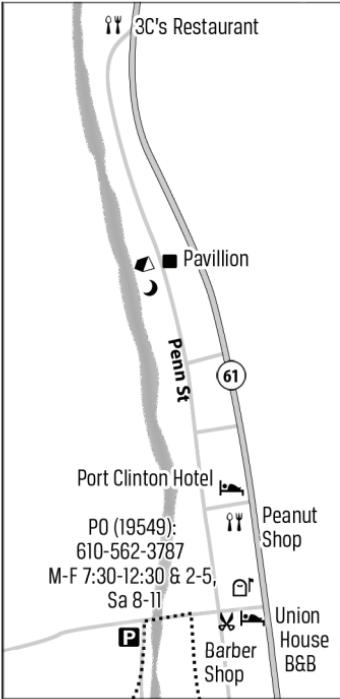
1189.6 PA 501

Bethel, PA (4.1E) (services on map)

501 Shelter Caretaker house nearby, solar shower, water from hose near shower, no alcohol, no smoking in shelter, pets on leash.

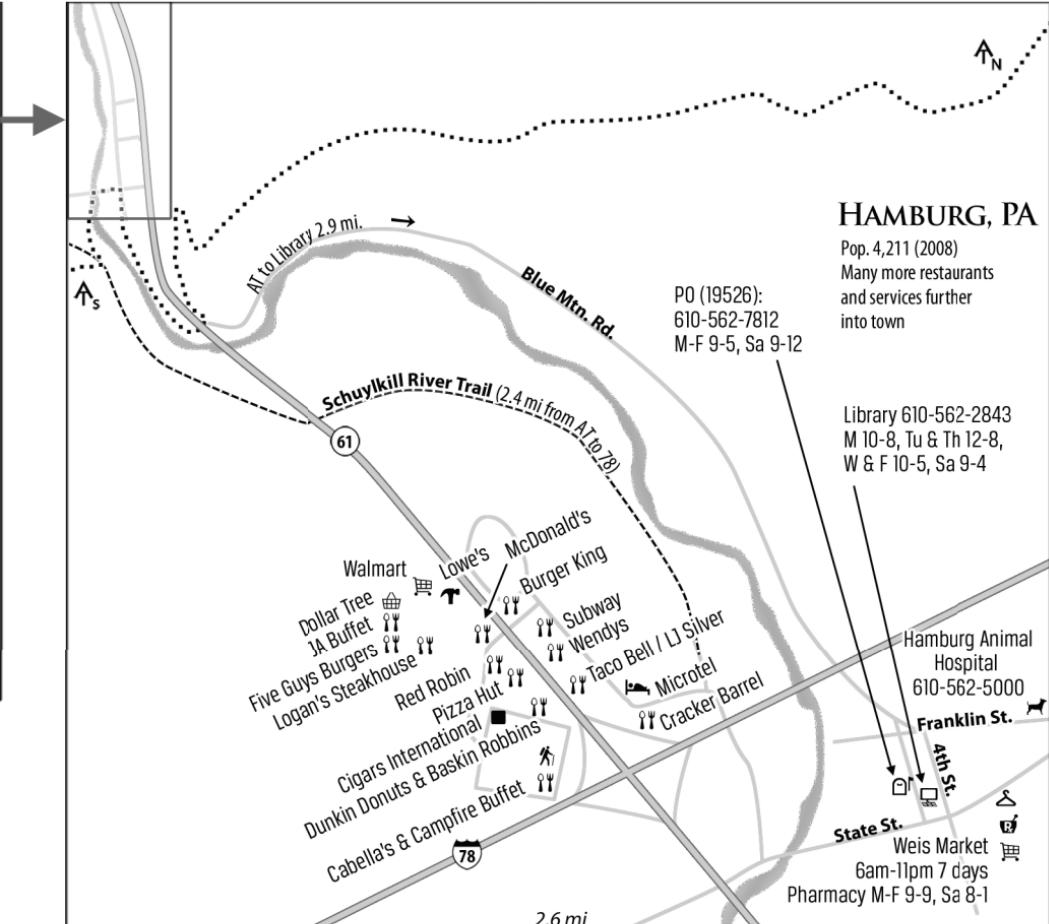
Pine Grove, PA 17963 (4.2W)





PORT CLINTON, PA

Pop. 279 (2009)
N40 34.800, W76 1.600
Mag. Dec. 11° 50'W



1213.7 Broad St, Penn St

Port Clinton, PA 19549 (more services on map)

   **Union House B&B** <www.union-house.com> 610-562-3155 after 5pm 610-562-4076, open Friday-Sunday.

   **Port Clinton Hotel** 610-562-3354, 888-562-2626 <www.portclintonhotel.net> \$56.68S, \$62.13D, \$10 deposit for room key and towel, limited rooms available. Laundry, dining Tu-Th 11-9, F-Sa 11-closing, Su 11-10, closed Monday. Please shower before use of dining room, Visa/MC accepted.

   **The Peanut Shop** soda, candy, dried fruit, trail mixes, ATM.

   **Pavillion Tenting** sign in at pavillion, no car camping, no drive-ins.

1214.0 PA 61, Blue Mtn Rd

Hamburg, PA 19526 (1.7E) (*Walmart and many restaurants on edge of town nearest to Port Clinton, see map*)

    **Microtel Inn** 610-562-4234 <www.microtelinn.com> \$84.50S \$100.50 up to 4, includes continental breakfast. **Pappy T's** pub & lounge on-site.

 **Cabela's** 610-929-7000, M-Sa 8-9, Su 9-8. Full line of hiking gear, canister fuel. Pickup from trailhead if staff is available.

 **Campfire Restaurant** Inside Cabela's serves B/L/D, closes a little earlier than the store. AYCE meals on weekends.

 **Turkey Hill Market**

 **Rite Aid** 610-562-9454, **CVS** 610-562-2454

 **Hamburg Coin Laundry**

 **Hamburg Animal Hospital** 610-562-5000 M-Th 9-7, Sa 9-11.

 **Barta Bus Service** 610-921-0601<www.bartabus.com> Routes within Hamburg \$1.95 per boarding, stops at Cabellas.

Pottsville, PA 17901 (15W, compass north of AT on PA 61)

 **Yuengling Brewery** 570-628-4890 America's oldest brewery has two tours on weekdays, as-needed on Sat. Closed-toe shoes required.

1220.1 Blue-blazed trail to campground

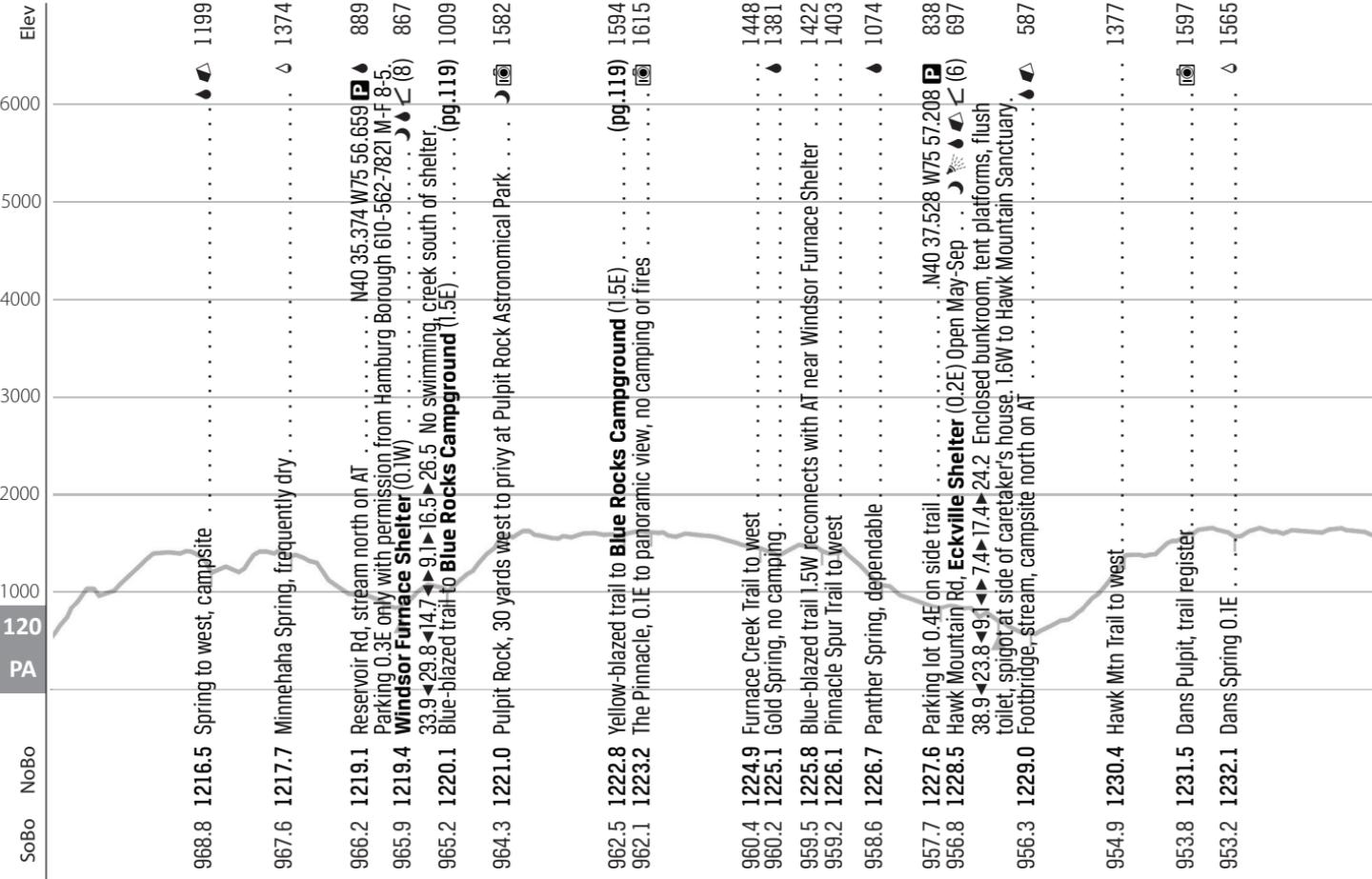
1222.8 Yellow-blazed trail to campground

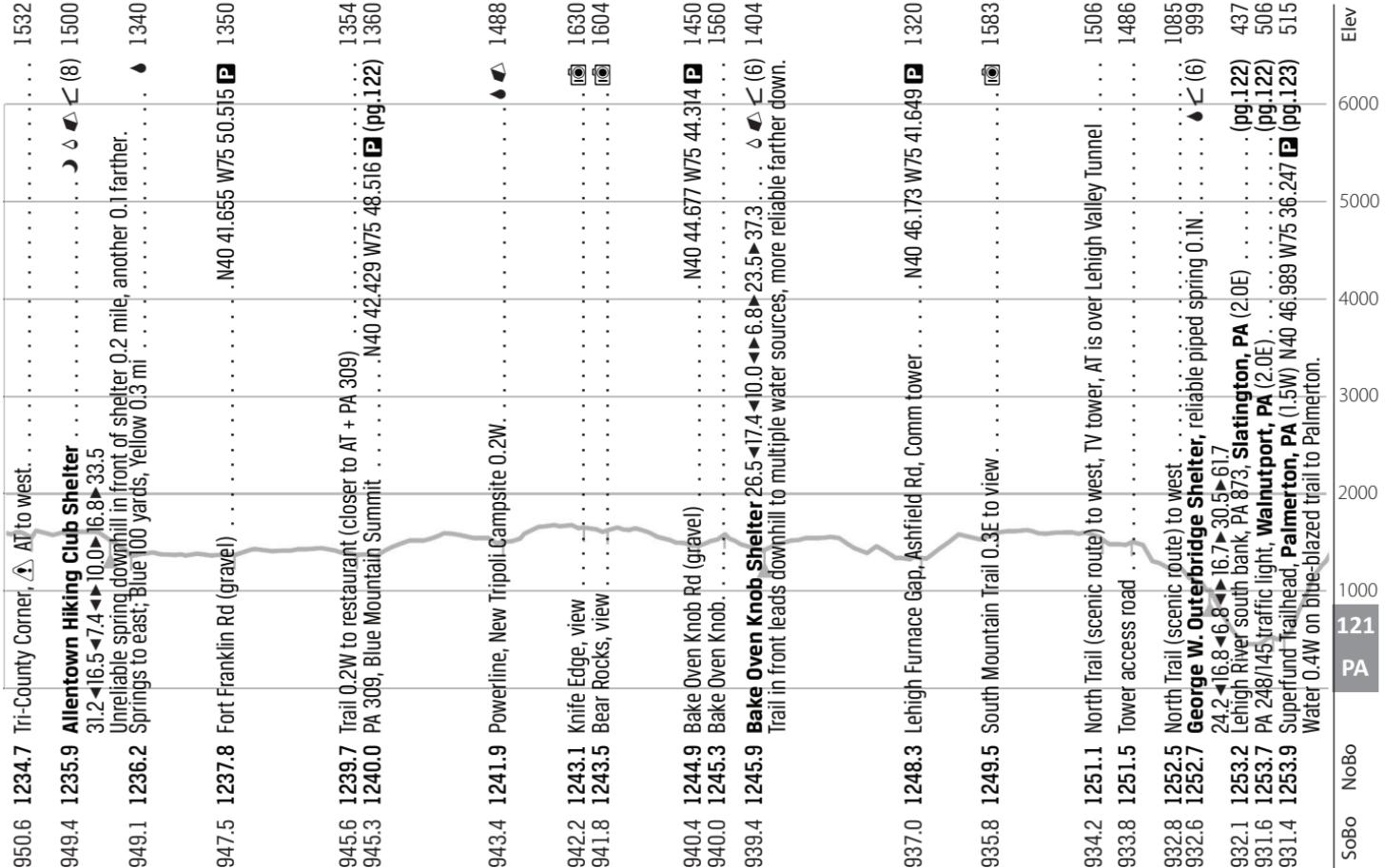
      **Blue Rocks Campground** 610-756-6366 Tentsite \$32 tentsite, cabin \$55/up accommodates 2 adults, 2 children. Coin showers & laundry. Open year-round with limited days Nov-Mar. Camp store closed Dec-Mar.

Leave What You Find

- Leave plants, cultural artifacts and other 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 leaving holes along the trail.
- Avoid introducing or transporting non-native species by checking your boots, socks, packs, tents, and clothing for non-native seeds that you could remove before hitting the trail.

Read more of the Leave No Trace techniques developed for the A.T.: www.appalachiantrail.org/LNT





1240.0 PA 309

 **Blue Mountain Summit B&B** 570-386-2003

(www.bluemountainsummit.com) In view to west. \$95-\$125D includes breakfast. Open 7 days by appt. No pets. Help yourself to water at outside spigot at southwest corner of building. Please be respectful of non-hiking guests at the B&B and restaurant; okay to hang out in back, but please don't loiter in front or hang clothes to dry. Camping with permission, no fires. Ask about shuttles. Dining (summer) Th 12-9, F 12-10, Sa 11-9, Su 11-8; winter (after Thanksgiving) Th hours 4-9, F-Su same as summer. Live music on Fridays. All major credit cards accepted. Guest maildrops (call first): 2520 W Penn Pike, Andreas, PA 18211.

1253.2 Lehigh River, PA 873

Slatington, PA 18080 (2E) (*more services on map*)

 **Slatington Diner** B/L

 **Bechtel's Pharmacy** 610-767-4121

 **Slatington Library** 610-767-6461 M,W: 9-7, Tu 9-3, F 9-5, Sa 8-2.

 **AF Boyer Hardware**

1253.7 PA 248/145

Walnutport, PA 18088 (2E)

 **Pathmark Supermarket** 610-760-8008, M-Sa 6-12pm, Su 6-10.

 **Valley Pizza Family Restaurant** 610-767-9000 L/D, delivers.

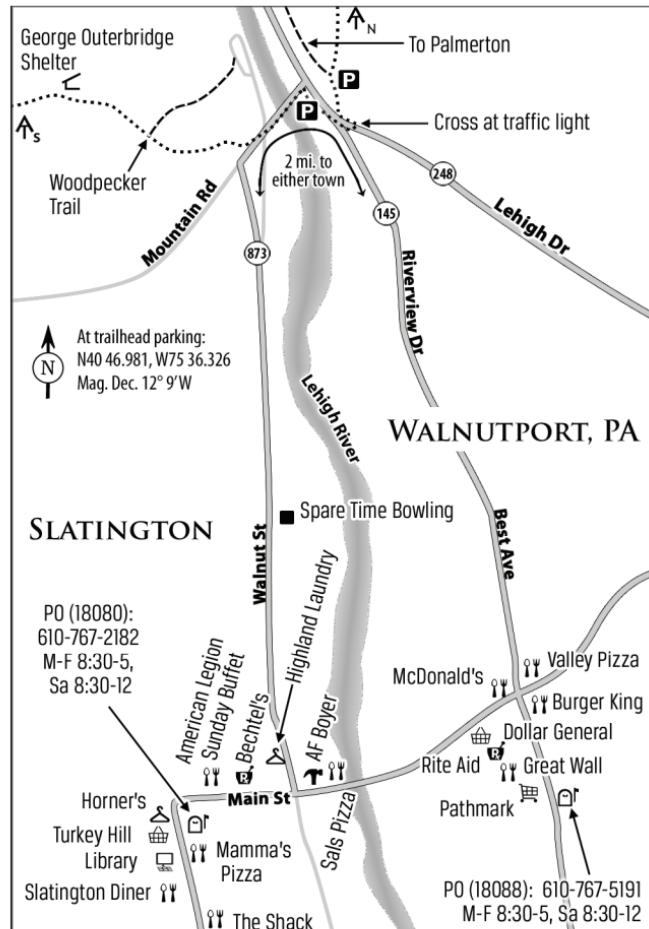
 **St Luke's Family Practice Center** 610-760-8080

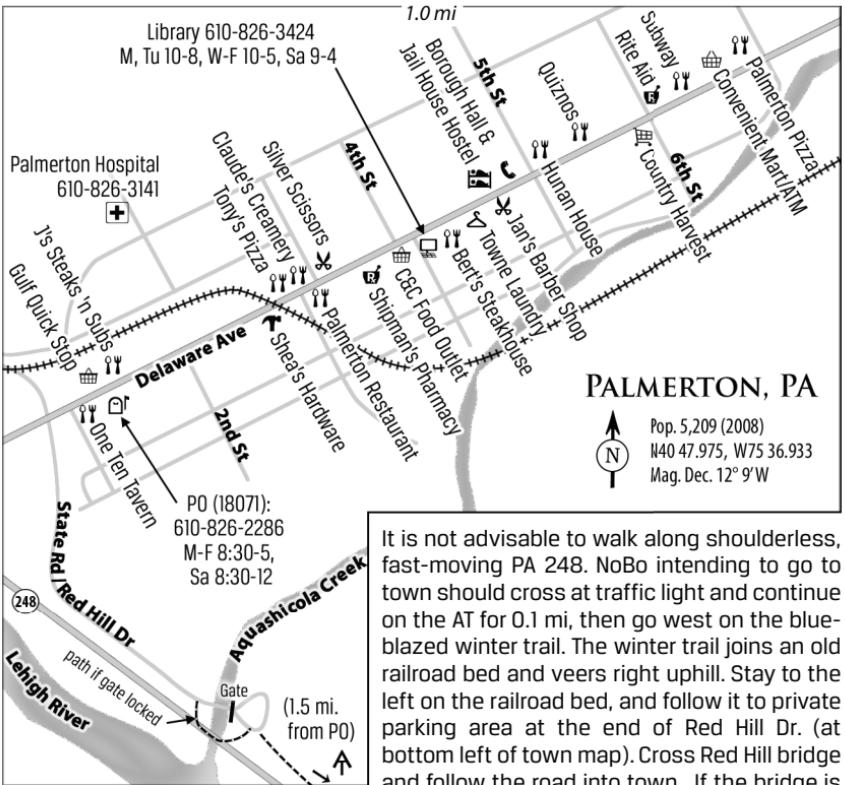
 **Rite Aid Pharmacy** 610-767-9595

 **Blue Ridge Veterinary Clinic** 610-767-4896 Call before coming.

122

PA





1253.9 Superfund Trailhead **Palmerton, PA 18071** (1.5W)

Town Ordinance: Pets must be kept on leash.

Jail House Hostel 610-826-2505

443 Delaware Avenue. Basement of the borough hall was never used as a jail. Hikers stay free; showers available. Check in at the borough office before 4pm on weekdays. Check in at police station after hours and on weekends. 10pm curfew. ID is required. One night limit, no vehicle-assisted hikers. No pets inside, but they can be left leashed outside.

Sunny Rest Resort 610-377-2911 *Clothing optional* resort 2 miles outside of town, rides sometimes available. Hotel rooms \$84-114 weekdays, day visit \$44/couple; prices higher on weekends. Camping \$71. Restaurant (B/L/D), nightclub, two heated pools, outdoor bar, volleyball, nature trails, WiFi. 425 Sunny Rest Rd, Palmerton, PA.

Palmerton Restaurant 610-826-5454 Dining M-Th 4-10, F-Su 11-10.

Country Harvest 610-824-3663 8am-9pm 7 days.

Bert's Restaurant B/L/D, has internet access.

Tony's Pizzeria L/D, no delivery.

Joe's Place L/D, deli sandwiches.

Palmerton Hospital 610-826-3141

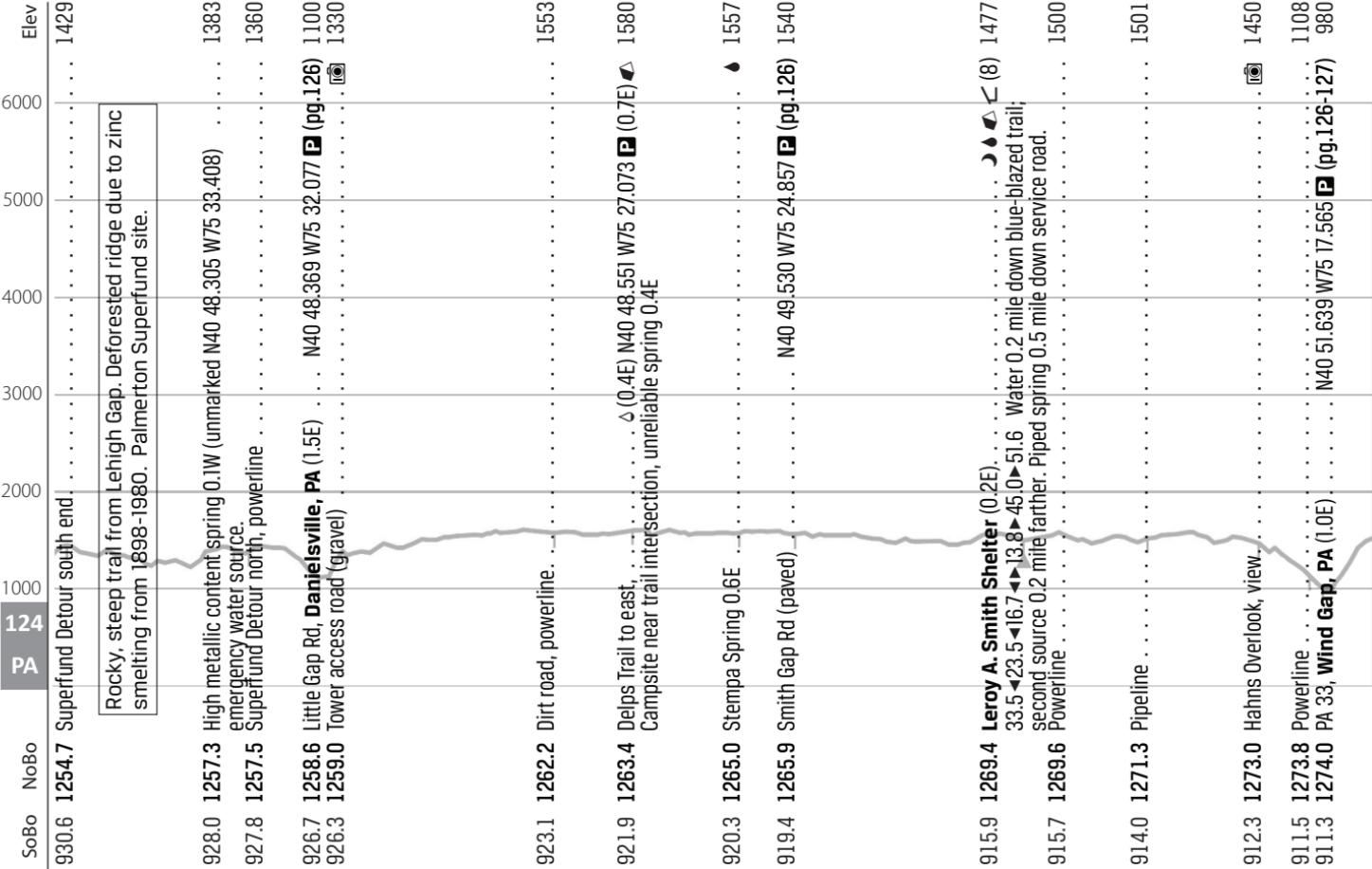
Little Gap Animal Hospital 610-826-2793 (3.5W) from town.

Laundromat 5am-7pm 7 days.

Brenda 484-725-9396 Local shuttles and limited work-for-stay.

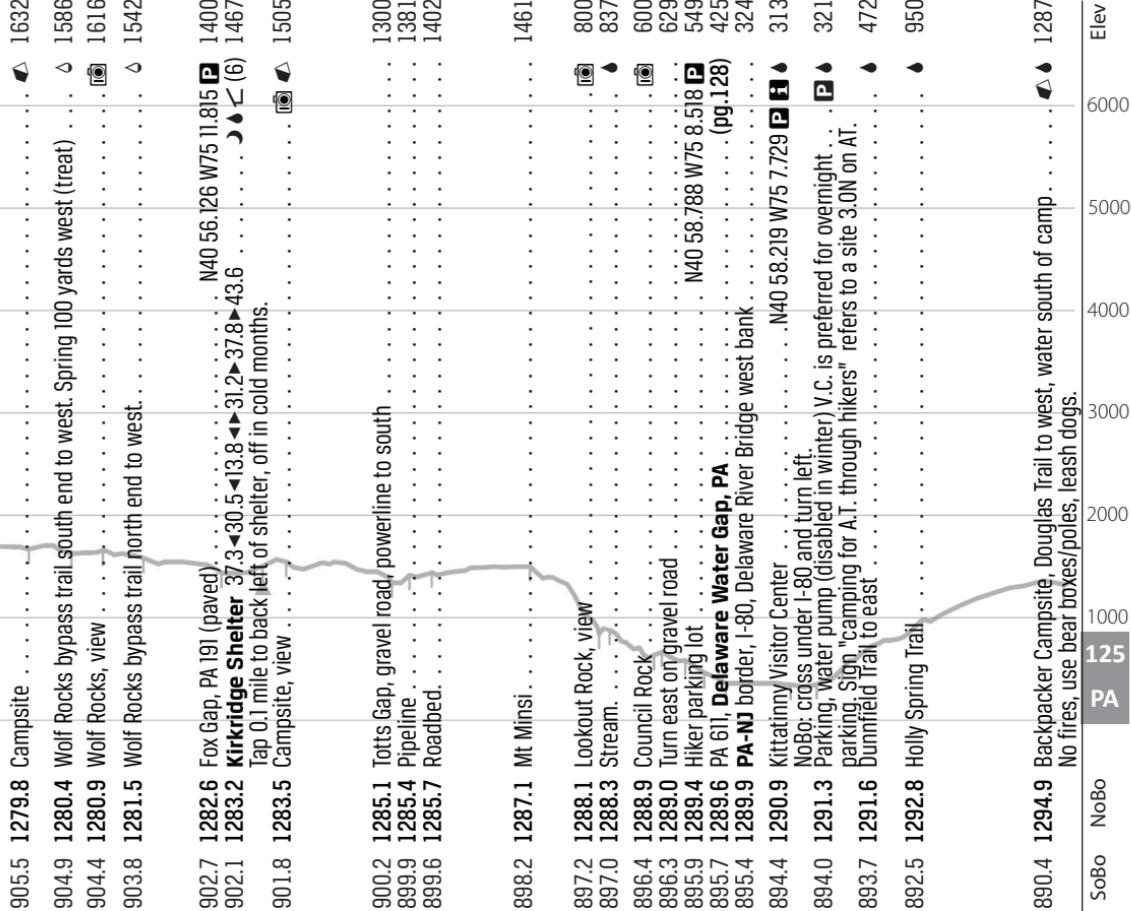
Jason "SoulFlute" 484-224-6981 Palmerton-area shuttles, slackpacks Port Clinton-DWG.

124
PA



909.2 1276.1 Private road (gravel)

1585



1258.6 Little Gap Rd

Slopeside Grill 0.2W and 0.5mi up driveway. Hikers welcome to get water from outside spigot. Grill hours: Fri 5-11pm, Sat 2-11pm, Sun 2-9pm.

Danielsville, PA 18038 (1.5E on Blue Mountain Dr, then left on Mountainview Dr to PO and B&B.)

M-F 8:30-12 & 2-4:30, Sa 8-12, 610-767-6882

Filbert B&B 610-428-3300 (www.filbertbnb.com) \$100S, \$150D. Hosted by Kathy in Victorian farmhouse with A/C includes full country breakfast. Will pickup at Little Gap (no charge). Fee for pickup at PA 309, Lehigh Gap, Smith Gap, or Wind Gap. Call ahead for reservations, surcharge for credit cards. Laundry for a fee. Parking for section hikers, ask about shuttles. Italian & Chinese restaurants will deliver. Maildrops: 3740 Filbert Dr, Danielsville, PA 18038.

(0.8E) **Blue Mountain Restaurant & Ice Cream** 610-767-6379.

(1.0E) **Miller's Market**

1265.9 Smith Gap Rd

(1.0W) Home of John "Mechanical Man" and Linda "Crayon Lady" Stempa, eponym of the spring 0.7 mile south. The Stempas (610-381-4606) welcome you to get water from the spigot at rear of the house (no need to call) and to use the outside shower during daylight hours. Pet friendly. Please sign register. This is a safe place to park your car. For-fee shuttles ranging from Port Clinton to Delaware Water Gap. Sodas \$1, ask about stoves and fuel. When they are home and **only with permission**, camp or stay in garage with hot shower, towel and ride to take out food and ATM when available, and ride back to trail for \$10; call in advance.

(2.7W) **Evergreen Lake** 610-837-6401 West 1.7 on Smith Gap Road, then left one mile on Mountain Road. Tenting \$28 for up to 2 adults, 2 children. Snack shop, laundry, free showers.

1274.0 PA 33

(0.1W) **Gateway Motel** 610-863-4959, \$60S \$65D. Sells soda and bottled water. Non-guests: please do not loiter on lawn or use hose.

(4W) **Creature Comforts** 610-381-2287, 24/7 emergency care.

Wind Gap, PA 18091 (1E)

M-F 8:30-5, Sa 8:30-12, 610-863-6206

Travel Inn 610-863-4146 \$59D weekdays, \$69D weekends. Room for 4 \$69 weekdays, \$79 weekends, no pets.

Red Carpet Inn 610-863-7782

Giant Food Store 24hr, deli with salad bar.

K-Mart with pharmacy

Turkey Hill Market

Beer Stein Hiker friendly, hose outside, ask about camping. Serves L/D wings, seafood.

J&R's Smokehouse L/D

Sal's Pizza 610-863-7565, delivers

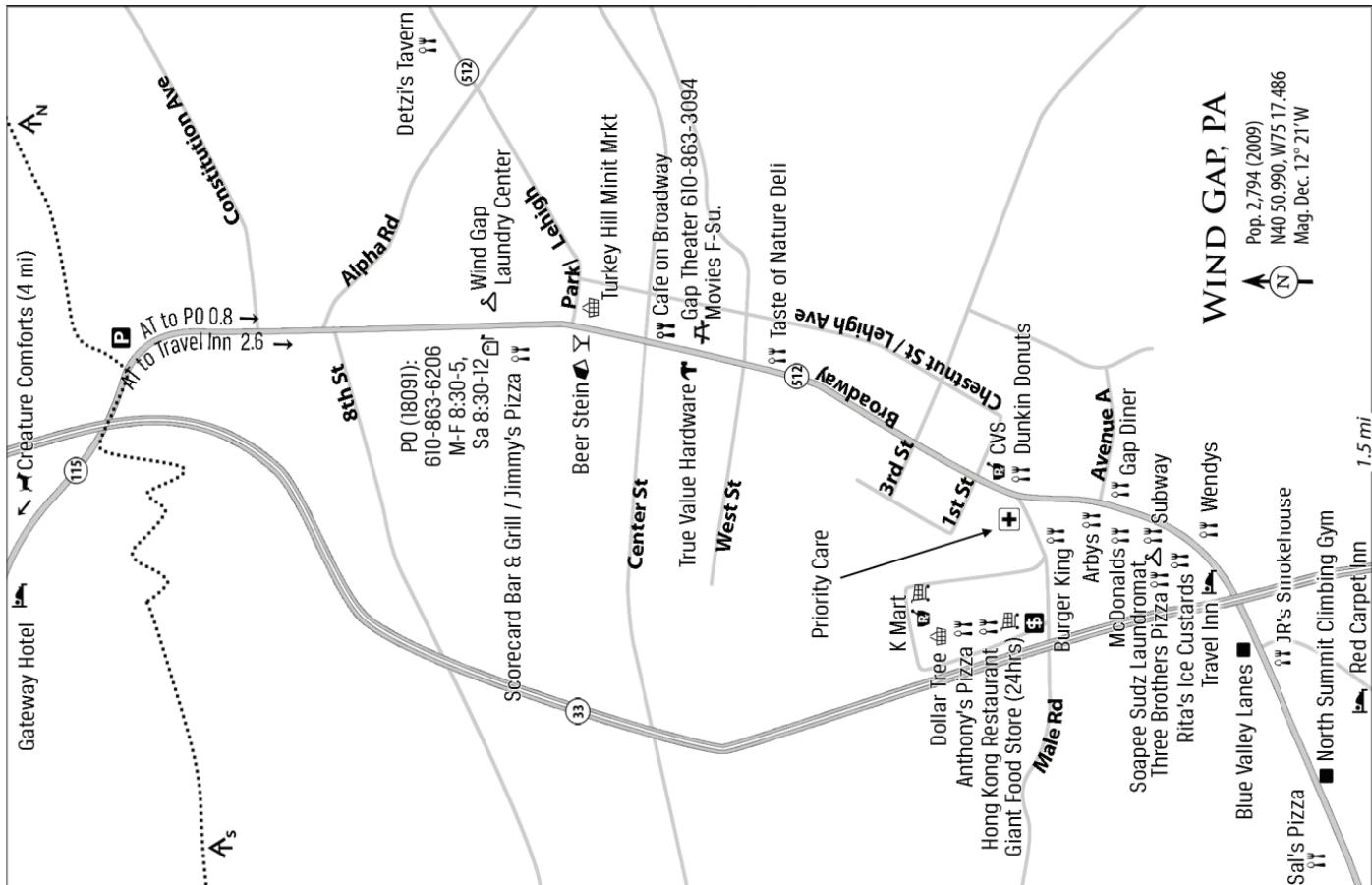
Hong Kong Chinese L/D buffet

CVS 610-863-5341

Priority Care 610-654-5454 Walk-in clinic M-F 8am-8pm, Sa 10am-5pm, Su 10am-4pm.

Slate Belt Family Practice 610-863-3019

Gap Theatre 610-863-3094 Movies F-Su.



Delaware Water Gap, PA 18327

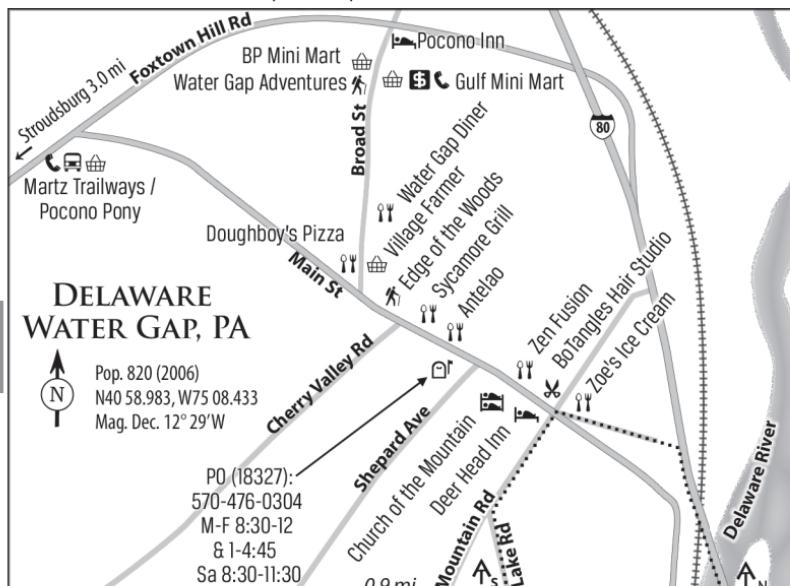
The Church of the Mountain Hostel 570-476-0345 Bunkroom, showers, overflow tenting, rides to Stroudsburg when available. Donations encouraged. 2-night max. No drive-ins, no parking, no laundry. Phone numbers of persons who can help are posted in the hostel. Thurs night hot dog dinner June-Aug.

Pocono Inn 570-476-0000 \$55 weekdays, \$65 F & Sa + tax.

Deer Head Inn 570-424-2000 \$90/up weekdays, \$120/up weekends. No pets, no TV. Restaurant & lounge open to all. Live music W-Su, hiker attire okay.

Water Gap Diner B/L/D

Village Farmer & Bakery 8am-8pm 7 days. Hot dog and slice of pie \$2.49. Breakfast sandwich \$4.99, salads, sandwiches.



Doughboy's Pizza open 7 days in summer.

Antelao Restaurant (upscale dining)

Edge of the Woods Outfitters 570-421-6681 Full line of gear, trail food. Coleman/alcohol/oz. Shuttles from Little Gap to Bear Mtn. Open 7 days, Memorial - Labor Day. Maildrops: (FedEx/UPS only) 110 Main St, Delaware Water Gap, PA 18327.

Water Gap Adventures 570-424-8533 Gear, food, fuel/oz, shuttles and slackpacks. Open Apr-Oct 10-5 M-F, 8-6 weekends.

Pocono Pony 570-839-6862 <gomcta.com> \$1.25 each way to Stroudsburg Mall.

Martz Trailways 570-421-3040 \$56.50 NYC roundtrip.

Pocono Cab 570-424-2800

WGM Taxi 570-223-9289

Stroudsburg, PA 18360 (3.5W)

Large town with all services, including supermarket, motels, laundry, and movie theater.

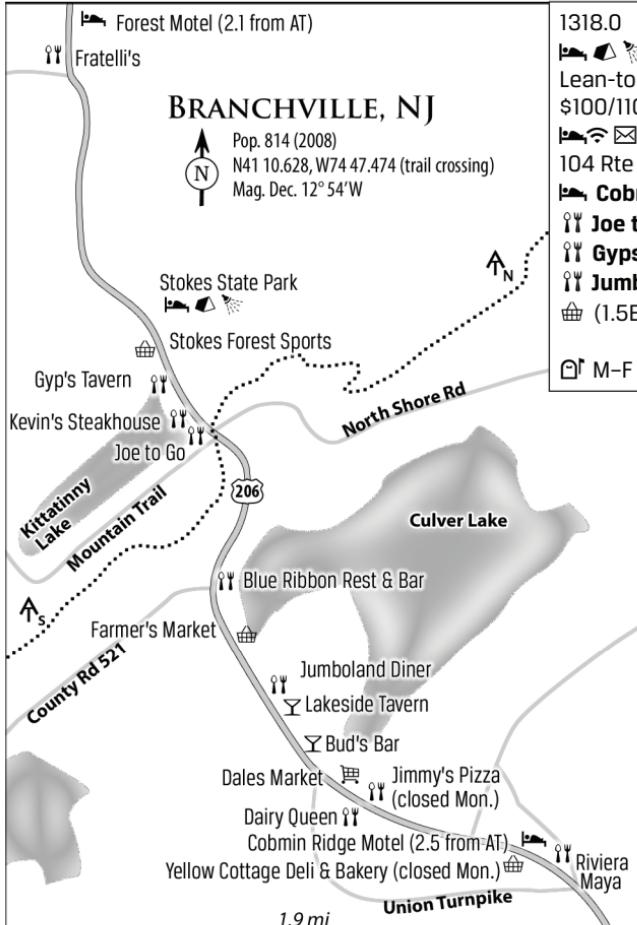
Dunkleberger's Sports 570-421-7950

Walmart 24hrs

1300.4 Camp Road

Mohican Outdoor Center (0.3W)

908-362-5670 <www.outdoors.org/lodging/mohican/> Bunkroom \$31PP weekdays, \$39 weekends, tenting \$9 for thru-hikers. Shower/towel for tenters or w/o stay \$5. Campfires only in designated areas. Welcome center open to all guests 8am-8pm. Water available at the lodge or a spigot near the garage on the right. Camp store open 9am-5pm (7pm in peak of summer). Deli sandwiches, sodas, candy, Coleman/alcohol/oz, and limited hiker supplies (boots, socks, poles). Operated by the AMC. Maildrops: 50 Camp Road, Blairstown, NJ 07825.



1318.0 US 206, Culvers Gap (*more services on map*)

Stokes State Park 973-948-3820 Prices listed as NJ resident/nonresident. Lean-to \$30/40. Tentsite 1-6 persons \$20/25. Cabins: 4-person \$55/65, 8-person \$100/110, 12-person \$140/150. Free showers w/o stay.

Forest Motel 973-948-5456, \$45S \$55D + tax, pets \$20. Guest maildrops: 104 Rte 206 N, Branchville, NJ 07826.

Cobmin Ridge Motel 973-948-3459

Joe to Go **⚠** Watch for posted rules, proprietor will enforce them.

Gyps Tavern **⚠** Packs outside; hikers please eat/drink on patio, not at bar.

Jumboland Diner B/L/D, \$2.99 breakfast, Thursday dinner buffet, ice cream.

(1.5E) Dale's Market 973-948-3078 M-F 6-9, Sa-Su 7-9

Branchville, NJ 07826 (3.4E)

M-F 8:30-5, Sa 8:30-1, 973-948-3580

1332.3 NJ 23

High Point State Park Headquarters 973-875-4800 Office open year-round 9am-4pm, F & Sa 8-8 in summer. Bathrooms inside, water spigot outside. **Sawmill Lake Camping Area** 2.5 mile from HQ, tentsites \$20 NJ resident/\$25 non-resident. Maildrops: 1480 State Rte 23, Sussex, NJ 07461.

(1.5E) High Point Mountain Motel 973-702-1860 Recently renovated rooms \$79.99D, pets \$5, no room phone. Laundry \$7. Free pickup/return to trail from NJ 23, longer shuttles for a fee. Guest maildrops: 1328 NJ 23, Wantage, NJ 07461.

Port Jervis, NY 12785 (4.4W)

Days Inn 845-856-6611 \$65D, \$10EAP, cont B, pets \$20. Guest maildrops: 2247 Greenville Turnpike, Port Jervis, NY 12771.

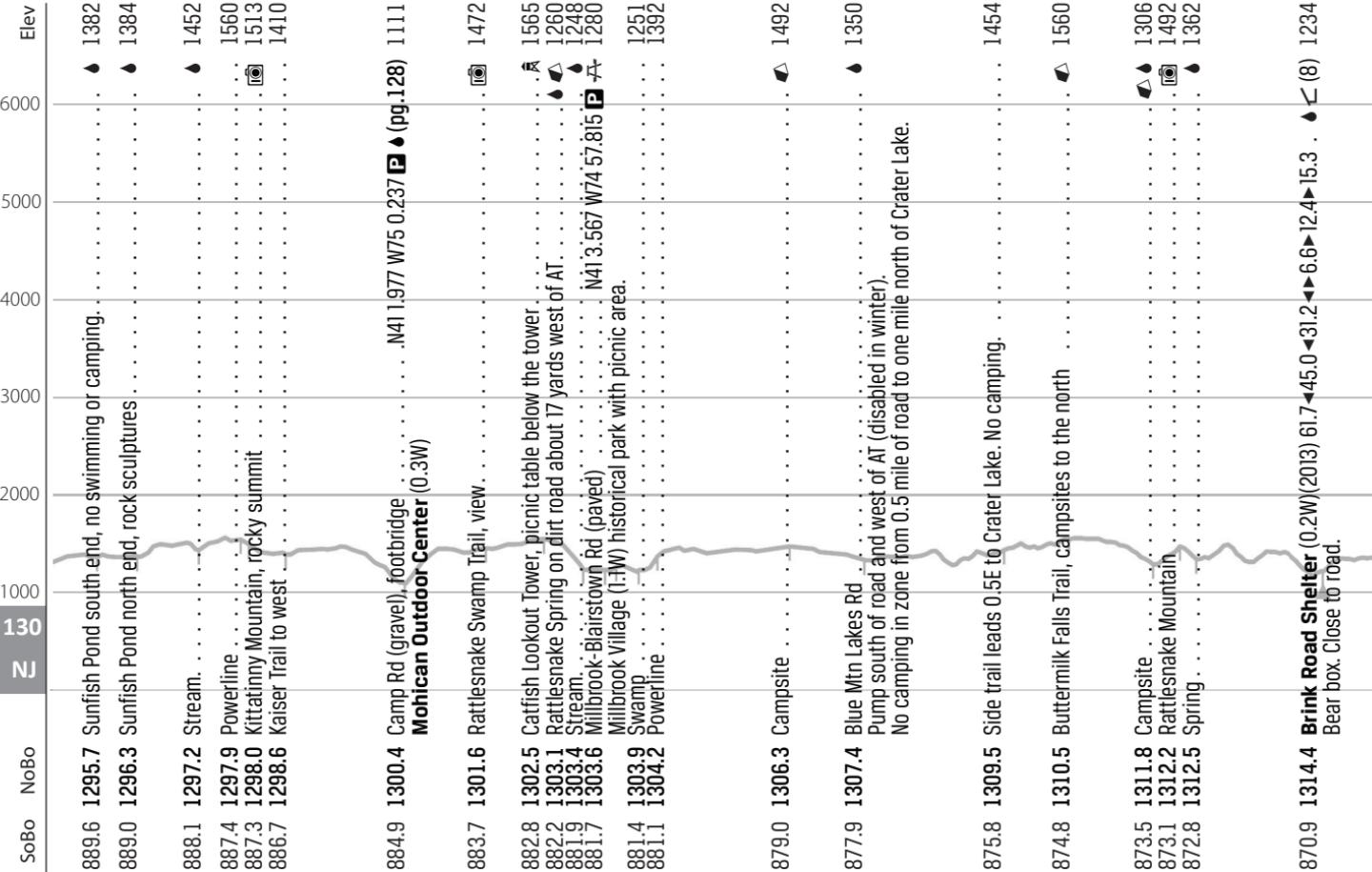
Village Pizza 973-293-3364

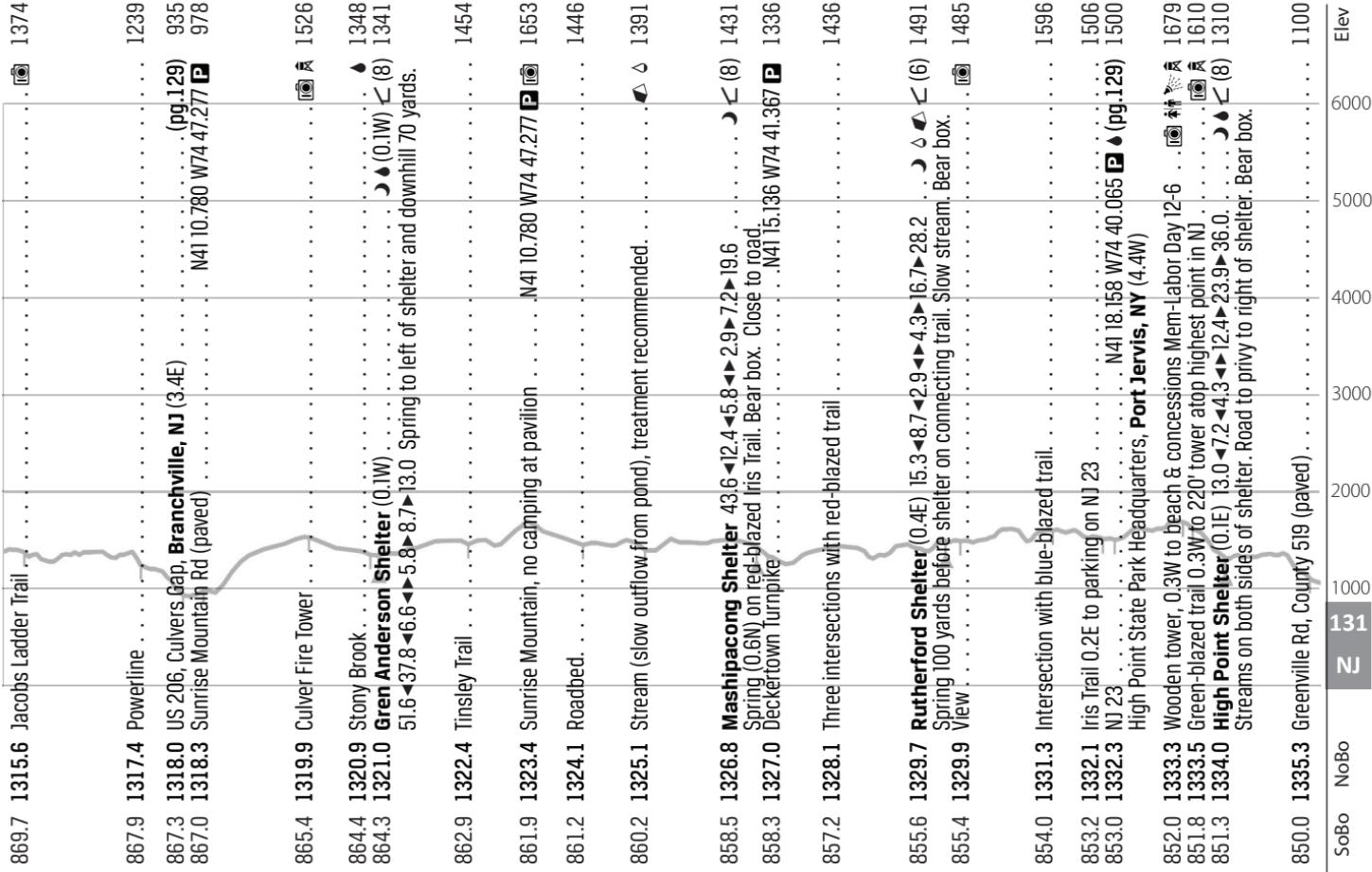
Shop Rite Market, Price Chopper

Rite Aid 845-856-8342, **Medicine Shoppe** 845-856-6681

Bon Secours Community Hospital 845-858-7000

Tri-States Veterinary Medical 845-856-1914





849.1	1336.2	Courtwright Rd (gravel), stream on AT 0.1 south of road	◆	966
848.6	1336.7	Streams	◆	951
848.0	1337.3	Ferguson Rd (gravel), east 20 yards on road	◆	854
847.4	1337.9	Gemmer Rd (paved)	◆	717
847.1	1338.2	Stream.	◆	689
846.7	1338.6	Two footbridges, streams	◆	598
846.4	1338.9	Goodrich Rd (paved)	◆	623
846.2	1339.1	Pond	◆	661
845.9	1339.4	Murray property 0.2W, gravel driveway	(pg.135)	655
845.5	1339.8	Goldsmith Lane (gravel)	◆	666
845.1	1340.2	Unionville Rd (paved), County Rd 651	(pg.134)	610
844.9	1340.4	Quarry Rd	◆	607
844.2	1341.1	Lott Rd, Unionville, NY (0.7W)	(pg.134)	590
843.1	1342.2	NJ 284, Unionville, NY (0.7W)	◆	429
842.2	1342.6	Lower Rd (Jill City Rd), Carnegie Rd, NoBo; follow road 0.2W	◆	511
841.9	1343.4	State Line Rd, NoBo; follow road 0.5E	◆	413
841.7	1343.6	Wallkill River, parking	◆	420
841.4	1343.9	AT + State Line Rd north end. NoBo; turn east into Wallkill Reserve	◆	410
840.6	1344.7	90 degree turn on Wallkill perimeter	◆	391
840.2	1345.1	90 degree turn on Wallkill perimeter	◆	407
839.4	1345.9	Liberty Corners Rd (paved)	◆	440
839.3	1346.0	Water to west	◆	513
838.9	1346.4	Pochuck Mtn. Shelter (0.1W) 19.6 ▲ 16.7. ▲ 12.4 ▲ 11.5 ▲ 23.6 ▲ 37.9	◆	866
838.1	1347.2	Bear box. Spigot at vacant house at foot of Pochuck Mountain. View	◆	1092
837.3	1348.0	Pochuck Mountain	◆	1154
836.8	1348.5	Lovemma Lane (gravel)	◆	897
836.6	1348.7	Stream	◆	822
836.2	1349.1	County Rd 565, Glenwood, NJ (1.1W), stream south of road	(pg.135)	720
835.5	1349.8	Roadbed	◆	769
834.7	1350.6	County Rd 517, Glenwood, NJ (1.1W)	◆	440
834.0	1351.3	Pochuck Creek suspension footbridge	◆	396
833.3	1352.0	Boardwalk over swamp for (0.6S) and (0.2N) of footbridge, Canal Rd.	◆	410
833.1	1352.2	Footbridge, Wawayanda Creek	◆	403
832.4	1352.9	NJ 94, Vernon, NJ (2.4E)	◆	450
831.4	1353.9	Spring	◆	963
831.0	1354.3	Pinwheels vista 0.1W, Wawayanda Mountain, side trail 0.8E to views	◆	1340
830.1	1355.2	Footbridge, stream	◆	1007

829.3 1356.0 Barrett Rd (paved), **New Milford, NY** (1.8W) (pg.135) 1140

828.2 1357.1 Cross stream on Iron Mountain Rd ♦ 1060

827.4 1357.9 **Wawayanda Shelter** (0.1W) ⚡ (6) 1189

28.2 ▶ 23.9 ▶ 11.5 ▲ 12. ▲ 26.4 ▶ 31.7 Water from park 0.1N and 0.2E

N41 11.883 W74 23.847 P ⚡ (6) 1150

N41 12.085 W74 23.497 P (pg.135) 1140

826.9 1358.4 Warwick Turnpike

826.4 1358.9 Footbridge, stream 1113

825.5 1359.8 Long House Dr / Brady Rd N41 11.732 W74 22.290 P 1117

⚠ Camp only in designated sites; fires only in campsite fire rings. Hitchhiking is illegal in NY.

824.4 1360.9 Long House Creek, footbridge ♦ 1085

823.6 1361.7 Ernest Walter Trail (yellow-blazed) to east 1362

823.3 1362.0 **NJ-NY border**, State Line Trail 1.0E to **Lakeside, NJ** 1385

0.1N on AT is Zig Zag Trail to west.

822.9 1362.4 Prospect Rock, highest point on AT in NY. Views of Greenwood Lake to east. . ☎ 1433

822.0 1363.3 Furnace Brook ♦ 1161

821.7 1363.6 Ladder 1243

⚠ Despite the unimposing profile, rocks abrupt ups & downs make this section challenging.

820.3 1365.0 Cascade Brook ♦ 1184

819.5 1365.8 Village Vista Trail, 0.8E to Greenwood Lake 1276

817.9 1367.4 Powerline 1201

817.4 1367.9 NY 17A, **Bellvale, NY** (1.6W) N41 14.658 W74 17.216 P (pg.136-137) 1180

Greenwood Lake, NY (2.0E) Pipeline clearing 1243

816.1 1369.2 Eastern Pinnacles, short bypass trail to west ☎ 1184

815.9 1369.4 Brook ♦ 1053

815.6 1369.7 Cat Rocks, view ☎ 1050

815.3 1370.0 **Wildcat Shelter** (0.2W) Water on trail to shelter. ⚡ (8) 1066

36.0 ▶ 23.6 ▶ 12.1 ▲ 14.3 ▶ 19.6 ▶ 22.7

814.0 1371.3 Highlands Trail 774

813.8 1371.5 Lakes Rd (paved), 0.1N powerline, footbridge and stream 680

813.5 1371.8 Fitzgerald Falls 714

812.2 1373.1 Allis Trail, Sterling Fire Tower 5.0E ☎ 1251

811.5 1373.8 Mombasha High Point ☎ 1280

810.4 1374.9 Boardwalk, pond 958

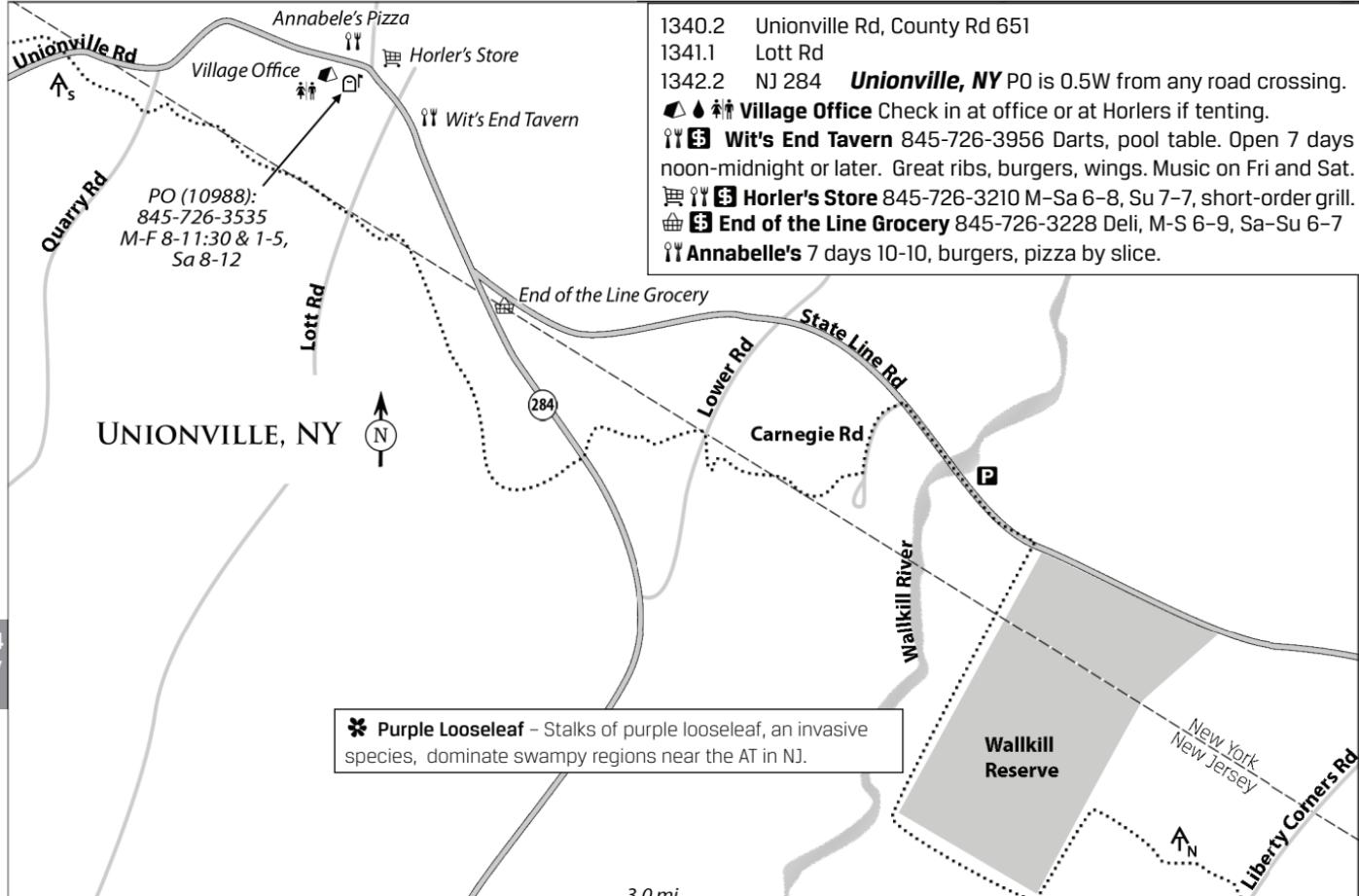
810.3 1375.0 West Mombasha Rd, stream just north on AT 980

809.4 1375.9 Buchanan Mountain 1142

Elev

133

NY



1339.4 Murray property driveway

↙️💧🌙 Private cabin open for the use of long distance hikers as it has been for the last 15 years, tenting, well water, shower & privy. If you feel the need to change your brain chemistry this is probably not your stop but serious hikers welcome. No groups please.

1349.1 County Rd 565

1350.6 County Rd 517 (0.9W to PO and Pochuck Valley Farm)

Glenwood, NJ 07418 (1.1W from either road)

⌚ M-F 7:30-5, Sa 10-2, 973-764-2616

🏨☕️📍 **Apple Valley Inn** 973-764-3735 \$145-\$160, includes country breakfast, no pets, shuttles to County Roads 517 & 565 with stay. Guest maildrops: PO Box 302, Glenwood, NJ 07418.

筢️🍴💧📍 **Pochuck Valley Farms Market & Deli** 973-764-4732 Open daily M-F 5am-6pm, Sa-Su 5am-5pm. B/L, produce, bakery. Water spigot and restroom.

1352.9 NJ 94

🍴曲柄฿ (0.1W) **Heaven Hill Farm & Pitchfork Deli** 973-764-5144 Summer hours 7 days 9-7 (6 on Sundays) ice cream, bakery, seasonal fruit & vegetables. Deli serves B/L. Picnic tables in back.

🏨☕️📍 (1.8E) **Appalachian Motel** 973-764-6070 Weekdays \$79D; weekends \$99D, \$10EAP. Pets \$20. Maildrops (guests only): 367 Route 94, Vernon, NJ 07462.

Vernon, NJ 07462 (2.4E)

⌚ M-F 8:30-5, Sa 9:30-12:30, 973-764-9056

🏨🏡📍 **St. Thomas Episcopal Church Hostel** 973-764-7506 \$10PP donation, capacity 12, one night limit. Shower/towel, fridge, micro. Hikers may have to share space with other groups and are expected to help w/cleanup. Pets outside, no alcohol, no smoking. Hikers welcome to Sunday service.

🍴 **Burger King, Paesano Pizza, Little Anthony's** (in A&P plaza), **Mixing Bowl, Dunkin Doughnuts, China Star Restaurant**

🏪tv฿ **A&P Food Store** M-Sa 7-midnight, Su 7-10, **Starbucks** Inside

🏪 **Rite Aid**

✚ **Vernon Urgent Care** 973-209-2260 1.1 miles beyond hostel, M-F 8-8, Sa-Su 9-5. **Newton Memorial Hospital** 973-383-2121

↗️ **Vernon Veterinary Clinic** 973-764-3630

💻 **Dorothy Henry Library** M/W/F 9-5, Tu/Th 9-8:30.

1356.0 Barrett Rd

New Milford, NY 10959 (1.8W)

⌚ M-F 8:30-12:30, Sa 9-11:30, 845-986-3557

1358.4 Warwick Turnpike **Warwick, NY 10990**

(See map pg. 136) 2.7W to intersection with NY 94:

🏨☕️📍 **Meadow Lark Farm B&B** 845-651-4286

www.meadowlarkfarm.com Weeknight rate \$75S/D or \$99 for 3-person room, includes breakfast. Rate is higher on Fri-Sa nights. Tenting \$15 includes shower & breakfast. All major CC, pets welcome. Shuttles \$1 per round-trip mile; free parking for section hikers. Maildrops: 180 Union Corners Rd, Warwick, NY 10990.

🏪 **Shop Rite Supermarket, Price Chopper**

🏪 **Rite Aid**

🍴 **Pronto Pizza, Pennings Farm Market** Harvest Grill, ice cream

🎦 **Warwick Drive-In Theatre** 845-986-4440 Walk-ins welcome. \$8 adults, \$5 kids and seniors, no credit cards.

1.5 miles farther north on NY 94 to downtown Warwick, where there are many restaurants and the post office and library.

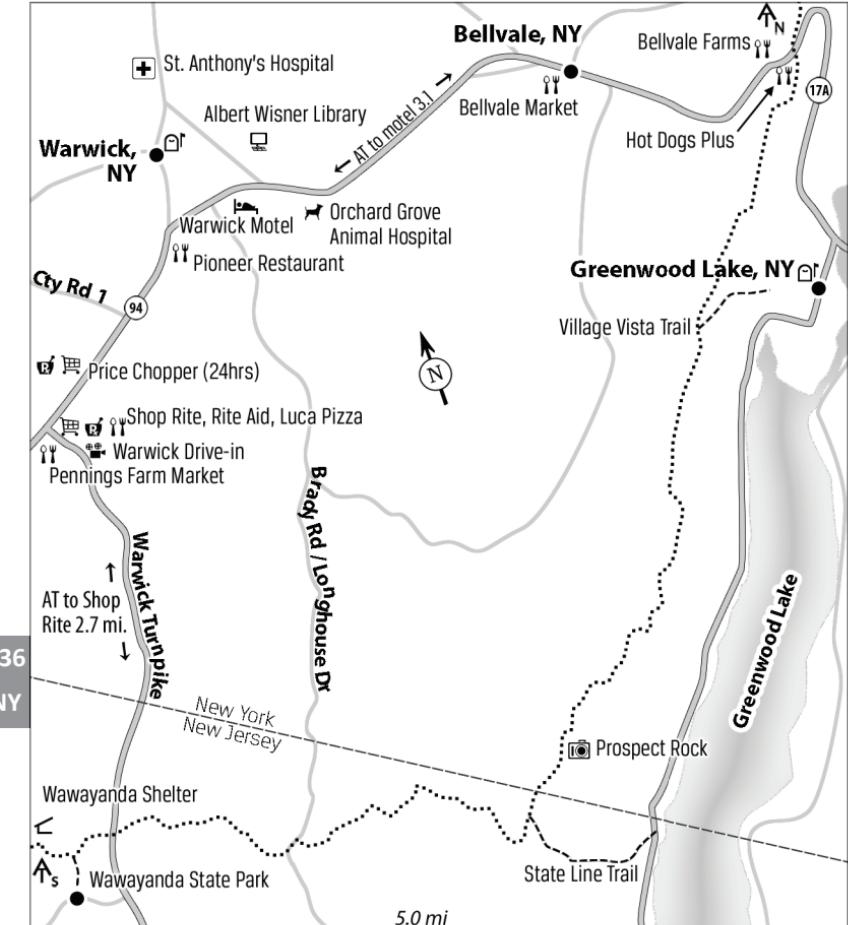
⌚ M-F 8:30-5, Sa 9-4, 845-986-0271

↗️ **Orchard Grove Animal Hospital** 845-986-9399

✚ **St Anthonys Community Hospital** 845-986-2276

︽ **South Street Wash & Fold, Warwick Laundry Center**

💻 **Albert Wisner Public Library** 845-986-1047 M-Th 9-8, F 9-7, Sa 9-5, Su 12-4.



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NY

1367.9 NY 17A

Hot Dog Stand Just west of the AT.

(0.3W) **Bellvale Farms** 845-988-1818 Ice cream, water from hose, can use phone, ask about parking.

Bellvale, NY 10912 (1.6W)

Bellvale Market 845-544-7700, deli M-F 7-7, Sa 8-6, Su 8-5.

Greenwood Lake, NY 10925 (2E)

Anton's on the Lake 845-477-0010 <www.antonsonthelake.com> thru-hiker rate with two-night stay \$80S/D Sunday-Thurs, \$125/up Friday & Sat. All major CC, rooms with whirlpool available, no pets, no smoking, laundry small loads only, swimming, paddle boats & canoe. Free shuttles and slackpacking w/stay, longer shuttles for a fee. Open year round, hiker friendly. Maildrops for guests: (USPS) PO Box 1505 or (FedEx/UPS) 7 Waterstone Rd, Greenwood Lake, NY 10925.

Lake Lodging 845-477-0700 or 845-705-2005. Good hiker rates, pickup/return when available. No pets, no credit cards.

Breezy Point Inn 845-477-8100 <www.breezypointinn.com> \$85 room with 2 double beds, no pets, no smoking, L/D dining 7 days. Closed month of January. Guest maildrops: (UPS/FedEx) 620 Jersey Ave, Greenwood Lake, NY 10925.

Cumberland Farms deli sandwiches, 24/7.

Greenwood Lake Taxi 845-477-0314

Warwick, NY 10990 4.5W to downtown area, see adjacent map & more listings on pg. 135.

Warwick Motel (3.1W from NY 17A) 845-986-6656 \$79D/up, continental breakfast.

GREENWOOD LAKE, NY



Pop. 3,419 (2009)
N41 13.360, W74 17.650
Mag. Dec. 13° 4'W
Grid Dim 0.5 mi.

PO (10925):
845-477-7328
M-F 8-5, Sa 9-12

↑ 1.8 mi. ↑
17A

3 Corners Cafe
Friendly Beer & Soda

210
Subway
CVS
Frozen Treats

Linden Motel
Sunoco
Planet Pizza
Walnut St
Irish Whisper
Mangos
Sing Loong Kitchen

Scoops Ice Cream
Sunrise Diner
Lake Lodging

Ten Eyke Ave

Village Vista Trail
0.8 mi. from park
to ↑

Lion's Field

Breezy Point

Inn 0.6 mi.

Elm St

Country Kitchen
Murphy's

Ashley's Pizza

True Value Hardware

Country Grocery

NJTransit.com
973-275-5555
(bus to NYC
M-F @ \$14)

Library:
845-477-8377
M & F 9-5
Tu-Th 9-9,
Sa 10-4,
Su 11-3

Anton's on
the Lake

0.7 mi

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1379.9 NY 17 **Southfields, NY 10975** (2.1E)

↑ M-F 9-11 & 1-5, Sa 8:30-11:30, 845-351-2628

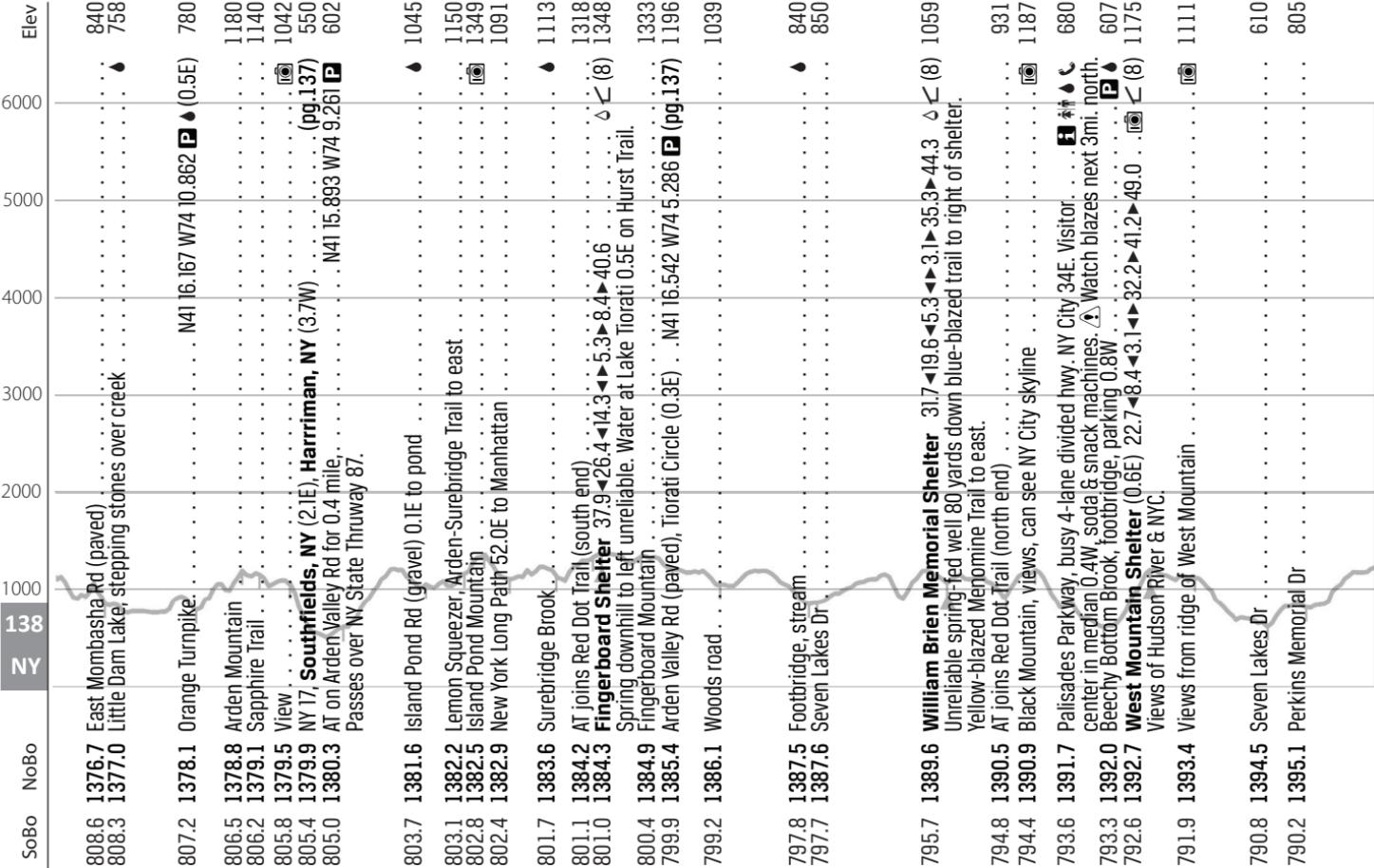
■ Tuxedo Motel 845-351-4747 \$49.50S, \$54.50D,
\$10EAP, no pets, accepts Visa/MC. Maildrops: 985
Route 17 South, Southfields, NY, 10975

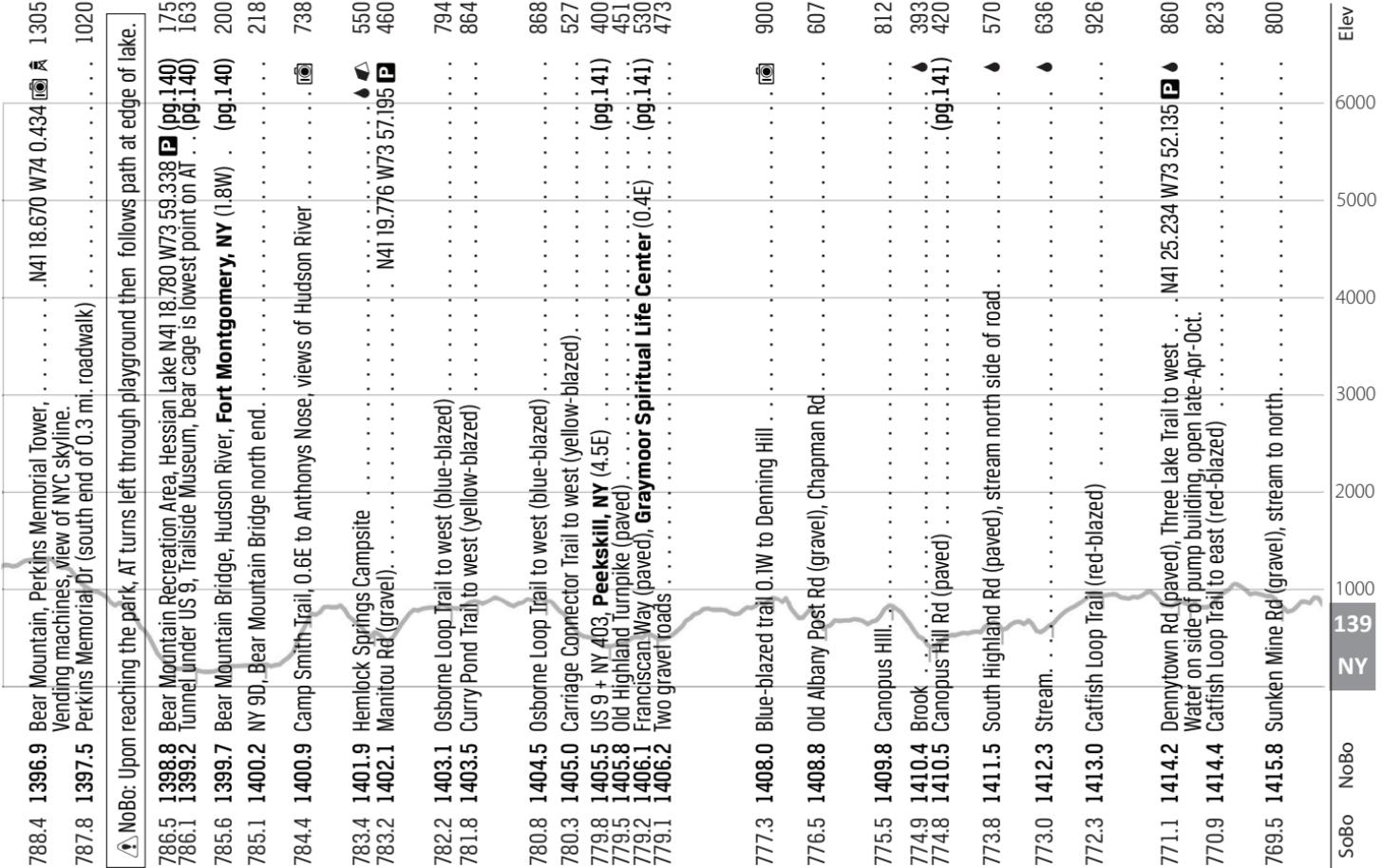
Harriman, NY 10926 (3.7W)

Lodging, groceries, restaurants, and laundromats.

1385.4 Arden Valley Road

■ Lake Tiorati Circle (0.3E) 845-351-2568
Open Mem-Labor Day M-F 10-5, Sa-Su 9-7. Restrooms,
free showers, vending machine, swimming.





1398.8 Bear Mountain Recreation Area, **Bear Mountain, NY 10911**

AT M-F 8-10 (8-12 in summer) 845-786-3747 Limited hours not good for maildrop.

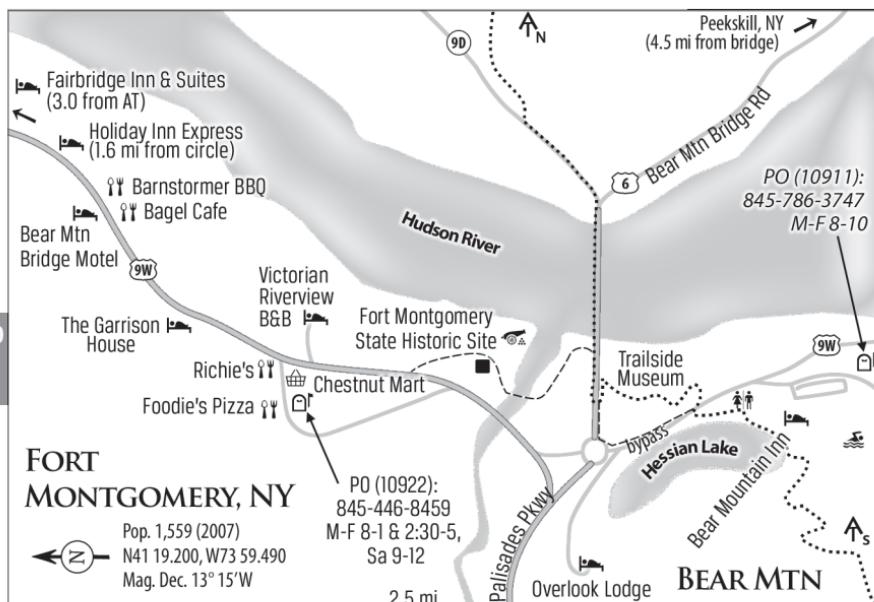
Wi-Fi Concessions & vending near Hessian Lake.

Wi-Fi \$ Bear Mountain Inn 845-786-2731 \$149/up+tax, continental breakfast, some pet rooms. Multiple dining options including 1915, Blue Tapas, and Hiker Cafe inside the inn and Stand 10 seasonal concession lakeside.

Wi-Fi Overlook Lodge 845-786-2731 \$149/up+tax, continental B, some pet rooms.

1399.2 Trailside Museum and Zoo

Open 10-4:30; no charge for hiking through. No dogs. Lowest elevation on the AT (124') is within the park. If closed, or if you have a dog, use bypass (see map).



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NY

1399.7 Bear Mountain Bridge

Fort Montgomery, NY 10922 (1.8W)

Wi-Fi Bear Mountain Bridge Motel 845-446-2472 \$75D, no pets, accepts Visa/MC, pickup/return to trail (zoo) with stay. Wir sprechen Deutsch. Guest maildrops: PO Box 554, Fort Montgomery, NY 10922.

Wi-Fi Holiday Inn Express 845-446-4277 \$110 1-4 persons, full B, indoor pool & sauna, coin laundry, 24-hour business center. Guest maildrops: 1106 Route 9 W, Fort Montgomery, NY 10922-0620.

Wi-Fi Victorian Riverview Inn 845-446-5479 \$175.

Wi-Fi The Garrison House 845-446-2322 \$139/up. Ask for hiker rate.

Wi-Fi Bagel Café ATM

Wi-Fi Foodies Pizza 845-839-0383 Highland Falls, NY (3.8W)

Wi-Fi Fairbridge Inn & Suites 845-446-9400 \$75D, continental breakfast. Pets \$10.

Wi-Fi Dunkin' Donuts, and many other restaurants

Wi-Fi My Town Market

Rite Aid

Highland Falls Library 845-446-3113 M 10-5, Tu 10-7, W-F 10-5, Sa 10-2.

Fort Montgomery State Historic Site Side trail starting from end of bridge guardrail 0.6W passes through Revolutionary War fort for which the town is named. The side trail is roughly the same length as the roadwalk but is more interesting. View the Hudson River bridge down the barrel of a cannon.

1405.5 US 9, NY 403

🍴">\$💧 **Appalachian Market** at trailhead. Hiker-friendly, open 24hrs, deli serves B/L/D. Water from spigot on north side of building.

🍴 **Stadium Sports Bar** (0.8E)

Peekskill, NY 10566 (4.5E) large town

⭐ M-F 9-5, Sa 9-4, 914-737-6437

1406.1 Franciscan Way

↖💧🌙 **Graymoor Spiritual Life Center** (0.4E) 800-338-2620 Hikers permitted to sleep at monastery's ball field picnic shelter which has water, privy, and shower during warm months. Open all season and free. Follow signs and blue-blazes; stay to the left at both forks in the road.

1410.5 Canopus Hill Rd

🍴฿฿ \$ (1.6E) **Putnam Valley Market** 845-528-8626 Directions: (0.3E) on Canopus Hill Rd, right on Canopus Hollow Rd for 0.1 mile, left on Sunset Hill Road for 1.2 miles. Pizza, hot food from the grill, ATM, open M-Sa 6-9, Su 6-7.

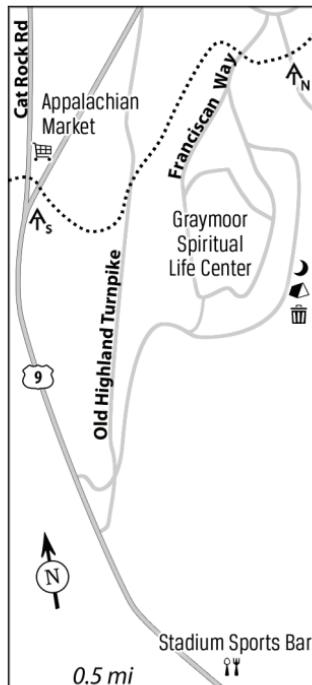
1417.9 NY 301, Canopus Lake (1E to SP)

1419.9 Side trail entry (0.2E to SP beach)

🏕️🍴★★★★ **Clarence Fahnestock State Park** 845-225-7207, 800-456-2267 Open mid-Apr to mid-Dec. Thru-hikers get one free night of camping. Concession at beach open weekends only Memorial Day to June 21. Open every day from June 21 to Labor Day. Hours Su-F 10-4, Sa 10-5.

1424.9 Hortontown RD, **RPH Shelter** (Ralph's Peak Hiker Cabin) Tent spots are evident, but tenting is discouraged.

🍴 Pizza delivered by **Avanti's** 845-896-6500 and **Gian Bruno's** 845-227-9276.



1430.0 NY 52

⭐฿฿ \$💧€ (0.4E) **Mountaintop Market Deli** 845-221-0928 Open daily 6-8, ATM and pay phone inside, welcome to water from faucet on side of building.

🍴 **Danny's Pizzeria** pizza by the slice.
Stormville, NY 12582 (1.9W)

⭐ M-F 8:30-5, Sa 9-12, 845-226-2627

1437.2 NY 55

⭐฿฿€ (1.5W) Pleasant Ridge Plaza with **Poughquag Central Market, Pleasant Ridge Pizza** L/D.

⌚ (1.2W) **Total Care Pharmacy**

🍴 R's Gulf Quickmart & Deli 845-452-4040
Poughquag, NY 12570 (3.1W)

⭐ M-F 8:30-5, Sa 8:30-12:30, 845-724-4763

🛏️ **Pine Grove Motel** 845-724-5151 Hotel was for sale late in 2013, so call to confirm prices. 2013 prices/policies were \$65S \$70D, no pets, accepts Visa/MC.

🍴 **Great Wall, Clove Valley Deli & Café**

⌚ **Total Care Pharmacy, Beekman Pharmacy**
Beekman Animal Hospital 845-724-8387

Pawling, NY (4.0E, see pg. 144)

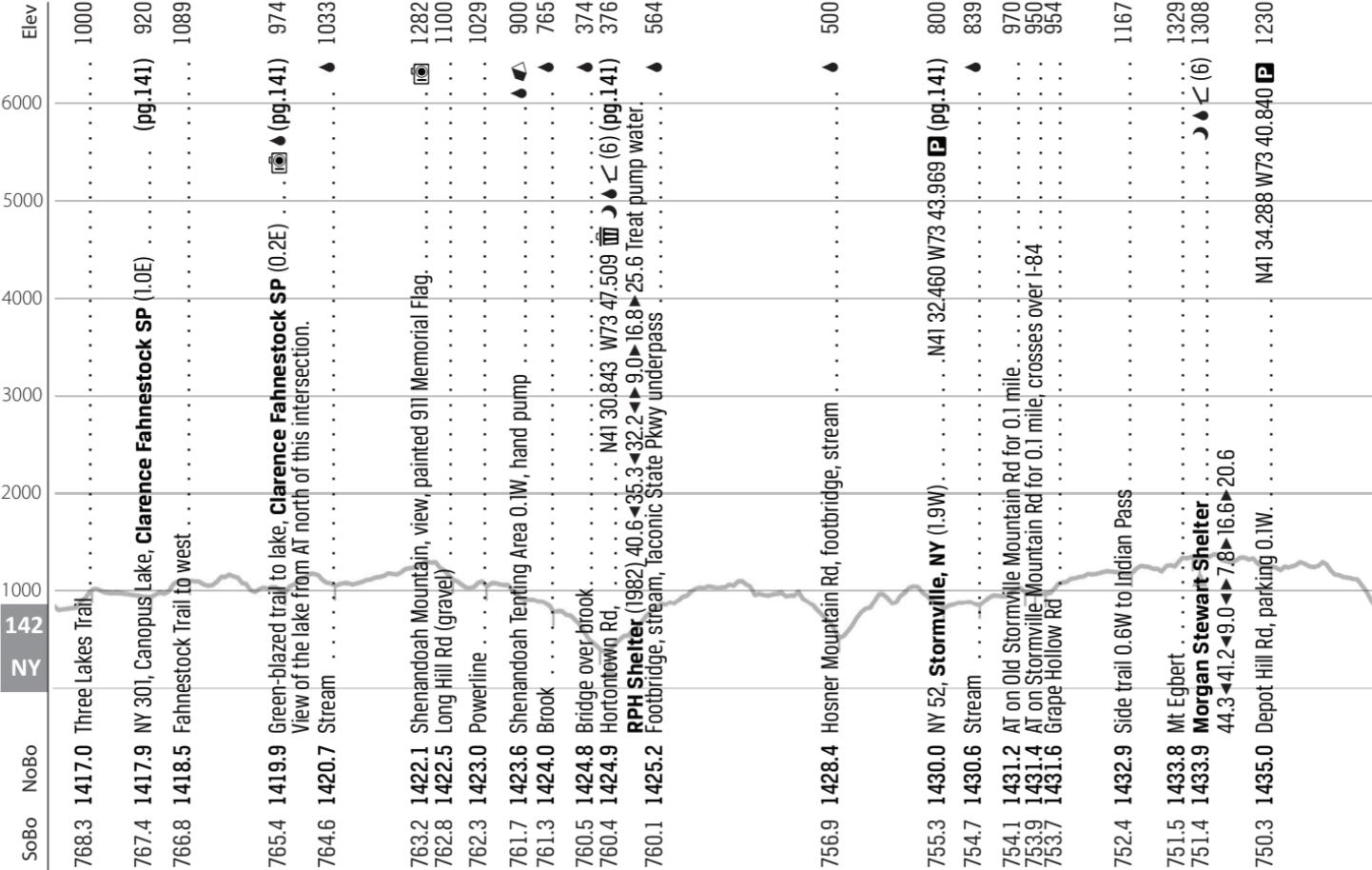
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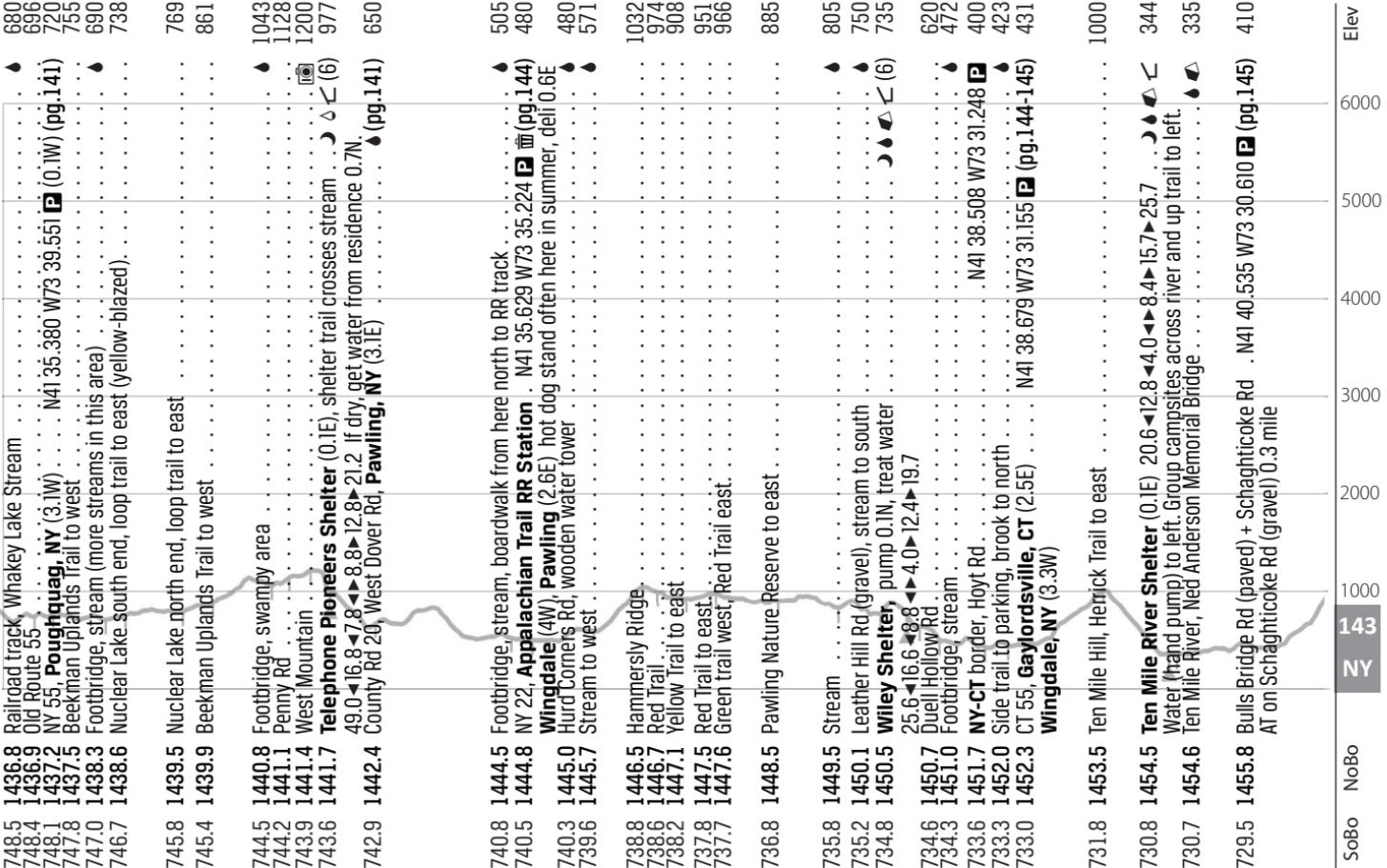
NY

1442.4 County Rd 20, West Dover Rd

Dover Oak north side of road, largest oak tree on AT. Girth 20' 4" and estimated to be over 300 years old. Spigot on fence post at red house 100 yards east of the trail. Please help yourself, they would prefer that you do not interrupt them to ask permission.

Pawling, NY 12564 (3.1E, see pg. 144)





Pawling, NY (east from NY 55, County Rd 20, or NY 22)

► Edward R. Murrow Memorial Park Town allows hikers to camp in park, one night only. One mile from the center of town, park offers lake swimming, no pets.

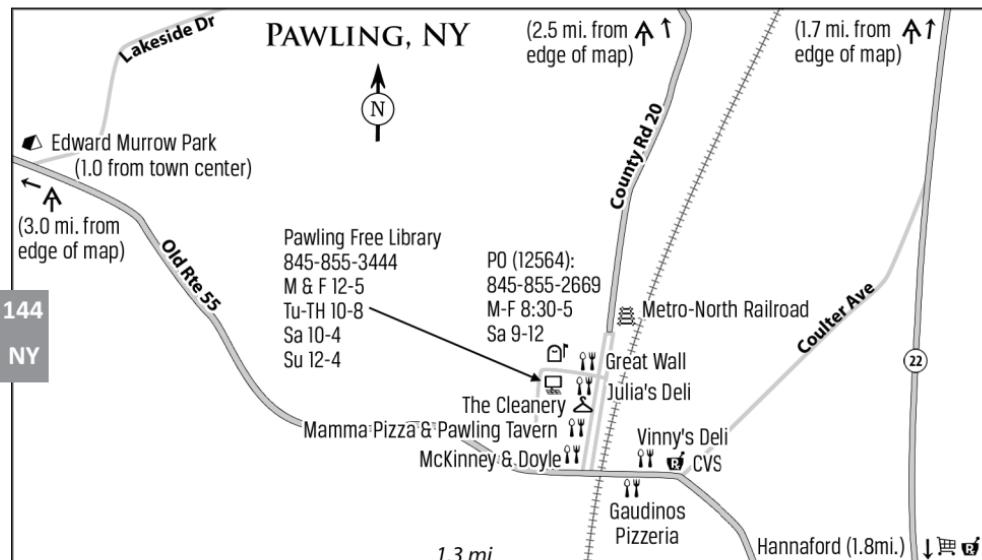
🍴 Vinny's Deli 845-855-1922, Gaudino's Pizzeria 845-855-3200, Mama Pizza II 845-855-9270, Great Wall 845-855-9750

🍴 McKeever's Restaurant L/D

💻 Pawling Free Library Closed Sundays in July and August.

bus Martin and Donna Hunley 845-505-1671 or 845-546-1832. Shuttle range RPH Shelter to Kent, CT.

✉ MTA Metro-North Railroad (see pg. 145)



1444.8 NY 22, Appalachian Trail Railroad Station

✉ MTA Metro-North Railroad (see pg. 145)

►_Native Landscapes & Garden Center 845-855-7050 Open daily 9-5. Owner Pete Muroski is hiker-friendly. Allows camping on site (no fires), use of restrooms, inside shower \$5. Some drinks and snacks sold at the office. Maildrops: 991 Route 22, Pawling, NY 12564. 🍔 (0.6E) Tony's Deli sandwiches, salads, soda machine outside. Open daily 5am-midnight.

Pawling, NY (2.5E)

Wingdale, NY 12594 (4W)

►_gas station Dutchess Motor Lodge 845-832-6400, 914-525-9276 \$73S Ride for a fee. A/C, free long distance, guest laundry \$7, one pet room. Maildrops: 1512 Route 22, Wingdale, NY 12594.

1452.3 CT 55, **Gaylordsville, CT 06755** (2.5E to bridge and country store, 0.6 further south to PO and diner)

► M-F 8-1 & 2-5, Sa 8-12, 860-354-9727

gas station **Gaylordsville Country Store** 860-350-3802 deli, grocery M-F 6-7, Sa 6-5, Su 6-3.

🍴 **Burgerittoville Bar & Grill** 860-799-7739 Hamburger burritos, milkshakes. Big Sport bar has Saturday karaoke.

🍴 **Gaylordsville Diner**

🍴 (1.4W) **Wetabuck Tavern** Food, pool table, open noon-9pm.

Wingdale, NY (3.3W) see map

MTA Metro-North Railroad 212-532-4900

www.mta.info\mnr\index.html Stations on the AT and in Pawling and Wingdale. Trip to NYC Grand Central Station requires a transfer, costs approx. \$15 one-way, and takes about two hours. Must pay in cash when boarding at the trailhead; can purchase round trip and pay with credit card if your trip originates at Grand Central Station. Schedule varies by season and summer 2014 schedule not available at time of printing. Also connects to other cities in NY and CT.

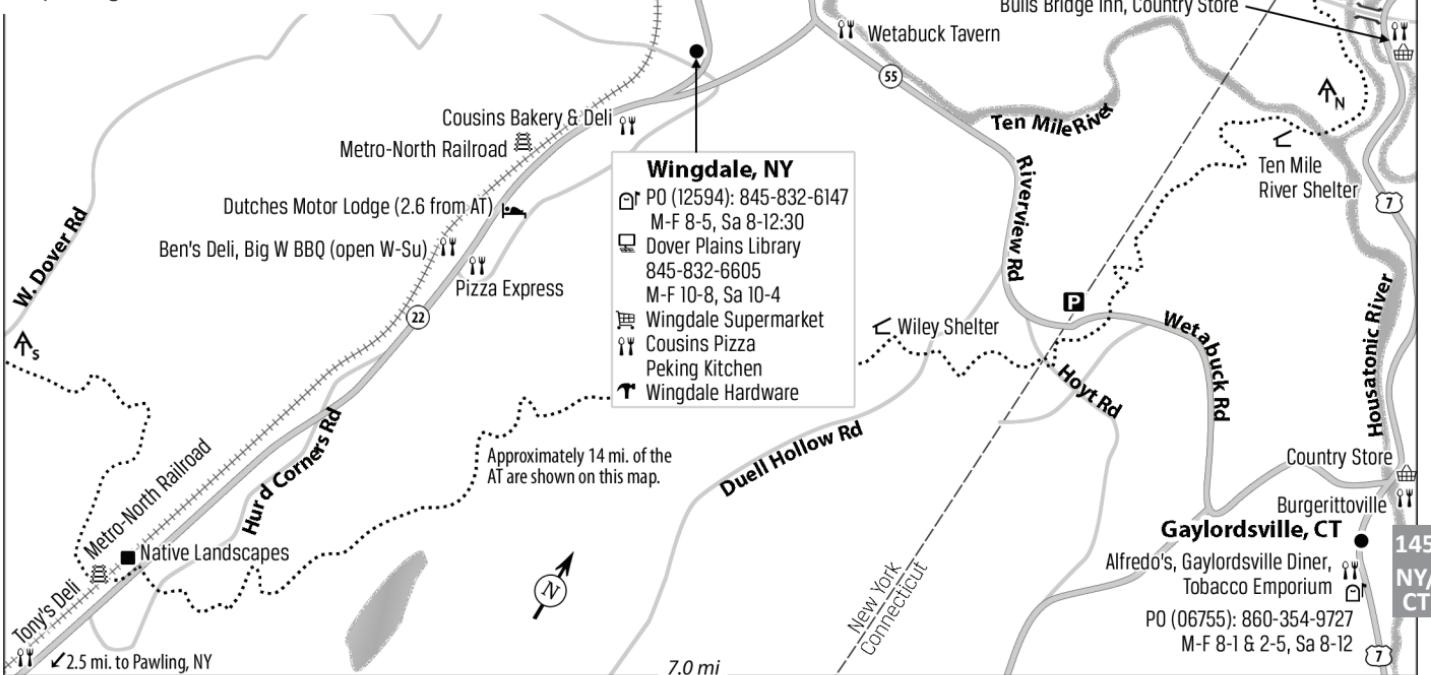
1455.8 Bulls Bridge Rd, Schaghticoke Rd

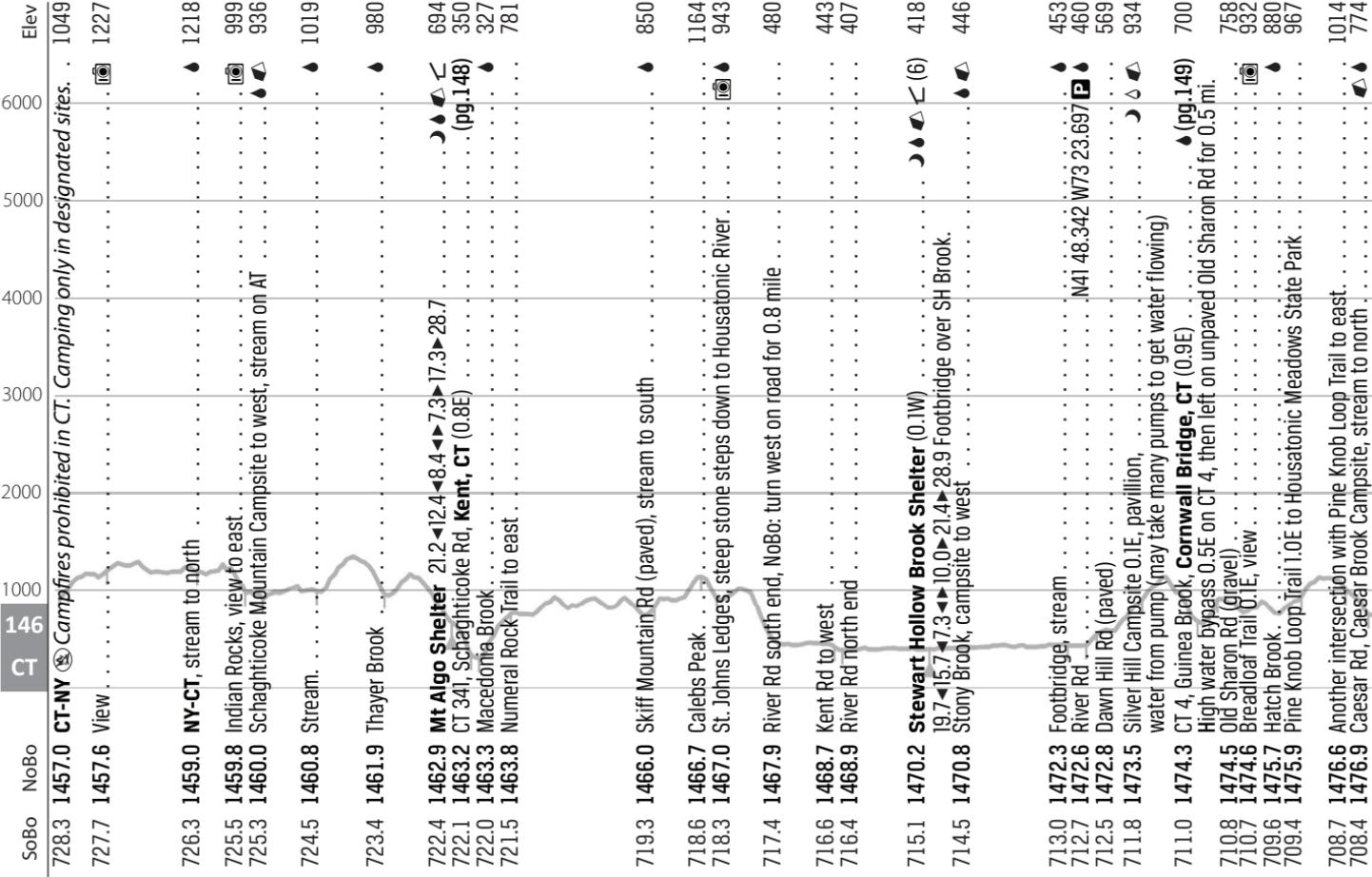
 (0.4E) To covered bridge with view of the Housatonic cascading down the backside of a dam. The one-lane bridge was built in 1842. Wooden bridges are covered to protect the wood deck and trusswork from the elements.

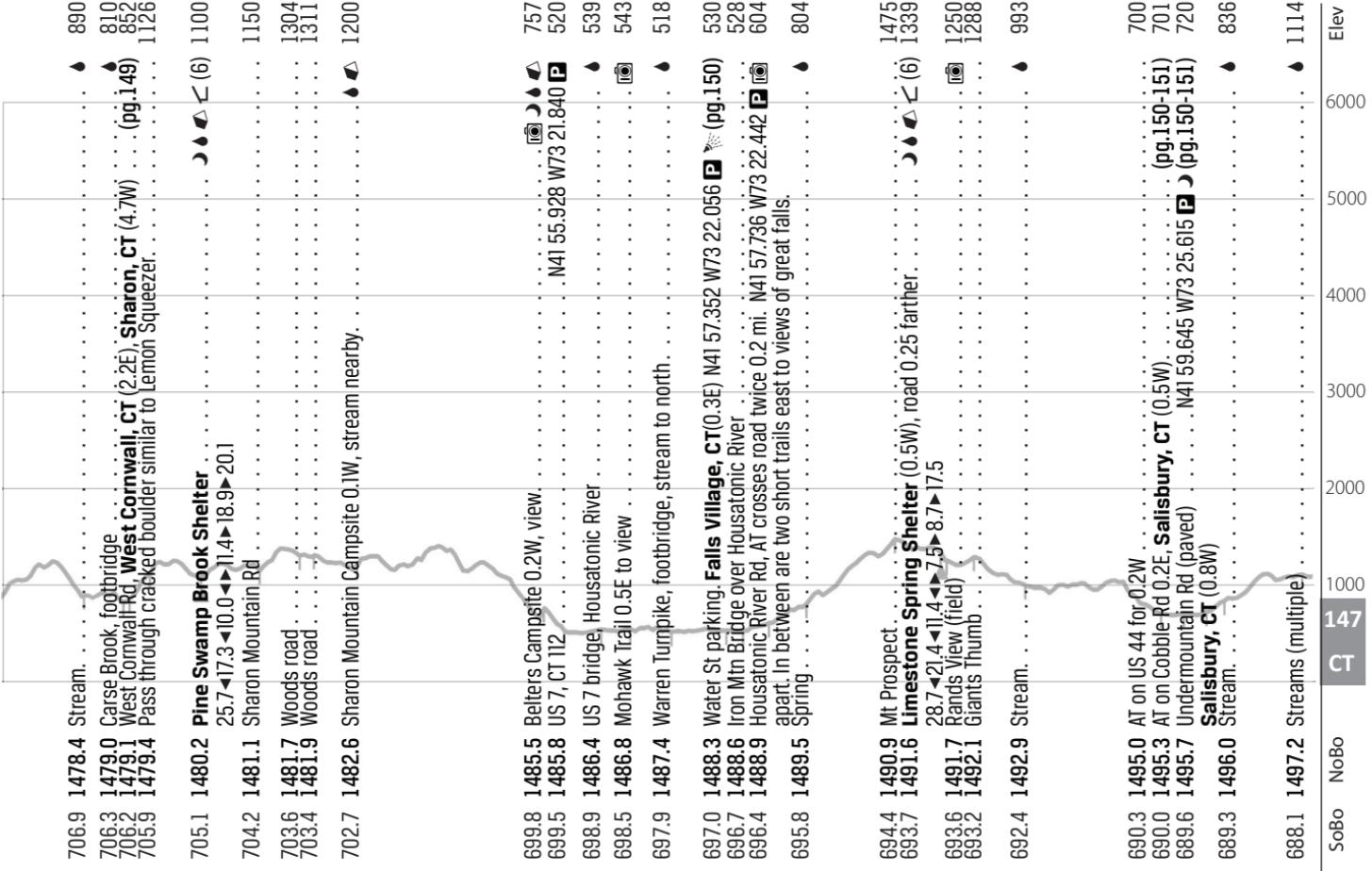
0.2 beyond bridge:

   Country Market Fruit, ice cream, soda. M-Sa 5:30-7, Sunday 6:30-7

   Bulls Bridge Inn 860-927-1000 Dinner \$10-20, M-F 5-9:30, Sa 5-10, Su 4-9. Weekend lunch noon-3. American cuisine, casual atmosphere, bar.

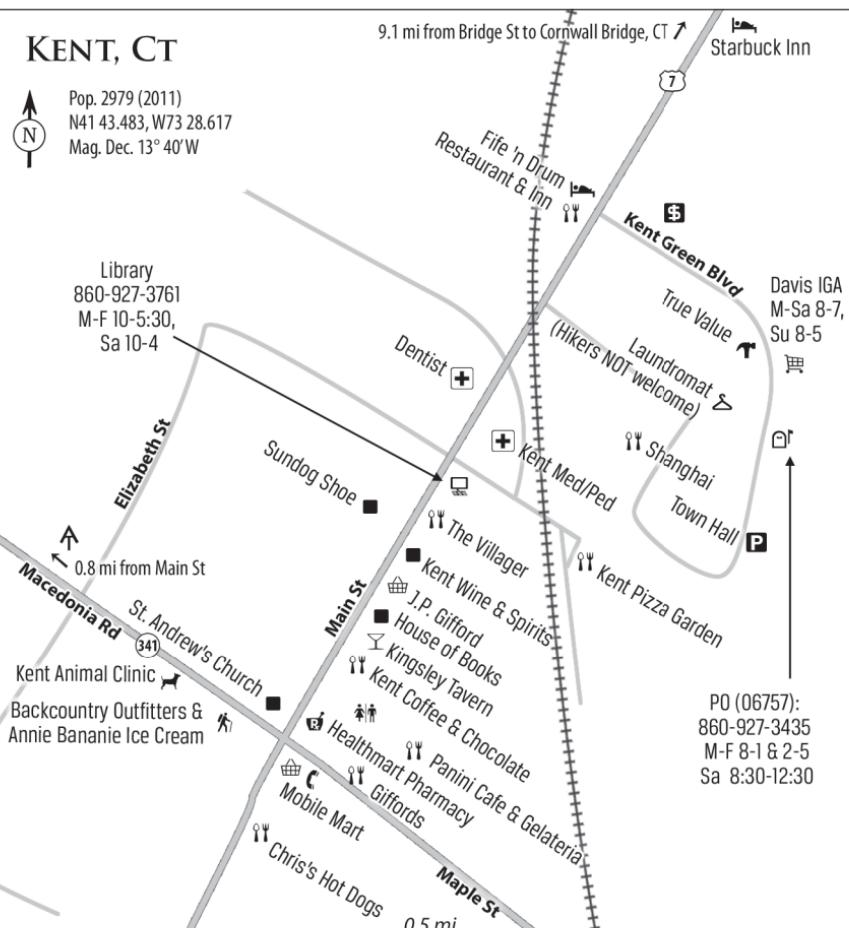






KENT, CT

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CT



1463.2 CT 341, Schaghticoke Rd

Kent, CT 06757 (0.8E)

■ ☕ ☎ ☰ **Fife 'n Drum Inn & Restaurant**

860-927-3509 (www.fifendrum.com) hiker room rates \$116D+tax wkdays, \$140D+tax wkends, \$25EAP+tax, no pets. Call for reservations, front desk closed Tu (can make prior arrangements for room access). Guest maildrops: (USPS) PO Box 188 or (FedEx/UPS) 53 N Main Street, Kent, CT 06757.

■ ☕ ☎ ☰ **Cooper Creek B&B** 860-927-4334 Hiker rate Su-Th \$95D. Weekend rates seasonal & considerably higher. 2.5mi. north of town on US 7. Shuttles to/from Kent w/stay, longer shuttles for a fee.

■ ☕ ☎ ☰ **Starbuck Inn** 860-927-1788 \$207D/up + tax, includes full breakfast & afternoon tea. Sometimes discounted mid-week, accepts credit cards, no pets.

■ ☕ ☎ ☰ **Backcountry Outfitters**

860-927-3377(www.bcoutfitters.com) M-Sa 9-6, Su 10-4. In summer hours extended 6am till 8pm weekdays, 9pm Fri & Sat, 6pm Sunday. Fuel/oz, isobutane, limited selection of gear. Farmer's market F 4-7. **Annie Bananie** ice cream & grill inside serving hot dogs, coffee, snacks, barrels of candy, chocolates. Shuttles anywhere. Maildrops: 5 Bridge Street, Kent, CT 06757.

■ ☕ ☎ ☰ **JP Gifford** Breakfast sandwiches, salads, bakery, coffee and supplies.

■ ☎ ☰ **Sundog Shoe** 10% hiker discount on footwear (Merrell, High-Tech, Keen), socks (Darn Tough), Dirty Girl Gaiters and footbeds (Superfeet, Power Step).

■ ☎ ☰ **House of Books** UPS services, open daily 10-5:30.

1474.3 CT 4, **Cornwall Bridge, CT 06754** (0.9E)

⛺️⚡️➡️➡️ Hitching Post Motel 860-672-6219 \$65/up weekdays, \$85/up weekends. Pets \$10, laundry \$5, shuttles \$1.50/mi. Maildrops: 45 Kent Road, Cornwall Bridge, CT 06754.

⛺️⚡️➡️➡️ **The Amselhaus** 860-248-3155 \$75S, \$100 for couple, \$50 EAP. Two and three bedroom apartments includes laundry, sat. TV, local and long-distance phone. Rides available. Located behind carpet store, check in at grey house next door to apartments. Maildrops: C/O Tyler, 7 River Road South, Cornwall Bridge, CT 06754.

⛺️➡️➡️ **Housatonic Meadows State Park**

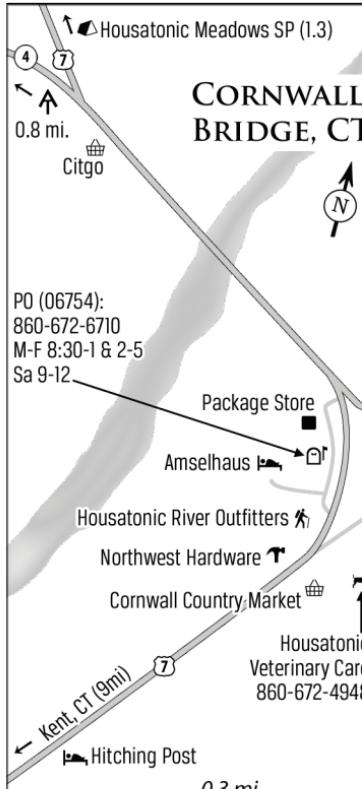
Camping and Cabins 1.3 mi. north of town on US 7. Campsite \$17 for CT residents, \$27 non-residents, \$3 walk-in fee for first night. Cabins \$50 with 2 night minimum. No hammocks. Open mid-Apr to Sep, registration at main cabin by gate, no alcohol.

⛺️➡️ **Cornwall Inn** 860-672-6884 Su-Th \$109D + tax, includes continental breakfast. Weekends %10 hiker discount. 2.2 miles south on US 7. Pickup/return to trailhead for a fee. Pet friendly. Maildrops with reservation.

🛒➡️ **Cornwall Country Market** M-F 6am-7pm, Sa-Su 7am-7pm.

🛍 **Housatonic River Outfitters** 860-672-1010 www.dryflies.com Some hiker gear, Aquamira, white gas/alcohol/oz (no canisters).

■ **Cornwall Package Store** 860-672-6645 closed Su, water spigot outside. Stopping to sign their register can be refreshing.



⛺️⚡️➡️➡️ **Bearded Woods One-of-a-Kind Bunk & Dine**

860-480-2966 Hudson and BIG Lu offer accommodations in their home to hikers \$50PP includes: bunk with linens, shower & laundry with amenities, shuttle to/from trail and post office. Cash only. Call or text

Hudson for **pickup from West Cornwall, Falls Village or Salisbury**. Last call and shuttle at 5:30. Longer shuttles for a fee. All guests are invited for a family-style dinner and breakfast. Smoking outside. Resupplies available, including stove fuel and Aquamira. Slackpacking and bagged lunches available. Open Memorial weekend to Sept. 1. Relax and let your AT experience be fulfilled.

1479.1 West Cornwall Rd

West Cornwall, CT 06796 (2.2E)

☎️ M-F 8:30-12 & 2-4:30, Sa 9-12, 860-672-6791

🍴 **Wandering Moose Café** 860-672-0178

🍴 **Buck's Ice Cream**

Sharon, CT 06069 (4.7W)

☎️ M-F 9:30-4:30, Sa 9:30-12:30, 860-364-5306

🛒 **Sharon Farm Market**

✚ **Sharon Hospital** 860-364-4141

ঔ **Sharon Pharmacy**

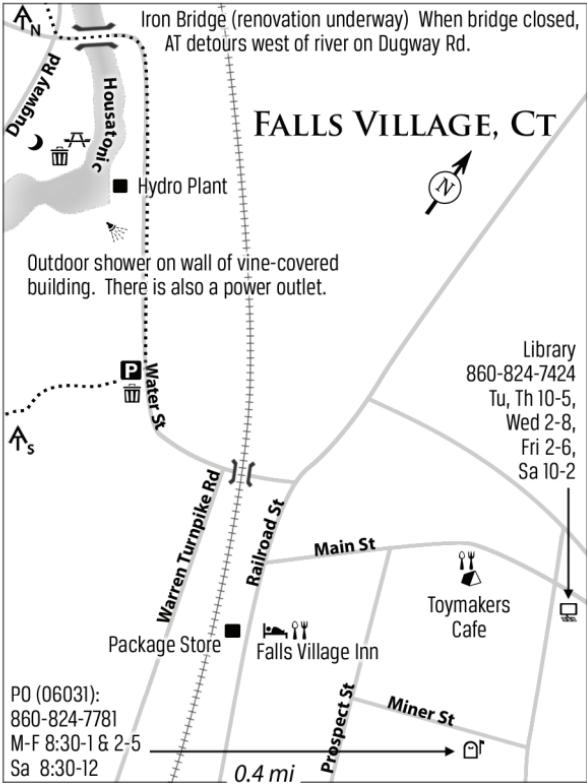
△ **Queen B Cleaner** 7 days 7-9.

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CT

About the Author

David Miller (Awol) thru-hiked the AT in 2003, and is the author of ***Awol on the Appalachian Trail***. David is a life member of the Appalachian Trail Conservancy.



Bearded Woods One-of-a-Kind Bunk & Dine Will pick up from Falls Village or Salisbury. See details on pg. 149.

1488.3 Water Street Parking Area

Falls Village, CT 06031 (*more services on map*)

Toymakers Café 860-824-8168 B/L Thursday-Sunday (Th-F 7-2, Sa-Su 7-4) free tent sites, hiker friendly, knock on upstairs door if closed. Cash only.

Falls Village Inn 860-824-0033 \$199/up, also has restaurant & bar.

1495.3 Cobble Rd (0.5W)

1495.7 Undermountain Rd (0.8W)

Salisbury, CT 06068 (*more services on map*)

Maria McCabe offers rooms in her home, 860-435-0593, \$35PP, includes shower, use of living room, shuttle to coin laundry, cash only. Guest maildrops: 4 Grove Street.

Vanessa Breton offers rooms in her home, 860-435-9577, cell 860-671-1457 four beds \$40PP, pets \$5, laundry \$5. Guest maildrops: 7 The Lock Up Rd, Salisbury, CT 06068.

Chaiwalla 860-435-9758 W-Su 10-6. Hiker friendly tea room. Closed in Mar, open weekends only in winter.

Peter Becks Village Store 860-596-4217 (www.peterbecks.com) M-Sa 10-6, Su 10-4, full line of gear, denatured alcohol/oz and canisters. Maildrops: 19 Main Street, Salisbury, CT 06068.

LaBonne's Market M-Sa 8-7, Sunday until 6pm. Grocery, deli, bakery, pizza by the slice.

Town Hall 860-435-5170 M-F 8:30-4 Hikers welcome to use bathrooms and phone (local calls only).

Lakeville, CT

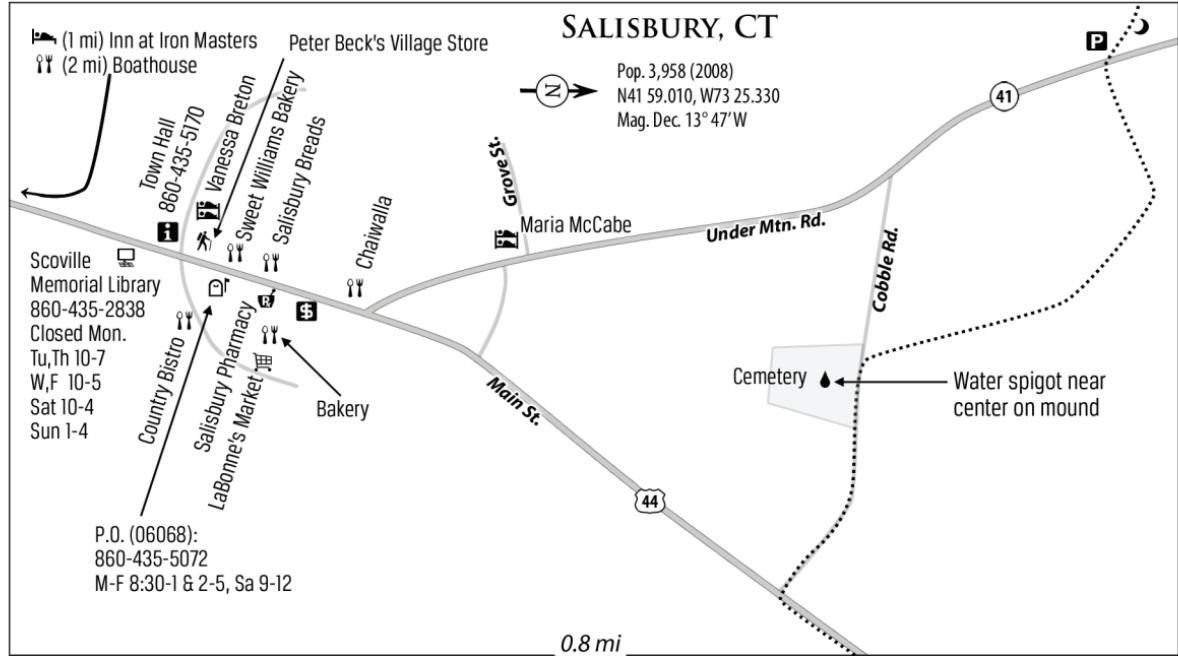
(2.0 mi. south of Salisbury)

Inn at Iron Masters 860-435-9844 On US 44 1.0 south of Town Hall. \$159/up Apr - midNov, \$131 midNov-Mar, cont B, all non-smoking, 2 pet rooms available.

Boathouse 860-435-2111 Sports bar/restaurant

Mizza's Pizza 860-435-6266

Washboard Laundromat Behind Mizza's



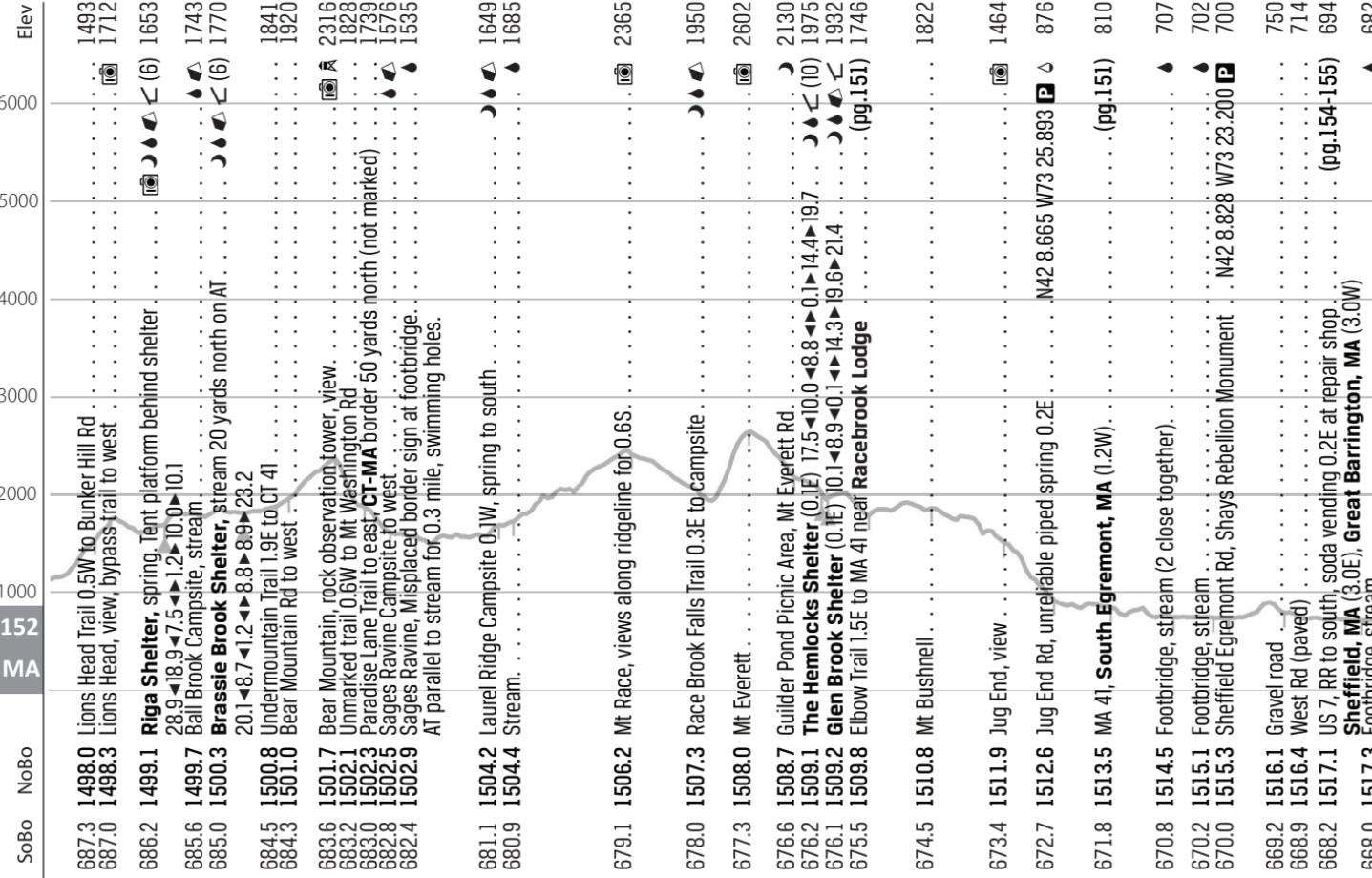
1509.8 Elbow Trailhead on MA 41

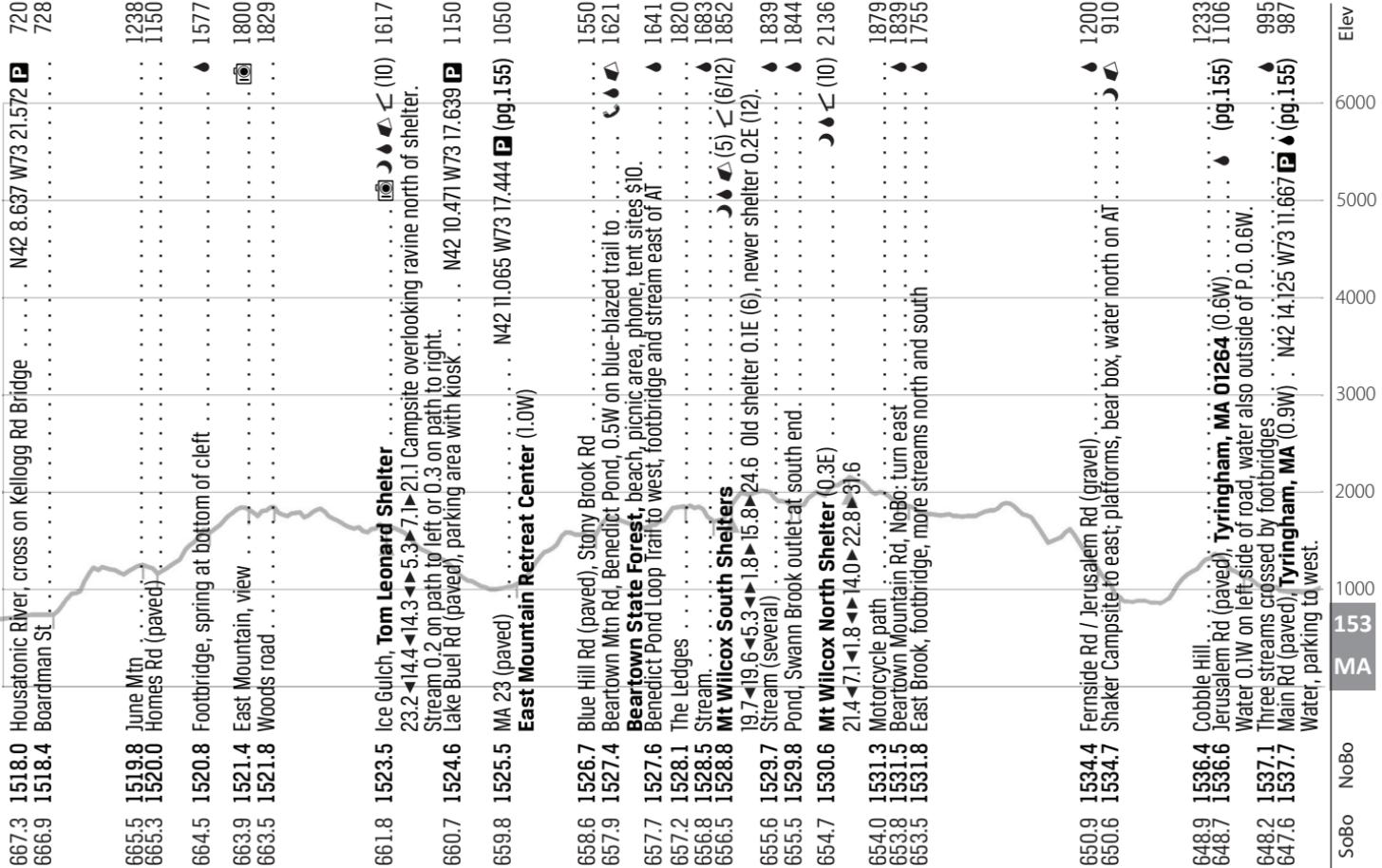
Racebrook Lodge 413-229-2916 <www.rblodge.com> Rates lowest off-season (Nov-May). M-Th \$105-\$170, F-Su \$115-245. Stay includes breakfast. Pets \$15/night. **Stagecoach Tavern** on-site open Th-Su for dinner. Accepts Visa/MC/Disc, open year-round. Guest maildrops: 864 S Undermountain Rd, Sheffield, MA 01257.

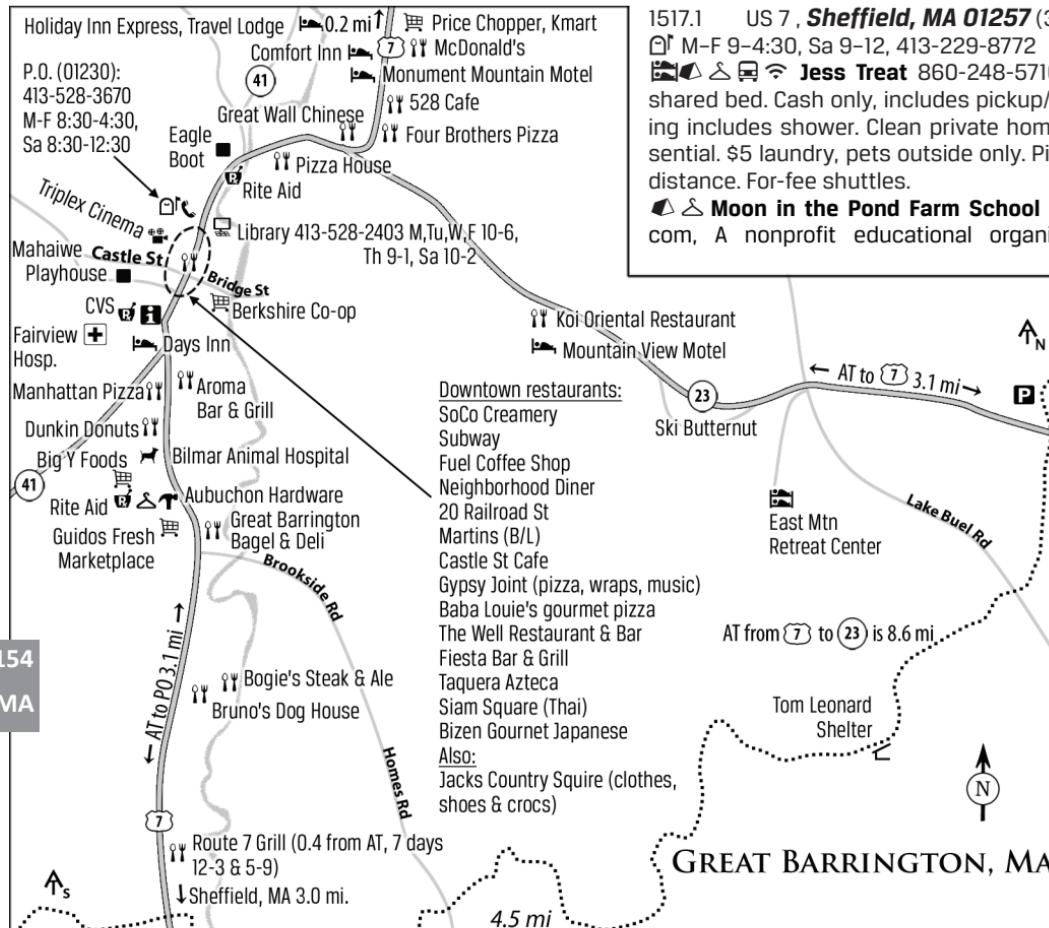
1513.5 MA 41 **South Egremont, MA 01258** (1.2W)

ATC New England Regional Office 413-528-8002 in Kellogg Conservation Center.
Egremont Market 413-528-0075 Market and deli 6:30am-7pm 7 days. Ice cream, trail mix, sodas.

Mom's Country Cafe 413-528-2414 Breakfast/Lunch restaurant open 6:30-3 every day and 5-9pm F-Su. Breakfast all day, free refills on coffee, outdoor water spigot, hikers welcome.







   **Monument Mountain Motel** 413-528-3272 weekdays \$65S \$85D. Pickup sometimes avail. Maildrops w/reservation: 247 Stockbridge Rd, Rt 7, Great Barrington, MA 01230

   **Mountain View Motel** 413-528-0250 Weekdays \$65S \$75D, \$20EAP, no pets. Rides sometimes available.

   **Comfort Inn**

413-644-3200 Prices seasonal. Full B, indoor heated pool & hot tub, no pets. Maildrops with advance reservation: 249 Stockbridge Rd, Rt 7, Great Barrington, MA 01230.

   **Travel Lodge** 413-528-2340 Su-Th \$50-89D + tax, \$10EAP, cont B, coin laundry.

 **Guido's** Organic produce, cold juices, and more.

 **Fairview Hospital** 413-528-0790

1525.5 MA 23

  **(1W) East Mountain Retreat Center** 413-528-6617 <www.eastretreat.org> left 1.0 mile, blue sign on left and 0.5 mile on driveway, \$10PP donation suggested, shower, use of dryer (no washer), pizzeria delivers to hostel, 10pm curfew and 8:30am checkout. Be aware that other retreat guests practice a vow of silence. Cash only. Maildrops: 8 Lake Buel Rd, Great Barrington, MA 01230.

1536.6 Jerusalem Rd (0.6W to town)

1537.7 Main Rd (0.9W to town)

Tyringham, MA 01264

 M-F 9-12:30 & 4-5:30, Sa 8:30-12:30, 413-243-1225

  **Library 413-243-1373** Adjacent to P.O. Tu 3-5, Saturday 10-12

  **Cobble View B&B** 413-243-2463 Mid-week discounts, includes cont B, no pets, no smoking, Visa/MC accepted.

1544.6 **Upper Goose Pond Cabin (0.5W)**

   On side trail north of pond. Fireplace, covered porch, bunks with mattresses. Swimming and canoeing. The cabin is open daily Memorial Day-Labor Day & weekends through Columbus Day. When caretaker not in residence, hikers may camp on porch (no

cooking) or tent platforms. Please store food in bear box. During summer, caretaker brings water; otherwise, pond is water source. Donations requested.

1546.2 US 20

    (0.1E) **Berkshire Lakeside Lodge** 413-243-9907

Summer rates: weekdays \$60-90, weekends \$145-160 4-person room w/cont. breakfast. No pets. Hikers welcome to get water. Soda machine. No services nearby but you can get pizza and Chinese food delivered. Maildrops with reservation: 3949 Jacob's Ladder Rd, Rt 10, Becket, MA 01223

Lee, MA 01238 (5W) Lodging busy and expensive on weekends and during Tanglewood Music Festival.

 M-F 8:30-4:30, Sa 9-12, 413-243-1392

   **Americas Best Value Inn** 413-243-0501 Apr-May \$52-55 Su-Th, \$65-75 F-Sa, Jun-Oct \$60-79 Su-Th, \$110-\$195 F-Sa, cont B.

   **Roadway Inn** 413-243-0813 Jul-Aug \$79 weekdays \$159-169 weekends, other months \$42/up. Cont B.

    **Pilgrim Inn** 413-243-1328 Peak rates Jun 15-Aug; Su-Th \$95D, F-Sa \$225D. Non-peak rates \$85D-\$110D. Cont B.

   **Super 8** 413-243-0143

      **Dunkin Donuts, Athena's Pizza House, Friendly's, Joe's Diner, McDonalds**, and many more.

   **Price Chopper Supermarket** 413-528-2408

   **Rite Aid**

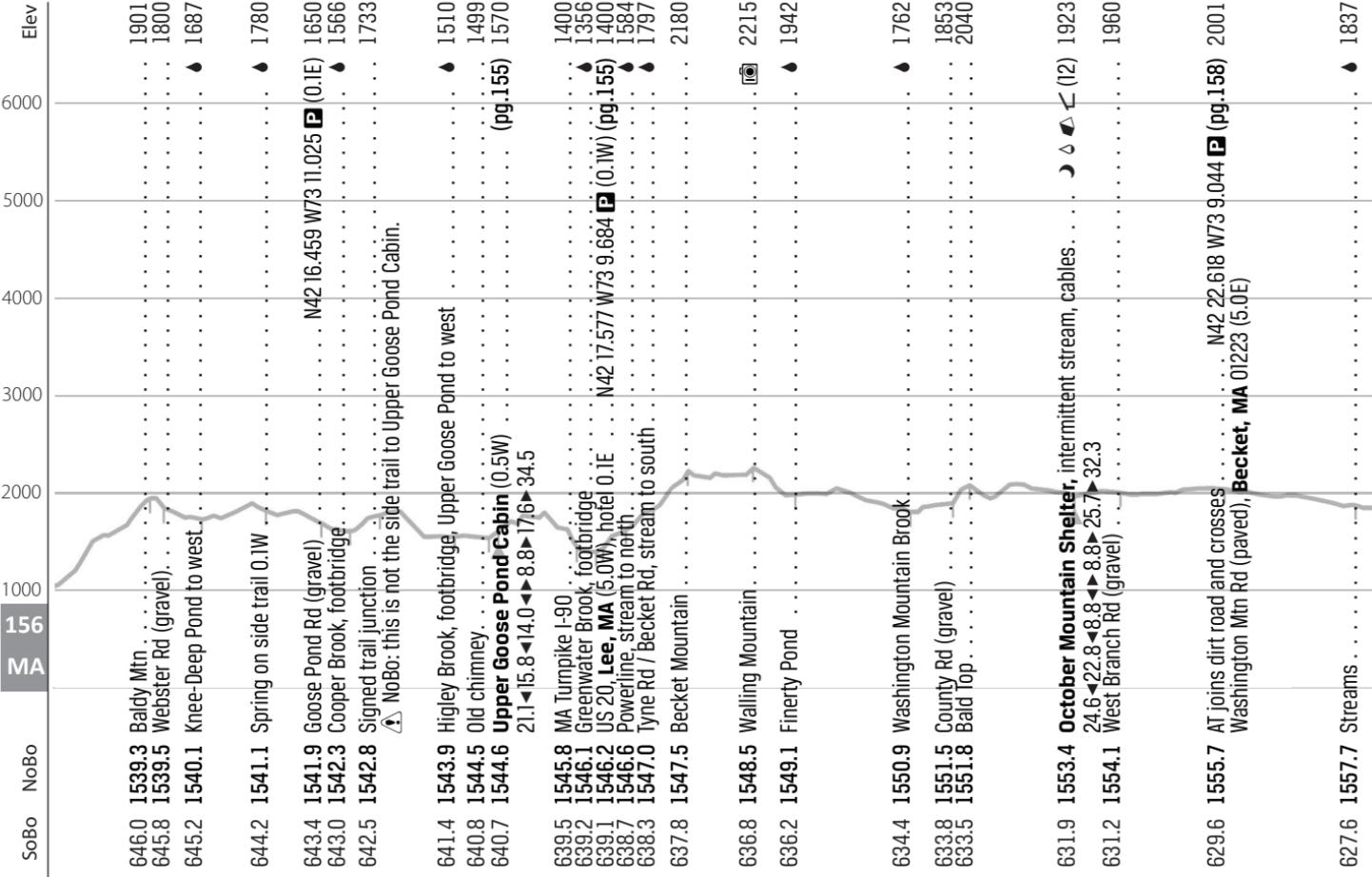
   **Valley Veterinary Clinic** 413-243-2414

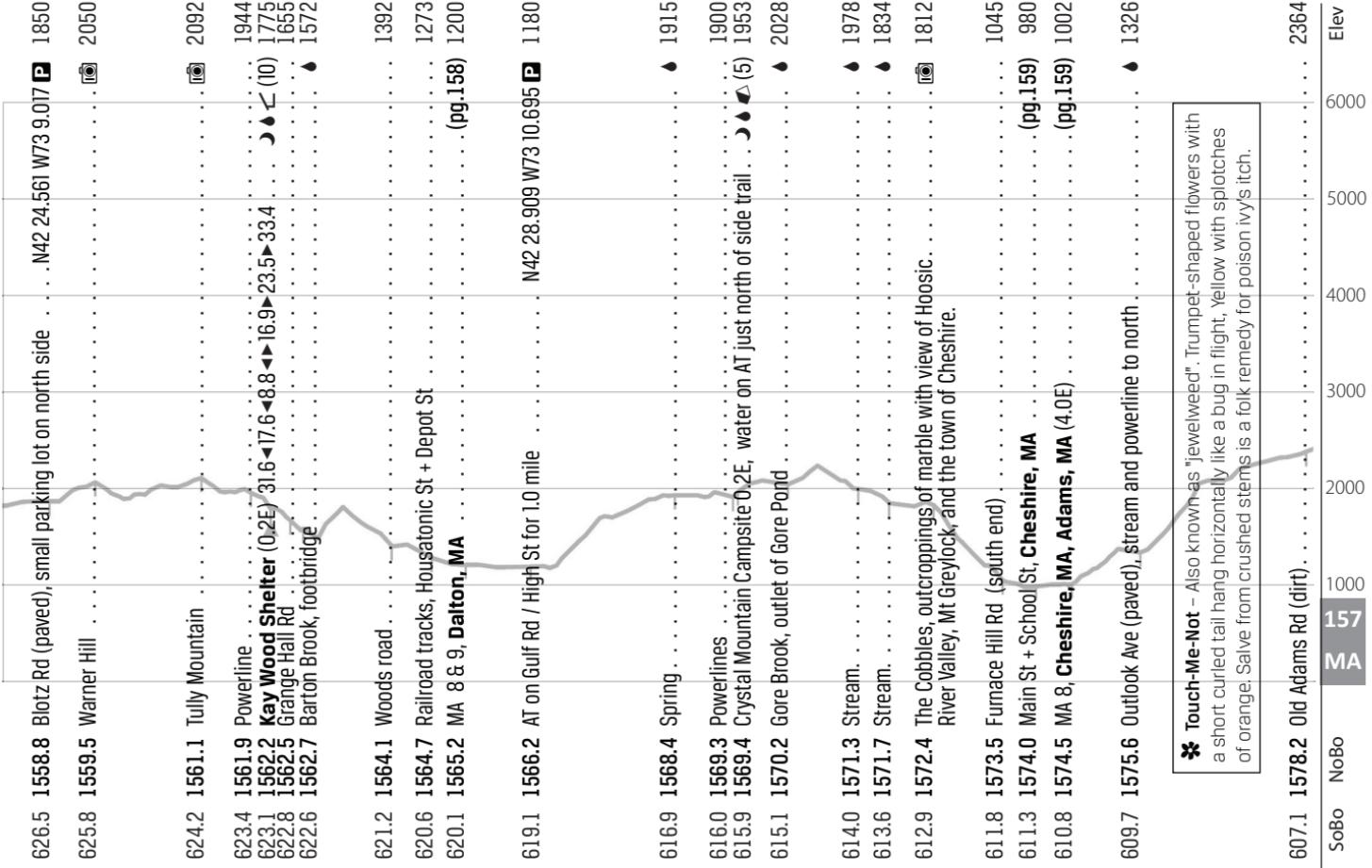
   **Lee Coin-Op Laundry**

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MA

 **BRTA** 800-292-2782 Commuter bus connects **Great Barrington, Dalton, Cheshire, North Adams, Adams, Williamstown, Pittsfield, Lee** and **Berkshire Mall**. Buses run M-F 5:45am-7:20pm, Sa 7:15pm-7pm. Fares \$1.25/town up to \$5 (fare structure may change in 2014), drivers cannot make change. Flag bus anywhere on route.





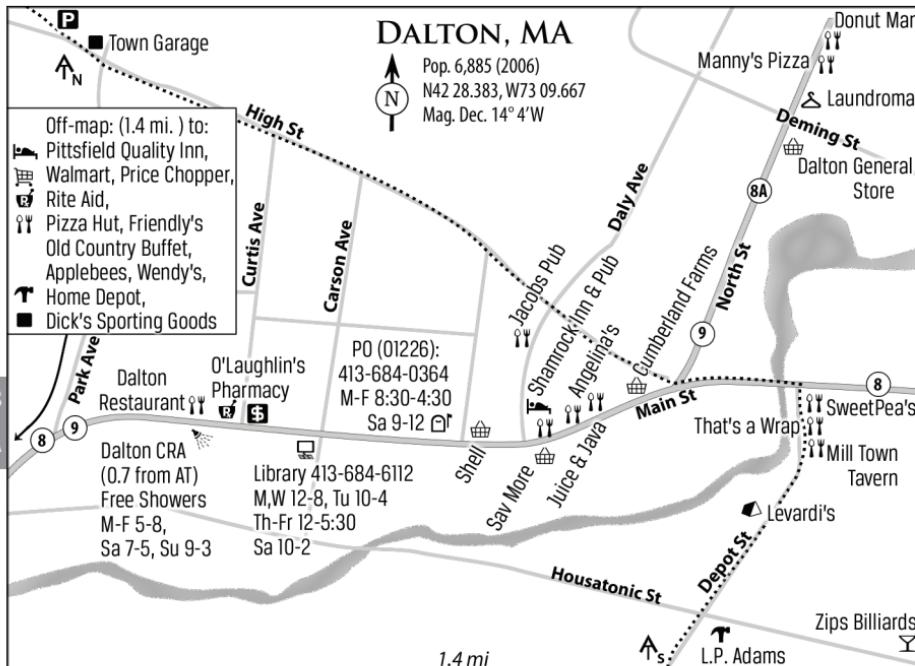
1555.7 Washington Mtn Rd

🏡💧✉️ Home of the "Cookie Lady" 100 yards east

413-623-5859 Water spigot near the garage door, please sign register on the steps. Homemade cookies often available. Soda, ice cream, boiled eggs & pick your own blueberries. Camping allowed, ask permission first. Shuttle range from Hoyt Rd. in NY to Manchester Center, VT. Maildrops: Roy & Marilyn Wiley, 47 Washington Mountain Road, Becket, MA 01223.

Becket, MA 01223 (5E) ⏪ M-F 8-4, Sa 9-11:30, 413-623-8845

🏡📡 (6E) **Becket Motel** 413-623-8888 \$95-139+tax, includes shuttle from/to US 20 or Wash Mtn Rd). Tavern next door. Guest maildrops: 29 Chester Road, Becket, MA 01223.



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MA

Berkshire Mall on SR 8, 4 mi. north of Dalton & 7 mi. south of Cheshire has:

🏃 EMS 413-445-4967

🎥 Regal Cinema 10 413-445-4967

1565.2 MA 8 & 9 **Dalton, MA 01227**

🏡☀️💧 Thomas Levardi 413-684-3359, 413-212-9691. 83 Depot Street, allows hikers to use water spigot outside and, with permission, provides the hospitality of his front porch and back yard for tenting. Space is limited.

🏡📡 WiFi **Shamrock Village Inn** 413-684-0860 Tax included hiker rates Su-Th are \$70.17 for room with a double bed or \$72.67 for a room with 2 doubles or 1 queen bed. Fri&Sat \$91.53/\$100.68 respectively. Well-behaved pets allowed with \$75 deposit. Coin laundry, free use of computer and WiFi.

🍴 **That's a Wrap** sandwiches, **Angelina's Subs** with veggie burgers, **Dalton Restaurant** serves D Th-Sa with live entertainment.

🍴 **SweetPea's** Ice cream, summer hours M-Th 12-9, F-Sa 12-10, Su 1-8

undry **Dalton Laundry** M-F 9-6, Sa 10-4, Su 10-2.

gas **LP Adams** Coleman/denatured alcohol.

Pittsfield, MA Many stores & restaurants approx. 2.0W from Dalton, see map.

🏡📡 WiFi **Pittsfield Quality Inn** 413-443-5661 prices seasonal.

1574.0 Main St, School St
1575.5 MA 8 (4.0E)

Chestire, MA 01225

St. Mary of the Assumption Church Check in with Father David Raymond (west side door near the mailbox). Use of restrooms and outside cooking area. No laundry or showers. No smoking, alcohol or drugs on church property. Welcome to attend service in hiker attire. Please donate. Maildrops: 159 Church Street, Cheshire, MA 01225.

Harbour House Inn Bed & Breakfast 413-743-8959 (Eva) <www.harbourhouseinn.com> \$85D hiker rate Su-Th, sometimes available on weekends. Includes breakfast, no pets, no smoking, shuttle w/stay often available. Guest maildrops: 725 North State Rd, Cheshire, MA 01225.

AT Bicycle Works & Outfitters 413-822-5357

<www.atbicycleworks.com> Some hiker supplies, Coleman/alcohol by ounce and canisters, owner is 2005 thru-hiker Larry "Draggin" Dragon. No regular hours, call and he will open shop for you.

Cobble View Pub & Pizzeria T-Su 11-10

Diane's Twist Limited hours, deli sandwiches, soda, ice cream.

HD Reynolds a general store, hiker snacks and Coleman fuel.

BRTA stops across the street from the post office.

East from MA 8:

(2.2E) **Berkshire Outfitters** 413-743-5900 <www.berkshireoutfitters.com> M-F 10-6, Sa 10-5, Su 11-4, Full service outfitter, Coleman/alcohol/oz, freeze-dried foods, minor equipment repairs.

Adams, MA 01220 (4.2E)

M-F 8:30-4:30, Sa 10-12, 413-743-5177

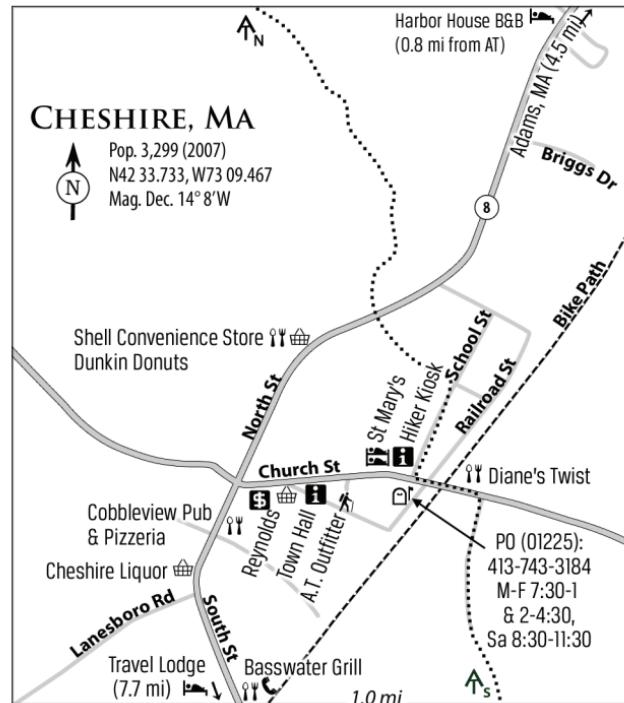
Mount Greylock Inn 413-743-2665 <www.mountgreylockinn.com> Accepts major CC, open year round.

Big Y Foods Supermarket

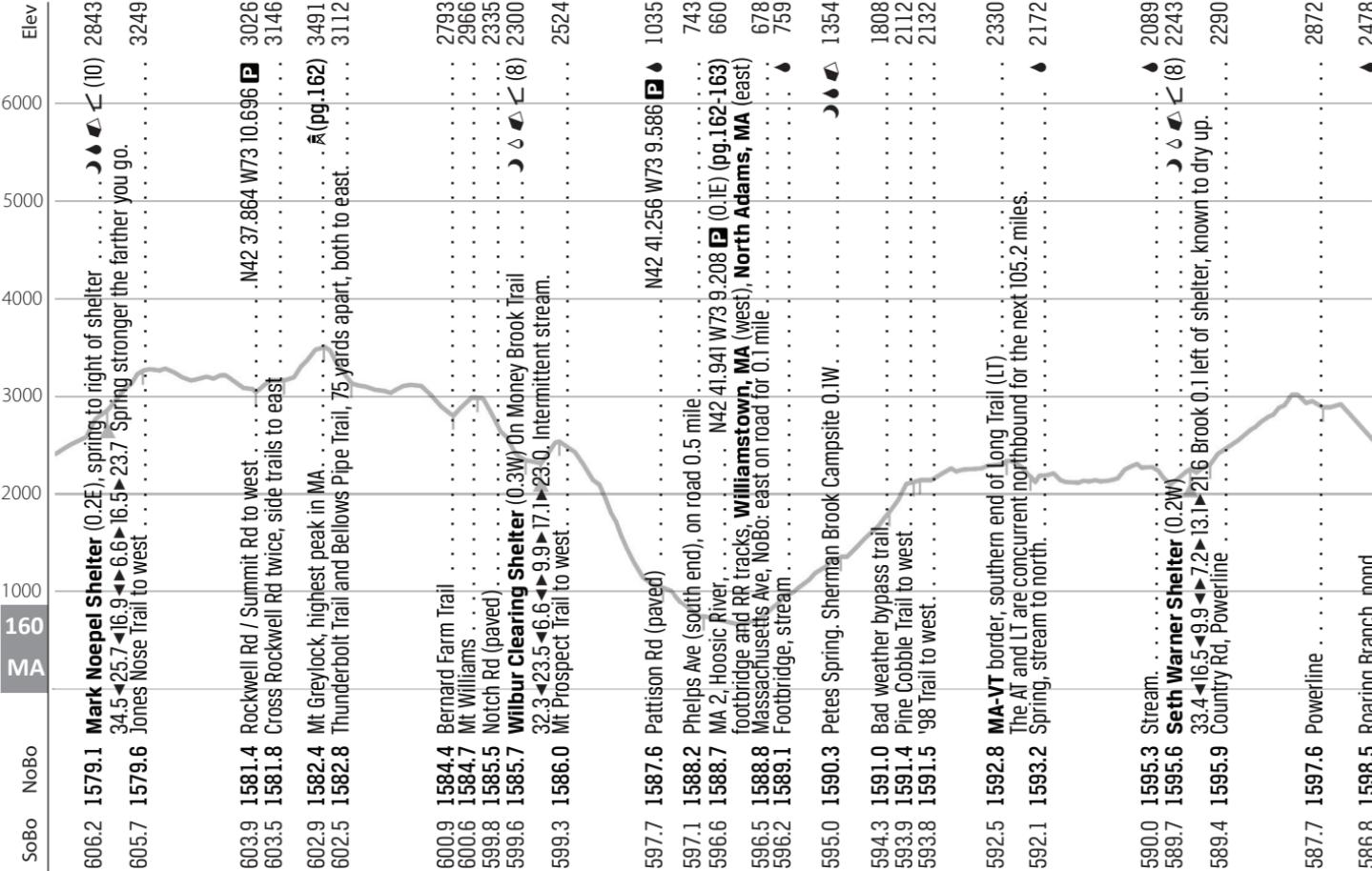
Rite Aid, Medicine Shop

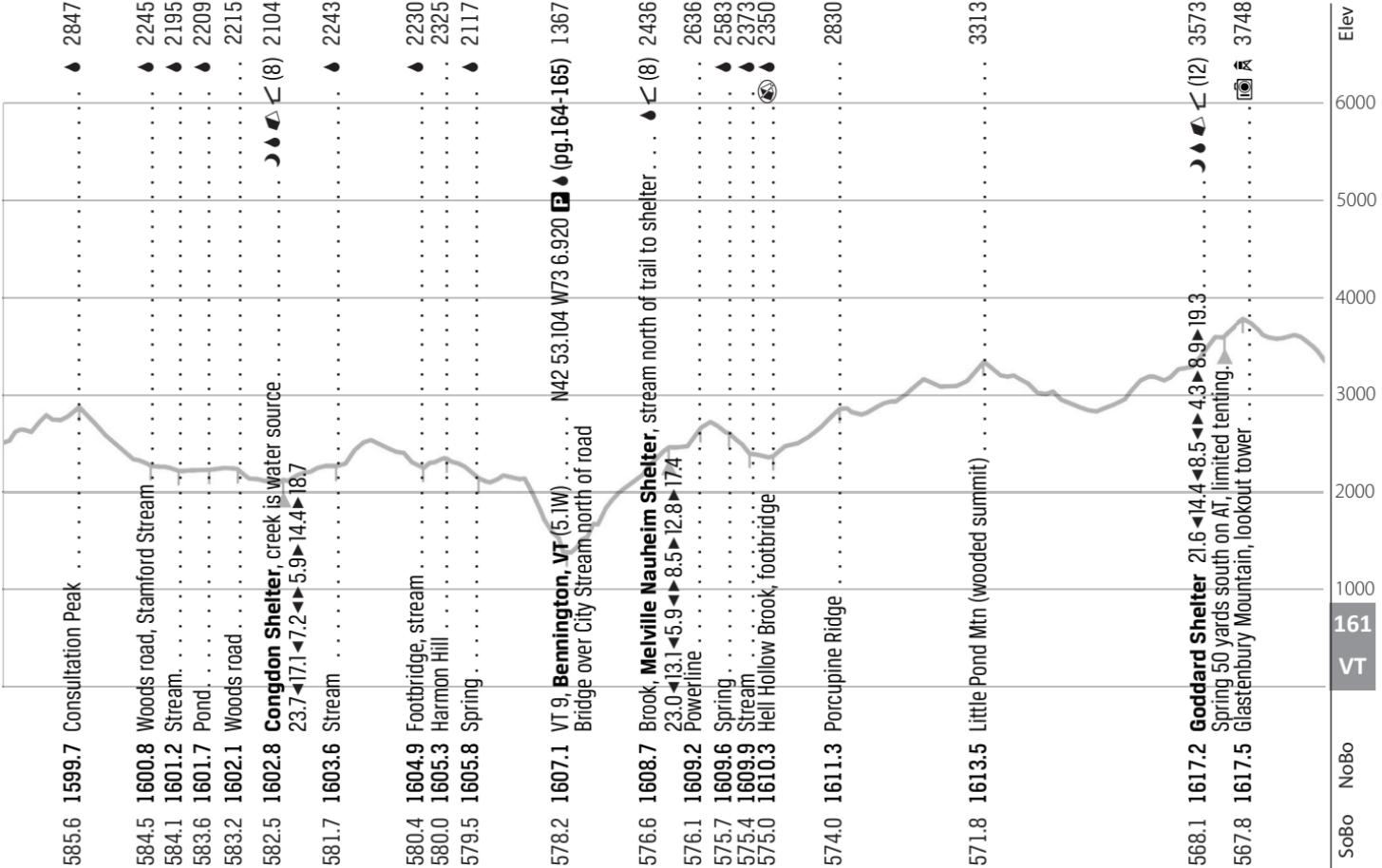
Adams Veterinary Clinic 413-743-4000

Thrifty Bundle Laundromat, Waterworks, fast-food outlets.



Gary Monk (trail name "Blaze") counted every white blaze he passed during his 2002 northbound thru-hike. There were 80,900. I wouldn't tell anyone about getting lost.





1582.4 Mt Greylock (3,491') is Massachusetts's highest peak. Veterans War Memorial Tower is on the summit. There are views of the Green, Catskill, and Taconic mountain ranges and surrounding towns. No camping or fires on summit.

Bascom Lodge on summit 413-743-1591 private rooms \$125/up, bunkroom \$36. Bunkroom includes use of shower and continental breakfast. Shower & towel w/o stay \$5, some snacks in gift shop, restaurant serves B/L/D.

1588.7 MA 2, Hoosic River

Williamstown, MA 01267 (2.6W)

ALDHA Gathering Oct. 10-12

Williamstown Motel 413-458-5202 \$59S \$69D wkdays, \$79S \$89D wkends; prices may be higher on high-demand nights. Cont B. Laundry \$8. Will pickup at Route 2. Major CC accepted. Maildrops: 295 Main Street, Williamstown, MA 01267.

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MA

Willows Motel 413-458-5768, \$69-129, cont B, pool, no pets. Maildrops: 480 Main Street, Williamstown, MA 01267.

Maple Terrace Motel 413-458-9677 Prices seasonal, call for rates. Continental B, heated pool, all rooms non-smoking.

Howard Johnson 413-458-8158, \$55-\$119, 5% hiker discount, cont B. Maildrops: 213 Main Street, Williamstown, MA 01267.

River Bend Farm 413-458-3121 \$120D includes breakfast. Unique experience in an authentic 1770 colonial farmhouse. Free pickup & return when available.

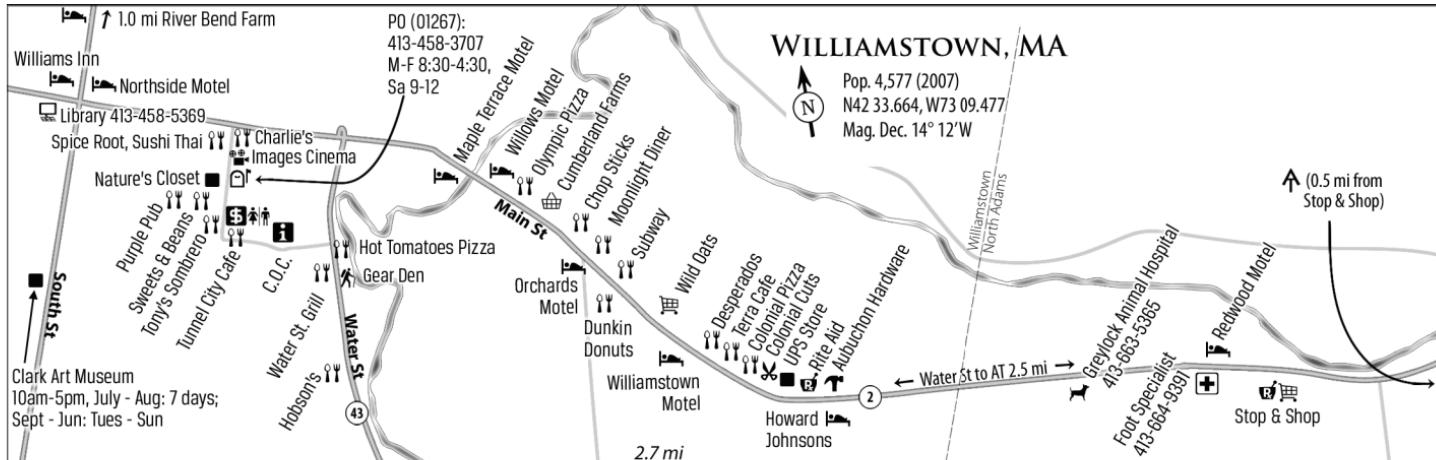
Williams Inn 413-458-9371 \$180D/up, but \$6 gets you a shower, swim and sauna, \$1 towel. Restaurant open 7am-9pm, carry-out. Short term parking \$2/day.

Redwood Motel 413-664-4351

Spice Root Indian Cuisine 10% hiker discount.

Desperado's is hiker friendly.

Gear Den 413-458-7990 Consignment store with gently used



outdoor clothing & gear. Small inventory of new backpacking supplies including books, maps & clothes. Fuel/oz and canister fuel. Camping allowed in back of the store next to river. Maildrops: 130 Water St. Williamstown, MA 01267.

☒ **Nature's Closet** Apparel & footwear. Maildrops: 61 Spring St, Williamstown, MA 01267.

☒ **Milne Public Library** M-F 10-5:30, W 10-8, Sa 10-4

☒ **Greyhound Bus Service**

North Adams, MA 01247 (services spread out east of AT)

🏨🍽️⚠️📍Holiday Inn 413-663-6500 Summer rates \$169.99/up. Pool, hot tub. **Richmond Grill** on-site.

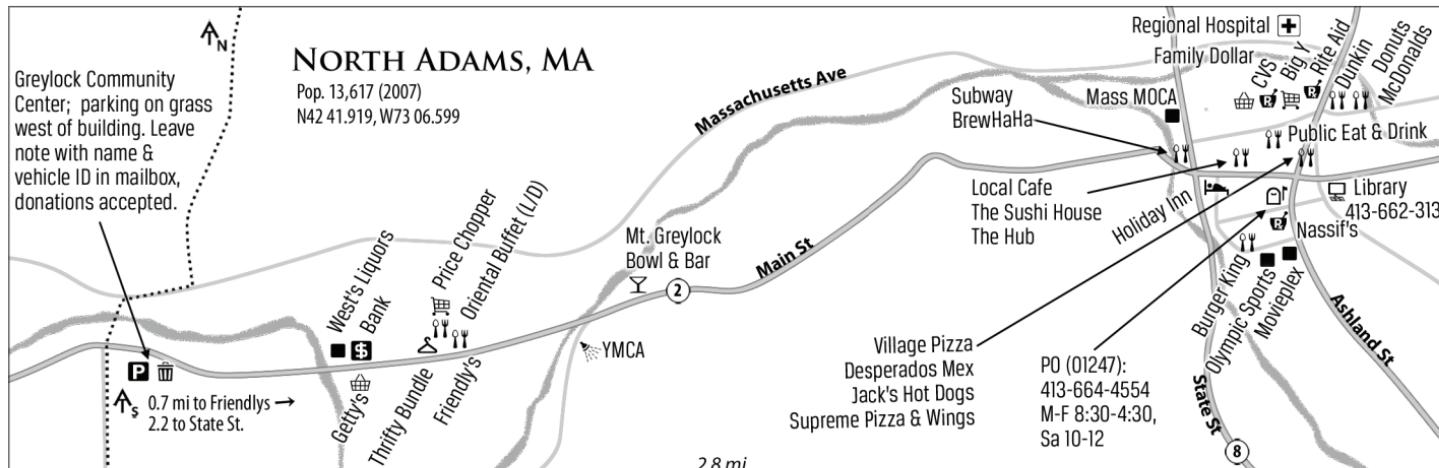
🍽️ **Oriental Buffet**, AYCE L/D buffet

✚ **North Adams Regional Hospital** 413-664-5000

↗ **Greylock Animal Hospital** 413-663-5365, M-Th 8-7, F 8-5, Sa 8-3, Su 9-3, M-F doctor on call until 11pm.

➲ **David Ackerson** 413-346-1033, 413-652-9573

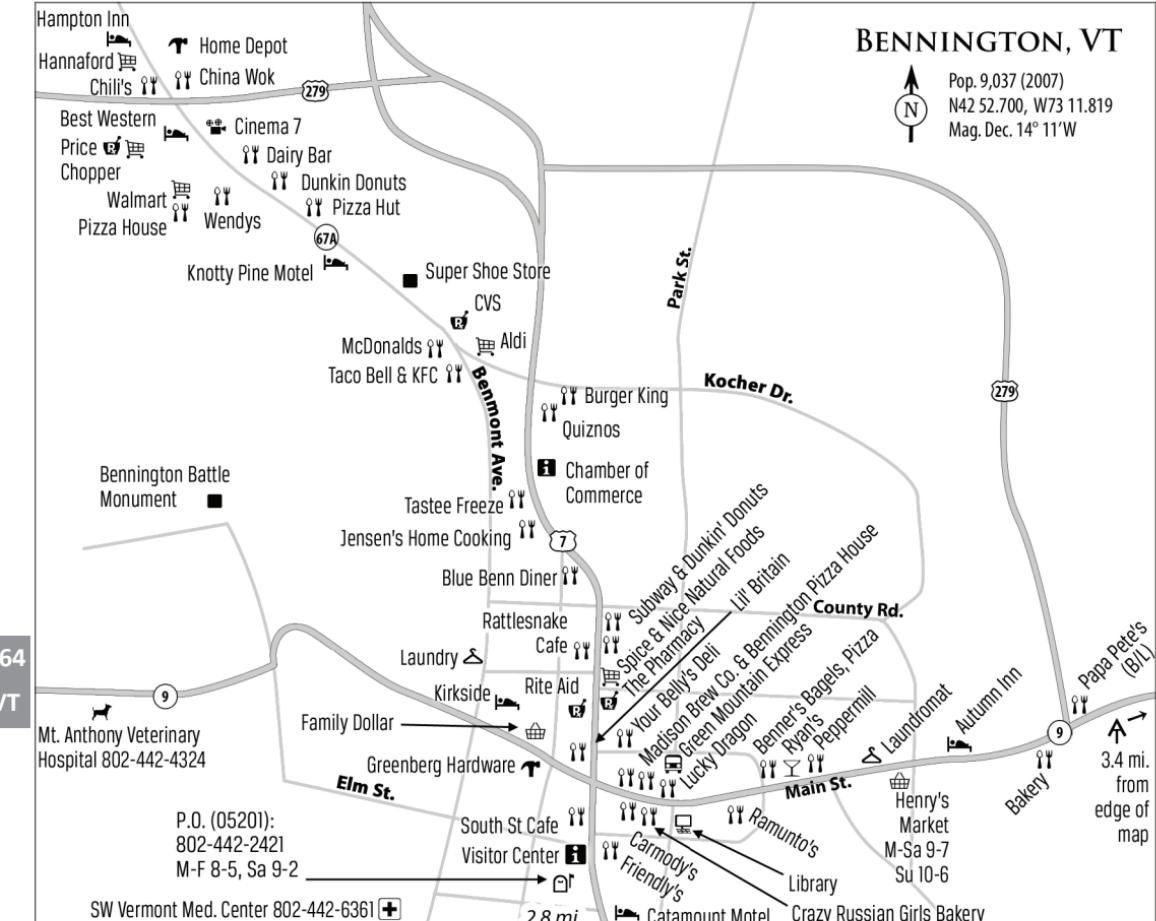
daveackerson@yahoo.com Shuttles to trailheads ranging from Bear Mtn Bridge to Hanover, and to/from area airports.



BENNINGTON, VT



Pop. 9,037 (2007)
N42 52.700, W73 11.819
Mag. Dec. 14° 11'W



1607.1 VT 9

Bennington, VT 05201 (5.1W)

Autumn Inn Motel 802-447-7625 \$60S \$69D, \$10 (each way) for pickup or return to trail. Guest maildrops: 924 Main Street, Bennington, VT 05201.

Kirkside Motor Lodge 802-447-7596, \$79/up, reduced rates for hikers, prices seasonal.

Knotty Pine Motel 802-442-5487

www.knottypinemotel.com 6.5 miles from the AT on VT 9, \$80/up, includes cont B, pets free, pool. Maildrops (guests only): 130 North-side Drive, Bennington, VT 05201.

Catamount Motel 802-442-5977, \$50S, \$10EAP (up to 4 in a room for \$80) + tax, Pets okay, accepts credit cards.

Best Western 802-442-6311

Hampton Inn 802-440-9862 rates seasonal, cont bfast.

Lil' Britain Fish & chips.

Green Mountain Express 802-447-0477 www.greenmtncn.org 215 Pleasant St. Free bus route "Emerald Line" passes between Bennington and Wilmington (17E) 3 times a day M-F. Board at town bus station, or flag the bus down at the trailhead. You may also request an unscheduled ride from town to trail for \$3.

Bennington Taxi 802-442-9052

Cinema 7

Marra's Shoe Service 802-442-8464 Shoe & clothing repairs.

Bennington Battle Monument Contains statue of Seth Warner, Revolutionary War leader of the Green Mountain Boys, for whom the shelter is named.

(3.0E) Prospect Mountain Ski Area

Greenwood Lodge & Campsites 802-442-2547 bunk prices approx. \$30.

Green Mountain Club (GMC) www.greenmountainclub.org

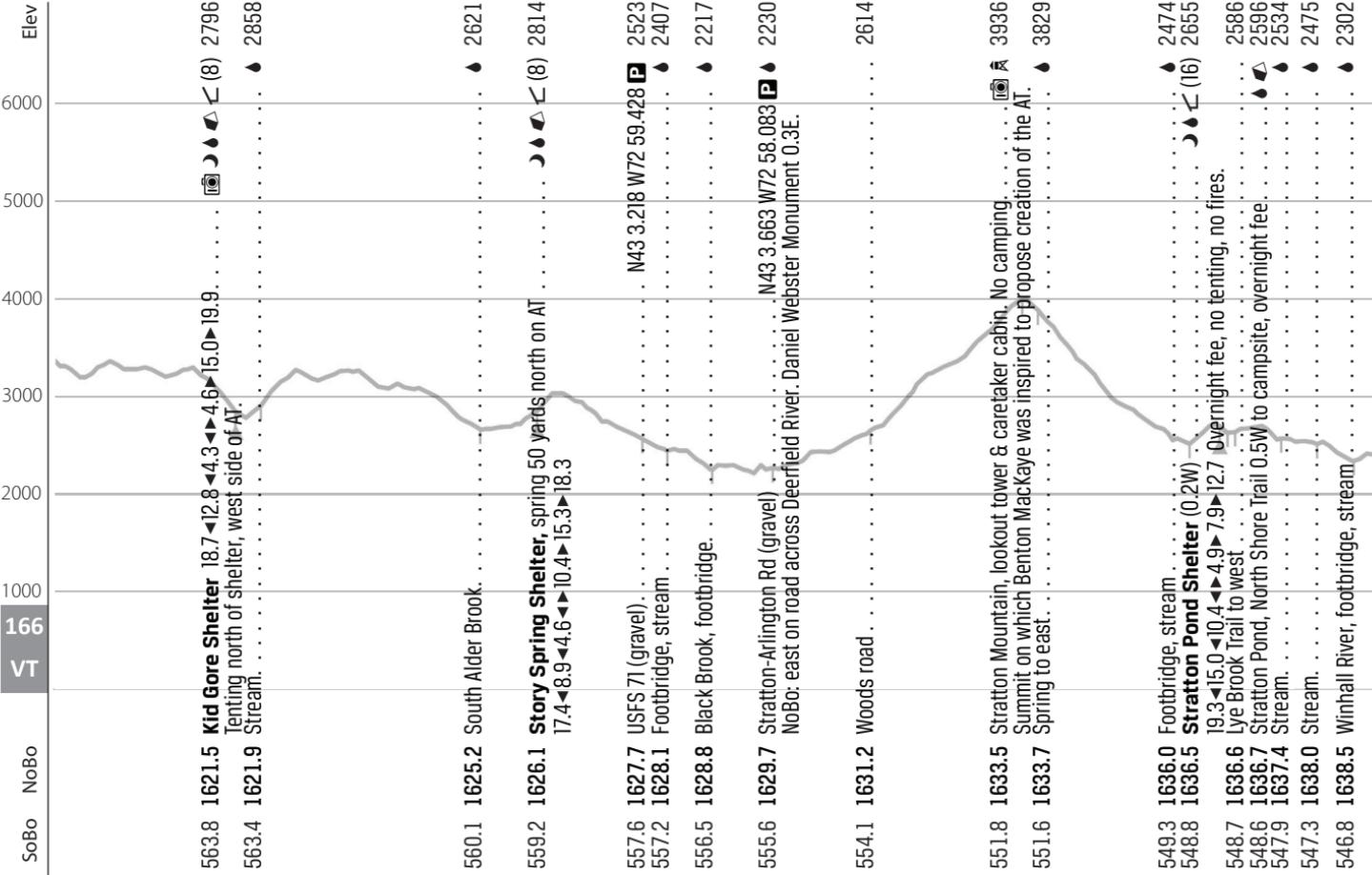
Maintains the AT in Vermont. There is an overnight fee of \$5PP at Stratton Pond Shelter, North Shore Tenting Area, and Little Rock Pond Shelter and Tenting Area, and anyone camping within 0.5 mile of these sites. Hikers who pay the \$5 fee in cash at Stratton Pond or Little Rock Pond will receive a dated receipt that they can use within 7 days for one free night at the other fee site.

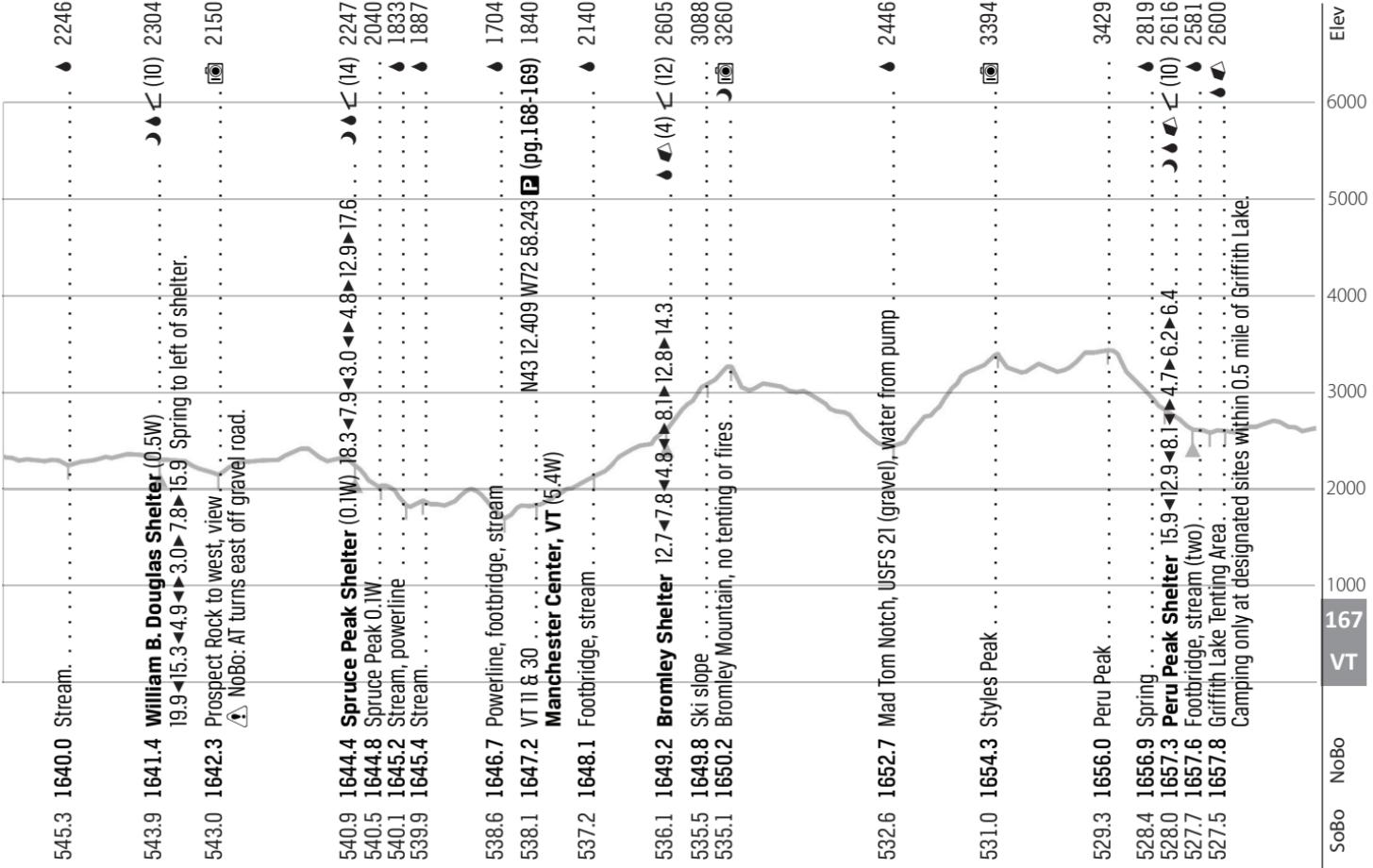
There are muddy sections of trail in Vermont. Please walk through the mud; do not trample vegetation bordering the trail.

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.

Read more of the Leave No Trace techniques developed for the A.T.: www.appalachiantrail.org/LNT



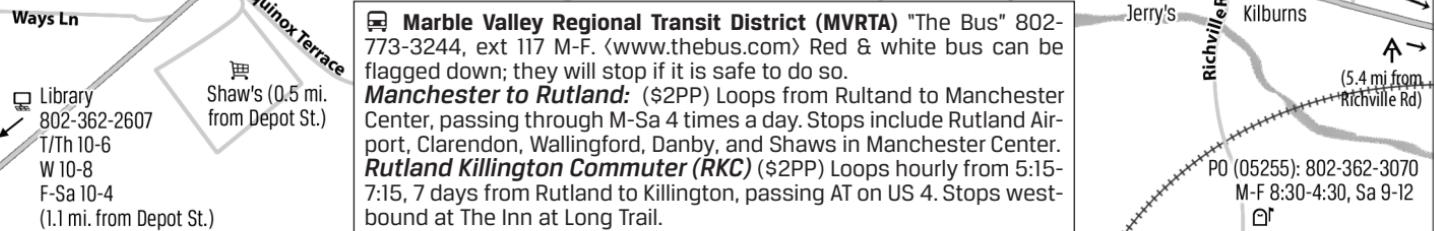


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VT

MANCHESTER CENTER, VT

N
Pop. 2,065 (2000)
N43 10.513, W73 03.138
Mag. Dec. 14° 22'W



1647.2 VT 11 & 30

Scoopy's (0.5E) Ice cream, burgers, sodas & more. 11-8, 7 days.

Manchester Center, VT (5.4W)

Red Sled Motel (3.6W) 802-362-2161. Hiker rate \$70 per room includes tax. Ride to trail when available. Laundry for a fee, swimming pool, trout pond. Motel is 1.5E of town. There is some resupply on-site. Maildrops: 2066 Depot Street Manchester Center, VT, 05255.

Econo Lodge (3.4W) 802-362-3333, \$79-\$109 includes cont. B. Pets \$15. Maildrops: 2187 Depot St, Manchester Center, VT 05255.

Dutton Farm Stand (3.5W) 802-362-3083 Produce stand across from Red Sled Motel, 7 days 9am-7pm. Sodas, baked goods, ice cream.

Green Mountain House 330-388-6478

www.greenmountainhouse.net Jeff & Regina Taussig host hikers at their residence. Open Jun 15 - Sep 1. Space is limited so reservations are essential. They offer a clean bed with linens, shower, free laundry, internet/WiFi, phone & well equipped hiker kitchen. Breakfast supplies available. Private room for couples. Not a party place, no alcohol. Check in from 1pm to 8pm. Free shuttles back to the trail in the morning for guests. Credit cards accepted. \$25 per person.

Sutton's Place 802-362-1165, \$65S, \$74D, \$90(room for 3), pets can stay on porch. Open year-round. Accepts MC/Visa. USPS Maildrops: (USPS) PO Box 142 or (UPS) 55 School St, Manchester Center, VT 05255.

Carriage House 802-362-1706 \$68D and up, no pets.

Palmer House 802-362-3600 Hiker friendly, ask for hiker discount, \$2.50 for cont B, no pets, indoor and outdoor pool.

EMS 802-366-8082, 7 days 10-6, full service outfitter, Coleman/alcohol/oz, list of shuttlers and places to stay.

Mountain Goat Outfitter 802-362-5159, M-Sa 10-6, Su 11-5, www.mountaingoat.com full-service outfitter has information about lodging choices for hikers. White Gas/alcohol/oz. Maildrops: 4886 Main St, Manchester, VT 05255.

Peru, VT (Businesses below are to the east, toward Peru)

Bromley Sun Lodge (2.1E) 800-722-2159 \$80/up, no pets, tavern, indoor pool, game room, ride to/from trail w/stay. Maildrops: (non-guests \$5) 4216 VT 11, Peru, VT 05152.

Johnny Seesaw's Lodge (2.5E) 802-824-5533 Wkdays

\$50S, \$75D, wknds higher. Pets \$20, restaurant B/D, lounge. Rides sometimes avail. Maildrops: 3574 VT 11, Peru, VT 05152.

Bromley Market (2.5E) 802-824-4444 7 days 7am-7pm

Bromley View Inn (3.6E) on VA 30, 877-633-0308 www.bromleyviewinn.com \$85D/up, includes hot breakfast, call for shuttle to and from VT 11/30 trailhead with stay. Maildrops: 522 VT 30, Bondville, VT 05340.

Hapgood General Store & Eatery (4.2E) 802-824-9824 On Main St. in Peru. Wood-fired pizza, beer and resupply.

1665.4 Danby-Landgrove Rd **Danby, VT 05739** (3.5W)

M-F 7:15-10:15 & 1-4, Sa 7:15-10:30, 802-293-5105

Silas Griffith Inn B&B 802-293-5567 www.silasgriffith.com Starting at \$99D midweek, 2 night min weekends & holidays. Includes full breakfast. Check-in starts at 2pm. Laundry \$20/load, pets \$25. Dinner with advance reservation; vegetarian/gluten free can be arranged. Hiker friendly, family friendly, pet friendly, no smoking. Seasonal hot tub & pool. Maildrops with paid reservation: 178 South Main St, Danby, VT 05739.

Otter Creek Campground 802-293-5041 2mi. north of USFS 10 in Danby on US 7, tent sites \$18PP, pets on leash, Small selection of food & camping supplies, shuttles & long-term parking for fee. USPS/UPS Maildrops: 1136 US 7, Danby, VT 05739.

Mt. Tabor Country Store 802-293-5641 M-Sa 5-8, Su 5-7

Nichols Store & Deli

Silas Griffith Library 802-293-5106

Crosby Hardware 802-293-5111

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VT

1673.3 VT 140, **Wallingford, VT 05773** (2.8W)

M-F 8-4:30, Sa 9-12, 802-446-2140

Mom's Country Kitchen 802-446-2606 B/L, Tu 8-11, W-Sa 6:30-2, Su 7-1.

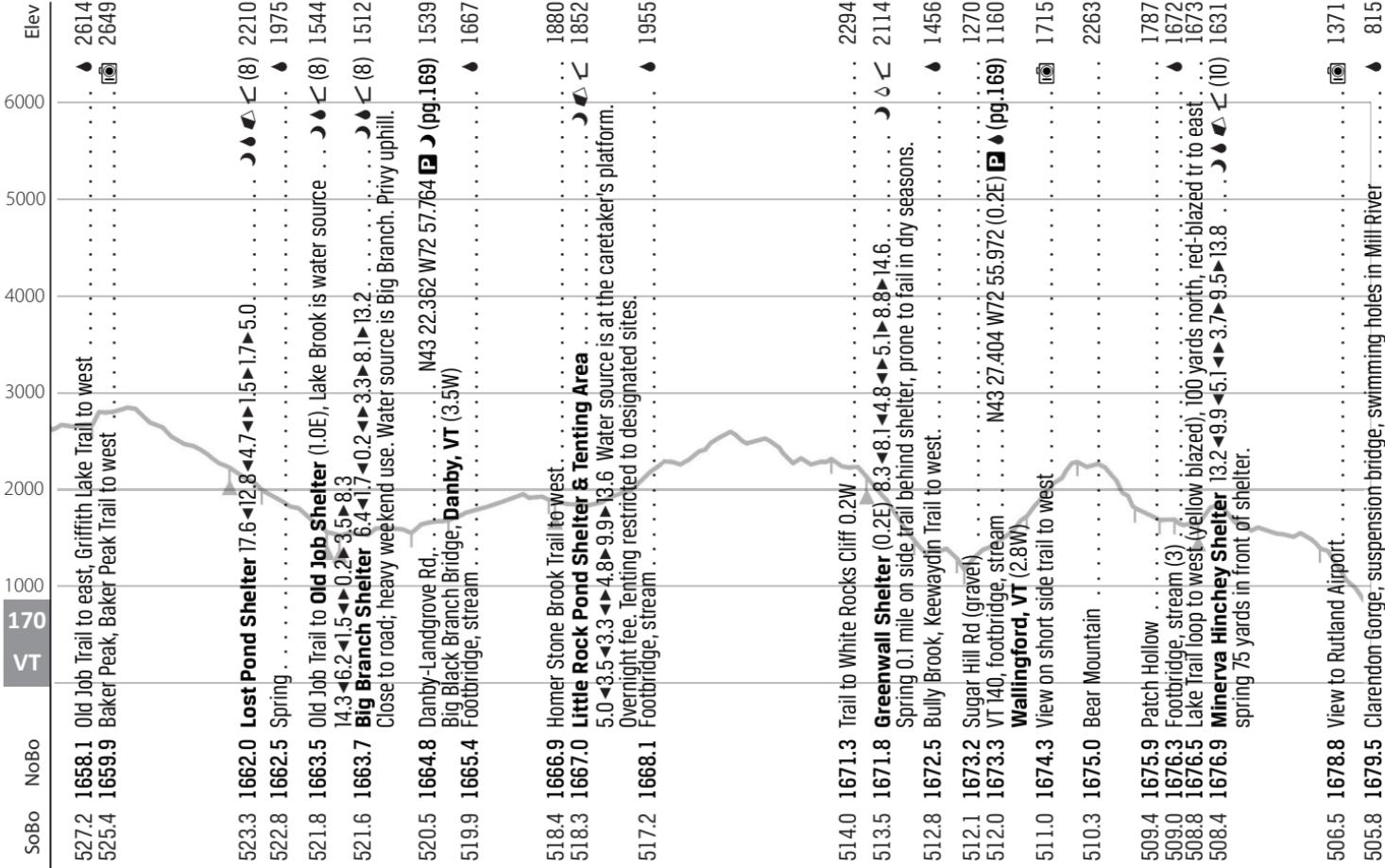
Sal's Italian Restaurant & Pizza

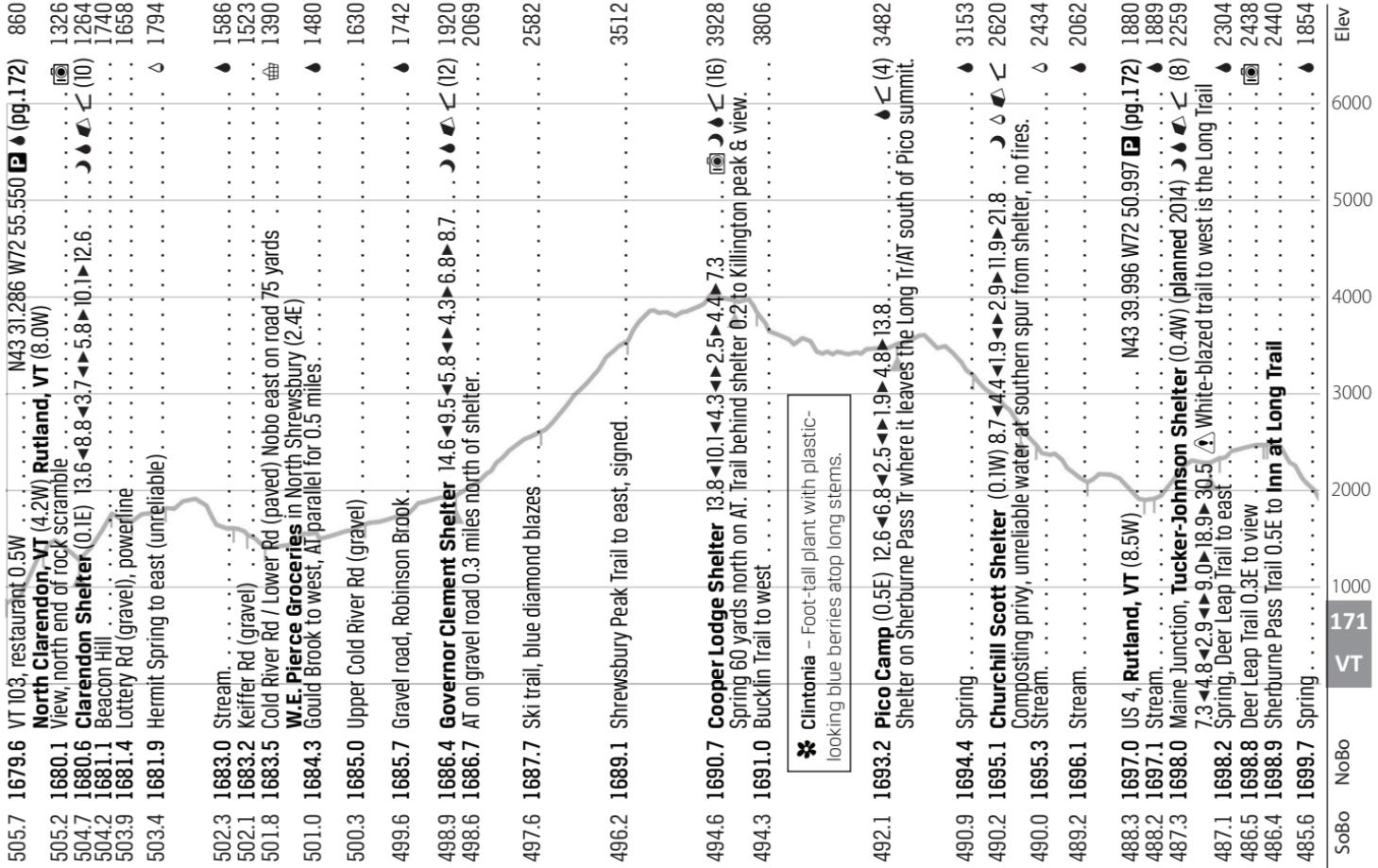
Wallingford Country Store & Deli, Cumberland Farms

Nail It Down Hardware

Gilbert Library 802-446-2685 Tu,Th,F 10-5, W 10-8, Sa 9-12.

MVRTA Stops near Cumberland Farms 4 times daily.





1679.6 VT 103

Wi-Fi (0.5W) ***Whistle Stop Restaurant**

802-747-7070 Closed for remodeling late in 2013; call before making the walk.

Wi-Fi (0.5W) **Cold River Veterinary Center** 802-747-4076

Wi-Fi (1W) **Loretta's Deli** (formerly "East Clarendon General") 802-772-7638, M-Sa 7-7, Su 8-4.

Wi-Fi **MVRTA** Stops near deli 4/day.

North Clarendon, VT

05759 (4.2W)

PO M-F 8-1 & 2-4:30, Sa 8-10, 802-773-7893

Wi-Fi **Mike's Country Store**

Rutland, VT (8W of VT 103)

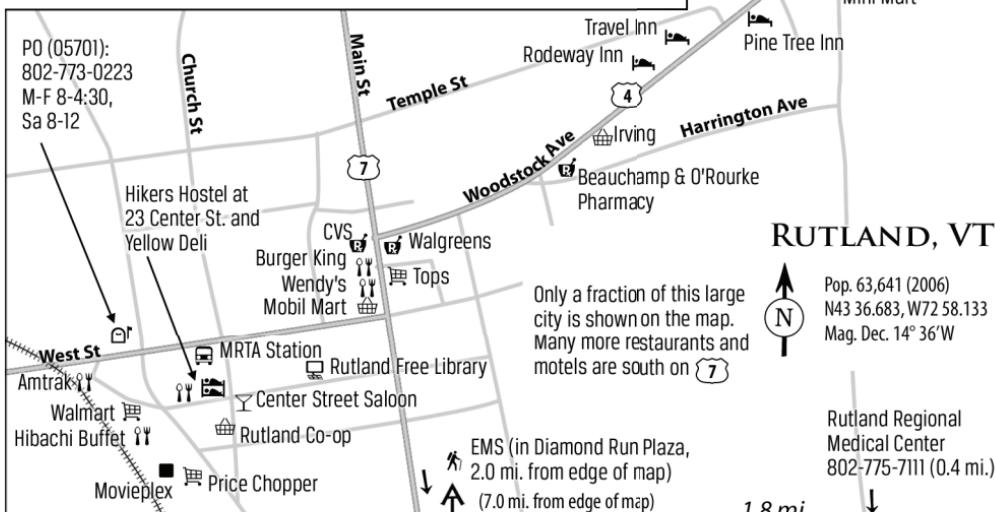
1697.0 US 4, **Rutland, VT** (8.5W), **Killington, VT 05751** (1.8E, pg.173)

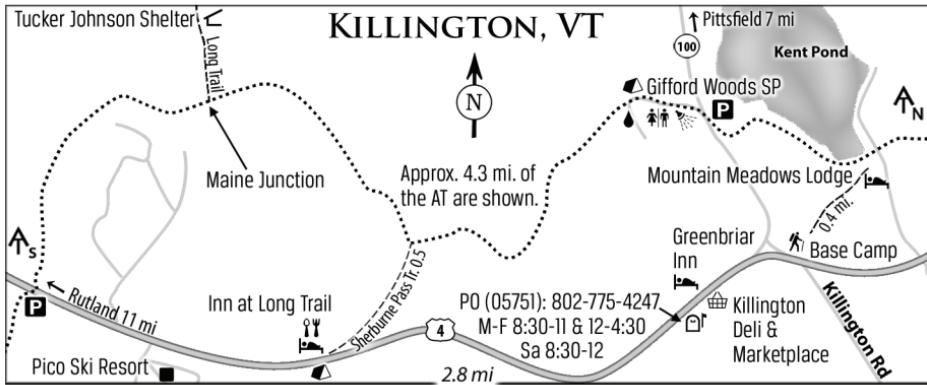
Wi-Fi (0.8E) **The Inn at Long Trail** 802-775-7181 or 800-325-2540 www.innatlongtrail.com Hiker rates on rooms that include full breakfast. Limited pet rooms, reservations recommended on weekends. Overflow camping across street with no facilities. Coin laundry, outside water spigot. Closed mid-April through Mem Day. **McGrath's Irish Pub** L/D 11:30-9pm, live music Fri & Sat. Maildrops: (FedEx/UPS) 709 US 4, Killington, VT 05751.

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VT

- Wi-Fi (1.4W) **Mendon Mountain View Lodge** 802-773-4311 Hiker rate \$59S \$79D includes breakfast. No pets. Heated pool & suana, bus stops here. Maildrops: 5654 Route 4, Mendon, VT 05701.
- Wi-Fi **Hikers Hostel at the Yellow Deli** 802-775-9800 www.hikershostel.org \$20 Suggested donation, WFS when available. Kitchenette, coin laundry, hiking supplies at **Simon the Tanner**. No pets, no alcohol, no smoking. Free showers even w/o stay. Maildrops: Hiker Hostel, 23 Center Street, Rutland, VT 05701.
- Wi-Fi **Mountain Travelers Outdoor Shop** 802-775-0814, M-F 10-6, Sa 10-4. Full line of gear, Coleman/alcohol/oz.
- Wi-Fi **Rutland Area Food Co-op** 802-773-0737 7 days
- Wi-Fi **Rutland Veterinary** 802-773-2779
- Wi-Fi **Amtrak** 800-872-7245 Daily routes Rutland to many NE cities.
- Wi-Fi **Rutland Taxi** 802-236-3133
- Wi-Fi **Rutland Airport** South of Rutland on US 7





1700.1 The AT passes thru **Gifford Woods State Park** 802-775-5354 Shelters, discounted tent sites for AT hikers in special hiker section, coin-op showers, water spigot. Open Mem Day-Columbus Day. Fills quickly in fall.

1700.3 VT 100 **Killington, VT 05751** (0.6E from VT 100, 1.8E from US 4 trailhead)

Base Camp Outfitters 802-775-0166, Summer hours: 9-6 every day. Full service outfitter, alcohol/oz and canister fuel. Disc golf. Maildrops: 2363 Route 4, Killington VT 05751.

Greenbrier Inn 802-775-1575 15% discount for hikers, no pets.

Apex Shuttle Service 603-252-8294 AThikershuttle@gmail.com Inn-to-Inn hiking packages between Killington, VT and Franconia Notch, NH with shuttle, lodging and lunches provided, for hikers who want the AT day hiking experience with the comforts of B&Bs and lodges at the end of the day.

Scrub a Dub Pub 802-422-5335 Eat/drink while-u-wash 0.8S of US4 on Killington Rd.
Pittsfield, VT 05762 (7W) M-F 8-12, 2-4:30, Sa 8:30-11:30, 802-746-8953

Original General Store B/L/D

1700.9 Kent Pond

Mountain Meadows Lodge 802-775-1010
www.mountainmeadowslodge.com AT crosses property. Room \$69D, tent/hammock site \$10/PP. Lunch or dinner \$10. No pets inside; barn & woodshed available. Outdoor pool, hot

tub, and sauna. Parking for section hikers. Open year round. Lodging not available most weekends & events. Maildrops: 285 Thundering Brook Rd, Killington, VT 05751. 0.4E side trail to **Base Camp Outfitters**

1720.3 VT 12, Barnard Gulf Rd

On The Edge Farm (0.2W) 802-457-4510 Summer M-F 10-5:30, Sunday 10-5. Fall Th-M 10-5. Pies, fruit, ice cream, smoked meats and cheese, cold drinks.

Woodstock, VT 05091 (4.2E)

M-F 8:30-5, Sa 9-12, 802-457-1323 Pricey resort town, several motels & restaurants, movie theater, bookstore.

Shire River View Motel 802-457-2211 \$138/up

Braeside Motel 802-457-1366

Bentley's, Pizza Chef

Cumberland Farms, Gillingham FH & Sons

Woodstock Pharmacy

Woodstock Vet. Hospital 802-457-2229

Library 802-457-2295 M-F 10-5

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VT

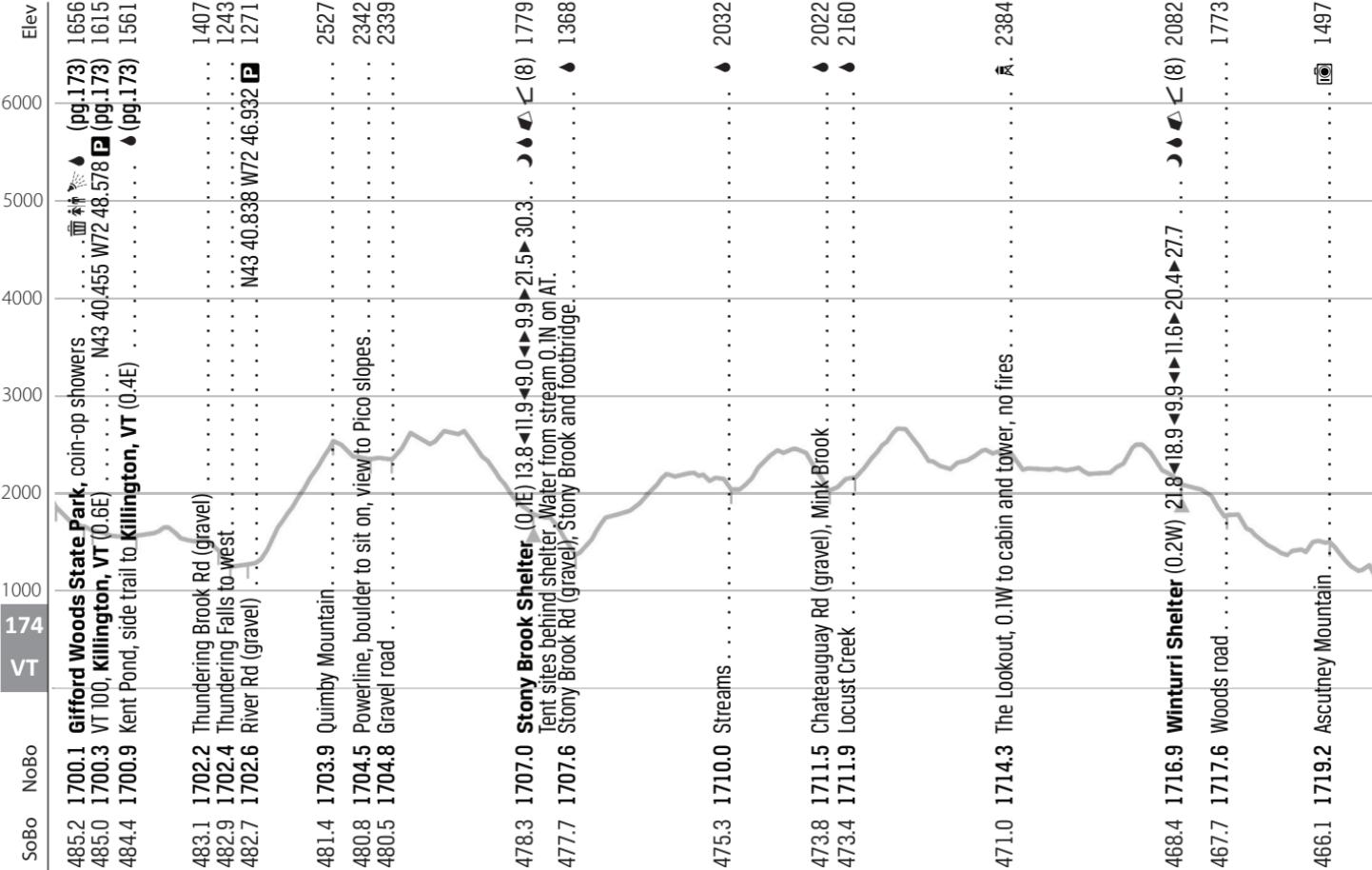
1722.2 Woodstock Stage Rd

South Pomfret, VT 05067 (1E)

M-F 8-1 & 2-4:45, Sa 8:30-11:30 802-457-1147 located inside of Teago's

Teago's General Store 802-457-1626

M-Sa 7-6, Su 8-4, B&J ice cream, beer, sandwiches and salads.



465.0 1720.3 VT 12 Barnard Gulf Rd (paved)
Gulf Stream south of road crossing. **Woodstock, VT** (4.2E) 891

464.3 1721.0 Dana Hill 1551

463.1 1722.2 Woodstock Stage Rd, Barnard Brook, **South Pomfret, VT** (1E)
▲ (pg.173) 820
462.8 1722.5 Stream 1049
462.3 1723.0 Totman Hill Rd, footbridge, stream 1038

461.5 1723.8 Bartlett Brook Rd (gravel), footbridge, stream 1055
460.9 1724.4 Pomfret Rd (paved), Pomfret Brook south of road crossing, powerline. 980
460.5 1724.8 View 1588

459.7 1725.6 View 1729

459.1 1726.2 Cloudland Rd (gravel). **Cloudland Market** (0.2W) closed M & Su 1370

458.6 1726.7 Previous AT shelter (Cloudland, 0.5W) now on private land. Owners also own Cloudland Market and hikers are welcome to stay at the shelter. □ 1614

457.3 1728.0 Thistle Hill 1954
456.8 1728.5 **Thistle Hill Shelter** (0.2E), stream 0.1 further 1774
30.5 ▲ 21.5 ▲ 11.6 ▲ 8.8 ▲ 16.1 ▲ 25.6

456.5 1728.8 Dimick Brook 1520

455.5 1729.8 Joe Ranger Rd (gravel) 1310

454.9 1730.4 Bunker Hill Rd (dirt) 1418

* Queen Anne's Lace - White flower cluster in disk shaped daily 3-5" wide on hairy stem.

452.5 1732.8 Stream 543
452.3 1733.0 Quechee West Hartford Rd, ▲ NoBo west on road 0.4 mi, cross White River. 481
452.0 1733.3 VT 14, White River, **West Hartford, VT** (pg.176-177) 397
NoBo: turn west on road 0.3 mile.
451.6 1733.7 Tigertown Rd, NoBo: turn east, on road 0.4 mile
451.3 1734.0 I-89 underpass N43 43.250 W72 24.793 □ 400
450.6 1734.7 Podunk Rd (gravel), Podunk Brook N43 43.006 W72 24.013 □ 560
860
450.1 1735.2 Woods road 1052
449.7 1735.6 Woods road, stream □ 1006

448.0 1737.3 **Happy Hill Shelter** (0.1E) 30.3 ▲ 20.4 ▲ 8.8 ▲ 7.3 ▲ 16.8 ▲ 22.5 □ 1426
Brook near shelter, known to run dry.
447.7 1737.6 Tucker Trail 3.1W to Norwich 1336

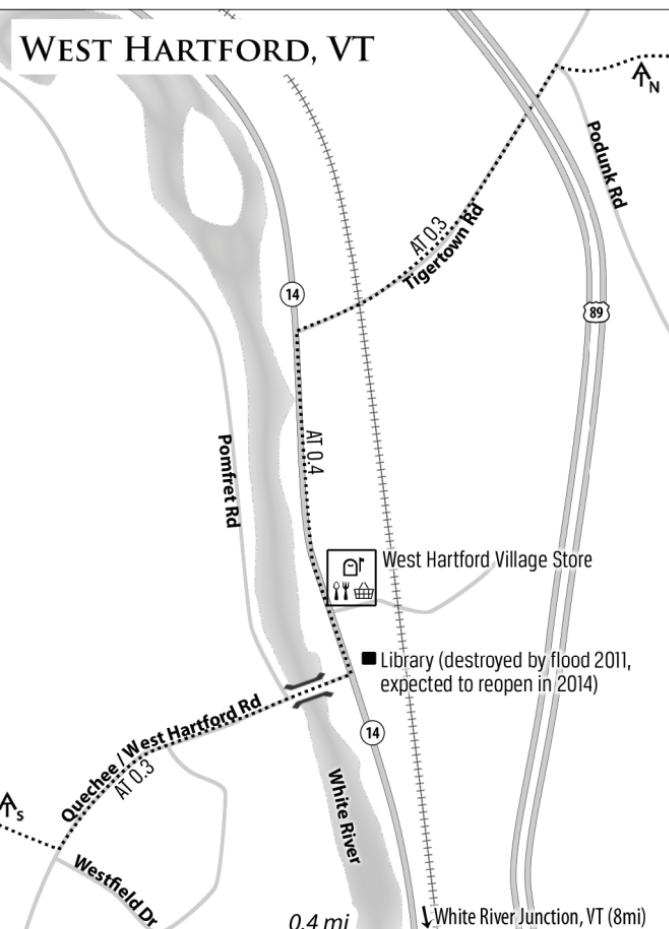
446.4 1738.9 Woods road 1140

445.2 1740.1 Powerline 1174
SoBo NoBo 175 VT Elev 6000 5000 4000 3000 2000 1000

Plan Ahead and Prepare

- Check Appalachian Trail (A.T.) guidebooks and maps for guidance and note that camping regulations vary considerably along the Trail. Travel in groups of 10 or fewer. If you are traveling in a group of more than 5, avoid using shelters, leaving them 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 with you.
- Bring a waterproof bag and at least 50 feet of rope to hang food and other scented articles. Or, carry a bear-resistant food container ("bear canister") to store these items.
- 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.
- Learn when areas are most crowded and try to avoid those times. If you are planning a northbound thru-hike, avoid starting on March 1, March 15, the first day of spring, or April 1.

Read more of the Leave No Trace techniques developed for the A.T.: www.appalachiantrail.org/LNT



1733.9 VT 14, White River

West Hartford, VT 05084

West Hartford Village Store, Full Belly Deli, Village

Post Office 802-280-1713, winter: M-Sa 8-7, Su 8-5, summer (Mem-Day-LaborDay): M-Sa 7-8, Su 8-7. Thru-hiker specials, big breakfast, groceries catering to hiker resupply. Water from spigot outside. Approved postal provider, so you can ship USPS mail from this location, and receive maildrops: 5187 Rte. 14 North, West Hartford, VT 05084.

Big Yellow Taxi 802-281-8294

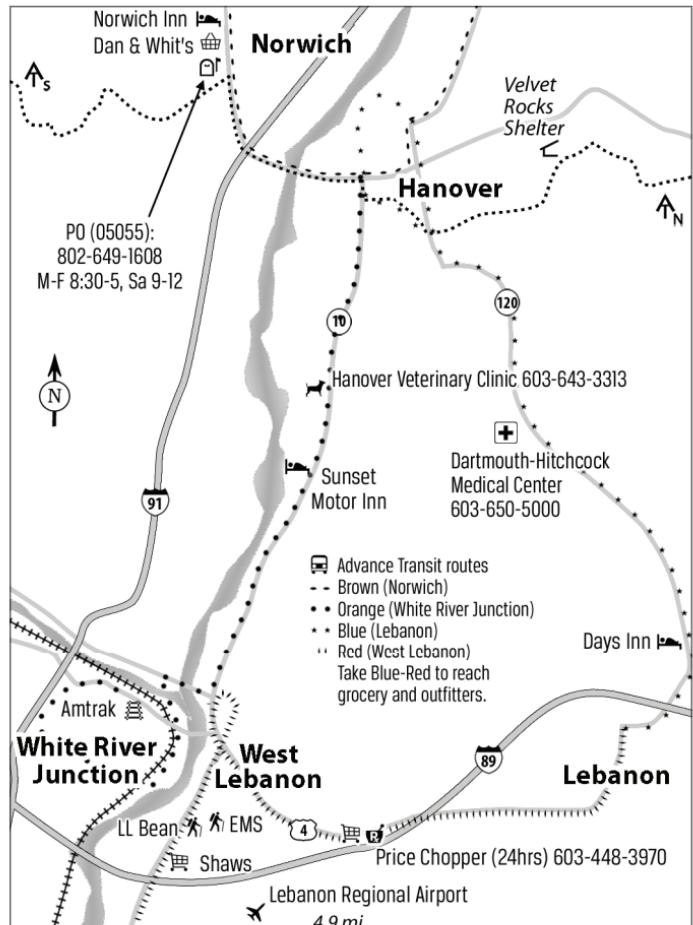
1741.7 Main St

Norwich, VT 05055 (more services on map)

Norwich Inn 802-649-1143 (www.norwichinn.com) \$99D includes a free beer, rooms for pets, no smoking, reservations recommended. **Jasper Murdochs Ale House** Tu-Su B/L/D, serves dinner 7 days, microbrewery. Maildrops for guests: PO Box 908, Norwich, VT 04055, or FedEx to 325 Main St.

Dan & Whits General Store 802-649-1602, 7 days 7-9, 0.1W on Main St. Hikers get free day old sandwiches when available. Small gear items, canister fuel, batteries, ponchos, hardware and grocery. **Norwich Library** 802-649-1184, M 1-8, Tu-W-F 10-5:30, Th 10-8, Sa 10-3.

Advance Transit (www.advancetransit.com) M-F 6-6, offers FREE bus service connecting Hanover area towns. Detailed schedule and stops are available on-line and at libraries. The routes are indicated on maps, pg. 177 & 178, and primary bus stops are: Norwich - Dan & Whits (Brown). Hanover - Dartmouth Book Store (Orange/Blue), Hanover Inn (Brown). White River Junction - Amtrak. West Lebanon - Main St. (Orange/Red), grocery stores, outfitters. Lebanon - City Hall (Blue/Red).



See wide-area map on pg. 177

 "Color" routes shown are a free service of Advance Transit (see pg. 179)

Take brown  route to
Norwich, VT
1.4 mi. from
Main St. (Hanover)
to Norwich Post Office

All

A small map showing the area around Dartmouth Bookstore. The bookstore is located at the intersection of Allen Street and a cross-street. A bus stop is indicated on the cross-street. Other nearby locations include Post Office, Stinsons, and Metro.

Maple St

NH

PO (03755): 603-643-4544
M-F 8:30-5, Sa 8:30-12

Take orange bus route to:
Hanover Veterinary Clinic (1 mi from Wheelock)
Sunset Motor Inn (2 mi from Wheelock)
West Lebanon, NH (5 mi from Wheelock)



Park St. bends right
onto Lyme Rd 0.3 mi.
from Wheelock

Lot A- register with DOC

0.8 mi

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1743.2 Dartmouth College ***Hanover, NH 03755***

Hanover Friends of the AT produce a brochure with complete list of hiker services, available at the DOC, PO, libraries, Co-op.

Dartmouth Outing Club (DOC) 603-646-2428 In Robinson Hall. Not available during Dartmouth orientation (last week of Aug and first two weeks of Sept). Unsecured room in basement for hikers to store gear while in town, cannot be left overnight. Computers for free internet use. There are no hiker accommodations on campus.

Overnight parking on Wheelock Street (Lot A), register with DOC. No parking near Connecticut River Bridge.

Stray Cat's AT Hilton 603-252-8294

ATHikershuttle@gmail.com. Located in Canaan; \$45 includes Hanover pickup/return, bunkroom bed w/ fresh linens, shower, use of cable TV, picnic table & grill. Laundry done for you \$4. Hearty meat & vegetable dinner with salad and dessert \$10; full country breakfast \$7.50. Hostel pickup/return from Rte. 112 in Woodstock, VT to Rte 25A in Wentworth, NH for an additional fee. No alcohol, no pets. Maildrops with reservation: (your name) c/o Steve Lake, 365 Choate Rd, Canaan, NH 03741.

Sunset Motor Inn 603-298-8721, open 8-11, Call ahead for availability; discount for hikers. Will shuttle when bus is not running, free laundry before 6pm, quiet after 10pm, \$15 pet fee. Maildrops: 305 N Main Street, West Lebanon, NH 03874.

Hanover Inn 603-643-4300 Pricey, discount sometimes avail. **EBA's** Full menu and beer, daily specials. Pizza buffet Tuesday night \$7.95, Su brunch \$11.95.

Metro One free bagel for thru-hikers

Jewel of India buffet Su 11:30-2:30

Stinson's Convenience store with \$5 hiker lunch special: deli sandwich, soda & small bag of chips. Good selection of beer & tobacco.

Hanover Food Co-op open daily, large selection. Please use member #7000 at checkout to help fund AT related initiatives.

Richard W. Black Recreation Center 603-643-5315 M-F 9am-5pm, also open Saturdays Sept-June. Shower w/soap \$3, laundry w/ soap \$2, last call for either 4:30pm.

Zimmerman's Canister fuel, Aquamira, socks & outdoor clothes.

Hanover Hardware Coleman/alcohol/oz

Advance Transit (see pg. 177).

Dartmouth Coach 603-448-2800 No office at stop next to Hanover Inn; you may board bus and buy ticket when it stops in Lebanon. Route goes to Boston and to Logan Airport.

Apex Shuttle Service 603-252-8294 (Steve "Stray Cat" Lake) To/ from anywhere if originating or ending in the Hanover area.

Big Yellow Taxi 603-643-8294

Hanover Veterinary 603-643-3313

White River Junction, VT

Amtrak 800-872-7245 Vermonter line travels north as far as St. Albans, VT, and south through New York, Philadelphia, Baltimore and Washington, DC. There is no ticket office at this station, but you can reserve on the phone and pay when you board.

Lebanon & West Lebanon, NH (see map pg. 177)

Days Inn 603-448-5070, 4 mi. south of the Co-op on Rte 120 on free bus route, cont. B, pets \$20.

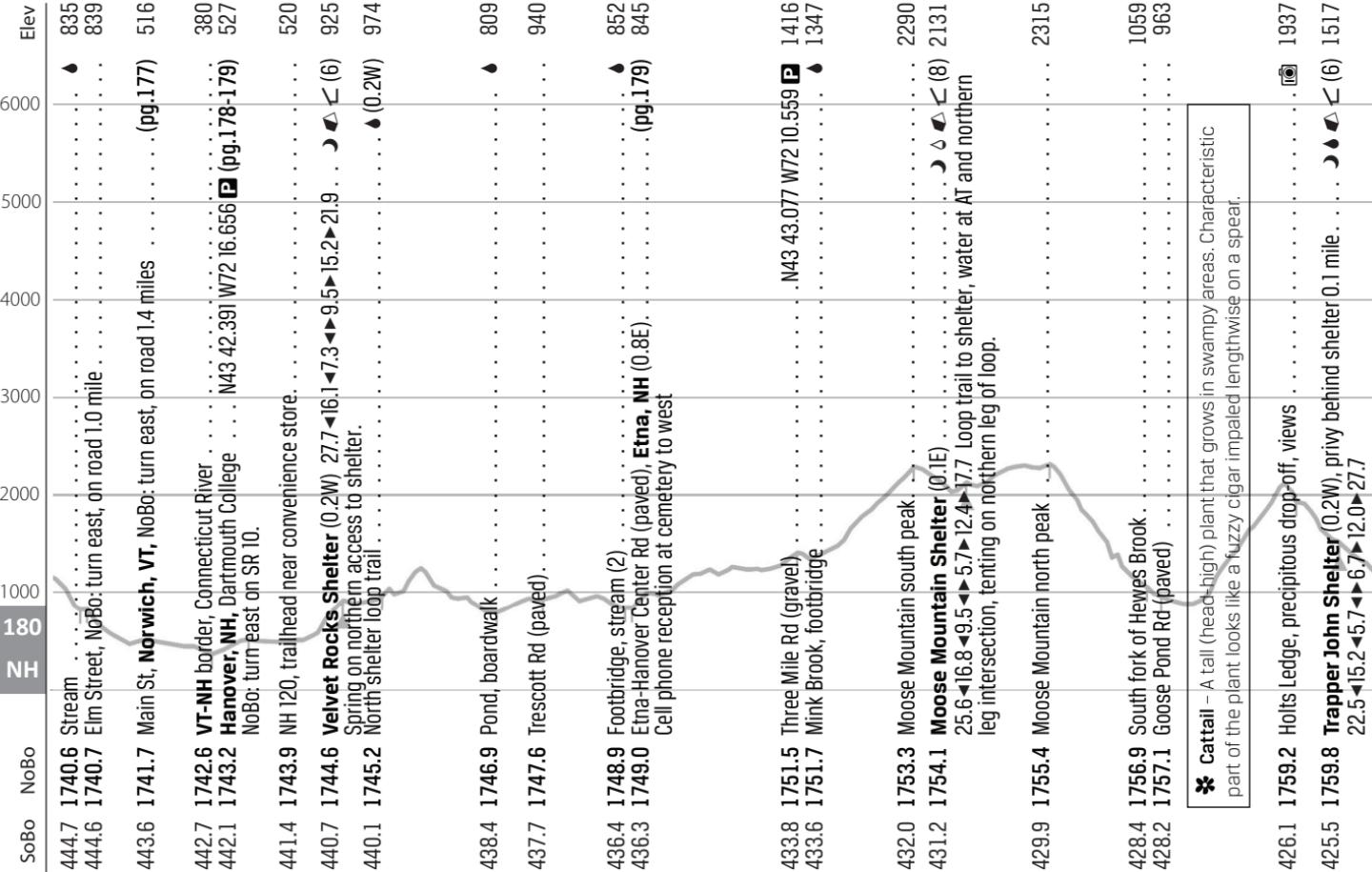
EMS 603-298-7716, **LL Bean** 603-298-6975

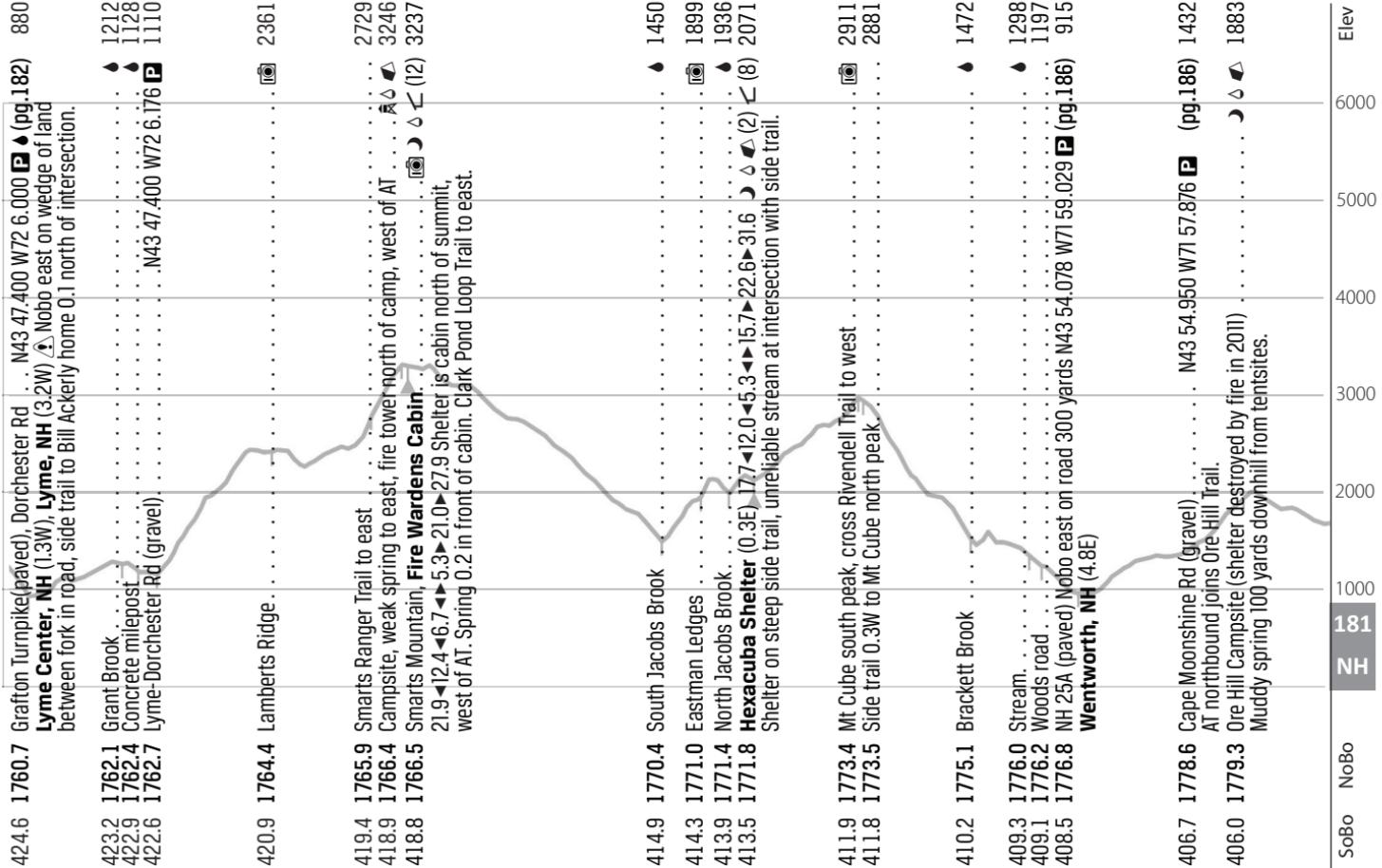
Shaw's 603-298-0388 7am-10pm, 7-9 Sunday

1749.6 Etna-Hanover Center Rd, ***Etna, NH 03750*** (0.8E)

Tiggers Tree House 603-643-9213 Private home; not a party place. No drive-ins. Advance notice ensures a place to stay. Call from trailhead, Etna General Store (will let you use phone) or Dartmouth Outing Club for pickup. Pets allowed, donations accepted or buy laundry soap or work for stay. Rides to grocery store, Walmart, EMS.

(0.8E) **Etna General Store** 603-643-1655, M-F 6-7, Sa, Su 8-7. Deli, hot meals, open 7 days. Denatured alcohol/oz.





1760.7 Grafton Turnpike, Dorchester Rd, Dartmouth Skiway

Bill Ackerly Welcomes hiker visits. Help yourself to water, rest, chat and play a game of croquet.

Lyme Center, NH 03769 (1.3W)

⌚ M-F 8-10, Sa 8-11:30, 603-795-2688

Lyme, NH 03768 (3.2W)

⌚ M-F 7:45-12 & 1:30-5:15, Sa 7:45-12, 603-795-4421

🍴 Stella's Italian Kitchen & Market 603-795-4302

⟨www.stellaslyme.com⟩, M-Th 10-9, F-Sa 10-10, Su closed.

🛏️☕💻 Dowd's Country Inn B&B 603-795-4712

⟨www.dowdscountryinn.com⟩ starting at \$85S \$100D mid week through Sep, breakfast and afternoon tea included. Pets allowed in some rooms. Call in advance; pickup sometimes available.

♿🍴☕ Lyme Country Store (3.3W) ice cream, produce, deli, 7 days.

🐴 Lyme Veterinary Hospital (2.8W) bear right onto High St and hospital is 50 yards up on the left, 603-795-2747.

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NH

Appalachian Mountain Club (AMC) 603-466-2727 Maintains the AT from Kinsman Notch, NH to Grafton Notch, ME. AMC operates 8 huts with bunk space for 30-90 people. There is no road access, heat, or showers. Huts use alternative energy sources and composting toilets. Huts are closed in the winter. In the spring and fall huts are open to "self-serve" use for \$25. See White Mtn map for dates. Stays during the "full serve" season includes bunk, dinner & breakfast, starting at \$125PP for non-members. Reservations recommended and can be made by phone or with any AMC caretaker. Work-for-stay is available to the first 2 thru-hikers to arrive, no reservations. WFS hikers get floor space for sleeping, feast on leftovers, and are typically asked to work 2 hours after breakfast. Lakes of the Clouds Hut has 4 WFS spots and a \$10 thru-hiker only bunkroom called "The Dungeon". Don't count on hut stays without reservations, and camping is not allowed near any hut, except at Nauman Tentsite. No pets inside any huts. Limit your WFS to 3 nights in the Whites to give other hikers the opportunity.

🚐 AMC Hiker Shuttle (see pg. 187)

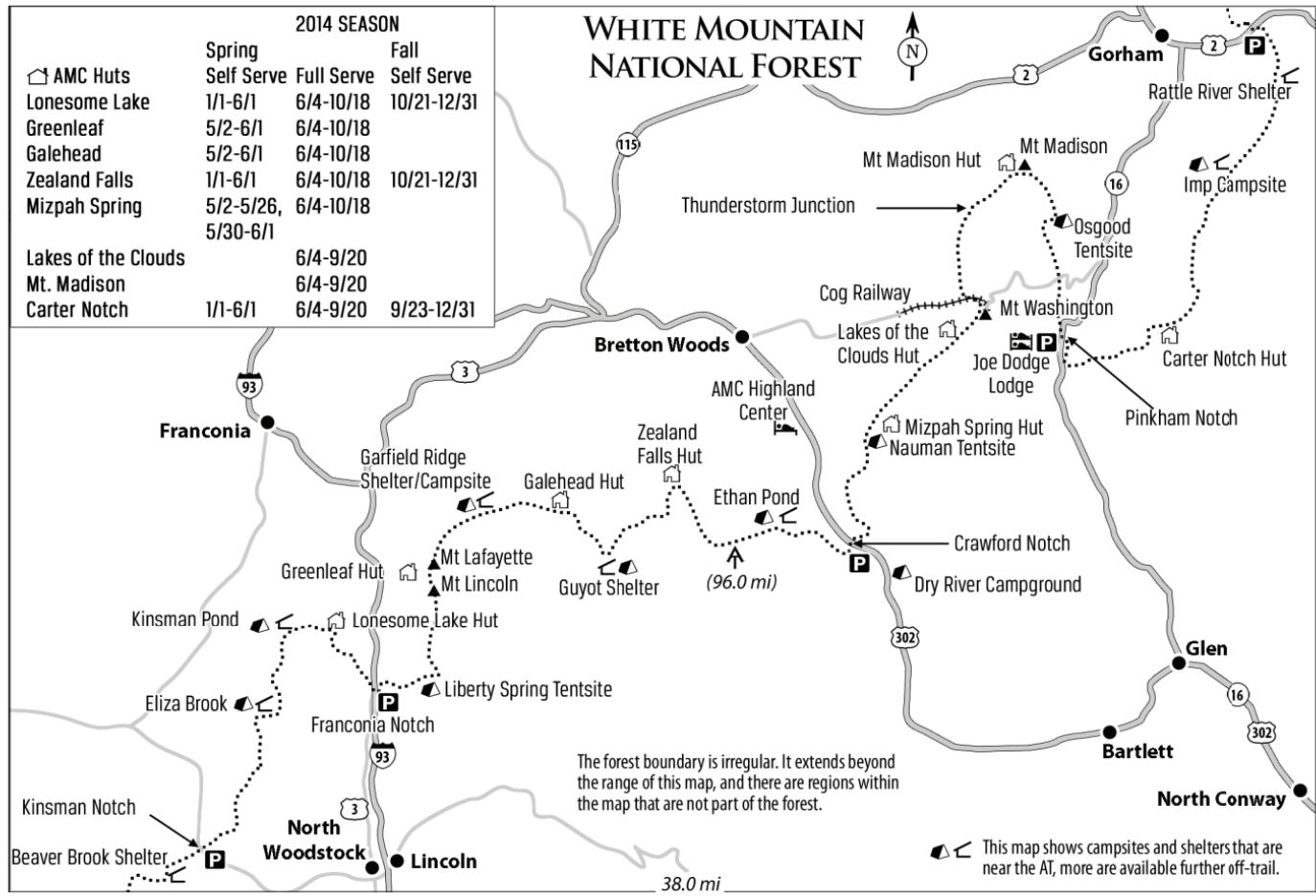
White Mountain National Forest (the "Whites")

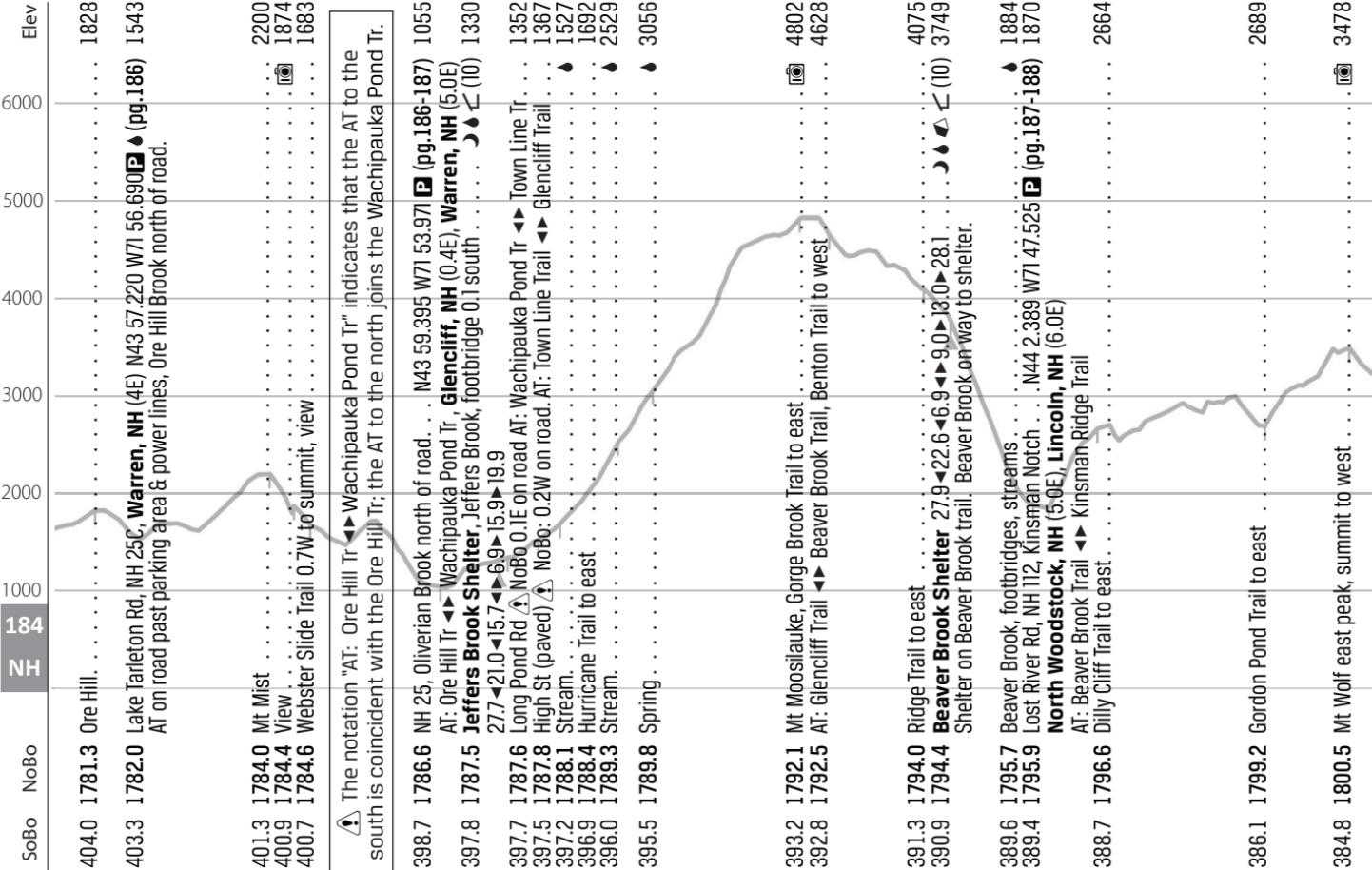
Passage through the Whites should be planned carefully. It is one of the more heavily visited sections of the AT, and campsites are limited. The trail is rugged, so your pace may be slowed. Weather is dynamic, adding to the dangers of hiking on stretches of trail above treeline.

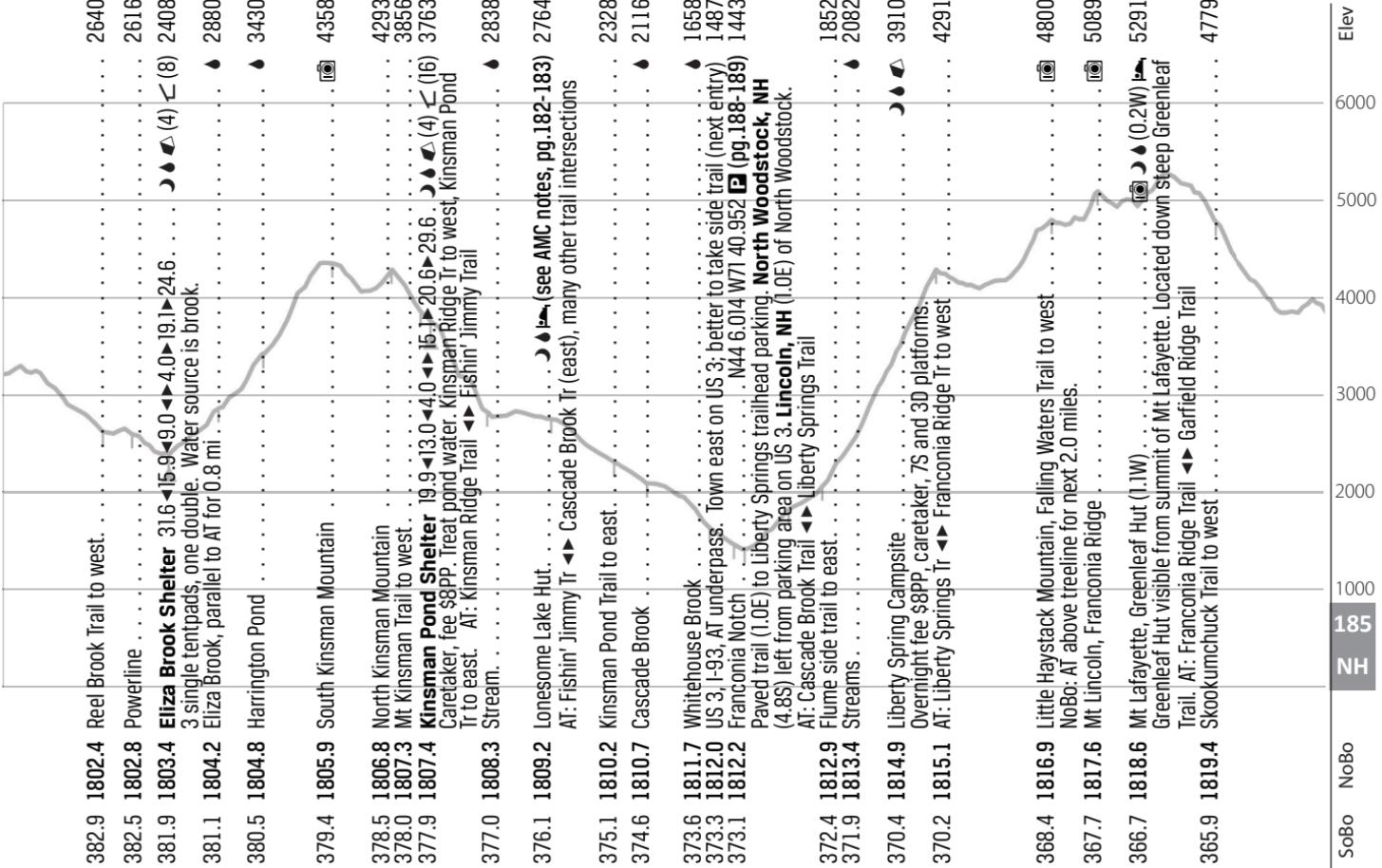
Take adequate cold-weather gear, check weather reports, carry maps, and know your options for overnighting. The AMC and Randolph Mountain Club (RMC) maintain camps, which are detailed in the following pages. Most have fees. Have cash on hand even if you do not plan to use them; your plans may change.

There are many trails in the Whites. The AT is the only white-blazed trail, but blazes are scant. There are no blazes in the Great Gulf Wilderness Area. The AT is always coincident with another named trail, and the other trail name may be the one you see on signs. Wherever the AT changes from one trail to another, this book uses the notation: "AT: Town Line Tr◀▶Glenciff Tr." This means that the AT to the south of this point is coincident with the Town Line Trail; to the north, the AT joins the Glencliff Trail.

The area within a quarter mile of all AMC and RMC facilities and everything above treeline (trees 8' or less) are part of the Forest Protection Area (FPA). Trails are often marked where they enter or leave the FPA. Do not camp within a FPA, and camp at least 200' from water and trails. Rocks aligned to form a trail boundary (scree walls) are an indication that you should not leave the treadway. Doing so damages fragile plant life.







1776.8 NH 25A, Gov. Meldrim Thomson Scenic Hwy

▲ **Mt Cube Sugar Farm** (1.9W) 603-353-4709 Owned by the Thomson family, for whom the road is named. Store is not manned, but caretaker makes frequent stops. Hikers may tent outside or may be allowed to stay in the sugar house. Sometimes more is offered.

Wentworth, NH 03282 (4.3E on NH 25A, then right 0.5 on NH 25)

● M-F 7-11 & 2:45-4:45, Sa 7:15-12, 603-764-9444

● ⚒ **Shawnee's General Store** 603-764-5553.

1778.6 Cape Moonshine Rd

▲ **Dancing Bones Intentional Community** (1.4E) Hot outdoor showers, open-air kitchen, tenting, composting toilets and good conversation. This is a residential community, so please be respectful when using shared facilities. Smoking is permitted in designated areas. Pets are welcome on a case by case basis.

1782.0 Lake Tarleton Rd, NH 25C

Warren, NH 03279 (4E)

● M-F 7:30-9:30 & 3-5, Sa 7:30-12, 603-764-5733

● ☕ **Calamity Jane's Restaurant** 603-764-5288, B/L Tu-Th, B/L/D F-Sa

● ☕ **Greenhouse Food & Spirits** 603-764-5708 Th,F 3-11pm, Sa 3-10, Su 3-8pm. Open mic Thursdays, band on Fridays.

● **Tedeschi Food Shop** 603-764-9002 5am-11pm, deli closes 9pm. Grocery with produce, deli with sandwiches and pizza.

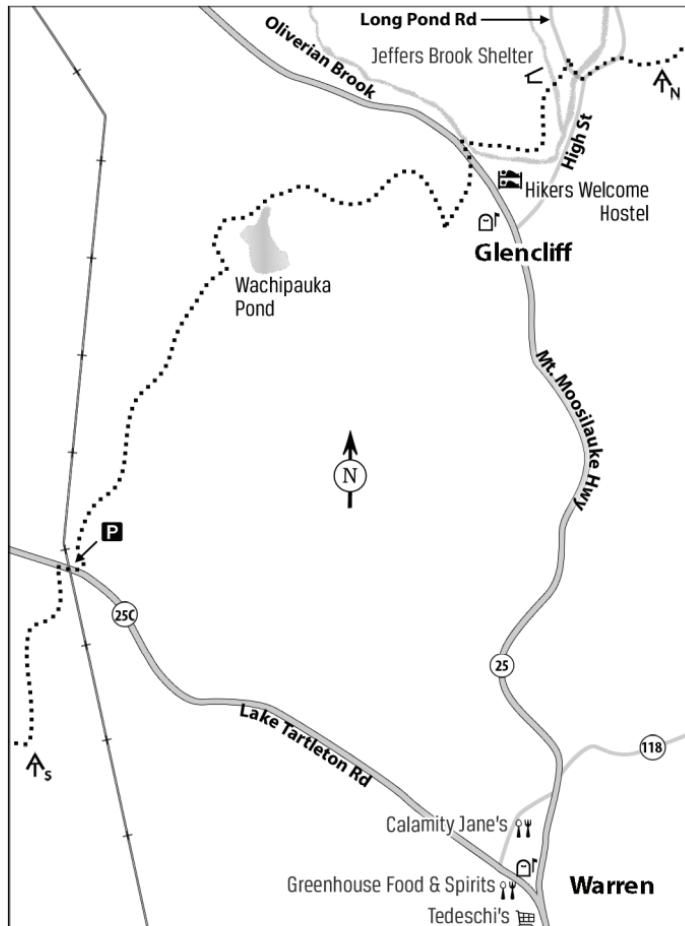
△ **Laundry** M-Su 8:30-8:30

● ☎ **Library** 603-764-9072 M-Tu 10-2, W 3-7, Sa 10-1. No WiFi password so you can use it after hours.

● **Burning Bush Hardware**

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NH



1786.6 NH 25 **Glencliff, NH 03238** (0.4E)

⌚ M-F 7-10 & 2-5, Sa 7-1, 603-989-5154 ⚠️ Expects to be reduced to 2 hours/day in 2014.

Hikers Welcome Hostel 603-989-0040

Bunk (\$20) and camping (\$15) includes shower. Shower only w/towel \$2.50, laundry \$2.50 wash, \$2.50 dry. Snacks, sodas, and ice cream. All hikers (even non-guests) are welcome to hang out and enjoy huge DVD library. Slackpacking & shuttles (5 miles to resupply in Warren). Free phone calls. Coleman/alcohol/oz. Tools to help with gear repair, and selection of used gear available, particularly winter wear. Both guests and non-guests are welcome to send maildrops (USPS/FedEx/UPS): c/o Hikers Welcome Hostel, 1396 NH Rt 25, PO Box 25, Glencliff, NH 03238

Warren, NH (5E) see entry pg. 186

1796.9 Lost River Rd, NH 112, Kinsman Notch

Lost River Gorge (0.5E) 603-745-8031 A tourist attraction featuring a boulder jumble similar to Mahoosuc Notch. Has gift store with microwavable food (and microwave), snacks, coffee, soda. Open early May - late-Oct.

Lost River Valley Campground (3.0E)

603-745-8321, 800-370-5678 <www.lostriver.com> cabin \$59S, 69D, camping primitive sites \$20, pets allowed but not in cabins. Showers, coin laundry, pay phone, open mid-May to Columbus Day 8-9, quiet 10pm-8am, owner Jim Kelly. Maildrops: 951 Lost River Rd, North Woodstock, NH 03262.

(16E) **Wise Way Wellness Center** 603-726-7600 \$65 for up to three persons in cabin, includes light breakfast. \$10 for pickup and return from Franconia Notch, Kinsman Notch, North Woodstock, or Lincoln. Cabin is 10 miles south of Lincoln in Thornton, NH. This is a serene rustic cabin with no TV or phone. Bathroom and shower inside adjacent building and outdoor bathtub. Amenities include WiFi, pool, sauna, mini-fridge and grill. Epson salt bath available. Licensed Massage Therapist on-site \$35/30 min.

North Woodstock, NH (5E), **Lincoln, NH** (6E)

(See pg. 188-189)

Randolph Mountain Club (RMC)

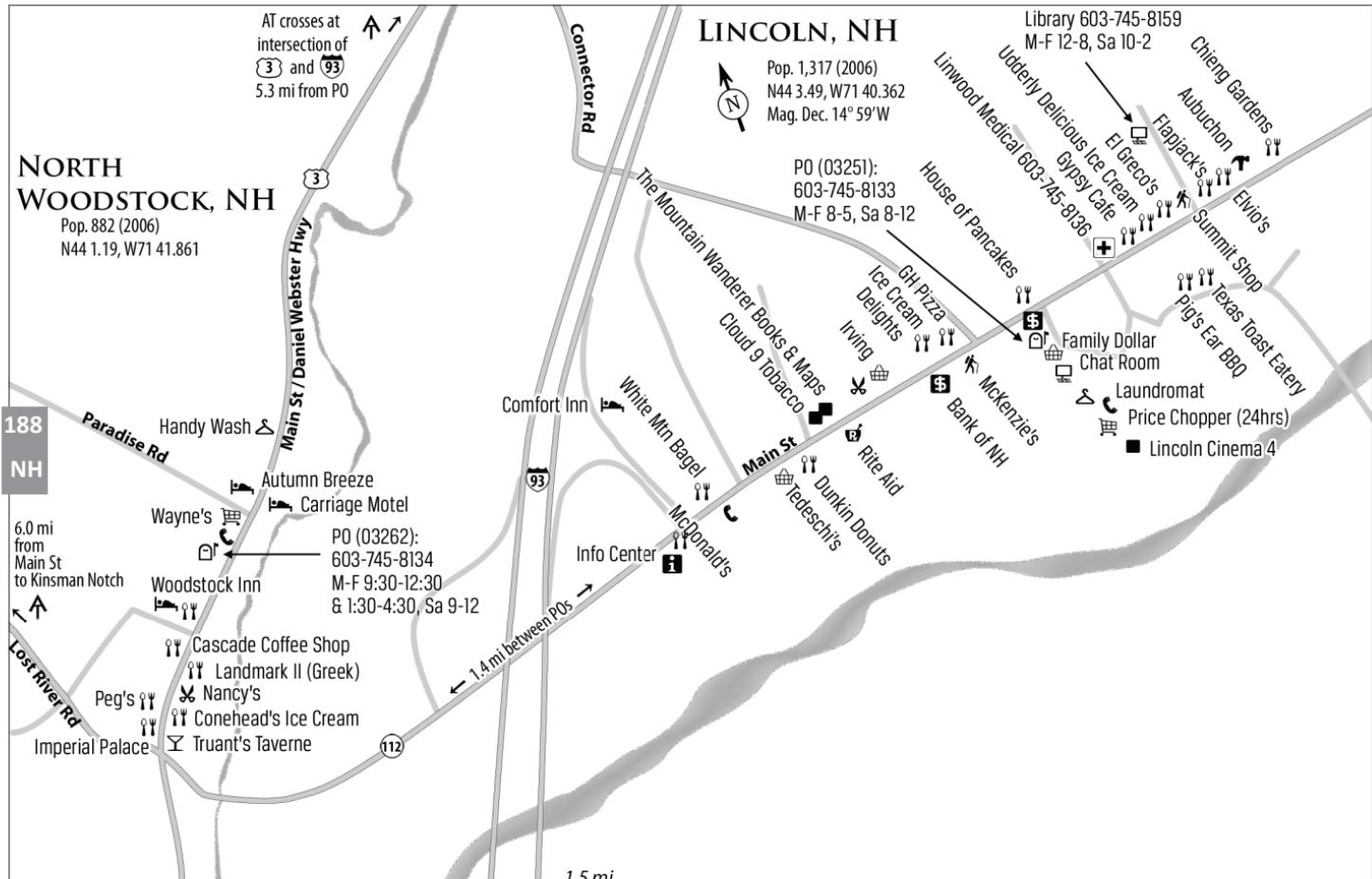
Maintains the section of the AT from Edmands Col to Madison Hut and four shelters in the Northern Presidentials. Person fees for non-members: Gray Knob or Crag Camp \$20, The Perch or Log Cabin \$10. Fees must be paid in cash for stays at Gray Knob, Crag Camp and The Perch. Persons without cash can stay at the Log Cabin and will receive a receipt to mail in their fee. There is a caretaker year-round at Gray Knob if you need assistance or have questions. During the summer months, a second caretaker is in residence at Crag Camp. A caretaker visits Crag Camp and The Perch every evening throughout the year.

Shelter use is first-come, first-served; no reservations. Weekends are busy. If space is not available, be prepared to camp. Camping is not permitted within a quarter mile of RMC shelters.

There is no trash disposal. Carry in, carry out. Please keep noise to a minimum after 10pm. The use of cell phones and portable TVs is not permitted. Group size is limited to ten. There is no smoking inside RMC facilities. When a camp is full, all guests are asked to limit their stay to two consecutive nights. Outdoor wood campfires are not allowed at any of the camps. Dogs are allowed at RMC's facilities, but they should be under voice control at all times.

AMC Hiker Shuttle 603-466-2727 Schedule on-line:

<www.outdoors.org/lodging/lodging-shuttle.cfm> Operates June - Mid Sept daily, and weekends and holidays through Mid-Oct. Stops at Lincoln, Franconia Notch (Liberty Springs Trailhead), Crawford Notch (Webster Cliff Trailhead), Highland Center, Pinkham Notch, and Gorham; \$23 for non-members. Walk-ons if space available.



1812.2 Franconia Notch

(0.7E) **Flume Visitor Center** 603-745-8391 with cafeteria open daily early May - late Oct, 9-5, serves pastries at breakfast, hamburgers/hot dogs/pizza remainder of the day. Maildrops: Flume Gorge, Rte 3, Franconia Notch State Park, Lincoln, NH 03251.

(2.1W) **Lafayette Campground** 603-823-9513, tent sites \$25D, limited store, no pets, quiet 10pm. Open mid-May-Columbus Day. Maildrops: Franconia State Park, Lafayette Campground, Franconia, NH 03580.

(1.2E) **Profile Motel & Cottages** 603-745-2759 www.profilemotel.com \$49-\$89, fridge and microwave in room, grills and tables outside, open 7am-10pm. Closed Nov-Mar. Maildrops: 391 US 3, Lincoln, NH 03251.

(3.0E) **Mt. Liberty Motel** 603-745-3600 MtLibertyMotel.com \$85 or less includes pickup/return when available and town shuttle. No pets. Closed Nov-Apr. Maildrops: 10 Liberty Road, PO Box 422, Lincoln, NH 03251.

AMC Hiker Shuttle (pg. 187)
 The Shuttle Connection 603-745-3140 www.shuttleconnection.com Shuttles between town and trail or to bus terminals and airports ranging from Portland, ME to NY. Can handle large groups.
 Notch Taxi Service 603-991-8777, Reservations recommended, runs 7 days.

North Woodstock, NH (4.8S of Franconia Notch)

Woodstock Inn 603-745-3951, 800-321-3985 www.woodstockinnnh.com 10% discount for thru-hikers, prices seasonal, stay includes full breakfast, no pets. Two restaurants, outdoor bar, and a micro-brewery on-site.

Autumn Breeze 603-745-8549 www.autumnbreezemotel.com summer rates \$75-90, rooms have kitchenettes, no pets.

The Carriage Motel 603-745-2416 www.carriagemotel.com \$72/up, no pets, game room, pool, gas grills. Closed in winter. Maildrops: 180 Main Street, North Woodstock, NH 03262.

Wayne's Market Deli, ATM, 99¢ sandwiches, large beer selection.

Fadden's General Store ice cream, fudge and more.
Lincoln, NH (5.8S of Franconia Notch)

Wise Way Wellness Center 10S of Lincoln, see listing pg. 187.

Lahout's Summit Shop www.lahouts.com 603-745-2882 M-F 9:30-5:30, Sa 9-5:30, Su 9-5, full service outfitter, packs, Coleman/alcohol/oz, canister fuel, freeze-dried foods.

Chat Room/Books M-Th 10-6, F-Sa 10-8.

Mountain Wanderer 603-745-2594 Book and map store has everything you need to navigate the Whites.

Franconia, NH 03580 (11W of Franconia notch)

M-F 8:30-1 & 2-5, Sa 9-12, 603-823-5611

Gale River Motel 603-823-5655, 800-255-7989 www.galerivermotel.com \$50-\$200, pets with approval, laundry wash \$1, dry \$1, Coleman/oz. Free pickup/return to trail with stay, longer shuttles for a fee, open year-round. Maildrops (fee for non-guest): 1 Main Street, Franconia, NH 03580.

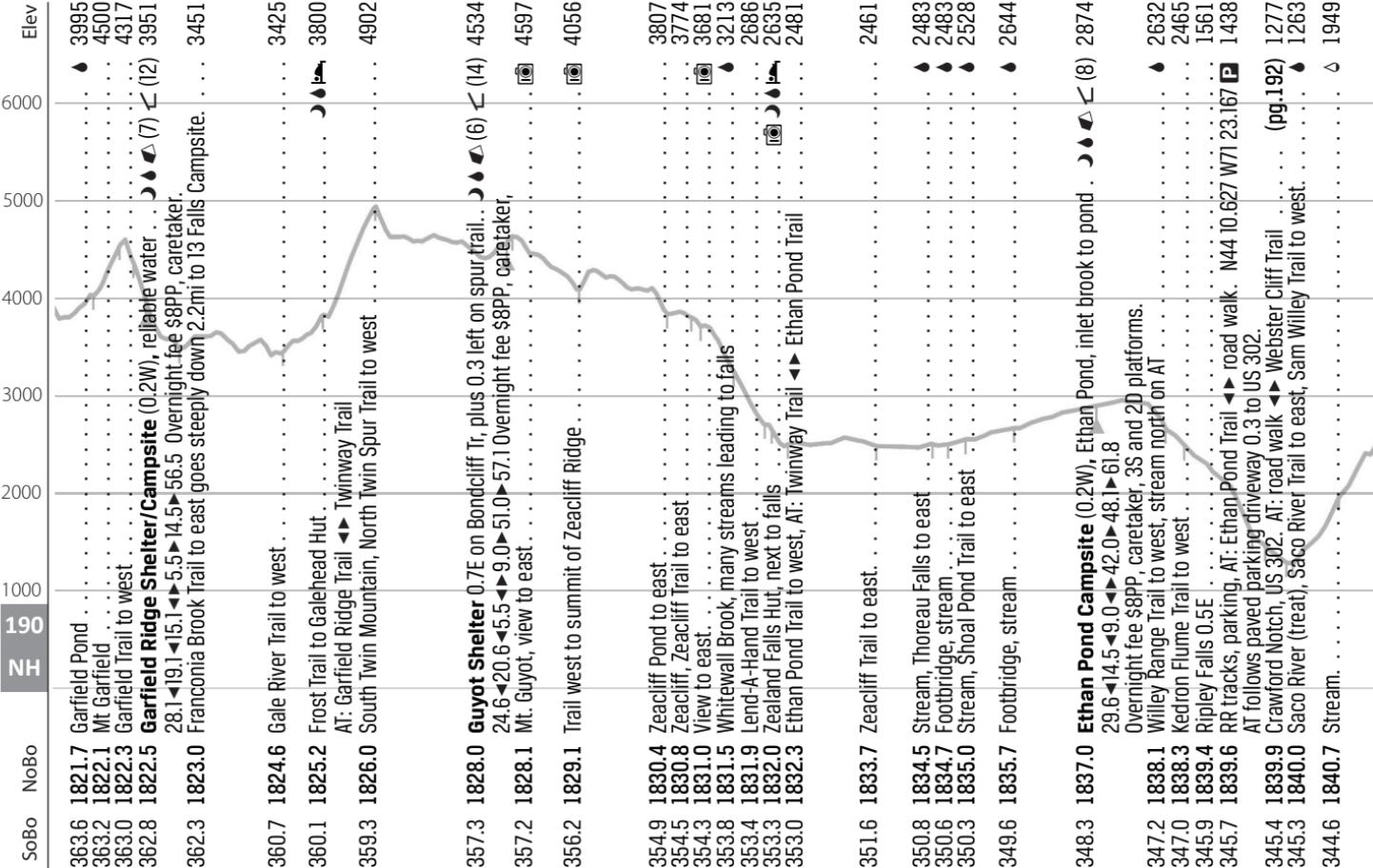
Mac's Market

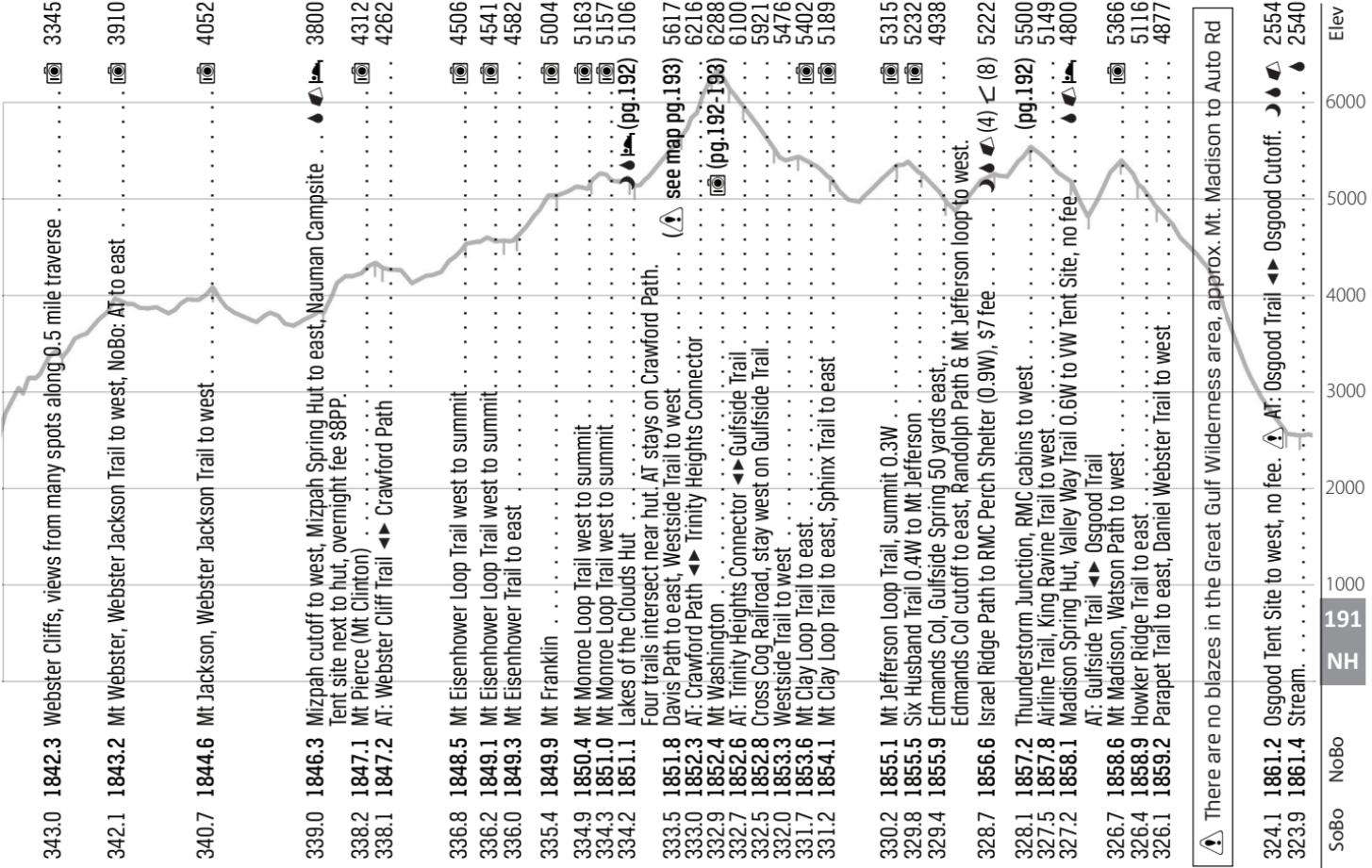
Franconia Village Store deli

Abbie Greenleaf Library

Littleton, NH (17W)

Badass Outdoors Gear Shop 603-444-9445 Full service outfitter 17 miles west (compass north) from Franconia Notch. Thru-hiker discount. Snacks, canister fuel. During spring and summer open M-W 11-5, Th-Su 10-6. Sometimes rides are available.





1839.9 Crawford Notch, US 302

🍴📞 (1W) **Willey House** 603-374-0999 Snack bar open 9:30-5, 7 days, weekend before Memorial Day - weekend after Columbus Day.

⛺️💡📞 (1.8E) **Dry River Campground** 603-374-2272

www.nhstateparks.com/crawford.html Tent sites \$25 for 2 adults and up to 4 children. Pets allowed, coin laundry & showers, ask about shuttles, quiet 10pm-8am. Open May-3rd week of Oct.

🏨💡📞 (3.5W) **AMC's Highland Center** 603-278-4453 www.outdoors.org Lodge \$103PP/up includes dinner & breakfast. Shapleigh Bunkhouse \$78 with dinner and breakfast, \$52 with B only. Rates lower for AMC members. No pets, no smoking. Coin shower for non-guests. AMC Shuttle stops daily mid-Jun to Columbus Day, afterwards only weekends and holidays. Restaurant open to all for B/L/D. Store sells snacks, sodas, some clothing and canister fuel. Maildrops (\$5 fee): Route 302, Bretton Woods, NH 03574.

🏨💡tent (E3.3) **Crawford Notch General Store & Campground**

603-374-2779 www.crawfordnotch.com Cabins \$75-95, tent sites (hold 2 tents) \$30. 9% lodging tax. Store carries hiker foods, ice cream and beer. Open mid-May - mid-Oct.

🚗 **Notch Taxi Service** 603-991-8777 Covers northern NH

🚐 **AMC Hiker Shuttle** (pg. 187)

Bretton Woods, NH (8.0W)

🏡💡📞 **Above the Notch Motor Inn** 603-846-5156

www.abovethenotch.com \$73-\$88 Open year-round. 8.0W of Crawford Notch or 5 miles from Cog Railway base. Convenience store & laundry within walking distance. Non-smoking, pets \$10. Accepts CC. Maildrops: PO Box 429, Twin Mountain, NH 03595.

🍴 **Faybans Station**

🏡 **Bretton Woods Station** convenience store

🛍 **Drummonds Mountain Shop** 603-278-7547 Boots, packs, rain gear, hiking foods, stoves and fuel.

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NH

Bartlett, NH (13.0E from Crawford Notch)

Resort town has unique mountain roller coaster and water slide at **Attitash Resort** 800-223-7669 (www.attitash.com).

1851.1 Lakes of the Clouds Hut

🏡💡💧🌙 Lodging and WFS (see AMC notes, pg. 182). Also "The Dungeon," a bunkroom available to 6 thru-hikers for \$10PP with access to hut restroom and the common area. When the hut is closed The Dungeon serves as an emergency shelter.

1852.4 Mt Washington, NH

✉️ (03589) M-S 10-4 For outgoing mail; please do not send maildrops.

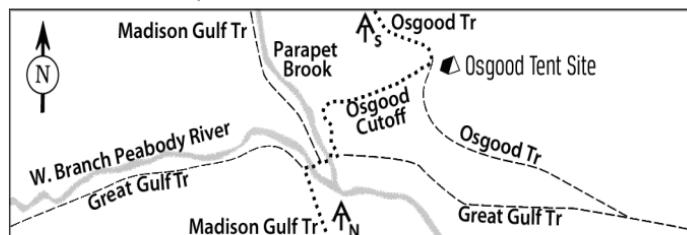
🍴tent (2P) Second highest peak on the AT. **Summit House** open 8am-8pm Memorial Day-Columbus Day. Snack bar open 9am-6pm.

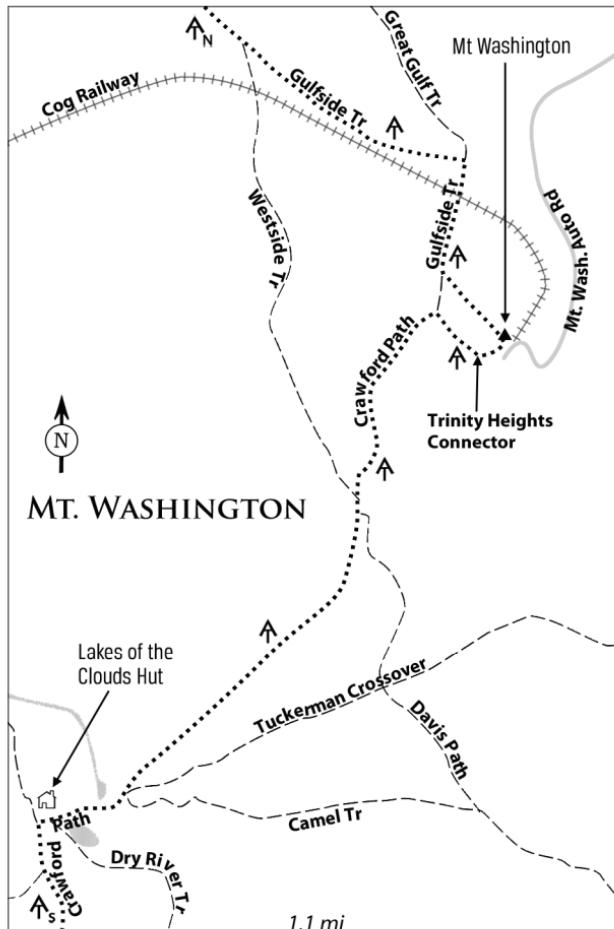
🚂 **Cog Railway** 603-278-5404 www.thecog.com Runs hourly. One-way tickets \$45 (if space-available) sold at summit station. Base station 3 miles away near Bretton Woods, NH.

1857.2 Thunderstorm Junction

🏡 **Crag Camp Cabin** (1.1W) on Spur Trail, **Gray Knob Cabin** (1.2W) on Lowe Path; \$20 fee for either. If you camp along these side trails, it must be at least 0.25mi. from either cabin.

1861.8 - 1863.0 Map of trail intersections





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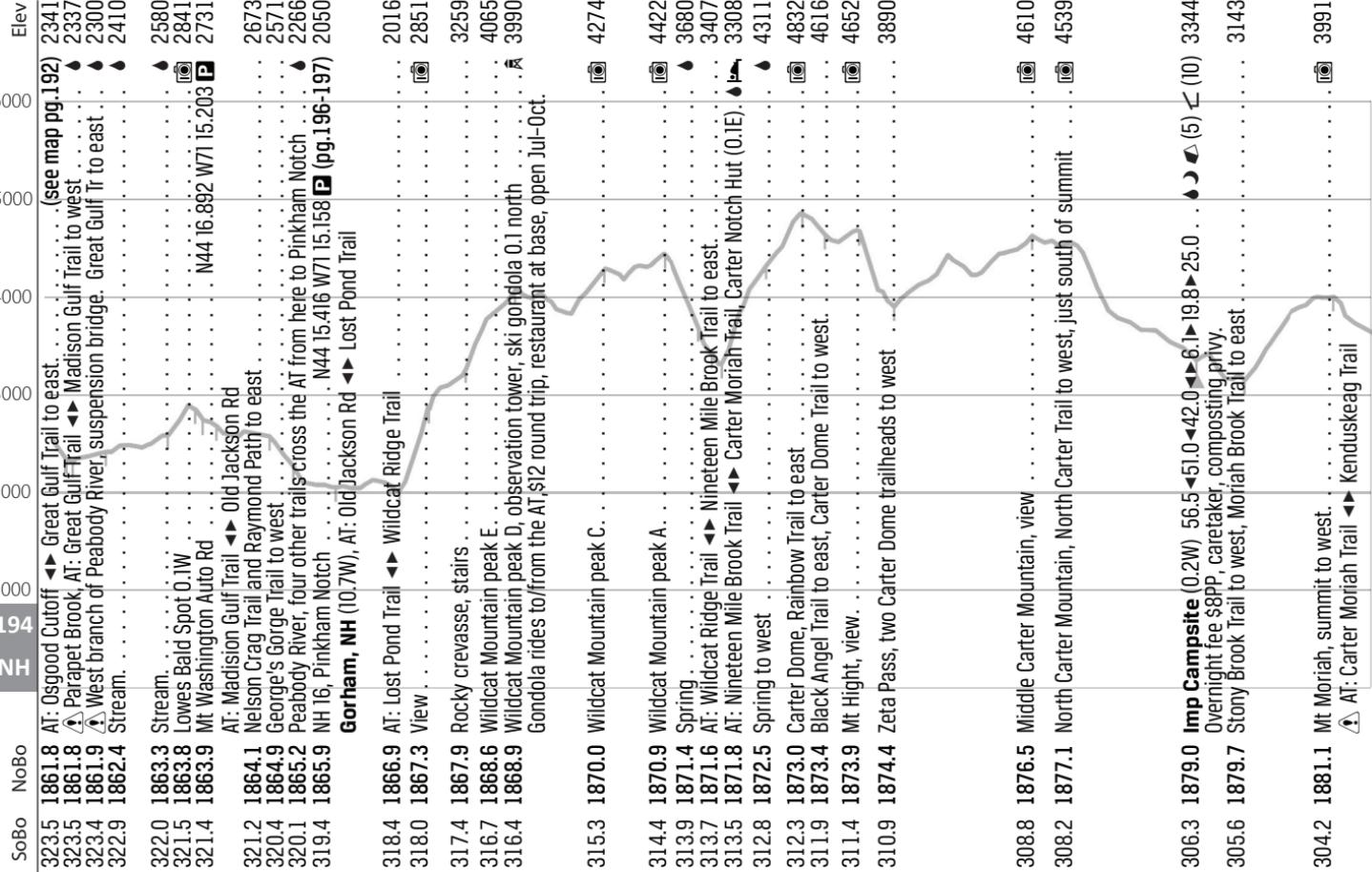
Founded in 1976, American Hiking Society is the only national organization dedicated to promoting and protecting America's hiking trails, their surrounding natural areas and the hiking experience.

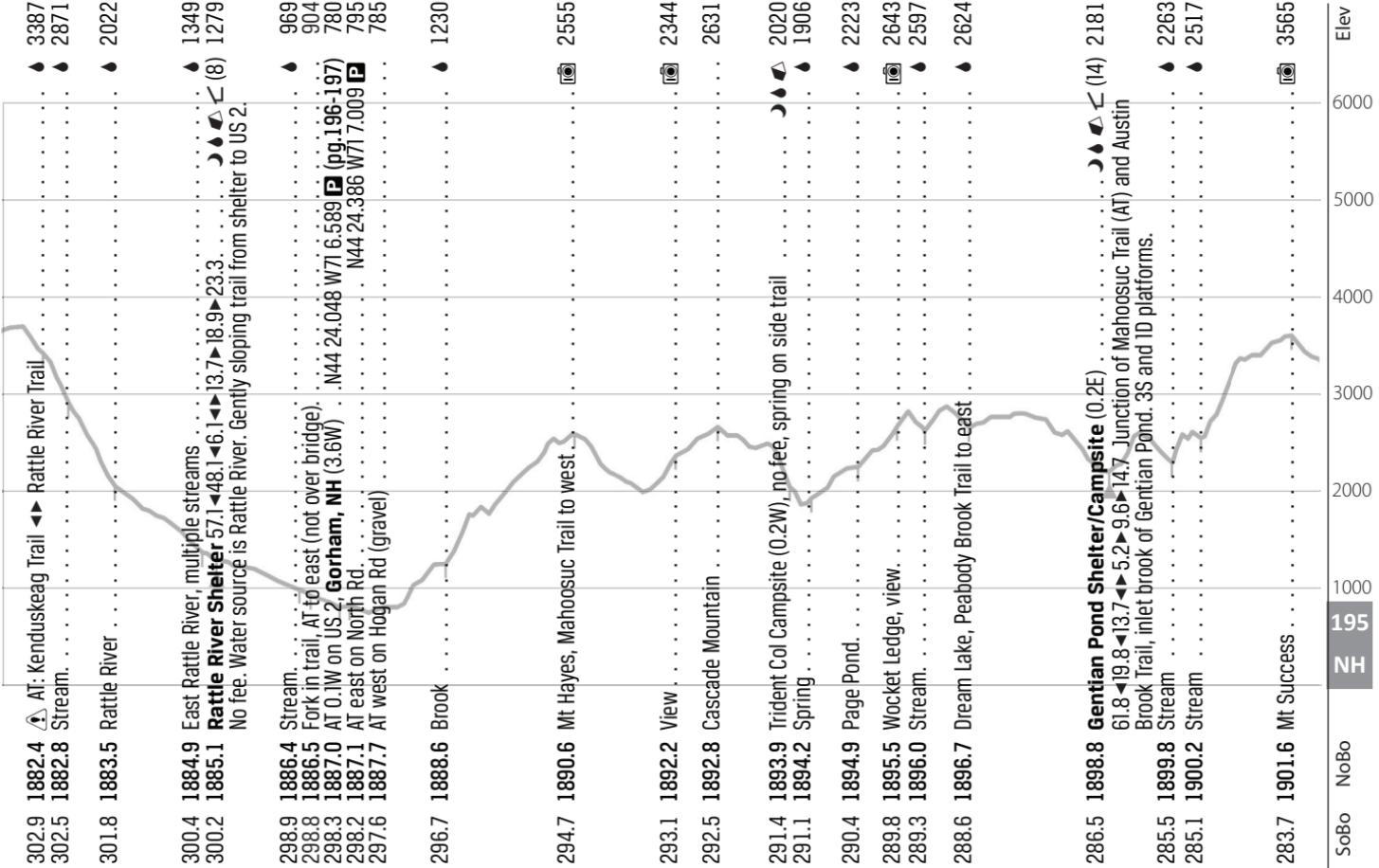
To learn more about American Hiking Society and our programs such as National Trails Day, National Trails Fund, and Volunteer Vacations, visit AmericanHiking.org or call (800) 972-8608.

National Weather Service Wind Chill Chart

		Temperature (°F)												
		35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25
Wind (mph)	5	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40
	10	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47
	15	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51
	20	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55
	25	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58
	30	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60
	35	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62
	40	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64

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1865.9 NH 16, Pinkham Notch

   **Pinkham Notch Visitor Center and Joe Dodge Lodge** 603-466-2721 <www.outdoors.org> Open year round. Cafeteria serves B/L/D. Coin-op \$1 shower available 24hrs, \$2 towel rental. Bunkroom \$62PP w/o meals, \$68 with breakfast and \$88 with dinner and breakfast. Rates on lodging and meals discounted for AMC members. No pets. Meals available to non-guests; AYCE breakfast 6:30-9 daily, a la carte lunch, family-style dinner Sat-Thurs at 6pm, Friday dinner buffet. Vending machines, Coleman/alcohol/oz, isobutane canisters. Shuttle 8am daily. Accepts major credit cards. Mailedrops: AMC Visitor Center, c/o Front Desk, 361 Rte. 16, Gorham, NH 03581.

Gorham, NH (10.7W from Pinkham Notch)

1887.0 US 2

   **White Mountains Lodge & Hostel** 603-466-5049 <www.whitemountainslodgeandhostel.com> On AT at intersection of Rte 2 + North Rd. \$33PP plus 9% NH tax includes hot breakfast and free communal laundry. Clean bunks with fresh linens. Shuttles into town twice a day, longer shuttles sometimes possible. Free shuttle to Pinkham Notch with two night stay. Parking for section hikers. One common-use computer. Sodas, ice cream and snacks for sale on-site. Mailedrops: 592 State Rte 2, Shelburne, NH 03581.

196

NH

  (1.7W) **White Birches Camping Park**

603-466-2022 <www.whitebirchescampingpark.com> bunks \$15, tent sites \$13PP, pool, air hockey, pool table, pets allowed, Coleman/alcohol/isobutane, free shuttle from/to trail and town with stay, open May-Oct. Guest mailedrops (\$5 fee for non-guest): 218 US 2, Shelburne, NH 03581.

Gorham, NH 03581 (3.6W from US 2)

 ID required; all packages should include your legal name.

  (2.6W) **Town and Country Inn** 603-466-3315

<www.townandcountryinn.com> \$64-130, pets \$10. Breakfast

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6-10:30, dinner 5-9, cocktails. Indoor pool, sauna.

   **The Barn and Libby House B&B** 603-466-2271 Bunks \$30 with homemade breakfast or \$20 without. B&B room for two with breakfast \$100. Serving hikers for 29 years. Coleman/alcohol/oz, kitchen, stove, microwave, refrigerator for use, no pets, laundry \$5, Visa MC accepted, shuttles as time permits, free ride from Rte 2 trailhead for guests. Open June-Oct 15. Guest mailedrops: 55 Main Street, Gorham, NH 03581. \$15 mailedrop fee for non-guests.

   **Hiker's Paradise** at Colonial Fort Inn 603-466-2732, 800-470-4224 <www.hikersparadise.com> bunks \$22 (includes tax) with linen, tub/shower, kitchen. Private rooms available. No pets or mailedrops. Coin laundry for guests. Restaurant serves breakfast. Coleman/alcohol/oz. Free shuttle with stay from/ to Route 2, other limited shuttles.

   **Royalty Inn** 603-466-3312 <www.royaltyinn.com> 2013 hiker rate \$79, may go up. Indoor Pool, suana, A/C.

   **Top Notch Inn** 603-466-5496 <www.topnotchinn.com> Hiker discount, pool, A/C, small dogs allowed, no smoking, all major credit cards accepted. Open May-mid-Oct.

   **Northern Peaks Motor Inn** 603-466-3374 <www.northernpeaksmotorinn.com> \$70/up + tax. Pool, A/C, pets \$5, no smoking, all major credit cards accepted, hiker friendly.

   **Gorham Motor Inn** 603-466-3381 \$58-\$158.

   **Gorham Hardware and Sports** 603-466-2312 Open M-Sa 8-5:30, Su 12-5:30. Hiking poles, Water treatment, hiking food & clothes, White gas/alcohol/oz and isobutane. Visa/MC/Disc.

   **Trail Angels Hiker Services** 978-855-9227 Shuttles covering all of NH and ME.

   **Concord Coach** 800-639-3317 Bus service 7:50am daily from Irving store to Pinkham Notch. \$6 one-way, \$11 round-trip.

Berlin, NH 03570

   **Androscoggin Valley Hospital** 603-752-2200

GORHAM, NH



Pop. 2,911 (2006)
N44 23.976, W71 10.798
Mag. Dec. 15° 43'W

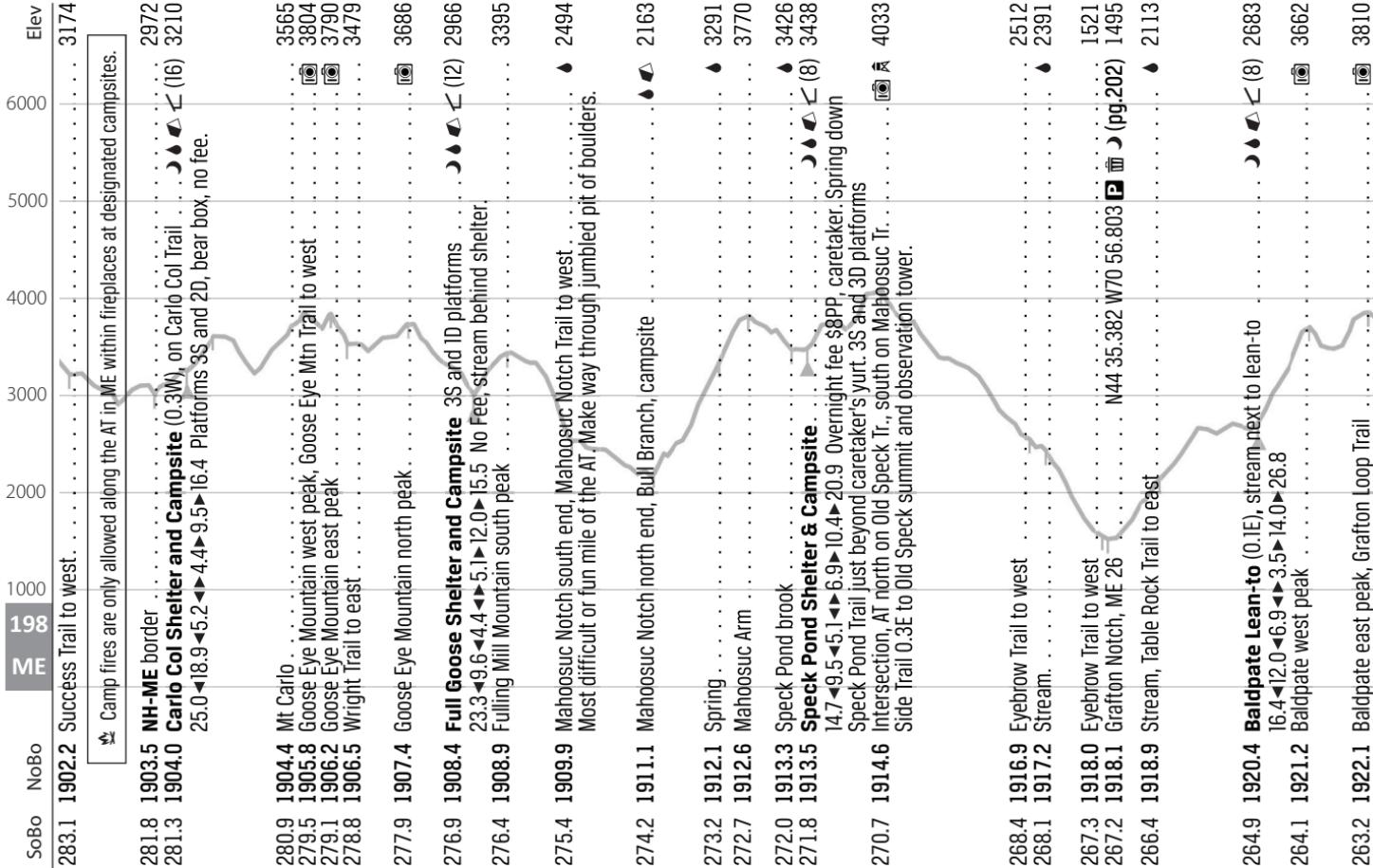
PO (03581):
603-466-2182
M-F 8:30-5
Sa 8:30-12

0.8 mi Hikers Paradise to ← PO → to Barn 0.6 mi

1.6 mi

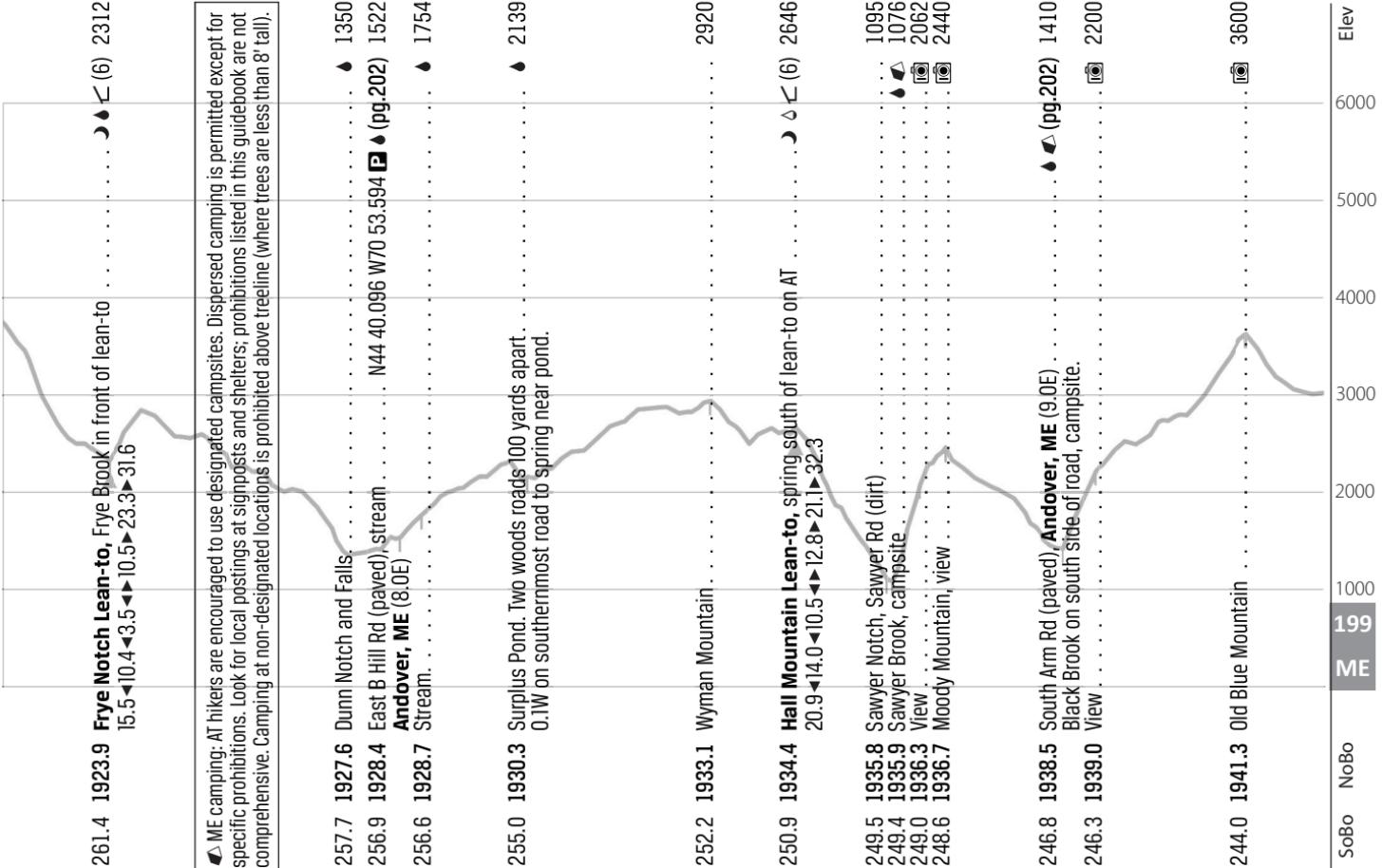
10.7 mi. from Main St.

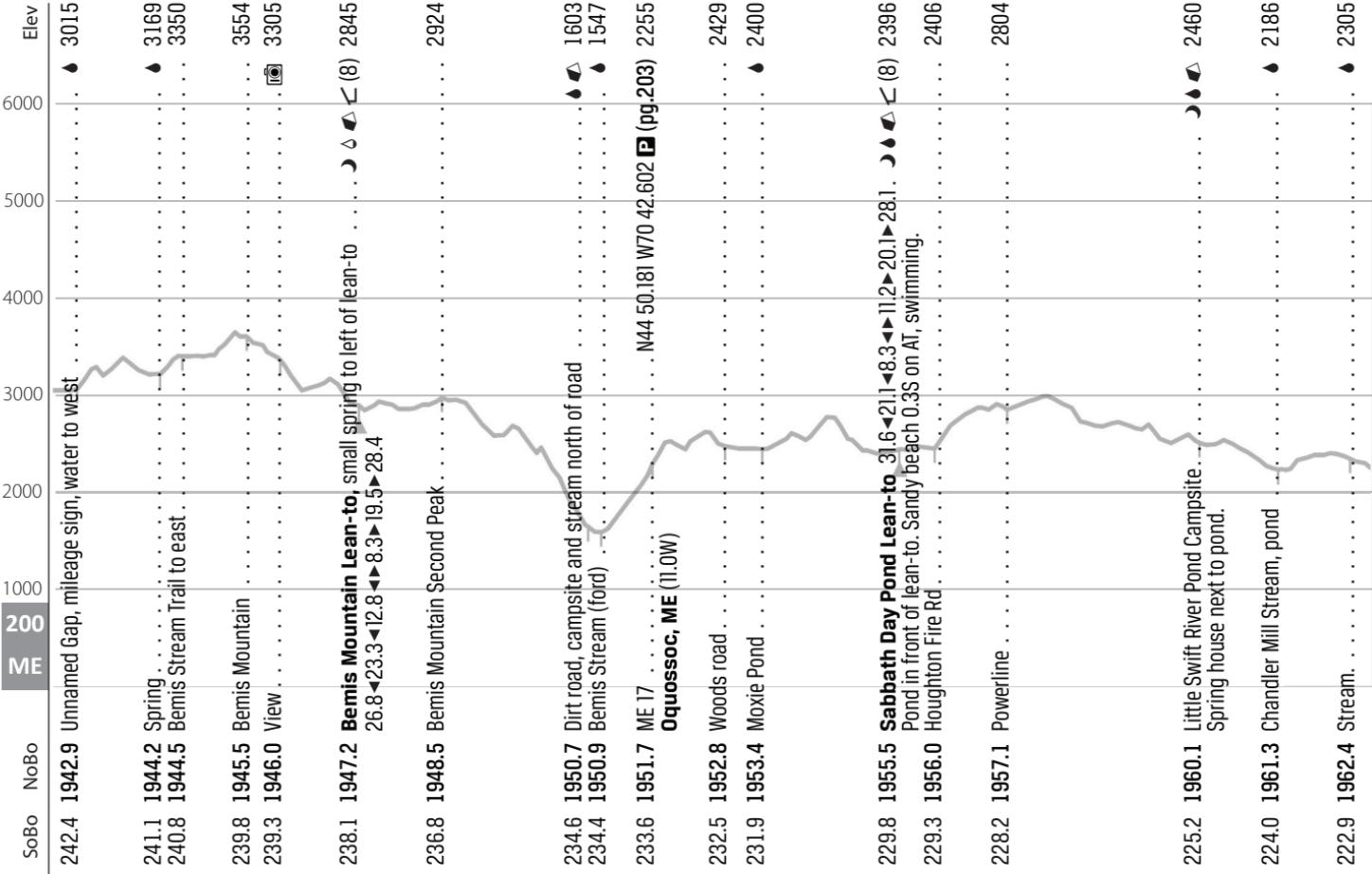


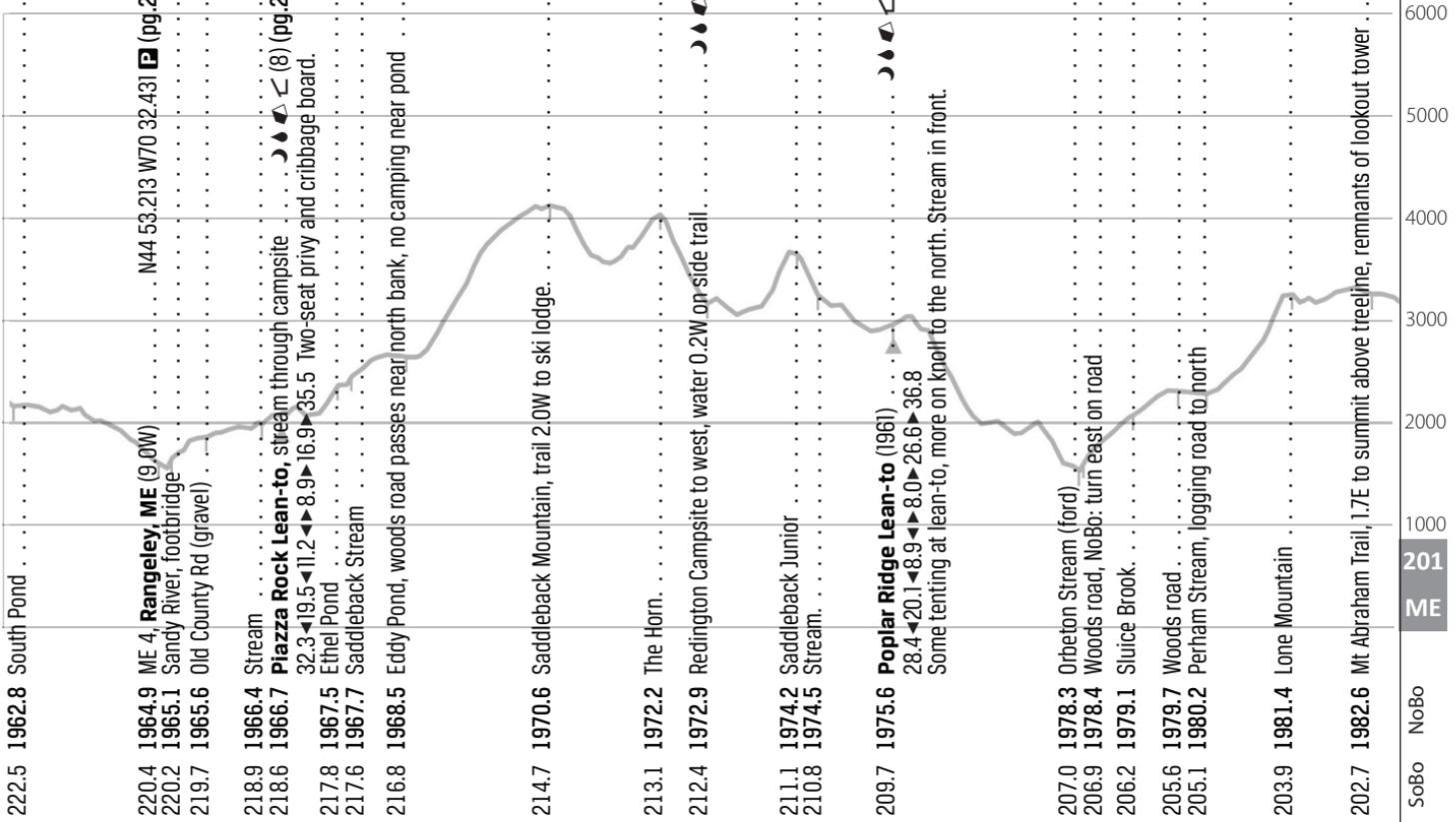


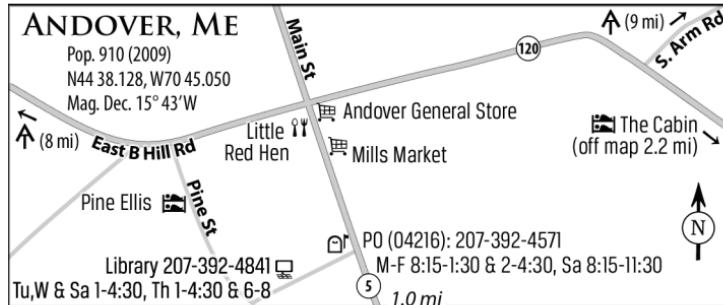
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1918.1 Grafton Notch, ME 26

⛺️tent site (12.8E) Stony Brook Recreation and Camping

207-824-2836 (www.stonybrookrec.com) tent site \$25 for 4, lean-to \$30 for 4. Shuttles from Grafton Notch for a fee. Pool, miniature golf, rec room, convenience store, Coleman fuel. Located 12 miles east on Hwy 26, then left 0.8 mile on Route 2. Maildrops: 42 Powell Place, Hanover, ME 04237.

Bethel, ME 04217 (12E to Rt 2, right 5 miles on Rt 2)

🕒 M-F 9-4, Sa 10-12:30, 207-824-2668

🏡 Chappman Inn 207-824-2657 (www.chapmaninn.com) Bunk space \$35 in bunkroom includes shower and full breakfast, \$25 without breakfast. Rooms \$69/up include breakfast. Kitchen privileges, \$5 laundry. Maildrops: PO Box 1067, Bethel, ME 04217.

🍕 Pat's Pizza 7 days 11-9

🍺 Sudbury Inn Restaurant & Pub, Tu-Su 5:30-9, pub 7 days 4:30-9.

🏪 Bethel Shop 'n Save

🥾 True North Adventurewear 207-824-2201 Full service outfitter, open 7 days 10-6. Leki repair, Coleman/alcohol/oz and isobutane, freeze-dried foods.

🏥 Bethel Animal Hospital 207-824-2212

202

ME

1928.4 East B Hill Rd Andover, ME 04216 (8E)

🏡 Pine Ellis Lodging 207-392-4161 (www.pineellislodging.com) Bunks \$20PP, private rooms \$40S, \$50D & \$60 for three. Kitchen privileges, laundry \$5. Per-person fee for trailhead pickup. For-fee shuttles; slackpack Grafton Notch to Rangeley, and also shuttles to Rumford, Bethel, airport and bus station. No dogs. Resupply includes items for on-trail snacks and meals. Coleman/denatured/oz and canister fuel. Prices subject to change. Guest maildrops: (USPS) PO Box 12 or (UPS) 20 Pine Street, Andover, ME 04216.

🏡 Paul's AT Camp for Hikers Contact Pine Ellis for stay at this rustic one-room cabin, 3 miles from Andover. Stay includes one round trip shuttle from the hostel. \$60 for four, \$15EAP up to 6.

🍽️★★\$ Andover General Store 207-392-4172 Deli serves short-order food & pizza, **Sweet Treats** ice cream. Open M-Sa 5-8, Su 6-8.

★★ Mills Market Open 7 days 5am-9pm.

🍴 Little Red Hen Open Tu-Su (T-Th 6:30am-2pm, F-Sat 6am-8pm, Sun 7am-2pm) closed Monday. AYCE Pizza on Sat.

Also: Massage therapist, Donna Gifford, 207-357-5686, call for rates. Free pickup/return to Andover.

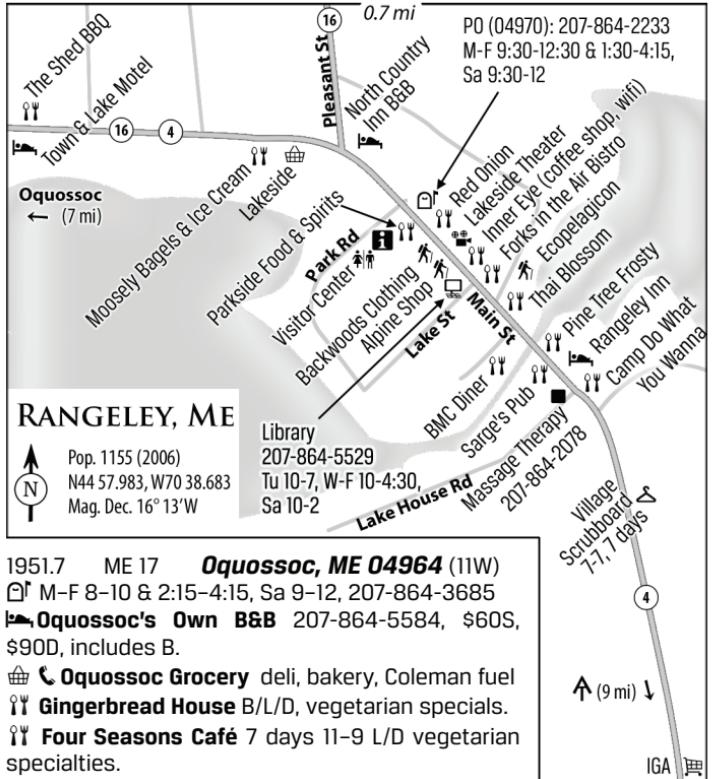
2.8 miles east of Andover:

🏡 The Cabin 207-392-1333 (www.thecabininmaine.com) \$20PP includes linens, kitchen use. Free pickup from East B Rd or S. Arm Rd; there is a fee for return ride. Guest maildrops: (USPS) PO Box 55 or (UPS) 497 East Andover Rd, East Andover, ME 04226.

1938.5 South Arm Rd

🏡tent site (3.5W) South Arm Campground 207-364-5155 (www.southarm.com) Tent sites, camp store, no credit cards, pets okay, open May 1-Oct 1. Maildrops: PO Box 310, Andover, ME 04216.

Andover, ME (9E from South Arm Rd)



1964.9 ME 4 **Rangeley, ME** (9W) Safest place to hitch is from end of guardrail 0.3W, in front of Hiker Hut. Rangeley is halfway between the equator and the north pole (3107 miles from either).

Hiker Hut at 2 Pine Road (0.3W of AT) 978-210-3782 hikerhut@gmail.com. \$20PP includes bunk w/mattress and pillow, healthy home-cooked meal and shuttle into Rangeley. Private hut for couples \$40. Beautiful off-grid setting along the Sandy River with swimming hole, hummingbird watching, and local jewelry artist on-site. Dogs welcome. Maildrops: C/O Steve Lynch, 2 Pine Rd, Sandy River Plantation, ME 04970.

Town & Lake Motel 207-864-3755 Call for hiker rate. Pets \$5. Canoes for guest use. Maildrops: PO Box 47, Rangeley, ME 04970.

Saddleback Motor Inn 207-864-3434 \$95, pets \$10, pool.

Rangeley Inn & Tavern 207-864-3341 www.rangeleyinn.com Mid-week rate as low as \$99.

North Country Inn B&B 207-864-2440

www.northcountrybb.com \$99-149, includes full breakfast, specials in mid-week, and off season. Multi-night discount.

Camp Do What You Wanna 207-864-3000 B/L pastries, soups, and sandwiches.

Sarge's Sports Pub & Grub L/D and bar, 7 days 11-1, house bands on Friday and Saturday.

IGA Supermarket 207-864-5089 ATM 7 days 7-8.

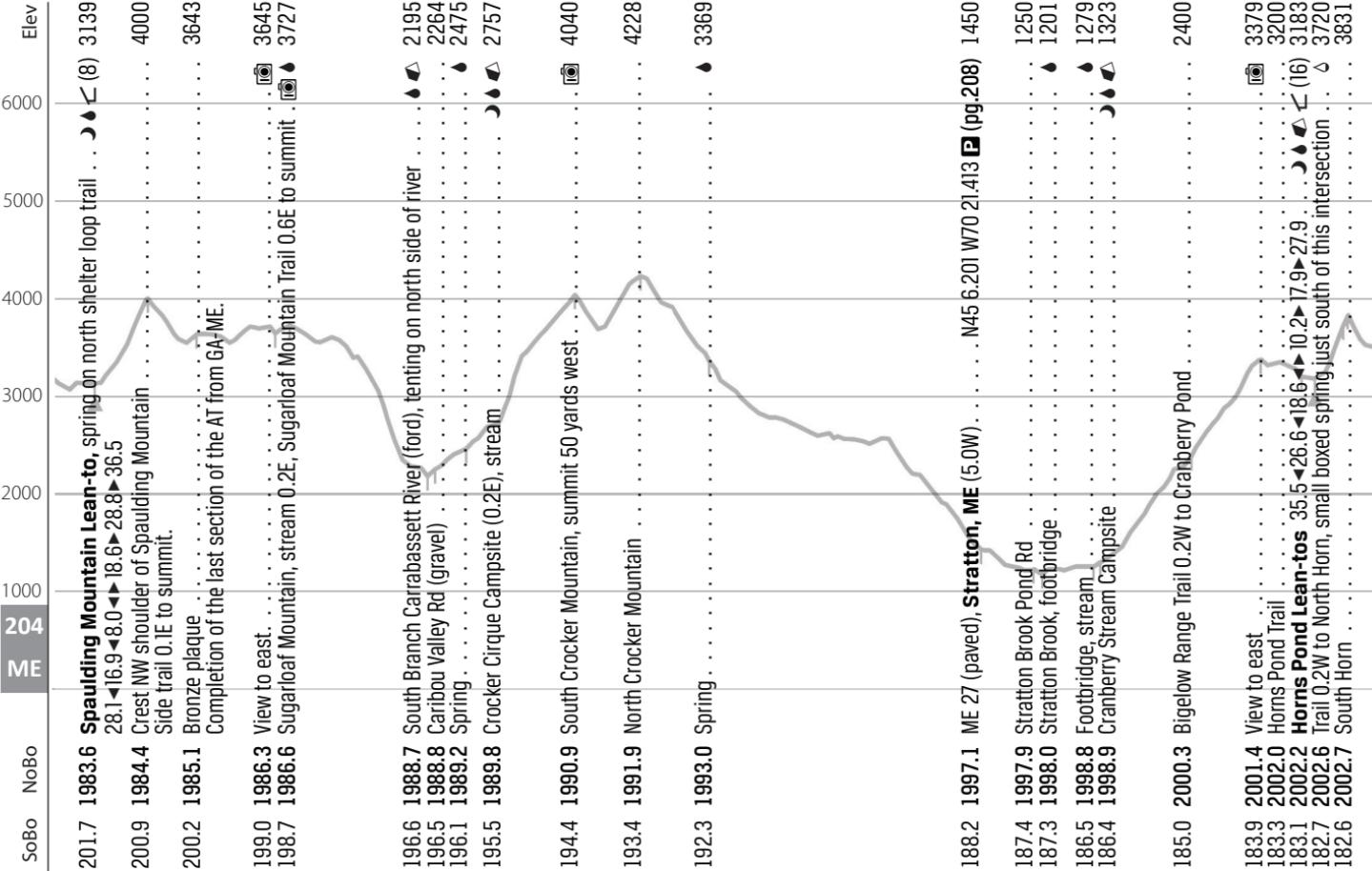
Ecopelagicon 207-864-2771 Hiker friendly nature store has white gas/alcohol/oz, canister fuel, freeze-dried foods, water filters, clothes, Leki poles and does warranty work. Ask about shuttles.

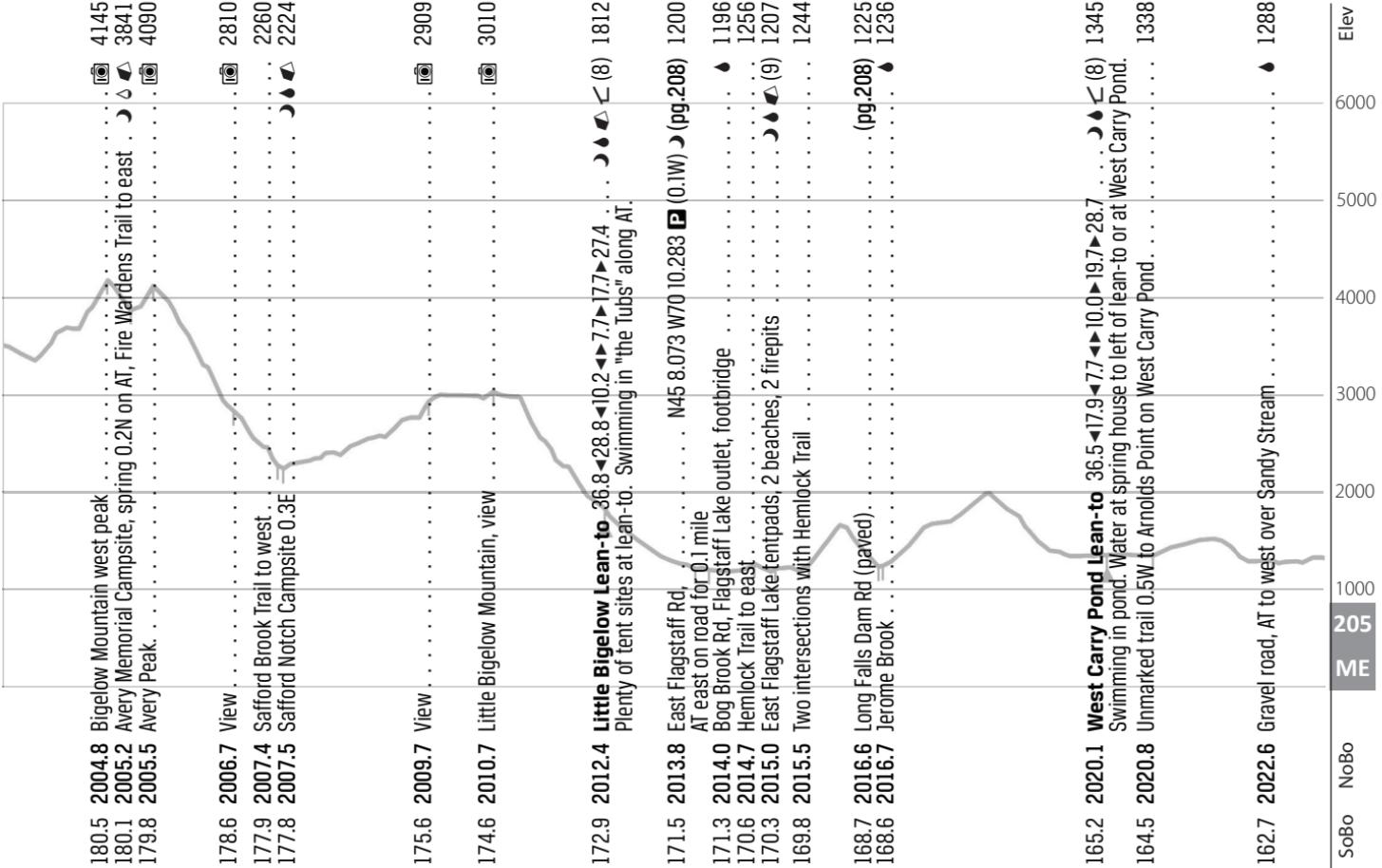
Alpine Shop: www.alpineshoprangeley.com 207-864-3741 M-S 9-7, Su 10-6, some hiking gear, Coleman/alcohol/oz.

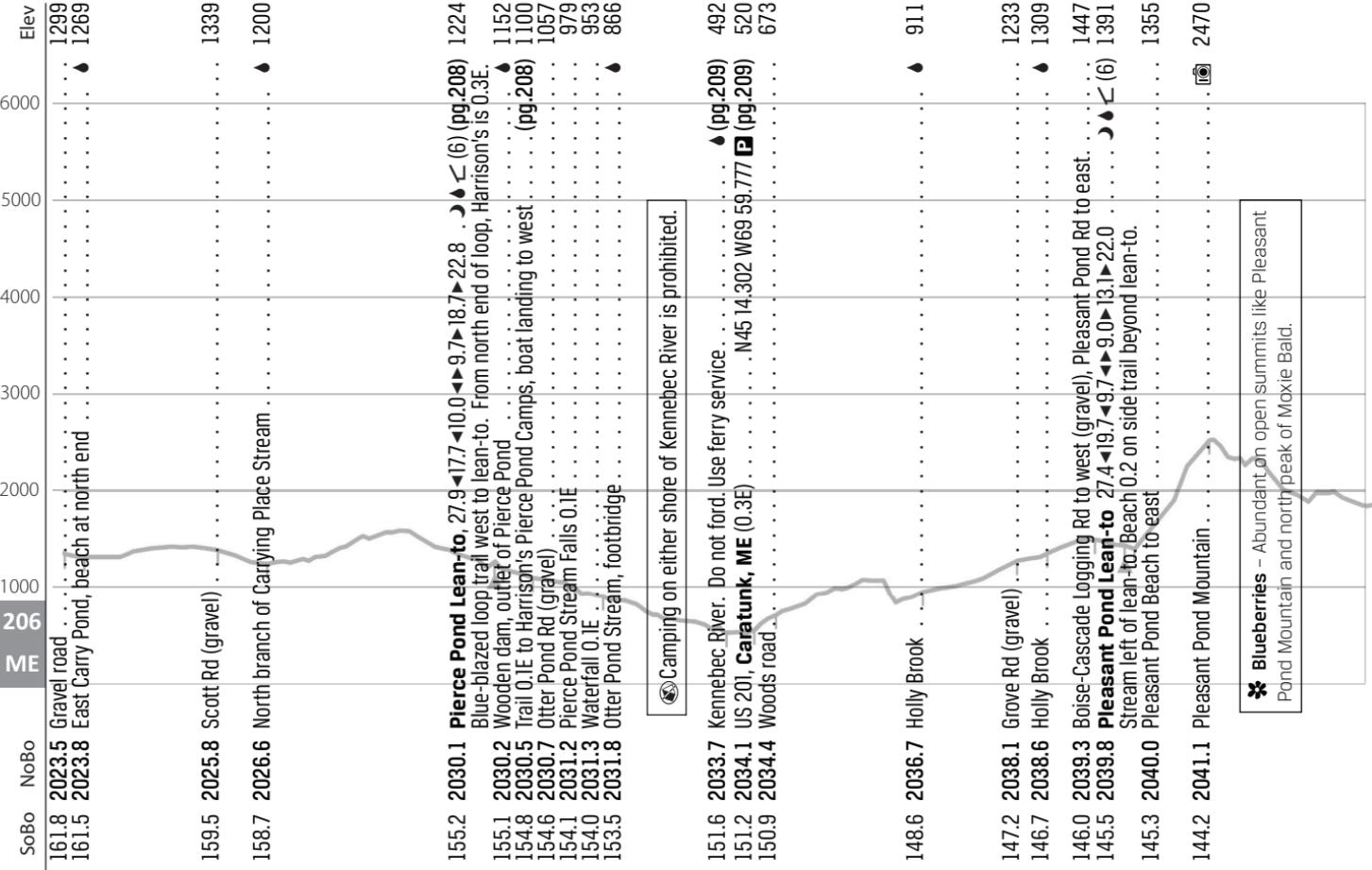
Back Woods: 207-864-2335 Gear, clothes.

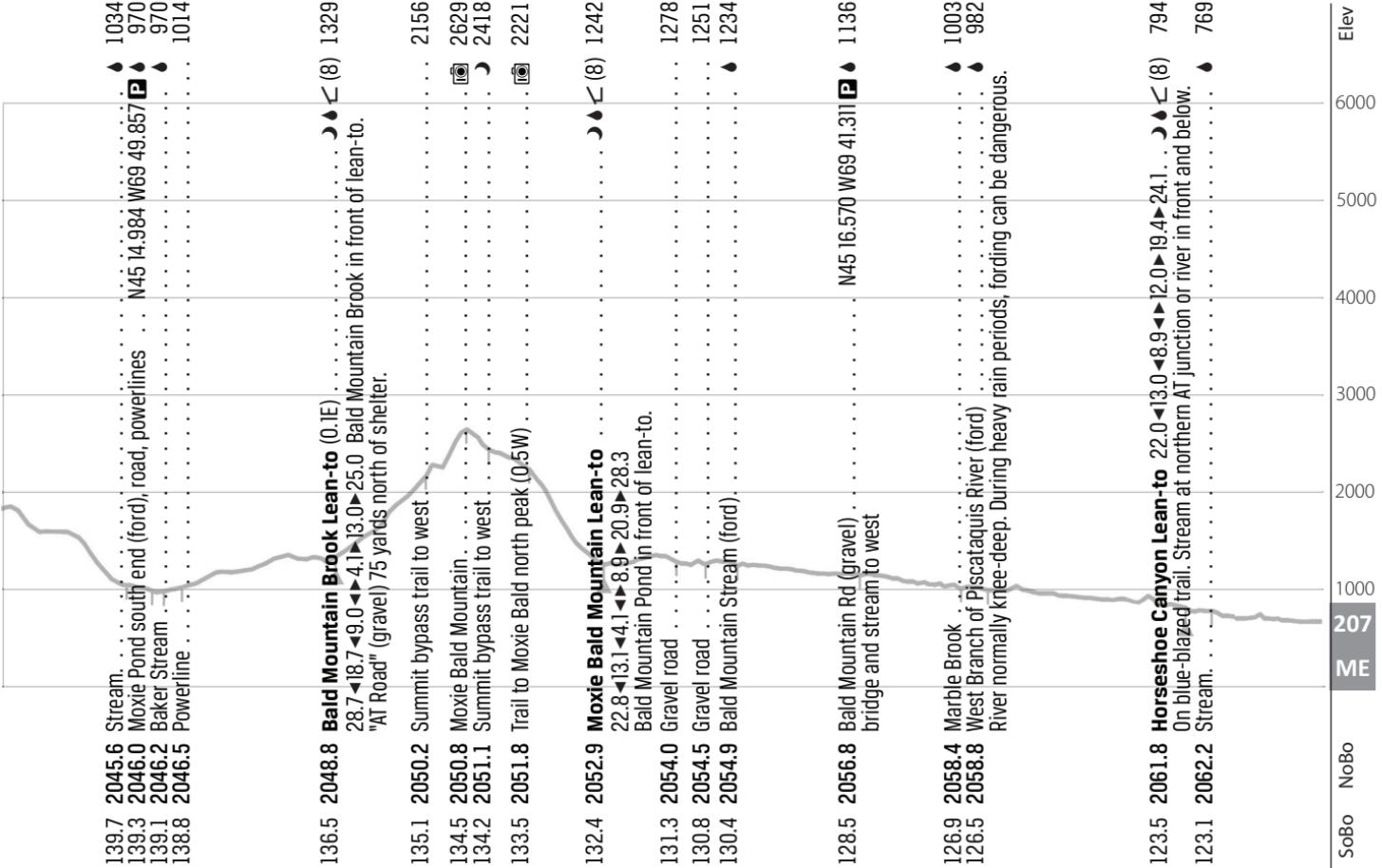
Rangeley Health & Wellness Center: On Dallas Hill Rd south of IGA. Medical 207-864-3303. Fitness Center 207-864-3055 \$5 shower, towel provided. M-Th 5am-8pm, F 5am-7:30pm, Sa-Su 8-2.

1966.7 ME 4 **Piazza Rock Lean-to** Two side trails north of shelter; 100 yards north: west to Piazza Rock; 0.1 north: To "The Caves", blue-blazed route through a labyrinth of boulders and caves.









1997.1 ME 27

■ (2E) **Mountainside Grocers** 207-237-2248, open 7:30-8pm.

Stratton, ME 04982 (5W)

■ ☕ 🚻 🏡 ☎ Stratton Motel 207-246-4171

(www.thestrattonmotel.com) \$25 bunk, \$55 private room, credit cards accepted. Shuttle range Gorham to Monson, and also to Bangor or Portland. Canister fuel. Maildrops: PO Box 284, Stratton, ME 04982.

■ 🍽️ 🚻 ☎ White Wolf Inn 207-246-2922 \$50S/D, \$10EAP + tax, pets \$10. \$60 on weekends. Does not accept Amex. Restaurant (closed Tues) serves L/D. Breakfast on weekends. Home of the 8oz Wolf Burger; Fish Fry Friday; **Wolf Den Bar** on-site. Maildrops: Main Street, PO Box 590, Stratton, ME 04982.

■ ☎ Spillover Motel 207-246-6571 \$69S, \$89D. Senior (55+) discount \$5. Pets \$10, cont B. Full kitchen for use by guests. Maildrops: PO Box 427, Stratton, ME 04982.

■ 🍽️ 🚻 ☎ Stratton Plaza Hotel 207-246-2000 \$90 room with 2 queen beds. L/D Tu-Sa 11-10. Karaoke, music on weekends.

■ \$ Fottler's Market 207-246-2401 M-Th 8-7, F-Sa 8-8, Su 9-5. Coleman/alcohol/oz.

■ 🛍️ \$ ☎ Northland Cash Supply 207-246-2376 Open 7 days 5-10, groceries, beer, tobacco, pizza, hiker box, Coleman/alcohol by ounce. Hiker friendly owner (Mark) provides rides back to the trail for free when he's available. Tenting with permission behind store. Maildrops (no FedEx): 152 Main Street, Stratton, ME 04982.

■ \$ Flagstaff Fuel 207-246-2300 Deli, sodas, protein bars, beer, canister fuel.

208
ME



2013.8 East Flagstaff Rd

2016.6 Long Falls Dam Rd

Kingfield, ME (18E from either Rd)

■ ☎ Mountain Village Farm B&B 207-265-2030 Hiker rate of \$40 per person for room with fridge, microwave and private bath. Includes breakfast. Round-trip shuttle \$40 for up to 4 persons from either trailhead. Pets welcome. Bed & Breakfast on an organic farm; inquire about work-for-stay. Town center within walking distance has grocery, laundry, and restaurants. Slackpack the Bigelows (Stratton to East Flagstaff Rd, either direction) \$30/carload. Maildrops: PO Box 216, Kingfield, ME 04947.

2030.1, 2030.5 Trails to camp

■ 🍽️ 🚻 ☎ Harrison's Pierce Pond Camps 207-672-3625, 207-612-8184 May-Nov, 7 days. Bed, shower, and 12-pancake breakfast \$40. If you only want breakfast (\$9-12 served 7-7:30am), reserve a seat the day before. Cash only. Okay to get water at camp and dispose of trash. Shortest route to camp is west along the north blue-blaze shelter loop trail.

2033.7 Kennebec River - The ferry is the official AT route (do not ford); the current is strong and unpredictable due to an upstream dam. Ferry holds 1 or 2.

Before May 1 No service

May 1 - May 23 on-call service \$50 time & weather permitting

May 24 - July 10 9am-11am, 7 days

July 11 - Sept 30 9am-11am and 2pm-4pm, 7 days

Oct 1 - Oct 13 9am-11am, 7 days

Oct 14 - Oct 31 on-call service \$50 time & weather permitting

After Oct 31 No service

Fletcher Mountain Outfitters 207-672-4879 David Corrigan provides ferry service and shuttles when not operating ferry. Some resupply on-hand.

2034.1 US 201 **Caratunk, ME 04925** (0.3E)

M-F 7:30-11:30 & 12-4, Sa 7:30-11:15, 207-672-3416

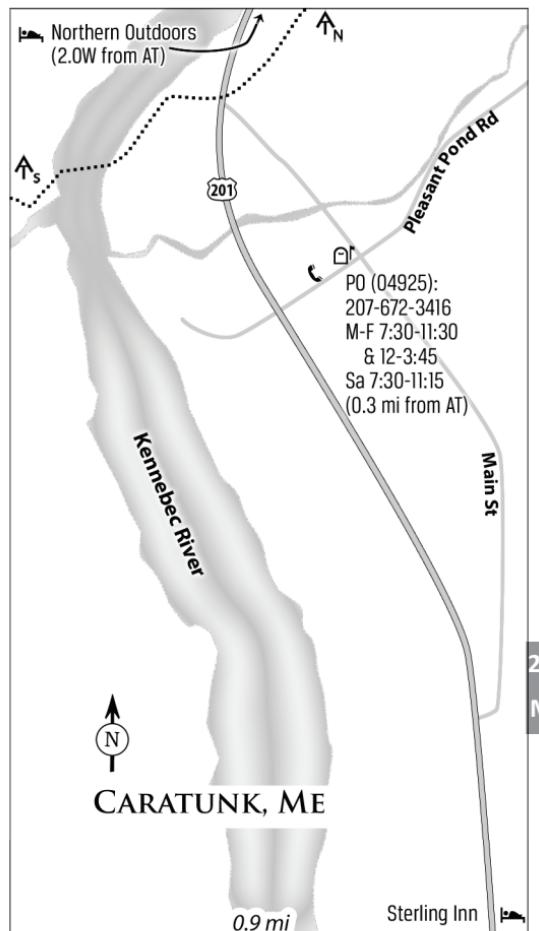
Accepts debit cards with limited cash back. Phone at town hall behind PO.

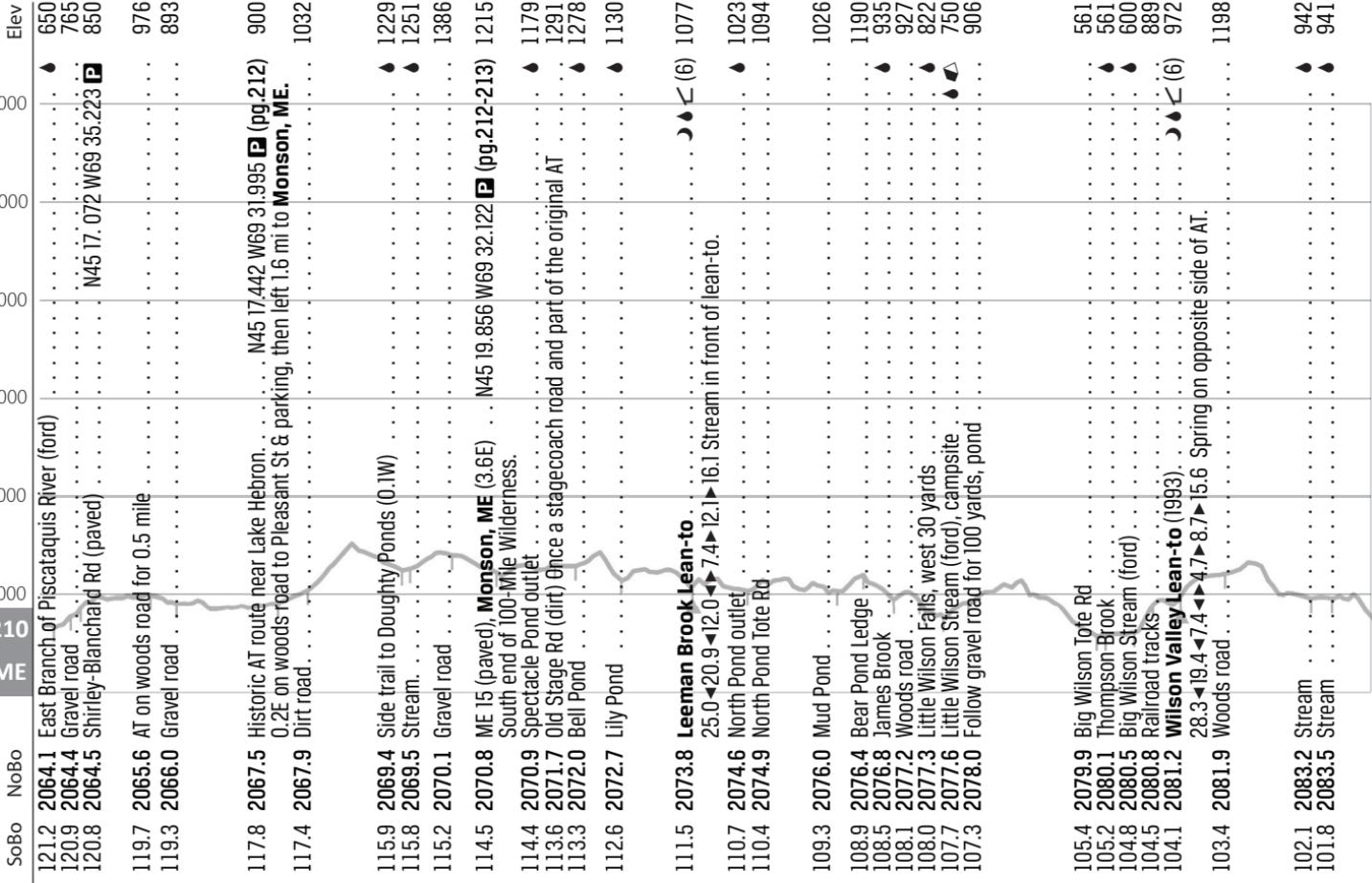
(1.3E) **The Sterling Inn** 207-672-3333 (www.mainesterlinginn.com) \$40S, \$55D, \$80/4, bunk room \$25. All include continental breakfast. Multi-night discount, credit/debit cards accepted. Ample supplies including fuel/oil, canister fuel, Lipton Sides, batteries & candy bars. Resupply, showers (\$2.50) and laundry (\$5) available even if you are not staying. Free pickup from trailhead or from PO, return ride \$5. Address: 1041 Route 201. Maildrops: PO Box 129, Caratunk Maine 04925.

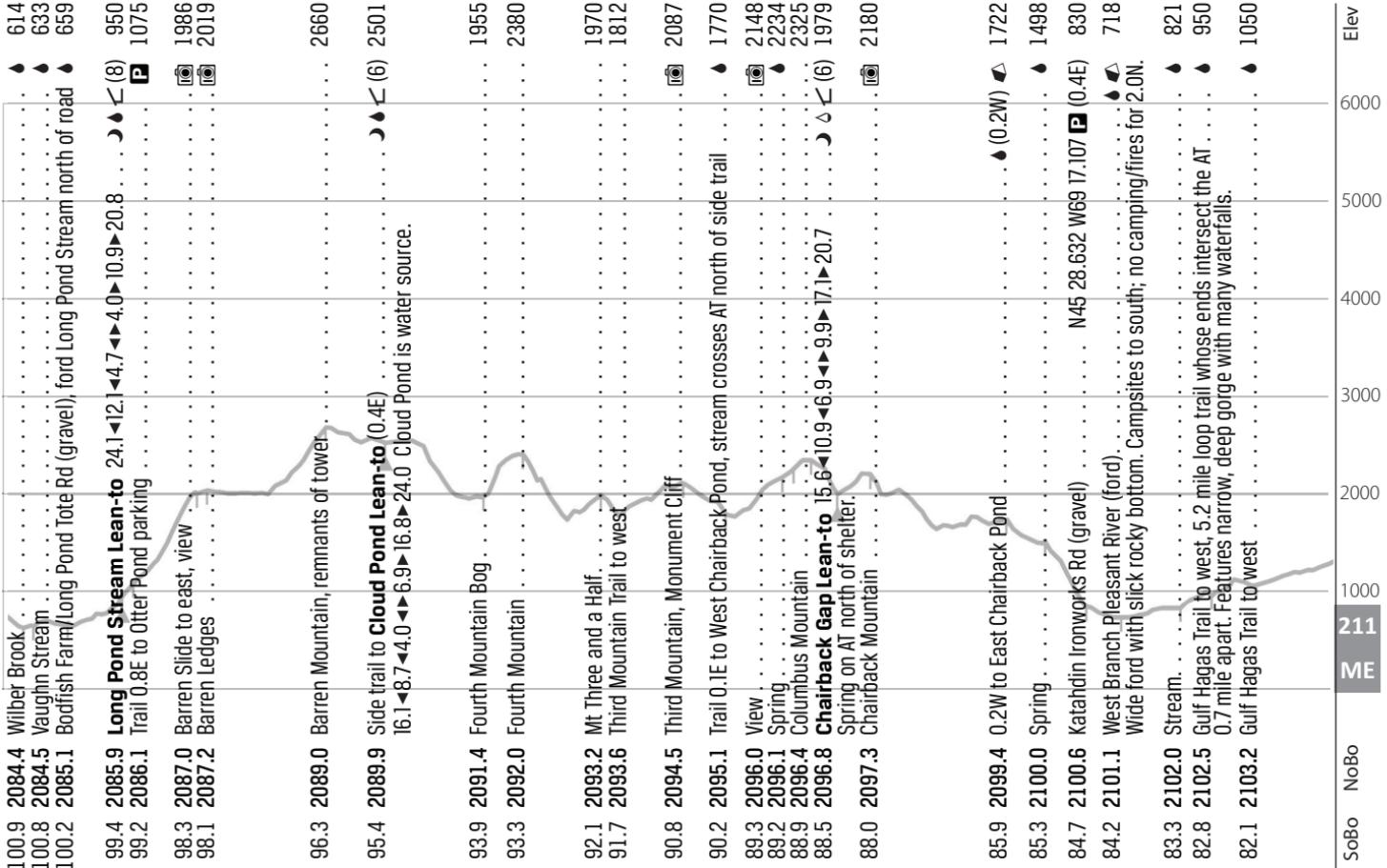
(2W) **Northern Outdoors** 800-765-7238

(www.northernoutsdoors.com) Hikers are welcome to ride free shuttle and use shower and pool with or without stay. Shuttle makes three trips a day coinciding with ferry schedule. Hikers get 25% discount on lodge rooms; prices vary by season and on weekends; peak season is July 12-Sept 1. Weekends in August are often booked. Cabin tents \$17-25PP/up, tenting \$11-13PP. Coin laundry, hot tub, ATM. No pets. Rafting trips (class IV) require reservation. Food and ale in **Kennebec River Pub & Brewery**. Maildrops: 1771 US 201, The Forks, ME 04985.

Berry's General Store (7.5W) 207-663-4461 Food, and some hardware. 5am-7pm 7 days, year-round. Open till 8 in summer.







2067.5 Historic AT route, side trail 0.2E to Pleasant St., left 0.1 to hostel, 1.6 further to **Monson**

100 Mile Wilderness Adventures and Outfitters

207-991-7030 <www.100milewilderness.info> Camping open mid-May to mid-October, semi-private accommodations available. Laundry, camp store and fuel/oz. Slackpacking, shuttles, and mid-wilderness resupply. Parking for section hikers. Pets welcome. Maildrops for guests: 349 Pleasant St, PO Box 47, Monson, ME 04464.

2070.8 ME 15 **Monson, ME 04464** (3.6E)

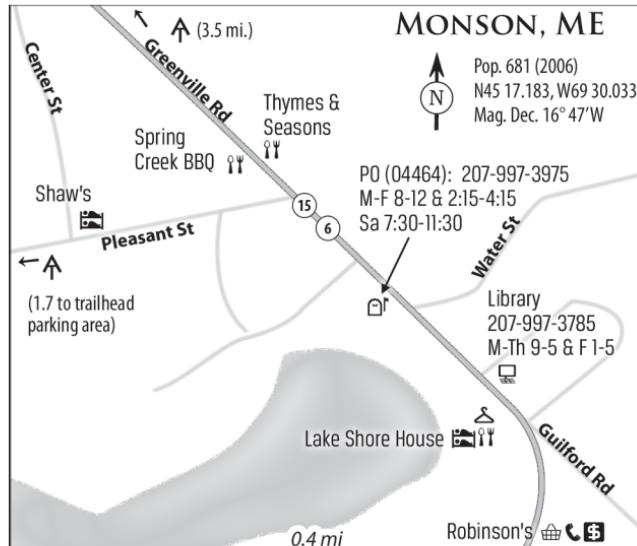
Strictly enforced: No stealth camping in town

Lakeshore House Lodging & Pub

207-997-7069, 207-343-5033 <www.thelakeshorehouse.com> Bunkroom \$30PP, private rooms (limited availability) \$45S/\$60D w/shared bath. Well-behaved dogs okay. Reservations appreciated, packs out of rooms by 10am; full check out/vacate by 11:00 AM. Accepts credit cards, ATM on-site. Free for guests: trailhead pickup & return (only till 11:00 AM for return), loaner laptop, WiFi, kayaks, paddleboats, water trampoline. No charge for vehicle parking. Laundry (\$5) & shower (\$5) available to non-guests. Hiker store with long-term resupply (food and fuel). Statewide shuttles/slackpack/food drops, call for prices. Pub hours: Tu-Sa 12-9, Su 12-8, bar open later, closed M. Live music Su 3-6pm. Please drink responsibly; House quiet by 10:00 PM and NO BINGE DRINKING. Guests welcome at Shaws for breakfast. Maildrops for guests (non-guests \$5): PO Box 215, C/O Lakeshore House, Monson, ME 04464 or UPS/FedEx (no Sat delivery): 9 Tenney Hill Rd.

Shaw's Lodging 207-997-3597

shawslodging@gmail.com <www.shawslodging.com> Mid-May-mid-Oct, \$25 bunks, \$35 private room, \$28 semi-private, \$12 tenting. Free pickup/return with stay. \$8 breakfast, \$5 laundry, \$5 shower and towel (w/o stay), internet available. Food drops, slackpacking and shuttles all over Maine, Coleman/alcohol/oz, canister fuel & Aquamira. No credit cards. Maildrops (non-guests \$5): PO Box 72 or 17 Pleasant St, Monson, ME 04464.



Sydney Pratt 207-997-3221 [pielady13@myfairpoint.net](mailto:pieldady13@myfairpoint.net) known as "The Pie Lady", will shuttle from Stratton to Katahdin.

A.E. Robinson's 5am-10pm 7 days. ATM fee \$2.

Spring Creek Bar-B-Q 207-997-7025 Th-Sa 10am-8pm, Sunday 9am-5pm. Expanded in 2014 to include pub, may be open later.

Thymes & Seasons 207-997-3495 Coffee, tea, paninis, organic food.

Greenville, ME 04485 (10W from ME 15)

Kineo View Motor Lodge 207-695-4470 \$79, \$10EAP includes continental breakfast. Clean, quiet motel with a nice view, 7.5 mi. from trailhead.

Indian Hill Motel 207-695-2623 \$69 weekdays, \$79 weekends up to 3 persons.

Kelly's Landing 207-695-4438 7 days 7-9, Su AYCE breakfast.

The Black Frog 207-695-1100 Restaurant, pub, pizza.

Dairy Bar 207-695-2921 ice cream

Harris Drug Store dining counter inside.

Indian Hill Trading Post & Supermarket 800-675-4487

Jamieson's Store supplies, pizza and subs.

Northwoods Outfitters 207-695-3288

(www.maineoutfitter.com) Full service outfitter with fuel/oz and canister fuel. Espresso bar, pastries, internet. 7 days, 8-5.

Charles Dean Memorial Hospital 207-695-5200

Also: two banks with ATMs

Guilford, ME (14E from ME 15)

Salmon's 828-215-0834, 37 Hudson Ave, Guilford, ME 04443. Bunkroom \$25, private room (1 or 2) \$50, includes AYCE breakfast, evening pickup from Monson or from trailhead and return after breakfast. Please call for group pickup (up to 5) if possible. Laundry \$5/load. Limited capacity in a quiet atmosphere; first-come, first serve, max 2 nights, cash only. Bikes for around-town use; grocery, restaurants, pubs, drugstore, library and post office all within a mile.

Suggestions for Providing Trail Magic. These suggestions incorporate Leave No Trace practices (www.LNT.org) to help those providing trail magic to have the most positive impact on hikers, the Trail, its plants, wildlife, and the volunteers who maintain and preserve it. The ATC and ALDHA endorse these suggestions.

Help conserve and maintain the Trail. The most essential service you can perform is to volunteer to maintain the Trail and overnight sites, or to monitor boundaries and resource conditions. To find out how or where you may assist, visit www.appalachiantrail.org or check with your local trail-maintaining club.

Locate events in developed areas on durable surfaces. Large gatherings in the backcountry can lead to the disturbance of wildlife habitat. Trail towns and local parks are better locations. Keep events small. Consider whether your event may be contributing to an overabundance of trail feeds in the local area or region.

Prepare and serve food safely. If you will be cooking or preparing food, check with the landowner to find an appropriate area and learn what food-safety or other regulations apply. Permits may be required. Charging a fee or asking for donations may not be allowed.

Be present if you provide food or drink. Unattended items and their packaging can harm wildlife that consume them. Unattended items are considered litter and they detract from the wildland character of backcountry environments..

Restore the site. Leave the site as you found it—don't create a burden for Trail volunteers.

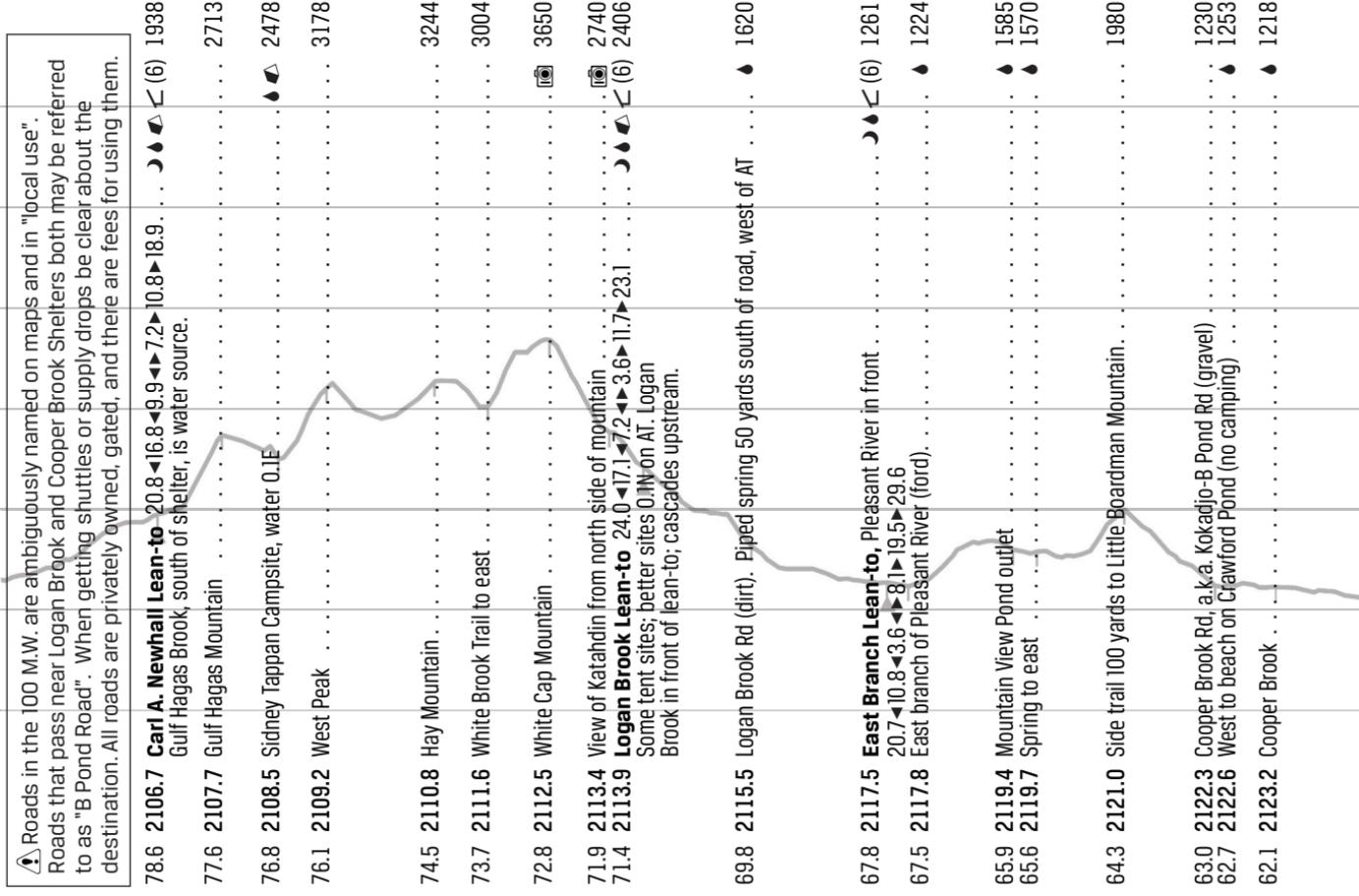
Advertise off-trail. Advertising—even noncommercial—is prohibited on the A.T.

Forgo alcoholic beverages. Don't risk the legality and liability associated with serving minors, over-serving adults, or the safety issues associated with intoxicated hikers.

Be hospitable to all. Be sure to make all trail users and volunteers feel welcome.

Visit ATC's Web site at www.appalachiantrail.org/trailmagic.

NoBo	NoBo	Elev
214	ME	



60.2 2125.1 Stream
59.7 2125.6 **Cooper Brook Falls Lean-to** 18.9 ▶11.7 ▲8.1 ▶11.4 ▶21.5 ▶29.6 ▢ □ ▣ □ (6) 946
Brook, falls, swimming hole in front of lean-to. Privy across trail and up hill.
59.1 2126.2 Large tributary to Cooper Brook 835

 **Indian pipe** - A plant without chlorophyll that grows in moist duff. Translucent white candy cane shape 3-4" tall, grows in clusters. Scale-like leaves/petals.

56.0 2129.3 Jo-Mary Rd N45 39.087 W69 1.900 P ♦ (pg.216) 625

54.6 2130.7 Footbridge, snowmobile trail 584

53.5 2131.8 Side trail 0.2E to north shore of Cooper Pond
53.1 2132.2 Mud Pond to west, footbridge over Mud Brook

51.8 2133.5 Antlers Campsite
Campsites on edge of Jo-Mary Lake. Fort Relief two seat privy. 500

50.3 2135.0 Potawadjo Ridge Trail 1.0W
50.1 2135.2 East to sandy beach on lower Jo-Mary Lake 587

48.3 2137.0 **Potawadjo Spring Lean-to** (1995).
23.1 ▶19.5 ▲11.4 ▶10.1 ▶18.2 ▶29.7 Potawadjo Spring to right.
48.0 2137.3 Tirio Access Rd (gravel),
47.7 2137.6 Twitchell Brook, footbridge, east to Pemadumcook Lake, view of Katahdin. ☎ □ ▣ 521

46.5 2138.8 Deer Brook
45.8 2139.5 Woods road
45.7 2139.6 Mahar Tote Rd (dirt)
45.6 2139.7 Tumbledown Dick Stream (ford)
45.1 2140.2 High water trail to west
44.5 2140.8 Ford branch of the Nahmakanta Stream
44.0 2141.3 Nahmakanta Stream Campsite 600

42.0 2143.3 Stream.
41.1 2144.2 Gravel Road near south end of Nahmakanta Lake
Camping on shore of Nahmakanta Lake is prohibited. 676

N45 44.162 W69 06.208 P 687

Elev
6000
5000
4000
3000
2000
1000
215
ME

2129.3 Jo-Mary Rd. (little traffic on road) 12.0E to ME 11.

▲ ▲ ▲ (9.0E) **Jo-Mary Campground** 207-723-8117 Campsites \$17 per person for ME residents, \$22 non-residents; 2-person minimum (camping for one non-resident would cost \$44). Pets welcome, coin operated showers and laundry. Open 5/10-9/15/2014.

Manufacturers and Retailers

AntiGravityGear	910-794-3308	Garmont	800-943-4453	Outdoor Research	888-467-4327
Arc'Teryx	866-458-2473	GoLite	888-546-5483	Patagonia	800-638-6464
Asolo/Lowe Alpine	603-448-8827	Gossamer Gear	512-374-0133	Peak 1/Coleman	800-835-3278
Backcountry.com	800-409-4502	Granite Gear	218-834-6157	Petzl	877-807-3805
Big Agnes	877-554-8975	Gregory	877-477-4292	Photon	877-584-6898
Black Diamond	801-278-5552	Hi-Tec	800-521-1698	Primus	307-857-4700
CamelBak	800-767-8725	Hyperlite Mountain Gear	800-464-9208	Princeton Tec	800-257-9080
Campmor	888-226-7667	Jacks 'R' Better	757-643-8908	REI	800-426-4840
Camp Trails	800-345-7622	JanSport	800-552-6776	Royal Robbins	800-587-9044
Cascade Designs (MSR/Therm-a-Rest/Platypus)	800-531-9531	Katadyn/PUR	800-755-6701	Salomon	800-654-2668
Cedar Tree (Packa)	276-780-2354	Keen	866-676-5336	Sierra Designs	800-736-8592
Columbia	800-547-8066	Kelty	866-349-7225	Sierra Trading Post	800-713-4534
Dana Designs	888-357-3262	Leki	800-255-9982	Six Moon Designs	503-430-2303
Danner	877-432-6637	Limmer	603-694-2668	Slumberjack	800-233-6283
Eagle Creek	800-874-1048	LL Bean	800-441-5713	SOTO Outdoors	503-314-5119
Eastern Mountain Sports	888-463-6367	Marmont	888-357-3262	Speer Hammocks	252-619-8292
Etowah Outfitters	770-975-7829	Merrell	800-288-3124	Suunto	800-543-9124
Eureka!	800-572-8822	Montbell	877-666-8235	Tarp tent / Henry Shires	650-587-1548
Ex Officio	800-644-7303	Montrail	800-826-1598	Tecnica	800-258-3897
Feathered Friends	206-292-2210	Mountain Hardwear	800-953-8398	Teva	800-367-8382
First Need	800-441-8166	Mountainsmith	800-551-5889	The Underwear Guys	570-573-0209
Frogg Toggs	800-349-1835	Mystery Ranch	406-585-1428	ULA	435-753-5191
Garmin	800-800-1020	NEMO	800-997-9301	Vasque	800-224-4453
		North Face	866-715-3223	Warmstuff/Adventureelite	570-573-0209
		Osprey	866-314-3130	Western Mountaineering	408-287-8944
				Zip Stove	800-594-9046

Baxter State Park

 For information and reservations call 207-723-5140 8am-4pm, 7 days, between Memorial and Columbus Day. When driving, even as far as Medway, tune to AM 1610 for recent reports. On the web: <http://www.baxterstateparkauthority.com/hiking/thru-hiking.html>

The hiking season is approximately May 15 through October 15. Dates vary based on weather, and the park can be closed any day of the year due to weather. Weather reports are posted at **Katahdin Stream Campground** (KSC) at 7:00am every morning, along with "Trail Status and Alerts."

Katahdin ascents may be disallowed even when the park is open. Consequences for hiking when the trail is closed include fines, equipment seizure and loss of park visitation privileges.

All hikers intending to climb Katahdin must sign in at KSC and sign out when leaving. Recommended cut-off times for starting hikes to Baxter Peak are noon in June and July, 11am in August, 10am in September, and 9am in October. Overnite camping above treeline is against park regulations and can damage rare alpine plants. Hikers are welcome to leave their backpack at KSC. Loaner daypacks are available at no charge from the KSC ranger's station. Northbound thru-hikers completing their hike in late summer or early fall usually have an easy time hitching from KSC into Millinocket.

There are fees for nonresidents entering the park by car and fees for use of campsites by residents and nonresidents. Fees must be paid in cash; no credit cards and no work-for-stay.

  **The Birches** near KSC has 2 shelters and one tentsite, open to northbound long distance hikers who have hiked a minimum of "the 100 mile wilderness" immediately prior to entering the Park.

Stay is limited to a single night, and the fee is \$10 per person.

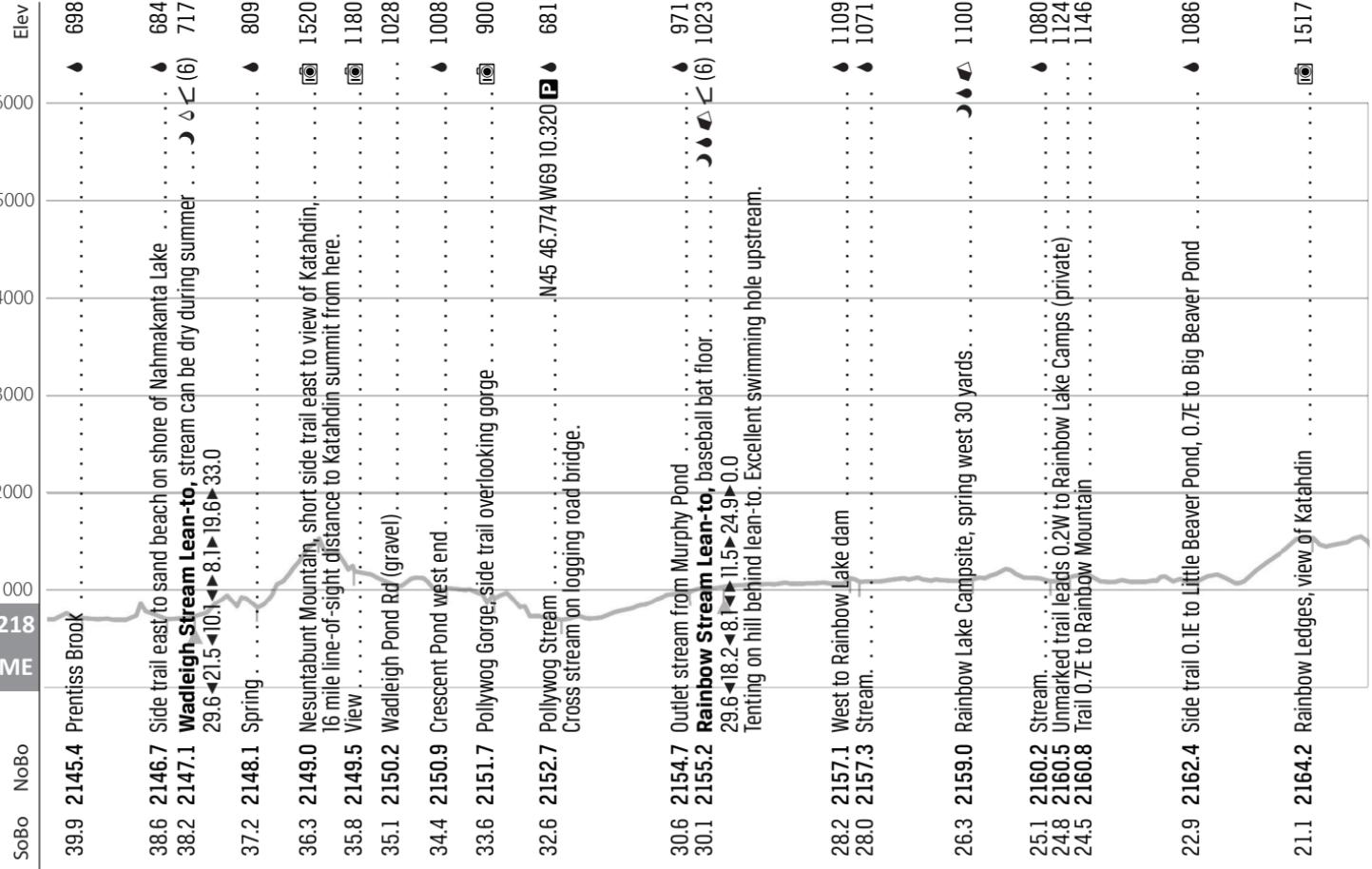
 All other hikers, including flip-flopers and southbound thru-hikers, who wish to overnight in the Park should make reservations in advance. Common options, listed in order of their proximity to KSC are **Abol Campground**, **Daicey Pond Campground** (cabins \$55D/up) and **Foster Field Group Area**, just north of Katahdin. Note that Abol Campground in the Park, Abol Pines at Abol Bridge and the privately run Abol Bridge Campground are three distinct entities.

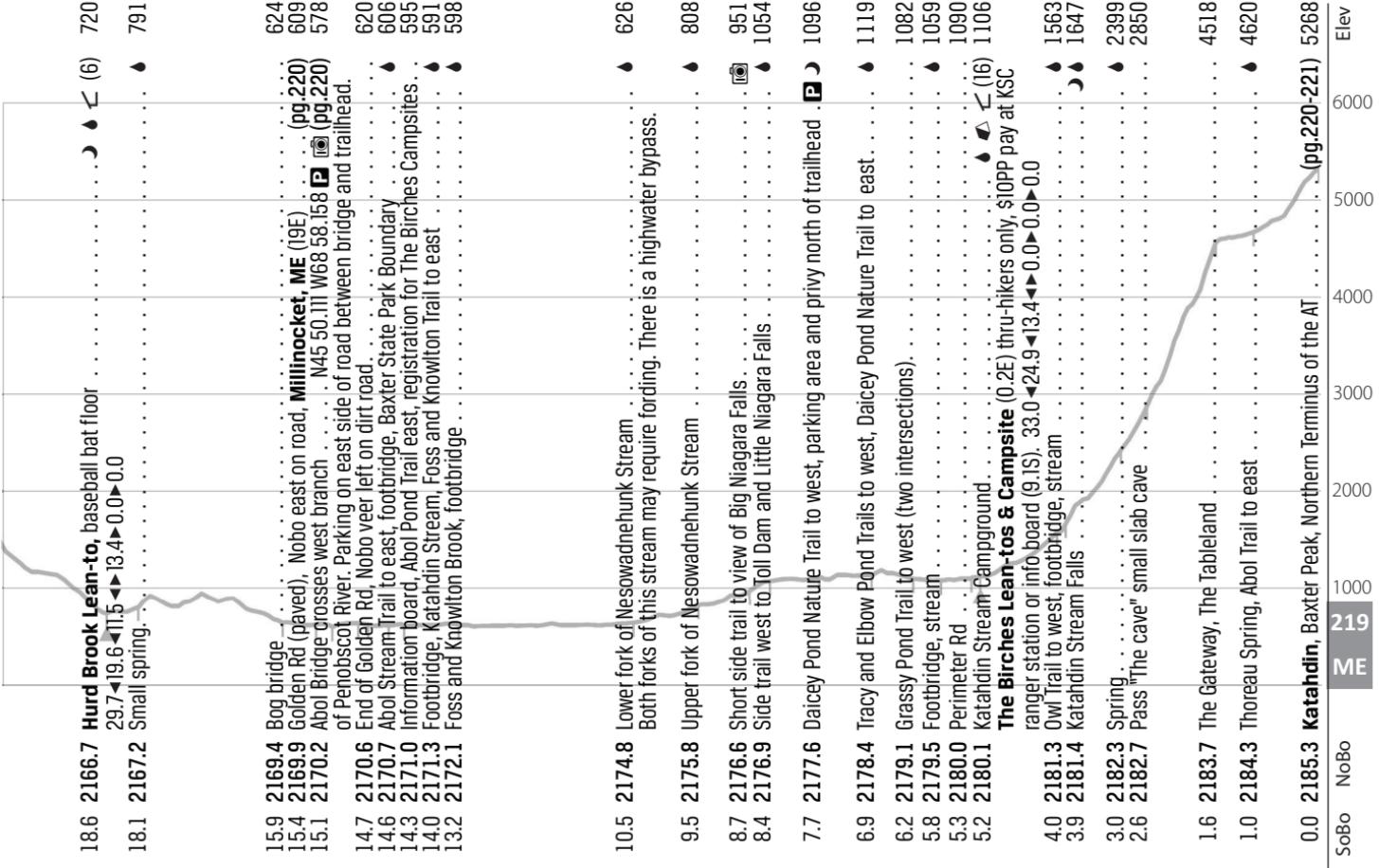
 If you are driving to Baxter: gates open 6am. Maine residents enter for free; \$14 per vehicle for non-residents. KSC parking is limited to 25 cars and you will not be allowed to enter if the lots are full. Day-use parking reservations are highly recommended and can be obtained for KSC, Abol or Roaring Brook Campgrounds by phone up to three weeks in advance, for a \$5 fee. There is no long-term parking in Baxter. Check with local taxi and shuttle services for info on long term parking outside the Park.

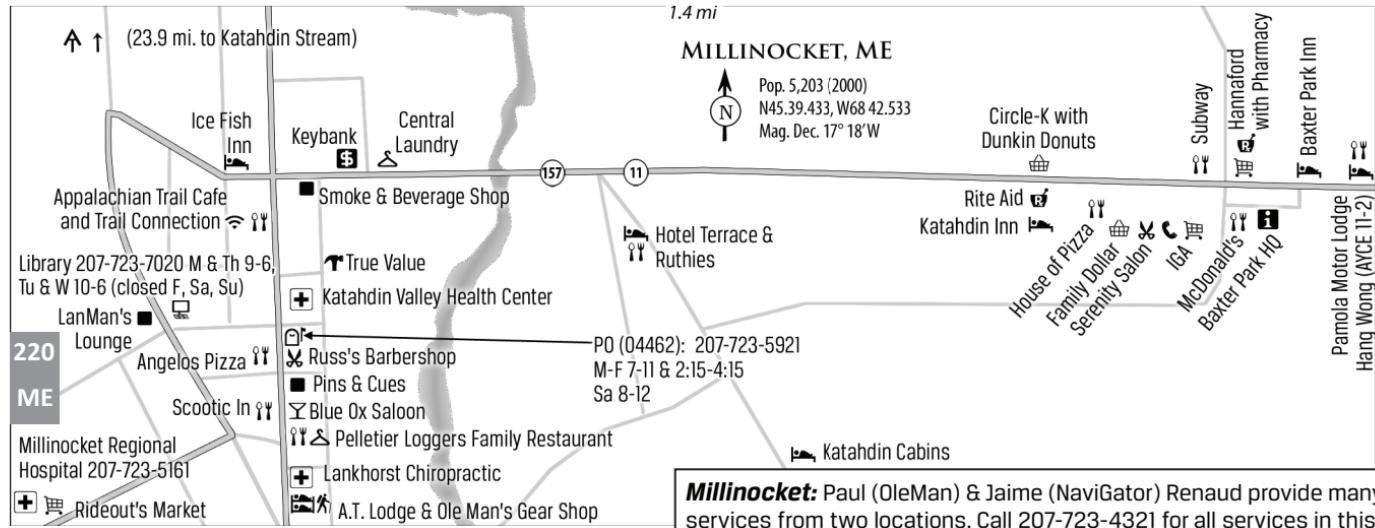
Cell phone reception is unlikely anywhere in the park other than on Katahdin, so do not count on calling for a ride from KSC. Even where there is reception, do not place calls from the summit or within earshot of other hikers. Please use a cell phone only if there is an emergency.

Pets are not allowed in the park.

 **Connie McManus** 207-723-6795 Privately run kennel service; pickup/drop off at Abol Bridge.







2169.9, 2170.2 Golden Rd, Abol Bridge

Abol Bridge Campground & Store

207-447-5803 www.abolcampground.com Open 7am-8pm all months except December and April. Campsites (includes shower) \$16.05S, \$25.68D includes tax. Shower w/o stay \$5. Visa/MC accepted. Breakfast sandwiches and subs, sodas, ice cream, long-term resupply, white gas/oz and Heet. Phone can be used for \$1/minute. **The Northern Restaurant** serves lunch and dinner 11-8 Wed-Sun. \$10 maildrop fee, send well in advance: P.O. Box 536 Millinocket, ME 04462

Abol Pines \$8+tax (\$4+tax ME residents) self-register tent sites and shelters across the street from Abol Bridge Store, south of Golden Road. Provided by Maine Dept. of Conservation.

Millinocket: Paul (OleMan) & Jaime (NaviGator) Renaud provide many hiker services from two locations. Call 207-723-4321 for all services in this block www.appalachiantraillodge.com credit cards accepted.

The Appalachian Trail Lodge Bunkroom \$25, private room \$35S, \$55D, family suite call for rates. Showers for nonguests \$3. Coin laundry. Free daily shuttle from Baxter park, from Sept 1, till Oct 15, between 3pm - 4:30pm. Licensed and insured shuttle service for hire to and from bus in Medway, into 100-Mile Wilderness or Monson, food drops. Slackpack in 100-Mile Wilderness, other shuttles by arrangement, free parking. No pets. SoBo special: pickup in Medway, bed in bunkroom, breakfast at AT Cafe', and shuttle to KSC. \$70pp, by reservation. Maildrops for guests: 33 Penobscot Avenue, Millinocket, ME 04462.

Ole Man's Gear Shop Full line of gear at the lodge; packs, bags, fuel, stoves, poles, Southbound A.T. Guide and more.

The Appalachian Trail Cafe Serves B/L/D

Trail Connection Above Cafe; computer, wireless, specialty coffee.

2185.3 Katahdin, Baxter Peak, **Millinocket, ME 04462** (24E)

Trail's End Festival September 12-14 with vendors, food, and entertainment. Hardcore trail work on Friday.

 **Hotel Terrace & Ruthie's Restaurant** 207-723-4545 \$59.95S, \$65.95D, \$6EAP. Ruthie's serves B/L/D.

 **Katahdin Inn** 207-723-4555 \$70S, \$80D +tax, \$10EAP, indoor heated pool and hot tub.

 **Pamola Motor Lodge** 800-575-9746 \$69S \$79D, cont. breakfast.

Hang Wong Chinese restaurant on site with AYCE lunch buffet. Pets \$10. Maildrops: 973 Central Street, Millinocket, ME 04462.

 **Katahdin Cabins** 207-723-6305 www.katahdincabins.com Skip & Nicole Mohoff run eco-friendly cabins with continental breakfast, TV, DVD, frig & mwave. 2013 prices: \$65 up to 3 persons, \$85 up to 5. No smoking. Gas grill, bikes free for use, community room, accepts CC/cash/checks. Maildrops: 181 Medway Rd, Millinocket, ME 04462.

 **Baxter Park Inn** 207-723-9777 \$89.99D, \$10EAP, pets \$10, hot tub, pool.

 **Ice Fish Inn** 207-723-9999 \$120-135 double occupancy room includes full hot breakfast. Maildrops: PO Box 136, Millinocket, ME 04462.

 **Wilderness Edge Campground** 207-447-8485, Tent sites \$10PP, shower without stay \$3, tax included. WiFi in office, coin laundry, free parking for section hiking guests. At edge of town on road to Baxter SP.

 **Pelletier Loggers Family Restaurant** 207-723-6100 Open Wed-Sun 11am-9pm. Laundry adjacent open 7 days 8am-8pm.

 **LanMan's Lounge** Relaxing place with TV, restroom; pack storage \$5.

 **Maine Quest Adventures** 207-447-5011, 207-746-9615

www.mainequestadventures.com pick up at Medway bus station and drop off at Katahdin Stream or Abol Bridge. Shuttles to Monson and parts of the 100-Mile Wilderness. Food Drops can be arranged.

 **Bull Moose Taxi** 207-447-8079 Medway to Millinocket \$16, Millinocket to KSC \$55. Fares are per ride, \$1 EAP up to 4 persons. Covers all of Maine.

 **Katahdin Air** 866-359-6246 www.KatahdinAir.com One-way flights to a number of trailheads from White House Landing to Monson. \$65-135 per person, includes shuttle from Abol Bridge to seaplane base.

Getting to Katahdin

 Flip-flopplers and southbound hikers need a reservation to stay in Baxter State Park. See park rules on pg. 217.

Most routes to Katahdin are through Bangor, Maine, which has an airport and bus terminal. Bangor is 91 miles from Baxter SP. Shuttle services will pick you up in Bangor, but it is more economical to take **Cyr Bus Lines** to Medway, 31 miles from Baxter State Park. Hikers often layover in Millinocket, 24 miles from Katahdin Stream Campground, the closest parking area to Katahdin.

Bangor, ME - Medway, ME

 **Cyr Bus Lines** 800-244-2335 www.cyrbustours.com One-way routes 7 days \$12. Cash, credit cards accepted. Routes below are to Concord Hub near airport; bus also stops at Greyhound station 20 min later (arrival) or 20 min sooner on departure.

Medway 9:30am (station at Irving store) to Bangor 10:50pm
Bangor 6:30pm to Medway 7:40pm

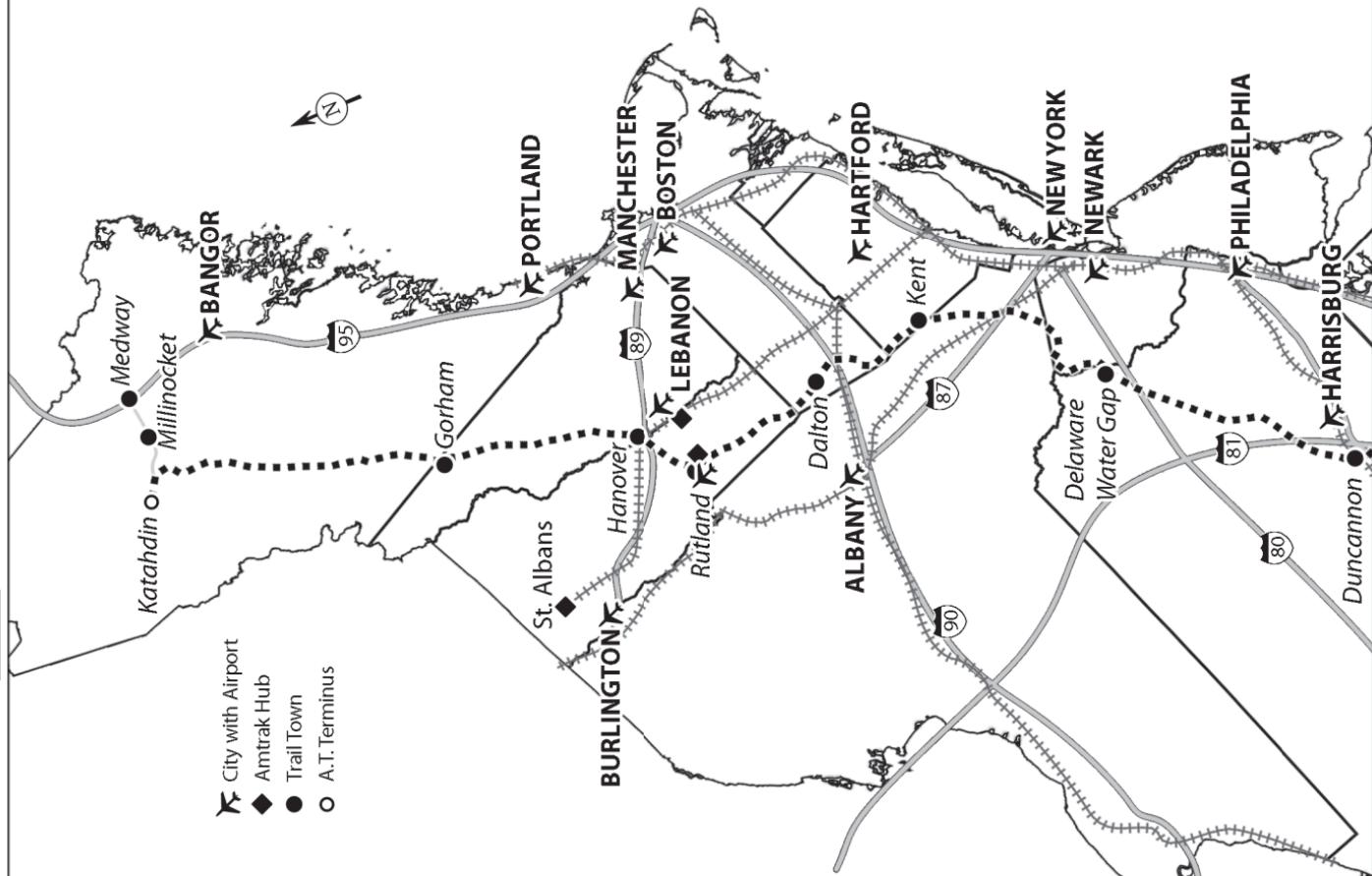
 **Concord Trailways** 207-945-4000

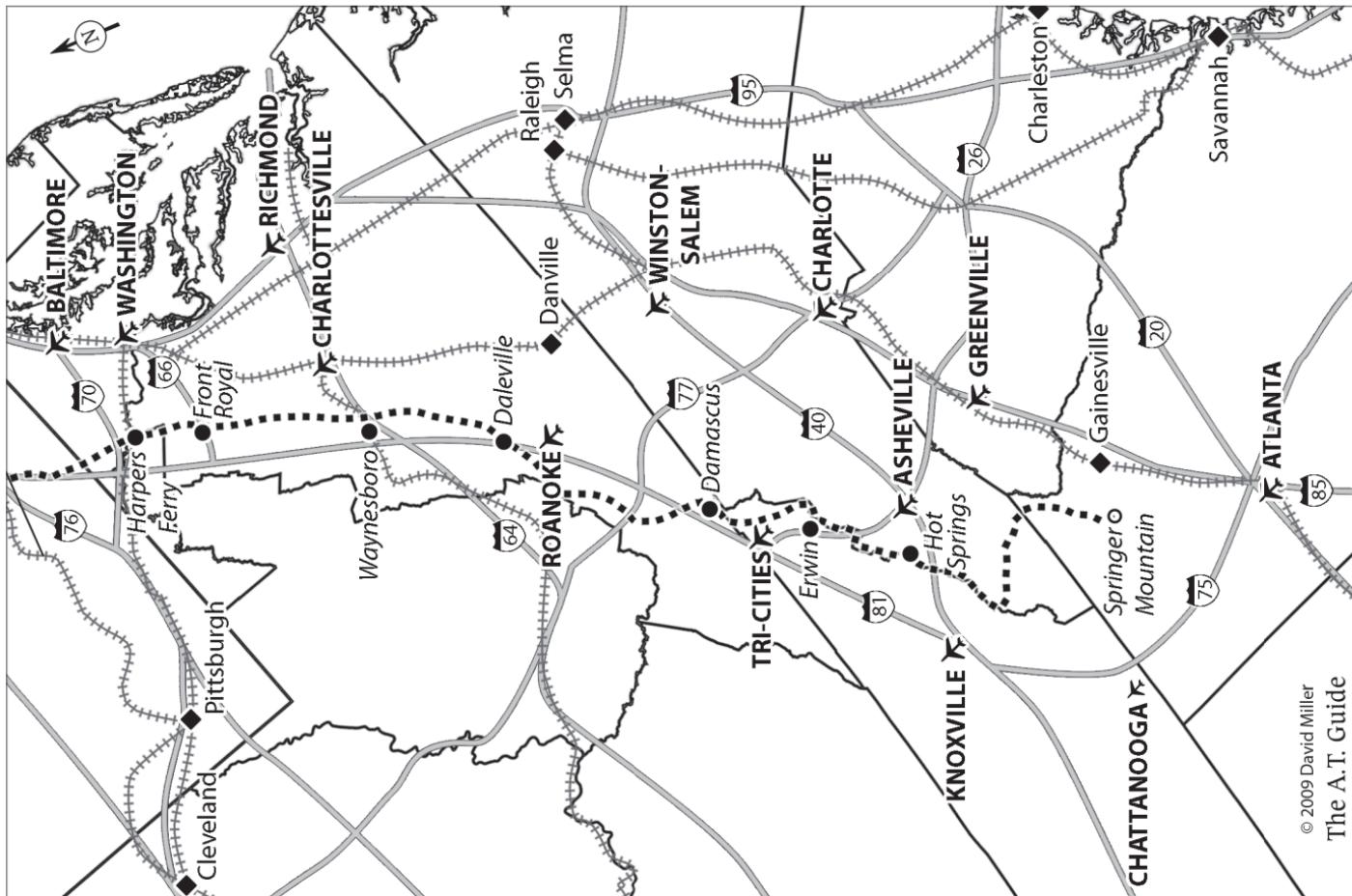
www.concordtrailways.com Hub near Bangor airport, service to South Station in Boston.

 **The Appalachian Trail Lodge, Maine Quest Adventures, and Bull Moose Taxi**, all listed in Millinocket, provide transportation from Medway to Millinocket and Katahdin.

There is an edition of this book made specifically for southbound hikers. The southbound edition, and other A.T. books and DVDs are sold on the website:

www.theATguide.com





	Su	M	Tu	W	Th	F	Sa		Su	M	Tu	W	Th	F	Sa		Su	M	Tu	W	Th	F	Sa		Su	M	Tu	W	Th	F	Sa
J A N U A R Y	5	6	7	8	9	10	11	F E B R U A R Y	2	3	4	5	6	7	8	M A R C H	2	3	4	5	6	7	8	A P R I L	6	7	8	9	10	11	12
	12	13	14	15	(16)	17	18		9	10	11	12	13	(14)	15		9	10	11	12	13	14	15		13	14	(15)	16	17	18	19
	19	20	21	22	23	24	25		16	17	18	19	20	21	22		(16)	17	18	19	20	21	22		20	21	22	23	24	25	26
	26	27	28	29	30	31		23	24	25	26	27	28			23	24	25	26	27	28	29		27	28	29	30				
	Full Moon								14 Valentine's Day								9 Daylight Saving Time Begins								20 Easter						
	1 New Year's Day								17 Presidents' Day								20 Spring Begins														
M A Y	1	2	3	4	5	6	7	J U N E	1	2	3	4	5	6	7	J U L Y	1	2	3	4	5	6	7	A U G U S T	1	2	3	4	5	6	7
	4	5	6	7	8	9	10		8	9	10	11	12	(13)	14		6	7	8	9	10	11	(12)		3	4	5	6	7	8	9
	11	12	13	(14)	15	16	17		15	16	17	18	19	20	21		13	14	15	16	17	18	19		(10)	11	12	13	14	15	16
	18	19	20	21	22	23	24		22	23	24	25	26	27	28		20	21	22	23	24	25	26		17	18	19	20	21	22	23
	25	26	27	28	29	30	31		29	30							27	28	29	30	31				24	25	26	27	28	29	30
	11 Mother's Day								15 Father's Day								4 Independence Day								12 Peak of Perseids Meteor Shower						
	26 Memorial Day								21 Summer Begins																						
S E P T E M B E R	1	2	3	4	5	6	7	O C T O B E R	5	6	7	(8)	9	10	11	N O V E M B E R	2	3	4	5	(6)	7	8	D E C E M B E R	1	2	3	4	5	6	7
	7	8	(9)	10	11	12	13		12	13	14	(15)	16	17	18		9	10	11	12	13	14	15		14	15	16	17	18	19	20
	14	15	16	17	18	19	20		19	20	21	22	23	24	25		16	17	18	19	20	21	22		21	22	23	24	25	26	27
	21	22	(23)	24	25	26	27		26	27	28	29	30	(31)			23	24	25	26	(27)	28	29		28	29	30	31			
	28	29	30						13 Columbus Day								30								21 Winter Begins						
	1 Labor Day								31 Halloween								2 Daylight Saving Time Ends								25 Christmas						

- Jan 17-20 ***Southern Ruck*** Nantahala Outdoor Center (pg.24)
 Jan 31-Feb 2 ***Northern Ruck*** Bears Den Trail Center, Bluemont, VA (pg.95)
 Mar 7-9 ***Appalachian Trail Kick-Off (ATKO)*** Amicalola Falls (pg. 6)
 Mar 14-16 ***Dahlonega Trail Fest***, Dahlonega, GA
 Mar 28-29 ***Hiker Fool Bash*** Sapphire Inn, Franklin, NC (pg.18)
 Apr 3-5 ***Founder's Bridge AT Festival*** Bryson City, NC (pg.24)
 Apr 11-14 ***Trailfest*** Hot Springs, NC (pg.32)

- May 16-18 ***Trail Days*** Damascus, VA (pg.51)
 May 16-18 ***Hiker's Celebration*** Marion, VA (pg.56)
 Jun 6-7 ***Troutville Trail Days*** Troutville, VA (pg.68)
 Jun 7-9 ***Hiker Festival*** Pine Grove Furnace SP, PA (pg.106)
 Jun 14-16 ***Hiker Fest*** Waynesboro, VA (pg.82)
 Sep 12-14 ***Trail's End Festival*** Millinocket, ME (pg.220)
 Oct 10-12 ***The ALDHA Gathering*** Williams College, Williamstown, MA