

Appalachian Trail: US 321 to Damascus

Feb 24, 2018

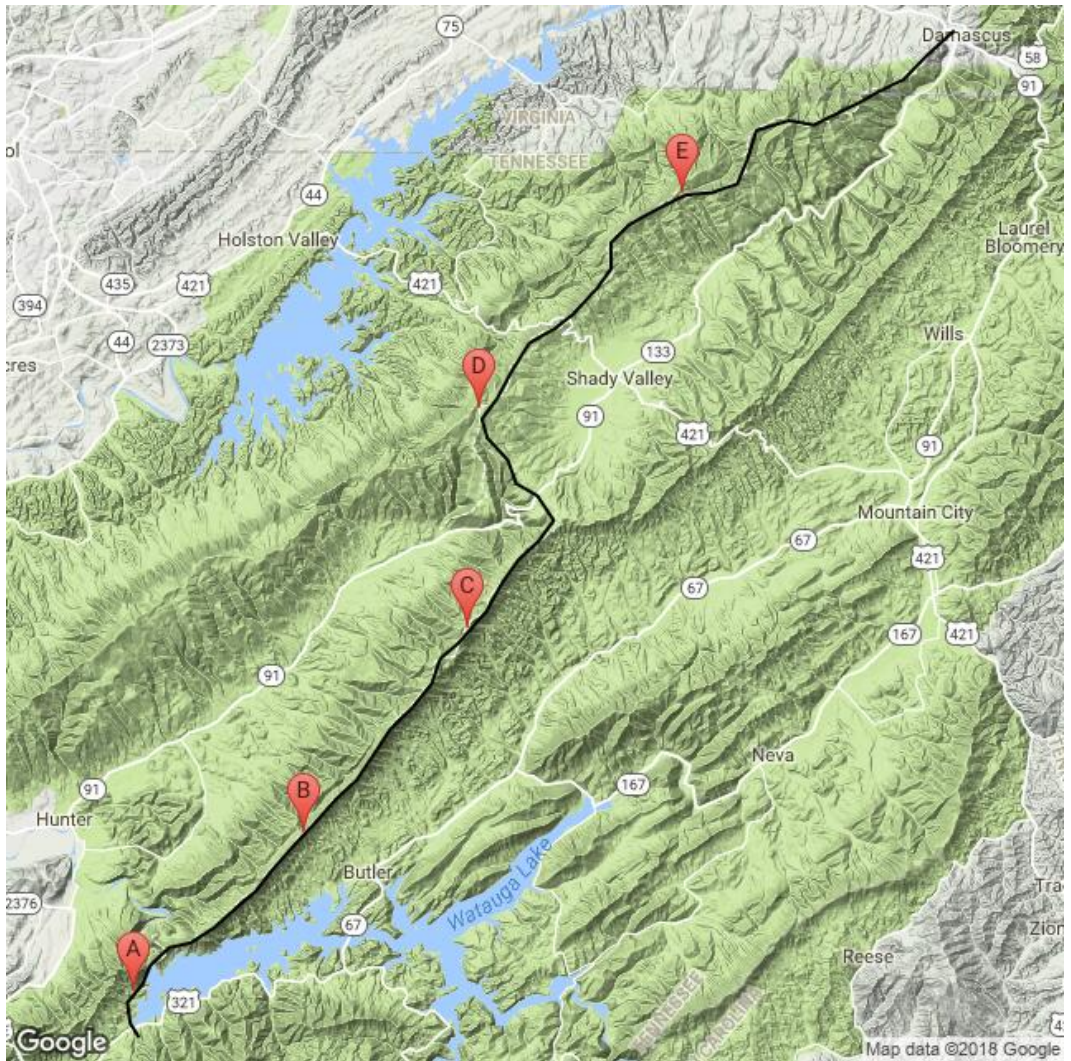
US 321 to US 58

42.0 miles, avg. grade: 7.3%, high: 4189 ft, low: 1914 ft

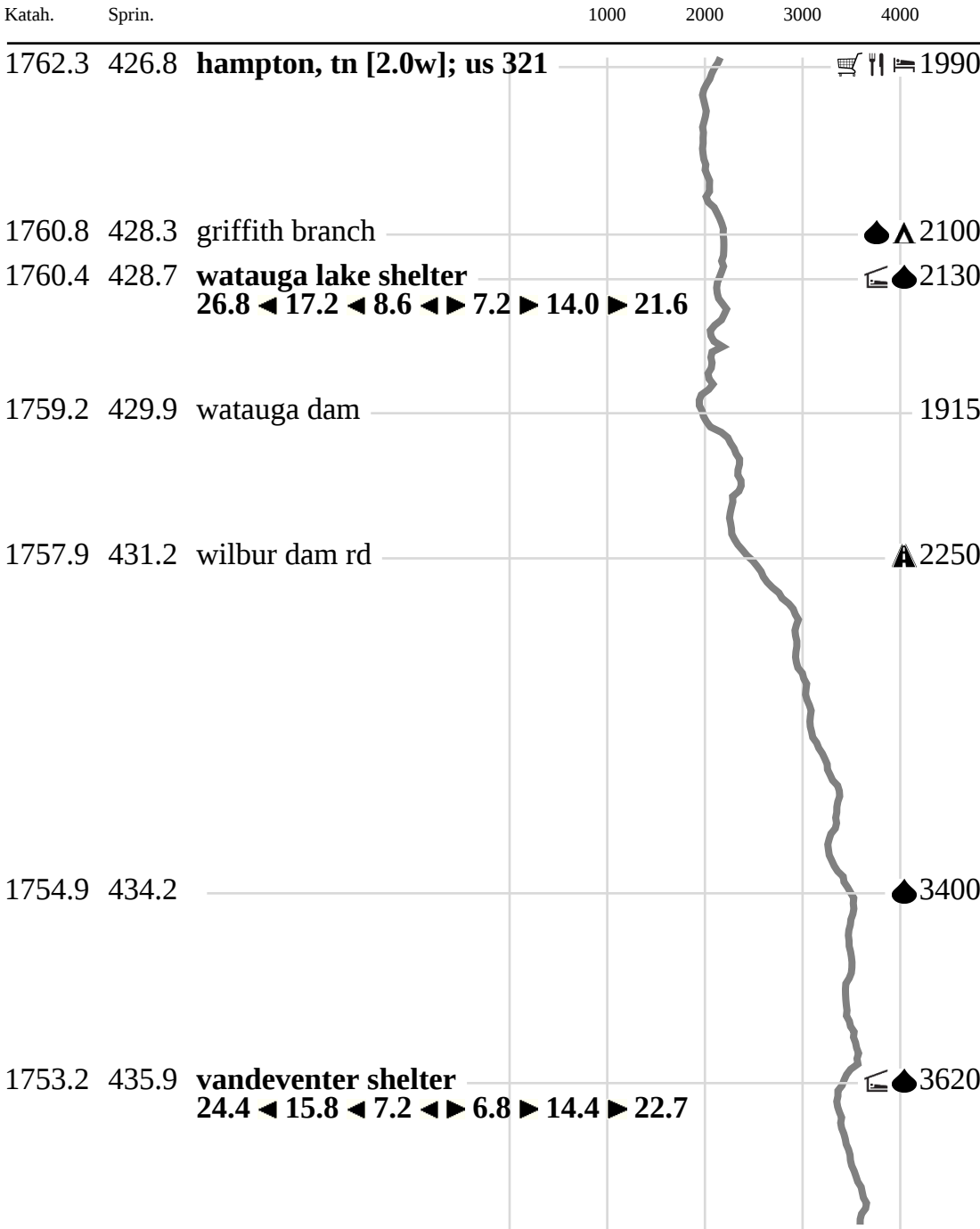
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3011>.

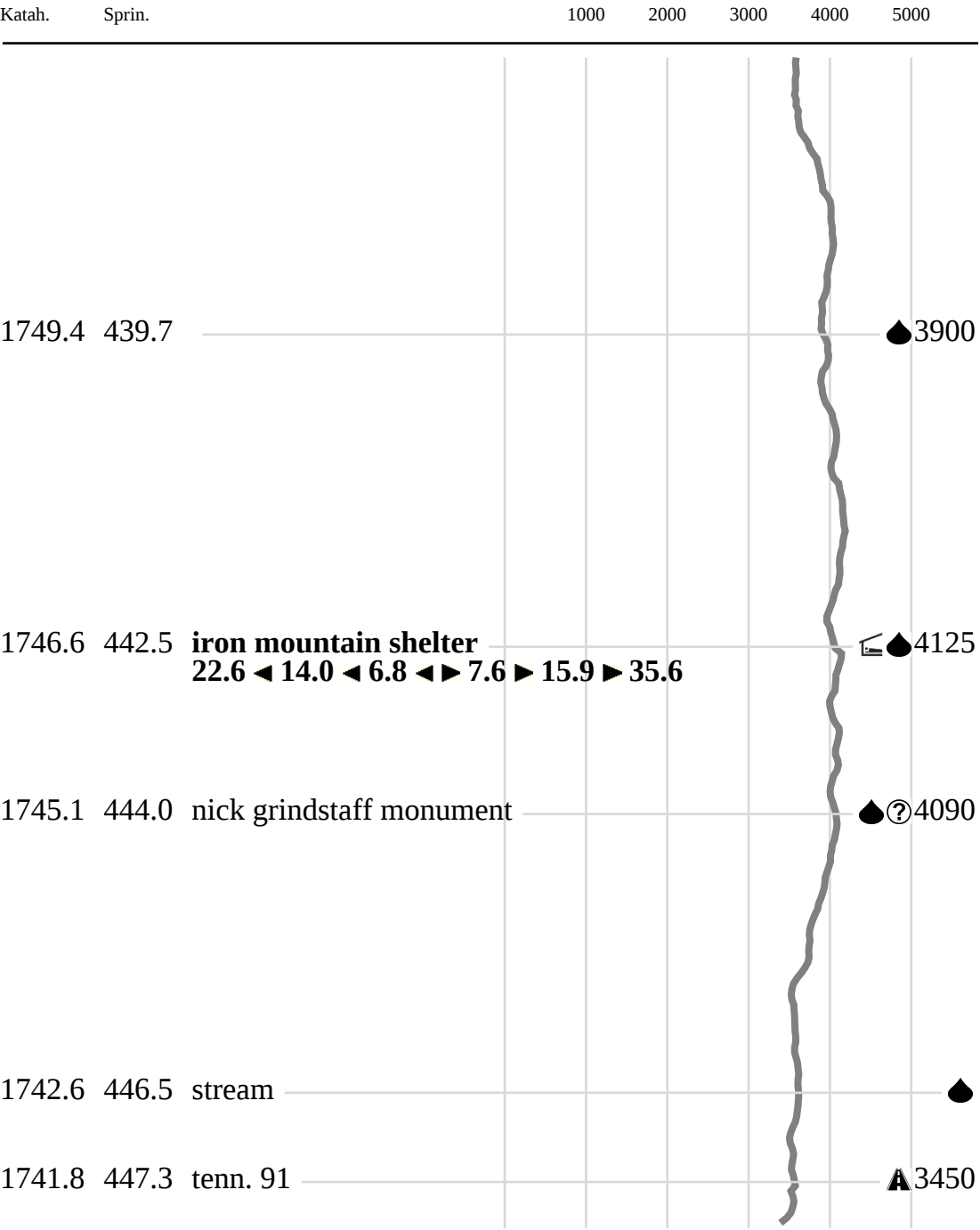
Thank you [up-n-ready](#) and [trpost](#) for contributing the most recent edits to this section!

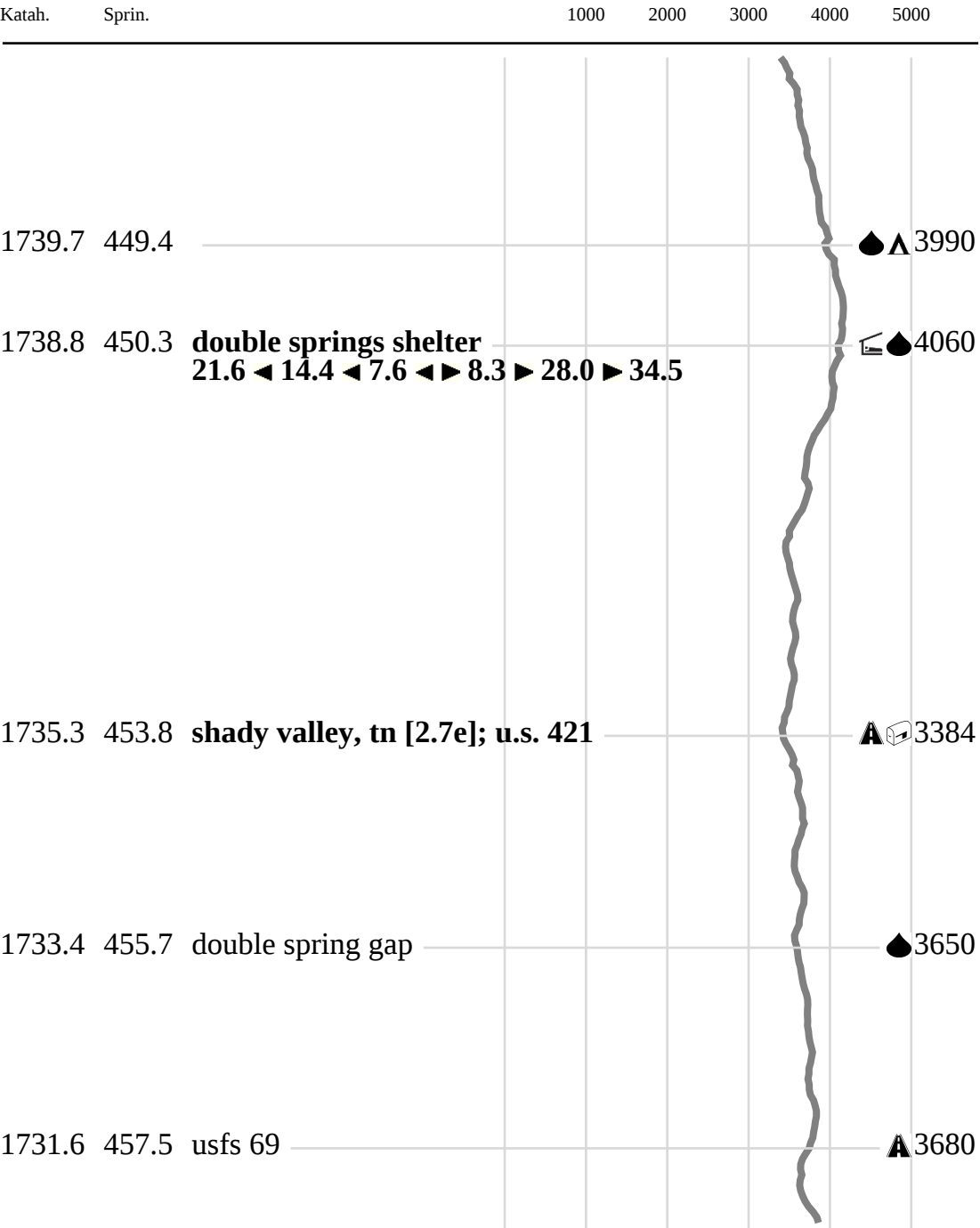
All elevations are in ft and all distances are in miles. For questions about what the icons in this guide represent, please visit [wikitrail's](#) [faq](#) page.

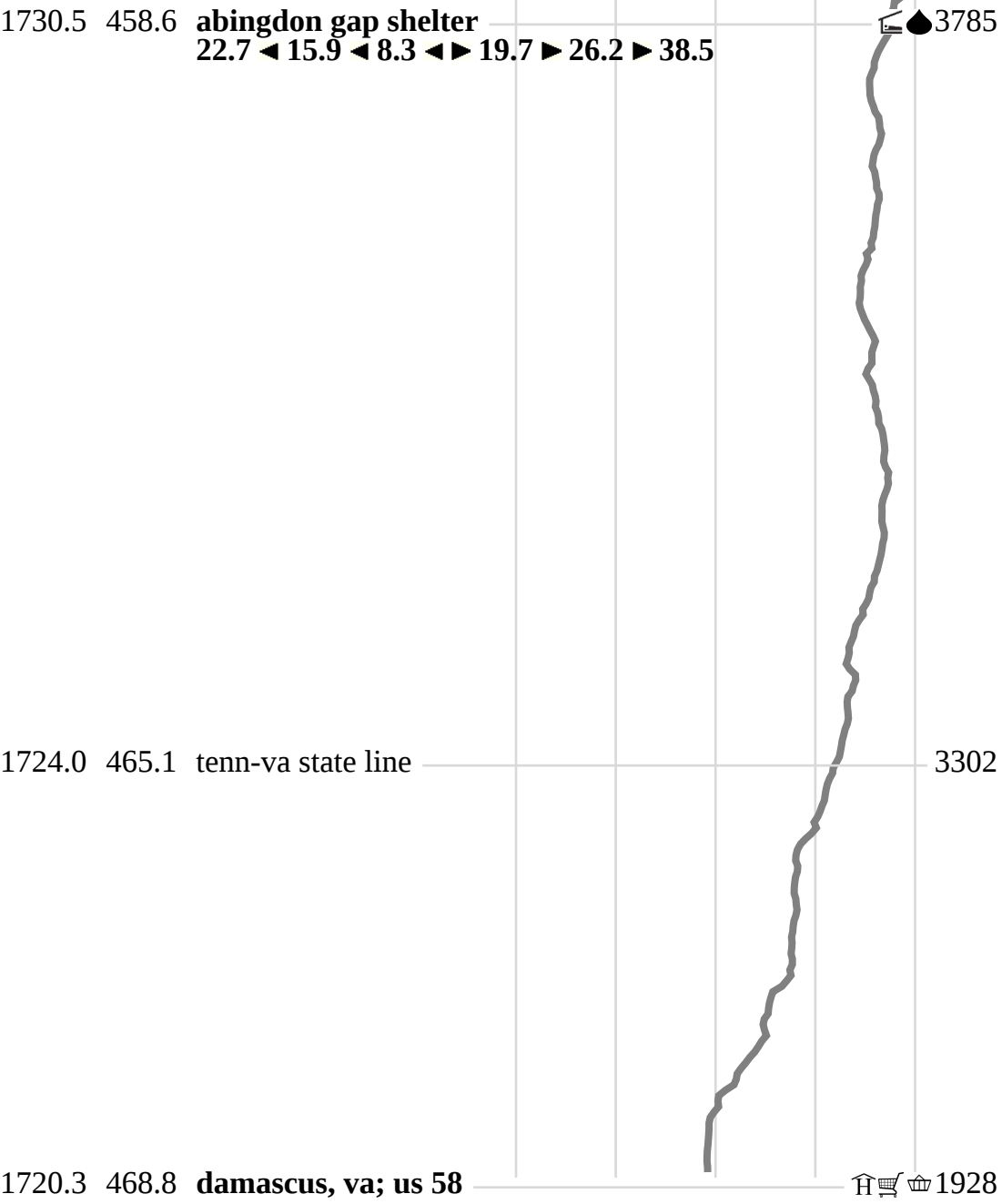


A: Watauga Lake Shelter, B: Vandeventer Shelter, C: Iron Mountain Shelter, D: Double Springs Shelter, E: Abingdon Gap Shelter

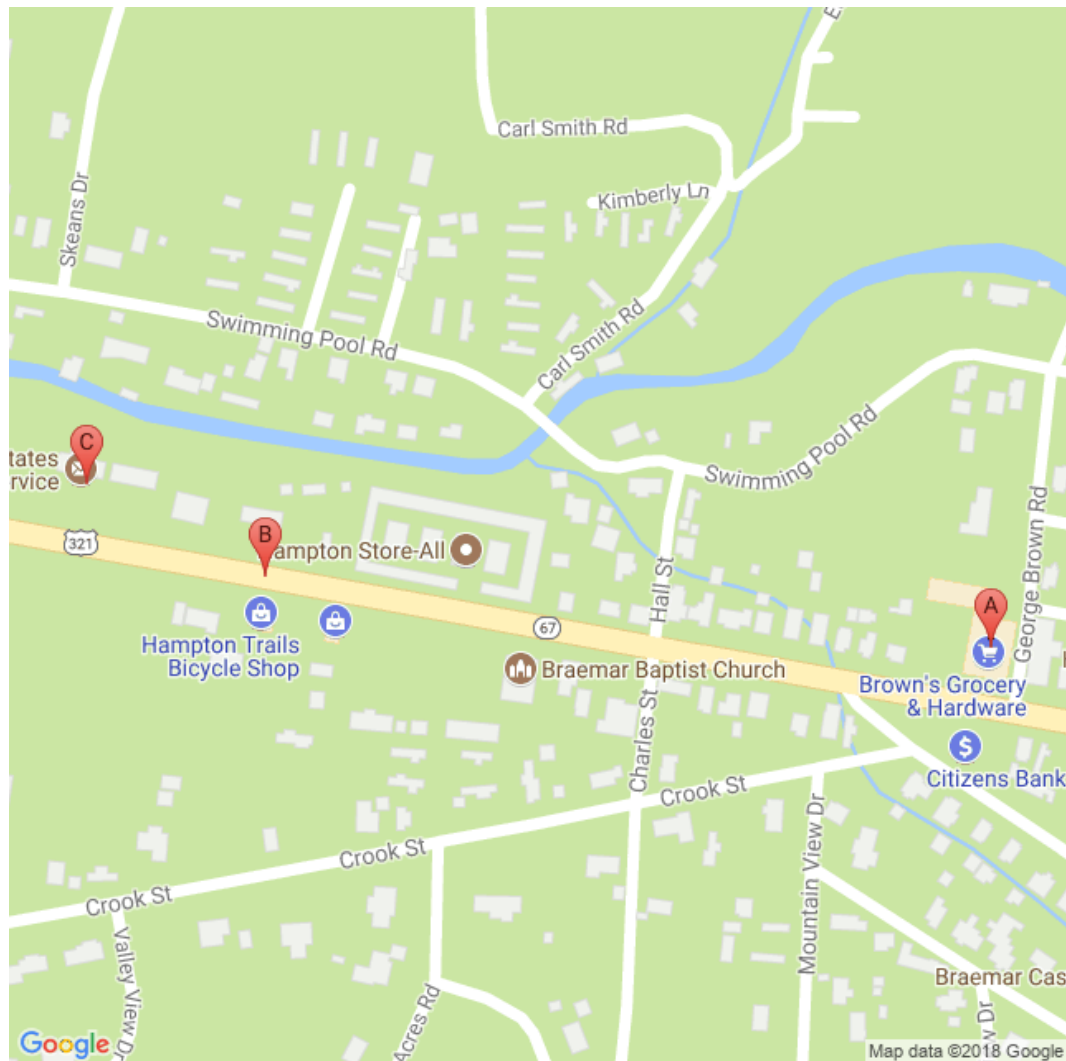






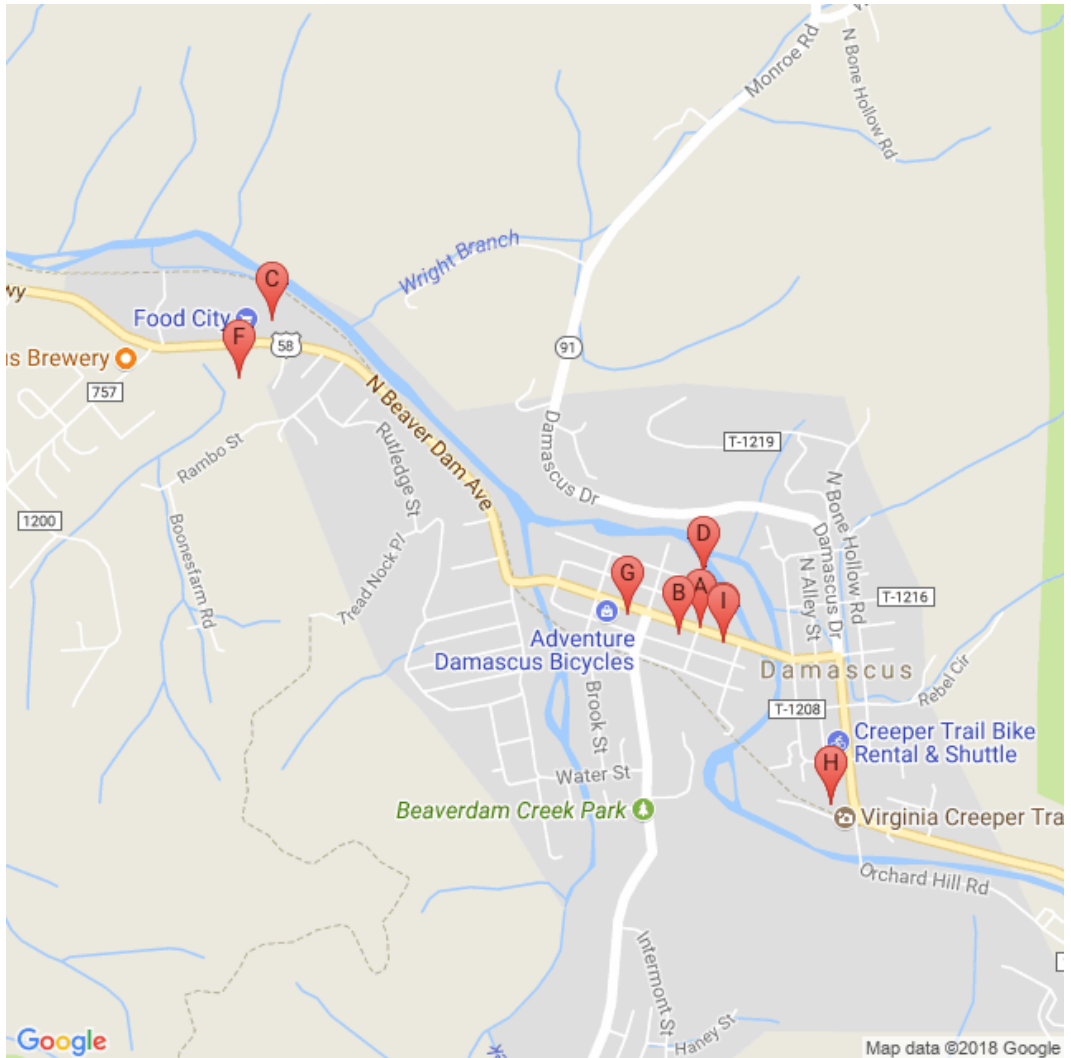


Hampton, TN



A: Browns Grocery, B: Hampton Trails Bicycle Shop, C: Hampton, TN PO

Damascus, VA



A: A Dancing Bears Getaway, B: Damascus Public Library, C: Food City, D: Lazy Fox Inn, E: Mojos Trailside Coffee House, F: Mountain Laurel Inn, G: Mt. Rogers Outfitters, H: Sundog Outfitter, I: The Hikers Inn, J: The Place

426.8: US 321

Hampton, TN [2.0W]



Browns Grocery (423) 725-2411 Browns Grocery, 613 Hwy. 321, Hampton, TN 37658 closed Sunday



Hampton Trails Bicycle Shop (423) 725-5000 <http://www.hamptontrails.com> (email: hamptontrails@embarqmail.com) 446 Highway 321, Hampton, TN, United States



Hampton, TN PO (423) 725-2177 433 Highway 321, Hampton, TN, United States 37658 M-F 7:30-11:30 12:30-4, Sa 8-10



Iron Mountain Inn B and B (423) 768-2446 <http://www.ironmountaininn.com> includes B



Lake House
<http://www.wataugalakecabin.com>

428.3



Griffith Branch

428.7



Watauga Lake Shelter ** temporarily closed due to bear activity **

453.8: U.S. 421

Shady Valley, TN [2.7E]



Shady Valley, TN PO (423) 739-2173 136 Tennessee 133, Shady Valley, TN, United States 37688 M-F 7:30-11 12-3:30, Sa 7:30-9:30

468.8: US 58

Damascus, VA



A Dancing Bears Getaway (276) 475-5900 203 East Laurel Ave., Damascus, VA



Damascus Public Library 126 East Laurel Avenue, Damascus, VA, United States



Damascus, VA PO (276) 475-3411 24236 M-F 8:30-1 2-4:30, Sa 9-11



Daves Place run by Mt. Rogers Outfitters



Food City 736 N Beaver Dam Ave, Damascus, VA, United States



Lazy Fox Inn (276) 475-5838 133 West Imboden Street, Damascus, VA, United States



Mojoes Trailside Coffee House 331 Douglas
Drive, Damascus, VA, United States B



Mountain Laurel Inn (276) 475-5956 22750
Jeb Stuart Highway, Damascus, VA, United
States



Mt. Rogers Outfitters (276) 475-5416 110
Laurel Ave., Damascus, VA 24236



Sundog Outfitter (276) 475-6252
<http://www.sundogoutfitter.com> 331 Douglas
Dr., Damascus, VA 24236



The Hikers Inn (276) 475-3788 216 East
Laurel Ave., Damascus, VA



The Place 216 East Laurel Avenue,
Damascus, VA, United States