

Appalachian Trail [Feb 14, 2016]

The Appalachian Trail starts at Springer Mountain in Georgia and finishes at Mount Katahdin in Maine. It passes through the states of Georgia, North Carolina, Tennessee, Virginia, West Virginia, Maryland, Pennsylvania, New Jersey, New York, Connecticut, Massachusetts, Vermont, New Hampshire, and Maine. The majority of the trail is in the wilderness, although some portions traverse towns, roads and cross rivers.

2190.0 miles, avg. grade: 7.8%, high: 6643 ft, low: 124 ft

Check <http://www.wikitrail.org/trails/view/at/appalachian-trail> for up-to-date info about the Appalachian Trail.

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.

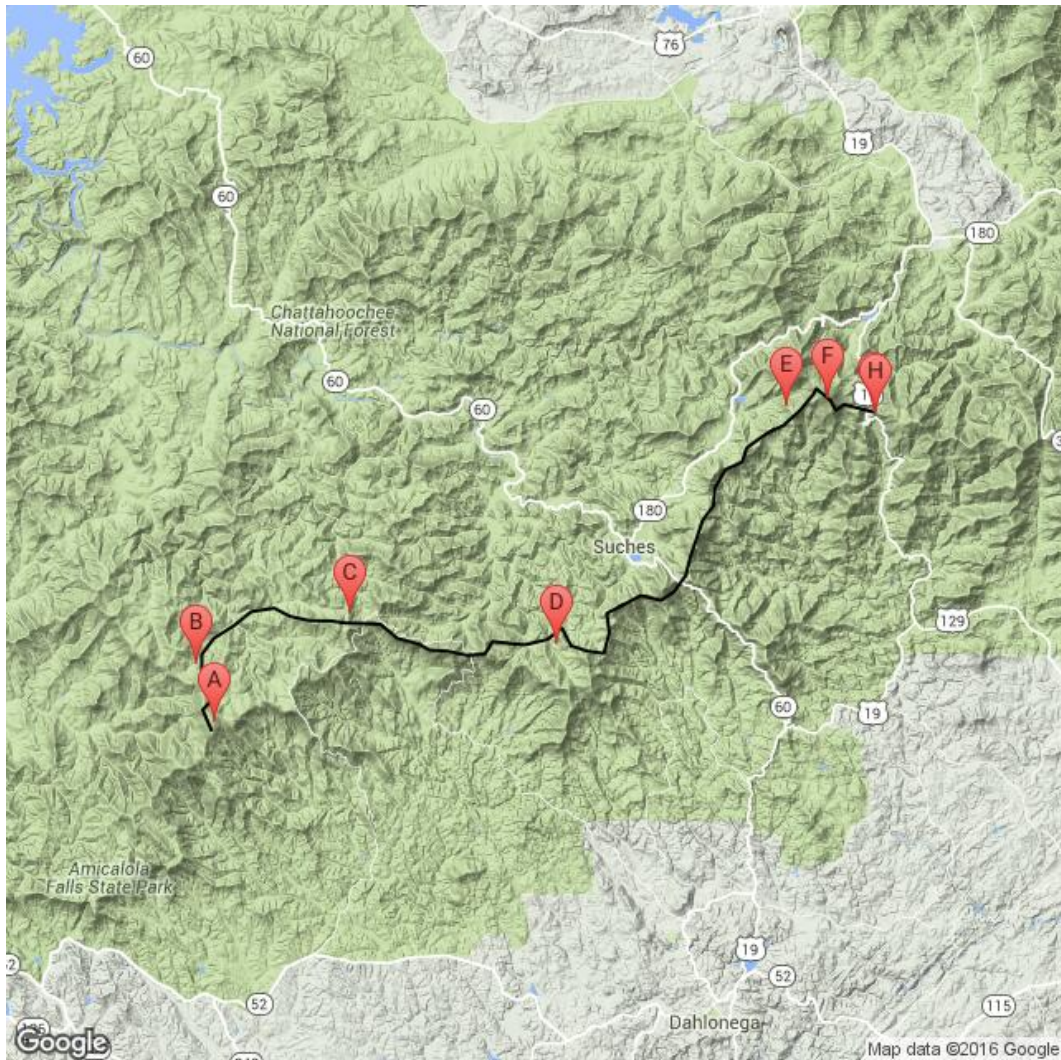
Springer to Neels Gap

Springer Mtn to Neels Gap, US 19

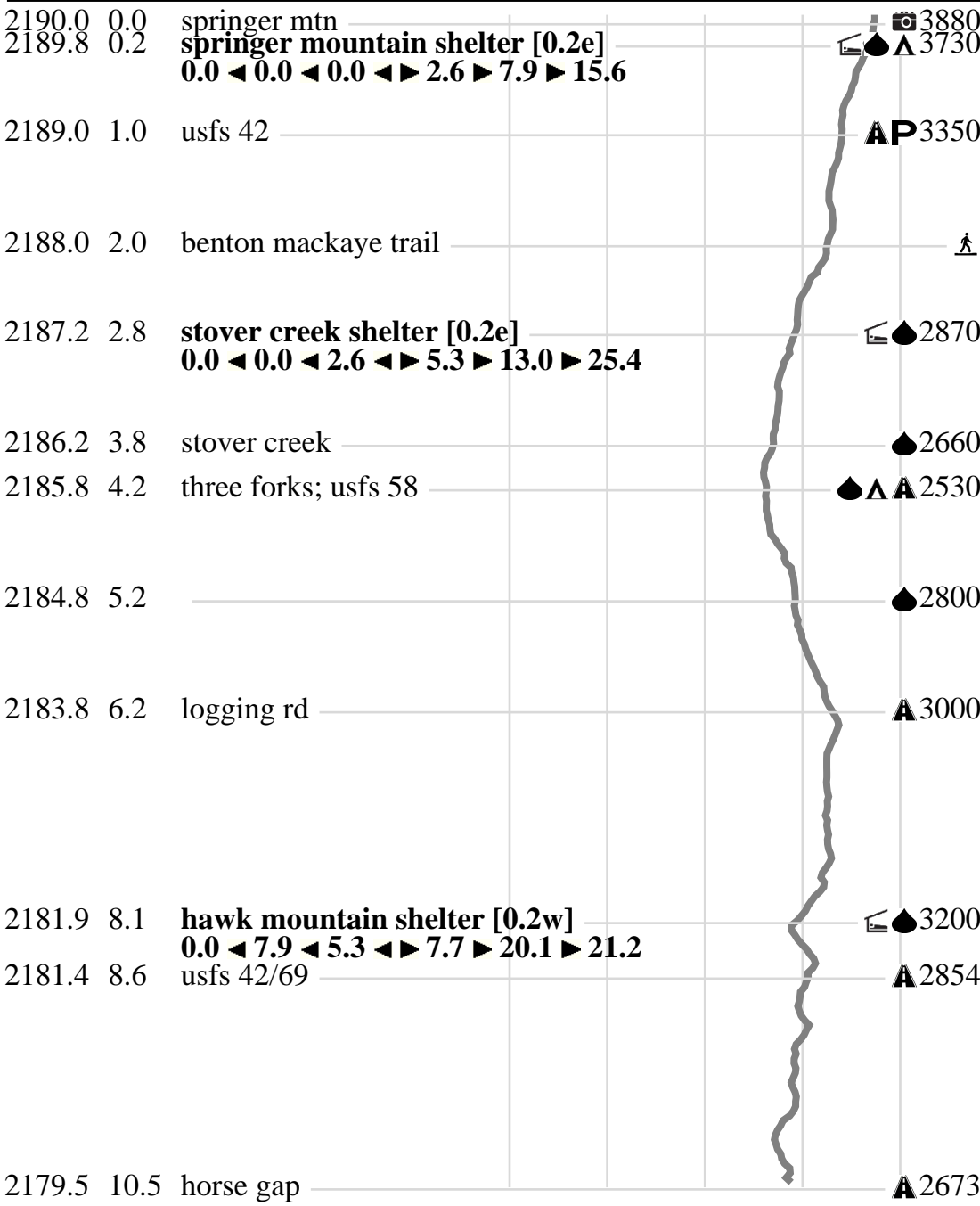
31.7 miles, avg. grade: 9.0%, high: 4450 ft, low: 2530 ft

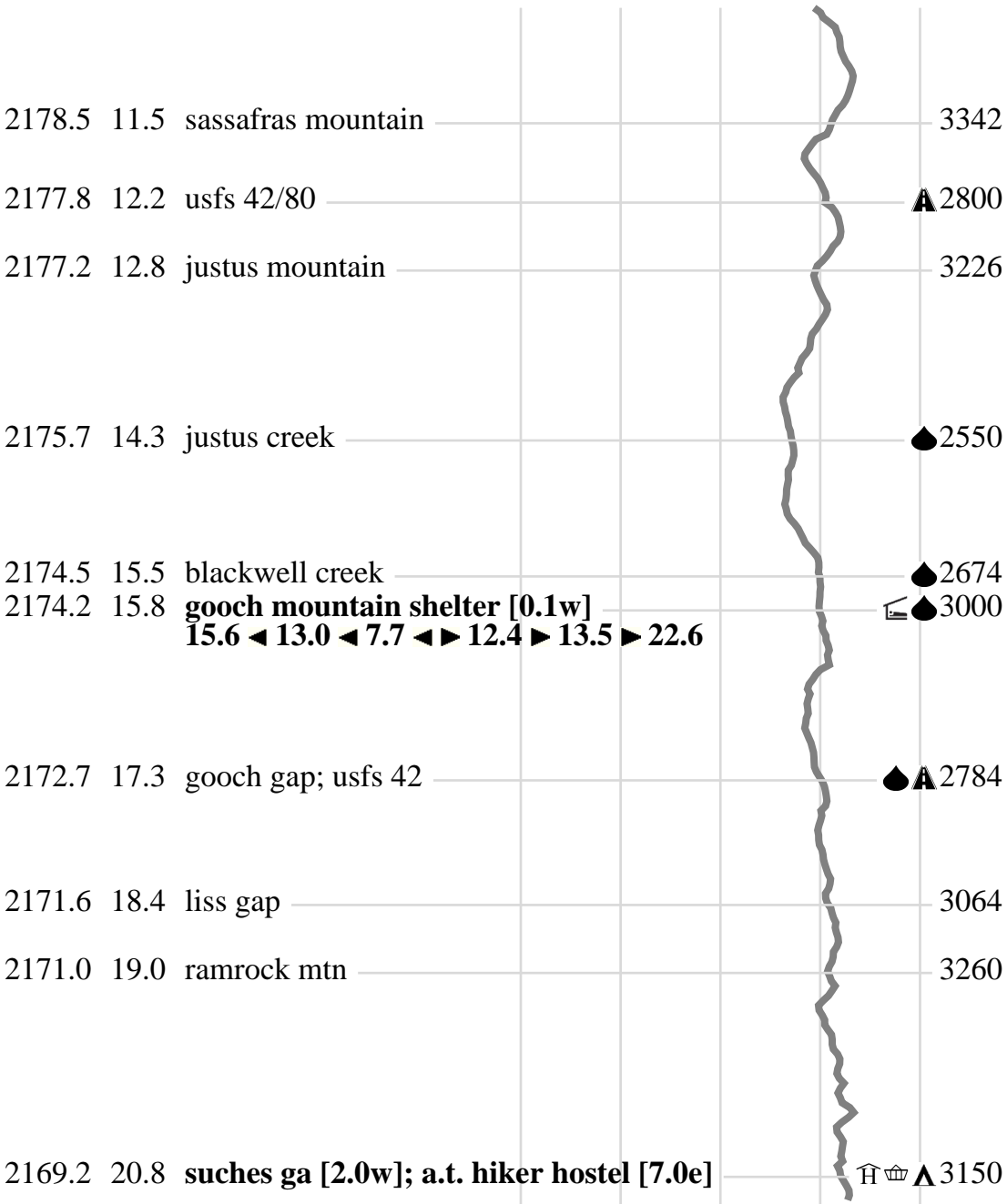
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3001>.

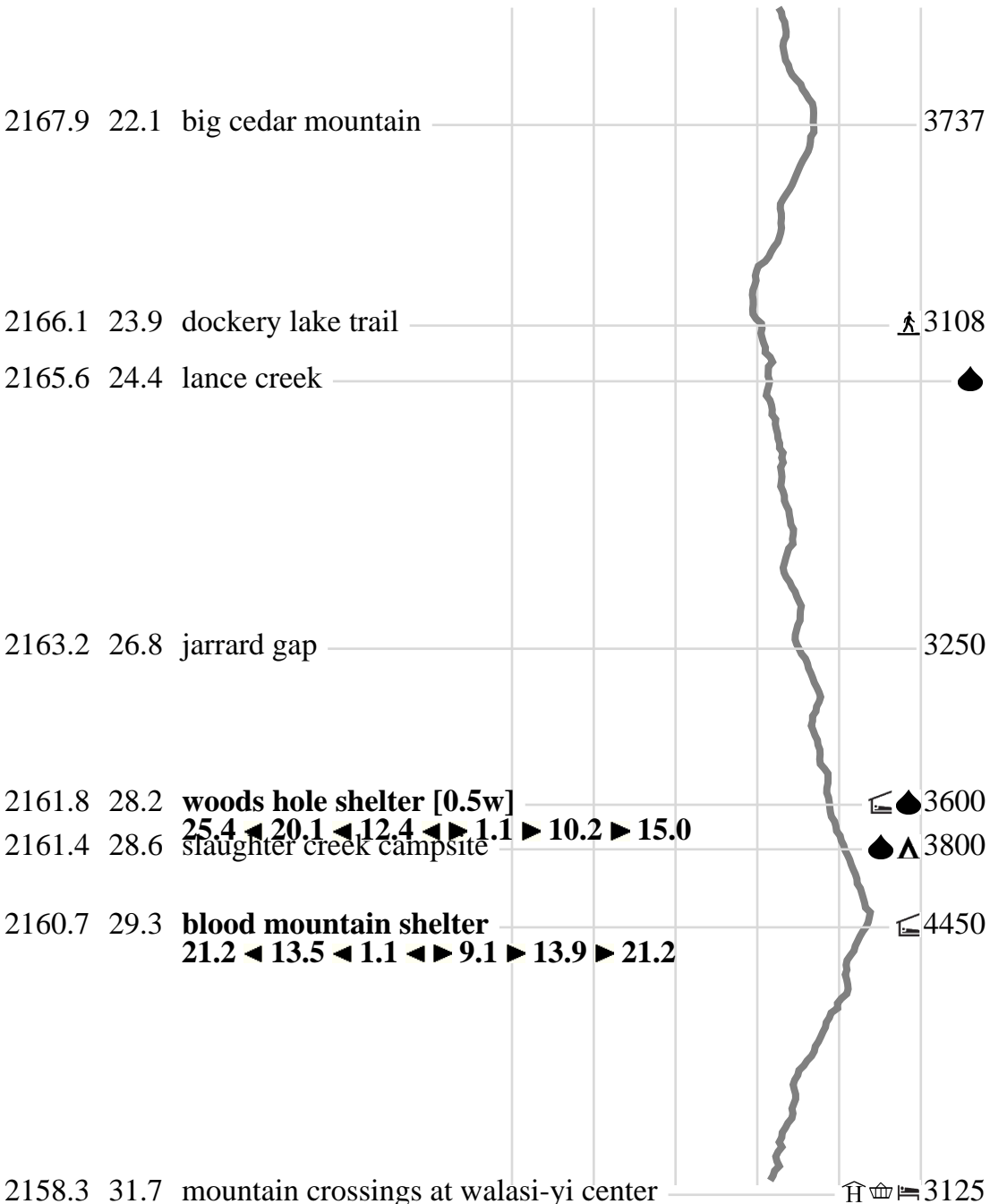
Thank you [trpost](#), [tryonis](#), [rhymenoceros](#) and [doncr43](#) for contributing the most recent edits to this section!



A: Springer Mountain Shelter, B: Stover Creek Shelter, C: Hawk Mountain Shelter, D: Gooch Mountain Shelter, E: Woods Hole Shelter, F: Blood Mountain Shelter, G: Mountain Crossings at Walasi-Yi Center, H: Blood Mountain Cabins







4.3: USFS 58



Three Forks

20.8: Ga. 60



A.T. Hiker Hostel [7.0E] (770) 312-7342

<http://www.hikerhostel.com> (email:

hikerhostel@yahoo.com) 7693 U.S. 19,

Dahlonega, GA, United States Josh Leigh

Saint run a great hostel. White gas and

canister fuel available. Bunks are

\$18/person/night. \$42 for a private room

inside the hostel for up to two people, \$55 for

a Container Cabin for up to two people and

\$65-\$85 for a small private log cabin for up to

4 people. All rates include breakfast.

Suches GA [2.0W]



Don L. Pruitt, M.D. (706) 747-1421 3693

Georgia 60, Suches, GA, United States



Suches GA PO (706) 747-2611 30572 M-F

7:30-11:30 1-4:30, Sa 7:30-11:30



Suches General Store 706-747-2271 12905

Wolf Pen Gap Rd, Suches, GA 30572



Two Wheels Only (706) 747-5151



Wes Wisson (706) 747-2671 (email:

dwisson@windstream.net)

31.7: Neels Gap, US 19



Mountain Crossings at Walasi-Yi Center

(706) 745-6095

<http://www.mountaincrossings.com> 9710

Gainesville Hwy., Blairsville, GA 30512



Blood Mountain Cabins [0.3E] (800)

284-6866 <http://www.bloodmountain.com>

12829 Gainesville Highway, Blairsville, GA,

United States

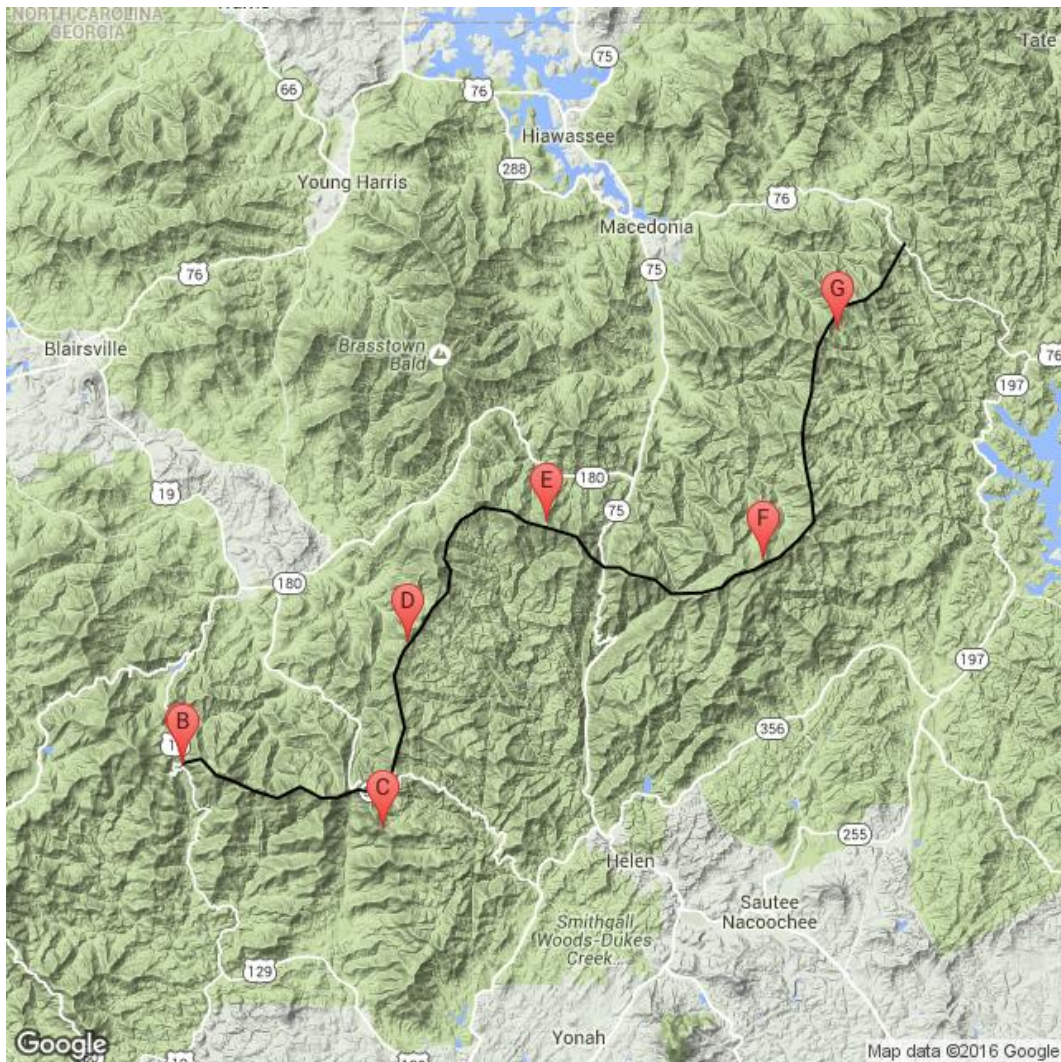
Neels Gap to Dicks Creek Gap

Neels Gap, US 19 to Dicks Creek Gap, US 76

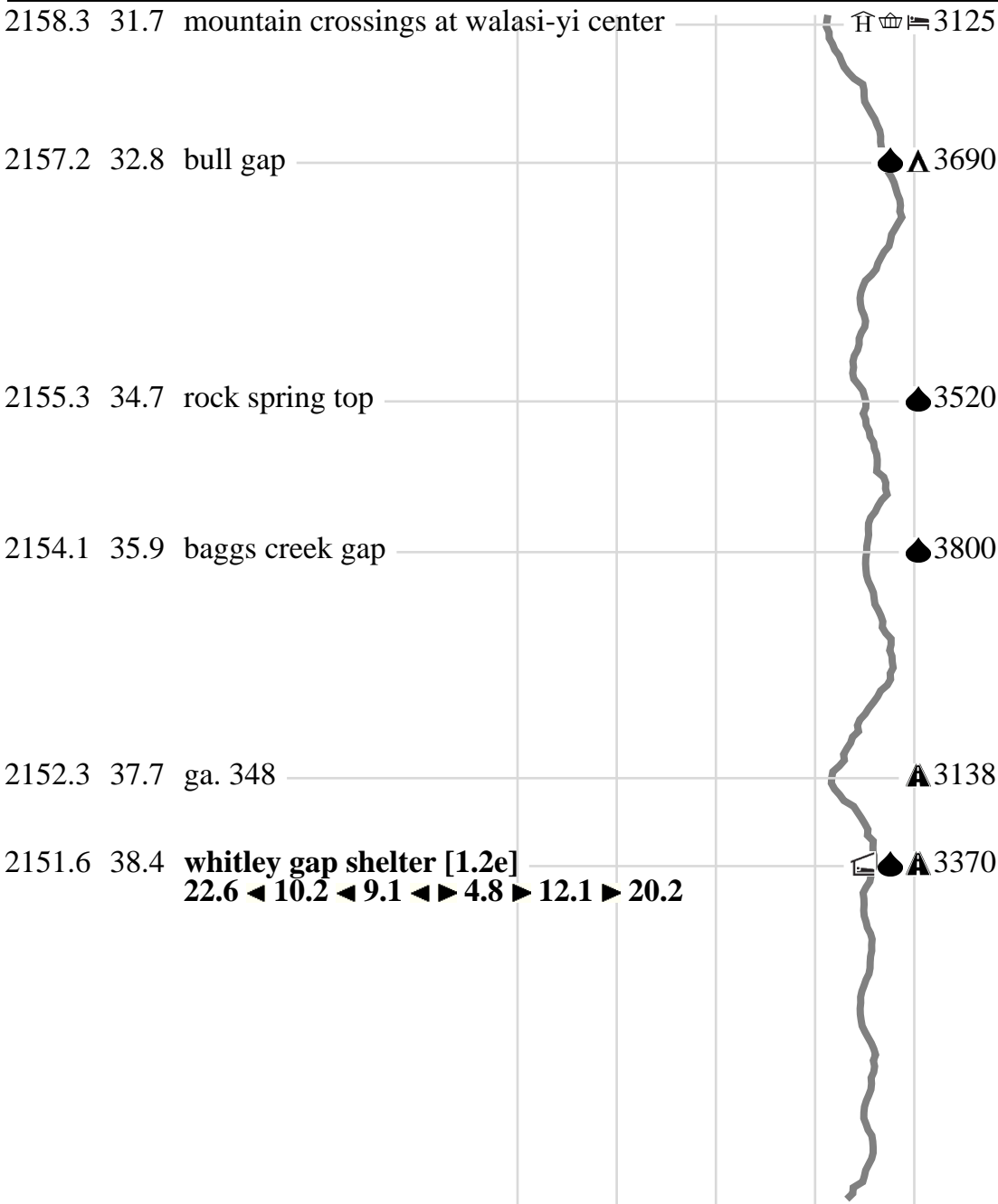
37.9 miles, avg. grade: 10.0%, high: 4430 ft, low: 2650 ft

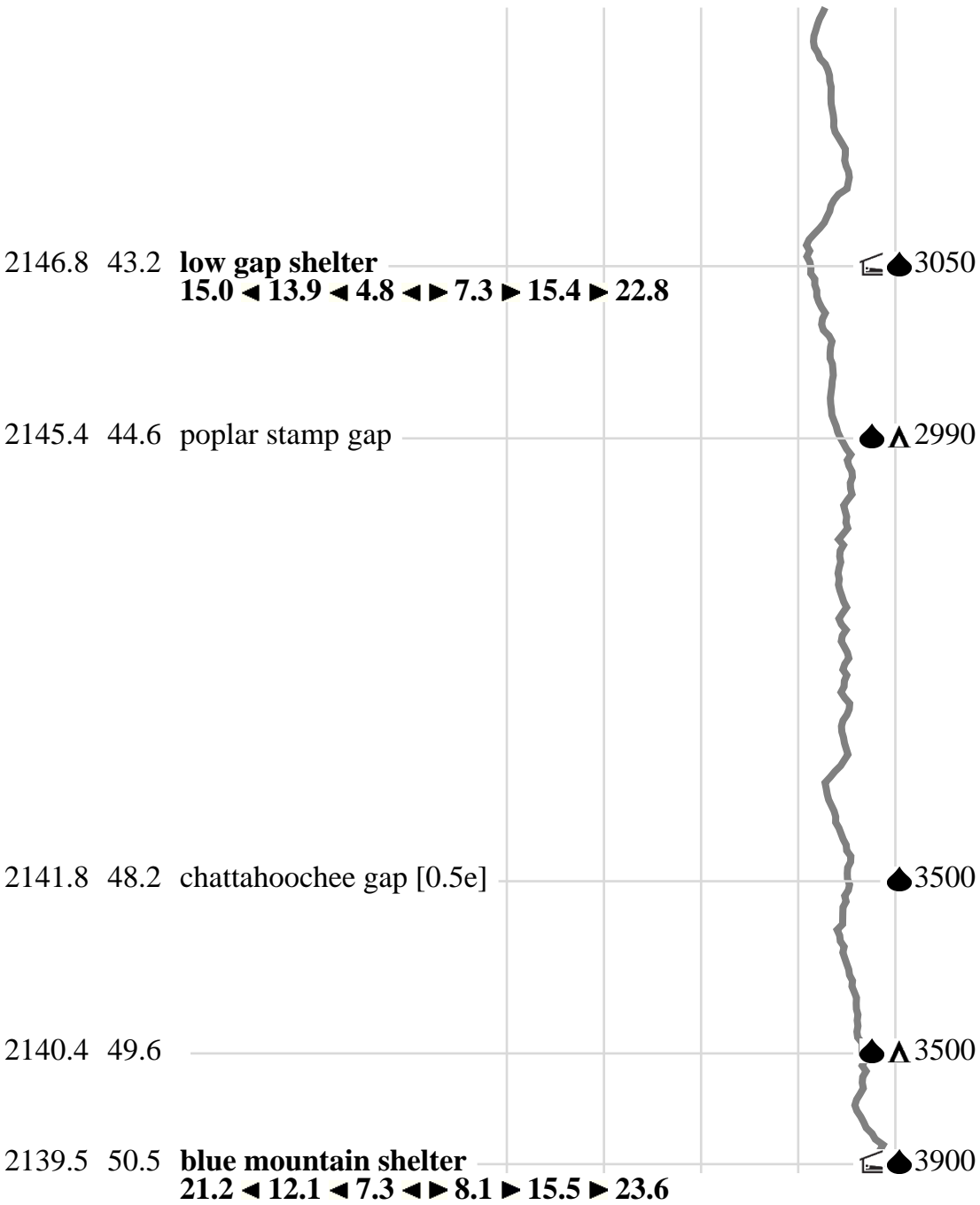
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3002>.

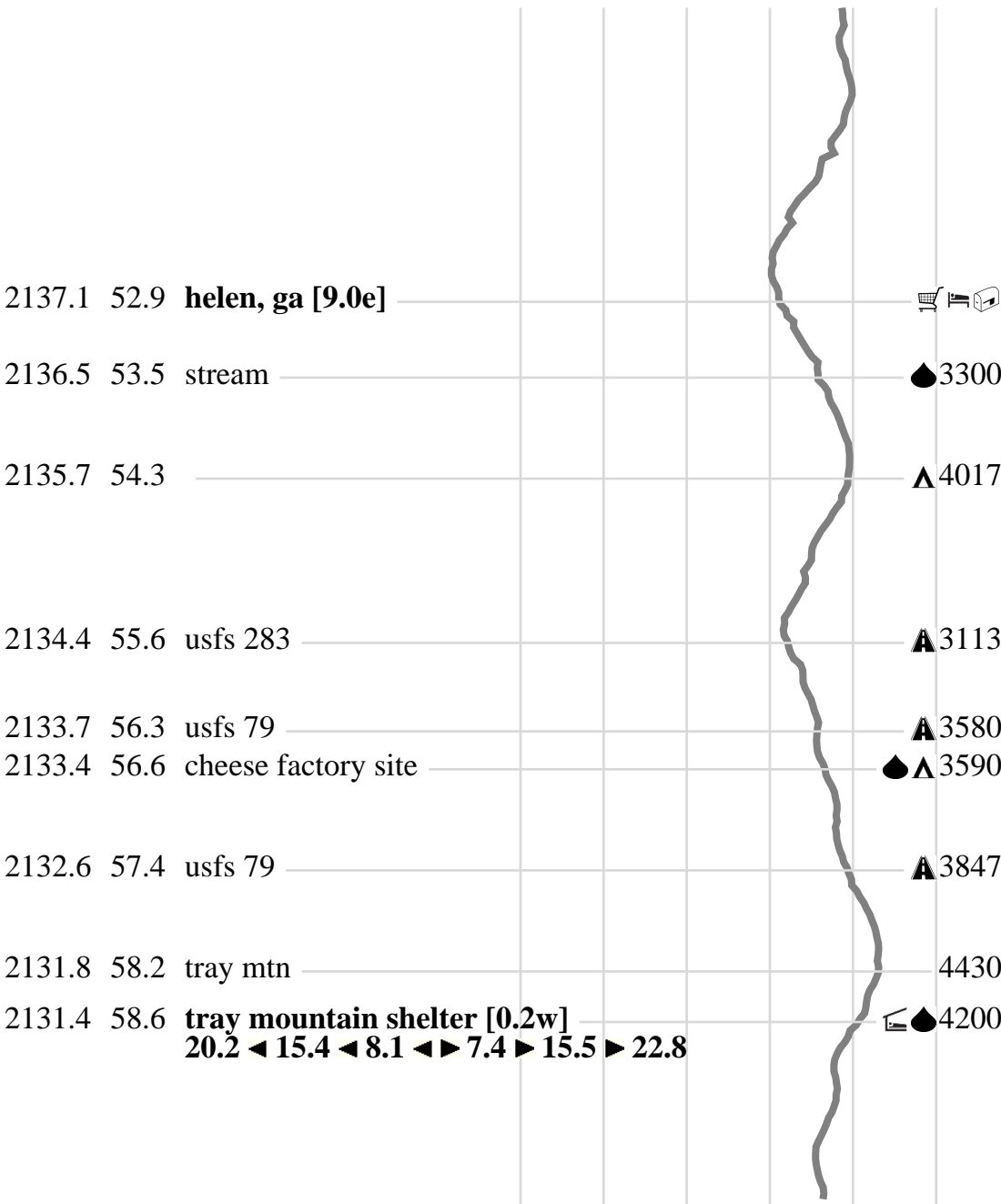
Thank you [aleak](#), [upstream](#) and [rhymenoceros](#) for contributing the most recent edits to this section!

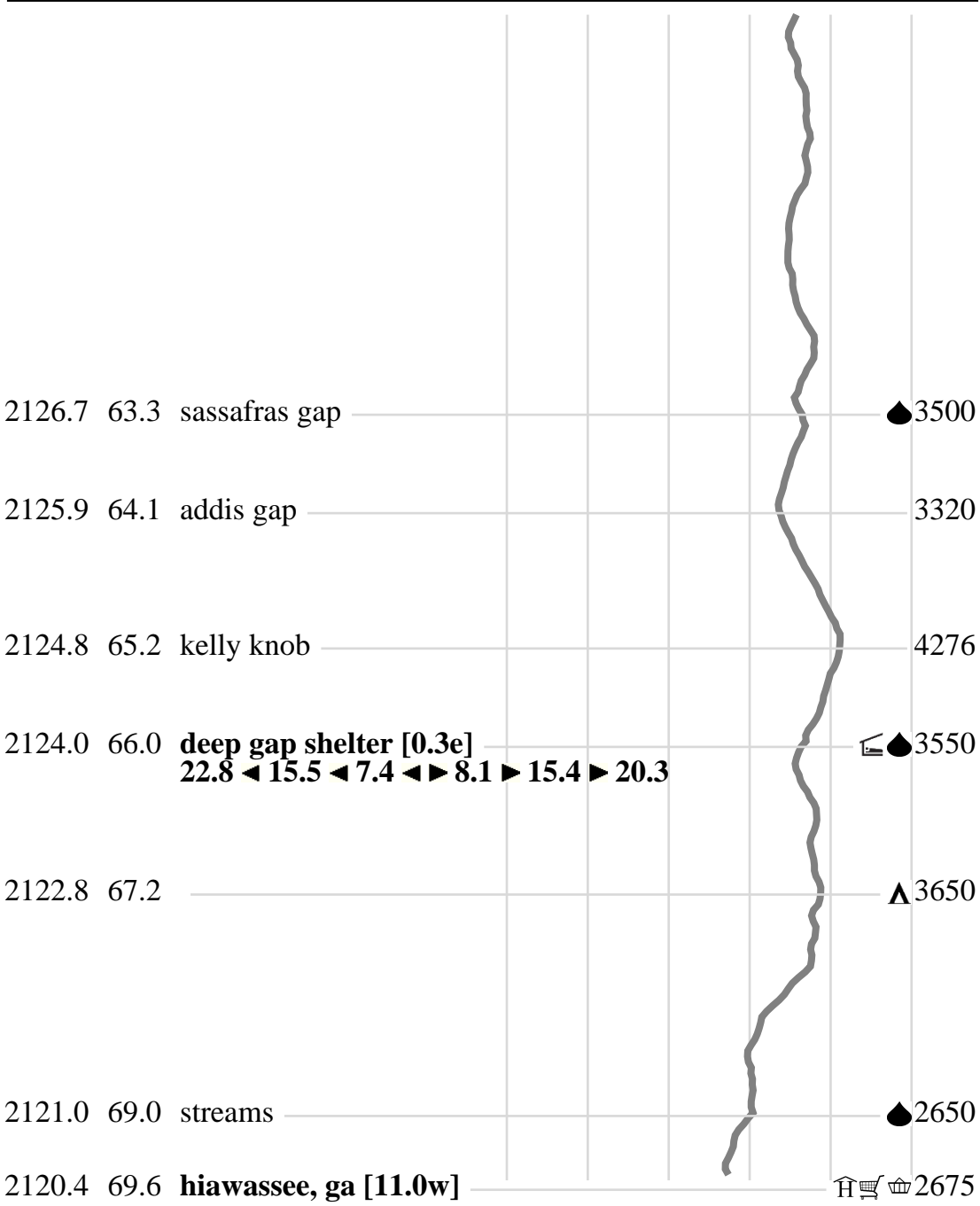


A: Mountain Crossings at Walasi-Yi Center, B: Blood Mountain Cabins, C: Whitley Gap Shelter, D: Low Gap Shelter, E: Blue Mountain Shelter, F: Tray Mountain Shelter, G: Deep Gap Shelter

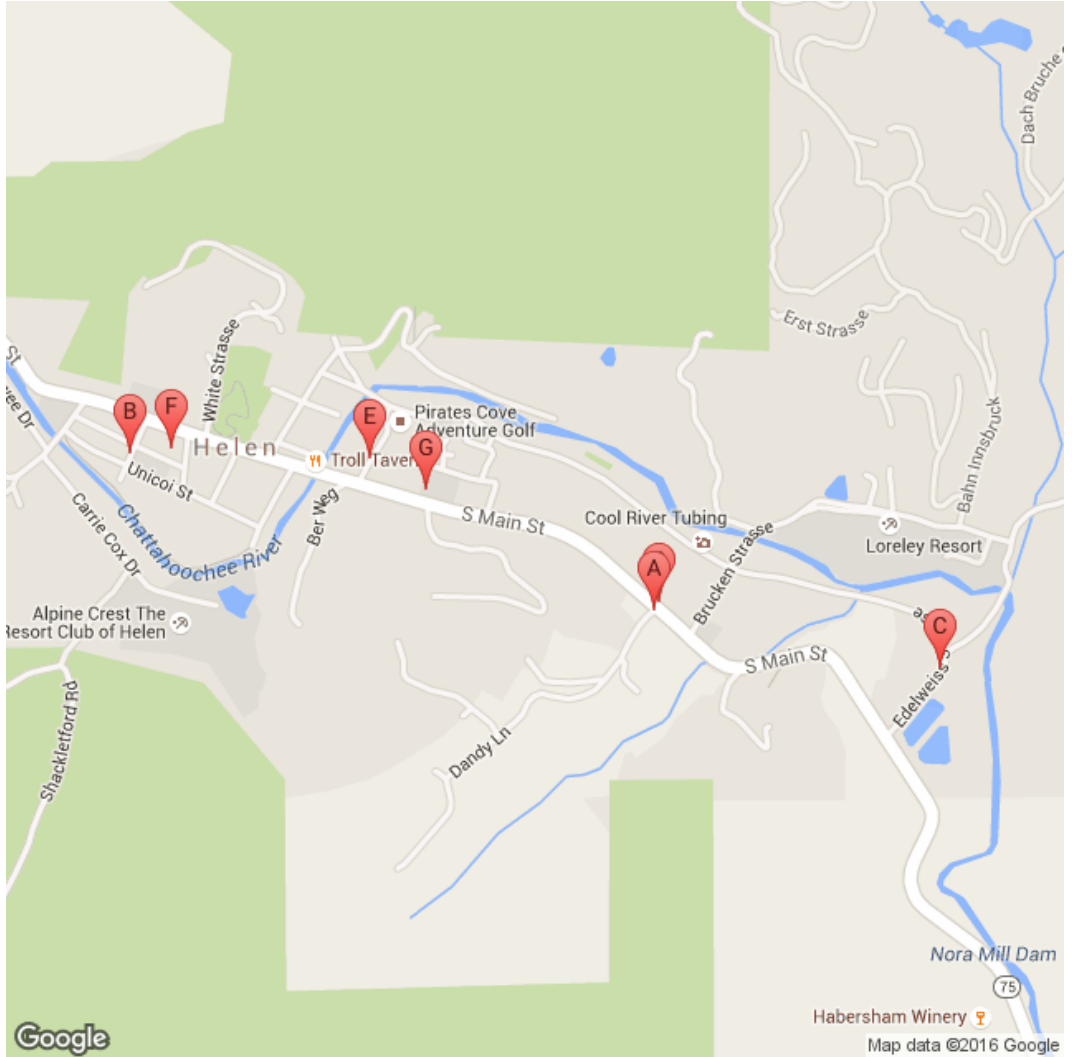






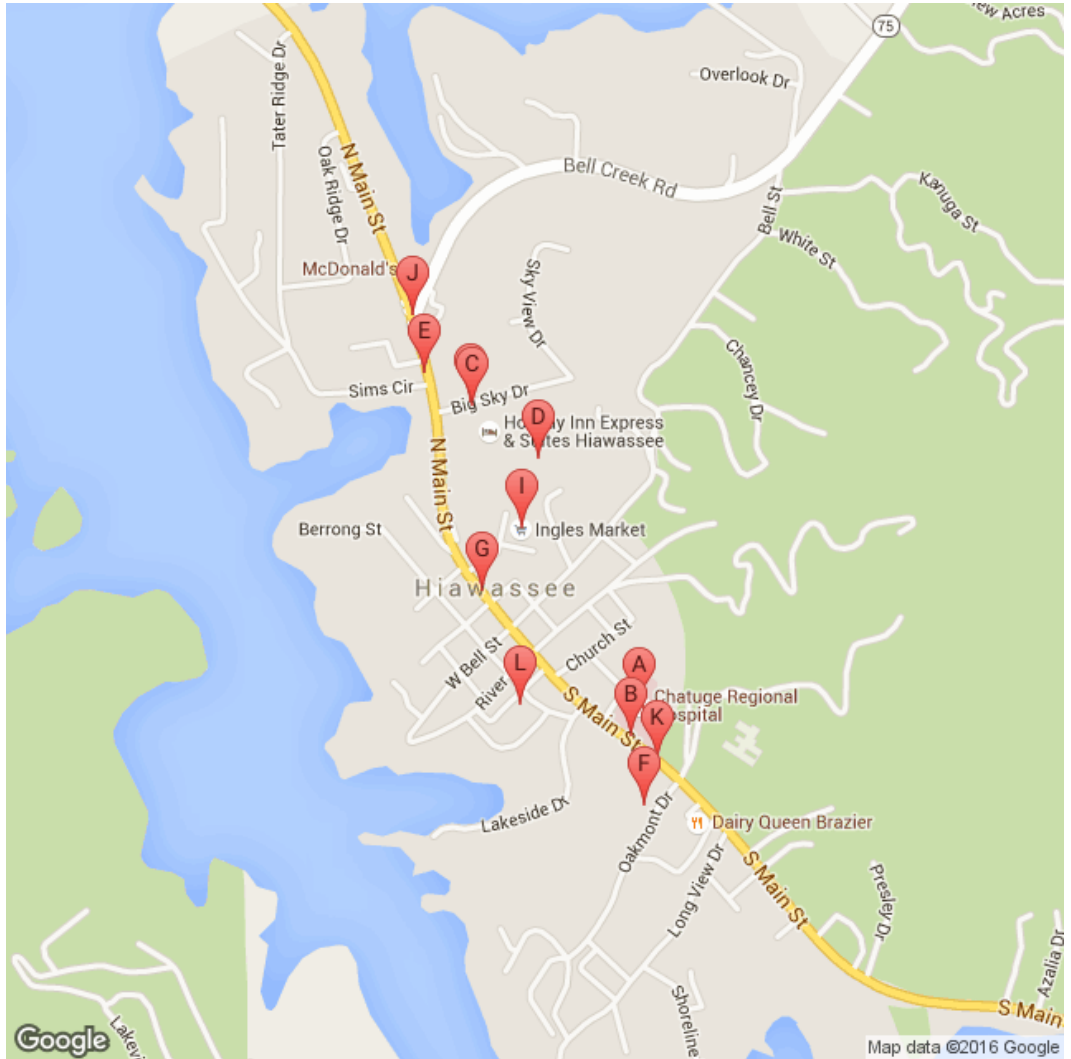


Helen, GA



A: Best Western, B: Bettys Country Store and Deli, C: Econolodge, D: Helen, GA PO, E: Helendorf River Inn, F: Hofbrau Riverfront Hotel, G: Super 8 Motel

Hiwassee, GA



A: Chatuge Regional Hospital, B: China Grill, C: Daniels Steakhouse, D: Dills Food City, E: Georgia Mountain Restaurant, F: Hiwassee Budget Inn, G: Hiwassee, GA PO, H: Holiday Inn Express, I: Ingles, J: Mulls Motel, K: The Buckhead House, L: Towns County Public Library

52.9

Helen, GA [9.0E]



Best Western (706) 878-2111 8220 South Main Street, Helen, GA, United States



Bettys Country Store and Deli 18 Yonah Street, Helen, GA, United States



Econolodge (706) 878-8000 101 Edelweiss Strasse, Helen, GA, United States



Helen, GA PO (706) 878-2422 7976 South Main Street, Helen, GA, United States 30545
M-F 9-12:30, 1:30-4, Sa 9-12



Helendorf River Inn (800) 445-2271 33 Munich Strasse, Helen, GA, United States



Hofbrau Riverfront Hotel (800) 830-3977 9001 Main Street, Helen, GA, United States



Super 8 Motel (800) 535-1251 8396 South Main Street, Helen, GA, United States



White County Library, Helen Branch

63.3



Sassafras Gap Designated camping spot here, and water is down a side trail about 200 yards (although the last 50 yards are pretty steep)

64.1

Addis Gap Campsite. Old road crossing, Mill creek road to west about 5 miles out to GA-75. Wildcat road to east about 12 miles out to GA-197. 1 mile to gate either way. Water is 1/2 mile east down Wildcat road, as is campsite at site of old Addis Gap shelter, and ruins of old Addis homestead.

69.6: Dicks Creek Gap, US 76



Blueberry Patch [3.5W] (706) 896-4893 5038 U.S. Hwy. 76, Hiawassee, GA 30546

Hiawassee, GA [11.0W]



Chatugue Regional Hospital (706) 896-2222 Chatugue Regional Hospital, Hiawassee, GA 30546, USA



China Grill 217 South Main Street, Hiawassee, GA, United States



Daniels Steakhouse 273 Big Sky Drive, Hiawassee, GA, United States L/D AYCE



Dills Food City 236 N Main St, Hiawassee,
GA, United States



Georgia Mountain Restaurant 425 North
Main Street, Hiawassee, GA, United States



Hiawassee Budget Inn (706) 896-4121 193
South Main St., Hiawassee, GA 30546



Hiawassee, GA PO (706) 896-3632 118 N
Main St , Hiawassee, GA 30546, United States
30546 M-F 8:30-5, Sa 8:30-12



Holiday Inn Express (706) 896-8884
<http://www.hiexpress.com/hiawassee> 300
Big Sky Dr., Hiawassee, GA 30546



Ingles 94 North Main Street, Hiawassee, GA,
United States



Mulls Motel (706) 896-4195 213 N. Main St.,
Hiawassee, GA 30546



The Buckhead House (706) 896-0028 130
North Main St., Hiawassee, GA



Towns County Public Library Hiawassee,
GA, United States

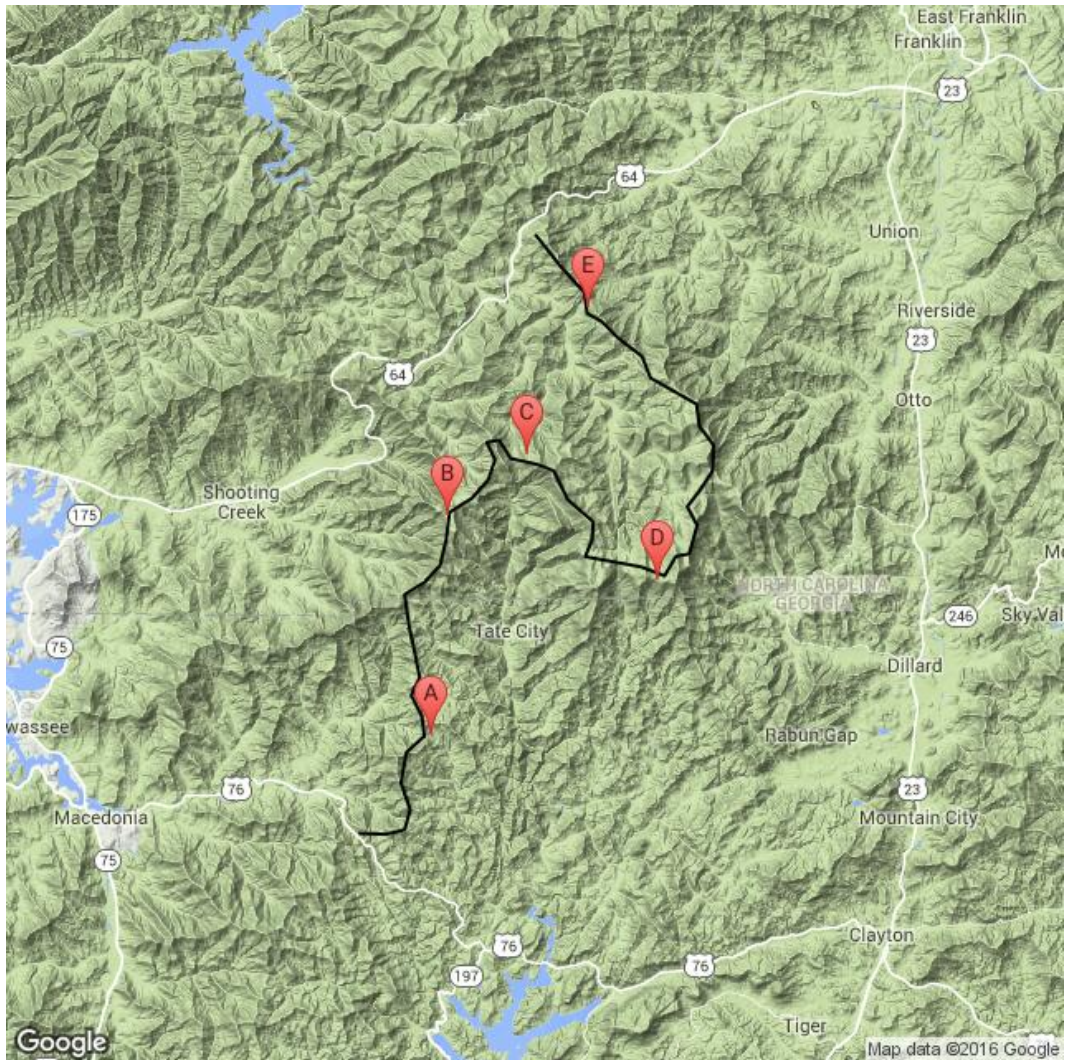
Dicks Creek Gap to Franklin

Dicks Creek Gap, US 76 to Winding Stair Gap, US 64

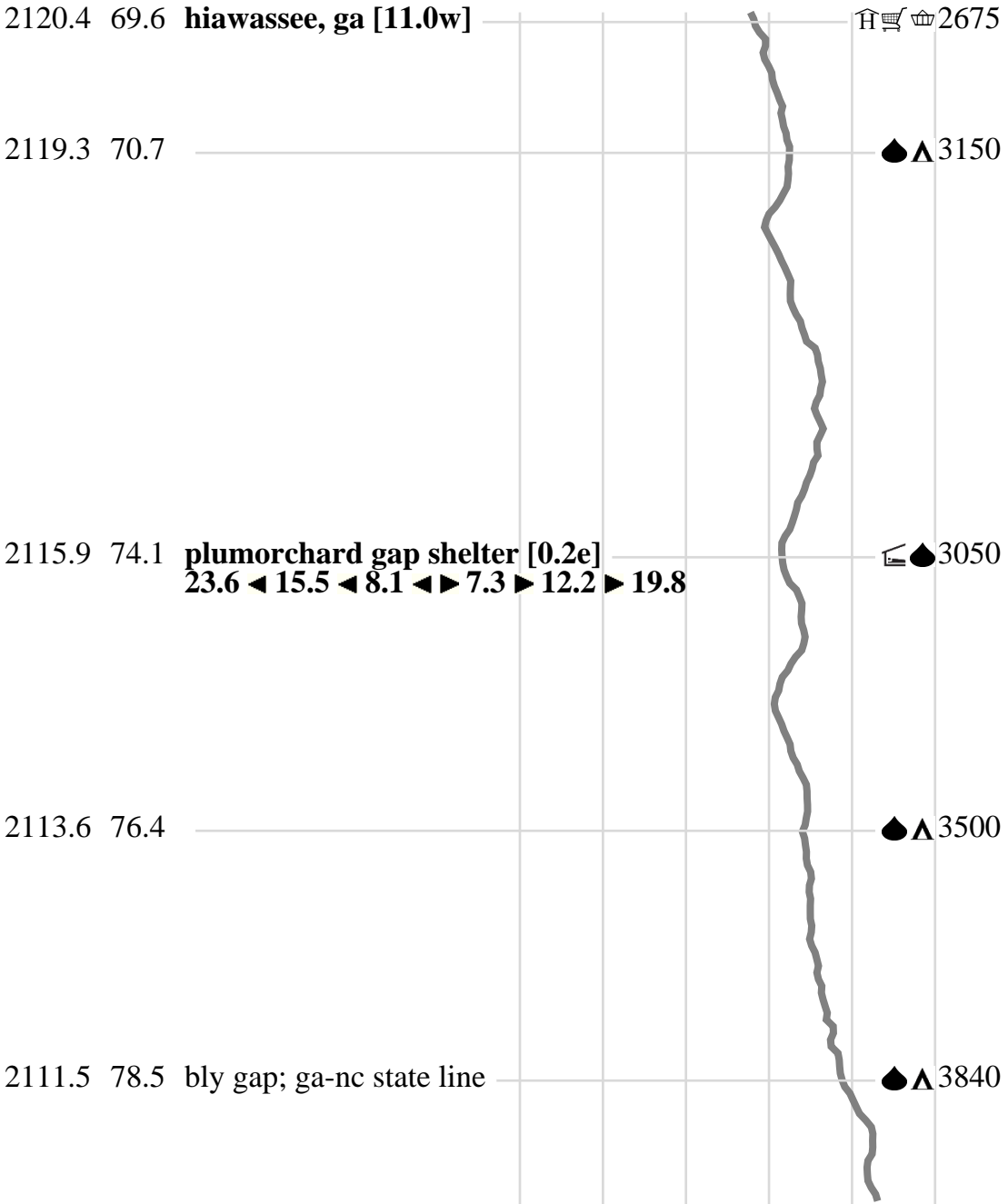
40.2 miles, avg. grade: 8.4%, high: 5498 ft, low: 2675 ft

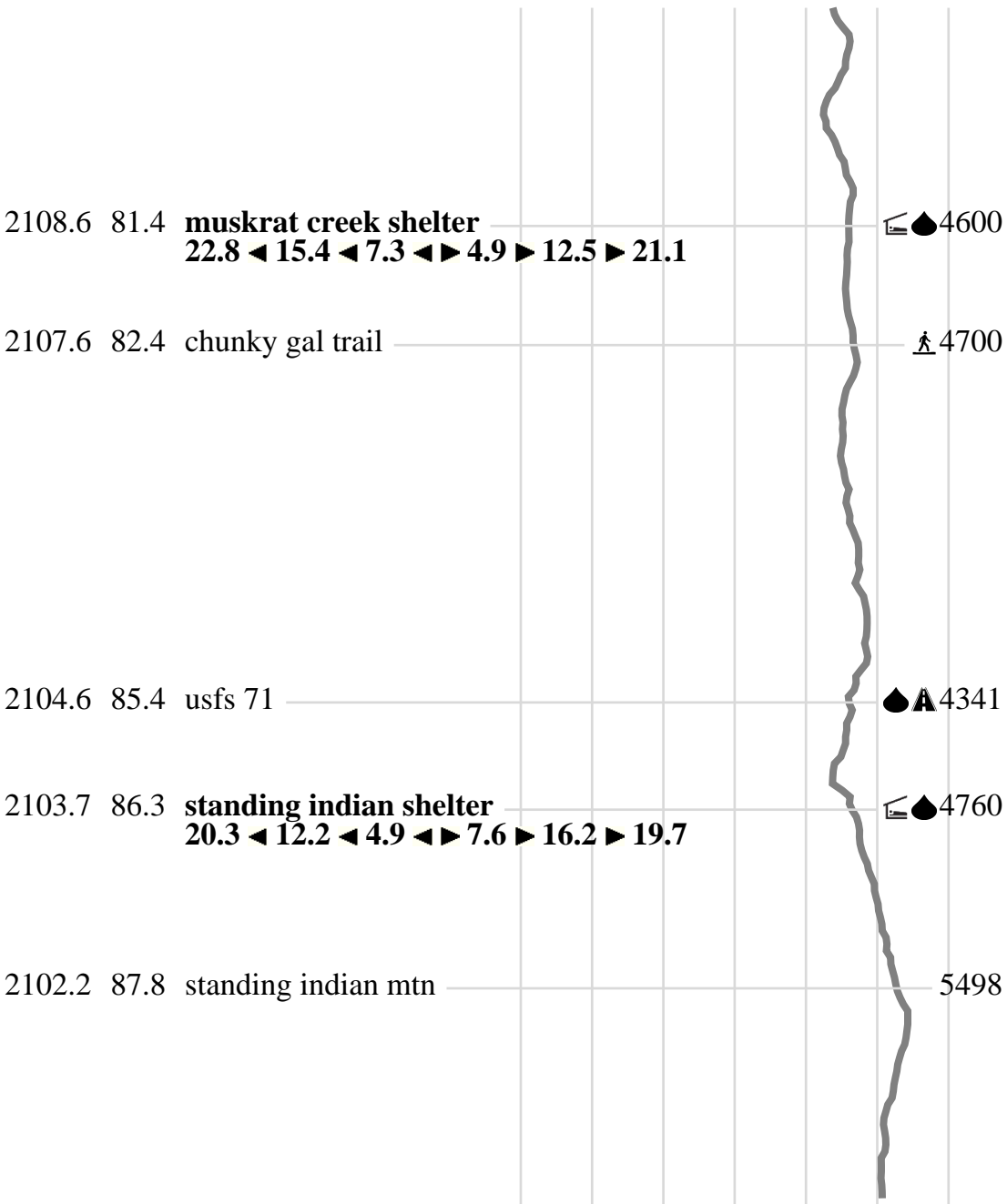
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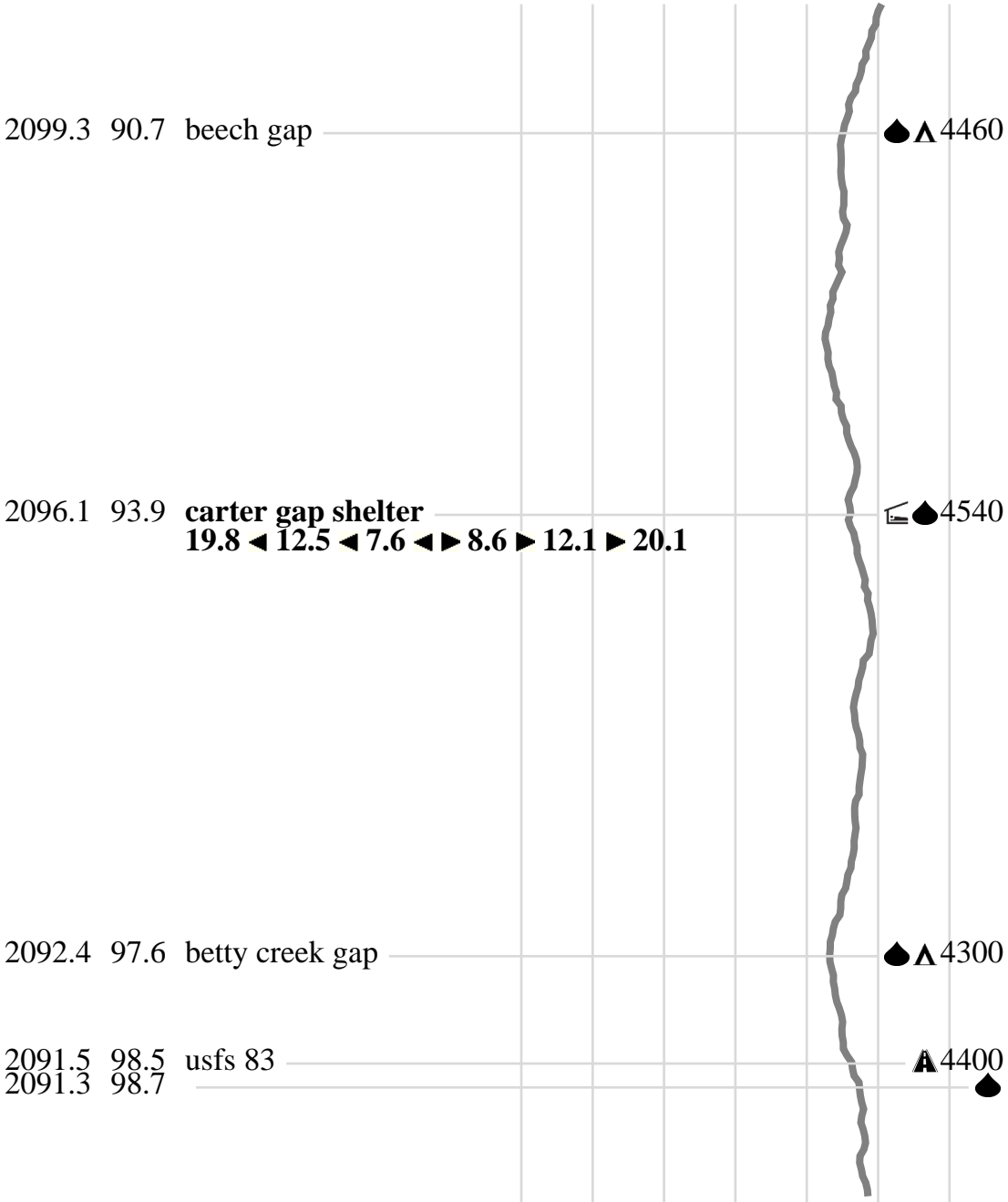
Thank you [trpost](#) and [rhyenoceros](#) for contributing the most recent edits to this section!

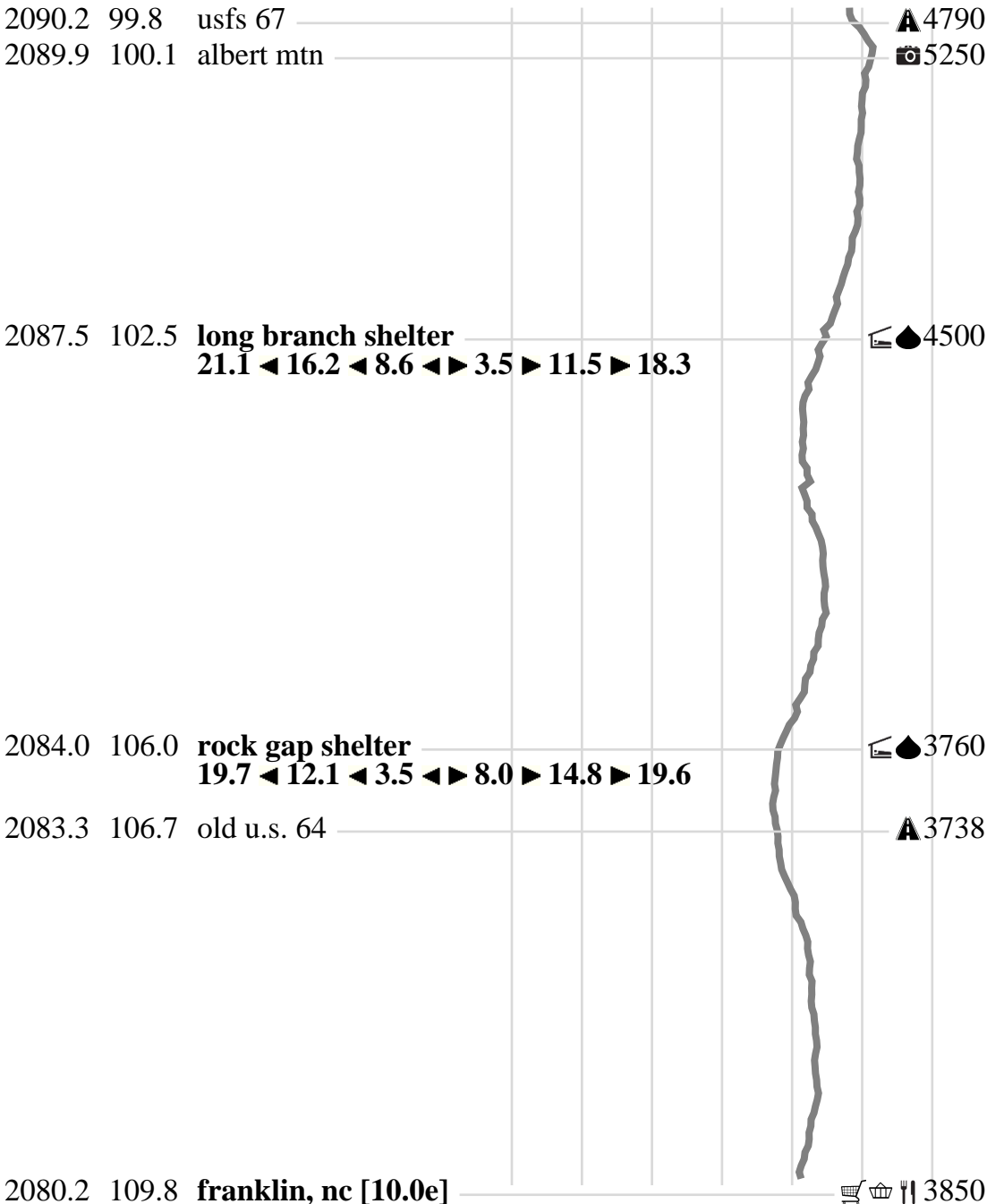


A: Plumorchard Gap Shelter, B: Muskrat Creek Shelter, C: Standing Indian Shelter, D: Carter Gap Shelter, E: Rock Gap Shelter

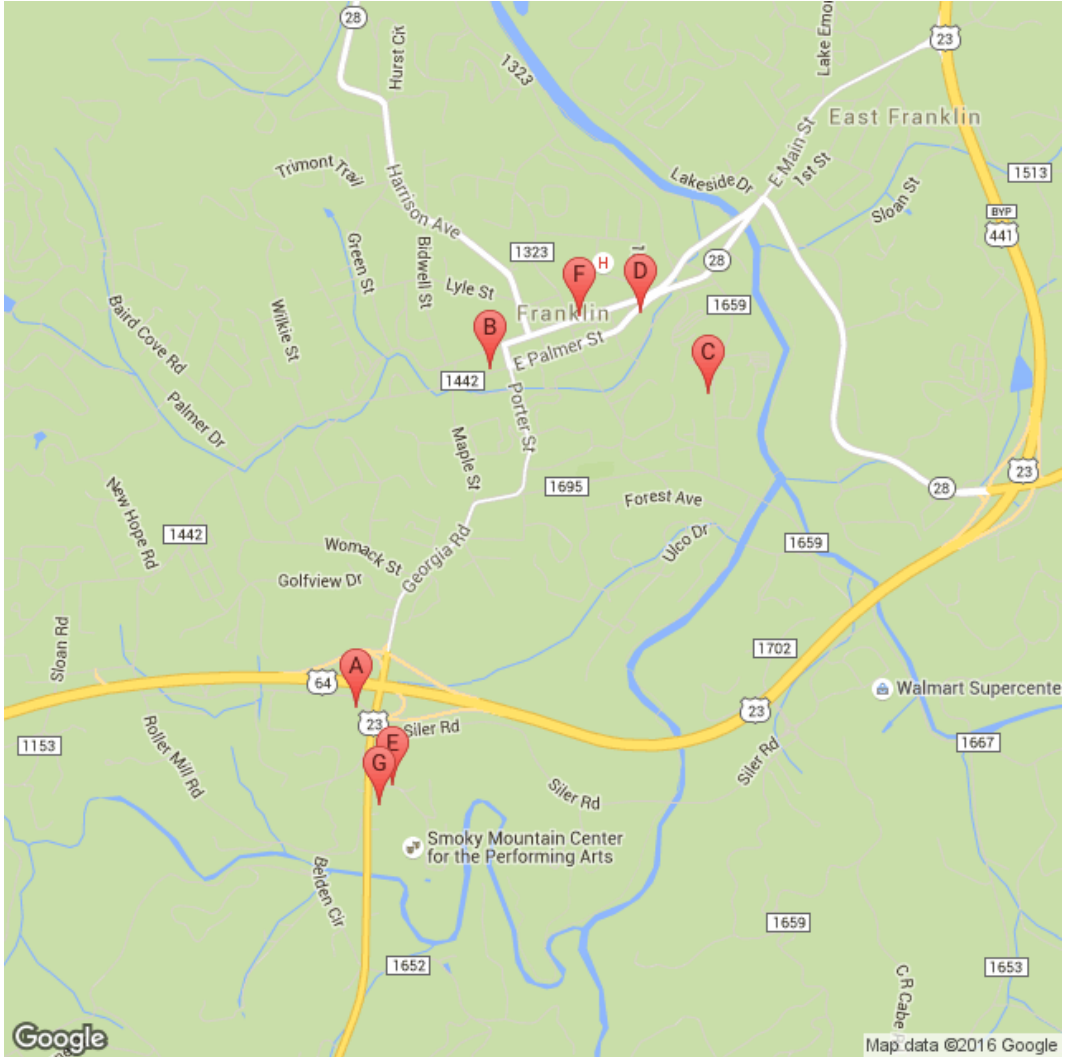








Franklin, NC



A: Angel Urgent Care Center, B: Franklin Motel, C: Franklin, NC PO, D: Havens Budget Inn, E: Microtel Inn Suites, F: Outdoor 76, G: Shoneys

102.5



Long Branch Shelter Built in 2012 as a replacement for the older Big Spring shelter

109.8: Winding Stair Gap, US 64

Franklin, NC [10.0E]



Angel Urgent Care Center (828) 369-4427
195 Franklin Plaza Dr, Franklin, NC, United States



Franklin Motel (828) 525-4431 *17 West Palmer St., Franklin, NC*



Franklin, NC PO (828) 524-3219 *250 Depot Street, Franklin, NC, United States 28734*
M-F 8:30-5, Sa 9-12



Havens Budget Inn (828) 524-4403 (email: tiamalle@aol.com) *433 E. Palmer St., Franklin, NC*



Ingles Multiple Locations



Larrys Taxi and Shuttle (828) 421-4987
(email: spunkman101@yahoo.com)



Macon County Library, Rathskeller



Microtel Inn Suites (828) 349-9000 *81 Allman Drive, Franklin, NC, United States*



Outdoor 76 (828) 349 - 7676
<http://www.outdoor76.com/pages/a-t-thru-hiker-s>
(email: info@outdoor76.com) *35 East Main Street, Franklin, NC 28734* 10% Thru-hiker Discount



Roadrunner Driving Services (706) 201-7719 (email: where2@mac.com)



Shoneys *1000 Georgia Road, Franklin, NC 28734-5820, United States* AYCE



Three Eagles Outfitters (828) 524-9061
<http://www.threeeaglesoutfitters.net/> (email: info@threeeaglesoutfitters.net) *78 Siler Rd., 1 Three Eagles Place, Franklin, NC*

Franklin to Fontana Dam

Winding Stair Gap, US 64 to NC 28

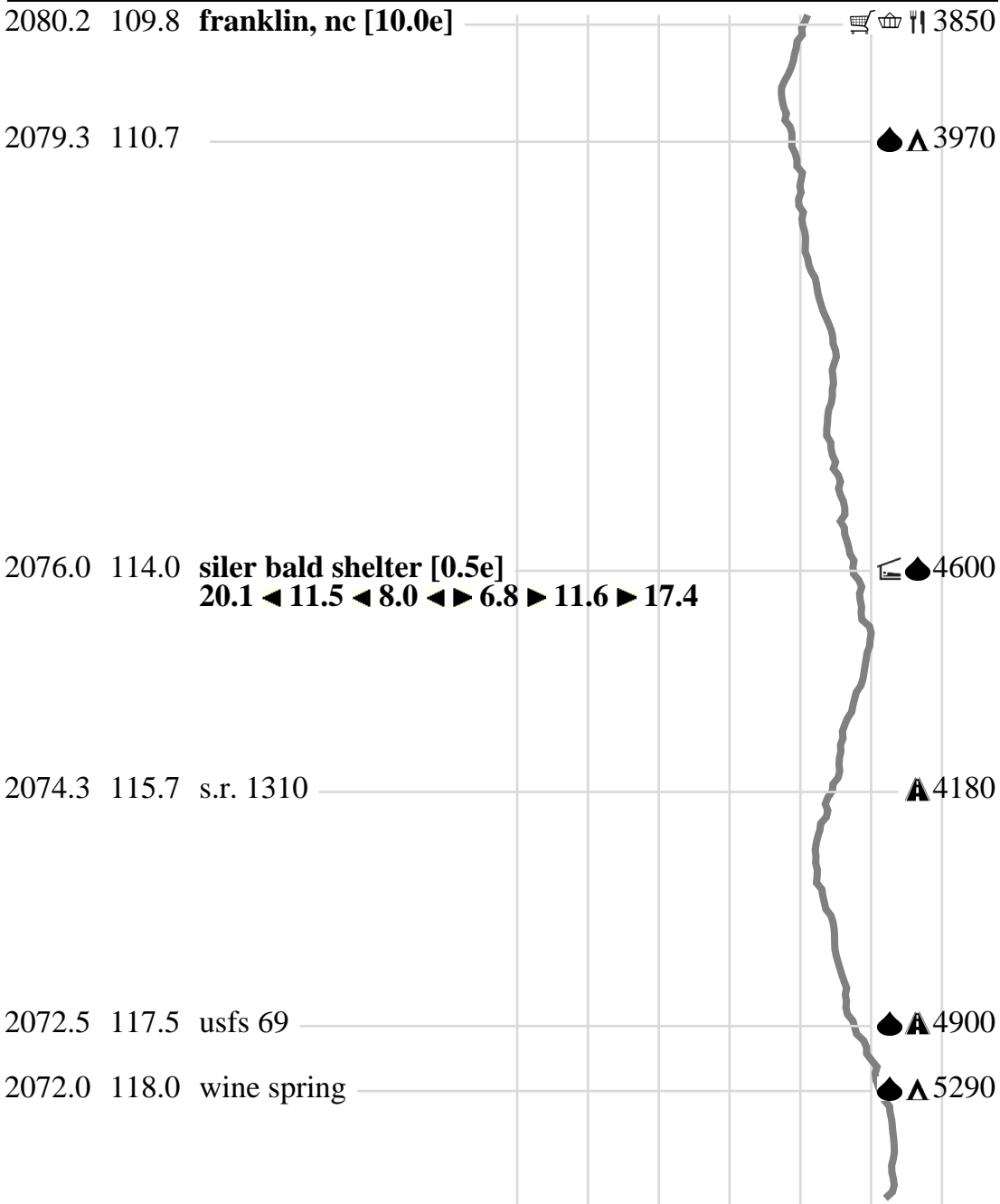
54.9 miles, avg. grade: 10.6%, high: 5328 ft, low: 1723 ft

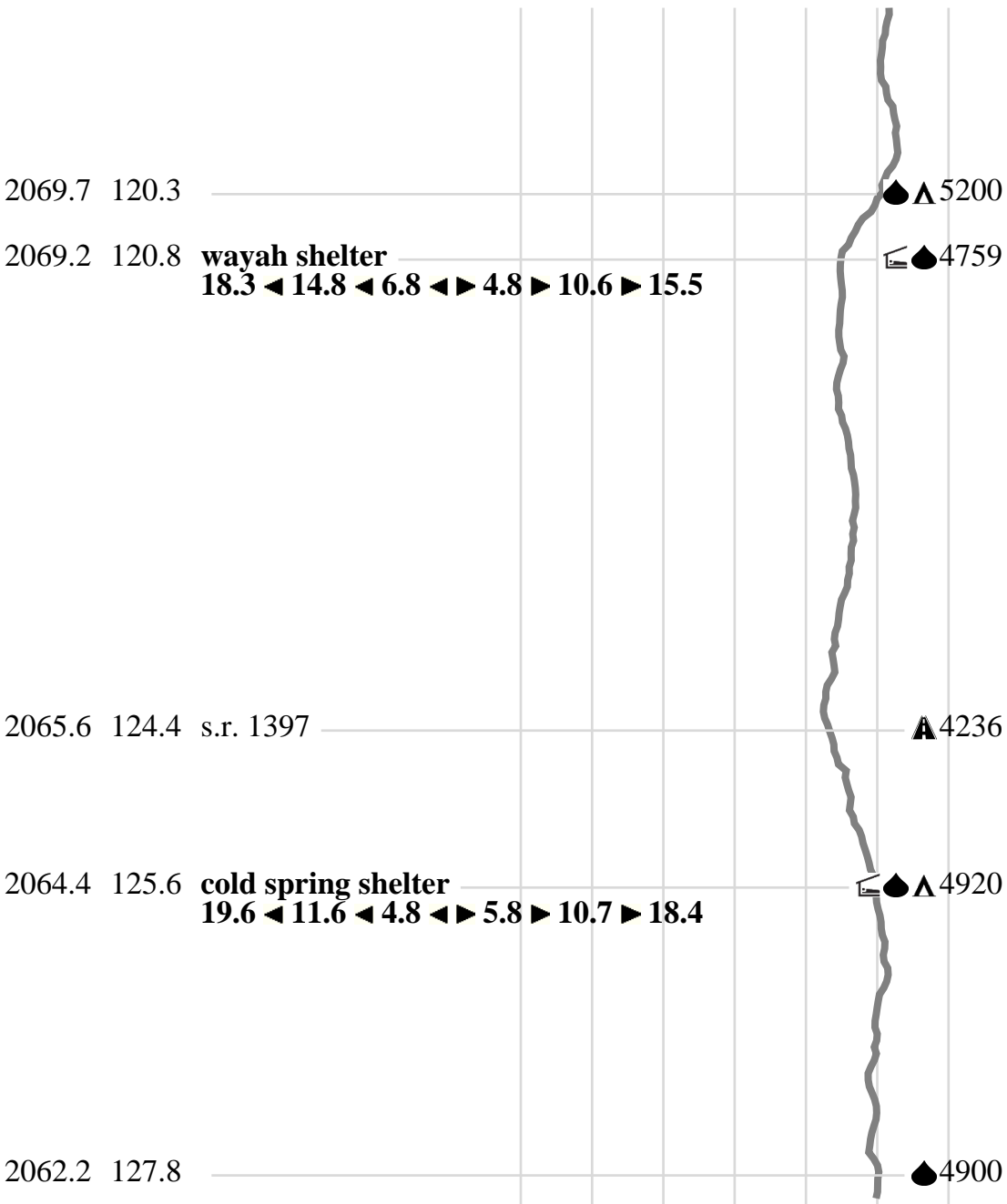
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3004>.

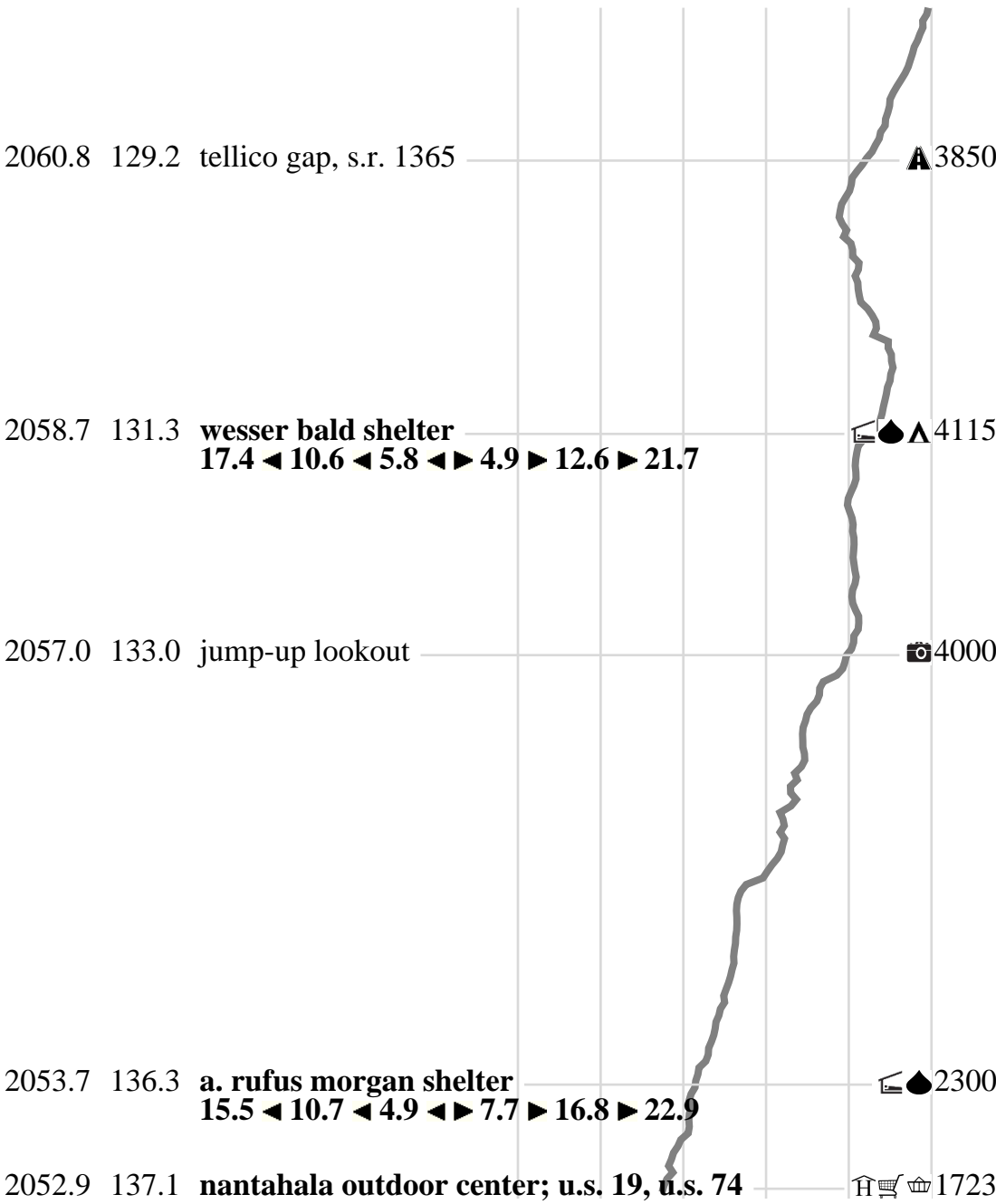
Thank you [trpost](#), [aleak](#) and [rhymenoceros](#) for contributing the most recent edits to this section!

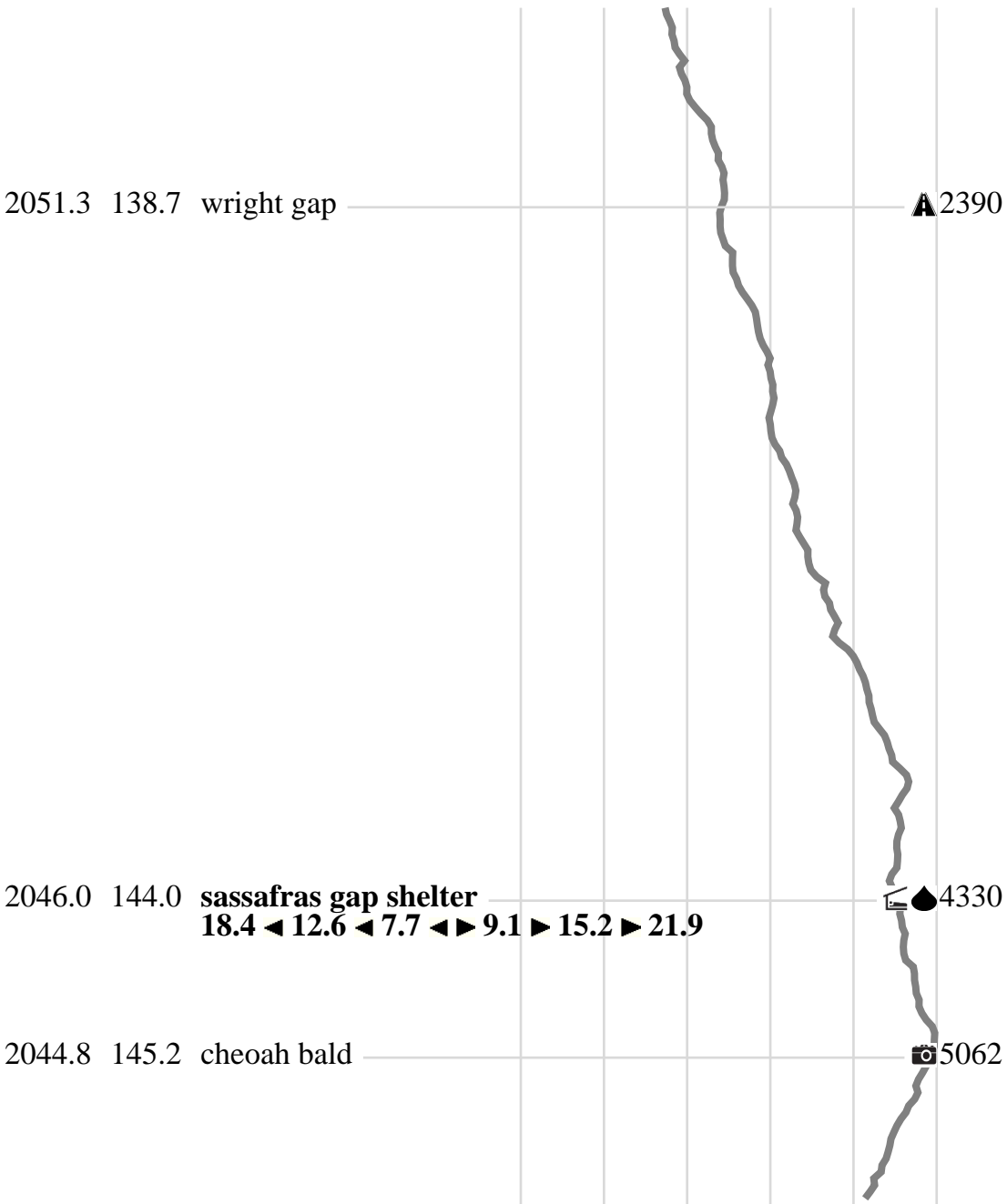


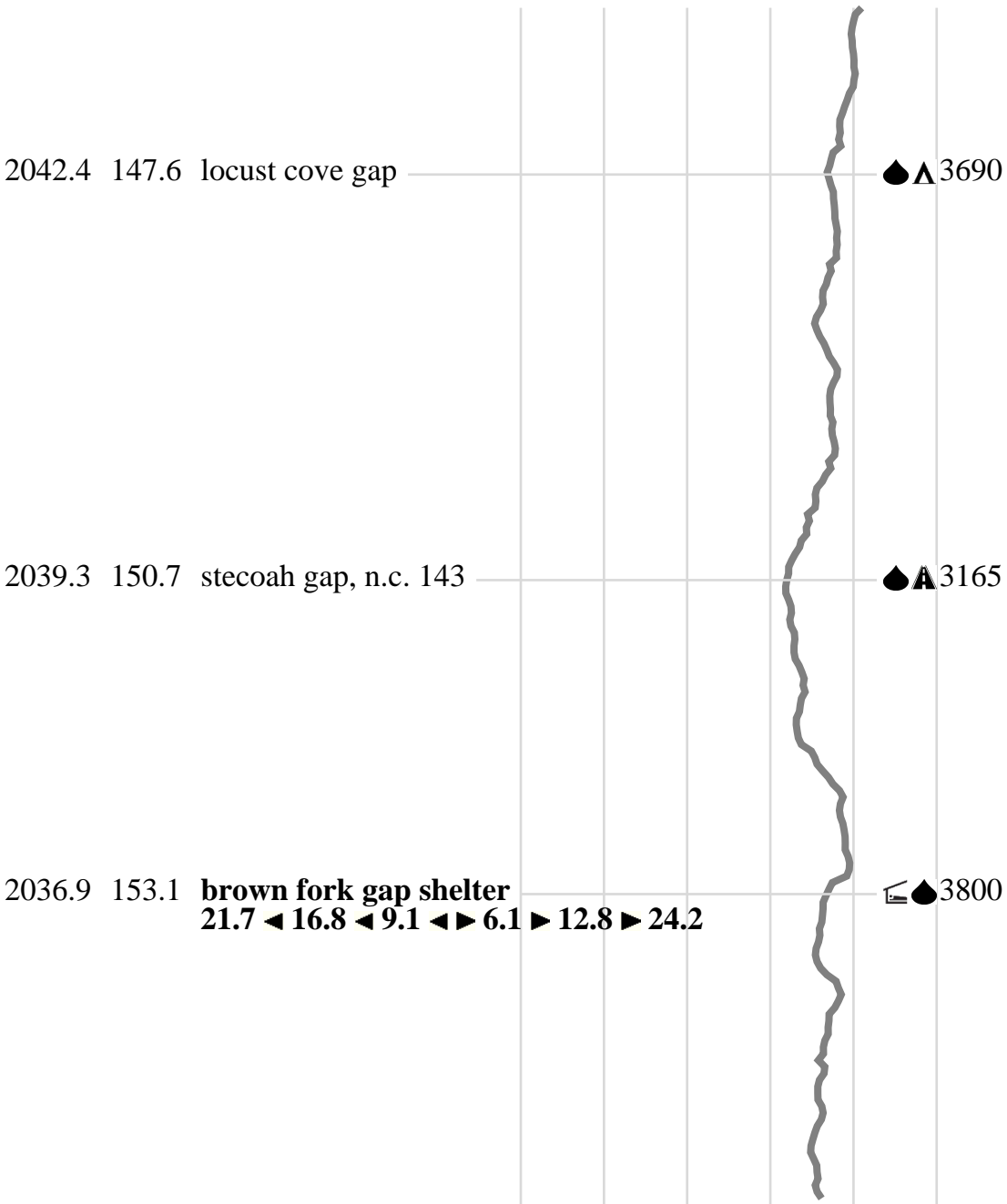
A: Siler Bald Shelter, B: Wayah Shelter, C: Cold Spring Shelter, D: Wesser Bald Shelter, E: A. Rufus Morgan Shelter, F: Nantahala Outdoor Center, G: Sassafras Gap Shelter, H: Brown Fork Gap Shelter, I: Cable Gap Shelter

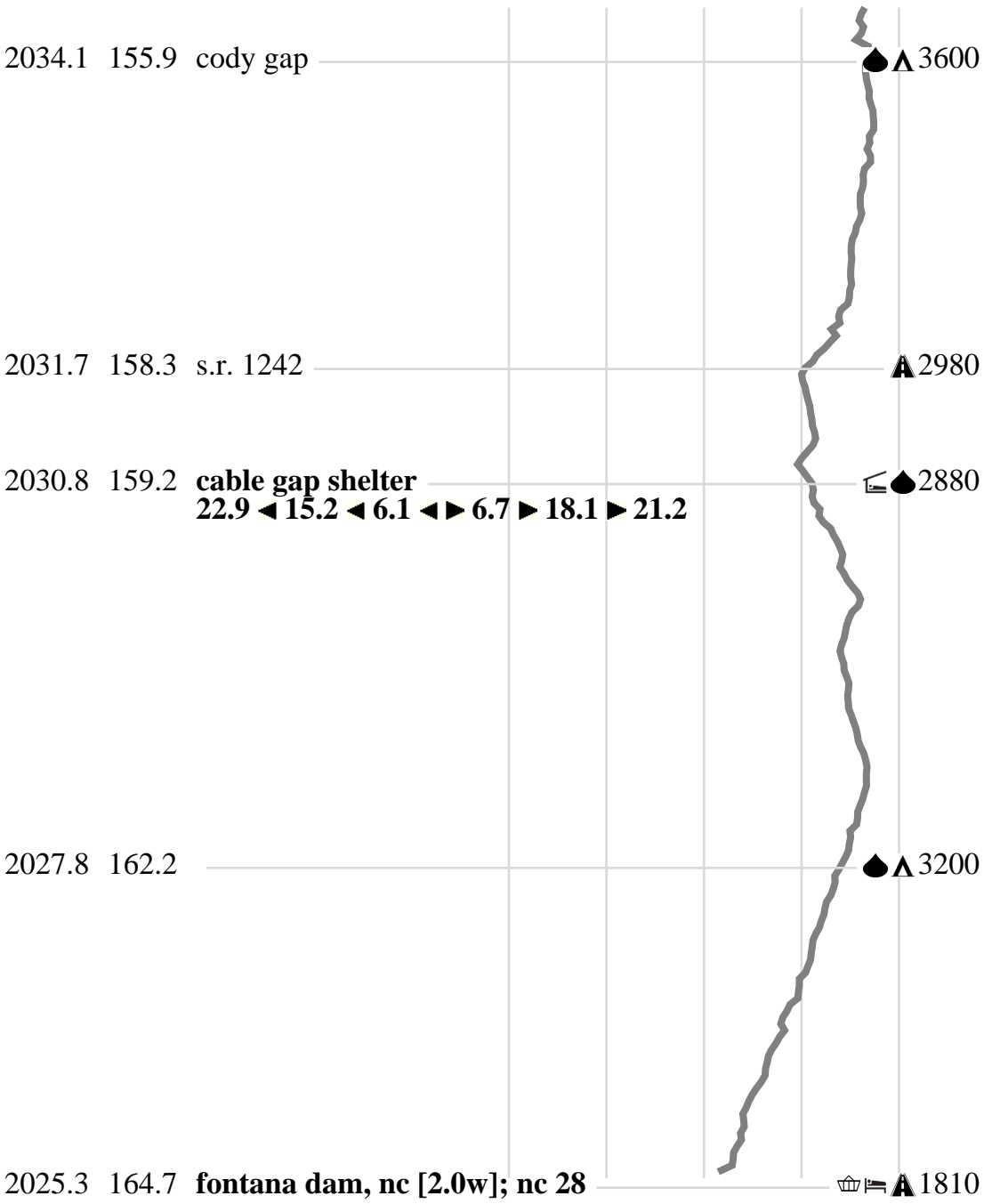












137.1: U.S. 19, U.S. 74



Hazel Creek Outfitter



Nantahala Outdoor Center (828) 488-2175
<http://www.noc.com> 13077 Hwy. 19W, Bryson
City, NC 28713

Bryson City, NC [13.0E]



Bryson City, NC PO (828) 488-3481 130
Slope Street, Bryson City, NC, United States
28713 M-F 9:30-5, closed Sa



Ingles 19 Hughes Branch Road Ste 76, Bryson
City, NC, United States

164.7: NC 28

Fontana Dam, NC [2.0W]



Fontana Dam, NC PO (828) 498-2315 50
Fontana Rd, Fontana Dam, NC, United States
28733 M-F 8:30-12 12:30-4:30, closed Sa



Fontana General Store Fontana Village
Resort, Hwy 28, Fontana Dam, NC, United
States



Fontana Lodge (800) 849-2258
<http://www.fontanavillage.com> 300 Woods
Rd, Fontana Dam, NC, United States

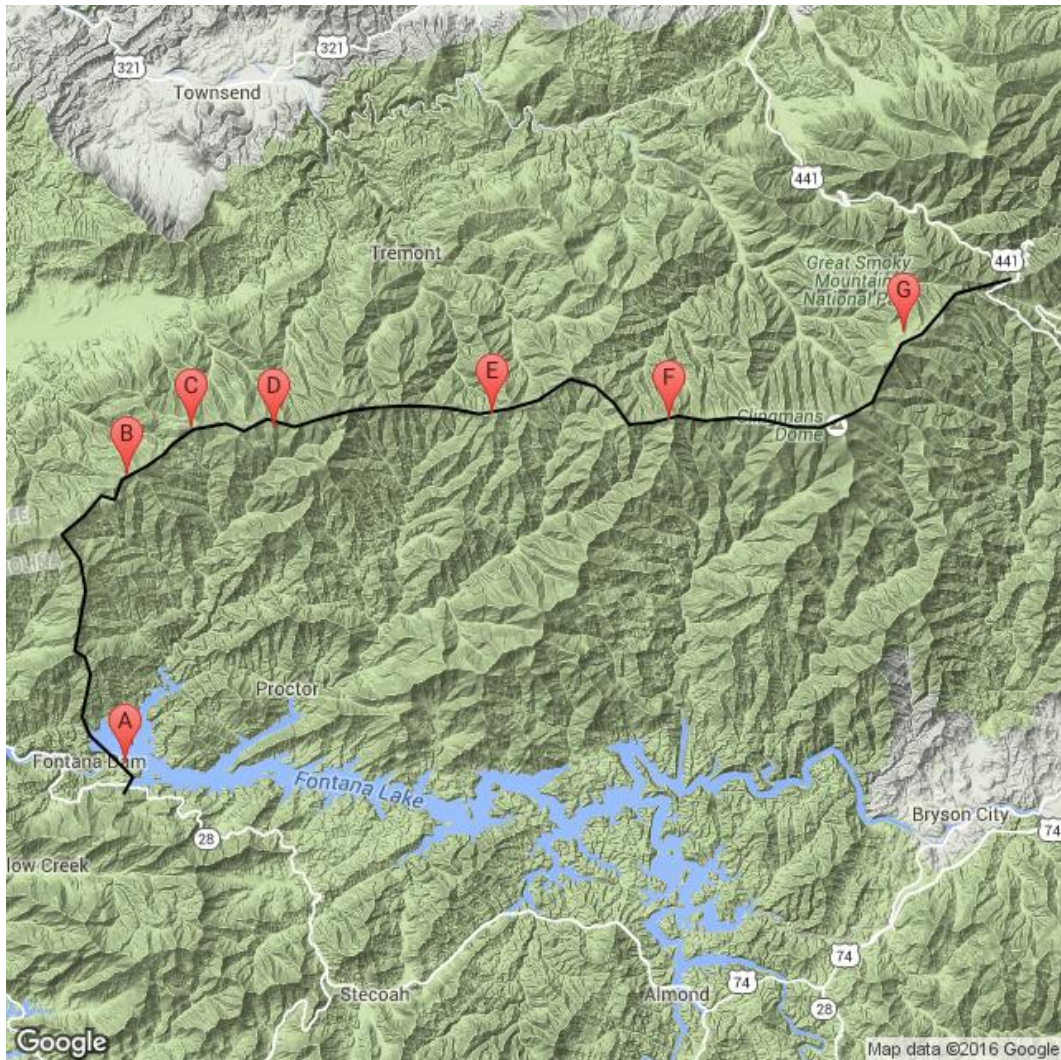
Southern Smokey Mtns

NC 28 to Newfound Gap, US 441

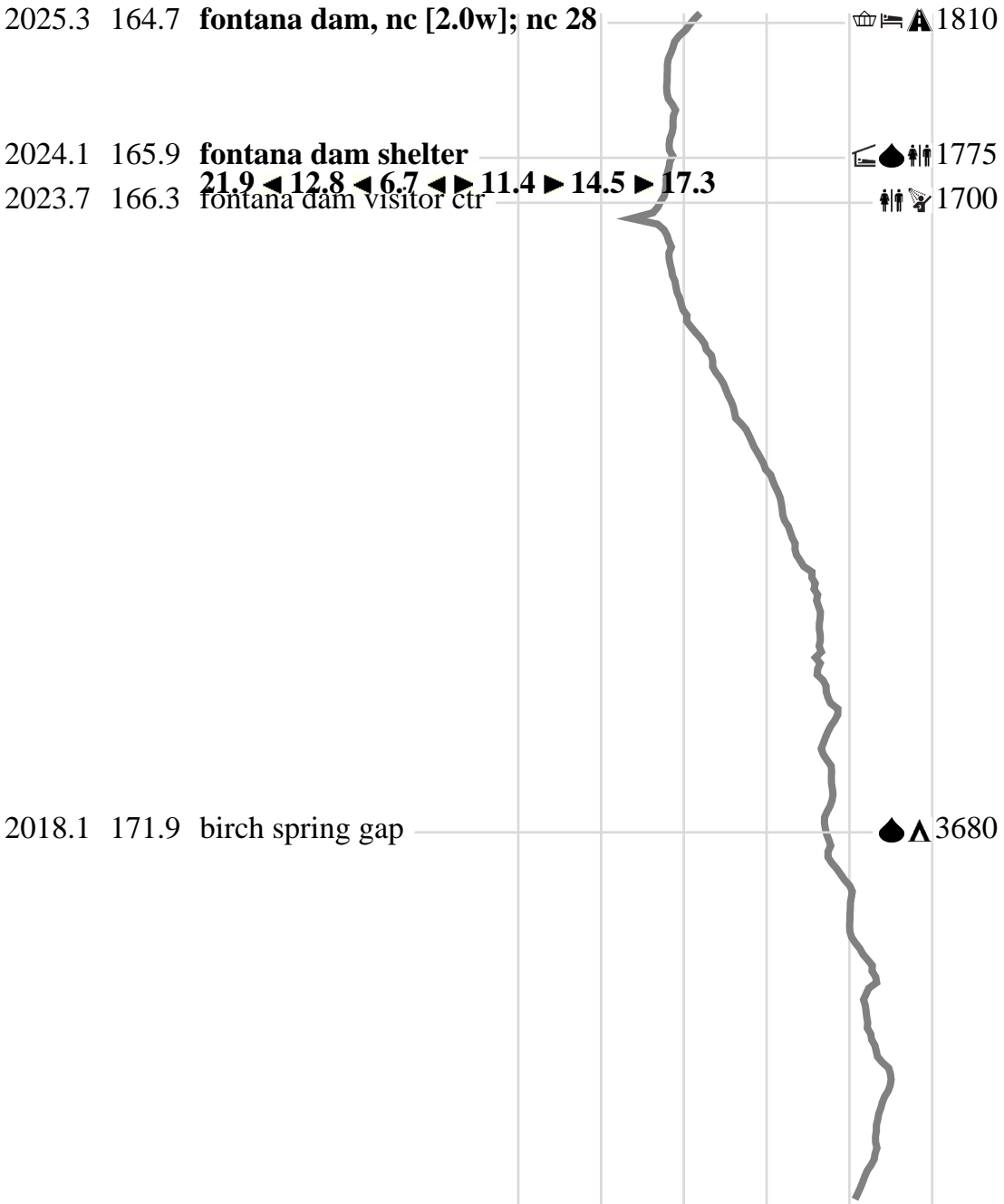
42.4 miles, avg. grade: 9.6%, high: 6643 ft, low: 1368 ft

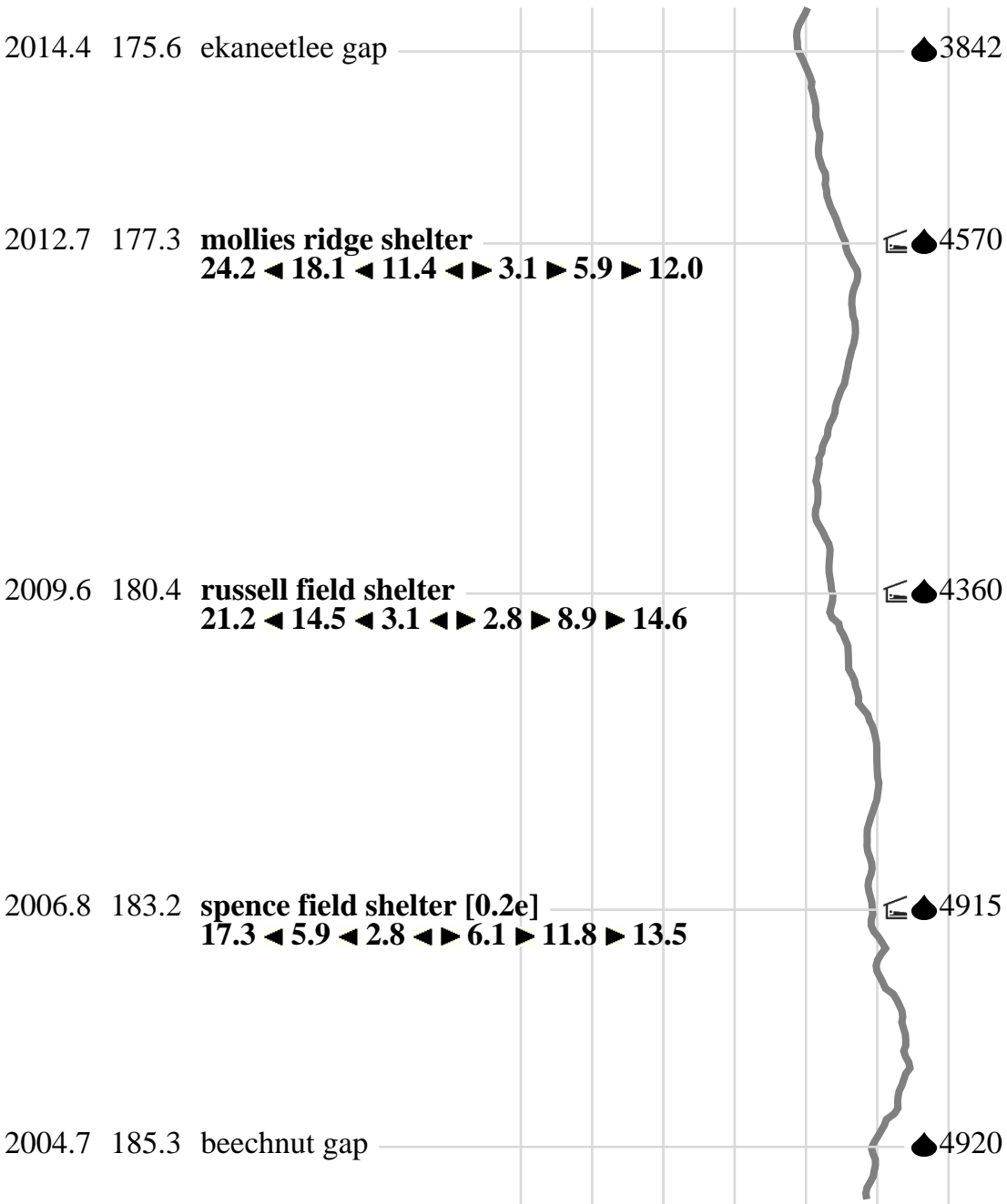
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3005>.

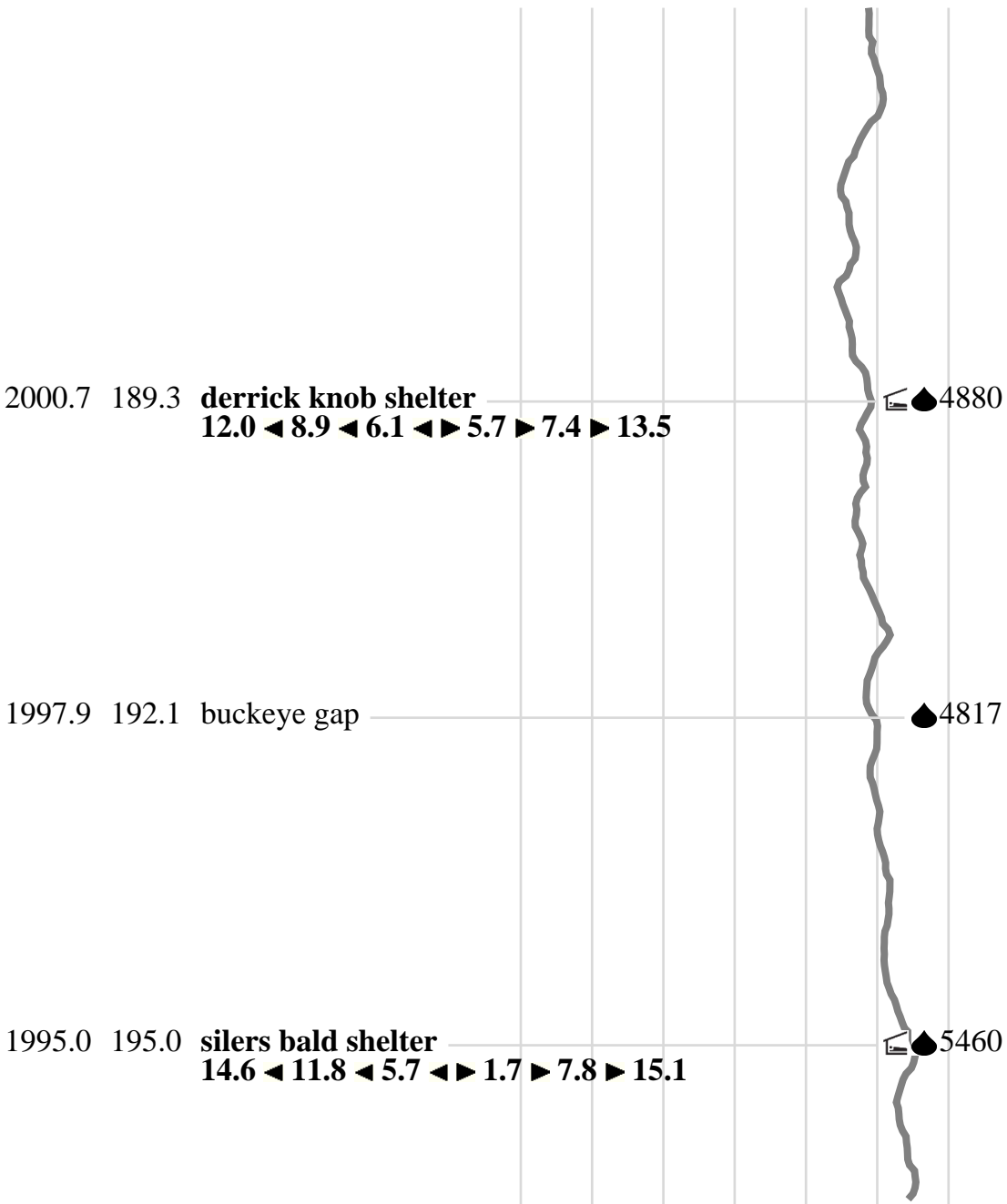
Thank you [trpost](#) and [rhyenoceros](#) for contributing the most recent edits to this section!

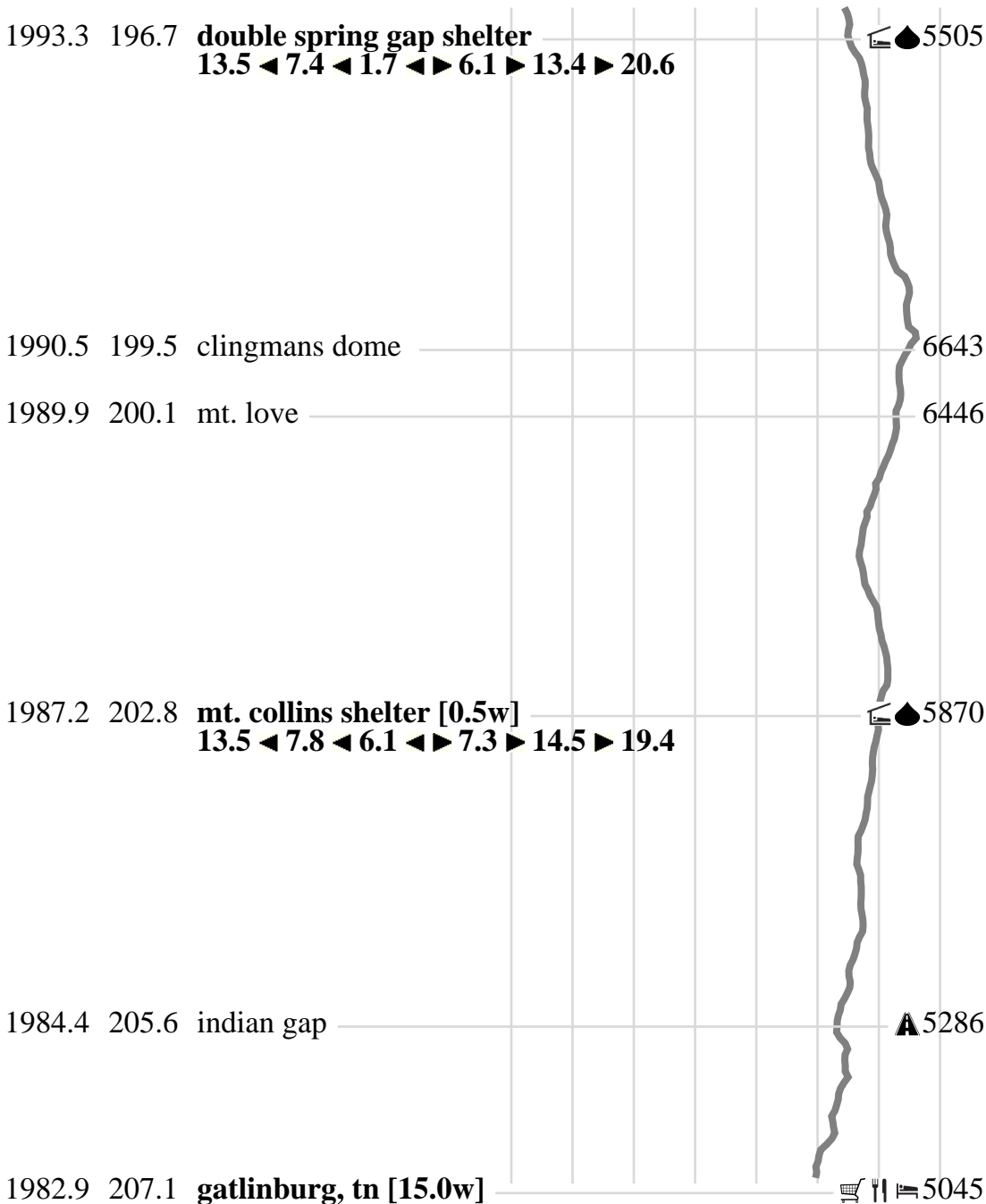


A: Fontana Dam Shelter, B: Mollies Ridge Shelter, C: Russell Field Shelter, D: Spence Field Shelter, E: Derrick Knob Shelter, F: Silers Bald Shelter, G: Mt. Collins Shelter

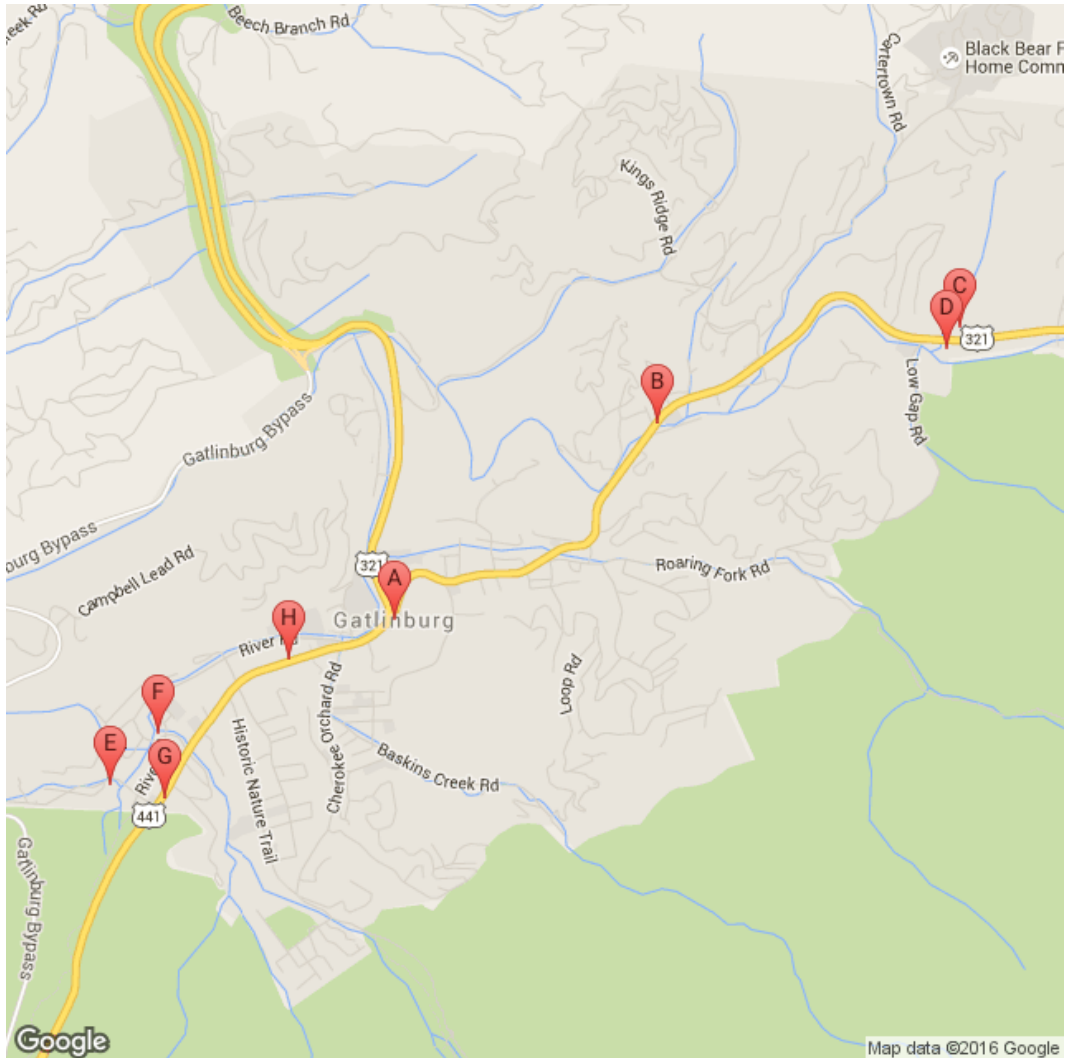








Gatlinburg, TN



A: A Walk in the Woods, B: Dudley Creek Plaza Motel, C: Food City, D: Gatlinburg, TN PO, E: Grand Prix Motel, F: Great Smoky Mountain Outfitters, G: NOCs Great Outpost, H: Shoneys

166.3



Fontana Dam Visitor Ctr

189.5



Sams Gap

195.2

Silers Bald

207.1: Newfound Gap, US 441

Gatlinburg, TN [15.0W]

A Walk in the Woods (865) 436-8283
<http://www.awalkinthewoods.com> Please call
for appointment, Gatlinburg, TN, United
States dog shuttling and boarding



Battles Food Center



Dudley Creek Plaza Motel (865) 277-7616
804 East Parkway, Gatlinburg, TN 37738



Food City 1219 E Parkway, Gatlinburg, TN,
United States



Gatlinburg, TN PO (865) 436-3229 1216 E
Parkway, Gatlinburg, TN, United States
37738 M-F 9-5, Sa 9-11



Grand Prix Motel (865) 436-4561
<http://www.grandprixmotel.com> 235 Ski
Mountain Road, Gatlinburg, TN 37738



Great Smoky Mountain Outfitters (865)
430-2267 206 Long Branch Road, Gatlinburg,
TN 37738



NOCs Great Outpost (865) 277-8209
<http://noc.com/retail-locations/noc-gatlinburg>
NOCs Great Outpost, 1138 Parkway,
Gatlinburg, TN 37738



Shoneys 705 Parkway, Gatlinburg, TN,
United States AYCE

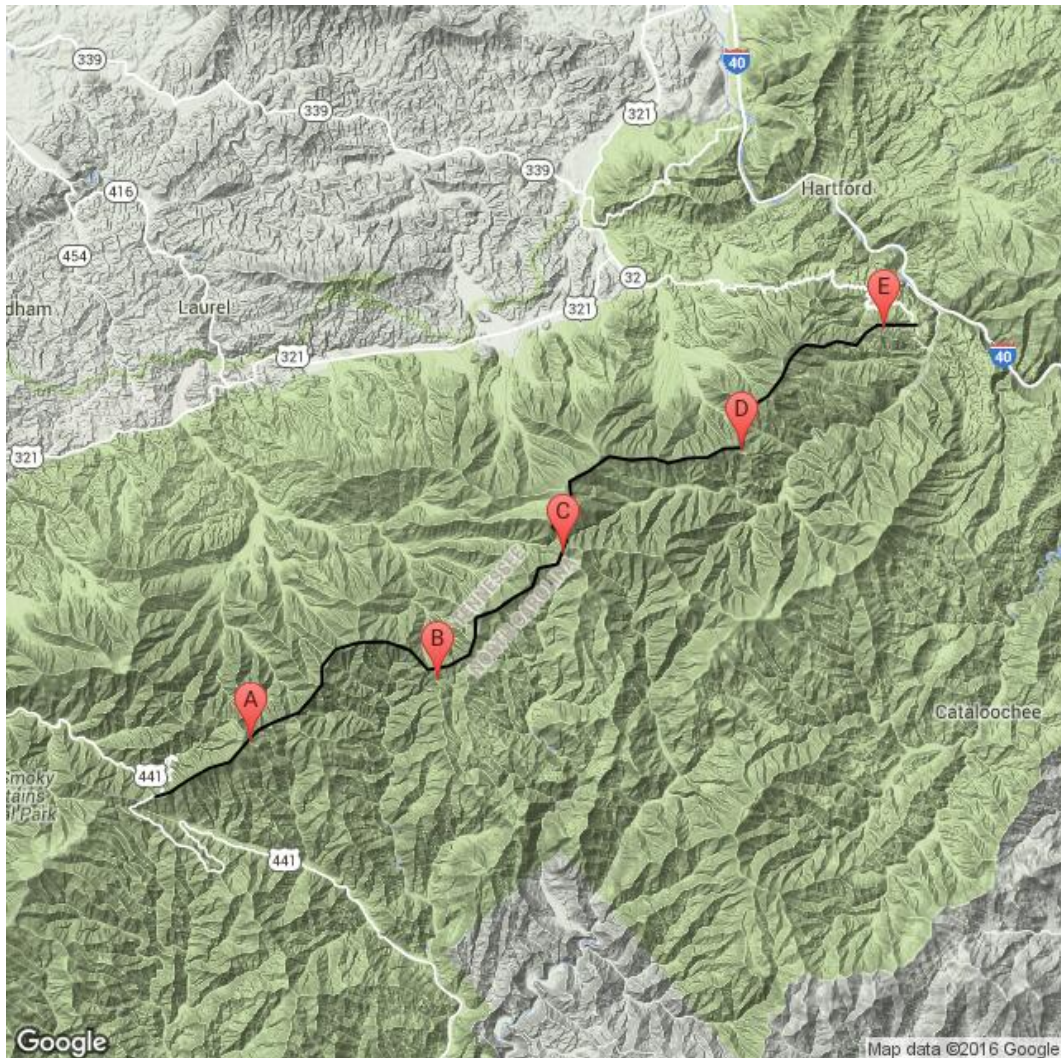
Northern Smokey Mtns

Newfound Gap, US 441 to Davenport Gap, TN 32

30.8 miles, avg. grade: 10.3%, high: 6338 ft, low: 1975 ft

For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3006>.

Thank you [trpost](#) for contributing the most recent edits to this section!



A: Icewater Spring Shelter, B: Pecks Corner Shelter, C: Tricorner Knob Shelter, D: Cosby Knob Shelter, E: Davenport Gap Shelter

1982.9 207.1 **gatlinburg, tn [15.0w]**

5045

1979.9 210.1 **icewater spring shelter**

15.1 ◀ 13.4 ◀ 7.3 ◀ ▶ 7.2 ▶ 12.1 ▶ 19.8

5920

1979.0 211.0 charlies bunion

5905

1972.7 217.3 **pecks corner shelter [0.2e]**

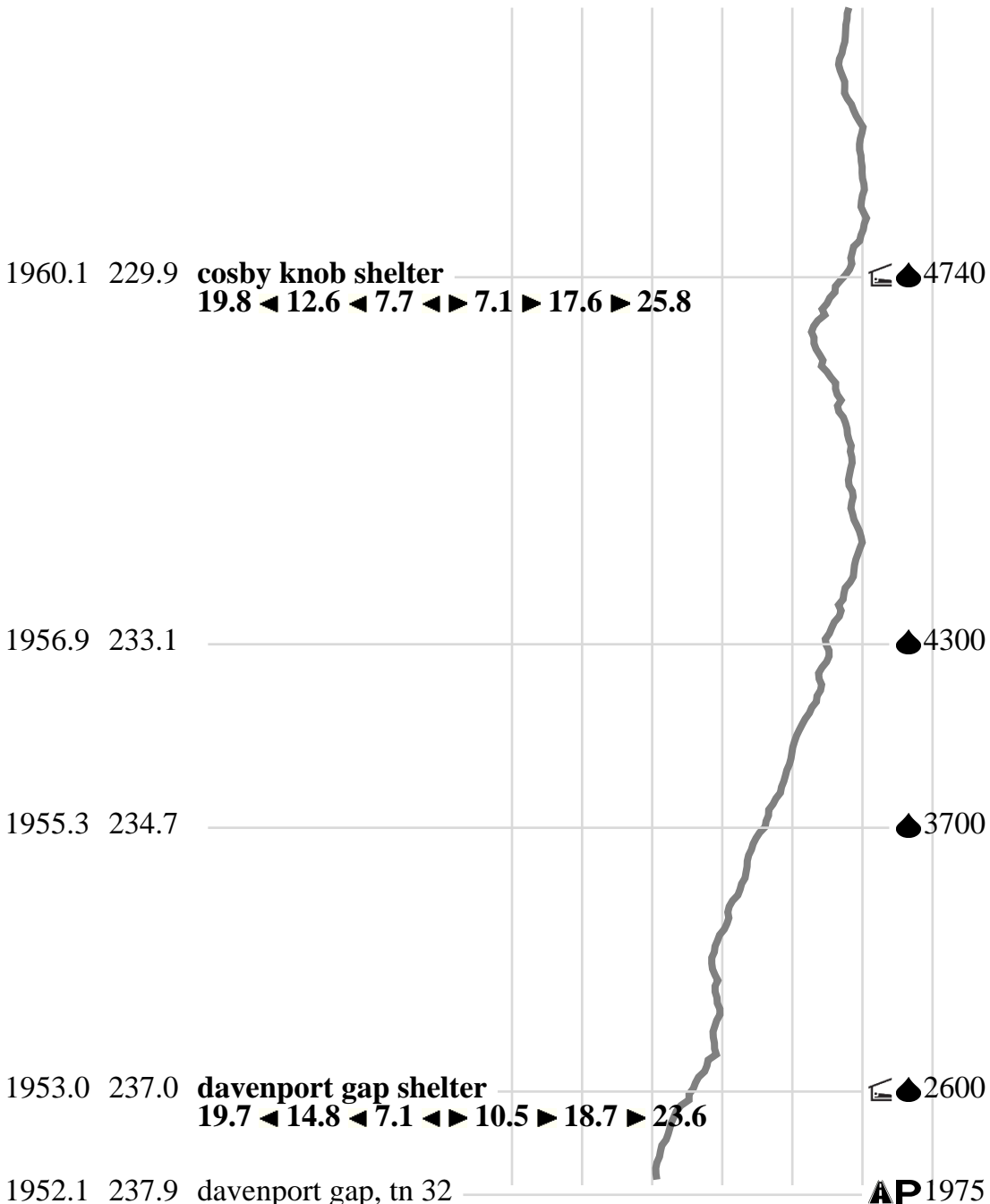
20.6 ◀ 14.5 ◀ 7.2 ◀ ▶ 4.9 ▶ 12.6 ▶ 19.7

5280

1967.8 222.2 **tricorner knob shelter** 19.4 ◀ 12.1 ◀ 4.9 ◀ ▶ 7.7 ▶ 14.8 ▶ 25.3 5920

1966.4 223.6 **guyot spring** 6150





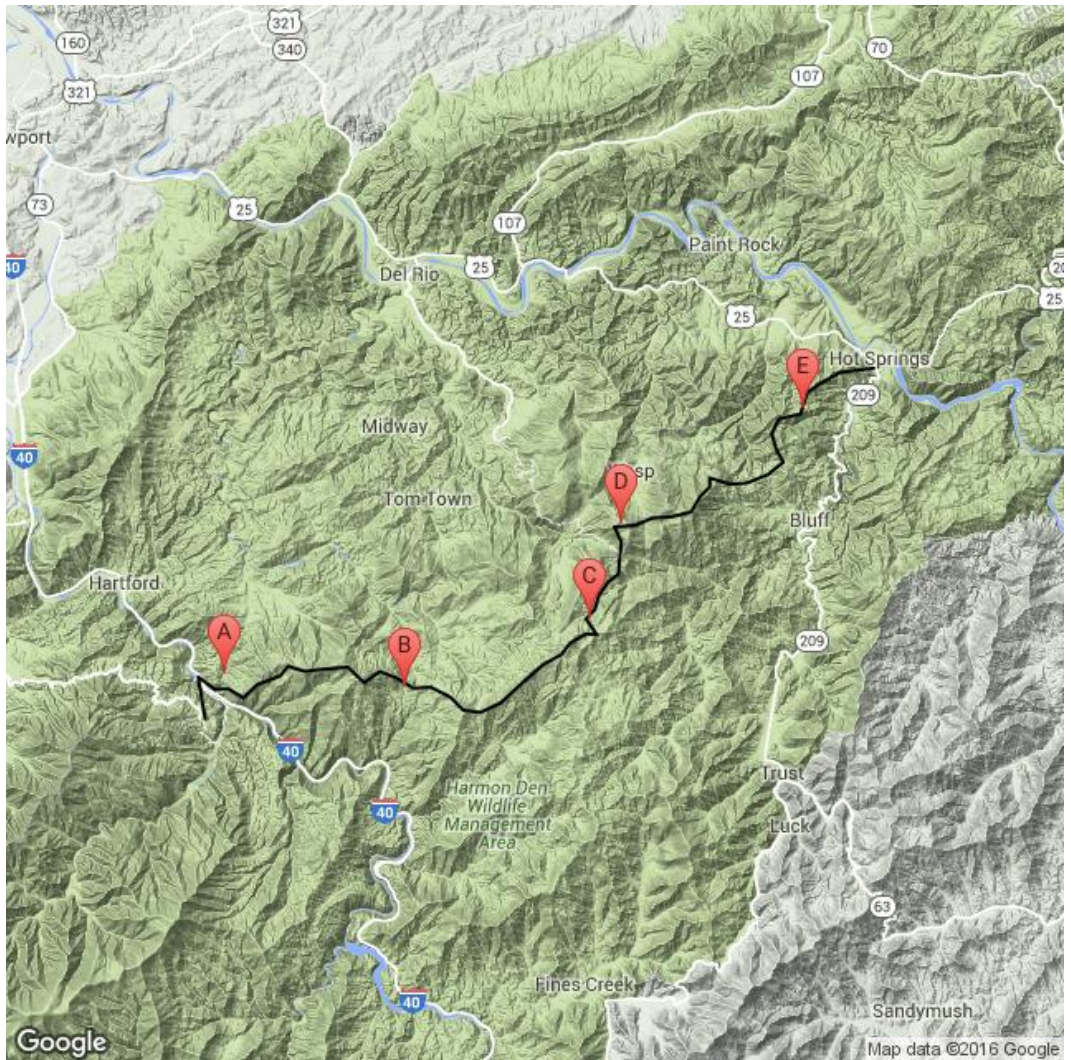
Davenport Gap to Hot Springs

Davenport Gap, TN 32 to NC 209

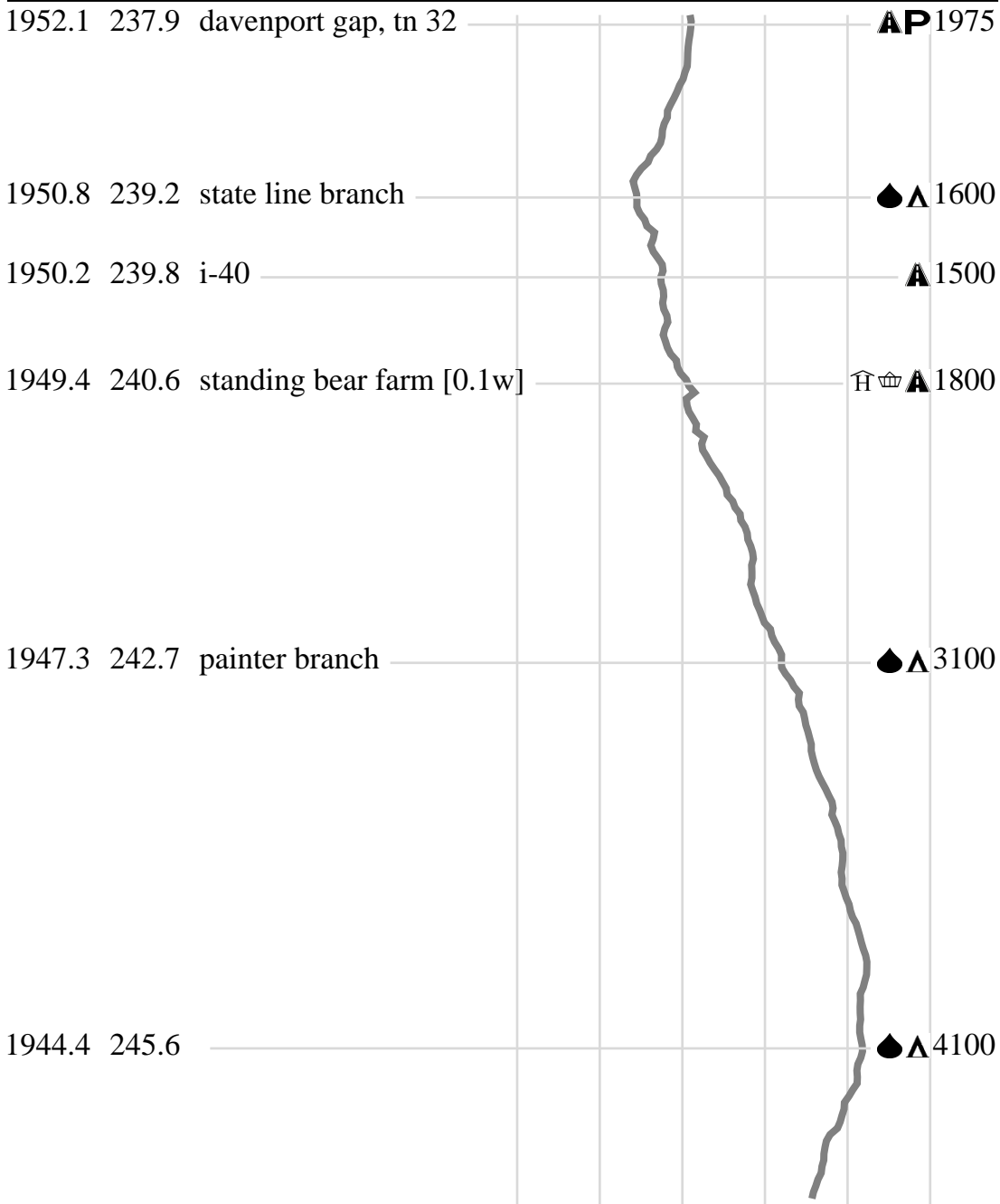
35.8 miles, avg. grade: 10.1%, high: 4663 ft, low: 1326 ft

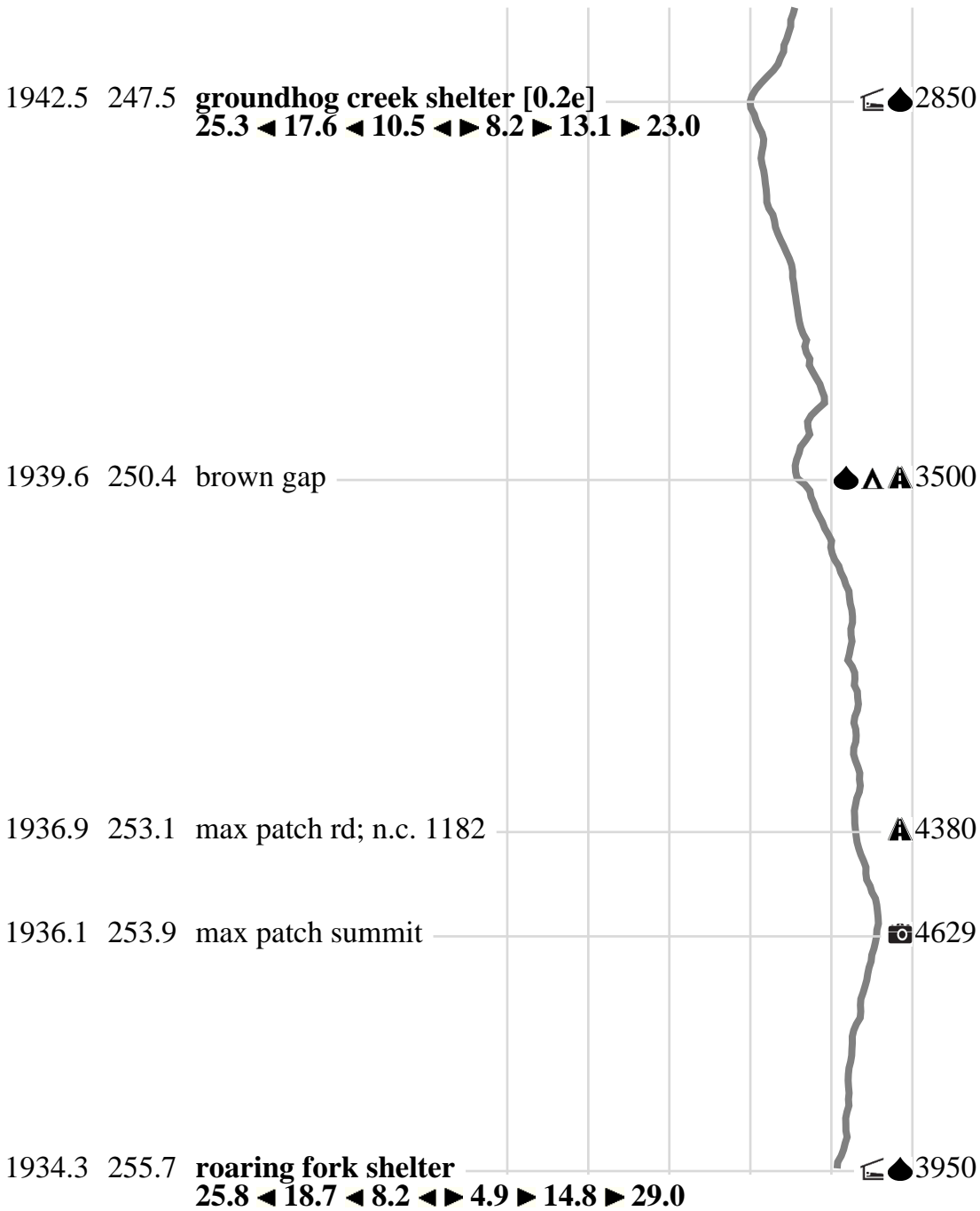
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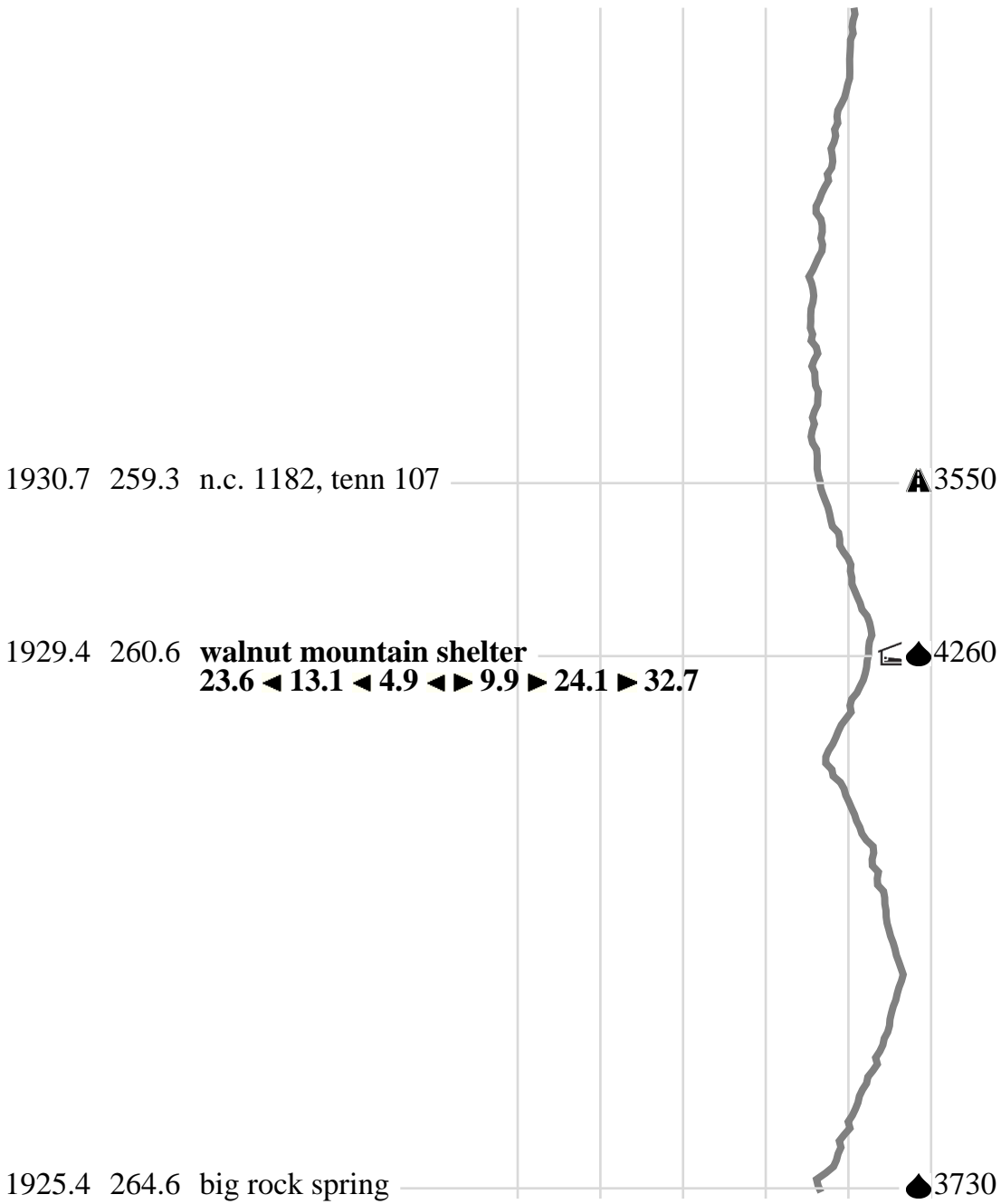
Thank you [trpost](#) for contributing the most recent edits to this section!

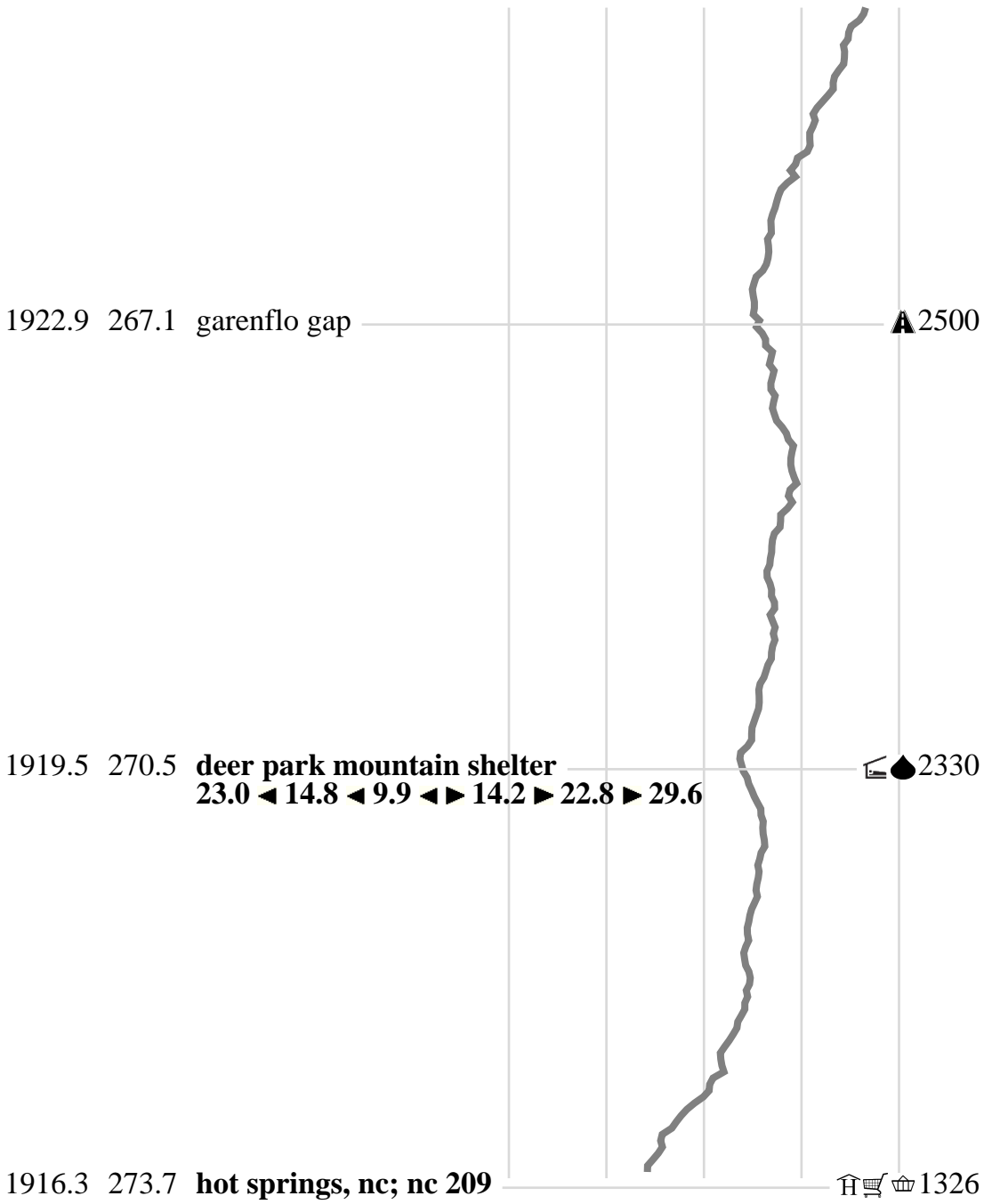


A: Standing Bear Farm, B: Groundhog Creek Shelter, C: Roaring Fork Shelter, D: Walnut Mountain Shelter, E: Deer Park Mountain Shelter

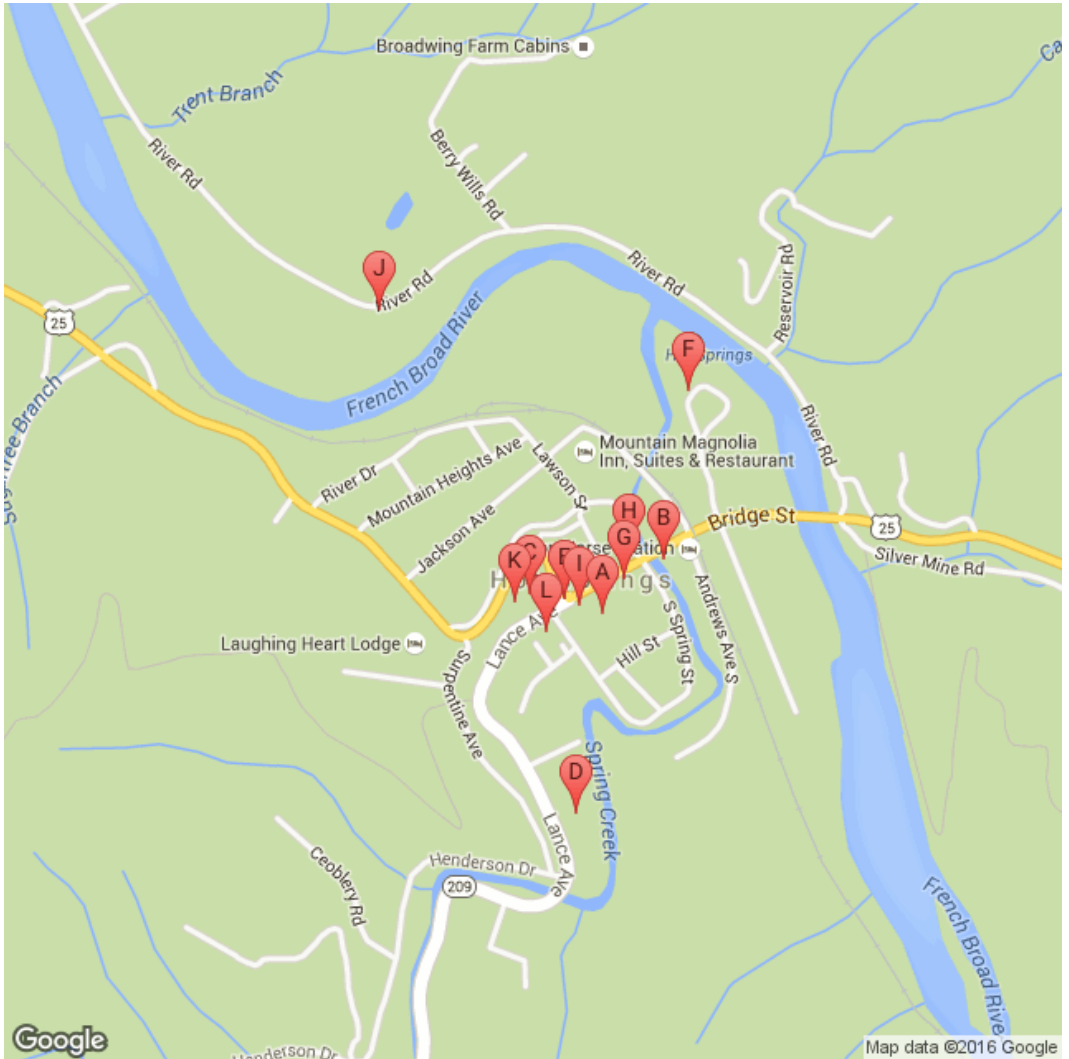








Hot Springs, NC



A: Alpine Court Motel, B: Bluff Mountain Outfitters, C: Dollar General, D: Duckett House B and B, E: Hillbilly Market, F: Hot Springs Resort and Spa, G: Hot Springs, NC Library, H: Hot Springs, NC PO, I: L and Ks Deli, J: River Spirit B and B, K: Smoky Mountain Diner, L: The Sunnysbank Inn

240.6: Waterville School Rd



Standing Bear Farm [0.1W] (423) 487-0014
<http://www.standingbearfarm.com> (email:
curtisvowen@gmail.com) 4255 Green Corner
Rd.,Hartford, TN 37753

273.7: NC 209

Hot Springs, NC



Alpine Court Motel (828) 622-3231 50
Bridge Street, Hot Springs, NC, United States



Bluff Mountain Outfitters (828) 622-7162
<http://www.bluffmountain.com> 152 Bridge St.,
P.O. Box 114, Hot Springs, NC 28743



Dollar General 50 Lance Avenue, Hot
Springs, NC, United States



Duckett House B and B (828) 622-7621
<http://www.duckettthouseinn.com> 433 Lance
Ave., Hot Springs, NC 28743 work-for-stay
possible



Hillbilly Market 43 U.S. 25, Hot Springs,
NC, United States



Hot Springs Camp Store



Hot Springs Resort and Spa (828) 622-7267
<http://www.hotspringsnc.com> 315 Bridge
Street, Hot Springs, NC, United States



Hot Springs, NC Library 88 Bridge St., Hot
Springs, NC 28743



Hot Springs, NC PO (828) 622-3242 111
Bridge Street, Hot Springs, NC, United States
28743 M-F 8:30-11:30 1-4, Sa 8:30-10:30



L and Ks Deli



River Spirit B and B (828) 622-9568 833
River Road, Hot Springs, NC, United States



Rock Bottom Sports Grill L/D



Smoky Mountain Diner 70 Lance Avenue,
Hot Springs, NC, United States B/L/D



The Sunnybank Inn (828) 622-7206 26
Walnut St., P.O. Box 233, Hot Springs, NC
28743

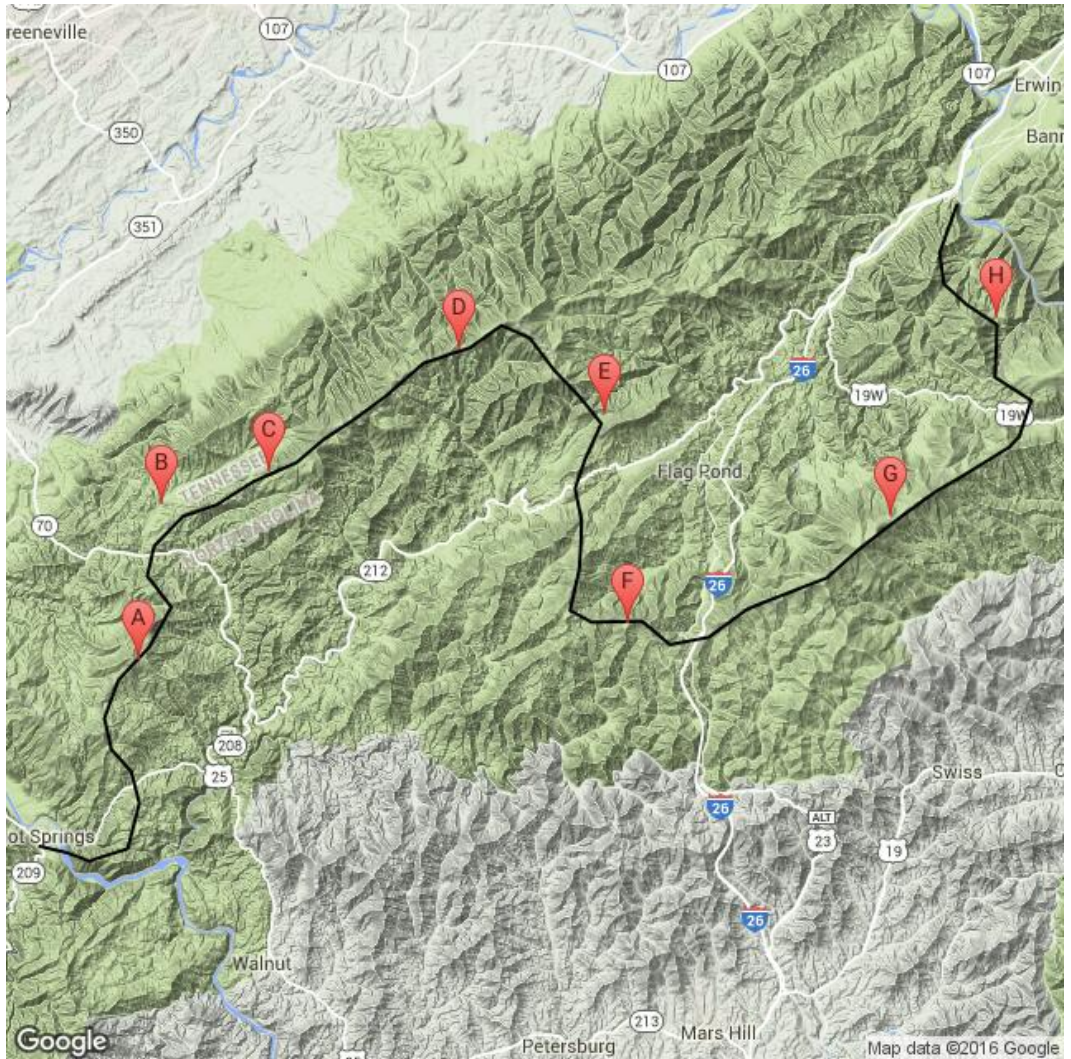
Hot Springs to Erwin

NC 209 to River Rd, Unaka Springs Rd

68.5 miles, avg. grade: 9.8%, high: 5451 ft, low: 1326 ft

For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3008>.

Thank you [trpost](#) for contributing the most recent edits to this section!



A: Spring Mountain Shelter, B: Hemlock Hollow Farm Shoppe and Cabins, C: Little Laurel Shelter, D: Jerry Cabin, E: Flint Mountain Shelter, F: Hogback Ridge Shelter, G: Bald Mtn Shelter, H: No Business Knob Shelter

1916.3 273.7 hot springs, nc; nc 209

🏠🛒🏠 1326

1914.9 275.1 lovers leap rock

📷 1820

1911.4 278.6

▲ 2490

1910.4 279.6 u.s. 25 / 70

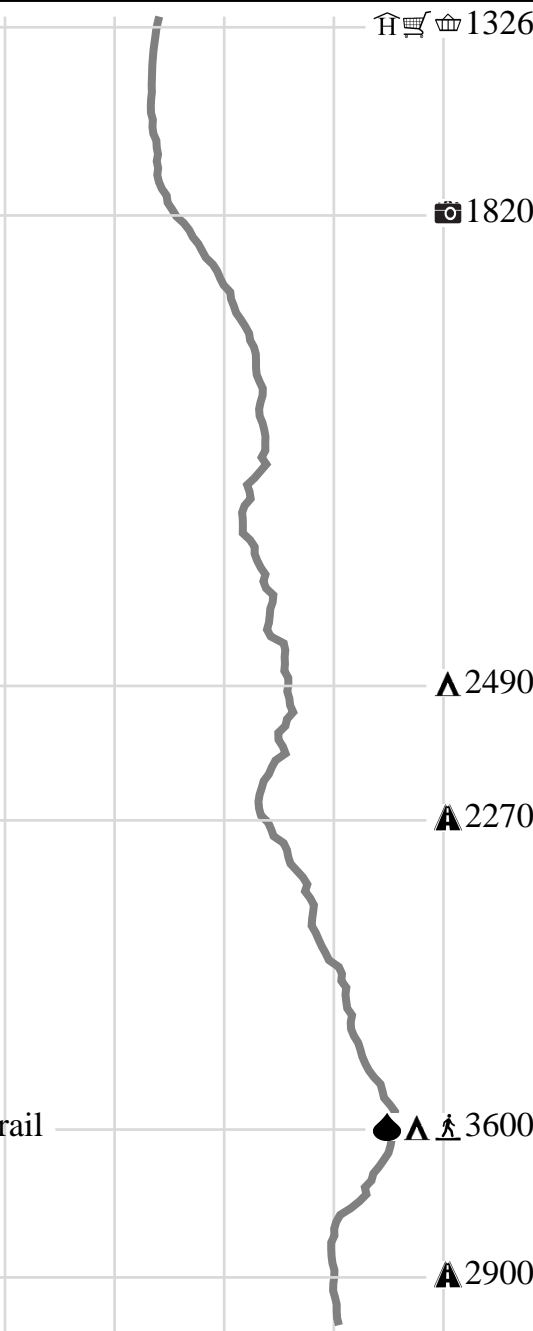
▲ 2270

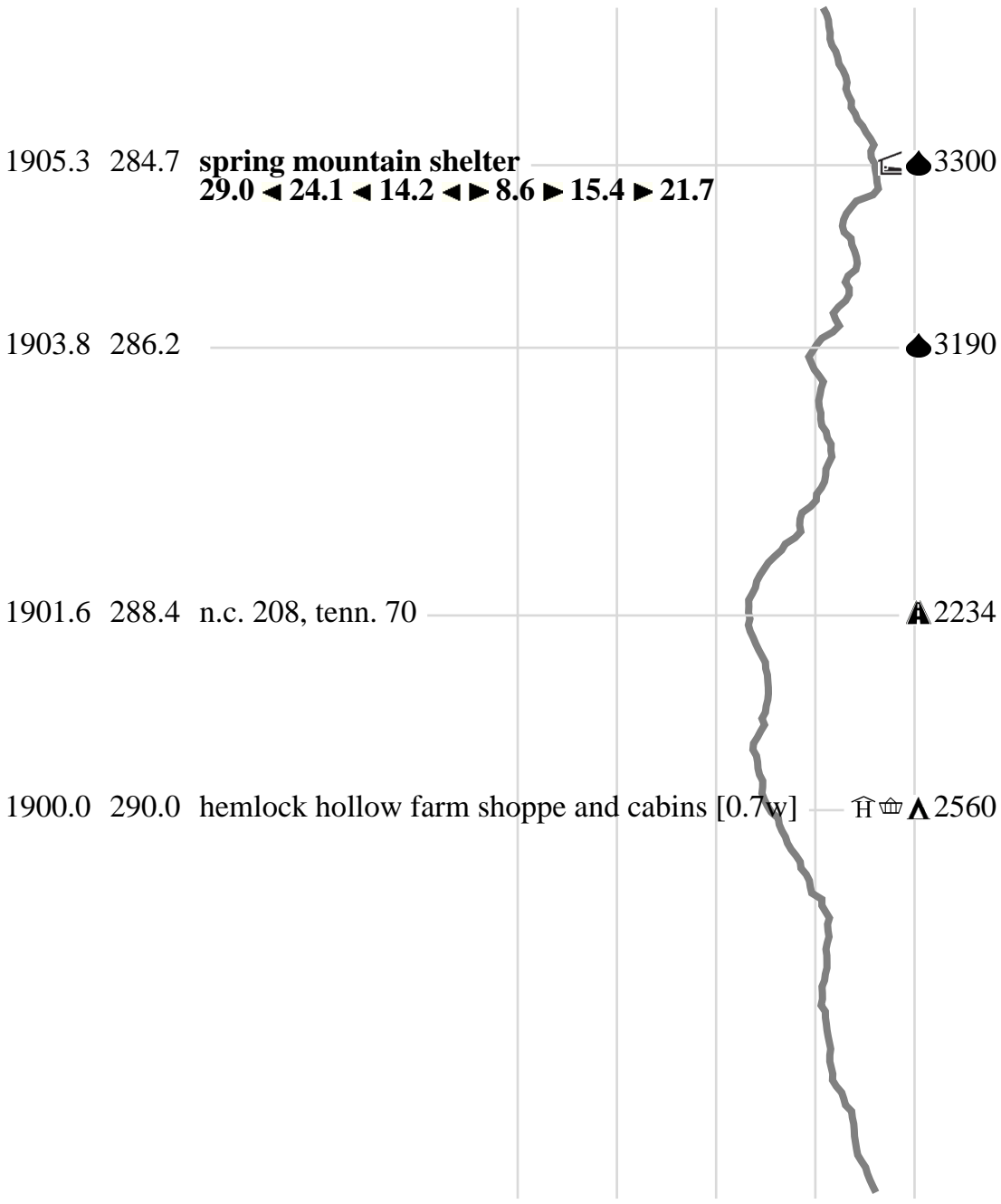
1908.1 281.9 rich mtn fire tower side trail

🔥▲🚶 3600

1907.0 283.0 hurricane gap

▲ 2900





1905.3 284.7

spring mountain shelter
29.0 ◀ 24.1 ◀ 14.2 ◀ ▶ 8.6 ▶ 15.4 ▶ 21.7

3300

1903.8 286.2

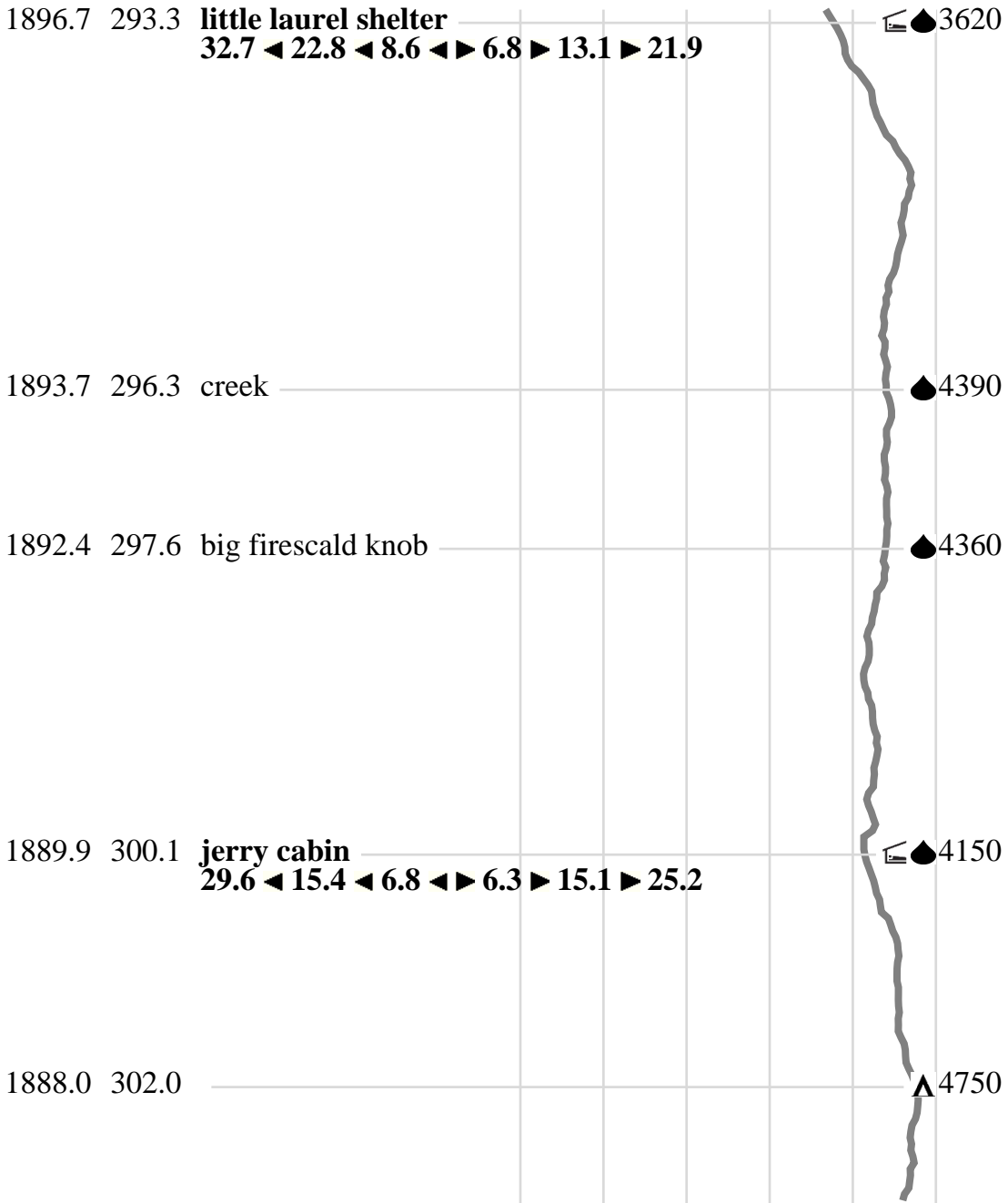
3190

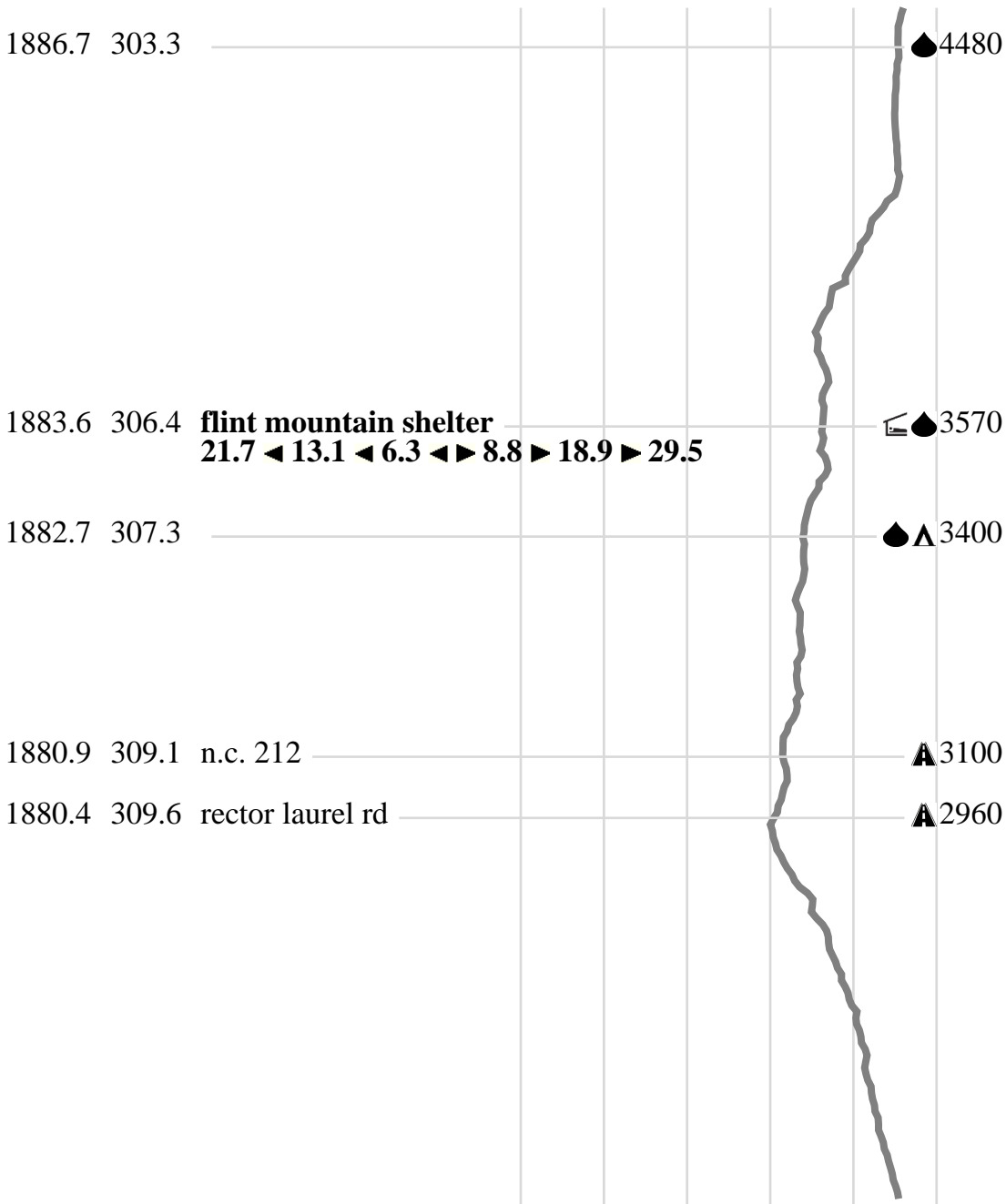
1901.6 288.4 n.c. 208, tenn. 70

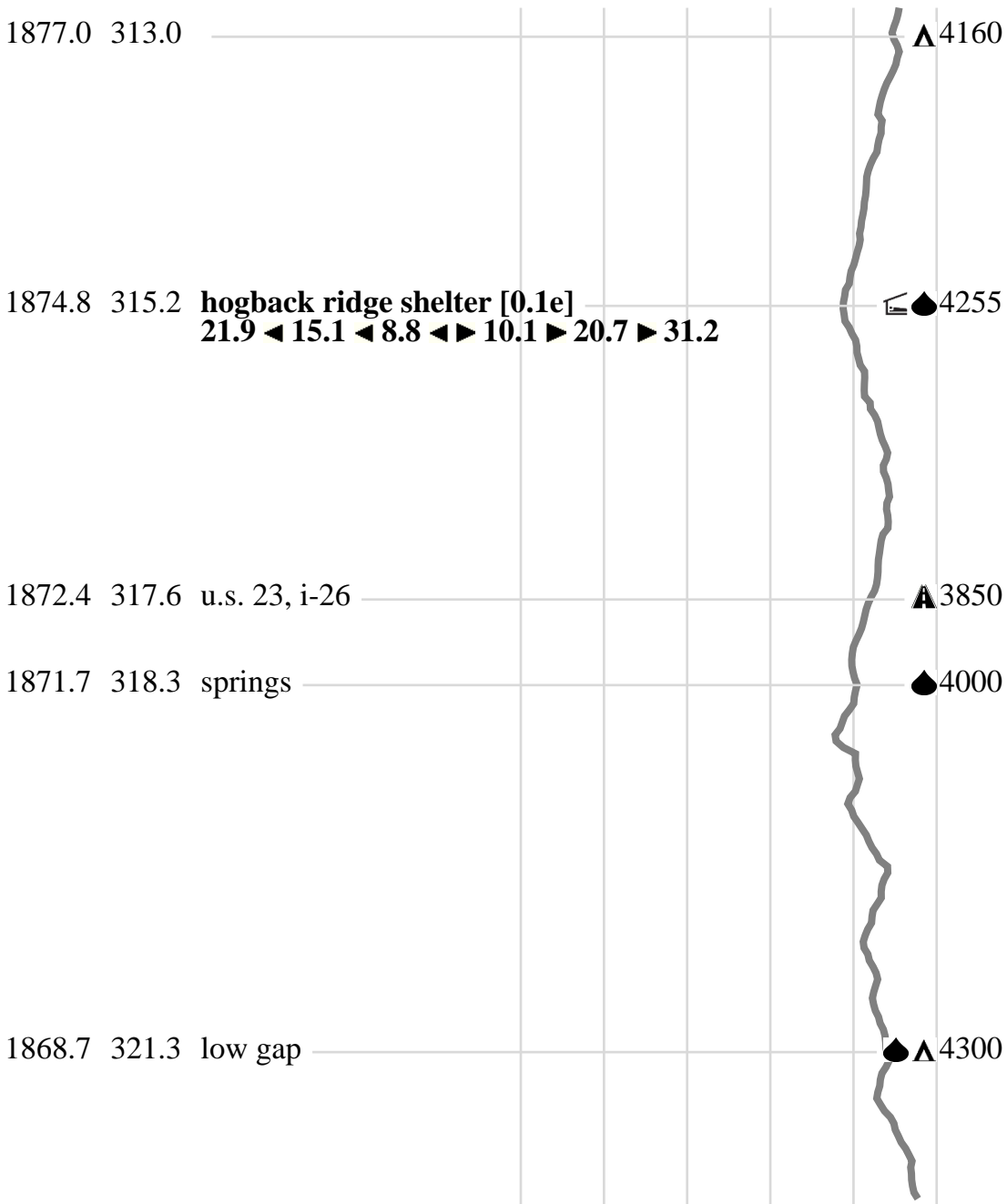
2234

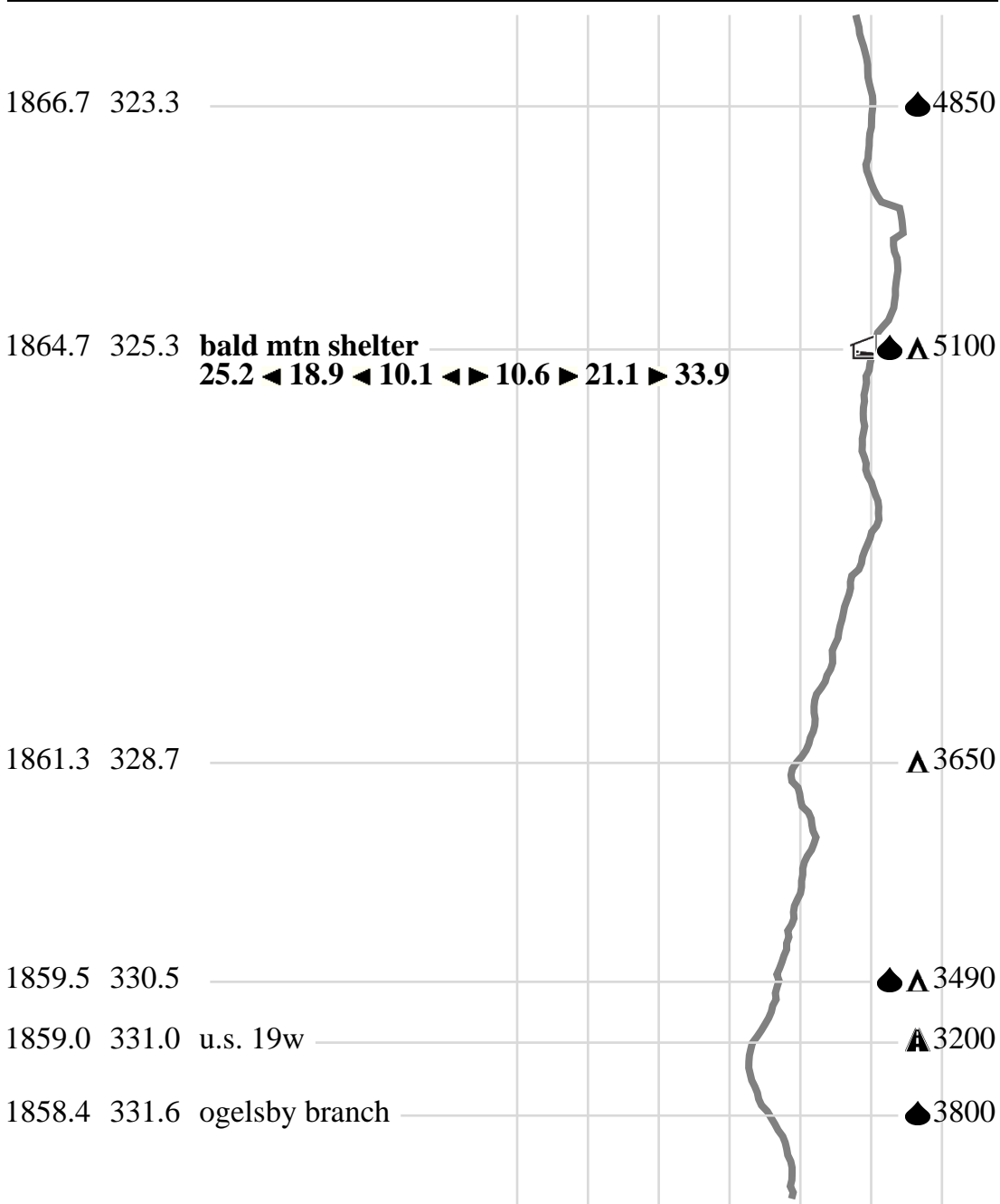
1900.0 290.0 hemlock hollow farm shoppe and cabins [0.7w]

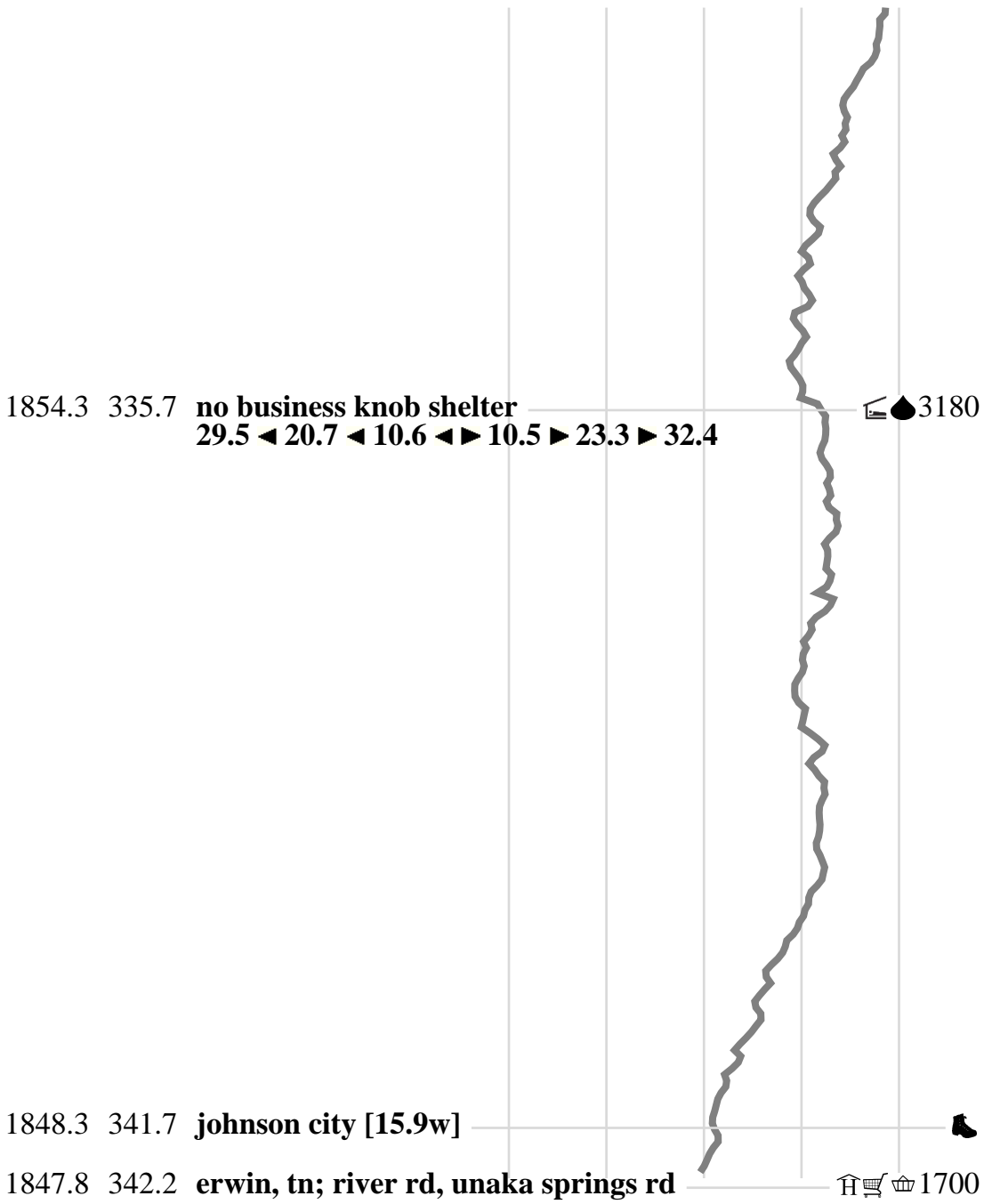
2560











Erwin, TN



A: Best Southern Motel, B: Claytons Dogwood Inn, C: Erwin, TN Library, D: Erwin, TN PO, E: Food Lion, F: Holiday Inn Express, G: Nolichucky Hostel and Outfitters, H: Super 8 Motel

290.0: Log Cabin Drive



Hemlock Hollow Farm Shoppe and Cabins
[0.7W] (423) 787-0917

<http://www.hemlockhollow.net> 645 Chandler
Circle, Greenville, TN 37743

341.7



Mahoneys Outfitters [15.9W] (423)
282-5413 <http://mahoneysports.com/> 830
Sunset Drive, Johnson City, TN 37604

342.2: River Rd, Unaka Springs Rd

Erwin, TN



Best Southern Motel (423) 743-6438 1315
Jackson Love Hwy., Erwin, TN 37650



Claytons Dogwood Inn (423) 735-0093
<http://www.claytonsdogwoodinn.com> 430
Ohio Ave., Erwin, TN 37650



Erwin, TN Library (423) 743-3000 201
Nolichucky Avenue, Erwin, TN, United States



Erwin, TN PO (423) 743-9422 Erwin, TN,
United States 37650 M-F 8:30-4:45, Sa 10-12



Food Lion 915 North Main Avenue, Erwin,
TN, United States



Holiday Inn Express (423) 743-4100 2002
Temple Hill Rd., Erwin, TN 37650



Nolichucky Hostel and Outfitters (423)
735-0548 <http://www.unclejohnnys.net> 151
River Road, Erwin, TN 37650



Super 8 Motel (423) 743-0200 1101 N.
Buffalo St., Erwin, TN 37650



Whites

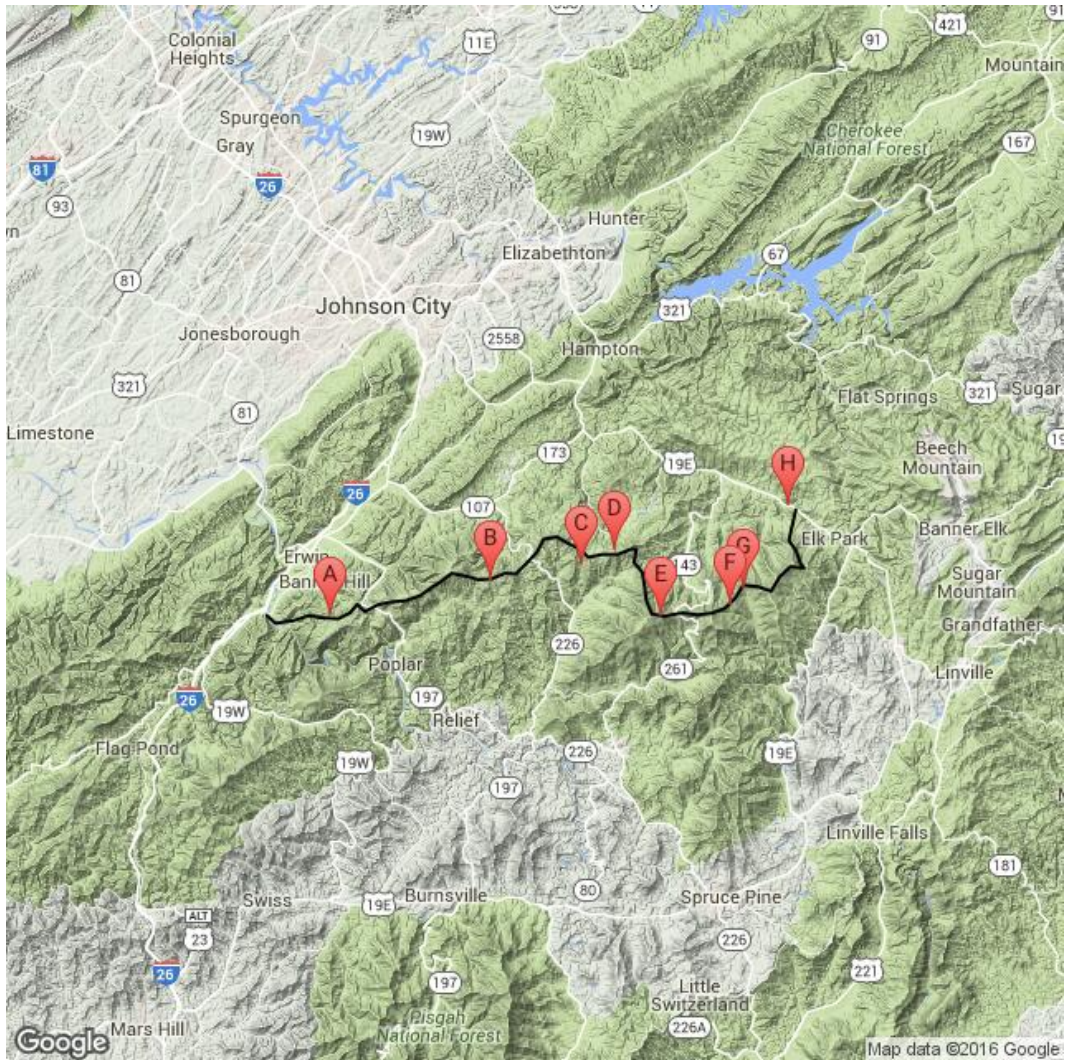
Erwin to US19

River Rd, Unaka Springs Rd to US 19E

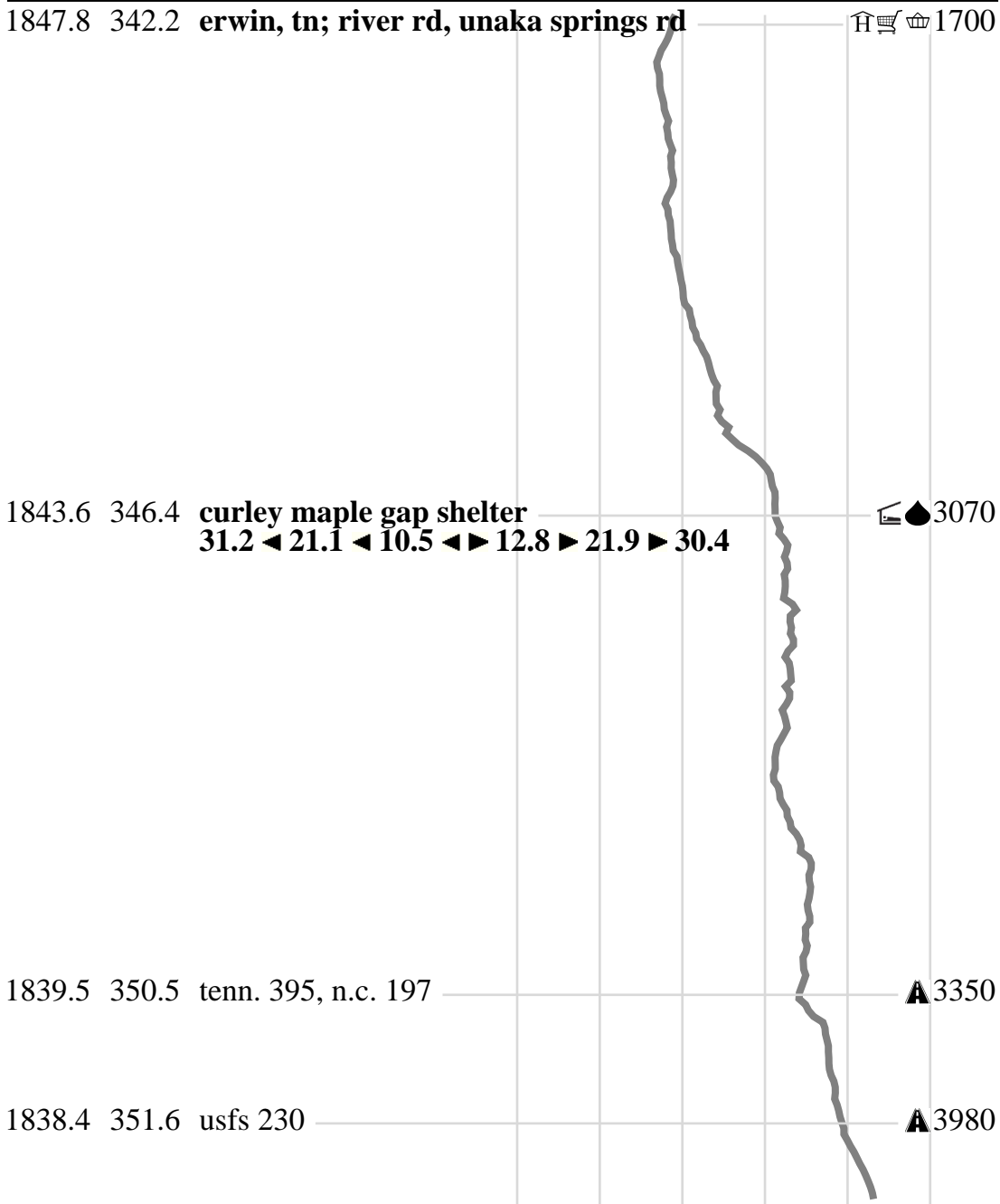
50.9 miles, avg. grade: 9.4%, high: 6275 ft, low: 1690 ft

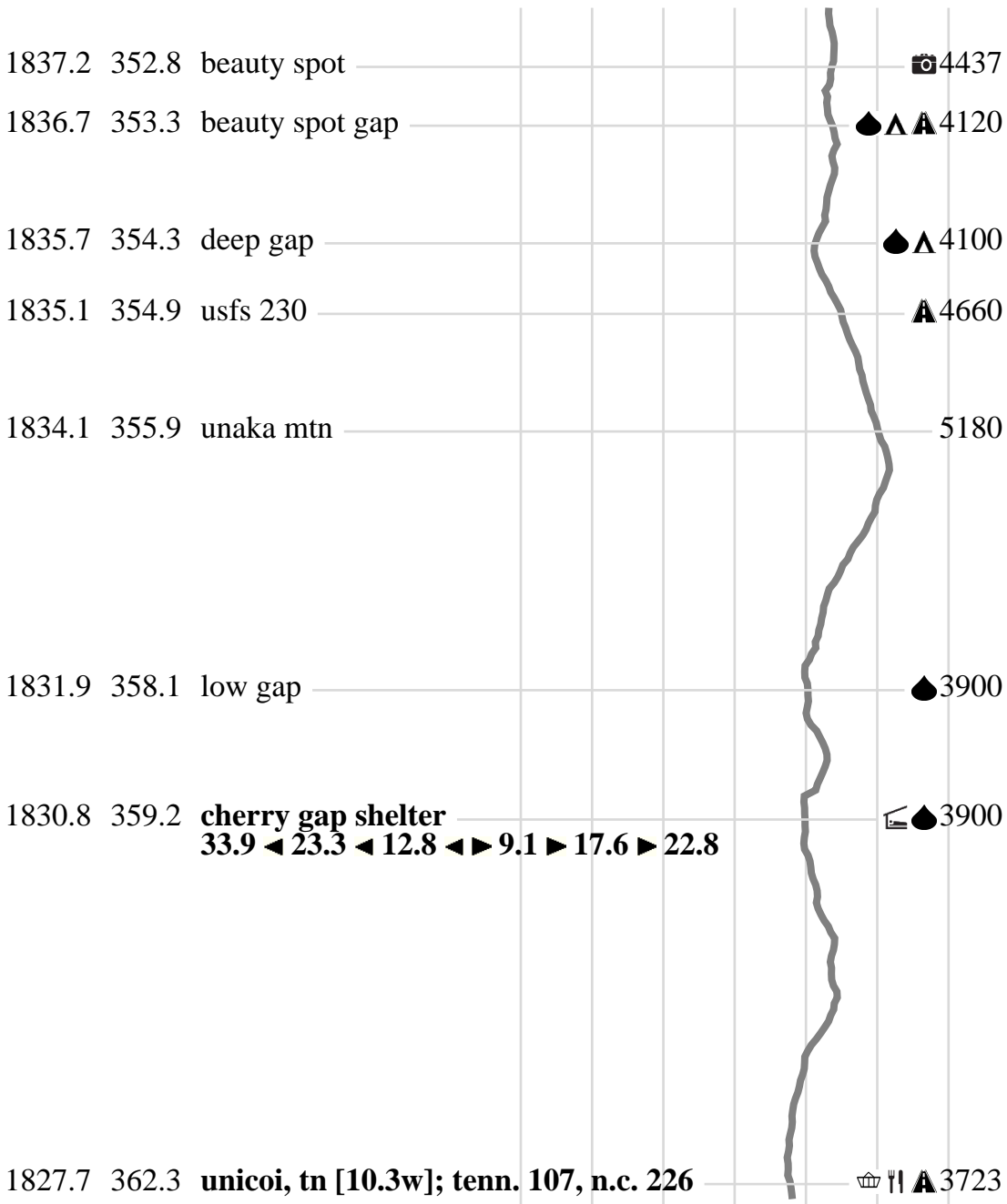
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3009>.

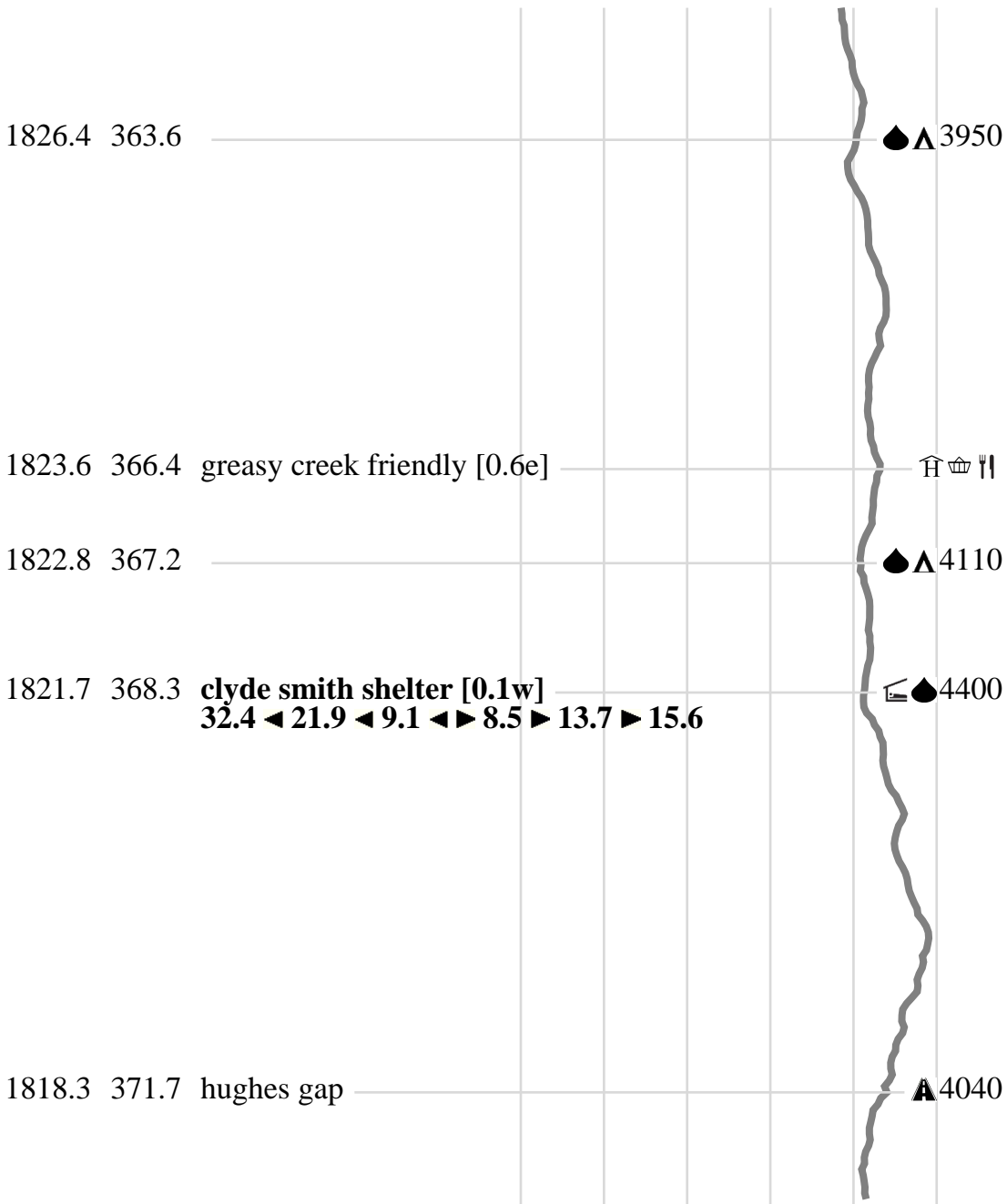
Thank you [trpost](#) for contributing the most recent edits to this section!

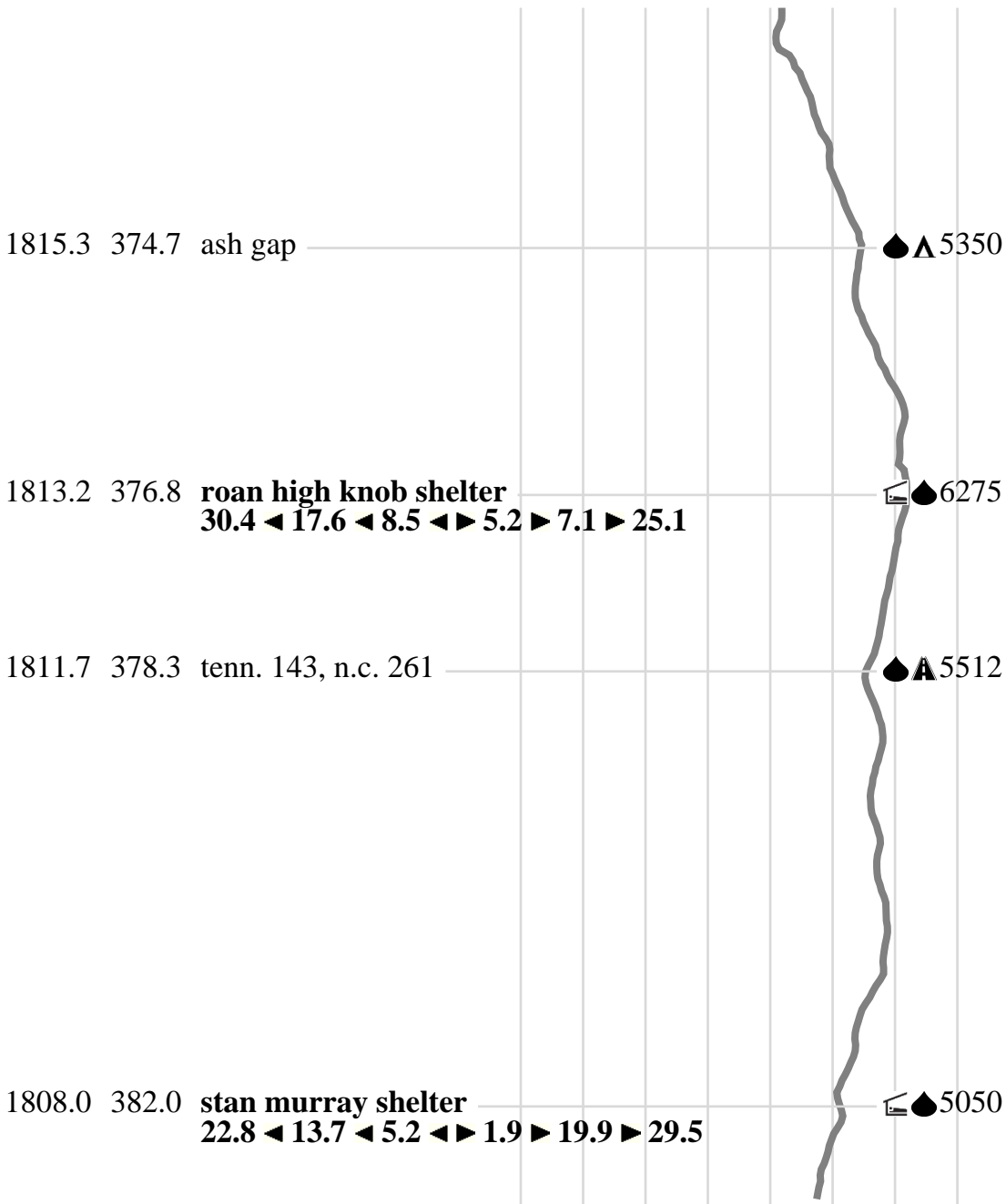


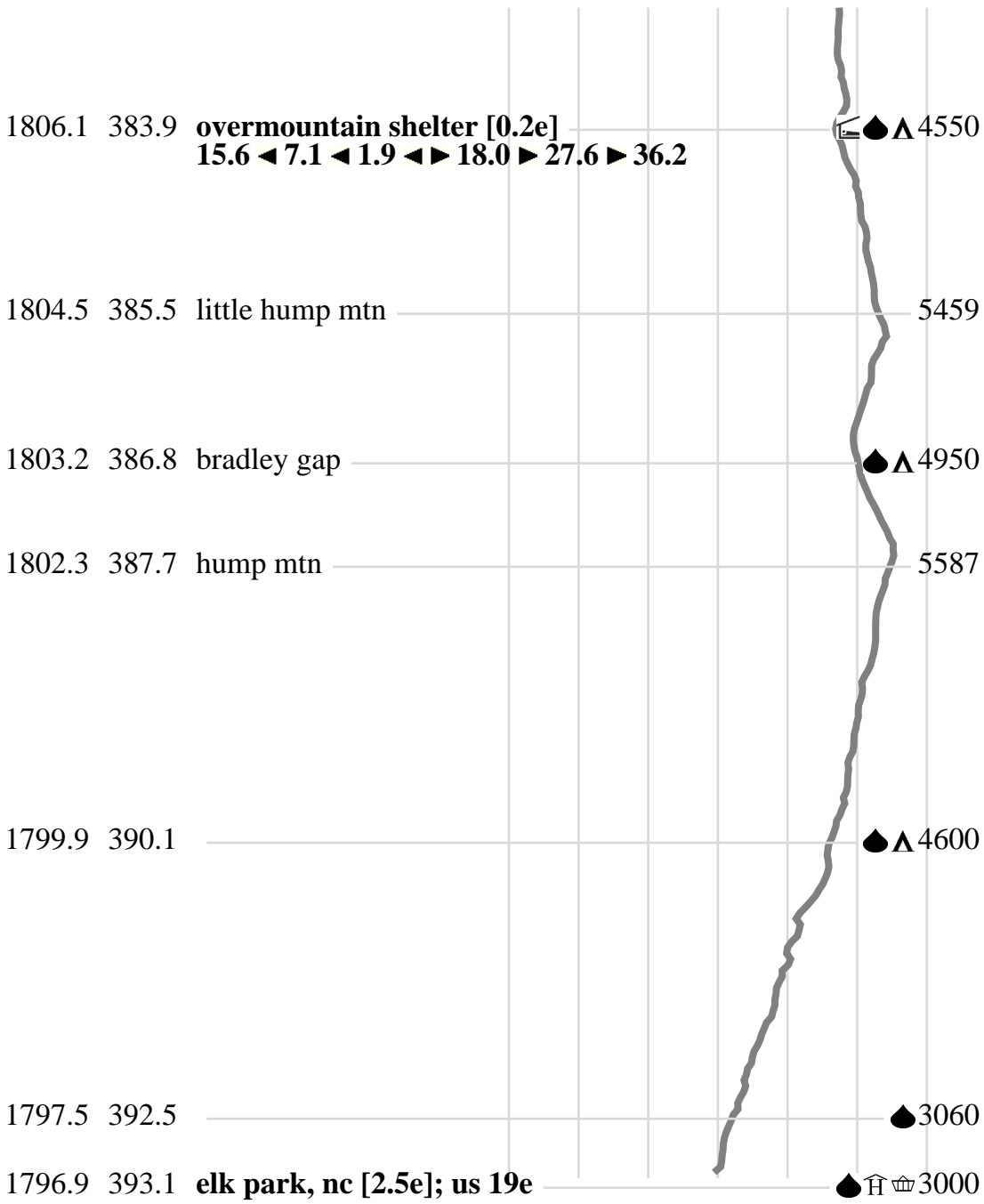
A: Curley Maple Gap Shelter, B: Cherry Gap Shelter, C: Greasy Creek Friendly, D: Clyde Smith Shelter, E: Roan High Knob Shelter, F: Stan Murray Shelter, G: Overmountain Shelter, H: Mountain Harbour BB and Hiker Hostel











362.3: Tenn. 107, N.C. 226



Buladean Shell Gas and Grocery [3.0E]
(828) 628-4850

Unicoi, TN [10.3W]



Clarences Restaurant 4021 Unicoi Dr,
Unicoi, TN, United States B/L/D



Maple Grove Restaurant 1207 Gouge Road,
Unicoi, TN, United States



Unicoi, TN PO (800) 275-8777 4010 Unicoi
Dr, Unicoi, TN, United States 37692 M-F
8-11 12-4, Sa 8:30-10:30

366.4



Greasy Creek Friendly [0.6E] (828)
688-9948 1827 Greasy Creek Road,
Bakerville, NC 28705

393.1: US 19E



**King of the Road Restaurant and Steak
House [0.5E]** L Su 11-3, D R-Sa 4-9



Mountain Harbour BB and Hiker Hostel
[0.3W] (866) 772-9494

<http://www.mountainharbour.net> (email:
welcome@mountainharbour.net) 9151
Highway 19-E, Roan Mountain, TN 37687
Nice facilities, great food, friendly people.
There is a Bed and Breakfast. The hostel is
over the barn.

Elk Park, NC [2.5E]



Elk Park, NC PO (828) 733-5711 28622 M-F
7:30-12 1:30-4:15, Sa 7:30-11



Hard Times Cafe and Coffee House



Times Square Diner B/L/D

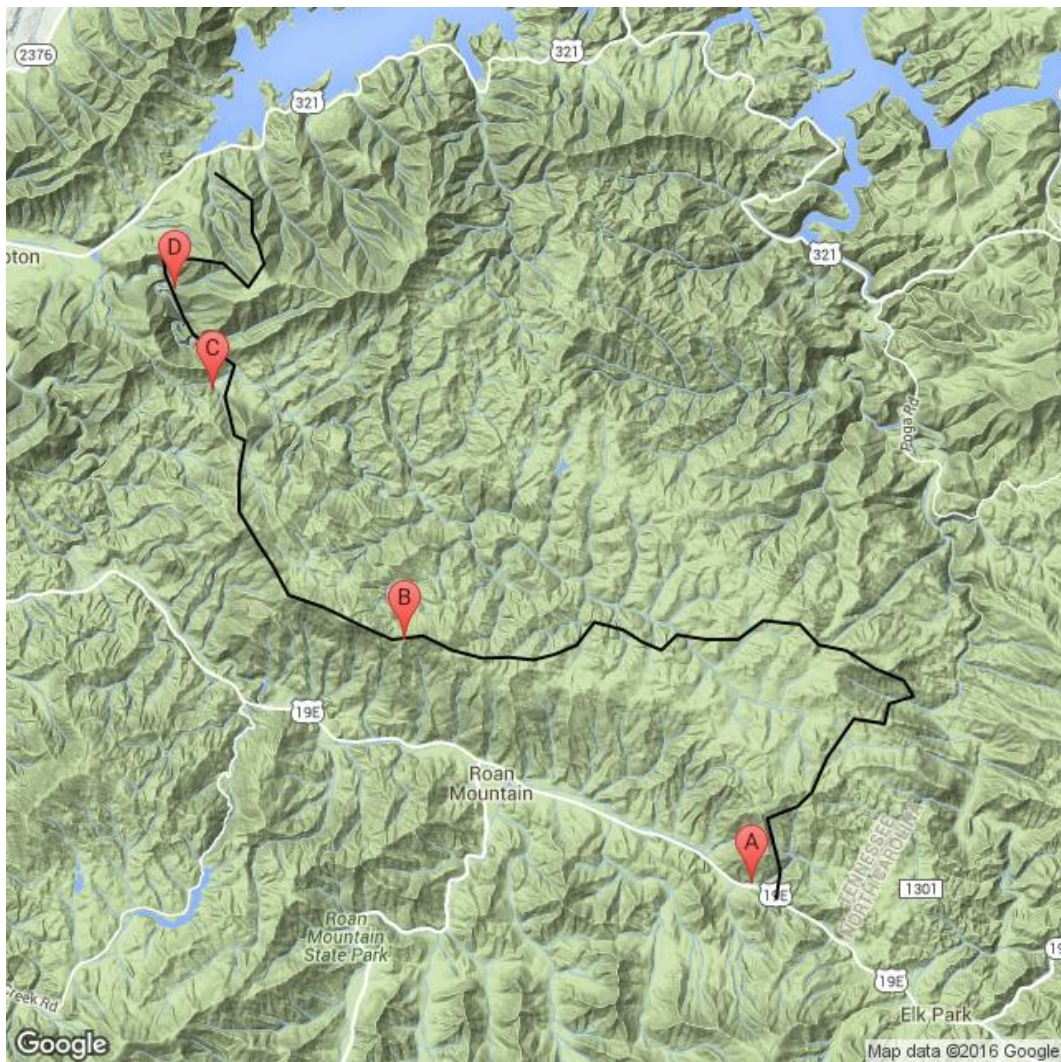
US 19E-US 321

US 19E to US 321

33.7 miles, avg. grade: 7.6%, high: 4212 ft, low: 1990 ft

For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3010>.

Thank you [trpost](#) for contributing the most recent edits to this section!






A: Mountain Harbour BB and Hiker Hostel, B: Moreland Gap Shelter, C: Kincora Hiking Hostel, D: Laurel Fork Shelter





1788.3 401.7 **mountaineer falls shelter**    3200
 25.1 ◀ 19.9 ◀ 18.0 ◀ ▶ 9.6 ▶ 18.2 ▶ 26.8

1787.3 402.7  

1786.5 403.5 walnut mtn rd  3550

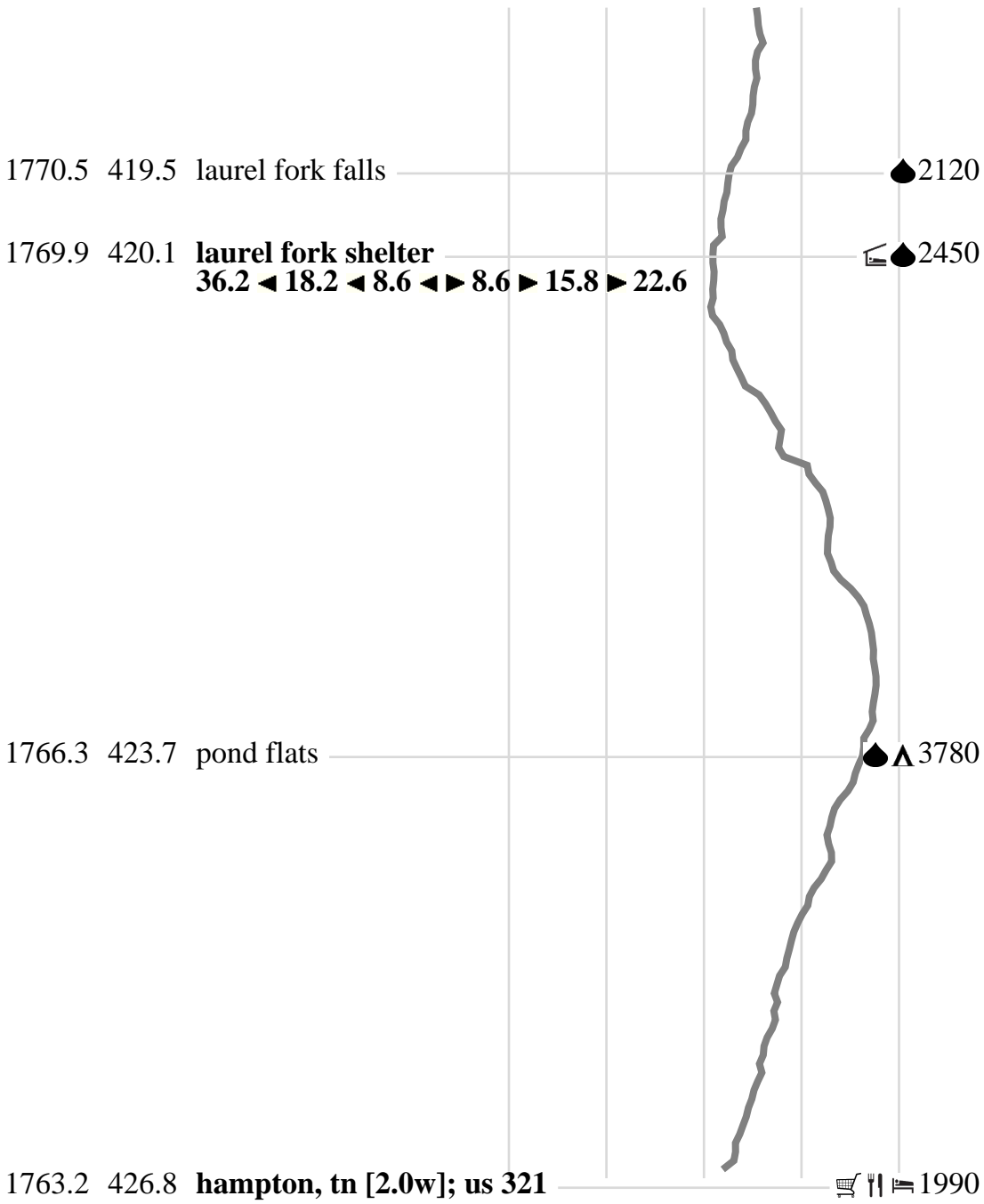
1784.5 405.5 vango abbys memorial hostel [0.3w]  

1780.4 409.6   3410

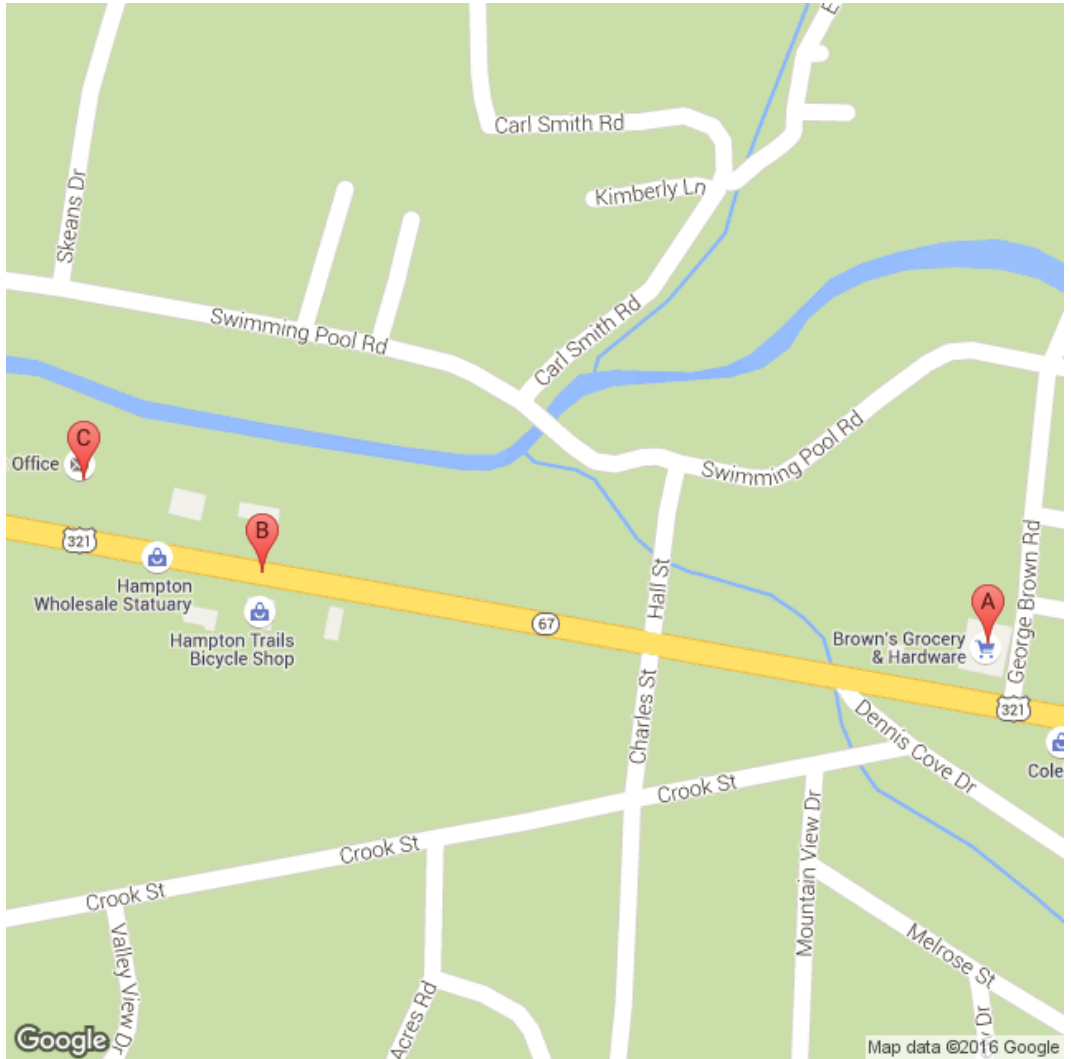
1778.5 411.5 **moreland gap shelter** 29.5 ◀ 27.6 ◀ 9.6 ◀ ▶ 8.6 ▶ 17.2 ▶ 24.4 3815

1776.4 413.6 3815

1772.5 417.5 kincora hiking hostel [0.2w]; dennis cove 2550



Hampton, TN



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

405.5



Vango Abbys Memorial Hostel [0.3W]

(423) 772-3450 (email:
vangoabby@gmail.com)

417.5: Dennis Cove



Kincora Hiking Hostel [0.2W] (423)

725-4409 1278 Dennis Cove Road, Hampton,
TN, United States

420.4



Waycaster Spring

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>

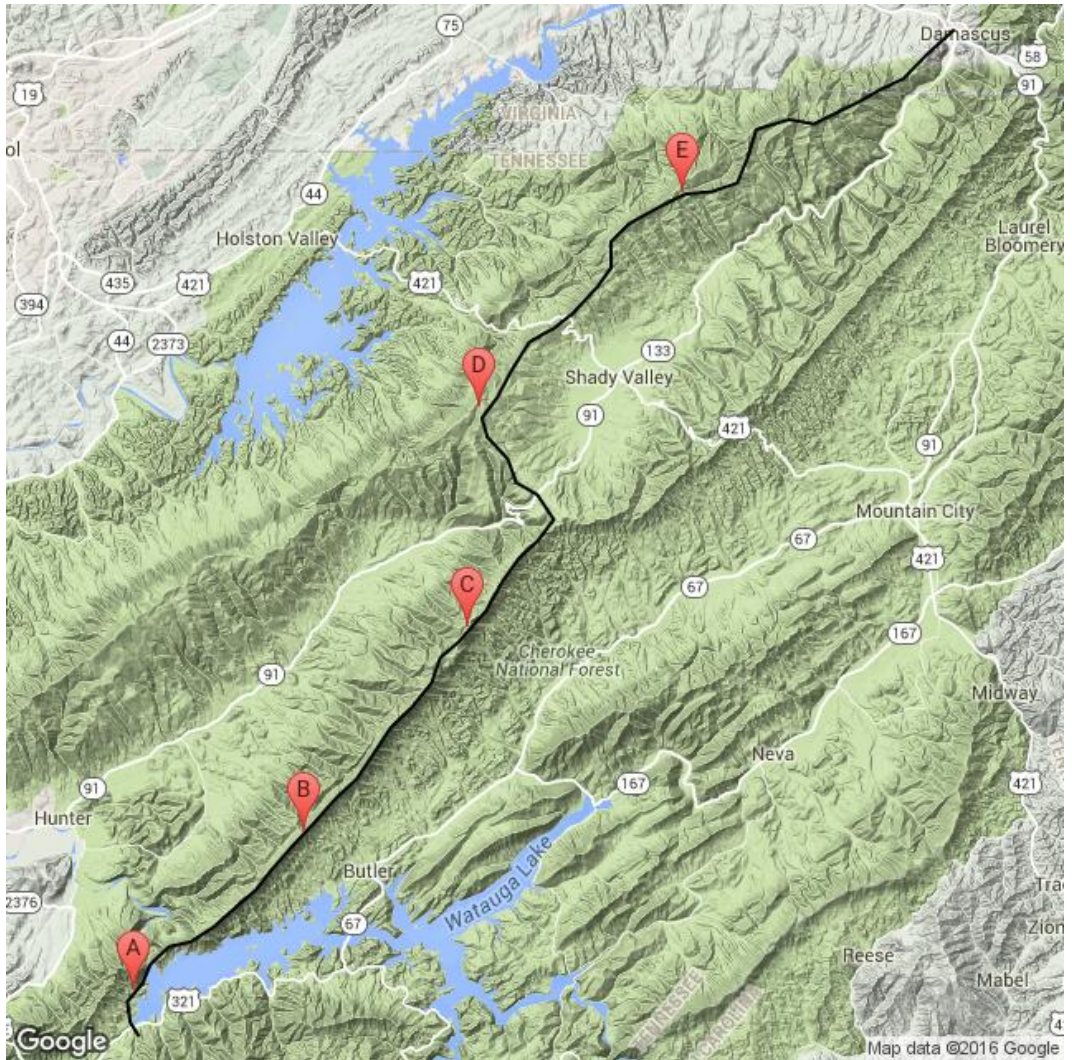
US 321 to Damascus

US 321 to US 58

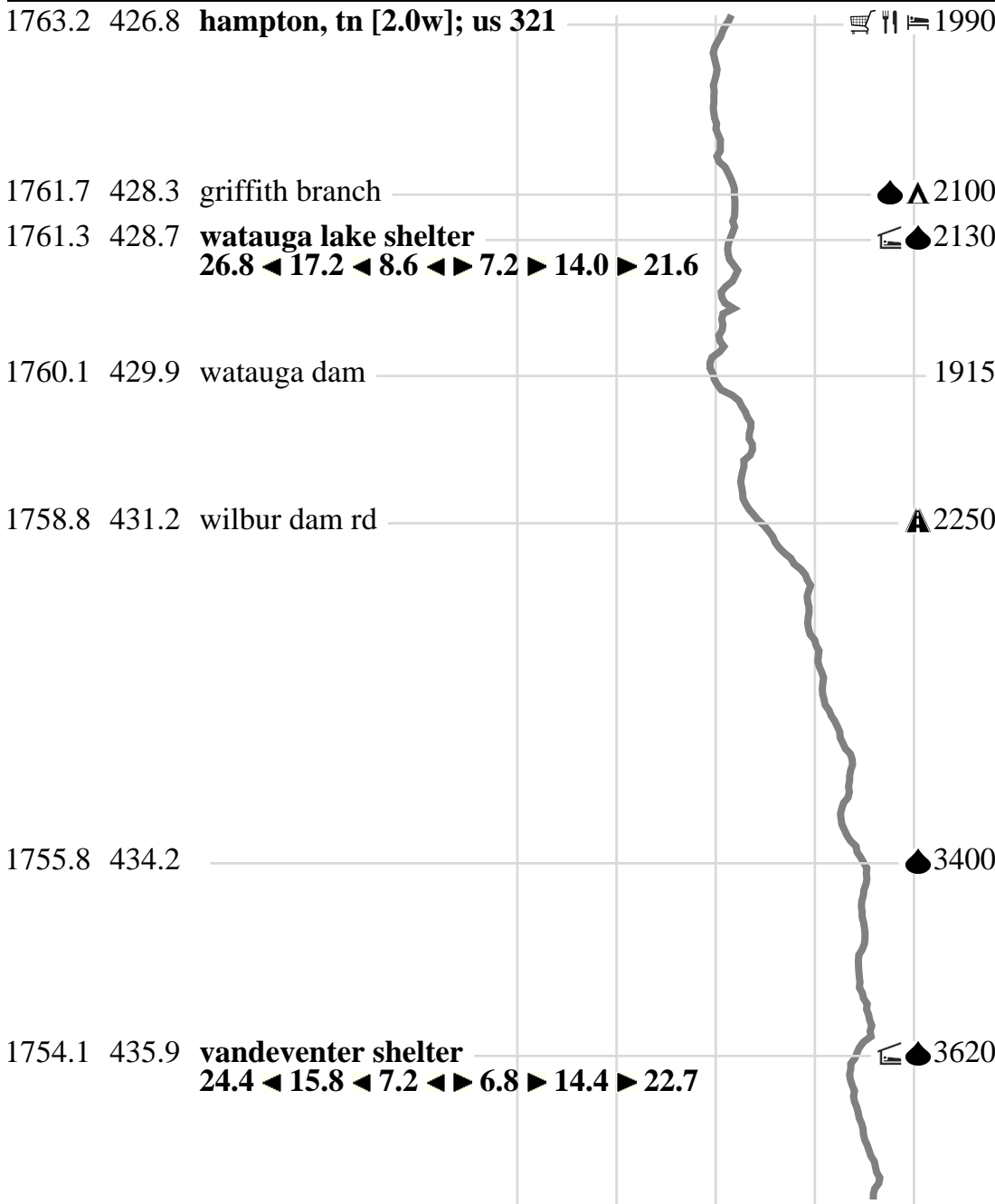
42.0 miles, avg. grade: 7.3%, high: 4189 ft, low: 1914 ft

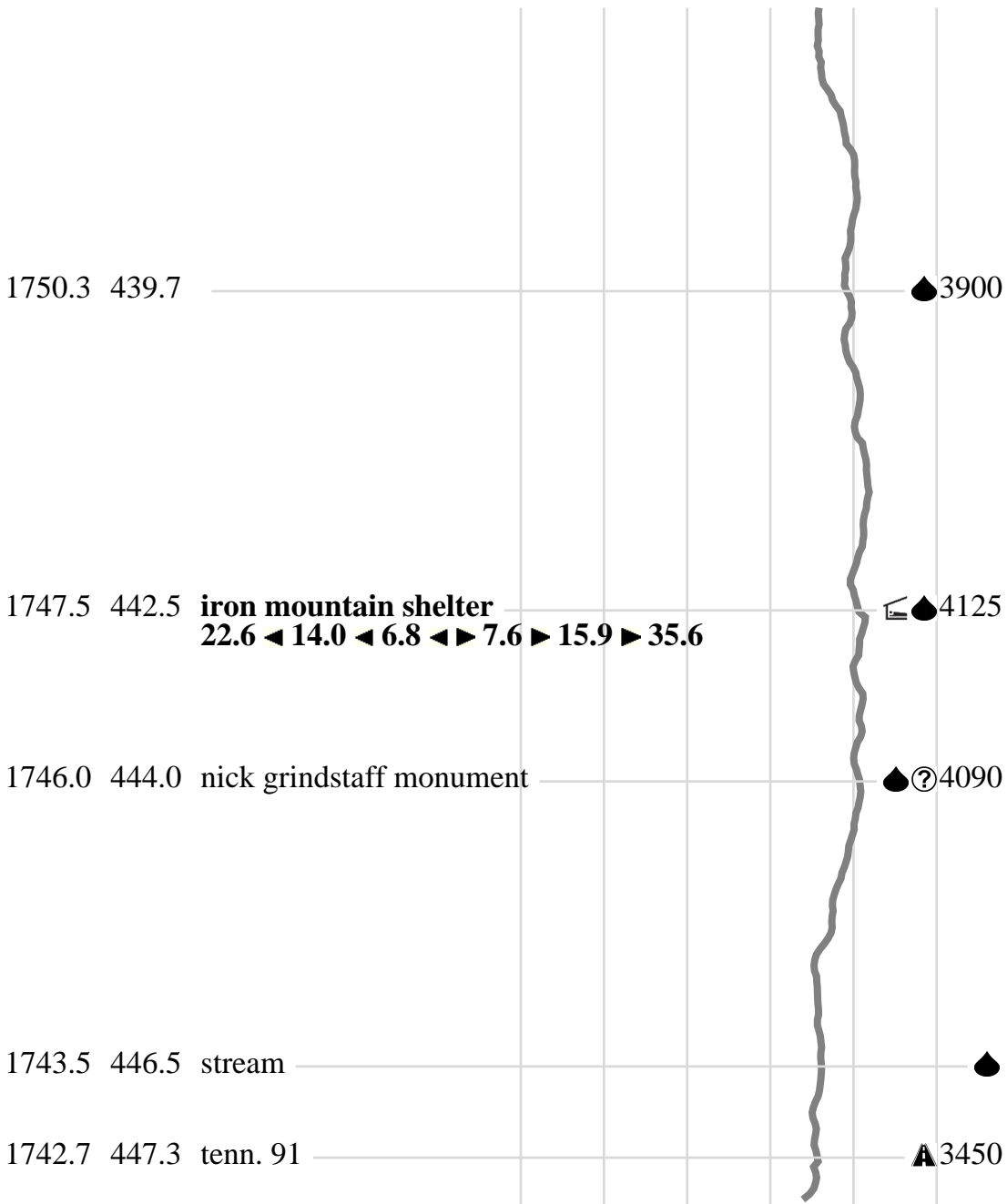
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3011>.

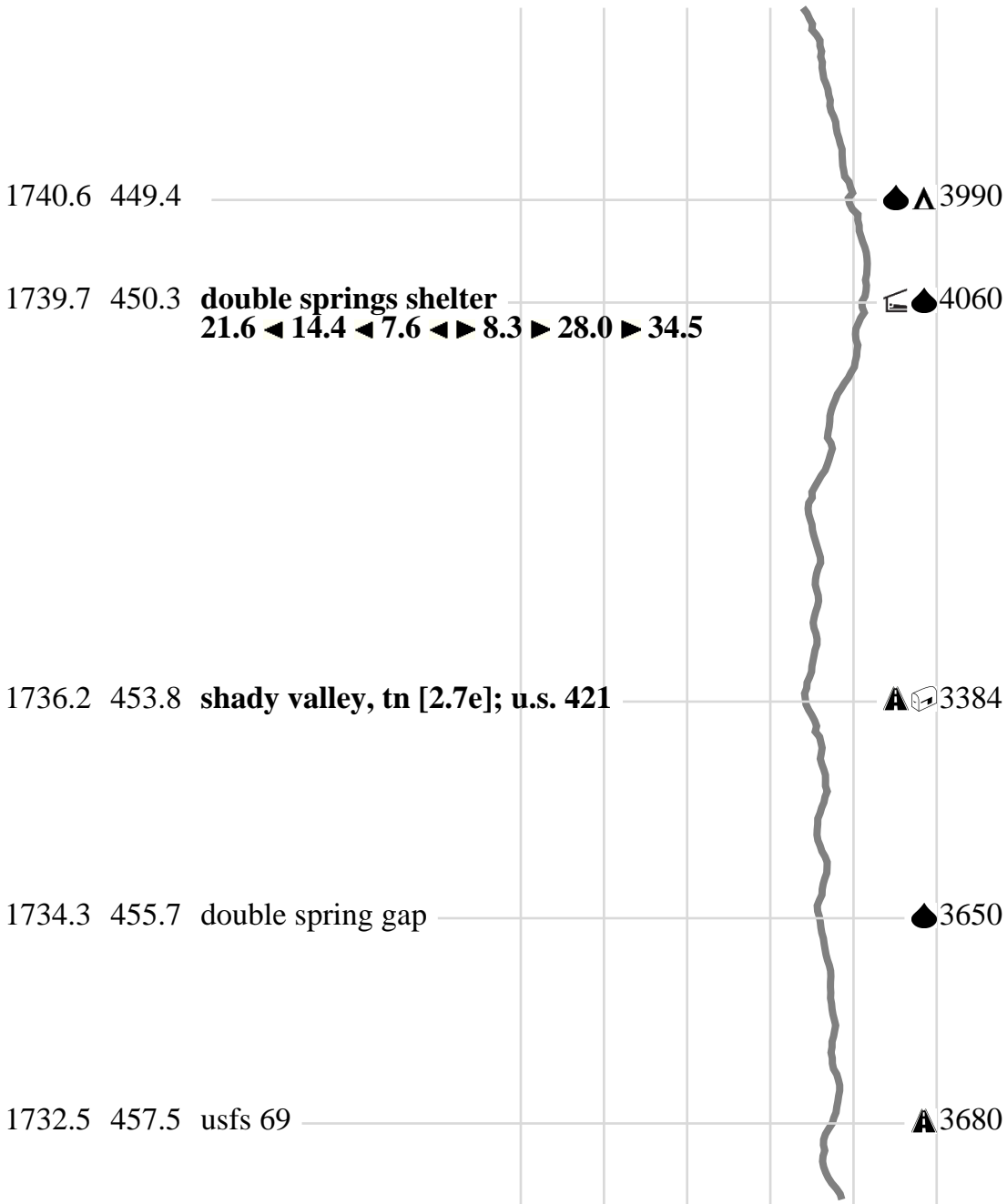
Thank you [trpost](#) for contributing the most recent edits to this section!



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



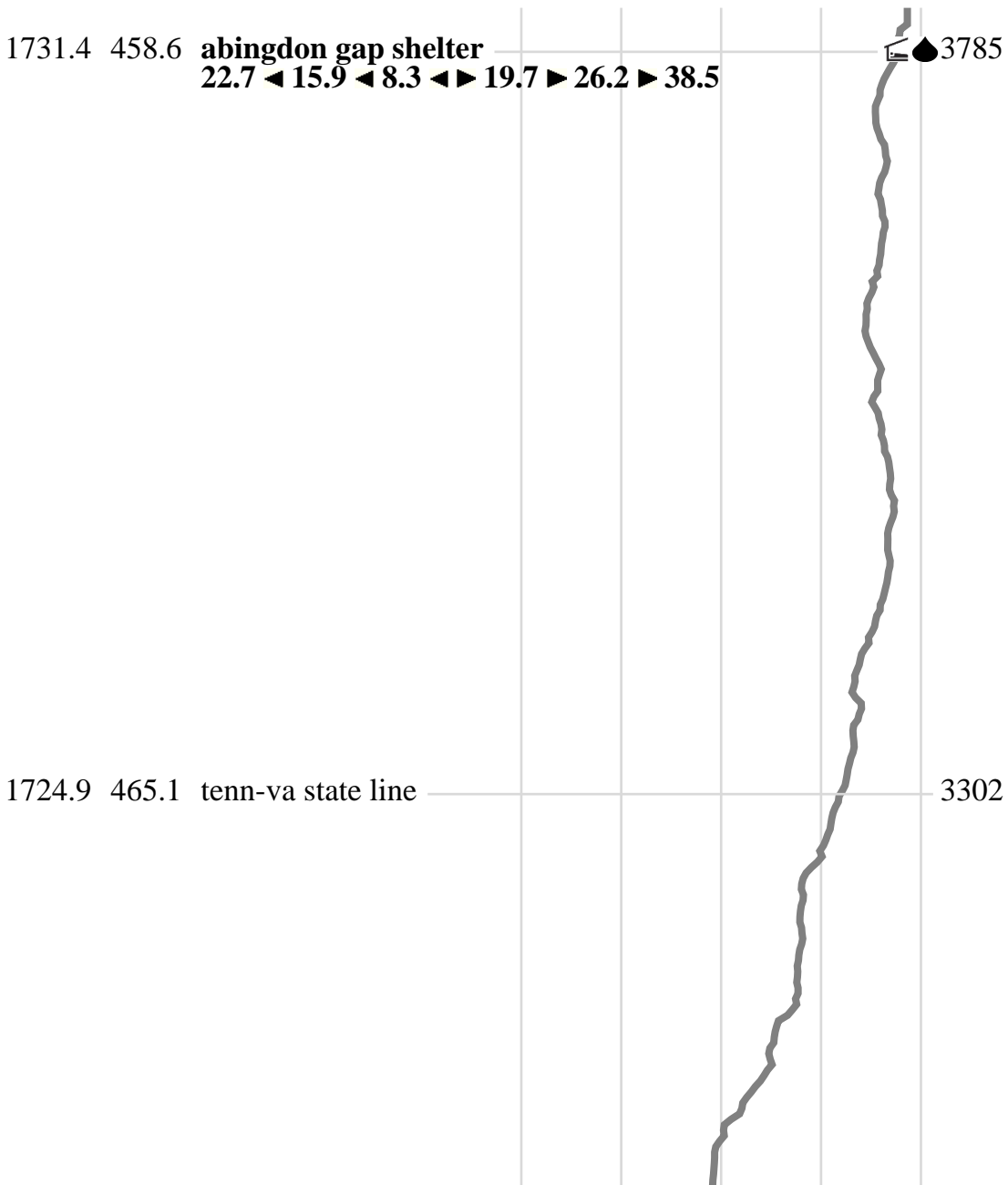




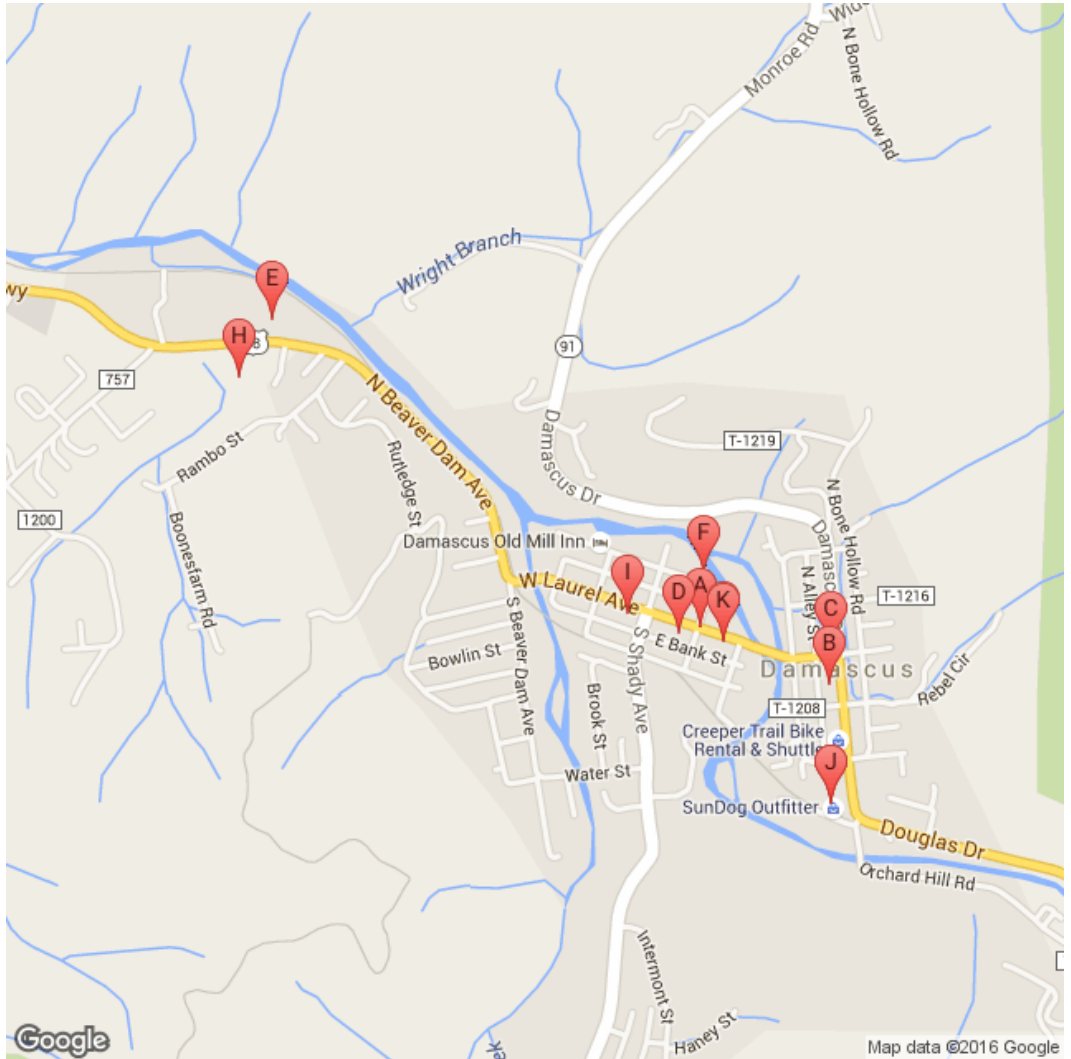
1731.4 458.6 **abingdon gap shelter** 22.7 ◀ 15.9 ◀ 8.3 ◀ ▶ 19.7 ▶ 26.2 ▶ 38.5 3785

1724.9 465.1 **tenn-va state line** 3302

1721.2 468.8 **damascus, va; us 58** 1928



Damascus, VA




A: A Dancing Bears Getaway, B: Cowboys Deli, C: Dairy King, D: Damascus Public Library, E: Food City, F: Lazy Fox Inn, G: Mojoes Trailside Coffee House, H: Mountain Laurel Inn, I: Mt. Rogers Outfitters, J: SunDog Outfitter, K: The Hikers Inn, L: The Place

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



Cowboys Deli 111 Douglas Drive, Damascus,
VA, United States



Dairy King 511 East 3rd Street, Damascus,
VA, United States tasty shakes



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*

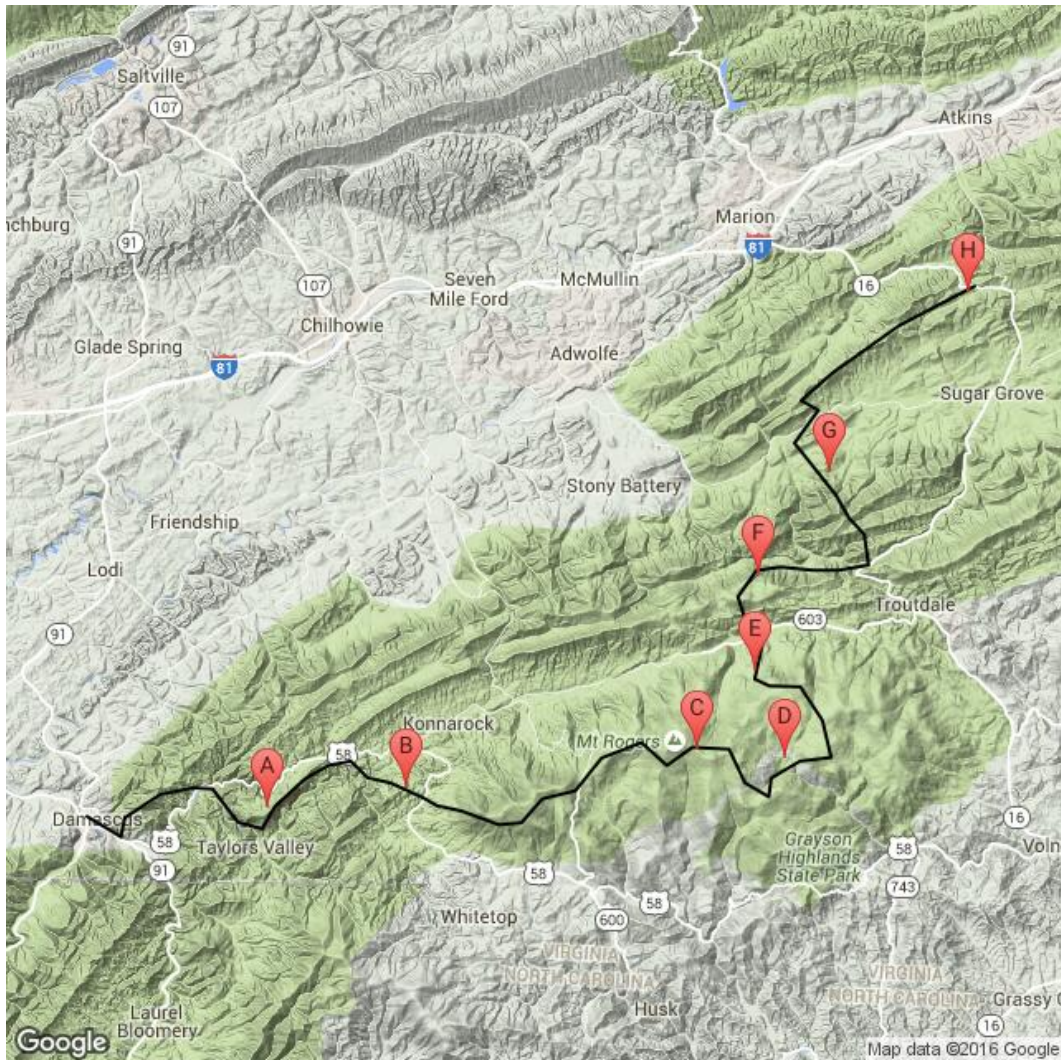
Damascus to Marion

US 58 to VA 16

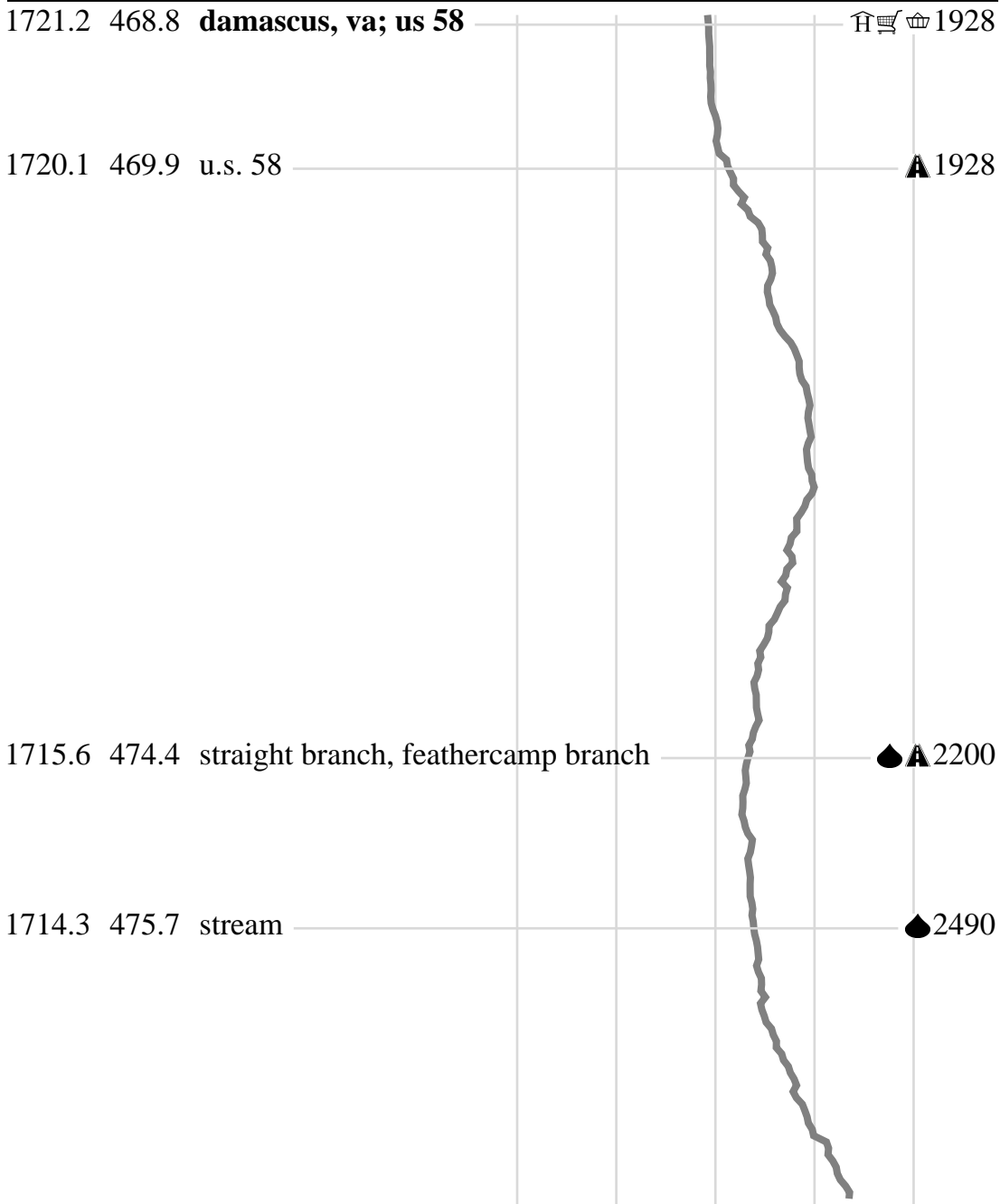
63.6 miles, avg. grade: 7.4%, high: 5470 ft, low: 1921 ft

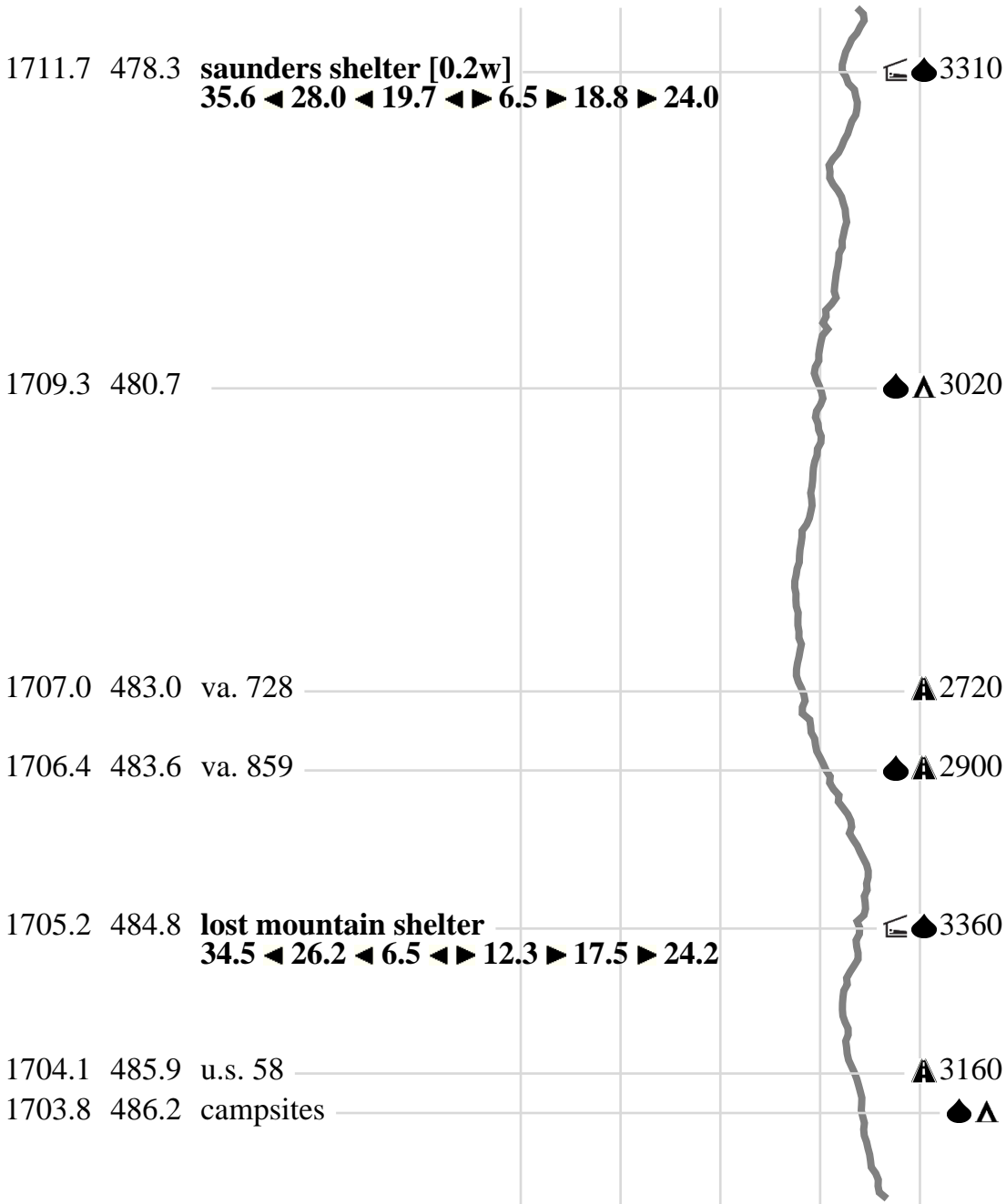
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3012>.

Thank you [trpost](#) for contributing the most recent edits to this section!







A: Saunders Shelter, B: Lost Mountain Shelter, C: Thomas Knob Shelter, D: Wise Shelter, E: Old Orchard Shelter, F: Hurricane Mountain Shelter, G: Trimpi Shelter, H: Partnership Shelter

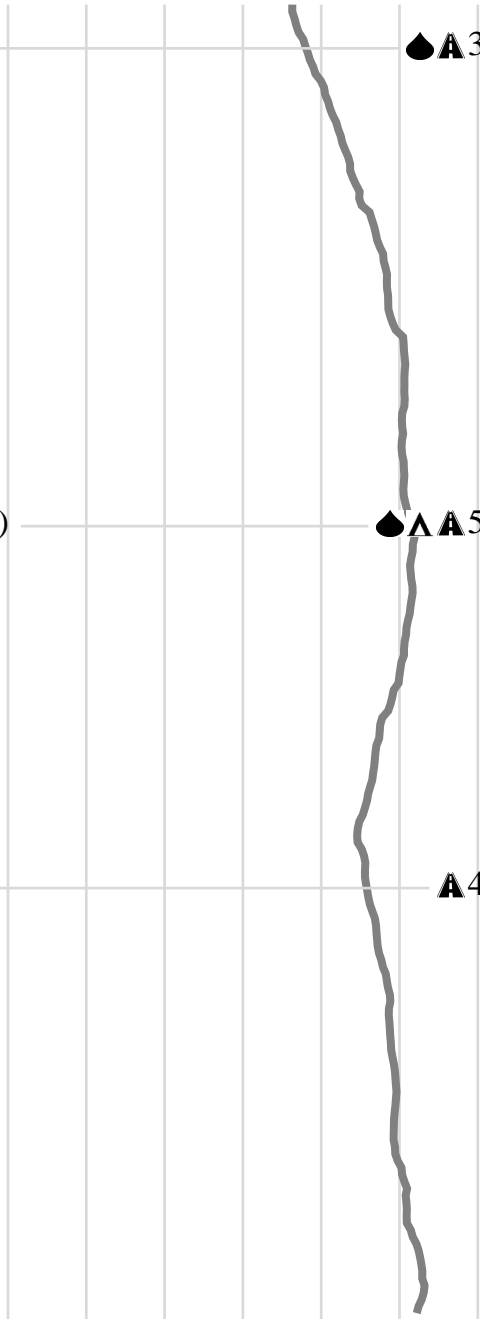




1702.8 487.2 va. 601 (beech mtn rd)   3600

1699.5 490.5 whitetop mtn rd (usfs 89)    5100

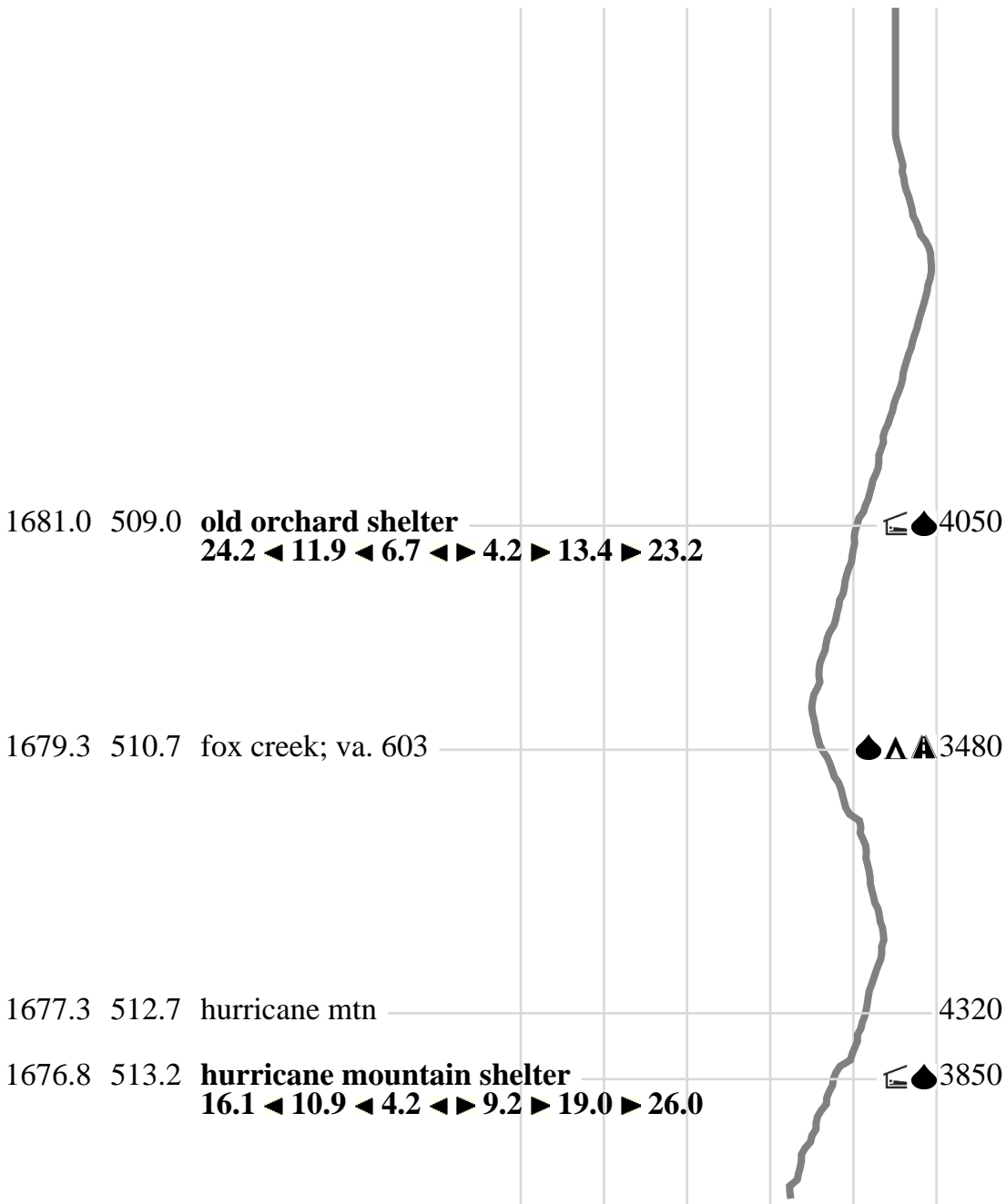
1697.0 493.0 va. 600  4434

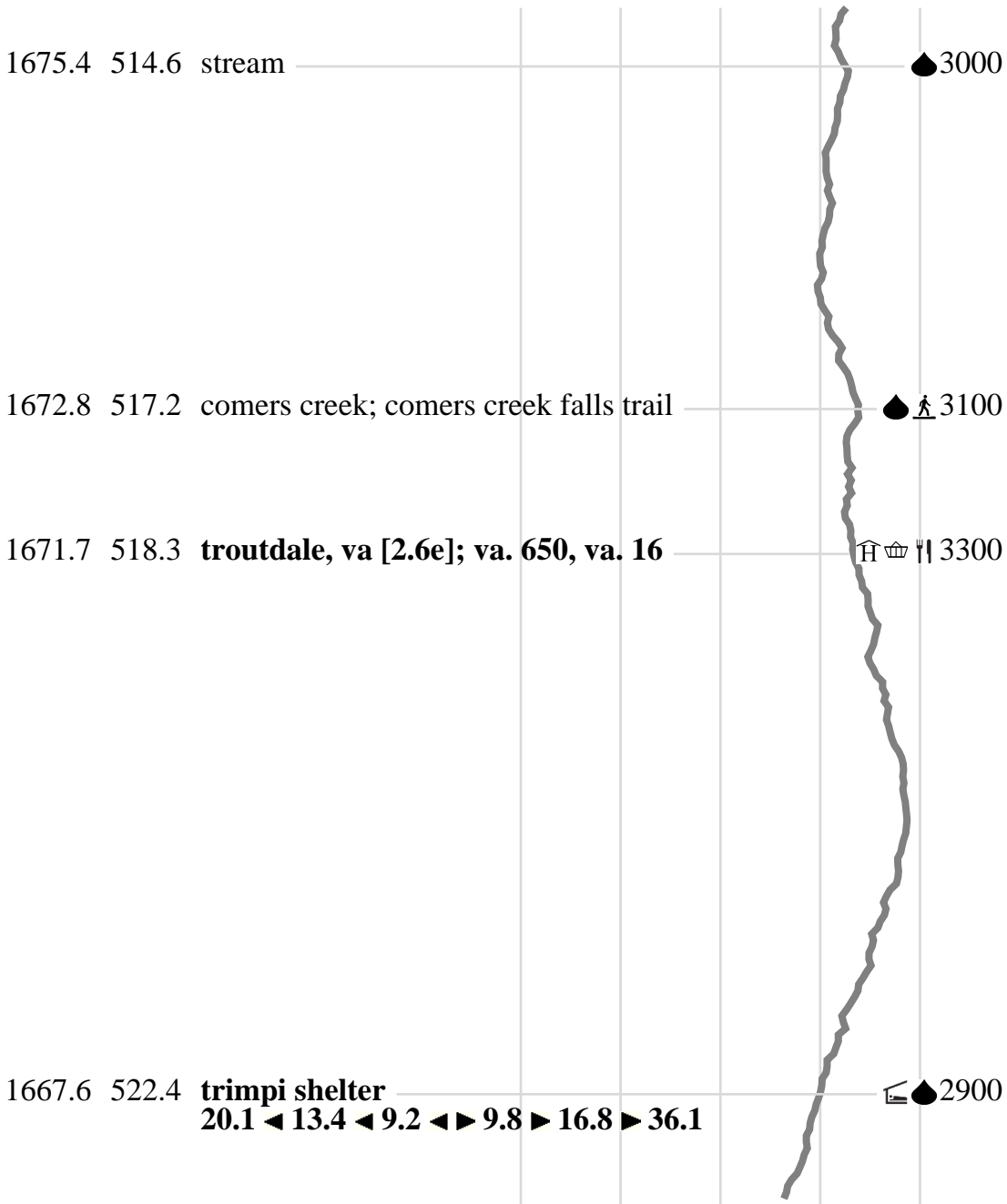


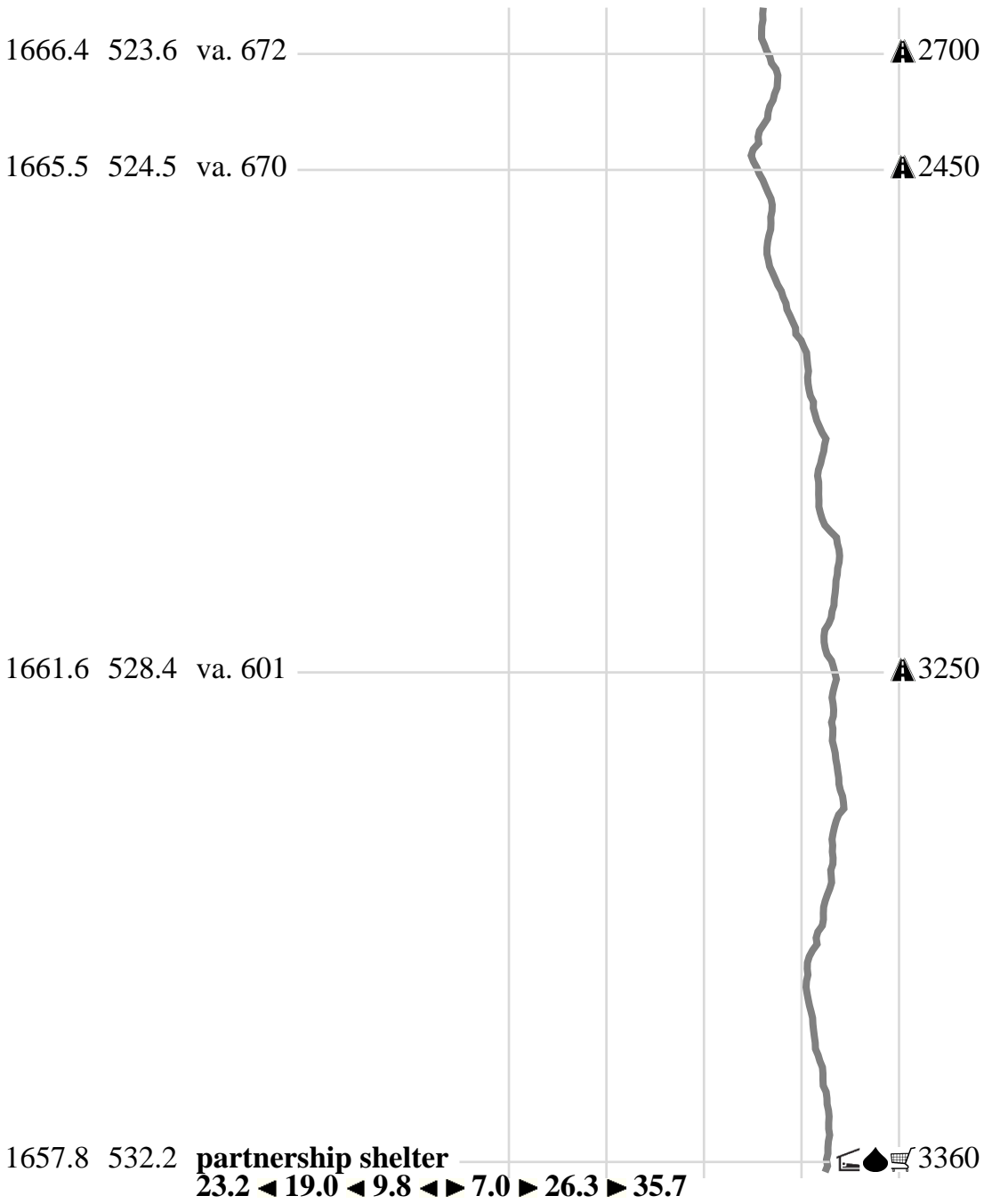
1692.9 497.1 **thomas knob shelter** 5400
 38.5 ◀ 18.8 ◀ 12.3 ◀ ▶ 5.2 ▶ 11.9 ▶ 16.1

1687.7 502.3 **wise shelter** 4460
 24.0 ◀ 17.5 ◀ 5.2 ◀ ▶ 6.7 ▶ 10.9 ▶ 20.1

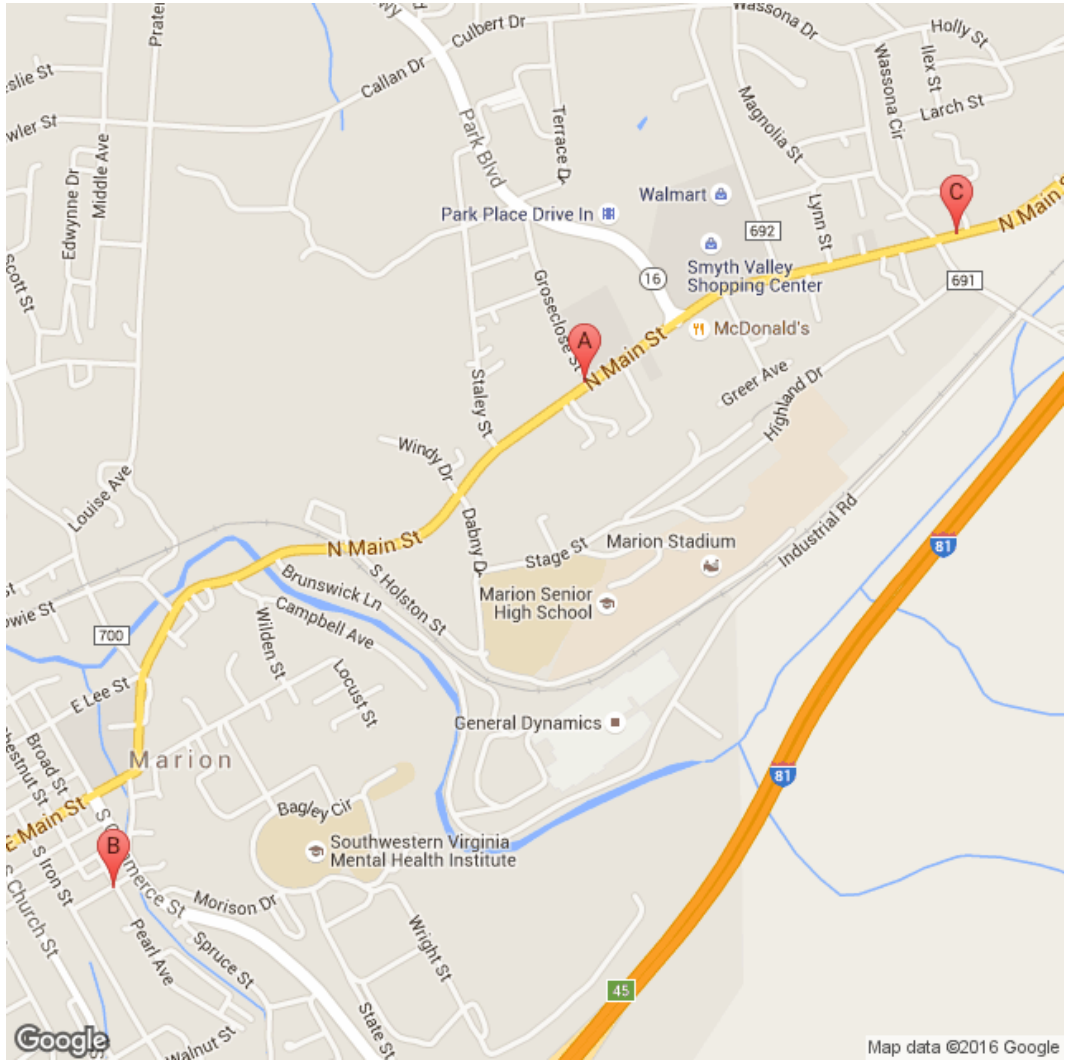
1686.4 503.6 4610







Marion, VA



A: Food Lion, B: Marion, VA PO, C: Virginia House Inn

502.6



Big Wilson Creek

518.3: Va. 650, Va. 16

Troutdale, VA [2.6E]



Fox Hill Inn (276) 677-3313, 8568 Troutdale Hwy., Troutdale, VA 24378



Jerrys Kitchen and Goods [2.0E] (276) 677-3010 (email: bartley16@hotmail.com) 10973 Troutdale Hwy., Troutdale, VA 24378
Closed as of fall of 2015. Call before hitching. Information should be available from hostel.



Troutdale Baptist Church (276) 677-4092
10148 Troutdale Hwy., Troutdale, VA



Troutdale, VA PO (276) 677-3221 93 Ripshin Road, Troutdale, VA, United States 24378 M-F 8:15-12 1-4:30, Sa 8:15-11:30

532.4: VA 16

Marion, VA [6.0W]



Food Lion 945 North Main Street #2, Marion, VA, United States



Marion, VA PO (276) 783-5051 200 Pearl Avenue, Marion, VA, United States 24354 M-F 9-5, Sa 9:30-12



Virginia House Inn (276) 783-5112 1419 N. Main, Marion, VA

Sugar Grove, VA [3.2E]



RUSH Exxon Station (276) 677-3037 5225 Sugar Grove Hwy, Sugar Grove, VA 24375
Convenience store with sandwiches, pizza, ice cream and minimal grocery supplies



Sugar Grove, VA PO (276) 677-3200 5444 Sugar Grove Highway, Sugar Grove, VA, United States 24375 M-F 8:15-12 1:15-4:45, Sa 8:15-10:30

Marion to I-77

VA 16 to VA 612

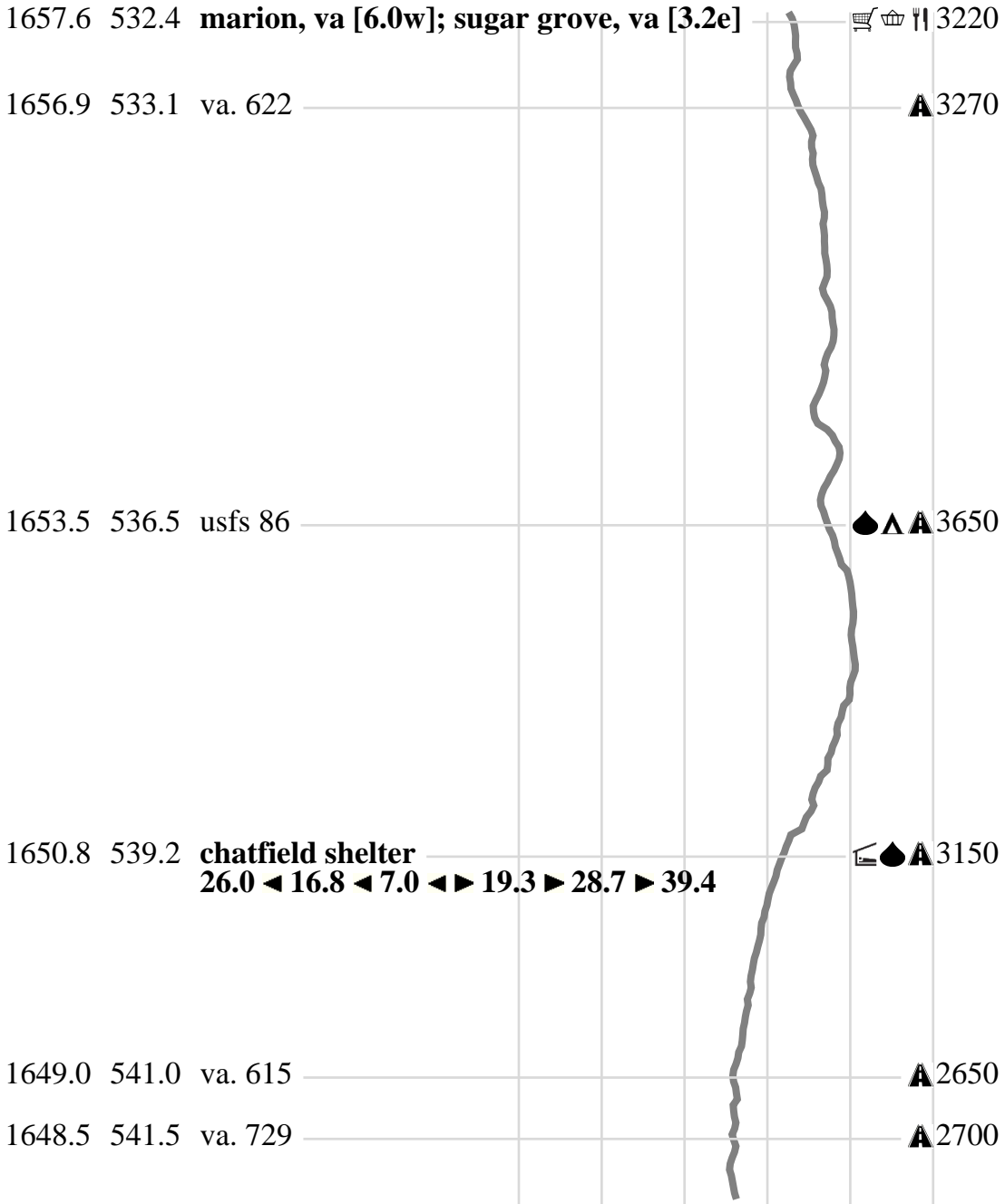
58.3 miles, avg. grade: 8.6%, high: 4409 ft, low: 2305 ft

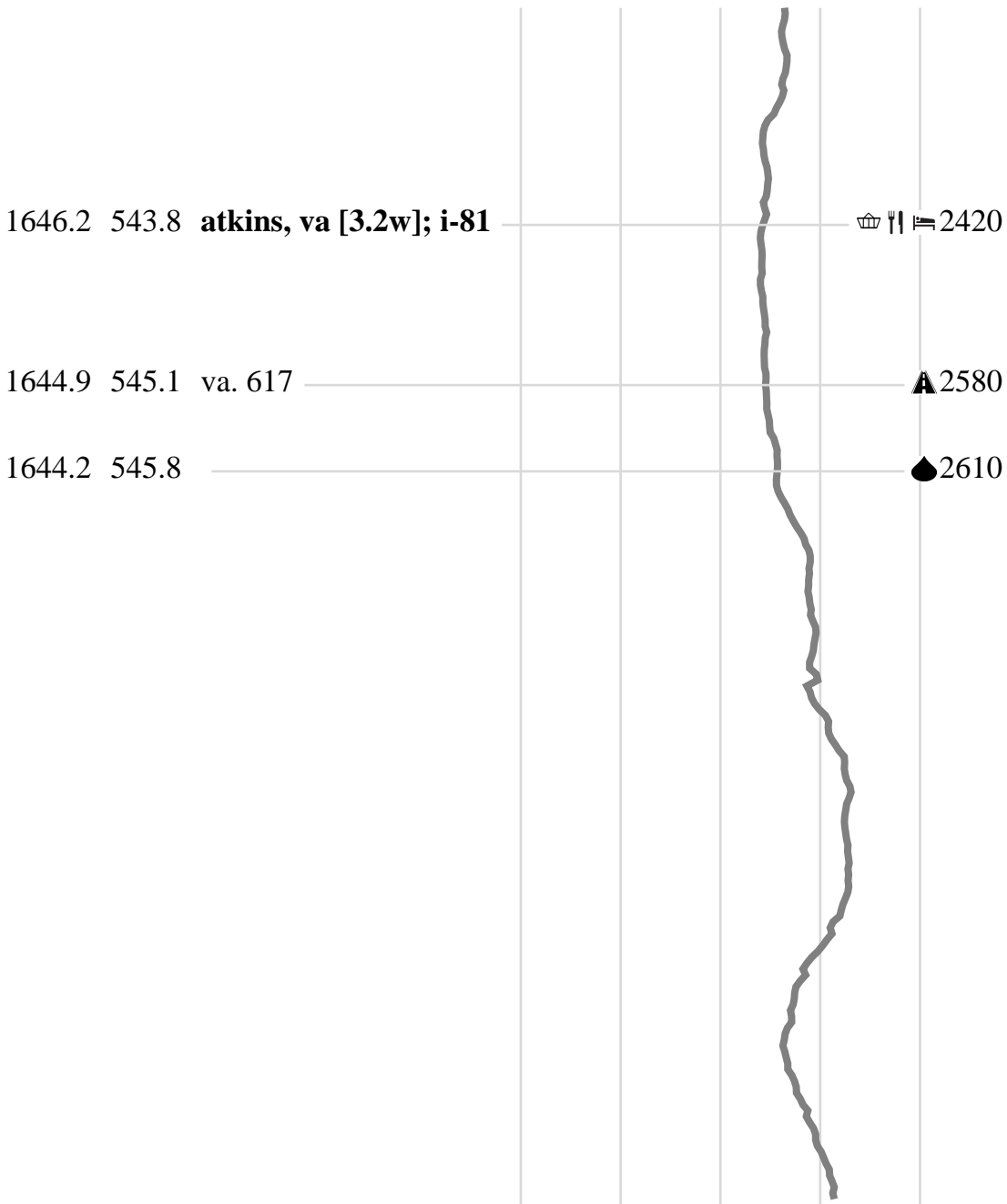
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3013>.

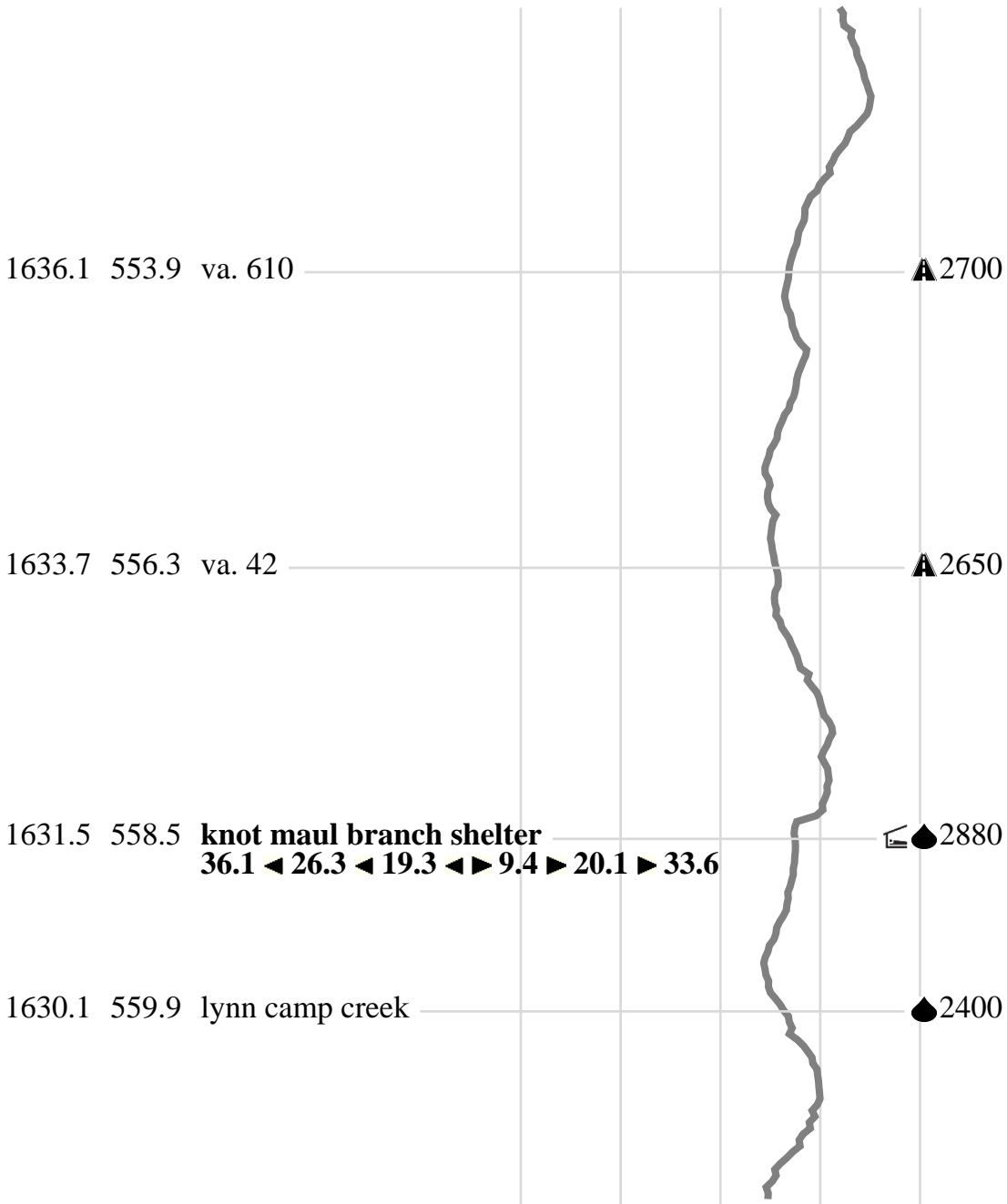
Thank you [trpost](#) for contributing the most recent edits to this section!

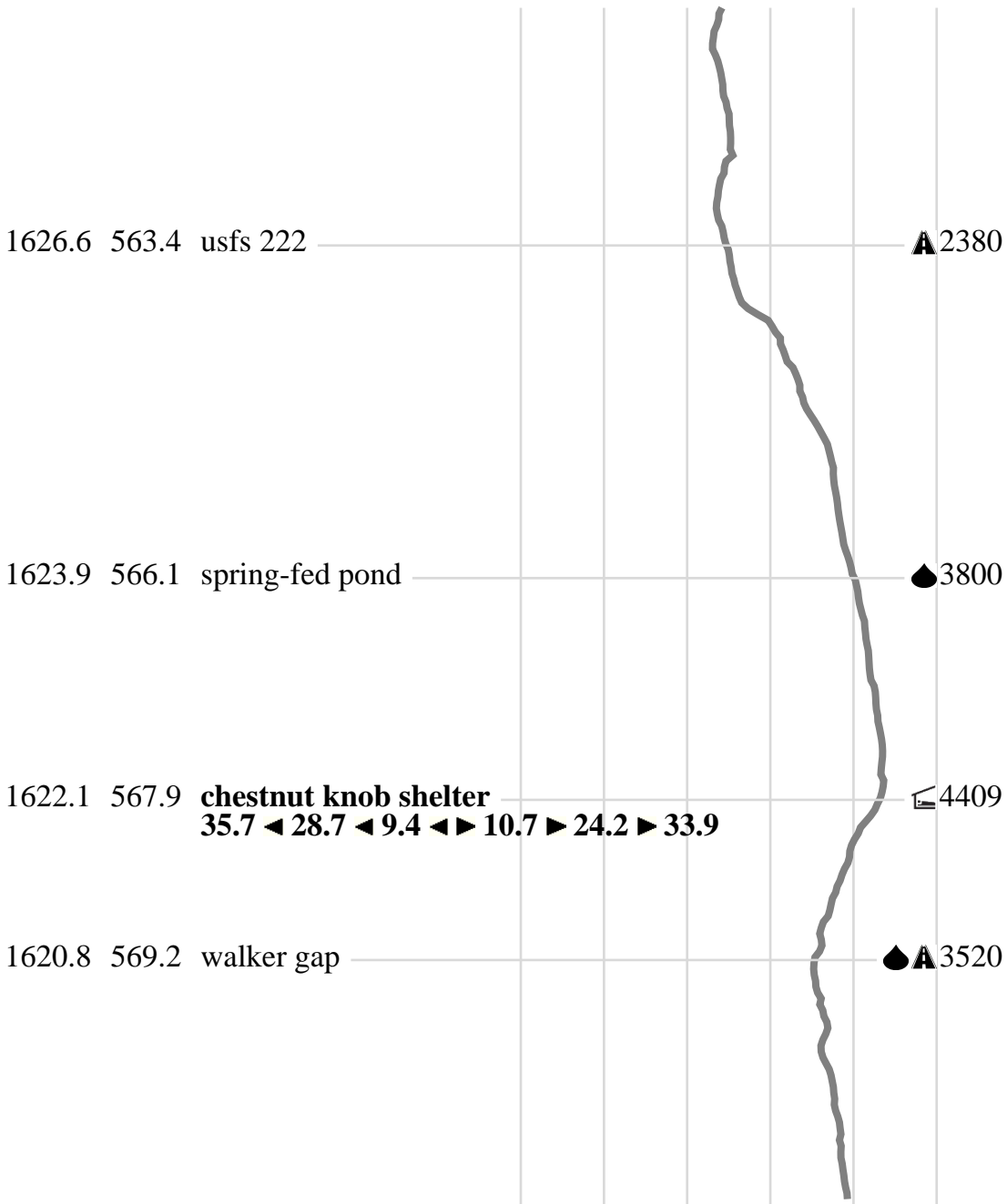


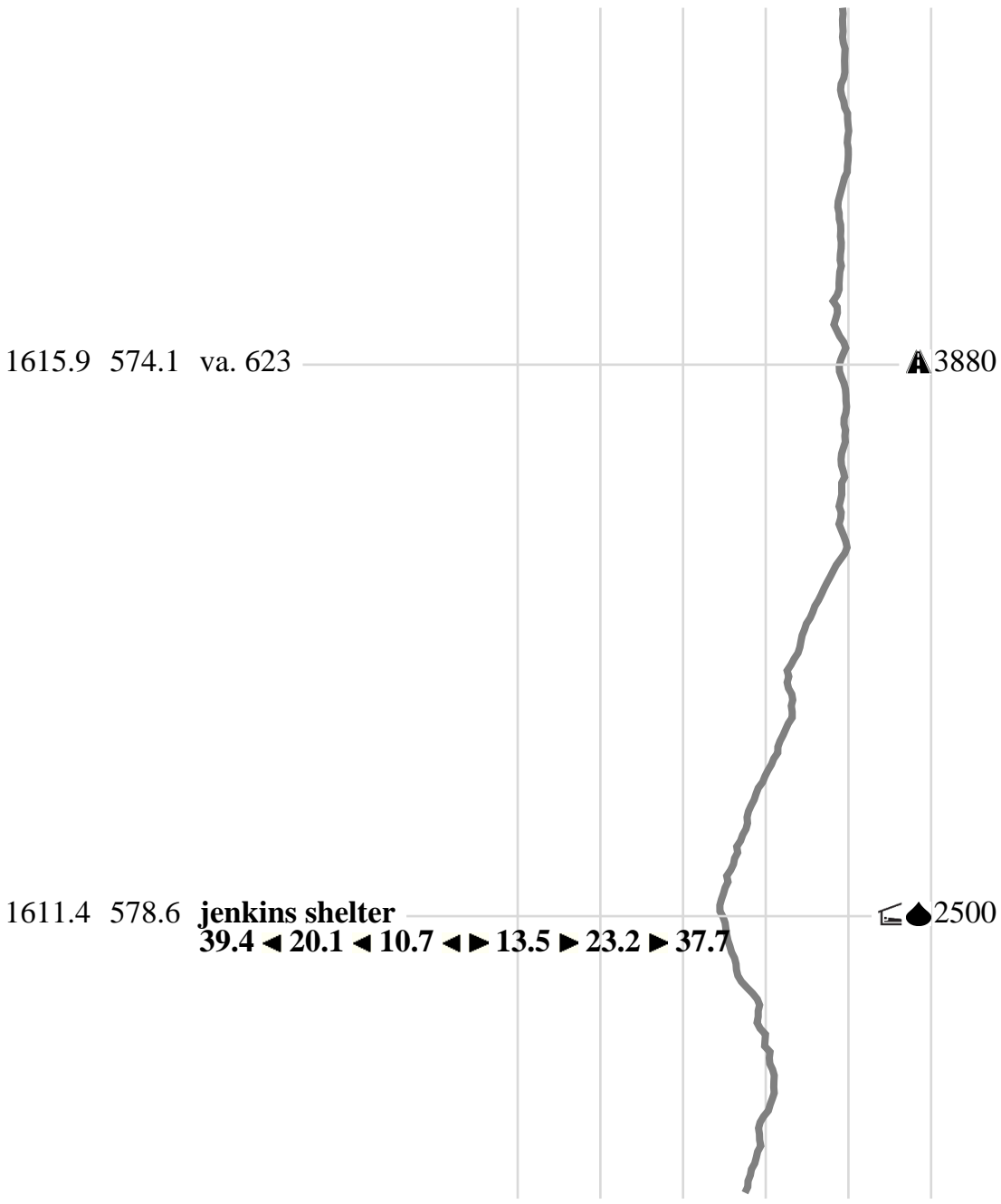
A: Chatfield Shelter, B: Knot Maul Branch Shelter, C: Chestnut Knob Shelter, D: Jenkins Shelter













1607.0 583.0 laurel creek; va. 615  2450

1600.1 589.9 **bland, va [2.7e]; bastian, va [2.5w]**    2900

1599.7 590.3 i-77  2750

1599.3 590.7 kimberling creek; va 612  **AP** 2700

543.8: I-81

Atkins, VA [3.2W]



Atkins, VA PO (276) 783-5551 5864 Lee Highway, Atkins, VA, United States 24311
M-F 9-1 2:30-4:, Sa 9:30-11



Exit 54 Exxon 7327 Lee Hwy, Rural Retreat, VA 24368



Shell station (276) 783-5775



The Barn Restaurant (276) 686-6222 7412 Lee Hwy, Rural Retreat, VA 24368 B/L/D



The Relax Inn (276) 783-5811 7253 Lee Hwy, Rural Retreat, VA 24368

589.9: U.S. 52

Bland, VA [2.7E]



Bland Grocery 7904 South Scenic Hwy, Bland, VA



Bland Square Grill 8870 South Scenic Hwy, Bland, VA B/L/D



Bland, VA PO (276) 688-3751 207 Jackson Street, Bland, VA, United States 24315 M-F 8-11:30 12-4, Sa 9-11



Jeff Proffitt (276) 688-3257



Library (276) 688-3737 697 Main Street, Bland, VA, United States MWF 9:30-4:30, Tu, Th 9:30-8.

Bastian, VA [2.5W]



Bastian, VA PO (276) 688-4631 178 Walnut Drive, Bastian, VA, United States 24314 M-F 8-12 12:30-4, Sa 8-10:30



Medical Clinic (276) 688-4331 12301 Grapefield Road, Bastian, VA, United States

I-77 to Pearisburg

VA 612 to Va. 634

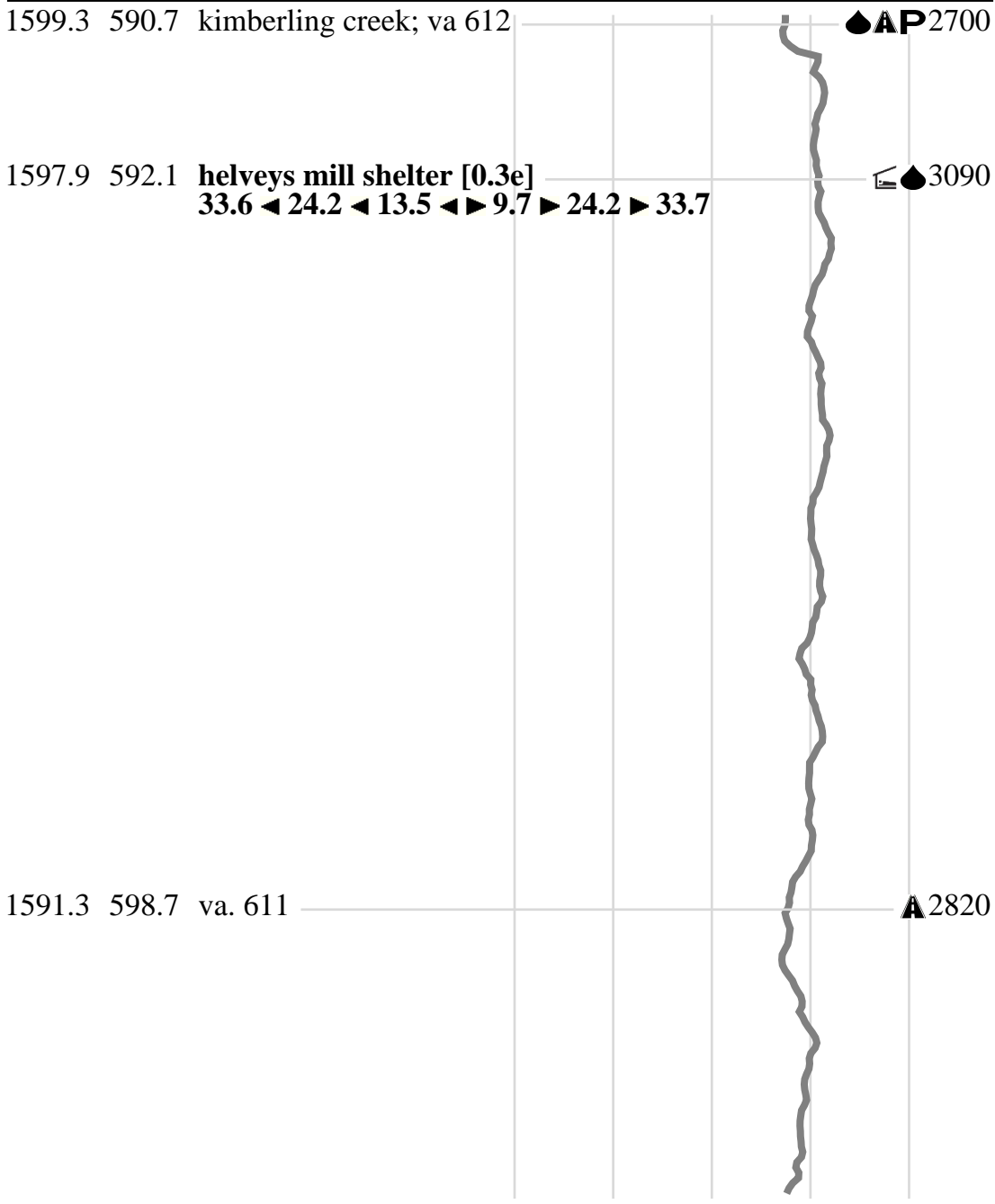
42.8 miles, avg. grade: 7.0%, high: 4030 ft, low: 1811 ft



For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3014>.


Thank you [trpost](#) for contributing the most recent edits to this section!



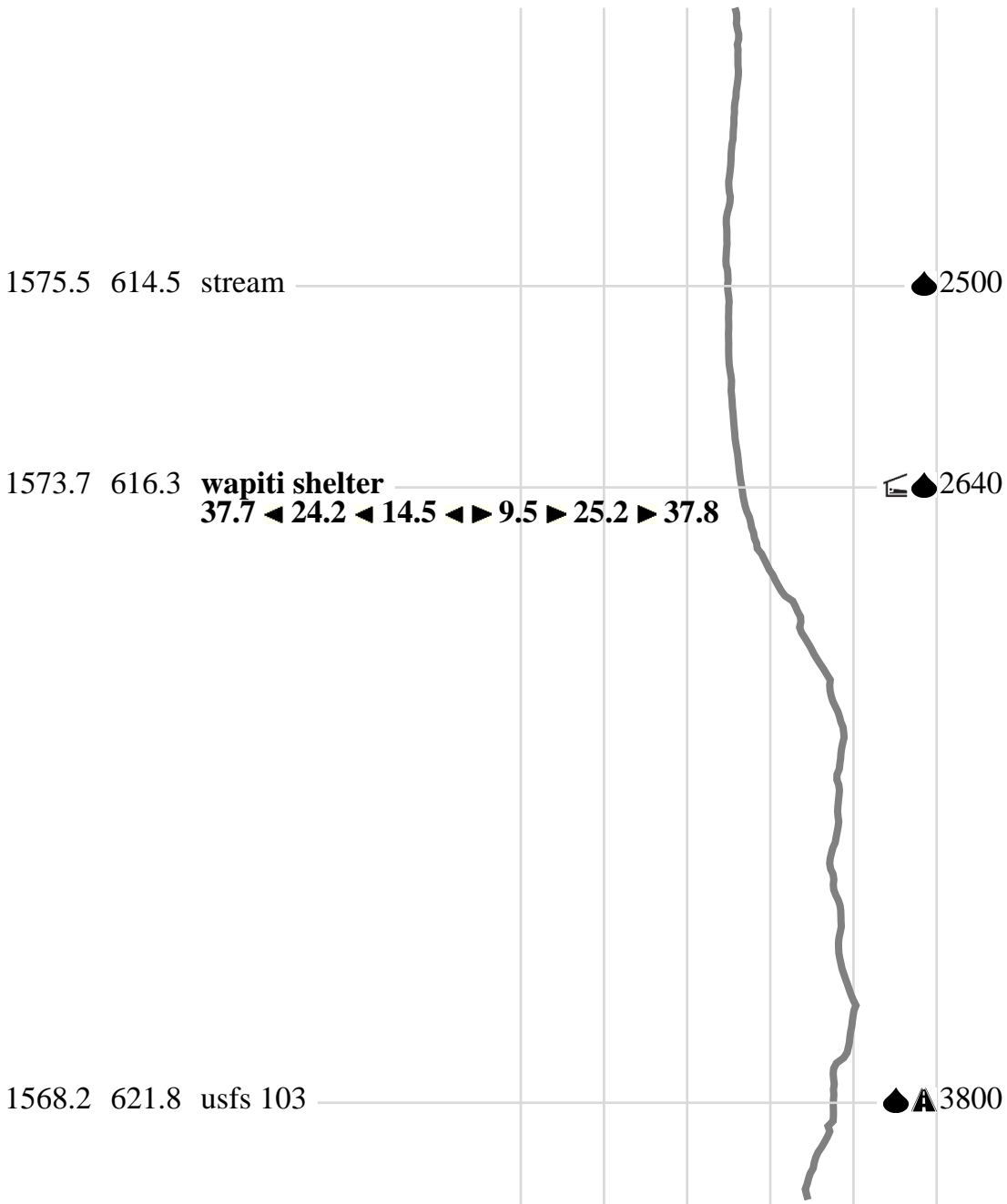
A: Helveys Mill Shelter, B: Jenny Knob Shelter, C: Wapiti Shelter

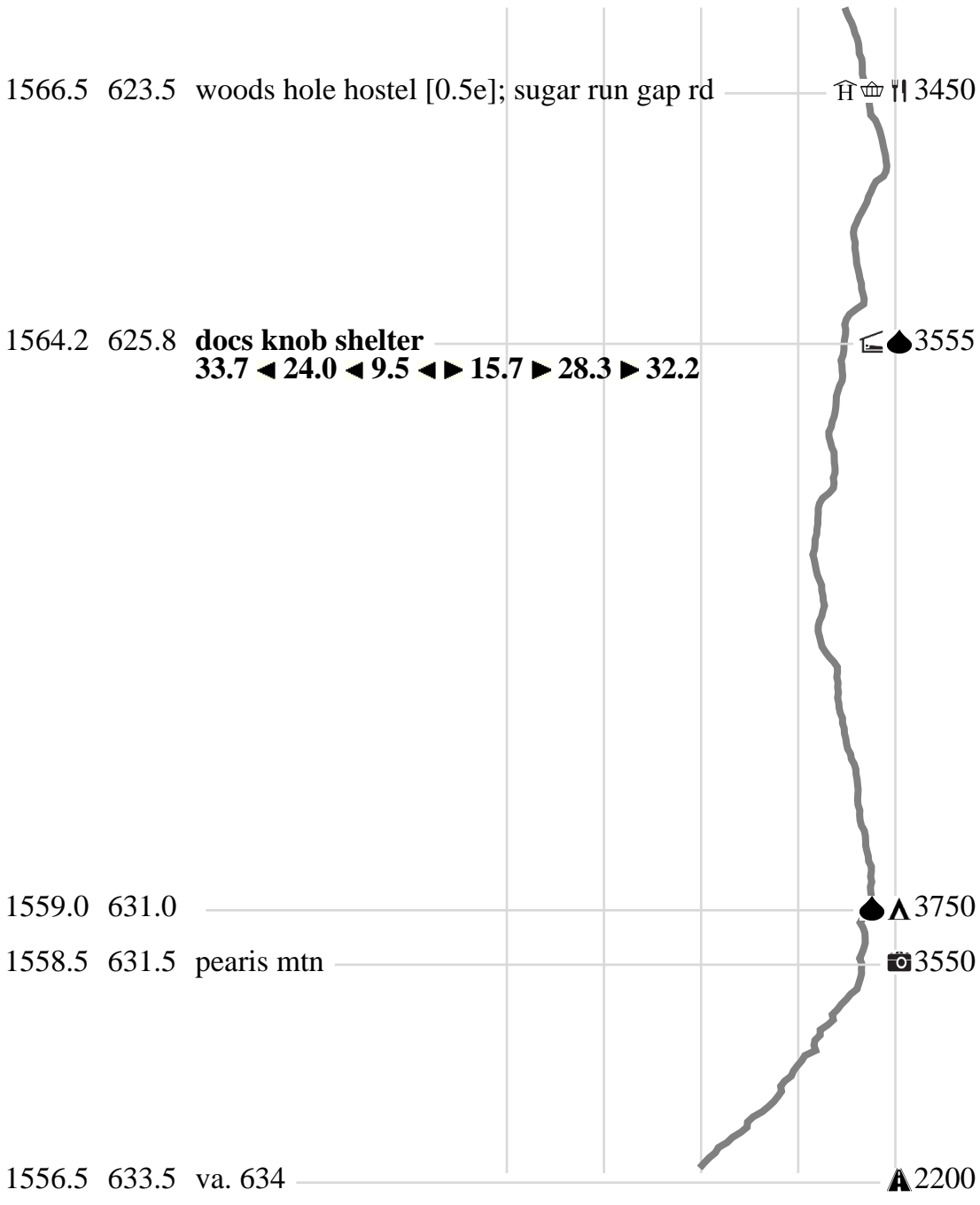


1588.2 601.8 **jenny knob shelter**   2800
 33.9 ◀ 23.2 ◀ 9.7 ◀ ▶ 14.5 ▶ 24.0 ▶ 39.7

1587.0 603.0 va. 608  2200

1581.7 608.3 trents grocery store [0.5w]; va. 606    2100





608.3: Va. 606



Trents Grocery Store [0.5W]

623.5: Sugar Run Gap Rd



Woods Hole Hostel [0.5E] (540) 921-3444

<http://www.woodsholehostel.com> *Woodshole*

Hostel, 3696 Sugar Run Rd., Pearisburg, VA

24134

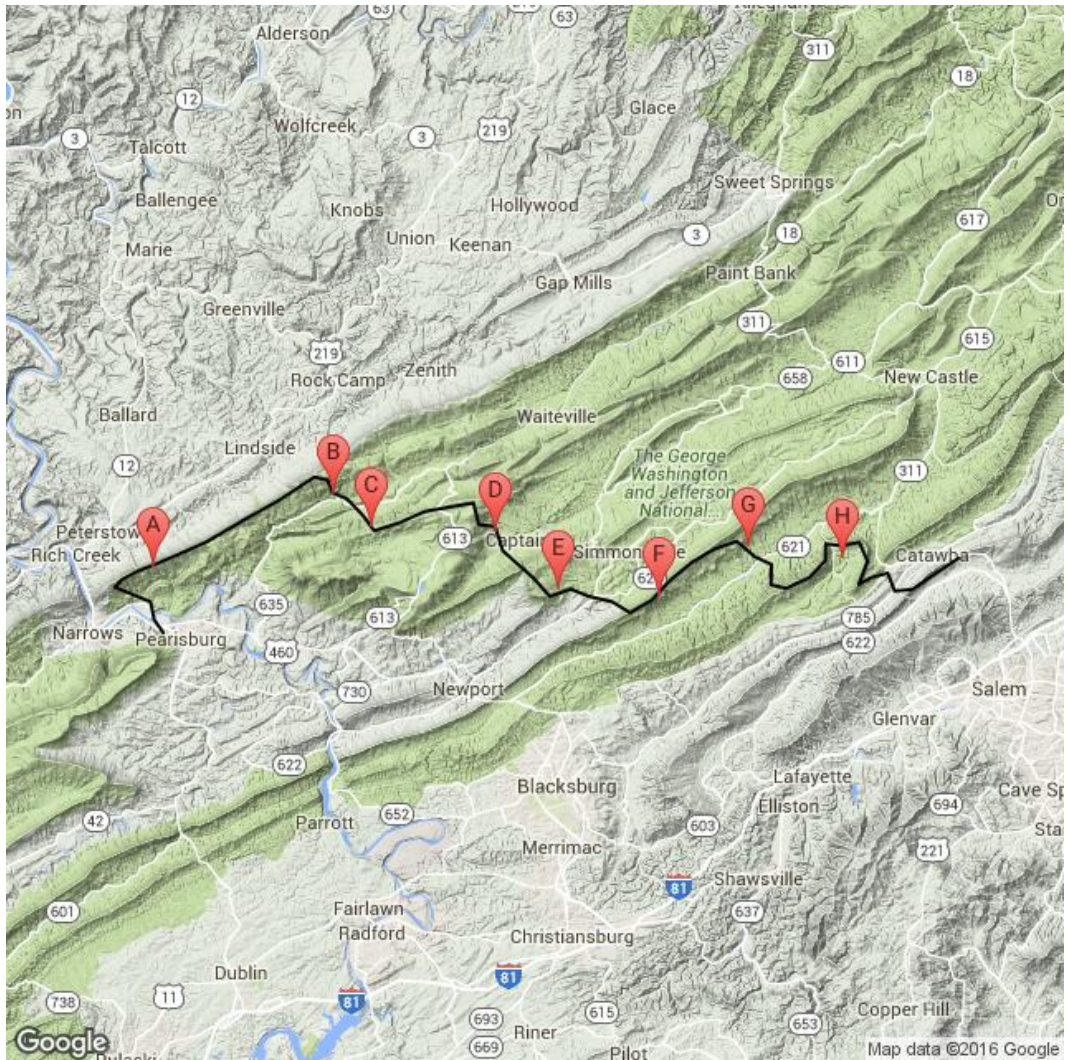
Pearisburg to Catawba

Va. 634 to VA 311

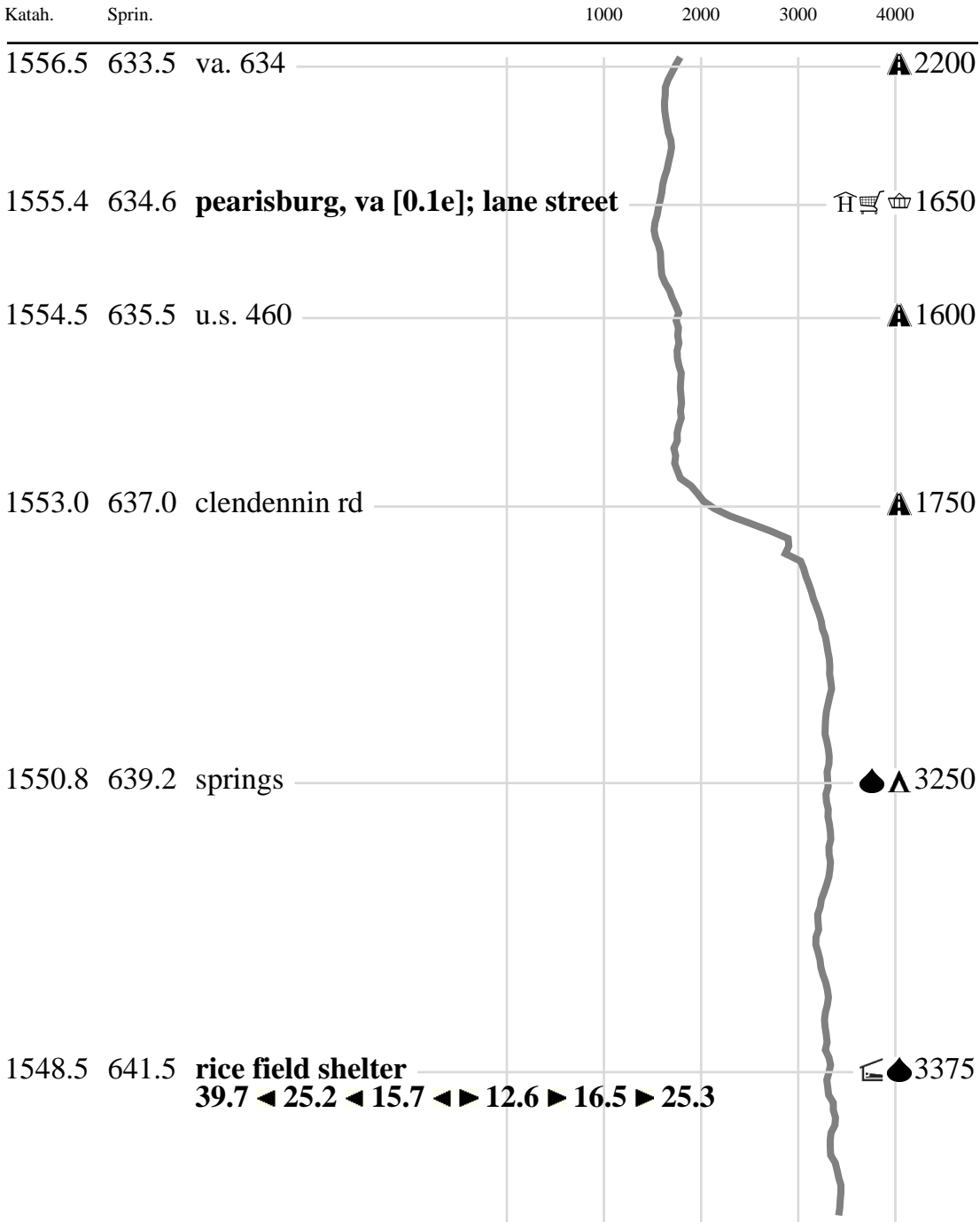
74.2 miles, avg. grade: 7.5%, high: 4093 ft, low: 1516 ft

For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3015>.

Thank you [trpost](#) for contributing the most recent edits to this section!



A: Rice Field Shelter, B: Pine Swamp Branch Shelter, C: Bailey Gap Shelter, D: War Spur Shelter, E: Laurel Creek Shelter, F: Sarver Hollow Shelter, G: Niday Shelter, H: Pickle Branch Shelter



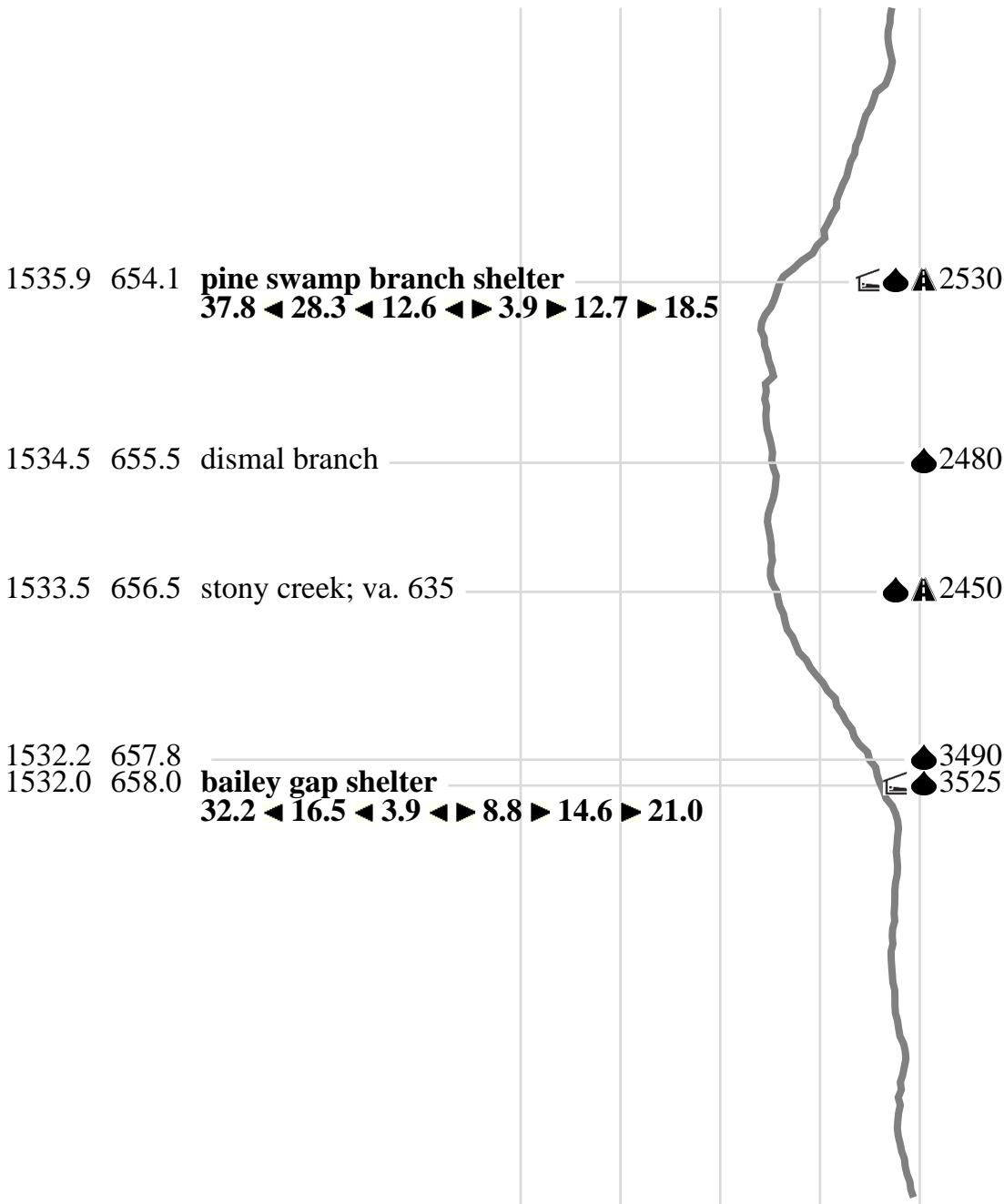
1546.9 643.1

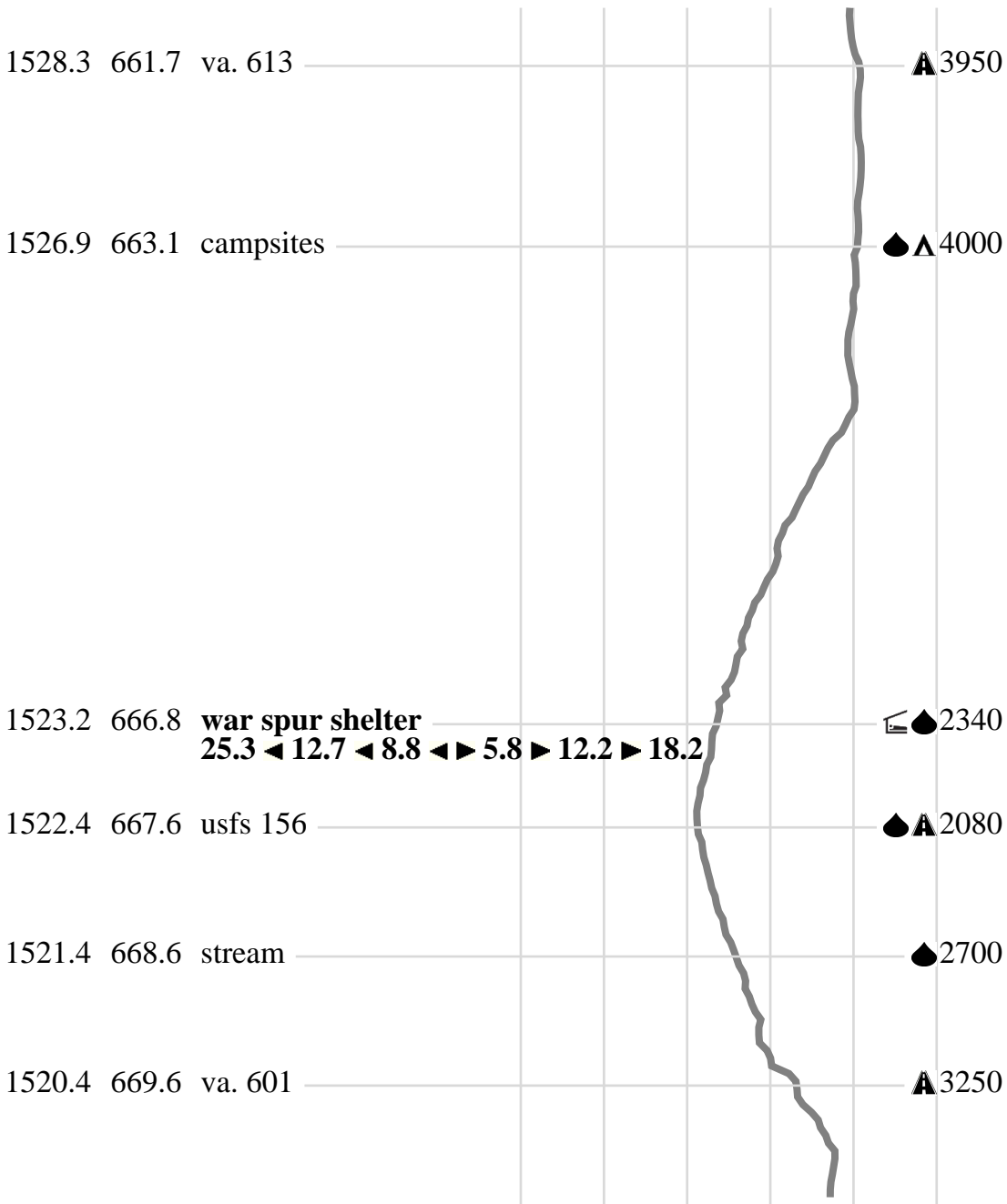
▲ 3300

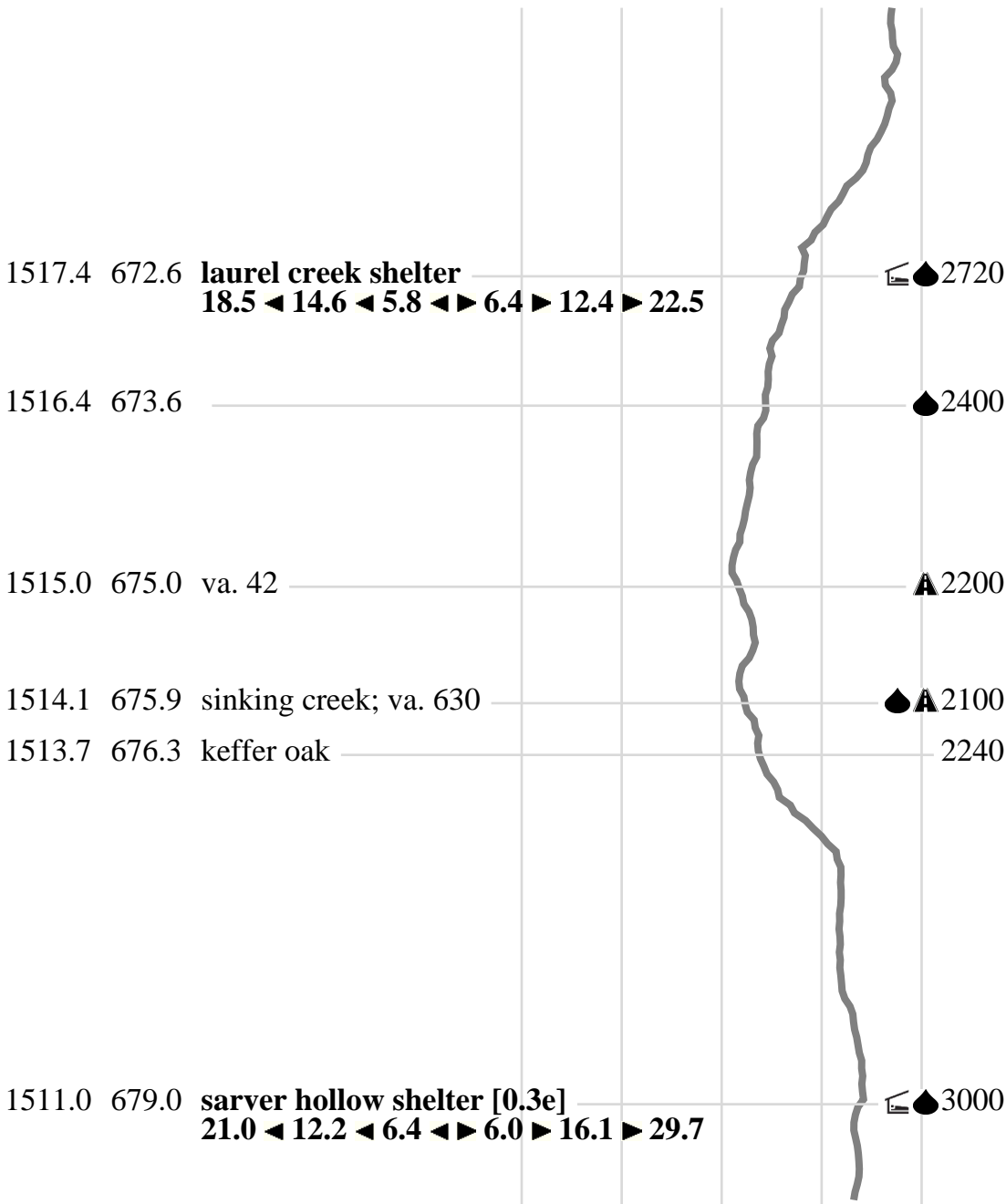
1543.4 646.6

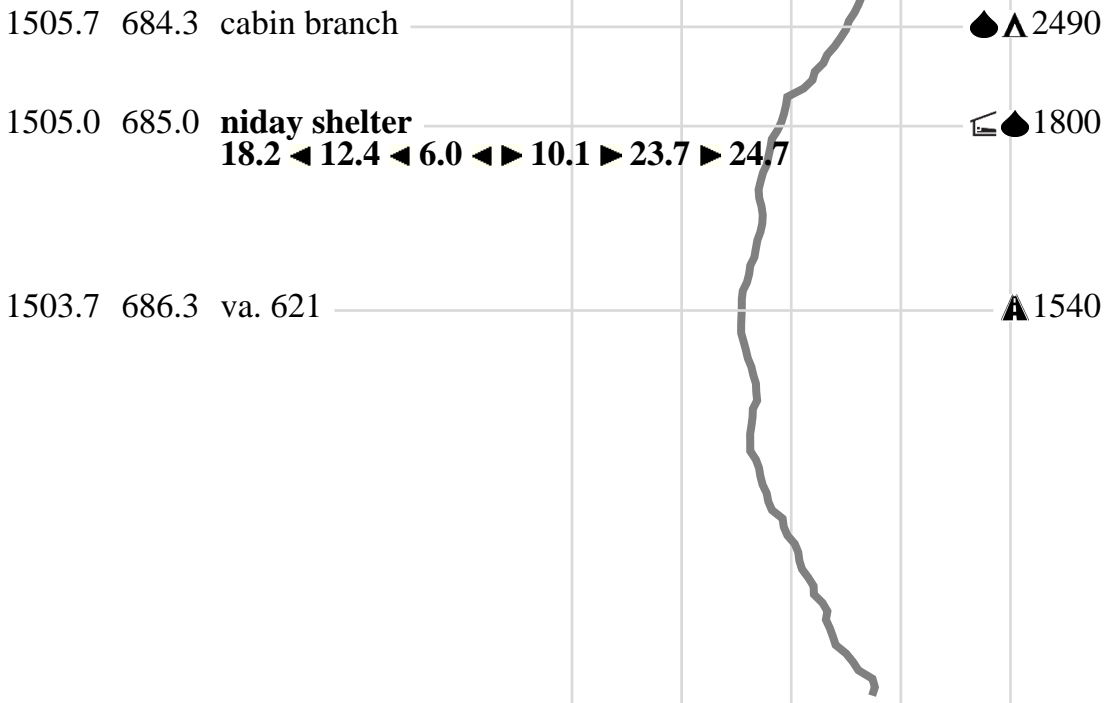
▲ 3320

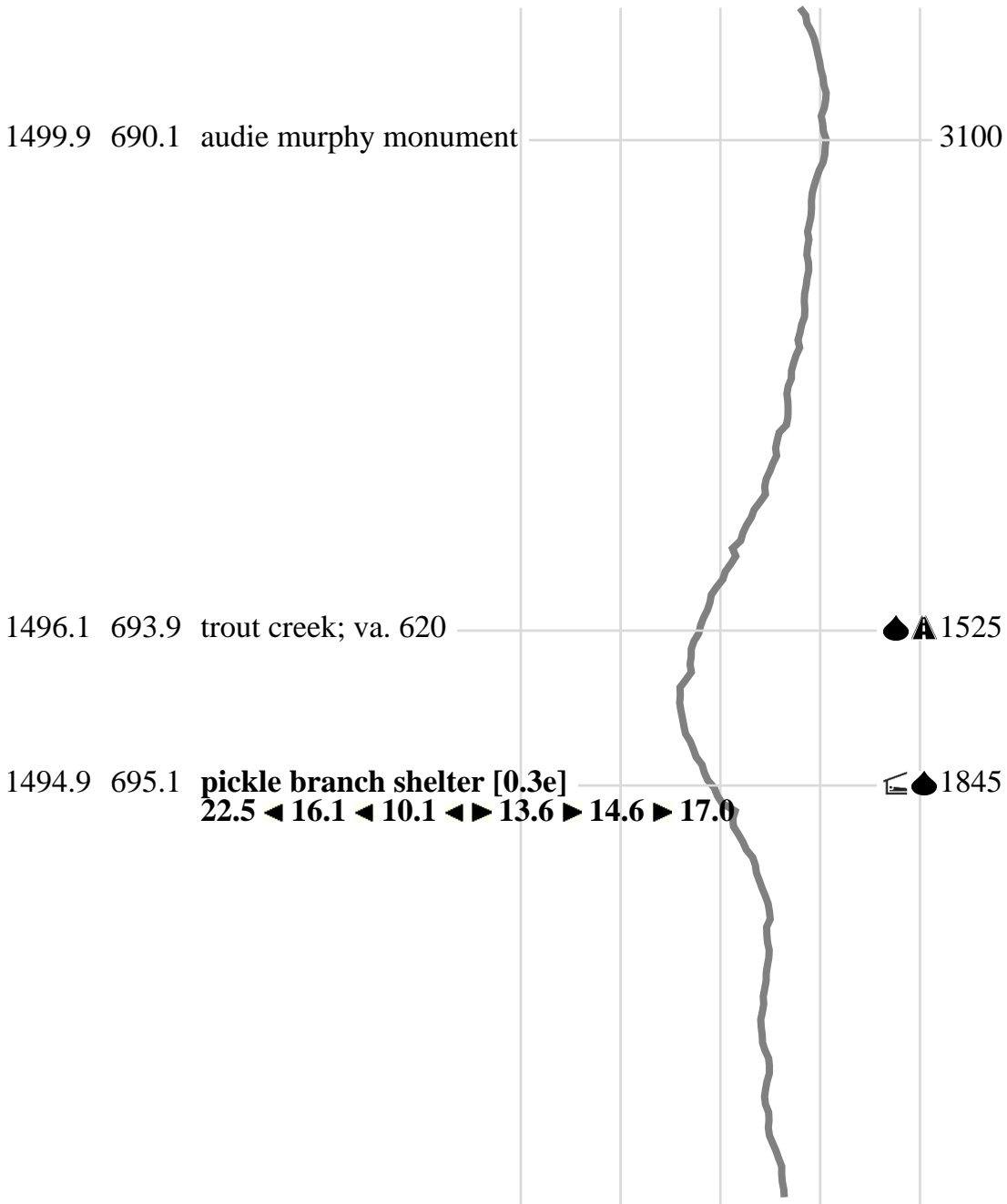


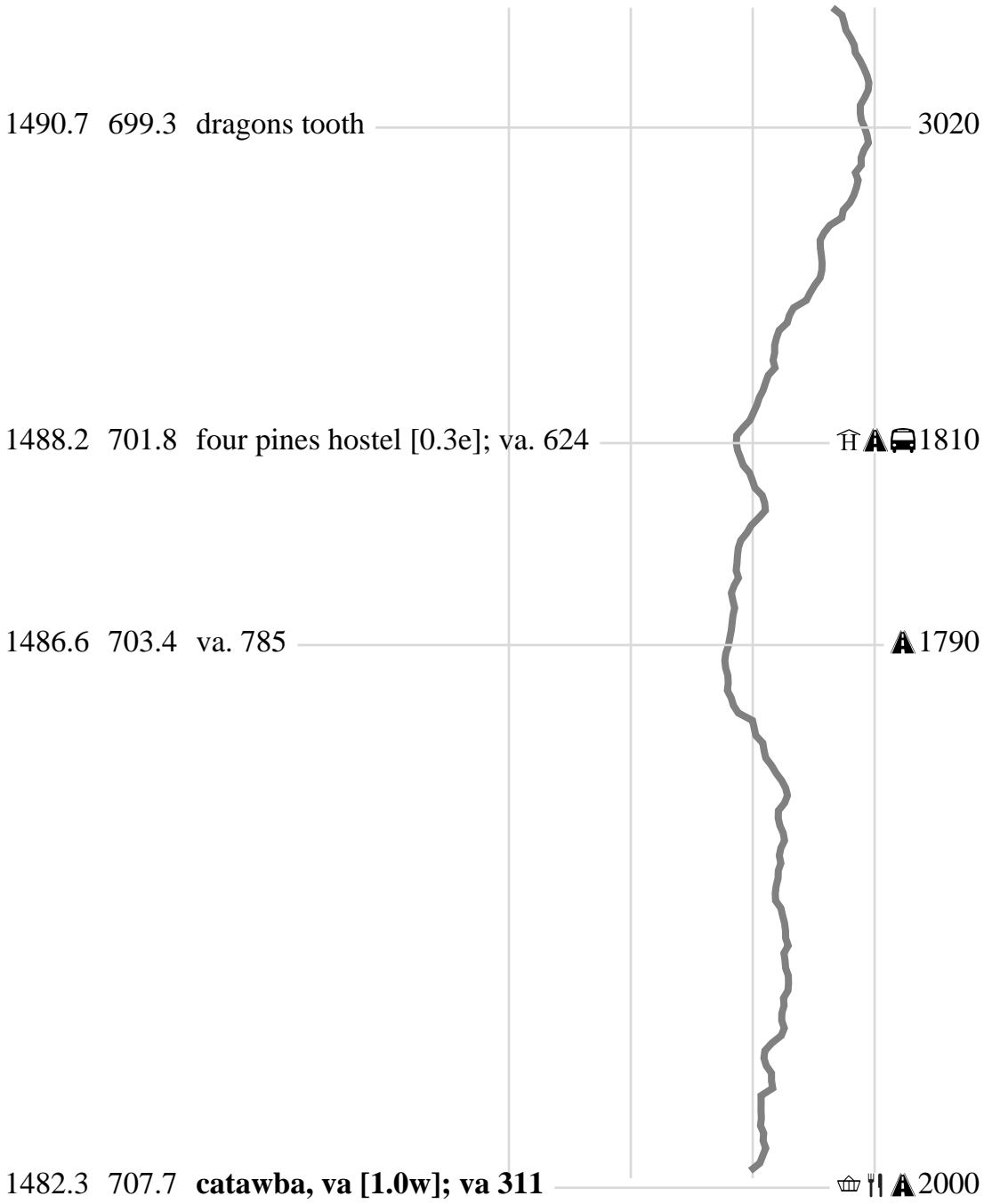




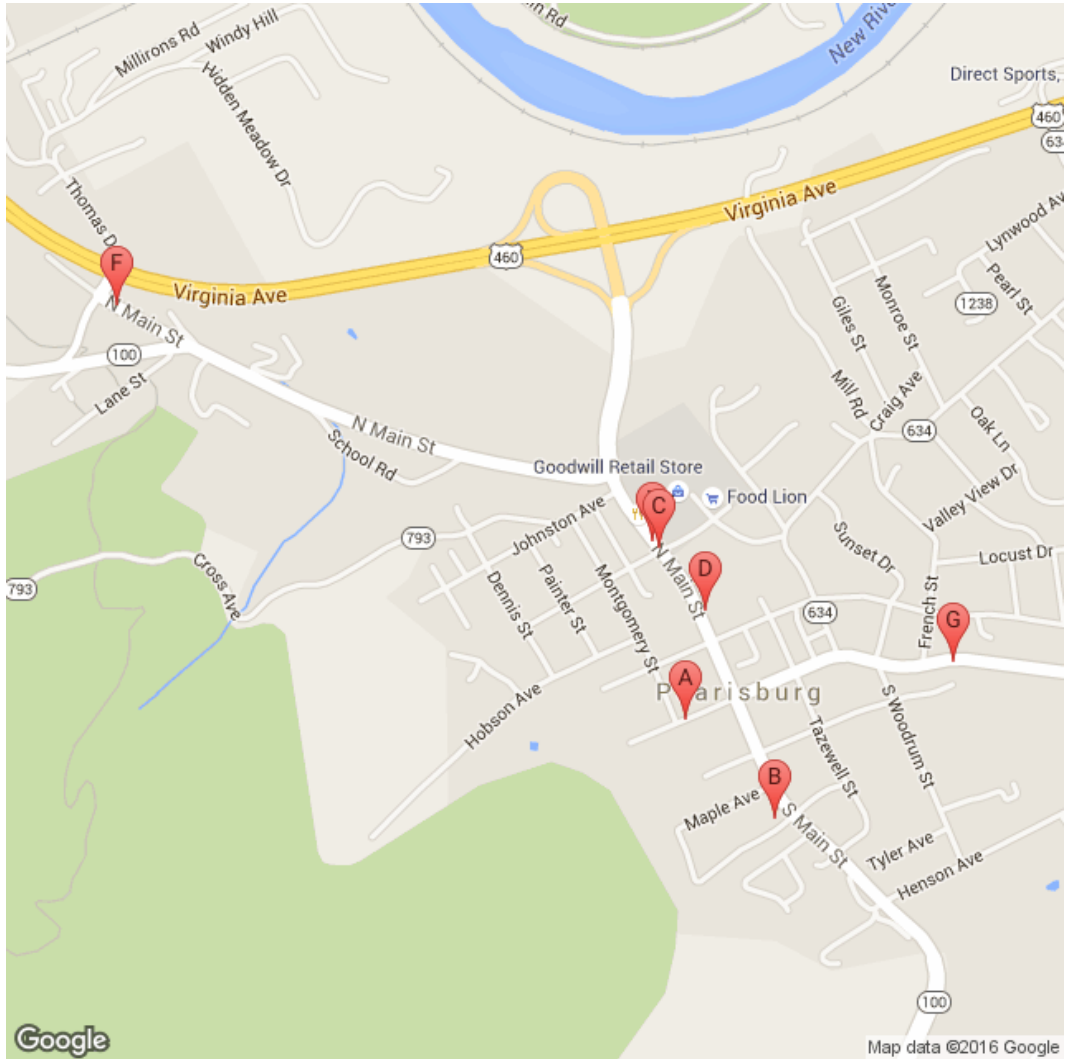








Pearisburg, VA



A: Courthouse Cafe, B: Food Lion, C: Holiday Motor Lodge, D: Pearisburg, VA PO, E: Plaza Motel, F: Rendezvous Motel, G: Sav-a-Lot

634.6: Lane Street

Pearisburg, VA [0.1E]



7-Day Market



Courthouse Cafe 414 Wenonah Ave.,
Pearisburg, VA



Don Raines (540) 921-7344 (email:
ratface20724@aol.com)



Food Lion 302 South Main Street,
Pearisburg, VA, United States



Holiday Motor Lodge (540) 921-1551 401
North Main St, Pearisburg, VA



Holy Family Church Hostel [2.9E]
(540)921-3547



Lucky Star Chinese AYCE



Pearisburg Public Library



Pearisburg, VA PO (540) 921-1100
Pearisburg, VA, United States 24134 M-Tu
Th-F 9-4:30, W 9-1, Sa 10-12



Pizza Hut AYCE



Pizza Plus AYCE



Plaza Motel (540) 921-2591 415 North Main
St., Pearisburg, VA



Rendevous Motel (540) 921-2636 795 North
Main St., Pearisburg, VA 24134



Rite Aid



Sav-a-Lot 900 Wenonah Avenue, Pearisburg,
VA, United States



Tom Hoffman (540) 921-1184 (email:
gopullman@aol.com)

701.8: Va. 624



Four Pines Hostel [0.3E] 540-309-8615
<http://www.fourpineshostel.com/> (email:
bifmitch@gmail.com) Donation-based hostel
near the trail. Owner, Joe, generously shuttles
hikers to the nearby Homeplace restaurant
(when it is open).

707.7: VA 311

Catawba, VA [1.0W]



Catawba Valley General Store [0.5]



Catawba, VA PO (540) 384-6011 24070 M-F

7:30-12 1-5, Sa 8-10:30



Homeplace Restaurant AYCE homestyle

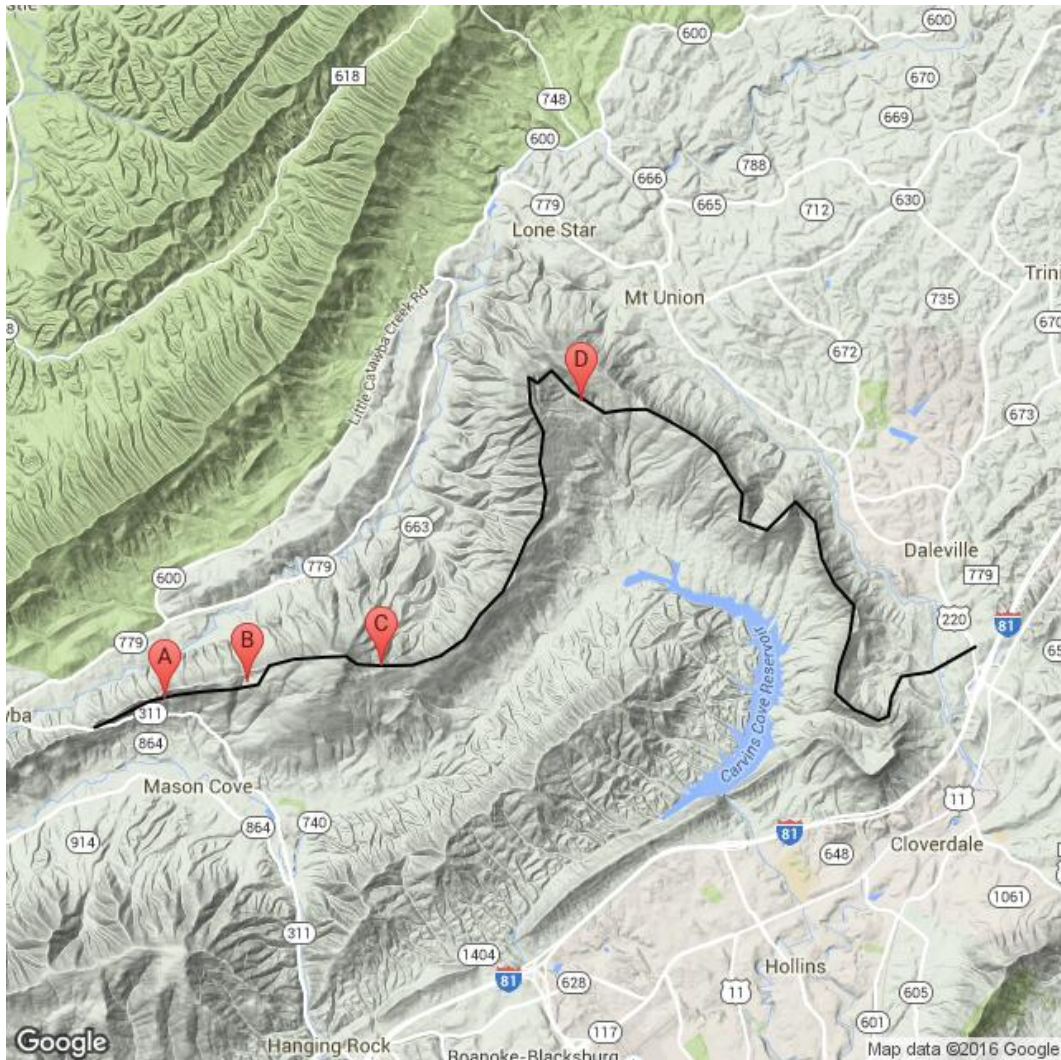
Catawba to Daleville

VA 311 to US 220

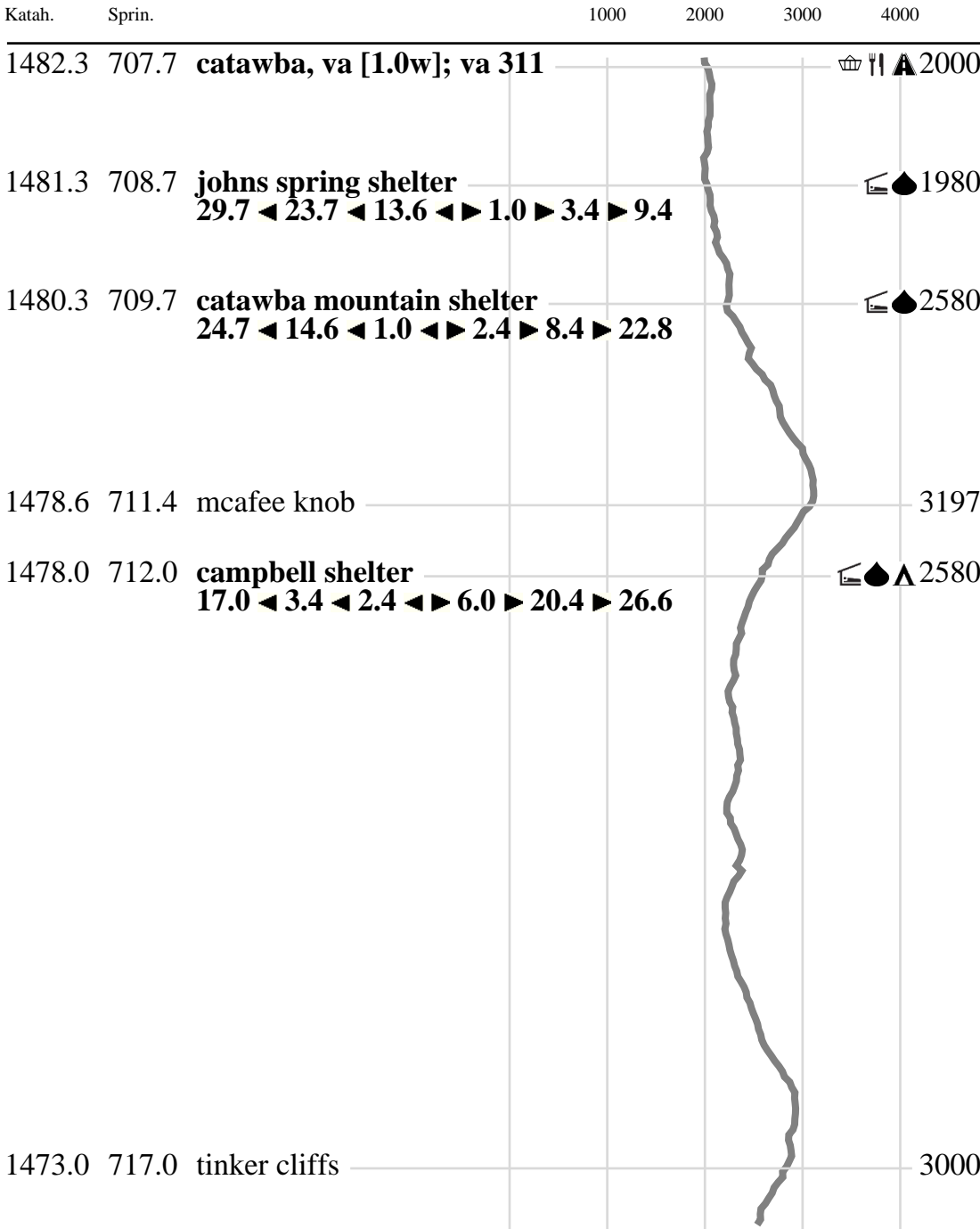
19.8 miles, avg. grade: 7.9%, high: 3197 ft, low: 1167 ft

For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3016>.

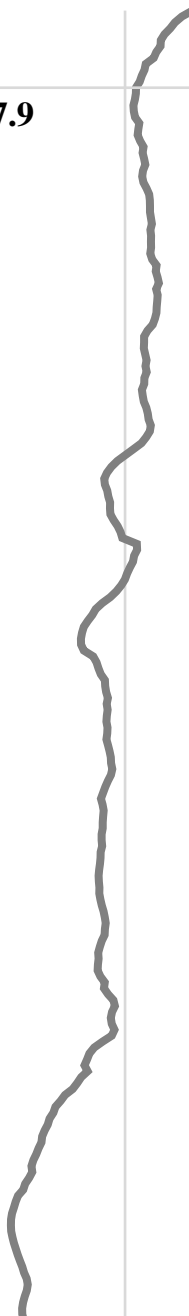
Thank you [trpost](#) for contributing the most recent edits to this section!



A: Johns Spring Shelter, B: Catawba Mountain Shelter, C: Campbell Shelter, D: Lamberts Meadow Shelter

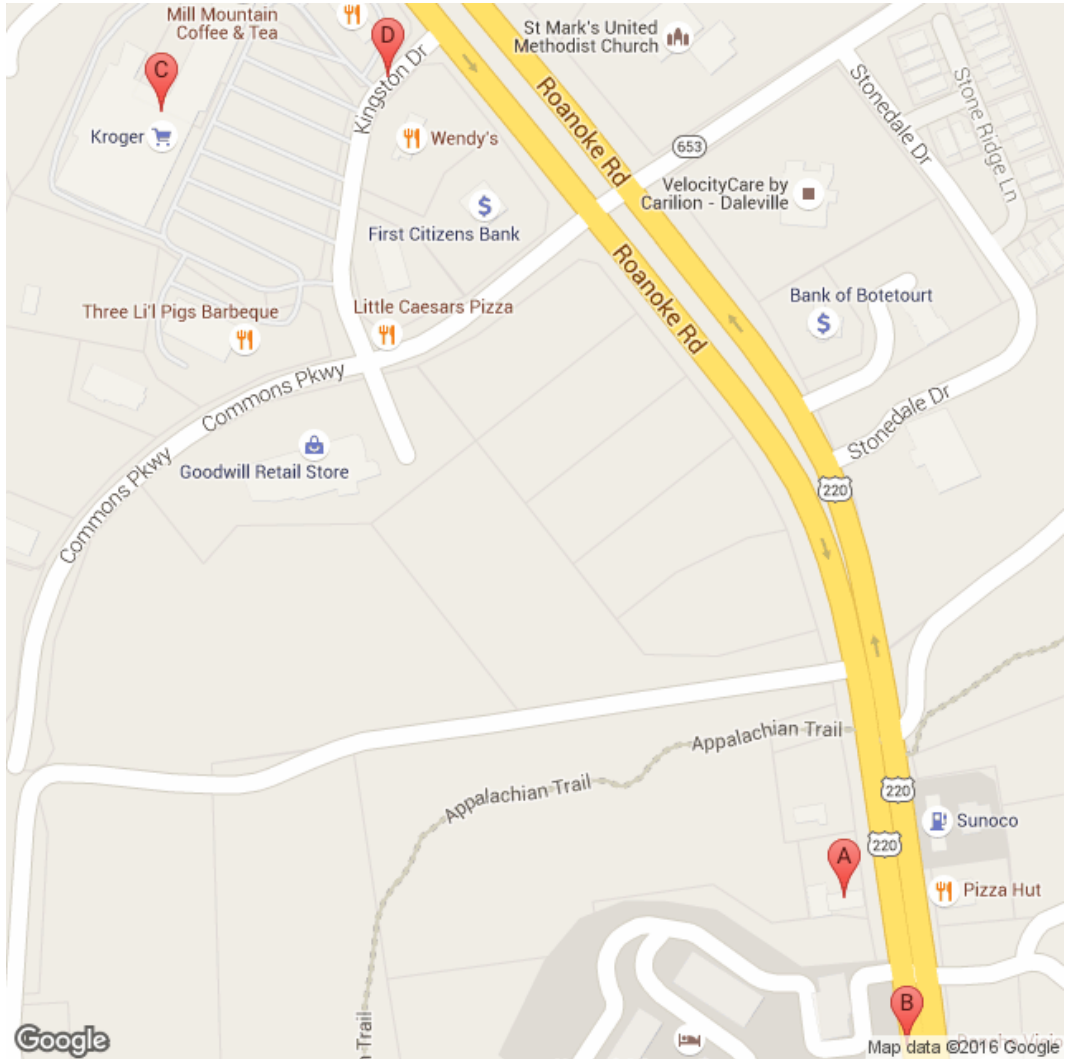


1471.9 718.1 **lamberts meadow shelter**    2080
 9.4 ◀ 8.4 ◀ 6.0 ◀ ▶ 14.4 ▶ 20.6 ▶ 27.9



1462.5 727.5 **daleville, va; cloverdale, va [2.3e]; us 220**    1300

Daleville, VA



A: BP Market, B: Howard Johnson Express Inn, C: Kroger Super Store, D: Outdoor Trails

712.0



Pig Farm Campsite

718.4



Lamberts Meadow Campsite



Sawmill Run

727.5: US 220

Daleville, VA



3 Little Pigs BBQ



BP Market [0.1] 245 Roanoke Rd, Daleville,
VA 24083



CL Asian AYCE L



Daleville, VA PO (540) 992-4422 24083 M-F
8-5, Sa 8-12



Howard Johnson Express Inn (540)
992-1234 437 Roanoke Road, Daleville, VA
24083 includes B



Kroger Super Store [0.5] 72 Kingston Dr,
Daleville, VA 24083



Outdoor Trails (540) 992-5850 *Botetourt
Commons, 28 Kingston Dr., Daleville, VA
24083*



Pizza Hut



Rancho Viejo Mexican



Super 8 (540) 992-3000

Cloverdale, VA [2.3E]



Cloverdale, VA PO (540) 992-2334 24077
M-F 8:30-11 11:30-4, Sa 9-12

Daleville to James River

US 220 to US 501

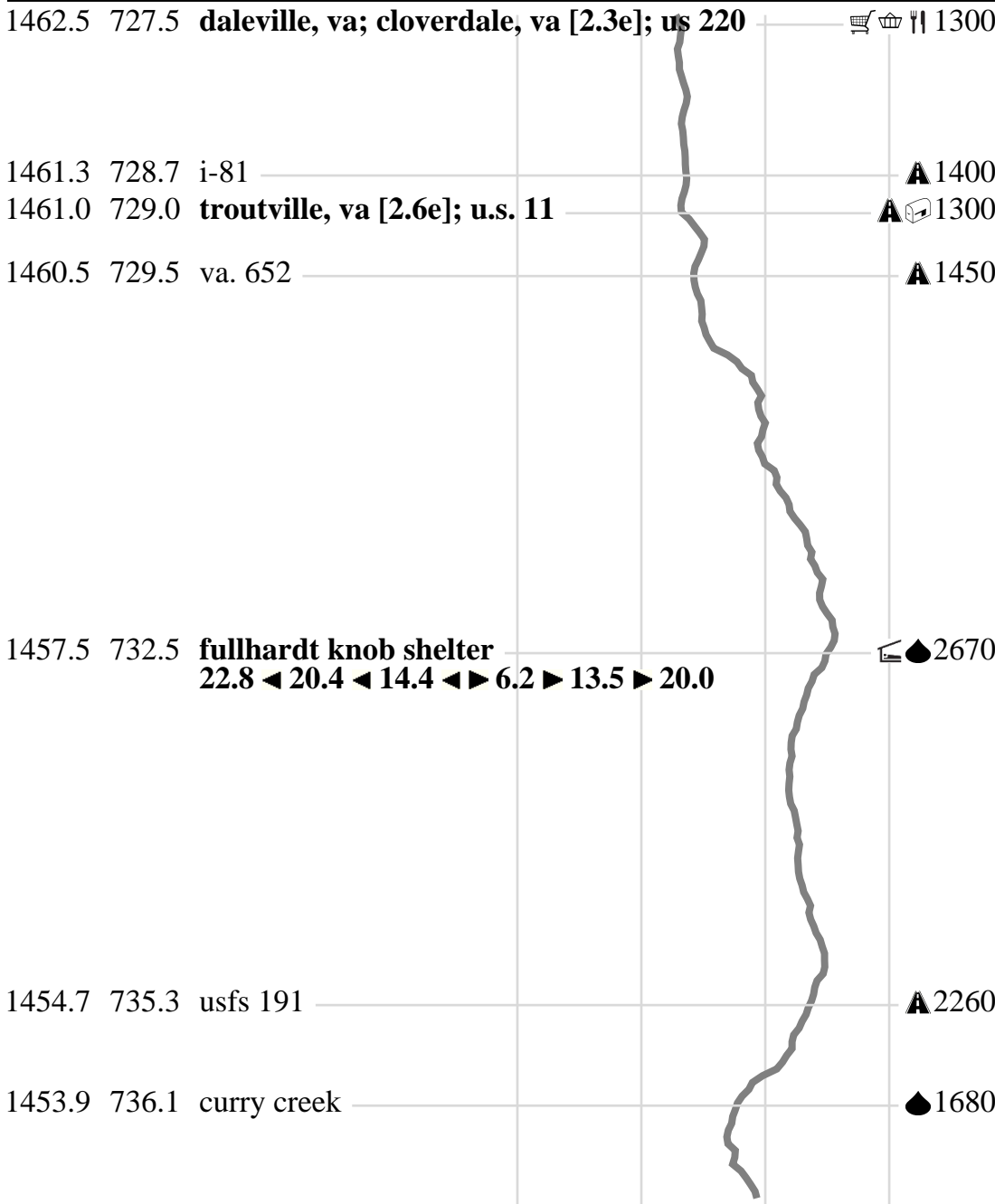
56.8 miles, avg. grade: 8.8%, high: 4177 ft, low: 678 ft

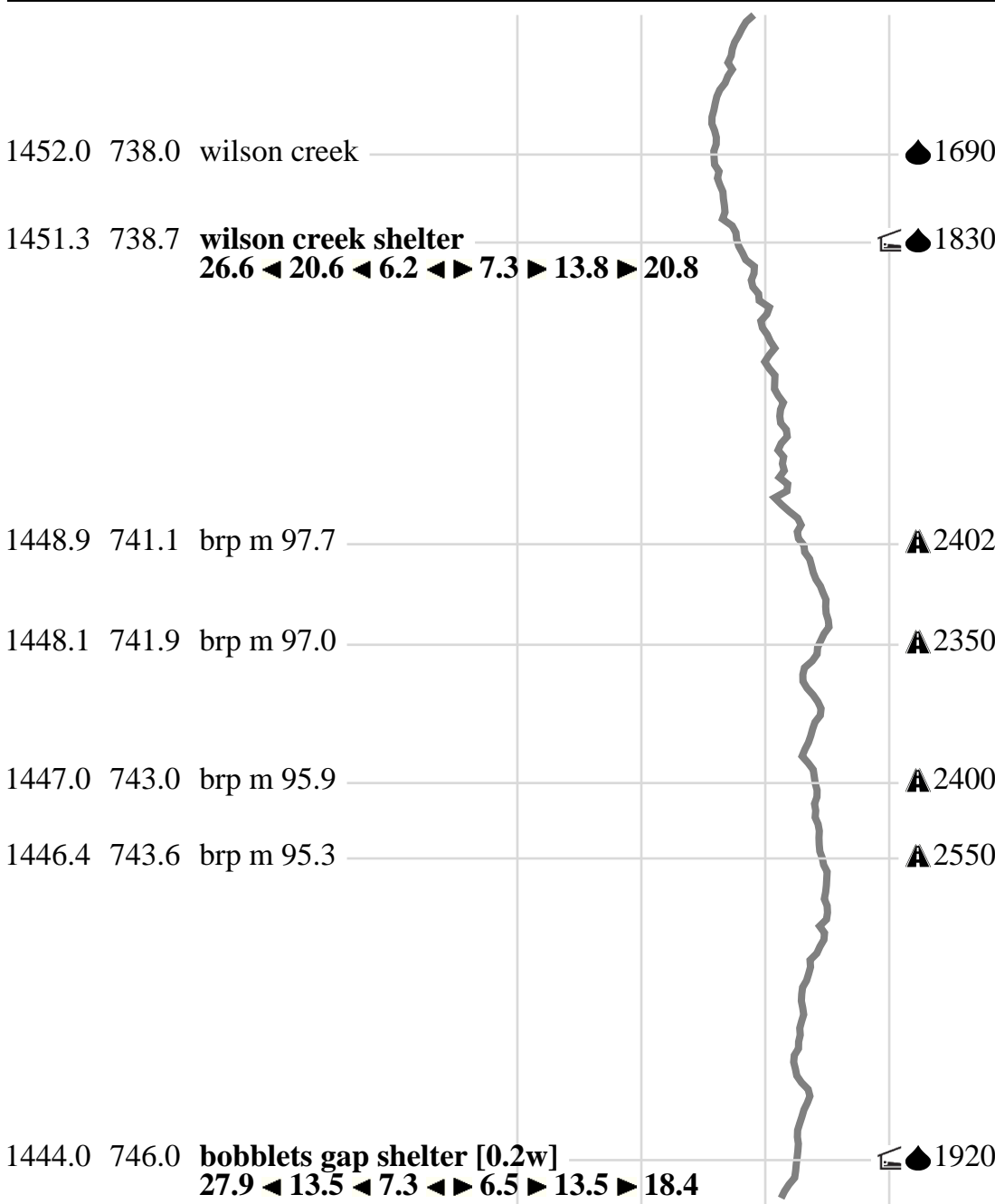
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3017>.

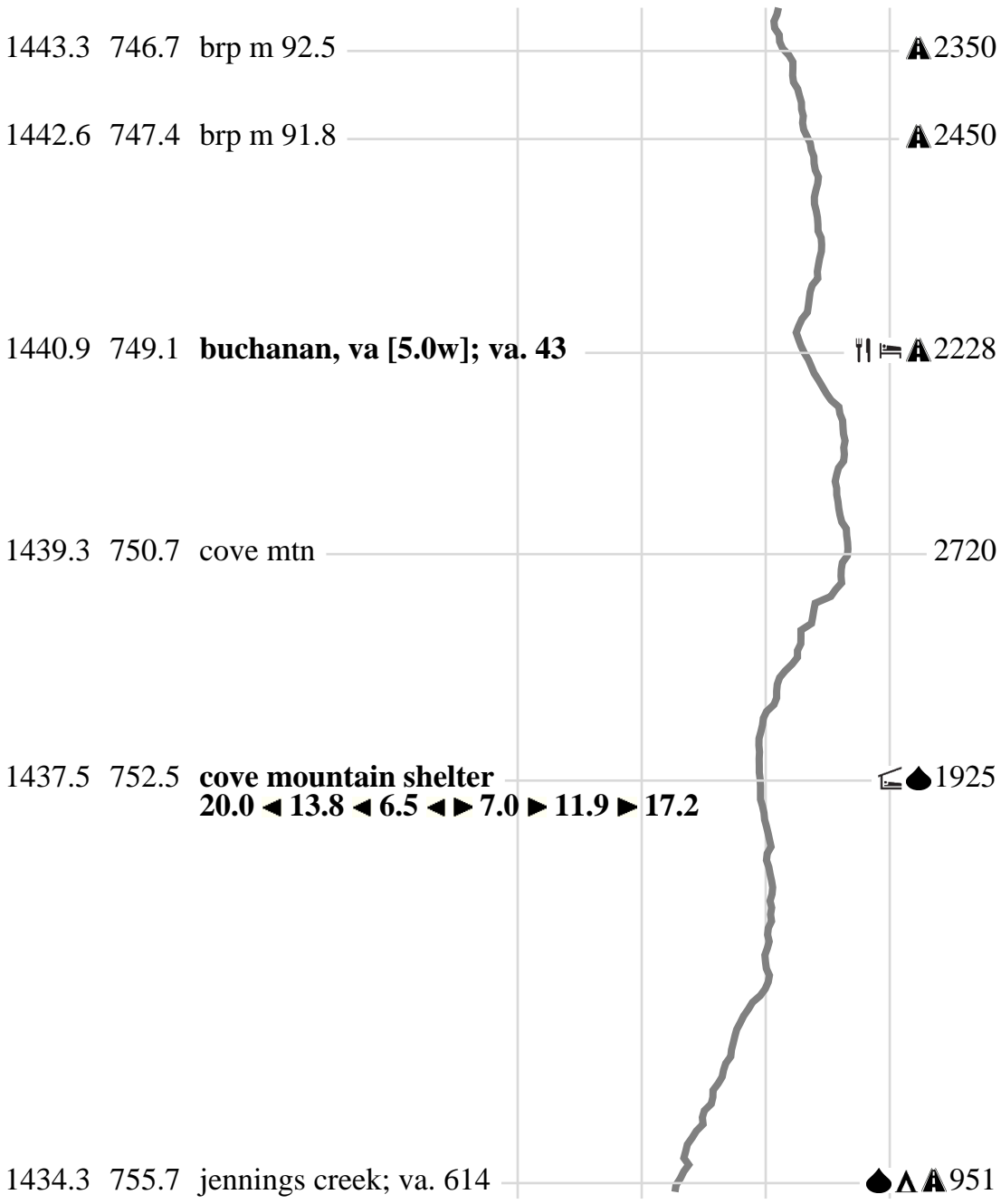
Thank you [trpost](#) for contributing the most recent edits to this section!

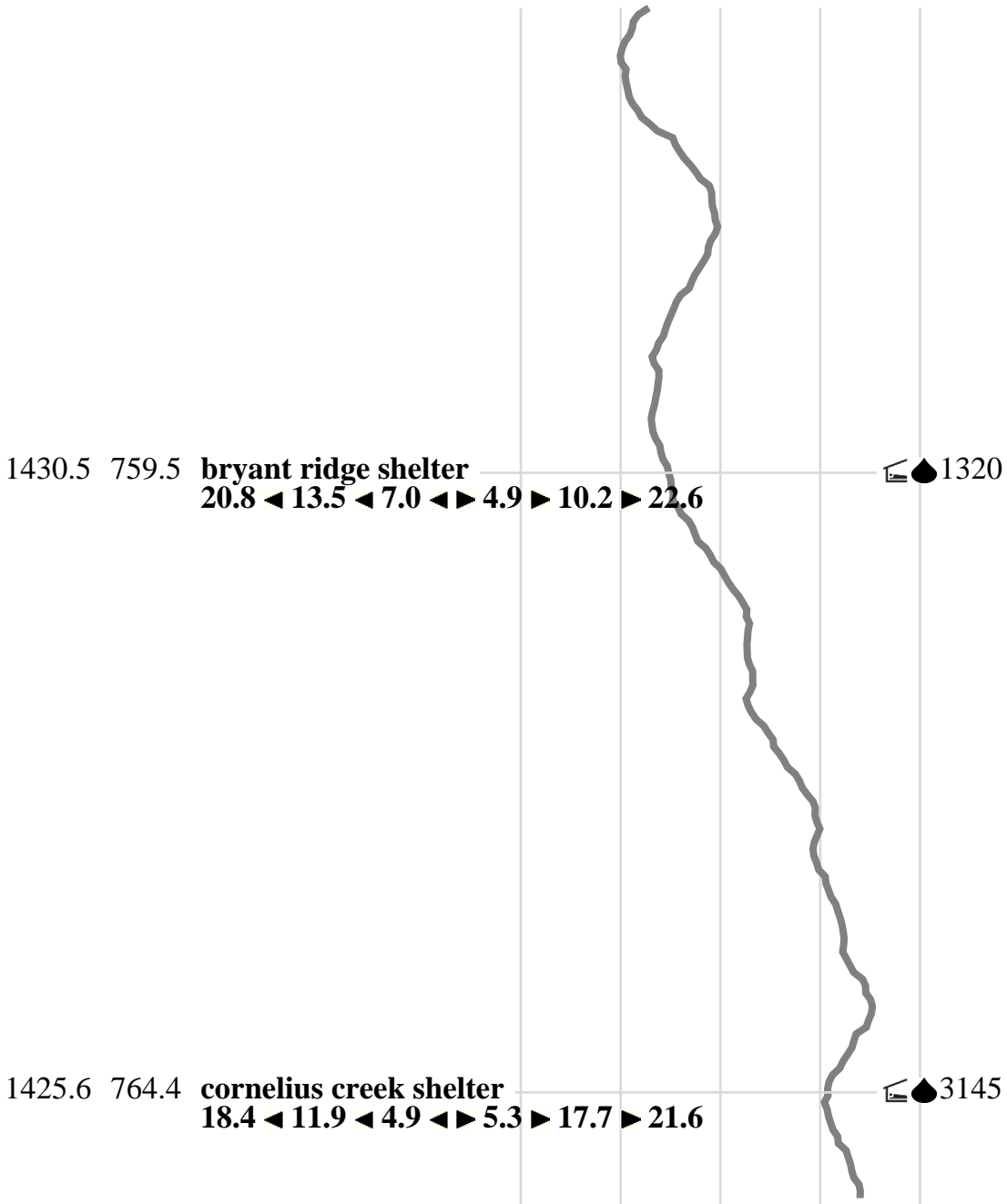


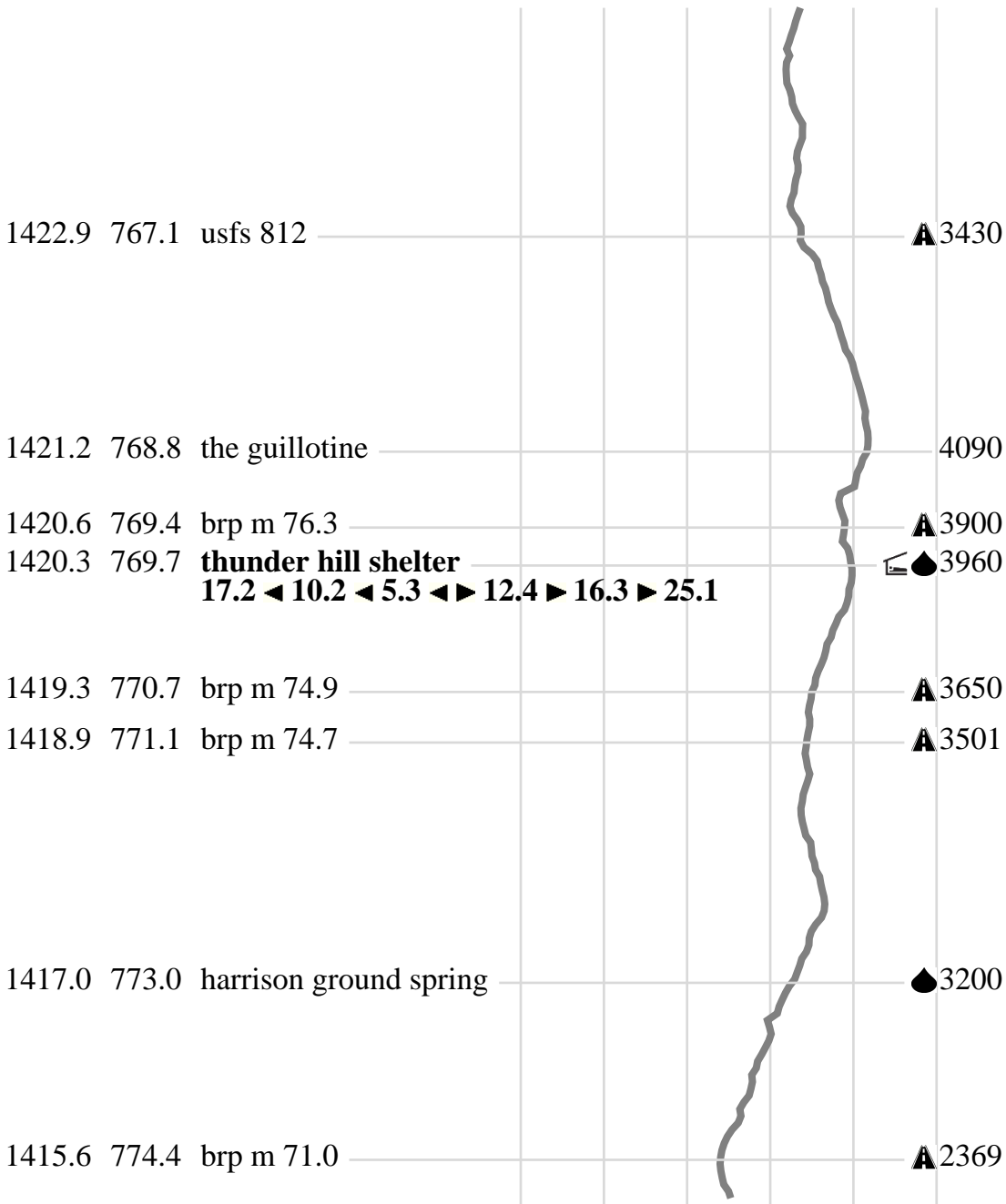
A: Fullhardt Knob Shelter, B: Wilson Creek Shelter, C: Bobblets Gap Shelter, D: Cove Mountain Shelter, E: Bryant Ridge Shelter, F: Cornelius Creek Shelter, G: Thunder Hill Shelter, H: Matts Creek Shelter

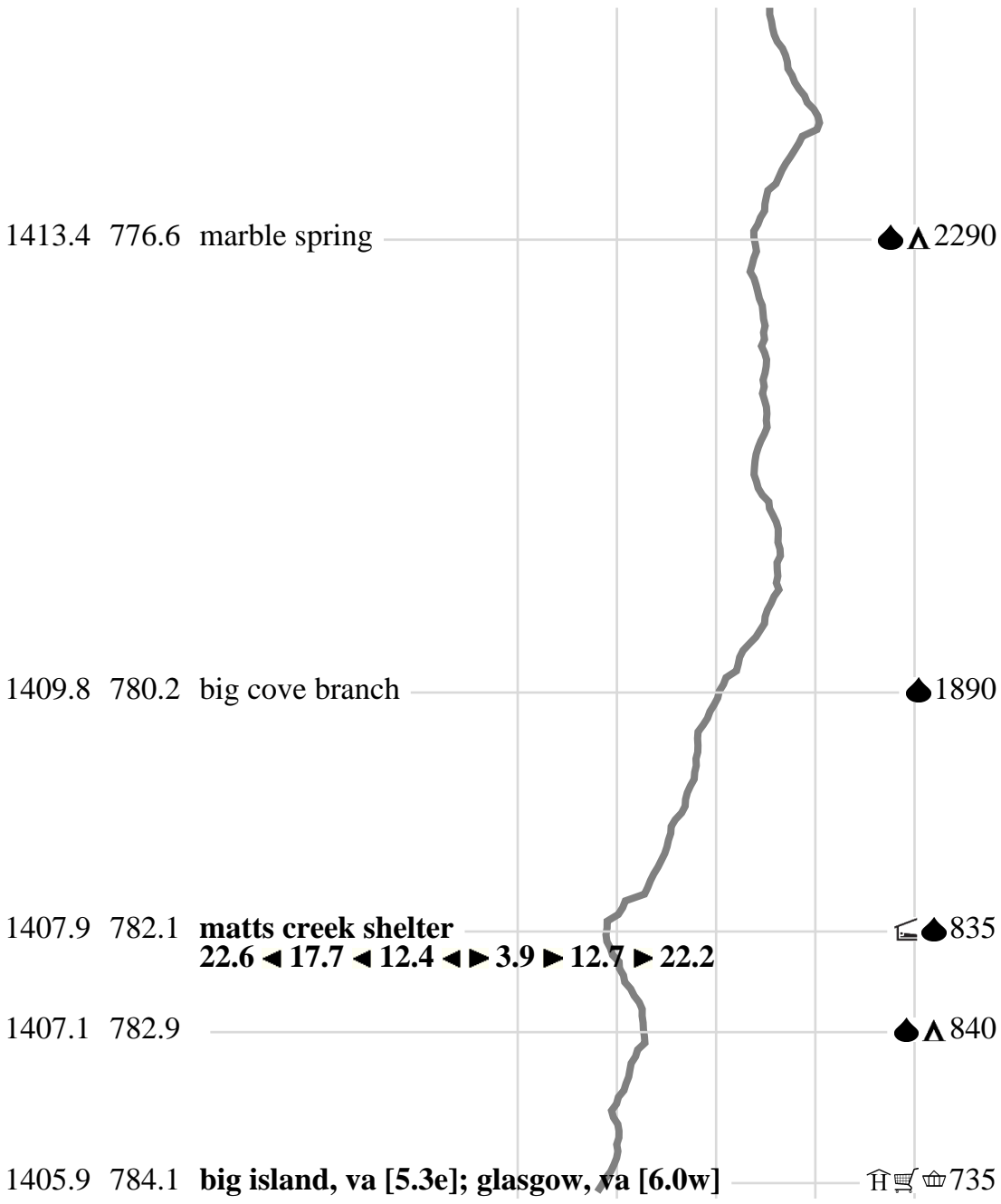












729.0: U.S. 11

Troutville, VA [2.6E]



Troutville, VA PO (540) 992-1472 24175
M-F 9-12 1-5, Sa 9-11

749.1: Va. 43

Buchanan, VA [5.0W]



Buchanan Library



Buchanan, VA PO (540) 254-2178 24066
M-F 8:30-1 1:30-4:30, Sa 10-12



Wattstull Motel Restaurant (540) 254-1551

784.3: US 501

Big Island, VA [5.3E]



Big Island, VA PO (434) 299-5072 24526
M-F 8:30-12:30 1:30-4:30, Sa 8-10



H and H Market (434) 299-5153 B/L/D

Glasgow, VA [6.0W]



CCs Stop and Go (540) 258-1900



Dollar General



Familys Inn Restaurant (540) 258-1009



Glasgow Grocery Express



Glasgow Hikers Shelter



Glasgow, VA PO (540) 258-2852 24555 M-F
8-11:30 12:30-4:30, Sa 8:30-10:30



Ken Wallace (434) 609-2704



Library M Th 107; T W 105:30, Sa 101

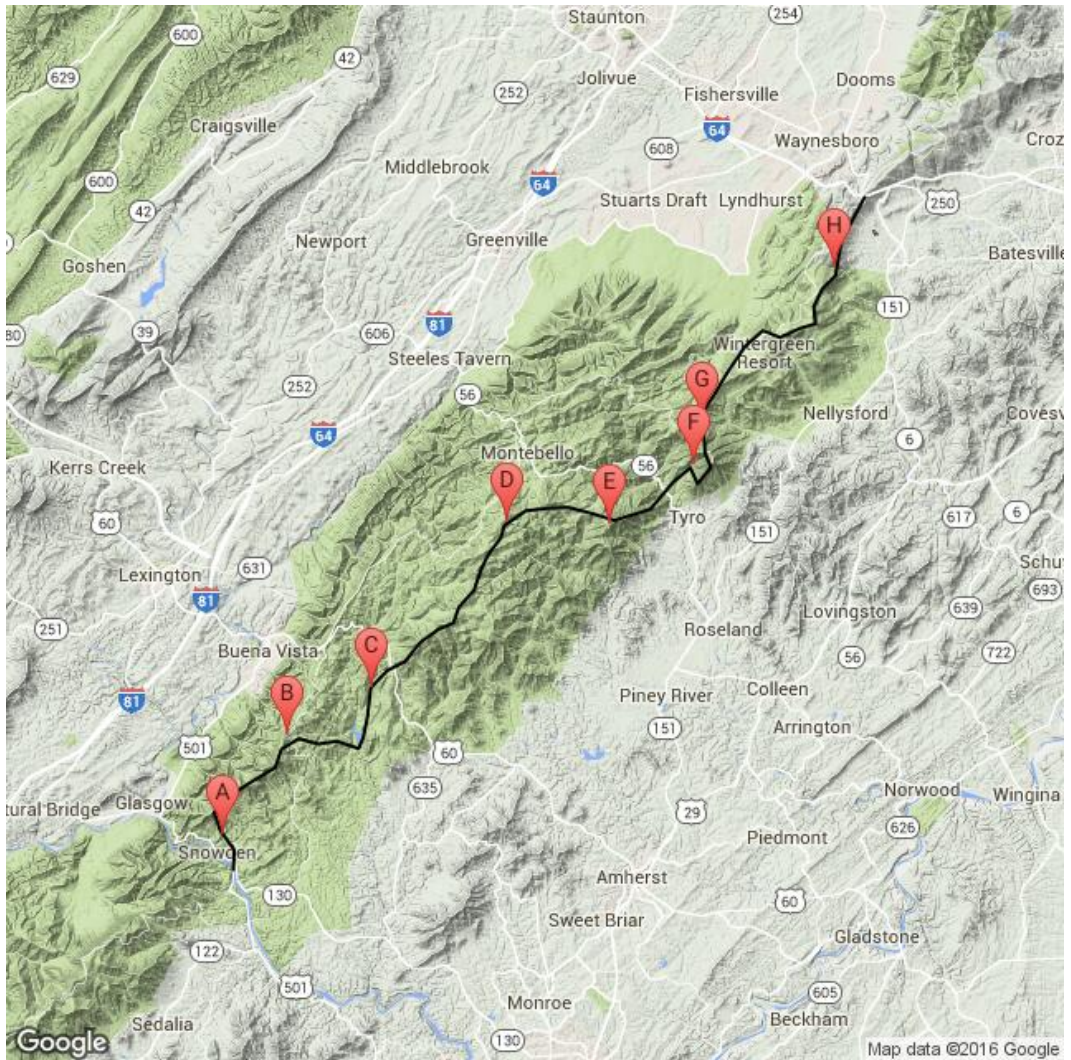
James River to Waynesboro

US 501 to US 250, Rockfish Gap

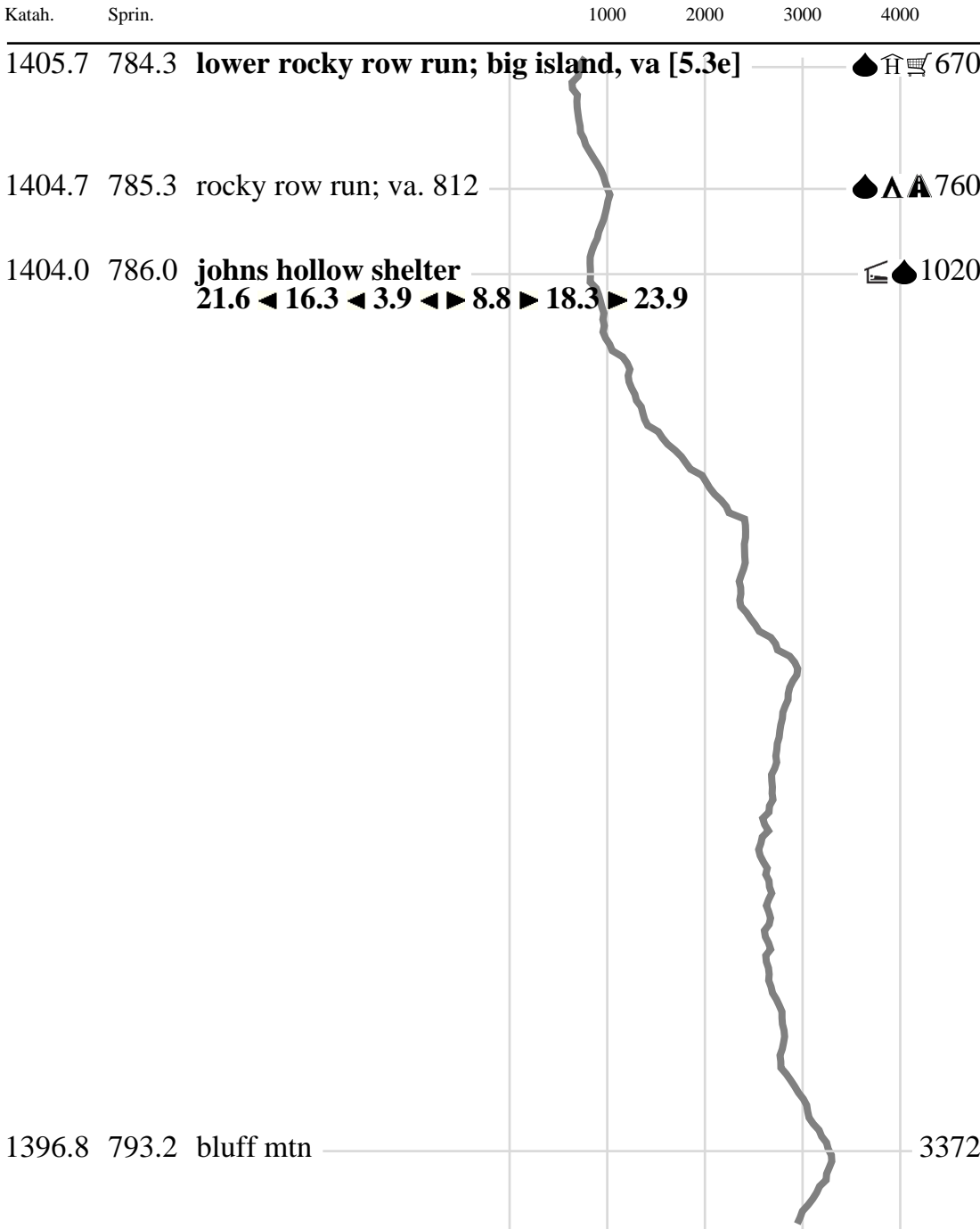
77.0 miles, avg. grade: 9.1%, high: 4063 ft, low: 639 ft

For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3018>.

Thank you [trpost](#) for contributing the most recent edits to this section!



A: Johns Hollow Shelter, B: Punchbowl Shelter, C: Brown Mountain Creek Shelter, D: Seeley-Woodworth Shelter, E: The Priest Shelter, F: Harpers Creek Shelter, G: Maupin Field Shelter, H: Paul C. Wolfe Shelter



1395.2 794.8

punchbowl shelter [0.2w]

2500

1394.8 795.2

25.1 ◀ 12.7 ◀ 8.8 ▶ 9.5 ▶ 15.1 ▶ 25.3
punchbowl mtn crossing, blue ridge

2170

1394.5 795.5

va. 607

2100

1390.7 799.3

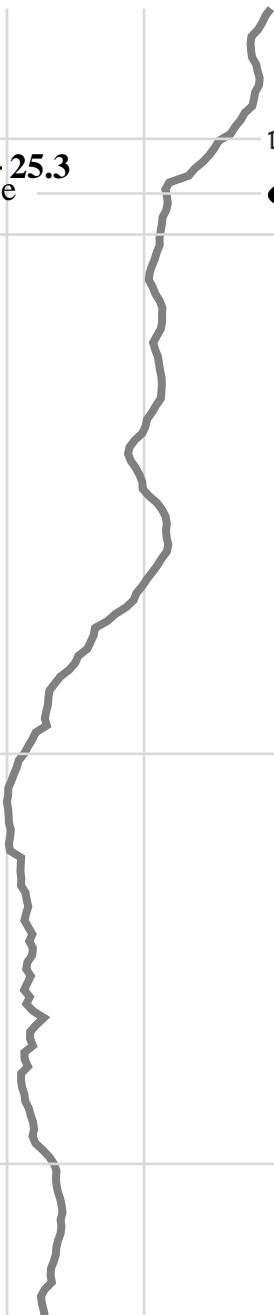
usfs 39

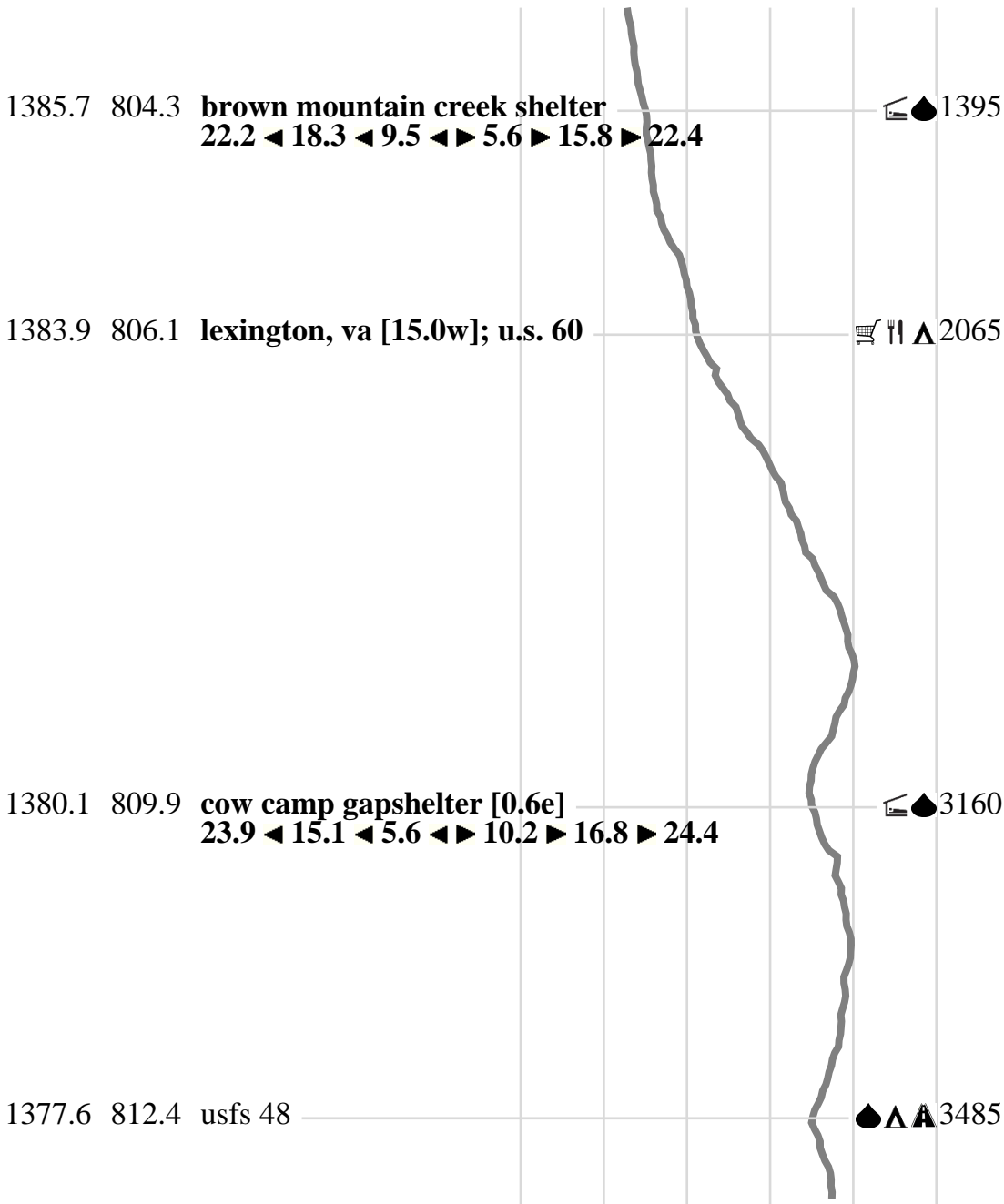
990

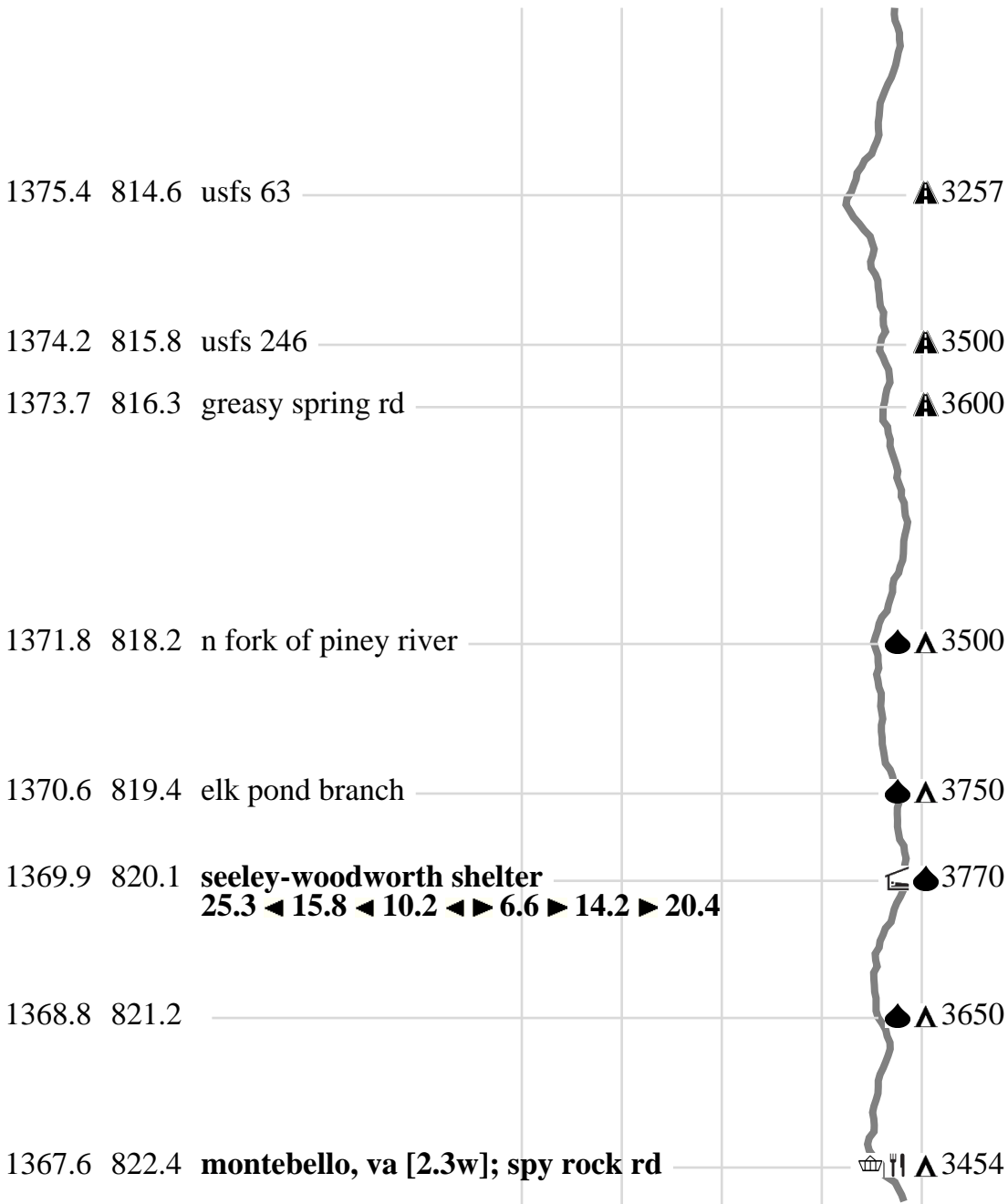
1387.7 802.3

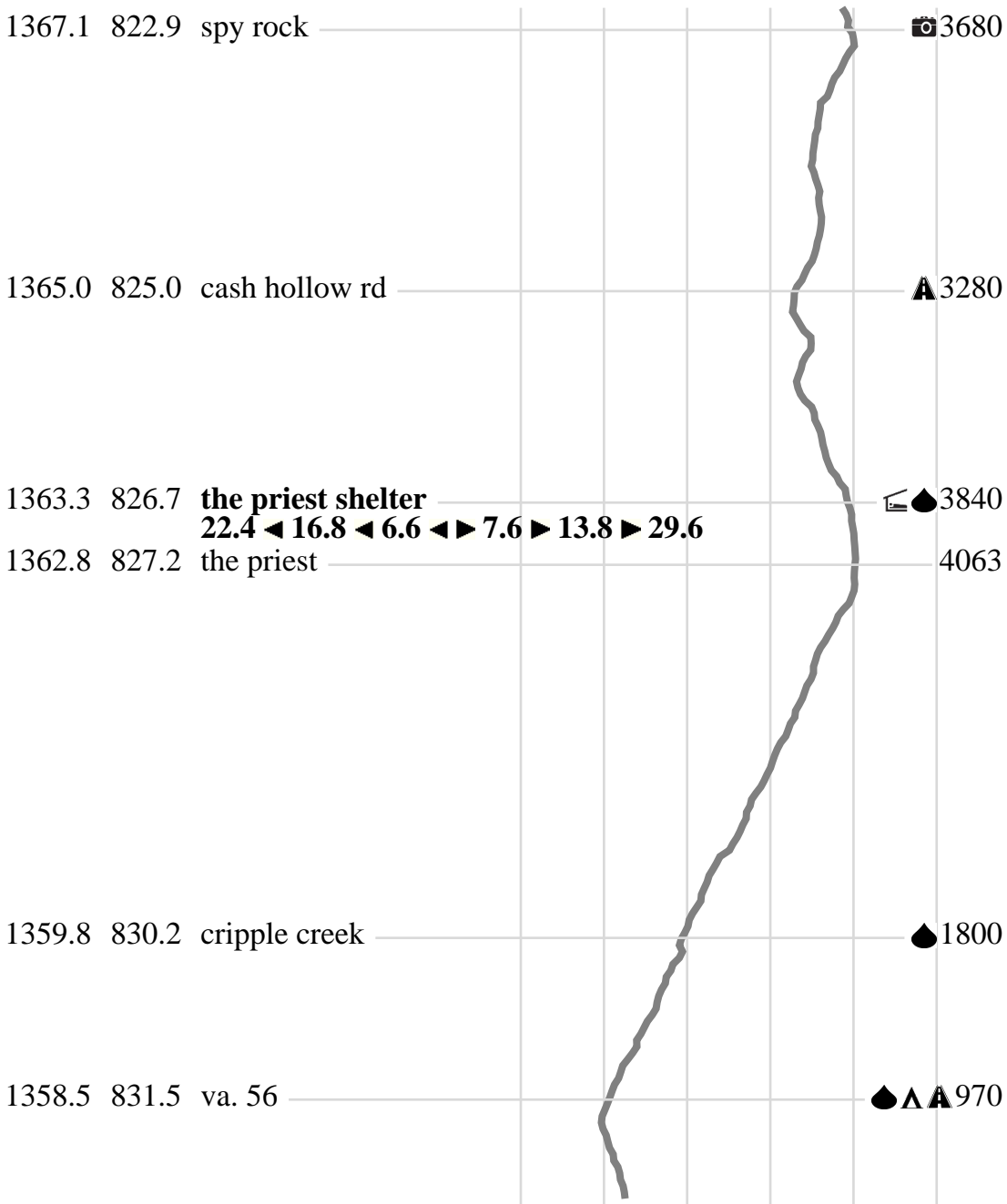
pedlar lake rd

1000









1355.7 834.3 **harpers creek shelter** 1800
 24.4 ◀ 14.2 ◀ 7.6 ◀▶ 6.2 ▶ 22.0 ▶ 34.7

1349.5 840.5 **maupin field shelter** 2720
 20.4 ◀ 13.8 ◀ 6.2 ◀▶ 15.8 ▶ 28.5 ▶ 41.5

1347.8 842.2 brp m 13.6

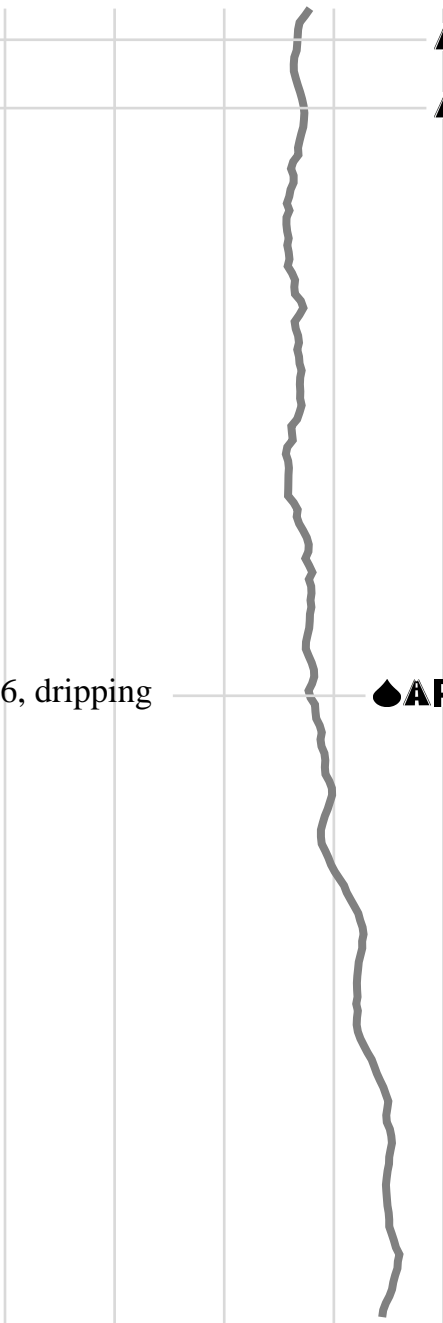
▲ 2650

1347.3 842.7 brp m 13.1

▲ 2700


1343.0 847.0 blue ridge parkway m. 9.6, dripping

●▲P 2950

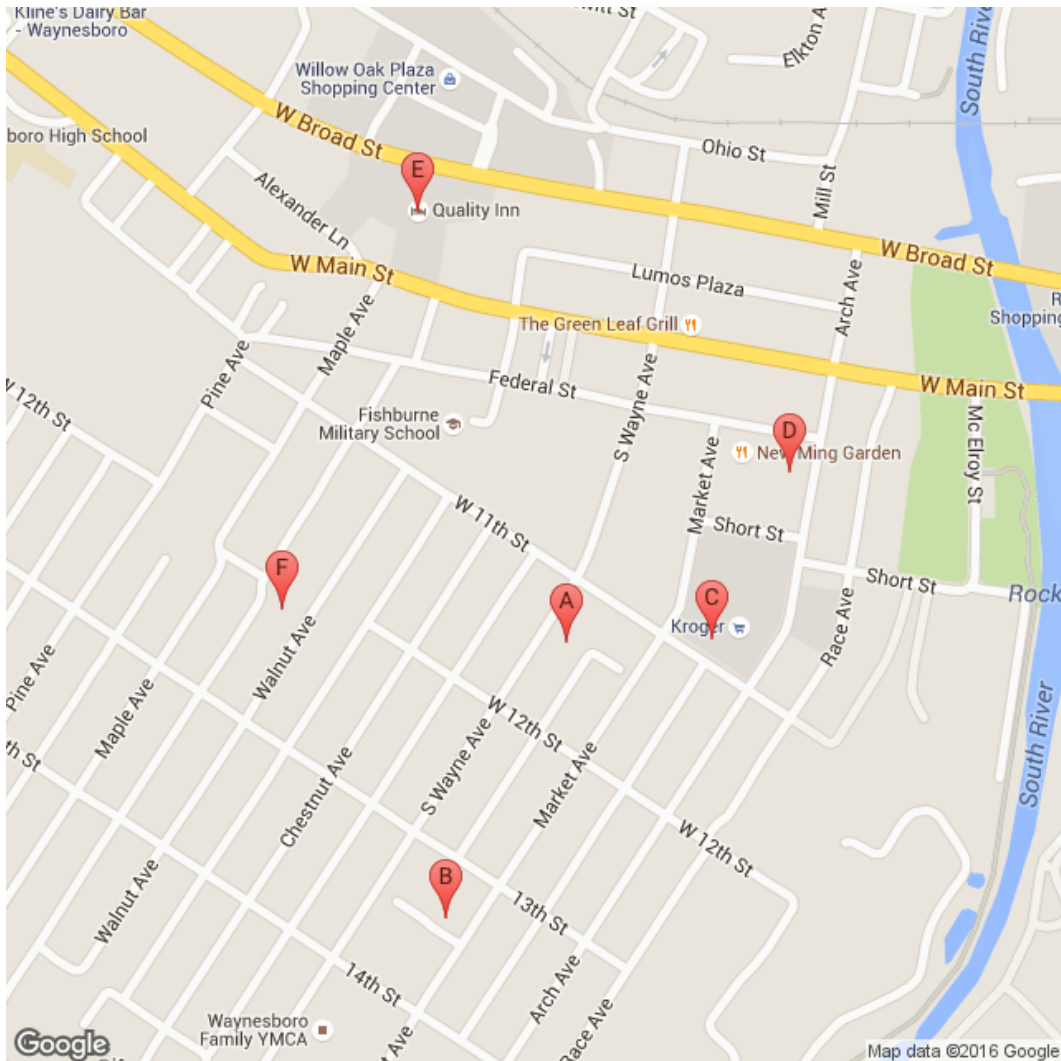


1337.7 852.3 bear spring  3200

1333.7 856.3 paul c. wolfe shelter  1700
29.6 ◀ 22.0 ◀ 15.8 ◀ ▶ 12.7 ▶ 25.7 ▶ 38.9

1328.7 861.3 waynesboro, va [4.5w]  1902

Waynesboro, VA



A: Belle Hearth B and B, B: Grace Evangelical Lutheran Church, C: Kroger, D: Ming Garden, E: Quality Inn, F: Tree Streets Inn B and B

806.1: U.S. 60

Lexington, VA [15.0W]



Lexington, VA PO (540) 463-6449 24450
M-F 9-5, Sa 10-12



Walkabout Outfitter

Buena Vista, VA [9.3W]



Alexanders Ice Cream



Budget Inn (540) 261-2156



Buena Vista Motel (540) 261-2138



Buena Vista, VA PO (540) 261-8959 24416
M-F 8:30-4:30, closed Sa



Food Lion



Franks for the Memories (540) 261-5553
L/D



Glen Maury Campground (540) 261-7321



Rockbridge Taxi Service (540) 261-7733



Todds Barbeque

822.4: Spy Rock Rd

Montebello, VA [2.3W]



Dutch Haus B and B (540) 377-2119 655
Fork Mountain Ln., Montebello, VA 24464
Free L to thru-hikers. Call from Spy Rock
Road for pick-up.



Montebello Camping and Fishing (540)
377-2650 <http://www.montebellova.com>



Montebello, VA PO (540) 377-9218 24464
M-F 8-12 12:30-4:30, Sa 9-12

861.3: US 250, Rockfish Gap

Waynesboro, VA [4.5W]



Belle Hearth B and B (540) 943-1910
<http://www.bellehearth.com> 320 S Wayne Ave,
Waynesboro, VA 22980



Grace Evangelical Lutheran Church 500
South Wayne Ave, Waynesboro, VA 22980



Kroger 245 Arch Ave Waynesboro VA 22980



Ming Garden AYCE L/D. Includes sushi.



Pizza Hut AYCE L



Quality Inn (540) 942-1171 *640 W Broad St,
Waynesboro, VA 22980*



Rockfish Gap Outfitters (540) 943-1461



Tree Streets Inn B and B (540) 949-4484
421 Walnut Ave, Waynesboro, VA



Waynesboro Family YMCA (540) 942-5107



Waynesboro Public Library one block from
Grace Evangelical Lutheran Church hostel



Waynesboro, VA PO (540) 942-7320 22980
M-F 9-5, closed Sa

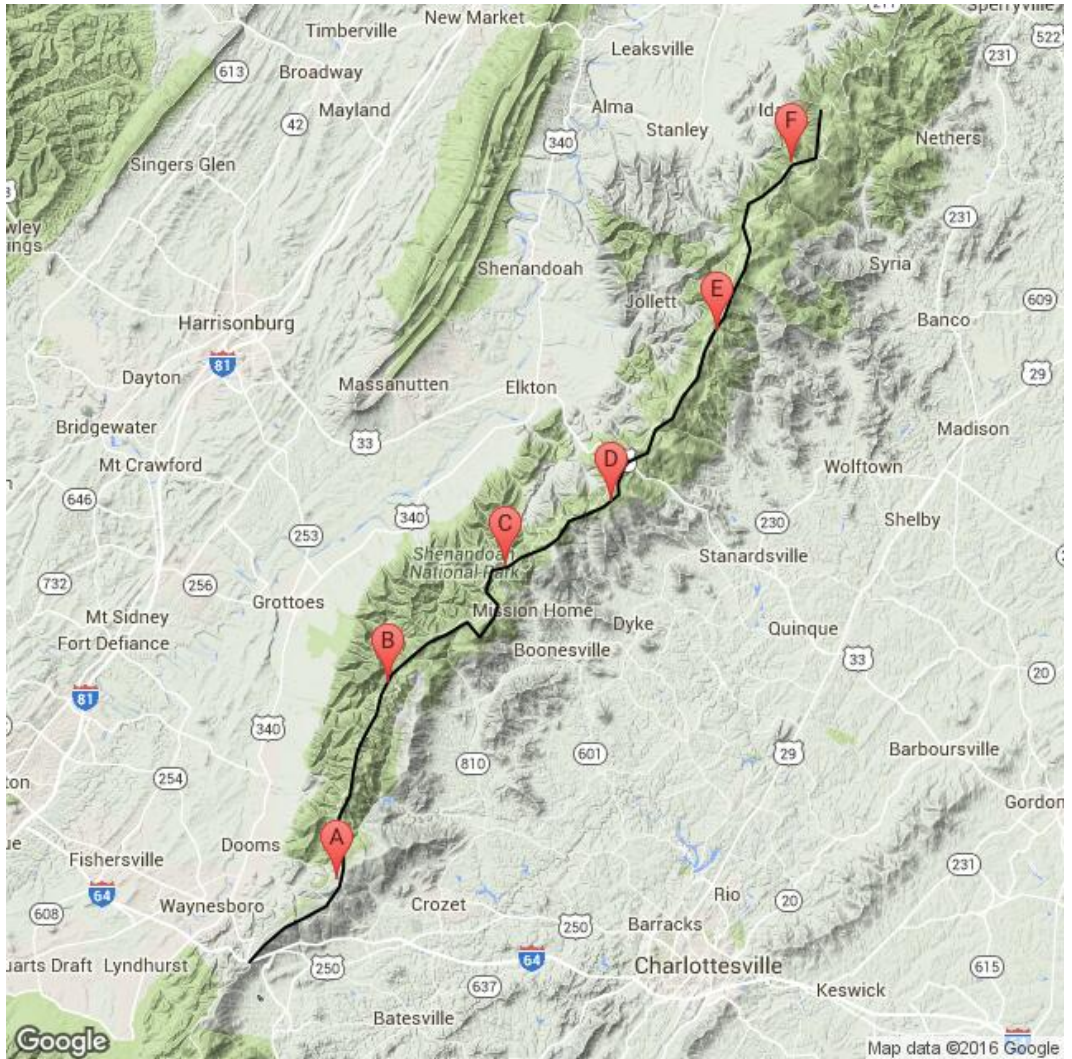
Southern Shenandoah

US 250, Rockfish Gap to Skyland stables service rd

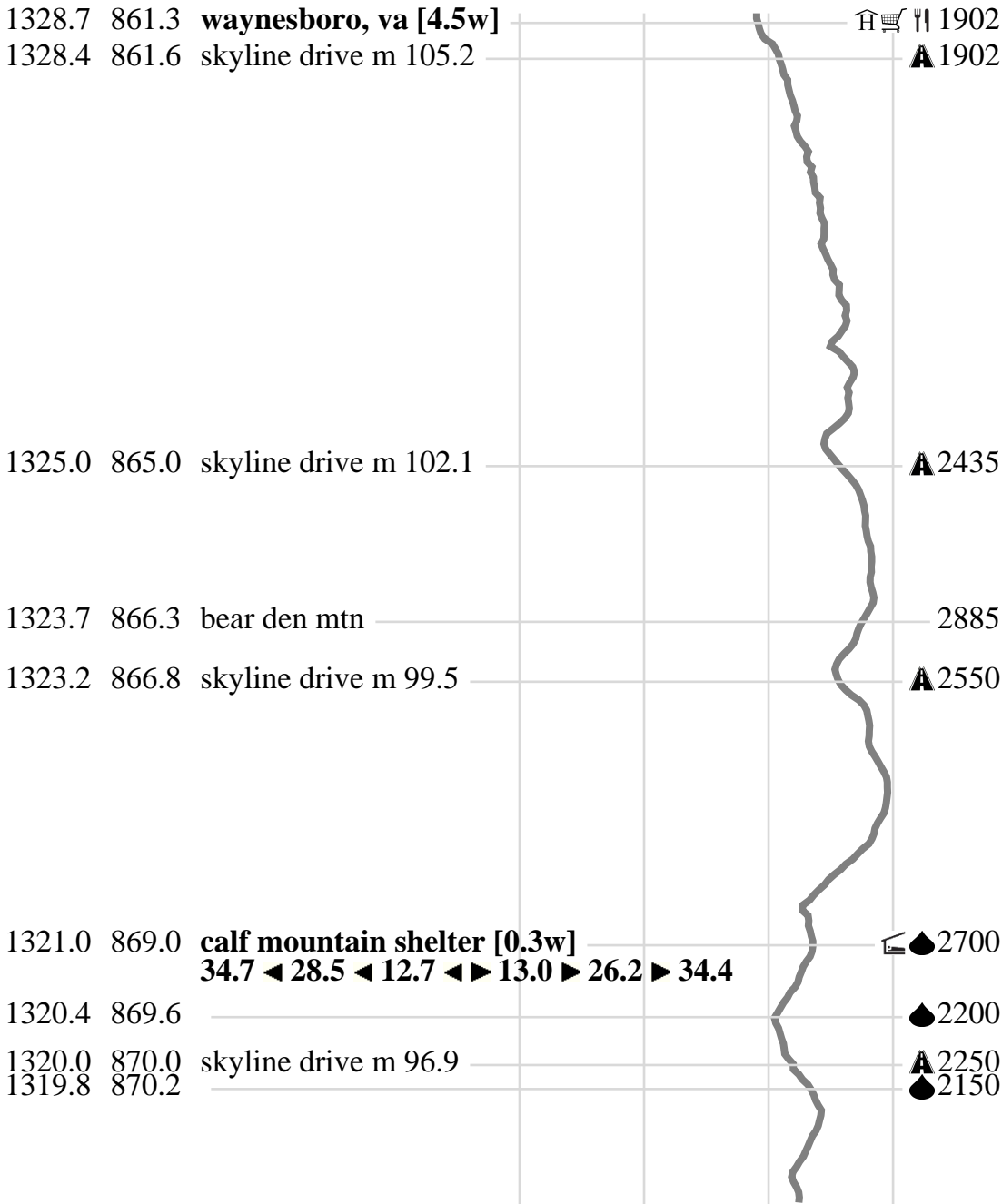
69.8 miles, avg. grade: 7.7%, high: 3764 ft, low: 1902 ft

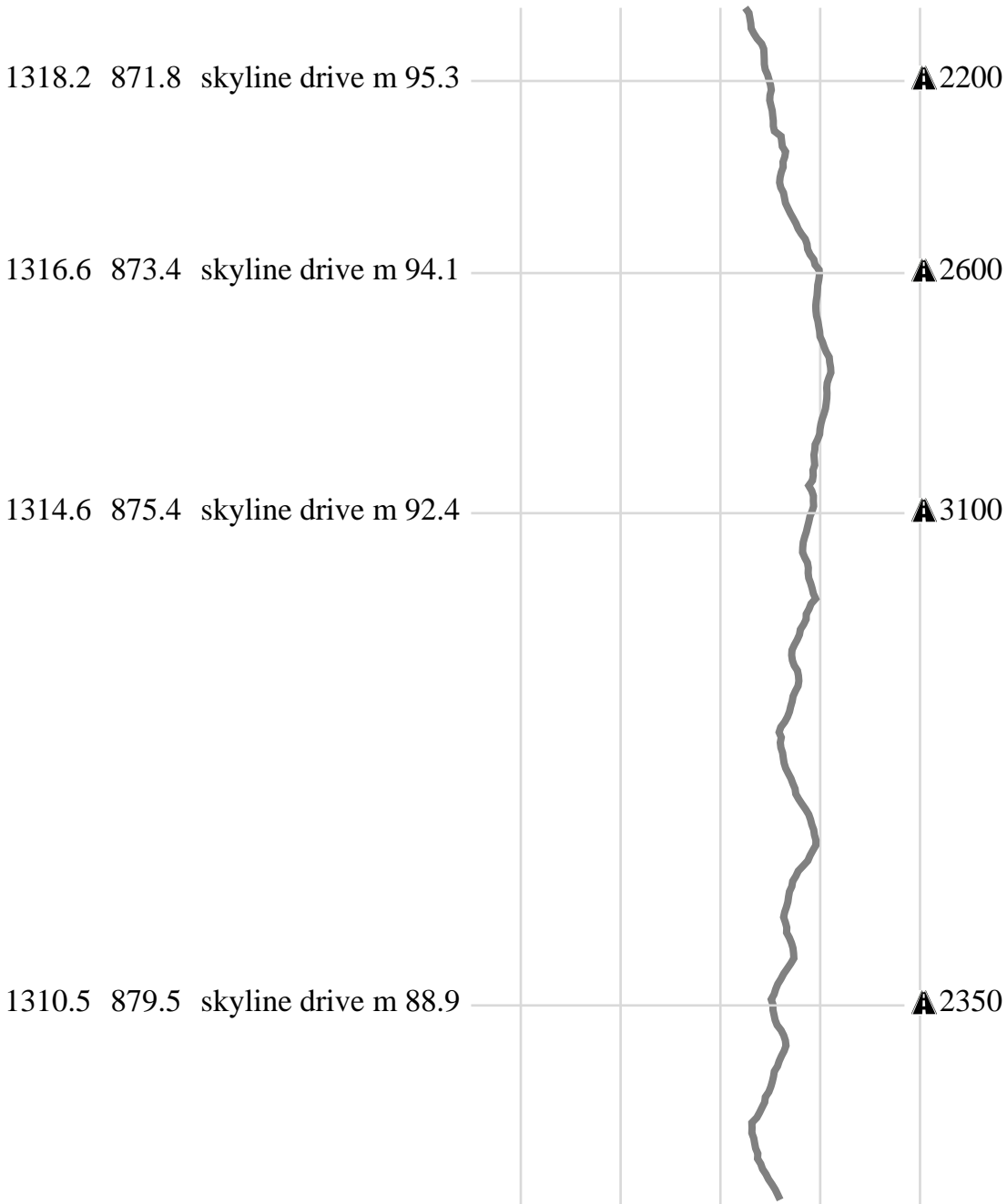
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3019>.

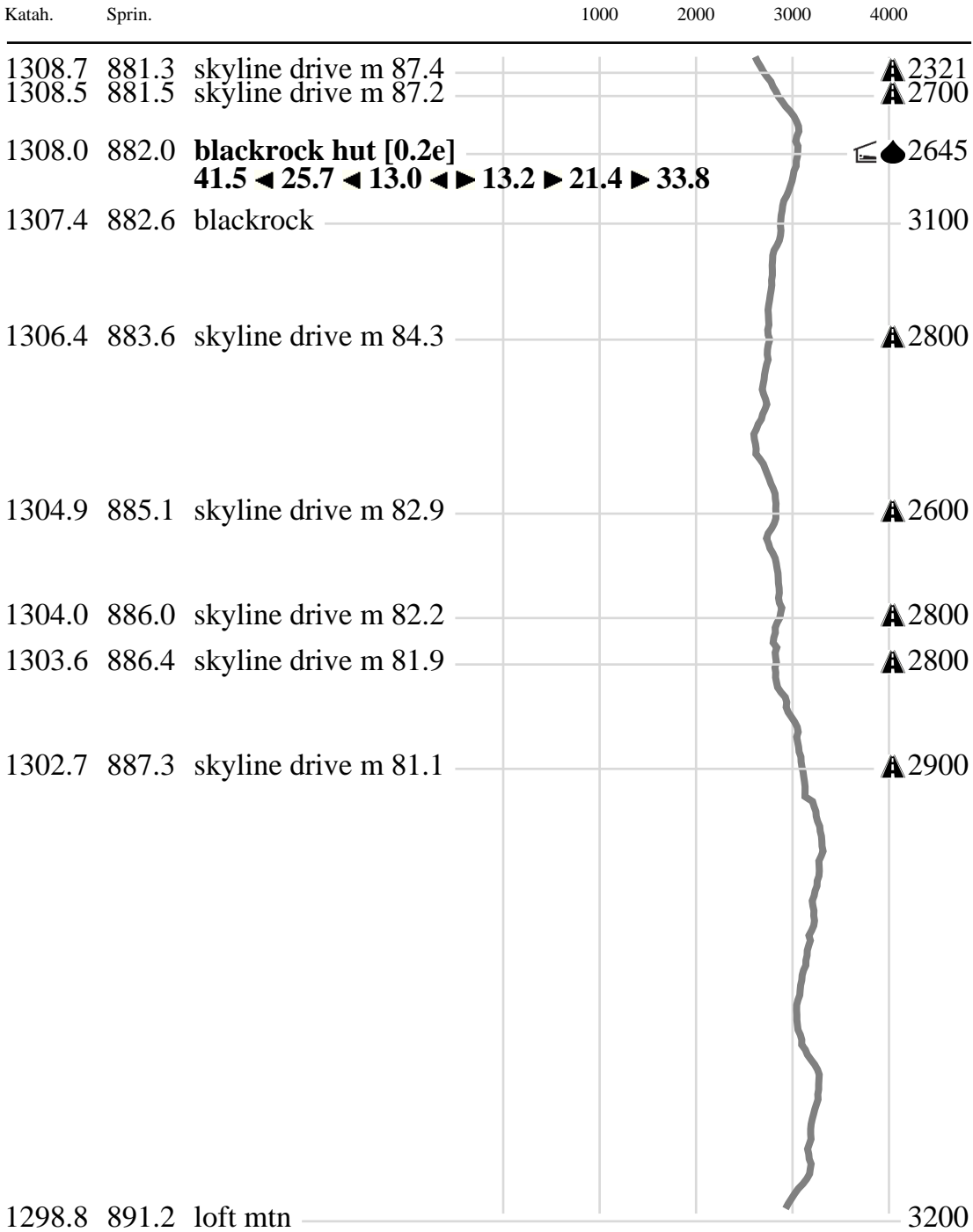
Thank you [trpost](#) for contributing the most recent edits to this section!

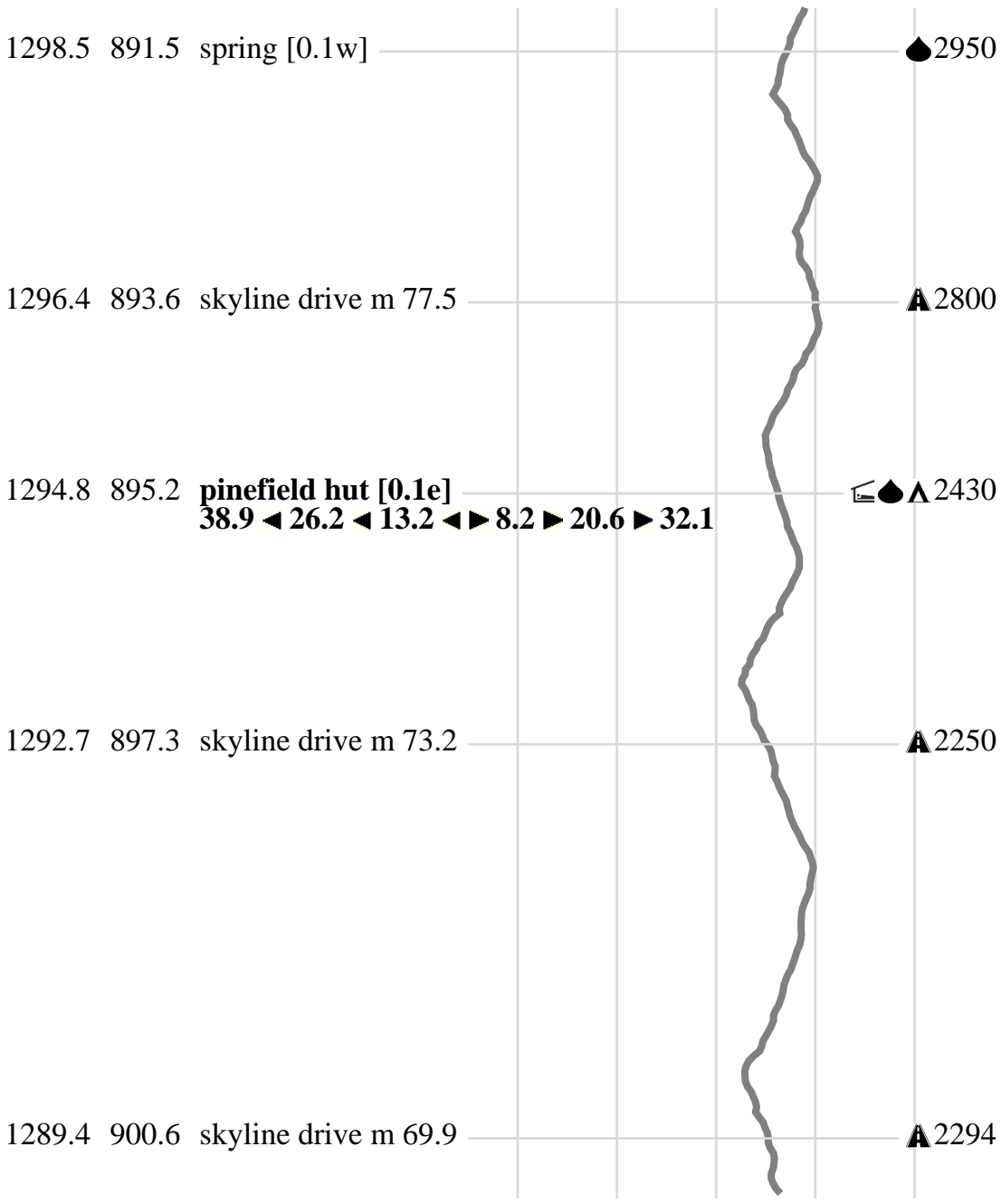


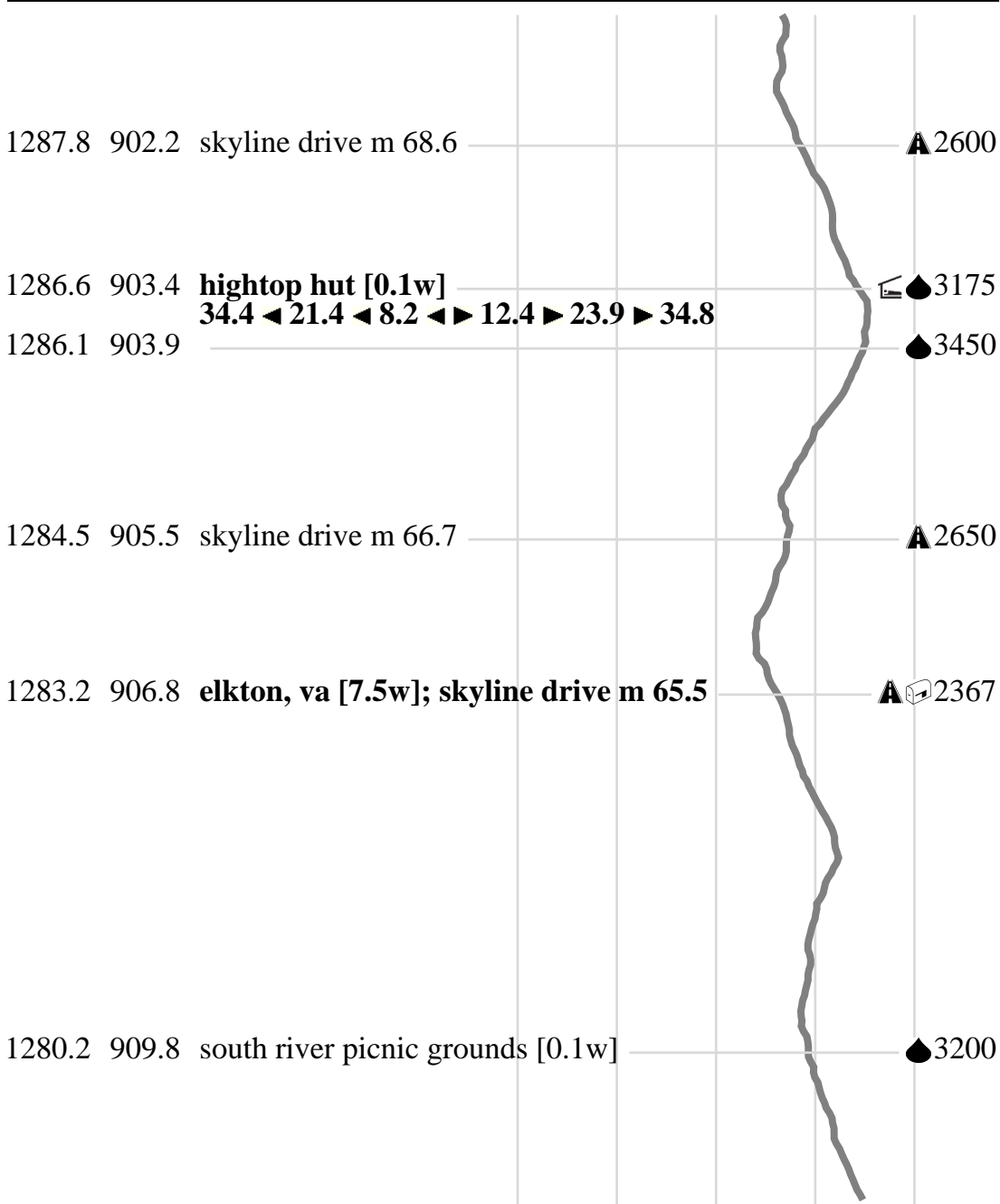
A: Calf Mountain Shelter, B: Blackrock Hut, C: Pinefield Hut, D: Hightop Hut, E: Bearfence Mountain Hut, F: Rock Spring Hut

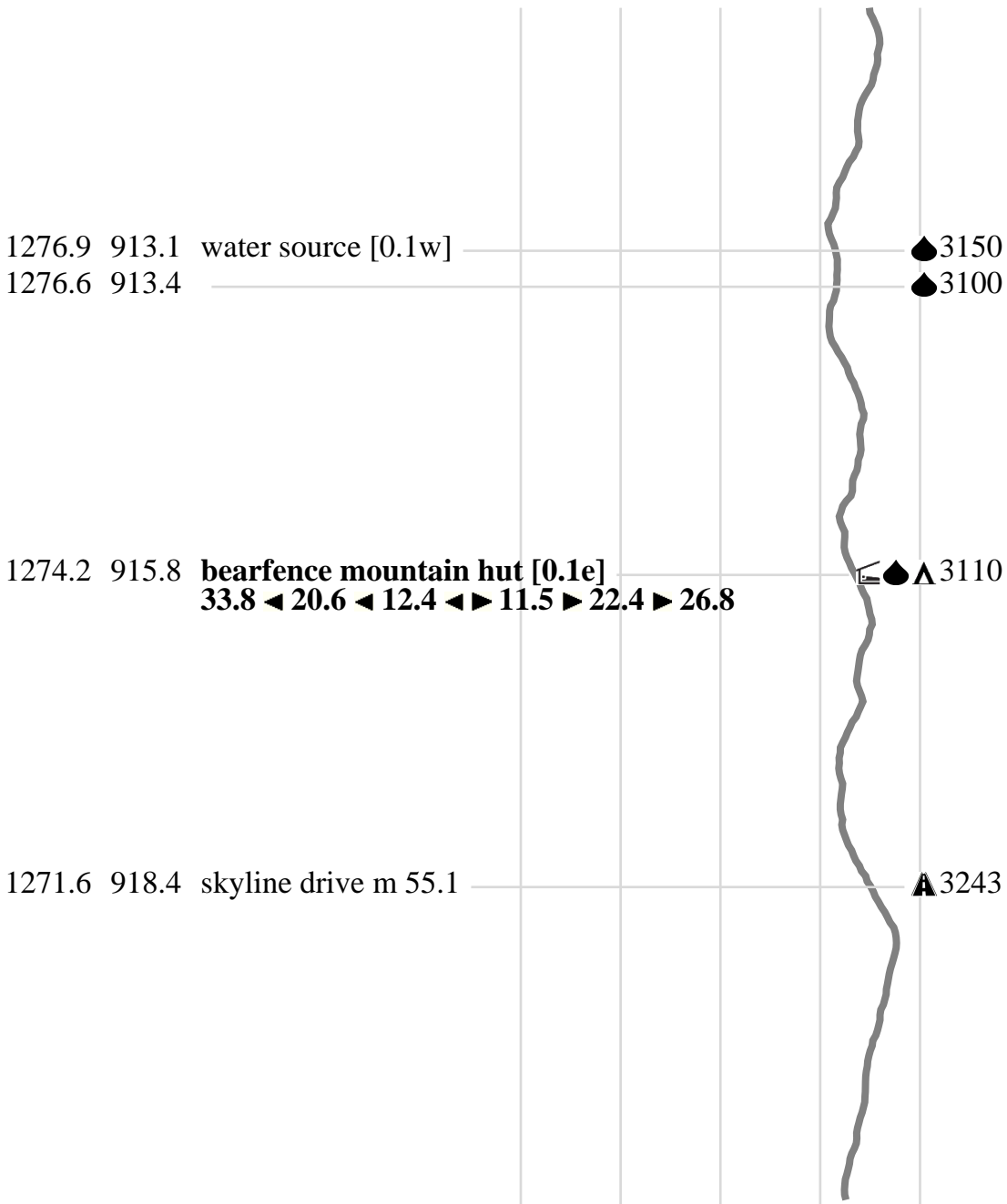


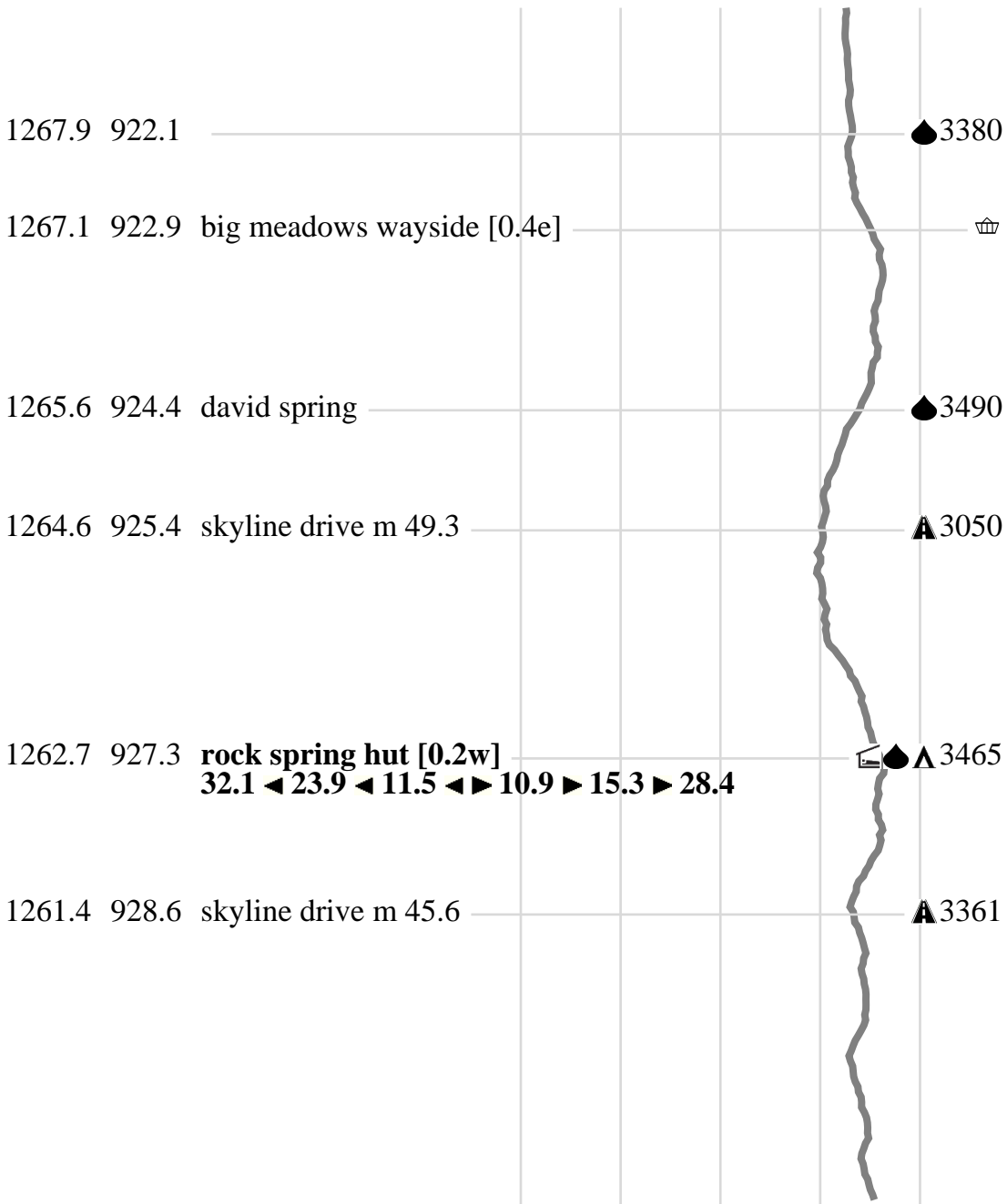












906.8: Skyline Drive m 65.5

Elkton, VA [7.5W]



Elkton, VA PO (540) 298-7772 22827 M-F

8:30-4:30, Sa 9-11

922.9



Big Meadows Wayside [0.4E]

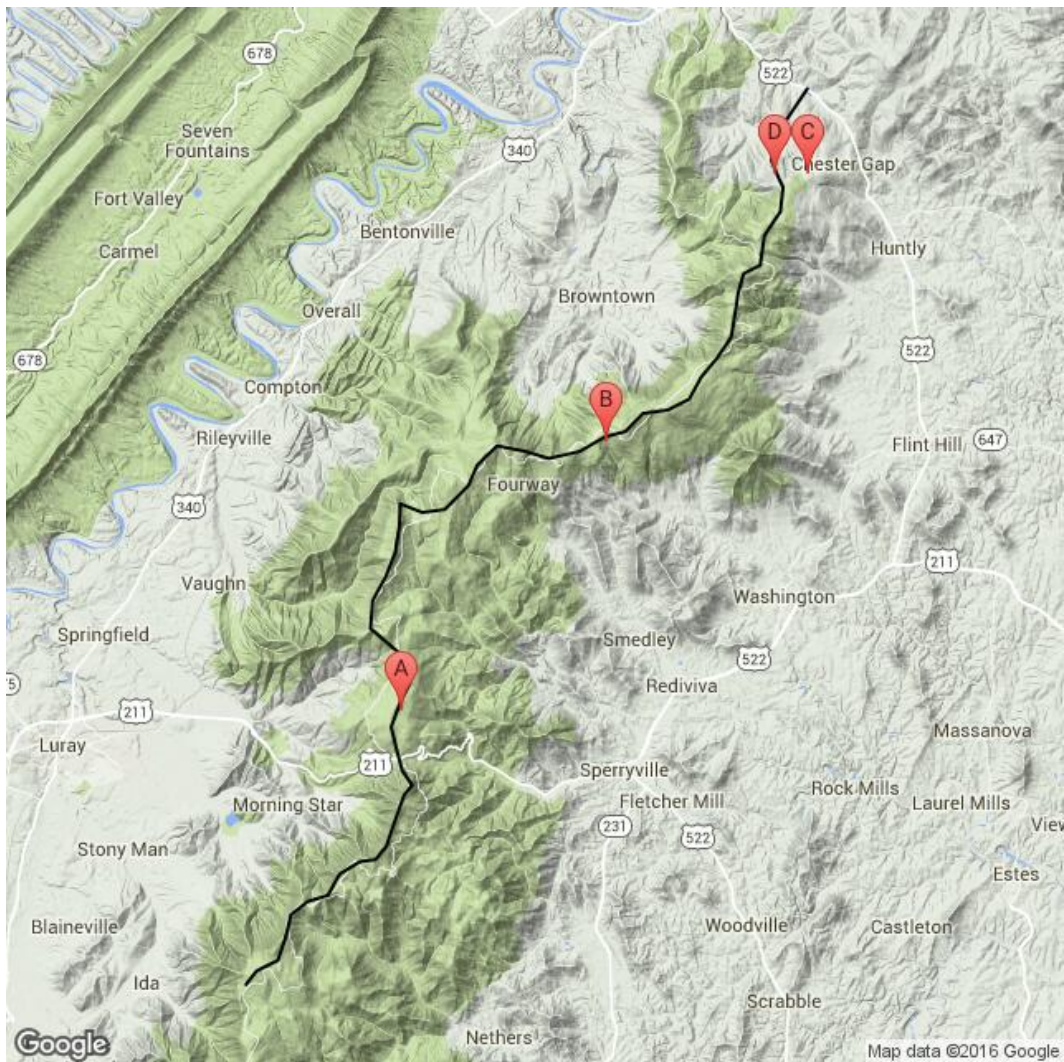
Northern Shenandoah

Skyland stables service rd to US 522

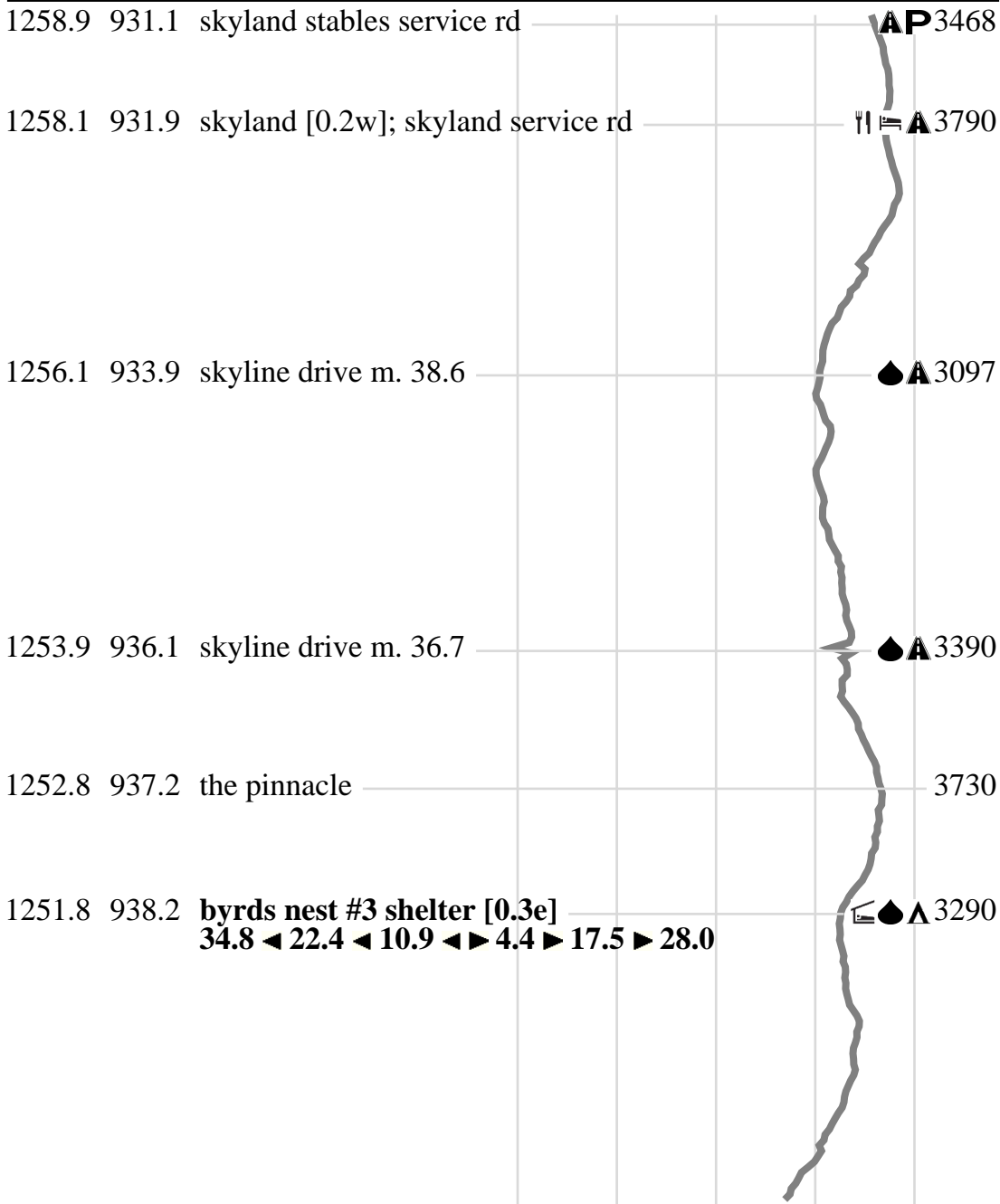
38.0 miles, avg. grade: 8.2%, high: 3848 ft, low: 950 ft

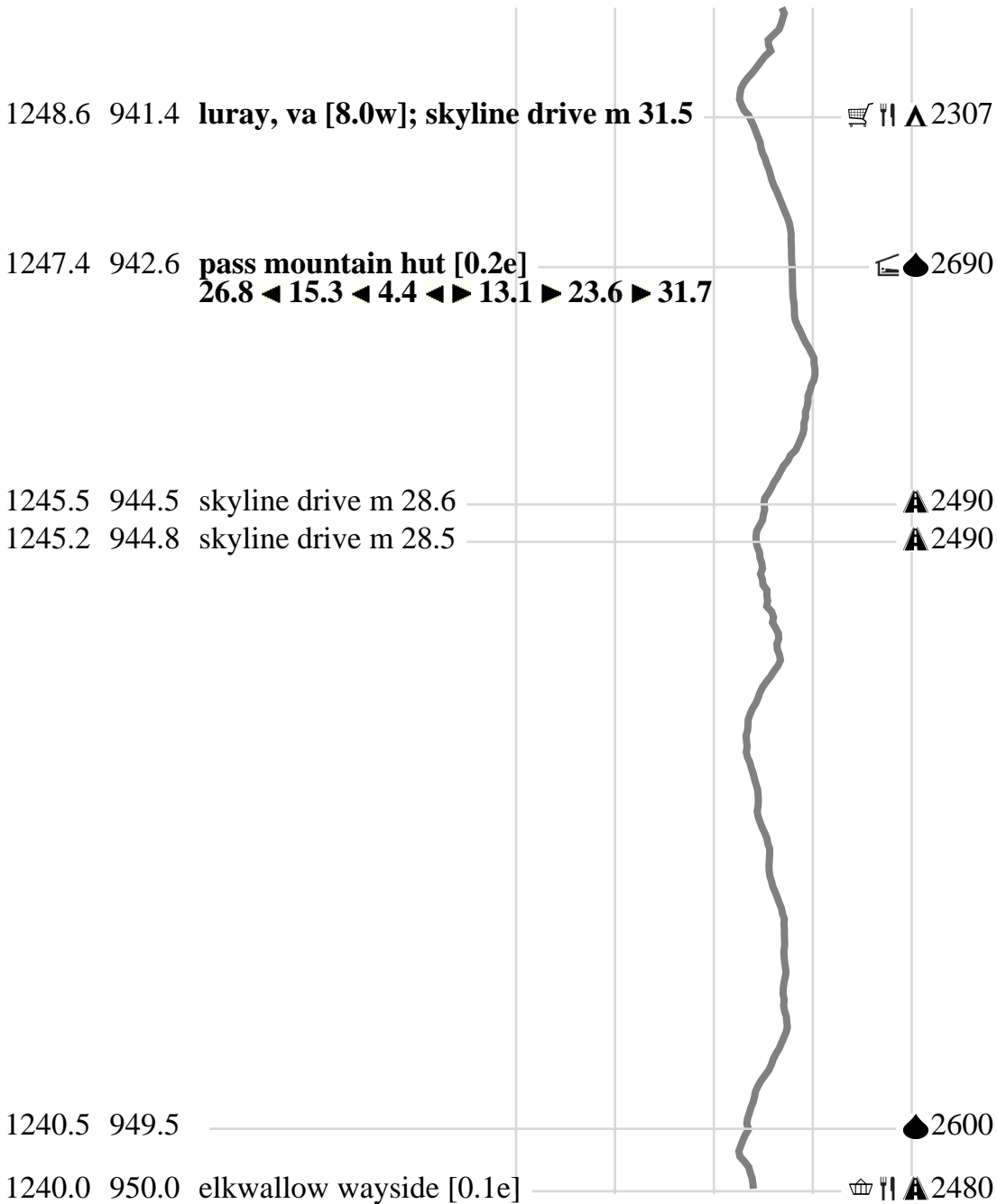
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3020>.

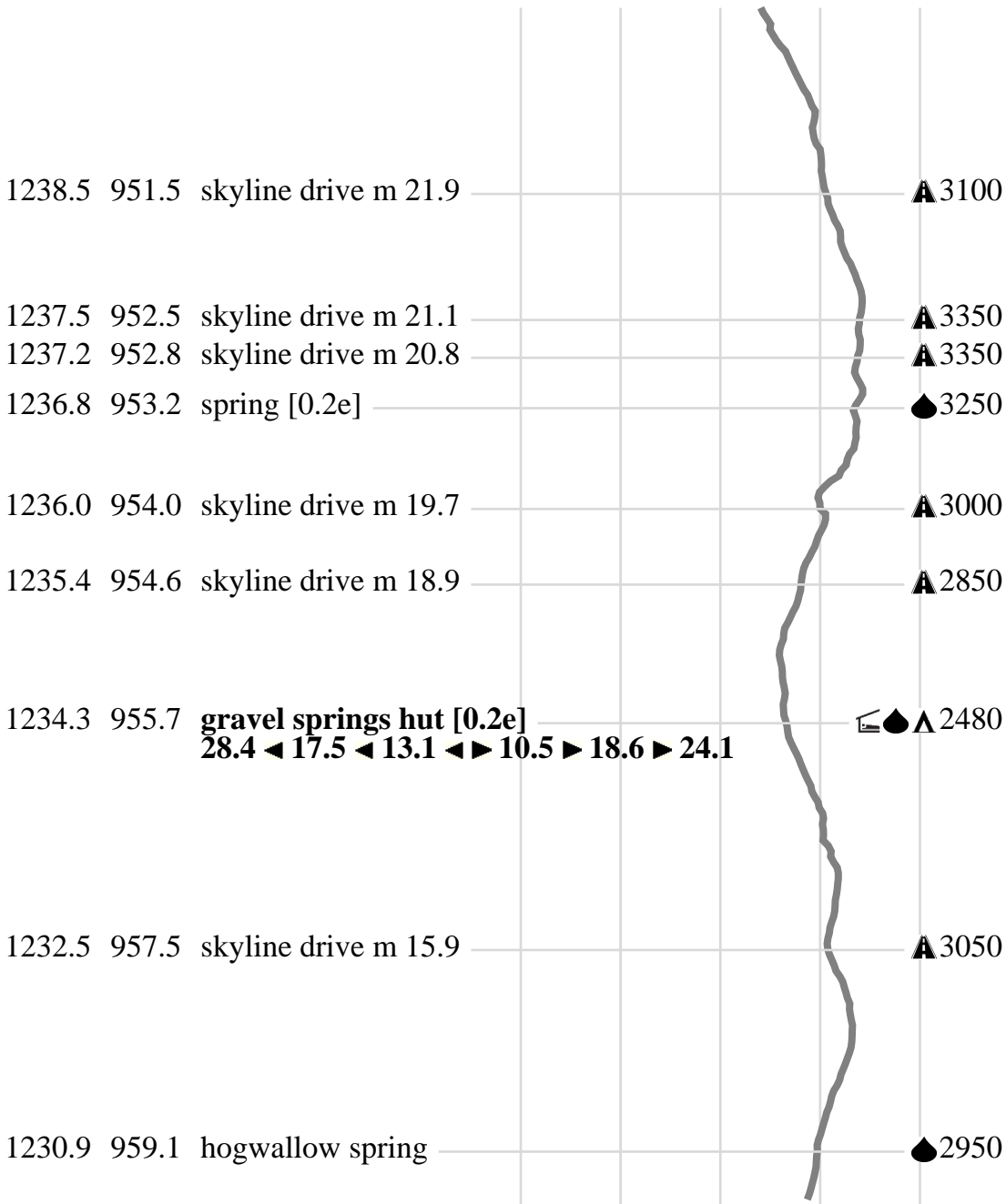
Thank you [trpost](#) for contributing the most recent edits to this section!

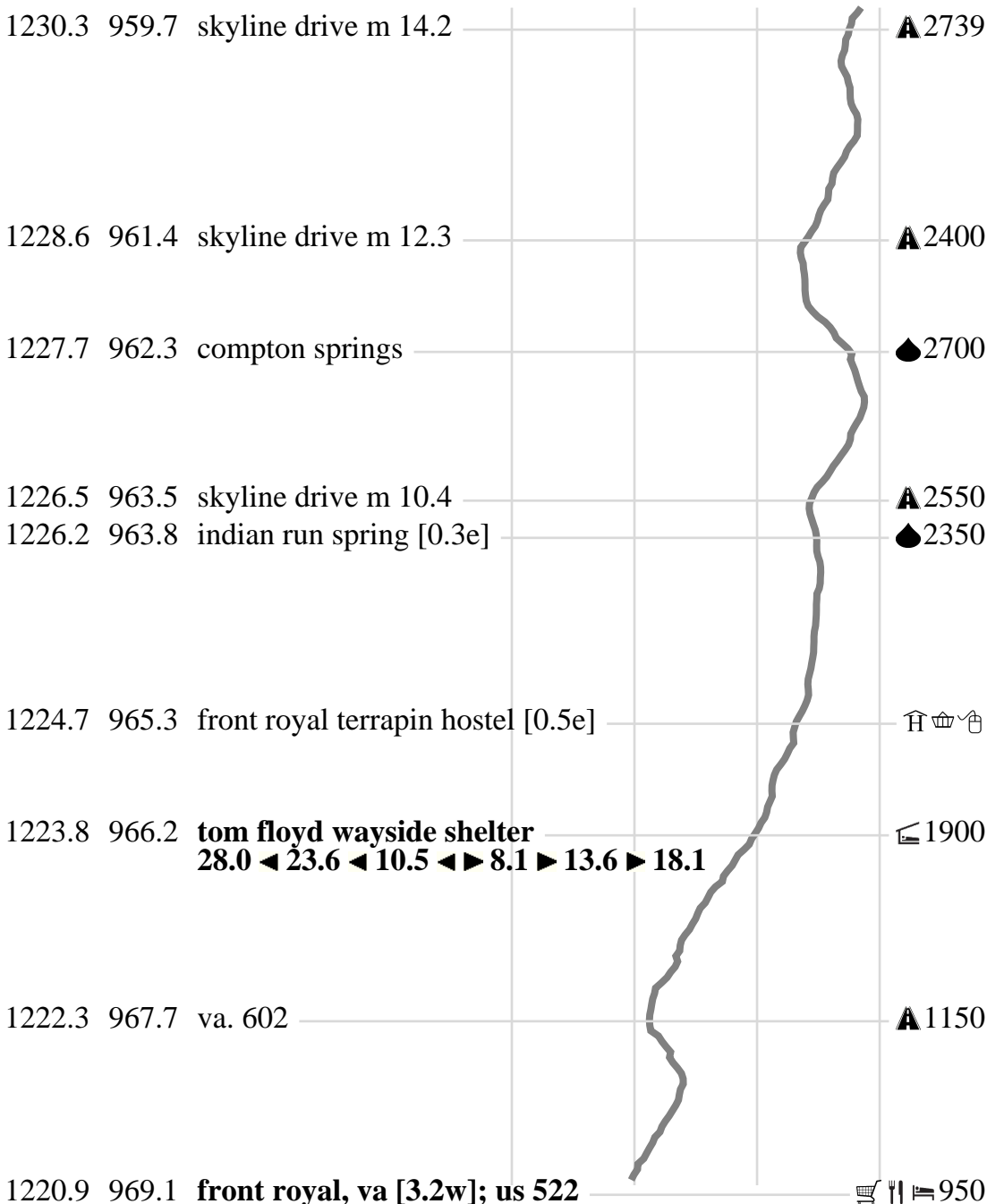


A: Pass Mountain Hut, B: Gravel Springs Hut, C: Front Royal Terrapin Hostel, D: Tom Floyd Wayside Shelter

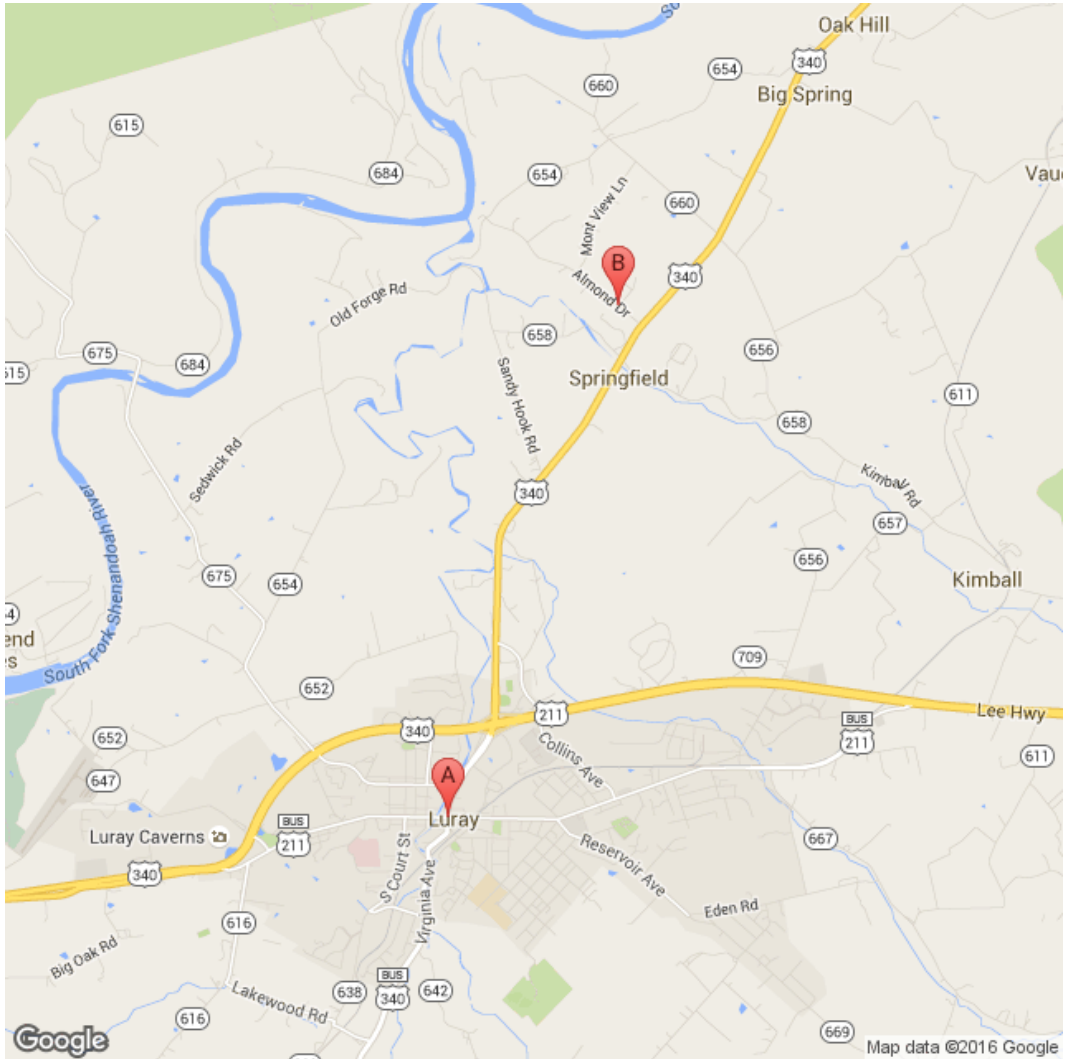






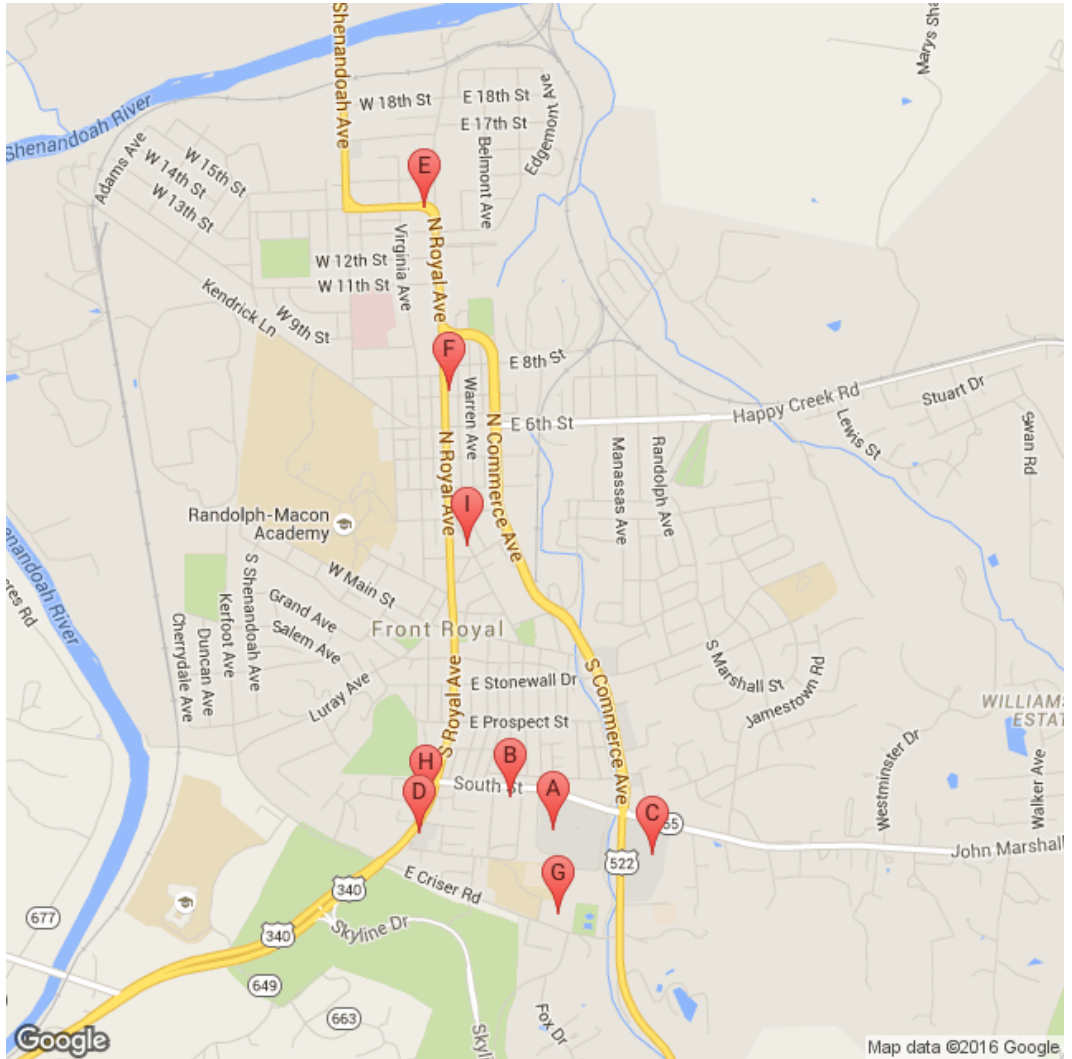


Luray, VA



A: Appalachian Outdoors Adventures, B: Mountain Valley Shuttle Service

Front Royal, VA



A: Better Thymes, B: China Jade, C: Food Lion, D: Pioneer Motel, E: Pizza Hut, F: Ramseys Hardware, G: Samuels Public Library, H: Scottish Inns, I: Victorias

931.9: Skyland Service Rd



Skyland [0.2W]

941.4: Skyline Drive m 31.5

Luray, VA [8.0W]



Anthony's Pizza XII L/D



Appalachian Outdoors Adventures (540)

743-7400 18 E. Main St., Luray, VA



Best Value Cardinal Inn (888) 648-4633



Best Western Motel (540) 743-6511



Budget Inn (540) 743-5176



East Wok AYCE L



Farmers Foods



Food Lion



Luray, VA PO (540) 743-2100 22835 M-F

8:30-4:30, closed Sa



Mindis Mexican L/D



Mountain Valley Shuttle Service (877)

789-3210 <http://www.mvshuttle.com> 297

Rhodes Way, Luray, VA, United States

between Duncannon, PA and Daleville, VA



Page County Library



Southern Station Diner B/L/D



Walmart

950.0: Skyline Drive m 23.9



Elkwallow Wayside [0.1E] 9AM-7PM

965.3



Front Royal Terrapin Hostel [0.5E] (540)

539-0509 304 Chester Gap Rd., Chester Gap,

VA 22623

969.1: US 522

Front Royal, VA [3.2W]



Ace Taxi (540) 635-6100



Better Thymes 417 South Street, Front

Royal, VA, United States



China Jade 239 South St # E, Front Royal,
VA, United States AYCE L



Food Lion 260 Remount Road, Front Royal,
VA, United States



Front Royal, VA PO (540) 635-7983 22630
M-F 8:30-5, Sa 8:30-1



Martins



Pioneer Motel (540) 635-4784 541 South
Royal Avenue, Front Royal, VA, United States



Pizza Hut 22 West 14th Street, Front Royal,
VA, United States AYCE



Ramseys Hardware (540) 635-2547 703
North Royal Avenue, Front Royal, VA, United
States



Royal Taxi (540) 635-3214



Samuels Public Library 330 East Criser
Road, Front Royal, VA, United States



Scottish Inns (540) 636-6168 533 South
Royal Avenue, Front Royal, VA, United States



Skyline Resort Motel (540) 635-5354



Victorias 231 Chester Street, Front Royal,
VA, United States AYCE L/D

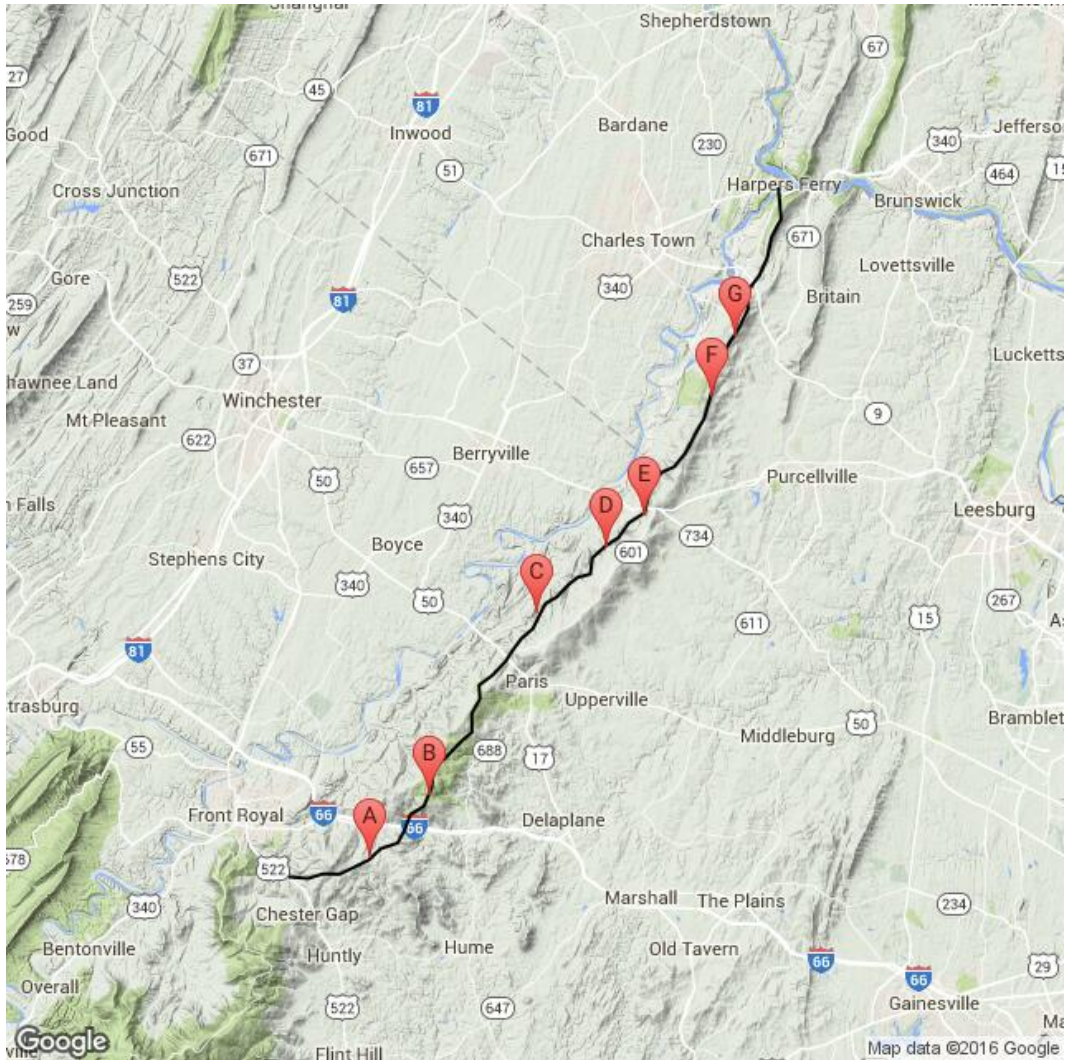
Front Royal to Harpers Ferry

US 522 to shenandoah st

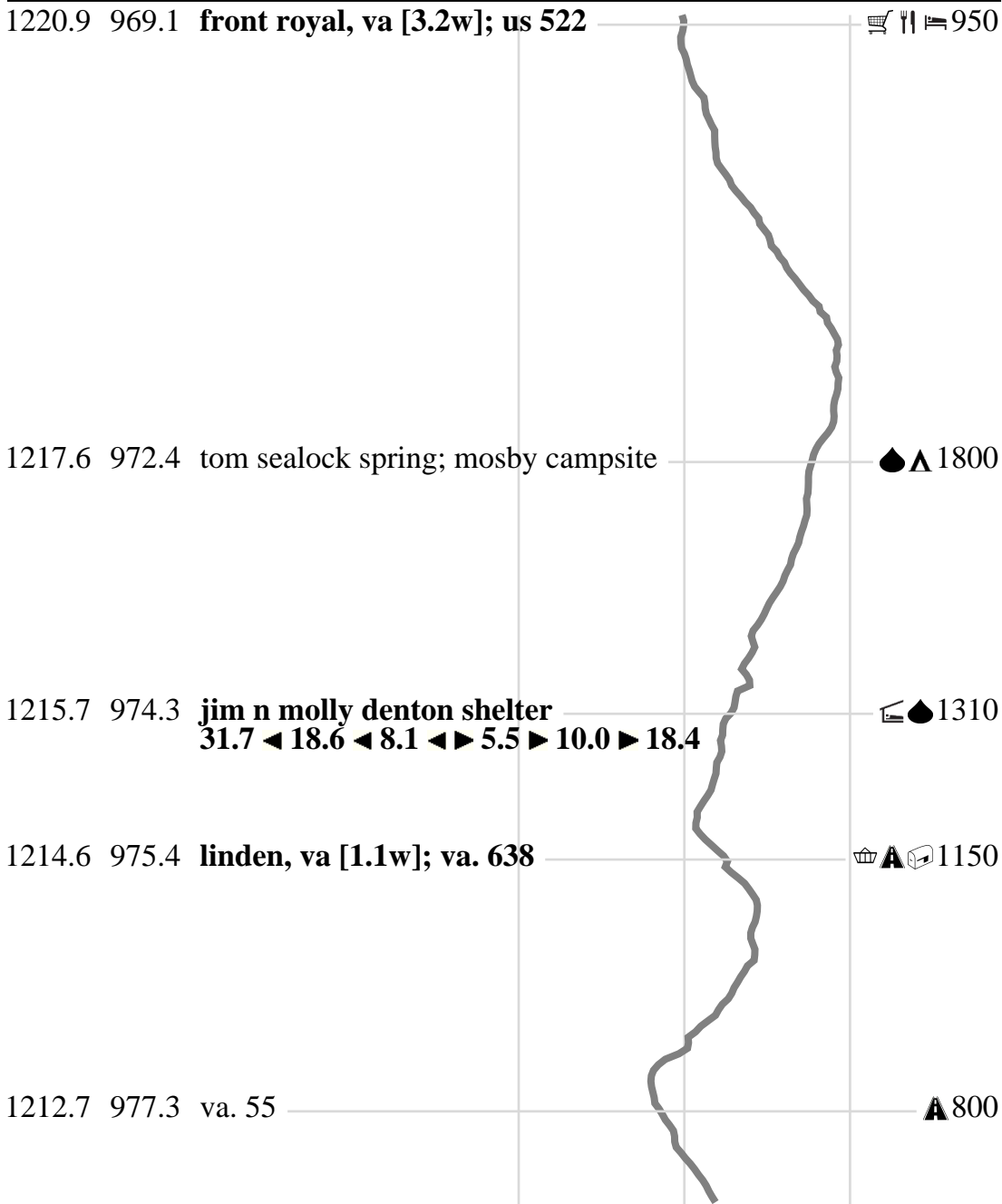
54.0 miles, avg. grade: 7.5%, high: 2093 ft, low: 266 ft

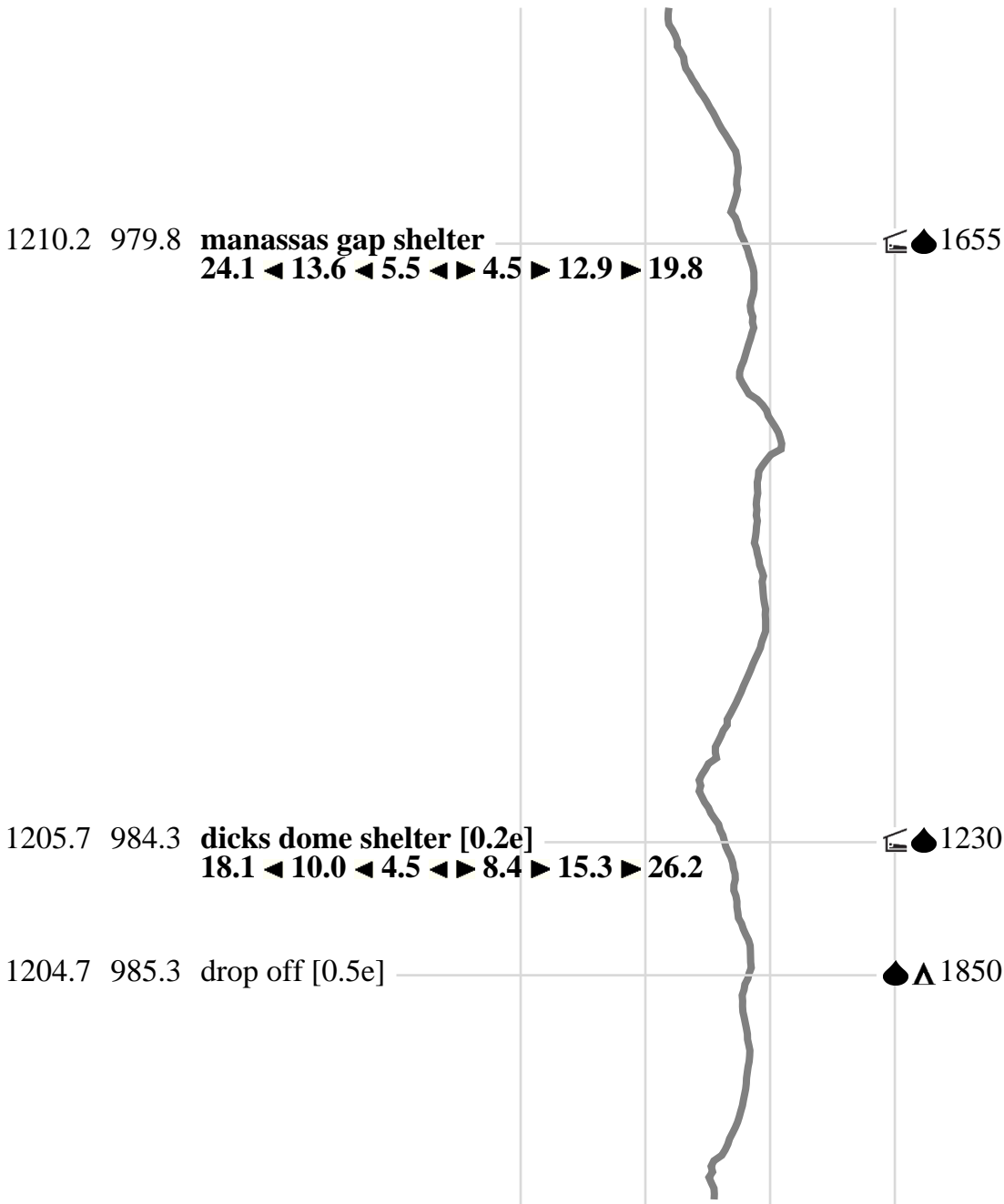
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3021>.

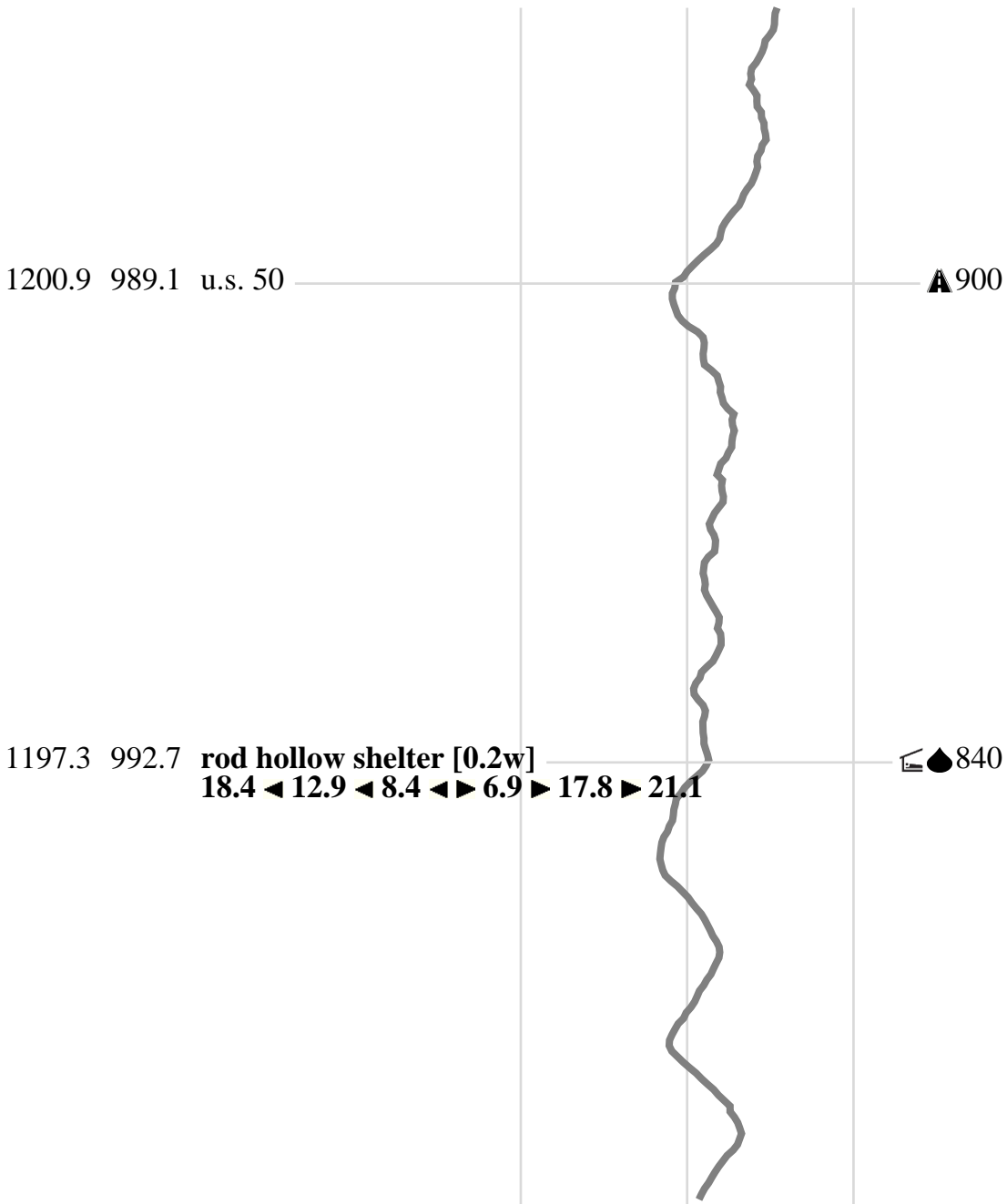
Thank you [trpost](#) for contributing the most recent edits to this section!

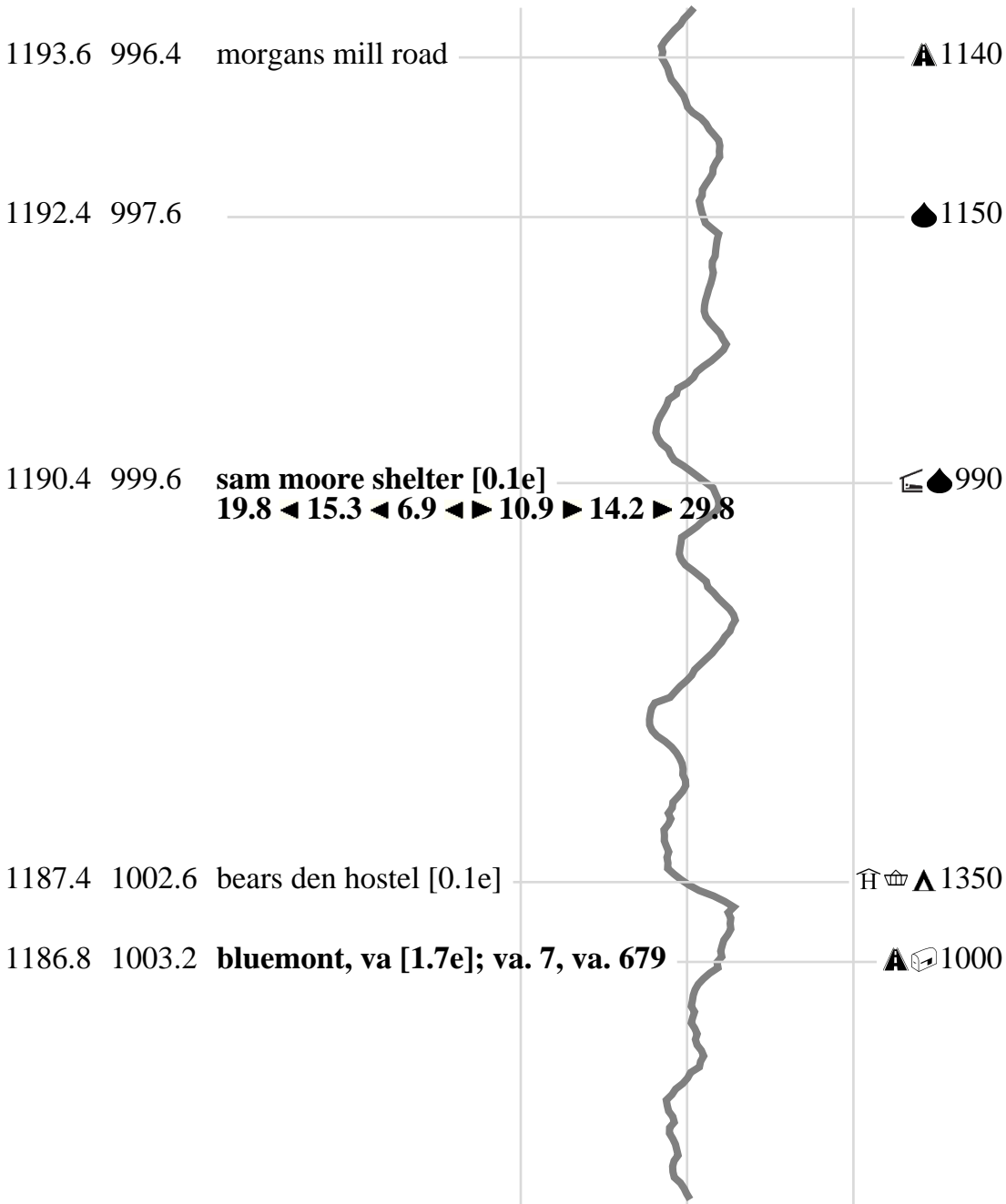


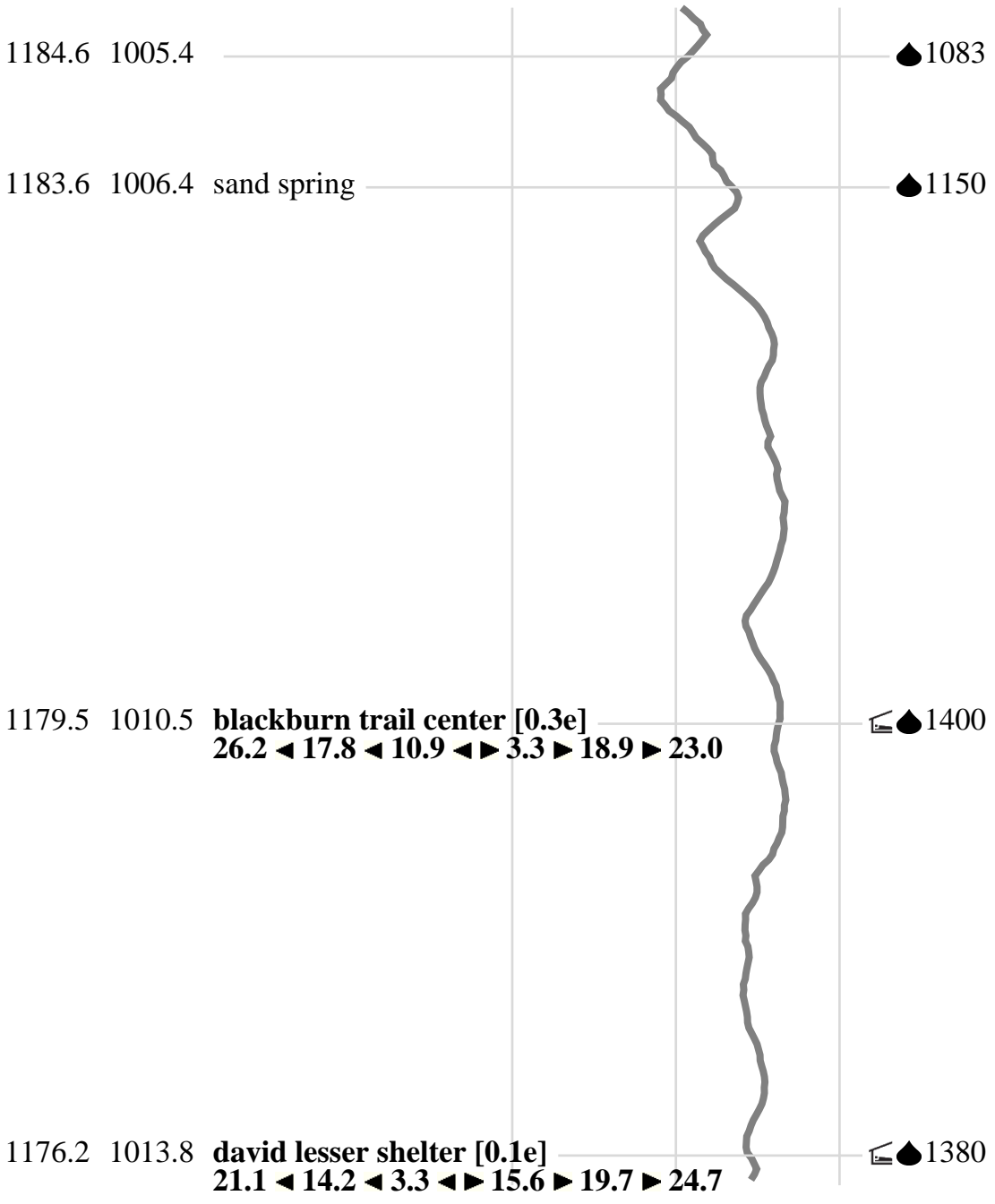
A: Jim n Molly Denton Shelter, B: Manassas Gap Shelter, C: Rod Hollow Shelter, D: Sam Moore Shelter, E: Bears Den Hostel, F: Blackburn Trail Center, G: David Lesser Shelter

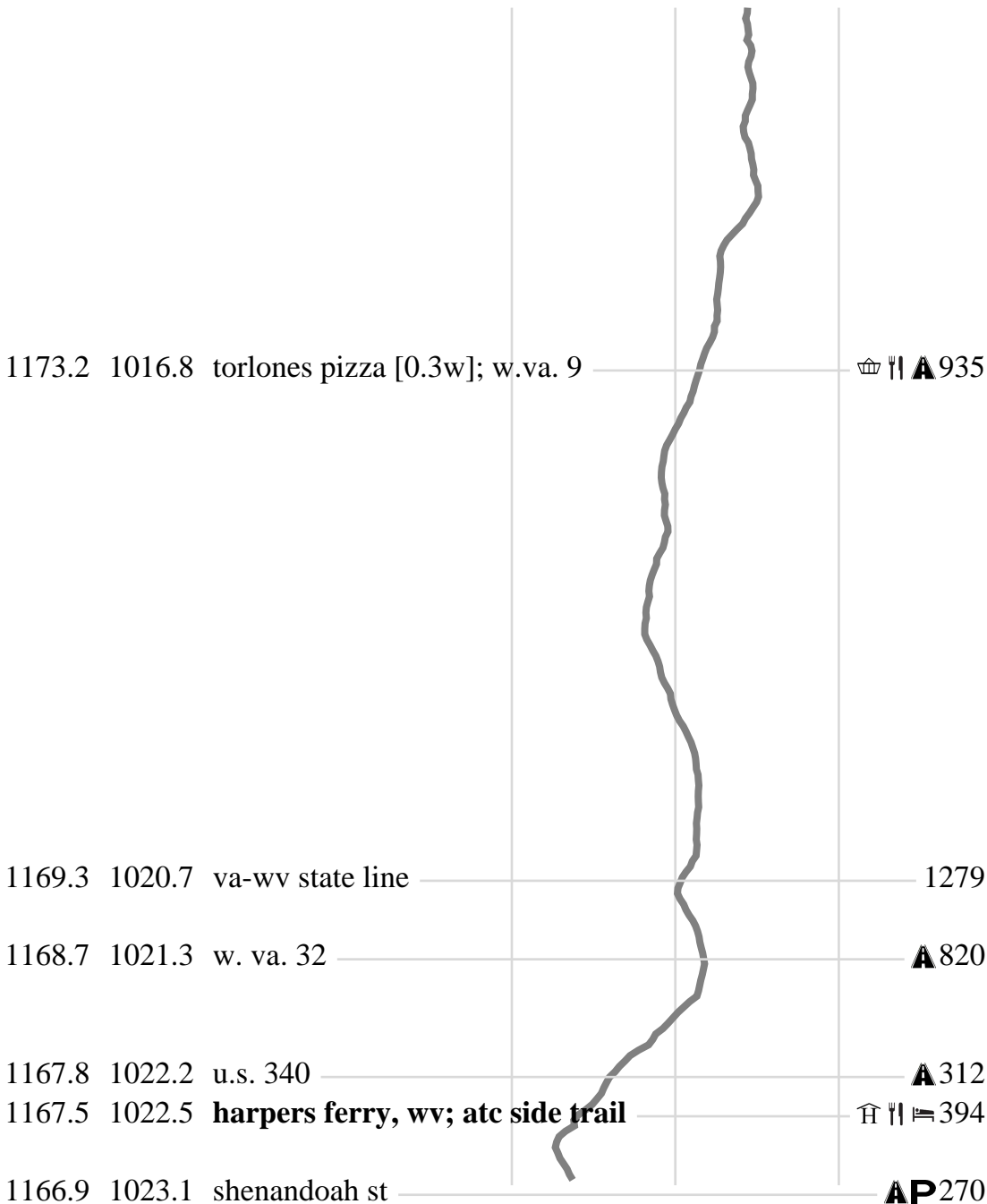












Harpers Ferry, WV



A: Hannahs Train Depot Seafood and BBQ, B: Harpers Ferry Library, C: Harpers Ferry, WV PO, D: Spend the Night Inn, E: The Outfitter at Harpers Ferry, F: The Towns Inn

975.4: Va. 638

Linden, VA [1.1W]



Linden, VA PO (540) 636-9936 13474 John Marshall Highway, Linden, VA, United States 22642 M-F 8-12 1-5, Sa 8-12



Monterey Service Station 6087 John Marshall Highway, Linden, VA, United States M-Th 4:30-8, F 4:30-9, Sa 6:30-9, Su 6:30-8

985.3



Drop off [0.5E] John Marshall HWY and Walker Ridge Dr, Linden va

1002.6



Bears Den Hostel [0.1E] (540) 554-8708 (email: info@bearsdencenter.org) Bears Den Hostel, 18393 Blue Ridge Mountain Rd., Bluemont, VA 20135

1003.2: Va. 7, Va. 679

Bluemont, VA [1.7E]



Bluemont, VA PO (540) 554-4537 2 Main Street, Round Hill, VA, United States 20135 M-F 8:30-12 1-5, Sa 8:30-12

1016.8: W.Va. 9



Torlonas Pizza [0.3W] (304) 728-4450



Torlone Mini-Mart [0.3W] (304) 725-0916

1022.5

Harpers Ferry, WV



ATC Headquarters Stop here get your picture taken. Theyve got some sodas you can buy and a computer for browsing the internet.



Hannahs Train Depot Seafood and BBQ 201 Potomac Street, Harpers Ferry, WV, United States



Harpers Ferry Library (304) 535-2301 151 Polk Street, Harpers Ferry, WV, United States



Harpers Ferry, WV PO (304) 535-2479 1010 West Washington Street, Harpers Ferry, WV, United States 25425 M-F 8-4, Sa 9-12



Spend the Night Inn (304) 535-2296 179 High Street, Harpers Ferry, WV, United States



The Outfitter at Harpers Ferry (304)

535-2087

<http://www.theoutfitteratharpersferry.com> 189

High St., Harpers Ferry, WV



The Towns Inn (877) 489-2447 (email:

info@TheTownsInn.com) *179 High Street,*

Harpers Ferry, WV, United States B/L/D

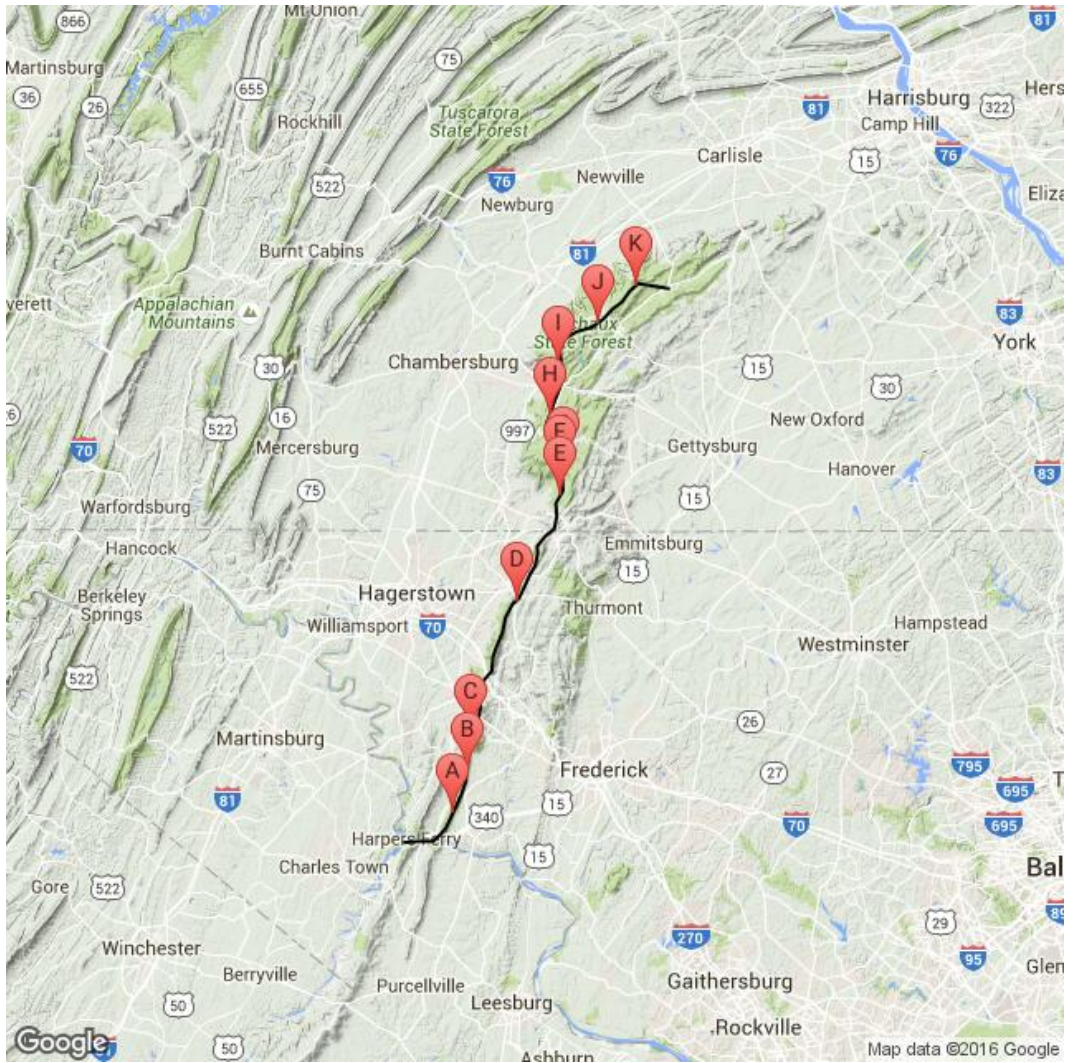
Harpers Ferry to Pine Grove

shenandoah st to PA 233

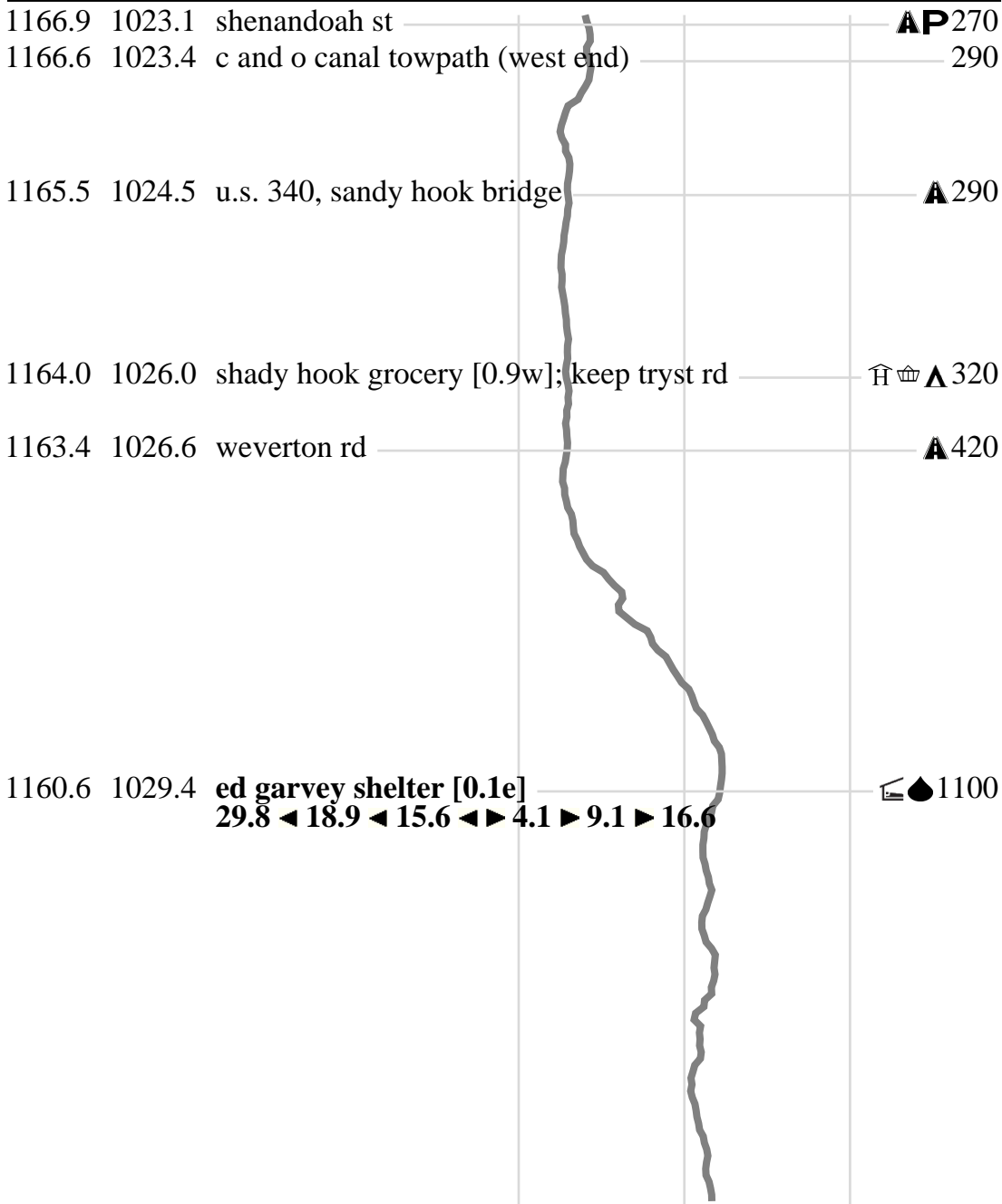
78.4 miles, avg. grade: 5.5%, high: 2080 ft, low: 250 ft

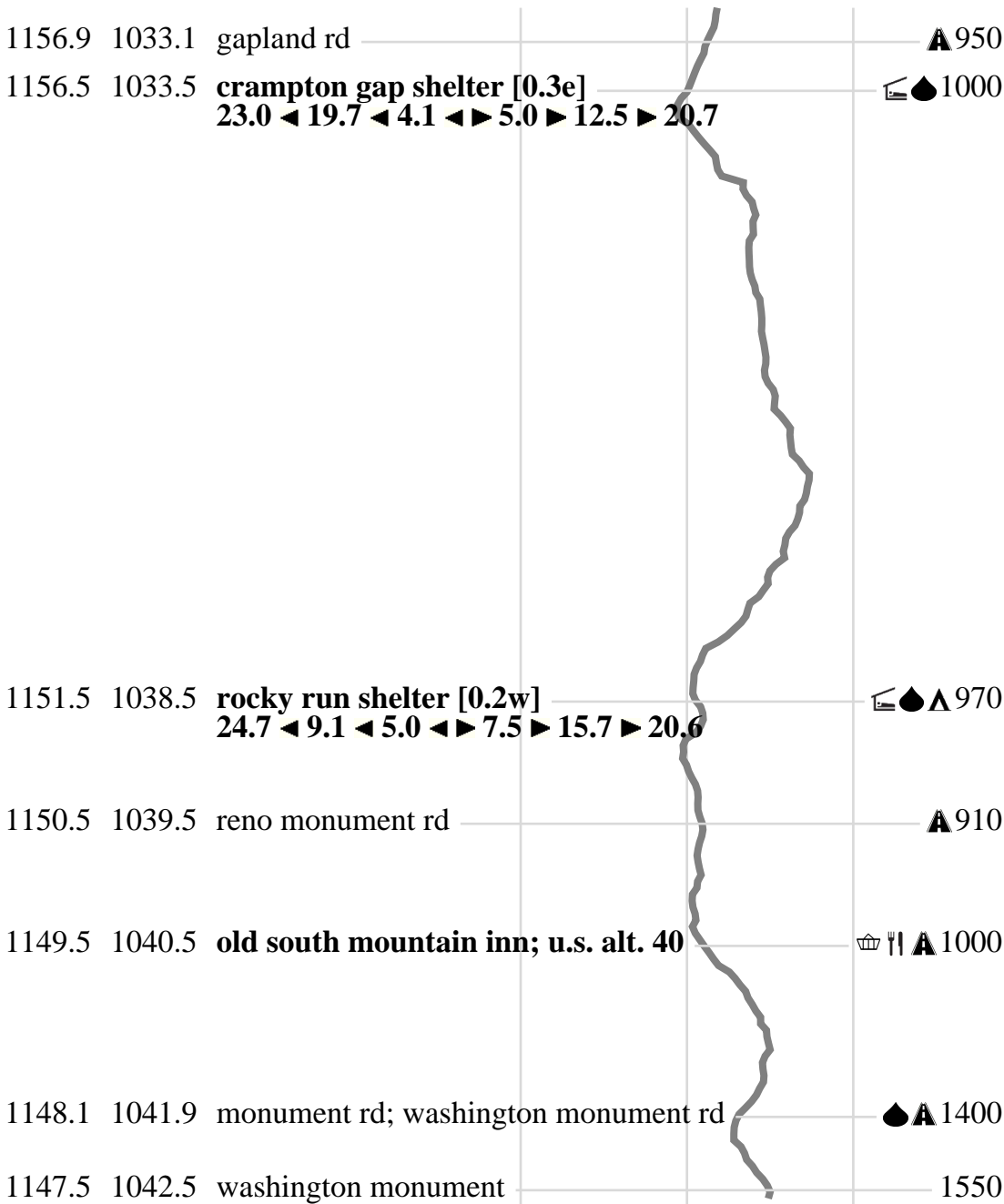
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3022>.

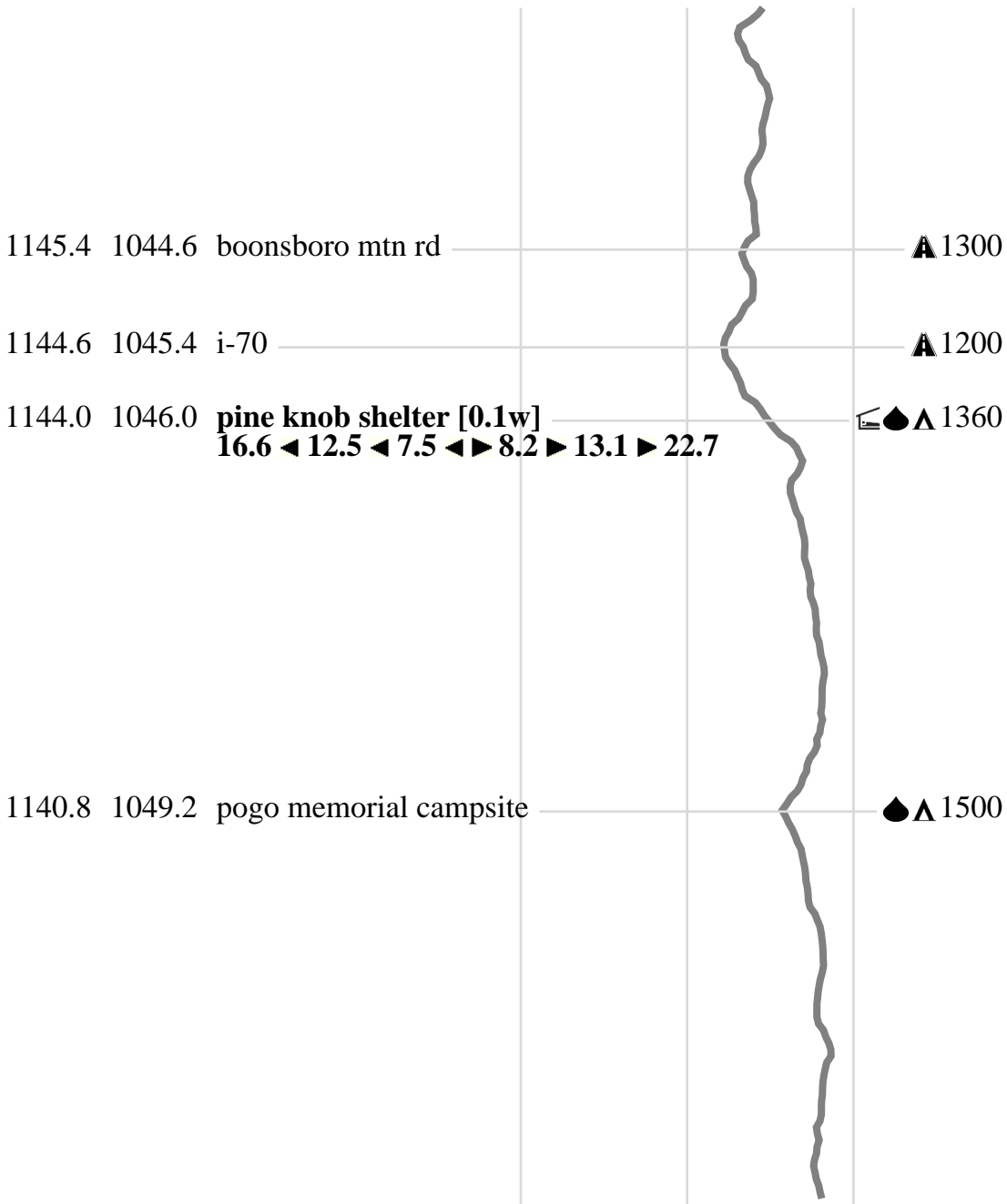
Thank you [trpost](#) for contributing the most recent edits to this section!



A: Ed Garvey Shelter, B: Crampton Gap Shelter, C: Rocky Run Shelter, D: Ensign Cowall Shelter, E: Deer Lick Shelters, F: Antietam Shelter, G: Tumbling Run Shelters, H: Rocky Mountain Shelters, I: Quarry Gap Shelters, J: Birch Run Shelters, K: Toms Run Shelters





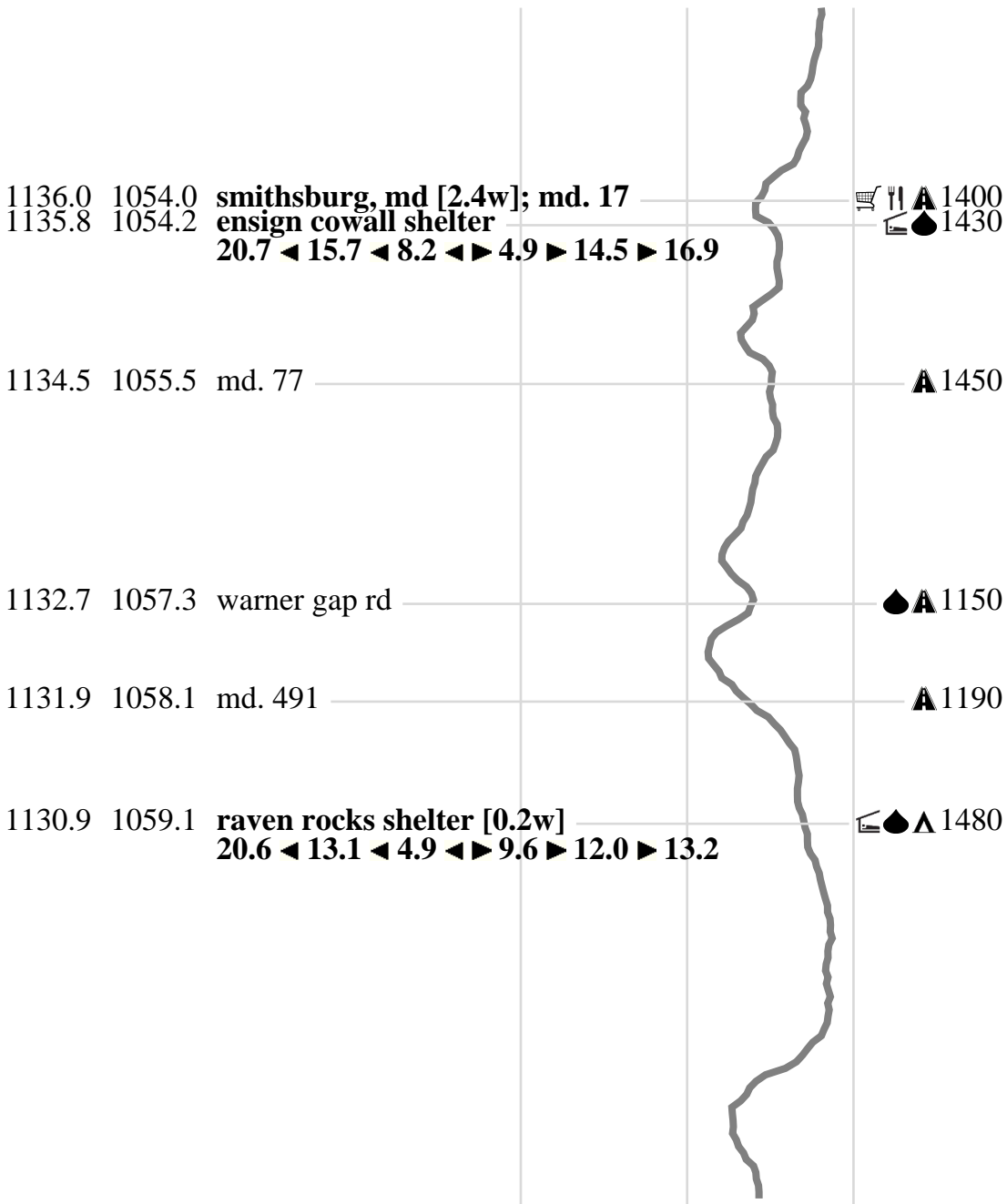


1145.4 1044.6 boonsboro mtn rd ▲ 1300

1144.6 1045.4 i-70 ▲ 1200

1144.0 1046.0 pine knob shelter [0.1w] 16.6 ◀ 12.5 ◀ 7.5 ◀ ▶ 8.2 ▶ 13.1 ▶ 22.7 ▲ 1360

1140.8 1049.2 pogo memorial campsite ▲ 1500



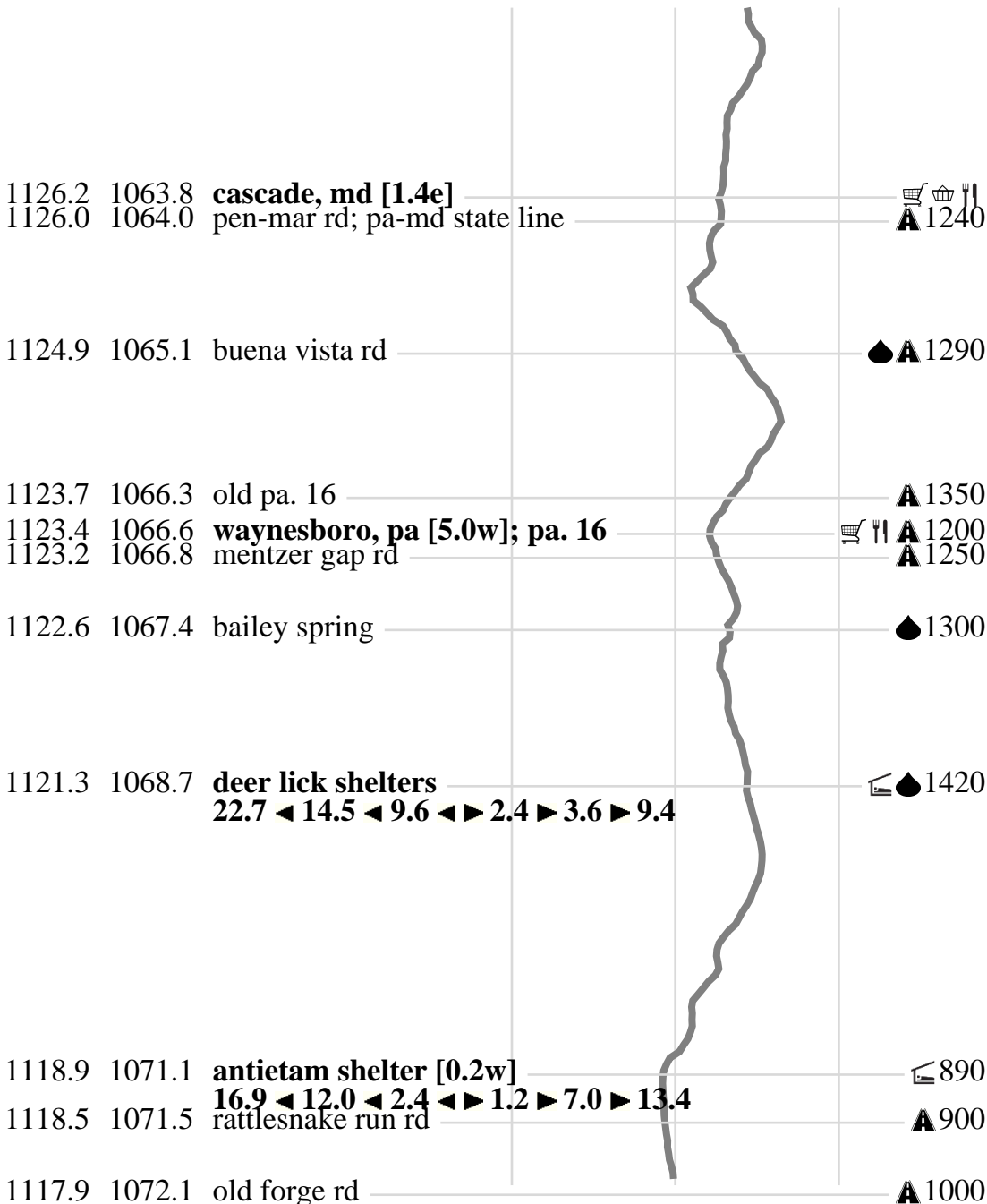
1136.0 1054.0 **smithsburg, md [2.4w]; md. 17** 1400
 1135.8 1054.2 **ensign cowall shelter** 1430
20.7 ◀ 15.7 ◀ 8.2 ◀ ▶ 4.9 ▶ 14.5 ▶ 16.9

1134.5 1055.5 md. 77 1450

1132.7 1057.3 warner gap rd 1150

1131.9 1058.1 md. 491 1190

1130.9 1059.1 **raven rocks shelter [0.2w]** 1480
20.6 ◀ 13.1 ◀ 4.9 ◀ ▶ 9.6 ▶ 12.0 ▶ 13.2



1117.9 1072.1
1117.7 1072.3

old forge rd
tumbling run shelters
13.2 ◀ 3.6 ◀ 1.2 ◀ ▶ 5.8 ▶ 12.2 ▶ 19.6

▲ 1000
◀ 1120

1113.1 1076.9
1112.8 1077.2

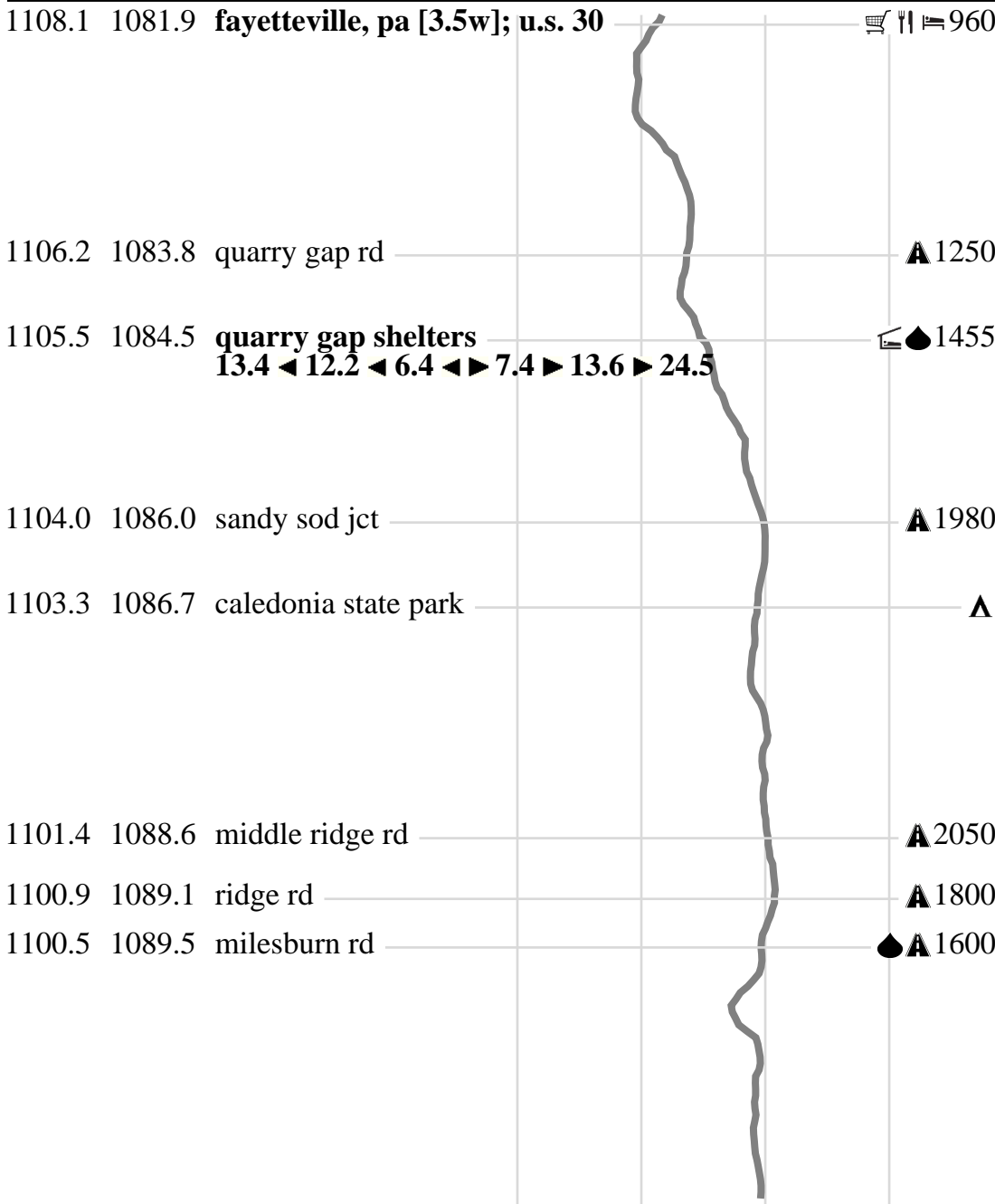
swamp rd
south mountain, pa [1.2e]; pa. 233

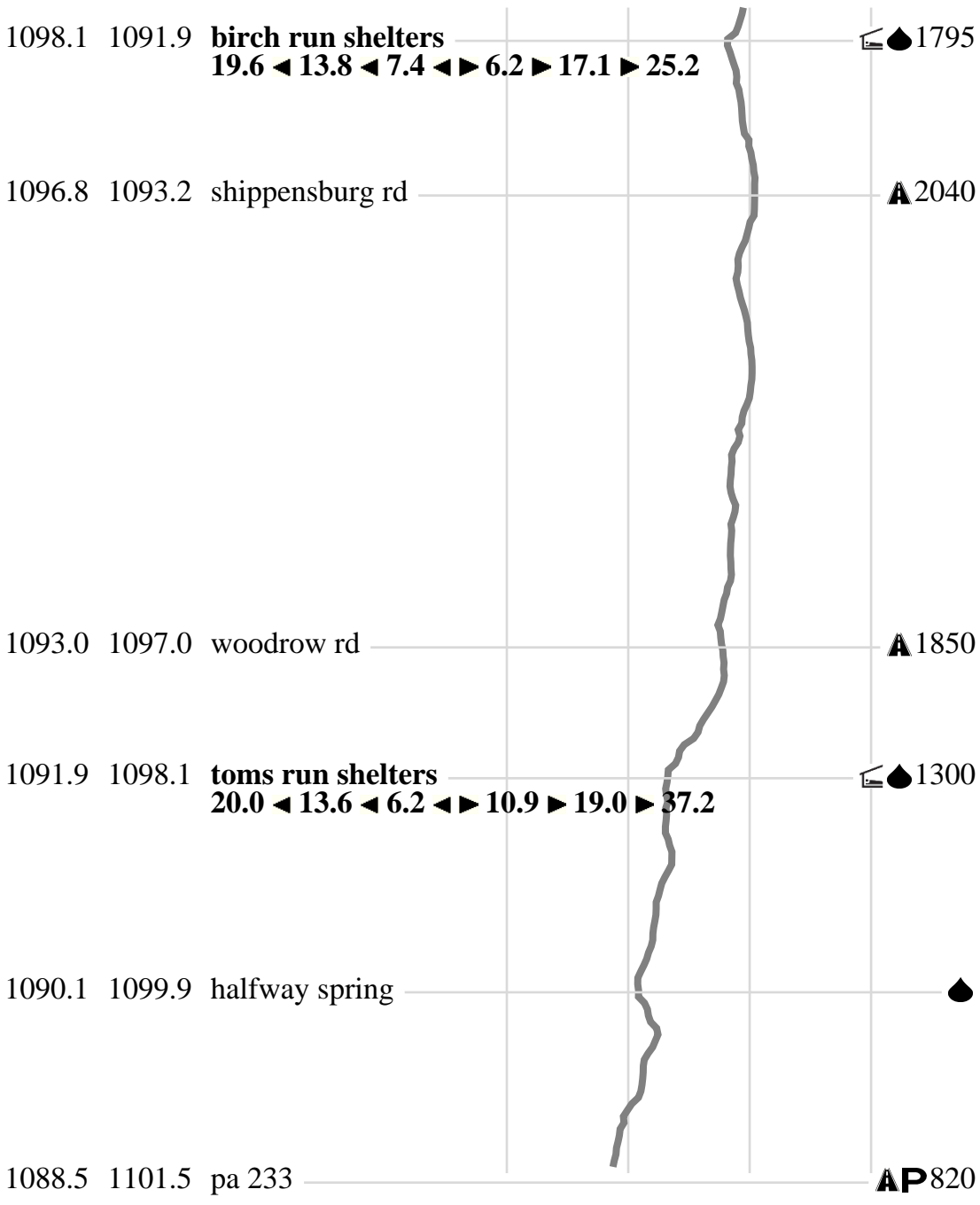
▲ 1560
▲ ◀ 1600

1111.9 1078.1

rocky mountain shelters [0.2e]
9.4 ◀ 7.0 ◀ 5.8 ◀ ▶ 6.4 ▶ 13.8 ▶ 20.0

◀ 1520



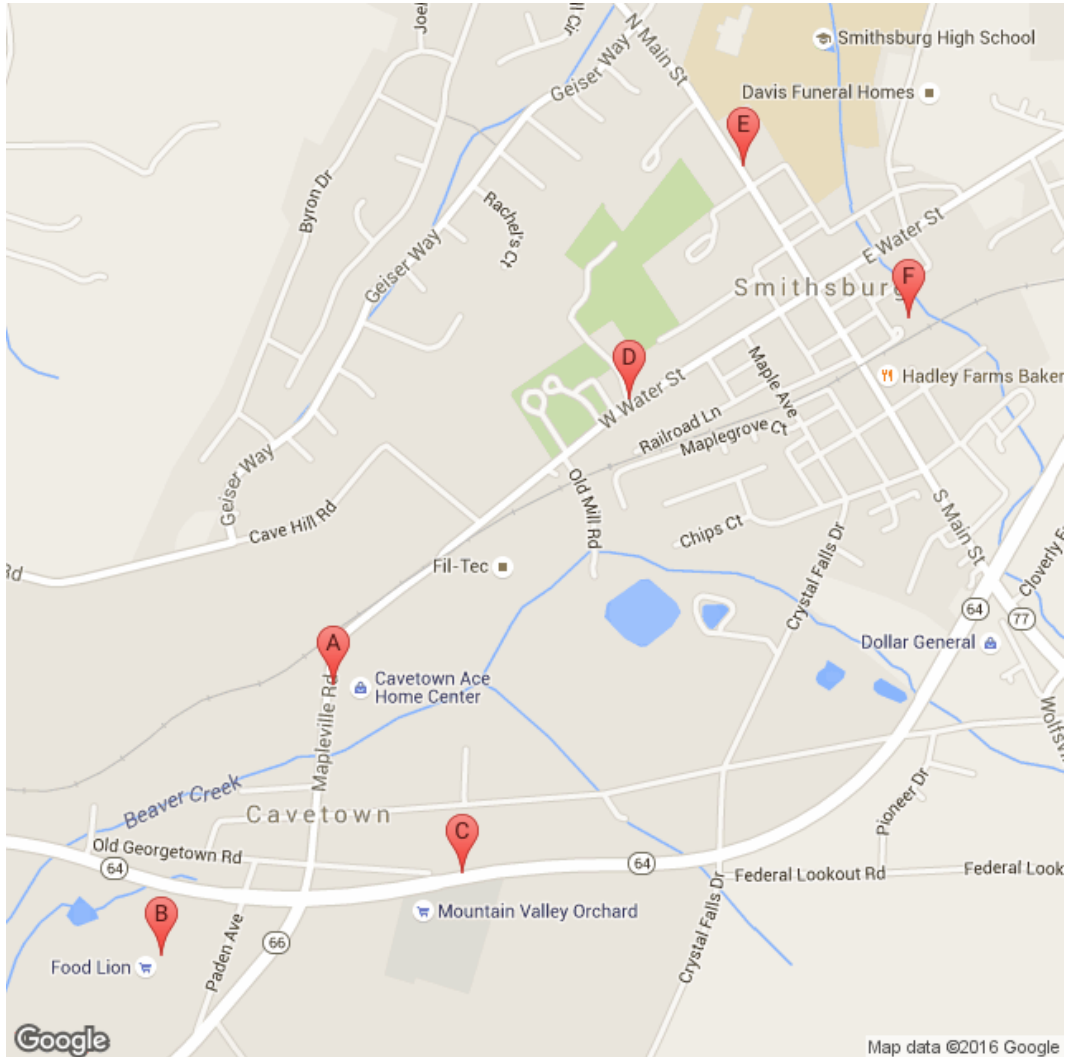


Boonsboro, MD



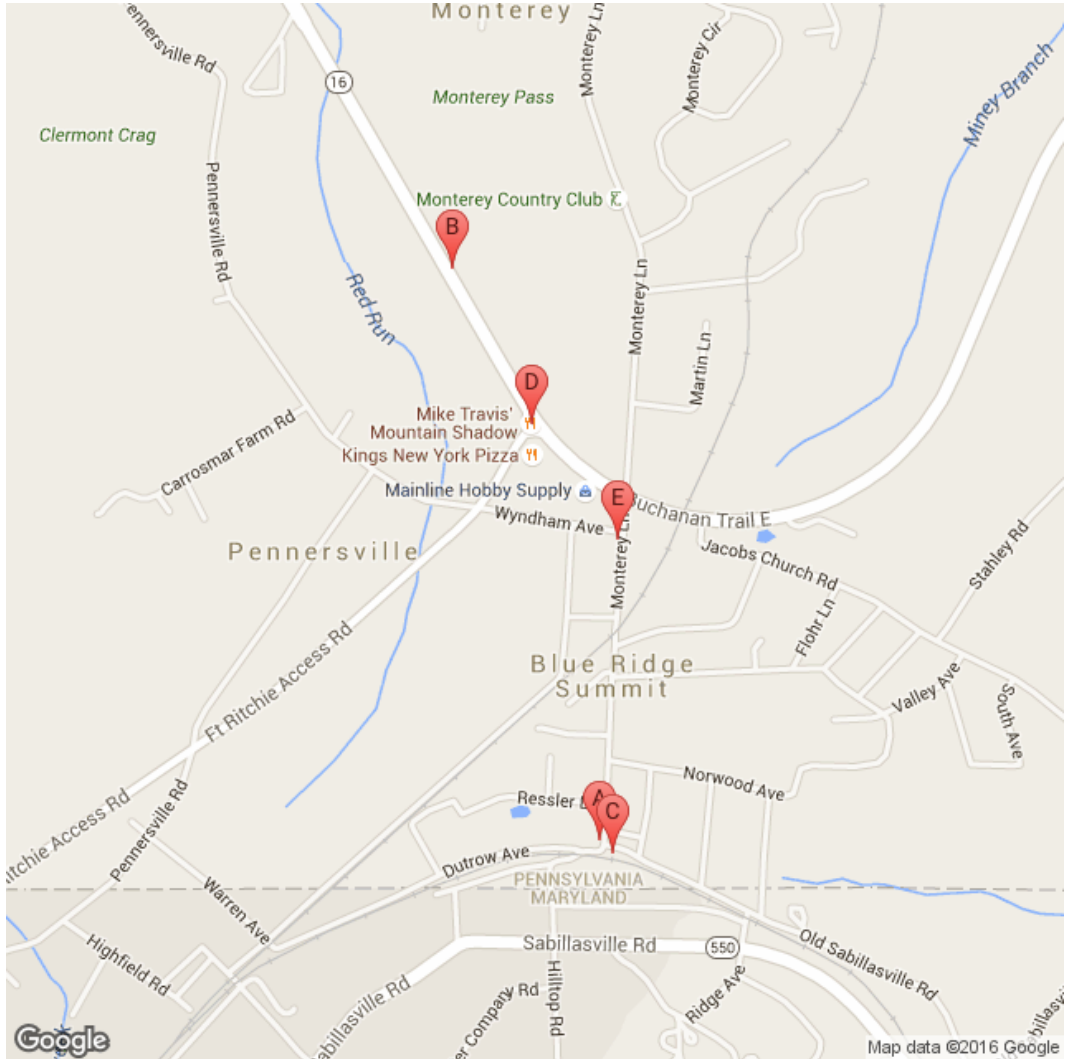
A: Boonsboro Produce Market, B: Boonsboro, MD PO, C: Cronise Market Place, D: Icing Bakery and Cafe, E: Library, F: Subway

Smithsburg, MD



A: Ace Hardware, B: Food Lion, C: Lewis Farm Market, D: Library, E: Smithsburg Market, F: Smithsburg, MD PO

Blue Ridge Summit, PA



A: Blue Ridge Summit Medical Center, B: Blue Ridge Summit, PA PO, C: Library, D: Mountain Shadows, E: True Value

1026.1: Keep Tryst Rd



Shady Hook Grocery [0.9W] (301) 834-8353
18806 Sandy Hook Road



Harpers Ferry Hostel [1.1W] (301)
834-7652 <http://www.harpersferryhostel.org>
(email: mail@harpersferryhostel.org) *19123
Sandy Hook Rd., Knoxville, MD 21758-1330*

1040.5: U.S. Alt. 40



Old South Mountain Inn (301) 371-5400

Boonsboro, MD [2.4W]



Boonsboro Produce Market *312 South Main
Street, Boonsboro, MD, United States*



Boonsboro, MD PO (301) 432-6861 5
*Potomac Street, Boonsboro, MD, United
States 21713 M-F 9-1 2-5, Sa 9-12*



Cronise Market Place *312 South Main
Street, Boonsboro, MD, United States*



Icing Bakery and Cafe (303) 432-5068 7
*South Main Street, Boonsboro, MD, United
States*



Library *401 Potomac Street, Boonsboro, MD,
United States*



Marcys Laundry (301) 491-5849
6AM9:30PM



Subway *11 North Main Street, Boonsboro,
MD, United States*

1054.0: Md. 17

Smithsburg, MD [2.4W]



Ace Hardware *12035 Mapleville Road,
Cavetown, MD, United States*



Food Lion *22401 Jefferson Boulevard,
Smithsburg, MD, United States*



Lewis Farm Market *22550 Jefferson
Boulevard, Smithsburg, MD, United States*



Library *66 West Water Street, Smithsburg,
MD, United States M-F 10-7, Sa 10-2*



Smithsburg Market *48 North Main Street,
Smithsburg, MD, United States*



Smithsburg, MD PO (301) 824-2828 43
*Grove Lane, Smithsburg, MD, United States
21783 M-F 8:30-1 2-4:30, Sa 8:30-12*



South of the Border

1063.8

Cascade, MD [1.4E]



Cascade, MD PO (301) 242-3403 25208
*Military Road, Highfield-Cascade, MD,
United States 21719 M-F 8-1 2-5, Sa 8-12*



GTs Handimart (301) 241-3434 25313
*Military Road, Cascade, MD, United States
5AM-11PM*



Sanders Market (301) 241-3612 25451
*Military Road, Cascade, MD, United States
open M, W-Sa*



Vinces Pizza (301) 241-4331 closed Tu

1066.6: Pa. 16

Waynesboro, PA [5.0W]



Food Lion 11105 Buchanan Trail East,
Waynesboro, PA, United States



Walmart 12751 Washington Township
Boulevard, Waynesboro, PA, United States



Waynesboro, PA PO (717) 762-1513
*Waynesboro, PA, United States 17268 M-F
8:30-5, Sa 9-12*

Blue Ridge Summit, PA [1.2E]



Blue Ridge Summit Medical Center 13593
*Monterey Lane, Blue Ridge Smt, PA, United
States M, Tu, Th 8-5, W, F 8-1.*



Blue Ridge Summit, PA PO (717) 794-2335
*14959 Buchanan Trail East, Blue Ridge
Summit, PA, United States 17214 M-F 8-4, Sa
9-11:30*



JJs Laundromat



Library 15055 Summit Plaza, *Blue Ridge
Smt, PA, United States M-Th 3-8, Sa 10-4*



Mountain Shadows 14954 Buchanan Trail
*East, Blue Ridge Smt, PA, United States
B/L/D*



Summit Plaza B/L/D 7AM-8PM



True Value 13311 Monterey Lane, *Blue
Ridge Summit, PA, United States*

1077.2: Pa. 233

South Mountain, PA [1.2E]



South Mountain, PA PO (717) 749-5833
*10444 South Mountain Road, South Mountain,
PA, United States* 17261 M-F 8:30-1 2-4:45,
Sa 8:30-11:30

1086.7



Caledonia State Park Campground,
Swimming Pool, Snack Bar, Restrooms,
Shower

1081.9: U.S. 30



Taorminas Pizza [0.3W] T-Su 11-10



Henicles Grocery [0.7W] M-Sa 8-9, Su 8-6.

Fayetteville, PA [3.5W]



Fayetteville, PA PO (717) 352-2022 4025
*Lincoln Way East, Fayetteville, PA, United
States* 17222 M-F 8-4:30, Sa 8:30-12



Flamingo Family Restaurant 5600 Lincoln
Way East, Fayetteville, PA, United States



Rite Spot Motel (717) 352-2144 5651
*Lincoln Way East, Fayetteville, PA, United
States*

Pine Grove to Duncannon

PA 233 to PA 274

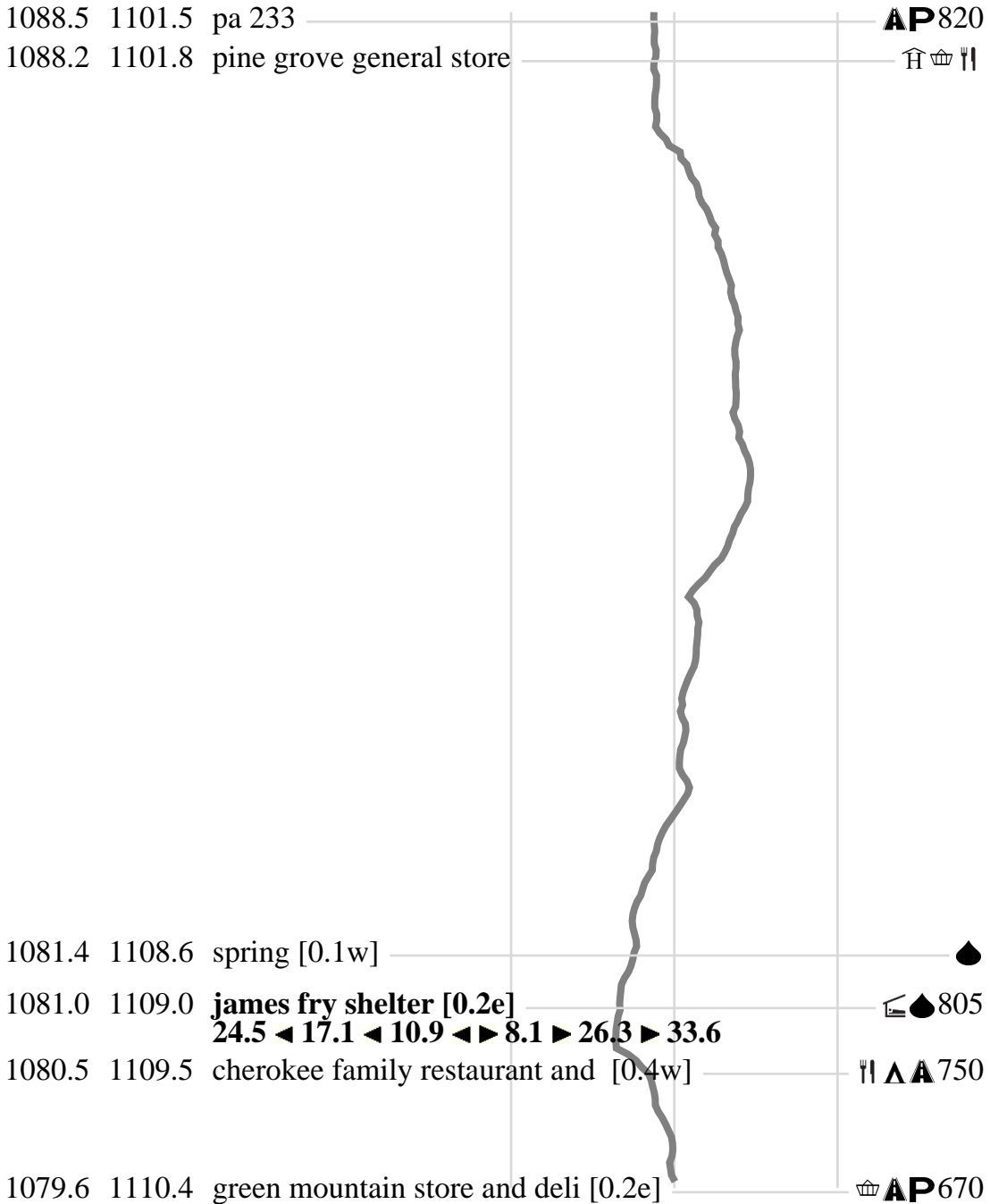
44.7 miles, avg. grade: 5.0%, high: 1467 ft, low: 350 ft

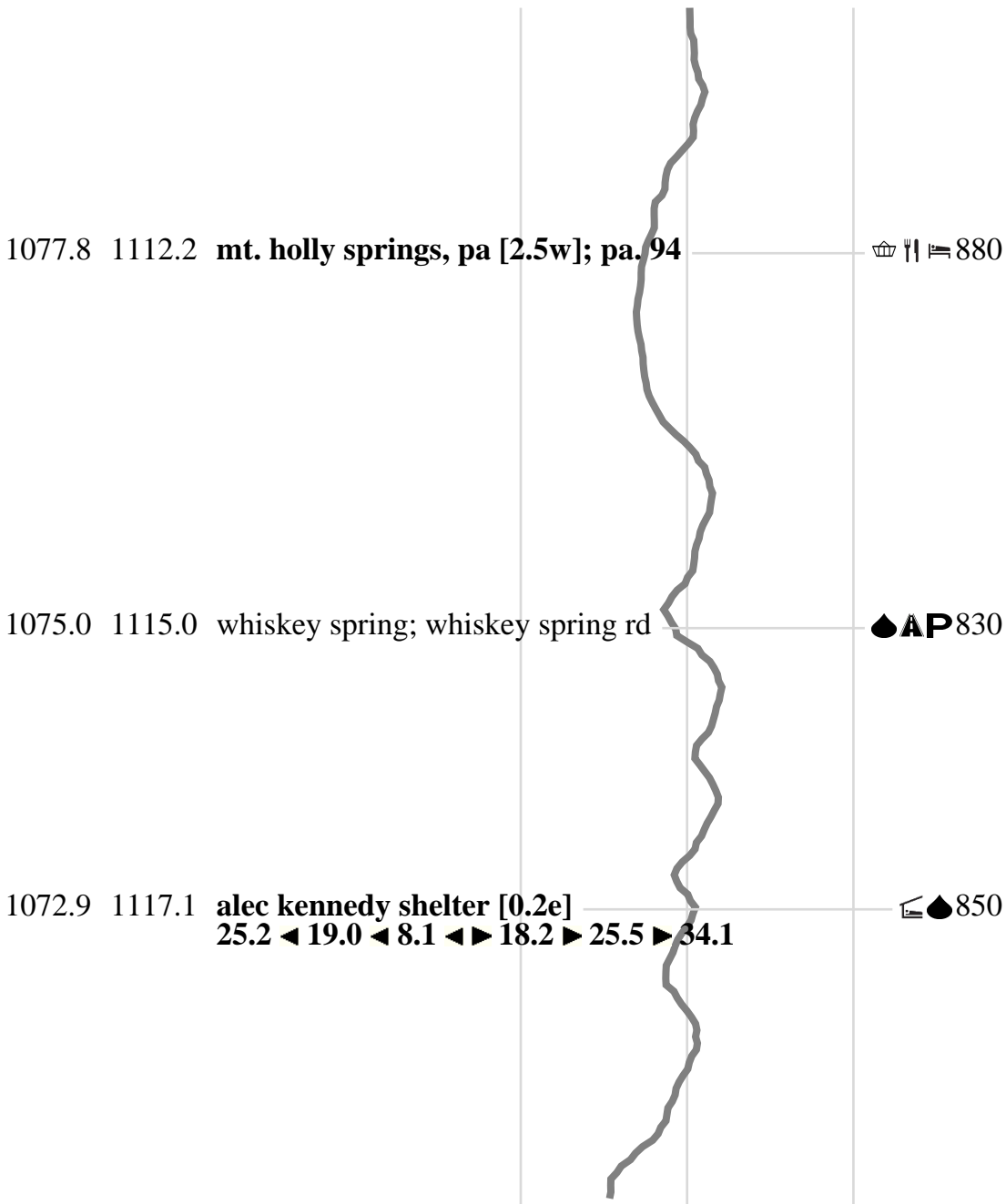
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3023>.

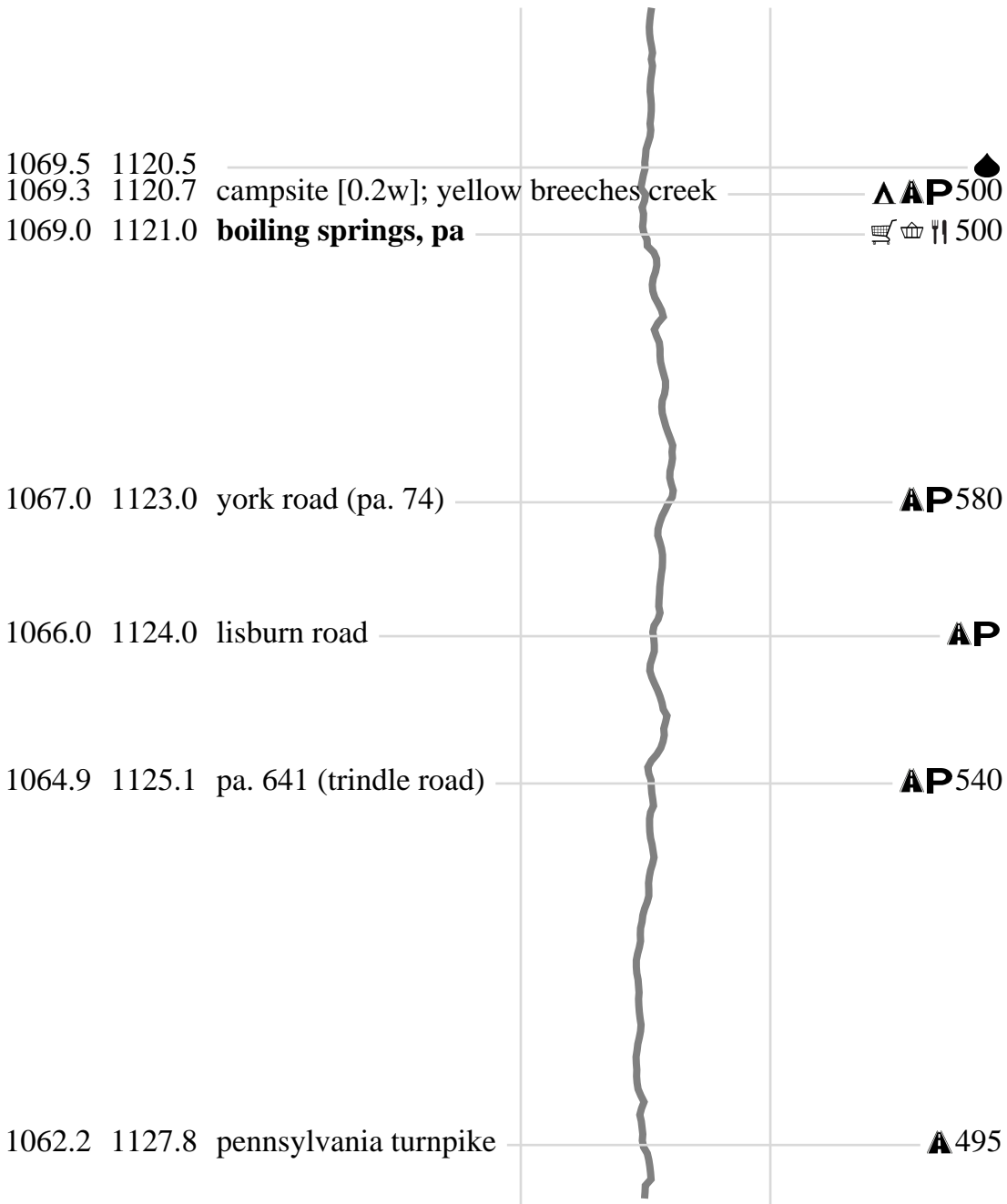
Thank you [trpost](#) for contributing the most recent edits to this section!

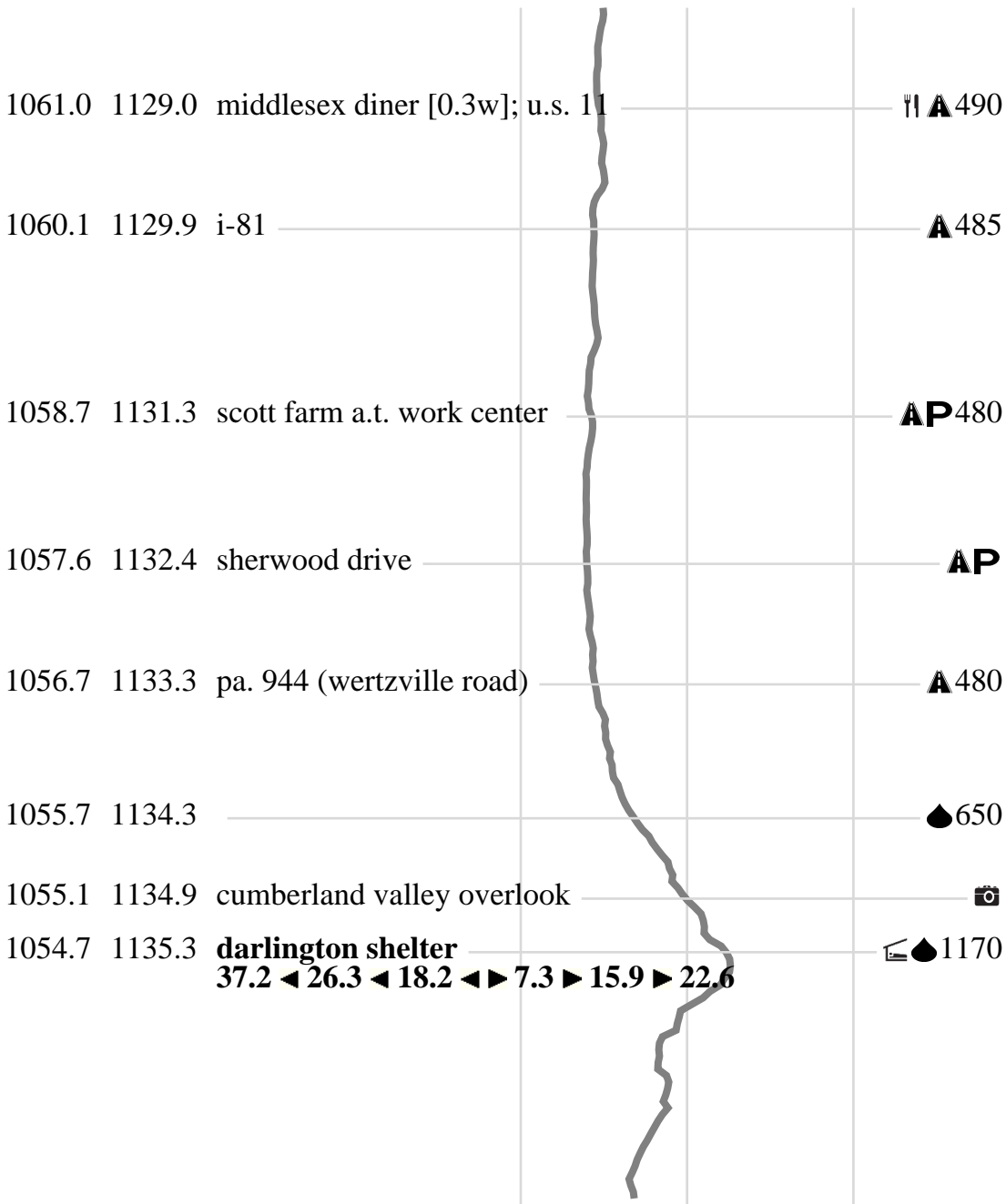


A: Ironmasters Hostel, B: James Fry Shelter, C: Alec Kennedy Shelter, D: Darlington Shelter









1052.4 1137.6 pa. 850

AP 650

1047.4 1142.6

cove mountain shelter

33.6 ◀ 25.5 ◀ 7.3 ◀ ▶ 8.6 ▶ 15.3 ▶ 33.3

1120

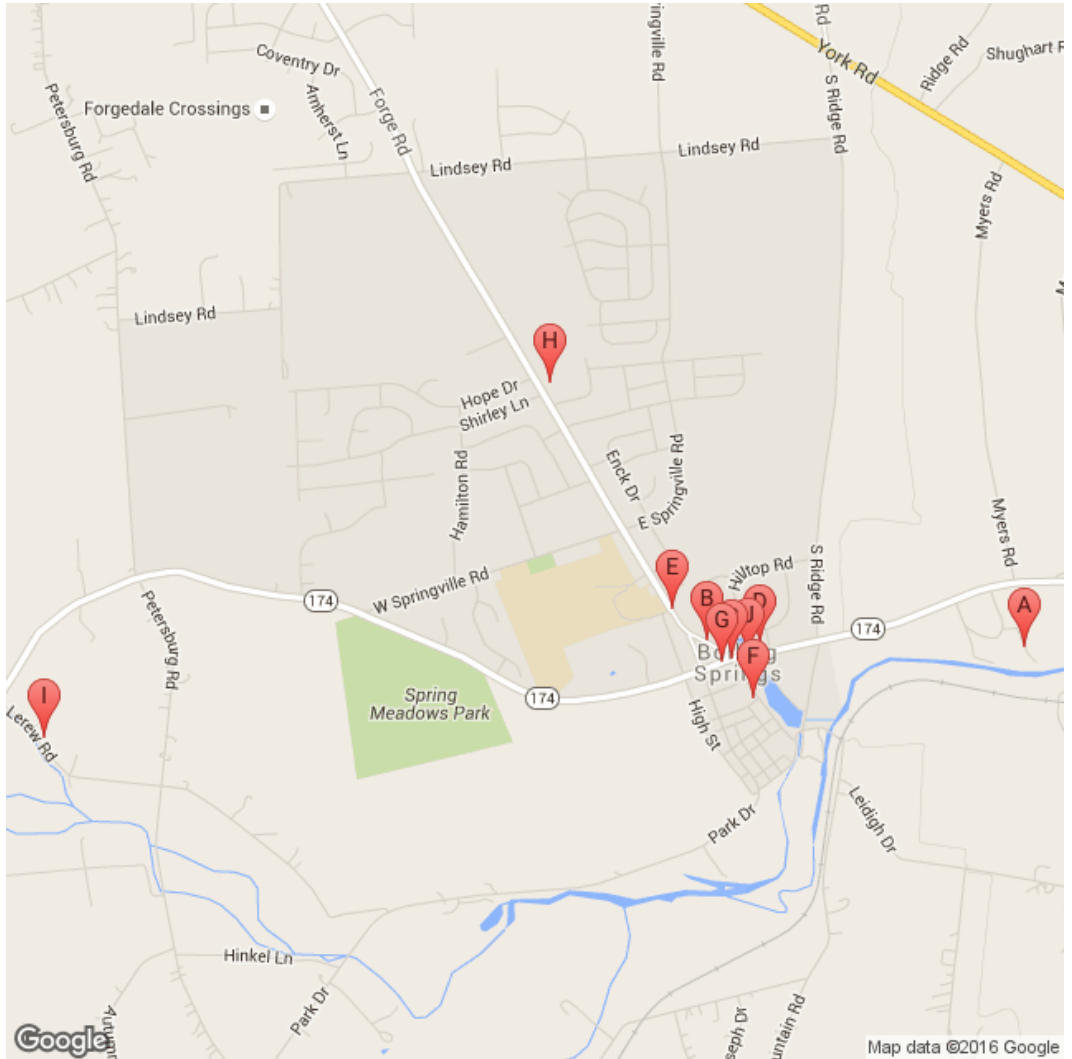
1045.5 1144.5 hawk rock

1140

1043.8 1146.2 pa 274

350

Boiling Springs, PA



A: Allenberry Inn Playhouse, B: Aniles, C: Boiling Springs Tavern, D: Boiling Springs, PA PO, E: Friendly Food Mart, F: Gelinas Manor B and B, G: Getty Mart, H: Karns Store, I: Red Cardinal B and B, J: Yellow Breeches Outfitter

1101.8



Pine Grove General Store *1 Bendersville Rd, Gardners, PA 17324* Home of the half-gallon challenge



Ironmasters Hostel (717) 486-4108
<http://ironmastersmansion.com/> (email: ironmasterspinegrove@gmail.com) *1212 Pine Grove Road, Gardners PA 17324*

1101.9

Appalachian Trail Museum The Appalachian Trail Museum tells the story of the A.T., from its inception to the present, including those who hike it, those who maintain it, and everything in between. Its located right on the A.T. in Pine Grove Furnace State Park, just north of the Pine Grove Furnace Store. Find us online at www.atmuseum.org We are open in the summer every day from noon to 4 pm; during the spring and fall on weekends from noon to 4 pm.

1109.5: Pine Grove Rd



Cherokee Family Restaurant and Campground [0.4W] (717) 486-8000

1110.4: Hunters Run Rd



Green Mountain Store and Deli [0.2E] 4640 *Carlisle Rd, Gardners, PA 17324* M-Sa 7-8, Su 9-6



Hunters Run Rd Parking for 8-10 cars

1112.2: Pa. 94



Deer Run Camping Resort [0.5W] Walk 0.5 miles up Sheet iron roof road. \$10 tent camping for hikers.

Mt. Holly Springs, PA [2.5W]



Cassells Grill (717) 486-8800 *5 West Pine St., Mt. Holly Springs, PA* T-Su 11-9



Holly Inn and Restaurant (717) 486-3823
<http://www.hollyinn.com> *31 South Baltimore Avenue, Mount Holly Springs, PA, United States*



Library *114 North Baltimore Avenue, Mount Holly Springs, PA, United States*



Mt. Holly Springs, PA PO (717) 486-3468
17065 M-F 8-4:30, Sa 9-12



Uni-Mart

1115.0: Whiskey Spring Rd



Whiskey Spring Rd Parking for 3 cars. Western terminus of Mason-Dixon Trail (blue-blazed).

1120.7



campsite [0.2W] follow sign and blue blazed trail to the southwest from A.T. NO FIRES, please.



Fishermens Parking Lot, Bucher Hill Road room for @ 15-20 cars. Get long term parking permit from ATCs office .3 mile north at junction Route 174.

1121.0: Pa. 174, ATC

Mid-Atlantic Region Office



Pa. 174, ATC Mid-Atlantic Region Office parking for 2-3 vehicles, NO long term parking. Office generally open weekdays from 8 am to 4 pm. Water, resupply info., hiker box.

Boiling Springs, PA



Allenberry Inn Playhouse [0.5] (717) 258-3211 <http://allenberry.com/> (email: aberry@allenberry.com) *1559 Boiling Springs Road, Boiling Springs, PA, United States* Good place to stay and eat. VERY friendly to hikers. Buffet is very good. Dont miss their famous sticky buns!!



Aniles *6 Front Street, Boiling Springs, PA, United States* Open for lunch and dinner. Mostly Italian food, reasonably priced.



Boiling Springs Tavern *1 East 1st Street, Boiling Springs, PA, United States* Open for lunch and dinner. Nice but fairly pricey.



Boiling Springs, PA PO (717) 258-6668 *3 East 1st Street, Boiling Springs, PA, United States* 17007 M-F 8-4:30, Sa 8-12



Friendly Food Mart *1 Forge Road, Boiling Springs, PA, United States*



Gelinas Manor B and B (717) 258-6584 *219 Front Street, Boiling Springs, PA, United States* Includes full B



Getty Mart *101 West 1st Street, Boiling Springs, PA, United States*



Karns Store *413 Forge Road, Boiling Springs, PA, United States* open 7-10



Red Cardinal B and B (717) 245-0823
(email: redcardinalbandb@aol.com) 521
Lerew Road, Carlisle, PA, United States



Yellow Breeches Outfitter (717) 258-6752 2
East 1st Street, Boiling Springs, PA, United States closed Mondays

1123.0: York Road (Pa. 74)



York Road (Pa. 74) parking for 5 cars

1124.0: Lisburn Road



Lisburn Road parking for 6 cars

1125.1: Pa. 641 (Trindle Road)



Pa. 641 (Trindle Road) A.T. parking lot at
Trindle Road (PA Route 641)

1129.0: U.S. 11



Middlesex Diner [0.3W] (717) 241-2021
1803 Harrisburg Pike, Carlisle, PA 17015 A
thru-hiker favorite. Good food and lots of it at
a reasonable price.

1131.3: Scott Farm A.T. Work Center



Scott Farm A.T. Work Center At bridge
over Conodoguinet Creek Bridge. Water
available from spigot. Porta-potty available in
summer. Parking for @ 6-8 cars.

1132.4: Sherwood Drive



Sherwood Drive Parking for 6 cars.

1133.3: Pa. 944 (Wertzville Road)



Pa. 944 (Wertzville Road) NO PARKING at
this road crossing.

1134.3



Spring Look for blue blazes. Northbounders
should get water here, if conditions are dry.
The spring at the Darlington Shelter is often
dry.

1134.9



Cumberland Valley Overlook Excellent
view of Cumberland Valley. Stone bench.

1137.6: Pa. 850



Pa. 850 Parking for 5 cars

1144.5



Hawk Rock Spectacular view of Susquehanna
River, Shermans Creek and Duncannon

Duncannon to PA 501

PA 274 to PA 501

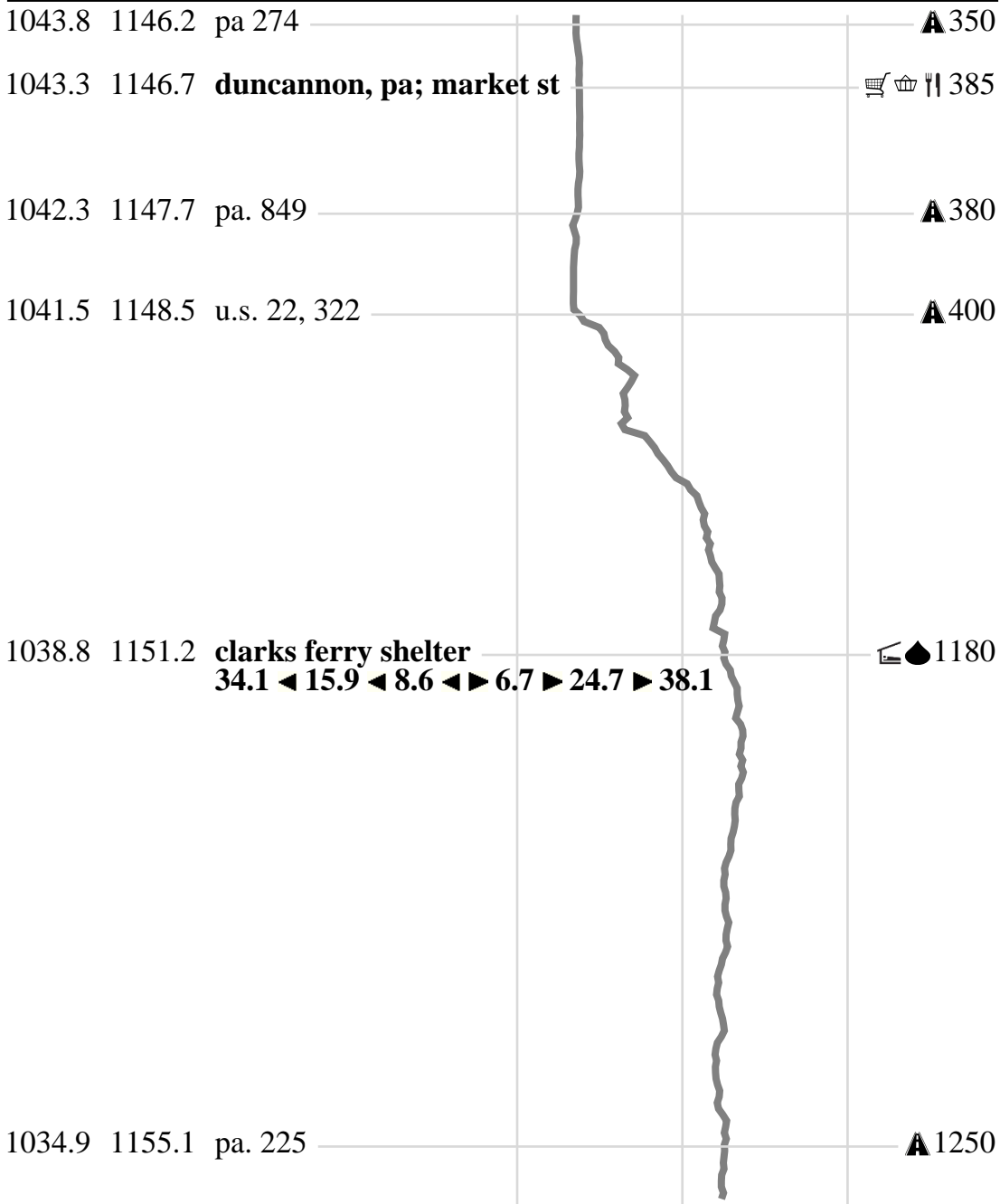
47.2 miles, avg. grade: 5.0%, high: 1657 ft, low: 336 ft

For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3024>.

Thank you [trpost](#) for contributing the most recent edits to this section!



A: Clarks Ferry Shelter, B: Peters Mountain Shelter, C: Rausch Gap Shelter, D: William Penn Shelter, E: 501 Shelter



1032.1 1157.9

peters mountain shelter

  970

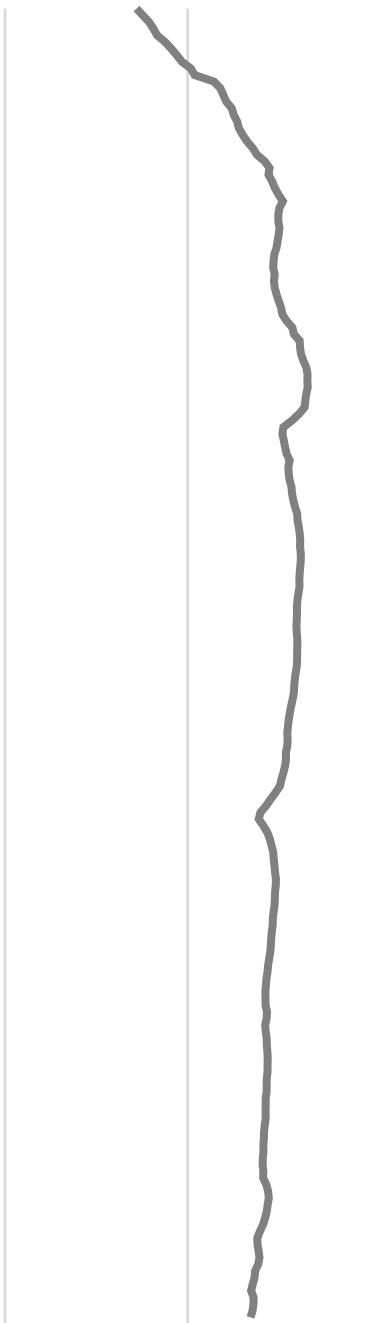
22.6 ◀ 15.3 ◀ 6.7 ◀ ▶ 18.0 ▶ 31.4 ▶ 35.5

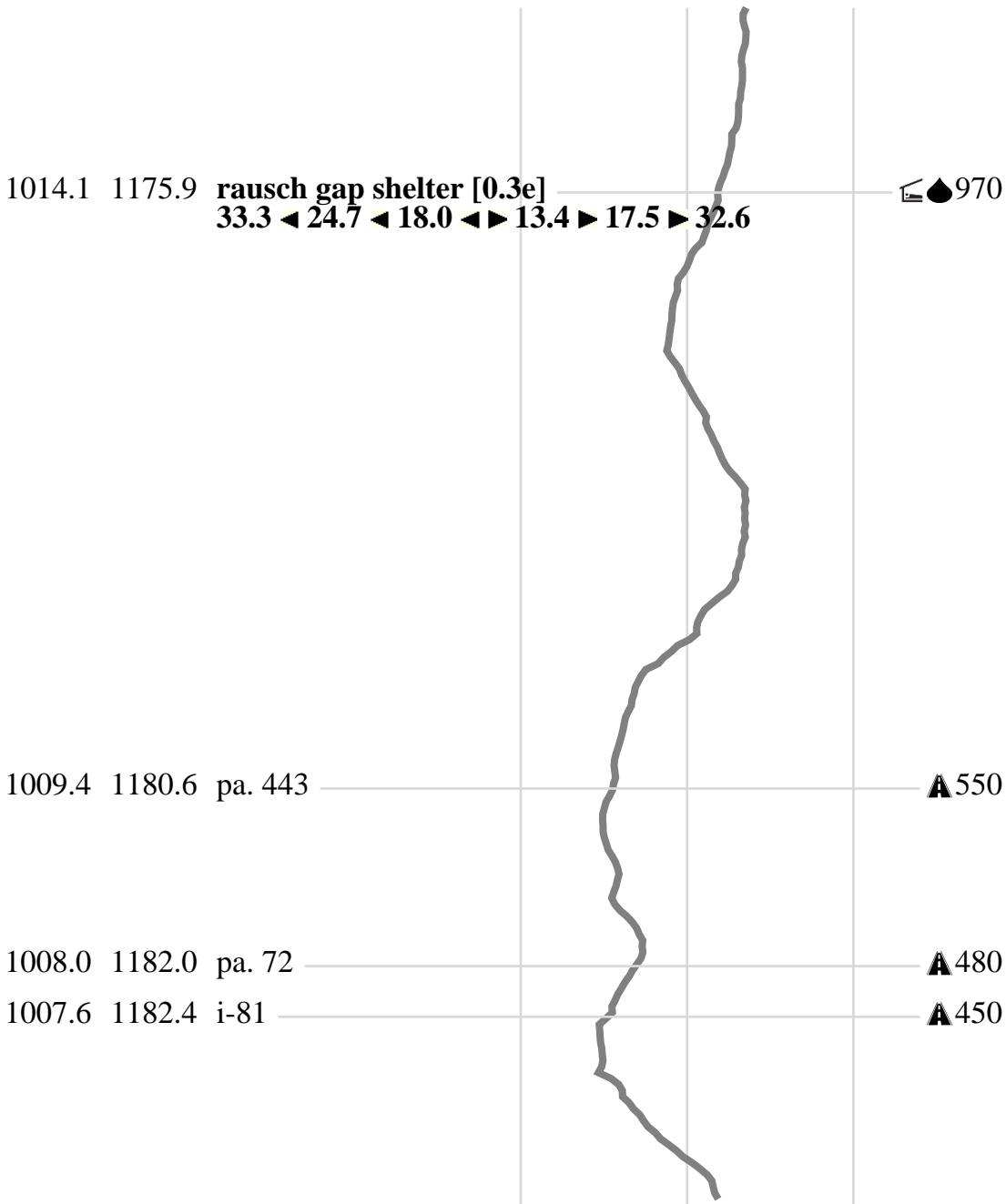
1025.7 1164.3

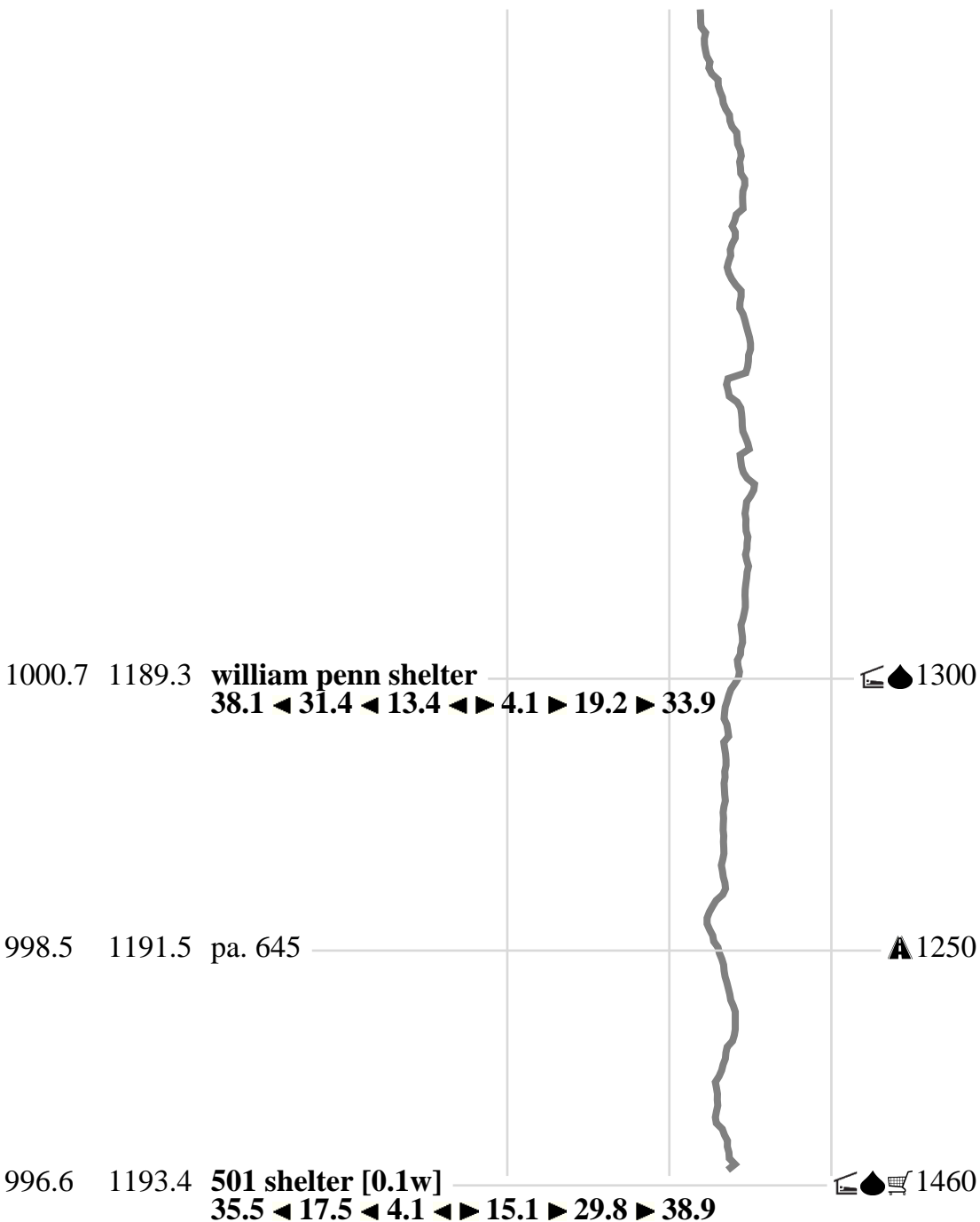
pa. 325

 700

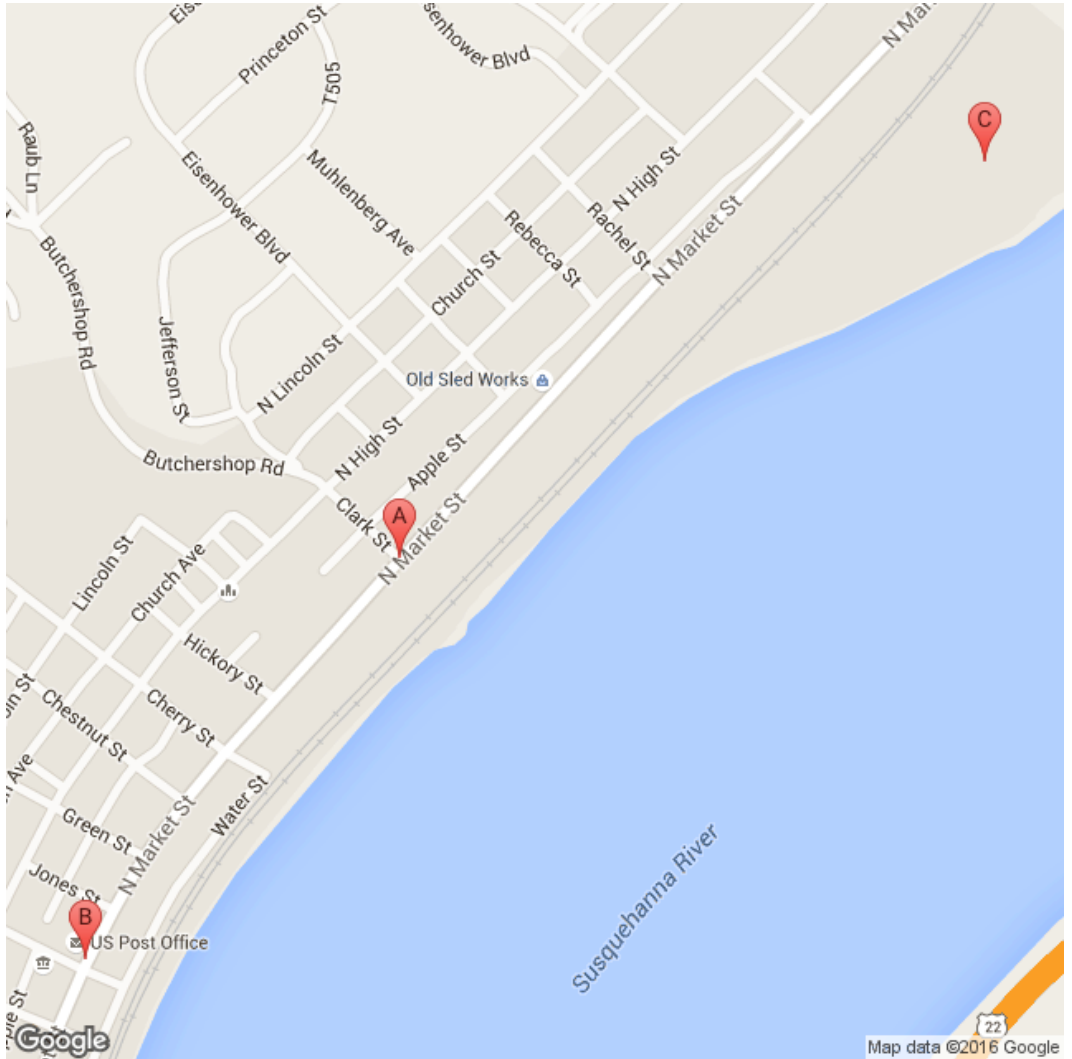
  550





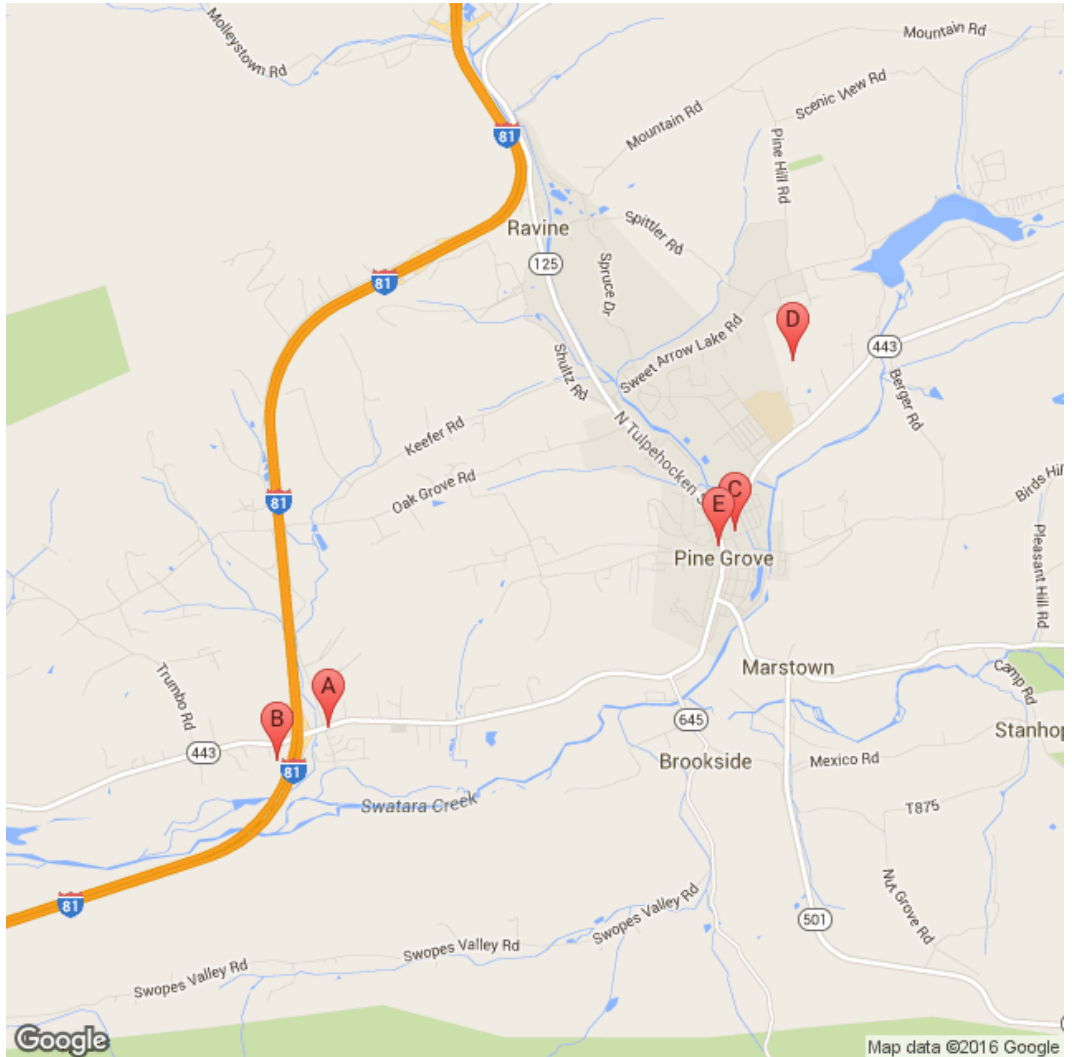


Duncannon, PA



A: Doyle Hotel, B: Duncannon, PA PO, C: Riverfront Campground

Pine Grove, PA



A: Econo Lodge, B: Hampton Inn, C: Pine Grove, PA PO, D: Sholl Family Restaurant, E: Turkey Hill Market

1146.7: Market St

Duncannon, PA



All-American Truck Plaza B/L/D AYCE



Doyle Hotel (717) 834-6789

<http://www.doylehotel.com> *North Market St., Duncannon, PA 17020* a classic. may be haunted...



Duncannon, PA PO (717) 834-3332 203
North Market Street, Duncannon, PA, United States 17020 M-F 8-11, 12-4:30, Sa 8-12



Mutzabaugh Market [0.5W]



Riverfront Campground (717) 834-5252 9
Newport Road, Duncannon, PA, United States



Uni-Mart Convenience Store [0.5W]



Zeiderellis Pizza L/D

1193.4: PA 501

Pine Grove, PA [3.7W]



BGs Market



Econo Lodge (570) 345-4099 419 *Suedberg Road, Pine Grove, PA, United States*



Hampton Inn (540) 345-4505 481 *Suedberg Road, Pine Grove, PA, United States*



Pine Grove, PA PO (570) 345-4955 103
Snyder Avenue, Pine Grove, PA, United States 17963 M-F 8:30-4:30, Sa 9-12



Sholl Family Restaurant (570) 345-8715 83
Pleasant Valley Road, Pine Grove, PA, United States B/L/D, AYCE



Turkey Hill Market 134 *South Tulpehocken Street, Pine Grove, PA, United States*

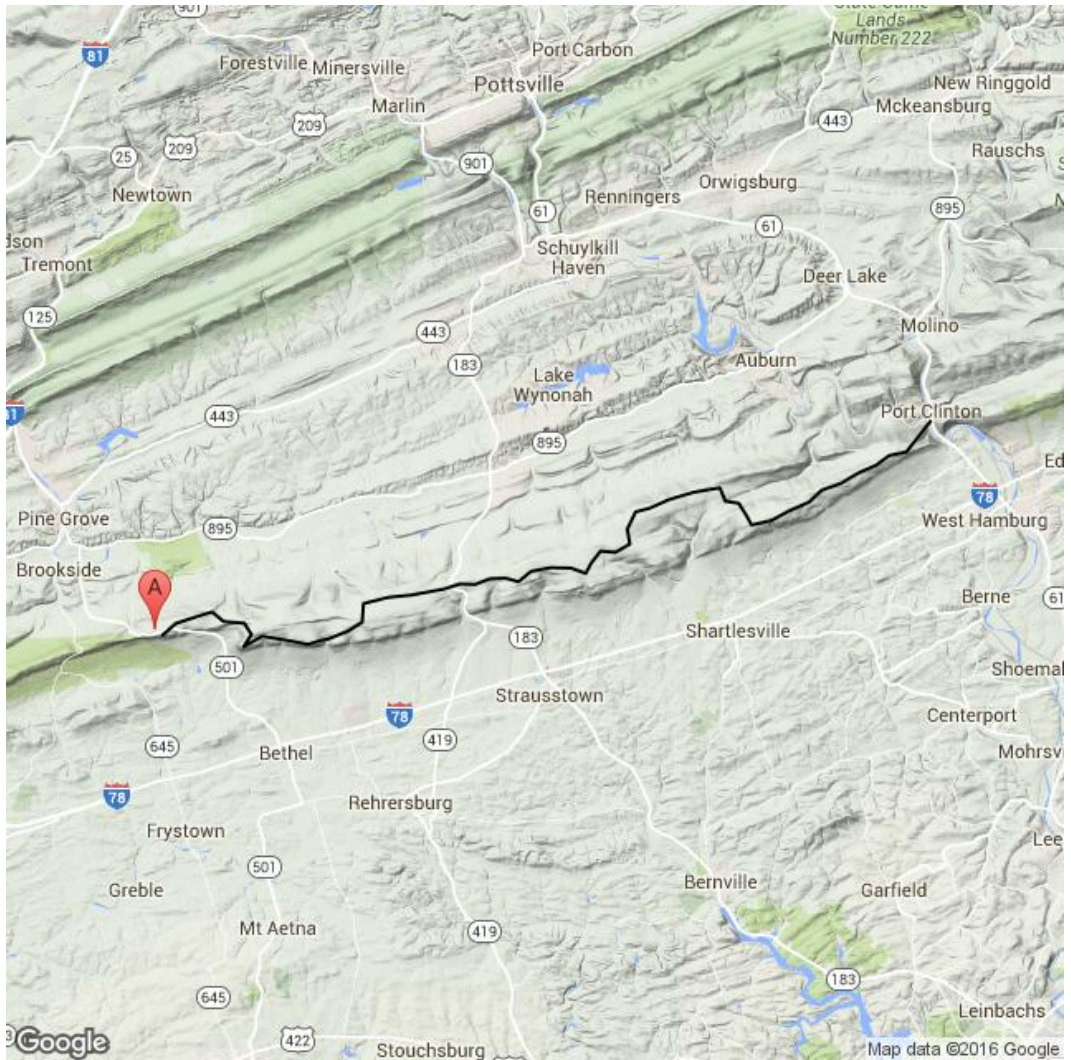
PA 501 to Hamburg

PA 501 to broad st

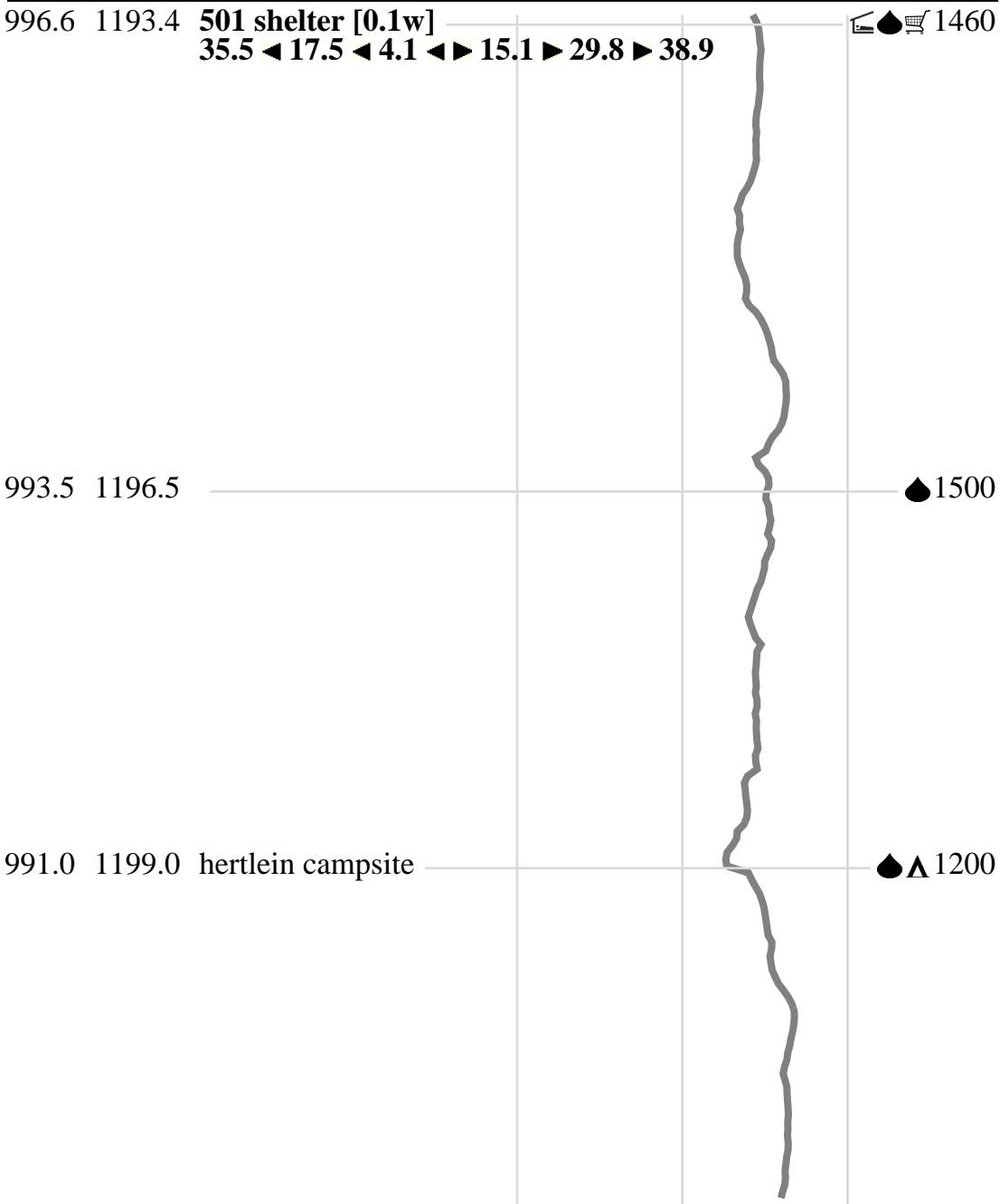
23.7 miles, avg. grade: 4.4%, high: 1678 ft, low: 400 ft

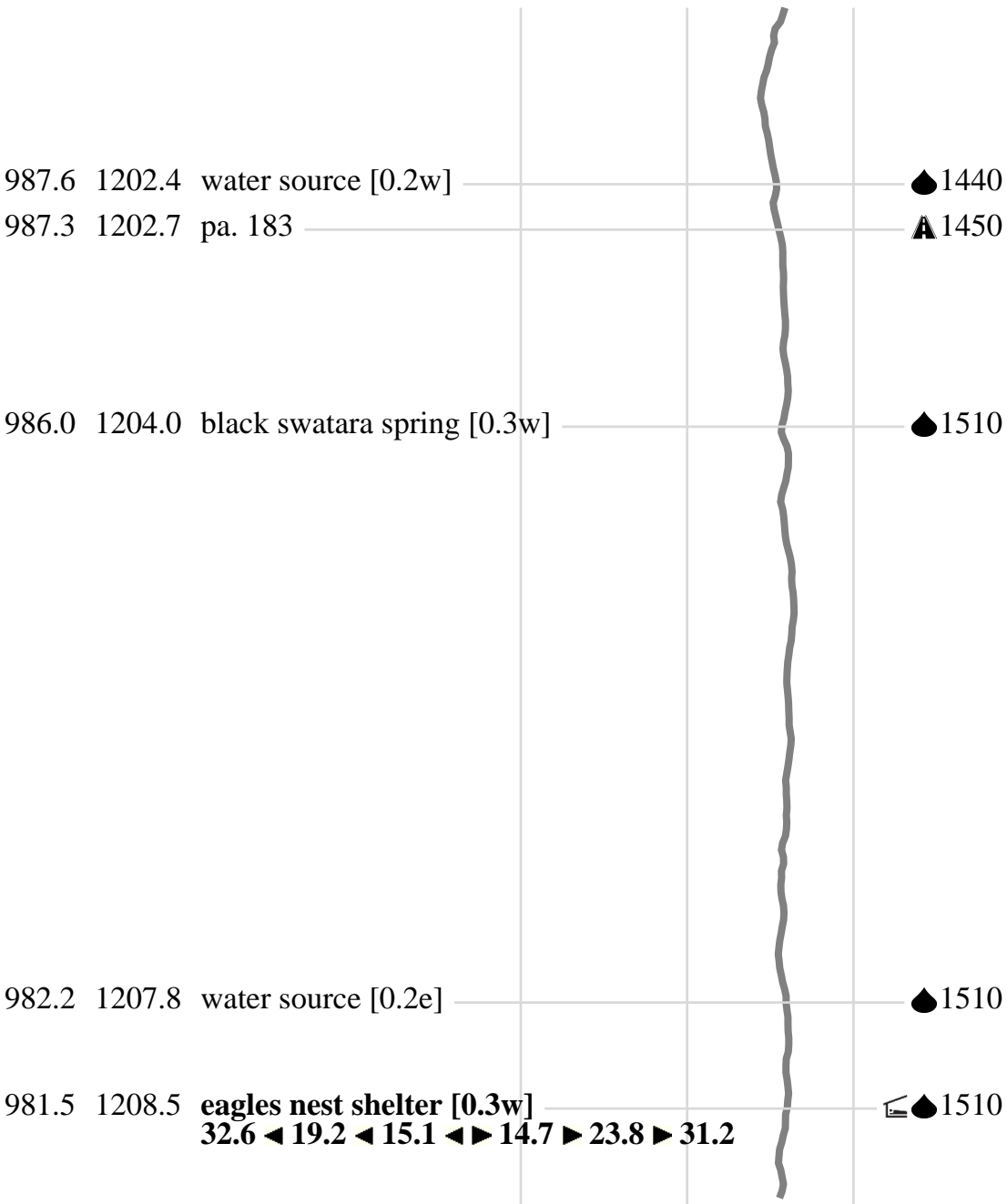
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3025>.

Thank you [trpost](#) for contributing the most recent edits to this section!




A: 501 Shelter

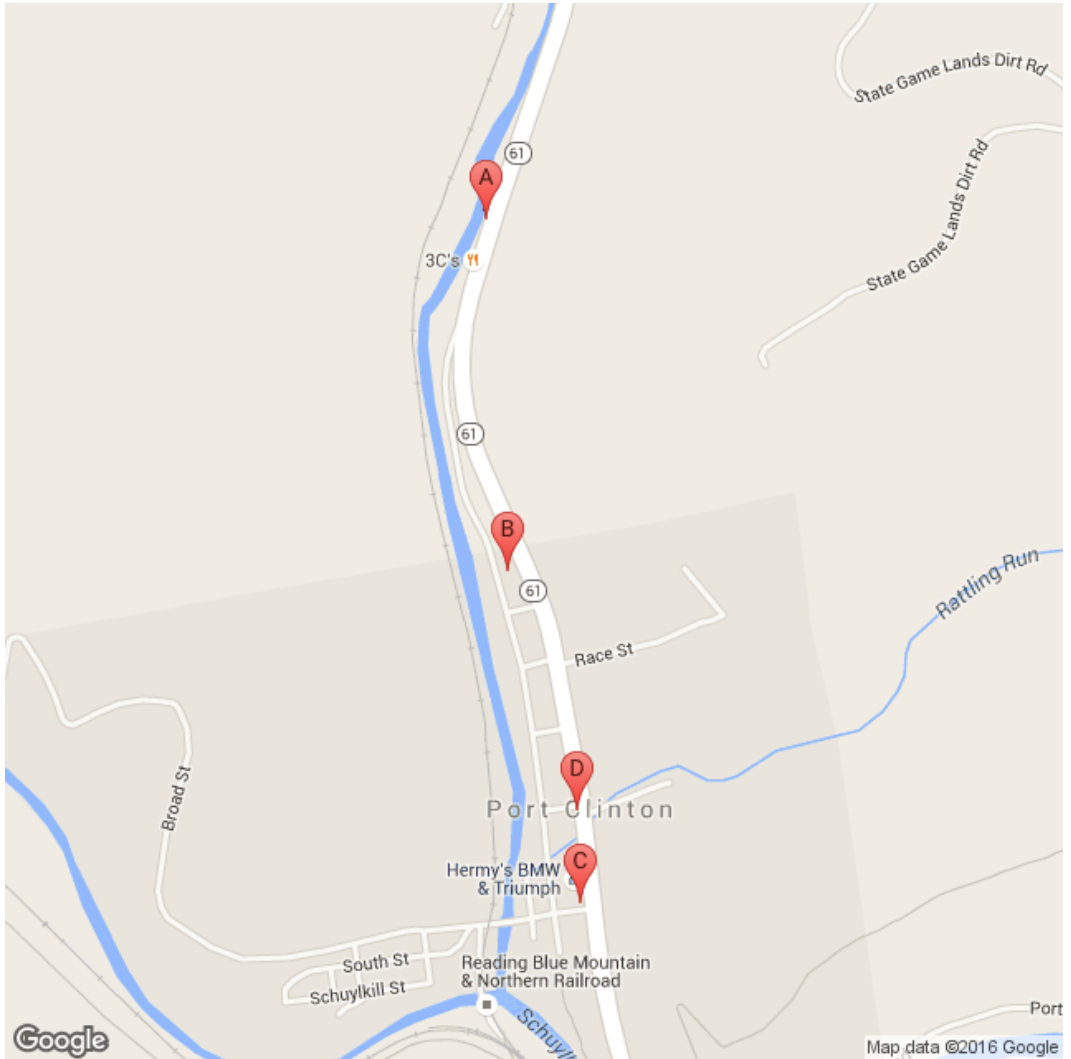




976.9 1213.1 phillips canyon spring  1500

972.9 1217.1 **port clinton, pa; broad st**    400

Port Clinton, PA



A: 3-Cs Restaurant, B: Hiker Pavilion, C: Port Clinton, PA PO, D: The Port Clinton Peanut Shop

1217.1: broad st

Port Clinton, PA



3-Cs Restaurant 2212 Centre Turnpike,
Orwigsburg, PA, United States B/L, M-F 5-3,
Sa-Su 6-2



Hiker Pavilion [0.3W]



Port Clinton Hotel (610) 562-3354
<http://www.portclintonhotel.net> L/D, closed M



Port Clinton, PA PO (610) 562-3787 6
Broad Street, Port Clinton, PA, United States
19549 M-F 7:30-12:30 2-5, Sa 8-11



The Port Clinton Peanut Shop Pennsylvania
61, Port Clinton, PA, United States



Union House Bed and Bath (610) 562-4076

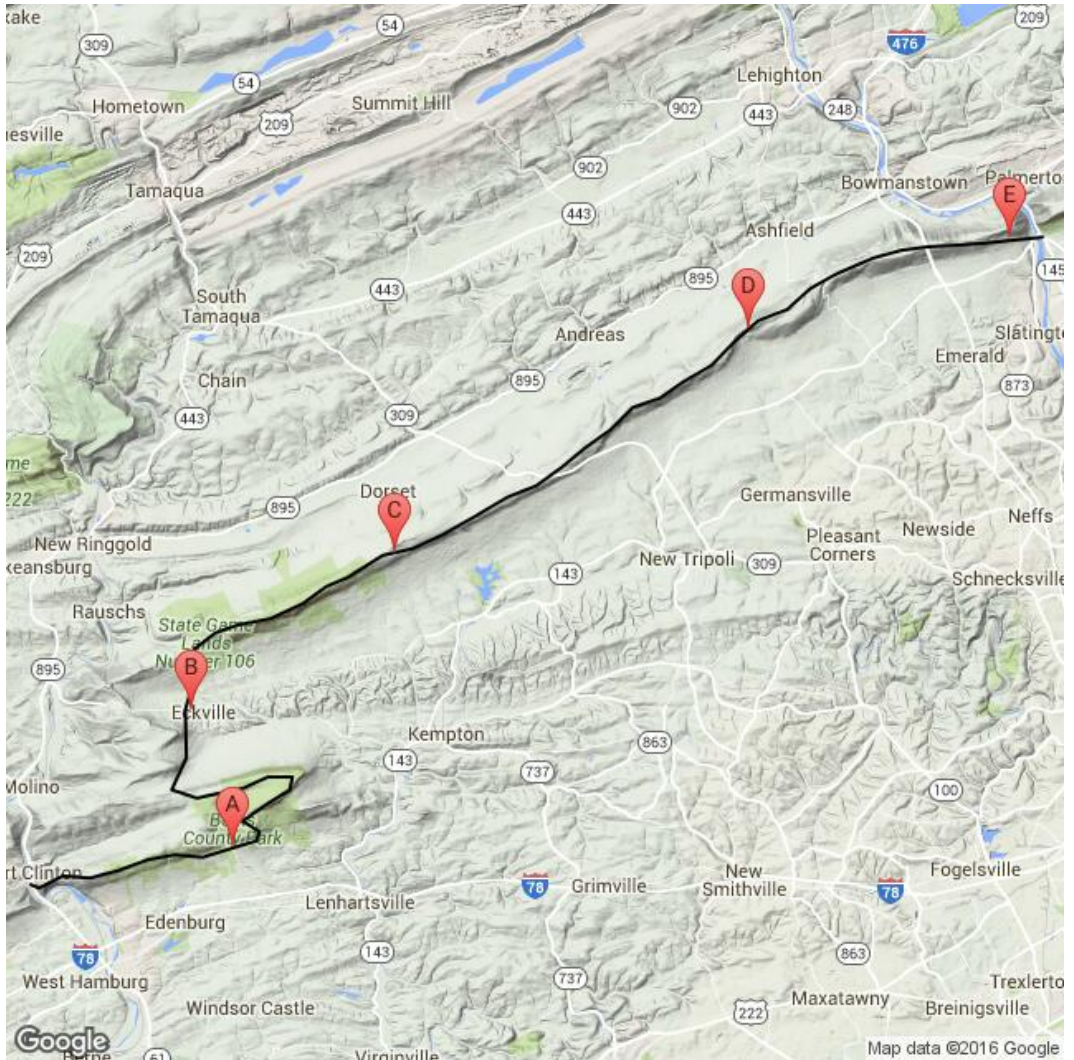
Hamburg to Palmerton

broad st to PA 248

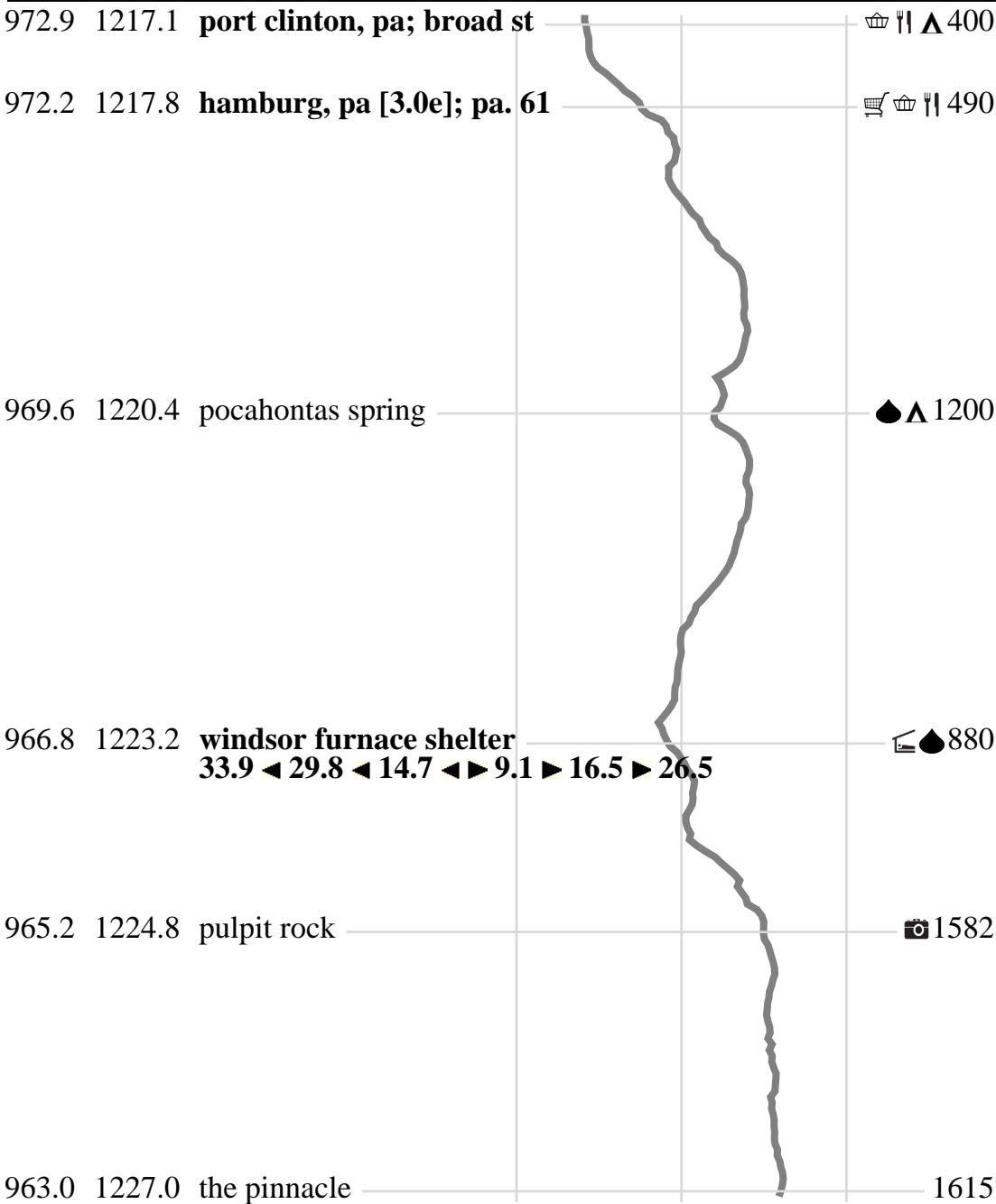
40.3 miles, avg. grade: 5.3%, high: 1649 ft, low: 380 ft

For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3026>.

Thank you [trpost](#) for contributing the most recent edits to this section!



A: Windsor Furnace Shelter, B: Eckville Shelter, C: Allentown Shelter, D: Bake Oven Knob Shelter, E: George W. Outerbridge Shelter

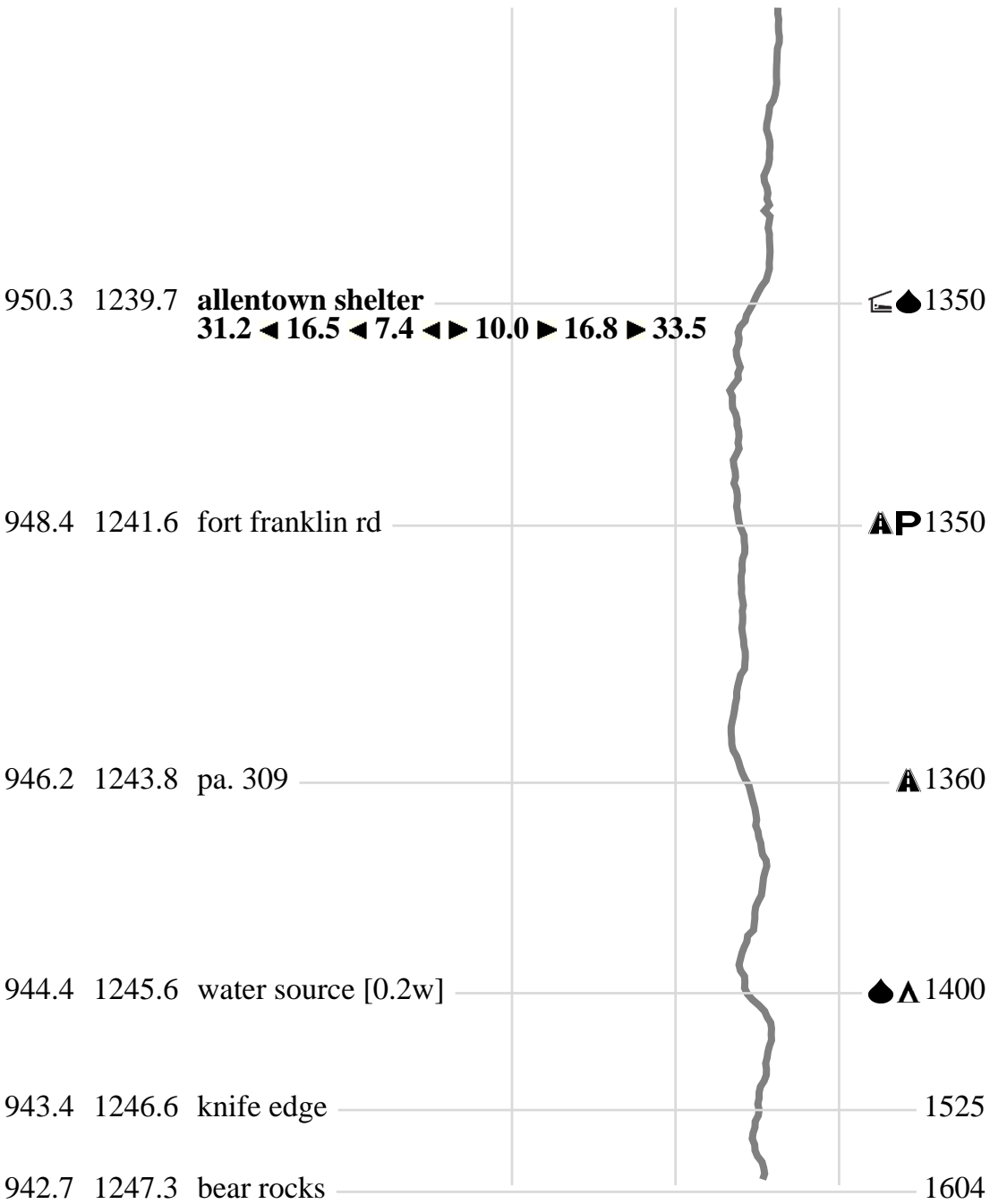


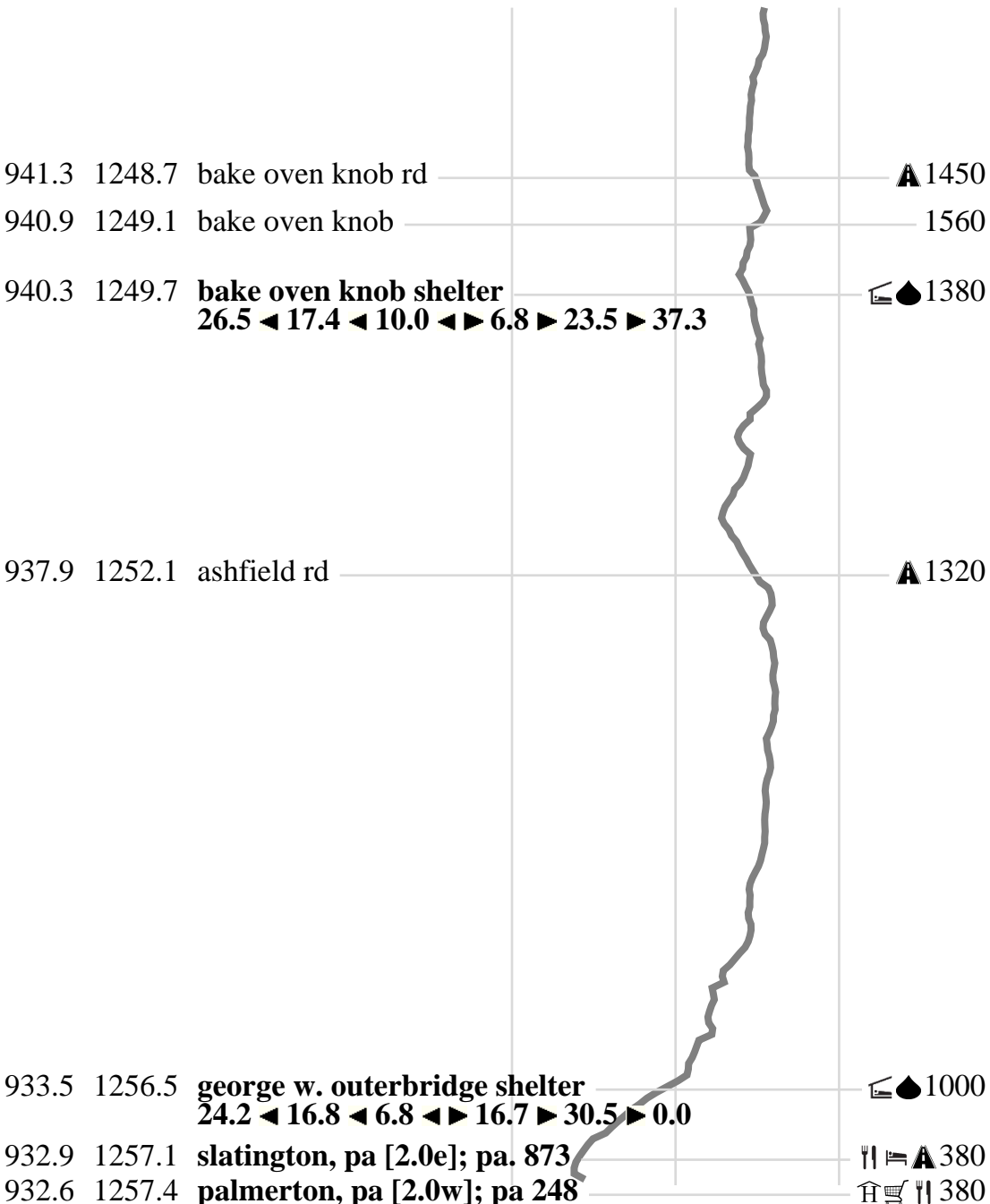
957.7 1232.3

eckville shelter [0.2e]

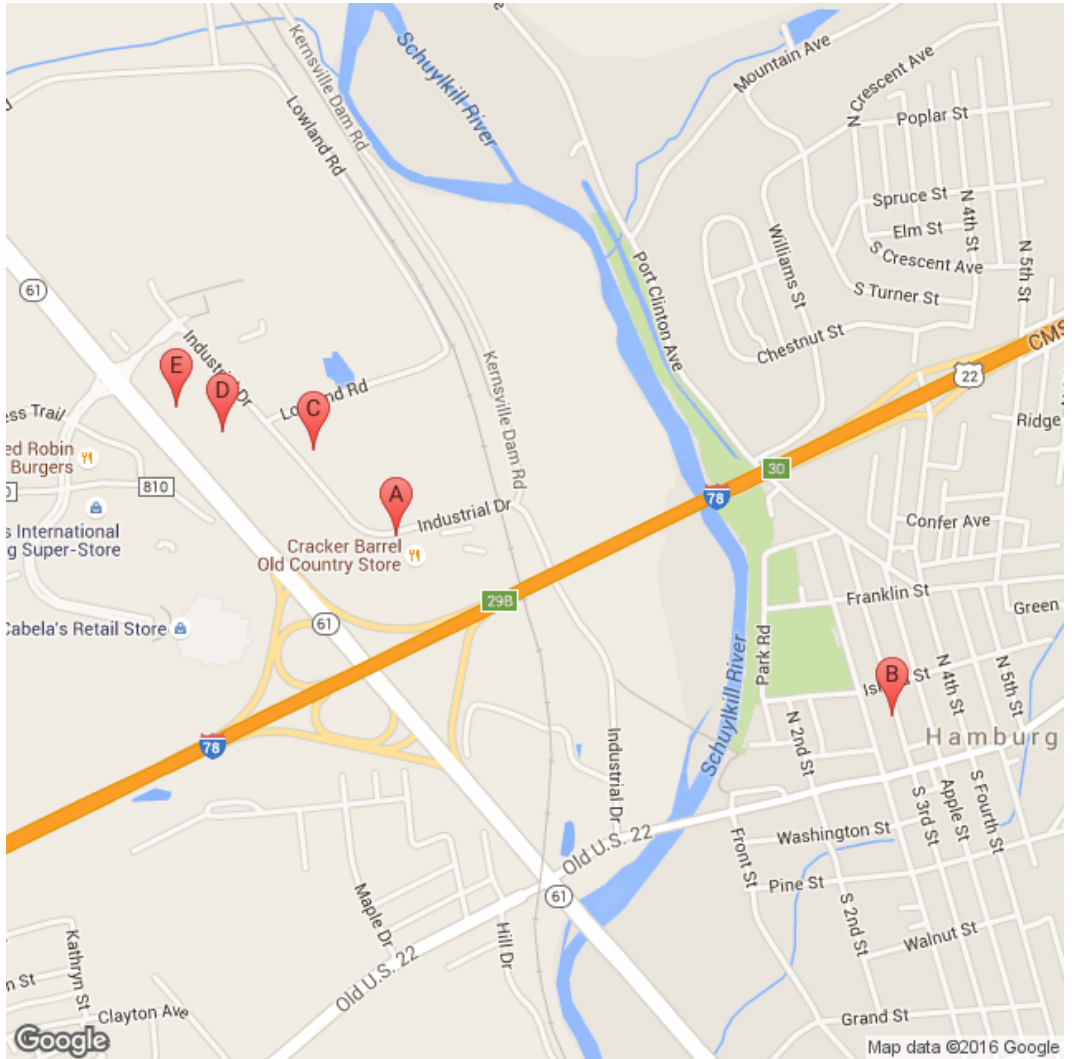
38.9 ◀ 23.8 ◀ 9.1 ◀ ▶ 7.4 ▶ 17.4 ▶ 24.2

   535



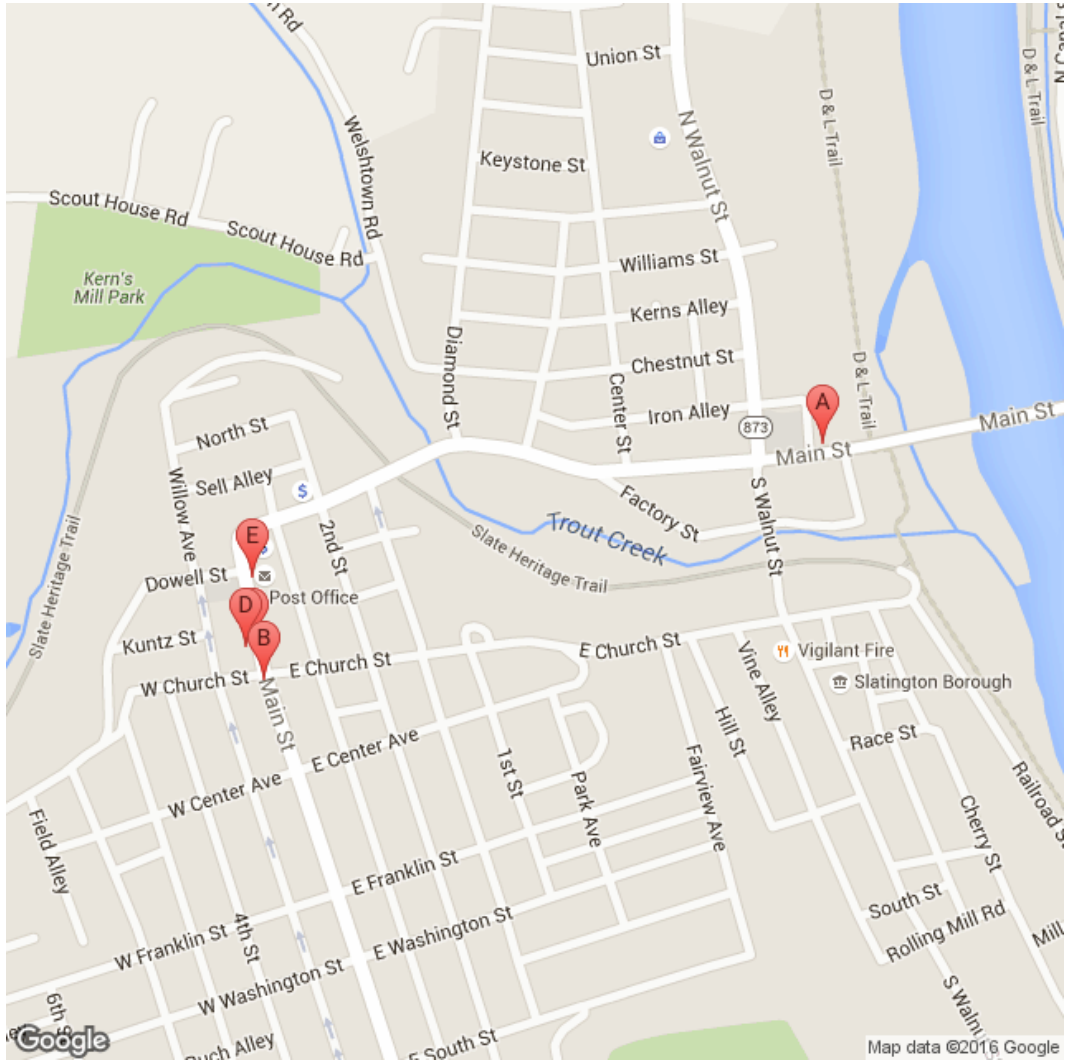


Hamburg, PA



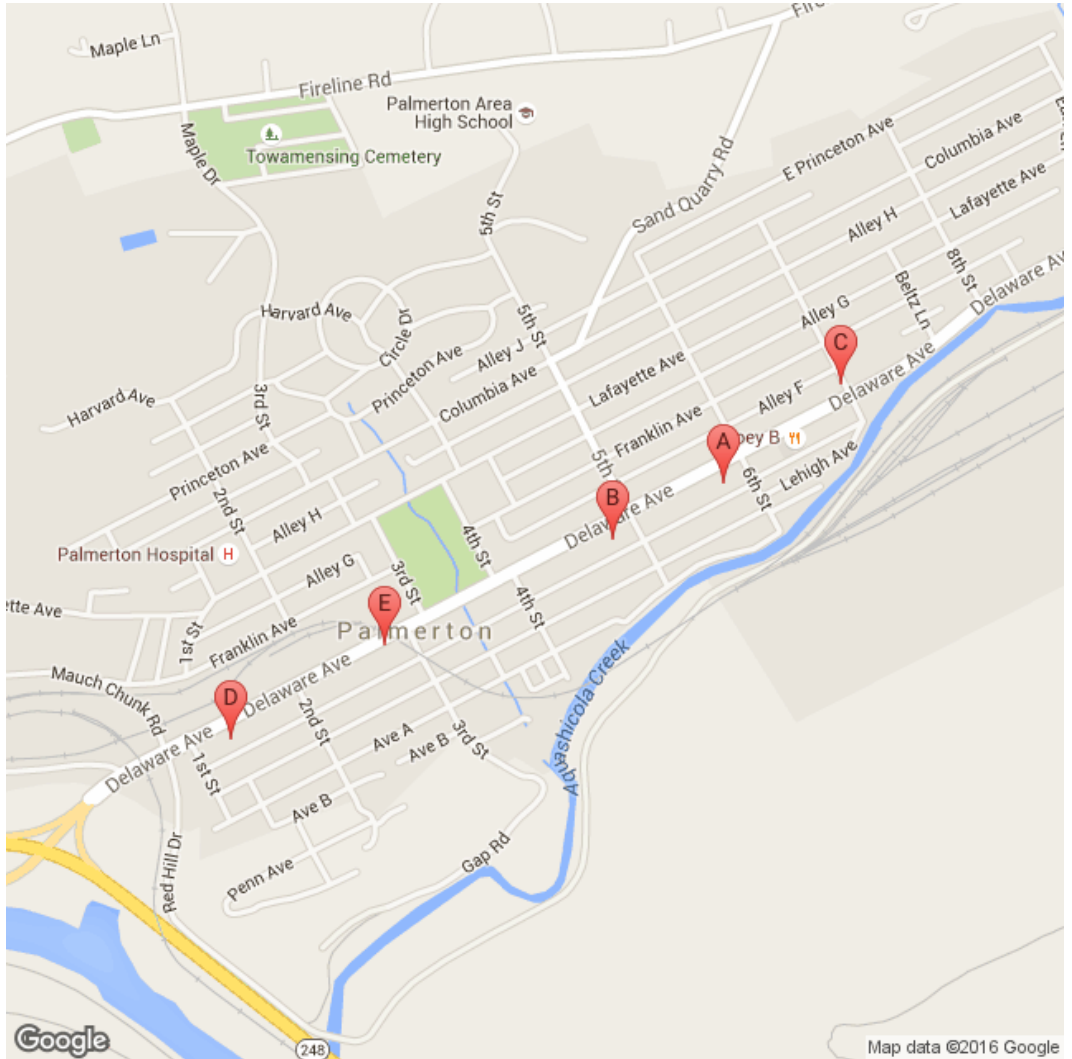
A: Cracker Barrel, B: Hamburg, PA PO, C: Microtel Inn, D: Taco Bell, E: Wendys

Slatington, PA



A: A.F. Boyer Hardware, B: Fine Lodging, C: Slatington Diner, D: Slatington Library, E: Slatington, PA PO

Palmerton, PA



A: Country Harvest, B: Hunan House Chinese, C: Palmerton Pizza and Restaurant, D: Palmerton, PA PO, E: Sheas Hardware and Sporting Goods

1217.8: Pa. 61

Hamburg, PA [3.0E]



Cabelas (610) 929-7000 M-Sa 8-9 Su 9-8



Cracker Barrel 21 Industrial Drive,
Hamburg, PA, United States



Hamburg, PA PO (610) 562-7812 50 North
3rd Street, Hamburg, PA, United States 19526
M-F 9-5, Sa 9-12



Microtel Inn (610) 562-4234 50 Industrial
Drive, Hamburg, PA, United States



Shell station



Taco Bell 65 Industrial Drive, Hamburg, PA,
United States



Walmart



Wendys 15 Jetson Drive, Hamburg, PA,
United States

1241.6: Fort Franklin Rd



Fort Franklin Rd Older editions of the AT
Guide to PA called the road the
Jacksonville-Snyders Cross Mountain Road.
The newest Guide (11th edition) calls it Fort
Franklin road. The AT map still calls it
Jacksonville-Snyders Road. At the trail
crossing, the southbound trail goes east while
the northbound trail goes west. 02/26/10

1246.6

Knife Edge Very rocky and steep. Be careful!

1247.3

Bear Rocks Very rocky and steep. Be careful!

1249.7



Bake Oven Knob Shelter run-down shelter
near bake-oven knob, which is a popular
make-out spot for local teens

1257.1: Pa. 873

Slatington, PA [2.0E]



A.F. Boyer Hardware 130 Main Street,
Slatington, PA, United States



Fine Lodging (610) 760-0700 (email: finelodging@aol.com) *Fine Lodgings, 700 Main St., Slatington, PA 18080*



Slatington Diner 662 Main Street, Slatington, PA, United States B/L/D



Slatington Library 650 Main Street, Slatington, PA, United States M, W 9-7, Tu 9-3, F 9-5, Sa 8-2



Slatington, PA PO (610) 767-2182 605 Main Street, Slatington, PA, United States 18080 M-F 8:30-5, Sa 8:30-12



The Shack L/D

1257.4: PA 248

Palmerton, PA [2.0W]



Borough Hall (610) 826-2505 443 Delaware Ave.



Country Harvest 572 Delaware Avenue, Palmerton, PA, United States



Hunan House Chinese 472 Delaware Avenue, Palmerton, PA, United States



IGA



Palmerton Pizza and Restaurant 695 Delaware Avenue, Palmerton, PA, United States



Palmerton, PA PO (610) 826-2286 128 Delaware Avenue, Palmerton, PA, United States 18071 M-F 8:30-5, Sa 8:30-12



Sheas Hardware and Sporting Goods 266 Delaware Avenue, Palmerton, PA, United States



The Palmerton Hotel (610) 826-5454

Walnutport, PA [2.0E]



King Palace Chinese 503 Old Main Street, Walnutport, PA, United States L AYCE



Super Fresh Supermarket



Valley Restaurant and Pizza 502 Main Street, Walnutport, PA, United States L AYCE



Walnutport, PA PO (610) 767-5191 605 Main Street, Slatington, PA, United States 18088 M-F 8:30-5, Sa 8:30-12

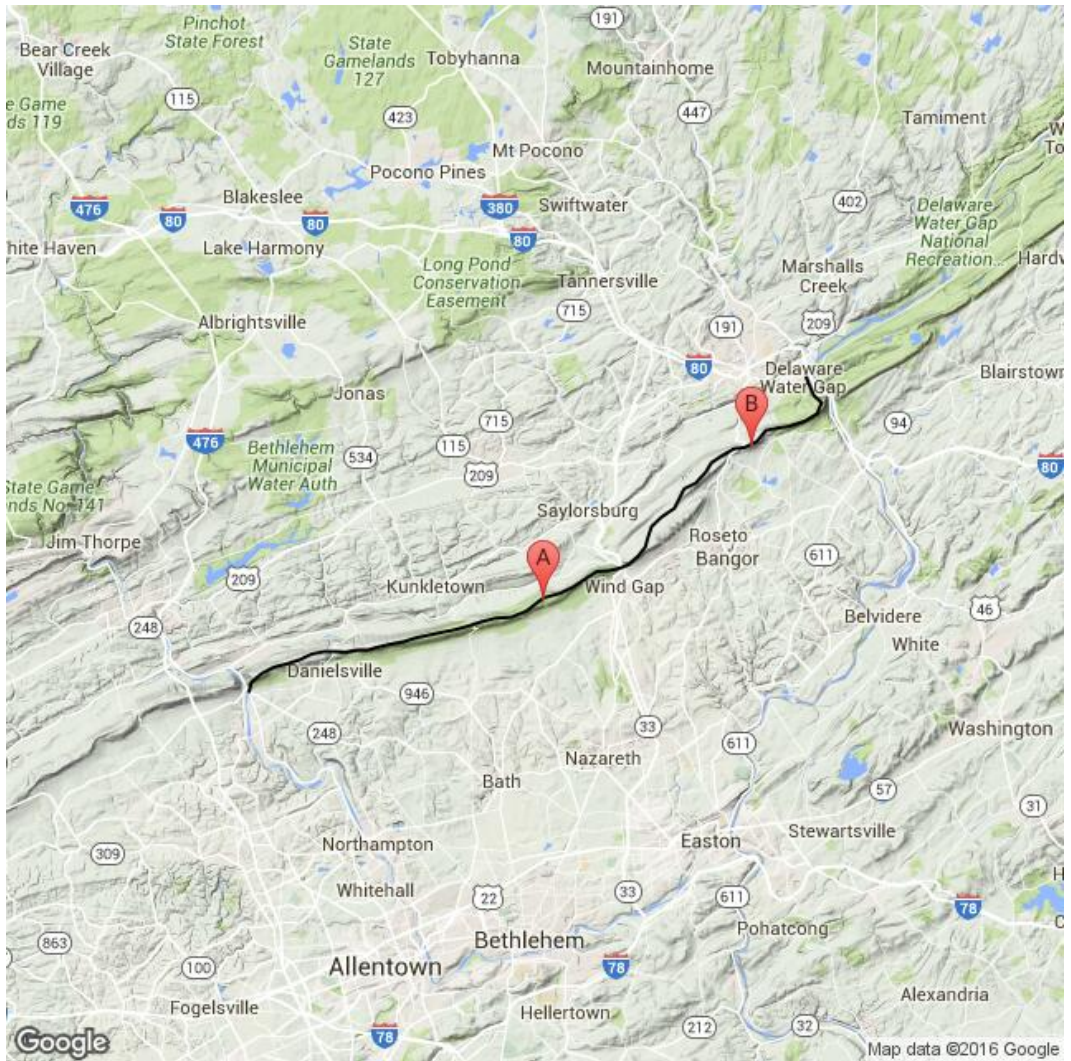
Palmerton to DWG

PA 248 to PA 611

36.0 miles, avg. grade: 4.4%, high: 1673 ft, low: 380 ft

For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3027>.

Thank you [trpost](#) for contributing the most recent edits to this section!



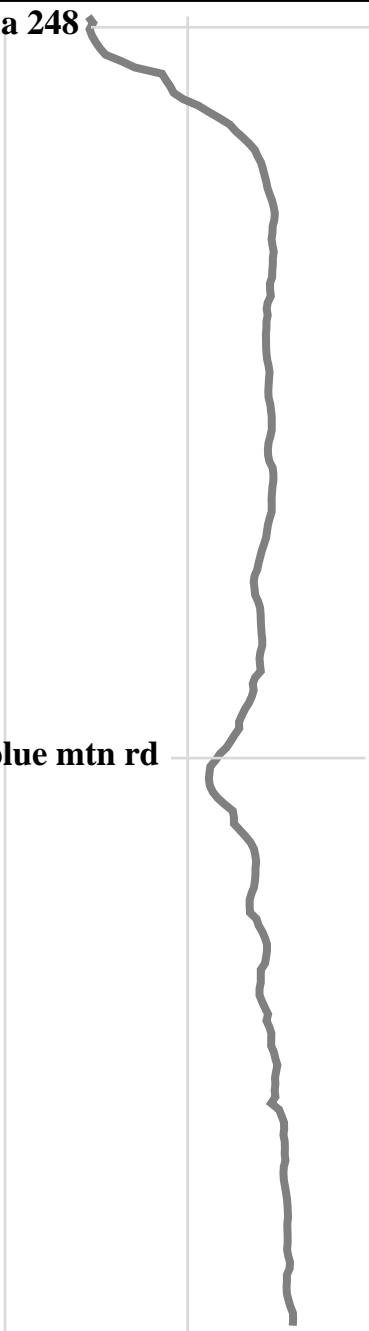
A: Leroy A. Smith Shelter, B: Kirkridge Shelter

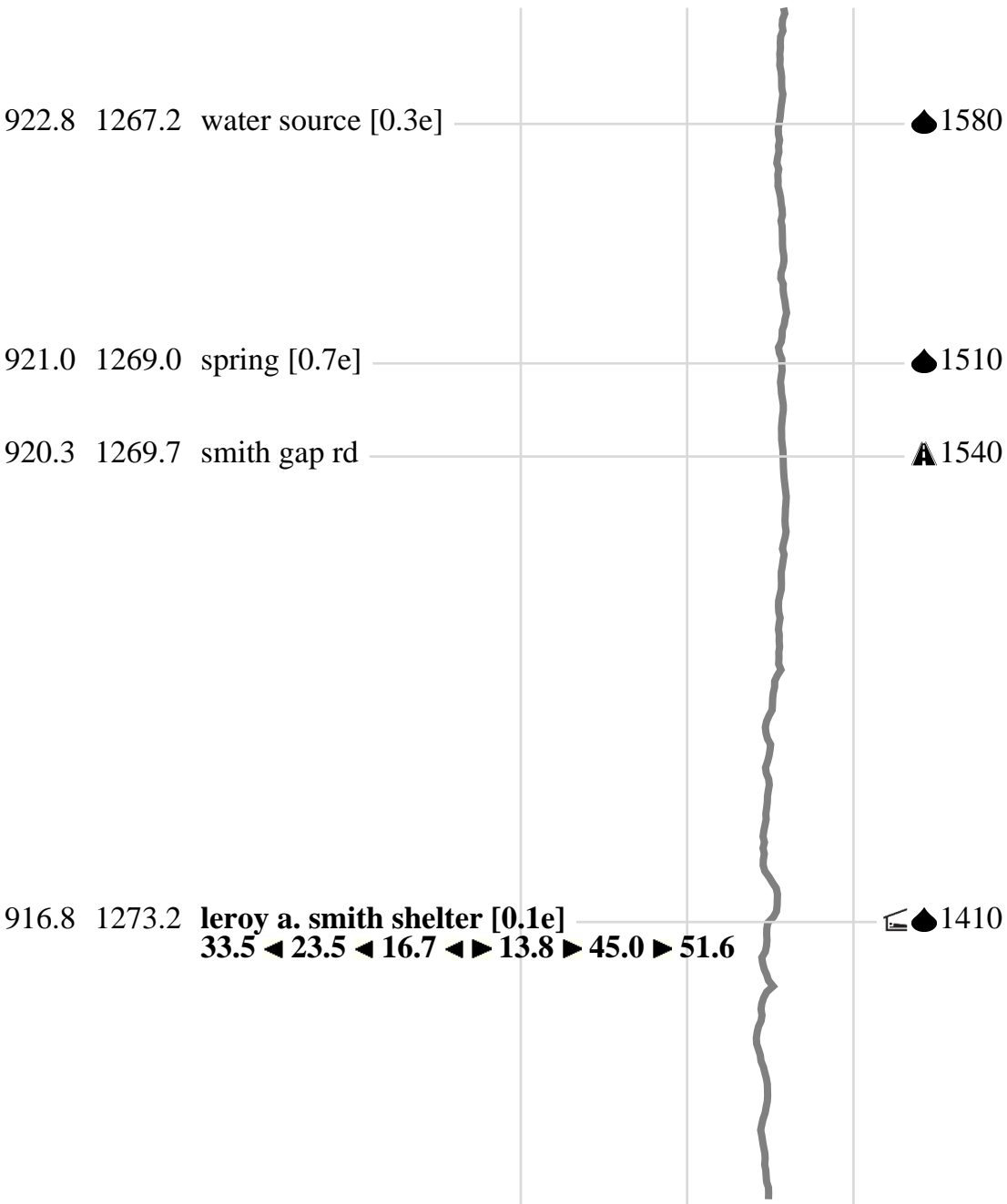
932.6 1257.4 **palmerton, pa [2.0w]; pa 248**

🏠 🛒 📏 380

927.6 1262.4 **danielsville, pa [1.5e]; blue mtn rd**

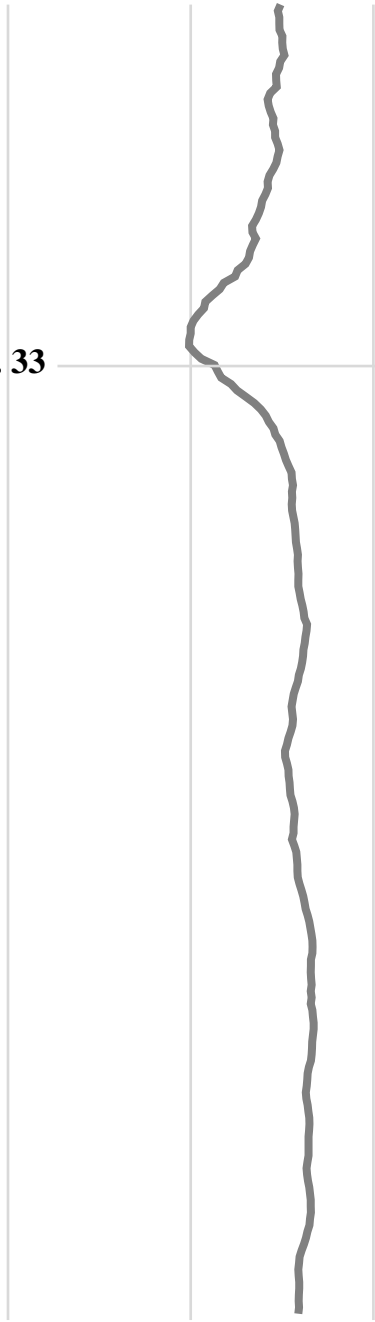
🏠 📏 🛒 1100

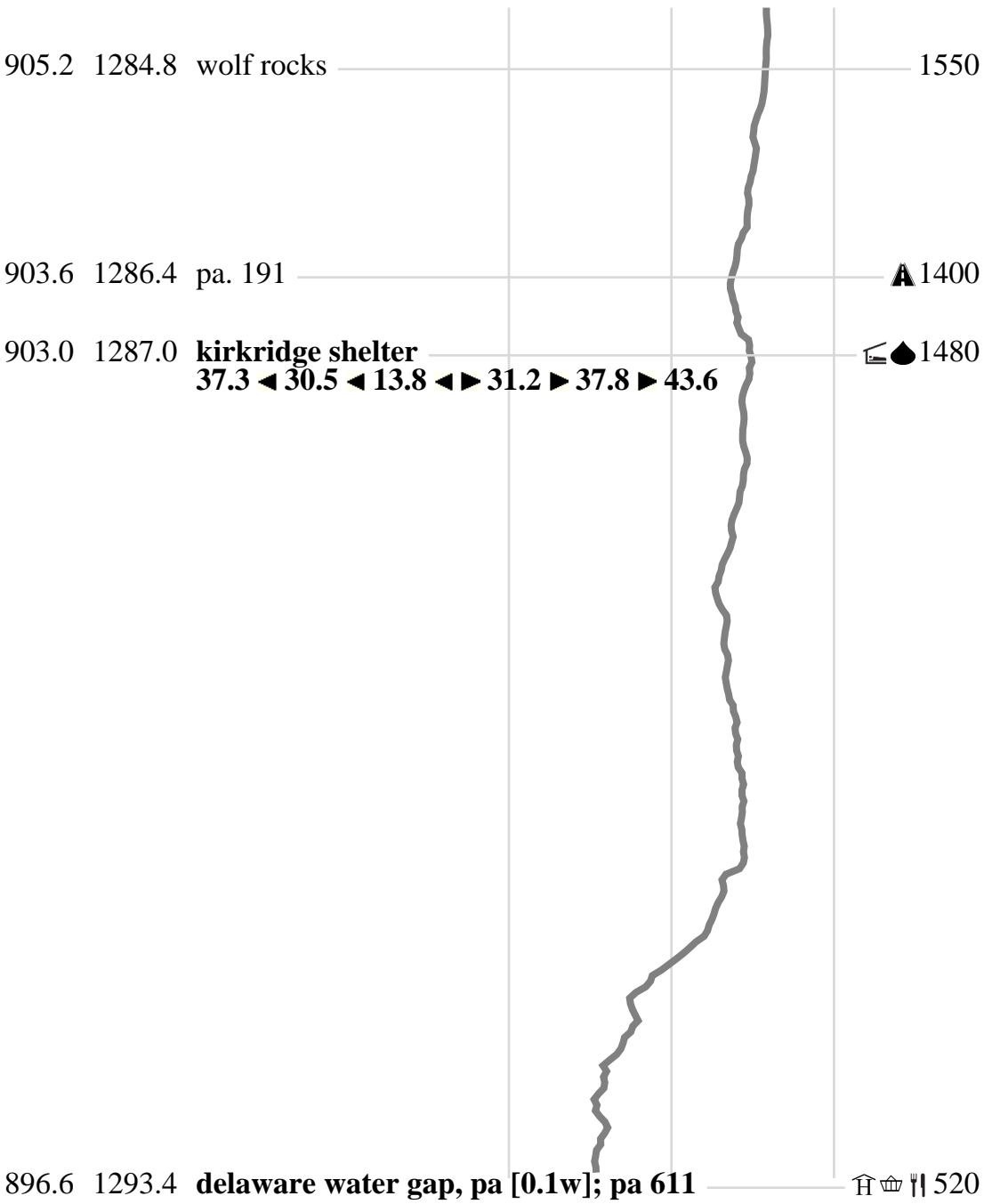




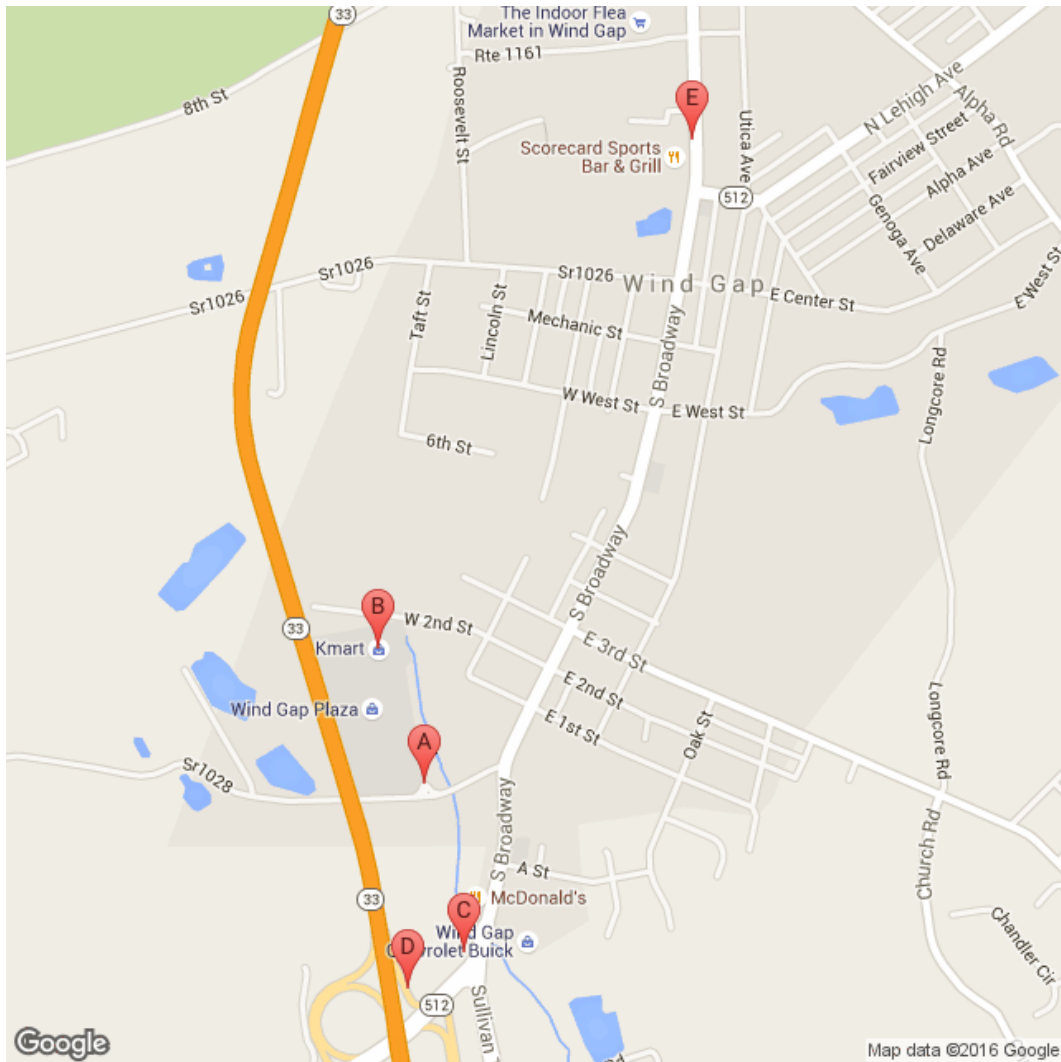
912.2 1277.8 **wind gap, pa [1.0e]; pa. 33**

🛒 🏠 ¶ 980



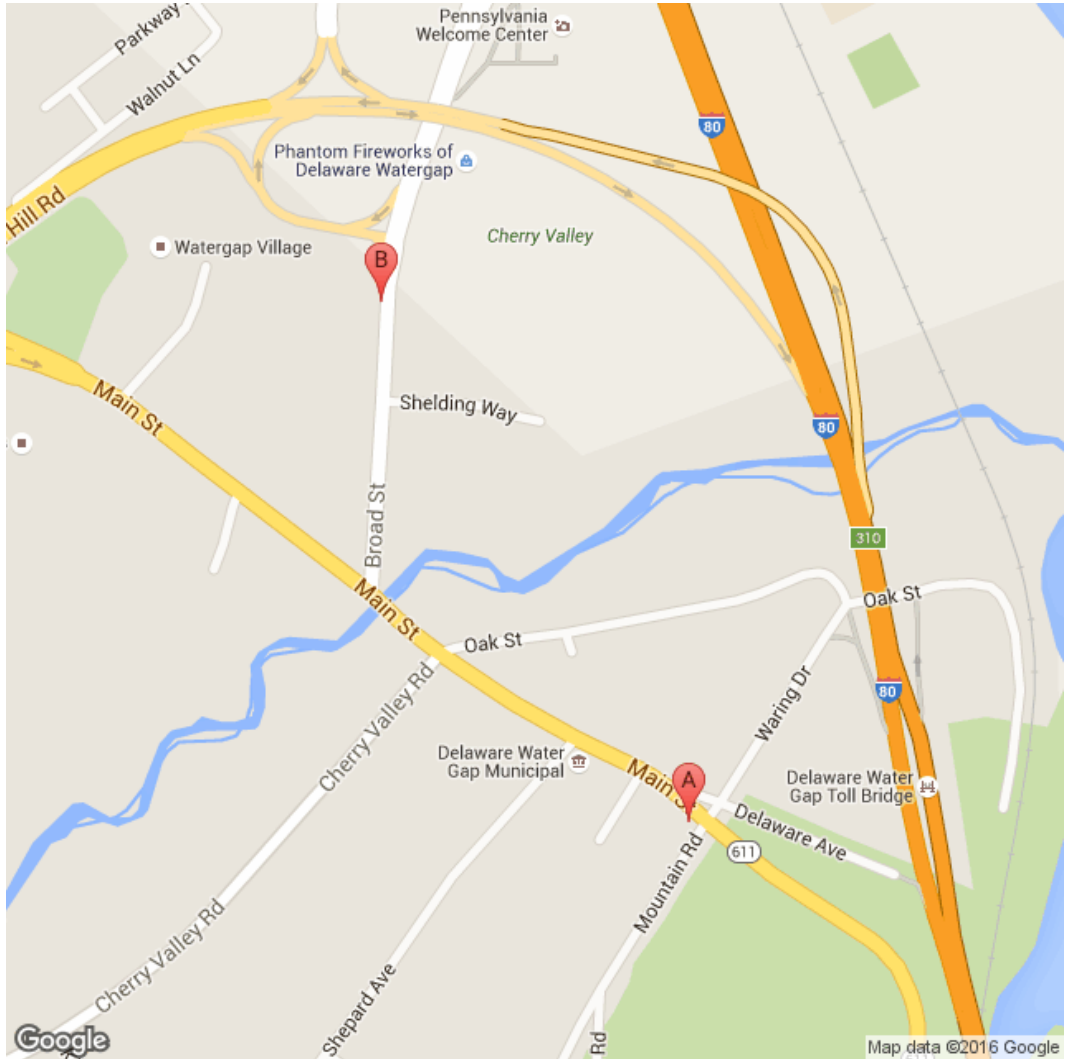


Wind Gap, PA



A: Giant Food Store, B: K-Mart, C: Subway, D: Travel Inn, E: Wind Gap, PA PO

Delaware Water Gap, PA



A: Deer Head Inn, B: The Pack Shack

1262.4: Blue Mtn Rd

Danielsville, PA [1.5E]



Blue Mountain Family Restaurant



Danielsville, PA PO (610) 767-6882 3937
*Mountain View Drive, Danielsville, PA,
United States 18038 M-F 8-12 1-5, Sa 8-12*



Filbert B (610) 428-3300
<http://www.filbertbnb.com> 3740 *Filbert
Drive, Danielsville, PA, United States*



Millers Market 1362 *Blue Mountain Drive,
Danielsville, PA, United States*

1277.8: Pa. 33

Wind Gap, PA [1.0E]



Burger King



Giant Food Store 837 *Male Road, Wind Gap,
PA, United States*



Hong Kong Restaurant



K-Mart 803 *Male Road, Wind Gap, PA,
United States*



Subway 501 *East Moorestown Road, Wind
Gap, PA, United States*



Sunoco Mini Mart



Tonys Pizza



Travel Inn (610) 863-4146 499 *East
Moorestown Road, Wind Gap, PA, United
States*



Turkey Hill Mini Market



Wind Gap, PA PO (610) 863-6206 138
*North Broadway, Wind Gap, PA, United
States 18091 M-F 8:30-5, Sa 8:30-12*

1293.4: PA 611

Delaware Water Gap, PA [0.1W]



BP Mini Mart



DWG Diner (570) 476-0132 B/L/D



Deer Head Inn (570) 424-2000 5 *Main
Street, Delaware Water Gap, PA, United
States*



Delaware Water Gap, PA PO (570)

476-0304 18327 M-F 8:30-12 1-4:45, Sa
8:30-11:30



Doughboy Pizza



Gulf Mini Mart



**Presbyterian Church of the Mountain
Hostel**



**The Pack Shack (570) 424-8533 88 Broad
Street, Delaware Water Gap, PA, United
States**

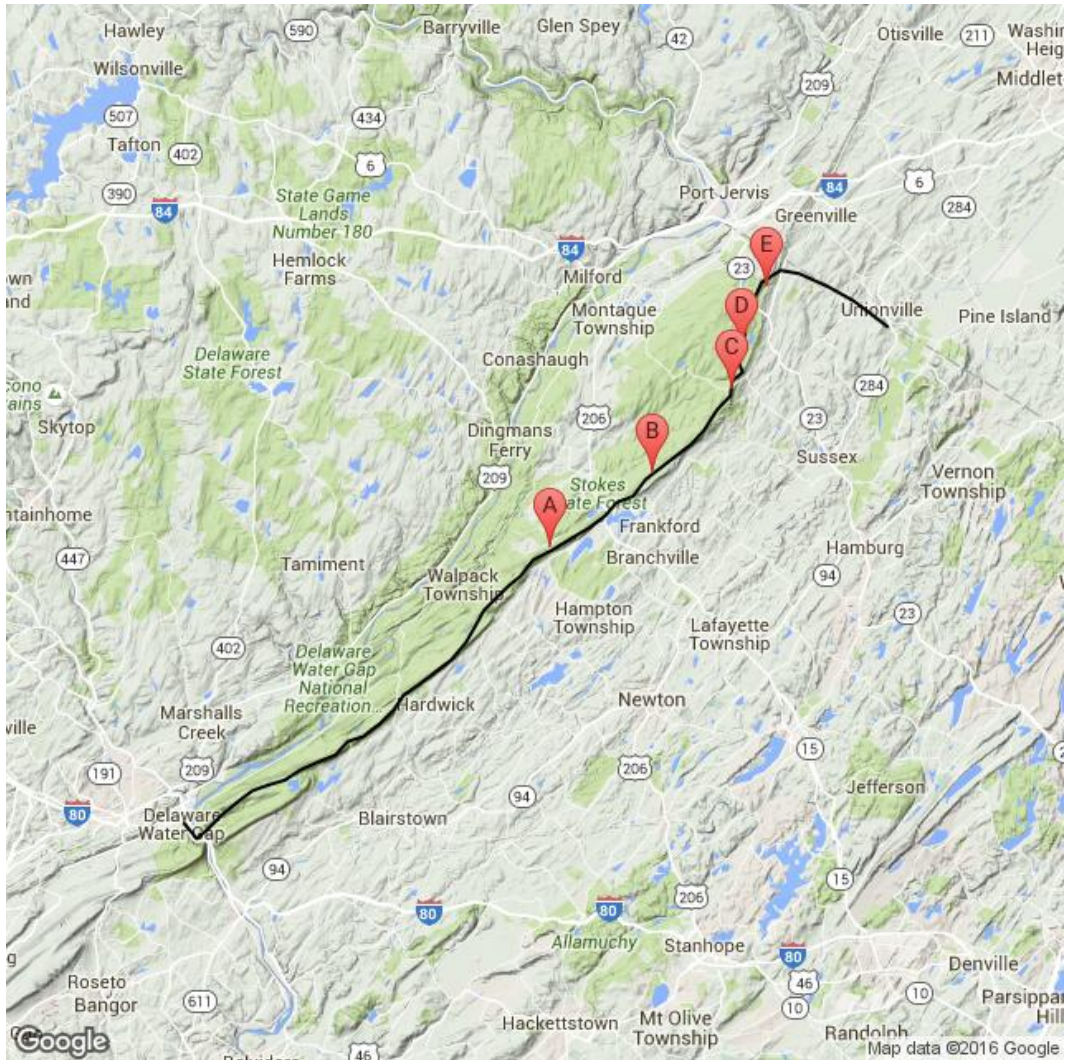
DWG to Unionville

PA 611 to NJ 284

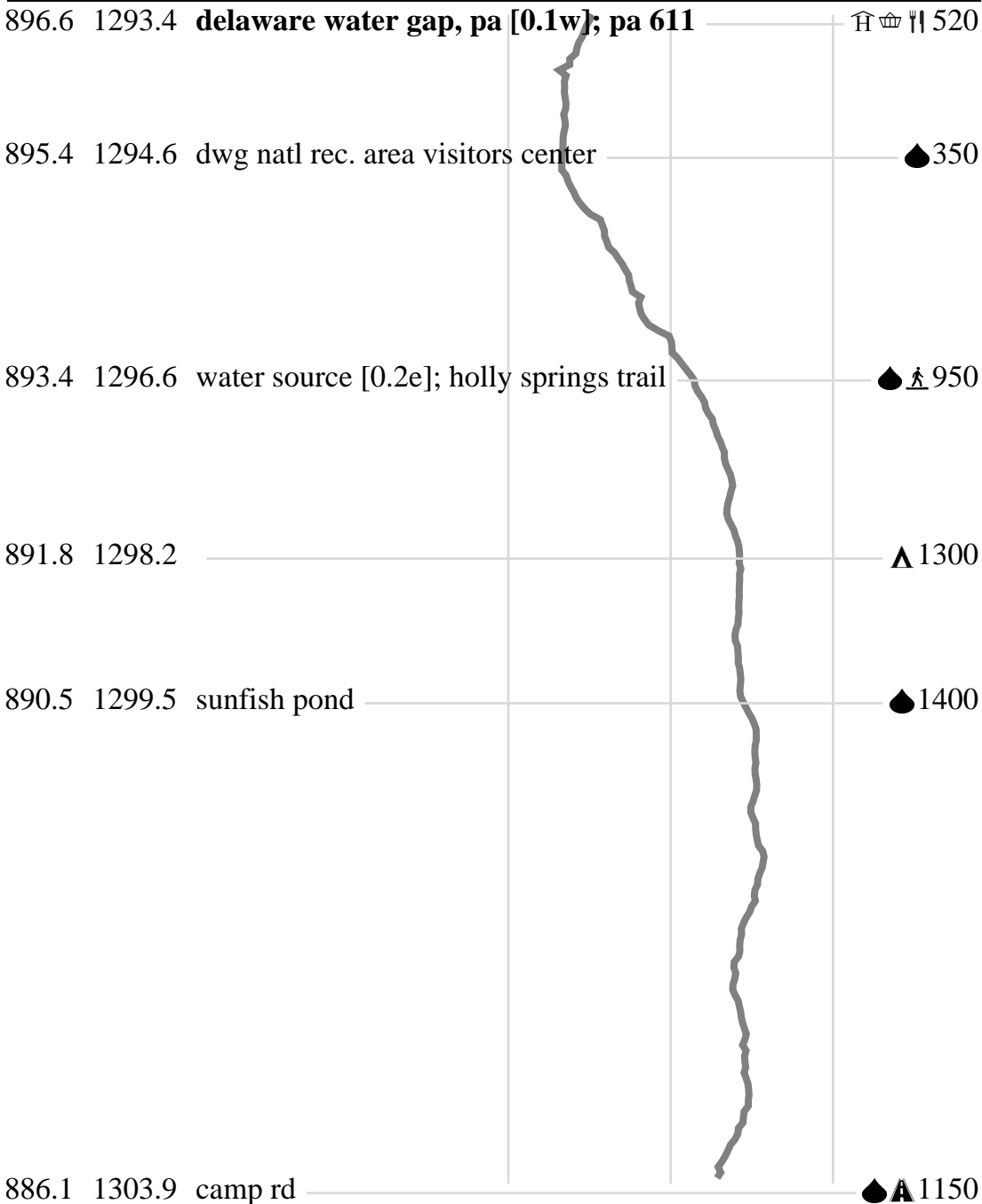
52.5 miles, avg. grade: 4.4%, high: 1674 ft, low: 313 ft

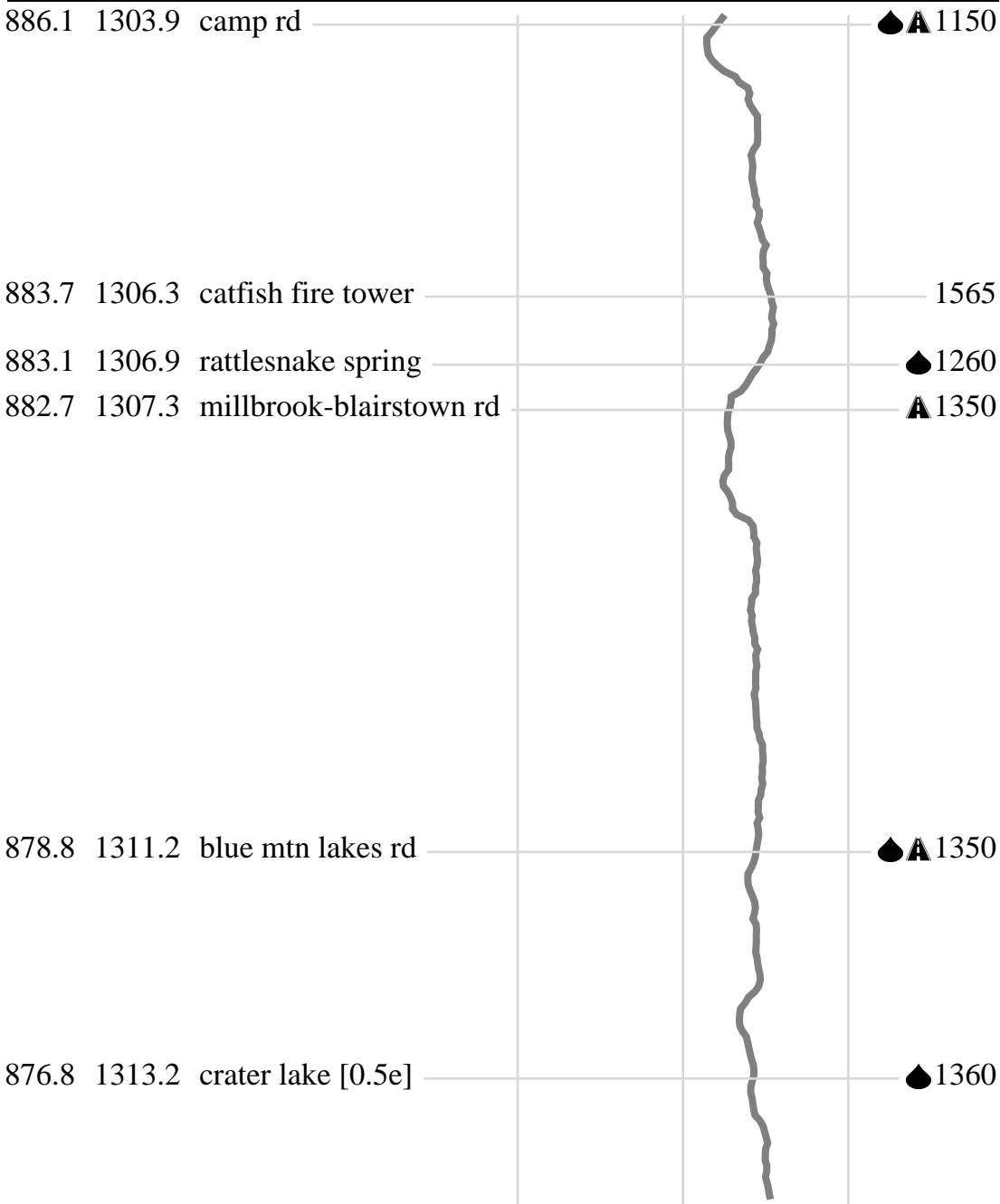
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3028>.

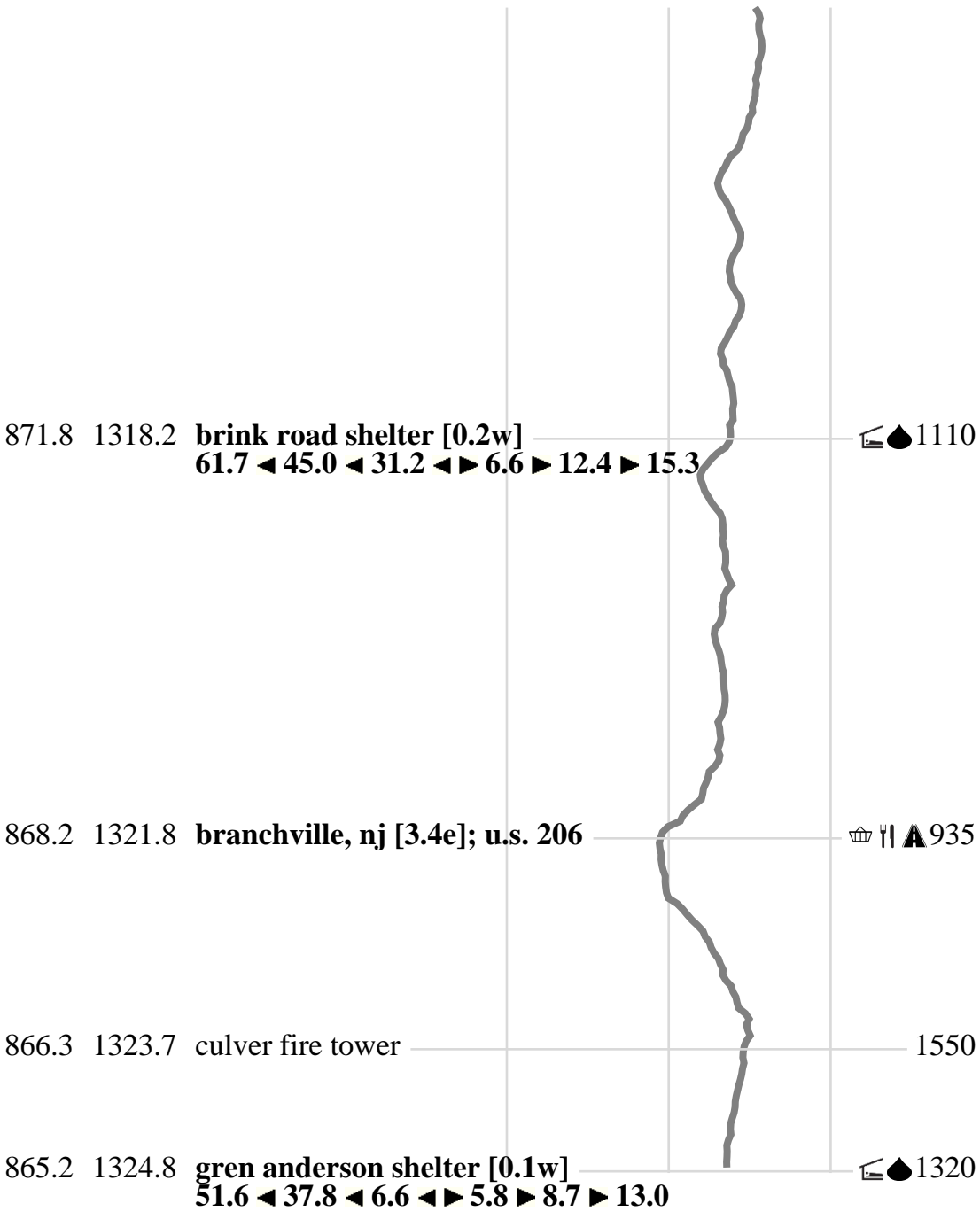
Thank you [trpost](#) for contributing the most recent edits to this section!

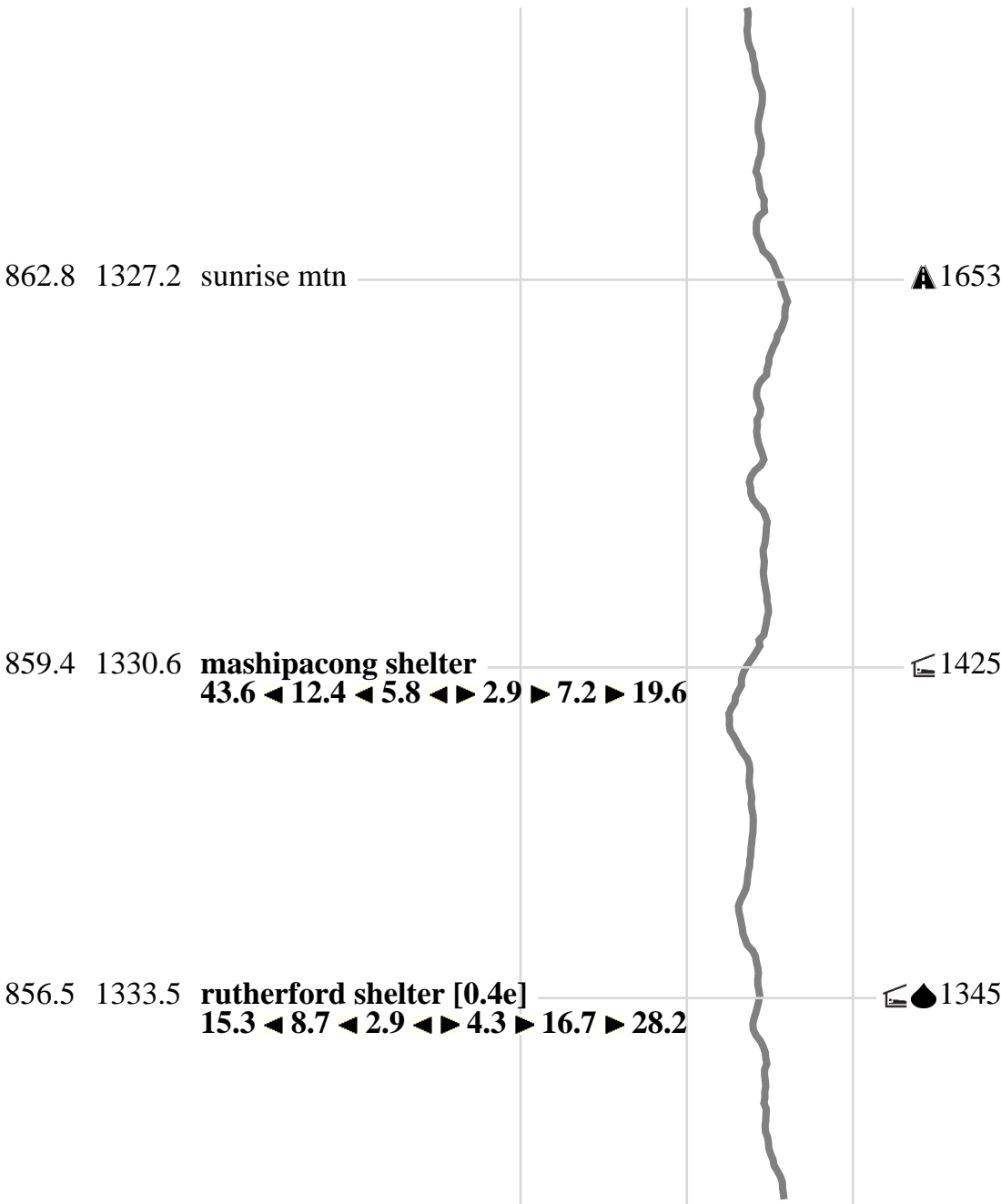


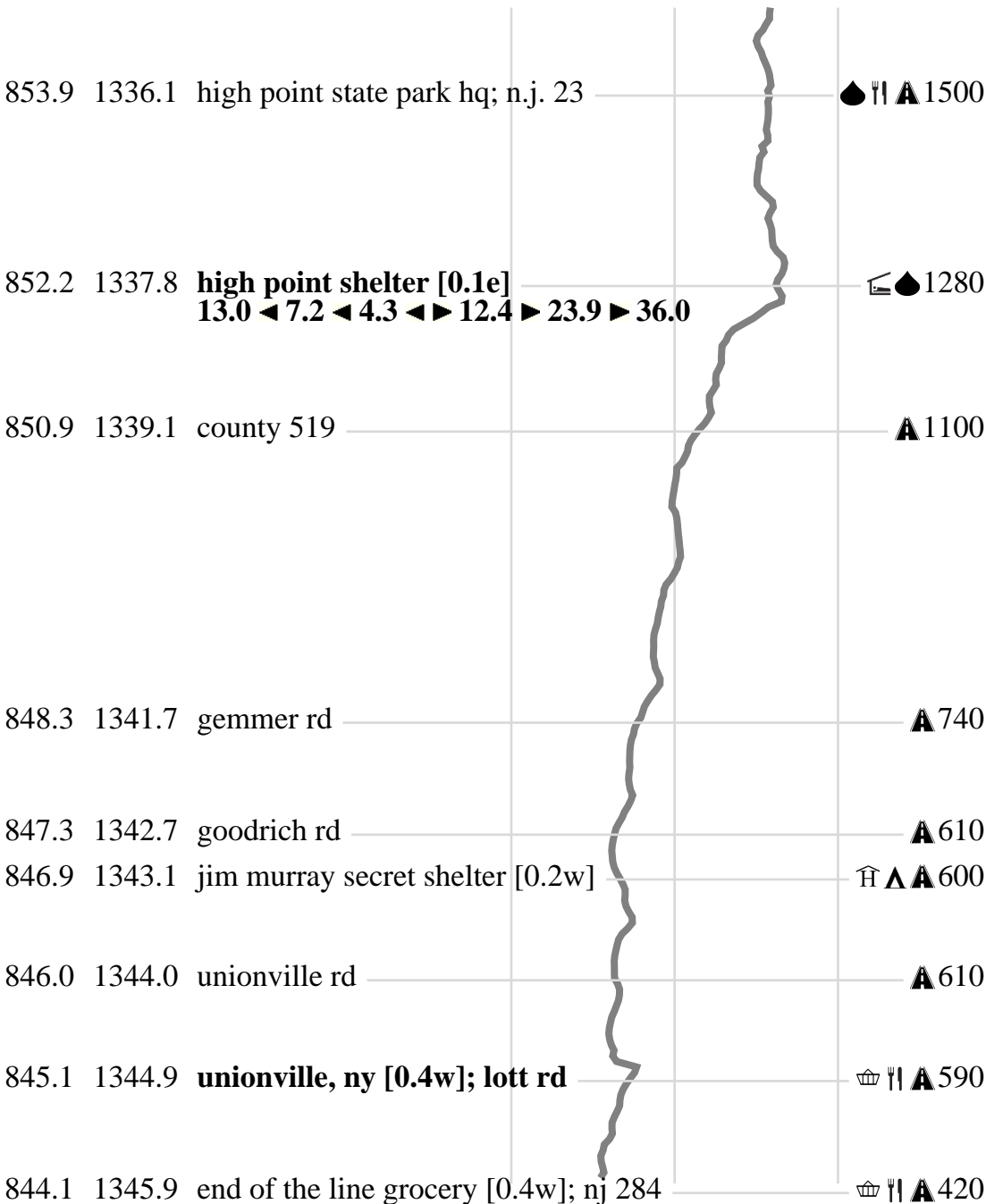
A: Brink Road Shelter, B: Gren Anderson Shelter, C: Mashapacong Shelter, D: Rutherford Shelter, E: High Point Shelter



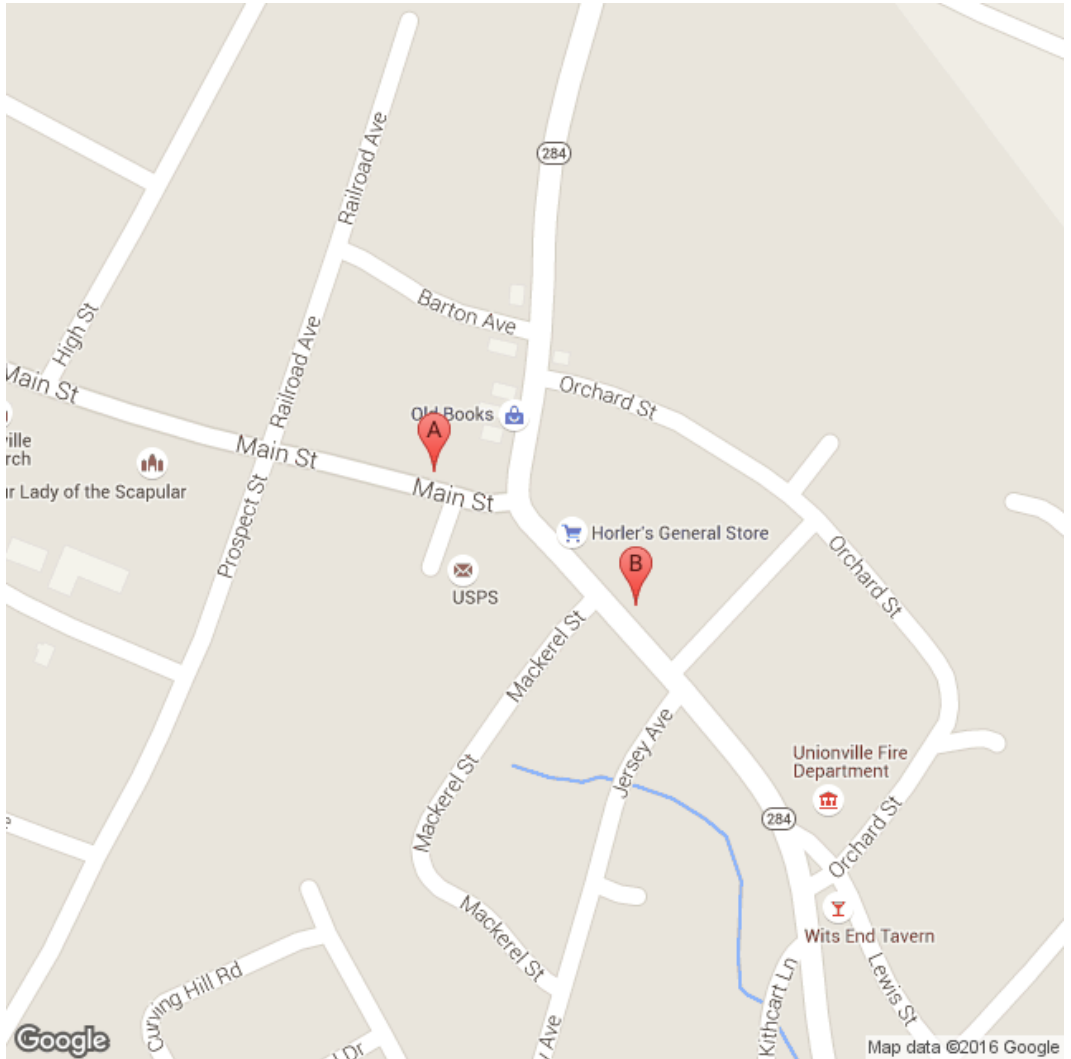








Unionville, NY



A: Annabels Pizza Italian Restaurant, B: Horlers Store

1321.8: U.S. 206

Branchville, NJ [3.4E]



A and G Pizza Restaurant *3 Mill Street, Branchville, NJ, United States*



Belchers Village Market *10 Broad Street, Branchville, NJ, United States*



Branchville, NJ PO (973) 948-3580 *1 Broad Street, Branchville, NJ, United States 07826*
M-F 8:30-5, Sa 8:30-1



China One (973) 948-8882

1336.1: N.J. 23



Elias Cole Family Restaurant [1.0E] (973)
875-3550 B/L/D 7AM-8PM

1343.1



Jim Murray Secret Shelter [0.2W] Heated hiker cabin, privately owned by Jim Murray. Long-distance hikers are allowed to stay here. Please be respectful.

1344.9: Lott Rd

Unionville, NY [0.4W]



Annabels Pizza Italian Restaurant *6 Main Street, Unionville, NY, United States*



Horlers Store (845) 726-3110 *126 New York 284, Unionville, NY, United States* Delicious deli. Decent selection of groceries but a bit pricey. M-Sa 6-9, Su 7-7



Unionville, NY PO (845) 726-3535 10988
M-F 8-12 1-5, Sa 8-12

1345.9: NJ 284



End of the Line Grocery [0.4W] *2 NJ-284, Westtown, NY 10998* M-F 5-9, Sa 6-9, Su 6-7

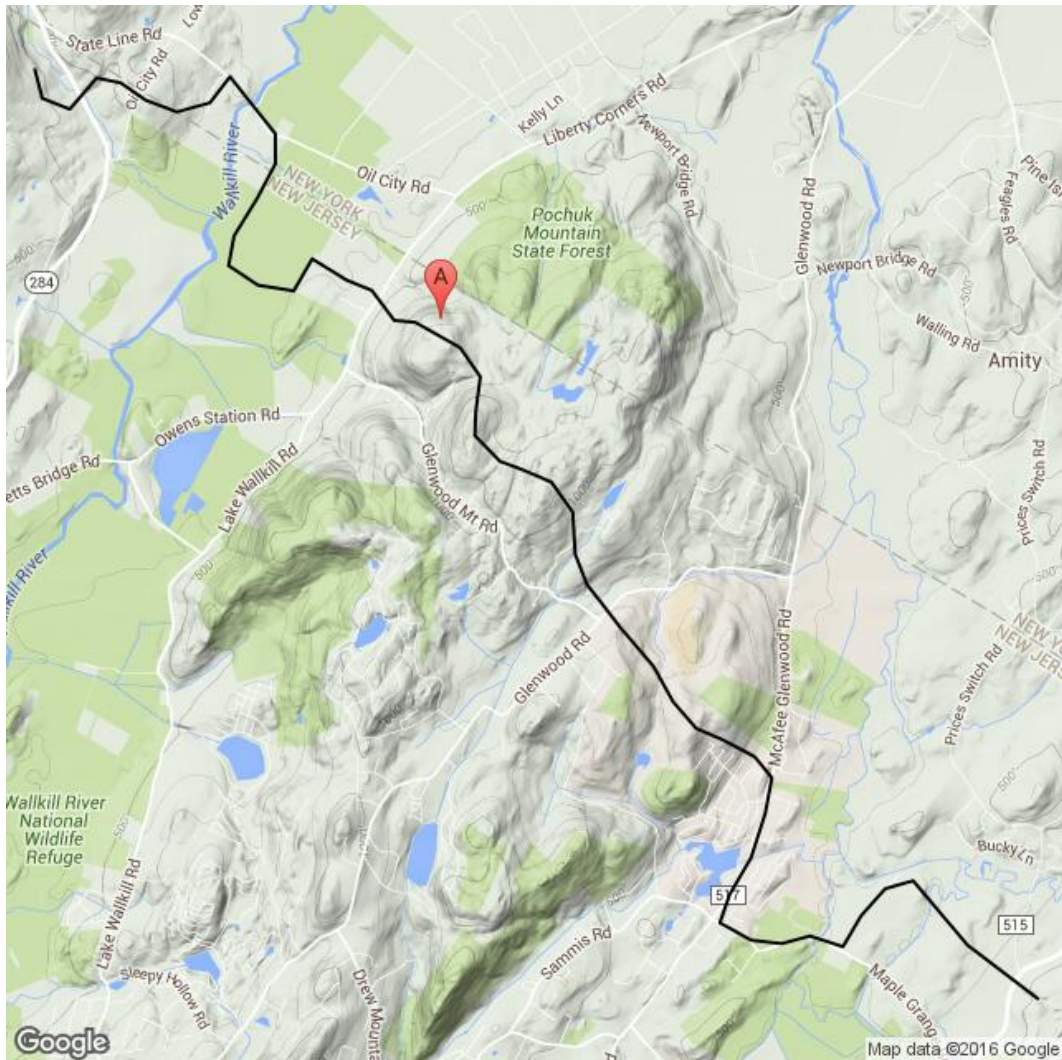
Unionville to Vernon

NJ 284 to NJ 94

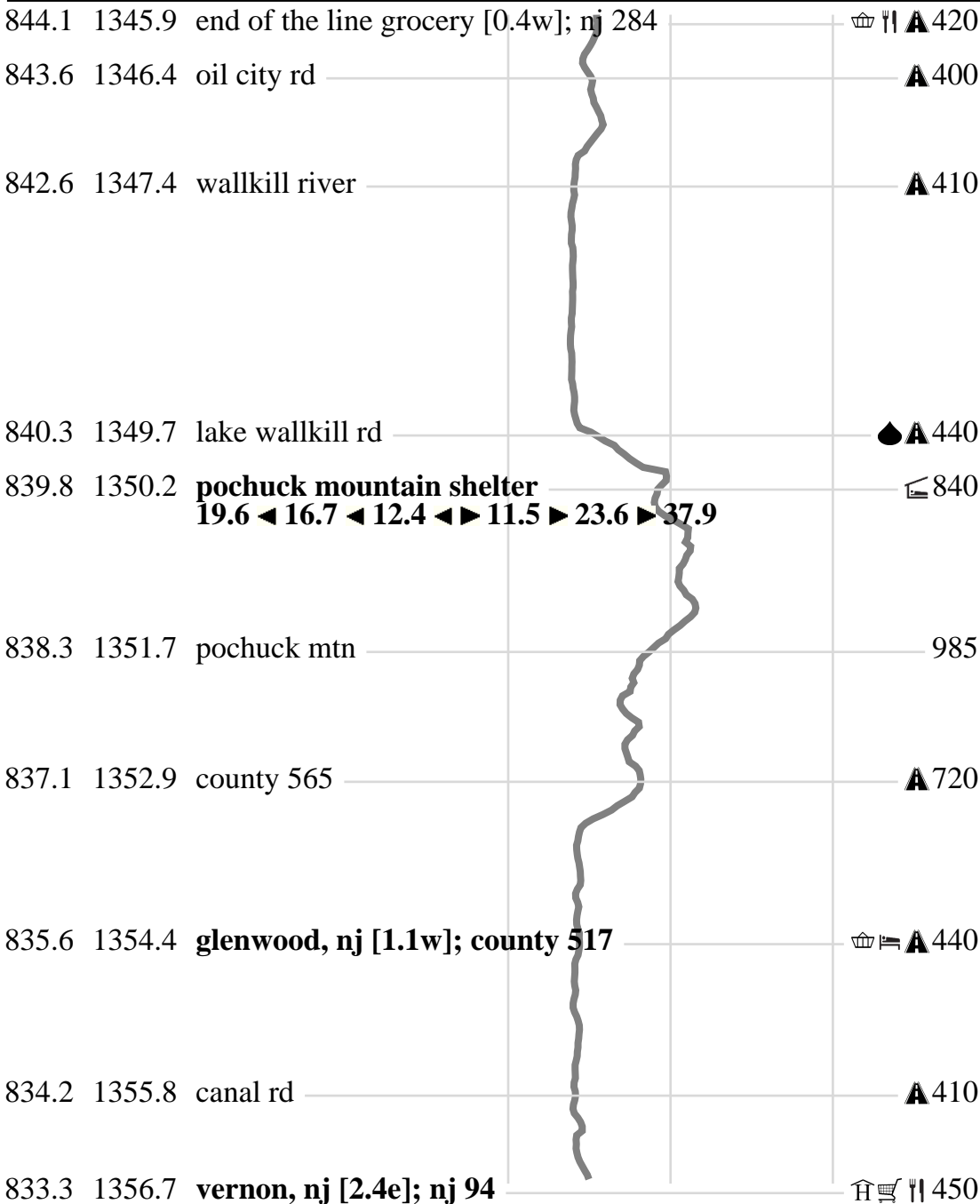
10.8 miles, avg. grade: 5.8%, high: 1156 ft, low: 383 ft

For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3029>.

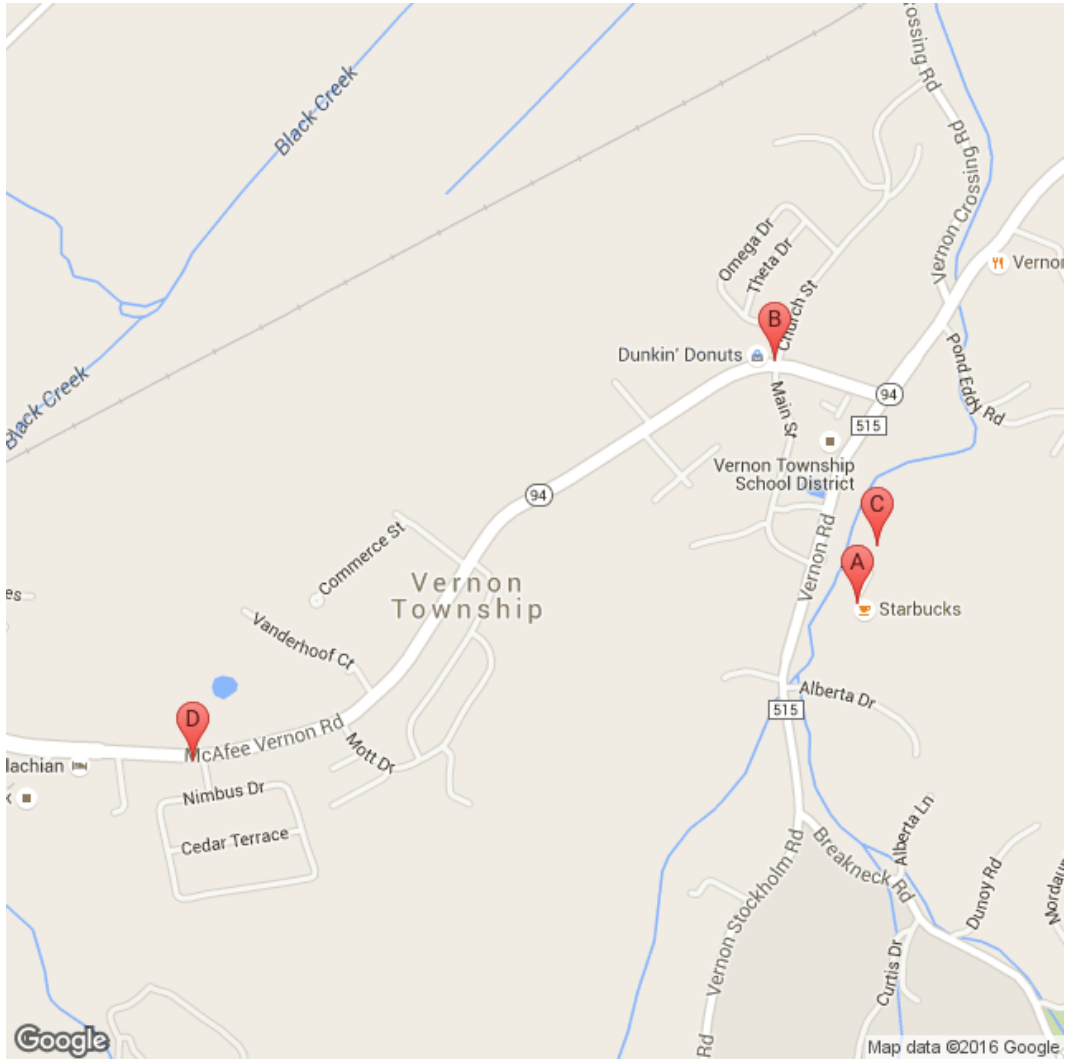
Thank you [trpost](#) for contributing the most recent edits to this section!



A: Pochuck Mountain Shelter



Vernon, NJ



A: A and P Supermarket, B: Dunkin Donuts, C: Little Anthonys Pizzeria, D: Vernon Urgent Care

1354.4: County 517

Glenwood, NJ [1.1W]



Apple Valley Inn and B and B (973)
764-3735 967 *County Road 517, Glenwood, NJ, United States*



Glenwood, NJ PO (973) 764-2616 958
County Road 517, Glenwood, NJ, United States 07418 M-F 7:30-5, Sa 10-2



Pochuck Valley Farm Market and Deli
(973) 764-4732 962 *County Road 517, Glenwood, NJ, United States* M-F 5-6, Sa,Su 5-5

1356.7: NJ 94

Vernon, NJ [2.4E]



A and P Supermarket 530 *County Road 515, Vernon, NJ, United States*



Dunkin Donuts 301 *New Jersey 94, Vernon, NJ, United States*



Little Anthonys Pizzeria 530 *County Road 515, Vernon, NJ, United States*



St. Thomas Episcopal Church (973)
764-7506 <http://www.st-thomas-vernon.org>
(email: stthomas@warwick.net)



Vernon Urgent Care [3.5E] (973) 209-2260
Suite 1A, 212 New Jersey 94, Vernon, NJ, United States M-F 8-8, Sa,Su 95



Vernon, NJ PO (973) 764-9056 07462 M-F 8:30-5, Sa 9:30-12:30

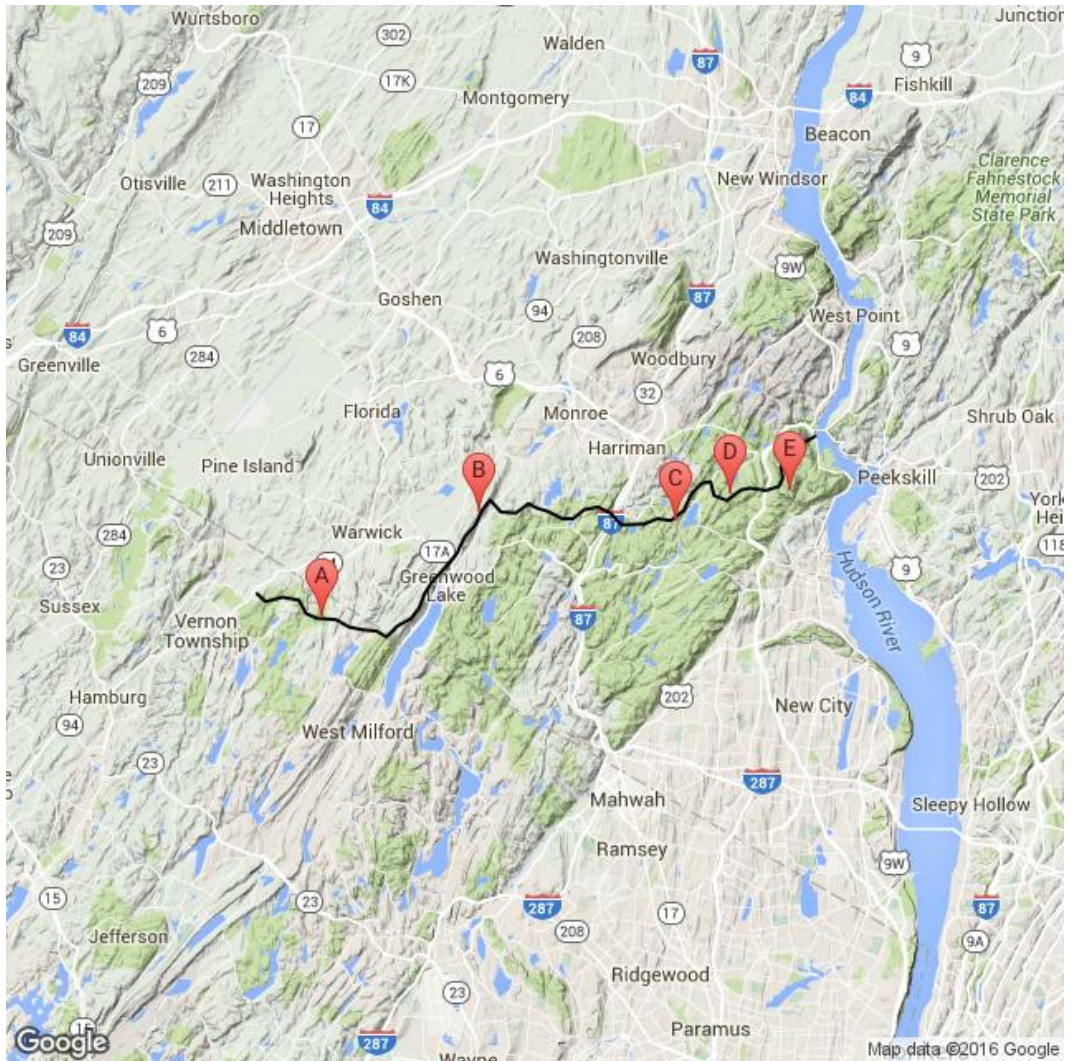
Vernon to Bear Mtn

NJ 94 to NY 6

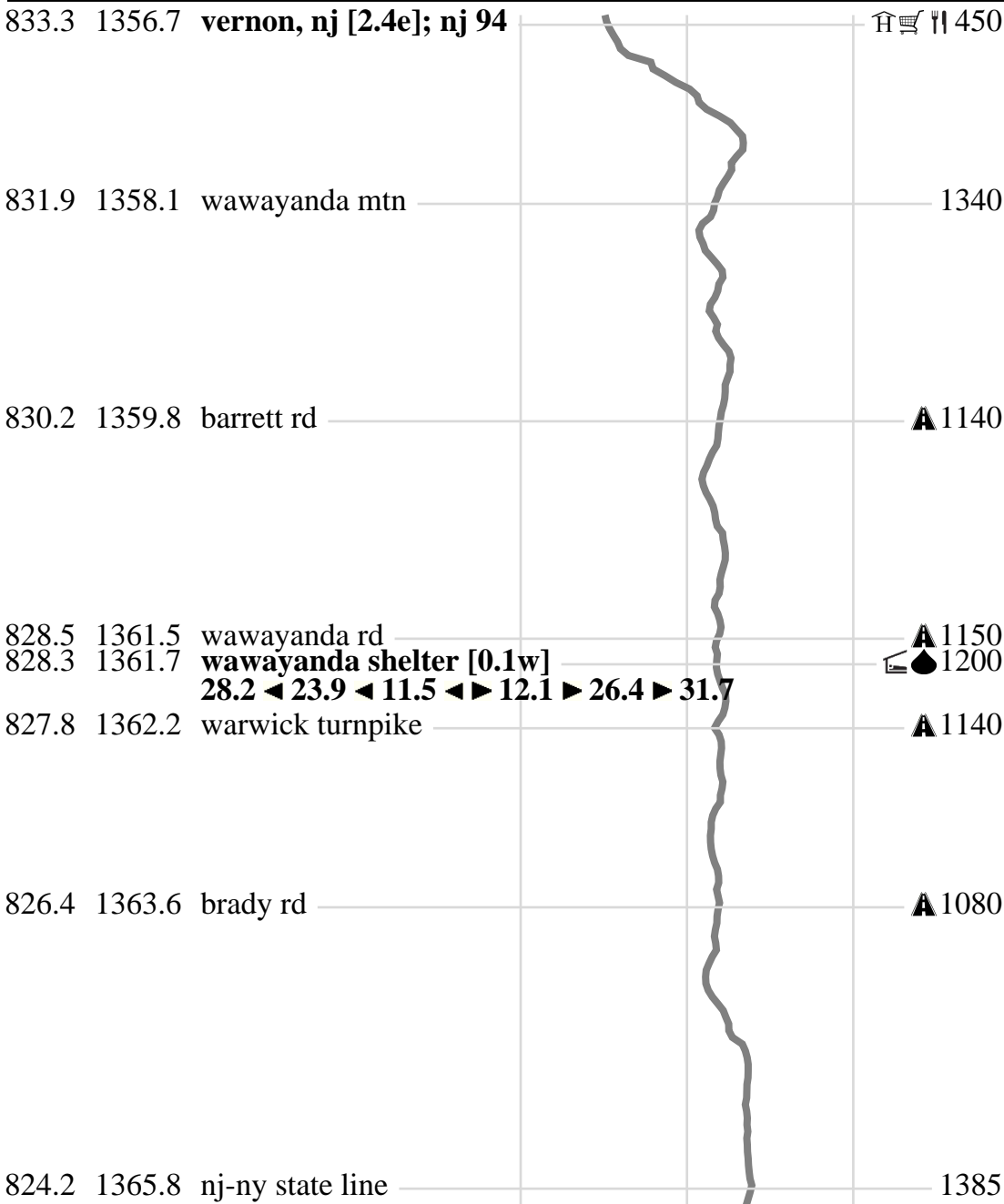
46.8 miles, avg. grade: 6.4%, high: 1433 ft, low: 124 ft

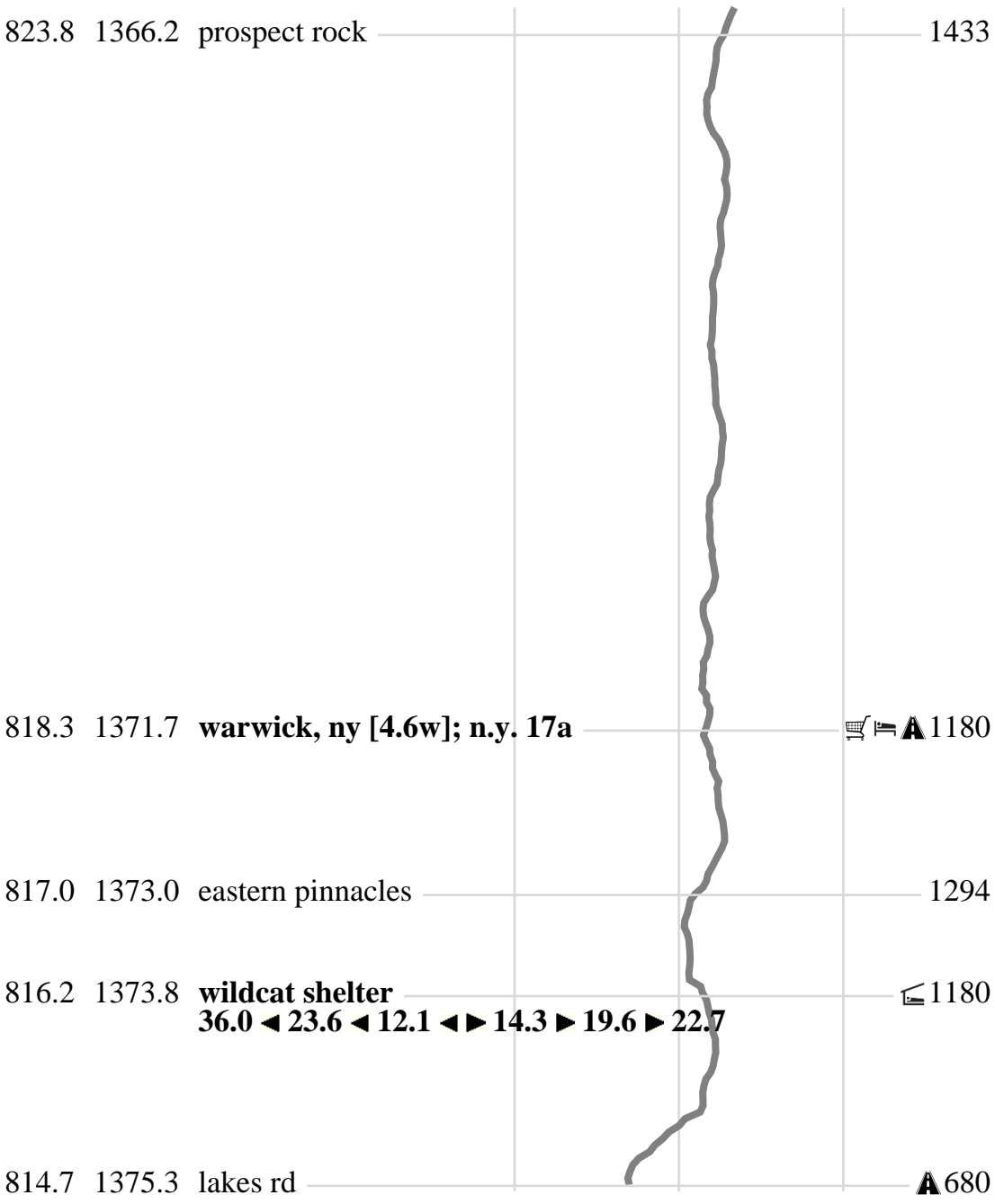
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3030>.

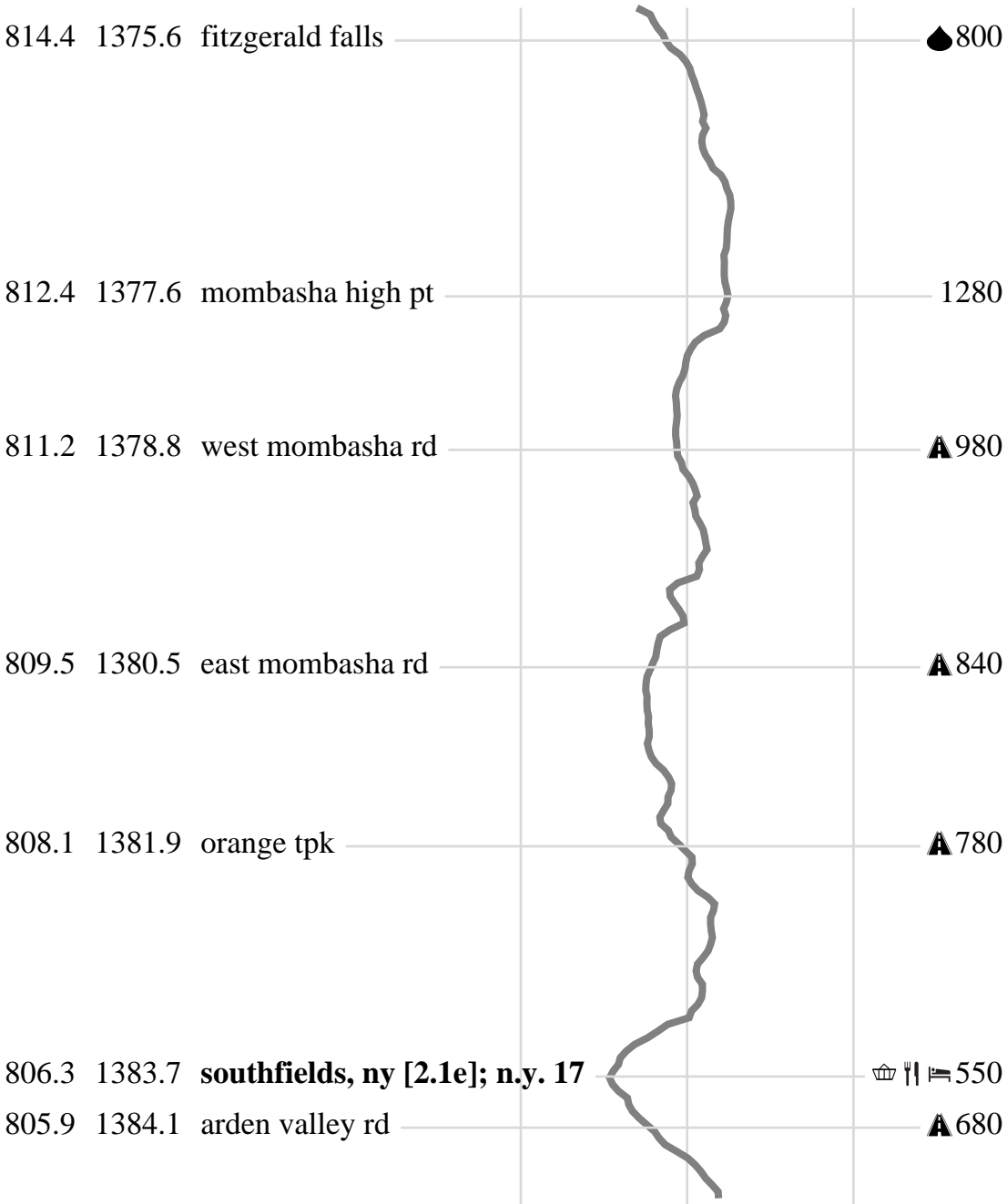
Thank you [trpost](#) for contributing the most recent edits to this section!

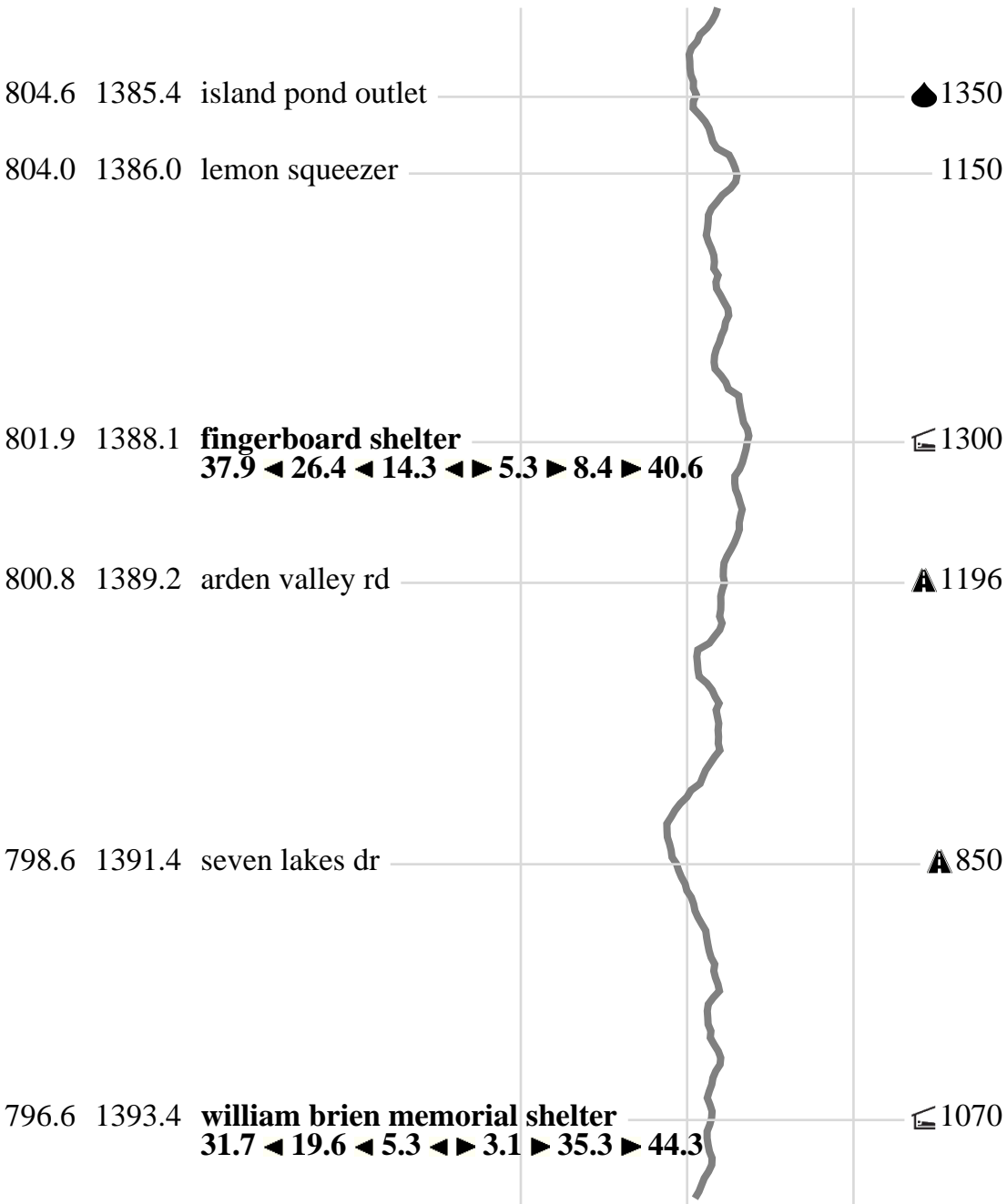


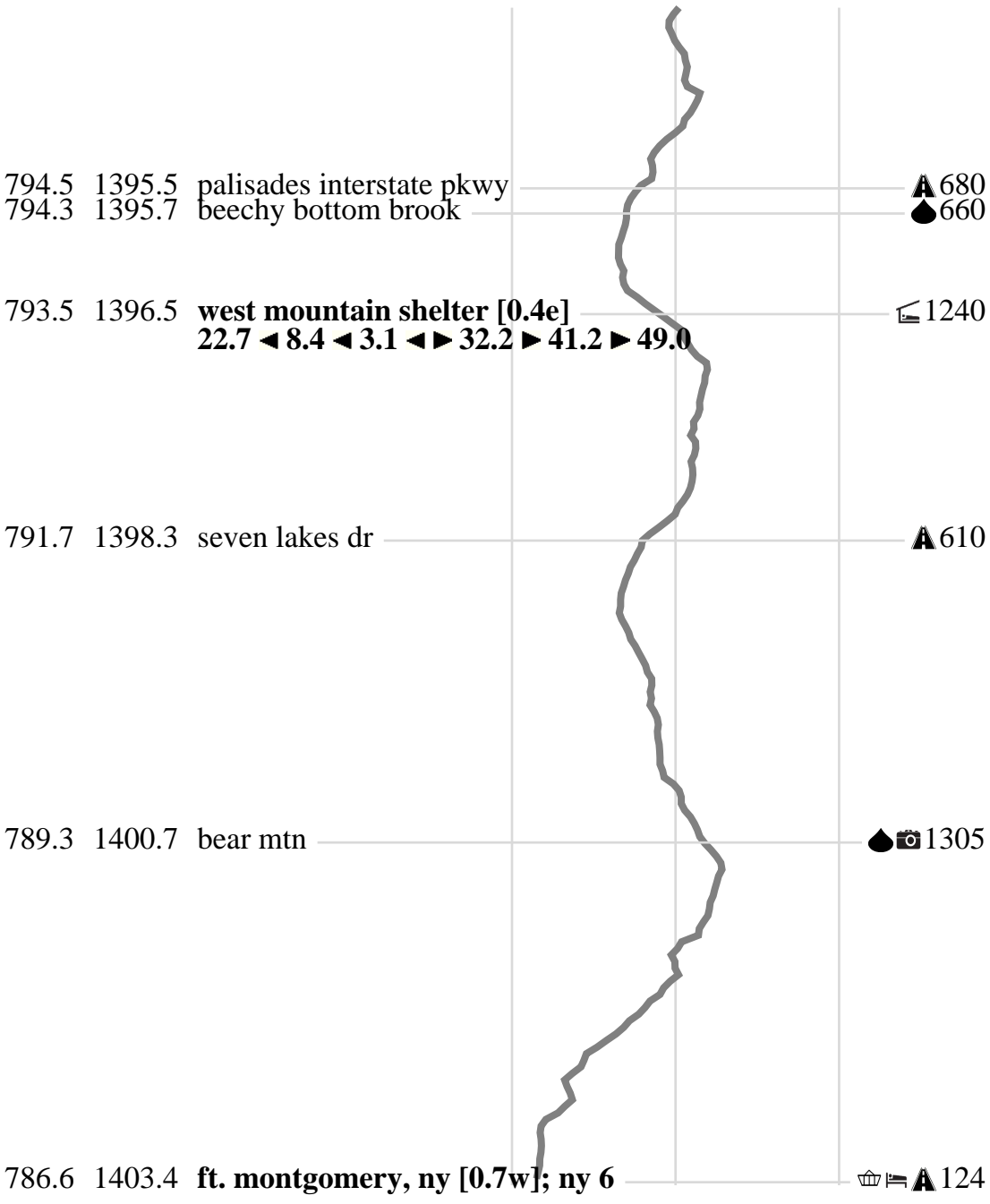
A: Wawayanda Shelter, B: Wildcat Shelter, C: Fingerboard Shelter, D: William Brien Memorial Shelter, E: West Mountain Shelter



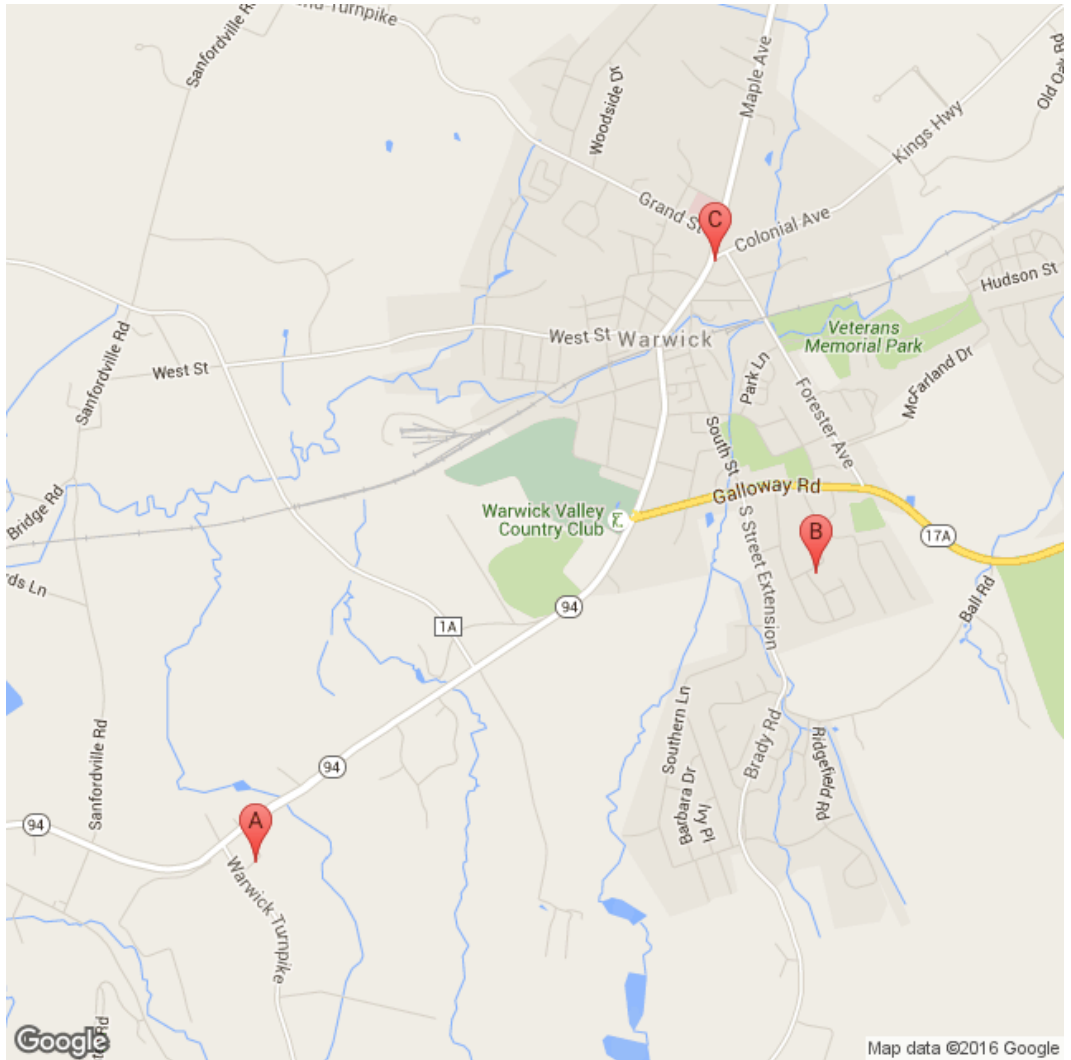








Warwick, NY



A: ShopRite, B: Warwick Motel, C: Warwick, NY PO

1371.7: N.Y. 17A

Warwick, NY [4.6W]



ShopRite [1.4] 153 New York 94, Warwick, NY, United States



Warwick Motel (845) 986-4822 1 Overlook Drive, Warwick, NY, United States



Warwick, NY PO (845) 986-0271 108 Main Street, Warwick, NY, United States 10990 M-F 8:30-5, Sa 9-4



Bear Mountain Bridge Motel (845) 446-2472 1041 Route 9W, Fort Montgomery, NY, United States



Ft. Montgomery, NY PO (845) 446-8459 130 Firefighters Memorial Drive, Fort Montgomery, NY, United States 10922 M-F 8-1 2:30-5, Sa 9-12



Holiday Inn Express (845) 446-4277 1106 Rte 9w, Fort Montgomery, NY, United States



Mobil Mini Mart

1383.7: N.Y. 17

Southfields, NY [2.1E]



Baleros B/L/D



Southfields, NY PO (845) 351-2628 996 New York 17, Southfields, NY, United States 10975 M-F 8:30-12, 1-5, Sa 8:30-11:30



Tuxedo Motel (845) 351-4747 985 Route 17 South, Southfields, NY, United States

1403.5: NY 6

Ft. Montgomery, NY [0.7W]

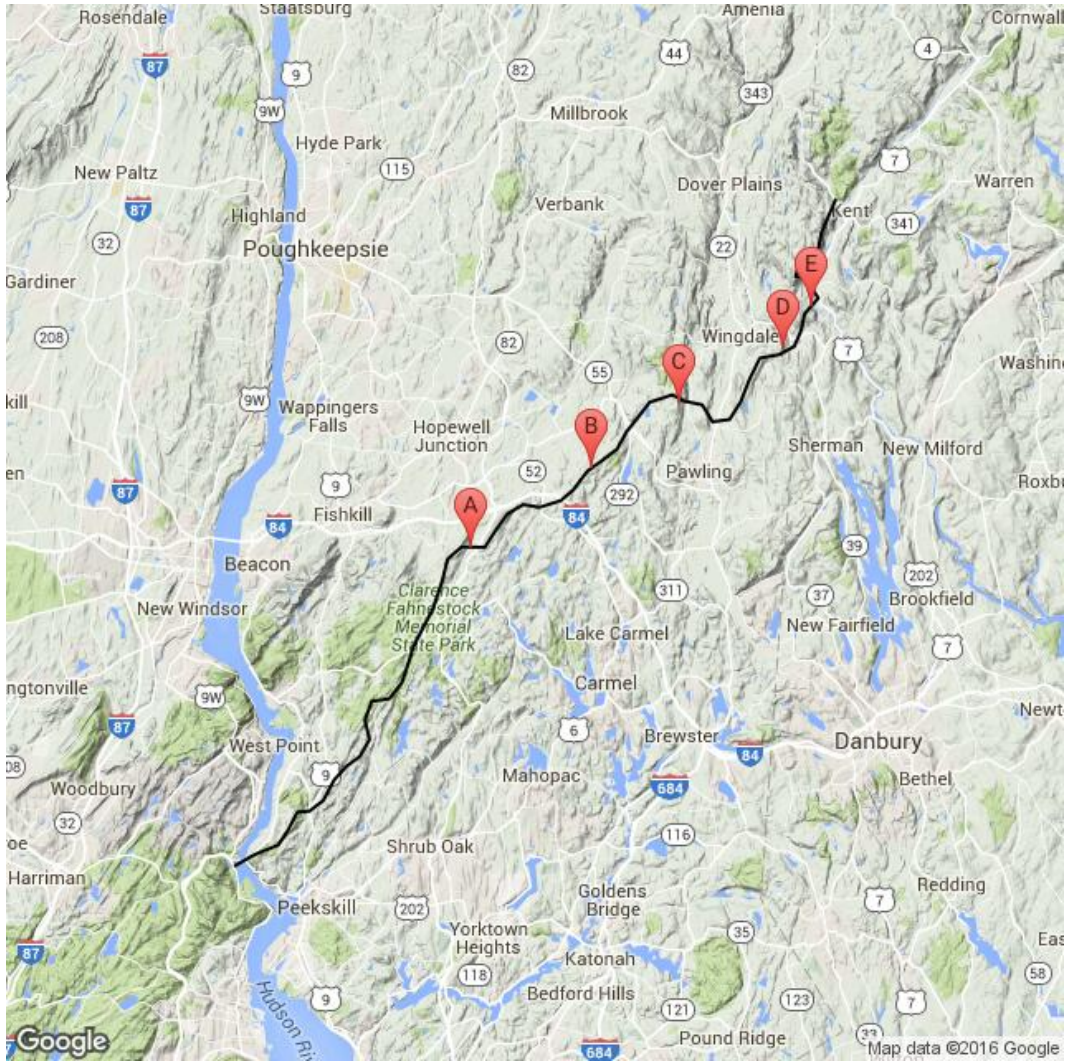
Bear Mtn to Kent

NY 6 to CT 341

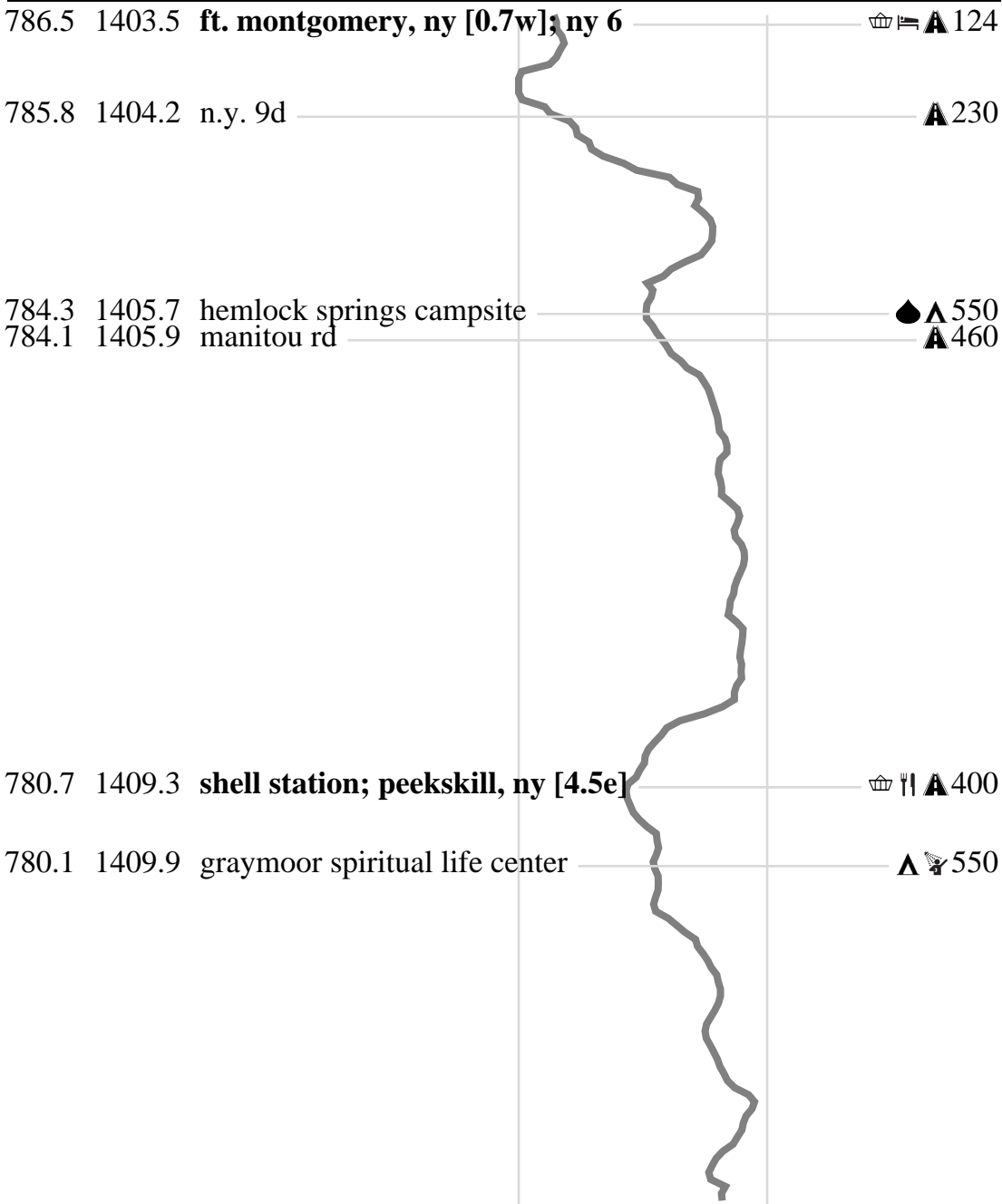
63.5 miles, avg. grade: 6.7%, high: 1357 ft, low: 0 ft

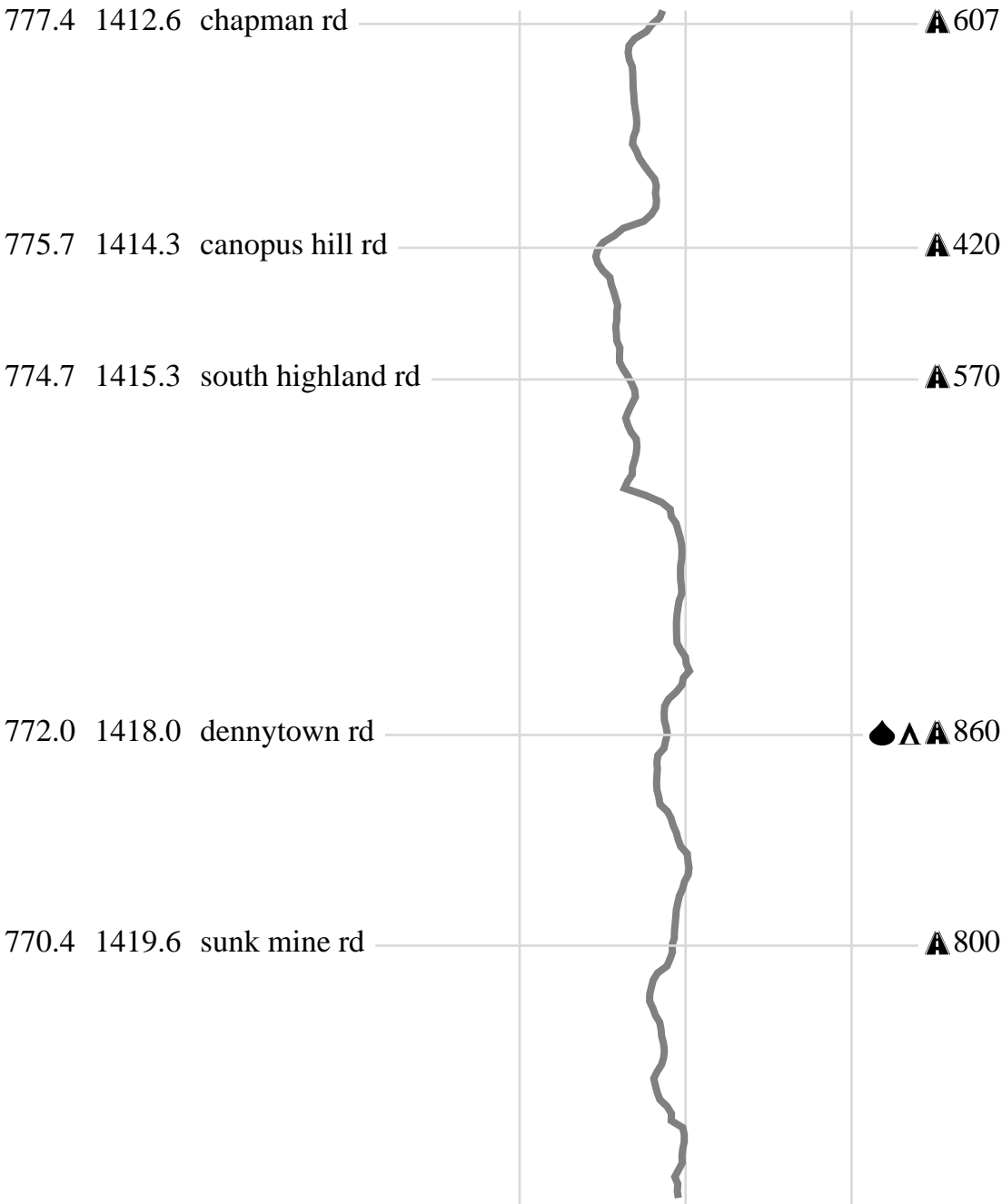
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3031>.

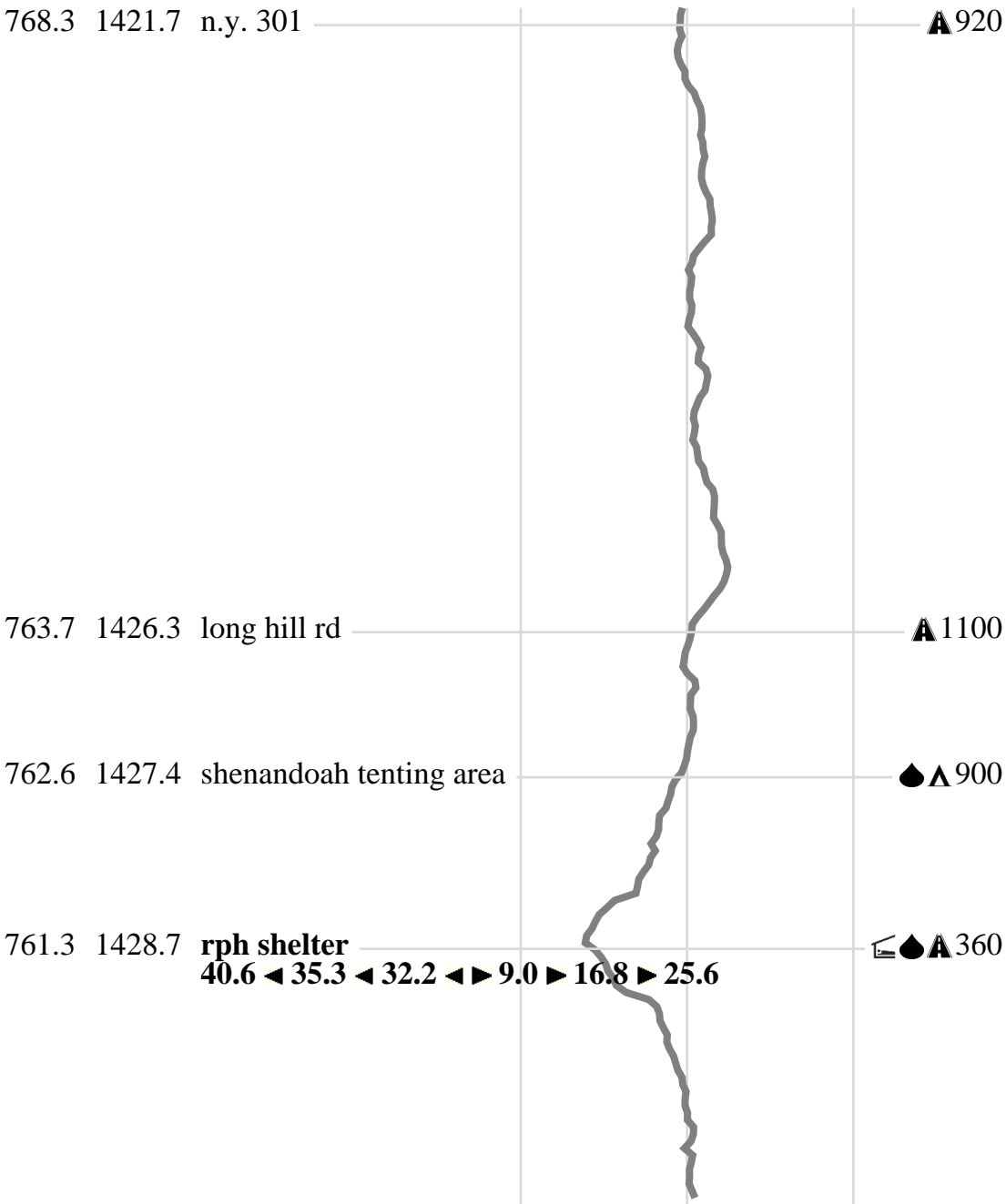
Thank you [trpost](#) for contributing the most recent edits to this section!

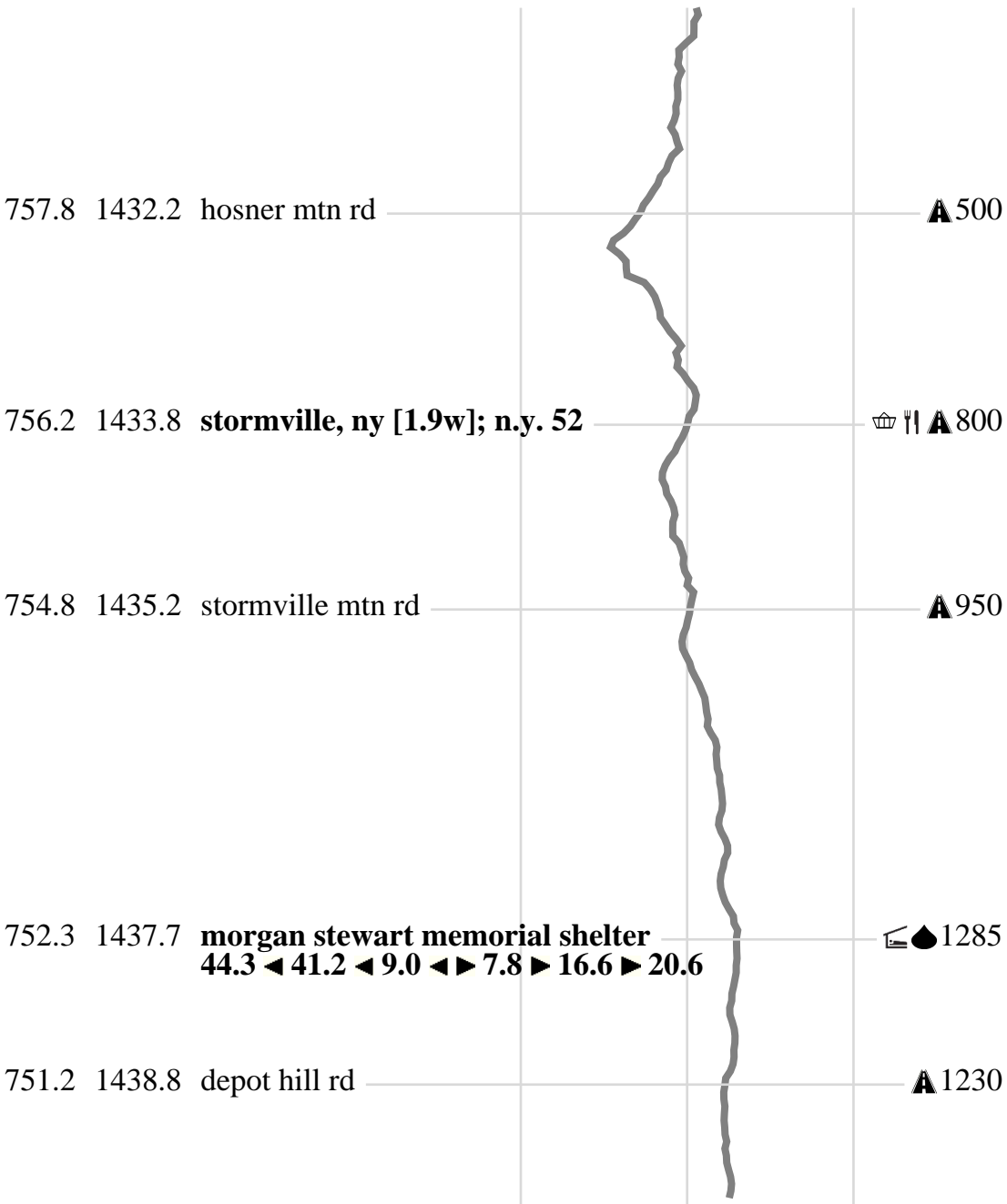


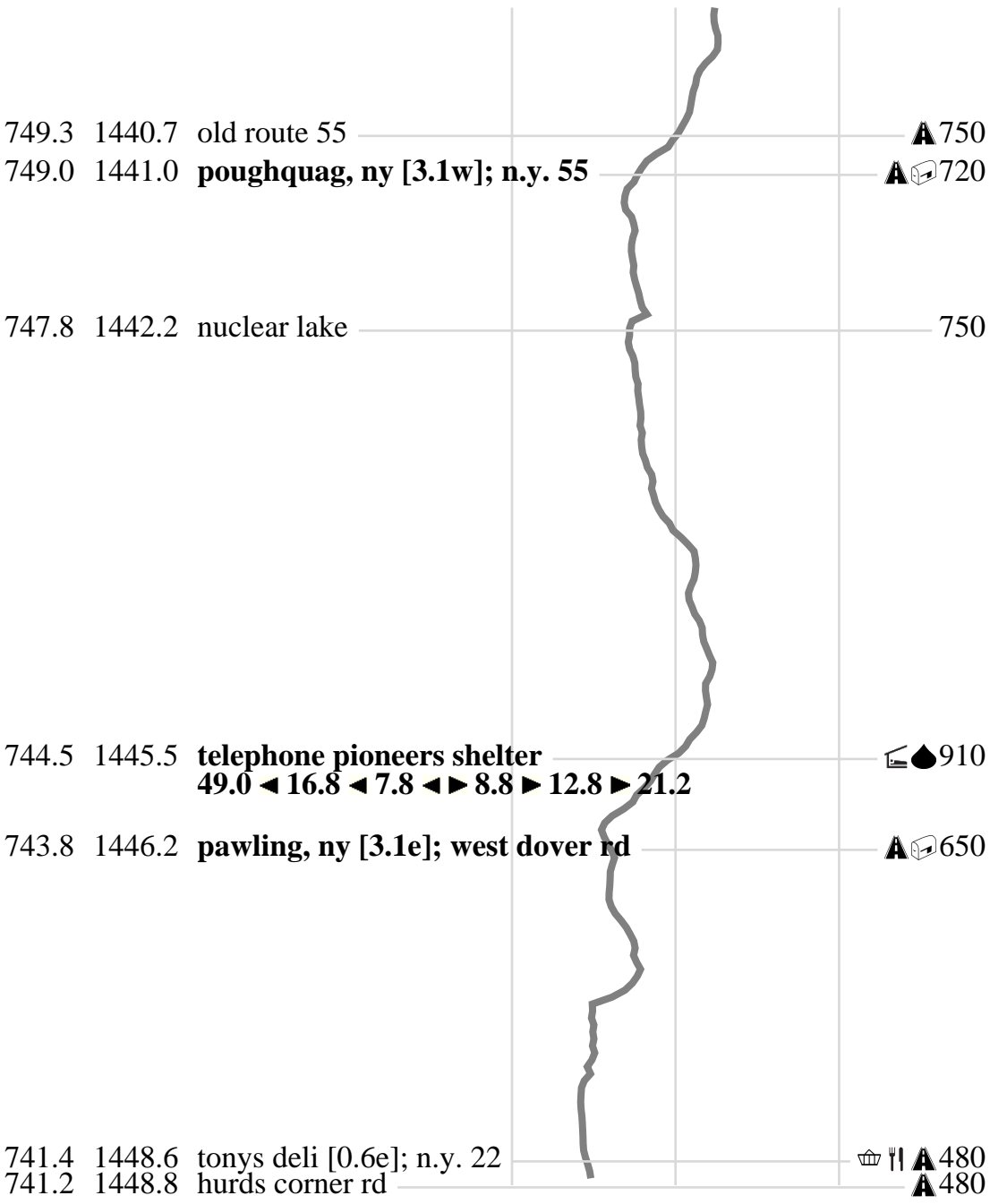
A: RPH Shelter, B: Morgan Stewart Memorial Shelter, C: Telephone Pioneers Shelter, D: Wiley Shelter, E: Ten Mile River Lean-to

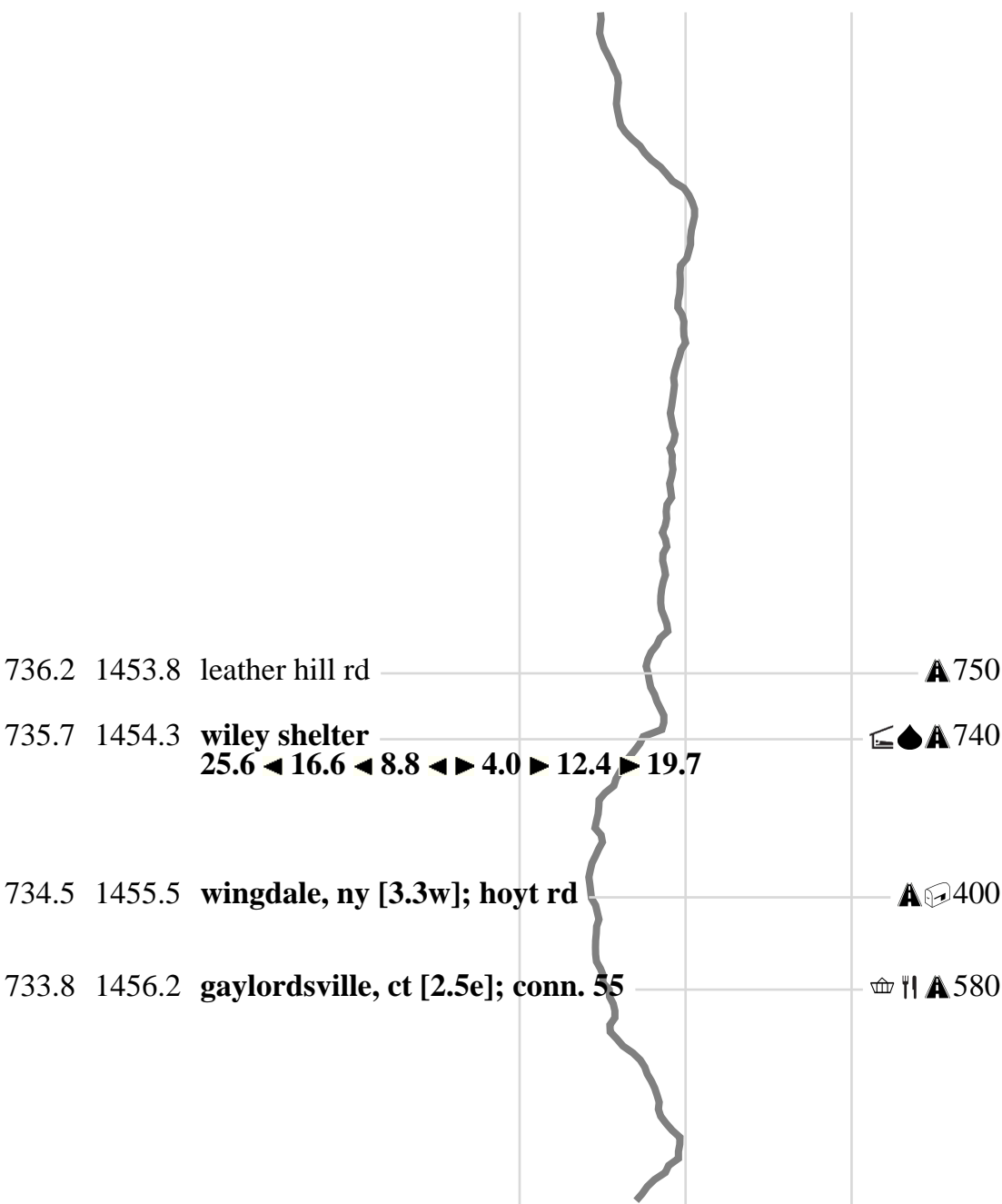


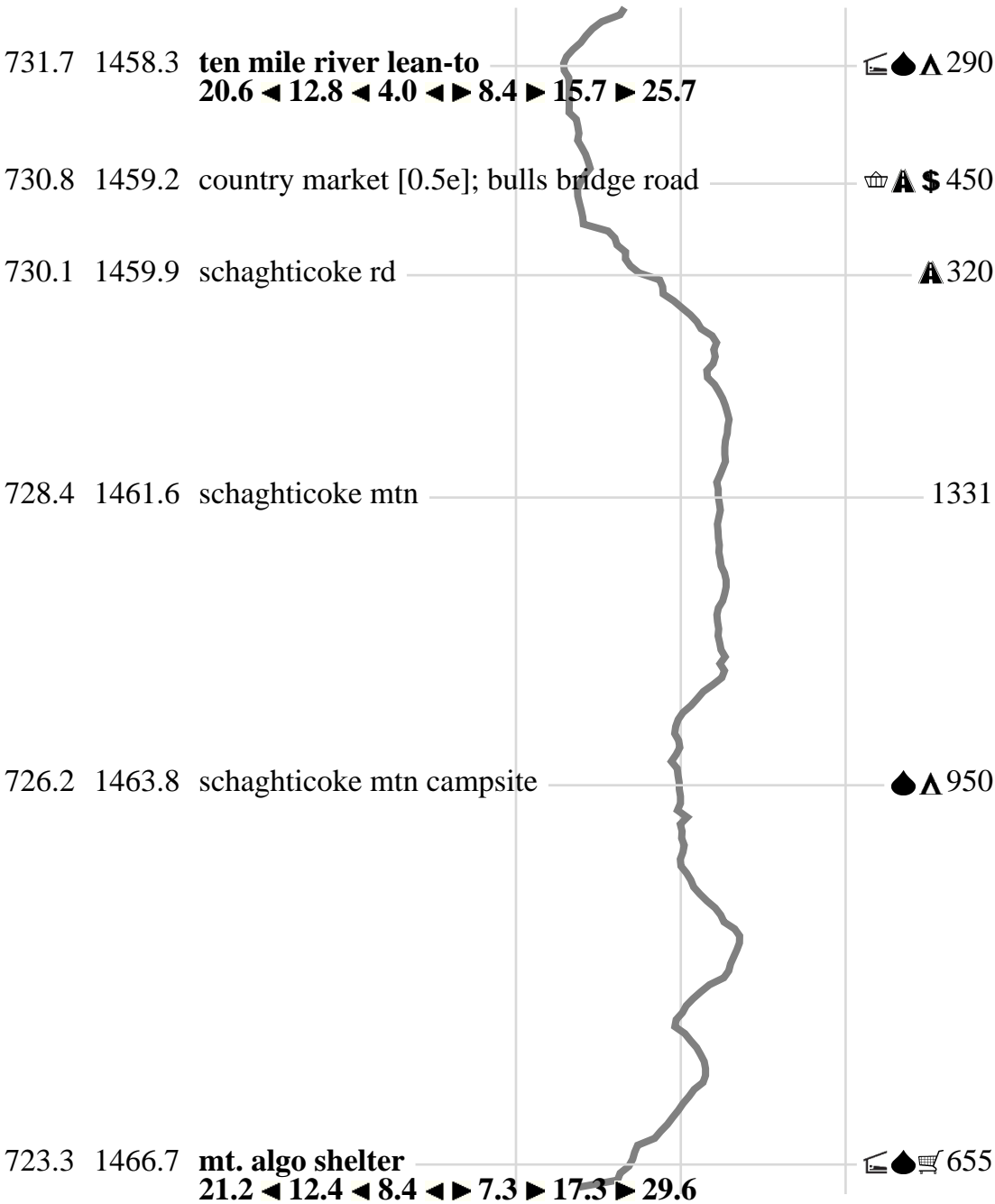












Kent, CT



A: Backcountry Outfitters, B: Davis IGA, C: Fife n Drum Inn and Restaurant, D: Kent Market, E: Kent Memorial Library, F: Starbuck Inn

1409.3: U.S. 9, N.Y. 403



Shell Station (845) 424-6241 24 hrs.
Amazing deli. Right on the trail.

Peekskill, NY [4.5E]



Peekskill, NY PO (914) 737-1340 738 South
Street, Peekskill, NY, United States 10566
M-F 9-5, Sa 9-4

1409.9



Graymoor Spiritual Life Center

1433.8: N.Y. 52



Dannys Pizzeria [0.3E] 664 Leetown Road,
Stormville, NY, United States



Mountain Top Market Deli [0.3E] (845)
221-0928 664 Leetown Road, Stormville, NY,
United States 6AM-8PM

Stormville, NY [1.9W]



Stormville, NY PO (845) 226-2627 7 Old
Route 52, Stormville, NY, United States 12582
M-F 8:30-5, Sa 9-12

1441.0: N.Y. 55

Poughquag, NY [3.1W]



Poughquag, NY PO (845) 724-4763 2546
New York 55, Poughquag, NY, United States
12570 M-F 8:30-5, Sa 8:30-12:30

1446.2: West Dover Rd

Pawling, NY [3.1E]



Pawling, NY PO (845) 855-2669 10 Broad
Street, Pawling, NY, United States 12564 M-F
8:30-5, Sa 9-12

1448.6: N.Y. 22



Tonys Deli [0.6E] 5AM-12PM

1455.5: Hoyt Rd

Wingdale, NY [3.3W]



Wingdale, NY PO (845) 832-6147 1809 New
York 22, Wingdale, NY, United States 12594
M-F 8-5, Sa 8-12:30

1456.2: Conn. 55

Gaylordsville, CT [2.5E]



Gaylordsville Country Store (860) 350-3802
1 Riverview Road, New Milford, CT, United States M-F 6-8, Sa 6-6, Su 6-3



Gaylordsville, CT PO (860) 354-9727 3
George Washington Plz # 8, Gaylordsville, CT, United States 06755 M-F 8-1 2-5, Sa 8-12

1458.5



Ten Mile River

1459.2: Bulls Bridge road



Country Market [0.5E]

1467.0: CT 341

Kent, CT [0.8E]



Backcountry Outfitters (860) 927-3377
(email: info@bcoutfitters.com) *5 Bridge St., Kent, CT 06757*



Davis IGA *27 Kent Green Boulevard, Kent, CT, United States*



Fife n Drum Inn and Restaurant (860) 927-3509 <http://www.fifendrum.com> *53 N Main Street, Kent, CT, United States*



Kent Market *12 North Main Street, Kent, CT, United States*



Kent Memorial Library *32 North Main Street, Kent, CT, United States* M-F 10-5:30, Sa 10-4



Kent, CT PO (860) 927-3435 06757 M-F 8-1 2-5, Sa 8:30-12:30



Shanghai Chinese



Starbuck Inn (860) 927-1788
<http://www.starbuckinn.com> *88 North Main Street, Kent, CT, United States*

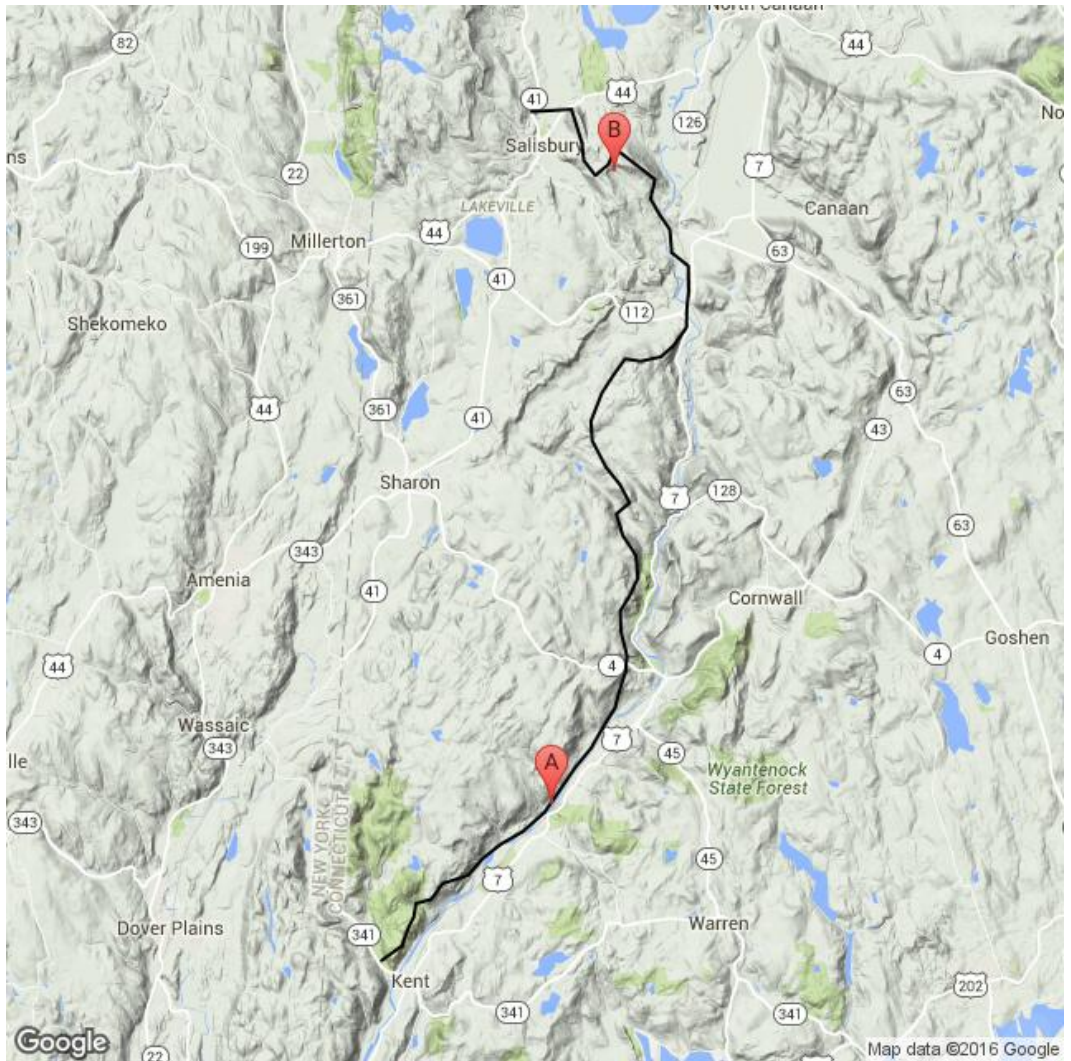
Kent to Salisbury

CT 341 to US 41

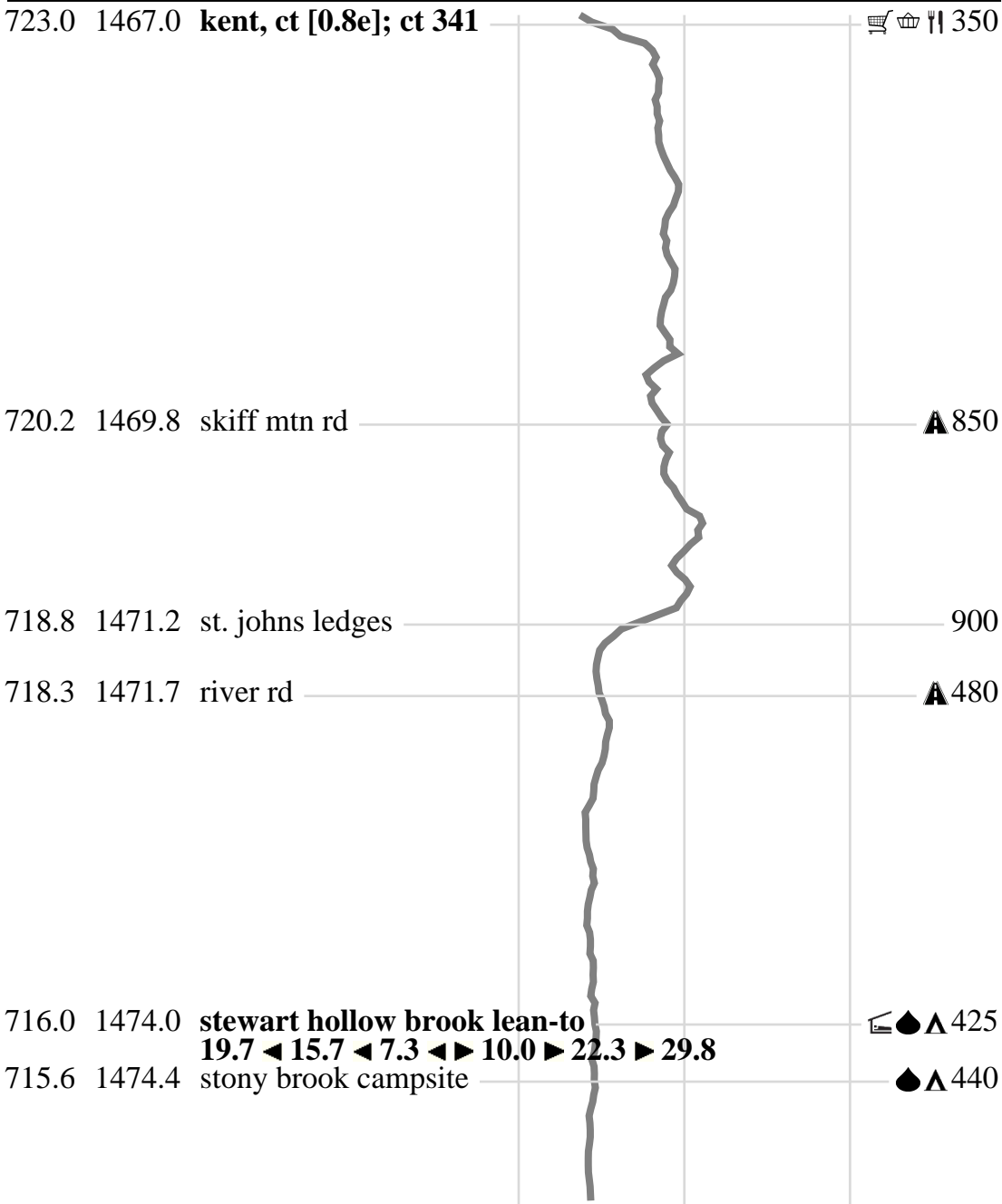
33.4 miles, avg. grade: 7.2%, high: 1475 ft, low: 350 ft

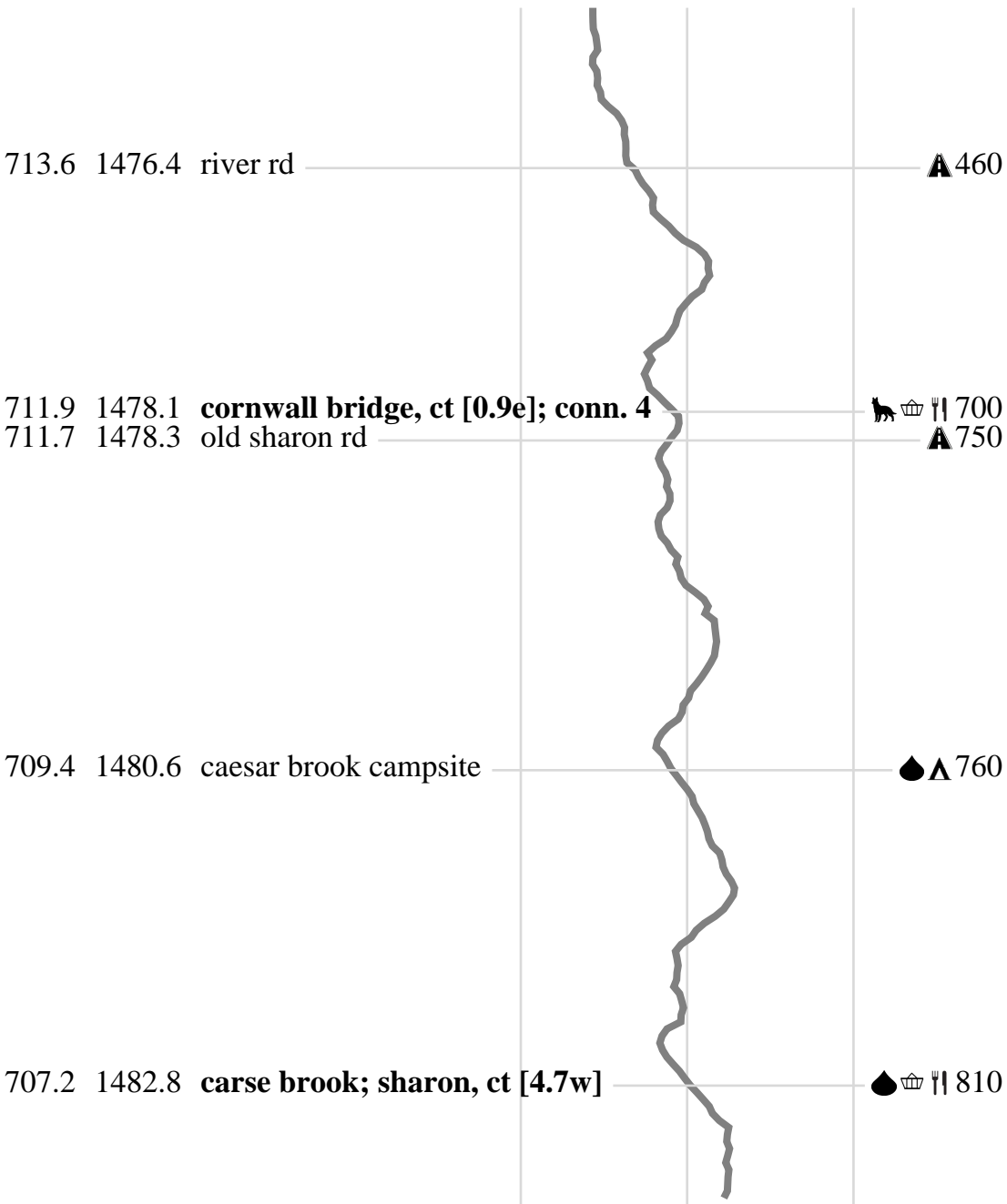
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3032>.

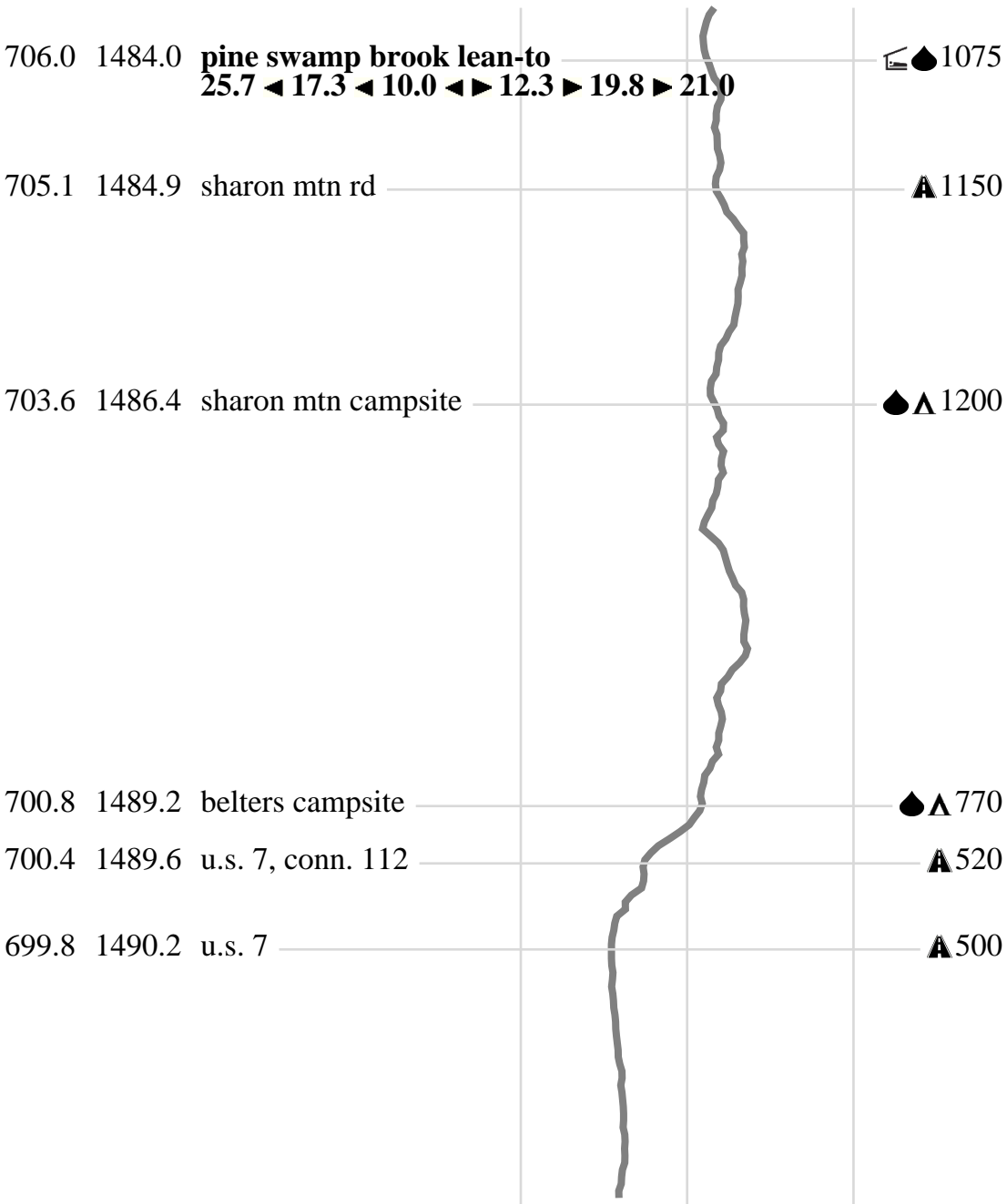
Thank you [trpost](#) for contributing the most recent edits to this section!

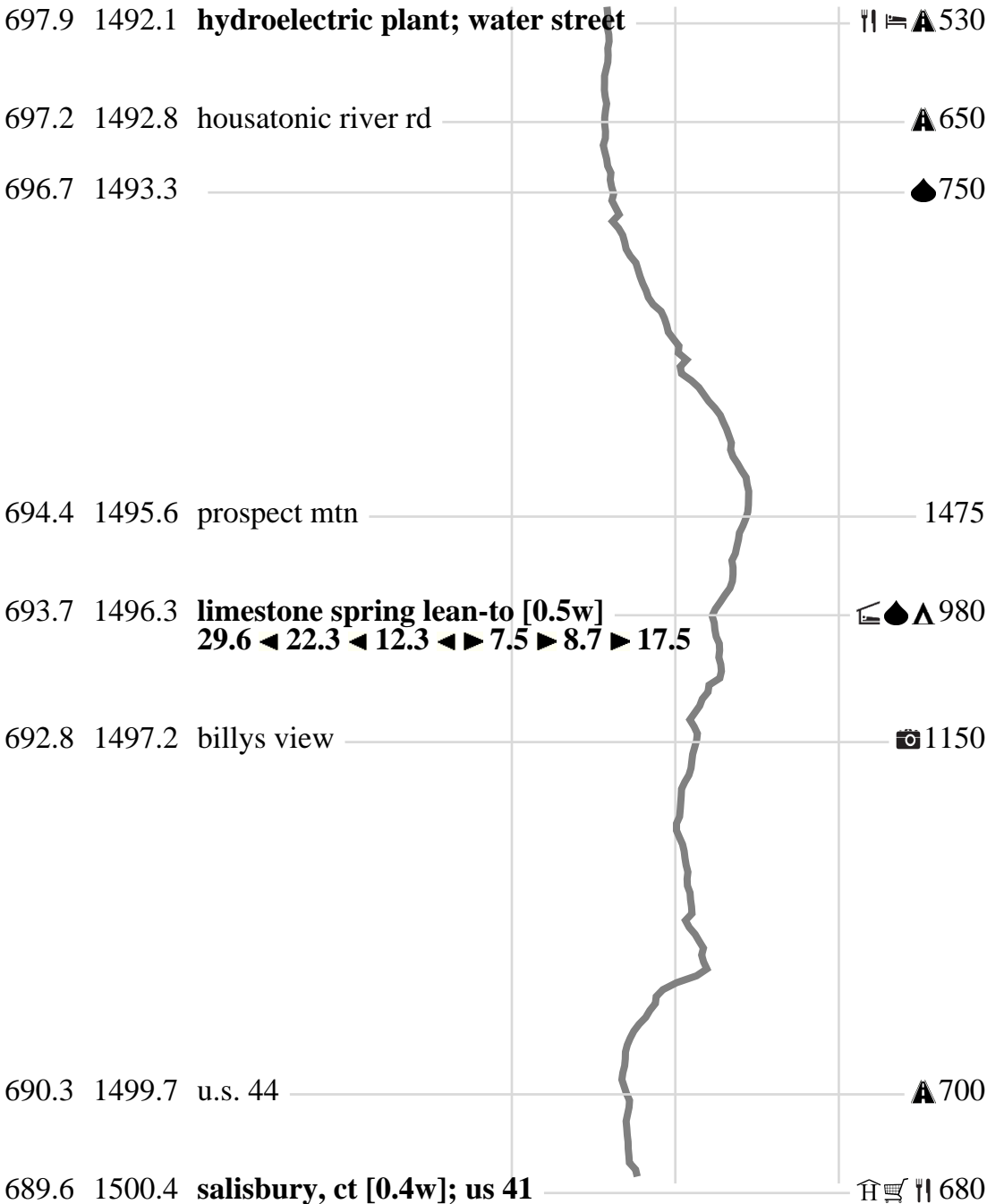


A: Stewart Hollow Brook Lean-to, B: Limestone Spring Lean-to

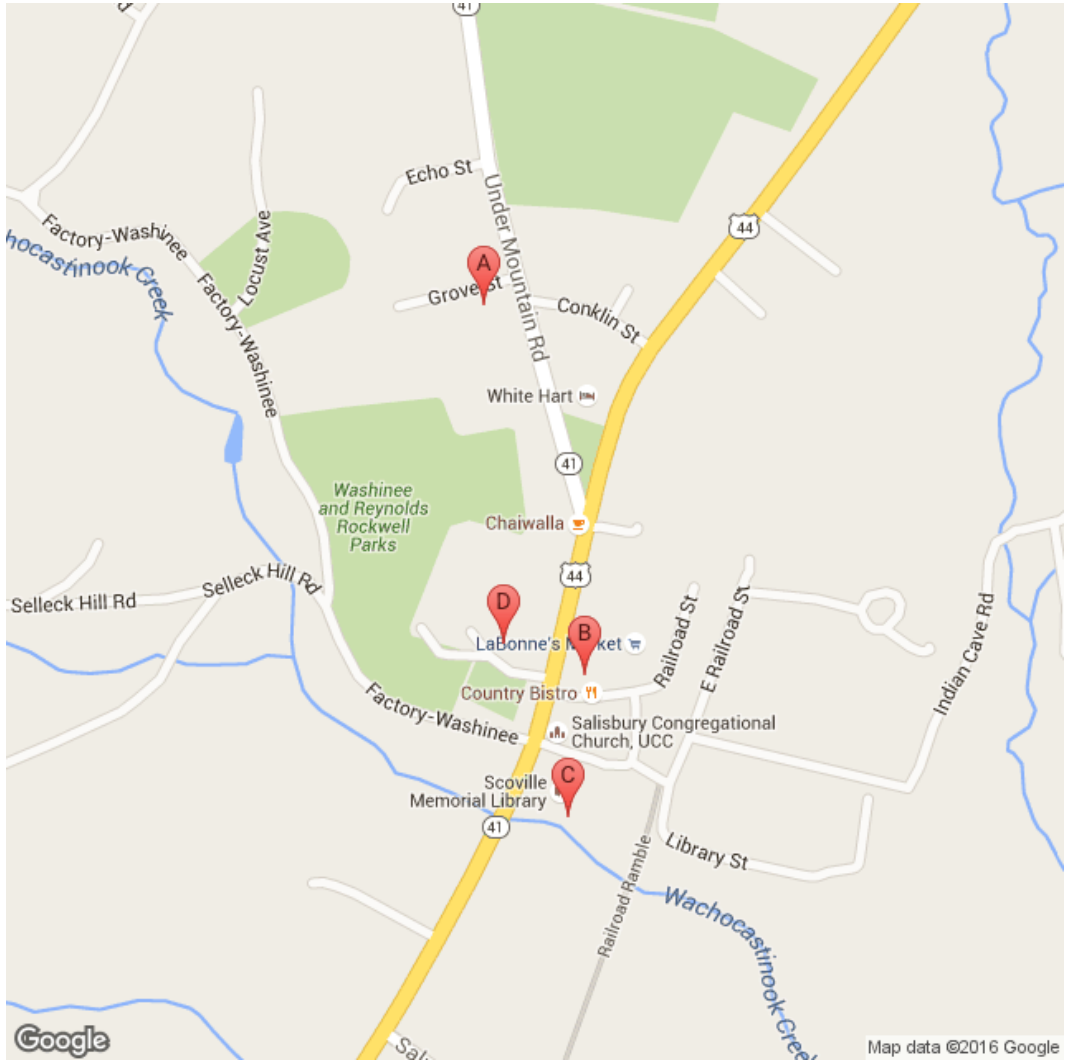








Salisbury, CT



A: Maria McCabe, B: Salisbury, CT PO, C: Scoville Memorial Library, D: Vanessa Breton

1478.1: Conn. 4

Cornwall Bridge, CT [0.9E]



Bairds General Store 25 Kent Rd, Warren, CT, United States



Cornwall Bridge, CT PO (860) 672-6710
06754 M-F 8-1 2-5, Sa 9-12



Hitching Post Motel (860) 672-6219 45 Kent Road South, Cornwall Bridge, CT, United States



Housatonic Meadows Lodge B and B (860) 672-6067



Housatonic River Outfitters (860) 672-1010
(email: hflyshop@aol.com)



Housatonic Veterinary Care (860) 672-4948
23 Kent Road South, Cornwall Bridge, CT, United States

1482.9: West Cornwall Rd

Sharon, CT [4.7W]



Sharon, CT PO (860) 364-5306 2 Low Road, Sharon, CT, United States 06069 M-F 8:30-4:30, Sa 9:30-12:30

West Cornwall, CT [2.2E]



Clarke Outdoors (860) 672-6365
<http://www.clarkeoutdoors.com> 163 Route 7, West Cornwall, CT, United States



Wandering Moose Cafe 421 Sharon-Goshen Turnpike, West Cornwall, CT, United States



West Cornwall Market Town Street, Cornwall, CT, United States



West Cornwall, CT PO (860) 672-6791
06796 M-F 8:30-1 2-4:30, Sa 9-12

1492.1: Water Street



Hydroelectric Plant

1492.2: Iron Bridge

Falls Village, CT [0.5E]



Falls Village, CT PO (860) 824-7781 5 Miner Street, Falls Village, CT, United States 06031 M-F 8:30-1 2-5, Sa 8:30-12



Horsetail Farm B and B (860) 824-2490 61 S. Canaan Rd.



Toymakers Cafe (860) 824-8168 85 Main Street, Falls Village, CT, United States B/L, Th-F 7-2, Sa-Su 7-4

1496.4



Rands View

1500.4: US 41

Salisbury, CT [0.4W]



LaBonnes Epicure Market (860) 435-2559



Maria McCabe (860) 435-0593 4 Grove Street, Salisbury, CT 06068



Salisbury, CT PO (860) 435-5072 22 Main Street, Salisbury, CT, United States 06068 M-F 8-1 2-5, Sa 9-12



Scoville Memorial Library 38 Main Street, Salisbury, CT, United States



The Roast Coffee House (860) 435-0600



Vanessa Breton (860) 435-9577 7 The Lockup Road, Salisbury, CT 06068

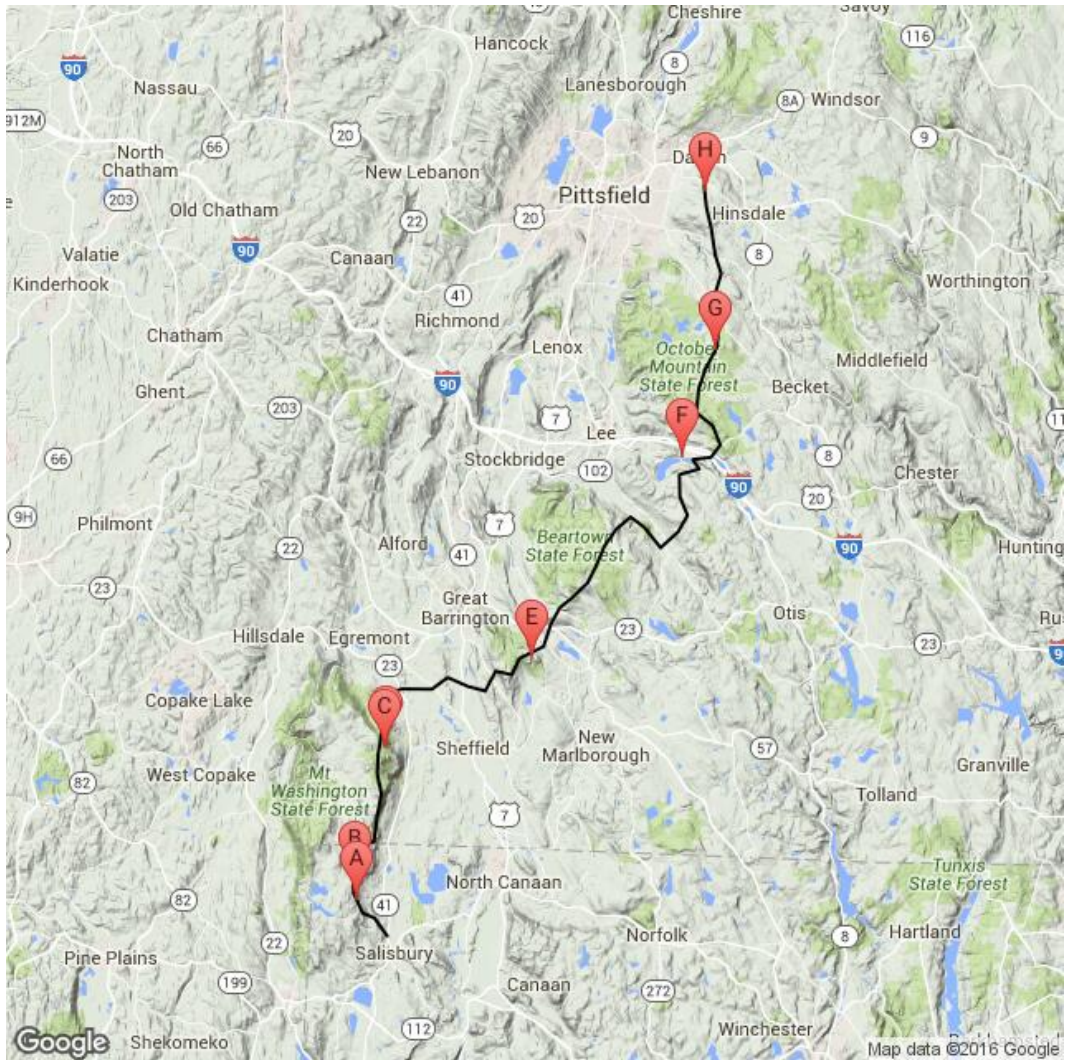
Salisbury to Dalton

US 41 to MA 8 / 9

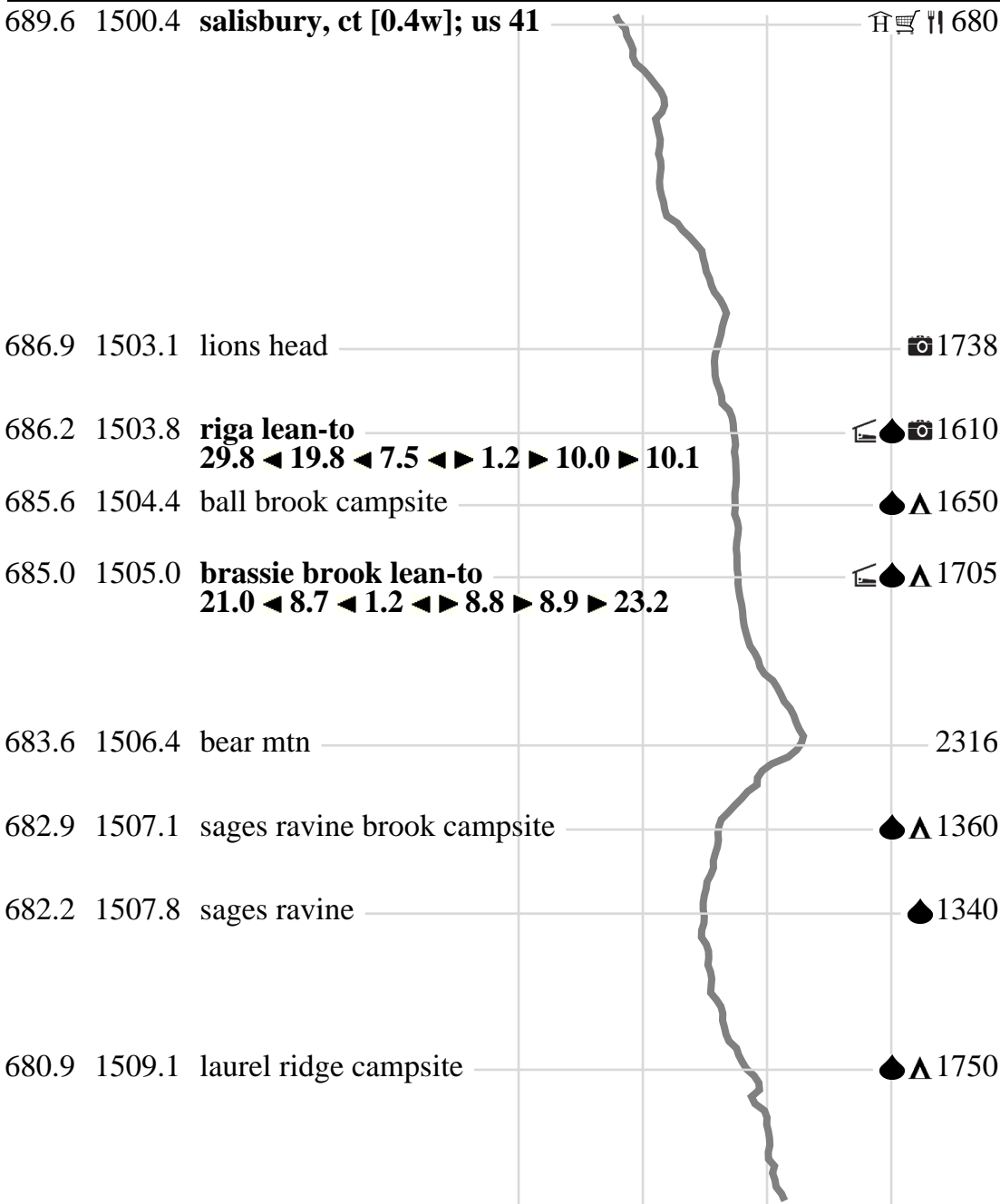
69.5 miles, avg. grade: 6.5%, high: 2602 ft, low: 660 ft

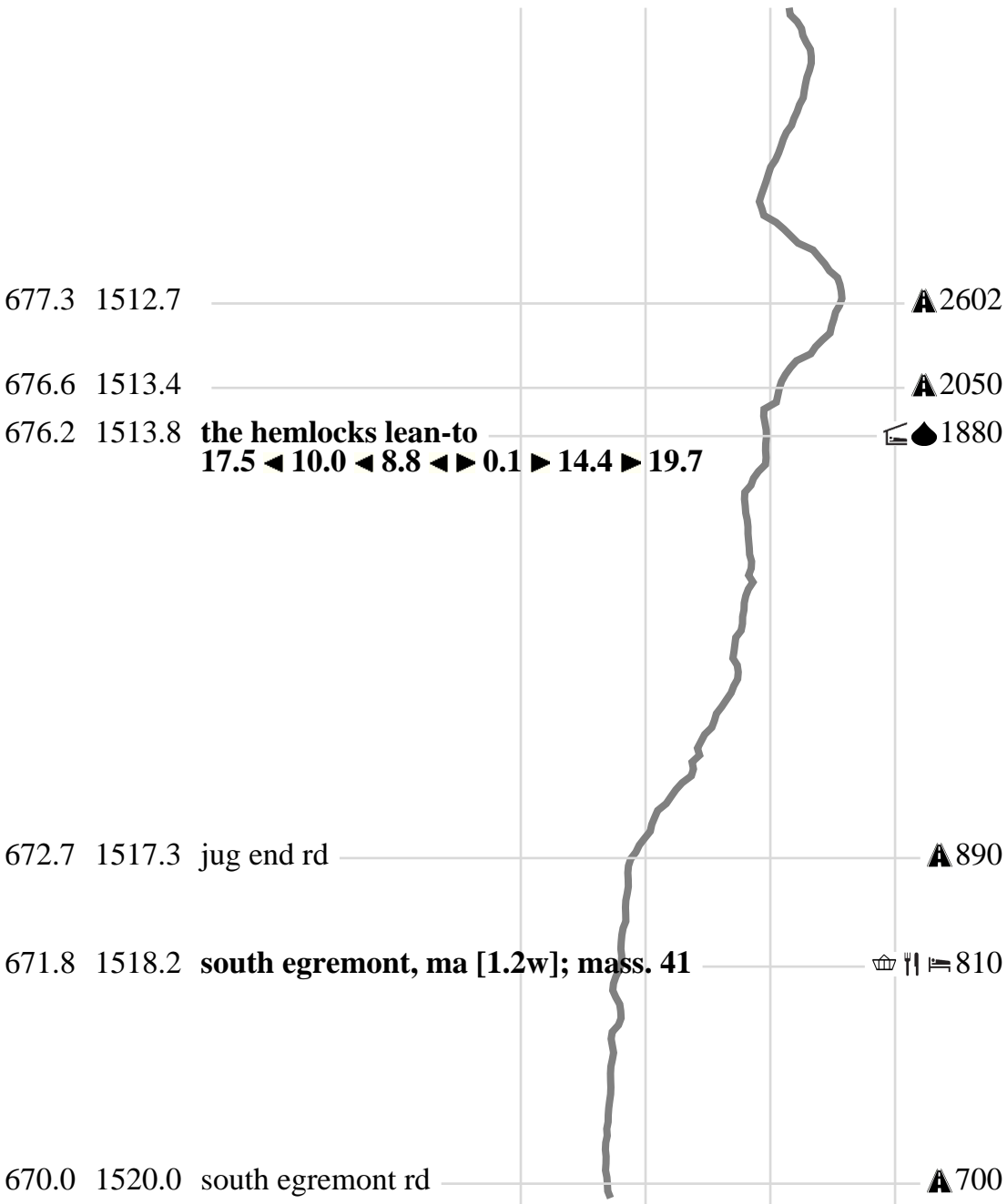
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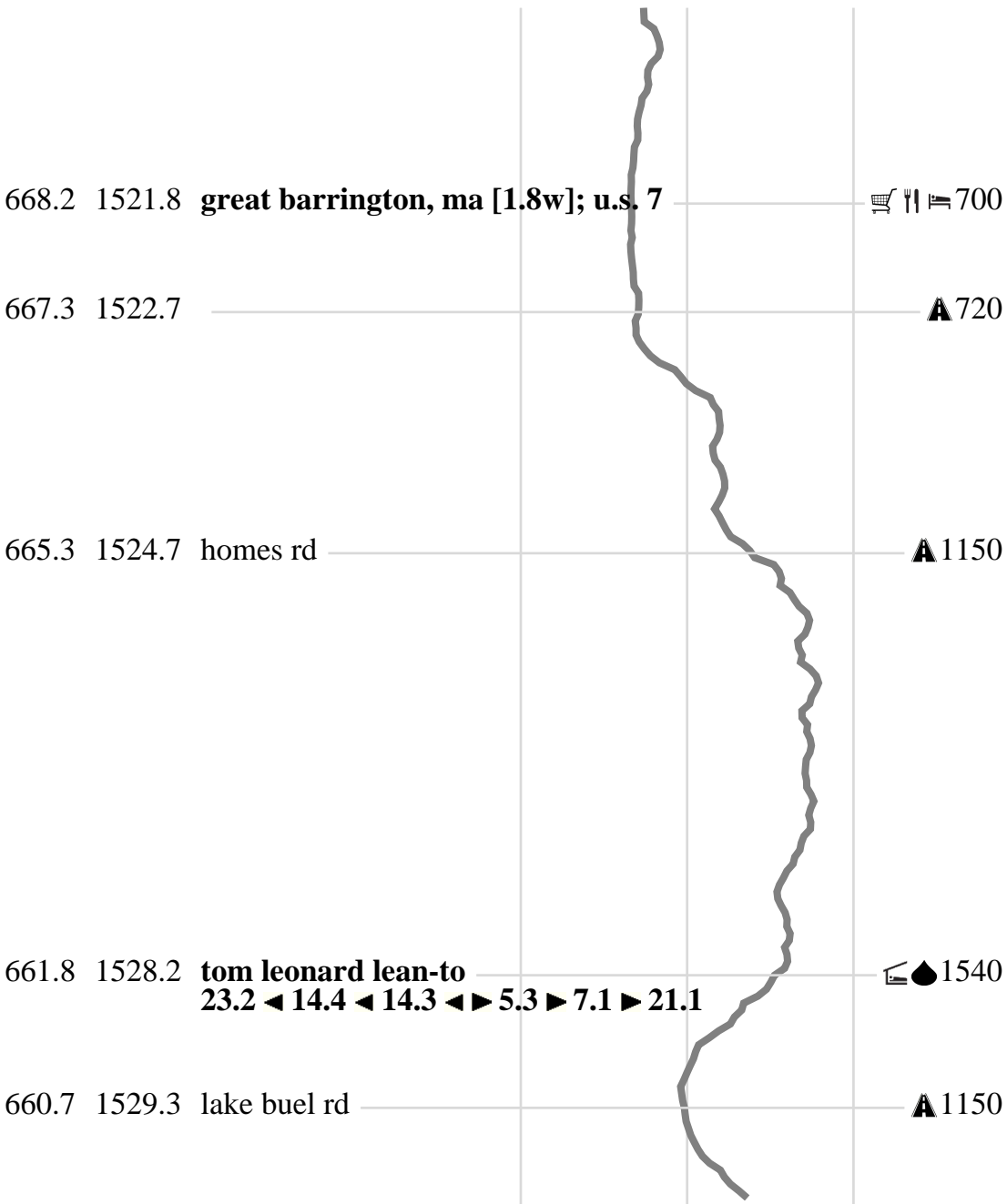
Thank you [trpost](#) for contributing the most recent edits to this section!

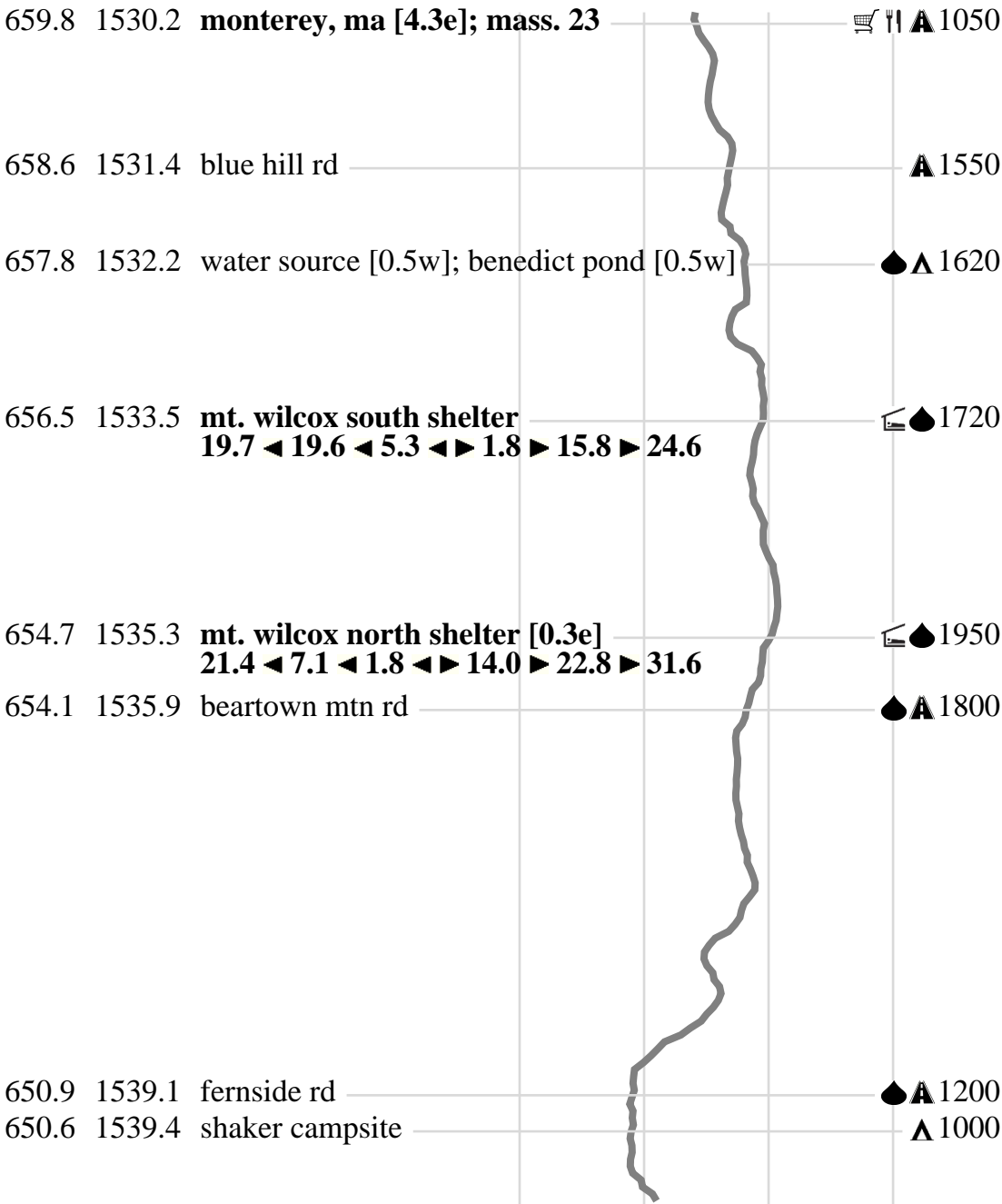


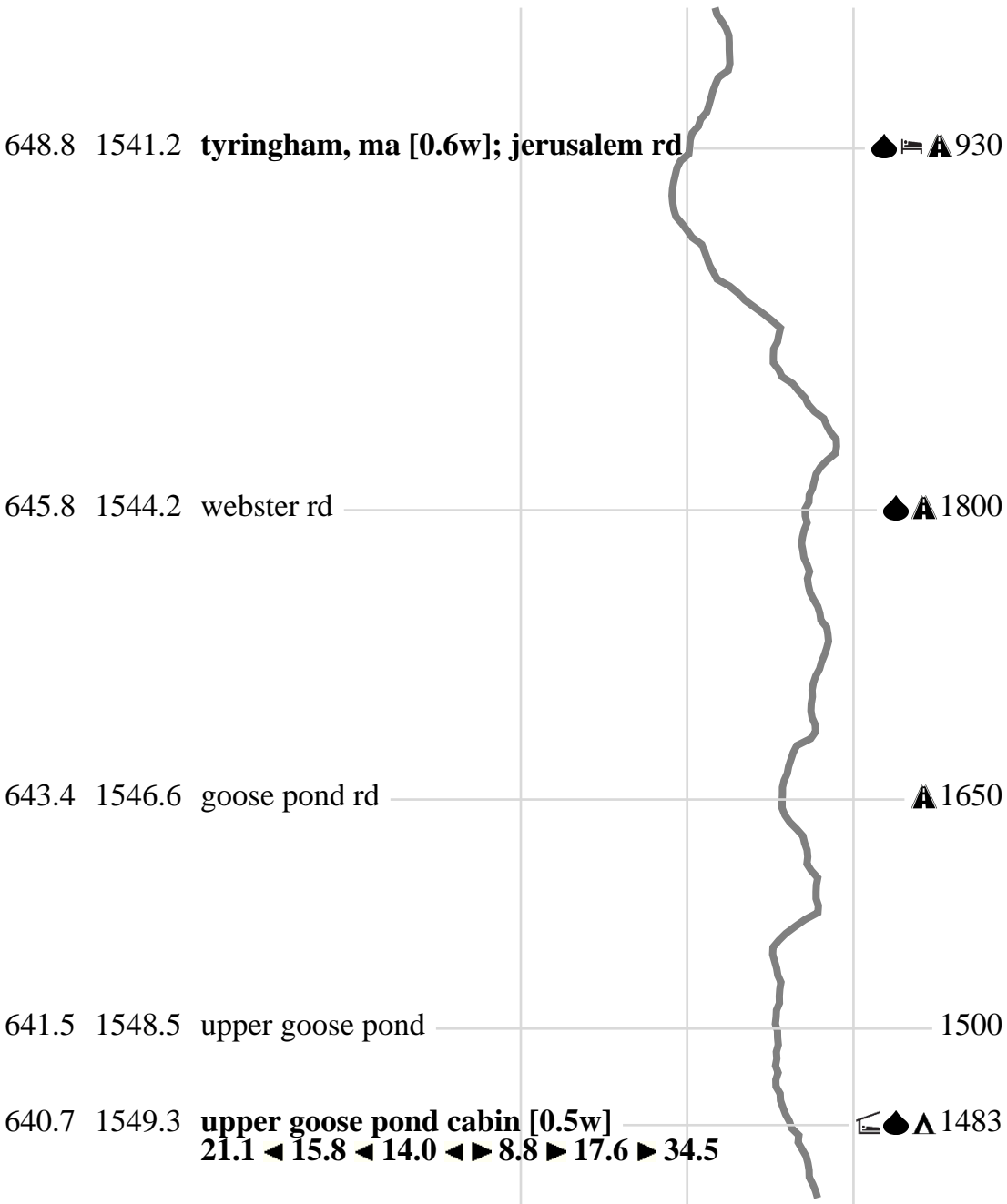
A: Riga Lean-to, B: Brassie Brook Lean-to, C: The Hemlocks Lean-to, D: Glen Brook Lean-to, E: Tom Leonard Lean-to, F: Upper Goose Pond Cabin, G: October Mountain Lean-to, H: Kay Wood Lean-to

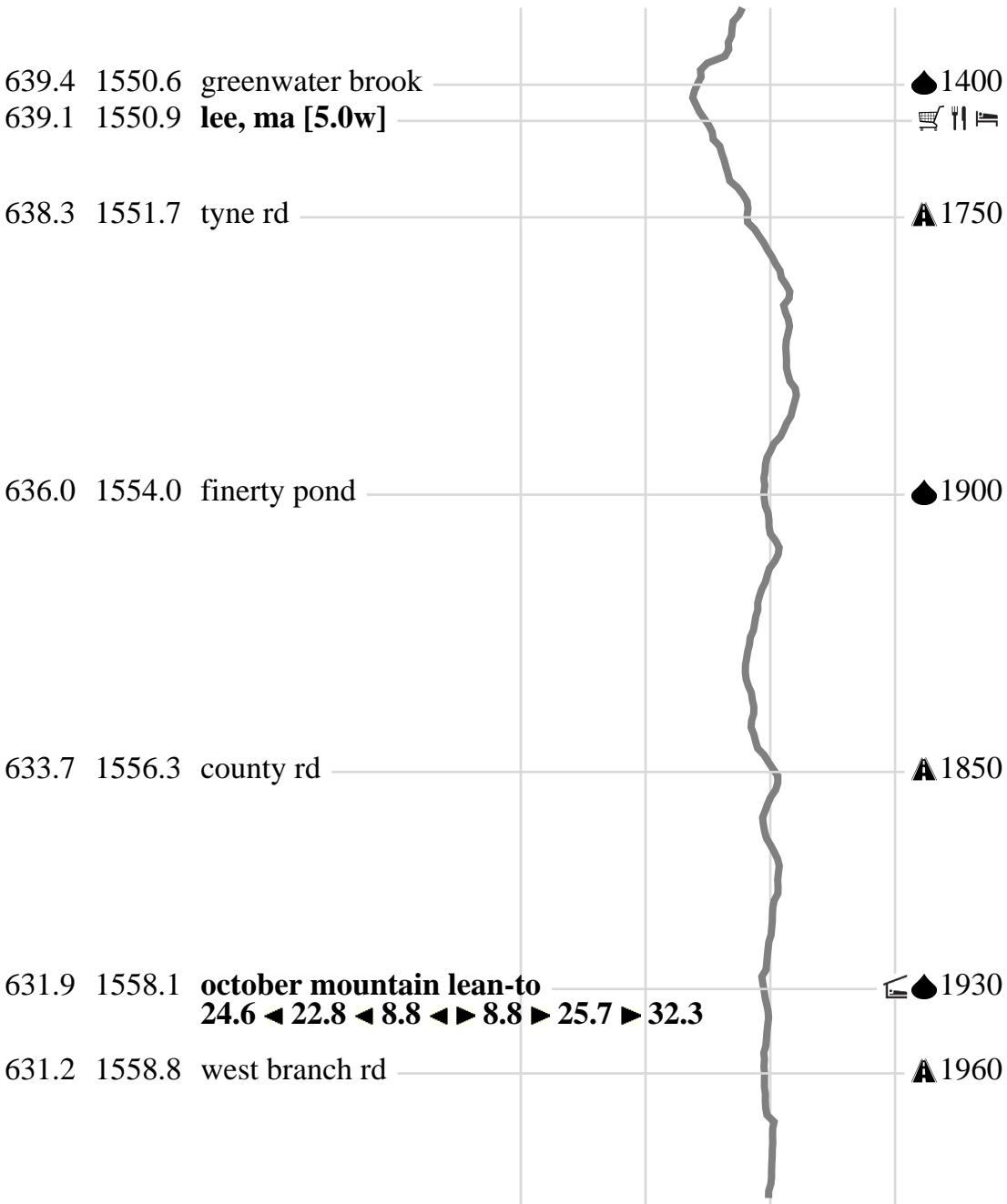


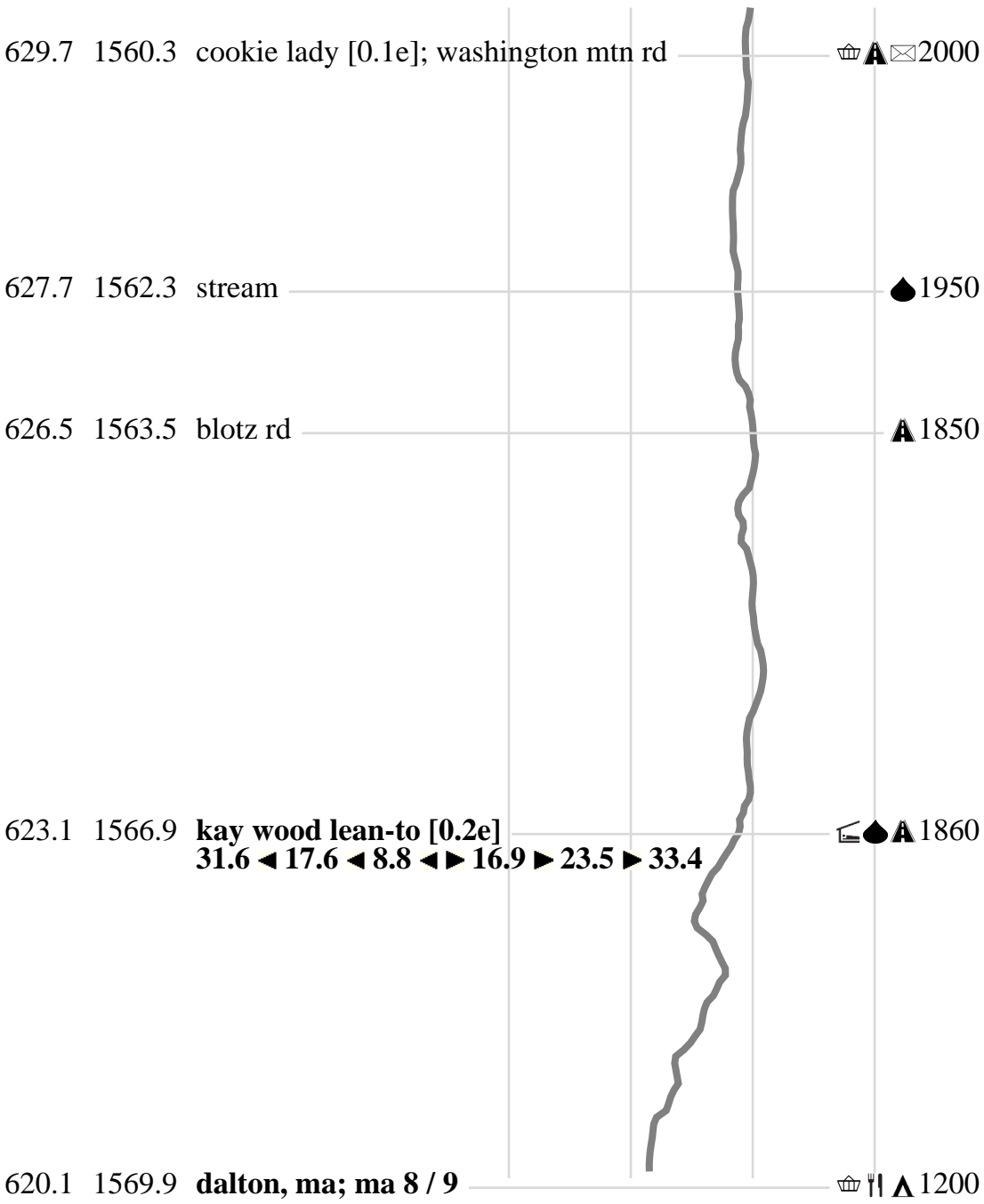










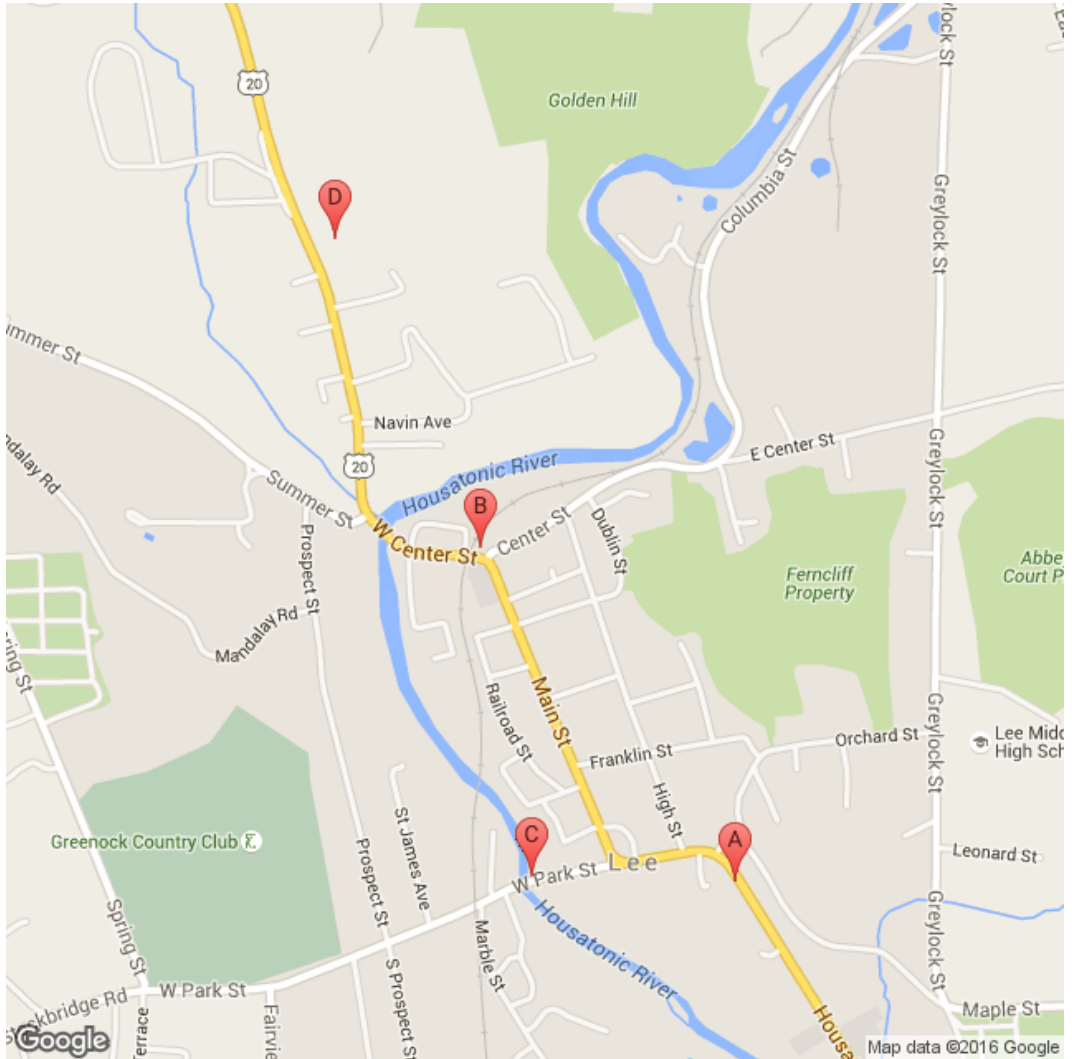


Great Barrington, MA



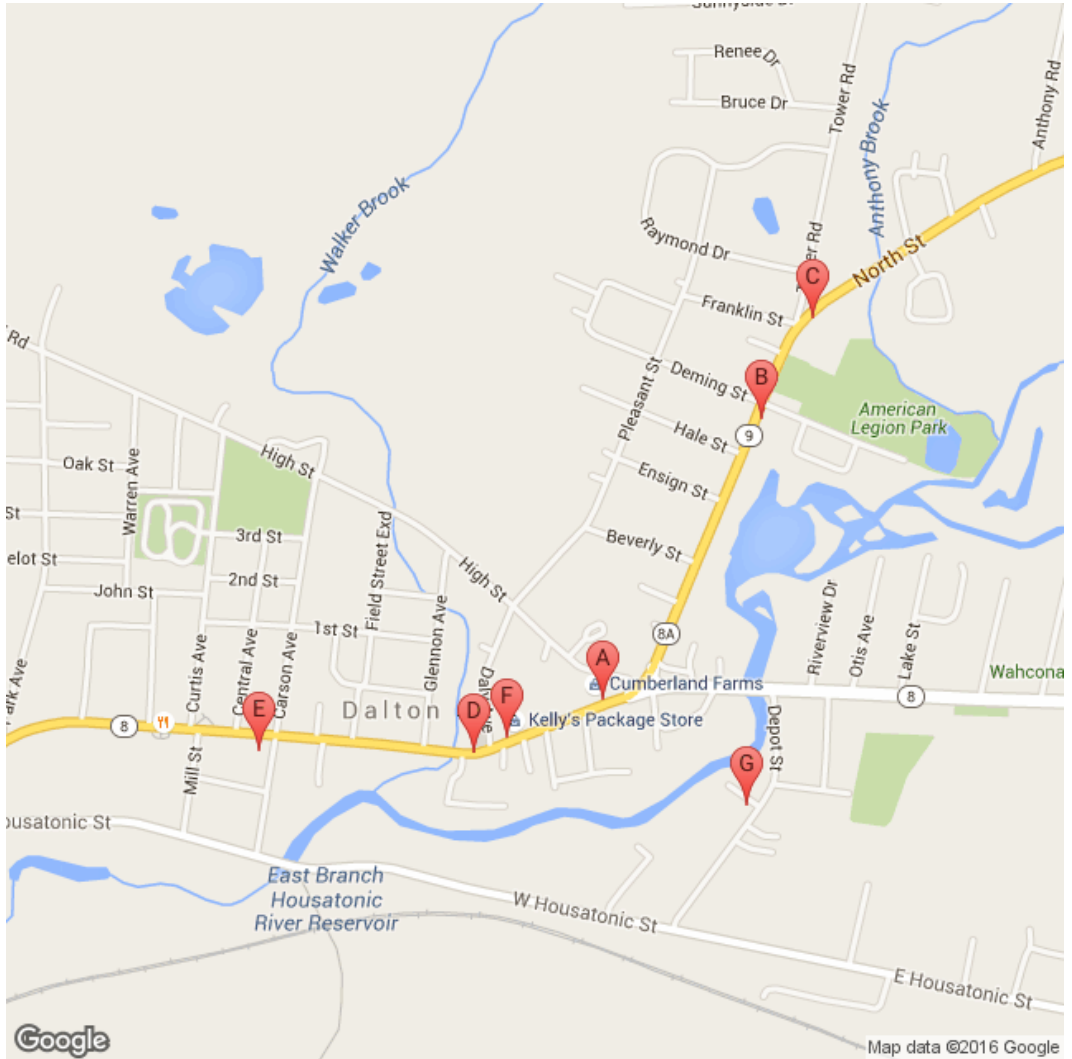
A: Big Y Foods, B: Days Inn, C: Price Chopper

Lee, MA



A: Athenas Pizza House, B: Joes Diner, C: Price Chopper, D: Rodeway Inn

Dalton, MA



A: Cumberland Farms, B: Dalton General Store, C: Dalton Laundry, D: Dalton, MA PO, E: Library, F: Shamrock Village Inn, G: Tom Levardi

1503.8



Riga Lean-to Really great view from shelter

1513.9



Glen Brook Lean-to [0.1E]

1518.2: Mass. 41

South Egremont, MA [1.2W]



Country Market (413) 528-8081



Moms Country Cafe *Main Street, South Egremont, MA, United States*



South Egremont, MA PO (413) 528-1571
01258 M-F 8:15-12 12:30-4, Sa 9-11:30



Weathervane Inn (413) 528-9580
<http://www.weathervaneinn.com> *17 Main Street, South Egremont, MA, United States*

1521.8: U.S. 7



Race Brook Lodge [7.5E] (413) 229-2916
<http://www.rblodge.com> *864 South Undermountain Road, Sheffield, MA, United States*

Great Barrington, MA [1.8W]



Big Y Foods *740 Main Street, Great Barrington, MA, United States*



Days Inn (413) 528-8201 *372 Main Street, Great Barrington, MA, United States*



Great Barrington, MA PO (413) 528-3670
01230 M-F 8:30-4:30, Sa 8:30-12:30



Price Chopper *300 Stockbridge Road, Gt. Barrington, MA, United States*

Sheffield, MA [3.2E]



Sheffield Market Place *18 Elm Court, Sheffield, MA, United States*



Sheffield, MA PO (413) 229-8772 *99 Main Street, Sheffield, MA, United States* 01257
M-F 9-4:30, Sa 9-12

1530.2: Mass. 23

Monterey, MA [4.3E]



Monterey General Store



Monterey, MA PO (413) 528-4670 444 Main Road, Monterey, MA, United States 01245
M-F 8:30-1 2-4:30, Sa 9-11:30

1541.2: Jerusalem Rd

Tyringham, MA [0.6W]



Cobble View B and B (800) 467-4136 123 Main Road, Tyringham, MA, United States



Library



Tyringham, MA PO (413) 243-1225 118 Main Road, Tyringham, MA, United States 01264 M-F 9-12:30 4-5:30, Sa 8:30-12:30

1550.9

Lee, MA [5.0W]



Athenas Pizza House 30 Housatonic Street, Lee, MA, United States



Joess Diner 85 Center Street, Lee, MA, United States



Lee, MA PO (413) 243-1392 01238 M-F 8:30-4:30, Sa 9-12



Price Chopper 88 West Park Street, Lee, MA, United States



Rodeway Inn (413) 243-0813 200 Laurel Street, Lee, MA, United States

1560.3: Washington Mtn Rd



Cookie Lady [0.1E] (413) 623-5859 47 Washington Mountain Rd., Becket, MA 01223
Stop by the home of cookie lady and cookie man. You can buy soda and pick your own blueberries, and you might get some cookies as well.

1569.9: MA 8 / 9

Dalton, MA



Angelinas Subs



Cumberland Farms 707 Main Street, Dalton, MA, United States



Dalton General Store 200 North Street, Dalton, MA, United States



Dalton Laundry 300 North Street, Dalton, MA, United States



Dalton, MA PO (413) 684-0364 609 Main St,
Dalton, MA 01226 01226 M-F 8:30-4:30, Sa
9-12



Library 462 Main St # 1, Dalton, MA, United
States One hr limit on computer (even if no
one is waiting)



Shamrock Village Inn (413) 684-0860 633
Main Street, Dalton, MA, United States



Tom Levardi (413) 684-3359 83 Depot St.,
Dalton, MA

Dalton to Bennington

MA 8 / 9 to VT 9

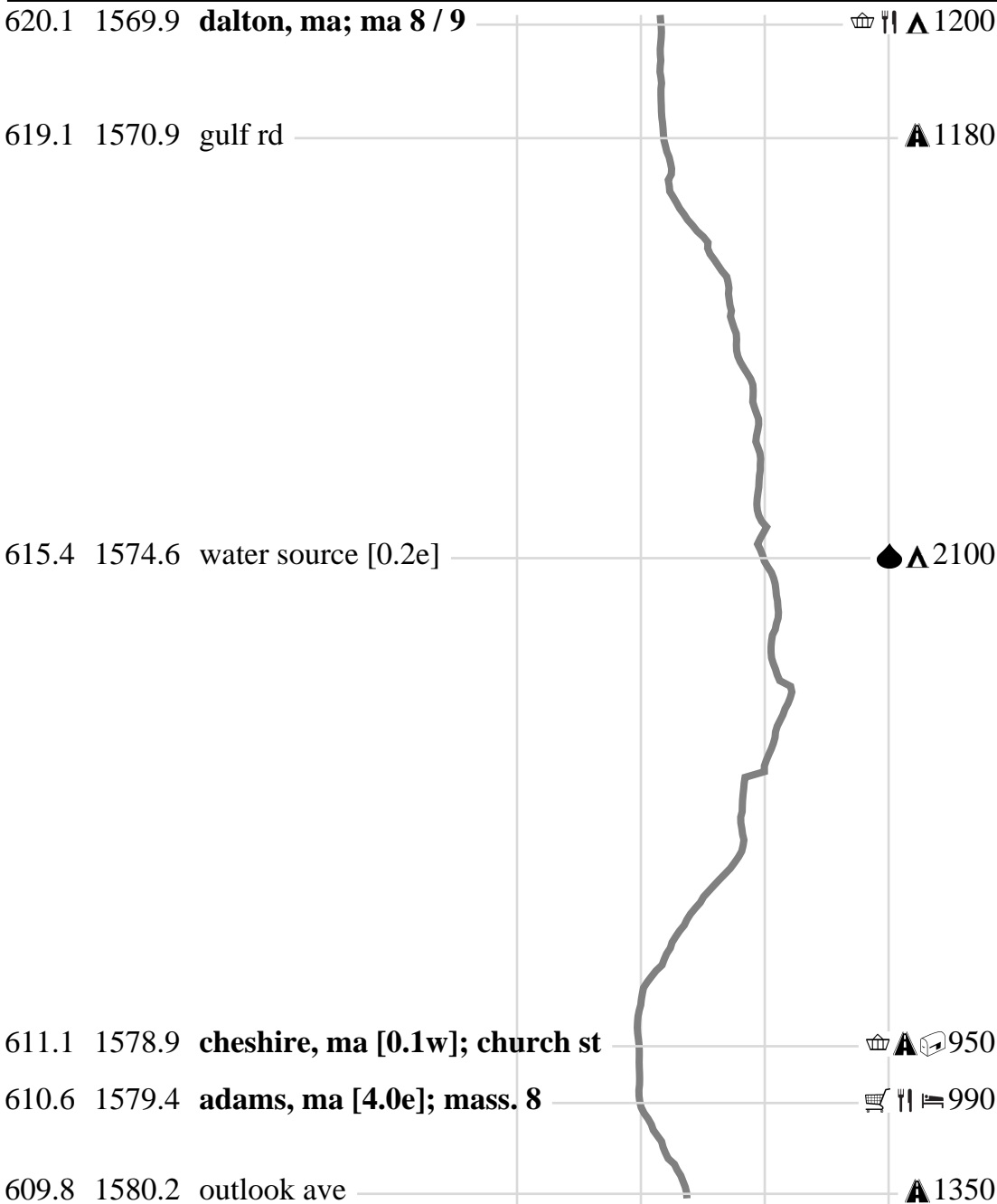
41.9 miles, avg. grade: 7.6%, high: 3491 ft, low: 632 ft

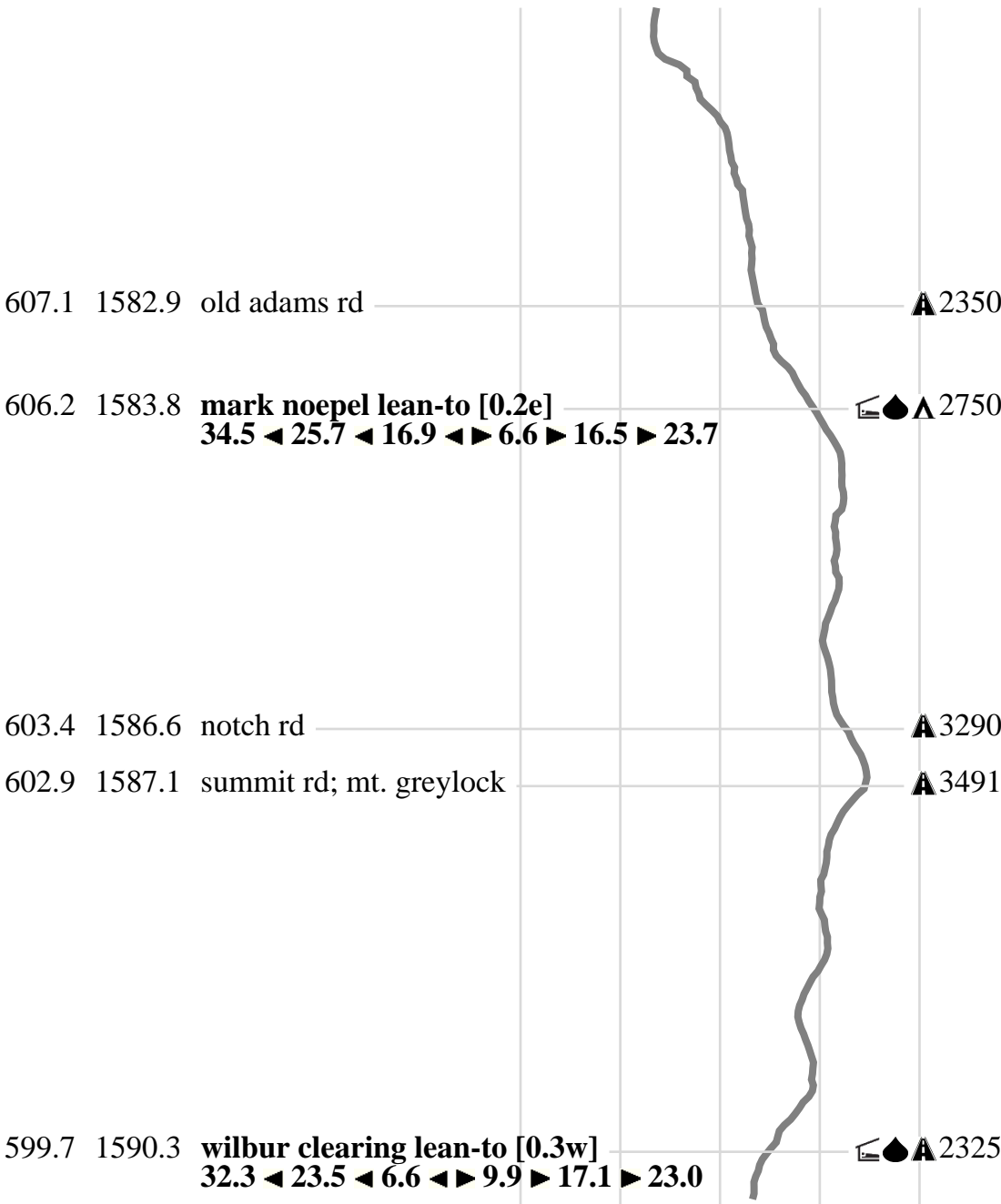
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3034>.

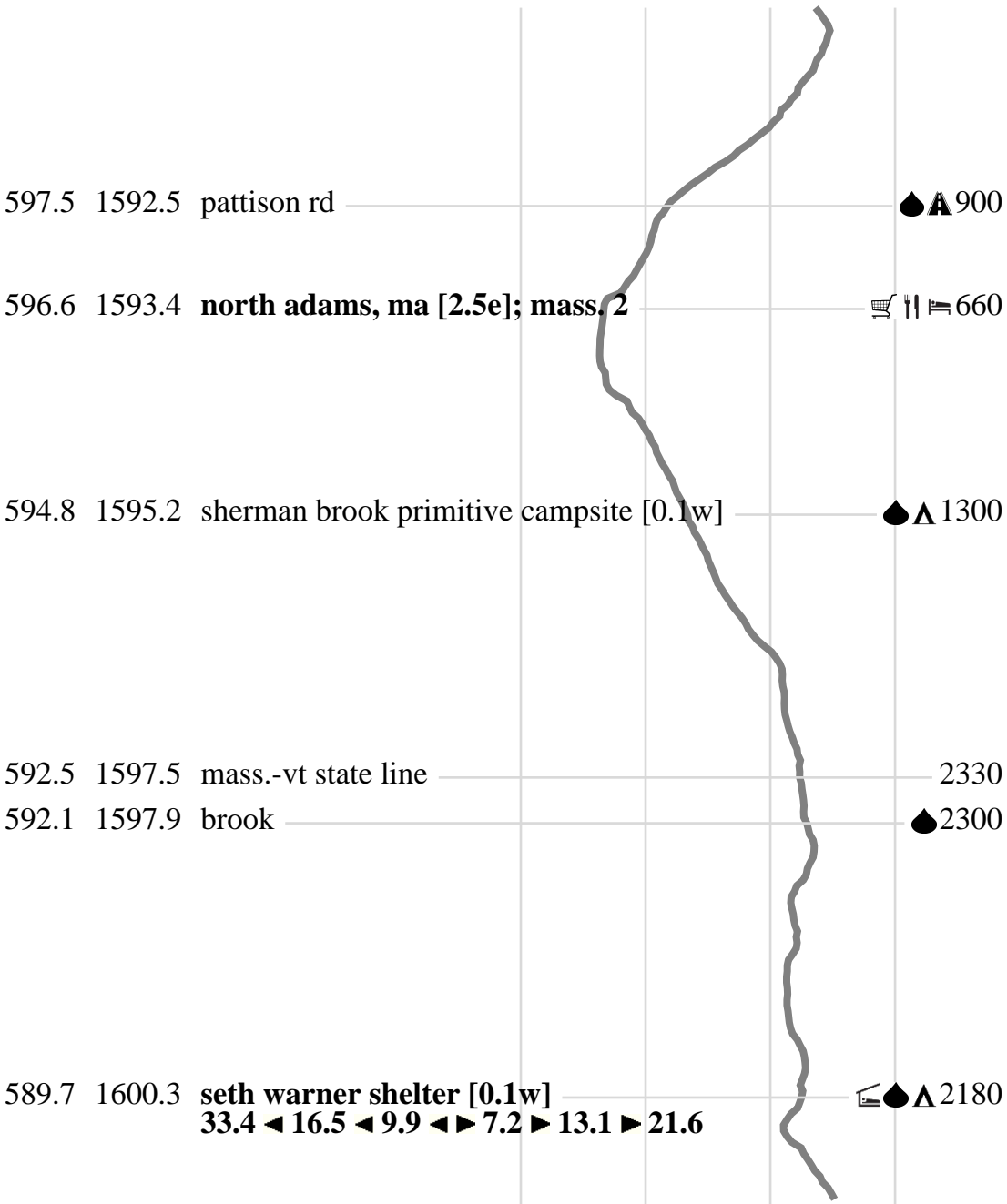
Thank you [trpost](#) for contributing the most recent edits to this section!

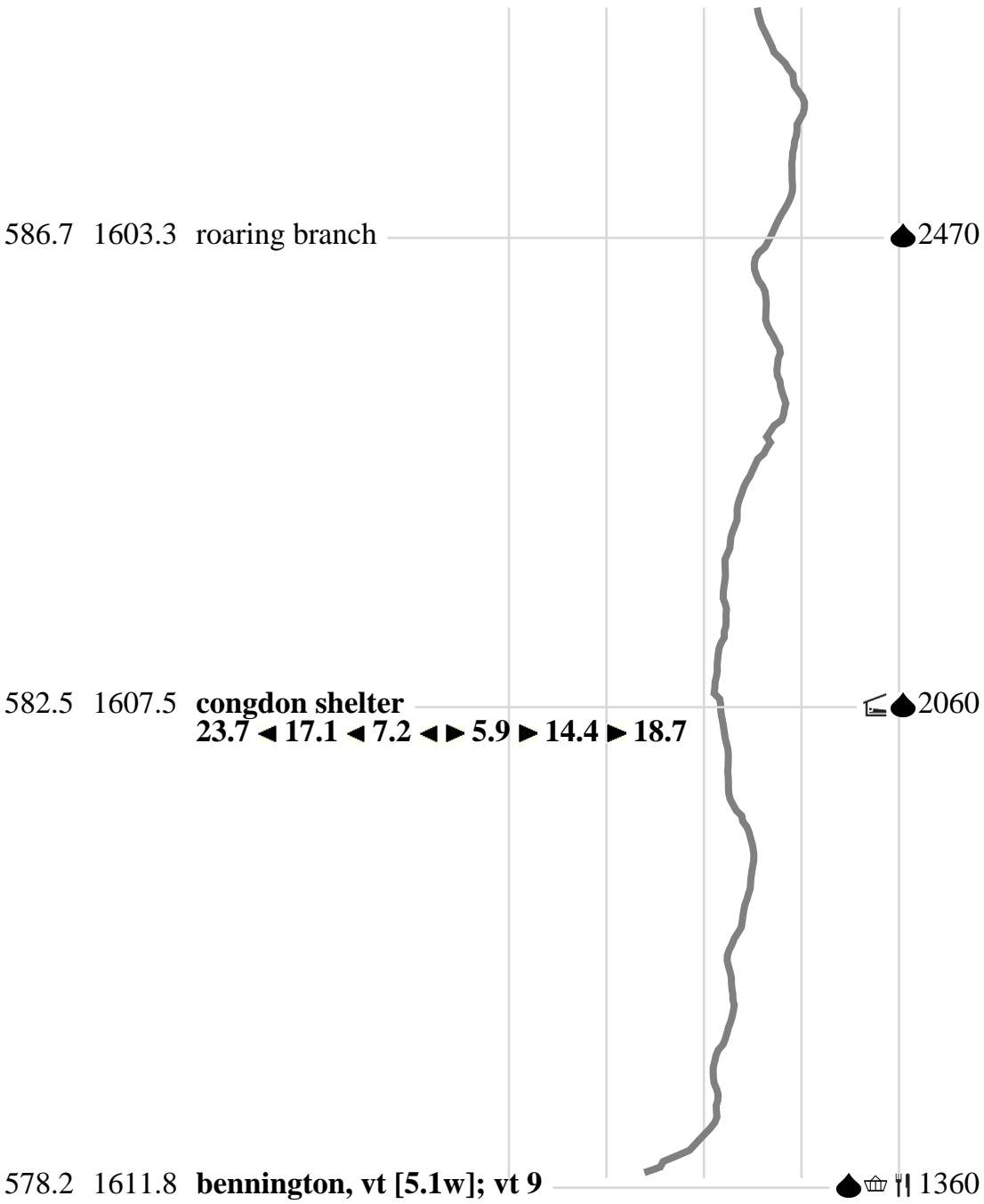


A: Mark Noepel Lean-to, B: Wilbur Clearing Lean-to, C: Seth Warner Shelter, D: Congdon Shelter

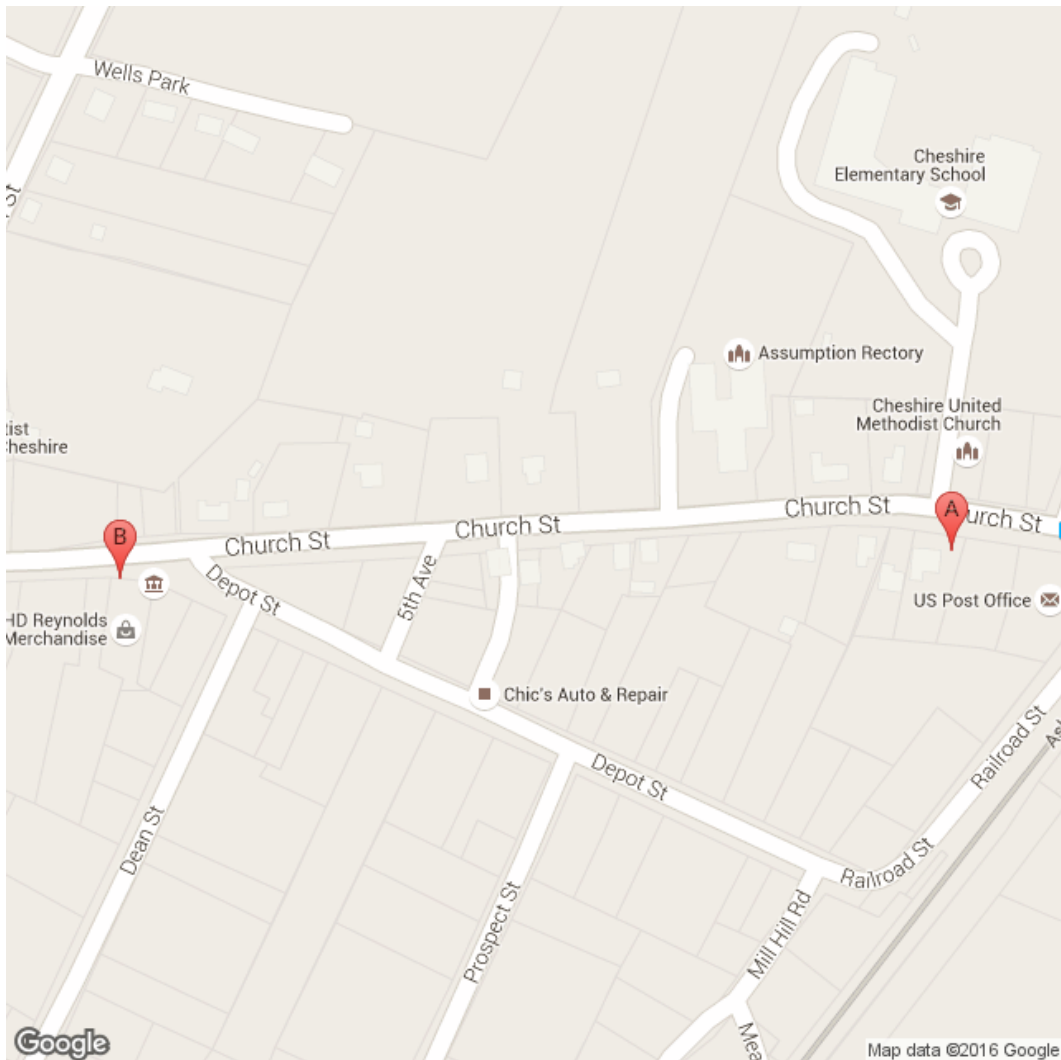






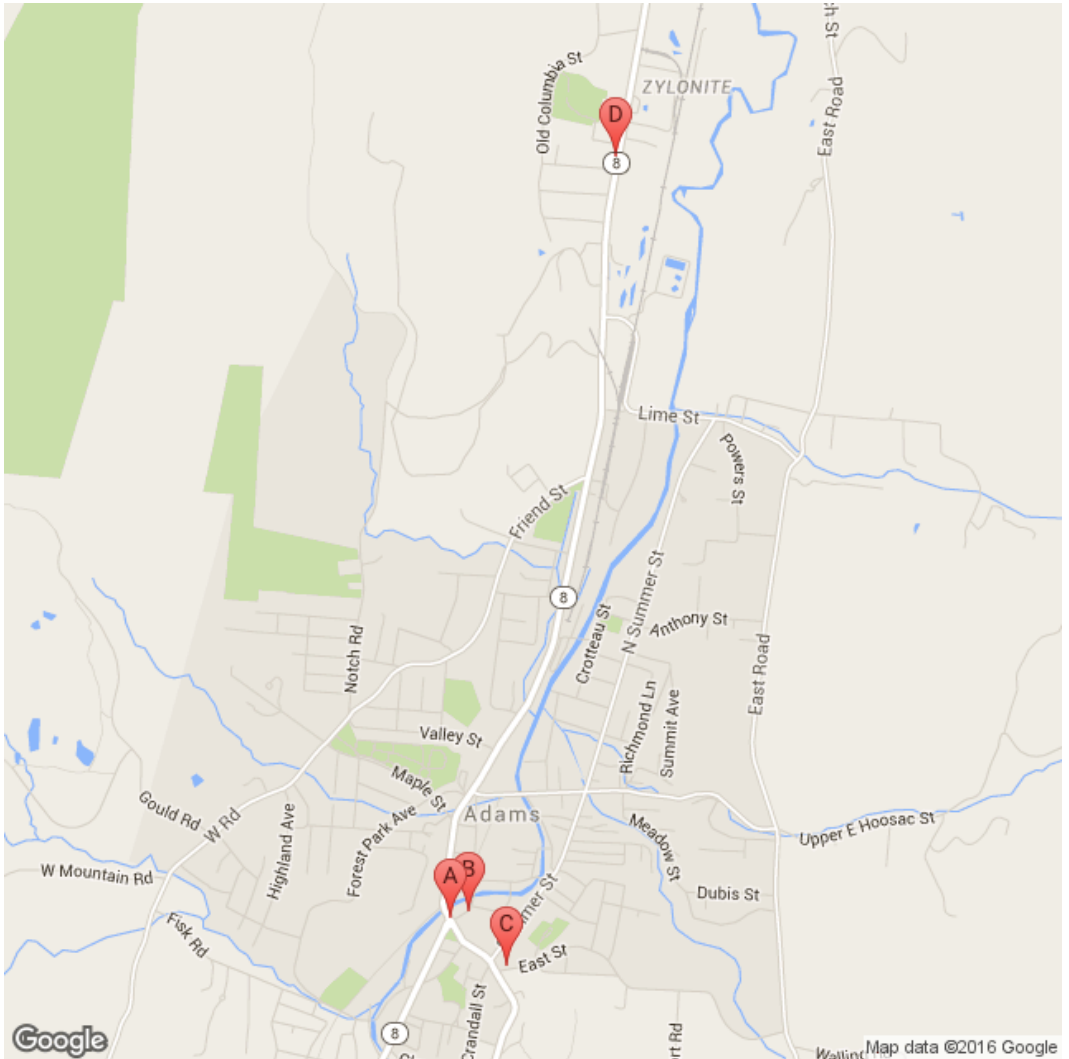


Cheshire, MA



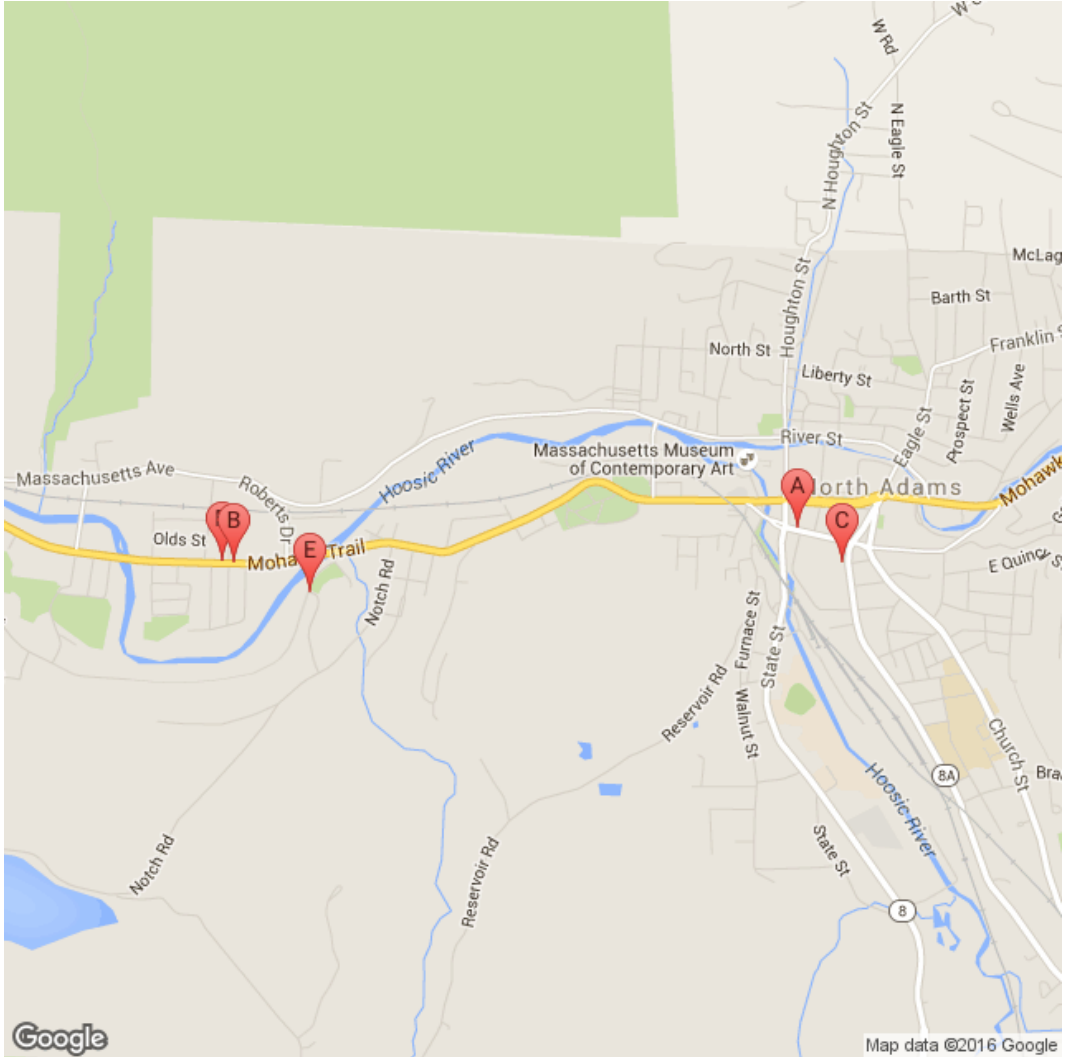
A: Cheshire, MA PO, B: H.D. Reynolds

Adams, MA



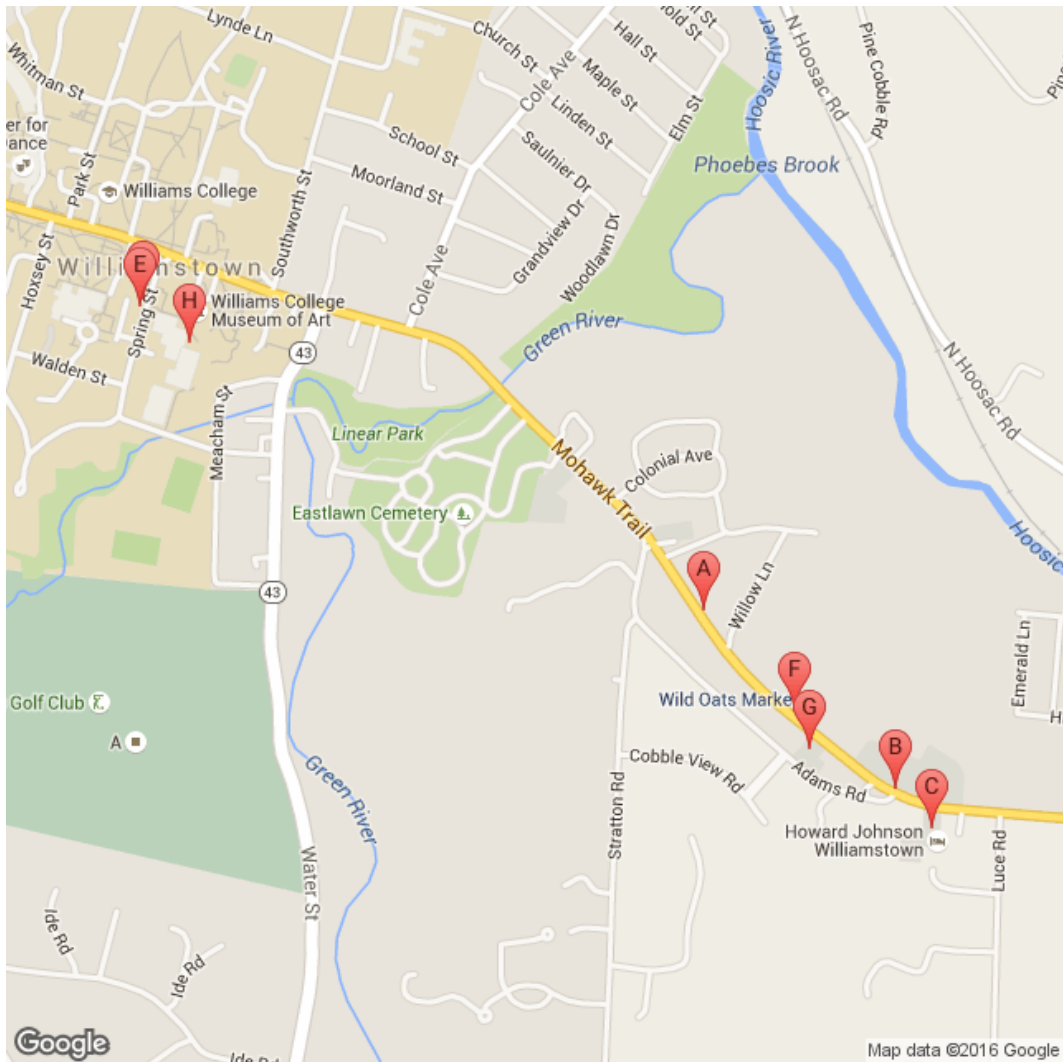
A: Adams, MA PO, B: Big Y Foods, C: Mount Greylock Inn, D: Pizza Jims

North Adams, MA



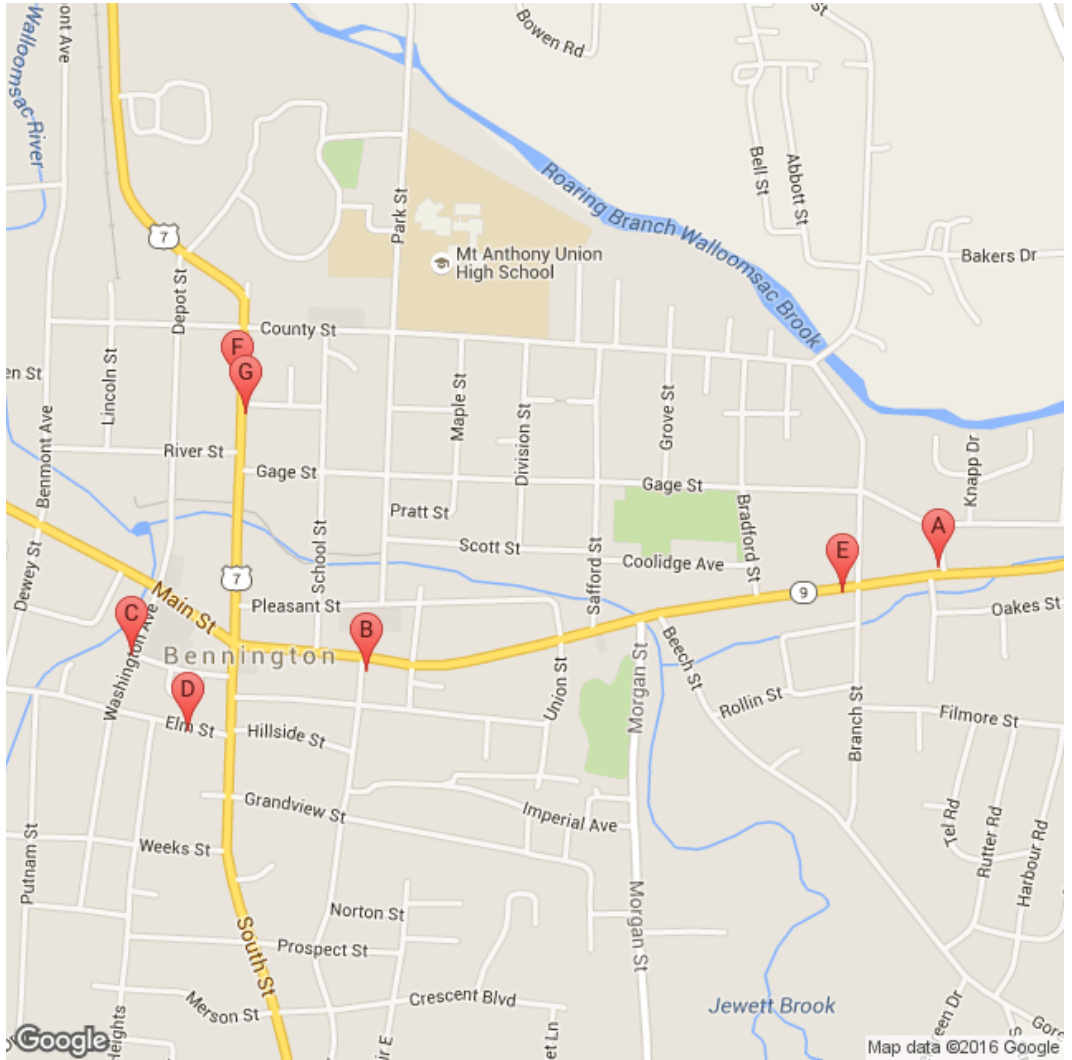
A: Chinese Buffet, B: Friendlys, C: North Adams, MA PO, D: Price Chopper, E: YMCA

Williamstown, MA



A: Chopsticks Asian, B: Desperados Mexican Grille, C: Howard Johnson, D: Spice Root, E: Thai Garden, F: Wild Oats Whole Foods Market, G: Williamstown Motel, H: Williamstown, MA PO

Bennington, VT



A: Autumn Inn, B: Bennington Free Library, C: Bennington Taxi, D: Bennington, VT PO, E: Henrys Market, F: Rattlesnake Cafe, G: Spice and Nice Natural Foods

1578.9: Church St

Cheshire, MA [0.1W]



Cheshire, MA PO (413) 743-3184 214
Church Street, Cheshire, MA, United States
01225 M-F 7:30-1 2-4:30, Sa 8:30-11:30



H.D. Reynolds 52 Church Street, Cheshire,
MA, United States

1579.4: Mass. 8

Adams, MA [4.0E]



Adams, MA PO (413) 743-5177 1 Center
Street, Adams, MA, United States 01220 M-F
8:30-4:30, Sa 10-12



Big Y Foods 1 Myrtle Street, Adams, MA,
United States



Mount Greylock Inn (413) 743-2665
<http://mountgreylockinn.com> 6 East Street,
Adams, MA, United States



Pizza Jims (413) 743-9161 86 Howland
Avenue, Adams, MA, United States

1593.4: Mass. 2

North Adams, MA [2.5E]



Chinese Buffet 37 Main Street, North Adams,
MA, United States AYCE



Friendlys 245 State Road, North Adams, MA,
United States



North Adams, MA PO (413) 664-4554 67
Summer Street, North Adams, MA, United
States 01247 M-F 8:30-4:30, Sa 10-12



Price Chopper 245 State Road, North Adams,
MA, United States



YMCA 22 Brickyard Court, North Adams,
MA, United States

Williamstown, MA [1.4W]



American Cab and Livery (413) 662-2000



Angelinas Subs



Chopsticks Asian 412 Main Street,
Williamstown, MA, United States



Desperados Mexican Grille 246 Main Street,
Williamstown, MA, United States



Howard Johnson (413) 458-8158 213 Main Street, Williamstown, MA, United States



Spice Root 23 Spring Street, Williamstown, MA, United States



Thai Garden 27 Spring Street, Williamstown, MA, United States



Wild Oats Whole Foods Market 320 Main Street, Williamstown, MA, United States



Williamstown Motel (413) 458-5202 295 Main Street, Williamstown, MA, United States



Williamstown, MA PO (413) 458-3707 56 Spring Street, Williamstown, MA, United States 01267 M-F 8:30-4:30, Sa 9-12

1611.8: VT 9

Bennington, VT [5.1W]



Autumn Inn (802) 447-7625 924 Main St., Bennington, VT



Bennington Free Library 101 Silver Street, Bennington, VT, United States



Bennington Taxi (802) 442-9052 126 Washington Avenue, Bennington, VT, United States



Bennington, VT PO (802) 442-2421 108 Elm Street, Bennington, VT, United States 05201 M-F 8-5, Sa 9-2



Henrys Market 831 Main Street, Bennington, VT, United States



Rattlesnake Cafe 230 North Street, Bennington, VT, United States



Spice and Nice Natural Foods 223 North Street, Bennington, VT, United States

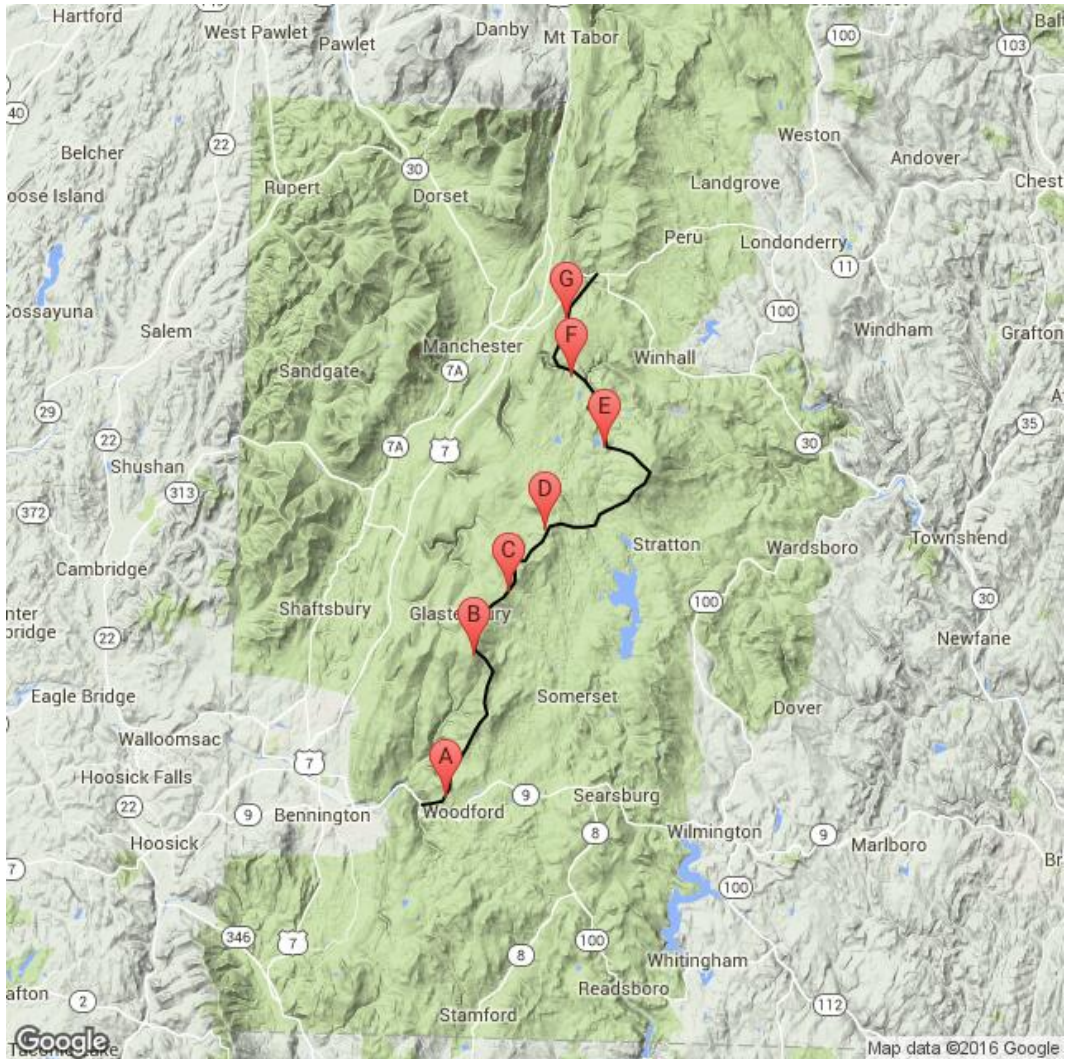
Bennington to Manchester Ctr

VT 9 to VT 11 / 30

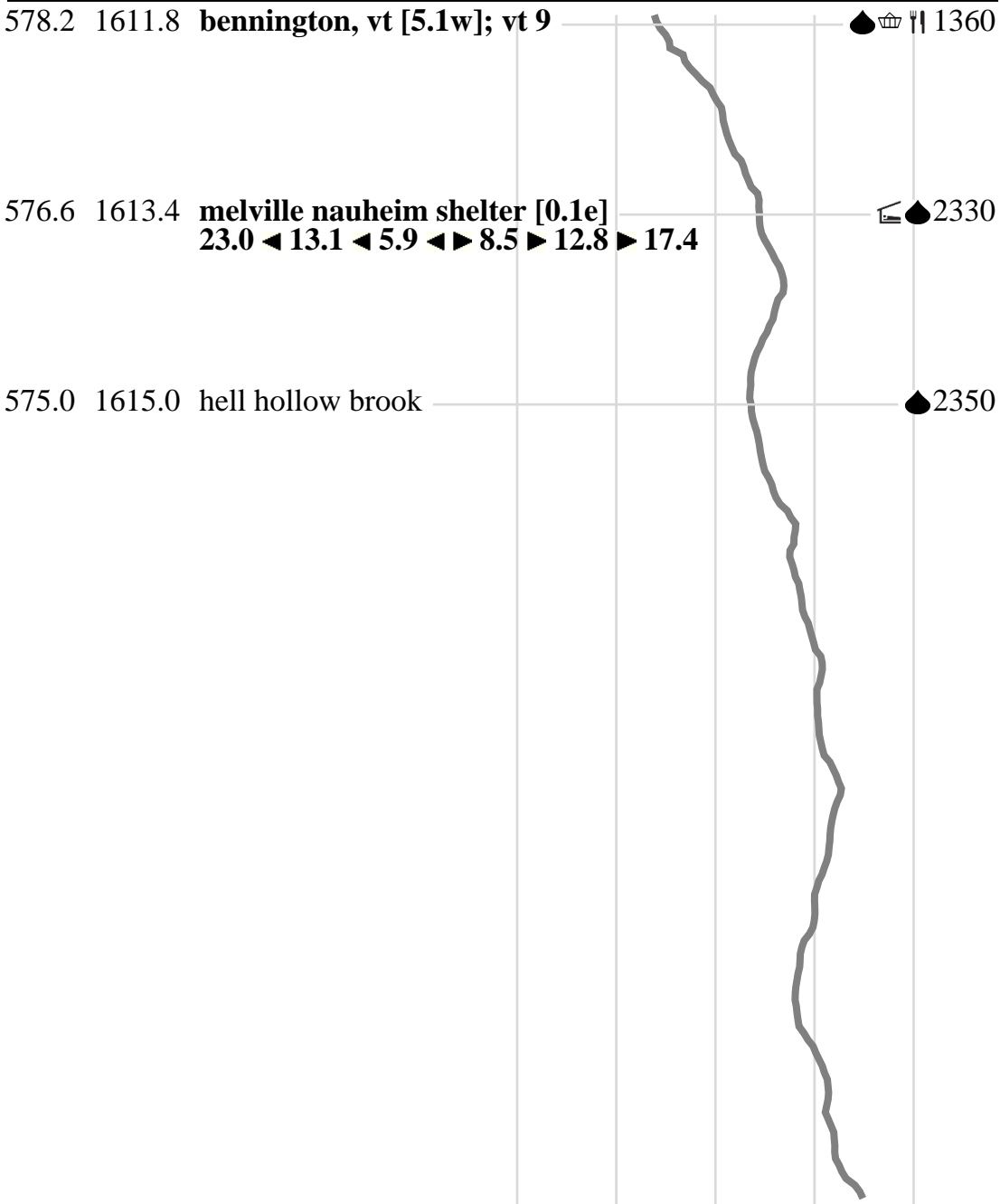
40.1 miles, avg. grade: 7.0%, high: 3936 ft, low: 1360 ft

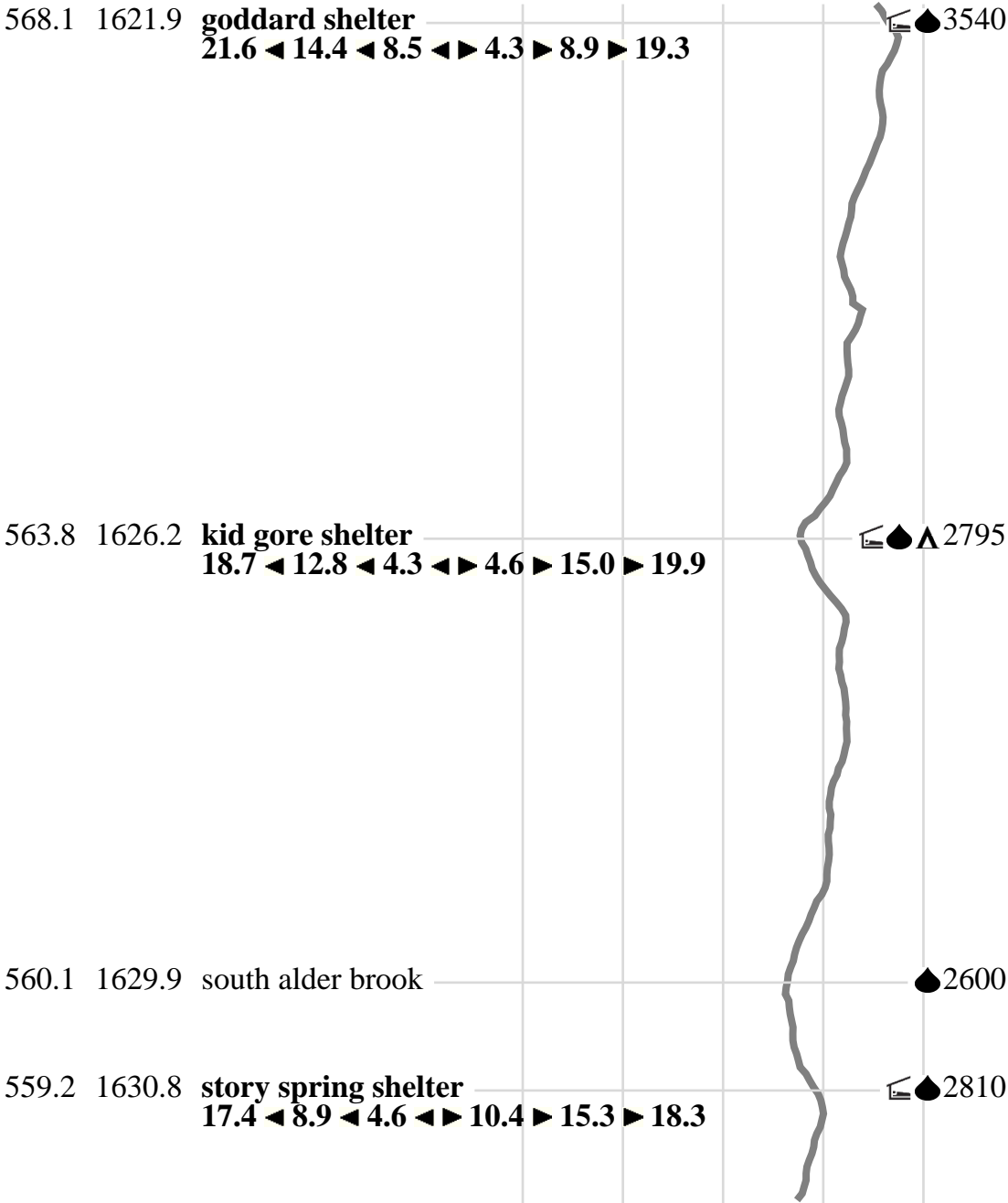
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3035>.

Thank you [trpost](#) for contributing the most recent edits to this section!




A: Melville Nauheim Shelter, B: Goddard Shelter, C: Kid Gore Shelter, D: Story Spring Shelter, E: Stratton Pond Shelter, F: William B. Douglas Shelter, G: Spruce Peak Shelter

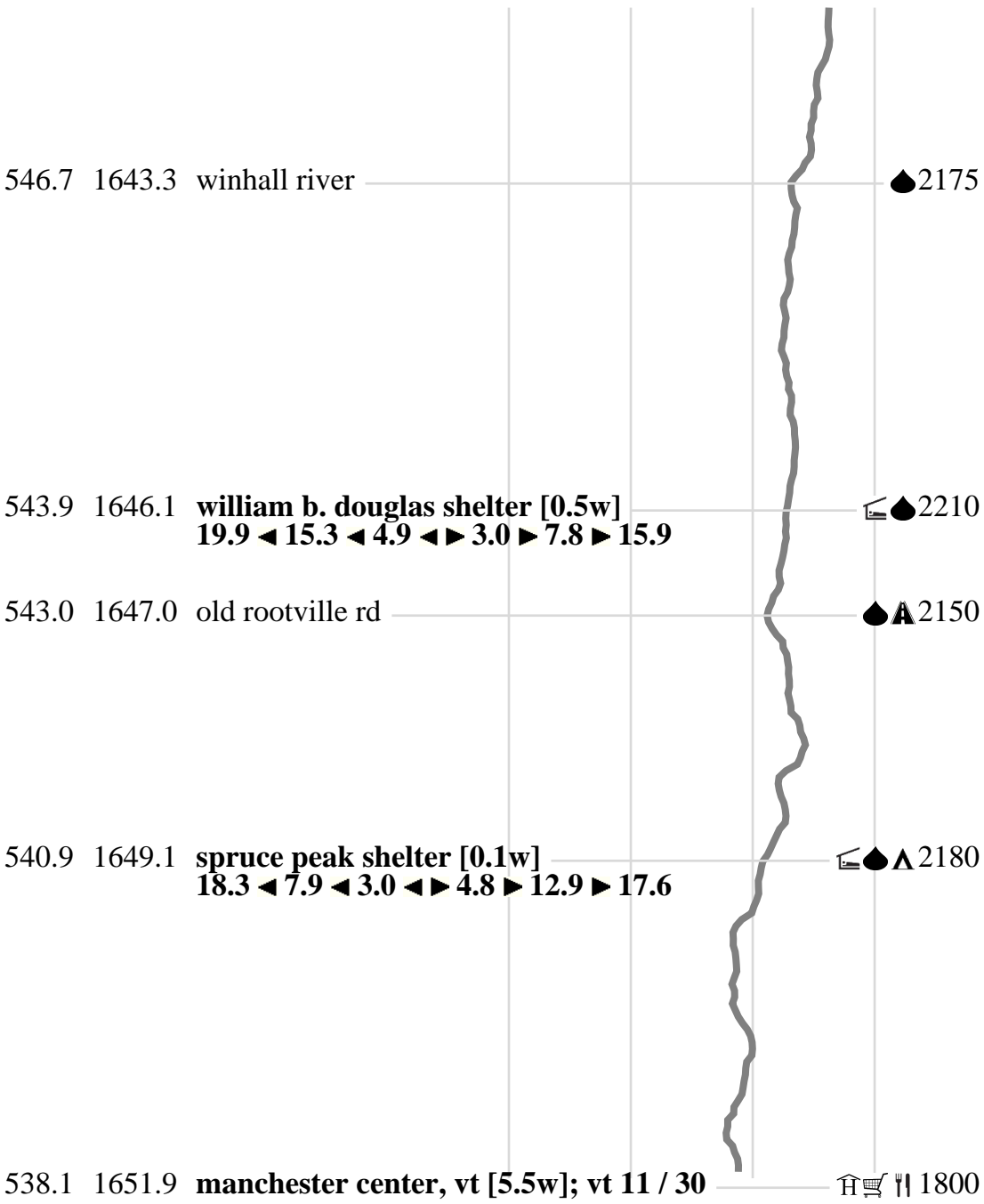




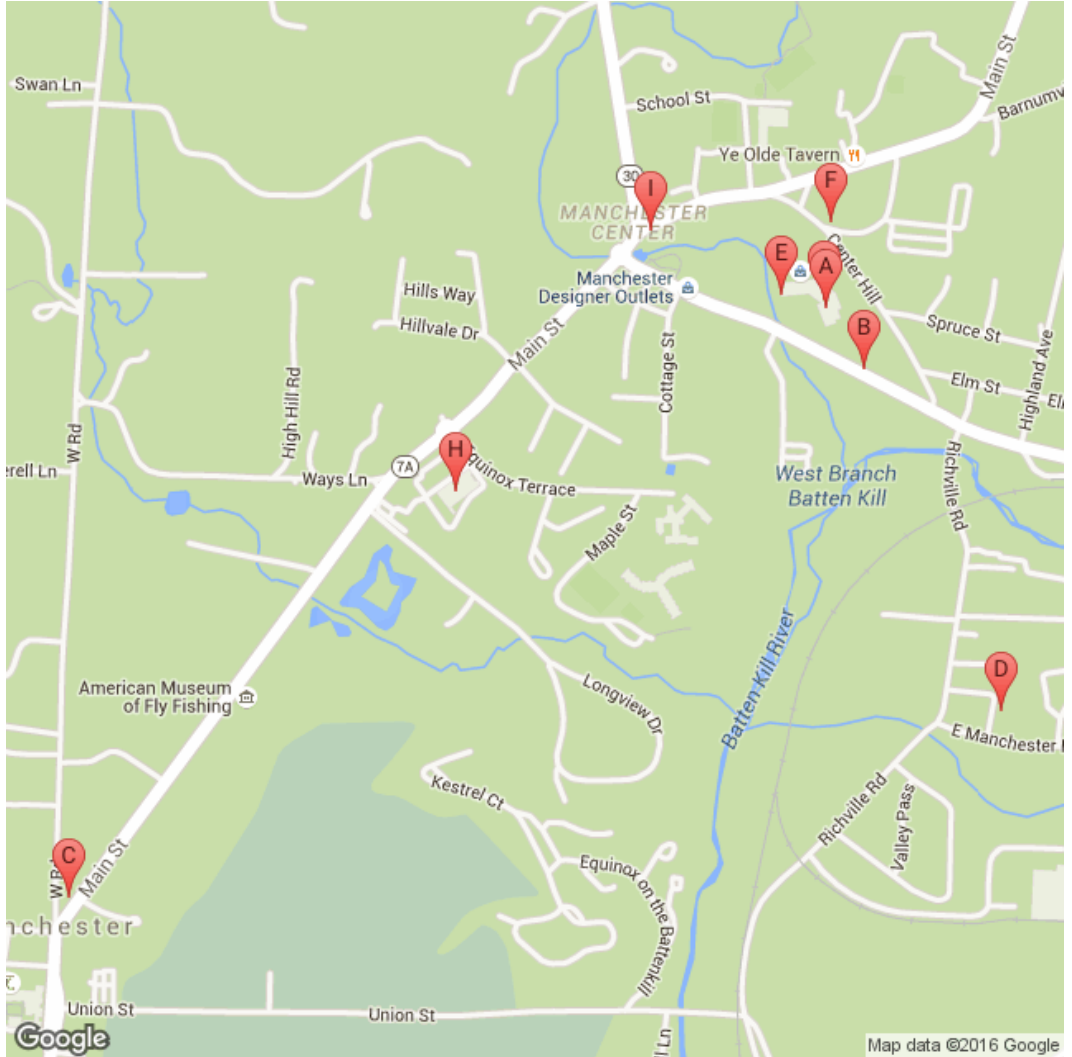
555.6 1634.4 stratton-arlington rd  2230

551.8 1638.2 stratton mtn 3936

548.8 1641.2 stratton pond shelter [0.2w]  2565
19.3 ◀ 15.0 ◀ 10.4 ◀ ▶ 4.9 ▶ 7.9 ▶ 12.7



Manchester Center, VT



A: Eastern Mountain Sports, B: Friendlys, C: Library, D: Manchester Center, VT PO, E: Manchester Pizza House, F: Manchester Taxi, G: Price Chopper, H: Shaws, I: The Mountain Goat

1641.2



Stratton Pond Shelter [0.2W] caretaker and fee

1641.4



North Shore Tenting Area [0.5W]



Stratton Pond

1651.9: VT 11 / 30

Manchester Center, VT [5.5W]



Eastern Mountain Sports (802) 366-8082
Suite 13, 263 Depot Street, Manchester Center, VT, United States



Friendlys 351 Depot Street, Manchester Center, VT, United States



Green Mountain House (330) 388-6478
Nicest hostel on the trail. Includes pint of Ben and Jerrys. Reservations required.



Library 48 West Rd, Manchester, VT, United States T-Sa



Manchester Center, VT PO (802) 362-3070
3452 Richville Road, Manchester Center, VT, United States 05255 M-F 8-4:30, Sa 9:30-12



Manchester Pizza House 263 Depot Street, Manchester, VT, United States



Manchester Taxi (802) 362-4118 13
Cemetery St, Manchester, VT, United States



Price Chopper 263 Depot Street, Manchester Center, VT, United States



Shaws 64 Equinox Terrace, Manchester, VT, United States



Suttons Place (802) 362-1165
<http://www.suttonsplacevermont.com>



The Mountain Goat 4886 Main Street, Manchester, VT 05255

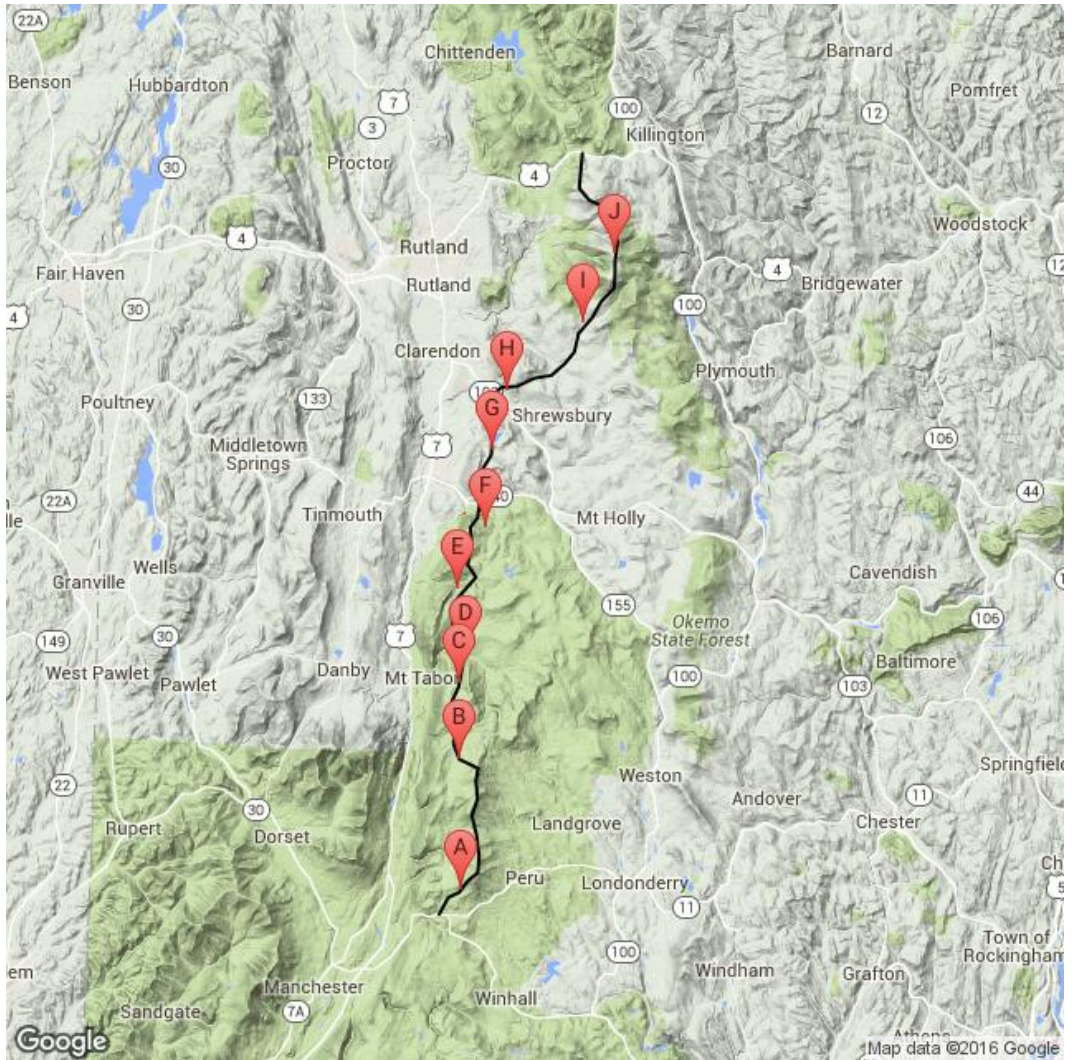
Manchester Ctr to Rutland

VT 11 / 30 to US 4

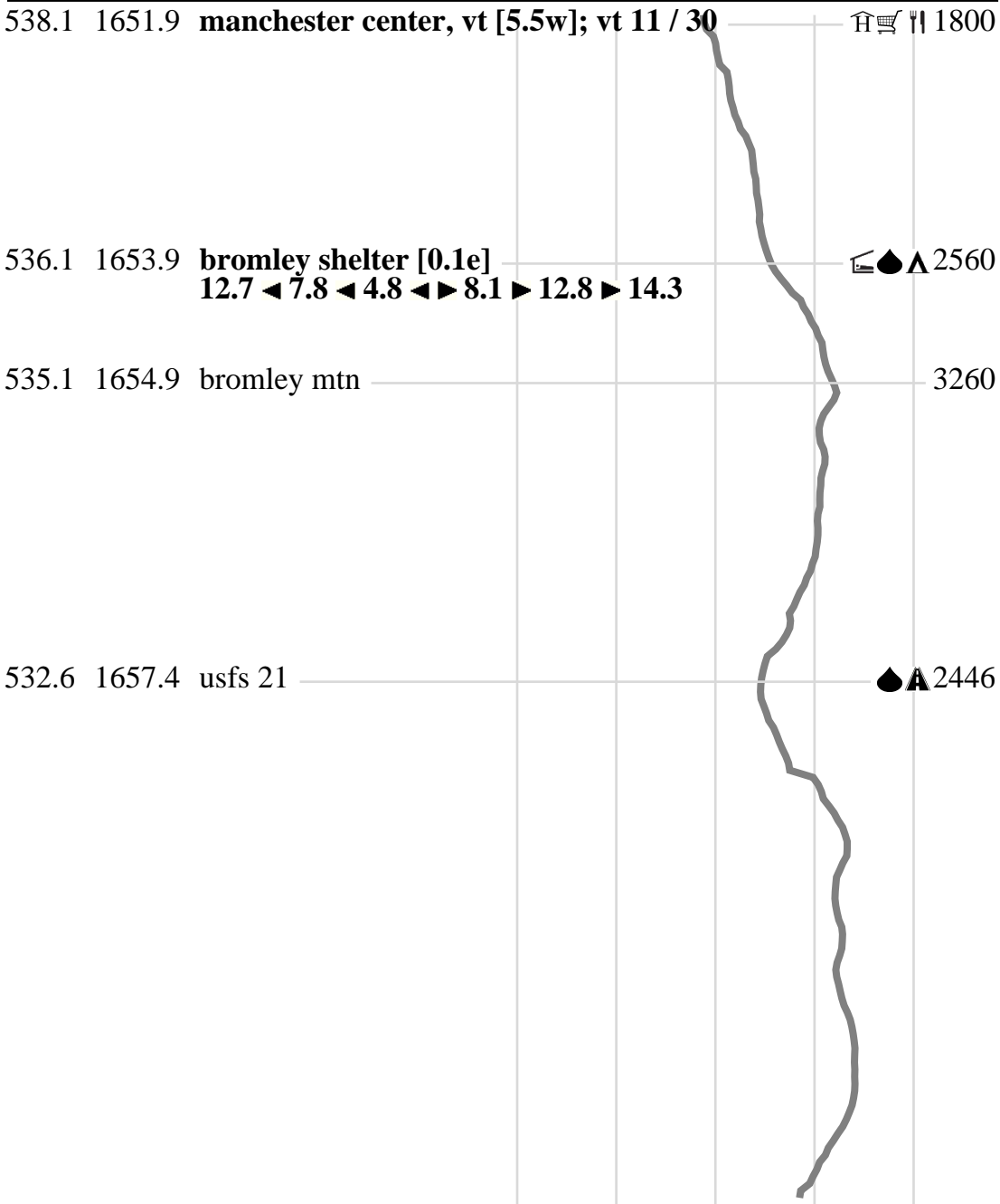
49.8 miles, avg. grade: 7.6%, high: 3978 ft, low: 800 ft

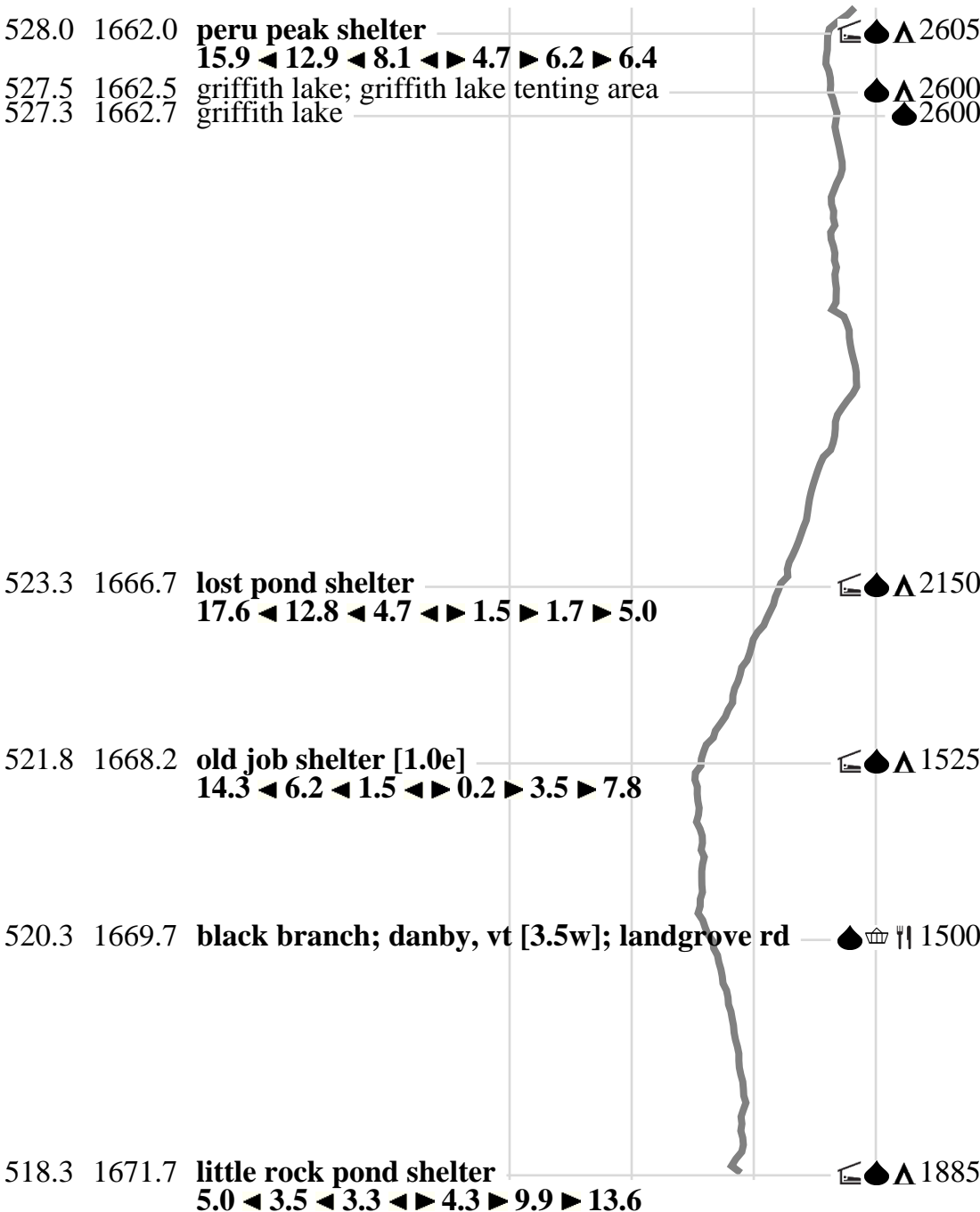
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3036>.

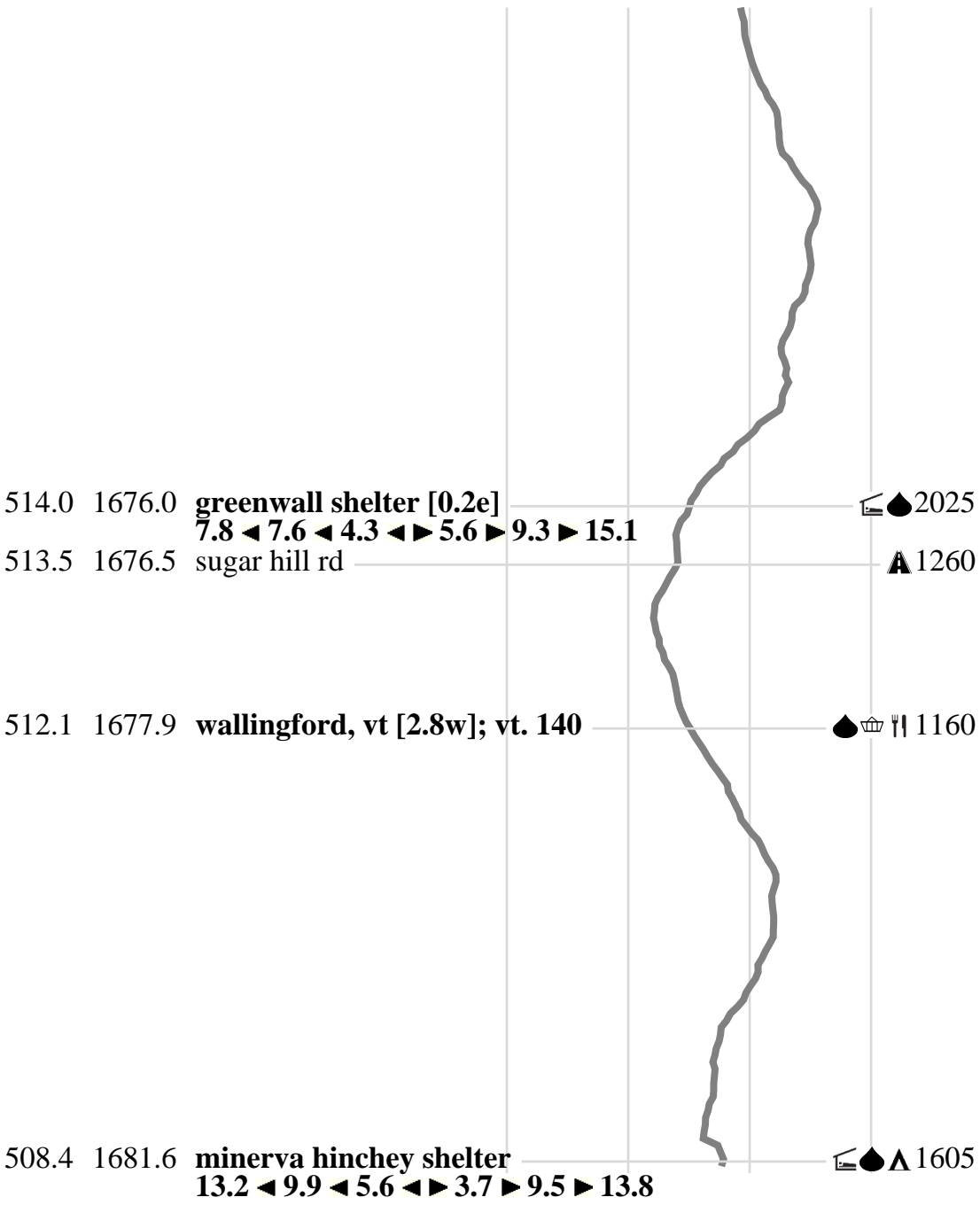
Thank you [trpost](#) for contributing the most recent edits to this section!

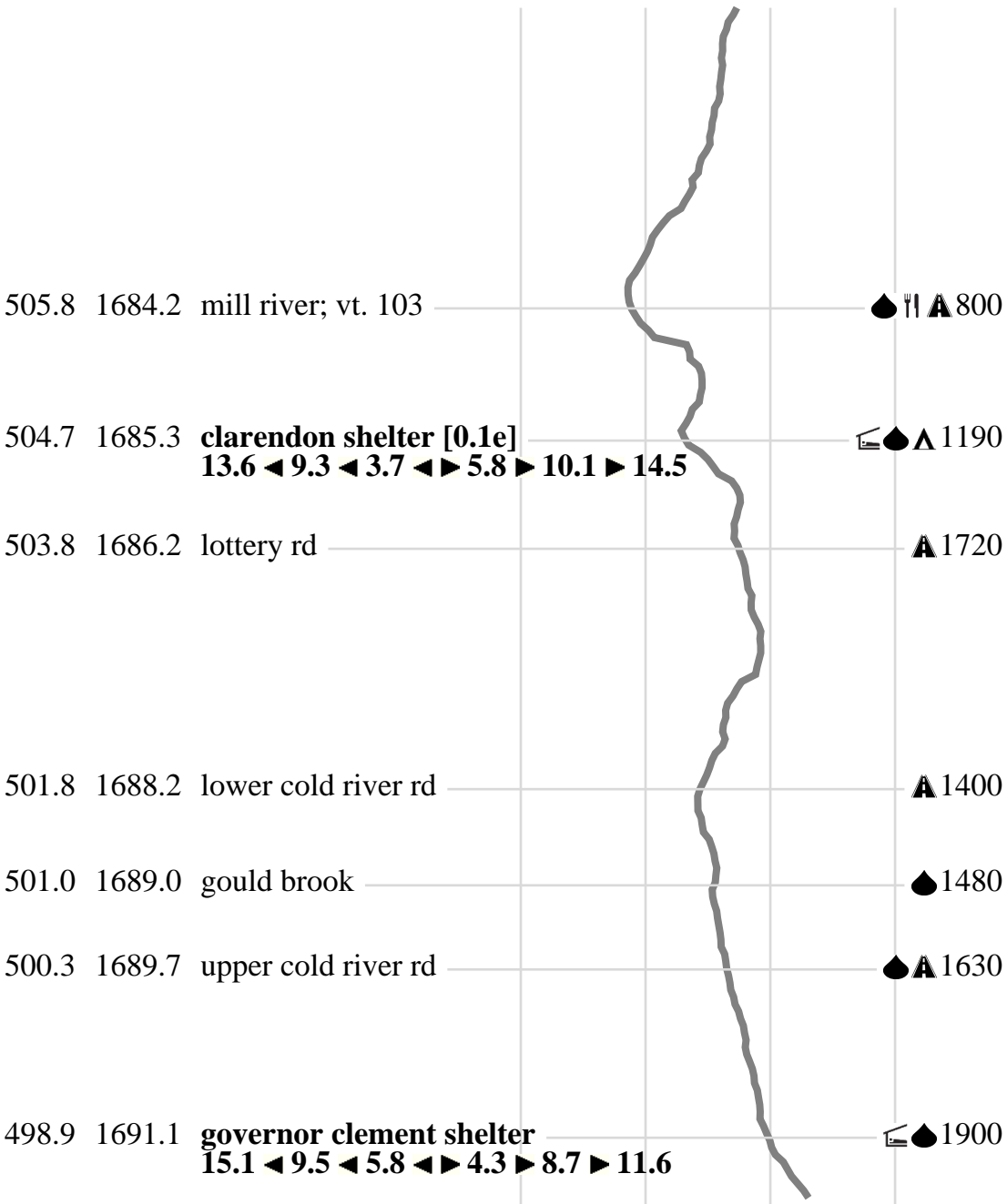


A: Bromley Shelter, B: Peru Peak Shelter, C: Lost Pond Shelter, D: Big Branch Shelter, E: Little Rock Pond Shelter, F: Greenwall Shelter, G: Minerva Hinchey Shelter, H: Clarendon Shelter, I: Governor Clement Shelter, J: Cooper Lodge










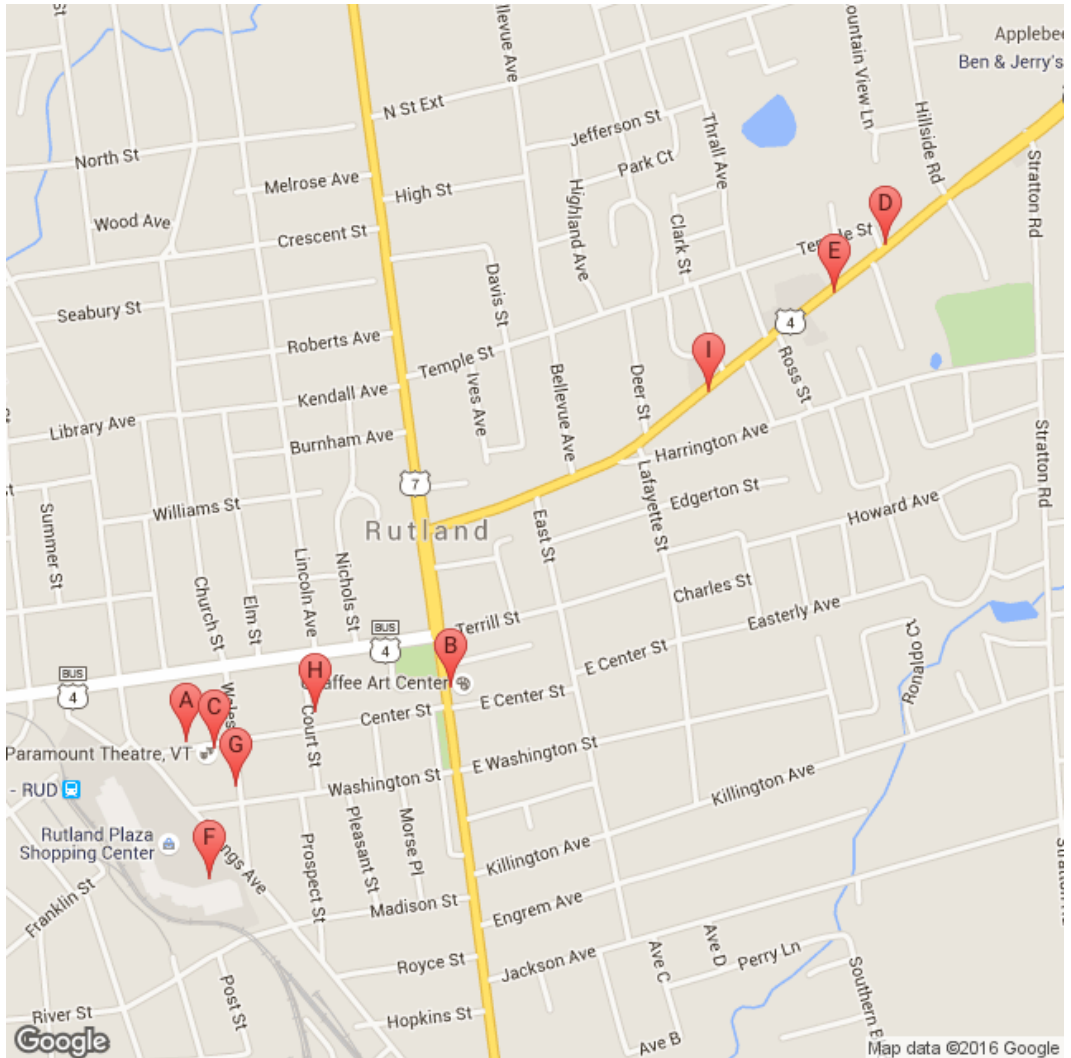


494.6 1695.4 **cooper lodge**    3850
13.8 ◀ **10.1** ◀ **4.3** ◀ ▶ **4.4** ▶ **7.3** ▶ **16.3**

490.2 1699.8 **churchill scott shelter [0.1w]**    2560
14.5 ◀ **8.7** ◀ **4.4** ◀ ▶ **2.9** ▶ **11.9** ▶ **21.8**

488.3 1701.7 **rutland, vt [7.5w]; us 4**    1880

Rutland, VT



A: Back Home Again Cafe, B: Dicks Sporting Goods, C: Kong Chow, D: Mountain Travelers Outdoor Shop, E: Pizza Hut, F: Price Chopper, G: Rutland Food Coop, H: Rutland Free Library, I: Rutland, VT PO

1662.0



Peru Peak Shelter caretaker and fee, nice creek out front

1668.4



Big Branch Shelter caretaker and fee

1669.7: Landgrove Rd

Danby, VT [3.5W]



Alices Someday Cafe



Danby, VT PO (802) 293-5105 *214 North Main Street, Danby, VT, United States 05739*
M-F 7:15-12 1:15-4, Sa 7:30-10:30



Mt. Tabor Country Store *1072 U.S. 7, Danby, VT, United States*



Nichols Store *9 North Main Street, Danby, VT, United States*



Silas Griffith Inn (802) 293-5567
<http://www.SilasGriffith.com> (email: stay@SilasGriffith.com) *178 South Main St., Danby, VT 05739*

1677.9: Vt. 140

Wallingford, VT [2.8W]



Cumberland Farms *309 Main Street, Wallingford, VT, United States*



Gilbert Hart Library *14 South Main Street, Wallingford, VT, United States T-Sa*



Midway Mobil Mart



Moms Restaurant *27 North Main Street, Wallingford, VT, United States*



Wallingford Country Store and Deli



Wallingford, VT PO (802) 446-2140 *137 North Main Street, Wallingford, VT, United States 05773* M-F 8-4:30, Sa 9-12

1684.3: Vt. 103



Whistle Stop Corner Restaurant [0.5W]
B/L/D, closed M

1701.7: US 4

Rutland, VT [7.5W]



Back Home Again Cafe (802) 775-9800
<http://www.twelvetribe.com> 23 Center Street,
Rutland, VT, United States



Dicks Sporting Goods 16 South Main Street,
Rutland, VT, United States



Eastern Mountain Sports



Kong Chow 48 Center Street, Rutland, VT,
United States



Mountain Travelers Outdoor Shop (802)
775-0814 147 Woodstock Ave, Rutland, VT



Pizza Hut 157 Woodstock Avenue, Rutland,
VT, United States



Price Chopper 38 Rutland Shopping Plaza,
Rutland, VT, United States



Rutland Food Coop 77 Wales Street,
Rutland, VT, United States



Rutland Free Library 10 Court Street,
Rutland, VT, United States



Rutland, VT PO (802) 773-0222 86
Woodstock Avenue, Rutland, VT, United
States 05701 M-F 8-5, Sa 8-12

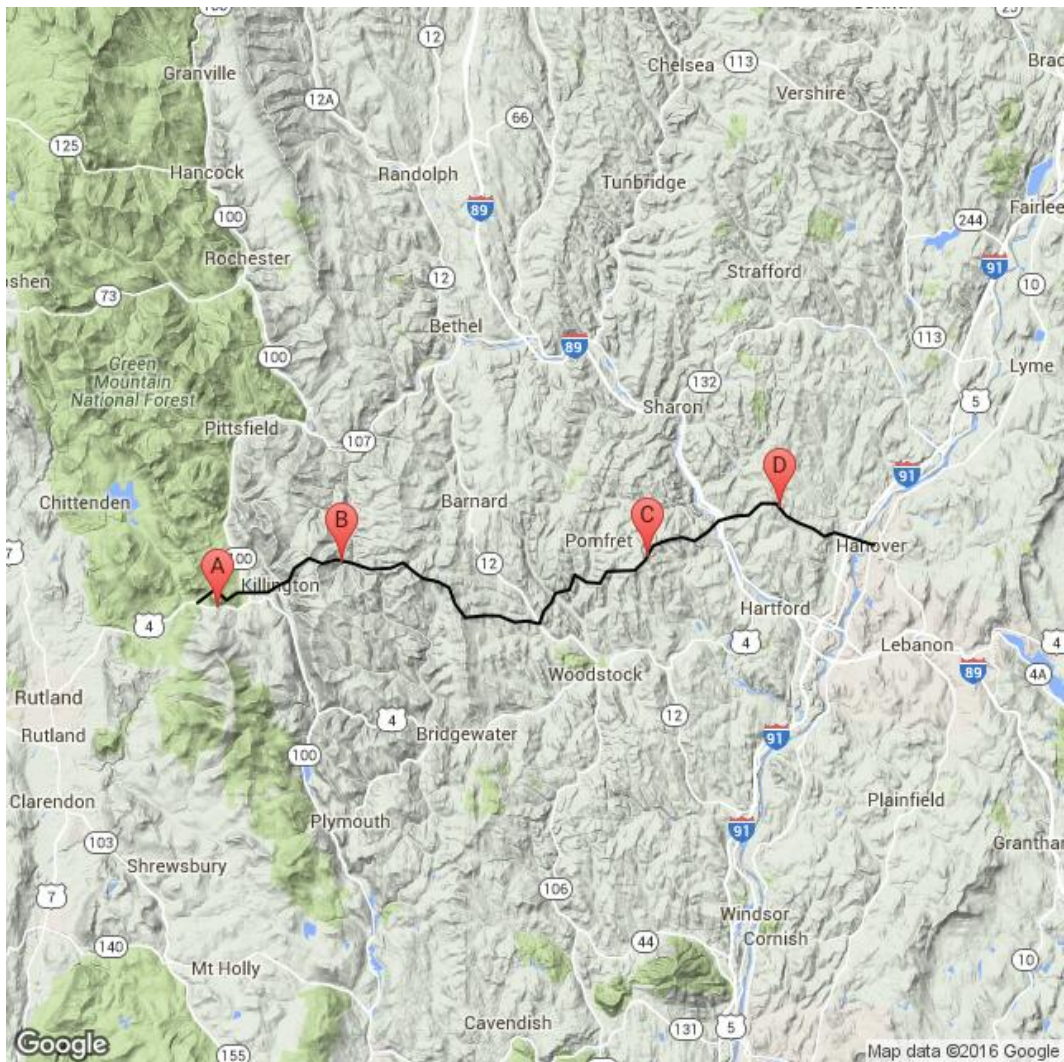
Rutland to Hanover

US 4 to Hanover, NH

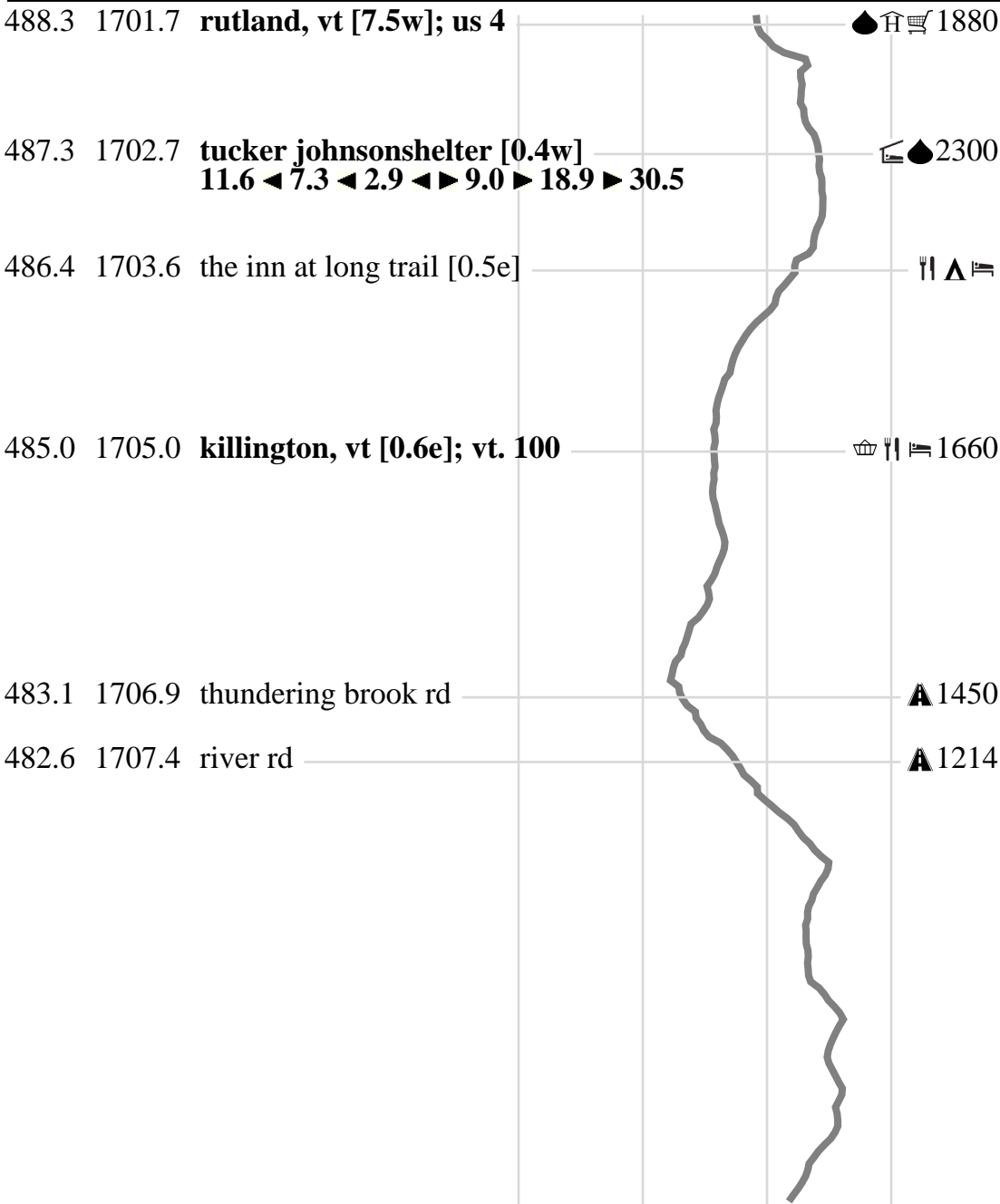
46.1 miles, avg. grade: 8.9%, high: 2650 ft, low: 380 ft



For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3037>.

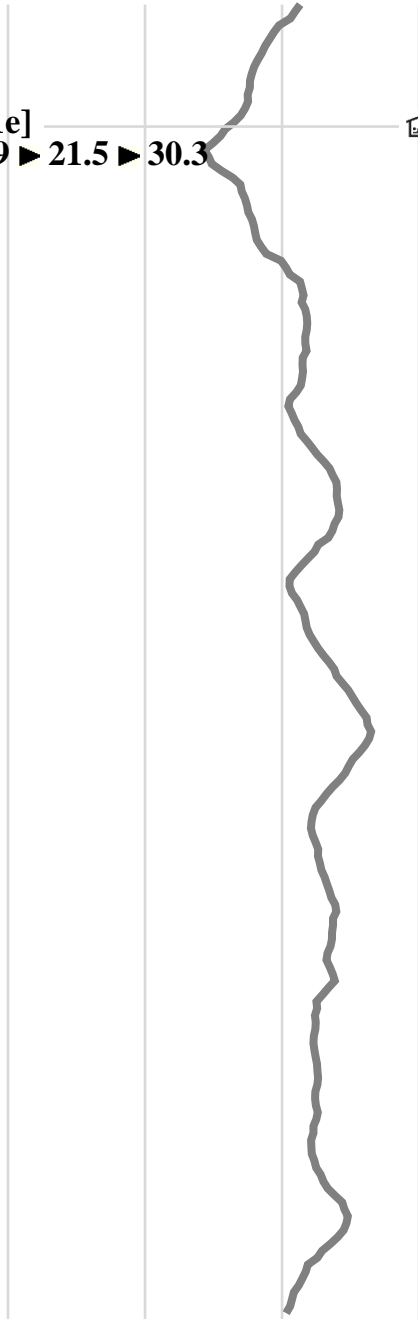
Thank you [trpost](#) for contributing the most recent edits to this section!

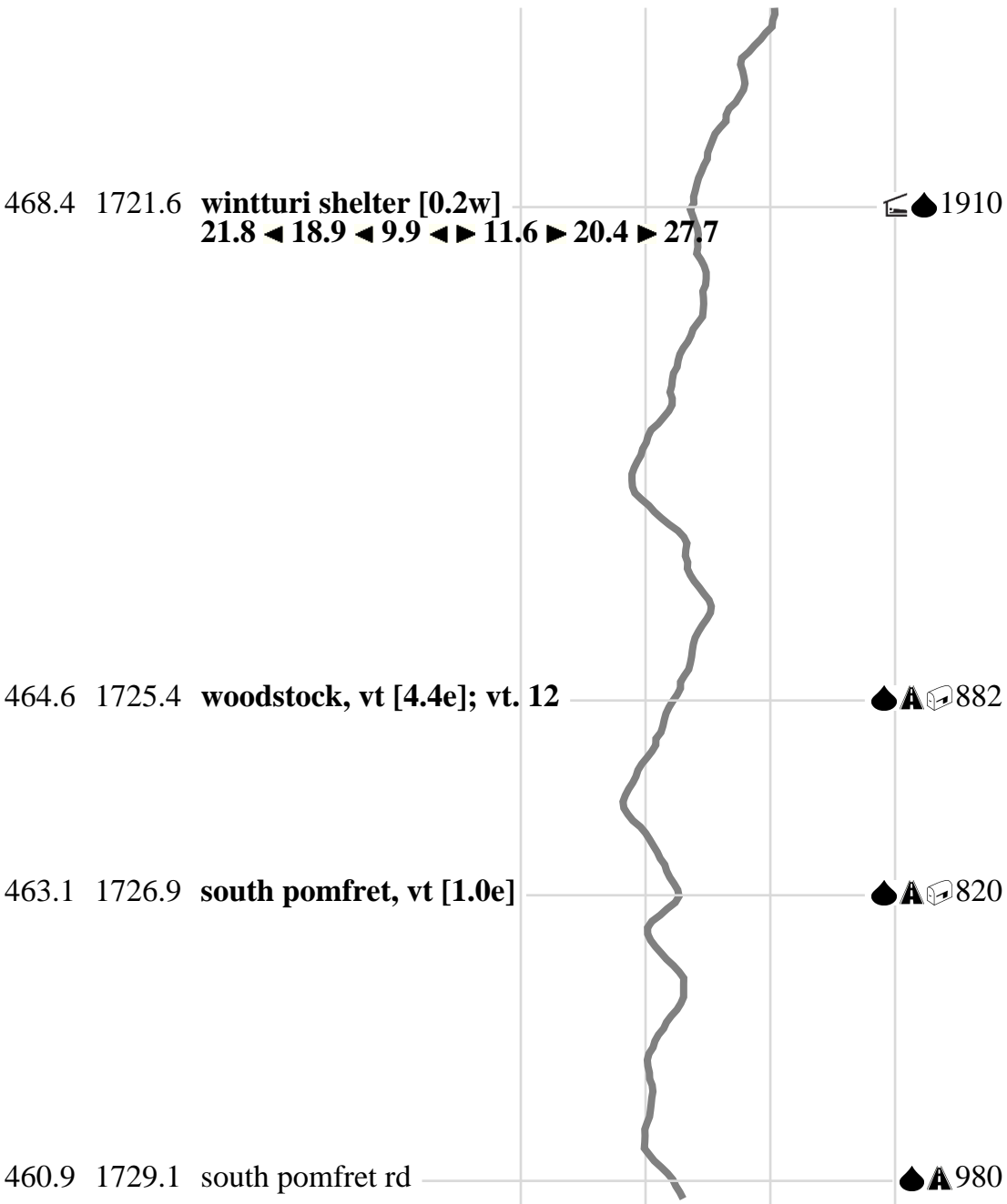


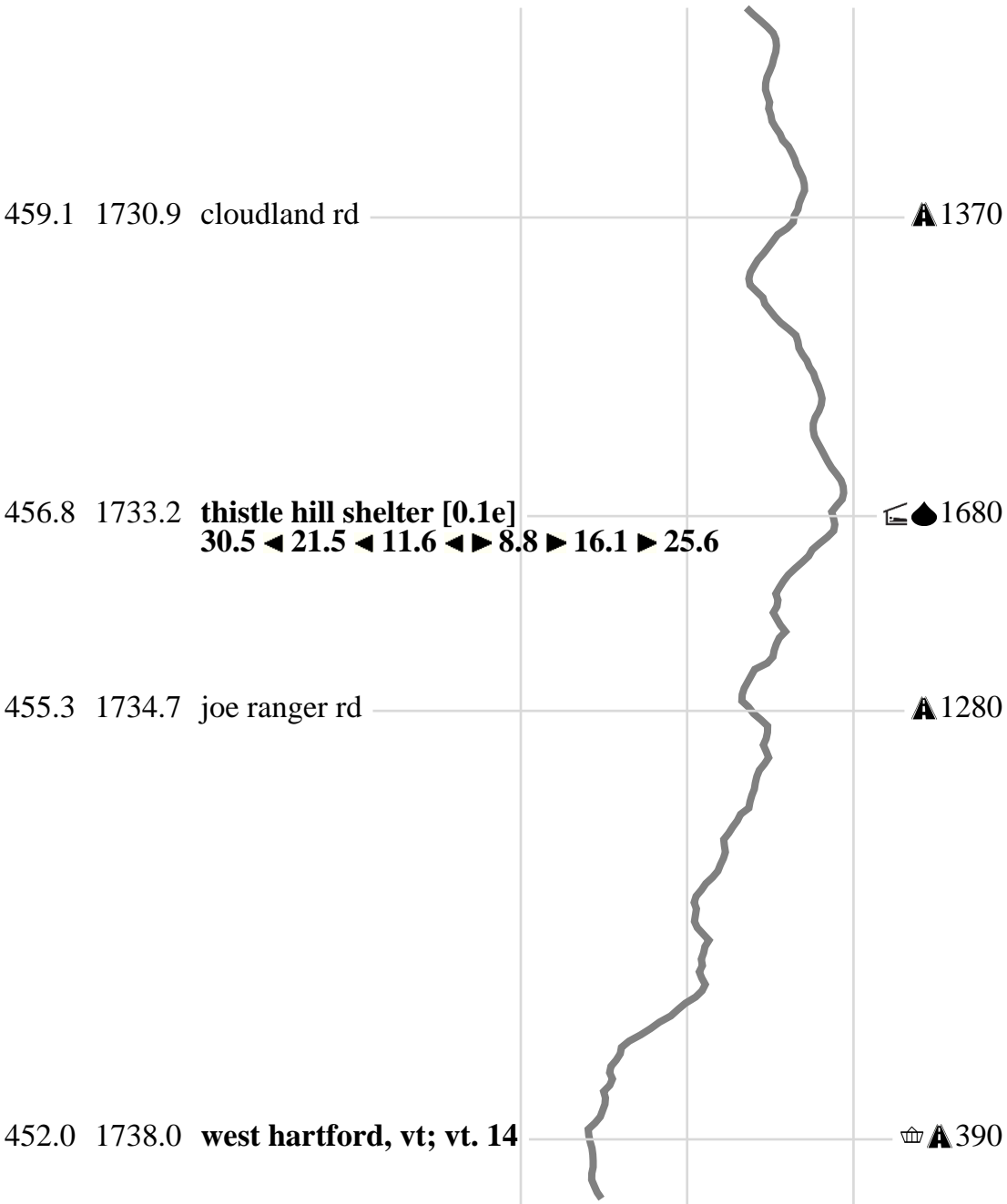
A: The Inn at Long Trail, B: Stony Brook Shelter, C: Thistle Hill Shelter, D: Happy Hill Shelter

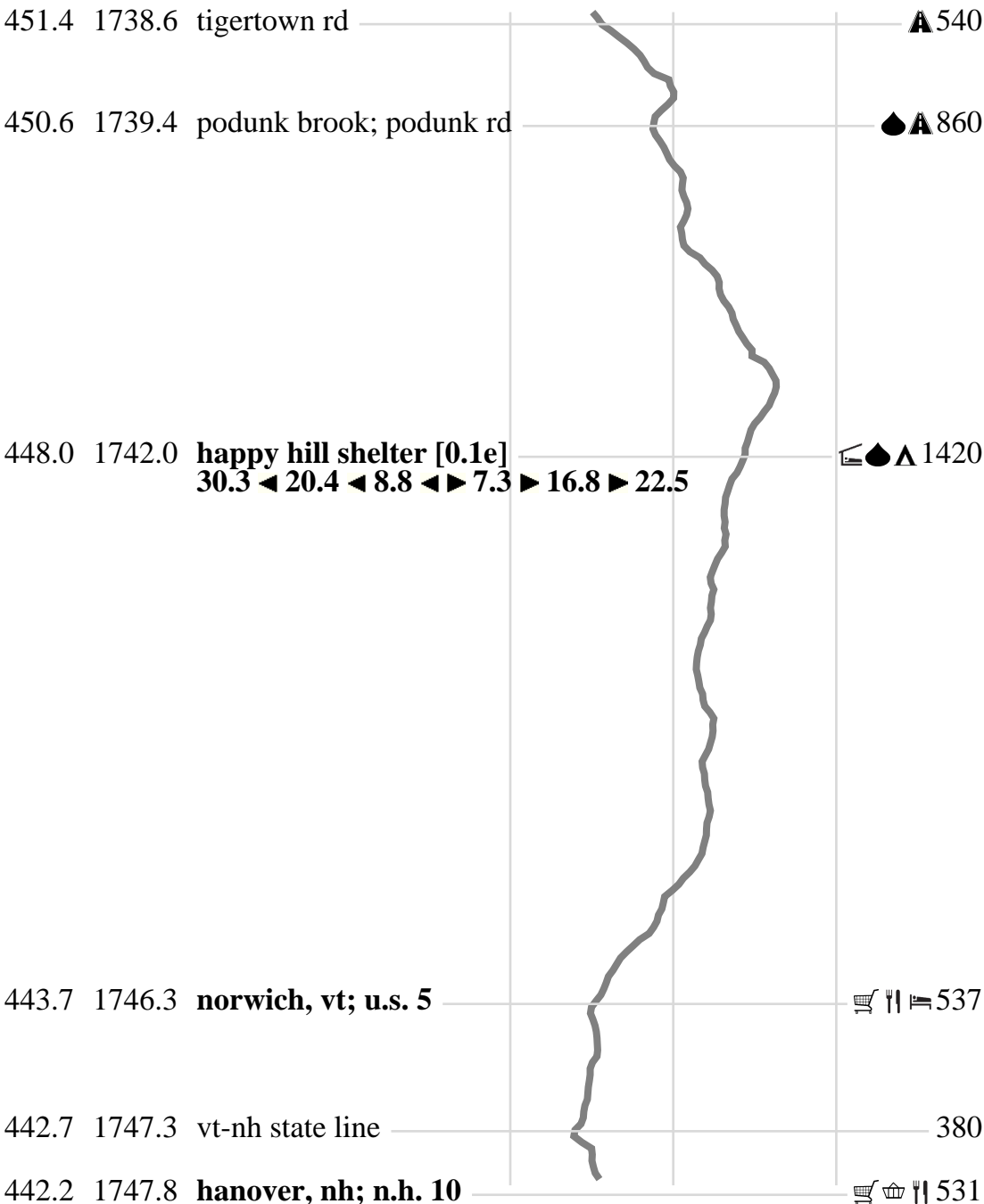


478.3 1711.7 **stony brook shelter [0.1e]**   1760
 16.3 ◀ 11.9 ◀ 9.0 ◀ ▶ 9.9 ▶ 21.5 ▶ 30.3







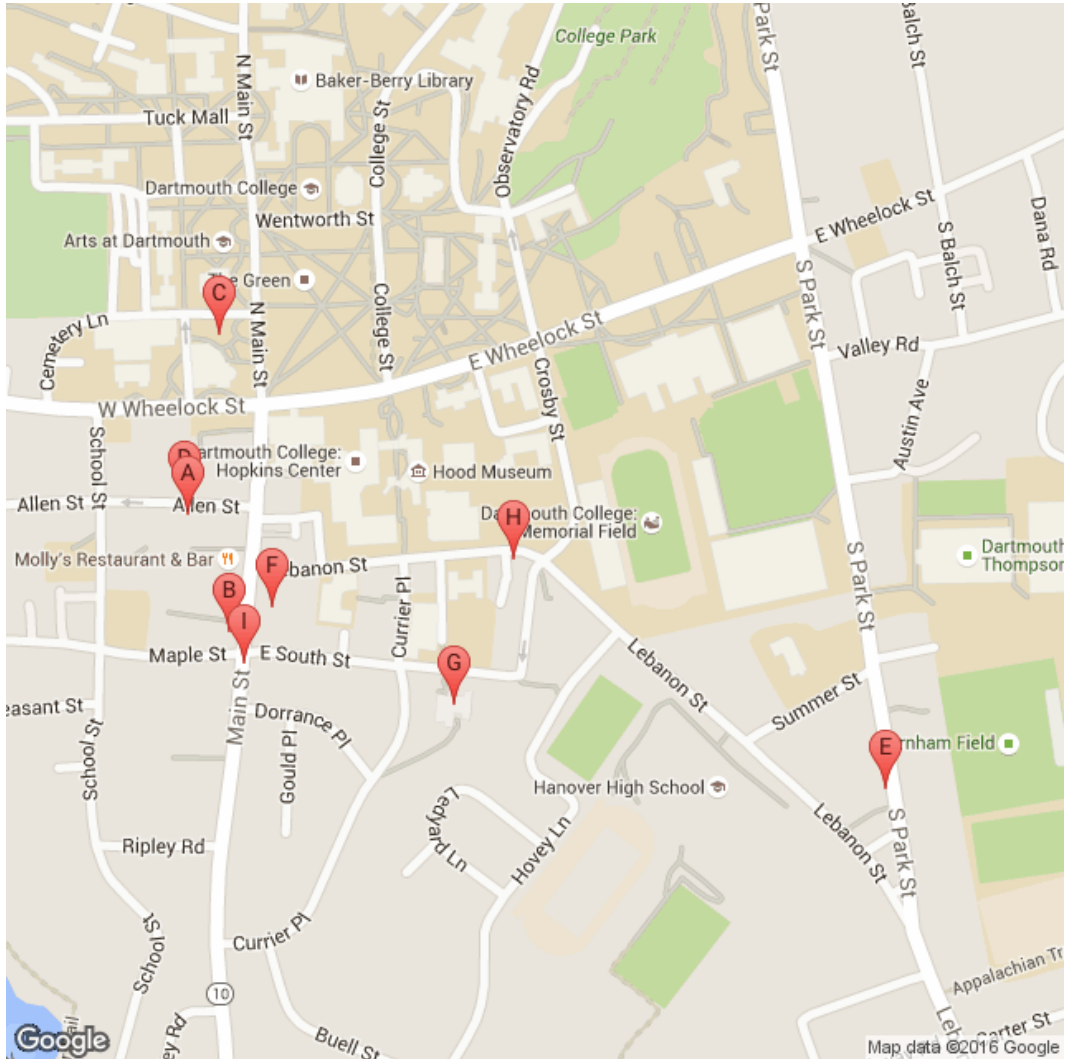


Norwich, VT



A: Dan and Whits, B: Norwich Inn

Hanover, NH



A: Bagel Basement, B: CVS Pharmacy, C: Dartmouth Outing Club, D: Everything But Anchovies, E: Hanover Food Co-op, F: Hanover PO, G: Howe Public Library, H: Jewel of India, I: Mountain Goat

1703.6



The Inn at Long Trail [0.5E] (802) 775-7181

The Inn at Long Trail, 709 Route 4, Sherburne Pass, Killington, VT 05751 Sherburne Pass

Trail will take you here, or you can walk along US 4. Free camping across the street from the inn.

1705.0: Vt. 100

Killington, VT [0.6E]



Deli at Killington Corners 2068 U.S. 4,
Killington, VT, United States



Killington Motel (802) 773-9535 1946 U.S.
4, Killington, VT, United States



Killington, VT PO (802) 775-4247 1995 U.S.
4, Killington, VT, United States 05751 M-F
8:30-11, 12-4:30, Sa 8:30-12

Pittsfield, VT [6.0W]



Original General Store 3963 Vermont 100,
Pittsfield, VT, United States



Pittsfield, VT PO (802) 746-8953 3934
Vermont 100, Pittsfield, VT, United States
05762 M-F 8-12 2-4:30, Sa 8:30-11:30



Pittsford Gas Station and Market

1712.0



Stony Brook

1725.4: Vt. 12

Woodstock, VT [4.4E]



Library 10 South Park Street, Woodstock, VT,
United States M-Sa



Woodstock, VT PO (802) 457-1323
Woodstock, VT, United States 05091 M-F
8:30-5, Sa 9-12

1726.9: Woodstock Stage Rd

South Pomfret, VT [1.0E]



South Pomfret, VT PO (802) 457-1147 2035
Pomfret Road, South Pomfret, VT, United States 05067 M-F 8-1 2-4:45, Sa 8:30-11:30

1738.0: Vt. 14

West Hartford, VT



West Hartford Village Store (802) 280-1713
5187 Vermont 14, Hartford, VT, United States

1746.3: U.S. 5

Norwich, VT



Dan and Whits 319 Main Street, Norwich, VT, United States



Norwich Inn (802) 649-1143 325 Main Street, Norwich, VT, United States



Norwich, VT PO (802) 649-1608 05055 M-F 8:30-5, Sa 9-12

1747.8: N.H. 10

Hanover, NH



Bagel Basement 6 Allen Street, Hanover, NH, United States free bagel



CVS Pharmacy 79 South Main Street, Hanover, NH, United States



Dartmouth Outing Club A good base for a stay in Hanover. You can store your bag in the basement and use their computers. Theyve also got information about everything in town.



Everything But Anchovies 5 Allen Street, Hanover, NH, United States



Hanover Food Co-op 51 South Park Street, Hanover, NH, United States



Hanover PO (603)643-5201 50 S Main St, Hanover, NH 03755 M-F 8:30-5, Sa 8:30-12



Howe Public Library 13 East South Street, Hanover, NH, United States



Jewel of India 27 Lebanon Street, Hanover, NH, United States



Mountain Goat (603) 676-7240 68 S. Main St., Hanover, NH free snickers bar

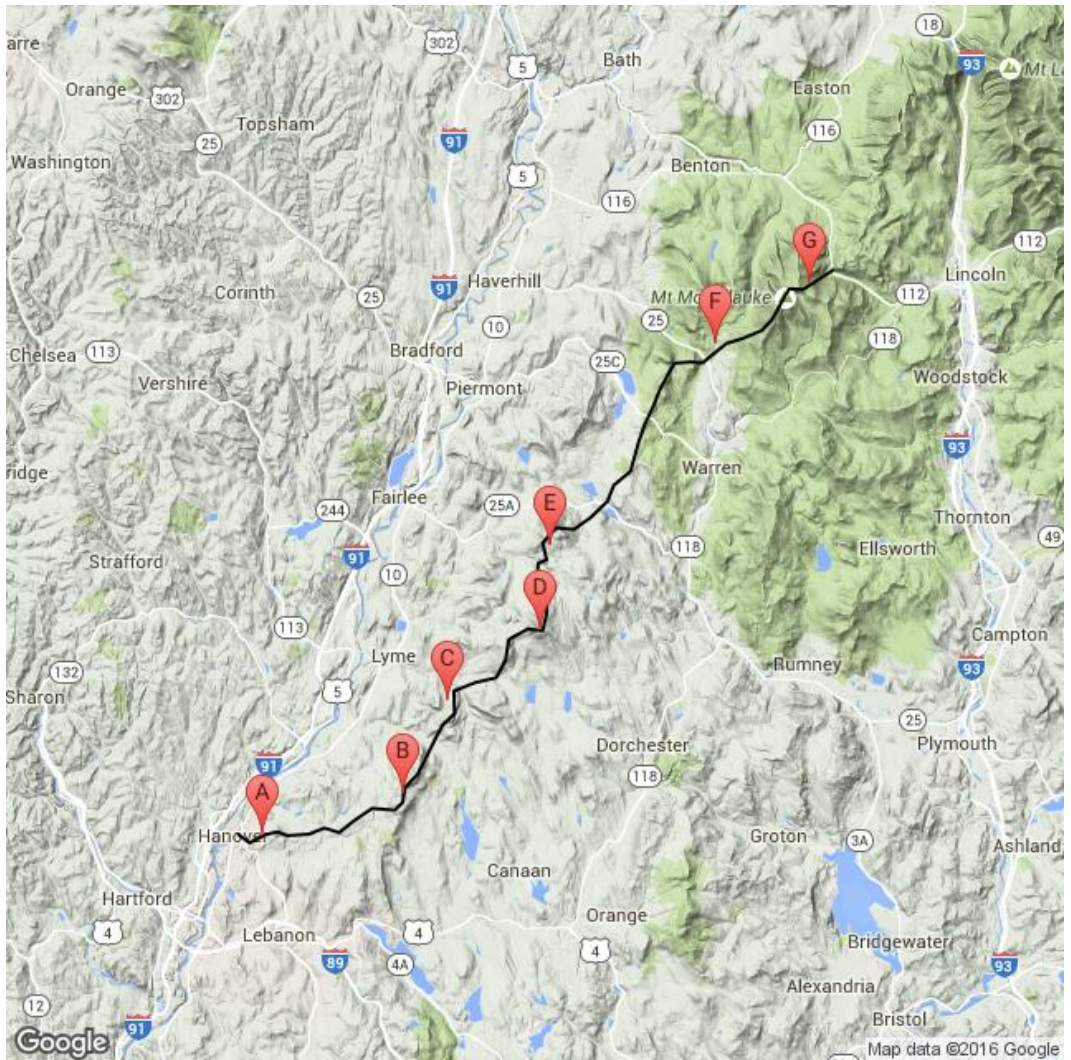
Hanover to North Woodstock

Hanover, NH to NH 112

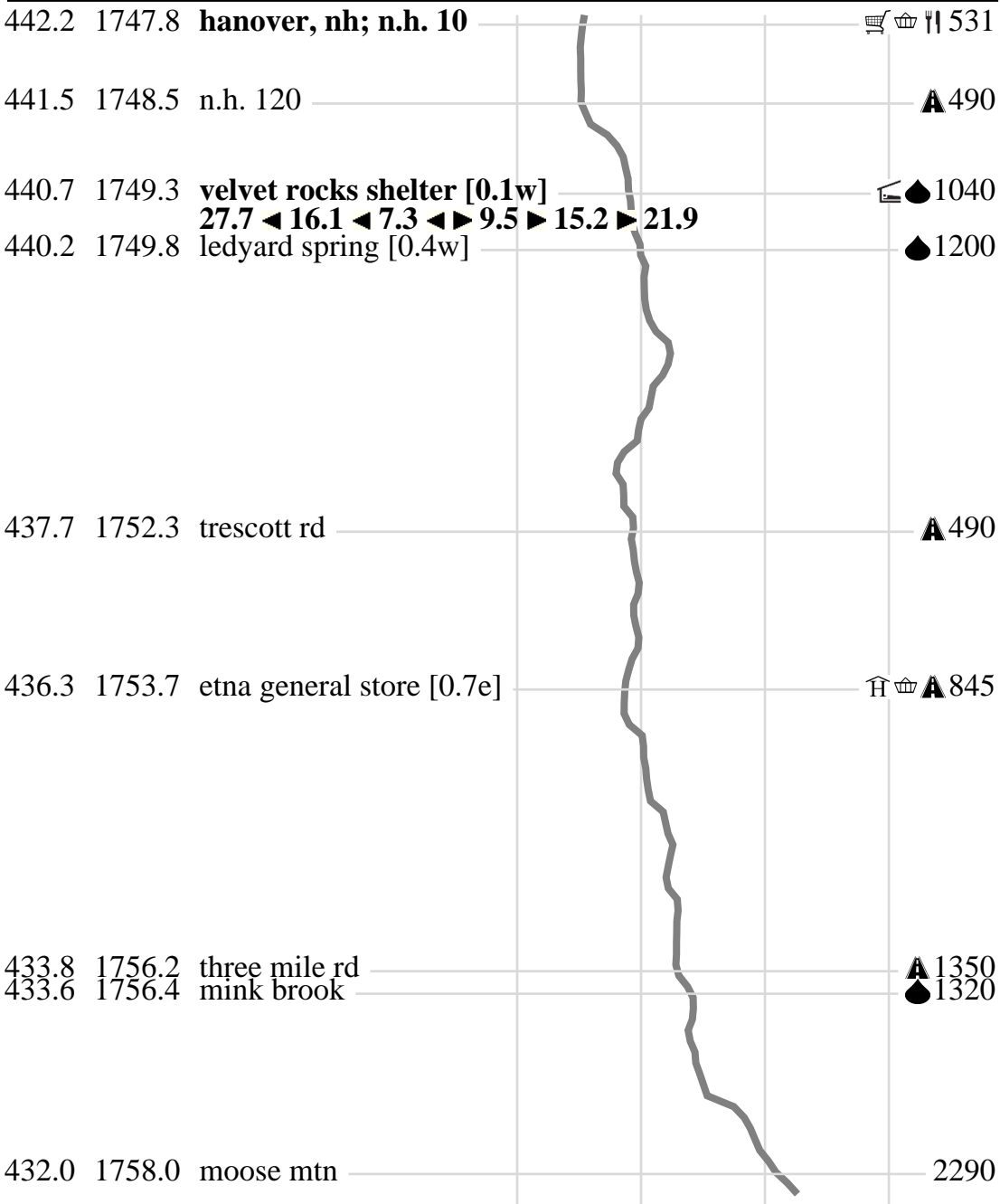
52.8 miles, avg. grade: 9.6%, high: 4802 ft, low: 490 ft

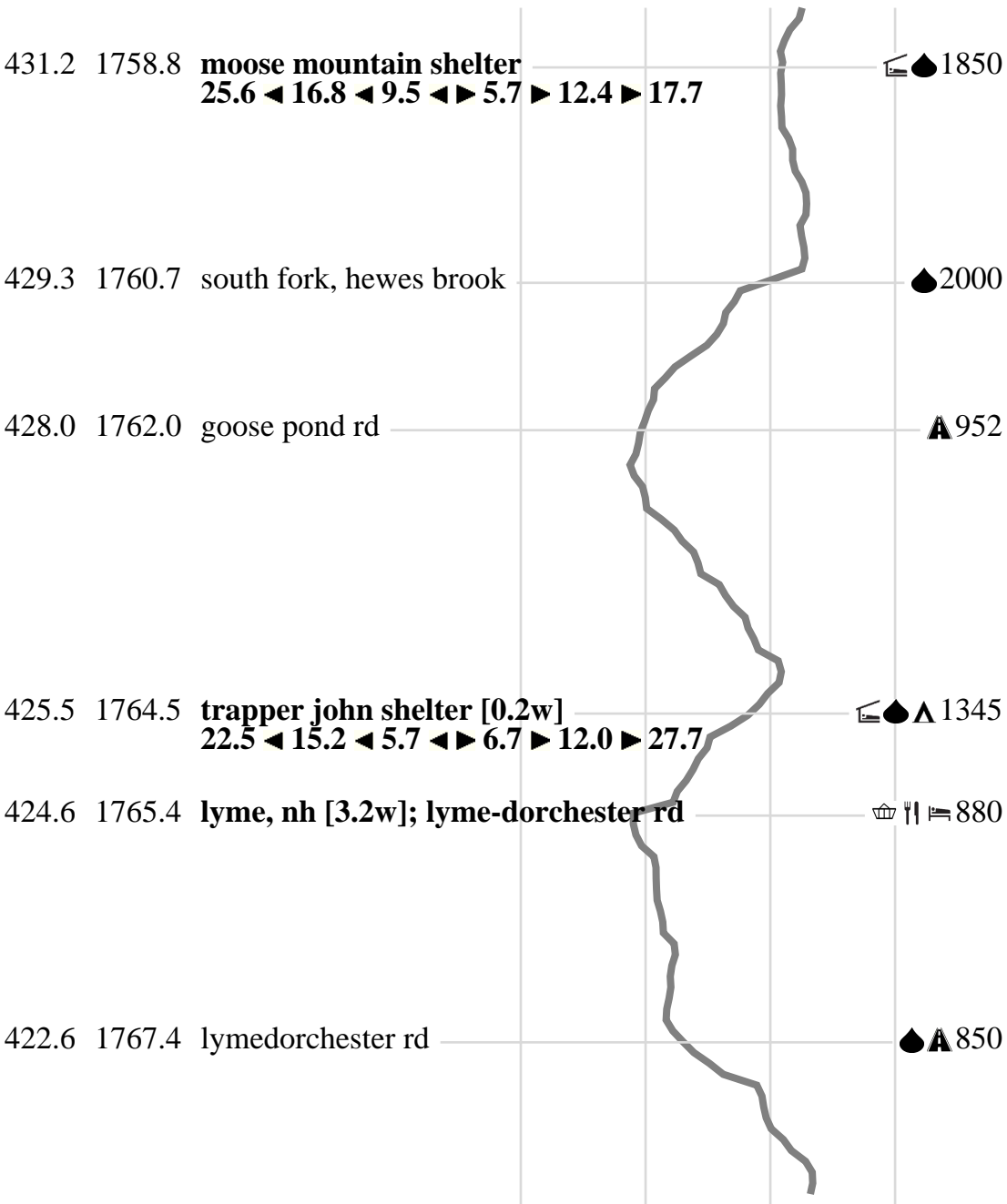
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3038>.

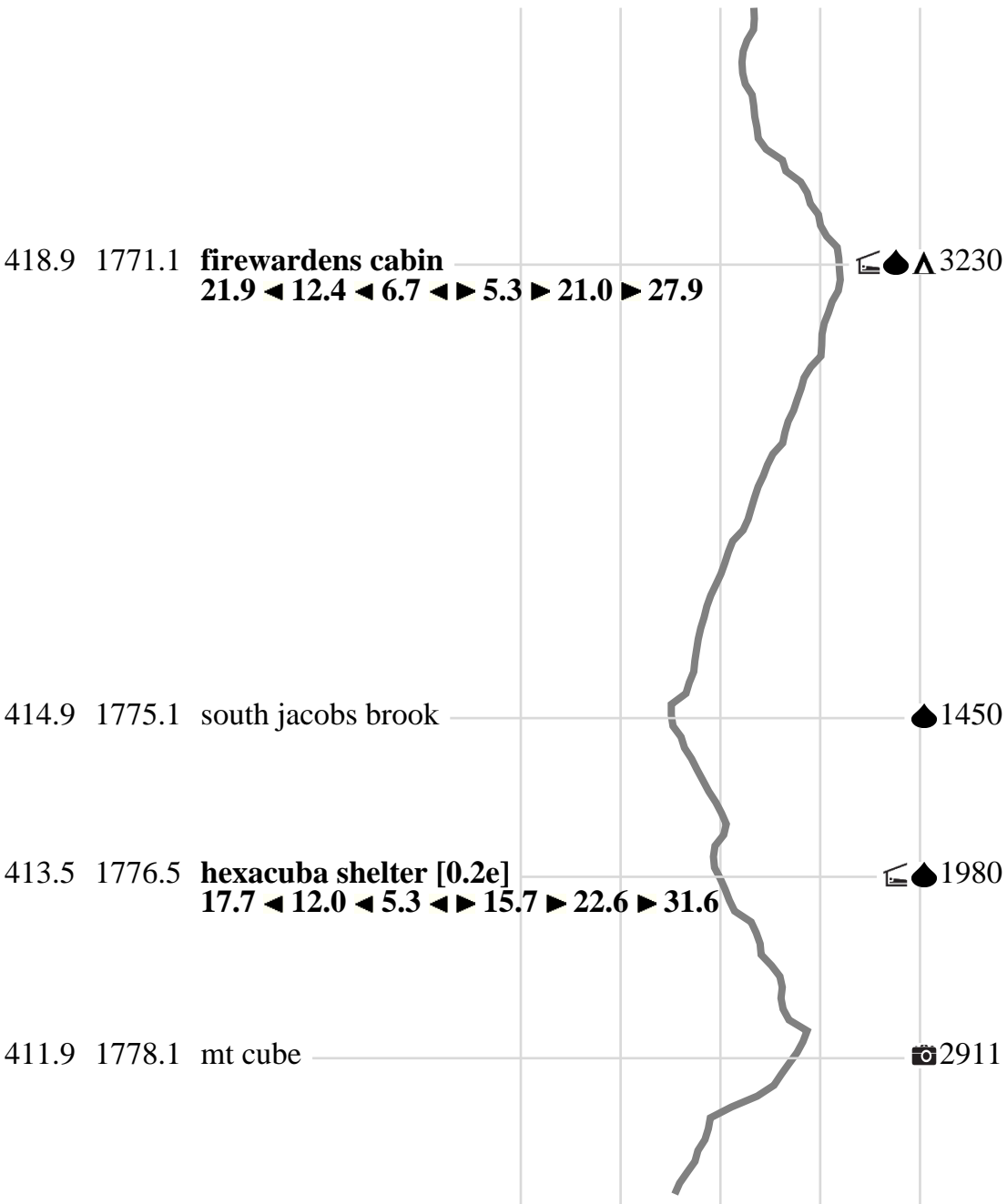
Thank you [trpost](#) for contributing the most recent edits to this section!

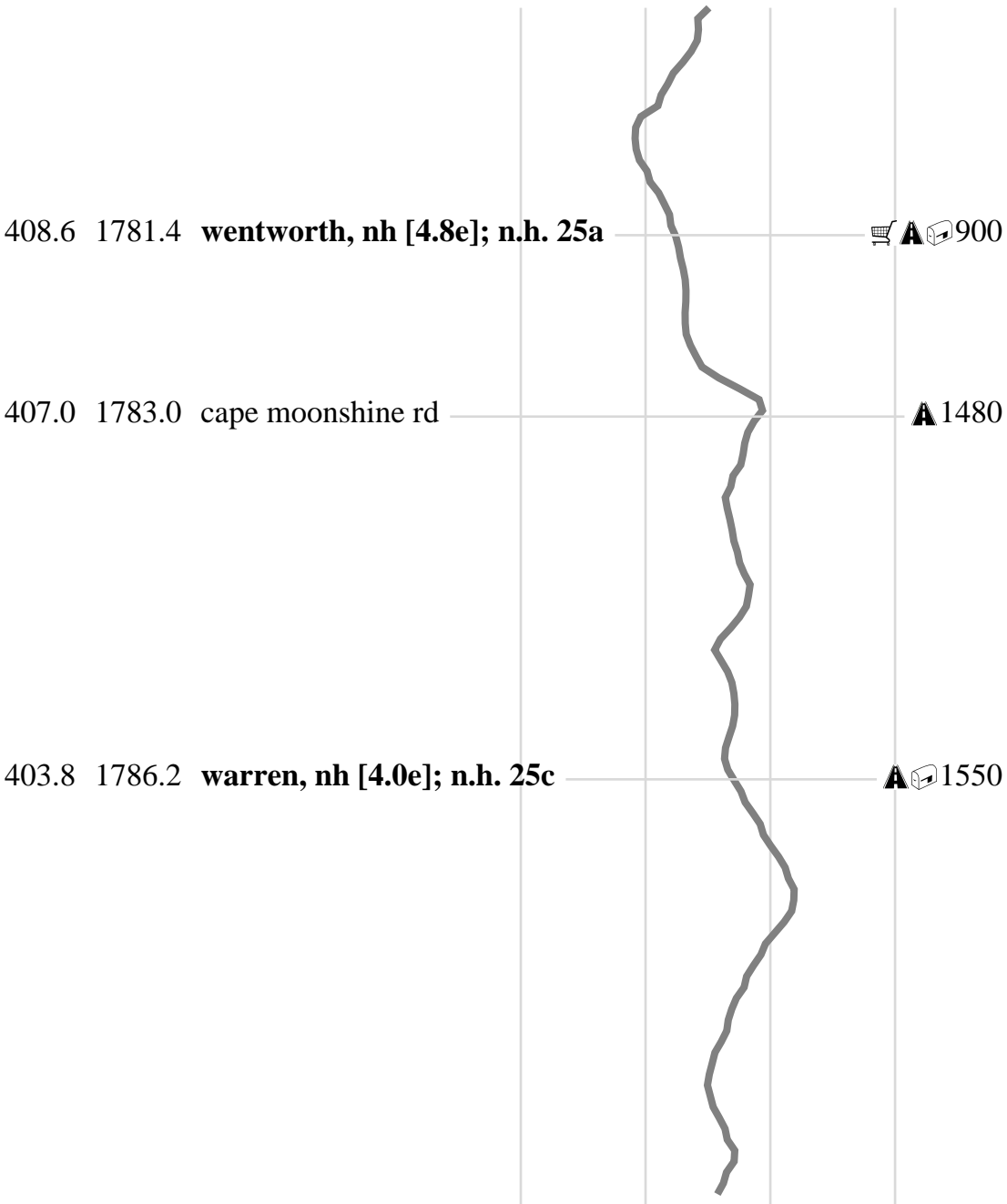


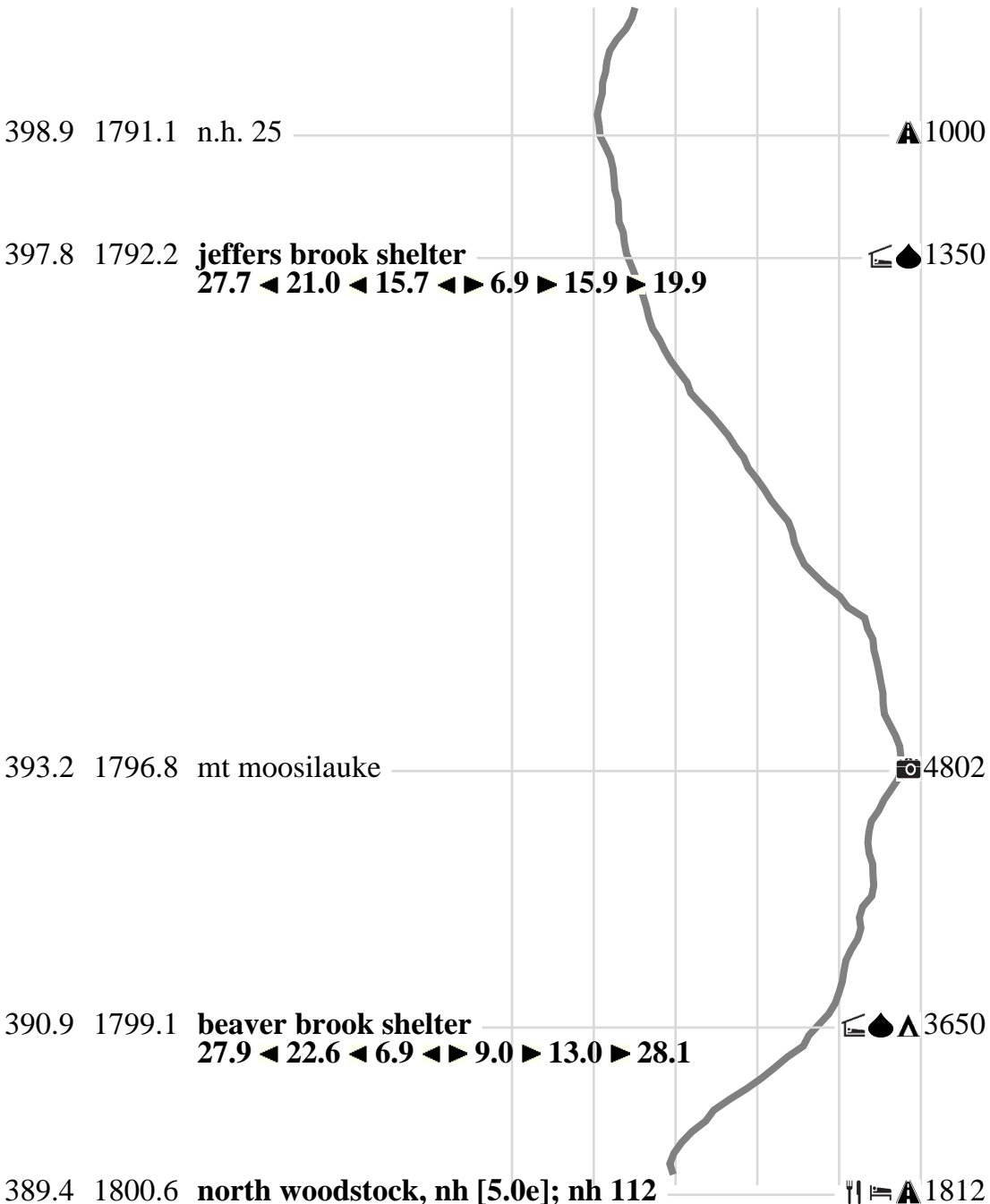
A: Velvet Rocks Shelter, B: Moose Mountain Shelter, C: Trapper John Shelter, D: Firewardens Cabin, E: Hexacuba Shelter, F: Jeffers Brook Shelter, G: Beaver Brook Shelter











1753.7: Etna-Hanover Center Rd



Etna General Store [0.7E] (603) 643-1655 2
Mile Rd, Etna, NH 03750



Tiggers Treehouse Hostel [0.7E] (603)
643-9213

1765.4: Lyme-Dorchester Rd

Lyme, NH [3.2W]



Country Store and Deli



Dowds Country Inn B and B (603) 795-4712
9 Main Street, Lyme, NH, United States



Lyme, NH PO (603) 795-4421 *Unit 5, 5 Main Street, Lyme, NH, United States* 03768 M-F 7:45-12 1:30-5:15, Sa 7:45-12



Stellas Italian Kitchen and Market *5 Main Street, Lyme, NH, United States*

1771.1



Smarts Mtn Tentsite

1781.4: N.H. 25A

Wentworth, NH [4.8E]



Shawnees General Store (603) 764-5553



Wentworth, NH PO (603) 764-9444 *12 Wentworth Village Road, Warren, NH, United States* 03282 M-F 7-1 3-5, Sa 7:15-12

1786.2: N.H. 25C

Warren, NH [4.0E]



Warren, NH PO (603) 764-5733 *18 Lake Tarleton Road, Glencliff, NH, United States* 03279 M-F 7:30-1 2:30-5, Sa 8-11:30

1800.6: NH 112

North Woodstock, NH [5.0E]



North Woodstock, NH PO (603) 745-8134
159 Main Street, North Woodstock, NH, United States 03262 M-F 9:30-12:30 1:30-4:30, Sa 9-12



The Hiker Shuttle Connection (603)
745-3140



Woodstock Inn (603) 745-3951 *135 Main
Street, North Woodstock, NH, United States*

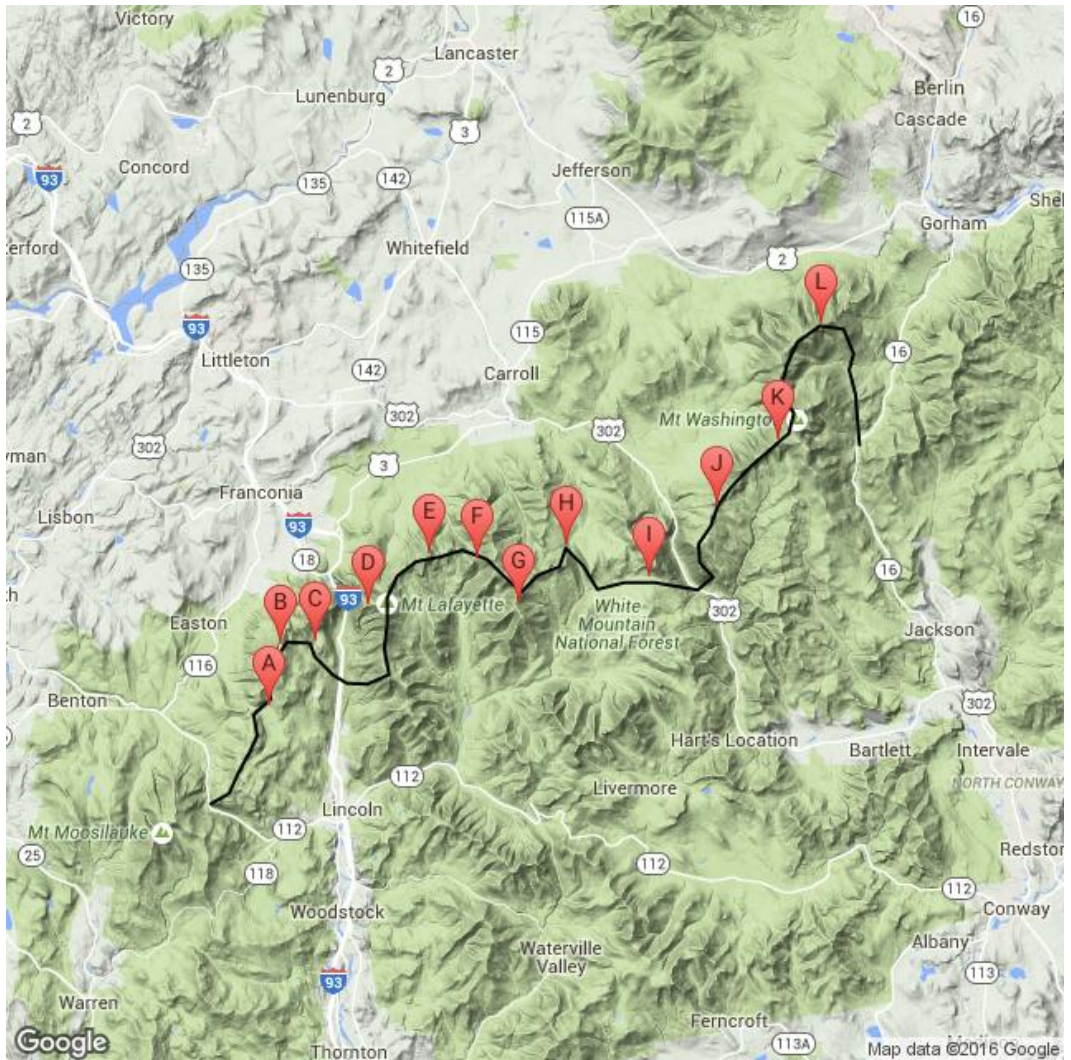
White Mtns

Franconia Notch to Pinkham Notch




70.0 miles, avg. grade: 10.8%, high: 6288 ft, low: 1277 ft

For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3039>.

Thank you [trpost](#) for contributing the most recent edits to this section!

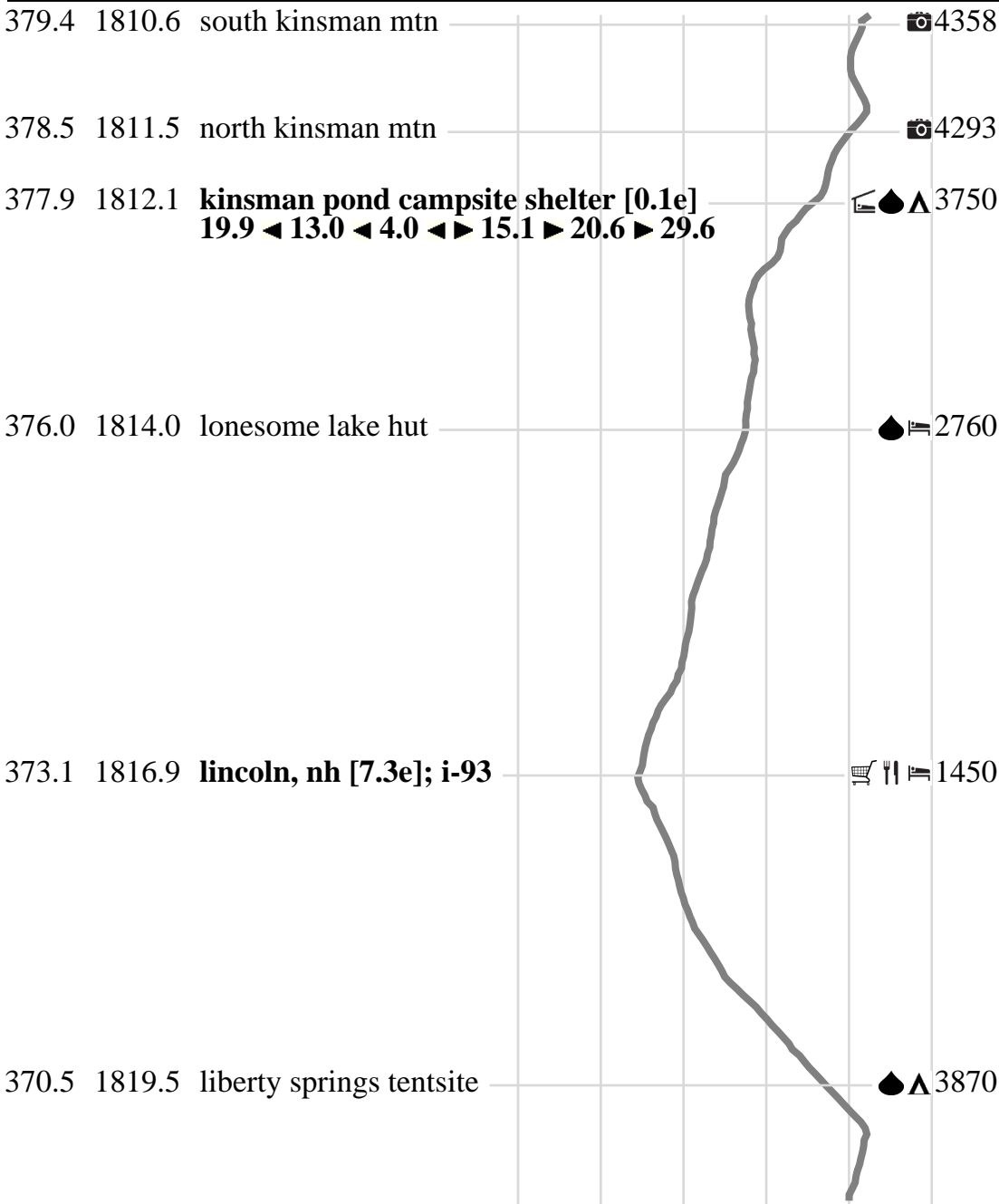


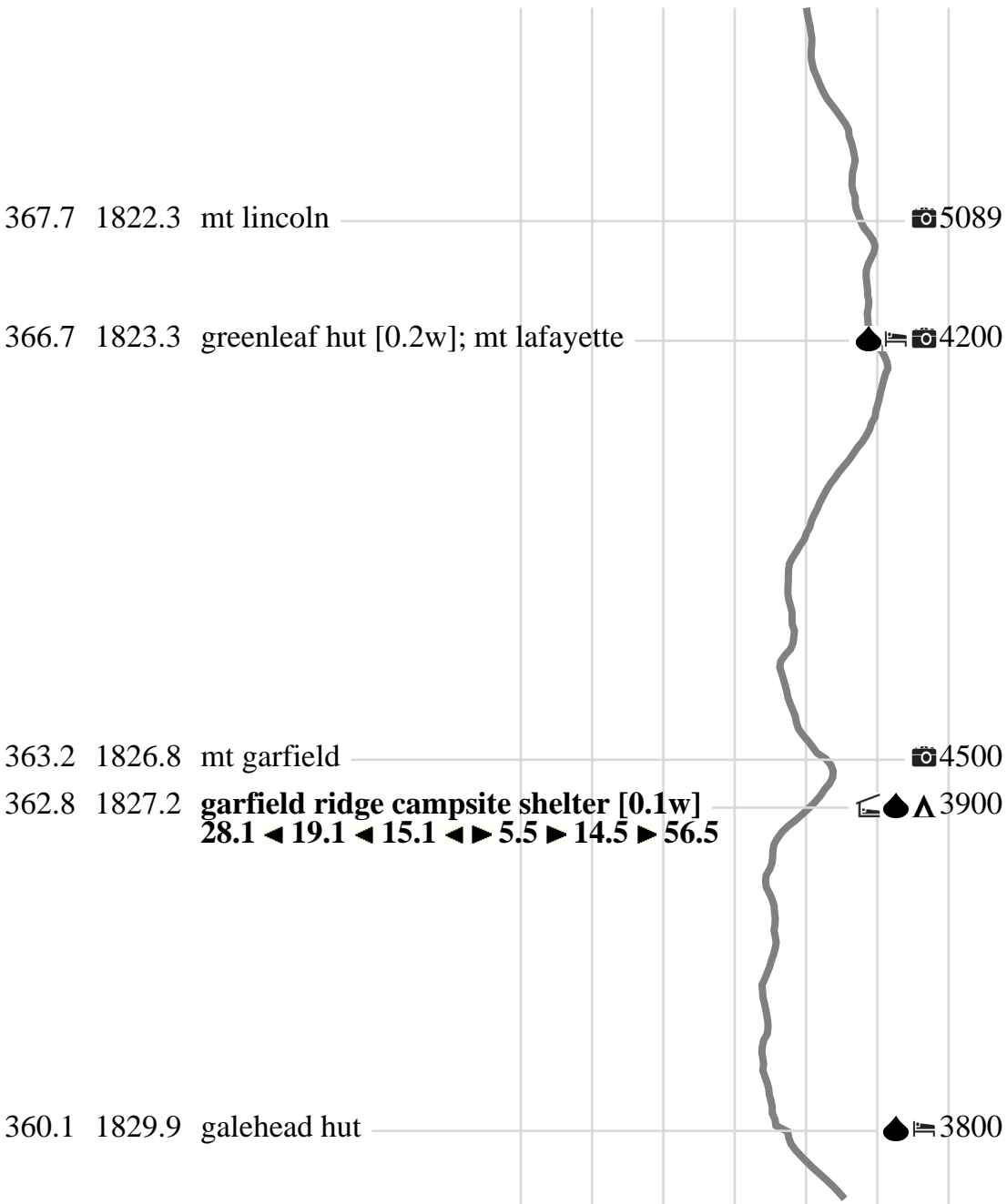
A: Eliza Brook Campsite Shelter, B: Kinsman Pond Campsite Shelter, C: Lonesome Lake Hut, D: Greenleaf Hut, E: Garfield Ridge Campsite Shelter, F: Galehead Hut, G: Guyot Campsite Shelter, H: Zealand Falls Hut, I: Ethan Pond Campsite Shelter, J: Mizpah Spring Hut, K: Lake of the Clouds Hut, L: Madison Springs Hut

389.4 1800.6 **north woodstock, nh [5.0e]; nh 112**    1812

381.9 1808.1 **eliza brook campsite shelter**    2500
31.6 ◀ 15.9 ◀ 9.0 ◀ ▶ 4.0 ▶ 19.1 ▶ 24.6

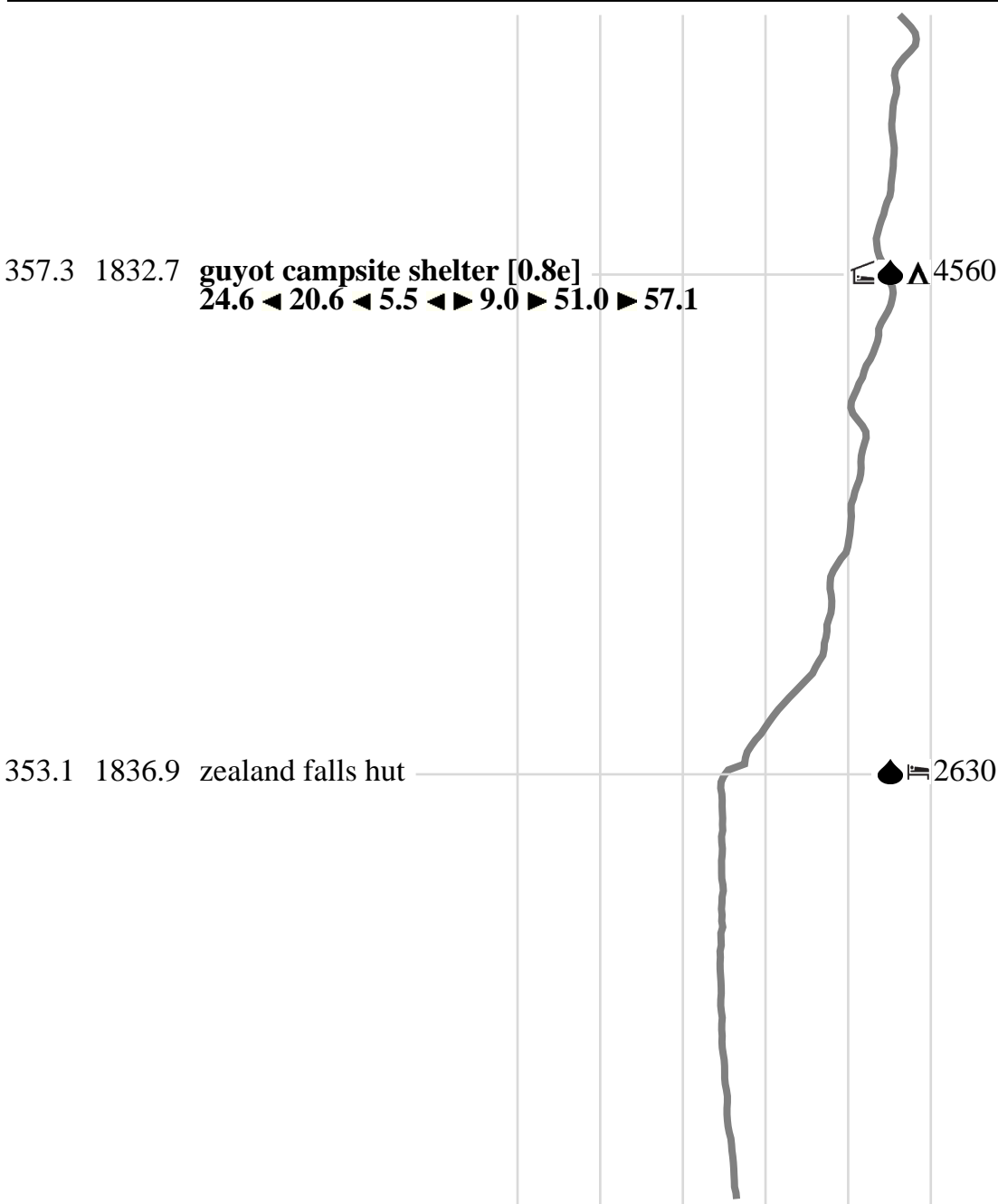
379.4 1810.6 **south kinsman mtn**  4358

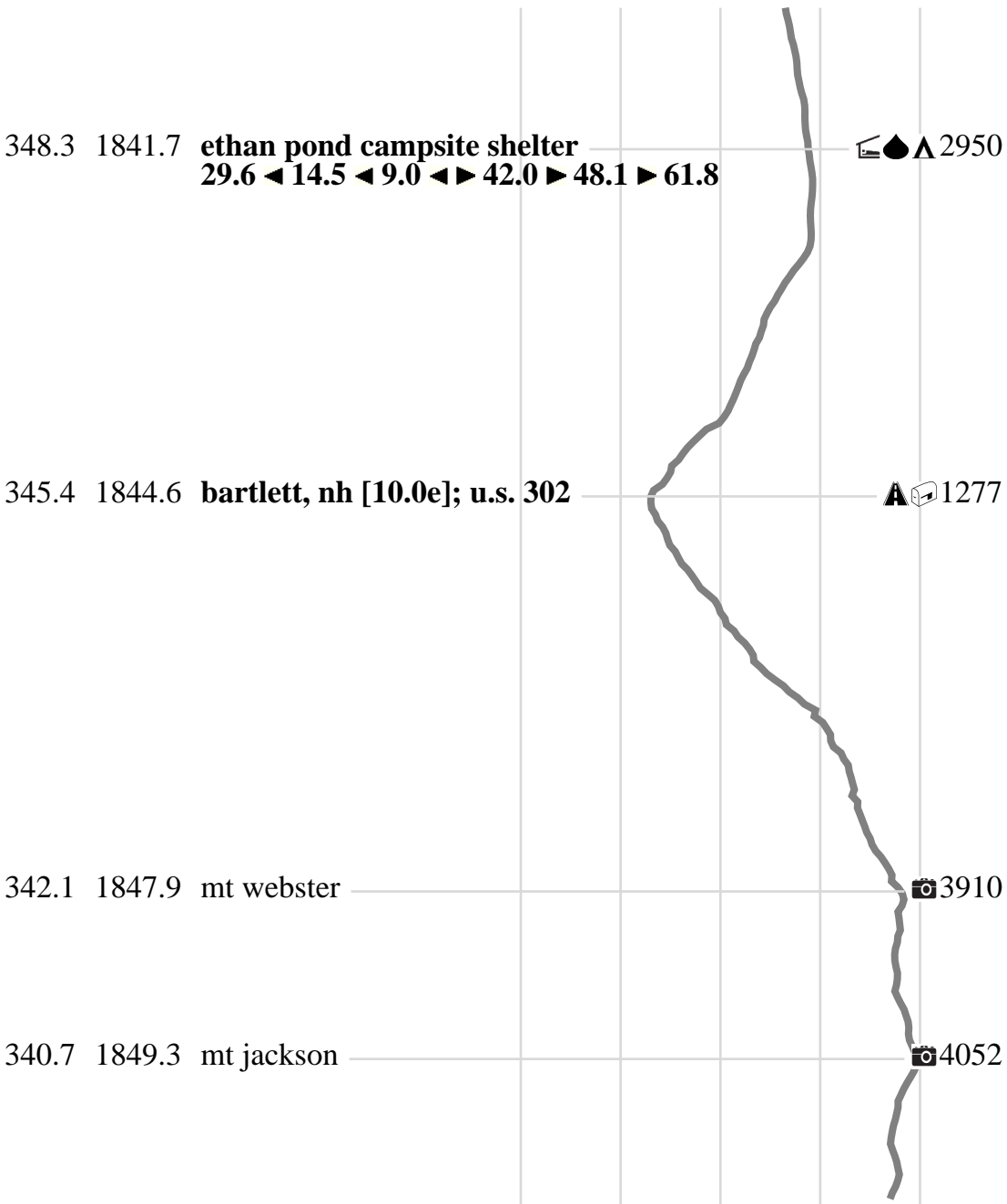


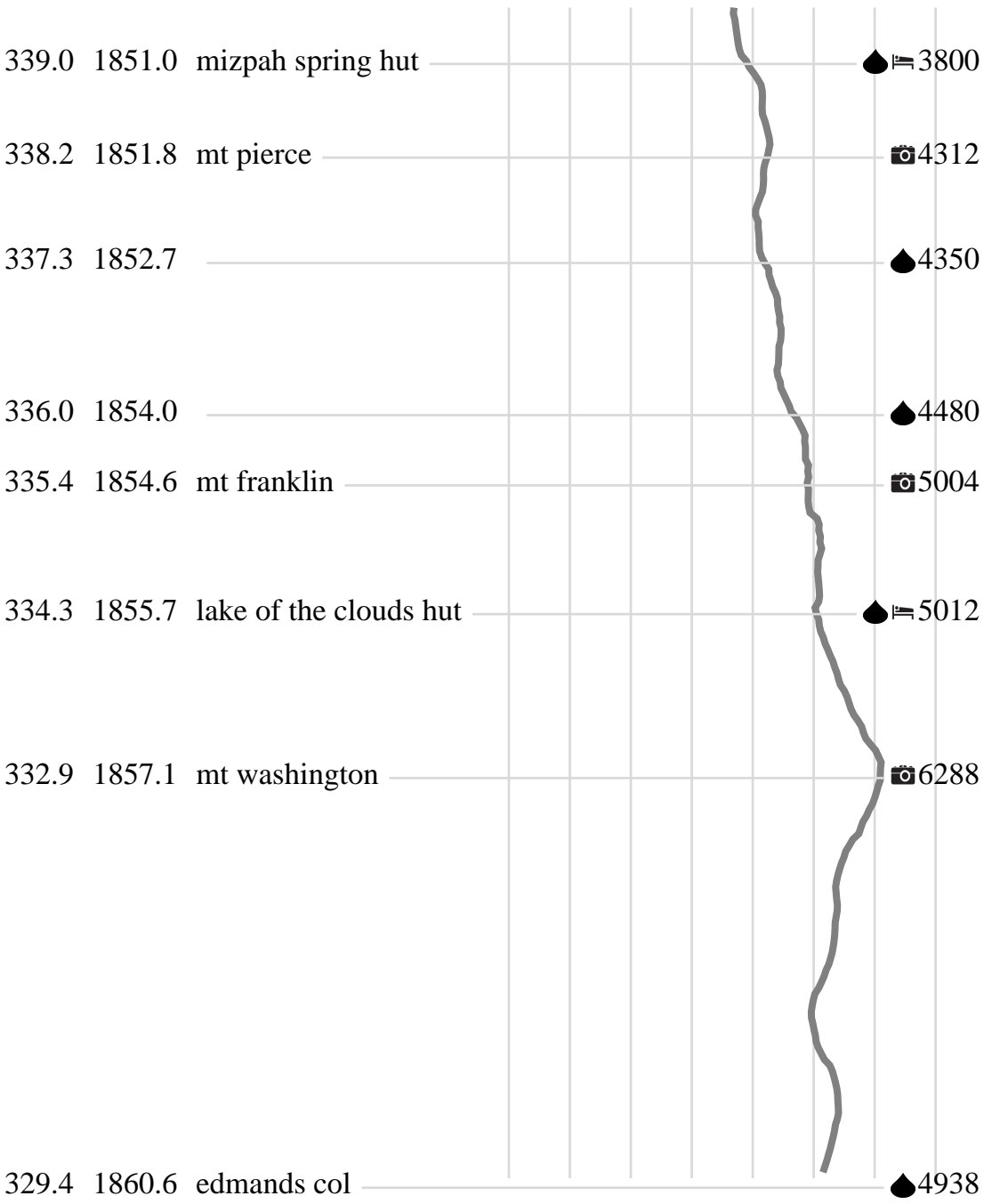


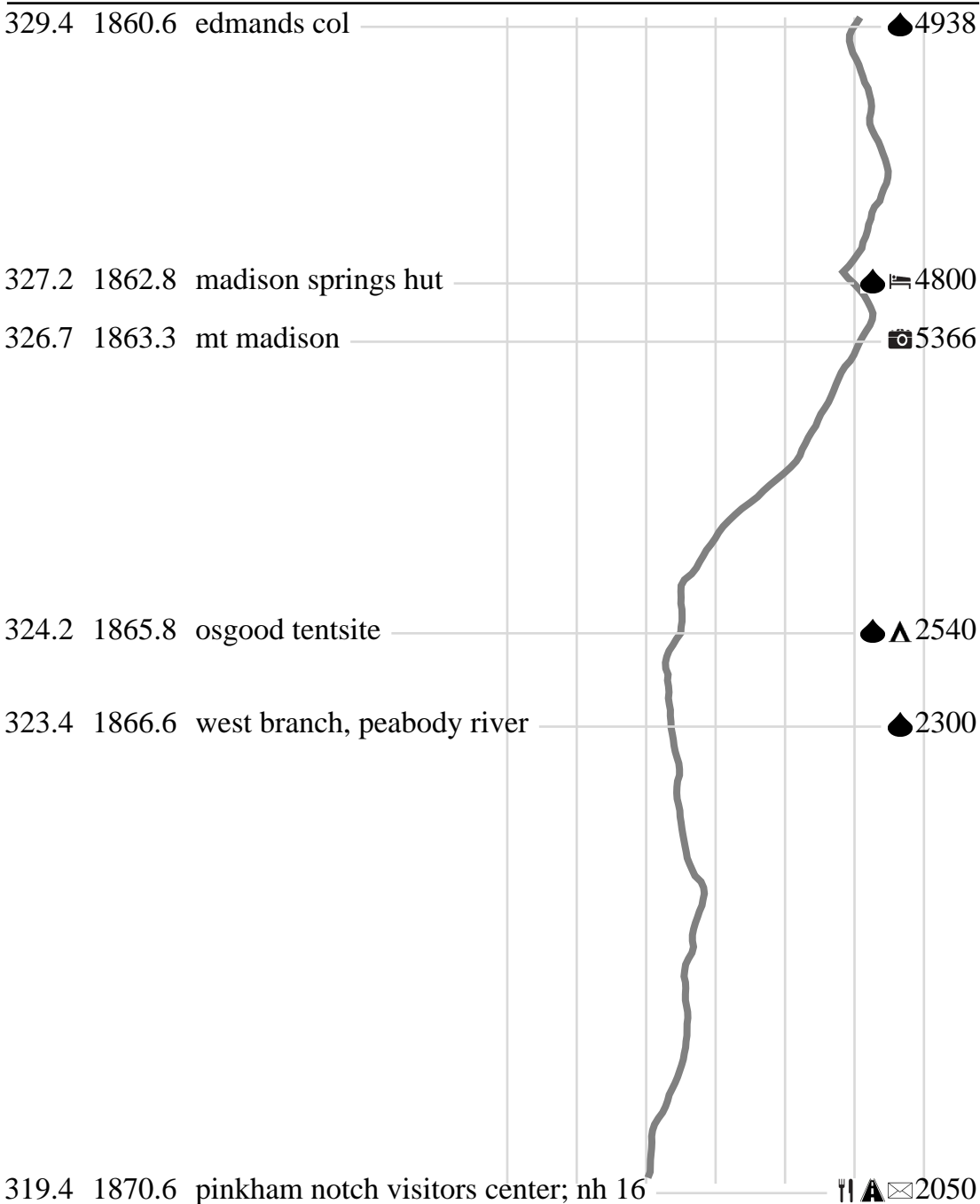
357.3 1832.7 **guyot campsite shelter [0.8e]** 4560
 24.6 ◀ 20.6 ◀ 5.5 ◀ ▶ 9.0 ▶ 51.0 ▶ 57.1

353.1 1836.9 zealand falls hut 2630

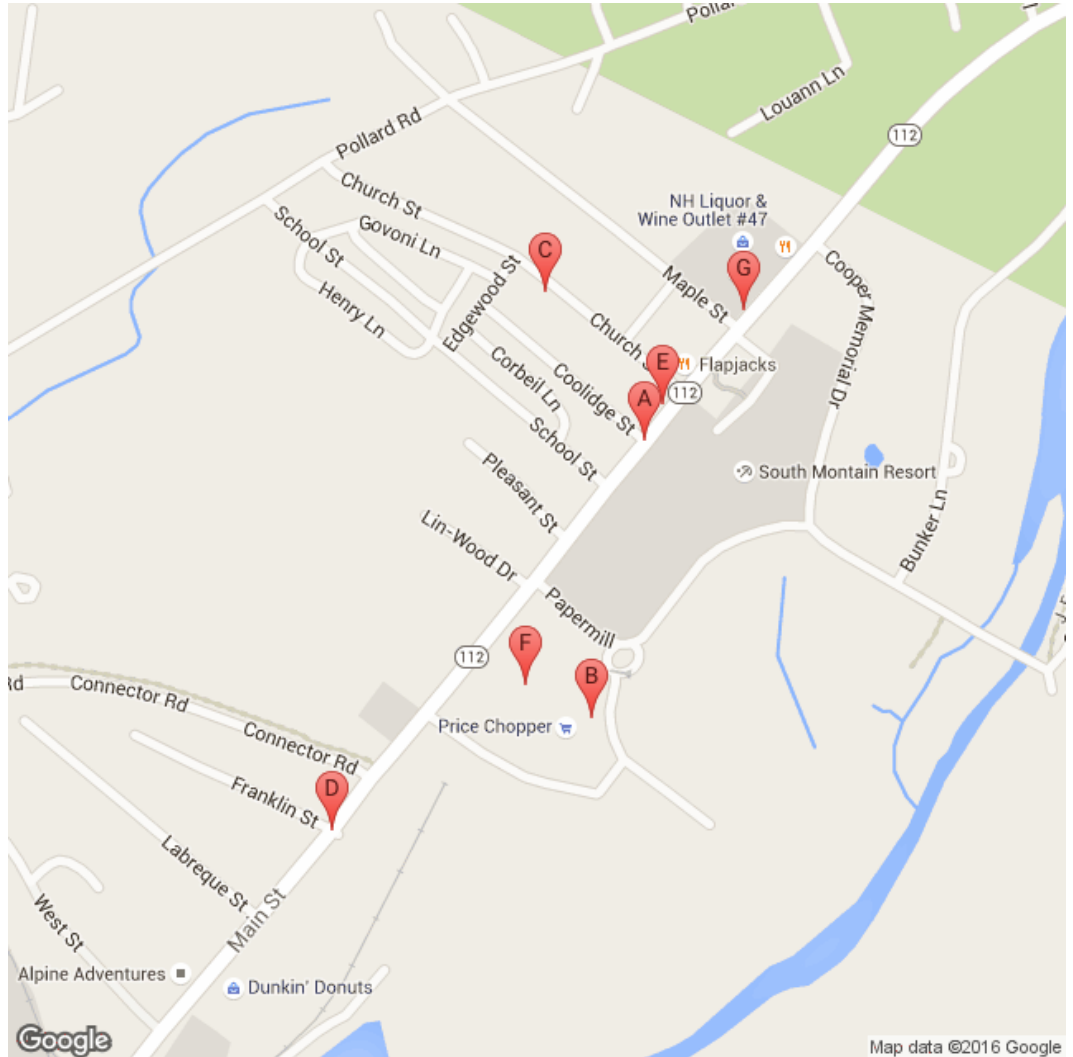








Lincoln, NH



A: El Grecos Pizza, B: Lincoln Cinemas 4, C: Lincoln Public Library, D: Lincoln, NH PO, E: Mr Ws Pancake House, F: Price Chopper, G: Subway

1814.0



Lonesome Lake Hut

1816.9: I-93

Lincoln, NH [7.3E]



Comfort Inn and Suites (603) 745-6700
Railroad St, Lincoln, NH 03251



El Grecos Pizza *123 Main Street, Lincoln, NH, United States*

Lincoln Cinemas 4 *593 Main Street, Lincoln, NH, United States*



Lincoln Public Library *22 Church Street, Lincoln, NH, United States* Internet access costs money



Lincoln, NH PO (603) 745-8133 *10 Lumber Yard Dr # 9, Lincoln, NH, United States*
03251 M-F 8-5, Sa 8-12



Mr Ws Pancake House *135 Main Street, Lincoln, NH, United States*



Price Chopper *10 Lumber Yard Road, Lincoln, NH, United States*



Subway *159 Main Street, Lincoln, NH, United States*

1819.5



Liberty Springs Tentsite fee

1823.3



Greenleaf Hut [0.2W]

1829.9



Galehead Hut

1836.9



Zealand Falls Hut

1844.6: U.S. 302

Bartlett, NH [10.0E]



Bartlett, NH PO (603) 374-2351 03812 M-F
8:30-1 1:30-4:45, Sa 8:30-12

1851.0



Mizpah Spring Hut

1855.7



Lake of the Clouds Hut

1862.8



Madison Springs Hut

1870.6: NH 16



Pinkham Notch Visitors Center (603)

466-2721 AMC Visitors Center, c/o Front

Desk, N.H. 16, Gorham, NH 03581 AYCE B

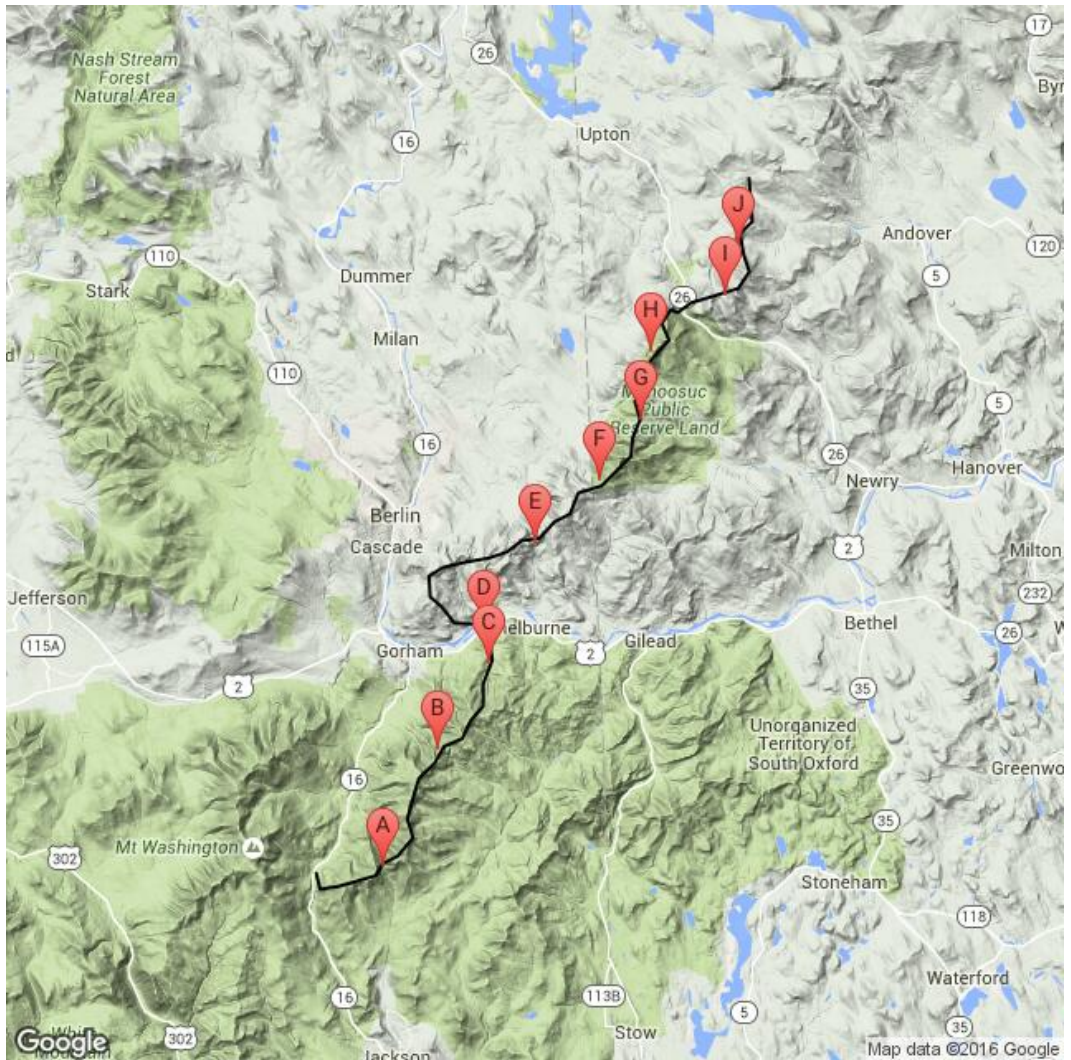
Pinkham to Andover

NH 16 to East B Hill Rd

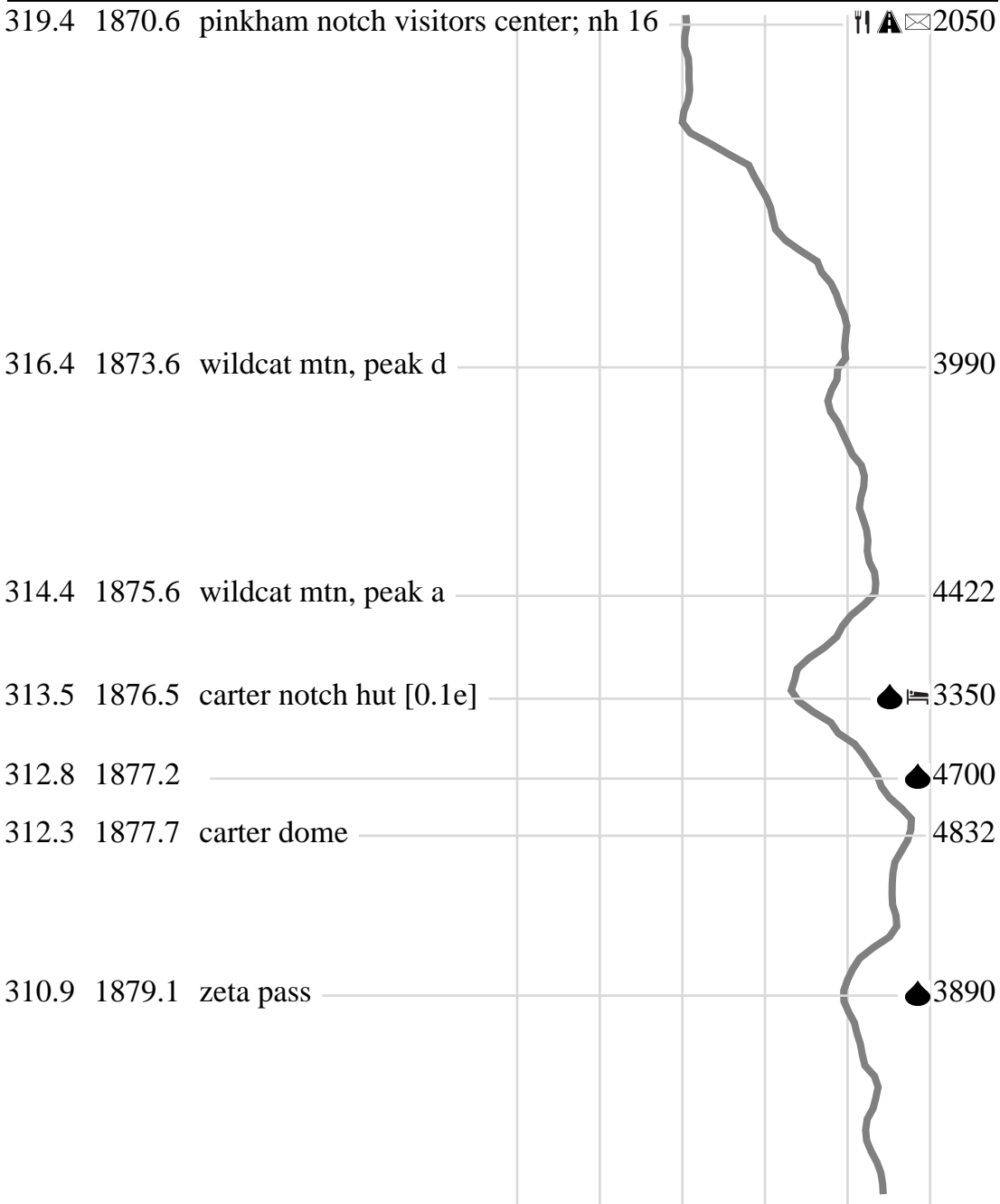
62.5 miles, avg. grade: 11.5%, high: 4832 ft, low: 738 ft

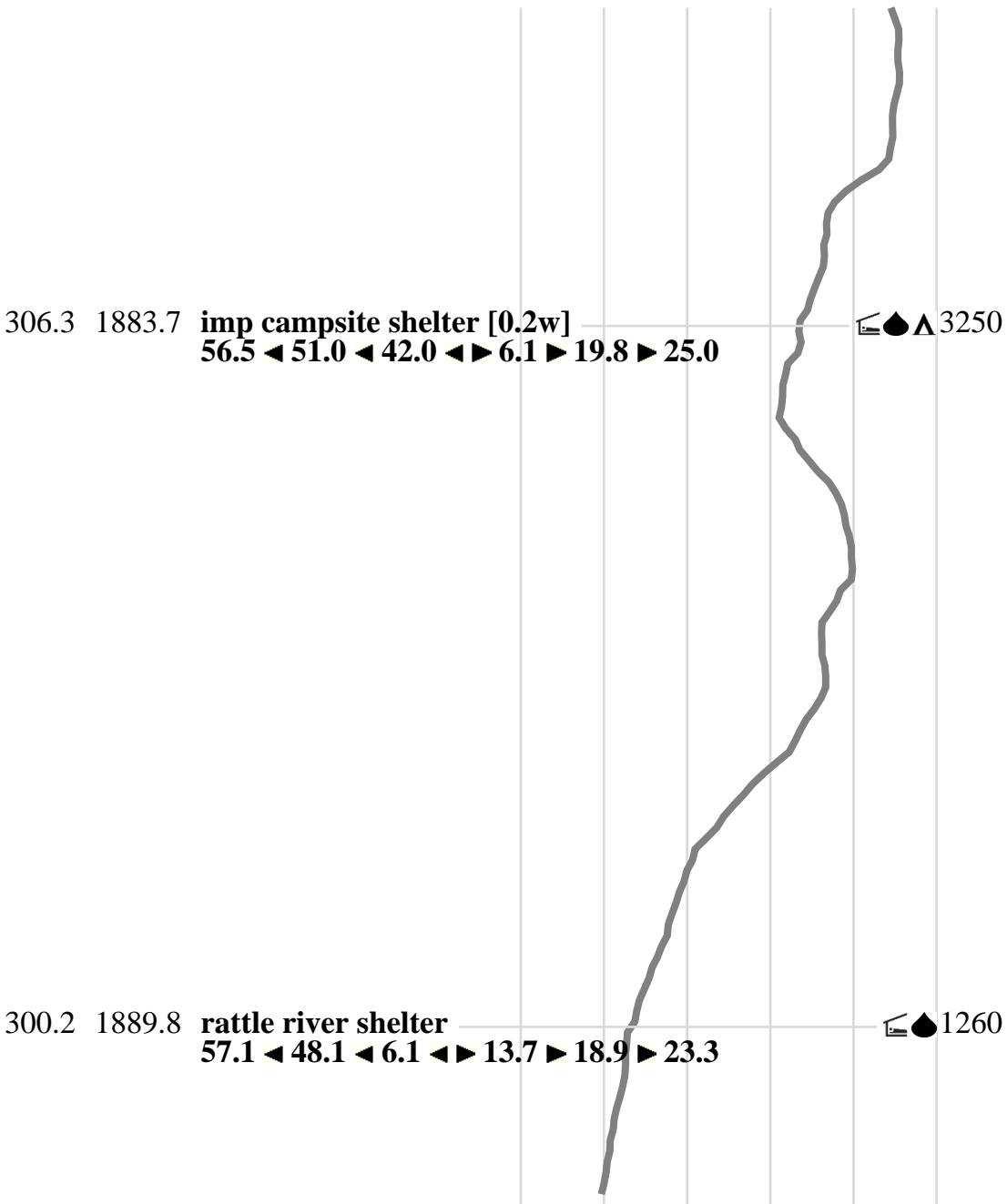
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3040>.

Thank you [trpost](#) for contributing the most recent edits to this section!



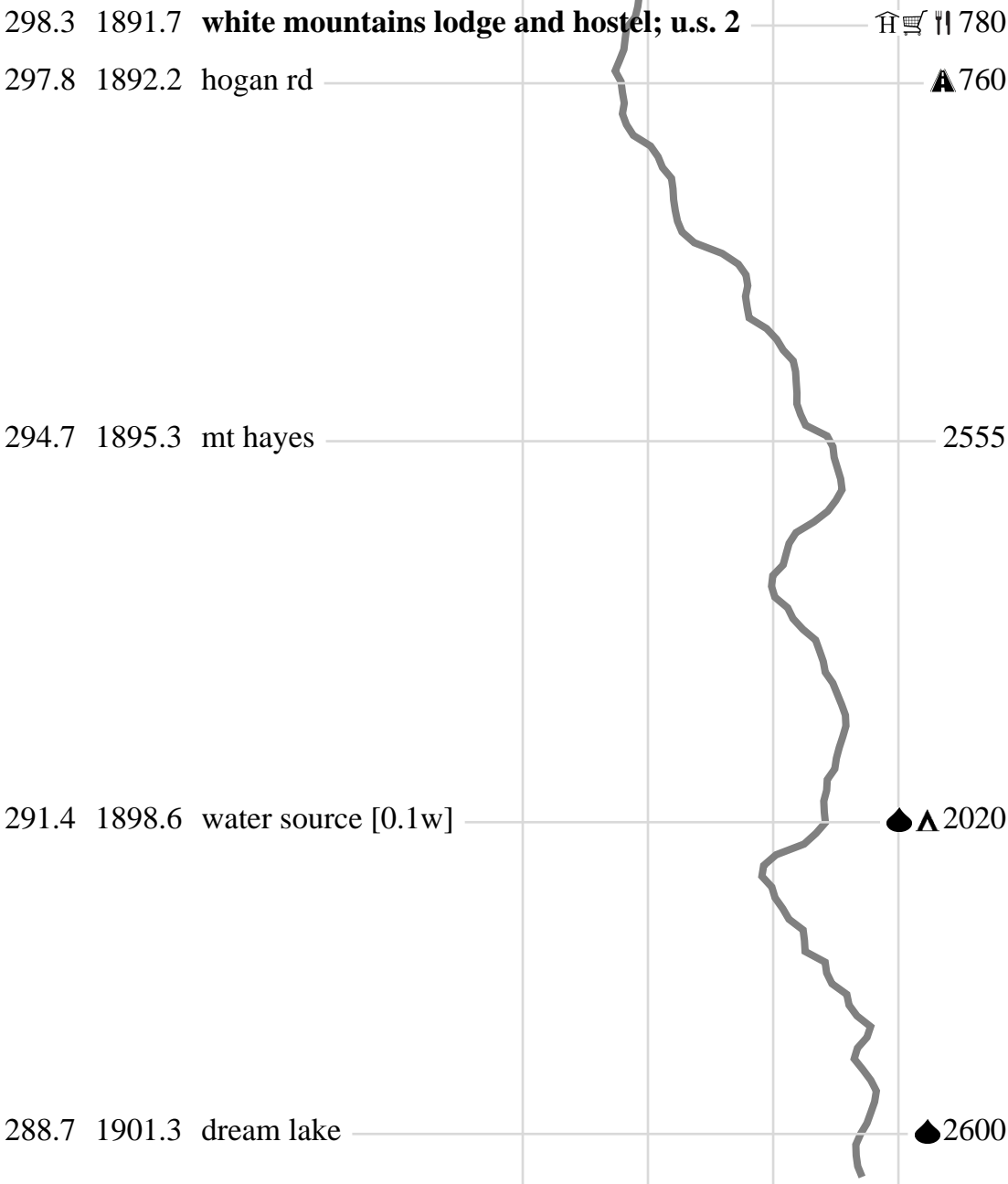
A: Carter Notch Hut, B: Imp Campsite Shelter, C: Rattle River Shelter, D: White Mountains Lodge and Hostel, E: Gentian Pond Campsite Shelter, F: Carlo Col Shelter, G: Full Goose Shelter, H: Speck Pond Shelter, I: Baldpate Lean-to, J: Frye Notch Lean-to

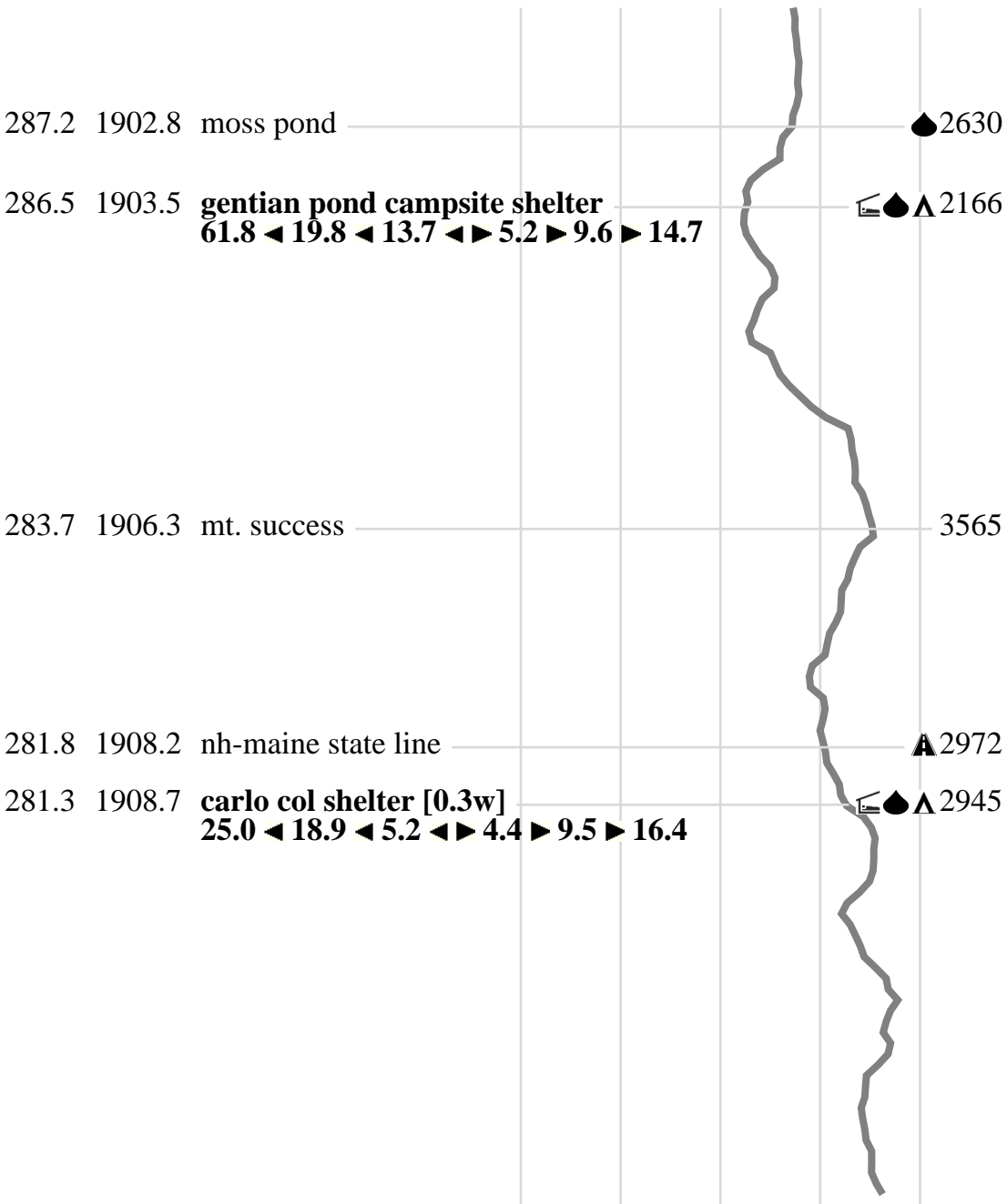


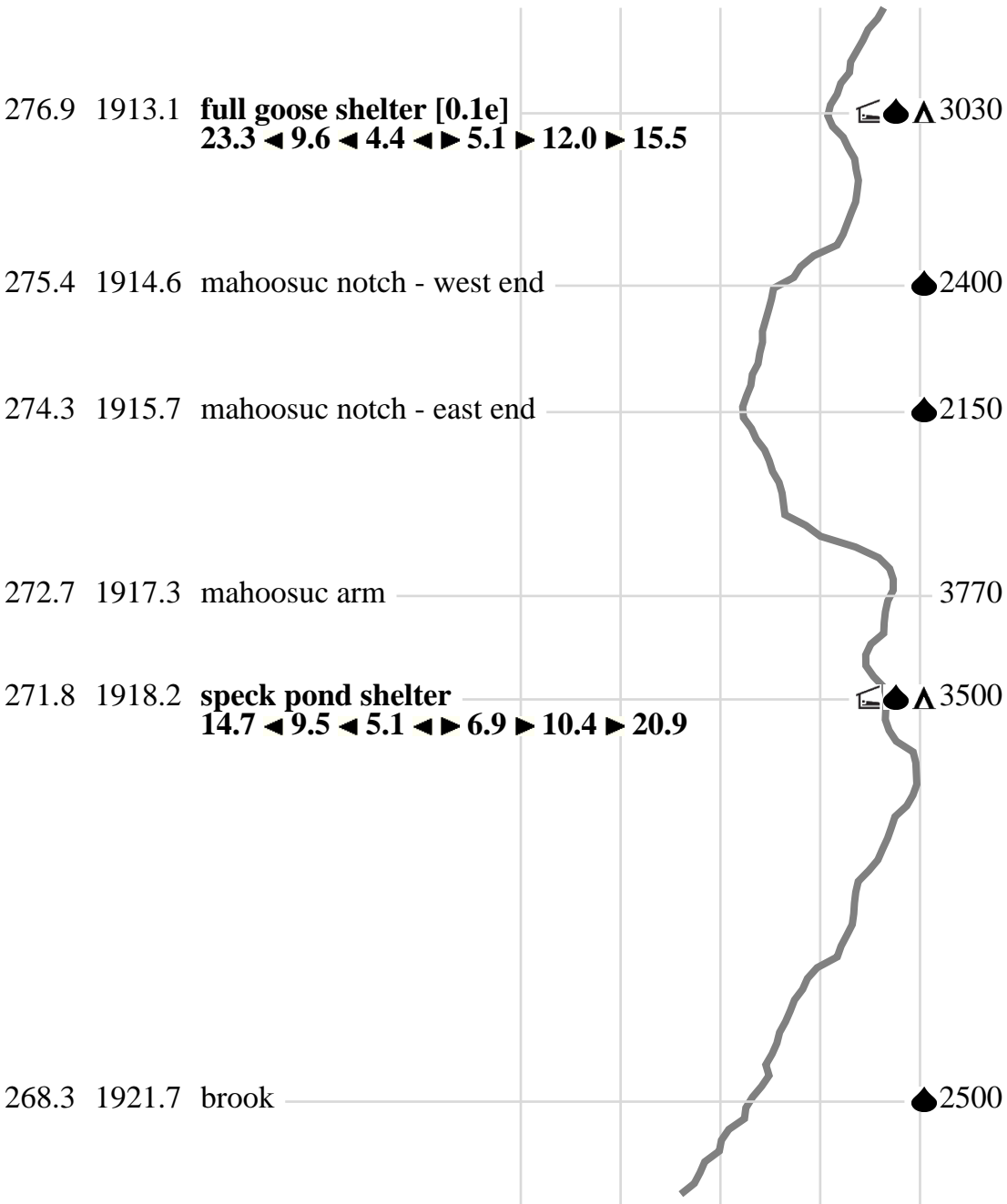


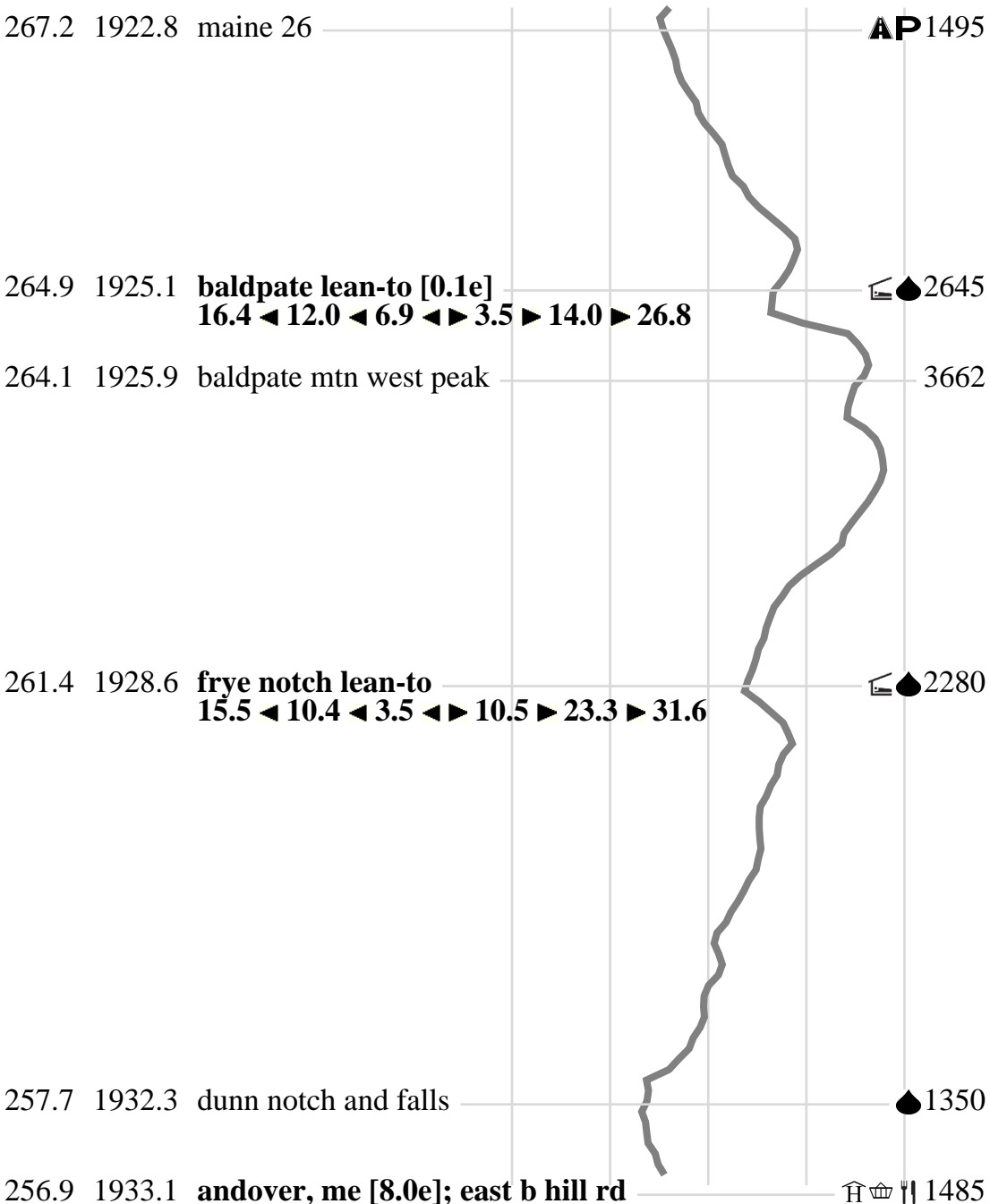
306.3 1883.7 **imp campsite shelter [0.2w]** 3250
 56.5 ◀ 51.0 ◀ 42.0 ◀ ▶ 6.1 ▶ 19.8 ▶ 25.0

300.2 1889.8 **rattle river shelter** 1260
 57.1 ◀ 48.1 ◀ 6.1 ◀ ▶ 13.7 ▶ 18.9 ▶ 23.3









Gorham, NH



A: Gorham, NH PO, B: Hikers Paradise Hostel at Colonial Fort Inn, C: Library, D: Mr. Pizza, E: Subway, F: The Barn / Libby House B and B

1876.5



Carter Notch Hut [0.1E]

1891.7: U.S. 2



White Mountains Lodge and Hostel (603)
466-5049 592 State Route 2, Shelburne, NH
03581

Gorham, NH [3.6W]



Altitude Sport Hike Bike Ski (603)
466-5050



Gorham Hardware / Sports Center (603)
466-2312



Gorham, NH PO (603) 466-2182 165 Main
St, Gorham, NH 03581, United States 03581
M-F 8:30-5, Sa 8:30-12



Hikers Paradise Hostel at Colonial Fort Inn
(603) 466-2732
<http://www.hikersparadise.com> (email:
paradise@ncia.net) 370 Main Street, Gorham,
NH, United States



Library 35 Railroad Street, Gorham, NH,
United States Internet access costs money



Mr. Pizza 160 Main Street, Gorham, NH,
United States



Subway 66 Main St. Suite 1 Gorham, NH
03581, USA, United States



Super Walmart [1.5]



The Barn / Libby House B and B (603)
466-2271 (email: theskillift@aol.com) 55
Main Street, Gorham, NH 03581



Trail Angel Hiker Services (978) 855-9227
<http://www.trailangelhikerservices.com>

1933.1: East B Hill Rd

Andover, ME [8.0E]



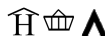
Andover General Store



Andover Public Library 46 Church Street,
Andover, ME 04216, United States



Andover, ME PO (207) 392-4571 04216 M-F
8:30-1:30 2-4:30, Sa 8:30-11:30



High5 Hostel (207) 392-1410 (email:
MHcare@megalink.net) PO Box 291,
Andover, ME



Pine Ellis Hiking Lodge (207) 392-4161

<http://www.pineellislodging.com> 20 Pine St.,

P.O. Box 12, Andover, ME 04216



The Cabin [3.0E] (207) 392-1333

<http://www.thecabininmaine.com>

Andover to Stratton

East B Hill Rd to ME 27

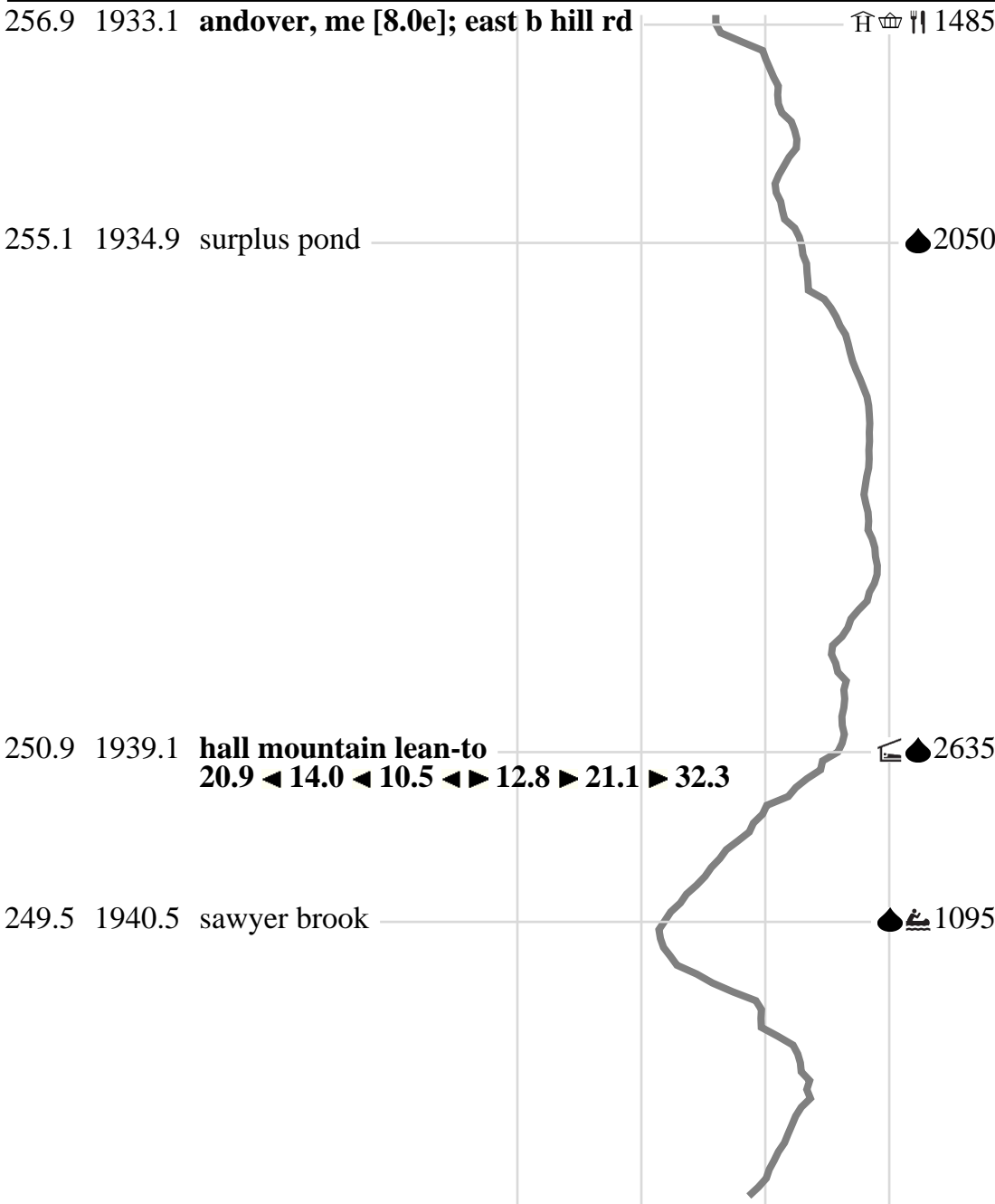
68.7 miles, avg. grade: 10.1%, high: 4170 ft, low: 1095 ft

For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3041>.

Thank you [trpost](#) for contributing the most recent edits to this section!

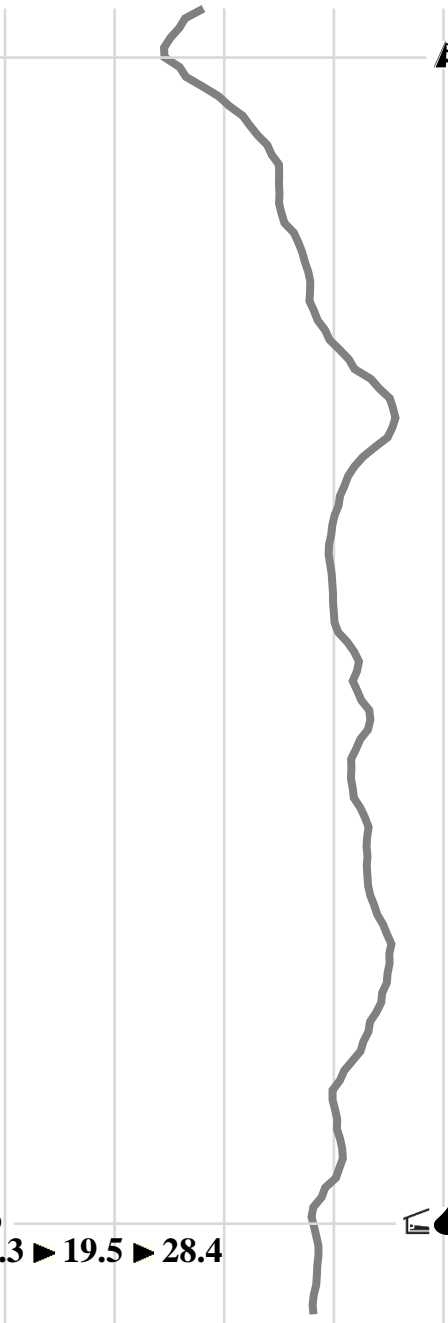


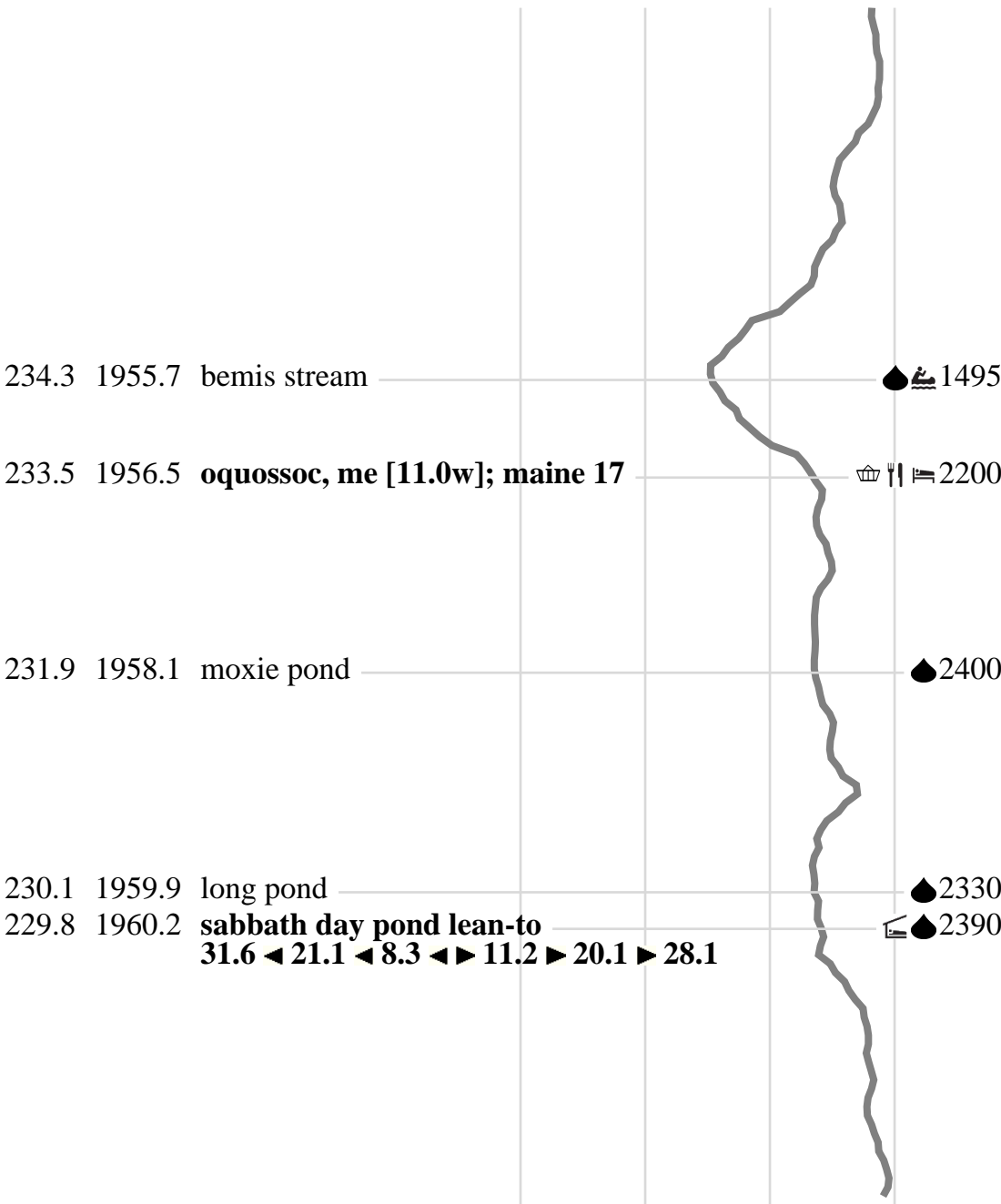
A: Hall Mountain Lean-to, B: Bemis Mountain Lean-to, C: Sabbath Day Pond Lean-to, D: Piazza Rock Lean-to, E: Poplar Ridge Lean-to, F: Spaulding Mountain Lean-to

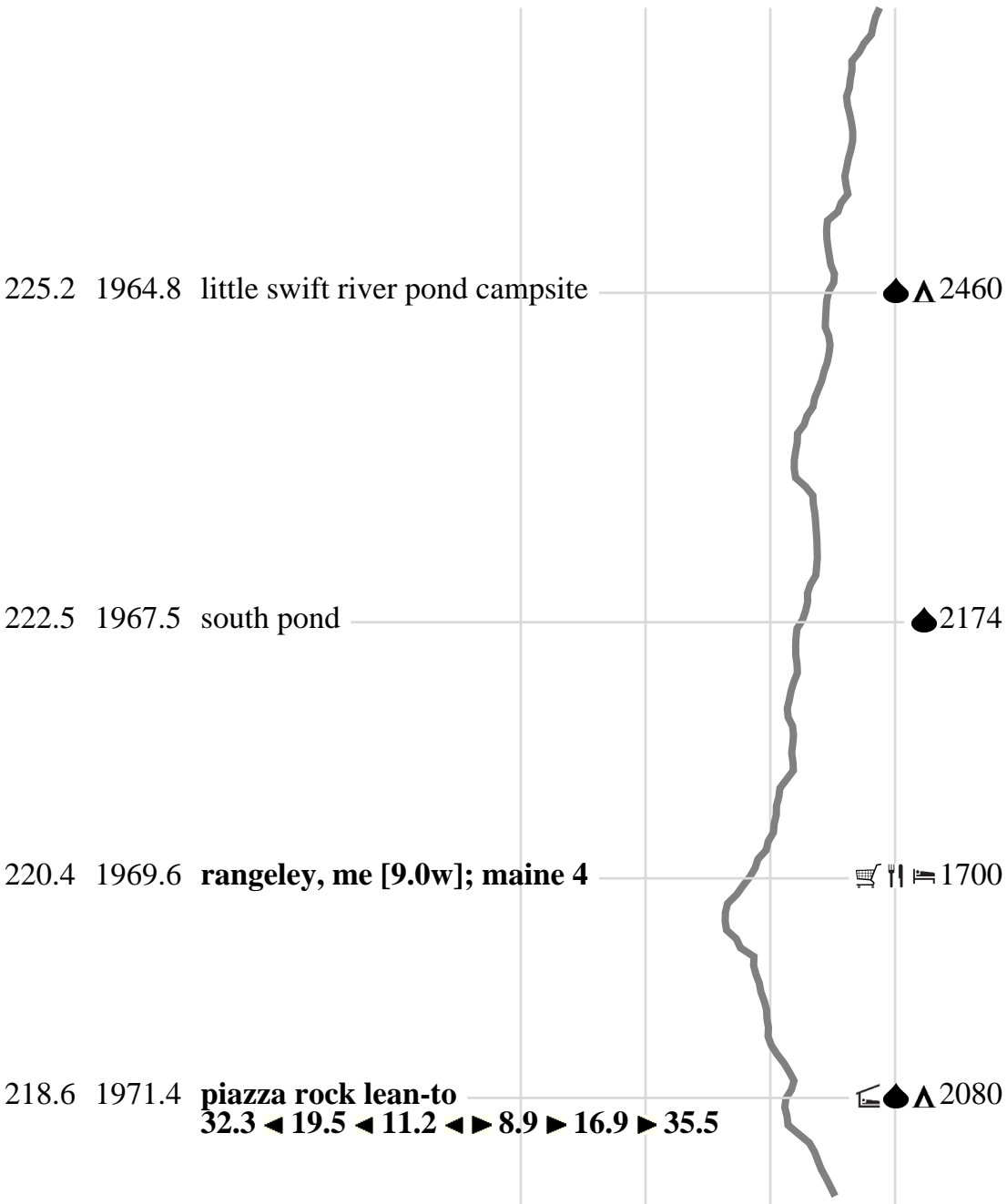


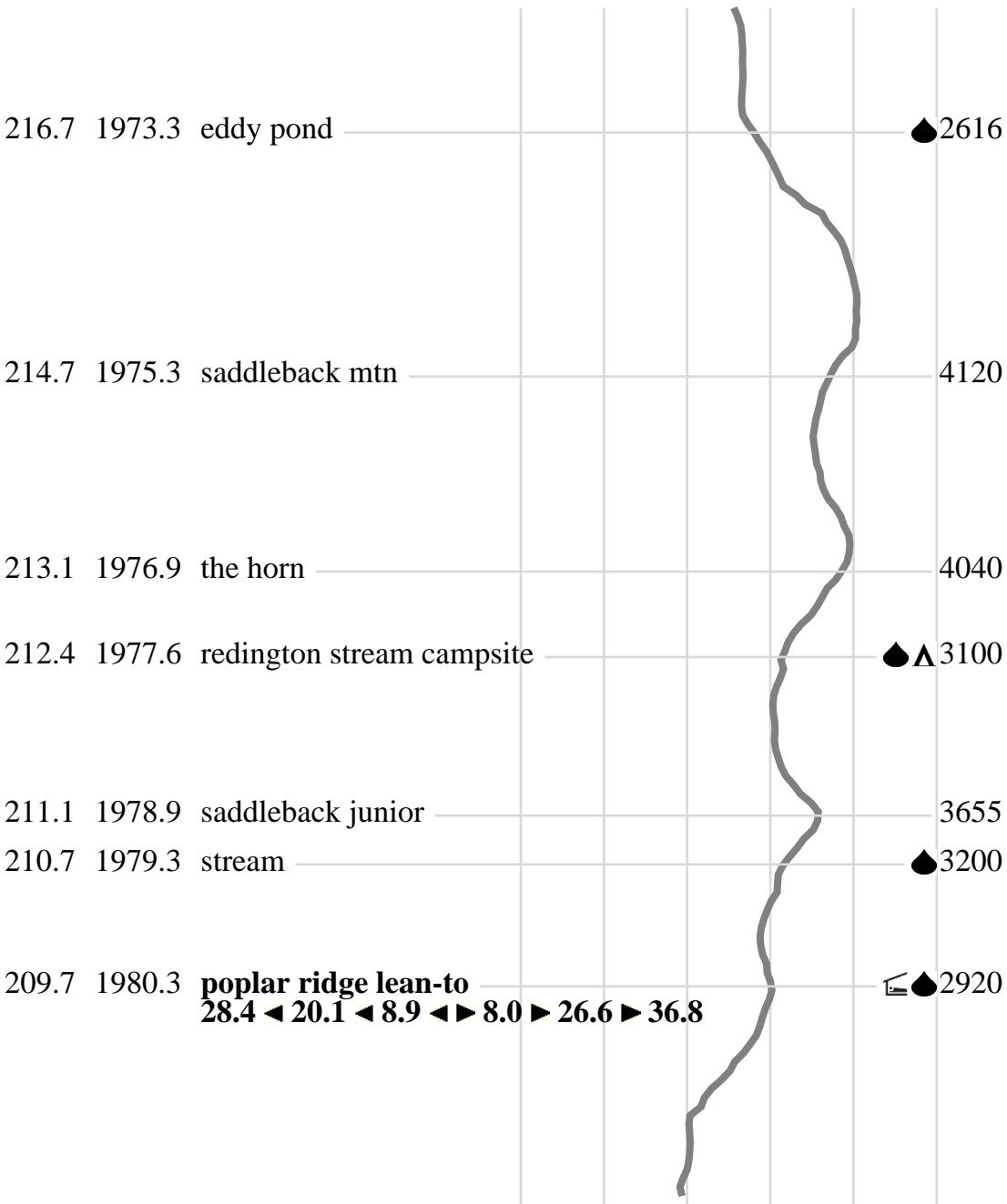
246.8 1943.2 south arm rd ▲ 1410

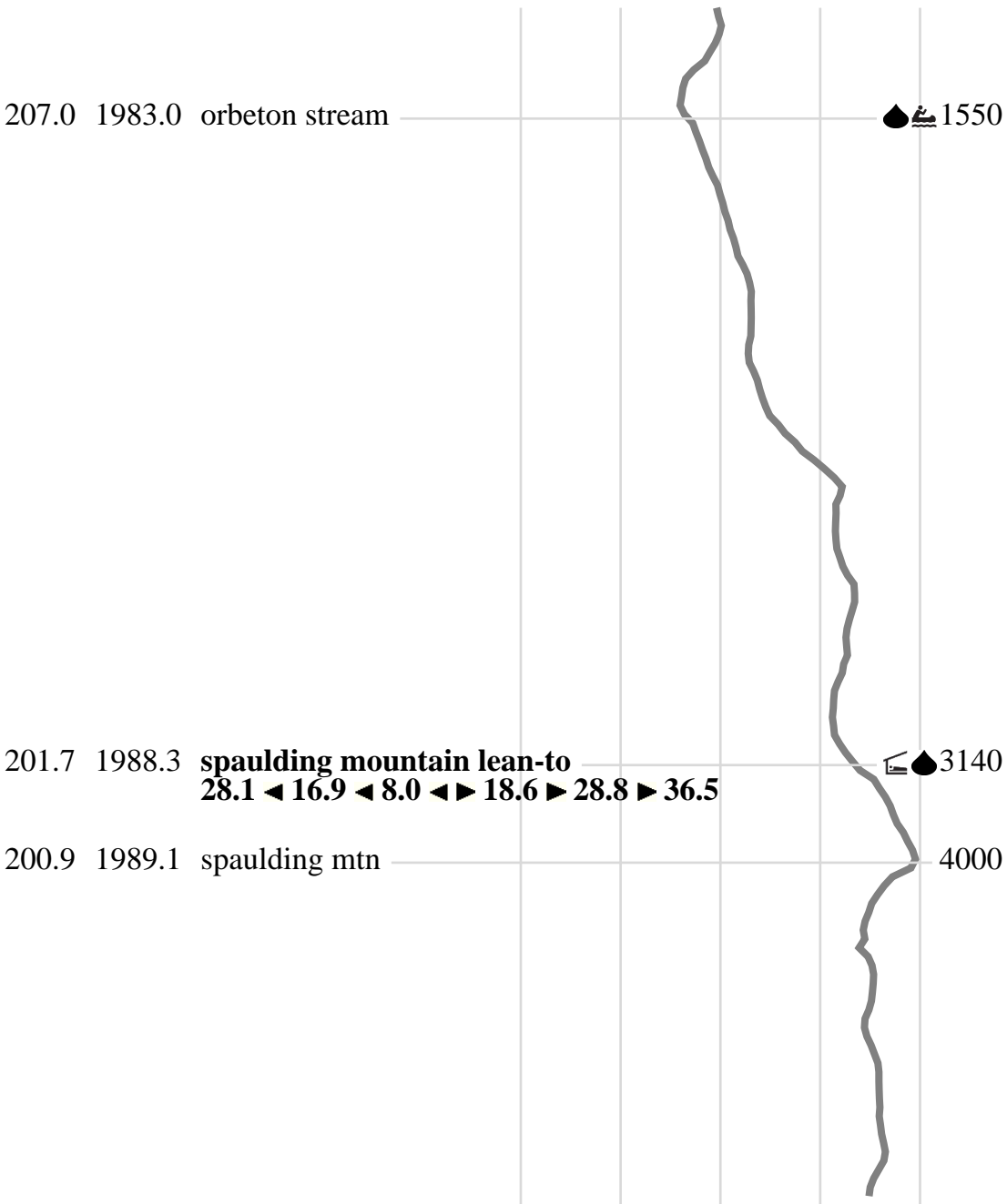
238.1 1951.9 **bemis mountain lean-to** ▼ 2790
26.8 ◀ 23.3 ◀ 12.8 ◀▶ 8.3 ▶ 19.5 ▶ 28.4

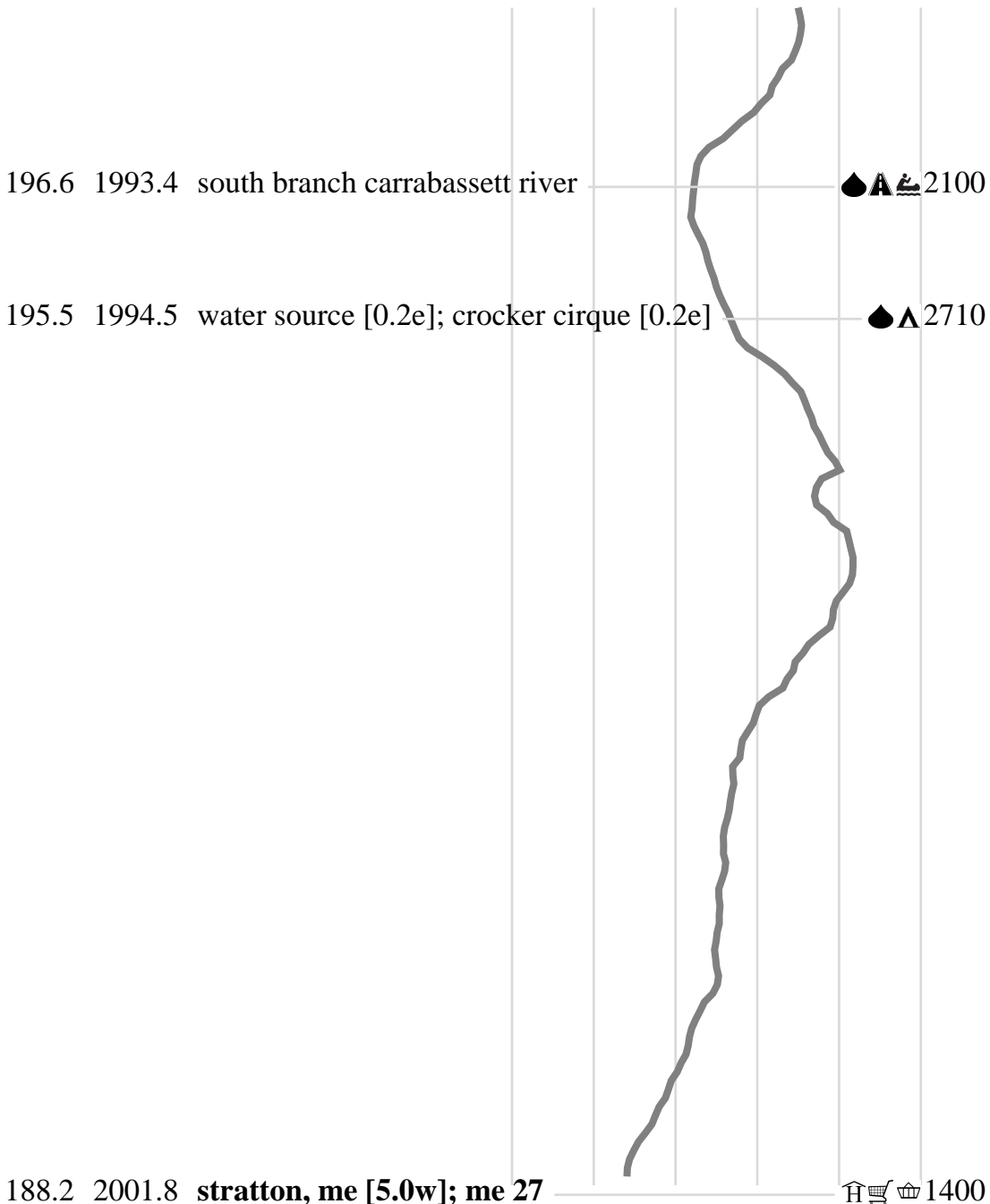










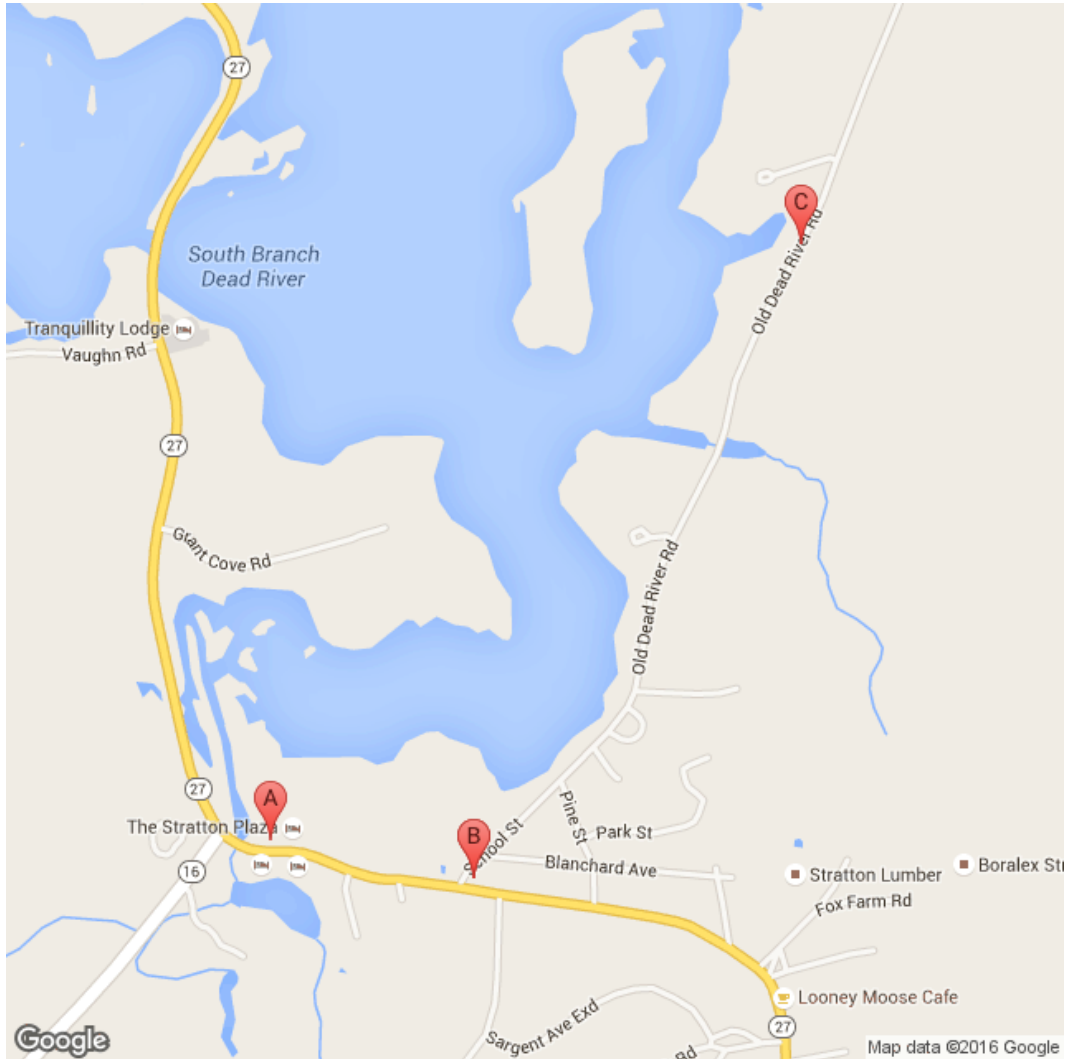


Rangeley, ME



A: IGA Supermarket, B: Rangeley Inn, C: Rangeley Public Library, D: Rangeley, ME PO, E: Red Onion, F: Saddleback Motor Inn, G: Sarges Pub and Grub

Stratton, ME



A: Fotters Market, B: Stratton Motel Hostel, C: Stratton, ME PO, D: The Maine Roadhouse

1956.5: Maine 17

Oquossoc, ME [11.0W]



Carry Road Country Store 87 Carry Road,
Oquossoc, ME, United States



Four Seasons Cafe



Gingerbread House 55 Carry Road,
Oquossoc, ME, United States



Oquossoc, ME PO (207) 864-3685 92 Carry
Road, Oquossoc, ME, United States 04964
M-F 8-1 1:30-4:15, Sa 9-12



Oquossocs Own B and B (207) 864-5584

1969.6: Maine 4

Rangeley, ME [9.0W]



IGA Supermarket 2185 Main Street,
Rangeley, ME, United States



Rangeley Inn (207) 864-3341 2443 Main
Street, Rangeley, ME, United States



Rangeley Public Library 7 Lake Street,
Rangeley, ME, United States



Rangeley, ME PO (207) 864-2233 Rangeley,
ME, United States 04970 M-F 9:30-12:30
1:30-4:15, Sa 9:30-12



Red Onion 2511 Main Street, Rangeley, ME,
United States



Saddleback Motor Inn (207) 864-3434 2303
Main Street, Rangeley, ME, United States



Sarges Pub and Grub 2454 Main St,
Rangeley, ME, United States

2001.8: ME 27

Stratton, ME [5.0W]



Fotters Market 157 Main Street, Stratton,
ME, United States



Northland Cash Supply 152 Main St.,
Stratton, ME 04982



Old Mill Laundromat



Stratton Motel Hostel (207) 246-4171
<http://www.thestrattonmotel.com> Stratton
Motel and Hostel, P.O. Box 284, Stratton, ME
04982



Stratton, ME PO (207) 246-6461 95 Main St
, Stratton, ME 04982, United States 04982
M-F 9:00-1 1:30-4, Sa 9-11:30



The Maine Roadhouse (207) 246-2060
<http://www.maineroadhouse.com> Stratton
Motel and Hostel, P.O. Box 284, Stratton, ME
04982



White Wolf Cafe

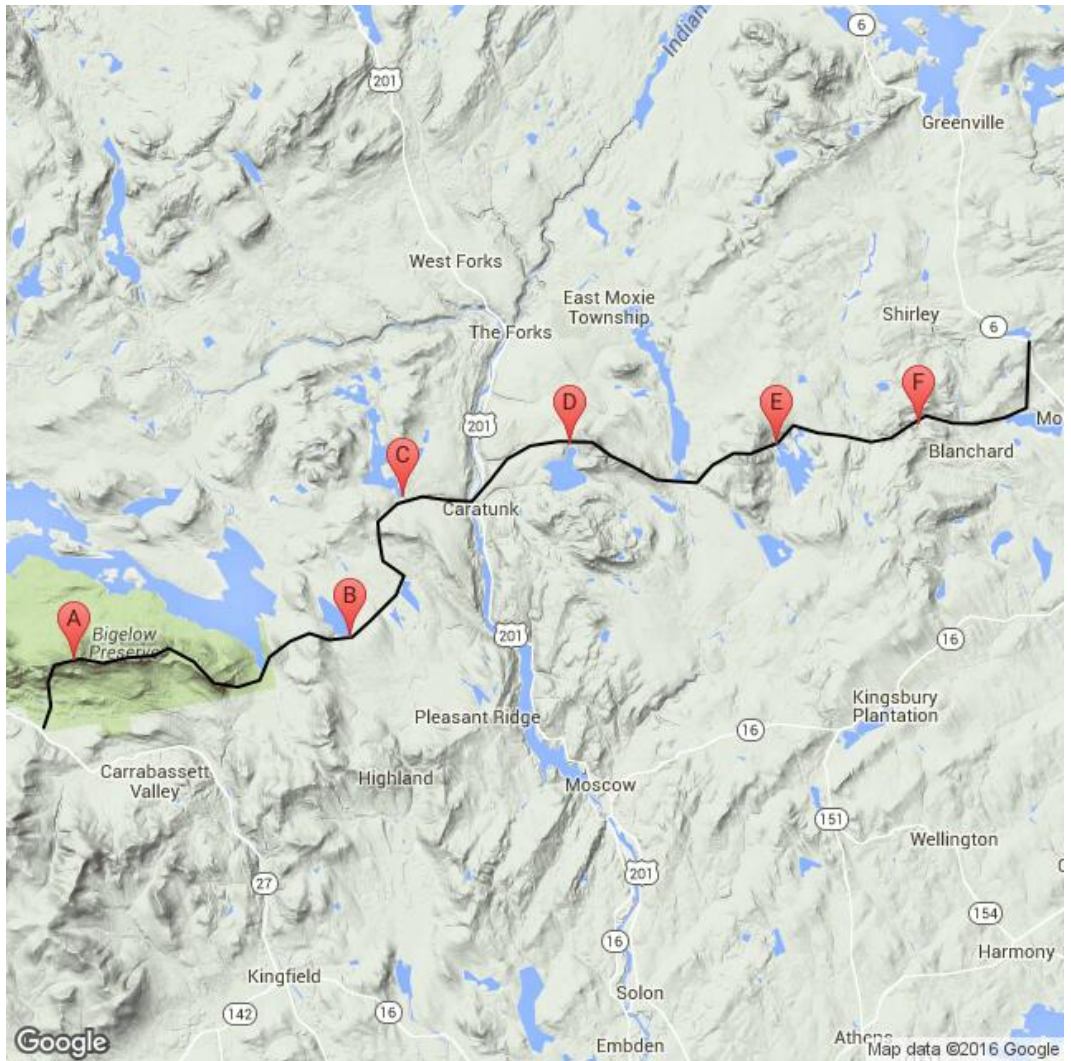
Stratton to Monson

ME 27 to ME 15

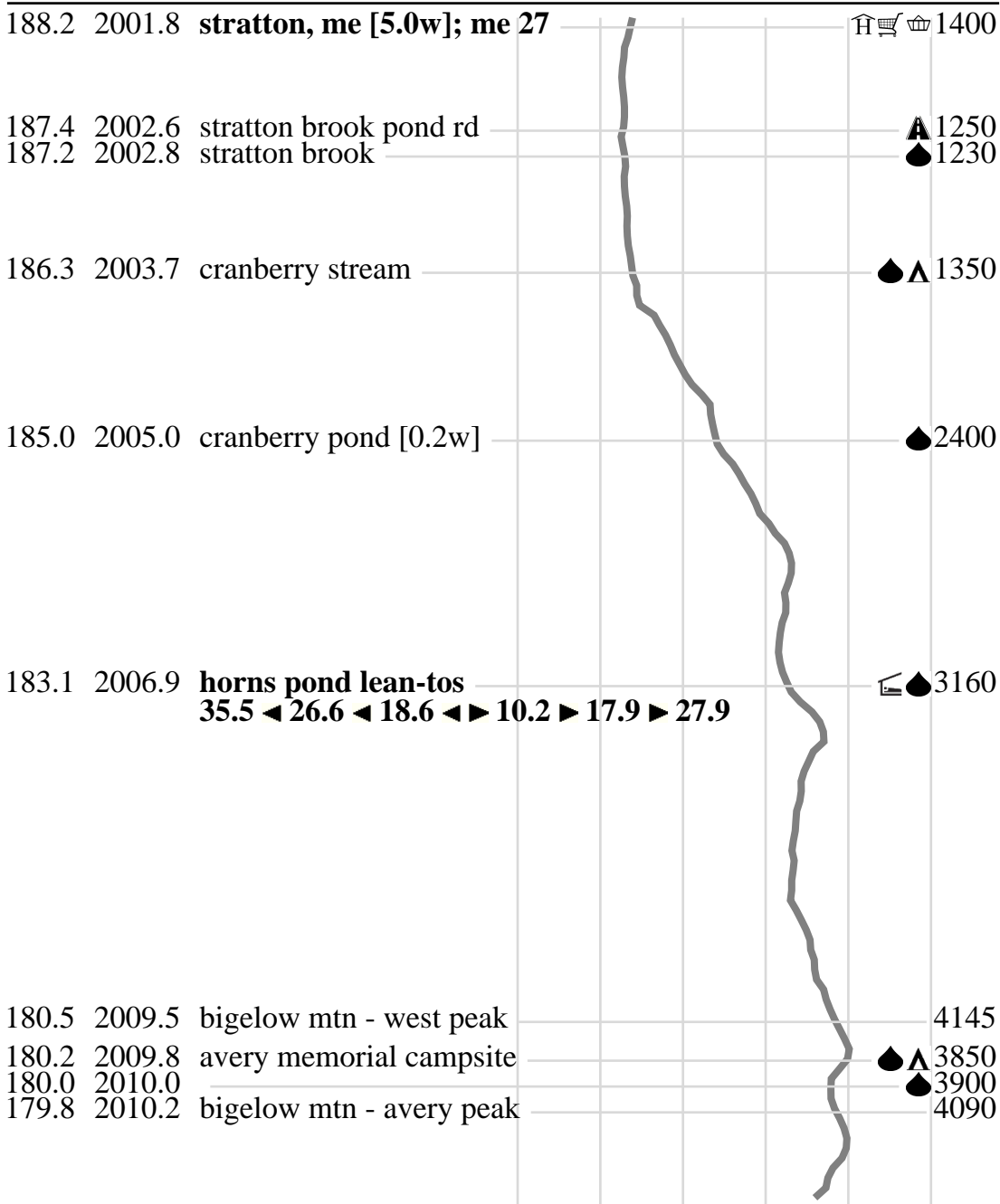
73.7 miles, avg. grade: 6.7%, high: 4145 ft, low: 490 ft

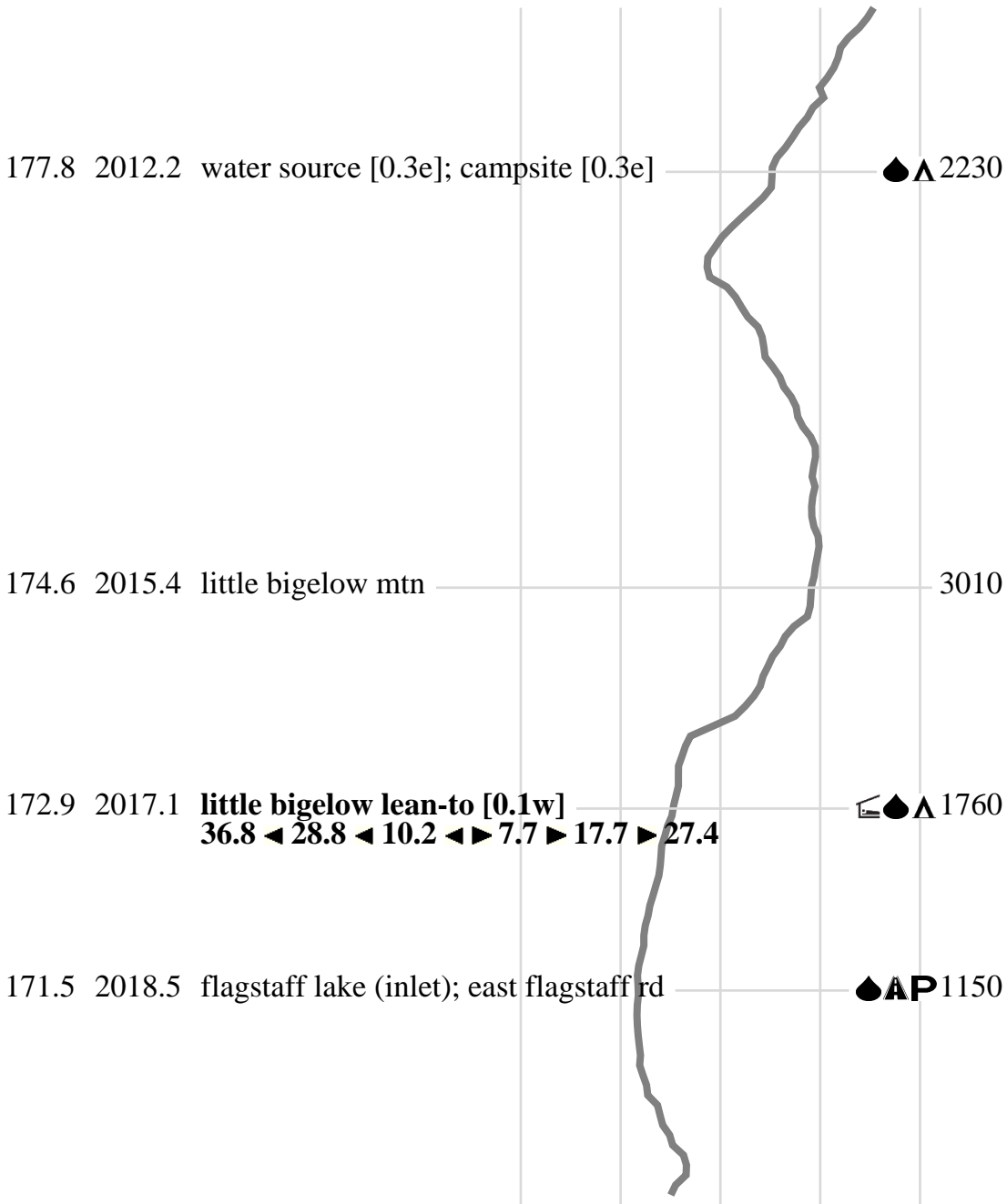
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3042>.

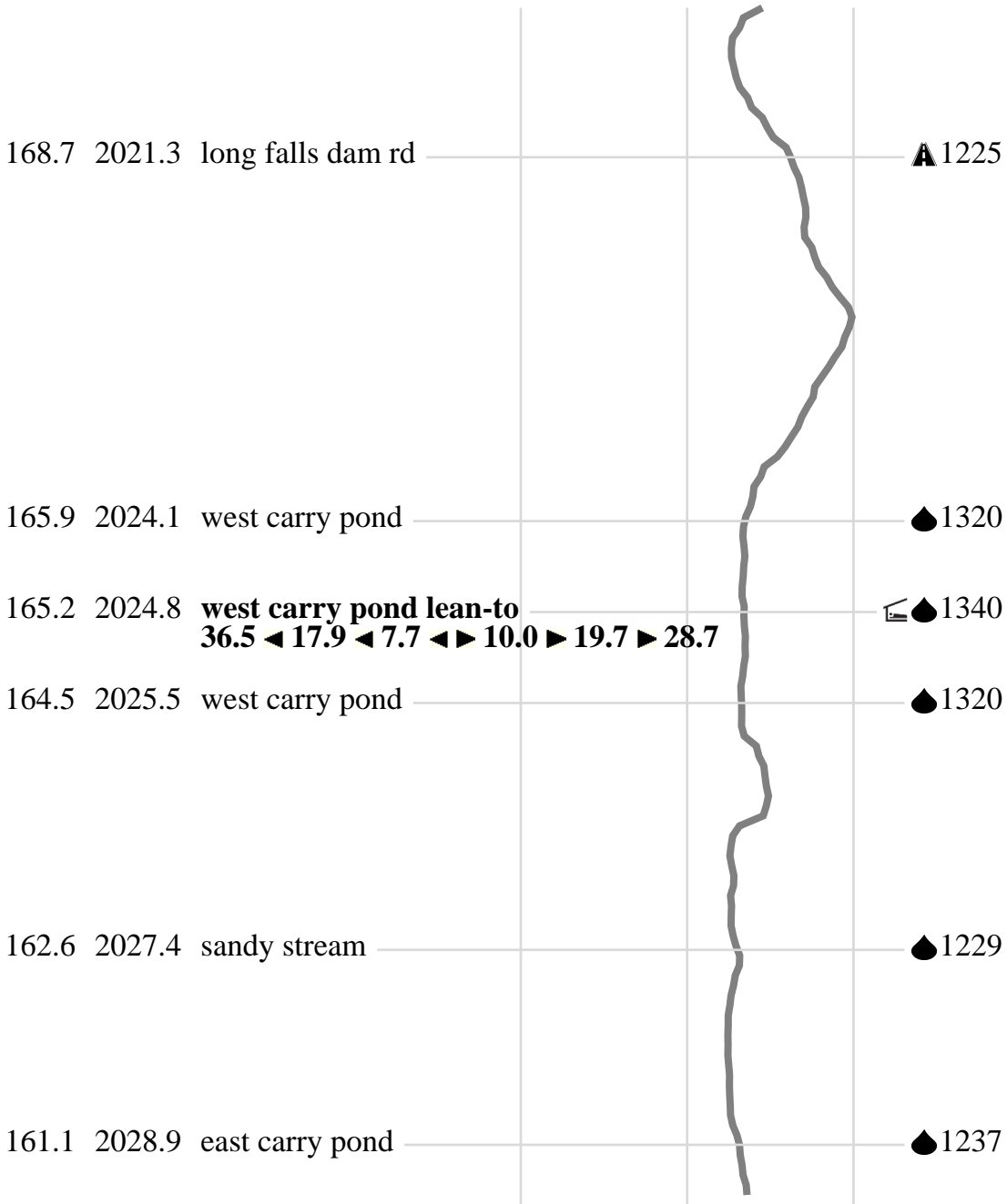
Thank you [trpost](#) for contributing the most recent edits to this section!

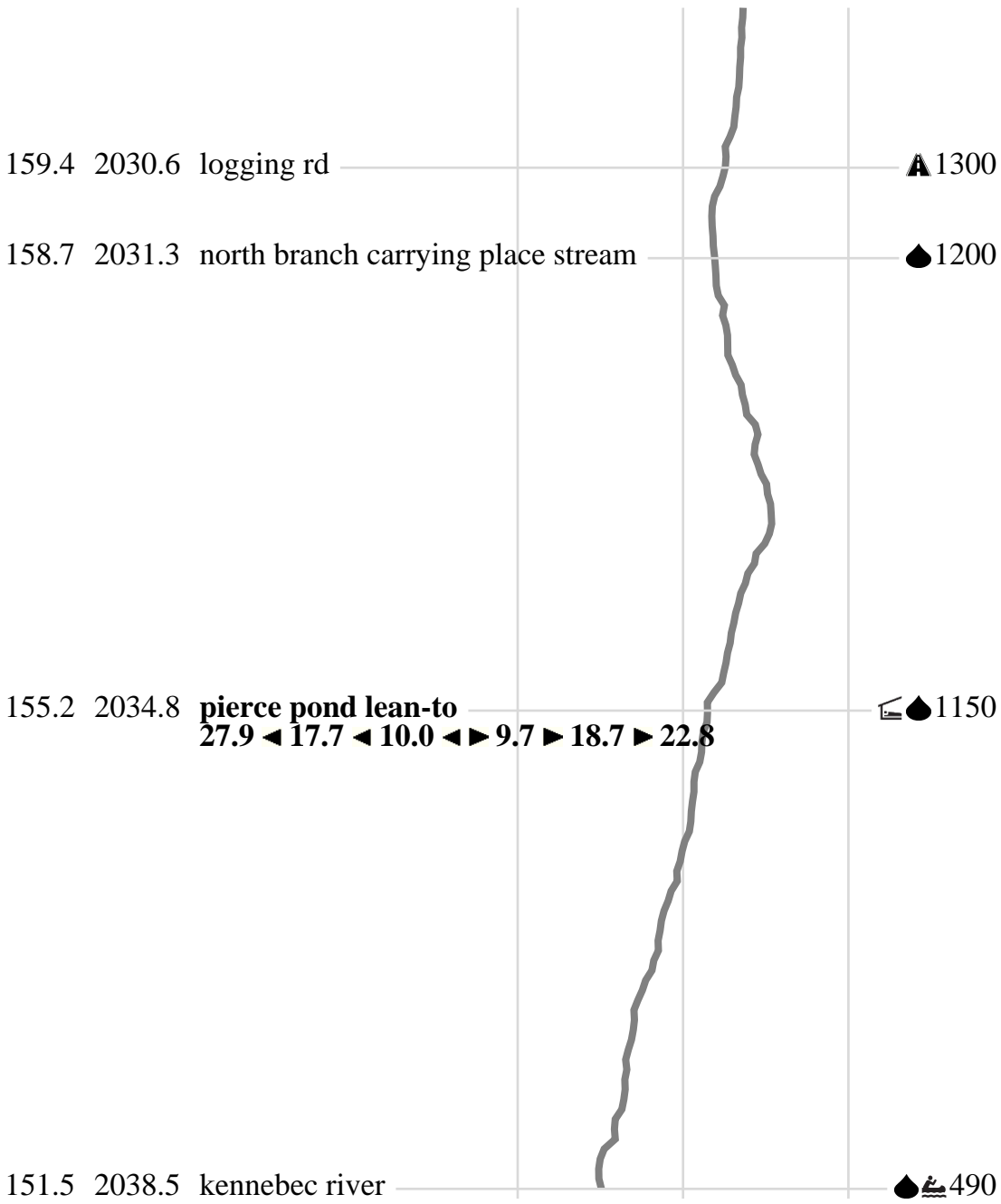


A: Horns Pond Lean-to, B: West Carry Pond Lean-to, C: Pierce Pond Lean-to, D: Pleasant Pond Lean-to, E: Moxie Bald Lean-to, F: Horseshoe Canyon Lean-to









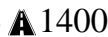
151.2 2038.8 caratunk, me [0.3e]



148.5 2041.5 holly brook



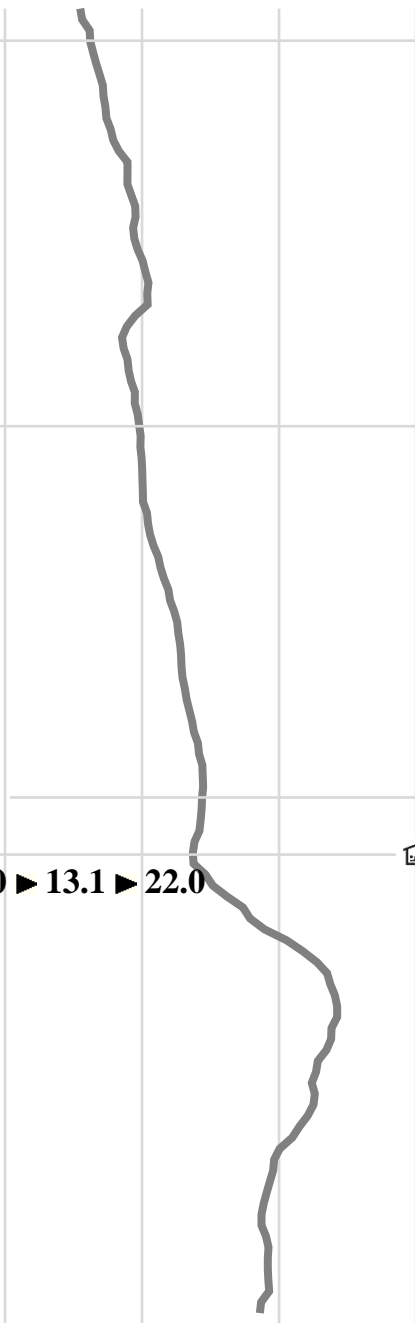
145.9 2044.1 boise-cascade logging rd

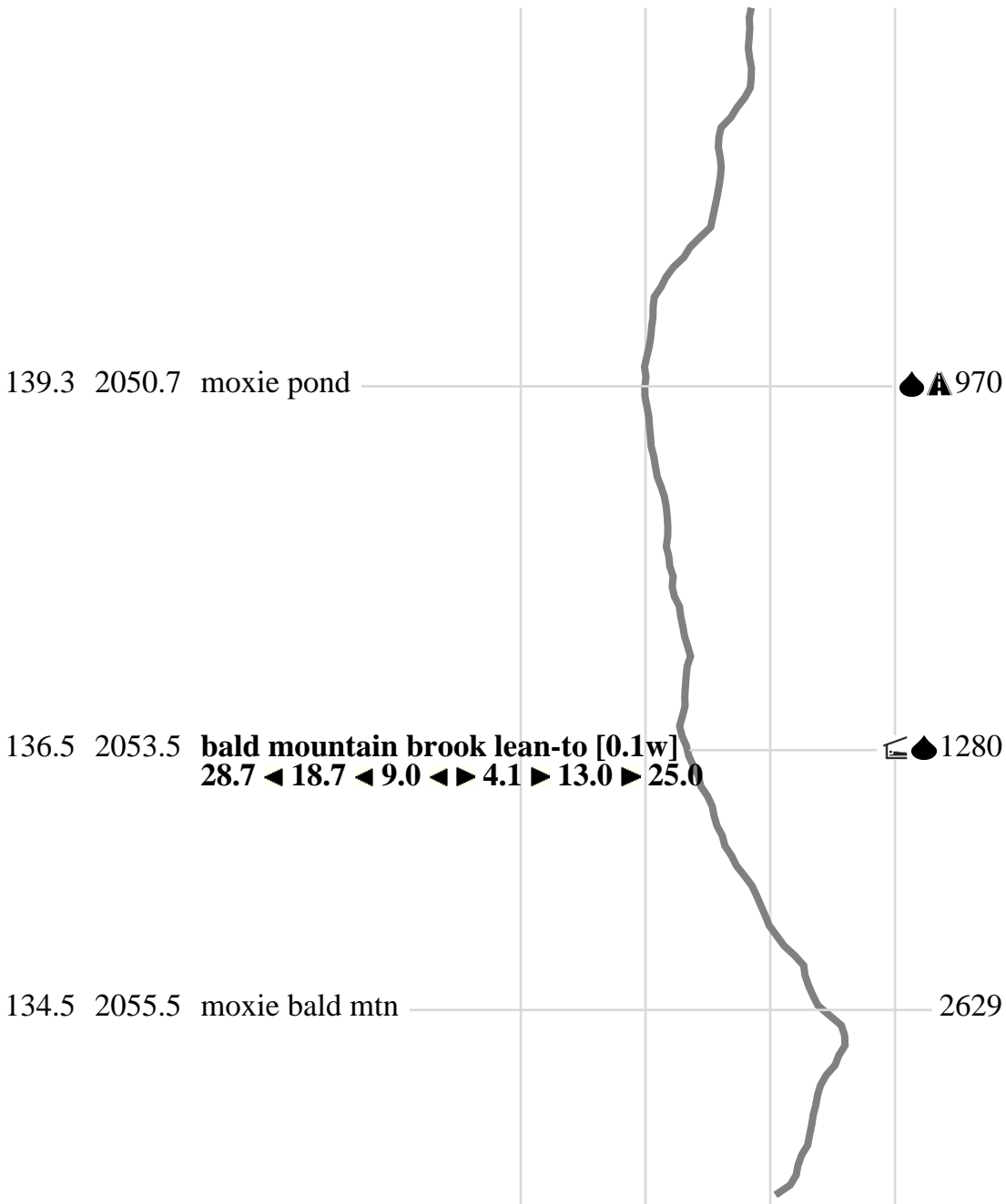


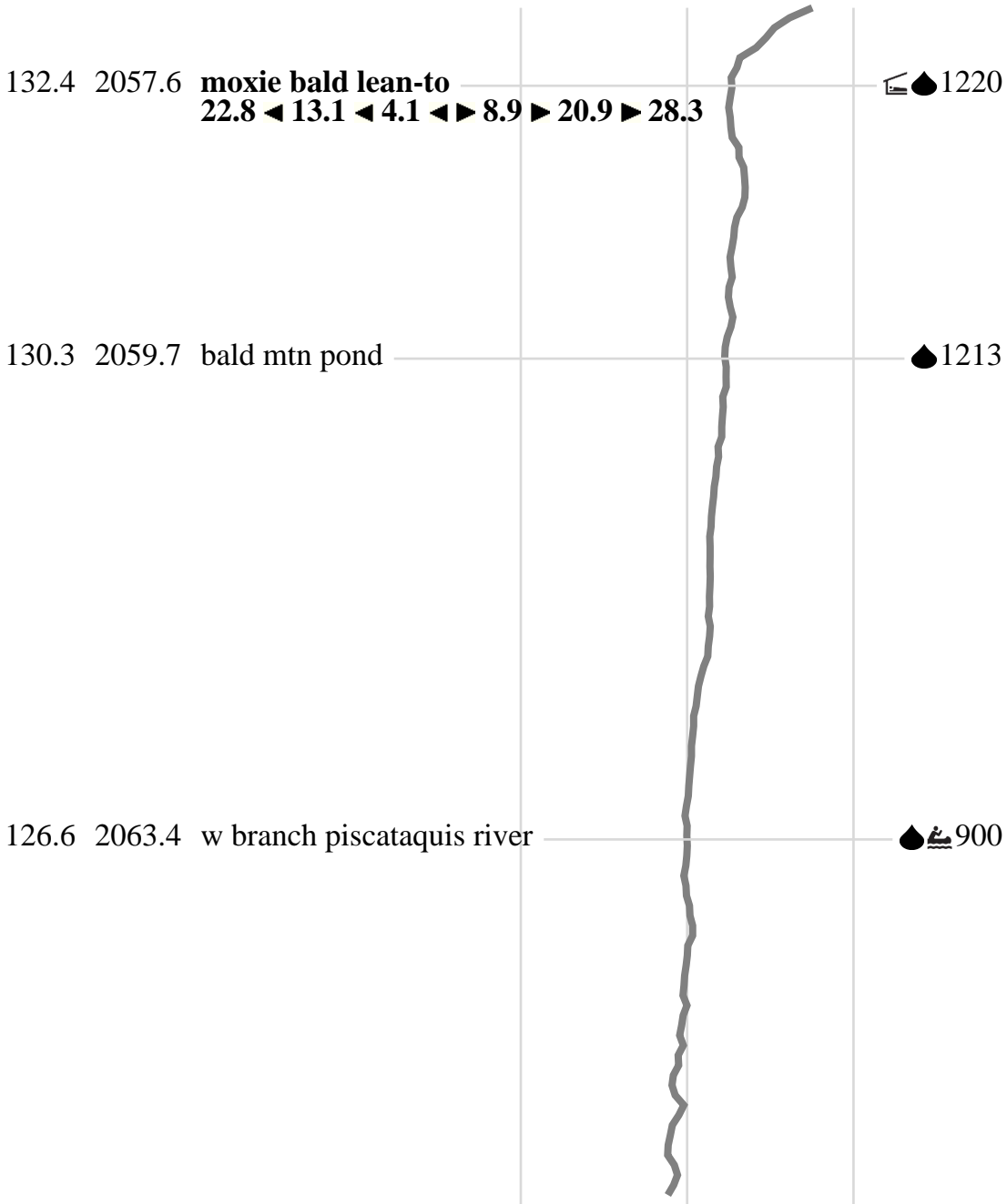
145.5 2044.5 pleasant pond lean-to



27.4 ◀ 19.7 ◀ 9.7 ◀ ▶ 9.0 ▶ 13.1 ▶ 22.0









Caratunk, ME



A: Caratunk, ME PO, B: The Sterling Inn

Monson, ME



A: Lakeshore House Lodging and Pub, B: Monson, ME PO, C: Shaws Lodging, D: Spring Creek BBQ

2038.8

Caratunk, ME [0.3E]



Caratunk, ME PO (207) 672-3416 172 Main Street, Caratunk, ME, United States 04925
M-F 7:30-11:30 12-3:45, Sa 7:30-11:15



The Sterling Inn [1.0E] (207) 672-3333
<http://www.mainesterlinginn.com> 1041 U.S.
201, P.O. Box 129, Caratunk, ME 04925



Spring Creek BBQ 26 Greenville Road,
Monson, ME, United States



Tims Monson General Store

2075.5: ME 15

Monson, ME [4.0E]



Buddy Ward (207) 343-2564



Lakeshore House Lodging and Pub (207)
997-7069 <http://www.lakeshore-house.com>
P.O. Box 215, Monson, ME 04464



Monson, ME PO (207) 997-3975 2
Greenville Road, Monson, ME, United States
04464 M-F 7:30-11:30 12:30-4, Sa 7:30-11



Nancy Putnam (207) 997-3684



Shaws Lodging (207) 997-3597
<http://www.shawslodging.com> P.O. Box 72,
Monson, ME 04464

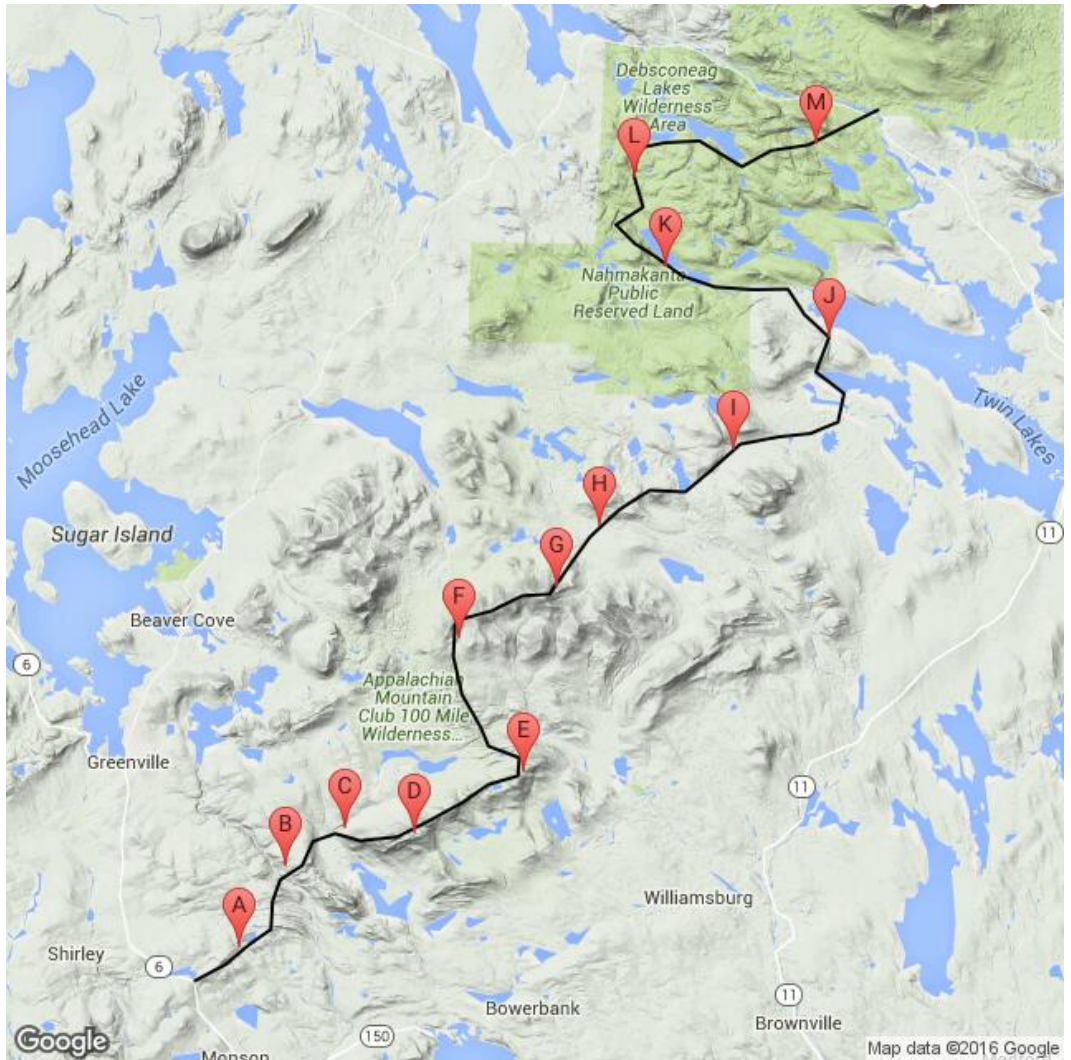
100 Mile Wilderness

ME 15 to Abol Br

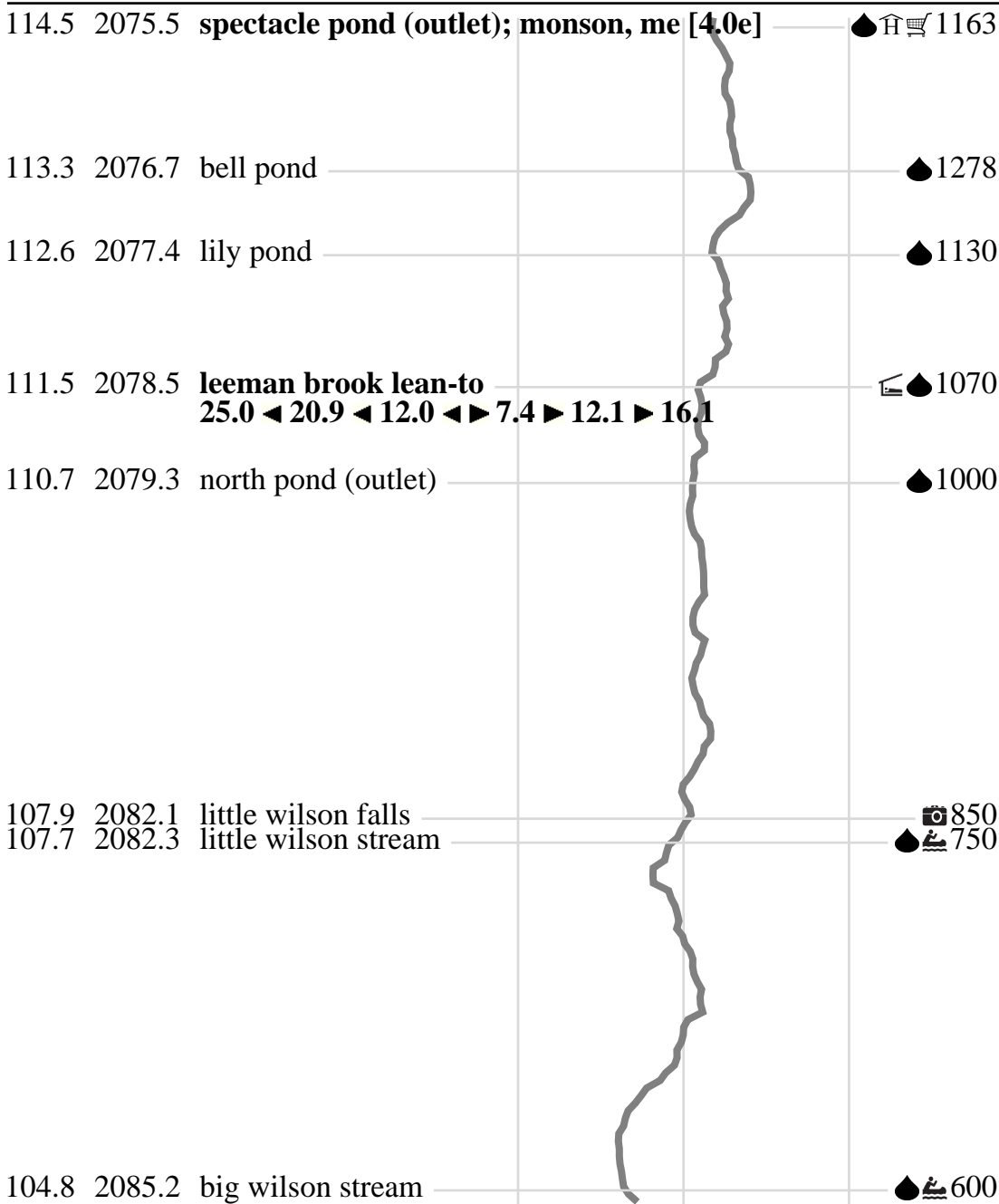
99.4 miles, avg. grade: 5.8%, high: 3650 ft, low: 500 ft

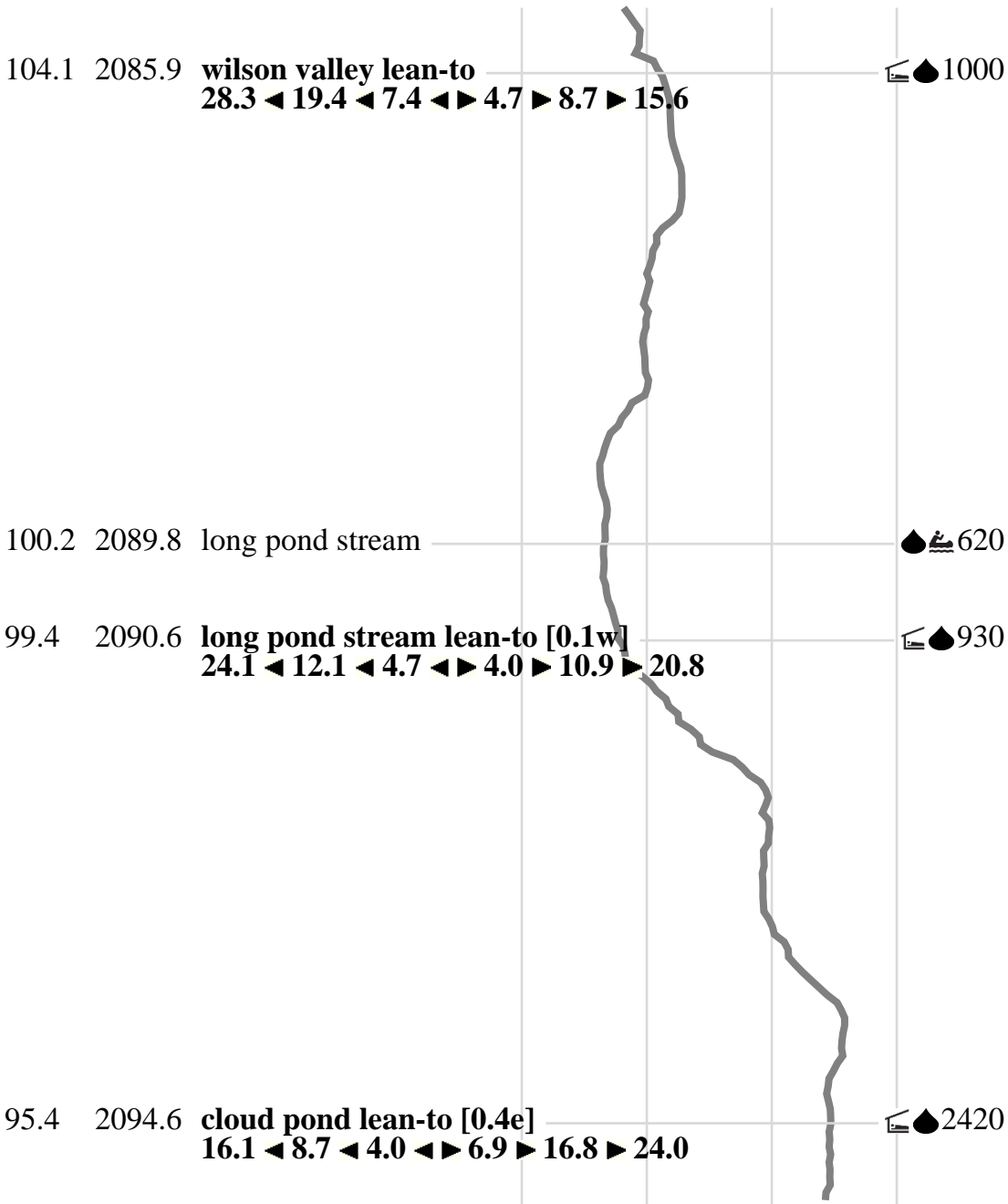
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3043>.

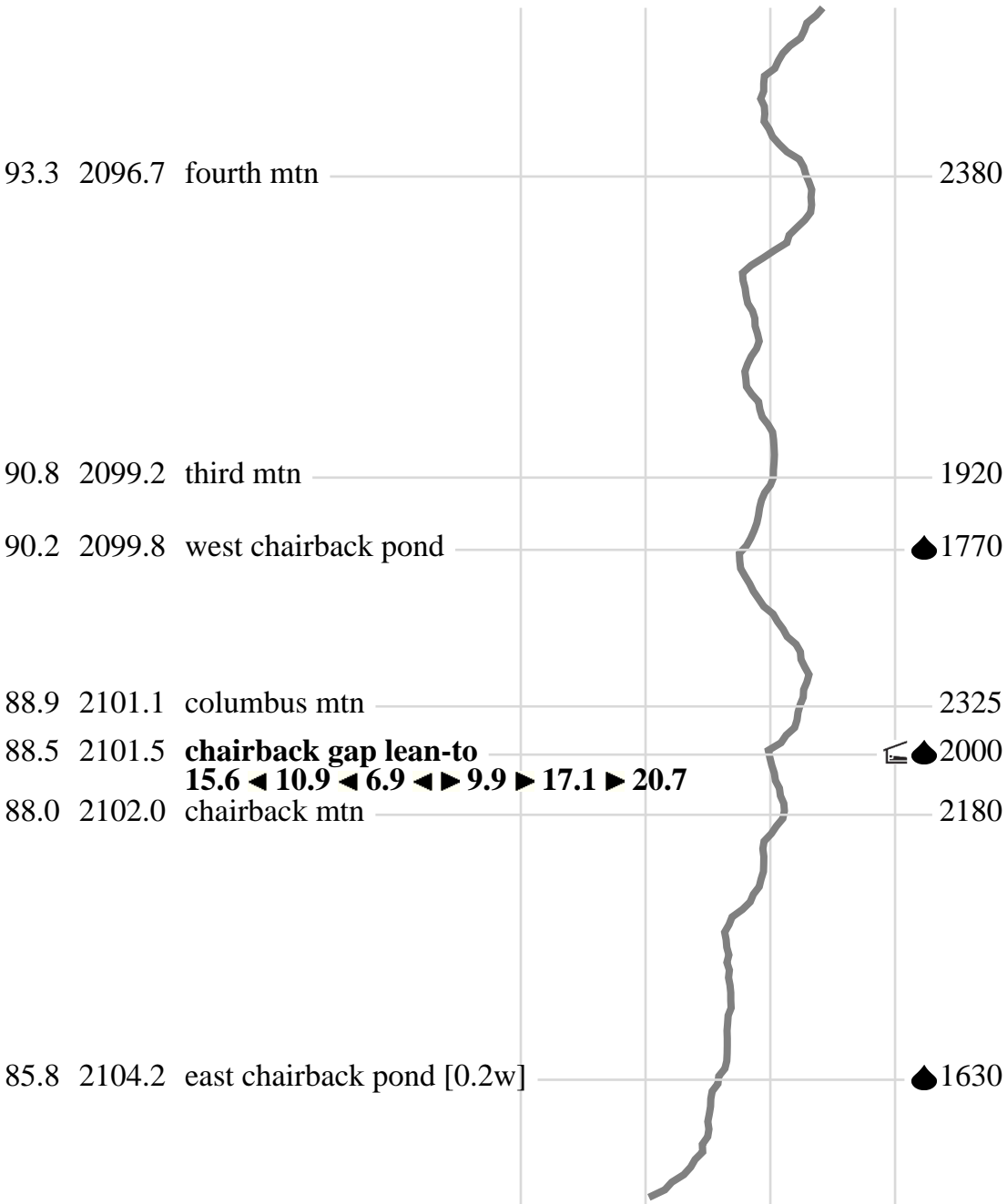
Thank you [trpost](#) for contributing the most recent edits to this section!

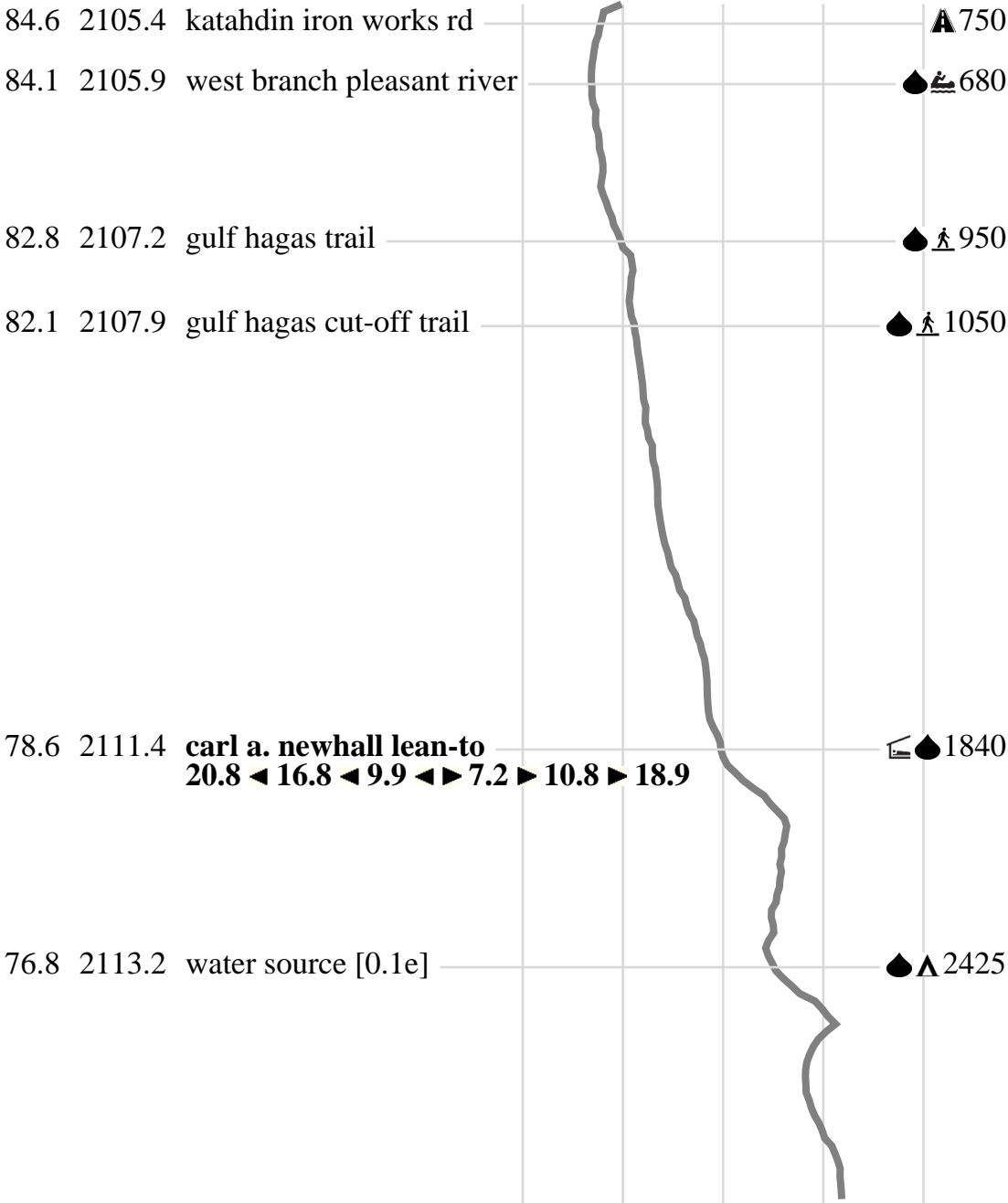


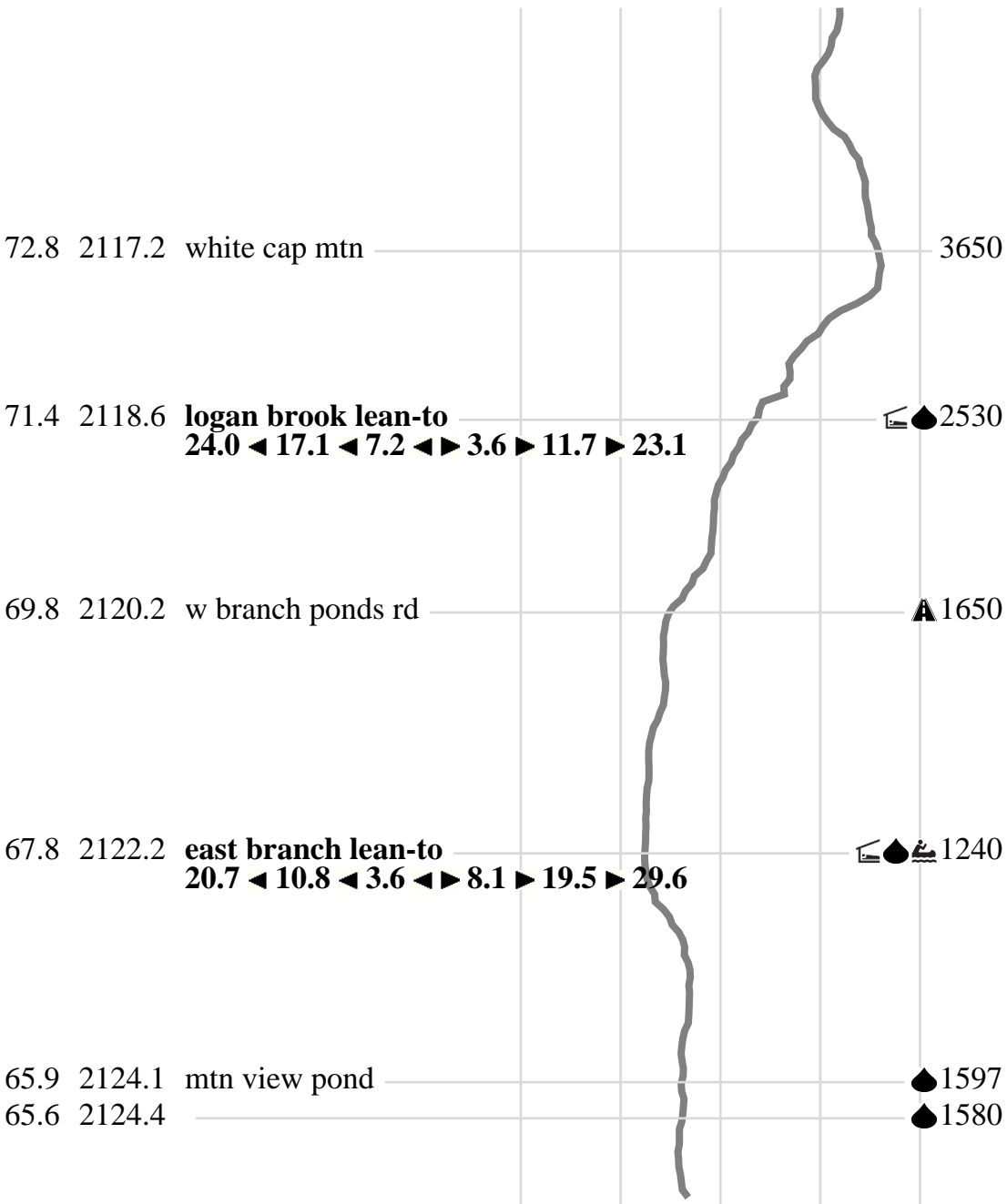
A: Leeman Brook Lean-to, B: Wilson Valley Lean-to, C: Long Pond Stream Lean-to, D: Cloud Pond Lean-to, E: Chairback Gap Lean-to, F: Carl A. Newhall Lean-to, G: Logan Brook Lean-to, H: East Branch Lean-to, I: Cooper Brook Falls Lean-to, J: Potaywadjo Spring Lean-to, K: Wadleigh Stream Lean-to, L: Rainbow Stream Lean-to, M: Hurd Brook Lean-to

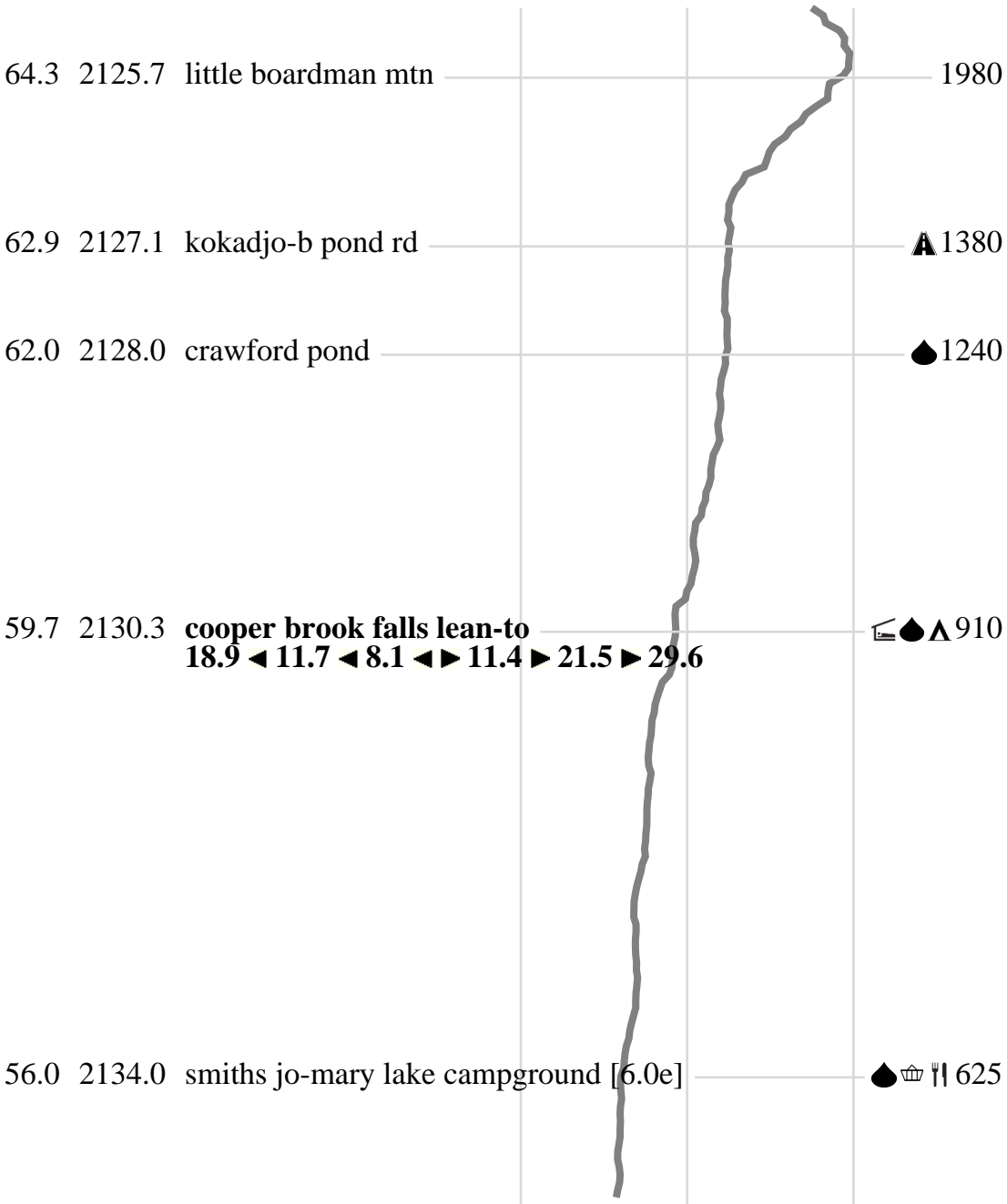


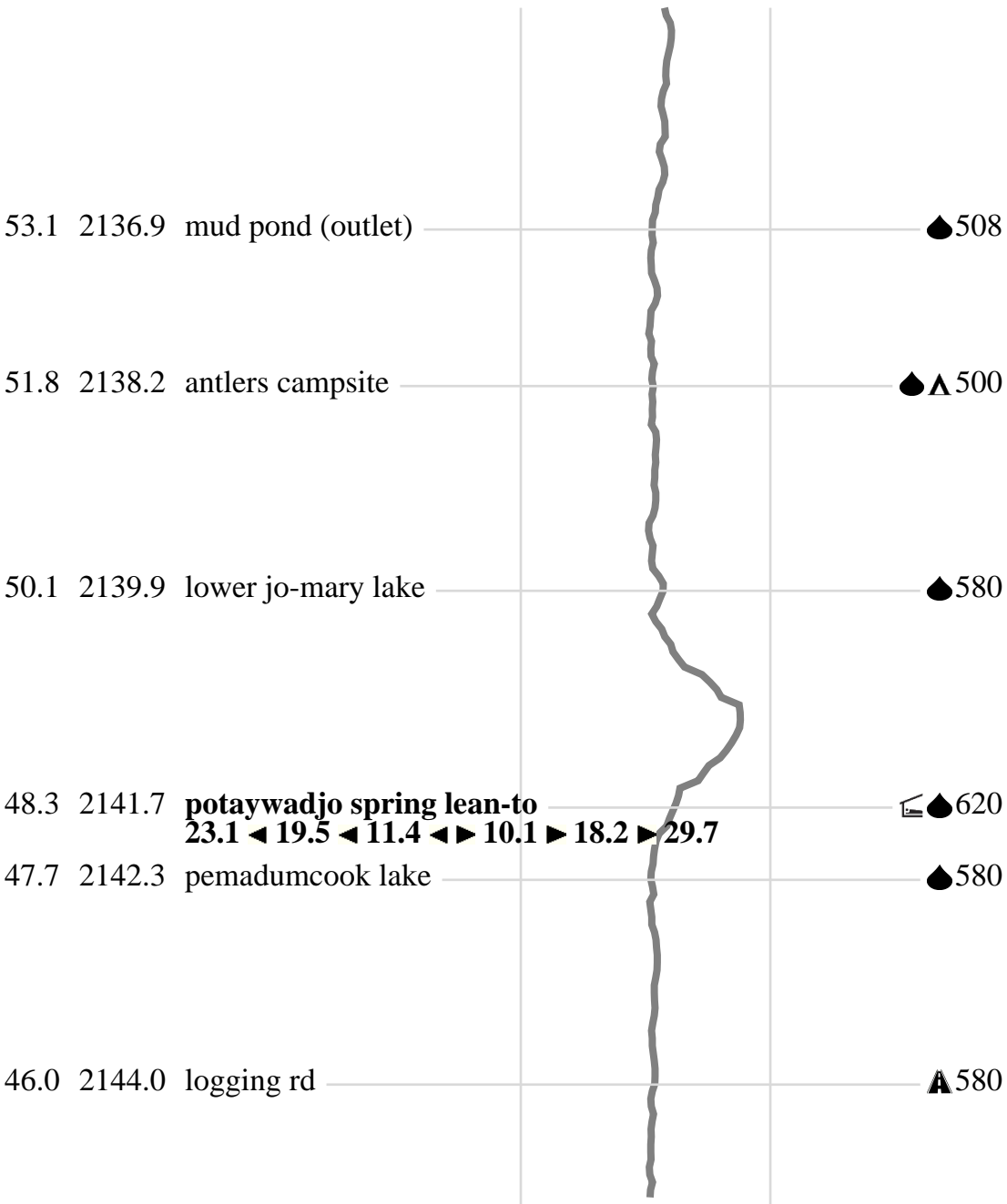


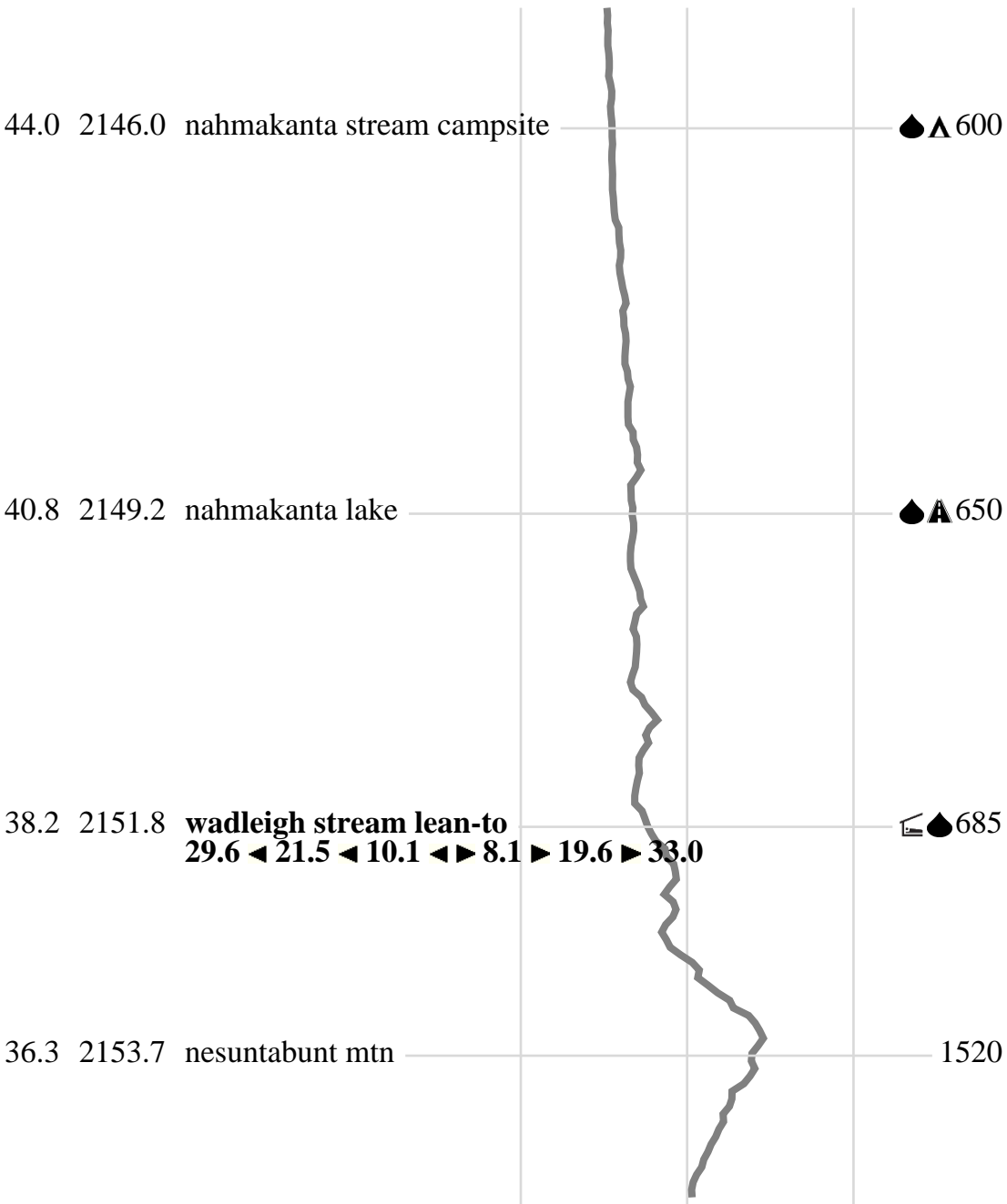


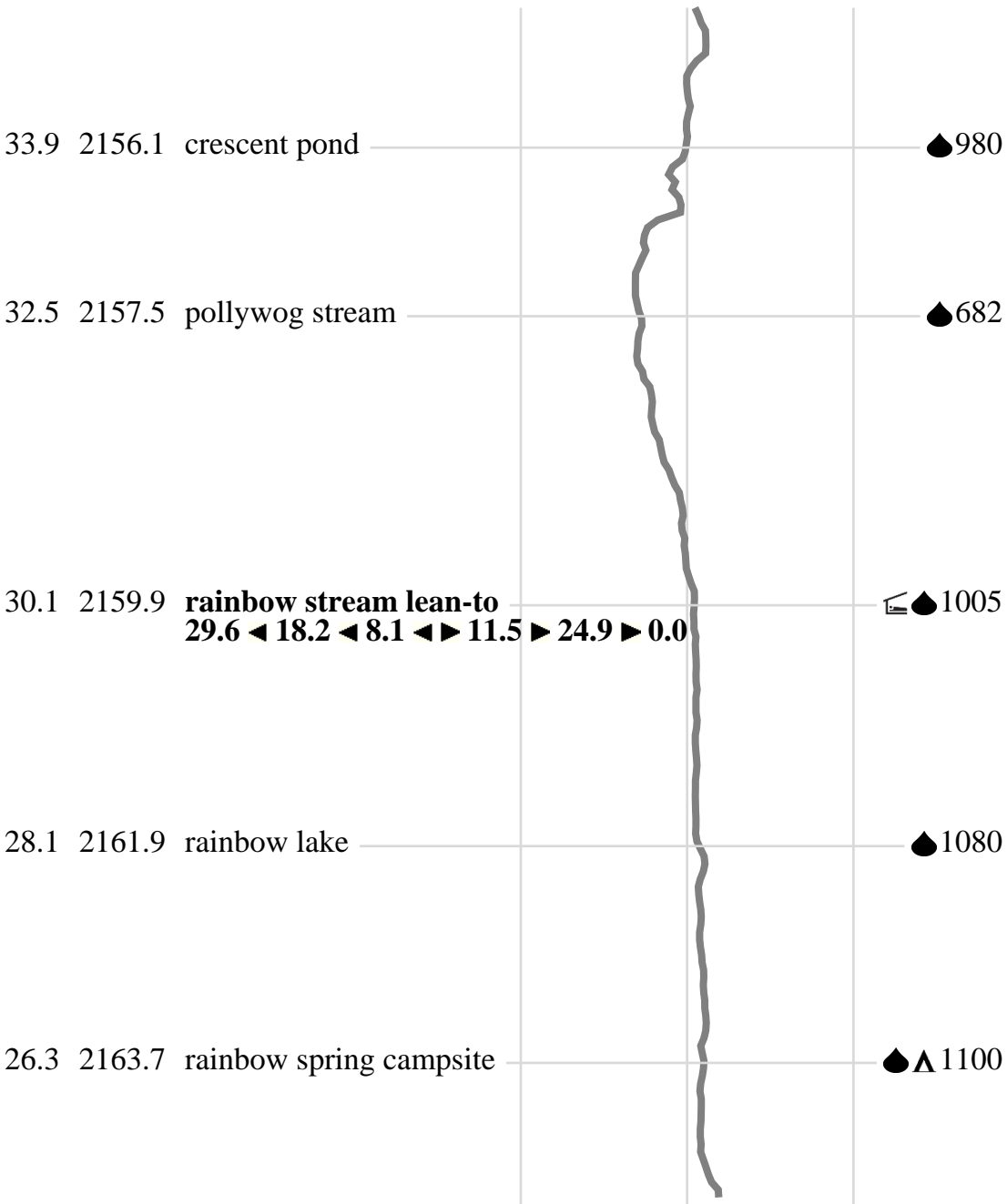


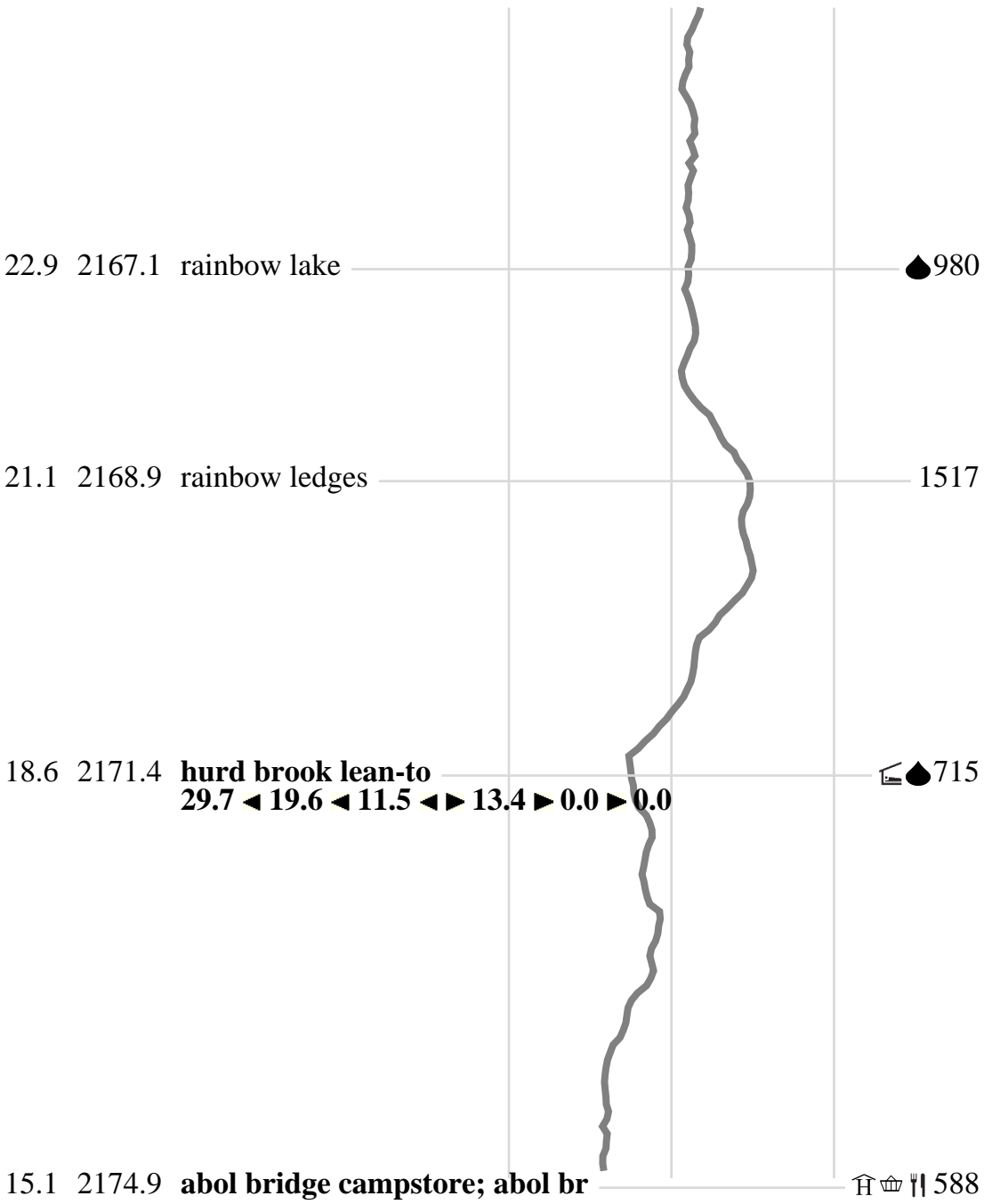




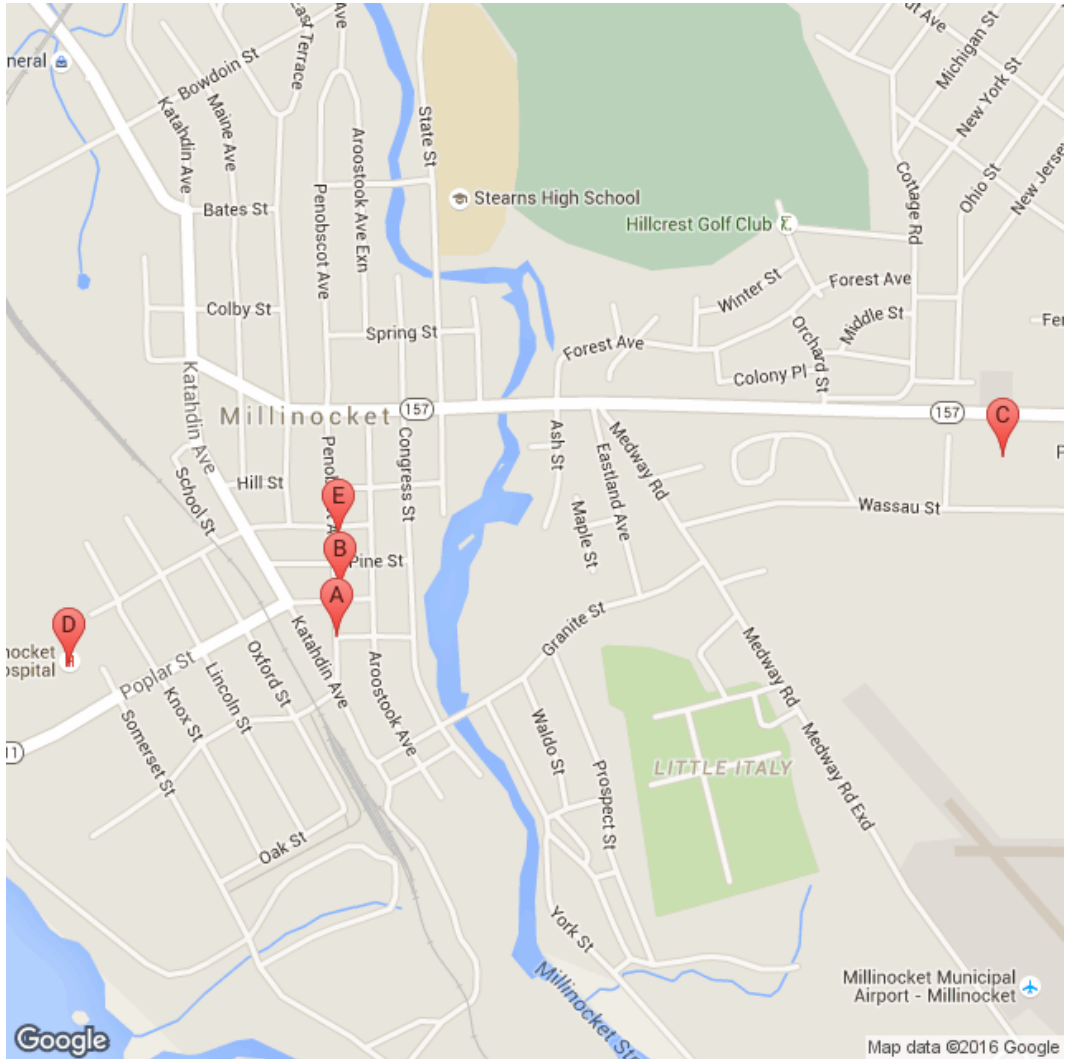








Millinocket, ME



A: Appalachian Trail Lodge and Cafe, B: Blue Ox Saloon, C: Econolodge Inn and Suites, D: Millinocket Regional Hospital, E: Millinocket, ME PO

2122.5



East Branch Pleasant River

2134.0: Jo-Mary Rd



Smiths Jo-Mary Lake Campground [6.0E]

(207) 723-8117

<http://www.campmaine.com/jo-mary>

2174.9: Abol Br



Abol Bridge Campstore Open in the summer. Subs, sandwiches, beer and ice cream.

Millinocket, ME [20.0E]



Appalachian Trail Lodge and Cafe (207)

723-4321

<http://www.appalachiantrailodge.com> 33

Penobscot Ave., Millinocket, ME 04462



Best Value Heritage Motor Inn (207)

723-9777



Blue Ox Saloon 61 Penobscot Ave

Millinocket, ME 04462



Econolodge Inn and Suites (207) 723-4555

740 Central Street, Millinocket, ME, United States



Millinocket Regional Hospital (207)

723-5161 200 Somerset Street, Millinocket, ME, United States



Millinocket, ME PO (207) 723-5921

Millinocket, ME, United States 04462 M-F 9-4, Sa 9-11:30



Town Taxi (207) 723-2000

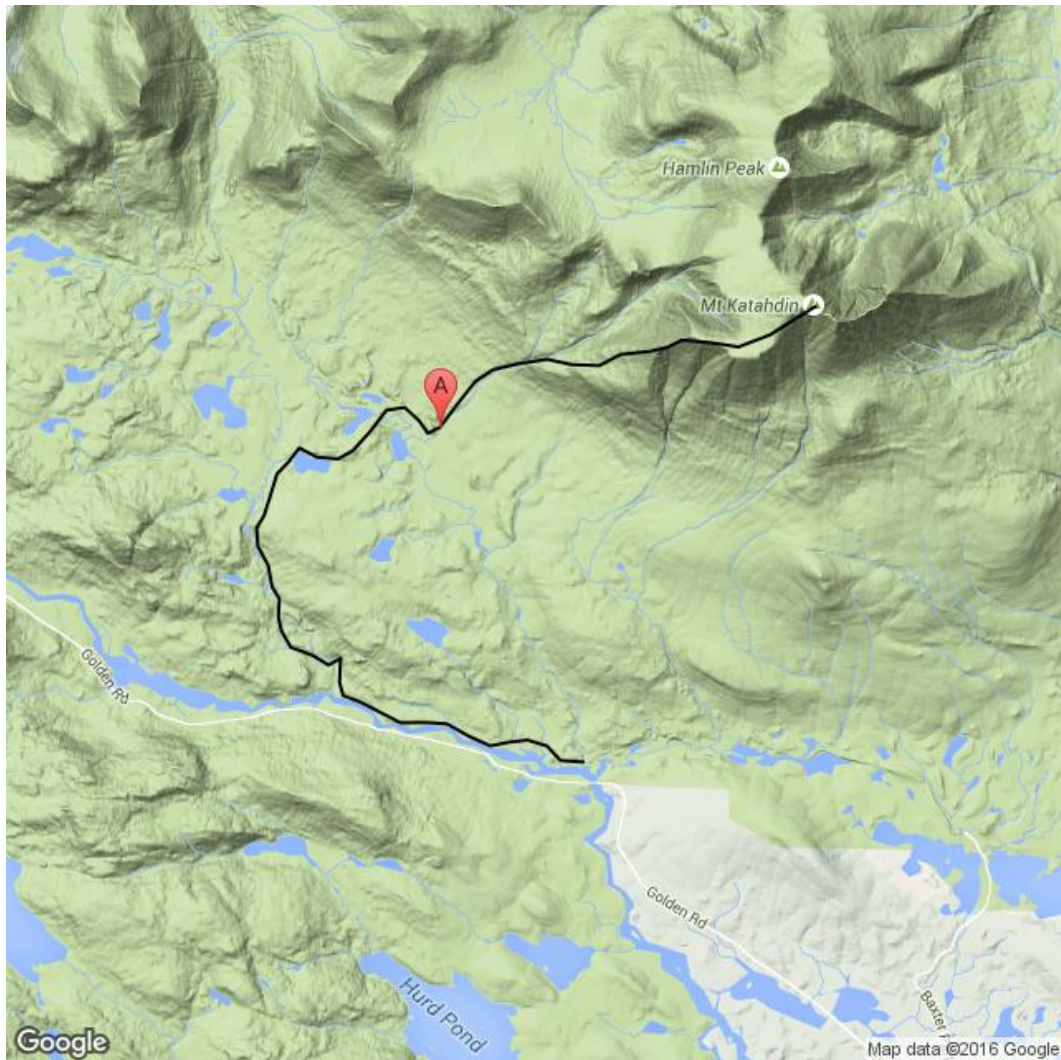
Baxter

Baxter

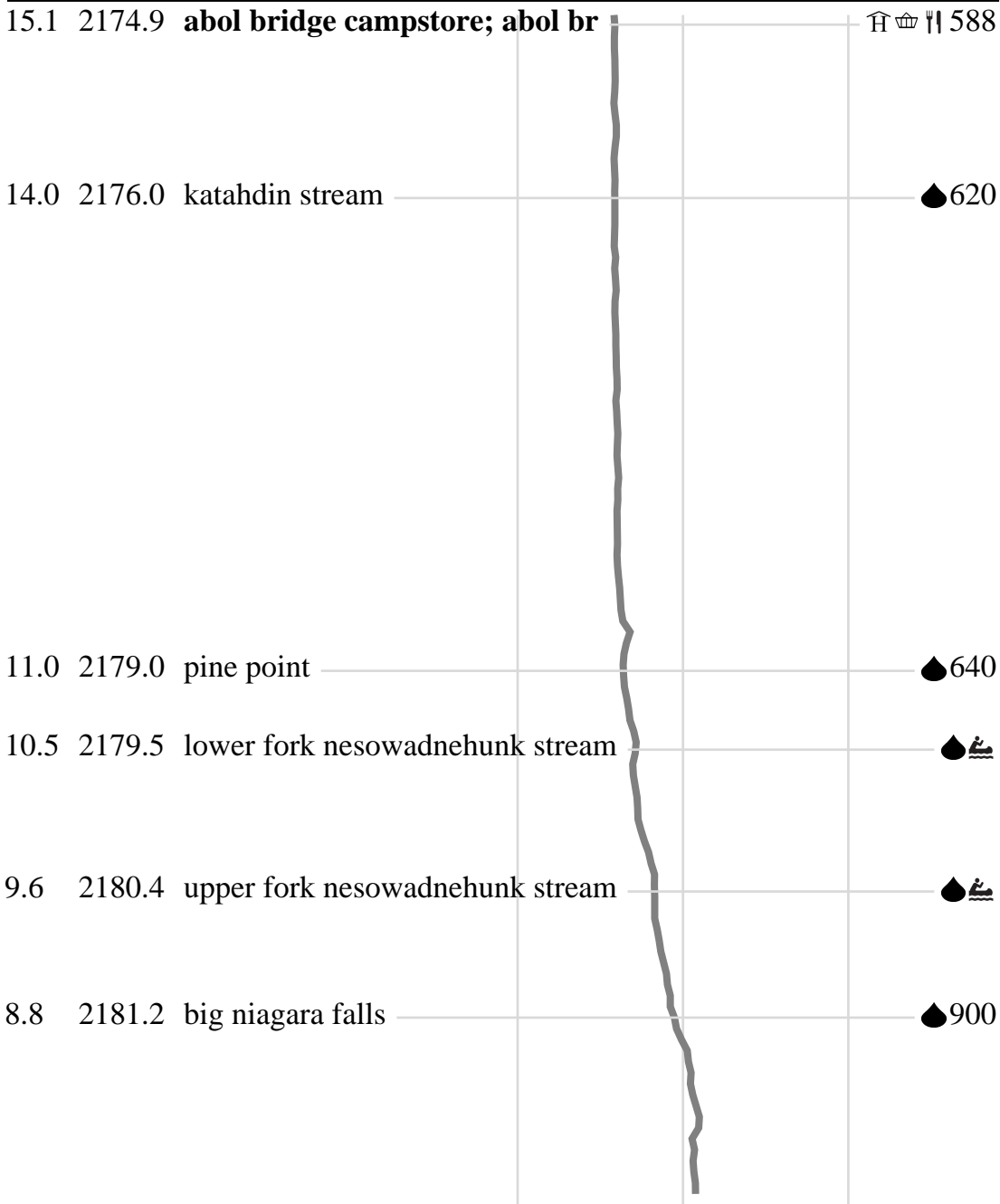
15.1 miles, avg. grade: 6.8%, high: 5268 ft, low: 582 ft

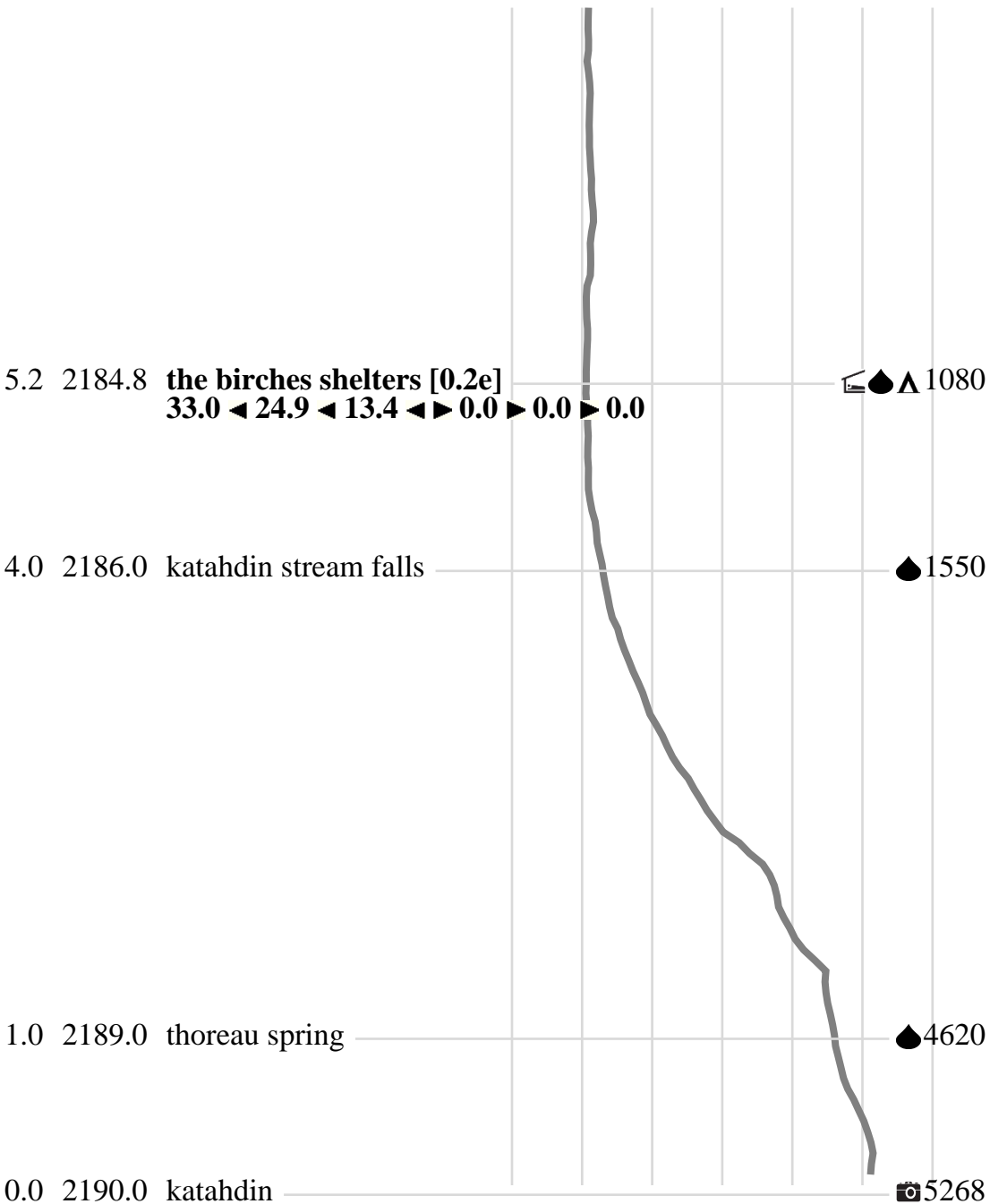
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3044>.

Thank you [trpost](#) for contributing the most recent edits to this section!



A: The Birches Shelters





2184.8



The Birches Shelters [0.2E] Only NoBo

long-distance hikers are allowed to stay here.