



Appalachian Trail Hike 2010

Thru-Hike Itinerary

www.beautybeneaththedirt.com

Note: This itinerary was created prior to beginning our thru-hike on March 10, 2010. Though this itinerary was helpful in keeping us on track for our mid-August deadline, it was not used on a day-to-day basis.

*Unless otherwise stated, each rest area has H2O nearby.

*PO = Post Office; G = Grocery; O = Outfitter; L = Laundry; F = Fuel; S = Shower

*See Appalachian Trail Thru-Hiker's Companion for more details re towns, amenities, famous sites, etc.

DAY	ETA	PLACE	DAILY DISTANCE	FROM SPRINGER	TO KATAHDIN	RESUPPLY / DOCUMENTARY
1	7-Mar	EMILY TRAVELS TO JERSEY	0	0	2178.3	
2	8-Mar	TRAVEL TO SPRINGER MTN	0	0	2178.3	HELLO GEORGIA!
3	9-Mar	Hawk Mountain Shelter	7.8	7.8	2170.5	
4	10-Mar	Gooch Mountain Shelter	7.3	15.1	2163.2	
5	11-Mar	Slaughter Creek Campsite	12.4	27.5	2150.8	<i>Blood Mtn Shelter is .8 mi north of here; highest peak on AT; but no H2O</i>
6	12-Mar	Whitley Gap Shelter	9.4	36.9	2141.4	Neels Gap – O, L, F, S, Internet
7	13-Mar	Blue Mountain Shelter	11.8	48.7	2129.6	
8	14-Mar	Deep Gap Shelter	15.3	64	2114.3	
9	15-Mar	Plumorchard Gap Shelter	8	72	2106.3	Hiawassee – 11 mi from trail
10	16-Mar	Standing Indian Shelter	12.2	84.2	2094.1	HELLO NORTH CAROLINA!
11	17-Mar	Big Spring Shelter	14.4	98.6	2079.7	
12	18-Mar	FRANKLIN, NC	9.1	107.7	2070.6	<i>Stay in town or stay at campsite .9 mi north of town. PO, G, O, L, F, Internet</i> ***MAIL DROP***
13	19-Mar	Wayah Shelter	11	118.7	2059.6	
14	20-Mar	Wesser Bald Shelter	10.6	129.3	2049	<i>Observation deck w/ panoramic views</i>
15	21-Mar	Sassafras Gap Shelter	12.6	141.9	2036.4	Nantahala Outdoor Center – whitewater rafting. G, L, S, F, O
16	22-Mar	Cable Gap Shelter	15.2	157.1	2021.2	
17	23-Mar	Fontana Dam Shelter	6.6	163.7	2014.6	Fontana Dam – highest dam in eastern US. 5 mi to G, PO, F, O, L
18	24-Mar	Mollies Ridge Shelter	11.3	175	2003.3	HELLO SMOKY MOUNTAINS!
19	25-Mar	Derrick Knob Shelter	11.7	186.7	1991.6	
20	26-Mar	Mt. Collins Shelter	13.5	200.2	1978.1	<i>Clingmans Dome, highest point on AT</i>
21	27-Mar	Pecks Corner Shelter	14.9	215.1	1963.2	
22	28-Mar	Cosby Knob Shelter	12.9	228	1950.3	
23	29-Mar	Standing Bear Farm	10.4	238.4	1939.9	Standing Bear Farm Hiker Hostel – S, L, G, F, Internet
24	30-Mar	Groundhog Creek Shelter	7.2	245.6	1932.7	
25	31-Mar	Walnut Mountain Shelter	13.1	258.7	1919.6	
26	1-Apr	Campsite	18	276.7	1901.6	Hot Springs – Sunnybank Inn allows work exchange or cheaper rates for thru-hikers. O, PO, G, S, F, L ***MAIL DROP***
27	2-Apr	Little Laurel Shelter	14.7	291.4	1886.9	
28	3-Apr	Hogback Ridge Shelter	21.5	312.9	1865.4	
29	4-Apr	No Business Knob Shelter	20.7	333.6	1844.7	
30	5-Apr	ERWIN, TN	6.3	339.9	1838.4	<i>Stay at Uncle Johnny's hostel. O, G, L, S, F, Internet. PO is 5 mi away.</i>
31	6-Apr	Cherry Gap Shelter	17	356.9	1821.4	
32	7-Apr	Stan Murray Shelter	20.4	377.3	1801	

33	8-Apr	Mountaineer Shelter	19.7	397	1781.3	HELLO TENNESSEE!
34	9-Apr	HAMPTON, TN	15.6	412.6	1765.7	Stay at Kincora hostel. Shuttle to town available. PO, G, L, S, Internet
35	10-Apr	Vandeventer Shelter	17.5	430.1	1748.2	
36	11-Apr	Double Springs Shelter	14.4	444.5	1733.8	HELLO VIRGINIA!
37	12-Apr	DAMASCUS, VA	18.5	463	1715.3	Stay at The Place (hostel). Known as the "friendliest town on the trail." ***MAIL DROP***
38	13-Apr	***CHILLAX***	0	463	1715.3	
39	14-Apr	Saunders Shelter	9.4	472.4	1705.9	
40	15-Apr	Thomas Knob Shelter	18.6	491	1687.3	Beware of feral ponies in the area.
41	16-Apr	Hurricane Mountain Shelter	16	507	1671.3	
42	17-Apr	Partnership Shelter	19.7	526.7	1651.6	Sugar Grove – 3 mi away. PO, G
43	18-Apr	Davis Path Campsite	14.3	541	1637.3	Settlers Museum, free to hikers
44	19-Apr	Knot Maul Branch Shelter	11.3	552.3	1626	
45	20-Apr	Jenkins Shelter	19	571.3	1607	"God's Thumbprint"
46	21-Apr	Helveys Mill Shelter	14	585.3	1593	
47	22-Apr	VA 606 Campsite	16.3	601.6	1576.7	S, L
48	23-Apr	Doc's Knob Shelter	16.1	617.7	1560.6	
49	24-Apr	PEARISBURG, VA	8.7	626.4	1551.9	Holy Family Church Hostel, work exchange available. WALMART! ***MAIL DROP***
50	25-Apr	Rice Field Shelter	6.3	632.7	1545.6	
51	26-Apr	Pine Swamp Branch Shelter	12.5	645.2	1533.1	
52	27-Apr	War Spur Shelter	12.7	657.9	1520.4	
53	28-Apr	Niday Shelter	18.2	676.1	1502.2	
54	29-Apr	VA 624 Campsite	16.8	692.9	1485.4	Sites: Dragons Tooth, McAfee Knob, Tinker Cliffs – best views in VA
55	30-Apr	Lamberts Meadow Shelter	16.3	709.2	1469.1	Catawba – PO, G
56	1-May	Full Hardt Knob Shelter	14.4	723.6	1454.7	Daleville – PO, G, L, F, Internet
57	2-May	Bobblets Gap Shelter	13.5	737.1	1441.2	
58	3-May	Cornelius Creek Shelter	18.3	755.4	1422.9	
59	4-May	Matts Creek Shelter	17.7	773.1	1405.2	Sites: Apple Orchard Falls, "The Guillotine," James River Footbridge
60	5-May	Punchbowl Shelter	12.7	785.8	1392.5	Glasgow – 6 mi; PO, G, Internet
61	6-May	Cow Camp Gap Shelter	15.1	800.9	1377.4	
62	7-May	The Priest Shelter	17.1	818	1360.3	
63	8-May	Maupin Field Shelter	13.7	831.7	1346.6	Waterfalls and Swimming Holes
64	9-May	Paul C Wolfe Shelter	15.8	847.5	1330.8	Or stay at Rusty's Hard Time Hollow Hostel (19-acre farm)
65	10-May	WAYNESBORO, VA	5	852.5	1325.8	HELLO SHENANDOAH NATIONAL PARK! ***MAIL DROP***
66	11-May	***CHILLAX***	0	852.5	1325.8	
67	12-May	TRAVEL TO MIDWEST	0	852.5	1325.8	
68	13-May	Champaign, IL	0	852.5	1325.8	
69	14-May	Champaign, IL	0	852.5	1325.8	
70	15-May	GRADUATION DAY – Champaign, IL	0	852.5	1325.8	PARTY!!!!
71	16-May	Champaign, IL	0	852.5	1325.8	
72	17-May	RETURN TO TRAIL	0	852.5	1325.8	
73	18-May	Calf Mountain Shelter	7	859.5	1318.8	
74	19-May	Blackrock Hut	13	872.5	1305.8	
75	20-May	Hightop Hut	21.4	893.9	1284.4	
76	21-May	Bearfence Mountain Hut	12.4	906.3	1272	
77	22-May	Rock Spring Cabin & Hut	11.5	917.8	1260.5	Wayside – G, S, L, Internet
78	23-May	Pass Mountain Hut	15.3	933.1	1245.2	Luray – 8 mi; G, PO, O, Internet. Find the kissing trees.
79	24-May	Tom Floyd Wayside	23.6	956.7	1221.6	

80	25-May	Jim & Molly Denton Shelter	8.1	964.8	1213.5	Front Royal – 3 mi; G, O, L, Internet, National Zoological Park
81	26-May	Rod Hollow Shelter	18.4	983.2	1195.1	
82	27-May	David Lesser Shelter	21	1004.2	1174.1	<i>"The Roller Coaster" – 10 ascents and descents in 13 mi section</i>
83	28-May	Ed Garvey Shelter	15.6	1019.8	1158.5	HELLO WEST VIRGINIA! Harper's Ferry – G, PO, Internet, ATC Headquarters (sign register) ***MAIL DROP*** HELLO MARYLAND!
84	29-May	Pogo Memorial Campsite	19.8	1039.6	1138.7	
85	30-May	Deer Lick Shelters	19.5	1059.1	1119.2	HELLO PENNSYLVANIA!
86	31-May	Quarry Gap Shelters	15.8	1074.9	1103.4	
87	1-Jun	Toms Run Shelters	13.6	1088.5	1089.8	<i>Or stay at Ironmasters Mansion Hostel; Join "half-gallon club" by eating ½ gallon of ice cream</i>
88	2-Jun	Alec Kennedy Shelter	19.2	1107.7	1070.6	
89	3-Jun	Darlington Shelter	18.2	1125.9	1052.4	Boiling Springs – PO, F, G, S, O, L, no H ₂ O at Shelter.
90	4-Jun	DUNCANNON, PA	11.4	1137.3	1041	<i>Stay at Doyle Hotel. PO, Internet. ***MAIL DROP***</i>
91	5-Jun	Clarks Ferry Shelter	4.5	1141.8	1036.5	<i>Site: old mining villages</i>
92	6-Jun	Rausch Gap Shelter	24.3	1166.1	1012.2	
93	7-Jun	501 Shelter	17.4	1183.5	994.8	
94	8-Jun	Eagles Nest Shelter	15.1	1198.6	979.7	
95	9-Jun	Windsor Furnace Shelter	14.7	1213.3	965	Port Clinton – PO, S, L, F
96	10-Jun	Allentown Shelter	16.5	1229.8	948.5	<i>The Pinnacle (best view of farmland)</i>
97	11-Jun	Outerbridge Shelter	16.8	1246.6	931.7	
98	12-Jun	Leroy A Smith Shelter	16.8	1263.4	914.9	
99	13-Jun	Kirkridge Shelter	13.8	1277.2	901.1	Delaware Water Gap – G, O
100	14-Jun	Mohican Outdoor Center	16.9	1294.1	884.2	HELLO NEW JERSEY!
101	15-Jun	Brink Road Shelter	14.3	1308.4	869.9	
102	16-Jun	High Point Shelter	19.6	1328	850.3	<i>Or stay at Jim Murray property; thru-hikers only – hot showers</i>
103	17-Jun	Pochuck Mountain Shelter	12.4	1340.4	837.9	
104	18-Jun	Wawayanda Shelter	12	1352.4	825.9	Vernon – St. Thomas Hostel, work exchange available. G, L, S, Internet ***MAIL DROP***
105	19-Jun	Wildcat Shelter	11.6	1364	814.3	HELLO NEW YORK!
106	20-Jun	Fingerboard Shelter	14.3	1378.3	800	<i>No H₂O. View of Hudson River Valley and New York City Skyline</i>
107	21-Jun	Hemlock Springs Campsite	16.4	1394.7	783.6	Ft Montgomery – PO, G, Internet
108	22-Jun	RPH Shelter	23	1417.7	760.6	<i>"Anthony's Nose"</i>
109	23-Jun	Telephone Pioneers Shelter	16.8	1434.5	743.8	
110	24-Jun	Mt Algo Lean-to	21.1	1455.6	722.7	<i>Dover Oak – largest oak on AT</i>
111	25-Jun	Pine Swamp Brook Lean-to	17.3	1472.9	705.4	HELLO CONNECTICUT!
112	26-Jun	Plateau Campsite	16.6	1489.5	688.8	Salisbury – PO, G, F, S, L, Internet
113	27-Jun	Glen Brook Lean-to	13.3	1502.8	675.5	HELLO MASSACHUSETTS!
114	28-Jun	Mt Wilcox South Lean-to	19.6	1522.4	655.9	
115	29-Jun	Upper Goose Pond Cabin	15.8	1538.2	640.1	
116	30-Jun	Kay Wood Lean-to	17.6	1555.8	622.5	
117	1-Jul	Crystal Mountain Campsite	7.7	1563.5	614.8	Dalton – PO, G, F, L Internet ***MAIL DROP***
118	2-Jul	Wilbur Clearing Lean-to	15.6	1579.1	599.2	Williamstown – PO, G, F, O, L, S
119	3-Jul	Melville Nauheim Shelter	23	1602.1	576.2	HELLO VERMONT!
120	4-Jul	Story Spring Shelter	17.4	1619.5	558.8	
121	5-Jul	Spruce Peak Shelter	18.3	1637.8	540.5	
122	6-Jul	Bromley Shelter	4.8	1642.6	535.7	Manchester – PO, G, O, Internet. Get Ben & Jerry's Ice Cream.
123	7-Jul	Lula Tye Shelter	17.5	1660.1	518.2	

124	8-Jul	Clarendon Shelter	13.9	1674	504.3	Clarendon Gorge, suspension bridge
125	9-Jul	Tucker Johnson Shelter	17.4	1691.4	486.9	
126	10-Jul	Wintturi Shelter	18.9	1710.3	468	
127	11-Jul	Happy Hill Shelter	20.4	1730.7	447.6	
128	12-Jul	Moose Mountain Shelter	16.8	1747.5	430.8	HELLO NEW HAMPSHIRE! Hanover – PO, G, F, O, Internet, location of Dartmouth College
129	13-Jul	Ore Hill Shelter	24.8	1772.3	406	
130	14-Jul	Jeffers Brook Shelter	8.6	1780.9	397.4	Glenclyff – Hikers Welcome Hostel, S, L, F, PO, Internet. Pick-up cold- weather gear here. ***MAIL DROP***
131	15-Jul	Eliza Brook Shelter	15.9	1796.8	381.5	
132	16-Jul	Liberty Spring Tentsite	11.4	1808.2	370.1	North Woodstock – PO, G, L, S, F, Internet. Work exchange at huts.
133	17-Jul	Guyot Shelter	13.2	1821.4	356.9	
134	18-Jul	Lake of the Clouds Hut	23	1844.4	333.9	Presidential Range – 25 mi ridge-walk
135	19-Jul	Osgood Tentsite	10.1	1854.5	323.8	
136	20-Jul	Imp Shelter	17.9	1872.4	305.9	IMP!!!!
137	21-Jul	Trident Col Tentsite	14.9	1887.3	291	Gorham – PO, G, O, L, F, S, Internet
138	22-Jul	Speck Pond Campsite	19.6	1906.9	271.4	HELLO MAINE!
139	23-Jul	Frye Notch Lean-to	10.4	1917.3	261	
140	24-Jul	Hall Mountain Lean-to	10.5	1927.8	250.5	Andover – 8 mi away. PO, G, F, L
141	25-Jul	Bernis Mountain Lean-to	12.8	1940.6	237.7	
142	26-Jul	Piazza Rock Lean-to	19.5	1960.1	218.2	Rangeley – 9 mi away. G, Internet
143	27-Jul	Spaulding Mountain Lean-to	16.9	1977	201.3	
144	28-Jul	STRATTON, ME	13.5	1990.5	187.8	Hostels available. PO, G, S, Internet
145	29-Jul	Little Bigelow Lean-to	15.3	2005.8	172.5	
146	30-Jul	Pierce Pond Lean-to	17.3	2023.1	155.2	
147	31-Jul	Moxie Bald Lean-to	22.8	2045.9	132.4	Caratunk – take ferry to cross Kennebec river. PO, G, Internet ***MAIL DROP***
148	1-Aug	MONSON, ME	14.6	2060.5	117.8	Last resupply before the “100-Mile Wilderness” section
149	2-Aug	Long Pond Stream Lean-to	18.4	2078.9	99.4	Swim in Slugundy gorge/falls
150	3-Aug	The Hermitage	15.6	2094.5	83.8	
151	4-Aug	East Branch Lean-to	16	2110.5	67.8	Gulf Hagas waterfalls in 500-ft chasm
152	5-Aug	Potaywadjo Spring Lean-to	19.5	2130	48.3	
153	6-Aug	Rainbow Stream Lean-to	18.2	2148.2	30.1	
154	7-Aug	Abol Bridge	15	2163.2	15.1	“Golden Road” – G, S
155	8-Aug	Katahdin Stream Camp	9.9	2173.1	5.2	Or stay at The Birches (thru-hikers)
156	9-Aug	KATAHDIN	5.2	2178.3	0	HELLO KATAHDIN!

MAIL DROPS

*UPS and FedEx packages CANNOT be sent to Post Office

*Post Office Address:

Recipient Name
General Delivery
City, State, Zip Code
Please Hold for Thru-Hiker
Estimated Date of Arrival: xx/xx/2010

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| 1. Franklin, NC [03/18/2010] | 7. Duncannon, PA [06/04/2010] |
| 2. Hot Springs, NC [04/01/2010] | 8. Vernon, NJ [06/18/2010] |
| 3. Damascus, VA [04/12/2010] | 9. Dalton, MA [07/01/2010] |
| 4. Pearisburg, VA [04/24/2010] | 10. Glenclyff, NH [07/14/2010] |
| 5. Waynesboro, VA [05/10/2010] | 11. Caratunk, ME [07/31/2010] |
| 6. Harper's Ferry, WV [05/28/2010] | |