

Tennessee

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,790.7	U.S. 19E Elk Park, NC 08622; Roan Mtn, TN 37687	R (E-0.5m M; 2.5m PO, G, M; 9m G, M, f, cl, @) (W-0.3m H, C, L, f, sh; 1m M; 3.4m PO, G, M, D, V; 7.5m C)	2,895	388.4
1,790.5	Bear Branch Rd	R	2,900	388.6
1,787.4	Buck Mtn Rd	R	3,340	391.7
1,787.1	Campbell Hollow Rd	R	3,330	392.0
1,784.3	Campsite	C, w	3,590	394.8
1,782.1	Campsite	C, w		397.0
1,781.9	Mountaineer Shelter... 9.3mS; 9.6mN	S, w	3,470	397.2
1,781.1	Campsite	C, w		398.0
1,780.3	Walnut Mtn Rd	R	3,550	398.8
1,779.1	Stream		3,400	400.0
1,778.6	Viewpoint	W-0.2m H		400.5
1,778.1	Upper Laurel Fork	W-0.4m H, sh, @	3,290	401.0
1,774.2	Campsite	C, w	3,410	404.9
1,772.3	Moreland Gap Shelter... 9.6mS; 7.9mN	S, w	3,815	406.8
1,771.0	White Rocks Mtn		4,206	408.1
1,770.2	Campsite	C, w		408.9
1,768.0	Trail to Coon Den Falls		2,660	411.1
1,766.3	Dennis Cove; USFS 50	R, w (E-0.3m C, G, L, cl, sh, f, @) (W-0.2m H, C, cl, sh, f)	2,550	412.8
1,765.1	Laurel Fork Falls	w	2,120	414.0
1,764.4	Laurel Fork Shelter... 7.9mS; 8.8mN	S, w	2,450	414.7
1,764.1	Waycaster Spring	w		415.0
1,763.6	Side trail to U.S. 321	w (W-0.8m PO, G, M, L, D, f, @)	1,900	415.5
1,760.6	Pond Flats	C, w	3,780	418.5

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,757.4	U.S. 321 Hampton, TN 37658	R (W–2m PO, G, M, L, D, f, @; 9m L, G, M, D, V, cl, @)	1,990	421.7
1,756.1	Griffith Branch	C, w	2,100	423.0
1,755.6	Watauga Lake Shelter... <i>8.8mS; 7.1mN</i>	S, w	2,130	423.5
1,754.5	Watauga Dam (north end)		1,915	424.6
1,753.2	Wilbur Dam Rd	R	2,250	425.9
1,750.2	Spring	w	3,400	428.9
1,748.5	Vandeventer Shelter... <i>7.1mS; 6.8mN</i>	S; W–0.3m w	3,620	430.6
1,744.7	Spring	w	3,900	434.4
1,743.3	Turkeypen Gap		3,840	435.8
1,741.9	Spring	w	4,000	437.2
1,741.7	Iron Mtn Shelter... <i>6.8mS; 7.6mN</i>	S, nw	4,125	437.4
1,740.4	Nick Grindstaff Monument		4,090	438.7
1,740.3	Spring	w		438.8
1,737.9	Stream	w		441.2
1,737.1	Tenn. 91	R	3,450	442.0
1,735.0	Campsite	C, w	3,990	444.1
1,734.1	Holston Mtn Trail, Double Springs Shelter... <i>7.6mS; 8.3mN</i>	S, w	4,060	445.0
1,730.6	U.S. 421, Low Gap Shady Valley, TN 37688	R, w (E–2.7m PO, C, G, M, f)	3,384	448.5
1,728.7	Double Spring Gap	w	3,650	450.4
1,727.3	McQueens Knob		3,900	451.8
1,726.9	McQueens Gap; USFS 69	R	3,680	452.2
1,725.8	Abingdon Gap Shelter... <i>8.3mS; 19.8mN</i>	S (E–0.2m w)	3,785	453.3
1,719.3	Tenn.–Va. State Line		3,302	459.8

In this 70-mile section, you will stroll along the Elk River, pass Jones and Mountaineer falls, see the impressive 50-foot Laurel Falls in the Pond Mountain Wilderness, look over the 16-mile-long Watauga Reservoir, and climb Iron Mountain.



U.S. 19E—Numerous incidents of vandalism have been reported at this parking area. Park at your own risk.

East 0.5 mile to **Restaurant**: King of the Road Restaurant and Steak House, L Su 11–3, D Th–Sa 4–9.

East 2.5 miles to **Elk Park, N.C. [P.O. ZIP 28622: M–F 7:30–12 & 1:30–4:15, Sa 7:30–11; (828) 733-5711]**. ■ **Restaurant**: Times Square Diner, B/L/D, M–F L buffet 11–2 \$5.90, Sa B buffet 7–12 \$6.29, Su B/L 8–3; Hard Times Café and Coffee House, Tu–Sa 10–5; Betty & Carol's Place, take-out only, Tu, Th–Sa 11–8:30, W 11–6. ■ **Other services**: two small grocery stores (short-term resupply), hardware store with fuel.

East 9 miles to Newland, N.C. ■ **Restaurants**: San Dee's Restaurant; Fabio's; Papa's Pizza To Go; McDonald's; Hardee's; Subway Sandwiches & Salads. ■ **Groceries**: Ingles Food Store, Lowe's Food Store (both long-term resupply). ■ **Internet access**: library. ■ **Other services**: CVS pharmacy, Avery Hardware (sells fuel), coin laundry.

West 0.3 mile to **Lodging**: Mountain Harbour B&B and Hostel, 9151 Highway 19-E, Roan Mountain, TN 37687; (866) 772-9494; <www.mountainharbour.net>. Hostel overlooking creek above barn \$18PP, semiprivate king bed \$35, includes linens, shower, towels, full kitchen, wood burning stove, video library. Tenting with shower \$8; shower only, with towels, \$3; laundry \$5, includes soap; phone available with calling card; fuel by ounce. B \$9 during peak season, min. 4 person if not guests at B&B. Local town shuttle, \$5 flat rate during stay. Backpack & long-distance shuttles available; reservations suggested for long distance. Parking \$2/day with shuttle or \$5/day without. Mail drops free for guests, nonguest \$5. USPS/UPS/FedEx. All B&B rooms include a/c, refrigerator, cable TV/DVD, and B; double bed \$80, king \$95; one suite with 4-poster California king, 2-person Jacuzzi tub, separate shower & fireplace, \$135. Open year-round.

West to **Restaurants**: 1.0 mile to Highlander BBQ, W–F 11–2, 5–8, Sa 11–8, Su 11–6; 2.0 miles to Frank & Marty's, pizza/subs Tu W Sa 4–9, Th–F 11–9, closed Su–M. **Other services**: 2.4 miles, Dollar General.

West 3.4 miles to **Roan Mountain, Tenn. [P.O. ZIP 37687: M–F 8:15–11:30 & 12:30–4:15, Sa 8:15–11; (423) 772-3014]**. ■ **Restaurants**: Mad Martha's Café, Tu–Sa 11–5; Bob's Dairyland, M–Sa 6 a.m.–8 p.m., Su 8–3; Snack Shack & Pizza, M–Sa 11–8; Subway, Su–Sa 10–10. ■ **Other services**: several small grocery stores (long-term resupply); bank with ATM; pharmacy; medical center, open M–F; veterinarian.

West 7.5 miles to **Camping**: Roan Mountain State Park on Tenn. 143, (423) 772-0190; campground with showers, \$11 primitive campsite, \$20–\$25 for campsites with water and electricity, \$95–\$114 for cabins; visitors center and swimming pool.

Mountaineer Shelter (2006)—Sleeps 14. No privy. Water source 200 feet on blue-blaze. Constructed by the 6th annual Hard Core Trail Days volunteer crew led by Trail steward Bob Peoples and the TEHCC.

Trail to Abby's Place—On A.T. 2.0 miles north of gravel Walnut Mountain Road, look for bent-over tree bench beside tree with green/white A.T. sign, take path south 0.3 mile under powerline. Alternately, about 0.5 mile north on the A.T., just beyond signed Laurel Fork bridge, follow blue-blazed trail along creek 0.4 mile to Abby's Place, (423) 772-3450. Open Mar 15 for thru-hikers; donation \$5 first night, \$10/night afterward; heated bunkroom sleeps 8; misc. hiker-food resupply, beverages; Internet access; satellite TV; library; shower \$3; wash \$3, dryer \$3, free clothesline; no deliveries, mail drops; pets allowed if leashed; secure parking, \$1/day; quiet hours, 10 p.m.–8 a.m.

Moreland Gap Shelter (1960)—Sleeps 6. No privy. Water source is 0.2 mile down the hollow across from the shelter. Northwest exposure; wet during storms.



Dennis Cove Road/USFS 50—East 0.3 mile to **Lodging:** Laurel Fork Lodge, <lclodge@usit.net>, <www.laurelforklodge.com>, short-term resupply, (423) 725-5988; self-registration day or night; tentsite \$5 two tents/site, bunkhouse \$6, hostel cabin \$12PP up to six people, private cabin \$25PP up to three people; shower only without stay \$2, laundry \$2.50; fully equipped hiker kitchen area, frozen pizzas and burgers, cold sodas and ice cream, limited camping supplies, Coleman and denatured alcohol by the ounce, pay phone, free Internet, free coffee at 8 a.m., mail drops accepted addressed to Laurel Fork Lodge, 1511 Dennis Cove Rd., Hampton, TN 37658. No shuttles.

West 0.2 mile to **Hostel:** the never-closed Kincora Hiking Hostel, (423) 725-4409, with bunkroom, showers, tentsites, cooking facilities, laundry, Coleman and denatured alcohol by the ounce, phone, shuttles to Hampton (other shuttles need to be arranged), \$4/night suggested donation; owner Bob Peoples holds packages for hikers mailed to 1278 Dennis Cove Rd., Hampton, TN 37658.

Laurel Fork Shelter (1977)—Sleeps 8. No privy. Constructed from native rocks, this shelter is located on the blue-blazed high-water route above the Laurel Fork. Water source is a stream found 50 yards behind the shelter.



U.S. 321—West 2 miles to **Hampton, Tenn.** [P.O. ZIP 37658: M–F 7:30–11:30 & 12:30–4:30, Sa 8–10; (423) 725-2177]. ■ **Lodging:** Braemar Castle Hostel and Guest House, (423) 725-2411 or 725-2262. The Braemar Castle was constructed to house the offices and company store for the Pittsburgh Lumber Company, which operated in the Laurel Gorge area from 1909 until 1925. Sutton and Beverly Brown (Sutton's grandfather owned Braemar Castle) offer hiker space, kitchen, and showers for \$15PP; private rooms, \$20s \$40D. Iron Mountain Inn B&B, (423) 768-2446 or (888) 781-2399, <www.ironmountaininn.com>; private room and bath \$100, includes B. Lake House, <www.wataugalakecabin.com>, \$100PP (hiker rate). Creekside Chalet, <www.creeksidechalet.net>, \$75PP includes hot tub on deck, pet-friendly, call from Hampton for pick-up, packages held addressed c/o Woods, 138 Moreland Dr., Butler, TN 37640. ■ **Groceries:** Brown's Grocery, (423) 725-2411, long-term resupply, closed Su; check with Sutton at the grocery store for accommodations and shuttles; Coleman fuel and denatured alcohol; holds USPS and UPS packages addressed to Brown's Grocery, 613 Hwy. 321, Hampton, TN 37658. ■ **Other services:** TS Internet Café (\$5 an hour, \$3 half-hour), restaurants, market, convenience stores, health clinic, banks, and ATM. ■ **Shuttles:** Hampton Trails Bicycle Shop, (423) 725-5000, owner Brian White, <www.hamptontrails.com>, <hamptontrails@embarqmail.com>. *Note: The best access to Hampton from the A.T. is the 0.8-mile blue-blazed trail in Laurel Gorge, two miles downstream from Laurel Falls.*

West 9 miles to Elizabethton, Tenn. ■ **Lodging:** Travelers Inn, (423) 543-3344, Su–Th \$54.99D, F–Sa \$59.99D includes continental B; Americourt Hotel, (423) 542-4466, <americourthotel@yahoo.com>, located on the U.S. 19E bypass, \$59 hiker rate. ■ **Groceries:** Big G Supermarket (long-term resupply). ■ **Internet access:** library. ■ **Other services:** restaurants, convenience stores, doctor, bank, veterinarian, laundry, and ATM.

Shook Branch Recreation Area—This developed area on Watauga Lake offers picnic tables, restroom, water that is turned on after the last freeze of spring (usually by late Apr), and a beach for swimming.

Watauga Lake Shelter (1980)—Sleeps 6. No privy. A wooden structure on the shore of Watauga Lake. Water source is on A.T., south of the shelter.

Watauga Dam—The A.T. crosses the Watauga River on this dam at Watauga Lake. A visitors center with restroom, often closed during cold-weather months, can be reached by following Wilbur Lake Road 0.9 mile east. This TVA dam, completed in 1948, displaced about 700 people living along the river banks. All told, TVA dams

in the South displaced nearly 75,000 people from their homes. The trade-off was flood control, electricity, jobs, and recreational opportunities.

Vandeventer Shelter (1961)—Sleeps 6. No privy. Water source is 0.3 mile down a steep, blue-blazed trail south of the shelter.

Iron Mountain Shelter (1960)—Sleeps 6. No privy. Water source is a spring 500 yards south on the A.T.

Nick Grindstaff Monument—Nick Grindstaff traveled west to win his fortune but was robbed of all his money during the journey. He then returned to Iron Mountain, where he lived for more than 40 years, becoming one of the region's most famous hermits. He died in 1923, and the plaque on the chimney was erected in 1925.

Double Springs Shelter (1960)—Sleeps 6. No privy. Water source is a spring located 100 yards in the draw beyond the shelter.



U.S. 421/Low Gap—A piped spring is located in the gap, on the A.T. **East** 2.7 miles to **Shady Valley, Tenn.** [P.O. ZIP 37688: **M–F 7:30–11 & 12–3:30, Sa 7:30–9:30; (423) 739-2173**]. ■ **Groceries:** Shady Valley Country Store & Deli, (423) 739-2325, <www.shadyvalleycountrystore.com>, daily 6–9, short-term resupply, Coleman fuel, camping \$10. Shady Valley General Store & Museum, (423) 739-2040, daily 6–9, short-term resupply, Coleman fuel. ■ **Restaurant:** Raceway, (423) 739-2499, B/L/D, open every day, call for hours.



Queens Knob Shelter (1934)—Sleeps 4. No privy. This shelter was the first on Holston Mountain on the A.T. and is one of the A.T.'s oldest shelters. Not up to current standards, it is intended *for emergency use only*, and, even then, the un-chinked walls allow for the weather to easily enter. No water at this site.

Abingdon Gap Shelter (1959)—Sleeps 5. No privy. Water source is a spring 0.2 mile east on a steep, blue-blazed side trail, downhill behind the shelter.

Tennessee/Virginia State Line—Although there is no official state-line marker, you'll know you're entering or leaving Virginia when you see the Mt. Rogers National Recreation Area sign.

Virginia—Part 1 (Southwest)

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,719.3	Va.–Tenn. State Line		3,302	459.8
1,717.7	Spring	w	2,600	461.4
1,715.6	U.S. 58 Damascus, VA 24236	R, P, O, H, G, L, M, O, D, cl, sh, f, @ (W–2m V; 12m G, L, M, O, V)	1,928	463.5
1,714.5	U.S. 58, Va. 91, Virginia Creeper Trail	R	1,928	464.6
1,712.1	Iron Mtn Trail, Feathercamp Ridge		2,850	467.0
1,710.7	Beech Grove Trail			468.4
1,710.0	U.S. 58, Straight Branch, Feathercamp Branch	R, w	2,200	469.1
1,708.7	Stream	w	2,490	470.4
1,708.0	Taylors Valley Side Trail		2,850	471.1
1,706.5	Straight Mtn		3,500	472.6
1,706.2	Saunders Shelter... <i>19.8mS; 6.6mN</i>	W–0.2m S, w	3,310	472.9
1,703.9	Beartree Gap Trail	W–0.6m C, w, sh	3,050	475.2
1,703.8	Campsite	C, w	3,020	475.3
1,702.0	Va. 728, Creek Jct	R	2,720	477.1
1,701.6	Virginia Creeper Trail, Whitetop Laurel Creek		2,690	477.5
1,701.0	Va. 859, Grassy Ridge Rd	R	2,900	478.1
1,700.8	Spring	w		478.3
1,699.8	Lost Mtn Shelter... <i>6.6mS; 12.2mN</i>	S, w	3,360	479.3
1,698.7	U.S. 58; Summit Cut, Va.	R	3,160	480.4
1,698.4	Campsites, stream	C, w		480.7
1,697.5	Va. 601 (Beech Mtn Rd)	R, w	3,600	481.6
1,695.0	Buzzard Rock, Whitetop Mtn		5,080	484.1
1,694.5	Spring	w	5,100	484.6
1,694.3	Whitetop Mtn Rd (USFS 89)	R, C, w	5,150	484.8
1,691.8	Va. 600, Elk Garden	R	4,434	487.3
1,689.8	Deep Gap	E–0.2m w	4,900	489.3

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,688.0	Side trail to Mt. Rogers		5,490	491.1
1,687.6	Thomas Knob Shelter... <i>12.2mS; 5.1mN</i>	S, w	5,400	491.5
1,686.8	Rhododendron Gap		5,440	492.3
1,685.5	Wilburn Ridge		4,900	493.6
1,684.7	Service road to Massie Gap	E–2m C, G, sh	4,800	494.4
1,682.5	Grayson Highlands State Park, Wilson Creek Trail, Wise Shelter... <i>5.1mS; 5.9mN</i>	S, w (E–2m C, G, sh)	4,460	496.6
1,682.2	Big Wilson Creek	C, w	4,300	496.9
1,681.2	Spring	w	4,610	497.9
1,680.0	Stone Mtn		4,820	499.1
1,678.0	The Scales			499.4
1,678.3	Pine Mtn		5,000	500.8
1,676.6	Old Orchard Shelter... <i>5.9mS; 5.0mN</i>	S, w	4,050	502.5
1,674.9	Va. 603, Fox Creek	R, C, w on A.T.	3,480	504.2
1,672.9	Hurricane Mtn		4,320	506.2
1,672.6	Iron Mtn Trail, Chestnut Flats		4,240	506.5
1,671.6	Hurricane Mtn Shelter... <i>5.0mS; 9.1mN</i>	S, w	4,300	507.5
1,671.0	Barton Gap Trail			508.1
1,670.2	Stream	w	3,000	508.9
1,668.5	Hurricane Campground Trail	W–0.5m C, w, sh	3,090	510.6
1,667.6	Comers Creek, Comers Creek Falls Trail	w	3,100	511.5
1,666.4	Va. 650, Va. 16, Dickey Gap Troutdale, VA 24378	R (E–2.6m PO, H, G, M, D)	3,300	512.7
1,664.9	Campsite, spring	E–0.2m C, w	3,570	514.2
1,664.3	High Point		4,040	514.8
1,662.5	Trimpi Shelter... <i>9.1mS; 10.6mN</i>	S, w	2,900	516.6
1,661.0	Va. 672	R	2,700	518.1
1,659.7	Va. 670, South Fork Holston River	R	2,450	519.4

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,655.9	Va. 601	R	3,250	523.2
1,651.9	Partnership Shelter... <i>10.6mS; 7.1mN</i>	S, w, sh	3,360	527.2
1,651.8	Va. 16, Mt. Rogers NRA Headquarters Sugar Grove, VA 24375; Marion, VA 24354	R (E–3.2m PO, G, L, M, f) (W–6m PO, G, M, L, cl)	3,220	527.3
1,651.1	Va. 622	R	3,270	528.0
1,650.6	Brushy Mtn		3,600	528.5
1,648.1	Locust Mtn		3,900	531.0
1,647.7	USFS 86	R, C, w	3,650	531.4
1,646.8	Glade Mtn		3,900	532.3
1,644.8	Chatfield Shelter... <i>7.1mS; 18.5mN</i>	S, w	3,150	534.3
1,644.5	USFS 644	R	3,100	534.6
1,643.0	Va. 615, Settlers Museum	R	2,650	536.1
1,642.5	Va. 729	R	2,700	536.6
1,640.3	Va. 683, U.S. 11, I-81 Atkins, VA 24311; Marion, VA 24354	R, G, M, L, sh, f, cl, H (E–6m H) (W–3.2m PO, G, M, cl; 10.2m PO, G, M, L, cl)	2,420	538.8
1,639.2	Va. 617	R	2,580	539.9
1,638.5	Spring	E–50yds w	2,610	540.6
1,637.6	Davis Path Campsite	C, nw	2,840	541.5
1,635.1	Gullion (Little Brushy) Mtn		3,300	544.0
1,634.0	Crawfish Valley along Reed Creek	w on A.T. (E–0.3m C, w)	2,600	545.1
1,632.3	Tilson Gap, Big Walker Mtn		3,500	546.8
1,630.9	Va. 610	R	2,700	548.2
1,628.5	Va. 42	R (E–0.2m w)	2,650	550.6
1,627.6	Brushy Mtn		3,200	551.5
1,626.3	Knot Maul Branch Shelter... <i>18.5mS; 9mN</i>	S, nw	2,880	552.8
1,626.2	Spring	w	2,810	552.9
1,625.2	Lynn Camp Creek	w	2,400	553.9

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,624.4	Lynn Camp Mtn		3,000	554.7
1,621.0	USFS 222	R	2,380	558.1
1,619.1	Spring—fed pond	w	3,800	560.0
1,617.3	Chestnut Knob Shelter... <i>9mS; 10mN</i>	S, nw	4,409	561.8
1,616.0	Walker Gap	R, w	3,520	563.1
1,611.1	Va. 623, Garden Mtn	R	3,880	568.0
1,610.3	Davis Farm Campsite	W—0.5m C, w	3,850	568.8
1,607.3	Jenkins Shelter... <i>10mS; 14.3mN</i>	S, w	2,500	571.8
1,603.1	Brushy Mtn		3,080	576.0
1,602.5	Va. 615, Laurel Creek	R, C, w	2,450	576.6
1,595.6	U.S. 21/52 Bland, VA 24315; Bastian, VA 24314	R (E—2.7m PO, G, L, M, D, @; 3.3m G, L, M) (W—2.5m PO; 3.5m D)	2,900	583.5
1,595.4	I-77 Crossing	R	2,750	583.7
1,594.8	Va. 612, Kimberling Creek	R, w	2,700	584.3
1,593.3	Helveys Mill Shelter... <i>14.3mS; 10.1mN</i>	E—0.3m S, w	3,090	585.8
1,586.6	Va. 611	R	2,820	592.5
1,585.2	Brushy Mtn		3,101	593.9
1,583.5	Jenny Knob Shelter... <i>10.1mS; 14.2mN</i>	S, w	2,800	595.6
1,582.3	Va. 608, Crandon	R	2,200	596.8
1,579.0	Brushy Mtn		2,900	600.1
1,577.1	Kimberling Creek suspension bridge		2,090	602.0
1,577.0	Va. 606	R (W—0.5m C, G, M, sh, f)	2,100	602.1
1,575.1	Dismal Creek Falls Trail	W—0.3m to falls	2,320	604.0
1,571.2	Ribble Trail, south jct; White Pine Horse Campground	W—0.5m C, w	2,400	607.9
1,570.8	Stream	w	2,500	608.3
1,569.3	Wapiti Shelter... <i>14.2mS; 8.4mN</i>	S, w	2,640	609.8
1,564.8	Ribble Trail, north jct	w	3,800	614.3

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,564.7	USFS 103, Big Horse Gap	R	3,800	614.4
1,563.1	Sugar Run Gap, Sugar Run Gap Rd (Va. 663)	R (E–0.5m H)	3,450	616.0
1,560.9	Doc's Knob Shelter... <i>8.4mS; 15mN</i>	S, w	3,555	618.2
1,555.7	Campsite, spring	C, w	3,750	623.4
1,555.2	Angels Rest; Pearis Mtn		3,550	623.9
1,553.2	Va. 634	R	2,200	625.9

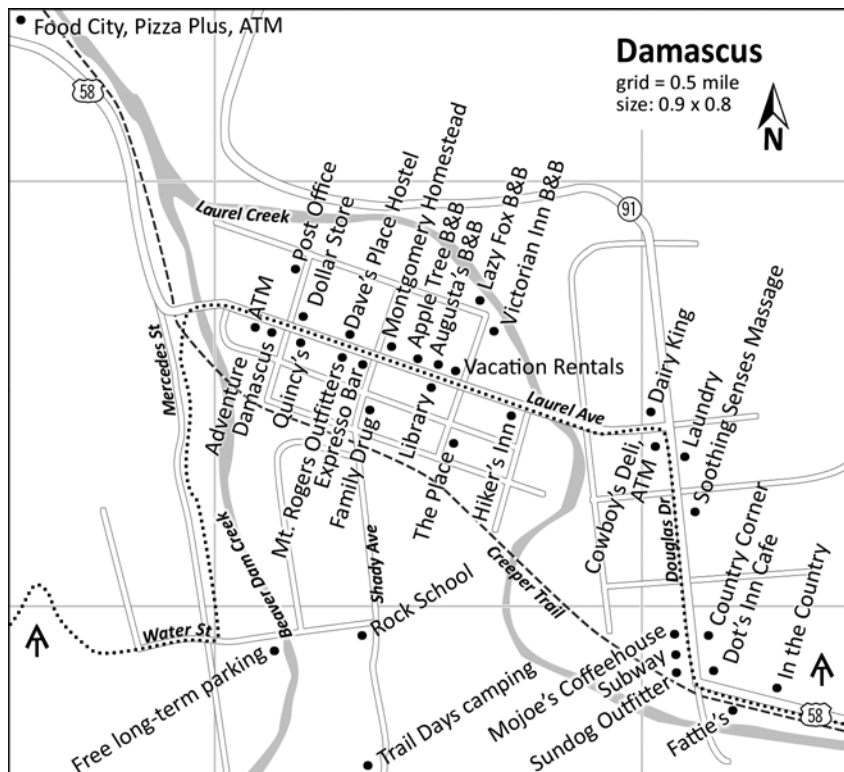
The state's highest mountain, Mt. Rogers, an area of spectacular highland meadows, routinely receives snowfall from October to May, making it considerably colder, wetter, and snowier than other areas of Virginia. Northbounders may be tempted to mail home their cold-weather gear, only to see spring flavored by winter.

Caution: According to Mt. Rogers National Recreation Area officials, more than 100 vehicle thefts have been reported in the area since 1999. Hikers should use caution when leaving vehicles at any local trailhead. Safer hiker parking is available at some locations in Damascus, as well as the Mt. Rogers NRA headquarters.

Mt. Rogers Appalachian Trail Club—MRATC maintains the 55.9 miles between Damascus and Va. 670 at the South Fork of the Holston River. Send correspondence to MRATC, P.O. Box 789, Damascus, VA 24236-0789; <www.mratc.org>.



U.S. 58/Damascus, Va. [P.O. ZIP 24236: M–F 8:30–1 & 2–4:30, Sa 9–11; (276) 475-3411]—Called “the friendliest town on the Trail” and the home of Trail Days (to be held May 13–16). First held in '87 as a commemorative event for the 50th anniversary of the A.T., the festival's activities and crowds have grown each year since. Activities include a hiker reunion and talent show, hiking-related exhibits, arts-and-crafts exhibits, a trout rodeo, street dances, live music, and the popular hiker parade through downtown. If you are unable to walk into Damascus for the weekend, rides are usually easy to find from all points along the Trail. Be aware that state open-container laws that restrict drinking in public places are enforced. Hiker camping during Trail Days is at the edge of town on Shady Lane. Camping is prohibited everywhere else, except on the grounds of The Place (see below). During your stay,



keep in mind that most of the campsites are in residential areas. Please keep quiet in the late evening and early morning, and, upon departure, leave your campsite clean. Leave No Trace camping principles apply in town as well as on the Trail. You'll find all major services, except veterinary, in Damascus. ■ **Hostels:** The Place, provided by the Damascus First United Methodist Church, opens in late Mar and closes when the pipes are in danger of freezing. Stays and parking are limited to two days. A large house, with bunk space, showers, a back porch, and outside picnic tables. Four-dollar-per-night donation is requested, but larger donations are appreciated, in addition to cleaning chores. Smoking is not allowed on "The Place" property; absolutely no drinking is permitted on the property of the First United Methodist Church, its parking lot, and The Place. Dave's Place Hostel, run by Mt. Rogers Outfitters, 5 rooms with two bunks each, \$10/person/night, shower without

stay \$3, ask about staying with dogs, daily parking \$2/day, no alcohol on property. ■ **Lodging:** Apple Tree B&B, (276) 475-5261, across from the library; Augusta's Appalachian Inn B&B, (276) 475-3565, 125 Laurel Ave., P.O. Box 160 Damascus, VA 24236, free WiFi, long-distance phone, one load laundry/room for hikers, accepts mail drops for guests; The Hiker's Inn, (276) 475-3788, 216 East Laurel Ave.; Lazy Fox Inn, (276) 475-5838; Mountain Laurel Inn, (276) 475-5956, west of town; A Dancing Bear's Getaway, (276) 475-5900, 203 East Laurel Ave.; Montgomery Homestead B&B, (276) 475-5125 or cell (276) 492-6283, 103 Laurel Ave., mail drops accepted for guests sent to Susie Montgomery, P.O. Box 12, Damascus, VA 24236; The Victorian Inn B&B, (276) 475-5059, 203 N. Legion St.; The Rollin' Rock Inn B&B, (276) 475-6283, 761 Orchard Hill Rd. ■ **Groceries:** Food City (long-term resupply). ■ **Restaurants:** Quincey's Pizza; Dairy King; Subway; Dot's Inn; Cowboy's Deli and convenience store, with ATM; Country Corner; In the Country; Mojoe's Trailside Coffee House, B. ■ **Outfitters:** Mt. Rogers Outfitters (MRO), (276) 475-5416, owned and operated by 1990 thru-hiker and Damascus native Dave Patrick and son Jeff, backpacking gear and supplies, stove fuel, shuttles, accepts mail drops sent to 110 Laurel Ave. (P.O. Box 546), Damascus, VA 24236, open M–Sa 9–6, Su 12–6; Adventure Damascus Outdoor Company, (276) 475-6262 or (888) 595-2453, <info@adventuredamascus.com>, <www.adventuredamascus.com>, 128 W. Laurel Ave. (P.O. Box 1113), Damascus, VA 24236, backpacking gear and food, denatured alcohol and Coleman fuel by the ounce, other fuels, bike rentals, shuttles to area trailheads by arrangement, holds USPS and UPS mail drops, \$2 shower (\$4 with towel), open 7 days year-round; Sundog Outfitter, (276) 475-6252 or (866) 515-3441, <www.sundogoutfitter.com>, 331 Douglas Dr., Damascus, VA 24236, backpacking gear and clothing, repairs, hiker food, denatured alcohol and other fuels, will hold USPS and UPS mail drops, call ahead for shuttles, open 7 days a week. ■ **Internet access:** Damascus Public Library, WiFi, M–Th 11–7, F 11–5, Sa 9–1. ■ **Other services:** free long-term parking lot for hikers; coin laundry; medical clinic; pharmacy; hardware store; Dollar Store; two banks with ATM; Bunny Medeiros (Soothing Senses) massages, (276) 475-5140.

West 2 miles on U.S. 58 to Fisher Hollow Veterinary Clinic, (276) 475-5397.

West 12 miles on U.S. 58 to Abingdon, Va., a large town near I-81 with all major services, including a veterinarian, movie theater, and Highlands Ski & Outdoor Center, (276) 628-1329, open M–F 10–7, Sa 9–7, Su 12–6.

Virginia Creeper Trail—The Virginia Creeper stretches 33 miles along an old railroad bed from Abingdon to the Virginia–North Carolina state line. It began as a native-American footpath. Later, it was used by pioneers, including Daniel Boone, and, beginning in the early 1900s, by a quintessential mountain railroad, its namesake, with 100

trestles and bridges, as well as many steep grades and sharp curves. The A.T. shares the Creeper route north of Damascus for 300 yards and again 10 miles north.

Saunders Shelter (1987)—Sleeps 8. Privy. Shelter is located on a 0.2-mile blue-blazed trail. Water source is behind and to the right of the shelter, then down an old road to a reliable, seeping spring.

USFS Beartree Campground—*via* Bear Tree Gap Trail **West** 3 miles. Part of Mt. Rogers National Recreation Area, (276) 388-3642, with a lake and swimming area 1 mile from the A.T. Campground is 2 miles beyond swimming area, with tentsites \$19s, \$38D, and hot showers \$4. Parking \$5/day. Open mid-Apr–Oct.

Lost Mountain Shelter (1994)—Sleeps 8. Privy. Water source is on a trail to the left of the shelter.

Whitetop Mountain—At 5,520 feet, this is Virginia's second-highest peak, although the Trail does not go to the top. Nearby Whitetop is home to a ramp festival, held the weekend after Memorial Day. The celebration includes a ramp-eating contest thru-hikers have won in past years. Ramps emerge from the forest floor in early spring. The two-leafed greens sprout from an onion-like tuber that can be used to spice up Trail meals. Other plants have a similar look, but ramps are identified easily by their smell and taste, which are akin to onions and garlic. In years past, local residents held large music festivals on Whitetop Mountain.

Va. 600, Elk Garden—Elk Garden is named after the now-extinct eastern elk that once roamed throughout this area, along with timber wolves, mountain lions, and bison. Today, none of those exist here, but black bear, white-tailed deer, and wild turkey are common. Neotropical nesting birds of this area include such songbirds as Vesper's sparrow, common raven, various hawks, and several species of warblers.

Mt. Rogers—Virginia's highest peak, at 5,729 feet; the Trail does not go to the viewless summit, but it can be reached *via* a side trail, going west 0.5 mile. Camping is prohibited in the area from the A.T. to the summit due to fragile plant life and the endangered Wellers salamander. The Wellers, a dark blue-black salamander with gold splotches on its back, can be found only in coniferous forests above 5,000 feet. You may also see or hear northern birds, such as the hermit thrush and winter wren. Such species nest here because of the favorable altitude at the summit area.

Thomas Knob Shelter (1991)—Sleeps 16. Privy (moldering). This two-level shelter was built by the MRATC and Konnarock Crew. Water source is in an enclosed area in a pasture behind the shelter; lock the gate leading to the water source to keep the feral ponies in the area from polluting the water. Be aware those ponies like to chew on packs and other salty items.

Rhododendron Gap—Just below the highest point on the Virginia A.T. on Pine Mountain and Wilburn Ridge. In late Jun, rhododendron blooms here in full force. Panoramic views of the rhododendron thickets can be seen from a rock outcropping. Watch your step from Thomas Knob through the Grayson Highlands State Park area; cattle and feral ponies roam the area. In the spring, you will see mares tending their foals.

Grayson Highlands State Park—(276) 579-7092. At Massey Gap, a blue-blaze leads **East** 0.5 mile to a parking area, then 1.5 miles farther on roads to park's campground. Park is open year-round from dawn to 10 p.m. The campstore and showers are open May 1–Oct 31, closed in cold weather; Th–Su 10–5, Jul–Aug daily 10–5; may use phone at camp store with a calling card; tentsite with shower \$21, shower only \$5.

Wise Shelter (1996)—Sleeps 8. Privy. Water source is a reliable spring south of the shelter on a trail east of the A.T. No tenting around the shelter or in the state park. Tentsites are in the Mt. Rogers NRA, across Wilson Creek, 0.3 mile north. Follow the Wilson Creek Trail 2 miles east to Grayson Highlands State Park (see above).

Old Orchard Shelter (1970)—Sleeps 6. Privy. Water source is 100 yards on a blue-blazed trail to the right of the shelter.

Hurricane Mountain Shelter (2004)—Sleeps 8. Privy (moldering). Water source is a nearby stream.

USFS Hurricane Campground—**West** 0.5 mile *via* side trail to Hurricane Campground, (276) 783-5196, one of nine USFS campgrounds within the George Washington and Jefferson National Forests. The campground charges \$16 per site; \$2 shower 10–2. Open Apr 15–Oct 31, depending on weather.



Va. 650 & Va. 16/Dickey Gap—**East** 2.6 miles to Troutdale, Va. [P.O. ZIP 24378: M–F 8:15–12 & 1–4:30, Sa 8:15–11:30; (276) 677-3221]. ■ **Groceries:** Jerry's Kitchen & Goods, 2.0 miles east on Va. 16, (276) 677-3010, <bartley16@hotmail.com>.

Su–Th 7–7, F–Sa 7–7, short-term resupply, fuel (white gas, alcohol, Heet, butane/propane mix), dogs allowed, free Internet, WiFi, free shuttle to Fox Creek and Dickey Gap; also houses a restaurant serving B/L/D that closes around 7 p.m.; mail drops accepted (USPS, UPS) if sent to 10973 Troutdale Hwy., Troutdale, VA 24378; accepts all major credit cards and gives up to \$20 cash back; cable TV in restaurant lounge. ■ **Hostel:** Troutdale Baptist Church, Pastor Ken Riggins, (276) 677-4092, located at 10148 Troutdale Hwy., offers a place to tent or use of a hiker bunkhouse, shower; pets welcome, donations accepted. ■ **Lodging:** Fox Hill Inn, 8568 Troutdale Hwy., Troutdale, VA 24378, (276) 677-3313, (866) 943-7243; 4 miles south of Dickey Gap; call for shuttle. Thru-hiker rates April 1–July 15, \$75S/D, \$20EAP, includes B, phone with card, WiFi, kitchen; no smoking or pets inside. ■ **Other services:** ATM, bank, dentist, medical clinic.

East 3.2 miles to USFS Raccoon Branch Campground on the blue-blazed trail; tentsites \$1 (subject to change: See <www.fs.fed.us/r8/gwj>), no showers, open Apr–Dec, no water after Oct 31.

Trimpi Shelter (1975)—Sleeps 8. Privy. A reliable spring is in front of the shelter.

Piedmont Appalachian Trail Hikers (PATH)—PATH maintains the 64.1 miles between Va. 670, South Fork of the Holston River, and U.S. 21/52 at Bland, Va. Correspondence can be sent to PATH, P.O. Box 4423, Greensboro, NC 27404; <www.path-at.org>.

Partnership Shelter (1998)—Sleeps 16. Privy and propane-powered warm-water shower (available during warmer months). No tenting around the shelter. Water source is a faucet behind the shelter. No alcoholic beverages allowed. For a week or more after Trail Days, expect law-enforcement officers to be checking in.

Mt. Rogers National Recreation Area Headquarters—(276) 783-5196 or (800) 628-7202, M–F 8–4:30 year-round, Sa 9–4 May–Oct (weather permitting). Only several hundred yards north of Partnership Shelter, the headquarters houses a bookshop and interpretive center with information about plants and animals found in the area. Water is available from a spigot outside (in nonfreezing weather). Restroom and soda machine inside. From the outside phone (free local calls, calling card needed for long distance), you can order pizza from several area pizzerias, including Pizza Hut, (276) 783-3104, to be delivered to gate. Do not sleep on the headquarters' covered porch. Obtain free permit to park overnight or weekly.



Va. 16—East 3.2 miles to **Sugar Grove, Va.** [P.O. ZIP 24375: **M–F 8:15–12 & 1:15–4:45, Sa 8:15–10:30; (276) 677-3200**]. The town is home to the ATC Konnarock Volunteer Crew (see below). ■ **Groceries:** Mt. View Food Mart, (276) 677-3037, M–Sa 7–9:30, Su 8–9:30 (short-term resupply), has ATM, pizza, sandwiches, hamburgers, hotdogs, Coleman fuel by the gallon. ■ **Restaurant:** Sugar Grove Diner, (276) 677-3351, B/L/D, M–W 5–8, Th–Sa 5–8:30; may be closed, however. Possible shuttle to and from Trail and lodging may still be available; call (276) 677-3037 or (276) 667-3070.

West 6 miles to **Marion, Va.** [P.O. ZIP 24354: **M–F 8:30–5 Sa 9:30–12; (276) 783-5051**], a larger town near I-81 with all major services, including a Food Lion supermarket (long-term resupply), several restaurants, fast-food outlets, a coin laundry, and Greyhound bus service along the I-81 corridor, (276) 783-7114 (closed Sa, Su, and holidays). ■ **Lodging:** various motels, including the Virginia House Inn, (276) 783-5112, 1419 N. Main/U.S. 11, 0.25 mile beyond Walmart, hiker rate \$35S, \$45D (except during Bristol Raceway weekends), dogs \$7, includes continental B, CATV, in-room phones, pool.

Konnarock Crew—Based 1 mile from Sugar Grove post office at USFS facility. If you want part of your experience to be a week on the crew that builds and rehabilitates the Trail, call the Blacksburg, Va., ATC regional office at (540) 953-3571 before your hike to make arrangements. Getting to base camp and back is your responsibility, but, once there, food and amenities are provided. Commitments include 5 days/4 nights along the Trail in the South. Be prepared to work and have a lot of fun.

Chatfield Shelter (1970s)—Sleeps 6. Privy. Named in honor of North Carolina conservationist and PATH founder Louise Meroney Chatfield. A creek is in front.

Va. 615, Settlers Museum—On USFS lands adjacent to the Trail, the farmstead and visitors center include exhibits of rural life at the time the valley was settled. Admission free to hikers.

Va. 683, U.S. 11, I-81—At Groseclose, Va. (no post office), this is the southernmost crossing of I-81. ■ **Restaurant:** The Barn Restaurant, B/L/D, M–Sa 7–8, Su 7–3 buffet; ask permission for long-term parking, (276) 686-6222, mail drops accepted (no fee), 7412 Lee Hwy, Rural Retreat, VA 24368. ■ **Groceries:** Exxon Truckstop (Shell), short-term resupply, deli, ATM, fuel available; (276) 783-5454. ■ **Hostel:** Happy Hiker Hollow, 484 Phillippi Hollow Rd., Atkins, VA 24311, (276) 783-3754. Rambunny and Aqua, proprietor, have more than 10,000 combined miles of hiking experience. Call

from Settler's Museum, Partnership Shelter, or U.S. 11 for slackpack to hostel. Shower; accepts mail drops; long-term parking; shuttles; Internet access; unlimited long-distance calls; 2 indoor rooms plus barn; camping; special treatment for Trail maintainers. Call for reservations. ■ **Lodging:** The Relax Inn, 7253 Lee Hwy, Rural Retreat, VA 24368, (276) 783-5811, \$40S, \$45D, \$5EAP, \$10 per pet; long-term hiker parking \$3/day; coin laundry; call for info on shuttle to Trailhead; holds USPS, UPS, FedEx packages (nonguests \$5); please provide your ETA.

West 3.2 miles (on U.S. 11 south) to **Atkins, Va.** [P.O. ZIP 24311: M–F 9–1 & 2:30–4, Sa 9:30–11; (276) 783-5551], with restaurants. ■ **Groceries:** Atkins Grocery & Deli (long-term resupply), M–F 6–10, Sa 9:30–11. ■ **Other services:** laundromat near grocery store, at opposite end of building (no sign), M–F 7–8, Sa 7–7.

West 10.2 miles (on U.S. 11 south) to **Marion, Va.** (see above), a larger town.

Davis Path Campsite—The shelter roof and walls were removed in 2008, but tent platform, table, and privy remain. Located near an eighteenth-century settlers' route through Davis Valley. Water source is a spring 0.9 mile south of the shelter. Southbounders can carry water from Crawfish Valley, 3.5 miles north. Once sidehill campsites are built from the shelter logs, the platform will be removed as well.

Knot Maul Branch Shelter (1980s)—Sleeps 8. Privy. Named for the knotty wood settlers used as mauls for their farm work. Water source is 0.2 mile north on the A.T.

Chestnut Knob Shelter (renovated 1994)—Sleeps 8. Privy. A former firewarden's cabin, the shelter was once called "the cave" but now includes plexiglass windows to let in some light. No water is available at this shelter, but water is sometimes found 0.2 mile south on the A.T., then 50 yards east on an old Jeep road. Otherwise, southbounders can find water 1.3 miles north in Walker Gap, and northbounders can find water at a spring-fed pond 1.8 miles south.

Burkes Garden—Chestnut Knob Shelter, elevation 4,410 feet, overlooks this unusual geologic feature, which was the Vanderbilts' first choice for their Biltmore estate, later constructed near Asheville, N.C. It is a large, crater-shaped depression surrounded on all sides by a high ridge that the A.T. follows for nearly 8 miles. From Chestnut Knob, you can see how it got its nickname, "God's Thumbprint."

Jenkins Shelter (1960s)—Sleeps 8. Privy. Formerly the Monster Rock Shelter, built when the A.T. followed the ridge of Walker Mountain. It was moved in the early 1980s, when the Trail was. Water source is a stream 100 yards north on a blue-blazed trail.

Laurel Creek footbridge closure: Located at Va. 615, 6.9 miles south of U.S. 21/52 near Bastian, Va., the A.T. footbridge across Laurel Creek is closed for repairs. Hikers may ford the creek or follow a blue-blazed trail that leads to/from an alternate crossing on Va. 615. Signs have been posted to direct hikers onto the temporary route. Note that the formerly blue-blazed high-water route just south of Va. 615 has been changed to white-blazed. The formerly white-blazed route along Little Wolf Creek has been repainted blue. This route change may be temporary.



U.S. 52—East 2.7 miles to Bland, Va. [P.O. ZIP 24315: M–F 8–11:30 & 12–4, Sa 9–11; (276) 688-3751]. Larger than Bastian, with more services. ■ **Restaurants:** Bland Square Grill (in Bland Square Citgo, 8870 South Scenic Hwy, first block west of Main on U.S. 52 in downtown Bland, B/L/D, 7 days. ■ **Groceries:** Bruce's IGA Supermarket (long-term resupply), (276) 688-4461, M–Sa 7–10, Su 8–9, credit cards accepted. ■ **Internet access:** library, (276) 688-3737, MWF 9:30–4:30, Tu, Th 9:30–8. ■ **Other services:** hardware store; medical clinic, (276) 688-4800, MTW 9–5, Th 9–12; two banks with ATM.

East 3.3 miles to ■ Lodging: Big Walker Motel, 70 Skyview Lane, Bland, VA 24315, (276) 688-3331, \$57.73 1-2 persons, \$62.01 3 or more, pets OK, WiFi, will hold packages only for guests. Call for shuttle possibilities. ■ **Other services:** Dairy Queen with ATM, Subway, Dollar General. There is no place to camp in Bland.

West 2.5 miles to Bastian, Va. [P.O. ZIP 24314: M–F 8–12 & 12:30–4, Sa 8–10:30; (276) 688-4631]. P.O. is **West 1.9 miles**, left on Railroad Trail, right on Walnut Drive. Two miles farther down U.S. 52 to **Other services:** medical clinic, (276) 688-4331, M, W 8:30–6, Tu 8:30–8, Th 8:30–8, F 8:30–5; pharmacy next door, (276) 688-4204, M–F 9–5, Tu 9–8, Sa 9–12; Greyhound bus service, (304) 325-9442, available for the I-77 corridor in Bluefield, W.Va., about 10 miles beyond Bastian on U.S. 52 (closed Su and holidays); Pizza Plus, (276) 688-3332, will deliver to U.S. 52 Trailhead and Bland.

Outdoor Club at Virginia Tech—OCVT maintains the 9 miles between U.S. 21/52 and Va. 611 and 18.8 miles in central Virginia between U.S. 460 and Pine Swamp Branch Shelter. Correspondence should be sent to OCVT, P.O. Box 538, Blacksburg, VA 24060; <www.outdoor.org.vt.edu>.

Helveys Mill Shelter (1960s)—Sleeps 6. Privy. Relocated here when the A.T. was moved off Walker Mountain in the 1980s. Water source is down a switch-backed trail in front of the shelter.

Jenny Knob Shelter (1960s)—Sleeps 6. Privy. Also relocated here when the A.T. was moved off Walker Mountain. Water source is a spring near the shelter.



Va. 608, Va. 42—East 0.8 mile to the community of Crandon. Bruce's General Store, (276) 688-3132, M–Sa 7–7, Su 10–6; fuel by the ounce.

Roanoke Appalachian Trail Club—RATC maintains the 34.4 miles between Va. 611 and U.S. 460 and 87.0 miles in the next section between Pine Swamp Branch Shelter and Black Horse Gap. Correspondence should be sent to RATC, P.O. Box 12282, Roanoke, VA 24024; <www.ratc.org>.



Va. 606—West 0.5 mile to **Groceries:** Trent's Grocery with deli and pizza. Open daily M–Sa 7–9, Su 9–9, Coleman and denatured alcohol by the ounce, pay phone, and soda machines. Camping, shower, and laundry \$6, or warm shower and laundry only \$3.

Wapiti Shelter (1980)—Sleeps 8. Privy. Water source is Dismal Creek, just south of the turn-off to the shelter.



Sugar Run Road/Sugar Run Gap—East 0.5 mile to **Hostel:** Woodshole Hostel, (540) 921-3444, <www.woodsholehostel.com>. An old homestead discovered by Roy and Tillie Wood while Roy was studying elk (wapiti) in the early 1940s. They opened the hostel in 1986. After Roy passed away in 1987, Tillie and volunteers continued hosting thru-hikers for 21 years. She passed away in 2007. Her granddaughter, Neville, and partner, Michael, and volunteers continue her hospitality. Woodshole is an 1880s chestnut-log cabin (recently renovated) and hikers' bunkhouse surrounded by the Jefferson National Forest. The bunkhouse, with mattresses in the loft for sleeping, and nearby solar shower are free. Donations appreciated. Sodas, candy bars, pizza, smoothies, Coleman fuel and denatured alcohol for sale. A family-style breakfast served in the cabin at 7:30 a.m. is available for limited number of guests, \$6. No reservations, please. A telephone is available for making credit-card or collect calls before 8 p.m. Foot massage/massage therapy available from Neville and Michael. *Directions:* Going north, at Sugar Run Gap, turn right on dirt road, bear left at the fork, and go 0.5 mile down the road to Woods-hole on right; watch for signs. Long-distance hikers welcome beginning May 1.

Doc's Knob Shelter (1971)—Sleeps 8. Privy. A reliable spring is to left of the shelter.

Virginia—Part 2 (Central)

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,553.2	Va. 634	R	2,200	625.9
1,552.7	Lane Street Pearisburg, VA 24134	R, L, G, sh, f (E–1m P O, G, L, M, D, V, f, cl, @; 2.9m H; 6m O; 20m G, L, M, O) (W–3m L, M, G)	1,650	626.4
1,552.2	U.S. 460, Senator Shumate Bridge (east end), New River	R	1,600	626.9
1,550.7	Clendennin Rd (Va. 641)	R	1,750	628.4
1,548.5	Springs	C, w	3,250	630.6
1,545.9	Rice Field Shelter... <i>15mS; 12.5mN</i>	S (E–0.3m w)	3,375	633.2
1,544.3	Campsite, water	C, w	3,300	634.8
1,540.8	Symms Gap Meadow	C, w	3,320	638.3
1,539.8	Groundhog Trail		3,400	639.3
1,538.3	Dickinson Gap		3,300	640.8
1,536.1	Peters Mtn		3,500	643.0
1,535.9	Allegheny Trail			643.2
1,533.4	Pine Swamp Branch Shelter... <i>12.5mS; 3.9mN</i>	S, w	2,530	645.7
1,533.1	Va. 635, Stony Creek Valley	R	2,370	646.0
1,532.0	Dismal Branch	w	2,480	647.1
1,531.0	Va. 635, Stony Creek	R, w	2,450	648.1
1,529.7	Spring	w	3,490	649.4
1,529.5	Bailey Gap Shelter... <i>3.9mS; 8.8mN</i>	S, w	3,525	649.6
1,525.8	Va. 613, Salt Sulphur Tpk	R	3,950	653.3
1,525.6	Wind Rock		4,100	653.5
1,524.4	Campsites, spring	C, w	4,000	654.7
1,520.7	War Spur Shelter... <i>8.8mS; 5.8mN</i>	S, w	2,340	658.4
1,519.9	USFS 156, Johns Creek Valley	R, w	2,080	659.2
1,518.9	Stream	w	2,700	660.2
1,517.9	Va. 601, Rocky Gap	R	3,250	661.2

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,514.9	Laurel Creek Shelter... <i>5.8mS; 6.7mN</i>	S, w	2,720	664.2
1,513.9	Spring	w	2,400	665.2
1,512.5	Va. 42, Sinking Creek Valley	R (E–0.5m L)	2,200	666.6
1,511.6	Va. 630, Sinking Creek	R, w (W–0.5m L)	2,100	667.5
1,511.2	Keffer Oak		2,240	667.9
1,508.5	Sarver Hollow Shelter... <i>6.7mS; 6.3mN</i>	E–0.3m S, w	3,000	670.6
1,504.9	Sinking Creek Mtn		3,450	674.2
1,503.2	Cabin Branch	C, w	2,490	675.9
1,502.5	Niday Shelter... <i>6.3mS; 10.4mN</i>	S, w	1,800	676.6
1,501.2	Va. 621, Craig Creek Valley	R	1,540	677.9
1,497.4	Audie Murphy Monument		3,100	681.7
1,493.6	Va. 620, Trout Creek	R, w	1,525	685.5
1,492.4	Pickle Branch Shelter... <i>10.4mS; 13.9mN</i>	E–0.3m S, w	1,845	686.7
1,488.2	Cove Mtn, Dragons Tooth		3,020	690.9
1,487.2	Lost Spectacles Gap		2,550	691.9
1,486.7	Rawies Rest		2,350	692.4
1,485.7	Va. 624, North Mtn Trail	R (W–0.4m G, M)	1,810	693.4
1,484.1	Va. 785	R	1,790	695.0
1,479.8	Va. 311 Catawba, VA 24070	R (W–1m PO, C, G; 1.3m M)	1,990	699.3
1,478.8	Johns Spring Shelter... <i>13.9mS; 1mN</i>	S, w	1,980	700.3
1,477.8	Catawba Mtn Shelter... <i>1mS; 2.4mN</i>	S, w	2,580	701.3
1,476.1	McAfee Knob		3,197	703.0
1,475.5	Pig Farm Campsite	C, w	3,000	703.6
1,475.4	Campbell Shelter... <i>2.4mS; 6mN</i>	S, w	2,580	703.7
1,472.3	Brickey's Gap		2,250	706.8
1,470.5	Tinker Cliffs		3,000	708.6
1,470.0	Scorched Earth Gap, Andy Layne Trail		2,600	709.1

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,469.4	Lamberts Meadow Shelter... <i>6mS; 14.4mN</i>	S, w	2,080	709.7
1,469.1	Lamberts Meadow Campsite, Sawmill Run	C, w	2,000	710.0
1,465.1	Angels Gap		1,800	714.0
1,464.0	Hay Rock, Tinker Ridge		1,900	715.1
1,460.5	Tinker Creek		1,165	718.6
1,460.0	U.S. 220, Va. 816 Cloverdale, VA 24077; Daleville, VA 24083	R; G, L, M, cl (E— 0.8m G, M, L, cl, sh; 2.3m PO G, L, M; 12m G, M, O, D, V) (W—0.3m G, M O, f; 1m PO)	1,350	719.1
1,458.8	Va. 779, I-81	R	1,400	720.3
1,458.5	U.S. 11, Norfolk & Western Railway Troutville, VA 24175	R (W—1.3m PO, C, G, M)	1,300	720.6
1,457.9	Va. 652	R	1,450	721.2
1,455.0	Fullhardt Knob Shelter... <i>14.4mS; 6.2mN</i>	S, w	2,670	724.1
1,452.2	USFS 191, Salt Pond Rd	R	2,260	726.9
1,451.4	Curry Creek	w	1,680	727.7
1,449.5	Wilson Creek	w	1,690	729.6
1,448.8	Wilson Creek Shelter... <i>6.2mS; 7.5mN</i>	S, w	1,830	730.3
1,448.4	Spring	w	2,050	730.7
1,446.4	USFS 186; BRP mp 97.7; Old Fincastle Rd; Black Horse Gap	R	2,402	732.7
1,445.6	BRP mp 97.0; Taylors Mtn Overlook	R	2,350	733.5
1,444.5	BRP mp 95.9; Montvale Overlook	R	2,400	734.6
1,443.9	BRP mp 95.3; Harveys Knob Overlook	R	2,550	735.2
1,441.5	Bobblets Gap Shelter... <i>7.5mS; 6.7mN</i>	W—0.2m S, w	1,920	737.6
1,440.8	BRP mp 92.5; Sharp Top Overlook	R	2,350	738.3
1,440.1	BRP mp 91.8; Mills Gap Overlook	R	2,450	739.0

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,438.4	Va. 43, Bearwallow Gap; BRP mp 90.9 Buchanan, VA 24066	R (E–4.4m C, L, M) (W–5m PO, G, M, @; 7m L, M)	2,228	740.7
1,436.8	Cove Mtn		2,720	742.3
1,436.4	Little Cove Mtn Trail		2,600	742.7
1,435.0	Cove Mtn Shelter... <i>6.7mS; 7mN</i>	S, nw	1,925	744.1
1,433.3	Buchanan Trail		1,790	745.8
1,431.8	Va. 614, Jennings Creek	R, C, w (E–0.3m w; 1.4m C, G, cl, sh, f) (W–4.5m L, M)	951	747.3
1,430.2	Fork Mtn		2,042	748.9
1,428.0	Bryant Ridge Shelter... <i>7mS; 4.9mN</i>	S, w	1,320	751.1
1,423.7	Floyd Mtn		3,560	755.4
1,423.1	Cornelius Creek Shelter... <i>4.9mS; 5.3mN</i>	S, w	3,145	756.0
1,422.2	Black Rock		3,450	756.9
1,420.5	Apple Orchard Falls Trail		3,250	758.6
1,420.4	USFS 812, Parkers Gap Rd; BRP mp 78.4	R	3,430	758.7
1,419.0	Apple Orchard Mtn		4,225	760.1
1,418.7	The Guillotine		4,090	760.4
1,418.1	Upper BRP mp 76.3	R	3,900	761.0
1,417.8	Thunder Hill Shelter... <i>5.3mS; 12.4mN</i>	S, w	3,960	761.3
1,416.8	Lower BRP mp 74.9	R	3,650	762.3
1,416.4	Thunder Ridge Overlook; BRP mp 74.7	R	3,501	762.7
1,414.5	Harrison Ground Spring	w	3,200	764.6
1,413.1	USFS 35, Petites Gap; BRP mp 71.0	R	2,369	766.0
1,411.9	High Cock Knob		3,073	767.2
1,410.9	Marble Spring	C, w	2,290	768.2
1,410.4	Sulphur Spring Trail (south crossing)		2,400	768.7
1,408.6	Belfast Trail, Hickory Stand		2,650	770.5

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,408.1	Sulphur Spring Trail (north crossing)		2,588	771.0
1,407.3	Big Cove Branch	w	1,890	771.8
1,405.4	Matts Creek Shelter... <i>12.4mS; 3.9mN</i>	S, w	835	773.7
1,404.6	Campsite	C, w	700	774.5
1,403.4	James River Foot Bridge		678	775.7
1,403.2	U.S. 501, Va. 130, James River Big Island, VA 24526; Glasgow, VA 24555	R (E–4.7m C, G, L, cl, sh; 5.1m PO, G, M, D) (W–5.9m PO, G, L, M, cl, f, @)	680	775.9
1,403.1	Lower Rocky Row Run Bridge	w	670	776.0
1,402.2	Rocky Row Run	C, w	760	776.9
1,402.1	Va. 812, USFS 36	R	825	777.0
1,401.5	Johns Hollow Shelter... <i>3.9mS; 9mN</i>	S, w	1,020	777.6
1,399.5	Rocky Row Trail		2,400	779.6
1,399.4	Fullers Rocks, Little Rocky Row		2,472	779.7
1,398.4	Big Rocky Row		2,992	780.7
1,396.9	Saddle Gap, Saddle Gap Trail		2,600	782.2
1,395.8	Saltlog Gap (south)		2,573	783.3
1,394.3	Bluff Mtn		3,372	784.8
1,393.2	Punchbowl Mtn		2,850	785.9
1,392.7	Punchbowl Shelter... <i>9mS; 9.7mN</i>	W–0.2m S, w	2,500	786.4
1,392.3	Punchbowl Mtn Crossing; BRP mp 51.7	R, w	2,170	786.8
1,392.0	Va. 607, Robinson Gap Rd	R	2,100	787.1
1,390.1	Rice Mtn		2,228	789.0
1,388.2	USFS 39, Pedlar River	R	990	790.9
1,385.2	Pedlar Lake Rd (USFS 38)	R	1,000	793.9
1,383.2	Brown Mtn Creek Shelter... <i>9.7mS; 6.2mN</i>	S, w	1,395	795.9

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,381.4	U.S. 60 Buena Vista, VA 24416; Lexington, VA 24450	R (W–9.3m PO, C, G, L, M, D, V, cl, sh; 15m PO, G, L, M, D, V, O, f)	2,065	797.7
1,378.6	Bald Knob		4,059	800.5
1,377.6	Old Hotel Trail, Cow Camp Gap Shelter... <i>6.2mS; 10.8mN</i>	E–0.6m S, w	3,160	801.5
1,376.4	Cold Mtn		4,022	802.7
1,375.1	USFS 48, Hog Camp Gap	R, C, w	3,485	804.0
1,374.2	Tar Jacket Ridge		3,847	804.9
1,372.9	USFS 63, Salt Log Gap (north)	R	3,257	806.2
1,371.7	USFS 246	R	3,500	807.4
1,371.2	Greasy Spring Rd	R	3,600	807.9
1,369.3	N Fork of Piney River	C, w	3,500	809.8
1,368.1	Elk Pond Branch	C, w	3,750	811.0
1,367.4	Seeley-Woodworth Shelter... <i>10.8mS; 6.9mN</i>	S, w	3,770	811.7
1,366.3	Porters Field	C, w	3,650	812.8
1,365.1	Spy Rock Rd Montebello, VA 24464	R (W–2.5m PO; 2.2m C, G, L, M, cl, sh, f)	3,454	814.0
1,364.6	Spy Rock		3,680	814.5
1,364.3	Main Top Mtn		4,040	814.8
1,363.5	Cash Hollow Rock		3,550	815.6
1,362.2	Cash Hollow Rd	R	3,280	816.9
1,361.4	Va. 826, Crabtree Farm Rd, Crabtree Falls Trail	W–0.5m C, w	3,350	817.7
1,360.5	The Priest Shelter... <i>6.9mS; 7.5mN</i>	S, w	3,840	818.6
1,360.0	The Priest		4,063	819.1
1,357.0	Cripple Creek	w	1,800	822.1
1,355.7	Va. 56, Tye River	R, C, w (W–4m C, G, sh)	970	823.4
1,354.0	Mau-Har Trail		2,090	825.1
1,353.0	Harpers Creek Shelter... <i>7.5mS; 6.2mN</i>	S, w	1,800	826.1
1,351.0	Chimney Rocks		3,190	828.1

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,349.7	Three Ridges		3,870	829.4
1,348.8	Hanging Rock Vista		3,750	830.3
1,346.8	Maupin Field Shelter... <i>6.2mS; 15.8mN</i>	S, w (W–2m G, L) (W–2.8m H)	2,720	832.3
1,345.1	Va. 664, Reeds Gap; BRP mp 13.6	R	2,650	834.0
1,344.6	BRP mp 13.1; Three Ridges Parking Overlook	R	2,700	834.5
1,340.8	Cedar Cliffs		2,800	838.3
1,340.3	BRP mp 9.6; Dripping Rock Parking Area	R, w	2,950	838.8
1,337.5	Humpback Mtn; trail to Humpback Rocks		3,250	841.6
1,336.5	Trail to Humpback Rocks			842.6
1,335.0	Bear Spring	w	3,200	844.1
1,332.8	Glass Hollow Overlook		2,750	846.3
1,332.5	Trail to Humpback Visitors Center	W–1.3m w	2,150	846.6
1,331.0	Mill Creek, Paul C. Wolfe Shelter... <i>15.8mS; 12.3mN</i>	S, w	1,700	848.1
1,326.0	U.S. 250, I-64, Rockfish Gap Waynesboro, VA 22980	R, G, L, M (W–1m L: 4.5m P O, H, C, G, L, M, O, D, V, cl, sh, f, @)	1,902	853.1

BRP=Blue Ridge Parkway, mp=milepost

Central Virginia's treadway is well-graded and includes several 2,000- to 3,000-foot climbs. You will traverse some of the northernmost balds on the Trail. Unusual rock formations offer up views to the valley below from the peaks of Humpback Rocks, Three Ridges, The Priest, McAfee Knob, and Dragons Tooth. This section is more rugged and remote than Shenandoah to the north and parallels the Blue Ridge Parkway for 90 miles.

automotive and hardware stores; hair salon and barber; Walmart; coin laundry; ATM; hospital; dentist; veterinarian; municipal swimming pool open to the public Memorial Day to Labor Day for small fee. ■ **Shuttle:** Tom Hoffman, (840) 921-1184, <gopullman@aol.com>.

East 2.9 miles, follow blue-blaze to **Hostel:** Holy Family Church Hostel, located in a peaceful setting on a hill, is hidden by trees beyond the church parking lot. Members of the church dismantled an old barn and reconstructed it as a hostel expressly for backpackers. Refrigerator, stove, microwave, shower, and loft with sleeping pads. Camping permitted on lawn and in gazebo. Stays are limited to two nights. Closed Oct 15–Apr 15. Donations are appreciated, as is cleaning the hostel. Alcoholic beverages, drugs, and pets prohibited. Side trail from hostel to Walmart, 0.25 mile. Mail drops no longer accepted. No pay phone. Contact church office, (540) 921-3457.

East 6 miles on U.S. 460 to **Outfitter:** Tangent Outfitters, 201 Cascade Dr., Pembroke, VA 24136, <www.newrivertrail.com>, primarily oriented to rafters.

East 20 miles *via* U.S. 460 to Blacksburg, Va., home of Virginia Tech, with all services. ATC's Virginia regional office, (540) 953-3571, is located at 110 Southpark Dr. in a USFS facility. **Outfitter:** Back Country Ski & Sports, (800) 560-6401 or (540) 552-6400, open M–Sa 10–8, Su 1–5.

West 3 miles *via* U.S. 460 to Rt. 61/MacArthur Lane and **Lodging:** MacArthur Inn, 117 MacArthur Lane, Narrows, VA 24124, (540) 726-7510; renovated hotel, 26 rooms, \$70s, \$82d, includes full B for 2, laundry; no pets; WiFi; long-distance phone (no charge); shuttle to and from Trail (call from Pearisburg); accepts mail drops; restaurant; deli; groceries across road.

Senator Shumate (U.S. 460) Bridge—The large manufacturing facility in Narrows seen from the bridge over the New River is the Celco (Celanese Acetate) Plant, a major employer in the area that has been working with ATC and the Forest Service to significantly relocate the Trail north of the river.

Rice Field Shelter (1995)—Sleeps 7. Privy. This shelter has an excellent viewing area for sunsets and clouded valleys in the morning. Water is on a steep, 0.3-mile downhill hike behind and to the left of the shelter.

Symms Gap Meadow—The traverse of Peters Mountain along the Virginia–West Virginia state line is a dry one. At this mountain meadow, with views into West Virginia, a small pond is located downhill from the A.T. on the West Virginia side of the ridge, with spots for camping nearby.

Allegheny Trail—2.5 miles south of Pine Swamp Branch Shelter is the A.T.'s junction with the southern terminus of the Allegheny Trail, which extends about 300 miles across West Virginia to the Pennsylvania border. The trail is maintained by the West Virginia Scenic Trails Association, P.O. Box 4042, Charleston, WV 25364; <www.wvscenictrails.org>.

Pine Swamp Branch Shelter (1980s)—Sleeps 8. Privy. Stone shelter. Water is from the stream 75 yards down a blue-blazed trail west of the side trail to the shelter. The shelter was damaged in 2007 by a tree falling on the roof, but many hours of volunteer labor have repaired it.

Bailey Gap Shelter (1960s)—Sleeps 6. Privy. Water is 0.2 mile south on the A.T., then east down a blue-blazed trail.

Va. 613, Salt Sulfur Turnpike—**East** 5 miles to **Lodging**: Mountain Lake Conservancy and Hotel, (800) 346-3334, <www.mountainlakehotel.com>, site of one of only two natural lakes in Virginia; rates begin at \$125S/\$175D, includes B & D, access to resort amenities, shuttle from and to A.T.; reservations required. Will hold packages for registered guests mailed to 115 Hotel Circle, Pembroke, VA 24136.

War Spur Shelter (1960s)—Sleeps 6. Privy. Water source is a stream 80 yards north of the shelter on the A.T.

Laurel Creek Shelter (1988)—Sleeps 6. Privy. Water is west on the A.T., 45 yards south of the shelter-trail junction.



Va. 42, Sinking Creek Valley—**East** 0.5 mile to **Lodging**: The Huffman House B&B at Creekside Farm, <www.thehuffmanhousebandb.com>, owned by 1999 thru-hikers Ron and Carol Baker (Leafhopper & Snowy Egret), (540) 544-6942, \$120–\$159D, \$20EAP, reservations required, will hold packages for registered guests sent to 16 Old Huffman Store Rd., Newport, VA 24128.

Keffer Oak—Located about 0.2 mile north of Va. 630, this is the largest oak tree on the A.T. in the South. Last measured, the girth was 18 feet, 3 inches; it is estimated to be 300 years old. The Dover Oak along the A.T. in New York is slightly larger.

Sarver Hollow Shelter (2001)—Sleeps 6. Privy. Water source is a spring located on a blue-blazed trail near the shelter.

Sinking Creek Mountain—This is the northernmost spot on the Trail where the route crosses a significant “continental divide.” Waters flowing down the western side of the ridge drain into Sinking Creek Valley and the Mississippi River to the Gulf of Mexico. Waters flowing on the eastern side empty into Craig Creek Valley, the James River, and eventually the Atlantic Ocean. Between here and mid-Pennsylvania, except for a short section near Roanoke, the Trail is in the Chesapeake Bay watershed.

Niday Shelter (1980)—Sleeps 6. Privy. Water source is 75 yards down a blue-blazed trail west of the A.T.

Audie Murphy Monument—located on a blue-blazed trail to the west on Brushy Mountain. Murphy was the most decorated American soldier of World War II, and his single-handed capture of a large number of German soldiers made him a legend. After the war, he starred in many Hollywood war and B-grade western movies. He died in a 1971 plane crash near this site. A trail leads beyond the monument to a view from a rock outcropping.

Pickle Branch Shelter (1980)—Sleeps 6. Privy. Water is from the stream below the shelter.

Dragons Tooth—Named by Tom Campbell, an early member of RATC and prime mover in the 1930s–1950s in locating the A.T. on its current route. He also named Lost Spectacles Gap, north of Dragons Tooth, after his glasses disappeared on a scouting/work hike.

Camping Restrictions—Between Va. 624 and U.S. 220, camping and fires are allowed only at the following designated sites of this heavily used section: Johns Spring, Catawba Mountain, Campbell, and Lamberts Meadow shelters and Pig Farm and Lamberts Meadow campsites.



Va. 624/North Mountain Trail—West 0.3 mile to Va. 311, then left 0.1 mile to Catawba Grocery (short-term resupply), open M–Th 5–10, F–Sa 5–11, Su 6–10. Pay phone outside. Nearby North Mountain Trail was once the A.T. route. A 30-mile loop is possible.



Va. 311—West 1 mile to **Catawba, Va.** [P.O. ZIP 24070: M–F 7:30–12 & 1–5, Sa 8–10:30; (540) 384-6011], and Catawba Valley General Store (*for sale in fall 2009*), M–F 6–8, Sa 7–8, closed Su; sandwiches and pizzas; accepts UPS mail drops to 4905 Catawba Valley Dr., Catawba, VA 24070; camping (one night, \$3PP) and portable toilet behind store.

West 1.3 miles to the Homeplace Restaurant with AYCE meals \$13 for two meats, \$14 for three meats, less if you're a vegetarian. Open Th–F 4–8, Sa 3–8, Su 11–6 (closed the week of Jul 4 and two weeks in late Dec); Th is Southern-barbeque night. No public restroom.

Plans are in the works for a blue-blazed trail from the Va. 311 parking lot to Catawba through a 400-acre Virginia Tech farm; watch for updates along the Trail and in the Trail-conditions section of <www.appalachiantrail.org>.

Johns Spring Shelter (2003)—Sleeps 6. Privy. Site of the former Boy Scout Shelter. Unreliable water in front of the shelter; follow blue-blazed trail 0.25 mile to a slightly more reliable spring.

Catawba Mountain Shelter (1984)—Sleeps 6. Privy. Two water sources for this shelter: One is a piped spring 50 yards south on the A.T., and the other is crossed a few feet north of the piped spring, but often goes dry in summer. Tentsites available north on the A.T.

McAfee Knob—Considered by many to have the best view in Virginia, McAfee Knob is a tempting campsite. However, it is absolutely *verboden* to camp here; the knob already sustains tremendous impact. Campbell Shelter or Pig Farm Campsite are good alternatives if you want to climb back up to catch the sunset or sunrise from the cliff.

Campbell Shelter (1989)—Sleeps 6. Privy. Water can be found by following the blue-blazed trail left and behind the shelter. Follow the trail through the “electric meadow” to the spring.

Tinker Cliffs—A cliff-walk half a mile long, with views back to McAfee Knob. Folklore says the name comes from Revolutionary War deserters who hid near here and repaired pots and pans (“tinkers”).

Lamberts Meadow Shelter (1974)—Sleeps 6. Privy. Tentsites are 0.3 mile farther north on the A.T. Water is 50 yards down the trail in front of the shelter; reported dry in Aug 2007.



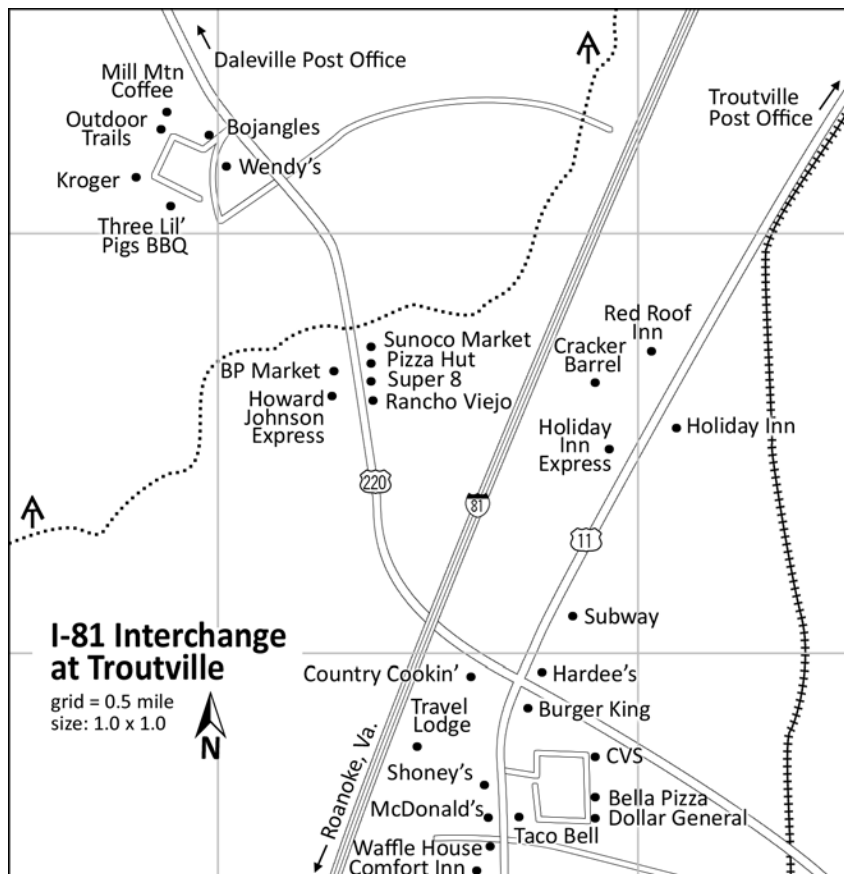
U.S. 220/I-81 Interchange Area—The interchange area offers all the comforts of interstate vehicular travel, with most services near the A.T.

On U.S. 220. ■ **Lodging:** Super 8, (540) 992-3000, hiker rates subject to availability, \$36S/D, \$6EAP, coin laundry, pool, no pets; Howard Johnson Express Inn, (540) 992-1234, hiker rate \$55S/D, \$5EAP, includes full B, holds UPS and USPS packages for registered guests sent to 437 Roanoke Road, Daleville, VA 24083, microwave & refrigerator, coin laundry, dogs permitted, \$15 per pet. Both motels fill up quickly, particularly on the weekends. If you wish to stay there, make reservations during an earlier town stop. ■ **Restaurants:** Pizza Hut with AYCE salad bar; Rancho Viejo Mexican. ■ **Other services:** Several convenience stores.

West 0.3 mile to Botetourt Commons Shopping Plaza. ■ **Restaurants:** Mill Mountain Coffee House, 3 Little Pigs BBQ, Wendy's, Bojangles. ■ **Groceries:** Kroger Super Store, with pharmacy (long-term resupply). ■ **Outfitter:** Outdoor Trails, (540) 992-5850, (M–F 10–8, Sa 9–6, closed Su), a full-service outfitter, sells fuel by the ounce and holds packages mailed to it at Botetourt Commons, 28 Kingston Dr., Daleville, VA 24083; make reservation for shuttle or slackpacking. ■ **Internet access:** Outdoor Trails, if computer is not needed for the business. ■ **Other services:** UPS Store, (540) 966-0220, M–F 8–6, Sa 9–5; bank with ATM.

West 1 mile to **Daleville, Va. [P.O. ZIP 24083: M–F 8–5, Sa 8–12 (540) 992-4422]**. Convenience stores and bank are nearby.

East 0.8 mile to U.S. 11. ■ **Lodging:** Travelodge, (540) 992-6700, 2619 Lee Hwy., Troutville, VA 24175, \$35D, \$6EAP (total of 4 per room), pool, dogs \$6, continental B; Comfort Inn, (540) 992-5600, 2545 Lee Hwy, Troutville, VA 24175, will hold UPS/USPS packages for incoming guests, ask for the “hiker-corporate” rates of \$49.99S/D, \$5EAP, includes continental B, pets \$25, pool, and Internet access; Day Stop Inn (Travel Centers of America), (540) 992-3100, \$50S/D, \$6EAP up to 4 people, no pets allowed, 24-hour restaurant, coin laundry, showers available to nonguests \$10; Red Roof Inn, (540) 992-5055, \$46S/D, \$5EAP, limited continental B, pets permitted, pool, hot tub, exercise room; Quality Inn, (540) 992-5335, \$70S/D, pets permitted with one-time \$25 fee, hot and cold continental B, pool, exercise room, microwave and refrigerator, will hold packages sent to 3139 Lee Hwy. South, Troutville, VA 24175; Holiday Inn Express, (540) 966-4444, \$109S/D, weekends add \$10, microwave and refrigerator in rooms, pool, continental B, holds UPS and USPS packages for registered guests mailed to 3200 Lee Hwy. South, Troutville, VA 24175. ■ **Restaurants:**



Cracker Barrel; Country Cookin', with \$4.99 L and \$5.99 D; Shoney's with \$6.49 (\$7.49 weekends and holidays) B bar; Italian Bella with AYCE L \$5.49 Tu–F; Taco Bell; Waffle House; Best Wok; Subway inside Pilot Truck Stop, which also has \$10 pay shower.

East 2.3 miles to Cloverdale, Va. [P.O. ZIP 24077: M–F 8:30–11 & 11:30–4, Sa 9–12; (540) 992-2334], via U.S. 220 and U.S. 11 from the interchange area. ■ Lodging: Hollins Motel, (540) 992-2971, \$35S, \$40D, \$45T, \$48 for 4. ■ **Groceries:** Greenway Market (short-term resupply), open till 11. ■ **Restaurant:** Cloverdale Grill, M–F 8:30–3:30.

East 12 miles to Roanoke. ■ **Outfitters:** In downtown Roanoke, Walkabout Outfitters, (540) 777-2727, owned by 1999 thru-hiker Kirk Miller (Flying Money). Nearby in Salem, Va.: Backcountry Ski and Sports, (540) 389-8602. ■ **Other services:** Medical center that fits in hikers as schedule permits; veterinarian; CVS drug store; and several convenience stores.



U.S. 11—West 1.3 mile (1.5 miles north of the interchange area) to **Troutville, Va.** [P.O. ZIP 24175: **M–F 9–12 & 1–5, Sa 9–11; (540) 992-1472**]. Town hall, (540) 992-4401, M–F 9–5, sometimes allows hikers to camp at the city park, must check with town hall or find park manager; bathrooms and water available. ■ **Groceries:** Thriftway Market (long-term resupply), M–Sa 8–8, closed Su. ■ **Other services:** banks with ATMs. ■ **Shuttles:** Del Schechterly, (540) 529-6028, <dschecht1@juno.com>, helps hikers in need and shuttles from Pearisburg to Waynesboro.

Fullhardt Knob Shelter (1960s)—Sleeps 6. Privy. The water source for this shelter is an elaborate cistern system of water run-off hooked to the shelter's roof. Give the water enough time to flow through the freeze-proof valve, which is a few feet up the pipe toward the cistern. Please make sure spigot is off when you have finished getting water.

Wilson Creek Shelter (1986)—Sleeps 6. Privy. Water source is a reliable stream 200 yards in front of the shelter.



Blue Ridge Parkway—Black Horse Gap is the A.T.'s southernmost encounter with the Blue Ridge Parkway (BRP). The A.T. parallels BRP, and later Skyline Drive, for approximately 200 miles. Much of the original A.T. route along the Blue Ridge south of Roanoke was displaced by the parkway when it was built. Hitchhiking is not permitted on the BRP.

Natural Bridge Appalachian Trail Club—NBATC maintains the 90.7 miles between Black Horse Gap and the Tye River. Correspondence should be sent to NBATC, P.O. Box 3012, Lynchburg, VA 24503; <happifeet@msn.com>.

Bobblets Gap Shelter (1961)—Sleeps 6. Privy. Built by the USFS; the water source is a spring to the left of the shelter that is prone to go dry after prolonged rainless periods. Look farther downstream if the first source is dry.



Va. 43/Bearwallow Gap—East, then north 4.4 miles on the BRP to Peaks of Otter Area, (540) 586-1081, with lodge, restaurant, campground (no showers). Lodge rates vary, \$80 and up, depending on day and time of year; reservations suggested. Restaurant serves a B buffet Sa and Su (only Su in winter), B/L/D daily. Campsites open May–Oct, \$16, (540) 586-7321.

West 5 miles on Va. 43 to **Buchanan, Va. [P.O. ZIP 24066: M–F 8:30–1 & 1:30–4:30, Sa 10–12; (540) 254-2178].** ■ **Lodging:** Wattstull Motel & Restaurant, (540) 254-1551, is 2 miles north of town on I-81, rates \$65–\$75, Internet access in some rooms. ■ **Internet access:** Buchanan Library. ■ **Other services:** grocery store, bank with ATM, restaurants.

Cove Mountain Shelter (1981)—Sleeps 6. Privy. No convenient water source at this shelter. A steep, unmarked trail to the left of the shelter leads 0.5 mile downhill to a stream.



Va. 614/Jennings Creek—Jennings Creek is a popular swimming hole for both hikers and local residents, with good tentsites in the woods beyond the bridge.

East 0.2 mile to Va. 618, then 0.1 mile to the USFS Middle Creek Picnic Area with covered picnic pavilions and well water; 1.1 miles farther on Va. 618 to **Camping:** Middle Creek Campground, (540) 254-2550, tentsites for 4 with shower \$26; cabins sleep 4–6, \$65 for 4, \$75 for 6; showers \$5. Campstore (short-term resupply), Coleman fuel and denatured alcohol by the ounce, Esbit, and coin laundry; accepts packages sent to 1164 Middle Creek Rd., Buchanan, VA 24066; when available, shuttle to the A.T.

West 4.5 miles to Wattstull Motel & Restaurant (see Buchanan entry above).

Bryant Ridge Shelter (1992)—Sleeps 20. Privy. This trilevel, timber-frame shelter is one of the A.T.'s largest. Water source is a stream 25 yards in front of the shelter, also crossed on the trail to the shelter.

Cornelius Creek Shelter (1960)—Sleeps 6. Privy. A blue-blazed trail leads to the shelter, but just north of the turn-off is a branch of Cornelius Creek where you can find water. Water can also be found on the trail to the shelter. An unmarked trail behind the shelter leads 0.1 mile to a fire road and then left 0.2 mile to the BRP, where it is then 6 miles south to the Peaks of Otter Area.

Apple Orchard Falls Trail—Located 2.6 miles north of Cornelius Creek Shelter. When the water is high, these falls are impressive, making the 3-mile round-trip worth the effort.

Apple Orchard Mountain—When you reach the top, you will be at 4,225 feet. Once an Air Force radar base, the meadows were covered with barracks and support-service buildings for 250 people. On the northern side of the mountain, the A.T. leads you under The Guillotine—an impressively large boulder stuck over the Trail between rock formations. No camping is permitted on top of the mountain, the highest point on the A.T. between Chestnut Knob and Mt. Moosilauke in New Hampshire.

Thunder Hill Shelter (1962)—Sleeps 6. Privy. Water source is a walled-in spring south of the shelter, prone to go dry by late summer. A larger, reliable spring can be found by going south on the A.T. to the BRP. At the BRP, turn left, walk 0.3 mile to a gated road on the left; 500 feet down the gated road, where the road turns left, angle right to a spring basin.

Matts Creek Shelter (1961)—Sleeps 6. Privy. Several small swimming holes are nearby. The rocks you will find in this area are 500 million years old. Tentsites can be found north 1.0 mile, where Matts Creek flows into the James River, with river views and the sound of trains across the river. Water source is Matts Creek, in front of the shelter.

James River Foot Bridge—This bridge, the longest foot-use-only bridge on the A.T., is dedicated to the memory of Bill Foot, a 1987 thru-hiker and ALDHA honorary life member (Trail-named “The Happy Feet” with his wife, Laurie) whose efforts in securing the existing piers, applying for grants, and gaining numerous agencies’ cooperation made the bridge a reality.



U.S. 501 & Va. 130/James River—The two roads diverge at a fork east of the Trail crossing. On Va. 130, **East** 4.8 miles to **Camping**: Wildwood Campground, (434) 299-5228. Owners Terry and Dona Farmer provide tentsites \$20 per tent, cabins \$55–\$75 for 4 adults, \$3EAP; camp store, showers for registered guests, laundry facilities, pool, and snack bar.

On U.S. 501, **East** 5.3 miles to **Big Island, Va. [P.O. ZIP 24526: M–F 8:30–12:30 & 1:30–4:30, Sa 8–10; (434) 299-5072]**. ■ **Groceries**: H&H Market, (434) 299-5153, open daily 5:15–9 (long-term resupply), short-order restaurant, B/L/D, and phone. **Restaurants**: Sharon’s Pizza and More, (434) 299-7111, Tu–Sa 10:30–8, pizza, pasta,

subs, desserts. ■ **Other services:** bank with ATM and medical center, (434) 299-5951.

West 6.0 miles to **Glasgow, Va. [P.O. ZIP 24555: M–F 8–11:30, 12:30–4:30, Sa 8:30–10:30; (540) 258-2852].** ■ **Lodging and Restaurant:** Howard's Family Restaurant & Motel, (540) 258-1300, 853 Rockbridge Rd.; home-cooked meals, daily buffet, F seafood buffet, Su fried chicken, home-made desserts and soups daily, B/L/D, M–Sa 6 a.m.–7 p.m., Su 7–6; rooms \$42D, pets \$20 unless service; short-term hiker box. ■ **Groceries:** Glasgow Grocery Express, open 6–11:30, has Coleman fuel by the ounce, denatured alcohol, and Heet. ■ **Restaurants:** Howard's (above); CC's Stop & Go, (540) 258-1900, deli and convenience store, M–Sa 6–11:30, Su 8–9, deli open M–Sa 10–7, Su 8–7. ■ **Internet access:** library, (540) 258-2509; M, Th 10–7; T, W 10–5:30. ■ **Other services:** Dollar General, coin laundry, bank with ATM. ■ **Shuttles:** Ken Wallace, (800) 918-6612, (434) 609-2704, between Black Horse Gap and Tye River (May–mid-Oct), sometimes farther.

Johns Hollow Shelter (1961)—Sleeps 6. Privy. Water source is a spring to the left of the shelter or a stream to right 25 yards from the shelter.

Bluff Mountain—Site of a monument to four-year-old Ottie Cline Powell. In the fall of 1890, Ottie went into the woods to gather firewood for his schoolhouse and never returned. His body was found five months later on top of this mountain. Some NBATC members erected a permanent gravestone for his final resting place, seven miles from the monument.

Punchbowl Shelter (1961)—Sleeps 6. Privy. Some believe this shelter is haunted by the ghost of Little Ottie. Tentsites nearby if the shelter is full, which it often is. Water source is a spring by a tree next to the pond drainage in front and to the left of the shelter. An alternative water source is a spring in the ravine north 0.4 mile, shortly after crossing the BRP.

Brown Mountain Creek Valley—Community of freed slaves lived here from the Civil War until about 1918; remains of cabins and interpretive signs tell of life in the valley then. ATC-involved archaeological studies are underway.

Brown Mountain Creek Shelter (1961)—Sleeps 6. Privy. Water source is a spring in front of, and uphill from, the shelter. In dry conditions, get water from Brown Mountain Creek, crossed on the side trail to the shelter.



U.S. 60—West 9.3 miles to **Buena Vista [P.O. ZIP 24416: M–F 8:30–4:30, closed Sa; (540) 261-8959]**. ■ **Lodging:** Buena Vista Motel, (540) 261-2138, \$49–\$79; Budget Inn, (540) 261-2156, \$44.95S, \$59.95D, \$10EAP, pet fee (allowed in smoking rooms only), laundry, Subway restaurant in motel, WiFi, continental B on weekends, possible shuttle to and from the Trail. ■ **Camping:** Glen Maury Campground, (540) 261-7321, tentsites with shower, \$20 + 9% tax per tent, \$2 shower without stay, pool \$2 for guests. Pool closes mid-Aug. ■ **Groceries:** Food Lion (long-term resupply). ■ **Restaurants:** Todd's Barbeque and several fast-food options. ■ **Shuttles:** Rock-bridge Taxi Service, (540) 261-7733, provides local shuttles, \$2 per mile, farther distances with advance notice. ■ **Other services:** coin laundry, banks with ATM, hardware store, doctor, dentist, pharmacy, and veterinarian. ■ **Other attractions:** The annual Maury River Fiddlers Convention, popular with hikers, will be held at Glen Maury Park, the third weekend (Th, F, Sa) in Jun; Bluegrass Festival, the 4th weekend (Th, F, Sa) in Sep.

West 15 miles to **Lexington [P.O. ZIP 24450: M–F 9–5, Sa 10–12; (540) 463-6449]**. A large town with groceries, motels, doctors, vets. **Outfitter:** Walkabout Outfitter, (540) 464-HIKE, 15 W. Washington St., M–Sa 10–5, owned by Kirk Miller (Flying Monkey '99), full-service outfitter, white gas by ounce, MSR canisters.

Cow Camp Gap Shelter (1986)—Sleeps 8. Privy. Water source is on blue-blazed trail to the left of the shelter; if you have crossed a small stream, you missed the spring.

Cold Mountain—Bald Knob, south of Cold Mountain, isn't a bald, but Cold Mountain and Tar Jacket Ridge are. A mowing project was undertaken by NBATC and the Forest Service to preserve the open views and habitat for northern cottontail rabbits, various raptors, turkey, and grouse. A 1994 law created the Mt. Pleasant National Scenic Area, including Cold Mountain and areas east.

Seeley–Woodworth Shelter (1984)—Sleeps 8. Privy. Continue 0.1 mile farther on blue-blaze to a piped spring.

Porters Field—West to a spring and campsite 300 feet down the second of two dirt roads.



Spy Rock Road—This “road”—formerly known as Fish Hatchery Road—is a gated, one-lane dirt road with no traffic.

West 1.5 miles to the fish hatchery, 0.7 mile farther to **Montebello, Va. [P.O. ZIP 24464: M–F 8–12 & 12:30–4:30, Sa 9–11; (540) 377-9218]**, on Va. 56. Turn left, and reach

town in 0.3 mile, with post office, grocery store, and campground. **Lodging:** Montebello Camping and Fishing (long-term resupply), (540) 377-2650, special thru-hiker-rate tentsites with shower \$10S, \$3EAP, furnished efficiency cabin \$80–\$115, bed-only camping cabin \$45–\$55, shower only (without stay) \$3.50 (pay at store first), denatured alcohol, propane fuel, laundry; Dutch Haus B&B, owners Earl and Lois Arnold, (800) 341-9777, \$30PP, free L to thru-hikers May–Jun (SOBOs, call ahead), D extra, fuel by the ounce, credit cards accepted, laundry, shuttle, Internet access, holds mail drops sent to 655 Fork Mountain Ln., Montebello, VA 24464, call from top of Spy Rock Road for pick-up at bottom gate.



Crabtree Farm Road—West 0.5 mile to campsite and spring; 2 miles farther on the Crabtree Falls Trail to Crabtree Falls, one of the highest cascades in the East.

The Priest Shelter (1960)—Sleeps 8. Privy. Named for the massif dominating the area, this shelter is near a busy access for backpackers and is often full. Water source is a spring to the left of the shelter.

Va. 56/Tye River—West 3.9 miles to **Camping:** Crabtree Falls Campground (short-term resupply), (540) 377-2066, <www.crabtreefallscampground.com>, <cfcg@ceva.net>. Go west 0.5 mile on Crabtree Farm Road to Crabtree Meadows parking area, then down Crabtree Falls Trail 2.9 miles to Va. 56, then east 0.5 mile to the campground. The campground offers tentsites with shower \$23D, cabins \$55D w/tax; M–Th 9–6, F–Sa 9–10, Su 9–2, no charge for shower without stay. Campground accepts packages for guests mailed to 11039 Crabtree Falls Hwy., Tyro, VA 22976; packages accepted are limited to shoebox size.

A 2008 relocation begins 0.5 mile north of the Tye River footbridge and ends at the southern Mau-Har Trail junction (reflected in the table at the beginning of this chapter). The new section passes through two mountain-laurel thickets and the remnants of a long-abandoned farm.

Tidewater Appalachian Trail Club—TATC maintains the 10.6 miles between the Tye River and Reeds Gap. Correspondence should be sent to P.O. Box 8246, Norfolk, VA 23503; <president@tidewateratc.org>; <www.tidewateratc.org>.

Mau-Har Trail—Traversing an area rich in waterfalls and good swimming holes, this steep, 3-mile blue-blaze connects with the A.T. at Maupin Field Shelter. It's shorter, but harder, than the white-blazed route.

Harpers Creek Shelter (1960)—Sleeps 6. Privy. Designated low-impact tentsites, which campers are requested to use. Water source is Harpers Creek, in front of the shelter. In extreme droughts, go upstream, and find water in the spring-fed ponds.

Maupin Field Shelter (1960)—Sleeps 6. Privy. Designated low-impact tentsites, which campers are requested to use. The Mau-Har Trail begins behind the shelter and rejoins the A.T. 3 miles south. Water source is a dependable spring behind the shelter.

Fire Road to Blue Ridge Parkway— From Maupin Field Shelter, turn left on fire road (just north of shelter), 1.2 miles to BRP. **South** on BRP 1.3 miles to **Hostel**: Rusty's Hard Time Hollow—Rusty Nesbitt's gravel driveway with gray pipe gate is on the left at BRP mile 16.7. Open 365/24/7. Section-hikers, thru-hikers, long-distance cyclists, and weekenders are welcome (no groups). Since 1982, Rusty has hosted more than 14,000 hikers and cyclists. The Hollow is a primitive, 19-acre, back-to-basics, Appalachian mountain farm and includes bunkhouses, springhouse, outhouse, and rainwater shower. No tenting allowed during peak season. Limited stay; exceptions for medical conditions. No dogs (because of free-ranging farm animals). Trips to nearby Sherando Lake for swimming on hot days. Rides back to the Trail. Keep in mind that the Hollow is Rusty's home. Donations are needed and appreciated, since Rusty has no other means to keep the Hollow going. No illegal drugs allowed. Mail drops not accepted.

Old Dominion Appalachian Trail Club—ODATC maintains the 19.1 miles between Reeds Gap and Rockfish Gap. Correspondence should be sent to P.O. Box 25283, Richmond, VA 23260; <dolli@smv.org>; <www.odatc.net>.

Humpback Rocks—The Trail circumvents the rocks, but, if you are seeking a bouldering opportunity, they may still be reached by a short, blue-blazed side trail.

Paul C. Wolfe Shelter (1991)—Sleeps 10. Privy. Built by ODATC and the Konnarock Crew, this shelter has windows and a porch cooking area. Tentsites available. Water source is Mill Creek, located 50 yards in front of the shelter.

Paul Wolfe Shelter to Rockfish Gap—The Trail passes through an old settlement, including home sites, terraced gardens, and a cemetery, all reputedly haunted.

Virginia—Part 3

(Shenandoah National Park)

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,326.0	U.S. 250, I-64, Rockfish Gap Waynesboro, VA 22980	R, L, M (W–1m L; 4.5m PO, H, C, G, L, M, O, D, V, cl, sh, f, @)	1,902	853.1
1,326.6	I-64 overpass	R	1,902	852.5
1,326.4	Skyline Drive mp 105.2	R	1,902	852.7
1,325.9	SNP kiosk for camping permits self-registration; park entrance station	Kiosk on trail (W– 0.2m R)	2,200	853.2
1,323.0	Skyline Drive mp 102.1; McCormick Gap	R	2,450	856.1
1,321.7	Bear Den Mtn		2,885	857.4
1,321.2	Skyline Drive mp 99.5; Beagle Gap	R	2,550	857.9
1,319.7	Calf Mtn Shelter... <i>12.3mS; 13.5mN</i>	W–0.3m S, w	2,700	859.4
1,319.1	Spring	w	2,200	860.0
1,318.7	Skyline Drive mp 96.9; SNP southern boundary; Jarman Gap	R	2,250	860.4
1,318.5	Spring	w	2,150	860.6
1,316.9	Skyline Drive mp 95.3; Sawmill Run Overlook	R	2,200	862.2
1,315.3	Skyline Drive mp 94.1; Turk Gap	R	2,600	863.8
1,313.3	Skyline Drive mp 92.4	R	3,100	865.8
1,309.2	Skyline Drive mp 88.9	R	2,350	869.9
1,307.4	Skyline Drive mp 87.4; Blackrock Gap	R	2,321	871.7
1,307.2	Skyline Drive mp 87.2	R	2,700	871.9
1,306.7	Blackrock Hut... <i>13.5mS; 13.5mN</i>	E–0.2m S, w	2,645	872.4
1,306.1	Blackrock		3,100	873.0
1,305.1	Skyline Drive mp 84.3	R	2,800	874.0

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,303.6	Skyline Drive mp 82.9; Browns Gap	R	2,600	875.5
1,302.7	Skyline Drive mp 82.2	R	2,800	876.4
1,302.3	Skyline Drive mp 81.9; Doyles River Parking Overlook	R	2,800	876.8
1,301.4	Skyline Drive mp 81.1; Doyles River Cabin (locked)	R (E–0.3m w)	2,900	877.7
1,299.3	+Loft Mtn Campground	W–0.2m C, G, cl, sh; 1.2m M	3,300	879.8
1,298.2	Frazier Discovery Trail to Loft Mtn Wayside	W–0.6m R, M	2,950	880.9
1,297.5	Loft Mtn		3,200	881.6
1,297.2	Spring	W–0.1m w	2,950	881.9
1,295.1	Skyline Drive mp 77.5; Ivy Creek Overlook	R	2,800	884.0
1,293.5	Pinefield Hut... <i>13.5mS; 8.4mN</i>	E–0.1m S, C, w	2,430	885.6
1,293.3	Skyline Drive mp 75.2; Pinefield Gap	R	2,590	885.8
1,291.4	Skyline Drive mp 73.2; Simmons Gap	R (E–0.2m w)	2,250	887.7
1,288.1	Skyline Drive mp 69.9; Powell Gap	R	2,294	891.0
1,287.7	Little Roundtop Mtn		2,700	891.4
1,286.5	Skyline Drive mp 68.6; Smith Roach Gap	R	2,600	892.6
1,285.3	Hightop Hut... <i>8.4mS; 12.6mN</i>	W–0.1m S; 0.2m C, w	3,175	893.8
1,284.8	Spring	w	3,450	894.3
1,284.7	Hightop Mtn		3,587	894.4
1,283.2	Skyline Drive mp 66.7	R	2,650	895.9
1,281.9	Skyline Drive mp 65.5; Swift Run Gap, U.S.33 Elkton, VA 22827	R (W–2.9m L; 3.2m C, L, G, M, cl; 7.5m PO, G, M)	2,367	897.2
1,278.9	South River Picnic Grounds	W–0.1m w	3,200	900.2
1,275.5	Pocosin Cabin (locked)	W–0.1m w	3,150	903.6
1,275.4	Spring	w	3,100	903.7
1,273.6	Skyline Drive mp 57.6; +Lewis Mtn Campground/Cabins	R (W–0.1m C, L, G, cl, sh)	3,500	905.5

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,272.9	Bearfence Mtn Hut... <i>12.6mS; 11.8mN</i>	E–0.1m S, C, w	3,110	906.2
1,270.3	Skyline Drive mp 55.1; Bootens Gap	R	3,243	908.8
1,269.4	Hazeltop		3,812	909.7
1,267.5	Skyline Drive mp 52.8; Milam Gap	R	3,300	911.6
1,266.6	Spring	w	3,380	912.5
1,265.8	Big Meadows Wayside; Harry F. Bird, Sr., Visitor Ctr	R, w (E–0.4m G, M)	3,390	913.3
1,264.9	Big Meadows Lodge; +Big Meadows Campground	E–0.1m C, L, M, cl, sh, @; 0.9m G, M	3,500	914.2
1,264.3	David Spring	w	3,490	914.8
1,263.3	Skyline Drive mp 49.3; Fishers Gap	R	3,050	915.8
1,261.4	Rock Spring Hut and (locked) Cabin... <i>11.8mS; 11.1mN</i>	W–0.2m S, C, w	3,465	917.7
1,261.1	Trail to Hawksbill Mtn, Byrd's Nest #2 Picnic Shelter	E–0.9m	3,600	918.0
1,260.1	Skyline Drive mp 45.6; Hawksbill Gap	R	3,361	919.0
1,259.7	Skyline Drive mp 44.4; trail to Crescent Rock Overlook		3,450	919.4
1,257.6	Skyland Service Rd (south— horse stables)	R	3,550	921.5
1,256.8	Skyland Service Rd (north— best access to Skyland)	R (W–0.2m M, L)	3,790	922.3
1,256.4	Trail to Stony Man Summit		3,837	922.7
1,254.8	Skyline Drive mp 38.6; Hughes River Gap; trail to Stony Man Mtn Overlook	R, w	3,097	924.3
1,252.6	Skyline Drive mp 36.7; Pinnacles Picnic Ground	R, w	3,390	926.5
1,252.5	Skyline Drive mp 36.4; Trail to Jewell Hollow Overlook	R	3,350	926.6
1,251.5	The Pinnacle		3,730	927.6
1,250.5	Byrds Nest #3 Hut... <i>11.1mS; 4.6mN</i>	E–0.3m w, C, S	3,290	928.6
1,249.8	Meadow Spring	E–0.3m w	3,100	929.3
1,249.2	Marys Rock		3,514	929.9

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,247.3	Skyline Drive mp 31.5; Thornton Gap, U.S. 211 Luray, VA 22835	R (W–0.1m w; 4.6m L, M; 5.6m C, G, cl; 8m PO, L, M, G, O, D, V, cl, @)	2,307	931.8
1,246.1	Pass Mtn Hut... <i>4.6mS; 13.5mN</i>	E–0.2m S, w	2,690	933.0
1,245.3	Pass Mtn		3,052	933.8
1,244.0	Skyline Drive mp 28.6; Beahms Gap	R	2,490	935.1
1,243.9	Skyline Drive mp 28.5	R	2,490	935.2
1,243.8	Byrds Nest #4 Picnic Shelter	E–0.5m	2,600	935.3
1,239.2	Spring	w	2,600	939.9
1,238.7	Skyline Drive mp 23.9; Elkwallow Gap; Elkwallow Wayside	R (E–0.1m G, M)	2,480	940.4
1,237.9	Range View Cabin (locked)	E–0.1m w	2,950	941.2
1,237.2	Skyline Drive mp 21.9; Rattlesnake Point Overlook	R	3,100	941.9
1,236.6	Tuscarora Trail (southern terminus) to +Matthews Arm Campground	W–0.7m C	3,400	942.5
1,236.2	Skyline Drive mp 21.1	R	3,350	942.9
1,236.0	Hogback Third Peak		3,400	943.1
1,235.9	Skyline Drive mp 20.8	R	3,350	943.2
1,235.7	Hogback Second Peak		3,475	943.4
1,235.5	Spring	E–0.2m w	3,250	943.6
1,235.4	Hogback First Peak		3,390	943.7
1,234.8	Skyline Drive mp 19.7; Little Hogback Overlook	R	3,000	944.3
1,234.6	Little Hogback Mtn		3,050	944.5
1,234.1	Skyline Drive mp 18.9	R	2,850	945.0
1,233.0	Gravel Springs Hut... <i>13.5mS; 10.7mN</i>	E–0.2m S, C, w	2,480	946.1
1,232.8	Skyline Drive mp 17.7; Gravel Springs Gap	R	2,666	946.3
1,231.7	South Marshall Mtn		3,212	947.4
1,231.2	Skyline Drive mp 15.9	R	3,050	947.9
1,230.5	North Marshall Mtn		3,368	948.6
1,229.6	Hogwallow Spring	w	2,950	949.5

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,229.0	Skyline Drive mp 14.2; Hogwallow Gap	R	2,739	950.1
1,227.3	Skyline Drive mp 12.3; Jenkins Gap	R	2,400	951.8
1,226.4	Compton Springs	w	2,700	952.7
1,226.0	Compton Peak		2,909	953.1
1,225.2	Skyline Drive mp 10.4; Compton Gap	R	2,550	953.9
1,225.0	Indian Run Spring	E–0.3m w	2,350	954.1
1,223.5	SNP kiosk for camping permits self-registration; Compton Gap Fire Rd, Compton Gap Trail	N–0.5m H, sh, f, M	2,350	955.6
1,223.3	SNP northern boundary, Possums Rest Overlook		2,300	955.8
1,222.5	Tom Floyd Wayside... 10.7mS; 8.1mN	S	1,900	956.6
1,221.5	Northern Virginia 4-H Swimming Pool	W–0.3m	1,350	957.6
1,221.0	Va. 602	R	1,150	958.1
1,219.6	U.S. 522 Front Royal, VA 22630	R (W–3.2m G, L, M, O, cl, f, @; 4.2m PO, M, D, @)	950	959.5

+Fee charged, mp=milepost

Shenandoah National Park, with 103 miles of well-graded Appalachian Trail, is memorable for its many vistas and abundant wildlife. Skyline Drive, which you will cross 28 times, has many waysides and concessions for resupply stops. *Backcountry permits are required when camping in the park.*

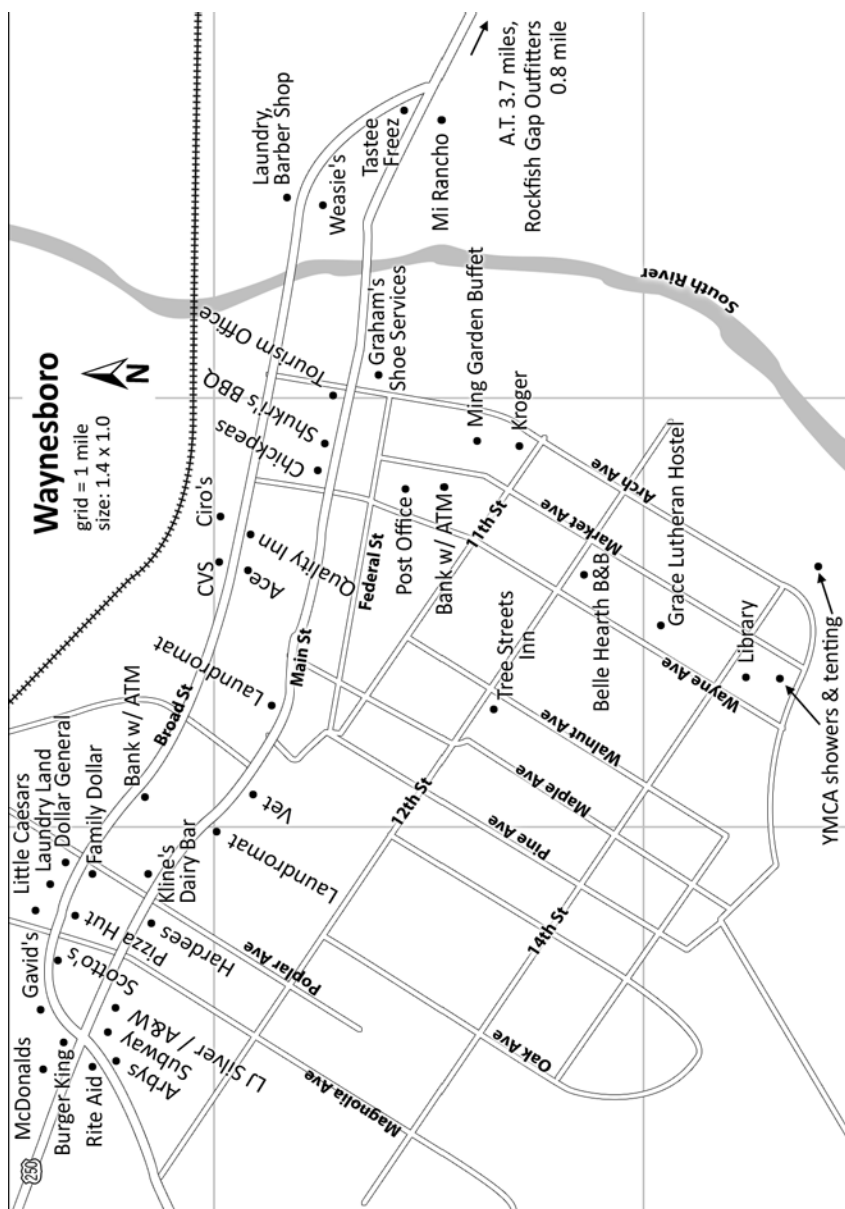


U.S. 250, I-64/Rockfish Gap—Where the A.T. crosses U.S. 250, it is **West** 500 yards to the new Rockfish Gap Visitors Center (on the hill next to the Inn at Afton), (540) 943-5187. Open daily 9–5, it offers an information packet on the area, created specifically for hikers, that notes all services and includes a list of people who provide free shuttles to town. If closed, packets are in box near door and a pay phone. ■ **Lodging:** Inn at Afton, (540) 942-5201, above and behind the visitors' center, \$60–\$100, B/L/D, pool, pets allowed, vehicles may be parked in lot; leave name, vehicle information, and date of return with desk staff.

West 1 mile to **Lodging:** Colony House Motel, (540) 942-4156, hiker rate \$48.80 incl. tax., pets \$10, pool, laundry, can shuttle back to Trail if asked and available.

West 4.5 miles to **Waynesboro, Va. [P.O. ZIP 22980: M–F 9–5, closed Sa; (540) 942-7320]**, a large, hiker-friendly town with most services. The tourism office and the Waynesboro “Trail angels” are holding their sixth annual Hiker Fest on June 5 at Grace Evangelical Lutheran Church, 500 South Wayne Ave. The fest will include dinner, a movie, and much more for a nominal fee. All hikers are welcome! ■ **Hostel:** Grace Evangelical Lutheran Church, 500 South Wayne Ave., open May 17–Jun 27, closed Su nights, check-in 5–9 p.m., check-out 9 a.m., but will store packs for those staying over another night. Lounge with big-screen TV, a/c, Internet, showers, cots, kitchen, snacks, and continental breakfast. Members of the congregation host a W night supper for hikers (max. 15) followed by an optional vespers service. No pets, drugs, smoking, alcohol, firearms, foul language. Maximum 15 hikers; 2-night limit. Donations accepted. ■ **Camping:** Waynesboro Family YMCA, (540) 942-5107, on South Wayne Ave., offers tentsites on a grassy area near the South River. Check-in at desk M–F 5:15 a.m.–10 p.m., Sa 8–5, Su 1–5. Although not officially a hostel, the YMCA offers showers, restroom, gym, and pay phone; donations appreciated. ■ **Lodging:** Quality Inn, (540) 942-1171, new owners may not give hiker rate, \$52–\$75, pets in smoking rooms only \$10; Tree Streets Inn B&B, (540) 949-4484, \$65S/D includes B, shuttle, mail drops accepted for guests sent to 421 Walnut Ave. ■ **Groceries:** Kroger (long-term resupply). ■ **Restaurants:** Ming Garden, AYCE L/D; David’s Steaks; Scot-tos Italian; Ciro’s Pizza; Pizza Hut, AYCE L/D; Chickpeas; Shukis BBQ, Weasie’s Kitchen, B/L/D with AYCE pancake B anytime, open M–Sa 5:30–8, Su 7–2; many fast-food outlets. ■ **Outfitter:** Rockfish Gap Outfitters, (540) 943-1461, located on U.S. 250 on the way to town; fuel by the ounce, backpacking gear, large footwear selection, minor gear repairs, and warranty assistance. ■ **Internet access:** Waynesboro Public Library, M–F 9–9, Sa 9–5; Grace Church during times of hostel operation (see above). ■ **Other services:** cobbler, coin laundry, pharmacy, ATM, doctor, dentist, veterinarian, barber, massages, Western Union, and one-hour photo service. More motels, restaurants, and groceries are 2 miles south on U.S. 340 (Rosser Ave.) at I-64.

Potomac Appalachian Trail Club—PATC maintains the 239.7 miles between Rockfish Gap and Pine Grove Furnace State Park in Pennsylvania. Send correspondence to PATC, 118 Park St. SE, Vienna, VA 22180; (703) 242-0693; <www.potomacappalachian.org>; <info@patc.net>.



Shenandoah National Park—Although the SNP presents some significant ascents and descents, hikers generally will find the Trail within the park well-graded.

Park history—In 1926, Congress authorized the creation of the Shenandoah and Great Smoky Mountains national parks. Unlike western parks, most of today's Shenandoah parkland was privately owned; the Blue Ridge here had been dotted with communities and isolated groups of settlers since the 1750s. Areas had long been farmed and grazed. Out-of-state corporations had exploited some areas for timber products and mineral ores. Three resorts provided Victorian-era vacationers with cool mountain breezes and recreation.

By the 1910s, conditions were changing. A blight killing American chestnut trees, some 30–40 percent of the Appalachian forest, had destroyed not only large swaths of the forest but a way of life for many. Those trees provided nuts that were shipped by railroad to cities, providing mountain families with cash income. The chestnut was strong, straight, and rot-resistant, and its wood was valuable for fence posts, railroad ties, roof shingles, siding boards, and general lumber that residents used and sold in the Shenandoah Valley and the Piedmont.

In 1927, Virginia authorized condemnation of all private property within the boundary of the proposed park. More than 4,000 tracts were surveyed, and 1,081 were purchased and given to the federal government, uprooting most of the 465 families who lived on the land. Virginia resettled the majority and evicted those unwilling to move. Approximately 45 elderly residents were allowed to spend the remainder of their years in their homes.

In 1931, four years before Shenandoah was established, construction of Skyline Drive began. First built as a second entrance to President Herbert Hoover's summer White House, Rapidan Camp, the road was only to go from the camp to Skyland. State leaders successfully lobbied for congressional appropriations to extend the highway north to Thornton Gap (U.S. 211), on to Front Royal, and then south to Rockfish Gap. But, until the park was established in December 1935, Skyline Drive existed only as a 100-foot right-of-way within privately held land that basically coincided with the route of the A.T. In 1933, President Franklin D. Roosevelt's CCC "boys" established camps along the route and built many of the facilities, overlooks, rock walls, and gutters seen there today. They planted hundreds of thousands of trees and shrubs, creating the landscape that draws millions of visitors to the park, and built a new route for the A.T. ATC Chair Myron Avery's acceptance of this disruption produced an open schism between the organization's leadership and founder Benton MacKaye and his allies in New York and New England.

Today, 95 percent reforested, the park is home to wild turkey, white-tailed deer, black bears, and shelter mice. Hundreds of migrating birds and butterflies summer or stop over in this central Appalachian biome. Nearly one million visitors a year come to watch wildlife, get back to nature, view the Shenandoah Valley to the west and the foothills to the east, or visit land on which their ancestors lived.

Ranger Programs—From Memorial Day through Oct, rangers present a variety of organized hikes, programs, and participatory events highlighting the natural and human history of the park. The SNP visitors' guide, available at entrance stations and visitors centers, outlines the seasonal schedule.

Forest Damage—Hurricane Isabel (2003) and fires before it damaged thousands of acres. Coupled with the floods, Tropical Storm Fran in 1996, a severe ice storm in 1998 and 2006, and gypsy-moth and woolly adelgid infestations, the park has been hit hard in recent years. Be mindful of trees and branches that have been weakened by those events and could still fall.

Fee—Hikers entering the park *via* the A.T. are not charged a fee; hikers entering at other trailheads in SNP may incur one. During the spring (mid-Feb to mid-Apr), the park occasionally conducts prescribed burns along the A.T. to manage vegetation. During burns, a hut may be closed up to 3 days. Check the ATC or park Web sites or ask at any NPS station for current information.

Backcountry Permits—While there is no charge for permits, they are required of all thru-hikers and overnight backcountry travelers. Backcountry self-registration kiosks are located on the A.T. near the north and south boundaries of SNP. If you fail to register or can't show proof of registration when rangers ask for it, they may issue a citation or fine. Permits may also be obtained at Skyline Drive entrance stations and park visitors centers when they are open. A permit can be acquired in advance by calling (540) 999-3500, M–F 8–4. Be familiar with the regulations, have your exact itinerary ready, and allow 5–7 business days for the permit to be mailed. Write to: Superintendent, ATTN: Backcountry Camping Permit, 3655 U.S. Hwy. 211 East, Luray, VA 22835. See also <www.nps.gov/shen/planyourvisit/cambc_regs.htm>.

Backcountry Accommodations—Two types of three-sided structures are near the A.T.—day-use (called “shelters”) and overnight-use (called “huts”). Camping at or near the day-use shelters is prohibited. Huts are available to long-distance hikers (those having an itinerary of at least three consecutive nights) on a first-come,

first-served basis. Tenting at huts is permitted in designated campsites marked with a post and a tenting symbol; all huts within the park have campsites available. The PATC also operates several locked cabins within the park that require advance reservations and other arrangements. Contact PATC for details.

Backcountry Regulations

- Campfires are prohibited in SNP, except at the commercial campgrounds and established fireplaces at shelters, huts, and cabins. Use a backpacking stove.
- Camping is prohibited within 10 yards of a stream or other natural water source; within 20 yards of a park trail or unpaved fire road; within 50 yards of culturally historic sites, other campers, or no-camping signs; within 100 yards of a hut, cabin, or day-use shelter (except designated sites); within 0.25 mile of a paved road, park boundary, picnic area, visitors center, or commercial facility. Several zones have been designated “noncamping areas,” including Limberlost, Hawksbill Summit, Whiteoak Canyon, Old Rag summit, Big Meadows clearing, and Rapidan Camp.
- Camping is permitted almost everywhere else. New regulations encourage hikers to seek “preexisting campsites” in legal locations that show signs of use and are not posted with no-camping signs. Camping at those sites is limited to two consecutive nights. If necessary, dispersed camping at undisturbed sites is permissible, but they must be left in pristine condition; use such sites only one night.
- Maximum group size is 10 people.
- Food must be stored so that wildlife cannot get it—hang food from a tree branch at least ten feet from the ground and four feet away from a tree’s trunk. Alternatively, overnight huts feature food-storage poles, which are to be used instead of the familiar “mouse hangers.” Park-approved, bear-resistant food-storage canisters are also permissible.
- Solid human waste should be buried in accordance with Leave No Trace ethics, under 6 inches of soil, more than 200 feet from trails, water sources, or roads.
- Carry out all trash from the backcountry, and dispose of it properly.
- Glass containers are discouraged.
- Pets must be leashed at all times and are prohibited on certain side trails.

Commercial Facilities—Campgrounds, restaurants, lodges, waysides, and small stores are normally open spring through fall and are located strategically near the A.T. and Skyline Drive. Long-distance hikers may be able to save pack weight by resupplying or taking meals at these facilities. Call the park for the precise dates and times of operation. Most operate weekends-only Apr through mid-May and daily thereafter through Oct. More details can be found at <www.visitshenandoah.com>. Campground reservations: (877) 444-6777 or <www.recreation.gov>. Site rates range from \$17 to \$20.

Calf Mountain Shelter (1984)—Sleeps 6. Privy. Featuring two skylights, this shelter is not a part of the SNP hut system, so SNP rules don't apply here. Water source is a piped spring on the access trail to the shelter.

Blackrock Hut (1941)—Sleeps 6. Privy. Designated tentsites nearby. Water source is a piped spring 10 yards in front of the shelter.

Loft Mountain Campground—Open mid-May to late Oct. The A.T. skirts the campground, but several short side trails lead to campsites and the camp store (short-term resupply). Campsites \$16, subject to change; showers \$1, laundry, restroom, soda machine, and pay phone at entrance station. Loft Mountain Wayside and Grill serves B/L/D, short-order menu, soda machine. From the camp store, follow the paved road 1.0 mile downhill to Skyline Drive or continue north on the A.T. 0.9 mile and take the Frazier Discovery Trail 0.5 mile west (steep descent) to Skyline Drive.

Pinefield Hut (1940)—Sleeps 6. Privy. Designated tentsites nearby. Water source is a spring behind the shelter 50 yards. It tends to fail during dry seasons, in which case you can get water from Ivy Creek or Loft Mountain Campground, for northbounders, and an outdoor spigot at the Simmons Gap ranger station, for southbounders.

Simmons Gap—Simmons Gap ranger station is down the paved road 0.2 mile east from where the A.T. crosses Skyline Drive. Frost-free pump.

Hightop Hut (1939)—Sleeps 6. Privy. Designated campsites nearby. Water source is a usually reliable piped spring 0.1 mile from the shelter on a side trail. An alternative water source is a boxed spring 0.5 mile north on the Trail.



U.S.33/Swift Run Gap/Spotswood Trail—West from Skyline Drive to pay phone, water. Backcountry self-registration station located at SNP entrance station, north of U.S. 33 bridge.

On U.S. 33—West 2.9 miles to **Lodging:** Country View Motel, (540) 298-0025, \$40, no pet fee, shuttle possible back to Trail and Elkton, mail drops accepted for guests sent to 19974 Spotswood Trail, Elkton, VA 22827; Misty Mountain Motel, (540) 298-9771, \$43–\$53 1–4 people, no pets, all rooms nonsmoking.

West 3.2 miles to **Lodging:** Elkton Motel, (540) 298-1463, \$39–\$54D (one bed), no pets, CATV, refrigerator, microwave. ■ **Camping:** Swift Run Camping, (540) 298-8086, \$20 campsite, laundry, pool, and snack bar. ■ **Groceries:** Bear Mountain Grocery, with a deli, daily 6–9.

West 7.5 miles to **Elkton, Va. [P.O. ZIP 22827: M–F 8:30–4:30, Sa 9–11; (540) 298-7772].**

■ **Groceries:** Food Lion, O'Dell's Grocery (both long-term resupply). ■ **Restaurants:** several fast-food places. ■ **Other services:** pharmacy, bank, and ATM.

South River Parking Area—Water, picnic benches, restrooms with sinks.



Lewis Mountain Campground and Cabins—(540) 999-2255. Open Apr 9–Nov 7; reservations, (800) 999-4714. The A.T. passes in sight of the campground, and several short side trails lead to campsites and the camp store. Campsites \$16; hiker special only for cabins available *via* <www.visitshenandoah.com/mvs> or by calling (877) 778-2871 (press option 2, and ask for code SHMVS). *Campground sites are not on the reservation system.* Lewis Mountain Camp Store (short-term resupply), open 9–7 in summer. Showers \$1, laundry, restroom, soda machine, and pay phone.

Bearfence Mountain Hut (1940)—Sleeps 6. Privy. Designated tentsites nearby. Located on a blue-blazed trail. Water source is a piped spring in front of the shelter; prone to fail during even moderately dry spells.



Big Meadows Lodge, Campground, and Wayside—The A.T. passes within sight of the campground, and short side trails lead to the lodge, which also houses a restaurant and tap room and has Internet access. ■ **Lodging:** hiker special (includes B, taxes, B gratuity) available *via* <www.visitshenandoah.com/mvs> or by calling (877) 778-2871 (press option 2, and ask for code SHMVS); rooms available in main lodge; also cabins, suites, and motel-type accommodations. A few pet-friendly rooms. Reservations required. Lodging and restaurant open May 20–Nov 7. ■ **Camping:** Open Apr 1–Nov 28, reservations recommended. Walk-ins are possible, but the campground is often full; (800) 365-CAMP (use SHEN des-

ignator); showers \$1, laundry. ■ **Restaurant:** Dining room open daily for L/D; tap room, with nightly entertainment and light fare, open daily from late afternoon to late evening. From the lodge, follow the paved entrance road 0.9 mile to Big Meadows Wayside and Grill, B/L/D, open Apr 1–Nov 28, with short-order menu. ■ **Groceries:** Wayside has a good selection (short-term resupply) and camping supplies, pay phone, and soda machine. Next door is the Harry F. Byrd, Sr., Visitors Center, with exhibits and videos on the history of the area.

Rock Spring Hut (1940, updated 1980)—former Shaver Hollow Shelter, moved and rebuilt by PATC with chestnut logs from original CCC shelters. Sleeps 8. Privy. Designated tentsites nearby. Located on 0.2-mile blue-blazed trail. Water source, down a steep trail in front of the hut, flows from beneath a rock.



Skyland Service Road/Skyland—Skyland was originally a 19th-century mountain summer resort owned by George Freeman Pollack, who pushed hard to evict surrounding small landholders and create a national park and then, ironically, was forced to sell and give up management of the resort. Cross the road at the stables, and follow the A.T. north, passing a water tank on your right and the junction marked by a concrete post, which points to Skyland and dining room.

West 0.2 mile to **Lodging:** Skyland, (800) 999-4714, open Apr 1–Nov 28; hiker special (includes B, taxes, B gratuity) available available *via* <www.visitshenandoah.com/mvs> or by calling (877) 778-2871 (press option 2, and ask for code SHMVS); also motel-type accommodations and suites, reservations required. A few pet-friendly rooms. ■ **Restaurant:** Pollack Dining Room serves B/L/D; limited hours. Tap room, light fare, nightly entertainment.

Pinnacles Picnic Area—Restrooms, covered area, picnic tables, fireplaces. Uphill from picnic pavilion is a frost-free pump for year-round water.

Byrds Nest #3 Hut—A picnic shelter converted to overnight use in the fall of 2008; sleeps 8. Privy. A spring is 0.3 mile east, down the fire road.



U.S. 211/Thornton Gap/Panorama—A short side trail, on the southern side of Thornton Gap, leads to Panorama area. The restaurant and backcountry-permit office were torn down in 2008; new restrooms, water source, pay phone, and a parking area have been installed at “east” end of lot. Park entrance station is north of U.S. 211, east of where the Trail crosses Skyline Drive, with water.

On U.S. 211—West 4.6 miles to **Lodging:** Brookside Cabins, (540) 743-5698, luxu-

ry cabins \$85–\$195; full-menu restaurant featuring home-style foods and daily AYCE L/D buffet, weekend B buffet, open 8–8 (summer until 9). Closed early Dec–Jan 1.

West 5.6 miles to ■ Lodging: Days Inn, (540) 743-4521, \$50–\$200, pets \$10.

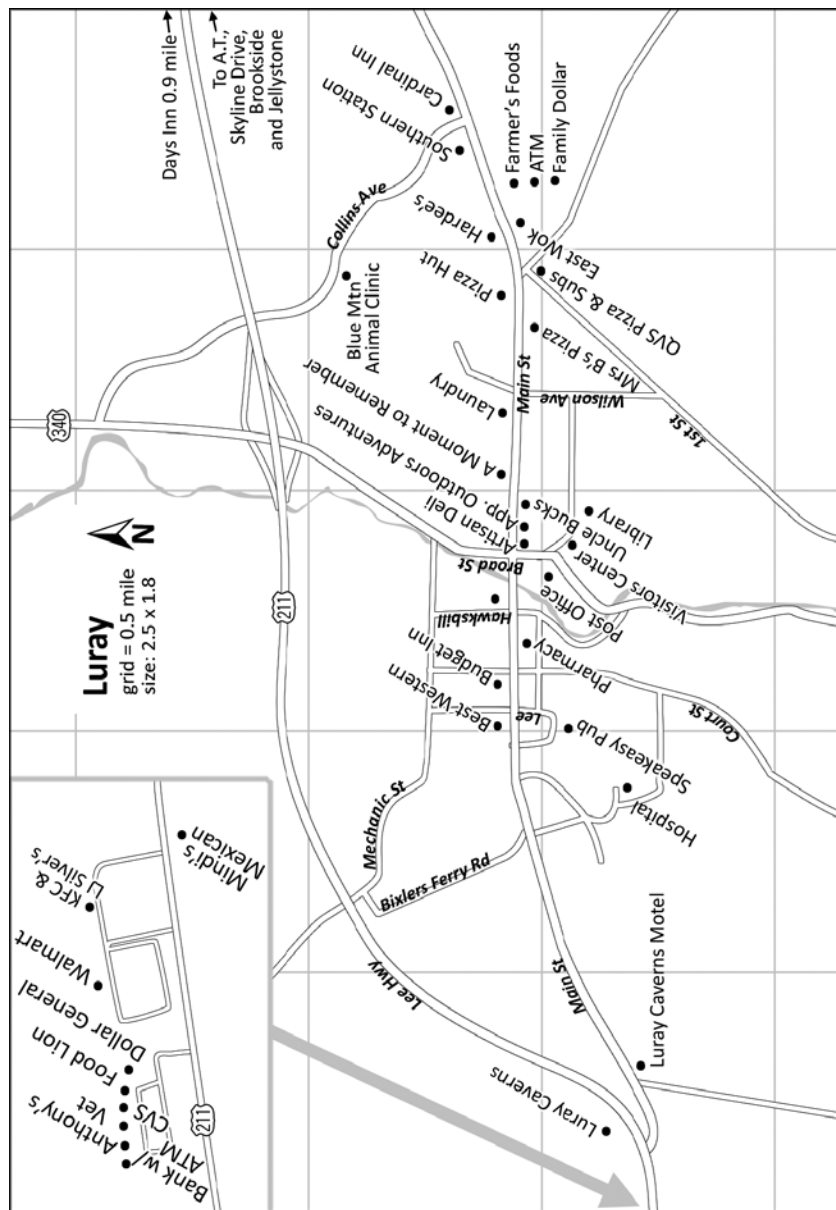
■ **Camping:** Yogi Bear's Jellystone Park, (540) 743-4002, <www.campwray.com>, tentsites \$25–\$45, cabins \$45–\$149, two-night minimum on weekends, campstore (short-term resupply), pool, pay phone, laundry.

West 8.0 miles to the town of Luray, Va. [P.O. ZIP 22835: M–F 8:30–4:30, closed Sa; (540) 743-2100]. Page County Chamber of Commerce, <www.luraypage.com>, 18 Campbell St., (540) 743-3915, M–Sa 9–5, Su 12–4. ■ **Lodging:** Best Value Cardinal Inn, (888) 648-4633, \$59 and up, no pets; Best Western Motel, (540) 743-6511, \$70–\$160, pets \$20; Budget Inn, (540) 743-5176, \$49s and up, pets \$5. ■ **Groceries:** Farmer's Foods, Food Lion, Walmart (all long-term resupply). ■ **Restaurants:** Anthony's Pizza XII, L/D; Southern Station Diner, B/L/D; East Wok, L/D and AYCE L; Mindi's Mexican, L/D; Moment to Remember, espresso, sandwiches, desserts; Artisan's Grill, deli sandwiches and full meals; Uncle Buck's; The Speakeasy at the Mimslyn Inn, sandwiches and D 4–10 p.m., full bar; and several fast-food restaurants. ■ **Internet access:** Page County Library. ■ **Outfitters:** Appalachian Outdoors Adventures, 18 E. Main St., (540) 743-7400, full-service outfitter, fuel by the ounce, M–Sa 10–6, Su 1–5. ■ **Other services:** veterinarian, Blue Mountain Animal Clinic, (540) 743-PETS; 3 laundromats; hospital; ATM; and 5-screen Page Theater. ■ **Shuttles:** Mountain & Valley Shuttle Service, Rodney Ketterman and Jim "Skyline" Austin, Luray, Va., (877) 789-3210, <www.mvshuttle.com>, offers shuttles between Duncannon, Pa., and Daleville, Va. Also serves nearby airports, Amtrak, Greyhound. Offers trail logistics, town assistance (one-day notice appreciated). Free limited rustic camping for shuttle clients night before or upon conclusion of hike, on-site parking at base camp (shelter, picnic table, grill, fire pit, hot shower, flush toilet). Accepts Visa, MC, Discover.

Pass Mountain Hut (1939)—Sleeps 8. Privy. Known for the "kissing trees," the shelter is located on a blue-blazed trail. Designated campsites nearby. Water source is a piped spring 15 yards behind the shelter.



Elkwallow Wayside and Grill—Open 9–7 early Apr–early Oct. Visible from where the A.T. crosses Skyline Drive in Elkwallow Gap, the wayside includes a grill, gift shop, and restroom. Grill, B/L/D. Last chance in SNP for northbounders to get a blackberry milkshake. Gift shop offers limited groceries and camping supplies. Pay phone, soda machine outside. Frost-free pump at picnic area.



Mathews Arm Campground—West 1.2 miles from the A.T., 0.3 mile south of the Hogback Parking Area *via* the Tuscarora and Traces trails. Signs lead to nearby primitive (*i.e.*, no services) campground, open mid-May–late Oct, campsites \$16 per night, rate subject to change. This junction is the southern end of the 260-mile Tuscarora Trail. The northern is on the A.T. south of Darlington Shelter in Pennsylvania.

Gravel Springs Hut (1940)—Sleeps 8. Privy. Designated tentsites nearby. On a blue-blazed trail. The water source is a boxed spring found on side trail near the shelter.

Compton Gap Trail—At the last SNP concrete post on the Trail, labeled Va. 610/Chester Gap, the A.T. will turn left. Go straight, following the Compton Gap Trail 0.5 mile ahead to road. ■ **Hostel:** Front Royal Terrapin Station Hostel, 304 Chester Gap Rd., Chester Gap, VA 22623, (540) 539-0509, (540) 631-0777, is the first house on left side of the paved road. Enter around back through marked gate (residential neighborhood; please respect noise level). Open May 2–Jul 10, includes bunk with mattress and sheets, shower, soap, shampoo, towels, shower clothes, toaster oven, laundry, free computer, free shuttle to town; mail drops for guests only; fuel, snacks, soda, ice cream, and oven pizza on site. Shuttles and slackpacking available. Cost: 1 hiker, \$19 one day; couple, \$34 one day; hiking groups, \$17 PP one day; each extra night, \$16/hiker, \$30/couple, \$15PP/groups. Owned by Mike Evans, (AT'95, PCT'98), <gratefulgg@hotmail.com>.

Southbound Registration Station—1.0 mile south of Tom Floyd Wayside.

Tom Floyd Wayside (1980s)—Sleeps 6. Privy. Shelter has an overhanging front deck with storage space above, a railed deck with benches, and several designated tentsites. Outside the SNP boundary, so SNP rules don't apply. Water source 0.2 mile on a blue-blazed trail to the right of the shelter often stops flowing. Next closest water source is a stream crossed about 1.5 miles north on the A.T. near Va. 602.

Northern Virginia 4-H Swimming Pool—Blue-blazed side trail 0.9 mile north of Tom Floyd Wayside leads 0.3 mile **West** to the swimming pool. It is open to the public, including hikers, 12–6 daily (Memorial Day–Labor Day), \$5 admission, swimsuits required. Inquire at 4-H office about multiday parking availability (advance arrangements required). Mountain & Valley Shuttle Service (above) can facilitate parking here for clients unable to visit 4-H during office hours.

Virginia—Part 4 (Northern Virginia)

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,219.6	U.S. 522 Front Royal, VA 22630	R (W–3.2m G, L, M, O, cl, f, @; 4.2m PO, M, D, @)	950	959.5
1,218.8	Nat'l Zoological Park Research Center		990	960.3
1,215.6	Mosby Campsite, Tom Sealock Spring	C, w	1,800	963.5
1,213.7	Jim and Molly Denton Shelter... <i>8.1mS; 5.5mN</i>	S, w	1,310	965.4
1,212.6	Va. 638 Linden, VA 22642	R (W–1m PO, G; 2.5m G, M; 7m G, L, M, O, cl, f, @)	1,150	966.5
1,210.7	Va. 55, Manassas Gap Linden, VA 22642	R (W–1.1m PO, G, M; 2.6m G, M)	800	968.4
1,208.2	Manassas Gap Shelter... <i>5.5mS; 4.7mN</i>	S, w	1,655	970.9
1,206.3	Trillium Trail		1,900	972.8
1,203.7	Dick's Dome Shelter... <i>4.7mS; 8.8mN</i>	E–0.2m S, w	1,230	975.4
1,202.7	Spring	C, w	1,850	976.4
1,201.5	+Sky Meadows State Park Side Trail	E–1.7m C, w	1,780	977.6
1,198.9	U.S. 50, Ashby Gap	R (E–1.1m L, M) (W–0.9m M)	900	980.2
1,195.3	Rod Hollow Shelter... <i>8.8mS; 7.1mN</i>	W–0.2m S, w	840	983.8
1,191.6	Morgans Mill Road (Va. 605)	R	1,140	987.5
1,190.4	Spring	w	1,150	988.7
1,188.4	Sawmill Spring, Sam Moore Shelter... <i>7.1mS; 11.2mN</i>	S, w	990	990.7
1,185.4	Bears Den Rocks, Bears Den Hostel	E–0.2m w, H, C, G, L, cl, sh, f, @	1,350	993.7
1,184.8	Va. 7, Va. 679, Snickers Gap Bluemont, VA 20135	R (E–1.6m G; 1.7m PO) (W–0.3m M; 0.9m M; 1.0m G)	1,000	994.3
1,182.6	Spring	w	1,083	996.5
1,182.3	Va.–W.Va. State Line		1,140	996.8

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,182.2	Crescent Rock		1,312	996.9
1,181.6	Sand Spring	w	1,150	997.5
1,181.5	Devils Racecourse		1,200	997.6
1,178.7	Wilson Gap		1,380	1,000.4
1,177.5	Blackburn Trail Center... <i>11.2mS; 3.6mN</i>	E-0.1m C; 0.3m S, w	1,650	1,001.6
1,174.3	David Lesser Memorial Shelter... <i>3.6mS; 15.8mN</i>	E-0.1m S; 0.3m C, w	1,430	1,004.8
1,171.3	Keys Gap, W.Va. 9	R (E-0.3m G) (W-0.3m G, M, w)	935	1,007.8

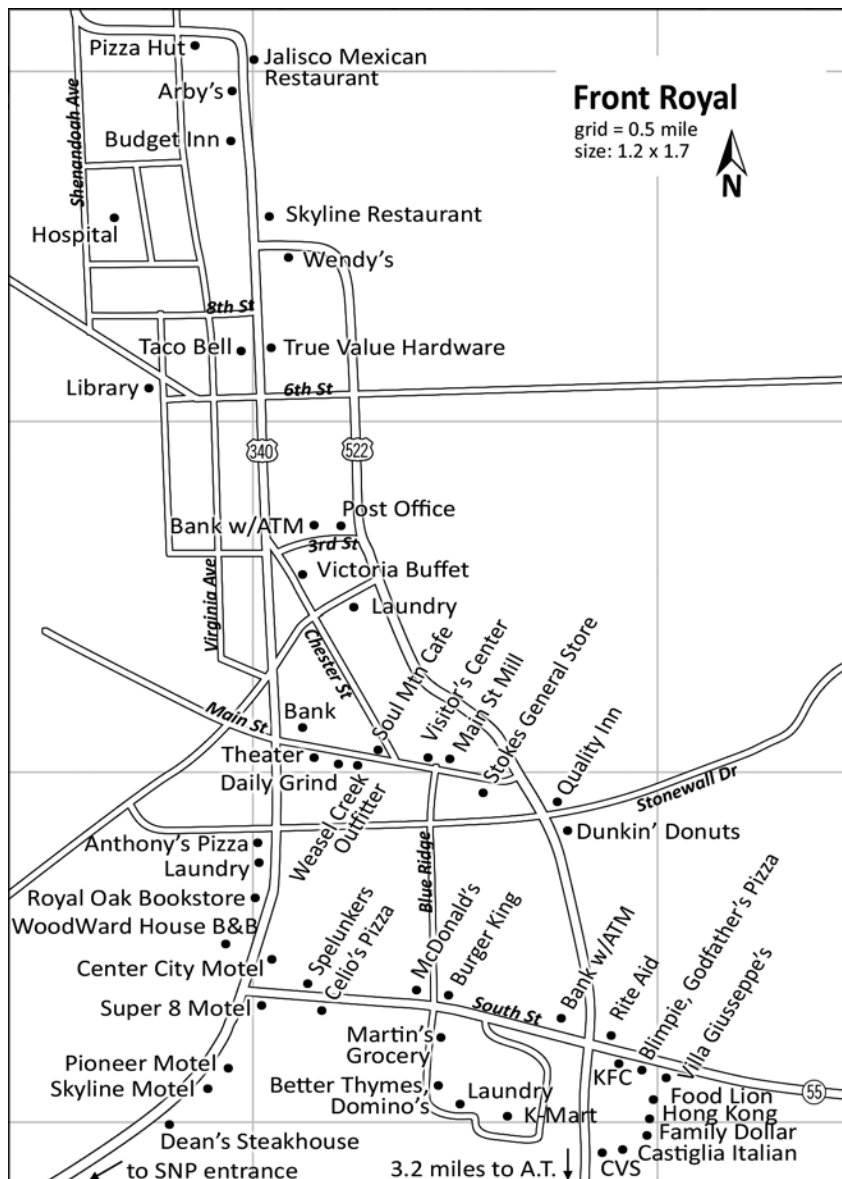
+ Fee charged

Higher rates of Lyme disease occur from northern Virginia into New England. Take precautions to prevent infection.

This 52-mile section follows a long, low ridge rich in American history and home to the infamous “roller-coaster” south of Snickers Gap.



U.S. 522—West 3.2 miles to **Front Royal, Va. [P.O. ZIP 22630: M–F 8:30–5, Sa 8:30–1; (540) 635-7983]**. The post office is 1.0 mile farther. The large town offers all major services, but they are spread out over a wide area. Except for the post office, most services are located near the U.S. 522 and Va. 55 intersection as you come into town from the A.T. Weasel Creek Outfitters is a hiker's best source for help and information in town. ■ **Lodging:** Front Royal is the gateway to Shenandoah National Park, with motel rates that vary considerably according to season; be sure to specify you are a hiker, as most have special rates. Skyline Resort Motel, (540) 635-5354, no dogs; Pioneer Motel, (540) 635-4784, pool, CATV, dogs sometimes allowed for a fee; Scottish Inns, (540) 636-6168; Center City Motel, (540) 635-4050; Super 8 Motel, (540) 636-4888, dogs \$8; Quality Inn, (540) 635-3161, no dogs; Woodward House B&B, (540) 635-7010 or (800) 635-7011, no dogs, includes full B, shuttle to and from Trail, other area shuttles for a fee, no smoking in house; Blue Ridge Motel, (540) 636-7200, no dogs, free shuttle back to the Trail. ■ **Groceries:** Food Lion, Martin's, Better Thymes natural foods (all long-term resupply). ■ **Restaurants:** Victoria's, AYCE L/D; South Street Grill; Dean's Steak House; Pirate Pizza; Jalisco



Mexican; Anthony's Pizza and Son's; Soul Mountain Café; Pizza Hut, AYCE; Royal Dairy, open 7–9; Villa Guissepies Italian, with N.Y. Pizza; China Jade, AYCE L buffet; and many fast-food outlets. ■ **Outfitter:** Weasel Creek Outfitters, (540) 622-6909, closed M. Brandon, Wendy, and their team provide minor repairs, warranty work, hiker box, pack lock-up, Internet access, possible shuttles, pack fitting, all stove fuels, Coleman and alcohol by the ounce. ■ **Internet access:** Samuels Public Library and Weasel Creek Outfitters. ■ **Other services:** coin laundry, daily 7–10; banks with ATM; hospital; doctors, dentists; veterinarian; pharmacies; Stokes General; Ramsey's Hardware, (540) 635-2547, Coleman fuel and alcohol by the ounce; Royal Oak Bookstore; movie theater; Royal Taxi, (540) 635-3214; Ace Taxi, (540) 635-6100 for local and D.C. airports; flea market on Sa on U.S. 522, spring and summer.

National Zoological Park—Adjacent to U.S. 522 is the National Zoological Park Conservation and Research Center. On the northern side of the highway, the Trail follows along one of the center's fences. Exotic animals are sometimes visible.

Jim and Molly Denton Shelter (1991)—Sleeps 8. Privy. Enlarged front porch for extra sleepers. Water source is a spring on the A.T. near the solar shower (reported broken in 2007; spring reported dry).



Va. 638—West 1.1 mile to **Linden, Va.** [P.O. ZIP 22642: M–F 8–12 & 1–5, Sa 8–12; (540) 636-9936]. A small outpost on Va. 55, Linden offers only a post office and convenience store, but it's an alternative to hitching into Front Royal to pick up a mail drop. ■ **Groceries:** Monterey Service Station (good short-term resupply), M–F 4:30–9, Sa 6–9, Su 7–8, hiker-friendly.

West 1.5 miles to ■ **Restaurant:** Apple House, fresh-baked pies, doughnuts, sandwiches, BBQ, buffalo(!) burgers, B, deli foods; M 7–5, Tu–Su 7–8; credit cards accepted. ■ **Groceries:** Quarles Shell, (540) 635-1899, open 24 hrs., deli sandwiches, ice cream, short-term resupply, pay phone; Apple Mountain Exxon, (540) 636-2960, large store, open 24 hrs., ATM, a must stop for hungry hikers, fresh pies, deli sandwiches, hand-dipped ice cream, pay phone outside.

West 7 miles to Front Royal on Va. 55 (see above).



Va. 55, Manassas Gap—West 1.1 miles into Linden (see previous entry). This is a busier road, parallel to I-66, which leads east to Washington, D.C.

Manassas Gap Shelter (1940s/2002)—Sleeps 6. Privy. Food-hoist cables available. Water source is a reliable spring near the shelter on a side trail.

Dick's Dome Shelter (1985)—Sleeps 4. Privy. This unusually shaped shelter was built on private land by PATC member Dick George. Food-hoist cables available. Water source (which hikers should treat) is Whiskey Hollow Creek in front of the shelter. Scheduled for rebuilding.

Sky Meadows State Park Side Trail—Look for the resting bench at path that leads **East** 1.7 miles to the park's visitors center in Mt. Bleak Mansion, built in the 1820s. Now one of Virginia's finest parks, open daily 8–8:30/dusk. Cultural events are scheduled on summer weekends. Telephone, water fountain, and soda machine available at the visitors center. Hike-in primitive camping (12 sites) 1.25 mi from A.T. and primitive group-camping area, \$13PP, on the way to the visitors center. Reservations required, (540) 592-3556 or (800) 933-7275, and campers must arrive before dusk, when the park closes.



U.S. 50, U.S. 17/Ashby Gap—**East** 0.8 mile on U.S. 50/17, then 0.3 mile south past barrier on Va. 759 to community of Paris. ■ **Lodging:** The Ashby Inn, (540) 592-3900, restaurant serves L 12–2:30, D W–Sa 5–10, Su 5–9, Su brunch \$35; rooms \$195 and up, includes B; restaurant closed M–Tu; reservations recommended. **West** 0.9 mile to ■ **Restaurant:** The Blue Skillet, (540) 837-1726, open Tu–Th 6:30–9, F 6:30–10, Sa 8–10, Su 8–8, credit cards accepted.

Rod Hollow Shelter (1986)—Sleeps 8. Privy. Located on a blue-blazed trail. Water source is a spring or the streams just south of the shelter.

The “Roller Coaster”—Northbounders leaving the Rod Hollow Shelter will enter the “roller coaster,” a 13.5-mile section with ten ascents and descents. Southbounders have just completed their ride. The Virginia corridor is narrow here, leaving Trail crews very little choice other than to route the path up and over each of these viewless and rocky ridges. (Switchbacks coming!)

Sam Moore Shelter (1990)—Sleeps 6. Privy. Constructed of materials salvaged from the old Keys Gap Shelter. Named for maintainer Sam Moore, who gave 55 years of volunteer service to the A.T. Water source is Sawmill Spring in front of shelter or spring to left of shelter.

Bears Den—A stop at Bears Den Rocks provides a fine view of the Shenandoah Valley to the west. Nearby Bears Den Hostel, 0.1 mile off the Trail, is owned by ATC and operated by PATC; (540) 554-8708, <info@bearsdencenter.org>. Hiker Special includes bunk, shower, laundry, pizza, soda, and pint of Ben & Jerry's ice cream for \$27.50 plus tax; bunk & shower, \$15; camping \$10 (with privileges); shower only \$3; laundry \$3; short-term resupply; fuel by the ounce; cooking privileges; and water. Store office and check-in 5–9:30 p.m. Hiker room is accessible all day. Free Internet and phone in hiker room. Mail drops can be sent to Bears Den Hostel, 18393 Blue Ridge Mountain Rd., Bluemont, VA 20135.



Va. 7, Va. 679/Snickers Gap—East 1.7 miles to **Bluemont, Va. [P.O. ZIP 20135: M–F 8:30–12 & 1–5, Sa 8:30–12; (540) 554-4537]**. Follow Va. 7 **East** 0.9 mile over Snickers Gap to the Snickersville Turnpike sign, turn right, and continue 0.8 mile to the post office on Va. 670.

East 1.6 mi to Bluemont General Store, open M–F 6:30–7, Sa–Su 7–7; (540) 554-2054, short-term resupply, pizza by the slice, sandwiches, ice cream, pies.

On Va. 679, **West** 0.3 mile to **Restaurant:** Horseshoe Curve Restaurant, (540) 554-8291, open Tu–Sa 12–11 (or later), Su 12–7. Excellent hiker portions.

West 0.9 mile to **Restaurant:** Pine Grove Restaurant, (540) 554-8126, open M–Sa 6:30 a.m.–8 p.m., Su 7 a.m.–1 p.m.

West 1.0 mile to **Groceries:** Village Market, (540) 554-8422, open M–Sa 7–7; short-term resupply, ice cream, may give ride back to Trail if not busy.

Blackburn Trail Center—East 0.2 mile *via* either of two blue-blazed trails. This PATC facility, (540) 338-9028, is staffed during the summer months by a PATC caretaker. From the porch, on clear days, you may be able to glimpse the Washington Monument and National Cathedral in the distance to the east. The center has a free bunkhouse that sleeps 8 with a wood-burning stove, a picnic pavilion with table and benches built in 2002 with ALDHA donations in memory of Edward B. Garvey. Six tentsites and a tent platform are nearby, and a camping area with privy is 0.1 mile north of the main building on the blue-blazed trail. Water available year-round from an outside spigot, pay phone located on the porch, and solar-heated shower on front lawn. Donations appreciated. During the summer months, PATC work and hiking groups are often here. ALDHA member “Weathercarrot” has done a tremendous amount of rockwork to rebuild the stone retaining walls.

David Lesser Shelter (1994)—Sleeps 6. Privy. A shelter-engineering feat. Water source is a spring located 0.4 mile downhill from the shelter.