

Number	Mile	Name	Exit Point from AWOL	Exit Distance	Next Distance	Resupply Strategy	PO Address	Notes
1	-8.8	Amicalola State Park	On Trail	On Trail	61.3	Bring from home		
2	52.5	Hiawassee, GA	Unicoi Gap, GA 75, Helen, GA (9.0E) or Hiawassee, GA (12.0W)	12.0W	84.4	Buy (?)	Hiawassee, GA 30546; mi:66.6; off:11; hrs:M-F 8:30-5, Sa 8:30-12:30; ph:(706) 896-3632	Mile 52 OR 69 – Hiawassee, GA: If you stay at Top of Georgia hostel, 706-982-3252, multiple shuttles are available into town. Budget Inn, 706-896-4121 in Hiawassee is another lodging option that will come pick you up and deliver you back to the trail if you choose to stay there.
3	136.9	Nantahala Outdoor Center	US 19 & 74, Nantahala Outdoor Center	On Trail	70.8	Buy (Good). Get Great Smokey Mountain permit	13078 US-19, Bryson City, NC 28713; mi:?:; off:?:; hrs: Su-Th 8-5, F & Sa 8-6; ph:(828) 488-7230	Mile 137 –Nantahala Outdoor Center: No hitch required! NOC outfitters is on site with gear and food resupply
4	207.7	Gatlinburg, TN	Newfound Gap, US 441	15.0W	67.2	Buy (OK)	Gatlinburg, TN 37738; mi:203.6; off:14; hrs:M-F 9-5, Sa 10-12; ph: (865) 436-3229	Mile 207 – Newfound Gap, Gatlinburg: A shuttle or hitch is definitely required to make it 15 miles from here into Gatlinburg, but if you've never experienced the city, it's worth the trip! Resupply options, honestly, aren't as great as you'd expect in a town with so much to offer, but there's enough to be found at pharmacies and the tiny grocers on the strip to make it another few days on trail. Unique experiences, a plethora of food, and Smoky Mountain Brewery are a few notable mentions in town.
5	274.9	Hot Springs, NC	NC 209 + US 25/70, Hot Springs, NC	On Trail	69.3	Buy (Good)	Hot Springs, NC 28743; mi:270.7; off:0; hrs:M-F 8:30-11:30 & 12:30-4, Sa 8:30-10:30; ph:(828) 622-3242	Mile 274 – Hot Springs, NC: The white blazes lead you right through this awesome trail town! With several hostel options including Elmers, 828-622-7206 and Laughing Heart, 828-206- 8487, and several resupply spots in town, Bluff Mountain Outfitters, 828-622-7162, and Dollar General.
6	344.2	Erwin, TN	River Rd, Unaka Springs Rd, Erwin, TN (3.8W). A.T. to east, crossing Nolichucky River on bridge	3.8W	78.5	Buy (OK)	Erwin, TN 37650; mi:338.7; off:3.8; hrs:M-F 8-5, Sa 10-12; ph:(423) 743-9422	Mile 342 – Erwin, TN, The trail leads you right to Uncle Johnny's doorstep. He runs a popular hostel with complete outfitter and resupply. When you stay, he also shuttles you into town for free. 423-735-0548

7	422.7	Hampton, TN	Side trail to Hampton, TN US 321 (1.0W), Hampton is west on 321.	1.0W	47.6	Buy (Limited)	Hampton, TN 37658; mi:412; off:2.6; hrs:M-F 7:30-11:30 & 12:30-4:30, Sa 8-10; ph:(423) 725-2177	Mile 421- Hampton, TN, Take the beautiful, Creekside, 1 mile side trail into Hampton, TN. Resupply options are a bit limited, but there is a Dollar General and a couple of small grocers in town.
8	470.3	Damascus, VA	Damascus, VA (south), Water St, welcome sign	On Trail	63.9	Buy (Good)	Damascus, VA 24236; mi:459.5; off:0; hrs:M-F 8:30-1 & 2-4:30, Sa 9-11; ph:(276) 475-3411	Mile 469 – Damascus, VA: Welcome to Virginia, the self-proclaimed “State for Lovers”. The blazes walk you straight through the heart of this trail town. Several hostels are available if you choose to stay in this popular trail town. The Place at 276-475-3441, Crazy Larry’s at 276-274- 3637, and Woodchuck, 406-407-1272 are just a handful of what’s available. With three outfitters in town plus a couple of grocers, an ample resupply is available here. Only a short walk out of town is the Damascus Brewery for beer lovers.
9	534.2	Marion, VA	VA 16, Pat Jennings Visitor Center, Sugar Grove, VA, 24375 (3.2E), Marion, VA 24354 (5.9W)	5.9W	57.5	Buy (Good)	200 Pearl Ave, Marion, VA 24354; mi:?:; off:?:; hrs:M-F 9-5, Sa 9:30-12; ph: (276) 783-5051	Mile 532 – Marion, VA: The spot where the AT crosses VA 16 is a 6 mile hitch into Marion, VA. There are plenty of large grocery chains and restaurants in Marion.
10	591.7	Bland, VA	US 52 (North Scenic Hwy), Bland, VA (2.5E), Bastian, VA (3W)	2.5E	44.2	Buy (Good)	Bland, VA 24315; mi:579.2; off:2.5; hrs:M-F 8-11:30 & 12-4, Sa 8-11; ph:(276) 688-3751	Mile 590 – Bland, VA: just over three miles off trail, Bland offers a supermarket and a Dollar General as well as a few restaurants. Licksillet Hostel, 35 Price Ridge Rd (1,074.37 mi) Bland, Virginia 24315, (276) 779-5447
11	635.9	Pearisburg, VA	Cross Ave (paved), VA 634, Pearisburg, VA (0.7E)	0.7E	74	Buy (Good)	Pearisburg, VA 24134; mi:622.1; off:0; hrs:M-F 8-4:30, Sa 9-12; ph:(540) 921-1100	Mile 634 – Pearisburg, VA: Less than a mile to walk from trail to town, Pearisburg is worth a visit. In town you’ll find lots of grocers for resupply and every hiker’s favorite, an all-you-can-eat Chinese buffet!
12	709.9	Catawaba, VA	VA 311, Catawba, VA (1.0W) OR 729.7 US 220, Daleville, VA closest to Roanoke VA airport.	1.0W	76.8	Buy (OK) (shortly LEAVE FOR HOME)	Catawba, VA 24070; mi:694.5; off:1; hrs:M-F 7:30-12 & 1-5, Sa 8-10:30; ph:(540) 384-6011	Mile 702 – Catawaba, VA: Donation-based Four Pines Hostel, 540-309-8615, is an easy 0.3 of a mile road walk from the A. T. They offer shuttles to Catawaba Grocery and the Homeplace Restaurant when it is open.

13	786.7	Glasgow, VA	US 501, VA 130, Big Island VA (5.6E), Glasgow VA (5.9W)	5.9W	77	Buy (OK)(LEAVE FOR HOME?)	Glasgow, VA 24555; mi:771; off:6.7; hrs:M-F 8-4:30, Sa 8-11; ph:(540) 258-2852	Mile 784 – Glasgow, VA: Glasgow isn't the easiest place to hitch a ride into town based on my experience, but patience usually pays off. There are small grocers in town and a free, town-provided pavilion with hot showers, a porta-potty, and tenting allowed.
14	863.7	Waynesboro, VA	US 250 + Blue Ridge Pkwy, Rockfish Gap, Waynesboro, VA (3.7W), I-64 overpass, south end of Skyline Dr.	3.7W	61.6	Buy and Eat at Waysides (LEAVE FOR HOME?)	Waynesboro, VA 22980; mi:848.4; off:3; hrs:M-F 8:30-5, Sa 9-11; ph:(540) 942-7320	Mile 861 –Waynesboro, VA: 4.5 miles off trail, Waynesboro is a hiker-friendly trail town offering a YMCA center for camping and showers, two hiker hostels, an outfitter, and plenty of large market options. The best thing about Waynesboro is Ming Garden, an all you can eat lunch and dinner Chinese restaurant.
15	925.3	Big Meadow Wayside	Lewis Spring & Road, Lewis Falls 0.5W, Gravel road 0.2E to Skyline, then left 0.2 to Big Meadows Wayside	0.9E	46.2	Buy and Eat at Waysides		Mile 923 – Big Meadows Wayside: Meals served and small resupply options available here. Great bar downstairs!
16	971.5	Front Royal, VA	US 522, Front Royal, VA (3.5W)	3.5W	54	Buy (Good)	Front Royal, VA 22630; mi:955.5; off:4; hrs:M-F 8:30-5, Sa 8:30-1; ph:(540) 635-7983	Mile 969 – Front Royal, VA: Front Royal is a pretty easy place to hitch a ride from US Hwy 522. There are tons of options for food and resupply in Front Royal. The Front Royal Hostel is half a mile off trail at mile 965. Free morning shuttle into town with stay. 540-539-0509
17	1025.5	Harpers Ferry, WV	Harpers Ferry, WV, High Street	On Trail	55.5	Buy (Limited)	Harpers Ferry, WV 25425; mi:1008.8; off:0; hrs:M-F 8-4, Sa 9-12; ph:(304) 535-2479	Mile 1023 – Harpers Ferry, WV: Celebrate your "almost" halfway point as the trail takes you directly into this unique little trail town! Only a small percentage of thru-hikers make it this far! While in town, visit the Appalachian Trail Conservancy's headquarters and have your picture made for the yearly album. There are a few small stores and restaurants in town for resupply and yumminess.
18	1081	Fayetteville, PA	US 30, Fayetteville, PA (3.2W)m Overnight parking SW corner of US 30 & Pine Grove Rd, check-in at park HQ.	3.2W	65	Buy (Good)	Fayetteville, PA 17222; mi:1068.3; off:3.5; hrs:M-F 8-4:30, Sa 8:30-12; ph:(717) 352-2022	Mile 1081 – Fayetteville, PA: Walmart is 7 miles west of the A.T. and a couple of smaller markets lie within 2 miles from the trail. Stick out that thumb and smile!

19	1146	Duncannon, PA	Duncannon, PA, High St + Broadway	On Trail	73.6	Buy (OK)	Duncannon, PA 17020; mi:1133.2; off:0; hrs:M-F 8-4:30, Sa 8-12; ph:(717) 834-3332	Mile 1146 – Duncannon, PA: This is yet another trail town where following the white blazes leads you straight through its heart. The Doyle is a must-stop, at least for a beer and a burger. Several small convenience stores in town for resupply.
20	1219.6	Port Clinton and Hamburg, PA	Port Clinton, PA, Broad St + Penn St, and PA 61, Blue Mtn Rd, Hamburg, PA (1.7E)	On Trail and 1.7E	75.8	Buy (Good)	Port Clinton, PA 19549; mi:1203.2; off:0; hrs:M-F 7:30-12:30 & 2-5, Sa 8-11; ph:(610) 562-3787	Mile 1217 – Port Clinton and Hamburg, PA: The trail takes you right through Port Clinton where landing a ride into Hamburg is a cinch if you stop into the Port Clinton Barber Shop to hang out a while. Hamburg offers a variety of yummy eating spots, a Walmart superstore, and a Cabellas outfitter. Port Clinton allows hikers to set up tents or sleep inside the town pavilion.
21	1295.4	Delaware Water Gap	PA 611, Delaware Water Gap, PA	On Trail	49.6	Buy (Good)	Delaware Water Gap, PA 18327; mi:1279.5; off:0; hrs:M-F 8:30-12 & 1-4:45, Sa 8:30-11:30; ph: (570) 476-0304	Mile 1293 – Delaware Water Gap, PA: This is a popular trail town for hikers to take a zero mile day. The white blazes take you right through the middle of town. A donation based church hostel is available in the center of town, The Church of the Mountain Hostel 570-476-0345. Please donate what you can to thank this church for the amazing service they offer us! In town is Grill with beer and wings specials, Edge of the Woods Outfitters for resupply, and a couple of small grocers.
22	1345	Unionville, NY	Lott Rd, Unionville, NY (0.7W)	0.7W	60.6	Buy (Good)	Unionville, NY 10988; mi:1331; off:0.5; hrs:M-F 8-12 & 1-5, Sa 8-12; ph:(845) 726-3535	Mile 1345 – Unionville, NY: Only a 0.7 mile walk off trail, this little town offers free hiker camping behind their post office. The two town markets are small but offer adequate food resupply options. Enjoy the pizza and tavern in town!
23	1405.6	Fort Montgomery, NY	Bear Mountain Bridge, Hudson River, Fort Montgomery, NY (1.8W)	1.8W	25.5	Buy (OK)	Fort Montgomery, NY 10922; mi:1388.6; off:0.7; hrs:M-F 8:30-5, Sa 8:30-12; ph:(845) 446-8459	Mile 1403 – Fort Montgomery, NY: One point eight miles off trail, you can eat and resupply here. Mobile Market and Chestnut Mart are small markets.
24	1431.1	Poughkeepsie Friends	Footbridge, stream, Taconic State Pkwy underpass	Pick up at Taconic State Parkway and Miller Hill Rd	63	Supply w/ friends and ZERO. Call ahead for Falls Village, CT resv		Poughkeepsie Friends!
25	1494.1	Falls Village, CT	Water St parking. Falls Village, CT(0.3E)	0.4E	28.7	Buy (OK)	Falls Village, CT 06031; mi:1477.3; off:0.7; hrs:M-F 8:30-1 & 2-5, Sa 8:30-12; ph:(860) 824-7781	Mile 1490 – Falls Village, CT: Check out Bearded Woods One-of-a-Kind Bunk & Dine for a well-deserved splurge! Resupply and shuttles to town are offered with stay. This place is architecturally beautiful, clean, and dinner and breakfast are provided. Reservations required. 860-480-2966

26	1522.8	Great Barrington, MA	US 7, RR to south, Sheffield, MA (3.0E), Great Barrington, MA (3.0W)	3.0W	48.3	Buy (Good)	Great Barrington, MA 01230; mi:1515.3; off:1.8; hrs:M-F 9-4:30, Sa 9-12; ph:(413) 528-3670	Mile 1520 – Great Barrington, MA: An easy hitch off a busy highway, Great Barrington is a neat town. Everything you could possibly want to eat can be found in town from chain restaurants to local joints. There's a Price Chopper and a Walmart a short walk north of town.
27	1571.1	Dalton, MA	MA 8 & 9, Dalton, MA	On Trail	41.7	Buy (Good)	Dalton, MA 01226; mi:1555; off:0; hrs:M-F 8:30-4:30, Sa 9-12; ph:(413) 684-0364	Mile 1569 – Dalton, MA: Follow the white blazes straight into Dalton past Sweet Pea's ice cream shop into town. There is a fair amount of resupply to be found in Dalton.
28	1612.8	Bennington, VT	VT 9, Bennington, VT (5.1W)	5.1W	40.1	Buy (?)	Bennington, VT 05201; mi:1596.7; off:5.1; hrs:M-F 8-5, Sa 9-12; ph:(802) 442-2421	Mile 1610 – Bennington, VT: Town is 3.4 miles from where the A.T. crosses VT 9.
29	1652.9	Manchester Center, VT	VT 11 & 30, Manchester Center, VT (5.4W)	5.4W	50.1	Buy (OK)	Manchester Center, VT 05255; mi:1636.8; off:5.5; hrs:M-F 8:30-4:30, Sa 9-12; ph:(802) 362-3070	Mile 1650 – Manchester Center, VT: Though town is 5.4 miles from the trailhead, you get spit out on a main highway, so getting a ride is pretty simple. Green Mountain House, 330-388-6478, a clean hostel option in town, offers shuttles with stay. Firefly gets Clarity's vote as the best pub food and beer in town. Resupply options include Price Chopper and other small markets.
30	1703	Rutland, VT	US 4, Rutland, VT (8.5W)	8.5W	46.9	Buy (Good)	151 West St Ste Jj, Rutland, VT 05701; mi:?, off:?.; hrs:8-5, Sa 8-12; ph:(802) 775-1459	Mile 1700 – Rutland, VT: Due in part to this being the town where The Yellow Deli hiker hostel is located, folks passing by the A.T. are pretty quick to pick up a hiker looking for a ride into town. Within walking distance from the donation based hostel is a Walmart, Price Chopper, and even a movie theater if you're in need of a relaxing zero mile day. Clarity recommends Hop'n Moose for dinner and delicious on-site brewed beer!
31	1749.9	Hanover, NH	Hanover, NH, Dartmouth College	On Trail	69	Buy (Good)	Hanover, NH 03755; mi:1732.7; off:0; hrs:M-F 8:30-5, Sa 8:30-12; ph:(603) 643-4544	Mile 1747 – Hanover, NH: You'll follow the white blaze right into the heart of it. Upon entering town, stop at Lou's for a free gourmet muffin, Ramunto's pizzeria for a free slice and an awesome beer selection, and a Co-op Food Store for substantial resupply. There's free camping north of Hanover in the woods at the trailhead.

32	1818.9	Lincoln, NH	Franconia Notch, Paved trail (1.0E) to Flume Visitors Center parking. North Woodstock, NH (4.8S), left from parking area on US 3. Lincoln, NH (1.0E) of North Woodstock.	1.0E	74.8	Buy (Good)	10 Lumber Yard Dr Unit 9, Lincoln, NH 03251; mi:?.; off:?.; hrs:8-5, Sa 8-12; ph:(800) 275-8777	Mile 1800 or mile 1816 – North Woodstock and Lincoln, NH: In North Woodstock, there's the Notch Hostel, 603-348-1483, and in Lincoln, though not mentioned in the trail guides, there is Chet's place, the most popular thru-hiker landing spot in the area. Resupply options are ubiquitous. Outfitters and Price Choppers among other resupply stations are located in town.
33	1893.7	Gorham, NH	A.T. 0.1W on US 2, Gorham, NH (3.6W)	3.6W	77.9	Buy (Good)	Gorham, NH 03581; mi:1876.7; off:3.6; hrs:M-F 8:30-5, Sa 8-12; ph:(603) 466-	Mile 1870 or 1891- Gorham, NH: White Mountains Lodge and Hostel offers free evening shuttle into town for resupply at Walmart. Various food options in town from an all-you-can-eat Chinese buffet to Salt Pub to get your drink fix.
34	1971.6	Rangely, ME	ME 4, Rangely, ME (9.0W)	9.0W	69.2	Buy (OK) and Kennebec River Crossing at 2037.	Rangely, ME 04970; mi:1954.6; off:9; hrs:M-F 9:30-4:15, Sa 9:30-12; ph:(207) 864-2233	Mile 1969 – Rangely, ME: Rangely marks the halfway latitudinal point between the North Pole and the Equator and is home to Sarge's Pub with good burgers and beer. The Hiker Hut and Farmhouse Inn are hostels in the area of this hiker-friendly town. The three outfitters in town are really your only option for resupply. This would be a good town for you to mail yourself a resupply box!
35	2040.8	Caratunk, ME	US 201, Caratunk, ME (0.3E)	0.3E	36.7	Buy (OK)	Caratunk, ME 04925; mi:2023.4; off:0; hrs:M-F 7:30-11:30 & 12-3:45, Sa 7:30-11:15; ph:(207) 672-3416	Mile 2038 – Caratunk, ME: With two lodging options less than 2 miles from the trailhead, Caratunk is a good spot to stop for a night or two and mingle with your trail family. The Sterling Inn, 207-672-3333 offers extensive resupply options, reasonable lodging, and a breakfast buffet. In the opposite direction, Northern Outdoors sits 2 miles off trail and provides a free shuttle, use of shower, pool, and hot tub with or without stay, and offers rooms, cabin tents, and traditional tenting. Kennebec River Pub and Brewery is on site. Call for shuttles 800-765- 7238.
36	2077.5	Monson, ME	ME 15 (paved), Monson, ME (3.6E), South end of 100-Mile Wilderness.	3.6E	99.4	Buy (OK), get cash and stay at Shaws (Address: 17 Pleasant St, Monson, ME 04464 Phone: (207) 997-3597)	Monson, ME 04464; mi:2060.1; off:4; hrs:M-F 7:30-11:30 & 12:30-4, Sa 7:30-11; ph: (207) 997-3975	Mile 2074 – Monson, ME: This is a must-stop trail town before hikers enter the Hundred Mile Wilderness. With two great lodging options, Lakeshore House Lodging & Pub at 207-997-7069 and Shaw's lodging at 207-997-3597, there's no shortage of places to land for a night to hang with your buds as your time together draws near to an end. Resupply options are sparse, Pete's Place (with a helluva good breakfast!) and Robinson's are small general stores with enough options to get you through the wilderness. Monson is a great place to mail yourself a food drop!

37	2176.9	Abol Bridge Campground and Store	Abol Bridge crosses west branch of Penobscot River. Parking on east side of road between bridge and trailhead.	On Trail	15.1	Buy (?) and registration for The Birches Campsites	3969 Golden Road, Mile 19, Millinocket, ME 04462; mi:??; off:??; hrs:??; ph:(207) 447-5803	The Appalachian Trail Lodge, 207-723-4321, offers a fee daily shuttle from Baxter Park to Millinocket, ME in the afternoon. In Millinocket, ME the Ole Man's Gear Shop is on site, and the Appalachian Trail Cafe is located a block down the road offering happy hour specials on select beer.
38	2192	Katahdin					Millinocket, ME 04462; mi:2174.6; off:17; hrs:M-F 9-4, Sa 9-11:30; ph:(207) 723-5921	