
































Dudley's Appalachian Trail

Re-Supply Guide

(Miles)

Sources: Guthook, Awol Guiden 2019, & Google

Version: Nov 18, 2019

NORTH	FROM TRAIL	CROSSING / DESTINATION	MAIL  / FOOD  / BUNK 	DAYS TO SUPPLIES	COMMENTS
-8.8	0	Amicalola Falls State Park	Approach trail - Archway, visitor centre 9-5 Sun-Wed, 9-7 Thu-Sat  ½	3	Hiker register at visitor centre
0.0	0	Springer Mountain	START - Let the adventure begin	2	Smile - take photos/register at rock
26.3	0	Jarrad Gap	Hard shell canister required when camping from here until Neels Gap	1	Canister required until Neels Gap
31.7	0	Neels Gap	<u>Mountain Crossings Outfitter</u> 706.745.6095   	3	Gear shakedown etc.
52.9	9 E	GA 75 / Helen	Mail to Post Office, M-F 9-12:30 & 1:30-4, Sa 9-12 or buy at Betty's Country Store, Su-Th 7-8, F-Sa 7-9		
69.6	0.5 W	Dicks Creek Gap / Top of Georgia	Top of Georgia Hiking Center 706.982.3252 (closed temporarily)   ½ 	5	Closed until Jan 2020
NORTH CAROLINA / TENNESSEE					
137.3	0	US 19 & 74 / Nantahala Outdoor Center, NC	<u>NOC Outfitters</u> 888.905.7238   	7	
164.7	2 W	NC 28 / Fontana Village, NC	Mail to Post Office, M-F: 11:30-3:45 or buy at General Store, Mar 10 thru Thanksgiving		
241.8	0.1 W	Green Corner Road / Standing Bear Farm, TN	<u>Standing Bear Farm</u> 423.487.0014,   ½ 	2-3	
273.7	0	NC 209 / Hot Springs, NC	Mail Post Office or buy at Hillbilly Market or Bluff Mountain Outfitters. Elmers <u>Sunnybank Inn & Hostel</u> 828.622.7206   	2	Trail Fest - TBD Mid April
290.0	0.7 W	Log Cabin Rd / Hemlock Hollow	Mail to <u>Hemlock Hollow Inn & Hostel</u> .   ½ 	1-2	
342.1	0	River Rd / Erwin, TN	Mail to <u>Uncle Johnny's Nolichucky Hostel</u> 423-735-0548   	2-3	
395.2	0.4 W 0.4 E	US 19E / Roan Mtn TN & Elk Park NC	<u>The Station</u> (0.4E) & <u>Mountain Harbour Hostel</u> (0.4W)   	1-2	
407.3	0.3 W	Easement Trail / Scotty's Hostel	Scotty's Budget Solar Hostel 423.772.3450 (0.3W) 423.772.3450   	1	Hike south thru power line easement





































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418.2	0.3 W	Dennis Cove Rd, TN / Hostels E & W	Mail to Kincora Hiking Hostel, <u>Black Bear Resort/Hostel</u>   	1	
428.4	0.1 W	Shook Branch Rd, TN / Boots Off Hostel	<u>Boots Off Hostel & Campground</u> (0.1W) 239.218.3904   	2	
428.5	2.6 W	US 321 / Hampton, TN	Buy at Browns Grocery, Braemar Castle Hostel (2.4W) 423.725.2262   	2	
VIRGINIA					
470.3	0	Damascus	Post Office, buy at Food City, many places to stay - SEE Pg 56 AWOL   	5	Trail Days - TBD Mid May
543.8	0	US11 / Atkins, VA (3W)	Mail to Relax Inn. There is \$5 fee is you don't spend the night. Food at Sunoco   	4-5	El Burrito Loco 🤪
558.1	0	VA 42 / O'lystery Pavilion	O'lystery Pavilion, <u>Bear Garden Hiker Hostel</u> (248.249.1951)   	4-5	
591.7	4 E	US 52 / Bland	Mail to Post Office, M-F 8:30-11:30 & 12-4, Sa 9 -11 or buy at Grants Supermarket, M-Sa 8-8, Su 10-6		
625.3	0.5E	Sugar Run Gap / Woods Hole Hostel (0.5E)	Mail to <u>Woods Hole Hostel</u> There is \$5 fee is you don't spend the night.   	1	Shuttle for slack packing, resupply is questionable.
634.6	0.9E	Narrows Road / Pearisburg (0.9E)	Mail to Post Office / buy @ Food Lion, 7-11 / <u>Angels Rest Hiker's Haven</u>   	4-5	AWOL pg 68
704.0	0	VA 624 / Catawba (0.4W)	<u>Four Pines Hostel</u> / Buy @ Catawba Grocery   	1-2	
729.0	0	US 220 / Daleville	Buy at Kroger Grocery, 24 hr   	10-11	AWOL pg 76
784.3	5.9 W	US 501 / Glasgow, VA	Buy at Glasgow Grocery Express		AWOL pg 81
808.5	9.3 W	US 60 / Buena Vista	Food, camping and hotels   		AWOL pg 84
861.3	3.7 W	US 250, Rockfish Gap / Waynesboro, VA	Buy at Martin's, Wal-mat, Target		AWOL pg 88

















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889.3	0	Loft Mountain Campground, VA	Buy at Campstore, Loft Mountain Campground (434.823.4675) 	2	
917.5	0	Lewis Mountain Campground, VA	Buy at Campstore, Open May 4-Oct 30 Stocks trail food and supply basics. 	1	
925.3	0	Lewis Spring / Big Meadows, VA	Buy resupplies at Big Meadows Wayside (540.999.2221), Big Meadows Lodge, Big Meadows Campground 	4	AWOL pg 96
969.1	3.5 W	US 522 / Front Royal, VA	Buy at Food Lion, Martins 		
1005.6	0.1 E	Bears Den Rocks / Bears Den Hostel	Mail to <u>Bears Den Hostel</u> . Stocks trail food basics.   ½	1	
WEST VIRGINIA					
1016.8	0.3 E	Keys Gap	<u>Bear Feet Retreat</u> (703.220.0196), buy @ Sweet Springs Country Store, M-Sa 4am-11pm, Su 7am-11pm 	1	
1025.5	0	Harpers Ferry, WV	Buy at General Store or The Outfitter, <u>Quality Inn</u> (304.535.6391), <u>Teahorse Hostel</u> (304.535.6848) etc. 	1	Unofficial half way, ATC HQ
MARYLAND					
1026.9	0.5 W	Knoxville, MD	HI Harpers Ferry Hostel 301.834.7652 , <u>Knights Inn</u> (301.660.3585) 	5	
1054.0	1.5 W	Smithsburg, MD	Buy at Food Lion, daily 7-11 		
PENNSYLVANIA					
1066.6	1.2 E	Waynesboro, PA	Buy at Wal-mart and others		
1104.1	0	Pine Grove Furnace SP	<u>Ironmasters Mansion Hostel</u> (717.486.4108) 717.486.4108 	1	
1121.0	0	Boiling Springs, PA	Lakeside Food Mart, Free Campsite and Privy, <u>TCO Outdoors</u> 	1-2	ATC Mid-Atlantic Regional Office
1131.4	0.5 W	Carlisle, PA	<u>Super 8</u> (717.249.7000), Days Inn, Sheetz Food 	1	

































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1149.0	0	Duncannon, PA	<u>The Doyle Hotel</u> 717.834.6789 , <u>Riverfront Campground</u> 717.834.5252   	4.5	
1219.6	0	Port Clinton, PA	Mail to Post Office, Pavilion Tenting, (570.366.0489)(0.7W), <u>Port Clinton Hotel</u> (610.562.3354)(0.4W)   ½ 	4	
1257.3	1.5 W	Palmerton, PA	Buy at Country Harvest, 8am-9pm 7 days		
1277.5	1.0 E	Wind Gap, PA	K-Mart, Giant Food Store 24hr, <u>Gateway Motel</u> (610-881-6045)   ½ 	1	
1293.0	0	Delaware Water Gap, PA	<u>Deer Head Inn</u> (570.424.2000), UPS to Mail to <u>Edge of the Woods Outfitters</u> (0.3W) (570.421.6681) <u>Church of the</u> <u>Mountain Hiker Center</u> (0.1W) (570.992.3934)   ½ 	2-3	Edge of the Woods via UPS and Fedex
NEW JERSEY					
1323.8	0	Culvers Gap, NJ	Dale's Market(1.7E), Stokes State Park (0.7W), <u>Forest Motel</u> (973.948.5456) (1.8W)   	1	
NEW YORK					
1345.6	0.5 W	Unionville, NY	Horler's Store (0.4W), Village Office(tents)    (tent only)	7-8	
1403.2	1.8 W	Fort Montgomery, NY	Mail to Post Office, M-F 8-1 & 2:30-5, Sa 9-12		
1404.4	0.3 E	Bear Mountain, NY	<u>Bear Mountain Bridge Motel</u> (845.446.2472)(1.7W)   ½ 		
1411.4	0	US 9 / NY 403	Appalachian Market 		
1450.7	0	Appalachian Trail Railroad Station, NY	Native Landscapes & Garden Center  ½	2-3	
CONNECTICUT					
1466.7	0.8 E	Kent CT	Annie Bananie General Store (0.8E)   ½ 	1-2	
1501.4	0.8 W	Salisbury, CT	La Bonne Epicure Market (0.9W), Maria McCabe (0.5W)   	5-6	
















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MASSACHUSETTS					
1549.7	5 W	Lee, MA	Price Chopper Supermarket		
1579.5	0	Cheshire, MA	Mail to Post Office, Dollar Store, Mary of the Assumption Church Parish Hall (tent)  	8-9	
1592.2	2.6 W	Williamstown, MA	Buy at Stop & Shop		
VERMONT					
1610.6	5.1 W	Bennington, VT	Buy at Wal-mart, Price Chopper, Aldi		
1650.7	5.4 W	Manchester, VT	Buy at Price Chopper Supermarket		
1706.7	0	Killington, VT	Mail to <u>Mountain Meadows Lodge, Gifford Woods SP(802.775.5354)</u> , 	2-3	
NEW HAMPSHIRE					
1747.0	0	Hanover, NH	Hanover Food Co-op, 	2-3	
1785.8	4 E	Warren, NH	Mail to Post Office, M-F 7:30-9:30 & 3-5, Sa 7:30-12 or buy at Tedeschi Food Shop, Open daily 5-11		
1790.4	0	Glenciff, NH	Mail to Glenciff Post Office, M-F 12-2, Sa 7-1 <u>Hikers Welcome Hostel (0.3E)</u> 603.989.0040   	1-2	
1816.0	0.7 E	Franconia Notch, NH	Mail to Flume Visitor Center	4-5	
1816.0	4.8 S	North Woodstock, NH	Buy at Wayne's Market, daily 5-10		
1873	0	Pinkham Notch	<u>Joe Dodge Lodge</u>  	1	
1890.8	0	Rattle River Lodge and Hostel & Gorham, NH (3.6W)	<u>Rattle River Lodge and Hostel</u> accepts mail or mail to Post Office in Gorham / Walmart 2.1 mile beyond Gorham, NH.   	7.5	Shuttle services by Rattle River Lodge (603) 466-5049
MAINE					

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1932.2	8 E	Andover, ME, East B Hill Rd	Mail to Post Office, M-F 9:15-12 & 1-4:15, Sa 9-12 or buy at Andover General Store, M-Sa 5-8, Su 6-8		
1968.7	9 W	Rangeley, ME, route 4	Buy at IGA Supermarket, 7 days 7-8		
2000.9	5 W	Stratton, ME	Buy at Fother's Market, M-Th 8-7, F-Sa 8-8, Su 9-5 / <u>Hostel of Maine</u> (3,4E) ✉ 🛒 🛏		
2077.5	1.9 E	Monson, ME	<u>Visit Monson AT Visitor Centre</u> Mail to Post Office, Shaw Hiker Hostel (207-997-3597) ✉ 🛒 🛏	8	Start of 100 mile wilderness - Monson AT Visitor Centre - Check in prior to Baxter SP
2177.4	0	Abol Bridge, ME	<u>Abol Bridge Campground & Store</u> 207.447.5803 ✉ 🛒 🛏	1	100 mile wilderness DONE!
2192.0	0	Katahdin, Baxter Peak	The END - the northern terminus of the AT 😊	DONE	Go home!



LEGEND			
🛒	Food Full		> 1 mile from AT
🛒½	Food Limited		< 1 mile from AT
✉	Mail Services		STATE
🛏	Bunk		

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