





























































































































































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ATTENTION: For more detailed information read write-up under mileage in book and see map. Highlighted entries are full resupplies less than (1.0) from the Appalachian Trail or PO's.

NOBO Mile	Location	Designates map available = ★	From trail head	Options	SOBO Mile
20.5	Suches, GA	★	(2.0W)	 	2176.9
31.3	Neel Gap, GA		On Trail		2166.1
31.3	Blairsville, GA		(14.0W)	 	2166.1
31.3	Dahlonega, GA		(17.0E)	 	2166.1
52.7	Helen, GA	★	(9.0E)	 	2144.7
69.4	Hiawassee, GA	★	(11.0W)	 	2128.0
109.6	Franklin, NC	★	(10.0E)	 	2087.8
136.9	NOC, NC	★	On Trail		2060.5
150.7	Stecoah Gap, NC (NC. 143)	★	(3.4E)		2046.6
150.7	Robbinsville, NC	★	(7.0W)	 	2046.6
166.2	Fontana Village, NC	★	(2.0W)	 	2031.2
208.0	Gatlinburg, TN	★	(15.0W)	 	1989.4
208.0	Cherokee, NC		(18.0E)	 	1989.4
239.5	Davenport Gap, TN	★	(1.2E)		1957.9
241.8	Green Corner Road	★	(0.1W)		1955.6
275.2	Hot Springs, NC	★	On Trail	 	1922.5
291.5	Log Cabin Rd	★	(0.7W)		1905.9
320.0	Sams Gap, TN	★	(2.7W)		1877.4
344.6	Uncle Johnny's Nolichucky Hostel	★	On Trail		1852.8
344.6	Erwin, TN	★	(3.8W)	 	1852.8
395.6	Elk Park, NC	★	(2.3E)		1801.8
395.6	Roan Mountain, TN	★	(3.5W)	 	1801.8
420.3	Dennis Cove, TN	★	On Trail		1777.1
428.8	Shook Branch Road	★	(0.1W)		1768.6
428.9	Hampton, TN	★	(2.6W)	 	1768.5
456.0	Shady Valley, TN	★	(2.7E)	 	1741.4
471.0	Damascus, VA	★	On Trail	 	1726.4
520.5	Troutdale, VA	★	(2.6E)	 	1676.9
534.4	Sugar Grove, VA		(3.2E)		1663.0
534.4	Marion, VA	★	(6.0W)		1663.0
546.3	Atkins, VA	★	On Trail	 	1651.1
556.1	Quarter Way Inn		(0.3W)		1641.3
558.6	VA. 42/W Blue Grass Trail	★	(0.2E)		1638.8
576.3	Saint Luke's Hostel		(5.1W)		1621.1
592.1	Bland, VA	★	(2.5E)	 	1605.3
592.1	Bastian, VA		(3.0W)	 	1605.3
610.6	VA. 606	★	(0.5W)		1586.9
625.7	Sugar Run Gap, VA	★	(0.5E)		1571.7
637.4	Pearisburg, VA	★	(1.3E)	 	1556.0
637.4	Narrows, VA	★	(3.6W)	 	1556.0
677.9	Newport, VA	★	(8.0E)	 	1519.5
704.9	Catawba, VA	★	(0.4W)	 	1492.5
730.6	Daleville, VA	★	On Trail		1466.8
732.1	Troutville, VA	★	(1.0E)		1465.3
752.2	Buchanan, VA	★	(5.0W)		1445.2
758.8	Jennings Creek Road, VA. 614	★	(1.2E)		1438.6
787.6	Big Island, VA		(5.6E)		1409.8
787.3	Glasgow, VA	★	(5.9W)		1409.2

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809.4	Buena Vista, VA	★	(9.3W)	 	1388.0
828.3	Montebello, VA	★	(3.0W)	 	1379.1
864.6	Waynesboro, VA	★	(3.7W)	 	1332.8
892.4	Loft Mountain Campground	★	(0.1W)		1305.0
910.1	Elkton, VA	★	(6.5W)	 	1287.3
918.4	Lewis Mountain Campground	★	(100ft W)		1279.0
926.2	Big Meadows Wayside	★	(0.3E)	 	1271.2
944.7	Luray, VA	★	(9.0W)	 	12527.0
972.4	Front Royal, VA	★	(3.5W)	 	1225.0
978.7	Masassas Gap/Linden, VA	★	(1.0W)	 	1218.7
1005.9	Bears Den Hostel	★	(0.2E)		1191.5
1006.5	Bluemont, VA	★	(1.7E)		1190.9
1020.1	Keys Gap, VA	★	(0.3E)		1177.3
1026.0	Charles Town, WV		(6.0W)		1171.4
1026.0	Frederick, MD		(20.0E)		1171.4
1026.0	Harpers Ferry, WV	★	On Trail	 	1171.4
1036.7	Gapland Road, MD. 572		(0.4W)		1160.7
1044.1	Boonsboro, MD	★	(2.5W)	 	1153.3
1057.6	Smithsburg, MD	★	(1.5W)	 	1139.8
1067.7	Cascade, MD		(1.4E)	 	1129.7
1067.7	Rouzerville, PA		(1.5W)		1129.7
1067.7	Waynesboro, PA	★	(6.6W)	 	1129.7
1070.2	Blue Ridge Summit, PA		(1.2E)		1127.2
1080.8	South Mountain, PA		(1.3E)		1116.6
1085.5	Fayetteville, PA	★	(3.5W)	 	1111.9
1105.4	Pine Grove Furnace State Park	★	On Trail		1092.0
1114.2	Gardners, PA		(0.2E)		1083.2
1115.8	Mt. Holly Springs, PA	★	(2.5E)	 	1081.6
1124.6	Boiling Springs, PA	★	On Trail	 	1072.8
1132.6	Carlisle, PA	★	(0.5W)	 	1064.8
1132.6	New Kingston, PA		(1.7W)		1064.8
1132.6	Mechanicsburg, PA		(5.0E)		1064.8
1150.3	Duncannon, PA	★	On Trail	 	1047.1
1185.3	Lickdale, PA/Jonestown, PA	★	(2.1E)		1012.1
1194.8	Pine Grove, PA	★	(3.4EW)	 	1002.6
1196.7	Bethel, PA		(4.1E)	 	1000.7
1220.2	Port Clinton, PA	★	On Trail	 	977.2
1220.9	Hamburg, PA	★	(1.6E)	 	976.5
1227.4	Blue Rocks Campground		(1.5E)		970.0
1261.0	Slatington, PA	★	(2.0E)		936.4
1261.2	Palmerton, PA	★	(1.5W)	  	936.2
1261.2	Walnutport, PA	★	(2.0E)	 	936.2
1266.5	Danielsville, PA	★	(1.5E)	 	930.9
1273.8	Smith Gap Road	★	(1.2W)		923.6
1281.9	Wind Gap, PA	★	(1.0E)	 	915.5
1297.4	Delaware Water Gap, PA	★	On Trail	 	900.0
1308.0	Mohican Outdoor Center	★	(0.3W)		889.4
1326.0	Culvers Gap, NJ	★	(1.6E)		871.4
1326.0	Branchville, NJ	★	(3.4E)		871.4
1340.3	Port Jervis, NY	★	(4.4W)	 	857.1
1349.1	Unionville, NY	★	(0.7W)	 	848.3
1357.1	Greenwood, NJ	★	(1.1W)	 	840.3
1360.9	Vernon, NJ	★	(2.4E)	 	836.5
1364.0	New Milford, NY		(1.8W)		833.4
1366.4	Warwick, NY.		(2.7W)	 	831.0
1376.0	Greenwood Lake, NY	★	(2.0E)	 	821.4






























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1388.0	Southfields, NY		(2.1E)		809.4
1388.0	Harriman, NY		(3.7W)		809.4
1409.1	Fort Montgomery, NY	★	(1.0W)		788.3
1409.1	Highland Falls, NY		(3.8W)		788.3
1415.1	Appalachian Market		On Trail		782.3
1415.1	Peekskill, NY		(4.5E)		782.3
1420.1	Putnam Valley Market		(1.6E)		777.3
1439.6	Mountaintop Market Deli		(0.5E)		757.8
1439.6	Stormville, NY		(1.9W)		757.8
1446.8	Poughquag, NY	★	(3.1W)		750.6
1452.0	Pawling, NY	★	(3.1E)		745.4
1454.4	Native Landscapes & Garden Center		On Trail		743.0
1454.0	Wingdale, NY		(4.0W)		743.0
1462.0	Gaylordsville, CT		(2.9E)		735.4
1465.7	Bulls Bridge Road		(0.5E)		731.7
1473.5	Kent, CT	★	(0.8E)		723.9
1484.5	Cornwall Bridge, CT	★	(0.9E)		712.9
1489.3	West Cornwall, CT		(2.2E)		708.1
1489.3	Sharon, CT		(4.7W)		708.1
1498.7	Falls Village, CT	★	(0.5E)		708.7
1507.5	Salisbury, CT	★	On Trail		685.9
1507.5	Lakeville, CT		(2.0W)	-	685.9
1524.0	South Egremont, MA		(1.2W)		673.0
1528.0	Great Barrington, VT	★	(3.0W)		669.4
1528.0	Sheffield, MA		(3.0E)		669.4
1547.6	Tyringham, MA		(0.6W)		649.8
1557.3	Lee, MA	★	(5.0W)		640.1
1566.7	Becket, MA		(5.0E)		630.7
1576.4	Dalton, MA	★	On Trail		621.0
1585.1	Cheshire, MA	★	On Trail		612.3
1585.6	Adams, MA		(4.2E)		611.8
1599.6	Stop & Shop	★	(0.5W)		597.8
1599.6	North Adams, MA	★	(2.5E)		597.8
1599.6	Williamstown, MA	★	(2.6W)		597.8
1618.0	Bennington, VT	★	(5.1W)		579.4
1658.1	Manchester, VT	★	(5.4W)		539.3
1675.0	Danby, VT		(3.2W)		521.5
1684.2	Wallingford, VT	★	(2.8W)		513.2
338.0	North Clarendon, VT		(4.2W)		506.9
1708.2	Rutland, VT	★	(8.5W)		489.2
1711.5	Killington, VT	★	(0.6E)		485.9
1731.9	Woodstock, VT	★	(4.2E)		465.5
1734.1	South Pomfret, VT	★	(1.0E)		463.3
1738.1	Cloudland Road		(0.2W)		459.3
1753.5	Norwich, VT		(0.1W)		443.9
1755.0	Hanover, NH	★	On Trail		442.4
1755.0	Lebanon & West Lebanon, NH		(5.0E)		442.4
1760.9	Etna, NH		(0.8E)		436.5
1772.6	Lyme Center, NH	★	(1.3W)		424.8
1772.6	Lyme, NH	★	(3.2W)		424.8
1788.6	Wentworth, NH		(4.5E)		408.8
1793.4	Warren, NH		(4.0E)		404.0
1798.3	Glencliff, NH	★	(0.4E)		399.1
1807.8	Kinsman Notch		(0.5E)		389.6
1824.1	Flume Visitor Center		(0.7E)		373.3
1824.1	Lafayette Place Campground		(2.3W)		373.3

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1824.1	North Woodstock, NH	★	(4.8E)	 	373.3
1824.1	Lincoln, NH	★	(5.8E)	 	373.3
1824.1	Franconia, NH		(11.0W)	 	373.3
1851.8	Crawford Notch General Store & Campground		(3.4E)		345.6
1898.7	Gorham, NH	★	(3.5W)	 	298.7
1930.1	Bethel, ME		(17.9E)	 	267.4
1940.3	Andover, ME	★	(8.0E)	 	257.1
1963.7	Oquossoc, ME		(10.8W)	 	233.7
1976.8	Rangely, ME	★	(9.0EW)	 	220.6
2009.0	ME. 16/27		(2.7E)		188.4
2009.0	Stratton, ME	★	(5.0W)	 	188.4
2046.0	Caratunk, ME	★	(0.3E)	 	151.4
2046.0	The Forks, ME		(2.0W)		151.4
2082.7	Monson, ME	★	(3.6E)	 	114.7
2082.7	Greenville, ME		(10.4W)		114.7
2082.1	Golden Road		On Trail		15.3
2182.1	Millinocket, ME	★	(19.6E)	 	15.3