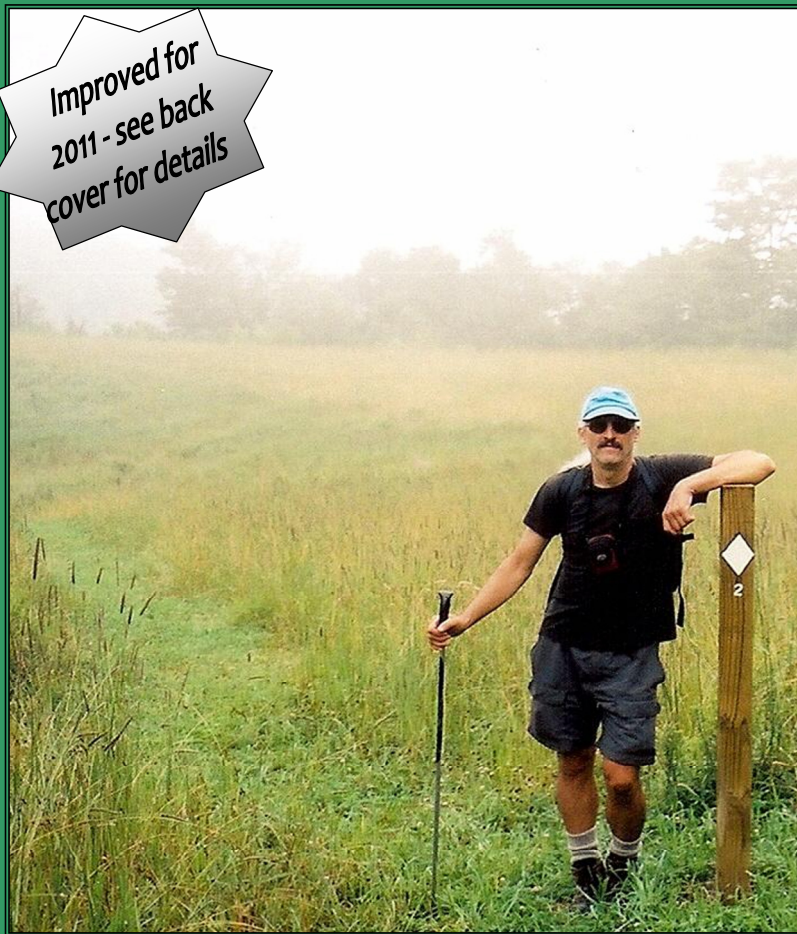


# BENTON MACKAYE TRAIL

Improved for  
2011 - see back  
cover for details



Tipi Walter at "The Quarry"

## THRU-HIKERS' GUIDE

Approved for use by:

By Ernest Engman

aka

SGT Rock



## 2011 EDITION

[www.bmtguide.com](http://www.bmtguide.com)

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### Benton MacKaye Thru-Hikers' Guide

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Cover Photo: Tipi Walter at "The Quarry" courtesy of Tipi Walter.

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Special thanks to the tireless efforts of the BMTA in creating and maintaining this great trail. Without them, none of this would be possible. Please join and/or support the BMTA.

**[www.BMTA.org](http://www.BMTA.org)**

For updates and errata information, please visit [www.bmtguide.com](http://www.bmtguide.com)

Any errors in this publication are wholly the fault of the author and no one else.

This book is dedicated to my family who continue to put up with my trail addiction.

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## Introduction

This guide is written with the expectation that the reader is most likely someone with some backpacking experience. With that in mind, the same old boring information about first aid, hanging food, treating water, and other "filler" that normally occupies the front of hiking guides has been left out of this one. I figure that most people have their own systems, and telling them one more time at the front of a hiking guide is a waste of space and the hikers' time. Backpacking has inherent dangers that a hiker already accepts such as hypothermia, getting lost, lightning, bears, snakes, dehydration, starvation, crazed hillbillies, rabid critters, and many others that are out there to deal with but would take pages to mention.

What you'll find here is a listing of the Benton MacKaye Trail with points to use to navigate your way along the trail and listings of known services that the long distance hiker normally needs in order to resupply, re-fit, and rest as needed when undertaking a long distance hike.

A special note on water: This guide does not list every possible water source available since these sources are often based on the weather and season. I also do not guarantee the presence of water in the sources listed or the potability of these sources.

This guide is as up to date as it can be at the time it was written. Re-locations happen regularly and navigation skills are required on any trail. Hikers should not rely on this guide as their sole navigation aid. Maps and a compass should be utilized and one should be competent in their employment. Blazed in white diamonds most places, the Benton MacKaye Trail passes through some areas where blazing is not allowed and often relies on the fact that an experienced hiker can follow a trail without constant marking to keep on track. This is not a joke - experienced hikers who have thousands of miles on various trails have gotten off track on the BMT.

Mile Points	Map Name	Title	Additional Resources
0.0 – 83.3	Trails Illustrated map #777	Springer & Cohutta Mountains	"Hiking The Benton MacKaye Trail" by Tim Homan
45.3 – 189.6	Trails Illustrated map #781	Tellico and Ocoee Rivers	"Benton MacKaye Trail Guide - Tennessee/North Carolina Section" by Elizabeth Carter and Richard Harris
183.3 - 287.2	Trails Illustrated map #229	Great Smoky Mountains National Park Map	"Hiking Trails Of The Smokies" (aka The Brown Book)

Additional resources listed above are publications where one can find more in-depth information about the Benton MacKaye Trail sections. As I mentioned, this is a guide used to help you navigate the trail and find services you need during your hike - I've left in-depth trail descriptions to the experts. If you want to know more about the trail as you walk it, I suggest checking these resources out. The first two are available directly from the BMTA at [www.bmta.org](http://www.bmta.org)

Location listings in this guide have been kept brief and to the point. The purpose of this guide is not to tell a hiker how to hike the trail or to endorse any particular service provider. As such, most subjective comments are left out. Hikers can form their own opinions of places along the trail. In some cases there is more than one service provider available in a town (i.e. hotels, groceries, etc.) but only a few are listed. I have tried to select the ones that are nearest to the trail, the most convenient to use, or have the best normal rates available. Also, businesses come and go - so be aware that we can never be completely accurate at all times. Walking miles to use a service should be done based on the hiker's best decision making for individual need, the probability that the business will still be there, and the probability the business will be open. I do not guarantee that the service providers will always have what is wanted or needed. If you have an update you would like to submit or a suggestion of how to make this guide better, please feel free to e-mail the editor at [guidebook@hikinghq.net](mailto:guidebook@hikinghq.net)

Final note. I started this guide in 2007 while planning and preparing for a 2008 thru-hike. At that time there was not any sort of guide that met my needs as a long distance hiker, so I created my own guide to use then. Since that trip I have been working on improving what I made in order to

help other long distance hikers enjoy this great trail. I hope you find this guide helpful and I hope users have as great a time on the Benton MacKaye Trail as I did.

In general terms, when something is listed as East or West of the trail, it is relation to general trail direction of travel and not the actual magnetic heading. So if you are northbound, something listed to the West of the trail will be to the left, and something listed East of the trail will be on your right,

In an effort to keep the descriptions as brief as possible, a standardized set of abbreviations and symbols are used to describe these listings:

AT	Appalachian Trail	BMT	Benton MacKaye Trail	DRT	Duncan Ridge Trail
	Showers		Grocery	(H)	Home phone number
	Train Station		Museum	(C)	Cell phone number
	Fishing Outfitter		WiFi available	Mo	Monday
	Hostel		Privy	Tu	Tuesday
	Public Restroom		Information	We	Wednesday
	Mail Drop		Medical Care	Th	Thursday
	Parking		Ranger Station	Fr	Friday
	Internet Computer		Pay Campsite	Sa	Saturday
	Peak or Mountain		Tunnel	Su	Sunday
	Waterfall		Post Office	PP	Per Person
	Bridge		Fire Tower	SGL	Single
	Rafting Outfitter		Meals	DBL	Double
	Picnic Area		Shuttle	Jan	January
	Phone		Campsite	Feb	February
	Lodging		Shelter	Mar	March
	Road		Outfitter	Apr	April
	Cabin	ST	Short Term	May	May
	Water	LT	Long Term	Jun	June
	ATM	W	West	Jul	July
	Laundry	E	East	Aug	August
	Kennel	N	North	Sep	September
	Pharmacy	S	South	Oct	October
	Library	a	AM	Nov	November
	Other	p	PM	Dec	December

Where GPS Coordinates are given for trail heads or other locations, WGS 84 was the datum used to determine that point.

Mileage listings where there are service providers will also be highlighted in gray to help identify them easier.

In some areas where there are concerns about private property and/or dangerous road conditions the information on the data page is surrounded by a box, and the corresponding mileage locations on the profile page are also surrounded by a similar box.

There are other Information blocks throughout the guide which are also surrounded by a double line box but they will not have mileages listed.

The guide is broken into 16 mile sections. On the right page the trail is listed in sequence with mileage points shown along with where they hit on the trail elevation profile. On the left page is a more detailed description of the point when it is needed such as town listings or where the trail crosses areas where hikers need to be aware of things such as private property considerations.

## Page Descriptions

**Profile Pages**

Mileages from Springer Mtn      Watermark shows shared trail name

Mileage from Davenport Gap	Description of the mileage point	Elevation in feet above sea level	
6.0	282.2 Three Forks, USFS 58.	2,530'	Lat: N 34°39.804 Lon: W 84°11.031
6.4	281.8 Campsite and water along creek		
6.9	281.3 Trail intersection BMT/DRT & AT. Long Creek Falls 0.1 [AT5.1]	2,800'	

Line from description to point on elevation profile
Trail head GPS coordinate (WGS84 datum)

**Data Pages**

71.7

FS 64 at Watson Gap

Grocery Store - Watson Country Store. 4.0 E, reach blacktop at approx. 1 mile. 706-632-8153. 5991 Highway 2, Blue Ridge, GA 30513. Hours: Mo-Sa 5:30a to 6:00p. Proprietor is Joy Whitfield. Services: ST re-supply, pay phone.

Mileage from Springer
Detailed Description of the services at this point

## Hiking considerations

Keep in mind that the Benton MacKaye Trail is not as well known as the AT, so the services supporting the trail are not as robust as other trails such as the Appalachian Trail. With that thought in mind, I've added this section to try and help new BMT hikers plan a long distance or thru-hike. Now I know in the introduction of this guide I said I wouldn't tell a hiker how to hike the BMT and hopefully this section will not seem like me trying to tell anyone how to do it.

This section should be considered as some suggestions based on my trips along the BMT and my thru-hike. I offer this as advice from what I did during my thru-hike or would change if I were to do it again based on that experience. Keep in mind my hike was done in the winter (Jan-Feb) and was part of an AT thru-hike attempt.

**Trail Markings** - Perhaps the most interesting (and sometimes frustrating) characteristics of the BMT is the trail marking system. The "standard" of the BMT is the white diamond like the one on the cover of this guide. In some areas the blazes are numerous and easy to find and there is little problem following them. But in some designated wilderness areas you may not find any blazes at all because of the wilderness use rules the BMTA had to follow when building the trail, or because the trail system is making use of a trail that already existed before it was officially designated part of the BMT.

Here are some examples:

- ◇ North of Hwy 64 (the Ocoee River) the trail markings in places become a two piece marking that looks like a large irregular square over a narrow rectangle.
- ◇ In many parts of the Cherokee National Forrest there is no blazing allowed except for on existing trail signs - in these areas one can find a mix of "Trail #2" (which is the BMT's designation in the NF) and/or an added on diamond marker to the existing signs. Occasionally I also found "unofficial" diamond blazes in this area added by hikers to signs and trees - probably past BMT hikers trying to pass onto others which way to go.
- ◇ Between Sledrunner Gap and Bald River the trail is marked with white blazes like the ATC uses to mark the AT.
- ◇ In the Smokies none of the trails are blazed except for the Appalachian Trail, so in that section you will only get directions when you get to trail intersections where you need to turn where you will generally find green arrows affixed to the posts of the existing trail signs.

As I mention in the introduction of this guide: BRING MAPS! Be familiar with how to orient a map to the ground and keep those maps handy. It helps to know where the next trail intersection is ahead of time. Many experienced hikers (including myself) have found themselves down the wrong trail while hiking the BMT. And think of this: since some areas do not allow any markings except on existing signs at trail intersections, that means you may go for miles before finding out you're on the wrong trail. You can get use to not seeing blazes for many, many miles - and if this happened, you may finally get to an intersection just to find that you just spent hours hiking in the wrong direction.

**When to hike** - The BMT service providers are off the beaten path so to speak. So many of them are seasonal, meaning that between 31 October to 15 March many of them are going to be closed or on reduced hours. It is still possible to hike the BMT without these services, but it gets harder to resupply or take breaks off the trail since many of these places will be closed up with no back up services for miles. Additionally, some services are at max capacity in the middle of summer, so July may mean "no room at the inn" so to speak. Spring and fall are probably the most optimal times to hike the BMT.

**Getting to Springer Mountain** - there are two basic options: drive up FS42 and walk up to Springer Mountain using the AT, or come in from Amicalola Falls State Park up the AT approach trail see pages (10 & 11). Using FS42 can mean less supplies carried to start the start of your hike since you could walk the mile up to the terminus on the AT, and then slack-pack the first 3.2 miles of the BMT while your pack stays at the parking lot. At mile 3.2 you can walk a short hop back to the parking lot to get your pack, and then get back on the BMT and head north. Hikers being dropped off by family or friends that are interested in sharing a short day hike can actually start the trail with their hiker doing this sort of start.

**North Georgia** - The first part of the trail offers the opportunity to have a hot meal every day for the first 4 days as well as keeping well supplied without a lot of effort. So you can leave Springer Mountain with as little as 3 days of food, or you could even make it out of GA starting with just 6 days of food if you use only the available restaurants.

Starting at Springer Mountain after eating breakfast somewhere off trail, you then only need a couple of meals that day. On the second day the trail passes near Martin's Dixie Depot where you can go get hot food and buy some supplies if there is a need to replace any meals used up to this point.

On the third day, if hiking the miles right, you will pass directly in front of two restaurants on Aska Road. One of these places is also a small country store so there is another chance for eating a hot meal and buying some more short term resupply. Just be advised that these two establishments are in a section where there are no places to legally camp for miles.

The fourth day you can end up on Hwy 76 near Blue Ridge. This offers you the opportunity to hitch to either Blue Ridge or Cherry Log. Cherry Log has two places to eat and a store (with very limited foods) to get some more resupply as well as a post office for a mail drop. A hiker could go down there and then back to the trail to stay at Indian Rock Shelter. The other option is to go into Blue Ridge which has better stores and restaurants as well as hotels, and then you could opt to stay in town overnight.

Passing from Blue Ridge, the hiker should have about 2.5 to 3 days of food to make it to Tennessee. If planning to skip all these meal opportunities I just mentioned, then you probably need to leave Springer with 7 days of food to make it through Georgia.

**Tennessee/North Carolina** - Soon after crossing the state line at Double Spring Gap, the trail comes down to highway 64 at Thunder Rock Campground. From here the closest town is Ducktown. Going east you can try hitching into Ducktown or walk as far as the Olympic Whitewater center where it is possible to call for a ride to either Whitehouse B&B or the Copper Inn. Both have offered shuttles with stay. In Ducktown, you can plan what is needed for the next section by either sending a drop and/or buying what one needs at the two stores. Everything is in

walking distance here. Leave Ducktown with at least 2 days food to get to Reliance, but it would probably be better to have about 5 days food to make it to Tapoco/Deals Gap.

It will take 1.5 to 2 days to make it to Reliance from Ducktown depending on what time of day you leave Ducktown. Webb Brothers store does have food that could be considered a long term resupply but choices and supplies are limited. Webb Brothers will also hold a package if needed. I'd use this for a resupply to replenish what I need to make it to the end of the next section.

From Reliance to the Tellico River will take about 2 more days. This section includes the hardest stretch for me physically, so be aware it may be necessary to slow down between Unicoi Gap and the Tellico River. At the Tellico River there is a chance for resupply at the Green Cove Motel. If you are planning to go here, the best bet is to send yourself a package there and maybe buy some snacks at the small store - there is nothing there that a hiker could use for a longer term resupply. There is also the possibility that Keith from the Fish Hatchery can hold a package for you at the Hatchery and save you a trip into town - but you must arrange that in advance.

Recently Tellico Plains has become a regular supply point for hikers even though it is about 20 miles off the trail. This is mostly due to Rick and Brenda (see page 28) who are true trail angels. Tellico has most things that a hiker would need such as groceries, food, laundry, internet, and lodging. The Tellico Lodge may even be able to provide you a shuttle to town and back to the trail if you stay there while in town.

Finishing this section takes you to Tapoco/Deals Gap and should take about 2 to 2.5 days. That said, it is a beautiful section one may want to slow down and enjoy. It also has a crossing of Slickrock Creek that has been known to hold up hikers for days in bad weather so you may want to have a little extra food if the weather will be bad.

The end of this section gives you a few options. At US129 at the Tapoco Bridge, hikers can go up to the lodge and stay there. That said, the lodge is under new ownership and none of these services may be available this year. In the past they would accept packages for those who have reservations - but knowing your exact arrival date in advance isn't always easy. You could also go to Tapoco and use the phone to call for a shuttle from the Hike Inn - which is probably the better option if you need to get off the trail here. If you decide to skip going to Tapoco, then you can wait until Deals Gap and try calling the Hike Inn because they have a phone available outside the motel you could use to call from which is probably the easiest way to get to the Fontana area from the BMT.

Once past Deals Gap, there isn't a way to call for a shuttle until AT is crossed near Shuckstack - then you need to walk the AT south to Fontana and then get a ride from there. The BMT here is a road walk between Deals Gap and Twentymile Ranger Station, but it is a hard place to hitch a ride and sort of dangerous to walk depending on the season.

**Great Smoky Mountain National Park** - The park, as a rule, may feel a little restrictive. Up until now you've walked when you wanted, and camped where you wanted to. The park rules require you to fill out an itinerary prior to walking into the wilderness and stay only at designated campsites. Trying to figure out ahead of time where I would want to camp wasn't fun. A good strategy is to have two itineraries: One for the first half of the Smokies between Twentymile and Smokemont; and then a second one from Smokemont to Davenport Gap.

The first half of the Smokies has plenty of campsites that do not require reservations. I recommend making an itinerary for this section using these sites - that way a plan can be dropped at Twentymile Ranger Station without having to call it into the reservations office. Twentymile Ranger Station is not normally manned but there is a phone there for calling reservations office if you do decide to set your entire itinerary here or decide you want to use a reservation site between here and US441. If you plan to use a reservation only campsite you can call it in from there. A quick warning when making your itinerary: #72 - it is NOT on the BMT. More information about reservations and campsite rules can be found on page 46.

I recommend starting the Smokies with about 4 to 5 days of food. This should be plenty to Hwy 441 at Smokemont. Figure out how many days you want to hike this section, and then pick some

campsites that split up that mileage - there are a lot of sites along this section that don't require reservations. Once at Smokemont, hitch into Cherokee or possibly get a shuttle. If you go to Cherokee, get some resupply, hot chow, and possibly even stay at a hotel or the new hostel. If there is a need to get over to Gatlinburg for an outfitter or other reason, Cherokee Transit offers a good deal for a round trip ride. About 2 days of food is needed to finish off the BMT in the Smokies. There is a possibility of resupply in Bryson City before Cherokee and I have listed it in this guide - but it is a long walk from the trail and the road has little traffic which makes for a tough hitch.

The last section of the park is very pretty, but is also the hardest to get through because of reservations. Hikers will probably need to get a reservation for at least one campsite to make it through this section. Most likely a hiker will either need to spend his last night in the Smokies at either Laurel Gap Shelter or Mount Sterling Campsite. I recommend calling reservations in when arriving at Smokemont and fixing the itinerary as soon as figuring out how you intend to do this last section. Mount Sterling is the prettier of the two, but if a shelter is wanted or needed Laurel Gap is the logical choice.

Overall, I estimate the average hiker can complete the BMT in about 21 days of hiking averaging about 13.7 miles per day. This doesn't include days off.

**Finishing the BMT** - the BMT comes off Mount Sterling right into a parking area with restrooms at Big Creek picnic area. This is a good place to leave a car for short hikes. For longer hikes there is a parking area down the gravel road (which is still on the BMT) next to the Big Creek Ranger Station. This is the better choice here for long term parking. There is a phone at Big Creek, but it can only call park service numbers like the reservation desk.

The BMT at this point ends with a 1.4 mile road walk up hill to meet the AT at Davenport Gap where there is also parking, but this is a small area and I wouldn't recommend it for a long hike because it is in a place where no one watches your car and anyone can get to it.

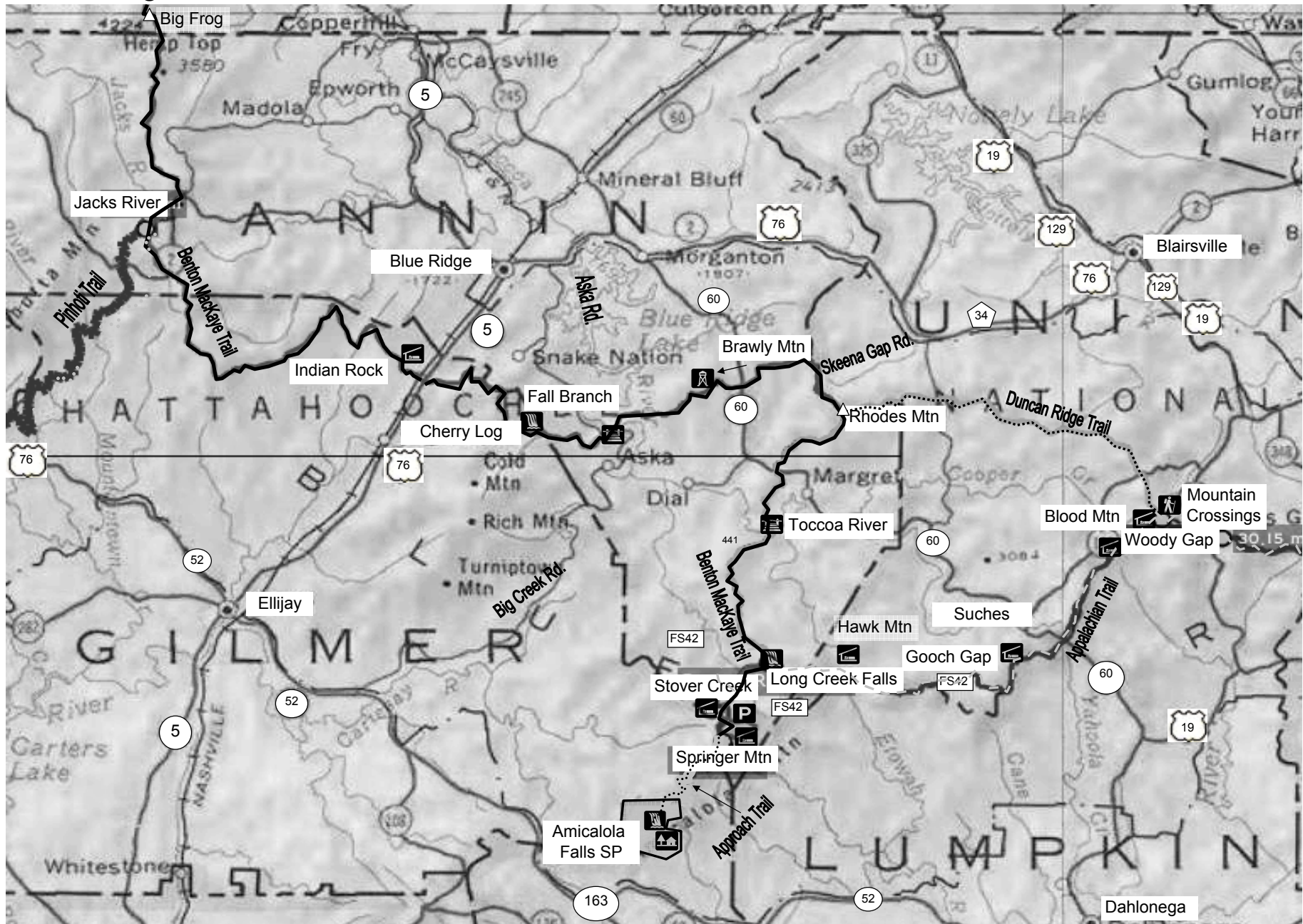
A good option is to leave a car at Standing Bear Farms and walk to there from the end of your hike. For non-purists, I would recommend after reaching the intersection of Tennessee 32/NC 284 stay on the road and walk that way into Standing Bear Farms. If ending a hike in this area, clean up at Standing Bear and rest before driving out. If continuing up the AT from here, this is a good place to resupply and refit before heading north to the next town of Hot Springs which is about 2.5 days north on the AT.

**Last note** - I wrote this article with the assumption you are headed northbound on the BMT. South bounders will have to do a little figuring to calculate backwards, but it shouldn't be too hard. However you decide to hike the BMT, be it northbound, southbound, or in sections - I hope you have a great adventure. My aim here has been to focus on how you can facilitate getting up and down the entire trail so you don't have to sweat the small stuff. Now you can concentrate on enjoying your experiences on the BMT.






GOOD LUCK!!!!







# Georgia











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0.8      Springer Mountain Shelter. Sleeps 12. 0.2 E off the AT near the start of the BMT. Plenty of room in the shelter and tent spaces around for overflow. Water is the spring in near the shelter. 2 Privies.



 The BMT southern terminus is on the AT approximately 500' north of the shelter turn off. Look for the sign and the white diamonds. Benton MacKaye Plaque approximately 50' past the start of the BMT






0.0    Visitors Center - Building with scales outside across from parking area. Limited supplies. Maps, guidebooks, souvenirs.






0.1      Max Epperson Shelter. Sleeps 10. Shelter only intended for thru-hikers. Restroom near shelter has showers. No tenting.

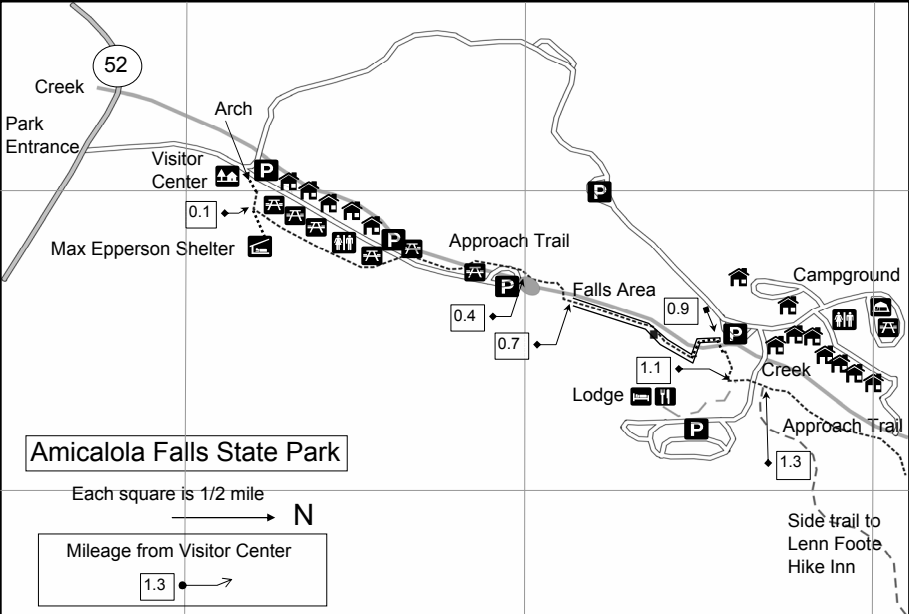
1.1    The Lodge at Amicalola Falls - Lodging, cabins, pay campsites. 800-573-9656. Pets in tent sites and certain cabins only. Seasonal rates, and reservations are strongly recommended. Camp sites \$25; Cabins Dec-Feb \$85+ weekdays/\$90+ weekends, Mar-Nov \$90+ weekdays/\$100+ weekends. Lodging Dec-Feb \$75+ weekdays/\$85+ weekends, Mar-Nov \$100+ weekdays/\$110+ weekends. Will hold packages. [www.gastateparks.org/info/amicalola](http://www.gastateparks.org/info/amicalola)

1.3   Side trail to Len Foote Hike Inn 5.0 E. - 800-581-8032. Accessible only by foot. Stay includes breakfast and dinner. Hostel style lodging with bunk beds and common bathrooms. Check in at Visitors center by 2p, and arrive by 5p for briefing and 6p for dinner. No pets, cell phones, beepers, or radios. \$97S, \$140D. [www.hike-inn.com](http://www.hike-inn.com)

5.4   Side trail to Lenn Foote Hike Inn 1.0 E.- see above.

7.3      Black Gap Shelter. Sleeps 8. 0.1 W off the approach trail. Spring opposite side of trail 0.1 E.


9.0      Springer Mountain Shelter and BMT terminus. See above.






BMT Approach Trails

USFS 42 parking lot to Springer Mountain via the AT			Elev.
S to N	N to S Features		
0.0	1.0 FS 42 Parking Area at Big Stamp Gap [AT 1.0].	Lat: N 34° 38.258 Lon: W 84° 11.727	3,350'
0.8	0.2 BMT Turn Off, <b>Springer Mountain Shelter</b> 0.2 E - [AT 0.2].		3,730'
1.0	0.0 Springer Mountain - Southern Terminus of the AT.		3,782'

Amicalola Falls State Park to Springer Mountain via the AT Approach Trail			Elev.
S to N	N to S Features		
0.0	9.0 Amicalola Falls Visitor Center, trail starts at the archway.	Lat: N 34° 33.486 Lon: W 84° 14.970	1,700'
0.1	8.9 <b>Max Epperson Shelter</b> .		1,720'
1.1	7.9 Parking. Lodge on side trail.	Lat: N 34° 34.075 Lon: W 84° 14.545	2,570'
1.3	7.7 Trail to <b>Lenn Foote Hike Inn</b> (5.0 E).		2,570'
1.5	7.5 USFS 46.	Lat: N 34° 34.300 Lon: W 84° 14.523	2,585'
3.2	5.8 High Shoals Rd.	Lat: N 34° 35.289 Lon: W 84° 14.257	2,760'
4.8	4.2 Frosty Mountain. Spring 0.2 E unreliable.		3,384'
5.1	3.9 Frosty Mountain and USFS 46.	Lat: N 34° 35.985 Lon: W 84° 13.389	2,560'
5.4	3.6 Trail to <b>Lenn Foote Hike Inn</b> (1.0E).		3,250'
5.7	3.3 Woody Knob.		3,406'
6.0	3.0 USFS 28 at Nimbleshill Gap.	Lat: N 34° 36.536 Lon: W 84° 12.849	3,100'
6.2	2.8 Spring W of trail unreliable.		3,220'
7.0	2.0 Black Mountain.		3,605'
7.3	1.7 <b>Black Gap Shelter</b> (0.1 W).		3,300'
8.8	0.2 Springer Mountain - Southern Terminus of the AT.		3,782'
9.0	0.0 BMT Turn Off, <b>Springer Mountain Shelter</b> 0.2 E - [AT 0.2].		3,730'

 Although not on the BMT, Mountain Crossings at Neels Gap is fairly convenient as an outfitter for BMT hikers preparing to start a hike from Springer Mtn or as a resupply point when doing the AT/BMT/DRT loop. They are famous for helping new AT thru-hikers to get their gear more efficient for long distance hiking on the AT and can do the same for someone starting the BMT. They are a full service outfitter and gift shop operated by Winton Porter, author of "Just Passin Thru". Bunk room \$15PP with towel and shower, capacity 16 hikers. Shower or laundry without stay \$3.50. No pets in hostel, kennels are available. Limited computer access. Denatured alcohol by the ounce. LT resupply, USPS and UPS mail drops held up to 2 weeks for \$1 fee at Pick up. 9710 Gainesville Hwy, Blairsville, GA 30512. 706-745-6095. Open 7 days a week. Mar-Oct 8:30a-6p, Nov-Feb 9a-5p. Cabins are available by reservation - call in advance. [www.mountaincrossings.com](http://www.mountaincrossings.com)

- 0.0  Springer Mountain Shelter Sleeps 12. 0.2 E off the AT near the start of the BMT. Plenty of room in the shelter and tent spaces around for overflow. Water is the spring in near the shelter. 2 Privies.
-  The BMT southern terminus is on the AT approximately 500' north of the shelter turn off. Look for the sign and the white diamonds. Benton MacKaye Plaque approximately 50' past the start of the BMT.
- 3.9  Stover Creek Shelter Sleeps 12. Privy. Left on AT 0.8 miles. Water source: a blue-blazed trail 270' to the right of the shelter. No tenting near water.

### Hiking the BMT with the AT

The original designers of the Benton MacKaye Trail were Appalachian Trail hikers that saw the AT becoming too crowded. They created the BMT as an alternative for hikers seeking a wilder, more solitary trail experience.

Perhaps you are like me and many other hikers and have hiked all, or most of the Appalachian Trail between Springer Mountain and the Smokies before you ever decided to thru-hike, and don't feel a need to do it all again to be "official". Or perhaps you are going to thru-hike as a chance to get away from people for a while and be by yourself to enjoy the quiet of the trail experience that the AT seems to lack these days. Or perhaps you are an individualist that just wants to be different from others just for the sake of being different. The BMT will probably meet your needs for one, or all of these reasons - or even if you have other reasons that are all your own.

If you are planning to thru-hike the AT and have gotten this guide to plan an AT thru-hike that utilizes the BMT as a part of the hike, here are some of your options:

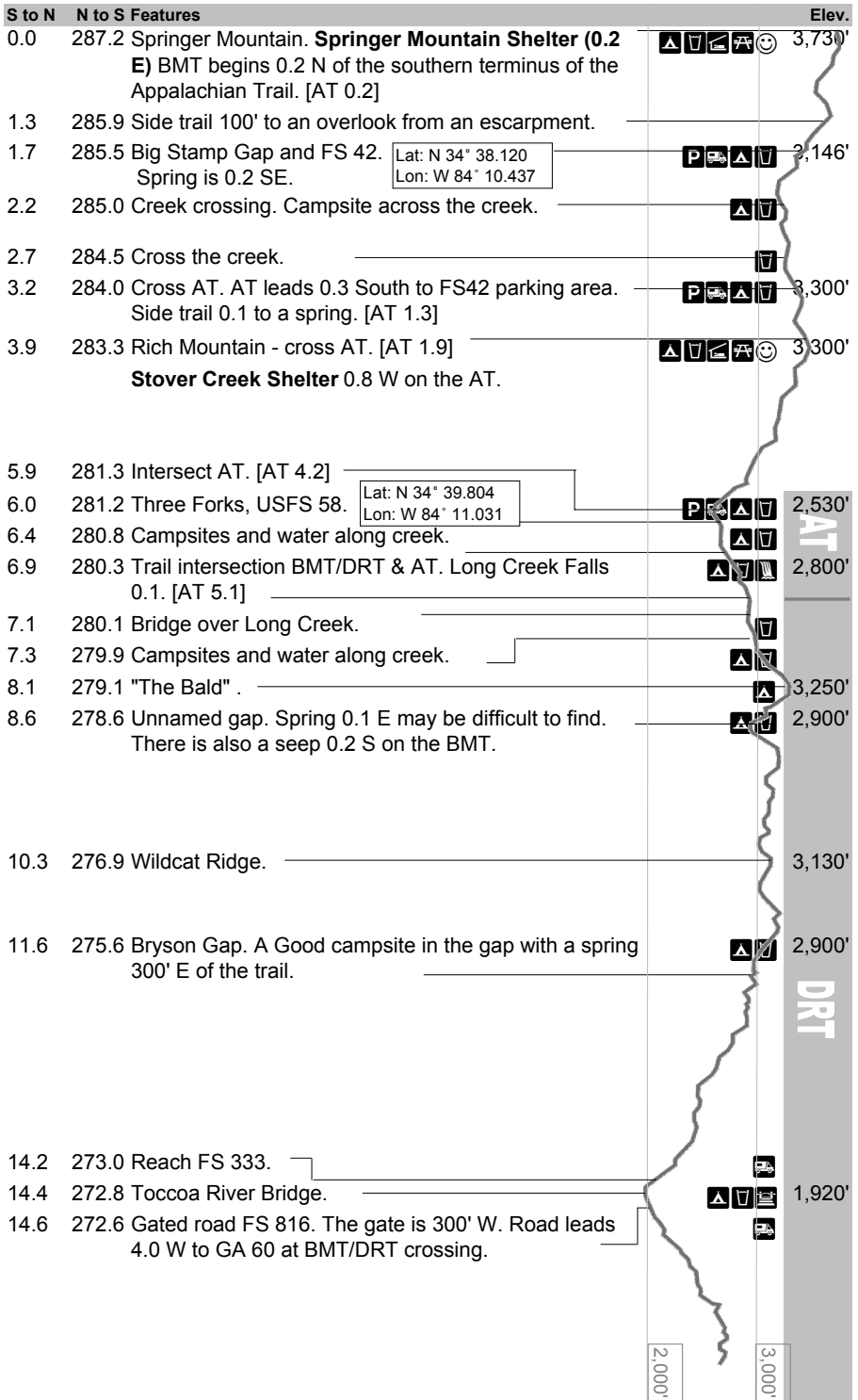
Option 1 – Starting at Springer Mountain use the AT to get to the Smokies, and then at Sassafras Gap take the BMT to Davenport Gap. This option will add about 22.5 miles to your hike. Pros: No worries about over crowded shelters that you are required to stay in, the first 40 miles or so is not very strenuous, you have a chance to get away from the crowds of the AT which is the most used trail in the most used park in the US, and there are some cool campsites such as Enloe Creek and Mount Sterling. Cons: you don't hit the highest point of the AT – Clingmans Dome, you won't have all those shelters, and if you wanted the Gatlinburg experience (GatVegas to the hikers), then it is a little extra work to get to and from the BMT for that.

Option 2 – Starting at Springer Mountain using the BMT to get to the Smokies, and then get back on the AT for the rest of your hike. This option will add about 28.9 miles to your hike. Pros: you avoid the throngs of hikers on the trail at the start – about 25% of the hikers you start on Springer Mountain will be gone when you get back on the AT, you will learn to be more self sufficient without shelter every 7 miles and service providers lined up to help you (when you get back to the AT it will seem like gravy), and you will have a different experience than everyone else you are going to be hiking with that year. Cons: less services and shelters.

Option 3 – Start at Springer Mountain and then take the BMT all the way to Davenport Gap before rejoining the AT. This option will add about 51.4 miles to your hike. Pros and Cons are a combination of all of the above. In my experience there are some parts of the BMT that are easier than the AT in that first 236 miles, and some parts that are harder – in the end I think they about even out and there is no advantage or disadvantage when it comes to trail difficulty.

Add to all those options the ability to create loop hikes. The shorter loop would be about 366 miles to hike from Springer Mountain to Sassafras Gap. The longer option would be to go all the way to Davenport Gap on one trail and return on the other at about 523 miles creating a large figure eight.

There are some connector trails and other minor variances on how you could do this, but that about sums it up with the big picture. But if you do plan to go with part of the AT I highly recommend getting "The AT Guide" by David "Awo!" Miller ([www.theatguide.com](http://www.theatguide.com)). If you are planning to use the BMT on an AT thru-hike, you are joining a VERY small group of people that have planned to do it this way. As of 2010 I know of only 2 people that have tried it this way – GOOD LUCK!



17.9



Suches, GA - GA60



Grocery, restaurant, and hardware store - Martin's Dixie Depot. 0.3 E. 24444 Morganton Hwy, Suches, GA 30572; 706-838-4776, Fax 706-838-5454. Hours: Mo-Th: 9a-5p, Fr&Sa: 9a-6p (subject to change) Su: 2p-5p. Dianne and Ron Martin welcome all hikers to their friendly country store. Some camping gear and supplies. Services: Call to hold mail drops, restaurant, limited groceries and ST resupply, soda machine. NO PUBLIC RESTROOM.



Campground with rooms - Skeenah Creek Camp Ground. 0.5 W. 20 Skeenah Gap Rd, Suches, GA 30572. 706-838-5500 or 770-761-5300. Tent \$25 per day with electricity, \$20 without. They do not accept credit cards. Services: Camping, hot showers, laundry, vending machines, phone [www.skeenahcreekcampground.com](http://www.skeenahcreekcampground.com)



A.T. Hiker Hostel – 25.0 SE on Highway 60. 770-312-7342 run by Josh and Leigh open year round. Bunk \$16, private \$38, both include breakfast. Also does shuttles (call for rates), accepts mail drops, has all stove fuels, laundry, showers, internet, phone, and some gear. Send drops USPS PO Box 802 Dahlonega GA 30533, FEDEX/UPS to 7693 Hwy 19N, Dahlonega, GA 30533 [www.hikerhostel.com](http://www.hikerhostel.com) e-mail:[hikerhostel@yahoo.com](mailto:hikerhostel@yahoo.com)

### The Duncan Ridge Trail

On Rhodes Mountain the Duncan Ridge trail departs from the Benton MacKaye Trail and travels east to rejoin the Appalachian Trail at Blood Mountain. This trail is considered difficult and there are not many water sources along the trail. I have included a profile of the Duncan Ridge trail in the back of this guide (page 62) in case you are planning a trip that uses the BMT/DRT/AT to make a large loop hike.

Starting at the intersection of the AT, the BMT/DRT, and the side trail to Long Creek Falls: the distance of this hike is about 22.5 AT miles + 18.6 DRT miles + 15.9 BMT miles = 57.0 miles ending back at the Long Creek Falls intersection. That 18.6 miles I can't vouch for as being 100% accurate, as was told to me by a DRT maintainer "I don't think anyone knows the mileage of the DRT with 0.1 mile precision right now because of some fairly recent relocations."

*Note: I cannot vouch for the accuracy of the trail profile or mileages for the DRT*

### American Hiking Society

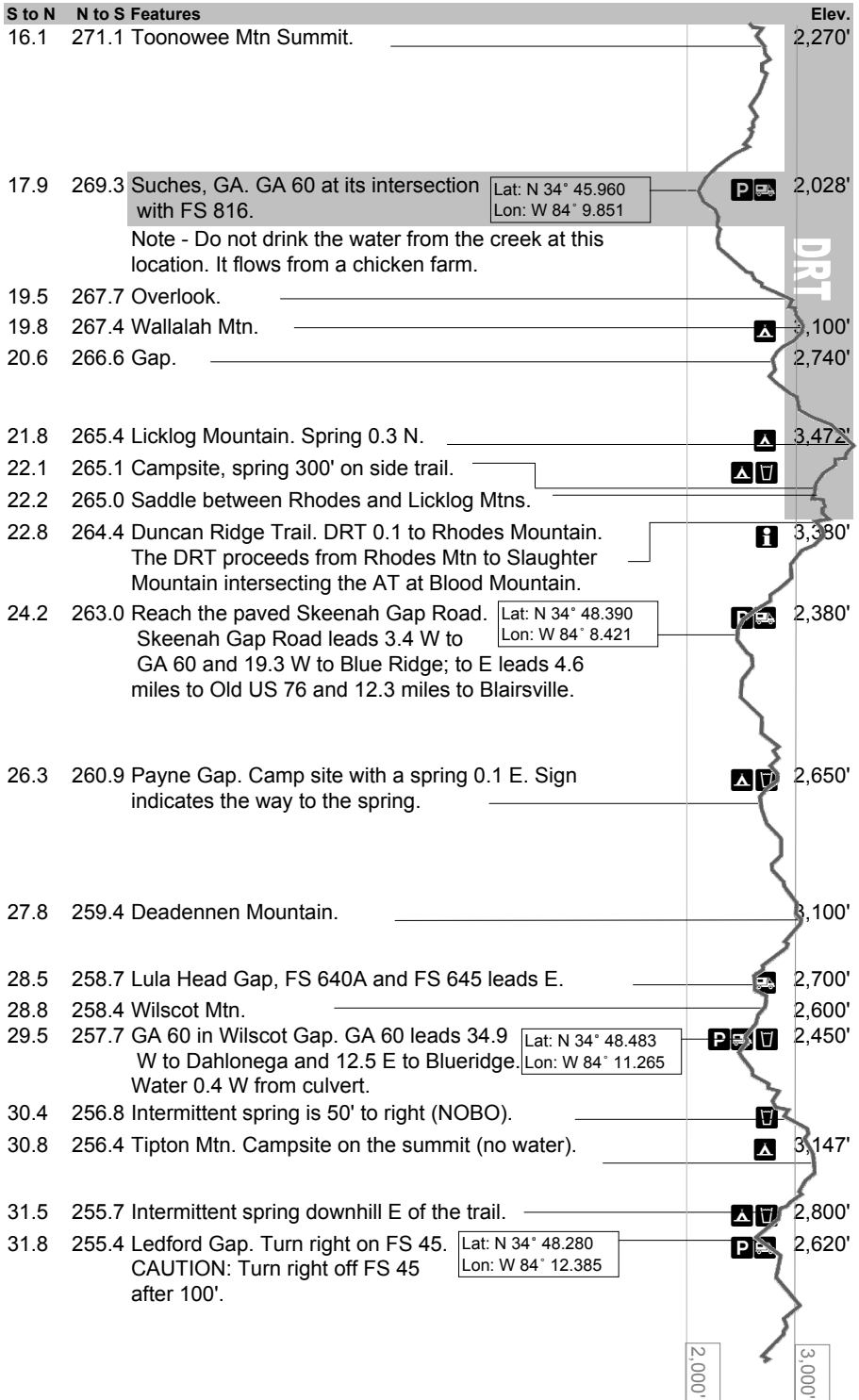
For the last three decades, American Hiking Society has been at the forefront protecting the nation's trails and the hiking experience. Our deep roots in outdoor recreation, advocacy, volunteering and experiencing nature through hiking bring me enormous pride and satisfaction. Hiking our nation's trails offers Americans boundless opportunities to enjoy nature, renew themselves and establish a lifetime of fitness. American Hiking Society works toward ensuring that hiking trails and natural places are cherished and preserved for us and for future generations as well. Join American Hiking Society. Be a trail volunteer. Protect and enjoy nature. Hike.


[www.americanhiking.org](http://www.americanhiking.org)

### About the Author





MSG (Ret) Ernest Engman (aka SGT Rock) is a long time hiker who thru-hiked the Benton MacKaye Trail in 2008. He has been a maintainer for the BMT since 2005 and his assigned section is between Stiff Knee Trail and the Topoco trailhead. He has run the website [www.hikinghq.net](http://www.hikinghq.net) since November 1998 and was an administrator at [www.whiteblaze.net](http://www.whiteblaze.net) from December 2002 - December 2009. He is also a member of the BMTA, ATC, and ALDHA. He currently serves on the BMTA Board and Thru-Hiker Committee, and is the web master for the South East Foot Trails Coalition. For updates on this guide, go to:







[www.bmtguide.com](http://www.bmtguide.com)




- 36.6  THIS BEGINS A 3.9 MILE ROAD WALK, NO CAMPING PERMITTED BETWEEN 35.9 AND 39.8!


Shallowford Bridge Road at the Toccoa River. The BMT follows this road and the Toccoa River downstream for 0.5 with several good campsites between the road and the river. Be advised that the land on either side of road is private property except for the 0.1 N of where the trail enters Shallowford Bridge Road. Camping (on Forest Service Property) is best done near where the trail intersects Shallowford Bridge Road.



- 37.1     Intersection of Shallowford Bridge Road and Aska Road. Restaurant and Store - Toccoa Wilderness Outpost. 8436 Aska Road, Blue Ridge, GA 30513. 706-258-3717. Hours: Mo-Fr 8a-5p, Sa 8a- 8p, Su 9a-6p. Services: meals, ST resupply.





      Bear Rock Ridge B&B - 8.1 S on Big Creek Road. Sandy and Joe Germain are your gracious hosts and can assist you with any travel and sightseeing destinations. Shuttles to and from the trail between Blue Ridge and Springer Mountain with stay including leaving a car here while you hike. 881 Fox Mountain Road (off Big Creek Road and Big Creek Trail) Cherry Log, GA 30522, 706-273-6222 or 706-273-6221. Rooms: weekdays \$75 weekends \$85 per night for 2 people + \$30 per each extra over 2, includes breakfast. Laundry, Internet computer, shuttles for resupply, large rec-room, and accepts mail drops. [www.bearrockridge.com](http://www.bearrockridge.com)

- 37.4     Intersection of Aska Road and Stanley Creek Road. Restaurant - Toccoa Riverside Restaurant. 8055 Aska Road; Blue Ridge, GA 30513; 706-632-7891. Hours: Lunch: We-Mo 1130a-4p; Dinner: We-Mo: 430p-9p, Fr&Sa: 430p-930p. Services: Pay phone, meals to order. [www.toccoariversiderestaurant.com](http://www.toccoariversiderestaurant.com)

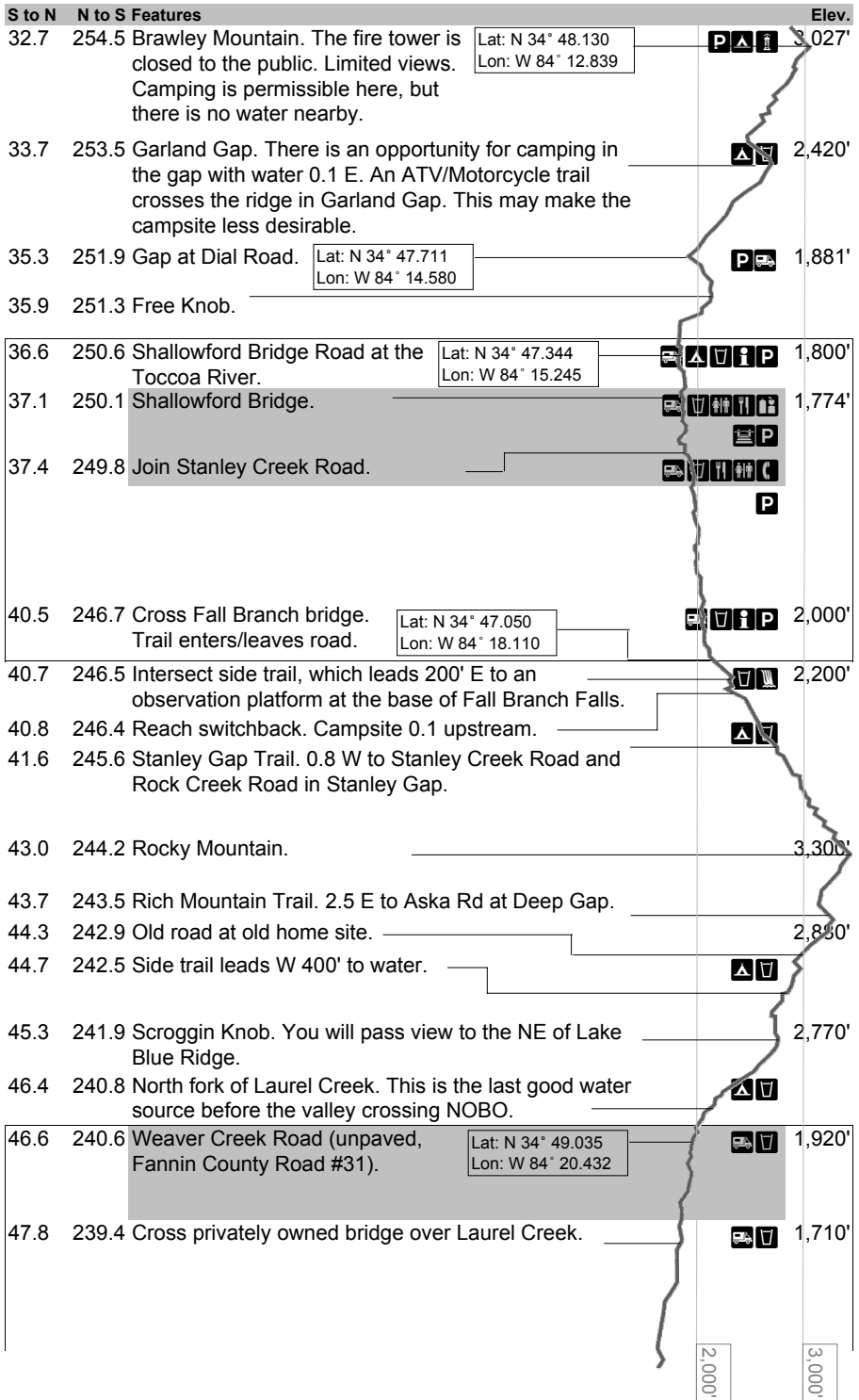
 Blue Ridge, GA 8.0 W. Notes: Access to Blue Ridge, if needed. Better access is from GA 515/US 76 crossing (See 49.2).


- 46.6  From 46.6 to 55.1, with the exception of the 0.4 nearest Weaver Creek Road, the trail is on private property or public roads. **PLEASE STAY ON THE TRAIL ACROSS PRIVATE PROPERTY. THERE IS AN OVERNIGHT SHELTER ON THE SISSON PROPERTY NEAR INDIAN ROCK LAKE. IF YOU DO NOT PLAN TO USE THIS SHELTER, PLEASE PLAN YOUR HIKE SO THAT IT CARRIES YOU ACROSS THIS SECTION IN ONE DAY AS THERE IS CURRENTLY NO CAMPING ALLOWED ON THE PRIVATE PROPERTY ALONG THE TRAIL.**


  Weaver Creek Road (unpaved, Fannin County Road #31) leads 4.3 E to Aska Road; the washed-out Laurel Creek Road (Gilmer County Road #157) leads 2.4 to U.S. 76/GA 2, 5, and 515. This road isn't recommended for passenger cars.


    Aska Lodge B&B - 2.9 E on Weaver Creek Road. Bob and Mary Jo Stamper are ready to welcome you to the North Georgia Blue Ridge Mountains along with their resident dog, Abby. Shuttle from this location to lodge and back offered with stay. 178 Calen Dr, Blue Ridge, GA 30513. 706-632-0178. Stay includes breakfast. No pets & no smoking. Rooms \$108+ for 2 people (-10% hiker discount), +\$20 for each additional person, recommend booking in advance. Accepts mail drops and can shuttle to town for resupply. [www.askalodge.net](http://www.askalodge.net)







49.2  Appalachian Highway (U.S. 76, GA 2, 5, and 515). 2.1 W to Cherry Log and 11.6 W to Ellijay; 4.0 E to Blue Ridge (see page 20 & 21).

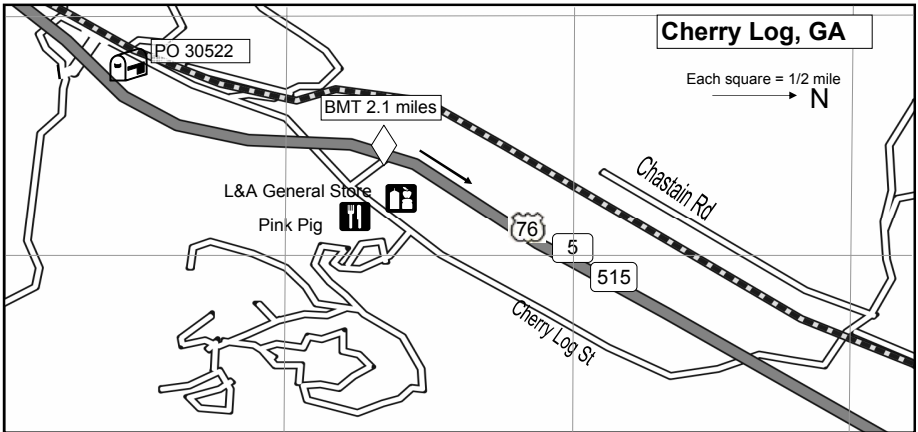
 Convenience store - Chevron 1.6 E Services: Limited ST resupply, pay phone, microwave meals, drinks. 500 Appalachian Hwy, Blue Ridge, GA 30513 706-632-4870.

 **Cherry Log, GA** - Directions: 2.1 W on Hwy 76 then left on access ramp. Proceed down ramp to intersection. For Pink Pig and General Store, turn left and go 0.1, for PO turn right and go 0.4.

 Pink Pig. 824 Cherry Log St. Cherrylog, GA 30522. 706-276-3311. Th-Su 11a-9p.

 Post Office - Cherrylog, GA. 300 Cherry Log St, Cherrylog, GA 30522. 706-635-2705  
Hours: Counter service Mo-Fr 7:30a-4:30p, Sa 7:30a-11:30a.

 L&A Corner General Store & Grill. 825 Cherry Log St. Cherrylog, GA 30522. 706-635-8851. Hours: Mo-Sa 6a-6p. Services: ST resupply.



### The Benton MacKaye Trail Association (BMTA)

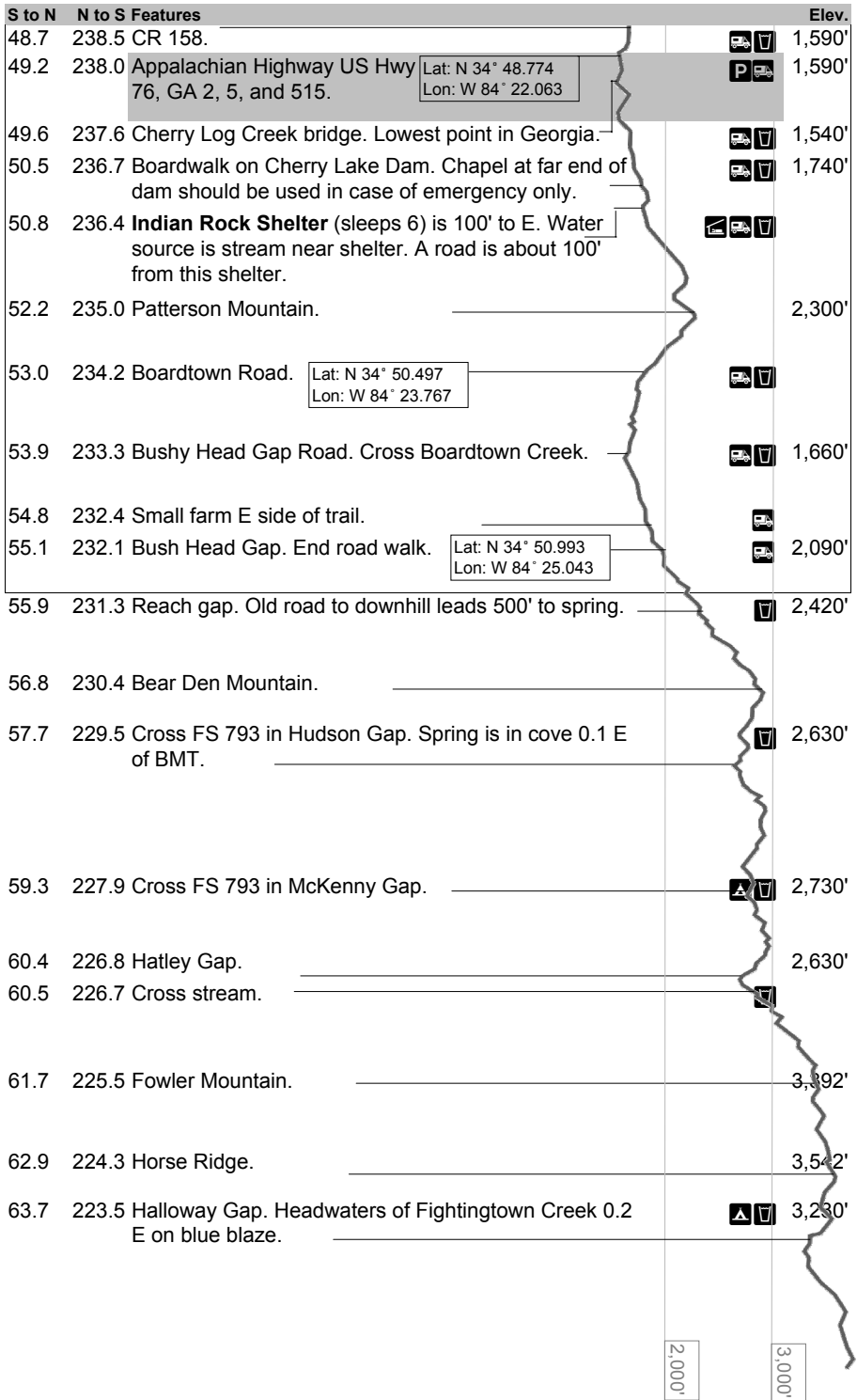
The Benton MacKaye Trail Association (BMTA) was organized in 1979 and incorporated in 1980 to build and maintain the BMT. Driving the effort was a desire to see opened for hiking Benton MacKaye's chosen route for his Appalachian mountain trail. MacKaye (rhymes with sky), Massachusetts forester and co-founder of The Wilderness Society, was the man whose vision inspired what is today the Appalachian Trail. In the south, he had selected a more westerly route, along the western crest of the Blue Ridge, roughly that followed today by the BMT. The BMTA's 25th anniversary year saw the original plan completed as the route was officially opened on July 16, 2005.

As with most trail organizations, the BMTA is an all-volunteer, nonprofit group of folks who want to see the trail remain open and in good shape. Those who live close enough and are able gather regularly to work on maintaining the trail, also to hike and for special events. They and others contribute through their membership.


Your support is welcome. Becoming a member, participating in or leading maintenance and/or recreational outings, adopting a section of trail, serving on the BMTA board of directors, being a project leader, assisting with administrative needs, and/or making a financial donation are all ways in which you can lend a hand. It's easy to join and when you keep your membership current, you're helping us maintain and improve the trail.

Any and all are invited to participate in BMTA outings; no experience is necessary and membership is not required. A membership form is available on page 63. Join us!


Find out more at [www.bmta.org](http://www.bmta.org)





**Blue Ridge, GA** - 4.0 E on US 76. A small town that has most things that a hiker may need. The two "outfitters" in town are clothing stores for hiker fashion. If a real outfitter is needed, North Georgia Mountain Outfitter in Ellijay is available 13 miles W of the BMT (see listing below).

 US Post Office - 273 Orvin Lance Dr, Blue Ridge, GA 30513. 706-632-2721. Hours: Mo-Fr 800a-430p, Sa 9a-12p Sa.


 AYCE - Village Restaurant 4131 E First St, Blue Ridge, GA 30513. 706-632-2277.

 AYCE - China 1 4295 Old Highway 76 # A, Blue Ridge, GA 30513. 706-258-3658.


 Medical Care - Fannin Regional Hospital. Directions North 5.0 miles on HWY76, turn left on West 1st Street and go 5.1 miles. 2855 Old Highway 5, Blue Ridge, GA 30513. 706-632-3711.

 Days Inn. 4970 Highway 515, Blue Ridge, GA 30513. 706-632-8730. \$60 per night. No pets.


 Comfort Inn. 83 Blue Ridge Overlook, Blue Ridge, GA 30513. 706-946-3333. \$79 per night. Pets accepted under 30lbs for \$50. [www.comfortinnofblueridge.com](http://www.comfortinnofblueridge.com)

 Douglas Inn and Suites. 1192 Windy Ridge Road, Blue Ridge, GA 30513, 877-416-3664. \$10 pet charge. [www.douglasinn.com](http://www.douglasinn.com)

 Save-A-Lot Foods - 2672 E First St, Blue Ridge, GA 30513. 706-632-2201. LT resupply.

 Dollar General 2672 E First St, Blue Ridge, GA 30513. 706-632-2201. Services: LT Resupply. 8a-9p daily.


 Super Saver. 4177 E First St, Blue Ridge, GA 30513. 706-632-8064. LT resupply. 8a-9p daily.


 Food Lion. 4295 Old HWY76, Blue Ridge, GA 30513. 706-258-2223. LT resupply. 7a-12a daily.


 CVS. 30 Orvin Lance Connector, Blue Ridge, GA 30513. 706-632-8097. 7a-10p daily.


 Blue Ridge Pharmacy. 793 East Main Street, Blue Ridge, GA 30513. 706-632-2244.

 Fannin Drugs. 2680 E First St, Blue Ridge, GA 30513. 706-632-3784.


 Classic Transportation of the Tri-State Inc. Blue Ridge/Copperhill, GA. 706-633-3668. David R. Hopes sedan and 4-wheel-drive SUV can transport up to four hikers and gear from Atlanta or Chattanooga airports to Amicalola Falls or Springer Mountain for \$125 for first hiker, \$10 additional; pets welcome. Also local service around Blue Ridge/Ducktown to all BMT trail connectors from GA to TN/NC. Offers lodging in their home. [classictowncar@bellsouth.net](mailto:classictowncar@bellsouth.net) - [www.classictransportationofthetristate.com](http://www.classictransportationofthetristate.com)


 Mountain Transport LLC. 706-851-9465 [mountaintransportllc@yahoo.com](mailto:mountaintransportllc@yahoo.com)


 Dick Anderson 404-408-2524 or 706-276-2520. Mainly services the Springer Mountain to the Ocoee River area, but can do other shuttles like Atlanta airport pick up. [richardjanderson@etcmail.com](mailto:richardjanderson@etcmail.com)


 Ron Brown 706-636-2825 (H) or 706-669-0919 ©. Mostly Services North Georgia. [slveboy@hotmail.com](mailto:slveboy@hotmail.com)

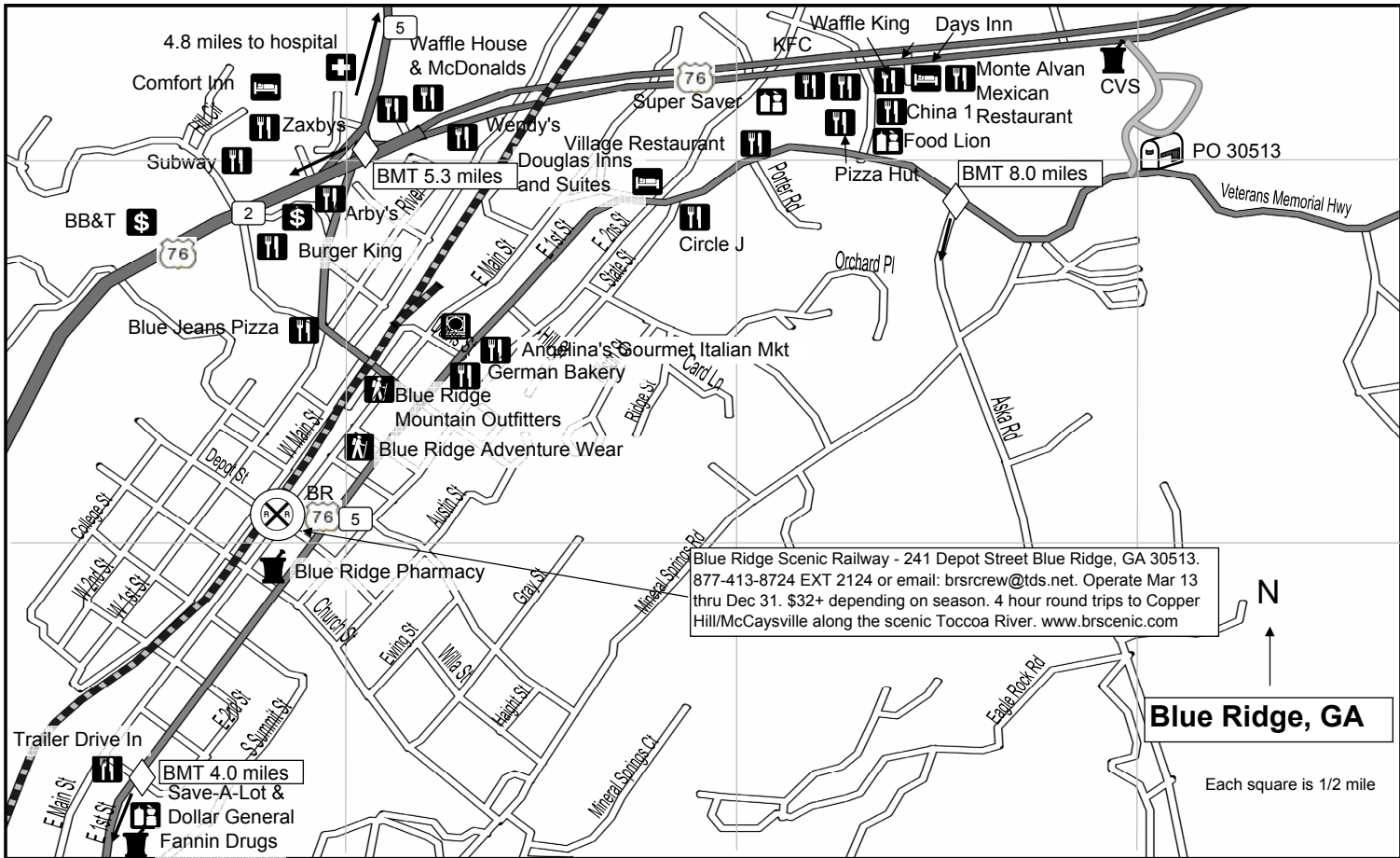
 Dennis Baily 404-323-4144. [dr2mbailey@etcmail.com](mailto:dr2mbailey@etcmail.com) - Mostly services north Georgia.

 Blue Ridge Coin Laundry - 3761 E First St, Blue Ridge, GA 30513.

 Blue Ridge Adventure Wear - outdoor clothing, no gear. 661-B E. Main Street, Blue Ridge, Georgia 30513, 706-632-3991. Mo-Sa 10a-5p, Su 12a-5p. [www.blueridgeadventurewear.com](http://www.blueridgeadventurewear.com)

 Blue Ridge Mountain Outfitters - outdoor clothing, no gear. 544 East Main Street, Blue Ridge, GA, 30513, 706-258-3232.

 North Georgia Mountain Outfitters - not in Blue Ridge, but the best outfitter in the area if you need something more than clothing. A family owned full service outfitter run by an avid hiker who is familiar with the BMT and long distance hiking. Directions: 13.0 W of the BMT in Ellijay. 583 Highland Crossing, Suite 230, East Ellijay, GA, 30540, 706-698-4453. Tu-Sa 10a-6p. [www.hikenorthgeorgia.com](http://www.hikenorthgeorgia.com)



### **Eastern Continental Trail (ECT)**

The ECT is a mostly continuous footpath, which crosses sixteen states and three Canadian Provinces. It encompasses (for all intent and purposes) the entire breadth of the eastern North American continent, from the Gulf of Mexico, at the southernmost point in Key West, Florida, to the Gulf of St. Lawrence, where the Appalachian Mountains plunge dramatically to the sea at the spectacular Cliffs of Forillon, Cap Gaspé, Québec. Recently, the 500+ miles of the Long Range Appalachian Mountains of Newfoundland have been added, and the Newfoundland chapter of the International Appalachian Trail has recently organized, and all are working diligently to get that part of the trail up and running.

The ECT was created by combining seven separate and independent sections, beginning with a roadwalk in Key West, and ending at the northern terminus of le Sentier International des Appalaches/International Appalachian Trail, Belle Isle, Newfoundland, a distance of some 5,400 miles.

Here at 70.1 miles the BMT serves as the link between the Pinhoti Trail and the Appalachian Trail. If you are interested in hiking the ECT, I recommend checking out Nimblewill Nomad's site at:

[www.nimblewillnomad.com](http://www.nimblewillnomad.com)

72.4



FS 64 at Watson Gap



Grocery Store - Watson Country Store. 4.0 E, reach blacktop at approx. 1 mile. 706-632-8153. 5991 Highway 2, Blue Ridge, GA 30513. Hours: Mo-Sa 5:30a - 6p. Proprietor is Joy Whitfield. Services: ST resupply, pay phone.

### **South East Foot Trails Coalition**

You may have noticed that there are a lot of linked in long distance trails springing up in the South East. In case you were wondering about why that is, that is not by accident.

The Southeastern Foot Trails Coalition seeks to promote and protect the long distance foot trails of the Southeast and to connect trails and their natural trail corridors by building a regional trail system and an active network of hiking organizations. For more information visit:

[www.southeastfoottrails.org](http://www.southeastfoottrails.org)

### **The Pinhoti Trail**

The 325 mile Pinhoti National Recreation Trail / Millennium Legacy Trail is a continuous point to point hiking trail that travels through nearly equal measures of high rocky ridges, stream filled gorges and quiet hollows along the final southern reaches of the Appalachian Mountains from east central Alabama to northwest Georgia.

The Pinhoti southern terminus is in east central Alabama at Flagg Mountain, near Weogufka, which is known for being the last southern Appalachian mountain that rises above 1000 feet. The Pinhoti northern terminus is in north west Georgia near Blue Ridge, where it intersects with the Benton MacKaye Trail around mile 70.

For more information about the Pinhoti trail, please visit the Pinhoti Trail Alliance website at:

[www.pinhotitrailalliance.org](http://www.pinhotitrailalliance.org)

S to N	N to S Features	Elev.
65.0	222.2 Double Hogpen Gap. No camping in field.	3,690'
65.8	221.4 Cross stream (headwaters of Jacks River).	3,510'
66.5	220.7 Flat Top Mountain.	3,732'
67.9	219.3 Dyer Gap. FS 64.	2,870'
68.4	218.8 Stream with good campsite.	
68.5	218.7 South Fork Trail. SFT leads 0.5 W to FS 64 at Jacks River Field primitive campground.	2,630'
69.0	218.2 Cross stream.	
69.9	217.3 Rich Cove - cross stream.	
70.1	217.1 Junction SFT & Pinhoti Trail northern terminus. The SFT continues north.	
71.0	216.2 Circle through cove, crossing stream. Enter large clear-cut with views to north and west.	
72.1	215.1 Unnamed Knob.	2,960'
72.4	214.8 FS 64 at Watson Gap.	2,700'
73.2	214.0 Mill Branch. Remnants of old clearing and farm house site.	2,660'
74.7	212.5 Bear Branch.	2,430'
75.0	212.2 Intersect Jacks River Trail. JRT leads 1.3 W to the Jacks River.	
75.1	212.1 Leave JRT. JRT leads 0.8 E to Daily Gap FS22.	2,500'
76.5	210.7 Spanish Oak Gap - Intersect Hemp Top Trail. The HTT leads 1.0 E to Daily Gap and FS 22.	2,930'
77.9	209.3 Rockwell Gap - Penitentiary Branch Trail. PBT leads 3.5 W to the JRT at the Jacks River.	3,090'
79.6	207.6 Hemp Top. Side trail leads to old firetower site and remnants of old clearing. BMT continues on the old FS road.	3,580'

Lat: N 34° 52.078  
Lon: W 84° 30.914

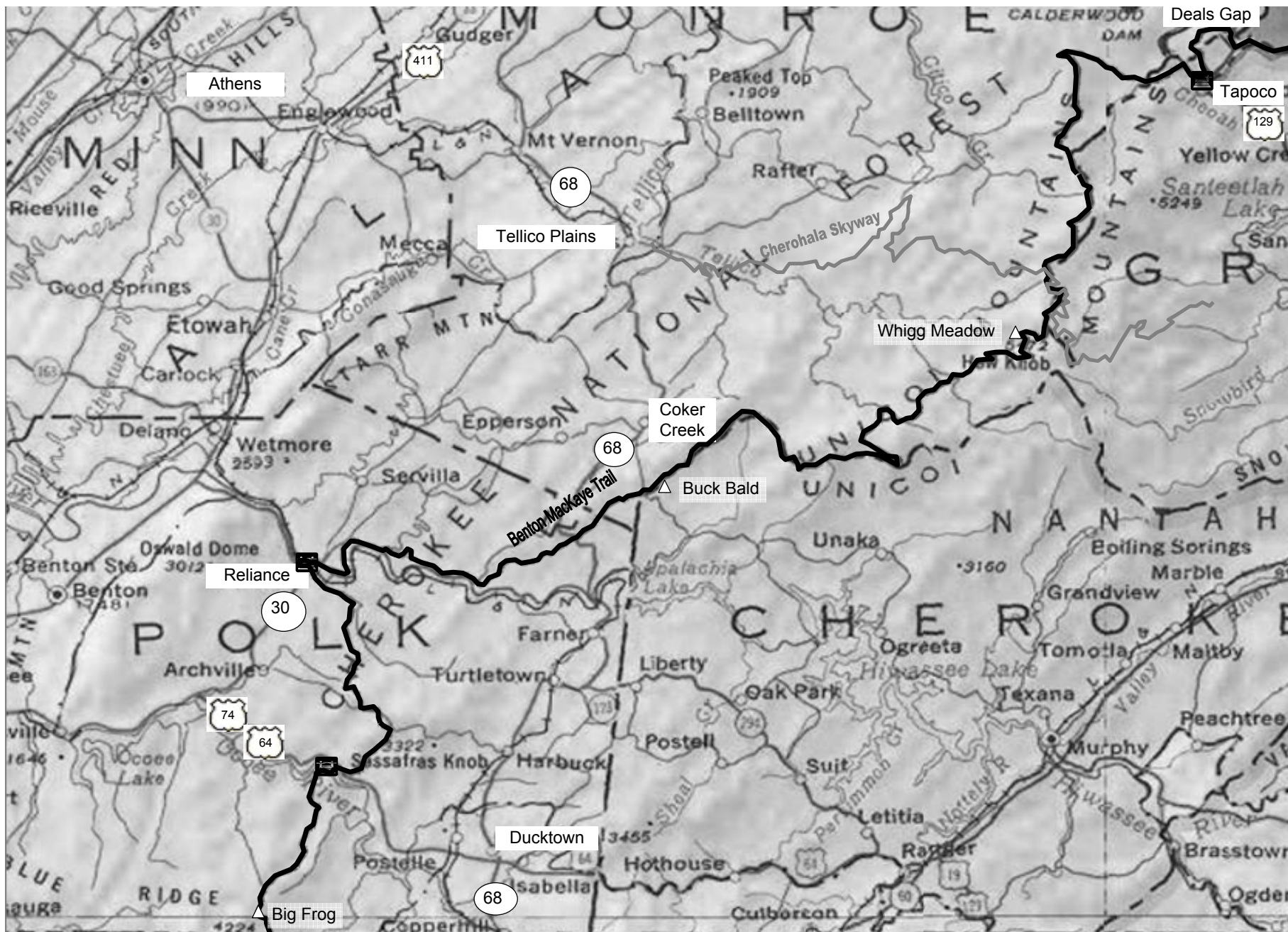
Lat: N 34° 54.381  
Lon: W 84° 30.713

140

62145 Hemp Top

3,000'

# Tennessee and North Carolina



Map created using TOPO! Software ©2009 National Geographic Maps and used with permission. To learn more visit <http://www.natgeomaps.com>.



### Etiquette

I am bringing this up because it is something I noticed on my thru-hike of the BMT and something you may want to consider:

The BMT passes through places where hikers are not the norm – unlike its big brother the AT.


When you hike into a town on the AT, the automatic assumption is: *AT hiker*. When you walk down the road around towns on the BMT the automatic assumption often is: *Homeless Hitchhiker*.


In an AT town, a boisterous, smelly hiker with a big appetite, strange clothing, and odd mannerisms are the norm in many seasons - no one thinks twice about you. But on the BMT you may want to tone it down. I've met some service providers and local land owners that don't even know about the Benton MacKaye Trail, or know their place was on it, or know those grungy looking people that come past their business were hikers. We, the BMT hikers, have a duty to be good ambassadors of the trail for future hikers.


Here are some suggestions:

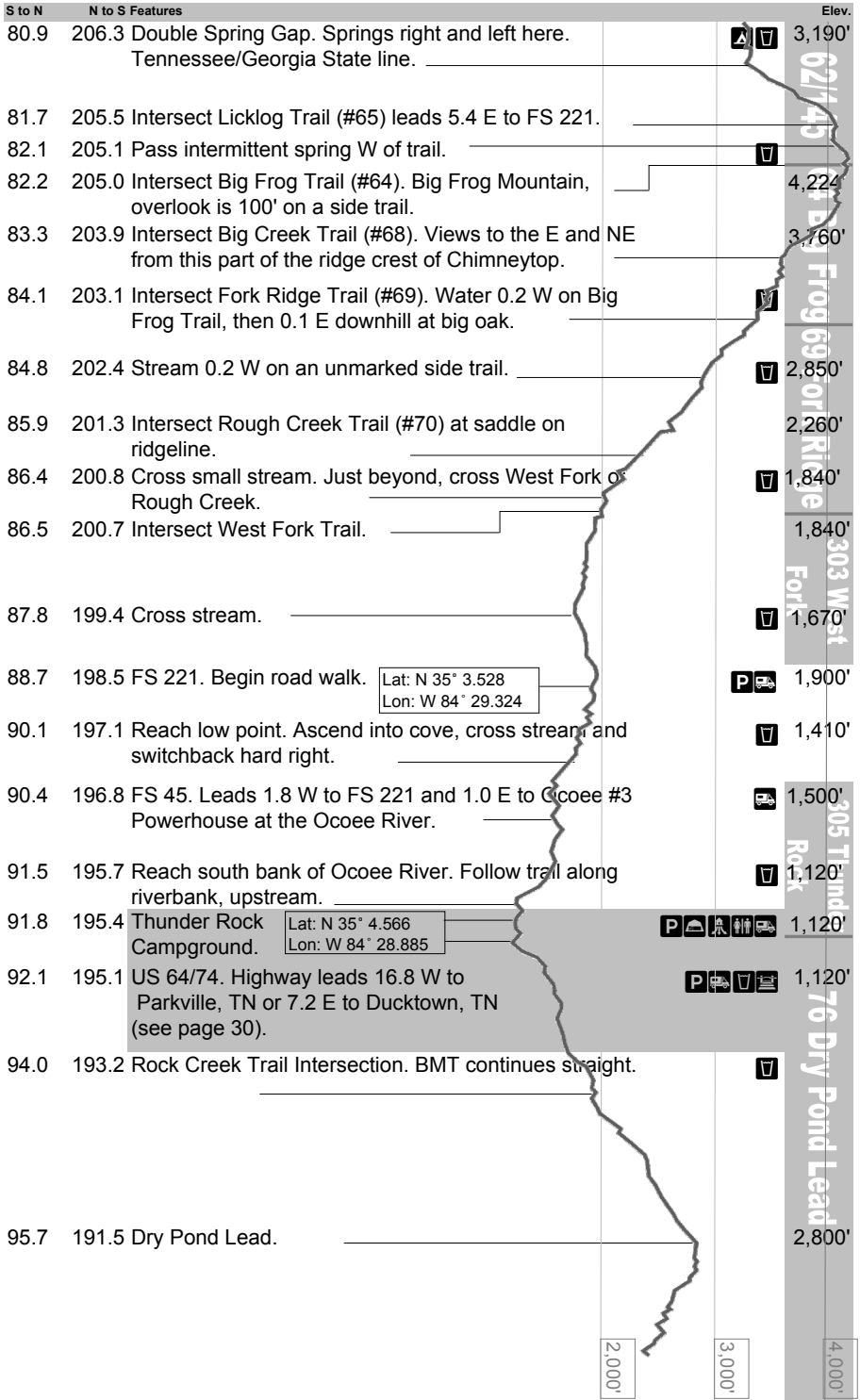
- ◇ Before bringing a pack into a business, ask first. Many loss prevention experts look for people with bags as the shoplifters. Being scruffy doesn't help.
- ◇ When going into a business like a restaurant, you might want to ask to be seated away from the rest of the patrons – you might not smell yourself, but others do.
- ◇ Don't go into towns expecting "Trail Magic" or work for stays. Trail Magic still might happen, but the sort of stuff you see up and down the AT isn't going to be there.
- ◇ Assume alcohol is not permitted. Many places the BMT passes through are dry. Drinking in public while looking like a hobo only re-enforces bad stereotypes.
- ◇ If you stay at a hotel, don't trash hotel rooms. Don't try to sneak people into rooms. And don't leave your room a mess after cleaning up muddy gear.
- ◇ Tips help. Leaving a gratuity for the hotel cleaning staff goes a long way to establishing good relationships. Same thing goes for servers at restaurants.
- ◇ When you are back in towns, remember your manners. Loud, boisterous behavior is frowned upon. Remember to say thank you and please.
- ◇ Don't take stuff from services. Reloading your toilet paper by taking it from a store's bathroom is bad manners.

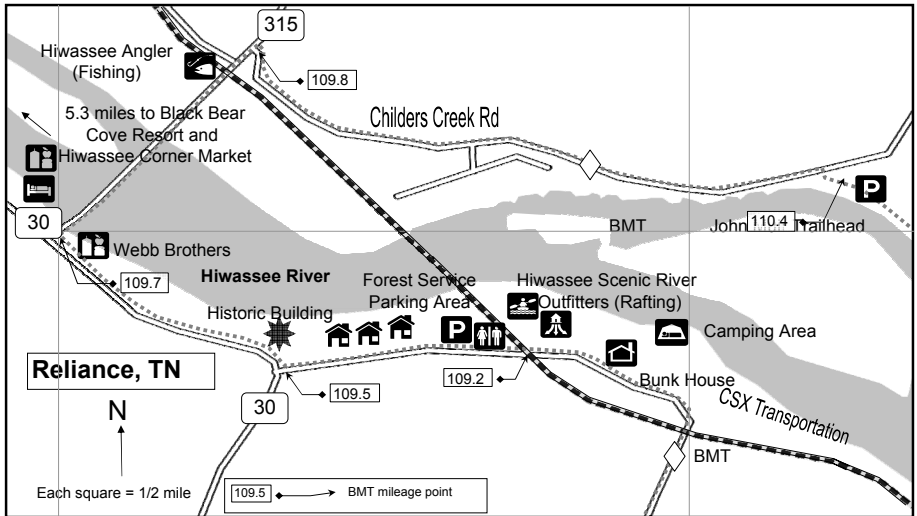
Hopefully I said all that for no reason. 99% of hikers I know already do this. We, the current and future thru-hikers on the BMT, will hopefully set a good tone for hiker relations for years to come. Have a great hike!

91.8  Thunder Rock Campground. Bathhouse (locked Nov-Mar) and comfort stations. Walk-in campground with tent pads, fire rings, picnic tables, \$12 per night.

92.1  US 64/74. Highway leads 16.8 W to Parkville, TN or 7.6 E to Ducktown, TN (see page 30).

 Olympic Whitewater Center. Directions: 1.1 E. 4400 Hwy. 64, Copperhill, TN 37317. 877-692-6050. Hours: 9a-5p Daily. Notes: This was the site of the 1996 Olympic Kayak competition. Services: Pay phone, deli, coffee shop, and vending machines Good place to call for a shuttle to Ducktown [www.fs.fed.us/r8/ocoe](http://www.fs.fed.us/r8/ocoe)





109.2 FS 173 – Railroad Trestle - pass under the trestle.

Hiwassee Scenic River Outfitters (Rafting). (On BMT) 155 Ellis Creek Rd, Reliance, TN 37369, 423-338-8115 or 800-338-8133. Business is seasonal and peaks on weekends, especially warm weather holidays. Services: Meals, call to hold mail drops, camp store with limited ST supplies, pay phone, showers, lodging in bunkhouse (\$10pp) or cabins, campground (\$7pp), rafting [www.hiwasseeoutfitters.com](http://www.hiwasseeoutfitters.com)

109.7 Hwy 30 crosses Hwy 315. Cross bridge over Hiwassee River.

Webb Brothers Store and Float Service: On the BMT. Box 61 Reliance, TN 37369, 423-338-2373 or 877-932-7238. Call to hold mail-drops - send drops to 3708 Highway 30 Reliance TN, 37369. Open 7 days a week Mar-Oct 9a-5p. Services: small store with limited LT resupply, pay phone, soda machines. [www.webbbros.com](http://www.webbbros.com)

109.8 Hiwassee Angler (Fishing) . On the north side of the bridge. 423-338-8500 Dean Tullock manager. Seasonal hours and days call ahead. Will hold mail drops sent UPS to 179 Tellico Reliance Rd, Reliance, TN 37369. Cabin rental available \$124. [www.hiwasseeangler.com](http://www.hiwasseeangler.com)

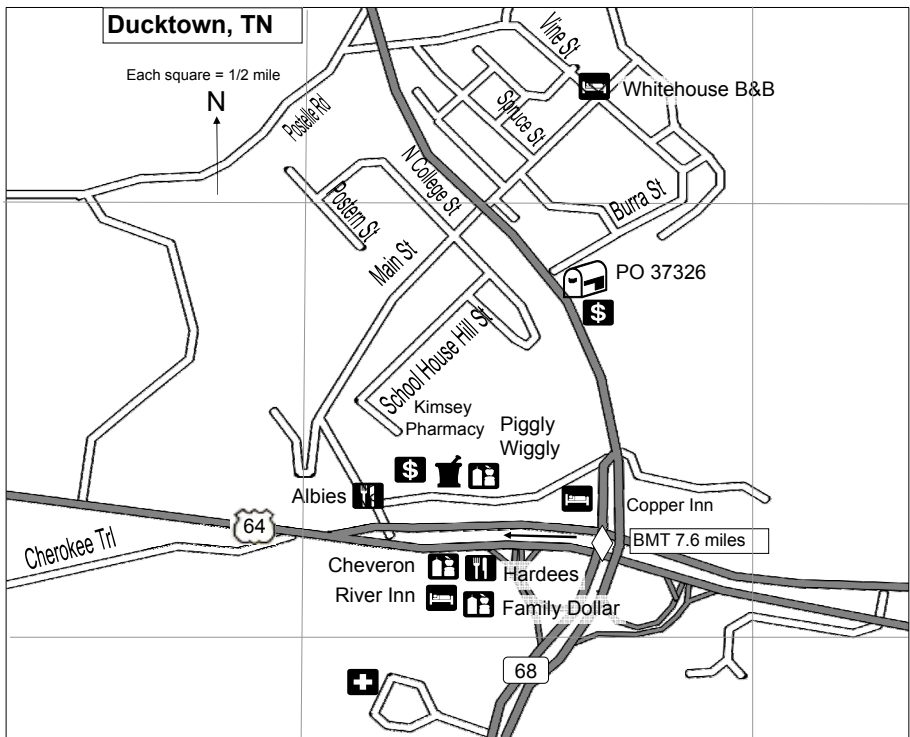
Black Bear Cove Resort - 5842 HWY30 (or 5842 Kimesy Hwy), Benton, TN 37307. 866-438-4399. 5.3 W on HWY30. Notes: The Lilley family runs this secluded lodge and campground near Reliance. They love to service hikers, and offers shuttle to/from trail in Reliance with stay. Lodging Feb-Dec, Jacuzzi, RV sites, pay campsites, meals, laundry, camp store, phone, showers. Accepts mail drops with stay USPS use PO Box 127 Delano, TN 37325 UPS&Fedex use address above. Lodging \$150+ in season/\$99 off season. Camping \$32 in season/\$22 off season. Ask for hiker rates in all seasons for discounts. Meals: Tu-Sa 430p-9p, Su 11a-3p in season - off season Fr - Su only with same hours. Store: ST-resupply and snacks - planning to start offering LT-supplies. [www.blackbearcoveresort.com](http://www.blackbearcoveresort.com)

Hiwassee Corner Market - 8758 Highway 411, Benton, TN - 423-338-9040. 0.5 W from Black Bear Cove Resort on Highway 30. LT resupply, phone, and meals.


S to N	N to S Features	Elev.
96.1	191.1 Dry Pond Lead Trail. The BMT turns here, the DPL continues straight.	2,850'
97.4	189.8 Deep Gap, power line, Kimsey Mountain Highway. Trail turns before reaching the gate. Lat: N 35° 6.474 Lon: W 84° 27.106	2,220'
98.1	189.1 Brock Mountain.	2,400'
98.8	188.4 Kimsey Mountain Highway. Lat: N 35° 6.803 Lon: W 84° 27.831	2,060'
99.9	187.3 Piney Flats Branch. Descend to the creek, cross, then ascend.	
101.2	186.0 McFarland Rd, FS 23. Cross road, follow blazes. Lat: N 35° 7.437 Lon: W 84° 28.295	1,500'
101.7	185.5 Gated FS1173-1 south end. Begin flat walk with many good views north to the mountain along the state line.	
103.0	184.2 FS 1173-1 north end. Enter woods and ascend.	
104.5	182.7 Wildlife clearing, water 0.2m on old road. Skirt the clearing then descend.	
105.1	182.1 White Oak Flats, FS 103 Lost Creek Campground 0.1 E. Picnic tables, fire rings, privy. \$7 per night. Lat: N 35° 9.504 Lon: W 84° 28.163	1,100'
105.4	181.8 Leave White Oak Flats Road. Descend to Lost Creek. Lat: N 35° 9.723 Lon: W 84° 28.137	
105.7	181.5 Campsite on Lost Creek. Begin walk on old railroad bed past numerous cascades.	980'
107.1	180.1 Campsite on Lost Creek.	
108.1	179.1 Gated FS173. Old railroad bed.	
108.4	178.8 FS17 Gate. Lat: N 35° 10.839 Lon: W 84° 29.469	1,050'
109.0	178.2 Ellis Creek Ford site.	840'
109.2	178.0 FS 173 – Railroad Trestle - pass under the trestle. Lat: N 35° 11.226 Lon: W 84° 29.747	800'
109.5	177.7 Join Tennessee Hwy 30, continue W on Hwy 30.	
109.7	177.5 Hwy 30 / Hwy 315. Cross bridge over Hiwassee River.	792'
110.4	176.8 John Muir Trail at Childers Creek. Lat: N 35° 11.362 Lon: W 84° 29.481	800'






15 John Muir


1,000'  
2,000'




**Ducktown, TN** - Directions: 7.6 E on Hwy 64. Ducktown is a small town that is not totally accustomed to hikers.


 US Post Office. 1656 Highway 68 Ducktown, TN 37326. 423-496-5467. 830a-4p Mo-Tu & Th-Fr, 830a-12p We, Sa.


     Ducktown Copper Inn. 178 5 Points Dr, Ducktown, TN 37326. 423-496-5541. \$56 per night. Laundry available. Can do shuttles. Internet computer available for guests to use. Pets accepted for \$20.


 River Inn. 5082 Hwy 64 Ducktown, TN 37326. 877-546-2633. \$64 per night.






 Kimsey Pharmacy 125 Five Points Dr, Ducktown, TN 37326. 423-496-5831.

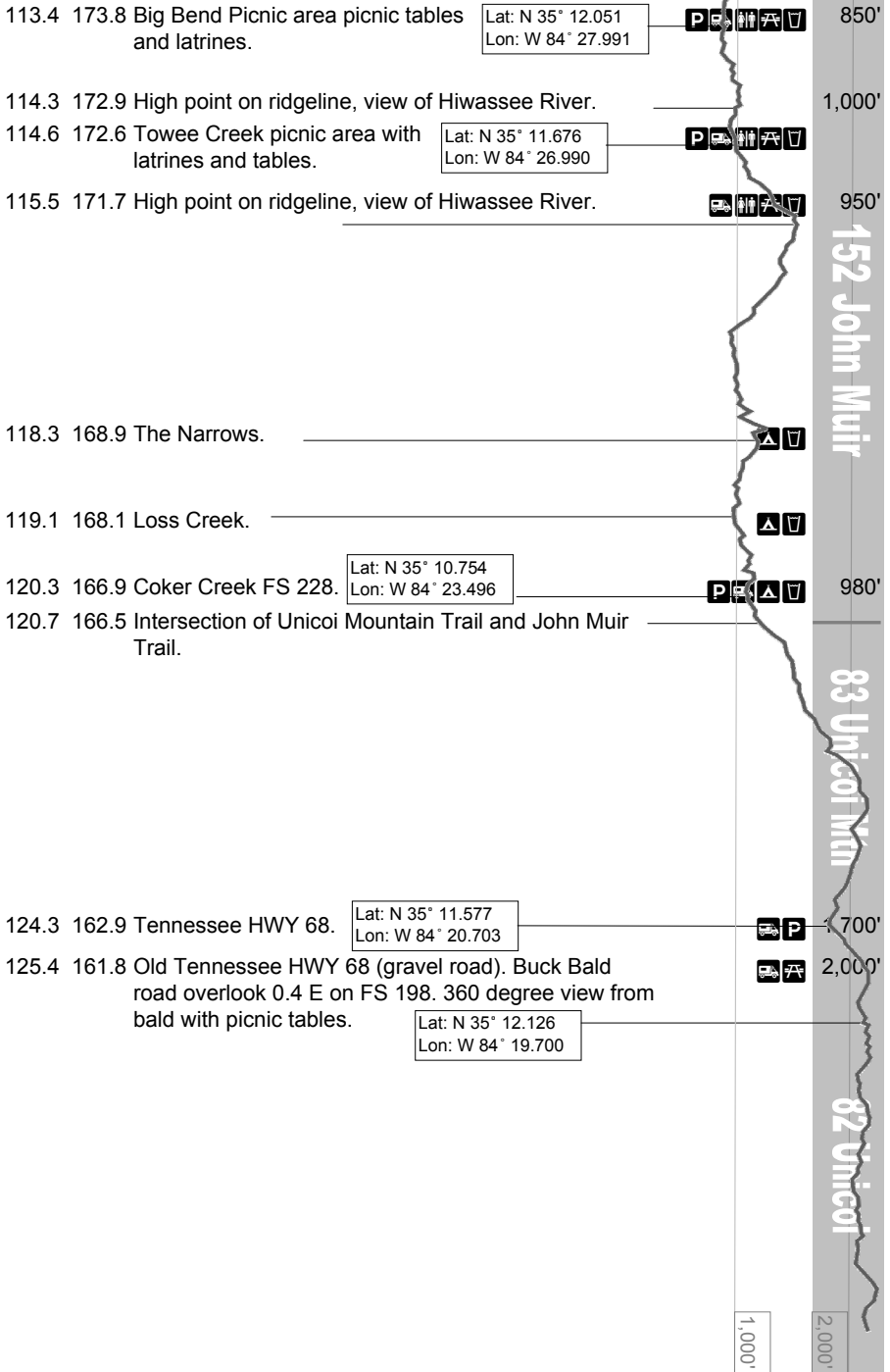
 Piggly Wiggly. 125 Five Points Dr Ducktown, TN 37326. 423-496-7555. LT resupply.

 Family Dollar. 125 Five Points Dr, Ducktown, TN 37326. 423-496-5117. LT resupply Mo-Fr 8a-9p Su 10a-8p.



 Scott Barker - former Forest Service employee in the Copperhill area that can may provide shuttles if he is available, best to arrange ahead of time - there is also the possibility of a campsite at his place near town. Also available as a guide in the area for hikers and hunters. In emergency situations will do what he can to help out. 423-496-7853. barkerws@etcmail.com



 Copper Basin Medical Center. 144 Medical Center Dr, Copperhill, TN 37317. 423-496-5511. [www.copperbasin.org](http://www.copperbasin.org)



     White House Bed and Breakfast. 371 Main St, Ducktown, TN 37326. 423-496-4166, reservations: 800-775-4166. Innkeepers Mardee & Dan Kauffman welcome hikers. They will hold a mail drop and provide shuttle from/to the trail with overnight stay. Base cost \$85 for a couple per night but they have lots of discounts for season and solo/special group rates - so call for rates. Laundry and some meals included. [www.oceee-whitehousebb.com](http://www.oceee-whitehousebb.com)



129.0

  Unicoi Gap, Joe Brown Highway (gravel road) - The Trail of Tears Millennium Legacy Trail passes through here. Water is 0.1 E on FS40, 100' past the NC state line on right side of the road. Take FS 2411 near power lines.

  Coker Creek Welcome Center and Post Office 3.0 W. US Post Office 12197 New Hwy 68, Coker Creek, TN 37314. 423-261-2286 Notes: Friendly folks welcome hikers. Directions: follow gravel Joe Brown Hwy to intersection of TN Hwy 68. Visitor center is on corner. Services: Call to hold mail drops, gift shop with very limited snacks, soda machine. Open 10a-2p Mo-Fr 10a-12p Sa www.cokercreek.org

  Davis Mountain Market and Deli - BP 2.0 N past Coker Creek Welcome Center on Hwy 68. 11401 New TN-68, Tellico Plains, TN, 37385. 423-261-2618. Services: food, ST-Resupply, restroom.

### Mail Drops

Mailing packages to yourself is a common form of resupply on long distance trails. There are a couple of strategies on how to do this:

o Prepare your packages ahead of time. When you do this, you can mail the package's out before you leave on your hike. Most post offices will hold mail sent General Delivery about 2 weeks. Or you can have someone at home mail them to you on a set schedule or as directed by you by phone while on the trail. These methods allow you to prepare for all needs ahead of time and know what you are going to get and where. You might even save some money by buying in bulk.

o Buy your supplies in towns on the trail which have good supply points, and mail them to yourself as packages at other points along the trail that do not - but do have mail service. This method saves you having to prepare all the packages ahead of time and allows you to buy what you are in the mood to eat closer to the time you will eat it. It can be a bad thing opening a box that contains oatmeal that you lost the stomach to eat 100 miles back.

For Post Office Pick Up

Labeling:

For Pick up at a Business

Ima Hiker  
C/O General Delivery  
Town Name, ST 12345  
Please hold for hiker expected 12/11/2010

Ima Hiker  
C/O Business Name  
9876 Street Address  
Town Name, ST 12345  
Please hold for hiker expected 12/11/2010

### Mail Drop Recommendations

- ◇ If you send a drop to a business - it's good manners to also use that service for whatever they provide. Example: if you send a package to a hotel, plan to also stay there.
- ◇ Use your real name, do not use a "trail name"
- ◇ Be sure to include an ETA
- ◇ If you are sending to a business, it always pays to call ahead of time. Most services I've talked to will only accept your package if you arrange it in advance.
- ◇ The C/O is VERY important if you are sending the package to a business's PO Box, otherwise they will not be able to get it for you at the Post Office.
- ◇ For FEDEX and UPS you must send the package to the business's physical address, these services cannot deliver to a PO box.
- ◇ General Delivery only applies to Post Offices.
- ◇ Pack everything in zip-lock bags. You will probably need more of them anyway.
- ◇ Double bag any liquids! This also applies to anything with a strong scent such as powdered soap.
- ◇ Don't bag toiletry items with food.

129.0	158.2	Unicoi Gap, Joe Brown Highway (gravel road).	Lat: N 35° 13.524 Lon: W 84° 17.396		2,034'
129.8	157.4	FS 2114 gate - north end at field.	Lat: N 35° 13.690 Lon: W 84° 16.904		117 Unicoi
131.3	155.9	Peels Gap.			2,756'
132.5	154.7	Intersection trail 117.			2,756'
133.3	153.9	Intersection with old FS road. Spring at old homestead 0.1 W. Follow road to abandoned military ambulance and turn right then continue on old road.			
133.4	153.8	Spring Boxe W of BMT. The spring box is on old washed out road near the ruins of a two story rock home (see above).			
133.5	153.7	Tate Gap - sheltered campsite with water is 0.3 E on old road.			3,018'
134.1	153.1	Cantrell Top.			82 Unicoi
135.3	151.9	Sixmile Gap. Waucheesi summit 0.3 W - radio tower on summit. Road access to summit.			
136.3	150.9	Water 0.1 W on unmarked trail.			
136.8	150.4	Stone State line marker from early 1800's.			
136.9	150.3	Sharp turn at TN/NC state line.			2,700'
137.4	149.8	Sandy Gap - water 0.2 W on trail #85.	Lat: N 35° 15.336 Lon: W 84° 12.194		2,559'
137.8	149.4	North end of the 4WD road (State Line Trail).			
138.1	149.1	Hipps Gap. Dry Campsite.			3,250'
138.9	148.3	Moss Gap (hairpin turn). Water 0.4 E on trail marked with an X.			3,250'
139.6	147.6	Hazelnut Knob.			3,880'
140.0	147.2	Gap - Campsite, water 0.2 E on blue blazed side trail.			3,450'
140.9	146.3	Roundtop, State Line.			3,695'
141.1	146.1	Spring 0.1 N in bottom of sag near Roundtop on unmarked side trail. In dry weather you may have to go downhill a little further.			
143.2	144.0	Rocky Top. No views.			4,030'
143.7	143.5	Sled Runner Gap. Beaver Dam Bald 0.5 E. Road on Bald.			3,871'
143.9	143.3	Campsite on Brookshire Creek Trail. Water sometimes scarce here.			180

3,000'

4,000'



**Please: Pack it in - Pack it out!**

The maintainers of the Benton MacKaye Trail Association love what they do and have fun doing it. The one thing none of us like doing is cleaning up after hikers. Spending hours side-hilling or cutting blow downs is expected. Spending 2 hours cleaning out campsites of trash is not.

"Leave no Trace" is the philosophy of hikers, but what does it mean to you? By the very nature of building a trail and hiking on it, you are going to leave trace of humans in the wild. What we would appreciate are a few basic things:

- ◇ Please cat hole and bury human waste (including paper).
- ◇ Please don't leave ANY trash in a fire ring. Foil, cans, and glass won't burn at all no matter how hot your campfire is. And you are not doing anyone a favor by leaving "burnable" trash.
- ◇ Try not to start new campfire spots unless you absolutely have to.
- ◇ If you had the strength to carry in a full package, bottle, or other container of stuff into the woods, well you dang well ought to have the strength to carry the empty out with you when you leave. Please do it..
- ◇ Don't use standing trees for fire wood. Gather dead fall off the ground from a wide area to prevent hurting living trees and to avoid over scavenging of wood in one spot.
- ◇ "Biodegradable" soap should not be used in the water source. Bathing with it in a stream is bad for the environment. Use it 100' away from the water to give it time and space for nature's filter to work.

Thanks in advance!

151.8



Tellico River Rd - turn left and walk through the parking and picnic area. 19.8 W to Tellico Plains (see page 36).

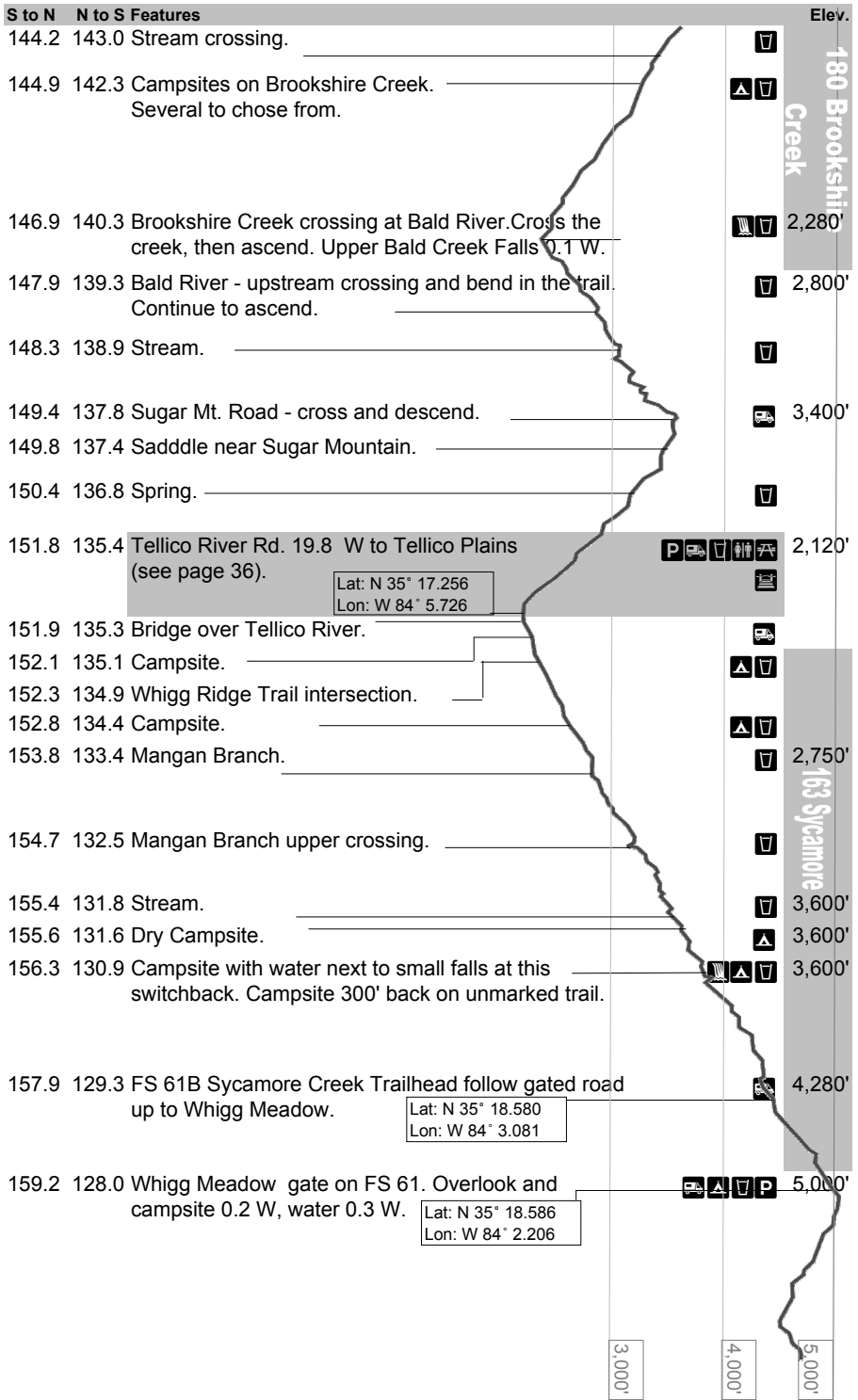


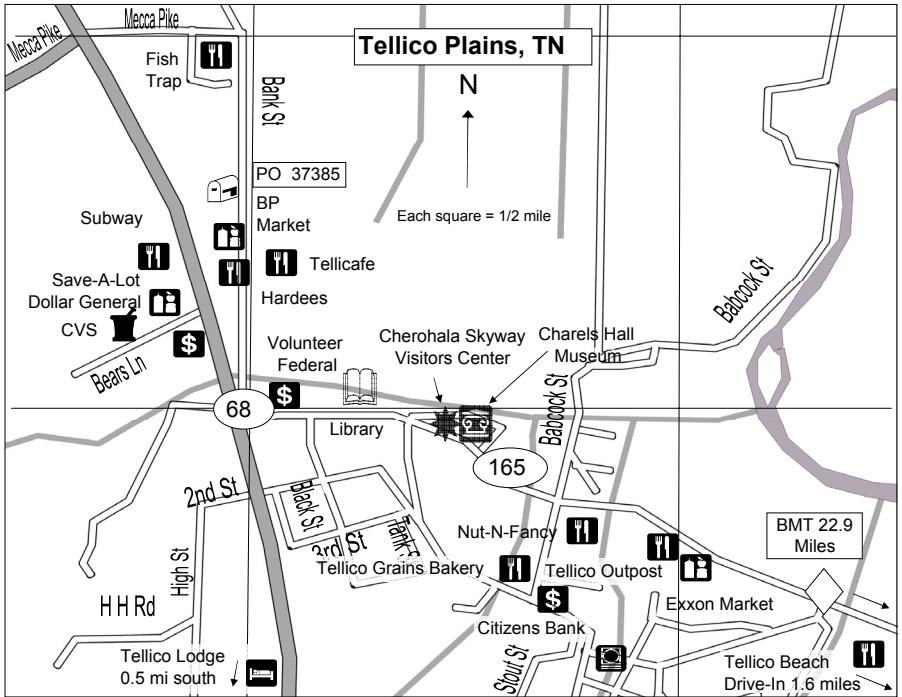
Fish Hatchery. May accept your mail drops and have them ready for you if you coordinate ahead of time. Contact Keith Dayhuff 423-253-2661 office or 423-253-2264 home P.O. Box 265 Tellico Plains, TN 37385-0265.




Green Cove Motel. 1.4mi W on Tellico River Rd. 2870 River Rd, Tellico Plains, TN 37385. 423-253-2069. \$39 for double. Possible shuttle back to trail. Services: Call to hold mail drops, lodging, limited groceries and ST resupply, pay phone, microwave meals, soda machines. Closed 1 Dec-15 Mar.



**S**Richard & Brenda Harris, 533 Shaw Mountain Road, Tellico Plains, TN 37385, 423-253-6358 (H), 513-260-1184 (C), HarrisRi@aol.com, willing to shuttle thru-hikers to and from Tellico River Road/BMT crossing to Tellico Plains or other nearby sites. Rick is on the Board of the BMTA and is the TN/NC BMT Maintenance Director. He is very familiar with current trail conditions in the TN/NC section.













**Tellico Plains, TN** - Directions: 22.9 W on TN165 Cherokee Skyway or 19.8 W on Tellico River Road. Not an easy town to get to, but becoming popular with BMT hikers.


 US Post Office. 171 Bank St, Tellico Plains, TN 37385. 423-253-2218. Hours: 830a-4p Mo-Fr, 9a-12p Sa.


  Tellico Plains Public Library. 209 Highway 165, Tellico Plains, TN 37385. 423-253-6274. Hours: M:11a-5p, T:12p-5p, W-F: 9:30a-5:30p, Sa:10a-4p. Internet access available.



 Charels Hall Museum. 229 Cherokee Skyway Tellico Plains, TN 37385. 423-253-8000. Mo-Sa: 1a-5p, Su:12p -5p. Admission: FREE. Elegant display of photographs, guns, telephone equipment, and many historic artifacts collected by Charles Hall, local historian and former Mayor of Tellico Plains.



      Tellico Lodge. 9436 Highway 68, Tellico Plains, TN 37385. 423-253-2506. Rooms \$79 and up. Shuttle possible, please arrange ahead of your visit - only available 8a-8p. Restaurant on premises. Laundry service available. Meals Fr-Su. [www.lodgeattellico.com](http://www.lodgeattellico.com)

 CVS Pharmacy. 9170 Tennessee 68, Tellico Plains, TN 37385. 423-253-2823. Mo-Sa: 8a-8p, Su: 10a-6p.

 Save-A-Lot Grocery. 9170 Hwy 68, Tellico Plains, TN 37385. 423 253-3020. LT resupply. Daily 9a-9p.

 Dollar General - 9170 New Highway 68 # B, Tellico Plains, TN 37385. 423-253-3977. LT resupply.

  Exxon Market - 450 Cherokee Skyway, Tellico Plains, TN 37385. 423-253-6200. Mo-Sa 5a-9p, Su 6a-8p. ST resupply and meals.





  BP Minimart - 141 Bank Street, Tellico Plains, TN 37385, 423-253-3303. ST resupply and meals.






S to N	N to S	Features		Elev.
160.8	126.4	Mud Gap - parking Cherochala Skyway spring flows from iron pipe E.	Lat: N 35° 19.481 Lon: W 84° 1.961	4,480'
161.3	125.9	Old rock quarry. Good views and campsites in the man made "bald" - water 0.1 S on BMT. Water source starts at a cement culvert pipe protecting the spring.		4,680'
162.3	124.9	Stratton Gap, North River road FS217.	Lat: N 35° 20.161 Lon: W 84° 1.905	4,520'
163.5	123.7	Beech Gap Parking area Unicoi crest overlook.	Lat: N 35° 20.683 Lon: W 84° 2.122	4,520'
163.8	123.4	Join gated road on state line - begin trail 95 to Farr Gap. 22.9 W to Tellico Plains (see page 36).		
164.5	122.7	Strawberry Knob side road - unmarked old FS road to the West.		
165.6	121.6	Cold Spring Gap - Trail #95/#2. Trail #54 leads approx 1.3 E to Bob Bald. Campsite with water 0.3 E on unmarked abandoned road.		4,300'
166.3	120.9	Stream.		
166.9	120.3	Intersection Trail #149.		
167.6	119.6	Stream.		
168.0	119.2	Campsite. Stream 250' N on BMT.		
168.4	118.8	Cherry Log Gap - continue on #95/#2. Trail #54A leads approx 1.2 S to Bob Bald and 0.8 further to Stratton Bald. Campsite here and 500' S.		4,400'
169.5	117.7	Glenn Gap water 0.1 W.		4,100'
170.0	117.2	Rock Stack.		
170.9	116.3	Harrison Gap.		3,800'
171.7	115.5	Big Fodderstack Pine Ridge Trail #99 Intersection - this sag is just past the peak of Big Fodderstack.		4,200'
172.5	114.7	Mill Branch Trail intersection #96. Campsite with water 0.1 W.		3,360'
173.5	113.7	Big Stack Gap Trail #139 Intersection.		
173.6	113.6	Crowder Branch Trail #84 intersection. Campsite and water 0.1 W on Trail #84. Water up the north side of the campsite from the old spring box.		3,350'
175.3	111.9	Little Fodderstack.		






95 Fodderstack



3,000'






4,000'


180.9     Ford Slickrock Creek. This ford is normally about knee deep in good weather and is fairly tame. But this ford has been known to flood in bad weather - sometimes causing hikers to spend a day or days waiting for the creek to abate. USE CAUTION IN BAD WEATHER!





184.0  US Hwy 129 - turn left for a short road walk. Tapoco 0.4 E.  
    Tapoco Lodge, 14981 Tapoco Rd, Robbinsville, NC 28771. The resort has been closed, but should open spring 2011, data is from 2009 and is unconfirmed: Open 1 Apr to 31 Oct. Meals B: 8a-10a, L: 12p-2p, D: 5:50p-7p. Notes: Gift shop open Mo-Th 10a-8p, Fr-Sa 10a-9p, Su 12-8p. Lodging and meals at the Lodge. Rooms \$65 (up to 2) + \$25pp - meals extra. Beer, wine, sodas, cigarettes. No pets. Accepts mail drops if you have a reservation. e-mail: info@tapocolodge.com - web site: www.tapocolodge.com

184.2      US HWY 129 bridge (north end) - NC State Campground 0.2 W with chemical toilets, campsites, picnic tables.

189.9   EXERCISE CAUTION ON THIS ROAD WALK from 188.9 to 192.4! Motorcycles and car enthusiasts come from across the US for the chance to drive fast on this winding mountain road. There are not many good shoulders for walking on.  
HWY 129 at Deals Gap. If you are planning to use a cell phone to call for a shuttle, this is the only location in this section that has been found to have regular service. Once you leave this intersection you most likely will not get service as you travel north on the BMT. If you plan to use a cell phone to call the Hike Inn, this may be the only place you can call from, and even then, it is not for certain you will get service here.

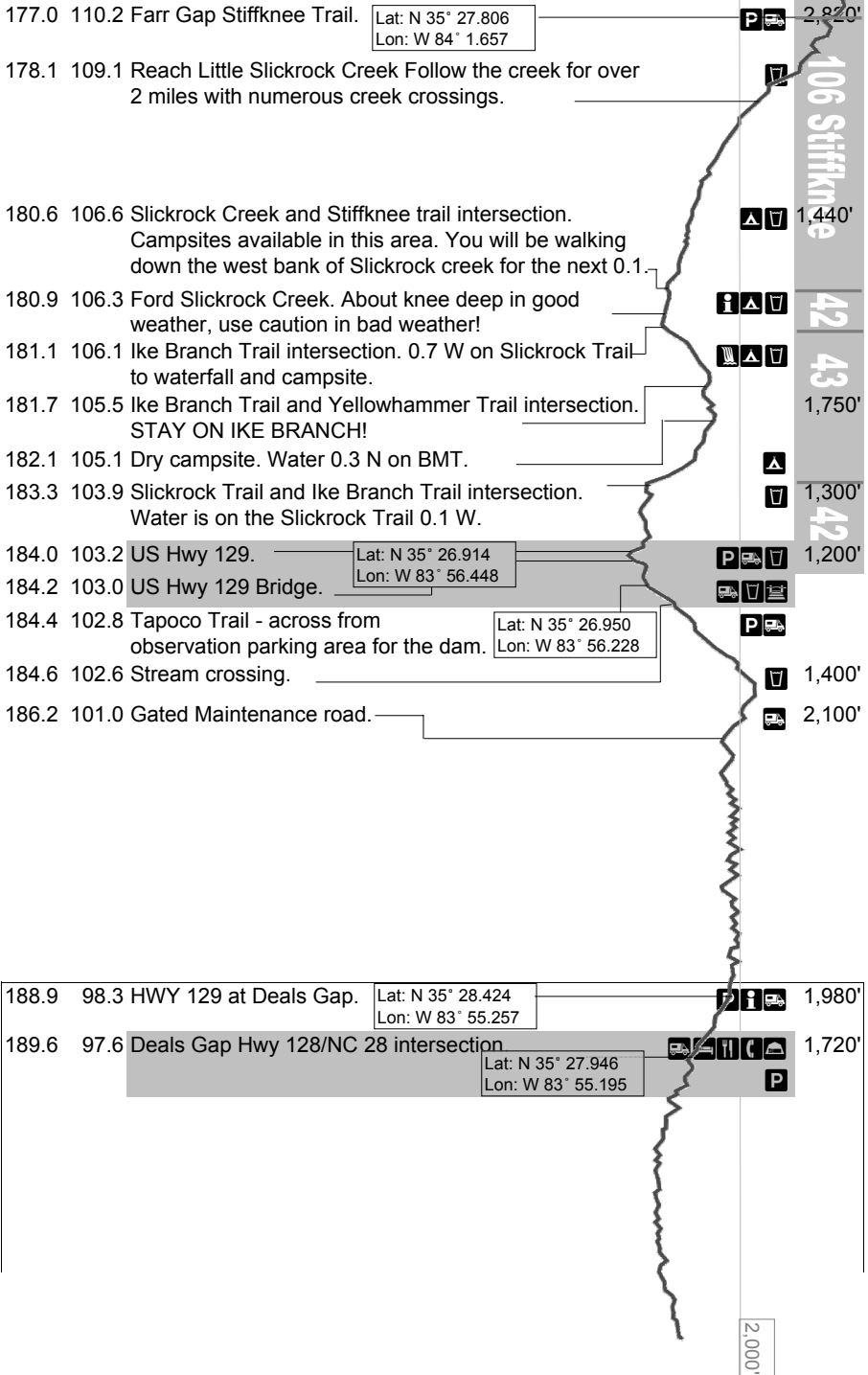
189.6  Deals Gap US 129/NC/28 intersection.  
    Lodging and Meals - The Dragons Den at Deals Gap. (On BMT). Deals Gap Motorcycle Resort 17548 Tapoco Rd, Tapoco, NC 28771. 800-889-5550. Open late 1 Mar to mid Nov. The Dragon Den Grill hours Mo-Th: 8a to 7p Mo-Th, Fr-Su 8a-8p. Lodging is available at the Deals Gap Motorcycle Resort - but they are almost always full, so do not expect to get a room unless you have a reservation. Rates \$59 single/couple + \$10 PP. Fresh water is available outside the outdoor bathroom which is in front of the motel. Camping is allowed on the grounds for \$12 per tent and includes use of showers. A phone is on the wall between room 8 and 9 that is free to use (even when the Lodge is closed for the season) for local calls, or long distance if you have a calling card. You can use this phone to call Fontana or the Hike Inn. e-mail: info@dealsgap.com - web site: www.dealsgap.com

 In season you may be able to call the Hike Inn for a shuttle to their location for better re-supply and services more tailored to hikers. The Ranger Station is closer to Fontana Village but there is no phone service from that location other than for park reservations.

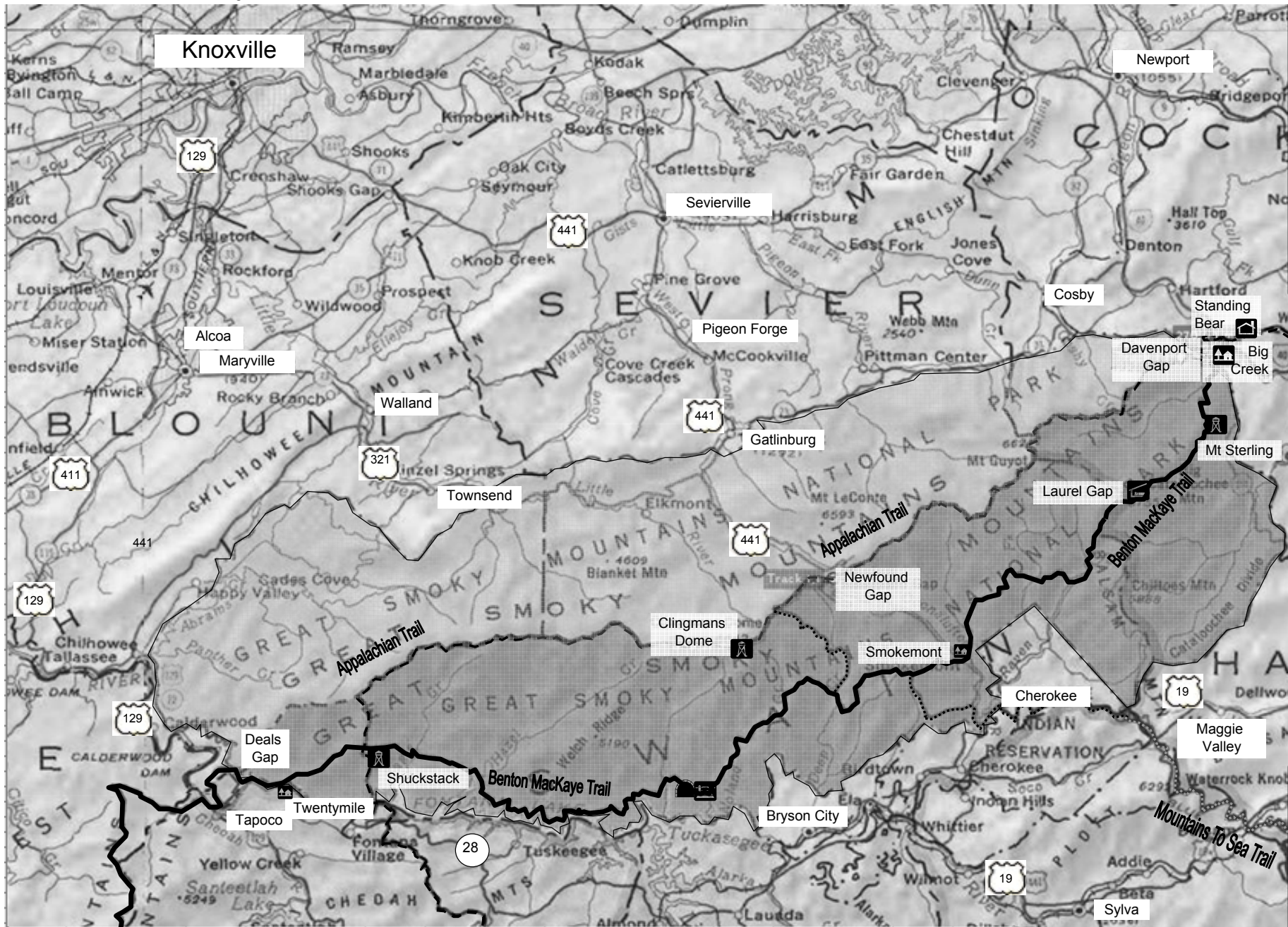
192.4     Twentymile Ranger Station. Station is not manned most of the year. Self register here for your trip through the Smokies, the phone here can only call park emergency and reservations. Use caution on this road walk between Deals Gap and the Ranger station - heavily traveled road for such a remote location and the shoulders are often narrow. From here it is 6.0 E to Fontana Village on NC 28 (see page 44).

S to N N to S Features

Elev.



# Great Smoky Mountain National Park



Map created using TOPO! Software ©2009 National Geographic Maps and used with permission. To learn more visit <http://www.natgeomaps.com>.

### Appalachian Long Distance Hikers Association (ALDHA)


If you have been hiking long trails for a while, you have probably already heard of ALDHA, but if you haven't...

The Appalachian Long Distance Hikers Association began in 1983 as an off-trail family of fellow hikers who've all shared similar experiences, hopes and dreams on the Appalachian Trail and other trails. Membership in this nonprofit group is open to all. Members get together each fall for the Gathering, where folks share their experiences through workshops and slides.





If you enjoy hiking long distance, or even if you are just interested in hiking (not all members of ALDHA are hikers) then you might want to look into ALDHA and the Gathering even more at:



[www.aldha.org](http://www.aldha.org)






197.4

 Lost Cove Trail Jct. / Sassafras Gap. 4.5 S on AT to N.C. 28 Fontana Dam, NC 28733 and access to Fontana Dam services.

#### The following services are 4.5m S on the AT at Fontana Dam/NC 28.

    Fontana Dam Shelter and Visitors Center. Sleeps 20. Bathroom with showers nearby. Snacks also available at the Visitor Center.

  Friendly Fields General Store. Directions: 5.0 E on NC 28. 4268 Fontana Rd, Fontana Dam, NC 28733. 828-479-6700. Open 7a–7p year-round. Services: phone, Coleman and alcohol fuel, ST resupply, snacks and baked goods, Lunch available in season. [www.friendlyfieldsstore.com](http://www.friendlyfieldsstore.com)

     The Hike Inn. Directions: 6.0 E on HWY 28. 3204 Fontana Rd, Fontana Dam, NC 28733. 828-479-3677. Open Feb 15–Dec 1, other dates by reservation only. A hikers-only inn, owned and operated by Jeff and Nancy Hoch. Thru-hikers, call from Deals Gap or Toccoa for reservations. Five rooms with max 2 per room. No credit cards. Thru-hikers (check in by 5p, check-out 9a - firm), \$60S, \$75D. Rate includes shuttle to and from dam, one load of laundry, evening shuttle to Robbinsville for dinner and supplies. Section-hikers, \$40S/D (room only). Packages accepted c/o Hike Inn. Mail service \$30 for nonguest. Shuttles, slack-pack, Coleman and alcohol fuel, Internet access available. [hikeinn@graham.main.nc.us](mailto:hikeinn@graham.main.nc.us) - [www.thehikeinn.com](http://www.thehikeinn.com)

### Mountains-to-Sea Trail

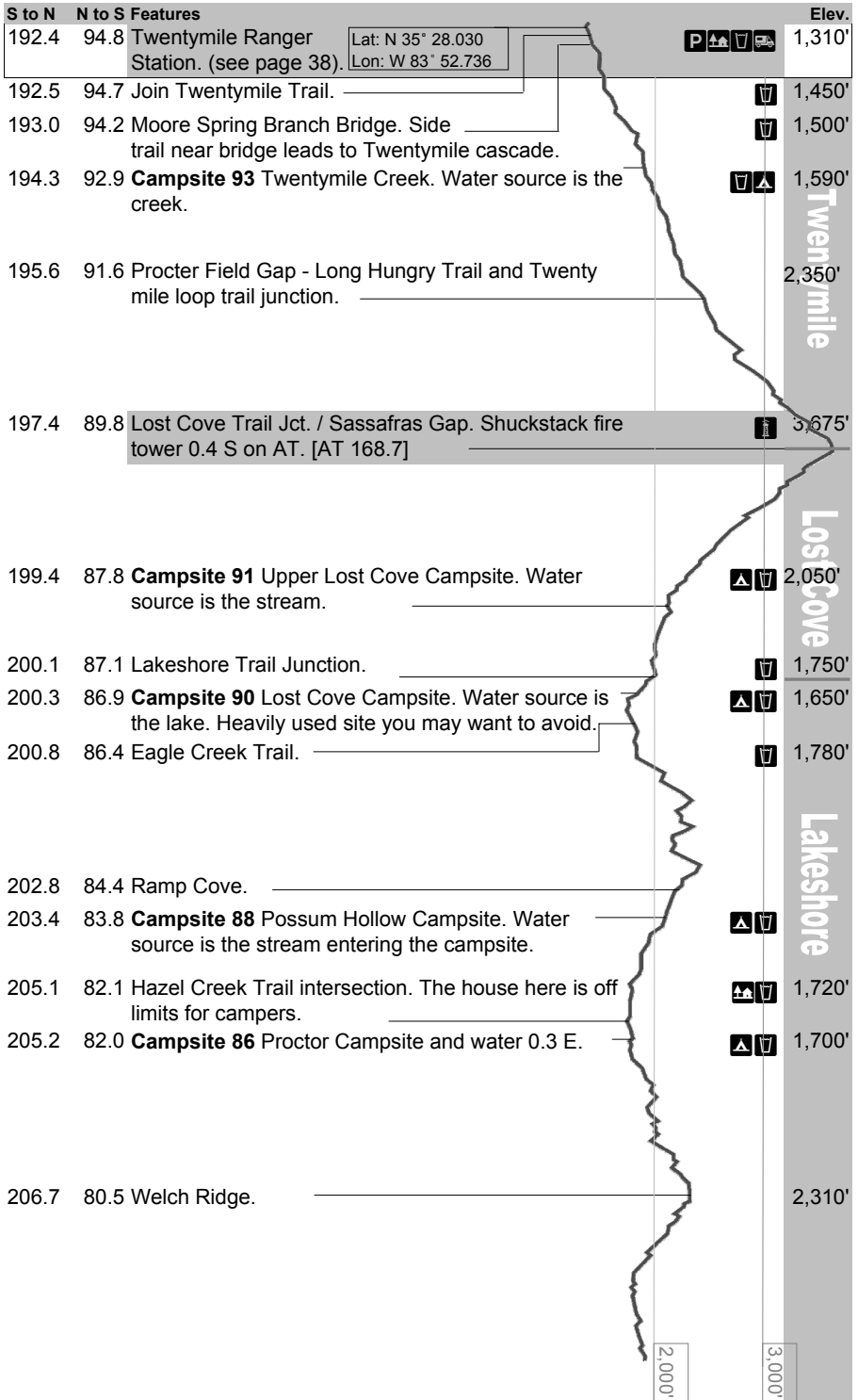
The Mountains-to-Sea Trail stretches 1,000 miles from Clingmans Dome in the Great Smoky Mountains to Jockey's Ridge on the Outer Banks. Today, more than 500 miles of footpath are built. With temporary connectors on back roads and state bike routes, people can now hike across the state. Friends of the Mountains-to-Sea Trail brings together volunteers and communities to help build this simple footpath across North Carolina.

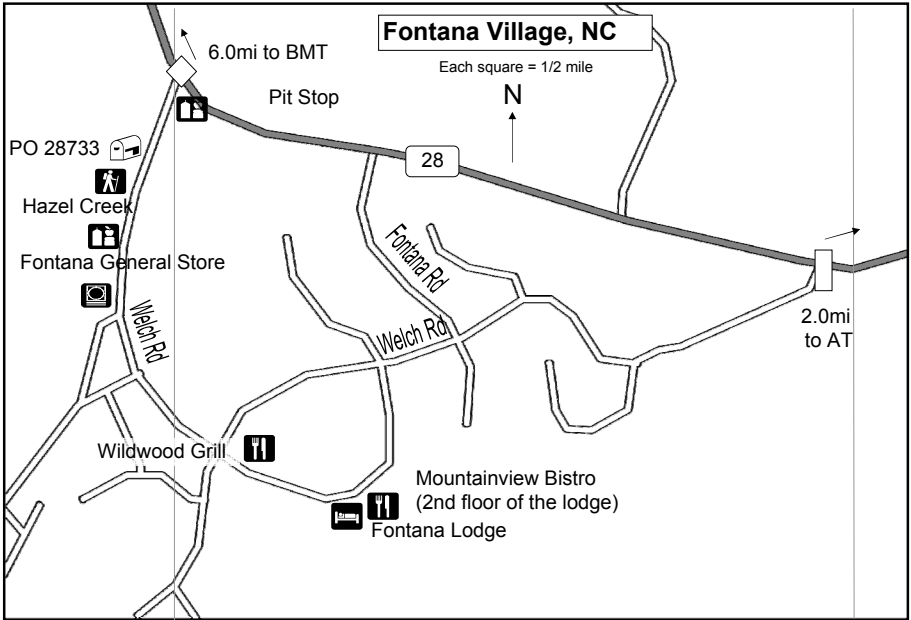
The BMT joins the MST for a short section in the GSMNP. For more information about the MST, please visit their website at: [www.ncmst.org](http://www.ncmst.org)

If you plan to hike the Mountains to Sea Trail, I suggest you check into Scott "Tabá" Ward's guide at:

[www.thru-hiker.us/Home](http://www.thru-hiker.us/Home)







**Fontana Village Resort.** 6.0 E on NC 28 from Twentymile Ranger Station. Fontana Village specializes in servicing AT thru-hikers during hiker season so it is a logical place for resupply. Some services may be closed or be under reduced hours during off-season. 800-849-2258. [www.fontanavillage.com](http://www.fontanavillage.com)

Post Office - 50 Fontna Rd, Fontana Dam, NC ZIP 28733. 828-498-2315. Mo–Fr 8:30a–4:30p, Sa 10a–12p.

Lodging - Fontana Inn. 800-849-2258. Price per room: Su-Th \$89, Fr-Sa \$109 (May-Aug) Su-Th \$79 Fr-Sa \$99 (Apr&Sep-Nov) Su-Th \$69 Fr-Sa \$89 (Dec-Mar). Cabins start at \$129.

Fontana General Store. 828-498-2211. Small grocery store with LT resupply. Seasonal Ice Cream shop. In peak hiker season supplies may be limited. Mar-May & Sep-Oct: Daily 9a-6p, Jun-Aug: Daily 8:30a-10p, Nov-Dec: Fr-Su 9a-6p, Closed Jan-Feb.

Hazel Creek Outfitter. Limited hiker gear and stove fuels by the ounce - in the same building as the General Store with the same hours and seasons for opening.

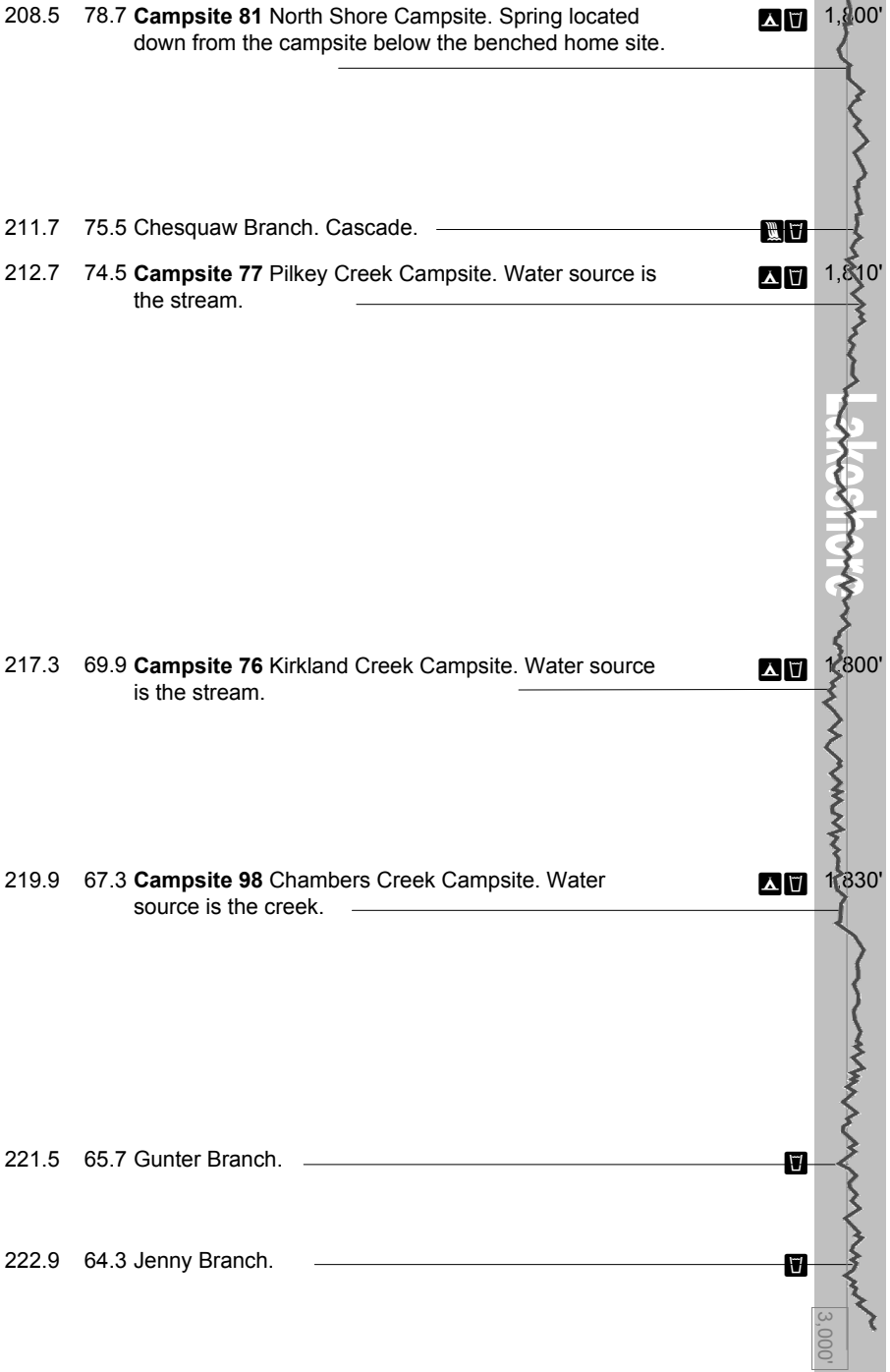
Hellbender Pit Stop. ST resupply and some meals. Daily 9a-5p.

Shuttle to and from Fontana Marina for \$3. Call outfitter and dial EXT 265 from the marina pay phone. NOTE: the Fontana Shuttle will not come to Deals Gap or Twentymile Ranger Station. If you want a ride from either of these locations you need to arrange a shuttle from the Hike Inn.

Wildwood Grill. Open May to Sep. Lunch and dinner seven days a week.

Mountainview Bistro. Pricy food. Located on the second floor of the lodge.

Coin laundry next to store. Open 7 days a week in hiker season 9a-9p.





### The Great Smoky Mountains National Park

**i** GSMNP Notes - You MUST have a Backcountry Permit in your possession while camping in the backcountry. These are easily obtained at the Ranger Stations in the Park. Some campsites and the sole shelter on the BMTA are rationed. This means that you MUST make a reservation through the Backcountry Registration Office at 865-436-1231 for the campsite and date(s) you request. The BMT thru-hiker cannot simply put "Thru-Hiker" on their reservation and hike through like AT thru-hikers can - so make sure you get your reservations straight before setting out through this section. You can stay up to three nights at a campsite, but only one night at a shelter. Tenting is not allowed at the Laurel Gap Shelter. The reverse of the Trail Map, which is available at the ranger station when making your reservations, gives the information necessary to have a safe and proper hike. Please take the time to read it.

When you go to make your reservations be flexible. Some sites are ration only for a reason: many people like to camp there. You may also find yourself competing with the wildlife - often back country campsites are closed due to aggressive bear activity. You can check for campsite closings due to bear activity here: [www.nps.gov/grsm/planyourvisit/temproadclose.htm](http://www.nps.gov/grsm/planyourvisit/temproadclose.htm) (I know it says road closure in the link).

Remember that the backcountry is just that. You may find that trails signs are misleading or missing, trails may be indistinct, etc. You need to be experienced with map reading and compass skills to ensure following the correct trails. In many areas, cell phones are not usable, so it is a real wilderness experience. If you are not prepared for that, I suggest that you take other trails for experience before tackling the BMT. Rescues in the GSMNP are difficult and lengthy. Preparation is the best prevention.

The majority of the trail is joint Hiker/Horse Trail. Although horse usage is fairly low, it is permissible, and possible as shown on the map. This includes sharing campsites with horses as well. Be prepared for sharing your space with these animals and horse packers. When meeting horses on the trail it is best to give them the right of way as horses are easily spooked by backpackers. Horses are not normally accustomed to meeting people with large packs on their backs and it can sometimes cause them to panic. The best thing to do is take a knee off to the side the trail and allow the horses to pass when encountering horse packers.

A special note on Campsite 72 (Gunter Branch) - many people who I have talked to have picked this campsite to use when hiking the BMT in the Smokies. They do this because it looks like it is on the BMT according to the trail map. IT IS NOT ACCESSIBLE FROM THE BMT. You need a boat to get to it. Plan accordingly.

Last note - Dogs are not allowed in the backcountry of the GSMNP. If you plan to hike the BMT with a dog, you should plan accordingly. Here are some kennel services available in the area:



Standing Bear Farms - see page 58.



Appalachian Services - see page 52.



Rippling Water Kennels - Owners David and Peggy Roderick will pick up and kennel your dog for up to one week for \$250 with non-refundable deposit. Reservations Required 828-488-2091. [www.ripplingwaterkennel.net](http://www.ripplingwaterkennel.net)



Loving Care Kennels located at 3779 Tinker Hollow Rd, Pigeon Forge, TN 37863. 865-453-2028. They will pick up your dog at Deals Gap or Fontana and return it to Davenport Gap. \$300 for one dog \$450 for two. Will also hold maildrops and deliver at pickup/return or do some shopping for you. Please call at least 2 days in advance. [www.lovingcarekennels.net](http://www.lovingcarekennels.net)

S to N	N to S Features	Elev.
226.4	60.8 <b>Campsite 74</b> Lower Forney Creek Campsite. Picnic tables. Water source is the creek.	1,850'
226.5	60.7 Bear Creek Trail intersection.	
227.5	59.7 Whiteoak Branch Trail.	
229.3	57.9 Tunnel north end - leave Lakeshore Trail.	2,140'
	Lat: N 35° 27.594 Lon: W 83° 32.360	
230.0	57.2 Noland Creek Trail and Lakeshore Drive Junction.	1,790'
	Lat: N 35° 27.490 Lon: W 83° 31.624	
	(See page 48)	
231.2	56.0 <b>Campsite 65</b> Bearpen Branch Campsite. Picnic tables and fire rings. Water source is the creek.	2,000'
233.5	53.7 <b>Campsite 64</b> Mill Creek Campsite at Slaughterhouse Branch Trail intersection. Picnic tables, cable hoists, and fire rings. Water source is the creek.	2,480'
234.9	52.3 <b>Campsite 63</b> Jerry Flats Campsite. Water source is the creek.	2,820'
236.1	51.1 <b>Campsite 62</b> Upper Ripshin Campsite. Water source is the creek.	3,150'
237.4	49.8 <b>Campsite 61</b> Bald Creek Campsite (RATIONED) Water source is two creeks at the camp.	3,500'
238.4	48.8 Noland Divide Trail intersection. Continue on Pole Road Creek Trail.	4,240'

Lakeshore

Noland Creek


Pole Creek Rd

2,000'


3,000'


4,000'


Bryson City, NC - 7.8 E This is a hard hitch due to low traffic. Bryson City, NC is a bit out of the way for the BMT hiker but it is a resupply option if needed. Bryson City even offers a full service outfitter outside the city.


 Post Office - 130 Slope St, Bryson City, NC 28713. 828-488-3481. Hours: 830a-5p Mo-Fr 10a-12p Sa.


 AYCE - Yummi's Chinese Buffett. 33 Rector St, Bryson City, NC 28713. 828-488-1240.


 Shuttle - Jude Julius - Bryson City, NC (2 miles from A.T. at Wesser/NOC) 828-488-6399 (H) 828-736-0086 (C) Springer Mtn, GA to Hot Springs, NC. Call for rates.


 Calhoun County Inn - 135 Everett St, Bryson City, NC 28713. 828-488-1234. Rates: \$75pp+ shared bathroom. No pets. [www.calhouncountryinn.com](http://www.calhouncountryinn.com)


 Rosewood Inn - 265 Main St, Bryson City, NC 28713. 828-488-2194. No Pets. [www.greatsmokies.com/rosewoodinn](http://www.greatsmokies.com/rosewoodinn)


 Mountain Laurel Inn - 250 Main St, Bryson City, NC 28713. 828-488-7600.


 Relax Inn - 40 Highway 19, Bryson City, NC 28713. 828-488-2127. Room \$50+ [www.brysoncitymotel.com](http://www.brysoncitymotel.com)


 Dollar General - 255 Everett St. Bryson City, NC 28713. 828-488-5767. LT resupply.


 Super Saver - 240 Highway 19 S, Bryson City, NC 28713. 828-488-6415. LT resupply.


 IGA - 345 Main Street, Bryson City, NC 28713. 828-488-2584. LT resupply.

 Medical Care - Swain Medical Center. 45 Plateau St Ste 250, Bryson City, NC 28713. 828-488-4205. Notes: this is a small medical complex in town.


 Outfitter - Nantahala Outdoor Center. This outfitter is very experienced in supplying Appalachian Trail hiker because the AT passes through its facilities. 828-488-6900 13077 Highway 19 W, Bryson City, NC 28713. Directions: From the center of town it is 13.0 miles W on HWY 19W. [www.noc.com](http://www.noc.com)

 Bryson Pharmacy - 200 Highway 19 S Bryson City, NC 28713. 828-488-1705.

 Freds - 250 Highway 19 S, Bryson City, NC 28713. 828-488-0511.

 Kerr Drugs - U.S. 19, Bryson City, NC 28713. 828-488-0844. Mo-Fr: 8a-8p, Sa: 8a-6p, Su: 1p-6p.

 Joe & Kates Laundromat - 80 Bryson Street, Bryson City, NC 28713. 828-488-3700.

 Fontana Regional Library - 33 Fryemont Street, Bryson City, NC 28713. 828-488-2382. Mo&We: 10a-530p, Tu&Th: 10a-7p, Fr&Sa: 10a-4p. [www.fontanalib.org](http://www.fontanalib.org)

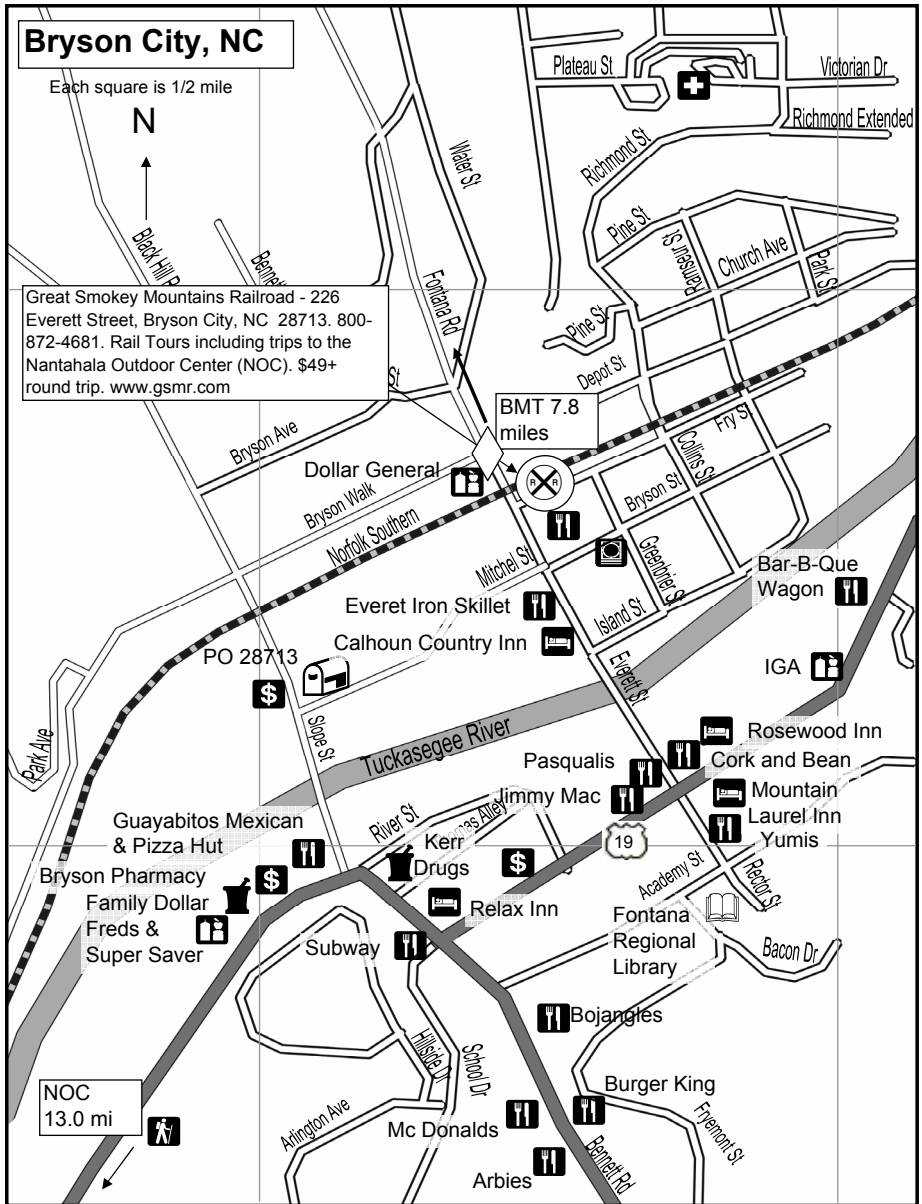
# Bryson City, NC

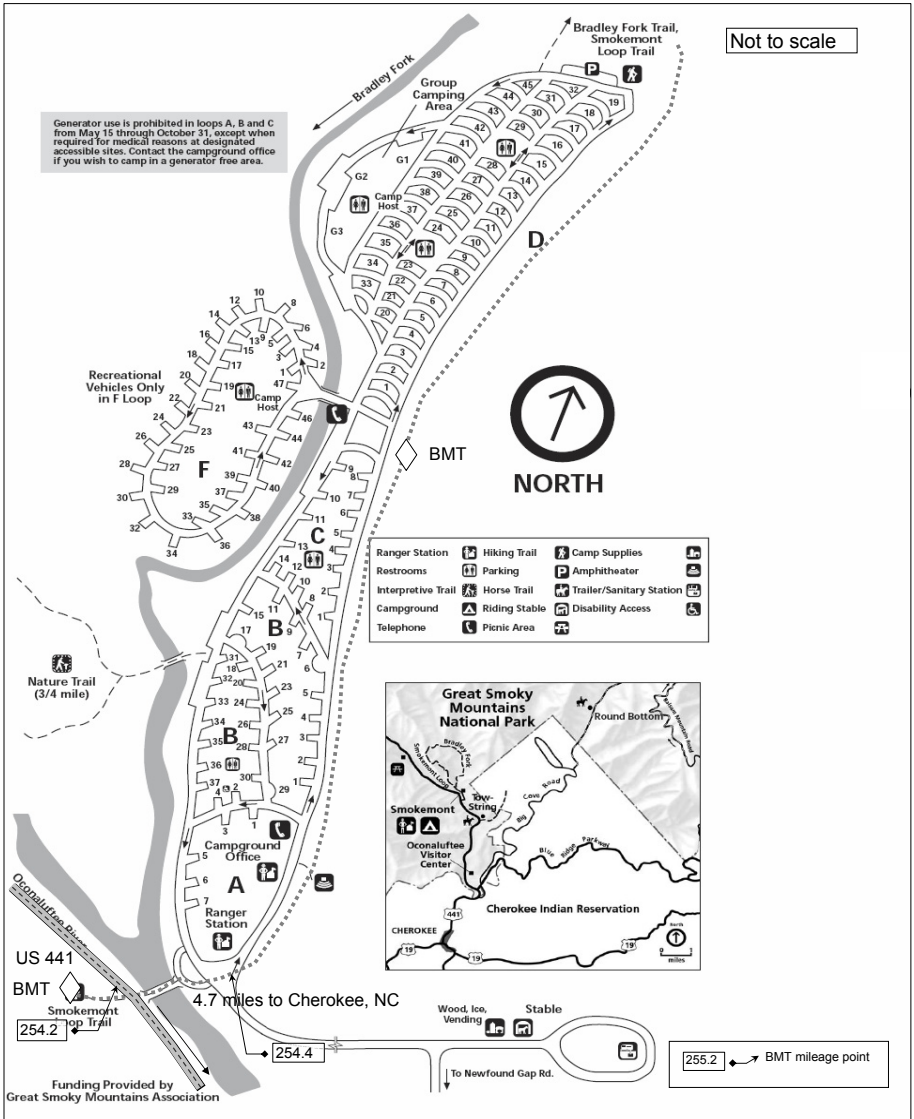
Each square is 1/2 mile

N



Great Smokey Mountains Railroad - 226 Everett Street, Bryson City, NC 28713. 800-872-4681. Rail Tours including trips to the Nantahala Outdoor Center (NOC). \$49+ round trip. [www.gsmr.com](http://www.gsmr.com)

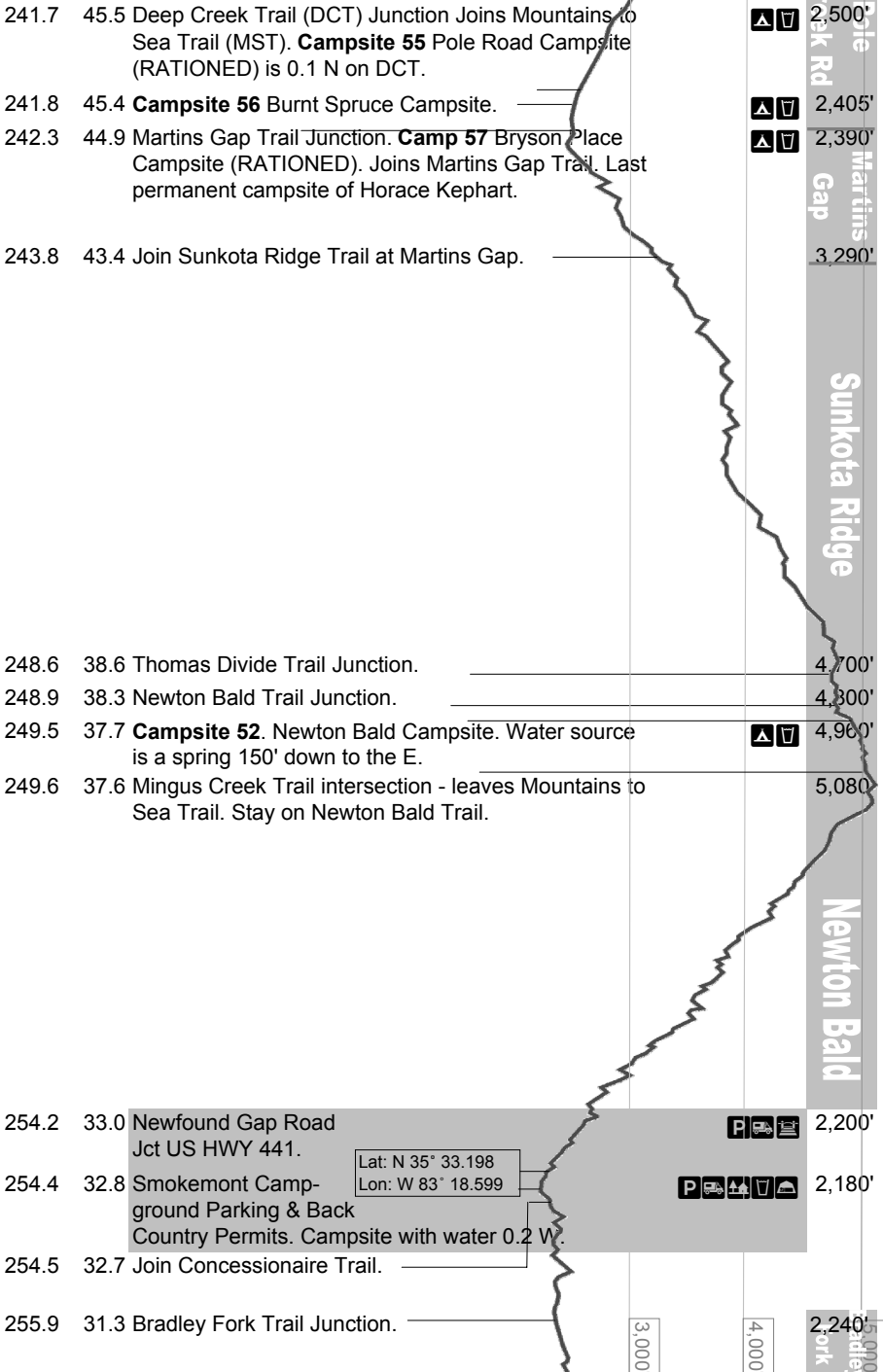




Map courtesy of the National Park Service


- 254.2 Newfound Gap Road Jct US HWY 441. 4.7 E to Cherokee, NC (see page 52 & 53) and 21.0 W to Gatlinburg, TN (see page 54 & 55).
- 254.4 Smokemont Campground Parking & Back Country Permits. Campsite with water 0.2 W. Campsites \$17 and up. Open year round. There is a phone here but it only calls to backcountry reservations. Cell reception here is not guaranteed.
- Snacks and ice at the camp store. Open year round.








**Cherokee, NC** 4.7 E on US Hwy 441. Cherokee is a tourist town that is VERY spread out. There are lots of services, but getting around is not so easy for a hiker. There are also many lodging choices, too many to list or keep up with. Many are shown on the town map and a few have been listed because of how close they are to the trail or for services offered. [www.cherokee-nc.com](http://www.cherokee-nc.com)

**S** Cherokee Transit - Shuttle service that runs between Cherokee and Gatlinburg. Can shuttle back and forth to the trail or over to Gatlinburg if you need an outfitter, see Gatlinburg entry if you need those services. 866-388-6071. Operates 1 May to 31 Oct. Cost is \$7 one way or \$13 round trip between the towns or any shorter distance such as a shuttle to/from the BMT at Smokemont. Also operates a \$1 in town service to get you around to services in Cherokee. [www.cherokeetransit.com](http://www.cherokeetransit.com)


 Appalachian Services - Bill "GryWolf" Johnson, P.O. Box 712 - Whittier, NC 28789. 828-507-5747. Adding a new hostel for 2011 season with limited tenting available, \$15 per night which includes one meal, shower, laundry, and shuttle to/from Cherokee Transit - hostel will be open year round. Year round shuttle service, 7 days/week. 24 hour emergency assistance available - flat rate \$35 to Newfound Gap or locations between such as Smokemont on the BMT and \$45 to Clingmans Dome. Covers the entire BMT, negotiate price and distance. Ferry, package drop & resupply, canine shuttle/kennel and vehicle relocation/storage. Airport, bus, train shuttles to/from most stations between Atlanta GA and Damascus VA. [www.appalachianservices.com](http://www.appalachianservices.com) email: [appalachianservices@msn.com](mailto:appalachianservices@msn.com)

 Exxon Big Bear Mart - 1607 Arquoni Rd, Cherokee, NC 28719. 828-497-4563. LT resupply.


 Exxon Minimart - 719 Seven Clans Ln, Cherokee, NC 28719. 828-497-6569. ST resupply.


 Food Lion - 16 Cherokee Crossing, Cherokee, NC 28719. 828-497-4743. Mo-Sa: 7a-11p, Su: 7a-11p. LT resupply.


 BP Minimart - 1192 Tsali Boulevard, Cherokee, NC 28719. 828-497-5524. ST resupply.


 AYCE: Stockyard Stake and Seafood - 288 Paint Town Rd. Cherokee, NC 28719. 828-497-2878.


 AYCE: Little Princess - 1681 Acquoni Rd, Cherokee, NC 28719. 828-497-9000.


 AYCE: New Happy Gardens Chinese - 1655 Acquoni Rd, Cherokee, NC 28719. 828-497-4310.


 US Post Office - 671 Tsali Blvd Cherokee, NC 28719. 828-497-3891 hours: 9a-430p Mo-Fr 10a-1130a Sa.


 Medical Care - Eastern Band of Cherokee Indians: Urgent Care Center. 75 Paint Town Rd, Cherokee, NC 28719. 828-497-9036.

 Great Smokies Inn - 1636 Acquiona Rd. Cherokee, NC 28719. 828-497-2020 \$60pp. Laundry on site and internet connected guest computer available.

 Microtel Inn and Suites - 674 Casino Dr, Cherokee, NC 28719. 828-497-7800. \$65, higher on weekends. Includes breakfast and phone. Coin laundry on site. \$10 one way shuttle.

 Cherokee Lodge - 1595 Acquiona Rd. Cherokee, NC 28719. 828-497-2226. \$69pp. [www.cherokeelodgenc.com](http://www.cherokeelodgenc.com)

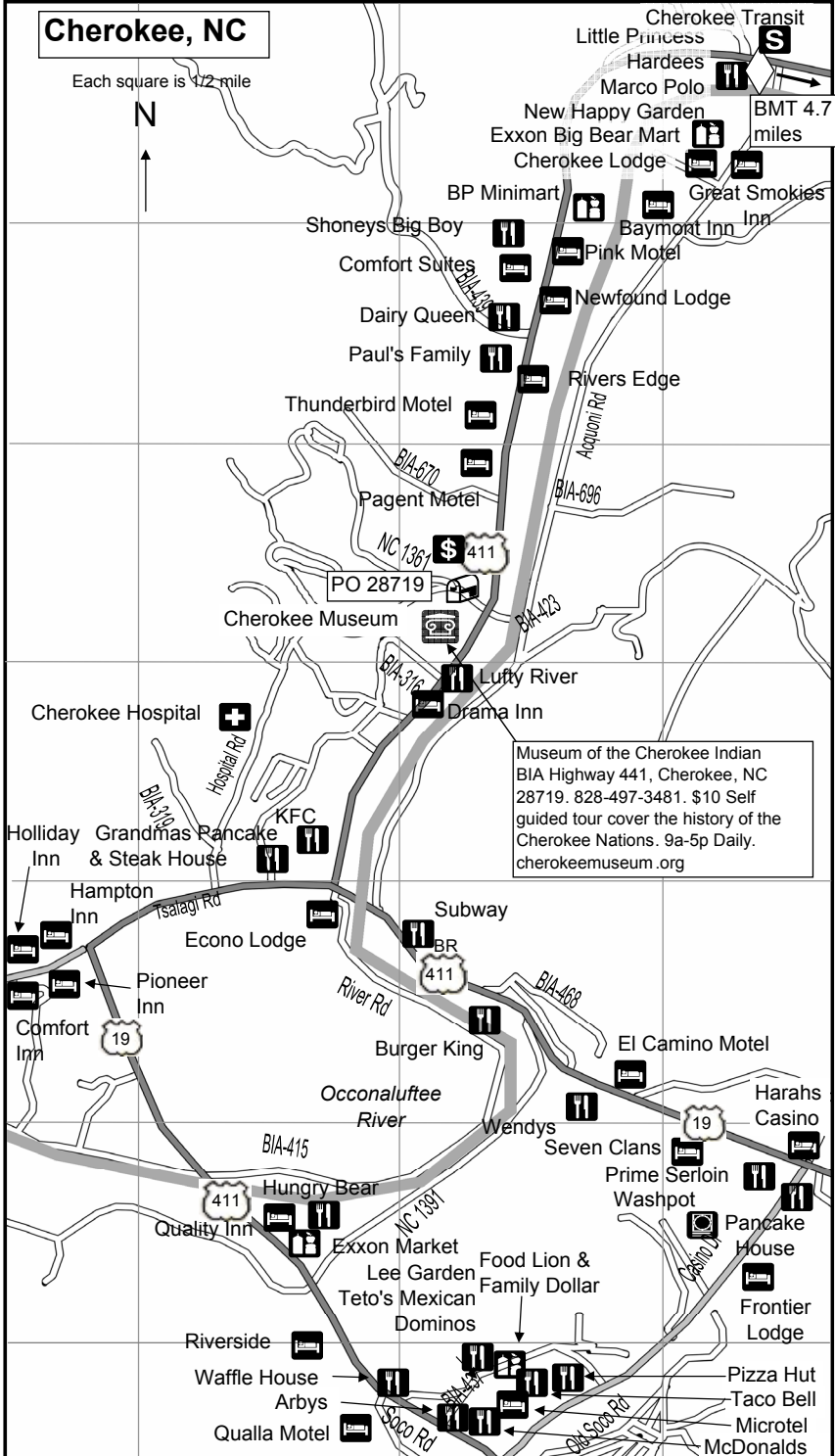
 Baymont Inn Cherokee/Smoky Mountains - 1455 Acquiona Rd, Cherokee, NC 28719. 828-497-2102. \$59. Accepts mail drops for guests - contact ahead of time. Other lodging options available as well.

 Harrah's Hotel & Casino - 777 Casino Drive, Cherokee, NC 28719. 828-497-7777. \$69+. Everything you would expect from a casino from live entertainment to gambling. [harrahscherokee.com](http://harrahscherokee.com)

 Washpot Laundry - RR 19, Cherokee, NC 28719.


# Cherokee, NC



Each square is 1/2 mile







Museum of the Cherokee Indian  
BIA Highway 441, Cherokee, NC  
28719. 828-497-3481. \$10 Self  
guided tour cover the history of the  
Cherokee Nations. 9a-5p Daily.  
[cherokeemuseum.org](http://cherokeemuseum.org)



**Gatlinburg, TN** Directions: 21.0 W on US Hwy 441. Notes: Gatlinburg is a town of moderate size with most services needed by long-distance hikers and is used to providing services for AT thru-hikers. There are more services such as hotels and restaurants in town than those that are listed here, but the list has been intentionally kept short for space. It is a little harder to get to than Cherokee but is available for hikers that cannot find space in Cherokee or need to get to an outfitter. [www.ci.gatlinburg.tn.us](http://www.ci.gatlinburg.tn.us)


 Town trolley - \$2 for all day pass or 50 cents per ride, exact change only. Hub near Ripley's Aquarium. Stops 3-10 are made every 25 minutes at all major intersections which are numbered in town. Stop 1a is by Soap and Suds and stop 10 is by the NOC.


  Nantahala Outdoor Center (NOC) Great Outpost - 1138 Parkway, Gatlinburg, TN 37738. 866-349-5370 or 865-736-0103 or 865-277-8209. Full service outfitter that offers free showers and pack storage. Mo-Sa: 9a-9p, Su: 10a-6p. [www.noc.com/nocs-great-outpost](http://www.noc.com/nocs-great-outpost)


   Smokey Mountain Outfitters - 206 Long Branch Rd, Gatlinburg, TN 37738. 865-430-2267. Full service outfitter selling and repairing gear. Sells Coleman fuel and alcohol by the ounce. Will hold mail drops. Open 7 days a week 8a-6p. Runs area shuttles \$75 round trip from Cherokee, price covers 1-8 people. [www.smokymountainoutfitter.net](http://www.smokymountainoutfitter.net)


 A Walk in the Woods - Vesna and Erik Plakanis shuttle anywhere in GSMNP. 865-436-8283 [www.awalkinthewoods.com](http://www.awalkinthewoods.com)



  Food City - 1219 East Parkway, Gatlinburg, TN 37738. 865-430-3116. Daily 8a-12a. LT resupply.






 Parkway Market - 1127 Parkway, Gatlinburg, TN 37738. 865-436-6364. LT resupply.



 Whole Earth Grocer - 446 E Parkway, Gatlinburg, TN 37738. 865-436-6967. Mo-Fr: 10a-6p, Sa: 10a-5p, Su: 11a-3p. LT resupply.




 AYCE - Shoney's - 705 Parkway, Gatlinburg, TN 37738. 865-436-5859.

 AYCE - Bennett's Pit Bar-B-Que - 714 River Road, Gatlinburg, TN 37738. 865-436-2400 [www.bennetts-bbq.com](http://www.bennetts-bbq.com)



  Bales Motel - 221 Bishop Ln. Gatlinburg, TN 37738. 800-458-8249. Hotel next door allows guests to use laundry. Will hold drops for guests arranged in advance \$30 and up ask for hiker rate. No pets. [www.balesmotel.com](http://www.balesmotel.com)

     Grand Prix - 235 Ski Mountain Rd, Gatlinburg, TN 37738. 865-436-4561 offers shuttles, internet computer, and laundry. \$30 and up. Will hold packages for guests. [www.grandprixmotel.com](http://www.grandprixmotel.com)


  Family Inn - 218 Ski Mountain Rd, Gatlinburg, TN 37738. 865-436-3300 or 800-468-6326. Will hold packages for guests arranged in advance. \$40 and up, pets \$10. [www.familyinnsgatlinburg.com](http://www.familyinnsgatlinburg.com).

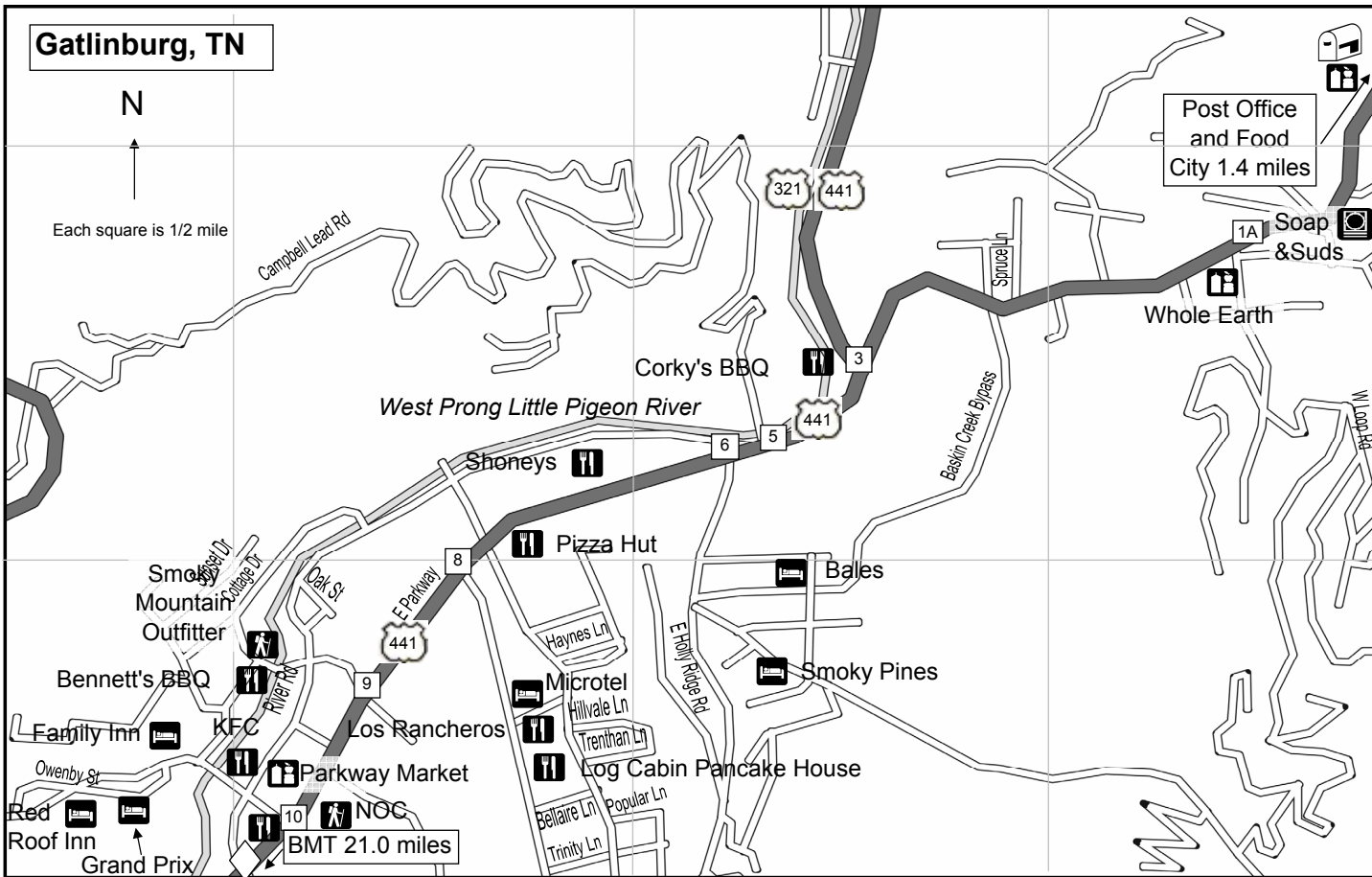
   Red Roof Inn - 309 Ownby St. Gatlinburg, TN 37738. 865-436-7813 Whirlpool Jacuzzi for guest use. Free breakfast. Accepts mail drops for guests \$45+, \$10 pets. [www.redroofgatlinburg.com](http://www.redroofgatlinburg.com)

   Smokey Pines Motel 344 Baskin Creek Rd, Gatlinburg, TN 37738. 877-678-3041. Hiker rate \$29S, \$39D. No pets. [www.smokypinesmotel.com](http://www.smokypinesmotel.com)

  Microtel Gatlinburg - 211 Historic Nature Trail-Airport Road, Gatlinburg, TN 37738. 865-436-0107. Call ahead on mail drops.

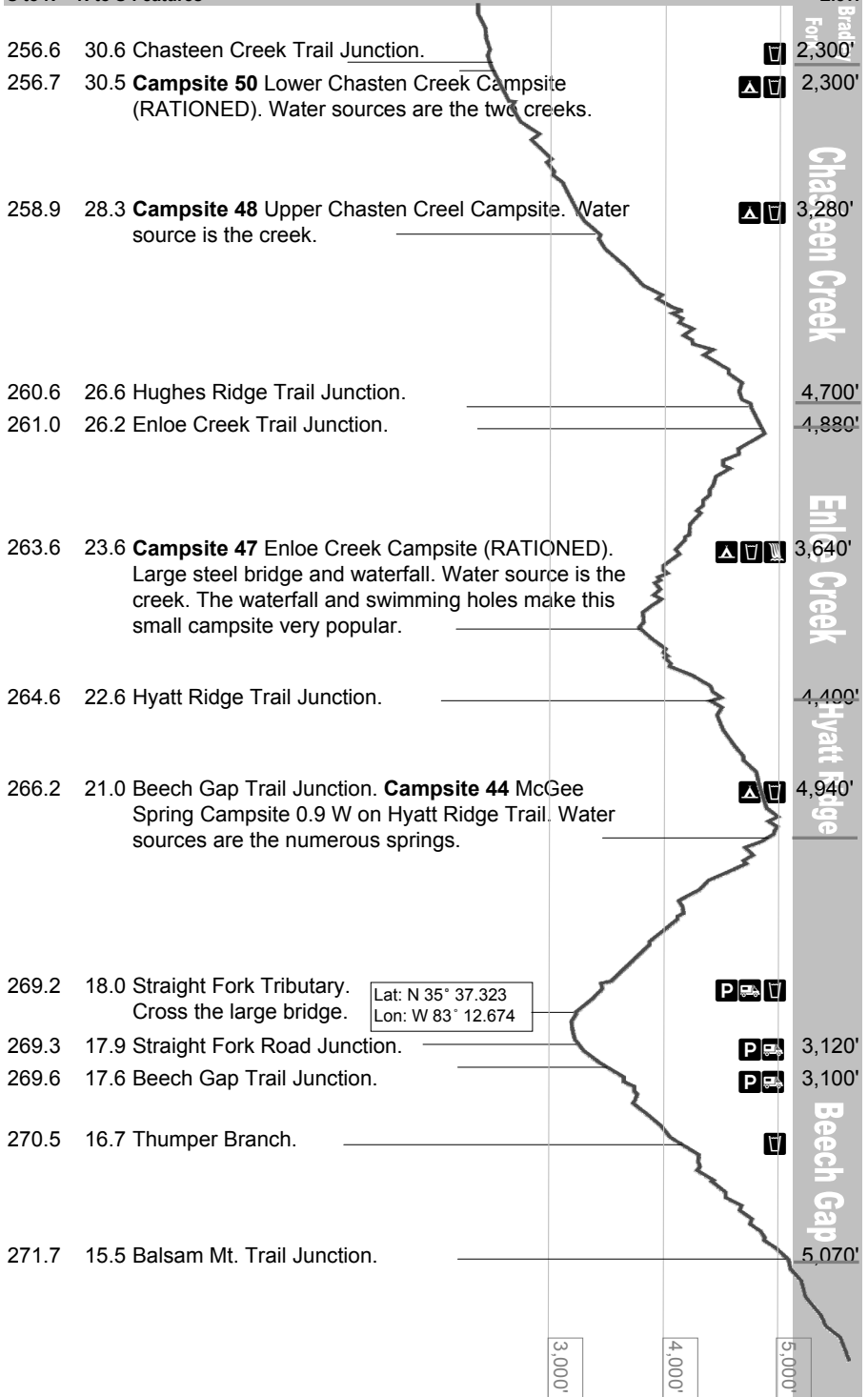
 Super Suds - 1357 East Parkway Ste 3, Gatlinburg, TN 37738. 865-436-2525.

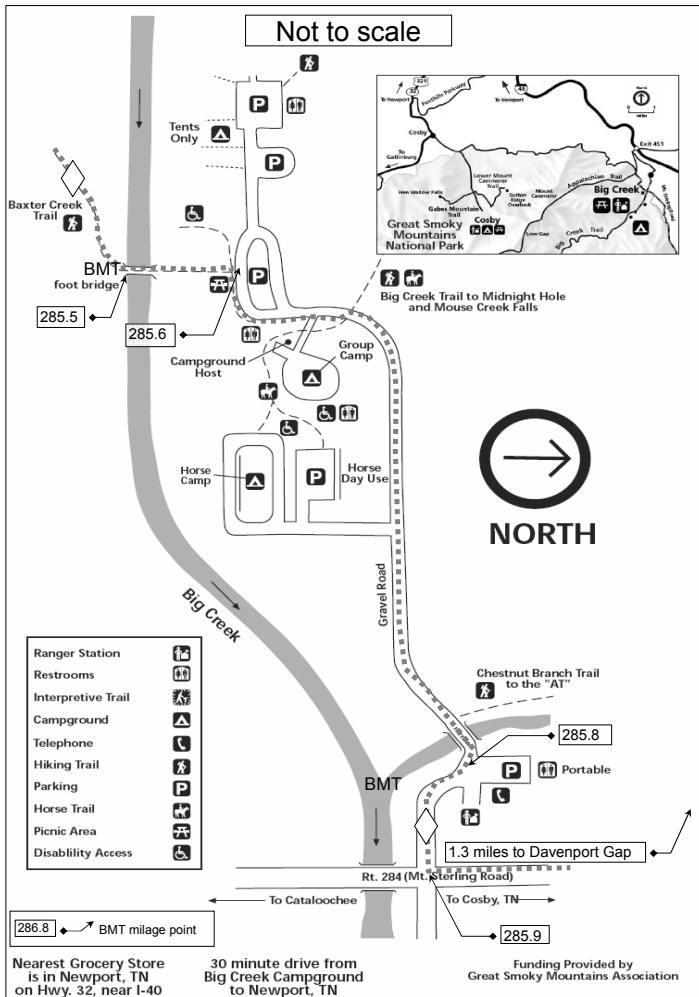
 US Post Office - 1216 E Parkway, Gatlinburg, TN 37738. 865-436-3229 hours: 9a-5p Mo-Fr 9a-11a Sa.



**Post Office List**

<u>Town</u>	<u>Zip Code</u>	<u>Milepoint</u>	<u>Address / Phone Number</u>	<u>Hours of Operation</u>
Suches, GA	30572	17.9	706-747-2611 3605 State Highway 60, Suches, GA	730a-430p Mo-Fr  730a-1130a Sa
Blue Ridge, GA	30513	49.2	706-632-2721 273 Orvin Lance Dr Blue Ridge, GA	800a-430p Mo-Fr  9a-12p Sa
Cherry Log, GA	30522	49.2	706-635-2705 300 Cherry Log St, Cherrylog, GA	730a-430p Mo-Fr  730a-1130a Sa
Ellijay, GA	30540	49.2	706-635-4356 801 Industrial Blvd, Ellijay, GA	830a-5p Mo-Fr  830a-1145a Sa
Ducktown, TN	37326	92.1	423-496-5467 1656 N Highway 68, Ducktown, TN	830a-4p Mo-Tu, Th-Fr  830a-12p We, Sa
Benton, TN (Parksville)	37307	92.1	423-338-5021 188 Main St, Benton, TN	8a-430p Mo-Fr  8a-12p Sa
Reliance, TN	37369	109.7	423-338-2373 Highway 30 Reliance, TN	See Page 24 Webb Brothers Float Service
Coker Creek, TN	37314	129.0	423-261-2286 12197 New Hwy 68 Coker Creek, TN	10a-2p Mo-Fr  10a-12p Sa
Tellico Plains, TN	37385	151.8	423-253-2218 171 Bank St, Tellico Plains, TN	830a-4p Mo-Fr  9a-12p Sa
Robbinsville, NC	28771	184.0	828-479-3397 74 Sweetwater Rd, Robbinsville, NC	830a-4p Mo-Fr  10a-12p Sa
Fontana Dam, NC	28733	197.4	828-498-2315 50 Fontana Rd, Fontana Dam, NC	830a-430p Mo-Fr  10a-12p Sa
Bryson City, NC	28713	230.0	828-488-3481 130 Slope St Bryson City, NC	830a-5p Mo-Fr  10a-12p Sa
Cherokee, NC	28719	254.2	828-497-3891 671 Tsali Blvd, Cherokee, NC	9a-430p Mo-Fr  10a-1130a Sa
Whittier, NC	28789	254.2	828-497-7627 22 Main St, Whittier, NC	9a-4:30p Mo-Fr  9a-12p Sa
Gatlinburg, TN	37738	254.2	865-436-3229 1216 E Parkway Gatlinburg, TN	9a-5p Mo-Fr  9a-11a Sa
Hartford, TN	37753	287.2	423-487-2180 3603 Hartford Rd, Hartford, TN	830a-345p Mo-Fr  9a-11a Sa





Map courtesy of the National Park Service

285.6 North to Big Creek Campsite \$14 per site. Open 15 Mar - 31 Oct.

287.2 Davenport Gap intersection with the Appalachian Trail. Campsite with water 0.7 E, Lodging and Meals 2.4 E at Standing Bear Hostel on AT.

Davenport Gap Shelter (RATIONED) with water 0.9 S on the AT.

Lodging - Standing Bear Hostel. Directions: 2.4 N on the AT then 0.1 W on Green Corner Rd to Hostel. 4255 Green Corner Rd., Hartford, TN 37753. 423-487-0014. Operated by Maria and Curtis Owen; \$20pp cabin, \$15 bunkhouse or tent site, includes hot shower, laundry, phone, Internet (\$1 for 15 min), kitchen; camp store with enough trail foods and LT resupply to get you to Hot Springs or Fontana, including stove fuels by the ounce plus cook-your-own pizzas and sandwiches; dog-friendly; shuttles available; parking \$2 per day; debit and credit cards accepted; for all services without stay, donations accepted; whitewater rafting trips on the Pigeon River and Zip line trips. Offers kennel service \$15 per day + \$125 for drop-off/pick-up at Fontana. Holds packages and has loaner packs available for day hiking and slack-packing. www.standingbearfarm.com - e-mail: curtisvowen@gmail.com



273.5 13.7 **Laurel Gap Shelter** (RATIONED). Sleeps 14. Water 500' on path in front of shelter. Bear hoists, picnic table, fire ring, inside fire place. No tenting at the shelter area.



5,070'  
5,413'

273.7 13.5 Mt. Sterling Ridge Trail Junction.

5,500'

277.7 9.5 Pretty Hollow Gap Trail intersection.

5,179'

279.0 8.2 Mt. Sterling Trail Junction.

5,700'

279.5 7.7 Mount Sterling Summit firetower Baxter Creek Trail Junction. **Campsite 38** Mount Sterling Campsite (RATIONED). Water source is located 0.2 N on the BMT then 0.2 W on a side path.



5,842'

284.0 3.2 Stream Cascade over creek.



285.5 1.7 Bridge over Big Creek. Picnic tables, toilets, garbage cans, and parking area all in this area.



1,715'

Lat: N 35° 45.051  
Lon: W 83° 6.533

285.6 1.6 Big Creek Road. Begin road walk.



1,700'

285.8 1.4 Big Creek Ranger Station. Phone for calling back country reservations.



Lat: N 35° 45.584  
Lon: W 83° 6.334

285.9 1.3 Tenn.32, N.C. 284.



1,975'

287.2 0.0 Davenport Gap intersection with the Appalachian Trail. Campsite with water 0.7 N, Davenport Gap Shelter 0.9 S. [AT 236.0]



2,020'

Lat: N 35° 46.235  
Lon: W 83° 6.662



Baxter Creek  
Mt. Sterling Ridge

## Shuttle Providers

I have included overview maps of the BMT in this guide with roads that cross the trail so that a hiker can navigate to the trail heads throughout the BMT corridor. This year I also tried to add GPS coordinates to all the known trail heads to make it a little easier to find them.

Additionally, I have been working with some of the regular AT shuttle people to help familiarize them with the BMT so that there are more options for hikers to make connections for their hikes. The following lists some that I have worked with in one way or another:

From south to north along the trail:

**S** Mountain Crossings at Neels Gap. 9710 Gainesville Hwy, Blairsville, GA 30512. 706-745-6095. Open 7 days a week. Mar-Oct 8:30a-6p, Nov-Feb 9a-5p. They usually have someone available that does trail shuttles in the north Georgia area.

**S** Survivor Dave's Trail Shuttle - 678-469-0978. AT and BMT shuttle service to/ from Atlanta, Gainesville Bus/AMTRAK terminal, and North Springs MARTA station to Amicalola Falls State Park, Springer Mountain (AT and BMT) as far North as Blue Ridge, GA. and Fontana Dam NC.. Can stop at outfitters and grocery (time permitting). Call for rates and info. 24 hours notice please, we will get back with you promptly. [www.atsurvivordave.com](http://www.atsurvivordave.com)

**S** A.T. Hiker Hostel – 25.0 SE on Highway 60. 770-312-7342. Run by Josh and Leigh does shuttles (call for rates). 7693 Hwy 19N, Dahlonega, GA 30533 [www.hikerhostel.com](http://www.hikerhostel.com) - e-mail: [hikerhostel@yahoo.com](mailto:hikerhostel@yahoo.com)

**S** Wes Winton - Located in Suches, GA. Operates year-round. Can carry up to 4 hikers with gear. MARTA to Amicalola or Springer. 706-747-2671 [dwisson@windstream.net](mailto:dwisson@windstream.net)

**S** Ron Brown Shuttles from Atlanta to Amicalola/Springer. 706-636-2825 (H) or 706-669-0919 (C).

**S** David R. Hopes - Classic Transportation of the Tri-State Inc. Blue Ridge/Copperhill, GA. 706-633-3668. Mainly operates in North Georgia and the Tri-State Area of North Carolina, Tennessee, and Georgia. He can transport up to four hikers and gear from Atlanta or Chattanooga airports to Amicalola Falls or Springer Mountain for \$125 for first hiker, \$10 additional; pets welcome. Also local service around Blue Ridge/Ducktown to all BMT trail connectors from GA to TN/NC. Offers lodging in their home. E-mail: [classicatowncar@bellsouth.net](mailto:classicatowncar@bellsouth.net) - [www.classictransportationofthetristate.com](http://www.classictransportationofthetristate.com)

**S** Mountain Transport LLC. 706-851-9465 [mountaintransportllc@yahoo.com](mailto:mountaintransportllc@yahoo.com)

**S** Dick Anderson 404-408-2524 or 706- 276-2520. Mainly services the Springer Mountain to the Ocoee River area, but can do other shuttles like Atlanta airport pick up. [richardjanderson@etcm.com](mailto:richardjanderson@etcm.com)

**S** Dennis Baily 404-323-4144. Mostly services north Georgia. [dr2mbailey@etcm.com](mailto:dr2mbailey@etcm.com)

**S** Richard & Brenda Harris, 533 Shaw Mountain Road, Tellico Plains, TN 37385, 423-253-6358 (H), 513-260-1184 (C), [HarrisRi@aol.com](mailto:HarrisRi@aol.com), willing to shuttle thru-hikers to and from Tellico River Road/BMT crossing to Tellico Plains or other nearby sites. Rick is on the Board of the

BMTA and is the TN/NC BMT Maintenance Director. He is very familiar with current trail conditions in the TN/NC section.

**S** Jeff Hoch - The Hike Inn. located near Fontana Dam on the AT. 828-479-3677. Jeff operates around the Tennessee/North Carolina area but provides service on most of the BMT. Additionally, if a hiker needed re-supply or other services before entering the Smokies or just after finishing the park southbound, The Hike Inn would provide a good place for the hiker to go.

**S** Jude Julius - Bryson City, NC (2 miles from A.T. at Wesser/NOC) 828-488-6399 (H) or 828-736-0086 (C) Springer Mtn, GA to Hot Springs, NC. Call for rates.

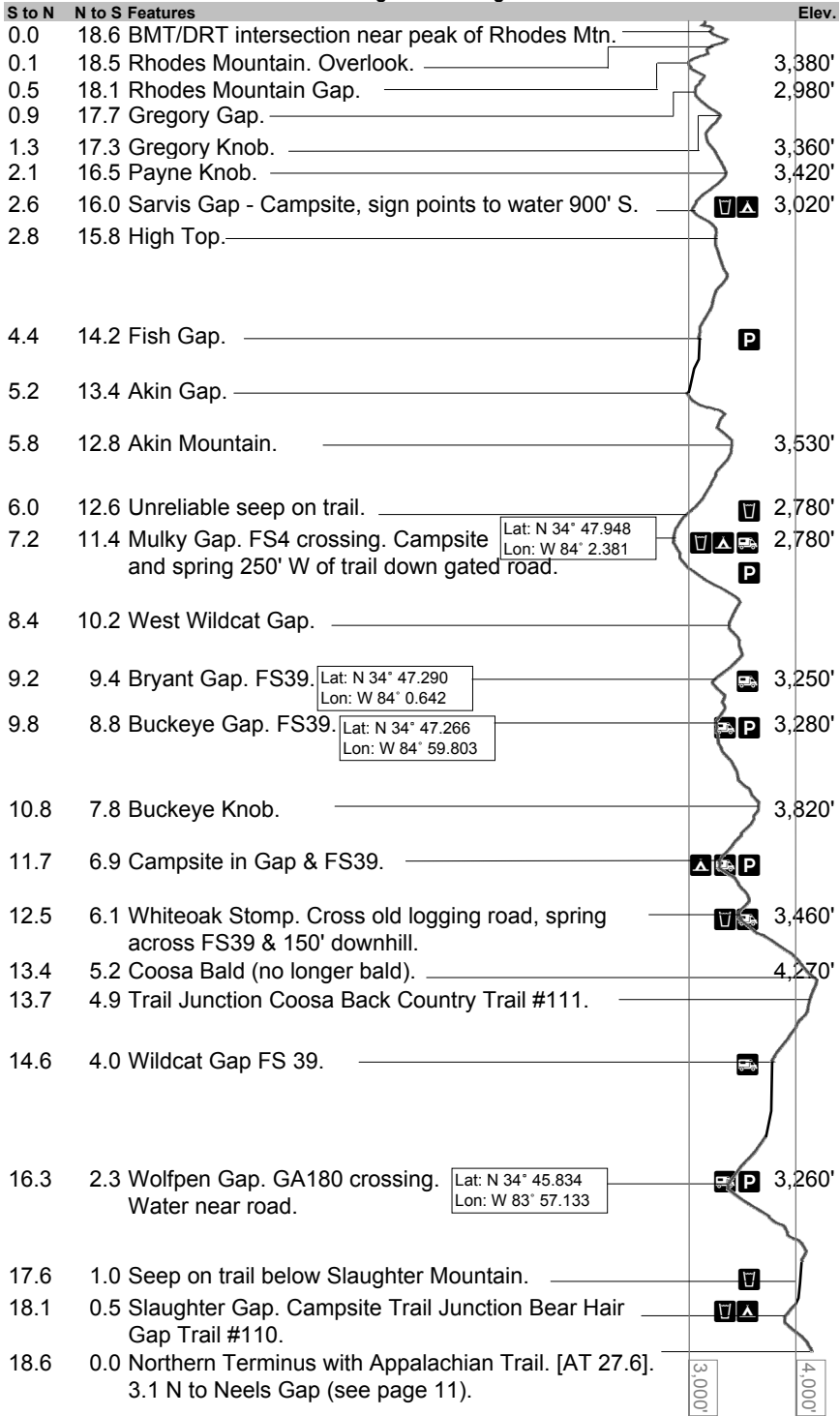
**S** Bill "GryWolf" Johnson - Appalachian Services- located in Cherokee, NC. 828-507-7833. Graywolf mainly operates around the Great Smoky Mountain National Park but services the entire BMT. Additionally, he can kennel and/or transport a dog around the park for hikers that have a dog coming along with them. He also runs a service that will pick you up from anywhere within a days drive from the trail and drop you off so that you don't have to worry about getting to the trail and long term parking for your car.

**S** Cherokee Transit - Shuttle service that runs between Cherokee and Gatlinburg. Can shuttle back and forth to the trail or over to Gatlinburg if you need an outfitter, see Gatlinburg entry if you need those services. 866-388-6071. Operates 1 May to 31 Oct. Cost is \$7 one way or \$13 round trip between the towns or any shorter distance such as a shuttle to/from the BMT at Smokemont. Also operates a \$1 in town service to get you around to services in Cherokee. [www.cherokeetransit.com](http://www.cherokeetransit.com)

**S** Smokey Mountain Outfitters - 206 Long Branch Rd, Gatlinburg, TN 37738. 865-430-2267. Runs area shuttles \$75 round trip from Cherokee, price covers 1-8 people. Also shuttles to other locations for a flat rate, call for rates other than Cherokee. [www.smokymountainoutfitter.net](http://www.smokymountainoutfitter.net)

**S** Curtis Owen - Standing Bear Farms - located at Davenport Gap 423-487-0014. Curtis mainly operates around the GSMNP but has been known to go farther out as needed to help hikers. Additionally, Curtis's place is on the AT and close to the start of the trail at Davenport Gap. A hiker could leave a vehicle at Curtis's place and either get a shuttle to Springer Mountain to hike back to his car; or hike south to Springer and get a shuttle back here when finished. Curtis also has resupply and a place to stay for hikers connecting the BMT to the AT and provides loaner packs so there is also the possibility of slack-packing the AT north.

### Duncan Ridge Trail Mileage and Profile



Cut out or copy this page to mail in the form.

## Join Today!

### Benton MacKaye Trail Association

Membership Application / Donation Form

Please enter this BMTA membership and/or donation.  **New** OR  **Renewal** Show name. Same information will be used except as noted.

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Address, 2nd line \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Telephone, 2nd \_\_\_\_\_

Email \_\_\_\_\_

Email, 2nd \_\_\_\_\_

#### Winter Home (for newsletter delivery)

Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

Phone(s) \_\_\_\_\_

Months to: start using / resume normal \_\_\_\_\_

Select **membership type**, and/or Donation, and send check or money order in that amount to the BMTA mailing address listed below.

**Individual...\$20**

**Life Member...\$400**

**Student/Retired.....\$15**

**Family.....\$30**

**Corporate.....\$50**

**Donation, Amt. \$ \_\_\_\_\_**

Free bumper sticker



with new membership

Please check all of the following that apply:

PREFERENCES	INTERESTS	EMAIL LISTS
<input type="checkbox"/> Do not call <span style="float:right">c</span>	<input type="checkbox"/> Trail work, maintenance <span style="float:right">w</span>	Subscribe to:
<input type="checkbox"/> Use both email addresses (if 2 are listed above) <span style="float:right">b</span>	<input type="checkbox"/> Hiking <span style="float:right">h</span>	<input type="checkbox"/> Members <span style="float:right">M</span>
<input type="checkbox"/> <b>e-Newsletter</b> (e-NL) <span style="float:right">e</span>	<input type="checkbox"/> Management <span style="float:right">m</span>	<input type="checkbox"/> Locals <span style="float:right">L</span>
<input type="checkbox"/> Do not list me in the annual membership directory <span style="float:right">l</span>	<input type="checkbox"/> Administrative <span style="float:right">t</span>	<input type="checkbox"/> Maintainers* <span style="float:right">T</span>
<input type="checkbox"/> OK to share my info <span style="float:right">s</span>	<input type="checkbox"/> Newsletter and publications <span style="float:right">n</span>	<input type="checkbox"/> Officers* <span style="float:right">O</span>
<input type="checkbox"/> Send e-NL only, when optional <span style="float:right">x</span>	<input type="checkbox"/> Adopt a section of trail <span style="float:right">a</span>	<input type="checkbox"/> Scouting <span style="float:right">S</span>
	<input type="checkbox"/> Publicity/Public Relations <span style="float:right">p</span>	<input type="checkbox"/> Newsletter* <span style="float:right">N</span>
	<input type="checkbox"/> Merchandise <span style="float:right">s</span>	*These lists have prerequisites.

#### If this is a Gift Membership, the giver is:

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Address, 2nd line \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Telephone, 2nd \_\_\_\_\_

Email \_\_\_\_\_

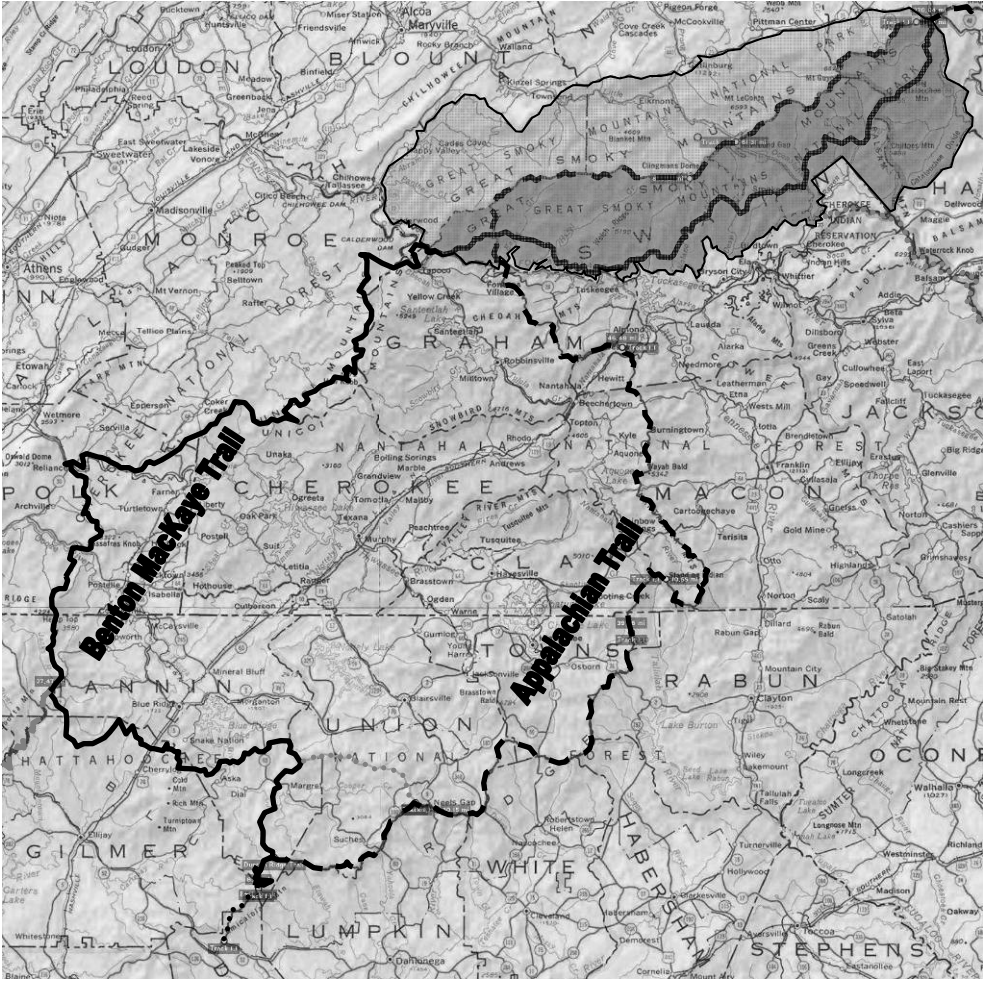
Email, 2nd \_\_\_\_\_

Mail completed form and payment to:

**Benton MacKaye Trail Assn.  
PO Box 53271  
Atlanta, GA 30355-1271**

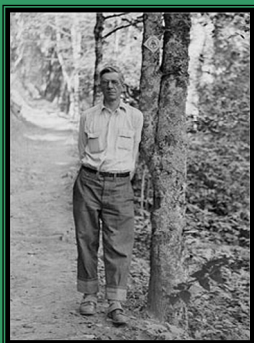
Or visit [www.bmta.org/Membership.php](http://www.bmta.org/Membership.php)

# Benton MacKaye Trail



Map created using TOPO! Software ©2009 National Geographic Maps and used with permission. To learn more visit <http://www.natgeomaps.com>.

In 1921 Benton MacKaye proposed a system of trails along the Appalachian Mountain ridges. His idea eventually became today's Appalachian Trail. When he wrote about the AT he also foresaw a system of feeder trails that would bring hikers from across the region to the Appalachian Trail.



"To walk. To see. To see what you see."

...Benton MacKaye

In 1979 a group of hikers recognized the need to add some of those trails. 26 years later they completed a part of that dream with the opening of the Benton MacKaye Trail - a new long distance trail that honors the memory of the father of the Appalachian Trail system by bestowing his name on nearly 300 miles of Appalachian hiking.

### New for 2011:

- ◆ Over 90 new service provider listings added since 2010!
- ◆ AT mileage listings at trail crossings
- ◆ Names of concurrent trails shown on the terrain profiles in an easy to follow format
- ◆ All new town maps and maps for 6 more important locations
- ◆ Duncan Ridge Trail profile and mileages
- ◆ GPS coordinates for trail heads to make them easier to find
- ◆ New state maps to help you find those trail heads.
- ◆ More listings for balds, water sources, campsites, water falls, and other interesting or useful spots along the trail.
- ◆ Approach Trail information for the southern terminus.
- ◆ Information on mail drops, connecting long distance trails, and even more!

This guide aims to promote the use of the BMT for the long distance backpacker, and it can serve the section hiker too. I also hope to preserve the feeling of remoteness and maintain the possibility that hikers still have something to discover. I've done my best to balance providing the hiker the tools they need to hike the BMT without describing every mile of that trail. My hope is you enjoy what the BMT is and what it has to offer as much as I have. I am sure you will find this guide exactly what you need, and find that the BMT is more than you could hope for.

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Ernest Engman  
AKA

*SGT Rock*



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