

# Appalachian Trail Day Hikes

Hoping to hike on the Appalachian Trail with your family? While this list is by no means comprehensive, it is a great starting place to find a hike appropriate for the ages and ability levels of your hiking crew. Many of these hikes were adapted from "*The Best of the Appalachian Trail: Day Hikes*" by Frank and Victoria Logue and Leonard Atkins, which you can purchase [here](#).

There is at least one hike listed in each of the states that the A.T. passes through, and hikes are listed from north to south along the Trail. While there are general directions listed under the hike descriptions, trails can and do get rerouted, and blazes are not always reliable or easily visible, so be sure to bring a map with you on your hike.

All of the hikes are listed with their round trip distance and a difficulty rating. Distance is an important determinant in deciding if a hike is right for you, but we have found that elevation can be even more of a factor. Hikes are rated from easy to strenuous using the following scale:

- Easy [very little elevation gain, under 200' under 2 miles]
- Easy-Moderate [some elevation gain, approx. 200'-400' appropriate for youth]
- Moderate [some significant elevation gain, approx. 400- 700', and steeper ascents and descents]
- Moderate-Strenuous [approx. 700'-1000' elevation gain, may have challenging terrain in parts of the trail, may have steeper ascents/descents]
- Strenuous [at least 1,000' elevation gain, and/or a particularly steep ascent or descent that an average hiker might find extremely difficult]

Construction and road closures could affect the driving directions listed for each hike, so be sure to double check directions against other sources before beginning on your journey. For more information about how to prepare for a hike with your family, check out our Family Hiking Guide [here](#). Happy trails!



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# Maine

Hike Name	Baxter Ponds Loop
Closest Town	Millinocket, ME (in Baxter State Park)
Difficulty and Length	Easy-Moderate, 3.7 miles
Features	Views, several small ponds
Description	Walk from Daicey Pond Campground back to the A.T. and follow it north along the shore of Daicey Pond for 0.5 mile. When the A.T. turns sharply left, continue along the shore of Daicey Pond now following the Grassy Pond Trail, which is marked by blue blazes. At 1.3 miles, the Grassy Pond Trail turns away from the shore of the pond to follow an old tote road. Almost 2 miles after leaving the campground, take the side trail that leads 0.1 mile to the south end of Grassy Pond Pass, the outlet of Grassy Pond, and continues through a swamp on bog bridges. At mile 2.2 reach the park's perimeter road, which is about 0.1 mile from Katahdin Stream Campground. Turn left and follow the A.T. for another 0.5 mile, heading away from the perimeter road. Here, the Trail skirts Tracy Pond with fine views of the Doubletop Mountains. In another 0.1 mile you will skirt the shore of Elbow Pond and cross its outlet. From the outlet, hike another 0.5 mile to the junction with the Grassy Pond Trail. Follow the white blazes around the north shore of the pond and return to Daicey Pond Campground.
Directions	You will cross the A.T. just before you reach the Daicey Pond Campground, located about 1 mile off the perimeter road in Baxter State Park and about 11 miles from the Togue Pond Gate. The gate is located approximately 20 miles from Millinocket, via the Baxter Park Road. You can download a map of Baxter State Park here: <a href="http://www.baxterstateparkauthority.com/maps/hiking.htm">http://www.baxterstateparkauthority.com/maps/hiking.htm</a>

Hike Name	Little and Big Niagara Falls
Closest Town	Millinocket, ME (in Baxter State Park)
Difficulty and Length	Easy-Moderate, 2.6 miles
Features	Waterfalls, river
Description	Walk from Daicey Pond Campground back to the A.T. and turn left. A side trail to the right at 0.9 mile leads to the Toll Dam across Nesowadnehunk Stream. From the late 1800s to mid-1900s, the waterway played a major role in Maine's timber industry, because logs were floated downstream to the West Branch Penobscot River. The dam, first built in 1879, helped control water flow for the log drives. A few hundred feet south of the dam side trail is another pathway to the right, leading in less than 100 yards to Little Niagara Falls. Stanchions, used as part of the 1800s apparatuses to get logs over the falls, are still visible. At 1.1 miles into the hike is a short side trail to a spring; less than 0.2 mile later is the trail, right, to Big Niagara Falls. The falls drops noisily into its basin, with large granite outcrops providing grandstand seats from which to watch the spectacle. Retrace your steps back to the campground.
Directions	You will cross the A.T. just before you reach the Daicey Pond Campground, located about 1 mile off the perimeter road in Baxter State Park and about 11 miles from the Togue Pond Gate. The gate is located approximately 20 miles from Millinocket, via the Baxter Park Road. You can download a map of Baxter State Park here: <a href="http://www.baxterstateparkauthority.com/maps/hiking.htm">http://www.baxterstateparkauthority.com/maps/hiking.htm</a>

Hike Name	Pleasant Pond Mountain
Closest Town	Caratunk, ME
Difficulty and Length	Strenuous (1100' of elevation gain in 1.3 miles) - 3.2 miles
Features	Views, pond

Description	From the parking area, follow the A.T. northward, coming to Pleasant Pond Lean-to in 0.3 mile. If you want to take a swim, you can follow the side trail at 0.5 mile, which goes to the right about 300 yards to a sandy beach along the shore of Pleasant Pond. Beyond this point, the hike becomes a steep ascent, first passing through a mixed forest, then one of evergreens, before climbing above tree line to find the open summit at 1.6 miles. You might find remnants of an old fire tower as you walk, but also be looking for the geological history of the mountain etched into the rock. The slate beneath your feet gained its smooth surface as the glacier from the last Ice Age slid across it 25,000 to 14,000 years ago. The small grooves and notches are where rocks and other debris were ground across the slate as the glacier advanced and then receded. Retrace your steps to complete the hike.
Directions	From the town of Caratunk, follow Pleasant Pond Road for 3.2 miles and bear left onto a roadway that soon becomes gravel. Come to another intersection about 1.5 miles later, continue straight, and leave your car in the parking area near the north end of Pleasant Pond.

<b>Hike Name</b>	<b>Dunn Notch and Falls</b>
Closest Town	Andover, ME
Difficulty and Length	Easy-Moderate, 2 miles
Features	Waterfalls
Description	Walk south on the A.T. from East B Hill Road. The Trail will cross a brook and enter Dunn Notch. At mile 0.8, reach the West Branch of the Ellis River. An old tote road leads down to the bottom of the lower falls. By following the river upstream for 0.2 mile, you can reach the upper falls. Retrace your steps.
Directions	Drive 8 miles north from Andover on East B Hill Rd to find the trailhead.

<b>Hike Name</b>	<b>The Eyebrow</b>
Closest Town	Upton, ME
Difficulty and Length	Moderate-Strenuous (short but steep) - 2.2 miles
Features	Views
Description	From the trailhead at Grafton Notch on Maine 26, follow the A.T. south. In 0.1 mile, reach the lower end of the Eyebrow Trail. Continue following the A.T. for 1.1 miles to the junction with the upper end of the Eyebrow Trail. Follow the Eyebrow Trail and reach the Eyebrow in 0.1 mile. After taking in the fine view, return via the Lower Eyebrow Trail. This section of the trail will lead you back to the A.T. in 0.75 mile. The Lower Eyebrow Trail joins the A.T. 0.1 mile from the parking area.
Directions	The parking lot in Grafton Notch is on Maine 26, 13 miles north of US 2 and 7 miles south of the town of Upton.

# New Hampshire

Hike Name	Ethan Pond
Closest Town	Bartlett, NH and Twin Mountain, NH
Difficulty and Length	Strenuous (1500' climb in 3.5 miles) - 5.8 miles
Features	Ethan Pond - wildlife habitat (watch for moose and bears!)
Description	From US 302 in Crawford Notch, follow the A.T. south up Willey House Station Road. Ascend the path to the right of the parking area, cross over railroad tracks, and take the combined A.T./Ethan Pond Trail into the woods. At mile 0.3, reach the intersection of the Arethusa - Ripley Falls. Continue along the A.T. and ascend rather steeply, then more gradually, for 0.5 mile. At mile 1.4, reach the junction with the Kedron Flume Trail on the right, which descends steeply to the Willey House on US 302. In another 0.25 mile, the A.T./Ethan Pond Trail turns left and the Willey Range Trail goes straight. Continue on the A.T. and reach the height of the land in 0.25 mile. Begin a slight descent along a former logging road and, just over 1 mile later, reach the side trail to Ethan Pond. Retrace your steps to complete the hike.
Directions	To reach the A.T. at Crawford Notch, take US 302, 8 miles north of Bartlett, or 10 miles south of Twin Mountain.

Hike Name	Wachipauka Pond
Closest Town	Glenciff, NH
Difficulty and Length	Moderate - 4.2 miles (option for 6.2 mile hike)
Features	Views, pond
Description	From the parking area, take the combined A.T./Wachipauka Pond Trail to the south, soon following a woods road as it climbs over the northern slope of Wyatt Hill. Begin to descend about 1 mile later. You will reach Wachipauka Pond, which is at first visible through the trees, at 2 miles. Continue about 0.1 mile to a short side route, which will bring you to the shore of the pond. If you want more hiking after your dip, continue south on the A.T., passing by Hairy Root Spring, and turning right onto the ascending Webster Slide Trail. The top of the mountain, with views of the pond and Mount Moosiluaque, is reached in about 1 mile from the pond (adding 2 miles to the overall length of the hike). Retrace your steps to complete the hike.
Directions	Trailhead parking is available on New Hampshire 25 approximately 0.5 mile west of Glenciff.

Hike Name	Holt's Ledge
Closest Town	Lyme, NH
Difficulty and Length	Moderate - 2.2 miles
Features	Views, cliff, peregrine falcon nesting (please don't disturb!)
Description	The trail leaves from the west side of the road and ascends through northern hardwood forest. At 0.3 miles, enter a stand of birch where the Trail crosses a stone wall. Stay on the A.T. when you reach the blue-blazed side trail to the Trapper John shelter (privy available) at 0.6 mile. At 1.1 miles, the Trail reaches a junction. Leave the A.T. along the orange-black-orange blazed side trail of the Dartmouth Outing Club to follow along the cliff edge to a clearing and open ledges. Respect the peregrine falcon nesting area and stay safe by staying away from the edge of the cliff. You'll have views of Smarts Mountain and Mount Cube. Retrace your steps to complete the hike.
Directions	From the green in Lyme, bear right at the white church and follow signs for the Dartmouth Skiway. After passing through Lyme Center 1.8 miles from the Lyme green, the road winds around for another

1.3 miles before reaching a fork in the road. Turn right and continue on to park in the Dartmouth Skiway's lot (during winter an area may be established for non-skiers to park in order to make it easier for the staff there to see if anyone is still on the mountain). Walk back to the fork and head left into the woods on the Appalachian Trail.

<b>Hike Name</b>	<b>Velvet Rocks</b>
Closest Town	Hanover, NH
Difficulty and Length	Easy-Moderate - 2.6 miles or 3.8 miles (two options)
Features	A.T. shelter, ledges, big mossy rocks
Description	<p>From the Mobil Station by the Hanover Co-Op, follow the gravel road along the south edge of the Dartmouth sports fields (look for the A.T. white blazes). At the southeast corner of the fields, the A.T. heads into the woods. The Trail begins a short climb through hemlocks with several switchbacks. At 0.8 miles, take the blue-blazed side loop trail (left fork) for 0.2 mile to Velvet Rocks Shelter. The trail continues up the ledges behind the shelter for 0.3 mile before descending steeply and rejoining the A.T. You can either head right, south on the A.T., to return to town for a 2.6 mile hike, or go straight to head north on the A.T. to the top of Velvet Rocks.</p> <p>If you choose to continue, in another 0.6 mile, you'll reach another trail junction. Keep going past the junction for just a few yards to reach the top of Velvet Rocks. Views are hard to come by through the pines, but the mossy area makes a great place for exploring. Turn around and stay southbound on the A.T. into town to complete your hike.</p>
Directions	The A.T. leaves the town of Hanover and heads north into the woods just past the Mobil Station on Lebanon St.

# Vermont

<b>Hike Name</b>	<b>Clarendon Gorge</b>
Closest Town	Clarendon, VT
Difficulty and Length	Easy - 0.2 miles
Features	River, gorge
Description	The trip to Clarendon Gorge is an easy introduction to the A.T. and a beautiful spot to visit. Walk south on the A.T., cross the bridge over the gorge, and take the pathway down to the water. (Please do not create new trails!) After visiting the gorge, retrace your steps to complete the hike.
Directions	The trailhead parking area is on Vermont 103, 2.4 miles east of its intersection with US 7, north of Clarendon.

<b>Hike Name</b>	<b>White Rocks</b>
Closest Town	Wallingford, VT
Difficulty and Length	Moderate-Strenuous, 4.6 miles
Features	Views
Description	Walk west a few yards to the A.T., cross VT 40 , and use a bridge to get across Roaring Brook. Step over Sugar Hill Road in 0.3 mile and ascend through a hemlock forest to cross Bully Brook. Stay left on the A.T. where the Keewaydin Trail joins from the right at 1 mile. A blue blazed trail on the left at 1.8 miles leads to Greenwall Shelter in 0.2 mile. Continue to ascend on the A.T., but turn right onto the White Rocks Cliff Trail at 2.1 miles. A steep, rocky descent at 0.2 mile brings you to the cliffs. Retrace your steps to complete the hike.
Directions	The A.T. parking area, on a driveway off Vermont 40 is 2.7 miles east of Wallingford.

<b>Hike Name</b>	<b>Little Rock Pond</b>
Closest Town	Danby, VT
Difficulty and Length	Easy-Moderate - 5.8 miles (option for 7.5 mile loop)
Features	Views, pond
Description	From the trailhead at the parking lot on Forest Service 10 (Danby-Landgrove Road), hike north on the A.T. Reach the southern end of Little Rock Pond at mile 2. The Trail skirts the eastern shore of the pond for the next 0.4 mile. At the northern end of the pond, the Green Mountain Trail, which can be used to create a 7.5 mile loop, turns left off of the A.T. Even if you don't care to follow this trail back to the parking lot, you may want to follow it a short distance to join up with the Little Rock Pond Loop Trail, which can be followed back to the southern end of the pond. You will return to your car by way of the A.T. If you decide to follow the Green Mountain Trail , climb 1 mile up the ridge to the summit of Green Mountain. Continue following the Trail for another 4.1 miles as it traverses and descends the ridge to FS 10, about 0.1 mile west of the parking lot at the A.T. trailhead.
Directions	The A.T. crosses Danby - Landgrove Road (Forest Service 10) 3.5 miles east of US 7 in Danby.

<b>Hike Name</b>	<b>Styles Peak</b>
Closest Town	Peru, VT

Difficulty and Length	Moderate-Strenuous, 3.2 miles
Features	Views
Description	Follow the A.T. north. Volunteers with the Green Mountain Club have constructed rock steps to make the steepest section of the climb more manageable. Continually ascending the forested slopes, you will reach the open summit of Styles Peak at 1.6 miles. Retrace your steps to complete the hike.
Directions	Parking is available on the dirt and gravel Mad Tom Notch Road (Forest Service Road 21), 4 miles west of Peru, near Vermont 11.

# Massachusetts

Hike Name	Mount Williams
Closest Town	Williamstown, MA
Difficulty and Length	Moderate - 1.8 miles
Features	Views of Williamstown and the Taconic Range
Description	Follow the A.T. south from the parking area on Notch Rd. Walk through a forest of red spruce, where, if you keep a sharp eye out, you may be able to discern the bed of the original road to the top of Mount Greylock. You reach the summit of Mount Williams at 0.9 mile. To the west and below you is Williamstown, surrounded by open fields, while the Taconic Range in New York forms the far horizon. Retrace your steps to complete the hike.
Directions	From MA Route 2 (Mohawk Trail) east or west, turn onto Notch Road. A day use parking area is located about 200 feet south of the trail-crossing on Notch Road, en route to the top of Mount Greylock.

Hike Name	The Cobbles
Closest Town	Cheshire, MA
Difficulty and Length	Moderate - 2.8 miles
Features	Views
Description	From the Post Office on Church Street, head south on the A.T. You will cross railroad tracks in 0.1 mile and then a bridge over the Hoosic River. After crossing the bridge, turn right at a fork in the road. In another 0.1 mile, you will turn right on Furnace Hill Road, a residential street. After another 0.25 mile, you will turn left off Furnace Hill Road near the entrance of a private driveway. For the next 0.75 mile, you will ascend through a hardwood forest, crossing motorcycle and logging trails. You will then arrive at the side trail to the north Cobble immediately after passing under a cliff. The A.T. reaches the top of the southernmost Cobble 0.25 mile later. Here, there is a USGS bronze marker set into the rock. Retrace your steps to complete the hike.
Directions	From Massachusetts 8 in Cheshire, turn onto Church Street. The Post Office and St Mary of the Assumption Catholic Church are along the Appalachian Trail. Park where you want - and can - in the town of Cheshire.

Hike Name	Gore Pond
Closest Town	Cheshire, MA
Difficulty and Length	Moderate-Strenuous - 6.6 miles
Features	Views, scenic pond
Description	From the Post Office on Church Street, follow the A.T. southbound (see the directions for the hike to the Cobbles for more detailed directions). After reaching the Cobbles, continue along the A.T. In 0.5 mile, turn east near the stone boundary marker for Dalton-Cheshire. The Trail crosses an old, grassy logging road and continues for 1.3 miles, heading gradually uphill, crossing more old logging roads, and eventually reaching the summit at an overgrown pasture. From here, the Trail begins its descent to Gore Pond, reaching the outlet in about 0.5 mile. There is a logging road here that provides access to the west side of the pond. Retrace your steps to complete the hike.
Directions	From Massachusetts 8 in Cheshire, turn onto Church Street. The Post Office and St Mary of the Assumption Catholic Church are along the Appalachian Trail. Park where you want - and can - in the town of Cheshire.



<b>Hike Name</b>	<b>Warner Hill</b>
Closest Town	Pittsfield, MA
Difficulty and Length	Easy - 1.4 miles
Features	Views, particularly after leaves have fallen
Description	From the paved Blotz Road, head south on the A.T. and climb 0.7 mile through a dense stand of evergreens to the top of Warner Hill. A cairn that sits a few feet to the left of the Trail marks the summit. Retrace your steps to complete the hike.
Directions	The A.T. crossing can be reached by following Blotz Road 6 miles east out of Pittsfield or for 1.3 miles west from Massachusetts 8.

<b>Hike Name</b>	<b>Finerty Pond</b>
Closest Town	Becket, MA
Difficulty and Length	Moderate - 4.8 miles
Features	Views, pond, October Mountain State Forest
Description	Beginning at Tyne Road, head north on the A.T., climbing toward the summit of Becket Mountain, which you will reach in just over 0.5 mile. On the summit there are concrete footings that mark the site of a former fire tower. Continue along the ridge for another 0.75 mile toward Walling Mountain. You will have a nice view to the south of the hills around the large Goose Pond. At mile 1.6, reach the overgrown summit of Walling Mountain. From the summit, descend over a rocky trail for 0.5 mile to Finerty Pond, the destination of the hike. You can skirt the pond on stepping stones for 0.25 mile or so until the A.T. turns north, away from the pond. Retrace your steps to complete the hike.
Directions	Reach the A.T. crossing by following Tyne Road 3.5 miles east of Becket, or 0.9 miles west of US 20.

<b>Hike Name</b>	<b>Cobble Hill</b>
Closest Town	Tyringham, MA or Lee, MA
Difficulty and Length	Easy-Moderate - 3.4 miles
Features	Views, bogs
Description	From the trailhead on Main Road, follow the A.T. south. In 0.1 mile, cross Hop Brook on a footbridge. At mile 0.8, pass through a hemlock grove and cross a small stream. In another 0.3 mile, cross Jerusalem Rd, which puts you in the Tyringham Cobble Reservation. Hike 0.3 mile from the road crossing to reach the 0.3 mile side trail to the top of Cobble Hill. Retrace your steps to complete the hike.
Directions	The A.T. crosses Main Road 5 miles southeast of US 20 (0.9 mile past Tyringham) at Lee. Limited parking is available along the road.

<b>Hike Name</b>	<b>Benedict Pond and The Ledges</b>
Closest Town	Monterey, MA
Difficulty and Length	Moderate-Strenuous - 3.0 miles

Features	Glacial pond, views
Description	From the swimming area on Benedict Pond, follow the Pond Loop Trail around the south side of the pond. At mile 0.5, reach the junction with the A.T. Turn left and follow the A.T. north. In 0.4 mile, cross the Benedict Pond outlet. The Trail begins to ascend steeply for 0.6 mile as it climbs to The Ledges - a rocky ridge that affords fine views of local mountains. To return, hike on the A.T. to the Pond Loop Trail, which you follow back to the trailhead.
Directions	From US 23 in Monterey, go north on Blue Hill Road for 2 miles to the entrance for the Beartown State Forest. Follow the signs to the swimming area at Benedict Pond.

Hike Name	Ice Gulch
Closest Town	Great Barrington, MA
Difficulty and Length	Moderate - 2.2 miles
Features	Steep, narrow ravine where snow may last through summer; A.T. shelter
Description	Follow the A.T. south through a landscape that shows the lingering effects of a tornado that roared through the area in the mid-1990s. Look to the side of the Trail and you will see tree trunk after tree trunk that volunteers had to cut through in order to keep the Trail open. The gradual ascent gives way to a steeper incline at 0.8 mile, but that only lasts for less than 0.2 mile as you descend slightly to Ice Gulch at 1 mile. Within the ravine lie jumbles of huge boulders, but much of the time there is not enough light to see all of the way to the bottom. However, you don't need to go any further than the edge of the Gulch to enjoy the cool breeze rising into the hot air surrounding you in warmer seasons. Continue to a short side trail at 1.1 miles to take a break and enjoy the silence of the woods around the Tom Leonard Shelter, then retrace your steps.
Directions	From Great Barrington, drive east on Massachusetts 23 for a little over 2 miles, turn right onto Lake Buel Road and go a bit more than a mile to the parking area (which is about 300 feet before the A.T. crossing)

Hike Name	East Mountain
Closest Town	Great Barrington, MA
Difficulty and Length	Moderate - 2.8 miles
Features	Views from East Mountain Ridge
Description	From Homes Road, follow the A.T. north and begin climbing, gradually at first, and then more steeply. One mile from Homes Road, you will reach the high point on the ridge. The next 0.4 mile offers several fine views. A large boulder at mile 1.4 marks the end of the hike. There is an outstanding view to the south. Retrace you steps to complete the hike.
Directions	From US 7, about 1.5 miles south of Great Barrington, go east on Brush Hill Road, which becomes Homes Road. The A.T. crosses the road just over 2 miles from US 7. There is limited parking along the road.

# Connecticut

<b>Hike Name</b>	<b>Lions Head</b>
Closest Town	Salisbury, CT
Difficulty and Length	Moderate-Strenuous - 5.6 miles
Features	Panoramic views
Description	From Connecticut 41, follow the A.T. north. In 0.25 mile, pass Plateau Campsite, which has a privy and tent sites. During a 1.5 mile, moderate ascent, cross and re-cross an old road. The climb can get steep at times. At mile 2.5, reach the junction with the Lions Head Trail. Continue following the A.T. and climb the last steep 0.2 mile to the summit of Lions Head. Hike 0.1 mile farther to the north summit of Lions Head, where you will find views to the north of Bear Mountain and beyond that, of Mount Greylock in Massachusetts. Retrace your steps to complete the hike.
Directions	The parking lot on Connecticut 41 is located between two private residences, 0.75 mile north of US 44 in Salisbury.

<b>Hike Name</b>	<b>The River Trail</b>
Closest Town	Falls Village, CT
Difficulty and Length	Easy - 1 mile
Features	Waterfalls, river
Description	From the River Trail parking area, follow the hard packed trail to the A.T., where you will turn to travel beside the river. Bypass the first side trail to the upper portion of the River Trail before turning onto the second side trail and returning to the parking area
Directions	From the center of Falls Village, take Water St to the River Trail Parking Area.

<b>Hike Name</b>	<b>St. Johns Ledges, and Caleb's Peak</b>
Closest Town	Kent, CT
Difficulty and Length	Moderate-Strenuous (short but steep) - 2.4 miles
Features	Views, stone steps
Description	From River Road, enter the woods heading south on the A.T. The Trail then travels towards the base of St. Johns Ledges, and soon reaches the ascent of 90 stone steps. At mile 0.5, reach the top of the ledges for good views of the Housatonic Valley and the town of Kent. Continue south along the A.T. for another 0.7 mile to Caleb's Peak. The ledge outcropping on its summit provides great views to the south. Retrace your steps to complete the hike.
Directions	Take Connecticut 341 west from Kent and turn right on Skiff Mountain Road after crossing the Housatonic River. Follow this road for 1 mile, bearing right on River Road. Travel another 1.7 miles (the road turns to dirt) to the trailhead.

<b>Hike Name</b>	<b>Ten Mile River and Hill</b>
Closest Town	Bulls Bridge/South Kent, CT

Difficulty and Length	Moderate - 5 miles
Features	Views, Housatonic River, covered bridge
Description	<p>Follow side trail from the parking area to the A.T. Go over a low rise and come to the Housatonic River at 0.7 mile. The Trail follows an old road on a high bank above the river, giving you the opportunity to enjoy the stream and maybe spy a great blue heron trolling the shallow waters in search of a meal. Walk through a break in a stone wall at 1.2 miles, a reminder of the days when this land was used for agricultural purposes. A powerline right of way opens up a view south of Ten Mile Hill, the day's destination. Cross Ten Mile River on the Ned Anderson Memorial Bridge at 1.3 miles. The place to take a swim is on the south side of the river, but you may want to wait until your return! Pass through the Ten Mile River Camping Area (privy available) and begin to ascend. Pass the side trail to Ten Mile River Lean-to at 1.5 miles and the blue-blazed John Herrick Trail at 2.4 miles. Reach the summit of Ten Mile Hill at 2.5 miles and take the short side trail to the view of the Housatonic Valley. Retrace your steps to complete the hike.</p>
Directions	<p>From the small settlement of Bulls Bridge on US 7, take Bulls Bridge Road westward, cross the Housatonic River on the covered Bulls Bridge, and pull into the parking area on the left.</p>

# New York

Hike Name	Great Swamp and Corbin Hill
Closest Town	Pawling, NY
Difficulty and Length	Easy-Moderate - 2.8 miles
Features	Large wetland, views
Description	Walk south on New York 22 from the parking area, turn right onto a dirt road at 0.1 mile, and cross the railroad tracks at the Appalachian Trail Station. Soon follow puncheon across the wet areas of Great Swamp, crossing Swamp River on a footbridge at 0.4 mile. Cattails grow in great numbers beside the Trail. Begin the steady, but gradual climb along the side of Corbin Hill. Open meadows provide the views. It is time to turn around when the trail enters the woods near the top of the rise. Retrace your steps to complete the hike.
Directions	The parking area is about 2 miles north of Pawling, NY on New York 22, just a few feet north of the trail crossing.

Hike Name	West Mountain
Closest Town	Pawling, NY
Difficulty and Length	Moderate-Strenuous, 2 miles
Features	Views, Dover Oak (the largest white oak on the A.T.)
Description	From County Road 20, follow the A.T. south. In 0.25 mile, pass through a gap in an old rock wall and begin climbing the eastern slope of West Mountain. At mile 0.7, pass the 0.1 mile side trail to the Telephone Pioneers Shelter. Continue on the A.T. for 0.2 mile to a short side trail to a nice view from a rock ledge. Hike another 0.1 mile south on the A.T. and reach the summit of West Mountain (where you'll be rewarded with a fine view to the north of rural New York). The return hike is north on the A.T. back down to the trailhead.
Directions	From Pawling (at New York 22), travel 2.4 miles north on County Road 20 to the A.T. crossing. CR 20 is known as Charles Colman Boulevard in Pawling, but after 0.25 mile its name changes to West Dover Road. Limited parking is available along the road at the trailhead.

Hike Name	West Slope of Hosner Mountain
Closest Town	East Fishkill/Shenandoah, NY
Difficulty and Length	Easy - 3.8 miles
Features	Views of the Hudson River Valley
Description	From Hosner Mountain Road, hike south on the A.T. and begin climbing Hosner Mountain, passing through a hemlock grove on your way up the ridge. There is a fine view of the Hudson River Valley to the north and west. At mile 1.3, reach a blue-blazed trail (the old A.T. that you will return on later) and continue following the white-blazed A.T. for another 0.6 mile to reach the southern end of the blue-blazed trail. Following the blue-blazed trail, which takes a lower route across the ridge, hike back to the A.T. and return to the trailhead.
Directions	Hosner Mountain Road is the first intersection on the Taconic State Parkway as you head north past Interstate 84. Turn right off the Parkway and travel about 0.5 mile to a fork. Turn right, cross under I-84, and drive 0.25 mile to the A.T. crossing. There is limited parking available along the road.

<b>Hike Name</b>	<b>Denning Hill</b>
Closest Town	Peekskill, NY
Difficulty and Length	Moderate-Strenuous - 5.2 miles
Features	Great views (NYC may be visible on clear days), bog bridges
Description	From the parking area, walk the road back to where the A.T. crosses the intersection of US 9 and New York 403 and heads north into the woods. At 0.3 mile, you will cross a swampy area on bog bridges and then the Old Highland Turnpike, a dirt road. The A.T. continues through the woods, turning left and following a cleared strip of land in another 0.25 mile. At mile 0.6, following a brief but steep climb, you will pass through a grassy area and turn left onto a paved road. After crossing the paved Old West Point Road (the pavement ends here), you will continue downhill on a private gravel road, turning left off that road in 0.1 mile. The A.T. enters the woods, passes through an overgrown field, and begins to climb Little Fort Hill. At mile 1.4, you will come to the junction with a side trail that heads right to Graymoor Monastery. At mile 2.1, another side trail at the top of a rocky ascent leads to a viewpoint. After 0.1 mile, you will turn right onto a woods road, and after another 0.1 mile, turn right again, leaving the woods road (the woods road continues left a short distance to a good view of the Hudson River). At mile 2.6, after a short, steep climb, you will reach the ridge of Denning Hill. After turning right, follow the ridge a short distance to a viewpoint in a clearing. Retrace your steps to complete the hike.
Directions	The A.T. crossing at the junction of US 9 and New York 403 is 4 miles north of the US 9 - US 6/202 intersection, which is just north of Peekskill. Parking is available on a short road between US 9 and NY 403, about 0.1 mile from the trail crossing

<b>Hike Name</b>	<b>Buchanan Mountain</b>
Closest Town	Southfields, NY and Arden, NY
Difficulty and Length	Moderate - 1.6 miles
Features	Views
Description	From the A.T. crossing at East Mombasha Road, enter the woods heading south and climb steadily. In 0.25 mile, you will reach the first viewpoint on the secondary summit of Buchanan Mountain. Enjoy views to the east over Little Dam Lake. Descend steeply to a rocky, hemlock covered slope and continue along the footpath. In 0.1 mile, cross a stream, and in another 0.1 mile, cross a second stream. At mile 0.5, you will cross the third stream in your descent before climbing the final 0.25 mile to the primary summit of Buchanan Mountain. After enjoying the view, retrace your steps to complete the hike.
Directions	The A.T. crossing at East Mombasha Road can be reached by taking the Orange Turnpike off New York 17 in Southfields, and bearing left on West Mombasha Road at the fork. Shortly thereafter, turn right onto East Mombasha Road and follow it less than 0.5 mile to the trail crossing. Only day parking is permitted at the Trail crossing.

<b>Hike Name</b>	<b>Fitzgerald Falls and Mombasha High Point</b>
Closest Town	Greenwood Lake, NY
Difficulty and Length	Moderate - 4.6 miles
Features	Views, waterfall
Description	From the A.T. crossing at Lakes Road (Monroe Road), the footpath descends and crosses a wood truss bridge over Trout Brook. In 0.25 mile, cross another brook, turn left and follow the brook through a hemlock grove. Because this area is frequently flooded, there is a blue-blazed bypass trail to avoid the crossing of two more brooks in wet weather. The side trail ascends to the right through hemlocks

	and rejoins the A.T. after 0.1 mile (at Fitzgerald Falls). Crossing the stream just below the falls, climb steeply up rock steps alongside the falls. At mile 0.75, pass some stone walls to the left. These are the remains of an abandoned settlement. Slightly more than 0.5 mile later, make a left turn before climbing steadily 0.1 mile later. At mile 1.5, at the top of a rise, the blue-blazed Allis Trail heads off to the right. A viewpoint is located a short distance north on the Allis Trail, named for an early treasurer of the ATC. From the viewpoint, High Point Monument in New Jersey and Mount Tammany at the PA-NJ border are visible to the west. The Trail levels off here and reaches Mombasha High Point in another 0.75 mile. The view to the left is of Mombasha Lake with Schunemunk Mountain behind it to the northeast. Harriman State Park is to the east. New York City can be seen on the southern horizon on clear days, and Bellvale Mountain is to the west. Retrace your steps to complete the hike.
Directions	To reach the A.T. crossing, take Lakes (Monroe) Road out of Greenwood Lake and travel about 4 miles.

<b>Hike Name</b>	<b>Prospect Rock</b>
Closest Town	Greenwood Lake, NY
Difficulty and Length	Moderate - 3.4 miles
Features	Views
Description	Begin hiking on the State Line Trail and ascend for 0.25 mile before turning right (houses are still in view here). For the next 0.25 mile, the trail uses log steps to prevent erosion. At mile 0.75, the Ernest Walter Trail (yellow blazes) heads off to the left. This trail makes a loop around Surprise Lake and West Pond. After 0.1 mile, the State Line Trail turns sharply to the left and then to the right. For the next 0.4 mile, the trail heads west, crossing over the ridge of Bellvale Mountain with several short ascents and descents. At mile 1.2, the State Line Trail joins the A.T. at the New York - New Jersey border, heading north on the A.T. for 0.1 mile to good western views from open rocks. After 0.25 mile, there is a trail register on a pine tree to the right of the trail, and 0.5 mile after joining the A.T. (following a short climb), you will reach Prospect Rock. Retrace your steps to complete the hike.
Directions	The State Line Trail begins opposite the Greenwood Lake Marina, off New York 210 in Greenwood Lake.

# New Jersey

<b>Hike Name</b>	<b>Pochuck Crossing</b>
Closest Town	Vernon Valley, NJ
Difficulty and Length	Easy - 2 miles
Features	Boardwalk, suspension bridge
Description	The boardwalk starts shortly after following the A.T. south from the parking area. Depending on when you visit, you could be traveling over dry-to-moist land or across a vast and shallow lake. When you reach the suspension bridge you are about halfway through the route. The end of the boardwalk marks the place to turn around and return to your car.
Directions	Follow NJ 517 south from Greenwood, turn left onto Maple Grange Road, and turn left at the next intersection onto Canal Road. Parking is available at the trail crossing about 0.5 miles ahead.

<b>Hike Name</b>	<b>High Point Monument</b>
Closest Town	Montague, NJ; Colesville, NJ; and Port Jervis, NY
Difficulty and Length	Moderate (just one short, steep section) - 3 miles
Features	Panoramic views, highest point in NJ
Description	From the parking lot at High Point State Park headquarters, follow the A.T. north, cross New Jersey 23, and reenter the woods. In 0.75 mile, there is a short, steep ascent. In another 0.25 mile, you will reach the observation tower with its commanding view of the area. From the platform, hike 0.25 mile to the blue-blazed trail, and follow it 0.25 mile to the summit (elevation 1,803) and High Point Monument. Retrace your steps after visiting the monument.
Directions	High Point State Park headquarters is on New Jersey 23 about 7 miles south of Port Jervis, New York. Turn right into the parking lot, which the A.T. passes, and look for the Trail crossing on the driveway near the road.

<b>Hike Name</b>	<b>Sunrise Mountain and Culver Fire Tower</b>
Closest Town	Frankford, Branchville, and Layton, NJ
Difficulty and Length	Moderate (easy walking but longer distance) - 7.2 miles
Features	Many views, fire tower
Description	Follow a short side trail from the Sunrise Mountain parking area, coming to the views from the Sunrise Mountain Pavilion at 0.1 mile. The shelter was built in the 1930s and, true to its name, is the place to be as dawn puts an end to darkness. Continuing south on the A.T., a ledge provides an additional viewpoint before you enter woods and walk the broad crest of Kittatinny Mountain. Pass by Tinsley Trail to the right at 1.1 miles, a slight view to the west at 1.2 miles, and the Stony Brook Trail (leading to Gren Anderson Shelter) at 2.5 miles. Cross Stony Brook at 2.6 miles, pass the Tower Trail at 3.5 miles, and come to Culver Fire Tower at 3.6 miles. The clearing around the tower will provide excellent views if you don't want to climb its steps for the 360 degree vista. Retrace your steps to complete the hike.
Directions	From US 206 in Culver Gap, follow Upper North Shore Road for 0.25 mile, turn left onto Sunrise Mountain Road and follow it to the parking area at road's end.



# Pennsylvania

<b>Hike Name</b>	<b>Wolf Rocks</b>
Closest Town	Wind Gap, PA and Stroudsburg, PA
Difficulty and Length	Moderate - 3.2 miles
Features	Views, one of the rockiest sections of the A.T.
Description	From Pennsylvania 191 in Fox Gap, hike south on the A.T. and cross under a telephone line in 0.25 mile. Hike another 0.5 mile to where the Trail joins a woods road, and follow it for 0.6 mile. After leaving the woods road, hike 0.25 mile to Wolf Rocks. Retrace your steps to complete the hike.
Directions	There is a small parking area in Fox Gap on Pennsylvania 191, about 4 miles south of PA 611.

<b>Hike Name</b>	<b>Weathering Knob</b>
Closest Town	Danielsville, PA
Difficulty and Length	Moderate-Strenuous - 2 miles
Features	Great views from the knob
Description	This hike has a steep, but short climb (0.3 mile). Follow the A.T. north, first passing through an area that is almost always wet and boggy. From here, it is a steep climb over rocks and boulders (made easier by stone steps built by volunteers) to the top of Weathering Knob at 0.3 mile. The view to the north looks onto the valley carved by Aquashicola Creek and framed by Stony and Chestnut Ridges. You have gained about all of your elevation, so the hiking will be much easier as you continue along the crest of Blue Mountain to a second knob at 1 mile. Fields and small settlements are visible to the south. Retrace your steps to complete the hike.
Directions	This hike starts where the Appalachian Trail crosses Blue Mountain Rd at Little Gap. Follow Blue Mountain Rd north from Danielsville, PA. Park at the PA Game Commission parking on Blue Mountain Road several hundred feet east of the Trail. A side trail along a pipeline leads from the back of the lot to the A.T.

<b>Hike Name</b>	<b>Bake Oven Knob</b>
Closest Town	Andreas, Bowmanstown, and Palmerton, PA
Difficulty and Length	Easy - 0.8 mile
Features	Great view from Bake Oven Knob, hawks during fall migration
Description	From Bake Oven Knob Road, hike north on the A.T. and reach the summit of Bake Oven Knob (elevation 1,560) at mile 0.4. There are a couple of vantage points. The first offers a view to the north, the second to the south. Retrace your steps to complete the hike.
Directions	From Germans Rd in Andreas, follow Bake Oven Road south for 1.7 miles to the parking area where the A.T. meets Bake Oven Rd.

<b>Hike Name</b>	<b>Table Rock</b>
Closest Town	Dauphin, PA or Powells Valley, PA
Difficulty and Length	Easy - 4.2 miles

Features	Great views
Description	From the trailhead parking area, follow the A.T. north. You'll cross a powerline right-of-way in 0.5 mile, with excellent views to the east of the Susquehanna River and Valley. A short side trail to the right at mile 1.6 leads to a good view to the south. At mile 2, you will pass over Fumitory Rocks, and reach the junction with the short side trail to Table Rock Outlook 0.25 mile ahead. The side trail heads right to the outcropping. Bring a picnic lunch and enjoy the view. Retrace your steps to complete the hike.
Directions	From the US 22/322 in the town of Dauphin, PA, follow PA 225 north for 4.3 miles until the A.T. crosses the road. There is a parking area here.

# Maryland

<b>Hike Name</b>	<b>Washington Monument State Park</b>
Closest Town	Boonsboro, MD
Difficulty and Length	Easy to Moderate - 0.4 mile or more (you choose how far you hike)
Features	Historical monument, picnic area
Description	Washington Monument State Park in Maryland contains the first monument to George Washington in the country. The Trail from the parking lot is graded gravel with logs crossing the path in several places to minimize erosion. After a gentle but steady uphill section (less than 0.1 mile), the A.T. turns right down the hill and a side trail leads in about 500 feet to the monument. To reach the top of the monument requires climbing a few dozen steps. This area is part of the Atlantic flyway and migrating hawks can be seen at certain times of the year. Retrace your steps back to the parking area, or continue further down the A.T. for a while before heading back for a longer hike.
Directions	Four miles east of Boonsboro and 1 1/2 miles north of Alternate Route 40 on Monument Road. The trail is accessible but not the monument tower

<b>Hike Name</b>	<b>Crampton Gap, Gathland State Park</b>
Closest Town	Burkittsville, MD/Frederick County
Difficulty and Length	Easy to Moderate - 0.5 mi to 5+ miles (you choose how far you go!)
Features	Historical buildings, monument, picnic area
Description	Crampton Gap has a number of interesting diversions in addition to being a gentle section of the A.T. It boasts the only memorial to war correspondents, a number of civil war memorials, and a collection of buildings designed and constructed by George Alfred Townsend, a civil war correspondent. While a short stroll on the A.T. across the field to the north of the gap is lovely, it is possible to take an extended hike on the A.T. to the south of the gap. If you park in the upper parking lot, you make a gentle steady ascent (about 0.2 miles) before reaching a level section of the Trail that extends almost all the way to the Ed Garvey Shelter, 4 miles to the south. Walk as far as you like, then retrace your steps to complete the hike.
Directions	From the west on US Alt 40, take MD 67 south for 7 miles to Gapland Road (MD 572). Go left (east) on Gapland 1 mile to Gathland State Park in Crampton Gap. The most prominent feature in the park is a stone arch at the intersection of Gapland Road and Arnoldtown Road. Alternatively, from the east on US 40A, take MD 17 south from Middletown for 6 miles. Turn right (west) onto Gapland Road (AKA W. Main St) in the small town of Burkittsville and go about a mile to the park.

<b>Hike Name</b>	<b>Weverton Cliffs</b>
Closest Town	Weverton, MD
Difficulty and Length	Strenuous - 2 miles
Features	Views of the Potomac River
Description	From the trailhead, follow the A.T. north on a steep climb with switchbacks. Follow the short side trail to the cliffs after 1 mile.
Directions	From US 340, take the exit for MD 67 North and follow it until the first right (Weverton Rd). The A.T. crosses Weverton Road 1 mile from MD 67. Parking is available by the trail.

# West Virginia

Hike Name	C&O Canal Towpath
Closest Town	Harpers Ferry, WV
Difficulty and Length	Easy - up to 5.4 miles (choose how far you hike)
Features	Historic C&O Canal
Description	From John Brown's Fort in Harpers Ferry, WV, follow the white blazes that lead to the Goodloe E. Byron Memorial Footbridge over the Potomac River. On the Maryland side of the Potomac River, descend stairs to the C&O Towpath. Turn to the right and follow the A.T./C&O Towpath, which share the same footpath for the next 2.6 miles. Hike out as far along the A.T./C&O Towpath as you like. Retrace your steps to return to Harpers Ferry.
Directions	Harpers Ferry National Park has limited parking in the historic area. It is best to park at the park headquarters and take the frequent shuttle buses to the historic area, which the A.T. traverses. As you approach Harpers Ferry on US 340, follow signs to the entrance of Harpers Ferry National Historical Park. The park entrance is on the south side of the only stoplight on 340 in the vicinity of Harpers Ferry. From the shuttle bus stop walk toward the historic district. The A.T. enters from the steep stairway on your left up Washington St, and continues north across the Potomac River railroad bridge straight ahead.

# Virginia

<b>Hike Name</b>	<b>Compton Gap to Compton Peak</b>
Closest Town	Front Royal, VA
Difficulty and Length	Moderate - 2.4 miles
Features	Good views, basalt formations
Description	From Compton Gap, head south on the A.T. and climb via switchbacks. At mile 0.8, reach a signpost at the junction of a blue-blazed trail that heads left and right to viewpoints (these trails are ungraded and rough, but are worth the short trips to the viewpoints). Follow the blue-blazed trail on the left 0.2 mile to an interesting rock formation composed of columnar basalt. Return to the A.T. and follow the blue-blazed trail right to the summit of Compton Peak. You can continue another 0.2 mile beyond the peak to a rocky ledge with more good views to the west and north. Retrace your steps to return.
Directions	The parking area at Compton Gap is located in Shenandoah National Park south of Front Royal, at Skyline Drive Mile-post 10.4.

<b>Hike Name</b>	<b>Mary's Rock</b>
Closest Town	Luray, VA
Difficulty and Length	Moderate - 4 miles
Features	Panoramic views, wildflowers in most seasons
Description	Enter the woods on a wide trail from the turnaround circle at the end of the parking lot, intersect the A.T. in a few feet, and turn left. Look for the rock walls at 1.2 miles built by the CCC. Make a right turn onto a side trail at 1.9 miles and ascend 0.1 mile to Mary's Rock. The large outcrop is a favorite perch where birders watch the fall hawk migration. The 360-degree view is obtained by scrambling 80 feet to the summit. Retrace your steps to complete the hike.
Directions	The trailhead is located next to the Panorama Restaurant in Thornton Gap, at the intersection of US 211 and Skyline Drive (9 miles east of Luray). Leave your car in the parking located on US 211, making the restaurant and the hike accessible without having to pass through the Shenandoah National Park entrance station.

<b>Hike Name</b>	<b>Lewis Spring Falls</b>
Closest Town	Harrisonburg, VA and Shenandoah, VA
Difficulty and Length	Moderate - 3.3 miles
Features	Views, waterfalls
Description	Follow the pathway between the amphitheater parking and the lodge to cross over the A.T., then continue along blue-blazed Lewis Spring Falls Trail as it gradually drops through the forest. Turn right and steeply descend along a side trail at 1.2 miles to enjoy the falls near its base. Return to the main pathway and continue on your way, then turn right onto another short side route at 1.7 miles to enjoy the head of the falls. Upon rejoining the main pathway, ascend the steep slope to come onto the Lewis Spring service road at 2.3 miles and turn left onto the A.T. Ascend steadily along the western side of a ridgeline. Proceeding along the A.T., skirt the cliffs of Blackrock and return to the initial intersection of this hike. Bear right to return to the parking area.
Directions	Start from Big Meadows Lodge amphitheater parking, near Skyline Drive milepost 51 in Shenandoah National Park.

<b>Hike Name</b>	<b>Blackrock</b>
Closest Town	Harrisonburg, VA
Difficulty and Length	Moderate - 2 miles
Features	Outstanding views from Blackrock
Description	From the parking area at the trailhead, hike a short distance of the Jones Run Trail to the junction with the A.T. Turn right on the A.T. and hike south for 0.25 mile to Skyline Drive. Cross Skyline Drive and continue following the A.T., climbing gradually. Pass most of the way around the summit of Blackrock. There are several fine views from this section of Trail. Retrace your steps to complete the hike.
Directions	The Jones Run Parking Area is at Skyline Drive milepost 83.8 in Shenandoah National Park.

<b>Hike Name</b>	<b>Bear Den Mountain</b>
Closest Town	Waynesboro, VA
Difficulty and Length	Easy-Moderate - 1 to 2.2 miles
Features	Panoramic views, migrating hawks in autumn
Description	To begin, cross Skyline Drive and follow the A.T. south, turning around every once in a while to look onto the fields of Calf Mountain to the north. Communication towers at 0.5 mile mark your arrival on the summit. Continue a bit beyond this to the rock outcrops of green shale for a break. To the west is Waynesboro with US 250 running through the Shenandoah Valley. Turn around and you can see the same road descending into the piedmont to the east. To enjoy the views a little longer, continue along the open mountainside and turn around when the A.T. enters the woods at 1.1 miles. Retrace your steps to complete the hike.
Directions	There is a small dirt parking lot in Beagle Gap at Skyline Drive milepost 99.3.

<b>Hike Name</b>	<b>Bluff Mountain</b>
Closest Town	Buena Vista, VA
Difficulty and Length	Moderate - 4 miles
Features	Views, plaque telling the story of Ottie Cline Powell
Description	From the small parking area, diagonally cross the Blue Ridge Parkway, hike south on the A.T., and begin climbing the northeast slope of Punchbowl Mountain. At mile 0.4, reach the junction with the blue-blazed side trail, which leads 0.2 mile to Punchbowl Shelter (the ascent is steep, but the Trail is graded well and the climb is short). Take a side trip to the shelter if you choose, then continue on the A.T., and in 0.5 mile reach the tree covered summit of Punchbowl Mountain. Descend 0.25 mile to a gap and begin climbing Bluff Mountain. At mile 2, reach the summit of Bluff Mountain. Note the plaque in memory of Ottie Cline Powell just a few feet to the south, then retrace your steps to complete the hike.
Directions	The parking area is at Blue Ridge Parkway milepost 51.7, about 6.1 miles south of US 60 and about 12.2 miles north of US 501.

<b>Hike Name</b>	<b>Apple Orchard</b>
Closest Town	Bedford, VA and Lynchburg, VA
Difficulty and Length	Easy - 4 miles
Features	Views, stone steps, rock formation
Description	From Sunset Field, follow the blue-blazed Apple Orchard Falls Trail as it descends 0.25 mile to the junction with the A.T. Turn right and follow the A.T. north, climbing up to Forest Service 812 on steps. Cross the gravel road and again ascend on steps. The A.T. winds up the wooded side of Apple Orchard Mountain for a little more than a mile, where it enters the field on the summit of the mountain. Views of mountain peaks more than 40 miles away are visible from rocks just a few feet off the Trail. Continue north on the A.T. to rock steps that descend around rock formations and pass under the Guillotine at 2 miles. Retrace your steps to complete the hike.
Directions	Sunset Field is at Blue Ridge Parkway milepost 78.4, 14.5 miles south of US 501 and 7.6 miles north of VA 43.

<b>Hike Name</b>	<b>Kelly Knob</b>
Closest Town	Blacksburg, VA
Difficulty and Length	Moderate - 4.2 miles
Features	Views, cliffs/rocky outcropping
Description	Heading north on the A.T., the first 1/2 mile is the most strenuous as the Trail ascends Johns Creek Mountain and gains about 500 feet in elevation. The trail then levels out as it follows the ridgeline to Kelly Knob - a large rock outcropping with a beautiful view of the valley below. At the summit of Kelly Knob, about 2 miles in, retrace your steps to complete the hike.
Directions	Follow US 460, 5 miles west of Blacksburg. Turn right on VA 42 and go 1 mile. Turn left on VA 601 and go 7 miles. Small gravel pull off on the left where the road intersects the A.T.

<b>Hike Name</b>	<b>Wind Rock</b>
Closest Town	Pembroke, VA
Difficulty and Length	Easy - 0.8 miles
Features	Views, cliffs
Description	Starting at the trailhead bulletin board, follow the A.T. east for about 0.3 mile. A short spur trail on the left takes you to Wind Rock. The overlook offers sweeping views of Rocky Mountain, Fork Mountain, and Peter's Mountain
Directions	Follow US 460 6.5 miles west of Blacksburg. Turn right on Mountain Lake Rd (SR 700). Go 5.5 miles past Mountain Lake Hotel. Parking is on the left.

<b>Hike Name</b>	<b>Dismal Creek Falls</b>
Closest Town	Bland, VA
Difficulty and Length	Moderate - 4.3 miles

Features	Dismal Creek, waterfall
Description	From the trailhead on VA 606, hike north on the A.T. and begin climbing Brushy Mountain. At mile 1.9, reach the junction with the blue-blazed side trail to Dismal Creek Falls. Turn left on the side trail and hike another 0.25 mile to the falls overlook. To return, hike back to the A.T. on the side trail, turn right on the A.T. and hike south to VA 606.
Directions	To reach the trailhead, drive 12 miles east of Bland on VA 42 to the intersection with VA 606. Turn left and follow VA 606 0.75 mile to the trailhead.

<b>Hike Name</b>	<b>Chestnut Knob</b>
Closest Town	Tazewell, VA and Wytheville, VA
Difficulty and Length	Moderate - 2.6 miles
Features	Views of Burkes Garden, an oval shaped bowl of more than 20,000 acres that looks like a volcanic crater
Description	From the parking area in Walker Gap, hike south on the A.T. and begin climbing Chestnut Knob. You will cross an old woods road and a gravel road on the climb up the knob. At mile 1.3, reach the open summit of Chestnut Knob. Retrace your steps to complete the hike.
Directions	From Virginia 42, about 10.5 miles west of Interstate 77, take VA 623 north into Burkes Garden. VA 623 is the only paved road in or out of the National and Virginia Rural Historical District. In Burkes Garden, turn left on VA 727 and travel slightly more than 5 miles to where the gravel road dead ends at Walker Gap. This can be a very rough road!

<b>Hike Name</b>	<b>Corners Creek Falls</b>
Closest Town	Troutdale, VA
Difficulty and Length	Easy - 2.2 miles (more if you prefer
Features	Waterfall
Description	Hike on the A.T. south of Rte 650 for 1.1 miles to the falls at a trail bridge. Return to your vehicle by the same route. Alternate hike: Continue over bridge. Follow A.T. a few more yards, then turn left on blue-blazed trail along the creek 1/4 mile to Homestead Road (741); then return to your starting point.
Directions	Take I-81 to exit 45. Follow signs to Sugar Grove (9 miles). Continue through Sugar Grove about 5 miles on Rte. 16 to Rte. 650. Turn right and park along 650 a few yards after turning. Take the A.T. south (left side of road at trail sign).

<b>Hike Name</b>	<b>Rhododendron Gap</b>
Closest Town	Troutdale, VA and Mouth of Wilson, VA
Difficulty and Length	Moderate - 5.2 miles
Features	Great views, free-ranging ponies! (please don't feed or touch the ponies)
Description	From the main park road at Massie Gap, hike 0.5 mile on the blue-blazed Rhododendron Trail to the A.T. Turn left and follow the A.T. south. Hike another 0.5 mile and cross a fence, leaving Grayson Highlands State Park behind and entering the Jefferson National Forest. Reach the junction with a blue-blazed side trail in 0.25 mile. Follow this trail, which leads straight up and over Wilburn Ridge to rejoin the A.T. on the other side of the two highpoints on the ridge. After rejoining the A.T., continue south and descend to Rhododendron Gap. After exploring the gap (there is a nice view from the



	rocks), hike back north on the A.T., which bears left around the high points on Wilburn Ridge. At the junction with the Rhododendron Trail, turn right and return to the parking area.
Directions	From interstate 81 near Marion, follow the signs to Grayson Highlands State Park. The park is just north of the Virginia-North Carolina border on US 58, 8 miles west of the community of Volney. Once in the park, follow the main park road to the trailhead at Massie Gap

# Tennessee/North Carolina

Hike Name	Laurel Fork Gorge and Falls
Closest Town	Hampton, TN
Difficulty and Length	Easy-Moderate - 5 miles
Features	Laurel Falls, Laurel Fork Gorge, lots of great swimming holes
Description	From the trailhead, follow the blue-blazed trail into the Gorge. At mile 0.4, pass "Buckled Rock," a rock cliff across and above the stream. Hike another 0.6 mile to the junction with the white blazed A.T. Follow the A.T. south (east), hiking upstream along Laurel Fork for 0.25 mile, and cross the stream twice on footbridges. The Trail beyond the bridge climbs and briefly follows a ridge where there are good views of the gorge. Reach the junction with the side trail to Laurel Fork Shelter. The Trail then drops down off the low ridge and at mile 2.3, skirts the base of a cliff on a built-up section of trail. Hike another 0.25 mile to the base of Laurel Falls (swimming in pool below falls may be hazardous). Retrace your steps to complete the hike.
Directions	The USFS gravel trailhead parking lot is on the east side of Hampton, about 1.5 miles from US 19E, along US 321, just beyond where US 321 crosses Laurel Fork on a bridge. The blue blazed trail into the gorge leaves the south end of the lot.

Hike Name	Round Bald and Jane Bald
Closest Town	Roan Mountain, TN or Bakersville, NC
Difficulty and Length	Moderate - 2.6 miles
Features	Amazing views from grassy balds, spruce-fir forest, rock outcrops
Description	From the parking area at Carvers Gap follow gravel, white blazed A.T. north (east) through log fence and ascend graded trail through balds, then to left through spruce-fir forest. Please stay on the Trail - the vegetation on the balds is very fragile! Re-emerge on grassy bald and continue to summit of Round Bald at 0.7 mile. Go downhill 0.3 mile to Engine Gap, then ascend 0.3 mile to rock formation with good views, crossing 740 million year old black rock dikes which intrude into 1.1 billion year old gneiss, the oldest rocks on the whole A.T. Retrace your steps to return.
Directions	The parking area at Carvers Gap is on the Tennessee-North Carolina border, 14 miles south of Roan Mountain, TN, on TN 143, or 14 miles north of Bakersville, NC on NC 261.

Hike Name	Little Rock Knob
Closest Town	Roan Mountain, TN or Buladean, NC
Difficulty and Length	Moderate-Strenuous - 4.6 miles
Features	Great views, hike through beautiful cove hardwood forest
Description	The hike starts on the same side of the gap as the small dirt parking area. Follow the white paint blazes of the A.T. compass north (though you are actually hiking the Trail toward Georgia) as it gradually ascends up to a highpoint on the ridge in 0.25 mile. At mile 0.4, cross a second highpoint on the ridge and descend to a gap. The Trail climbs steadily to the highpoint of Little Rock Knob (4918') at 2.2 miles, and at 2.3 miles reaches excellent views into Tennessee from overlooks at tops of cliffs. Look north to view White Rocks Mountain, over which the A.T. passes. Retrace your steps to return
Directions	From the town of Roan Mountain, TN, take TN 143 through Roan Mountain State Park to Burbank. Turn right on Hughes Gap Road and go 3 miles to ridge crest intersection with A.T. Small dirt parking area on right at ridge crest. From the NC side, Hughes Gap Road turns off of NC 226 in the

small town of Buladean. From here, it is 4 miles to the parking at the ridge crest on the left.

<b>Hike Name</b>	<b>Cliff Ridge</b>
Closest Town	Erwin, TN
Difficulty and Length	Moderate-Strenuous - 3.6 miles
Features	Many fine viewpoints
Description	From the bridge, follow the road to the left and, shortly thereafter, cross the road and climb the bank on steps, following the white paint blazes of the A.T. In 0.25 mile, the Trail begins to ascend on switchbacks. At mile 0.5, reach the southern end of Cliff Ridge. For the next mile, the Trail continues to climb as it parallels the cliff. To the left, there are many fine views through the trees and from rock outcroppings. Retrace your steps to return.
Directions	The trailhead at the Nolichucky River is in Chestoa on TN 36, 0.5 mile east of US 23 and just over 2 miles south of Erwin, TN. Park across the street from the church on the east side of the Nolichucky River, walk west across the bridge, turn left, then shortly turn right onto the dirt A.T. and ascend on steps.

<b>Hike Name</b>	<b>White Rocks and Blackstack Cliffs</b>
Closest Town	Greeneville, TN
Difficulty and Length	Moderate - 4.4 miles
Features	Great views
Description	From the Camp Creek Bald fire tower, hike 0.25 mile southwest on blue blazed trail (passing fenced in communication sites on right) to the junction with the A.T. Turn left on the A.T. and hike north. At mile 1.9, climb via switchbacks, and in another 0.1 mile reach the junction with the short side trail leading to White Rocks Cliffs. After enjoying the view of NC at White Rocks, return to the A.T. and continue hiking north (right). Hike another 0.25 mile to the junction (look for sign on a tree) with a 100 yard side trail leading left, through a rhododendron tunnel to the top of Blackstack Cliffs with great views down across Greeneville, TN. Retrace your steps to return to your car.
Directions	From the NC/TN state line at Allen Gap, follow TN 70 0.5 mile north and turn right onto Upper Paint Creek Road; road turns to gravel and ascends to open ridge crest at Camp Creek Bald. Road is paved for short distance, turn right at intersection in field and follow gravel road uphill to fire tower on the summit of Camp Creek Bald.

<b>Hike Name</b>	<b>Lover's Leap</b>
Closest Town	Hot Springs, NC
Difficulty and Length	Moderate-Strenuous (short but steep) - 2.6 miles
Features	Great views of French Broad River and Hot Springs, easy access
Description	From the Hot Springs Visitor Center (across the street from the post office), hike north (compass east) on the A.T. and follow the white paint blazes and A.T. diamonds along the sidewalk. Cross Spring Creek on a small bridge and at mile 0.25 cross the French Broad River on the US 25/70 bridge. Follow the blazes down from the bridge and upstream along the French Broad. At mile 0.9, begin climbing up to Lovers Leap on switchbacks. Reach an overlook in 0.25 miles, and then continue another 0.25 mile to Lovers Leap Rock at the junction with the Silver Mine Trail. Take the Silver Mine Trail down and stay straight when you get down to the road to head back toward the river. Get back on the A.T. and head back to your car!

Directions	The trailhead is at the Hot Springs Visitor Center on US 25/70 in Hot Springs, North Carolina. Inquire at the VC before leaving your car; parking is also available on the street.
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<b>Hike Name</b>	<b>Max Patch Bald</b>
Closest Town	Hot Springs, NC
Difficulty and Length	Easy-Moderate - 1.6 miles
Features	360 views to the Smokies and Mt. Mitchell
Description	From the intersection of the A.T. and NC SR 1182, hike north on the A.T. passing through a stile in the fence along the road. Enter the woods and descend 0.1 miles to a small creek. Begin to ascend and cross a gravel road at 0.25 miles. The trail climbs Max Patch on log steps carved into the hillside and then crosses the grass to the broad summit of the mountain.
Directions	Take exit 7 on Interstate 40 and head east on gravel Cold Spring Road, USFS 148, for six miles, then left (north) on NC SR 1182 to intersection with A.T.; parking on left. (1/2 mile beyond, at ridge crest is FS parking area at base of Max Patch for alternate hike routes – map is on bulletin board.

<b>Hike Name</b>	<b>Wayah Bald Lookout Tower</b>
Closest Town	Franklin, NC
Difficulty and Length	Easy - 0.3 mile
Features	Views, fire lookout tower
Description	This national historic landmark offers panoramic views of many mountain ranges and two valleys. From the tower, one can see the main ridge of the Smoky Mountains to the North, the Balsams and the Coweets to the East, and the Tusquittee and Slickrock ranges to the West. To get there, follow the paved path up from the parking lot.
Directions	From Franklin, drive four miles West on US 64 and turn right at Wayah Bald direction sign. Take first left onto Wayah Road (SR 1310). Stay on SR 1310 for 9.1 miles, past FS 388, up winding road to top of hill (Wayah Gap). Turn right on gravel road (FS 69) to Wayah Bald. Go about 4.5 mi to parking area near end of road.

# Georgia

Hike Name	Tray Mountain
Closest Town	Helen, GA
Difficulty and Length	Easy-Moderate - 1.6 miles
Features	Excellent views in all directions from summit of Tray Mountain (4430')
Description	From Tray Gap parking lot, head north and east up the A.T. It's 0.8 mile to the rocky summit, where you'll see great views. Retrace your steps to complete the hike.
Directions	From Helen, GA go north on 17/75. Take a right on FS 79 (Tray Mountain Rd) and follow 79 to Tray Gap parking area, approximately 9 miles.

Hike Name	Source of the Chattahoochee
Closest Town	Hiawasse, GA
Difficulty and Length	Moderate-Strenuous - 4.8 miles
Features	Spring that is the source of the Chattahoochee River
Description	From the trailhead at Jack's Gap on GA 180, hike south, ascending on Jack's Knob Trail. At mile 1.9, you will reach rock outcroppings before descending to Chattahoochee Gap on the A.T. Follow the sign and blue blazes 200 yards to Chattahoochee Spring – the source of the Chattahoochee River.
Directions	The trailhead lies on the east side of Jack's Gap at the intersection of GA 180 and the 180 spur to Brasstown Bald (Georgia's highpoint at 4788').

Hike Name	Blood Mountain and Freeman Trail
Closest Town	Blairsville, GA
Difficulty and Length	Moderate-Strenuous - 6.2 miles
Features	Views from summit of Blood Mountain, highest point on A.T. in GA
Description	Your trail heads southwest out of the parking lot. Ascend trail, steep at times, for about one mile, then cross over the A.T. and continue south and west along the Freeman Trail. The Freeman Trail contours gently around the south side of Blood Mountain for 1.8 miles, but is very rocky. The Freeman Trail intersects with the A.T. again at Bird Gap. Go northeast/right for 1.2 miles, ascending to summit of Blood Mountain, highest point on the A.T. in Georgia at 4461'. From summit, cross over top of Blood Mountain and rock outcrops following white paint blazes, being alert in 0.5 mile for 90 degree left turn from rock slabs into woods. Descend along A.T. to the Freeman Trail and Byron Reece Trail junction, turn left and retrace steps back to the parking lot.
Directions	From the south follow US 129 north from Cleveland, GA. US 19 later joins. The Walasi-Yi center, an outfitting store, is reached in 18 miles. Continue about 0.6 miles to entrance of Byron Herbert Reece parking area, on left. Hiker parking is not allowed at Walasi-Yi Center. From the north, follow US 19/129 south 13 miles from Blairsville to the Bryon Herbert Reece Parking area, entrance on the right.

Hike Name	Woody Gap to Big Cedar Mountain
Closest Town	Suches, GA and Dahlonega, GA

Difficulty and Length	Moderate-Strenuous - 2.4 miles
Features	View, rocky outcrop
Description	Start at Woody Gap and hike north on the A.T. At 0.8 miles, climb steadily via well-graded switchbacks. At 1.2 miles, reach Preacher's Rock at the summit of Big Cedar Mountain and take in the views. Retrace your steps to complete the hike.
Directions	From Dahlonega, follow GA Highway 60 north for 13.3 miles to the top of the ridge, an area with parking on either side of the road. There is a toilet facility here (modern outhouse style - no water available).

<b>Hike Name</b>	<b>Three Forks to Long Creek Falls</b>
Closest Town	Suches, GA
Difficulty and Length	Easy - 1.8 miles
Features	Waterfall, swimming hole
Description	From USFS 58 at Three Forks, follow the A.T. to the northeast as it ascends gently on an old dirt road. At 0.8 mi. a blue-blazed trail leads left for 0.1 mile to Long Creek Falls, a 25-ft. high waterfall surrounded by hemlocks, with a beautiful pool at its base. Retrace your steps to complete the hike.
Directions	<p>From GA Hwy 52, 9.5 miles east of Amicalola Falls State Park or 8.5 miles west of Dahlonega, turn north at Grizzle's old store (closed, sign for store is damaged). Go 2.0 miles and turn right on USFS Road #28 (look for sign that points to Jones Creek Road on right). After 2.2 miles, bear left at fork onto USFS Road #77 and go 5.1 miles. Go straight across FS #42 at top of ridge and continue on FS #58 downhill about 2.5 miles to Three Forks, where the A.T. crosses the road and Stover Creek, Long Creek and Chester Creek join.</p> <p>NOTE: These Forest Service roads can be quite rough, and may be impassable by car or van in winter or very wet weather. Contact the Chattahoochee National Forest Blue Ridge Ranger District in Blairsville, Georgia (706) 745-6928 for current road conditions.</p>

<b>Hike Name</b>	<b>Springer Mountain</b>
Closest Town	Dahlonega, GA
Difficulty and Length	Easy-Moderate - 2 miles
Features	Southern terminus of A.T., views
Description	From the parking lot at the trailhead off FS 42, hike south on the A.T. across the road and begin the steady climb up Springer Mountain. After 0.8 miles, pass the junction with the Benton MacKaye Trail. Another 0.2 mile south on the A.T. brings you to the summit of Springer Mountain and the southern terminus of the A.T. with great views to the west. To return, retrace your hike.
Directions	<p>From Dahlonega, travel west on Highway 52 for approximately 9 miles. Turn right at an old store with a partial sign saying "store." Go 2.0 miles and turn right onto USFS Road 28 (look for sign for Jones Creek on right). After 2.2 miles, take left fork onto USFS Road 77 and go 5.1 miles to Windingstair Gap. Take the hard left onto USFS Road 42, and you'll travel 2.7 miles before finding the A.T. crossing, where there is a large parking area on the north side of the road.</p> <p>NOTE: These Forest Service roads can be quite rough, and may be impassable by car or van in winter or very wet weather. Contact the Chattahoochee National Forest Blue Ridge Ranger District in Blairsville, Georgia (706) 745-6928 for current road conditions.</p>

Hike Name	Len Foote Hike Inn Trail
Closest Town	Dahlonega, GA
Difficulty and Length	Easy-Moderate - 10 miles (recommend overnight stay at the Inn)
Features	Amicalola Falls, Len Foote Hike Inn
Description	Hike from the Amicalola Lodge to the Len Foote Hike Inn along a pleasant trail winding through the woods. The Len Foote Hike Inn can only be reached by hiking. Return by the same route, or for the adventurous, continue 1 mile to the A.T. Approach Trail, turn left, and head southwest 4.3 miles back to the Amicalola Lodge. The A.T. Approach Trail route is hillier.
Directions	Go to Amicalola State Park in Dawsonville, GA and stop at the visitors center which has maps of the trails; you will need to sign in there if you are planning to stay at the Len Foote Hike Inn (reservations are needed for the Inn: <a href="http://hike-inn.com/">http://hike-inn.com/</a> ). From the visitors center, drive to the top of falls and park in the Len Foote Hike Inn parking lot and follow the signs to the Len Foote Hike Inn Trail (follow the lime green paint blazes).