

INN-TO-INN HIKING on the APPALACHIAN TRAIL

The Appalachian Trail (A.T.) is a backcountry footpath, routed along some of the most magnificent mountains and ridges of the Appalachian Mountain chain. It is a national scenic trail, designed to offer a reprieve from civilization, so is intentionally routed away from towns. The trail may cross paved roads at intervals that are typically five to 20 miles apart, but in a few remote areas may be as much as 30 or more. At those road crossings, the nearest town is two, five, 10 or more miles away at road crossings.

That means that motels, inns and B&Bs are seldom found right along the A.T., but there are a few notable exceptions. Lodging and meals or resupply can be found right along the A.T. a day's hike apart in three locations along the A.T. With careful planning you can hike these areas and just carry a day-pack!

There are also some other areas where B&Bs are clustered not too far from the A.T. With some resourceful logistical planning, you can plan a multi-day hike without having to schlep a heavy backpack. Here is information about a variety of options.

INN-TO-INN HIKES

Shenandoah National Park, Virginia

Four days, three nights. South to north:

- Day 1: Start at Swift Run Gap/U.S. 33 and hike to Lewis Mountain
- Day 2: Lewis Mountain to Big Meadows
- Day 3: Big Meadows to Skyland
- Day 4: Skyland to end at Thornton Gap/U.S. 211

Total distance = 35 miles

Accommodations:

- Lewis Mountain - Furnished cabins (no kitchen), camp store.
- Big Meadows – Lodge and motel rooms, dining room, tap room camp store, boxed lunches
- Skyland – Motel-style accommodations, cabins, suites, dining room, tap room, boxed lunches.

Shenandoah National Park offers an opportunity for four days of continuous hiking, with lodging at convenient intervals along the A.T. Although there is some elevation gain and loss, the footpath here is well-graded. Climbs and descents are seldom steep. Rewarding views and an abundance of flowers and wildlife make this a popular destination. For four days and three nights, you can plan to walk 8-10 miles a day with no more than a day pack if you make reservations ahead of time to ensure a spot.

All three overnight destinations have either camp stores and/or restaurants (food options at Lewis Mountain are limited to a small camp store). Big Meadows and Skyland both have restaurants offering lovely views, and taverns where you can grab a cold beer after your hike. For a true inn-to-inn hike, eliminate the first day between Swift Run Gap and Lewis Mountain, as there are no meals served at Lewis Mountain, just a camp store.

More info:

- Maps for topography, elevation gain/loss, and Trail waypoints:
 - [Central Map of Shenandoah National Park](#)
 - [Complete map and guide package for the entire Shenandoah National Park](#)
- Facility info and booking:
 - [Shenandoah National Park](#)
 - [GoShenandoah Hiking Packages](#)
- Shuttles and transportation:
 - [Our Transportation page](#)

White Mountains of New Hampshire

Up to eight nights at the Appalachian Mountain Club's (AMC) high mountain huts, with many route options, including side trails from the A.T.

For the hiker ready for the challenge of climbing steep mountains with highly exposed sections above treeline in exchange for thrilling views (when the weather cooperates), the AMC offers a unique system of eight full-service huts in the White Mountain National Forest. These facilities provide full-service accommodations (dinner, lodging, breakfast) in the summer months, so you need to carry only a day pack with raingear, lunch, and the other [10 essentials](#).

Note that many places in the White Mountains are steep enough to require the use of hands. This section is not recommended for hikers with a fear of heights, those who aren't physically fit, or those who lack agility. Reservations are essential; reservations for the most popular huts fill months in advance. For additional information, visit the AMC website at [outdoors.org](https://www.outdoors.org) or call the AMC office at Pinkham Notch (603) 466-2727.

- Maps for topography, elevation gain/loss, and Trail waypoints:
 - [Map of the A.T. in VT and NH](#)
 - [Complete map and guide package for the A.T. through VT and NH](#)
 - [Map set of the entire White Mountain National Forest, including all huts and side trails](#)
- More resources through the AMC
 - [More itinerary ideas and transportation](#)

INN-TO-INN HIKES UTILIZING SHUTTLES EACH DAY

With some planning, the following areas can be hiked inn-to-inn but require shuttles of up to about five miles at the end of each day, and in a few cases, a shuttle back to the same B&B, motel, or inn two nights in row. Many of the establishments may offer only breakfast or dinner, but not both. Not all have laundry. No formal packages are available, but in some areas a local shuttle driver may be able to work with you on this. The terrain in Maryland is moderate with many relatively flat ridge sections. The other three areas ranges from moderate to challenging, with some rock scrambling.

- All of Maryland to Boiling Springs, PA
- Vernon, NJ to Bear Mountain, NY
- All of Connecticut and Massachusetts
- Killington, VT to Glenclyff, NH

MULTI-DAY HIKES USING A BASE CAMP AND SHUTTLES

Almost all parts of the A.T. are accessible for day-hiking, but some areas are harder to reach than others. More than 200 roads (paved and unpaved) cross the A.T. at intervals ranging from as little as one mile to over 30 miles. Some road crossings offer designated trailhead parking; others do not. Successive multi-day hikes can be arranged out of a motel, hotel, or B&B by planning shuttles of increasing mileage each day from a designated “base camp.” Generally speaking, lodging is located closer to the Trail and at more frequent intervals in the mid-Atlantic than in the deep South and far North. The terrain is also somewhat less difficult in these states. Southern Pennsylvania and Massachusetts

offer lodging at the most frequent intervals (other than in Shenandoah National Park in Virginia and in New Hampshire, as noted above).

MORE INFO

Visit our website appalachiantrail.org for more trip planning resources, a free interactive map, maps and guidebooks, and more!