

Walk Instructions for AT through Georgia

APPALACHIAN TRAIL THROUGH GEORGIA

Long Distance YRE – 2018/Y2289, rated 4D

Table of Contents

HOW TO HIKE THE AT IN GEORGIA – THE BASICS	Page 2
THE SUGGESTED 8 DAY HIKES PLUS APPROACH	Page 3
OPTIONAL ‘A’ AWARD	Page 4
HIKING GUIDELINES	Page 4
AFTER YOU HAVE COMPLETED THE HIKE	Page 5
SPECIAL PROGRAMS	Page 5
RESOURCES FOR DETAILED HIKE DIRECTIONS	Page 5
SUPPLEMENT INFORMATION ABOUT THE APPLACHIAN TRAIL	Page 6

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THE BASICS – HOW TO HIKE THE AT IN GEORGIA:

This event has a minimum of 4K distance and may be done over multiple days for as long as the entire distance of the Appalachian Trail through Georgia. The entire trail in GA is 78.6 miles, plus an additional 8.5 mile approach trail. You must register and pay for IVV credit separately for each section walked.

Since the AT is a long-established national trail with many available guidebooks and maps, detailed walk directions will not be provided. **You may walk the trail from any start point, for any length (with the exception of the above mentioned minimum 4K), and it will qualify for the IVV Event Stamp and the new Special Program – The Appalachian Trail (one stamp per state).** You may walk as an out-and-back or walk as a “shuttle hike” where, using two vehicles, one left at either end of the hike so you walk the hike end to end.

For specific instructions on how to best walk the AT in GA with reasonable day hikes, *Exploring the APPALACHIAN TRAIL Hikes in the Southern Appalachians – Georgia North Carolina Tennessee* by Doris Gove is highly recommended. It can be purchased on Amazon or at most Georgia bookstores. The book breaks the length of the GA trail into 8 day hikes (the last hike ends in North Carolina). Driving directions are provided to the start and end of each day hike, with both north and south directions. Details on what to expect on each hike is also provided. Due to copyright issues, the book’s information cannot be reproduced.

The day hikes in the book are accomplished by parking a vehicle at either end (i.e. *shuttle hikes*). If you want to walk a shorter route, you may park a vehicle at one end and walk out and back along the trail as far as you desire. Other vehicle parking opportunities may be available at the mid-point along the way in order to shorten the distance for the day. Check maps or additional books for this information.

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THE SUGGESTED 8 AT DAY HIKES PLUS THE APPROACH TRAIL:

The AT may be walked however you like, starting and ending the day whenever you like along the trail (5K minimum for IVV credit). The 8 Day Hikes are the suggestions detailed in the book described on page 2. All hikes are listed from south to north hikes.

APPROACH TRAIL – AMICALOLA FALLS TO SPRINGER MOUNTAIN	8.5 miles
Hike #1: Springer Mountain to Hightower Gap	9 miles, 8.1 on the AT
Hike #2: Hightower Gap to Woody Gap	11.9 miles
Hike #3: Woody Gap to Neels Gap	10.7 miles
Hike #4: Neels Gap to Hogpen Gap	6.4 miles
Hike #5: Hogpen Gap to Unicoi Gap	13.6 miles
Hike #6: Unicoi Gap to Tray Gap	4.4 miles
Hike #7: Tray Gap to Dicks Creek Gap	11.7 miles
Hike #8: Dicks Creek Gap to Deep Gap (NC)	15.6 miles (not suggested as a day hike)

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OPTIONAL 'A' AWARD:

TBD

HKING GUIDELINES:

- 1) The AT is marked frequently with white blazes (white vertical rectangle stripes painted on trees or rocks). While hiking, make sure you see blazes frequently to make sure you are still on course. Two blazes on one tree indicate a turn (slight or hard turn) to the left or right.
- 2) The Appalachian Trail through GA is rugged, often rocky terrain and reaches a height of more than 4400 feet and never dips below 2500 feet. The high point of the trail is at Blood Mountain (4,461 ft.) while the low point is Dicks Creek Gap (2,675 ft.). There may be mud, ice or snow, depending on season and weather. Hiking boots and one or two hiking poles are strongly suggested.
- 3) Hike with a friend. It is not recommended to do this walk alone.
- 4) Check the weather forecast and sunset times before heading out. May of the days hikes may take 4 to 6 hours or more. Be sure you have plenty of time to safely complete the hike during daylight hours.
- 5) Practice safe wilderness procedures. Carry a portable rain slicker, a map or trail book, food and plenty of water, a small first aid kit, sunscreen, bug spray, and a phone in case of emergency.
- 6) Let a friend or family member know where you are hiking and let them know when you are safely off the trail.
- 7) IN CASE OF EMERGENCIES, DIAL 911. You may also contact the POC, Connie Clark at 469-713-4712, cell phone.
- 8) These walk directions and maps may only be used in conjunction with a signed AVA America's Walking Club athletic waiver. All other users are prohibited.

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AFTER COMPLETING THE WALK:

Please remember to log back into the OLSB system to *finish/complete* your online registration after finishing the walk.

NOTE: The OLSB system does not deduct any walking fee from a Walker's Event Bank until they have submitted walk completion info including the date the event was walked, the distance walked, and the selection of applicable Special Programs that the walker is participating in. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the Walker's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a Walker's Event Bank when he/she submits the walk completion info as a paying for credit Walker.

SPECIAL PROGRAMS:

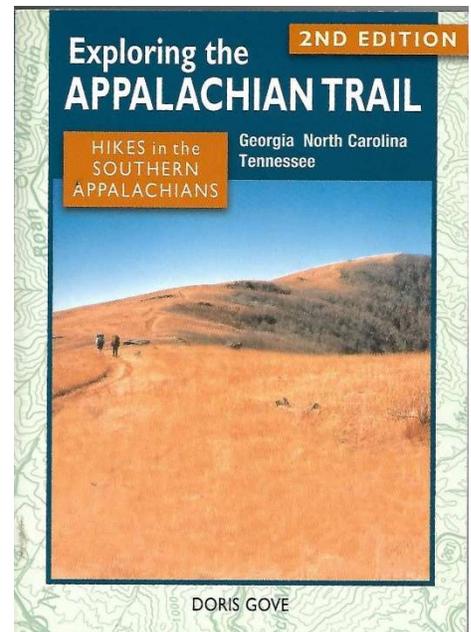
The Appalachian Trail – one stamp per state for this 14 State Special Program.

Border Crossing – Hike #8, Georgia/North Carolina

RESOURCES FOR DETAILED HIKE DIRECTIONS:

- 1) ***Exploring the APPALACHIAN TRAIL – HIKES in the SOUTHERN APPALACHIANS – Georgia, North Carolina, Tennessee by Doris Gove.***

This book breaks down the AT hikes in Georgia into reasonable length day hikes and provides directions to each start and end location. This book was the reference used for setting up this program. Recommendations on how to shuttle hike (one vehicle at each end) with 2 or more hikers. There is plenty of information to create your own out and back with the information provided in the book.



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- 2) The Appalachian Trail Conservancy - <http://www.appalachiantrail.org/home/explore-the-trail/explore-by-state/georgia> . Lots of information and good advice regarding hiking the AT in Georgia.
- 3) Georgia Appalachian Trail Club - <https://georgia-atclub.org/>.
- 4) The official AT Trail Store online is a great place to order books and maps and support the organization, too. They have a map set that includes all of Georgia. It is not necessary to have these to hike if you have a guidebook like the one above, but they are interesting and probably a good safety net to have them along.

SUPPLEMENT: ABOUT THE APPALACHIAN TRAIL copied from Wikipedia

The **Appalachian National Scenic Trail**, generally known as the **Appalachian Trail** or simply the **A.T.**, is a marked hiking trail in the Eastern United States extending between Springer Mountain in Georgia and Mount Katahdin in Maine. The trail is about 2,200 miles (3,500 km)^[a] long, though the exact length changes over time as parts are modified or rerouted. The [Appalachian Trail Conservancy](#) claims that the Appalachian Trail is the longest hiking-only trail in the world. More than 2 million people are said to do at least one day-hike on the trail each year.

The idea of the Appalachian Trail came about in 1921. The trail itself was completed in 1937 after more than a decade of work, although improvements and changes continue. It is maintained by 31 trail clubs and multiple partnerships, and managed by the National Park Service, United States Forest Service, and the nonprofit Appalachian Trail Conservancy. The majority of the trail is in forest or wild lands, although some portions traverse towns, roads and farms. It passes through 14 states: **Georgia, North Carolina, Tennessee, Virginia, West Virginia, Maryland, Pennsylvania, New Jersey, New York, Connecticut, Massachusetts, Vermont, New Hampshire, and Maine.**

Thru-hikers attempt to hike the trail in its entirety in a single season — more than 2,700 people thru-hiked the trail in 2014 — and some hike from one end to the other, then turn around and thru-hike the trail the other way, known as a "yo-yo". Many books, memoirs, websites, and fan organizations are dedicated to these pursuits.

An extension known as the International Appalachian Trail continues northeast, crossing Maine and cutting through Canada to Newfoundland, with sections continuing in Greenland, through Europe, and into Morocco. Other separate extensions continue the southern end of the Appalachian range in Alabama and continue south into Florida, creating what is known as the Eastern Continental Trail.

The Appalachian Trail, the Continental Divide Trail, and the Pacific Crest Trail form what is known as the Triple Crown of Hiking in the United States.