

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,469.7	Scorched Earth Gap, Andy Layne Trail		2,600	708.6
1,469.1	Lamberts Meadow Shelter... <i>6mS; 14.4mN</i>	S, w	2,080	709.2
1,468.8	Lamberts Meadow Campsite, Sawmill Run	C, w	2,000	709.5
1,464.8	Angels Gap		1,800	713.5
1,463.7	Hay Rock, Tinker Ridge		1,900	714.6
1,460.2	Tinker Creek		1,165	718.1
1,459.7	U.S. 220, Va. 816 Cloverdale, VA 24077; Daleville, VA 24083	R; G, L, M, cl (E–0.8m G, M, L, cl, sh; 2.3m PO G, L, M; 12m G, M, O, D, V) (W–0.3m G, M O, f; 1m PO)	1,350	718.6
1,458.5	Va. 779, I-81	R	1,400	719.8
1,458.2	U.S. 11, Norfolk & Western Railway Troutville, VA 24175	R (W–1.3m PO, C, G, M)	1,300	720.1
1,457.6	Va. 652	R	1,450	720.7
1,454.7	Fullhardt Knob Shelter... <i>14.4mS; 6.2mN</i>	S, w	2,670	723.6
1,451.9	USFS 191, Salt Pond Rd	R	2,260	726.4
1,451.1	Curry Creek	w	1,680	727.2
1,449.2	Wilson Creek	w	1,690	729.1
1,448.5	Wilson Creek Shelter... <i>6.2mS; 7.5mN</i>	S, w	1,830	729.8
1,448.1	Spring	w	2,050	730.2
1,446.1	USFS 186; BRP mp 97.7; Old Fincastle Rd; Black Horse Gap	R	2,402	732.2
1,445.3	BRP mp 97.0; Taylors Mtn Overlook	R	2,350	733.0
1,444.2	BRP mp 95.9; Montvale Overlook	R	2,400	734.1
1,443.6	BRP mp 95.3; Harveys Knob Overlook	R	2,550	734.7
1,441.2	Bobblets Gap Shelter... <i>7.5mS; 6.6mN</i>	W–0.2m S, w	1,920	737.1

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,440.5	BRP mp 92.5; Sharp Top Overlook	R	2,350	737.8
1,439.8	BRP mp 91.8; Mills Gap Overlook	R	2,450	738.5
1,438.0	Va. 43, Bearwallow Gap; BRP mp 90.9 Buchanan, VA 24066	R (E–4.4m C, L, M) (W–5m PO, G, M, @; 7m L, M)	2,228	740.3
1,436.6	Cove Mtn		2,720	741.7
1,436.2	Little Cove Mtn Trail		2,600	742.1
1,434.8	Cove Mtn Shelter... <i>6.6mS; 6.9mN</i>	S, nw	1,925	743.5
1,433.1	Buchanan Trail		1,790	745.2
1,431.6	Va. 614, Jennings Creek	R, C, w (E–0.3m w; 1.4m C, G, cl, sh, f) (W–4.5m L, M)	951	746.7
1,430.0	Fork Mtn		2,042	748.3
1,427.9	Bryant Ridge Shelter... <i>6.9mS; 5mN</i>	S, w	1,320	750.4
1,423.5	Floyd Mtn		3,560	754.8
1,422.9	Cornelius Creek Shelter... <i>5mS; 5.3mN</i>	S, w	3,145	755.4
1,422.0	Black Rock		3,450	756.3
1,420.3	Apple Orchard Falls Trail		3,250	758.0
1,420.2	USFS 812, Parkers Gap Rd; BRP mp 78.4	R	3,430	758.1
1,418.8	Apple Orchard Mtn		4,225	759.5
1,418.5	The Guillotine		4,090	759.8
1,417.9	Upper BRP mp 76.3	R	3,900	760.4
1,417.6	Thunder Hill Shelter... <i>5.3mS; 12.4mN</i>	S, w	3,960	760.7
1,416.6	Lower BRP mp 74.9	R	3,650	761.7
1,416.2	Thunder Ridge Overlook; BRP mp 74.7	R	3,501	762.1
1,414.3	Harrison Ground Spring	w	3,200	764.0
1,412.9	USFS 35, Petites Gap; BRP mp 71.0	R	2,369	765.4
1,411.7	High Cock Knob		3,073	766.6

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,410.7	Marble Spring	C, w	2,290	767.6
1,410.2	Sulphur Spring Trail (south crossing)		2,400	768.1
1,408.4	Belfast Trail, Hickory Stand		2,650	769.9
1,407.9	Sulphur Spring Trail (north crossing)		2,588	770.4
1,407.1	Big Cove Branch	w	1,890	771.2
1,405.2	Matts Creek Shelter... <i>12.4mS; 3.9mN</i>	S, w	835	773.1
1,404.4	Campsite	C, w	700	773.9
1,403.2	James River Foot Bridge		678	775.1
1,403.0	U.S. 501, Va. 130, James River Big Island, VA 24526; Glasgow, VA 24555	R (E-4.7m C, G, L, cl, sh; 5.1m PO, G, M, D) (W-5.9m PO, G, L, M, cl, f, @)	680	775.3
1,402.9	Lower Rocky Row Run Bridge	w	670	775.4
1,402.0	Rocky Row Run	C, w	760	776.3
1,401.9	Va. 812, USFS 36	R	825	776.4
1,401.3	Johns Hollow Shelter... <i>3.9mS; 9mN</i>	S, w	1,020	777.0
1,399.3	Rocky Row Trail		2,400	779.0
1,399.2	Fullers Rocks, Little Rocky Row		2,472	779.1
1,398.2	Big Rocky Row		2,992	780.1
1,396.7	Saddle Gap, Saddle Gap Trail		2,600	781.6
1,395.6	Saltlog Gap (south)		2,573	782.7
1,394.1	Bluff Mtn		3,372	784.2
1,393.0	Punchbowl Mtn		2,850	785.3
1,392.5	Punchbowl Shelter... <i>9mS; 9.7mN</i>	W-0.2m S, w	2,500	785.8
1,392.1	Punchbowl Mtn Crossing; BRP mp 51.7	R, w	2,170	786.2
1,391.8	Va. 607, Robinson Gap Rd	R	2,100	786.5
1,389.9	Rice Mtn		2,228	788.4
1,388.0	USFS 39, Pedlar River	R	990	790.3

Campbell Shelter (1989)—Sleeps 6. Privy. Water can be found by following the blue-blazed trail left and behind the shelter. Follow the trail through the “electric meadow” to the spring.

Tinker Cliffs—A cliff-walk half a mile long, with views back to McAfee Knob. Folklore says the name comes from Revolutionary War deserters who hid near here and repaired pots and pans (“tinkers”).

Lamberts Meadow Shelter (1974)—Sleeps 6. Privy. Tentsites are 0.3 mile farther north on the A.T. Water is 50 yards down the trail in front of the shelter; reported dry in Aug 2007.



U.S. 220/I-81 Interchange Area—The interchange area offers all the comforts of interstate vehicular travel, with most services near the A.T.

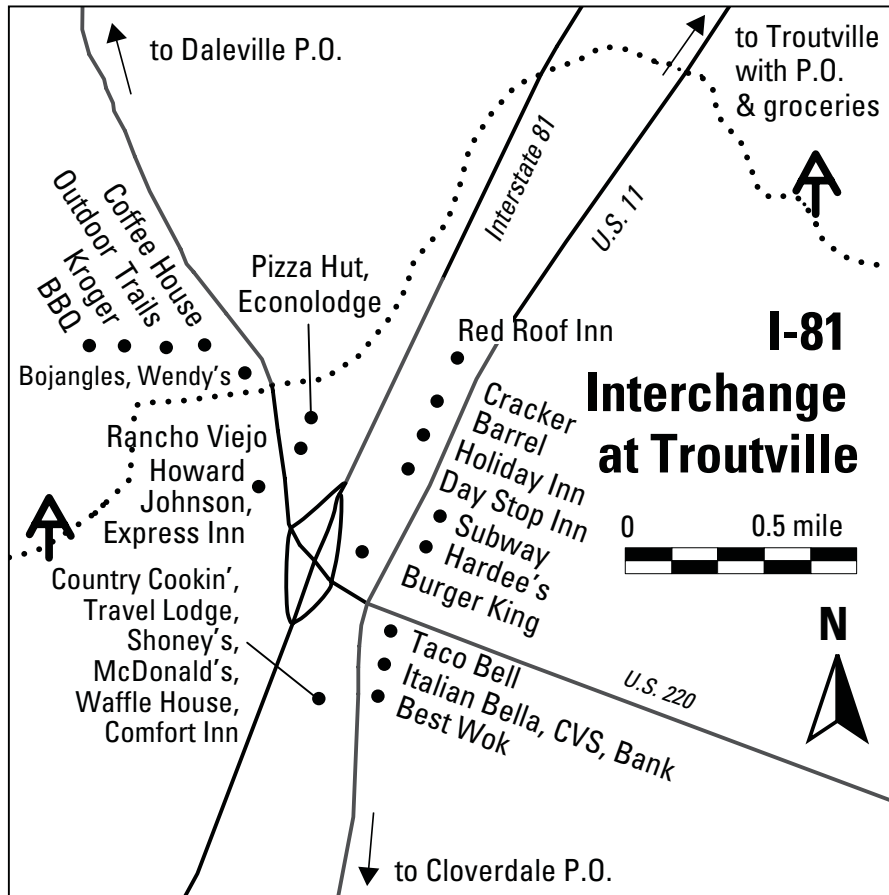
On U.S. 220. ■ **Lodging:** Super 8, (540) 992-3000, hiker rates subject to availability, \$59S/D–\$56D, \$6EAP, coin laundry, pool, will hold packages sent to 446 Roanoke Rd., Daleville, VA 24083; Howard Johnson Express Inn, (540) 992-1234, hiker rate \$55S/D, \$5EAP, includes full B, holds UPS and USPS packages for registered guests sent to 437 Roanoke Road, Daleville, VA 24083, microwave & refrigerator, coin laundry, dogs permitted, \$15 per pet. Both motels fill up quickly, particularly on the weekends. If you wish to stay there, make reservations during an earlier town stop.

■ **Restaurants:** Pizza Hut with AYCE salad bar; Rancho Viejo Mexican.
 ■ **Other services:** Several convenience stores.

West 0.3 mile to Botetourt Commons Shopping Plaza. ■ **Restaurants:** Mill Mountain Coffee House, 3 Little Pigs BBQ, Wendy’s, Bojangles. ■ **Groceries:** Kroger Super Store, with pharmacy (long-term resupply). ■ **Outfitter:** Outdoor Trails, (540) 992-5850, (M–F 10–8, Sa 9–6, closed Su), a full-service outfitter, sells fuel by the ounce and holds packages mailed to it at Botetourt Commons, 28 Kingston Dr., Daleville, VA 24083; make reservation for shuttle or slackpacking. ■ **Internet access:** Outdoor Trails, if computer is not needed for the business. ■ **Other services:** UPS Store, (540) 966-0220, M–F 8–6, Sa 9–5; bank with ATM.

West 1 mile to **Daleville, Va. [P.O. ZIP 24083: M–F 8–5, Sa 8–12 (540) 992-4422]**. Convenience stores and bank are nearby.

East 0.8 mile to U.S. 11. ■ **Lodging:** Travelodge, (540) 992-6700, 2619 Lee Hwy., Troutville, VA 24175, \$49D, \$6EAP (total of 4 per room), pool, dogs \$6, continental B; Comfort Inn, (540) 992-5600, ask for the “hiker-corporate” rates of \$40D, \$5EAP, includes continental B, pool, and Internet access; Day Stop Inn (Travel Centers of America), (540) 992-3100, \$58S/D, \$6EAP up to 4 people, no pets allowed, 24-hour



restaurant, coin laundry, showers available to nonguests \$10; Red Roof Inn, (540) 992-5055, \$73S/D, \$5EAP, limited continental B, pets permitted, pool, hot tub, exercise room; Holiday Inn Express, (540) 966-4444, \$109S/D, \$5EAP, weekends add \$10, Jacuzzi suites higher, microwave and refrigerator in rooms, pool, continental B, holds UPS and USPS packages for registered guests mailed to 3139 Lee Hwy. South, Troutville, VA 24175. ■ **Restaurants:** Cracker Barrel; Country Cookin', with \$4.49 L and \$5.59 D; Shoney's with \$5.99 (\$7.49 weekends and holidays) B bar; Italian Bella with AYCE L \$5.49 Tu–F; Taco Bell; Waffle House; Best Wok; Subway inside Pilot Truck Stop, which also has \$10 pay shower; many fast-food restaurants.

East 2.3 miles to Cloverdale, Va. [P.O. ZIP 24077: M–F 8–5, Sa 9–12; (540) 992-2334], via U.S. 220 and U.S. 11 from the interchange area. ■ **Lodging:** Hollins Motel, (540) 992-2971, \$35S, \$40D, \$45T, \$48 for 4. ■ **Groceries:** Greenway Market (short-term resupply), open till 11. ■ **Restaurant:** Cloverdale Grill, M–F 8:30–3:30.

East 12 miles to Roanoke. ■ **Outfitters:** Nearby in Salem, Va.: Backcountry Ski and Sports, (540) 389-8602. ■ **Other services:** Medical center that fits in hikers as schedule permits; veterinarian; CVS drug store; and several convenience stores.



U.S. 11—West 1.3 mile (1.5 miles north of the interchange area) to **Troutville, Va.** [P.O. ZIP 24175: M–F 8:30–5, Sa 8:30–11:30; (540) 992-1472]. Town hall, (540) 992-4401, M–F 9–5, sometimes allows hikers to camp at the city park, must check with town hall or find park manager; bathrooms and water available. ■ **Groceries:** Thriftway Market (long-term resupply), M–Sa 8–8, closed Su. ■ **Other services:** banks with ATMs. ■ **Shuttles:** Del Schechterly, (540) 529-6028, <dschecht1@juno.com>, helps hikers in need and shuttles from Pearisburg to Waynesboro.

Fullhardt Knob Shelter (1960s)—Sleeps 6. Privy. The water source for this shelter is an elaborate cistern system of water run-off hooked to the shelter's roof. Give the water enough time to flow through the freeze-proof valve, which is a few feet up the pipe toward the cistern. Please make sure spigot is off when you have finished getting water.

Wilson Creek Shelter (1986)—Sleeps 6. Privy. Water source is a reliable stream 200 yards in front of the shelter.



Blue Ridge Parkway—Black Horse Gap is the A.T.'s southernmost encounter with the Blue Ridge Parkway (BRP). The A.T. parallels BRP, and later Skyline Drive, for approximately 200 miles. Much of the original A.T. route along the Blue Ridge south of Roanoke was displaced by the parkway when it was built. Hitchhiking is not permitted on the BRP.

Natural Bridge Appalachian Trail Club—NBATC maintains the 90.6 miles between Black Horse Gap and the Tye River. Correspondence should be sent to NBATC, P.O. Box 3012, Lynchburg, VA 24503; <happifeet@msn.com>.

Bobblets Gap Shelter (1961)—Sleeps 6. Privy. Built by the USFS; the water source is a spring to the left of the shelter that is prone to go dry after prolonged rainless periods. Look farther downstream if the first source is dry.



Va. 43/Bearwallow Gap—East, then north 4.4 miles on the BRP to Peaks of Otter Area, (540) 586-1081, with lodge, restaurant, campground (no showers). Lodge rates vary, \$80 and up, depending on day and time of year; reservations suggested. Restaurant serves a B buffet Sa and Su (only Su in winter), B/L/D daily. Campsites open May–Oct, \$16, (540) 586-7321.

West 5 miles on Va. 43 to **Buchanan, Va. [P.O. ZIP 24066: M–F 8:30–5, Sa 10–12; (540) 254-2178].** ■ **Lodging:** Wattstull Motel & Restaurant, (540) 254-1551, is 2 miles north of town on I-81, rates \$65–\$75, Internet access in some rooms. ■ **Internet access:** Buchanan Library. ■ **Other services:** grocery store, bank with ATM, restaurants.

Cove Mountain Shelter (1981)—Sleeps 6. Privy. No convenient water source at this shelter. A steep, unmarked trail to the left of the shelter leads 0.5 mile downhill to a stream.



Va. 614/Jennings Creek—Jennings Creek is a popular swimming hole for both hikers and local residents, with good tentsites in the woods beyond the bridge.

East 0.2 mile to Va. 618, then 0.1 mile to the USFS Middle Creek Picnic Area with covered picnic pavilions and well water; 1.1 miles farther on Va. 618 to **Camping:** Middle Creek Campground, (540) 254-2550, tentsites for 4 with shower \$26; cabins sleep 4–6, \$65 for 4, \$75 for 6; showers \$5. Campstore (short-term resupply), Coleman fuel and denatured alcohol by the ounce, Esbit, and coin laundry; accepts packages sent to 1164 Middle Creek Rd., Buchanan, VA 24066; when available, shuttle to the A.T.

West 4.5 miles to Wattstull Motel & Restaurant (see Buchanan entry above).

Bryant Ridge Shelter (1992)—Sleeps 20. Privy. This trilevel, timber-frame shelter is one of the A.T.'s largest. Water source is a stream 25 yards in front of the shelter, also crossed on the trail to the shelter.

Cornelius Creek Shelter (1960)—Sleeps 6. Privy. A blue-blazed trail leads to the shelter, but just north of the turn-off is a branch of Cornelius Creek where you can find water. Water can also be found on the trail to the shelter. An unmarked trail behind the shelter leads 0.1 mile to a fire road and then left 0.2 mile to the BRP, where it is then 6 miles south to the Peaks of Otter Area.

Apple Orchard Falls Trail—Located 2.6 miles north of Cornelius Creek Shelter. When the water is high, these falls are impressive, making the 3-mile round-trip worth the effort.

Apple Orchard Mountain—When you reach the top, you will be at 4,225 feet. Once an Air Force radar base, the meadows were covered with barracks and support-service buildings for 250 people. On the northern side of the mountain, the A.T. leads you under The Guillotine—an impressively large boulder stuck over the Trail between rock formations. No camping is permitted on top of the mountain, the highest point on the A.T. between Chestnut Knob and Mt. Moosilauke in New Hampshire.

Thunder Hill Shelter (1962)—Sleeps 6. Privy. Water source is a walled-in spring south of the shelter, prone to go dry by late summer. A larger, reliable spring can be found by going south on the A.T. to the BRP. At the BRP, turn left, walk 0.3 mile to a gated road on the left; 500 feet down the gated road, where the road turns left, angle right to a spring basin.

Matts Creek Shelter (1961)—Sleeps 6. Privy. Several small swimming holes are nearby. The rocks you will find in this area are 500 million years old. Tentsites can be found north 1.0 mile, where Matts Creek flows into the James River, with river views and the sound of trains across the river. Water source is Matts Creek, in front of the shelter.

James River Foot Bridge—This bridge, the longest foot-use-only bridge on the A.T., is dedicated to the memory of Bill Foot, a 1987 thru-hiker and ALDHA honorary life member (Trail-named “The Happy Feet” with his wife, Laurie) whose efforts in securing the existing piers, applying for grants, and gaining numerous agencies’ cooperation made the bridge a reality.



U.S. 501 & Va. 130/James River—The two roads diverge at a fork east of the Trail crossing. On Va. 130, **East** 4.8 miles to **Camping**: Wildwood Campground, (434) 299-5228. Owners Terry and Dona Farmer provide tentsites \$20 per tent, cabins \$55–\$75 for 4 adults, \$3EAP; camp store, showers for registered guests, laundry facilities, pool, and snack bar.

On U.S. 501, **East** 5.3 miles to **Big Island, Va.** [P.O. ZIP 24526: **M–F 8:30–12:30 & 1:30–5, Sa 8–10; (434) 299-5072**]. ■ **Groceries**: H&H Market, (434) 299-5153, open daily 5:15–9 (long-term resupply), short-order restaurant, B/L/D, and phone. **Restaurants**: Sharon’s Pizza and More, (434) 299-7111, Tu–Sa 10:30–8, pizza, pasta, subs, desserts. ■ **Other services**: bank with ATM and medical center, (434) 299-5951.

West 6.0 miles to **Glasgow, Va.** [P.O. ZIP 24555: **M–F 8:30–11:30, 12:30–4:30, Sa 8–11; (540) 258-2852**]. ■ **Lodging and Restaurant**: Howard’s Family Restaurant & Motel,

(540) 258-1300, 853 Rockbridge Rd.; home-cooked meals, daily buffet, F seafood buffet, Su fried chicken, home-made desserts and soups daily, B/L/D, M–Sa 6 a.m.–7 p.m., Su 7–6; rooms \$42D, pets \$20 unless service; short-term hiker box. ■ **Groceries:** Glasgow Grocery Express, open 6–11:30, has Coleman fuel by the ounce, denatured alcohol, and Heet. ■ **Restaurants:** Howard's (above); CC's Stop & Go, (540) 258-1900, deli and convenience store, M–Sa 6–11:30, Su 8–9, deli open M–Sa 10–7, Su 8–7. ■ **Internet access:** library, (540) 258-2509; M, Th 10–7; T, W 10–5:30. ■ **Other services:** Dollar General, coin laundry, bank with ATM. ■ **Shuttles:** Ken Wallace, (800) 918-6612, (434) 609-2704, between Black Horse Gap and Tye River (May–mid-Oct), sometimes farther.

Johns Hollow Shelter (1961)—Sleeps 6. Privy. Water source is a spring to the left of the shelter or a stream to right 25 yards from the shelter.

Bluff Mountain—Site of a monument to four-year-old Oattie Cline Powell. In the fall of 1890, Oattie went into the woods to gather firewood for his schoolhouse and never returned. His body was found five months later on top of this mountain. Some NBATC members erected a permanent gravestone for his final resting place, seven miles from the monument.

Punchbowl Shelter (1961)—Sleeps 6. Privy. Some believe this shelter is haunted by the ghost of Little Oattie. Tentsites nearby if the shelter is full, which it often is. Water source is a spring by a tree next to the pond drainage in front and to the left of the shelter. An alternative water source is a spring in the ravine north 0.4 mile, shortly after crossing the BRP.

Brown Mountain Creek Valley—Community of freed slaves lived here from the Civil War until about 1918; remains of cabins and interpretive signs tell of life in the valley then. ATC-involved archaeological studies are underway.

Brown Mountain Creek Shelter (1961)—Sleeps 6. Privy. Water source is a spring in front of, and uphill from, the shelter. In dry conditions, get water from Brown Mountain Creek, crossed on the side trail to the shelter.