

Troop 901

Appalachian Trail Sourcebook

A Guide to creating A.T. Hikes

John E. Crowder III



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Procedure to use Appalachian Trail Hike Assistance Tools.

The 2 files included in this set are:

- 1) An Excel spreadsheet containing an expanded set of A.T. shelter locations (along with partial road crossings) in the file AT_Shelters.xlsx. This file also contains links to shelter Info (the 'Info' link), parking locations, map references to the Potomac Appalachian Trail Club A.T. Maps 8-12 and the A.T. Conservancy maps 1-5. This file is called 'AT_Shelters.xlsx'.
- 2) The 2nd file is a pared down full A.T. elevation profile containing only pages 8-14 (the main VA Pages). This file has been converted to a Word document and bookmarks have been added to facilitate linking from the Excel document. This file is called: "5125936-Appalachian-Trail-Elevation-Profiles.doc".

For the system to work, both files should be located in the same directory. The name of the elevation profile document can't change or the links will no longer work.

The main file is the Excel spreadsheet. This contains all the Virginia shelters along with some roads and towns near the A.T. (See Fig. 1) You can use this to determine what shelter you want to hike From-To. To do this

- 1) Determine your hike distance. Remember that hikes over 10 miles in one day qualify for the Hiking MB.
- 2) Determine the difficulty of your hike. More uphill (especially steep uphill will be more challenging. Also, remember that water is important (especially on uphill sections). Hikes with 1500 foot altitude gained over 5 miles are much easier than steeper or longer uphill. We have had hikes with as much as 4000 ft. gained and lost over a 13 mile trek. Remember downhill is hard on the knees but uphill is hard on the lungs and endurance. Having a flat section after altitude gained or lost will help people recover and hike longer. Remember your day length, summer hikes can be longer (longer daylight), but you don't want to be making a hike in the dark if you can help it. Winter hikes require warmer clothes but less water.
- 3) Where will you stay the 1st night? (Do you need to hike in at night? How far and how hard?)
- 4) Where will you park? (You need at least 1 car at the destination unless you are doing a circuit hike.)
- 5) Where will you stay the 2nd night? (This will be your longest day usually 10-15 miles).
- 6) Where will you get water during the trip? (Is it a stream that could dry up, Do you have an alternate source if you need it, etc.)
- 7) How hard is the final hike out?
- 8) What are your bail out points? (Where to go for Evac if needed)

Example Hike Preparation:

In this example, we want to have a relatively easy hike, but one that is > 10 miles in a day. We don't want too much alt. gain, but not a lot of loss either with easy parking and the ability to have an easier hike for 1st time base campers.

For this example we will camp at Punchbowl Shelter the 1st night. Hike back to the cars Saturday and drive to where VA 60 crosses the AT. This is 10.9 miles along BRP and then 5 miles on VA 60 (taken from the parking directions screen see below.) We will then hike back to Punchbowl shelter. This will require about a 30 minute ride, but will give the boys about a 13 mile hike on Saturday (with at least 4 places to get water) and about .75 mile Friday night and Sunday morning hike for a total of 14.5 miles. See the hike several pages down.

List of resources in this kit to assist in planning a Hike:

These are all located in the Expandable folder.

- 1) AT Sourcebook.
 - This contains the software (Excel Spreadsheet, Word document) to plan the hike,
 - Printouts of the Virginia Elevations Profiles,
 - Explanation of how to use the software and an example hike.
 - The Excel Spreadsheet.
 - Example Hikes done in the past
 - List of contents of the expandable folder.
2. A.T. Data Book 2011 by the A.T. Conservancy
 - Good info on Campsites, Shelters, Water sources, etc. Pocket size.
3. Circuit Hikes in Shenandoah Nation Park (2009 Potomac A.T. Club)
4. Falcone Guide “Hiking the Blue Ridge Parkway by Randy Johnson (2010 Copyright)
5. Appalachian Trail Guide to Shenandoah Nation Park (2009) Potomac A.T. Club.
 - Good Trail descriptions and distances in Shenandoah National Park.
6. Appalachian Trail Guide to Central Virginia (2010 A.T. Conservancy)
 - Good Trail Descriptions, Maps, Elev profiles for Central. Pocket size.
7. A.T. maps (White) 8-13 by Potomac Appalachian Trail Club (6 Maps).
 - Topo maps, Elevation profiles, Parking, water sources, Shelters, etc.
8. Exploring the Appalachian Trail Hikes in the Virginias by David Lillard and Gwyn Hicks.
 - Complete hikes with Maps, trails descriptions, Elevation profiles, etc.
9. A.T. maps (Blue) 1-5 by Appalachian Trail Conservancy (5 Maps).
 - Topo maps, Elevation profiles, Parking, water sources, Shelters, etc.
10. 2 DVD copies of the Software created for the Sourcebook (the files are < 4MB in size.)

	B	C	D	E	F	G
	A.T Shelter Locs. In VA Dist. From Springer GA ~ Aligns with A.T. Elevation Profiles doc.			Map Covering Area.	Parking Sections	Elevation Profile
1						
62	Next Shelters: 15.2 North, 6.2 South					
63	Harpers Creek Shelter	Info	814.9		Sect 16	Page12 Map2
64	Next Shelters: 6.2 North, 7.4 South					
65	Tyro, Va. - Miles off AT: 1.4		812.3		Sect 16	Page12 Map2
66	VA Rte 56 Tye River		811.4		Sect 17	Page12 Map2
67	The Priest Shelter	Info	807.5	End AT Map 12 (White Map)	Sect 17	Page12 Map2
68	Next Shelters: 7.4 North, 6.9 South					
69	Montebello, Va. - Miles off AT: 2.5		802.9		Sect 17	Page12 Map2
70	Fish Hatchery Rd Montebello VA		802		Sect 18	Page12 Map2
71	Seeley-Woodworth Shelter	Info	800.6		Sect 18	Page12 Map2
72	Next Shelters: 6.9 North, 10.8 South					
73	Salt Log Gap USFS 63					
74	Cow Camp Gap Shelter - Miles off AT: 0.6	Info	790.4		Sect 19	Page12 Map1
75	Next Shelters: 10.8 North, 6.2 South					
76	Buena Vista, Va. - Miles off AT: 9.3		786.6		Sect 19	Page12 Map1
77	US Rt 60 Long Mtn Wayside		785.7		Sect 20	Page12 Map1
78	Brown Mountain Creek Shelter	Info	784.8		Sect 20	Page12 Map1
79	Next Shelters: 6.2 North, 9.0 South					
80	Punchbowl Shelter - Miles off AT: 0.2	Info	776		Sect 21	Page11 Map4
81	Next Shelters: 9.0 North, 9.0 South					
82	Johns Hollow Shelter	Info	767.2		Sect 21	Page11 Map4
83	Next Shelters: 9.0 North, 4.9 South					
84	Glasgow, Va. - Miles off AT: 6.4 (US Rte 501)		765.3		Sect 21	Page11 Map4
85	Big Island, Va. - Miles off AT: 4.6		764.9	Begin ATC Map 5 (Blue Map) End ATC Map 4 (Blue Map)	Sect 22	Page11 Map4
86	Matts Creek Shelter	Info	762.3		Sect 22	Page11 Map4
87	Next Shelters: 4.9 North, 12.4 South					
88	BRP Mile 71.0 Petites Gap (USFS 35)		755.2		Sect 23	Page11 Map3
89	Thunder Hill Shelter	Info	749.9		Sect 23	Page11 Map3
90	Next Shelters: 12.4 North, 5.3 South					
91	BRP 78.4 Parkers Gap Road (USFS 812)		747.9		Sect 24	Page11 Map3
92	Cornelius Creek Shelter	Info	744.6		Sect 24	Page11 Map3
93	Next Shelters: 5.3 North, 5.0 South					
94	Bryant Ridge Shelter	Info	739.6		Sect 24	Page11 Map2
95	Next Shelters: 5.0 North, 6.9 South					
96	Jennings Creek Road (VA 614) USFS Middle Creek Picnic Area		736.5		Sect 25	Page11 Map2
97	Cove Mountain Shelter	Info	732.7		Sect 25	Page11 Map2
98	Next Shelters: 6.9 North, 5.9 South					
99	Buchanan, Va. - Miles off AT: 5.0		729.5		Sect 26	Page11 Map2
100	BRP 90.9 Bearwallow Gap (VA 695)					
101	Bobblets Gap Shelter - Miles off AT: 0.2	info	727		Sect 26	Page11 Map2
102	Next Shelters: 5.9 North, 7.5 South					

Natural Bridge Appalachian Trail Club <http://www.nbatc.org/> b2wheels@mindspring.com Tye River at VA 56 to Black Horse Gap Black Horse Gap to Pine Swamp Branch Shelter, and US 460 at the New River to VA 611

Mile Marker	Hiker Rated Parking Safety	Directions	Comments	Number of Vehicles	Map & Weather	Source
0.0 Long Mountain Wayside (US 60)	<p>Poor Great</p> <p>Rate Safety</p> <p>Show All Ratings</p>	17.3 miles west of Amherst and US 29 and 9 miles east of Buena Vista and US 501	<p>3/3/2006</p> <p>Rotate the street view on the attached map from southeast to northeast to see the Wayside and parking. The northbound AT from Section 19 comes out of the woods on the east side, goes right and follows the wayside access road to the highway. It goes north along the highway for a short distance before going left (west) into the woods and towards Section 20. 11/24/2009</p>	ample parking	<p>Map 1</p> <p>Weathe</p>	<p>at @ rohland.org</p> <p>dlcul @ conncoll.edu</p>
3.8 USFS 38	<p>Poor Great</p> <p>Rate Safety</p>	See entry for USFS 39 (Mile 6.4). Take USFS 39 for five miles to the intersection with USFS 38. Go left on the latter for approximately 1.2 miles to the trail crossing. (Mileages estimated from map). GPS coordinates from web page maintained by Backpacker magazine. http://bp2.trimbleoutdoors.com/ViewTrip.aspx?tripid=47641 . The B marker indicates the approximate trail crossing.	I have not driven to this trail crossing, but have hiked this section. The ATC map indicates this as a parking option, but even roadside parking would be difficult right at the crossing. There may be better further up or down the road. There is ample parking at the intersection of USFS 37 and 38 where there are campsites. 3/15/06	Very limited at best near trail crossing	<p>Map 1</p> <p>Weathe</p>	dlcul @ conncoll.edu
6.8 USFS 39	<p>Poor Great</p> <p>Rate Safety</p>	Drive about 3.5 miles on US 60 from the intersection with the Blue Ridge Parkway. VA 605 goes north here, USFS 39 goes south towards Pedlar Dam. Take the latter and drive approximately 7 miles on a good gravel road past the access road to the dam. Look for a suspension foot bridge on the left. Parking is on east side of road. The approximate location of the crossing is indicated by the green arrow on the attached Google Map.	The southbound AT parallels the east then south shores of Pedlar Reservoir though seldom in sight of it. Due to a recent relocation the A T then crosses the new foot bridge and reaches USFS 39 just north of the parking area. The bridge can clearly be seen on the satellite view of the map just east of the green arrow. On the west side of the road the AT starts the climb to Rice Mountain and the Blue Ridge Parkway. 11/24/2009	4-5	<p>Map 1</p> <p>Weathe</p>	dlcul @ conncoll.edu
10.6 Robinson Gap Road (VA 607)	<p>Poor Great</p> <p>Rate Safety</p>	VA 607 (Robinson Gap Rd) intersects the AT at a point 7 miles southeast of Buena vista and 14.2 miles (via. VA 610 and VA 727) north of VA 130. 607 passes under the Parkway - there is no road connection between these 2 roads. USFS 311 also intersects here.	The AT crosses Robinson Gap Road (VA 607) diagonally. The southbound trail goes southwest and climbs toward the Blue Ridge Parkway. The northbound trail goes northeast and east starting the climb to the multiple summits of Rice Mountain. 11/25/2009	Limited roadside parking	<p>Map 1</p> <p>Weathe</p>	dlcul @ conncoll.edu
10.9 Blue Ridge Parkway (Punchbowl Mt. Crossing)	<p>Poor Great</p> <p>Rate Safety</p> <p>Show All Ratings</p>	Blue Ridge Parkway mile 51.7 which is 5.9 mile south of US 60.	<p>A park ranger should be notified if you plan to leave your vehicle overnight. 3/3/2006</p> <p>Parking area for 6-8 cars is on east side of road at the Punch Bowl Mountain Overlook. The northbound AT to Section 20 leaves from the south side of the overlook parking and descends east toward Robinson Gap. The southbound AT to SEction 21 goes west from the north side of the overlook beginning the long climb to Punchbowl Mountain and Bluff Mt. The green arrow and rotating man on the attached map indicate the location of the parking area. Rotate the street view from northeast to south to see the overlook parking. 1/20/10</p>	<p>ample parking</p> <p>6-8</p>	<p>Map 1</p> <p>Weathe</p>	dlcul @ conncoll.edu

Appalachian Trail Shelters

WGS84	
37.67788	-79.33844
37° 40.673'N	79° 20.306'W
37° 40' 40.4"N	79° 20' 18.4"W
17S 646522E 4171375N	
convert to NAD27	

Punchbowl Shelter



Waypoint: **Punchbowl**
 County/State: **Amherst VA**
 Elevation: 2500' or USGS [elevation](#)
 787.2 miles from Springer and 1393.8 miles to Katahdin
 next [shelter south](#) ↓ 8.8 miles. next [shelter north](#) ↑ 9.5 miles. [all shelters](#)
 popup list of [nearby shelters](#) (mileage, bearing) (as the crow flies)
[NOAA weather](#) near shelter or [wunderground](#)

MAPS

Select one of the following maps to display this waypoint (WGS84).

- Google [map](#) road/image/terrain/topo with all shelters, optional trail overlay
- USGS topo/aerial image: [TerraServer](#) zoom/pan
- [maptech](#) USGS topo, mouse tracking (NAD27) or [topoquest](#) USGS topo
- Java USGS [topo map](#) or [aerial image](#) with nearby shelters, distance tool
- [MapQuest](#) road map or [Rand McNally](#) or [yahoo](#) or [VirtualEarth](#) or [driving directions](#)
- Google map of nearby [trail parking](#)
- more [maps](#)



GPS

- download just [this waypoint](#) or [nearby waypoints](#) (gpx) or download [shelters.gpx](#) or [shelters.mxf](#)
- [send waypoint](#) or [send all waypoints](#) to your Garmin
- NPS [AT maps](#) gif,jpg,tiff
- Wayhoo's nearby USGS [data points](#) gpx waypoints of landmarks
- free pc-to-gps software [EasyGPS](#)

These maps, coordinates, and waypoint files are based on recent (2009) Appalachian Trail [waypoints](#). You can often find more information on a particular shelter by visiting the AT [groups](#) that maintains that section of trail. For trail mileages between shelters go back to our [list of shelters](#) or visit the [AT trail database](#) and its trip calculator. [AppalachianTrail.org](#) has the latest trail conditions, maps, and trail guides.

Additional information:

Type: Shelter Capacity: 6 Fee: No
 Near AT: Yes Accuracy: GPS Information: None
 USFS Land: Yes Maintained by: [Natural Bridge Appalachian Trail Club](#)

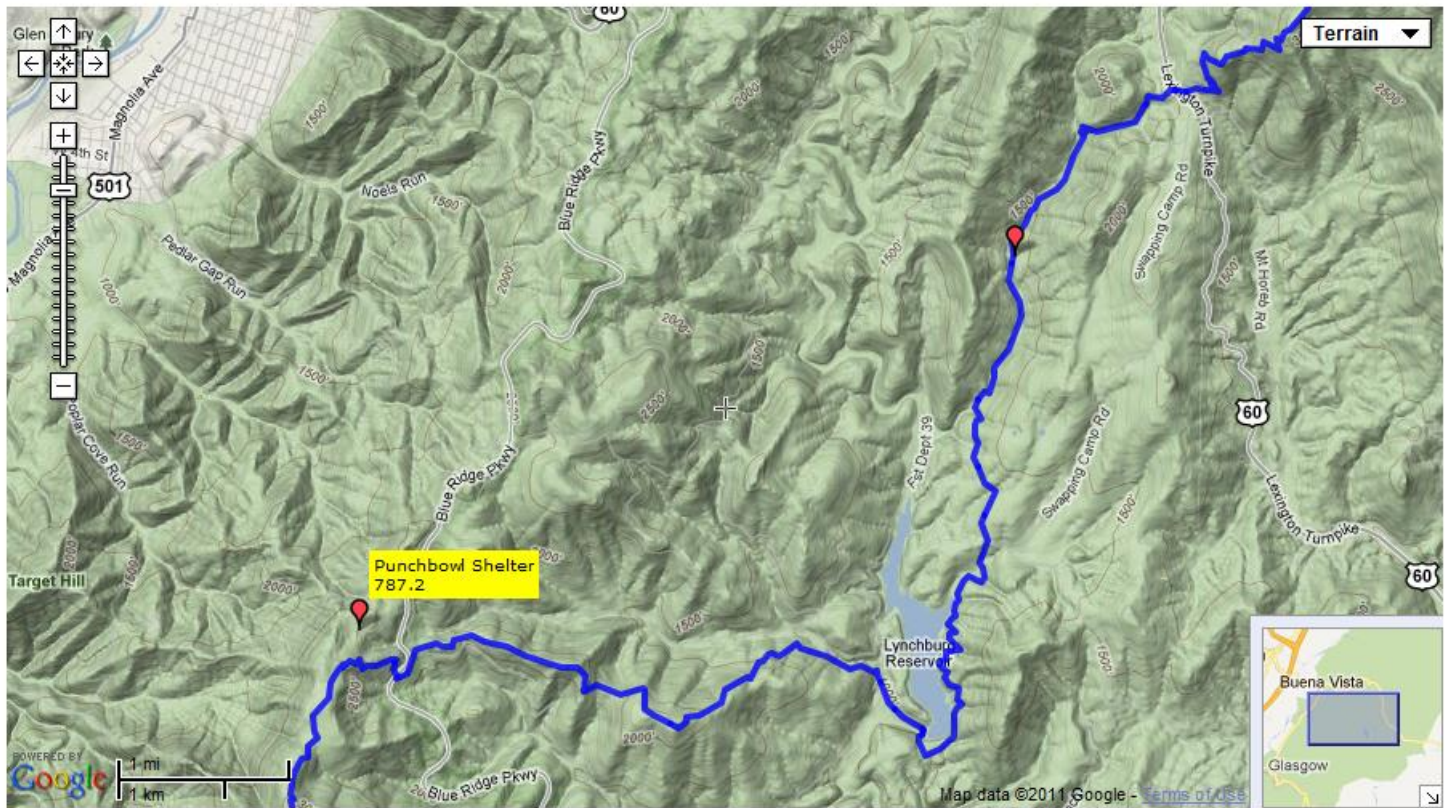
Notes: "Spring (unprotected) in front of shelter, about 50 ft downstream from pond outle"
 USGS quad: [BUENA VISTA](#) [thebackpacker.com](#): [Punchbowl Shelter](#)
[elevation profile](#) to next shelter north, cumulative climb/descent

[photo](#)

AT [shelters](#) GSMNP [campsites](#) GSMNP [landforms](#) BSF [landforms](#) TN [landforms](#)

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Appalachian Trail Shelters



Map center + : 37.69673,-79.29932 ([elevation](#) or other [maps](#) at center, [directions](#)) Distance: 0.00 miles

Add lo-res [full trail](#) or hi-res [trail segment](#) at map center (encoded 2009 [ATC centerline data](#))

To speed pan and zoom: [remove trail](#)

Distance buttons: [Delete Last Point](#) [Clear Track](#) click on map to make a track

[Save Track](#) this button will popup a window from which you can save the track as a file.gpx for uploading to your GPS.

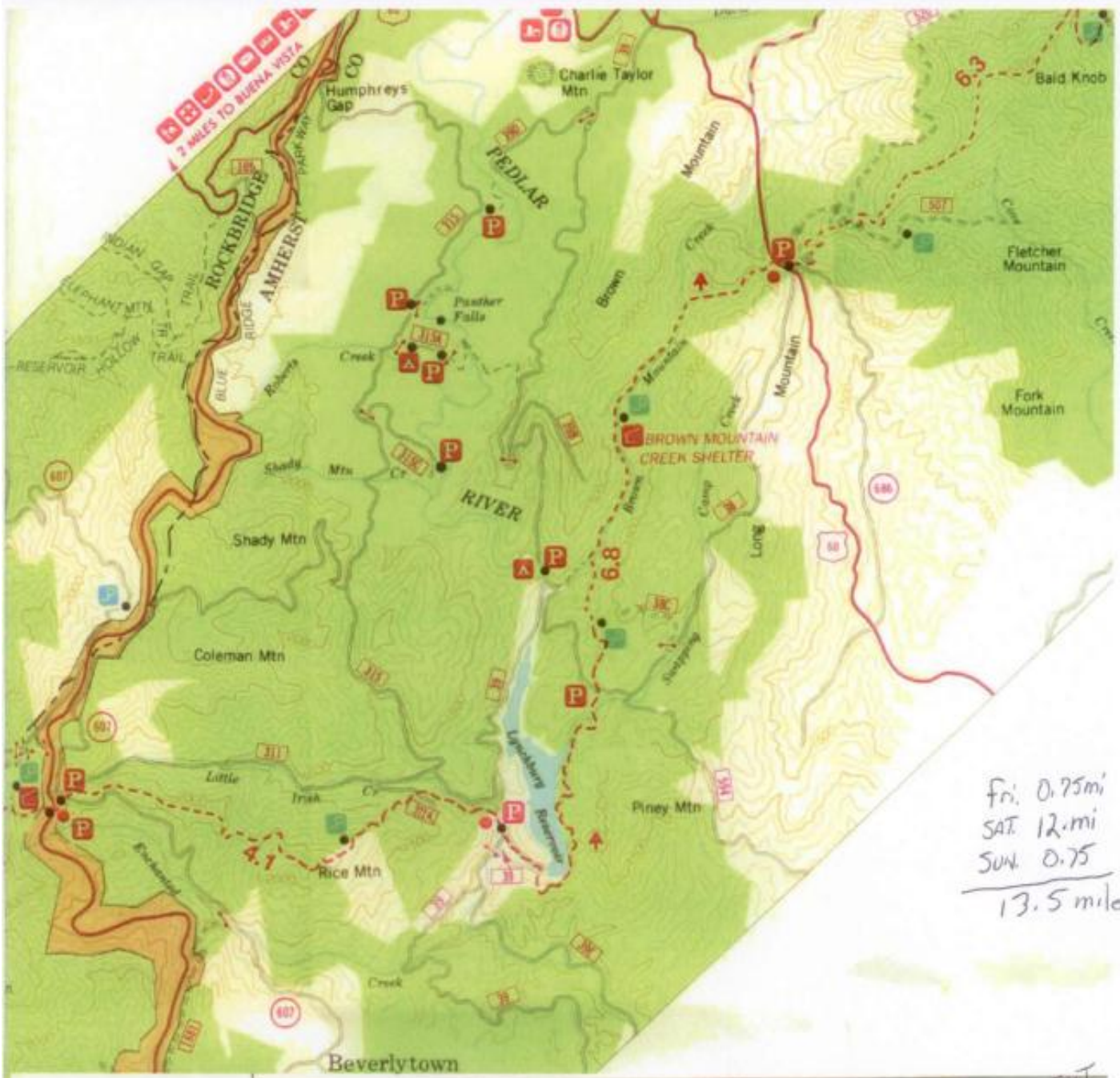
Plot [track elevation profile](#) -- google elevations (10m DEM)

Plot [track elevation profile](#) -- courtesy of [heywhatsthat.com](#) (30m SRTM)

[Find](#) Enter street,city,state or zip code or lat,-lon (dd.ddd)

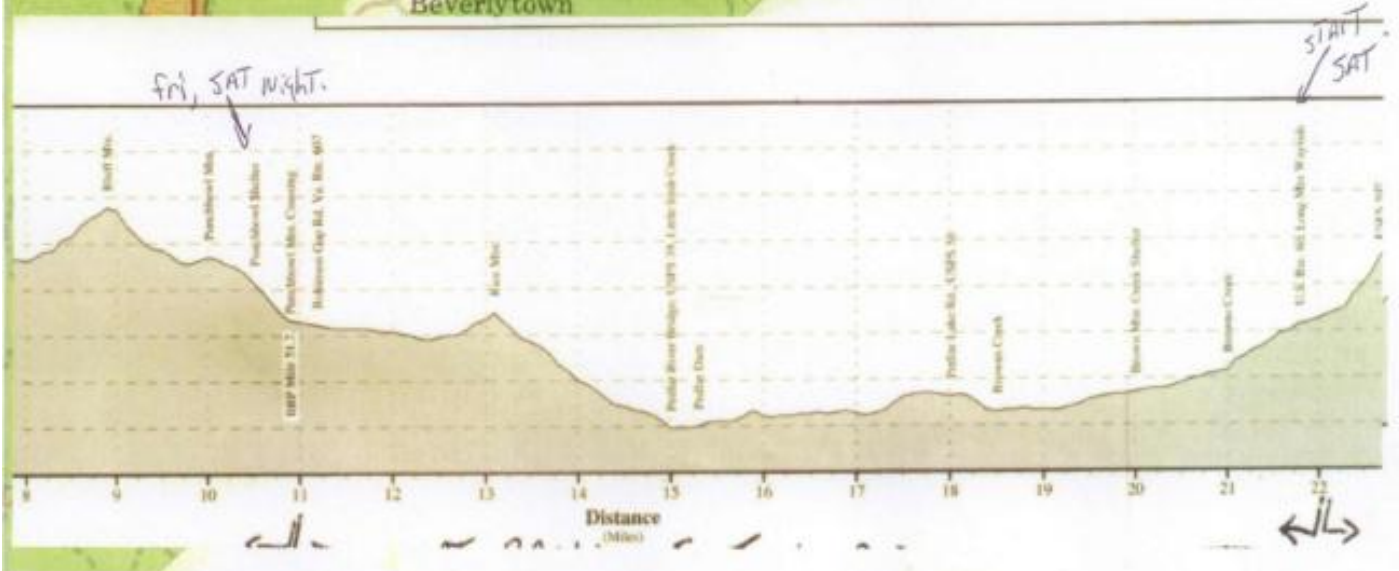
(for lat/lon or UTM or NAD27 use [this](#))

- You can drag map with left button
- click on icon to get shelter name and clickable link
- For the Topo and DOQ map types, disabling the overview box in the lower right corner will improve performance.
- [Google Earth](#) KML file [atshelters.kmz](#)
- Google Earth trail centerline [at09.kmz](#) (4 MB) from 2009 ATC data, based on Trimble Pro XRS GPS surveys
- 2007 trail data on [Google map](#) for AT and other trails in Smoky Mountain National Park
- the [ATC map](#) is an interactive google map with trail centerline, shelters, and parking.
- graph of AT shelters [elevation profile](#) and AT [elevation data](#)
- ATC 2009 parking areas [atparking.gpx](#) GPS file or on Google map [AT parking](#)
- Other AT sectional google maps
 - [Georgia](#)
 - [TEHCC](#) northeast TN
 - Postholer AT [map](#)
 - [google map](#) trail and shelters
- GPS data [shelters.gpx](#) or [send shelter waypoints](#) to your Garmin



Fri. 0.75mi
 SAT 12.0mi
 SUN 0.75

 13.5 miles



Useful Web Sites for Planning an A.T. Hike:

Hiking Upwards:

Has Topo maps, Trail Descriptions etc. Useful site.

http://www.hikingupward.com/maps/cenva_map.shtml

AT Shelter information:

Maps, Topo, GPS info etc. (This is what is in the Info link for each Shelter)

<http://web.eecs.utk.edu/~dunigan/at/>

Backpacker.com A.T. Database

This is where the original spreadsheet came from.

<http://www.thebackpacker.com/trails/at.php>

Parking on the A.T.:

Lists of Parking locations and how to find them, number of cars handled, Pictures of the trails, etc.

This is what is in the parking Column of the spreadsheet. Ex. Sect_21, Sect_17.

http://rohland.homedns.org/at/at_menu.aspx

A.T. Elevation Profiles:

This is the link original resource for the document that supplies elevation diagrams in the elevation Profile column of the spreadsheet.

<http://parkaymaps.110mb.com/>