

Skim through and notice how rare it is to go more than 50 miles without a resupply option. The page numbers listed correspond with [AWOL's 2016 Northbound Trail Guide](#).

Mile 31 - [Mountain Crossings, page 11](#) - A full-service outfitter with full resupply, the trail will run you right into the front door of this first stop along the trail. As mentioned above, you don't need more than four days of food to get you here.

Mile 52 OR 69 - Hiawassee, GA, Page 14 - If you stay at [Top of Georgia hostel](#), 706-982-3252, multiple shuttles are available into town. [Budget Inn](#), 706-896-4121 in Hiawassee is another lodging option that will come pick you up and deliver you back to the trail if you choose to stay there. An added perk? Clarity recommended [Bacchus Beer and Growlers](#) is located right across the street from the Holiday Inn.

Mile 110 - Franklin, NC, Page 18-19 - At Winding Stair Gap, US 64, hitch a ride into Franklin. Or call [Haven's Budget Inn](#) at 828-524-4403 and see if they can pick you up. While in town, visit the [Lazy Hiker Brewing Company](#) and [Rock House Lodge](#) to celebrate exiting your first state! [Outdoor 76](#) is a fabulous gear resupply with local beer pours! Gear and beer in the same spot equals heaven to a thirsty, needy hiker. Phone: (828) 349-7676 [Gooder Grove A.T. & Adventure Hostel](#) is available for shuttles, overnight stay, guiding and resupply service. Our bunks have real mattresses, linens and pillows. Owner Colin "Zen" Gooder can be reached at 828-332-0228.

Mile 137 - [Nantahala Outdoor Center, page 24](#) - No hitch required! NOC outfitters is on site with gear and food resupply.

Mile 164 - [Fontana General Store, page 25](#) - Located 2 miles west of the A.T. from the point you cross Hwy 28. The trail takes you right to the visitor's center which offers snacks, but I wouldn't call it a full resupply. This is your last chance to print your [Smokies permit](#) and to resupply before entering the [Great Smoky Mountains National Park](#).

Mile 207 - Newfound Gap, Gatlinburg, Page 28-29 - A shuttle or hitch is definitely required to make it 15 miles from here into [Gatlinburg](#), but if you've never experienced the city, it's worth the trip! Resupply options, honestly, aren't as great as you'd expect in a town with so much to offer, but there's enough to be found at pharmacies and the tiny grocers on the strip to make it another few days on trail. Unique experiences, a plethora of food, and [Smoky Mountain Brewery](#) are a few notable mentions in town.

Mile 241 - [Standing Bear Farm Hostel](#), off of Green Corner Road, 423-487-0014, page 34- Though certainly not a Walmart, this hostel offers adequate resupply options as you exit the Smokies.

Mile 274 - [Hot Springs, NC](#), Pages 34 and 35 - The white blazes lead you right through this awesome trail town! With several hostel options including [Elmers](#), 828-622-7206 and [Laughing Heart](#), 828-206-8487, and several resupply spots in town, [Bluff Mountain Outfitters](#), 828-622-7162, and Dollar General.

Mile 342 - Erwin, TN, Pages 38 and 39 - The trail leads you right to [Uncle Johnny's](#) doorstep. He runs a popular hostel with complete outfitter and resupply. When you stay, he also shuttles you into town for free. 423-735-0548

Mile 367 - [Greasy Creek Hostel](#), page 42, phone 828-688-9948 - Small resupply offered at this off-trail hostel.

Mile 393 - [Mountain Harbour Hostel](#), page 42, 866-772-9494 - Only a 0.3 mile walk off trail, a small resupply is offered here. **This would be a great place to mail yourself a resupply box!**

Mile 421- Hampton, TN, Page 46 and 47 - Take the beautiful, creekside, 1 mile side trail into Hampton, TN. Resupply options are a bit limited, but there is a Dollar General and a couple of small grocers in town.

Mile 469 - [Damascus, VA](#) Page 52 and 53 - Welcome to Virginia, the self-proclaimed "State for Lovers". The blazes walk you straight through the heart of this trail town. Several hostels are available if you choose to stay in this popular trail town. [The Place](#) at 276-475-3441, [Crazy Larry's](#) at 276-274-3637, and [Woodchuck Hostel](#), 406-407-1272 are just a handful of what's available. With three outfitters in town plus a couple of grocers, an ample resupply is available here. Only a short walk out of town is the [Damascus Brewery](#) for beer lovers.

Mile 532 - [Marion, VA](#), Page 58 - The spot where the AT crosses VA 16 is a 6 mile hitch into Marion, VA. There are plenty of large grocery chains and restaurants in Marion. There's even a drive in movie theater! Hmmm, I wonder if they accept walk-ins. ;)

Mile 543 - Atkins, VA , Page 59 - The trail leads you to the east side of Atkins where you'll find a Shell Convenience store. Limited resupply available here.

Mile 590 - Bland, VA , Page 60- Just over three miles off trail, Bland offers a supermarket and a Dollar General as well as a few restaurants.

Mile 608 - [Trent's Grocery](#) - Page 64 - Only a half mile off trail, Trent's offers food, camping, showers, and a small resupply. 276-928-1349

Mile 634 - [Pearisburg, VA](#), Page 65 - Less than a mile to walk from trail to town, Pearisburg is worth a visit. In town you'll find lots of grocers for resupply and every hiker's favorite, an all-you-can-eat Chinese buffet!

Mile 702 - Catawaba, VA, Page 72 - Donation-based [Four Pines Hostel](#), 540-309-8615, is an easy 0.3 of a mile road walk from the A.T. They offer shuttles to Catawaba Grocery and the [Homeplace Restaurant](#) when it is open.

Mile 729 - Troutville, VA, Page 72 and 73 - Eight tenths of a mile from the trail is the town of Troutville complete with a Kroger grocery store and outfitter. Troutville also offers a relatively new brewery within walking distance, [Flying Mouse Brewery](#), along with many lodging options.

Mile 784 - Glasgow, VA, Page 77 - Glasgow isn't the easiest place to hitch a ride into town based on my experience, but patience usually pays off. There are small grocers in town and a free, town-provided pavilion with hot showers, a porta-potty, and tenting allowed.

Mile 806 - Buena Vista, VA, Page 80 - Nine miles off trail is the little town of "B-yoo-nu-Vista", as the locals pronounce it. With a Food Lion and several reasonable hotels, a campground, and restaurants, you'll find what you need for a full resupply.

Mile 861 - [Waynesboro, VA](#), Page 86 and 87 - Four and a half miles off trail, Waynesboro is a hiker-friendly trail town offering a YMCA center for camping and showers, two hiker hostels, an outfitter, and plenty of large market options. The best thing about Waynesboro is [Ming Garden](#), an all you can eat lunch and dinner Chinese restaurant. Yes, please.

As you enter [Shenandoah National Park](#), (page 88), prepare to be spoiled. There are stores/restaurants/bars throughout the park called "Waysides" which offer various resupply options and a limited outdoor selection. **You won't need to carry as much food as normal if you plan to capitalize on the meals offered at the Waysides.**

Mile 890 - [Loft Mountain Wayside](#), Page 89 - Breakfast, lunch, and dinner is served. Food resupply items in store.

Mile 915 - Lewis Mountain Campground and store, Page 89 - **Home of the \$1 cans of beer! You can even purchase singles of the good stuff for cheaper than you can purchase a can of soda.** Charge your phone and enjoy a couple of drinks while you peruse the small resupply selection.

Mile 923 - Big Meadows Wayside, Page 92 - Meals served and small resupply options available here. Great bar downstairs!

Mile 931 - Skyland Resort and Restaurant, Page 92 - The gift shop on site sells basic resupply items. There's a bar on site.

Mile 941 - Luray, VA, Page 92 and 93 - At US 211, if you can land a 9 mile hitch into town, Luray is a fun place to chill for a day or two. Ample restaurants and a few large and small markets in town, bowling and a movie theater, this city offers plenty of off-trail fun!

Mile 950 - Elkwallow Wayside, Page 91 - Visible from where the trail crosses Skyline 23.9, you've only got a 0.1 of a mile walk to reach Elkwallow. Breakfast, lunch, and dinner served on site and limited groceries available.

Mile 969 - Front Royal, VA, Page 96 and 97- Front Royal is a pretty easy place to hitch a ride from US Hwy 522. There are tons of options for food and resupply in Front Royal. The Front Royal Hostel is half a mile off trail at mile 965. Free morning shuttle into town with stay. 540-539-0509

[Check out Bears Den Hostel and Blackburn AT Center for lodging options between miles 1002-1010. Read about them here. \(Page 98 and 99\)](#)

Mile 1023 - [Harpers Ferry, WV](#), Page 102 and 103 - Celebrate your "almost" halfway point as the trail takes you directly into this unique little trail town! Only a small percentage of thru-hikers make it this far! While in town, visit the [Appalachian Trail Conservancy's](#) headquarters and have your picture made for the yearly album. There are a few small stores and restaurants in town for resupply and yumminess. **This would be a good town to consider sending yourself a resupply box as your options are a bit limited in town.**

Mile 1054 - Smithsburg, MD, Page 105 - One and a half miles west of the A.T., you can find a Food Lion and several restaurants in Smithsburg, MD.

Mile 1063 - Waynesboro, PA, Page 108 and 109 - The trail takes you 2 miles from the town's Walmart and 4.5 miles from downtown with other resupply options.

Mile 1081 - Fayetteville, PA, Page 109 - Walmart is 7 miles west of the A.T. and a couple of smaller markets lie within 2 miles from the trail. Stick out that thumb and smile!

Mile 1101 - [Pine Grove General Store](#), Page 110 - The trail leads you right past Pine Grove General store, most famous for its half-gallon challenge where hikers attempt to eat that much ice cream in half an hour. Most regret it afterwards. Don't say I didn't warn you. There is short-term resupply offered here. 717-486-4920

Mile 1121 - [Boiling Springs, PA](#), Page 109 - Our beloved trail leads you right into the heart of Boiling Springs, PA. A few small food marts are in town.

Mile 1146 - Duncannon, PA, Page 116 and 117 - This is yet another trail town where following the white blazes leads you straight through its heart. The Doyle is a must-stop, at least for a beer and a burger. Several small convenience stores in town for resupply. **This would be an awesome town to send ahead a box to ensure you get what you need in a full resupply.** [A new article coming soon on how to coordinate mail drops. Will link.](#)

Mile 1191 and 1193 - Pine Grove, PA, Page 121 - A little over 3 miles off trail, there are small resupply options in Pine Grove, PA. A Dollar General and BG's Market, 570-345-0464, exist there for you to stock up on what you need.

Mile 1217 - Port Clinton and Hamburg, PA, Page 122 - The trail takes you right through Port Clinton where landing a ride into Hamburg is a cinch if you stop into the Port Clinton Barber Shop to hang out a while. Hamburg offers a variety of yummy eating spots, a Walmart superstore, and a [Cabellas outfitter](#). Port Clinton allows hikers to set up tents or sleep inside the town pavilion. Respect it as a privilege and take care of the place on behalf of all of us out there.

Mile 1257 - Palmerton, PA, Page 128 and 129 - Only 1.5 miles off the A.T., Palmerton has it all. Full resupply and eating options in town.

Mile 1277 - Wind Gap, PA, Page 130 and 131 - An easy 1 mile walk or hitch into town, Wind Gap offers a couple of lodging options and two food stores for resupply. Restaurants are varied.

Mile 1293 - Delaware Water Gap, PA, Page 134- This is a popular trail town for hikers to take a zero mile day. The white blazes take you right through the middle of town. A donation based church hostel is available in the center of town, [The Church of the Mountain Hostel](#) 570-476-0345. Please donate what you can to thank this church for the amazing service they offer us! In town is [Sycamore Grill](#) with beer and wings specials, [Edge of the Woods Outfitters](#) for resupply, and a couple of small grocers.

Mile 1336 - Port Jervis, NY, Page 135 - This town offers a Price Chopper and Shop Right market and is located 4.4 miles from the A.T. trailhead.

Mile 1345 - Unionville, NY, Page 138 - Only a 0.7 mile walk off trail, this little town offers free hiker camping behind their post office. The two town markets are small but offer adequate food resupply options. Enjoy the pizza and tavern in town!

Mile 1356 - Vernon, NJ, Page 139 - The town sits 2.4 miles off trail, but Clarity found it to be a pretty easy hitch to and from town. There's an Acme Market and a Rite Aid in town. Living Word Church offers free rides to and from the church with resupply. 973-809-3576

Mile 1383 - Harriman, NY, Page 141 - Harriman is 3.7 miles off the A.T. and offers lodging and grocers.

Mile 1403 - Fort Montgomery, NY, Page 144 - One point eight miles off trail, you can eat and resupply here. Mobile Market and Chestnut Mart are small markets.

Mile 1448 - Pawling, NY, Page 150 - 2.6 miles off trail, you'll mostly find eateries here, but there is a CVS and free camping in town and more options another 1.8 miles into Hannaford.

Mile 1467 - Kent, CT, Page 152 - Only 0.8 mile off trail, Kent offers a couple of small resupply options, a spattering of restaurants, and Kingsley Tavern to quench your thirst.

Mile 1490 - Falls Village, CT, Page 154 - Check out [Bearded Woods One-of-a-Kind Bunk & Dine](#) for a well-deserved splurge! Resupply and shuttles to town are offered with stay. This place is architecturally beautiful, clean, and dinner and breakfast are provided. Reservations required. 860-480-2966

Mile 1499 - Salisbury, CT, Page 154 and 155 - Ms. Maria Macabe and Vanessa Breton offer low cost bedrooms and showers for a night. The town has very limited resupply but several restaurants. Ms. Maria is a sweetheart and will drive you to a pizza place for dinner! :)

Mile 1520 - Great Barrington, MA, Page 158 - An easy hitch off a busy highway, Great Barrington is a neat town. Everything you could possibly want to eat can be found in town from chain restaurants to local joints. There's a Price Chopper and a Walmart a short walk north of town.

Mile 1550 - Lee, MA, Page 159 - Hitchhike the 5 miles into town if you want to visit Price Chopper for your resupply needs.

Mile 1569 - Dalton, MA, Page 162 - Follow the white blazes straight into Dalton past Sweet Pea's ice cream shop into town. There is a fair amount of resupply to be found in Dalton.

Mile 1578 - Cheshire, MA, Page 163 - Our faithful blazes once again lead us through this tiny Massachusetts town. Resupply options are limited, but there are a couple of convenience stores to stock up on the basics. **This would be a good place to consider sending yourself a resupply box.**

Mile 1592 - North Adams and Williamstown, MA, Pages 166 and 167 - One direction takes you into Williamstown, 2.7 miles from the trailhead. The other direction will walk you about 2 miles into North Adams with stopping points along the way.

Mile 1610 - Bennington, VT , Pages 170 and 171 - Town is 3.4 miles from where the A.T. crosses VT 9.

Mile 1650 - Manchester Center, VT , Pages 174 and 175- Though town is 5.4 miles from the trailhead, you get spit out on a main highway, so getting a ride is pretty simple. [Green Mountain House](#), 330-388-6478, a clean hostel option in town, offers shuttles with stay. [Firefly](#) gets Clarity's vote as the best pub food and beer in town. Resupply options include Price Chopper and other small markets.

Mile 1700 - Rutland, VT, Page 178 - Due in part to this being the town where [The Yellow Deli hiker hostel](#) is located, folks passing by the A.T. are pretty quick to pick up a hiker looking for a ride into town. Within walking distance from the donation based hostel is a Walmart, Price Chopper, and even a movie theater if you're in need of a relaxing zero mile day. Clarity recommends [Hop'n Moose](#) for dinner and delicious on-site brewed beer!

Mile 1704 - Killington, VT, Page 179 - If you'd prefer to walk into towns rather than hitching, Killington is a mere 0.6 of a mile off trail at VT 100 and has options [Base Camp Outfitters](#) offering gear and food resupply and a small deli/market exists in town.

Mile 1747 - Hanover, NH, Page 184 and 185 - Love, love, LOVE this trail town and it loves us back! You'll follow the white blaze right into the heart of it. Upon entering town, stop at [Lou's](#) for a free gourmet muffin, [Ramunto's](#) pizzeria for a free slice and an awesome beer selection, and a Co-op Food Store for substantial resupply. There's free camping north of Hanover in the woods at the trailhead.

Mile 1800 or mile 1816 - North Woodstock and Lincoln, NH, Page 194 and 195 - In North Woodstock, there's the [Notch Hostel](#), 603-348-1483, and in Lincoln, though not mentioned in the trail guides, there is Chet's place, the most popular thru-hiker landing spot in the area. Resupply options are ubiquitous, and brewery beer flows freely at [Woodstock Inn micro-brewery](#). Outfitters and Price Choppers among other resupply stations are located in town.

Mile 1870 or 1891- Gorham, NH, Page 202 and 203 - **Clarity highly recommends making reservations to stay at [White Mountains Lodge and Hostel](#)**, 603-466-5049. Erik, the hostel's owner, is on par with hikers and will ensure a relaxing experience for you! They'll pick you up or you can walk within 0.1 of a mile yourself once you cross highway US 2. Free evening shuttle into town for resupply at Walmart. Various food options in town from an all-you-can-eat Chinese buffet to [Salt Pub](#) to get your drink fix.

Mile 1932 - Andover, ME, Page 208 - You've made it into your last state! Congrats on being among the few who have done so. Andover is located 8 miles from the trailhead. [Pine Ellis lodging](#) offers pickup from trailhead for a fee. Extensive resupply available on site. Also within walking distance in this tiny town are a couple of small general stores. Mills Market cooked up the best brick oven pizza I experienced on the entire trail...what a gas station surprise!

Mile 1969 - Rangeley, ME, Page 209 - Rangeley marks the halfway latitudinal point between the North Pole and the Equator and is home to [Sarge's Pub](#) with good burgers and beer. [The Hiker Hut](#) and [Farmhouse Inn](#) are hostels in the area of this hiker-friendly town. The three outfitters in town are really your only option for resupply. **This would be a good town for you to mail yourself a resupply box!**

Mile 2001 - Stratton, ME, Page 212- Stratton offers several small markets for adequate resupply. [The White Wolf Inn](#), Home of the 8oz Wolf Burger, also houses a fairly decent selection of beer on tap.

Mile 2038 - Caratunk, ME Page 212 and 213 - With two lodging options less than 2 miles from the trailhead, Caratunk is a good spot to stop for a night or two and mingle with your trail family. [The Sterling Inn](#), 207-672-3333 offers extensive resupply options, reasonable lodging, and a breakfast buffet. In the opposite direction, [Northern Outdoors](#) sits 2 miles off trail and provides a free shuttle, use of shower, pool, and hot tub with or without stay, and offers rooms, cabin tents, and traditional tenting. [Kennebec River Pub and Brewery](#) is on site. Call for shuttles 800-765-7238.

Mile 2074 - Monson, ME, Page 220 - This is a must-stop trail town before hikers enter the [Hundred Mile Wilderness](#). With two great lodging options, [Lakeshore House Lodging & Pub](#) at 207-997-7069 and [Shaw's Lodging](#) at 207-997-3597, there's no shortage of places to land for a night to hang with your buds as your time together draws near to an end. Resupply options are sparse, [Pete's Place](#) (with a helluva good breakfast!) and Robinson's are small general stores with enough options to get you through the wilderness. **Monson is a great place to mail yourself a food drop!!!!**

Mile 2174 - Millinocket, ME, Page 222 and 223 - You've done it! The Hundred Mile Wilderness is behind you and only Katahdin looms ahead...your final mountain on the Appalachian Trail! The [Appalachian Trail Lodge](#), 207-723-4321, offers a fee daily shuttle from Baxter park in the afternoon. Ole Man's Gear Shop is on site, and the [Appalachian Trail Cafe](#) is located a block down the road offering happy hour specials on select beer.

Your final white blaze! The days of planning resupplies, hiking from morning til night, and pigging out in hiker towns are over. Real world sometimes sucks upon return! Hikers sometimes suffer from a bit of post-trail stress. Coming soon is an article on ways to be proactive so that your transition back to reality is as stressfree as possible. Cheers! Congrats! :) You will never be quite the same. [If you have questions about this article, email Clarity.](#) Scroll down to share if this article helped you out.