

# **NATURE OF THE APPALACHIAN TRAIL**

2nd  
Edition

**Your Guide to  
Wildlife, Plants, and Geology**



**LEONARD M. ADKINS**



**MENASHA RIDGE PRESS**

Your Guide to the Outdoors Since 1982

NATURE OF THE  
**APPALACHIAN**  
**TRAIL** <sup>2nd</sup>  
Edition

**Your Guide to  
Wildlife, Plants, and Geology**



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## **NATURE OF THE APPALACHIAN TRAIL: Your Guide to Wildlife, Plants, and Geology**

Leonard M. Adkins

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## DEDICATION

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For Nancy Adkins,  
whose inner strength and life wisdom  
never cease to amaze me, her son



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Nature gives to every time  
and every season  
some beauties of its own;  
and from morning to night,  
as from cradle to grave,  
it is but a succession of changes  
so gentle and easy  
that we can scarcely mark their progress.

~ *Charles Dickens*



## INTRODUCTION

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IT HAS BEEN quite a few years now since a friend suggested we hike the entire Appalachian Trail together. My response was, “Sure, let’s do it, but what is it?” I had not heard of the trail and, never having backpacked a day in my life, had little idea of the wonderful world to which I was about to be introduced.

About two weeks before the trip was to begin, the instigator of the adventure backed out. Having saved funds for more than a year and obtained the necessary equipment and a leave of absence from work, I began the journey alone. With many adventures and misadventures—some good, some risky, and some downright hilarious—but due mostly to my inexperience, I accomplished only 900 miles that year.

Returning to work, I felt that I’d had my summer of freedom, that it was time to concentrate on the job and get back on the career track. Throughout the winter, though, I kept having mental images of the places I had seen, the people I had met, and the beauty of the mountains I had experienced. The following spring, I returned to the trail and started walking northward from where I had stopped the previous year.

Somehow, during the winter, my experiences on the trail had worked a subtle change inside of me, and I no longer perceived it to be a months-long, 2,000-mile challenge. The uncertainty as to whether I would ever complete the entire trek no longer seemed to matter. The constant, nagging thought that had plagued me the previous year—that no matter how far I had progressed along the way, I was still “here” and Maine was still hundreds and hundreds of miles away “up there”—no longer had me in its defeatist sway. The trip became nothing more than a series of day hikes in the woods, simply walking, and no longer dreading the uphill, cursing every ankle-twisting rock, or fighting every out-of-the-way turn the trail took. I truly began looking at and enjoying my surroundings of the moment—the shapes of the trees, the sunlight filtering through the leaves, the smell of the forest as a summer rain washed over it, the changing color and composition of the soil, the songs of the individual birds, the antics of squirrels and chipmunks, the silent motion of a blacksnake slithering along the woodlands floor. Having come to accept the ways of the trail, I reveled in the muscle-building undulations of the terrain and welcomed each step as an opportunity to see, smell, hear, taste, or feel some new discovery.

Sooner than expected, I had walked the additional 1,200 miles to complete my journey of the Appalachian Trail. Since that time, I have hiked more than 20,000 miles in the United States, Canada, New Zealand, the Caribbean, and Europe. I have followed the Continental Divide from Canada to Mexico along the crest of the Rocky





*Author Leonard Adkins at the northern terminus of the Appalachian Trail*

Mountains; walked from Glacier National Park to the Pacific Ocean through the mountains of Montana, Idaho, and Washington; traced the Great Divide in Canada for several hundred miles; traversed the glaciers of Iceland; topped the steaming volcanoes of the Caribbean Islands; looked down upon Europe from the crest of the Alps; hiked New Zealand's Milford Track and that country's other Great Walks; and crisscrossed the border of France and Spain along the full length of the Pyrenees.

And yet, the Appalachians, my native mountains, continue to draw me back. I have now hiked the Appalachian Trail in its entirety five times and am within about 600 miles of completing it a sixth time.

While there is no doubt that I enjoy the grandeur of scenery from the higher altitudes of other mountain ranges of the world, I find that the pointed spires of their rough and rocky ridgelines appear like the upraised arms of adversaries, calling me out on a dare to test my mettle, to see if I can survive their soaring elevations, precipitous terrain, or ferocious weather. On the other hand, even though the Appalachian Trail is more physically challenging than any other trail I have hiked, the softer, eroded lines of its mountains, with their gradually descending spur ridges covered in lush vegetation, suggest a compassionate and kindly mother, wanting to encircle me and welcome me with arms cloaked in a shawl of green, reassuring me that everything will be alright.

It was for the love of these Appalachian Mountains that I set out to learn more about them: how they were formed; what makes them what they are; how the individual life-forms make up the whole; and how they can best be appreciated, protected, and preserved.

The one problem I had in putting this book together was deciding not what information to include, but what to exclude. Entire books have been written about just one animal, one plant, one river, one mountain. This book is an overview of more than 2,000 miles worth of these things.

So, I have included as much as was practicable without turning it into an encyclopedia. I have limited the discussion of historical incidents to those that occurred directly on what today is the corridor of land through which the Appalachian Trail passes. This will explain why certain important events that took place adjacent to trail lands, such as some Revolutionary War or Civil War battles, are not discussed.

Where there are competing scientific speculations on topics—such as how the mountains were formed, the origins of the balds in the southern states, or why an animal behaves in a particular manner—I have presented as many of the theories as possible. I have named nearly every mammal inhabiting the mountains and have discussed the hundred or so flowers that are mentioned in the official trail guidebooks available from the Appalachian Trail Conservancy. The same is true for birds.

The longer I study the environment of the trail, the more convinced I become that its greatest importance—much more than the recreational opportunities it provides—is its preservation of the natural world from the encroachments and destructions of the modern world. Because of the Appalachian Trail, rare lungless salamanders may continue to exist, birds still have an unbroken forest from Georgia to Maine in which to rest during their annual migrations, certain flowers and plants have protection and may someday no longer be endangered or threatened, and large mammals—such as bears and moose—now have the extensive tracts of land needed to ensure their survival. I firmly believe that our descendants will look upon such things as the true value and legacy of the Appalachian Trail.

You will note that each time I discuss a particular site I also mention the national park or the state in which it is located. This has been done to make it easier for you to pinpoint each location by consulting the index of the corresponding official trail guidebook available from the Appalachian Trail Conservancy. For example, the chapter on flowers states that *diapensia* grows near the summit of Mount Lafayette in New Hampshire, so you would consult the Appalachian Trail Guide to New Hampshire–Vermont. Because Virginia contains such a large portion of the trail, four separate guidebooks cover southwest Virginia, central Virginia, Shenandoah National Park, and (Maryland and) northern Virginia.

I also strongly encourage you to make use of the books listed in the Bibliography and Suggested Readings and Field Guides appendix (page 201) to increase your knowledge and enjoyment of the Appalachian Trail and its environs.

May all of your wanderings bring you pleasure, wonder, new discoveries, and an appreciation of the natural world.

Happy trails.



## CHAPTER 1

# A Concise History of the Appalachian Trail



The ultimate purpose of the Appalachian Trail?

To walk. To see. And to see what you see.

~ *Benton MacKaye*



ALTHOUGH OTHER PEOPLE had put forth similar ideas, Benton MacKaye's article "An Appalachian Trail: A Project in Regional Planning," which appeared in the October 1921 issue of the *Journal of the American Institute of Architects*, is generally regarded as having provided the impetus for the Appalachian Trail (AT). A regional planner, MacKaye (pronounced "McKye") saw in the post-World War I era an America that was becoming rapidly urbanized, machine-driven, and far removed from the positive and reinvigorating aspects of the natural world. In addition to providing obvious recreational opportunities, the trail he envisioned would be a connecting line between a series of permanent, self-sustaining camps in which "cooperation replaces antagonism, trust replaces suspicion, emulation replaces competition."

Encouraged and aided by relatives, friends, and like-minded acquaintances, MacKaye set about spreading the idea of an Appalachian Trail to anyone who would listen, including officials of the National Park and U.S. Forest Services. Especially receptive to the trail concept were members and officers of already existing trail organizations such as the Green Mountain Club of Vermont, the New England Trail Conference, and the Appalachian Mountain Club. Not overlooking the publicity power of the press, MacKaye also solicited the support of newspaper reporters and columnists throughout the Northeast. The idea struck a chord, for in October 1923, just two years after publication of his article, the first few miles of trail to be built specifically as a part

of the AT were opened to the public in the area of Harriman and Bear Mountain State Parks in New York by the then recently formed New York–New Jersey Trail Conference.

Acting upon a request by MacKaye and others, the Federal Societies on Planning and Parks met in Washington, D.C., in March 1925, for the purpose of furthering action on the AT. There, a constitution establishing the Appalachian Trail Conference (ATC) was adopted, and William A. Welch, of New York's Palisades Interstate Park Commission, was named its chairman. During the meeting, it was decided that the AT would run approximately 1,700 miles from Mount Washington in New Hampshire to Cohutta Mountain in northwestern Georgia. A northern extension was to stretch to Mount Katahdin in Maine, while a southern addition would reach all the way to Birmingham, Alabama. Among various branch routes that were also proposed, one was to follow the Long Trail in Vermont, another would extend into the Catskills, and another was to run along the Tennessee River into Kentucky.

With the establishment of the Potomac Appalachian Trail Club (PATC) in 1927, and the appointments of Arthur Perkins and Myron H. Avery as ATC chairman and assistant chairman in 1928, construction of the AT began to rapidly accelerate. Avery, a founding member of the PATC whose indefatigable energies have been likened to those of Bob Marshall (a founder of the Wilderness Society), took it upon himself to recruit volunteers and to spread the word about the AT. Perhaps more important, he went out into the field scouting practical routes for the trail and building and blazing multiple miles of the pathway. With his help, and within four years of its formation, the PATC constructed more than 250 miles of trail and solicited enough volunteers to create trail clubs that would reach all the way to Georgia.

With more than 1,200 miles of the AT completed, Avery became ATC chairman in 1931. During his tenure, construction of the trail throughout its entire north–south route continued to accelerate, and more than 1,900 miles of trail were completed by the end of 1934.

Sadly, during this time, it was becoming obvious that the two most avid proponents of the AT had different visions of what the trail should be. MacKaye continued to iterate that the pathway was more or less a means for regional planning, a way to establish workers' communities along its route. His hope was that those communities would help to foster an America that would question the continued expansion of its cities and the increasing enslavement to mechanized work and commercialism. Avery, on the other hand, saw the trail as a footpath through the mountains for those who wished to enjoy the benefits of outdoor recreational opportunities.

Construction of the Skyline Drive through Shenandoah National Park drove the final wedge between the two men. Avery accepted the venture, seeing it as a means of acquiring further federal governmental support for the AT, thereby aiding his agenda of completing the trail as quickly as possible. In some ways he was correct; at the

very least, the portion of the AT that was displaced by the Skyline Drive project was relocated and reconstructed by the government-funded Civilian Conservation Corps (CCC). Having set a precedent, other divisions of the CCC ended up constructing somewhat limited, but significant portions of the trail throughout its entire route. It is a lasting tribute to these hardworking men that most of the trail sections they built in the 1930s are still in use today, requiring little maintenance or repair.

MacKaye, in direct contrast to Avery, despised the building of skyline drives anywhere. He felt they were not only intrusions on the natural world, but also, in reality, conspiracies by businessmen determined to make a monetary profit off the wilderness. This fundamental difference between the two men was so great that MacKaye more or less turned his back on the AT, putting his time and efforts into the Wilderness Society, which he helped form in 1935.

By 1936, the entire route of the Appalachian Trail had been constructed or laid out on paper. In the same year, Avery became its first 2,000-miler, having hiked and measured every mile of the trail—whether it had been built or not. On August 14, 1937, the final section of the trail was constructed on a ridgeline connecting Sugarloaf and Spaulding Mountains in central Maine. So, in less than 16 years from the publication of MacKaye's original article, the AT was a reality, a continuously marked, 2,045-mile footpath from Maine to Georgia. This feat is even more remarkable as most of the work on the trail was done by volunteers whose only real motivation was a love of

the outdoors and whose sole compensation was the satisfaction of having contributed to the successful completion of such a noble project.

Barely a year later, the AT's continuous route was broken. In 1938, a major hurricane swept through the Northeast, killing an estimated 700 people, leaving 60,000 people homeless and toppling millions of trees. So many miles of trail were destroyed in New England that it overwhelmed the best efforts of volunteer trail crews. Soon afterward, construction of the Blue Ridge Parkway displaced so much of the AT in Virginia and North Carolina that more than 110 miles of the trail would eventually have to be relocated and rebuilt. Americans focused their attention on their



*Benton MacKaye set about spreading the idea of an Appalachian Trail.*



country's efforts abroad during World War II, and more and more miles of the trail fell into disrepair. With so much of the trail in need of attention after the war, many people (including Avery) began to doubt the AT would ever again be one continuous route.

Recognizing the fragility of the route, Daniel Koch (a member of the ATC board of managers, president of the Blue Mountain Eagle Climbing Club of Pennsylvania, and, most important, a member of the US Congress) introduced legislation in the House of Representatives in 1945 to establish a system of federally protected footways. Unfortunately, the bill never made it out of committee. The same was true for similar legislation introduced in 1948.

Yet, as often seems to be the case throughout human history, just when things are looking their bleakest, a popular hero arises whose exploits inspire people to take the necessary actions. In 1948, Earl V. Shaffer became the trail's first "thru-hiker" by walking the entire 2,050-mile route from Georgia to Maine in a continuous four-month trek. Shaffer, an unassuming man from Pennsylvania, undertook the journey not to set any records, but merely to enjoy some time in the mountains and to put his memories of service in World War II in perspective. Armed with just road maps and no guidebooks, Shaffer found an Appalachian Trail with few blazes and signs, its way blocked by hundreds, if not thousands, of blowdowns and its route forced onto many roadways because of timbering operations or disputes with landowners. To protect himself from the overgrowth, Shaffer always clad himself in long pants, and in order to toughen his feet, he walked with sand in his boots but wore no socks.

Many people in the trail community, including both MacKaye and Avery, initially doubted that Shaffer had actually walked the entire length of the trail. Only after he presented a detailed daily account of his trip, showed hundreds of slides he had taken along the way, and submitted to hours of grueling questioning was Shaffer proclaimed the first thru-hiker by the Appalachian Trail Conference.

An article carried by the Associated Press about Shaffer's exploits soon appeared in many newspapers nationwide, piquing the public's curiosity about the trail. Ensuing articles in *Reader's Digest* and *National Geographic* brought more publicity to the pathway and an upsurge in the number of trail volunteers. Through the efforts of these volunteers, the AT once again would be a continuous 2,000-mile trail by the end of 1951. That same year, 24-year-old Gene Espy of Georgia became the second man to thru-hike the AT, duplicating Shaffer's hike in the same amount of time, four months. The following year, as far as records can tell, Mildred Norman Ryder became the first woman to hike the entire trail, hiking initially northward with a male companion to the Susquehanna River and then, after taking motorized transportation to Mount Katahdin, walking southward back to Pennsylvania.

In June 1952, Avery stepped down as chairman of the Appalachian Trail Conference after 20 years. Murray H. Stevens, a former chairman of the New York–New Jersey

Trail Conference and an active supporter of the AT for more than two decades, was elected the new chairman. Just eight weeks later, Avery collapsed and died while on a trip to Canada.

In 1955, Emma “Grandma” Gatewood, who walked in sneakers and carried her gear in a duffel bag slung over her shoulders, became the first woman to thru-hike the trail alone. (She would make history again by eventually becoming the first person to hike the entire length of the AT three times.)

The 1950s turned out to be a decade spent fine-tuning the trail. Many clubs undertook the task of relocating large portions of the trail to more optimal locations—off roads, along scenic streams, over additional peaks, and out to better viewpoints. Because of increased development on and around Mount Oglethorpe, the southern terminus of the AT was moved to Springer Mountain in 1958.

The trail was, in fact, being threatened by numerous developments along the whole of its length. Mining and logging operations, ski resorts, housing projects, communication and utility towers and lines, and new roadways were encroaching on the trailway and detracting from the general nature of its wilderness experience. Additionally, federal plans to construct several new scenic parkways would severely impact the AT in a number of states.

In response to these threats (and the crusading efforts of trail volunteers and supporters), Senator Gaylord Nelson introduced a bill in 1964 to federally protect the AT.



*Myron H. Avery became the first 2,000-miler, having hiked and measured every mile of the trail—whether it had been built or not.*

As with much legislation, the bill went through several revisions and its original scope was expanded. Finally, Senator Nelson's intentions became reality when the National Trails System Act was passed and signed into law by President Lyndon Johnson on October 2, 1968. The Appalachian Trail and the Pacific Crest Trail (which runs from Mexico to Canada through California, Oregon, and Washington) were designated the country's first two national scenic trails. The act gave the National Park Service (through the Interior Department) the primary responsibility for administering the AT and authorized the agency to protect the pathway through easements; cooperative agreements; land exchanges, donations, or purchases; and, as a final resort, acquisition of land through eminent domain. Five million dollars of public funds were appropriated for the purchase of trail lands. Additionally, the act authorized agreements between the Interior Department and nonfederal agencies—in effect, the ATC and its affiliated clubs—to “operate, develop, and maintain” the trail.

Recognizing that the task of managing the AT was becoming too complex for volunteers alone to handle, the ATC hired Lester L. Holmes in 1968 as a part-time administrative officer, soon upgrading his position to full-time executive director. In 1972, the conference moved out of Washington, D.C. (where it had been sharing facilities with PATC), and relocated just a short walk from the AT in Harpers Ferry, West Virginia.

The backpacking boom of the late 1960s and early 1970s necessitated the hiring of more full-time employees, primarily to keep up with requests for information about the trail (and to educate people about proper trail etiquette). From 1936 to 1969, just 50 people had walked the entire AT. Yet, by the end of 1974, the number of 2,000-milers had increased to nearly 300.

The year 1975 saw several administrative changes as George M. Zobelein was elected ATC chairman to succeed Stan A. Murray, who retired after 14 years in the position. Another retirement, that of Lester L. Holmes, led to the hiring of Paul Pritchard as executive director. Pritchard relinquished his position in 1977 when he was appointed to the Interior Department, and he was replaced by Henry W. Lautz.

Benton MacKaye, the man whose efforts not only bore fruit on the AT, but also helped shape the way Americans view their responsibilities toward the wilderness, died on December 11, 1975, at the age of 96.

Although an AT Project Office was opened by the National Park Service in 1976, disappointment and apprehension remained high concerning the service's general lack of progress procuring lands for the AT. Eventually, trail supporters influenced Congress to make amendments to the National Trails System Act, and these were signed into law on March 21, 1978, by President Jimmy Carter. At that time, less than 1,250 miles of the trail were in the public trust. The act appropriated \$90 million in federal funds to purchase—over several years—the acreage needed to move the other 900 or so miles of trail off roadways and private property.

To coordinate efforts more efficiently with the ATC, the National Park Service moved its AT Project Office from its original location to Harpers Ferry and the office's manager, David T. Ritchie, began an aggressive campaign to acquire the thousands of acres that were needed to bring the full length of the AT into the public domain. The office was so successful in completing its mission that its name was changed to the Appalachian Trail Park Office to reflect the fact that, by the end of 1996, less than 35 miles of trail remained in private hands; the land-purchase "project" was coming to an end, and management of the AT as a true component of the national park system was beginning.

In 1979, Charles L. Pugh was elected ATC chairman but decided to resign early in 1980. After a short period in which cochairs presided over the board of managers, Ruth Blackburn was elected to fill the position until Pugh's term expired. Soon afterward, Henry Lautz resigned as executive director, and Lawrence Van Meter of the Green Mountain Club was named his successor.

Although federal funding was available for the continued acquisition of AT lands, there was a growing fear among the trail's supporters that the funding would be cut or eliminated. Under the guise of helping to balance the federal budget, Secretary of the Interior James Watt and others in the administration of President Ronald Reagan were putting forth the idea of abolishing or cutting land-acquisition programs. In response, the Trust for Appalachian Trail Lands, which was funded privately for the most part, was established in 1982.

Although federal funding has not been eliminated, it has not been available at times to purchase important pieces of property: Either the federal government couldn't react quickly enough or the funds appropriated for a particular year were already exhausted. It has been at these times that the trust has proved to be a valuable resource for the AT, not only by obtaining bits and pieces of the trail route itself but also by purchasing tracts of land outside the actual AT corridor, thereby protecting important viewsheds and the wilderness nature of the trail. The trust was eventually phased out, but today the Appalachian Trail Landscape Partnership, a cooperative effort of the ATC, NPS, and scores of other organizations, works to identify high-priority lands that are in need of protection.

Elected as ATC chairman in 1983, Raymond F. Hunt helped lead the conference into an amazingly unprecedented collaboration with the US government. Showing its faith in the capabilities of the volunteers and members of ATC, the National Park Service delegated most of its responsibility for managing the Appalachian Trail to the ATC in January 1984. This meant that, even though federal monies were being used to purchase land for the trail, its day-to-day affairs would be overseen by those most closely associated with it.

Because of the makeup of its organization, the ATC in turn has relegated the vast majority of its responsibility for care of the footpath to the volunteers of the local trail clubs. Volunteers have always been the backbone of the AT, and, in many ways, may be even more valuable to the trail than the ATC. To this day, it is volunteers who undertake the bulk of trail maintenance, devoting weekends and other spare time to relocating and rebuilding the pathway and keeping it clear of undergrowth and blowdowns. When a major hurricane ripped through the Southern states in 1995, the National Park Service predicted the trail in North Carolina and Georgia would be closed for months; yet so many volunteers rose to the challenge that the AT was open again in just a few weeks. (In recent years, more than 6,000 volunteers have been contributing well in excess of 200,000 hours of trail-related labor annually!)

Sometimes volunteer efforts don't involve weed whacking or local club functions. Oftentimes individuals' simple love of the AT causes them to respond publicly or politically to situations that threaten to destroy the integrity of the trail. A perfect example of this is that the Virginia Department of Transportation canceled plans in 1996 to build a four-lane highway across the AT in the Mount Rogers National Recreation Area after having received hundreds of letters in protest.

Volunteers also make up the boards of most of the local trail clubs, devoting numerous evenings and days sitting through meetings to ensure that their sections of trail remain in the best shape possible.

Under the 1984 ATC/NPS agreement, volunteers took on new responsibilities, which included monitoring the trail lands for any problems, such as encroachment, development, timbering and the like, or illegal use by motorized vehicles or bicycles.

In 1986, Dave Startzell, who had been on the ATC's staff since 1978, was named executive director, and in 1989, Margaret Drummond took over as chair of the board of managers. Under their guidance, there was speedy growth in the conference's general membership; it stood at about 24,000 by the end of 1996.

David B. Field, who took his first hike on the AT in 1955 and went on to become a trail maintainer, officer in the Maine Appalachian Trail Club, and member of the ATC board of managers, was named ATC chair at the conference's biennial meeting in 1995.

In 2005, to reflect the increasing need to protect the AT and the land around it, the Appalachian Trail Conference was renamed the Appalachian Trail Conservancy.

Today, the job of bringing the entire length of the AT under public protection is nearly complete. But, in the words of Myron Avery, "the trail, as such, will never be completed." There will always be the need to safeguard the pathway from the encroachments of modern civilization, such as new highway construction, increasing communications and utility-line towers, and nearby housing developments.

In many ways, the AT is being threatened by its own successes. Increasingly, the Appalachian Trail Conservancy, the National Park Service, the local maintaining clubs, and other managing agencies must focus on ways to manage and minimize the impact of the rapidly rising number of people who come to hike on the trail. It took from the inception of the AT in the 1920s to the early 1980s for the first 1,000 people to hike the entire trail. Now, in the span of just four decades, the number of officially certified 2,000-milers has risen to well over 20,000.

It is not only thru-hikers who are on the increase. The conservancy estimates that millions of people make use of some portion of the AT annually. The challenge in the coming years will be not only to protect the actual physical aspects of the trail from such numbers, but also to preserve the quality of trail experiences for those who come in search of the tranquil beauty the trail can provide.



## CHAPTER 2

# From Georgia to Maine: *The Route of the Appalachian Trail*



Every part of this soil is sacred. Every hillside,  
every valley, every plain and grove has been hallowed  
by some sad or happy event in days long vanished.

~ Chief Seattle



## THE SOUTHERN STATES

From its southern terminus atop Springer Mountain, the Appalachian Trail winds its way through Georgia in a northeasterly direction for more than 75 miles. Staying close to the crest of the Blue Ridge Mountains, it rarely drops below 3,000 feet in elevation and it attains the 4,000-foot mark on Blood, Blue, Rocky, and Tray Mountains and Kelly Knob. Soon after entering North Carolina, it turns to the northwest, crosses the ridgelines of several transverse mountain ranges, tops the summits of numerous mountains

above 5,000 feet, and enters Great Smoky Mountains National Park. Once it attains the height of the land, the trail straddles the North Carolina–Tennessee border through the Smokies, over Snowbird Mountain, and across the Bald and Unaka Mountain ranges. It then makes a bit of a swing westward into Tennessee to drop into Laurel Fork Gorge, go by Watauga Lake, and cross the Iron Mountains to arrive at the Virginia border.

THE APPALACHIAN TRAIL follows the crest of the Blue Ridge Mountains for nearly half its length, that is, from Georgia to central Pennsylvania. In order to have an appreciation of the trail's route, it is necessary to understand the makeup of these mountains. The Blue Ridge Mountains have their southern roots in northern Georgia, but immediately they split into two arms. The eastern arm swings out toward the flatter lands of Georgia, North Carolina, and Virginia to form the western boundary of the Piedmont. The western arm, as it is traced northward, is known respectively as the Cohutta, Ellijay, Frog, Unicoi, Great Smoky, Unaka, Iron, and Stone Mountains. It is generally at a higher elevation than the eastern prong and is crossed by numerous rivers, which cut it into several segments.

Forming a large oval, the two arms come back together near the Roanoke River in Virginia. A number of ranges stretch from east to west between the two main ridges, creating a patchwork of additional high-mountain country. Known variously as the Black, Balsam, Cheoah, Nantahala, and other mountains, these transverse ranges contain mountains that are actually higher than the main backbone of the Blue Ridge. In fact, the highest summit of the eastern United States, Mount Mitchell (6,684'), towers above its Black Mountain neighbors quite a few miles east of the AT.

In the early days of the trail, when Cohutta Mountain in the western part of northern Georgia was still being contemplated as its southern terminus, volunteers and planners (especially those in North Carolina) envisioned the pathway working its way southward from the Great Smokies along the western arm of the Blue Ridge. Eventually those who would have to construct the AT in Georgia were able to convince the others that, due to easier accessibility and the chance to use existing pathways on the lands of the Chattahoochee National Forest, the trail could be more readily built along the Blue Ridge's eastern rim.

Once that agreement was reached, volunteer members of the Georgia Appalachian Trail Club (GATC) were able to construct the AT from its original southern terminus on the summit of Mount Oglethorpe in the Amicalola Range to the Georgia–North Carolina border by the spring of 1931. Other than one major relocation—moving

the trail's southern terminus to Springer Mountain in 1958 when development on Oglethorpe became incompatible with the trail's wilderness character—the AT has changed little from its original route through Georgia. This means that those who hike here are, without a doubt, walking on some of the very same ground that was trod by such AT pioneers and legends as Myron Avery, Earl Shaffer, Gene Espy, Mildred Norman Ryder, Grandma Gatewood, and Dorothy Laker.

Today, with the summit of Springer Mountain inaccessible to motorized vehicles, a large percentage of hikers begin their AT trip by taking the Approach Trail from Amicalola Falls State Park. (In part, the State of Georgia established this more-than-200-acre park in 1948 to protect the area around one of its most impressive waterfalls. In a series of cascades, Amicalola Creek descends nearly 500 feet down the face of Amicalola Mountain in only 0.3 mile.)

Rough and steep with many ups and downs, the 8-plus miles of the Approach Trail are so strenuous that it convinces many would-be thru-hikers to abandon their dream of walking from Georgia to Maine. Almost every year there are stories of people who never even make it to Springer Mountain before deciding that, if the Appalachian Trail is anything like the Approach Trail, they would rather go home than face the rigors of the 2,000-mile journey.

Unbeknownst to most people who hike the Approach Trail, they are walking upon a historically significant pathway. Portions of this trail follow the original route of the AT that, prior to the 1958 relocation, wound its way through the Amicalola Range from Mount Oglethorpe to Springer Mountain.

The 3,782-foot summit of Springer Mountain overlooks the western arm of the Blue Ridge Mountains and out to the Cohutta Mountains in northwest Georgia. A plaque, originally placed on Oglethorpe in 1933 and moved to Springer Mountain in 1959, provides a simple but succinct definition of the AT: APPALACHIAN TRAIL, GEORGIA TO MAINE, A FOOTPATH FOR THOSE WHO SEEK FELLOWSHIP WITH THE WILDERNESS.

Initially making use of the western arm of the Blue Ridge, the AT crosses Stover Creek amid what is believed to be a stand of virgin hemlock and moves on to the first of many waterfalls passed on its northward journey. Long Creek Falls is striking, especially during heavy spring rains, and it is surrounded by dense thickets of rhododendron. Skirting the side of Hawk Mountain, the AT ascends to the eastern arm of the Blue Ridge Mountains, which it follows closely the rest of the way through Georgia except for a short 4- to 5-mile stretch between Cooper Gap and Gooch Gap.

Twenty miles north of Springer, the trail crosses its first paved road in Woody Gap. It also traverses the first of many congressionally designated wildernesses through which the AT passes. In a farsighted move, the United States achieved permanent protection for certain tracts of land with the passage of the Wilderness Act in 1964. Within a few years, more than 11 million acres had been brought into the National

Wilderness Preservation System. But it soon became apparent that the system was not as far-reaching as its supporters had hoped; all but four of the wilderness areas were west of central Kansas. The law's definition of wilderness, with phrases such as "the area generally appears to have been affected primarily by the forces of nature, with the imprints of man's work substantially unnoticeable," prohibited most areas in the eastern United States from being included in the system. Recognizing that the East, with its earlier settlement and heavier concentrations of population, had more disturbed land than the West, another law was passed in 1975. This one permitted places where the evidence of human activity was gradually being replaced by natural processes to fit into the definition of wilderness. That law (and hard work by wilderness advocates) has enabled more than 800 sites and more than 111 million acres of land throughout the United States to be preserved.

But while the Wilderness Act does protect the land, it contains a provision that makes it harder for trail volunteers to maintain the AT: to preserve the wilderness atmosphere, the act prohibits the use of power tools, such as chainsaws and motorized weed whips. Therefore, all trail maintenance must be done with manual tools, such as handsaws, weed whackers, and hand clippers. With a large percentage of the AT in Georgia traversing designated wilderness areas, GATC volunteers put forth stupendous efforts to keep the trail clear of blowdowns and entangling vegetation, especially after natural disasters, such as hurricanes or heavy ice storms, bring down hundreds of trees and large branches across the trail.

Climbing to 4,000 feet above sea level for the first time, the AT comes to its highest point in Georgia on Blood Mountain (4,461'). The mountain's name can be traced to a battle that, according to Native American legend, occurred on its slopes some 400 years ago. The fight between Cherokee and Creek Indians was so ferocious that the mountain was said to have run red with blood. From that time on, lichens growing upon the rocks have displayed traces of red stains.

Today, the mountain provides an Olympian view of the Blue Ridge Mountains in all directions, with the southward vista extending to Springer Mountain and beyond. On some places on the summit, gneiss, the rock of which the top of the mountain is composed, has been laid bare in a sloping surface almost as smooth as ice. Exfoliation, the process that caused this, has a tendency to crack deeply buried rock parallel to the surface after weathering has eroded the uppermost layer and relieved the pressure bearing down on the rock.

The two-room stone shelter on top of Blood Mountain was constructed by the Civilian Conservation Corps in the 1930s and is of such significance that it has been placed on the National Register of Historic Places. Thanks to an effort among GATC, the U.S. Forest Service, the U.S. Army Rangers, and other volunteers, the shelter has been renovated several times throughout the years. Don't expect to be alone here, as



*Hurricane damage on the trail requires much work to clear.*

the area on and around Blood Mountain receives more visitors than any other spot on the AT in Georgia. On a weekend when the weather is nice, it is not uncommon to encounter a steady stream of day hikers and overnightriders as the trail descends more than 1,300 feet to Neel's Gap.

From the gap, the AT follows broad ridges with names such as Levelland Mountain, Corbin Horse Stamp, and Wolf Laurel Top to come into Tesnatee Gap. The barely discernible roadbed descending southward from the gap is all that remains of what was once a toll road dating from the first half of the 1800s. At the time, it was the only viable transportation route for people and supplies moving between Dahlonega on the eastern side of the mountain and Blairsville on the western side.

North of Tesnatee Gap, the AT makes a steep climb over Wildcat Mountain, but prior to 1966 and the construction of the Richard B. Russell Scenic Highway, the trail swung around the western side of the mountain for a gradual climb to Hogpen Gap. North of here, the AT makes a wide arch, first heading northward and then eastward to follow ridges around the headwaters of the Chattahoochee River. In Chattahoochee Gap, it's possible to drop a few feet off the trail to take a sip from Chattahoochee Spring, the source of the river that supplies drinking water to millions of people as it descends from the mountains; flows through Atlanta, Georgia; and eventually empties into the Gulf of Mexico. Chattahoochee Gap also affords a view of Brasstown Bald (4,784'), the highest mountain in Georgia.

Several more ups and downs and one long ascent bring the AT to its second summit above 4,000 feet, Tray Mountain. Mica, which is prevalent here, is a silicate mineral that splits into wafer-thin, almost plastic-looking, translucent sheets. Because it has a tendency to weather and deteriorate irregularly, Tray Mountain has a wild, rugged, and ragged look. Its summit provides an extensive view of the surrounding Blue Ridge Mountains, Brasstown Bald, Rabun Mountain (the second-highest peak in Georgia), and on clear days it is even possible to look southward for nearly 100 miles to Stone Mountain just outside of Atlanta.

Dropping from this lofty perch to the Swag of the Blue Ridge, the AT follows a broad ridge for approximately 3 miles, neither gaining nor losing much in the way of elevation. The easy walking does not last and the trail soon climbs to Kelly Knob, the last point above 4,000 feet in Georgia. The AT then drops to Dicks Creek Gap and makes the final ascent in its southernmost state to leave Chattahoochee National Forest and enter Nantahala National Forest and North Carolina just before coming into Bly Gap.

Barely across the state line, the trail attains an altitude of more than 4,000 feet, staying above that height for the next 26 miles. Zigzagging in several directions, it first swings around the headwaters of the Tallulah River and then those of the Nantahala River. In the process, it climbs above 5,000 feet for the first time on the bald summit of Standing Indian Mountain (5,498'), whose viewpoint has earned it the nickname "Grandstand of the Southern Appalachians." Catawba rhododendron dots the mountaintop with purple during June, while the paler blossoms of great rhododendron burst forth in July.

The AT takes its leave of the Blue Ridge's eastern arm and, on Ridgepole Mountain, turns to the northwest, necessitating an arduous 70-mile journey across a series of jumbled transverse ridges—the Nantahala, Stecoah, Cheoah, and Yellow Creek Mountains. Those who have hiked the trail in New England often refer to this stretch, especially the steep, almost rock-scramble ascent of 5,280-foot Albert Mountain, as a training ground for hiking in New Hampshire and Maine.

Passing through Wallace Gap, the AT climbs over Siler, Wayah, and Wesser Balds, each providing views of the surrounding countryside. Dropping quickly past aptly named Jump-Up Lookout, the trail steeply drops nearly 3,000 feet to the Nantahala River.

The deep and narrow gorge the river cuts through the mountains easily explains the Cherokee name of Nantahala: "Land of the Noonday Sun." The hills and valleys of this land (and Great Smoky Mountains National Park) were once the farmlands and hunting grounds of the Cherokee, the only nation of Native Americans to actually live upon the heights of any mountain ranges in the eastern United States. Their first contact with Europeans came around 1540 as Hernando de Soto crossed the Nantahalas (scholars believe it was around Wallace Gap) in search of gold. The mistreatment and torture suffered by the Cherokee at the hands of de Soto established the pattern of contact between the Indians and other arrivals from the Old World, which culminated in



the natives' expulsion in 1838. Driven by soldiers of the U.S. Army, 17,000 Cherokee were forced to march the Trail of Tears to Oklahoma—4,000 of them perishing along the way. About 1,000 Cherokee managed to escape into the mountains, and after many years of hiding out, they were permitted to establish the Qualla Reservation (also called Qualla Boundary) along the eastern edge of the Great Smokies.

The AT leaves the Nantahala Gorge in an ascent that gains more than 3,000 feet in just over 8 miles to the summit of Cheoah Bald, which has a view that is among the best in the Southern Appalachians. Some hikers used to speculate that there were more steep ascents and descents per mile between Cheoah Bald and Fontana Dam than on any other stretch of the AT, but hard work by volunteers working on relocations has helped moderate those ups and downs.

Constructed during the 1940s, 480-foot-high Fontana Dam (the tallest in the eastern United States) impounds the Little Tennessee River to create the 29-mile-long Fontana Lake. Crossing the dam, the AT enters Great Smoky Mountains National Park, surely one of the highlights along the trail's entire route. Within a day-and-a-half's drive of more than 50% of America's population, the park has been receiving more than 12 million visitors a year—the highest visitation of any national park. Yet, surviving this onslaught, within park boundaries are found 1,570 species of flowering plants (including almost 130 native trees), more than 200 species of birds, 48 freshwater fish, 60 mammals, and 2,000 fungi. Included in the park's 78 kinds of amphibians and reptiles are more than 25 salamander species, giving the park the distinction of having the greatest diversity of salamanders in the world.

Much of this disparate life owes its existence to the height of this grand mountain range referred to by early explorer Arnold Guyot as "the master chain." Known to meteorologists as the orographic effect, the elevation and the shape or terrain of the mountains combine to influence local weather patterns—in other words, the mountains make their own weather. As moisture-laden air arrives from the west, the high mountains form a sort of barrier, slowing the movement of the air and receiving an increased amount of precipitation. In addition, higher elevations have cooler temperatures, and colder air is not able to absorb as much moisture as the warmer air of the lower elevations. No longer capable of hanging onto the water, the skies release even more of their moisture onto the mountains. This effect is illustrated by the fact that Gatlinburg, Tennessee, which is located in a valley on the western boundary of the park, receives an annual rainfall of approximately 50 inches; yet Clingmans Dome, about 5,000 feet higher in the heart of the Smokies, receives more than 80 inches of precipitation.

The special conditions created by the weather patterns directly affect the types of plants that grow and the communities they form. A forest of spruce and fir, more typically found in New England and Canada, can grow in the Smokies at elevations above 4,500 feet. Adjoining these trees near the summits of the mountains are northern

hardwoods such as American beech and yellow birch, more common to Michigan than the Southern Appalachians. These stands found in the Smokies are the highest broad-leaved forests in the East. Bluets, violets, trilliums, and trout lilies cover the forest floor.

Below 4,500 feet, tall and mighty eastern hemlocks provide such deep shade that the air underneath their canopy can be 10°–12° cooler than that of the surrounding woods. These venerable giants are reminders that more than 100,000 acres of these mountains have never been timbered, which means the Smokies embrace the largest expanse of virgin forest east of the Mississippi River.

Unfortunately, the hemlocks are under attack throughout the eastern United States by the invasive hemlock woolly adelgid. First appearing on the West Coast in the 1920s, the insects had minimal effect on western hemlocks, but by the 1950s, eastern hemlock trees began to suffer. Apparently having no resistance to the insects, which suck the sap from the base of the trees' needles, eastern hemlocks have been dying at an alarming rate. Sadly, many of the trees may be dead by the time you hike here and along much of the AT. (It is estimated that more than 90% of the eastern hemlock trees in Shenandoah National Park have succumbed.)

Black and scarlet oaks and white, pitch, and shortleaf pines dominate below 3,000 feet on the drier eastern and southern slopes of the mountains. Also included in this forest are yellow poplar, dogwood, hickory, and thickets of rhododendron and mountain laurel.

Covering sheltered slopes and extending into low-elevation coves and valleys, the Southern Appalachians' famous cove hardwood forests are encountered at elevations of approximately 4,000 feet and lower. Here is the most diverse forest of all. While other trees can be present, some of the most prevalent species are hickory, beech, basswood, poplar, sugar maple, yellow birch, buckeye, magnolia, Carolina silverbell, eastern hemlock, and white ash. Before the leafy canopy blocks out most of the sunlight in mid-spring, the floor of this forest will be dotted with luxuriant growths of trillium, fringed phacelia, bloodroot, hepatica, rue anemone, squirrel corn, Solomon's seal, bellwort, and lady's slipper. Existing within one-quarter of an acre of cove hardwood forest will be anywhere from 40 to 60 species of vascular plants, while an equal area of a spruce-fir forest will contain only 7 or 8 species.

This national park might never have been. When Horace Kephart, a librarian from St. Louis, arrived in the Great Smoky Mountains region in 1904, hoping to cure himself of alcoholism, he encountered an area that was being devastated by America's demand for lumber and wood products. He soon became fascinated with the area's natural and human history. Wanting to protect the forested slopes, he promoted the idea of preserving the Smokies by means of a national park. By the 1920s, though, logging operations grew so extensive that the mountain people were abandoning their farms for lives in company towns and the regular paychecks that came from felling trees. Within

# APPENDIX A

## Trees of the Appalachian Trail and Fall Leaf Color Guide

Unless otherwise noted, these trees are found—at least in isolated spots—throughout the Appalachian Trail.

Common Name	Scientific Name	Red	Orange	Yellow	Brown	Notes
<b>FAMILY SALICACEAE Willow</b>						
Balsam poplar	<i>Populus balsamifera</i>					New England; isolated to VA
Balsam willow	<i>Salix pyrifolia</i>					mostly ME
Bebb willow	<i>Salix bebbiana</i>					MD to ME
Bigtooth aspen	<i>Populus grandidentata</i>	X				
Black willow	<i>Salix nigra</i>					
Eastern cottonwood	<i>Populus deltoides</i>			X		isolated GA to NH
Pussy willow	<i>Salix discolor</i>					VA to ME
Quaking aspen	<i>Populus tremuloides</i>			X		VA to ME
<b>FAMILY JUGLANDACEAE Walnut</b>						
Bitternut hickory	<i>Carya cordiformis</i>			X		GA to NH
Black walnut	<i>Juglans nigra</i>			X		GA to New England
Butternut	<i>Juglans cinerea</i>			X	X	
Mockernut hickory	<i>Carya tomentosa</i>			X		GA to S. New England
Pignut hickory	<i>Carya glabra</i>			X		GA to S. New England
Shagbark hickory	<i>Carya ovata</i>			X		
<b>FAMILY BETULACEAE Birch</b>						
American hornbeam	<i>Carpinus caroliniana</i>		X		X	
Eastern hophornbeam	<i>Ostrya virginiana</i>			X		
Gray birch	<i>Betula populifolia</i>		X		X	PA to ME
Hazel alder	<i>Alnus serrulata</i>	X			X	
Paper birch	<i>Betula papyrifera</i>				X	NY to ME; high elev. in NC
Speckled alder	<i>Alnus rugosa</i>		X			VA/WV to ME
Sweet birch	<i>Betula lenta</i>				X	
Yellow birch	<i>Betula alleghaniensis</i>				X	
<b>FAMILY FAGACEAE Beech</b>						
Allegheny chinkapin	<i>Castanea pumila</i>		X			GA to PA
American beech	<i>Fagus grandifolia</i>		X	X	X	
American chestnut	<i>Castanea dentata</i>			X		
Bear oak	<i>Quercus ilicifolia</i>		X		X	
Blackjack oak	<i>Quercus marilandica</i>	X				GA to mid-Atlantic
Chinkapin oak	<i>Quercus muehlenbergii</i>	X			X	GA to VT
Pin oak	<i>Quercus marilandica</i>	X				VA to VT
Scarlet oak	<i>Quercus coccinea</i>	X				
Shingle oak	<i>Quercus imbricaria</i>		X		X	isolated NC to PA
White oak	<i>Quercus alba</i>	X	X	X	X	

Common Name	Scientific Name	Red	Orange	Yellow	Brown	Notes
<b>FAMILY FAGACEAE</b> <i>Beech (continued)</i>						
Black oak	<i>Quercus velutina</i>	X				GA to VT
Chestnut oak	<i>Quercus prinus</i>		X	X	X	
Northern red oak	<i>Quercus rubra</i>	X		X	X	
Post oak	<i>Quercus stellata</i>				X	GA to MA
<b>FAMILY ULMACEAE</b> <i>Elm</i>						
American elm	<i>Ulmus americana</i>			X		
Hackberry	<i>Celtis occidentalis</i>			X		
Rock elm	<i>Ulmus thomasii</i>			X		
Slippery elm	<i>Ulmus rubra</i>			X		
<b>FAMILY MORACEAE</b> <i>Mulberry</i>						
Red mulberry	<i>Morus rubra</i>			X		GA to S. New England
<b>FAMILY MAGNOLIACEAE</b> <i>Magnolia</i>						
Cucumbertree	<i>Magnolia acuminata</i>			X		GA to PA
Fraser magnolia	<i>Magnolia fraseri</i>			X		GA to VA/WV
Yellow poplar	<i>Liriodendron tulipifera</i>			X		GA to VT
Umbrella magnolia	<i>Magnolia tripetala</i>			X		GA to PA
<b>FAMILY ANNONACEAE</b> <i>Custard Apple</i>						
Pawpaw	<i>Asimina triloba</i>			X		GA to PA
<b>FAMILY LAURACEAE</b> <i>Laurel</i>						
Sassafras	<i>Sassafras albidum</i>	X	X	X		
<b>FAMILY HAMAMELIDACEAE</b> <i>Witch Hazel</i>						
Sweetgum	<i>Liquidambar styraciflua</i>			X		isolated GA to VA
Witch-hazel	<i>Hamamelis virginiana</i>			X		
<b>FAMILY PLATANACEAE</b> <i>Sycamore</i>						
Sycamore	<i>Platanus occidentalis</i>			X		
<b>FAMILY ROSACEAE</b> <i>Rose</i>						
American mountain-ash	<i>Sorbus americana</i>	X	X			
Black cherry	<i>Prunus serotina</i>	X	X			
Broadleaf hawthorn	<i>Crataegus dilatata</i>					NY to ME
Canada plum	<i>Prunus nigra</i>	X	X			CT to ME
Cockspur hawthorn	<i>Crataegus guscrus-galli</i>	X	X			
Common chokecherry	<i>Prunus virginiana</i>	X	X			
Dotted hawthorn	<i>Crataegus punctata</i>	X	X			
Downy serviceberry	<i>Amelanchier arborea</i>	X	X	X	X	
Fanleaf hawthorn	<i>Crataegus flabellata</i>			X		
Fireberry hawthorn	<i>Crataegus chrysocarpa</i>	X	X			VA to ME
Fleshy hawthorn	<i>Crataegus succulenta</i>	X	X			
Frosted hawthorn	<i>Crataegus pruinosa</i>	X	X			
Littlehip hawthorn	<i>Crataegus spathulata</i>	X	X			GA to VA
Pear hawthorn	<i>Crataegus calpodendron</i>	X	X			GA to NY
Pin cherry	<i>Prunus pensylvanica</i>	X	X			
Roundleaf serviceberry	<i>Amelanchier sanguinea</i>					
Scarlet hawthorn	<i>Crataegus coccinea</i>	X	X			
Showy mountain-ash	<i>Sorbus decora</i>	X	X			CT to ME

Common Name	Scientific Name	Red	Orange	Yellow	Brown	Notes
<b>FAMILY ROSACEAE</b> <i>Rose (continued)</i>						
Southern crab apple	<i>Malus angustifolia</i>	X	X			GA to VA
Sweet crab apple	<i>Malus coronaria</i>	X	X			GA to NY
Yellow hawthorn	<i>Crataegus flava</i>					GA to S. VA
Washington hawthorn	<i>Crataegus phaenopyrum</i>	X	X			GA to VA; isolated to S. New England
<b>FAMILY LEGUMINOSAE</b> <i>Legume</i>						
Black locust	<i>Robinia pseudoacacia</i>				X	GA to PA
Redbud	<i>Cercis canadensis</i>			X		GA to PA
<b>FAMILY ANACARDIACEAE</b> <i>Cashew</i>						
Shining sumac	<i>Rhus copallina</i>	X				
Smooth sumac	<i>Rhus glabra</i>	X				
Staghorn sumac	<i>Rhus typhina</i>	X	X			
<b>FAMILY AQUIFOLIACEAE</b> <i>Holly</i>						
American holly	<i>Ilex opaca</i>					GA to S. New England
Mountain holly	<i>Ilex montana</i>			X		GA to S. New England
<b>FAMILY STAPHYLEACEAE</b> <i>Bladdernut</i>						
American bladdernut	<i>Staphylea trifolia</i>	X	X			isolated GA to NH
<b>FAMILY ACERACEAE</b> <i>Maple</i>						
Boxelder	<i>Acer negundo</i>	X		X		
Mountain maple	<i>Acer spicatum</i>	X	X			
Red maple	<i>Acer rubrum</i>	X	X	X		
Silver maple	<i>Acer saccharinum</i>		X	X	X	
Striped maple	<i>Acer pennsylvanicum</i>			X		
Sugar maple	<i>Acer saccharum</i>	X	X	X		
<b>FAMILY HIPPOCASTANACEAE</b> <i>Buckeye</i>						
Yellow buckeye	<i>Aesculus octandra</i>	X	X			GA to PA
<b>FAMILY TILIACEAE</b> <i>Basswood</i>						
American basswood	<i>Tilia americana</i>			X	X	
White basswood	<i>Tilia heterophylla</i>			X	X	GA to PA
<b>FAMILY ARALIACEAE</b> <i>Ginseng</i>						
Devils-walkingstick	<i>Aralia spinosa</i>			X		isolated GA to PA
<b>FAMILY CORNACEAE</b> <i>Dogwood</i>						
Alternate-leaf dogwood	<i>Cornus alternifolia</i>	X		X		
Black tupelo	<i>Nyssa sylvatica</i>	X				
Flowering dogwood	<i>Cornus florida</i>	X				
<b>FAMILY ERICACEAE</b> <i>Heath</i>						
Sourwood	<i>Oxydendrum arboreum</i>	X				GA to PA
<b>FAMILY EBENACEAE</b> <i>Ebony</i>						
Common persimmon	<i>Diospyros virginiana</i>			X		GA to CT
<b>FAMILY STYRACEAE</b> <i>Snowbell</i>						
Bigleaf snowbell	<i>Styrax grandifolius</i>					GA to VA
Carolina silverbell	<i>Halesia carolina</i>			X		GA to S. VA
<b>FAMILY OLEACEAE</b> <i>Olive</i>						
Black ash	<i>Fraxinus nigra</i>			X		VA/WV to ME
Fringetree	<i>Chionanthus virginicus</i>			X		GA to PA
Green ash	<i>Fraxinus pennsylvanica</i>			X		

Common Name	Scientific Name	Red	Orange	Yellow	Brown	Notes
<b>FAMILY OLEACEAE</b> <i>Olive (continued)</i>						
White ash	<i>Fraxinus americana</i>	X	X	X	X	
<b>FAMILY RUBICEAE</b> <i>Madder</i>						
Buttonbush	<i>Cephalanthus occidentalis</i>					
<b>FAMILY CAPRIFOLIACEAE</b> <i>Honeysuckle</i>						
American elder	<i>Samucus canadensis</i>					
Arrowwood	<i>Viburnum dentatum</i>	X				
Blackhaw	<i>Viburnum prunifolium</i>	X				GA to CT
Nannyberry	<i>Viburnum lentago</i>	X	X			VA/WV to ME
<b>FAMILY PINACEAE</b> <i>Pine</i>						
Balsam fir	<i>Abies balsamea</i>					isolated VA; PA to ME
Black spruce	<i>Picea mariana</i>					NJ to ME
Carolina hemlock	<i>Tsuga caroliniana</i>					NC/TN to VA
Eastern hemlock	<i>Tsuga canadensis</i>					
Eastern white pine	<i>Pinus strobus</i>					
Fraser fir	<i>Abies fraseri</i>					NC/TN to VA
Jack pine	<i>Pinus banksiana</i>					mostly ME
Pitch pine	<i>Pinus rigida</i>					
Red pine	<i>Pinus resinosa</i>					New England; isolated to WV
Red spruce	<i>Picea rubens</i>					Georgia to VA/WV; again in New England
Shortleaf pine	<i>Pinus echinata</i>					GA to PA
Table mountain pine	<i>Pinus pungens</i>					GA to PA
Tamarack	<i>Larix laricina</i>					NJ to ME; isolated south
Virginia pine	<i>Pinus virginiana</i>					GA to NJ
White spruce	<i>Picea glauca</i>					mostly ME
<b>FAMILY CUPRESSACEAE</b> <i>Cypress</i>						
Common juniper	<i>Juniperus communis</i>					
Eastern redcedar	<i>Juniperus virginiana</i>					
Northern white-cedar	<i>Thuja occidentalis</i>					mostly New England; isolated to NC

# APPENDIX B

## Average Blooming Season for Some Appalachian Trail Flowers

Unless otherwise noted, these flowers are found—at least in isolated spots—throughout the Appalachian Trail.

Common Name	Scientific Name	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	Notes
Asters	<i>Aster spp.</i>							X	X	X	
Azalea	<i>Rhododendron nudiflorum</i>			X	X	X					
Bee balm	<i>Monarda didyma</i>						X	X	X		GA to NY
Bellwort	<i>Uvularia spp.</i>			X	X	X					
Black cohosh	<i>Actaea racemosa</i>					X	X	X	X		
Bleeding heart	<i>Dicentra eximi</i>				X	X	X	X	X		
Bloodroot	<i>Sanguinaria canadensis</i>		X	X	X						
Blue cohosh	<i>Caulophyllum thalictroides</i>			X	X	X					
Bowman's root	<i>Gillenia trifoliata</i>				X	X	X				GA to NY
Bunchberry	<i>Cornus canadensis</i>				X	X	X				PA to ME
Butter-and-eggs	<i>Linaria vulgaris</i>					X	X	X	X	X	
Buttercup	<i>Ranunculus spp.</i>			X	X	X	X	X			
Canada lily	<i>Lilium canadense</i>					X	X	X			
Cardinal flower	<i>Lobelia cardinalis</i>						X	X	X		
Catawba rhododendron	<i>Rhododendron catawbiense</i>				X	X					GA to N. VA
Cinquefoil	<i>Potentilla simplex</i>			X	X	X					
Climbing fumitory	<i>Adlumia fungosa</i>					X	X	X	X	X	Fumitory Rock, PA, only
Columbine	<i>Aquilegia canadensis</i>			X	X	X	X				
Corn lily	<i>Clintonia borealis</i>				X	X	X				
Cow parsnip	<i>Heracleum lanatum</i>					X	X	X			
Daisies	<i>Bellis spp.</i>							X	X	X	
Daylily	<i>Heemerocallis spp.</i>					X	X	X			
Deptford pink	<i>Dianthus armeria</i>				X	X	X				
Diapensia	<i>Diapensia lapponica</i>					X	X				NY to ME
Dogtooth violet	<i>Erythronium americanum</i>		X	X	X						
Dutchman's-breeches	<i>Dicentra cucullaria</i>			X	X						
Dwarf iris	<i>Iris cristata</i>		X	X	X						GA to S. PA
Early saxifrage	<i>Saxifraga or Micranthes virginensis</i>		X	X	X						
False hellebore	<i>Veratrum viride</i>				X	X	X				
Fire pink	<i>Silene virginica</i>			X	X	X					GA to NY
Foxglove (false)	<i>Aureolaria spp.</i>						X	X	X		
Fringed phacelia	<i>Phacelia spp.</i>			X	X						GA to VA/WV
Gaywings	<i>Polygala paucifolia</i>				X	X					
Goat's rue	<i>Tephrosia virginiana</i>				X	X	X	X			GA to mid-New England



Common Name	Scientific Name	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	Notes
Goldenrods	<i>Solidago</i> spp.							X	X	X	
Gray's lily	<i>Lilium grayi</i>					X	X				almost exclusively NC/TN
Hepatica	<i>Hepatica</i> spp.		X	X	X						
Indian cucumber root	<i>Medeola virginiana</i>				X	X					
Indian pipe	<i>Monotropa uniflora</i>					X	X	X	X		
Jack-in-the-pulpit	<i>Arisaema triphyllum</i>			X	X	X					
Jewelweed	<i>Impatiens capensis</i>						X	X	X		
Joe-pye weed	<i>Eupatorium fistulosum</i>						X	X	X		
Labrador tea	<i>Ledum</i> or <i>Rhododendron groenlandicum</i>				X	X					mostly N. New England
Lily of the valley	<i>Convallaria majuscula</i>				X	X	X				
Marsh marigold	<i>Caltha palustris</i>			X	X	X					
Marsh pink	<i>Sabatia stellaris</i>						X	X	X		VA to MA
Mayapple	<i>Podophyllum peltatum</i>			X	X	X					
Meadow rue	<i>Thalictrum dioicum</i>			X	X						
Milkweed	<i>Asclepias syriaca</i>					X	X	X			
Monkshood	<i>Aconitum uncinatum</i>							X	X	X	GA to S. PA
Mountain cranberry	<i>Vaccinium vitis-idaea</i>					X	X				N. New England
Mountain laurel	<i>Kalmia latifolia</i>				X	X	X				GA to New England
Oxeye daisy	<i>Chrysanthemum leucanthemum</i>					X	X	X			
Pale laurel	<i>Kalmia polifolia</i>				X	X	X				PA to ME
Partridgeberry	<i>Mitchella repens</i>					X	X				
Pasture rose	<i>Rosa carolina</i>					X	X				
Periwinkle	<i>Vinca major</i> ; <i>Vinca minor</i>		X	X	X	X					
Pink lady's slipper	<i>Cypripedium acaule</i>				X	X					
Pitcher plant	<i>Sarracenia purpurea</i>				X	X	X				mostly in New England bogs
Pokeweed	<i>Phytolacca americana</i>						X	X	X		
Prickly pear cactus	<i>Opuntia humifusa</i>					X	X	X			GA to MA
Pussytoes	<i>Antennaria plantaginifolia</i>			X	X	X					
Queen Anne's lace	<i>Daucus carota</i>				X	X	X	X	X	X	
Ragwort	<i>Jacobaea vulgaris</i>			X	X	X	X	X			
Rattlesnake plantain	<i>Goodyera pubescens</i>						X	X			
Rue anemone	<i>Anemonella thalictroides</i>		X	X	X						
Sarsaparilla	<i>Aralia nudicaulis</i>					X	X	X			
Serviceberry	<i>Amelanchier arborea</i>			X	X						
Sheep laurel	<i>Kalmia angustifolia</i>					X	X				
Skullcap	<i>Scutellaria</i> spp.				X	X	X	X	X		
Skunk cabbage	<i>Symplocarpus foetidus</i>	X	X	X							
Solomon's seal	<i>Polygonatum biflorum</i>			X	X	X					GA to S. New England
Spiderwort	<i>Tradescantia virginiana</i>			X	X	X	X				
Spotted wintergreen	<i>Chimaphila maculata</i>					X	X	X			

Common Name	Scientific Name	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	Notes
Spring beauty	<i>Claytonia virginica</i>		X	X	X						
Squawroot	<i>Conopholis americana</i>				X	X					
Star chickweed	<i>Stellaria pubera</i>		X	X	X						GA to NJ
Starflower	<i>Trientalis borealis</i>				X	X					VA to ME
Star grass	<i>Hypoxis hirsuta</i>				X	X	X	X			
Starry campion	<i>Silene stellata</i>						X	X	X		GA to MA
Sundew	<i>Drosera rotundifolia</i>					X	X	X			mostly in New England bogs
Sundrops	<i>Oenothera fruticosa</i>					X	X	X			
Sweet cicely	<i>Osmorhiza claytonii</i>				X	X					
Tall meadow rue	<i>Thalictrum pubescens</i>						X	X	X		
Trailing arbutus	<i>Epigaea repens</i>		X	X	X	X					
Trillium	<i>Trillium spp.</i>			X	X	X					
Turkeybeard	<i>Xerophyllum asphodeloides</i>				X	X	X				GA to VA
Turk's-cap lily	<i>Lilium superbum</i>						X	X			GA to MA
Viper's bugloss	<i>Echium vulgare</i>					X	X	X	X		
White clintonia	<i>Clintonia umbellulata</i>				X	X	X				GA to NY
Whorled pogonia	<i>Isotria medeoloides</i>				X	X					
Wild geranium	<i>Geranium maculatum</i>			X	X	X					
Wild ginger	<i>Asarum canadense</i>			X	X						
Wild pink	<i>Silene caroliniana</i>			X	X	X					GA to S. New England
Wild oats	<i>Uvularia sessilifolia</i>				X	X					
Wintergreen	<i>Gaultheria procumbens</i>						X	X			
Wood lily	<i>Lilium philadelphicum</i>					X	X				
Wood sorrel	<i>Oxalis montana</i>				X	X	X	X	X	X	
Yellow lady's slipper	<i>Cypripedium calceolus</i>				X	X	X				

## APPENDIX C

# Birds of Shenandoah National Park

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Common Name	Scientific Name	Common	Uncommon	Rare	Occasional
<b>DUCKS, GEESE, AND WATERFOWL</b>					
American black duck	<i>Anas rubripes</i>				X
Blue-winged teal	<i>Anas discors</i>				X
Canada goose	<i>Branta canadensis</i>				X
Green-winged teal	<i>Anas crecca</i>				X
Mallard	<i>Anas platyrhynchos</i>				X
Tundra swan	<i>Cygnus columbianus</i>				X
Wood duck	<i>Aix sponsa</i>		X		
<b>NEW WORLD QUAIL</b>					
Northern bobwhite	<i>Colinus virginianus</i>			X	
<b>PHEASANTS, GROUSE, AND ALLIES</b>					
Ring-necked pheasant*	<i>Phasianus colchicus</i>				X
Ruffed grouse	<i>Bonasa umbellus</i>				X
Wild turkey	<i>Meleagris gallopavo</i>				X
<b>GREBES</b>					
Pied-billed grebe	<i>Podilymbus podiceps</i>				X
<b>PIGEONS AND DOVES</b>					
Mourning dove	<i>Zenaidura macroura</i>	X			
Rock pigeon*	<i>Columba livia</i>		X		
<b>CUCKOOS</b>					
Black-billed cuckoo	<i>Coccyzus erythrophthalmus</i>		X		
Yellow-billed cuckoo	<i>Coccyzus americanus</i>		X		
<b>NIGHTJARS AND ALLIES</b>					
Common nighthawk	<i>Chordeiles minor</i>		X		
Eastern whip-poor-will	<i>Antrostomus vociferus</i>		X		
<b>SWIFTS</b>					
Chimney swift	<i>Chaetura pelagic</i>	X			
<b>HUMMINGBIRDS</b>					
Ruby-throated hummingbird	<i>Archilochus colubris</i>	X			
<b>RAILS, GALLINULES, AND COOTS</b>					
Virginia rail	<i>Rallus limicola</i>	X			
<b>PLOVERS AND LAPWINGS</b>					
American woodcock	<i>Scolopax minor</i>			X	
Common snipe	<i>Gallinago gallinago</i>				X
Killdeer	<i>Charadrius vociferus</i>				X

\*Introduced to North America by the actions of humans, either directly or indirectly

Common Name	Scientific Name	Common	Uncommon	Rare	Occasional
<b>PLOVERS AND LAPWINGS</b> ( <i>continued</i> )					
Solitary sandpiper	<i>Tringa solitaria</i>			X	
Spotted sandpiper	<i>Actitis macularius</i>			X	
Upland sandpiper	<i>Bartramia longicauda</i>		X		
Wilson's snipe	<i>Gallinago delicata</i>				X
<b>GULLS, TERNS, AND SKIMMERS</b>					
Caspian tern	<i>Hydroprogne caspia</i>				X
Herring gull	<i>Larus argentatus</i>				X
Ring-billed gull	<i>Larus delawarensis</i>				X
<b>CORMORANTS AND SHAGS</b>					
Double-crested cormorant	<i>Phalacrocorax auritus</i>				X
<b>HERONS, EGRETS, AND BITTERNS</b>					
American bittern	<i>Botaurus lentiginosus</i>				X
Black-crowned night heron	<i>Nycticorax nycticorax</i>				X
Cattle egret	<i>Bubulcus ibis</i>				X
Great blue heron	<i>Ardea herodias</i>				X
Great egret	<i>Ardea alba</i>				X
Green heron	<i>Butorides virescens</i>				X
<b>NEW WORLD VULTURES</b>					
Black vulture	<i>Coragyps atratus</i>	X			
Turkey vulture	<i>Cathartes aura</i>	X			
<b>OSPREY</b>					
Osprey	<i>Pandion haliaetus</i>				X
<b>HAWKS, EAGLES, AND KITES</b>					
Bald eagle	<i>Haliaeetus leucocephalus</i>				X
Broad-winged hawk	<i>Buteo platypterus</i>	X			
Cooper's hawk	<i>Accipiter cooperii</i>		X		
Golden eagle	<i>Aquila chrysaetos</i>	X			
Northern goshawk	<i>Accipiter gentilis</i>				X
Northern harrier	<i>Circus hudsonius</i>				X
Red-shouldered hawk	<i>Buteo lineatus</i>		X		
Red-tailed hawk	<i>Buteo jamaicensis</i>	X			
Rough-legged hawk	<i>Buteo lagopus</i>				X
Sharp-shinned hawk	<i>Accipiter striatus</i>		X		
<b>OWLS</b>					
Barred owl	<i>Strix varia</i>	X			
Eastern screech owl	<i>Megascops asio</i>		X		
Great horned owl	<i>Bubo virginianus</i>		X		

Common	Common residents, migrants, or seasonal visitors
Uncommon	Likely to be seen monthly in appropriate habitat and season; may be locally common
Rare	Present but usually seen only a few times each year
Occasional	Occurs in the park at least once every few years, varying in numbers, but not necessarily every year

Common Name	Scientific Name	Common	Uncommon	Rare	Occasional
<b>OWLS (continued)</b>					
Long-eared owl	<i>Asio otus</i>				X
Northern saw-whet owl	<i>Aegolius acadicus</i>			X	
Short-eared owl	<i>Asio flammeus</i>				X
<b>KINGFISHERS</b>					
Belted kingfisher	<i>Megasceryle alcyon</i>				X
<b>WOODPECKERS</b>					
Downy woodpecker	<i>Dryobates pubescens</i>	X			
Hairy woodpecker	<i>Dryobates villosus</i>		X		
Northern flicker	<i>Colaptes auratus</i>	X			
Pileated woodpecker	<i>Dryocopus pileatus</i>		X		
Red-bellied woodpecker	<i>Melanerpes carolinus</i>	X			
Red-headed woodpecker	<i>Melanerpes erythrocephalus</i>			X	
Yellow-bellied sapsucker	<i>Sphyrapicus varius</i>		X		
<b>FALCONS AND CARACARS</b>					
American kestrel	<i>Falco sparverius</i>			X	
Merlin	<i>Falco columbarius</i>		X		
Peregrine falcon	<i>Falco peregrines</i>	X			
<b>TYRANT FLYCATCHERS</b>					
Acadian flycatcher	<i>Empidonax virescens</i>	X			
Alder flycatcher	<i>Empidonax alnorum</i>				X
Eastern kingbird	<i>Tyrannus tyrannus</i>				X
Eastern phoebe	<i>Sayornis phoebe</i>	X			
Eastern wood pewee	<i>Contopus virens</i>	X			
Great crested flycatcher	<i>Myiarchus crinitus</i>	X			
Least flycatcher	<i>Empidonax minimus</i>				X
Olive-sided flycatcher	<i>Contopus cooperi</i>				X
Willow flycatcher	<i>Empidonax traillii</i>				X
Yellow-bellied flycatcher	<i>Empidonax flaviventris</i>		X		
<b>SHRIKES</b>					
Northern shrike	<i>Lanius borealis</i>				X
<b>VIREOS, SHRIKE-BABLERS, AND ERPORNIS</b>					
Blue-headed vireo	<i>Vireo solitaries</i>	X			
Philadelphia vireo	<i>Vireo philadelphicus</i>	X			
Solitary vireo	<i>Vireo solitaries</i>	X			
White-eyed vireo	<i>Vireo griseus</i>		X		
Yellow-throated vireo	<i>Vireo flavifrons</i>		X		
Red-eyed vireo	<i>Vireo olivaceus</i>	X			
Warbling vireo	<i>Vireo gilvus</i>			X	

Common	Common residents, migrants, or seasonal visitors
Uncommon	Likely to be seen monthly in appropriate habitat and season; may be locally common
Rare	Present but usually seen only a few times each year
Occasional	Occurs in the park at least once every few years, varying in numbers, but not necessarily every year

Common Name	Scientific Name	Common	Uncommon	Rare	Occasional
<b>CROWS, JAYS, AND MAGPIES</b>					
American crow	<i>Corvus brachyrhynchos</i>	X			
Blue jay	<i>Cyanocitta cristata</i>	X			
Common raven	<i>Corvus corax</i>	X			
Fish crow	<i>Corvus ossifragus</i>				X
<b>LARKS</b>					
Horned lark	<i>Eremophila alpestris</i>			X	
<b>SWALLOWS</b>					
Bank swallow	<i>Riparia riparia</i>			X	
Barn swallow	<i>Hirundo rustica</i>		X		
Cliff swallow	<i>Petrochelidon pyrrhonota</i>				X
Northern rough-winged swallow	<i>Stelgidopteryx serripennis</i>		X		
Purple martin	<i>Progne subis</i>			X	
Tree swallow	<i>Tachycineta bicolor</i>			X	
<b>TITS, CHICKADEES, AND TITMICE</b>					
Black-capped chickadee	<i>Poecile atricapilla</i>		X		
Carolina chickadee	<i>Poecile carolinensis</i>	X			
Tufted titmouse	<i>Baeolophus bicolor</i>	X			
<b>NUTHATCHES</b>					
Red-breasted nuthatch	<i>Sitta canadensis</i>				X
White-breasted nuthatch	<i>Sitta carolinensis</i>	X			
<b>TREECREEPERS</b>					
Brown creeper	<i>Certhia americana</i>		X		
<b>WRENS</b>					
Carolina wren	<i>Thryothorus ludovicianus</i>	X			
House wren	<i>Troglodytes aedon</i>		X		
Winter wren	<i>Troglodytes hiemalis</i>			X	
<b>GNATCATCHERS</b>					
Blue-gray gnatcatcher	<i>Poliophtila caerulea</i>	X			
<b>KINGLETS</b>					
Golden-crowned kinglet	<i>Regulus satrapa</i>	X			
Ruby-crowned kinglet	<i>Regulus calendula</i>	X			
<b>THRUSHES AND ALLIES</b>					
American robin	<i>Turdus migratorius</i>	X			
Eastern bluebird	<i>Sialia sialis</i>	X			
Gray-cheeked thrush	<i>Catharus minimus</i>			X	
Hermit thrush	<i>Catharus guttatus</i>		X		
Swainson's thrush	<i>Catharus ustulatus</i>		X		
Veery	<i>Catharus fuscescens</i>	X			
Wood thrush	<i>Hylocichla mustelina</i>	X			
<b>MOCKINGBIRDS AND THRASHERS</b>					
Brown thrasher	<i>Toxostoma rufum</i>		X		
Gray catbird	<i>Dumetella carolinensis</i>	X			
Northern mockingbird	<i>Mimus polyglottos</i>				X
<b>STARLINGS</b>					
European starling*	<i>Sturnus vulgaris</i>		X		
<b>WAXWINGS</b>					
Cedar waxwing	<i>Bombycilla cedrorum</i>		X		

\*Introduced to North America by the actions of humans, either directly or indirectly

Common Name	Scientific Name	Common	Uncommon	Rare	Occasional
<b>OLD WORLD SPARROWS</b>					
House sparrow*	<i>Passer domesticus</i>		X		
<b>WAGTAILS AND PIPITS</b>					
American pipit	<i>Anthus rubescens</i>			X	
<b>FINCHES, EUPHONIAS, AND ALLIES</b>					
American goldfinch	<i>Spinus tristis</i>	X			
Common redpoll	<i>Acanthis flammea</i>			X	
Evening grosbeak	<i>Coccothraustes vespertinus</i>				X
House finch	<i>Haemorhous mexicanus</i>		X		
Pine grosbeak	<i>Pinicola enucleator</i>				X
Pine siskin	<i>Spinus pinus</i>		X		
Purple finch	<i>Haemorhous purpureus</i>				X
Red crossbill	<i>Loxia curvirostra</i>			X	
White-winged crossbill	<i>Loxia leucoptera</i>				X
<b>LONGSPURS AND SNOW BUNTINGS</b>					
Lapland longspur	<i>Calcarius lapponicus</i>			X	
Snow bunting	<i>Plectrophenax nivalis</i>			X	
<b>NEW WORLD SPARROWS</b>					
American tree sparrow	<i>Spizelloides arborea</i>			X	
Chipping sparrow	<i>Spizella passerine</i>	X			
Dark-eyed junco	<i>Junco hyemalis</i>	X			
Eastern towhee	<i>Pipilo erythrophthalmus</i>	X			
Field sparrow	<i>Spizella pusilla</i>	X			
Fox sparrow	<i>Passerella iliaca</i>	X			
Grasshopper sparrow	<i>Ammodramus savannarum</i>			X	
Henslow's sparrow	<i>Centronyx henslowii</i>				X
Lincoln's sparrow	<i>Melospiza lincolnii</i>			X	
Savannah sparrow	<i>Passerculus sandwichensis</i>				X
Song sparrow	<i>Melospiza melodia</i>	X			
Swamp sparrow	<i>Melospiza georgiana</i>		X		
Vesper sparrow	<i>Poocetes gramineus</i>			X	
White-crowned sparrow	<i>Zonotrichia leucophrys</i>	X			
White-throated sparrow	<i>Zonotrichia albicollis</i>				X
Yellow-breasted chat	<i>Icteria virens</i>				X
<b>TROUPIALS AND ALLIES</b>					
Baltimore oriole	<i>Icterus galbula</i>			X	
Bobolink	<i>Dolichonyx oryzivorus</i>			X	
Brown-headed cowbird	<i>Molothrus ater</i>	X			
Common grackle	<i>Quiscalus quiscula</i>	X			
Eastern meadowlark	<i>Sturnella magna</i>			X	
Orchard oriole	<i>Icterus spurius</i>			X	
Red-winged blackbird	<i>Agelaius phoeniceus</i>		X		
Rusty blackbird	<i>Euphagus carolinus</i>			X	
<b>NEW WORLD WARBLERS</b>					
American redstart	<i>Setophaga ruticilla</i>	X			
Bay-breasted warbler	<i>Setophaga castanea</i>				X
Black-and-white warbler	<i>Mniotilta varia</i>		X		
Blackburnian warbler	<i>Setophaga fusca</i>		X		

\*Introduced to North America by the actions of humans, either directly or indirectly



Common Name	Scientific Name	Common	Uncommon	Rare	Occasional
<b>NEW WORLD WARBLERS (continued)</b>					
Blackpoll warbler	<i>Setophaga striata</i>				X
Black-throated blue warbler	<i>Setophaga caerulescens</i>		X		
Black-throated green warbler	<i>Setophaga virens</i>		X		
Blue-winged warbler	<i>Vermivora cyanoptera</i>		X		
Canada warbler	<i>Cardellina canadensis</i>				X
Cape May warbler	<i>Setophaga tigrina</i>		X		
Cerulean warbler	<i>Setophaga cerulea</i>		X		
Chestnut-sided warbler	<i>Setophaga pensylvanica</i>	X			
Common yellowthroat	<i>Geothlypis trichas</i>				X
Connecticut warbler	<i>Oporornis agilis</i>				X
Golden-winged warble	<i>Vermivora chrysoptera</i>		X		
Hooded warbler	<i>Setophaga citrine</i>	X			
Kentucky warbler	<i>Geothlypis formosa</i>		X		
Louisiana waterthrush	<i>Parlesia motacilla</i>		X		
Magnolia warbler	<i>Setophaga magnolia</i>		X		
Mourning warbler	<i>Geothlypis philadelphia</i>				X
Nashville warbler	<i>Leiostyris alpestris</i>			X	
Northern parula	<i>Setophaga americana</i>	X			
Northern waterthrush	<i>Parlesia noveboracensis</i>				X
Orange-crowned warbler	<i>Leiostyris celata</i>			X	
Ovenbird	<i>Ovenbird, Seiurus aurocapilla</i>	X			
Palm warbler	<i>Setophaga palmarum</i>				X
Pine warbler	<i>Setophaga pinus</i>		X		
Prairie warbler	<i>Setophaga discolor</i>		X		
Prothonotary warbler	<i>Protonotaria citrea</i>				X
Tennessee warbler	<i>Leiostyris peregrina</i>		X		
Wilson's warbler	<i>Cardellina pusilla</i>				X
Worm-eating warbler	<i>Helminthophila vermivora</i>		X		
Yellow-rumped warbler	<i>Setophaga coronata</i>		X		
Yellow-throated warbler	<i>Setophaga dominica</i>				X
Yellow warbler	<i>Setophaga petechia</i>				X
<b>CARDINALS AND ALLIES</b>					
Blue grosbeak	<i>Passerina caerulea</i>				X
Indigo bunting	<i>Passerina cyanea</i>	X			
Northern cardinal	<i>Cardinalis cardinalis</i>	X			
Rose-breasted grosbeak	<i>Phoebastria ludovicianus</i>	X			
Scarlet tanager	<i>Piranga olivacea</i>	X			
Summer tanager	<i>Piranga rubra</i>			X	

Common	Common residents, migrants, or seasonal visitors
Uncommon	Likely to be seen monthly in appropriate habitat and season; may be locally common
Rare	Present but usually seen only a few times each year
Occasional	Occurs in the park at least once every few years, varying in numbers, but not necessarily every year

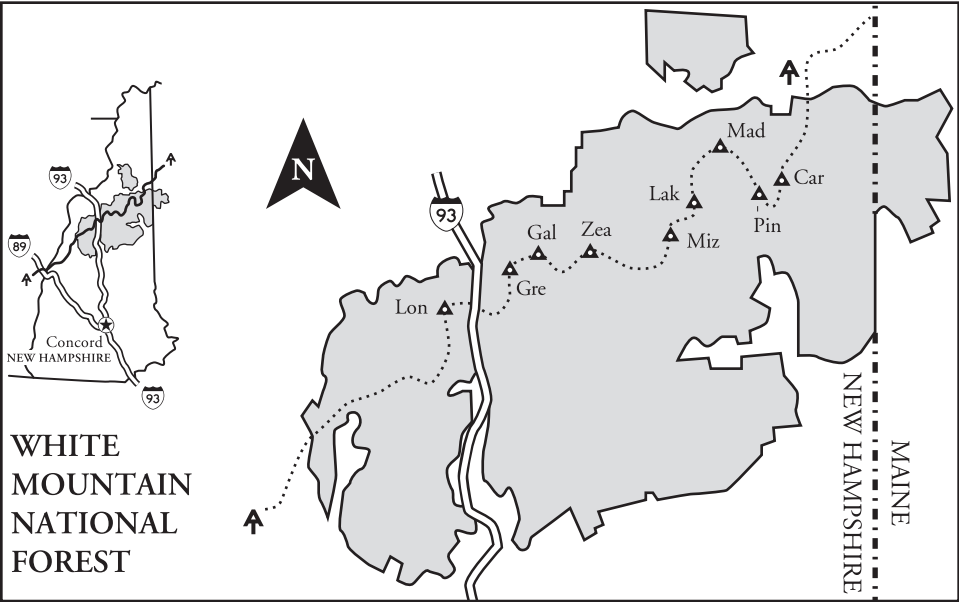
# APPENDIX D

## Birds of the White Mountain National Forest

THIS LIST INCLUDES birds sighted within a quarter-mile radius of Appalachian Mountain Club's (AMC) huts in New Hampshire's White Mountain National Forest during the hut season from May to October. The huts are listed in order by distance from the AT's northern terminus at Mount Katahdin. Distance is noted in miles. The Birds of the White Mountain National Forest list is courtesy of Janet Williams, Michael Greenwald, and Robert Williams.

Common Name	Scientific Name	Carter Hut Notch (313.5)	Pinkham Notch Visitor Center (319.4)	Madison Hut (327.2)	Lake of the Clouds Hut (334.3)	Mizpah Spring Hut (339.0)	Zealand Falls Hut (353.1)	Galehead Hut (360.1)	Greenleaf Hut (366.7)	Lonesome Lake Hut (376.0)
<b>HERONS, GEESE, DUCKS</b>										
American black duck	<i>Anas rubripes</i>			U			U			U
Black-crowned night heron	<i>Nycticorax nycticorax</i>						R			
Canada goose	<i>Branta canadensis</i>								R	
Common merganser	<i>Mergus merganser</i>						R			
Great blue heron	<i>Ardea herodias</i>	R					R			R
Ring-necked duck	<i>Aythya collaris</i>									U
Wood duck	<i>Aix sponsa</i>						R			
<b>HAWKS</b>										
American kestrel	<i>Falco sparverius</i>								R	
Broad-winged hawk	<i>Buteo platypterus</i>		U	U	U	U		R	U	U
Peregrine falcon	<i>Falco peregrinus</i>				U	R		R	R	
Red-tailed hawk	<i>Buteo jamaicensis</i>								R	
Sharp-shinned hawk	<i>Accipiter striatus</i>			R						
<b>GROUSE</b>										
Ruffed grouse	<i>Bonasa umbellus</i>		U				U			
Spruce grouse	<i>Falcipennis canadensis</i>	U				F		U		
<b>SHOREBIRDS, GULLS</b>										
American woodcock	<i>Scolopax minor</i>									
Ring-billed gull	<i>Larus delawarensis</i>				R					

A = Abundant | C = Common | F = Fairly Common | U = Uncommon | R = Rare



HUT NAME AND LOCATION ( <i>Miles from AT Northern Terminus</i> )	
CAR = Carter Notch Hut (313.5)	ZEA = Zealand Falls Hut (353.1)
PIN = Pinkham Notch Visitor Center (319.4)	GAL = Galehead Hut (360.1)
MAD = Madison Hut (327.2)	GRE = Greenleaf Hut (366.7)
LAK = Lakes of the Clouds Hut (334.3)	LON = Lonesome Lake Hut (376.0)
MIZ = Mizpah Spring Hut (339.0)	

Common Name	Scientific Name	Carter Hut Notch (313.5)	Pinkham Notch Visitor Center (319.4)	Madison Hut (327.2)	Lake of the Clouds Hut (334.3)	Mizpah Spring Hut (339.0)	Zealand Falls Hut (353.1)	Galehead Hut (360.1)	Greenleaf Hut (366.7)	Lonesome Lake Hut (376.0)
<b>SHOREBIRDS, GULLS</b> ( <i>continued</i> )										
Spotted sandpiper	<i>Actitis macularius</i>		F							F
Upland sandpiper	<i>Bartramia longicauda</i>				R					
<b>DOVES, OWLS</b>										
Barred owl	<i>Strix varia</i>		U			R				
Mourning dove	<i>Zenaidura macroura</i>		C			U				
Northern saw-whet owl	<i>Aegolius acadicus</i>				R					
<b>SWIFTS, HUMMINGBIRDS</b>										
Chimney swift	<i>Chaetura pelagica</i>		F			F				
Ruby-throated hummingbird	<i>Archilochus colubris</i>		F			R		R		

Common Name	Scientific Name	Carter Hut Notch (313.5)	Pinkham Notch Visitor Center (319.4)	Madison Hut (327.2)	Lake of the Clouds Hut (334.3)	Mizpah Spring Hut (339.0)	Zealand Falls Hut (353.1)	Galehead Hut (360.1)	Greenleaf Hut (366.7)	Lonesome Lake Hut (376.0)
<b>KINGFISHERS</b>										
Belted kingfisher	<i>Megasceryle alcyon</i>	U	F							
<b>WOODPECKERS</b>										
Black-backed woodpecker	<i>Picoides arcticus</i>					R		R		
Downy woodpecker	<i>Dryobates pubescens</i>	U	F				U			
Hairy woodpecker	<i>Dryobates villosus</i>	U	F				U		F	
Northern flicker	<i>Colaptes auratus</i>		U				R		R	
Pileated woodpecker	<i>Dryocopus pileatus</i>		R							
Three-toed woodpecker	<i>Picoides dorsalis</i>								R	
Yellow-bellied sapsucker	<i>Sphyrapicus varius</i>		R							
<b>FLYCATCHERS</b>										
Alder flycatcher	<i>Empidonax alnorum</i>		U				F			
Eastern phoebe	<i>Sayornis phoebe</i>		C				U			
Eastern wood pewee	<i>Contopus virens</i>		F							
Least flycatcher	<i>Empidonax minimus</i>		C				C			
Olive-sided flycatcher	<i>Contopus cooperi</i>						R			
Yellow-bellied flycatcher	<i>Empidonax flaviventris</i>					F		F	U	U
<b>SWALLOWS, JAYS, CROWS</b>										
American crow	<i>Corvus brachyrhynchos</i>		C							
Barn swallow	<i>Hirundo rustica</i>		C							
Blue jay	<i>Cyanocitta cristata</i>		C				U		U	U
Common raven	<i>Corvus corax</i>	F	R	F	F	U	U	F	F	
Gray jay	<i>Perisoreus canadensis</i>					F		U		
Northern rough-winged swallow	<i>Stelgidopteryx serripennis</i>									
Tree swallow	<i>Tachycineta bicolor</i>		C				C			U
<b>CHICKADEES, NUTHATCHES</b>										
Black-capped chickadee	<i>Poecile atricapillus</i>		C	R			F		U	C
Boreal chickadee	<i>Poecile hudsonicus</i>	F		U		C		C	C	
Red-breasted nuthatch	<i>Sitta canadensis</i>	F	U	U	U	F		F	F	C
White-breasted nuthatch	<i>Sitta carolinensis</i>		F							U
<b>WRENS, KINGLETS</b>										
Golden-crowned kinglet	<i>Regulus satrapa</i>	F		U	U	F	U	F	C	F
Ruby-crowned kinglet	<i>Regulus calendula</i>					F	U	U	F	
Winter wren	<i>Troglodytes hiemalis</i>	C	C	C	C	C	C	C	C	C
<b>THRUSHES, PIPITS</b>										
American robin	<i>Turdus migratorius</i>		A		U		U		F	F
American pipit	<i>Anthus rubescens</i>				F				R	
Bicknell's thrush	<i>Catharus bicknelli</i>	F		F	U	C		C	F	U

Common Name	Scientific Name	Carter Hut Notch (313.5)	Pinkham Notch Visitor Center (319.4)	Madison Hut (327.2)	Lake of the Clouds Hut (334.3)	Mizpah Spring Hut (339.0)	Zealand Falls Hut (353.1)	Galehead Hut (360.1)	Greenleaf Hut (366.7)	Lonesome Lake Hut (376.0)
<b>THRUSHES, PIPITS (continued)</b>										
Hermit thrush	<i>Catharus guttatus</i>	U					U			F
Swainson's thrush	<i>Catharus ustulatus</i>	C	F	F		C	C	C	F	C
Veery	<i>Catharus fuscescens</i>					U				
<b>WAXWINGS, VIREOS</b>										
Cedar waxwing	<i>Bombycilla cedrorum</i>	U	C				C		F	A
Philadelphia vireo	<i>Vireo philadelphicus</i>		R							
Red-eyed Vireo	<i>Vireo olivaceus</i>		C				C	R		C
Solitary vireo	<i>Vireo solitarius</i>	F	U			F	C	F		F
Warbling vireo	<i>Vireo gilvus</i>		U							
<b>WOOD WARBLERS</b>										
American restart	<i>Setophaga ruticilla</i>		F				C			C
Bay-breasted warbler	<i>Setophaga castanea</i>						R			
Black-and-white warbler	<i>Mniotilta varia</i>						U			R
Blackburnian warbler	<i>Setophaga fusca</i>		F				F		R	F
Blackpoll warbler	<i>Setophaga striata</i>	U		C	C	C	U	C	C	U
Black-throated blue warbler	<i>Setophaga caerulescens</i>		F				C		R	F
Black-throated green warbler	<i>Setophaga virens</i>	C	C				C	R	R	C
Canada warbler	<i>Cardellina canadensis</i>						F			U
Chestnut-sided Warbler	<i>Setophaga pensylvanica</i>									U
Common yellowthroat	<i>Geothlypis trichas</i>		C				C			C
Magnolia warbler	<i>Setophaga magnolia</i>			U		F		F	F	F
Ovenbird	<i>Seiurus aurocapilla</i>		C				F			
Nashville warbler	<i>Leiothlypis ruficapilla</i>					F	F	U		F
Palm warbler	<i>Setophaga palmarum</i>								R	
Tennessee warbler	<i>Leiothlypis peregrina</i>						R			
Yellow-rumped warbler	<i>Setophaga coronata</i>	C	C	C	F	C	C	C	C	C
Yellow warbler	<i>Setophaga petechia</i>						U			
<b>TANAGERS, BUNTINGS</b>										
Indigo bunting	<i>Passerina cyanea</i>									
Scarlet tanager	<i>Piranga olivacea</i>		F							
<b>SPARROWS</b>										
Chipping sparrow	<i>Spizella passerina</i>									U
Dark-eyed junco	<i>Junco hyemalis</i>	C	C	C	C	A	F	A	C	C
Song sparrow	<i>Melospiza melodia</i>						F			R

A = Abundant | C = Common | F = Fairly Common | U = Uncommon | R = Rare

Common Name	Scientific Name	Carter Hut Notch (313.5)	Pinkham Notch Visitor Center (319.4)	Madison Hut (327.2)	Lake of the Clouds Hut (334.3)	Mizpah Spring Hut (339.0)	Zealand Falls Hut (353.1)	Galehead Hut (360.1)	Greenleaf Hut (366.7)	Lonesome Lake Hut (376.0)
<b>SPARROWS (continued)</b>										
Swamp sparrow	<i>Melospiza georgiana</i>		F				F			
White-crowned sparrow	<i>Zonotrichia leucophrys</i>						F		R	
White-throated sparrow	<i>Zonotrichia albicollis</i>	C	C	C	C	C	C	C	C	C
<b>BLACKBIRDS</b>										
Common grackle	<i>Quiscalus quiscula</i>		C				F			
Red-winged blackbird	<i>Agelaius phoeniceus</i>		A				C			
Rusty blackbird	<i>Euphagus carolinus</i>									U
<b>FINCHES, GROSBEAKS</b>										
American goldfinch	<i>Spinus tristis</i>	U	F	R	R		U		R	
Evening grosbeak	<i>Coccothraustes vespertinus</i>		C							
Pine siskin	<i>Spinus pinus</i>	F	A		R	F	F	F	R	U
Purple finch	<i>Haemorhous purpureus</i>	U	C	F		F	F	F	F	U

A = Abundant | C = Common | F = Fairly Common | U = Uncommon | R = Rare

## A P P E N D I X E

# The Appalachian Trail Conservancy and Member Trail-Maintaining Clubs



And, what is the Trail? . . .

It always was a place for people.

People who care for land and tend a simple footpath

as if it were their garden.

*~ Appalachian Trail Conservancy Member Handbook*





### **APPALACHIAN TRAIL CONSERVANCY**

PO Box 807  
Harpers Ferry, WV 25425  
304-535-6331; [appalachiantrail.org](http://appalachiantrail.org)

### **GEORGIA APPALACHIAN TRAIL CLUB**

PO Box 654  
Atlanta, GA 30301  
404-494-0968; [georgia-atclub.org](http://georgia-atclub.org)  
*Maintains 78.3 miles, from Springer Mountain, Georgia, to Bly Gap near the Georgia-North Carolina border*

### **NANTAHALA HIKING CLUB**

173 Carl Slagle Road  
Franklin, NC 28734  
[nantahalahikingclub.org](http://nantahalahikingclub.org)  
*Maintains 58.6 miles, from Bly Gap near the Georgia-North Carolina border to Nantahala River, North Carolina*

### **SMOKY MOUNTAINS HIKING CLUB**

PO Box 51592  
Knoxville, TN 37950; [smhclub.org](http://smhclub.org)  
*Maintains 102.4 miles, from Nantahala River, North Carolina, to Davenport Gap (TN 32)*

### **CAROLINA MOUNTAIN CLUB**

PO Box 68  
Asheville, NC 28802  
[carolinamountainclub.org](http://carolinamountainclub.org)  
*Maintains 94 miles, from Davenport Gap (TN 32), to Spivey Gap (US 19W)*

### **TENNESSEE EASTMAN HIKING AND CANOEING CLUB**

PO Box 511  
Kingsport, TN 37662; [tehcc.org](http://tehcc.org)  
*Maintains 133.8 miles, from Spivey Gap (US 19W) to Damascus, Virginia*

### **MOUNT ROGERS APPALACHIAN TRAIL CLUB**

PO Box 789  
Damascus, VA 24236; [mratc.org](http://mratc.org)  
*Maintains 56 miles, from Damascus, Virginia, to South Fork of the Holston River, Virginia (VA 670)*

### **PIEDMONT APPALACHIAN TRAIL HIKERS**

PO Box 4423  
Greensboro, NC 27404; [path-at.org](http://path-at.org)  
*Maintains 65.4 miles, from South Fork of the Holston River, Virginia (VA 670), to US 52*

### **OUTING CLUB OF VIRGINIA TECH**

PO Box 538  
Blacksburg, VA 24060; [ocvt.club](http://ocvt.club)  
*Maintains from US 52 to VA 611 (8.8 miles) and from US 460 to Pine Swamp Branch Shelter (18.9 miles)*

### **ROANOKE APPALACHIAN TRAIL CLUB**

PO Box 12282  
Roanoke, VA 24024; [ratc.org](http://ratc.org)  
*Maintains from VA 611 to US 460 (36.9 miles) and from Pine Swamp Branch Shelter to Black Horse Gap, Virginia (87 miles)*

### **NATURAL BRIDGE APPALACHIAN TRAIL CLUB**

PO Box 3012  
Lynchburg, VA 24503; [nbatc.org](http://nbatc.org)  
*Maintains 90.7 miles, from Black Horse Gap, Virginia, to Tye River, Virginia (VA 56)*

### **TIDEWATER APPALACHIAN TRAIL CLUB**

PO Box 8246  
Norfolk, VA 23503; [tidewateratc.com](http://tidewateratc.com)  
*Maintains 11 miles, from Tye River, Virginia (VA 56), to Reids Gap, Virginia (VA 664)*

### **OLD DOMINION APPALACHIAN TRAIL CLUB**

PO Box 25283  
Richmond, VA 23260  
[olddominiontrailclub.onefireplace.org](http://olddominiontrailclub.onefireplace.org)  
*Maintains 19.1 miles, from Reids Gap, Virginia (VA 664), to Rockfish Gap, Virginia (US 250)*

### **POTOMAC APPALACHIAN TRAIL CLUB**

118 Park St. SE  
Vienna, VA 22180  
703-242-0693; [patc.net](http://patc.net)  
*Maintains 240.5 miles, from Rockfish Gap, Virginia (US 250), to Pine Grove Furnace State Park, Pennsylvania*

**MOUNTAIN CLUB OF MARYLAND**

17340 Oster Farm Road

West Friendship, MD 21794; [mcomd.org](http://mcomd.org)

*Maintains from Pine Grove Furnace State Park, Pennsylvania, to Center Point Knob, Pennsylvania (16.2 miles), and from Darlington Trail, Pennsylvania, to Susquehanna River, Pennsylvania (12.6 miles)*

**CUMBERLAND VALLEY****APPALACHIAN TRAIL  
MANAGEMENT ASSOCIATION**

PO Box 395

Boiling Springs, PA 17007

[cvatclub.org](http://cvatclub.org)

*Maintains 17.2 miles, from Center Point Knob, Pennsylvania, to Darlington Trail, Pennsylvania*

**YORK HIKING CLUB**

2684 Forest Road

York, PA 17402

717-244-6769; [yorkhikingclub.com](http://yorkhikingclub.com)

*Maintains 6.9 miles, from Susquehanna River, Pennsylvania, to PA 225*

**SUSQUEHANNA****APPALACHIAN TRAIL CLUB**

Box 610001

Harrisburg, PA 17106-1001; [satc-hike.org](http://satc-hike.org)

*Maintains 20.8 miles, from PA 225 to Rausch Creek, Pennsylvania (PA 325)*

**BLUE MOUNTAIN EAGLE  
CLIMBING CLUB**

PO Box 14982

Reading, PA 19612; [bmecc.org](http://bmecc.org)

*Maintains from Rausch Creek, Pennsylvania, to Tri-County Corner, Pennsylvania (62 miles), and from Bake Oven Knob, Pennsylvania, to Lehigh Furnace Gap, Pennsylvania (3 miles)*

**ALLENTOWN HIKING CLUB**

PO Box 1542

Allentown, PA 18105-1542

[allentownhikingclub.org](http://allentownhikingclub.org)

*Maintains 10.7 miles, from Tri-County Corner, Pennsylvania, to Bake Oven Knob, Pennsylvania*

**KEYSTONE TRAILS ASSOCIATION**

46 E. Main St.

Mechanicsburg, PA 17055

717-766-9690; [kta-hike.org](http://kta-hike.org)

*Maintains 10.3 miles, from Lehigh Furnace Gap, Pennsylvania, to Little Gap, Pennsylvania*

**APPALACHIAN MOUNTAIN CLUB,  
DELAWARE VALLEY CHAPTER**

1180 Greenleaf Drive

Bethlehem, PA 18017-9319; [amcdv.org](http://amcdv.org)

*Maintains 15.4 miles, from Little Gap, Pennsylvania, to Wind Gap, Pennsylvania (PA 33)*

**BATONA HIKING CLUB**

6651 Eastwood St.

Philadelphia, PA 19149

[batona.wildapricot.org](http://batona.wildapricot.org)

*Maintains 8.5 miles, from Wind Gap, Pennsylvania (PA 33), to Fox Gap, Pennsylvania (PA 191)*

**WILMINGTON TRAIL CLUB**

PO Box 526

Hokessin, DE 19707

[wilmingtontrailclub.org](http://wilmingtontrailclub.org)

*Maintains 7.2 miles, from Fox Gap, Pennsylvania (PA 191), to Delaware River Bridge, Pennsylvania–New Jersey border*

**NEW YORK–NEW JERSEY  
TRAIL CONFERENCE**

600 Ramapo Valley Road

Mahwah, NJ 07430

201-512-0348; [nynjtc.org](http://nynjtc.org)

*Maintains 162.4 miles, from Delaware River Bridge, Pennsylvania–New Jersey border, to Hoyt Road, New York–Connecticut border*

**APPALACHIAN MOUNTAIN CLUB,  
CONNECTICUT CHAPTER**

71 Noble St.

Stamford, CT 06902

413-528-6333; [ct-amc.org](http://ct-amc.org)

*Maintains 51.2 miles, from Hoyt Road, New York–Connecticut border, to Sages Ravine, Massachusetts*

**APPALACHIAN MOUNTAIN CLUB,  
BERKSHIRE CHAPTER**

PO Box 2281

Pittsfield, MA 01202; [amcberkshire.org](http://amcberkshire.org)

*Maintains 89.7 miles, from Sages Ravine, Massachusetts, to Massachusetts–Vermont border*

**GREEN MOUNTAIN CLUB**

4711 Waterbury-Stowe Road

Waterbury Center, VT 05677

802-244-7037; [greenmountainclub.org](http://greenmountainclub.org)

*Maintains 150.8 miles, from the Massachusetts–Vermont border to the Vermont–New Hampshire border*

**DARTMOUTH OUTING CLUB**

PO Box 9

Hanover, NH 03755

603-646-2428; [outdoors.dartmouth.edu](http://outdoors.dartmouth.edu)

*Maintains 53.3 miles, from the Vermont–New Hampshire border to Kinsman Notch, New Hampshire (NH 112)*

**APPALACHIAN MOUNTAIN CLUB**

10 City Square

Boston, MA 02129; 617-523-0655

*Maintains 120 miles, from Kinsman Notch, New Hampshire (NH 112), to Grafton Notch, Maine (ME 26), with the exception of 2.2 miles maintained by the Randolph Mountain Club (see below)*

**RANDOLPH MOUNTAIN CLUB**

PO Box 279

Gorham, NH 03581

[randolphmountainclub.org](http://randolphmountainclub.org)

*Maintains 2.2 miles, from Edmands Col, New Hampshire (north of Mount Washington), to Madison Spring Hut, New Hampshire*

**MAINE APPALACHIAN TRAIL CLUB**

PO Box 283

Augusta, ME 04330; [matc.org](http://matc.org)

*Maintains 267.2 miles, from Grafton Notch, Maine (ME 26), to Mount Katahdin, Maine*

## APPENDIX F

# Bibliography and Suggested Readings and Field Guides



There is no frigate like a book to take us lands away.

~ Emily Dickinson



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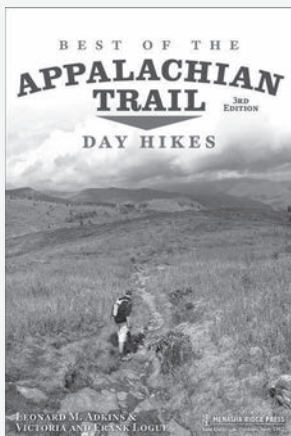
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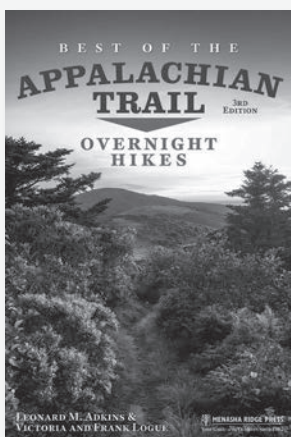
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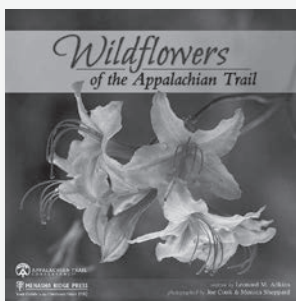
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# About the Author



Photo: Laurie Adkins

LEONARD M. ADKINS has walked the entire length of the Appalachian Trail five times and lacks less than 600 miles of completing it for a sixth. In all, Leonard has hiked more than 20,000 miles exploring the back-country areas of the United States, Canada, Europe, New Zealand, and the Caribbean. Among other long-distance trails, he has traversed the Continental Divide Trail from Canada to Mexico; followed the Pacific Northwest Trail through Montana, Idaho, and Washington; walked several hundred miles of Canada's Great Divide; and traipsed the mid-Atlantic's Tuscarora Trail. He has also trekked the full length of the Pyrenees High Route from

the Atlantic to the Mediterranean and explored the interior of Iceland. He and his wife, Laurie, were the first people to hike the full length of West Virginia's Allegheny Trail. They have also tramped New Zealand's Milford Track and a number of that country's other Great Walks.

Jobs as an interpreter for the Virginia State Parks system and as an assistant director for George Mason University's Outdoor Education Center have helped increase Leonard's appreciation for and knowledge of the natural world. He is the author of more than 200 articles on the outdoors, nature, and travel; is the walking columnist for *Blue Ridge Country* magazine; and has written more than 20 books. His *Wildflowers of the Appalachian Trail* received the National Outdoor Book Award, and the previous version of this book, titled *The Appalachian Trail: A Visitor's Companion*, received the Society of American Travel Writers Foundation's Lowell Thomas Travel Journalism Award.

Leonard has also been a Natural Heritage Monitor for the Appalachian Trail Conservancy, helping to observe and protect rare and endangered plants; a volunteer maintainer of the McAfee Knob section of the trail in Central Virginia; and on the board of directors of two Appalachian Trail-maintaining clubs.

He and Laurie currently live in Virginia, just a short drive from the AT.

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