

**APPALACHIAN TRAIL RECORD ATTEMPT  
Itinerary**

<u>Starting Location</u>	<u>Access points</u>	<u>Mileage</u>
<b>Kathadin Summit 5am</b>	Abol Bridge	15
<b>Day 1</b>	Pollywog stream	33
	Road Crossing	36
	Road Crossing @ so. End of Nahmakanta Lake	41
<b>So. End of Nahmakanta Lake</b>	Joe Mary Road	56
<b>Day 2</b>	Kokadjo B Pond Rd	63
	The Hermitage	84.1
<b>The Hermitage</b>	Rd Crossing, Long Pond Stream	101
<b>Day 3</b>	Rt. 15	114.5
	Shirley Blanchard Road	122
<b>Shirley Blanchard Road</b>	Moxie Pond Road	140.5
<b>Day 4</b>	Route 201 (Kennebec River) Ferry ride	151.5
	Main Logging Road	161
	Bog Brook Road	172
<b>Bog Brook Road</b>	Stratton Brook Road	187
<b>Day 5</b>	Route 27	188
	Caribou Valley Road	198
<b>Caribou Valley Road</b>	Route 4	222
<b>Day 6</b>	Route 17	233
	South Arm Road	247
<b>South Arm Road</b>	East B Hill Road	257
<b>Day 7</b>	Route 26, (Grafton Notch) The Mahoosucs	267.5
	Hogan Road	298
<b>Hogan Road</b>	Pinkham Notch	320
<b>Day 8</b>	Mt. Washington Summit	333
	Rt 302. Crawford Notch	345.5
<b>Route 302. Crawford Notch</b>	Route 3. Franconia Notch	372
<b>Day 9</b>	Route 112. Kinsman Notch	388
	Route 25. Glencliff	397.5
	Route 25C. Ore Hill	403
	Atwell Hill Road	406
	Route 25A. Gilmans Corner	408
	Lyme Dorchester Road	422
	Goose Pond Road	427
	Three Mile Road	433
	Etna-Hanover Center Road	436
	Trescott Road	437
	Hanover	442
	Hickory Ridge Road	445
<b>Hickory Ridge Road</b>	Route 14. White River, West Hartford	452
<b>Day 10</b>	Pomfret-So. Pomfret Road	461
	Barnard-Woodstock Stage Road	463
	Route 12. Barnard Gulf Road	465
	Chateaugay Road. Rough one	474
	Route 4. Pico Ski area	488
	Upper Cold River Road	500
<b>Upper Cold River Road</b>	Cold River Road	502
<b>Day 11</b>	Route 103	505.5
	Route 140	512
	Danby-Landgrove Road	520
	Mad (Tom Notch Road)	532
	Route 11. Route 30 Bromley Mountain	537
	Arlington West-Wardsboro Road	555
<b>Arlington West-Wardsboro Road</b>	Route 9. Bennington VT.	578
<b>Day 12</b>	Route 2. North Adams	596.5
<b>Route 2. North Adams</b>	Pattison Road	598
<b>Day 13</b>	Notch Road	601
	Mt. Greylock Summit Road Junction	604
	Outlook Avenue	611
	Route 8. Massachusetts	612
	Gulf Road, High Street	620
	Routes 8 & 9. Dalton, Massachusetts	621
	Pittsfield Road	630
	West Branch Road	631
	County Road	633
	Route 20. Lee, Massachusetts	639
	Goose Pond Road,	644
<b>Goose Pond Road</b>	Tyringham Road	649
<b>Day 14</b>	Jerusalem Road	650
	Fernside Road, Jerusalem Road	652
	Beartown Mountain Road	655
	Blue Hill Road	659
	Route 23. Great Barrington, Massachusetts	660
	Lake Buel Road	661
	Homes Road	666
	Boardman Street, Kellogg Road	668
	Route 7. Sheffield, Mass	671
	Route 41.	675
	Jug End Road	676
	Route 41. Salisbury	684
<b>Route 41. Salisbury</b>	Route 44. Lower Cobble Road	695
<b>Day 15</b>	Housatonic River Road	702
	Route 7.	705
	Sharon Mountain Road	710
	West Cornwall Road	712
	Route 4, Cornwall Bridge	717
	River Road	719
	River Road	724
	Route 341. Kent	729
	Bulls Bridge Road	736
	Route 55.	740
	Hoyt Road	741
<b>Hoyt Road</b>	NY Route 22. Hurds Corner Road	748
<b>Day 16</b>	NY Route 20. West Dover Road	751
	NY Route 55.	756
	NY Route 52. Stormville NY	763
	Hortontown Road	768
	NY Route 301 Canopus Lake	775
	Canopus Hill Road	782
	US Route 9, NY Route 403	789
	NY Route 9D.	795
<b>NY Route 9D</b>	NY Route 9W	800
<b>Day 17</b>	Seven Lakes Drive	801
	Seven Lakes Drive	808
	NY Route 17	816
	Orange Turnpike	818
	West Mombasha Road	821
	Lakes Road	825
	NY 17A. Bellvale NY	829
	Longhouse Road	837
	Warwick Turnpike	838
	Barrett Road	841
<b>Barrett Road</b>	NJ Route 94	844
<b>Day 18</b>	County road 517	846
	County road 565	848
	NJ 284	855
	County 519	862
	NJ Route 23	865
	Deckertown Turnpike	871
	U.S 206, Culvers Gap	880
	Blue Mountain Lakes Road	891
<b>Blue Mountain Lakes Road</b>	Millbrook Blairstown Road	895
<b>Day 19</b>	Camp Road	899
	Delaware Water Gap	900
	Route 191 Fox Gap	907
	Route 33 Wind Gap	916
	Little Gap Road	931
	Lehigh Gap Route 248	936
<b>Lehigh Gap Route 248</b>	Lehigh Furnace Gap, Ashfield Road	941
<b>Day 20</b>	PA Route 309	949
	Jacksonville-Synders Road	951
	Hawk Mountain Road	960
	Reservoir Road. .44 to trail, hike in drop	969
	PA Route 61, Port Clinton	975
<b>PA Route 61, Port Clinton</b>	PA Route 183	990
<b>Day 21</b>	PA Route 501	999
	PA Route 645	1001
	PA Route 72, Swatara Gap	1010
	PA Route 443	1012
	PA Route 325	1027
<b>PA Route 325</b>	PA Route 225	1034
<b>Day 22</b>	PA Route 147 Clarks Ferry Bridge	1047
	PA Route 850	1054
	PA 944, Wertsville Road	1059
	Bernhisel Bridge	1061
	US Route 11	1064
	Old Stonehouse Road	1066
	Trindle Road	1067
	PA Route 74	1069
	Ledigh Drive	1072
<b>Ledigh Drive</b>	Whiskey Spring Road	1077
<b>Day 23</b>	PA Route 94	1080
	PA Route 34	1082
	Pine Grove Road	1083
	PA Route 233	1091
	Michaux Road	1093
	Woodrow Road	1095
	Shippensburg Road	1099
	Ridge Road	1102
	Ridge Road and Sandy Sod	1106
	US 30, Caledonia State Park	1114
	PA Route 233	1119
<b>PA Route 233</b>	Old Forge Road	1125
<b>Day 24</b>	Mentzer Gap Road	1130
	Buena Vista Road	1132
	Pen Mar Road	1133
	MD Route 491	1139
	MD Route 77	1142
	Wolfsville Road	1143
	Route 40, Boonesboro Road	1152
	Route 40A, Turners Gap	1156
	Reno Monument Road at Fox Gap	1158
	Gapland Road, Crampton Gap, Gathland ST. Park	1164
	Weverton Road Cramping Lot	1171
<b>Weverton Road Parking Lot</b>	US 340 Bridge	1173
<b>Day 25</b>	WV Route 32 Chestnut Hill Road	1175
	Charles Town Pike, Keys Gap	1180
	VA Route 7, Snickers Gap	1194
	US Route 50, Ashby Gap	1206
	VA Route 55, Manassas Gap	1218
<b>VA Route 55 Manassas Gap</b>	VA 638	1220
<b>Day 26</b>	US 522, Chester Gap	1226
	Blue Ridge Parkway, Compton Gap	1231
	Hogswallow Flat	1235
	Multiple crossing on road here	
	Entrance Station, Blue Ridge Parkway RT. 211	1253
	More multiple road crossings	
	Entrance Station, Rt 33, Swift Run Gap	1288
<b>Swift Run Gap</b>	multiple road crossings here	
<b>Day 27</b>	Rockfish Gap. US Route 250, I-64	1333
	Blue Ridge Parkway, Humpback Rocks Pkg	1340
	Blue Ridge Parkway, Dripping Rock Pkg	1348
	Blue Ridge Parkway, Three Ridges Overlook	1352
	VA Route 56, Tye River	1363
<b>VA Route 56, Tye River</b>	Crabtree Farm Road (walk access 1mi.)	1369
<b>Day 28</b>	Fish Hatchery Road	1373
	Salt Log Gap, FS 63	1375
	Hog Camp Gap	1383
	US Route 60	1390
	FS 39, Pedlar Dam	1396
	Blue Ridge Parkway	1400
	US 501, James River Footbridge	1411
<b>US 501, James River Footbridge</b>	Blue Ridge Parkway, Petites Gap	1421
<b>Day 29</b>	Blue Ridge Parkway, Thunder Ridge Overlook	1425
	Blue Ridge Parkway, Parkers Gap Road	1429
	VA Route 614, Middle Creek Picnic area	1441
	VA Route 695, Bearwallow Gap	1447
	Multiple Road Crossings on BRP	
	Black Horse Gap on BRP	1455
<b>Black Horst Gap</b>	VA Route 652	1467
<b>Day 30</b>	US Route 11	1468
	US Route 220, VA 816	1470
	VA Route 311, Catawba	1490
	VA Route 624, North Mountain Trail	1496
	VA Route 620, Trout Creek	1503
<b>VA Route 620</b>	VA Route 621 Craig Creek Valley	1511
<b>Day 31</b>	VA Route 42 Sinking Creek Valley	1522
	VA 601, Rocky Gap	1528
	VA 632, Johns Creek Valley	1530
	VA 635, Stony Creek	1541
	VA 635, Stony Creek Valley	1542
<b>VA 635, Stony Creek Valley</b>	VA 641,	1558
<b>Day 32</b>	US 460, New River	1560
	VA 634	1561
	VA 663, Sugar Run Gap	1571
	VA 612, White Pine Horse Campground	1582
	VA 606, Kimberling Creek	1585
<b>VA 606, Kimberling Creek</b>	VA 608, Licksillet Hollow	1590
<b>Day 33</b>	VA 611,	1595
	US 21 & 52	1604
	VA 615	1611
	VA 623	1619
	VA 727, Walker Gap	1624
	USFS 222, VA 625, Poor Valley	1630
<b>USFS 222, VA 625, Poor Valley</b>	Lynn Camp Creek, (4WD)	1634
<b>Day 34</b>	VA 42, O'le Lydsey Picnic Area	1637
	VA 610	1639
	VA 617	1648
	US 11, VA 683 Groseclose	1649
	VA 615	1652
	USFS 86,	1657
	VA 1622	1660
	US 16, Mt. Rogers Headquarters	1661
	VA 601	1665
	VA 670, So. Fork Holston River	1669
	VA 16, VA 650, Dickey Gap	1676
<b>VA 16, VA 650, Dickey Gap</b>	VA 603	1685
<b>Day 35</b>	USFS 613, The Scales (4WD)	1690
	VA 600, Elk Garden	1702
	White Top Mountain Road	1705
	VA 601	1708
	US 58, Summit Cut	1709
	White Top Laurel Creek , Bear Tree Gap	1712
	US 58, Straight Branch	1720
<b>US 58, Straight Branch</b>	US 58, Damascus, Virginia	1725
<b>Day 36</b>	TENN 69, McQueen Gap Road	1736
	US 421, Low Gap	1740
	TENN 91	1746
	Wattauga Dam Road	1762
	US 321	1766
<b>US 321</b>	Dennis Cove Road	1774
<b>Day 37</b>	Walnut Mountain Road	1787
	TENN 1302	1790
	US 19, Elk River	1792
	Carvers Gap	1806
<b>Carvers Gap</b>	TENN 130. Roan Mountain	1808
<b>Day 38</b>	Cove Creek Road, Hughes Gap	1811
	TENN 226, Iron Mountain Gap	1820
	FS 230, (4WD) criss crosses trail, near end	
	Indian Grave Gap	1831
	Nolichucky River	1839
	US 19w, TENN 36, Spivey Gap	1850
<b>Spivey Gap</b>	TENN 81, Sams Gap	1864
<b>Day 39</b>	Rice Creek Road, Rice Gap	1867
	TENN 352, TENN 208, Devil Fork Gap	1872
	TENN 70, TENN 208, Allen Gap	1892
<b>TENN 70, TENN 208, Allen Gap</b>	US 25, TENN 70, Tanyard Gap	1901
<b>Day 40</b>	US 25, TENN 70, Hot Springs	1906
	USFS 3543, Garenflo Gap (walk in)	1913
	USFS 3535, Max Patch Road, Lemmon Gap	1921
	USFS 3535 Max Patch Road	1927
	Waterville School Road Near US 40	1939
<b>Waterville School Rd, Near US 40</b>	TENN 32, NC 204, Davenport Gap	1942
<b>Day 41</b>	US 441, Newfound Gap	1972
<b>US 441, Newfound Gap</b>	Potential hut sleeping	
	No. End Fontana Dam, near NC 28	2010
<b>No. End of Fontana Dam, Near NC 28</b>	NC 28	2011
<b>Day 43</b>	NC 1242, Yellow Creek Gap	2017
	NC 143, Stecoah Gap	2024
	US 19, Nantahalal Gorge, Wesser NC	2037
	NC 1365, Tallico Gap (maybe 4WD)	2045
	FS 69, Wayah Bald	2054
	NC 1310, Wayah Gap	2058
<b>NC 1310, Wayah Gap</b>	US 64, Winding Stair Gap	2064
<b>Day 44</b>	US Old 64, Rock Gap	2068
	NC 71, Deep Gap	2087
<b>NC 71, Deep Gap</b>	US 76, Dicks Creek Gap	2103
<b>Day 45</b>	FS 698, Tray Gap	2115
	GE 17 & 25, Unicoi Gap	2120
	GE 348, Hogpen Gap	2134
<b>GE 348, Hogpen Gap</b>	GE 348, Tesnatee Gap	2135
<b>Day 46</b>	US 19 & 129, Neels Gap	2141
	GE 60, Woody Gap	2152
	GE 42, Gooch Gap	2156
	GE 42, Cooper Gap	2160
	GE 42, Horse Gap	2162
	GE 42 & 69, Hightower Gap	2165
	GE 58, Three Forks	2170
	GE 42, Springer Mt.	2173
	Summit of Springer Mountain!!! Done	2175