

**THE APPALACHIAN TRAIL
ON THE
NANTAHALA NATIONAL FOREST**

The Appalachian Trail winds over some of the most rugged and scenic country of North Carolina. The establishment of this 81 mile portion of the Trail was the result of the effort and foresight of the Nantahala Mountain Club and the Appalachian Trail Conference. With their direction and the help of the U.S. Forest Service, the National Park Service and numerous individuals, the completion and maintenance of the Trail in its entirety is now a reality.

This portion of the Trail extends to elevations of over 5000 feet. The many side trails lead to points for viewing the grandeur of the Smokies. The Trail offers the hiker a challenge that should not be underestimated. Long steady grades and the natural elements can be formidable obstacles to deal with—requiring advanced planning and physical fitness.



The Appalachian Trail is constructed for travel on foot. It is not suitable for bicycle or horse travel generally. Motor vehicles are prohibited.

More detailed information on Trail directions, maps, and features can be found in the "Guide to the Appalachian Trail in the Great Smokies, the Nantahalas, and Georgia" (Publication No. 23). This may be obtained from: the Appalachian Trail Conference, P. O. Box 236, Harpers Ferry, West Virginia 25425.

CAMPING FACILITIES



Shelters have been constructed at various intervals along the main trail. Some are located short distances down side trails. They are there for your convenience, so help keep them clean. Pack out your non-disposable items.

**FOR TRAIL INFORMATION IN THE:
NANTAHALA NATIONAL FOREST**

SUPERVISOR'S OFFICE

Supervisor's Office
U. S. Forest Service
Box 2750
Asheville, N. C. 28802

DISTRICT FOREST RANGERS

Cheoah Ranger District
Box 16-A, Route 1
Robbinsville, N. C. 28771

Tusquitee Ranger District
201 Woodland Dr.
Murphy, N. C. 28906

Wayah Ranger District
P.O. Box 469
Franklin, N. C. 28734

TRAIL MARKERS



The main trail—is marked with white paint blazes, standard Appalachian Trail markers, and signs posted by the Forest Service and State Highway Commission.



Warning of obscure turn and trail-route change of direction are signified by two blazes, one above the other.



Side and major approach Trails—are marked with blue paint blazes.

Red and yellow paint blazes delineate Wildlife Management Area boundaries and should not be confused with Trail Markers.

A hiker should not proceed more than 1/4-mile without noticing a Trail marker. Also, always depend on the Trail marking rather than this map. Changes of location often are made in the Trail. Watch for the double blazes alerting you to route changes.

PRECAUTIONS

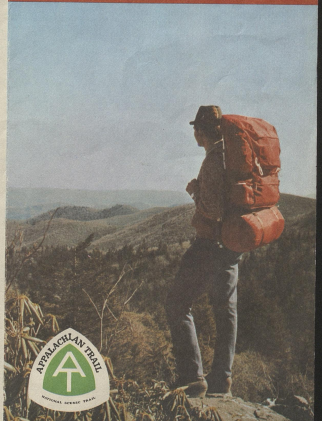
1. Do not underestimate the ruggedness of the terrain and the physical exertion it may require.
2. Very heavy rainstorms periodically occur and should be anticipated.
3. Sources of water along the ridges are often limited, and can fail during dry periods— even at recognized stops.
4. Water sources along the Trail contain no purity guarantees and should be sufficiently treated by boiling or purifying tablets for human consumption.
5. Poisonous snakes (rattlesnakes and copperheads) though seldom seen do exist along the Trail. A snakebite kit is a safety item for any hiker.
6. There is the ever-present danger of wildfires in the mountains. Special care should be taken of campfires and smoking materials.
7. To reduce the impact of the Trail on the natural environment, "cutting across" switchbacks should be avoided. Otherwise erosion problems may develop.
8. It is wise practice for hikers to leave a description of planned itinerary with someone.

MAP DEPT.

AUG 1978

**APPALACHIAN
TRAIL**

**NANTAHALA National Forest
NORTH CAROLINA**



**U. S. DEPARTMENT OF AGRICULTURE
FOREST SERVICE—SOUTHERN REGION**

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APPALACHIAN TRAIL

NORTH CAROLINA

LEGEND

-  National Forest Boundary
-  Paved Road
-  All Weather Road
-  Dirt Road
-  Primitive Road
-  Trail
-  U S Highway
-  State Highway
-  State Highway Secondary
-  Forest Route
-  District Ranger Station
-  National Forest Land

- 8.6** Appalachian Trail and Distances
- F** Food Source
 - T** Telephone
 - W** Water - Treat before drinking
 - M** Medical Service
 -  Shelter
 -  Recreation Area



Pack it in -
Pack it out !!



Scale 1/4" = 1 Mile