

Appalachian Trail 2024 (Flip-Flop Thru-Hike) using 2024 Companion Mileages

Starting Date		4/1/2024	2197.4	Plan						
Destination	Fuel Canister	Miles from Springer	Miles from Katahdin	Day	Date	Miles	Days Food	Zeros		
Norwich, VT - Norwich Inn	Dan & Whits, maybe	1753.5	443.9	82	Sat, Jun 22, 2024	13.1		0		
VT - NH State Line		1754.5	442.9					0		
Hanover, NH - Zero Day - Greyhound leaves Hanover Inn @ 4:00PM arrives Burlington 6:05PM.Daily	in West Lebanon, EMS and Omer & Bob's Sport Shop	1755.0	442.4	83	Sun, Jun 23, 2024	1.5		0		
					Section	Cum				
Total Miles					227	890.4				
Total days, including zero days					19	83				
Total Zero Days					1	10				
Average miles per day, with zeroes					11.9	10.7				
Average miles per day, without zeroes					12.6	12.2				
Burlington		1755.0	442.4	84	Mon, Jun 24, 2024	0.0		1		
Burlington		1755.0	442.4	85	Tue, Jun 25, 2024	0.0		1		
Hanover, NH		1755.0	442.4					0		
Hanover Food Co-Op		1755.6	441.8					0		
Greyhound leaves Burlington 11:20AM arrives Hanover @ 1:35PM Daily; Velvet Rocks Shelter - nw		1756.5	440.9	86	Wed, Jun 26, 2024	1.5		0		
Moose Mountain Shelter - w S 2.3 mi		1766.0	431.4					0		
Trapper John Shelter -w		1771.7	425.7	87	Thu, Jun 27, 2024	15.2		0		
Grafton Turnpike - W 3.2 Mi to Lyme, NH		1772.6	424.8					0		
Smarts Tenting - w N 0.1 mi		1778.3	419.1					0		
Smarts Mountain Fire Warden Cabin -w		1778.4	419.0					0		
Hexacuba Shelter - w, if not dry		1783.7	413.7	88	Fri, Jun 28, 2024	12.0		0		
NH 25A - Barn Door Hostel will PU		1788.6	408.8					0		
Ore Hill Campsite - weak spring		1790.8	406.6					0		
NH 25 - E 0.4 to Glencliff; Hikers Welcome Hostel - slackpacking available;; Consider instead taking Ali's Rides to The Notch Hotel; shuttle back to Kinsman and hike south over Moosilauke. Ali's Rides back to Notch and slack to Franconia Notch the next day.	shuttle to Walmart	1798.3	399.1	89	Sat, Jun 29, 2024	14.6		0		
Jeffers Brook Shelter -w		1799.4	398.0					0		
Mt Moosilauke		1784.1	413.3					0		
Beaver Brook Shelter		1806.3	391.1					0		
NH 112 Kinsman Notch, E 4.0 mi to The Notch Hostel (will PU and slackpack); also Mt Liberty Lodging, etc.	shuttle to Walmart	1807.8	389.6	90	Sun, Jun 30, 2024	9.5		0		
Eliza Brook Shelter		1815.3	382.1					0		
South Kinsman Mtn		1817.8	379.6					0		
North Kinsman Mtn		1818.7	378.7					0		
Kinsman Pond shelter		1819.3	378.1					0		
Lonesome Lake AMC Hut		1821.2	376.2					0		
Franconia Notch - take Franconia North Bike Path E 1.0 mi to Flume Visitors Center - PU spot for hostels		1824.1	373.3	91	Mon, Jul 1, 2024	16.3		0		
Liberty Springs Campsite		1826.7	370.7					0		
W 1.0 Mi downhill to Greenleaf AMC Hut		1830.5	366.9					0		
Garfield Ridge Shelter & Campsite		1834.4	363.0	92	Tue, Jul 2, 2024	10.3		0		
Galehead Hut		1837.1	360.3					0		
E 0.2 mi steeply downhill to Guyot Shelter		1839.9	357.5					0		
Zealand Falls Hut		1844.1	353.3	93	Wed, Jul 3, 2024	9.7		0		
Ethan Pond shelter		1848.9	348.5					0		
Crawford Notch, E 1.0 mi Dry River Campground; E 3.01 mi Crawford Notch Campground; W 1.0 mi to Wiley House (snacks); w 3.7 mi to AMC Highland Center; AMC Shuttle		1851.8	345.6					0		
Webster Cliffs		1853.7	343.7					0		
Mizpah Spring Hut & Nauman Tentsite		1858.2	339.2	94	Thu, Jul 4, 2024	14.1		0		

