

American Veteran Guide To The Appalachian Trail



www.americavets-at.com

Jim Chambers

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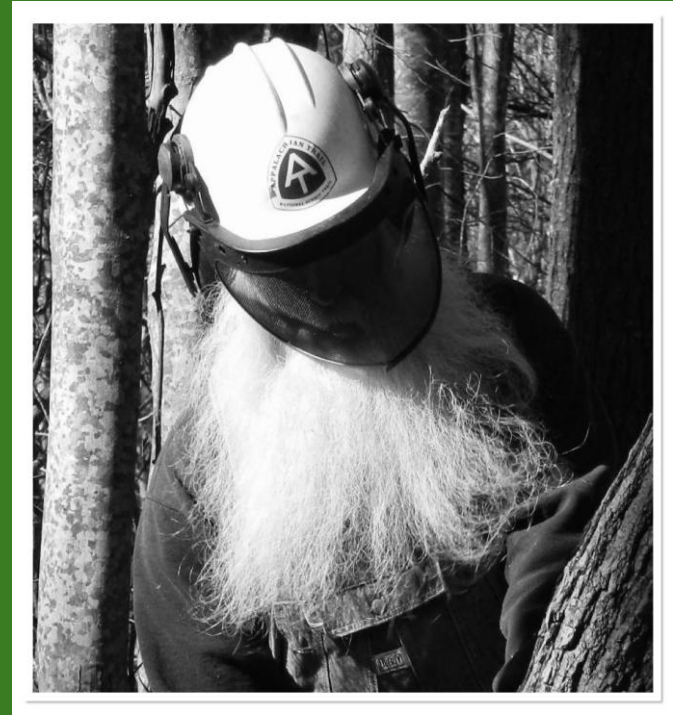
The One Percent Club Logo is a registered trademark of American Veterans on the Appalachian Trail

www.americanvet-at.com

This book is dedicated to all those American Veterans who hike, Maintain, and preserve the Appalachian Trail.

American Veterans represent roughly One Percent of all Americans in this great country; however, we make up a significantly larger population of individuals who help maintain and preserve the Appalachian Trail each year. This book is most certainly for them.

However, this book is also dedicated to the small community of Long Distance Hikers from all walks of life who have a keen desire to give back to the Appalachian Trail whenever possible.

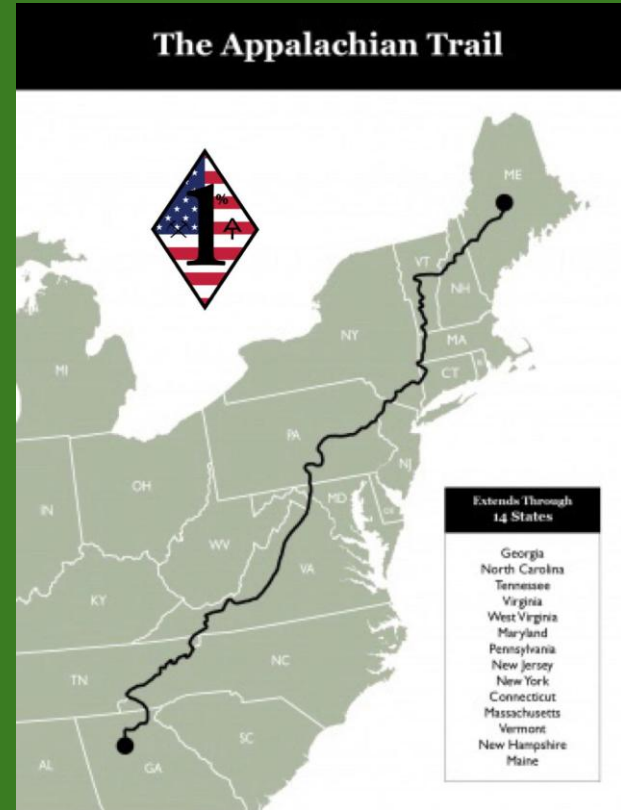


Appalachian National Scenic Trail

The Appalachian Trail is the most popular National Scenic Trail in America. Completed in 1937, the Appalachian Trail was made famous in 1948 when World War II Veteran Earl Shaffer became the first official thru-hiker. Since that time, many American Veterans complete the AT each year.

American Veterans on the Appalachian Trail represent a unique population who may require additional resources that are not typically provided in currently available AT Guidebooks. Therefore, the *American Veteran Guide to the Appalachian Trail* has been created so that American Veterans have the resources they need in order to meet specific challenges while hiking the AT.

The *American Veteran Guide to the Appalachian Trail* provides up to date information for Veterans Medical Facilities and Clinics, National Service Organizations, as well as information related to volunteer opportunities while hiking on the Appalachian Trail. This resource is designed to be utilized in conjunction with all other widely used AT Guidebooks and Apps; therefore, this resource should not be used as a stand-alone resource to hike the Appalachian Trail.



General VA Health Care Information While Hiking on the Appalachian Trail

If you are beginning a long distance hike on the Appalachian Trail, and you are enrolled in the VA Health Care System, insure to have all of your VA prescriptions with available refills before you depart. However, if you need to refill a prescription on the trail, you will be able to do so. You can also manage your VA Health Care and medication with the My HealtheVet App on your smart phone.

If your plan is to hike the entire Appalachian Trail, you may also schedule phone or video appointments with your VA Health Care Providers while you are hiking the AT so that you can still properly manage any service connected disabilities while still hiking each day.

If a medical or mental health emergency does arise while hiking on the Appalachian Trail, you always have the option to go to the nearest medical facility on the Appalachian Trail.



GEORGIA

Georgia is a very Veteran Friendly state with a Regional VA Medical Center in Decatur, and a VA Clinic near the Appalachian Trail in Blairsville. The Appalachian Trail in Georgia is the perfect opportunity to steadily build a solid foundation of cardiovascular fitness needed for a successful long distance hike on the Appalachian Trail.

Year over year, the AT in Georgia is not consistent with regards to hostels and service providers; however, the Appalachian Trail in Georgia does allow hikers the opportunity to gain significant experience and confidence as they hike through the state.

As always, the Outfitter at Mountain Crossings is still the best in the Southern Appalachians, and Helen and Hiwassee are the best towns in Georgia for a day off and resupply.

There are ample volunteer opportunities in Georgia while hiking on the Appalachian Trail. The AT in Georgia is maintained by the Georgia Appalachian Trail Club (GATC), and they will welcome all volunteers to help them preserve the Appalachian Trail. You can contact the GATC at P. O. Box 654, Atlanta, GA 30301, or go to www.georgia-atclub.org in order to give back to the Appalachian Trail.



GEORGIA VETERAN RESOURCES

VA MEDICAL CENTER

1670 Clairmont Road
Decatur, GA 30033
(404) 321-6111

VA OUTPATIENT CLINIC

1294 Hwy 515
Blairsville, GA 20512
(404) 329-2222



GEORGIA DEPARTMENT OF VETERANS SERVICES

205 Jesse Hill Jr. Drive
Atlanta, GA 30334
(404) 656-5940

GEORGIA VETERAN RESOURCES

AMERICAN LEGION

750 Old Hwy 75S
Cleveland, GA 30528
(706) 865-3951



Veterans Memorial Park, Hiwassee, GA

NORTH CAROLINA

There are numerous services and National Veterans Organizations along the Appalachian Trail in North Carolina. A majority of Veterans Services that are convenient to the Appalachian Trail are located in Franklin, North Carolina. Franklin is a very Hiker and Veteran friendly trail town, and getting around town to various Veterans Services is relatively easy. The Regional VA Medical Center in Asheville is highly respected in the VA Healthcare System and can take care of all of your healthcare needs while hiking in North Carolina.

The Appalachian Trail in North Carolina provides abundant challenges in terms of terrain and weather. One can always count on drastic weather changes between NOC and the northern end of the Smoky Mountains; therefore, all hikers should count on hiking in either rain or snow at some point. The good news is that thru-hikers will begin to feel very fit, and their confidence is rising daily.

The AT in North Carolina also boasts some of the best Service Providers on the AT. From the Hike Inn at Fontana Dam to Standing Bear Farm in Davenport Gap, there are some great places to take time off and resupply. Further, breakfast at the Smoky Mountain Diner in Hot Springs is always a nice way to start the day.

There are great volunteer opportunities in North Carolina. The AT in North Carolina is maintained by two Trail Clubs. The Smoky Mountain Hiking Club (SMHC) maintains from the Nantahala River to Davenport Gap, and you can contact them at P. O. Box 51592, Knoxville, TN 37950, or go to www.smhc.org to sign up for trail work. The Carolina Mountain Club (CMC) maintains from Davenport Gap to Spivey Gap, and they can be contacted at P. O. Box 68, Asheville, NC 28802, or go to www.carolinamountainclub.org.

NORTH CAROLINA VETERAN RESOURCES

VA MEDICAL CENTER

1100 Tunnel Road
Asheville, NC 28805
(828) 298-1781

VA OUTPATIENT CLINIC

647 Wayah Street
Franklin, NC 28734
(828) 369-1781

NORTH CAROLINA DEPARTMENT OF VETERANS SERVICES

413 North Salisbury Street
Raleigh, NC 27603
(884) 624-8387



NORTH CAROLINA VETERAN RESOURCES

VETERANS OF FOREIGN WARS

60 West Palmer Street
Franklin, NC 28734
(828) 524-2953



MACON COUNTY VETERANS SERVICES

104 East Main Street
Franklin, NC 28734
(828) 349-2151

AMERICAN LEGION

614 West Main Street
Franklin, NC 28734
(828) 524-4306



(Left Photo: Veterans Memorial Park, Franklin, NC)

TENNESSEE

Hiking in Tennessee is a favorite among America's Veterans. Tennessee offers many services for Veterans, and many are convenient to the Appalachian Trail. The Mountain Home VA Medical Center in Johnson City is one of the most prestigious teaching hospitals in the VA Healthcare System, and they work closely with many private hospitals in Northeast Tennessee.

The Appalachian Trail in Tennessee certainly provides challenges in terms of elevation gain and loss; however, hiking through the Roan Highlands will make one forget just how hard they are working to get to each peak. From Spivey Gap to Damascus, VA gives each hiker an opportunity to go as fast or slow as they want, and the "Tennessee Turnpike" will certainly allow hikers to arrive in Damascus ahead of schedule.

In less than 20 years, Roan Mountain, Tennessee has turned into a destination location along the Appalachian Trail, and this is thanks in large part to the Mountain Harbour B&B and Hostel. Mountain Harbour is Veteran Owned, and their goal is to make all hikers feel welcome and ready for the next section of trail. The breakfast at Mountain Harbour is unsurpassed, and one only has to spend one night at Mountain Harbour to realize that Southern Hospitality is not dead.

Volunteer opportunities in Tennessee come by way of the Tennessee Eastman Hiking and Canoeing Club (TEHCC). TEHCC maintains the Appalachian Trail from Spivey Gap to the Tennessee/Virginia state line, and you can contact them at P. O Box 511, Kingsport, TN 37662, or go to www.tehcc.org.

TENNESSEE VETERAN RESOURCES

VA MEDICAL CENTER

99 Veterans Way
Johnson City, TN 37604
(423) 926-1171

VA OUTPATIENT CLINICS

BRISTOL, TENNESSEE

300 McDowell Street
Bristol, TN 37620
(423) 979-2990

MOUNTAIN CITY, TENNESSEE

1141 Cold Springs Road
Mountain City, TN 37683
(423) 727-3979



TENNESSEE VETERAN RESOURCES

VA OUTPATIENT CLINICS

SEVIERVILLE, TENNESSEE

1124 Blanton Street
Sevierville, TN 37862
(865) 286-6950



DISABLED AMERICAN VETERANS

409 East Market Street
Johnson City, TN 37601
(423) 543-1176



VETERANS OF FOREIGN WARS

2001 West Elk Street
Elizabethton, TN 37643
(423) 542-0520

TENNESSEE VETERAN RESOURCES

ONE PERCENT CLUB

Located in Johnson City, Tennessee near mile 428 on the Appalachian Trail, the One Percent Club is here to assist American Veterans and all other hikers during their hike on the Appalachian Trail. From February to December, I will be on the trail; however, during December and January, I will be in Johnson City and available to assist any hiker along the trail in Tennessee. I can be reached at (423) 440-2518.

The One Percent Club is available to provide transportation and assistance to those long distance hikers in need while they hike through Northeast Tennessee.



SOUTHWEST VIRGINIA

Well over 500 miles of the Appalachian Trail runs through the Commonwealth of Virginia; therefore, the state has been broken up into three sections. While hiking in Southwest Virginia, Veterans can easily access Veterans Services in Northeast Tennessee as well as the services that are established along the trail in Virginia. While hiking in Southwest Virginia, Veterans will find a very welcoming feeling towards America's Veterans at all hiker services along the Appalachian Trail.

The Appalachian Trail through Southwest Virginia is exciting in its own way. After leaving the town of Damascus, you will head up into the Grayson Highlands whereupon you will experience some of the highest elevation since the Smoky's. You will also experience a diverse ecosystem, old growth trees, high elevation, and the occasional wild pony.

You will also have a great opportunity to give back to the trail in Southwest Virginia with the Mount Rogers Appalachian Trail Club (MRATC). The MRATC maintains from the Tennessee/Virginia state line to Teas Road, and they always have plenty of opportunities for hikers to help maintain the trail. You can contact the MRATC at P. O. Box 789, Damascus, VA 24236, or go to www.mratc.org for more information. *(Photo Below: War Memorial in Damascus, Virginia)*



SOUTHWEST VIRGINIA VETERAN RESOURCES

VIRGINIA DEPARTMENT OF VETERAN SERVICES

ABINGDON, VA

202 Abingdon Place
Abingdon, VA 24211
(276) 623-0070

WYTHEVILLE, VA

335 West Monroe Street
Wytheville, VA 24382
(434) 215-9068

VA OUTPATIENT CLINIC

1583-B North Main Street
Marion, VA 24354
(276) 783-2126



SOUTHWEST VIRGINIA VETERAN RESOURCES

DISABLED AMERICAN VETERANS

1620 South Franklin Street
Christiansburg, VA 24073
(540) 382-4963



(Above Photo: Hiking with the Wounded Warrior Project)

CENTRAL VIRGINIA

Some will call it boring, but hiking through Central Virginia is rewarding in several ways. The rolling hills of this region are rich in natural beauty and American history, and are from boring if one takes the time to look around. American Veterans who hike through Central Virginia experience the best of southern hospitality and state pride as you head towards Shenandoah National Park. There are many Veterans Services between Pearisburg and Front Royal, Virginia; and there are many Veterans ready to help you if needed.

If you are in need of VA Healthcare before or after Shenandoah National Park, the Outpatient Clinics in either Harrisonburg or Staunton, Virginia will be your best option as these facilities are the most accessible to the Appalachian Trail. These facilities will require a shuttle, but they are your best option until you get to West Virginia.

There are many ways to give back to trail in Central Virginia. As you hike north from Marion, VA, you can stop and work with the Piedmont Appalachian Trail Hikers (PATH). PATH maintains the AT from Teas Rd. to Bland, VA and they can be contacted at <www.path-at.org>. As you head further north, the Roanoke Appalachian Trail Club (RATC) is a good organization to volunteer for as they are constantly working to improve their section of trail from Pine Swamp Branch Shelter to Black Horse Gap. You can reach the RATC at P. O. Box 12282, Roanoke, VA 24024.



CENTRAL VIRGINIA

As you continue north through the rolling hills and pastures of Central Virginia, there are still even more historic sights to see and even more opportunities to give back to the Appalachian Trail. The Natural Bridge Appalachian Trail Club (NBATC) maintains the AT from Black Horse Gap all the way to the Tye River. You can contact the NBATC at P. O. Box 3012, Lynchburg, VA 24503, or go to <www.nbatc.org>. Before you head into Shenandoah National Park (SNP), there are still yet more opportunities to volunteer on the Appalachian Trail. The Tidewater Appalachian Trail Club maintains the AT from the Tye River to Reids Gap, and they can be contacted at P. O. Box 8246, Norfolk, VA 23503. The Old Dominion Appalachian Trail Club maintains the AT from Reids Gap to Rockfish Gap and they can be reached at P. O. Box 25283, Richmond, VA 23260 or email them at <odatc.president@gmail.com>.

If you are in need of VA Healthcare before or after Shenandoah National Park, the Outpatient Clinics in either Harrisonburg or Staunton, Virginia will be your best option. These facilities will require a lengthy shuttle; however, they are still your best option until you get to West Virginia.

Once you have entered Shenandoah National Park, you are in for a very pleasant experience; however, be prepared to see more people than you are accustomed to, but also be prepared to see the best that the Shenandoah Mountains have to offer. Your daily mileage will most certainly increase while in the park, and you'll have plenty of chances to stop at a Park Wayside for a hot meal. There will also be volunteer opportunities to work for the Potomac Appalachian Trail Club (PATC). The PATC maintains the AT through Shenandoah National Park, as well as many side trails and cabins. The PATC can be contacted at (703) 242-0693, or emailed at <info@patc.net>.

CENTRAL VIRGINIA VETERAN RESOURCES

VA MEDICAL CENTER

1970 Roanoke Blvd
Salem, VA 24153
(540) 982-2463

VA OUTPATIENT CLINICS

HARRISONBURG, VIRGINIA

1755 South High Street
Harrisonburg, VA 22801
(304) 263-0811

STAUNTON, VIRGINIA

102 Lacy B. King Way
Staunton, VA 24401
(540) 886-5777

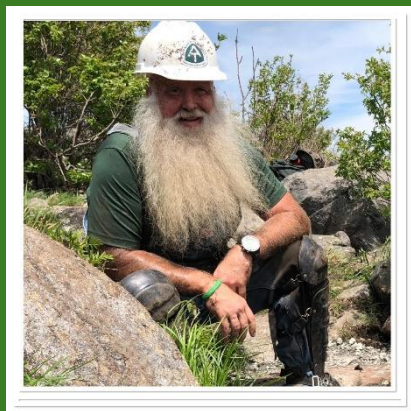


(right photo: Working with PATC in Central Virginia)

CENTRAL VIRGINIA VETERAN RESOURCES

U. S. VETERANS OUTREACH CENTER

1401 Franklin Road S. W.
Roanoke, VA 24016
(540) 342-9726



VIRGINIA DEPARTMENT OF VETERANS SERVICES

North Coalter Street Building #1
Suite 17B
Staunton, VA 24401
(540) 332-8900

AMERICAN LEGION POST

13 East Side Highway
Waynesboro, VA 22980
(540) 943-3405



(Left Photo: Rock Work in Virginia)

NORTHERN VIRGINIA/WEST VIRGINIA

After you leave Shenandoah National Park and arrive in Front Royal, Virginia, you are almost finished with the state of Virginia, and only a few days from West Virginia. You are probably ready for a day off, and Northern Virginia is a great area to take a couple of days off, get some rest, and attend to any gear issues that you might have. If at this point you are in need of medical attention, you can easily get a shuttle to the VA Medical Center in Martinsburg, WV, or you can wait until you get to Harpers Ferry, WV.

If you would like to take some time off to volunteer on the Appalachian Trail, the Potomac Appalachian Trail Club (PATC) maintains the AT all the way to Pine Grove Furnace State Park in Pennsylvania. You can contact the PATC at (703) 242-0693 or email them at <info@patc.net>.



(Left Photo: West Virginia War Memorial)



NORTHERN VIRGINIA/WEST VIRGINIA

VETERAN RESOURCES

VA MEDICAL CENTER

510 Butler Avenue
Martinsburg, WV 25405
(304) 263-0811

DEPARTMENT OF VETERANS SERVICES

1516 N. Shenandoah Avenue
Front Royal, VA 22630
(540) 465-6113

VETERANS OF FOREIGN WARS

425 S. Buckmarsh Street
Berryville, VA 22611
(540) 955-1119



(Left Photo: Former ATC President Ron Tipton)

MARYLAND

As with West Virginia, you won't be hiking in Maryland for very long. However, the Appalachian Trail in Maryland is lovely, and you will find yourself making great time. You will still be relatively close to the VA Medical Center in Martinsburg, West Virginia if you are in need of medical attention while hiking in Maryland. If the urge to work on the AT strikes you while in Maryland, the Potomac ATC is just a phone call away at (703) 242-0693.

VETERANS RESOURCES

VA OUTPATIENT CLINIC

1101 Opal Court
Hagerstown, MD 21704
(301) 263-0811 Ext. 5130

WASHINGTON COUNTY AMVETS

770 Frederick Street
Hagerstown, MD 21740
(301) 791-3993



(Photo Left: Washington Monument on the AT in Maryland)

PENNSYLVANIA

When hiking in Pennsylvania, American Veterans will experience diversity on many levels. Pennsylvania is diverse in its culture, geography, and even its food. Notorious for its rocky terrain, and being very dry in the Summer, Pennsylvania certainly presents a challenge for all long distance hikers. In terms of Veteran medical care, Pennsylvania also presents a challenge in that VA Services along the Appalachian Trail aren't readily available and will require a long shuttle, or even a rental car if immediate VA care is needed.

The good news is that Pennsylvania truly takes care of its Veterans, and there are many National Service Organizations and local Veterans groups along the trail in Pennsylvania.

If you are interested in taking a break from hiking in order to give back to the Appalachian Trail, there are many wonderful Hiking and Trail Maintenance Clubs in Pennsylvania that would enjoy your help. The Mountain Club of Maryland maintains the AT from Pine Grove Furnace State Park to the Susquehanna River, and they can be contacted at 7923 Galloping Circle, Baltimore, MD 21244. The Cumberland Valley Appalachian Trail Club maintains the AT from Center Point Knob to the Darlington/Tuscarora Trail Junction, and they can be contacted at P. O. Box 395, Boiling Springs, PA 17007. The Susquehanna Appalachian Trail Club (SATC) maintains the AT from Route 225 to Rausch Creek, and they can be contacted at P. O. Box 61001. The Blue Mountain Eagle Climbing Club (BMECC) maintains the AT from Rausch Creek to Lehigh Furnace Gap, and they can be contacted at P. O. Box 14982, Reading, PA 19612. The Allentown Hiking Club (AHC) maintains the AT from Tri-County Corner to Bake Oven Knob and they can be contacted at P. O. Box 1542, Allentown, PA 18105. The Keystone Trails Association (KTA) maintains the AT from Lehigh Furnace Gap to Little Gap, and they can be contacted at 46 E. Main St., Mechanicsburg, PA 17055. The Batona Hiking Club (BHC) maintains the AT from Wind Gap to Fox Gap, and they can be contacted at 6651 Eastwood St., Philadelphia, PA 19149. The Wilmington Trail Club (WTC) maintains the AT from Fox Gap to Delaware Water Gap, and they can be contacted at P. O. Box 1184, Wilmington, DE 19899.

PENNSYLVANIA

VETERANS RESOURCES

VA MEDICAL CENTER

ALTOONA

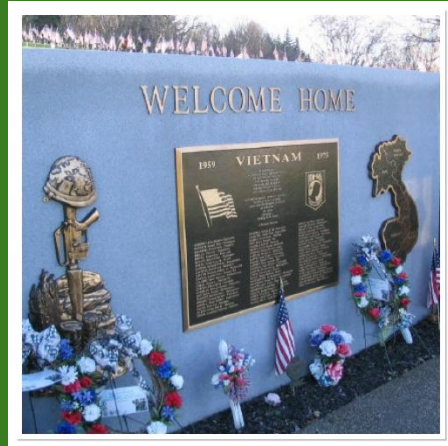
2907 Pleasant Valley Blvd
Altoona, PA 16602
(877) 626-2500

LEBANON

1700 South Lincoln Avenue
Lebanon, PA 17042
(717) 272-6621

WILKES-BARRE

1111 East End Blvd
Wilkes-Barre, PA 18711
(570) 824-3521



(Left Photo: Vietnam Memorial, Washington, PA)

NEW JERSEY/NEW YORK

As you hike out of Pennsylvania and enter New Jersey and New York, the thing you will notice is just how expensive everything has suddenly become. However, you will soon appreciate just how beautiful New Jersey and New York can be. There is also a tremendous American Veteran population in both New Jersey and New York, and there is an amazing National Service Organization presence in both states. Both New Jersey and New York are known for some of the best food on the Appalachian Trail, and you might actually gain a couple of pounds before you leave New York.

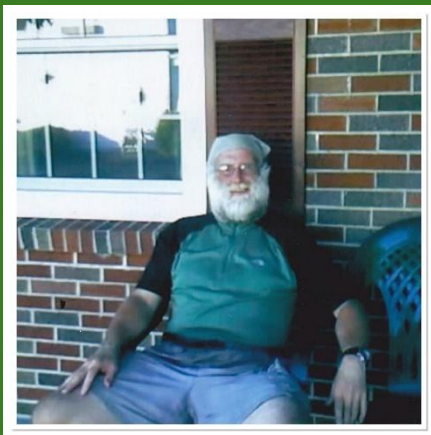
The Appalachian Trail in both states is maintained by the New York/New Jersey Trail Conference, and they are always looking for volunteers to help them maintain the trail. They can be contacted at 600 Ramapo Valley Rd., Mahwah, NJ 07430, (201) 512-9348.



(Right Photo: Painting Blazes on the Appalachian Trail)

CONNECTICUT

Upon entering Connecticut, you are definitely in New England! Northwest Connecticut is lovely at any time of the year, and the hiking is seemingly effortless at times. Hiking in Connecticut will take you back in time when America was very young; therefore, take some time to enjoy it. There are also trail work opportunities in Connecticut, and the Connecticut Chapter of the Appalachian Mountain Club (AMC) will be glad to have you. You can contact the AMC at (413) 528-6333 to schedule a rewarding day of trail work in order to give back to the Appalachian Trail.



VETERANS RESOURCES

VA MEDICAL CENTER

555 Willard Avenue
Newington, CT 06111
(860) 666-6951

VA OUTPATIENT CLINIC

95 Scovill Street
Waterbury, CT 06706
(203) 465-5292



(Left Photo: Rest day on the AT in Connecticut in 2006)

MASSACHUSETTS

Western Massachusetts and the Berkshire Mountain Region are home of some of the most beautiful and history filled hiking on the Appalachian Trail. Massachusetts treats American Veterans very well; however, nearly all VA Healthcare facilities are located in the eastern portion of the state. If VA Healthcare is required while hiking in Massachusetts, the VA Medical Center in Albany, NY would be closer; however, if you do go to any of the VA Medical Facilities in Boston, you'll experience some of the best trained medical professionals in the VA Healthcare System.

There are also great trail work opportunities while hiking in Massachusetts. The Massachusetts Chapter of the Appalachian Mountain Club maintains the AT in Massachusetts, and they can be contacted at P. O. Box 2281, Pittsfield, MA 02102.



VETERAN RESOURCES

VA MEDICAL CENTERS

113 Holland Avenue
Albany, NY 12208
(518) 626-5000

150 South Huntington Avenue
Boston, MA 02130
(617) 232-9500



(Left Photo: Mt. Greylock War Memorial 2004)

VERMONT

In a word, hiking in Vermont is fun! Rich in American and Literary history, the Green Mountains of Vermont are sometimes challenging, but mostly they are enjoyable!

Additionally, Vermont has the most convenient VA Healthcare Facilities on the Appalachian Trail. If you are thru-hiking, it would be in your best interest to acquire any needed prescription refills while hiking through Vermont. The VA Medical Center in White River Junction is widely considered one of the best small VA Hospitals in the country; and is also home to the National Institute for Post Traumatic Stress Disorder (PTSD). Further, all of the major Veteran Service Organizations have offices at the White River Junction Medical Center, which makes seeking assistance very convenient.

Vermont is also home to one of the oldest and most prestigious Trail Clubs in America. The Green Mountain Club (GMC) was founded in 1910 to help construct the Long Trail in Vermont, and they also constructed the Appalachian Trail from the Massachusetts state line to the Connecticut River at the VT/NH state line. Volunteering for the Green Mountain Club is a wonderful experience, and is highly recommended as part of any hike in Vermont. The GMC can be contacted at 4711 Waterbury-Stowe Rd., Waterbury Center, VT 05677, or call (802) 244-7037



VERMONT

VETERANS RESOURCES

VA MEDICAL CENTER

163 Veterans Drive
White River Junction, VT 05009
(802) 295-9363



VA OUTPATIENT CLINICS

BENNINGTON

186 North Street
Bennington, VT 05201
(802) 440-3300

RUTLAND

232 West Street
Rutland, VT 05701
(802) 772-2300



NEW HAMPSHIRE

As you enter New Hampshire, you are embarking on the most exciting and challenging section of the Appalachian Trail. Every day in New Hampshire will bring physical and mental challenges, but when you are finished, you'll agree that it was worth all the effort.

As with most of the New England states, New Hampshire has only one VA Medical Center; however, New Hampshire has several VA Outpatient Clinics that are convenient to the Appalachian Trail.

Hiking in New Hampshire is physically demanding; however, there is always time to volunteer on the Appalachian Trail. The AT in New Hampshire from the Connecticut River to Kinsman Notch is maintained by the Dartmouth Outing Club (DOC). The DOC can be contacted at (603) 646-2428. The remainder of New Hampshire is maintained by the Appalachian Mountain Club (AMC) and the Randolph Mountain Club (RMC). You can contact the AMC at (603) 466-2721, and the RMC at <www.randolphmountainclub.org>



NEW HAMPSHIRE

VETERAN RESOURCES

VA MEDICAL CENTERS

718 Smyth Road
Manchester, NH 03104
(603) 624-4366

VA OUTPATIENT CLINICS

640 Marlboro Street
Keene, NH 03431
(603) 358-4900

264 Cottage Street
Littleton, NH 03561
(603) 575-6701

71 Hobbs Street
Conway, NH 03818
(800) 892-8384 Ext. 3199



MAINE

If you are a northbound thru-hiker on the Appalachian Trail, you have reached your final state; however, the work has just begun in the great state of Maine! Maine is just as challenging as New Hampshire, and it's twice as long; however, Maine is a magical place to be. Maine is very remote in terms of VA Healthcare; therefore, getting to the VA Hospital or Clinic will require a lengthy shuttle ride. Like most other New England states, Maine has just one VA Hospital, but there are several Outpatient Clinics throughout the state.

Maine also gives you one last opportunity to volunteer on the Appalachian Trail. The Maine Appalachian Trail Club (MATC) maintains 267 miles of the AT in Maine, and working with the MATC is quite possibly the best learning experience on the Appalachian Trail. The MATC is the premier organization on the AT in which to learn trail building and rock work on a large scale; and although working on the trail in Maine isn't easy, it's the most rewarding.



MAINE

VETERANS RESOURCES

VA MEDICAL CENTERS

1 VA Center
Augusta, ME 04330
(207) 623-8411

VA OUTPATIENT CLINICS

431 Franklin Street
Rumford, ME 04276
(877) 421-8263 Ext. 7490

99 River Road
Lincoln, ME 04457
(207) 403-2000



(Photos: Working and Hiking in Maine)

THE BEST OF THE APPALACHIAN TRAIL

After 25 years of hiking and working on the Appalachian Trail, the following is my list of the absolute best that the Appalachian Trail has to offer. Some of these places no longer exist, and some of the people have unfortunately passed away, but they are still the best

BEST HOSTEL OR HOTEL – The Hike Inn, Fontana Dam, North Carolina

BEST OUTFITTER – Mountain Crossings, Neel Gap, Georgia

BEST BREAKFAST – Mountain Harbour B&B and Hostel, Roan Mountain, Tennessee

BEST CUP OF COFFEE – Dirt Cowboy, Hanover, New Hampshire

BEST TRAIL CLUB – The Maine Appalachian Trail Club

BEST DINER – Smoky Mountain Diner, Hot Springs, North Carolina

BEST LOW COST HOSTEL – The Blueberry Patch, Hiawassee, Georgia

MOST ENTERTAINING HOSTEL OWNER – Keith Shaw, Monson, Maine

BEST HAMBURGER – White House Landing, 100 Mile Wilderness

BEST OVERALL SERVICE ON THE AT – The current version of Shaw’s Boarding House, Monson, Maine

BEST CHEESE STEAK SANDWICH – Shamrock Inn and Pub, Dalton, Massachusetts

BEST DONATION ONLY HOSTEL – Holy Family Hostel, Pearisburg, Virginia

NICEST LADY ON THE APPALACHIAN TRAIL – Maria McCabe, Salisbury, Connecticut

BEST FRENCH FRIES – Port Clinton Hotel, Port Clinton, Pennsylvania

BEST PIZZA – Manchester Pizza House, Manchester Center, Vermont

BEST SHELTER – Pierce Pond Lean-to, Maine

BEST PLACE TO HAVE A BEER – Inn at the Long Trail, Killington, Vermont

BEST AMC HUT – Mizpah Spring Hut

BEST ALL YOU CAN EAT RESTAURANT – Ming Garden, Waynesboro, Virginia

BEST PLACE TO TAKE A ZERO OFF TRAIL IN NEW ENGLAND- North Conway, New Hampshire

BEST PLACE TO TAKE A ZERO OFF TRAIL IN THE SOUTH – Roanoke, Virginia

BEST PLACE TO STAY THAT NO ONE GOES TO – Deer Head Inn, Delaware Water Gap, Pennsylvania

BEST SECRET HOSTEL- IT'S A SECRET

SEE YOU ON THE APPALACHIAN TRAIL

