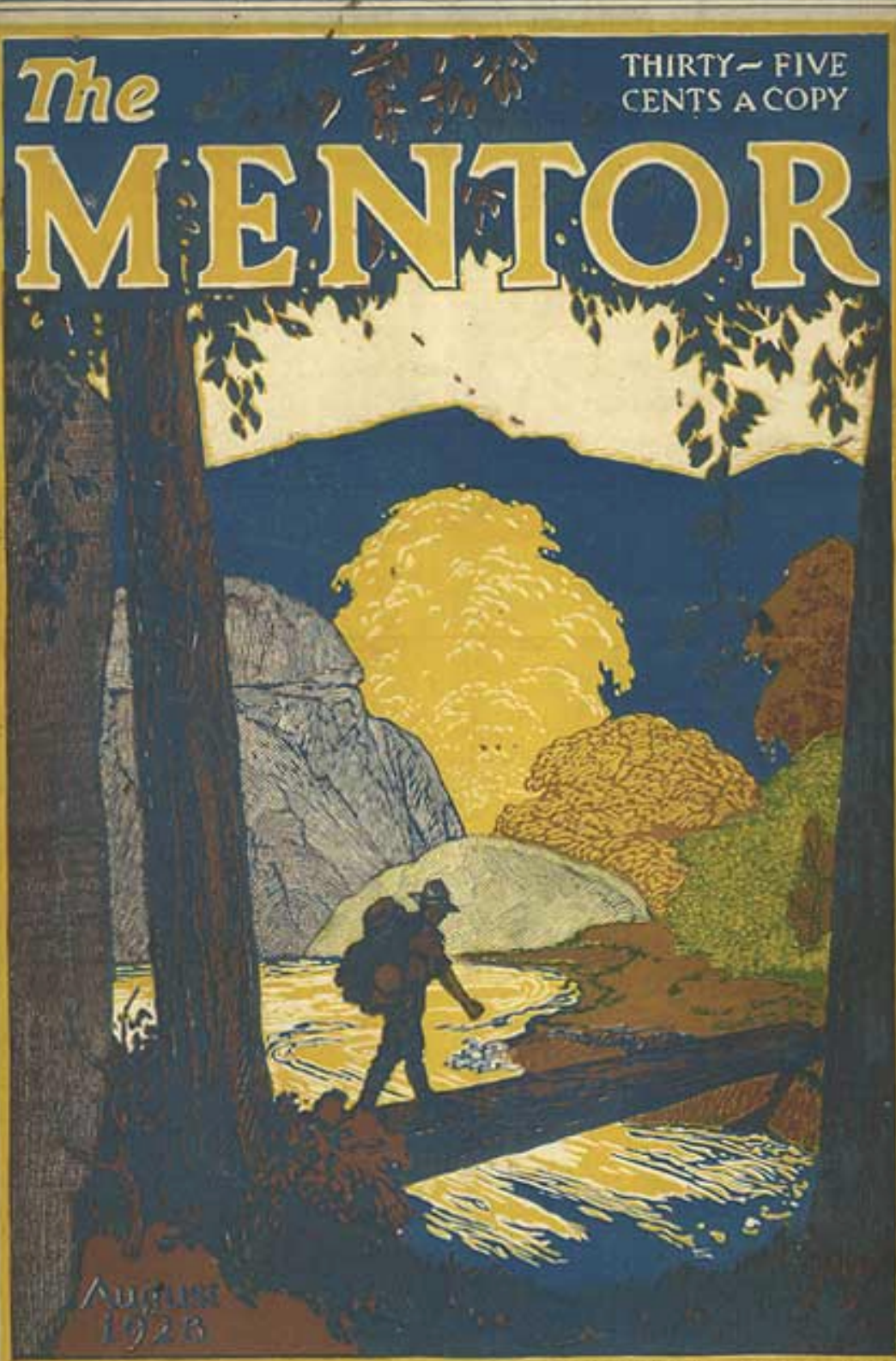


ART

The
MENTOR

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Gene Zwaan and Illustrated in Wood by Edward McCormick

THE APPALACHIAN TRAIL: FROM WHITE MTS. TO GREAT
SMOKIES—SOUTHERN MOUNTAINEER LIFE—*Fully Illustrated*

The APPALACHIAN TRAIL

Hiking Along the Crests of Skyland—a Pedestrian's Pathway from Mount Washington in New England to Stone Mountain in Georgia

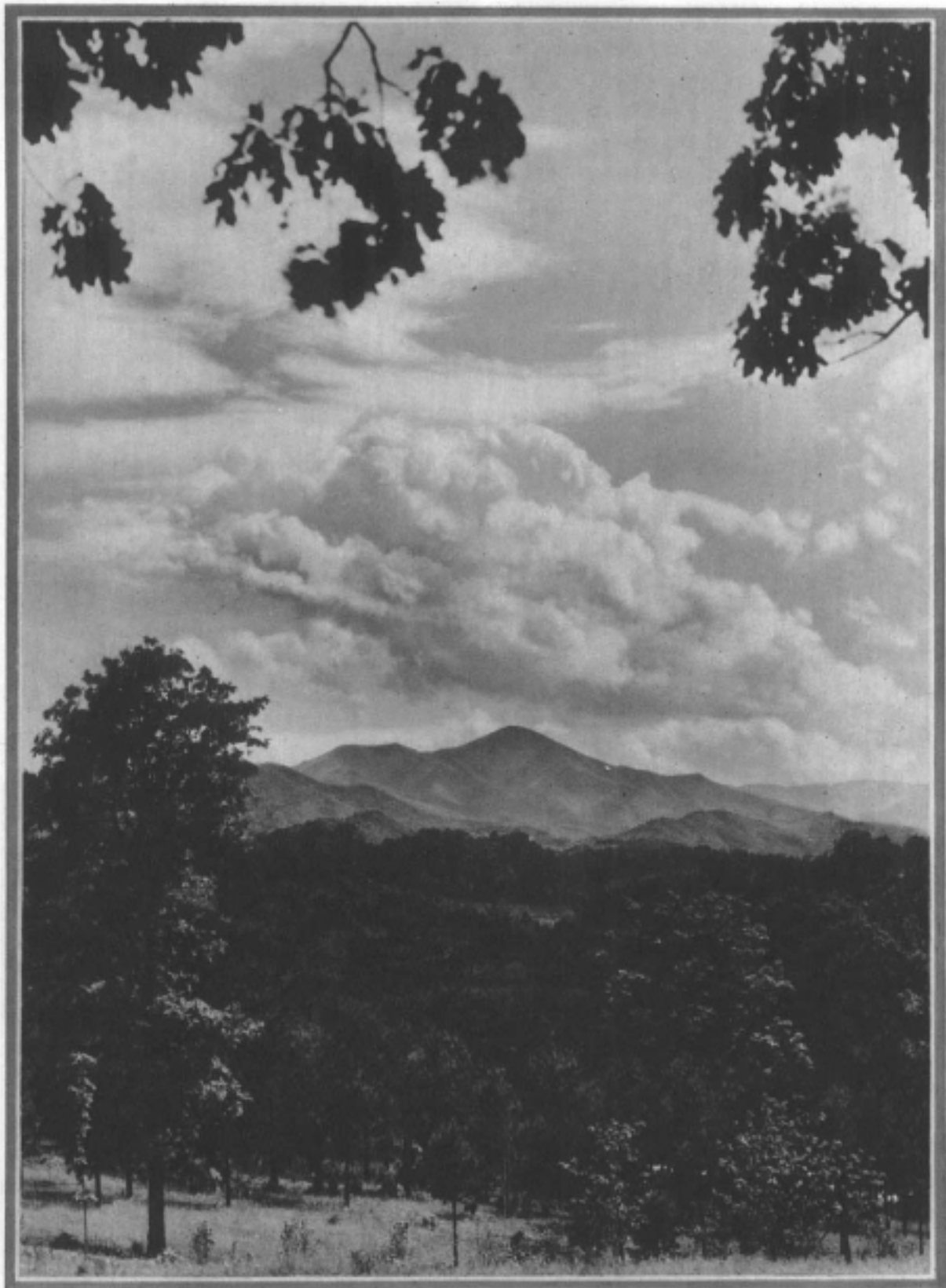
By GEORGE H. DACY



Courtesy Forest Service U. S. D. A.

Camping in Natural Bridge National Park, Virginia

WHEN you go hitting the trail in the region of the southern Appalachians, it's worth your while, if you like to camp out, to ask advice about verdant spots where the Forest Service invites you to pitch a tent and cook your food. Here is one of the camp sites in Natural Bridge National Forest in Virginia. You'll find another you may like just as much in Shenandoah National Forest, where an old log cabin serves as a shelter



Krustens View

*MOUNT PISGAH and the Rat on the
skyline at Asheville, North Carolina*

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Taking a peep at the world, from the summit of Mount Washington, New Hampshire, the take-off point of the Appalachian Trail. Its Georgian terminal is 2,000 miles south

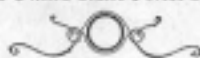
The APPALACHIAN TRAIL

By GEORGE H. DACY

PRINCELY path of Pedestrianism, the great Appalachian Trail, one of the world's longest improved "walkways," when eventually completed will extend from the crown of Mount Washington, the highest point in New England, to the crests of Mount Mitchell, near Asheville, and to Stone Mountain, a dozen miles from Atlanta.

Overland trampers who seek renewed health and refreshed mentality by outings spent along this tortuous trail will walk close to cloudland over a considerable span of the long course. If they are marathon pedestrians and can spare the time they potentially will be able to follow a typical trampers' trail, in part well graded, from the verdant plateau of rock-ribbed Vermont to the highland empire of northern Georgia. Portions of the trail are now undeveloped and will challenge the woodcraft of experienced hikers.

Illustrated with photographs supplied by the United States Forest Service



There was an idealist, an outdoors lover, mountain climber and forestry enthusiast, a certain Benton McKaye, who dreamed a dream, and has since sought to hatch it into a reality—the Appalachian Trail. The cause that he fosters involves a stupendous amount of handwork; the forward march of the trail toward completion has necessarily been slow, for it is being financed by popular subscription.

McKaye's scheme of scouting, mapping and building a tramping trail from the Green Mountains of New England to the Great Smokies below Southern Appalachia has been championed with ardor by the leading outing and mountain clubs of New England, New York, New Jersey, Maryland, District of Columbia, Virginia and the Carolinas. The U. S. Forest Service has extended coöperation and has laid out the ever-growing systems of trails in the federal forests along the route so that they can be linked



PISGAH and Mount Mitchell Trail through Pisgah National Forest near Asheville, North Carolina

A TYPICAL trail, shown at right, through the Natural Bridge National Forest, which will be linked as a sector of the Appalachian Trail

together as components of the far-flung "A. T."—Appalachian Trail.

Romance, adventure and delightful communion with glorious nature are your constant companions on any hiking trip that would take you from one terminal of this wonder walkway to the other. The twang of pioneering perils, the lure of exploring unseen scenery, roughing it in the undefiled open country under somewhat similar conditions to those that our hardy forefathers knew so well—these are but a few of the sporting attractions of a jaunt through this hiking paradise.

It is verily "a long, long trail a-winding" from the "Old Man of the Mountains," Pinkham Notch, Glen Ellis Falls and the Crystal Cascades of the storied White Mountains to that impressive memorial commemorating the Confederacy carved on the precipitous side of Stone Mountain. You must be a real "hiker" and no "tenderfoot stroller" to negotiate such a trip. Walking at the rate of 25 miles a day, it will take you over three months to make the trip, allowing for bad weather, stopovers for sideline sight-seeing excursions, and possible accidents.

One inimitable feature of the Appalachian Trail is that it follows the wilderness highlands of the White Mountains, Alleghenies and Appalachian Mountains far from the orthodox thoroughfares of civilization. Yet, whenever the

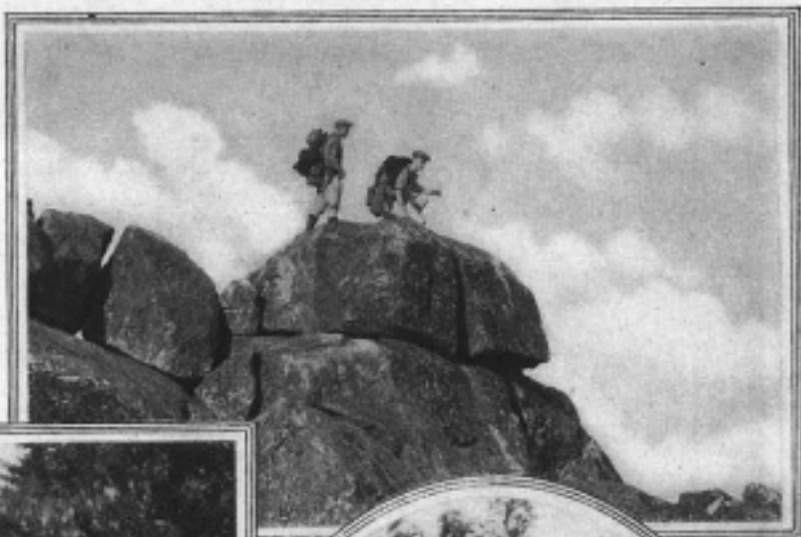
tramper runs low on supplies, or desires to purchase new equipment, he can descend from the uplands to the neighboring valleys of pastoral magnificence, where villages, hamlets and towns dot the countryside. Medical aid, hotel facilities and the other offerings of organized life are close at hand all along the elevated thoroughfare. The forest rangers in the various national woodlands through which the walkers pass are always glad to entertain visitors, and there are public camp



grounds as well as resort hotels where the walking wanderers can rest overnight if they wish.

From the pinnacle of Mount Washington, 6,288 feet in altitude, the tramper reviews superb scenes that cover a radius of one hundred miles. Within the range of his vision are 23 neighboring peaks that rise 4,000 feet or higher above sea level. The most impressive wonders are the Notches, four of which are located within the White Mountain National Forest, close to the Appalachian Trail. In Franconia Notch is that great natural curiosity the "Old Man of the Mountains." Near-by is the "Flume," a mighty

ATOP the peaks—Rough climbing along the mountain summits in the Natural Bridge National Forest. A pair of sturdy hikers holding to the heights along the route of the Appalachian Trail



A SHELTER hut in the Wild River camp ground, White Mountain National Forest. There are many camps like this along the trail where trampers may spend the night



A STIFF alpine-like climb up the rocks near Asheville, North Carolina. Opportunities for mountain climbing are numerous along the Appalachian Trail

IN NANTAHALA National Forest, North Carolina and Georgia. Trampers resting for lunch in a peaceful spot by the side of laughing waters on the Appalachian Trail



Ewing Galloway

MOUNT MITCHELL—the highest point east of the Rockies—
6,711 feet. Girl hikers are enjoying the view from Pinnacle Hill

crevice in solid rock 900 feet long and 75 feet deep. Pinkham Notch boasts lovely Glen Ellis Falls and the Crystal Cascades. Carter Notch with its twin lakes surrounded by high cliffs and alpine vegetation contains a stone hut where the mountain walker can find food and shelter.

Near North Woodstock, close to the boundary of the White Mountain federal forest, is the famous Lost River, which gushes from subterranean concealment never explored by man. The Lakes of the Clouds, 5,000 feet up, in a hollow on the Presidential Range, Echo and Profile Lakes at Franconia and the White Horse Ledge at Conway are landmarks of natural beauty. Tuckerman's Ravine with its Snow Arch, King's Ravine, the Castellated Ridge and the Giant Stairs are geological formations of particular interest to overland wanderers.

As the tramp follows the wilderness trail he may occasionally glimpse white-tailed deer and black bear in the distance, and moose have sometimes been seen. The U. S. Bureau of Fisheries operates one of its largest brook-trout egg-collecting stations at York Pond in the White Mountain National Forest.

Through New England and the North Atlantic States the Appalachian Trail follows the ridged crests far from the arterial channels of gasoline travel. Through the rugged and rolling topography of Pennsylvania, entering that state through the Delaware Water Gap, this pedestrians' path winds its meandering way along the Blue Ridge from Pottsville to Harrisburg and Gettysburg and from that battlefield southward to Harper's Ferry, where John Brown made his

contribution to American history. Pursuing picturesque highlands that overlook fertile farming valleys, the trail enters the Shenandoah Valley, where much American history was cradled.

It was in 1716 that Governor Alexander Spotswood of Virginia first led his Knights of the Golden Horseshoe over the steep slopes and tangled underbrush of the Blue Ridge to the summit in Swift Run Gap and took possession

of the great valley for King George I of England.

Governor Spotswood christened it "The Valley of the Euphrates," a name that did not last; the more musical name, Shenandoah—Daughter of the Stars—has stood the test of time and popularity. A century before the coming of Spotswood emissaries of Captain John Smith first visited the Shenandoah country and established fur trading posts where previously for 1,600 years the soft pad of moccasined feet, the cry of the loon and the thunder of passing buffalo herds were the only sounds that disturbed the wilderness peace.

Today there are 500 miles of established trails in the Shenandoah National Forest that are being dovetailed into the noted Appalachian Trail. The hiker that passes that way always visits the old fort built by John Lewis and the stone meeting house first used in 1749, the oldest church in the Valley of Virginia. George Washington surveyed for Lord Fairfax in that neighborhood long before the first guns of the Revolution were fired. Marks that Washington blazed on rocks and veteran trees are still discernible.

A sector of the "A. T." will bisect the proposed Shenandoah National Park, a 350,000-acre federal playground which will be available to 40,000,000 Americans that live within one day's motor drive of its borders. From the elevated walkway that will skirt the western flank of the Valley of Virginia pedestrians will look down during clear weather on the homes of a quartet of America's leading Presidents.

The wonderful Caverns of Shenandoah and the internationally known Caves of Luray are

sight-seeing magnets for all those that visit the Shenandoah Valley, and are located only short distances from the longest improved hiking thoroughfare in the Western Hemisphere. Following the Blue Ridge skyline—the Blue Ridge gets its name from the characteristic blue haze that envelops its high-crested summits—trampers that travel the Appalachian Trail will enter the Natural Bridge National Forest near Afton,

Virginia, after viewing the underground marvels of the Old Dominion's grand caverns and grottoes. The Natural Bridge of Virginia, one of the seven scenic wonders of these United States, is yet another inspiring spectacle available from the trail.

Trampers will tour the rugged terrain traveled first in 1632 by Jesuit missionaries. The travelers through this empire of the clouds can review in the misty distances a pastoral wonderland once cultivated by wealthy tobacco planters that lived in baronial splendor in spacious manor houses attended by retinues of faithful slaves. Whether your idea of a restful vacation is a quiet nap after your walking exertions under a shady tree or the thrilling excitement of a bear hunt, you can satisfy these heart desires in the Natural Bridge National Forest. There are 250 miles of connected trails. The Shenandoah and James rivers provide bass fishing as relaxation from your walking trip, while smaller streams are stocked with mountain trout. Bears, turkeys, grouse, quail, rabbits and squirrels may even dispute the right of way with you as you continue your walking adventure.

The "Peaks of Otter," by which you leave the Natural Bridge Forest, are far famed for the grandeur of the view discernible from Top Rock, 3,875 feet above sea level. Apple Orchard Mountain is another scenic attraction near the peaks. It is said that John Randolph, famous son of Virginia, once spent the night on one of the elevated pinnacles of the "Peaks of Otter," attended only by his servant. In the morning



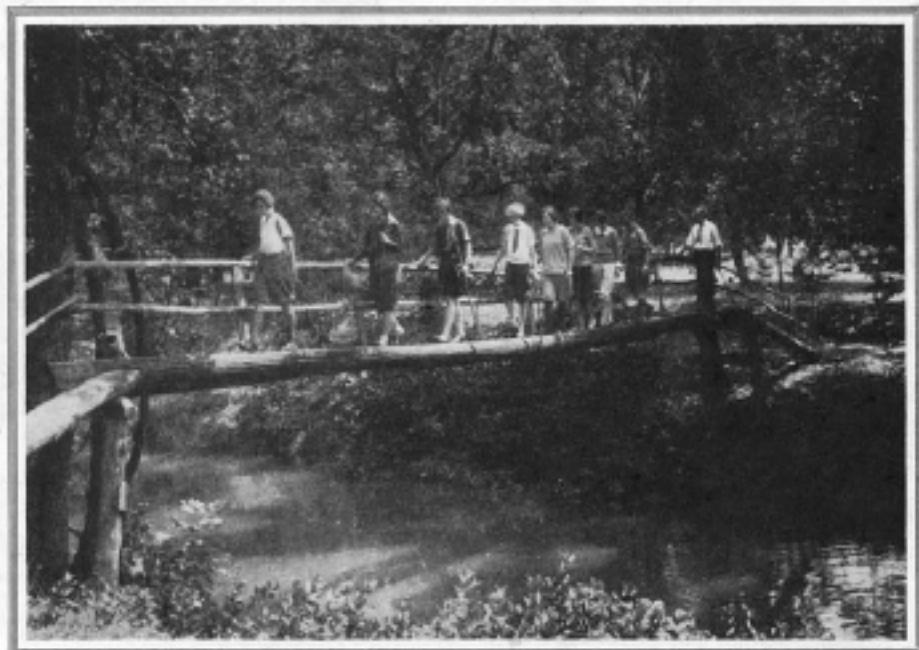
GOING IT ALONE

HIKING over our stretch of the "A. T." through the Blue Ridge country. While hiking is generally done by twos and threes or more, some like to go alone



ALL IN A DAY'S WALK

A FOOT in the Blue Ridge country, Virginia. This is not a long-distance walk, as the lack of equipment indicates. It is simply a day's jaunt along part of the trail



when he saw the sun rising above the majestic scene, Randolph turned to his servant and charged him, "never from that time to believe anyone who told him there was no God."

Shunning main highways and clinging to mountain byways, the Appalachian Trail skirts Roanoke and penetrates the rolling country of southwest Virginia, a rival in scenic simplicity to the heralded Bluegrass of Kentucky. It utilizes trails already completed in the Unaka, Pisgah, Cherokee and Nantahala National Forests in passing through western North Carolina, the oft-sung "Land of the Sky." The trail ascends to the crest of Mount Mitchell near Asheville, 6,711 feet above sea level, the highest peak east of the Mississippi. In that vicinity more than one hundred mighty mountains lift their noses to levels of 3,500 feet or more above our mean coastal waterline.

In the Unaka National Forest along the Appalachian Trail the trapper will unquestionably climb Mount Rogers and Whitetop Mountain, the two loftiest peaks in the Old Dominion, the altitude of the former being 5,719 feet. Geologists report the mountains of that neighborhood to be entirely the work of long erosion in some of the oldest rock formations in the United States. "Unaka" in the Cherokee tongue means misty or white and refers to the mountain haze and clay deposits.

Daniel Boone was the first exploring "hiker" that traversed the Grandfather Mountain country, this peak being the pinnacle of the Blue Ridge chain. Mount Mitchell in the same latitude is named in honor of Professor Elisha Mitchell of the University of North Carolina, who lost his life while ascertaining the exact elevation of that perilous peak.

Blowing Rock, on the northeastern corner of the Pisgah National Forest abutting the trail, is a bizarre rock formation jutting from the mountainside. A constant current of air blows up the face of the rock. Toss your hat into the yawning precipice and the wind will immediately cast it back in your face as you lean from the ledge.

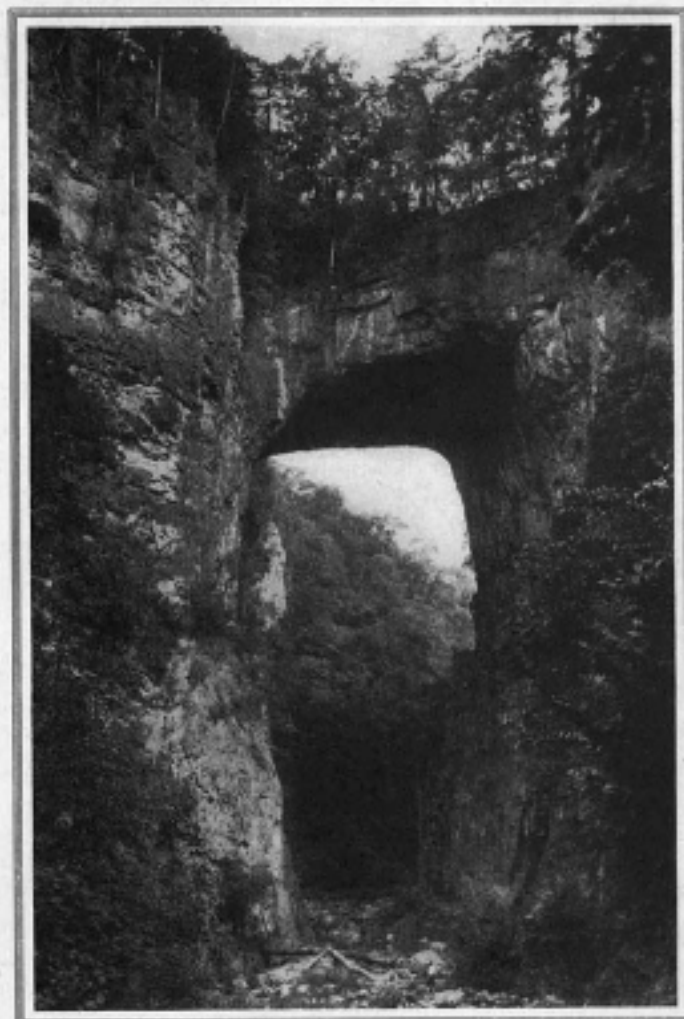
The Linville Gorge, one of the distinguished beauty spots of Appalachia, presents an endless variety of rock formation speckled with rapids and falls and is a source of wonder to all that see it. You could see much in a week riding horseback over the innumerable

trails in the Pisgah National Forest, while it would take double that time to explore them on foot.

The late George Vanderbilt developed and presented much of the Pisgah Forest to the Government. Under his supervision the original experiments in scientific forestry were begun in that woodland wilderness long before Uncle Sam established his federal forestry departments.

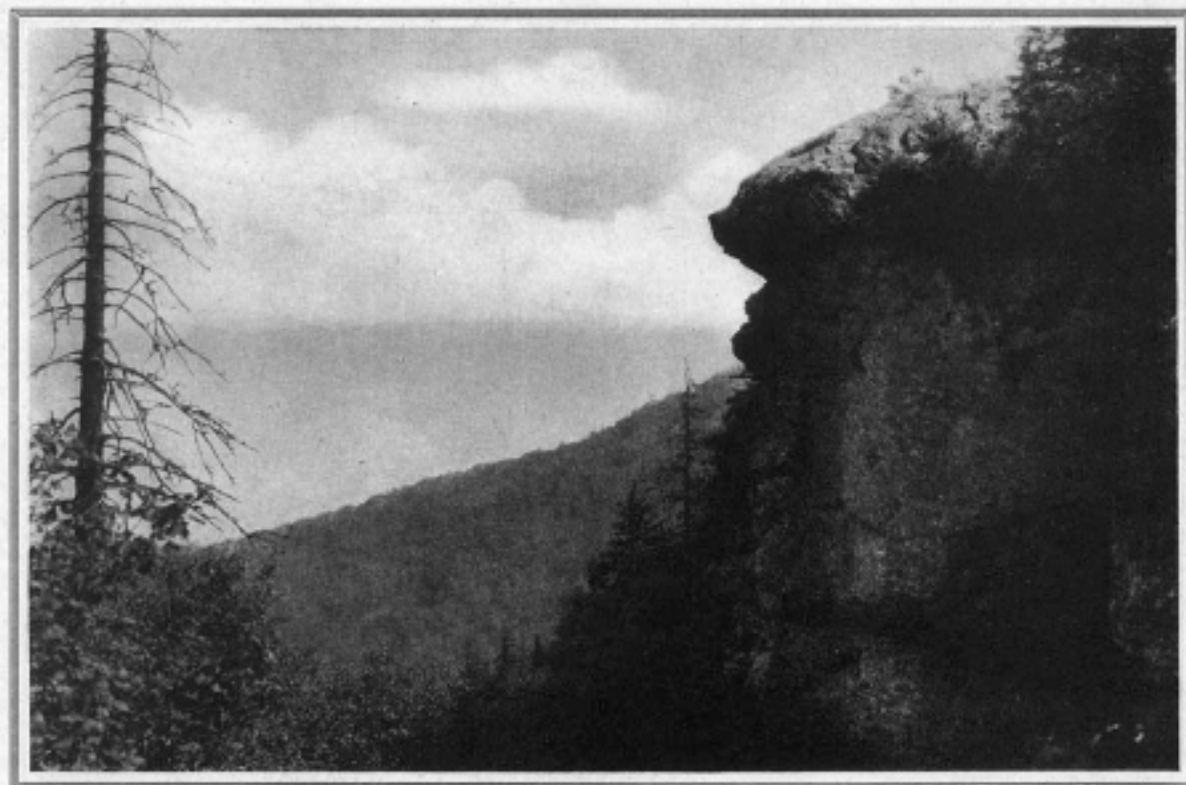
Looking-Glass Rock, a gigantic intrusive dike with sheer cliffs towering from 600 to 800 feet toward the sky, is a natural marvel; the Looking-Glass Falls, which plunge 75 feet, are the finest in that elevated empire. The falls of Paint, Buck and Upper creeks as well as the gorges of Wilson and Paint creeks are also resplendent with sightly wonders.

The Cherokee nation once possessed a great expanse of the country now visible from the Appalachian Trail during the days when Attakullakulla, the "little carpenter," reigned as



Living Gallows

N*NATURAL BRIDGE of Virginia—A fine view of the bridge from the creek bed below. The arch is 240 feet high, the span itself is 40 feet thick, leaving 200 feet in the clear. The span is 90 feet wide*



White Top Mountain near the summit. Unaka National Forest, Virginia

redskin chieftain. About one century ago the Cherokees had a well-organized civil government and abided by the laws of a special constitution. Today this tribe, contrary to the popular impression that the American Indian is a "vanishing race," is increasing rapidly in population. Haw Knoll, Oswald Dome, Big Frog and Rocky Mountains are inspiring landmarks of the Cherokee country. Three hundred miles of trails that pursue the mountain crests have been developed in the Cherokee National Forest, and are being connected with the Appalachian Trail.

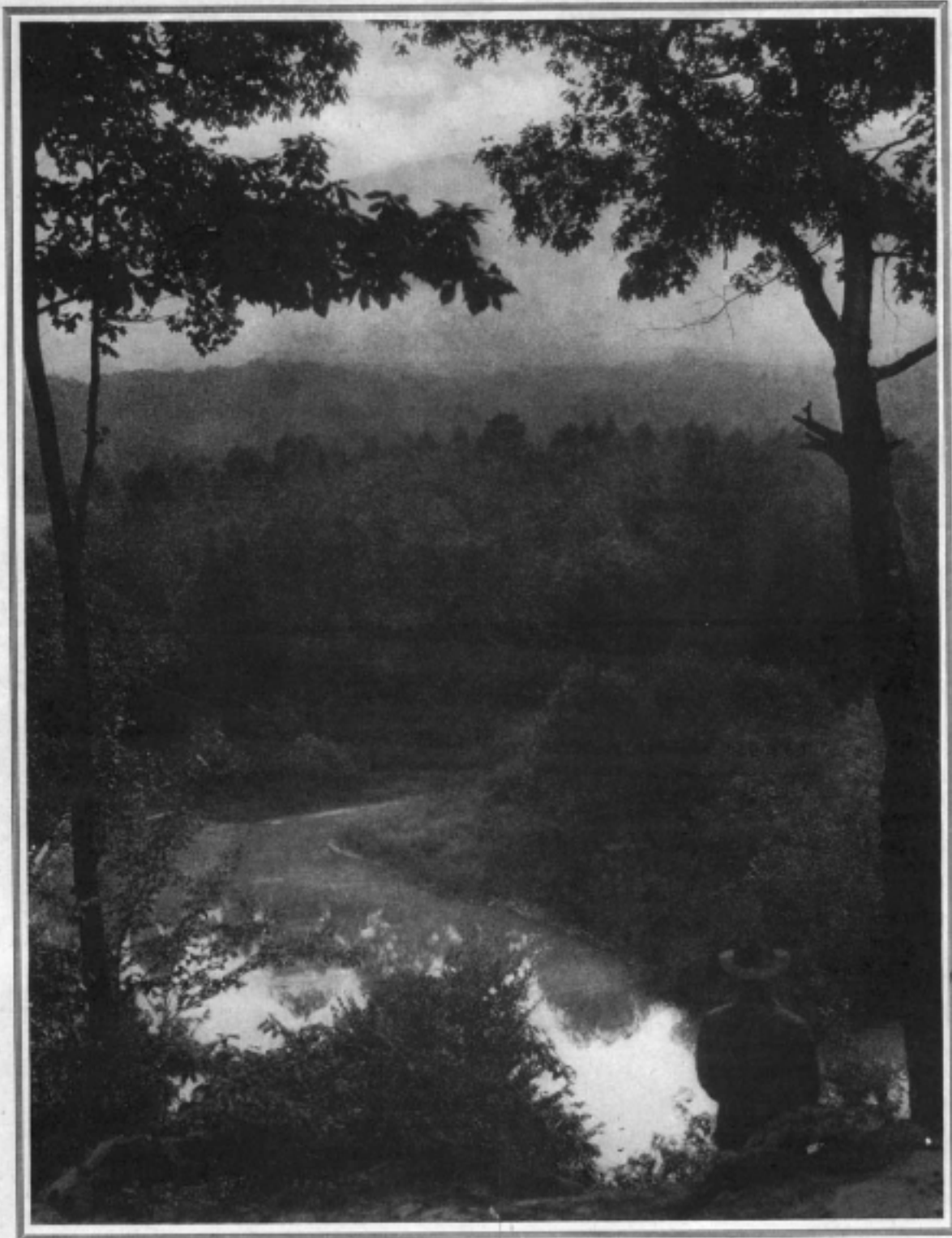
There are several Southern terminals of natural glory that will be linked together eventually by branches of the Appalachian Trail. One tributary will follow the Blue Ridge to Yonah Mountain, the terminal in the Cherokee National Forest, while the other will continue southwesterly to Stone Mountain, about twelve miles from Atlanta, where the great memorial is being carved in the mountainside.

Tramping from the northern to the southern ends of the Appalachian Trail, an overland hike of 2,000 miles, is equivalent to a round-trip journey from Washington to St. Louis. This future mecca of American trampers offers plenty of nature's best medicine for city-tired folks. Thousands of walkers now tramp portions of the Appalachian Trail. The future promises to

bring increased popularity for this outdoor sport and to distribute bands of enthusiastic pedestrians along all stretches of the trail.

As the enterprise of completing the trail is developed solely by the volunteer efforts of nature lovers its advancement toward final realization has been slow. During the last 43 years the Appalachian Mountain Club of Boston, in cooperation with the U. S. Forest Service, has developed a system of wilderness walkways in the White Mountains of New Hampshire which has been linked into the "A. T." The popular Long Trail scouted by the Green Mountain Club, which stretches from Quebec, Canada, to the northern boundary of Massachusetts, could readily be annexed as a tributary to extend the Appalachian Trail to Canada.

The Committee on Community Planning of the American Institute of Architects has supported Benton McKaye's pet hobby from the time of its inception, while the New England Trail Conference, a federation of 30 outdoor clubs, has built several hundred miles of the Appalachian Trail. The outing clubs of Dartmouth and Williams Colleges and Norwich University have also aided the cause. At present the "A. T." is practically completed through New England and New York State except for signposting the pathway with appropriate mark-



Thunder Hill Mountain, Natural Bridge National Forest, Virginia

ers. The Palisade Interstate Park Trail Conference has built 100 miles of the trail through the Palisades Interstate Park, while Boy Scouts of that vicinity have contributed another 40 miles of completed trail to the system. Much

scouting, survey and construction work remains to be completed in the Appalachian Mountain country before this record thoroughfare for "pedestrians only" is added as a finished feature of America's outdoor life.