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257

Ektachrome by Robert F. Slason

Appalachian Trail, Spanning 14 States, Takes Dartmouth's Campus in Its 2,000-mile Stride
Here in Hanover, New Hampshire, Dartmouth Outing Club members plan a hike in front of steepled Baker Memorial Library. The mountain footpath winds along the eastern United States skyline from Maine to Georgia.



Mile-high Mount Katahdin, Maine's Tallest Peak, Shoulders the Sky at Appalachian Trail's Northern End

"A.T." hikers climb the dark ridge (right center) for the last few miles of the long scenic route. At Katahdin's foot, canoeists float on pine-rimmed Daickey Pond. Southern terminus of the Trail is 3,290-foot Mount Oglethorpe, in Georgia.

← A Holidaying Ballerina Shows How To Cure "Hiker's Foot"

When toes and arches ache from hours on the trail, bathe them in cool mountain water, says Norma Owens, ballet dancer from Chattanooga, Tennessee. Here she sheds pack and gives herself a treatment in a rivulet near Clingmans Dome in Great Smoky Mountains National Park. Her resting spot is on a by-path of the Appalachian Trail.

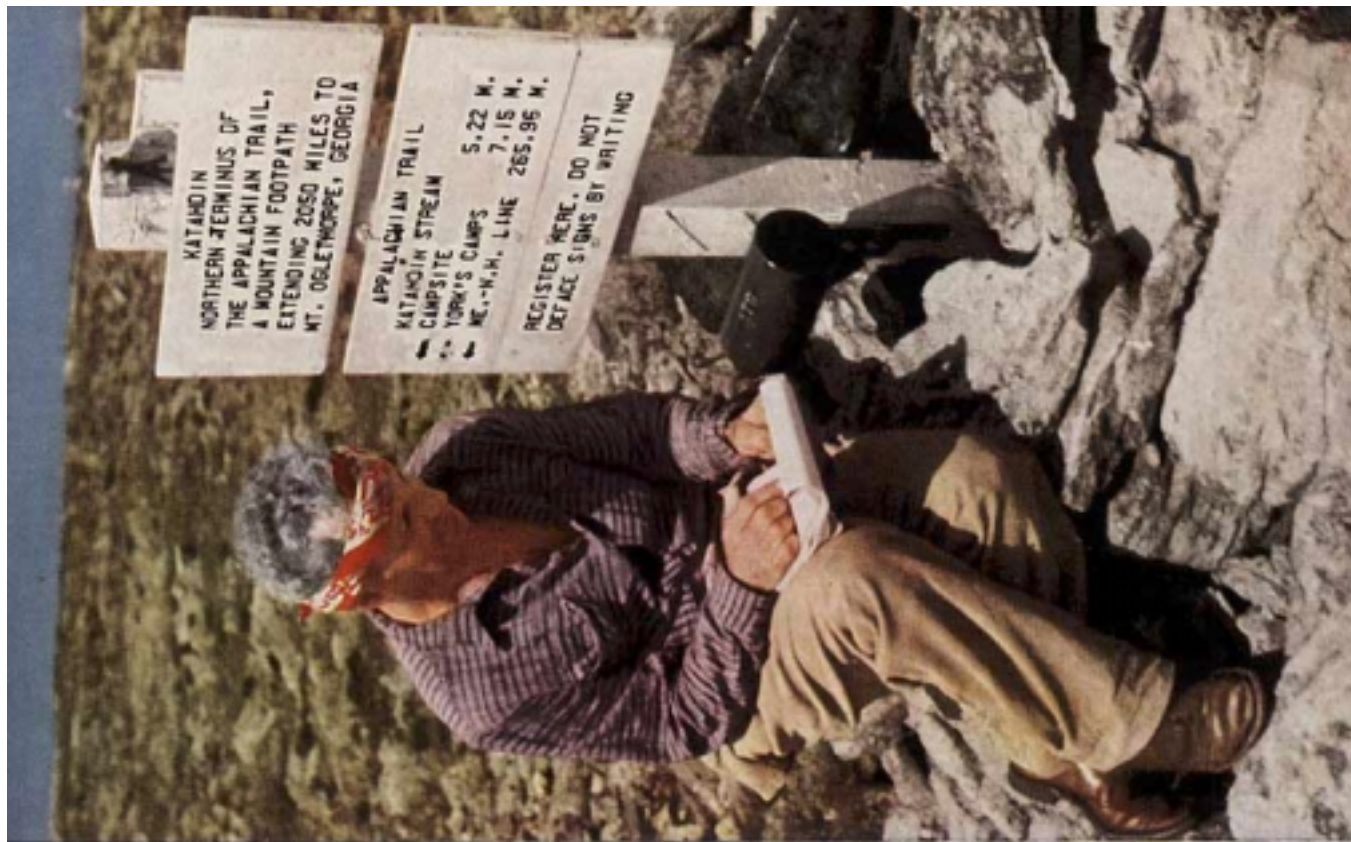
Atop Mount Katahdin → He Signs In at Trail's "North Pole"

Hiker John W. Webber adds his name to the roster kept in a tin can at one terminus of eastern America's mountaineering footpath. Katahdin's crown is a rocky wasteland; split stones brace the post topped by a sign bearing the A-over-T insignia of the Appalachian Trail. From this point climbers look down upon a wide Maine panorama splashed with dozens of lakes and ponds (page 238).

The A.T. is maintained by 26 hiking groups, members of the Appalachian Trail Conference, in cooperation with State and Federal park and forest services. Many private landowners help keep the Trail marked and cleared.

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Kodachromes by Robert F. Elson





Cog Railway, Toll Road, and Foot Trails Cross a Rocky Wilderness to Reach Mount Washington's Summit

Here a train puffs like a teakettle up the north slope of the Presidential Range's monarch. Automobiles use the "Carrage Road" (right). Hikers are warned against fierce storms sweeping the New Hampshire peak even in summer (page 243). Beyond Great Gulf (center) loom, left to right, Mounts Jefferson, Adams, and Madison.

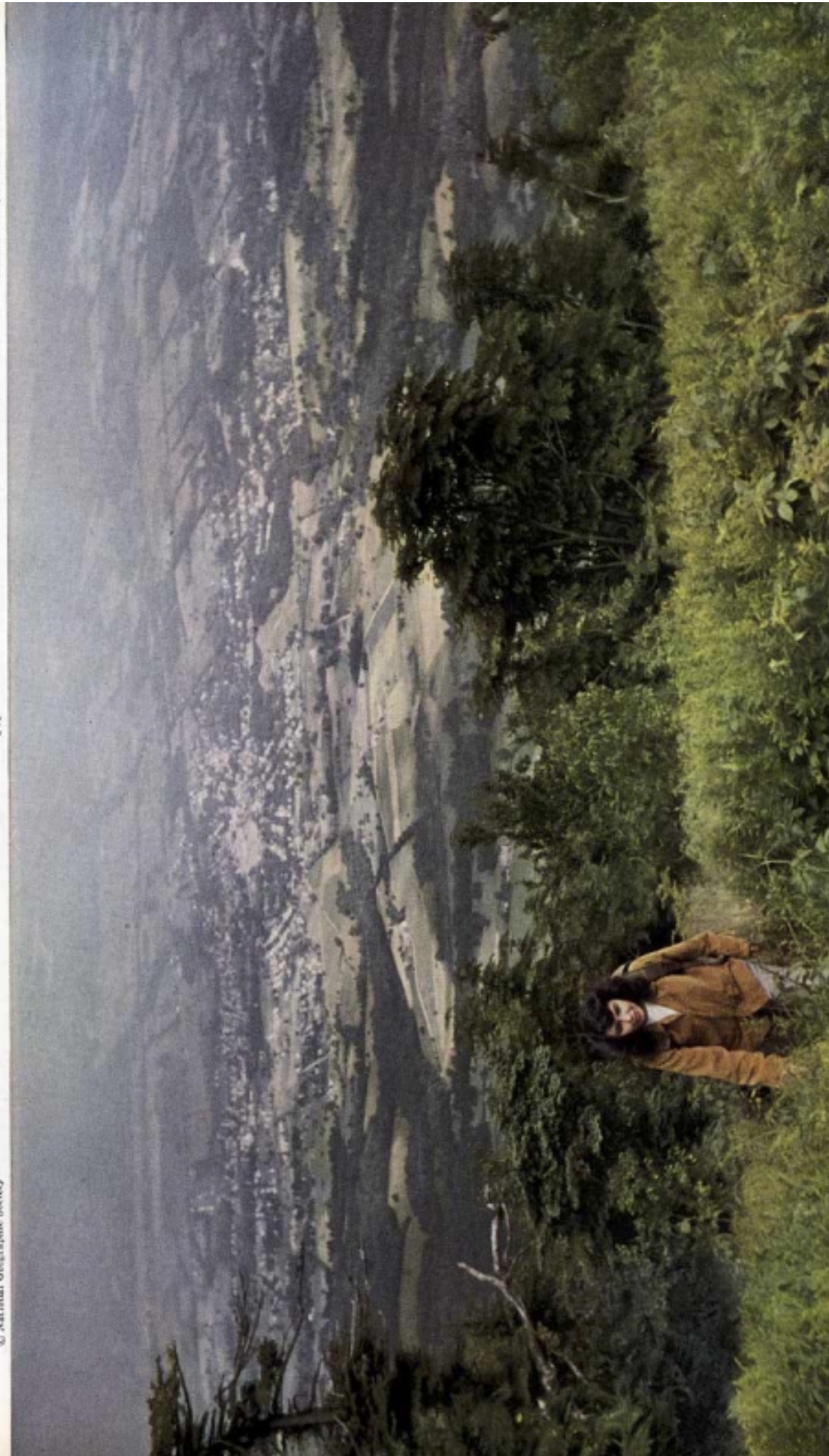
Far Below and Forgotten Lie Town and Everyday Troubles. Ahead Is High Country—Clean and Carefree!

Up Mount Greylock climbs a girl to join the Appalachian Trail. Below lies the Massachusetts paper and textile town of Adams, named after Revolutionary statesman Samuel Adams. Thunderbolt Ski Run, one of the steepest in the East, drops 2,060 feet down Greylock in 1.55 miles. From the summit five States are visible.

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241

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"The Mill Goes Toiling Slowly Around with Steady and Solemn Creak . . ."

These A. T. hikers visit the Elias Mabry Mill near Galax in the Virginia Blue Ridge. Grist- and saw-mills, wheelwright and blacksmith shops shared the buildings. The mill was restored in 1942.



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243

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Treeless Slopes Dwarf Lakes of the Clouds Hut; Yet It Can Shelter 80 Guests

The summit of Mount Washington (upper right) is the tiptop of New England—6,288 feet above the sea (page 240). Some of the world's worst weather buffets the peak in winter; its Observatory timed a gust of 231 miles per hour!



Atop Old Rag Mountain, in Virginia's Shenandoah National Park, Climbers Find Boulders Big as Houses

Hikers' Appetites Need No Whetting. All Hands Pitch In To Cut Short the Time till "Soup's On!"

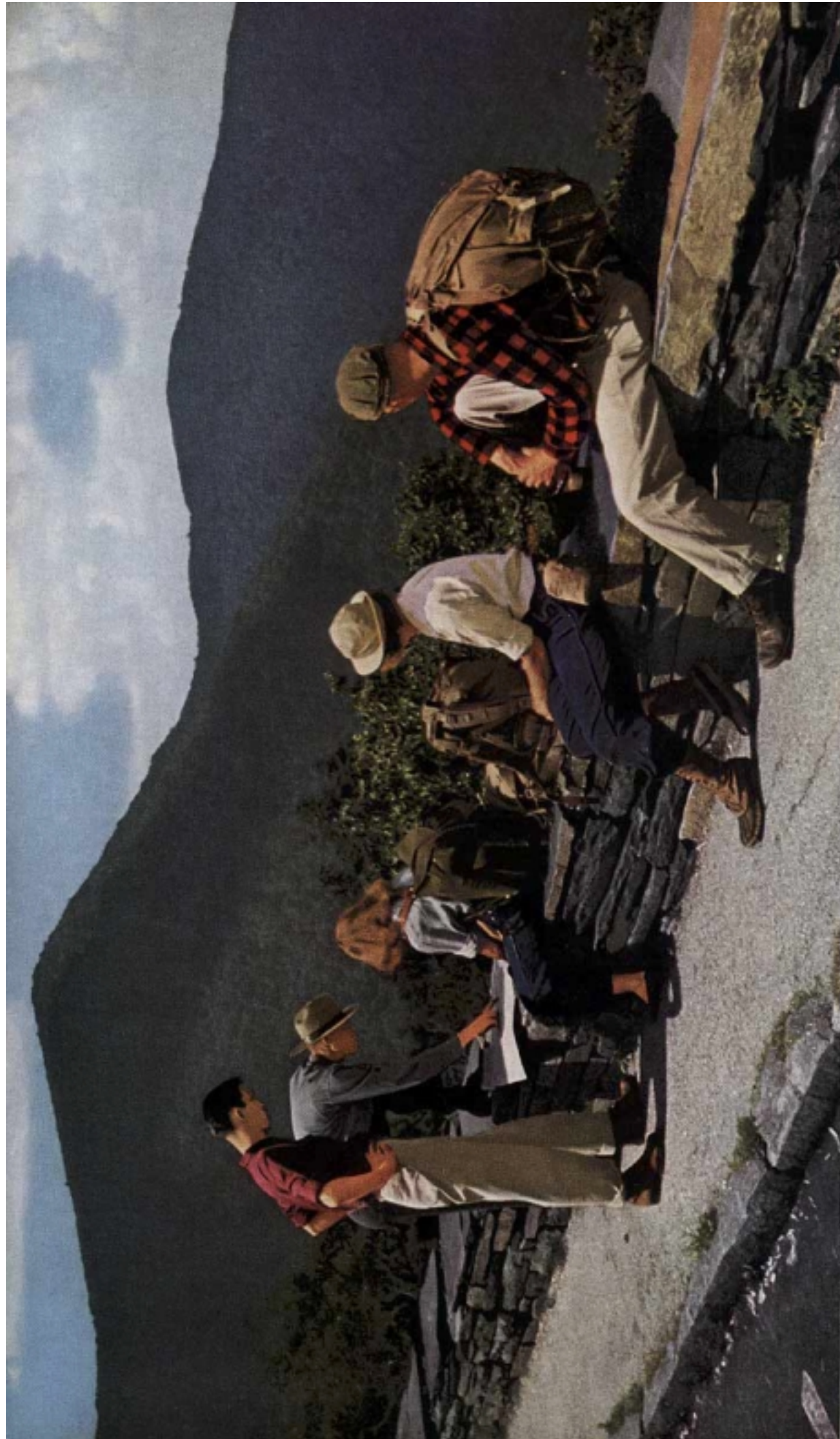
Trail walkers have moved in for the night at Old Rag Lean-to, built of squared native chestnut logs at 2,000 feet on Old Rag Mountain.

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245

Kodachrome by Robert F. Blissen





Says the Park Ranger: "It'll Be a Warm Pull over the Shoulder of Hawksbill, but There's Cool Water up at Rock Spring"

The ranger points on the map to a path over Hawksbill Mountain (left), highest point in Shenandoah National Park. These hikers have come by car to Crescent Rock Overlook on the Skyline Drive near Luray, Virginia. Like the Drive, the A. T. follows the Blue Ridge crest.

Kocherwino by Robert F. Sloan



← What Could Be Better
than Corn Fresh from
Trailside Field?

True Miller plays a hot ear like a harmonica during a noontime halt near Smart View Park, Virginia. Feasting on fresh vegetables bought from farmers along the way is one of the delights of Appalachian Trail hiking. But hikers on long trips are advised to carry their own food. Appalachian Trail handbooks recommend precooked and dehydrated foods, because of their light weight. With full provisions for a week's trip, packs of a two-person expedition should not weigh more than 35 pounds apiece, say the experts.

Witch Hobble Berries →
Taste Like Dates
or Raisins

But the pits are so large there's only a nibble of flesh in each shiny fruit. Drooping branches of the shrub (also called "hobblebush") often dip to the ground and take root, forming loops that trip the passer-by. Witch hobble's white blossoms bloom in May; the fruit ripens in August. Norma Owens admires a plant growing near the summit of the Great Smoky Mountains on a trail near Clingmans Dome.

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Color Floods the Blue Ridge Forest When Rhododendrons Burst into Bloom

In June rhododendrons (*Rhododendron catawbiense*) stage their annual show on slopes above Camp Kewanee, near Virginia's Natural Bridge. This species has been widely transplanted to city parks and gardens.



Lustrous Evergreen Leaves Give a Rich Setting to the Showy Flowers

Members of the Natural Bridge Appalachian Trail Club rest in a blossom-hedged glade while the leader pulls a thistle from his thumb. The Catawba rhododendron is one parent of many ornamental hybrids.



Near Flattop Mountain, in the Virginia Blue Ridge, the Trail Passes Through "Feudin'" Country

Here a mountain man, with his "houn' dawgs," looks down upon Zeddie Morris's house and corn patch. Rusty tin roof contrasts strangely with the old cabin's weathered timbers and field-stone chimney. In such remote "hollers" live descendants of early homesteaders who sometimes settled differences with gunplay.

In the Great Smokies They Ride Through Acres of Flame Azalea

Even near the top of Gregory Bald, almost a mile above sea level, spring warmth sets the Tennessee-North Carolina border highlands afire with these brilliant relatives of the rhododendron.

The Appalachian Trail was planned for hiking rather than riding, but many sections may be reached by excellent bridle paths. This mounted-party rode up from Fontana Village, a recreation center on Fontana Reservoir.

Abundant rainfall and dense forest turn the Great Smokies into a natural "sponge." Down their slopes and from hidden reservoirs within the earth pour millions of tons of water into the Tennessee Valley Authority's man-made lakes. In this botanist's paradise grow more than 1,500 kinds of shrubs, trees, and flowering herbs. Great Smoky Mountains National Park alone counts more species of native trees than all Europe. Nature students have identified more than 1,700 species of fungi, 350 mosses and liverworts, and 250 lichens. Through the wilderness wander mammals, ranging from big black bears to shrews smaller than mice.

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