

The Appalachian Trail

A 2174-mile trek across the United States, the Appalachian Trail is a memorable part of American outdoor recreation. The trail, completed in 1937 as a part of the National Park System, runs through fourteen states along the Appalachian mountain range, beginning at Mount Katahdin in Maine and terminating at Springer Mountain, Georgia. It is maintained by the National Park Service, USDA Forest Service, various state agencies, the Appalachian Trail Conservancy, and 31 local Trail-maintaining clubs.

A estimated 2-3 million people visit the trail every year and 1,800-2,000 people attempt to thru-hike the trail. Thru-hikers cover the entire trail in one continuous journey, most frequently from South to North starting in the spring.

On July 31, 2011, Jennifer Pharr Davis set the record for fastest thru-hike, covering the distance in 46 days, 11 hours, and 20 minutes. She broke Andrew Thompson's previous record of 47 days, 13 hours, and 31 minutes, established in 2005. Davis, the first woman to snag the unofficial title, averaged 47 miles per day on the trail.

The Appalachian Trail is enjoyed by all, whether for speed or for a more comfortable pace. Regardless of the pace, frequent stops are necessary for supply runs, scenic views, and the occasional hot shower. Over 250 three-sided shelters exist on the Trail, maintained by local Trail clubs and volunteers.



Legend	
	Trail
	River
	Lake
	Forest/Park
	Urban Area
	50-mile marker
	Mountain Peak
	Town
	Shelter

