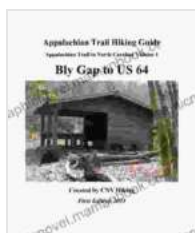


The Appalachian Trail in North Carolina: A Detailed Guide to Hiking Bly Gap to US 64

The Appalachian Trail (AT) is a legendary long-distance hiking trail that spans over 2,190 miles from Georgia to Maine. It passes through 14 states, including North Carolina, which boasts over 300 miles of the trail.

One of the most popular sections of the AT in North Carolina is the stretch from Bly Gap to US 64. This 20-mile section is known for its scenic beauty, challenging terrain, and historical significance.

In this guide, we will provide you with all the information you need to plan your hike on the AT from Bly Gap to US 64. We will cover mileage, elevation gain, points of interest, and more.



Appalachian Trail in North Carolina Hiking Guide - Bly Gap to US 64 by Jessie Ash

★★★★★ 5 out of 5

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The distance from Bly Gap to US 64 on the AT is 20.1 miles. The total elevation gain for this section is 5,240 feet, making it one of the more

challenging sections of the AT in North Carolina.

The elevation profile of this section is a series of ups and downs, with several steep climbs and descents. The highest point on this section is Standing Indian Mountain, which is 5,376 feet above sea level.

There are several points of interest along the AT from Bly Gap to US 64, including:

- **Standing Indian Mountain:** The highest point on this section of the AT, Standing Indian Mountain offers stunning panoramic views of the surrounding mountains.
- **Wayah Bald:** A large, open grassy bald with 360-degree views of the Nantahala National Forest.
- **Nantahala River:** A scenic river that flows through the Nantahala National Forest.
- **Nantahala Gorge:** A deep gorge with sheer cliffs and cascading waterfalls.
- **US 64:** The end point of this section of the AT, US 64 is a major highway that connects Franklin, North Carolina with Gatlinburg, Tennessee.

There are several designated campsites along the AT from Bly Gap to US 64, including:

- **Standing Indian Shelter:** A large shelter with a fireplace and privy.
- **Wayah Bald Shelter:** A large shelter with a fireplace and privy.

- **Nantahala River Shelter:** A small shelter with a fireplace and privy.

Camping is also permitted in designated backcountry campsites along the AT. However, it is important to follow Leave No Trace principles and pack out all of your trash.

There are several water sources along the AT from Bly Gap to US 64, including:

- **Standing Indian Mountain:** There is a spring near the summit of Standing Indian Mountain.
- **Wayah Bald:** There is a spring near the top of the climb to Wayah Bald.
- **Nantahala River:** The Nantahala River is a reliable water source throughout this section of the AT.
- **Nantahala Gorge:** There are several waterfalls and streams in Nantahala Gorge that can be used as water sources.

It is important to treat all water sources before drinking it.

There are no resupply options along the AT from Bly Gap to US 64. However, there are several towns near the trail where you can resupply, including:

- **Franklin, North Carolina:** A small town located 12 miles from Bly Gap.
- **Highlands, North Carolina:** A small town located 10 miles from US 64.

It is important to plan your resupply stops in advance, as there are no services along the trail.

A permit is required to hike the AT in North Carolina. Permits can be obtained online or at the Appalachian Trail Conservancy headquarters in Harpers Ferry, West Virginia.

There are also several regulations that apply to hiking the AT in North Carolina, including:

- Camping is only permitted in designated campsites.
- Fires are only permitted in designated fire rings.
- All trash must be packed out.
- Dogs are not permitted on the AT in North Carolina.

The Appalachian Trail from Bly Gap to US 64 is a challenging but rewarding hike. With its stunning scenery, challenging terrain, and historical significance, this section of the AT is a must-do for any hiker.

By following the information in this guide, you can plan your hike and make the most of your experience on the AT.



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Gap to US 64 by Jessie Ash

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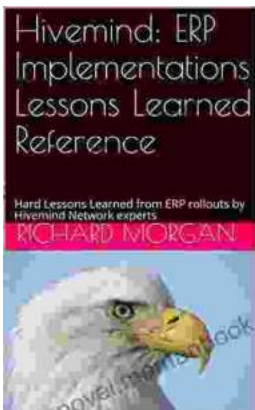
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