

Resupply Strategy for Long Distance Hikers

Food, Bunkhouses, Hostels, Cold Beer, Air Conditioning, Electricity, Showers and more.....

The following is a list of services along or near the trail. Our list includes everything from lodging to places to eat, resupply locations and much more. The list below does include contact information, but because phone numbers, website links and email addresses often change, we cannot guarantee our information is up-to-date. The Benton MacKaye Trail Association is constantly working to identify businesses and services along or near the trail that may enhance your hike experience.

As you plan your thru-hike on the Benton MacKaye Trail please consider doing the following:

- Obtain the [Benton MacKaye Trail Thru-Hikers Guide, 2020-21](#) Edition by SGT Rock & Kanga, available at the [Benton MacKaye Trail Store](#).
- [Sign Up](#) for Benton MacKaye Trail News, Updates and Announces.
- Join the Benton MacKaye Trail Association. [Membership Information Here](#).
- Volunteer on a Trail Work Day. Volunteer Information [Here](#).
- Check for the latest trail conditions [Here](#).
- Contact in advance, each business you plan to rely on during a hike and be aware that some businesses are seasonal while others have limited off-peak hours of operation.
- Be sure to confirm necessary details such as shipping address, operating hours, services and supplies available as well as the payment methods accepted.
- So that future hikers also will be welcome, show your appreciation and be polite and respectful toward these service providers.
- To help us keep our information up-to-date, please [contact us](#) with any corrections, additions or suggestions.

MAIL DROPS

Mail drop packages should have the hiker's name and "Please hold for BMT Hiker" written clearly on the package. Many establishments will ask you to write your estimated date of arrival on the package as well. You should be prepared to show a picture ID to claim the "drop boxes". For complete details on mailing packages for resupply, see page 11 in the [Benton MacKaye Trail Thru-Hikers' Guide, 2020-21 Edition](#) by SGT Rock & Kanga available at the [Benton MacKaye Trail Store](#).

The Pacific Crest Trail Association has excellent information on planning for resupply – see link below.

[Pacific Crest Trail Association resupply recommendations](#)

Note:

- Mileages are given from the southern terminus at Springer Mountain and assume northbound travel, toward Big Creek. References to “right” or “left” at crossroads use this convention.
- Use caution when traveling by foot along any developed road.
- Mileages are from the [2017 Benton MacKaye Trail Data Book](#) available in our [Trail Store](#). You can hike with the Data Book and the information on this page, or you can get the [BMT Thru-Hikers’ Guide](#) that has this information listed and also is available through the [Benton MacKaye Trail Store](#).
When two or more access points are listed for the same resource, the preferred one is asterisked (*). Ex: The Coker Creek Welcome Center and Post Office can be accessed at mile 123.6 (via TN Hwy 68) or at mile 128.3 (via the Unicoi Turnpike Trail and / or Joe Brown Hwy). The mile 128.3 access point is preferred because it is closer (and downhill!). Consequently, it is asterisked.
- LT = Long Term supplier
- ST = Short Term supplier

SERVICES AT MILE 18.5, GEORGIA HWY 60, SKEENAH CREEK

Campground with rooms

Skeenah Creek Campground

20 Skeenah Gap Road, Suches, GA 30572

(706) 838-5500

Email: acamping@etcmail.com

Directions: Turn left on Hwy 60 (southbounders turn right) and walk 0.5 mile

Services: Camping, rooms, hot showers, laundry, vending machine and phone. Please contact them directly for current rates. They do not accept credit cards.

Facebook at [Skeenah Creek Campground](#)

SERVICES AT MILE 37.5, SHALLOWFORD BRIDGE AT ASKA ROAD

Restaurant

Iron Bridge Café and General Store

8436 Aska Road, Blue Ridge, GA. 30513

(706) 632-4700

Email: IronBridgeCafe@gmail.com

Directions: Located on the BMT. The store is across from the Shallowford Bridge on Aska Road at mile 37.5 from the Springer Mountain trailhead.

Services: The café, serves breakfast and lunch. It is open Tuesday through Thursday (8 AM — 6 PM), Friday and Saturday (8 AM — 7 PM) and Sunday (8 AM — 3 PM).

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SERVICES AT MILE 46.6, WEAVER CREEK ROAD

Bed and Breakfast

Aska Lodge B&B

178 Calen Drive, Blue Ridge Georgia 30513

(706) 632-0178 / Text: (813) 477-7320

Directions: 2.9 East on Weaver Creek Road

Services: Owners/Innkeepers Steve and Melissa Gray are ready to welcome you to the North Georgia Mountains. Check website for rates. Call in advance to book. Mail drops are accepted for hikers staying overnight and shuttle to town for resupply. All rooms have a private bath, mini-fridge and secure WiFi. A full sit-down breakfast is included. No pets or smoking please.

SERVICES AT MILE 49.6 APPALACHIAN HIGHWAY, HWY 76, GA 2, 5 AND 515

Various services in **Blue Ridge, GA** (4.5 miles to right) A small town that has most things a hiker may need. The two “outfitters” in town are clothing stores.

US Post Office

273 Orvin Lance Drive, Blue Ridge, GA 30513

(800) 275-8777

Hours: Monday — Friday 8 AM – 4:30 PM, Saturday 9 AM — 12 PM

Medical Care

Fannin Regional Hospital

2855 Old Highway 5, Blue Ridge, GA 30513

(706) 632-3711

Directions: North 5.0 miles on Hwy76, turn left on West 1st Street and go 5.1 miles.

Lodging

Americas Best Value Inn

4970 Highway 515, Blue Ridge, GA 30513.

(706) 632-2100

No pets.

Comfort Inn

83 Blue Ridge Overlook, Blue Ridge, GA 30513

(706) 946-3333

Douglas Inn and Suites

1192 Windy Ridge Road, Blue Ridge, GA 30513

(706) 258-3600

Restaurants

Blue Jeans Pizza & Pasta

Located in Hampton Square

140 Progress Circle #1, Blue Ridge, Georgia 30513

Wednesday thru Saturday 12:00 PM – 8 PM

(706) 632-6503

Closed Sundays, Mondays and Tuesdays

Hiker's Favorite – Benton MacKaye Trail Association Business Member

The Black Sheep

Fine Dining — Located in the Historic Butt House, Circa 1914, in Downtown Blue Ridge, Georgia.

480 West Main Street, Blue Ridge, GA

(706) 946-3663

brandon@blacksheepblueridge.com

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Village Restaurant**CLOSED**

4131 East 1st St, Blue Ridge, GA 30513

All-You-Can-Eat Country Cooking

Blue Ridge, GA has numerous other restaurants including McDonalds, Dairy Queen, Waffle House, Zaxby's, Subway, Burger King, Trailer Drive In, German Bakery, Italian Market, Blue Smoke Barbecue, China 1, Mesquite Restaurant, Wendy's, Waffle King, Pizza Hut and Monte Alban Mexican Restaurant.

Groceries**Save-A-Lot Foods**

2672 East First Street, Blue Ridge, GA 30513

(706) 632-2201

L T resupply. 8 AM – 9 PM Daily

Food Lion

4295 Old Hwy76, Blue Ridge, GA 30513

(706) 258-2223

L T resupply

7 AM -11 PM Daily

Ingles Markets

5679 Appalachian Hwy, Blue Ridge, GA 30513

(706) 632-8060

Departments: Ingles Gas Express · Ingles Pharmacy · Redbox · Starbucks · United Community Bank · Western Union

Hours: Closes 11PM

Walmart Supercenter

97 Commerce Drive, Blue Ridge, GA 30513

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Phone: (706) 632-9500

Bakery · Deli · Garden Center · Pharmacy · Photo Center · Vision & Glasses · MoneyGram ·
Redbox · Grocery

Hours: Open 24 hours

Pharmacy

CVS

30 Orivin Lance Connector, Blue Ridge, GA 30513

(706) 632-8097

8 AM – 10 PM daily

Fannin Drugs

2680 East First Street # 107, Blue Ridge Georgia 30513 GA

(706) 632-3784

Walmart Pharmacy

97 Commerce Drive, Blue Ridge, GA 30513

(706) 761-0191

Directions: Where BMT emerges from forest and turns left onto an old roadbed, leave BMT by turning right onto Weaver Creek Road and go 3.7 miles to first stop sign (a T-intersection with Aska Road). Turn left (north) and follow Aska Road 1.0 mile to dead-end stop sign on East 1st Street. Turn left and go 0.25 mile, passing Ace Hardware Store. Turn right onto Access Road at three-way stop sign and find grocery store on right.

**SERVICES AT 49.6 MILES: APPALACHIAN HIGHWAY, HWY 76, GA 2, 5 AND 515 -- VARIOUS
SERVICES IN CHERRY LOG, GA**

Gas Station and convenience store

Restaurant

Pink Pig

824 Cherry Log Street, Cherry Log, GA 30522

(706) 276-3311

Directions: Turn left (southbounders turn right) and proceed south on 4-lane divided Hwy 515/76 a distance of 1.9 miles to access ramp on the left. (Pass Cherry Log Street at 1.1 mile; ramp is next paved road.) Proceed 300 feet down ramp to road intersection. For Pink Pig, turn left and go 0.1 mile.

Open Thursday thru Sunday 11 AM – 9 PM

Groceries

L&A Corner Grocery Store – **CLOSED**

(706) 635-8851

Directions: (2.1 miles to left), across the street from Pink Pig.

Monday — Saturday 6 AM – 6 PM. Good Grill! Friendly owners.

ST resupply possible

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Post Office, Cherry Log, GA (2.4 miles to left)
 300 Cherry Log Street, Cherry Log, GA 30522
 (706) 635-2705

Counter service Monday -Friday, 7:30 AM — 4:30 PM and Saturday 7:30 AM — 11:30 AM

Directions: Follow instructions to last road intersection for Pink Pig, above. For Post Office, turn right and go 0.4 mi to PO on left.

**SERVICES AT MILE 91.7, US HWY 64, THUNDER ROCK CAMPGROUND/OCOEE
 POWERHOUSE #3**

Camping

Thunder Rock Campground

Camping and bathhouse, locked November to March and comfort stations. Walk-in campground with tent pads, fire rings and picnic tables. Pay fee per night.

Olympic Whitewater Center

4400 Hwy. 64, Copperhill, TN 37317.
 (877) 692-6050

This is the site of the 1996 Olympic Kayak competition.

Directions: Turn right on Hwy 64 (southbounders turn left) and walk 1.1 mile to Whitewater Center on right.

Services: Pay phone, water, soda and vending machines. May be easier to find a ride from here. Closed in winter.

Ducktown, TN — Directions: 7.6 E on Hwy 64

US Post Office. (423) 496-5467.
 1656 Highway 68 Ducktown, TN 37326.
 9 AM-4 PM Monday-Friday, 830 AM-12 PM Saturday.

Lodging and Shuttle

Ducktown Copper Inn

178 5 Points Drive, Ducktown, TN
 (423) 496-5541

theducktowncopperinn@gmail.com

Directions: 7.6 miles east on US 64.

Services: Lodging and Shuttle, \$69 + tax per night. Shuttle to and from the Whitewater Center or Thunder Rock Campground for guests. Hiker box on site. Accepts mail drops sent to 178 5 Points Drive, Copper Hill, TN 37317. Pets accepted for \$10 per pet.

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Lodging

Ocoee River Inn

5082 Hwy 64 Ducktown, TN 37326
 (877) 546-2633 5082

Hwy 64, Ducktown, TN 37326.
Pet Friendly. Recently remodeled.

Pharmacy

Kimsey Pharmacy
125 Five Points Drive, Ducktown, TN 37326
(423) 496-5831

General Retail Stores

Dollar General
5084 Hwy 64 Ducktown, TN 37326
(423) 496-5009
8 AM – 10 PM Daily

Family Dollar

(423) 496-5117
125 Five Points Drive, Ducktown, TN 37326
Daily 10 AM — 8 PM.

Groceries

IGA
23 Toccoa Avenue, McCaysville, GA 30555
(706) 492-3222
3.5 miles south from Ducktown on TN68.
Monday — Saturday 7 AM – 9 PM, Sunday 8 AM — 9 PM

Camping, shuttles, small store

[Raft1](#)

4599 Highway 64 West, Ducktown, TN
(888) 723-8663

brent@raft1.com or ordusty@raft1.com

Services: Whitewater rafting company that also services bike riders and hikers. Dusty and Brent offer rafting trips and shuttles to and from Thunder Rock Campground during their season. Tent sites with showers and a small store with snacks and some food. Pet friendly. Mid-March — May and September — December. Open weekends, variable hours. Call ahead. Memorial Day — Labor Day open seven days a week 8 AM — 7 PM. May accept mail drops if you arrange ahead of time at PO Box 80722, Chattanooga, TN 37414.

SERVICES AT MILE 109.3, HWY 30 AT HIWASSEE RIVER BRIDGE

Outfitter, Rafting and Store

[Webb Brothers Store & Float Service](#) (On BMT)

Box 61, Reliance, TN 37369.
(423) 338-2373

info@WebbBros.com

Open March thru October. Business peaks on weekends, especially warm weather holidays.
Directions: Where turning Right (left for southbounders) at TN Hwy 30 on south side of the

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bridge over the Hiwassee River, walk a few paces into the store. Services: Small store, snacks, sodas, phone land line, electrical outlet. Mail Drop to store.

Hiwassee Whitewater and Flip Flop Burgers

CLOSED

179 Tellico-Reliance Road, Reliance, Tennessee 37369

(423) 338-4987, Bryan Mayhew, Owner

bmellow4vr@gmail.com

Directions: (north side of bridge over Hiwassee River)

Services: Food, burgers and beer / bunkhouse and showers

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Outfitter: Clothes and Gear

Starr Mountain Outfitters, is 12.8 miles from Hiwassee River Bridge

601 Tennessee Avenue, Etowah, TN 37331

(423) 781-7695

Services: Carries backpacks, fuel, hiking clothes, boots and shoes, hammocks, etc.

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SERVICES AT MILE 110.0, CHILDERS CREEK TRAILHEAD

Store, Deli, Cabins, Campsite

Reliance Fly and Tackle

588 Childers Creek Road, Reliance, TN 37369

Phone: (423) 338-7771

Services: Cabin, in season weekday \$75 / weekend \$100. Out of season price varies. Campsite \$25 with utilities / primitive \$15. Showers available w/overnight stay. Short term resupply, deli food, restrooms, and mail drop with stay. Call ahead.

Directions: 0.6 West on Childers Creek Road.

SERVICES AT MILE 130.1, UNICOI GAP ON TN/NC STATE LINE

Post Office, Mail Drops, Gift Shop

Coker Creek Welcome Center and Post Office (3.0 miles to left).

12197 New Hwy 68, Coker Creek, TN 37314.

(423) 261-2286

Email: info@cokercreek.org

Directions: Turn left (southbounders turn right) and follow gravel Joe Brown Hwy to intersection of TN Hwy 68. Visitor center is on corner.

Services: Call to hold mail drops. Gift shop with very limited snacks, soda machine and pay phone.

Food (in season) & shuttle services

Bill's Pit Stop of Coker Creek

12150 New Hwy 68, Coker Creek, TN 37385

(423) 261-2211

Email: billspitstop117@aol.com

Lodging

Coker Creek Village

CLOSED

12528 Highway 68 / P.O. Box 96, Coker Creek, TN 37314

(423) 261-2310 Toll Free: (800) 448-9580

Email: info@cokercreekvillage.com

Directions: 1.1 miles from Welcome Center

Services: Cabin Rentals.

Lodging and Store

Green Cove Store & Lodge

2870 River Road, Tellico Plains, TN 37385

(423)-253-2069 or (423) 252-4014

Email: greencove@gmail.com

Directions: follow Tellico River Rd 1.3 miles to Green Cove Motel.

Services: 27-riverfront rooms, in the middle of the Cherokee National Forest alongside the Tellico River. Green Cove Lodge and Store is geared for the outdoor enthusiast. Prices begin at \$69. Fire-pits, grills, and gathering areas on property. No Pets Allowed. No Smoking. No Wi-Fi. Call to hold mail drops. Limited groceries and supplies, pay phone, microwave meals and soda machines. Possible shuttle to and from Tellico Plains, TN.

Note: This area does not have cell service and there is no phone service at the Fish Hatchery. There is a pay phone at Green Cove Store and Lodge.

Tellico Plains active hikers, Rick and Brenda Harris are willing to shuttle thru-hikers to and from Tellico River Road/BMT crossing to Tellico Plains or to other nearby sites. Rick is on the Board of the Benton MacKaye Trail Association and serves as TN Maintenance Director. He knows the trail conditions well.

(423) 253-6358 or (513) 260-1184

Email: HarrisRi@aol.com

Tellico Plains is 22.9 West on TN 165/Cherohala Skyway or 19.8 West on Tellico River Road. This officially designated "Trail Town" has most services a hiker would want.

Post Office / Mail Drops

US Post Office

171 Bank Street, Tellico Plains, TN 37385

(423) 253-2218

Hours: 8:30 AM – 4 PM Monday-Friday, Saturday 9 AM – 12 PM

Tellico Plains Public Library

209 Highway 165, Tellico Plains, TN 37385.

(423) 253-6274

Hours: Monday 10 AM – 7 PM, Tuesday – Friday 10 AM – 5 PM, Saturday: 10 AM – 2 PM.

Internet access available. www.tellicolibrary.org/

Lodging

The Lodge at Tellico

9436 Highway 68, Tellico Plains, TN 37385.

(423) 253-2506.

Rooms \$99 and up. Shuttle possible. Please arrange ahead of your visit — only available 8 AM – 8 PM Laundry service available.

Restaurants

Tellicafé

128 Bank Street, Tellico Plains, TN 37385

(423) 253-2880

Email: rich@tellicafe.com

Monday — Thursday: 11AM – 8 PM

Friday and Saturday: 11 AM – 9 PM

Sunday: 11 AM – 8 PM

Iron Works Grille on the Tellico River

1641 Cherohala Skyway (Hwy 165), Tellico Plains, TN 37385

(423) 253-2373

Email: dmorris360@gmail.com

Hours: Wednesday — Sunday, 11 AM to 9 PM

Tellico Kats Deli & Cafe on the River

1829 Cherohala Skyway, Tellico Plains TN 37385

(423) 253-3411

Email: tellicokats@hotmail.com

7 AM – 4 PM Daily, Closed Tuesdays

(April 1 thru October 31)

7 AM – 4 PM Daily, Closed Tuesdays and Wednesdays

(November 1 thru March 31)

Buckets and Brews at the Outpost Pavilion at Tellico Plains

123 Main Street, Tellico Plains, TN 37385

(423) 333-6305

Hours: Closes 7:30 PM

Pharmacy

CVS Pharmacy

9170 Tennessee 68, Tellico Plains, TN 37385

(423) 253-2823.

Monday — Saturday 8 AM – 8 PM, Sunday 10 AM — 6 PM

Grocery

Save-A-Lot Grocery

9170 Hwy 68, Tellico Plains, TN 37385

(423) 253-3020
Daily 9 AM – 9 PM
LT Resupply

Dollar General
9170 New Highway 68 # B, Tellico Plains, TN 37385
(423) 253-3977

Exxon Market
450 Cherohala Skyway, Tellico Plains, TN 37385
(423) 253-6200
Monday — Saturday 5 AM – 9 PM, Sunday 6 AM – 8 PM
ST resupply and meals

BP Minimart
141 Bank Street, Tellico Plains, TN 37385
(423) 253-3303
ST resupply and meals.

Other:

Papa's Pizza to Go

Subway

Tellico Beach Drive-in

Tellico Grains Bakery

SERVICES AT MILE 180.3 TAPOCO LODGE

Food and Lodging

Tapoco Lodge

149 Tapoco Road, Robbinsville, NC 28771
(828) 498-2800

Email: info@tapocolodge.com

The Benton MacKaye Trail passes through the lodge property. Tapoco Lodge and Tavern are popular with hikers because of their amazing service, great food and especially their cold beer and pizza. Open March 1 to December 31. Inquire about room rates. Accepts mail drops if you have a reservation.

SERVICES AT MILE 190.1 SIDE TRAIL TO FONTANA VILLAGE RESORT

The Hike Inn

3204 Fontana Road, Fontana Dam, NC 28733
(828) 479-3677

hikeinn@graham.main.nc.us

Open February 15 to July 10 and September 1 to December 1. Other dates by reservation only. A hikers-only inn. Thru-hikers, **call from Toccoa for reservations**. Five rooms with max of two per room. No credit cards. Thru-hikers (check in by 4 PM, check-out 9 AM — firm), \$60 S, \$75 D.

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Rate includes shuttle to and from dam, one load of laundry. Evening shuttle to Robbinsville at 5 PM for dinner and supplies. Shuttles to / from points on the BMT extra. Call for rates. Section-hikers, \$40 S / D (room only). Packages accepted c/o Hike Inn. Mail service \$20 for non-guest. Shuttles, slack-pack, all fuels (canister included). Internet access available. Hike Inn: 6.0 miles east of the AT crossing at NC 28.

SERVICES AT MILE 195.8 ENTERING GREAT SMOKY MOUNTAINS NATIONAL PARK

Great Smoky Mountains National Park requires a permit and advance reservations for all backcountry camping in the park. Before planning your backcountry trip, please read through this important information about reservations and permits, regulations, bear safety, trail closures, and more [Learn more.](#)

SERVICES AT MILE 229.5, NOLAND CREEK TRAILHEAD, FONTANA ROAD

Bryson City, NC — 7.8 East. This is a hard hitch due to low traffic. Bryson City, NC is a bit out of the way for the BMT hiker but it is a resupply option if needed. Bryson City even offers a full-service outfitter outside the city.

Services: groceries, lodging, gear, laundry, library, meals, post office.

Post Office

130 Slope Street, Bryson City, NC 28713

Phone: (828) 488-3481

830 AM — 5 PM Monday — Friday 10 AM — 12 PM Saturday

SERVICES AT MILE 254.7, US 441, SMOKEMONT CAMPGROUND

Various services in Cherokee, NC (6 miles to right on US Hwy 441).

Do NOT mail food drops for your hike on the BMT to the Smokemont Campground!

Smokemont does have a food lock box for thru hikers.

Food drops can be left by you personally. You cannot mail them.

Notes: Cherokee, NC, is a town of moderate size with most services needed by long-distance hikers. Directions: Turn right (southbounders turn left) and find Cherokee six miles straight ahead on US Hwy 441.

Services: Post Office, hotels, grocery stores, restaurants, laundry

Post Office

US Post Office

671 Tsali BLVD

Cherokee, NC 28719

Phone: (828) 497-3891

SERVICES AT MILE 286.2, (TN HWY 32/NC 284), DAVENPORT GAP, AT INTERSECTION, BMT NORTHERN TERMINUS

Standing Bear Farm Hikers' Hostel

4255 Green Corner Road, Hartford, TN 37753

(423) 487-0014 or (423) 608-0149 (cell)

Email: standingbearian@gmail.com

Directions: From Davenport Gap and junction with the Appalachian Trail, continue North on AT for three miles until junction with Green Corner Road and small creek. Turn left and go 100 yards. We're on the right. Note: Some maps label Green Corner Road as Waterville School Road. They are one in the same. From I-40 take Exit 451 (do not cross Pigeon River). Continue through stop sign and interstate underpass. Green Corner Road. Graveled roadbed begins after underpass. We are one mile up on the right (first house) From I-40 West, take Exit 451, and turn right onto Green Corner Road.

Services: Lodging, (Bunk House \$25 per person with \$5 discount for those willing to do a few chores) See website for other lodging options) Shuttle, Kenneling, Resupply, Mail-drops as well as hammock and tent camping.