How to Thru-Hike the Appalachian Trail. Everything an aspiring thru-hiker needs to know prior to embarking on a 2,200 mile journey from Georgia to Maine. This resource is designed to help you understand everything you need to know about thru-hiking the Appalachian Trail. Here you will find information regarding the trail and the culture that surrounds it, gear talk, thru-hike preparation, hiking strategies, social etiquette, and much, much more. To skip to a specific subject of interest and for easier navigation utilize the quick links in the Table of Contents below. This page is perpetually under construction, meaning we do not expect it to ever be truly “complete.” The ways of thru-hiking the Appalachian Trail are as infinite as they are comp An Historic Accomplishment-- The First Blind Person To Hike The Appalachian Trail. According to the Washington Post, for eight months during 1990 a blind man named Bill Irwin hiked the Appalachian Trail with his guide dog, Orient helping him along the way. Dogs truly are man's best friend. #christoforouvetclinic #dog #nicosia #paws #cat #cyprus #awesome #inspiration #doglover #doglovers #lovedog #pet #petagram #petlove #petcare #carepets. The Appalachian Trail Conference (ATC) located at Harpers Ferry, West Virginia, maintains and manages the trail. Completed in August of 1937, the Trail has become known as the world's longest continuously marked footpath, and in 1968 was designated by Congress as the country's first national scenic trail. The Trail follows the crests of the Nantahala and Great Smoky Mountains of North Carolina, the Blue Ridge Mountains from North Carolina to Pennsylvania, and ends with the Berkshire Highlands and the Green, White, and Mahoosuc Mountains in New England. The ATC discourages hiking alone. Irwin's companion for the eight-month hike was a German shepherd guide dog named Orient. Hiking the Appalachian Trail offers a variety of scenery and established campsites. See our #1 guide for more details about the trail. Here you will find all of the information you need to plan for a hike on the Appalachian Trail, whether you're going for a weekend or hiking the entire trail. The Appalachian Trail offers a variety of scenery, is well maintained by volunteers, has established campsites for hikers, and is centered around a hiking community that's like no other in the world. This page contains affiliate links. It won't cost you extra, but if you buy something using our links, it will help us keep the site alive! The Appalachian National Scenic Trail, generally known as the Appalachian Trail or simply the A.T., is a marked hiking trail in the Eastern United States extending between Springer Mountain in Georgia and Mount Katahdin in Maine. The trail is about 2,200 miles (3,500 km) long, though the exact length changes over time as parts are rerouted or modified. The Appalachian Trail Conservancy describes the Appalachian Trail as the longest hiking-only trail in the world. More than 2 million people are said to