

POINTS OF INTEREST

0.0 – Parking area. This is the beginning of the Hike Inn Trail.

0.1 – Cross paved road.

0.3 – Junction of the Hike Inn Trail (lime green blaze) and the A.T. Approach Trail (blue blaze). The Hike Inn Trail diverges to the right from the Approach Trail.

0.5 – Water bars. A water bar may appear as a small ditch crossing the trail at an angle, with a bar of wood, dirt or rock on the downhill side of the ditch. Walking on the trail compacts the soil such that rain water is not absorbed. Water bars force water off the trail, preventing it from washing away.

0.9 – Vistas with log bench. Surrounding this rest point are numerous Sassafras trees. The leaves of this tree are deciduous, aromatic, and may be elliptical, mitten-shaped, or three lobed. All shapes may occur on the same tree.

1.2 – Look for trees with growths along the trail. Disease or insects can cause interesting growths, or burls, on trees and other plants.

1.9 – American Holly. The holly tree is recognized by its leathery, sharp-pointed, shiny, evergreen leaves. The leaves and red berries, which appear in late autumn, are common holiday decorations.

2.5 – Galax patch. The round, shiny leaves of the Galax plant turn reddish to bronze in winter. From May to July, small white flowers appear on a tall stalk. Galax can have a pungent odor, sometimes confused with the smell of skunks.

3.3 – Rock Cairn. One method of marking a trail is to use stacks of rocks, or rock cairns. This cairn was placed here by a trail crew when the trail route was first being determined.

3.9 – Viewpoint and rock ledge. On a clear day, hikers can see Atlanta, Stone Mountain, Sawnee Mountain and Kennesaw Mountain from this point.

4.3 – Running Ground Pine. Sometimes called “ground cedar” because of the resemblance to cedar sprigs. This small, low growing, evergreen plant is one of the club mosses, a group of plants whose fossil history dates them back to the Paleozoic Era when land plants were first appearing.

4.8 – Cove/Fire Break Trail. Start of a side trail which makes a loop of less than a mile around the Hike Inn, returning to the Hike Inn Trail at Mile 5.1, north of the Inn.

4.9 – Hike Inn entryway. From this point the trail continues north to re-join the A.T. Approach Trail.

6.0 – Blue-blazed A.T. Approach Trail. Turn left to return to Amicalola Falls, 4.5 miles; turn right to go toward Springer Mountain, 3.4 miles.

THE TRAIL ROUTE

The trail is entirely within the Chattahoochee National Forest, except for the portion on State Park land in Amicalola Falls State Park and that surrounding the Hike Inn. Although much of the way is an easy walk, there are some climbs of moderate difficulty. Lime green rectangular blazes mark the trail, which begins at the gravel parking area at the top of Amicalola Falls. From here the Hike Inn Trail joins briefly with the blue-blazed Approach Trail to Springer Mountain, the southern terminus of the Appalachian Trail (referred to as the A.T.). Lime green blazes soon diverge from blue and climb to the ridge top, where the trail meanders along, dipping down to small streams and rising to cross over more ridges, finally at five miles coming to the front door of the Hike Inn.

LOOP HIKE

Continuing north from the Hike Inn, the trail rises gradually in its sixth mile to the top of the main ridge, again meeting the Approach Trail to Springer Mountain. From here, the blue blazed trail turns left for 4.25 to return to Amicalola Falls State Park or turn right for 3.5 miles to Springer Mountain.

HIKING TIPS

- Always stay on the established trail. Vegetation off the trail is sensitive to being trampled and can be home to ticks and poison ivy.
- Leave plants and wildlife undisturbed: you are a guest in their home.
- Take nothing but pictures, leave nothing but footprints, and kill nothing but time.
- Bicycles and motorized vehicles are prohibited on the trail.

- Allow a minimum of 2-4 hours for the five-mile hike; more if you are not an experienced hiker or wish to linger along the trail.
- Be prepared for weather changes: heat, cold, rain, snow, ice, sun...
- Purify/filter water you might wish to drink from streams or springs.
- Eliminate body waste at least 50 feet from the trail and 200 feet from streams or water sources, and bury at least six inches deep. Do not leave toilet paper above ground.



Owned by the Georgia Department of Natural Resources, The Len Foote Hike Inn is operated by the non-profit Len Foote Hike Inn, Inc., an affiliate of the Georgia Appalachian Trail Club. If you would like additional information about the Appalachian Trail in Georgia or about membership: Georgia Appalachian Trail Club, Inc. www.Georgia-ATClub.org



THE LEN FOOTE HIKE INN

TRAIL MAP



Lace up your hiking boots for the five-mile trek from Amicalola Falls State Park to Georgia's only backcountry inn. Enjoy great meals, hot showers, and scenic views while learning about Georgia's natural resources.

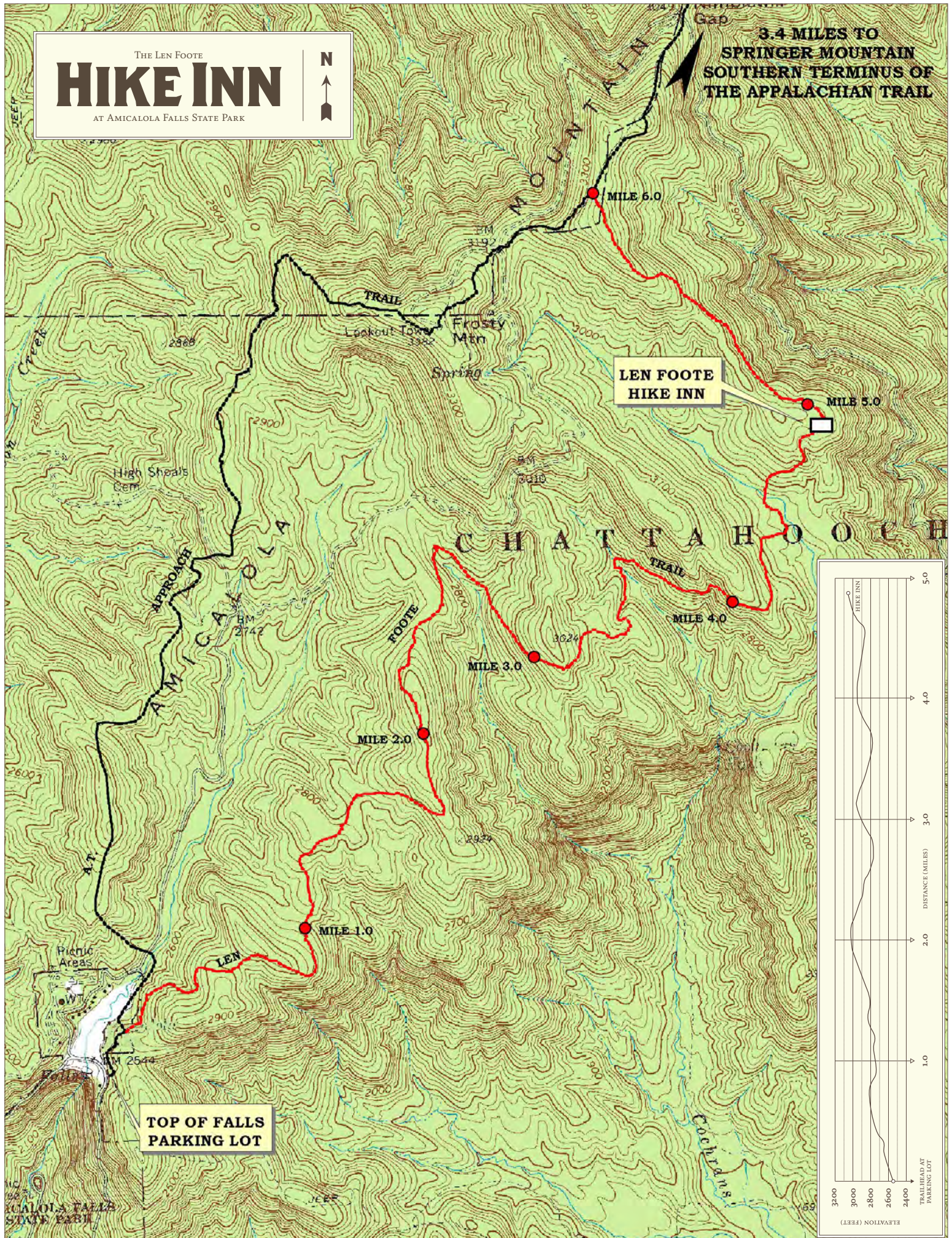
HIKE-INN.COM | 706.344.1547

THE LEN FOOTE
HIKE INN

AT AMICALOLA FALLS STATE PARK



**3.4 MILES TO
SPRINGER MOUNTAIN
SOUTHERN TERMINUS OF
THE APPALACHIAN TRAIL**



**TOP OF FALLS
PARKING LOT**

**LEN FOOTE
HIKE INN**

