A = Averaging (# of miles) per day
F = # = Days of food to carry

Direction and Timing

Ø day = Rest day
(L) = Lodging

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9 Amicola Falls F = 5 A = 12	10	11	12
13	14 Hiawassee, GA F = 6-7	15 Ø day (L) A = 13	16	17	18	19
20	21	22 F = 5 Fontana Dam NC	23 Ø day (L)	24 A = 15	25	26
27	28 Davenport Gap, NC	29 NO MAIL DROP GET A 3 DAY SUPPY	30 A = 15	31	NEXT	

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				A = 15	F = 4-5 Hot Springs Ø day (L)	2
3	4	5	6 Erwin, TN F = 3-4 A = 15	7	8	9 ELK PARK, NC (L) Ø day F = 5 A = 15
10 Ø day (L)	11 A = 15	12	13	14	15 Damascus VA F = 5	16 Ø day (L)
17 A = 15	18	19	20	21	22 Atkins, VA (L) Ø day F = 5-6	23 A = 15
24	25	26	27	28	29 (L) Ø day Pearisburg, VA F = 5	30 Ø day