

# XTREME HIKE TRAIL

Distance: 30.1 Miles

**START:** The Appalachian Trail - 19 East to Iron Mountain Gap

**Aid Station #1:** Overmountain Shelter - Yellow Mountain Gap, 9.2 miles

**Aid Station #2:** Carvers Gap, 14 miles

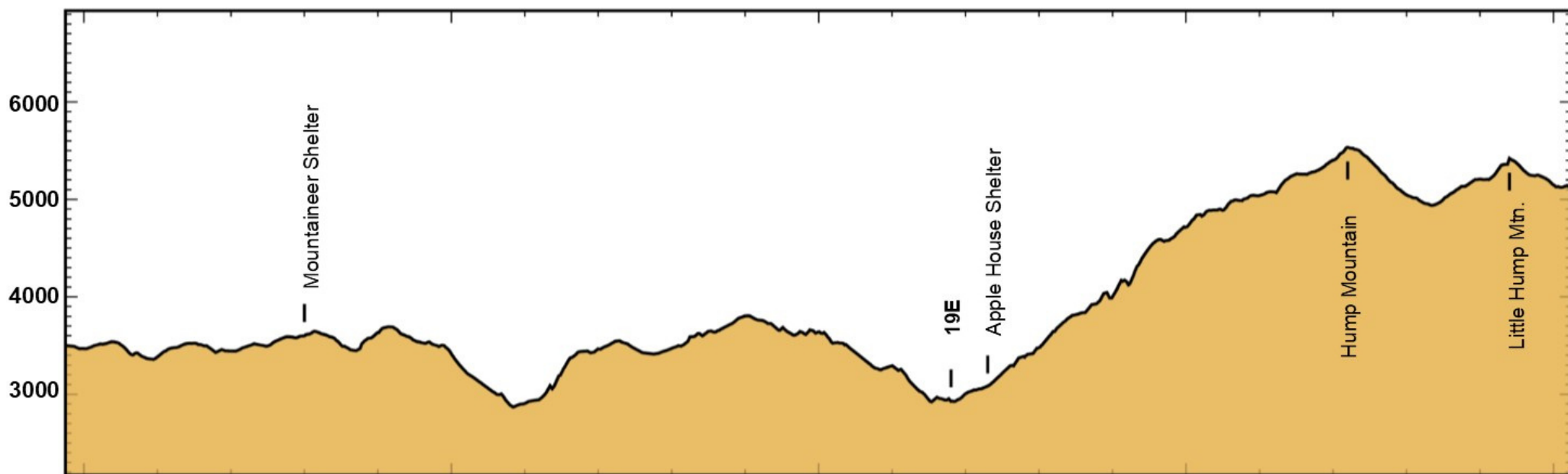
**Aid Station #3:** Hughes Gap, 19 miles

**FINISH:** Iron Mountain Gap

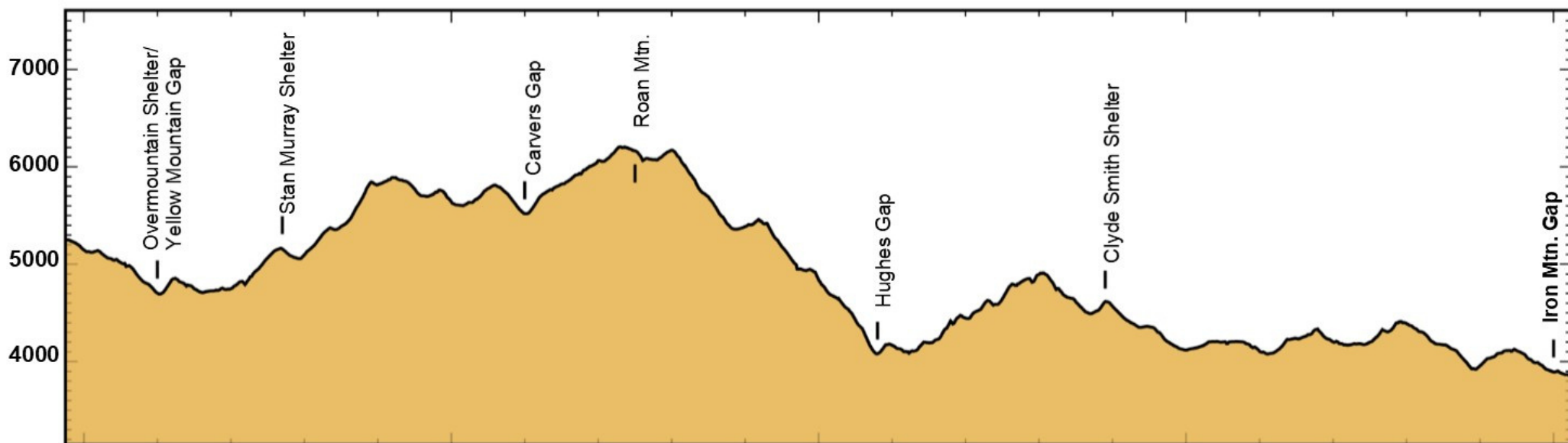




## ELEVATION PROFILE—APPALACHIAN TRAIL 19E TO IRON MOUNTAIN GAP



**START**



**AID #1**  
9.2mi

**AID #2**  
14mi

**AID #3**  
19mi

**FINISH**