

## November

**Question: can break plush ?? I've never heard, well it is a "ER." :)) photos and thus the region are super nice ....(2017-11-01 09:48)**

mab-sissi: can break plush ?? I have never heard, well it's an "ER". :)) the photos and thus the area are super nice. keep straight and do not utglibbern, can end badly. So as always thumbs up. what are your shoes doing? are they better now? Will Al then hike with you again? Greetings on all occasions.  
LGLGLGLG mab

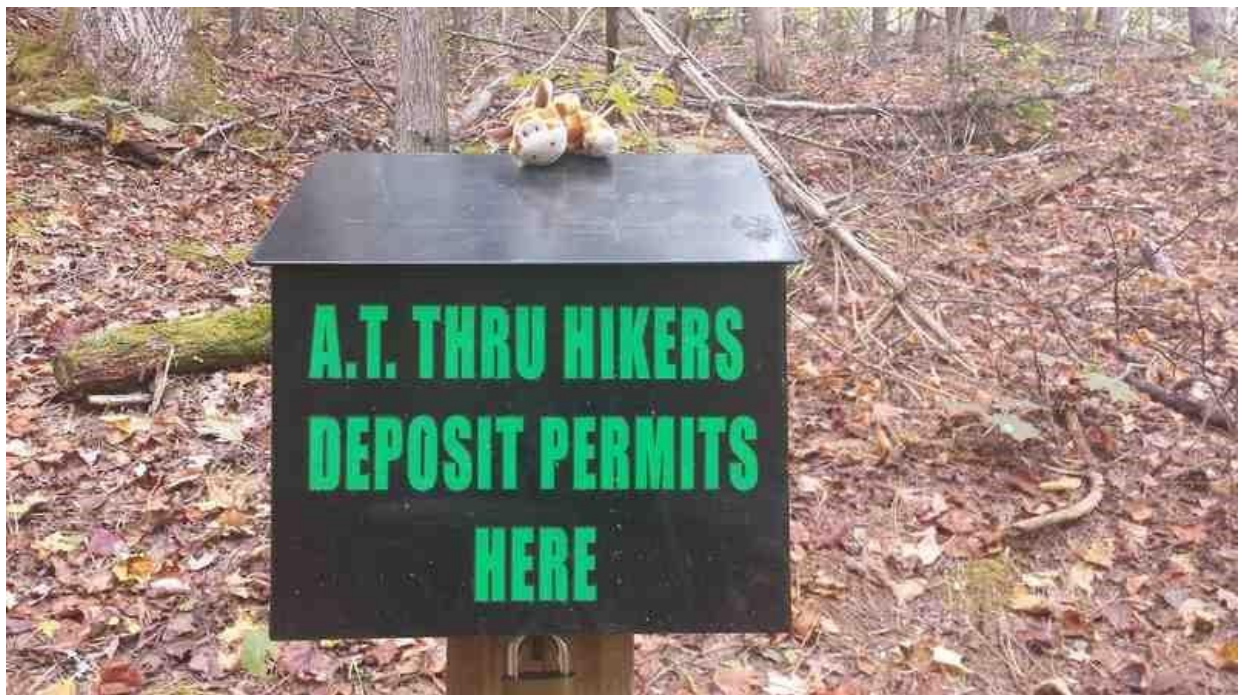
Hi MaB,

hm, maybe it's an ER thing ...

Nope, do not worry, I'll pay attention and go slow, snail, so to speak ...

No, Al and Dolora come to Gatlinburg because it is so beautiful and they have their anniversary. Al will probably hike the next section next year.

**Photo: Day 195 Frodo really wanted to go with it..We arrived in the Smokies today. That's crazy! They're as far in ...(2017-11-01 19:50)**



Day 195

Frodo really wanted to go with it.

We arrived today in the Smokies. That is crazy! They are so far in the south!

Before that, we picked up some parcels at the hostel and since then we have been uphill. Tomorrow the whole day at almost 2000m altitude. Smokies, we are coming!

**Question: Hi Gipfelstürmerin! Hi Summiteer! Great colorful pictures, rich g beautiful! And yes, we "ER" s are just oh more sensitive and worried about our bodies!...(2017-11-03 11:59)**

Hi Summiteer! Great colorful pictures, rich g beautiful! And yes, we "ER" s are just oh more sensitive and worried about our bodies! ;-) Have fun in the Smokies !! Best regards, Frank

Hm, hm, ah yes. But I'll leave it that way, says Frodo

**Photo: Day 195 On this day we are off to 400m (of course not without ascending to 1400m). ... (2017-11-04 20:52)**











Day 195

On this day we are off to 400m (of course not without ascending to 1400m). Everything was brown at the top and green at the bottom. The changes are pretty blatant here in color.

I was in the Standing Bear Hostel and picked up my mail drop from Al. Incidentally, I ate a frozen pizza and a can of chicken in sauce. I'm just on a feeding trip now, but I think that's because of the cold and the more challenging terrain.

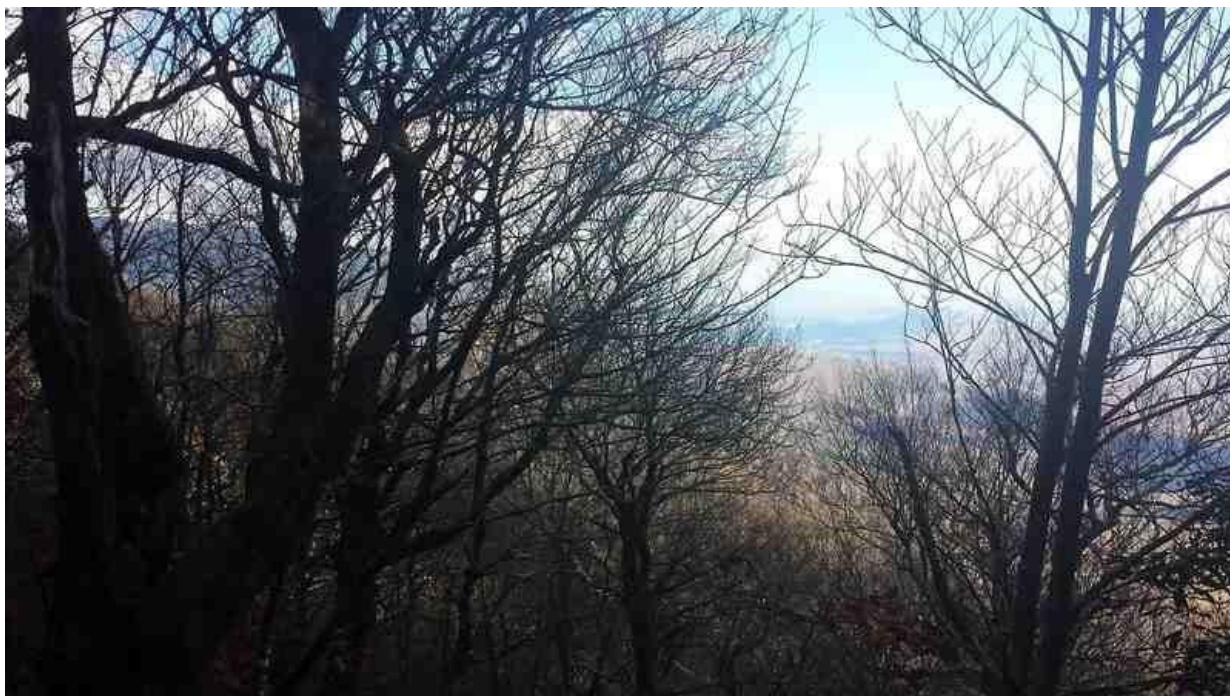
Me: The Un One was very unceremonious in the Great Smoky Mountains National Park. There were still signs "Attention bears! Do not fuck!" Seriously, there are a few man-resistant bears in the park that I do not want to meet. Is the only section of the AT, on which one must stay in shelters and cannot camp (because of the bears).

Below: very inspiring. An old shelter built as a cage so that the bears cannot go in. My first night in the park and my second night alone in a shelter since I hike. Ironically, the first night with the bears ... but everything went well

Photo: Day 196 After a quiet night in the cage Frodo and I made ourselves comfortable on the way up. It went up to 6300 ... (2017-11-04 21:01)

**Photo: Day 196 After a quiet night in the cage Frodo and I made ourselves comfortable on the way up. It went up to 6300 .....(2017-11-04 21:01)**





Day 196

Frodo and I made ourselves comfortable on the way up after a quiet night in the cage. It went up to 6300 feet high. Approximately 2000m. It was very exhausting, but the sun was warm and pleasant, we had a great view and so the 24km were good. You can tell Frodo, he was in a good mood!

**Photo: Day 196 All in one day. First, in bright sunlight, and later with clouds, but always uphill(2017-11-04 21:05)**



















Day 196

All in one day. First, in bright sunlight, and later with clouds, but always uphill

**Photo: Day 197 The last night in the shelter was 4 hours long for me....(2017-11-04 21:19)**







Day 197

The last night in the shelter was 4 hours long for me. At first the stoners did not stop stuffing their pipes, then the moon was so bright, then the mice made party, then 2 of my 4 co-shelters started to snore, then I had to go to Privy 3 times, then ... and at 5 : 10 clock has the alarm of my neighbor geschrillt. Note: it will be bright at 7:30 am !!!

It pissed only 2 hours and then everything was in clouds.

**Photo: Day 197 We do not have much visibility today (Mi e), so I've tried on fog and wet pictures... (2017-11-04 21:23)**











Day 197

We do not have much visibility today (Mie), so I've tried on fog and wet pictures

**Photo: Day 197 Frodo in the Raingear and me with fogged glasses, both after another long day on slippery... (2017-11-04 21:36)**







Day 197

Frodo in the Raingear and me with fogged glasses, both after another long day on slippery, smooth roads, in the fog and in the rain.

We were soooooo happy when we arrived at the parking lot where our Trailangel Al and Dolora have been waiting. I was so plump and exhausted that timing for a while with friends could not have been better. I was first invited to dinner (there was steak !!!) then went shopping and then in whirlpool, at the cabin the Al and Dolora have rented. There is also a rich be.

Picture right: Luxury! A source from the pipe (piped spring). You just need to hold the water bag under it to fill it

**Photo: Day 198 ZERO I've got my own room, could sleep (12 hours) then Dolora has made a fine breakfast ... (2017-11-04 21:47)**







Day 198 ZERO!

I have a private room here, was able to sleep in (12 hours) then Dolora made a fine breakfast, with eggs, bacon, fruit, toast, yogurt, cake, ....

I was in the whirlpool, starting to organize my things, we were fine and tomorrow Al and I slackpack to the Clingmans Dome, the highest point of the AT. That Dolora takes us to the parking lot where I stopped,

and Al and I hike to the dome where Dolora will pick us up later. We do not need to lug much and I can still enjoy a night in luxury.

**Question: that's rich civilization will ge on, get used to not too much to it, it is about 30 days. am from Tuesday until 13:11. in...(2017-11-05 18:19)**

mab-sissi: that's real civilization, do not get too used to it, there are still about 30 days left. am from tuesday to 13.11. in Leipzig. dropbox is already empty. continue to take photos because even in fog and rain show very beautiful s mmungen. LGLGLG also to AL and Dolores, mab

**Photo: Day 199 This is the number today. I have to hiken still 199 miles, have gescha in 1990 and at day 199. Funny! In the...(2017-11-05 23:17)**









Day 199

That's the number today. I still have 199 miles to go, I did it in 1990 and on day 199. Funny! In the valley, the sun was shining, and above, including the highest point of the AT, the Clingmans Dome, 6630 feet, was fog and therefore almost no visibility. Al and I went the 8 miles to the mountain where Dolora picked us up. It was a short day with little luggage and my feet had a bit of getting used to the new insoles, which I treat myself again. They should now hold to the end, and hopefully my feet as well

We were still fine dining and shopping, I was briefly in jacuzzi and then organized and packed the rest of my Klamo en. Tomorrow it continues again

I have to honestly admit that it's always harder for me to leave after a break, especially after such a nice break!

But there are still 199 miles left, and Frodo and I can do it now!

Yeah, AT, we come to climb the last mountains

**Question: Congratulations on the 199 and 1990 !!! Bravely that Frodo the clam with you :-). We plan in a meeting of december - but ...(2017-11-07 20:03)**

Congratulations to the 199 and 1990 !!! Brave that Frodo would do that with you :-). We plan in December

Meeting - but probably you are not (yet) in Bavaria? We will think of you - and celebrate you! It snowed here today - winter is here. Have fun, let yourself be pampered by your friends - Al and Dolora are great. I press you: - \* Brigi e

**Question: CONGRATULATIONS !!!!! Clingman 200 miles and then such number games! You are the greatest! All the best for the remaining 199! ... (2017-11-07 20:25)**

CONGRATULATION!!!! Clingman, 200 miles and then such numbers games! You are the greatest! All the best for the remaining 199! Greetings ... again from the office (in which what he We here, however, an alternative ve

is ...) Frank

**(2017-11-08 23:08)**

Day 200-203

I am in a hostel with WiFi, but we are only supposed to write ...

Despite much fog and rain in the last 3 days, we are fine. We have the smokies gescha and are no longer Borderliner. The trail has left the borderline between Tennessee and North Carolina. Thus, Tennessee is ticked off as a state. I am now in North Carolina and then comes Georgia. And then it's finito.

It has become a little cooler, but here in the south, snow is rather rare, so maybe I'm lucky and get through without.

Cosmo slackpacks tomorrow only a small piece. I just hook myself up, I'm not in a hurry and the hostel is good so I have a more leisurely day before I'm on my way to Franklin.

Trail Snail, Creekside Paradise, NC, AT

**Photo: Day 200 ... and again into the forest. Nebelwald. Al and Dolora have provided me with a fe en breakfast and then to ... (2017-11-09 09:52)**





Day 200

... and again into the forest. Cloud forest.

Al and Dolora provided me with a breakfast and then drove up to the Clingmans Dome. They are just cute and probably do not know how much they are for my mental health.

The whole day was foggy and wet, but it was only 10 miles to my destination and it was mostly just rip-off.

In the shelter, I met Cosmo again and met a few new Section hikers.

**Photo: Day 200 In the evening I had a large, dry shelter with skylight. A few of the**  
**Section hikers you see in the picture .... (2017-11-09 17:44)**



Day 200

In the evening I had a large, dry shelter with skylight. A few of the Section hikers you see in the image. My place is on the top right next to the stairs

Rick is sitting right, he was very wet and cold (like all of us) and he was very disappointed in the weather. He's usually in there Arizona.... I think the smokies are called that because they like to be in the fog. I agree with Frodo.

**Photo: Day 201 Frodo in Rain Gear. As the sun shone for 3 minutes and we have the same for**

**Photo session used. In the morning...(2017-11-09 17:59)**



## Day 201

Frodo in Rain Gear. The sun was shining for 3 minutes and we immediately used it for a photo session. At 5 o'clock in the morning it started to rain. Then it has geschüttet, then talked, then thundered, then nothing and then all over again. It was bad and we two long-distance hikers, Cosmo and I, we all agreed that you cannot hike so. The others are actually going and were first struck almost by lightning and secondly soaking wet. This was told by another hiker who met her.

We did not leave until half past noon and it did not rain most of the time. The trail was mostly a stream, but we still had wet shoes and feet yesterday. Good decision!!! Of course we did not get as far as planned, but were much better mood and still make it out of the park tomorrow.



**Photo: Day 201 Another picture of the 3 minutes sun...(2017-11-09 18:12)**



Day 201

Another picture of the 3 minutes sun

In the evening, Cosmo and I were alone in another new shelter. It was dry and warm, only with many mice. They woke me up a few times, Cosmo slept. They nibbled holes in their socks, they dragged bread into my wet shoes. They have pooped in our cable bags on the outside of the cable (mine), and eat a hole (Cosmos). We are both happy that we come out of the park and have a choice again, whether we want to sleep in the shelter or rather in the tent.

**Photo: Day 202 It again started very foggy, but got better. We are just 16 miles down a lot to get out of the Smokies.(2017-11-09 18:15)**



Day 202

It began again very foggy, but got better. We are just 16 miles down to get out of the Smokies.

**Photo: Day 202 We dutifully threw our permit at the park exit...(2017-11-09 18:18)**



Day 202

We dutifully threw our permit at the park exit in the dor gen Briesten. I will not miss the smokies ...

**Photo: Day 202 We came out at Fontana Dam. Everything was good and the sun came out even briefly...(2017-11-09 18:28)**





Day 202

We came out at Fontana Dam. Everything was good and the sun came out even briefly. I spread out in the next shelter when Cosmo came and gave me one night at the next hostel. Trail Magic! I only planned this for the next night, but did not say no, especially since it was a bit cooler and was raining.

**Photo: Day 202 Frodo and I enjoyed the view. Without fog, not only trees and even water.**

**Schee was the! (2017-11-09 18:34)**



Day 202

Frodo and I enjoyed the view. Without fog, not only trees and even water. Schee was that!

**Photo: Day 203 Das is slack pack Cosmo when hay gen. We are welcoming seven miles without luggage on the nearest mountain with reasonably ...(2017-11-09 18:58)**



Day 203

That's Cosmo slackpacking this year. We are comfortably 7 miles without luggage over the next mountain at a reasonably good altitude. That was nice.

Last night was not nice. Although this is a very neat and nice hostel, I woke up at 2:30 because something crawled up my leg had. I turned on the light and had a small, round insect on my leg that looked very suspiciously like a bed bug! so similar!

I ripped my clothes off, ran 3 times in the dryer, wanted to sleep in my room first on my Isoma e, but gave up my backpack after an hour, grabbed my backpack and got into my freshly laundered and softly washed

clothes (embrace the suck: about: love what, that pisses you) on the sofa. Sleeping was rather less. I hope my sleeping bag and the other clothes on the bed have not got anything.

First I wanted to go immediately, but it is another rainy day and would fit very poorly in my plan.

I got another room and had to leave my backpack in the hallway. I'm really looking forward to my next night in the sleeping bag. This night is in the hostel again, in the dry and hopefully without further bugs!

**Photo: Day 204 At 8 o'clock in the morning Jeff, the hostel host brought us to the trail and we went back to the forest Cosmo is here today ..... (2017-11-11 13:56)**











Day 204

In the morning at 8 o'clock Jeff, the hostel host brought us to the trail and we went back to the forest

Cosmo is not that bad today, that's why our paths have separated. It was a beautiful very late autumn day. It is currently quite mountainous and thus exhausting, but the trail is usually good. It was 14.3 miles, I was at the shelter at 4 o'clock where I camped and still I did not keep my warm dessert for dinner in the light. Never mind, I'm coming to a restaurant tomorrow ...

**Photo: Day 205 When the sun rose at 7:15 this morning, it was just over 0 degrees. It is so fresh! ... (2017-11-11 14:15)**







Day 205

When the sun rose at 7:15 this morning, it was just over 0 degrees. It is so fresh!

It was only 4 hours downhill and I'm sitting in a restaurant at the Nantahala Outdoor Center right now. There is everything here in the summer! Whitewater, Ziplines, Hiking, Kle ergarten, ... .. a huge area! I'm glad that it's not summer right now.

So, after my Cheesburger etc. I now hike uphill for another 3 hours

Have fun in the snow, I can now in the sun

**Photo: Day205 It is late autumn (2017-11-14 10:01)**



Day 205

It is late autumn

The start was very exhausting, but tomorrow morning, first, the view is waiting

**Photo: Day 206 Frodo and I were a bit enchanted when we were unable to soar above the clouds No view!... (2017-11-14 10:09)**





Day 206

Frodo and I were a bit enchanted when we were unable to soar above the clouds No view!

In fact, we spent the whole day in the mist and drip and that is about 5 - 10 cold and unpleasant. With and without rain jacket it is wet and sticky.

**Photo: Day 206 We met Cosmo, who was slackpacking in the opposite direction....(2017-11-14 10:28)**



Day 206

We met Cosmo, who was slackpacking in the opposite direction. Besides, I fared with Woody for a while, but he was also such a restless guy who wanted to do a few more miles. My highlight today was my shower! It works like this:

You look for a remote source, with the least possible probability for viewers. Then it all depends on speed: put the clothes down under water from the cup. Soap, scrub with washcloths. Wring out washcloths well and use as towel. Dry clothes on.

Wich g in the technique in the fall is that you find a wind-protected place and I have my feet

Keep "warm", i. I stand on my sit pad. That makes a huge difference! In addition, you can possibly leave the hair wash away.

Then you feel warm and clean and GOOD and so you do not freeze so fast at night.

**Photo: Day 207 Also on this day we packed our wet tent and went to the next lookout point....(2017-11-14 10:35)**



Day 207

Also on this day we packed our wet tent and went to the next lookout point. Frodo said, if we only see fog, he wants to wave at least once. He's right. We do not let the fun spoil so fast!

**Photo: Day207 You can already see it in the photos. 20 minutes after the summit, the sun came out...(2017-11-14 10:45)**









Day 207

You can already see it in the photos. 20 minutes after the summit, the sun came out

It was warm and a pleasure to hike on the good trails towards Franklin. We are currently in an area with only oak trees and are at about 1500m altitude. The result is a lot of leaves on the ground and no more on the trees.

Plus: I get color on my face and hands

Minus: you do not see where you put your feet. I stumbled again and sprained my right hand.

I can still use my sticks though. All good!

**Photo: Day Photo above: Parking on the trail head... (2017-11-14 10:59)**





Day 207

Photo above: Parking on the trail head. You can still see the blue peek on the sticks. I called a shuttle there and went to Franklin, where I am in a cheap motel. Cosmo is my neighbor and invited me to dinner. He's also riddled with end-race fever like most hikers approaching the trail. Tomorrow he does a long slackpack day and then he has only 30 miles left. He already has the rest.

I will do a Zero and will continue to hike to Springer Mountain in small stages until about November 27th

As long as it does not snow or get too cold, I will finish this adventure comfortably. Small stages are also good for the feet, they are doing better than ever!

**Question: legal haste! Do you a cozy zero-day and then comfortably on! Wish you the best for the final sprint he We! Love...(2017-11-14 14:27)**

Right, haste! Make yourself a cozy Zero-Day and then comfortable on! Wish you the best we for the final spurt! Best regards, Frank

Day 208Yes, I like the plan too

I've been shopping, eating all the time, watch 5 programs on the TV and find my equipment.

Maybe I'll just go to outfitter ... just for fun, I do not need anything

**Question: "I need so nothing" is the best prerequisite for a usin gen shopping, at least for me. but also present and for the ...(2017-11-14 21:49)**

mab-sissi: "I do not need anything" is the best prerequisite for a generous purchase, at least for me. but also there and for the rest of the tour a lot of fun. LGLGLG mab

...Caught!

**Photo: Day 209 We are on the way again! It's the best. ...(2017-11-17 11:25)**





Day 209

We are on the way again! It's the best. He and I have time to watch, sit in the sun, and share with others

To rattle hikers

There are only 100 miles left and that makes me sad. I guess so lame that he plays so well, it will not pull me out of here ...

I did not know that Al has his own mountain; Albert Mountain over 5000 feet high and with lookout tower

**Photo: 209 I think I love North Carolina. Is really beautiful here(2017-11-17 11:27)**







209

I think I love North Carolina. Is really beautiful here

**Photo: Day 210 Wieder a day like in a picture book. However: it's cold! It does not freeze, but most of the time it is 5 degrees and ...(2017-11-17 11:40)**









## Day 210

Another day like a picture book. However: it is cold! It does not freeze, but most of the time it's 5 degrees and when the wind comes it's cold. I also only hike about 6 hours a day, as I have shortened to about 10 miles per day. If the light comes on at 7 o'clock and it's almost completely gone by 6:30, that's fine. Mostly I hike from 9 to 15 o'clock. Then it's not so cold in the morning and I have enough time to do my stuff before the heating is switched off

From half past five to eight o'clock I am in my tent, cuddled up in my sleeping bag and listening to books or music, wondering what else to do in the rest of my free year ...

**(2017-11-17 11:46)**

Day 210

I completely forgot. Where I sit so relaxed in the sun, my last mountain was over 5000 feet. The end is in sight!

**Question: Dear Nicole, Trail queen and mega champion, all the best on the final stage and best wishes Angela :-)) (2017-11-18 11:03)**

Dear Nicole, Trail-Queen and Mega-Champion, all the best on the last stage and best regards from Angela :-))

Dear Angela, thanks for the new wishes

Great that you look in now and then. Hope you are doing so well! I'll call you when I'm back in the south

**Photo: Day 211 After a cold night are Frodo and I moved on comfortably. In sunshine and with entertainment by a ...(2017-11-18 11:10)**









Day 211

After a cold night Frodo and I moved on comfortably. In the sunshine and entertained by a few dayhikers we met. A few of them have really tormented themselves to come up the ante. I do not think it's that bad here, but I've been doing nothing else for almost 7 months.

**Photo: Day 211Yeah! We arrived in the state no. 14th Georgia (I hope you spell that**

**Sun) .north Carolina's history. A...(2017-11-18 11:14)**





Day 211

Yeah! We arrived in state No. 14. Georgia (I hope you spell it so).

North Carolina is history. A very nice, but over! Springer Mountain is only 78 miles away ...

**Photo: Day212 + 213 I've only walked 5 miles to the hostel today, but I'm extremely tired....  
(2017-11-18 21:15)**





Day 212 + 213

I've only walked 5 miles to the hostel today, but I'm extremely tired. The next hostel should not be so good, so I'm moving my zero forward to tomorrow.

Al picks me up on 27.11. This gives me ample time to hike the 70 miles to Springer Mountain and the 8 miles from the shuttle.

The weather is actually good for the rest. Only tonight and tomorrow they have wind warning and Temperatures below zero degrees. Our hostel also warned us about unstable trees. Thanks to hurricane

Irma, who has a lot of trees here in GA, are more trees ready to fall over. I would say the we-timing is very good again

So I can sleep tomorrow and eat and sleep, because I have nothing to plan, the last supply package is on the way and laundry and shopping, I was already man, this is a real rest day!

**Question: Dear Nicole, I wish you every success on your last stage. Enjoy it, have fun and do not forget to pack Frodo warm....(2017-11-19 16:37)**

Dear Nicole, I wish you every success on your last stage. Enjoy it, have fun and do not forget to pack Frodo warm. Nina

Hey Nina,! Thank you very much for your wish and I will pack the buff in the same little bag with Frodo. So he can build a warm nest, you do not have to worry about him.

Dear Nicole, I wish you much success on your last leg. Enjoy it, have fun and do not forget to pack Frodo

**Photo: Day 214 Back in the forest ... Frodo and I went off this morning with frost and bright sun. (2017-11-20 19:30)**



Day 214

Back in the woods ...

Frodo and I left this morning with frost and bright sun.

**Photo: Day 214 Do not be fooled, it was almost always tidy up and down, but the sun was shining and we ha s Gamz ... (2017-11-20 19:34)**



Day 214

Do not be fooled, it was almost always neat up and down, but the sun was shining and we have seen many Dayhikers for entertainment

**Photo: Day 214Wir have a super nice camp spot, a bit drafty ... (2017-11-20 19:36)**





Day 214

We have a super nice camp spot, a bit drafty ...

**Question: Simply impressive !!! Enjoy the last few miles and pass beautiful on that Frodo not catch a cold! ;-)** Best regards,...(2017-11-20 19:44)

Just impressive !!! Enjoy the last miles and take care that Frodo does not catch a cold! ;-)

Greetings, Frank  
He's allowed in the sleeping bag and he gets an extra peanut butter on him. I take care of him.

But both of us are so happy to return to the conveniences of civilization (heating and shower and cinema and so on)

**Question: well, the little frodo has it better than many others .... zivila on we have, but is currently playing wind seehhhr ...** (2017-11-23 12:46)

mab-sissi: well, the little frodo has it better than many others.... we have civilian, but the wind is currently again very strong. I believe the sheep he has already drawn the curls gla. ;) the countdown läuft. a pity

and nice too. come back again. LGLGLG mab

**Photo: Day 214 ... but with good views!** (2017-11-23 12:50)



Day 214

but ... with good views!

**Photo: Day 215 With condensation drizzle and cold wind, Frodo and I started the next morning to a longer stage.. (2017-11-23 12:54)**





Day 215

With condensation drizzle and cold wind, Frodo and I started the next morning to a longer stage.

**Photo: Day 215 We are here in the area in which the AT has been hardest hit by Irma, but the hard-working volunteers ... (2017-11-23 12:58)**



Day 215

We're in the area where the AT was hit hardest by Irma, but the hardworking volunteers have already overcome all the obstacles. I'm really impressed! There are dozens of such places we pass every day.

**Photo: Day 215 That's what it looks like when you reach the limit of civilization. At the right rear end of the parking lot is the Trail on! ... (2017-11-23 14:18)**





Day 215

That's what it looks like when you reach the limit of civilization. At the right rear end of the parking lot is the Trail on!

I also notice how I get to my own limit. Was it at the beginning of the trail, a steep development curve up in terms of fitness and Kra, so I feel now o fer g and somehow weak. Maybe drained. The cold weather is exhausting, the approach is exhausting, the focus on stones and roots under the foliage is exhausting, the eternally same food is no fun (I never thought I would hate sweets, except ice cream) , So slowly I am ready for the finish

**Photo: Day 216 Red Beard with his daughter Cathrin. She accompanied him on the last 110 miles to Springer. He is 68 years and ...(2017-11-23 17:40)**



Day 216

Red Beard with his daughter Cathrin. She accompanies him on the last 110 miles to Springer. He is 68 years old and is a Southbound Thruhiker, so he has made 2160 miles from Kathadin. For about 4 weeks he fights after a fall with his knee. I met them again and again today, they walked slowly because Red Beard had to walk slowly, and I'm in no hurry, ...

**Photo: Day 216 ... we enjoyed the great view and the warmth in the sun. A... (2017-11-23 17:47)**



Day 216

... we enjoyed the great view and the warmth in the sun. A great icy wind blew, whistling above all on the sides and on the crests.

We all fled to the next and last hostel before Springer M. There was a pizza and tea for Thruhiker for free. So we are doing very well

**Photo: Day 217 Am hostel, where we spend our last Zero today, there is a large oak tree on which the strangest fruits ... (2017-11-23 18:01)**





Day 217

At the hostel, where we spend our last Zero today, there is a large oak tree on which grow the strangest fruits, take a closer look at the picture ...

We're still here 31.4 miles from Springer. That means another 3 days for us plus an extra to get to the visitor's car park, where Al picks me up

I will enjoy the last days to the fullest. So slowly I'm excited that I'm almost far. However, since Red Beard cannot run so well, Cathrin and I will be taking off a few pounds of his backpack. He will reach his destination just as I will!

**Photo: Day 217 Thanksgiving Jason, our hero of the day, has a comple it as buffet Trail Magic for poor Hiker (5) in the hostel ... (2017-11-23 22:03)**



Day 217

Thanksgiving!

Jason, our hero of the day, has a complete buffet as Trail Magic for the poor hiker (5) in the hostel. Krass! And so much and so good that we gorged all lay in the corner We are so well here ...

**Question: super, super, super. could you the oak a pair fruits add? sissi has already completely bent thumb and I a ...(2017-11-24 13:26)**

mab-sissi: great, great, great. could you add some fruits to the oak? Sissi has already completely bent thumbs and I press a tendon inflammation from many thumbs, but the few days we hold through. ;)) LG mab

You guys are great! Thank you!

**Photo: Day 218 In the frost and sun, we (Red Beard, Cathrin, Frodo and I) today launched tomorrow from the hostel. Blood Mountain ...(2017-11-24 19:56)**









Day 218

In frost and sun, we (Red Beard, Cathrin, Frodo and I) started this morning from the hostel. Blood Mountain was our first destination and the last 4000 foot high mountain on the AT.

**Photo: Day 218 It was super nice up there with excellent view! There was also a shelter up there, but the Hiker, thanks ...(2017-11-24 20:01)**







Day 218

It was really beautiful up there with excellent view! There was also a shelter up there, but the Hiker, thanks

Thanksgiving today at all in extremely large numbers were out, have reported Ra s. I think I'm going to camp out again today ...

**Photo: we see Day 218 The further south we get, the more vice torn trees along the way (all path neat and ... (2017-11-24 20:12)**









Day 218

The further south we come, the more trees we see over the road (all neatly tidied away and tidy!). Some of these accident giants are really impressive. The oak trees here are not small!

In the end, we passed a beautiful view today. Very close to a parking lot. There was hell! We camp right next door, because we've done our 11 miles today! is

Being so early in the camp, you still have time to wash, cook, communicate and relax Today was a really pleasant, relaxed day!

Trail Snail, Woody Gap (20.6), GA, AT

**Photo: Day 219 Today our day consisted mainly of hiking... (2017-11-27 22:24)**









Day 219

Today our day consisted mainly of hiking

I've had a good night listening to my audiobook as an aid to hearing, the others have been a short night since a couple of car campers have been partying at our camp spot.

Nevertheless, we leave shortly after 8 o'clock in the dim light and arrived at 4 o'clock pm after a long day at the next camp. That we just have enough daylight to set up our tents, cook and then crawl into the sleeping bag. It's too cold to stand outside and talk ...

**Photo: Day 220 Yeah! We made it! We did it!...(2017-11-27 22:29)**



Day 220

Yeah! We made it! We did it!

Frodo and me, next to the last White Blaze of the AT. 2189.8 miles in 7 months and a week. I still can not believe it!

**Photo: Day 220 Heya which were partially super Express trails today! Super GLA and maintained. Springer Mountain is also a ...(2017-11-27 22:49)**

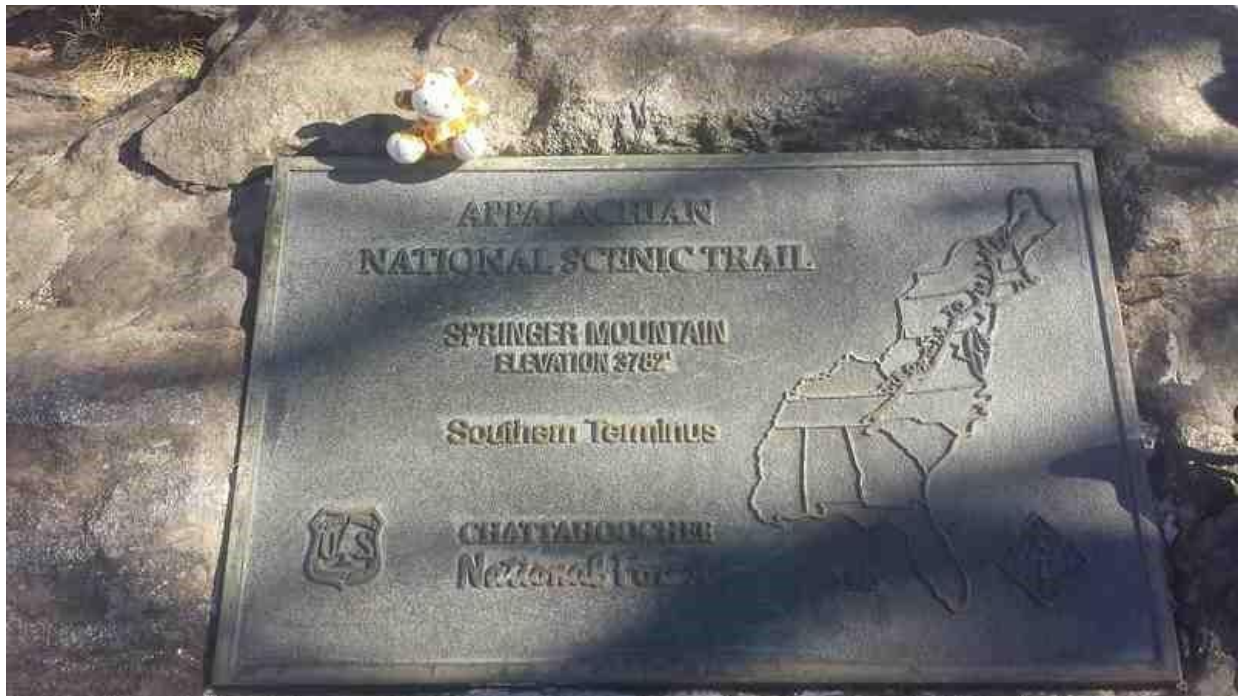












Day 220

Heya, that was partly super express hiking today! Great and well groomed. Springer Mountain is also a fair mountain and so we almost galloped the last 7.4 miles there. Especially the last mile Red Beard and Katherine could go without luggage because they could temporarily store it in the parking lot,

was almost like flying.

We were all very happy, very touched and proud when we reached our common goal. I am glad that I can spend another night out here until Al catch me up tomorrow. I have to digest that first! After such a long time, switching to another section is almost a bit daunting. I am glad that not only have I had so many people at my side in the past 7 months who have helped me and supported me. Thanks for that!!!

Go thank you, I have in the present and future a lot of friends / family who are there for me and support me. That makes the transition a little easier

But next, I'm still a tourist for a while

**Photo: Day 221 Hero of the day, or in this case: Hero of my hike. Without this man, I would probably not until the end ... (2017-11-27 22:55)**





Day 221

Hero of the day, or in this case: Hero of my hike. Without this man I probably would not have come to the end. Thank you!

**Photo: Day 221 On my last day in the woods, I am again followed blazes (this time the blue and the white I have all ... (2017-11-27 23:00)**









Day 221

Also on my last day in the woods I followed blazes again (this time the blue one, the white ones I already have). I passed by super natural beauty. And very relaxed leave all this to finish.

**Photo: Day 221 We have adopted the spirit of Trail Snail in a small ceremony and the left the beginning of the mountain. I was...(2017-11-27 23:07)**



Day 221

We said goodbye to the spirit of Trail Snail in a small ceremony and left it at the beginning of the mountain. I was happy with her and very sad to let her go ...

Maybe next year she'll go hiking with someone again

Of course, Frodo also said goodbye and is currently a bit headless and lost. The little boy probably has a harder time than I am to get used to the new... Trail Snail end

**Photo: Day 221 ... I have a little bit hurried along with bribery, so that the transition is easier ...**

**(2017-11-27 23:08)**



Day 221

... I have helped along a bit with bribery, so that the transition is easier ...

**Question: Today is the 27th you're on target? or you still're running the last few meters with al? I hope you get well and looking forward ...(2017-11-27 23:29)**

mab-sissi: today is the 27th, are you on target? or are you still running the last few meters with al? I hope you arrive well and look forward to seeing you. LGLGLG mab

... already there

I am also happy!

**Question: The poor Frodo seems quite to freeze ... But he's has almost gescha! Soon you are trough Hiker with ...(2017-11-27 23:31)**

Poor Frodo seems to be freezing ... But he almost made it! Soon you will be a through-hiker with a giant fan club. My fingers are looking forward to some relaxation! ;-) Greetings, Frank

Yes, and thanks to the whole thumb we made it!

Frododar also your mobility of the civilization (for example, heating) and no longer has to

**Question: Dear Nicole, really looking forward to the reunion with you !! Until then, all the best for the last stretch and see you soon! LG of ...(2017-11-28 18:50)**



Dear Nicole, really looking forward to the reunion with you !! Until then, all the best for the last stretch and see you soon!

LG Angela

Hi Angela, I'm looking forward already, even though it will take until about January.

I wish you a nice Christmas! Love, Nicole

**Question: Tatatatataaaaaa! Rieeesen-congratulations and respect for the magnificent performance! Let Trail Snail wait for the next and make ...(2017-11-28 18:53)**

Tatatatataaaaaa! Rieeesen- Congratulations and respect for the terrific performance! Let Trail Snail wait for the next and do not worry about Frodo! He turns around quickly! And you get used to it again

civilization! MaB and your friends will help you! Happy, admiring greetings, Frank

I thank you for your support and many fingers crossed it worked

**Question: CONGRATULATIONS !!!!!!!!!!!!!!! I could say "I knew it now: she damaged it ", but in between have ... (2017-11-28 18:57)**

mab-sissi: CONGRATULATIONS !!!!!!!!!!!!!!! I could say "I knew it: she did it", but in between I heard and heard you. Now I can bandage our thumbs and toes and wish you some nice days at AL and DOLORES. How or with what one can make the two because a pleasure. These are really extraordinary people. THANK YOU!!!! Come home safely. If it has snow or ice, you have to go for a ride. LGLGLG mab

You are sweet! Thank you!

Yeah, I'll tell you, they're both great! I do not know what I would have done without her and now I have to spend another 2 weeks in the tent

Ok, I know. If snow, then train

LG, Nicole

**Question: Wow, congratulations! That is an insane performance, I'm happy for you and Frodo. GLG Brigi e: - \*(2017-11-28 18:58)**

WOW congratulations! This is an amazing achievement, I'm happy for you and Frodo. GLG Brigi e: - \*

Thank you, we are also happy and are both happy that we did it

**Question: Hi Nicole! Congratulations, you've got it gescha genuine, am quite out of breath and'm really happy for you! When is...(2017-11-28 19:06)**

Hi Nicole! Congratulations, you did it, I am also out of breath and I am so happy for you! When is your final farewell? Report down, right ... Greetings from Hurlach !!!

Hi to Hurlach

Thank you, we are also retired and will first rest for a few days

On Dec. 13th, I'll land in Hamburg and spend Christmas in the north and then drive south.

I have to start a call, that all their address and phone number. Send the best via email, because my smartphone with the contacts so unfortunately the Gretsche has made.

I also have only a new phone number when I'm in Germany. My e-mail address is still the same

Thank you very much for your generous offer and I will certainly contact you ...

**Photo: Day 222 Frodo wanted to be a star photo. Well, at least he was also really great!**

**After Katherine and Red Beard ... (2017-11-28 19:14)**



Day 222

Frodo absolutely wanted his star photo. Well, after all, he was really great! After Katherine and Red Beard went through the fun ...

Al and I drove yesterday and today to Manassas. Not enough to eat without traveling! I'm still very hungry and enjoy the rest for a few days and enjoy the rich food. I just hope that I get the turn right in time

I then report from the life of a tourist