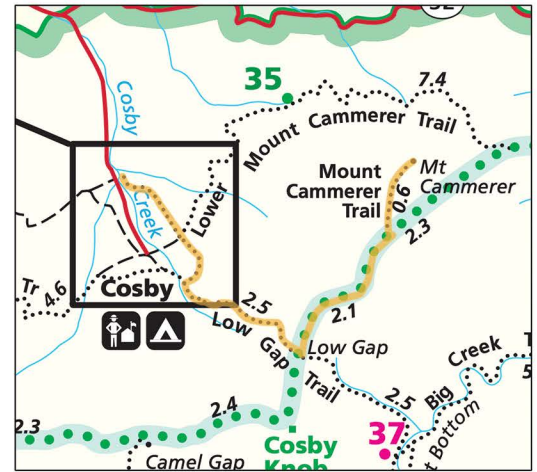
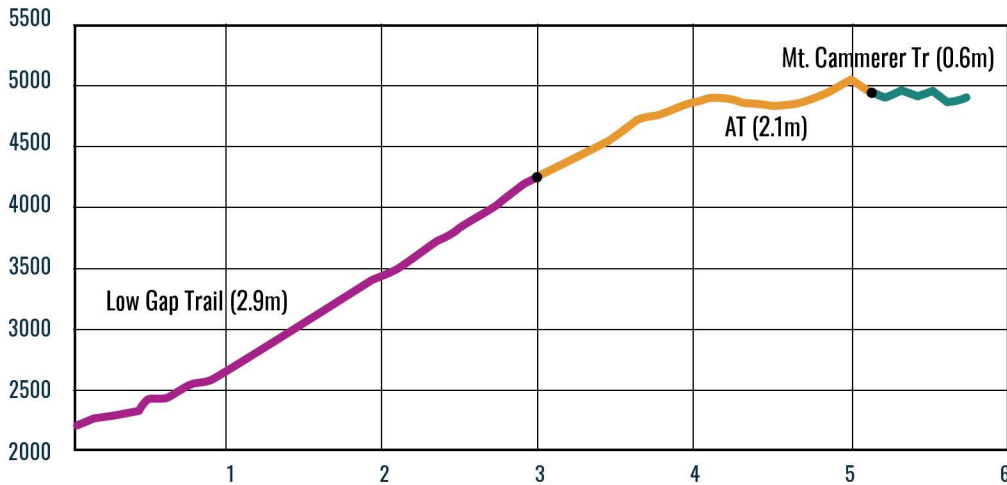


# Low Gap + Appalachian Trail + Mt. Cammerer Trail (5.6 / 11.2 RT)



- Cosby was famous for being the "moonshine capital of the state" in the 1930s; evidence of old stills can be found along some remote streams (broken glass, jar lids, fire rings, barrel hoops)
- Low Gap Trail constructed by CCC at Big Creek (212 members, 1934)
- wildflowers: yellow jewelweed, sedum, partridgeberry, hepatica
- 1.6m hemlock forest; 1.8m boulder field left of trail - created during last ice age
- 2.2m transition into closed oak forest
- "The rhododendron is nature's thermometer. Its leaves curl in reaction to the cold - the tighter the curl, the colder the weather."
- trail meets the AT at Low Gap (4,242') - lowest elevation on the AT for 50 miles - right on the border of TN & NC; it continues down the NC side all the way to Big Creek
- after about a mile on the AT you can see the rocky side ridges of Mt. Cammerer
- Mt. Cammerer Trail passes through lots of mountain laurel & painted trillium
- after the horse hitch rack, the trail is a "quagmire of strong-smelling humus and bare roots"
- from the firetower are views of the Unakas (NE), Blue Ridge (E), Mt. Sterling (S)
- the firetower was built according to the "Yosemite model" with native timber and stone and is different than others in the park - the CCC boys had to work with what was available to them due to the extreme terrain of Sharptop/White Rock; commanders of company 415 at Big Creek upheld the camp motto: *Improvise.*

