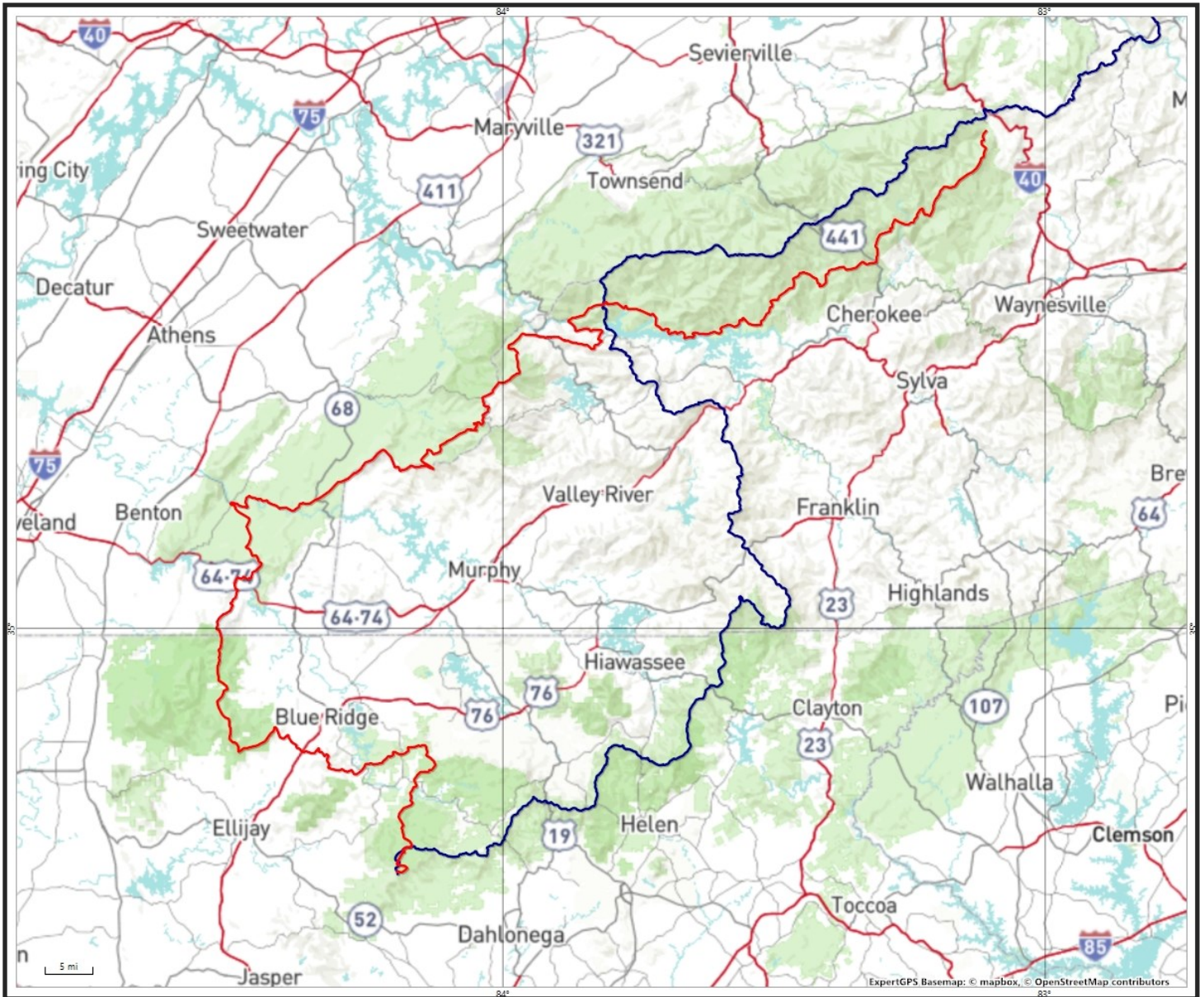


# BMT/AT Loop



**Figure Eight: Springer Mountain to Big Creek – 521 miles**

This lopsided figure eight is formed by the Benton MacKaye Trail and Appalachian Trail between their southern terminus at Springer Mountain and the northern terminus of the Benton MacKaye Trail at Big Creek, where the Appalachian Trail leaves the Smokies. Between these points, the Benton MacKaye Trail covers 287 miles while the Appalachian Trail covers 234 miles.