

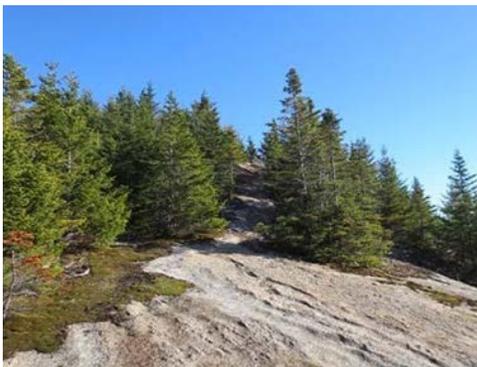
# Views of the Valley - 5 Best Hikes of the Week



## 4,000 Footer of the Week

### Carter Dome

The southernmost (and tallest) mountain of the Carter-Moriah Range, Carter Dome, is this week's 4,000 footer of the Week. The most common way to do this hike is via a 10 mile loop that also includes Mt Height, Carter Dome's neighbor with a considerably better view. Take 19 Mile Brook Trail (don't worry, it's not 19 miles long) to Carter Notch (an AMC Hut offers snacks and water-bottle refills!) and then take the Carter-Moriah Trail along the Appalachian Trail to the Carter Dome Trail, which will bring you back to 19 Mile Brook and back to the Trailhead. Parking for 19 Mile Brook is on Route 16 north of the Mount Washington Auto Road. *Photo: Carter Dome as seen from Carter Notch.*



## Off the Beaten Path

### Table Mountain

This week's Off the Beaten Path hike is Table Mountain via the Attitash Trail, which begins on Bear Notch Road in Bartlett. In 1.9 miles (one-way) of steep hiking, you arrive at the summit of Table Mountain with views out over the Kancamagus Scenic Byway. Curious explorers can continue along the trail to the summit of Big Attitash Mountain, behind Attitash Ski Area! *Photo: The Attitash Trail near the summit of Table Mountain.*



## Short and Sweet

### Albany Town Forest

Are you thinking more of a nature walk than an uphill battle? Happy to listen to the birds and enjoy a quaint riverside stroll rather than push your aerobic limit through burning quads and hundreds or thousands of feet of vertical gain? Look no farther than the Albany Town Forest. This treasured plot of land is behind the Saco District Ranger Station on Highway 112 in Albany, but you might find better parking at Kennett Middle School/Conway Elementary School on Route 16 in Conway Village. Behind the athletic fields, on the other side of the farmland plots, are the trails that meander the Albany Town Forest along the Swift River. Out here you can choose your own adventure and do a 3 mile loop, or just walk out until you feel like coming back. The Albany Town Forest welcomes dogs, but please keep them leashed near the farmland! The farmers have had trouble with pups diggin' up their crops. *Photo: The Swift River.*



## Waterfalls

### Ripley Falls

Just east of the Willey House on Route 302 is the trailhead for Ripley Falls. Walk just half a mile (one-way) to these gorgeous waterfalls inside Crawford Notch State Park. This week's waterfalls are well worth the walk!!



## Kid Friendly

### The Saco River Trail

This gentle trail along the headwaters of the Saco River is located across the street from the Willey House on Route 302. Combine the leisurely stroll along the river (3 miles long one-way, but go as long or as little as you want!) with an educational history lesson at the Willey House for a great day out with the kids! *Photo: Saco River.*

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## Helpful Resources

### White Mountain National Forest:

[www.fs.usda.gov/whitemountain](http://www.fs.usda.gov/whitemountain)

### NH State Parks:

[www.nhstateparks.org](http://www.nhstateparks.org)

### Leave No Trace:

[Int.org](http://Int.org)

### Hike Safe:

[www.hikesafe.com](http://www.hikesafe.com)

### MWOBS Higher Summit Forecast

[www.mountwashington.org](http://www.mountwashington.org)



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