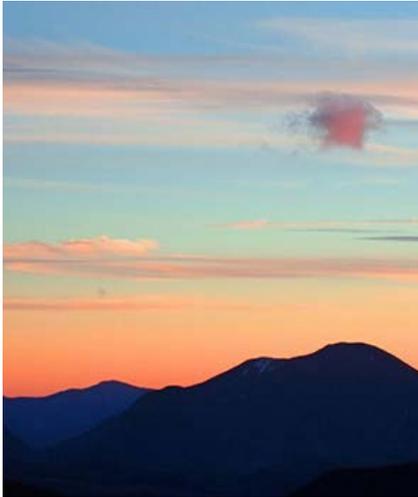


Views of the Valley - 5 Best Hikes of the Week



4,000 Footer of the Week

Mount Tom - Working on your list of 48 4,000 footers? Looking for a workout or an added challenge? Mount Tom, which is accessed from the Trailhead at the AMC's Highland Center in Crawford Notch is this week's recommended 4,000 footer. Take the short(er) 6.0 mile out-and-back option, or add on Mt Field (another 4,000 footer) to your itinerary for a 7.4 mile loop! Sunset over Mt. Carrigain as seen from Mt. Tom.



Off the Beaten Path

Mount Potash - Take a small detour down the picturesque Kancamagus Scenic Byway for your hike on Mount Potash this week. At just under 5 miles round trip, Mount Potash is a beautiful off-the-beaten-path alternative to other hikes of similar duress. From the ledges on Mount Potash, look at the steep, stunning flanks of Mount Passaconaway, the 4,000 footer just adjacent to Mount Potash. A rooty trail on Mount Potash, this week's 'Off-the-Beaten-Path' hike.



Short and Sweet

Eagle Mountain - Guests at the Eagle Mountain House will be pleased to see the proximity of this trail! Parking access is just behind the Eagle Mountain House (the upper, dirt lot) off of Carter Notch Road in Jackson. Take the 0.9 mile gradual climb past a vernal pool (look for frogs and salamanders!) and to the summit of this mountain right in the center of Jackson. Doublehead Mountain as seen from Eagle Mountain.

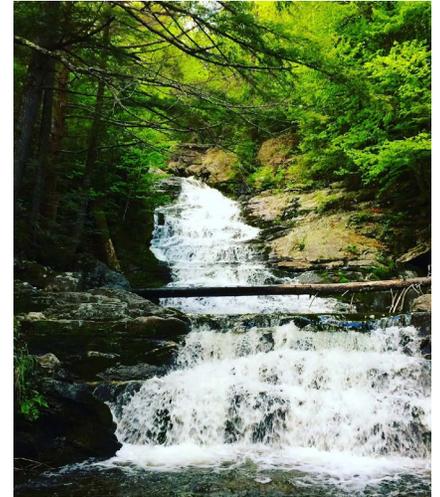


Kid Friendly

Liebeskind's Loop is a nice, kid-friendly alternative to Mount Washington or other towering Presidential peaks, and leaves from the same trailhead as the famous Tuckerman Ravine Trail. Just a couple miles long in total, access the Liebeskind's Loop from the Crew Cut trail just off of Old Jackson Rd (Appalachian Trail) that leaves from the Pinkham Notch Visitor Center. Enjoy unique views of Pinkham Notch and Wildcat Ski Area from Brad's Bluff and Lila's Ledge on this short loop hike! Pinkham Notch as seen from Lila's Ledge.



603-356-5701



Waterfalls

Winniweta Falls - Bring along your Tevas, Chacos, or water-proof shoes for this one, because this short 1.8 mile round trip to Winniweta Falls includes wading a shallow, but wide, stream shortly after leaving the trailhead! After taking pictures of some stunning waterfalls and working up a light sweat, cool your feet off in the stream! Parking is a roadside pull-off on the West side of NH Route 16 just north of Jackson. Note: one must hike attentively to find Winniweta Falls. The trail follows the Jackson Cross Country trail network, so you must follow the signs and remember the course you took. Furthermore, listen for the falls, because they are about 100 feet off trail and there is no sign! Once found, however, enjoy the some of the most beautiful falls the valley has to offer!

Content by:



Helpful Resources

White Mountain National Forest:

www.fs.usda.gov/whitemountain

NH State Parks:

www.nhstateparks.org

Leave No Trace:

Int.org

Hike Safe:

www.hikesafe.com

MWOBS Higher Summit Forecast

www.mountwashington.org