

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



## 4,000 Footer of the Week

### Mount Jefferson

At 5,712 feet, Mount Jefferson is the third tallest mountain in New Hampshire, bested only by Mount Washington and Mount Adams. The fastest way to ascend Mount Jefferson is a strenuous hike up Caps Ridge from the Caps Ridge Trailhead at the top of Jefferson Notch Road near the Cog Railway. You will spend most of this hike in the alpine zone, where weather can be severe and change quickly, so be sure to wear warm clothes in layers, carry the HikeSafe ten essentials, and check the Mount Washington Observatory's higher summits forecast before beginning your hike! Mount Adams as seen from Mount Jefferson.



## Off the Beaten Path

Mount Paugus is a hidden gem surrounded by its more-oft-hiked counterparts Chocorua, Whiteface, and Passaconaway. To begin your hike, take Chocorua Lake Road off of Route 16 in Chocorua, take a right onto Paugus Rd, and park at the lot at the end of the road. From here, you have just under 3.5 miles (one-way) along the Old Paugus Trail to the summit! Be sure to carry a map and pay attention; this trail has many intersections! Mount Chocorua as seen from Mount Paugus.



## Short and Sweet

### Greeley Ponds Trail

Greeley Ponds is the perfect place for a midday nature picnic. Just approximately two miles along relatively flat terrain from the Greeley Ponds Trailhead on the Kancamagus Highway brings you to the Greeley Ponds Scenic Area, where you can enjoy the pond, the wildlife, and the birds while enjoying a nice packed lunch between the high mountain peaks of East Osceola and Mount Kancamagus.



## Kid Friendly

### Frankenstein Cliffs

Frankenstein Cliff is a beautiful view accessed by a 2.1 mile hike (one-way) in Crawford Notch State Park. Park in the same parking lot as you would for Arethusa Falls (and add them on for a nice loop hike!) on the left hand side driving west on Route 302, shortly after entering Crawford Notch State Park. After a couple miles of climbing, enjoy a breathtaking cliff-top view down the notch!



## Waterfalls

### Beecher Cascade and Pearl Cascade

This week's waterfall of the week gives you two for the price of one! Just a short stroll down the Avalon Trail from the AMC's Highland Center in Crawford Notch brings you to the 'Cascade Loop', a gentle trail that brings you to the stunning Beecher and Pearl water cascades, respectively. Bring your camera!

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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:

[lnt.org](http://www.lnt.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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