

Views of the Valley - 5 Best Hikes of the Week



Kid-Friendly

Jockey Cap - Just a couple tenths of a mile from the road, Jockey Cap is a large rock outcropping in Fryeburg, Maine with splendid views of the mountains and lakes of Western Maine. Park at the Dollar General on Route 302 in Fryeburg and follow the path from the parking lot, around the side of the cliff to the top. If it's a nice day, you might just see some rock climbers scaling the cliff itself! A bronze display at the top of the cliff shows which mountains are which. Great for a quick stroll and some stunning pictures! Be sure to bring your bicycles to explore the Mountain Division Line path after your hike!



Off the Beaten Path

Mount Crawford - accessed via the Davis Path in Crawford Notch off of NH Route 302, is a mountain that truly deserves having the notch in which it is found named after it. The mountain sports a nearly-bald summit with breathtaking 360 degree views of Crawford Notch and the Presidential-Dry River Wilderness, and is off the beaten path of trails highly frequented in the vicinity. Don't be fooled, even hikers who have put in hours on the stairmaster will find a good workout on this relentless 2.5 mile climb!



Waterfalls

Ripley Falls is a beautiful set of waterfalls located in Crawford Notch State Park on NH Route 302. Starting from the Ethan Pond trailhead on the West side of 302, the Ripley Falls Trail continues just a little more than half a mile, gaining about 500 feet of elevation to the stunning natural phenomenon.



Short and Sweet

Dahl Wildlife Sanctuary - No need to drive off into the wilderness for this pleasant refuge. The Audubon Society maintains this set of trails just next to the L.L. Bean in North Conway. Just along the banks of the Saco River, this small network of trails is host to a number of ecologically unique communities and rare flower species! Bring your camera!



603-356-5701



4,000 Footer of the Week

If you've visited the Mount Washington Valley before, chances are you've ridden a chairlift to the top of a ski mountain. However, have you ever hiked to the top of a ski mountain? Well for those looking for a challenge this week, we have the 4,000 Footer for you. Wildcat Mountain is actually a mountain with 5 peaks: A, B, C, D and E. Wildcat D is actually the mountain on which Wildcat Ski Area is built, and is also one of the peaks recognized by the list of 48 4,000 footers in the White Mountain National Forest! To reach Wildcat D, follow the Wildcat Ridge Trail from Pinkham Notch near Glen Ellis Falls on NH Route 16, over Wildcat E to Wildcat D at the top of the ski area. Round trip is approximately 4.4 miles and is very strenuous!



Content by:

Mountain Ponderings

Helpful Resources

White Mountain National Forest:

www.fs.usda.gov/whitemountain

NH State Parks:

www.nhstateparks.org

Leave No Trace:

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

Hike Safe:

www.hikesafe.com

MWOBS Higher Summit Forecast

www.mountwashington.org