

Views of the Valley - 5 Best Hikes of the Week



Waterfalls

Bemis and Coliseum Falls are a pair of beautiful waterfalls accessed by the Bemis Brook Trail in Crawford Notch. With less than a mile of hiking to Coliseum Falls, and Bemis Falls on the way, and with negligible elevation gain, this nature stroll is sure to please.

For those looking for a little added challenge, a couple miles of uphill hiking will bring you to Arethusa Falls, a jaunt not for the faint of heart!

This trail head is accessed from route 302 in Crawford Notch State Park on the left-hand side driving north, in the same parking lot for Arethusa Falls and Frankenstein Cliff. Not stroller friendly. Coliseum Falls depicted on right.



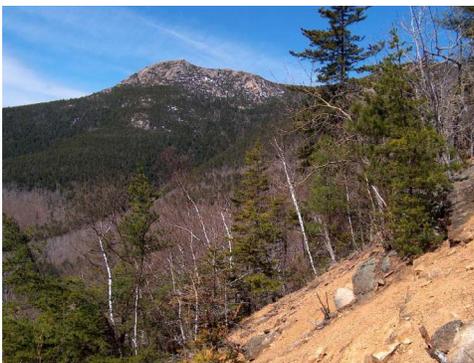
Short and Sweet

Sabbaday Falls is just a 0.3 mile stroll from the trailhead on the Kancamagus Scenic Byway. This week is the time to visit these stunning waterfalls before the US Forest Service closes the site for renovations for most of the season.



Kid-Friendly

Square Ledge Trail is a small hike with big rewards! At only 1.0 miles round trip, this walk into the woods from the Pinkham Notch Visitor Center on Route 16 grants stunning views of Mount Washington from a breathtaking granite ledge! Plus, it has the added bonus of also being a rock-climbing destination, which can be very fun to watch!



Off the Beaten Path

Carter Ledge is the less-hiked neighbor of White Ledge, with a trailhead leaving White Ledge Campground on Route 16 in Albany. After climbing up to Carter Ledge from the opposite side of the campground from White Ledge (make sure to check campground parking rules, White Ledge is actually quite popular), you can choose to turn around or continue up to the Three Sisters on Mount Chocorua (seen from Carter Ledge on right).



4,000 Footer of the Week

Passaconaway is one of the smaller four-thousand footers in the White Mountains (though still very rugged)! We recommend Passaconaway this week because even though it might be sunny and warm down in the Valley, there is still a lot of snow up in many areas of the alpine zone. While Passaconaway might not be totally snow free (bring traction!), it is apt to have much less than its taller counterparts.

This is a longer, more strenuous hike only for the more experienced hiker(s). Passaconaway can be accessed from the Oliverian Brook Trailhead on the Kancamagus Scenic Byway, on the left side driving west.

Passaconaway depicted on right.

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

Hike Safe:

www.hikesafe.com

MWOBS Higher Summit Forecast

www.mountwashington.org



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