



# Views of the Valley - Suggested Hikes Week 1

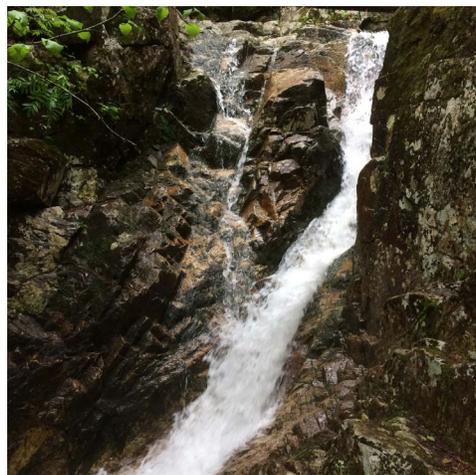
**Welcome to Views of the Valley**, your number-one weekly hiking suggestion list for your stay in picturesque Mt. Washington Valley. Of course, getting into the mountains is one of the best ways to soak in the beauty of our area. Every week we highlight one waterfall hike, a hike with a view, and a nice gentle hike for new hikers or groups with small children. We also will give you one safety reminder or 'hiker hack' tip for when you're out in the woods.

## Mellow Wilderness Stroll 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 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!

## Waterfall of the Week 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!

## View Hunting Hedgehog Mountain



Mount Hedgehog is a 5.0 mile loop hike on the UNH trail accessed from the parking lot near Passaconaway Campground on the Kancamagus Highway. With beautiful ledges and views of Mount Passaconaway, this hike is sure to satisfy. At 5 miles round trip and only 1,300' of vertical gain, this is a perfect hike for younger kids who already have some hiking experience under their belts.



### Dress Like an Onion!

When hikers say "dress like an onion!", all they mean is that you should dress in layers. Quick weather changes, significant changes in temperature from valley to mountaintop, and a lot of physical activity can make you very hot and very cold, very fast. Always dress in layers so that you can add or remove them as needed. Better to have too many than too few!

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