



Views of the Valley - Suggested Hikes Week 11

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.

Waterfall of the Week Sabbaday Falls



Sabbaday Falls is just a 0.3 mile stroll from the trailhead on the Kancamagus Scenic Byway. Enjoy the stroll in conjunction with some of the other sights on the drive across "The Kanc" and read some of the history of the trail and the falls on the informational panels at the trailhead!

View Hunting Mount Tremont



Mt Tremont is a win-win of a mountain. Close to North Conway AND absolutely spectacular! Access the Mt Tremont trail from Route 302 west of Bartlett shortly after the Sawyer Rock picnic area (driving from Bartlett). The trail is 2.8 miles one-way and brings you to the summit of Mount Tremont, which boasts spectacular views of Sawyer Pond in the valley below.

View from Mount Tremont.

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Mellow Wilderness Stroll Cave Mountain



Just 0.7 miles (one-way) from the trailhead in Bartlett lies the summit of this small 1439' mountain, with an amazing cave at the top to explore! Take the road directly across from Bear Notch Road in Bartlett to the trailhead (right side of the road) for this hike. Take the MT Langdon trail 0.3 miles to where the trail for Cave Mountain splits off for another 0.4 miles to the cave. Have fun exploring!



Estimate the amount of daylight left!

With your arm extended, count how many fingers you can fit between the sun and the horizon as the sun is setting. Each finger that fits equates to about 15 minutes of daylight, and each hand is about one hour. With this trick, you can get a rough estimate of how much time you have left before dark!

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