



Views of the Valley - Suggested Hikes Week 13

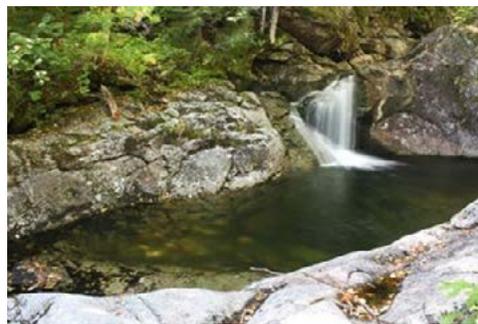
Welcome to Views of the Valley, your number-one weekly hiking suggestion list for your stay in picturesque Mt. Washington Valley. Of course, getting into the mountains is one of the best ways to soak in the beauty of our area. Every week we highlight one waterfall hike, a hike with a view, and a nice 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 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 also host to a number of ecologically unique communities and rare flower species! Bring your camera!

Waterfall of the Week Thirteen Falls



Thirteen Falls is not a day-hike. It is a 2-day trek into a wilderness area and requires proper planning and experience. A visit to (the amazing and totally-worth-it) 13 Falls probably entails one night's stay at the AMC 13 Falls Tentsite. Please consult an AMC Guidebook (available at local hiking and outdoor gear stores) for information. If you have a weekend to spare and are looking for some killer backcountry waterfalls, this is your spot!

View Hunting Mount Avalon



About 2 miles up the Avalon Trail from the Highland Center in Crawford Notch brings you to the summit of Avalon, sandwiched between two much more popular mountains, Willard & Field. For those who have already hiked Mount Willard, they may find Mount Avalon a nice next step. A very similar view down Crawford Notch and the valley of the Saco River is just as breathtaking, and higher in elevation than its smaller counterpart. This may also be tacked on to a hike to Mt Field for those looking to summit its 4,000 footer neighbor.

For more Views of the Valley >



Hot water in the sleeping bag trick.

If spending the night in the woods on a multi-day trip, one cool trick is to boil some water, pour it into a Nalgene bottle, throw the bottle in a sock, and stuff it in your sleeping bag. This trick will provide extra warmth to help you sleep extra cozily on your backcountry adventure!

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