



Views of the Valley - Suggested Hikes Week 14

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 Greeley Ponds Trail



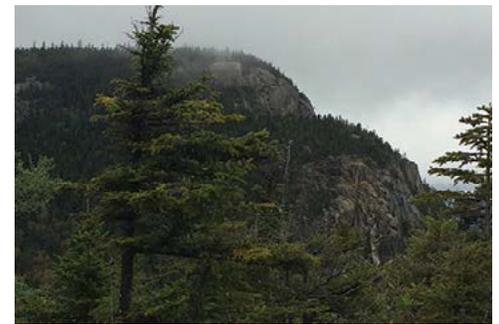
Greeley Ponds is the perfect place for a midday nature picnic. Just approximately two miles along relatively flat terrain from the Greeley Ponds Trailhead on the Kancamagus Highway brings you to the Greeley Ponds Scenic Area, where you can enjoy the pond, the wildlife, and the birds while enjoying a nice packed lunch between the high mountain peaks of East Osceola and Mount Kancamagus.

Waterfall of the Week Arethusa Falls



One of the main attractions in Crawford Notch State Park on Route 302 is the iconic Arethusa Falls. One of the tallest sets of falls in the state, this hike is sure to impress. A climbing 1.4 mile hike (one-way) will bring you to the foot of this White Mountain spectacle.

View Hunting Stairs Mountain



Stairs Mountain is likely named for the stairs-like appearance of the cliffs to be found on its eastern side. Photo is from Mount Resolution. Reach the summit via a 4.6 mile hike (one way) via the Rocky Branch Trail and the Stairs Col Trail, which is accessed from the end of Jericho Road in Glen. This adventure is perfect for hikers looking to get away from the crowds!

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Know when to turn back.

Hikers often succumb to poor decision-making when they get their hearts set on a specific goal or achievement. Obviously, everyone wants to reach the summit. However, it is when we ignore signs that we should turn back that we get ourselves into trouble. Is there a sign of lightning? Is it getting dark? Did you run out of food or water? These, among other things, might be good reasons to consider turning around and coming back another day. Remember, the mountain isn't going anywhere.

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