



Views of the Valley - Suggested Hikes Week 3

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

Albany Town Forest



Are you thinking more of a nature walk than an uphill battle? Happy to listen to the birds and enjoy a quaint riverside stroll rather than push your aerobic limit through burning quads and hundreds or thousands of feet of vertical gain? Look no farther than the Albany Town Forest. This treasured plot of land is behind the Saco District Ranger Station on Highway 112 in Albany, but you might find better parking at Kennett Middle School/Conway Elementary School on Route 16 in Conway Village. Behind the athletic fields, on the other side of the farmland plots, are the trails that meander the Albany Town Forest along the Swift River. Out here you can choose your own adventure and do a 3 mile loop, or just walk out until you feel like coming back. The Albany Town Forest welcomes dogs, but please keep them leashed near the farmland! The farmers have had trouble with pups diggin' up their crops. *Photo: The Swift River.*

Waterfall of the Week

Crystal Cascade



Did you know that there is a waterfall on the side of Mount Washington?? Well now you do! For much less effort than summiting the famous mountain you can reach the stunning falls of crystal cascade. Just a short hike up the Tuckerman Ravine Trail from the AMC Pinkham Notch Visitor Center is the marvel of Crystal Cascades off the right side of the trail. Remember your camera!

View Hunting

Mount Potash



Take a small detour down the picturesque Kancamagus Scenic Byway for your hike on Mount Potash this week. At just under 5 miles round trip, Mount Potash is a beautiful off-the-beaten-path alternative to other hikes of similar duress. From the ledges on Mount Potash, look at the steep, stunning flanks of Mount Passaconaway, the 4,000 footer just adjacent to Mount Potash. *Photo: A rooty trail on Mount Potash*



Pack two pairs of socks!

Feet sweat. Feet step in puddles and streams. Feet get blisters. Feet also love a dry pair of socks. For the sake of warm, dry feet, always bring at least two pairs of wool socks on your hike. Any experienced hiker will agree!