

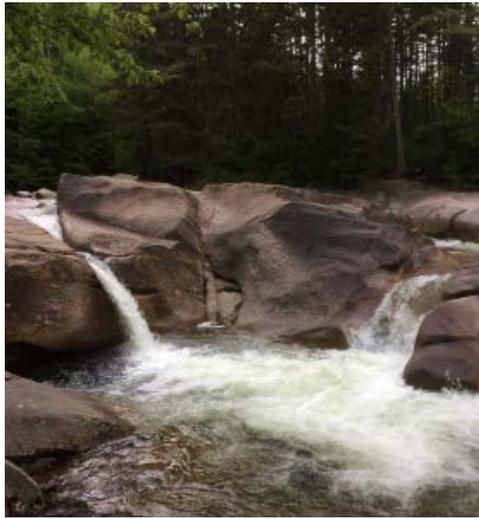


# Views of the Valley - Suggested Hikes Week 4

**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

Franconia Falls



Franconia Falls are a beautiful set of various falls, with really fun rocks to climb on all around them! Walk 3 mi. (one way) on flat ground along the East Branch of the Pemigewasset River to the Falls Trail and the falls. Park at Lincoln Woods on the Kancamagus Highway for this hike. It's a little bit of a drive, but beautiful with great picnic spots and scenic outlooks.

## Mellow Wilderness Stroll

Moat Mountain Mineral Site



Ever wanted to dig up gems and crystals? Well, here's your chance! The White Mountain National Forest has a designated mineral collection site where smoky quartz are abundant! From West Side Road in Conway, turn on to Passaconaway Road and then right onto High St. Follow High St to the trailhead. From there it is .9 miles (one-way) to the mineral site. Good luck, and get digging!

## View Hunting

South Moat Mountain



Off of Passaconaway Road in Albany there is the trailhead for South Moat Mountain. A 5.2 mile round trip hike boasts incredible views of Mt Chocorua, the Conway Valley, Mount Washington and many more. Some of the best views for a 5-mile hike in the area. *Photo: Chocorua and the Sandwich Range as seen from South Moat.*



### Keep spare clothes in the car!

When you're finished with your hike, you'll be tired, sweaty, sore, smelly, dirty, usually hungry and a little thirsty, and above all else ready to get comfortable again. Do yourself a favor and leave some dry, clean clothes in the car!

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