



# Views of the Valley - Suggested Hikes Week 9

**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

Upper Falls of Silver Cascade



Silver Cascade can be seen from the roadside as you drive up Crawford Notch on Route 302, but for the upper falls, a little bit of a hike is necessary (but well worth it!). From the Highland Center in Crawford Notch, follow the Jackson-Webster trail to the split. The Jackson Trail goes left, but take the Webster trail to the right and just a couple hundred feet down the trail you will find the gorgeous, mossy upper falls of Silver Cascade. It is about 1.5 miles to the falls (one-way).

## View Hunting

Mount Paugus



Mount Paugus is a hidden gem surrounded by its more-oft-hiked counterparts Chocorua, Whiteface, and Passaconaway. To begin your hike, take Chocorua Lake Road off of Route 16 in Chocorua, take a right onto Paugus Rd, and park at the lot at the end of the road. From here, you have just under 3.5 miles (one-way) along the Old Paugus Trail to the summit! Be sure to carry a map and pay attention; this trail has many intersections! Mount Chocorua as seen from Mount Paugus.

## Mellow Wilderness Stroll

Liebeskind's Loop



Liebeskind's Loop is a nice, kid-friendly alternative to Mount Washington or other towering Presidential peaks. It leaves from the same trailhead as the famous Tuckerman Ravine Trail. Just a couple miles long in total, access the Liebeskind's Loop from the Crew Cut trail just off of Old Jackson Rd (Appalachian Trail) that leaves from the Pinkham Notch Visitor Center. Enjoy unique views of Pinkham Notch and Wildcat Ski Area from Brad's Bluff and Lila's Ledge on this short loop hike! *Photo: Pinkham Notch as seen from Lila's Ledge.*



## Don't wear cotton.

Experienced outdoors people will all be familiar with the phrase "cotton kills." This is for good reason. Cotton absorbs moisture very well, making it wet and heavy with water, rain, or sweat. It also dries slowly. This can be a serious danger for hypothermia even in the hot summer months. For this reason, choose synthetic or wool layers over cotton, every time.

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