Along with these hike suggestions we are providing general directions and information about the hike. Please be sure to do your research before heading out on the trail. Stop in at the Chamber office to speak to visitor services for information and maps so you can get more specifics on a hike's difficulty, length, duration, location and more. Also, be sure to check the weather forecast before you head out on the trails. For more resources visit IntoTheForest on our website.

**WATERFALL WONDERS**

**GLEN ELLIS FALLS** - The tenth of mile to the first lookout to the 60’ tall Glen Ellis Falls is worth the effort! These falls are a truly wonderful outdoor experience. Old stone steps constructed by the Civilian Conservation Corps more than 60 years ago take you down the side of the falls to viewpoints below!

*Directions: Off Route 16, just South of the Pinkham Notch Visitor Center.*

**BEECHER AND PEARL CASCADES** - 2 for 1! Just a short stroll down the Avalon Trail from the AMC’s Highland Center in Crawford Notch brings you to the ‘Cascade Loop’, a gentle trail that brings you to the stunning water cascades. Bring a camera!

*Directions: Trailhead and parking located at the Crawford Depot on Rt. 302, in Carroll, 8.5 miles south of Rt. 3 and just south of the AMC Highland Center.*

**ARETHUSA FALLS** - A main attraction in Crawford Notch State Park on Route 302 is 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.

*Directions: Located within Crawford Notch State Park and are accessible by means of the 1.5-mile-long (2.4 km) Arethusa Falls Trail from U.S. Route 302.*

**FRANCONIA FALLS** - a beautiful set of various different falls, with really fun rocks to climb on all around them! To access them, walk three miles (one way) along flat ground next to the East Branch of the Pemigewasset River to the Falls Trail and the falls themselves.

*Directions: Park at Lincoln Woods on the Kancamagus Highway. (It’s a bit of a drive, but a beautiful, with great picnic spots and scenic outlooks there and back!)*
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. Remember your camera!

Directions: Head to Pinkham Notch Visitor Center and find parking for the trail.

CHAMPNEY FALLS - is a stunning set of falls (and a very cool gorge!) located 1.8 miles (one-way) up the Champney Falls trail on the Kancamagus Scenic Byway. For a short excursion, hike up to the falls and back, or continue up the trail to Mount Chocorua for a full-day hiking expedition!

Directions: The trail begins at the Champney Falls Parking Lot (look for “Champney Brook Trail”) on the Kancamagus Hwy (Rt. 112), 10 miles west of Route 16.

NANCY CASCADES - It is a bit of a hike in to reach the beauty of Nancy Cascades, but uncovering this White Mountain treasure is well worth the walk! 2.4 miles (one way) with about 2,200’ of elevation gain along the Nancy Pond Trail brings you to this thunderous cascade.

Directions: The Nancy Pond Trailhead is on Route 302 about five miles west of Bartlett village.

ZEALAND FALLS - The hike to reach Zealand Falls is a little farther than for most, but it is a view well-earned and easily combined with a larger hike in the White Mountains. Be sure to get some baked goods cooked by the Hut Croo to enjoy while admiring the falls!

Directions: To the end of Zealnd Road (off Rte 302), hike about 2.5 miles to AMC’s Zealand Hut. The falls are then located just below the hut.

THOMPSON FALLS - The cascade at Thompson Falls crashes over an overhanging rock ledge that looks like a gigantic clam 30’ wide! Below the falls, the waters churn slowly around in an inviting, although very chilly, swimming pool.

Directions: Park at Wildcat Mountain & take the Way of the Wildcat Trail to Thompson Falls Trail. Trailhead is right across the bridge to the left of the Wildcat Base Lodge.

SABBADAY FALLS - just a 0.3 mile stroll from the trailhead on the Kancamagus Scenic Byway. Enjoy the stroll in conjunction with some of the other sights on the drive across “The Kanc” and read some of the history of the trail and the falls on the informational panels at the trailhead!

Directions: Located 15 miles west of Conway on the Kancamagus Hwy.

SNYDER BROOK FALLS - It is a small walk to reach this set of three different waterfalls. Follow Valley Way to the Maple Walk Trail to Gordon Fall in 0.3 miles. From Gordon Fall take the Fallsway Trail to Salroc and Tama Falls in 0.6 miles. A splendid set of waterfalls for a remarkably small amount of walking!

Directions: Take Route 16 to Gorham, turn left onto Main Street for 1 mile then turn left onto US2. Follow for 5 miles to Appalachia Trailhead.
**RIPLEY FALLS** - is a beautiful 100’ waterfall flowing over a smooth rock wall. You may see adventurers rappelling down the face of the falls, a relatively new activity offered by nearby Northeast Mountaineering. Ripley Falls is well worth the walk!!

*Directions: Just east of the Willey House on Route 302 is the trailhead for Ripley Falls. Walk just half a mile (one-way) to these gorgeous waterfalls inside Crawford Notch State Park.*

**UPPER FALLS OF 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!).

*Directions: From the Highland Center in Crawford Notch, follow the Jackson-Webster trail to the split and go right. 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.*

**WINNIWETTA FALLS** - a series of impressive waterfalls located just south of Pinkham Notch. A short 1.8 mile round trip includes wading a shallow but wide stream shortly after leaving the trailhead! Some of the most beautiful falls in the Valley!

*Directions: Park at the roadside pull-off on the West side of NH Route 16 just north of Jackson. One must be attentive to find the falls, following the Jackson x-c trail network. Follow the signs, listen for the falls as they are about 100’ off the trail.*

**BEEDE FALLS** - is located in Sandwich and a great hike for just about any age. The falls come from the Bearcamp River and slide down over the rocks into a pool that is perfect for swimming, although shallow. Venture a bit further up for more.

*Directions: From Center Sandwich, go 3 miles on Sandwich Notch Rd. Look for signs for Beede waterfall.*

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**VIEW HUNTING**

**KEARSARGE NORTH** - A 6-mile round trip hike up the Kearsarge North trail on Hurricane Mountain Road will bring you the outstanding 360 degree views from the fire tower atop Mount Kearsarge. This is a rugged hike for the view, but well worth the effort once you are there. Bring plenty of water and food!

*Directions: The trailhead is located on Hurricane Mountain Road in North Conway.*

**MOUNT HEDGEHOG** - With beautiful ledges and views of Mount Passaconaway, this hike is sure to satisfy. At 5 miles round trip and only 1,300’ of vertical gain, this is a perfect hike for younger kids who already have some hiking experience under their belts.

*Directions: The trail leaves from the parking area just east of Passaconaway Campground 13.5 miles west of Conway on the Kancamagus Highway.*
MOUNT TREMONT - Mount Tremont is a win-win of a mountain. Close to North Conway AND absolutely spectacular! The trail is 2.8 miles one-way and brings you to the summit of Mount Tremont, which boasts spectacular views of Sawyer Pond in the valley below. *Photo: View from Mount Tremont.*

*Directions: Access the Mt Tremont trail from Route 302 west of Bartlett shortly after the Sawyer Rock picnic area (driving from Bartlett).*

MOUNT PIERCE - 3.5 miles along the Crawford Path (nation’s oldest continually maintained hiking trail) from the AMC Highland Center in Crawford Notch lies the summit of Mount Pierce. It sits on the Appalachian Trail and boasts stunning views of the Southern Presidential Range. *Mount Eisenhower as seen from Mount Pierce.*

*Directions: Mount Clinton Road is off Route 302 in Carroll, about 3.0 miles west of the Willey House Historical Site.*

MOUNT WEBSTER - 3.4 miles along the Webster Cliff Trail (concurrently the Appalachian Trail) climbs steadily up a rugged trail to the top for stunning views across the White Mountains and is a great spot to meet Appalachian Trail hikers on their way to Mount Katahdin in Maine. *Willard Cliffs as seen from Mount Webster.*

*Directions: The trailhead is found on Route 302 in Crawford Notch State Park shortly before the AMC Highland Center. Parking is located across the street.*

MOUNT PARKER - Choose a clear day for the almost 8 mile round trip because the views are nothing short of stunning! Up the Mount Langdon and Parker trails (respectively) over Oakes Ridge bring you to the 3004' summit.

*Directions: Rt. 302 to flashing light in Bartlett Village, onto River St. and .4 mi. to bridge over Saco River & intersection beyond. Bear left for short distance; trailhead, with sign/parking on right.*

SOUTH MOAT - A 5.2 mile round trip hike boasts incredible views of Mt Chocorua, the Conway Valley, Mount Washington and more for some of the best views for a 5-mile hike in the area. Chocorua and the Sandwich Range as seen from South Moat.

*Directions: The trailhead is found on Passaconaway Road, about 3.2 miles from West Side Road.*

STAIRS MOUNTAIN - is likely named for the stairs-like appearance of the cliffs to be found on its eastern side. Reach the summit via a 4.6 mile hike (one way) via the Rocky Branch Trail and the Stairs Col Trail. This adventure is perfect for hikers looking to get away from the crowds! *Photo taken from Mount Resolution*

*Directions: The trailhead is found at the end of Jericho Road in Glen.*
MOUNT AVALON  -  Sandwiched between two much more popular mountains, Willard and Field. For those who have already hiked Willard, they may find Avalon a nice next step with a similar view down Crawford Notch and the valley of the Saco River. is just as breathtaking, and higher in elevation than its smaller counterpart.

Directions: About two miles up the Avalon Trail (one-way) from the Highland Center in Crawford Notch brings you to the summit of Mount Avalon.

MOUNT OSCEOLA  -  The climb is a 3.8 mile (one-way) strenuous hike over the summit of East Osceola and along the ridge to Osceola. This may be a difficult day in the mountains, but the stunning views to the East are well worth the fight.

Directions: Park at the Greeley Ponds trailhead on the Kancamagus Scenic Byway, just west of the hairpin turn and take the Greeley Ponds Trail to the Mt Osceola Trail, over East Osceola and to Mount Osceola. Return the way you came.

SQUARE LEDGE  -  For a short hike you can stand atop the impressive granite outcrop called Square Ledge and enjoy a picturesque standpoint offering a stunning view of Mount Washington and the iconic Tuckerman and Huntington Ravines that will not soon be forgotten.

Directions: The trailhead is located across the road (Route 16) from the Pinkham Notch Visitor Center in Pinkham Notch. Photo: View from the ledge.

MOUNT POTASH  -  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.

Directions: Just off the Kancamagus Highway on south side of road, the trailhead is opposite the Passaconaway Campground.

MOUNT RESOLUTION  -  4.2 miles (one-way) on the Davis Path (off Route 302) and a spur trail bring you to the wide impressive summit, a relatively strenuous hike for its distance, but one that is sure to impress. Photo: As seen from Mount Jackson.

Directions: Shortly after passing through Glen (Route 302-16 junction), Jericho Road will be on the right. The Rocky Branch Trail will start on the left at a closed gate, immediately crossing over two wooden bridges.

BLACK CAP MOUNTAIN  -  The Black Cap Trail is located in a spruce and beech forest and leads to a bare, rocky summit, providing views of New Hampshire’s White Mountains and Maine.

Directions: The trail head is located at the peak of Hurricane Mountain Road where there is a dirt parking lot. It is approximately 3.5 miles off Route 16 in Intervale.

MT. CARRIGAIN  -  This moderate to strenuous hike (5 miles one-way) meanders part of the way alongside a brook before it winds you way up along the edge of the mountain to a peak offering an unbeatable view of the forested New Hampshire mountain landscape. You can enjoy views from the fire tower.

Directions: Park on Sawyer River Road off Route 302 in Bartlett. This is the Signal Ridge Trailhead, to the junction of the Carrigain Notch Trail.
**SHORT & SWEET WILDERNESS STROLL**

**BUGLE CLIFF** - Just a short walk down the Webster-Jackson Trail from the AMC Highland Center in Crawford Notch is Bugle Cliff. This rocky ledge offers great views of Crawford Notch and Saco Lake (the headwaters of the Saco River!) and the effort: reward ratio makes this a great option for smaller kids. Enjoy! *View from Bugle Cliff.*

*DIRECTIONS:* On Route 302 just 0.1 mile before the AMC Highland Center. Parking is on left, trailhead is on right.

**JOCKEY CAP** - A large rock outcropping with splendid views of the mountains and lakes of Western Maine. You might just see some rock climbers scaling the cliff. A bronze display at the top shows which mountains are which. Get stunning pictures!

*Directions:* .5 miles east on US-302/Bridgton Road. Turn left into the parking lot of the Jockey Cap Motel and Country Store. Parking for the trailhead is located on the far left of the lot, within view of the trailhead kiosk.

**RATTLE RIVER TRAIL** – A gentle walk in the woods along the Appalachian Trail. Follow an old logging road looking at wildflowers for 1.7 miles to the AT shelter. While not much for views, it’s a nice stroll where you may encounter Appalachian Trail hikers. You can read their reports in the log-book in the shelter!

*Directions:* Follow route 16 north to the junction with Route 2 in Gorham. Take a right and proceed about 3.5 miles, the trailhead is on the right-hand side.

**GREELY PONDS TRAIL** - Greeley Ponds is the perfect place for a midday nature picnic. 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.

*Directions:* Find the trailhead off Kancamaugus Highway, 9.5 miles east of Lincoln.

**CHURCH PONDS** - Church Ponds is a nice stroll 2.2 miles (round trip) into the woods and is perfect for those looking for a nice mellow adventure or if you are short on time!

*Directions:* The trail is accessed from the Passaconaway campground on the Kancamagus Highway.

**MADISON BOULDER** - If you’re looking for a short stroll in the fresh air, and think it might be interesting to set your eyes on the area’s largest glacial erratic, look no farther than the Madison Boulder! This geological phenomenon is gigantesque enough to make your jaw drop!

*Directions:* Follow the sign for Madison Boulder from Route 113 in Madison (turn onto 113 from Route 16 in Albany, just south of Conway Village).
PINE MOUNTAIN - ‘Best view for the least effort’ in the White Mountains. Quick gratification makes it perfect for instilling in children the beauty of hiking. Enjoy a picnic (carry in, carry out!) and take a nice walk back to the car after enjoying the view.

Directions: From the trailhead on Pine Mountain Road, which stems off of Pinkham B (Dolly Copp) Road (off of Route 16 in Gorham), follow the Ledge Trail just six tenths of a mile to its impressive summit!

CAVE MOUNTAIN - Just 0.7 miles (one-way) from the trailhead in Bartlett lies the summit of this small 1439’ mountain, with an amazing cave at the top to explore!

Take the road directly across from Bear Notch Road in Bartlett to the trailhead (right side of the road) for this hike. Take the MT Langdon trail 0.3 miles to where the trail for Cave Mountain splits off for another 0.4 miles to the cave. Have fun exploring!

LIEBESKIND’S LOOP - is a nice, kid-friendly alternative to Mount Washington or other towering Presidential peaks. Unique views of Pinkham Notch and Wildcat Ski Area from Brad’s Bluff and Lila’s Ledge on this short loop hike!

Directions: Leaves from the same trailhead as Tuckerman Ravine Trail. Just a couple miles long in total, access the Loop from the Crew Cut trail just off of Old Jackson Rd (Appalachian Trail) that leaves from the Pinkham Notch Visitor Center.

FRANKENSTEIN CLIFF - a beautiful view accessed by a 2.1 mile hike (one-way) in Crawford Notch State Park. After a couple miles of climbing, enjoy a breathtaking clifftop view down the notch!

Directions: Driving West on Route 302 shortly after entering Crawford Notch State Park find the parking lot on the left hand side. It is the same parking lot for Arethusa Falls. Add them on for a nice loop hike!

SACO RIVER TRAIL - The Saco River trail is a gentle trail along the headwaters of the Saco River. Combine the leisurely stroll along the river (3 miles long one-way, but go as long or as little as you want!) with an educational history lesson at the Willey House for a great day out with the kids!

Directions: The trailhead is located across the street from the Willey House on Route 302 in Crawford Notch.

EAGLE MOUNTAIN TRAIL - Take the 0.9 mile gradual climb past a vernal pool (look for frogs and salamanders!) and to the summit of this mountain right in the center of Jackson.

Photo: Doublehead Mountain as seen from Eagle Mountain.

Directions: Parking for Eagle Mountain access is just behind the Eagle Mountain House (the upper, dirt lot) off Carter Notch Road in Jackson.

MOUNTAIN POND - The 2 mile, mostly flat loop around Mountain Pond is a truly fantastic venture into a pond is shadowed by the Doublehead Mountains in Jackson and a frequent site for owl, loon, and other wildlife sightings!

Directions: Drive down Town Hall Road, off Route 16A, until reaching the trailhead on the right hand side. Note: if the gate is closed, this adds a couple miles each way along a nice dirt road on the river (a nice nature stroll all on its own!)
LILY POND - There is a very short walk to Lily Pond where, if you don't see a moose, the reflection of mountains on the pond surface can be just as stunning! Bring your camera! This pull-off is also the home of the start of both the Nanamocomuck Ski Trail and the Livermore Trail.

Directions: 19.3 miles west of the Saco Ranger Station on the Kancamagus Scenic Byway is an unassuming gravel pull-off on the side of the road.

MOAT MOUNTAIN MINERAL SITE - Ever wanted to dig up gems and crystals from the ground? Well, here's your chance! The White Mountain National Forest has a designated mineral collection site where smoky quartz are abundant!

Directions: From West Side Road in Conway, turn on to Passaconaway Road, right onto High Street, then follow to the trailhead. From here it is .9 miles (one-way) to the mineral site. Good luck!

HIER HACKS & SAFETY TIPS

DRESS LIKE AN ONION - When hikers say “dress like an onion!”, all they mean is that you should dress in layers. Quick weather changes, significant changes in temperature from valley to mountaintop, and a lot of physical activity can make you very hot and very cold, very fast. Always dress in layers so that you can add or remove them as needed. Better to have too many than too few!

BRING A GROCERY BAG TO PACK YOUR TRASH - One often overlooked logistical item in the woods is a trash bag. Over the course of your hike, granola bar wrappers, trail-mix bags, and other such packaging from your food items will accumulate. Instead of mixing them in with your food, having it float freely in your backpack, or worse, having it fall out on the trail, bring a used plastic grocery bag to use as a trash bag, then throw it straight in the trash when you get home.

ESTIMATE THE AMOUNT OF DAYLIGHT LEFT! With your arm extended, count how many fingers you can fit between the sun and the horizon as the sun is setting. Each finger that fits equates to about 15 minutes of daylight, and each hand is about one hour. With this trick, you can get a rough estimate of how much time you have left before dark!

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!
LEAVE A COPY OF YOUR ITINERARY WITH FRIENDS/FAMILY - People have mishaps in the mountains all the time. For your own safety, it is good practice to leave a copy of your hiking plan with a friend or family (who isn’t coming with you on the trip) as well as a time when they should expect you back or expect to hear from you. This will make rescue much easier in the case of emergency. Remember, safety first!

KNOW WHEN TO TURN BACK - Hikers can 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, when we ignore signs that we should turn back 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.

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.

PACK TWO PAIR 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!

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!

GET AN EARLY START - There’s a reason people make a big deal about a nice ‘alpine start’. Besides beating the traffic to the trailhead, it gives you plenty of time to rest, eat lunch, enjoy nature and your company, and still get back to town in time for dinner and a drink! It also leaves you much less apt to get stuck on the trail in the dark!

DUCT TAPE/NALGENE TRICK - Duct tape is a great resource to have in the backcountry. Whether for patching or fixing gear, or covering a cut, it is a good idea to have some along, but it can also be a bulky item to have in your pack, and you seldom will need a whole roll. One trick that experienced hikers will do is wrap duct tape around their Nalgene or other water bottle, which they are planning to have with them anyway! This brings along a great resource in a way that is both space and weight-efficient!
ALWAYS CHECK THE HIGHER SUMMIT FORECAST - All White Mountain hikers should know that weather in town is rarely the same as weather up at elevation. A hot summer day down here can certainly coexist with winter weather on the higher peaks of the White Mountains. For your convenience, the Mount Washington Observatory puts out a ‘Higher Summits Forecast’ on their website twice a day. It is wise to check this forecast ahead of time.

MAKE A MINI FIRST-AID KIT - Old prescription pill bottles make for a great space-saving mini first aid kit. Pack them with a few essentials such as plasters, bandages and antiseptic cream.

PUT A CORK ON IT - Many times when out on the trail you will encounter the necessity to wade through or jump over water. Don’t take chances on losing car keys, or anything else of value you have with you. Put a cork on your key ring to keep them afloat should you drop them.

ALWAYS BRING A HEADLAMP OR FLASHLIGHT - Nobody ever plans to get lost. Similarly, nobody ever plans to get hurt. There are many things that can lead to a trip taking much longer than expected, and it is best to always be prepared to be out in the dark. For this reason, always bring a light and remember smartphone flashlights are not nearly as bright as a headlamp or flashlight and the batteries do not last as long!