



HIKES AND WATERFALLS

Mt Washington Valley Accommodations invites you to enjoy our beautiful outdoors any time of year. Remember to use caution. Wear the proper clothing (dress in layers) and footwear. If you're going on a long hike, make sure you are equipped for it. Do not take unnecessary chances while out in the woods, as weather conditions can change rapidly and extremely. Always bring plenty of energy food and clean drinking water. If you encounter wildlife- stop, do not approach the wildlife, and maybe you will be lucky enough to get a picture or two. Always remember to carry out what you carry in, and hike with a partner!

There are many places in the area that you can get information on great hiking locations and equipment. Eastern Mountain Sports, south 3 miles on Rt 302, has equipment, maps and a knowledgeable staff to make your hiking trip a pleasurable one. The AMC Pinkham Notch Visitors Center on Route 16 has access to many locations in the White Mountains, as does The AMC Highlands Center on Rt 302 in Crawford Notch. Information is also available from the Saco (Rt 112) & Androscoggin (Rt 16) Ranger Stations.

All distances are Round Trip. Don't forget your parking pass, which can be purchased at trailheads!

SHORTER HIKES

EASTERN SLOPE INN NATURE TRAIL: 1 mile round trip (easy) Walk to the left behind the Carriage House Suites building and through the tunnel to come out at the Whitaker House parking lot. You will see an extension of the parking lot towards the exit onto River Road where a sign marks the start of the trail. Walk by the fishing pond and through the woods to the Saco River. Turn right to walk out to River Road and the huge lawn at 1st bridge (good swimming) or turn left to find some nice sitting areas.

ECHO LAKE: 1 mile loop (simple) Turn left out of parking lot, left on to River Road and left onto West Side Rd. Drive ½ mile, turn right at sign for Echo Lake State Park. Walk down to the sandy beach and go left or right for a lovely loop trail around the lake. Bring lunch as there are picnic tables on the south side of the lake!

DIANA'S BATH : 1 mile (simple) Enjoyable for everyone! From the Inn, turn left onto Main St, Rt 16 North. Turn left at the light onto River Rd. Drive about 2 miles on River Rd and the parking lot for Diana's Bath is on the left. Bring swimsuits & picnic lunch! Please observe any posted signs about swimming, they are for your safety.

SABBADAY FALLS: 0.6 miles (simple) Drive South on Rt 16 for about 6 miles through Conway Village to Rt 112 (Kancamagus Hwy). Once you pass Bear Notch Road on the right, the parking area is 3.4 miles further- look for the sign on the left. The falls are reached by a gravel trail - nice & easy

ELEPHANTS HEAD: 1 mile (simple) Take Rt 302 west up to the top of Crawford Notch, about 30 minutes. At the height of land is Saco Lake (a very small lake, but the headwaters of our Saco River!). Park there or across the street 100 yards further in the AMC Highland's Center parking lot. Look for the signs on the south side of the lake directing you to Elephants Head trail. Amazing views down Crawford Notch!

CRYSTAL CASCADES: 0.6 miles. Drive about 25 minutes on Rt 16 north to the AMC Pinkham Notch Visitor's Center parking lot on the left. The Tuckerman's Ravine trail begins just past the restrooms. Climb up to the overlook of 80 foot Crystal Cascades in no time. For a great challenge, continue on a few miles to the base of Tuckerman's Ravine, a world famous glacial cirque!

GLEN ELLIS FALLS: 0.4 miles (simple) Take Rt 16 North to the parking area on the left just before the Pinkham Notch Visitor's Center, about 25 minutes. Walk through the tunnel under the road and proceed down the many stone steps to the base of the 64 foot falls. Watch for slippery steps when wet.

THOMPSON FALLS: 1.6 Miles (simple) Go north on Rt 16 for 30 minutes to the Wildcat Mountain Ski Area. This trail starts behind the main lodge as The Way of the Wildcat Loop Trail, crosses a little stream and takes you up the south side of Wildcat Brook with views of Mt. Washington.

LONGER HIKES

CATHEDRAL LEDGE: 2 1/2 miles round trip (moderate) From the Echo Lake parking lot walk down to the beach and turn right to walk around the lake partway. You'll find the Bryce Path a 1/2 mile in, which can be quite strenuous and steep at first, but relatively quick and well worth the effort! The Bryce Path splits close to the top- it is marked- stay to the right for Cathedral Ledge and you're almost there. Go left and continue onto White Horse Ledge, the bigger of the 2. It is at least another mile added onto the trip to get to White Horse.

BLACK CAP MOUNTAIN: 2.4 Miles round trip (Moderate) Turn left onto Rt 16 north and drive a little over a mile just past the Scenic Overlook, where you'll turn right onto Hurricane Mountain Road. Go 3.5 miles approx. and the parking area is on the right just a few yards past the height of land (look for the small sign). Drive very carefully up steep Hurricane Mountain Road and go slow on the way down. Blueberry picking is perfect here in late July, great view of town and the Presidential Range!

BOULDER LOOP : 3 mile loop (moderate) Turn left out of parking lot, left at the light onto River Rd, then left in about a mile onto Westside Rd. Follow Westside Rd to the end. Turn right onto Rt 16 south. 1 more mile through Conway Village and turn right onto Rt. 112 (the Kancamagus Highway). Stop at the Saco River Ranger Station to pick up a guide pamphlet for this hike, it corresponds with marked stations along the path. Go 7 miles on the Kancamagus, turn right onto Dugway Road (you'll see signs for the Albany Covered Bridge & The Covered Bridge Campground) and cross the covered bridge over the Swift River. Parking is just past the bridge on the right. Cross the road to start the trail, do the Boulder Loop clockwise.

ARETHUSA FALLS: 3 Miles round trip (Moderate) Turn left out of the lot and drive about 25 minutes on Rt 302 west until you see the sign for Arethusa Falls on the left. Parking area at the bottom of the hill is overflow, drive up the hill to park closer to the start of the trail. Great half day trip! These 200 ft. falls are a must see. If you wish to turn this into a full day hike continue to Frankenstein Cliff and make the loop.

MOUNT WILLARD: 3 miles round trip (Moderate) Turn left and follow Rt 302 for 30 minutes until you get to Crawford Notch. Park at the AMC Highland's Center at the height of land on the left. Walk the path to the Crawford Depot train station and cross the tracks. The Mt Willard trail climbs steadily at a nice grade up an old carriage road to sweeping views of the valley below.

CHAMPNEY FALLS: 3.6 miles round trip. Go south about 6 miles on Rt 16 through Conway Village to Rt 112 (Kancamagus Highway). Travel approx 11.5 miles west & look for the marked parking lot on the left. A steady climb will bring you to Champney Falls, and you'll pass other smaller falls along the way! Continue on up to the summit of **Mt. Chocorua** if you are looking for a more difficult hike.