

“STICK SEASON” SUGGESTED HIKES BLOG POST

(<https://www.outdoors.org/resources/amc-outdoors/destinations-travel/stick-season-hikes>)

HIKE DESCRIPTIONS WRITTEN BY TIMOTHY MUDIE, INTRO WRITTEN BY JENNY O’CONNELL

Discover the Magic of Stick Season: 7 Stunning Hikes for Late Fall

If you’ve listened to Noah Kahan’s “[Stick Season](#),” you already know this time of year gets a bad reputation—bare trees, grey skies, and that limbo feeling between peak foliage and first snow. But those who venture outdoors in late fall know that stick season is actually one of the best times to hit the trail.

It’s that quiet stretch when the last leaves touch the ground and the crowds go home. The air turns cool and sharp, outlooks that are usually blocked by leafy branches open up into sweeping views, and there’s a stillness in the air.

Hand-picked by [AMC Books](#) editor Tim Mudie, here are seven easy and moderate hikes across AMC’s region that shine during this underrated season:

Connecticut:

BEAR ROCK

Location

Durham, CT

Rating

Moderate

Distance

3.2 miles round trip

Elevation Gain

140 feet

Estimated Time

2 hours

Located within Cockaponset State Forest along Mattabesett Trail, Bear Rock is a rounded block of stone from which nature has carved the image of a bear's head. It is not overly high or difficult to climb, and yet the views from its rocky promontory are worth the effort, especially after leaf fall. Scenic Millers Pond adds another element of interest to this enjoyable out-and-back hike.

Maine:

WELLS RESERVE AT LAUDHOLM

Location

Wells, ME

Rating

Moderate

Distance

3.9-mile loop

Elevation Gain

55 feet

Estimated Time

2.5 hours

This historical 2,250-acre reserve provides an abundance of nature viewing year-round. When visiting in October and November, look to the sides of the trails for cranberries and late-season apples, and make sure you keep your eyes on the sky to spot migrating ducks and geese, which fly over this park on their long annual journey.

White Mountains:

DEVIL'S HOPYARD

Location

Stark, NH

Rating

Easy

Distance

2.6 miles round trip

Elevation Gain

200 feet

Estimated Time

1 to 2 hours

Beginning with a universally accessible section of trail, this hike features a nice stretch through deciduous forest—less common in the conifer-filled White Mountains. Follow the path along South Pond and then into the Devil's Hopyard, a narrow, picturesque gorge. During stick season, there are many fine views to enjoy through the leafless trees.

Southern New Hampshire

ROSE MOUNTAIN, SUMMIT TRAIL

Location

Lyndeborough, NH

Rating

Easy

Distance

1.8 miles round trip

Elevation Gain

430 feet

Estimated Time

1 hours

Hiking through this less-traveled area during stick season, you'll truly get to experience the silence and solitude that autumn forest provide. Open ledges with wide open views of Mount Monadnock are your reward for a relatively easy hike to Rose Mountain's summit.

Massachusetts:

(Berkshires)

PINE COBBLE AND EAST MOUNTAIN

Location

Williamstown and Clarksburg, MA

Rating

Moderate

Distance

4.8 miles round trip

Elevation Gain

1,340 feet

Estimated Time

3 hours

A partial loop hike up East Mountain, the southern terminus of the Green Mountains, on sunny slopes covered with oaks and sheep laurel, leads to a summit studded with quartzite and pitch pines, offering some of the most stunning views in the region, especially during stick season.

(Boston Area)

BRADLEY PALMER STATE PARK

Location

Hamilton and Topsfield, MA

Rating

Easy

Distance

3.3-mile loop

Elevation Gain

255 feet

Estimated Time

2 hours

While stick season may be defined by a lack of foliage, this network of well-maintained trails at a former estate features a combination of bare branches and numerous beech trees, which reach peak color in late October to early November. Enjoy sprawling views of pastoral fields, wetlands, and the Ipswich River.

New Jersey:

MOHICAN OUTDOOR CENTER: RATTLESNAKE SWAMP TRAIL AND APPALACHIAN TRAIL

Location

Blairstown, NJ

Rating

Moderate

Distance

6-mile loop

Elevation Gain

600 feet

Estimated Time

3 to 4 hours

Walk through Rattlesnake Swamp before climbing to Kittatinny Ridge to enjoy spectacular views and a fire tower built in 1922. Offering a taste of the Appalachian Trail's New Jersey segment, the bare branches of stick season provide almost constant views.

ACTIVITY LISTINGS FROM UPCOMING ISSUE OF *AMC OUTDOORS* MAGAZINE

COMPILED AND EDITED BY TIMOTHY MUDIE

EXPLORER

Your guide to the outdoors

[[[Bookmark the Outdoors Connector]]]

Register for all activities at activities.outdoors.org. New trips, volunteer opportunities, and workshops are posted every day! Find the most up-to-date listing on the Outdoors Connector: [QR code to OC]

YOUR ADVENTURE YOUR WAY

Can't find the trip you want? AMC offers customized adventures. Email amclodging@outdoors.org for details.

KEY



Hike



Bike Ride



Paddle



Volunteer



Workshop



Adventure Travel



Member gathering

NOLS Wilderness First Aid @ WORCESTER, MA



May 2-3, 2026

Prepare for the unexpected with this engaging, hands-on introduction to wilderness medicine that certifies you in Wilderness First Aid and CPR over two days. If you like to take short trips relatively close to medical resources, work at wilderness camps, enjoy weekend family outdoor activities, or recreate outdoors, this course is for you. Cost: \$300/member, \$330 non-member, \$80 AMC volunteer.

AMC 150 RELAY – CENTRAL PARK TO FORT LEE HISTORIC PARK @ NEW YORK, NY



May 3, 2026

For this leg of the AMC 150 relay, we'll explore the urban streets of New York City and also a few of its parks and waterways. We'll begin in Central Park, making our way north to the George Washington Bridge, crossing into New Jersey, and ending at the Fort Lee Historic Park Visitor Center. This moderately difficult hike will cover 9 miles and take 4-5 hours. Although a reasonable level of fitness is expected to complete the whole route, there will be many drop-out points if necessary. We will take short breaks throughout. Restrooms and water fountains are located at the beginning, middle, and end of the walk. Hosted by the AMC New York-North Jersey Chapter. FREE.

20s & 30s BACKPACKING THE APPALACHIAN TRAIL @ LEE, MA



May 21, 2026

Join AMC Western MA 20s/30s for a spring weekend backpacking trip along a quiet, forested stretch of the Appalachian Trail in the Berkshires. Over two days, we'll hike nearly 19 miles through classic New England woods, with rolling ridgelines, seasonal stream crossings, and peaceful sections of remote trail. This a self-supported backpacking trip designed for hikers with prior independent experience. Participants should be confident in carrying all necessary gear, managing their own shelter, food, and water treatment, and

hiking sustained mileage over two days. Hosted by the AMC Western Massachusetts Chapter. FREE.

NOTCH CLIMBING GYM NIGHT @ LEBANON, NH



May 27, 2026

Come join the AMC-NH Mountaineering Committee for our monthly gym climbing night! The gym offers a variety of climbing options, including lead climbing, top rope, auto-belay, and bouldering. All experience levels welcome. In addition to registering, first time participants and spectators must complete the Notch Climbing Gym waiver. We kindly ask that you complete this form on the website before arriving. Please note that, due to gym guidelines, we won't be able to provide belay instruction at this event. If you are not a member of the gym, you can ask for a 10% discount on your day pass. Hosted by the AMC New Hampshire Chapter.

MAINE WOODS TRAIL WORK WEEKEND @ GREENVILLE, ME



June 5-8, 2026

Join us for a weekend of fresh air, camaraderie, and hands-on stewardship as we help maintain the trails that lead into Maine's magnificent 100-Mile Wilderness. We'll stay at AMC's Little Lyford Lodge and Cabins, where you can unwind in a spacious bunkhouse, enjoy hot showers, relax in the sauna, and savor home-cooked meals. No experience required—just a willingness to help. Hosted by the AMC Maine Chapter. Cost: \$175 plus tax.

MULLICA RIVER FAMILY CANOE TRIP @ SHAMONG, NJ



June 5-7, 2026

Come join us for the annual Mullica River paddle. We will bring our camping gear with us on the river. We will camp out along the way. While this flatwater paddle is family friendly, it boasts a moderate difficulty, and participants should expect to be active 4-6 hours per day. Boat rentals are available. Hosted by the AMC New York-North Jersey Chapter. FREE.

20s & 30s INTRO TO BACKPACKING WORKSHOP @ RUSSELL, MA



June 5-7, 2026

Curious about backpacking, but not sure where to start? Join us for a relaxed, hands-on introduction at AMC's Noble View Outdoor Center. This weekend workshop blends practical skills with friendly, low-key instruction to help you gain confidence and comfort in the backcountry. We'll camp on the tent platforms and, after our first night, we'll hit the trail — packing up as if heading into the backcountry and hiking the local trail network before setting up camp again at day's end right where we started. Hosted by the AMC Western Massachusetts Chapter. FREE.

HIKING NEAR CARDIGAN LODGE @ ALEXANDRIA, NH



June 6, 2026

A moderate paced loop starting at Cardigan Lodge and includes the summits of Firescrew Mountain, Cardigan Mountain and Orange Mountain (a.k.a Mount Gilman). The hike features spectacular 360 views from Cardigan's rock face summit. Confirmed participants are welcome to reserve a bunk at Cardigan Lodge for Saturday night. A room block has been reserved for the hike leaders and participants of this hike who want to stay overnight at Cardigan Lodge. Hosted by the AMC Boston Chapter. FREE (Bunk reservation: \$108.)

AMC 150 RELAY – HIKE BOSTON AND CELEBRATE JUNETEENTH @ BOSTON, MA



June 19, 2026

Join AMC staff Meighan Matthews to celebrate Juneteenth on a 6.5 mile urban hike through Boston concluding with a guided tour of the Black History Trail on Beacon Hill. Starting and ending on the Boston Common, we will visit The Embrace statue, depicting Martin Luther King, Jr. and his wife Coretta Scott King, continuing past iconic Boston landmarks, including the historic North End and Rose Kennedy Greenway. After lunch at the Public Market (which has multiple delicious food court options) we will meet our guide for the 1.6-mile Boston Black Heritage Trail walk. Hosted by the AMC Boston Chapter. FREE.

AMC 150 RELAY – BIKE RIDE FROM ANDOVER TO CARDIGAN LODGE @ ANDOVER, NH



July 1, 2026

AMC's 150th Anniversary Relay from Virginia to Maine continues with an 18-mile bike ride from Andover, NH to AMC's Cardigan Lodge over a mix of paved and dirt roads. Since this segment is less than 20-25 miles, we are planning on doing it as an "out and back" for a total of about 36 miles of riding. If you prefer to do it one-way, please contact the leader. Please bring a packed or bought lunch for this ride, though lunch may be able to be bought at Cardigan. Hosted by the AMC Boston Chapter. FREE.

AMC 150 RELAY – OVERNIGHT AT GREENLEAF HUT & HIKE KINSMAN RIDGE



July 21, 2026

For this leg of the relay, join AMC staff Meighan Matthews for an overnight to Greenleaf Hut at the foot of Mt. Lafayette in the White Mountains. Participants can choose to join us for the day, or stay one or two nights at AMC's Greenleaf Hut. The total mileage of this trip from the parking lot and back including the ridge walk to Little Haystack is 11.6 miles. This will be a challenging hike with stunning views on some of the most popular trails in New England. The section along Franconia Ridge follows the Appalachian Trail and includes multiple summits over 4,000ft: Mt. Lafayette, Mt. Lincoln, Little Haystack, and we will possibly hike to Mt. Liberty. Participants must be comfortable on steep, rugged terrain. We will be hiking book pace, taking time to observe and talk about AMC's trail work, and the environment of the alpine zone. Cost: 1 night: \$149 member/\$179 non member; 2 nights: \$298 member/\$358 non member.

AMC 150 RELAY – JOE DODGE LODGE TO MT. WASHINGTON SUMMIT @ GORHAM, NH



July 31, 2026

Summit the Northeast's tallest peak as the AMC 150 relay continues. Beginning at AMC's Joe Dodge Lodge, this 9-mile hike gains about 4,250 feet of elevation and offers panoramic views of the White Mountains, camaraderie, and a chance to be part of our historic AMC 150 relay journey. Participants should be prepared for an extended period above tree line and to potentially hike out in the dark. Hosted by the AMC Boston Chapter. FREE.

OLD HUTCROO ASSOCIATION CABIN AND HARVARD CABIN OPEN HOUSE @ JACKSON,
NH



August 1, 2006

Come explore the Old Hutcroo Association (OHA) Cabin and Harvard Cabin! Located next to each other, enjoy an open-house style experience, with members of the OHA and Harvard Mountaineering Club available to share stories and answer questions. Learn about the history of these two cabins and the unique relationships each one has with the AMC. Tours at 10:00 AM, 1:00 PM, and 3:00 PM. FREE.

AMC 150 RELAY – BIKE RIDE FROM HIRAM TO FREEPORT @ HIRAM, ME



August 11, 2026

Join us in celebrating 150 years of AMC with this AMC 150th Relay Segment as part of a 1,500-mile journey from Virginia to Maine. Together, we'll honor the past and shape the future of outdoor adventure. For this leg of the relay, we'll explore the western Maine saddleback hills and Belgrade Lakes region to Freeport on the Casco Bay coast. Please bring a packed or bought lunch for this ride. Leaders will facilitate car spots to return riders who register to the start of the trip. Hosted by the AMC Boston Chapter. FREE.

20s & 30s BACKPACK: KILKENNY RIDGE TRAIL @ STARK, NH



August 15-16, 2026

Load your pack up and get ready for the Great North Woods adventure of the year! We're taking some 20s & 30s all the way up to the Kilkenny Ridge Trail, starting in Stark, NH, to traverse the entirety of the ridge over 2 days. This is a strenuous backpacking trip, which will summit two 4,000-footers. Hosted by the AMC New Hampshire Chapter. FREE.

AMC 150 RELAY – THE LAST MARITIME LEG @ SEDGWICK, ME



August 24-25, 2026

This overwater leg of the AMC 150 Relay brings us from Sedgwick Harbor to Seal Cove Harbor in Maine, covering 12.5 nautical miles (14.4 statute miles). The trip starts in Eggemoggin Reach and passes by Brooklin Harbor, the home of the Wooden Boat School. The waters are reasonably protected, and we will travel near the shore to minimize open water crossings. Participants must provide their own sea kayak of at least 14 feet in length, along with a sprayskirt, bow and stern deck lines, and camping gear, as we will spend the night on Tinker Island in Blue Hill Bay. Hosted by the AMC Maine Chapter. FREE.

AMC 150 RELAY – CADILLAC MOUNTAIN @ BAR HARBOR, ME



August 27, 2026

Join us for an unforgettable trek up the South Ridge Trail of Cadillac Mountain in Acadia National Park, as we celebrate the 150th Anniversary of the Appalachian Mountain Club with a hike worthy of the milestone. Hosted by the AMC Maine Chapter. FREE.

AMC 150 RELAY – BIKE RIDE FROM MILO TO AMC GORMAN CHAIRBACK LODGE @ MILO, ME



September 5, 2026

Traveling 29 miles with over 1,600 feet of climbing, this vigorous and exhilarating bike ride helps honor AMC's past and shape the future of outdoor adventure. Our ride will take us north on paved roads to Brownville, then on dirt roads and we climb along the Pleasant River into the north Maine Woods, passing Katahdin Ironworks on the way to Gorman Chairback Lodge. The leaders will be facilitating car spots to bring riders back to the start of the route upon completion. Hosted by the AMC Boston Chapter. FREE.

MAINE WOODS TRAIL AND BOUNDARY WORK WEEKEND @ GREENVILLE, ME



September 11-14, 2026

Join us for a weekend of fresh air and fun while helping maintain the trails that provide access to the woods and waters of Maine's magnificent 100 Mile Wilderness. We'll stay at AMC's Medawisla Lodge and Cabins, enjoying the comforts of a spacious bunkhouse, hot showers, relaxing sauna, and home-cooked meals. We'll perform basic trail maintenance--

cleaning drainages, clearing blowdowns, and trimming vegetation--as well as other tasks such as monitoring and marking property boundaries and completing chores around the lodge to get ready for the winter season. Hosted by the AMC Maine Chapter. Cost: \$175 plus tax.

NOLS WILDERNESS FIRST AID – DELAWARE VALLEY @ QUAKERTOWN, PA



October 24, 2026

Prepare for the unexpected with this engaging, hands-on introduction to wilderness medicine, taught over two days. This course is great for people of all experience levels, and is best suited for those who recreate outdoors where EMS response can be expected in a timely manner (fewer than eight hours). You'll learn the Patient Assessment System, how to provide effective first aid treatments for injuries and illnesses common in the outdoors, and how to make appropriate evacuation decisions. Cost: \$300/member, \$330 non-member, \$80 AMC volunteer.

20s & 30s: TREK VIA ALPINA ACROSS FINEST SWISS MOUNTAIN PASSES @ SWITZERLAND



July 18-26, 2026

The Via Alpina consists of a network of five long-distance hiking trails across the alpine regions of Slovenia, Austria, Germany, Liechtenstein, Switzerland, Italy, France & Monaco. Our trip focuses on the Swiss portion in the heart of Alpine region. It follows the Swiss National Route #1 from Altdorf, where the Swiss Federation was born, to finish in Kandersteg. Selected by *Backpacker Magazine* as "The World's Best Hike," it features 100 miles of scenery, cheese & chocolate. This trip is for members in their 20s & 30s age group. It is designed to offer space for connection, joy and shared experience in the outdoors. Rates: \$1,999 member/\$2,099 non-member. Contact trip leaders Selene Berube & Rami Haddad at <https://forms.office.com/r/390uzTtQ3c> to register.

Day Hiking, Culture, and the Total Eclipse @ SPAIN



August 10-21, 2026

This twelve-day trip offers an active itinerary around the best-kept secrets of Spain's temperate northern regions. We will focus our hikes in the crown jewel for hiking, the Picos de Europa. We will hike among dramatic limestone peaks and through lush valleys. We also have a few days to enjoy the verdant coastline and see the city of Bilbao and the beautiful countryside surrounding it. Add wonderful Basque gastronomy, world-class wines and ciders, and the unique cultural aspects of the north and we have a well-rounded trip. Plus, this trip coincides with the 2026 total solar eclipse! Rates: \$5,100 member/ \$5,200 non-member. Contact Leaders Dan Stone (danstone987@gmail.com) and Michael Wainer (wainer18@hotmail.com) for more information and application materials.

WOMEN'S CANADIAN ROCKIES ADVENTURE: A BACKPACKING AND WELLNESS JOURNEY @ CANADA

 August 29-September 9, 2026

Join us in the Canadian Rockies for an adventure filled with iconic hikes, backcountry bonding, and some well-deserved downtime. This trip is designed for women who want to immerse themselves in the mountains—think crisp alpine air, turquoise lakes, and the kind of camaraderie that comes from sharing the trail together. We'll begin with 2–3 days of classic day hikes in Banff National Park before heading into the backcountry for a 5-day, 4-night trek in Assiniboine Provincial Park. Nestled in the heart of the Canadian Rockies, the park is a wilderness sanctuary renowned for its breathtaking alpine scenery. Finally, we'll spend three nights in Canmore, the gateway to Banff National Park, in two luxurious side-by-side condos. We'll rest, cook meals together, and have plenty of options to explore more of Banff and Canmore, whether that's a day at the spa, more hiking, or just strolling through town. Rates: \$2,950 member/\$3,050 non-member. For details contact: L Stacia Biel (amcstacia@gmail.com 617-835-6532) or CL Eliza Grinnell (eliza.grinnell@gmail.com, 617-515-1095).

CYCLING SLOVENIA: FROM THE JULIAN ALPS TO THE ADRIATIC @ SLOVENIA

 September 12-20, 2026

From the crystalline lakes of the Julian Alps to the sun-drenched hills of the Mediterranean coast, this journey across Slovenia is a cyclist's dream. Over the course of eight days, you will ride from Bled's storybook setting, through alpine valleys, over high mountain passes, and into gentle vineyards and limestone plateaus, before reaching the Adriatic Sea. Along

the way, you will experience the surroundings of the Triglav National Park, and the mesmerizing emerald river of Soča Valley. This trip blends rewarding cycling with stunning scenery, cultural encounters, and excellent food and wine. Distances are moderate, with some challenging climbs, but we will be using ebikes, making this a perfect adventure for active riders eager to experience all the wonders that Slovenia has to offer. Rates: \$4,399 member/\$4,499 non-member. For details contact Mike Barry (mikebarry657@mac.com) or Sue Christopherson (chrstphrsn9@gmail.com).

A-MAZE-ING HIKES @ UTAH



September 26-October 7, 2026

On this unforgettable journey, we'll explore three of Utah's iconic national parks—Arches, Canyonlands, and Capitol Reef—along with two spectacular state parks: Dead Horse Point and Goblin Valley. Each destination showcases a dramatic landscape of sandstone monoliths, red rock spires, sheer cliffs, slot canyons, and natural arches. A highlight of our trip will be a two-day, one-night guided expedition into the remote Maze District of Canyonlands National Park, where we'll view ancient rock art, hike through a slot canyon, and camp under a canopy of stars! Rates: \$3,950 member/\$4,050 non-member. For details contact leaders Bill Wheeler (bwheelsjr@cox.net) or Andrea Cooper (coopsmiville@yahoo.com).

**PREFACE FOR *TRAIL GUIDE TO MOUNT WASHINGTON AND THE PRESIDENTIAL RANGE*
WRITTEN BY TIMOTHY MUDIE**

Preface

Trails existed before humanity. Long before anyone built a road or painted a blaze on a tree, animals followed paths through the wilderness, trampling vegetation and keeping the way clear, making it easier for others to take advantage of the same routes. People eventually created their own paths: for commerce, for diplomacy, and for recreation.

Crawford Path on Mount Washington—a trail still in use and described in this very book—is considered the first trail built solely for recreational hiking in the United States, possibly the world. When you journey out on the trail, you follow in the footsteps not only of Abel Crawford and his son Ethan Allen, who cut the trail in 1819, but countless hikers who came after and the indigenous people who walked the White Mountains for thousands of years before European colonizers arrived.

Since 1876, AMC trail crews, volunteers, and partners have worked together to build and maintain trails in the White Mountains, and we continue to do so today. Our comprehensive *White Mountain Guide* covers the entire White Mountain National Forest region, but this brand-new guide focuses on trails near Mount Washington and the Presidential Range—one of the most popular hiking regions in the Northeast. Yet that popularity should not

dissuade you: trail over-use is an important conservation concern, one that AMC takes into consideration, making sure that this and other AMC guides include lesser-used trails where you can hike in solitude, reflecting on what the natural world has to offer and the importance of conserving it.

With your help, AMC can continue our mission to foster the protection, enjoyment, and understanding of the outdoors. By visiting [outdoors.org/get-involved](https://www.americanmountainclub.org/get-involved), you can find information about volunteering, AMC chapters, and more. So read on, enjoy your hikes, and, most importantly, be outdoors.

PUBLICITY LETTER/PRESS RELEASE FOR *AMC'S BEST DAY HIKES IN CENTRAL MASSACHUSETTS, 2ND EDITION*

WRITTEN BY TIMOTHY MUDIE

FOR IMMEDIATE RELEASE

May 15, 2024

Contact: Tim Mudie, AMC Books, tmudie@outdoors.org

BETWEEN BOSTON AND THE BERKSHIRES IS SOME OF THE BEST HIKING IN MASSACHUSETTS, FIND IT IN *AMC'S BEST DAY HIKES IN CENTRAL MASSACHUSETTS*

East of the Berkshires and west of Boston lies one of New England's most varied and yet accessible terrains: Central Massachusetts. Sometimes overlooked in favor of those other regions, Central Massachusetts is home to beloved peaks, such as Wachusett, Holyoke, Tom, and Tully, along with family-friendly hiking in Purgatory Chasm, Quabbin Reservoir, and Blackstone River and Canal Heritage State Park. Whether looking for easy rambles or challenging mountainous terrain, hikes of all flavors are available in this historic and scenic region.

In the second edition of *AMC's Best Day Hikes in Central Massachusetts*, readers will find 50 treks for any skill level and experience. A handy at-a-glance trip planner helps readers

quickly find the right hike for them: simply check the difficulty level, time, distance, elevation gain, and icons describing trip attributes like universal accessibility, good for kids, good for dogs, features scenic views, waterfalls, fishing, horseback riding, and more, and you're ready to adventure.

As author and Massachusetts hiking expert John S. Burk notes, "The trails of central Massachusetts lead to an outstanding variety of natural features, including traprock mountains, waterfalls, old forests, scenic ponds, and wildlife habitats. Along the way are many artifacts of the region's rich history, such as the Keystone Arches railroad bridges and abandoned home sites at Quabbin Reservoir. From iconic long-distance routes such as the New England National Scenic Trail and Midstate Trail to easy paths at wildlife sanctuaries, options abound for hikers of all abilities."

In addition to this guide, John S. Burk has authored or edited seventeen regional books and guides, including AMC's *Massachusetts Trail Guide*, *New England National Scenic Trail Map and Guide*, *AMC's Best Day Hikes in the Berkshires*, and *AMC's Best Day Hikes Near Boston*. He has also contributed to *AMC Outdoors*, *Estuary*, *Northern Woodlands*, *Natural New England*, *Sanctuary*, *Uniquely Quabbin*, and other publications. John worked for ten years as an archivist and historical researcher at Harvard Forest. His photography has appeared in a wide variety of publications, including those of AMC and other outdoors organizations. Contact Tim Mudie at AMC Books for interview or event scheduling or for review copies of *AMC's Best Day Hikes in Central Massachusetts, Second Edition*.

ISBN: 978-1-628-42167-5

Publication date: April 1, 2024

Published by the Appalachian Mountain Club. The Appalachian Mountain Club (AMC) is a 501 (c)(3) non-profit organization, and sales of AMC Books fund its mission to foster the protection, enjoyment, and understanding of the outdoors. Learn more at [outdoors.org](https://www.outdoors.org).

**FULL INTERPRETIVE TEXT OF *WHITE MOUNTAINS WINTER RECREATION MAP & GUIDE*
COMPILED, EDITED, PARTIALLY WRITTEN, AND PREPPED FOR TYPESETTING BY
TIMOTHY MUDIE**

BEFORE YOU GO: SAFETY AND PLANNING

Pack the right gear.

What to bring varies according to the length of your outing and the difficulty of getting to safety, but in addition to your recreation-specific gear (skis, poles, snowshoes, crampons, etc.), you should always bring the following essentials:

- Map
- Matches/firestarter
- Compass
- First-aid kit
- Warm clothing, including hat and mittens
- Whistle
- Rain/wind gear
- Extra food and water, or means of treating sourced water
- Pocket knife or multitool
- Flashlight or headlamp
- Avalanche rescue gear (beacon, shovel, probe)
- Tarp
- Sunscreen and sunglasses
- Lightweight nylon rope/paracord

To learn more, visit [outdoors.org/10essentials](https://www.outdoors.org/10essentials).

HikeSafe and be prepared.

Developed by the U.S. Forest Service (USFS) and New Hampshire Fish & Game, the hikeSafe program encourages hiker responsibility in the White Mountain National Forest (WMNF). You are responsible for yourself, so be prepared. Learn more about the guidelines below and purchase

a Hike Safe card, which relieves holders from repaying the costs of rescues, other than those due to hiker negligence, at hikesafe.com.

- Leave your plans: Always tell someone where you are parking, which trails you are taking, who is in your group, and when you will return.
- Stay together: Start as a group, travel as a group, and end as a group. Pace your outing to the slowest person.
- Turn back when needed: Weather changes quickly in the mountains, and fatigue and unexpected conditions come on quickly. Know your limitations and when to turn around or postpone.

Check the weather.

White Mountain weather is notoriously fickle. Even when it's pleasant in the valleys, the summits and ridges can be brutal, with winterlike conditions possible any month of the year. Mount Washington, in particular, boasts some of the world's worst weather, with an average summer temperature of 52 degrees Fahrenheit at the summit and frequent hurricane-force winds. You may be several hours from civilization and out of cell phone range when a blizzard hits. It's crucial you know what to expect. For current weather and trails information, visit outdoors.org/conditions or contact AMC's Pinkham Notch Visitor Center at 603-466-2721. The Mount Washington Observatory offers a useful higher summits forecast at mountwashington.org. The National Weather Service provides weekly updates on snow depth at www.nohrsc.noaa.gov/nsa.

Educate yourself on avalanches.

Anywhere there is a steep incline, there's the potential for an avalanche. Before you go out, learn what signs to watch for and how to respond. Two excellent resources are the White Mountains Avalanche Education Foundation (wmaef.org) or the Mount Washington Avalanche Center

(mountwashingtonavalanchecenter.org), run by the U.S. Forest Service. A little education goes a long way.

Buy a parking pass.

A recreation pass is required to park vehicles at some WMNF trailheads, as indicated by posted signs. Daily, weekly, and annual passes are available from WMNF offices, local retailers, and AMC visitor centers in Pinkham Notch and Crawford Notch; get details at outdoors.org. Many forest roads are closed in winter, which makes for great skiing but may thwart driving plans. Visit www.fs.usda.gov/whitemountain for current closings and conditions.

Know whom to call for help.

In case of emergency, call 911, New Hampshire State Police at 800-525-5555, or, in the far-eastern portion of the WMNF, Maine State Police at 800-452-4664.

LEAVE NO TRACE

Leave No Trace (LNT) assists outdoor enthusiasts in minimizing their impact on the natural environment. These guidelines help maintain the beauty and health of our natural lands. For more information, visit lnt.org. To sign up for an LNT Master Educator course with AMC, visit outdoors.org/education/lnt.

1. Plan ahead and prepare.
2. Travel and camp on durable surfaces.

3. Dispose of waste properly.
4. Leave what you find.
5. Minimize campfire impacts.
6. Respect wildlife.
7. Be considerate of other visitors.

AMC OVERNIGHT ACCOMODATIONS

For more information on AMC lodges and huts in the WMNF, call 603-466-2727, visit [outdoors.org/lodging](https://www.outdoors.org/lodging), or email lodging@outdoors.org.

AMC White Mountain Lodges

AMC's Highland Center at Crawford Notch (Route 302, Bretton Woods, N.H.) and AMC's Joe Dodge Lodge at Pinkham Notch Visitor Center (361 NH-16, Jackson, N.H.) feature private rooms and bunkrooms, meals, retail areas, and equipment rooms. Joe Dodge Lodge also offers backdoor access to Mount Washington, as well as Tuckerman and Huntington Ravines. Both are full-service year-round, with year-round road access. Visit [outdoors.org/lodges](https://www.outdoors.org/lodges) for more information.

AMC High Mountain Huts

AMC's unique network of eight mountain huts, each a day's hike apart, stretches 56 miles along the Appalachian Trail. Carter Notch Hut, Zealand Falls Hut, and Lonesome Lake Hut are open year-round, self-service from late September or mid-October through Memorial Day. Drop-in visitors may purchase snacks and basic necessities, or get the latest forecast from the hut caretaker; advance reservations are required for overnight stays: [outdoors.org/huts](https://www.outdoors.org/huts).

AMC Backcountry Campsites and Shelters

AMC maintains backcountry campsites in the WMNF and surrounding areas, many along the Appalachian Trail. All are open year-round but staffed seasonally, from Memorial Day weekend through Columbus/Indigenous Peoples' Day weekend. All are near water, with platforms and outhouses, some with shelters (*noted below) and dishwashing areas. Campsites are first-come, first-served, and cannot be reserved in advance. Groups are asked to use the notification system at [outdoors.org/group_notification](https://www.outdoors.org/group_notification) at least two weeks in advance. Some shelters charge a fee to offset caretaker expenses.

- Carlo Col* (D12)
- Eliza Brook* (H4)
- Ethan Pond* (G7)
- Full Goose* (C13)
- Garfield Ridge* (G5)
- Gentian Pond* (D12)
- Guyot* (H6)
- Imp* (F11)
- Kinsman Pond* (H4)
- Speck Pond* (C13)
- Liberty Springs (H5)
- Nauman (G8)
- Thirteen Falls (H5)
- Trident Col (D11)

More Backcountry and Roadside Camping

Backcountry camping in the WMNF is regulated by the USFS. Camping and wood or charcoal fires are prohibited above treeline, where trees are 8 feet tall or shorter. In Forest Protection Areas, camping near rivers, streams, trails, roads, and other features is not permitted. See the

WMNF website for complete information: www.fs.usda.gov/whitemountain. For campgrounds and visitor centers operated by the USFS, NH State Parks, and others, also see recreation.gov.

AMC IN THE WHITE MOUNTAINS

The White Mountain National Forest is within a day's drive of 70 million people, and one of its biggest challenges is being loved to death. Despite its popularity, some trailheads remain unprotected, putting public access at risk, and heavy use strains budgets for trail and infrastructure maintenance. Air pollution and climate change also threaten the WMNF, the largest alpine zone in the United States east of the Rockies and a habitat for threatened and endangered species.

AMC partners closely with the WMNF on trail maintenance and alpine plant monitoring, operating the huts and Pinkham Notch Visitor Center under a special-use permit. AMC has used its expertise in mapping roadless areas to influence forest management plans and collaboratively conducts research on air quality, climate change, and rare alpine plants. AMC's history of trail building in the White Mountains dates back to 1875. Today, AMC maintains more than 350 miles of trails in the WMNF and is the primary maintainer of the Appalachian Trail (AT) in the White Mountains.

AMC's members support its mission of protecting the Northeast outdoors. Members receive discounts on lodging, guided programs, and AMC books and maps. To join, visit outdoors.org/membership.

MORE AMC BOOKS AND MAPS

AMC Books publishes resources written and field-checked by outdoor experts, including the following titles, available at amcstore.outdoors.org:

- *White Mountain Guide* (including a paper set of pull-out trail maps; waterproof maps also available individually or as a set)
- *White Mountain National Forest Map & Guide* (featuring the entire WMNF on one waterproof map sheet, front and back, with recommended hikes)
- *Essential Guide to Winter Recreation*, by Andrew Vietze
- *Best Backcountry Skiing in the Northeast*, by David Goodman

RECOMMENDED SKI ROUTES

The following routes specify the uphill and downhill lines covered in the map tiles on the front and back of this sheet. Be aware that backcountry skiing is inherently dangerous and only for experienced skiers. This map is merely a guide and not adequate preparation for going it alone. For more information, including turn-by-turn directions for these routes and others, please see *Best Backcountry Skiing in the Northeast*, by David Goodman. For a primer on safety, preparation, and more winter sports, please see *Essential Guide to Winter Recreation*, by Andrew Vietze. Both books are available at amcstore.outdoors.org.

Note: Skiing trails are not maintained to the standards of hiking trails. When snowshoeing on ski trails, please keep to the side of the trail and yield the right-of-way to skiers.

Waterville Valley Area

Greeley Ponds Ski Trail

From Kancamagus Highway/NH 112 (elevation 1,940 ft.), ski 2.2 mi. to Lower Greeley Pond (2,180 ft.). Easy, round trip: 4.4 mi.

A gentle tour to a protected Scenic Area framed by ice cliffs and towering rock walls.

Kancamagus Brook Ski Trail

From Kancamagus Highway/NH 112 (elevation 1,940 ft.), ski 3.2 mi. to junction with Kancamagus Brook Ski Trail (2,030 ft.) and ascend 3.1 mi. to Livermore Rd. (2,800 ft.). Most difficult, one way: 3.1 mi.

A trail that links Livermore Rd. and Greeley Ponds Trail. One-way (west to east) travel is recommended.

Livermore Rd.

From Livermore Rd. parking area (1,580 ft.), ascend to junction with Kancamagus Brook Ski Trail (2,800 ft.). Easy, one way: 5.0 mi.

A popular easy backcountry ski and snowshoe on an unplowed service road that accesses many hiking trails. Livermore Rd. is groomed by Waterville Valley from the parking lot to Livermore Trail.

Hiking trails suitable for skiing or snowshoeing

Livermore Trail

From Kancamagus Highway/NH 112 (1,940 ft.), this hiking trail gently ascends through Livermore Pass (2,900 ft.) to Kancamagus Brook Ski Trail (2,800 ft.) and other hiking trails. More difficult, one way (to Kancamagus Brook Ski Trail), 2.6 mi.

Sawyer Pond Area

Upper Nanamocomuck Ski Trail

From Lily Pond on the Kancamagus Highway (1,940 ft.) or Bear Notch Rd. (1,300 ft.), follow this remote section of trail alongside the Swift River, passing through wildlife openings and vistas. Some bridges are out and require fording. More difficult, one way: 9.6 mi.

Lower Nanamocomuck Ski Trail

From Bear Notch Rd. (1,300 ft.) or Albany Covered Bridge at Dugway Rd. (900 ft.), follow this scenic trail alongside the Swift River. Easy, one way: 4.3 mi.

Paugus Ski Trail

A short loop off Lower Nanamocomuck Ski Trail. Easy, one way: 1.2 mi.

Wenonah Ski Trail

From Rocky Gorge Picnic Area (1,120 ft.), located 3.4 mi. east of Bear Notch Rd., follow this moderately challenging loop around Falls Pond. More difficult, one way: 1.0 mi.

Wenunchus Ski Trail

From either Rocky Gorge Picnic Area (1,120 ft.) or Albany Covered Bridge (900 ft.), this is an enjoyable ski loop off Lower Nanamocomuck Ski Trail. More difficult, one way: 1.0 mi.

Rob Brook Rd.

From Upper Nanamocomuck Ski Trail (1,300 ft.), this Forest Service road winds through numerous bogs, wildlife openings, and scenic vistas as it connects at both ends with the ski trail. Easy, one way: 8.5 mi.

Oliverian-Downes Ski Trail

From the south side of Kancamagus Highway/NH 112 (1,240 ft.) opposite Passaconaway Campground, two loops, east and west, are joined by a scenic straightaway with views of Hedgehog, Passaconaway, and Potash mtns. Easy, one way: 3.6 mi.

Hiking trails suitable for skiing or snowshoeing

Sawyer River Trail

From a small parking area just east of Lily Pond on Kancamagus Highway/NH 112 (1,806 ft.), this gentle hiking trail fords Swift River and becomes a snowmobile trail, providing fast and easy access to a mountain landscape. Can be combined with Sawyer Pond Trail to reach the beautiful Sawyer Pond Scenic Area. Easy, one way: 3.1 mi.

Sawyer Pond Trail

From a small parking area on Kancamagus Highway/NH 112 (1,225 ft.), this trail connects with the Sawyer River Rd. and passes the beautiful Sawyer Pond Scenic Area. Access from the Kancamagus (1.4 mi. west of Bear Notch Rd.) requires a river crossing that may be difficult. Alternative access is from Bear Notch Rd. via either Rob Brook Rd. or Upper Nanamocomuck Ski Trail. More difficult, one way: 6.0 mi.

Champney Falls Trail

From Kancamagus Highway/NH 112 (1,260 ft.), 10.5 mi. west of Conway, this trail follows an old logging road to the beautiful Champney and Pitcher Falls. More difficult, one way: 1.7 mi.

Burt & Ammonoosuc Ravines Area

The west side of Mt. Washington offers the shortest access to Burt and Ammonoosuc Ravines, Great Gulf, and Oakes Gulf. **PARKING:** A free WMNF hiker parking lot (2,500 ft.) is located on Cog Railway Base Rd., 1.1 mi. east of its junction with Mt. Clinton Rd. and Jefferson Notch Rd. Parking is also available at Marshfield Station (2,700 ft.). A fee is required to ski or hike alongside the Cog Railway and/or to park at Marshfield Station.

Burt & Ammonoosuc Ravines

This alpine tour offers wide open skiing on snowfields and steep drainages below the Mount Washington summit.

Burt Ravine: From Marshfield Station (2,700 ft.), ascend via Cog Railway and Westside Trail to top of Burt Ravine (5,500 ft.). Most difficult, round trip: 6.4 mi.

Ammonoosuc Ravine: From Marshfield Station (2,700 ft.), ascend via Cog Railway and Westside Trail to Mt. Washington summit (6,288 ft.). Most difficult, round trip: 5.2 mi.

Great Gulf

Airplane Gully and Pipeline Gully are steep couloirs that descend Great Gulf, a dramatic alpine ravine.

Pipeline Gully: From Marshfield Station (2,700 ft.) via Cog Railway, Westside Trail, and Mt. Clay Loop Trail, reach the top of Pipeline Gully (5,533 ft.). Most difficult, round trip: 5.4 mi.

Airplane Gully: From Marshfield Station (2,700 ft.) via Cog Railway, Airplane Gully descends from the junction of Westside and Gulfside trails (elev. 5,500 ft.). Most difficult, round trip: 5.0 mi.

Oakes Gulf & Monroe Brook

The south-facing gullies in Oakes Gulf offer wilderness skiing in a stunning remote glacial cirque. Monroe Brook is a broad, steep skiable drainage.

Main Gully: From the hiker parking lot on Base Rd. (2,500 ft.), ascend Ammonoosuc Ravine Trail (ART) 3.1 mi. to Lakes of the Clouds Hut (or 2.6 mi. from Marshfield Station) and follow Dry River Trail 0.3 mi. into Oakes Gulf to the top of Main Gully (5,100 ft.), returning via Monroe Brook. Most difficult, round trip: 6.2 – 7.6 mi.

Double Barrel: From the hiker parking lot on Base Rd. (2,500 ft.), ascend ART and access from Main Gully (directions above) to reach the top of Double Barrel (5,000 ft.), returning via Monroe Brook. Most difficult, round trip: 6.7 mi.

Monroe Brook: From hiker parking lot on Base Rd. (2,500 ft.), ascend ART 1.6 mi. to the junction with Monroe Brook and turn right to climb the brook. Alternatively, continue on ART for another 1.1 mi. to AMC Lakes of the Clouds Hut and contour 0.4 mi. to the top of Monroe Brook (5,000 ft.). Most difficult, round trip: 5.4-6.2 mi.

Hiking trails for uphill skiing and snowshoeing

Jewell Trail

From the hiker parking lot on Base Rd. (2,500 ft.), ascend to Gulfside Trail (5,400 ft.). More difficult, round trip: 6.4 mi.

Ammonoosuc Ravine Trail

From the hiker parking lot on Base Rd. (2,500 ft.), ascend 3.1 mi. to AMC Lakes of the Clouds Hut (elevation 5,012 ft.), Most difficult, round trip: 6.2 mi.

Jackson

Black Mountain Ski Trail and Doublehead Ski Trail are classic 1930s-era ski trails cut by the Civilian Conservation Corps. Each has a cabin at the top.

Black Mountain Ski Trail

From Melloon Rd. (elevation 1,250 ft.), ski up to Black Mountain Cabin (elevation 2,450 ft.).

More difficult, round trip: 2.6 mi.

Doublehead Ski Trail

From Dundee Rd. (elevation 1,570 ft.), ski up to North Doublehead summit (elevation 3,051 ft.) where there is a cabin. More difficult, round trip: 3.2 mi.

Tuckerman Ravine & Gulf of Slides

Tuckerman Ravine and Gulf of Slides are dramatic ravines featuring steep skiing in gullies and on snowfields.

Tuckerman Ravine

From AMC Pinkham Notch Visitor Center (elevation 2,020 ft.), ski or hike up Tuckerman Ravine Trail 2.4 mi. to Hermit Lake Shelters (elevation 3,875 ft.), continuing on to the floor of Tuckerman Ravine (elevation 4,400 ft.). More difficult, one way: 3.1 mi.

Gulf of Slides

From AMC Pinkham Notch Visitor Center (elevation 2,020 ft.), ski up Gulf of Slides Ski Trail to base of slides. More difficult, one way: 2.5 mi.

Pinkham Notch

AMC Pinkham Notch Visitor Center (PNVC) (elevation 2,020 ft.) is the hub of numerous backcountry ski tours.

Avalanche Brook Ski Trail

From PNVC (elevation 2,020 ft.), ski 0.3 mi. on Gulf of Slides Ski Trail then bear left on Avalanche Brook Ski Trail to the Rocky Branch trailhead (1,200 ft.). More difficult, one way: 6.4 mi., total tour.

This rugged trail lies in the shadow of Mt. Washington and features deep woods, frozen cascades, and a fun descent.

Wildcat Valley Ski Trail

From the top of Wildcat Ski Area (uphill ski ticket or lift pass required, elevation 4,060 ft.), this twisty trail descends to the town of Jackson. End at the Prospect Farm/Carter Notch Rd. (elevation, 1,800 ft.). More difficult, one way: 4.9 mi.

Wildcat Valley Ski Trail is an exciting ski tour featuring views of the Presidential Range and fun skiing. This is a trail of the Jackson Ski Touring Foundation (fee required).

John Sherburne Ski Trail

From PNVC (elevation 2,020 ft.), ski/hike up Tuckerman Ravine Trail 2.4 mi. to Hermit Lakes Shelter (elevation 3,875 ft.), then descend 1.9 mi. on Sherburne Ski Trail. More difficult, round trip: 4.3 mi.

This historic and popular downhill ski trail features sustained descent and is packed with twists and turns.

Square Ledge Ski Loop

From PNVC (elevation 2,020 ft.), cross NH 16. Trail enters the woods and climbs gently to 2,200 ft. Easy, round trip: 2.6 mi.

This trail meanders on the lower slopes of Wildcat Mountain and features fine views of Mt. Washington and the Presidential Range.

Connie's Way Ski Trail

From PNVC (elevation 2,020 ft.), ski Blanchard Loop, which joins Connie's Way in 0.25 mi.

Easy, round trip: 4.8 mi.

Connie's Way is a gentle meandering forest tour in the shadow of Mt. Washington.

Hiking trails for skiing and snowshoeing

Nineteen Mile Brook Trail

From NH 16, 1.0 mi. north of Mt. Washington Auto Rd. (elevation 1,487 ft.), ascend steadily on the trail to Carter Notch (elevation 3,288 ft.). Most difficult, one way: 3.7 mi.

Provides access to AMC Carter Notch Hut, open year-round. The lower 2.0 mi. are suitable for skiing.

Old Jackson Rd.

From PNVC (elevation 2,020 ft.), ascend Old Jackson Rd., passing several trail junctions to a height of land with fine views (elevation 2,700 ft.) on the way to Mt. Washington Auto Rd.

More difficult, one way: 1.9 mi.

Part of the Appalachian Trail, Old Jackson Rd. offers views of Mt. Washington.

Wildcat River Trail

From the winter parking lot at the end of Carter Notch Rd. (elevation 1,800 ft.), go 0.3 mi. to Bog Brook Trail then 0.6 mi. to Wildcat River Trail, which ascends through woods to Carter Notch (elevation 3,288 ft.). Most difficult, one way: 3.4 mi.

A remote and challenging route connecting Jackson to AMC Carter Notch Hut, open year-round.

Hayes Copp Ski Trails

This ungroomed trail system offers loops of various lengths to the border of the Great Gulf Wilderness.

Great Gulf Link

Narrow, wooded trail connecting Dolly Copp Campground to other ski trails. Easy, one way: 0.9 mi.

Hayes Copp Ski Trail

Wide, rolling trail featuring hills and scenic vista. Easy, one way: 1.8 mi.

Leavitt's Link

Wide and rolling trail featuring a scenic vista at the south end. Easy, one way: 1.3 mi.