

# NORTH CONWAY MAGAZINE

## Fall Guide



- Leaf-peeper's guide to the Valley
- Covered bridge tour
- Hiking and mountain biking trails



# New England's Best Foliage Drive

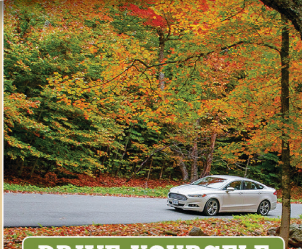
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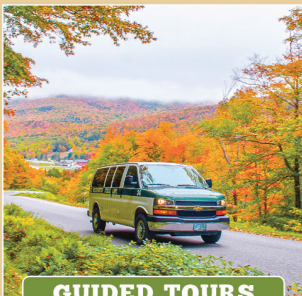
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# Welcome To North Conway

The beauty of autumn foliage in New England is rightly famous, and the White Mountains annually attracts visitors from all over the world to view the explosion of color.

In North Conway, you can immerse yourself in the colors of the season while you're out for a drive or a hike, a bike, train or boat ride, or just wandering around the beautiful villages in the area.

In this guide you'll find our top picks for where and how to find the best foliage, a tour of the region's covered bridges and a roundup of fall fairs and festivals.

Fall is also harvest time, and the Valley has a number



North Conway Village. (JAMIE GEMMITI PHOTO)

of harvest-themed activities, from apple picking to a corn maze to Jackson's monthlong celebration of pumpkins.

We've got selections of the best on- and off-road bike rides, great trails for hikers of all abilities, paddling and horseback riding opportunities. In addition, we've included listings for concerts, theater and special events.

Whether you're here for the week or a day, we hope this guide will help you make your visit a memorable one. As you'll see, there's plenty to do.

— Terry Leavitt and Tom Eastman

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## A Sampling Of Our Delicious Menu...

### Appetizers

#### Grande Arancini Ala Vodka

An Herbed risotto ball stuffed with tangy marinara, sweet Italian sausage & peas

#### Toasted Ravioli

Eight cheese filled ravioli, lightly breaded, fried and topped with marinara & melted mozzarella.

#### Fried Calamari

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#### Bruschetta Pomodoro

Grilled Italian bread, tomato, kalamata olives, garden herbs, prosciutto di parma, pecorino.

#### Antipasto Classico

Capicola, prosciutto, grana padano, sopressata, marinated kalamata olives, sharp provolone, artichoke heart, tomato, fresh mozzarella and basil, stuffed cherry peppers.

### Children's Menu

Ravioli With Meatballs • Chicken Fingers  
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### Entrées

*Entrees served with our Famous House  
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#### Fettuccine with Prosciutto, Spinach & Mushrooms

in a cream sauce, served with house salad

#### Penne, Broccoli & Chicken

Chicken tenders sautéed with broccoli cream sauce, served with house salad

#### Spaghetti Carbonara

Caramelized onions, peas, pancetta, fresh egg, romano in a cream sauce, served with house salad

#### Chicken Parmigiana

Lightly breaded topped with mozzarella and marinara sauce, served with house salad & pasta

#### Veal Parmigiana

Tender Provimi veal breaded & topped with mozzarella & marinara sauce, served with house salad & pasta

#### Eggplant Parmigiana

Oven-baked then topped with marinara & cheese, served with house salad & pasta

#### Frutti Di Mare

Fettuccini topped with sauteed mussels, shrimp, scallops, chopped clams and calamari with white wine, oil, garlic sauce, served with house salad

#### Lasagna Ala Vodka

Layers of lasagna noodles with herbed ricotta, sweet ground Italian sausage, romano cheese, and a layer of hard boiled eggs topped with vodka cream sauce.

### Cocktails

#### Grapefruit Basil Martini

Ketel One Vodka, Fresh Basil & Grapefruit Juice

#### Italian Margarita

Tequila, Triple-Sec, Amaretto, Scratch Sour, Sugar Rim

#### Maple Old Fashioned

A Fall Favorite

#### Espresso Martini

Chocolate Drizzled Martini Glass, Vodka, Baileys, Grand Marnier & Espresso. Perfect!

#### Vito's Frozen Mudslide

Vodka, Kahlua, Baileys, Vanilla Gelato  
Espresso Chocolate Martini should say,  
Espresso Martini

#### Vito's Chocolate Martini

Stoli Vanilla Vodka, Blend of Godiva Chocolate Liqueurs, Creme de Cocoa, Splash of Bailey's

#### Valley's Best Mai Tai

Light Rum, Dark Rum, Curacao, Fresh Lemon juice, Pineapple juice, orange juice, with Fresh Fruit Garnish

#### Red & White Rose Sangria

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Three generations have been creating our family's classic and healthy Italian pasta sauces. My gourmet pasta sauce begins with using only the finest of healthy ingredients such as imported San Marzano tomatoes and first cold pressed Italian Extra Virgin Olive Oil, just as my father and grandfather used before me.

I am so proud of these traditions and proud to share my love for authentic Italian food by offering my gourmet pasta sauces and salad dressings for you to take home and enjoy!

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- Roasted Garlic & Eggplant
- Sunday Sauce
- Puttanesca
- Vodka Sauce



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The Little White Church on Route 153 in Eaton. (JAMIE GEMMITI PHOTOS)

# Top Locations For viewing colors

When the leaves start turning, where do you go to enjoy this foliage season? Here are some suggestions for anyone interested in finding foliage. All 10 of these locations are sure to satisfy even the most demanding leaf-peeper.

While this list is in no way all-inclusive, it does cover some of the most popular destinations for those craving that rush of fall color.

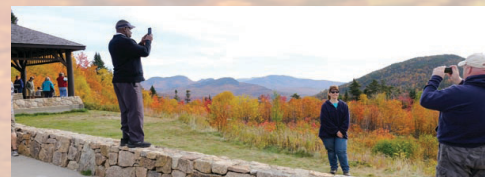
Most of the places on our list are accessible by car, but we've included a few moderate hikes for the more adventurous foliage folks. Remember to take your camera.



**Intervale Scenic Vista:** Who doesn't know about this overlook? Made famous by members of the 19th Century White Mountain School of Art and painted by the likes of Benjamin Champney and Thomas Cole, the vista has changed little since their time. A state rest area, this historic locale offers nearly untouched views of Mount Washington and the floodplain along the Saco River. Along with fabulous views, the vista offers ample parking at a small rest area. Find it on Route 16, north of North Conway Village, just past the 1785 Inn.



**Mount Willard:** Starting from the Crawford Notch depot on Route 302, a former carriage road climbs this mountain to ledges offering one of the most spectacular views in the region. Just over 3 miles round-trip, the Mount Willard Trail allows hikers to gaze all the way down Crawford Notch from the top. While there is plenty of room at the top to take it all in, be cautious, since the ledge at the summit drops more than 1,000 feet. To find the depot, follow Route 302 past Bartlett and into Crawford Notch. Look for the depot on the west side of Route 302, opposite Saco Lake.



**Kancamagus Highway (Route 112):** The 38-mile stretch of road from Conway to Lincoln is a sure thing for beautiful autumn views. The Kanc, as it is called, climbs to nearly 3,000 feet in elevation at the Kancamagus Pass, offering a look at the Osceola Range, Mount Hancock and more. Drivers have the opportunity to pull off at any number of overlooks and scenic areas along the route for an unhurried look at some of the area's finest scenery. Also dotting the landscape along the Kanc are various swimming, camping and picnic areas. Stop in at the Saco Ranger Station on the Conway end for more information.





You can find splashes of color and roads quiet enough to walk on even in North Conway Village. (JAMIE GEMMITI PHOTOS)



## North-South Road:

Traveling from Route 302 near Walmart up to Mechanic Street in North Conway Village, the road offers peeks at Puddin Pond, with plenty of hill-sides in the background just waiting to change color.



## Black Cap Trail:

Take Hurricane Mountain Road, just north of the Intervale Scenic Vista on Route 16, and head nearly straight up the mountainous, narrow road. Be warned! The road is not appropriate for large vehicles like RVs, and oncoming traffic will seem impossibly close. Near the top, look for the Black Cap trailhead parking lot on your right. This moderately easy trail runs just over a mile to the summit, rewarding hikers with outstanding scenery, including a bird's-eye view of North Conway Village.



## First Church of Christ Congregational Park:

This perennial favorite, also known as the Peace Park, offers one of the easiest views around, right on Route 16 toward the south end of North Conway Village. Near the Depot Road intersection, on the opposite side of the street, you'll see a small park overlooking foliage so vibrant, it stops traffic — literally. Park at the nearby municipal lot and spend a few minutes at this location.



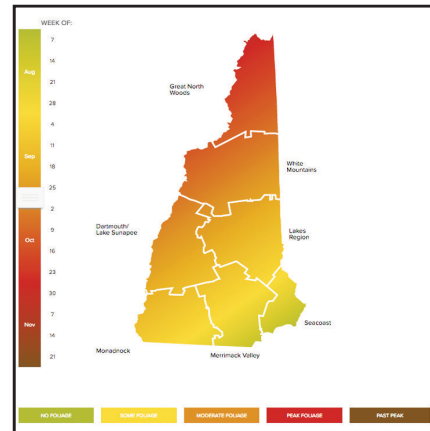
## Square Ledge Trail:

Travel north on Route 16 until you reach the AMC Pinkham Notch Visitor Center, north of Jackson, toward Gorham. Across the street from the center, go to the Lost Pond Trail and walk over a bridge. About 50 feet after the bridge, you'll see a small sign marking the Square Ledge Trail. The hike should take about a half-hour up and a half-hour down. The last 80 yards or so get steep before topping out a big ledge with unbeatable views, include Huntington and Tuckerman ravines, up to Gorham and down to Glen, with spectacular foliage throughout.



## Evans Notch:

Criss-crossing back and forth over the New Hampshire-Maine border, Route 113 gives drivers a long look at Evans Notch and the surrounding countryside, from East Conway to Route 2 just west of Bethel, Maine. This "road less traveled" meanders through North Fryeburg, Maine; Stow, Maine; and North Chatham on its tranquil journey toward Evans Notch, where you are surrounded by foliage, rather than viewing it from a distance. Be sure to stop at nearby Basin Pond for fishing and picnicking in unbeatable surroundings, or camp at Cold River Campground. Several family-friendly hikes course through Evans Notch as well, so plan ahead to get the most out of this lovely area.



Follow the path of peak foliage on the state tourism website at [visitnh.gov/trip-ideas/fall/foliage-map](http://visitnh.gov/trip-ideas/fall/foliage-map).

## TRACKING THE COLOR

Folk wisdom draws connections between rainfall and the brilliance of foliage. This summer has had ample rain to feed the trees, and speculation about the scope, timing and vibrancy of foliage began in August.

Even for those who study weather, however, predicting the season is at best an educated guess.

Scientists say there are too many variables to be sure.

The state tourism bureau keeps tabs on the forecast and tracks the wave of color that washes over the landscape each fall, posting weekly updates throughout the season on its webpage: [visitnh.gov/trip-ideas/fall/foliage-map](http://visitnh.gov/trip-ideas/fall/foliage-map). For another perspective, White Mountain Attractions publishes its own foliage tracer at [visitwhitemountains.com/foliage-tracker](http://visitwhitemountains.com/foliage-tracker).

Based on data gathered over the past five years, the state is predicting peak foliage between Sept. 25 and Oct. 31 in different parts of the state (Oct. 5-10 in the White Mountains).



## FOLIAGE



Tourists take in the view of the Omni Mount Washington Hotel in Bretton Woods with Mount Washington and the Presidential Range in the background. (JAMIE GEMMITI PHOTOS)



### Bear Notch Road:

Traveling west through Bartlett Village on Route 302, take a left at the Four Corners and head south up Bear Notch Road. The Bartlett Experimental Forest contributes to this winding drive's appeal, as do the scenic overlooks along the way. Travel through Bear Notch, spend some time enjoying the foliage along the way, and you'll find yourself ending at the Kancamagus Highway, which you can take back to Conway or over to Lincoln. This road is open from spring to late fall.



### White Mountain Trail:

The mother of all scenic tours, this 100-mile loop is a National Scenic Byway traveling through varied portions of the White Mountain National Forest. See wetland, woodland, mountains and rivers, spectacular notches and Mount Washington. Because the trail is a loop, you can begin and end at any spot that suits you. The drive can be done in a day, but with so much to see, visitors may want to make an extended trip out of it. For do-it-all leaf-peepers, this trail also incorporates several of the individual spots listed earlier on.

Starting from the Intervale Scenic Vista on Route 16, the trail moves south through North Conway Village, to the lights in Conway. Bear right, and travel through Conway Village to the right-hand turn for Route 112 (the Kancamagus Highway).

Follow the Kanc west for about 35 miles to the White Mountain Visitors Center, Route 112, in North Woodstock. From there, take Route 3 north, which soon joins I-93 to travel through Franconia Notch. Continue on Route 3 when it bears away from I-93 at exit 35, and drive to Twin Mountain. Once in Twin Mountain, turn right at the lights onto Route 302 east, and get a look at the Mount Washington Hotel in Bretton Woods. Route 302 keeps going through Crawford Notch to Bartlett Village, then through Glen, and finally, back to Intervale and the scenic vista.

Of course, this loop is just as beautiful in reverse. There are numerous attractions along the entire trail. Give yourself plenty of time for this trip.

For more information about the White Mountain Trail, contact White Mountain Attractions at (800) 346-3687 or go to [whitemtn.org](http://whitemtn.org).

Following much the same route, the Weeks Act Legacy Trail tour highlights 40 sites of interest in the White Mountain National Forest, where you can learn about conservation, ecology, wildlife, arts and the history of the forest, while enjoying spectacular scenery, hiking trails and other recreation activities.

The virtual tour on [weeksactlegacytrail.org](http://weeksactlegacytrail.org) features films by local videographer Chris Proulx and contains the story of each site, modern and historical images, driving directions, GPS information, maps and more. There are also downloadable print and audio tours. Find it at [weeksactlegacytrail.org](http://weeksactlegacytrail.org).



## WHY THEY CHANGE

It's said that New Hampshire and parts of Japan are the two places on Earth where the combination of climate, landscape, and variety of trees allows such a magnificent color show.

Did you ever wonder how and why a fall leaf changes color? Why a maple leaf turns bright red? Where the yellows and oranges come from? To answer those questions, we first have to understand what leaves are and what they do.

Leaves are nature's food factories. Plants take water from the ground through their roots and carbon dioxide from the air. They use sunlight to turn water and carbon dioxide into the sugar glucose, which they use as food for energy and as a building block for growing. The way plants turn water and carbon dioxide into sugar is called photosynthesis, which means "putting together with light."

A chemical called chlorophyll helps make photosynthesis happen. Chlorophyll is what gives plants their green color. As summer ends and autumn comes, trees begin to shut down their food-making factories because during winter, there is not enough light or water for photosynthesis.

The green chlorophyll disappears from the leaves. As the bright green fades, we begin to see yellow and orange colors. Small amounts of these colors have been in the leaves all along. We just can't see them in the summer, because they are covered up by the green chlorophyll.

The bright reds and purples we see in leaves are made mostly in the fall. In some trees, like maples, glucose is trapped in the leaves after photosynthesis stops. Sunlight and the cool nights of autumn cause the leaves to turn this glucose into a red color.

The brown color of trees like oaks is made from wastes left in the leaves.

It is the combination of all these things that make the beautiful colors we enjoy in the fall.



# Thank You!

**Best Doctor**

Rachel Hamilton, DO

*1st Place*

M Angus Badger, MD

*2nd Place*

**Best Nurse Practitioner**

Charisse Hirschfeld, APRN-FNP

*1st Place*

Leona Cloutier, APRN-FNP

*2nd Place*

Valerie Lozier, APRN-FNP

*3rd Place*

**Best Nurse**

Karen Estey, RN

*1st Place*

**Best Medical Assistant**

Alana Illsley, MA

*1st Place*

Michelle Grant, CMA

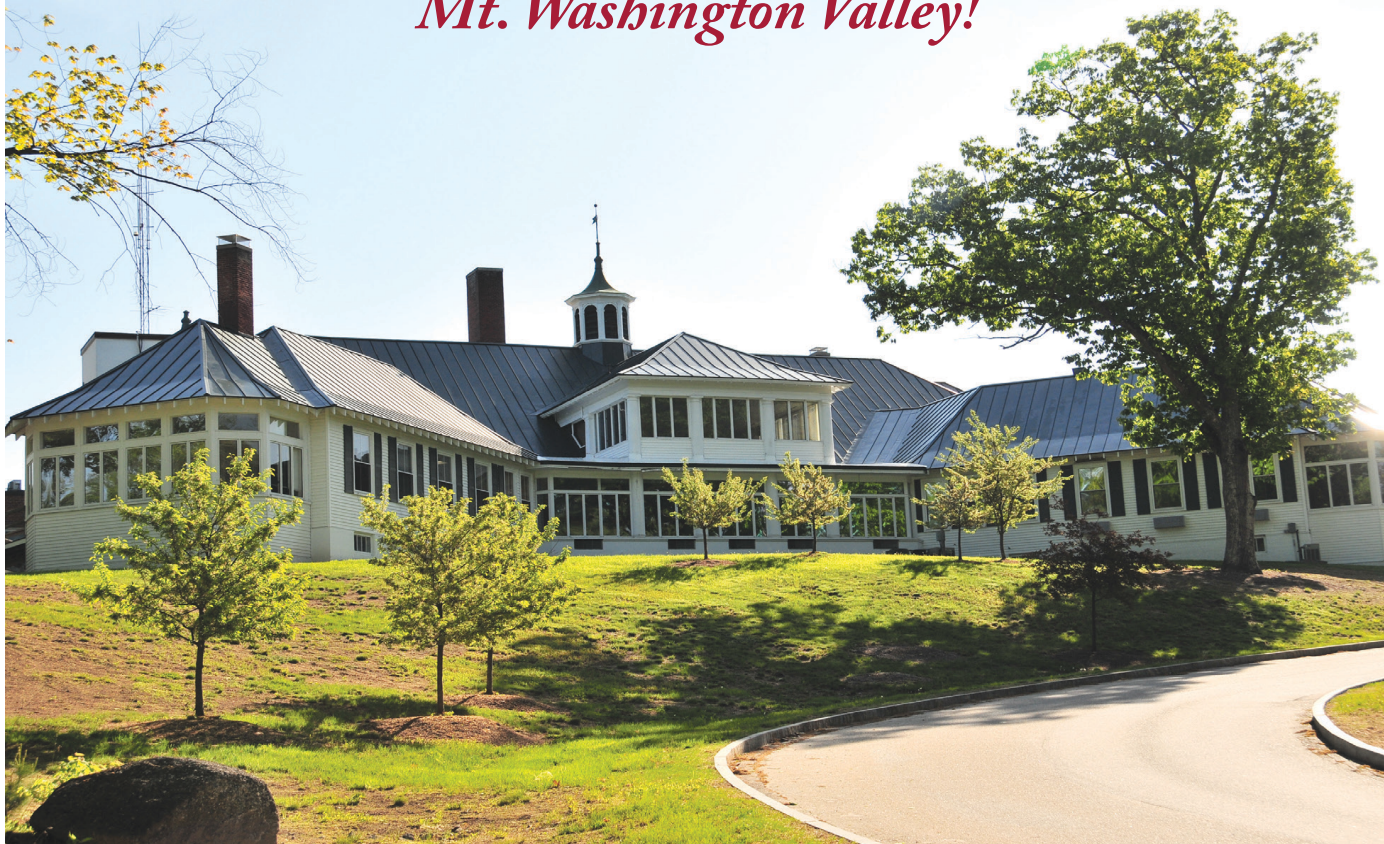
*3rd Place*

**Best Physical Therapist**

Stephanie Pavao, PT

*3rd Place*

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A photographer at the Saco Valley Overlook on Route 16 in Conway sets up a shot. (JAMIE GEMMITI PHOTO)

# Capture the moment

# Photography tips

New Hampshire is home to some of the most colorful and brilliant foliage in the world. With each autumn comes amazing color from the diversity of trees that populate our landscape. Sometimes our recollection of foliage is more colorful than reality. Other times, photographs do not capture the deep rich colors we see, because cameras process color differently than our eyes and brain. What follows is a list of tips to help you capture and print your best foliage photos.

- What to photograph. With all the great scenery in the area, it is easy to get caught up in taking lots of panoramic shots. While these photos are great for capturing the amazing landscapes, they can miss the vibrancy of the season, so include other subjects to make your photos more interesting... lakes, rivers, waterfalls and covered bridges are always good. Seasonal items like pumpkins, corn stocks and farm-stands add interest to photos. Make sure to get some close-ups of family and friends amongst the leaves.

- Shoot from different angles. Some of the best foliage photographs are those taken of a small group of trees, a single tree or even just one leaf. Try taking







**Boathouse on Crystal Lake in Eaton. (JAMIE GEMMITI PHOTO)**

pictures from different perspectives. Stand under trees and look up, using a blue sky as a backdrop. Kneel down and angle upward; you can make things look larger-than-life. Use the Macro (close-up) setting on your camera to focus on single leaves that have turned color. Get really close.

- Use sunlight. Take plenty of photos early and late in the day, near sunrise and sunset, to let the long rays of light add a warm glow to the reds and golds in your photos. You'll love the rich warm colors.

- Technical tips. Today, most people use the digital camera on their smartphone, but that doesn't change the basics of photography. Have the sun at your back or shoulders. Check the menu of your digital camera to see if there is a "saturation mode" setting that you can change; sometimes these settings are labeled vivid, warm or dramatic. Don't be afraid to experiment.

- Use a tripod. Whether you're using smartphone or full-size digital SLR, a tripod eliminates movement for sharper photographs. Using the self-timer allows you to get in your own pictures.

- Use a polarizer. Just like good sunglasses, a polarizing filter cuts color-robbing glare for better saturation. Even if you can't screw one on a small camera or phone, you can hold one in front of the camera's lens for outstanding images. Note: Old polarizer lenses are not designed for digital sensors. Make sure you use a new digital polarizer to avoid reflections between the filter and images sensor in your camera.

- Printing your photos. Your choice of printing method can have as much, if not more, affect on your photos than your photography. There are many choices, from home printers to drug store vending machines to mail order to photo specialty stores. If you have a great photograph, it's best not to skim on the processing. Even the best home-printers are no match for the quality provided by specialty store.



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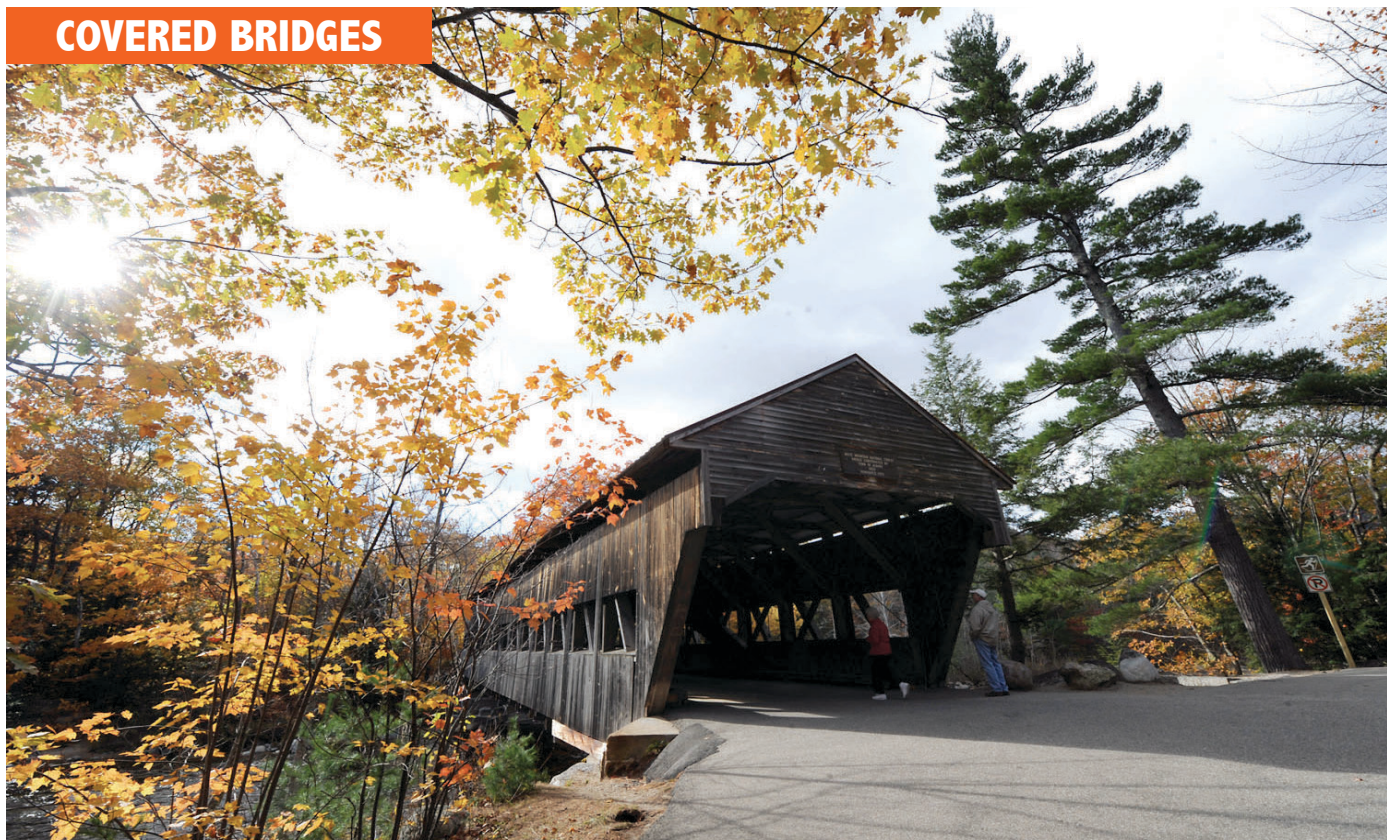
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Albany Covered Bridge. (JAMIE GEMMITI PHOTO)

# Spanning history Covered bridges

There are various theories about why bridges were first roofed. Some say that the bridges' heavy timbers lasted longer when protected from the elements. In earlier days, young couples soon took advantage of the privacy the bridge allowed, and as a result, covered bridges came to be known as "courting" or "kissing bridges."

About 55 bridges remain of the hundreds that once dotted the New Hampshire landscape. They stopped being built around 1900, with the coming of automobiles, though many bridges were reinforced and are still in use today. Many of the valley's covered bridges have been preserved as working bridges, and a myriad of visitors to Mount Washington Valley come just to tour them.

All of the historic bridges in Carroll County are Paddleford Truss bridges, most with added arches. Created by New Hampshire inventor Peter Paddleford of Littleton in the early 1900s, this design was common throughout northern New England.

## A COVERED BRIDGE TOUR

Combine a scenic drive to enjoy the foliage with a tour of the valley's covered bridges. There are 11 covered bridges in the Mount Washington Valley area, but three of those were built in the 1990s for foot traffic only: The Wentworth Golf Course Covered Bridge in Jackson, the Bear Notch Ski Touring Covered Bridge in Bartlett and the Stoney Morrell Covered Bridge at Kennett High School in Conway. A suggested tour of the eight historic bridges built in the 19th century as part of the state's transportation system is given below.

Starting north of North Conway, you'll find two bridges in Jackson and Bartlett.

**Jackson's Honeymoon Bridge:** This often photographed covered bridge is located on Route 16A, just off Route 16 at the entrance to Jackson Village. Built in 1876, the bridge spans 121 feet across the Ellis River.

**Bartlett Covered Bridge:** Heading south on Route 16 from Jackson to the junction of Route 302, take 302 West and drive about 1.8 miles to find the Bartlett Covered



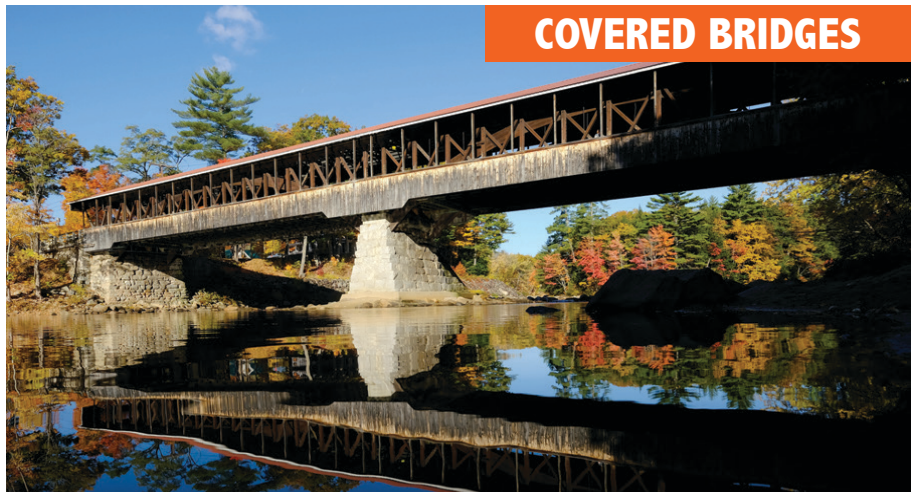
Bridge. This 167-foot long span has been closed to traffic since 1939. From time to time, it has been home to a gift shop, which remains open today. From here, you can drive ½ mile north and take a left onto Upper West Side Road south for a scenic route to the west of Route 16.

**Swift River Bridge:** Conway has two covered bridges located close together near the southern end of West Side Road. Heading south on the road, you will pass the Swift River Bridge on your left just before you get to Conway Village. The 130-foot bridge over the Swift River was built in 1870 to replace an earlier bridge. Restored for foot traffic in 1991, it is not open to cars. Picnic tables at the entrance and inside the bridge make this a perfect spot to enjoy the river.

**Saco River Bridge:** Continuing south from Swift River Bridge about a quarter of a mile, take a left onto East Side Road to find the bridge over the Saco River. It is 235 feet long, and is called a “2-span” covered bridge. It was built in 1890 and was the third bridge on this site. Reconstructed in



The arch and trusses can be seen inside the Saco River Covered Bridge in Conway.



Saco River Covered Bridge in Conway. (JAMIE GEMMITI PHOTO)

1987-90, it is open to traffic.

**Hemlock Covered Bridge:** Before continuing south, a trip to neighboring Fryeburg, Maine, will take you to the Hemlock Covered Bridge, about 17 miles from Conway Village. take Routes 113 and 302 East about 14 miles and turn left on Hemlock Bridge Road, continuing another 3 miles to the bridge. Built in 1857, this 109-foot span sits over an old channel of the Saco River.

**Albany Covered Bridge:** Back in New Hampshire, heading south through Conway and taking the Kancamagus Highway west 6 miles, you will find the Albany Covered Bridge. Sometimes known as the “Lovers Bridge,” this 120-foot bridge over the Swift River was built in 1858, the second bridge on this spot. With camping, numerous trails and the Swift River nearby, it is a popular stop

for tourists.

**Whittier Covered Bridge:** Back at Route 16, you can drive south about 14 miles to find the Whittier Bridge in West Ossipee. You can go directly down Route 16 or take Routes 113 and 41 through Madison for a quieter and more scenic drive. Rejoining Route 16, head south ¼ mile and take Route 25 East ½ mile to Nudd Street. About 0.1 mile down this road you will find this 1870-built bridge. Last restored in 1982, the bridge is not in use. It was removed from its abutments in 2008 and placed on blocks on Nudd Street.

**Durgin Bridge:** Back on Route 25, head west 6 miles to Route 113 West to Sandwich, then take Foss Flats Road to Durgin Bridge Road. The 96-foot bridge over the Cold River is said to have been along the route of the Underground Railroad.

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Hikers on Mount Washington. (FILE PHOTO)

## Finding the trails

# Hiking the Whites



The summit of Black Cap. (JAMIE GEMMITI PHOTO)

With 770,000 acres of White Mountain National Forest, it could take a lifetime to even begin to see it all. Hiking is a wonderful family activity, and best of all, it's free. Note that a parking fee is charged at White Mountain National Forest parking areas. Try a number of hikes throughout the Presidentials starting at the AMC's Pinkham Notch Visitor Center or try these wonderful hikes for plenty of scenery and to experience the exhilaration of the White Mountains. To learn about more trails, stop in at the U.S. Forest Service Ranger Station on the Kancamagus Highway in Conway or pick up a copy of the "AMC White Mountain Guide."

### 5 TRAILS TO GET YOU STARTED

**Dahl Wildlife Sanctuary:** 1/2-mile and 1-mile easy walking trails through field, forest and along Saco River at a 64-acre wildlife refuge right off Route 16. Views of rare plants, birds and wildlife in a variety of habitats. Park behind L.L. Bean in North Conway.

**Rail and River Interpretive Trail:** 1/2-mile walk, fairly flat with a few stairs, a self-guided tour with interpretive signs to explain natural features of the area. The trail begins behind the Russell-Colbath House on the Kancamagus Highway, east of Conway.

**Black Cap Path:** 2.4 miles through spruce and beech forests to the bare summit of Black Cap. From Route 16 in Intervale, turn right onto Hurricane Mountain Road. The trail heads right, 3.7 miles from Route 16.

**Mount Willard:** 2.8 miles, easy grade, good footing and great views of Crawford Notch. The trail head is near AMC's Crawford Depot on Route 302 in Crawford Notch.

**Doublehead Ski Trail:** 3.6 miles, somewhat steep in places, great views to the east. From Route 16-A in Jackson, take Route 16-B to Black Mountain and bear right over the bridge on Dundee Road. The trail head is marked.

*Ed Parsons writes a weekly hiking column in The Conway Daily Sun.*





The view from North Moat Mountain. (MARTY BASCH PHOTO)

## INTERMEDIATE

**The Moats:** This series of mountains run along the western edge of the Valley, and can be seen from Route 16 on the strip or North Conway Village. The South Moat and North Moat can be hiked separately or you can spot a car and start at one, hike the Middle Moat, and end at the other.

**South Moat Mountain:** A 5.3-mile hike and starts on the Passaconway Road off the West Side Road. The summit affords an amazing 360 degree view.

**North Moat Mountain:** A loop hike from Diana's Baths parking area is just over 10 miles and about 2,800 feet elevation gain to make for a solid 5-7 hour day. This is an all-terrain hike which includes dense forest, brooks, a summit and a half-mile of ledge with unobstructed views in all directions. Super all around hike.

**The UNH Trail/Mount Hedgehog:** Out into the wilds on the Kancamagus Highway, the 4.8-mile loop hike

around the UNH Trail on Mount Hedgehog (2,532 feet) is a great outing. To get there, travel out the Kancamagus Highway, which begins on Route 16 just south of Conway.

But first you might be interested in stopping at the Saco District office of the U.S. Forest Service, at the beginning of the Kancamagus Highway on the right. A free flyer for the Mount Hedgehog hike, as well as other hikes off the Kancamagus Highway is available there.

After passing the Bear Notch Road on the right, in two miles look for a sign on the left that says "UNH, Downes Brook, and Mount Potash Trails" located directly across the highway from the Passaconaway Campground. Drive in and park, walk in a few feet and bear left on the UNH Trail. The trail follows an old railroad bed and reaches a junction. Take the right hand loop to the summit, come down the beautiful South Ledges.



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## HIKING



Hikers in Tuckerman Ravine. (JAMIE GEMMITI PHOTO)

## CHALLENGING

**Mount Washington:** Hiking the “Rock” is the crown jewel, and a must for anyone who owns a pair of Vasques. Experienced hikers can round-trip this arduous hike in four to six hours. Intermediates and beginners in decent shape should allow 8 and 9 hours, which includes

a breather and bite to eat at the observatory on top. A 75 degree, sunny day at the base can turn into a 40 degree, biting, very uncomfortable experience at the summit so always bring appropriate, seasonal clothing.

**Tuckerman Ravine:** Taking the Tuckerman Trail up and Lion Head back down (or vice-versa) is the classic Mount Washington Route. Start at the AMC Pinkham Notch Visitor Center on Route 16 in Pinkham Notch near Wildcat Mountain. It is 2.4 miles to Hermit Lake Shelters, known as HoJo’s, where there is water and sometimes snacks for sale, and another 0.7 miles to Lunch Rocks, which in the spring serves as a viewing stand to watch skiers take on Tuckerman Ravine, also known as the “Bowl.”

The steepest portion is through the ravine. On top, it flattens out before the last mile and a half or so on the “cone,” as a sea of large rocks. At the top is the observatory, restrooms, snack bar and a new museum.

**Lion Head:** Follows the rim of Tuckerman Ravine and should not be missed. Going up, it starts just before HoJo’s. Coming down you’ll see signs at the top of the Bowl. Take it either way, although we like hiking into bowl, and taking Lion Head on the way back.

**Jewell Trail:** The next recommended hike is Mount Washington via the Jewell Trail. This is a 10.2-mile round trip hike to the Northeast’s highest peak. The trail starts at a parking lot on the Cog Railroad Base Road. This is reached by continuing on the Mount Clinton Road — used to access Mount Eisenhower — until it reaches the Base Road, and bearing right. In 1.1 miles turn into a parking lot on the right.

The Jewell Trail enters the woods directly across the road from the parking lot. It ascends an unnamed ridge up towards Mount Clay. The cog railroad ascends the next ridge to the south, giving you a great view of that operation.

This trail is best done on a calm blue day, as there is no protection from a west wind. It reaches timberline, and connects with the Gulfside Trail in 3.7 miles. It is another 1.4 miles on the Gulfside Trail to the summit of Mount Washington. This section of trail — all above tree line — is spectacular, with the Great Gulf yawning to your left, and the cog railway chugging by next to you.

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Jackson Falls. (JAMIE GEMMITI PHOTOS)



Arethusa Falls in Crawford Notch.

# Cool adventure Waterfalls

## WATERFALLS TO VISIT

**Arethusa Falls:** Measuring in at about 176 feet, these are the highest single falls in New Hampshire. Trailhead: On Route 302 just after the Crawford Notch State Park entrance. The trail starts to the left of the private road above the railroad tracks and it's about 1.3 miles to the falls (2 miles if you take the trail to Bemis Brook Falls, Coliseum Falls and Fawn Pool).

**Crystal Cascade:** This is a two-tiered spectacular fall, with a dramatic 60-foot wall of water, followed by a 20-foot plunge, ending with the river making a 90 degree turn at the bottom. Directions: Park at the AMC Pinkham Notch Camp and take the path on the left of the Trading Post — the Tuckerman Ravine Trail. The falls are a 0.3-mile walk up.

**Sabbaday Falls:** There are three drops in the falls, pretty pools and a pothole formed by the swirling waters and sand. You can't swim here, but it's a great spot for picnics. Directions: The Sabbaday Falls Picnic Area is about 3.5 miles west of where Bear Notch Road joins the Kanc. The falls are a short 0.33-mile hike in.

**Glen Ellis Falls:** The Ellis River plunges 64 feet to the basin below in a torrent of white water here. Make sure to stop and read the signs that describe the geology and history of the area. Directions: The turn-off to the falls is 0.7 miles south of Pinkham Notch on Route 16. This is also the parking area for the Glen Boulder and Wildcat Ridge Trails. A tunnel takes you to the other side of the highway where you turn right to reach the falls. It's a relatively easy 0.2-mile walk to the falls.

What attracts us to waterfalls?

There's evidence that the sound and motion of waterfalls create alpha waves in our brains, helping create meditative and relaxed state and increase contentment. Also, the collision of molecules in waterfalls causes them to be positively charged, and the surrounding air negatively charged, and the negative ions hitting our bloodstream can produce biochemical reactions linked to alleviating depression, relieving stress and increasing energy.

Or maybe it's just because they're beautiful.



## HIKING



A replica of the Mt. Washington Observatory building where the 231 mph world record wind was recorded in 1934 can be found in the Observatory's Weather Discovery Center in North Conway Village. (2779 White Mountain Highway, North Conway, [mountwashington.org](http://mountwashington.org) or call (603) 356-2137)

# The Rockpile Mount Washington

The highest mountain in the Northeast, Mount Washington is an iconic peak that lends its name to the valley below. It can be seen from North Conway Village and many points in the area rising above neighboring mountains in the Presidential Range. Legends and stories date back to the first settlers, if not earlier, and the mountain has beckoned tourists, adventurers and scientists to its heights since the 1800s. Today, you can hike to the summit by any one of half a dozen trails, drive to the top via the Mt. Washington Auto Road or ride the Cog Railroad. At the summit you'll find a visitor's center, the historic Tip Top house, the Mount Washington Observatory and its exhibit on Extreme Mount Washington.



The Tip Top House on the summit of The Rockpile. (JAMIE GEMMITI PHOTO)

## QUICK FACTS

**Nicknames:** The Rockpile and Home of the World's Worst Weather.

**Height:** 6,288 feet, highest peak in the Northeast.

**Record wind:** Highest wind, 231 mph, recorded April 12, 1934 (bested in 1996 by 253 mph wind recorded during a Typhoon at Barrow Island, Australia).

**History:** First recorded summit: Darby Field, 1642.

**Science:** Mount Washington Observatory maintains a yearround weather station on the summit and conducts scientific research under extreme conditions.

**Best views:** Up close on the summit, on a drive through Pinkham Notch, from Crawford with the Omni Mount Washington Hotel in the foreground and from the Scenic Vista, just north of North Conway Village on Route 16.

**Find it in Books:** *The AMC White Mountain Guide* provides maps and descriptions of hiking trails. *Not Without Peril*, by Nicholas Howe, gives accounts of hiking misadventures and Dan Szczesny's recent *The White Mountain* chronicles explores the hidden culture of the mountain.





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It can get busy on the summit of Mount Washington in summer with visitors arriving by foot, car and train. (TOM EASTMAN PHOTO)

## The Rockpile

by Ed Parsons

# A visit to the summit

On a recent visit to the summit of Mount Washington, I arrived by 10 a.m. to find a nearly complete undercast and blue sky above. Snatches of the cumulus below were caught in convection currents and billowing up over the buildings on top and obscuring the views south.

I decided to walk in a while from the official summit sign, west to the short spur out to the Crawford Path, built as a bridle path in 1840. The spur is actually part of the Appalachian Trail and many north bound hikers gladly divert to the other lower part of this loop that reaches the south end of the summit and return to the main trail north here.

But first I headed down into the Sherman Adams Building for a snack.

The state park crew were busy behind the front information desk, where the assistant head ranger Kevin St. Gelais was teaming up with ranger Joan Veilleux to inform people. The varied questions were interesting, and were asked by day hikers to thru hikers, Cog passengers from around the world and Mt. Washington Auto Road car drivers and stage passengers.

You can easily recognize soot-garbed Cog Railroad engineers this time of day resting on nearby benches, when the first trains up are the old-fashioned coal burning ones.



Cairns mark the trail on a fog-bound Mount Washington. (ED PARSONS PHOTO)



The state park crew varies their work. The day before, Veilleux, also a climbing guide, worked in the snack bar, made the soup and performed all other needs there. St. Gelais made custom ski and snowboards and works ski patrol at Wildcat Mountain in the winter. Like the Glen House Outdoor Center in Pinkham Notch, outdoor skills have saturated other parts of mountain work, and blend easily with more traditional employees and volunteers, whether from nearby or afar. This also adds to a willingness to be hospitable to the many visitors.

I took off out the door to the summit, took the Appalachian Trail connector out to the Crawford path and headed north to the rim of the Great Gulf, my favorite spot above timberline on the mountain.

Walking a familiar yet very rocky path through thick cloud is fun and freeing.

Soon, I heard a Cog Railroad trail coming up the mountain and caught its brilliant red passenger car color in the fog as it passed in front of me. Passengers waved. It moved on. I climbed over the tracks, and soon I took a worn path out to the rocky edge of the Great Gulf Headwall (stepping on unhindered alpine plants is not cool). I expected more fog, but got a reward of a misty deep ravine below.

From there, I took an unofficial path directly out to

## HIKING



Looking down the Great Gulf headwall. (ED PARSONS PHOTO)

the Auto Road to the east to the spot next to the road where there once was a building to house jet engine icing testing in the late 1940s and early '50s. It was still in use in the early 1960s and soon was demolished.

I walked up the shiny tar road, avoided the hard top stage right hand shortcut to the top, looped around and climbed the wooden steps to the summit and in Sherman Adams Building again.

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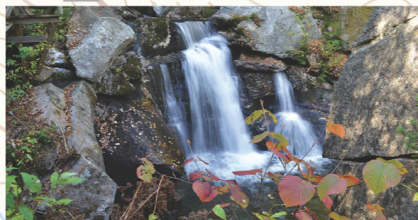
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## BIKING



Mountain bike riders explore North Conway trails with Bike for Books. (COURTESY PHOTO)

# Around the Valley On two wheels

Mount Washington Valley is a great place to ride, whether on the road or off it. There are dozens of mountain biking trails with varied terrain, from old gravel roads to single track with features to challenge the best cyclists. And an active local mountain biking club that is working with private land owners, towns, the state and U.S. Forest Service to make more. Mountain biking in Mount Washington Valley is relatively unrestricted and depends upon riders' cooperation and consideration to remain that way. Here are a few great rides to get you started.

## MOUNTAIN BIKE TRAILS

**Whitaker Woods:** A town-owned conservation area in the heart of North Conway is popular with mountain bikers, walkers and runners. Access from the parking lot 2820 White Mountain Highway (Route 16).

**The Marshall Conservation Area:**

Another town-owned area off West Side Road in North Conway, The Marshall Conservation Area has been under development for mountain biking since it was bought in 2014. There are now a number of well established trails the most popular of which is perhaps Shumway, a twisting

downhill singletrack. Find a trail map at [tinyurl.com/ybysusgt](http://tinyurl.com/ybysusgt).

**Rob Brook Road:** Used by hikers and bikers. Some good loops, relatively easy terrain with some intermediate and challenging terrain.

**Directions:** From Conway, go 9 miles east on the Kancamagus Highway. Turn right on Bear Notch Road. Rob Brook Road is 0.8 miles on the left.

**Sawyer River Road Area:** A back-country route rather than a bike trail, you can explore easy and more challenging routes off this 4-mile gravel road. **Directions:** Sawyer River Road is left off Route 302 about two miles west of Bartlett Village.



## DOWNHILL

If it's all about the downhill for you, two local ski areas have expanded their offerings to include lift-served access to downhill mountain biking.

**Attitash:** 35 trails across more than six miles of mixed trail and single track downhill terrain, expert and intermediate only. Find out more at [attitash.com](http://attitash.com) or call (800) 223-7669.

**Bretton Woods:** 19 trails, single and double track, expert and intermediate only. No bike rentals, but mountain scooters are available. Find out more at [brettonwoods.com](http://brettonwoods.com) or (603) 278-3320.





## ROAD RIDES

There is no shortage of paved options for valley road cyclists. Advanced riders can gain some serious elevation while families can roll along on the more gentler terrain even stopping for a picnic or swim. What are some of the valley's greatest roads? That's open to debate. Here are four great roads for valley rides. Do them individually or connect them up.

**The Kanc:** The 34-mile winding Kancamagus Highway offers some serious elevation, about 2,350 feet from the Conway side to the height of land at Kancamagus Pass in about 22 miles. Pedal all or some of the famous road.

**Bear Notch Road:** About 9 miles in length between the Kanc and Route 302 in Bartlett there's a bit of a grizzly

by Marty Basch

BIKING

# Road rides

bite to this road that gains maybe 1,000 feet or so. One of the roads in the these parts that are closed in winter, riders can toss a coin in terms of which way up they want to go. Either way, be sure to check out the wilderness like vistas on occasion.

**Passaconaway Road:** Between Conway and Albany (and the Kanc). Tree canopies, rolling hills, the rushing Swift River, places to picnic, camp, swim and the Albany Covered Bridge. Love it. Just love it.

**Route 302 in Fryeburg:** For visitors staying in the Fryeburg area, there is a flattish and simple ride from Fryeburg to Conway Lake. From Fryeburg travel east on Route 302 back to Conway and New Hampshire. Turn left at the blinking yellow light by Conway Town Hall on Mill Street. Pedal along to the town beach and take the first left on Old Mill Street. Follow it to its end at Route 302 and make a right. Take it back to Maine and Fryeburg. That loop is about 11 miles and is about as flat as it gets around here.

*Marty Basch is the author of "The White Mountain Ride Guide." He can be reached through [www.martybasch.com](http://www.martybasch.com).*



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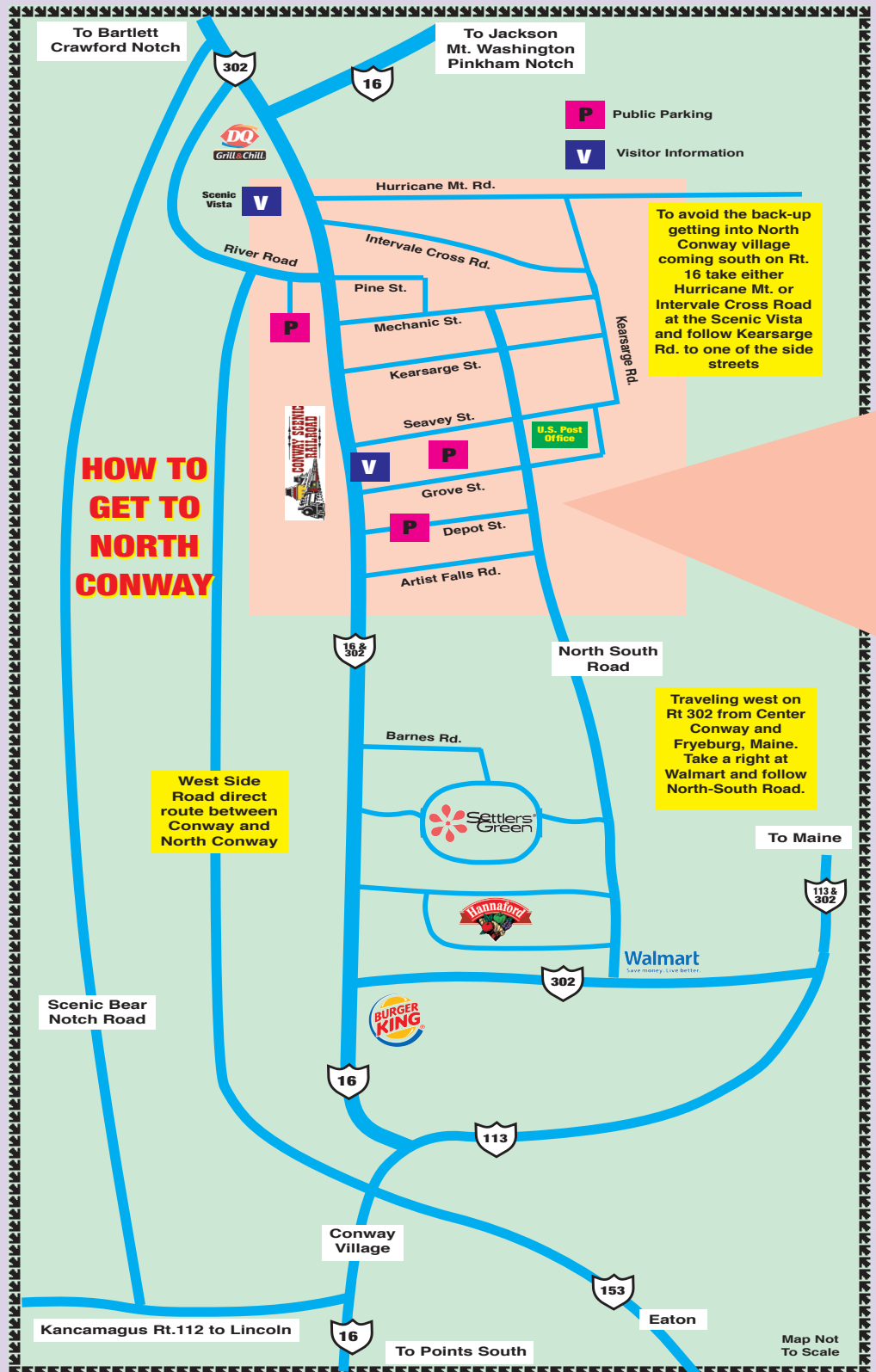
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# Welcome to North

North Conway Village is a buzzing hub in the Mt. Washington Valley, with dozens of locally owned restaurants, unique stores and shops and lodging establishments. Schouler Park lies right in front of the historic, Victorian train station which acts as a landmark for any North Conway Village activity. A year-round resort area, North Conway is the largest village within the town of Conway, which is bounded on the east by the Maine state line. The White Mountain National Forest is to the west and north. The Conway Scenic Railroad features train rides that leave from the village. In late September through early October, tourists arrive to see the autumn colors on the surrounding mountains and forests. In the winter, the village is the nighttime destination for skiers visiting the area resorts, including North Conway's own Cranmore Mountain



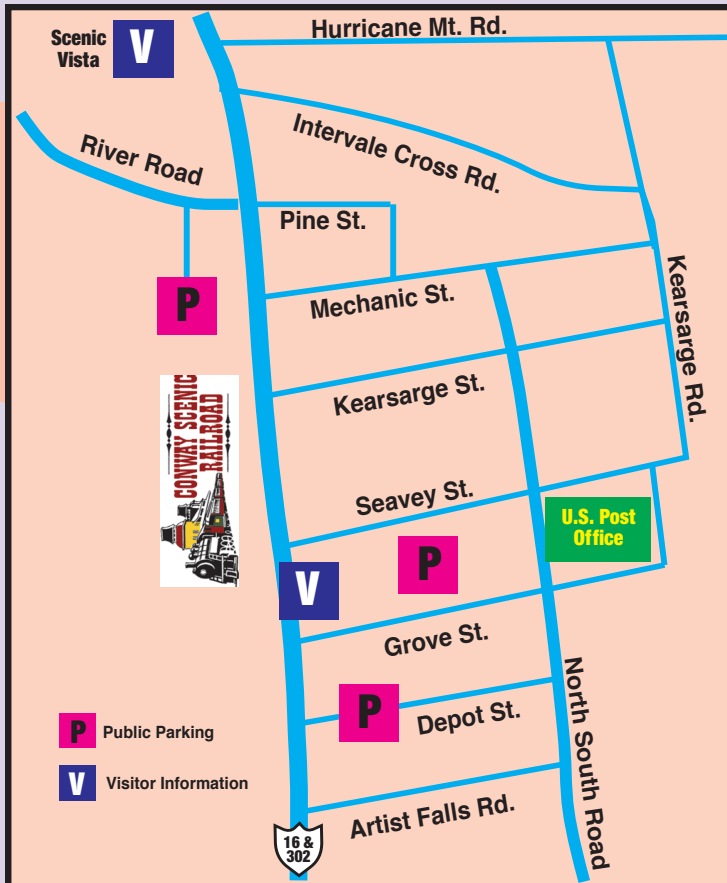


# Conway Village!

**There are many great restaurants and shops;  
here's how to find them!**

as well as nearby Attitash Resort, Black Mountain and Wildcat Mountain. North Conway is also a major rock climbing destination in the northeastern United States,[2] particularly Cathedral Ledge in Echo Lake State Park. The 500-foot cliff overlooks Echo Lake and North Conway from the west. Unlike nearby White Horse Ledge, another rock climbing site, Cathedral Ledge has an automobile road to the

summit, which provides fine views of the Saco River Valley.



**PARKING 1** — From the South — North-South Road begins at Wal-Mart and passes by the back of Settlers Green. Take this road going North and follow until you get to Depot Street. Take a left onto Depot St and Public Parking is on your right.

**PARKING 2** — West Side Road begins at the intersection of Route 16 and Washington St. From Route 16 take a left onto Washington St which turns into West Side and follow until the Stop sign at the end of the road. Take a right onto River Rd and follow over the bridges, before you get into the village and the train track trestle, take a right into Public Parking behind the Eastern Slope Inn and Whitaker Suites. Convenient parking and an easy walk through the pedestrian tunnel brings you up to North Conway Village businesses.

From the North:

**PARKING 3** — Driving South, at the Scenic

Overlook take left onto Hurricane Mountain Rd and follow until Kearsarge Rd. Take a right onto Kearsarge Road and follow to Mechanic St. Take a right onto Mechanic St and then another right onto Pine St. On Pine St is the John Fuller School and there is Public Parking available when School is not in session.

**RESTROOMS 1** — North Conway Community Center is located next to the park and across from the Visitor Information Booth.

**RESTROOMS 2** — Olympia Sports is located in a complex of businesses in the center of town by the traffic light. Restroom are located next to a cluster of shops in the lower level.



## SHOPPING

# Unique finds Boutiques



In North Conway Village you can take a break from shopping at an outdoor cafe, visit the historic train station or relax in Schouler Park. (JAMIE GEMMITI PHOTO)



Shoppers on Main Street in North Conway Village. (JAMIE GEMMITI PHOTO)

In North Conway Village shoppers will find an array of small boutiques, featuring local and New Hampshire-made items, many of which you won't find elsewhere. The downtown shops include Zeb's, which sells many New England-made items and has a large candy counter; the Penguin, with its quirky selection of gag gifts, hand-made jewelry, cookbooks, unique toys and greeting cards; an old-fashioned 5 and 10 cent store; White Birch Books, an independent bookstore; and Fields of Ambrosia, selling bath and body care products; as well as two coffee shops and several restaurants.

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In the shop is a tasting bar where you can sample all the flavors before you buy, as well as receive suggested pairings for any dish you can imagine.

How about a spicy Baklouti green chile olive oil paired with a mango balsamic for a fish taco or mango salsa? Just the right amount of heat and sweet! A Tuscan herb olive oil and an 18-year-old balsamic creates an unbelievable dipping oil for bread. Another great idea is an espresso balsamic to marinate your steak tips or meat. Just stop in and let the friendly staff suggest something for you. They prom-

ise you will be blown away by the taste and freshness.

North Conway Olive Oil Co. olive oils are ranked 95-98 out of 100, some being crushed just over a month ago, and containing high levels of Polyphenols, an antioxidant in olive oil that research has shown to reduce blood pressure, lower cholesterol and have cancer-reducing abilities. There is also research indicating it helps with Alzheimers. North Conway Olive Oil is also only one of a handful of olive oil stores in the United States with the designation of ultra premium olive oil. This standard exceeds world standards for olive oil quality.

The store's balsamic vinegars are also the highest quality and are aged from 12-25 years. All are from Modena, Italy, and contain no added sugars, preservatives or salts and all of the store's products are non-GMO and gluten-free.

At North Conway Olive Oil Co., you'll find "a taste to excite your imagination."

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## FARMERS MARKETS

# Fresh from The farm

The Conway Farmers' Market, back for a sixth year, is held on Saturday mornings, from 9 a.m. to 1 p.m. at Pequawket Park on Conway Village, next to the fire station.

The market features locally baked bread, fresh vegetables, meat, chocolate and specialty items. The season runs through Columbus Day Weekend.

For more information, email [northconwayfarmers-market@gmail.com](mailto:northconwayfarmers-market@gmail.com) or find North Conway Farmers' Market on Facebook.

### Tamworth

The Tamworth Farmers' Market, one of the most successful farmers' markets in the region, with more than two dozen vendors of farm-fresh produce and



Mount Road performs at Tamworth Farmers Market. The market often takes on a festival atmosphere with live music, crafts and prepared food. (TERRY LEAVITT PHOTO)

meats, arts and crafts, music and prepared food, is entering its 12th year operating year-round in Tamworth Village.

For information about the Tamworth Farmers' Market, offered Saturdays from 9 a.m. to 1 p.m., go to [tamworthfarmersmarket.org](http://tamworthfarmersmarket.org).

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## SHOPPING

# Special deals Outlets

Shopping is a year-round activity in North Conway, home to Settlers Green Outlet Village as well as the boutique shops of North Conway Village. Best yet, New Hampshire has no sales tax, so thrifty bargain conscious shoppers can save on their purchases compared to shopping out of state.

Settlers Green Outlet Village opened in 1988, and is home to a collection of 75 national brand, high-end outlets, grouped together in an outdoor village setting. Settlers Green today has stores on both sides of Route 16, with Settlers Crossing, home to L.L. Bean and Eastern Mountain Sports among other shops, and is its latest build-out Settlers Streetside which opened last year.

Settlers Green holds promotional and entertainment events throughout the year to enhance shoppers' savings and fun.



Shoppers at Settlers Green. (JAMIE GEMMITI PHOTO)

## SPECIAL EVENTS

**Aug. 30-Sept. 2:** Labor Day Sidewalk Sale.

**Sept. 2:** MWV Old Car Club car show

**Sept. 28:** Fall Festival

**Sept. 28-Oct. 14:** Pumpkin People Challenge

**Oct. 12-13:** Busker Festival: Street musicians

play from noon-3 p.m.

**Oct. 26:** Haunted Happenings. Trick-or-treat at the stores, noon-4 p.m.

**Nov. 1-11:** Bring a Friend Shopping Week.

**Nov. 29:** Black Friday.  
For details visit [settlers-green.com](http://settlers-green.com).



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# Public Art

When the owners of Settlers Green opened their newest buildout of stores, the Settlers Streetside complex, in 2016, they commissioned six new works of art from artists around New England to enhance the project.

Visitors can see paintings “Can We Talk?” by Rebecca Klementovich of Bartlett and “Waterfall in the Woods” by Kristen Pobatschnig of Conway; and sculptures: “Red Fox” by Michael Alfano of Hopkinton, Mass.; “Dancing Stars” by Dale Rogers of Haverhill, Mass.; “Caryatid” by Melanie Zibit of Shirley, Mass.; and “Granite Mother” by Antoinette Prien Schultze of Eliot, Maine.

In addition, Settlers Green has also promoted the arts with regular showings of local artists work and by hosting a plein air event for artists at the shopping complex.

General Manager Dot Seybold says art adds to the experience of shopping at Settlers Green. “If you are on vacation, what you do with your time is special, and shopping has to match the experience you have on vacation here in the valley.”



Artist Rebecca Klementovich works on her mural “Can We Talk?” at Settlers Streetside. (JAMIE GEMMITI PHOTO)



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# Gallery spotlight

## White Mountain School

Jackson Historical Society maintains a museum of 19th Century White Mountain School of Art paintings in the former Jackson Town Hall at 23 Black Mountain Road. The climate-controlled museum space on the second floor of the building features permanent and temporary exhibits of works by such artists as Benjamin Champney, Frank Shapleigh and Thomas Cole, who made the region as well as the school of art famous in the 1800s.



**"Mount Chocorua," by Erik Koeppel, who paints in the style of 19th century landscape painters. (COURTESY PHOTO)**

The society also holds an annual show and sale of historic and contemporary White Mountain art.

This year's event will feature an unveiling of artist Erik Koeppel's epic painting "Northern Presidentials from the Glen" on Oct. 18. Koeppel, who paints in the style of the 19th century landscape painters, will talk about the challenges of creating such a large work (6½ feet by 11 feet, 3 inches) at the unveiling. Find out more at [jacksonhistory.org](http://jacksonhistory.org).

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## ART



Nancy Cassidy, artist and owner of Cassidy Gallery. The gallery, which features local artists' work, moved from Jackson to Seavey Street in North Conway last year. (TERRY LEAVITT PHOTO)

## Galleries

Several local art galleries in the Mount Washington Valley present a range of historic and modern works. They include:

**The Cassidy Gallery** in North Conway (603-662-2074; cassidygallery.com).

**Jackson Art Studio and Gallery** (jackson-artnh.com).

**Jackson Historical Society and White Mountain Museum of Art:** (jacksonhistory.org).

**League of N.H. Craftsmen**, 2526 White Mountain Highway, Route 16, North Conway (356-2441; nhcraftsmen.org).

**Mount Washington Valley Arts Association**; 16 Norcross Circle, North Conway (356-2787); mwvarts.org. The Met Coffeehouse in North Conway and Settlers



Artworks on display at the Mount Washington Valley Arts Association gallery in North Conway Village. (JAMIE GEMMITI PHOTO)

Green displays members' works as well.

**White Mountain Photo Gallery**, 95 Main Street, Jackson Village (374-6050; whitemountainphoto.com).

**Palmina F. and Stephen S. Pace Galleries of Art, Fryeburg Academy**, 18 Bradley Street, Fryeburg, Maine (207-935-9232; fryeburgacademy.org).

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# Live music Concerts



Marcia Ball performs at The Farmstand in Tamworth. (FILE PHOTO)

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The Farmstand, in Tamworth NH, a Bed and Breakfast, seasonal farm stand, and a seasonal venue for concerts and events in a restored barn.

Doors open at 6 p.m., concerts at 7 p.m.

**Sept. 8:** Vance Gilbert  
**Sept. 15:** Kerri Powers  
**Sept. 22:** Carla Ryder and the Blue Ribbons  
**Sept. 28:** Jon Butcher and Allen Estes  
**Oct. 6:** Slaid Cleaves

## THE LEURA HILL EASTMAN PERFORMING ARTS CENTER

18 Bradley St, Fryeburg • (207) 935-9232 • [boxoffice@fryeburgacademy.org](mailto:boxoffice@fryeburgacademy.org)

The Leura Hill Eastman Performing Arts Center, located on the campus of Fryeburg Academy, in Fryeburg, Maine, offers an array of entertainment from rock to jazz to opera, including the Met Opera

Live in HD series on select Saturdays at 1 p.m. Opera performances include:

**Oct. 12:** "Turandot"  
**Oct. 26:** "Manon"  
**Nov. 9:** "Madama Butterfly"  
**Nov. 23:** "Akhmaten"  
**Jan. 11:** "Wozzeck"  
**Feb. 1:** "The Gershwins' Porgy and Bess"  
**Feb. 29:** "Agrippina"



Local band Bennett & Perkins performing at Stone Mountain Arts Center in Brownfield, Maine. (COURTESY PHOTO)

## STONE MOUNTAIN ARTS CENTER

695 Dugway Rd, Brownfield, Maine • (207) 935-7292

The Stone Mountain Arts Center in Brownfield, Maine, presents nationally-renowned acts throughout the year. The doors open at 6 p.m. for dinner; shows start at 8 p.m.

Scheduled performances include:

**Sept. 1:** Ward Hayden and the Outliers  
**Sept. 6:** Paula Poundstone  
**Sept. 13:** Ferro Gaita  
**Sept. 14:** Steve 'N' Seagulls  
**Sept. 15:** Mountain Top's 4th Annual Majestic Gala — Where Jazz Meets Classical  
**Sept. 17:** Infamous Stringdusters  
**Sept. 19:** Oliver the Crow  
**Sept. 20:** Suzy Bogguss  
**Sept. 26:** GoldenOak

**Sept. 27:** Keller Williams  
**Oct. 1:** Rhiannon Giddens and Francesco Turrisi  
**Oct. 3:** Iris DeMent  
**Oct. 6:** The Jeremiahs  
**Oct. 10:** Nitty Gritty Dirt Band  
**Oct. 11:** Peter Mulvey and Catie Curtis  
**Oct. 16:** We Banjo 3  
**Oct. 17:** Martha Spencer and the Whitetop Mountain Band  
**Oct. 18:** An Evening with The Maine Cabin Masters  
**Oct. 25:** Amy Helm  
**Nov. 11:** Big Sandy and His Fly-Rite Boys  
**Nov. 1:** Roomful of Blues  
**Nov. 2:** John Jorgenson Bluegrass Band  
**Nov. 3:** Nick Lowe  
**Nov. 4:** John Hiatt  
**Nov. 14:** Ricky Skaggs and Kentucky Thunder  
**Nov. 16:** Harry Manx



"Turandot" is the next Met Opera Live performance to be featured at the Eastman Performing Arts Center on Oct. 12. (COURTESY PHOTO)



## ENTERTAINMENT



**Duke Robillard (left)** recently performed with his three-piece band at the Wildcat Tavern in Jackson in a Cold River Radio Show Mini-Concert. (TOM EASTMAN PHOTO)

## LIVE PUB MUSIC

Live music is featured throughout the valley at pubs, including the following:

**Red Parka Pub**, 3 Station St., Glen • (603) 383-4344 • weekends and Mondays.

**Shannon Door Pub**, 19 Spencill Hill Rd, Jackson (603) 383-4211.

**Wildcat Inn and Tavern** 94 Main St, Jackson (603) 383-4245.

**Shovel Handle Pub** 357 Black Mountain Rd • (800) 677-5737).

**McGrath's Tavern**, 3465 White Mountain Hwy, North Conway • (603) 733-5955 • Thursdays.

**May Kelly's**, 3002 White Mountain Hwy, Conway • (603) 356-7005 • Sunday afternoon Celtic music.

**Deacon Street Restaurant**, 32 Seavey St, North Conway • (603) 356-

9231 • Friday evenings.

**Abenaki Trail Restaurant and Pub** • 2284 White Mountain Hwy, North Conway • (603) 356-6565.

**Sea Dog Brewing Co.** (603-356-0590) Fridays and Saturdays.

**Almost There**, 1287 NH-16, Albany • (603) 447-2325 • Fridays.

**Route 302 West Smokehouse**, 636 Main St, Fryeburg, Maine • (207) 935-3021.

**Top of the Ninth/Fryeburg House of Pizza**, 11 Portland St, Fryeburg, Maine • (207-935-4172).

**Lake Kezar Country Club at Ebenezer's Pub**, 578 Main St, Lovell • (207) 925-3200.

**Corner House Inn**, 22 Main St, Center Sandwich • (603) 476-3060 • Music and storytelling.



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# On the stage Theater

With the valley's three theater companies all producing shows this summer, there's hardly a week that goes by without something to see. There's something for all tastes with musicals, comedies, dramas, Shakespeare and thrillers.

## Advice To The Players

Sandwich • [advice-to-the-players.org](http://advice-to-the-players.org) • (603) 284-7115

**"Noir Hamlet,"** Aug. 31. Fresh from being performed at the Edinburgh Fringe Festival, the play is based on the Hamlet we all know and love, but with

a noir twist that brings it all to life. Hamlet is a private eye out to solve the mysterious death of his father.

**"Twelfth Night,"** by William Shakespeare, Dec. 14-22.

## M&D Playhouse

2760 White Mountain Highway, North Conway Village • [mdplayhouse.com](http://mdplayhouse.com) • (603) 733-5275.

**"Little Shop of Horrors,"** Aug. 15 to Sept. 1. A musical horror comedy with a man-eating plant and the man it promises fame and fortune.



Actor Darrin Brown (center) performs a scene aboard the Conway Scenic Railroad in an Arts in Motion Theater Company Murder Mystery Dinner Theater production of "Matrimony, Mayhem and Murder." (COURTESY PHOTO)

**"Night Mother,"** by Marsha Norman, Sept. 26-Oct. 6.

**"The Norwegians"** by C. Denby Swanson Oct. 31- Nov. 10.

## Arts in Motion Theater Co.

2760 White Mountain Highway in North Conway • [artsinmotion-theater.com](http://artsinmotion-theater.com) • (603) 356-0110

**"Seussical the Musical,"** Nov. 21-24. A musical based on the stories of Dr. Seuss.

**"Murder Mystery Dinner Train:"** Oct. 25-25 and Nov. 1-2. "Rock, Roll and Rigor Mortis," a hilarious dinner theater adventure aboard the Conway Scenic Railroad — and the audience gets to play a role.

**"Seussical the Musical,"** Nov. 21-24. A musical based on the stories of Dr. Seuss.

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For more information and opportunities, visit [www.mwvec.com](http://www.mwvec.com)



# New England Ski Museum

## A touch of winter

If you are missing the ski season and can't wait for snow to return to the valley, the New England Ski Museum in North Conway Village is not to be missed.

The Franconia-based museum opened its new North Conway branch in 2018 in the old North Conway Community Center building adjacent to Schouler Park.

The exhibits focus on New England ski history, with an emphasis on local contributions, including a full wall mural of Tuckerman Ravine. Topics addressed by different exhibits include the Eastern Slope Region (now called the Mount Washington Valley), New England Olympians, ski instruction, trail cutting and ski town facts. A rotating temporary exhibit, a ski library, a vintage ski collection and a Cranmore Skimobile on loan from Spike Smith of Conway round out the exhibits.

For more information, go to [skimuseum.org](http://skimuseum.org) or call (603) 823-7177.



New England Olympians' gear on display.



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## MUSEUMS AND EXHIBITS

### Mount Washington Valley Children's Museum

2936 White Mountain Highway,  
North Conway, [mwwchildrensmuseum.org](http://mwwchildrensmuseum.org) or (603) 356-2992

A play-based museum for young children with theme-based rooms from dinosaurs to dragons and gears to kitchens.

### Weather Discovery Center

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## THE GREAT NORTH WOODS



Canoes and kayaks on the Androscoggin River near Berlin. (COURTESY PHOTO)

# Above the Notch

Just “over the Notch” from North Conway are nestled Berlin and Gorham, truly the heart of New Hampshire’s North Country and the entry to what is called the Great North Woods, with a unique mix of natural and cultural gems.

To get there, go north on Route 16 through picturesque Jackson, then up and over Pinkham Notch. On the way of this 35-mile scenic trip are Appalachian Mountain Club Visitor Center (base station for hikes up Mount Washington, including Tuckerman Ravine), Wildcat Ski Area, which features dramatic views from its summit and a fun zipline, and the Auto Road, the famed eight-mile road — the most spectacular driving in New Hampshire — to the summit of the highest peak in the Northeast.



Berlin from Mount Jasper. (FILE PHOTO)

Enjoy the attractions, quaint shops and culinary delights of Gorham. Or head up the road to the small city of Berlin and experience the cultural influences of the French Canadians and European immigrants who settled there to work in the now shut-down paper mill. You’ll find cultural offerings like a Russian Orthodox church and St. Anne’s Church, one of the most beautiful Catholic churches in New England, as well as new shops and restaurants. Berlin also hosts a growing number of annual festivals celebrating everything from ATVs and classic cars to paddling and beer.

The natural gems are found outside the city and include Jericho Mountain State Park with opportunities for hiking, fishing, canoeing, kayaking, wildlife viewing, and miles of trail riding for ATVs. Further north you can follow the Androscoggin River through 13 Miles Woods to its source: Lake Umbagog, a huge National Wildlife Refuge, and experience canoeing, kayaking, swimming, camping and see eagles, moose and other wildlife.

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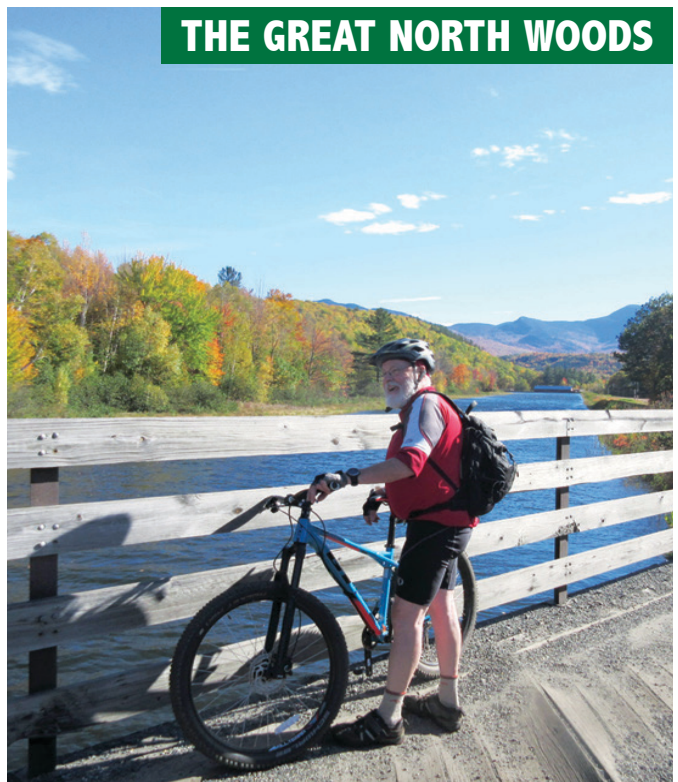


## MOUNTAIN BIKING

Moose Brook State Park, in Gorham, is a great place for camping, fishing and mountain biking. It has large, shady campsites, a very nice bathhouse and campground roads to ride. Across the road from the main camping area, is a “warming” pool where cold water feeding in from Ice Gulch on Perkins Brook mixes with Moose Brook waters in a large pond. Here, anglers, young and old, can practice their casts.

Past the dam at the bottom of that pool is a secondary pool, suitable for “cool” swimming. Tucked away in the woods along Berry Farm Road and the brooks is a network of Coos Cycling Club’s mountain bike trails.

There’s even more to do nearby. A short drive down Jimtown Road, the Presidential Rail Trail crosses the road. If you turn right on it, you’ll be heading southwest toward Randolph, Pinkham B Road, Jefferson Notch Road and Pondicherry. This non-motorized trail is great for walkers, runners and bikers with wider tires to handle the cinders and gravel. There are even places along the way to fish in Moose River. Scenic mountain views across distant meadows and bogs add to the experience. For trail information, go to [cooscyclingclub.org](http://cooscyclingclub.org). For camping information, go to [tinyurl.com/y6pjwe6j](http://tinyurl.com/y6pjwe6j).



Fall foliage forms the backdrop on the bridge over the Power Island canal on the Power Island bike loop in Gorham. (COURTESY PHOTO)



As the days get shorter, Berlin celebrates Riverfire, lighting up the nights with blazing boom piers and lighted pumpkins.

## FESTIVALS

The Androscoggin Valley Chamber of Commerce hosts a number of themed-festivals throughout the year at Northern Forest Heritage Park in Berlin, including:

**Wingzilla:** A spicy hot chicken wing-themed food festival, Sept. 8.

**Riverfire:** A fall festival that lights up the Androscoggin River Oct. 19. Events include a zombie-themed ATV poker run, hay rides, balloon rides, a Halloween party and costume parade and live music. At night, bonfires burn on boom piers along the river and decorated pumpkins line the bridge. Go to [androscogginvalleychamber.com](http://androscogginvalleychamber.com) for more information.



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Jericho Mountain State Park provides opportunities for miles of trail riding for ATV, UTV and trail bike enthusiasts. (FILE PHOTO)

# On the stage Ride the Wilds

Northern New Hampshire's Ride the Wilds trail network—1,000-plus miles of interconnected OHRV trails is open from Memorial Day through the fall for ATVs and other off-road vehicles.

One of the largest OHRV trail networks in the country, spanning the entirety of New Hampshire's Coos County, Ride the Wilds is a top destination for experienced OHRV enthusiasts and those wishing to learn in the eastern United States. In the Androscoggin Valley there are over 130 miles of ATV trails with the Jericho State Park the centerpiece.

The Ride the Wilds trail network was developed by 11 non-profit OHRV clubs, which perform all maintenance. There is no fee for utilizing the Ride the Wilds trail system, and many local businesses rent ATVs.

Towns within the Ride the Wilds trail system allow OHRVs on specified roads to access services like food, gas and lodging, or to connect with other sections of trail. Riders should look for "OHRV Permitted" signs on open sections of highway. The connectivity allows riders to explore the trail network, without trailering, on multi-day excursions through New Hampshire's mountains, pastures, and dense forest.

Ride the Wilds offers three seasons of ATV riding and provides access to more than 1,000 miles of interconnected trails that make it possible to head out for a day or more, with opportunities to stop and stay along the way.

Novices and experienced riders can enjoy the varied terrain, from wide sweeps of undeveloped land that encom-



The Ride the Wilds system offers a variety of trails from easy to challenging. (FILE PHOTO)

pass mountains, pastures, graveled roads, and woods trails from Berlin to Pittsburg.

RideTheWilds.org has maps and information on the trail system, parking and access, as well as information on registering your OHRV in New Hampshire, where to find food and fuel along the trails, and shops for renting an OHRV or taking a guided tour.

For more information go to [ridethewilds.nhgrand.com](http://ridethewilds.nhgrand.com).



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# World-class Fishing

Anglers from all over the globe come to fish the White Mountains. Two recent books, published by Stonefly Press, have singled out the area as one of the best angling destinations in the country. In “25 Best Fly Fishing Towns,” North Conway made the grade and in “50 Places Best Fly Fishing Rivers in the North East,” the Saco and Ellis Rivers were included.

## The Saco River

The Saco River is no doubt the gem of the Valley. The Saco begins in Crawford Notch at tiny Saco Lake. It drops 1,500 feet in 40 miles, closely

following Route 302. Perhaps the best known section of the river is the “fly fishing only” section in North Conway. Unlike the upper section, which is mostly fast running



Brown trout. (COURTESY PHOTO)

water, the river in fly section is broader with long stretches of flat water; ideal for dry fly fishing. The fly-only water is less than 3 miles long (from Lucy Brook to Mill Brook) so there is plenty of water for spin fishermen as well. The month of June is highlighted by huge

mayfly spinner falls in the evenings and early mornings. The lower river holds some huge Brown trout as well as Brook trout and Rainbow trout. The Saco is well stocked by N.H. Fish and Game as well as an additional stocking of Brown Trout by the local Trout Unlimited Chapter.

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## The Ellis River

Along its way from Crawford Notch to the Maine border the Saco picks up several tributaries. The Ellis River is no doubt the most important to fishermen. The upper section, like the Saco, is largely in the White Mountain National Forest, has some excellent Brook trout fishing.

From the famous Honeymoon Covered Bridge in Jackson to the railroad bridge in Glen is designated Fly Fishing Only water. This section is well known by anglers and is a popular destination especially Timmy's Pool, under the Route 16 highway bridge above the dam at Goodrich Falls.

The upper portion of the river is productive all year and because of its cold mountain water it will fish right through the dog days of summer. This section offers a mix of wild and stocked Brook trout. The lower section is stocked with larger Brook trout and Rainbows.

## Other Tributaries of the Saco

There are several other tributaries of the upper Saco River worth mentioning.



**The Dry River** is a great river for wild Brook trout and is best suited for those anglers willing to hike in.

**The Sawyer River** is another small river that requires some trekking. Sawyer Pond is the source of the river and that too requires a hike in. Sawyer River Road, off of Route

302, ends at the trailhead to Sawyer Pond. The hike to the pond takes about 45 minutes. The pond does have some excellent fishing and if you are willing to hike in with a float tube you could have one of your best fishing days of your visit; as an added bonus there is camping at the pond.

**The East Branch and the Rocky Branch** are two other tribes that offer some great Brook trout fishing.

## The Swift River

The Swift River closely follows the Kanccamagus Highway beginning at the height of land; flowing east it joins the Saco in Conway. Most of the river is in the White Mountain National Forest allowing easy access to anglers. The river is known as a Brook trout fishery.

Some of the best fishing can be had at the Swift River Covered Bridge in Conway, just above where the Swift joins the Saco. The Swift River does warm up quickly and is best fished in the early spring. In the late summer months the river is generally too warm to fish and most of the deep holes are full of swimmers.



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# Cooling off Swimming

Man-made pools are nice, but no trip to Mount Washington Valley is complete without a refreshing dip in the area's natural ponds and waterfalls. Here are a few of the popular spots. Take note: you won't find lifeguards anywhere but Echo Lake State Park.

**Echo Lake State Park:** A sandy beach, changing rooms, picnic area, and hiking trails. Located off West Side Road in North Conway. Admission is by a small fee.

**Saco River at Hussey Field:** From North Conway, turn west on River Road and park roadside near the first bridge. The adjacent fields are perfect for a picnic, sunbathing or a game of Frisbee.

**Kancamagus Highway, Swift River:** From Route 16 in Conway, head east on "the Kanc." Just 7 miles from Conway in the White Mountain National Forest you'll come to some of the best swimming spots in the Valley. Parking pass required. Call Saco District at 447-5448 for details.

**Conway Lake:** Travel east from North Conway to Center Conway on Route 302, and turn right onto Mill Street and drive close to a mile. You will see parking on the left and the small beach and boat ramp access on the right. For more information call Conway Town Hall, 447-3811.



Swimmers at Lower Falls (JAMIE GEMMITI PHOTO)

**Jackson Falls:** Take Route 16 north from North Conway and turn right at the Glen intersection and continue north on Route 16. Pass through the Jackson Covered Bridge onto Route 16A and then turn right onto Route 16B. There is limited parking on Route 16B (Carter Notch Road).

**Chocorua Lake:** From Conway, head south on Route 16 about 10 miles. Chocorua Lake is on the right.

**Weston's Beach:** From Main Street in Fryeburg, go north about 3/4 miles to Weston's Farm Stand. Across the street, you'll find a sandy beach on a curve in the Saco River.

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by Virginia Moore

## LAKES AND STREAMS

# Peaceful waters



If you love being on the water, there may be no more Zen experience than to be the captain of your kayak. Launching from shore into waters yet to be explored brings a sense of adventure and excitement.



For those visiting the Mount Washington Valley or new to the sport of kayaking, here are a couple places where you might achieve this experience for yourself.

**Conway Lake:** With little public access it is seldom overrun with large boats or jet skis and offers quiet coves, and mountain views that include Mount Washington on a clear day. You can often enjoy some fun and challenging chop in the the afternoon and early evening when the wind comes up, but if that is not your thing there are plenty of quiet coves and shorelines to explore.

The lake offers a variety of wildlife — painted turtles on logs and rocks, bald eagles and hawks soaring overhead, loons and blue heron, deer and moose.

To get to the put-in for Conway Lake from Route 16 take Route 302 east to Mill Street. Turn right and continue for 1.5 miles and watch for the lake and boat ramp on your

right. The public parking area is on the left.

**Lovewell Pond:** A charming small lake that offers mountain views to the west, located a few miles east of downtown Fryeburg, Maine. A canal leading from the lake to the Saco River can feel like a Louisiana bayou or a swamp in the Piney Woods of Georgia. It offers a peaceful environment and loads of opportunities to see birds and reptiles.

Take Route 302 into Fryeburg and turn right on Route 113 heading east. Drive 3.9 miles and watch for the blue public access sign on your left. A gravel road will take you to a parking area and an easy water access and unloading area.

*Virginia Moore is a longtime paddler who lives in the Mount Washington Valley.*

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# Paddling The Saco

CONWAY — Gentle for much of its course, and sandy-bottomed, the Saco River offers miles of scenic paddling, tubing, swimming and fishing opportunities.

From its headwaters at Saco Lake high in Crawford Notch, the river drops nearly 1,500 feet in elevation as it flows for approximately 40 miles through the towns of Hart's Location, Bartlett and Conway before entering Maine at Fryeburg and then heading on to the Atlantic Ocean.

One of the most popular portions of the river is the seven-mile, gentle stretch from Saco Bound in Center Conway to the Pig Farm in Fryeburg. "There's literally one big rock near the state line — Frog Rock. The rest is very straightforward" said Bob Tagliaferri, executive director of the Saco River Recreational Council and of Saco Bound.

Local liveries in Mount Washington Valley offer rentals, information, advice and shuttle service. They also offer service to such water bodies as Conway Lake, where there is a town beach/put-in off Mill Street in Center Conway. Silver Lake in Madison and Lovewell Pond in Fryeburg, Maine, also offer great flat water paddling options.

Conditions on the Saco can change quickly, depending on rainfall. Operators may opt not to rent on given days, or to restrict the ages that are allowed to go out on the river when it is flowing high and fast. Safety comes first, along with a respect for the natural beauty of the river.



Canoeing the Saco River. (JAMIE GEMMITI PHOTO)

The Mount Washington Valley offers miles of scenic paddling possibilities on local lakes and rivers, whether it's meandering with the Saco, looking for some whitewater or seeking out wildlife in quiet coves on Conway Lake.

Local rental liveries include:

**Canoe King of New England** (323-7442), Tamworth.

**Great Glen Trails Outdoor Center** (466-2333), Pinkham Notch.

**Ossipee Lake Marina** (539-8456), Freedom.

**Purity Spring Resort** (367-8896), East Madison.

**Northern Extremes** (356-4718), North Conway.

**Saco Bound** (447-2177), North Conway and Center Conway.

**Saco Canoe Rental** (447-4275), Conway.

**Saco River Canoe and Kayak** (207-935-2369), Fryeburg, Maine.

**Saco Valley Canoe** (800-447-2460), Conway.



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by Tim Jones

**LAKES AND STREAMS**

# White water

## START SLOWLY

Whitewater paddling has to be learned in increments. Your safest course is to start slowly and build skills as you go. Fortunately, incremental whitewater learning is easy to do in the Mount Washington Valley, thanks to our abundance and variety of flowing water.

You could, for example, get onto Quickwater on the Saco in a canoe or kayak and see if you like the feeling of the current pushing you along, a very different experience than paddling on a lake or pond.

If you don't own a boat you can rent kayaks and canoes if water levels are safe (see related story facing page for outfitters).

If you really want to experience the thrills of whitewater, the safest, easiest way to get your first taste is on a commercial rafting trip. The next step up is to take a lesson or multi-day clinic with qualified instructors who can fit you into the right equipment for you.

Great Glen Outdoor Center offers instruction on several local rivers when there's water available, and on the Androscoggin in the summer.

Check with the Appalachian Mountain Club ([outdoors.org](http://outdoors.org)) for the whitewater paddling trips they offer for paddlers of all abilities throughout New England.

The Mount Washington Valley is home to a vibrant paddling community. People regularly come here to paddle and play on the Saco and the Swift, the Pemigewasset, the Ammonoosuc and the Androscoggin, the Ellis, the Bearcamp and a host of smaller, less-well-known rivers like Cold Brook in Tamworth and the Crooked River across the border in Maine.

Though much of the summer paddling in the area can be characterized as gently drifting downstream or exploring the coves of local lakes, whitewater paddling also has its enthusiasts.

Heavily weather dependent, whitewater kayaking is usually best in the spring, when snowmelt swells all the local rivers, but some summer whitewater is also available. The American Whitewaters website ([americanwhitewater.org](http://americanwhitewater.org) — click on the River Info tab at the top, then National River Database, then the specific state and river you want) gives water flow information and recommended paddling levels and ratings on specific whitewater runs.

If you are looking for a guaranteed whitewater run, the Androscoggin River between Errol and Milan offers your best option throughout late spring and summer. The river flow there is dam-controlled, so there are reliable paddling opportunities all summer long.

River rapids are rated from Quickwater (gently floating downstream) to Class VI (for only the most expert paddlers) according to their difficulty. Rivers often will have a general rating but also a more difficult section that will rate a higher number (given in parentheses). Smart paddlers carry their kayaks around these sections if it is too difficult for them to run.

The Saco has several gauges that you can check in real time by going to [waterdata.usgs.gov](http://waterdata.usgs.gov), then clicking on the state and the specific gauge you want.

*Tim Jones is the editor of the online magazine [EasternSlopes.com](http://EasternSlopes.com).*

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# New Hampshire

by the numbers

#1

of the thirteen original colonies, New Hampshire was the first to declare independence from England, six months before the Declaration of



Independence was signed. As leaders in the Revolutionary cause, New Hampshire delegates also received the honor of being the first to vote for the Declaration of Independence on July 4, 1776.

96% of employers in New Hampshire are small business owners.

48

There are 48 mountains in New Hampshire with an elevation of 4,000 feet or higher. The Appalachian Mountain Club hosts a 4k Footer Club for

576

people who climb all 48 peaks at least once. Even more

impressive, however, is hiking "The Grid". That's hiking each of the 48 mountains in each of the 12 months, a hardcore 576 hikes. There's even a patch for it.



13

We are a patriotic state, we're also a mountainous one. 13 of those mountains make up the Presidential Range, 9 of them are part of the 4,000 footers. Mount Washington is the tallest at 6,288 feet.

512

New Castle is the smallest town in New Hampshire. It covers .8 square miles, or 512 acres. The town is composed of one large island and several smaller islands, and serves as a scenic residential and recreational community.



54

There are 54 historic covered bridges in New Hampshire.

110,229

Manchester is the biggest city in New Hampshire, the most recent census 110,229 people in 2015. Manchester is also the largest city in northern New England (Vermont, New Hampshire and Maine).



# New Hampshire

by the numbers

**0**  
ZERO

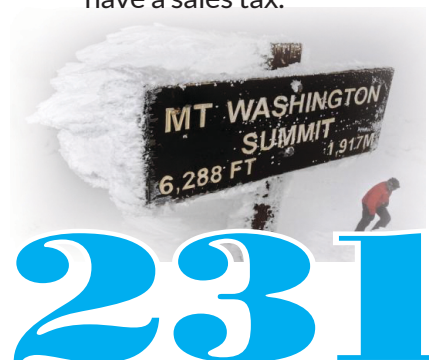
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**9**

The most complicated manual railroad switch in the world was used on the Cog Railway. It was a

nine- step switch, thrown by hand and it allowed trains to pass each other on the mountain.



**231**

The second highest wind speed officially recorded at ground level was at the Mt. Washington Observatory, on April 12, 1934, at 231 miles per hour. The winds were three times as fast as those in most hurricanes. The record was broken in 1996, however, by an unmanned instrument station during Typhoon Olivia on Barrow Island in Australia. (The Mount Washington wind speed record is still held as the highest observed by a human. Take that, Australia.)

**1945**

The Old Man of the Mountain has been New Hampshire's state emblem since 1945.

He's on our license plates, state route signs, and on the back of our Statehood Quarter, the only U.S. coin to have a profile on both sides. When the formation collapsed on May 3, 2003 people left flowers at the base of the cliffs in tribute.



**75**

There are 75 brand name outlet stores in Settlers Green, Settlers Common, Settlers Corner and Settlers Streetside, all located on Route 16 in North Conway, NH.

**115**



Alan Shepard, the first American in space, was born

in Derry, NH. In May 1961 he made a 15 minute suborbital flight that reached the altitude of 115 miles.



12% of the state of New Hampshire is covered by The White Mountain National Forest; 94.35 percent of the 1,225 square miles of the national forest is in New Hampshire (the rest is in Maine). Most of those trees have grown in the past hundred years, since the White Mountain National Forest was established in 1918. Prior to that much of the land had been cleared, either for lumber

operations or for farming. Today, New Hampshire is the second most forested state in the United States, after Maine, with forests occupying 81 percent, or 4.8 million acres.



## ATTRACTIONS

# All aboard Railfans welcome

North Conway has attracted railroad enthusiasts since Conway Scenic Railroad opened for business in 1974. The crew at Conway Scenic has restored locomotives and passenger cars, which are open to the public to ride on one- and two-hour Valley trains to Conway and Bartlett, and a 5 ½-hour Notch Train to Crawford or Fabyan's Station.

In addition to riding CSRR's rails, train lovers can enjoy model railroads at North Conway Model Railroad Club, located in the Conway Scenic Railroad's freight house in North Conway. Call (603) 356-5251 or go to [ncmrrc.com](http://ncmrrc.com) for details.



Conway Scenic Railroad's Railfans Weekend is Sept. 2-3. (JAMIE GEMMITI PHOTO)

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**Railfans Day:** Conway Scenic Railroad celebrates Railfans Week-end on Aug. 31-Sept. 1 with special demos, freight cars, cabooses and extra Valley Trains and on Sept. 3 with a special a Notch Train to Whitefield Diamond. For more information, call (603) 356-5421 or visit [conwayscenic.com/events](http://conwayscenic.com/events).

**Autumn Express:** This special excursion through Crawford Notch on Oct. 20 is hosted by the Kiwanis Club of Mt. Washington Valley and by the Mt. Washington Valley Habitat for Humanity. It is a fundraiser to benefit local families and children's charities, and the public is invited to participate.

**Murder mystery dinner train:** A first class evening of fabulous food, superior service and entertaining dinner theater aboard elegant dining cars Oct. 25-26 and Nov. 1-2. Passengers can participate as much or as little as they like.

**Harvest rides:** The Johnny Appleseed Express Sept. 7-Oct. 14 features a visit to an orchard and Pumpkin Express Oct. 18-27 features a visit to a pumpkin patch.



**One of the Cog Railway's working steam engines at the summit of Mount Washington. (JAMIE GEMMITI PHOTO)**

For a unique railroading experience, take the Cog Railway to the summit of Mount Washington, celebrated its 150th anniversary this year.

First opened in 1869, the Cog is one of the leading White Mountains tourist attractions, operating April through November. Like its Mount Washington counterpart, the 1861-opened Mount Washington Auto Road, it is considered one of the engineering marvels of the world.

The passengers that ride to the summit enjoy such attractions as Mount Washington State Park and the Tip Top House, as well as the Mount Washington Observatory's "Extreme: Mount Washington" museum.

In 2007, the Cog moved toward a more efficient diesel fleet, adding locomotives that use environmentally friendly biodiesel fuel. The first run of the day, however, is still a steam engine that is popular with railfans.

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# Amusement Parks

## Places to play

Looking to add some zip to your life? Visitors to the White Mountains region will enjoy exploring the many local natural and man-made attractions. There are water slides and water rides, zip lines and canopy tours, horseback riding, train excursions and paddle boat rides; amusement parks mini golf and arcades; museums and spas. Here's a list of some of what the valley has to offer.



The aerial adventure park at Cranmore. (FILE PHOTO)

### Attitash

Route 302, Bartlett • [attitash.com](http://attitash.com) • (800) 223-7669

ZipTour, Alpine Slide, Mountain Coaster, Airbag Jump, slacklines, lift-serviced downhill mountain biking, horseback riding, and Buddy Bear's Play-pool.

### Black Mountain

Route 16B, Jackson • [blackmt.com](http://blackmt.com) • (603) 383-4490

Horseback trail riding, pony rides and lessons.

### Conway Scenic Railroad

38 Norcross Circle, Route 16 and 302, North Conway • [conwayscenic.com](http://conwayscenic.com) • (603) 356-5251

Scenic rides on historic trains; dinner trains, murder mystery theater trains, and special events.

### Cranmore Mountain Adventure Park

Skimobile Road, North Conway • [cranmore.com](http://cranmore.com) • (800) SUN-N-SKI

Tubing, a giant swing, Mountain Coaster, Soaring Eagle Zipline, Aerial Adventure ropes course, scenic chairlift rides and a Kids Course.

### Farm by the River Stables

2555 West Side Road, North Conway • [farmbytheriver.com](http://farmbytheriver.com) • (603) 356-6640:

Scenic carriage rides by appointment.

### The Kahuna Laguna Indoor Water Park

Red Jacket Mountain View Resort, Route 16, North Conway • (603) 356-5411

Water slides, wave pool, adventure tower, Little Kahuna play area, 25-person hot tub, arcade and the Tiki Tide Cafe.

### King Pine Ski Area/Purity Spring Resort

Route 153, East Madison • [purityspring.com](http://purityspring.com) • (800) 373-3754

Family resort, featuring kayaking for guests, and Traditions Restaurant, which is open to the public.

### Mount Washington Auto Road/Great Glen Trails Outdoor Center

Route 16, Pinkham Notch • [mtwashingtonautoroad.com](http://mtwashingtonautoroad.com) • (603) 466-3988 and (603) 466-2333

Drive your own vehicle or take a guided stage tour to the summit of the Northeast's highest peak. Great Glen Trails Outdoor Center offers mountain biking and trail running trails and kayak adventures.

### Mount Washington Cog Railway

Six miles off Route 302 near historic Bretton Woods, Marshfield Station • [www.thecog.com](http://www.thecog.com) • (603) 278-5404

Ride to the top of Mount Washington on the world's first mountain-climbing cog railway — built in 1869 — on a modern biodiesel or historic coal-fired steam locomotive. Three-hour round-trip.

### New England Ski Museum

Route 16, North Conway • [skimuseum.org](http://skimuseum.org) • (603) 730-5044

The Eastern Slope branch in North Conway of the New England Ski Museum of Franconia explores the ski history of the region. Open daily, 10 a.m.-4 p.m.



Several local attractions offer horseback riding. (JAMIE GEM-MITI PHOTO)



## Omni Mount Washington Resort

Route 302, Bretton Woods [brettonwoods.com](http://brettonwoods.com)  
• (603) 278-1000 for the hotel or (603) 278-3320 for the ski area

Horseback rides, spa treatments, golf, treetop canopy tour.

## Remick Country Doctor and Farm Museum

58 Cleveland Hill Road, Tamworth [remickmuseum.org](http://remickmuseum.org) • (603) 323-7591

See what it was once like to live on a rural New England farm. Harvest Festival Sept. 21.

## Saco Valley Sports Center

95 Pine St./Route 302 Fryeburg, Maine • [sacovalleysportscenter.com](http://sacovalleysportscenter.com) • (207) 935-3777

Candlepin bowling, computerized scoring, indoor golf simulators, arcade games and pool tables.



The Weather Discovery Center. (JAMIE GEMMITI PHOTO)

## Songo River Queen II

Route 302, Naples, Maine • [songoriverqueen.net](http://songoriverqueen.net) • (207) 693-6861

Rides on a replica of the famed Mississippi River Paddle Wheelers.

## Story Land

Route 16, Glen • [storylandnh.com](http://storylandnh.com) • (603) 383-4186

A children's theme park where fairy tales come to life. Amusement park rides in a storybook setting.

## ÜberBlast Family Entertainment Center

2129 White Mountain Highway (Route 16), North Conway • [uberblast.com](http://uberblast.com) • (603) 356-5655

Mini golf course, black-light laser tag arena, outdoor inflatable play park, and an arcade.

## Weather Discovery Center

Route 16, North Conway • [mountwashington.org/education/center](http://mountwashington.org/education/center) • (603) 356-2137

Explore the science of climate and weather through fun, interactive exhibits. Learn about Mount Washington.

## Wildcat Mountain

Route 16, Pinkham Notch • [skiwildcat.com](http://skiwildcat.com) • (603) 466-3326

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## EVENTS



# Blue ribbon classic Fryeburg Fair

Foliage is fair season in New England, and the greater Mount Washington Valley region has two agricultural fairs that are as colorful as the turning leaves. One of the best agricultural fairs in the United States, Fryeburg Fair will host its annual eight-day fair Sept. 29-Oct. 6 in Fryeburg, Maine.

The fair offers, livestock; horse, ox and tractor pulling; agriculture and farming exhibitions with more than 3,000 head of cattle and other farm animals. In New Hampshire, Sandwich Fair packs similar entertainment into a more compact three-day event.

## FRYEBURG FAIR HIGHLIGHTS

**Woodsmen's Field Day**, Monday, Sept. 30. Contestants come from all over the U.S. and Canada to compete in more than 34 woods skills events from log-rolling and axe throwing to tree felling.

**Night Shows** every night at 8 p.m. at the Grandstand. Performers will include: Ragged Jack (Monday); Church of Cash (Tuesday); Rodney Atkins (Wednesday); Maddie & Tae (Thursday); Michael DelGuidice & Big Shot (Friday). Fireworks on Friday.

**Food:** The fair is known for the best French fries made with just harvested Maine potatoes, along with pizza, barbecue, cuisine from around the world and just about anything fried.

**Traffic tip:** The fairgrounds are located on Route 5. Another option for those traveling from Conway and who are seeking to avoid the traffic is to take East Conway Road from the Conway Police Station in Redstone and to follow the signs to the fairgrounds.

For more information, go to [fryeburgfair.org](http://fryeburgfair.org)



**Fryeburg and Sandwich Fairs feature livestock shows, carnival rides, exhibits, demonstrations and more.**  
(JAMIE GEMMITI PHOTO)

[burgfair.org](http://burgfair.org) or call the fair office at (207) 935-3268.



## SANDWICH FAIR

**The Grand Street Parade** through Sandwich Village, Sunday, Oct. 13, at 1 p.m., is a highlight of the three-day Sandwich Fair. (Oct. 12-14), which also includes an antique auto show, children and adult tractor pulls and a woodsman's field day.

**Entertainment:** Granite State Disc Dogs will perform shows Saturday, Oct. 12, in the log ring. Other entertainment includes, jugglers, magicians, clowns and music, including Lexi James on Saturday; the Don Campbell Band on Sunday; and Annie and the Orphans on Monday.

For more information [thesandwichfair.com](http://thesandwichfair.com) or call (603) 284-7062



# Corn Maize



A pair of children make their way through the Maize. (JAMIE GEMMITI PHOTO)

Sherman Farm celebrates the harvest season each year with a corn maze weekends from Sept. 21-Oct. 27 and other games and activities around the East Conway farm.

The Maize, as it is called, is open weekends from mid-September through October. Inside, participants can play "Farm Scene Investigation," Barnyard Bing-oh! and Cornundrums (corny riddles to solve). Answer questions along the way; the correct answer is your passport, sending you off in the right direction. There are three levels of play for different abilities. Special events are planned throughout the season.

Families can make a day of it, visiting the goats, playing on the play set or in the corn box (like a sandbox but with corn), riding on the Moo Express or taking a hayride, exploring the pumpkin patch and relaxing at the picnic tables and enjoying concessions from kettlecorn to burgers to ice cream.

The farm is located 5.5 miles on East Conway Road from the Conway Police Station or 1 mile from the Fryeburg, Maine, Post Office on River Street. For more information, call (603) 939-2412 or go to [shermanfarmnh.com](http://shermanfarmnh.com).

## CONWAY SCENIC RAILROAD

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**ConwayScenic.com • (603) 356-5251**

38 Norcross Circle | North Conway Village

*Lots of family-friendly events through December!*



## UPCOMING EVENTS

- Autumn Express
- Pumpkin Patch Express
- Murder Mystery Dinner Trains
- Heroes' Appreciation Day
- Santa's Holiday Express
- Vacation Week Trains



Please visit our website for more information!

Children under 4 ride FREE on the Valley Trains! Well-behaved dogs are always welcome.



# Football Mud Bowl

CONWAY — For more than 40 years, the Mud Bowl has brought muddy football fun to North Conway village.

“Mudeo Games” is the theme for this year’s Championship of Mud Football Mud Bowl. The event will be held Sept. 6 through 8 at Hog Coliseum located next to the North Conway Community Center.

Twelve teams will compete throughout the weekend in mud. Money raised is donated to local charities.

In addition to mud football, the weekend features the 35th annual Tournament of Mud Parade, featuring entries from the participating teams and community members at 10 a.m., on Saturday, Sept. 8, on North Conway Village’s Main Street.

For tickets or more information call Tim Scott at (603) 356-2096 or find mud-bowl.org on Facebook.



The Mud Bowl is played on a specially prepared field where the mud can be knee-deep in spots. (JAMIE GEMMITI PHOTO)



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**Revelers raise their steins in the Biergarten at Oktoberfest, which is held each year at Attitash. (JAMIE GEMMITI PHOTOS)**

Two local festivals this fall will celebrate the many varieties of beers created by local and regional breweries.

**Oktoberfest:** Attitash holds its 22nd annual Oktoberfest Oct. 12-13. This two-day event will feature traditional Bavarian music

from King Ludwig's Band, authentic German fare, and of course, a Biergarten with 20 local and regional breweries serving a variety of tasty beers and ciders. The Kinderplatz returns, with children's fun events like bouncy obstacle courses, corn hole, big checkers

## EVENTS

# Brewfests

and big Jenga. There will also be games for adults, including well as a giant stein hoisting and a keg toss. For more information go to [attitash.com/event/oktoberfest](http://attitash.com/event/oktoberfest) or call (800) 223-SNOW.

**Brew Ha Ha Festival:** Celebrate the Columbus Day weekend with seasonal offerings from a variety of local and regional brewers Saturday, Oct. 12, at Purity Spring Resort. Live music, children's games and a bounce house. Admission is free. For more information, go to [purityspring.com/brew-ha-ha-festival](http://purityspring.com/brew-ha-ha-festival).



**The keg toss at Ocktoberfest.**



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# Harvest fun

The apple harvest begins in September and extends through late October. Most orchards offer pick-your-own apples. Some have other products, festivals, hayrides, and other activities.

Pick-your-own orchards near North Conway include:

**Apple Acres:** 63 Durgintown Road, South Hiram, Maine. For more information, call (207) 625-4777 or go to [appleacresfarm.com](http://appleacresfarm.com).

**Hollow Hill Farm:** Hollow Hill Road, Tamworth (603-323-7456). Pick-your-own apples and pumpkins. Open Labor Day to mid-October; 9 a.m.-5 p.m., closed Tuesday and Wednesday.

**Pietree Orchard:** 803 Waterford Road, Sweden, Maine (207-647-9419 or go to [pietreeorchard.com](http://pietreeorchard.com)). Open daily, 9 a.m. to 5 p.m. Golf carts available for those with mobility issues.

**Gibson's Orchard:** LLC in Gilead, Maine (207-836-2702 or 207-595-6944). Pick your own apples.

**Peaked Hill Orchard:** in Bethel, Maine (207-



836-2113).

Fresh apples are available at Weston's Farm Stand on River Street (207-935-2567) in Fryeburg, Maine and at their West Side Road location, at Richardson's Grand View Farm Stand in Conway (603-960-2199) and at Sherman Farm (603-939-2412) on East Conway Road.

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## EVENTS

# Pumpkin time

The village of Jackson will be celebrate all things pumpkin throughout the month of October.

Return of the Pumpkin People: Now in its 35th year, this self-guided tour follows the official Return of the Pumpkin People Map to find the more than 80 locations offering creative displays, each of which involves at least one “pumpkin person.” Maps and “People’s Choice” ballots will be available at [jacksonnh.com](http://jacksonnh.com) and all participating properties.

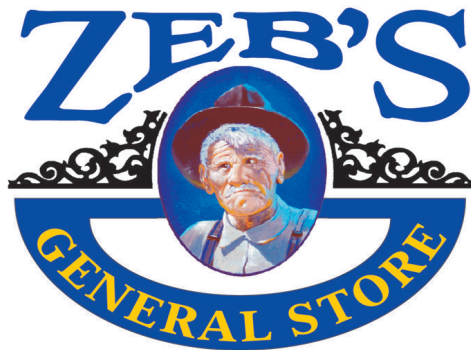
All Things Pumpkin: Building around the Pumpkin People, businesses in Jackson will host open houses, pumpkin tasting tours, carriage rides and special events during the last two weeks of the month, Oct. 18-31, including the New England and Jackson Invitational Pumpkin Carving Competition Oct. 18-19 and Sweet Street on Oct. 31, with a silent auction, pumpkin carving, pumpkin tastings, magic shows and trick-or-treating.

For more information call (603) 383-9356 or go to [jacksonnh.com](http://jacksonnh.com).



Pumpkin King Kong climbs a sky rise in one of last year's Pumpkin People displays in Jackson. (JAMIE GEMMITI PHOTO)

## Zeb's General Store in the Village of North Conway



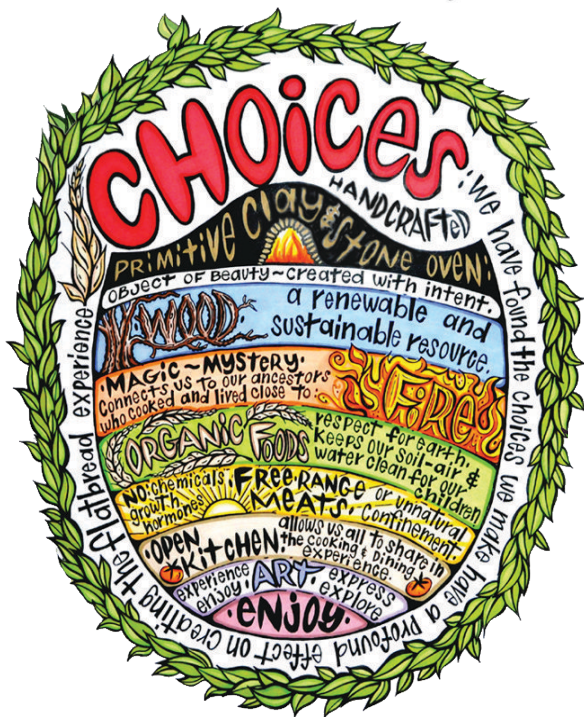
*Enjoy our wonderful historic village with many shops, restaurants  
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### Zeb's General Store

Main St., Village of North Conway • 603 356-9294 • [www.zebs.com](http://www.zebs.com)

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Whoopie Pie Sundae

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At the Eastern Slope Inn, N. Conway

## EVENTS



Dogs are welcome at Woof in the Woods Sept. 21.  
(JAMIE GEMMITI PHOTO)

## For the animals

### WOOF IN THE WOODS

Conway Area Humane Society's annual Bark in the Park, long a staple of events in Schouler Park in North Conway Village moved just up the street about a half a mile last year and changed its name to Woof in the Woods. The same returns this year on Sept. 21, but with a new name and at a new location.

The event features the annual Walk for the Animals, a fundraising event for the Conway animal shelter.

What doesn't change is the event's focus on animals — particularly dogs. Woof in the Woods features a day of demonstrations, carnival games, dog show and agility games, a blessing of the animals, vendors, raffles and prizes.

A highlight is the fundraising Walk for the Animals, a major fundraiser for the society, which owns an animal shelter for dogs and cats in Conway.

For more information, go to [conwaysshelter.org](http://conwaysshelter.org) or call (603) 447-5605.



# SPECIAL FALL HAPPENINGS

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- Grandparents Day - 9/8
- Sensory Sensitive Weekend - 9/14 & 9/15
- Food Truck Fall - every weekend 9/8 - 10/14



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# Resources to help Plan your trip

## VISITOR INFORMATION

### North Conway Village

(603) 356-5947  
2617 White Mountain Hwy  
North Conway  
mtwashingtonvalley.org

### Scenic Vista

(603) 356-2769  
3654 White Mountain Hwy • Intervale  
visitnh.gov

### Saco River Ranger Station

(603) 745-3816  
33 Kancamagus Hwy • Conway  
fs.usda.gov/whitemountain

### Conway Village

(603) 447-2639  
250 Main St. • Conway

## MEDICAL

### Memorial Hospital

(603) 356-5461  
3073 White Mountain Hwy  
North Conway  
memorialhospitalnh.org

### Huggins Hospital

(603) 569-7500  
240 S. Main St. • Wolfeboro  
hugginshospital.org

### Saco River Medical Group

(603) 447-3500 • (603) 383-3005  
7 Greenwood Ave. • Conway  
15 US Route 302 • Glen  
sacodocs.com

### White Mountain Community

**Health Center** • (603) 447-8900  
298 White Mountain Hwy • Conway  
whitemountainhealth.org

## GROCERY STORES

### Hannaford Supermarket

(603) 356-6341  
32 Mountain Valley Blvd  
North Conway

### Hannaford Supermarket

(603) 539-7531  
891 NH 16 • Ossipee  
hannaford.com

### Shaw's Supermarket

(603) 356-5471  
1150 Eastman Road  
North Conway  
shaws.com

### Grant's Shop'n Save

(603) 383-4282  
9 US Route 302 • Glen  
grantsshopnsave.com

### Valuland Food Store

(603) 539-4416  
Indian Mound, 280 NH 16B  
Center Ossipee

### Walmart Supercenter

(603) 356-0130  
46 North-South Road  
North Conway

## LIBRARIES

### North Conway Public Library

(603) 356-2961  
2719 Main St. • North Conway  
northconwaylibrary.com

### Conway Public Library

(603) 447-5552  
15 Greenwood Ave. • Conway  
conwaypubliclibrary.org

### Bartlett Public Library

(603) 374-2755  
1313 US-302 • Bartlett  
bartlettpubliclibrary.org

### Jackson Public Library

(603) 383-9731  
52 Main St • Jackson  
jacksonlibrary.org

### Madison Public Library

(603) 367-8545  
1885 Village Rd • Madison  
madisonlibrary-nh.org

### Freedom Public Library

(603) 539-5176  
38 Old Portland Rd • Freedom  
freedompubliclibrary.org

### Chocorua Public Library

(603) 323-8610  
25 Deer Hill Rd • Chocorua  
chocorualibrary.org

### Cook Memorial Library

(603) 323-8510  
93 Main St • Tamworth  
tamworthlibrary.org

### Ossipee Public Library

(603) 539-6390  
74 Main St • Center Ossipee  
ossipee.lib.nh.us

## LIQUOR STORES

*New Hampshire State Liquor and Wine Outlet Stores do not sell beer, which can be found at convenience stores or supermarkets in the state.*

### NH Liquor & Wine Outlet #23

(603) 447-2782  
234 White Mountain Hwy • Conway

### NH Liquor & Wine Outlet #54

(603) 383-9000  
65 US 302 • Glen

### Discount Beverages Plus Cigarettes

(603) 356-8844  
1130 Eastman Rd • North Conway

### Vista Bev & Market

(603) 356-5084  
10 Hurricane Mountain Rd • Intervale

## MOVIE THEATERS

### Mt. Valley Mall Theatre

(603) 356-6410  
Route 16 • North Conway

### Magic Lantern

(207) 647-9326  
9 Depot St • Bridgton, Maine



## POLICE STATIONS

### Conway Police Station

(603) 356-5715

35 East Conway Rd • Center Conway

### NH State Police Troop E

(603) 323-3333

1864 White Mtn Hwy • Tamworth

### Carroll County Sheriff

(603) 539-2284

95 Water Village Rd • Ossipee

### Ossipee Police Station

(603) 539-2011

7 Dore St, Center Ossipee

### Tamworth Police Station

(603) 323-8581

100 Tamworth Rd, Tamworth

### Madison Police Station

(603) 367-8334

1923 Village Rd • Madison

### Freedom Police Station

(603) 539-8268

218 Village Rd • Freedom

### Effingham Police Station

(603) 539-5380

218 Village Rd • Freedom

### Bartlett Police Station

(603) 356-5868

56 Town Hall Rd • Bartlett

### Jackson Police Station

(603) 383-9292

54 Main St • Jackson

## MAILING

### North Conway Post Office

78 Grove St. • North Conway

### Conway Post Office

175 Main St. • Conway

### The UPS Store

(603) 356-4881

1857 White Mountain Hwy

North Conway

## LAUNDROMATS

### Seavey Street Laundromat

60 Seavey St. • North Conway

### Jem Coin Laundry

73 Main St. • Conway

### Acorn Wash & Dry

175 Main St. • Conway

## COFFEE SHOPS

### Dunkin Donuts

Conway: (603) 452-5311

402 W. Main St. • Conway

North Conway: (603) 356-5676

1946 White Mountain Hwy

North Conway

Glen: (603) 374-9088

539 US 302 • Glen

### Starbucks

(603) 356-6860

1456 White Mountain Hwy

North Conway

### The Met Coffee House

(603) 356-2332

2680 White Mountain Hwy

North Conway

### Aroma Joe's Coffee

(603) 662-0491

Shaw's Way • North Conway

2315 White Mountain Hwy

West Ossipee

### Frontside Coffee Roasters

(603) 356-3603

2697 White Mountain Hwy

North Conway

# NORTH COUNTRY

# FIREWORKS

**Route 16 Tamworth, NH**

**(603) 323-8815**

Check with your local fire department if permissible fireworks are allowed in your area.



**FREE & ALMOST FREE**

# Family fun On a budget



Jackson Falls. (JAMIE GEMMITI PHOTO)



Schouler Park and the Conway Scenic Railroad train station in North Conway. (JAMIE GEMMITI PHOTO)

Great fun doesn't have to cost a lot of money. Families hoping to travel on a shoestring this summer can find plenty to do in New Hampshire's Mount Washington Valley. Here are a few free and inexpensive activities the whole family can enjoy:

**Playgrounds:** The Charlie Sprague Playground in the middle of North Conway, is next to Schouler Park, at the North Conway Community Center (603-356-2096). If you have a little one who loves fire engines, the North Conway Fire Station is right next door.

**Trains:** Have an ice cream and watch the trains arrive at Conway Scenic Railroad near the playground. Visit the train museum to learn more about trains, at either the Conway Scenic Railroad or the Mount Washington Cog Railway. Directions: Route 16/White Mountain Highway in North Conway Village (603-356-5251), or Route 302, Bretton Woods (603-278-5404).



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**Mount Washington Observatory:** The Weather Discovery Center ( 356-2137): The only museum in the country dedicated to weather, this special place offers a hands-on, interactive science displays, conversations with weather observers on top of Mount Washington and a replica of the weather station when the then highest winds of 231 mph were recorded on top of Mount Washington on April 12, 1934. You actually feel what it was like to be there. Admission is \$2 for adults, \$1 for children.

**Ride the wind:** After learning about the wind at the Weather Discovery Center, fly a kite in Schouler Park or on the fields surrounding Great Glen Trails Outdoor Center (603-466-2333).

**Candy:** Watch chocolate being made at Bavarian Chocolate Haus or visit Tricks and Treats on Route 16/ White Mountain Highway in North Conway.

**The great outdoors:** Affordable (and sometimes even free) clinics and talks are offered by the Appalachian Mountain Club, at both Pinkham Notch (603-466-2727) and the Highland Center (603-278-HIKE) at Crawford Notch. These include guided hikes, clinics and presentations. For a full schedule, go to outdoors.com. Or enjoy a nature walk on the self-guided nature trail at Great Glen Trails Outdoor Center or Wildcat Mountain. Directions: Take Route 16 past Pinkham Notch Visitor Center and you'll find Great Glen Trails Outdoor Center ( 466-2333) at the base of the Mount Washington Auto Road ( 466-3988), and Wildcat Mountain ( 466-3326) just about a mile beyond (fees are charged for both the Auto Road and the Wildcat Express scenic gondola and Ziprider).

**Waterfalls:** Diana's Baths is a half mile from the



**Children play on the swings at the Sprague Playground in North Conway Village. (JAMIE GEMMITI PHOTO)**

turnoff to Cathedral Ledge on West Side Road. A scenic walk in takes you to cascading falls, water-spouts and granite basins along Lucy Brook. But don't park along the road if the parking lot is full; you will probably get ticketed. Instead, head up to Carter Notch Road in Jackson to reach Jackson Falls. Bring a picnic lunch and take in the babbling series of falls at picnic tables provided.



## What A Great Find!

This was a highlight of our trip for sure. We went based off of past good ratings, and they were right. The food was terrific, great value, and the service could not have been better. A buzz of wait staff making sure everything was just perfect. They know how to look after their customers. We planned on trying a different breakfast spot for day 2 but our experience here brought us back to try more menu items. Good job Staff Of Peaches!!

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*Date of visit: August 2019*  
— Troy R.



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