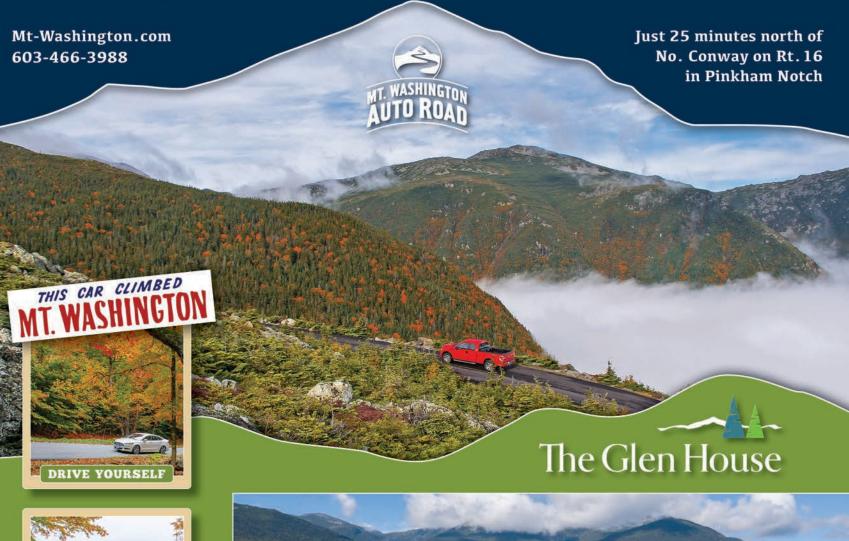
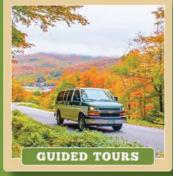


New England's Best Foliage Drive

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Where the Swift and Saco rivers converge at the Saco River Bridge, with the Moat Mountains in the background, can be a perfect photot opportunity. (AL HOWES JR. PHOTO)

Welcome to fall in the valley

Welcome to fall in North Conway and the White Mountains, long one of New England's classic favorite autumn destinations.

In the new normal, pandemic or not, the rivers will still flow, the hiking and mountain biking trails will continue to beckon as they did throughout this busy past summer; stores and restaurants will welcome all safely; and visitors to the mountains will still want to celebrate the best of the season

while socially safe distancing and wearing masks and enjoying some of the most spectacular fall foliage in the world.

New Hampshire has been among the states leading the way on how to best implement CDC guidelines for safety in these uncertain times, with the Mt. Washington Valley Chamber of Commerce serving as an informative resource to help businesses and visitors alike on how to take in all of the valley's amenities safely.

From fall canoeing and kayaking on the gently-flowing Saco River, to hiking on the White Mountain National Forest, or going mountain biking at such local centers as Great Glen Trails Outdoor Center or the new beginner and intermediate family downhill mountain biking park at Cranmore, there's a world of outdoor adventure to be explored.

Add the valley's diverse array of shops and fine dining, and

attractions such as the Conway Scenic Railroad, the Mount Washington Cog Railway or the Mount Washington Auto Road, and you see why the valley offers such a great escape.

Above all, courtesy is the way of the day, for visitors and residents alike. Stay safe, wear your mask, practice safe social distancing and be kind as you take in fall's splendor here in this beautiful part of the world.

— Tom Eastman and Terry Leavitt

NORTH CONWAY MAGAZINE

Mt. Washington Valley's premier visitors guide

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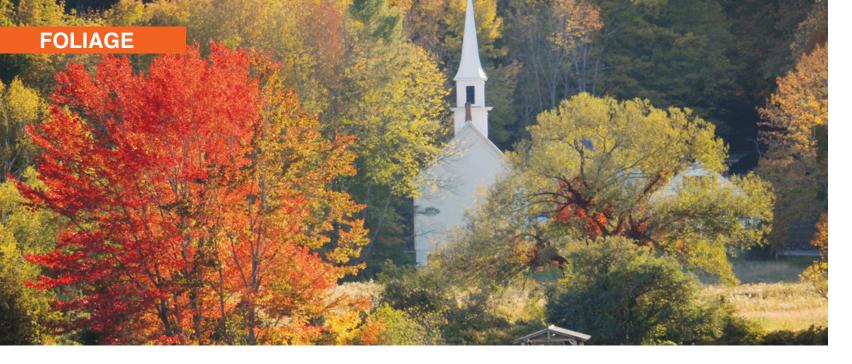
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The Little White Church on Route 153 in Eaton. (JAMIE GEMMITI PHOTOS)

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.



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 hillsides 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



You can find splashes of color around every corner. (JAMIE GEMMITI PHOTO)

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 familyfriendly hikes course through Evans Notch as well.



Bear Notch Road: Traveling west through Bartlett Village on Route 302, take a left at the

Four Corners and head south



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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 soon 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. The drive can be done in a day, but with so much to see, visitors may want to make an extended trip of it.



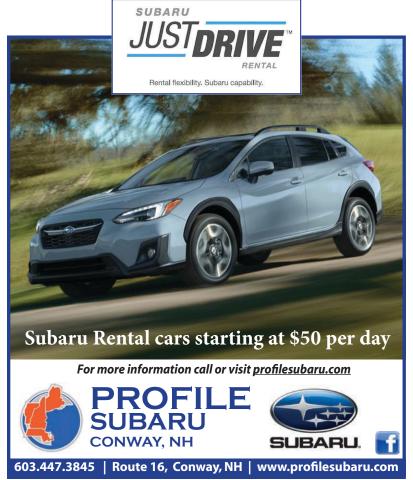
Tourists take in the view of the Omni Mount Washington Resort with Mount Washington and the Presidential Range in the background. (JAMIE GEMMITI PHOTO)

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

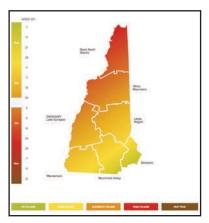
Woods. Route 302 keeps going through Crawford Notch to Bartlett Village, then through Glen, and finally, back to Intervale and the scenic vista.

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.

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 activities. The virtual tour on weeksactlegacytrail.org features films by videographer Chris Proulx and contains the story of each site, maps and more.







Follow the path of peak foliage at visitnh. gov/trip-ideas/fall/foliage-map.

TRACKING THE COLOR

in New Hampshire can be a bit of a leap of faith, but going

to visitnh.gov/trip-ideas/fall/peak-foliage-map below will help you select the perfect time to see nature's fireworks. Use the sliding bar to view approximate color change weekly throughout the fall season. White Mountain Attractions publishes visitwhitemountains.com/foliage-tracker.

Based on data that has been gathered over the past five years, in most places, foliage will reach its peak or near-peak color by mid-October, per the Farmers' Almanac. As of now, Oct. 5-11 seems to offer the best viewing window for the top half of the country.

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. Figuring out the perfect time to catch peak foliage

educated guess. Scientists say there are too many

brilliance of foliage. This summer has had ample

the scope, timing and vibrancy of foliage began

in August. Even for those who study weather,

however, predicting the season is at best an

rain to feed the trees, and speculation about

WHY THEY CHANGE

Did you ever wonder how and why a fall leaf changes color?

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."

Folk wisdom draws

connections between

variables to be sure.

rainfall and the

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 autumn's cool nights 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.



FOUR SEASONS OF FOLIAGE









Consecutive foliage years can be seen in these four photo taken on or about the same day from the same vantage point: the parking lot of the Seavey Street Laundry/Old Village Bakery in North Conway. CLOCKWISE FROM TOP LEFT: Oct. 12, 2016. That year, the foliage was the stuff of legend: Vibrant reds and oranges. Oct. 11, 2017. A real disappointment, muted greens and browns. Oct. 10, 2018. Autumn color was OK but seemed to be peaking a little late last year. Friday, Oct. 11, 2019. Last year's laundromat display is decent, though some individual trees appear to have peaked earlier than others. (MARGARET McKENZIE PHOTOS)

CAPTURING THE COLOR

Some tips to help you capture your best foliage shots:

- 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 ... lakes, rivers, waterfalls and covered bridges are always good.
- 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 pictures from different perspectives.
- 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.
- 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.



7 Mile Bridge in Dummer made for a spectacular setting last fall. (BILL THOMPSON PHOTO)

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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 promise 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 Alzeihmers. North Conway Olive Oil is also only one



North Conway Olive Oil Co. uses the highest quality olive oils, some being crushed only a month ago. (COURTESY PHOTO)

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.

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Six miles west on the Kancamagus Highway is the Albany Covered Bridge, sometimes known as the "Lovers 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. This 167-foot long span has been closed to traffic since 1939. From time to time, it has been home to a gift shop, 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.

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 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. This 167-foot long span has been closed to traffic since 1939. From here, you can drive half-mile north and take a left onto Upper West Side Road south for a scenic route to the west of Route 16.

Whittier Covered Bridge: Back at Route 16, you can drive south about 14 miles to find the



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

Whittier Bridge in West Ossipee. You can go directly down Route 16 or take Routes 113 and 41 through Madison for a quieter drive. Rejoining Route 16, head south a guarter-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 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, the highest peak east of the Mississippi River. (FILE PHOTO)

Finding the trails Hiking the Whites

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."



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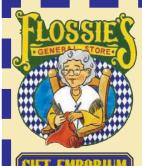
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5 TRAILS TO GET YOU STARTED

Dahl Wildlife Sanctuary: Half-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: Half-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. Going north on Route 16 in Intervale, turn right onto Hurricane Mountain Road. The trail heads on the 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



The summit of Black Cap, 3.7 miles from Route 16. (JAMIE GEMMITI PHOTO)

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.

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



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3 miles south of Conway Village on Rt. 16

to make for a solid 5-to-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.



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."

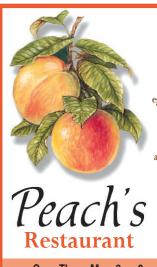
The steepest portion is through the ravine. On top, it flattens out before the last mile and a half or so on the "cone," as a sea of large rocks. At the top is the observatory, restrooms, snack bar and a new museum.

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.



The Hype Is Real!

OUTSTANDING BREAKFAST

My family and I ate breakfast here before hiking Mt. Washington. It was outstanding. I had the ham steak with eggs and potatoes and toast. I could not have asked for better. Everything tasted great, large portions, very reasonable prices, very prompt and friendly service, and nice vibe for breakfast (the soundtrack was a nice touch also). My kids and wife agreed it was the best meal we had on our trip. One word of advice, it opens at 8AM and there was a line at the front door at that time (so maybe get there a little early).

Date of visit: July 2020

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87 West Main St., Conway NH



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

Lightly battered and fried, topped with banana peppers. Served with our homemade marinara

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.

Children's Menu Ravioli with Meatballs • Chicken Fingers • Fettuccini Alfredo

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Entrées

Entrees served with our famous House Salad and fresh baked bread.

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

Spaghettí 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 sautéed 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.

We use all natural chicken, pork, grass fed beef, wild caught fresh fish, Homemade Pasta Features and local produce when available.

Chef owned & operated by Vito Marcello ~ "Buon Appetito" 45 Seavey St., North Conway Village • 356-7000 • www.VitoFoods.com Dinner from 4:00pm • Closed Monday & Tuesday Call for reservations Wed-Sun after 2:00 pm.

Bistro Rue - Bulleit Rye whiskey, St Germaine, Prosecco, lemon juice

Vito's Chocolate Martini - Stoli Vanilla Vodka, Godiva Chocolate Liqueurs, Creme de Cocoa, Splash of Baileys

Maple Old fashioned - Knob Creek Smoked Maple Bourbon, Bitters, Cherry Garnish

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

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

Vito's Frozen Mudslide - Vodka, Kahlua, Baileys and House made Vanilla Gelato

Valley's Best Mai Tai - Light Rum, Dark Rum, Curacao, Fresh Lemon juice, Pineapple juice, Orange juice, with Fresh Fruit Garnish

Smoked Blackberry-Casamigos Reposado Tequila, Casamigos Mezcal Tequila, Blackberry Liqueur, Fresh Lime juice, Bitters

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- Tomato Basil
- Marinara Fra Diavolo Sauce Roasted Garlic &



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The Wildcat River and Jackson Falls is a half-mile from the center of Jackson Village on Carter Notch Road.



Arethusa Falls in Crawford Notch. (JAMIE GEMMITI PHOTOS)

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.

Cool adventure Waterfalls

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 an easy 0.2-mile walk to the falls.



Carol Chaffee, Associate Broker and Branch Manager with Bean Group Real Estate in Fryeburg Maine! I was the real estate office manager for over 12 years before branching into sales. Therefore understanding all avenues of customer relationships and assisting buyers and sellers.

I grew up in a family owned ski business and hospitality management with an extensive background in customer service. I believe that your success is built on "Creating Relationships For Life". I look forward to meeting new customers and to continue working together with all the familiar ones, which I take pleasure in calling friends!

At Bean Group, our goal is to be anything but ordinary. Represented by hundreds of REALTORS who are focused on meeting the needs of home buyers and sellers in Maine, New Hampshire, Massachusetts, and Vermont. Bean Group is one of the largest real estate firms in New England. Since Michael Bean introduced the company in 2003, Bean Group's management team, support staff, and agents have aligned around one simple idea - Bringing People Home!

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Carol kept your nose to the grindstone from day one and helped us persevere through several challenging twists and turns of the process. We could not have made it to the finish line without her. Highly recommended.

-Great East Lake

Carol was a pleasure to work with while purchasing a house in Maine. She is personable, knowledgeable, and fun to work with. I do think that last part is particularly important. Looking at houses with her was like looking with a friend. I would, without hesitation, use Carol for any future real estate transactions and would also recommend her to friends and family. —Brownfield Maine Home



Carol Chaffee, REALTOR® www.carolchaffee.com (207) 240-1641 • Fryeburg, ME







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Fall foliage adorns the shoulders of Mount Washington, home of the world's worst weather. (JAMIE GEMMITI PHOTO)



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 or call (603) 356-2137. Hours may be affected by COVID-19 pandemic.

The Rockpile

Mount Washington



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

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.

QUICK FACTS

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

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

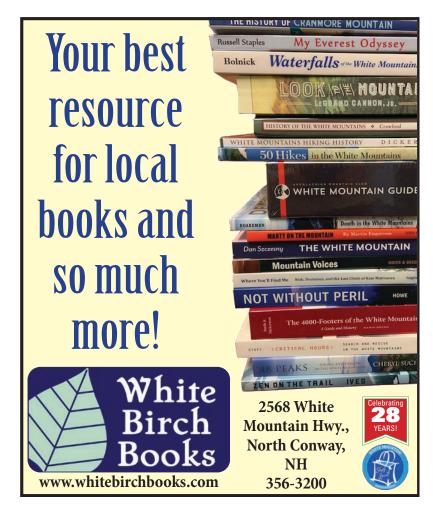
Record wind: Highest wind, 231 mph, recorded April 12, 1934 (bested in 1996 by 253 mph wind recorded during a Typhoon at Barrow Island, Australia).

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 sootgarbed Cog Railroad engineers this time of day resting on nearby benches, when the first trains up are the old-fashioned coal burning ones.

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



Cairns (human-made piles of stacked romark the trail on a fog-bound Mount Washington.(ED PARSONS PHOTO)

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. 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 out to 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.



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

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 the Sherman Adams Building again.

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Mountain bike riders explore North Conway trails. (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 challege the best cyclists. An active local mountain biking club is working with private land owners, towns, the state and U.S. Forest Service to make more. New this year, Cranmore Mountain Resort opened a new new lift-serviced bike park in North Conway. 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 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.

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 backcountry route lets you explore easy and more challenging routes off this 4-mile gravel road. Directions: Sawyer River Road is left off Route 302 about 2 miles west of Bartlett.

DOWNHILL

Cranmore: The family-focused Cranmore Bike Park uses its South Quad lift to transport downhill mountain bikers to a trio of machine-built trails serving up a variety of terrain geared toward beginner and intermediate rider. A skills park near the Arlberg Children's Center allows novice gravity-fueled riders the chance to learn basic riding techniques on full suspension rental bikes before taking flight on the lift.

Attitash: 35 trails across more than 6miles of mixed trail and single track downhill terrain, expert and intermediate only.

Bretton Woods: 19 trails, single and double track, expert and intermediate only. No bike rentals, but mountain scooters are available.



Road rides

ON PAVEMENT by Marty Basch

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 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



Riding on 16B, also known as Carter Notch Road, in Jackson. (COURTESY PHOTO)

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.

Bicycling columnist Marty Basch is the author of "The White Mountain Ride Guide."

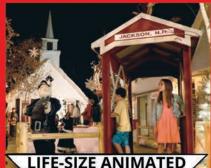


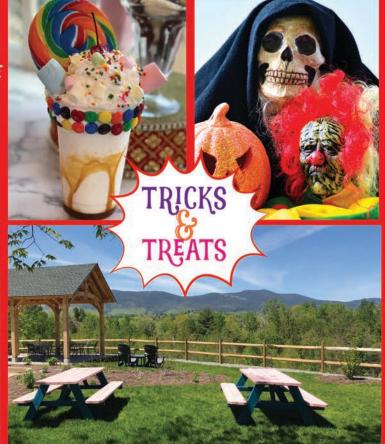
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In North Conway Village you can take a break from shopping at an outdoor cafe, visit the historic train station or relax in Schouler Park. (JAMIE GEMMITI PHOTO)

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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.

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 tw.

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



Shoppers at Settlers Green., North Conway's premier outlet village. (JAMIE GEMMITI PHOTO)

SPECIAL EVENTS

Sept. 26: Fall Festival

Sept. 28-Oct. 14: Pumpkin People Challenge

Oct. 10-11: Busker Festival: Street musicians play from noon-3 p.m.

Oct. 2: Halloween Boo, Trick-or-

treat at the stores, 5-8 p.m.

Nov. 6-9: Bring a Friend Shopping Week.

Dec. 5, Holiday Festival & Tree Lighting: noon-4:30 p.m.

For details visit settlersgreen.com.

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ART

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

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 or 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."





The shop houses an eclectic collection of antiques, collectibles, gifts, whimsies and vintage Christmas arranged tastefully in two stories...

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It's Been Said, "If We Don't Have It, You Don't Need It."









LEFT: A whimsical weathervane at Settlers Green. (JAMIE GEMMITI PHOTO)

BELOW: Local artist Deborah Snow was the winner of Settlers Green's first-time Plein-Air Invitational on July 13, 2018. (COURTESY PHOTO)





Local artist Kristen Pobatschnig with her public art installation at Settlers Green in North Conway. (COURTESY PHOTO)





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of skiing from its prehistoric roots up through the advent of the modern shaped ski and the part played in its acceptance by Franconia native Bode Miller. Temporary exhibits change annually.



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ART

Dana Clemons has more than 100 photos on display at his White Mountain Photography and Photo Gallery, located in The Snowflake Inn building in Jackson. (COURTESY 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 Conway Villlage (603-662-2074; cassidygallery.com).
 - Jackson Art Studio and Gallery (jacksonartnh.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 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).







Warren Schomaker of Jackson examines Erik Koeppel's masterwork, "Autumn in the White Mountains" on display at the Jackson Historical Society. (JAMIE GEMMITI PHOTO)

The Big Picture

JACKSON — Getting the "big picture" has never been a problem for either art collector/Jackson Historical Society President Warren Schomaker or local landscape painter Erik Koeppel. Over the past year, they have worked to ensure that a sizable piece of art will be celebrated for years to come by lovers of White Mountain School paintings and the ruggedly beautiful White Mountains landscape.

Measuring 6½ by 11¼ feet, Koeppel's impressive oil painting "Autumn in the White Mountains" shows the northern Presidentials as seen from the new Glen House hotel in Pinkham Notch.

According to the 95-year-old Schomaker: "This visual centerpiece of the museum will draw visitors from afar. Its presence is a testament to the Jackson Historical Society's desire to make the society and Jackson a center for the display and appreciation of White Mountain Art."

On a recent tour of the museum, Schomaker showed off the painting, which is believed to be the largest example of White Mountain School of Art in the world. It is bigger even than 19th-century painter Albert Bierstadt's "Emerald Pool," which hangs in the Chrysler Museum of Norfolk, Va., and measures 76½ by 119½ inches and was painted in 1870. "Emerald Pool" is about the same size as



Artist Erik Koeppel paints in the style of the White Mountain School. (JAMIE GEMMITI PHOTO)

by Tom Eastman

Thomas Hill's "The Willey Slide of Crawford Notch." Painted in 1872, that work hangs in Concord and measures 72 by 124 inches.

"The Hill painting of the Willey Slide of 1826 is probably a foot shorter and two or three inches less in height than this new painting," said the 39-year-old Koeppel.

The "Big Picture Project" began nearly a year ago, when Schomaker approached Koeppel about painting an epic work.

"It was my wish to see Jackson benefit from having a beautiful painting like this," said Schomaker, who has been at the forefront of many improvement efforts during his 23 years in the village, after he and wife Leslie moved here from Kennebunkport, Maine.

The logistics of such an endeavor were complicated. Koeppel had to build a stretcher with an aluminum frame and an easel that could lift the painting 3 feet off the ground, which helped him paint the lower parts of the picture. It also ensured the painting could be lowered to the floor when Koeppel brushed on the sky.

To make such a large display possible, the Jackson Historical Society had to make some physical adjustments — a wall had to be built to hold the painting, and a hole had to be cut above a door to get the frame, which was made in Rhode Island, into the building. Crews brought it, at an angle, through the enlarged door opening. The painting's frame, which cost \$15,000 alone, was then attached to the wall.

A 1998 graduate of Kennett High School, and the son of late Wentworth Inn owner and Swiss native Fritz Koeppel, Koeppel received his formal training from the Rhode Island School of Design, where he earned his bachelor of fine arts degree in 2002. He then studied at the New York Academy of Art, getting a master's of fine arts degree in 2004.

Koeppel's utilization of traditional techniques has led him to become one of only a few contemporary artists whose work is regularly exhibited with 19th- and early 20th-century masters. His work has hung next to the likes of Thomas Cole, Winslow Homer and Edgar Degas.

Koeppel moved back to Jackson from the New York City area in 2010. He said the White Mountain School of Art style touches his soul. "I am a deep lover of the beauty

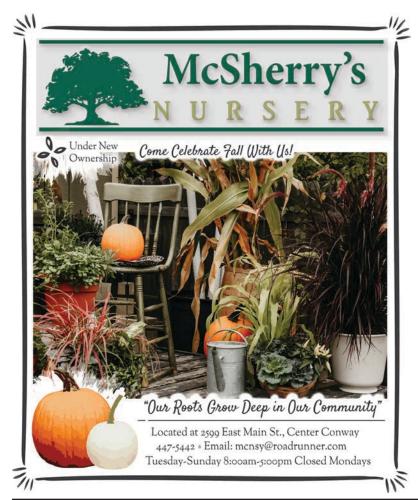


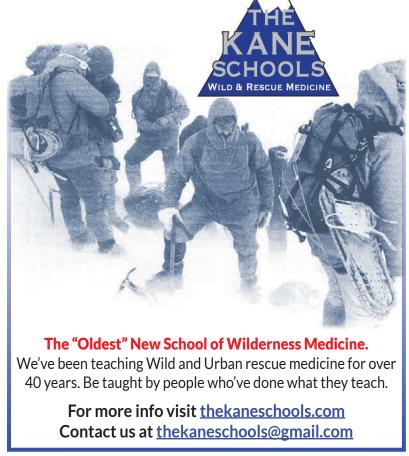
Warren and Leslie Schomaker are seen inside the Jackson Historical Society in front the work for sale at the annual White Mountain Art show, generally held in the fall. (JAMIE GEMMITI PHOTO)

of nature," he said. "I find that when I take in a beautiful stretch of scenery, my mind goes to a profound meditative state where I can appreciate the smallness of my life in comparison with its grandeur.

The society continues to seek donations for the Big Picture Project. "We are fortunate that many members, as well as art lovers from well beyond the valley, have contributed to make this possible," said Leslie Schomaker. "A permanent plaque will be installed thanking the donors."

For more information, call the Jackson Historical Society at (603) 383-4060 or go to jacksonhistory.org. To learn more about Koeppel's work, go to erikkoeppel.com.





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Schouler Park, framed by the Conway Scenic Railroad station, is located in the middle of North Conway Village, and walking ditance to shops and restaurants. A playground, the North Conway Country Club golf course and the New England Ski Museum abut the park. (JAMIE GEMMITI PHOTO)

PUB OPEN DAILY at 11:30am **MENU Closed Tuesday AVAILABLE Indoor & Patio** Dining and **Takeout Early Bird LOBSTERS** Italian Seafood **Specialties** Specials Try our Lobsters the Traditional 11:30am-5:00pm **Broiled Seafood** New England Way, Soups & Salads **Dinners** boiled in our seasoned Sandwiches Surf and Turf water or baked stuffed with our homemade Fresh Taunton Bay Fried Seafood crabmeat stuffing. Oysters **Dinners** Boiled or **Just for Kids** Fresh Maine Oysters **Baked-Stuffed** on the Half Shell Dinner for Land from 1 pound to \$1.50 each Lovers 3 pounds Turn West at the Eastern Slope Inn, follow our signs for 1.5 miles • West Side Road by Echo Lake, North Conway 603-356-5578 • thelobstertraprestaurant.com for prices and complete menu

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 Raliway. Directions: Route 16/White Mountain Highway in North Conway Village (603-356-5251), or Route 302, Bretton Woods (603-278-5404).

Mount Washington Observatory: The Weather Discovery Center (356-2137): The only museum in the country dedicated to weather, this special place offers 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. Hours may be altered during pandemic.

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.



A great snack for hiking, biking, canoeing, fishing, exploring, shopping... really everything!

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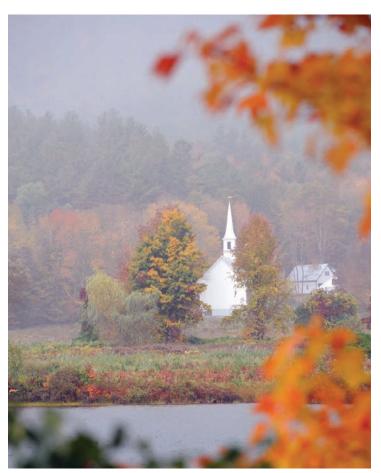


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The Little White Church in Eaton on Crystal Lake is one of the most photograhed foliage scenes in New Hampshre . (JAMIE GEMMITI PHOTO)

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 quided 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



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

Wildcat Express scenic gondola and Ziprider).

Waterfalls: Diana's Baths is a half-mile from the turnoff to Cathedral Ledge on West Side Road. A scenic walk in takes you to cascading falls, waterspouts 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 falls at picnic tables provided.



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



Nice Saco River Brown Trout. (MATT BULLARD PHOTO)

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 water, the river in fly section is broader with long stretches of flat water;

ideal for dry fly fishing. The flyonly 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.

The Ellis River

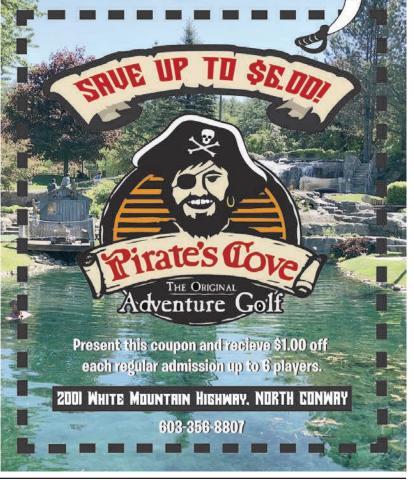
Along its way from Crawford Notch to the Maine border the Saco picks up several tributaries. The Ellis River is no doubt the most important to fishermen. The upper section, like the Saco, is largely in the White Mountain National Forest, has some excellent Brook trout fishing.

World-class Fishing

Anglers from all over the globe come to fish the White Mountains. Two 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.

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.



Native brook trout, small but catching them requires skill.

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

the 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 tribs that offer some great

Brook trout fishing.

The Swift River

The Swift River closely follows the Kancamagus 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 rook 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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New Hampshire

by the numbers



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The most complicated
manual railroad switch
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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.



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.

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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.

of the thirteen original colonies, New Hampshire was the first

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.

Paddling by Tom Eastman Cleaning up

CONWAY — Recreational sports are the lifeblood of the Mount Washington Valley and while visitors are always welcome the pandemic and has put more pressure than ever on valley's natural resources. The result is many people who are not experienced in the outdoors, or its customs, such as "carry in, carry out," or on the rivers "carry off", have left messes.

And while local companies like Gagne's or Bob Tagliaferri's Saco Bound Canoe and Kayak offer informational pre-trip talks, Tagliaferri notes only half of those thousands heading out on the waterway on any given summer weekend are renters — meaning the

other half goes out with no idea of where trash receptacles and portapotties might be located downriver.

"The vast majority of the people who come to our valley to recreate are well-intentioned. It's only a small segment of them that cause the problem ... We just ask people to be respectful," said Tagliaferri.

He said the liveries that belong to the Saco River Recreation Council work to educate users and also employs a river runner program where crews go out to clean the 50-mile stretch from the Route 302 Bridge east to Hiram, Maine.

Gagne, who rents on the North Conway end of the river, says he



Nancy Dunnigan King said, "My husband, Artie King, picked up all this on West Side Road in three days, then had to separate it to bring it to the dump, mostly around Humphrey's Ledge and First Bridge."



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sends workers out to clean the river every few weeks.

Town Manager Tom Holmes said he is working with department heads to come up with solutions for local recreation sites overflowing with trash, and he hopes to present those to selectmen before the start of budget season in the fall.

"Short-term, we increased the number of porta-potties at Diana's Baths and Schouler Park and increased trash sanitizing operations, but it's been a drop in the bucket," said Holmes.

"Long-term, we are at the beginning stages of a plan to address access sites to the river at First Bridge in North Conway, Davis Park in Conway and Conway Meeting House Road behind the Conway Police Station," Holmes said.

Ideas being examined floated by Holmes, Parks and Rec Director John Eastman and Public Works Director Paul DegliAngeli include parking attendants, parking



Teri Cosentino of North Conway said, "This locally owned and operated, valley original, weekly kayak 'trash barge' began its journey at Humphrey's Ledge. "

fees, boat ramp fees and parking meters, along with a possible resident pass.

Gagne said the idea of charging for parking makes sense. "You go to any tourist town, and you pay for parking — we are the exception."

Gagne said the river is being heavily used because there is increased demand for all of the valley's natural wonders. "Echo Lake State Park is sold out for the summer, with its new reservation policy; Diana's Baths is two hours to get in or whatever it is ... And, it's been

a hot summer, especially on weekends (not that there aren't issues midweek as well)," he said.

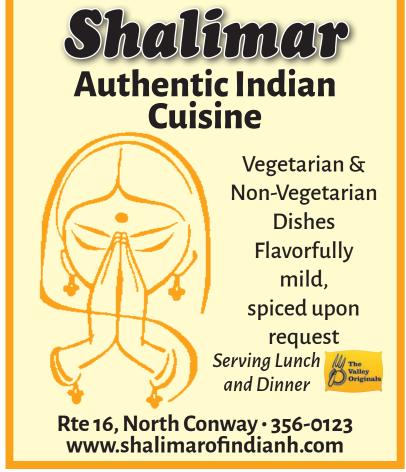
Both Tagliaferri and Gagne said they would be happy to work with the town.

Tagliaferri said the Saco River Recreation Council's three-plank program involves education, enforcement with local and state police in New Hampshire and Maine and cleanup.

He said when his company rents to a group, the contract states that if they are seen littering then there will be a followup — something he has done. He added that his council meets has begun sharing ideas for next year on how to better manage the resource.

"Trends have changed,"
Tagliaferri said, with more
tubers and inflatable craft
constituting a big percentage of
users, and people making day
trips versus overnight canoeing
and camping trips.





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"I think offseason will be a good time for the community to look at these issues and make a plan on how to improve things by adding more receptacles, adding portpotties and better education for users," Tagliaferri said.



Someone tagged this rock on the Swift River (pic taken Aug. 21) about 4 miles up the Kanc from Conway.

Locals have noticed the disregard for keeping their local waterway clean.

Posted on the The Conway Daily Sun Facebook page were many comments, including:

• "There needs to be a way to identify some of these examples and fine them instead of passing the cost of the cleanup on the

taxpayers!"

- "We walk the trails along the river and the other trail and have brought bags of other people's trash out... Clothes, shoes, beer cans and bottles, pull-ups ...What is going on!?"
- "My children spent the day avoiding a pile of human feces just left on a rock on the side of the river."



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Fall foliage enhances the beauty of Conway Lake. (MARK GUERRINGUE PHOTO)



Canoeing on Chocorua Lake. (JAMIE GEMMITI PHOTO)

Peaceful waters

by Virginia Moore

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 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.

Welcome to No. Conway Village!

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

....rth 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 to the west and north provides hundreds of trails for hikers to enjoy.

The Conway Scenic Railroad features train rides that leave from the village. In summer, tourists flock to beaches on local lakes and rivers or spend the day floating down the Saco. 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. North Conway's including own Cranmore Mountain 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 & 2 — From the South — North-South Road begins at Wal-Mart and passes by the back of Settlers Green.

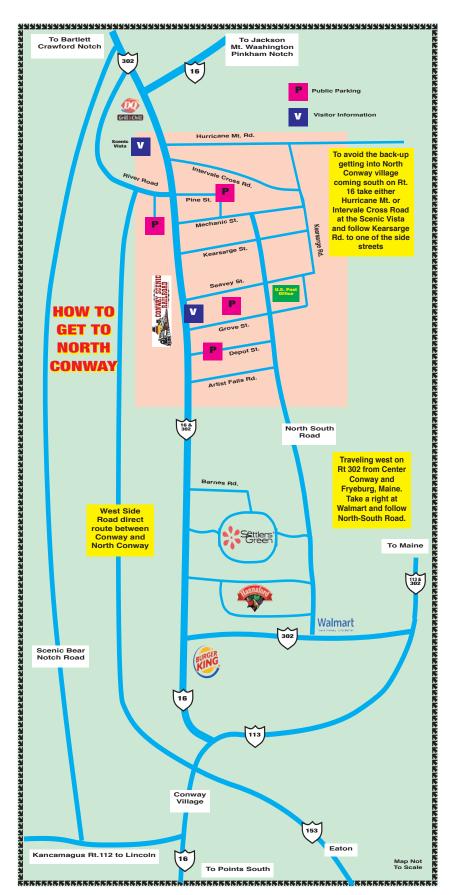
Take this road going North and follow until you get to Depot Street. Take a left onto Depot St and Public Parking is on your right. Continue on Depot Street to Route 16. Take a right and continue into the village. The municipal parking lot is located on your right behind the Chamber of Commerce Information Booth.

PARKING 3 - 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.

PARKING 4 — 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

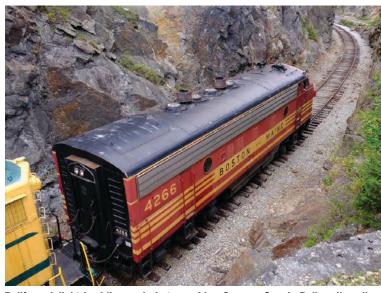


All aboard Railfans welcome

CONWAY SCENIC RAILROAD

North Conway has attracted railroad enthusiasts since the 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 the 5½-hour Mountaineer.

In 2020, the "Notch Train" was renamed the Mountaineer to recapture the tradition and romance of the historic train that once traversed its lines. The Mountaineer offers a scenic journey through the Mount Washington Valley and over the rugged Crawford Notch. From Sept. 14, a longer ride to Fabyans will be offered with an optional stop-over at Crawford station.



Railfans delight in riding and photographing Conway Scenic Railroad's collection of historic cars. Here, the Mountaineer train is seen making its run through Crawford Notch. (COURTESY CSRR)

NEW THIS YEAR ...

On all of its trains, the Conway Scenic Railroad is using safe social distancing of 6 feet for seating of different parties. Sanitation guidelines are being heavily adhered to. For its Valley Train, the CSRR has outfitted Car 1133, "The Mount Washington," with compartments for up to four people of the same party.

Cars will be run at about 30 percent capacity to allow for social distancing between groups of at least 6 feet, with assigned seating, Groups and families who arrive together may be seated together but the 6-foot social distancing restrictions will otherwise be in effect. For more information, go to conwayscenic.com or call (603) 356-5251.







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

MT. WASHINGTON COG RAILWAY

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 Mt. Washington Auto Road, it is considered one of the engineering marvels of the world.

In 2007, the Cog moved toward a more efficient diesel fleet, adding locomotives that use biodiesel fuel. But the first run of the day is still a steam engine that is popular with railfans. For info, go to thecog.com.

MT. WASHINGTON AUTO ROAD

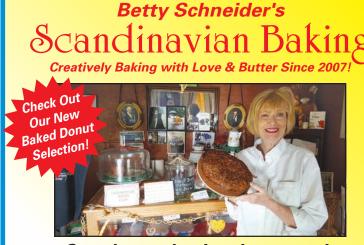
The Mt. Washington Auto Road opened for its 160th season in June. In view of COVID, "every aspect of our businesses have been analyzed and adapted to provide customers with the safest possible experience, without sacrificing any of the excitement and fun. Great Glen Trails Outdoor Center is open for biking and guided kayak tours," said Crispin Battles, marketing director.

The family-owned Mount Washington Summit Road Co. was formed in 1859, and completed the road to the summit of Mount Washington in 1861.

Great Glen Trails Outdoor Center, opened in 1994, is considered one of New Hampshire's premier Nordic ski areas, with 45 kilometers of trails. For more info, go to mt-washington.com.



The Mt. Washington Auto Road provides breathtaking views of the Presidential Range. (COURTESY PHOTO)



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Hill and vale Skiing

CONWAY — They say for skiers, there are two seasons: ski season and waiting for snow.

But when snow does begin to fly, the rules will be different this year at ski areas not only in the Mount Washington Valley but across the country, due to the pandemic that shut everything down in March.

Jessyca Keeler, executive director of Ski NH, the consortium of 15 alpine and 15 cross-country areas across the Granite State, said her group's representatives have been meeting regularly to share ideas and to get ready for the season.

The rule for skiers on what to expect is, "Know before you go."

"It will vary from area to area," Keeler said. "They need to know before they go and not just hop in the car and expect things to be as they have always been."

Likewise, Adrienne Isaac, director of marketing for the National Ski Areas Association of Dillon, Colo., said to be prepared for the new normal.

"There are 37 states with ski areas (and 470 alpine areas that operated last season), and every state and local government has its own set of guidelines," she said.

"It's important for skiers and riders to know that while the sport remains the same, the operational reality at each will be a little different," said Isaac.

For example, Vail Resorts, operator of 34 resorts, including Attitash and Wildcat Mountain in our area, announced it will require guests to wear face coverings to get on the mountain and in all parts of resort operations, including lift lines, and

riding in lifts and gondolas.

King Pine's Thomas Prindle said several options are being explored, including possible capacity limits on the mountain

"We will also be investing time and additional capital to develop increasingly touchless transactions, whether that be requiring all products (ticket, rental, ski school, tubing) to be purchased in advance online and possibly reservations required for our season passholders," Prindle said.



Due to the nature of the sport where physical distancing is easy to achieve, cross-country areas are expecting a 30 percent increase in skier visits. (JAMIE GEMMITIO PHOTO)

"We're also working to develop health-screening, wellness checks and employee training for our teams as well as cleaning and disinfection strategies for all areas of our operations," he said.

"Overall, our outlook remains positive and as a smaller, independent ski area, I believe we're in a good position to adjust as necessary."

Ben Wilcox, Cranmore Mountain Resort president and general manager, told the Sun in a recent interview, "There are a lot of



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yardguardnh.com info@yardguardnh.com ideas being floated around on how to approach things, and we are getting a lot of inquiries from pass holders on how we will be handling things. I feel optimistic that the ski season will happen, as long as the state doesn't have another outbreak and as long as we can maintain controls in place required by the state and we will be working with the state on those guidelines."

On its website, Bretton Woods Ski Area posted a message, saying, "We've all learned a lot in a few short months, and we are optimistic that the 2020-21 season will provide opportunities to enjoy our favorite winter sports once again. Our current plan is to fire up our award-winning snowmaking in early November, with the goal of opening the alpine ski area for Thanksgiving."

It added: "We may be implementing pre-purchase policies for day tickets and rentals, and some of our services could be modified or not offered until we can safely do so. Be sure to stay

informed by visiting brettonwoods.com prior to your visits."

Finally, it said: "If you have any remaining pre-purchased 2019-20 tickets or vouchers, we will be happy to honor them from opening day of our 2020-21 season (estimated. mid-November) through Dec. 25, 2020. Simply bring your original ticket or voucher to any Bretton Woods ticket window to exchange for that day's ticket."

As for Nordic centers, Reese Brown of the National Cross Country Ski Areas Association of Woodstock, Vt., predicts they will see a 30 percent increase.

Ellen Chandler, executive director of the Jackson Ski Touring Foundation of Jackson, said: "Cross-country skiing and snowshoeing and other self-propelled sports such as backcountry skiing we think will be very big this season, just as we have seen in the valley with kayaking and hiking in summer."

She said her board and staff have been working on safe social



Bretton Woods Ski Area's new gondola is seen last November. The ski area posted on its website that it will honor pre-purchased tickets from the shortened 2019-20 season from opening day through Dec. 26, 2020. (MARTY BASCH FILE PHOTO)

distancing, limited use of touring center areas and new protocols for group outings

Jackson Ski Touring is one of six touring centers in the valley, the others being Bear Notch Ski Touring, Bretton Woods Nordic Center, Great Glen Trails Outdoor Center, King Pine Nordic Reserve and MWV Ski Touring and Snowshoe Center.









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