



Hiking options

Black Cap Mountain: Black Cap provides some of the best views for the least effort. The trailhead starts approximately 3.5 miles east of Route 16/302 on Hurricane Mountain Road. This road is steep, beautiful, full of switchbacks and closed during the winter (You will see why!). The trailhead parking lot is located at the summit of this road. Beginning in a spruce forest that was planted after the 1938 hurricane, the trail quickly leads into a beech forest, gradually gaining 650 feet of elevation before reaching the summit. The open ledges offer a 270 degree view of western Maine and the east slopes of the White Mountain national Forest. Huge forest fires swept through the green Hills in the 1800's resulting in an ideal habitat for blueberries. Black Cap is a spectacular place to soak in the views and the sun while enjoying a picnic on the bald summit of this mountain. The route is 2.4 miles round trip.

Cathedral Ledge Trail: Although the summit of Cathedral Ledge is attainable by automobile, you can also take the short hike via the Bryce Path Link and Bryce path. From the trailhead at the base of the auto road near Echo Lake State Park in North Conway, this somewhat steep and rough trail leads to the summit. Watch for the climbers up the face, and be careful at the top: don't get too close to the edge. 2.8 miles.

White Horse Ledge: The summit of White Horse Ledge is reached via the White horse ledge Trail, which junctions with the Bryce Path .8 miles from the same trailhead used to start up Cathedral Ledge. The first .8 mile rises quickly over rough and steep terrain. After the junction, another .5 miles of gradual terrain leads to the summit. Climbers come from all over the east to climb this and White Horse Ledges. 2.6 miles.

Peaked and Middle mountains: These in-town gems rise in the Nature Conservancy's Green Hills Preserve. The ledgy trail up Peaked Mountain (1,739 feet) offers views north, south and west and passes through a unique red pine forest. Middle Mountain (1,857 feet) has views south and west. From the trail head on Thompson Road in North Conway (North South Road to Artist Falls to Thompson Road), this delightful duo can be combined into a 5.4-mile loop (4 – 5 hours) with a surprising 1,750 feet of elevation gain. The route follows the Peaked Mountain Trail, Middle Mountain Connector, and Middle Mountain Trail.

Mt. Kearsarge Trail North: This mountain is a very interesting hike and quite challenging due to its length and elevation gain. The trail leaves the north side of hurricane Mountain Road approximately 1.5 miles east of Route 16-302. Formerly a bridle path, the trail gradually ascends the first half mile through a pine forest before beginning a steady climb upwards. At the 2-mile point a series of ledge bands are reached where there are outstanding views to the south and west. Good blueberry picking is found herein season, usually late July. From the top of the ledges the trail bears northerly around the summit cone before swinging south to reach the top. The summit, once the site of a mountaintop hotel that burned at the turn of the century, now has the last standing fire tower in the White Mountain national Forest. The tower provides an unsurpassed 360 degree view from the Atlantic ocean to the western border of NH. Elevation gained to the summit is 2500 feet! Be sure to bring ample amounts of water as none is available on the trail. 6 miles.

Echo Lake: This is a very easy walk around a beautiful lake at the base of White Horse Ledge. In summer you can park in the Echo Lake State Park parking lot for a fee and swim after your walk. When the park is closed, park outside of the gate but do not block it, and walk through. There are many side paths in here; they pretty much all lead to the same place. If you tend to get lost easily, keep the lake in sight. When in doubt, retrace your steps. 1.5 miles.

White Ledge Loop: The circuit on the White Ledge Loop Trail swings you over a 2,010-foot eastern spur of Mt. Chocorua. There's no single view that will knock your socks off, but a variety of outlooks will keep things interesting. The trailhead is in the Forest Service's White Ledge Campground on Route 16 in Albany (Off White Mountain Highway south of Conway, NH). The nicest section is the ledgy north slope, where views open out to the Moats and Kearsarge North. An eastern vista can be found near the summit. On the way down the western loop there is a peek up at Chocorua and then a southeastern view from an unmarked side path on the left. The full loop is 4.4 miles with 1,450 feet of elevation gain.

South and Middle Moat: The steep, rocky climb up the Moat Mountain Trail to the two southern peaks of the Moat Range is a solid workout. But the many views from this open ledgy ridge are a fair reward. South Moat (2,770 feet) is a commanding perch, and the easy walk across to Middle Moat (2,805 feet) offers some different perspectives; follow blazes carefully along this open stretch. The southern trailhead for the Moats is on Passaconaway Road 3.2 miles from West Side Road. The round trip to South and Middle Moat is 6.6 miles with 2,550 feet of elevation gain.

Thompson Falls: This is actually a series of falls along Thompson Brook at Wildcat Ski area. The views of Mount Washington from the highest ledge are well worth the trip. Start at Wildcat Ski area parking lot, cross the bridge on the left side of the building. Turn left and follow the self-guided nature trail to the service road. Cross this road and walk along the side of Thompson Brook to the falls. 1 mile.

Arethusa Falls: This is one of the best short hikes in the area. This multiter plunge appears to descend from the sky. From the trail and the bottom viewpoints, you cannot see anything above the falls aside from a few trees on the side of the river. What you do see is a rather graceful expression of Bemis Brook. The streams of water are far from being considered powerful, but their beauty makes this waterfall a must-visit. Over the years we have seen many people--not ordinarily the hiking type--who struggle on the trail just to have the chance to see Arethusa Falls. They may be exhausted along the trail, but we have never seen anything short of a relieved smile at the waterfall. Everyone appears deeply content when they finally reach the falls. Arethusa Falls becomes, in a nut-shell, a job well done for all who witness its graceful beauty. Follow Rt. 302 West about 30 minutes. 3 miles

Lost Pond: The Lost Pond Trail starts across the street from the Pinkham Notch Visitor's Center on Route 16. The trail starts by crossing log bridges and a foot bridge over the outlet for the bog upstream and the headwaters for the Ellis River. Turn right after the bridge. The trail is mostly level with small rises and downhill. There are rocks and roots on the trail, as on most of the trails in the Whites. The trail follows a stream through scrub forest passing large boulders, fallen from the steep sides of Wildcat Mt. to the east. It can be muddy several days after a rain as this trail gets a lot of use. There is a large flat rock about halfway along the side of the pond, ideal for lunch or a snack, with a great view of Mount Washington. Continuing past the pond the trail does get rougher and will turn east to climb over Wildcat Ridge. This is steep and rough. We like to go to the pond for a picnic, and then retrace our steps, sometimes even taking the trail all the way down to Glen Ellis Falls. Near Lost pond, be on the lookout for the tallest beaver felled tree you can imagine!! The gnaw marks are at least 4 feet from the bottom of the stump!! Felled by a six-foot beaver you ask? The real answer comes from a freak snowstorm in October 2006 which deposited 4' of snow on the area. The beavers, who were not yet dened in for the winter, were able to get on top of the snowfall and continue their nocturnal operations of felling trees. When the snow melted, the fact that the trees were felled 4' above ground level makes for a big mystery unless you know how it happened ... (and now you do!) Less than 1 mile.

Mt. Stanton and Mt. Pickering: The trailhead for the Mt. Stanton Trail on Covered Bridge Lane/Hemlock Drive (Accessed from White Mountain Highway just past the Covered Bridge Gift Shop) in Bartlett is a little hard to find, but it's worth the trouble. The short but steep climb to 1,716-foot Mt. Stanton gives you good views over the Saco valley and Attitash ski slopes as well as some northern vistas. A down-and-up continuation to 1,930-foot Mt. Pickering brings you to a north-facing ledge with a long view up the Rocky Branch valley to Mt. Washington. The hike to both peaks is 4.4 miles round trip with a healthy 1,700 feet of elevation gain.

Glen Ellis Falls: This is an amazing set of falls that aren't that hard to get to. After passing several overlooks, you will reach the falls which drop 66'. Please be aware that you will climb down more than 150 rock hewn steps on your way down to the falls, which will need to be climbed back up again on the return trip! The snow and ice remains in the spring for quite a long time, and you will need crampons until quite late in the season.

Lila's Edge and Brad's Bluff: This short but rugged loop hike out of the AMC Pinkham Notch Visitor Center uses four trails to access a pair of viewpoints: Old Jackson Road, Crew Cut Trail, Liebeskind's Loop, and George's Gorge Trail. Lila's Ledge overlooks Pinkham Notch and offers an impressive view up to the snow-splotched east side of Mt. Washington. Brad's Bluff is a clifftop perch with a long view down the Ellis River valley. This circuit covers 2.8 miles with 650 feet of elevation gain. Afterwards, you can make a quick 0.6 mile round trip on the Tuckerman Ravine Trail to see the surging Crystal Cascade.

Other spring waterfall walks can be enjoyed on the north end of the Moat Mountain Trail off West Side Road to the ledgy pools and cascades at **Diana's Baths**, an easy 1.4 mile round trip on a smooth gravel trail; and to side-by-side **Champney and Pitcher Falls** off the Champney Falls Trail from the Kancamagus Highway, a 3.2 mile round trip with 600 feet of elevation gain.

Diana's Baths Waterfalls Bartlett NH - North Conway NH



Diana's Baths are a must see if you are in the North Conway area and want to experience nature at its finest. Diana's baths lie along Lucy Brook in Bartlett which is fed from Big Attitash Mountain. During the summer the baths are a great place for children and grown-ups alike to enjoy the tranquility of nature, and explore the many rocks, ledges, cascading falls and pools in the brook. The cascading falls measure Aprox. 75 feet in total height.

The hike to Diana's Baths is a fairly easy 6/10ths of a mile on a relatively flat, wide gravel path. Being part of the US National Forrest System, there is a large parking lot at the entrance to the hiking path and a self service pay station which requires visitors to purchase and display a daily pass on the dashboard your vehicle. This daily pass (currently \$3.00 per day) may be used at other national Forrest sites as well. Dogs are allowed along the trails, but owners must clean-up after their pets.

While in the area, be sure to visit **Cathedral Ledge**, **Whitehorse Ledge**, and **Echo Lake State Park** which are all located within a few miles of Diana's Baths.

A little History of the Site

In the 1860's, after building a house and barn on the banks of the brook, George Lucy built a water wheel powered sawmill. In the 1890's George built a 12 room boarding house for tourists to visit the site. In the 1930's Chester Lucy built a concrete dam with a water feed and turbine system to replace the water wheel used to power the sawmill. Both the rooming house and sawmill were eventually sold to the US Government and have become part of the national Forrest land. Due to the deterioration, the buildings were eventually removed from the site in the 1960's. Remnants of the site can still be seen today including the old cellar holes and parts of the dam system, feed tube and turbine gears used to power the sawmill.

Directions

The parking lot for Diana's Baths is located at 3405 West Side Road, North Conway NH 03860. Please do not park on the road since you may get a ticket. Visit Cathedral Ledge if there is not a parking spot available.

From Conway Village, head north on Route 16/302 (White Mountain Hwy) past the Eastern Slope Inn. At the next set of lights turn left onto River Rd. Stay straight on River road for Aprox. 1 mile when the road changes to West Side Road. Stay straight on West Side road for Aprox. 1.5 miles (you will go past the sign for the road leading to Cathedral Ledge) and you will see the sign for Diana's Baths parking lot on the left hand side of the road.