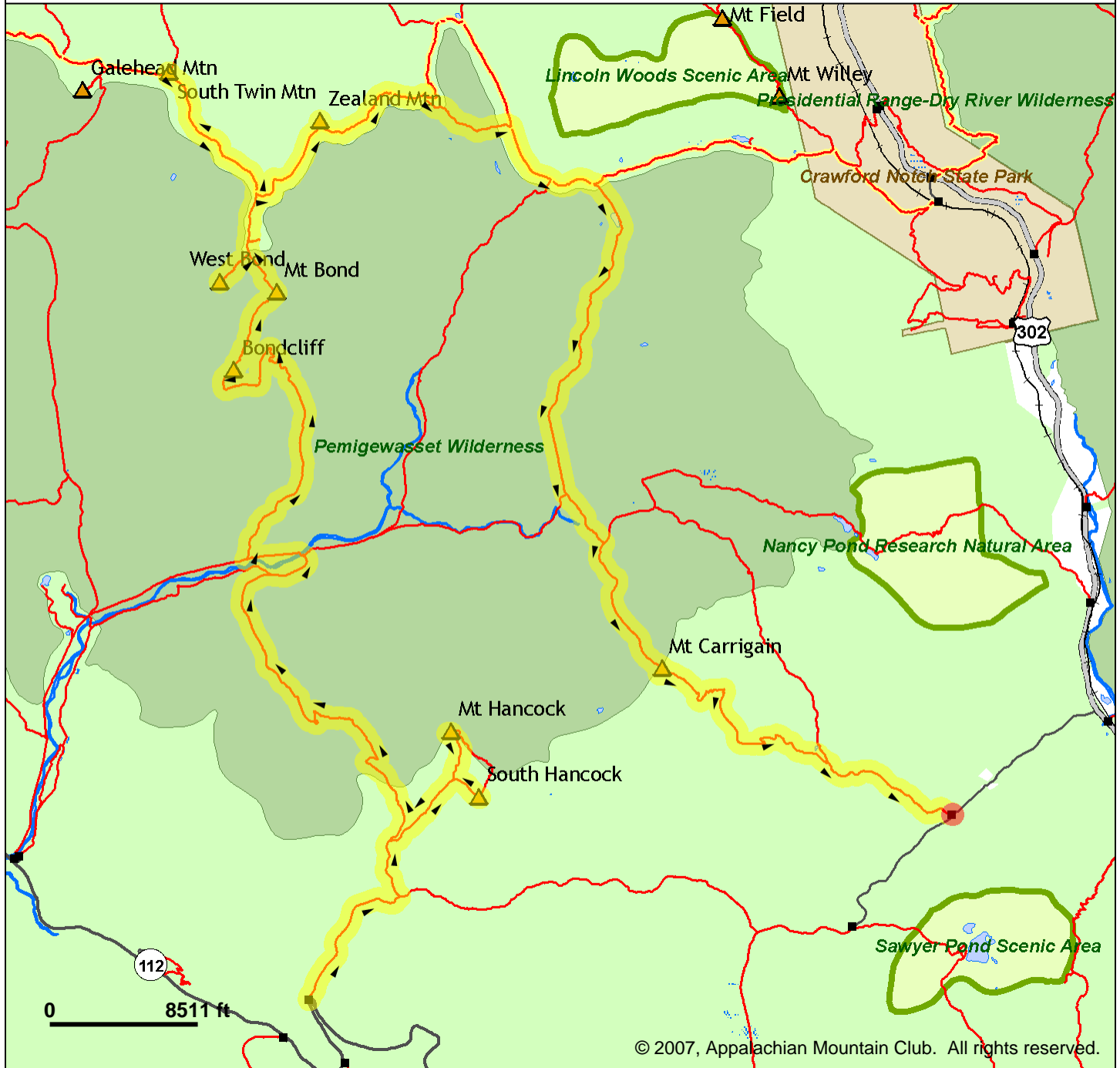


Kancamagus to Hancock to Carrigain



Notes _____

Distance	Time	Elev Change	Trail / Waypoint	Latitude	Longitude
			starting at Hancock Notch Trailhead This trail begins at the Kancamagus Highway at the hairpin turn, across from the parking area. Parking is available at the Hancock Overlook just above the trailhead.	44° 02' 29"	71° 31' 27"
1.80 mi	1 hr 9 min	+384 ft	on Hancock Notch Trail		
1.80 mi	1 hr 9 min	+384 ft	This trail begins at the Kancamagus Highway at the hairpin turn, passes through Hancock Notch between Mt. Hancock and Mt. Huntington, then descends along the Sawyer River to the Sawyer River Trail. With the Cedar Brook and Hancock Loop trails, this trail provides the easiest and most popular route to Mt. Hancock. From the Kancamagus Highway to the Cedar Brook Trail, the Hancock Notch Trail is heavily used, wide, and easily followed; from the Cedar Brook Trail to the Sawyer River Trail, it is very lightly used, often overgrown, wet and rough, and in places requires care to follow. The trail begins across the Kancamagus Highway from the parking area. Leaving the highway at the hairpin, it follows an old railroad bed, crossing a brook, and gradually approaching the North Fork of the Hancock Branch. It stays on the same side of the North Fork, swinging right slightly uphill to enter a logging road at the point where the railroad grade crossed the river; take care not to follow the remains of the railroad grade across the river here. The trail follows the logging road at an easy grade, then descends slightly, crosses three brooks, and soon reaches the junction with the Cedar Brook Trail. (For Mt. Hancock, turn left on this trail across a small brook.)		
			to the junction of Cedar Brook Trail	44° 03' 27"	71° 30' 16"
0.70 mi	27 min	+202 ft	on Cedar Brook Trail		
2.50 mi	1 hr 36 min	+586 ft	This trail runs from the Hancock Notch Trail to the Wilderness Trail at the east end of the suspension bridge. In combination with the Hancock Notch and Hancock Loop trails, the southern portion of this trail affords the most direct route to Mt. Hancock. The five crossings of the North Fork of the Hancock Branch between the Hancock Notch Trail and the Hancock Loop Trail are difficult in high water, but the first two are easily bypassed and the others can be avoided by bushwhacking along the east bank to the Hancock Loop Trail (which makes a sixth crossing soon after its divergence from the Cedar Brook Trail). Leaving the Hancock Notch Trail, the Cedar Brook Trail immediately crosses a small brook and climbs moderately on an old logging road, then crosses the North Fork of the Hancock Branch five times. The first two crossings are only 40 yd. apart and can be avoided by following a well-beaten path on the near bank. The beginning of the Hancock Loop Trail is reached on the right, 150 yd. beyond the fifth crossing.		
			to the junction of Hancock Loop Trail	44° 03' 59"	71° 30' 24"
1.10 mi	53 min	+680 ft	on Hancock Loop Trail		
3.60 mi	2 hr 29 min	+1266 ft	This trail makes a loop over both the major summits of Mt. Hancock. The trail is steep and rough but well trodden and easy to follow, though the part on the ridge between the peaks is subject to blowdowns. It is most easily reached from the hairpin turn on the Kancamagus Highway by following the Hancock Notch and Cedar Brook trails. There are five brook crossings on the Cedar Brook Trail that may be difficult at high water. Leaving the Cedar Brook Trail on the right (east), 150 yd. north of the fifth crossing of the North Branch of the Hancock Branch, the trail follows an old logging road and soon recrosses the main brook, then passes over a steep, rocky brook bed and a wet area. Keeping south of the main brook, some distance away from it and considerably higher, the trail continues its gradual ascent and reaches the loop junction. From this point the circuit over the two main summits of Mt. Hancock can be made in either direction.		
0.50 mi	42 min	+884 ft	on Hancock Loop Trail		
4.10 mi	3 hr 11 min	+2151 ft	The South Link continues along the logging road from the loop junction, then swings right up the mountainside. The climb to South Hancock is unrelievedly steep, crossing numerous old logging roads. (These are some of the roads that are so prominent as light green lines across the dark slope when seen from other peaks.) At the summit, the Ridge Link enters on the left (north), and a short path descends straight ahead (east) to a viewpoint overlooking the Sawyer River valley.		

Distance	Time	Elev Change	Trail / Waypoint	Latitude	Longitude
			to South Hancock	44° 04' 24"	71° 29' 13"
0.50 mi	42 min	-884 ft	on Hancock Loop Trail		
4.60 mi	3 hr 53 min	+1266 ft	The South Link departs from the summit of South Hancock, from its meeting with the Ridge Link. It descends very steeply, crossing a number of old logging roads. The trail swings to the left down the mountainside, meeting the loop junction.		
entering wilderness area					
0.70 mi	54 min	+1017 ft	on Hancock Loop Trail		
5.30 mi	4 hr 47 min	+2283 ft	The North Link diverges left from the logging road at the loop junction and descends moderately at an angle. Soon it crosses a flat gravel area, usually dry but often with water flowing into it from the brook bed above and disappearing into the sand, where the foot of the Arrow Slide is visible about 50 yd. to the left. The trail then climbs roughly parallel to the slide, first at a moderate grade angling across the hillside, then straight up, very steep and rough, though recent reconstruction by the AMC's trail crew has greatly improved the footway. Near the top, the trail veers left and becomes less steep. At the wooded summit of North Hancock, a side path leads left 40 yd. to a fine view south to the Sandwich Range and Osceola, while the Ridge Link turns right.		
			to Mt Hancock	44° 05' 00"	71° 29' 38"
0.70 mi	54 min	-1017 ft	on Hancock Loop Trail		
6.00 mi	5 hr 41 min	+1266 ft	The North Link descends from the summit of North Hancock. Near the top, the trail veers right and is fairly level, then swings to the right (south), where the descent becomes quite steep. The trail then becomes less steep, as it descends roughly parallel to the Arrow Slide. It soon crosses a flat gravel area, meeting an old logging road, where it meets the loop junction.		
leaving wilderness area					
1.10 mi	53 min	-680 ft	on Hancock Loop Trail		
7.10 mi	6 hr 34 min	+586 ft	to the junction of Cedar Brook Trail	44° 03' 59"	71° 30' 24"
entering wilderness area					
4.80 mi	2 hr 39 min	-1002 ft	on Cedar Brook Trail		
11.90 mi	9 hr 13 min	-416 ft	The Cedar Brook Trail soon passes into the Pemigewasset Wilderness, climbing moderately on a somewhat rough footway that occasionally must be carefully distinguished from miscellaneous brooks and muddy abandoned routes of the trail. It reaches the height-of-land between Mt. Hancock and Mt. Hitchcock and descends on logging roads, swinging out to the west then back to the northeast side of the valley, crossing several brooks. It reaches the site of Camp 24A (sign), then continues to descend on old roads, and it drops down a bank to the old logging railroad at the edge of Cedar Brook and turns sharp right on the railroad grade. (In the reverse direction, bear left off the grade where the trail comes to the edge of the brook.)		
			to the junction of Pemi East Side Trail	44° 06' 30"	71° 31' 57"
0.60 mi	19 min	-79 ft	on Cedar Brook Trail		
12.50 mi	9 hr 32 min	-495 ft	Soon it passes through the extensive clearings of Camp 24 and continues down toward the East Branch of the Pemigewasset. The Pemi East Side Trail enters on the left; this trail, an old truck road, follows the south and east banks of the East Branch to the Lincoln Woods parking lot. The Cedar Brook Trail swings to the east, paralleling the East Branch, and joins the Wilderness Trail at the east end of the suspension bridge.		
			to the junction of Wilderness Trail	44° 06' 41"	71° 31' 32"
0.70 mi	24 min	-31 ft	on Wilderness Trail		

Distance	Time	Elev Change	Trail / Waypoint	Latitude	Longitude
13.20 mi	9 hr 56 min	-526 ft	<p>The Lincoln Woods Trail and the Wilderness Trail form the central artery from which numerous trails diverge and lead to various parts of the Pemigewasset Wilderness and to the adjoining mountains. Originally, the entire trail was called the Wilderness Trail, but the USFS changed the name of the first segment to Lincoln Woods Trail because that part of the trail lies outside the Pemigewasset Wilderness. For most of its length, the trail follows the bed of a logging railroad that last operated in 1948. It begins at a large parking area (Lincoln Woods) just east of the highway bridge over the East Branch. This trail receives extremely heavy use, particularly in the few miles nearest the highway, and camping is strictly regulated. Details concerning such restrictions can be obtained at the Lincoln Woods Information Center, located next to the parking area, or from other USFS sources.</p> <p>The Wilderness Trail passes the Cedar Brook Trail (see Section Four) on the left and then crosses to the north bank of the East Branch on a 180-ft. suspension bridge. This bridge, the last railroad trestle of the East Branch line still standing, is the subject of a thorny administrative debate because it is both a nonconforming artificial structure in Wilderness, which by law must be removed, and an important historical artifact, which by law must be preserved. Here the Wilderness Trail crosses Black Brook on a footbridge to the right of the old railroad bridge and the Bondcliff Trail diverges right(north).</p> <p>to the junction of Bondcliff Trail</p>	44° 06' 39"	71° 32' 17"
2.50 mi	1 hr 52 min	+1173 ft	on Bondcliff Trail		
15.70 mi	11 hr 48 min	+647 ft	<p>This trail begins on the Wilderness Trail at the site of Camp 16, ascends over Bondcliff and Mt. Bond, and ends at the Twinway just west of the summit of Mt. Guyot. It connects the Pemigewasset East Branch Valley with the high summits of the Twin Range, and the entire trail is in the Pemigewasset Wilderness except for a short segment at the north end. The long section on Bondcliff and one shorter section on Guyot are above the treeline, with great exposure to the weather. The views from this trail are unsurpassed in the White Mountains.</p> <p>Leaving the Wilderness Trail at Camp 16, the Bondcliff Trail runs level for 100 yd., then turns sharp left just before a phantom crossing of Black Brook and climbs a bank to an old logging road. Soon it enters a relocated section (this relocation has eliminated four crossings of Black Brook). After a slight descent, it bears left to rejoin the logging road along the brook and ascends easily, though parts of the road are severely eroded. It then crosses the brook four times; the second crossing provides the last sure water.</p>		
1.90 mi	1 hr 45 min	+1481 ft	on Bondcliff Trail		
17.60 mi	13 hr 33 min	+2129 ft	<p>At the third crossing, the trail turns right and crosses the brook bed (often dry). In 40 yd.—a tricky spot—the trail reaches another brook bed (usually dry), descends along it to the right for 20 yd., then swings sharp left out of the brook bed and climbs a steep slope on rock steps. The trail then swings left to another old logging road and crosses a gravel bank where one can look almost straight up to the summit of Bondcliff. In a short distance, the trail makes the last brook crossing in a steep, south-facing ravine; if the brook is dry here, water can often be found a short distance farther up in the stream bed. The trail winds up a small, prow-shaped, "hanging" ridge that protrudes into the main ravine, then swings left and begins a long sidehill ascent up the steep slope on a logging road, heading back to the southwest. The trail reaches the crest of Bondcliff's south ridge, swings north, and ascends the ridge to a short, rather difficult scramble up a ledge. Soon it breaks out of the scrub and climbs along the edge of the cliffs, with spectacular views, reaching the summit of Bondcliff.</p> <p>to Bondcliff</p>	44° 08' 27"	71° 32' 27"
1.20 mi	46 min	-435 ft	on Bondcliff Trail		
18.80 mi	14 hr 19 min	+1694 ft	<p>Caution: The trail runs above the treeline for about a mile and is potentially dangerous in bad weather, particularly high winds. When visibility is poor, stay well to the right (east) of the edge of the precipices. The trail now descends the open ridge into a long, flat col, then ascends the steep slope of Mt. Bond, reentering scrubby woods about halfway up. The trail passes just west of the summit of Mt. Bond, which commands a magnificent unrestricted view of the surrounding wilderness and mountains.</p> <p>to Mt Bond</p>	44° 09' 11"	71° 31' 53"

Distance	Time	Elev Change	Trail / Waypoint	Latitude	Longitude
0.50 mi 19.30 mi	16 min 14 hr 35 min	-204 ft +1490 ft	on Bondcliff Trail The trail bears left (northwest) off the summit area of Mt Bond. The trail descends north, crossing a minor knob, then drops down rather steeply past the spur path to West Bond, and leaves the Pemigewasset Wilderness. to the junction of West Bond Spur	44° 09' 32"	71° 32' 14"
0.50 mi 19.80 mi	21 min 14 hr 56 min	+38 ft +1527 ft	on West Bond Spur This short path provides access to the sharp rocky summit of the West Peak of Mt. Bond, which is perched high above the deep valleys of an extensive wilderness area, commanding magnificent views. The entire trail is in the Pemigewasset Wilderness. It leaves the Bondcliff Trail north of the summit of Mt. Bond and south of the spur to Guyot Campsite, descends moderately to the col at the foot of West Bond, and ascends moderately for a short distance. It then climbs the steep cone to the summit, which is the most easterly of several small peaks on a ridge running east and west. to West Bond	44° 09' 17"	71° 32' 37"
0.50 mi 20.30 mi	21 min 15 hr 17 min	-38 ft +1490 ft	on West Bond Spur The trail descends the steep summit cone, then descends moderately for a short distance. It then ascends moderately, passing through the col at the foot of West Bond, and continues to the Bondcliff Trail. to the junction of Bondcliff Trail	44° 09' 32"	71° 32' 14"
0.20 mi 20.50 mi	6 min 15 hr 23 min	-112 ft +1377 ft	on Bondcliff Trail It reaches the Bond-Guyot col, where a spur path descends right (east) to Guyot Campsite and its spring. to the junction of Guyot Campsite access	44° 09' 39"	71° 32' 15"
leaving wilderness area					
0.60 mi 21.10 mi	24 min 15 hr 47 min	+134 ft +1511 ft	on Bondcliff Trail The Bondcliff Trail then ascends to the bare south summit of Mt. Guyot and continues in the open to its junction with the Twinway, west of the higher, but less open, north summit of Guyot. Go straight ahead here for the Twins and Galehead Hut, or turn right for Zealand Mountain and Zealand Falls Hut. to Mt Guyot	44° 10' 07"	71° 32' 08"
2.00 mi 23.10 mi	1 hr 8 min 16 hr 55 min	+389 ft +1900 ft	on Twinway This trail extends from Galehead Hut to a junction with the Zealand Trail and the Ethan Pond Trail beyond Zealand Falls Hut, forming a very important ridge crest link along the north edge of the Pemigewasset Wilderness that connects the mountains of the western part of the region—the Franconia Range, Garfield, and the Twins—to the Bonds, the Zealand-Hale region, the Willey Range, and the northern parts of the Pemigewasset Wilderness. The trail offers magnificent views from the summits of South Twin Mountain and Mt. Guyot and from the outlook at Zeacliff, and connecting trails lead to a number of other superb outlooks. For its entire length, it is part of the AT. From this junction, the Twinway swings right and descends into the scrub, passes through the main col between Guyot and South Twin, and then begins the long, fairly gradual climb toward South Twin. The trail crosses a ledgy hump with views ahead to South Twin and back to Guyot and Carrigain. After ascending a short steep pitch up the cone of South Twin, it reaches the south knob of the open summit. to South Twin Mtn	44° 11' 16"	71° 33' 17"
2.00 mi 25.10 mi	1 hr 8 min 18 hr 3 min	-389 ft +1511 ft	on Twinway The North Twin Spur begins here, running straight ahead 40 yd. to the north knob and then on to North Twin, and the Twinway turns right (south), enters the woods, and descends along the broad ridge toward Mt. Guyot, with easy to moderate grades after an initial steep pitch below the summit. The trail crosses a ledgy hump with views ahead to Guyot and Carrigain and back to South Twin. It descends easily to the main col between South Twin and Guyot, then climbs out of the scrub to open rocks on the side of Guyot and passes the junction with the Bondcliff Trail on the right. to Mt Guyot	44° 10' 07"	71° 32' 08"

Distance	Time	Elev Change	Trail / Waypoint	Latitude	Longitude
1.30 mi 26.40 mi	48 min 18 hr 51 min	-257 ft +1254 ft	on Twinway The Twinway now turns left and ascends in the open to the flat northeast summit of Guyot, and reentering the woods, descends at a moderate grade with some rough footing on the long ridge toward Zealand Mountain, reaching the col. It then climbs rather steeply, and a few yards before reaching the height-of-land, passes a small cairn marking a side path on the left that runs nearly level to the true summit of Zealand Mountain. to the junction of Zealand Mtn spur	44° 10' 44"	71° 31' 18"
0.10 mi 26.50 mi	3 min 18 hr 54 min	+5 ft +1260 ft	on Zealand Mtn spur to Zealand Mtn	44° 10' 48"	71° 31' 18"
0.10 mi 26.60 mi	3 min 18 hr 57 min	-5 ft +1254 ft	on Zealand Mtn spur to the junction of Twinway	44° 10' 44"	71° 31' 18"
1.20 mi 27.80 mi	38 min 19 hr 35 min	-454 ft +800 ft	on Twinway The main trail continues at mostly easy grades down the ridge, passes a ledge overlooking Zeacliff Pond, then descends a rather steep pitch with a ladder, and in a sag, passes a side path that leads off to the right and descends to the shore of Zeacliff Pond. The main trail ascends over a number of ledgy humps, passing the junction right with the Zeacliff Trail. to Zeacliff Pond	44° 11' 03"	71° 30' 19"
0.40 mi 28.20 mi	13 min 19 hr 48 min	-35 ft +765 ft	on Twinway to the junction of Zeacliff Trail	44° 11' 03"	71° 29' 55"
entering wilderness area					
1.40 mi 29.60 mi	1 hr 29 min 21 hr 17 min	-1308 ft -543 ft	on Zeacliff Trail This is an attractive trail, much less frequently used than most trails in this area, but extremely steep and rough in parts and not recommended for hikers with heavy packs. Practically all of it is in the Pemigewasset Wilderness. The Zeacliff Trail leaves the Twinway to the southeast. It descends moderately from the ridge crest, arriving at the top of a ledge with a view of Mt. Bond. It descends down the steep ledges and winds down to the southeast through rough, ledgy terrain. The trail then scrambles down to the right of a ledge, ascends slightly, and angles along the right edge of the ridge crest. It soon enters a beautiful birch forest through which it descends gradually. At the end of the ridge, it descends very steeply to the east, then follows the path of an old slide. The trail crosses Whitewall Brook and ascends very steeply through the woods. The trail bears left over open talus —here the trail must be followed with care. The trail terminates at the Ethan Pond Trail. to the junction of Ethan Pond Trail	44° 10' 45"	71° 28' 47"
leaving wilderness area					
0.80 mi 30.40 mi	27 min 21 hr 44 min	+18 ft -525 ft	on Ethan Pond Trail This trail begins at the Willey House Station site. It ends at the junction of the Zealand Trail and the Twinway, below Zealand Falls Hut. It is part of the AT. The Ethan Pond Trail leaves the woods as it crosses the talus slopes of Whitewall Mountain with fine views. In the middle of this section, the Zeacliff Trail diverges to the right. The Ethan Pond Trail follows the old railroad grade on a gradual curve into Zealand Notch, with its steep, fire-scarred walls. to the junction of Thoreau Falls Trail	44° 10' 15"	71° 28' 16"
0.50 mi 30.90 mi	16 min 22 hr 0 min	+42 ft -483 ft	on Ethan Pond Trail The Thoreau Falls Trail diverges right following the North Fork then the Ethan Pond Trail crosses the North Fork on a wooden bridge. to the junction of Shoal Pond Trail	44° 10' 12"	71° 27' 42"
entering wilderness area					

Distance	Time	Elev Change	Trail / Waypoint	Latitude	Longitude
1.60 mi	54 min	-133 ft	on Shoal Pond Trail		
32.50 mi	22 hr 54 min	-616 ft	This trail runs through remote, wild country from its junction with the Wilderness Trail and the Carrigain Notch Trail (see Section Four) at Stillwater Junction to the Ethan Pond Trail between Zealand Falls Hut and Ethan Pond Campsite. Practically the entire trail is in the Pemigewasset Wilderness. The Shoal Pond Trail leaves the Ethan Pond Trail on an old railroad grade. The trail passes a short side path to the shore of Shoal Pond with a view of Zealand Notch. Because of boggy terrain caused by beaver activity, the trail runs a short distance to the east of the pond, keeping away from its immediate vicinity. The trail leaves the pond and crosses a brook from east to west.		
2.40 mi	1 hr 27 min	-317 ft	on Shoal Pond Trail		
34.90 mi	24 hr 21 min	-933 ft	The trail crosses Shoal Pond Brook and 0.7 mi. later crosses a tributary. It crosses Shoal Pond Brook from east to west and continues on an old railroad bed. It passes a spur path on the left that leads to a pleasant pool in the brook. Leaving the railroad temporarily, the trail crosses Shoal Pond Brook; this crossing may be difficult if the water is high. The trail regains another railroad bed and crosses the East Branch at the site of an old dam (no bridge; may be difficult in moderate water and dangerous in high water). Shoal Pond Trail terminates at Stillwater Junction. to Stillwater Junction	44° 07' 16"	71° 28' 04"
0.77 mi	28 min	+154 ft	on Carrigain Notch Trail		
35.67 mi	24 hr 49 min	-779 ft	This trail begins on the Signal Ridge Trail, runs through Carrigain Notch and ends at Stillwater Junction, where it meets the Wilderness and Shoal Pond trails (see Section Three). The section of this trail northwest of Carrigain Notch lies within the Pemigewasset Wilderness. The trail bears to the right, away from the Carrigain Branch, and reaches Stillwater Junction on the East Branch; here the Wilderness Trail turns sharp left, and the Shoal Pond Trail turns right and immediately crosses the East Branch of the Pemigewasset. to the junction of Desolation Trail	44° 06' 48"	71° 27' 35"
1.90 mi	57 min	+2463 ft	on Desolation Trail		
37.57 mi	25 hr 46 min	+1684 ft	This trail ascends to the summit of Mt. Carrigain from the Carrigain Notch Trail southeast of Stillwater Junction. The upper part of the trail is very steep and rough and requires great care, particularly on the descent or with heavy packs; substantial extra time may be required in either direction. Practically the entire trail is in the Pemigewasset Wilderness. The Desolation Trail begins at the summit of Mt. Carrigain at the Signal Ridge Trail. Leaving the summit observation tower, it descends a short steep pitch down to the shoulder of the cone. The trail angles around the cone descending at a moderate grade. The trail swings right and begins a steep descent down the ridge. This section of trail is very steep and rough. The trail enters virgin woods and continues through an area where many rock steps have been built. The trail crosses a short section of slippery rock blocks and then meets an unusually straight old logging road which crosses to the west side of the ridge. (For a long section of this road, there is old telephone wire at the left edge of the trail that hikers need to watch for, as it may trip an unwary individual.) The trail leaves the old road, descending into a fine birch stand. The trail continues, descending moderately at times along old logging roads. It merges with a railroad grade and crosses a tributary of the Carrigain Branch. It then takes a sharp turn and terminates at the Carrigain Notch Trail. to Mt Carrigain	44° 05' 37"	71° 26' 49"
			leaving wilderness area		
3.30 mi	3 hr 7 min	-2794 ft	on Signal Ridge Trail		

Distance	Time	Elev Change	Trail / Waypoint	Latitude	Longitude
40.87 mi	28 hr 53 min	-1110 ft	<p>This trail ascends to the summit of Mt. Carrigain by way of Signal Ridge, starting from Sawyer River Rd. A crossing of Whiteface Brook may be difficult at high water; at such times it may be best to avoid the crossing by bushwhacking up the south bank of the brook from the parking lot. The trail climbs moderately for most of its distance, using old roads that once provided access to the fire warden's cabin. The views from the observation tower on the summit and from Signal Ridge are magnificent. The loop back to Sawyer River Rd. via the Desolation and Carrigain Notch trails is interesting but much longer, rougher, and more strenuous.</p> <p>The Signal Ridge Trail leaves the summit of Mt. Carrigain at the observation tower. It swings left and descends to a small sag between Carrigain's two summit knobs. The trail descends steeply then bears right into a small clearing, the site of the old fire warden's cabin, where there is a well (water unsafe to drink without treatment). The trail continues down the south slope of the summit cone descending slightly as it approaches the bare crest of the ridge. Views are excellent, particularly to the cliffs of Mt. Lowell across Carrigain Notch. The trail leaves the high point and zigzags down the nose of Signal Ridge through several areas that were damaged by the windstorm of December 1980. At the end of this section, the trail turns sharp right and begins a steady descent down the steep side of the valley with occasional views to the cliffs of Mt. Lowell across Carrigain Notch. The rocky path continues the steady descent through a birch-lined section, turning sharp right into an old camp site.</p>		
			to the junction of Carrigain Notch Trail	44° 04' 43"	71° 24' 39"
1.70 mi	1 hr 7 min	-503 ft	on Signal Ridge Trail		
42.57 mi	30 hr 0 min	-1613 ft	<p>The trail leaves the site of an old camp and takes a sharp right turn as it descends a ridge. It continues down the ridge, turning left then sharp right where it merges with an old road that continues straight down the valley. As the trail begins to flatten out it crosses a brook and passes an area of beaver activity. The trail crosses Carrigain brook, which may be difficult at high water and quickly meets the intersection with the Carrigain Notch Trail which diverges left toward the Pemigewasset Wilderness via scenic Carrigain Notch. The Signal Ridge Trail continues across a flat divide. The Carrigain Brook Rd. diverges off to the right. This is a grass-grown logging road, crosses the trail at a right angle. (This road is not passable by vehicles, but it can be followed south to Sawyer River Rd. about before the gate at the end of that road. However, there is a difficult brook crossing just before Sawyer River Rd. is reached, and parts of the road are becoming overgrown.) The Signal Ridge Trail continues across the flat divide and then descends steadily toward the Whiteface Brook. The trail follows the south bank of the attractive brook, passing small cascades and pools along an old logging road. The trail crosses the brook, and eventually leaves the old logging road. The trail soon reaches its terminus at Sawyer River Road.</p>		
			to Signal Ridge Trailhead	44° 04' 13"	71° 23' 00"
42.57 mi	30 hr 0 min	-1613 ft	Totals		

Disclaimer

The use of this content is at your own risk. You acknowledge that (i) hiking, climbing and camping and related outdoor activities entail inherent risks and hazards, (ii) that conditions are variable and the content does not purport to be error-free or up to date, (iii) the presence of some warnings does not mean that all dangerous situations or changes in conditions will result in warnings on the AMC Site (and, thus, in this report), and (iv) ratings are very general, assume good weather and trail conditions and good physical fitness and constitute only one factor of many in a decision to hike a trail.

Important Phone Numbers

Emergency	911
Appalachian Mountain Club Pinkham Notch Visitor Center	603-466-2721
AMC Reservations (huts, lodges)	603-466-2727
U.S. Forest Service	603-528-8721
National Weather Service	603-225-5191

Additional WMNF Information

Camping is allowed anywhere in the WMNF, but is prohibited or restricted in Forest Protection Areas (FPAs). Generally, in Forest Protection Areas no camping is permitted above treeline (where trees are less than 8 feet tall), within ¼ mile of a trailhead or road, within 200 feet of a trail.

Wilderness Areas

In accordance with USFS Wilderness policy, trails in designated Wilderness areas are generally maintained to a lower standard than trails outside Wilderness. They may be rough, overgrown or essentially unmarked with minimal signage, and considerable care may be required to follow them. Hiking and camping group size must be no larger than 10 people. Camping and fires are also prohibited above treeline (where trees are less than 8 feet tall) except in winter, when camping is permitted above treeline in places where snow cover is at least 2 feet, but not on any frozen body of water.

Alpine Zone

Hikers are encouraged to be particularly careful in their activities above treeline because the plants that grow there already have to cope with the severity of the environment. No plants should ever be picked or otherwise damaged. Hikers are urged to stay on trails or walk very carefully on rocks so as not to kill fragile alpine vegetation. AMC urges hikers to become citizen-scientists and help AMC in alpine plant monitoring – see www.outdoors.org/mountainwatch for details.



Safety Tips from the Appalachian Mountain Club

Here's the essential clothing and gear you need — even for a day hike — in the Northeast's mountains in the spring, summer, or fall. **Always check the weather and prepare for the worst conditions; make plans with your group's abilities in mind; and plan an alternate route in case of bad weather, injury, illness, or slower than expected travel time.**

Avoiding Hypothermia: Hypothermia can occur when your core body temperature falls below normal. This can easily happen when you are exposed to cold winds or wetness.

You can avoid hypothermia if you guard against dehydration, fatigue, cold winds, and wet clothes. Be sure to:

- Dress warmly, in layers.
- Stay dry.
- Protect yourself from wind, rain, and snow. (This can be done most effectively by wearing clothes that block wind and moisture.)
- Eat high-energy snacks and drink plenty of water.
- Do not over-exert.
- Pack essential gear, even on day hikes.

Essential Gear: Be sure to wear or bring the following:

Wool sweater or synthetic pile jacket * Hat * Gloves or mittens
Bandanna or handkerchief * Long pants (avoid cotton)
Wind and rain gear (jacket and pants)

Extra socks * Sturdy boots * Polypropylene or wool underwear
First-aid kit * Waterproof matches. * Whistle * Knife.
Guidebook, trail map, and compass. * High-energy snacks.
Two to four quarts of water, per person. * Flashlight or headlamp with fresh batteries.
Sunscreen. * Insect repellent. * Plastic trash bags
Consider carrying a sleeping bag in case you are forced to sleep out overnight. If you're traveling in a group, carry at least one sleeping bag. It is an emergency tool that can keep an injured hiker warm until help arrives.

For more advice on preparing for your next hike, see: www.outdoors.org/tripplanner

AMC offers over 8,000 outdoor programs each year, offers a wide range of educational programs, and maintains over 1,700 miles of trails in the Northeast. Most of all, we rely on the support of hikers like you. To join, visit www.outdoors.org/membership.

AMC recommends hikers follow the hikeSafe Hiker Responsibility Code, and minimize their impact on the backcountry by following Leave No Trace principles.

hikeSafe Hiker Responsibility Code



You are responsible for yourself, so be prepared:

With knowledge and gear. Become self reliant by learning about the terrain, conditions, local weather and your equipment before you start.

To leave your plans. Tell someone where you are going, the trails you are hiking, when you will return and your emergency plans.

To stay together. When you start as a group, hike as a group, end as a group. Pace your hike to the slowest person.

To turn back. Weather changes quickly in the mountains. Fatigue and unexpected conditions can also affect your hike. Know your limitations and when to postpone your hike. The mountains will be there another day.

For emergencies. Even if you are headed out for just an hour, an injury, severe weather or a wrong turn could become life threatening. Don't assume you will be rescued; know how to rescue yourself.

To share the hiker code with others.

hikeSafe: It's Your Responsibility. To learn more, see: www.hikesafe.com

The Hiker Responsibility Code was developed and is endorsed by the White Mountain National Forest and New Hampshire Fish and Game.

Leave No Trace principles to minimize backcountry impact



Plan ahead and prepare. Know the terrain and any regulations applicable to the area you're planning to visit, and be prepared for extreme weather or other emergencies. Small groups have less impact on resources than large ones.

Travel and camp on durable surfaces, which include established trails and campsites, rock, gravel, dry grasses, or snow. Camp at least 200 feet from lakes and streams, and focus activities on areas where vegetation is absent.

Dispose of waste properly. Pack it in, pack it out. To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

Leave what you find. Cultural or historic artifacts, as well as natural objects such as plants or rocks, should be left as found.

Minimize campfire impacts. Cook on a stove. If a campfire is built, keep it small and use dead sticks found on the ground. Use established fire rings, fire pans, or mound fires.

Respect wildlife. View critters from a distance. Feeding wildlife alters their natural behavior.

Be considerate of other visitors. Be courteous, respect the quality of other visitors' backcountry experience, and let the natural sounds of the forest prevail.

The AMC partners with Leave No Trace Center for Outdoor Ethics, to provide Leave No Trace training in the East. For more on our LNT Master Educator training, see www.outdoors.org/education.