



WHITE MOUNTAINS



A federally-designated National Forest for over a century, the White Mountains were named for the snow-capped peaks observed by 17th-century settlers on approaching the coast. Forming part of the Northern Appalachians, the White Mountains encompass 86 peaks including some of the highest in northeastern United States, such as the popular Mount Washington ★★. With its clean air, beautiful scenery, abundant wildlife and charming small towns, the region is a popular destination for hiking enthusiasts and outdoor lovers.

THE WHITE MOUNTAINS

WHAT TO DO

NORTH CONWAY ★

A small, bustling mountain town in Mount Washington Valley, **North Conway** ★ attracts tourists with its many outdoor activities, fine dining and shopping.

Downtown North Conway is easy to explore on foot. **Main Street** is the place to go to do some shopping. Be sure to check out **Zeb's General Store** (2675 White Mountain Highway / 603-356-9294 / www.zebs.com), which offers an impressive array of locally-made specialty foods and items.

If you're interested in a tax-free shopping spree, pay a visit to **Settler's Green Outlet Village** (Highway 16, North Conway / www.settlersgreen.com). This outdoor shopping centre contains close to 120 shops and national brand outlet stores including Adidas, April Cornell, JC Penney, Timberland, etc., where you can find great deals at reduced prices.

You can also enjoy an old-fashioned train ride through the Valley on the **Conway Scenic Railroad** ★ (www.conwayscenic.com). Travel through fields and woodlands, crossing several rivers on the way to Bartlett and back. You can even dine in the elegant dining car. Trains leave from the lovely **Victorian North Conway train station**, built in 1874. (38 Norcross Circle).

MOUNT WASHINGTON ★★★

The summit of Mount Washington, the highest peak in all of New England, is accessible by a variety of means and offers breathtaking views and fierce winds. If you have time and are an experienced hiker, you may enjoy taking one of several rugged, scenic **trails to the summit**.

Mount Washington has long been a premier destination for hiking and mountaineering. You can also take a leisurely **drive to the top in the comfort of your own car** via the **Mt. Washington Auto Road** ★★, (1 Mount Washington Auto Road, Gorham / 603-466-3988 / mt-washington.com). Note that RVs are not allowed on the Auto Road.

Or enjoy a unique mountain experience aboard the historic **Mount Washington Cog Railway, the world's first mountain-climbing steam train** ★★. The round trip takes 3 hours, with several daily departures from April to November. Reservations are recommended. (3168 Base Station Road, Mount Washington / 1-800-922-8825 / www.thecog.com).

However you get there, the end justifies the means: at a **height of 1916 metres**, the **summit of Mount Washington** offers spectacular panoramic views of the surrounding mountains and valleys. Be careful at the top: the weather is notoriously unpredictable and the winds can be extremely high. The highest wind speed ever recorded at the summit was 372 km/h in 1934!

WANT TO SEE MOOSE?

Moose watching is a popular activity in the region. If you are hoping for the chance to **safely observe the iconic King of the North American forest**, you have come to the right place!

Take a moose tour with an expert naturalist guide, where you will learn all about these majestic creatures and be sure of getting up close to at least one moose. Excursions take place at dusk.

Pemi Valley Moose Tours offers 3-hour guided bus tours every evening from mid-June to early September. (136 Main Street, Lincoln / 603-745-2744 / www.moosetoursnh.com).



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MOOSE WATCHING

AUTHENTIK TIP

Do you know the difference between moose and caribou? Moose (called elk in Europe) are the largest species in the deer family; the males have wide, flat antlers. Caribou look like reindeer and have slimmer, twig-like antlers.

Furthermore, both male and female caribou have antlers. But don't try to approach either a moose or a caribou if you come across one: they are wild animals and can be unpredictable! It is not uncommon to see them along the road, especially if you are driving in the mountains early in the morning or at dusk. Keep your eyes peeled... and your camera at the ready!



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VICTORIAN NORTH CONWAY TRAIN STATION

GLEN ELLIS FALLS ★

This **impressive waterfall** attracts thousands of visitors every year. The short (about 10 minutes), easy trail leading to the falls includes a series of staircases that will get your blood pumping on the way back up! The **water plunges 64 feet** into a magnificent deep green pool. A lovely, quick, inexpensive forest attraction that is well worth the stop.

ALONG HWY 16, JACKSON

FRANCONIA NOTCH STATE PARK ★★

Flume Gorge ★★, a natural gorge with towering granite walls, extends close to 250 metres at the base of Mount Liberty in **Franconia Notch State Park ★★**. Formed nearly **200 million years ago**, the Flume was **discovered accidentally in 1808** by a 93-year-old woman out fishing!

The well-maintained Flume trail offers long boardwalks and spectacular views. Highlights include a picturesque **covered bridge**, the superb **Avalanche Falls**, cascading mountain streams, **deep pools**, giant boulders and the fast-running river. Children will love crawling across the rocky **Wolf Den** path! Stop at the Visitors Centre for more information. (852 Daniel Webster Hwy, Lincoln / 603-745-8391 / www.nhstateparks.org/visit/state-parks/flume-gorge.aspx).

The **Cannon Mountain Aerial Tramway cable car ★★** brings visitors to the 4,080-foot summit of Cannon Mountain in under ten minutes. On a clear day, you can see the **mountains of four states and Canada!** At the summit, you'll find spectacular scenic walking paths, an observation deck, a cafe, bar and restrooms.

Open from late May to mid-October (260 Tramway Drive, Franconia / 603-823-8800 / www.cannonmt.com/things-to-do/attractions/tram).



GLEN ELLIS FALLS



FRANCONIA NOTCH STATE PARK

do/attractions/tram).

Echo Lake Beach ★ is a great place for a swim and a picnic. Canoes, kayaks and pedal boats can be rented at the general store by the lake.



FLUME GORGE

LOST RIVER GORGE AND BOULDER CAVES ★★

A spectacular underground adventure awaits! Admire **granite cliffs, waterfalls, underground caves and a lovely river** winding among rock and boulder formations. You may choose to remain on the 1.6 km boardwalk or set out to explore the fascinating underground world of the boulder caves! Sturdy footwear and outdoor clothing are recommended. **1712 LOST RIVER ROAD (ROUTE 112 WEST), NORTH WOODSTOCK 603-745-8031**
WWW.LOSTRIVERGORGE.COM

CRAWFORD NOTCH STATE PARK ★★

The 5,775 acres of **Crawford Notch State Park ★★** along Highway 302 offer numerous geographical and historical attractions. Some can be seen from the road, but you can easily stop off and explore them in person.

The park has numerous hiking trails, waterfalls and spectacular mountain views and is home to **Willey House ★**, a fascinating historic site to visit during summer (www.thewilleyhouse.com). **Saco River ★** is also a delightful place to stop for a picnic break along Highway 302.

FAMILY FUN!



With their many natural and man-made attractions and amusement parks, the White Mountains are a real children's paradise.

Story Land

Meet fairy tale characters, enjoy themed rides, shows and attractions... Write your own story with a day of family adventures in the Land Where Fairy Tales Come to Life! (850 NH Highway 16, Glen / 603-383-4186 / www.storylandnh.com).

Santa's Village

Pay a visit to Santa Claus's summer home in the White Mountains! Featuring reindeer and elves, gingerbread cookies, ice cream, roller coasters and other rides and activities for the whole family. (528 Presidential Hwy, Jefferson / 603-586-4445 / www.santasvillage.com).

Clark's Trading Post

This unique family theme park offers all the excitement of an old-time trading post. Where else can you watch a famous Black Bear Show, ride a Steam Train and be chased by the Infamous Wolfman - all in the same day! (110 Daniel Webster Hwy (Route 3), Lincoln / 603-745-8913 / www.clarkstradingpost.com).

Polar Caves Park

This nature attraction offers visitors the opportunity to explore 9 granite caves and go rock climbing on its Glacial Wall. The park also offers educational experiences that open eyes to the wonders of the region's unique geology and its animal inhabitants. (705 Rumney (Highway 25), Rumney / 603-536-1888 / www.polarcaves.com).



CRAWFORD NOTCH STATE PARK

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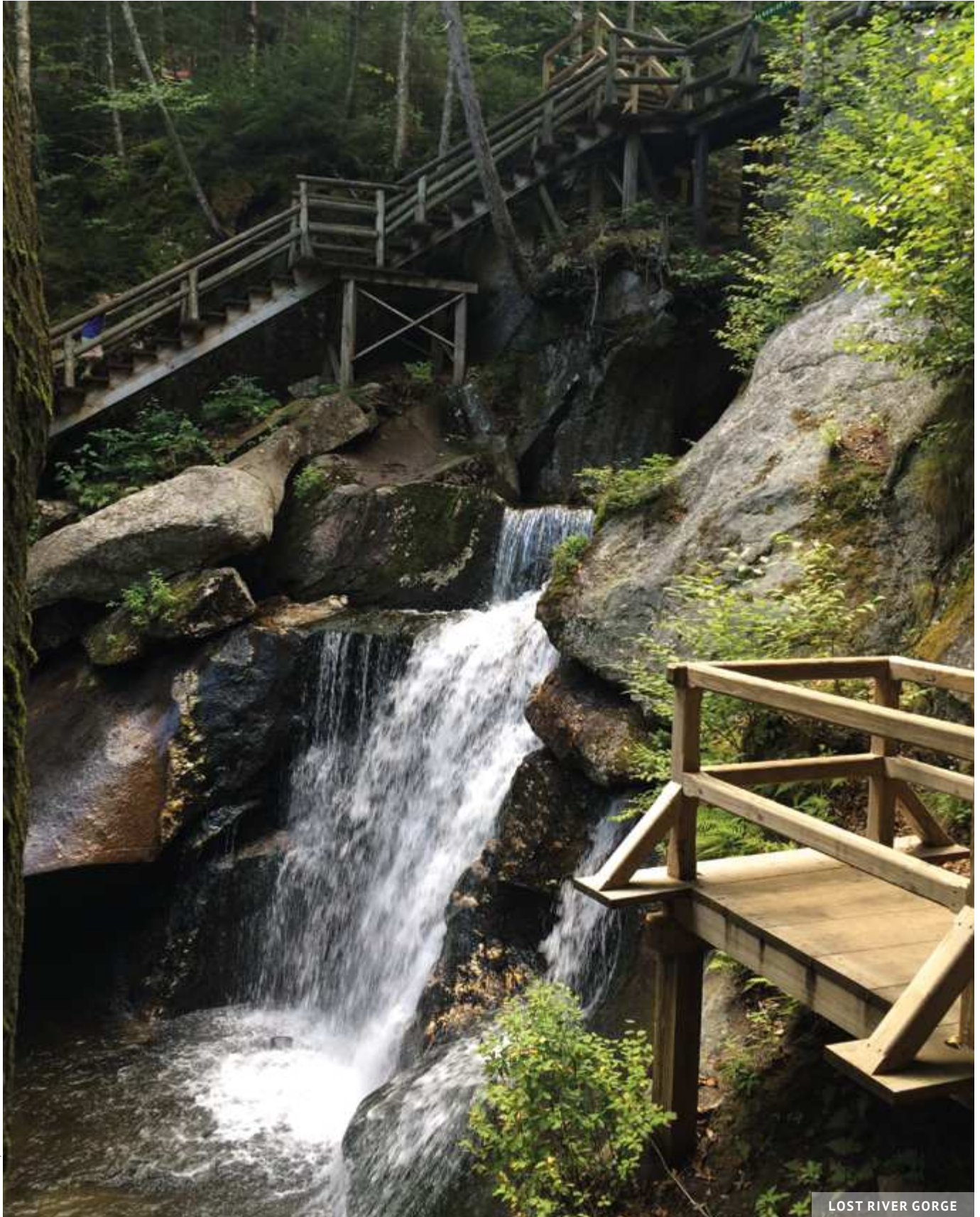


Family

★ Noteworthy

★★ Worth the detour

★★★ Must see



LOST RIVER GORGE

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WHERE TO EAT

WHITE MOUNTAIN CIDER CO (\$\$-\$\$\$)

Located on a charming New England property, the White Mountain Cider Co. uses seasonal ingredients in its creative contemporary cuisine. The menu includes pasta, burgers, steak, chicken, duck, soups, salads, etc., while the bar features a wide selection of artisan cocktails as well as a selection of quality wines. A casual atmosphere and attentive staff.

207 US-302, BARTLETT
603-383-9061
WWW.CIDERCONH.COM

MOAT MOUNTAINSMOKE HOUSE AND BREWING COMPANY (\$\$-\$\$\$)

Brew pub located in one of North Conway's historic buildings, offering a typically American menu with a wide selection of burgers, pizzas, nachos, wraps and soups, accompanied by excellent beer! This restaurant is part of the Valley Originals group of locally owned and operated restaurants, which encourages buying locally.

3378 WHITE MOUNTAINS HWY,
NORTH CONWAY
603-356-6381
WWW.MOATMOUNTAIN.COM

FLATBREAD COMPANY (\$\$-\$\$\$)

Great pizza cooked in an immense artisanal wood fired oven. You can even create your own pizza from the toppings menu. A warm, friendly atmosphere and casual country decor.

2760 WHITE MOUNTAIN HWY,
NORTH CONWAY
603-356-4470
WWW.FLATBREADCOMPANY.COM/
NORTH-CONWAY

MOUNT WASHINGTON HOTEL & RESORT DINING ROOM (\$\$\$\$)

This delightful restaurant, part of a majestic resort complex, offers fine dining in a superb setting, with stunning views of Mount Washington. The menu features an array of meat and seafood dishes and live music is provided every evening. Note that there is a dress code (no athletic wear or pool attire).

310 MOUNT WASHINGTON ROAD,
BRETTON WOODS
800-258-0330
WWW.OMNIHOTELS.COM/HOTELS/
BRETTON-WOODS-MOUNT-
WASHINGTON



MOUNT WASHINGTON COG RAILWAY

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SUNSET ON THE WHITE MOUNTAINS

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WHITE MOUNTAINS, NEW HAMPSHIRE

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Microbrewery

\$ Inexpensive \$\$ Moderate \$\$\$ Upscale \$\$\$\$ Fine dining