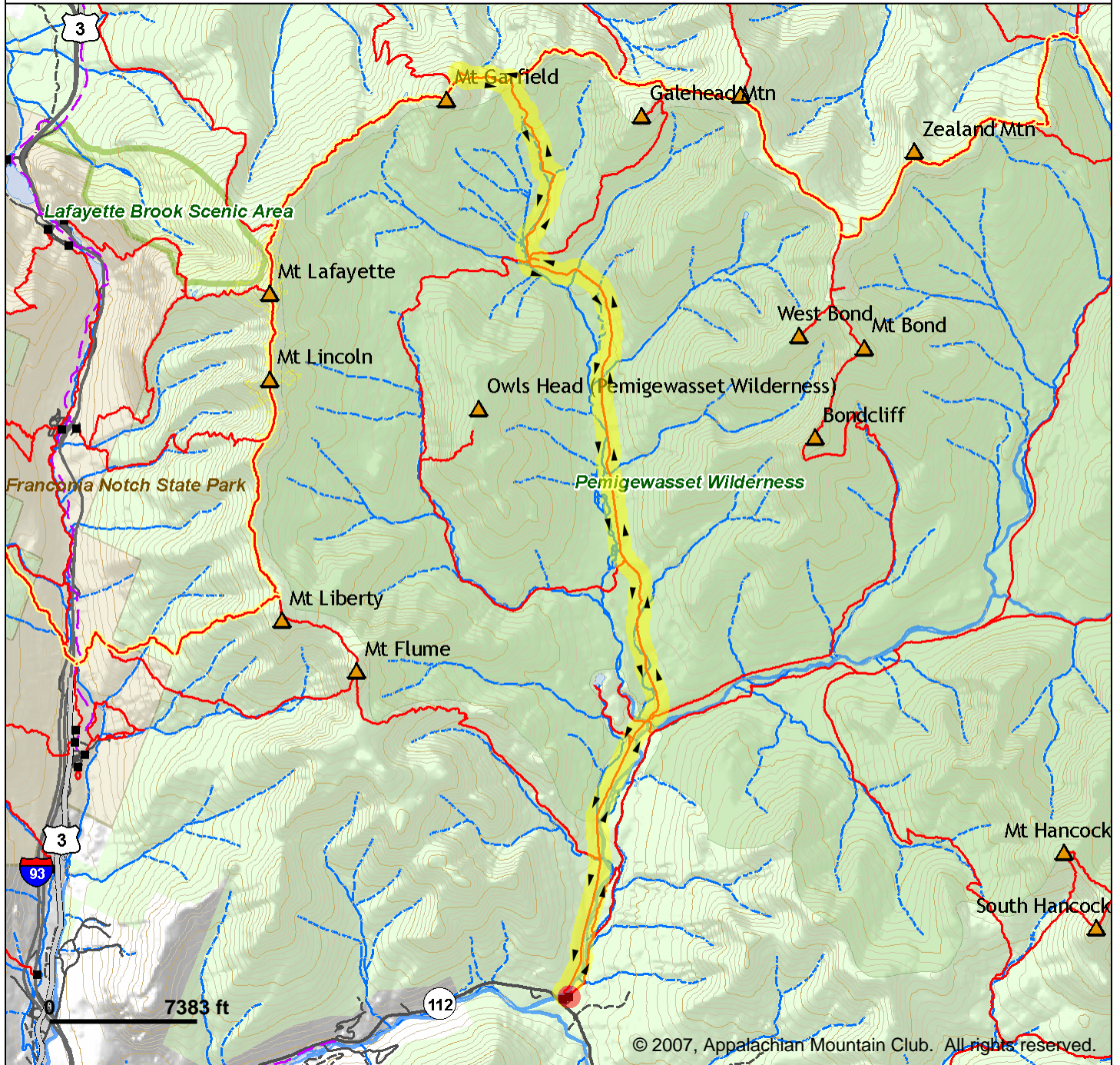


### 13 falls to garf shelter



**Notes**

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Distance	Time	Elev Change	Trail / Waypoint	Latitude	Longitude
			starting at Lincoln Woods Trailhead The Lincoln Woods Trail runs for 2.9 mi. and the Wilderness Trail continues another 6.0 mi. along the East Branch of the Pemigewasset River, from the Kancamangus Highway (NH 112) to Stillwater Junction. The Lincoln Woods Trail begins at a large parking area (Lincoln Woods) just east of the highway bridge over the East Branch, 5.6 mi. from the information center at the I-93 exit in Lincoln and about 0.3 mi. beyond the Hancock Campground.	44° 03' 51"	71° 35' 15"
			The Pemigewasset Wilderness Bridge removal and trail project has been completed. Hikers are advised that advance route planning is essential. If you are starting your hike at Lincoln Woods, be sure to start on the correct side of the East Branch of the Pemi River, using either the Lincoln Woods Trail or the Pemi East Side Trail, depending on your destination. Hikers planning to access Franconia Brook Trail or Bondcliff Trail should start on the Lincoln Woods Trail (west side of the river) and hikers planning to use Thoreau Falls Trail, Shoal Pond Trail, Desolation Trail, or points beyond should start on the Pemi East Side Trail. Do not rely on crossing the river at the site of the former suspension bridge. (Note: this bridge removal does not affect the suspension bridge located at the Lincoln Woods Trailhead.)		
			Greeley Ponds Trail from the Waterville Valley side and Dry River Trail are closed.  Livermore Trail and Lincoln Woods Trail sustained serious damage from washouts. They are open for use but caution is urged.		
1.40 mi	48 min	+118 ft	on Lincoln Woods Trail		
1.40 mi	48 min	+118 ft	The Lincoln Woods Trail is the major access route from the south for the western half of the Pemigewasset Wilderness and the adjoining mountains. It follows the bed of a logging railroad that last operated in 1948. 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.  Leaving the parking lot, the Lincoln Woods Trail runs across the porch of the Information Center and descends a wooden stairway, swings left past a kiosk and crosses the East Branch on a suspension bridge, then turns right and follows the railroad bed along the river, climbing almost imperceptibly.		
			to the junction of Osseo Trail	44° 04' 57"	71° 34' 54"
1.20 mi	40 min	+124 ft	on Lincoln Woods Trail		
2.60 mi	1 hr 28 min	+242 ft	The Osseo Trail diverges left. The Lincoln Woods Trail passes the Camp 8 clearing on the left, and soon comes close to the river's edge, where a fine view upstream to Bondcliff can be obtained from the rocks just off the trail. The trail crosses Birch Island Brook on a bridge, and after a long straight section, the Black Pond Trail leaves left.		
			to the junction of Black Pond Trail	44° 05' 55"	71° 34' 34"
0.27 mi	8 min	-1 ft	on Lincoln Woods Trail		
2.87 mi	1 hr 36 min	+240 ft	The former Franconia Brook Campsite (permanently closed to all camping) is situated on the left; the Franconia Brook East Campsite is located along the Pemi East Side Trail on the opposite side of the East Branch. There is no access across the river between these two points.		
			to the junction of Franconia Falls Trail	44° 06' 06"	71° 34' 23"
0.03 mi	2 min	+31 ft	on Lincoln Woods Trail		
2.90 mi	1 hr 38 min	+272 ft	Just before the bridge across Franconia Brook, a side trail leads left (north) up the west bank to Franconia Falls, where the brook falls over broad ledges with many fine cascades and pools.		
			to the junction of Pemi East Side to Wilderness Trail Connector	44° 06' 07"	71° 34' 21"
0.02 mi	1 min	+9 ft	on Lincoln Woods Trail		
2.92 mi	1 hr 39 min	+281 ft	The trail crosses Franconia Brook on a footbridge, meeting the junction with the Bondcliff Trail (formerly a section of the Wilderness Trail), which diverges to the right. About 50 yd. beyond the bridge, the Franconia Brook Trail diverges left up a bank.		

Distance	Time	Elev Change	Trail / Waypoint	Latitude	Longitude
			to the junction of Wilderness Trail, Franconia Brook Trail	44° 06' 08"	71° 34' 20"
entering wilderness area					
1.70 mi	1 hr 1 min	+281 ft	on Franconia Brook Trail		
4.62 mi	2 hr 40 min	+563 ft	This trail runs from the Wilderness Trail to the Garfield Ridge Trail east of the summit of Mt. Garfield, thus connecting the Pemigewasset East Branch valley with the Franconia-Garfield ridge crest. Practically the entire trail is in the Pemigewasset Wilderness. The many significant brook crossings might be difficult at high water.		
			The trail diverges north from the Wilderness Trail at a point about 50 yd. beyond the footbridge across Franconia Brook, at the boundary of the Pemigewasset Wilderness, and climbs up a steep bank to an old railroad grade, which it follows. It crosses Camp 9 Brook twice, and swings right off the railroad grade to bypass a section flooded by an enthusiastic beaver colony. The trail crosses Camp 9 Brook again, turns sharp left back along the brook (avoid the beaten path leading ahead into the swamp) and climbs its bank, and soon rejoins the railroad grade, turning sharp right on it. In the reverse direction, take care to make the left turn off the railroad grade and the right turn, at the brook crossing. The trail continues to the junction with the Lincoln Brook Trail, which diverges left (west).		
			to the junction of Lincoln Brook Trail	44° 07' 26"	71° 34' 36"
3.49 mi	2 hr 5 min	+463 ft	on Franconia Brook Trail		
8.11 mi	4 hr 45 min	+1026 ft	The Franconia Brook Trail next passes to the left of several small beaver ponds and open swamps, with views of lower ridges of the Mt. Bond to the east; in 2006, one short section of the trail was flooded by beaver activity, making necessary a bypass to the left across a beaver dam. It continues to ascend gradually on the old railroad grade, crossing Hellgate Brook, Redrock Brook, and Twin Brook, and passing through clearings at the sites of Camps 10, 12, and 13. The trail reaches 13 Falls, a series of beautiful waterfalls and cascades, and turns right, leaving the old railroad grade on an old logging road.		
			to the junction of Lincoln Brook Trail	44° 09' 54"	71° 35' 43"
0.01 mi	1 min	+14 ft	on Franconia Brook Trail		
8.12 mi	4 hr 46 min	+1040 ft	In 100 yd., the Lincoln Brook Trail reenters from the left (west), and in quick succession, a spur path leads right to 13 Falls Campsite.		
			to the junction of Thirteen Falls Tentsite access	44° 09' 55"	71° 35' 42"
0.10 mi	4 min	+36 ft	on Thirteen Falls Tentsite access		
8.22 mi	4 hr 50 min	+1076 ft	to Thirteen Falls Tentsite	44° 09' 55"	71° 35' 36"
0.10 mi	4 min	-36 ft	on Thirteen Falls Tentsite access		
8.32 mi	4 hr 54 min	+1040 ft	to the junction of Franconia Brook Trail	44° 09' 55"	71° 35' 42"
0.01 mi	1 min	+8 ft	on Franconia Brook Trail		
8.33 mi	4 hr 55 min	+1049 ft	The Twin Brook Trail branches off of the Franconia Brook Trail to the right.		
			to the junction of Twin Brook Trail	44° 09' 55"	71° 35' 42"
2.19 mi	1 hr 43 min	+1219 ft	on Franconia Brook Trail		
10.52 mi	6 hr 38 min	+2268 ft	The Franconia Brook Trail continues on an old logging road and crosses a branch of Franconia Brook, then climbs somewhat more steeply along old logging roads, often rather rough and muddy, to the top of the ridge, where it ends at the Garfield Ridge Trail in the deep col east of Mt. Garfield. Garfield Ridge Campsite is to the left (west) by the Garfield Ridge Trail and spur path.		
			to the junction of Garfield Ridge Trail	44° 11' 24"	71° 35' 56"
leaving wilderness area					
0.50 mi	15 min	+489 ft	on Garfield Ridge Trail		

Distance	Time	Elev Change	Trail / Waypoint	Latitude	Longitude
11.02 mi	6 hr 53 min	+2756 ft	This trail runs from the junction with the Franconia Ridge and Greenleaf trails at the summit of Mt. Lafayette to the Twinway near Galehead Hut, traversing the high ridge that joins the Franconia Range to South Twin Mountain and passing near the summit of Mt. Garfield on the way. The footway is rough, and there are numerous minor gains and losses of elevation, so the trail is more difficult than one might gather from a glance at the map. Extra time should be allowed, particularly by those carrying heavy packs.  From this junction the Garfield Ridge Trail ascends moderately, crosses a small brook, and soon becomes much steeper with one tricky section of wet ledge. There is a small brook beside the trail, and a side path on the right leads 200 yd. to the AMC's Garfield Ridge Campsite, passing a fine outlook over the Franconia Brook valley on the way.		
			to the junction of Garfield Ridge Campsite access	44° 11' 24"	71° 36' 25"
0.15 mi	8 min	+89 ft	on Garfield Ridge Campsite access		
11.17 mi	7 hr 1 min	+2845 ft	to Garfield Ridge Campsite	44° 11' 27"	71° 36' 30"
0.15 mi	8 min	-89 ft	on Garfield Ridge Campsite access		
11.32 mi	7 hr 9 min	+2756 ft	to the junction of Garfield Ridge Trail	44° 11' 24"	71° 36' 25"
0.50 mi	15 min	-489 ft	on Garfield Ridge Trail		
11.82 mi	7 hr 24 min	+2268 ft	The main trail continues to descend steeply with one tricky section of wet ledge. It crosses a small brook and reaches a major col, where the Franconia Brook Trail leaves right and descends to 13 Falls.  to the junction of Franconia Brook Trail	44° 11' 24"	71° 35' 56"
entering wilderness area					
2.19 mi	1 hr 43 min	-1219 ft	on Franconia Brook Trail		
14.01 mi	9 hr 7 min	+1049 ft	The Franconia Brook Trail begins at the Garfield Ridge Trail. It descends rather steeply along an old logging road, often rough and muddy until it crosses a branch of Franconia Brook.  to the junction of Twin Brook Trail	44° 09' 55"	71° 35' 42"
0.01 mi	1 min	-8 ft	on Franconia Brook Trail		
14.02 mi	9 hr 8 min	+1040 ft	The Twin Brook Trail branches off of the Franconia Brook Trail to the left.  to the junction of Thirteen Falls Tentsite access	44° 09' 55"	71° 35' 42"
0.01 mi	1 min	-14 ft	on Franconia Brook Trail		
14.03 mi	9 hr 9 min	+1026 ft	A spur path leads left to 13 Falls Campsite, and in quick succession, the Lincoln Brook Trail branches off to the right(west).  to the junction of Lincoln Brook Trail	44° 09' 54"	71° 35' 43"
3.49 mi	2 hr 5 min	-463 ft	on Franconia Brook Trail		
17.52 mi	11 hr 14 min	+563 ft	Passing the campsite, the trail reaches 13 Falls, a series of beautiful waterfalls and cascades, and turns left, leaving the old logging road on an old railroad grade. It continues to descend gradually, passing through clearings at the sites of Camps 10, 12, and 13, and crossing Twin Brook, Redrock Brook, and Hellgate Brook. The Franconia Brook Trail next passes to the right of several small beaver ponds and open swamps, with views of lower ridges of the Mt. Bond to the east; in 2006, one short section of the trail was flooded by beaver activity, making necessary a bypass to the right across a beaver dam.  to the junction of Lincoln Brook Trail	44° 07' 26"	71° 34' 36"
1.70 mi	1 hr 1 min	-281 ft	on Franconia Brook Trail		
19.22 mi	12 hr 15 min	+281 ft	The trail continues to the junction with the Lincoln Brook Trail, which diverges right(west). The trail departs the railroad grade to bypass a section flooded by an enthusiastic beaver colony, descends the bank of Camp 9 Brook, and turns sharp right along the brook. Take care to make the left turn off the railroad grade and the right turn at the brook crossing. It crosses Camp 9 Brook twice, leaves the railroad grade, descends a steep bank, reaches the boundary of the Pemigewasset Wilderness, and terminates at the footbridge across the Franconia Brook.  to the junction of Lincoln Woods Trail, Wilderness Trail	44° 06' 08"	71° 34' 20"
leaving wilderness area					

Distance	Time	Elev Change	Trail / Waypoint	Latitude	Longitude
0.02 mi 19.24 mi	1 min 12 hr 16 min	-9 ft +272 ft	on Lincoln Woods Trail From its junction with the Bondcliff Trail (formerly a section of the Wilderness Trail), the Lincoln Woods Trail crosses Franconia Brook on a footbridge. to the junction of Pemi East Side to Wilderness Trail Connector	44° 06' 07"	71° 34' 21"
0.03 mi 19.27 mi	2 min 12 hr 18 min	-31 ft +240 ft	on Lincoln Woods Trail Almost immediately, a side trail branches to the right leading to Franconia Falls, where the brook falls over broad ledges with many fine cascades and pools. The Lincoln Woods Trail continues ahead, descending very gradually along an old railroad bed. to the junction of Franconia Falls Trail	44° 06' 06"	71° 34' 23"
0.27 mi 19.54 mi	8 min 12 hr 26 min	+1 ft +242 ft	on Lincoln Woods Trail The former Franconia Brook Campsite (permanently closed to all camping) is situated on the right; the Franconia Brook East Campsite is located along the Pemi East Side Trail on the opposite side of the East Branch. There is no access across the river between these two points. to the junction of Black Pond Trail	44° 05' 55"	71° 34' 34"
1.20 mi 20.74 mi	40 min 13 hr 6 min	-124 ft +118 ft	on Lincoln Woods Trail The Black Pond Trail leaves to the right. Continuing on the old railroad bed, the Lincoln Woods Trail traverses a long straight section, then crosses Birch Island Brook on a bridge. It soon approaches the river's edge, where a fine view upstream to Bondcliff can be obtained from the rocks just off the trail. Soon it passes the Camp 8 clearing on the right, and then the Osseo Trail diverges to the right. to the junction of Osseo Trail	44° 04' 57"	71° 34' 54"
1.40 mi 22.14 mi	48 min 13 hr 54 min	-118 ft 0 ft	on Lincoln Woods Trail The trail continues, descending almost imperceptibly, until it reaches the suspension bridge on the left. The trail follows the bridge across the East Branch, swings left at a kiosk, and ascends a wooden stairway up to the porch of the Information Center, where the trail terminates. to Lincoln Woods Trailhead The Lincoln Woods Trail runs for 2.9 mi. and the Wilderness Trail continues another 6.0 mi. along the East Branch of the Pemigewasset River, from the Kancamangus Highway (NH 112) to Stillwater Junction. The Lincoln Woods Trail begins at a large parking area (Lincoln Woods) just east of the highway bridge over the East Branch, 5.6 mi. from the information center at the I-93 exit in Lincoln and about 0.3 mi. beyond the Hancock Campground.	44° 03' 51"	71° 35' 15"
22.14 mi	13 hr 54 min	0 ft	<b>Totals</b>		

## 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
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](http://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 of preparing for your next hike, see: [www.outdoors.org/triplanner](http://www.outdoors.org/triplanner)

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](http://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](http://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](http://www.outdoors.org/education).