

Notes
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$

| Distance | Time | Elev Change | Trail / Waypoint <br> starting at Liberty Trailhead, Brook Trailhead <br> The Liberty Trail begins at the parking area just before the gate on Paugus Rd. (FR 68). Paugus Rd. is off of Fowler's Rd. Fowler's Rd. runs between NH 16 (at the bridge that crosses the south end of Chocorua Lake, about 1.5 mi . north of Chocorua village, where it is signed Chocorua Lake Rd.) and NH 113A ( 3.3 mi . north of the eastern junction of NH 113 and NH 113A in Tamworth, and just north of the bridge over Paugus Brook). Paugus Rd. (FR 68) branches north (sign) from Fowler's Mill Rd. 1.2 mi. east of NH 113 A , and runs to a parking area at 0.8 mi ., beyond which the road is closed to vehicles. |
| :---: | :---: | :---: | :---: |
| $\begin{aligned} & 0.10 \mathrm{mi} \\ & 0.10 \mathrm{mi} \end{aligned}$ | 4 min 4 min | $+24 \mathrm{ft}$ | on Brook Trail <br> This trail runs from the parking area at the end of Paugus Rd. (FR 68) to the summit of Chocorua. The country people cut the trail to avoid paying a toll on the Liberty Trail. High up, it ascends steep ledges with excellent views; it is much more scenic but also more difficult than the Liberty Trail, and potentially dangerous in wet or icy conditions. An excellent loop trip can be made by ascending the Brook Trail and descending the Liberty Trail. |
|  |  |  | From the parking area on Paugus Rd., continue north on the gravel road (FR 68) past the gate. The Bolles Trail diverges left, and just before the bridge over Claybank Brook, the Brook Trail diverges to the right off the gravel road. to the junction of Bolles Trail |
| 0.80 mi | 32 min | +243 ft | on Brook Trail |
| 0.90 mi | 36 min | +267 ft | The trail follows the south bank of the brook, soon turns right onto a relocated section and ascends, then swings left and descends back to the brook. It passes a junction on the left with the Bickford Trail, and climbs well above the brook. to the junction of Bickford Trail |
| 2.10 mi | 1 hr 45 min | +1379 ft | on Brook Trail |
| 3.00 mi | 2 hr 21 min | +1647 ft | The trail returns to the brook at a tiny waterfall, then finally crosses it. The trail becomes steeper, and the first ledge is reached; just beyond here, the Bee Line Trail now enters from the left. <br> to the junction of Bee Line Trail |
| 0.40 mi | 29 min | +564 ft | on Brook Trail |
| 3.40 mi | 2 hr 50 min | +2210 ft | From here, the trail climbs the steep, open ledges of Farlow Ridge, where it is marked with cairns and yellow paint; there is one fairly difficult scramble. The Liberty Trail joins from the right on a ledge. <br> to the junction of Liberty Trail |
| 0.02 mi | 1 min | +16 ft | on Liberty Trail |
| 3.42 mi | 2 hr 51 min | +2227 ft | This is the easiest route to Chocorua from the southwest (and probably the easiest of all the routes on the mountain), though there are some steep ledges in its upper part that are potentially dangerous if wet or icy. This is a very old path that was improved somewhat by James Liberty in 1887, and further developed as a toll bridle path by David Knowles and Newell Forrest in 1892. Knowles built the two-story Peak House in 1892, which was blown down in September 1915. The stone stable was rebuilt by the CMC in 1924 and named the Jim Liberty Shelter. This lasted until 1932, when spring winds blew off the roof, and in 1934, the WMNF replaced it with an enclosed cabin with bunks. Overnight use is allowed only inside the cabin, and fires are not allowed. |
|  |  |  | In about 35 yd. from the junction with the Liberty Trail, the West Side Trail, a bad-weather summit bypass, turns left (north), and the Brook Trail climbs steeply east over the ledges. to the junction of West Side Trail |
| 0.16 mi | 13 min | +276 ft | on Liberty Trail |
| 3.58 mi | 3 hr 4 min | +2502 ft | The path then swings left (northeast) to the junction where the Piper Trail enters left (sign). The two trails climb east to the summit through a small gully. <br> to the junction of Piper Trail, Brook Trail |
| 0.02 mi | 2 min | +60 ft | on Piper Trail |


| Latitude | Longitude |
| :---: | :---: |
| $43^{\circ} 55^{\prime} 03^{\prime \prime}$ | $71^{\circ} 17^{\prime} 36^{\prime \prime}$ |

43º 55' 08" $71^{\circ} 17{ }^{\prime} 44^{\prime \prime}$

430 55' 43" $71^{\circ} 17{ }^{\prime} 39^{\prime \prime}$
$43^{\circ} 56^{\prime} 58^{\prime \prime} 71^{\circ} 16^{\prime} 43 "$
$43^{\circ} 57^{\prime} 09^{\prime \prime} 71^{\circ} 16^{\prime} 32^{\prime \prime}$
$43^{\circ} 57^{\prime} 10^{\prime \prime} \quad 71^{\circ} 16^{\prime} 31^{\prime \prime}$

43ㅇำ' $15^{\prime \prime} 71^{\circ} 16^{\prime} 25^{\prime \prime}$

| Distance | Time | Elev Change | Trail / Waypoint | Latitude | Longitude |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 3.60 mi | 3 hr 6 min | +2563 ft | This heavily used trail to Chocorua from NH 16, first blazed by Joshua Piper, begins behind Davies Campground and General Store. It is one of the most heavily used trails in the White Mountains. To reach the new trailhead parking area, drive in on the dirt road to the right of the store (signs). |  |  |
|  |  |  | The trail climbs a rock gully to the summit. to Mt Chocorua | $43^{\circ} 57^{\prime \prime} 16^{\prime \prime}$ | $71^{\circ} 16^{\prime 2}{ }^{\prime \prime}$ |
| $\begin{aligned} & 0.02 \mathrm{mi} \\ & 3.62 \mathrm{mi} \end{aligned}$ | $\begin{array}{r} 1 \mathrm{~min} \\ 3 \mathrm{hr} 7 \mathrm{~min} \end{array}$ | -60 ft | on Piper Trail |  |  |
|  |  |  | The Piper Trail descends a rock gully to the junction with the Brook Trail. <br> to the junction of Liberty Trail, Brook Trail | $43^{\circ} 57^{\prime \prime} 15^{\prime \prime}$ | 710 $16{ }^{\prime}$ 25' |
| $\begin{aligned} & 0.16 \mathrm{mi} \\ & 3.78 \mathrm{mi} \end{aligned}$ | $\begin{array}{r} 5 \mathrm{~min} \\ 3 \mathrm{hr}-12 \mathrm{~min} \end{array}$ | $+2227 \mathrm{ft}$ | on Liberty Trail |  |  |
|  |  |  | The Brook and Piper trails descend from the summit of Mt. Chocorua together through a small gully. The Piper Trail leaves right (sign). |  |  |
|  |  |  | to the junction of West Side Trail | $43^{\circ} 57^{\prime \prime} 10^{\prime \prime}$ | $71^{\circ} 16^{\prime} 31 "$ |
| 0.02 mi | 1 min | -16 ft | on Liberty Trail |  |  |
| 3.80 mi | 3 hr 13 min | +2210 ft | The West Side Trail, a bad-weather summit bypass, diverts right(south), and the Brook Trail descends steeply east over the ledges. |  |  |
|  |  |  | to the junction of Brook Trail | $43^{\circ} 57^{\prime} 09^{\prime \prime}$ | $71^{\circ} 16^{\prime} 32$ |
| 0.30 mi | 10 min | -173 ft | on Liberty Trail |  |  |
| 4.10 mi | 3 hr 23 min | +2037 ft | The Liberty Trail leaves the Brook Trail on a ledge. It passes two outlooks to the south then descends moderately with some ledge scrambling (use caution if wet or icy) as it circles around the southwest side of the cone. It then follows the old bridle path, which was blasted out of the rock in many places. |  |  |
|  |  |  | to Jim Liberty Cabin | $43^{\circ} 57^{\prime} 05^{\prime \prime}$ | $71^{\circ} 16^{\prime \prime} 16^{\prime \prime}$ |
| 0.60 mi | 20 min | -397 ft | on Liberty Trail |  |  |
| 4.70 mi | 3 hr 43 min | +1640 ft | It arrives at Jim Liberty Cabin, where a side path on the left (sign) descends to a mediocre water source and a nearby ledge with a view east. It descends past an outlook ledge on the left then descends into a sag. It passes a ledge on the right with a view west then climbs over a hump. |  |  |
|  |  |  | to the junction of Hammond Trail | $43^{\circ} 56^{\prime} 44^{\prime \prime}$ | $71^{\circ} 16^{\prime} 05^{\prime \prime}$ |
| 0.90 mi | 29 min | -367 ft | on Hammond Trail |  |  |
| 5.60 mi | 4 hr 12 min | +1273 ft | This trail provides a route up Bald Mountain, the ledgy south shoulder of Mt. Chocorua. |  |  |
|  |  |  | The trail descends slightly from the Liberty Trail, then ascends a hump, where the summit of Mt. Chocorua can be seen. It enters a fine spruce forest and crosses several ledgy humps, passing several outlooks to the left of the trail. Then the Weetamoo Trail enters on the left. <br> to the junction of Weetamoo Trail | $43^{\circ} 56^{\prime} 19^{\prime \prime}$ | 71¹5 ${ }^{\text {2 }}$ 23' |
| 1.90 mi | 1 hr 1 min | -1236 ft | on Weetamoo Trail |  |  |
| 7.50 mi | 5 hr 13 min | +37 ft | This attractive trail with moderate grades connects the lower part of the Piper Trail with the Hammond Trail well up on Bald Mountain, and gives access to the open ledges of the south ridge of Chocorua from the Piper Trail. |  |  |
|  |  |  | The trail begins at the Hammond Trail, descending moderately. It reaches Weetamoo Rock, an immense boulder, then passes a restricted outlook to Chocorua in spruce woods. It then descends through young hardwood growth, and descends a long switchback. It follows a tributary of the Chocorua River, then follows the river downstream. It crosses the river in a fine hemlock grove and descends easily to the Piper Trail. <br> to the junction of Piper Trail | $43^{\circ} 56^{\prime} 42^{\prime \prime}$ | $71^{\circ} 14^{\prime \prime} 13$ |
| 0.60 mi | 31 min | +429 ft | on Piper Trail |  |  |
| 8.10 mi | 5 hr 44 min | +466 ft | The Weetamoo Trail diverges left and, soon after, the Nickerson Ledge Trail diverges right. <br> to the junction of Nickerson Ledge Trail | 43 ${ }^{\circ} 56^{\prime} 57{ }^{\prime \prime}$ | $71^{\circ} 14^{\prime} 42^{\prime \prime}$ |
| 0.80 mi | 36 min | +365 ft | on Nickerson Ledge Trail |  |  |


| Distance | Time | Elev Change | Trail / Waypoint | Latitude | Longitude |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 8.90 mi | 6 hr 20 min | +831 ft | This trail connects the Piper Trail with the Carter Ledge Trail and Middle Sister, making possible loop hikes that include the attractive ledges on the northeast part of the mountain. |  |  |
|  |  |  | The trail leaves the Piper Trail shortly beyond that trail's junction with the Weetamoo Trail, and climbs rather steeply to Nickerson Ledge, which has a view south to the Ossipee Range, then continues along a broad ridge with a gradual ascent to the Carter Ledge Trail well above White Ledge Campground. to the junction of Carter Ledge Trail | $43^{\circ} 57^{\prime} 22^{\prime \prime}$ | $71^{\circ} 14{ }^{\prime \prime}$ |
| $\begin{aligned} & 0.70 \mathrm{mi} \\ & 9.60 \mathrm{mi} \end{aligned}$ | 41 min | $+647 \mathrm{ft}$ | on Carter Ledge Trail |  |  |
|  | 7 hr 1 min | +1477 ft | This trail provides an attractive route to Middle Sister from White Ledge Campground or (via Nickerson Ledge Trail) from the Piper Trail. Carter Ledge, an interesting objective in its own right, is a fine open ledge with views of Chocorua and one of only a few colonies of jack pine (Pinus banksiana) that exist in the White Mountains. The trailhead is located on the left branch of the campground road; park in the parking lot at the campground picnic area. |  |  |
|  |  |  | After a short descent, the Carter Ledge Trail crosses a small brook and soon ascends a steep, gravelly slope with poor footing. It turns sharp right and up at a gravelly slide with a view of Mt. Chocorua; this turn is easily missed. Continuing to climb steeply with many fine views from the ledges, the trail passes through the jack pine stand and reaches the summit of the ledge, where there is a good view north a few steps to the right of the trail. <br> to Carter Ledge | $43^{\circ} 57^{\prime \prime} 42^{\prime \prime}$ | $71^{\circ} 15^{\prime} 16^{\prime \prime}$ |
| 1.00 mi | 56 min | +760 ft | on Carter Ledge Trail |  |  |
| 10.60 mi | 7 hr 57 min | +2237 ft | It passes through a sag, then works its way up the ledgy slope of Third Sister-steeply at times, with several outlooks and ledges that can be dangerous in wet or icy conditions, one of them a particularly tricky scramble on a potentially slippery, downward sloping ledge-and reaches the Middle Sister Trail northeast of Middle Sister. <br> to the junction of Middle Sister Trail | $43^{\circ} 58^{\prime} 00^{\prime \prime}$ | $71^{\circ} 15^{\prime} 58{ }^{\prime \prime}$ |
| $\begin{array}{r} 0.44 \mathrm{mi} \\ 11.04 \mathrm{mi} \end{array}$ | 20 min | +88 ft | on Middle Sister Trail |  |  |
|  | 8 hr 17 min | +2325 ft | This trail begins on the Carter Ledge Trail, climbs over the Three Sisters, and ends at the Champney Falls Trail in the saddle between the Sisters and Chocorua. It provides good views. |  |  |
|  |  |  | The Carter Ledge Trail enters on the left, and the Middle Sister Trail climbs steeply, with several ledge scrambles, crosses the ledgy summit of Third Sister and a small dip beyond, then reaches the summit of the Middle Sister. to the junction of Middle Sister Cutoff | $43^{\circ} 57^{\prime} 50 \prime$ | $71^{\circ} 16^{\prime} 15^{\prime \prime}$ |
| 0.36 mi | 14 min | $-57 \mathrm{ft}$ | on Middle Sister Trail |  |  |
| 11.40 mi | 8 hr 31 min | +2268 ft | The trail descends across ledges marked by paint, passes the Champney Falls Cutoff (right), and climbs over the open ledges of First Sister to its terminus on the Champney Falls Trail. to the junction of Champney Falls Trail | $43^{\circ} 57^{\prime} 38{ }^{\prime \prime}$ | $71^{\circ} 16^{\prime} 24^{\prime \prime}$ |
| 0.05 mi | 2 min | -3 ft | on Champney Falls Trail |  |  |
| 11.45 mi | 8 hr 33 min | +2265 ft | This heavily used trail runs from the Kancamagus Highway, to the Piper Trail in the flat saddle between Chocorua and the Three Sisters. Champney Falls is attractive, particularly when there is a good flow of water, and the trail has moderate grades all the way. |  |  |
|  |  |  | In another 80 yd., the Champney Falls Trail ends at its junction with the Piper Trail. <br> to the junction of Piper Trail | $43^{\circ} 57^{\prime} 36 "$ | $71^{\circ} 16^{\prime} 25^{\prime \prime}$ |
| 0.80 mi | 25 min | -691 ft | on Piper Trail |  |  |
| 12.25 mi | 8 hr 58 min | +1574 ft | The Champney Falls Trail enters left and the trail leaves the woods and descends past several outlooks. It soon reaching open ledges with spectacular views to the north, east, and south. The trail then reenters the woods for good an descends with stone steps and paving, and turns sharp left. to the junction of Camp Penacook access | $43^{\circ} 57^{\prime} 28^{\prime \prime}$ | $71^{\circ} 16^{\prime} 01^{\prime \prime}$ |
| 0.20 mi | 11 min | +170 ft | on Camp Penacook access |  |  |
| 12.45 mi | 9 hr 9 min | +1744 ft |  |  |  |
|  |  |  | to Camp Penacook | $43^{\circ} 57^{\prime} 29^{\prime \prime}$ | $71^{\circ} 16^{\prime} 09$ |


| Distance | Time | Elev Change | Trail / Waypoint | Latitude | Longitude |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 0.20 mi | 6 min | -170 ft | on Camp Penacook access |  |  |
| 12.65 mi | 9 hr 15 min | +1574 ft | to the junction of Piper Trail | $43^{\circ} 57{ }^{\prime \prime} 2$ | $71^{\circ} 16^{\prime} 01^{\prime \prime}$ |
| 0.80 mi | 46 min | +691 ft | on Piper Trail |  |  |
| 13.45 mi | 10 hr 1 min | +2265 ft | The main trail turns sharp right at this junction and ascends, with more stone steps and paving, soon reaching open ledges with spectacular views to the north, east, and south. After ascending past several outlooks, it reenters the woods and climbs to the ridge crest, where the Champney Falls Trail enters right. to the junction of Champney Falls Trail | 430 57' 36 | $71^{\circ} 16^{\prime} 25^{\prime \prime}$ |
| 0.20 mi | 8 min | +29 ft | on Piper Trail |  |  |
| 13.65 mi | 10 hr 9 min | +2294 ft | Then the West Side Trail (part of the original Liberty Trail bridle path) enters on the right. <br> to the junction of West Side Trail | 430 57' 30" | $71^{\circ} 16^{\prime} 30$ |
| $\begin{array}{r} 0.50 \mathrm{mi} \\ 14.15 \mathrm{mi} \end{array}$ | 18 min 10 hr 27 min | $\begin{array}{r} -68 \mathrm{ft} \\ +2227 \mathrm{ft} \end{array}$ | on West Side Trail <br> This trail runs from the Piper Trail north of the summit of Chocorua to the ledge where the Liberty and Brook trails join. It has easy grades and is well sheltered, and affords a route for avoiding the summit rocks in bad weather. |  |  |
|  |  |  | It leaves the Piper Trail in a flat wooded area north of the summit and circles the west side of the cone to the Brook Trail, 35 yd . above its junction with the Liberty Trail. <br> to the junction of Liberty Trail | 430 $57^{\prime \prime} 10^{\prime \prime}$ | $71^{\circ} 16^{\prime} 31^{\prime \prime}$ |
| 0.02 mi | 1 min | -16 ft | on Liberty Trail |  |  |
| 14.17 mi | 10 hr 28 min | +2210 ft | The West Side Trail, a bad-weather summit bypass, diverts right(south), and the Brook Trail descends steeply east over the ledges. <br> to the junction of Brook Trail | 430 57' 09" | $71^{\circ} 16^{\prime} 32^{\prime \prime}$ |
| 0.30 mi | 10 min | -173 ft | on Liberty Trail |  |  |
| 14.47 mi | $10 \text { hr } 38$ $\min$ | +2037 ft | The Liberty Trail leaves the Brook Trail on a ledge. It passes two outlooks to the south then descends moderately with some ledge scrambling (use caution if wet or icy) as it circles around the southwest side of the cone. It then follows the old bridle path, which was blasted out of the rock in many places. to Jim Liberty Cabin | $43^{\circ} 57{ }^{\prime \prime} 0$ | $71^{\circ} 16^{\prime} 16^{\prime \prime}$ |
| 0.60 mi | 20 min | -397 ft | on Liberty Trail |  |  |
| 15.07 mi | $\begin{array}{r} 10 \mathrm{hr} 58 \\ \min \end{array}$ | +1640 ft | It arrives at Jim Liberty Cabin, where a side path on the left (sign) descends to a mediocre water source and a nearby ledge with a view east. It descends past an outlook ledge on the left then descends into a sag. It passes a ledge on the right with a view west then climbs over a hump. to the junction of Hammond Trail | 430 56' $44{ }^{\prime \prime}$ | $71^{\circ} 16^{\prime} 05^{\prime \prime}$ |
| 2.70 mi | 1 hr 23 min | -1640 ft | on Liberty Trail |  |  |
| 17.77 mi | 12 hr 21 min | 0 ft | It descends moderately to the Hammond Trail which enters left at the ridge top. It crosses Durrell Brook, and then descends at a steady, moderate grade, mostly along the route of the former bridle path. The grade eases and the trail enters a logging road, passes a gate, and ends in the parking area. <br> to Liberty Trailhead, Brook Trailhead <br> The Liberty Trail begins at the parking area just before the gate on Paugus Rd. (FR 68). Paugus Rd. is off of Fowler's Rd. Fowler's Rd. runs between NH 16 (at the bridge that crosses the south end of Chocorua Lake, about 1.5 mi . north of Chocorua village, where it is signed Chocorua Lake Rd.) and NH 113A ( 3.3 mi . north of the eastern junction of NH 113 and NH 113A in Tamworth, and just north of the bridge over Paugus Brook). Paugus Rd. (FR 68) branches north (sign) from Fowler's Mill Rd. 1.2 mi. east of NH 113 A , and runs to a parking area at 0.8 mi ., beyond which the road is closed to vehicles. | 430 55' 03" | $71^{\circ} 17^{\prime} 36$ |
| 17.77 mi | $12 \text { hr } 21$ $\min$ | 0 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

Appalachian Mountain Club Pinkham Notch Visitor Center
U.S. Forest Service

National Weather Service

911
603-466-2721
603-528-8721
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 $1 / 4$ 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 of 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.

