

Cohos Trail Pages 2022

(Interactive PDF for Gaia GPS)

A Complete Cohos Trail Guidebook

Rick “Attroll” Towle



Title
Map
Content & more
Preface
Book Expain
Legends
Get to Approach Trails
Shuttle Providers
Cohos
Resupply
Manufact
Planning
Shelters Campsite
Slang
Bear Bag
Indexs
Author

Copyright © 2022 Rick Towle. All rights reserved.
All rights reserved. No part of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without the permission in writing from the publisher, except by reviewers, who may quote brief passages in a review.

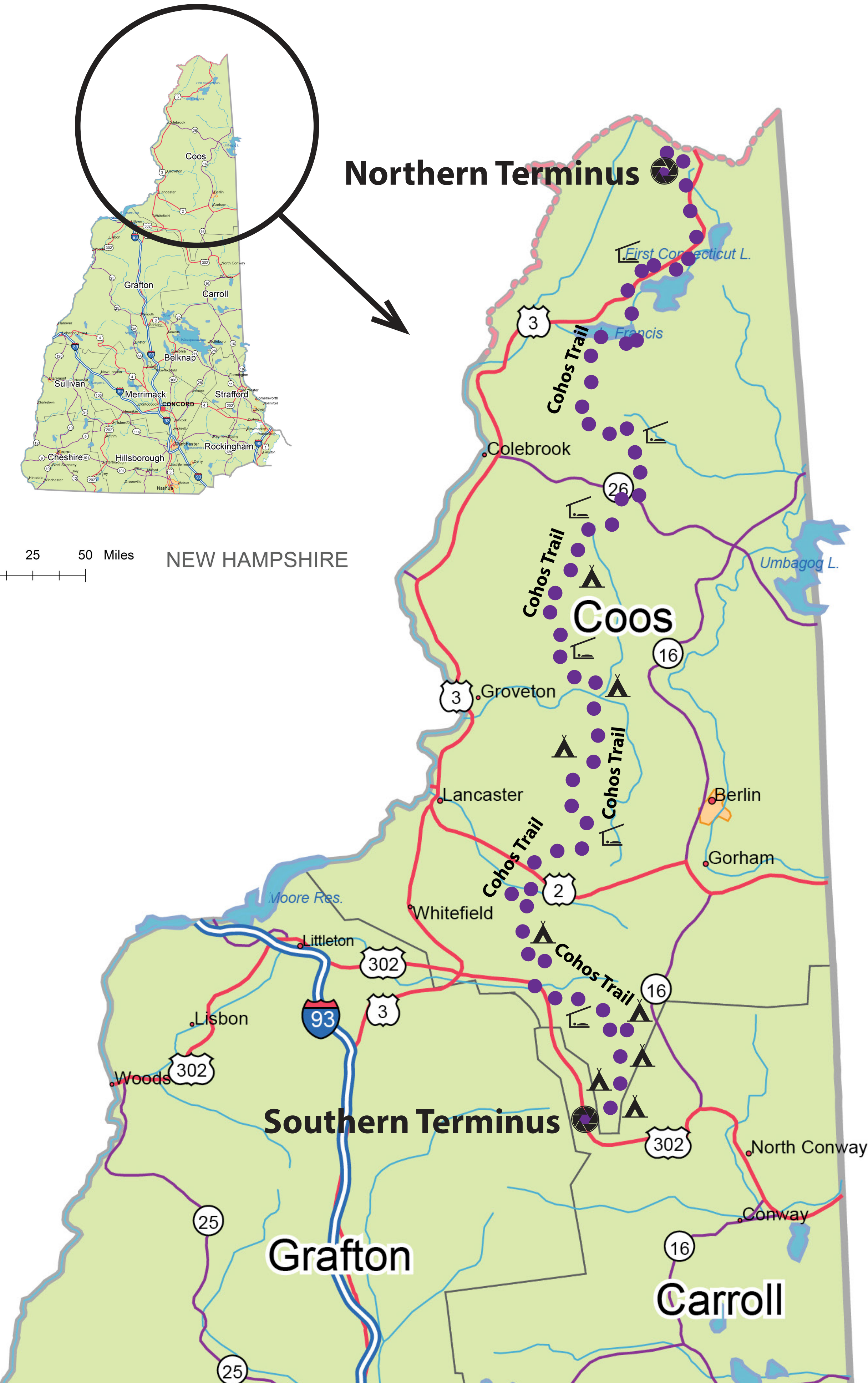
The diamond, Cohos Trail logo, hiker logo and any other logos in this book are copyrighted and trademarked to WhiteBlaze Pages.
The hammock logo is copyrighted and trademarked to Hammock Forums. All rights reserved.

Cohos Trail Pages is not liable for any accidents or injuries to persons using this data.

All aspects of this book are designed and printed in the United States.

Cohos Trail Pages
www.whiteblazepages.com
lwhiteblazepages@gmail.com

Cohos Trail Map



Title
Map
Content & more
Preface
Book Explain
Legends
Get to Approach Trails
Shuttle Providers
Cohos
Resupply
Manufact
Planning
Shelters Campsite
Slang
Bear Bag
Indexs
Author

Contents	
Title, Copyright	i
Cohos Trail Map	ii
Contents	iii
Preface, book updates	iv
Feedback	iv
Updates and corrections	iv
Acknowledgements	iv
Common Cohos Trail questions	v
Abbreviations	1
Prices in this book	1
Icons in this book	1
Profiles and their icons	1
Descriptions of maps in this book	1
Understanding Trail marking on the Cohos Trail	2
Parentheses, braces, and brackets and their meanings	2
GPS formatting	2
Trail marking on the Cohos Trail	2
National Forest Lands	3
Camping in the backcountry	3
Shelters, Huts, tent sites, and Campsites	3
Mail drop explanation	3
Mail drop, Town, and Shuttle legend	3
Trail Names	4
Bear Safety and storing food	4
Hitchhiking	5
Notes, information, and warnings	6
Hypothermia	7
Water treatment	8
Black flies	8
Ticks/Lyme Disease	9
Trail Tidbits	10
Cohos Trail Facts	10
Leave No Trace (LNT)	11
Support the Cohos Trail Association	11
Legends	12
Trail data description explanation	12
Town data description explanation	13
Getting to the Southern Terminus's	13
Map for getting to the Southern Terminus	13
Parking options for the Southern Terminus	13
Getting to the Northern Terminus	14
Map for getting to the Northern Terminus	14
Parking options for the Northern Terminus	14
Shuttle Providers servicing the Cohos Trail	15
Cohos Trail data	17
Resupply options	29
Manufacturers Listings	29
Planning and Preparation	31
Keeping a Journal	33
Shelters, Campsites, and Campgrounds	34
Hiker Slang	35
Bear bag hanging diagram	37
Index of maps in this book	38
Index of shelters and important items	38
About the author	39

Title
Map
Content & more
Preface
Book Explain
Legends
Get to Approach Trails
Shuttle Providers
Cohos
Resupply
Manufact
Planning
Shelters Campsite
Slang
Bear Bag
Indexs
Author
© Cohos Trail Pages www.whiteblazepages.com
- iii -

Preface

Cohos Trail Pages is designed for thru-hikers, long-distance hikers, and section-hikers on the Cohos Trail. Its aim is to assist you in determining your location and surrounding features, and to locate nearby re-supply options and other needed services.

With help from the Cohos Trail community, I have made every effort to make this as up to date as possible; however the trail and its surroundings are constantly changing. If you find any inaccurate information in this book, I would greatly appreciate it if you would write through the the email listed in this book.

This book was done by hands-on research and data collection. The establishments in this book do not pay to be listed. I receive no funding to produce this book. I currently do not pay anyone for furnishing information.

This is a guidebook. It is not intended to help you pick out gear needed for hiking or overnight hiking on the Cohos Trail. You will have to research this yourself. A good website to ask question about this is WhiteBlaze (www.whiteblaze.net).

Printed in the United States of America
First Printing, 2022
978-0-9984562-6-3
WhiteBlaze Publishing
Denmark, ME 04022

Feedback and information, please

The guidebook is still in its infancy and there may be some errors with it. I would appreciate it if you find any errors, you please report them to me as soon as possible so that I can correct them. Also please let me know about places and items that are not in the guidebook that you think I should include. It is very essential that I receive feedback form hikers, and individuals to keep this an up-to-date quality book.

Please send your feedback using the following link:
(www.whiteblazepages.com/inputs)

Book updates and Correction Information

Trail re-routes and other changes often occur after the guidebook has been sent to the printers. You can find the latest corrections at the following web address:
(www.whiteblazepages.com/store/2022-cohos-trail-pages-updates)

Acknowledgments

Credits for data collection and inputs to Cohos Trail Pages are as follows, by name or trail name:

Ed “atraildreamer” Brown, Heather Cote, Margaret Mills, Karen Wilcox.

INCIDENTS/EMERGENCIES

In an emergency requiring immediate medical, or law-enforcement response - call 9-1-1.

Basic Guidebook PDF updates are free

- No more hassles with having a seperate list of updates.
- Recieve a whole new PDF for free when an update comes out.

This guidebook supports the Cohos Trail Association

As of 27 February 2022, for every “Interactive version” of the PDF guidebook sold, 30% of the profits will go to the Cohos Trail Association.

Title
Map
Content & more
Preface
Book Explain
Legends
Get to Approach Trails
Shuttle Providers
Cohos
Resupply
Manufact
Planning
Shelters Campsite
Slang
Bear Bag
Indexs
Author

Icons

Descriptions

★★★★★

See notes and establishments listed below this entry.

💧

Source of drinking water. Water is always listed first

💧

Seasonal water source, not always reliable (unreliable)

✂

Intersection, junction, side trail, connecting trail or adjoining trail.

🏠

{x} LT Shelter, Lean-to, or Lodge and (capacity)

⛑

{x} Tent sites, may sometimes be listed with (capacity) or tent platforms

🪵

Possibilities for hammocks available. In some cases you may have to expand up to 100 feet beyond the area to find trees but you can hang. Availability of hanging also depends on the growth of the underbrush. When using a hammock, please use LNT procedures.

🚽

Privy

🐻

Bear cables or bear box available for food bags

📶

📶📶📶 Cell phone signal strength, based on a nice clear day.

⚡

Power line, pipe line or electrical wires

⛑

Summit or crest

↔

Direction and miles to next shelter South or North. This does not include the mileage distance the shelter is off the trail.

📷

Views, overlooks or photo opportunities

🗨

Lookout, fire tower or observation tower

🌉

Footbridge, or any other bridge

🛣

Road

🛣

Gravel or dirt roads, logging roads, wood roads, USFS roads, forest roads, fire roads, or any other non-paved roads

🌊

Waterfalls

🎡

Attractions, important or historical features, other photo opportunities

🅑

{x} Parking. Vehicle capacity, and fee inside parenthesis. If there is a fee there will be a “\$”. Coordinates should get you within eyesight of parking area. Always check ahead for parking safety.

💰

Overnight/caretaker fee. On town maps it represents a bank.

⚠

Warnings or things that you need to be aware of

📍

[] GPS coordinates are listed inside of descriptions

🚂

Railroad crossing, tracks

🏊

Swimming possibilities

🪵

Picnic Table or picnic area

🗑

Trash can usually available

🚤

Boating or boats available for use

🏠

Hostel

🏠

Lodging. Prices may not include tax.

📮

Post Office

📮

Mail drop location

✉

Email address

🐕

Vet or Kennel

🐾

Pet Friendly

🚫🐾

No Pets/Not Pet Friendly

👷

Work For Stay (WFS)

🔥

Fuel for stove

👕

Laundry

💻

Computer available for use

📶

WiFi available

🚿

Shower available

🎒

Slackpacking may be available

🚌

Shuttle, bus, or taxi

🚌

Insured shuttle provider

🏦

Bank/ATM

🛒

Long term resupply (enough food to get to next re-supply point)

🛒

Short term resupply (snack, odds & ends)

🍴

Anywhere that serves food for a fee

^?^

I need your help finding these coordinates.
Please use the followiing link to help:

☎

Pay phone or public phone

🧑

Outfitter

⚡

Charging station for phone and accessories

🍦

Ice cream

🔧

Hardware store

🚻

Public Restroom

🖨

Pharmacy

✂

Barber

📍

Information Area

🍷

Purchase or serves alcohol

🏥

First Aid, doctor, hospital or urgent care

🎬

Movie Theater

■

Not categorized

✈

Airport or airfield

🚌

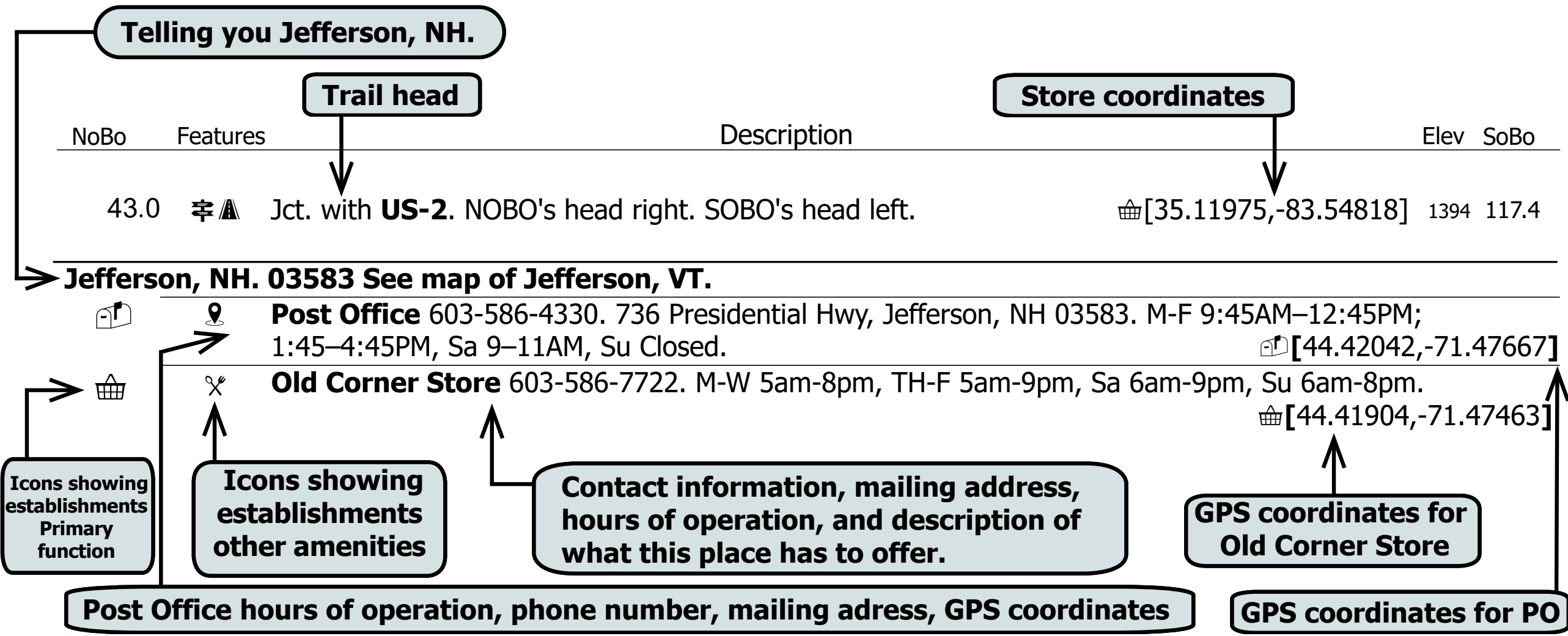
Bus or bus station

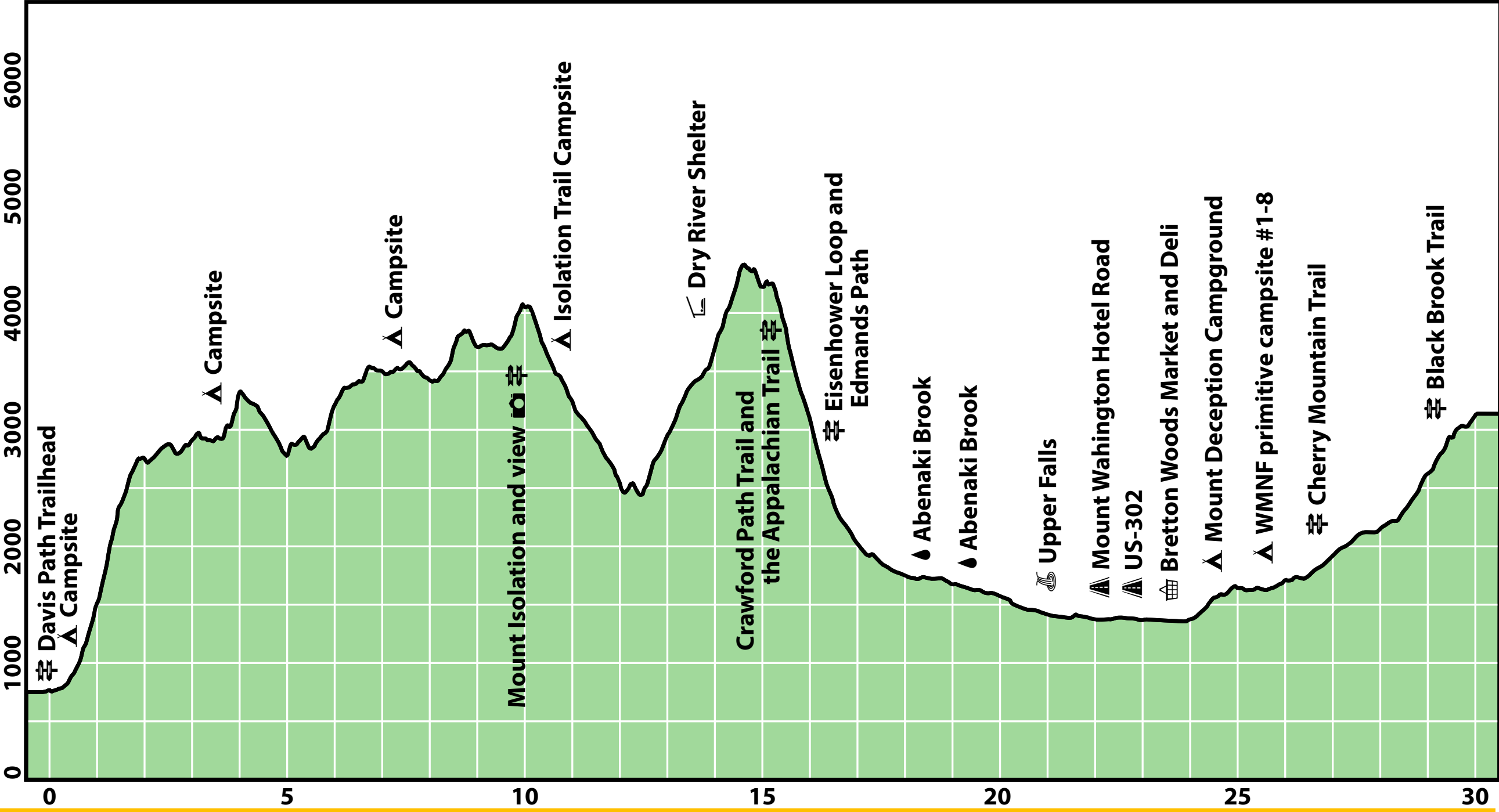
🚂

Train or train station

Title
Map
Content & more
Preface
Book Expain
Legends
Get to Approach Trails
Shuttle Providers
Cohos
Resupply
Manufact
Planning
Shelters Campsite
Slang
Bear Bag
Indexs
Author

Description of town data

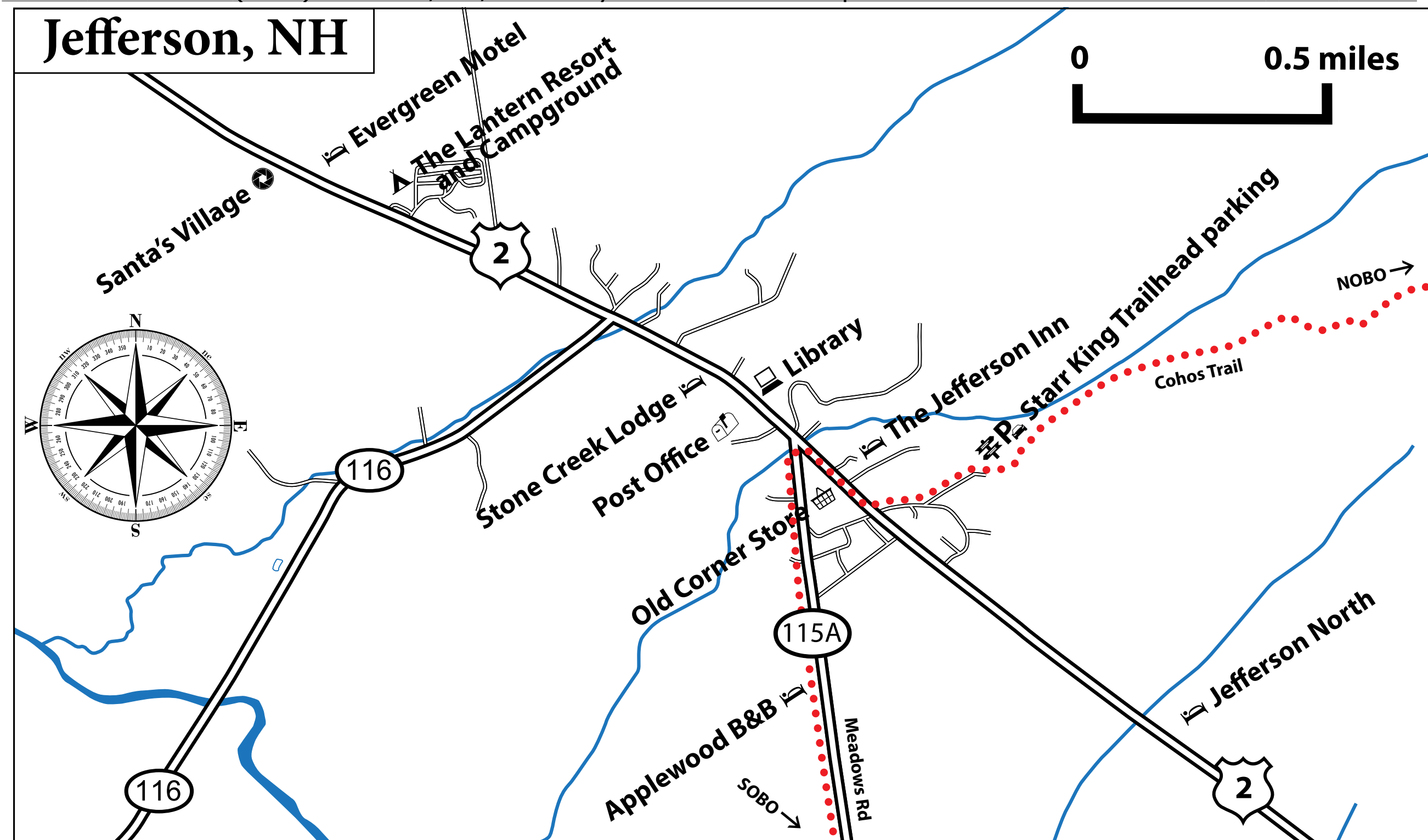




Entinering White Mountain National Forest (WMNF) Follow backcountry camping rules. (www.fs.usda.gov/Internet/FSE_DOCUMENTS/stelprdb5363715.pdf)						
0.0	幸P	Davis Path trailhead parking lot at US-302.	幸	[44.11886,-71.35379]	1002	160.4
0.1	(Bemis Bridge over the Saco River	([44.12048,-71.35378]	1002	160.3
0.3	▲	Campsite>4.1>>6.9>>>10.6 Campsite on short side trail.	▲	[44.12011,-71.35062]	1038	160.1
2.2	幸	Side trail leads (0.2W) to Mount Crawford summit.	幸	[44.13392,-71.33116]	2905	158.2
3.7	幸	Mount Parker Trail leads east. Continue straight on the Davis Path. If you head (0.4E) on Mount Parker Trail to Mount Reslution there are multiple ledge viiew along the way. If you head west down rough unmaintained trail to the site of the former Resolution Shelter to water.	幸	[44.14943,-71.32099]	3050	156.7
4.0	幸	Stairs Col Trail leads east. NOBO's head left. SOBO's head right.	幸	[44.15255,-71.31824]	3088	156.4
4.4	幸▲🏠	Stairs Mountain Spur Trail leads (0.2E) Giant Stairs cliffs, 🏠 views. 4.1<Campsite>2.8>>6.5>>>9.2 Campsite on side trail.	幸	[44.15591,-71.32075]	3434	156.0
6.5	♾	Water (seasonal).	♾	[44.17930,-71.31818]	3132	153.9
7.2	▲{2}	6.9<<2.8<Campsite>3.7>>6.4>>>17.8 Side trail leads west to campsite ▲{2}. ♠ Water (0.1W) on unmarked path	▲	[44.18785,-71.31868]	3509	153.2
8.5	幸	Side trail leads west to summit of Mount Davis. Continue straight.	幸	[44.20174,-71.31543]	3637	151.9
9.7	幸🏠	Side trail leads (290FT W) to Mount Isolation and view.	幸	[44.21531,-71.30863]	3917	150.7
9.9	幸	Unnamed side trail leads east.	幸	[44.21785,-71.30913]	3795	150.5
10.6	幸	Isolation Trail (Eastern leg) leads east. Continue straight and stay with the ridgeline.	幸	[44.21796,-71.30911]	3793	149.8
10.9	幸▲🐻	10.6<<<6.5<<3.7<Isolation Trail Campsite>2.7>>14.1>>>14.3 Isolation Trail (Western leg) leads east. Continue straight. ▲ Campsite east. 🐻 Bear box.	幸	[44.22529,-71.30711]	4137	149.5
13.3	幸	Jct with Dry River Trail. NOBO's head right. SOBO's head left.	幸	[44.21402,-71.33530]	2621	147.1
13.6	幸📐{8}🐻	Jct with Mount Eisenhower Trail. NOBO's head left. SOBO's heads right. (1.0E) 9.2<<<<6.4<<2.7<Dry River Shelter>11.4>>11.6>>>11.7 ♠ Dry River (90FT E) of trail. 🐻 Bear box. (4.5W) on Dry River Trail to US-302 and Dry River Campground.	幸	[44.21729,-71.33453]	2698	146.8
13.7	♠▲	Dry River crossing, ♠ water. ▲ Can be a very dangerous water crossing.	♠	[44.21619,-71.33581]	2523	146.7
13.9	幸	Dry River Cutoff Trail leads west. Keep east on the Mount Eisenhower Trail.	幸	[44.21624,-71.33858]	2718	146.5
16.0	幸📍	Jct with the Crawford Path Trail and the Appalachian Trail. Head west.	幸	[44.24344,-71.34165]	4465	144.4
16.2	幸	Junctions with Eisenhower Loop and Edmands Path in this area. NOBO's keep right on Edmands Path. SOBO's keep left on Crawford Path. Eisenhower Loop leads (0.7W) to Mount Eisenhower.	幸	[44.24252,-71.34462]	4442	144.2
18.7	♠	Abenaki Brook, reliable.	♠	[44.25034,-71.38569]	2130	141.7
19.1	幸▲P{15}	Edmands Path parking lot and Mount Clinton Road. NOBO's head right on Mount Clinton Road. SOBO's head into parking lot and onto Edmans Path.	▲	[44.24892,-71.39166]	2057	141.3
19.4	♠	Abenaki Brook, reliable.	♠	[44.25377,-71.39225]	1973	141.0
19.5	幸▲	Trail heads west off road here near a sharp turn in road. ▲ Attention NOBO's: There are two trail entrances off the Mount Clinton Road within (200FT) of each another. Take the second one within the sharp turn.	幸	[44.25415,-71.39243]	1963	140.9
19.6		Abenaki Ski Trail.			1925	140.8
19.8	幸	Unnamed side trail leads west.	幸	[44.25369,-71.40081]	1944	140.6
20.1	幸	Unnamed side trail leads east, water.	幸	[44.25734,-71.40336]	1899	140.3
20.2	幸	Coronary Hills Trail leads west. Continue straight on old railbed, the B&M Trail.	幸	[44.25884,-71.40438]	1880	140.2
20.3	📐	Day shelter for XC skiers, east	📍	[44.26118,-71.40578]	1850	140.1
21.1	幸📍	Side trail leads east to Upper Falls to the east on the Ammonoosuc River. Continue straight.	幸	[44.26558,-71.41584]	1796	139.3
21.2	幸	Tunnel Trail leads west. Continue straight.	幸	[44.26539,-71.41673]	1785	139.2
21.4	幸	B&M Rail Trail and Old Bridle Path connect near hear. NOBO's turn right onto Bridle Path. SOBO's turn left onto B&M Rail Trail. Ammonoosuc River run east of trail.	幸	[44.26352,-71.42003]	1760	139.0

Title
Map
Content & more
Preface
Book Expain
Legends
Get to Approach Trails
Shuttle Providers
Cohos
Resupply
Manufact
Planning
Shelters Campsite
Slang
Bear Bag
Indexs
Author

39.9	⛽🅑🅓🅓	Colonel Whipple Trail 🅑 parking spot and Whipple Road. 🅓 Cohos Trail register just off road. NOBO's head right. SOBO's head left.	1096	120.5
40.6	⚠	NH-115A/Meadows Road. NOBO's head left. SOBO's head right.. ⚡ Water at bridge.	1087	119.8
42.5	🏠	Applebrook Bed & Breakfast 617-843-5009 ✉ applebrook@outlook.com. Under new ownership.	1279	117.9
43.0	⛽⚠	Jct. with US-2. NOBO's head right. SOBO's head left.	1394	117.4
Jefferson, NH. 03583 See map of Jefferson, NH.				
	📮	(0.1W) Post Office 603-586-4330. 736 Presidential Hwy, Jefferson, NH 03583. M-F 9:45AM–12:45PM; 1:45–4:45PM, Sa 9–11AM, Su Closed.	📮[44.42042,-71.47667]	
	🛒✂	Old Corner Store 603-586-7722 (www.oldcornerstore.net/) Concience store with deli and pizza shop. M-W 5am-8pm, TH-F 5am-9pm, Sa 6am-9pm, Su 6am-8pm.	🛒[44.41904,-71.47463]	
	🏠	The Jefferson Inn 603-586-7998 ✉ jeffersoninn@jeffersoninn.com (www.jeffersoninn.com)	🏠[44.41842,-71.47282]	
	🏠	Jefferson North 508-958-8355 (www.jeffersonnorth.com).	🏠[44.41100,-71.45960]	
	🏠	(0.2W) The Stone Creek Lodge 603-215-5195 (www.thestonecreeklodge.com)	🏠[44.42093,-71.47784]	
	🏠⚠	(0.9W) The Lantern Resort and Campground 603-586-7151 (www.thelanternresort.com)	🏠⚠[44.42591,-71.49026]	
	🏠	(1.0W) Evergreen Motel 603-586-4449 (www.evergreenmotelnh.com)	🏠[44.42648,-71.49259]	
	📖	(0.1W) Jefferson Public Library 603-586-7791 (www.myjeffersonlibrary.com) M-Th 4pm-6:30pm, F Closed, Sa 9am-1pm, Su Closed.	📖[44.42027,-71.47588]	
	🌀	(1.1W) Santa's Village 603-586-4445 (www.santasvillage.com) This is a tourest attaaaction.	📍[44.42651,-71.49526]	
	⚠	(3.9) Israel River Campground 603-586-7977 (www.israelrivercampground.com)	⚠[44.37460,-71.46441]	
★★★★★ (7.5W) Lancaster, NH, Has many ammentiers and supermarkets.				



43.2	⚠⛽	Starr King Road to trailhead. NOBO's head left. SOBO's head right.	1439	117.2
43.5	⛽🅑	Starr King Trail trailhead 🅑 parking area. Continue straight.	1595	116.9
43.6	➡⛽	National Forest Road Starr King leads east.	1668	116.8
45.2	💧	Good spring. west side of trail.	3437	115.2
45.9	⚠	Mount Starr King summit.	3888	114.5
46.8	⚠	Mount Waumbek summit and the start of the Kilkenny Ridge Trail (KRT).	3993	113.6
49.1	⚠	South Weeks summit.	3879	111.3
50.0	⚠	Middle Weeks summit.	3698	110.4
51.3	💧	Half way up the south side of Mount Weeks there is water seeping out on the east side, seasonal.	109.1	
52.5	⛽	Cross York Pond Trail. Continue straight.	2769	107.9
53.6	⛽📷	Summit of Terrace Mountain. Spur trail (0.1W) to 📷 view,	3559	106.8
54.4	⚠	Middle summit of Terrace Mountain.	3598	106.0
54.9	⚠	North summit of Terrace Mountain.	3619	105.5
55.4	⛽	Jct. with Bunnell Notch Trail. NOBO's head left on Bunnell Notch Trail. SOBO's head right on Killkenny Ridge Trail.	3047	105.0
55.8	⛽	Jct with CLOSED Mount Cabot Trail that heads west.	2992	104.6
56.5	⛽📷	Short spur (60FT E) to Bunnell Rock.	3360	103.9
56.9	💧📏{8}🐻🚽	30.4<<<30.3<<29.7<Mt. Cabot Cabin>2.6>>4.7>>>16.1 💧 Unreliable water access trail (250YDS) down rough path. 🐻 Bear box. 🚽 Privy.	4052	103.5
57.0	⚠	Summit of Mount Cabot.	4155	103.4
57.8	⚠	Summit of The Bulge.	3913	102.6
58.0	⛽📷	Side trail leads (0.2E) to The Horn's summit, 📷 views.	3653	102.4
59.4	⛽	Jct. with Unknown Pond Trail and KRT.	3192	101.0
59.5	💧⛽⚠🐻🚽	32.9<<<32.3<<2.6<Unknown Pond Tentsite>2.1>>13.5>>>16.2 Unknown Pond ⚠ tentsite (75YDS E) down the Unknown Pond Trail. 💧 Unknown Pond nearby. 🐻 Bear box. 🚽 Composting privy.	3190	100.9

Title
Map
Content & more
Preface
Book Expain
Legends
Get to Approach Trails
Shuttle Providers
Cohos
Resupply
Manufact
Planning
Shelters Campsite
Slang
Bear Bag
Indexs
Author