

Cohos Trail Pages

A Complete Cohos Trail Guidebook

Rick "Attroll" Towle



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Cohos Trail Pages

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Common reoccurring Cohos Trail questions

What is the Cohos Trail?

The Cohos Trail is a hiking trail located in New Hampshire. The Cohos Trail is a system or series of multiple trails. It runs from Crawford Notch to the Canadian border at Fourth Connecticut Lake. It encompasses 40 peaks.

How long is the Cohos Trail?

The trail measured 160.4 miles in 2022. The total length can vary slightly each year, depending on any necessary trail re-routes.

How long does it take to thru-hike the entire trail?

The average is 12 to 14 days. Experienced hikers take less time.

What is a thru-hiker?

A thru hiker is someone who is attempting to complete the entire Trail in one calendar year. It does not have to be in one continuous direction, just complete the whole trail.

How much does a thru-hike cost?

The average cost to hike the entire Cohos Trail as a thru-hike is approximately \$500. This is based on going into a trail town to resupply. This does not include your prior purchased gear.

When and what direction should you thru-hike?

This is personal preference. Most hikers hike from south to north (NOBO). Fall is a good time to hike the Cohos Trail because you can avoid the heavy black flies, mosquitoes.

Where do thru-hikers stay at night?

Most hikers stay at the many shelters, tent sites, cabins, and campgrounds along the trail. There is always a shelter, tent site, or campground within a day's walk, or you may have to get off trail on a side trail a couple times to go to a private campground to make this happen.

How easy it is to get to a town?

In this guidebook, the access points to get to trail towns are marked at road crossings, along with the distance to them. There is really only one town that is easily accessible from the trail.

Where do thru-hikers get food and other supplies?

There are limited resupply stores along the Cohos Trail. There are places every 50 miles to get some type of minimal supplies. Mail drops are recommended but it can be done without them.

They say there are bears?

There is no need to fear bears as long as you keep your eyes open and stay clear, if you should happen to encounter one. The best thing a hiker can do is protect their food by hanging it, use bear bags, bear canisters, or securing it in bear boxes, when they are available.

See Bear bag hanging diagram on [Page 51](#)

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
- P {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 resupply point)
- 🛒 Short term resupply (snack, odds & ends)
- 🍴 Anywhere that serves food for a fee
- ^?^ I need your help finding these coordinates.

Please use the following link to help: www.whiteblazepages.com/inputs

- ☎ 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

Description of town data

Telling you Jefferson, NH.

NoBo	Features	Description	Store coordinates	Elev	SoBo
43.0	⚡ ⚠	Jct. with US-2 . NOBO's head right. SOBO's head left.	[35.11975,-83.54818]	1394	117.4

Trail head (points to Features)

Store coordinates (points to Store coordinates)

Jefferson, NH. 03583 See map of Jefferson, VT.

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. M-W 5am-8pm, TH-F 5am-9pm, Sa 6am-9pm, Su 6am-8pm. [44.41904,-71.47463]

Icons showing establishments Primary function (points to Post Office icon)

Icons showing establishments other amenities (points to Old Corner Store icon)

Contact information, mailing address, hours of operation, and description of what this place has to offer. (points to Post Office and Old Corner Store text)

GPS coordinates for Old Corner Store (points to Old Corner Store coordinates)

GPS coordinates for PO (points to Post Office coordinates)

Post Office hours of operation, phone number, mailing address, GPS coordinates (points to Post Office text)

GPS coordinates for PO (points to Post Office coordinates)

Description of trail data

Items available at this location

Miles from southern terminus

Current shelter is 0.5 miles west of the Long Trail

Miles from northern terminus

NoBo	Features	Description	Elev	SoBo
73.0	⚡ ⚠ {8} ⚡ ⚠	(0.5W) 16.1<<<13.5<<11.4<<Devil's Rest Shelter>>2.7>>8.2>>>19.5 ⚡ Water available a short distances in either direction along the road. ⚠ Privy. Intersection with Old Summer Club Trail, 4-way intersection. NOBO's head west and pass a huge glacial erratic boulder, SOBO's head right.	2565	87.4

Third stay south (points to 16.1)

Second stay south (points to 13.5)

First stay south (points to 11.4)

Current location (points to Devil's Rest Shelter)

First stay north (points to 2.7)

Second stay north (points to 8.2)

Third stay north (points to 19.5)

Elevation (points to Elev)

Room for 8 people in the shelter, tenting, etc. (points to Features)

GPS coordinates for shelter (points to Description)

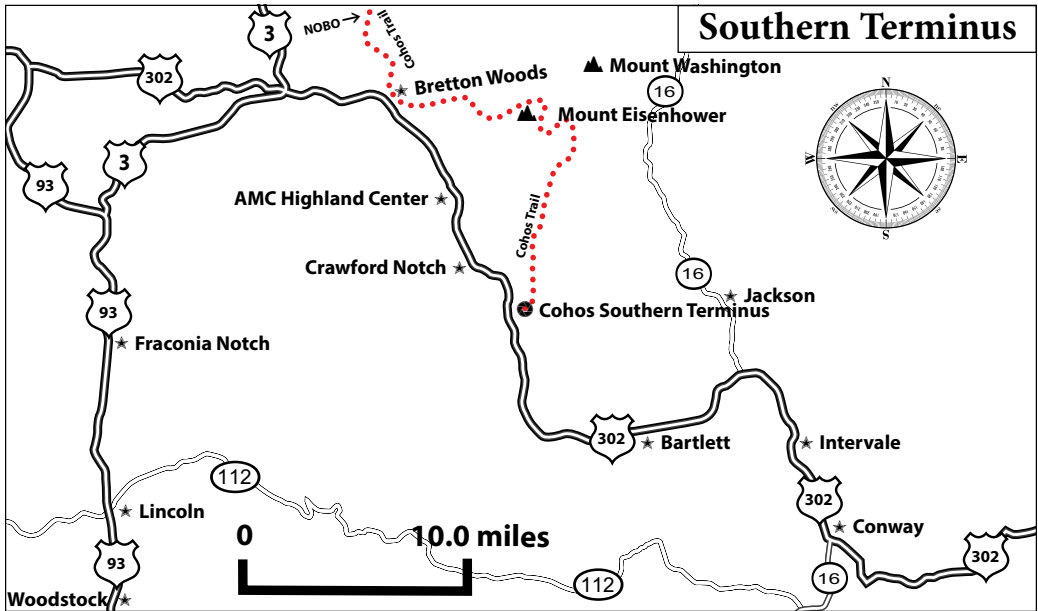
Getting to the southern terminus

The Southern terminus of the Cohos Trail hiking system begins at the Davis Path trailhead parking lot in Southern Crawford Notch in the White Mountains of New Hampshire, just East of Route 302 along the West bank of the Saco River in Harts Location.

To reach the trailhead by vehicle from the south come in a couple different ways.

From Conway, NH. you can take NH-16 north (22.2 miles) to US-302 west (23.5 miles). This will put the trailhead on your right side of the road.

From Lincoln, NH. you can take I-93 north (11.2 miles) to exit 35 for US-3 north toward Lancaster/Twin Mountain and continue north on US-3 (9,8 miles) to US-32 east (16.7 miles). This will put the trailhead on your left side of the road.



Parking options for the southern terminus

Parking is free. The trailhead lot is not gated or kept lighted at night. If you do not wish to leave your vehicle at the parking lot, contact the AMC's Highland Center at the head of Crawford Notch and make arrangements to leave a car there and take their shuttle South to the Davis Path trailhead/Cohos Trailhead. See Appalachian Mountain Club Hiker Shuttle information on page 18.

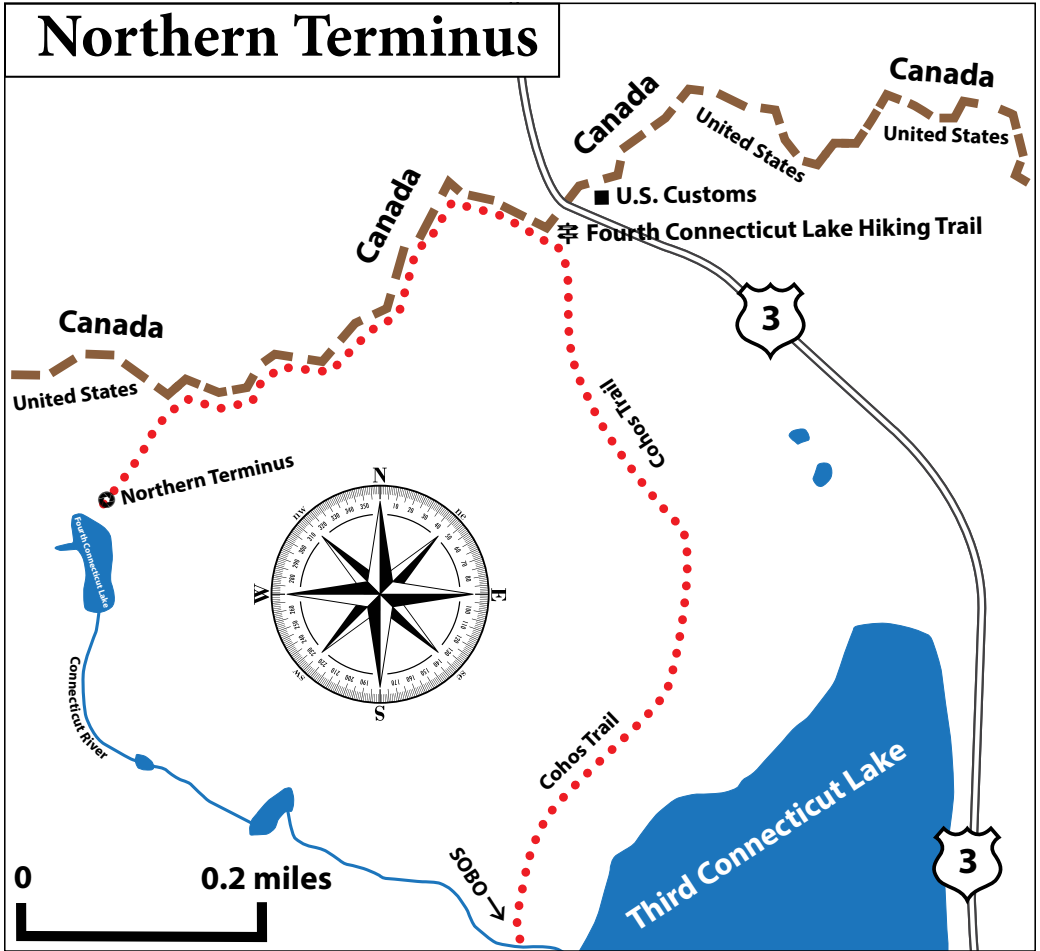
Time waits for no one, it keeps moving on.
~Attroll~

Getting to the northern terminus

The Northern terminus of the Cohos Trail hiking system starts or ends (depending on your direction) at the Canadian Boarder at the end of hte the Fourth Connecticut Lake Hiking Trail, just west of US-3 along the Canadian Boarder.

To reach the trailhead by vehicle from the south the best way is on US-3.

From Pittsburg, NH. you take US-3 east (22.3 miles).



Parking options for the northern terminus

There is not long term parking at the border patrol station at the New Hampshire/Canada border in Pittsburg, NH.).

Another option to consider is to park your vehicle at one of the trailheads south on US-3 and getting a ride to the northern terminus.

Shuttles providers servicing the Cohos Trail

There are a few options for shuttle service along the Cohos Trail. It is recommended that you contact the shuttle provider ahead of time. You need to give them advanced notice about your upcoming hiking plans if you want to use them.

White Mountain Shuttle Services [603-466-2127](tel:603-466-2127) (Arthur Jolin)

292 Main Street, Apt. 35 Gorham, NH. 03581

Reservations are first-come, first-serve This is a full-service shuttle business which has agreed to ferry people to and from The Cohos Trail. Your host is Arthur Jolin.

Arthur operates a large nine passenger van and is very willing to accommodate hikers, no matter where you're going or where you're coming from!...and his rates are very reasonable! Be sure to make reservations before your hike to ensure Arthur's service.

Stark Village Inn [603-636-2644](tel:603-636-2644)

Across the Covered Bridge from Rt. 110. Stark, NH.

Reservations by Phone. Nancy Spaulding can provide shuttle service if arrangements are made in advance. She has a wealth of knowledge of the trail heads and the surrounding area.

Trail Angels Hikers Shuttle Service [978-855-9227](tel:978-855-9227) (Dan)

Berlin, NH. (www.triangelshikerservices.com)

Maura: At Your Service [603-915-1241](tel:603-915-1241) (texting only)

Jefferson, NH. (www.mauraatyourservice.com)

See Appalachian Mountain Club Hiker Shuttle on next page →

Appalachian Mountain Club Hiker Shuttle, 603-466-2727,

(www.outdoors.org/lodging-camping/lodging-shuttle) Contact: Parker Peltzer. Based out of Pinkham Notch, NH. 🐾 Pets prohibited. 🛡️ Insured. Jun 4 -Sept 9, Daily; Sep 10 - Oct 18, weekends, & holidays, (only).

S to Lincoln, NH < > N to Gorham, NH & 🚌 bus terminals. Flat Fare: \$20.00 AMC Members / \$24.00 Non-members for a reserved or walk-on ride of any length **ONE WAY**. 🅇 Parking, free. "The AMC Shuttle runs a set route that serves many White Mtn trail-heads daily. We are unable to offer custom shuttle services outside of that route."



Shuttle route #1

Shuttle route #2

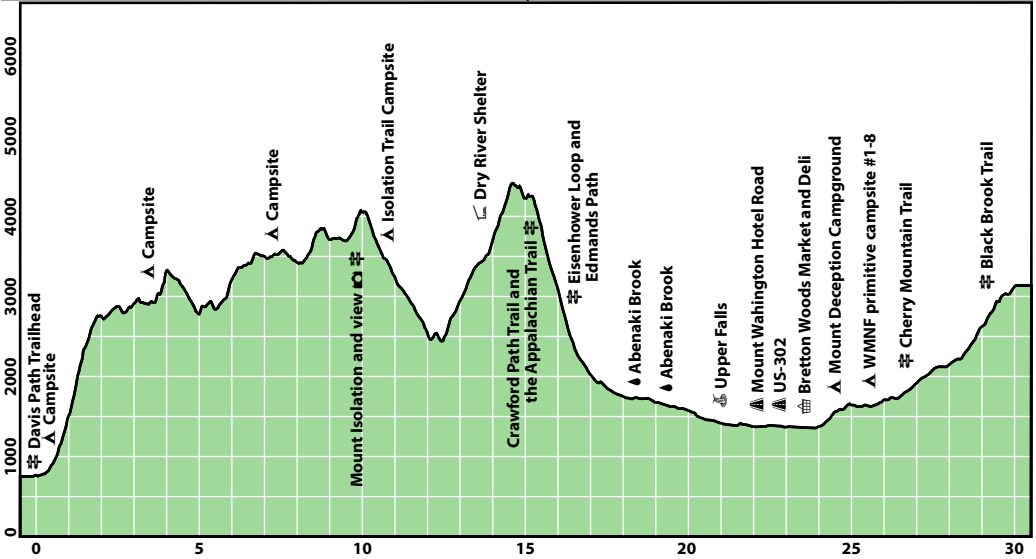
Shuttle route #1		Shuttle route #2	
Shuttle Stop	Time	Shuttle Stop	Time
★ Pinkham Notch Visitor Center	7:30 AM	★ Highland Center	8:30 AM
○ 19 Mile Brook Trailhead	7:35 AM	○ Webster Cliff	8:45 AM
○ Gorham Irving	8:00 AM	★ Highland Center	9:00 AM
○ Valley Way at Appalachia	8:15 AM	○ Zealand Trailhead	9:20 AM
★ Highland Center	9:00 AM	○ Gale River Trailhead	9:50 AM
○ Ammonoosuc Ravine Trailhead	9:20 AM	○ Tramway Lot at Exit 34B	10:10 AM
○ Valley Way at Appalachia	10:05 AM	○ Lafayette Campground	10:25 AM
○ Gorham Information Booth	10:20 AM	○ Liberty Spring at Whitehouse Trailhead	10:35 AM
○ 19 Mile Brook Trailhead	10:30 AM	○ Lincoln Woods Visitor Center	11:00 AM
★ Pinkham Notch Visitor Center	10:40 AM	○ Lincoln BP/7-11 (Arrive)	11:10 AM
○ 19 Mile Brook Trailhead	10:50 AM	○ Concord Coach (Arrive)	11:15 AM
○ Gorham Information Booth	11:10 AM	○ Lincoln BP/7-11 (Leave)	11:35 AM
○ Gorham Irving	11:25 AM	○ Liberty Spring at Whitehouse Trailhead	11:50 AM
○ Valley Way at Appalachia	11:40 AM	○ Old Bridle Path Trailhead	12:00 PM
★ Highland Center (Arrive)	12:25 PM	○ Tramway Lot at Exit 34B	12:10 PM
★ Highland Center (Leave)	12:55 PM	○ Gale River Trailhead	12:20 PM
○ Webster Cliff	01:05 PM	○ Zealand Trailhead	01:00 PM
★ Highland Center	01:25 PM	★ Highland Center	01:25 PM
○ Ammonoosuc Ravine Trailhead	01:50 PM	○ Zealand Trailhead	01:50 PM
○ Valley Way at Appalachia	02:35 PM	○ Gale River Trailhead	02:20 PM
○ Gorham Information Booth	02:45 PM	○ Lafayette Campground	02:45 PM
○ 19 Mile Brook Trailhead	02:55 PM	○ Liberty Spring at Whitehouse Trailhead	02:55 PM
★ Pinkham Notch Visitor Center	03:00 PM	○ Old Bridle Path Trailhead	03:05 PM
★ Highland Center	04:00 PM	○ Tramway Lot at Exit 34B	03:15 PM
★ Pinkham Notch Visitor Center	05:00 PM	★ Highland Center	04:00 PM

NoBo Features

Description

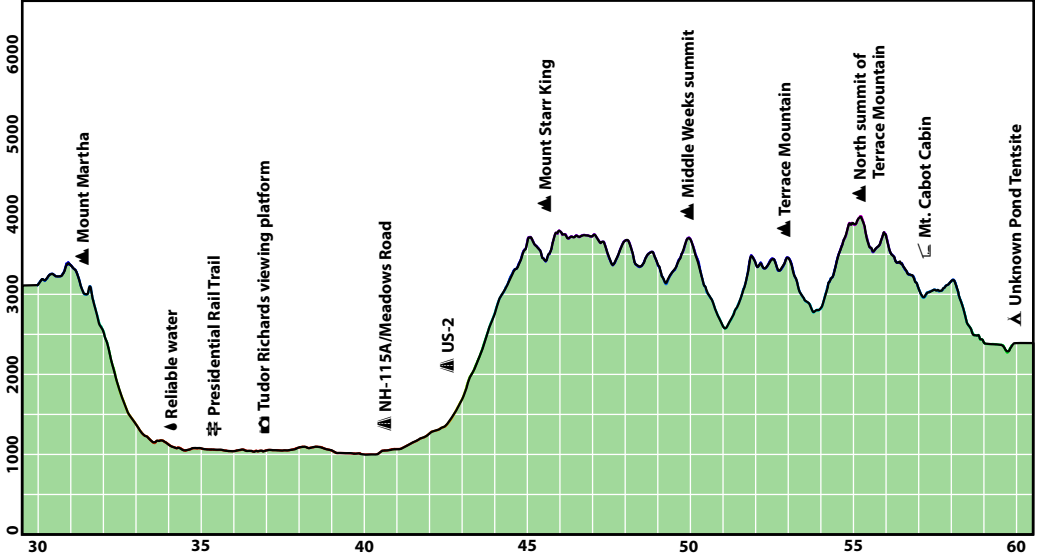
GPS

Elev SoBo



Entinering White Mountain National Forest (WMNF) Follow backcountry camping rules. (www.fs.usda.gov/Internet/FSE_DOCUMENTS/stelprdb5363715.pdf)				
Distance	Feature	Description	GPS	Elev SoBo
0.0	🚗	Davis Path trailhead parking lot at US-302.	📍[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	🚰	Side trail leads (0.2W) to Mount Crawford summit.	📍[44.13392,-71.33116]	2905 158.2
3.7	🚰	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 view along the way. If you head west down rough unmaintained trail to the site of the former Reslution Shelter to water.	📍[44.14943,-71.32099]	3050 156.7
4.0	🚰	Stairs Col Trail leads east. NOBO's head left. SOBO's head right.	📍[44.15255,-71.31824]	3088 156.4
4.4	🚰▲🗺	Stairs Mountain Spur Trail leads (0.2E) Giant Stairs cliffs, 🗺 views. 4.1<Campsite>2.8>>6.5>>9.2 Campsite on side trail.	📍[44.15591,-71.32075]	3434 156.0
6.5	0	Water (seasonal).	0[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	🚰	Side trail leads west to summit of Mount Davis. Continue straight.	📍[44.20174,-71.31543]	3637 151.9
9.7	🚰🗺	Side trail leads (290FT W) to Mount Isolation and view.	📍[44.21531,-71.30863]	3917 150.7
9.9	🚰	Unnamed side trail leads east.	📍[44.21785,-71.30913]	3795 150.5
10.6	🚰	Isolation Trail (Eastern leg) leads east. Continue straight and stay with the ridgeline.	📍[44.21796,-71.30911]	3793 149.8
10.9	🚰▲	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.	📍[44.22529,-71.30711] ▲[44.22493,-71.30644]	4137 149.5
13.3	🚰	Jct with Dry River Trail. NOBO's head right. SOBO's head left.	📍[44.21402,-71.33530]	2621 147.1
13.6	🚰{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. (4.5W) on Dry River Trail to US-302 and Dry River Campground.	📍[44.21729,-71.33453] ◁[44.22863,-71.32616]	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	🚰	Dry River Cutoff Trail leads west. Keep east on the Mount Eisenhower Trail.	📍[44.21624,-71.33858]	2718 146.5
16.0	🚰🗺	Jct with the Crawford Path Trail and the Appalachian Trail . Head west.	📍[44.24344,-71.34165]	4465 144.4

NoBo Features	Description	GPS	Elev	SoBo
16.2	✘ Junctions with Eisenhower Loop and Edmands Path in this area. NOBO's keep right on 4442 Edmands Path. SOBO's keep left on Crawford Path. ✘[44.24252,-71.34462] Eisenhower Loop leads (0.7W) to Mount Eisenhower.			144.2
18.7	♠ Abenaki Brook , reliable. ♠[44.25034,-71.38569]		2130	141.7
19.1	✘♠ Edmands Path parking lot and Mount Clinton Road . NOBO's head right on Mount Clinton Road. SOBO's head into parking lot and onto Edmands Path. ♠[44.24892,-71.39166] ♠[44.24907,-71.39120]		2057	141.3
19.4	♠ Abenaki Brook , reliable. ♠[44.25377,-71.39225]		1973	141.0
19.5	✘♠ 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. ✘[44.25415,-71.39243]		1963	140.9
19.6	Abenaki Ski Trail. 1925 140.8			
19.8	✘ Unnamed side trail leads west. ✘[44.25369,-71.40081]		1944	140.6
20.1	✘ Unnamed side trail leads east, water. ✘[44.25734,-71.40336]		1899	140.3
20.2	✘ Coronary Hills Trail leads west. Continue straight on old railbed, the B&M Trail. 1880 140.2 ✘[44.25884,-71.40438]			
20.3	↩ Day shelter for XC skiers, east ♠[44.26118,-71.40578]		1850	140.1
21.1	✘♠ Side trail leads east to Upper Falls to the east on the Ammonoosuc River. Continue straight. ✘[44.26558,-71.41584]		1796	139.3
21.2	✘ Tunnel Trail leads west. Continue straight. ✘[44.26539,-71.41673]		1785	139.2
21.4	✘ 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. ✘[44.26352,-71.42003]		1760	139.0
21.7	♠↪ NOBO's hikers cross Ammonoosuc River on bridge and head left. SOBO's hikers cross bridge and head left. ♠[44.25689,-71.43751]		1603	138.7
22.1	✘♠ Mount Washington Hotel Road . NOBO's head left. SOBO's head right. ✘♠[44.25616,-71.44100]		1600	138.3
	☞ (0.1E) Omni Mount Washington Resort (www.omnihotels.com/hotels/bretton-woods-mount-washington) Stickney's Restaurant (fine dining) 800-258-0330.			
22.3	Pass fairways . Fairways[44.25556,-71.44479]		1588	138.1
22.8	♠ US-302 , NOBO's head right. SOBO's head left. ♠[44.25408,-71.44982]		1593	137.6
23.5	♠ Junction with Base Station Road, Cross Ammonoosuc River on US-302 bridge. Continue east on US-302 . ♠[44.26273,-71.45759]		1562	136.9
23.7	☞☞ Bretton Woods Market and Deli . 603-278-5555. M-Su 6am-8pm. ☞☞[44.26459,-71.45980]		1568	136.7
24.3	♠ Jct. with the Cherry Mountain Road. Walk North along Cherry Mountain Road. ♠[44.26965,-71.47251]		1558	136.1
	♠♠☞ (1.4W) Zealand Campground 603-536-6100. Camping, water, vaulted toilets. (www.fs.usda.gov/recrea/whitemountain/recrea/?recid=74779) ♠[44.26460,-71.49910]			
24.4	♠♠☞☞ Mount Deception Campground 603-846-5462, 603-348-0428. ♠[44.27067,-71.47170]		1562	136.0
25.0	♠ 17.8<<<14.1<<<11.4 WMNF primitive campsite #1>0.2>>0.3>>>0.4 1778 135.4			
25.2	♠ 14.3<<<11.6<<<0.2<WMNF primitive campsite #2>0.1>>0.2>>>1 1798 135.2 ♠[44.28060,-71.46782]			
25.3	♠♠ 11.7<<<0.3<<<0.1<WMNF primitive campsite #3>0.1>>0.9>>>1.2 1849 135.1 ♠ Deception Brooks nearby.			
25.4	♠ 0.4<<<0.2<<<0.1<WMNF primitive campsite #4>0.8>>1.1>>>1.2 1835 135.0			
26.0	♠ Deception Brook. ♠[44.30043,-71.45573]		1930	134.4
26.2	♠ 1<<<0.9<<<0.8<WMNF primitive campsite #5>0.3>>0.4>>>1 2013 134.2			
26.5	♠ 1.2<<<1.1<<<0.3<WMNF primitive campsite #6>0.1>>0.7>>>30.4 2042 133.9			
26.6	♠ 1.2<<<0.4<<<0.1<WMNF primitive campsite #7>0.6>>30.3>>>32.9 2143 133.8			
26.9	☞ View over moose bog pond under Mount Deception 2174 133.5			
27.2	♠ 1<<<0.7<<<0.6<WMNF primitive campsite #8>29.7>>32.3>>>34.4 2196 133.2			
27.7	✘ Jct with Cherry Mountain Trail at the height of land. NOBO's head left. SOBO's head right. ✘[44.31285,-71.45722]		2196	132.7
29.6	✘ Black Brook Trail leads west. ✘[44.31049,-71.48882]		2943	130.8

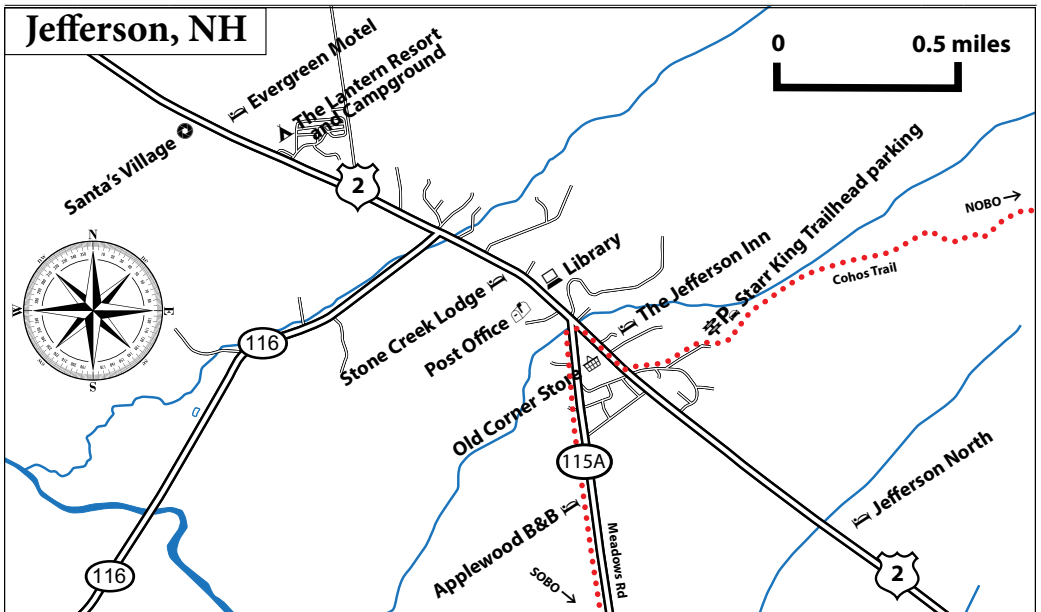


31.1	⚡	Cherry Mountain Trail. NOBO's head left. SOBO's head right.	⚡ [44.32845,-71.49773]	3375	129.3
31.3	⚡	Mount Martha Trail leads (100FT W) to summit. Continue straight.		3531	129.1
			⚡ [44.33066,-71.49911]		
31.5	▲	Mount Martha summit and beginning of Martha's Mile. Clearings. Views.		3200	128.9
			▲ [44.33852,-71.49246]		
32.2		Summit ledges and summit of Owls Head		2072	128.2
32.6	⚡	Cross John Walker Road .	⚡ [44.35178,-71.48965]	1636	127.8
34.1	💧	Reliable water .	💧 [44.36037,-71.48334]	1229	126.3
34.4	P₈ {8}	Owls Head Trail trailhead on Route 115. Cross highway and head east.		1247	126.0
			⚡ [44.36117,-71.48746] P₈ [44.36009,-71.48814]		
34.5	⚡	Jct. Slide Brook Trail. NOBO's turn left. SOBO's turn right.			125.9
34.8	⚡	Continue on Slide Brook Trail over beaver flowage.	📍 [44.36464,-71.48518]	1156	125.6
35.1	⚡	Jct. with Presidential Rail Trail , old train trestle over Slide Brook. NOBO's head left. SOBO's head right.	⚡ [44.36800,-71.48451]	1129	125.3
37.0	⚡ ×	Tudor Richards viewing platform and Waumbek Junction. Continue straight. You will be walking on old rusting railroad tracks.		1122	123.4
			⚡ [44.37354,-71.51915] 🏠 [44.37373,-71.51872]		
37.1	⚡ × ▲	Waumbek Junction. NOBO's head right. SOBO's head left. ▲ These are active rail lines.		1116	123.3
			⚡ × [44.37410,-71.52064]		
		Jct with short lake view path. NOBO's head right. SOBO' head left.			
37.2	× 🏠	Jct with short lake view path. NOBO's head right. SOBO' head left. 🏠 Great views of the Presidential Range looking over water.		1135	123.2
			⚡ [44.37475,-71.51998]		
37.4	⚡	Jct with Ice Ramparts Trail and the Little Cherry Pond Trail. Little Cherry Pond Trail leads (0.6W) to Little Cherry Pond. NOBO's head righr onto Ice Ramparts Trail. SOBO's head left onto lake view path.		1123	123.0
			⚡ [44.37719,-71.51738]		
37.8	⚡	Ice Ramparts Trail with Colonel Whipple Trail. After leaving the Ice Ramparts formation the trail simply changes name at property boundary.		1132	122.6
			⚡ [44.37925,-71.51349]		
39.9	⚡ P₈ 📍	Colonel Whipple Trail P₈ parking spot and Whipple Road. 📍 Cohos Trail register just off road. NOBO's head right. SOBO's head left.		1096	120.5
			⚡ [44.39413,-71.49023]		
40.6	▲	NH-115A/Meadows Road . NOBO's head left. SOBO's head right. 💧 Water at bridge.		1087	119.8
			▲ [44.38651,-71.48064]		
42.5	🏠	Applebrook Bed & Breakfast 617-843-5009 ✉ applebrook@outlook.com. Under new ownership.		1279	117.9
			📍 [44.41187,-71.47377]		
43.0	⚡ ▲	Jct. with US-2 . NOBO's head right. SOBO's head left.	⚡ [44.41924,-71.47475]	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]

NoBo Features	Description	GPS	Elev	SoBo
🏠	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 attaction.	📍	[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
			📍	[44.41722,-71.47158]
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
			📍	[44.43257,-71.41746]
49.1	▲	South Weeks summit.	3879	111.3
50.0	▲	Middle Weeks summit.	3698	110.4
			📍	[44.45183,-71.37984]
51.3	0	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
			📍	[44.47740,-71.39733]
54.4	▲	Middle summit of Terrace Mountain.	3598	106.0
			📍	[44.48125,-71.40624]
54.9	▲	North summit of Terrace Mountain.	3619	105.5
			📍	[44.48739,-71.40783]
55.4	🚧	Jct. with Bunnell Notch Trail. NOBO's head left on Bunnell Notch Trail. SOBO's head right	3047	105.0
		on Kilkenny Ridge Trail.	📍	[44.49496,-71.41022]
55.8	🚧	Jct with CLOSED Mount Cabot Trail that heads west.	2992	104.6
			📍	[44.49616,-71.41810]