



Polar Caves Park

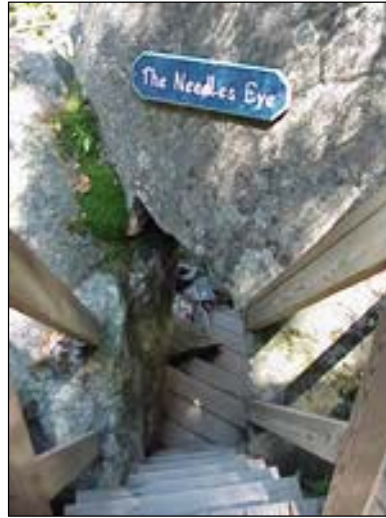
Fifty thousand years ago, a continental glacier moved southward over New Hampshire covering mountains and valleys. As the ice sheet thawed, great blocks of granite cracked and loosened from Hawk's Cliff. These massive granite blocks fell at the base of the cliff forming Polar Caves, an amazing series of caves and passages through which you can walk.



- Flat-soled walking shoes should be worn.
- Baby strollers will NOT fit through the caves but may be used elsewhere throughout the park.
- You need no special clothing for the caves.
- Dress appropriately for prevailing conditions.
- Pets and alcoholic beverages are NOT permitted
- Shirts and shoes are required.
- Parents, please stay with your children at all times.
- 12 years old or younger must be accompanied by an adult at the Cave Tour.

Please take nothing and leave only footprints.

The Cave Tour is somewhat strenuous and should be attempted by only those in good health.



On your journey to the Caves, don't miss the Glacial Rock Garden. The boulders in this giant sized Rock Garden were deposited here when the Glacier melted and strewn randomly about the landscape. Following around the East end of the cliff is a natural area. Most everything in the section of the park has been left in its native state. You may walk the high trail that hugs the cliff base or you may travel the lower trail with better views of the cliff, either way you will end at Serenity Shelter.

