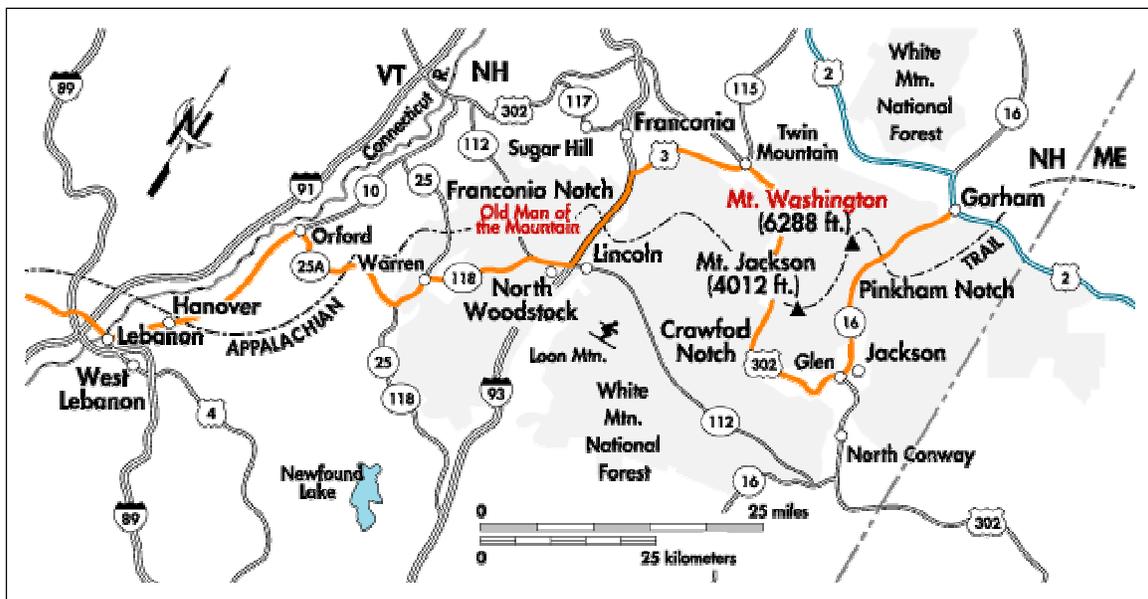


# The Appalachian Trail through the White Mountains

The most accessible and scenic portion of this famous trail is right here in Franconia Notch State Park.

The 2,155-mile long Appalachian Trail, which stretches along the Appalachian Mountain chain from Georgia to Maine, winds through the heart of the White Mountains and traverses many of New Hampshire's highest mountains. Northbound Appalachian Trail thru-hikers are seen regularly in the area from mid-July to the end of August as they work their way toward Maine's Mount Katahdin, the northern terminus of this famous long distance hiking trail. Approximately 154 miles of the Appalachian Trail slice through New Hampshire. The AT enters the state from Vermont in Hanover, and runs southwest to northeast through the White Mountains to rugged Grafton Notch near Bethel, Maine.

The Appalachian National Scenic Trail became the first federally protected footpath in the country back in 1968, when Congress passed the National Trails System Act. Earl Shaffer was the first person to complete the AT end-to-end when he made the trek in 1948. Since then, more than 2,000 thru-hikers have followed in his footsteps.



## Below are more facts and figures about the Appalachian Trail in Franconia Notch

- The viewpoint just off the summit of North Kinsman (elev. 4,293-ft) affords hikers a splendid view of remote Kinsman Pond. The AT crosses by the northern shore of this mountain tarn en-route to Lonesome Lake, some 2.2 miles away.
- The Trail passes Lonesome lake Hut, the most accessible hiking hut in the White Mountains at just 1.5 miles from Lafayette Campground.
- The Trail crosses the Franconia Notch Parkway south of the Basin at Whitehouse Bridge.
- The peaks along the Franconia Ridge Trail--a link in the Appalachian Trail--include, south to north Liberty (4,459-ft), Little Haystack (4,760-ft), Lincoln (5,089-ft) and Lafayette (5,260-ft). This stretch is considered the finest hike in all of the northeast. All of this ridge trail is above tree-line, and the views are incredible and far reaching.
- Three of the more rugged AT miles in the White Mountains are those connecting Mount Lafayette with neighboring Mount Garfield (4,500 ft). Another tough stretch is the 0.8 mile section between the Appalachian Mountain Club's Galehead Hut and South Twin Mountain (4,902-ft). This rough and rocky section of trail rises 1,200 feet in less than a mile.