

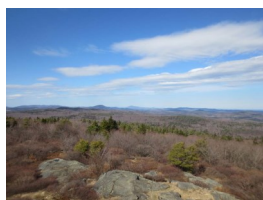


Hike NH

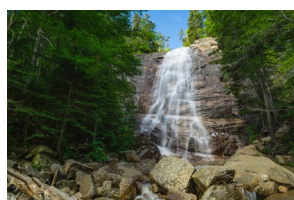
July 2018

From beginners to experts, New Hampshire is the perfect place for hikers of any level. The White Mountains cover a quarter of the entire state, and are home to some of the toughest climbs and most extreme weather.

No matter what part of the state you are in, you can take advantage of the 4,000+ miles of maintained hiking trails that cover New Hampshire. Although you do not have to be an expert to hike in NH, you do have to be smart, plan ahead and choose a trail that suits your abilities.



Pitcher Mountain



Arethusa Falls



Mount Willard

Pitcher Mountain: Located in Stoddard, NH. Not only is Pitcher Mountain family friendly, but it is the perfect hike for beginners. It features beautiful wildflowers and is just under a mile long. Dogs are allowed on trail but must be leashed.

Arethusa Falls: Located in Hart's Location, NH. Just 1.5 miles to one of the most beautiful waterfalls in New Hampshire.

Mount Major: Located in Alton, NH. Upon reaching the top you will see spectacular views of Lake Winnepesaukee. This is a heavily trafficked loop, so plan accordingly and hit the trails early.

Mount Willard: Located in Carroll, NH. This 3.1 mile loop is short and sweet with an amazing view at the top.

Lonesome Lake: Located in Lincoln, NH. Best used from May through October, this trail is primarily used for hiking, walking, camping and snowshoeing. Dogs are allowed but must be leashed.

Mount Kearsarge: Located in Wilmont, NH. At 2.9 miles round trip, this is the perfect hike for someone ready to kick it up a notch. Very family friendly.

For more information on the trails listed above, please visit: <https://www.alltrails.com/?ref=header>

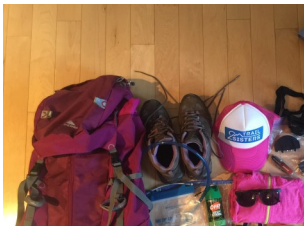
Tips for Beginners:

1. Start small and choose the right trail for your fitness level.
2. Familiarize yourself with the trail.
3. Check the weather.
4. Tell someone where you are going.
5. Pack the essentials (listed on page 2).
6. Wear the right shoes and socks.
7. Dress for success— wear layers to adjust to changing weather.
8. Keep your pack light.
9. Pace yourself.
10. Leave no trace.

"Too much fresh air is not a thing."

Continued

1. Nuts. Use any kind of nut! Peanuts, almonds, cashews, pecans or walnuts are some great choices.
2. Seeds. Often overlooked for the health benefits of nuts, seeds pack a serious punch. Adding seeds to your mix will ensure you are consuming more protein, iron, magnesium and an array of vitamins and minerals. Try sunflower seeds, flax seeds, or pumpkin seeds.
3. Dried Fruit. Because of the higher sugar content in dried fruit, they're a great snack to help boost your low blood sugar after a high dose of physical activity. Try raisins, dried cranberries, apricots or bananas.
4. Fun Stuff. Add a handful of your favorite decadent treat. Try dark chocolate, pretzels, peanut butter chips, or some other sweet treat.

- ☐ Navigation Tools (map, compass, GPS)
 - ☐ Layers (jacket, vest, pants, hat, gloves, etc.)
 - ☐ Sun Protection (hat, sunscreen, sunglasses, long sleeves)
 - ☐ Headlamp (with extra batteries)
 - ☐ First Aid Kit
 - ☐ Fire Starter
 - ☐ Knife or Multi-Tool Gadget
 - ☐ Food
 - ☐ Water
 - ☐ Emergency Blanket
 - ☐ Bug Spray
- 
- A photograph showing a collection of outdoor gear laid out on a light-colored wooden floor. The items include a large red backpack, a pair of brown hiking boots, a pink baseball cap with a white logo, a pair of black sunglasses, a pink jacket, and a clear plastic bag containing what appears to be food or supplies.



Did you know?

- The Appalachian Trail (AT) is a nearly 2,200 mile hiking trail through the Appalachian Mountain Range in the Eastern United States.
- The AT is the longest “hiking only” trail in the world.
- The trail travels through 14 different states, including NH.
- The elevation gain/loss of hiking the entire AT is the equivalent of hiking Mount Everest 16 times.
- Approx. 15,000 hikers have had a successful thru-hike of the AT. Thru-hike means completing the full 2,190 miles from Georgia to Maine.



August Sneak Peek:

Just Keep Swimming

