

Hut to Hut on the Appalachian Trail

White Mountains, NH

July 20 - 26, 2008 (Sunday-Saturday)

Starting in Georgia and extending all the way to Maine, the Appalachian Trail is the oldest long distance trail in the United States. In New Hampshire the trail passes through the White Mountains, well known for their high peaks, windswept ridges, changeable weather and challenging trails. Traversing some of the tallest peaks in the region, this part of the AT is widely regarded as one of its most magnificent sections. But it's not only its beauty that makes it unique. Spaced a day apart are a series of huts that offer hot and hearty meals and a warm bed at the end of the day. If you want to spend time hiking the Appalachian Trail without having to carry a full backpack, come join us as we hike hut to hut!

This trip begins at 4 pm at the AMC Highland Center at Crawford Notch, the newest center built by the Appalachian Mountain Club. If you are flying and/or need transportation, we will meet at the Manchester, NH airport at 2pm and drive together from there. We'll start getting to know one another and review safety considerations during the four-course dinner served by the Highland Center. The next morning we will get an early start, arrange a car shuttle, and spend time visiting the Crawford Notch Visitor Center before starting our hike. Our destination tonight is Mizpah Springs Hut and there are several different ways we could go, depending on the weather and our time: the Webster Cliff Trail takes 5 to 6 hours and gains 3000 feet whereas the Crawford Path takes about 3 hours and gains 2000 feet. Whichever we take, our hike will be rewarded with great views. We continue north on the Crawford Path the next day, which takes us up and over Mt Pierce, Mt Eisenhower, Mt Franklin and Mt Monroe before reaching Lake of the Clouds Hut. Although our net elevation gain is only 1200 feet, our actual elevation total is considerably more and will take us between 3 and 5 hours. The next day will be a layover day, and our activity will be dictated by the weather and our energy level. Thursday is our longest day, about 7.5 miles, as we traverse Mt Washington (at 6,288 feet the highest peak in the White Mts.) followed by Mt Clay and Mt Adams. Our total elevation gain is over 4,000 feet and will take 6 to 7 hours. On Friday, our final hiking day, we bid goodbye to the ridges we descend 3500 feet on our hike down to Pinkham Notch. There we'll reclaim our cars and then head to a nearby hotel for hot showers and our final farewell dinner. We leave the next day for the Manchester airport and you can plan to fly out anytime after 1 p.m. on the 26th.

July is usually a lovely month in the White Mountains. However, like any mountain environment, the weather can be quite variable with high winds and rain. Although adverse conditions would not cause us to cancel the trip, modifications in the itinerary might be made if conditions warrant.

This trip is suitable for women in very good physical condition who enjoy spectacular and at times strenuous mountain hiking with staying in rustic huts. While extensive hiking experience is not necessary, you should be prepared to hike uphill for two hours at a time, with a pack containing your clothing and water. Some of the path is exposed and women with a significant fear of heights might find it difficult.

To reserve a place on this adventure, please send your deposit of \$300 or the full trip fee of \$1250 (deduct \$50 if you register before 4/3) to our office, or call to register by phone. The fee includes six nights lodging; meals from dinner Sunday through the following Saturday's breakfast except for lunches; permits; a White Mt. guide book, and guide services. Each participant provides personal gear, including a daypack and boots, trail lunches and snacks, gratuities for the Hut "croc", and restaurant beverages. Roundtrip transportation from the Manchester, NH airport is available for \$75. If you have a dietary restriction or allergy, please let us know at least three weeks in advance. Three months before the trip we'll send you information to help you prepare for your journey, including a detailed packing list, conditioning suggestions, and bibliography. Please call us with any questions you might have; we'd be delighted to welcome you to the rugged beauty of the White Mountains!

A d v e n t u r e s i n G o o d C o m p a n y

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