

Hiking the White Mountains

Adventures in Good Company's General Information

Welcome to Adventures in Good Company's Hiking the White Mountains trip! We have compiled some information that may be helpful as you prepare for your journey. Please feel free to contact the Adventures in Good Company office (1-877/439-4042) if we can provide any additional information.

Emergency contact information:

We will be staying at The Four Seasons Lodge in North Conway, NH. The phone number is: 603/356-5351. You will need a calling card for long distance calls. Cell phone reception can be spotty.

Weather

The weather varies based on the altitude. In the lower elevations, typically the temperatures are in the low 70s and high 60s during the day at this time of year. As we climb up, the weather becomes changeable mountain weather, which could include rain, cold wind, and cooler temperatures. Even snow, while not common, is possible. Bringing the proper clothing will add greatly to your enjoyment and your safety.

Conditioning

This trip, particularly if you choose the more strenuous hikes, involves hiking with significant elevation changes. Being physically prepared will assure that you have the energy to do everything you choose to. If you already exercise regularly, the single most important additional preparation you can make is to spend time hiking with your daypack on and loaded with water and gear for the day. Consider taking your daypack to the nearest park after work twice a week and walk up and down hills. Start about 4 to 6 weeks before the trip with an hour and work up to two. This should be in addition to your regular aerobic exercise. If you live in the flatlands, then substitute stadium steps or tall buildings, or work out on a stairmaster.

If you don't exercise regularly now, we advise you to start an exercise program at least three months before your trip. For example, you might start walking 4 or 5 times a week for half an hour, at a pace that is fast enough to make you breathe deeply. Hills are good for this. Gradually add time until you are comfortable hiking for two hours. Other options are working out at a health club on a stairmaster or treadmill, aerobics classes, cross country skiing or any activity that makes you breathe harder. The key is to exercise at a rate that makes you work, but not so hard that you are unable to talk or gasping for breath. Alternate longer days with shorter days. Two months before the trip also incorporate day hikes as suggested above.

Some pre-trip reading

Steel, Frederick. *At Timberline* This is an all-in-one nature guide that will assist you in identifying the flora and fauna of the northeast mountains. There are good illustrations that, along with the descriptions, will assist you in identifying as you walk along.

Marchand, Peter. *North Woods*. This book goes beyond the traditional field guide and gives you an understanding of the ecology of the northern forests and the forces that have shaped this area.

Stier, Maggie and Ron McAdow. *Into the Mountains*. In this book, the authors bring together stories of New England's 15 most celebrated peaks: stories of exploration and settlement, the natural forces that shaped the land, and human triumph and tragedy.

Daniell, Gene and Steven Smith, editors. *White Mountain Guide* This is the most comprehensive guide to hiking in the White Mountains available. It lists hikes for all experience levels, discusses *Leave No Trace* practices, and provides detailed trip descriptions.

Interesting and useful web sites

<http://www.outdoors.org> The Appalachian Mountain Club (AMC) is the oldest and largest outdoor recreation club in the U.S. and has long been a leader in conservation in this area. Their mission is to promote the protection, enjoyment and wise use of the mountains, rivers, and trails of the northeast. Some of the books on the reading list can be purchased on this site.

<http://www.visitwhitemountains.com> This is your basic tourist bureau web site with lots of information on visiting the white mountains. You can order a free vacation guide with maps

<http://www.cs.dartmouth.edu/whites/> White Mountains Info Server. This web site, maintained by Dartmouth College volunteers, is a great resource for all those interested in hiking, skiing, backpacking etc in the White Mountains.

Tipping Guidelines

Tipping at the end of the trip is optional. If you feel your guide(s) did an outstanding job and would like to reward him or her for their efforts, a suggested rule of thumb is US \$5-\$10 per person, per day. Oftentimes, trip members organize a group envelope (this makes it anonymous) and present it to the guides at the last shared meal.

Getting There: Plan to meet at the Mountain Wanderer Bookstore in Lincoln, NH at 12:30 pm. If you're flying, we will pick you up at Manchester, NH Airport (MHT) at 10:30 am.

If you are flying: Manchester Airport (MHT) is serviced by many of the major airlines, including United, Northwest, Air Canada and Delta. It is also served by some lower cost airlines such as Southwest, U.S. Airways, and Continental. Plan to arrive not later than 10:20 am on August 24. You can fly out anytime after 3 pm on August 28.

If you are driving: North Conway is about 6 hours from New York City and 2.5 hours from Boston,

From New York:

1. Get onto I-278 E toward I-87N/Bronx/New England
2. Take the I-278E exit on the left toward new aven.
3. Merge onto Bruckner Expwy
4. Bruckner Expwy becomes I-95N
5. Merge onto I-91N via exit 48
6. Take the US-5N/CT-a5 exit (#29) toward I-84/ast Hartford/Boston
7. Merge onto Wilbur Cross Hwy, which becomes I-84E
8. Merge onto I-90E/Mass Pike towards NH-Maine
9. Take exit number 10 toward I-290/Worcester/I-395
10. Merge onto I-495N via exit 26B toward Lowell
11. Merge onto I-93N via exit 40B toward Concord
12. Take I-93 North to exit 32/Lincoln/Rte 112
13. The Bookstore is on Rte 112 in Lincoln next to the Kancamagus Store/Irving Gas Station. We will go for a hike and a picnic lunch, so please dress accordingly.

Lodging

Depending on your connections, you may be able to fly into MHT the morning of the trip. If not, here are some possible lodging options. Prices were current at the time, but may have changed, and do not include taxes. AAA rates may be lower. Let us know if you're interested in finding someone on the trip to share a room with and we'll try to hook you up.

If you have a gambling spirit, the cheapest way to find a hotel room is to go through Priceline

(www.priceline.com). When you have a choice of area, choose the Manchester area. We cannot guarantee that all the hotels in this area offer an airport shuttle. Our guides have stayed at very nice places in other cities for \$25 to \$40 a night, a bit more with service fees and taxes but still a bargain.

If you prefer to know what you're getting into, the following are a sample of the possibilities:

Best Western Executive Court Inn (877) 627-2525 or (603)627-2525

13500 S Willow St, Manchester, 03109

Single or Double: \$117-\$130

Heated indoor pool and exercise room. Free deluxe continental breakfast and local phone calls. Free shuttle service to airport and adjacent restaurant. AAA

Fairfield Inn by Marriot (800) 695-8284 or (603) 625-2020 860 South Porter St, Manchester, 03103

Single or Double: \$109-\$119

Outdoor pool, continental breakfast, nearby restaurants, airport shuttle.

Springhill Suites Marriot-Manchester Airport (603) 668-9400

975 North Perimeter Road, Manchester, 03103

Single or Double: \$107-\$130

Spacious suites, heated indoor pool with Jacuzzi and exercise room, continental breakfast, airport shuttle AAA

Ramada Inn of Manchester (800) 272-6232 or (603) 669-2660

21 Front St, Manchester, 03102

Single or Double: \$72-\$139

Outdoor pool. Continental breakfast, airport shuttle. Booking at www.ramadainn.com seems to produce a lower rate.

Directions to the Four Seasons

1. Take route 16 N to North **CONWAY, NH**
2. At working traffic light, take left onto Washington St. (Gregston Real Estate at corner)

HOUSE IS 3.2 MILES FROM THIS POINT

3. On Washington St., bear left onto West Side Rd.
4. At 3.2 miles there is a white sign on the left with red reflective letters hanging from a tree "Four Seasons."
5. Take left onto dirt road and follow abt. 300 ft. Lodge is to the left with another sign that says "Four Seasons"