

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Meet at Manchester Airport (MHT) or White Mountains Visitor Center in Woodstock, NH. Hike to Greely Pond.

Our journey begins at 10 a.m. at the Manchester Airport or 12 p.m. at the White Mountains Visitor Center in Woodstock, NH. We will have introductions and a welcome picnic lunch before heading down the Kancamagus highway to Greely Pond Trail. Our hike to scenic Upper Greely Pond is a good introduction to the rocky paths of the White Mountains but without some of the elevation gain that is typical of mountain trails. If it's a hot day, the pond offers a standing invitation to take a quick dip before heading back. Returning by the same trail, we'll make our way to Woodstock and our accommodations for the week. We'll begin by settling into our lodging and share the first of many delicious dinners.

Lodging: The Notch Hostel, Woodstock, NH Mileage: 3.4 miles (L, D)

DAY 2

Hiking the Welch - Dickey loop Trail

Today we are hiking the Welch - Dickey loop trail. Welch and Dickey Mountains were two of the mountains visited earliest by regular summer tourists to the White Mountains. Nathaniel Greeley, who pioneered the Waterville Valley in the 1830s, created a system of trails in this area that led directly to his inn. Although the inn no longer exists, the trail - especially the Welch-Dickey loop trail, continues to be a favorite. The trail is moderately graded and both mountains are well below 3,000 feet in elevation, but both have several open rocky ledges with amazing views of the valley below. Naturalists also love this loop because of its diversity of trees, including one of only four stands of jack pine in New Hampshire.

Hiking: 4.4 miles (B, L, D)

DAY 3

Kayaking the Pemi and ice cream!

Off to the water! Today we'll kayak a section of the "Pemi", a local favorite with beautiful water and just enough "white water" to give us a good ride. After shuttling to our put-in, we will have both paddling and safety instruction on land before launching our kayaks on the river. Our pace will be relaxed with time to enjoy the scenery and the water. We will stop for a picnic lunch at one of the many sand beaches along the way and enjoy both our lunch and a refreshing dip. While our exact route will depend on the water level, we will canoe 7.5 to 10 miles, about 3-5 hours on the water. No previous canoeing experience is necessary to enjoy this delightful day. Returning to our cars we'll indulge in another local favorite - ice cream! The perfect "after kayaking" treat! After returning to our lodging, the rest of the late afternoon is free and you may choose to relax with a good book, take a short stroll around the area, relax on the deck or porch, use the sauna or anticipate an after dinner fire at the fire pit once the evening cools down. However you choose to spend your time, we will meet for appetizers on the deck and another hearty dinner. Mileage today will be determined by water levels and our put in and take out spots.

(B,L,D)

DAY 4

Zealand Falls, AMC hut, Mount Washington Hotel

Back to our hiking boots - today we will hike the Zealand Falls trail. This trail is a beautiful hike through scenic forest, past marshes, and alongside the rushing Zealand River. Our destination is one of the Appalachian Mountain Club huts, Zealand Hut, located next to the spectacular Zealand Falls with a view to match and this is where we'll enjoy the picnic lunch we've packed. For dessert - the hut's 'crao' always has something freshly baked along with lemonade for purchase - let's hope for their chocolate chip cookies! After returning to the car we'll head to the historic Mt Washington Lodge. The lodge has been and continues to be a favorite New England retreat of not only those of us who appreciate history and a bit of pampering but also presidents, poets and celebrities. It is also the place where the International Monetary Conference was held after WWII and articles of agreement signed that established the International Bank for Reconstruction and Development (IBRD) and the International Monetary Fund (IMF) that still stands today. We'll grab a rocker on the back porch (with the Crawford Ridge and Mount Washington as our view) and enjoy a refreshing drink before wandering a bit - soaking in the beauty and the history of this historic and majestic lodge.

Mileage: 5.6 miles (B,L,D)

DAY 5

Biking downhill! and the Flume

And today another change - we're biking! We'll take a leisurely bike ride on the Franconia Notch Bike Path to the Flume where we'll enjoy our picnic lunch before touring the Flume. The Flume is one of the White Mountain's unique geological formations and while a bit more touristy than the other places we have hiked so far, this is not any ordinary waterfall and well worth a visit. Discovered in 1808, the Flume is a natural gorge extending 800 feet at the base of Mount Liberty. The walls of Conway granite rise to a height of 70 to 90 feet and are 12 to 20 feet apart. We start at the Flume Visitor Center, framed by a spectacular vista of Mount Liberty and Mount Flume. The 2-mile walk, partly on a boardwalk and part on a gravel path, is moderately graded with some up/down stairs. There are many opportunities for photographs and our pace will be relaxed as we explore this scenic site.

Biking: 6 miles. Walking: 2 miles (B,L,D)

DAY 6

Summiting Mount Eisenhower by Edmands Path

Our last day of hiking in the White Mountains will find us visiting a president - yes, Eisenhower - actually Mount Eisenhower, one of the beautiful 4,000 footer peaks of the Presidential Range. This will be our most challenging hike of the week but by now our muscles are well-tuned and our spirit of adventure is high. We'll start on the Edmands Path to the top, hiking through beautiful hardwood forest and granite boulders leading to the spectacular, above tree line vista where it joins the Crawford Path. We'll follow it to the summit of Mt. Eisenhower (elevation 4,760 feet). From there we are treated to open views of the Presidential range, including Mt. Washington, and we'll enjoy 'lunch with a view'! From here we will retrace our steps for a total mileage of 6.6 miles and 2,750 feet elevation gain. We'll return to our home in time to "freshen up" a bit before going out on the town for our final farewell dinner.

(B,L,D)

DAY 7

Depart after breakfast for Manchester Airport

Sadly, our week in the Whites does have to end. If you are driving you can plan to leave any time after breakfast. If you are flying, we will have you back to the Manchester Airport in time to fly out any time after 1:00 p.m. (B)