



White Mountain National Forest

Short Hikes on the Pemigewasset



Discovery Trail

1.4 mile accessible loop trail

Easy

Average Time: 1 hour

An easy hike, the Discovery Trail offers a living classroom in forest ecology. The parking area and trailhead are located on the Kancamagus Highway, 6.2 miles from Exit 32, off I-93 in Lincoln, NH. This trail includes interpretive panels featuring both natural and managed forest ecology. Interpretive trail brochures are available at the trailhead.

East Pond/Little East Pond Loop

5 miles (Round Trip)

Moderately Easy

Average Time: 3 hours

This relatively easy hike begins on the Tripoli Road, 5 miles east of Exit 31, I-93 and visits two beautiful mountain ponds. The trail follows an old railroad grade and then bears right leading first to the scenic East Pond at 1.4 miles; and continues for 1.7 miles to Little East Pond. The complete loop is a total of five miles.

At one time East Pond was mined for diatomaceous earth, also known as Tripolite, hence the name "Tripoli" Road. Tripolite is an abrasive fossil material that is used for polishing steel machine parts and also as an additive to potting soil.

Trestle Trail

1 mile loop (Round Trip)

Easy

Average time: 30 minutes

The Trestle Trail is an easy walk in a forested setting along both sides of the Zealand River. The trail begins at the Zealand Road Sugarloaf Trailhead and follows the west side of the river for about .5 miles where it crosses the river over a footbridge. From this point the trail passes through Sugarloaf Campground and returns to the Zealand road parking area completing the loop.

The footbridge has been built in the same location as the railroad trestle, which was used for logging in the late 1800's., thus the name "Trestle" Trail. The Youth Conservation Corps constructed the trestle trail in 1984. The footbridge was built in 1985 as a cooperative venture between the 368th Combat Battalion, US Army Reserve and the Forest Service.

Be aware that car break-ins and theft can occur at trailheads. Lock your doors and do not leave anything of value visible from the outside.

Sugarloaf Trail

To Middle Sugarloaf: 1.4 miles

Average Time: 1 hour and 20 minutes

To North Sugarloaf: 1.2 miles

Average Time: 1 hour

Round trip is 3.2 miles

Average Time: 2 hours and 20 minutes

This moderate trail offers an interesting hike that crosses both North Sugarloaf and Middle Sugarloaf mountains.

ACCESS: Three miles east of Twin Mountain, NH on Route 302, south of Zealand Road (FR16) on the west side of the Zealand River Bridge.

The trail begins at 1644 ft. elevation and ends at Middle Sugarloaf Summit, 2526 ft. It is easy with some moderate uphill grades. There is no reliable water source along this trail. Any water taken directly from the Zealand River or any river should always be treated. Drinking water is available at Zealand Valley Campground.

At 0.2 miles the trail leaves the river at an easy uphill grade and immediately crosses the Bethlehem Water Line. The easy grade changes to a more moderate uphill grade at 0.7 miles until it reaches the saddle between the two summits. A sign at 0.9 miles marks the intersection between Middle and North Sugarloaf, Middle Sugarloaf to the left (South) and North Sugarloaf Spur to the right.

Middle Sugar Loaf Trail: At 0.4 miles the trail continues on an easy grade then changes to a more moderate uphill grade to the exposed summit. About 150 ft from the trail's end there is a short side trail leading to a view of the North Sugarloaf. The exposed summit offers a 360-degree view of the White Mountain National Forest.

North Sugarloaf Spur: At 0.3 the trail continues at an easy grade then it loses elevation slightly and swings to the mountain's backside. The trail climbs gradually, ending abruptly on the open ledge of North Sugarloaf Summit, 2360 ft. The view to the east is of Mount Washington and the Presidential Range. Smokey quartz has been found in this area. Collectors who are collecting for personal use only are not required to obtain a permit. Collecting is limited to the use of hand tools and hobby collecting. Explosives are prohibited. Collectors must fill in any holes to restore areas to near natural conditions. Please contact Gateway Visitor Center for additional information.

Camping is prohibited within ¼ mile of the Zealand Road and above treeline. Zealand Road is closed to motor vehicles from Mid-November to Mid-May.

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