

### Route Options

All summits are optional and subject to time, weather, and hiker abilities.

#### ***Itinerary 1: Alpine Traverse (Madison Hut to Lakes of the Clouds Hut)***

**Summary:** This is the most ambitious hike option for 2009. Hikers will explore the Presidential range, spending the majority of their time in the Alpine Zone. Traveling from AMC Madison Spring Hut to Lakes of the Clouds Hut allows hikers to take in the stunning views along the ridge. It is possible to summit seven of the White Mountain's 4,000-footers across the three days, including the possibility of climbing Mt. Washington. You will meet up with Wilderness Heals co-hikers from the Presidential Venture on Day 2. **Rating: 3-5**

**Day 1:** Many trails lead to Madison Spring Hut, either from Appalachia or various locations along Route 16 (near Pinkham Notch). All involve quite a climb as Madison Hut is located at 4,800 feet, near the summits of Mount Madison and Mount Adams. Depending on the route your team chooses, it may be possible to summit Mount Madison or Mount Adams once reaching the hut.

**Day 2:** Follow the Crawford Path to Lakes of the Clouds Hut with options to summit or skirt several Presidential peaks, including these 4,000-footers: Mt. Adams, Mt. Jefferson, and Mt. Washington. Teams may also decide to scale Mt. Monroe, another 4,000-footer, once reaching the hut.

**Day 3:** On the final day, hikers can choose to hike out to the reception at the Highland Center via the Crawford Path, with faster teams having the option to summit 4,000-footers Monroe, Eisenhower, and Pierce. Alternative options are to use the Ammonosuc Ravine Trail or Tuckerman Ravine Trail where a shuttle will be awaiting to bring hikers to the Highland Center Reception.

#### ***Itinerary 2: Presidential Venture (Mizpah Hut to Lakes of the Clouds Hut)***

**Summary:** This a moderate hike options for Wilderness Healers where you will explore the Presidential Mountain range. This route invites hikers to summit six of the White Mountain's 4,000-footers across the three days, including the possibility of climbing Mt. Washington. Traveling from AMC Mizpah Hut to Lakes of the Clouds Hut allows hikers to take in the stunning views along the ridge. You will meet up with co-Wilderness Hikers from the Alpine Traverse route on Day 2. **Rating: 3-5**

**Day 1:** Hikers will be dropped off at Crawford path were they will ascend into AMC Mizpah Hut. Hikers looking for more difficulty can hike in via Mt. Pierce. Afternoon hikes include Mt. Pierce or the Webster-Jackson Loop.

**Day 2:** Follow the Crawford Path to Lakes of the Clouds Hut summiting Mt. Pierce, Eisenhower, Franklin and Monroe on the way. After unloading extra weight at the hut, hikers can scale Mt. Washington to take in the panoramic views of the Presidential Range. Hikers will also have the pleasure of mingling with the Alpine Traverse Hikers who will also be at Lakes Hut.

**Day 3:** Options for this final day are the same as that for the Alpine Traverse hikers. Hikers can choose to hike out to the reception at the Highland Center via the Crawford Path. Alternative options are to use the Ammonosuc Ravine Trail or Tuckerman Ravine Trail where a shuttle will be awaiting to bring hikers to the Highland Center Reception.

### ***Itinerary 3: Lark at Lonesome Lake (Lonesome Lake Hut for 2 nights)***

**Summary:** This route takes Wilderness Healers up the west slopes of Franconia Notch. Make this leg what you want it to be! It can be very gentle or more strenuous with the option to summit up to three 4,000 footers: Cannon Mountain, North Kinsman, and South Kinsman. It's all about the natural beauty of the mountains on this route! You'll spend both nights at Lonesome Lake Hut, so your pack on Day 2 can be lighter. **Rating: 1-4**

**Day 1:** Hikers will depart from one of three locations in Franconia Notch: most challenging would be up the Kinsman Ridge Trail over Cannon Mountain to the hut; most direct is via the Lonesome Lake Trail from Lafayette Brook Campground; or the slightly longer and more gentle route is up the Cascade Brook Trail.

**Day 2:** Hikers have many options for their second day on this leg, and can choose with their team to hike at whatever level of difficulty they desire. Stay near the hut and explore lovely Lonesome Lake. Take a jaunt over to the beautiful Kinsman Pond, where teams can choose to summit North and/or South Kinsman mountains. The steep-walled and deep Kinsman Flume is also reachable on Day 2. Or head the other direction to summit Cannon Mountain with its beautiful panoramic views. Because you will be returning to Lonesome Lake Hut, you may leave non-required gear and hike with a lighter pack.

**Day 3:** Hike back down to the Franconia Notch Parkway via one of the three options listed for Day 1 (in reverse).

### ***Itinerary 4: Pemi Ridge Exploration (Galehead Hut for 2 nights)***

**Summary:** Hikers on this route spend two nights at the remote and beautiful Galehead Hut, at the edge of the Pemigewasset Wilderness. Depending on your team's trail choices, this route can be anywhere from strenuous to relaxing. Spending two nights at Galehead allows hikers to explore portions of the Pemigewasset Wilderness at their own pace as well as provides the possibility to summit one or more peaks over 4,000 feet. **Rating: 2-5**

**Day 1:** Hikers can choose one of three routes to reach Galehead Hut. The most strenuous option is to hike from the North Twin trailhead up and over North and South Twin to the hut. Another strenuous route to the hut brings you up and over Mount Garfield, meeting the Garfield Ridge Trail and on to the hut. A less challenging option is a shorter hike up the Gale River Trail to meet the Garfield Ridge Trail, which brings you to the hut.

**Day 2:** Summiting opportunities abound on the second day of this hike leg... or your team may choose to take it easy on Day 2. Hikers may choose a relaxed jaunt to 13 Falls or along the Twinway towards Zealand Falls. Or if you feel like bagging a peak or two, choose among the several 4,000-footers within reach: Mt. Bond, West Bond, Bondcliff, South and North Twin, Mt. Garfield and even Mt. Lafayette. Because you will be returning to Galehead Hut, you may leave non-required gear and hike with a lighter pack.

**Day 3:** Today hikers have the same three trail options as on Day 1 (in reverse). Our drivers will meet your team at the trailhead to transport you to the Highland Center in Crawford Notch.

### ***Itinerary 5: Franconia Ridge Exploration (Greenleaf Hut for 2 nights)***

**Summary:** Hikers on this route spend two nights at the beautiful Greenleaf Hut, at the edge of the Pemigewasset Wilderness. Depending on your team's trail choices, this route can be anywhere from strenuous to relaxing. Spending two nights at Greenleaf allows hikers to explore portions of the Franconia Ridge Trail at their own pace as well as provides the possibility to summit up to three peaks over 5,000 feet. **Rating: 2-5**

**Day 1:** Hikers can choose one of three routes to reach Greenleaf Hut. The most strenuous option is to hike from the Greenleaf Trail. A more moderate option that provides great scenic views is the Old Bridle Path. A less challenging option but a longer hike is the Skookumchuck Trail.

**Day 2:** Summiting opportunities abound on the second day of this hike leg... or your team may choose to take it easy on Day 2. Hikers may choose a relaxed moderate hike up to Mt. Lafayette and enjoy some time on the summit. Or if you feel like bagging a peak or two, choose among the several 4,000-footers within reach: Mt. Lincoln, Little Haystack and even Mt. Liberty. Because you will be returning to Greenleaf Hut, you may leave non-required gear and hike with a lighter pack.

**Day 3:** Today hikers have the same four trail options as on Day 1 (in reverse). Our drivers will meet your team at the trailhead to transport you to the Highland Center in Crawford Notch.

### ***Itinerary 6: Backcountry Camping***

**Summary:** Unlike the other options, hikers on this leg do not stay in huts with running water and prepared meals. Backcountry hikers sleep in tents and prepare their own meals together on portable stoves. No prior experience in backcountry camping is required! If you love camping or have always wanted to give it a try, this is the option for you. Hikers who choose this option should be prepared to carry tents, sleeping bags, and cooking equipment, and contribute to route planning each day. Choose from several backcountry camping possibilities, all with great day hikes from the established camp. *\*Note: a minimum of three registered hikers (and a Team Leader) are required for the backcountry route to take place.* **Rating: 3-5**

**Day 1-3:** As a team, backcountry hikers will decide their own route together for all three days. Campsite(s) will be chosen by May depending on the size of the Backcountry Team. For logistical reasons, campsite options for 2009 include: Nauman Tentsite, Ethan Pond, Guyot, Thirteen Falls, Garfield Ridge, and Resolution Shelter.

### ***Itinerary 7: Front Country Trail Options (Shapleigh Hut at Crawford Notch for 2 nights)***

**Summary:** The Front Country leg offers trails more manageable to those who are new to hiking and is open to mother-daughter teams with daughters as young as 12. Hikers who choose to participate in one of the Wilderness Heals Front Country trail options will stay 2 nights at Shapleigh Hut in Crawford Notch. Hikers will be able to carry more manageable day packs as they will be returning to base camp every evening. Trails around Crawford Notch range from hikes up to Mt. Field at 4340' to small nature walks around the Highland Center.. Hikers may choose to take a moderate hike up to Mt. Willard to enjoy a view of the entire Notch or take a longer hike to Mt. Tom or Mt. Field. Front Country hikers will have a number of trails of varying difficulty to choose from, and will be paired with other hikers with similar hiking styles and fitness levels as their own. On Day 3, hikers can take a short hike before walking over the ceremony at the Highland Center. **Rating: 1-3**