



OUR LARGEST ANNUAL FUNDRAISER

22nd Annual

seek THE peak TM

HIKING · BIKING · PADDLING · CLIMBING · RUNNING · FISHING

adventure expo

2022 GUIDEBOOK

GREAT GLEN TRAILS GORHAM, NH

PUBLIC WELCOME

RAISE MONEY. EARN GEAR. SUPPORT THE OBS.

THE 22ND ANNUAL SEEK THE PEAK

Join us for the largest annual fundraiser of the nonprofit **Mount Washington Observatory**, welcoming outdoor enthusiasts of all ages and abilities to the beautiful White Mountains.

RAISE MONEY + EARN GEAR!

Raise \$200 and receive an exclusive Cotopaxi/
Eastern Mountain Sports pack.

Raise \$300 and earn a 22nd Anniversary STP Tee, \$15 food voucher, and be entered to win premier outdoor gear, thanks to the generosity of our sponsors.

Choose your adventure and raise funds that provide vital support for Mount Washington Observatory. The pages of this guidebook offer many adventure options!

The mission of Seek the Peak is to cultivate and sustain connection to and stewardship of Mount Washington Observatory and the White Mountains region. This will be achieved by utilizing our natural spaces in a responsible manner to create a wide range of adventures on our trails, cliffs, and waterways.

By leveraging our community's passion for discovery and exploration, we will simultaneously build capacity in support of the observatory's critical mission.

seekthepeak.org - events@mountwashington.org - 603.356.2137

EVENT SCHEDULE



seek ^{THE} peak

HIKING · BIKING · PADDLING · CLIMBING · FISHING · RUNNING

adventure expo

FRIDAY - JULY 15

Tuckerman Brewing Co., Conway, NH

4-7PM: Kick off Party

Start your Seek the Peak weekend in style! Participants get a beer on the house! Mount Washington Observatory staff will be onsite to provide information on weekend activities. Feel free to bring a lawn chair, enjoy live music, and meet other participants.

SATURDAY - JULY 16

Great Glen Trails, Gorham, NH

12-6PM: Adventure Expo and Vendor Village

Vendor Village ~ Food Trucks ~ Beer Garden ~ Live Music

Gather to celebrate your adventure, speak to field experts from an expansive line-up of adventure brands, and learn about outdoor recreation stewardship from many non-profits. Peruse the booths for product clinics and giveaways. *While the Expo is free to all, a \$10 suggested donation at the door will enter all non-participants into hourly raffles--win prizes while supporting the Obs!*

9AM, 12:30PM: Seek the Peak Trail Races

5K ~ 10K ~ 6 hour ~ 6 hour relay

Register as a runner or enjoy spectating along this beautiful 5K loop course at Great Glen Trails. After, stop by the Expo for food and fun! Presented by Eastern Mountain Sports and White Mountain Endurance. Register at ultrasignup.com

JULY 16 VENDOR VILLAGE

Exhibitors include...

Oboz ~ Great Glen Trails ~ Eastern Mountain Sports
Garmin ~ Hyperlite Mountain Gear
Backpacker Get Out More Tour
Big Agnes ~ Good-to-Go ~ Cotopaxi
Granite Outdoor Alliance
NH Outdoor Council ~ NH State Parks
Cross NH Adventure Trails ~ White Mountain Endurance
Mt. Washington Valley Adaptive Sports
Protect Our Winters ~ Appalachian Mountain Club
Mount Washington Observatory

FOOD TRUCKS

Kimberly's Gluten Free Kitchen ~ Tin Can Company
Bickford Box

BEER GARDEN

Tuckerman Brewing Co.

MUSIC

Bear Mt. Band
White Mountain Radio Group
with Roy Prescott of 93.5 WMWV

Weather Station Tours: July 15-16; 9AM-1PM

MWOBS Weather Station, Sherman Adams Summit Building

All Seek the Peak participants are invited to take a tour of our famous mountain top weather station. Go behind the scenes to get a taste of what it's like to work at 6,288 ft.

HOW TO PARTICIPATE

REGISTER TODAY AND CHOOSE YOUR ADVENTURE!

Register at seekthepeak.org as an individual or team and begin inspiring friends and family to support your adventure of choice. Start your peer-to-peer fundraising and begin earning prizes!

As a participant, you are invited to seek *your* peak. Plan your own outing anywhere, whether it's a summit hike or immersing yourself in a new adventure while supporting Mount Washington Observatory.

The pages of this guidebook are filled with resources to help get you hiking, biking, climbing, running, paddling, or fishing. A safe experience in the White Mountains starts with our daily weather forecasts at mountwashington.org.

seekthepeak.org offers helpful fundraising tips to support your communications and outreach. Once registered, you can share a link to your fundraising page, where people can donate to your goal. There is a \$10 registration fee that is ultimately applied to your fundraising total.

OUR MISSION IN WEATHER AND CLIMATE SCIENCE

Mount Washington Observatory (MWOBS) is a private, nonprofit, member-supported institution with a mission to advance understanding of the natural systems that create Earth's weather and climate.

It serves this mission by maintaining a weather station on the summit of Mount Washington, performing weather and climate research, conducting innovative science education programs, and interpreting the heritage of the Mount Washington region.

Weather observations are reported to the National Weather Service for use in nationwide forecasting models and regional reports, and our scientists produce specialized forecasts for the higher summits of the White Mountains.

With detailed climate records dating back to the organization's founding, MWOBS maintains what is now one of North America's longest continuous climate records.

2022 PRIZE OFFERINGS

RAISE
\$200



Exclusive Cotopaxi-
Eastern Mountain Sports
Seek the Peak Pack

RAISE
\$300

+



Seek the Peak T-Shirt
& \$15 Adventure Expo
Food Voucher

RAISE
\$500

+



Luci Lux Lantern
by MPower!

RAISE
\$2500

+



White Mountains Topo Map
by Summit Terragraphics

RAISE
\$5000

+



Eastern Mountain Sports
Sweet Swag TBD

RAISE
\$10000

+



Framed Photo from
MWOBs Smugmug archives

FIRST
RUNNER UP

+



Hyperlite Pack

TOP
FUNDRAISER

+



Oboz Boots
Hyperlite Tent
and MORE!!!

TOP
TEAM



Trip to the summit for
up to 8 team members!
(Season and trip date subject to MWOBs needs)

GEAR RAFFLE

RAISE \$300 AND BE ENTERED TO WIN
AMAZING PRIZES!



OBOZ

FOOTWEAR GIFT CARDS



GARMIN.

GARMIN

INREACH MINI



EASTERN MOUNTAIN SPORTS
EST. 1967

EASTERN MOUNTAIN SPORTS

TREK POLES

DUFFLE

MOUNTAIN CHAIR

DOWN BLANKET

HYDRATION VEST



BIG AGNES

IMPASSABLE DAY PACK

DITCH RIDER DAY PACK



HYPERLITE MOUNTAIN GEAR

AND MUCH, MUCH MORE!!!



PRIZE DRAWINGS: Seek the Peak participants who've reached \$300 in fundraising are eligible to win a Garmin inReach Mini, Big Agnes packs, Hyperlite gear, Oboz gift cards, and many other premier outdoor items.

FREQUENTLY ASKED QUESTIONS

Can my partner and I sign up as one person or team?

You can, but we don't recommend it. One registration = one backpack, one T-shirt, one set of fundraising incentives, one food voucher, and one entry into the prize pool. Each participant, as an individual, must meet that \$200 fundraising minimum to receive their own backpack and other prizes.

For Mount Washington hikers, is there a shuttle down from the summit?

No shuttle will be provided for Seek the Peak hikers, and you are responsible for getting yourself down the mountain. However, many hikers have a friend drive up the Mt. Washington Auto Road and meet them at the top for a quick ride down to the Expo. For more information, visit mt-washington.com.

Can I bring a guest to the Expo?

Absolutely! The Expo is open to all guests. No dogs, please.

Can children participate?

Yes, if they are capable of your chosen outdoor adventure. To decide if your child is ready for a backcountry hike, we recommend reviewing Hike Safe on page 22 and educating yourself about weather preparedness.

Do I need to be an Observatory member to participate?

No, anyone can participate, but we would love for you to become a member and help advance our mission!

What if it rains?

The event is held rain or shine, so be prepared for all conditions. Check our forecasts at mountwashington.org to know what to expect.

Who can I speak to if I have other questions?

We're here to help - Contact the Obs at events@mountwashington.org or (603) 356-2137, x235

HIKING



Participant Ashley Witham takes in a view while crossing an alpine stream.

Know before you go: Check the MWOBS [Higher Summits Forecast](#).

Guided Hikes

Appalachian Mountain Club: With twelve chapters located throughout the Northeast and mid-Atlantic, AMC offers opportunities for outdoorspeople of all ages and ability levels--from guided international excursions to free hikes and walks led by volunteers. [outdoors.org](#); 603.466.2727

Redline Guiding: “Our Hiking Adventures are awesome. We offer a wide range of hikes with various objectives from flatland excursions to hiking to the summits of some of the tallest peaks in the Northeast, like Mt Washington as just one of many.” [redlineguiding.com](#); 603.617.8788

Synnott Mountain Guides: “There’s so much terrain to explore in the White Mountains of New Hampshire. We can help you experience hiking and backpacking adventures in the Presidential Range, on Mount Chocorua, Franconia Notch, and many others.” [newhampshireclimbing.com](#); 603.733.8416

Self-Led Hikes

Mount Willard: This 2,864-foot summit in Crawford Notch is a relatively short hike for an incredible vantage point. The easy-to-moderate 3-mile round-trip along an old carriage road starts on US Rte. 302 near AMC's Highland Center.

Lonesome Lake: This well traveled loop begins at Lafayette Place Campground off Rte. I-93 South in Franconia Notch. At 3-miles round trip, the trail is rated as moderate, with one section of steeper switchbacks. Highlights include views of Franconia Ridge and Lonesome Lake, where you can visit the AMC hut. Bring money for a snack and say hello to the AMC caretakers!

Mount Chocura: Enjoy 360-degree views from this rugged summit. Moderate-level paths to the top include Piper Trail (4.2 miles each way from Route 16) and Champney Falls Trail (7.6 miles from the Kancamagus Highway).

Mount Kearsarge North: Reaching this 3,268-foot peak includes a 6.2-mile moderately difficult round trip from Hurricane Mountain Road. The Popular Pequawket Fire Tower offers a grand 360-degree view.

Baldface Loop: Near vertical rock faces offer a rewarding ridge walk and stunning views from the 3,570-foot South Baldface and 3,610-foot North Baldface peaks. The 10-mile loop begins on Route 113 in North Chatham.

Great Glen Trails: 45K of trails open for running and walking, no trail pass required!

Additional Resources

visitsnh.gov
goeast.ems.com
outdoors.org
fs.usda.gov

Outfitters & Gear Rentals

Eastern Mountain Sports, 603.733.4378
1640 White Mountain Hwy, North Conway

REI, 603.356.0475
1498 White Mountain Hwy, North Conway

IME, 603.356.7064
2733 White Mountain Hwy, North Conway

Ragged Mountain Equipment, 603.356.3042
279 NH-16, Intervale



Mountain biking at Great Glen Trails Outdoor Center.

Trip Planning & Group Rides

Cross New Hampshire Adventure Trail (xNHAT): An 83-mile long route through the northern portion of the White Mountains region of New Hampshire. Consisting of rail trails, dirt roads, bike paths, and paved backroads, 14 bike repair stations are stationed along the route courtesy of the North Country Welcomes Bicyclists Program. Maps and trip-planning resources available online. xnhat.org

PRKR MTN Trails: Located in Littleton, NH, this community-driven organization hosts a 22-mile network of handbuilt trails that are bikeable year-round. While primarily utilized for mountain biking, they also welcome trail running, hiking, skiing, snowmobiling, and hunting. prkrmtn.org

Mount Washington Valley Bicycling Club: Ride the beautiful Mount Washington Valley with other cycling enthusiasts, while being a part of a group that gives back to the community. Numerous road and gravel rides take place each week, many ending with social events. mwvbicyclingclub.org

Self-Led Rides

Great Glen Trails: For-fee trails designed for riders of all ages and ability levels. More info at greatglentrails.com.

Marshall Conservation Area: Rides for all levels, located a short drive from North Conway on West Side Road, there are 14 trails maintained by the White Mountains Chapter of the New England Mountain Bike Association (NEMBA).

Cross New Hampshire Adventure Trail: Choose a section to ride or cover the entire 83-mile long collection of rail trails, dirt roads, bike paths, and quite paved backroads between Woodsville, NH and Bethel, ME.

Moose Brook State Park: Near Gorham, NH, this park's 774 acres offer a number of excellent single-rack trails and scenic relaxing dirt roads. More info at nemba.org.

Hurricane Mountain Zone: The majority of trails are for expert-level (black diamond)

More Info & Options

xnhat.org

nemba.org

ridenoco.org

cooscyclingclub.org

Outfitters & Gear Rentals

Eastern Mountain Sports, 603 733 4378
1640 White Mountain Hwy, North Conway

Ride the Whites 603.383.3142
211 Main St Jackson

Great Glen Trails, 603 466 3988
1 Mount Washington Auto Road, Gorham

Stan & Dan Sports, 603 356 6997
2936 White Mountain Hwy, North Conway

ROCK CLIMBING



Mount Washington makes for a dramatic backdrop during a rock climbing adventure. EMS photo.
Know before you go: Check the MWOBs [Higher Summits Forecast](#).

Guided Climbs

Synnott Mountain Guides: “We are your Mount Washington experts, offering year round guided ascents, mountaineering courses, ice climbing, Observatory over-nights, Presidential Range traverses, backcountry ski adventures, and all levels of rock climbing instruction...” [newhampshireclimbing.com](#); 603.733.8416

Redline Guiding: “Rock Climbing is fair game as a go-to sport in the White Mountain National Forest. For those in the know, this area — the Mt Washington Valley, in particular — is a bit of a rock climbing Mecca. Cathedral, Whitehorse, and Humphrey’s Ledges, just for starters.” [redlineguiding.com](#); 603.617.8788

IMCS: International Mountain Climbing School: “For over 45 years we have been guiding folks and teaching them the skills to be safe and proficient in the mountains...we can teach you the skills you need to enjoy the mountains for years to come...” [ime-usa.com/imcs/](#); 603.356.7064

EMS Climbing School: “The Eastern Mountain Sports Climbing School is the oldest climbing school in the East, and has been offering technical rock climbing instruction since 1968.” [emsoutdoors.com/rock-climbing](#); 845.668.2030

Self-Led Climbs

The highly visible and massive White Horse Ledge and Cathedral Ledge just outside North Conway Village have attracted rock climbers for almost 100 years, scaling cliffs more than 100 feet tall. Between the two cliffs there are more than 300 established routes, from easy to expert. If you're new to climbing, numerous sources for guide services and gear are listed below to help you get started.

Whitehorse Ledge, Standard Route: This seven-pitch outing includes more than 1,200 feet of linear climbing, splitting the middle of the main slab.

Whitehorse Ledge, Children's Crusade: This three-pitch climb ascends the steeper edge of the south buttress.

Cathedral Ledge, Thin Air Face: A four-pitch climb offering a challenge for both new and seasoned climbers.

Cathedral Ledge, Recompense Route: This three-pitch outing ascends the central buttress known as The Prow.

More Info & Options

newhampshireclimbing.com

mountainproject.com
accessfund.org

Outfitters & Gear Rentals

Eastern Mountain Sports, 603.733.4378
1640 White Mountain Hwy, North Conway

IME, 603.356.7064
2733 White Mountain Hwy, North Conway

REI, 603.356.0475
1498 White Mountain Hwy, North Conway

Synnott Mountain Guides, 603.733.8416
279 NH-16, Intervale



With Great Glen Trails Outdoor Center as your guide, paddle along the Androscoggin River.

Guided Paddling

Great Glen Trails: “Our kayaking trips are designed to introduce your entire family to the watersheds and lakes of northern New Hampshire. Even if you’ve never been in a kayak before, we’ll have you exploring on your own by the end of your trip. Looking to see nature up close and personal? Our river trips are known for their moose, eagle and osprey sightings. Whether it’s a leisurely river trip on the Androscoggin below Gorham or a pulse pounding whitewater experience on the Androscoggin Watershed in Errol, our trained instructors will treat you to a great day on the water.” greatglentrails.com; 603.466.3988

Self-Led Paddling

The plentiful rivers and lakes of the Mount Washington Valley and its surroundings are prime places to paddle surrounded by nature's bounty.

Saco River: A popular river with some of the most canoeable waters in the Northeast, there is an easy stretch a short drive from North Conway Village. Paddle eight miles from First Bridge on River Road to Davis Park with its covered bridges. The experience is heavily dependent on water levels. Local shuttle services and kayak and canoe rentals are available; two vehicles are helpful.

Androscoggin River: For a more secluded paddle, travel north from the Great Glen Trails Outdoor Center to the Androscoggin River, where osprey and eagle spotting could prove positive. It's about a 3 or 4 hour float just over the Maine border from Gilead to Bethel. Two cars or shuttle are necessary.

Conway Lake: With its Mill Street access about eight miles from North Conway, Conway Lake is a good four-hour paddle. It's easy, unless there are huge winds, and pays out big time with swimming and loon sightings.

Lower Swift River: For experienced kayakers, this section offers seven miles of Class 3-5 waters, dropping alongside the Kancamangus Highway amid beautiful scenery. Put in at Rocky Gorge. Watch the USGS online Saco gage for an idea of water levels. A reading of about 1,500 cfs usually correlates with a low level.

More Info & Options

visithn.gov
outdoors.dartmouth.edu
nhstateparks.org

Outfitters & Gear Rentals

Eastern Mountain Sports, 603.733.4378
1640 White Mountain Hwy, North Conway

Saco Canoe Rental Company, 603.466.3988
558 White Mountain Hwy, Conway

REI, 603.356.0475
1498 White Mountain Hwy, North Conway

Saco River Canoe & Kayak, 207.935.2369
1009 Main Street, Fryeburg

TRAIL RUNNING



Know before you go: Check the MW OBS [Higher Summits Forecast](#).

Competitive Trail Running

Seek the Peak Trail Races presented by Eastern Mountain Sports

Saturday, July 16 at Great Glen Trails: 9:00am, 12:30pm start times

5K, 10K, and 6-hour endurance races put on by White Mountain Endurance. The course takes advantage of wide carriage roads and more challenging single track. Sign up to race at ultrasignup.com

*Seek the Peak participants who have registered at seekthepeak.org and have raised an amount equal to or greater than race registration fees may email events@mountwashington.org for a waiver to sign up to race free of charge.

White Mountain Endurance race series and guided trail running tours

Sign up for challenging trail races through some of the most rugged parts of the White Mountains while raising money for local charitable organizations who preserve and protect these beautiful places. Or, personalize your adventure with a guided, fully supported trail running excursion. rockhopperraces.com

Self-Led Trail Running

Castleview Rock and Ledge: An easy 1.8-mile loop with 450 feet in elevation gain and views of the Northern Peaks. The trailhead is located off Randolph Hill Road. Follow the Mt Crescent Trail, Castleview Loop and Carlton Notch Trail. More info at randolphmountainclub.org.

Chocura Loop: Moderate-level paths to the top include Piper Trail (4.2 miles each way from Route 16) and Champney Falls Trail (7.6 miles from the Kancamagus Highway).

Franconia Ridge Loop: Starting from the Old Bridle Path trailhead in Franconia Notch State Park, the first four miles entail climbing almost 3,400 feet to the Mt. Lafayette summit. This technical route includes many mountain views. 8.6-mile round trip.

Group Runs

White Mountain Milers: Join this non-profit club for a nominal fee to take advantage of the Summer Trail Race Series. Tuesday nights at Whitaker Woods; suitable for all levels of runners/walkers, choose a 5K or 2 mile route. whitemountainmilers.com

Mt Washington Valley Run Club: Free weekly group runs in the Mount Washington Valley. Runs are on trail or pavement at a variety of pace levels. [facebook.com](https://www.facebook.com/mount-washington-valley-run-club)

More Info & Options

greatglentrails.com
outdoors.org
randolphmountainclub.org
rei.com
whitemountainmilers.com

Outfitters & Gear Rentals

Eastern Mountain Sports, 603.733.4378
1640 White Mountain Hwy, North Conway

REI, 603.356.0475
1498 White Mountain Hwy, North Conway

Run the Whites 603.383.3142
211 Main St Jackson

Ragged Mountain Equipment, 603 356 3042
279 NH-16 #302, Intervale

ASK THE EXPERTS

Contact the Appalachian Mountain Club today for expert advice.



AMC helps you get outdoors on your own, with family and friends, and through activities close to home and beyond. Get involved by learning more about their guided activities and chapter hiking clubs.

Happy Trails!

603-466-2727



HIKE SAFE

Mount Washington and the White Mountains are real mountains, with real, inherent risks. Visit [HIKESAFE.COM](https://www.hikesafe.com) to learn how to properly prepare for an enjoyable experience on the northeast's tallest peak and for any hiking experience!

FOLLOW THE HIKER RESPONSIBILITY CODE

You are responsible for yourself, so be prepared:

- With knowledge and gear.** Become self reliant by learning about the terrain, conditions, local weather and your equipment before you start.
- To leave your plans.** Tell someone where you are going, the trails you are hiking, when you will return and your emergency plans.
- To stay together.** When you start as a group, hike as a group, end as a group. Pace your hike to the slowest person.
- To turn back.** Weather changes quickly in the mountains. Fatigue and unexpected conditions can also affect your hike. Know your limitations and when to postpone your hike. The mountains will be there another day.
- For Emergencies.** Even if you are headed out for just an hour, an injury, severe weather or a wrong turn could become life threatening. Don't assume you will be rescued; know how to rescue yourself.
- To share the hiker code with others.**

GETTING THERE

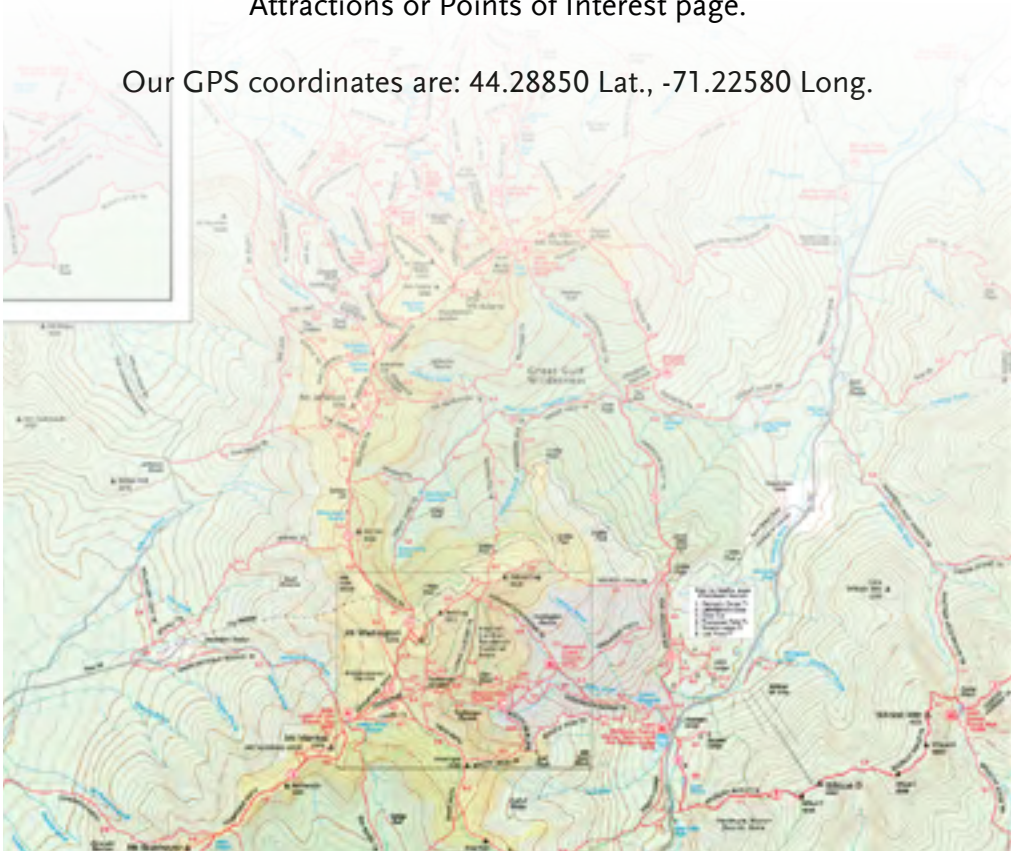
The Kickoff Party is located at Tuckerman Brewing Company
66 Hobbs St. Conway, NH.

The Adventure Expo is located at Great Glen Trails, in the field across
Rte. 16 from the Outdoor Center, at 1 Mount Washington Auto Road,
Gorham, NH.

The Mt. Washington Auto Road is located off NH Route 16 in
Pinkham Notch, New Hampshire – 12 miles north of Jackson, NH,
and 8 miles south of Gorham, NH.

It is sometimes difficult to find with GPS devices.
First try 1 Mount Washington Auto Road, Gorham, NH or simply
enter “Mt Washington Auto Road” or “Glen House” in your GPS
Attractions or Points of Interest page.

Our GPS coordinates are: 44.28850 Lat., -71.22580 Long.



LODGING

We work with several area lodging properties who support the Mount Washington Observatory year round. The lodging options in the area are endless.

Appalachian Mountain Club Joe Dodge Lodge & Highland Center
Grand Summit Hotel at Attitash
Nordic Village Resorts
Cathedral Ledge Resort
The Glen House Hotel
Inn at Jackson
Kearsarge Inn
Comfort Inn & Suites
Buttonwood Inn
Eastern Slope Inn
Christmas Farm Inn & Spa
Cranmore Inn Bed and Breakfast

For more information on these properties please visit our website, mountwashington.org, and navigate to our “Area Lodging” section located under “Visit Us.”



THANK YOU!

