Welcome to your
White Mountain
National Forest

The restrictions listed in this brochure are
designed to protect overused and fragile
areas. Please use care whenever you camp or
hike.

In addition to knowing the camping
restrictions, know how to keep yourself safe
in the mountains. Bring the right clothing
and equipment, extra food, water, maps
and a flashlight. Weather changes rapidly,
especially above treeline. Check the weather
forecast and never be afraid to turn back. It
could save your life.

Please call or stop by one of our offices for
more information, or visit our website at:
www.fs.fed.us/r9/white

NOTE: These rules are subject to
change. Please check with the Forest
Service when planning your trip.

Reprinted March 2008

Leaving No Trace!

No amount of regulation will preserve the backcountry unless each of us makes a personal
effort to lessen our impact. Always plan your trip well enough in advance to be prepared for
whatever you might encounter and learn to be a “no-trace” hiker.

• PLAN AHEAD AND PREPARE
Find out about the area you will be
visiting, including any regulations or
restrictions. Be sure to have maps,
proper clothing, equipment, food and
water. Keep your group size to 10 or
less. (This is required in wilderness and
recommended everywhere)

• TRAVEL AND CAMP ON DURABLE
SURFACES
Stay on the trail while hiking. Camp at
sites which have already been heavily
impacted, (but be sure it’s a legal site); or
200’ from trails and water sources. Avoid
moderately impacted sites where your
visit could create more damage.

• DISPOSE OF WASTE PROPERLY
Carry out what you carry in; bury
human waste in a hole 4–8 inches deep,
away from water, trails, and campsites.

• LEAVE WHAT YOU FIND
Plants, animals, and cultural sites and
artifacts should all be left for the next
person to enjoy.

• MINIMIZE CAMPFIRE IMPACTS
Use a lightweight backpacking stove.
In some places campfires are prohibited
but stoves help minimize the impact
everywhere.

• RESPECT WILDLIFE
Don’t feed, chase, or harass wildlife and
be sure to hang your food well out of
reach of bears!

• BE CONSIDERATE OF OTHERS
Think about how your actions affect
other people. Loud noises, out of control
cats, cell phones and radios are a few
eamples of what might bother other
hikers.

Hiker Responsibility Code

You are responsible for yourself, so be prepared:

1. With knowledge and gear. Become self reliant
   by learning about the terrain, conditions, local
   weather and your equipment before you start.

2. To leave your plans. Tell someone where you are
ging, the trails you are hiking, when you’ll return
and your emergency plans.

3. To stay together. When you start as a group,
hike as a group, end as a group. Pace your hike to
   the slowest person.

4. 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.

5. 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.

6. To share the hiker code with others.

   hikeSafe: It’s Your Responsibility.

The Hiker Responsibility Code
was developed and is endorsed
by the White Mountain National
Forest and New Hampshire Fish
and Game.

www.hikeSafe.com

WHITE MOUNTAIN NATIONAL FOREST

PEMIGEWASSET RANGER DISTRICT
Plymouth Office
1717 NH Rt. 175
Holderness, NH 03245
603-536-1315 · TTY 603-536-3281
Rte 93 North to Plymouth State College exit #25.
Bear left uphill, left at fork in road at top of hill
onto Rte. 175; building is 1 mile on left.

Bethlehem Office
660 Trudeau Rd.
Bethlehem, NH 03574
603-869-2626 · TTY 603-869-3104
Approximately 1 mile off US Rte. 3 and US
Rte. 302 on Trudeau Road.

ANDROSCOGGIN RANGER DISTRICT
Gorham Office
300 Glen Rd.
Gorham, NH 03581-1399
603-466-2713 · TTY 603-466-2856
Approximately 2.5 miles south of US Rte. 2 on
NH Rte. 16 (Glen Road).

Evans Notch Visitor Center
18 Mayville Rd.
Bethel, ME 04217-4400
207-824-2134 · TTY 207-824-3112

SACO RANGER DISTRICT
33 Kancamagus Highway
Conway, NH 03818
603-447-5448 · TTY 603-447-3121
Approximately 100 yards off US Rte. 16 on the
Kancamagus Highway.

USDA is an equal opportunity employer
The following roads:
- Rt. 302 from Junction Rt. 16 Glen, NH to Junction Rt. 3 Twin Mtn. NH
- Sawyer River Road (FR 34)
- South Gale River Loop Rd, (FR 92) from the junction with Rt. 3 to Garfield trailhead
- Stillings Road (FR 506) where it passes through the National Forest
- Stinson Lake Road (FR 113) where it crosses Brown Brook
- Tunnel Brook Road (FR 700)
- Upper Hall Pond Road (FR 422)
- White ledge Road (FR 369) where it passes through National Forest
- Wild River Road (FR 12)
- Zealand Road (FR 16)

The following trails:
- Appalachian Trail from the summit of Mt. Moosilauke to the Connecticut River (except at shelters)
- Intersection of Cedar Brook and Hancock Notch Trails to junction with Hancock Loop Trail
- Champney Falls Trail from a point 1/4 mile from the Kancamagus Highway to Champney Falls
- Falling Waters Trail
- Liberty Springs Trail
- Lower Falls Trail
- Old Bridle Path
- Valley Way from its intersection with the Scar Trail to Madison Hut
- Wild River Trail from Wild River Campground to 1 mile south

The following bodies of water:
- Ammonoosuc Ravine Trail
- Appalachian Trail from the summit of Mt. Moosilauke to the Connecticut River (except at shelters)
- Intersection of Cedar Brook and Hancock Notch Trails to junction with Hancock Loop Trail
- Champney Falls Trail from a point 1/4 mile from the Kancamagus Highway to Champney Falls
- Falling Waters Trail
- Liberty Springs Trail
- Lower Falls Trail
- Old Bridle Path
- Valley Way from its intersection with the Scar Trail to Madison Hut
- Wild River Trail from Wild River Campground to 1 mile south

The following restrictions apply to all Congressionally Designated Wildernesses:

- Caribou-Speckled Mtn.
- Great Gulf
- Presidential/Dry River
- Sandwich Range
- Pemigewasset
- Wild River

The following regulations apply for additional regulations:
- No motorized equipment or mechanical transport (wheelchairs are an exception)
- No storing of equipment, personal property or supplies including geocaching and letter boxing
- Hiking and camping group size must be limited to no more than 10

Additional regulations for Presidential/Dry River and Pemigewasset:
- No camping, wood or charcoal fires within 200 feet of any trail except at designated campsites

Additional regulations for the Great Gulf Wilderness:
- No wood or charcoal fires at any location
- No camping within 1/4 mile of the Great Gulf Trail between its junctions with the Sphinx and Gulfside Trails.
- No camping within 200 feet of any trail except at designated sites

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Special Restrictions for the Cutler River Drainage (Including Tuckerman and Huntington Ravines)
- No camping except at the Harvard Mountain Club Cabin (December 1-March 31 only) and Hermit Lake Shelters - Fee charged
- No wood or charcoal fires

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Camping in the Alpine Zone (where trees are 8 feet tall or less)
- No camping except on 2 or more feet of snow
- No camping on frozen bodies of water
- No wood or charcoal fires

Please note that the above treeline areas of Cutler River Drainage (Tuckerman and Huntington Ravines and the areas around them including the Alpine Garden and East Snowfields) are closed to camping regardless of snow cover.

NOTE: Violating these restrictions is punishable by a fine pursuant to 16USC551