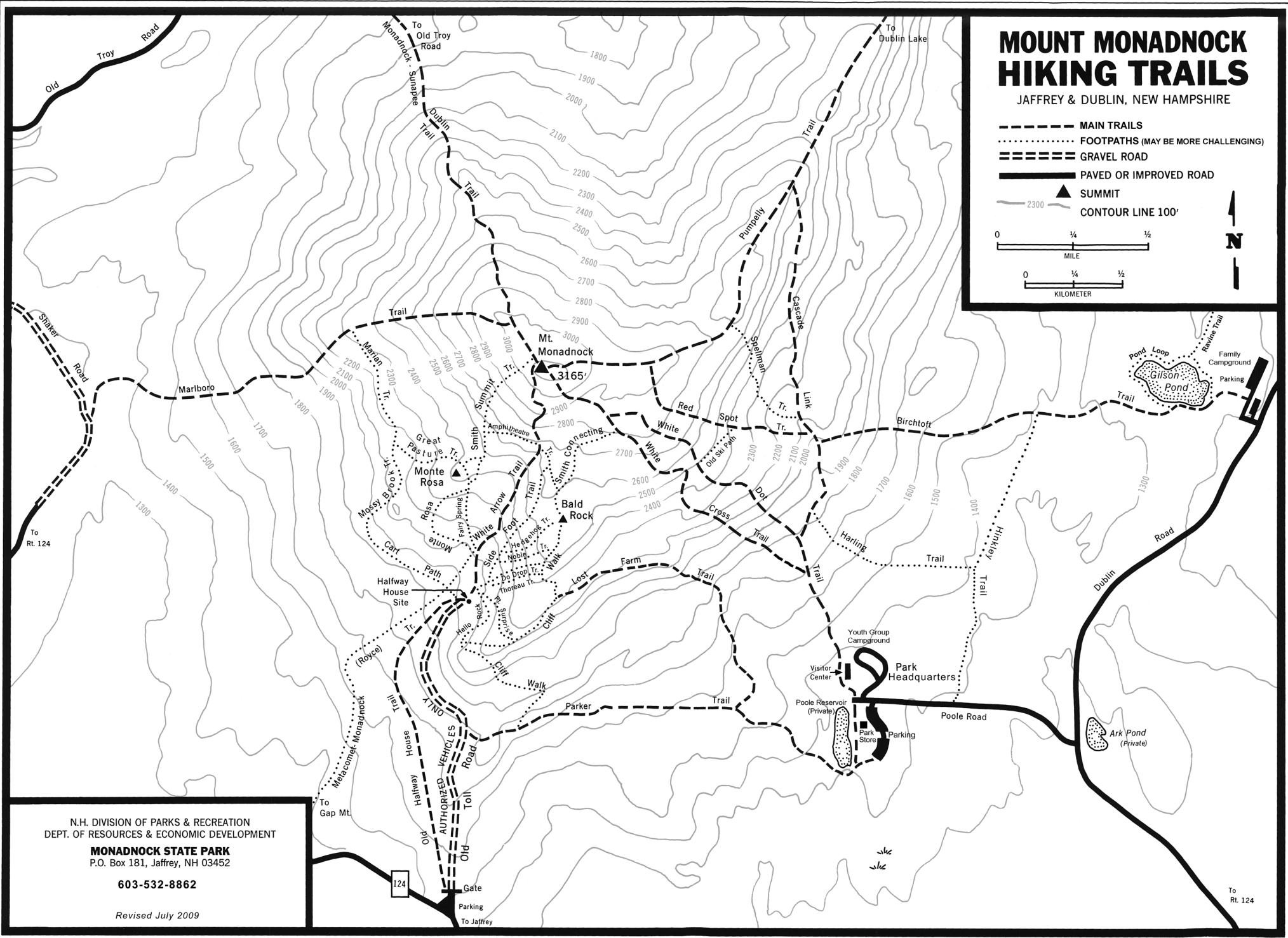
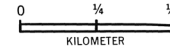
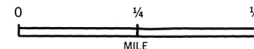


MOUNT MONADNOCK HIKING TRAILS

JAFFREY & DUBLIN, NEW HAMPSHIRE

- MAIN TRAILS
- FOOTPATHS (MAY BE MORE CHALLENGING)
- ==== GRVEL ROAD
- PAVED OR IMPROVED ROAD
- ▲ SUMMIT
- 2300 — CONTOUR LINE 100'



N.H. DIVISION OF PARKS & RECREATION
DEPT. OF RESOURCES & ECONOMIC DEVELOPMENT

MONADNOCK STATE PARK
P.O. Box 181, Jaffrey, NH 03452

603-532-8862

Revised July 2009

124

To Rt. 124

Monadnock State Park

Hiking Information

For Your Safety

To hike safely, you should have good hiking shoes or boots, a waterproof jacket or windbreaker, and a sweater. Remember, the higher the elevation, the colder, windier, and wetter the weather. Warmer gear is needed during fall, winter, and spring. Be sure to carry drinking water, a first aid kit, and a flashlight in your pack, as well as an emergency supply of foods such as cheese, chocolate, raisins, or other high-energy snacks.

Use common sense and good judgment when hiking in inclement weather, especially during late fall, winter, and early spring. The summit area is bare rock and exposed to wind, rain, and lightning. Rain on the lower mountain may be snow or sleet at higher elevations. A hiker can easily lose the way in heavy clouds or dense fog. If in doubt...turn back.

When planning your return trip, remember that all trails leading off the summit do not return to the same place. Pay attention as you approach the summit; check your map and look for the correct trail markers before leaving the summit. The trails are not necessarily marked for winter use.

When preparing for a hike, check the approximate time that darkness falls. Judge your trip and time your descent so you will return to the base before dark. Take a flashlight just in case. The average hiker should allow approximately one hour for each trail mile. If you plan on hiking after dark, please notify park staff.

If you become lost, S.T.O.P: Stop, Think, Observe, and Plan. Decide on a plan and stick to it. If the last known location of the trail is within a reasonable distance, try to backtrack to it. If you can't find the trail, do not panic, stay put, and seek cover from adverse weather. If notified, rescuers will begin a search of the areas near your original planned route. Listen for whistles and respond to them or other signals. It is important to leave your plans with a responsible person. Adults hiking with children should not let them stray ahead or lag behind.

Remember, 95% of hiking accidents happen on the way down a mountain when hikers are tired. Be especially careful during your descent. If you have an accident and need help, ask a fellow hiker to relay information to the park staff, or call the park at 603-532-8862 or 911.

Protecting Monadnock

Hiking on the edges of trails, or parallel to them to avoid puddles, mud, or ice causes serious erosion problems. Plants are trampled, soil is compacted, and a way is opened for the uncontrolled flow of water down the trails during spring thaws and heavy rains. Deep eroded gullies are quickly cut into the trail detours and are nearly impossible to repair. During wet or icy conditions, be prepared to walk on ice, in puddles, and through mud in order to remain well within the bounds of established trails.

Monadnock is a carry in-carry out park. There are no trash cans on the mountain or the park grounds. All your trash must be carried out and taken with you. Orange peels, apple cores, and other materials considered "biodegradable" should not be left on the mountain. Animals don't eat them, and in the process of rotting, they smell and attract insects.

The parking lot at the park headquarters is plowed for winter hikers, cross country skiers, and campers (gear must be carried into the campground).

Note: No pets, fires, or camping are allowed year-round on Mount Monadnock. Camping and fires are permitted only in the park campground.

Monadnock State Park
116 Poole Road
Jaffrey, NH 03452
Phone: 603-532-8862
www.nhstateparks.org

