



2026

TrailLink Unlimited 

Guides



**Guinea and  
Flat Mountain  
Pond Trails**  
*New Hampshire*



## Guinea and Flat Mountain Pond Trails

New Hampshire

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These connecting trails follow the bed of the old Beebe River Railroad up to Flat Mountain Pond, a large, remote pool high in the Sandwich Range Wilderness. This is a great trip for advanced mountain bikers; novice/intermediate bikers should expect a challenge. Hikers enjoy a relatively easy trek because there's little gain in elevation.

Guinea Pond Trail begins at a Forest Service gate and climbs a dirt road 0.2 mile to the railroad bed. While the trail keeps to the rail bed as best it can, at times the trail must detour around sections reclaimed by beaver ponds. Just over 1 mile in, there are a couple of Y junctions; take the second one and bear left to continue on the main, unmarked trail and begin an ascent.

After crossing three wooden bridges, the trail bends right to rejoin the railroad bed. The trail then reaches the junction of the Mead and Black Mountain Pond trails. Continue straight on the Guinea Pond Trail.

After several wide stream crossings, the trail reaches the marked 0.2-mile spur on the left to the pond itself. The onward trail continues along the rail bed to the 2.5-mile mark, where it detours again to avoid water (follow the yellow arrow to the left). This section is winding and rough, traversing large rocks and gnarly roots. The route finally rejoins the corridor after 0.2 mile and offers mostly smooth going to the Flat Mountain Pond Trail junction.

The Flat Mountain Pond Trail quickly gains elevation, soon passing the Gleason Trail junction. Watch for a sign on the left that marks the boundary of the Sandwich Range Wilderness; from here up to Flat Mountain Pond, the rail bed doubles as that boundary. Note: Bike riding is not permitted in the wilderness, so be sure to stay on the trail.

Eventually, the trail turns along the Great Horseshoe, the sharpest turn on any of New Hampshire's old logging railroads. After navigating boulders, tricky streams and other obstacles for about 2 miles, turn right at the trail junction and head toward the pond for beautiful views of Flat Mountain and Whiteface Intervale. A shelter is available for overnight camping. Trail users can either retrace their steps back along the Guinea Pond Trail or keep heading along the Flat Mountain Pond Trail toward Whiteface Intervale Road.



# Guinea and Flat Mountain Pond Trails

*New Hampshire*

**States:** New Hampshire

**Counties:** Carroll

Length: 11.5miles

**Trail end points:** Sandwich Notch Rd.  
(Sandwich) to Whiteface Intervale Rd. (White  
Mountain National Forest)

**Trail surfaces:** Ballast,Dirt,Grass

**Trail category:** Rail-Trail

**Trail activities:** Fishing,Mountain  
Biking,Snowmobiling,Walking,Cross Country  
Skiing

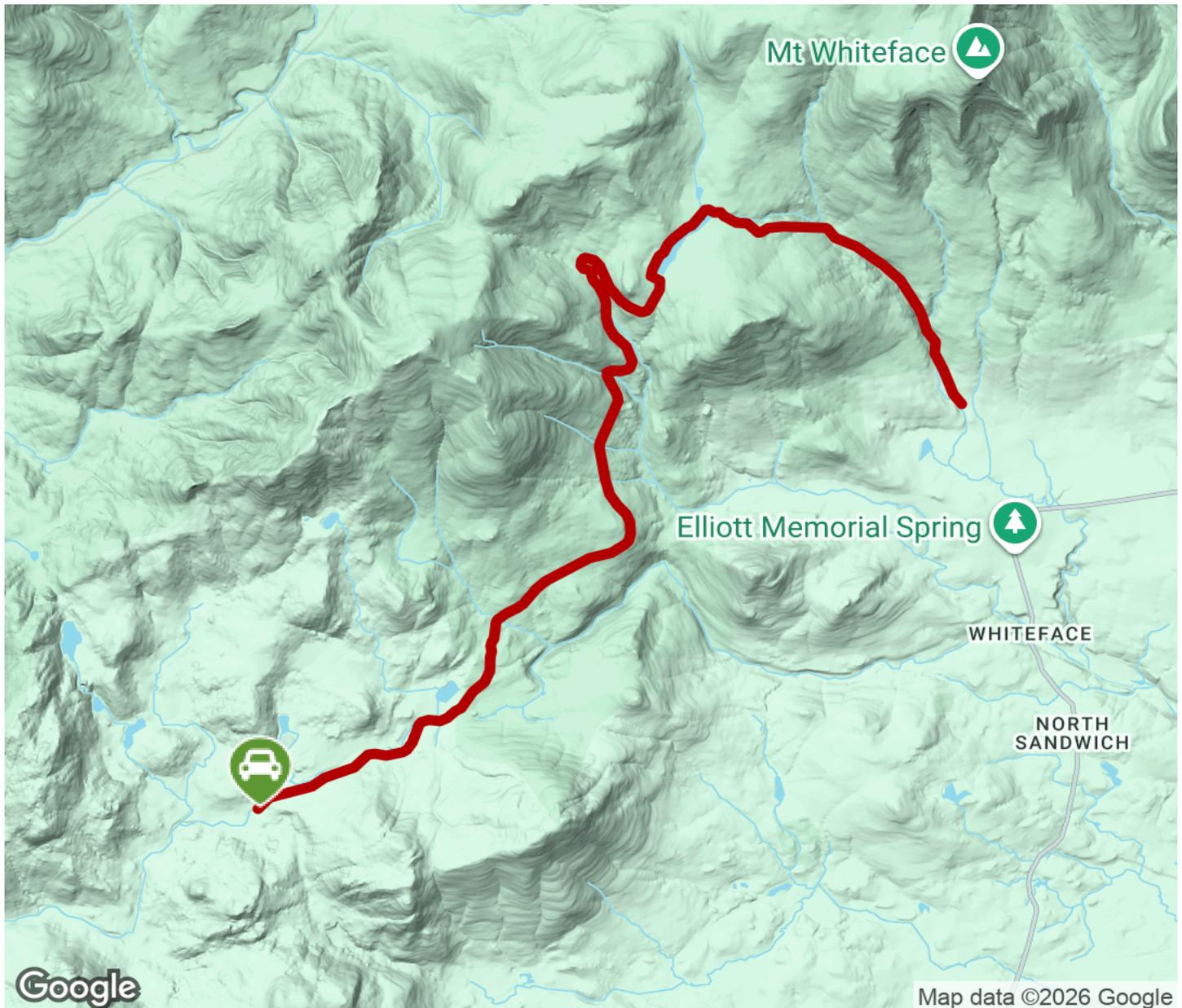
## Parking & Trail Access

The Guinea and Flat Mountain Pond Trails run between



# Guinea and Flat Mountain Pond Trails

New Hampshire



Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

**TrailLink.com**