



2025

TrailLink Unlimited 

Guides



Guinea Pond and Flat Mountain 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 you must detour around sections reclaimed by beaver ponds. Just over 1 mile in, you'll find 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. You'll soon reach the junction of the Mead and Black Mountain Pond trails. Continue straight on the Guinea Pond Trail.

After several wide stream crossings, you'll reach 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, you'll reach 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. You can either retrace your steps back along the Guinea Pond Trail or keep heading along the Flat Mountain Pond Trail toward Whiteface Intervale Road.



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States: New Hampshire

Counties: Carroll

Length: 11.5 miles

Trail end points: Sandwich Notch Road to
Whiteface Intervale Road (White Mountain
National Forest)

Trail surfaces: Ballast, Dirt, Grass

Trail category: Rail-Trail

Trail activities: Fishing, Mountain

Biking, Snowmobiling, Walking, Cross Country

Skiing

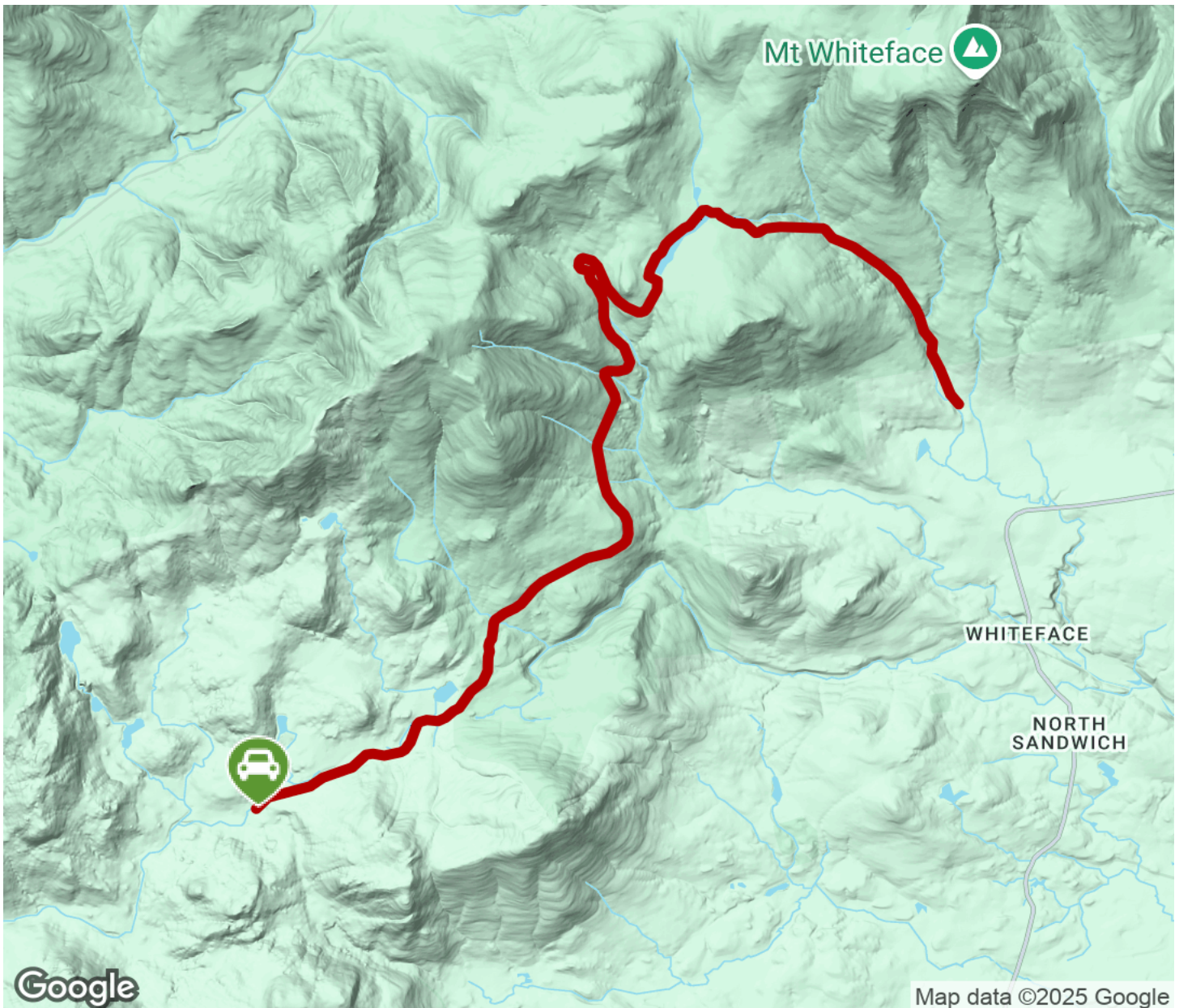
Parking & Trail Access

The trailhead is along Sandwich Notch Road, which is closed in winter, and only vehicles with good clearance should attempt it. From Interstate 93, take Exit 28 to State Route 49 east toward Waterville Valley. After about 4 miles, turn right on Sandwich Notch Road and continue 5 miles until you see parking signs for the Guinea Pond Trail. Park down the dirt road on the right. From the parking area, head back to the road, turn right and head downhill; the trailhead is on the left just over the bridge.



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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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