



2025

TrailLink Unlimited 

Guides



Franconia Notch Recreation Path

New Hampshire



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Note: Fees are charged at Flume Gorge, Cannon Mountain Aerial Tramway, and Echo Lake Beach. Bike rentals and shuttles are



About the Route

Heading south from the Skookumchuck trailhead, the spectacular views of peaks and forests will remind trail users that the Notch is indeed a mountain pass between the Kinsman and Franconia Ranges. The elevation changes are also a reminder, as the trail gains about 340 feet to the foot of Cannon Mountain, then drops 750 feet to the terminus at Mt. Pemigewasset trailhead. As trail cyclists descend, observe the 20-mile-per-hour speed limit on the trail.

The main attractions are marked with walking-only signs for trail users, and they are wheelchair accessible. The route is often shaded as trail users reach these locations, thanks to the steep mountainsides and trees lining the path. Bring a camera because, in addition to the major sites along the route, trail users will soon be treated to dazzling vistas at the Sunset Bridge.

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Overview

The Franconia Notch Recreation Path runs the length of the Franconia Notch State Park in the White Mountain National Forest. Commonly called the Recreation Path, the 8.7-mile trail visits most of the park's attractions, such as the Old Man of the Mountain Historic Site, Echo Lake, and Flume Gorge. The paved path roughly follows I-93 through the pass.

2.1 miles along the route is Echo Lake Beach, where there are restrooms, a store, and boat rentals in season. The trail follows the lake for 0.5 miles before reaching the legendary Cannon Mountain Aerial Tramway. A cable car carries visitors up to the 4,080-foot summit, where they can get beer and food at a café and enjoy views of the Adirondack Mountains on clear days.

The Old Man of the Mountain Historic Site is the next stop, about 0.4 south of the northern trailhead. The Great Stone Face, which appeared on a cliff as a person's profile, was mentioned in the 19th-century writings of Daniel Webster and Nathaniel Hawthorne and still appears in silhouette on state highway markers. Although it detached from the cliff face back in 2003, the park has provided informative signage and a viewing platform that re-creates the appearance of the



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States: New Hampshire

Counties: Grafton

Length: 8.7miles

Trail end points: Daniel Webster Hwy (Franconia) to Flume Gorge Visitor Center (Lincoln).

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Walking

Parking & Trail Access

The Franconia Notch Recreation Path runs between Daniel Webster Hwy (Franconia), and the Flume Gorge Visitor Center (Lincoln).

Parking is available at:

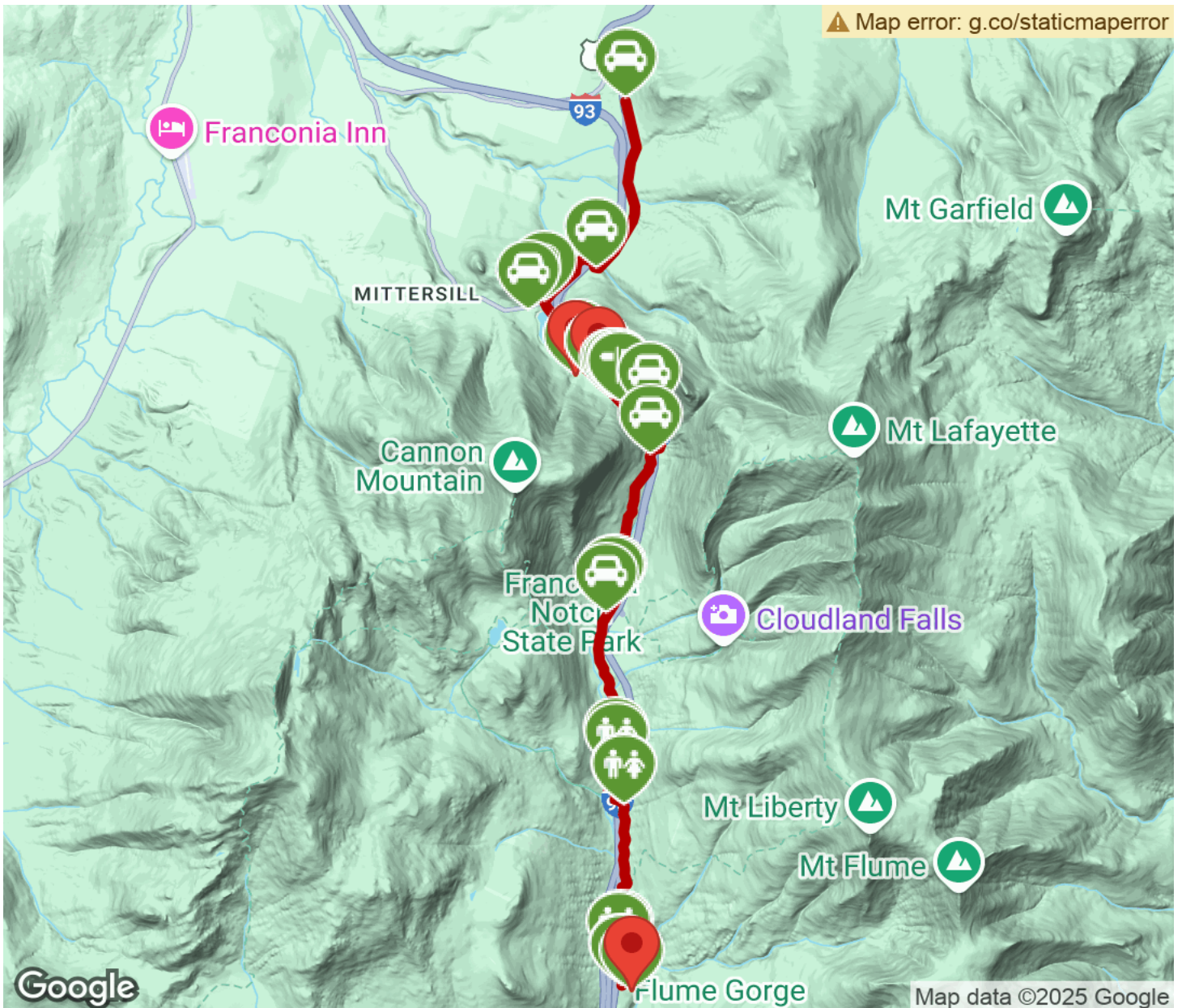
- Interstate 93 N Old Man Rest Area (Lincoln)
- Flume Gorge Visitor Center, 852 Daniel Webster Hwy. (Lincoln)

Please see [TrailLink Map](#) for all parking options and detailed directions.



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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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