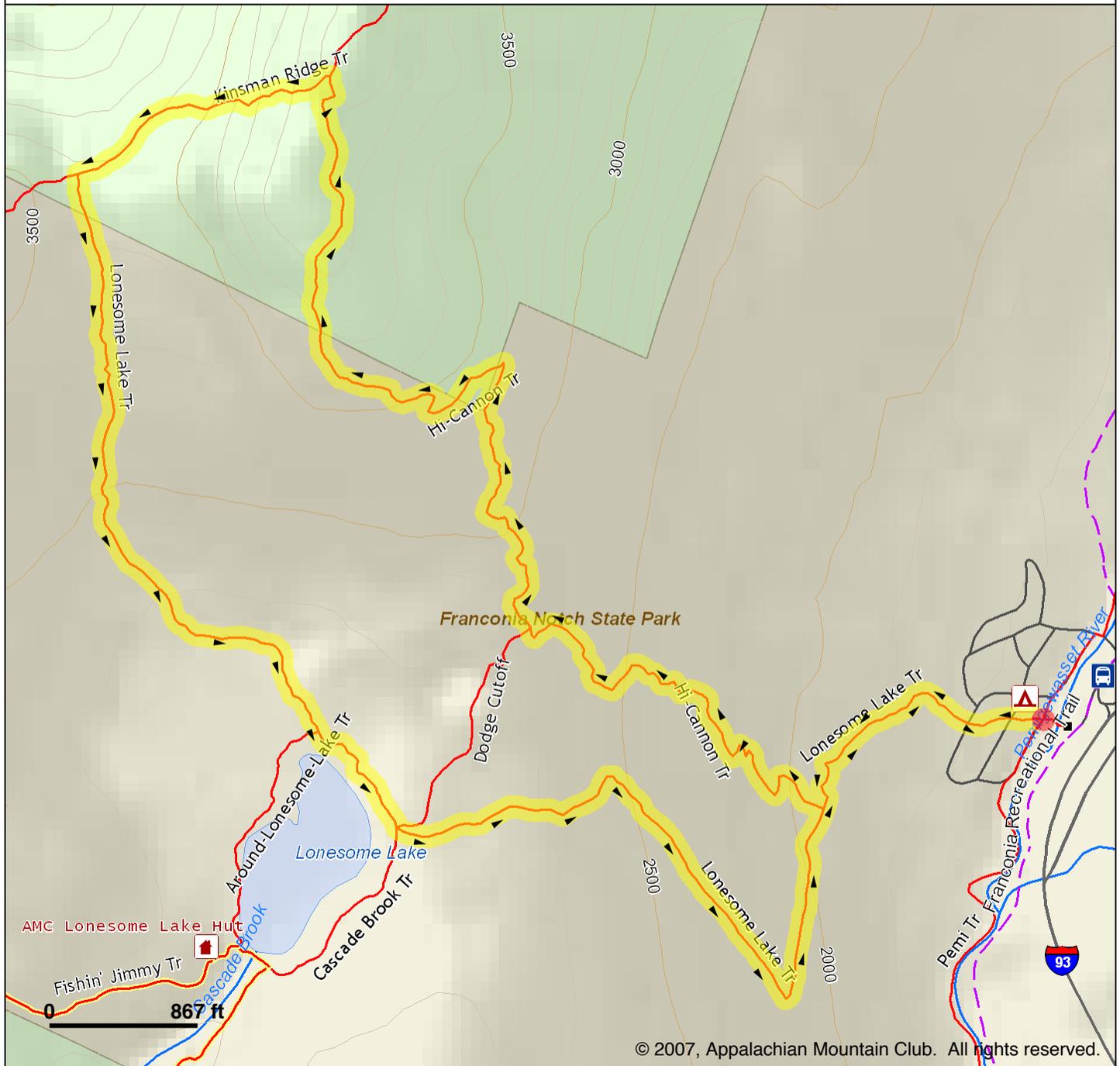


Cannon Lonesome Lake



Notes

Distance	Time	Elev Change	Trail / Waypoint	Latitude	Longitude
			starting at the junction of Lonesome Lake Trail, Pemi Trail	44° 08' 32"	71° 41' 05"
0.30 mi	15 min	+170 ft	on Lonesome Lake Trail		
0.30 mi	15 min	+170 ft	This yellow-blazed trail begins on the west side of the Franconia Notch Parkway, and runs past Lonesome Lake to the Kinsman Ridge Trail at Coppermine Col. It follows the route of an old bridle path much of the way to Lonesome Lake, with good footing and easy to moderate grades; beyond the lake it becomes frequently fairly steep and quite rough with poor footing. It follows a yellow-blazed path through the campground, climbing at a moderate grade. Then a bridge crosses a small brook at a sharp left turn in the trail, and the Hi-Cannon Trail leaves right.		
			to the junction of Hi-Cannon Trail	44° 08' 26"	71° 41' 23"
0.80 mi	51 min	+886 ft	on Hi-Cannon Trail		
1.10 mi	1 hr 6 min	+1056 ft	This trail begins at the Lonesome Lake Trail and ends on the Kinsman Ridge Trail, south of the summit of Cannon Mountain. It is steep near Cliff House, somewhat rough at times, and potentially dangerous if there is ice on the ledges above Cliff House. It passes several fine viewpoints, particularly the ledges overlooking Lonesome Lake. The trail diverges right (west) from the Lonesome Lake Trail and begins to ascend steadily by switchbacks. Watch carefully for a sharp right switchback, where an old logging road continues straight and rejoins the Lonesome Lake Trail. Then the Dodge Cutoff from Lonesome Lake enters on the left at the top of a ridge.		
			to the junction of Dodge Cutoff	44° 08' 37"	71° 41' 46"
1.20 mi	1 hr 11 min	+1105 ft	on Hi-Cannon Trail		
2.30 mi	2 hr 17 min	+2161 ft	Soon the Hi-Cannon Trail becomes significantly steeper and rougher. There is a fine outlook to the area around Lafayette Campground and across Franconia Notch. The trail turns left here, and 100 yd. farther, passes Cliff House (right)—a natural rock shelter—and ascends a ladder with a tricky ledge at the top (dangerous if icy). It then passes through woods along a cliff edge with three fine outlooks over Lonesome Lake (use caution on the ledges, as cliffs drop off sharply from them). Then the trail ascends moderately with much rough footing to the top of the ridge, turns right, and ends at its junction with the Kinsman Ridge Trail. For the summit of Cannon Mountain, follow the Kinsman Ridge Trail straight uphill.		
			to the junction of Kinsman Ridge Trail	44° 09' 09"	71° 42' 02"
0.40 mi	13 min	-490 ft	on Kinsman Ridge Trail		
2.70 mi	2 hr 30 min	+1670 ft	This trail follows the crest of the main ridge from the height-of-land on NH 112 in Kinsman Notch to the Cannon Mountain Tramway parking lot just off the Franconia Notch Parkway (look for the trail sign on a post in the lot and park nearby). From NH 112 to Kinsman Junction, it is part of the AT. For much of its length, it is a more difficult route than one might infer from the map—footing is often rough and there are many minor ups and downs. Hikers with heavy packs should allow considerable extra time for many parts of the trail. There is little water on or near several long sections of the trail, and none that a cautious hiker will drink without treatment. It then climbs for a few yards to the junction on the left with the Lonesome Lake Trail, which leads southeast to Lonesome Lake Hut (water can be found down this trail).		
			to the junction of Lonesome Lake Trail	44° 09' 03"	71° 42' 22"
0.90 mi	27 min	-675 ft	on Lonesome Lake Trail		
3.60 mi	2 hr 57 min	+995 ft	The Lonesome Lake Trail begins heading southeast from the Kinsman Ridge Trail in Coppermine Col, southwest of the summit of Cannon Mountain.		
			to the junction of Around-Lonesome-Lake Trail	44° 08' 31"	71° 42' 03"
0.20 mi	6 min	+9 ft	on Lonesome Lake Trail		
3.80 mi	3 hr 3 min	+1004 ft	The Lonesome Lake Trail becomes a footpath that continues along the north shore of Lonesome Lake, coinciding with the Around-Lonesome-Lake Trail, which diverges right and leads to Lonesome Lake Hut. A few steps ahead, there is a fine view of North and South Kinsman rising from the far side of the lake.		
			to Lonesome Lake	44° 08' 25"	71° 41' 57"
0.90 mi	27 min	-834 ft	on Lonesome Lake Trail		

Distance	Time	Elev Change	Trail / Waypoint	Latitude	Longitude
4.70 mi	3 hr 30 min	+170 ft	At a junction near the shore of Lonesome Lake the Around-The-Lake Trail departs and the Dodge Cutoff diverges left. From this point, the trail descends by three long switchbacks. to the junction of Hi-Cannon Trail	44° 08' 26"	71° 41' 23"
0.30 mi	10 min	-170 ft	on Lonesome Lake Trail		
5.00 mi	3 hr 40 min	0 ft	The Hi-Cannon Trail leaves left, then a bridge crosses a small brook at a sharp right turn in the trail. It descends at a moderate grade, following a yellow-blazed path into the Lafayette Campground where it intersects the Pemi Trail (one of the gravel roads serving as campsite access). to the junction of Pemi Trail	44° 08' 32"	71° 41' 05"
5.00 mi	3 hr 40 min	0 ft	Totals		

Disclaimer

The use of this content is at your own risk. You acknowledge that (i) hiking, climbing and camping and related outdoor activities entail inherent risks and hazards, (ii) that conditions are variable and the content does not purport to be error-free or up to date, (iii) the presence of some warnings does not mean that all dangerous situations or changes in conditions will result in warnings on the AMC Site (and, thus, in this report), and (iv) ratings are very general, assume good weather and trail conditions and good physical fitness and constitute only one factor of many in a decision to hike a trail.

Important Phone Numbers

Emergency	911
Appalachian Mountain Club Pinkham Notch Visitor Center	603-466-2721
U.S. Forest Service	603-528-8721
National Weather Service	603-225-5191

Additional WMNF Information

Camping is allowed anywhere in the WMNF, but is prohibited or restricted in Forest Protection Areas (FPAs). Generally, in Forest Protection Areas no camping is permitted above treeline (where trees are less than 8 feet tall), within ¼ mile of a trailhead or road, within 200 feet of a trail.

Wilderness Areas

In accordance with USFS Wilderness policy, trails in designated Wilderness areas are generally maintained to a lower standard than trails outside Wilderness. They may be rough, overgrown or essentially unmarked with minimal signage, and considerable care may be required to follow them. Hiking and camping group size must be no larger than 10 people. Camping and fires are also prohibited above treeline (where trees are less than 8 feet tall) except in winter, when camping is permitted above treeline in places where snow cover is at least 2 feet, but not on any frozen body of water.

Alpine Zone

Hikers are encouraged to be particularly careful in their activities above treeline because the plants that grow there already have to cope with the severity of the environment. No plants should ever be picked or otherwise damaged. Hikers are urged to stay on trails or walk very carefully on rocks so as not to kill fragile alpine vegetation. AMC urges hikers to become citizen-scientists and help AMC in alpine plant monitoring – see www.outdoors.org/mountainwatch for details.



Safety Tips from the Appalachian Mountain Club

Here's the essential clothing and gear you need — even for a day hike — in the Northeast's mountains in the spring, summer, or fall. **Always check the weather and prepare for the worst conditions; make plans with your group's abilities in mind; and plan an alternate route in case of bad weather, injury, illness, or slower than expected travel time.**

Avoiding Hypothermia: Hypothermia can occur when your core body temperature falls below normal. This can easily happen when you are exposed to cold winds or wetness.

You can avoid hypothermia if you guard against dehydration, fatigue, cold winds, and wet clothes. Be sure to:

- Dress warmly, in layers.
- Stay dry.
- Protect yourself from wind, rain, and snow. (This can be done most effectively by wearing clothes that block wind and moisture.)
- Eat high-energy snacks and drink plenty of water.
- Do not over-exert.
- Pack essential gear, even on day hikes.

Essential Gear: Be sure to wear or bring the following:

Wool sweater or synthetic pile jacket * Hat * Gloves or mittens
Bandanna or handkerchief * Long pants (avoid cotton)
Wind and rain gear (jacket and pants)

Extra socks * Sturdy boots * Polypropylene or wool underwear
First-aid kit * Waterproof matches. * Whistle * Knife.
Guidebook, trail map, and compass. * High-energy snacks.
Two to four quarts of water, per person. * Flashlight or headlamp with fresh batteries.
Sunscreen. * Insect repellent. * Plastic trash bags
Consider carrying a sleeping bag in case you are forced to sleep out overnight. If you're traveling in a group, carry at least one sleeping bag. It is an emergency tool that can keep an injured hiker warm until help arrives.

For more advice of preparing for your next hike, see: www.outdoors.org/triplanner

AMC offers over 8,000 outdoor programs each year, offers a wide range of educational programs, and maintains over 1,700 miles of trails in the Northeast. Most of all, we rely on the support of hikers like you. To join, visit www.outdoors.org/membership.

AMC recommends hikers follow the hikeSafe Hiker Responsibility Code, and minimize their impact on the backcountry by following Leave No Trace principles.

hikeSafe Hiker Responsibility Code



You are responsible for yourself, so be prepared:

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

To leave your plans. Tell someone where you are going, the trails you are hiking, when you will return and your emergency plans.

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

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.

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.

To share the hiker code with others.

hikeSafe: It's Your Responsibility. To learn more, see: www.hikesafe.com

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

Leave No Trace principles to minimize backcountry impact



Plan ahead and prepare. Know the terrain and any regulations applicable to the area you're planning to visit, and be prepared for extreme weather or other emergencies. Small groups have less impact on resources than large ones.

Travel and camp on durable surfaces, which include established trails and campsites, rock, gravel, dry grasses, or snow. Camp at least 200 feet from lakes and streams, and focus activities on areas where vegetation is absent.

Dispose of waste properly. Pack it in, pack it out. To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

Leave what you find. Cultural or historic artifacts, as well as natural objects such as plants or rocks, should be left as found.

Minimize campfire impacts. Cook on a stove. If a campfire is built, keep it small and use dead sticks found on the ground. Use established fire rings, fire pans, or mound fires.

Respect wildlife. View critters from a distance. Feeding wildlife alters their natural behavior.

Be considerate of other visitors. Be courteous, respect the quality of other visitors' backcountry experience, and let the natural sounds of the forest prevail.

The AMC partners with Leave No Trace Center for Outdoor Ethics, to provide Leave No Trace training in the East. For more on our LNT Master Educator training, see www.outdoors.org/education.