

Mountain Biking

Cherry Mountain Loop

The Ammonoosuc Ranger District provides many opportunities for Mountain Bicycling. Intermediate level challenges and a variety of terrain and scenery are available along the Cherry Mountain Loop.

Trail Beginning and Ending: 1506 ft. Elevation. The trailhead is located 3 miles east of Twin Mountain, N.H. on Route 302 in the parking area 200 yards beyond the entrance to Zealand Campground.

The Cherry Mountain Loop is 25 miles long and traverses a number of woods roads. Three waterfalls, a number of spectacular views, and the highest elevation state highway in N.H. are the main attractions.

The trail utilizes the Lower Falls Hiking Trail which leaves from the east side of the trailhead on Route 302 (left side of the bulletin board), paralleling a beautiful stretch of the Ammonoosuc river. At 0.5 Miles, Lower Falls of the Ammonoosuc River. Rock strata may be of interest to geologists and photographers. At 1 mile, go left (north) onto the Cherry Mountain road. This unpaved road offers views (part of it follows the Deception Brook Esker, a sand and gravel deposit left by the retreating glaciers). At the height of land, 2188 ft., the Cherry Mountain Hiking Trail diverges left. A 3.5 mile side trail to the summit of Mt. Martha, 3554 ft., is suitable for mountain bikes and the views are worth the trip. The main loop trail continues on the Cherry Mountain road past several private cabins, turning right on the gravel Mill Brook road which is marked FR93. Follow this road for about 1 mile until you reach the gated Mt. Mitten road on the left. The gate is closed to prohibit motor vehicles, but foot travel and mountain bikes are welcome. The Mt. Mitten road continues through remote country for several miles ending at the Jefferson Notch road. Turn right (uphill) and be prepared to meet cars. Jefferson Notch is 3007 ft. in elevation making this road the highest state highway in N.H.. The Caps Ridge Hiking Trail starts at the trailhead located in Jefferson notch, but is unsuitable for mountain bikes. The road follows Jefferson Brook and passes by Bretton Woods Cascades before meeting the Base Station Road (paved). Take a right (west) on the Base Station road for approximately 5 miles to Route 302. At the junction of Route 302 and the Base Station Road turn right. Travel west along route 302 to the starting point.

For your safety, always wear an approved helmet when riding. Carry extra water and travel with a companion in case of accident. To reduce erosion, carry your bike over wet areas and refrain from riding after rain storms.

