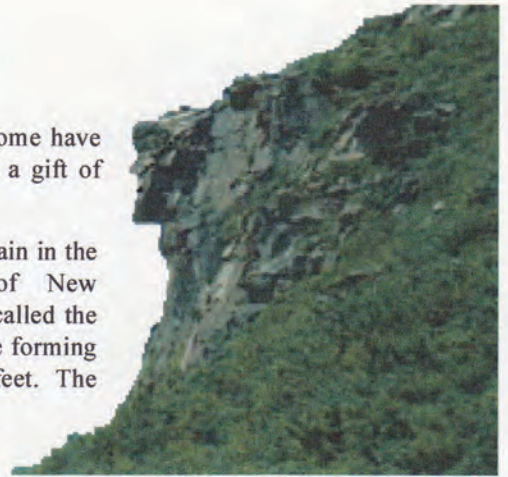


Rock Formations

New Hampshire has an untold number of rock formations, profiles, and huge boulders. Some have quite distinct shapes or features while other take some imagination but all are unique and a gift of nature.

THE OLD MAN OF THE MOUNTAINS: Located on the southeast side of Profile mountain in the Franconia Notch State Parkway is the Old Man of the Mountains, the most famous of New Hampshire's profiles. It is 800 feet below the top and 1200 feet above Profile Lake, once called the Old Man's Washbowl. Its formation contains 3 separate, disconnected ledges of granite, one forming the chin, another the upper lip and nose, and last the forehead measuring a total of 36 to 40 feet. The Old Man is the official symbol of New Hampshire. Slid off Cannon Cliffs May 2nd, 2003.



THE CANNON: Cannon Mountain, the largest talus (rock) and sloping mountain in the area, gets its name from a natural stone table that sits on a boulder resembling a cannon poking out from the parapet of a fortress. From Profile Lake, look a short distance past the Old Man's head to get a glimpse of this.

THE OLD LADY OF THE MOUNTAINS OR THE WATCHER: From a small clearing at the south end of Profile Lake, look north to Eagle Cliff, a part of Mt. Lafayette. On the right side of the highest part of the mountain is the profile of the Old Lady or the Watcher as she is called. She is facing and has her head bent as if watching for strangers or perhaps, visitors. She is the smallest profile in the Notch and can best be seen in the afternoon.

BOISE ROCK: This huge rock is located on the east side of I-93 also in Franconia Notch State Parkway. Its legend is that Thomas Boise of Woodstock while traveling through the Notch was caught by a fierce snowstorm. Seeing this large boulder with its sheltering ledge he killed his horse, wrapped himself in its hide and wedged himself in the rock. He was found alive the following day by a search party who had to cut the frozen horse hide off him.

INDIAN HEAD: At the southern end of Franconia Notch is the profile of an Indian that can best be viewed from the Indian Head Resort on Route 3 in Lincoln. The 98 foot formation, sitting 1330 feet above the ground, is made up of a 17 foot forehead, a 42 foot nose, a 23 foot upper lip, and a 16 foot chin. For an easy 1.4 mile hike to the top of this profile, continue on Route 3 north 1 mile to the Mt. Pemigewasset trail head across from the entrance of the Flume.

SHINING ROCK: Hike the Falling Waters Trail 2.8 miles to Shining Rock side path to view this steep granite ledge over 200 feet high and nearly 800 feet long. From springs in the woods above, water usually covers this ledge and when seen from a distance shines like a mirror in the sunlight.

DEWEY ROCK: Find this profile named for a U.S. Admiral, George Dewey, who visited here in the early 1800's, because of its resemblance to that man. It is found on Artist Bluff and can be best seen from the road on Route 18 near Echo Lake in Franconia Notch.

SLEEPING ASTRONOMER: This profile can be found on Route 302 near the I-93 overpass in Littleton. It can be seen from I-93 near Exit 41 but for a closer view, take 302 east (just past the Eastgate Motel) and continue 0.5 mile to the Elks Club which is on the right. A dilapidated sign points uphill to a clearing between two powerlines. From atop a small hill, this face looks upward from a reclining position as though star gazing.

MARTHA WASHINGTON STONEHEAD: From a bridge crossing the Ammonoosuc River above the Upper Falls, look downstream to the right to find this stonehead. The falls are located off Route 302 on the Base Station Road in Bretton Woods.

ELEPHANT'S HEAD: As seen from Route 302 in Crawford Notch, this profile resembles the head and trunk of an elephant emerging from the forest. It can best be seen from the Crawford Depot by looking south past the headwaters of the Saco River. For a closer view of this gray ledge with white quartz veins, follow the Webster-Jackson Trail which is found on the east side of Route 302, 0.1 miles south of Crawford Depot. The trail runs through a clearing and enters the woods. Veer right onto a side path for an easy 0.1 mile trek to the top.

PULPIT ROCK: This immense boulder is found on the east side of Carter Dome jutting out above Carter Notch. It is partly detached from the cliff and is evocative of a Pulpit.

THE SPHINX: This formation can be found on the Sphinx Trail, a 1 mile trail that connects the Great Gulf Trail to the Gulfside Trail between Mt. Jefferson and Mt. Clay. Along the trail it can best be seen just below the meadow where water is found, shortly before it reaches the Gulfside Trail.