



Trail	
Monadnock-Sunapee	
Ski Trail	
Paved Road	
Chairlift	
Mileage Point	
View Point	

**Mount Sunapee is
"Carry In - Carry Out"**



2.4 Miles - To Lucia's Lookout
 Lucia's Lookout
 Pillsbury State Park 3.7 miles
 2.3 Miles
 Goshen Trail
 Summit 2,745ft.
 Solitude Trail 1.0 Miles (MSG & SPRKG)
 White Ledges
 Newbury Trail 1.3 Miles - (SPRKG)
 7 Miles
 Rim Trail .3 Miles
 Eagles Nest 2 Miles
 5 Miles
 Sunapee Express
 North Peak
 Sunapee State Park
 Campground
 Spruce Lodge
 Spruce Lodge
 Spruce Tangle
 Duckling Double
 Clippership Quad
 Provincetown Trail 4 Miles
 Summit Trail 1.9 Miles - (SPRKG)
 Sunapee Lake
 State Beach
 103
 103A
 103B
 103C
 103D
 103E
 103F
 103G
 103H
 103I
 103J
 103K
 103L
 103M
 103N
 103O
 103P
 103Q
 103R
 103S
 103T
 103U
 103V
 103W
 103X
 103Y
 103Z



Welcome to Mount Sunapee Resort located in Mount Sunapee State Park. Encompassing over 2,900 acres, the spacious park includes three mountains, a small lake and many brooks scattered throughout the woodlands. A variety of wildlife can be found in the park, including deer, red fox, coyote, snowshoe hare, porcupines, wild turkeys, ruffed grouse and hawks. Occasionally black bear, moose, bobcats and fisher feed in the area. Picnicing and hiking are popular summer activities. In the winter Mount Sunapee Resort is a major New England ski area that offers 66 trails, 97% snowmaking and 11 lifts to accommodate skiers of all abilities.

Hiking Tips & Information

The summit of Mount Sunapee, elevation 2,745 feet, is reached via ski trails or the Summit hiking trail. A number of additional hiking trails are accessible from the summit. For your safety be sure to be properly prepared when hiking. Remember:

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| <ul style="list-style-type: none">•Allow ample time for your hike.•Wear sturdy footwear.•Know and heed the weather forecast.•Bring warm clothing and rain/wind gear.•Camping and open fires are not allowed. | <ul style="list-style-type: none">•Mount Sunapee is carry in – carry out.•Carry water and food.•Leash all pets.•Do not disturb young birds or wildlife. |
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Hiking Trails

SUMMIT TRAIL: (red paint blaze, plus state-authorized SRK plastic blazes) The 2 mile trail begins on right (looking uphill) side of Lower Ridge (ski) Trail. Please note that at the ¼ mile point the trail is joined by the SRK (Sunapee, Ragged, Kearsarge) Greenway Trail and both continue LEFT on the same route to Mount Sunapee's summit.

SOLITUDE TRAIL: (white paint blaze) starts east of the summit. The distance to White Ledges, which overlooks Lake Solitude, is approximately one mile. Lake Solitude, a beautiful and popular day hike destination, is a .6 mile hike from the overlook.

NEWBURY TRAIL: (orange paint blaze) is a 2-mile trail, which continues from Solitude Trail and does not return to the ski area base. The trailhead is near the southern end of Lake Sunapee off route 103 in the village of Newbury, approximately 3 miles from the park.

RIM TRAIL: (yellow paint blaze) is a .9 mile trail that connects the base of the Sun Bowl Chairlift to the midway point of the Newbury Trail.

EAGLES NEST: (red paint blaze) is an overlook reached by a short trail off the lower portion of the Newbury Trail. It affords an excellent view of Newbury Harbor and Lake Sunapee.

ANDREW BROOK TRAIL: (blue paint blaze) is a 6.5 mile trail which ascends Mount Sunapee on its quiet southeastern slopes. Trail head can be found off of Mountain Road, south of Newbury Harbor off of Route 103.

Please note the Sunapee Express chair lift and Summit Lodge are open to the public on specific dates. Please visit us in the Adventure Park or call weekdays at (603)763-3500 if we can be of assistance. Security staff is normally on duty at the base of Mount Sunapee if emergency assistance is needed.

We endeavor to provide a safe and attractive environment and to preserve and protect resort resources. The necessary knowledge, skill and equipment for a safe visit are your responsibility. We hope you have an enjoyable hiking experience.

Have a pleasant hike!