

LODGES

SUMMIT LODGE
First Aid, Cafeteria, Restrooms, Fireplace

SPRUCE LODGE
Ticket Windows, Mountain Outfitters, Café, Guest Services, Restrooms, First Aid, Ski/Snowboard Rentals, Hearthstone Room, Goosefeathers Pub

SUNAPEE LODGE
Ticket Windows, Mountain Outfitters, Café, Guest Services, Restrooms, Waffle Cabin (on Flyway)

LIFTS

| | Ride Time Minutes | Vertical Feet |
|----------------------------|----------------------|------------------|
| A Sunbowl Express | 4.4 | 1,055 |
| B Spruce Triple | 4.3 | 417 |
| C North Peak Triple | 7.2 | 965 |
| D Sunapee Express | 7.2 | 1402 |
| E Clipper Ship Quad | 4.3 | 374 |
| F Little Carpet | 1.8 | 7 |
| G Middle Carpet | 1.0 | 16 |
| H Flying Carpet | 2.7 | 48 |

KEY

66 Trails + 233 Acres

- Easier
- More Difficult
- ◆ Most Difficult
- ◆◆ Extremely Difficult
- + Ski Patrol
- Freestyle Terrain
- ▨ Slow Zone
- Boundary
- Ⓜ Rest Area
- ⓧ On-Mountain Dining
- ▲ Epic Mountain Rewards



PARK SMART

Start Small
Work your way up. Build your skills.

Make a Plan
Every feature. Every time.

Always Look
Before you drop.

Respect
The features and other users.

Take it Easy
Know your limits. Land on your feet.

Official Partners of Mount Sunapee Resort





It's the perfect time to take flight.

Ski & Snowboard School. Book ski and snowboard lessons offerings for all ages and ability levels. Gain new skills and the confidence to explore more terrain this season.

Reserve now at MountSunapee.com, at the nearest Ski & Snowboard School location, or call 603-763-3564.

Winter Trail Map 2023-2024

epic

UNLOCK THE WHOLE MOUNTAIN

With the new My Epic app.

LEARN HOW

epic | MOUNTAIN REWARDS

PASS HOLDERS SAVE 20%

Food ▾ Group Lessons ▾ Rentals

Restrictions and exclusions apply, see Epic Mountain Rewards Terms & Conditions for details.

THE PERFECT PLACE TO ROOST

GOOSEFEATHERS PUB

After a fun day of skiing and riding, fly over to Goosefeathers Pub. Cold beer, hot food, and great company.

RSA 225-A:24 RESPONSIBILITIES OF SKIERS AND PASSENGERS.
 It is hereby recognized that, regardless of all safety measures which may be taken by the ski area operator, skiing, snowboarding, snow tubing, and snowshoeing as sports, and the use of passenger tramways associated therewith may be hazardous to the skiers or passengers. Therefore:
 I. Each person who participates in the sport of skiing, snowboarding, snow tubing, and snowshoeing accepts as a matter of law, the dangers inherent in the sport, and to that extent may not maintain an action against the operator for any injuries which result from such inherent risks, dangers, or hazards. The categories of such risks, hazards, or dangers which the skier or passenger assumes as a matter of law include but are not limited to the following: variations in terrain, surface or subsurface snow or ice conditions; bare spots; rocks, trees, stumps and other forms of forest growth or debris; terrain, lift towers, and components thereof (all of the foregoing whether above or below snow surface); pole lines and plainly marked or visible snow making equipment; collisions with other skiers or other persons or with any of the categories included in this paragraph.
 II. Each skier and passenger shall have the sole responsibility for knowing the range of his or her own ability to negotiate any slope, trail, terrain, or passenger tramway. Any passenger who boards such tramway shall be presumed to have sufficient knowledge, abilities, and physical dexterity to negotiate the lift, and no liability shall attach to any operator or attendant for failure to instruct persons on the use thereof.
 III. Each skier or passenger shall conduct himself or herself, within the limits of his or her own ability, maintain control of his or her speed and course at all times both on the ground and in the air, while skiing, snowboarding, snow tubing, and snowshoeing heed all posted warnings, and refrain from acting in a manner which may cause or contribute to the injury of himself, herself, or others.
 IV. Each passenger shall be the sole judge of his ability to negotiate any uphill track, and no action shall be maintained against any operator by reason of the condition of said track unless the board, upon appropriate evidence furnished to it, makes a finding that the condition of the track, at the time and place of an accident, did not meet the board's requirements, provided however, that the ski area operator shall have had notice, prior to the accident, of the board's requirements the violation of which is claimed to be the basis for any action by the passenger.
 V. No skier, passenger or other person shall:
 (a) Embark or disembark upon a passenger tramway except at designated areas.
 (b) Throw or drop any object while riding on a passenger tramway nor do any act or thing which shall interfere with the running of said tramway.
 (c) Engage in any type of conduct which will contribute to cause injury to any other person nor shall he willfully place any object in the uphill ski track which may cause another to fall, while riding in a passenger tramway.
 (d) Ski or otherwise use a slope or trail which has been designated "closed" by the operator without written permission of said operator or designee.
 (e) Remove, alter, deface or destroy any sign or notice placed in the ski area or on the trail board by the operator.
 (f) Cross the uphill track of a J bar, T bar, rope tow, wire rope, or similar device except at locations approved by the board.

(g) Ski or otherwise access terrain outside open and designated ski trails and slopes or beyond ski area boundaries without written permission of said operator or designee.

NEW HAMPSHIRE PUBLIC RECREATION STATUTE
 Under the law, it is hereby recognized that, regardless of all safety measures which may be taken by the ski area operator, skiing, snowboarding, snow tubing, and snowshoeing as sports, and the use of passenger tramways associated therewith may be hazardous to the skiers or passengers. Each person who participates in the sport of skiing, snowboarding, snow tubing, and snowshoeing accepts as a matter of law, the dangers inherent in the sport, and to that extent may not maintain an action against the operator for any injuries which result from such inherent risks, dangers, or hazards.

WARNING
 The categories of such risks, hazards, or dangers which the skier or passenger assumes as a matter of law include but are not limited to the following: variations in terrain, surface or subsurface snow or ice conditions; bare spots; rocks, trees, stumps and other forms of forest growth or debris; terrain, lift towers, and components thereof (all of the foregoing whether above or below snow surface); pole lines and plainly marked or visible snow making equipment; collisions with other skiers or other persons or with any of the categories included in this paragraph. Each skier or passenger shall conduct himself or herself, within the limits of his or her own ability, maintain control of his or her speed and course at all times both on the ground and in the air, while skiing, snowboarding, snow tubing, and snowshoeing heed all posted warnings, and refrain from acting in a manner which may cause or contribute to the injury of himself, herself, or others.

SKIING & RIDING OFF OPEN AND DESIGNATED TRAILS
 • Pursuant to New Hampshire Law, no skier, passenger, or other person shall ski or otherwise access terrain outside open and designated ski trails and slopes or beyond ski area boundaries.
 • Areas outside open and designated ski trails and slopes or beyond ski area boundaries are not patrolled or maintained. Unmarked obstacles and other natural hazards exist.
 • Areas between designated trails within the ski area boundary are not patrolled and have no skier/ rider services. If you ski or ride in wooded areas that are not designated trails, you are solely responsible for your own actions and safety. You must enter from and exit onto designated ski trails and slopes that are open to the public. Failure to do so will result in the loss of your skiing/riding privileges. Wooded areas are recommended for expert skiers and riders, in groups of three or more. Do not ski and ride alone.
 • You can be charged for costs of your rescue outside open and designated ski trails and slopes or beyond ski area boundaries.

WINTER SEASON UPHILL TRAVEL POLICY
 Winter season uphill travel is permitted at Mount Sunapee Resort on designated routes. Uphill travel is permitted at Mount Sunapee on designated routes only, beginning at 4:30 p.m. All uphill users must begin return to the base 15 minutes prior to lift opening for operations (weekends and holidays: 7:45 a.m.; weekdays: 8:45 a.m.).

Uphill and downhill travel routes:
 • Lower Ridge trail to Upper Ridge trail on the Main Mountain
 • Sunnyside Down trail to Province trail on South Peak
 Please travel single file on the right-hand-side of the trail heading uphill. Regardless of where you are at 15 minutes before lifts open, you must head downhill at that time. No uphill travel is permitted after lifts open until uphill travel hours open again at 4:30 p.m. Uphill and downhill travel is only permitted on designated routes. Do not travel downhill on glade trails or closed trails. When traveling downhill you must observe the Skier Responsibility Code. A valid lift ticket or season pass with a valid reservation for the day is required to access any lift. Pets are not authorized to travel with uphill users on the mountain.

During resort non-operational times, skiers and riders shall:
 • Be as visible as possible to others. Use headlamps and other lights. Wear bright, reflective clothing.
 • Avoid areas where resort equipment may be working. When approaching a grooming machine or snowmobile, step off to the side of the trail and use a light to draw the attention of the operator. Never follow a grooming machine.
 • Stay away from snowmaking equipment. Do not ski or step on hoses.
 • Be aware of the location of any winch operations. Signs that winching may be in progress include a red beacon on the ground or on a snow cat, mounds of snow that have been piled at the top of the trail that is being winched, or a posted warning that winching is in progress.
 • Know that Resort Emergency Services are not available during nonoperational periods. If you or a member of your party is injured, call 911. Know your route and be prepared to share it with emergency correspondence.
 • Obey all signage and closures.
 Mount Sunapee Resort has the right to cancel the Uphill Travel Policy at any time due to weather conditions or operations on the mountain. Before you participate in any uphill travel activities, view our full policy at www.mountsunapee.com.

LIFT TICKET REQUIRED Under New Hampshire RSA 637:8 Theft of Services, it is unlawful to access lifts or ski trails at Mount Sunapee without a valid lift ticket or season pass. Skiing or riding without a valid lift ticket or season pass will result in prosecution.

SKI PATROL/FIRST AID SERVICES For immediate assistance and to report all accidents, please call Ski Patrol at (603) 763-3599. Emergency phones are also available with all lift operators. All parties involved in a collision must exchange information and contact Ski Patrol.

SLOW ZONES Certain areas (indicated on the map in yellow) are designated as SLOW ZONES. Please observe the posted slow zone areas by maintaining a speed no faster than the general flow of traffic. Space and speed are especially important in these areas. Fast and aggressive skiing will not be tolerated and may result in termination of your resort privileges.

FREESTYLE TERRAIN Freestyle Terrain may contain jumps, hits, ramps, banks, fun boxes, jibs, rails, half pipes, and other constructed or natural terrain features. Prior to using freestyle terrain, you are responsible for familiarizing yourself with all elements and landings and obeying all instructions, warnings, and signs. Freestyle skills require maintaining control on the ground and in the air.

KNOW THE CODE - PLAY IT SAFE Skiing and riding, in their various forms, are inherently hazardous sports. Trail and slope conditions change constantly with weather and use. It is your responsibility to avoid natural and manmade objects regardless of the presence of markings or other mitigation, and to avoid and use courtesy with other people. Mount Sunapee uses many different types of marking devices to alert you to some hazards.

YOUR RESPONSIBILITY CODE
 1. Always stay in control. You must be able to stop or avoid people or objects.
 2. People ahead or downhill of you have the right-of-way. You must avoid them.
 3. Stop only where you are visible from above and do not restrict traffic.
 4. Look uphill and avoid others before starting downhill or entering a trail.
 5. You must prevent runaway equipment.
 6. Read and obey all signs, warnings and hazard markings.
 7. Keep off closed trails and out of closed areas.
 8. You must know how and be able to load, ride and unload lifts safely.
 9. If you need assistance, ask the lift attendant.
 10. If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

SMOKING/VAPING AND THE CONSUMPTION OF ALCOHOL IN LIFT LINES AND ON CHAIR LIFTS IS PROHIBITED.

SNOWCATS AND SNOWMOBILES CAUTION - snowcats, snowmobiles and snowmaking may be encountered at any time.

SUN PROTECTION UV levels are stronger at higher altitudes. We recommend eye protection and sunscreen to ensure protection from UV rays.