

Troop 131
2010 White Mountains Traverse
High Adventure Itinerary

Trail	Waypoint	Elev	Waypoint	Elev	Dist	Duration	Elev Gain	Elev Loss	Elev Chg	Ft/Mi Chg
Saco Lake Tr	US 302	1890	US 302 S	1890	0.3	10 m	0			0
Webster Jackson Tr	US 302 S	1900	Bugle Cliff	2450	0.6	35 m	550			917
	Bugle Cliff	2450	Flume Cascade Brook	2500	0.3	10 m	50			167
	Flume Cascade Brook	2500	Webster - Jackson Fork	2800	0.5	25 m	300			600
	Webster - Jackson Fork	2800	Webster Cliff Tr	3840	1.0	1 h 5 m	1040			1040
Webster Cliff Tr	Webster Jackson Tr	3840	Mt Webster	3910	0.1	5 m	70			700
	Mt Webster	3910	Mt Jackson	4052	1.4	50 m	142			101
	Mt Jackson	4052	Mizpah Springs Hut	3800	1.7	1 h 0 m		-252		-148
Day 1 Total					5.9	4 h 20 m	2152	-252	2404	407
Webster Cliff Tr	Mizpah Springs Hut	3800	Crawford Path	4250	0.9	45 m	450			500
Crawford Path	Webster Cliff Tr	4250	S End Eisenhower Loop	4425	1.2	45 m	175			146
Eisenhower Loop	S End Eisenhower Loop	4425	Mt Eisenhower	4760	0.4	25 m	335			838
	Mt Eisenhower	4760	Crawford Path	4475	0.4	35 m		-285		-713
Crawford Path	N End Eisenhower Loop	4475	Eisenhower Tr	4475	0.1	5 m	0			0
	Eisenhower Tr	4475	S End Monroe Loop	5075	1.3	1 h 0 m	600			462
Monroe Loop	S End Monroe Loop	5075	Mt Monroe	5372	0.4	20 m	297			743
	Mt Monroe	5372	Crawford Path	5075	0.3	30 m		-297		-990
Crawford Path	N End Monroe Loop	5075	Lake of the Clouds Hut	5012	0.1	5 m		-63		-630
	Lake of the Clouds Hut	5012	Westside Tr	5625	0.9	45 m	613			681
	Westside Tr	5625	Gulfside Tr	6150	0.4	30 m	525			1313
	Gulfside Tr	6150	Mt Washington	6288	0.2	10 m	138			690
	Mt Washington	6288	Gulfside Tr	6150	0.2	5 m		-138		-690
	Gulfside Tr	6150	Westside Tr	5625	0.4	15 m		-525		-1313
	Westside Tr	5625	Lake of the Clouds Hut	5012	0.9	25 m		-613		-681
Day 2 Total					8.1	6 h 40 m	3133	-1921	5054	624

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Crawford Path	Lake of the Clouds Hut	5012	Westside Tr	5625	0.9	45 m	613			681
Westside Tr	Crawford Path	5625	Gulfside Tr	5500	0.9	30 m		-125		-139
Gulfside Tr	Westside Tr	5500	S End Clay Loop	5400	0.1	5 m		-100		-1000
Clay Loop	S End Clay Loop	5400	Mt Clay	5533	0.7	30 m	133			190
	Mt Clay	5533	Gulfside Tr	5025	0.5	30 m		-508		-1016
Gulfside Tr	N End Clay Loop	5025	Sphinx Tr	4975	0.1	5 m		-50		-500
	Sphinx Tr	4975	The Cornice	5325	0.5	25 m	350			700
	The Cornice	5325	S End Jefferson Loop	5375	0.1	5 m	50			500
Jefferson Loop	S End Jefferson Loop	5375	Mt Jefferson	5716	0.3	15 m	341			1137
	Mt Jefferson	5716	Gulfside Tr	5125	0.4	30 m		-591		-1478
Gulfside Tr	N End Jefferson Loop	5125	Edmands Col	4938	0.2	10 m		-187		-935
	Edmands Col	4938	S End Israel Ridge Path	5225	0.7	30 m	287			410
	S End Israel Ridge Path	5225	N End Israel Ridge Path	5475	0.5	20 m	250			500
	N End Israel Ridge Path	5475	Lowe's Path	5490	0.1	5 m	15			150
Lowe's Path	Gulfside Tr	5490	Mt Adams	5799	0.3	20 m	309			1030
Airline Tr	Mt Adams	5799	Gulfside Tr	5125	0.6	40 m		-674		-1123
Gulfside Tr	Airline Tr	5125	Madison Hut	4825	0.4	10 m		-300		-750
Day 3 Total					7.3	5 h 55 m	2348	-2535	4883	669
Osgood Tr	Madison Hut	4825	Mt Madison	5366	0.5	30 m	541			1082
	Mt Madison	5366	Osgood Junction	4822	0.5	30 m		-544		-1088
	Osgood Junction	4822	Osgood Cutoff	2486	2.0	2 h 0 m		-2336		-1168
Osgood Cutoff	Osgood Tr	2486	Madison Gulf Tr	2300	0.6	25 m		-186		-310
Madison Gulf Tr	Osgood Cutoff	2300	Mt Washington Auto Road	2625	2.1	1 h 10 m	325			155
Old Jackson Road	Mt Washington Auto Road	2625	Pinham Notch	2032	1.9	1 h 20 m		-593		-312
Day 4 Total					7.6	5 h 55 m	866	-3659	4525	595
Trip Total					28.9		8499	-8367	16866	584