

## Welcome

Grafton Notch State Park includes over 3,000 acres of beautiful natural terrain with an abundance of wildlife. Located on Route 26 in Grafton Township near the Maine/New Hampshire border, the park offers sightseeing, picnicking, and hiking in an extraordinary natural setting. Here you can start a challenging hike on the Appalachian Trail, take shorter hikes to see the spectacular views from Old Speck Mountain and Table Rock, or enjoy leisurely sight-seeing at the scenic areas along the road.

### Sightseeing

The unusual beauty of Grafton Notch, with its high mountains and deep gorges, has earned the stretch of Route 26 through Grafton Notch State Park the designation of "Maine Scenic Byway." In the fall it is one of the best places in the Northeast to view colorful foliage, usually at its peak in the first week of October. Also, you may see wildlife, including moose, deer, black bears, many species of birds, and other animals. In fact, moose watching has become a popular activity. During evening and early morning hours, you can expect sightings all along Route 26 from the park border to Errol, NH.

To enhance your enjoyment of this area, as you drive the length of Grafton Notch State Park, you will find interpretive signs at scenic roadside stops, including the ones described below.

Screw Auger Falls is your first stop after entering the park from the south. From the parking lot, walking paths lead to the picnic area and a 23-foot waterfall in a unique gorge. One of the narrowest in Maine, this gorge has large potholes and other features scoured by swirling meltwater from the glacier that blocked Grafton Notch near the end of the last Ice Age. Shallow pools in the granite bedrock invite you to wade, but supervise children closely, and avoid the dangerous pool near the lip of the falls.

Mother Walker Falls, the next stop, is a V-shaped gorge more than 40 feet deep and 980 feet long. Named for a long-time resident of this area, the falls are a series of cascades on the Bear River, which drops a total of 98 feet in this gorge. A short trail leads to the gorge from the parking lot.

Moose Cave lies in a 45-foot deep slot in the granite bedrock. In this 200-foot-long gorge, the river flows over, under and around big boulders, and in the narrowest section it temporarily disappears under a huge granite slab, the cave. The quarter-mile loop trail includes packed surface, boardwalks, and stairs, with some narrow places and steep slopes.

The Trailhead is the place to start either short or long hikes. Please consult the map and trail descriptions inside this brochure.

Spruce Meadow Picnic Area in the north end of the park is unique. Along with tables, grills, toilets, and hand-pumped drinking water, it has beautiful views of Old Speck Mountain and the Eyebrow. Overlooking a marshy area where birds and wildlife abound, Spruce Meadow offers the quiet and solitude of a backcountry escape, just a short walk from the parking area.

### Rules

To ensure a safe and pleasant visit for everyone, please follow park rules.

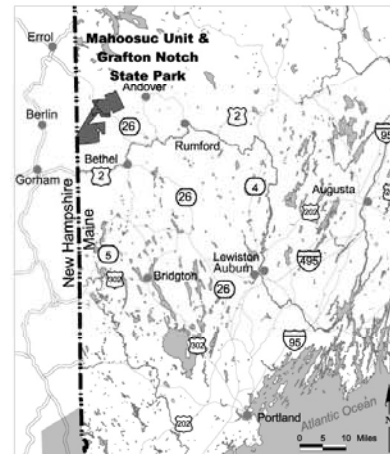
- !Picnic on a carry-in, carry-out basis.
- !Use no alcohol in the park.
- !Build fires only in grills provided.
- !Do not pick or remove anything; leave everything for others to enjoy.
- !Keep pets leashed; clean up after them.
- !Do not feed or disturb park animals.
- !Stay on trails.
- !There is no camping in this day-use park.

*A complete list of rules is posted at various locations throughout the park. If you have any questions or concerns, please let us know.*

## For More Information

Grafton Notch State Park is open May 15 through October 15 from 9:00 a.m. to sunset. A fee is charged and should be placed in one of the collection containers. If you would like to ask questions, make comments, or volunteer to help at the park, please contact us at the park office:

Grafton Notch State Park  
1941 Bear River Road  
Newry, ME 04261  
Tel.: (207) 824-2912  
Fax: (207) 824-7638



We also welcome your questions and comments at our regional office:

Maine Bureau of Parks and Lands  
Southern Region Office  
107 State House Station  
Augusta, ME 04333-0107  
Tel.: (207) 624-6080  
Fax.: (207) 624-6081  
TTY: (207) 287-2213

[www.maine.gov/doc/parks/](http://www.maine.gov/doc/parks/)

This brochure is available in alternative formats.

## Grafton Notch State Park



*Screw Auger Falls and Old Speck Mountain  
Grafton Notch State Park  
Grafton Township, Maine*



## Hiking in Grafton Notch State Park

At the point where the Appalachian Trail crosses Route 26, you will find the hiking area parking lot and trailhead. From here you have several choices of trails. Both the Table Rock and Eyebrow Loop Trails are a little over two miles long, while the Old Speck and Baldpate Mountain Trails are nearly four miles, one way. There is a toilet, but no drinking water here.

### The Eyebrow Loop Trail (2.1 mile-loop)

Allow two to three hours to hike the Eyebrow Loop Trail, which begins on the white-blazed Appalachian Trail. Follow it for .1 mile south to the start of the orange-blazed Eyebrow Trail. Passing through a stand of magnificent hardwoods, the trail rises gently until it reaches the steeper precipice section. At the height of the trail, you will have spectacular views down through Grafton Notch and up the ridge of Old Speck Mountain. Keep following the orange-blazed trail to the junction with the Appalachian Trail. Turn left and follow the white-blazed trail down through the hardwoods. As it descends, you will cross and follow streams tumbling over rocky ledges. Stop to cool your feet and listen to the waterfalls of Cascade Brook. This section of the trail is well maintained, with steps to aid your descent.

### The Table Rock Loop (2.4-mile loop)

The Table Rock Loop takes between two and three hours to hike. From the trailhead parking lot, follow the white-blazed Appalachian Trail north. At .1 mile from Route 26, you have a choice: to follow the steep, boulder-strewn orange-blazed Table Rock Trail up to height; or to continue along the Appalachian Trail to the next junction. This part of the AT rises moderately, crossing or following mountain streams. At approximately one mile, the blue-blazed Table Rock Trail begins. Recently rebuilt, this trail is an easier hike for the less experienced and for families. As the blue-blazed trail continues to rise gradually, watch for moose and deer in this area.

Once at the top, you will find yourself standing on "Table Rock", aptly named, some 900 feet above your starting point. Remember to hold onto small children, as there are no fences. Here, you will have spectacular views of Old Speck, the Eyebrow, and Grafton Notch. For the descent, you can follow the orange-blazed trail, or if you are less experienced, you may prefer to return the way you came, on the gentler blue-blazed trail.

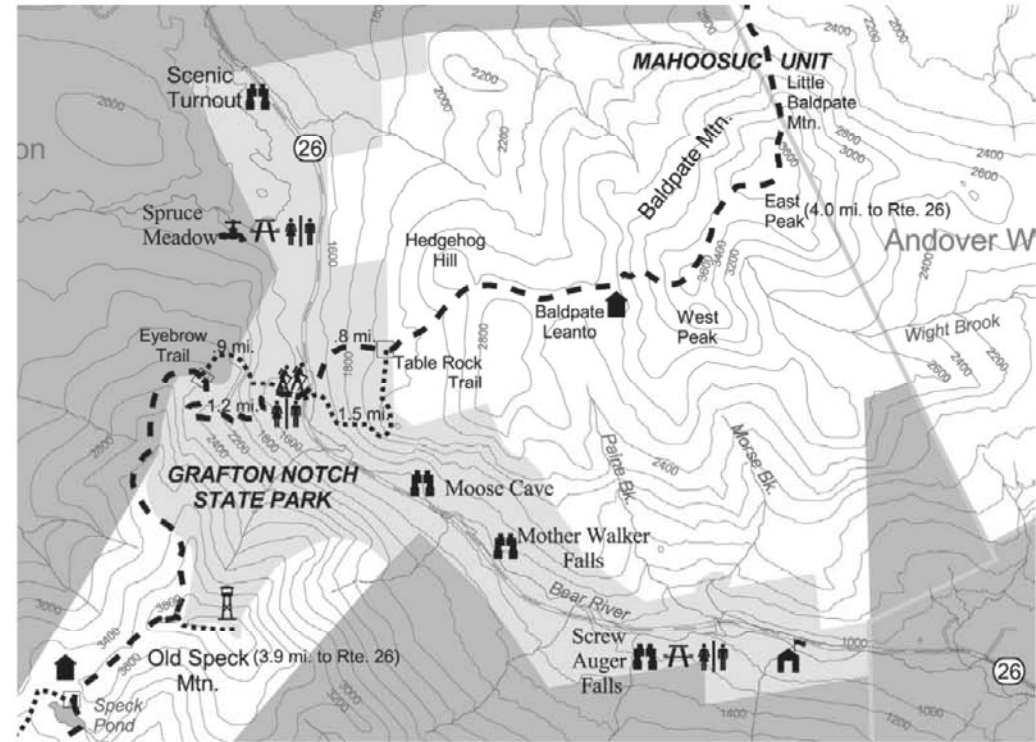
### Old Speck Mountain (3.9 miles one way)

At 4,180 feet, Old Speck Mountain is the third-highest peak in Maine. This hike takes about 3.5 hours one way. For a family hike, plan on a full day. From the trailhead parking area, follow the white-blazed Appalachian Trail south. The trail rises first through hardwoods, later through mixed growth, and finally through evergreen forest near the summit. The beginning section follows Cascade Brook and crosses many mountain streams. Then the trail ascends the north shoulder of Old Speck. Once past the shoulder, you will break out of the woods and be rewarded with frequent views of the Notch. An observation tower at the summit affords a spectacular 360-degree view of the Mahoosuc Range, Grafton Notch, and the White Mountains.

### Baldpate Mountain Trail (One way)

West Peak: 2.9 miles; East Peak: 3.8 miles  
From the trailhead parking lot, follow the white-blazed Appalachian Trail north, crossing Route 26. Pass the orange-blazed Table Rock Trail on the right at .1 mile. Ascend gradually, passing the blue-blazed side trail to Table Rock at .9 mile. Leaving the park, the trail ascends steadily across the north slope to West Baldpate summit (elevation 3,680 feet), which offers fine views in almost all directions. Turning north, the trail loses only 240 feet in altitude before climbing to East Peak, nearly a mile beyond. From East Peak (elevation 3,812 feet) you will enjoy outstanding views in all directions.

## Map of Grafton Notch State Park



### ----- Trail Precautions -----

1. Register in the trail log, and tell someone where you are going and when you expect to return.
2. Plan your hike to allow enough time to return before dark.
3. Carry food and plenty of drinking water.
4. Dress and equip yourself appropriately for rugged mountain conditions and changeable weather.
5. Be sure to lock your vehicle, and do not leave valuables in it.
6. Stay on marked trails to avoid getting lost.
7. Know your limits: you can always turn back.
8. Supervise children closely, especially on mountain trails and in the gorges.
9. Be extremely careful with matches. Smoke only when stopped, and extinguish all cigarettes.
10. Don't litter. Carry out what you carry in, including cigarette filters and gum or candy wrappers.

--Leave No Trace--