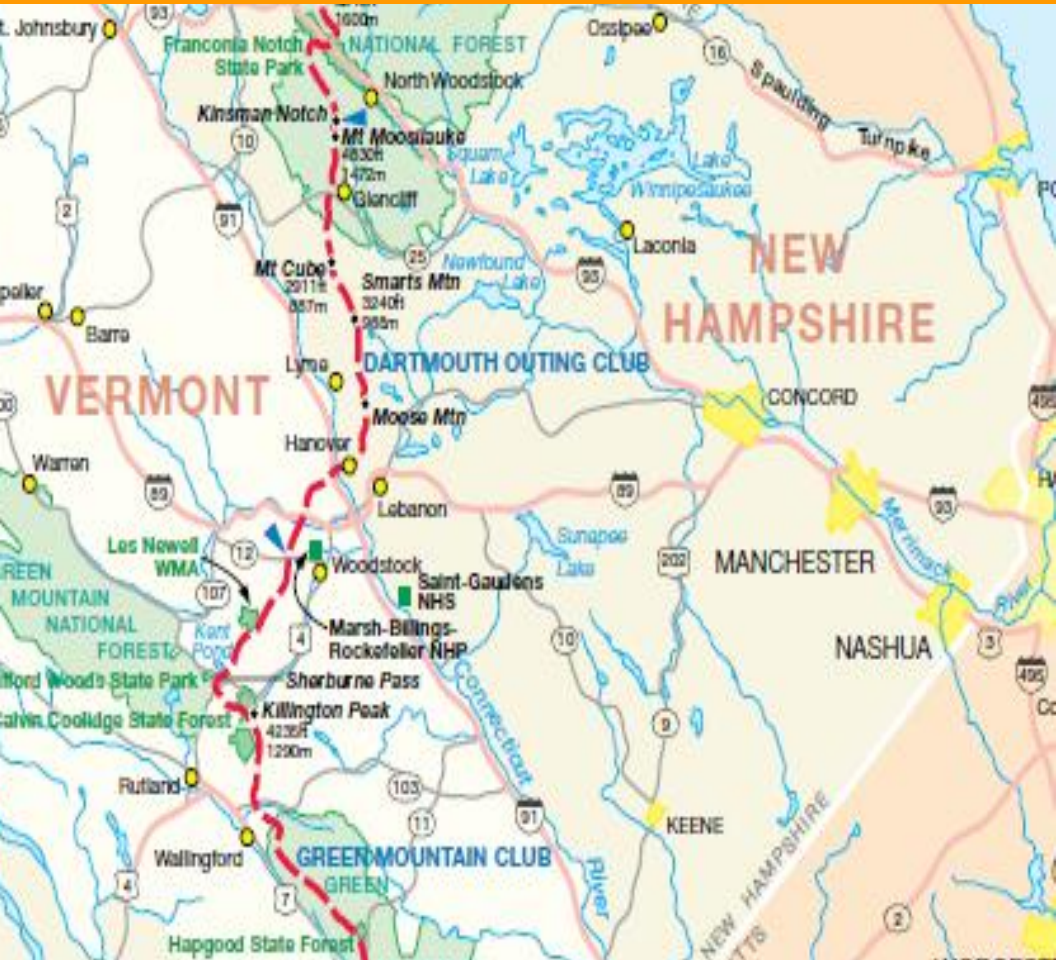


2023
A.T. Hiker FAQs
Hanover, NH & Norwich, VT



Brought to you by the Upper Valley Business Alliance
www.uppervalleybusinessalliance.com ~ 603-448-1203

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Helpful Websites:

- ❖ www.appalachiantrail.org
- ❖ www.uvtrails.org
- ❖ www.trailfinder.info
- ❖ www.uppervalleybusinessalliance.com
- ❖ www.hanoverconservancy.org



Hanover and Norwich are proud to have the historic Appalachian Trail (A.T.) pass down each town’s Main Street. We honor those who walk through from Georgia to Maine, or vice versa, and those who make the journey in sections. We also applaud people in our area who care for this national treasure.

Post Offices

Hanover, NH – located on the southeast corner of Main Street and Lebanon Street where the A.T. makes a turn. Please sign the A.T. Visitors' Log and check out the hiker's box, located inside the post office on the left side of the building.
Hours: 8:30am-5:00pm M-F, 8:30am-12:00pm Sat.

Norwich, VT – turn north through the parking lot that is just south of the Elm Street and Main Street intersection.
Hours: 8:30am-5:00pm M-F, 9:00am-12:00pm Sat.

Hiker to Hiker Communication

Check the bulletin boards or logbooks:

- ~ Robinson Hall on Dartmouth College Campus in the basement
(2nd building north of Wheelock and Main)
- ~ Howe Library on South Street, Hanover
- ~ Hanover Post Office, corner of Main Street and Lebanon Street

Information Booth on the Hanover green – shuttle list, housing list, UVBA
A.T. booklets & advice

Transportation

- ❖ **Advance Transit*** – Free Bus Service – Monday through Friday
Advance Transit (known locally as the AT!) runs an extensive free bus system on weekdays around the Upper Valley. It has several routes. Schedules can be found at www.advancetransit.com; paper schedules are available in Hanover on N. Main Street at Lou's Restaurant, the Dartmouth Bookstore, Hanover Town Hall or on South Street at the Howe Library, Hanover's public library. The schedule can be found in Norwich at the Norwich Public Library. The main bus stop in Hanover is in front of the Dartmouth Bookstore. The main bus stop in Norwich is on Main Street, just north of the Elm/Main Street intersection.

Routes:

- Blue (5:15am-7:10pm) – Hanover to Lebanon (includes stops at or near hospitals).
- Brown (6:25am-6:40pm) – Norwich to Hanover (downtown and north).
- Green (5:50am-6:40pm) – Hanover to Wilder, Hartford Village, and West Lebanon.

- Orange (6:20am-6:08pm) – Hanover to West Lebanon and White River Junction (Amtrak and intercity bus stations).
- Red (6:00am-6:25pm) – West Lebanon shopping malls (EMS, LL Bean, Target, Walmart, Sierra Trading Post, TJ MAX, Kohl's) – Take Blue line to Red.

(Note: Times indicate first and last stops of the day – check schedule for more details.)

❖ **Taxi Service**

- **Big Yellow Taxi** – 603-643-8294

❖ **Bus Service**

- **Greyhound** (White River Junction VT) – 802-295-3011
- **Dartmouth Coach** (Hanover & Lebanon NH) – 603-448-2800 or 1-800-637-0123

Showers and Laundry

Note: All shower and laundry locations are in Hanover and are listed in order of convenience and then by price.

- **RWB Community Center** – Laundry and showers. \$5 showers, \$5 laundry – Soap/Shampoo combo, towel, and detergent, pay at the welcome desk. Wi-Fi available. Also accepts pack storage during business hours. 48 Lebanon Street between the high school and the Co-op grocery store in Hanover. Monday-Friday 9am-5pm 603-643-5315.
- **Dartmouth College, Alumni Gym*** – \$10 for a day pass to use the gym and showers - East Wheelock Street, Hanover.

Pack Storage

- **RBW Community Center** – 48 Lebanon Street, Hanover (*during business hours*)
- **Dartmouth Outing Club** – Robinson Hall, Hanover
- **Left Bank Books** – 9 South Main Street, Hanover

Restaurants



* Indicates UVBA Member

☉ indicates outdoor dining availability.

Hanover:

South Main Street

- **Boloco*** ✓ – Sandwich wraps, salads, smoothies (lunch and dinner). Certified Green Restaurant.
- **Dirt Cowboy Café** ✓ – Coffee, pastries, ice cream, sandwiches (breakfast and lunch).
- **Hanover Scoops** – Offering Mountain Creamery ice cream, hard scoops, seasonal flavors, maple creemees and milk shakes
- **Lou’s Restaurant and Bakery*** ✓ – Breakfast all day, soups, salads, and sandwiches available during lunch hours. Certified Green Restaurant.
- **Molly’s Restaurant*** ✓ – Casual dining, burgers, pizza, sandwiches, salads and more (lunch and dinner).
- **Murphy’s** ✓ – Rated top 10 burger in America, lobster sandwiches, risotto, enchiladas (menu changes seasonally, dinner).
- **My Brigadeiro*** ✓ – Luscious chocolate Brigadeiro’s, handcrafted with organic ingredients and void of preservatives.
- **Starbucks** – Coffee, drinks, and pastries.
- **Sushi Ya** – Offering Japanese, Korean country cuisine & sushi.
- **The Nest*** ✓ - Sandwiches, salads, breakfast, deli, take out.
- **Tuk Tuk Thai Cuisine** – Thai Cuisine (lunch and dinner)

South Street

- **Ramunto’s Brick and Brew Pizzeria*** ✓ - Pizza, pasta, subs, and salads (lunch and dinner).
- **Umpleby’s Bakery and Café*** ✓ – Sandwiches, soups, salads, and pastries (breakfast and lunch).

Lebanon Street

- **Base Camp** – Nepalese dining, dine in or take out (lunch and dinner).
- **C & A Pizza** – Offering pizza, wings, fries, grinders & pasta dishes. Dine-in takeout & delivery.
- **Duende** ✓ – Spanish tapas & small plates.
- **Dunks***✓ – Bar & grill - offering burgers, salads, sandwiches, and appetizers.
- **Hans Fusion** – Offering authentic Chinese fare; appetizers, chef specials, Chow Mein, beef & lamb, as well as fish & vegetables.
- **Jewel of India*** – Authentic Indian fare, dine in or take out (lunch and dinner).
- **Tacos Y Tequila** – Mexican fare.

Allen Street

- **Stinson's** – sandwiches, and soups- take out only.
- **Samosaman** – Indian food, samosas & more. Eat-in, takeout & delivery.
- **Sawtooth Kitchen, Bar & Stage** – Offering appetizers, salads, soup, sandwiches, fried chicken & BBQ pork, live entertainment.
- **Still North Books & Café** *✓ - baked goods, sandwiches, soups

East Wheelock Street

- **Pine Restaurant***✓ – Fine Dining, Farm-to-Table (lunch dinner).

Norwich:

King Arthur Baking - café, bakery & store – 135 US Rte. 5, #15

Main Street

- **The Norwich Inn*** ✓ – Pub, pub fare and casual dining (Lunch on weekends, dinner)
- **Carpenter and Main** ✓ – Fine dining (dinner)

HOME STAYS AND/OR TENTING-FREE:

UPPER VALLEY TRAIL ANGELS

- Free overnight home stays are offered by Upper Valley Trail Angels. Showers, laundry, and rides to and from the trail or downtown are usually available.
- Phone lists are available: Hanover Post Office, Town Hall, Howe Library, Information Booth on the Dartmouth Green, Dartmouth Outing Club House, Norwich Library and Dan and Whit's.

Lodging

Note: During Dartmouth events such as graduation and reunions (2nd and 3rd weeks in June), area lodging tends to be full. Also: camping is **not** allowed on the Dartmouth Athletic fields or within 200 feet of the A. T. on the U.S. Forest Service lands from the Town of Hanover to the summit of Mt. Moosilauke (except at shelters).

Free Shelters

Hanover:

- **Velvet Rocks shelter** is 1.7 miles northeast of Hanover on the A.T.

Norwich:

- **Happy Hill Shelter** is 4.3 miles south of downtown Norwich on the A.T.

Camping:

- **Storrs Pond*** is 2.5 miles north of downtown Hanover. \$32 per night/campsite (up to 4 people – \$10 additional per night/person over 4). Holidays \$45 per night - Open mid-May to Labor Day.

Hotels & Motels

Note: Hotels and Motels are listed by town and in alpha order. Additional area hotels, motels, Inns and B&B's can be found on the Upper Valley Business Alliance website.

Hanover:

- **6 South Street Hotel***
On South Street in downtown Hanover. 4 people maximum per room and pet friendly (additional surcharge). Offers free TV and Wi-Fi.
603-643-0600
- **Hanover Inn***
On the corner of Wheelock Street and South Main Street in downtown Hanover. Upon arrival inquire about A.T. Specials. 4 people maximum per room. 603-643-4300
- **Sunset Motor Inn***
2.2 miles south from downtown Hanover on Route 10; Advance Transit Orange Route runs to/from Inn; check shuttle service times with Advance Transit. Free use of irons, ironing boards, and laundry machines based on availability with overnight stay. 4 people maximum per room (some rooms have a 2-person maximum) call in advance for additional information and to confirm room type and the number of people per room. 603- 298-8721

Norwich:

- **The Norwich Inn***
In downtown Norwich, 2 blocks north on Main Street from the Elm Street/Main Street Intersection. Headed South? This is your last chance.... A warm shower + a cold beer = a good night's sleep. Discounted rates for AT Hikers, with a maximum of 2 people per room. Free Wi-Fi and long and local phone calls in US and Canada. Rooms subject to availability and blackout dates. 802-649-1143

Lyme:

- Dowd's Country Inn* 603-795-4712
- Lyme Inn* – 603-795-4824

Car Parking for Section Hiking

- You can park your car in Dartmouth College's A-Lot. Directions: From Hanover Green, go east on East Wheelock Street, through the lights across NH Route 120, then after about a quarter mile turn left where a small sign says "A-Lot". You then must call Dartmouth's Parking Operations Office at 603-646-2340 and leave a message on their answering machine with your vehicle's make, color, plate number, where you parked (A-Lot), and the dates you expect to be there. You can also email this information to: transportation.services@dartmouth.edu

Groceries, Shopping, Supplies & Services

Banks (all have an ATM)



Hanover:

- **Bank of America** – corner of South Main Street and Maple Street.
- **Citizens Bank*** – South Main Street.
- **Bar Harbor Bank*** – South Street.
- **Ledyard National Bank*** – South Main Street & near Recreation Center
- **Mascoma Bank*** – South Main Street.

Norwich:

- **Ledyard National Bank*** – Main Street.
- **Mascoma Bank*** – Main Street.

Clothing & Equipment

Hanover:

- **Dartmouth Co-op*** – South Main Street (clothing only).
- **Indigo** – South Main Street (Clothing only)
- **J. Crew** – South Main Street (clothing only)
- **Fat Face** – South Main Street (clothing only)
- **Talbots** – Lebanon Street (clothing only)

Norwich:

- **Dan and Whit's General Store*** - two blocks north on Main Street from the intersection of Elm Street (A.T.), Dan and Whit's is the "everything" store ("If we don't have it, you don't need it") offering food, clothing, hardware and more.

Groceries



Hanover:

- **Hanover Co-op Food Stores*** – Has an extensive selection of food (including bulk food) located on the east side of downtown Hanover, adjacent to the A.T. (a cooperative grocery store).
- **Stinson's General Store** – Allen Street.
- **Irving Oil Gas Station**– Corner of South Main Street and Maple Street.
- **CVS** – South Main Street.

Norwich:

- **Dan and Whit's General Store** – Two blocks west on Main Street from the intersection of Elm Street. (A.T.)
- **Norwich Farmers Market** – Route 5 South, open Saturdays May 7 – October 25, 9:00am – 1:00pm

Pharmacies

Hanover:

- **CVS** – South Main Street. 603-643-3178

Stove Fuel (white gas, fuel canisters, and denatured alcohol)

Norwich:

- **Dan and Whit's General Store*** – Main Street.

Medical Services

- **In an emergency, call 911 from any phone.**
- **Dartmouth Health** – is about 2.5 miles from Hanover, south on Route 120. The Advance Transit Blue Route goes to the hospital from downtown Hanover on weekdays. Pick up and drop off in front of the Dartmouth Bookstore.

- **Clear Choice MD*** – Located in Lebanon, NH, Clear Choice MD is an urgent care facility that accepts walk-ins from 8:00 am to 8:00 pm 7 days a week. It can be accessed via the Advance Transit Red Route.
- **Alice Peck Day Memorial Hospital (APD)*** - Via interstate, 89 south: take exit 19, making a left onto Mechanic St. Go straight approximately ½ mile. The Advance Transit Blue Route goes near the hospital from downtown Hanover on weekdays. Pick up and drop off in front of the Dartmouth Bookstore.

Public Computers



Hanover:

- **Baker Library – Dartmouth College Campus**
 - Monday – Friday 8:00am-10pm
 - Sat/Sun – 9:45am-8pm
- **Collis Common Ground** – Dartmouth College Campus on the corner of Wheelock Street and North Main Street.
 - Monday-Thursday 7:00am-1:30am
 - Friday – 7:00am-2:00am
 - Saturday – 12pm-2:00am
 - Sunday – 12pm-1:30am
- **Hopkins Center*** – Dartmouth College Campus, computer station located next to the Courtyard Café. Temporarily closed for renovations – spring 2023
- **Howe Library*** – Public Library, one block south of Lebanon Street and one block east of Main Street.
 - Monday-Thursday – 9am-7pm
 - Friday – 12pm-5pm
 - Saturday – 10am-5pm
 - Sunday – 12pm-5pm

Robinson Hall (Lobby), Dartmouth College Campus, 2nd building north of Wheelock Street and Main Street. Open 24/7, 90-minute time limit.

Robinson Hall:

- Open to hikers to relax, leave bags, charge phones, fill water etc.
- We do not shuttle folks.
- Robinson Hall is closed to hikers mid/late August through the first week of September due to Freshman Orientation (First Year Trips) happening during that time.

Norwich:

- **Norwich Public Library*** – Five blocks west of the Elm/Main Street intersection.
 - Monday – 1pm-5:30pm
 - Tuesday & Wednesday – 10:00am-5:30pm
 - Thursday – 10:00am-7:00pm
 - Saturday – 10:00am-3:30pm
 - Sunday – CLOSED

Public Phones

Norwich:

- **Dan and Whit's General Store**—Two blocks west on Main Street from the Elm Street/Main Street intersection.

Special Offers and Services for Thru Hikers

- **Dan and Whit's** - Two blocks west on Main Street from the Elm Street/Main Street intersection. - "If we don't have it, you don't need it!" This true New England General Store has an extraordinary stock of items and is hiker friendly.
 - Trail and hiking mixes
 - Denatured alcohol and white gas (sold in 1 gallon and 1-quart containers respectively...hikers may leave what they do not need for other hikers who will be able to fill the containers at no cost until the container purchased is empty.)
 - Shoe goo
 - First aid products
- **Hanover Co-op Food Stores*** – At the Hanover Trailhead Since 1964.
 - **Trail-Wise Packaging:** Our Co-op Deli and Prepared Foods Department staff will repackage Co-op foods you purchase for easier carrying.
 - **Shipping Service:** Co-op products shipped via United Parcel Service (UPS) - Hiker pays UPS fee; no service charge.
 - **Give the member number 7000** to the cashier. Patronage refunds from this account will support the hiker-services and A.T. education activities of area Friends of the A.T. groups.

- **Howe Library*** – South Street, Hanover.
 - **Complimentary** quick email access – no sign-up, no waiting
 - Comfortable lounge chairs
 - An inviting café, k-cups, hot chocolate
 - A beautiful courtyard
 - If the library is closed, there is an outdoor tent with a power cord to charge your electronics.
 - Free books from our discards shelf and courtesy collection – ask for location.

Lou’s Bakery & Restaurant – Complimentary Pastry

- **Norwich Public Library*** – Main Street, Norwich, VT.
 - The library welcomes hikers to enjoy their cool and quiet space indoors and outdoors in the garden.
 - **Complimentary** use of library computers.
 - **24/7 Free Wi-Fi**
- **Ramunto’s Brick and Brew Pizzeria*** – South Street, Hanover.
 - **Free** slice of pizza, cheese, pepperoni, or mushroom
- **Red Kite Candy** – FREE (2) Pack of caramels, 5 South Street, Hanover.

Religious Organizations

Hanover:

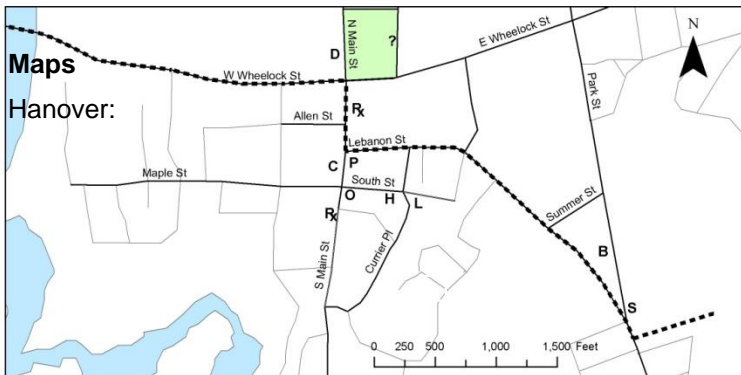
- **Catholic** – 29 Lebanon Street.
- **Christ Redeemer** – 41 Lebanon Street.
- **Christian Science** – 1 School Street.
- **Congregational** – 40 College Street.
- **Episcopal** – 9 W. Wheelock Street.
- **Friends** – 43 Lebanon Street.
- **Jewish** – 5 Occom Ridge.
- **Lutheran** – 5 Summer Street.
- **Pentecostal** – 48 Lebanon Street.
- **Quaker** – 43 Lebanon Street.
- **Rollins Chapel (multi-faith)** – College Street.

Norwich:

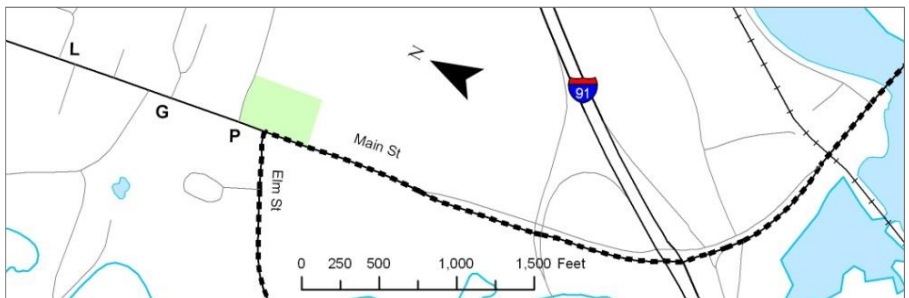
- **Beaver Meadow Chapel** – Beaver Meadow Rd.
- **Congregational** – 15 Church Street.
- **Episcopal** – 262 Main Street.
- **St. Francis of Assisi** – 75 Beaver Meadow Rd.
- **Unitarian Universalist Congregation of the Upper Valley** – Rt. 5 South.

Did we forget something?

Is there an item or service you were looking for that our A.T. guide did not list? Please contact us at uvba@uppervalleybusinessalliance.com, subject line: A.T. or call us at 603-448-1203.



Norwich:





Hanover Adventure Tours (Hostel)

713 US-5, Norwich, VT

802-359-2921

(4) miles north of the Ledyard Bridge (along the Connecticut River)

www.hanoveradventuretours.com

- Free pick-up at Dan & Whit's, Norwich, Hanover Co-op & CVS, Hanover
- Complimentary breakfast, (2) eggs and all you can eat pancakes
- Private, Semi-private, bunk rooms and camping
- Complimentary high speed internet
- Slack packing \$1 mile/to and from
- Hiker loaner clothing
- Complimentary laundry
- Games
- Dock access
- Picnic tables & fire pits
- Discounted e-bikes
- Book share
- Pets allowed at camp sites only

The complete A.T. Hiker Guide can be found on the Local Upper Valley app! Scan the QR Code to upload for easy reference.

FIND US ON THE APP!



The UV's Resource for All Things Local!

Available on the
Apple App Store &
Google Play



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