

~Personal Notes~

A.T. Hiker FAQs

Hanover, NH and Norwich, VT



Brought to you by the Hanover Area Chamber of Commerce
www.hanoverchamber.org ~ 603-643-3115
and the Hanover Area Friends of the A.T.

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Helpful Websites:

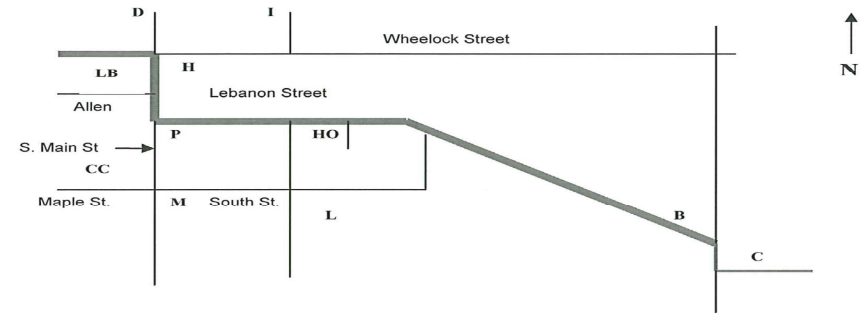
- ❖ www.appalachiantrail.org/site/c.mqLTIYOwGIF/b.4805401/k.5/About_the_Trail.htm
- ❖ www.hanoveroutdoors.com/appalachian-trail/
- ❖ www.uvtrails.org
- ❖ www.trailfinder.info/trail.php?id=224
- ❖ www.hanoverchamber.org



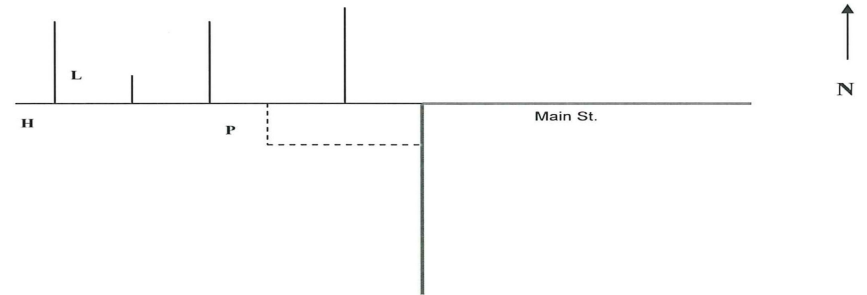
Hanover and Norwich are proud to have the historic Appalachian Trail (A.T.) pass down each town's Main Street. We honor those who walk through from Georgia to Maine, or vice versa, and those who make the journey in sections. We also applaud people in our area who care for this national treasure.

Maps (not to scale)

Hanover



Norwich



Key:

- | | | |
|-----------------------------------|------------------------|-----------------------|
| B – Black Center (shower/laundry) | C – Coop (supermarket) | I – Information booth |
| D – Dartmouth Outing Club | L – Library | P – Post office |
| CC – Chamber of Commerce | HO – Hanover Outdoors | M – Mountain Goat |
| LB – Left Bank Books | H – Hotel | |
- A.T.
 Driveway



Information Booth on the Green, Open Daily from 9:30am-5:00pm
June 10 – September 14, 2010

- **Norwich Public Library** *– Main Street, Norwich, VT .
 - **Free** paperback books and magazines available. (these items do not need to be returned). The library welcomes hikers to enjoy their cool and quiet space.
 - **Complimentary** use of library computers.
- **Ramontos Brick and Brew Pizzeria** *– South Street, Hanover.
 - **Free** slice of pizza
- **Upper Valley Events Center***– 80 Route 5 South, Norwich, VT – across from the Subaru dealership south of the village of Norwich.
 - **Complimentary Admission to:**
 - Folk Legend - Jonathan Edwards, Thursday July 22.
 - Theatre in the Park, Cinderella, Thursday, August 5.
 - Folk Legend – Tom Rush, Thursday, August 12.
 - Kid’s Rock N’ Roll Show, Dog on Fleas, Thursday, August 19.

Note: Gates open at 5:30 PM for picnicking. Opening acts perform from 6 to 6:45 PM with main acts starting at 7 PM.

- **Bagel Basement** – Allen Street, Hanover.
 - **Free** mini bagel after 12:00pm

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 hacc@hanoverchamber.org, subject line: A.T. or call us at 603-643-3115.

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.
- **Norwich, VT** – turn west through the parking lot that is just south of the Elm Street and Main Street intersection.


Hiker to Hiker Communication

Check the bulletin boards or log books:

~ 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

 A special thank you to the Dartmouth Outing Club (DOC) for providing content from their FAQ sheet.

Transportation

- ❖ **Advance Transit*** – Free Bus Service – Monday thru 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 Main Street at Lou’s Restaurant, The Dartmouth Bookstore, Hanover Town Hall and the Hanover Area Chamber of Commerce; 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 west of the Elm/Main Street intersection.

Routes:

- Blue – Hanover to Lebanon
- Brown – Norwich to Hanover (downtown and north)
- Orange – Hanover to West Lebanon and White River Junction (Amtrak and intercity bus stations)
- Red – West Lebanon shopping malls (EMS, L.L. Bean, and K-Mart, etc.)

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- ❖ **Taxi Service**
 - **Apex Car Service** – 603-252-8295 or 603-632-1052
 - **Big Yellow Taxi** – 603-643-8294
 - **Trail Head Shuttle Service** – Mark Shaw “Bad Influence” – 802-477-2048.
- ❖ **Emergency transportation**
 - If you unexpectedly need to terminate or interrupt your thru-hike and get to a local bus station, train station, or airport, or require non-emergency transportation to the hospital during hours when Advance Transit, the area’s free bus system, is not operating (that is, after 6:00pm or on a weekend) call 603-643-1859 or 603-643-4388 before 9:00pm for assistance.

Showers and Laundry

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

- **Richard W. Black Recreation Center*** –Laundry and showers. \$3 showers, \$2 laundry – includes box of soap, pay at the front desk. Lebanon Street between the high school and the Co-op grocery store in Hanover. 603-643-5315
Summer Hours: 9-5 Monday-Friday.
- **Chieftain Motor Inn*** – Offers free laundry service (with overnight stay) – 2.5 Miles north from downtown Hanover on Route 10, .2 miles beyond the north end of Advance Transit Brown Route. 603-643-2550
- **Dartmouth College, Alumni Gym*** –\$10 for a day pass to use the gym and showers - East Wheelock Street, Hanover.
- **Sunset Motor Inn*** – Offers complimentary use of laundry machines with overnight stay– 2.2 miles south from downtown Hanover on Route 10 in Lebanon, NH; Advance Transit Orange Route; shuttle service may be available when bus is not operating from the inn to downtown Hanover only. 603-298-8721
- **College Cleaners** – Offers wash/dry/fold – Allen Street, Hanover.
- **One Clean Place** – Offers self service – 45 Lyme Road Route 10 North approx. 2 miles from downtown Hanover – Advance Transit Brown Route.



- **Hanover Hardware*** – South Street, Hanover.
 - Public restroom
 - Fuel by the ounce - both Coleman (aka white gas) and denatured alcohol
 - Shoe/boot repair supplies
 - Duct Tape
 - Miscellaneous hardware in all shapes and sizes
 - UPS Shipping Counter
 - Frisbees
 - Dog supplies - leashes, collars, shampoo, toys, treats
 - Tyvek housewrap by the foot - great for use as a ground cloth!
 - Pocket knives & Multi-tools - Victorinox and Leatherman

- **Hanover Outdoors*** – Lebanon Street, Hanover.
 - Mail drops (we will hold your packages until you arrive)
 - Public bathroom
 - Fuel by the ounce and other resupply items
 - Pack storage while you mill around town
 - Hiker box (**FREE stuff**)
 - Light equipment repair
 - **Free boxes** for your “send-ahead”
 - Dog friendly
 - Open 7 days a week
 - Phone use and limited parking (these may not always be available)



- **Howe Library*** – South Street, Hanover.
 - **Complimentary** quick email access – no sign-up, no waiting
 - Comfortable lounge chairs
 - An inviting café
 - A beautiful courtyard
 - **Free books** from our discards shelf and Courtesy Collection - ask for location
- **Left Bank Books*** – South Main Street, Hanover.
 - Offers pack storage
- **The Massage Center*** – Carpenter Street, Norwich, VT.
 - ½ hour foot soak and massage \$25
- **The Mountain Goat ***– South Main Street, Hanover.
 - Fuel by the ounce
 - Mail drop location
 - Information on Trail Angels

*Indicates Hanover Area Chamber Member

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- **Collis Center** – corner of North Main Street and Wheelock Street -In basement.
- **Irving Oil Gas Station** – South Main Street.

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.
 - **Free Day Old Sandwiches** (based on availability...just show your pack)
 - 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
- **Dartmouth Bookstore*** – South Main Street, Hanover
 - **Complimentary** (small) cup of Starbucks Coffee.
- **Hanover Consumer Co-op*** – At the Hanover Trailhead Since 1964.
 - **Hikers' Store Map:** Stop at our Customer Service Desk for a special Hikers' store map to quickly find hikers' wants and needs.
 - **Trail-Wise Packaging:** Our Co-op Deli and Prepared Foods Department staff will repackage Co-op foods you will to purchase for easier carrying.
 - **Shipping Service:** Co-op products shipped via United Parcel Service for free.
 - **Give the member number 7000** to the cashier. Patronage refunds from this account will support the hiker-services and A.T. education activities of the Hanover Area Friends of the A.T.

Restaurants

Note: Restaurants are listed by street in alpha order with Hanover Area Chamber Members listed first * indicates Chamber Member. Restaurants with outdoor dining areas are marked with a ♦.

Hanover:

South Main Street

- **Boloco*♦** – Sandwich wraps, salads, smoothies (lunch and dinner) Certified Green Restaurant
- **Canoe Club*** – Stylish cuisine, seafood, steak, salads, soups and sandwiches. Menu changes seasonally, live music. (lunch and dinner)
- **Lou's Restaurant and Bakery*** – Breakfast all day, soups, salad and sandwiches available during lunch hours! (breakfast and lunch). 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)
- **Mai Tai*** – Thai dishes, such as pad thai and Thai curries, to the more exotic pla doouk, pad ped and laab specialties. (all you can eat lunch buffet 11:30am-3:00pm, Monday–Sunday for \$8.50, open for dinner too)
- **Yama*** – Offering Japanese and Korean Cuisine. (lunch and dinner)
- **Dirt Cowboy Café♦** – Coffee, pastries, ice cream, sandwiches. (breakfast and lunch)



South Street

- **Ramuntos Brick and Brew Pizzeria *♦** - Pizza, pasta, subs and salads. (lunch and dinner)
- **Umpleby's Bakery and Café *♦** - Sandwiches, soups, salads, pastries. (breakfast and lunch)

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Lebanon Street

- **Jewel of India*♦** – Authentic Indian fare, dine in or take out (lunch and dinner)
- **Orient Chinese Restaurant*** – Chinese dining, dine in or take out. (lunch and dinner)
- **Rosey Jekes Café* ♦** – Expansive coffee selection, Espresso, pastries, soups and sandwiches. (breakfast and lunch)
- **Salubre Trattoria*** – Artisanal Mediterranean and Italian cooking. (dinner, Tuesday – Sunday)
- **Ben and Jerry's♦** – Ice cream (open 11:00am-10:00pm)
- **C+A Pizza** – Pizza, subs and salads. (lunch and dinner)
- **Gusanoz Taqueria♦** – Authentic tacos, burritos and tortas made to order. (lunch and dinner)
- **Salt Hill Pub** – Irish themed, pot pies, burgers, meatloaf. (lunch and dinner)

Allen Street

- **Everything But Anchovies (EBA's)*♦** – Pizza, burgers, sandwiches, entrees, pizza buffet, Monday, Tuesdays, Thursdays from 5:00pm-8:00pm. (lunch and dinner daily and breakfast Saturday and Sunday)
- **Bagel Basement** – Bagels, soups and sandwiches. (breakfast and lunch)

Nugget Alley

- **5 Olde Nugget Alley** – Pub cuisine – wings, burgers, steak, seafood. (lunch and dinner)

Norwich:

Main Street

- **Allechante*♦** – Pastries, sandwiches, quiches, baked goods (breakfast and lunch)
- **Carpenter and Main*♦** – Fine dining (dinner)
- **The Norwich Inn*♦** – Pub, pub fare and fine dining (lunch and dinner)

Baker Library Hours between Terms (September 1 – September 24, Closed September 4-6)

- Monday-Friday – 8:00am-8:00pm
 - Saturday – 10:00am-6:00pm
 - Sunday – 1:00pm-8:00pm
- **Collis Common Ground** – Dartmouth College Campus on the corner of Wheelock Street and North Main Street.
 - Monday – Thursday 7:00am-1:00am
 - Friday – 7:00am-2:00am
 - Saturday – 9:00am-2:00am
 - Sunday – 9:00am-1:00am
 - **Hopkins Center*** – Dartmouth College Campus, computer station located next to the Courtyard Café.
 - **Howe Library*** – Public Library, one block south of Lebanon Street and one block east of Main Street.
 - Monday-Thursday – 10:00am-8:00pm
 - Friday – 10:00am-6:00pm
 - Saturday – 10:00am-5:00pm
 - Sunday – 1:00pm-5:00pm (mid Sept-mid May)
 - **Lobby of Robinson Hall**, Dartmouth College Campus, 2nd building north of Wheelock Street and Main Street. Open 24/7.

Norwich:

- **Norwich Public Library*** – Five blocks west of the Elm/Main Street intersection.
 - Monday -1:00am-8:00pm
 - Tuesday, Wednesday, Friday- 10:00am-5:30pm
 - Thursday- 10:00am-8:00pm
 - Saturday -10:00am-3:00pm
 - Sunday - Closed

Public Phones

Hanover:

- **Nugget Arcade Building*** – South Main Street across from Post Office.
- **Between Molly's Restaurant and Town Hall*** – South Main Street
- **Hopkins Center*** – Lebanon Street, across from Ben and Jerry's.

Pharmacies

Hanover:

- **Eastman's*** – South Main Street.
- **CVS** – South Main Street.

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

Hanover:

- **Hanover Hardware*** – South Main Street.
- **Hanover Outdoors*** – Lebanon Street.
- **The Mountain Goat*** – corner of South Main Street and South Street.

Norwich:

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

Medical Services

- **In an emergency call 911 from any phone**
- **Dartmouth Hitchcock Medical Center (DHMC)*** – 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.
- **Alice Peck Day Memorial Hospital (APD)*** – Via Interstate 89 from the south: Take Exit 19, making a left onto Mechanic Street. Go straight for approximately 1/2 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**
Summer Term Hours (June 23-August 31)
 - Monday– Thursday 8:00am-2:00am
 - Friday – 8:00am-10:00pm
 - Saturday – 10:00am-10:00pm
 - Sunday – 10:00am-2:00pm



Lodging

Note: During Dartmouth events such as graduation and reunions 2nd and 3rd weeks in June; area lodging tends to be full. * Indicates Hanover Area Chamber Members.

❖ Free Shelters

Hanover:

- **Velvet Rocks shelter** is 1.5 miles northeast of Hanover on the A.T.

Norwich:

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

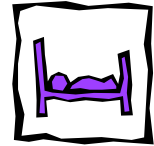
❖ Camping

- **Storrs Pond*** is 2.5 miles north of downtown Hanover on A.T. \$27 per night/campsite (up to 4 people – \$2 additional per night /person over 4).

❖ 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 Hanover Area Chamber's website: www.hanoverchamber.org

- ☑ >\$115,
- ☑☑ \$115–\$150
- ☑☑☑ \$150–\$250
- ☑☑☑☑ < \$250



Hanover:

- **Breakfast on the Connecticut *** ☑☑
Great location for section hiking between Moose Mountain and Mt. Moosilauke trailheads. Shuttle service available. Call for rates and to confirm room type and the number of people per room. 603-353-4444
- **Chieftain Motor Inn *** ☑
2.5 Miles north from downtown Hanover on Route 10, .2 miles beyond the north end of Advance Transit brown route. The inn offers free shuttle service to A.T. hikers to downtown Hanover only, free laundry service and is pet friendly (\$15 pet surcharge) \$55 per night for up to 2 people and \$75 per night up to 4 people. 4 people maximum per room. 603-643-2550

- **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; shuttle service may be available when bus is not operating from the inn to downtown Hanover only. Free use of Laundry machines 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 west on Main Street from the Elm Street/Main Street Intersection. Headed North? This is your last chance.....A warm shower + a cold beer = a good night's sleep. Discounted rates for AT Hikers starting at \$99, plus your first House-Brewed Jasper Murdock Ale is on us. Rooms subject to availability. 4 people maximum per room. 802-649-1143

Car Parking for Section Hiking

- You can park your car in Dartmouth College's A-Lot. Directions: From the Hanover Green, go east on East Wheelock Street, through the lights across NH Route 120 (when they're green, of course), 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 603-646-2204 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.

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.
- **Lake Sunapee Bank*** – South Street.
- **Ledyard National Bank*** – South Main Street.
- **Mascoma Savings Bank*** – South Main Street.



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Norwich:

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

Clothing & Equipment

Hanover:

- **Dartmouth Co-op *** – South Main Street (clothing only).
- **Hanover Outdoors*** – Lebanon Street also part of the A.T. (clothing & equipment).
- **The Mountain Goat *** – corner of South Main Street and South Street (clothing and equipment).
- **Traditionally Trendy** – South Main Street (clothing only).
- **The Gap** – South Main Street (clothing only).
- **Zimmerman's** (North Face) – corner of South Main Street and Maple Street – (clothing only).

Norwich:

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

Groceries

Hanover:

- **Hanover Consumer Co-op*** – 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.
- **Hanover Area Farmers Market** – on the Dartmouth Green, open Wednesday June 2-Sept 29, 3:00pm-6:00 pm.
- **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 1 – October 30, 9:00am – 1:00pm.

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