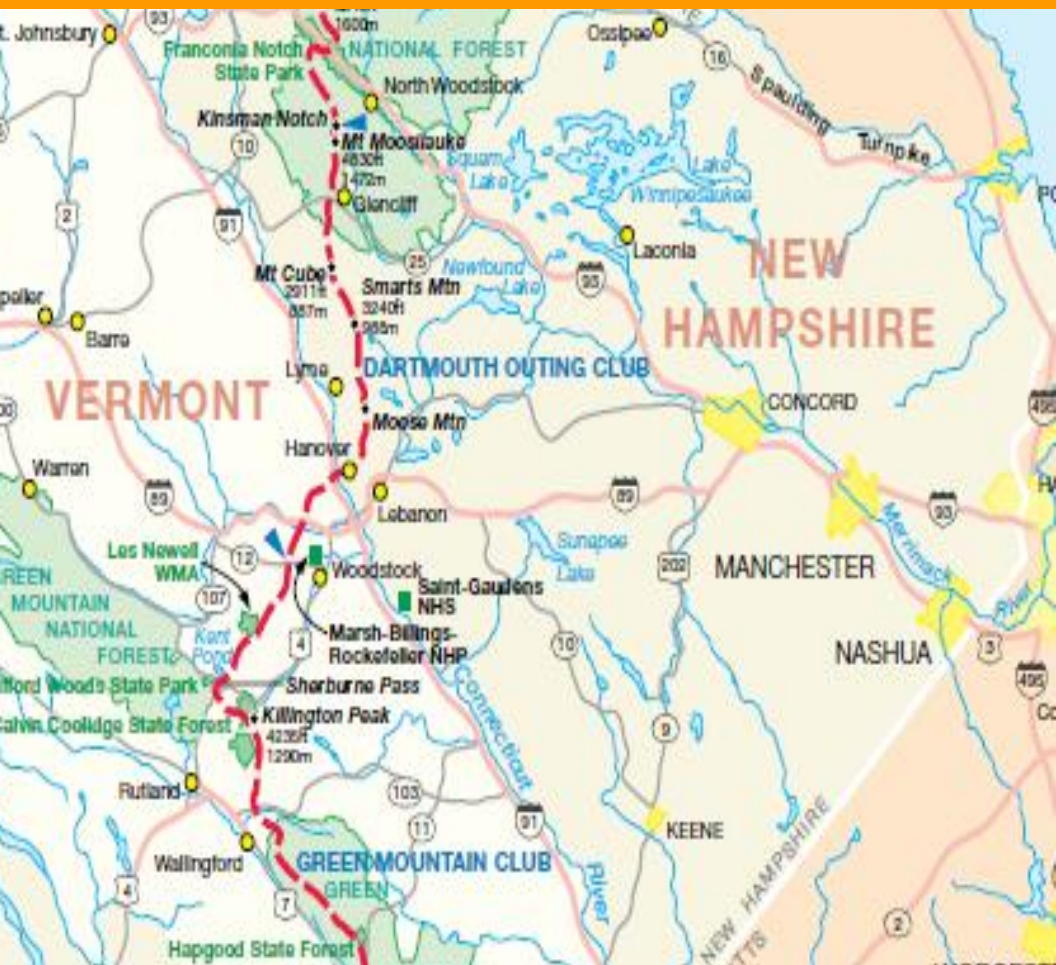


2018  
**A.T. Hiker FAQs**  
Hanover, NH & Norwich, VT



Brought to you by the Hanover Area Chamber of Commerce  
[www.hanoverchamber.org](http://www.hanoverchamber.org) ~ 603-643-3115  
and the Hanover and Norwich Friends of the A.T.

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## Helpful Websites:

- ❖ [www.appalachiantrail.org](http://www.appalachiantrail.org)
- ❖ [www.uvtrails.org](http://www.uvtrails.org)
- ❖ [www.trailfinder.info/trail.php?id=224](http://www.trailfinder.info/trail.php?id=224)
- ❖ [www.hanoverchamber.org](http://www.hanoverchamber.org)
- ❖ [www.hanoverconservancy.org](http://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 log books:

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

## 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](http://www.advancetransit.com); paper schedules are available in Hanover on N. 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 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, Kmart, etc.) – Take Blue line to Red.

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

#### ❖ **Taxi Service**

- **Apex Car Service** – 603-252-8294
- **Big Yellow Taxi** – 603-643-8294
- **Trailhead Shuttle Service** – Mark Shaw “Bad Influence” – 802-477-2048.

#### ❖ **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.

- **Richard W. Black Recreation Center** – Laundry and showers. \$3 showers, \$2 laundry – Soap/Shampoo combo, towel, and detergent, pay at the front 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 9am-5pm, Tuesday-Friday 9am-6pm, Saturday 10am-6pm. 603-643-5315
- **Dartmouth College, Alumni Gym\*** – \$10 for a day pass to use the gym and showers - East Wheelock Street, Hanover.
- **Kleen Drycleaners** – Dry-cleaning and laundry services and alterations. 7:30am – 5:30pm Monday-Friday; 7:30am-1pm Saturday, 25 Lebanon Street Hanover 603-643-5552
- **Sunset Motor Inn\*** – 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. 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

## Pack Storage

- **RW Black Community Center** – 48 Lebanon Street, Hanover  
(during business hours)
- **Dartmouth Outing Club** – Robinson Hall, Hanover  
(excludes August 16 through September 6, 2017)
- **Left Bank Books\*** – 9 South Main St., Hanover

## Restaurants

**Note:** Restaurants are listed by street in alphabetical order with Hanover Area Chamber Members listed first.

\* indicates Chamber Member

◆ indicates outdoor dining availability

### 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).
- **Dirt Cowboy Café◆** – Coffee, pastries, ice cream, sandwiches (breakfast and lunch).
- **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).
- **Morano Gelato◆** – Gelato, Italian coffee, & desserts
- **Murphy's** – Rated top 10 burger in America, lobster sandwiches, risotto, enchiladas (menu changes seasonally, dinner).
- **My Brigadeiro\*** – Luscious chocolate brigadeiros, handcrafted with organic ingredients and void of preservatives.
- **Starbucks** – Coffee, drinks, and pastries.
- **Sushi Ya\*** – Japanese and Korean country cuisine, and sushi.



- **Thai Orchid Restaurant\*** – Casual dining, Thai cuisine (lunch and dinner).
- **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** – Pizza, subs and salads (lunch and dinner).
- **Jewel of India\*♦** – Authentic Indian fare, dine in or take out (lunch and dinner).
- **Market Table\*♦** – Seasonal American with locally sourced ingredients (lunch and dinner).
- **Orient Chinese Restaurant** – Chinese dining, dine in or take out (lunch and dinner).
- **Salt Hill Pub\*♦** – Irish themed, pot pies, burgers, meatloaf (lunch and dinner).
- **Skinny Pancake** – A creperie that doubles as a restaurant.
- **Subway** – Subs, salads, and snacks (breakfast, lunch, and dinner).
- **The Swirl & Pearl/The Noodle Station** – Bubble Tea, hot Italian and Asian Noodles and Soups, and Frozen Yogurt.

### Allen Street

- **Kata Thai Kitchen** – Thai cuisine, dine in or take out (lunch and dinner)
- **Stinson's\*** – sandwiches, and soups- take out only
- **Leya's Island Grill** – Thai Fusion, eat in or take out

### East Wheelock Street

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

## Norwich:

### Main Street

- **The Norwich Inn\*♦** – Pub, pub fare and casual dining (Lunch on weekends, dinner)
- **Carpenter and Main♦** – Fine dining (dinner)
- **Blue Sparrow Kitchens** – Café, Farm-to-Table

## Lodging

**Note:** During Dartmouth events such as graduation and reunions (2<sup>nd</sup> and 3<sup>rd</sup> 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). 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 Hanover Area Chamber's website: [www.hanoverchamber.org](http://www.hanoverchamber.org)

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

## 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
- **Element Hanover-Lebanon\*** ✓✓✓✓  
Rate for hikers is \$99 based on availability. We offer free breakfast, and evening reception with beer, wine, and hors d'oeuvres. We have a laundry room for guests to do their own laundry (\$2). We are pet friendly and have no pet fee. We offer a complimentary shuttle service and free Wi-Fi. 603-448-5000

## 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 starting at \$129 with a maximum of 2 people per room, plus your first House-Brewed Jasper Murdock Ale is on us. Free Wi-Fi and long and local phone calls in US and Canada. Rooms subject to availability and blackout dates.. 802-649-1143

## Lyme:

- **Breakfast on the Connecticut\*** ✓✓✓  
Great location for section hiking between Moose Mountain and Mt. Moosilauke trailheads. Call for rates and to confirm room type and the number of people per room. Offers free Wi-Fi and cell service. 603-353-4444



## 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 & near Recreation Center
- **Mascoma Savings Bank**\* – South Main Street.

#### Norwich:

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

## Clothing & Equipment

#### Hanover:

- **Dartmouth Co-op** \*– South Main Street (clothing only).
- **J. Crew**\* – South Main Street (clothing only).
- **Traditionally Trendy** – South Main Street (clothing only).
- **Zimmerman's** (North Face) – corner of South Main Street and Maple Street – (clothing only).

#### Norwich:

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

## Groceries

### Hanover:



- **Hanover Area Farmers Market\*** – on the Dartmouth Green, open Wednesdays June 1-October 12, 3:00pm-6:00pm.
- **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 Whits 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)

### Hanover:

- **Hanover Hardware\*** – South Street.
- **Zimmermann’s** – Main Street

### Norwich:

- **Dan and Whits 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.

- **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 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 22-August 29, 2017)

- Monday – Thursday 8:00am-2:00am
- Friday – 8:00am-10:00pm
- Saturday – 10:00am-10:00pm
- Sunday – 10:00am-2:00pm



Baker Library Hours between Terms  
(August 31 – September 11, Closed Labor Day Weekend)

- 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
- **Robinson Hall (Lobby)**, Dartmouth College Campus, 2nd building north of Wheelock Street and Main Street. Open 24/7, 90 minute time limit. (*excludes August 16 through September 6, 2017*)

## 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 – 12:00pm-4:00pm

## Public Phones

### Hanover:

- **Irving Oil Gas Station** – 73 Main Street.
- **Co-op Auto Service Center** – 51 South Park 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 Whits\*** 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.
  - **\$1 off any sandwich purchased** (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
- **Hanover Co-op Food Stores\*** – 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 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.

- **Hanover Hardware\*** – South Street, Hanover.

- Public restroom
- Fuel by the ounce - both Coleman (aka white gas) and denatured alcohol
- Canister fuel- isobutane
- 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 house wrap by the foot - great for use as a ground cloth!
- Pocket knives & Multi-tools - Victorinox and Leatherman



- **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

- **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.
- **24/7 Free Wifi**

- 
- **Ramunto's Brick and Brew Pizzeria\*** – South Street, Hanover.
  - **Free** slice of pizza
- **Dr. Sam's Eye Care** – 2 Dorrance Place, Hanover.
  - **Free** eyeglass cleaning and repair.

## 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:

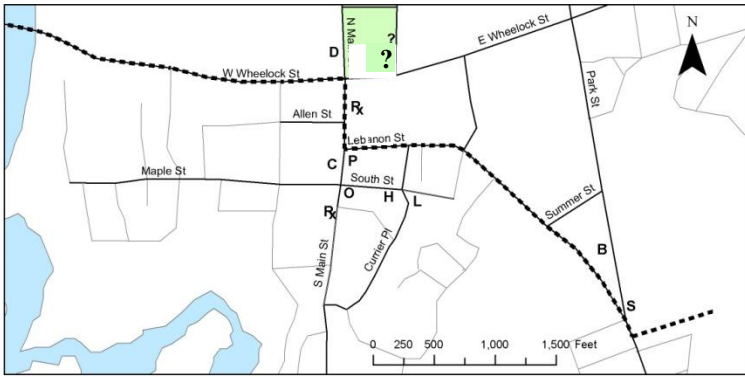
- **Beaver Meadow Chapel** – Beaver Meadow Rd.
- **Congregational** – 15 Church Street.
- **Episcopal** – 262 Main Street.
- **St. Francis of Assisi** – 75 Beaver Meadow Rd.
- **Unitarian Universalist Congregation of the Upper Valley** – Rt. 5 South.

## Did we forget something?

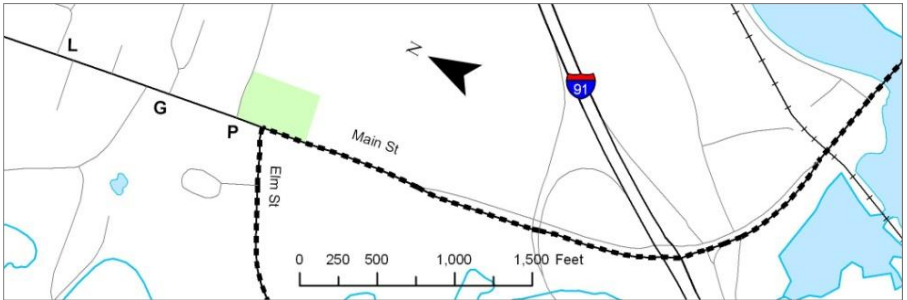
Is there an item or service you were looking for that our A.T. guide did not list? Please contact us at [hacc@hanoverchamber.org](mailto:hacc@hanoverchamber.org), subject line: A.T. or call us at 603-643-3115.

# Maps

Hanover:



Norwich:



Key:

- B = Black Center
- C = Chamber of Commerce
- D = Dartmouth College
- G = General Store
- H = Hardware Store
- L = Library
- O = Outfitter
- P = Post Office
- R<sub>x</sub> = Pharmacy
- S = Supermarket (The Coop)
- ? = Information booth



## ~Personal Notes~

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