

🌸 Lupine Viewing & Scenic Weekend Itinerary

Base Location: Sugar Hill, NH

Best Dates: June 7–15 (adjust slightly for current bloom reports)

Day 1: Arrival + Afternoon Lupines + Local Eats

Morning Departure: Drive up via I-93 N to Exit 38 (Franconia).

Noon – Lunch at Polly’s Pancake Parlor (Sugar Hill)

📍 [Polly’s Pancake Parlor](#)

Try: Buckwheat pancakes with maple cream and bacon.

This iconic spot often has lupines blooming right around the property.

1:30 PM – Sugar Hill Lupine Loop (Self-Guided Driving Tour)

Use this interactive map or paper maps from local inns or the [Franconia Notch Chamber](#).

Sunset Hill Road – sweeping fields with lupines and White Mountain views

St. Matthew’s Chapel – a white chapel nestled in purple blooms

Sugar Hill Sampler – gift shop with adjoining lupine fields

3:30 PM – Ice Cream + Scenic View

📍 Harman’s Cheese & Country Store (open seasonally)

Grab a snack and enjoy the small lupine garden near the store.

4:30 PM – Check-in to Lodging

🏠 Recommended:

Adair Country Inn & Restaurant (Bethlehem) – upscale country estate with gardens

Sugar Hill Inn – romantic inn with views and onsite dining

Stonybrook Motel & Lodge (Franconia) – budget-friendly with a pool and views

6:30 PM – Dinner at Cold Mountain Café (Bethlehem)

Seasonal menus using local produce and NH-raised meats

Cozy vibe with art on the walls

👉 Make reservations in advance in June.

Optional Evening: Sunset walk at Echo Lake Beach (Franconia Notch State Park) – nice golden hour views. (\$ not generally free)

🌲 Day 2: Mountains, Covered Bridge, Waterfalls & More Lupines

7:30 AM – Breakfast at your inn or at Iron Furnace Brewing (light breakfast + coffee on weekends)

9:00 AM – Franconia Notch State Park Nature Loop

The Basin (off I-93) – short walk to waterfalls and pools

Flume Gorge (Also on I-93) (if time allows, \$18+ admission, 2-mile loop)

Spot occasional roadside lupines as you drive between trailheads

11:30 AM – Lunch Picnic at Frost Place or Viewing Field

Pick up sandwiches from Raven's Nest Coffee House in Franconia

Picnic near lupines at the former home of poet Robert Frost, now a museum (optional admission, or just view the grounds)

1:00 PM – Explore Littleton

Shop and walk the Riverwalk, visit Chutters (the longest candy counter)

Lupines may appear at field edges around the outskirts of town

2:30 PM – Return Drive with Scenic Stops

Optional scenic detours if heading back to I-93 south:

Lupines along Route 117 or Route 116

Historic covered bridge on Route 18 (around Bethlehem)

Drive through Whitefield for additional late-season lupines



What to Bring

Camera or use your phone (helps to have a zoom lens)

Sunscreen and bug spray (gnats, mosquitoes, and ticks)

Water and snacks for roadside stops

Binoculars (lupine fields are also great birding spots!)

Lightweight raincoat – June weather is changeable