

LIVE FREE and explore

The destinations below represent some of New Hampshire's trails. Enjoy a variety of outdoor adventures such as hiking, biking, snowmobiling and ATVing as you take in the beautiful sights of New Hampshire's scenic splendor.

For a complete listing of all New Hampshire trails to explore, visit New Hampshire Bureau of Trails at nhtrails.org
For a complete listing of alpine and nordic ski trails, visit skinh.com

SHARING THE ROAD

BICYCLISTS

- Bicyclists and motorists have the same rights, rules and responsibilities on all New Hampshire roads.
- Ride a bicycle in the same direction as vehicle traffic — in the right side of the lane. Use extreme caution when changing lanes.
- Wearing a bicycle helmet is strongly recommended.
- Obey traffic signals to communicate intended actions to motor vehicles.
- At night, a bike must have a white light visible from the front and a red reflector or light visible from the rear. Reflector tape may be used for added visibility. Wear light colored clothing.
- Yield to pedestrians in crosswalks. Give an audible warning (bell, horn, or voice) before passing pedestrians, especially on a shared use path. Never park a bicycle on a sidewalk to obstruct pedestrian traffic.

MOTORISTS

- Pass a cyclist only when it is safe. Allow at least 3 feet between your car and the cyclist, be sure there is no oncoming traffic.
- Bicyclists may take in the center position in the lane when hazards, road width, or traffic speed cause a change.



NH REGIONS: GREAT NORTH WOODS (GN) WHITE MOUNTAINS (WM) DARTMOUTH • LAKE SUNAPEE (DL) LAKES (LK) MONADNOCK (MN) MERRIMACK VALLEY (MV) SEACOAST (SC)

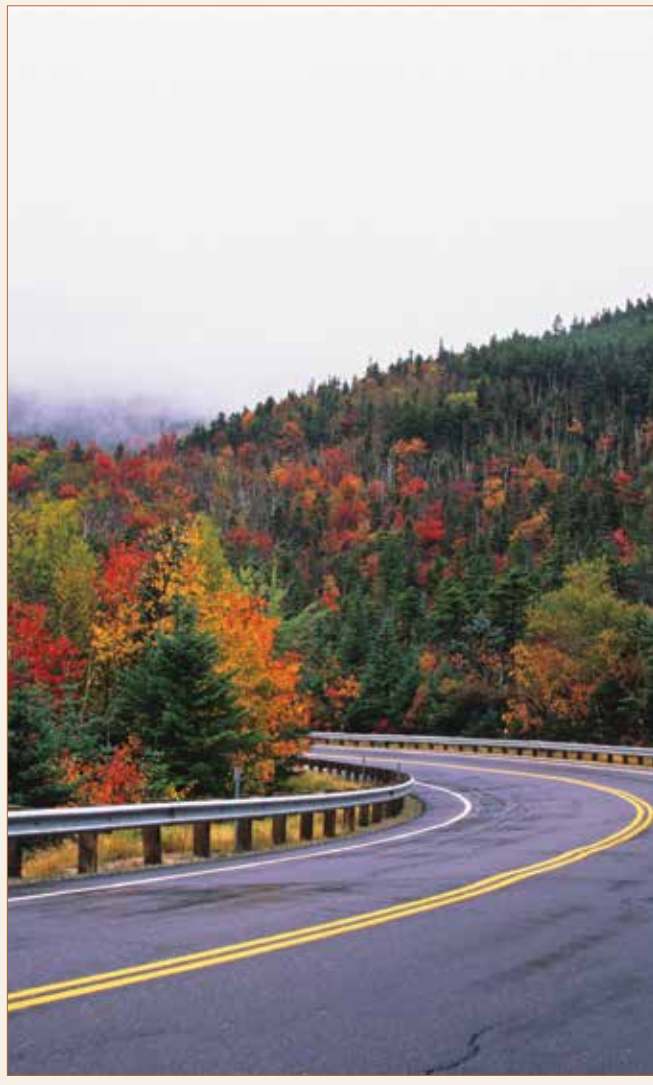


HIKING TRAILS

1. **Arethusa Falls, Crawford Notch State Park** WM
Off Rte. 302, 1/2 mile south of Dry River Campground — 3 miles round trip
2. **Bald Mountain and Artists Bluff** WM
Parking area across Rte. 18 from the Peabody Base Lodge — 1.5 mile loop
3. **Mount Cardigan, West Ridge Trail** DL
Cardigan State Park, Off Rte. 18, Orange — 5.6 miles round trip
4. **Mount Kearsarge, Barlow Trail** DL
Winslow State Park, Kearsarge Valley Rd., Wilnot — 3.2 miles round trip
5. **Mount Major, Main Trail/Brook Trail Loop** LK
Rte. 11, five miles north of Alton Bay — 4.2 miles loop
6. **Mount Monadnock, White Dot Trail** MN
Poole Rd., Jaffrey — 3.8 miles round trip
7. **North Uncanoonuc, White Dot Trail** MV
Follow Mountain Rd. 1 mile. Stay left 1.5 miles to parking area, Goffstown — 1.2 miles round trip
8. **Odiome Point State Park Trail** SC
Rte. 1A, Rye — 2.2 mile loop
9. **Rattlesnake Mountain, Old Bridle Path** LK
Rte. 113N between Center Sandwich and Holderness — 1.8 miles round trip
10. **Table Rock, Dixville Notch State Park** GN
Rte. 26, Dixville Notch — 0.6 miles round trip

BIKING TRAILS

14. **Ammonoosuc Recreational Rail Trail** WM
Central St./Landaff Rd., Lisbon
15. **Bear Brook State Park** MV
Rte. 28, Allenstown
16. **Franconia Notch State Park** WM
I-93, Franconia
17. **Massabesic Lake** MV
East of Manchester, NH Bypass 28
18. **Moose Brook State Park** WM
30 Jintown Rd., Gotham
19. **Northern Rail Trail** MV/DL
Various Locations: Lebanon - Spencer St., Andover - Rte. 4, Potter Pl., East Andover - Highland Lake Inn Trailhead, Boscaawen - Gerrish Depot off Rte. 3
20. **Odiome Point State Park** SC
Rte. 1A, Rye
21. **Pillsbury State Park** DL
Off Rte. 31, Washington
22. **Rockingham Recreational Rail Trail - Portsmouth Branch** MV/SC
Various Locations: Newfields to Manchester
23. **Winnepesaukee River Trail** LK
Trestle View Park, Franklin



NATIONAL SCENIC BYWAYS

11. **Connecticut River Byway**
Various Regions — 498.7 miles long
12. **Kancamagus Highway** WM
— 26.5 miles long
13. **White Mountain Trail** WM
— 100 miles long

Looking for more activities to explore along your trip? Consider visiting the Old Man on the Mountain Profile Plaza, in Franconia Notch. This exciting new attraction honors the state's beloved emblem by including seven profiles, allowing visitors to view the image of the Old Man once again. For an additional list of places to go and things to explore, visit visitnh.gov/planning-and-travel-tools



ATV TRAILS

24. **Ammonoosuc Recreational Rail Trail** WM
Central St./Landaff Rd., Lisbon
25. **Great North Woods Riders** GN
Back Lake Rd., Pittsburg
26. **Hillsborough Recreational Rail Trail** MN
Deering Fish & Game Club, Deering
27. **Hopkinton-Everett Riding Area** MV
Rte. 77 to Ray Rd., Dunbarton
28. **Jericho Mountain State Park, Success Trail** GN
Jericho Lake Rd., Berlin
29. **Millsfield ATV Club** GN
Millsfield Pond Rd., Errol/Cambridge line
30. **North Country ATV** GN
Burns Truck Stop, North Stratford
31. **Pisgah State Park** MN
Rte. 119, Winchester
32. **Rockingham Recreational Rail Trail - Fremont Branch** SC
Intersection of Rte. 107 & 111A, Fremont
33. **Sugar River Recreational Rail Trail** DL
Belknap Ave., Newport



VACATION INFORMATION

Find everything you need for your New Hampshire vacation at visitnh.gov

STATEWIDE INFORMATION

- Police, Fire and Medical Emergency** Dial 911
Dial anywhere from any phone.
- (All numbers below are area codes 603 unless otherwise noted.)
- New Hampshire Division of Travel and Tourism Development
172 Pembroke Road, Box 1856, Concord, NH 03302-1856 — 271-2665
 - NH Association of Realtors — 225-5549
 - NH Bicycle Map — 271-3320
 - NH Bureau of Trails — 271-3254
 - NH Campground Owners Association — 800-822-6764, 736-5540
 - NH Department of Agriculture — 271-3551
 - NH Department of Cultural Resources — 271-2540
 - NH Department of Transportation — 271-3734
 - NH Division of Forests & Lands — 271-2214
 - NH Division of Historical Resources — 271-3483
 - NH Division of Parks & Recreation — 271-3556
 - NH Fish & Game Department — 271-3211
 - NH Liquor Commission — 800-543-4664
 - NH Lodging & Restaurant Association — 228-9585
 - NH Lottery — 800-852-3324, 271-3391
 - NH Made Products — 888-647-8674
 - NH Business Resource Center — 271-2591
 - NH Office of International Commerce — 334-6074
 - NH Park & Ride and Rideshare — 800-462-8707, 271-4043
 - NH Scenic and Cultural Byways Brochure — 271-2155
 - NH Snowmobile Map/NH Snowmobile Association — 273-2020
 - Ski New Hampshire — 800-887-5464

TRAVEL INFORMATION

- MAJOR REGIONAL AIRPORTS**
- Manchester-Boston Regional Airport
Manchester, NH — 624-6539
 - Portsmouth International Airport at Pease
Portsmouth, NH — 433-6536
 - Logan International Airport
Boston, MA — 800-235-6426
 - Portland Jetport
Portland, ME — 207-775-5809

OTHER RESOURCES FOR AIR TRAVELERS

There are numerous municipal and public airports throughout New Hampshire that serve private aircraft. For information, contact:

- New Hampshire Division of Aeronautics — 271-2551

COMMUTER AIR SERVICE

- Lebanon Municipal Airport — 298-8878

BUS LINES

- C & J — 430-1100, 800-258-7111
- Concord Coach Lines — 228-3300, 800-639-3317 in NE
- Greyhound — 433-3210, 800-552-8737 in NE

RAIL SERVICE

- Amtrak/USA Rail — 800-872-7245

RECORDED INFORMATION

- Fall Foliage Reports (Sept.-Oct.) — 800-258-3608
- Daily Ski Conditions (Nov.-Apr.)
Cross-Country/Alpine — 800-887-5464
- Road Conditions — 866-282-7579
- Weather — 225-5191

BOATING INFORMATION

COASTAL FACILITIES & REGULATIONS

- NH Port Authority — 436-8500
- NH Boating Education — 888-254-2125
- NH Marine Patrol Bureau — 293-2037
- U.S. Coast Guard — 436-4415

REGISTRATION INFORMATION

- NH Department of Safety — 271-2333

STATE PARKS

The New Hampshire State Parks system is made up of 92 state park properties, including natural and wayside areas, thousands of miles of recreational trails, 19 campgrounds and 12 historic sites. Together they represent over 12,000 acres of public land available for year-round recreational use. Swimming, biking, hiking, fishing, skiing and camping are a few of the popular activities offered at many state parks. For more information or to request a brochure about New Hampshire State Parks, visit the State Parks website at nhstateparks.org or call 603-271-3556. For State Parks campground reservations, call 1-877-647-2757.

WHITE MOUNTAIN NATIONAL FOREST

The White Mountain National Forest is a vast recreational area covering almost 80% of the White Mountains Region. Known for its rugged mountain peaks and rolling hills, this region offers some 1,200 miles of trails for the best hiking, biking, skiing, snowshoeing or snowmobiling you'll find anywhere. The beauty of the White Mountains is just as evident along the road as it is along the trail, allowing you to enjoy the splendor of the region from the comfort of your car. But, please, be a careful visitor. Remember to dress correctly for the activity, and always be aware of possibly extreme weather changes. Parking permits are required for all vehicles parked on National Forest land. Call for details. For more information on the White Mountain National Forest, contact the Forest Supervisor, 71 White Mountain Drive, Campton, NH 03223, 536-6100 or TTY 536-3665.

CHAMBERS OF COMMERCE

For information on what to do and see, including lodging, dining and events, contact a chamber of commerce in the region you're traveling to. (See map above for location of regions used below.)

DARTMOUTH • LAKE SUNAPEE

- Greater Claremont Chamber of Commerce, Claremont — 543-1296
- Greater Lebanon Chamber of Commerce, Lebanon — 448-1203
- Hanover Area Chamber of Commerce, Hanover — 643-3115
- New London/Lake Sunapee Area Chamber of Commerce, New London — 877-526-6575, 526-6575
- Newport Area Chamber of Commerce Inc., Newport — 863-1510

GREAT NORTH WOODS

- Androscooggin Valley Chamber of Commerce, Berlin — 800-992-7480, 752-6060
- Coos Economic Development Corporation — 788-3900
- Great North Welcome Center, Lancaster — 788-3212
- North Country Chamber of Commerce, Colebrook — 800-698-8939, 237-8939
- Northern Gateway Chamber of Commerce, Lancaster — 877-788-2530, 788-2530
- Umbagog Lakes Area Chamber of Commerce, Errol — 603-886-3678, 536-1001

LAKES

- Center Harbor/Moultonboro Chamber of Commerce — 253-4582
- Greater Ossipee Area Chamber of Commerce, Ossipee — 866-683-6295, 539-6201
- Greater Wakefield Chamber of Commerce, Wakefield — 522-6106
- Lakes Region Chamber of Commerce, Laconia — 877-525-3722, 524-5531
- Lake Region Tourism Association, Tilton — 800-405-2537, 286-8008
- Meredith Area Chamber of Commerce, Meredith — 877-279-6121, 279-6121
- Plymouth Regional Chamber of Commerce, Plymouth — 800-386-3678, 536-1001
- Squam Lakes Area Chamber of Commerce, Ashland — 968-4494
- Wolfeboro Area Chamber of Commerce, Wolfeboro — 800-516-5324, 569-2200

MERRIMACK VALLEY

- Greater Concord Chamber of Commerce, Concord — 224-2508
- Greater Derry Chamber of Commerce, Derry — 432-8205
- Greater Hudson Chamber of Commerce, Hudson — 889-4731
- Greater Manchester Chamber of Commerce, Manchester — 666-6600
- Greater Nashua Chamber of Commerce, Nashua — 881-8333
- Greater Raymond Chamber of Commerce, Raymond — 895-2254
- Greater Salem Chamber of Commerce, Salem — 893-3177
- Merrimack Chamber of Commerce, Merrimack — 424-3669
- Souhegan Valley Chamber of Commerce, Amherst — 673-4360

MONADNOCK

- Antrim Chamber of Commerce, Antrim — 800-793-2075, 588-8300
- Greater Keene Chamber of Commerce, Keene — 352-1933
- Greater Peterborough Chamber of Commerce, Peterborough — 924-7234
- Hillsborough Chamber of Commerce, Hillsborough — 464-5858
- Jaffrey Chamber of Commerce, Jaffrey — 532-4549
- Monadnock Travel Council, Keene — 602-7175
- Rindge Chamber of Commerce, Rindge — 899-5051

SEACOAST

- Barrington Chamber of Commerce, Barrington — 664-2200
- Exeter Area Chamber of Commerce, Exeter — 772-2411
- Greater Dover Chamber of Commerce, Dover — 742-2218
- Greater Portsmouth Chamber of Commerce, Portsmouth — 610-5510
- Greater Rochester Chamber of Commerce, Rochester — 332-5080
- Greater Somersworth Chamber of Commerce, Somersworth — 602-7175
- Hampton Area Chamber of Commerce, Hampton — 926-8718

WHITE MOUNTAINS

- Bethlehem Chamber of Commerce, Bethlehem — 888-845-1957, 869-3409
- Conway Village Area Chamber of Commerce, Conway — 447-2639
- Franconia Notch Chamber of Commerce, Franconia — 889-4731
- Jackson Area Chamber of Commerce, Jackson — 800-866-3334, 383-9356
- Lincoln-Woodstock Chamber of Commerce, Lincoln — 745-6621
- Littleton Area Chamber of Commerce, Littleton — 444-6561
- Mt. Washington Valley Chamber of Commerce, North Conway — 800-367-3364, 356-5701
- Twin Mountain Chamber of Commerce, Twin Mountain — 800-245-8946, 846-5708
- Pemigewasset Valley Chamber of Commerce & Visitor Information Center, Campton — 800-237-2307, 726-3804
- White Mountains Attractions, North Woodstock — 800-346-3687, 745-8720
- Whitefield Chamber of Commerce, Whitefield — 837-2609



DIVISION OF FORESTS AND LANDS
NHDFL.ORG



nhmade.com



New Hampshire
Department of Agriculture,
Markets & Food
agriculture.nh.gov



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