Great North Woods

**Presidential Rail Trail, Jefferson to Gorham** 18.3 miles
Highlights: Cherry Pond, Silvio O. Conte National Fish & Wildlife Refuge, views of Presidential Range, Israel & Moose rivers.

**Upper Coos Recreational Rail Trail, Colebrook to Beecher Falls** 10 miles
Highlights: alongside wild and scenic Connecticut River, active rails used by local rail car club.

Explore these and more at the [NH Rail Trails Coalition](https://www.nhstateparks.org/visit/recreational-rail-trails/presidential-recreational-rail-trail)

- Ammonoosuc Rail Trail (Woodsville to Littleton) 19 miles
- Profile Rail Trail (Bethlehem) 1.5 miles
- Warren Rail Trail (Warren to East Haverhill) 10 miles
- Woodsville (Blackmount) Rail Trail (Haverhill to Woodsville) 5 miles

Western White Mountains

**Ammonoosuc Rail Trail, Littleton to Woodsville** 19.2 miles
Highlights: Ammonoosuc River, 345’ Bath Covered Bridge (1832), Lisbon Depot.

**Franconia Notch Recreation Path, Franconia to Lincoln** 8.8 miles
Highlights: paved, mountain views, notch, river, forest

**Warren Recreational Rail Trail, Warren to East Haverhill**, 4 miles
Highlights: 70’ Redstone Missile, Black Brook

**Profile Recreational Rail Trail, Bethlehem** 1.5 miles
Highlights: goes between Route 3 and Route 302
[https://www.nhstateparks.org/visit/recreational-rail-trails/profile-recreational-rail-trail](https://www.nhstateparks.org/visit/recreational-rail-trails/profile-recreational-rail-trail)

Explore more at the [NH Rail Trails Coalition](https://www.nhstateparks.org/visit/recreational-rail-trails/ammonoosuc-recreational-rail-trail)
Mt. Washington Valley / Conway

**Sawyer River Trail / Sawyer River Road**, Hart’s Location to Lincoln 7.5 miles
Highlights: forested, old logging road, part singletrack, views

**Conway Branch Recreational Rail Trail, Ossipee - Conway**, 21 miles
Highlights: active trains, Silver lake

Explore more at the [NH Rail Trails Coalition](#)

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Dartmouth / Lake Sunapee

**Northern Recreational Rail Trail, Lebanon to Boscawen** 59.3 miles
Highlights: spans 2 counties, exceptional surface, farm lands, lakes & quaint towns, Mascoma Lake, Enfield Depot, Potter Place Depot, Highland Lake, covered bridge
https://www.nhstateparks.org/visit/recreational-rail-trails/northern-recreational-rail-trail

**Sugar River Recreational Rail Trail, Newport to Claremont** 9.5 miles
Highlights: 2 covered bridges, Sugar River
https://www.nhstateparks.org/visit/recreational-rail-trails/sugar-river-recreational-rail-trail

Explore these and more at the [NH Rail Trails Coalition](#)

- **Concord-Lake Sunapee Rail Trail** (Concord to Newbury) 35 miles — Still in planning phase.
  Completed segments:
  - Stevens Rail Trail (Warner to Hopkinton) 1.3 miles
  - Tilly-Wheeler Rail Trail and Lower Lake Todd segment (Bradford) 1 mile
  - Warner Rail Trail (Warner) 1 mile
  - Fischerville Rd to Carter Hill Rd segment (Concord) 2.5 miles
- **Mascoma River Greenway** (Lebanon) 3 miles
- **Northern Rail Trail** (Boscawen to Lebanon) 58 miles
- **Sugar River Rail Trail** (Newport to Claremont) 9.5 miles — Additional segment:
  - **Bobby Woodman Rail Trail** (Claremont) 1.7 miles

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Lakes Region

**Cotton Valley Rail Trail, Wakefield to Wolfeboro** 12 miles
Highlights: exceptional surface, has rails on some parts used by local rail car clubs, Lake Winnipesaukee’s Back Bay, Lake Wentworth, Crescent Lake
https://www.nhstateparks.org/visit/recreational-rail-trails/cotton-valley-rail-trail

**WOW Trail, Laconia to Belmont** 4.25 miles
Highlights: portions on active tracks, views of Lake Opechee, goes through downtown Laconia, Leslie Roberts
Beach, connects with Belmont’s Winnisquam Scenic Tail. Plans to connect to regional rail trails.
https://www.wowtrail.org/the-trail

**Lake Winnisquam Scenic Trail, Belmont 1.8 miles**
Highlights: Leslie E Roberts Beach, paved, lake views, Lake Winnisquam

**Winnipesaukee River Trail, Franklin to Tilton 5.1 miles**
Highlights: Upside Down Covered Bridge, paper mill remains, Winnipesaukee River
http://www.winnirivertrail.org/

Explore more at the **NH Rail Trails Coalition**

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**Monadnock**

**Common Pathway, Peterborough 6.5 miles**
Highlights: Contoocook river, old rail bed, sidewalks in town, connects with Old Railroad Trail
http://peterboroughopenspace.org/trails/the-common-pathway.html

**Old Railroad Trail, Peterborough 2.7 miles**
Highlights: scenic riverside ramble
http://peterboroughopenspace.org/trails/old-railroad-trail.html

**Cheshire Recreational Rail Trail, North Walpole – Fitzwilliam 42 miles**
Highlights: arch bridge over Ashuelot River, break in trail through Keene, charming towns, ride through ravines
https://www.nhstateparks.org/visit/recreational-rail-trails/cheshire-recreational-rail-trail

**Ashuelot Recreational Rail Trail, Keene to Winchester 21 miles**
Highlights: Ashuelot River, Views of Mt Cresson, wetlands, bridges
https://www.nhstateparks.org/visit/recreational-rail-trails/ashuelot-recreational-rail-trail

**Fort Hill Recreational Rail Trail, Hinsdale 8.9 miles**
Highlights: Connecticut River
https://www.nhstateparks.org/visit/recreational-rail-trails/fort-hill-recreational-rail-trail

**Monadnock Recreational Rail Trail, Mass line - Jaffrey 7.2 miles**
Highlights: downtown Peterborough, ponds, wetlands
https://www.nhstateparks.org/visit/recreational-rail-trails/monadnock-recreational-rail-trail

**Hillsborough Recreational Rail Trail, Hillsborough - Bennington 7.7 miles**
Highlights: Railroad Trestles, historic mill sites, Contoocook River
https://www.nhstateparks.org/visit/recreational-rail-trails/hillsborough-recreational-rail-trail

**Greenville Recreational Rail Trail, Greenville - Mason 2.2 miles**
Highlights: views, small ponds
https://www.nhstateparks.org/visit/recreational-rail-trails/greenville-recreational-rail-trail

Explore more at the **NH Rail Trails Coalition**
• **Harrisville Rail Trail** (Harrisville) Segments:
  o **Chesham Depot Rail Trail** section .5 mile
  o **Skatutakee Lake Road & trail** section – 1.4 miles
  o **East View Trail section** – 1.4 miles
  o **Jaquith Rail Trail** section (Hancock to Harrisville) 1.5 miles
  o **New Boston Rail Trail** (New Boston) 4 miles

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**Concord**

**Northern Rail Trail, Boscawen to Lebanon 57 miles**
Highlights: flat, historic villages, lakes, streams, hills
https://www.trailfinder.info/trails/trail/northern-rail-trail

**Concord-Lake Sunapee Rail Trail** (Concord to Newbury) 35 miles — Still in planning phase. Completed segments:
  o **Stevens Rail Trail** (Warner to Hopkinton) 1.3 miles
  o **Tilly-Wheeler Rail Trail and Lower Lake Todd segment** (Bradford) 1 mile
  o **Warner Rail Trail** (Warner) 1 mile
  o **Fischerville Rd to Carter Hill Rd segment** (Concord) 2.5 miles

Explore more at the [NH Rail Trails Coalition](http://nhrailtrails.org/)

• **Merrimack River Greenway** (Pembroke to Boscawen) 12.7 miles — Still in planning phase.
• **Heads Pond Rail Trail** (Hooksett) 1.7 miles

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**Manchester / Salem**

**New Boston Rail Trail, New Boston 1.5 miles**
Highlights: Piscataquog River
https://www.nbrailtrail.com/

**Goffstown Recreational Trail, Goffstown to Manchester 5.5 miles**
https://goffstownrailtrail.org/

**Piscataquog Trail, Manchester 2.1 miles**
Highlights: West side to downtown, links to recreational amenities such as West Side Ice Arena, football, soccer and softball fields. Connects to Goffstown Recreational Trail.
https://www/manchesternh.gov/Departments/Parks-and-Recreation/Parks-Trails-and-Facilities/Recreational-Trails/Piscataquog-Trail

**Londonderry Rail Trail, Londonderry 6 miles**
Highlights: links to Derry & Manchester Rail Trails, part of Granite State Rail Trail
https://londonderrytrails.org/about-the-rail-trail/
Derry Rail Trail, Derry 4 miles
Highlights: paved, wetlands, woods, part of Granite State Rail Trail

Windham Rail Trail, Windham 4.1 miles
Highlights: paved, part of Granite State Rail Trail, connects to Manchester-Lawrence branch trail, wildlife, shaded ledges, pond marshes, wooded
https://www.windhamrailtrail.org/the-windham-rail-trail.html

Granite State Rail Trail Salem - Manchester 20 miles
Highlights: Parts still under construction. Encompasses Londonderry, Derry & Manchester rail trails.
https://www.facebook.com/GraniteStateRailTrail

Manchester / Lawrence Recreational Rail Trail, Londonderry - Salem - Lawrence, MA 8.7 miles
Highlights: very segmented and much is privately owned, part of Granite State Rail Trail
https://www.nhstateparks.org/visit/recreational-rail-trails/manchester-lawrence-recreational-rail-trail

Head’s Pond Rail Trail, Hooksett 2.7 miles
Highlights: Lakins Pond, Head’s Pond, wildlife
https://www.hikingproject.com/trail/7091437/heads-pond-trail

Rockingham Recreational Rail Trail (Portsmouth Branch), Newfields to Manchester 25.3 miles
Highlights: scenic small towns, forest lands, diverse wetlands, Lake Massabesic, Raymond Depot, Rockingham Depot
https://www.nhstateparks.org/visit/recreational-rail-trails/rockingham-recreational-rail-trail,-portsmouth-bra

Explore more at the NH Rail Trails Coalition

- Derry Rail Trail  (Derry to Windham) 4 miles
- Goffstown Rail Trail  (Goffstown to Manchester) 5.5 miles
- Heritage Trail  (Manchester) 1 mile
- Londonderry Rail Trail  (Londonderry) 4.5 miles
- Salem Bike-Ped Corridor  (Salem to Windham) 5.2 miles
- South Manchester Rail Trail  (Manchester) 2.4 miles

Nashua Area

Mine Falls Park, Nashua 8 miles - multiple trails
Highlights: loops Mine Falls park, Oxbow Lake, Mill Pond, Nashua River, Sports fields
https://www.nashuanh.gov/491/Mine-Falls-Park

Heritage Rail Trail, Nashua
West is complete, East is under construction until 2021
https://www.nashuanh.gov/1269/Heritage-Rail-Trail-East

Explore more at the NH Rail Trails Coalition

- Brookline Rail Trail  (Brookline to Milford) 4.4 miles
• **Granite Town Rail Trail** (Milford to Brookline) 3 miles
• **Nashua River Rail Trail** (Nashua to Ayer, MA) 12 miles
• **Potanipo Rail Trail** (Brookline to Hollis) 6.5 miles
• **Souhegan Valley Rail Trail** (Nashua to Wilton) 16 miles – Still in concept phase.

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**Seacoast Region**

**Rockingham Recreational Rail Trail (Fremont Branch), Epping to Windham 18 miles**
Highlights: wetlands, quiet forest, historic depots

**Rockingham Recreational Rail Trail (Portsmouth Branch), Newfields to Manchester 25.3 miles**
Highlights: scenic small towns, forest lands, diverse wetlands, Lake Massabesic, Raymond Depot, Rockingham Depot

**Dover Community Trail, Dover**
Highlights: some is completed, some still under construction, Cochecho River, urban
[https://www.facebook.com/DoverCommunityTrail/](https://www.facebook.com/DoverCommunityTrail/)

**Farmington Recreational Rail Trail, Farmington - Rochester 6 miles**
Highlights: parallels the Cochecho River and Route 11

Explore more at the [NH Rail Trails Coalition](https://www.nhrtc.org)

• **Seabrook Rail Trail** (Seabrook to Hampton) 2.5 miles – Still in planning phase.

The trails listed below include a combination of rail trails and rail trail segments that are currently connected by roadways and paths.

• **Cross New Hampshire Adventure Trail** (Woodsville to Shelburne) 83 miles [Highlights!](https://www.nhstateparks.org/visit/recreational-rail-trails/cross-new-hampshire-adventure-trail)
• **Granite State Rail Trail** (Salem to Lebanon) approx 120 miles
• **New Hampshire Seacoast Greenway** (Seabrook to Portsmouth) 17 miles (This is the [New Hampshire section of the East Coast Greenway](https://www.nhstateparks.org/visit/recreational-rail-trails/new-hampshire-seacoast-greenway).)… and don’t forget about the …
• **East Coast Greenway** (Florida to Maine) 3000 miles

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**INFORMATION RESOURCES for even more trails**

NH State Parks - recreational rail trails
[https://www.nhstateparks.org/visit/recreational-rail-trails](https://www.nhstateparks.org/visit/recreational-rail-trails)

NH DOT Bureau of Rail and Transit

NH Rail Trail Coalition
[https://www.nhrtc.org](https://www.nhrtc.org)