

New Hampshire Granite State Ambassadors

www.NHGraniteStateAmbassadors.org



Regional Resource & Referral Guide: NH Rail Trails – All Regions.

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.

<https://www.nhstateparks.org/visit/recreational-rail-trails/presidential-recreational-rail-trail>

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.

<https://www.nhstateparks.org/visit/recreational-rail-trails/upper-coos-recreational-rail-trail>

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

- **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.

<https://www.nhstateparks.org/visit/recreational-rail-trails/ammonoosuc-recreational-rail-trail>

Franconia Notch Recreation Path, Franconia to Lincoln 8.8 miles

Highlights: paved, mountain views, notch, river, forest

<https://www.cannonmt.com/things-to-do/activities/recreation-path>

Warren Recreational Rail Trail, Warren to East Haverhill, 4 miles

Highlights: 70' Redstone Missile, Black Brook

<https://www.nhstateparks.org/visit/recreational-rail-trails/warren-recreational-rail-trail>

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>

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

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

<https://www.traillink.com/trail/sawyer-river-trail--sawyer-river-road/>

Conway Branch Recreational Rail Trail, Ossipee - Conway, 21 miles

Highlights: active trains, Silver lake

<https://www.nhstateparks.org/visit/recreational-rail-trails/conway-branch-recreational-rail-trail>

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

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 Winnepesaukee'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 Trail. 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

<https://www.traillink.com/trail/lake-winnisquam-scenic-trail/>

Winnepesaukee River Trail, Franklin to Tilton 5.1 miles

Highlights: Upside Down Covered Bridge, paper mill remains, Winnepesaukee River

<http://www.winnirivertrail.org/>

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

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:
 - **Chesham Depot Rail Trail** section .5 mile
 - **Skatutakee Lake Road & trail** section – 1.4 miles
 - **East View Trail section** – 1.4 miles
 - **Jaquith Rail Trail** section (Hancock to Harrisville) 1.5 miles
 - **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:

- [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

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

- **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

Highlights: connects to Piscataquog Trail. Runs parallel to Mast Road and Piscataquog River. Glen Lake, Namask Lake.

<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

<http://www.derryrailtrail.org> | <https://www.traillink.com/trail/derry-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.

Seacoast Region

Rockingham Recreational Rail Trail (Fremont Branch), Epping to Windham 18 miles

Highlights: wetlands, quiet forest, historic depots

<https://www.nhstateparks.org/visit/recreational-rail-trails/rockingham-recreational-rail-trail,-fremont-branch>

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>

Dover Community Trail, Dover

Highlights: some is completed, some still under construction, Cochecho River, urban

<https://www.facebook.com/DoverCommunityTrail/>

Farmington Recreational Rail Trail, Farmington - Rochester 6 miles

Highlights: parallels the Cochecho River and Route 11

<https://www.nhstateparks.org/visit/recreational-rail-trails/farmington-recreational-rail-trail>

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

- **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!](#)
- [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**.)... and don't forget about the ...
- [East Coast Greenway](#) (Florida to Maine) 3000 miles

INFORMATION RESOURCES for even more trails

NH State Parks - recreational rail trails

<https://www.nhstateparks.org/visit/recreational-rail-trails>

NH DOT Bureau of Rail and Transit

<http://www.nh.gov/dot/org/aerorailtransit/railandtransit/>

NH Rail Trail Coalition

<https://www.nhrtc.org>