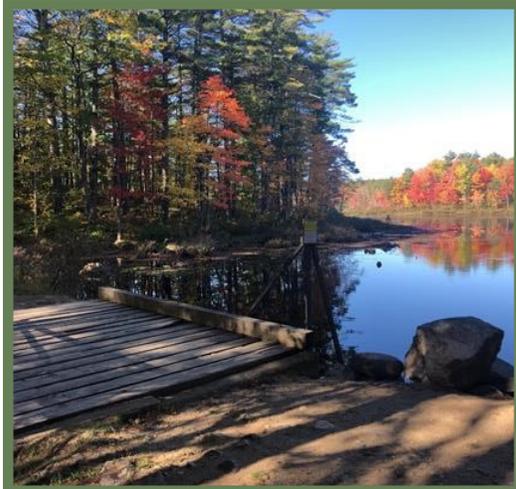


Seacoast Bike/Walk Month

TRAIL PASSPORT



The Seacoast of New Hampshire offers a variety of trails for outdoor activities such as running, walking and bicycling. During the month of May, we encourage you to have fun exploring the ten suggested trails in this booklet and record your visits to win prizes.

Scan the QR code on the right with your smart phone to access the digital trails passport!



Welcome to the Seacoast Bike/Walk Month Trail Passport!

How does it Work?

As you explore each trail listed in this packet, record your visits in our digital passport, which can be accessed by taking a picture of the QR code on the front page with your smartphone. You may also visit <https://arcg.is/08mGPG> to log your entries.

The trails in the passport were selected with families in mind with easy to moderate difficulty. They are located around the region to encourage exploring new places. Some may be old favorites you've visited many times. We hope others will be new discoveries!

Listed under each trail is the nearest bike shop if you need a tube, quick adjustment or just want to stop in and check out the shop. Also included are ideas for post-adventure snacks that support nearby local businesses.

Please submit your trail visits by May 31st. Uploading photos is encouraged!

Earn Prizes

For each trail you complete, your name will be entered to win one of more than a dozen gift cards from local bicycle shops. Complete one trail and your name will be entered once. Complete all ten and your name will be entered ten times. Stickers and swag from bike shops and other partners will be mailed to all participants.

We hope you enjoy exploring these Seacoast trails and we look forward to seeing your entries and pictures! As a friendly reminder, be sure to observe posted regulations on all trails.

For questions contact:

- Scott Bogle: sbogle@therpc.org
- Maddie Dilonno: mdiionno@therpc.org



Trail #1: Farmington Recreational Trail - Farmington

Length: 6 miles **Difficulty:** Moderate

Description: This trail follows a former railroad spanning between the towns of Rochester and Farmington. The trail is made up of loose surfaces like gravel and sand so bikers should take caution.

More information: <https://www.trailfinder.info/trails/trail/farmington-recreational-rail-trail>

Nearest bike shop: Tri-Cities Bicycles, Rochester

After your visit: Stop in to Potter's Bakery in Rochester for a post-walk/ride treat!

Trail #2: Goodwill Conservation Area - Barrington

Length: 4.6 mi **Difficulty:** Easy to moderate

Description: This trail network includes the popular Winnie-the-Pooh trail, which is perfect for families with young children. Suitable for walking, hiking and mountain biking.

More information: <https://www.trailfinder.info/trails/trail/goodwill-conservation-area>

Nearest bike shop: Oyster River Cycle & Sport, Durham

After your visit: Check out the Stonehouse Bakery for a post ride/walk coffee or treat.

Trail #3: Kingman Farm - Madbury

Length: 2.4 **Difficulty:** Easy

Description: Kingman Farm is 334 acres of protected woodland that offers an extensive trail network suitable for mountain biking, hiking or walking and running.

More information: <https://colsa.unh.edu/kingmanFarm>

Nearest bike shop: Oyster River Cycle & Sport in Durham

After your visit: Check out on of the many local restaurants and cafes such as the Works in downtown Durham.

Trail #4: Lee Town Forest - Lee

Length: 3.8 miles **Difficulty:** Easy

Description: The Lee Town Forest offers a main loop trail with interconnected trail networks totaling 3.8 miles. The trail features views of the Lee Bog and is suitable for walking, running, hiking and mountain biking.

More information: <https://www.trailfinder.info/trails/trail/lee-town-forest>

Nearest Bike Shop: Oyster River Cycle and Sports in Durham or Durham Bike in Lee

After your visit: Stop in to one of the many local restaurants such as the Big Bean in Downtown Durham for a post-visit refreshment.

Trail #5: Oyster River Forest and Spruce Hole Conservation Area - Durham

Length: 2.9 miles **Difficulty:** Easy

Description: This trail is suitable for all modes and abilities and provides natural features including an overlook of the unique Spruce Hole Bog. These trails connect to the UNH College Woods trail network if you're interested in extending your adventure.

More information: <https://www.trailfinder.info/trails/trail/oyster-river-forest-and-spruce-hole-conservation-area>

Nearest bike shop: Oyster River Cycle & Sport, Durham

After your Visit: Stop at one of the many local restaurants, cafes and shops in Downtown Durham for shopping and a post-visit snack.

Trail #6: Rockingham Recreational Trail - Epping

Length: 28.1 miles **Difficulty:** Easy to moderate

Description: This trail is 28.1 miles of repurposed railroad made up of packed earth/dirt/gravel and crushed stone that runs from Newfields to Lake Massabesic in Manchester. The trail is maintained more in some areas than others and may not be suitable for all skill levels. The trailhead in Newfields can often get crowded so check out another access point behind D&G Cycle Sports on Railroad Avenue in Epping.

More information: <https://www.trailfinder.info/trails/trail/rockingham-recreational-rail-trail-portsmouth-branch>

Nearest bike shop: D&G Cycle Sports, Epping (right by the trailhead!)

After your visit: Like BBQ? Stop in to Huntspoint or Goody Coles nearby on Route 125.

Trail #7: Piscassic Greenway - Newfields

Length: 3.5 miles **Difficulty:** Easy to moderate

Description: The Piscassic Greenway includes 3.5 miles of trails that are suitable for several activities including walking, hiking, cross-country skiing, and bird watching. Mountain biking, snowmobiling, and horseback riding are also allowed, but only on designated trails.

More information: <https://www.trailfinder.info/trails/trail/piscassic-greenway-trail>

Nearest bike shop: Durham Bike, Lee

After your visit: Stock up on locally-sourced food and products at the Vernon Family Farm or grab a snack at the Newfields Country store.

Trail #8: Stratham Hill Park Trail - Stratham

Length: 6.1 **Difficulty:** Easy to moderate

Description: Stratham Hill Park offers an extensive trail network suitable for hiking, walking and mountain biking. The park offers numerous activity options and includes a popular mountain bike dirt pump track.

More information: <https://www.strathamnh.gov/stratham-hill-park-shp>

Nearest bike shop: Gus's Bike Shop, North Hampton

After your visit: Stop in to Me & Ollies Bakery in Greenland or downtown Exeter for a post-visit treat.

Trail #9: Great Bay National Wildlife Refuge - Newington

Length: .5 miles **Difficulty:** Easy

Description: This trail network is suitable for walking and traverses forests, fields, and boardwalks while providing beautiful views and opportunities to observe local wildlife.

More information: <https://www.trailfinder.info/trails/trail/great-bay-national-wildlife-refuge>

Nearest bike shop: Papa Wheelies, Pedal Power Cycle or Colonial Bicycle Company in Portsmouth

After your visit: Stop in to Ceres Bakery, Popovers or one of the other many restaurants in Downtown Portsmouth.

Trail #10: Odiorne Point State Park - Rye

Length: (multiple trails) **Difficulty:** Easy

Description: The Park offers an interconnected trail network suitable for walking with views of the ocean and historical coastal fortifications. NH State Parks has begun charging for parking Fri-Sun Parking is free Mon-Thu. Use the link below for more information

More information: <https://www.nhstateparks.org/visit/state-parks/odiorne-point-state-park>

Nearest bike shop: Gus's Bike Shop, North Hampton

After your visit: Check out the The Seacoast Science Center in the park (requires a fee) Visit the link above for more information.