# SEACOAST REGION BICYCLE ROUTES

0 1.5 3 6 Miles

N

SOMERSWORTH

EXETER

DOVER

DURHAM

PORTSMOUTH

HAMPTON

MAINE

LAKES REGION

MERRIMACK VALLEY REGION

ATLANTIC OCEAN

MASSACHUSETTS

MIDDLETON
NGTON
ROCHESTER
SOMERSWORTH
ROLLINSFORD
BARRINGTON
MADBURY
DEERFIELD
NOTTINGHAM
LEE
NEWINGTON
PORTSMOUTH
NEWCASTLE
CANDIA
NEWMARKET
EPPING
NEWFIELDS
GREENLAND
RAYMOND
STRATHAM
RYE
FREMONT
BRENTWOOD
EXETER
NORTH HAMPTON
CHESTER
SANDOWN
DANVILLE
EAST KINGSTON
KENSINGTON
HAMPTON FALLS
HAMPTON
KINGSTON
SEABROOK
DERRY
HAMPSTEAD
SOUTH HAMPTON
NEWTON
ATKINSON
WINDHAM
PLAISTOW
SALEM

DRAFT

## Legend

- Recommended Bicycle Routes
- Paved Path
- Airports Detailed
- Interstates
- Turnpikes
- Rail
- Park & Ride Lots
- State Campgrounds
- Exit Numbers
- Tourist Regions
- Forest / Parks
- InsetBoxes