LAKES REGION BICYCLE ROUTES

0 2.5 5 10 Miles

WHITE MOUNTAIN REGION

Loop 401

Loop 402

Loop 403

Loop 404

DARTMOUTH LAKE SUNAPEE REGION

MERRIMACK VALLEY REGION

SEACOAST REGION

MAINE

Legend

Bike Routes

- Recommended Bicycle Routes (Paved)
- Recommended Bicycle Routes (Unpaved)
- Advanced bicycle skills recommended (Paved)
- Advanced bicycle skills recommended (Unpaved)
- Improved Rail Trail (Paved or Stone Dust)
- Unimproved Rail Trail rough surface
- Water Taxi Routes

Features

- 1 Exit Numbers
- Airports
- Covered Bridges
- T-1 Commuter Rail Station
- Rest Areas
- P-1 Park & Ride
- 1 State Parks with Facilities
- State Parks & Forest Boundaries
- Water
- BP-1 Bicycle Paths

Recreational Loops

- Recreational bicycle loops
- Start recreational bicycle loop
- Recommended direction of travel
- Either direction of travel recommended

1 MEREDITH

2 LACONIA

3 FRANKLIN

4 FARMINGTON

5 ROCHESTER