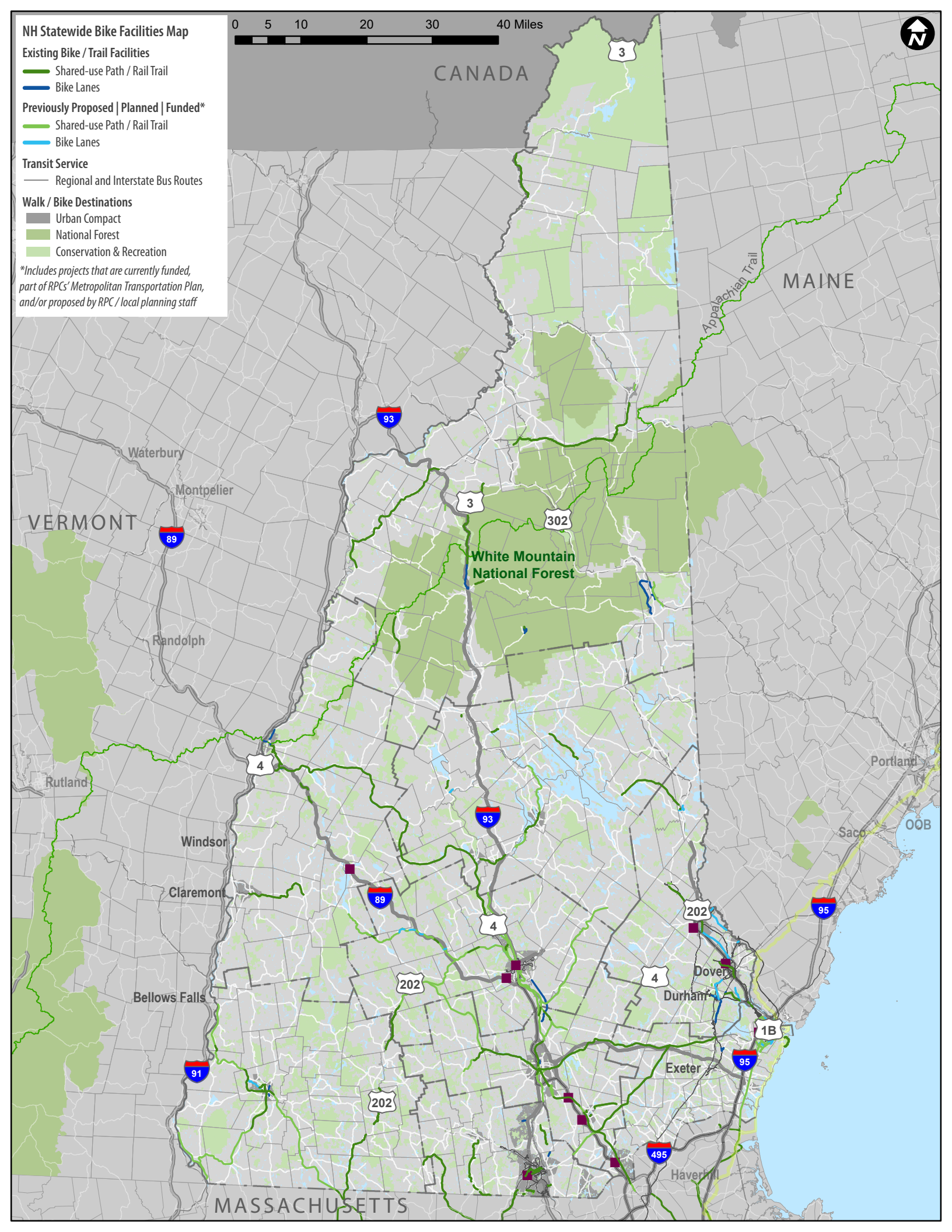
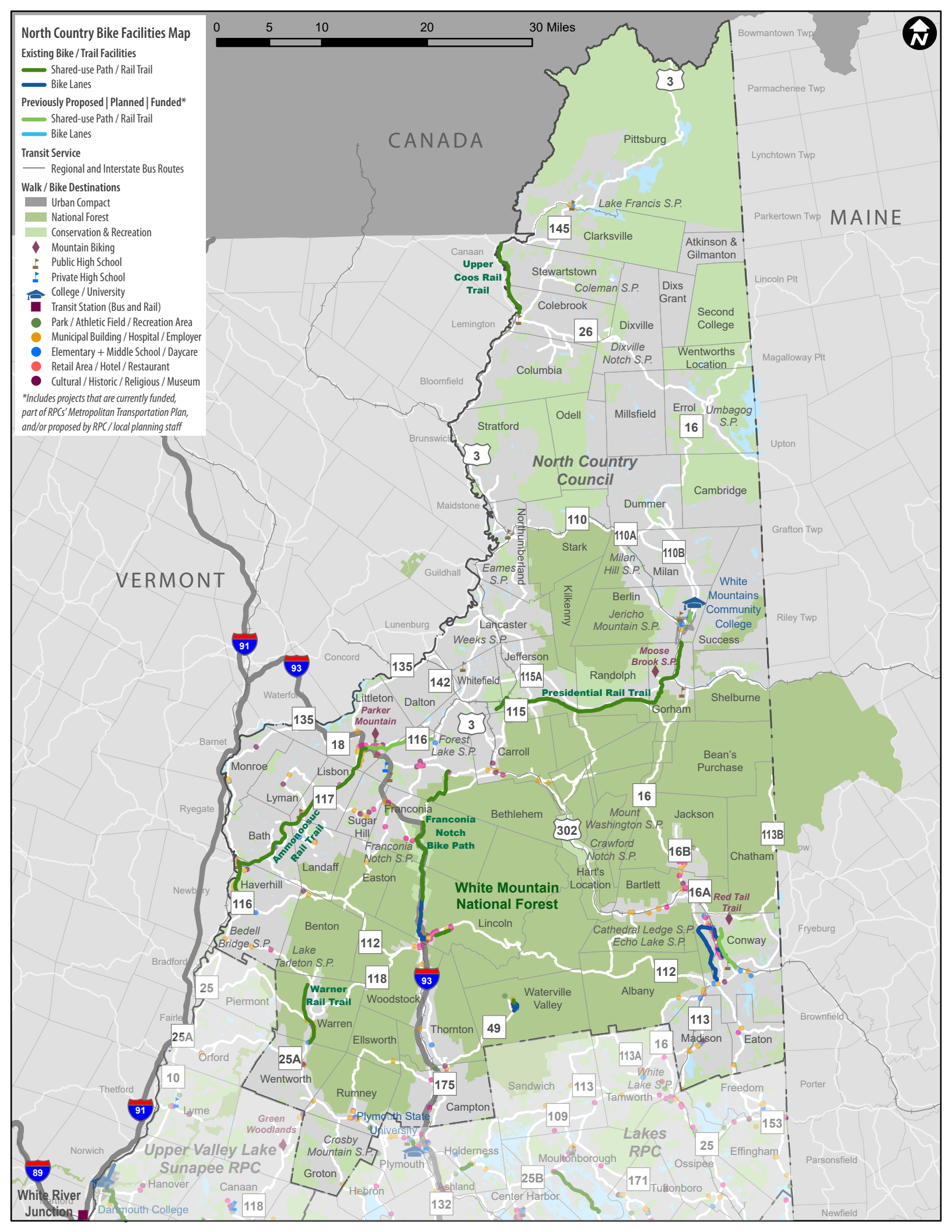
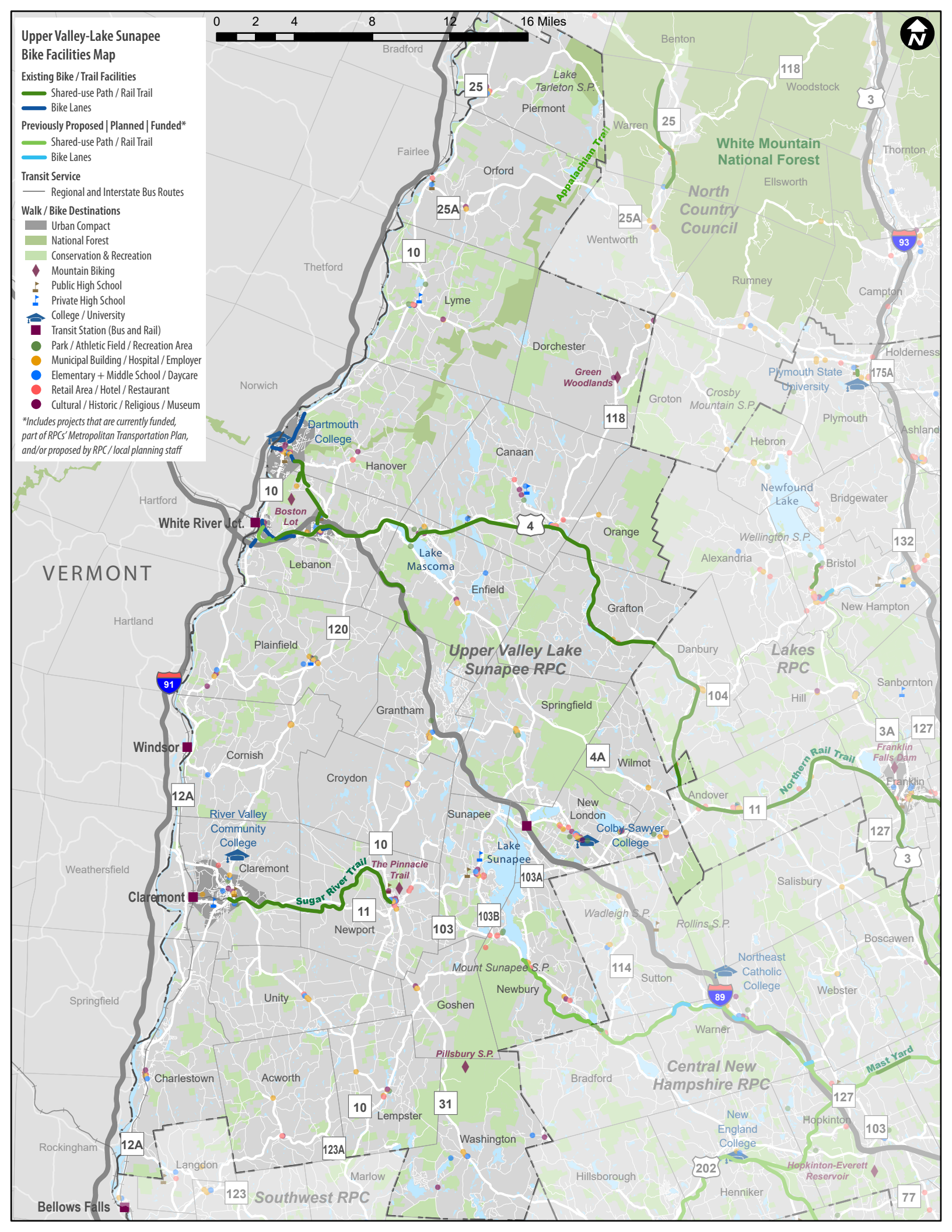
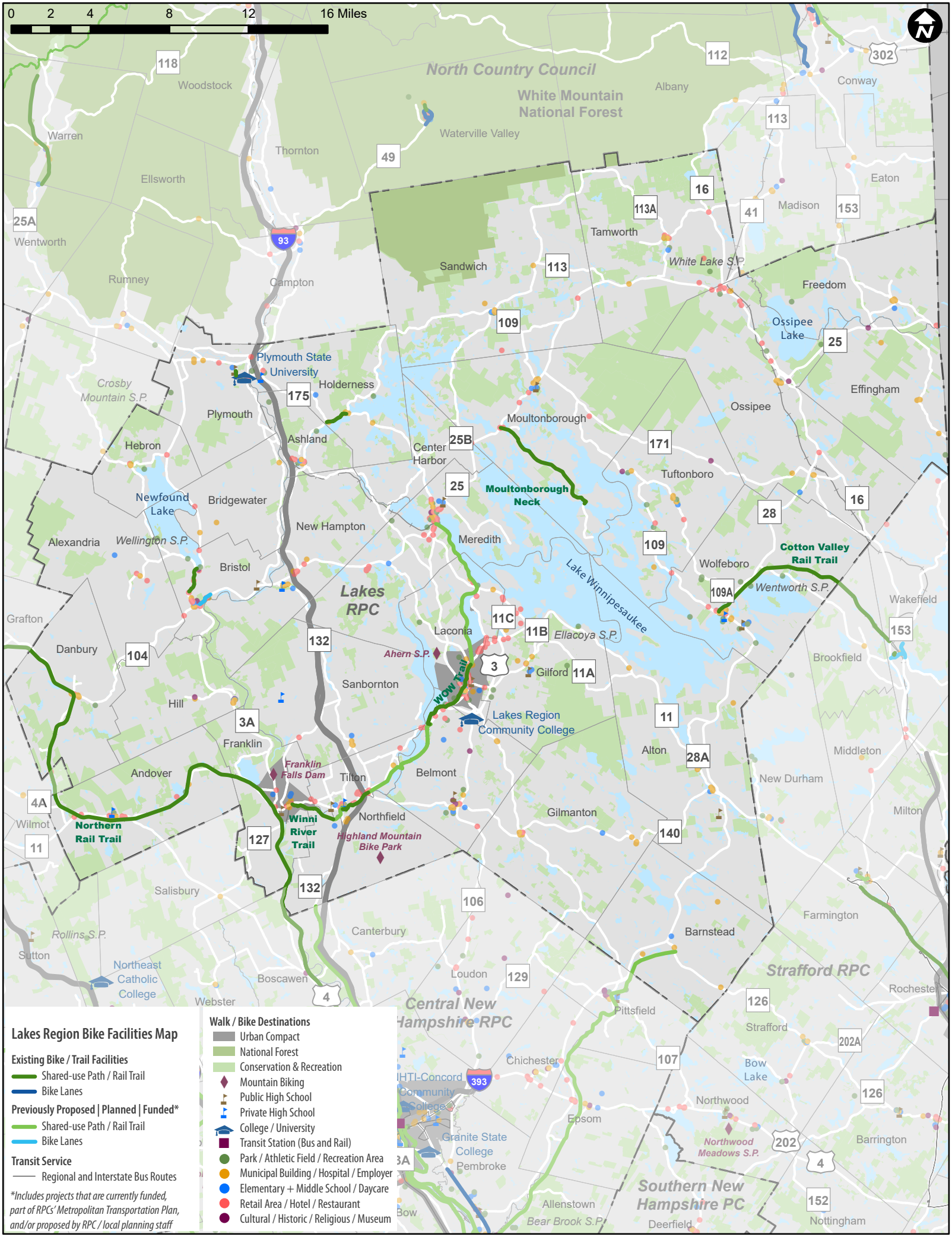

NH Statewide Bike Facilities Map
Existing Bike / Trail Facilities
Shared-use Path / Rail Trail
Bike Lanes
Previously Proposed | Planned | Funded*
Shared-use Path / Rail Trail
Bike Lanes
Transit Service
Regional and Interstate Bus Routes
Walk / Bike Destinations
Urban Compact
National Forest
Conservation & Recreation
*Includes projects that are currently funded, part of RPCs' Metropolitan Transportation Plan, and/or proposed by RPC / local planning staff
0 5 10 20 30 40 Miles
CANADA
MAINE
VERMONT
MASSACHUSETTS
Appalachian Trail
White Mountain National Forest
Waterbury
Montpelier
Randolph
Rutland
Windsor
Claremont
Bellows Falls
Portland
Saco
OOB
Dover
Durham
Exeter
Haverhill
3
89
93
302
4
91
202
95
1B
495


North Country Bike Facilities Map
Existing Bike / Trail Facilities
Shared-use Path / Rail Trail
Bike Lanes
Previously Proposed | Planned | Funded*
Shared-use Path / Rail Trail
Bike Lanes
Transit Service
Regional and Interstate Bus Routes
Walk / Bike Destinations
Urban Compact
National Forest
Conservation & Recreation
Mountain Biking
Public High School
Private High School
College / University
Transit Station (Bus and Rail)
Park / Athletic Field / Recreation Area
Municipal Building / Hospital / Employer
Elementary + Middle School / Daycare
Retail Area / Hotel / Restaurant
Cultural / Historic / Religious / Museum
*Includes projects that are currently funded, part of RPCs' Metropolitan Transportation Plan, and/or proposed by RPC / local planning staff
0 5 10 20 30 Miles
CANADA
MAINE
VERMONT
North Country Council
White Mountain National Forest
Upper Valley Lake Sunapee RPC
Lakes RPC
Upper Coos Rail Trail
Presidential Rail Trail
Franconia Notch Bike Path
Ammonoosuc Rail Trail
Warner Rail Trail
Red Tail Trail
Lake Francis S.P.
Coleman S.P.
Dixville Notch S.P.
Umbagog S.P.
Eames S.P.
Milan Hill S.P.
Jericho Mountain S.P.
Weeks S.P.
Moose Brook S.P.
Parker Mountain
Forest Lake S.P.
Franconia Notch S.P.
Mount Washington S.P.
Crawford Notch S.P.
Cathedral Ledge S.P.
Echo Lake S.P.
Bedell Bridge S.P.
Lake Tarleton S.P.
White Lake S.P.
Crosby Mountain S.P.
Green Woodlands
White Mountains Community College
Plymouth State University
Dartmouth College
White River Junction
Pittsburg
Clarksville
Atkinson & Gilmanton
Stewartstown
Colebrook
Dixville
Second College
Wentworths Location
Columbia
Odell
Millsfield
Errol
Stratford
Cambridge
Dummer
Stark
Milan
Berlin
Success
Randolph
Gorham
Shelburne
Jefferson
Whitefield
Lancaster
Littleton
Dalton
Carroll
Bean's Purchase
Lisbon
Monroe
Lyman
Bath
Landaff
Haverhill
Easton
Franconia
Bethlehem
Jackson
Chatham
Hart's Location
Bartlett
Conway
Benton
Lincoln
Woodstock
Waterville Valley
Albany
Madison
Eaton
Warren
Wentworth
Ellsworth
Thornton
Rumney
Campton
Sandwich
Tamworth
Freedom
Ossipee
Effingham
Moultonborough
Holderness
Plymouth
Groton
Hebron
Canaan
Hanover
Norwich
Thetford
Lyme
Orford
Piermont
Bradford
Newbury
Barnet
Waterford
Concord
Lunenburg
Guildhall
Maidstone
Brunswick
Bloomfield
Lemington
Canaan
Bowmantown Twp
Parmachenee Twp
Lynchtown Twp
Parkertown Twp
Lincoln Plt
Magalloway Plt
Upton
Grafton Twp
Riley Twp
Fryeburg
Brownfield
Porter
Parsonsfield
Newfield
Center Harbor
Tuftonboro
Ashland
Northumberland
Kilkenny
Ryegate
Fairlee
Thetford
Norwich
Hebron
Sugar Hill
Mount Washington S.P.
Red Tail Trail
Cathedral Ledge S.P.
Echo Lake S.P.
Waterville Valley
Lakes RPC
Upper Valley Lake Sunapee RPC
Green Woodlands
Crosby Mountain S.P.
Plymouth State University
Dartmouth College
White River Junction
3
91
93
89
135
142
115
115A
116
117
18
112
118
25
25A
10
49
175
109
113
113A
16
16A
16B
110
110A
110B
26
145
302
153
25B
171
132
118


Upper Valley-Lake Sunapee
Bike Facilities Map
Existing Bike / Trail Facilities
Shared-use Path / Rail Trail
Bike Lanes
Previously Proposed | Planned | Funded*
Shared-use Path / Rail Trail
Bike Lanes
Transit Service
Regional and Interstate Bus Routes
Walk / Bike Destinations
Urban Compact
National Forest
Conservation & Recreation
Mountain Biking
Public High School
Private High School
College / University
Transit Station (Bus and Rail)
Park / Athletic Field / Recreation Area
Municipal Building / Hospital / Employer
Elementary + Middle School / Daycare
Retail Area / Hotel / Restaurant
Cultural / Historic / Religious / Museum
*Includes projects that are currently funded, part of RPCs' Metropolitan Transportation Plan, and/or proposed by RPC / local planning staff
0 2 4 8 12 16 Miles
VERMONT
Upper Valley Lake Sunapee RPC
Lakes RPC
Central New Hampshire RPC
Southwest RPC
North Country Council
White Mountain National Forest
Appalachian Trail
Sugar River Trail
The Pinnacle Trail
Northern Rail Trail
Mast Yard
Bradford
Benton
Woodstock
Lake Tarleton S.P.
Piermont
Warren
Fairlee
Orford
Thornton
Ellsworth
Wentworth
Thetford
Rumney
Campton
Lyme
Dorchester
Green Woodlands
Holderness
Plymouth State University
Norwich
Groton
Crosby Mountain S.P.
Plymouth
Dartmouth College
Canaan
Hanover
Hebron
Ashland
Hartford
Boston Lot
White River Jct.
Newfound Lake
Bridgewater
Orange
Wellington S.P.
Alexandria
Bristol
Lebanon
Lake Mascoma
Enfield
Grafton
New Hampton
Hartland
Plainfield
Danbury
Sanbornton
Hill
Springfield
Grantham
Windsor
Cornish
Wilmot
Franklin Falls Dam
Franklin
Croydon
Andover
River Valley Community College
Sunapee
New London
Colby-Sawyer College
Lake Sunapee
Claremont
Weathersfield
Salisbury
Wadleigh S.P.
Rollins S.P.
Boscawen
Newport
Mount Sunapee S.P.
Northeast Catholic College
Sutton
Webster
Unity
Newbury
Goshen
Warner
Springfield
Pillsbury S.P.
Charlestown
Acworth
Bradford
Mast Yard
Lempster
Washington
New England College
Hopkinton
Rockingham
Langdon
Marlow
Hillsborough
Hopkinton-Everett Reservoir
Henniker
Bellows Falls
25
25A
10
118
3
93
175A
4
120
91
104
3A
127
12A
11
103
103A
103B
114
89
31
123
123A
202
77


0 2 4 8 12 16 Miles
North Country Council
White Mountain National Forest
Lakes RPC
Central New Hampshire RPC
Strafford RPC
Southern New Hampshire PC
Lakes Region Bike Facilities Map
Existing Bike / Trail Facilities
Shared-use Path / Rail Trail
Bike Lanes
Previously Proposed | Planned | Funded*
Shared-use Path / Rail Trail
Bike Lanes
Transit Service
Regional and Interstate Bus Routes
*Includes projects that are currently funded, part of RPCs' Metropolitan Transportation Plan, and/or proposed by RPC / local planning staff
Walk / Bike Destinations
Urban Compact
National Forest
Conservation & Recreation
Mountain Biking
Public High School
Private High School
College / University
Transit Station (Bus and Rail)
Park / Athletic Field / Recreation Area
Municipal Building / Hospital / Employer
Elementary + Middle School / Daycare
Retail Area / Hotel / Restaurant
Cultural / Historic / Religious / Museum
Plymouth State University
Lakes Region Community College
Northeast Catholic College
IHTI-Concord Community College
Granite State College
Moultonborough Neck
Cotton Valley Rail Trail
Northern Rail Trail
Winni River Trail
WOW Trail
Highland Mountain Bike Park
Franklin Falls Dam
Ahern S.P.
Ellacoya S.P.
Wentworth S.P.
White Lake S.P.
Northwood Meadows S.P.
Bear Brook S.P.
Crosby Mountain S.P.
Rollins S.P.
Lake Winnipesaukee
Waterville Valley
Woodstock
Warren
Wentworth
Ellsworth
Thornton
Rumney
Campton
Sandwich
Albany
Conway
Eaton
Madison
Tamworth
Freedom
Ossipee Lake
Effingham
Ossipee
Moultonborough
Tuftonboro
Wolfeboro
Wakefield
Brookfield
Middleton
New Durham
Milton
Alton
Gilford
Laconia
Meredith
Center Harbor
Holderness
Plymouth
Ashland
Hebron
Bridgewater
Newfound Lake
New Hampton
Alexandria
Bristol
Grafton
Danbury
Hill
Sanbornton
Franklin
Andover
Tilton
Belmont
Northfield
Gilmanton
Wilmot
Salisbury
Canterbury
Loudon
Boscawen
Webster
Sutton
Barnstead
Farmington
Rochester
Pittsfield
Strafford
Chichester
Epsom
Northwood
Bow Lake
Barrington
Nottingham
Deerfield
Allenstown
Bow
Pembroke
Dunbarton
Concord
Henniker
Hopkinton
Contoocook
Weare
Goffstown
Manchester
Bedford
Merrimack
Nashua
Hudson
Londonderry
Derry
Windham
Salem
Pelham
Atkinson
Hampstead
Plaistow
Kingston
Newton
Seabrook
Hampton
Exeter
Stratham
Greenland
Portsmouth
Rye
New Castle
Newington
Dover
Somersworth
Rochester
Milton
Wakefield
Middleton
Brookfield
Alton
Gilford
Laconia
Meredith
Center Harbor
Moultonborough
Tuftonboro
Wolfeboro
Ossipee
Effingham
Freedom
Eaton
Conway
Albany
Madison
Tamworth
Sandwich
Waterville Valley
Thornton
Warren
Woodstock
Wentworth
Ellsworth
Rumney
Campton
Plymouth
Holderness
Ashland
Hebron
Bridgewater
Newfound Lake
New Hampton
Alexandria
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Danbury
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Sanbornton
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Tilton
Belmont
Northfield
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Wilmot
Salisbury
Canterbury
Loudon
Boscawen
Webster
Sutton
Barnstead
Farmington
Rochester
Pittsfield
Strafford
Chichester
Epsom
Northwood
Bow Lake
Barrington
Nottingham
Deerfield
Allenstown
Bow
Pembroke
Dunbarton
Concord
Henniker
Hopkinton
Contoocook
Weare
Goffstown
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Merrimack
Nashua
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Londonderry
Derry
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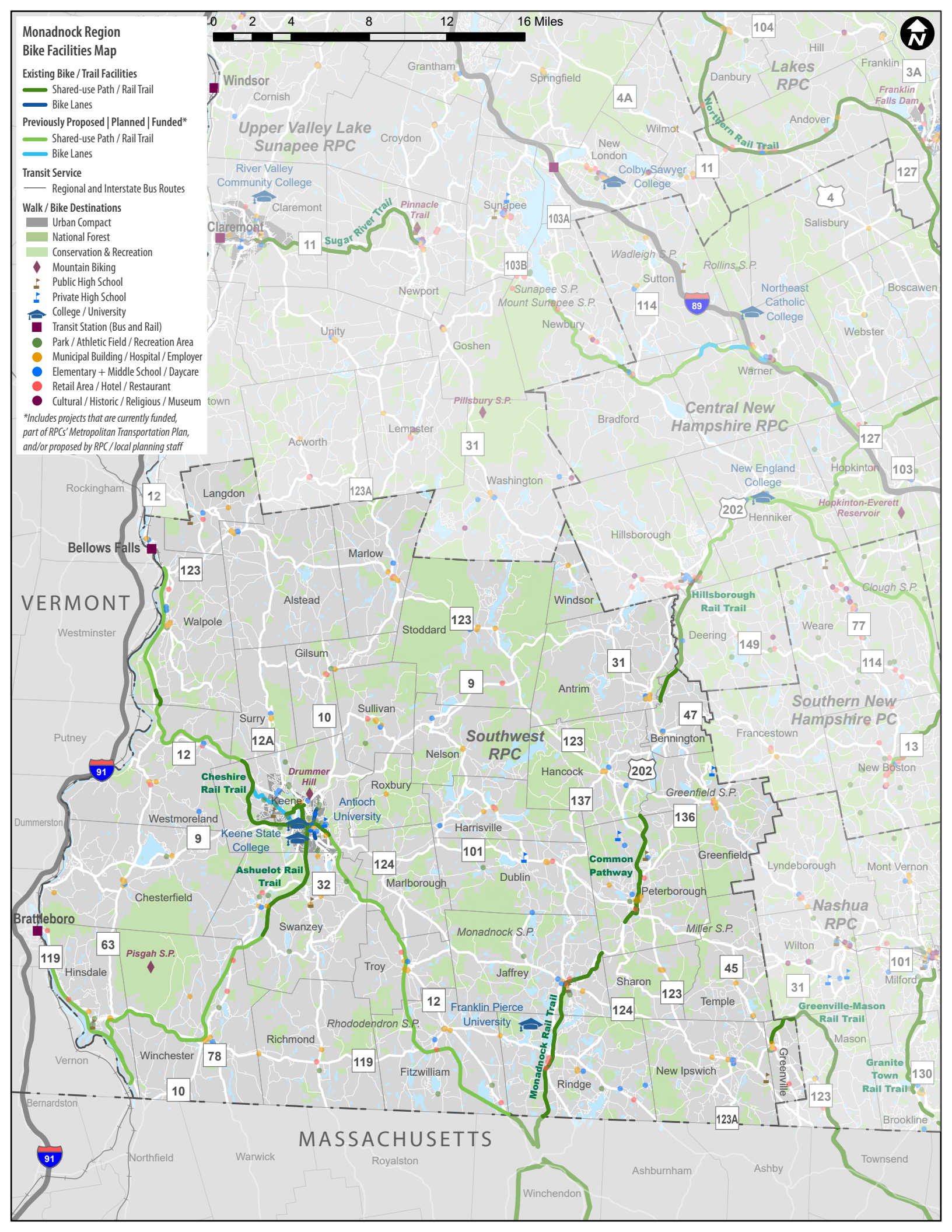
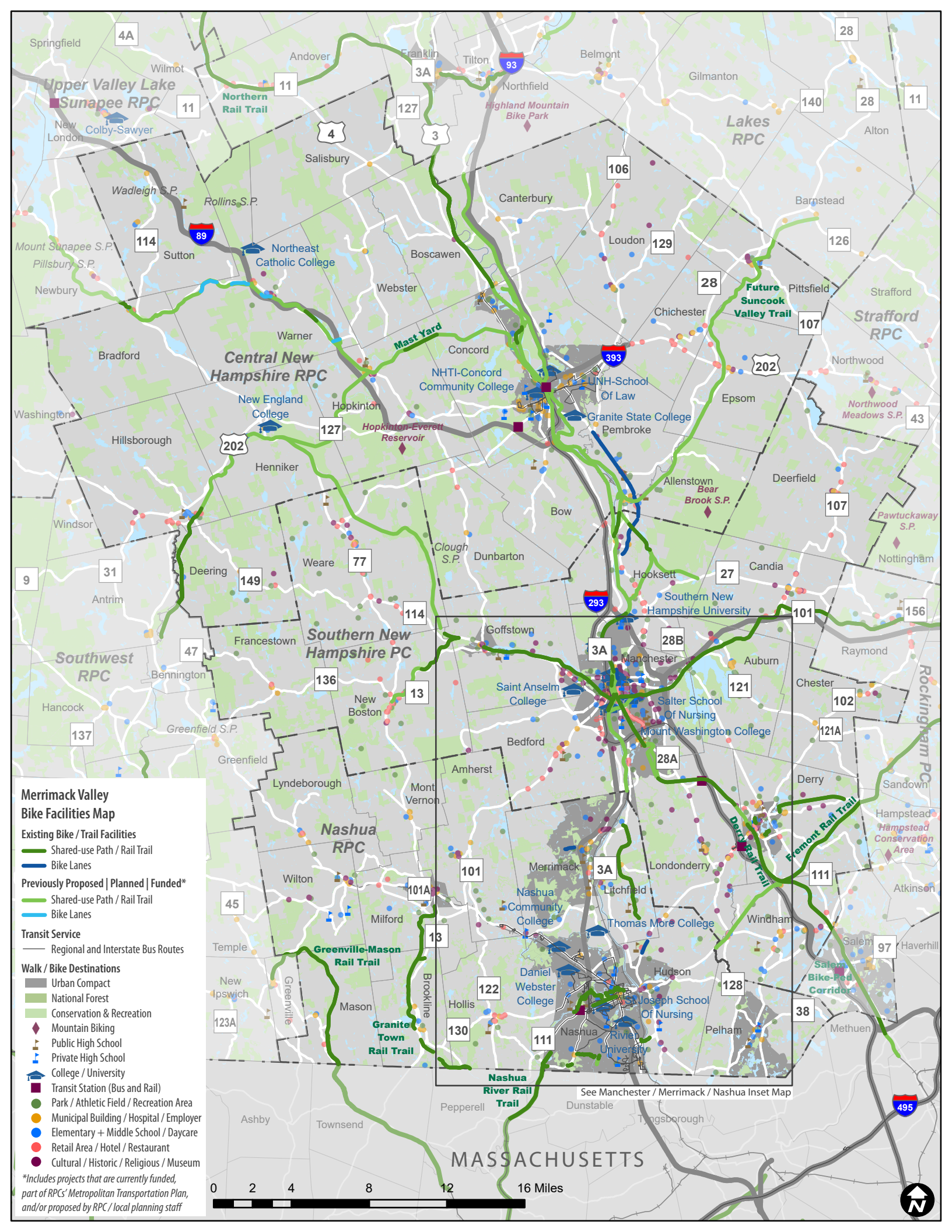
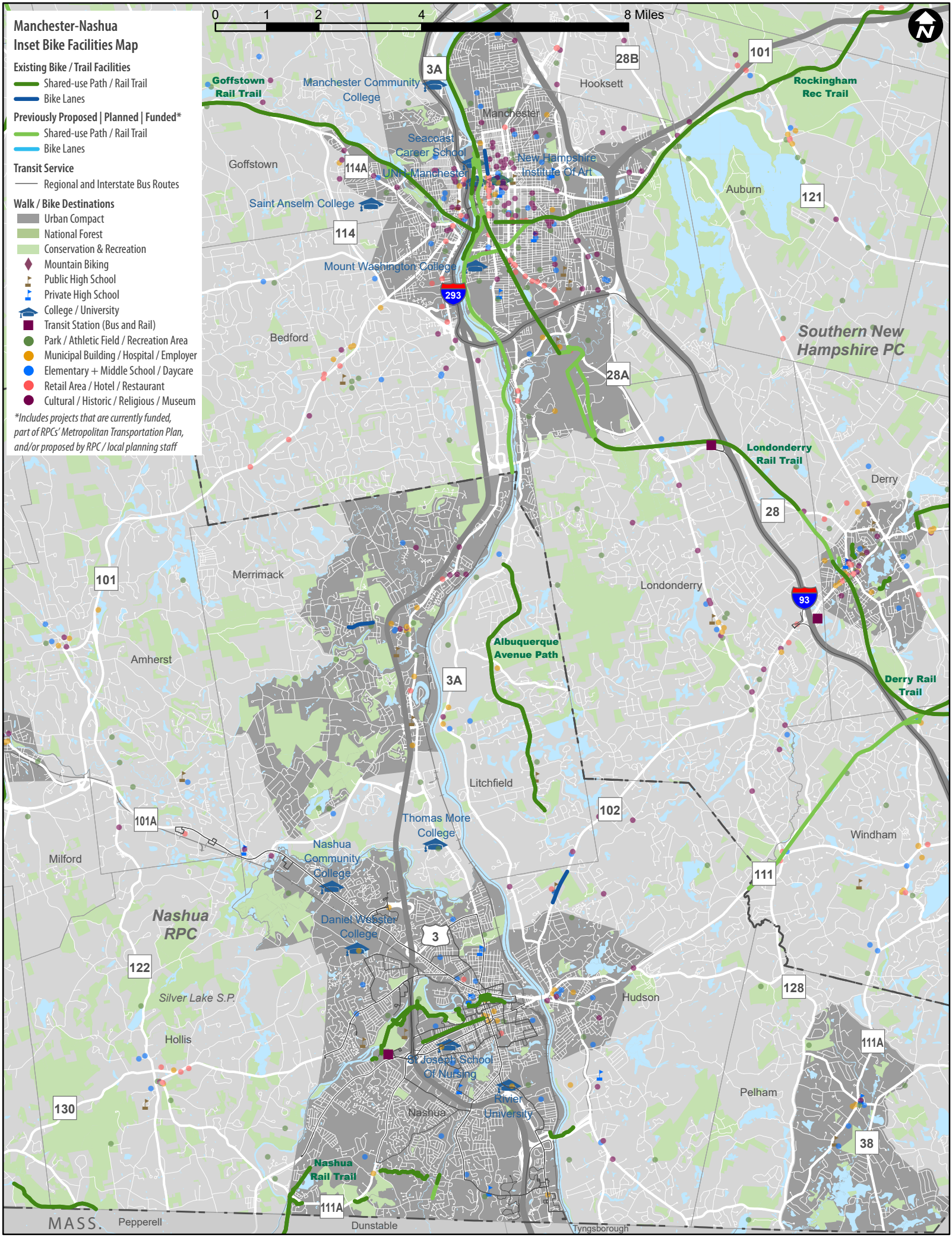
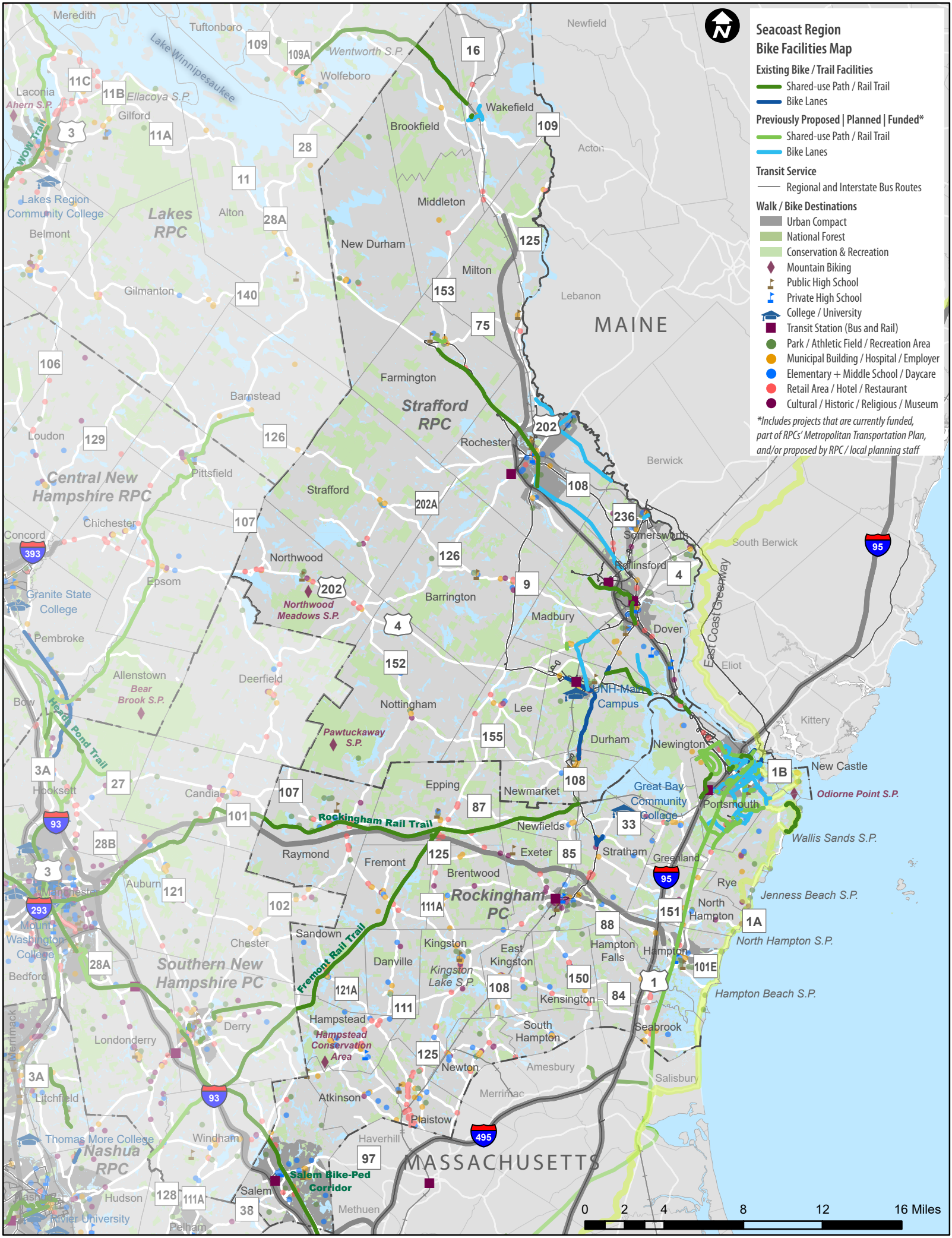
Pelham
Atkinson
Hampstead
Plaistow
Kingston
Newton
Seabrook
Hampton
Exeter
Stratham
Greenland
Portsmouth
Rye
New Castle
Newington
Dover
Somersworth
Rochester
Milton
Wakefield
Middleton
Brookfield
Alton
Gilford
Laconia
Meredith
Center Harbor
Moultonborough
Tuftonboro
Wolfeboro
Ossipee
Effingham
Freedom
Eaton
Conway
Albany
Madison
Tamworth
Sandwich
Waterville Valley
Thornton
Warren
Woodstock
Wentworth
Ellsworth
Rumney
Campton
Plymouth
Holderness
Ashland
Hebron
Bridgewater
Newfound Lake
New Hampton
Alexandria
Bristol
Grafton
Danbury
Hill
Sanbornton
Franklin
Andover
Tilton
Belmont
Northfield
Gilmanton
Wilmot
Salisbury
Canterbury
Loudon
Boscawen
Webster
Sutton
Barnstead
Farmington
Rochester
Pittsfield
Strafford
Chichester
Epsom
Northwood
Bow Lake
Barrington
Nottingham
Deerfield
Allenstown
Bow
Pembroke
Dunbarton
Concord
Henniker
Hopkinton
Contoocook
Weare
Goffstown
Manchester
Bedford
Merrimack
Nashua
Hudson
Londonderry
Derry
Windham
Salem
Pelham
Atkinson
Hampstead
Plaistow
Kingston
Newton
Seabrook
Hampton
Exeter
Stratham
Greenland
Portsmouth
Rye
New Castle
Newington
Dover
Somersworth


Monadnock Region
Bike Facilities Map
Existing Bike / Trail Facilities
Shared-use Path / Rail Trail
Bike Lanes
Previously Proposed | Planned | Funded*
Shared-use Path / Rail Trail
Bike Lanes
Transit Service
Regional and Interstate Bus Routes
Walk / Bike Destinations
Urban Compact
National Forest
Conservation & Recreation
Mountain Biking
Public High School
Private High School
College / University
Transit Station (Bus and Rail)
Park / Athletic Field / Recreation Area
Municipal Building / Hospital / Employer
Elementary + Middle School / Daycare
Retail Area / Hotel / Restaurant
Cultural / Historic / Religious / Museum
*Includes projects that are currently funded, part of RPCs' Metropolitan Transportation Plan, and/or proposed by RPC / local planning staff
0 2 4 8 12 16 Miles
VERMONT
MASSACHUSETTS
Upper Valley Lake Sunapee RPC
Lakes RPC
Central New Hampshire RPC
Southwest RPC
Southern New Hampshire PC
Nashua RPC
Windsor
Cornish
Grantham
Springfield
Danbury
Hill
Franklin
Franklin Falls Dam
Northern Rail Trail
Andover
Wilmot
New London
Colby-Sawyer College
River Valley Community College
Claremont
Sugar River Trail
Pinnacle Trail
Sunapee
Croydon
Salisbury
Wadleigh S.P.
Rollins S.P.
Sutton
Sunapee S.P.
Mount Sunapee S.P.
Newport
Unity
Goshen
Newbury
Northeast Catholic College
Boscawen
Webster
Warner
Pillsbury S.P.
Bradford
Lempster
Acworth
Washington
New England College
Hopkinton
Hopkinton-Everett Reservoir
Henniker
Hillsborough
Rockingham
Langdon
Bellows Falls
Marlow
Alstead
Walpole
Westminster
Stoddard
Windsor
Hillsborough Rail Trail
Clough S.P.
Weare
Deering
Gilsum
Antrim
Surry
Sullivan
Putney
Nelson
Hancock
Bennington
Francestown
New Boston
Cheshire Rail Trail
Drummer Hill
Keene
Roxbury
Antioch University
Greenfield S.P.
Dummerston
Westmoreland
Keene State College
Harrisville
Ashuelot Rail Trail
Marlborough
Dublin
Common Pathway
Greenfield
Lyndeborough
Mont Vernon
Peterborough
Chesterfield
Brattleboro
Swanzey
Monadnock S.P.
Miller S.P.
Wilton
Milford
Pisgah S.P.
Hinsdale
Troy
Jaffrey
Sharon
Temple
Franklin Pierce University
Rhododendron S.P.
Greenville-Mason Rail Trail
Mason
Richmond
Winchester
Vernon
Fitzwilliam
Monadnock Rail Trail
Rindge
New Ipswich
Granite Town Rail Trail
Greenville
Brookline
Bernardston
Northfield
Warwick
Royalston
Ashburnham
Ashby
Townsend
Winchendon


Merrimack Valley
Bike Facilities Map
Existing Bike / Trail Facilities
Shared-use Path / Rail Trail
Bike Lanes
Previously Proposed | Planned | Funded*
Shared-use Path / Rail Trail
Bike Lanes
Transit Service
Regional and Interstate Bus Routes
Walk / Bike Destinations
Urban Compact
National Forest
Conservation & Recreation
Mountain Biking
Public High School
Private High School
College / University
Transit Station (Bus and Rail)
Park / Athletic Field / Recreation Area
Municipal Building / Hospital / Employer
Elementary + Middle School / Daycare
Retail Area / Hotel / Restaurant
Cultural / Historic / Religious / Museum
*Includes projects that are currently funded, part of RPCs' Metropolitan Transportation Plan, and/or proposed by RPC / local planning staff
Upper Valley Lake Sunapee RPC
Central New Hampshire RPC
Southwest RPC
Southern New Hampshire PC
Nashua RPC
Lakes RPC
Strafford RPC
Rockingham PC
MASSACHUSETTS
Northern Rail Trail
Mast Yard
Future Suncook Valley Trail
Greenville-Mason Rail Trail
Granite Town Rail Trail
Nashua River Rail Trail
Derry Rail Trail
Fremont Rail Trail
Salem Bike-Ped Corridor
Highland Mountain Bike Park
Hopkinton-Everett Reservoir
Wadleigh S.P.
Rollins S.P.
Mount Sunapee S.P.
Pillsbury S.P.
Clough S.P.
Greenfield S.P.
Bear Brook S.P.
Northwood Meadows S.P.
Pawtuckaway S.P.
Hampstead Conservation Area
Colby-Sawyer
Northeast Catholic College
New England College
NHTI-Concord Community College
UNH-School Of Law
Granite State College
Southern New Hampshire University
Saint Anselm College
Salter School Of Nursing
Mount Washington College
Nashua Community College
Thomas More College
Daniel Webster College
St Joseph School Of Nursing
Rivier University
See Manchester / Merrimack / Nashua Inset Map
0 2 4 8 12 16 Miles


Manchester-Nashua
Inset Bike Facilities Map
Existing Bike / Trail Facilities
Shared-use Path / Rail Trail
Bike Lanes
Previously Proposed | Planned | Funded*
Shared-use Path / Rail Trail
Bike Lanes
Transit Service
Regional and Interstate Bus Routes
Walk / Bike Destinations
Urban Compact
National Forest
Conservation & Recreation
Mountain Biking
Public High School
Private High School
College / University
Transit Station (Bus and Rail)
Park / Athletic Field / Recreation Area
Municipal Building / Hospital / Employer
Elementary + Middle School / Daycare
Retail Area / Hotel / Restaurant
Cultural / Historic / Religious / Museum
*Includes projects that are currently funded, part of RPCs' Metropolitan Transportation Plan, and/or proposed by RPC / local planning staff
0
1
2
4
8 Miles
Goffstown Rail Trail
Manchester Community College
Manchester
Hooksett
Rockingham Rec Trail
Seacoast Career School
New Hampshire Institute Of Art
UNH Manchester
Goffstown
Saint Anselm College
Auburn
Mount Washington College
Bedford
Southern New Hampshire PC
Londonderry Rail Trail
Derry
Merrimack
Londonderry
Albuquerque Avenue Path
Amherst
Derry Rail Trail
Litchfield
Thomas More College
Windham
Milford
Nashua Community College
Nashua RPC
Daniel Webster College
Hudson
Silver Lake S.P.
Hollis
St Joseph School Of Nursing
Rivier University
Pelham
Nashua
Nashua Rail Trail
MASS.
Pepperell
Dunstable
Tyngsborough
3A
28B
101
114A
121
114
293
28A
28
93
101A
102
3
111
122
128
111A
130
38


Seacoast Region
Bike Facilities Map
Existing Bike / Trail Facilities
Shared-use Path / Rail Trail
Bike Lanes
Previously Proposed | Planned | Funded*
Shared-use Path / Rail Trail
Bike Lanes
Transit Service
Regional and Interstate Bus Routes
Walk / Bike Destinations
Urban Compact
National Forest
Conservation & Recreation
Mountain Biking
Public High School
Private High School
College / University
Transit Station (Bus and Rail)
Park / Athletic Field / Recreation Area
Municipal Building / Hospital / Employer
Elementary + Middle School / Daycare
Retail Area / Hotel / Restaurant
Cultural / Historic / Religious / Museum
*Includes projects that are currently funded, part of RPCs' Metropolitan Transportation Plan, and/or proposed by RPC / local planning staff
MAINE
MASSACHUSETTS
Lakes RPC
Strafford RPC
Central New Hampshire RPC
Southern New Hampshire PC
Rockingham PC
Nashua RPC
Meredith
Tuftonboro
Wolfeboro
Laconia
Ahern S.P.
Gilford
Lake Winnipesaukee
Ellacoya S.P.
Wentworth S.P.
Newfield
Wakefield
Brookfield
Acton
Middleton
New Durham
Milton
Lebanon
Alton
Belmont
Lakes Region Community College
Gilmanton
Farmington
Barnstead
Loudon
Pittsfield
Rochester
Berwick
Strafford
Chichester
Concord
Northwood
Northwood Meadows S.P.
Epsom
Granite State College
Barrington
Somersworth
South Berwick
Rollinsford
Dover
Madbury
East Coast Greenway
Eliot
Pembroke
Allenstown
Bear Brook S.P.
Deerfield
Nottingham
Lee
UNH-Main Campus
Durham
Newington
Kittery
New Castle
Odiorne Point S.P.
Bow
Hooksett
Pawtuckaway S.P.
Epping
Newmarket
Great Bay Community College
Portsmouth
Wallis Sands S.P.
Candia
Rockingham Rail Trail
Newfields
Exeter
Stratham
Greenland
Rye
Jenness Beach S.P.
Raymond
Fremont
Brentwood
North Hampton
North Hampton S.P.
Auburn
Manchester
Mount Washington College
Sandown
Chester
Danville
Kingston
East Kingston
Hampton Falls
Hampton
Hampton Beach S.P.
Bedford
Fremont Rail Trail
Kingston Lake S.P.
Kensington
Seabrook
Londonderry
Derry
Hampstead
Hampstead Conservation Area
South Hampton
Amesbury
Salisbury
Merrimack
Litchfield
Atkinson
Plaistow
Haverhill
Windham
Thomas More College
Salem Bike-Ped Corridor
Salem
Methuen
Hudson
Pelham
Rivier University
Merrimac
0 2 4 8 12 16 Miles