

ABOUT PATHS IN NEW HAMPSHIRE

December 26, 2019

The Department summer-maintains 9 short multi-use paths generally associated with the original Interstate-type highway construction and abandonment of local connections during the 1950s, 1960s and 1970s:

1. [I-89 Bow multi use path connecting NH 3A with Valley Road.](#)
2. [I-89 Concord multi use path Silk Farm Road to Stickney Hill Road.](#)
3. [I-89 Enfield Old NH 10 South near Exit 14 to a point 6000 feet north of Exit 14 at the dead end of Old Route 10.](#)
4. [I-89 Enfield Smith Pond Road at Exit 15 to Eastman Hill Road at Exit 16.](#)
5. [I-89 Pedestrian Bridge connecting Hanover Street](#)
6. [I-93 Concord from Delta Drive near NHTI to East Concord.](#)
7. [I-393 Concord from East Sugarball Road to Portsmouth Street.](#)
8. [US 3 from Appleside Drive in Nashua to Sagamore Park Road in Hudson.](#)
9. [NH 16 Newington - Dover Point](#) (pictured below).



The 9 NHDOT-owned path segments listed above generally provide links to multi-modal highways where pedestrians and/or bicycles – are otherwise excluded by regulation. Beyond these 9 paths, there are other path and trail segments in New Hampshire that may connect bicyclists to meaningful destinations and/or have recreational bicycling value.

Some multi-use trails such as the 58-mile Northern Rail Trail, are managed by the Department of Natural and Cultural Resources (DNCR). Other trails such as the 4.1-mile long [Windham Rail Trail](#) in Windham, may be managed under a cooperative agreement with the local municipality and DNCR. You can find more information linked about trails like the Windham Rail Trail and other municipally-managed paths from the web page at <http://www.nh.gov/dot/programs/bikeped/links.htm> . The map at https://www.nh.gov/dot/programs/bikeped/maps/documents/Rail_Trails_April2017.pdf shows the location of many municipally managed and DNCR-managed rail trails.

Some local path connections within NHDOT LAROW may provide useful links for local bicycle transportation but may be challenging to find in any trail guide or on any web page. For example, the City of Concord-maintained [Basin Street pedestrian and bicycle connection](#) linking US 3 with Basin Street in Concord (pictured below) and the City of Portsmouth-owned and maintained [pedestrian bridge over US 4](#) may be best known locally but could additionally serve more regional non-motorized travel purposes for regional travelers who become aware of these local trails.



Other path segments may have unique maintenance arrangements. For example, the New Hampshire Technical Institute is responsible for maintaining the I-393 path connecting NHTI to Fort Eddy Road in Concord .

For recreational bicycling, please explore the page at <https://www.visitnh.gov/things-to-do/recreation/biking>. Some snowmobile trails from the map at <http://www.iimapco.com/maproom/snowmobile/nh/> may be accessible for summer hiker and/or mountain biking use.

Additional resources

- New Hampshire State Trails Plan (2005), which you can find on line at <https://www.nh.gov/dot/org/aerorailtransit/railandtransit/documents/StateTrailsPlan.pdf> .
- The Department publishes a “rail trail” map on line at http://www.nh.gov/dot/programs/bikeped/maps/documents/Rail_Trails_2016.pdf and publishes information about rail trail surfaces at http://www.nh.gov/dot/programs/bikeped/maps/documents/Rail_Trails_2016_paved.pdf .
- The Department publishes a railroad map at <http://www.nh.gov/dot/programs/bikeped/maps/documents/RailOperatorMap110515.pdf> , which in conjunction with the State Rail Plan at <https://www.nh.gov/dot/org/aerorailtransit/railandtransit/documents/FinalStateRailPlan.pdf> , which may be helpful for future planning of “rail with trail,” such as the rail with trail in Laconia, Belmont, Tilton and Northfield.
- The Department publishes 7 regional bicycle maps, which you can find on-line at <http://www.nh.gov/dot/programs/bikeped/maps/index.htm> or you can order hard copies. The Department also has an interactive on-line statewide bicycle map, which you can find at <http://nh.maps.arcgis.com/apps/webappviewer/index.html?id=49c702c328d84a29af3b4a27eb271b37> .

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