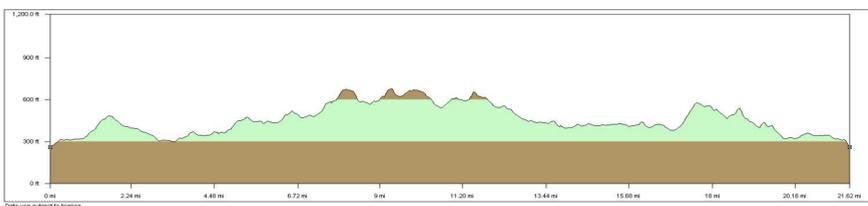


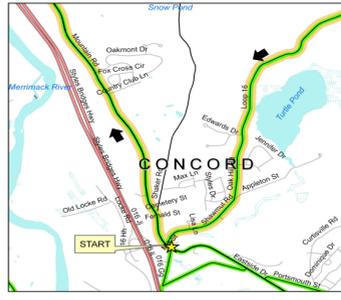
RECREATIONAL LOOP 601

Map ID	Loop ID	Start Location	Recommended Direction of Travel	Distance Miles	Experience Level	Loop Features
D3	601	Concord	Clockwise	21.6	Beginner	Kimball Pond Oak Hill Turtle Pond



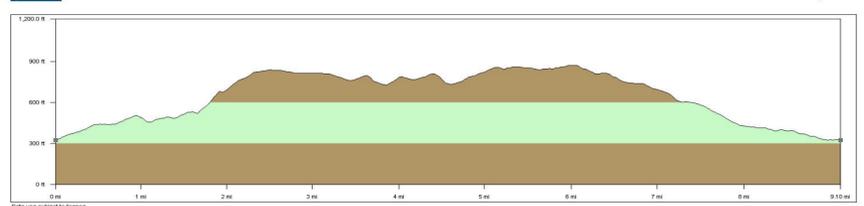
QUE Sheet Loop 601

Turn	Road	Dist (Miles)	Total Dist (Miles)
Start at	NH 132 (Mountain Road) / Shawmut Street		
Straight (NNW) on	NH 132 Mountain Road	6.53	6.53
Turn Right (ENE) on	Kimball Pond Road	0.47	7.00
Turn Left (N) on	Kimball Pond Road	0.72	7.72
Turn Right (E) on	Baptist Road	3.85	11.57
Turn Right (SSE) on	Shaker Road	1.20	12.77
Turn Right (S) on	Old Shaker Road	0.45	13.22
Turn Left (ESE) on	Clough Pond Road	0.79	14.01
Turn Right (WSW) on	Flagg Road	0.22	14.23
Turn Left (SSE) on	Lesmerises Road	0.86	15.09
Turn Right (S) on	N. Village Road	1.08	16.17
Turn Right (SW) on	Oak Hill Road	4.65	20.82
Straight (SW) on	Shawmut Street	0.75	21.57
Finish at	Shawmut Street / NH 132 (Mountain Road)		



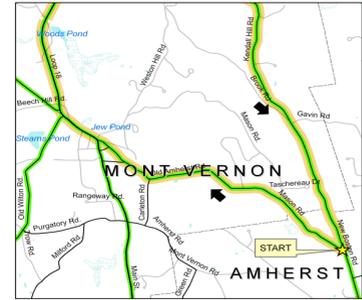
RECREATIONAL LOOP 602

Map ID	Loop ID	Start Location	Recommended Direction of Travel	Distance Miles	Experience Level	Loop Features
B7	602	Amherst	Clockwise	9	Beginner	Prospect Hill Woods Pond



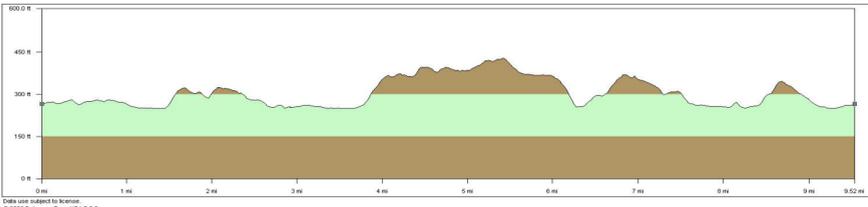
QUE Sheet Loop 602

Turn	Road	Dist (Miles)	Total Dist (Miles)
Start at	Old Mont Vernon Road / New Boston Road		
Straight (NW) on	Old Mont Vernon Road	0.50	0.50
Stay Straight (WNW) on	Old Amherst Road	1.81	2.31
Turn Left (WNN) on	Smith Road	0.05	2.36
Straight (WNW) on	NH 13 (Main Street)	2.36	4.62
Turn Right (ENE) on	Tater Street	1.56	6.18
Straight (SSE) on	Kendall Hill Road	1.61	7.79
Turn Right (SSE) on	Brook Road	0.90	8.69
Straight (SSE) on	New Boston Road / Old Mont Vernon Road	0.37	9.06
Finish at	New Boston Road / Old Mont Vernon Road		



RECREATIONAL LOOP 603

Map ID	Loop ID	Start Location	Recommended Direction of Travel	Distance Miles	Experience Level
D6	603	Auburn	Clockwise	9.5	Beginner

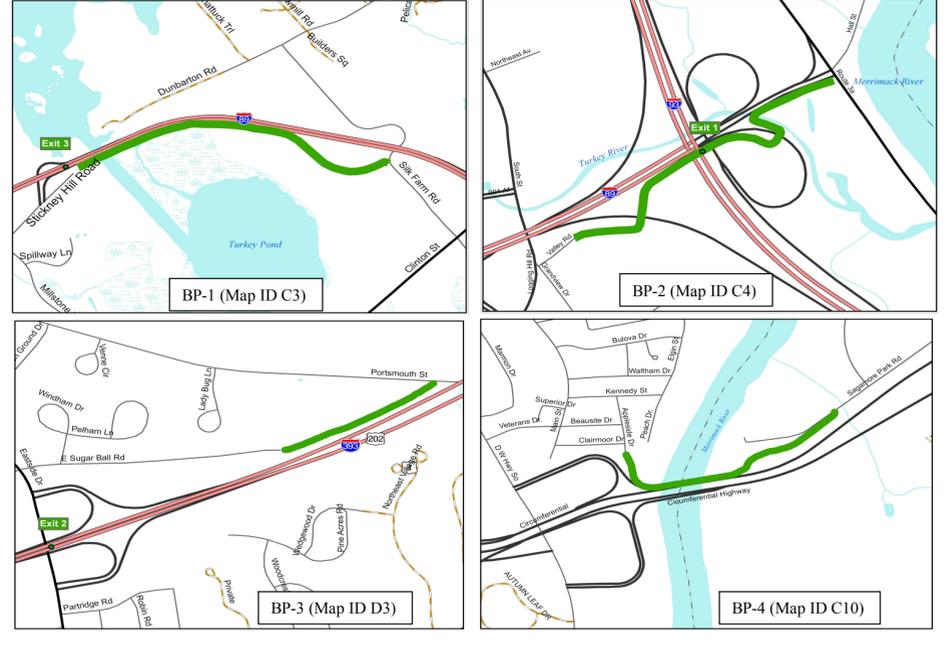


QUE Sheet Loop 603

Turn	Road	Dist (Miles)	Total Dist (Miles)
Start at	Londonderry Turnpike (Lake Park)		
Straight (NW) on	Londonderry Turnpike	0.09	0.09
Turn Right (NE) on	Massachusetts Traffic Circle	4.81	4.90
Turn Right (SW) on	Wilson's Crossing Road	0.71	5.61
Turn Right (WNW) on	Spofford Road	2.03	7.64
Turn Right (NW) on	Londonderry Turnpike	1.86	9.50
Finish at	Londonderry Turnpike (Lake Park)		



Bicycle Paths



Merrimack Valley Region Park and Ride Lots

Map Grid	Map ID	Town	Location	Spaces	Lights	Bus Shelter	Bike Parking	Public Phone	Public Transit	Transit
C9	P 1	Nashua 5W	NH 111 at West Hollis Street/Public Works Garage, FE Everett Turnpike, Exit 5W	108	Yes	No	No	No	Yes	
C9	P 2	Nashua 7E	NH 101 at St. Laurent St. at Comfort Inn/99 Restaurant, FE Everett Turnpike, Exit 7E	50	Yes	No	No	No	No	
C9	P 3	Nashua 8	North Southwood Drive, FE Everett Turnpike, Exit 6	350	Yes	Yes	Yes	Yes	No	
D9	P 4	Windham	NH 111 at I-93, Exit 3	150	Yes	Yes	Yes	No	No	
D8	P 5	Londonderry	NH 102 at I-93, Exit 4	471	Yes	Yes	No	Yes	Yes	Concord Trailways
D5	P17	Hooksett	NH 3A I-93, Exit 11 (Hooksett Toll Booth)	45	Yes	No	No	No	No	
D4	P18	Bow	NH 3A at Junction of I-89 & I-93 (Exit 12S off I-93)	60	Yes	No	No	Yes	No	
C3	P19	Concord	NH 13, Clinton Street at I-89, Exit 2	100	Yes	No	Yes	Yes	No	Concord Area Transit, Concord Trailways, Peter Pan, Vermont Transit
D3	P20	Concord	Slickney Avenue at I-93 Exit 14	340	Yes	Yes	Yes	Yes	Yes	Concord Area Transit, Concord Trailways, Peter Pan, Vermont Transit
C2	P21	Boscawen	US 4, West of I-93, Exit 17	42	Yes	No	No	No	No	

Reflectors

Reflectors will increase your ability to be seen. No person shall operate a bicycle, except for a bicycle equipped with clipless pedals, unless such bicycle has pedals equipped with a reflector of a type approved by the director which conform to 49 CFR 571.108 Table 2 and which shall be visible from a distance of 200 feet during darkness. (RSA 265:87(I))

No Person, during darkness, shall operate a bicycle equipped with clipless pedals unless the operator is wearing either reflectorized leg bands on the lower exterior of the operator's legs or some other type of light reflective equipment on the exterior of either the operator's legs or shoes. (RSA 265:87(I))

Handlebars and Seat

Be sure your bicycle fits you. Keep handlebars and seat adjusted tightly and correctly. A person propelling a bicycle shall not ride other than upon or astride a permanent and regular seat attached to the bicycle. (RSA 265:144(I))

Don't Carry Passengers

No bicycle shall be used to carry more persons at one time than the number for which it is designed and equipped. (RSA 265:144(II))

Don't Cling to other Vehicles

Clinging to a moving vehicle is extremely dangerous. No person riding a bicycle shall hold fast to or hitch onto any vehicle moving upon a way. (RSA 265:144(III))

Helmets Must Be Worn By Children Under 16 Years of Age

No person less than 16 years of age may operate or ride upon a bicycle on a public way unless he or she wears protective headgear of a type approved by the commissioner of Health and Human Services (RSA 265:144(X))

Ride Single File

Never block traffic by riding two abreast. Persons riding bicycles two or more abreast shall not impede the normal and reasonable flow of traffic, and on a laned roadway shall ride within a single lane. (RSA 265:144(V))

Use of Hand Signals

Bicyclists intending to turn right or left shall not be required to give a continuous hand or arm signal if the hand is needed in the control or operation of the bicycle. (RSA 265:144(VI))

Respect the Laws in NH Communities

Any bicyclist shall stop upon demand of a peace officer and permit his bicycle to be inspected. (RSA 265:144(VIII)) Any city or town shall have the power to make ordinances, bylaws or regulations respecting the use and equipment of bicycles. (RSA 265:149)

Keep your Bicycles Safe

Do a bicycle safety check before you ride. No bicycle shall be operated unless the steering, brakes, tires and other required equipment are in safe condition. (RSA 265:144(X))

Traffic Laws Apply to Bicycles

Every person riding a bicycle has the same rights and privileges of persons driving cars. The bicycle driver has the same responsibilities as other drivers. Every person riding a bicycle shall have all of the rights and be subject to the duties applicable to the driver of any other vehicle under the rules of the road. (RSA 265:143)

Lights Required for Night Riding

You must see and be seen to be safe on a bicycle. Every bicycle operated upon any way during darkness shall be equipped with a lamp emitting a white light visible from a distance of 300 feet in front of the bicycle and with a red reflector on the rear of a type approved by the director, which shall be visible from a distance of 300 feet to the rear when directly in front of the lawful upper beams of headlights on a motor vehicle. A lamp emitting a red light visible from 300 feet to the rear may be used in addition to the red reflector. (RSA 266:96)

Brakes

In order to ride safely you must be able to stop your bicycle when you want to. Maintain your brakes in good condition and check them before each ride. Every bicycle shall be equipped with a brake or brakes which will enable its driver to stop the bicycle within 25 feet from a speed of 10 miles per hour on dry, level, clean pavement. (RSA 266:88)

MERRIMACK VALLEY REGION AIRPORTS

Map Grid	Map ID	Name of Airport	Town	Runway 1 Paved	Runway 1 Length(ft)	Runway 1 Paved
D3	A-20	Concord Municipal Airport	Concord	Yes	6,005	Yes
D7	A-21	Manchester - Boston Regional Airport	Manchester	Yes	6,850	Yes
B9	A-22	Boire Field	Nashua	Yes	5,501	

Merrimack Valley Region Rest Areas

Map Grid	Map ID	Name	Location	Phone	Schedule
D1	R-11	Canterbury/Northfield	I-93 Northbound, Canterbury	783-4194	Open all year Tues-Thurs(7am-10:30pm)
E4	R-12	Epsom	NH Route 4, Epsom	736-4794	Open May 21 - Oct 9: 16 hours/day Fri, Sat, Sun. (7am-11pm) 8 hours /day Mon, Tues, Wed, Thurs. (10am-6pm)
D5	R-13	Hooksett-North	Everett Turnpike, NB, Hooksett	485-3019	Open all Year, 7 days/week 24 hours/day
D5	R-14	Hooksett-South	Everett Turnpike, SB, Hooksett	485-3542	Open all Year, 7 days/week 24 hours/day
C9	R-15	Nashua	Exit 6 Everett Turnpike	882-0023	Open all Year, 7 days/week 24 hours/day
E10	R-16	Salem	I-93 NB, Salem	893-4351	Open all Year, 7 days/week 24 hours/day

MERRIMACK VALLEY TRANSIT

Provider	Route	Description	Contact
Nashua Transit	2	Concord St, Amherst St, Westside Plaza	603-880-0100
	3	W. Hollis St, Nashua Mall	
	5	Lake St, St. Joseph Hospital, Northeastern Blvd.	
	6	S. Nashua, Pheasant Lane Mall, River College	
	7	Crown Mall, Main St, Marketplace, Spring St.	
	8	French Hill, Nashua Mall, W. Hollis St.	
	Concord Area	Concord, Pennacook	603-225-1377
	Manchester Transit Authority	Various Routes	603-623-8801
Peter Pan	Concord, Manchester, Nashua, Westem Mass.	800-343-9999	
Boston Express	Nashua, Boston	800-639-8080	
The Coach Co.	Plaistow, Newburyport, Boston	603-382-6623	

IMPORTANT DISCLAIMER: Read before using this map.

This map is being provided as a public service for informational purposes only. The State of New Hampshire as well as the cities and towns on whose roadways and rail-trails you will travel, and the agencies, groups and individuals who have contributed to the development of this map (hereinafter the "contributing parties") are not responsible for your personal safety. The contributing parties make no warranties or guarantees regarding the accuracy of the map's content, as well as to the safety, condition and usability of the roads and rail-trails depicted on this map for use by bicyclists and the general public. The contributing parties shall not be liable to you for any loss or injury arising out of the map's use.

Date: March 2008

MERRIMACK VALLEY REGION STATE PARKS & NATURAL AREAS

Map Grid	Key	Park or Natural Area	Min. Biking	Boat Launch	Boating	Camping	Fishing	Guided Tours	Hiking	Pets Allowed	Picnicking	Swimming	Winter Use
E4	48	Bear Brook State Park	X	X	X	X	X	X	X	X	X	X	X
B4	49	Clough State Park		X	X		X				X	X	
C2	50	Hannah Duston Memorial								X	X		
F4	51	Northwood Meadows State Park	X	X		X	X		X	X	X	X	
F6	52	Pawtuckaway State Park	X	X	X	X	X		X	X	X	X	X
E8	53	Robert Frost Farm						X			X		
B8	54	Silver Lake State Beach									X	X	
E8	55	Taylor Mill State Historic Site		X		X	X		X	X			

New Hampshire State Parks have varying degree of accessibility. Most parks have accessible restrooms and picnic facilities, and all state park campgrounds have accessible campsites. To ensure that the appropriate facilities are available to meet specific needs, please call ahead to the park you hope to visit.

Dear Friends,
Welcome to New Hampshire!
This bicycle map will help you discover New Hampshire's awe-inspiring natural beauty as you travel our state on your bike. From the noble mountains that tower over the North Country, to our beautiful lakes and rivers, to the vibrant cities and small-town main streets in Grand Beaches along our Seacoast, and all our streams, and long stretches of rich, wooded areas (east of Manchester) offer some terrific rides, which are generally rolling, with some hills sprinkled in. Areas that may have heavy traffic during peak tourist seasons allow some relief. Services tend to be spread out quite a bit along these roads.
This map is part of a 7 map series based on the State's 7 Tourist Regions. To order maps of the other tourist regions go to www.nh.gov/doh/nhbkcpd

MERRIMACK VALLEY REGION

-Maggie Hassan, Governor
shopping and that you will visit us often.
history, recreational activities, and tax-free generations. I hope that you will enjoy our rich and writers for
between, you will experience the scenery that
vibrant cities and small-town main streets in
and all our
Country, to our beautiful lakes and rivers, to the
noble mountains that tower over the North
Hampshire's awe-inspiring natural beauty as
you travel our state on your bike. From the
Concord area and Auburn
classic fare along these byways. The Concord area and Auburn
area (east of Manchester) offer some terrific rides, which are
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NEW HAMPSHIRE BICYCLE MAP

