

Cross New Hampshire Adventure Trail NEW MAP 7-8-2022 EASTWARD, Woodsville to Bethel **82.9 miles**

Leg	Dir	Type	Notes	Total
	↑	Generic	Welcome to the starting point of the Cross New Hampshire Adventure Trail!	0.0
0.4	←	Left	Turn Left at the crosswalk to enter the parking lot for the gun and ammo shop and the Iron Rail Pub.	0.4
0.0	→	Right	Turn Right to ride in front of the pub and behind the old railway freight building.	0.4
0.2	↑	Straight	Follow pathway to the orange and yellow striped rail trail gate ahead. The gate is across the street from the Dunkin Donuts.	0.6
0.1	↑	Straight	Straight on the rail trail. Caution: Trail can be soft sand or gravel, washboard or smooth. Junctions where ATVs enter the trail can be soft sand AND/OR very gravelly.	0.7
4.0	↑	Food	Bath Covered Bridge. If you want to access the bridge and the village of Bath from the rail trail: after going under the bridge, turn Left into a small dirt parking area via an opening in the snow fence and bear left up the dirt road to the bridge. The Brick Store is currently closed. Return to the rail trail to continue north on the Cross NH route.	4.7
4.6	→	Slight Right	Bear Right to go through the tunnel under Route 302. It is dark in there, watch for ATVs or walk your bike.	9.3
1.0	←	Left	Turn Left just before the restored Lisbon Railroad Station onto Central Street. There is a Dero Fixit-it bike repair station and air pump at the station.	10.2
0.1	→	Right	Turn Right onto Route 302, South Main Street. Be aware of traffic.	10.3
0.0	↑	Food	Town of Lisbon. For food and supplies: A market with a good deli, a pizza place and a gas station with a convenience store.	10.3
0.0	←	Left	Turn Left onto School Street to cross the Ammonoosuc River bridge. Use caution crossing	10.4

Route 302.

0.1	→	Right	Turn Right onto Water Street at the Police and Fire Department building.	10.4
0.7	→	Right	Turn Right onto Bishop Road.	11.1
2.0	→	Right	Turn Right onto Lyman Road.	13.1
0.4	→	Right	Turn Right onto Route 302 West. Cross over the Ammonoosuc River bridge.	13.5
0.2	←	Left	Turn Left onto Route 117 East after crossing the bridge. Caution crossing busy Route 302.	13.7
0.0	←	Left	Turn Left onto River Road, the turn is immediately after entering Route 117. NOTE YOUR ODOMETER READING here, next turn is easy to miss. Stay on this road for 2.3 miles.	13.8
2.3	→	Right	Turn Right up a very short driveway to access the rail trail.	16.1
0.0	←	Left	Turn Left to head northeast on the rail trail.	16.1
4.4	↑	Straight	Continue Straight to stay on the rail trail and go under the highway bridge.	20.5
0.5	↑	Straight	Stay straight and carefully cross Industrial Park Drive to enter the parking lot for Hammerdown Adventures and Frozen Adventures.	21.1
0.1	←	Slight Left	Go towards the left side of the parking lot to access the new section of rail trail. It is rough in this spot but will improve.	21.1
0.6	↑	Food	To access Littleton for food or lodging, carefully turn left and use the pedestrian suspension bridge next to the pumpkin colored house.	21.7
0.4	↑	Straight	To continue on the rail trail, cross Route 302 (Cottage Street).	22.1
0.8	↑	Straight	Go straight across the left side of the soccer field. If a game is on, stay on the left side of the field along the fence.	23.0
2.4	←	Slight Left	End of the Rail Trail. Exit left onto Oxbow Drive and head up hill to Route 116.	25.4
			Turn Right onto Route 116. Good shoulder. Stay	

0.1	→	Right	single file. Fast moving traffic, use caution.	25.5
9.1	→	Right	Turn Right onto Hazen Road	34.7
1.3	←	Left	Turn Left onto Airport Road	36.0
0.7	→	Right	Turn Right to stay on Airport Road	36.6
0.1	←	Left	Turn Left to stay on Airport Road	36.7
0.7	←	Left	Turn Left into the Silvio Conte Pondicherry Wildlife Refuge to access the Presidential Rail Trail.	37.4
1.4	→	Slight Right	Bear Right to stay on the rail trail.	38.9
0.1	←	Slight Left	Bear left and stop to get the views from the viewing platform. Great place for a rest and snacks.	39.0
2.5	←	Left	Turn Left onto Meadows Road, Route 115A.	41.4
0.6	→	Right	Turn Right onto Israel River Road	42.1
0.5	↑	Food	Israel River Campground, food, bathroom, Dero Bike Fixit Station and air pump.	42.6
1.3	↑	Straight	Continue Straight over Route 115 onto Valley Road. It will change to a dirt road.	43.8
2.9	→	Right	Take a right onto Jefferson Notch Road. Take an immediate Left onto the rail trail	46.8
0.0	←	Left	Take an immediate Left onto the Presidential Rail Trail	46.8
2.2	↑	Straight	Stay straight to continue on the rail trail; 10 miles downhill into Gorham.	49.0
4.2	↑	Generic	Porta Potty at the Town Depot, on the right behind the pine trees.	53.1
0.0	↑	Straight	Stay Straight to stay on the rail trail	53.2
3.6	↑	Straight	Stay straight to go under the highway and to stay on the rail trail.	56.7
0.5	↑	Straight	Stay Straight to cross Jimtown Road and stay on the rail trail.	57.2
0.4	↑	Generic	Route 2 parking lot. To continue on the rail trail, go straight. To access Gorham for food or lodging, cross Route 2, go around the gate and head downhill via	57.6

			the rec path.	
0.3	↑	Danger	The trail is in bad shape due to ATVs using this section. Share the trail for about a mile.	57.9
0.9	→	Right	Immediately after crossing the canal bridge, at the gate, Turn Right to exit the rail trail onto a short section of singletrack.	58.8
0.0	←	Slight Left	Bear left to stay on the trail that leads to Hogan Road.	58.8
0.1	→	Right	Turn Right at the top of the rise onto Hogan Road, a dirt road.	58.8
1.5	↑	Straight	Stay straight, always keep the river on your right.	60.3
1.2	→	Slight Right	Bear Right to stay on Hogan Road. Keep the river on your right.	61.5
1.1	→	Slight Right	Bear Right to stay on Hogan Road.	62.7
1.0	↑	Generic	Appalachian Trail joins here.	63.7
0.2	←	Slight Left	Bear Left out of the parking lot onto North Road. You will be on pavement from here to the end of the route.	63.9
3.3	←	Slight Left	Bear left at the triangle to stay on North Road.	67.2
2.5	↑	Generic	New Hampshire-Maine State Line. Look for the short granite marker on the left side of the road.	69.7
12.1	→	Right	Turn Right at the red fire hydrant to access the bike path. Easy to miss, turn back if you reach Route 2.	81.8
0.6	←	Left	Turn Left to stay on the bike path.	82.4
0.5	↑	Generic	Congratulations! You have finished your ride across NH on the Cross New Hampshire Adventure Trail! Contact us for your celebratory End-to-Ender Patch.	82.9