

Cross New Hampshire Adventure Trail , Eastward,
Woodsville to Bethel

83.0 miles

Leg	Dir	Type	Notes	Total
	↑	Straight	Welcome to the Cross New Hampshire Adventure Trail! The official start is on the Route 302 bridge over the Connecticut River, on the border of Vermont and New Hampshire. Use the pedestrian walkway on the bridge. Head East on Route 302 into the town of Woodsville, NH.	0.0
0.3	←	Left	Turn Left at the crosswalk to enter the parking lot for the Railway Farm and Garden Center (closed in 2019).	0.3
0.0	→	Right	Turn Right to ride behind the Railway Farm and Garden Center.	0.3
0.2	↑	Straight	Follow pathway to the orange and yellow striped rail trail gate ahead. The gate is across the street and close to the Dunkin Donuts.	0.5
0.0	↑	Straight	Straight around the gate at the start of the Ammonoosuc Rail Trail. Share the trail with ATVs.	0.5
0.1	↑	Straight	Straight on the rail trail. Caution: Trail can be soft sand or gravel, washboard or smooth. Watch the surface ahead! Junctions where ATVs enter the trail can be soft sand AND/OR very gravelly.	0.6
0.8	↑	Straight	Walk your bike over the bridge. Surface is deep loose gravel.	1.4
3.2	↑	Food	Bath Covered Bridge. If you want to access the Town of Bath from the rail trail: go north under the covered bridge, then in about 50 yards, turn Left into a small dirt parking area and bear left up the dirt road to the bridge. This access route on the north side of the bridge is easier than using the steep, rough gravel path that is on the south side of the bridge. In Bath there is food at THE BRICK STORE and ice cream at AT THE HOP. Return to the rail trail to continue north on the Cross NH route. IF YOU ARE TIRED OF THE SURFACE CONDITIONS you can access the on-road route from Bath to Lisbon. It is scenic and the road is good, you will have to climb a hill,	4.7

			but good views are a reward. Download the alternate route form the website.	
4.6	→	Right	Bear Right to go through the tunnel under Route 302. Use caution, rough and rocky surface, tunnel is dark, can be wet, or dry soft sand. Walk your bike.	9.2
0.0	←	Left	Bear Left after the tunnel to continue up to the rail trail. Surface is rough and washed out, walk your bike up the short hill.	9.3
0.9	←	Left	Turn Left at the restored Lisbon Railroad Station onto Central Street.	10.2
0.1	→	Right	Turn Right onto Route 302, South Main Street. Be aware of traffic. Food and groceries are here in the village.	10.2
0.0	↑	Food	Town of Lisbon. Plenty of places for food and supplies: a market/deli, the Thai Kitchen, 2 gas stations/convenience stores.	10.3
0.0	←	Left	Turn Left onto School Street to cross the Ammonoosuc River bridge. Use caution crossing Route 302.	10.3
0.1	→	Right	Turn Right onto Water Street at the Police and Fire Department building. IF YOU USED THE ALTERNATE ON-ROAD ROUTE OPTION to get here instead of the rail trail....you are rejoining the route at this point.	10.4
0.7	→	Right	Turn Right onto Bishop Road.	11.0
2.0	→	Right	Turn Right onto Lyman Road.	13.0
0.4	→	Right	Turn Right onto Route 302 West. Cross 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.	13.7
1.7	→	Right	Turn Right on a short uphill dirt road to access the rail trail. Not well marked, this entrance is only about 30 yards from the rail trail.	15.4
0.0	←	Left	Turn Left onto the Ammonoosuc Rail Trail. Watch for changeable surface conditions.	15.4

5.6	←	Left	Rail Trail ends. Turn Left onto Industrial Park Road (paved) for only about 0.1 mile.	21.0
0.1	→	Right	Turn Right onto Riverside Drive.	21.1
0.6	←	Left	Slight Left onto narrow dirt/grass pathway in front of a pumpkin colored house. Look carefully for this path. It is just before the short steep hill and travels right across the front yard. No need to climb the hill!	21.7
0.3	↑	Food	Town of Littleton. This town has everything one might need: food, groceries, ice cream, candy store, lodging, bike shop. One way to access the town is by the pedestrian covered bridge.	22.0
0.0	←	Left	Turn Left onto Riverglen Lane at the covered bridge. You can follow the brick pathway alongside the river or ride in the parking lot. The river is a good swimming spot on a hot day.	22.0
0.2	←	Left	Turn Left onto Cottage St (Route 302), cross the Ammonoosuc River on the bridge. CAUTION! Traffic!	22.1
0.1	→	Right	Turn Right at the traffic lights onto Union St, Route 116 East. Caution for traffic. Share the road. There is a shoulder. You will have 2 climbs, but good views will be the reward. CAUTION, this is the trafficy section of the entire route.	22.2
10.6	←	Left	Turn Left onto Route 3 North to enter the village of Whitefield.	32.8
0.0	↑	Food	Town of Whitefield. Triangle Dairy Bar, House of Pizza, Dunkin Donuts. Pleasant rest stop on the town green with benches and gazebo.	32.8
0.1	→	Right	Turn right onto Jefferson Road, Route 116 East, from the Whitefield Village Green. Use caution crossing the double set of angled railroad tracks.	32.9
1.6	→	Right	Turn right onto Hazen Road. You can relax now, you have conquered the traffic and the hills.	34.6
1.3	←	Left	Turn Left onto Airport Road	35.9
1.4	←	Left	Turn Left into Pondicherry National Wildlife Refuge, a narrow dirt road entrance. There is a large sign for the National Wildlife Refuge marking the entrance. It is across the street from a wood chip processing plant. After entering, you will see a small parking lot	37.3

and information kiosk. This is the start of the Presidential Rail Trail, Pondicherry Division. This is a gem.

1.4	→	Right	Bear Right at "Y" intersection.	38.8
0.2	→	Right	Bear Right at the intersection. An observation platform will be on your left on the pond.	39.0
2.5	←	Left	Turn Sharp Left onto Meadows Road, Route 115A, a paved road.	41.4
0.6	→	Right	Turn Right onto Route 115B, Israel's River Road. Stop at the Israel River Campground for snacks and Dixie Cups.	42.1
1.7	↑	Straight	Continue Straight ahead to cross over Route 115 (Owl's Head Highway) and onto Valley Road.	43.8
2.9	→	Right	Turn right onto Jefferson Notch Road. You will see the rail trail right there running parallel with Valley Road. There are many signs here at this corner for snowmobiles and cars, also a Yeti.	46.7
0.0	←	Left	Turn Left immediately onto the Presidential Rail Trail, headed east.	46.8
6.4	↑	Straight	Stay Straight to continue on the Rail Trail. You will be crossing Pinkham B Road, also known as Dolly Copp Road.	53.2
5.7	→	Right	Cross Route 16 and the Androscoggin River on the elevated bridge and then, in about 0.5 mile, cross the power canal on a small bridge. Soon after the power canal turn right into a dirt lot, follow it up a short steep hill onto Hogan Road, a narrow, one lane dirt road. You will see power lines.	58.9
0.0	→	Right	Turn Right, east, onto Hogan Road. Use caution on Hogan Road, it can be rough in places, puddles in rain. There are occasional vehicles on this road, watch and listen for them, use caution. NOTE: The washouts on this road are still there from the big storm of October 31, 2017: Many areas are washed out on Hogan Road. As of June 4, 2019, the washed out culvert has been repaired, but the small bridge is still out, repair materials are present, however indicating a future fix. The "rubble" section of the road is still there, Walk-bike will be required for	58.9

longer than you might like, but be confident that this will change when you rise away from the riverside. The alternate route is on Route 2 with no shoulder and big traffic and trucks, likely a more unpleasant adventure. Walk the bike through this rocky section and marvel at the power of the river.

2.8	→	Right	Turn Right to stay on Hogan Rd. Always keep the river on your right side as you ride, Hogan Road runs parallel to the river all the way to North Road. There are a few side roads that come down steeply from the northern hills. Ignore these side roads and keep the river on your right side.	61.7
2.4	←	Left	Bear Left onto North Road, a paved, shady, quiet and low traffic road. This ends the off-road section of the Cross New Hampshire Adventure Trail, Now ride pavement all the way to Bethel. Short rolling hills.	64.1
3.2	↑	Straight	Stay Straight at the grassy, bushy triangle to stay on North Road.	67.3
5.2	↑	Straight	Stay Straight at the Iron Bridge to stay on North Road. Do not cross the bridge.	72.5
9.4	→	Right	Turn Right at a fire hydrant onto a paved bike path. You will see the fire hydrant on your right just when you spot the main road up ahead. It is just before a defunct water park.	81.9
0.3	↑	U-turn	U-Turn Left to continue up the Bike Path and over the bike-pedestrian-snowmobile bridge.	82.3
0.2	←	Left	Soon after crossing the Androscoggin River on the bridge, Turn Left to continue on the Bike Path.	82.5
0.5	↑	Straight	Davis Park, Bethel! End of the Route!! We hope you enjoyed the Cross New Hampshire Adventure Trail! Enjoy Bethel - good food and lodgings! Check out the coffee shop, the BBQ truck and The Good Food Store.	83.0