

FAMILY FRIENDLY PLACES TO BIKE IN MT WASHINGTON VALLEY AREA

PAVED OPTIONS

Mountain Division Trail, Fryeburg, Maine

Length: 4 miles **Grade:** rolling and flat

Parking: Fryeburg Visitor's Center, RT 302, Porter Road, off RT 113, Parking lot near Airport on RT 113.

Comments: Paved rail with trail with several options for starting points, difficulty, and length, benches along path, restrooms at Visitor's Center.

Fryeburg Fairgrounds, Rt 5 ,Fryeburg

Length: 2-3 miles **Grade:** flat

Parking: Inside Main Gate, off RT 5

Comments: winding, paved paths and roads inside the fairgrounds make for easy riding in a safe environment.

Story Land Parking Lot Off-season, RT 16,

Glen, NH

Length: large parking lot **Grade:** flat, with hills behind Heritage building

Parking: right corner of parking lot

Comments: For beginner riders, stay to right of parking lot away from traffic. More experienced riders can practice riding up and down parking lot hills behind Heritage, watching for traffic. Best done off season or after hours.

Cobb Farm Road, Bartlett, NH

Length: 1-1.5 miles **Grade:** flat for 1st mile, rolling hill last ½ mile

Parking: Take right off RT302 west at flashing light onto River Road, go .4 mi, cross river, and park in lot on left.

Comments: This road is flat for the 1st mile, then climbs by the river for next ½ mile. Low traffic and terrific views.

Other options: Low traffic, flat roads in developments, school parking lots off hours and on weekends

UNPAVED/DIRT OPTIONS

Dirt Roads

White Mountain National Forest Service Roads-

Rob Brook Road(FR 35)-8.5 miles, rolling terrain, turn off Kancamagus(RT112)on Bear Notch Rd, go 1mile, park on left at signboard. Gated-no traffic.

Experimental Forest Roads(FR 44), Bartlett-

4 miles, easy-moderate hill climbs. 3 access roads off Bear Notch Rd on Bartlett side, park at snowmobile turnaround before winter gate, take 1st road on right. Open to traffic-watch for cars.

Rocky Branch Road (FR 27), Glen- 2.5 miles to Rocky Branch Trail from winter turnaround gate (open in summer), slightly uphill, moderate terrain. To reach, turn off RT 302 on Jericho Rd, drive about 2.5miles and park. If gate is open, watch for cars.

Slippery Brook Road (FR 17), Intervale-From RT302/16, turn on Town Hall Rd, go about 3.5 miles to winter turnaround and parking area. Gate may be closed due to Irene damage. If open, watch for cars going to Mtn Pond. Road climbs gently uphill for about 4 miles.

Trails

Whitaker Woods, North Conway. Park at Whitaker Homesite off RT16/302 in North Conway, near railroad tracks. Trails cover 45km of terrain from flat to hilly, with wide trails and single track.

Echo Lake State Park, North Conway. Park either inside park or right outside to access trails. Map on signboard. Wide trails and rooty single track trails circle the park. Swimming and picnicking on site.

Pudding Pond Town Property, North Conway. Take Artist Falls Road off RT16/302 (North Conway), turn right on Thompson Road, go 1/2 mile, parking and gate on right. Ride to kiosk for map and signs directing to pumptrack, Sticks and Stones, and other trails. Mix of powerline, wide paths, and technical singletrack trails.

Conway Rec Path, Redstone Turn left from RT 302 Redstone by Police Station onto East Conway Rd. Take first right on Meetinghouse Hill Road, go to end, park. Cross Smith-Eastman Park, cross bridge to start path. Path is mostly flat, but rooty in sections, follows the Saco River, branches off to high school and Mineral Springs. About 4 mile out and back.

Thorne Pond, Bartlett. On RT 302, across from Attitash Bear Peak, turn into parking lot. 12 miles of easy to moderate dirt roads and trails around pond and down to Saco River.

Presidential Range Rail Trail, Gorham, Turn left at light, head west on RT 2 toward Randolph 1 mile to parking lot on right. A dirt and cinder trail starts there and goes about 18 miles from Gorham to Jefferson. Best section for families is the first slightly uphill section to Pinkham B Rd(4mi) that follows Moose River.

Dirt Roads and Trails

Great Glen Trails, Pinkham Notch: Take RT 16 North from Glen to Pinkham Notch and Auto Road. Carriage roads and single track appeal to riders of all abilities in a safe, scenic area. \$10 bike pass to ride trails. Rentals available.