

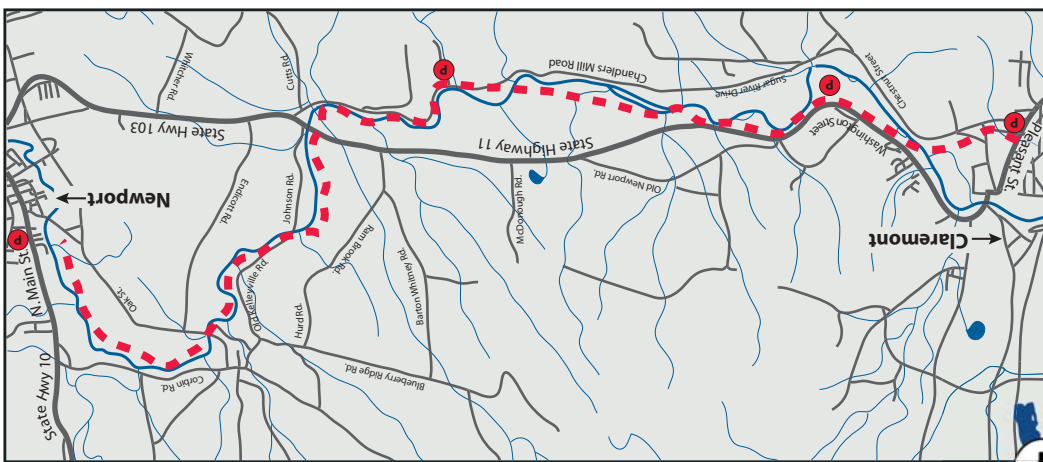


Description: This multi-use trail leads visitors from the Center of Newport near the Newport Recreation Center by Washington Street, along Monadnock Park to Pleasant Street in Claremont. This trail follows the Sugar River and the now discontinued Claremont-Concord Railroad bed.

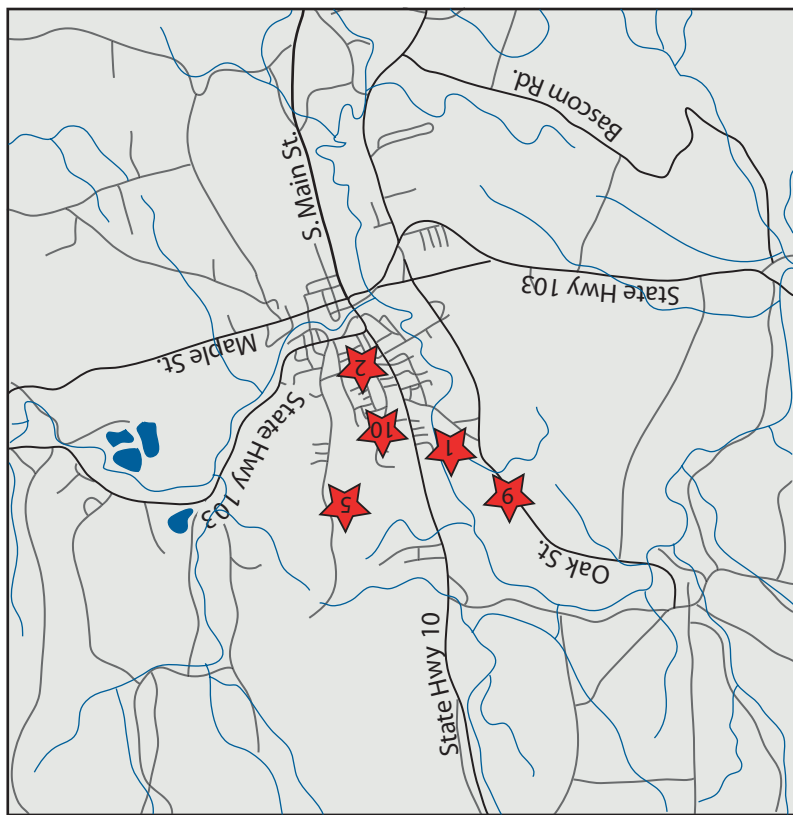
Parking: Available at the Newport Recreation Center in Newport, off Washington Street in Claremont and at American Plate Glass off Pleasant Street. Parking also available at the Sugar River Bridge and along Chlanders Mills Road.

Distance: 9.5 miles

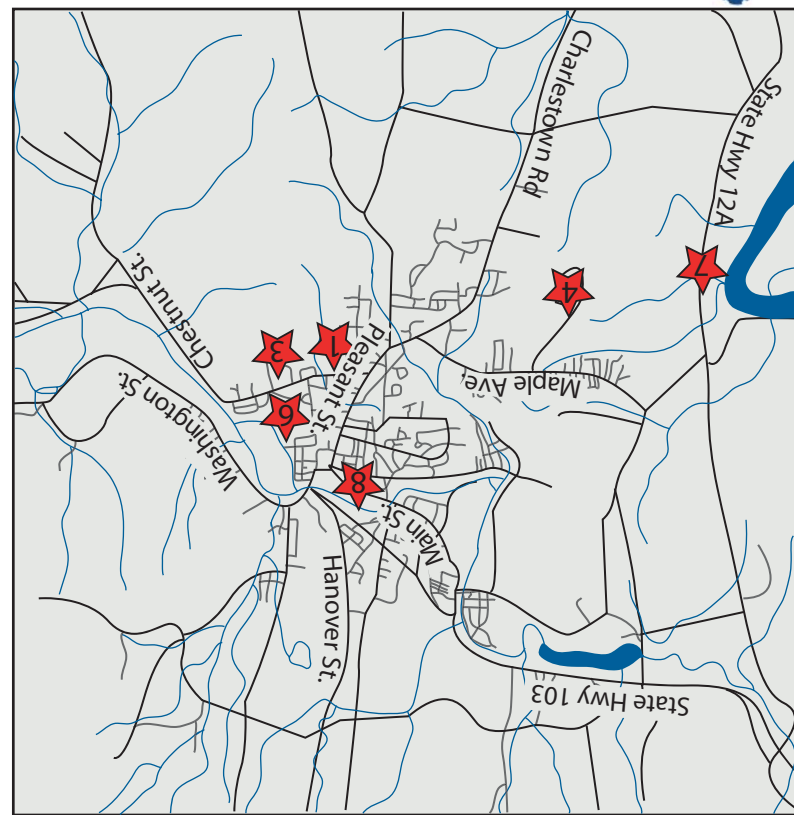
Sugar River Rails-to-Trails



- Trails**
1. Sugar River Rails to Trails - stretches from Claremont to Newport
 2. Newport Downtown Historic Route
 3. Arrowhead Park
 4. Moody Park
 5. Newport Town Forest
 6. Coach Parker Sports Complex at Monadnock Park
 7. Industrial Park Walking Route
 8. Downtown Claremont Historic Route
 9. Oak Street Loop
 10. Track at the Newport Recreation Complex



Newport



Claremont

The Claremont/Newport Walking Guide is brought to you by:

- Partners for Community Wellness**
- Claremont Parks and Recreation
 - Greater Claremont Chamber of Commerce
 - Connecticut Valley Home Care & Hospice
 - Foundation for Healthy Communities
 - NH Community Technical College
 - Newport Chamber of Commerce
 - Newport Parks and Recreation
 - UNH Cooperative Extension of Sullivan County
 - Valley Regional Hospital

Claremont & Newport

Walking Guide

Take the Challenge!

Every step counts! Challenge yourself to take a walk on all 10 routes/areas listed in this guide. You'll be glad you did as you explore the many walking options Claremont and Newport have to offer: scenic nature trails, history by foot, and friendly, walkable neighborhoods. Just check them off as you complete each one!



www.take10steps.org

For more information please contact Claremont Chamber of Commerce 603-543-1296



Design funded by Claremont Parks & Recreation



"Moving Claremont and Newport toward better heart health"

Walk Checklist

- Sugar River Rails to Trails
- Newport Historic Route
- Arrowhead Park
- Moody Park
- Newport Town Forest
- Coach Parker Sports Complex Track at Monadnock Park
- Industrial Park Walking Route
- Claremont Historic Route
- Oak Street Walk
- Newport Recreation Complex Track

Experts recommend that all adults get at least 30 minutes of moderate physical activity on most, if not all, days of the week and children 60 minutes a day.* These recommendations have been shown to improve health by reducing the risk of heart disease, helping control blood pressure, cholesterol, blood sugar and weight. More importantly, when you exercise on a daily basis you will feel stronger, happier, healthier and have more energy. Remember **EVERY** step counts.

Every step counts!

The idea is to make a commitment to **TAKE 10!** - Because every step counts.

It's easier than you think!

Moderate activities are those that are done at a brisk pace; like when you are rushing to catch a bus. Brisk walking is a perfect example of moderate physical activity.

30 minutes? Who has time?

Steps to A Healthier You: Every step counts!

Level of Trail Difficulty

- Easy
- Moderate
- ▲ Difficult

Activity Symbols

- Hiking/Walking
- Logging/Running
- Dogs allowed on leash
- Snowshoeing
- Cross-Country Skiing
- Biking

Key



- Going off road? Add these safety tips...**
- Bring a flashlight
 - Carry ID
 - Know first aid skills
 - Be aware of hunting seasons!
 - For dates of hunting seasons, call the NH Fish and Game Department at 271-3211 or visit <http://www.wildlifefirst.state.nh.us>.
 - Wear hunter orange hats and vests to make yourself visible to possible hunters.

- Safe Walking Tips**
- Walk facing traffic, on sidewalks or paths. Walk as far to the left as possible if there are no sidewalks.
 - Wear bright colored clothing.
 - In conditions of poor visibility (including dawn, dusk, and at night), wear reflective clothing and carry a flashlight.
 - Wear comfortable walking shoes.
 - Exercise with a friend.
 - Watch the weather, dress appropriately.
 - Drink plenty of water.
 - Follow all traffic signals and signs.
 - Cross at corners using traffic signals and crosswalks.
 - Try to make eye contact with drivers before crossing in front of them and always use crosswalks.
 - Know your route. Tell someone where you are going and when you will be back.

*Centers for Disease Control and Prevention

2

Newport Downtown Historic Route
Newport

Distance: ~1 mile

Description:

- Starting at the white Baptist church on the corner of RT. 10 and Park St., head down Park St.
- Continue down Park St. (it follows alongside the Town Common)
- Take a left onto Sunapee Street up a small hill, then a right onto Central St.
- At the end of Central St. (next to Huberts) go across Main Street
- After crossing, take a right and continue down Main Street
- Cross back over Main Street at the Yellow Library—this will bring you back to the Baptist church

Parking: Available along route

3

Arrowhead Park
Claremont

Distance: 2 miles

Description: Arrowhead ski area is just a short walk from downtown Claremont. At the top of the ski hill are beautiful views of the City and the Connecticut Valley Region.

NOTE: For information regarding winter activities visit www.arrowheadnh.com
Trail not open during mud season, dogs not allowed in winter.

Parking: Parking lot available

4

Moody Park
Claremont

Distance: Over 10 miles of trails:

- Indian Trail: 4.25 mi
- Tall Pines Trail: 2.5 mi
- Track Trail: 1.25 mi
- Too Cool Trail: 2.25 mi

Description: Moody Park measures 325 acres in size. Visitors to the park are greeted with tennis courts and a children's playground. Towering pines shelter picnic tables further up the paved road.

NOTE: Memorial Day to Labor Day open 8am-8:30 pm, Labor Day to Columbus Day open weekends only. Off seasons only foot traffic is allowed.

Parking: Parking lot available

5

Newport Town Forest
Newport

Distance: 10+ miles

Description: The Newport Town Forest includes 10+ miles of trails of varying steepness and terrain. Trails connect to reach the summit of The Pinnacle presenting you with excellent views of the surrounding area. For an easier walk enjoy the Newport Recreation Complex's Nature Boardwalk located behind the Newport Recreation Complex.

Parking: At Newport Recreation Complex

6

Coach Parker Sports Complex at Monadnock Park
Claremont

Distance: ¼ mile track

Notes:

- Track is available during the year as conditions allow.
- Track is not to be used when under snowcover.
- Proper running or walking shoes are required on the track.
- Please abide by all posted rules and regulations.
- No bikes, strollers, rollerblades, skate boards or other wheeled recreational vehicles or motorized vehicles such as motorcycles, ATV's, scooters and the like.

Parking: Parking lot available

7

Industrial Park Walking Route
Claremont

Distance: 5 miles

Description: Starting at the parking lot of the Claremont Connecticut River Boat Landing on Ferry Landing Road turn right (south) on Route 12 A. Take a left onto Grissom Lane and follow it to Route 12. Turn around and follow the route back down Grissom Lane to Route 12A and your starting point on Ferry Landing Road.

- Route is approximately 5 mi
- Ferry Landing to Grissom Lane = 1.1 mi
- Grissom Lane to Rt. 12 = 1.2 mi
- Return on Grissom Lane = 1.2 mi
- Grissom Lane to Ferry Landing = 1.1 mi

Parking: Connecticut River Boat Landing on Ferry Landing Road

8

Downtown Claremont Historic Route
Claremont

Distance: ~1 mile

Description:

- Starting at Opera House Square, head up Main Street
- Bear left onto Central Street
- Take a right on Pearl Street and then a left back onto Main Street
- Go right onto Heritage Drive
- Take a right at the Rubber Mill, down an alleyway between two mill buildings.
- At end, take a left back onto Main Street
- Bear left onto Water Street
- Right on Tremont Street at the Police Station and back to Opera House Square

Parking: Available along route

9

Oak Street Loop
Newport

Distance: 5.2 miles

Description:

- Travel north on Route 10 from the Newport High School and take a left onto Corbin Road.
- Follow through the historic Corbin Covered Bridge and Scenic Area.
- Make a left onto Oak Street and follow back over the Sugar River and down a sizeable hill and back to Route 10.
- Take a left back onto Route 10 and return to Newport High School.

Parking: Available at Newport High School

10

Track at the Newport Recreation Complex
Newport

Distance: ¼ mile 6 lane track

Hours: Open all hours for community use. Closed during High School games and other seasonal functions.

Parking: Parking lot available