

For the Franklin Falls Dam Trails (listed as 1,2,3) Parking is available at the dam entrance off Route 127, and bathroom facilities are available across from dam office. Dogs are allowed on leash — you MUST clean up after them. For more information contact the office at (603) 932-2116. Additional biking and walking trails are available on the Franklin Falls Dam. Please refer to the Trail Map at the kiosk or visit www.cnhnemba.org

1. Franklin Falls Dam, 1.5 miles

This is an easy and scenic walk on a paved surface. Benches are located along the way. Visit the gazebo at the far end of the dam for a great picnic spot.

Latitude: 43.471889 Longitude: -71.650314



2. Piney Point Nature Trail, Franklin Falls Dam, ¼ mile

Created by the US Army Corps of Engineers this trail is located to the left of Franklin Falls Flood Control Dam, the Piney Point Nature Trail is marked with yellow blazes. It loops around Piney Point peninsula just downstream from the dam. Terrain and level of difficulty varies. The trailhead starts on a tar road just past the dam project office on the left and then changes to a dirt path soon after.

Latitude: 43.470425 Longitude: -71.6537488



3. Heritage Trail, Franklin Falls Dam, 2 miles

Built by the US Army Corp of Engineers this trail access is located to the right of Franklin Falls Dam (look for Heritage Trail Marker), the Heritage Trail is marked with yellow blazes. Trail ends at Salmon Brook Bridge at Giles Pond. Terrain and level of difficulty varies, but is mostly level with some small hills. This dirt path passes through an old mill site, across brooks, pine and mixed forest views of Mt. Kearsarge and the river.

Latitude: 43.471889 Longitude: -71.650314



4. Shaw Cove Trail, 3 miles

Created by the US Army Corps of Engineers, Take Route 127 to Prescott Road, and then take a left onto Weeks Road. Bear left at Shaw Hill and continue past the Sanbornton Transfer Station on your left. Park and walk in a wooded setting along this Class 6 dirt road to the boat launch. Cross over Weeks Brook Bridge. From the trail entrance to the boat launch is 0.8 mile. Continue on the road by foot or bicycle along the Pemigewasset River, where you will find an open riverside with wildlife feed plots. Continue to Knowles Brook Bridge, approximately 2.2 miles from Weeks Brook Bridge. Restroom facilities are not available. For more information contact the office at (603) 932-2116.

Latitude: 43.501671 Longitude: -71.658478



5. Knowles Pond Conservation Area; Several short trails (> 1 mile) combined make longer walks

Take Route 140 and turn right onto Shaker Road. Bear right on Fiske Road and continue straight on Knowles Pond Road. Take a right on Rand Road. Parking is on the right at trail head with trail guides available at the kiosk. This trail is a dirt path that runs through the woods and along Knowles Pond. Several signs are located along the way pointing out hemlock stands, wetland sites, and several wildlife habitats. Dogs are allowed.

Latitude: 43.428303 Longitude: -71.530907



6. Tanger Outlet Center; 4/10 mile

The Tanger Outlet Center is located just off Interstate 93, exit 20 on Route 3 North. Parking is available in the mall parking lot. Start at one end of the shops and follow the sidewalk along the store fronts. This is a walk you can do in inclement weather. Bathrooms are available when stores are open. Dogs are allowed on a leash, but not in stores.

Latitude: 43.459339 Longitude: -71.562393



7. Winnisquam High School Track; ¼ mile - 1x

Take West Main Street towards Tilton. Park at High School; track is behind school. Dogs are not allowed.

Latitude: 43.444519 Longitude: -71.604439



8. Bristol Multi-Use Path; 1 ½ miles

From Downtown Bristol, take 3A North. Park and access trail directly across from Old Mill Properties. This paved path connects downtown Bristol to Newfound Lake. Trail connects with a short walk along 3A.

Latitude: 43.601983 Longitude: -71.745913



9. Winnepesaukee River Trail • 5 miles

The Winnepesaukee River Trail is a trail that runs from Central Street in Franklin to Route 140 in Tilton. Motorized vehicles are prohibited. See historical markers from days past highlighting the railroad and mill industry.

There are several places to access this hard pack rail trail beauty!

- Franklin, Central Street: Park in downtown Franklin at Trestle View Park. Access trail across Central Street under the railroad bridge. **Latitude: 43.445335 Longitude: -71.643425**

- Franklin, Cross Mill Road: Park on Cross Mill Road off Central Street and access trail from Road.

- Northfield, Surette Battery Park: Park at Surette Battery Park off of Park Street in Northfield (across the street from the library and near the railroad terminal) Trail starts to the left beyond the chain linked fence. **Latitude: 43.441059 Longitude: -71.594513**

- Tilton: East Main Street/Morrison Road: Access Trail at the corner of 142 East Main Street and Morrison Ave, off Route 3. **Latitude: 43.446339, Longitude: -71.579741**

www.winnirivertrail.org



10. Profile Falls

Take Route 3A North towards Bristol. Turn right onto Profile Falls Road just over the Bristol town line before the stone bridge. Follow this road about 1/4 mile and take a right into Profile Falls at yellow gate.

- Park in the lot on the right and follow the short path to the falls.
- Park in the lot to the left and walk along the dirt road to the picnic area along the river.
- Park at the end of the road and follow this flat dirt road to Franklin.

Latitude 43.5685 Longitude -71.7344



11. Tilton Arch

From Downtown Tilton, take School Street and then take a left on Elm Street. Bear right onto Summer Street and take a Right into Arch Park. Park at the end of the Road. Take a short walk up a paved walkway to the top of Arch Hill to see the spectacular views of the surrounding countryside and the Tilton Memorial Arch. A great place to have a picnic.

Latitude: 43.439640 Longitude: -71.588219



12. Veteran's Memorial Recreation Area

Operated by the Franklin Outing Club, this area includes a variety of trails accessible year round. When snow permits, the downhill ski area is open for use. Hiking and biking trail development is still underway. The trail head map featuring current blazed and maintained trails is available at the parking area and trail head off of Flaghole Road in West Franklin. Restrooms are available when the lodge is open. There is a chemical toilet at Shaw Pond (at the Boy Scout camp).

www.franklinskiarea.com



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www.healthn.org

- ▶ Choose Franklin
- ▶ Caring Community Network of the Twin Rivers
- ▶ Franklin Mayor's Drug Task Force
- ▶ City of Franklin
- ▶ LRGHealthcare

Greater Franklin Healthy Eating Active Living Coalition includes the following community partners:



Walking & Trail Guide

for the Greater Franklin Area

Make the Move!

Downtown routes

12. River Street; 2 miles

Parking can be found at the Brick Pump Station at the beginning of the road. Located just past Franklin Falls Hydro Dam (downtown Franklin), the River Street walk is a 4-mile jaunt up the road and back. It is flat and can be enjoyed for activities such as walking, biking, and roller-blading. Traffic is low, but still keep an eye out for cars and stay to the side of the road.

Latitude: 43.438633 Longitude: -71.648270



ROUTE:

13. FRH Wellness Walk #1; ¼ mile

Park at Franklin Regional Hospital. Start at the hospital, take a left on Aiken Avenue. Take a quick left onto Beaton Street. Go to the T-intersection and take a left onto Rowell Drive. Rowell Drive bends to the left and comes out on Edwards Street behind the hospital. Take a left onto Edwards Street. Follow Edwards Street to the T-intersection with Beaton Street. Take a right onto Beaton Street and then turn right onto Aiken Avenue to return to the hospital.

Latitude: 43.47787 Longitude: -71.643837



ROUTE: _____

14. FRH Wellness Walk #2; 2 miles

Starting at the hospital, take a left on Aiken Avenue. Take a quick left onto Beaton Street. Turn left onto Edwards Street, which will take you behind the hospital. Edwards Street becomes Freedom Drive. Follow this until you see Independence Drive. Turn right onto Independence Drive and follow to the T-intersection with Babbit Road. Turn right onto Babbit Road. Follow Babbit Road and turn right onto Sanborn Street. Pass Franklin Middle School on your right and take a right onto Rowell Drive. Rowell Drive bends to the left and comes out on Edwards Street behind the hospital. Turn left onto Edwards Street. Follow Edwards Street to the T-intersection with Beaton Street. Take a right onto Beaton Street and then turn right onto Aiken Avenue to return to the hospital.

Latitude: 43.47787 Longitude: -71.643837



ROUTE:

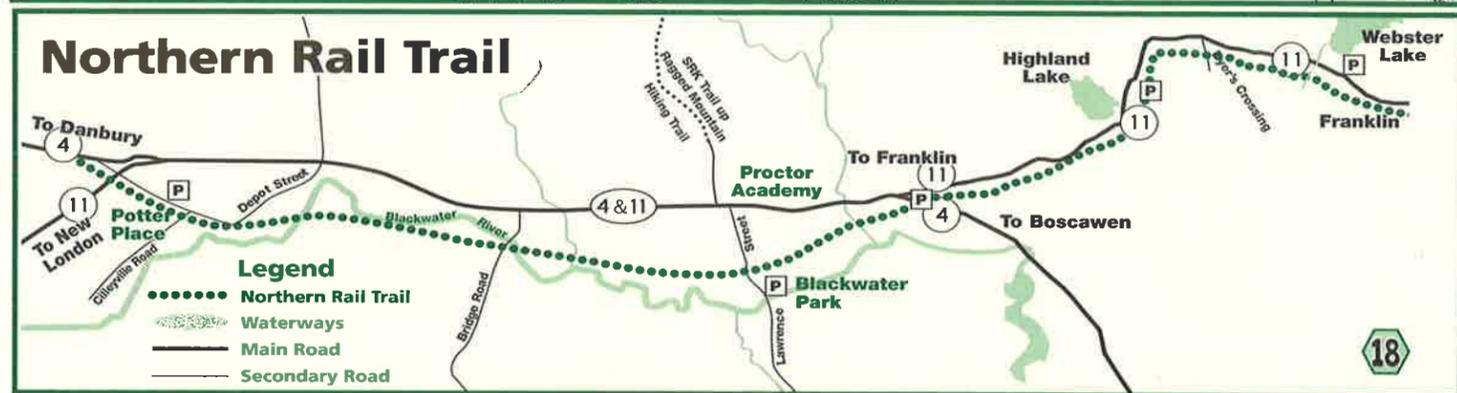
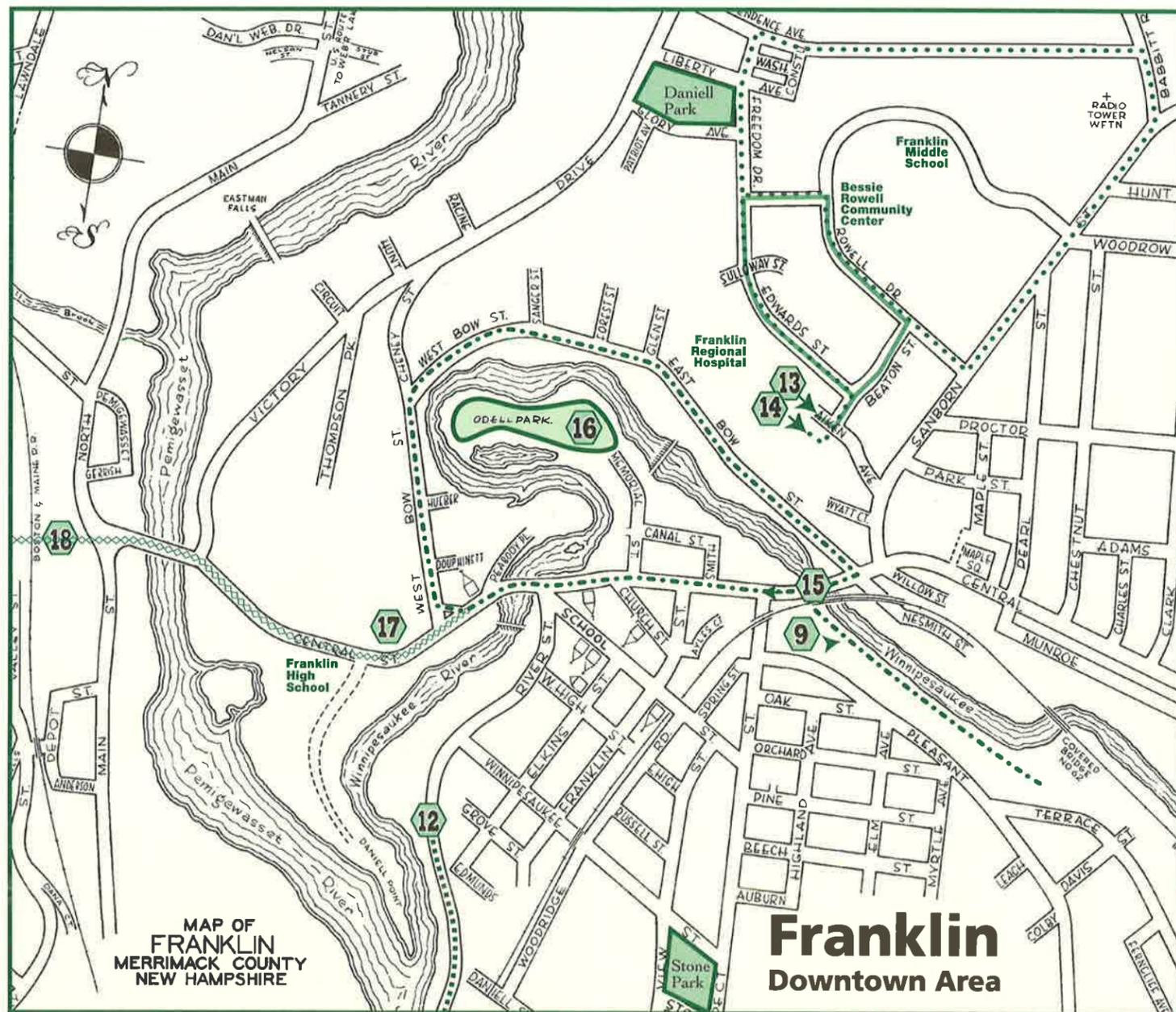
Healthy Eating Active Living

Engaging in physical activity and eating healthy foods everyday has a powerful and positive impact on a person's health. The benefits include improved blood pressure, cholesterol, and blood glucose levels, as well as helping to reduce stress and decreasing your risk for heart disease!

Make the Move with 5-2-1-0!

- 5** Eat fruits and vegetables at least 5 times a day
- 2** Limit recreational "screen time" to 2 hours per day (TV, computer, etc.)
- 1** Try and engage in an hour of physical activity each day, this is especially important for youth
- 0** Cut out sugar sweetened drinks such as sodas, sports drinks, and fruit drinks

For more information on the Greater Franklin HEAL Coalition, Visit www.healnh.org or visit us on Facebook @ Greater Franklin HEAL Coalition.



Walk, Look, and Listen! Make a family walk fun with this scavenger hunt! Check off the items you hear, see, or find along the way.

<input type="checkbox"/> Water	<input type="checkbox"/> Insect	<input type="checkbox"/> Birch tree	<input type="checkbox"/> Flower
<input type="checkbox"/> Bicycle	<input type="checkbox"/> Bridge	<input type="checkbox"/> Bird	<input type="checkbox"/> Squirrel or Chipmunk

Downtown routes

15. Bow Street Circle; 1 ½ miles

Parking is available along Central Street or at Trestle View Park. The walking circle starts to the right of Grevior Furniture and follows Bow Street as it circles around the Winnepesaukee River. You end up on West Bow Street. Take a left onto Central Street and follow it until you reach the beginning of Bow Street again by Grevior Furniture or at Trestle View Park.

Latitude: 43.445335 Longitude: -71.643425



ROUTE:

16. Odell Park River Walk; ½ mile

Located in Odell Park at the end of Memorial Street. Begin this scenic hard pack trail at the gazebo to the left of the parking lot. Explore nature in the heart of downtown Franklin as you see evidence of beaver, waterfowl, and plant life. Four fitness stations are available around the trail to help you achieve a well rounded workout! Fitness stations are ADA compliant.

Latitude: 43.445927 Longitude: -71.648460



ROUTE: _____

17. Rail Trail Connector; ¼ mile

Located on South Main Street in West Franklin. Park at the Congregational Church: Latitude: 43.4440704 Longitude: -71.659592 or the Irving Gas Station: Latitude: 43.435974 Longitude: -71.655876 in West Franklin. Walk or bike up small access path at the rear of the parking lot. This trail connects the Northern Rail Trail with the Bow Street Circle and the Winnepesaukee River Trail.



ROUTE:

18. Northern Rail Trail; 56 miles

Explore this beautiful, hard-packed trail connecting Boscawen to Lebanon - built by the Friends of the Northern Rail Trail (FNRT) in Merrimack and Grafton County. Visit www.fnrt.org

Access to the trail is available at:

In Andover

- at the Potter Place R.R. Station, Depot St. in Potter Place: N 43° 26' 10.1", W 071° 51' 19.1"
- at the Blackwater Park 0.5 miles S. of Routes. 4 & 11 on Lawrence St., Andover: N 43° 26' 01.4", W 071° 49' 16.3"
- at the Fire Station on Channel Road at Highland Lake in E. Andover (parking at the fire station is not permitted): N 43° 27' 31.6", W 71° 44' 53.3"
- at the intersection with Dyer's Crossing Road, East Andover: N 43° 28' 18.3", W 071° 43' 28.5"

In Franklin

- at the intersection of Chance Pond Road and Rte 11 at Webster Lake: N 43° 27' 33.50", W 71° 51' 53.50"
- where the trail crosses Holy Cross Road at Webster Place: N 43° 24' 24", W 71° 39' 11"

In Boscawen

- at Gerrish Depot on Rte. 3: N 43° 21.914' W 071° 39.037'
- at Depot Street in the center of Boscawen: N 43° 18.994' W 071° 37.140'



The use of alcohol and tobacco products is prohibited in the City of Franklin recreation areas and facilities. Violators subject to fine per ordinance #11-10 and Policy 101-1.

