

# WELCOME TO NEW HAMPSHIRE STATE PARKS

Escape from the hectic pace of everyday living and enjoy one of New Hampshire's State Park properties. Just think: Wherever you are in New Hampshire, you're probably no more than an hour from a New Hampshire State Park property. Our state parks, historic sites, trails, and waysides are found in a variety of settings, ranging from the white sand and surf of the Seacoast to the cool lakes and ponds inland and the inviting mountains scattered all over the state.

What's your thing? Swimming, fishing, or hiking? Camping, picnicking, or ATVing? Whatever your preference in recreation, our state parks have something for you. And best of all, you'll find that state parks offer some of the best buys for your recreation dollar. So pack your car, grab your map, and bring your family along for some fun in New Hampshire's State Parks!



[nhstateparks.org](http://nhstateparks.org)

**MAP KEY:**

- campground
- mountain
- rail trail
- ATV riding available
- park/historic site
- ski area



## New Hampshire State Parks Amenities at a Glance

Region	Restrooms*	Pets**	Biking	Boat Launch	Boating	Camping	Fishing	Hiking	Picnicking	Swimming	Winter Use
<b>Great North Woods Region</b>											
1 Androscoggin Wayside	•	•	•	•	•	•	•	•	•	•	•
2 Beaver Brook Falls Wayside	•	•	•	•	•	•	•	•	•	•	•
3 Coleman State Park	•	•	•	•	•	•	•	•	•	•	•
4 Connecticut Lakes Headwaters Working Forest	•	•	•	•	•	•	•	•	•	•	•
5 Deer Mountain Campground	•	•	•	•	•	•	•	•	•	•	•
6 Dixville Notch State Park	•	•	•	•	•	•	•	•	•	•	•
7 Forest Lake State Park	•	•	•	•	•	•	•	•	•	•	•
8 Jericho Mountain State Park	•	•	•	•	•	•	•	•	•	•	•
9 Lake Francis State Park	•	•	•	•	•	•	•	•	•	•	•
10 Milan Hill State Park	•	•	•	•	•	•	•	•	•	•	•
11 Mollidgewock State Park	•	•	•	•	•	•	•	•	•	•	•
12 Nansen Wayside	•	•	•	•	•	•	•	•	•	•	•
13 Umbagog Lake State Park	•	•	•	•	•	•	•	•	•	•	•
14 Weeks State Park	•	•	•	•	•	•	•	•	•	•	•
<b>White Mountains Region</b>											
15 Bedell Bridge Historic Site	•	•	•	•	•	•	•	•	•	•	•
16 Crawford Notch State Park	•	•	•	•	•	•	•	•	•	•	•
17 Echo Lake State Park	•	•	•	•	•	•	•	•	•	•	•
18 Eisenhower Memorial Wayside	•	•	•	•	•	•	•	•	•	•	•
19 Franconia Notch State Park	•	•	•	•	•	•	•	•	•	•	•
20 Lake Tarleton State Park	•	•	•	•	•	•	•	•	•	•	•
21 Moose Brook State Park	•	•	•	•	•	•	•	•	•	•	•
22 Mount Washington State Park	•	•	•	•	•	•	•	•	•	•	•
<b>Dartmouth/Lake Sunapee Region</b>											
23 Cardigan Mountain State Park	•	•	•	•	•	•	•	•	•	•	•
24 Gardner Memorial Wayside	•	•	•	•	•	•	•	•	•	•	•
25 Mount Sunapee State Park	•	•	•	•	•	•	•	•	•	•	•
26 Pillsbury State Park	•	•	•	•	•	•	•	•	•	•	•
27 Rollins State Park	•	•	•	•	•	•	•	•	•	•	•
28 Sculptured Rocks Geological Site	•	•	•	•	•	•	•	•	•	•	•
29 Wadleigh State Park	•	•	•	•	•	•	•	•	•	•	•
30 Winslow State Park	•	•	•	•	•	•	•	•	•	•	•
<b>Lakes Region</b>											
31 Ahera State Park	•	•	•	•	•	•	•	•	•	•	•
32 Daniel Webster Birthplace Historic Site	•	•	•	•	•	•	•	•	•	•	•
33 Ellacoya State Park	•	•	•	•	•	•	•	•	•	•	•
34 Endicott Rock Historic Site	•	•	•	•	•	•	•	•	•	•	•
35 Governor Wentworth Historic Site	•	•	•	•	•	•	•	•	•	•	•
36 Madison Boulder Natural Area	•	•	•	•	•	•	•	•	•	•	•
37 Wellington State Park	•	•	•	•	•	•	•	•	•	•	•
38 Wentworth State Park	•	•	•	•	•	•	•	•	•	•	•
39 White Lake State Park	•	•	•	•	•	•	•	•	•	•	•
<b>Monadnock Region</b>											
40 Annett Wayside	•	•	•	•	•	•	•	•	•	•	•
41 Chesterfield Gorge Natural Area	•	•	•	•	•	•	•	•	•	•	•
42 Franklin Pierce Homestead Historic Site	•	•	•	•	•	•	•	•	•	•	•
43 Greenfield State Park	•	•	•	•	•	•	•	•	•	•	•
44 Miller State Park	•	•	•	•	•	•	•	•	•	•	•
45 Monadnock State Park	•	•	•	•	•	•	•	•	•	•	•
46 Pisgah State Park	•	•	•	•	•	•	•	•	•	•	•
47 Rhododendron State Park	•	•	•	•	•	•	•	•	•	•	•
<b>Merrimack Valley Region</b>											
48 Bear Brook State Park	•	•	•	•	•	•	•	•	•	•	•
49 Clough State Park	•	•	•	•	•	•	•	•	•	•	•
50 Hannah Duston Memorial Historic Site	•	•	•	•	•	•	•	•	•	•	•
51 Northwood Meadows State Park	•	•	•	•	•	•	•	•	•	•	•
52 Pawtuckaway State Park	•	•	•	•	•	•	•	•	•	•	•
53 Robert Frost Farm Historic Site	•	•	•	•	•	•	•	•	•	•	•
54 Silver Lake State Park	•	•	•	•	•	•	•	•	•	•	•
55 Taylor Mill Historic Site	•	•	•	•	•	•	•	•	•	•	•
<b>Seacoast Region</b>											
56 Fort Constitution Historic Site	•	•	•	•	•	•	•	•	•	•	•
57 Fort Stark Historic Site	•	•	•	•	•	•	•	•	•	•	•
58 Hampton Beach State Park	•	•	•	•	•	•	•	•	•	•	•
59 Jenness State Beach	•	•	•	•	•	•	•	•	•	•	•
60 Kingston State Park	•	•	•	•	•	•	•	•	•	•	•
61 North Beach	•	•	•	•	•	•	•	•	•	•	•
62 North Hampton State Beach	•	•	•	•	•	•	•	•	•	•	•
63 Odiorne Point State Park	•	•	•	•	•	•	•	•	•	•	•
64 Rye Harbor State Park	•	•	•	•	•	•	•	•	•	•	•
65 Wallis Sands State Park	•	•	•	•	•	•	•	•	•	•	•
66 Wentworth-Coolidge Mansion Historic Site	•	•	•	•	•	•	•	•	•	•	•
67 White Island Historic Site	•	•	•	•	•	•	•	•	•	•	•

• = Available   • = Available with some restrictions  
 \* **Restrooms:** Facilities may include flush or pit toilets and showers. For more information, contact the specific park.  
 \*\* **Pets:** Note that in some cases, pets are allowed only in certain park areas. Check with the park for its specific pet policy.

**Recreational Rail Trails offer a variety of opportunities. Visit [nhtrails.org](http://nhtrails.org) for a list of permitted activities on each trail.**

Recreational Rail Trails (listed north to south)	miles
1 Upper Coos Recreational Trail (Colebrook-Beecher Falls)	10.5
2 Presidential Recreational Trail (Jefferson-Gorham)	18.3
3 Ammonoosuc Recreational Trail (Woodsville-Littleton)	19.2
4 Profile Recreational Trail (Bethlehem)	1.5
5 Warren Recreational Trail (Warren)	4.0
6 Northern Recreational Rail Trail (Boscawen-Lebanon)	59.3
7 Wolfboro Branch Recreational Trail (Wolfboro-Wakefield)	11.0
8 Sugar River Recreational Trail (Newport-Clairemont)	9.5
9 Farmington Recreational Trail (Farmington-Rochester)	6.0
10 Cheshire Recreational Rail Trail (North Walpole-Fitzwilliam)	42.0
11 Hillsborough Recreational Trail (Hillsborough-Bennington)	7.7
12 Rockingham Recreational Trail, Fremont Branch (Route 107 Fremont-Route 28 Derry)	18
13 Rockingham Recreational Trail, Portsmouth Branch (Manchester-Newfields)	25.3
14 Fort Hill Recreational Rail Trail (Hinsdale)	8.9
15 Ashuelot Recreational Rail Trail (Keene-Winchester)	21.0
16 Monadnock Recreational Trail (Massachusetts line-Jaffrey)	7.2
17 Greenville Recreational Trail (Greenville)	2.2
18 Manchester/Lawrence Recreational Rail Trail (Salem-Windham)	5.4



Several of New Hampshire's state parks are located on or near mountains. Some offer scenic auto roads, and all offer hiking trails.



Swimming, fishing, canoeing, and other water activities, either freshwater or ocean, are major features of many of New Hampshire's state parks.



State Historic Sites preserve and extend New Hampshire's cultural and historical heritage. These 16 sites let visitors experience New Hampshire's history.



In addition to miles of OHV riding trails, many of our parks offer opportunities for mountain biking for all abilities.



New Hampshire State Parks offer wonderful winter activities, from skiing, snowmobiling, and snowshoeing to wildlife viewing, camping, and more.



New Hampshire State Parks include 19 campgrounds offering a range of accommodations, from primitive sites to full hookups, as well as cabins and yurts.