

Brookside Church

Parking: On-street parking in front of Brookside Church (do not use church parking lot)

Start: 2013 Elm St, Manchester, NH 03104

Route Description: Use sidewalks to reach Stark Park. Terrain is mostly even with some inclines within the park.

Cedar Swamp Preserve

Parking: Trailhead parking area off Countryside Boulevard

Start: Cedar Swamp Preserve trailhead

Route Description: Wooded preserve with natural trails. Terrain may vary.

Lake Massabesic

Parking: Lake parking lot, 16 Londonderry Turnpike, Auburn, NH

Start: From parking lot onto Rockingham Recreational Trail (eastbound)

Route Description: Wooded trail with flat terrain.

Livingston Park

Parking: Near the warming hut, 156 Hooksett Road, Manchester, NH

Start: At the warming hut

Route Description: Compacted dirt trail, generally flat.

Manchester / Goffstown Rail Trail (Westbound)

Parking: West Side Ice Arena, 1 Electric St, Manchester, NH

Start: From parking lot onto Piscataquog Rail Trail

Route Description: Head west toward Goffstown on a paved rail trail, mostly flat.

Massabesic Ballpark

Parking: Ballpark parking lot, Londonderry Turnpike (across from the lake)

Start: From parking lot onto Rockingham Recreational Trail

Route Description: Wooded trail, partly paved, flat terrain.

Nutts Pond

Parking: Manchester Commons Shopping Center (former Shaw's), 375 South Willow St, Manchester, NH

Start: From parking lot

Route Description: Paved rail trail through a wooded area, mostly level.

Pine Grove Cemetery

Parking: Our Lady of Cedars Church lot, 140 Mitchell St, Manchester, NH

Start: From parking lot to cemetery entrance via sidewalk

Route Description: Paved loop around the cemetery, level terrain.

Prout Park

Parking: Prout Park parking lot off Young St (near playground)

Start: Walking loop at end of parking lot

Route Description: Paved loop around baseball field; laps recommended.

Rockingham Rail Trail (Mammoth Rd Access)

Parking: Elliott Medical Group lot on Mammoth Rd

Start: Enter trail near former CVS location

Route Description: Follow trail to Hanover St and return; paved, mostly flat.

Stark Park

Parking: Inside park near gazebo (do not park on grass)

Start: River Road heading north toward SNHU

Route Description: Sidewalk route with one significant hill.

Manchester Rail Trail (Eastbound)

Parking: West Side Ice Arena, 1 Electric St, Manchester, NH

Start: From parking lot onto Piscataquog Rail Trail

Route Description: Head east toward downtown Manchester on a paved, mostly flat trail.