



## **Cycling Trails and Facilities for Senior Bikers in New Hampshire**

New Hampshire is a haven for cyclists, offering an array of trails and facilities that cater to riders of all levels. For senior cyclists looking to stay active, enjoy the scenic beauty of the state, and connect with like-minded enthusiasts, there are numerous options available. In this article, we'll explore some of the best cycling trails and facilities that New Hampshire has to offer, focusing on those that are particularly well-suited for senior bikers.

### **1. The Northern Rail Trail**

**Location:** Lebanon to Boscawen

**Length:** 58 miles

The Northern Rail Trail is one of the longest rail trails in New Hampshire, offering a smooth and relatively flat ride through picturesque landscapes. This trail is perfect for senior cyclists who prefer a leisurely pace. Along the way, riders can enjoy beautiful views of lakes, forests, and quaint New Hampshire towns. The trail is well-maintained and features numerous access points, making it easy to choose a ride length that suits your stamina.

### **2. Franconia Notch Bike Path**

**Location:** Franconia Notch State Park

**Length:** 8.8 miles

For those looking for a shorter but equally stunning ride, the Franconia Notch Bike Path provides an excellent option. This paved trail runs through the heart of Franconia Notch State Park and offers breathtaking views of the White Mountains. The path is a bit more challenging with some hills, but the scenery makes it worth the effort. Cyclists can take breaks at various points of interest, including the Basin, the Flume Gorge, and Echo Lake.

### **3. Rockingham Recreational Rail Trail**

**Location:** Manchester to Newfields

**Length:** 28 miles

The Rockingham Recreational Rail Trail is another excellent option for senior cyclists. This trail features a mix of hard-packed dirt and gravel, making it suitable for hybrid or mountain bikes. The route takes riders through scenic woodlands, past wetlands, and along beautiful waterways. The trail is mostly flat, making it an enjoyable and less strenuous ride.

#### 4. Cheshire Rail Trail

**Location:** Fitzwilliam to Keene

**Length:** 42 miles

The Cheshire Rail Trail offers a peaceful ride through southwestern New Hampshire. This trail is particularly known for its historic charm, passing by old railway stations and through several small towns. The terrain is relatively flat, with a mix of surfaces including dirt, gravel, and paved sections. The trail is well-shaded in many areas, providing a cool ride even on warmer days.

#### 5. Nashua River Rail Trail

**Location:** Nashua to Ayer, MA

**Length:** 12.3 miles

While it starts in Nashua, NH, this trail extends into Massachusetts, offering a scenic and tranquil ride along the Nashua River. The paved trail is ideal for cyclists of all ages and fitness levels, featuring gentle grades and well-maintained surfaces. The route is dotted with scenic spots perfect for a leisurely picnic or a rest stop.

### Cycling Facilities and Clubs

In addition to these fantastic trails, New Hampshire boasts several cycling facilities and clubs that support senior cyclists.

- **Bike Manchester:** An initiative to promote cycling in the city, offering resources and organized rides. Website: [Bike Manchester](#)
- **Seacoast Area Bicycle Riders (SABR):** A group that organizes regular rides and events, focusing on the seacoast region. Website: [SABR](#)
- **Granite State Wheelers:** One of the largest cycling clubs in New Hampshire, offering rides and events suitable for all levels. Website: [Granite State Wheelers](#)

### Safety Tips for Senior Cyclists

- **Stay Hydrated:** Always carry water and stay hydrated, especially on longer rides.
- **Wear a Helmet:** Ensure you have a properly fitting helmet for safety.
- **Check Your Bike:** Regularly inspect your bike to ensure it's in good working condition.
- **Ride with a Friend:** Cycling with a friend can make the experience more enjoyable and safer.
- **Know Your Limits:** Choose trails and distances that match your fitness level and stamina.

New Hampshire offers a wealth of opportunities for senior cyclists to explore the great outdoors, stay active, and enjoy the camaraderie of fellow riders. Whether you're a seasoned cyclist or new to the sport, these trails and facilities provide the perfect setting for your next adventure. So, grab your bike, hit the trails, and experience the beauty of New Hampshire on two wheels!

## Get Involved:

Explore the full schedule of events [here](#) and consider which sports resonate with you. Whether you're drawn to the adrenaline rush of a race, the precision of bowling, the strategy of tennis, or the teamwork of basketball, there's something for everyone. Sign up, train hard, and prepare to make unforgettable memories at the 2024 New Hampshire Senior Games. Encourage your family and friends to join you on this incredible journey, and together let's embrace the spirit of athleticism, camaraderie, and triumph!

### **About the New Hampshire Senior Games**

The mission of the Granite State Senior Games, Inc. (GSSG) is to promote, organize and effectively develop physical challenges, as they relate to the New Hampshire senior athlete and the 50+ population of the state of New Hampshire, undertake related activities benefiting the well-being of adults as appropriate and focusing on the development of active and healthy lifestyles. Our mission is accomplished by encouraging fitness and by providing athletic competition in a variety of sports, clinics and creative pursuits.

Founded in 1987, Granite State Senior Games, Inc. is a not-for-profit 501(c)(3) and New Hampshire Registered Public Charity all-volunteer sports and fitness organization governed by a Board of Directors. The Granite State Senior Games, Inc (GSSG) sporting events are known as the New Hampshire Senior Games (NHSG). We are New Hampshire's premier multi-sport event for the 50+ population. GSSG is the only New Hampshire organization in the state to be sanctioned by the National Senior Games Association (NSGA) to qualify senior athletes for participation in the National Senior Games held in odd-numbered years. To learn more, please visit [nhseniorgames.org](https://nhseniorgames.org).



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