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.

Whatever your interest—Swimming, fishing, or hiking? Camping, picnicking, or ATV-ing? 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

Recreational Rail Trails offer a variety of non-motorized, year-round activities. Visit nhstateparks.org for a list of permitted activities on each trail.

Recreational Rail Trails (used year-round) only
- Upper Cam Recreation Trail (Woodsville-Hanover) 13.1
- Residential Recreation Trail (Newport-Durham) 18.5
- Ammonoosuc Recreational Trail (Woodsville-Lincoln) 19.5
- Profile Recreation Trail (Berlin/Kenyon) 21.1
- Northwood Rail Trail (Woodstock) 4.9
- Northern Rail Recreation Trail (North Woodstock) 10.5
- Major Basin Recreational Trail (Woodstock) 11.5
- New Hampshire Rail Recreation Trail (Sunapee-Sandwich) 13.5
- New Hampshire Rail Recreation Trail (Sunapee-Sandwich) 19.9
- Middle River Recreation Trail (Woodstock-Stoddard) 17.7
- Rockingham Recreational Trail (Wilmot-Temple) 15.7
- Seacoast State Trail (Winnisquam State Park) 18.8
- Barnstead Rail Trail (Plymouth Notch) 0.8
- Ashland Recreational Trail (Northwood-Wilton) 13.1
- Millers Falls Recreational Trail (Derry-Westport) 5.4
- Manchester-Concord Recreational Rail Trail (Methuen-Sandwich) 4.4.

State Historic Sites preserve and extend New Hampshire’s grand history and heritage. These sites in visitor contact with New Hampshire’s history.

Facilities may include flush or pit toilets and showers. For more information, contact the specific park.

Available = Available with some restrictions. More information is on the special park.

New Hampshire State Parks include a variety of scenic areas, from quiet woods and fields to rugged peaks and vast mountainous terrain. Our state parks provide a wide range of accommodations, from primitive sites to full hookups, as well as lodges and inns.