

**Twin State Volkssport Association
Welcomes You to
The Concord Walk
An AVA Sanctioned Year Round Event**

Walk Description

The downtown trail includes the State Capitol, historic downtown Concord, and the President Franklin Pierce manse and grave site. The 10 km trail is rated 2A with a moderate hill midway along the route. The 5 km trail is rated 1A with little elevation change. Surfaces are mostly paved, with packed dirt in the cemetery and White Park. Downtown Concord has numerous places to buy food and beverage, and a number of businesses have restrooms available to visitors.

For 2020, a new 5 km walk at the Sewall's Falls Recreation Area, about 3.5 miles from downtown, will be added. This walk is rated 2B, on conservation land trails, with some small hills and a few sections with uneven footing. It is a pleasant walk, mostly through the woods along the Merrimack River. It can be done in conjunction with the downtown walk and the distance added. For this walk, sturdy shoes and a hiking stick are recommended. Also bug spray and a hat may help in the summer. There are porta-potties at the start of the route, as well as halfway through it. Carry your own water and snacks, and recommend insect repellent in the summer.

Special Programs

Little Free Libraries (20 Pine St.)

Mayflower (White Park), also Plymouth Drive on the Sewalls Falls walk

Rockin' Around the Clock (near State House)

Walking the United States/Capitals

Walk Registration:

Registration takes place online using the AVA Online Start Box, on my.ava.org. Follow the instructions provided to create a user account and sign the AVA waiver (one time). Instructions for payment are also included. Download the directions and print as needed. The POC does not provide event directions or accept alternate payment methods.

Walk Completion and Walk Credit:

Once you have physically completed the walk, please login to your Online Start Box account click on the "My Start Box" tab, then the "Finish Table" tab, then click on "Go to Finish Table" button for the event you have completed. Use the displayed entry form to submit the date and distance of your walk as well as select applicable AVA Special Programs to generate stamped "virtual" insert cards that you may choose to print out.

Driving directions for the downtown Concord NH walk**Starting Point Location:**

From I-93, take Exit 14 (Loudon Rd). Coming from south, turn left at end of ramp; coming from north, turn right. Turn left onto North Main. Go a few blocks through town to Pleasant Street. Left down hill at the light to the intersection with Storrs St. You will see Burlington Coat Factory and Market Basket ahead of you at a shopping center with plenty of stores and parking. Park where you like. There is also an indoor parking garage on Storrs St. across the street from the shopping center.



Driving directions for the Sewalls Falls walk

From I-93, take Exit 14 (Loudon Rd). Coming from south, turn right at end of ramp; coming from north, turn left. Turn right onto North Main. Go for 3.4 miles to Sewalls Falls Road. Follow Sewalls Falls Road, then right on 2nd Street when you see the golf course. Continue on 2nd Street downhill. cross the inactive railroad tracks, and continue into the Sewall's Falls State Recreation Area. Keep following the road all the way to its end, passing parking for the boat launch on your right and numerous other places to park. Approximate parking coordinates N43° 15.569 W071° 33.376.

Restrooms:

Restrooms are available in most stores at the Storrs St. shopping area. A number of the businesses along the walk route have restroom facilities.

Emergency Numbers:



In case of Emergency: Dial 911
 Event related assistance:
 Cynthia Gray: 802-498-8668

WALK DIRECTIONS

These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

1. From the parking area, go to the intersection of Storrs and Pleasant St. Extension. Walk uphill on Pleasant St. extension a short distance to Main St.
2. RIGHT on Main passing the State House on the left. You will visit it later. Cross Loudon Rd. at the light, towards the Holiday Inn.
3. At Washington St., cross Main St. at the light. Turn RIGHT and continue on Main St. passing the NH Public Radio Building.
4. At next light cross Main at Bouton St. (immediately after the Rt. 4/202 intersection) onto North Main St. (toward Pierce Mansion – note sign).
5. Go to end of street, passing the Pierce Mansion, then LEFT onto Horseshoe Pond Lane.
6. Cross N. State St. at light. LEFT on N. State and continue straight.
7. Turn RIGHT into cemetery. If snow and cemetery is not plowed, continue straight on N. State to direction #12.
8. In cemetery turn RIGHT into first opening at black wrought iron gate. Take left sidewalk inside cemetery after entering. Bear left, and then left again at last curve to Franklin Pierce's grave.
9. Exit this part of cemetery and turn RIGHT, heading towards green gate. At green gate, turn LEFT, heading towards Church St.
10. At stop sign (Church St.) turn LEFT.
11. At N. State, turn RIGHT. (Note Mary Baker Eddy house on left at Court St.)
12. Turn LEFT onto Park St, with the NH State House on your right and the NH State Library on your left.
13. Turn RIGHT onto path at Capital Building, across from the Upham Walker House. Walk to statue of Daniel Webster in front of the Capital. Be sure to tour the building if it is open.
14. Exit under archway to N. Main, then RIGHT on N. Main.

CONCORD 10K WALK

15. Turn RIGHT onto Warren St. Continue straight, crossing Green St. and N. Spring St.
16. RIGHT onto Pine St. Note Little Free Library at 20 Pine Street. Continue on Pine to Centre St., with White Park ahead of you.
17. LEFT on Centre St. along the edge of park, then RIGHT on Liberty St.
18. RIGHT into driveway into park (across from a red house) towards ballfield. Note the sign near a brown building which mentions the baseball which was played here.
19. Continue down the road with ballfield on the left and pond on the right, exiting the park on White St.
20. RIGHT on White St (no sign). At stop sign cross Washington St. at crosswalk to Perry St. (directly across).
21. At end of Perry St., turn RIGHT and almost immediately cross Centre St. (no sign) to Merrimack St.)
22. Continue on Merrimack St., crossing School and Warren Sts. Turn LEFT on Pleasant St. and continue down the hill.
23. RIGHT on S. Spring St. Cross Thorndike St. and continue on S. Spring.
24. LEFT onto Clinton St. for one block.
25. LEFT onto South St., crossing Thorndike St. and continuing on South St.
26. Cross South St. at crosswalk (brick church on opposite corner) to Fayette St. Continue on Fayette St. Cross S. State St. staying on Fayette St.
27. LEFT on S. Main St. At Pleasant St., RIGHT downhill to Storrs St. and the finish.

CONCORD 5K WALK

1. From the parking area, go to the intersection of Storrs and Pleasant St. Extension. Walk uphill on Pleasant St. extension a short distance to Main St.
2. RIGHT on Main passing the State House on the left. You will visit it later. Cross Loudon Rd. at the light, towards the Holiday Inn.
3. At Washington St., cross Main St. at the light. Turn RIGHT and continue on Main St. passing the NH Public Radio Building.
4. At next light cross Main at Bouton St. (immediately after the Rt. 4/202 intersection) onto North Main St. (toward Pierce Mansion – note sign).
5. Go to end of street, passing the Pierce Mansion, then LEFT onto Horseshoe Pond Lane.
6. Cross N. State St. at light. LEFT on N. State and continue straight.
7. Turn RIGHT into cemetery. If snow and cemetery is not plowed, continue straight on N. State to direction #12.
8. In cemetery turn RIGHT into first opening at black wrought iron gate. Take left sidewalk inside cemetery after entering. Bear left, and then left again at last curve to Franklin Pierce's grave.
9. Exit this part of cemetery and turn RIGHT, heading towards green gate. At green gate, turn LEFT, heading towards Church St.
10. At stop sign (Church St.) turn LEFT.
11. At N. State, turn RIGHT. (Note Mary Baker Eddy house on left at Court St.)
12. Turn LEFT onto Park St, with the NH State House on your right and the NH State Library on your left.
13. Turn RIGHT onto path at Capital Building, across from the Upham Walker House. Walk to statue of Daniel Webster in front of the Capital. Be sure to tour the building if it is open.
14. Continue past the front of the Capital, then RIGHT on Capitol St.
15. LEFT on N. State St., crossing Pleasant St. after a few blocks. Continue four blocks to Concord St.
16. Left on Concord St. for one block to Main St.

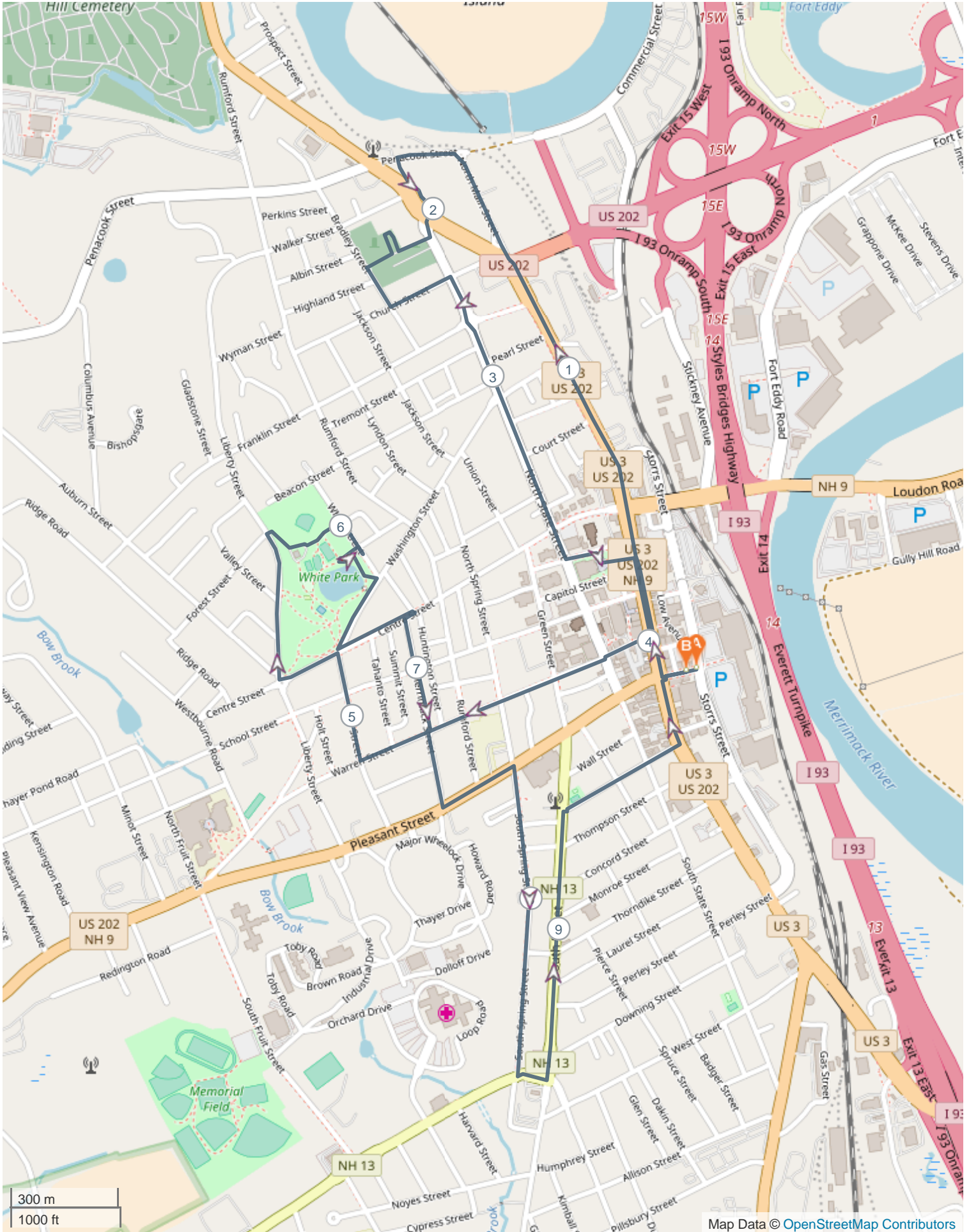
17. Left on Main St., passing Gibson's Bookstore on the right.

18. RIGHT at Pleasant St. Extension (traffic light) and return to your car.

SEWALLS FALLS WALK (4/5/6 km)

1. Walk to the end of the parking area. Look to your right, and you will see signs for the dam site and the rotary park trails. *Sewalls Falls was the site of the longest rock crib dam in the world, constructed in 1894. In 1894, a spring flood breached the dam.*
2. **(To skip this loop, go to instruction 3).** The short loop to your right around the Rotary Park trails is optional and will be about 1 km. On this loop, you will see remains of the hydroelectric canal and gates. The trail forks shortly after you start, and you can walk in either direction. At the end of the loop, a short spur leads to a small beach where you get a good view of the boat launch and of the now abandoned hydro plant.
3. At the end of the loop (or the end of the parking lot), LEFT to follow a well traveled path along the river. There will be a few small hills, some rocks, and some roots, so watch your footing as well as enjoying the views along the river. The trail goes for about $\frac{3}{4}$ mile, and ends in a large parking area at Sewalls Falls Road. Porta-potties are available here.
4. **(To skip this section, go to instruction 5).** This short but scenic section of trail will be about 1 km long and offers more nice views of the river. From the parking area, RIGHT and continue under the bridge along a wide path. This section has few obstacles, you will go through an evergreen forest and pass several fishing areas along the river. A small trail will fork to your left. Ignore this and continue downhill through a small dip, then slightly up to a pretty point of land along the river. Ahead you will see the trail ascend to an old railroad embankment. But turn around here and walk back keeping the river on your left.
5. From the parking area, LEFT along Sewalls Falls Road a short distance to another parking lot. LEFT through the parking lot past the Scenic RailRiders attraction. *This is a new business which opened last summer which offers guided tours on rail bikes. Look at scenicrailriders.com if you want to try it.*
6. Although the attraction is private, the public has permission to continue through the parking lot and onto a mowed pipeline right-of-way. Follow the pipeline, with its easy footing, for a little over 1 km to Second St.
7. **(To skip this section, go to instruction 12.)** This next 1 km will be on the side of paved roads through a pleasant subdivision and will qualify you for the Mayflower program stamp. RIGHT on 2nd St. up a small hill.
8. Pass Otter Dr. on left, then RIGHT onto Plymouth Drive.
9. Left at the "T" to loop around Plymouth Drive.
10. At the end, RIGHT at "T", then shortly LEFT to return to 2nd Street.
11. LEFT downhill to return to the junction with the rail trail.
12. From the direction you came on the pipeline path, LEFT on 2nd Street, through the parking areas, and return to finish at your car.

Concord NH 10K

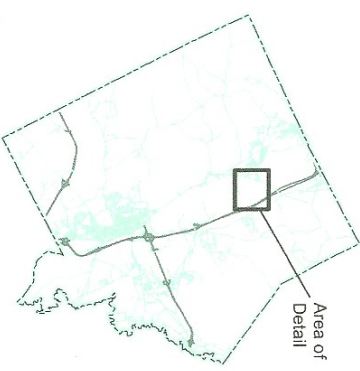


Sewalls Falls Park Trails

Map 10



Concord Conservation Commission
41 Green St
Concord, NH
(603) 225-8515



- Accessible Trail
 - Hiking Trail
 - Contours
 - City Boundary
 - Streams
 - Water Bodies
 - Field
 - Forest
 - Brush
- To make your trip more enjoyable for yourself and others who will follow you, please observe the following:
- Motorized recreational vehicles are prohibited on City land;
 - Do not disturb plants or animals;
 - Keep to marked trails;
 - Respect private property near the trails;
 - Carry out all trash and litter, and clean up after your pet; and
 - Be equipped for country walking.

