

5 km/10 km DOVER NH SEASONAL WALK

EVENT ID: Y2614

TRAIL DESCRIPTION:

Settled in 1623 as Cochecho Plantation, Dover is the oldest settlement in NH and the 7th oldest in the nation. Those who wish to use public transportation can do so as our walk starts at the train station. Dover will celebrate its Quadri-Centennial in 2023. Places to visit and the walk will go by is the Woodman Institute Museum and the Children's Museum of New Hampshire.

Both walks are mostly on sidewalks and city streets. Dover is built on hills. The 10k goes to Pine Hill Cemetery which is of higher elevation. 10k also has a Friends Meetinghouse qualifying for Underground Railroad. Cochecho and Piscataqua rivers qualify for Mayflower. Dairy Delite near RR station. Clocks at City Hall and First Parish Congo Ch. LFL in park.

TRAIL RATING:

The 5 km and 10 km trails are rated 1A. Both walks are mostly on sidewalks and city streets. Dover is built on hills. The 10k goes to Pine Hill Cemetery which is of higher elevation.

AMENITIES:

Dover has a good mix of shops and eateries. Restrooms will be available at The Dover Transportation Center when open. At this writing, it is closed for construction. Restrooms are also available at a number of businesses along the walk route.

AVA SPECIAL PROGRAMS

- Ice Cream Parlors
- Mayflower - 400th Anniversary Walk
- Rockin' Around the Clock
- Little Free Libraries
- Underground Railroad
- Walking the United States A through Z

DRIVING DIRECTIONS

Coming from either the north or south on NH 16, take exit 8E to merge onto NH-9E/W Knox Marsh Rd towards Dover Downtown. At the traffic circle, take the first exit onto Silver St. At traffic light turn left onto Locust St. Bear left at Y to continue on Locust St. (City Hall on your right and McConnell Ctr on left). Cross Washington St. at traffic light going onto Chestnut St. After passing the Moose Lodge on the left, the Dover Transportation Center will be on your left before railroad tracks. Start address: 33 Chestnut Street, Dover, NH. Park in the far left corner of the parking lot near the kiosk labeled "Dover Community Trail Rotary Trailhead."

WALK COMPLETION AND CREDIT

Be sure to log back into the OSB system to "finish/complete" your online registration after doing the event. The OSB system does not deduct any event fee from a participant's Event Bank until they have submitted event completion info including the date the event was

biked, the distance biked, and the selection of applicable special programs that person is participating in. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the user's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user's Event Bank when he/she submits the event completion info as a paying for credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.).

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



In case of Emergency: Dial 911

Event related assistance:

Claudia Cauchon: 603-842-5272

Dover, NH 10km Walk

Dover, NH is the oldest permanent settlement in NH and the 7th oldest settlement in United States. Dover was settle in 1623 and will be celebrating its 400th anniversay in 2023.

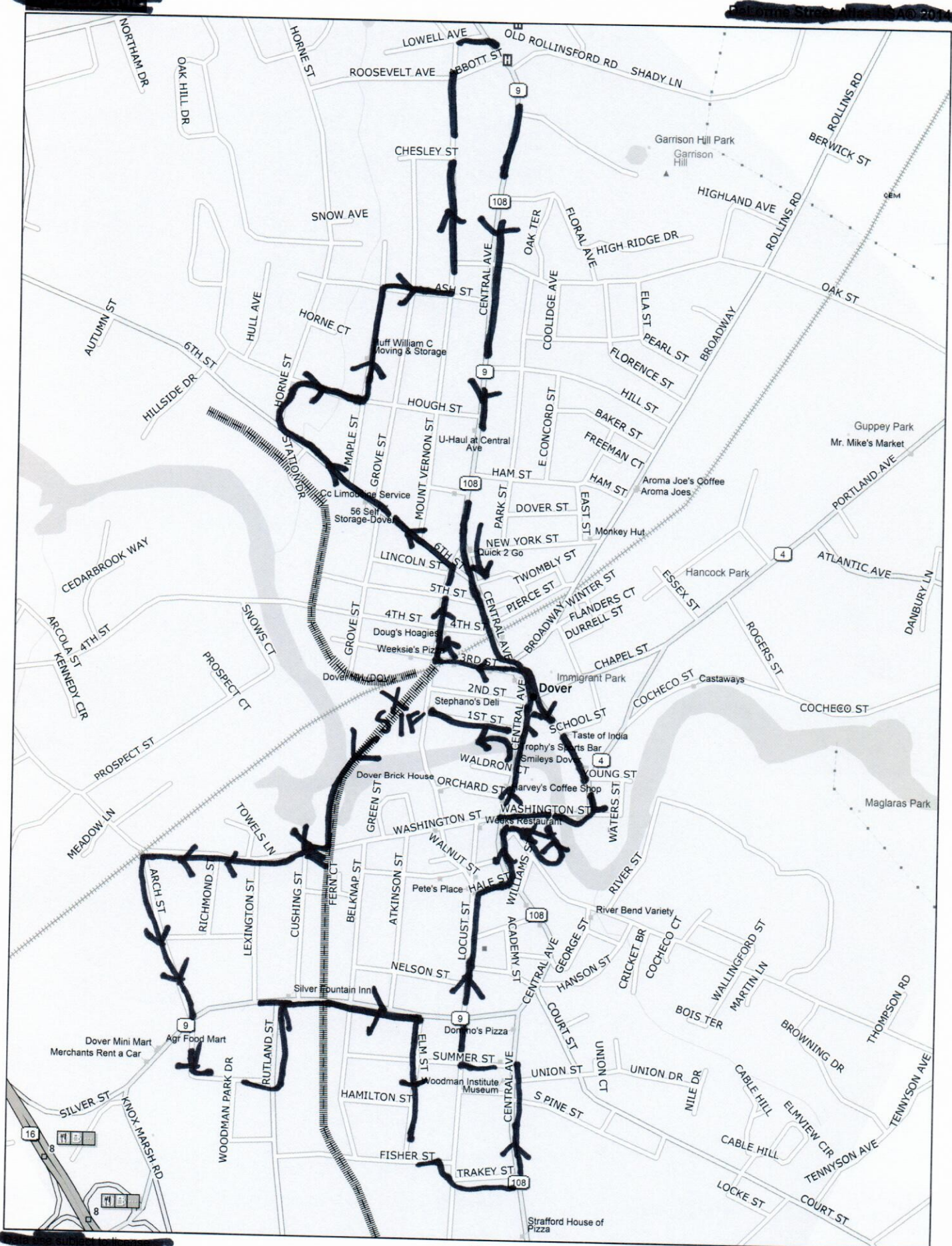
- 1) With your back to the Transportation Center **turn right** walking through parking lot heading towards the Dover Community Trail Rotary trail head that is at 10 O'Clock (you will see a bill board in front of the trail head)
 - The Dover Community Trail was develop in the early 2000 that is a 3.8 miles trail. The Amtrak Downeaster began service to Dover, NH in 2001 that travels to Brunswick, ME and Boston, MA.
- 2) **Go** onto the Dover Community Trail
- 3) **Cross** Washington St. at stop sign (no sign) and **turn right** going up hill
 - Cross Cushing St., Lexington St. and Richmond St.
 - After crossing Lexington St look over to your right at the brick building that is now a Lawyer's Office. It was built in 1861 as the Washington Street Primary School. It named was changed in 1882 to Varney School after Judge John Varney, a school board member, who died in the Baptist Church fire of 1882. It closed in 1953.
- 4) **Turn left** onto Arch st.
- 5) At traffic light **cross** Silver St. and **continue straight** onto Towle St. (1.3km)
- 6) At T intersection (Woodman Park School on the right) and **turn left** onto Clifford St. (no sign)
 - Woodman Park School opened in 1953 and at the time was the largest elementary school in NH. It cost one million dollars to build.
- 7) **Turn left** onto Rutland St. (1.6km)
- 8) **Turn right** onto Silver St. (1.8km)
 - After going over the old Railroad Bridge (now a part of the Dover Community Trail) on the corner of Belknap-St. and Silver St. is the old Belknap Grammar School. It was build in 1856 where the house of Rev. Dr. Jeremy Belknap was located and where he wrote the History of New Hampshire. It closed in 1953 and is now medical offices.
- 9) **Cross** Elm St and **turn right** onto it (walk on left hand side of Elm St.) (**Please Note:** depending on what time of year you are doing this walk there may be contruction going on Elm St. If you don't feel comfortable walking along Elm St please go to next street which is Locust Street and go to direction to number 12 turning left onto Trakey St.) (2.2km)
- 10) At end of Elm St. **turn left** onto Fisher St.
- 11) **Turn right** onto Locust St. (2.7km)
- 12) Carefully **cross** Locust St. at first street on the left called Trakey St. (two telephones) and go onto it.
- 13) **Turn left** onto Central Ave.

- The Saint Joseph Church opened in 1948. Now called the Parish of the Assumption after the merger of St. Charles, St Mary, St. Joseph and the Mission Chapel of the Nativity.
- 14) **Cross** Summer St. and **turn left** onto it (walking on right hand side sidewalk)
 - If you have time please check out the Woodman Institute Museum on the corner of Summer St and Central Ave. It opened in 1916 from a trust established by Annie E. Woodman. It includes the William Damm Garrison built in 1675, one of the oldest intact garrison house in the state.
 - 15) **Turn right** onto Locust St. (3.3km)
 - 16) **Cross** Silver Street at traffic light and **continue** on Locust St. going downhill.
 - 17) **Turn right** onto Hale St (no sign - Saint Thomas Episopal Church on the corner).
 - Saint Thomas Episcopal Church opened in 1892 and was designed by Boston architect Henry Vaughn. It was listed on the National Registrar of Historic Places in 1984.
 - Dover City Hall was built in 1935 after the first 3 burned down. It was built with one million bricks and 190 tons of steal along with sixteen fireproof vaults.
 - Dover Public Library opened in 1905 after Andrew Carnegie gave \$30,000 for its contruction and the Franklin Academy trustees donated the land known as "Hale Lot" as long as it was used for library and school purposes.
 - Next to the Dover Public Library is the McConnel Center formerly the Dover High School unitl 1967 then it became Dover Junior High until 2000. McConnell Center was named after Korean War hero and Dover resident, Joseph McConnell..
 - 18) **Turn left** onto Central Ave. (3.8km)
 - 19) At traffic lights **cross** Central Ave. to go onto Henry Law Ave. (Thirsty Moose Tap House across the street)
 - 20) **Walk on the left hand side of Henry Law Avenue** keeping Henry Law Park on your left and street on your right.
 - 21) **At 2nd opening in black fence enter onto brick pathway** (called Dover Adventure playground) and walk counter clockwise (4.1km) (Keep boat on your right and playground/Little pool on your left)
 - 22) **Bear left** at water bubble and head towards entrance of Dover Indoor Pool
 - The Dover Indoor Pool is a 25 yard 6 lane pool
 - 23) At Little Free Lirary box **turn left** going up stairs to the left of the entrance of Dover Indoor Pool
 - Little Free Library charter number is 57732

Dover, NH 10km Walk

Dover, NH is the oldest permanent settlement in NH and the 7th oldest settlement in United States. Dover was settle in 1623 and will be celebrating its 400th anniversay in 2023.

- 24) At top of stairs **bear left** (light pole in middle)
- The Children's Museum of New Hampshire was first estblish in 1983 in Portsmouth, NH and moved to Dover in 2008.
- 25) In front of Children's Museum of New Hampshire **turn left** heading up hill then **turn right** at water fountain heading back up to Central Ave.
- 26) **Turn right** onto Central Ave. (this is a one way street – TD Bank and Sheehan & Gordon are on the corner) (4.4km)
- 27) **After** Lexie's Burgers Place and Central Barber Shop **cross** Central Ave at crosswalk and **continue** on Central Avenue going up hill
- 28) **Turn left** onto 3rd St. (Flight Coffee on corner)
- 29) **In front** of Cleary Cleaners Laudromat **carefully cross** 3rd street crossing railroad tracks going right onto Chestnut St passing by Dover Delite on your right. (5km).
- St. Mary's Church was built in 1872 and is the oldest Catholic parish in New Hampshire.
- 30) At four way stop sign **turn left** onto Sixth Street **crossing** Chestnut Street at crosswalk then Sixth Street at crosswalk to walk on right hand side of Sixth Street (Fire hydrant across street and Dover Natural Marketplace on corner)
- Cross Mt. Vernon St, Grove St and Maple St.
- At 56 Sixth Street that is now a Self Storage Center used to be one of the many shoe factories that used to line Grove Street. Many shoes companies operated out of this building with the last one, Weiss-Lawrence Shoe Company closing in 1974.
- 31) **Turn Right** onto Horne St. (5.8km)
- 32) **Turn Right** onto Hough St.
- 33) At Four way stop signs **turn left** onto Maple St. (no sign).
- At 34 Maple St look for a Little Free Library (charter Number 79379)
- 34) At Four Way Stop Sign **turn right** onto Ash St. (no sign – No outlet sign across the street).
- 35) **Turn Left** onto Mt. Vernon Street. (6.5 km)
- Cross Reservoir St, Chesley St. and Roosevelt Ave./Abbot St.
- 36) At end of Mt. Vernon St at stop sign **Turn Right** onto Lowell Ave. (no sign).
- 37) **Turn Right** onto Central Ave./Rt. 108 (no sign – Wentworth-Douglas Hospital across the street) (7.2km)
- Wentworth-Douglas Hospital opened in 1906 as a 30 Bed hospital after Arioeh Wentworth gave to Dover \$100,000 to be called Wentworth Hospital. It consisted of three cottage type buildings. The only thing that reminds of the original site is the stone wall. In 1950 Francis Douglas willed \$500,000 for a new building and the hospital name was changed to Wentworth-Douglas. In 1982 it was incorporated as a non-profit community hospital and in 2016 was acquired by Mass General Hospital.
- After passing Wentworth-Douglas Hospital look over to your right for the sign for Garrison Hill Park at Abbey Sawyer Way. If you have the time and want a little more exercise you might consider going up the hill to the Garrison Hill Tower. It is a 76 Foot Tall observatory which if you climb will give you a beautiful view of Dover and on a clear day you can see the White Mountains and the Isles of Shoals.
- Cross Abbott St., Old Rollingsford Rd., Garrison Hill Park Sign, Reservoir St., Ash St, Hough St and Milk St.
- The red apartment building across the street was the location of Saint Charles Church that was built in 1933 for the French-Canadian who were moving to Dover to work in the factories. It was a beautiful church that they do not built anymore that was sold in 2014. It held it last Mass in May 2016.
- 38) **Cross** Chestnut St and **continue** on Central Ave. (8.6km)
- Cross Sixth St., Fifth St. and Fourth St (street after Dunut Dunkins and before Railroad Tracks)
- 39) **Cross** Third St (sign high up on light pole in front of bank– Flight Coffee Co on corner) then **cross** Central Ave. at traffic light (Days Inn across the street) (8.9km)
- 40) **Turn Right** onto Main St. (no sign – Thai Taste on corner).
- 41) At School St **cross** Main St. at crosswalk (Cocheco Falls Millworks across the Street) and **continue** on Main St.
- Cocheco Mills was built by the Dover Cotton Factory beginning in 1822. It was the site of one of the first textile mill strikes. It was listed in the National Register of Historic Places in 2014.
- 42) **Turn Right** onto Washington St (no Sign – Washington Street Mill Across the Street)
- 43) **At traffic light** cross Central Avenue (no sign) and **Turn Right**.
- 44) **Cross** First Street and **turn left** onto it. (Oriental Delight on corner of First St. and Central Ave)
- The brick building on your right is the backside of the old Strafford County Courthouse build in 1890 and closed in 1974.45)
- 45) At traffic light **cross** Chestnut St and **turn right**.
- 46) **Turn left** back into parking lot where you started the walk at the Dover Transportation Center.



Dover, NH 5km Walk

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