



# HIKING CLUB

## WELCOME TO NH TRAIL EXPLORATION HIKING CLUB

We're excited to have you join us for a fun and scenic hike! We will explore a beautiful local trail, offering a mix of terrain that will keep you engaged while taking in the fresh air and natural surroundings.

## REGISTRATION AND FEE

The hike is free, but please register to help us plan for staffing. Visit the front desk, or call us at (603) 642 - 3361 to sign up.

## MEET UP LOCATION

Please meet at the designated trailhead parking lot. Specific details, including directions and a meeting point, will be provided upon registration. Carpooling is encouraged as parking may be limited.

## WHAT TO BRING

- Water – Staying hydrated is essential, so bring enough water for the entire trip.
- Snacks – A light snack for the trail is always a good idea (remember to carry out any trash).
- Sunglasses – Protect your eyes from the sun.
- Hat – A hat helps protect from the sun or adds warmth on cooler mornings.
- Dress in Layers – The weather can change quickly, so wear layers.
- Hiking Shoes – The trail may be muddy, and the terrain could be rocky in places, so sturdy shoes are recommended.
- Hiking Poles – Helpful for navigating uneven terrain.
- Backpack – To carry your water, snacks, and other essentials hands-free.
- First Aid Kit – While we will have one on hand, feel free to bring any personal items you may need (like inhalers or EpiPens).
- And don't forget to bring your smile and a sense of adventure!

## HIKING INFO SESSION

### APRIL 2ND | 8:30 AM – 9:30 AM

Join us for a brief and informative session on everything you need to know for a safe and enjoyable hiking experience! We'll cover essential gear, trail safety, what to bring, and tips for navigating different terrains. Whether you're a beginner or an experienced hiker, this session will help you feel confident and prepared for your next adventure. Come with your questions and get ready to hit the trails!

## WEDNESDAYS HIKE

### SPRING SESSION – APRIL – JUNE

### SUMMER SESSION – JULY – SEPTEMBER

### FALL SESSION – OCTOBER – DECEMBER

Wednesday's hike is rated easy to moderate, covering several miles. We plan to hike for about 90 minutes.

## HIKING ADVENTURE – WEEKEND HIKE

### SPRING SESSION – APRIL – JUNE

### FALL SESSION – OCTOBER – NOVEMBER

Weekend's hike is rated moderate to difficult, covering several miles. We plan to hike for about 2-3 hours.

## SIGN UP FOR OUR EMAIL BLAST

For specific hike details, including trail location, directions, meeting points, and any last-minute updates, sign up for our email blast. This ensures you receive all the necessary information to prepare for a great hiking experience. Stay informed and ready for the adventure!

FIND WHAT MOVES YOU..  
FIND YOUR PASSION..



## SPRING 2025 SCHEDULE

# HIKING TRAIL EXPLORATION

90 MINUTES HIKE | WEDNESDAYS | START 9 AM

DATE	TRAIL	MEET UP LOCATION
APR 9	PEA Trail Exploration	Gardner Street Parking
APR 16	Gilman Park	Park at the Skateboard park on Route 108
APR 23	Jolly-Rand Trail	Parking lot off Pickpocket Road
APR 30	Stratham Hill Park	Main parking lot
MAY 7	Henderson Swasey -Tunnel Route	Commerce Way parking
MAY 14	Henderson Swasey -Trestle Route	Commerce Way parking
MAY 21	Henderson Swasey - Gas Line Trail	Commerce Way parking
MAY 28	Oaklands Town Forest Trail-Rte 85	Trail parking Route 85, north of Rte 101
JUNE 4	Oaklands Town Forest - Watson Road	Parking Lot: Watson Road
JUNE 11	Stratham Hill Park	Main parking lot
JUNE 18	Brentwood - Keliher Trail	Route 125 Parking Entrance
JUNE 25	Brentwood - Forest Trail	Route 125 Parking Entrance

## HIKING ADVENTURES 4-5 MILES | SUNDAY | START 9 AM

DATE / TIME	TRAIL	MEET UP LOCATION
APR 27	Sweet Trail	Crommet Creek Parking Lot-off Dame Road
MAY 18	Mount Agamenticus (Maine)	Lower Trail Head Parking lot
JUNE 22	Pawtuckaway State Park	Outside of the Park Office

**We look forward to seeing you on the Trail!**  
**Michael, Beth, Salma and the Hiking Team!**