

FIND WHAT MOVES YOU..
FIND YOUR PASSION..



SUMMER 2025 SCHEDULE

HIKING TRAIL EXPLORATION

90 MINUTES HIKE | WEDNESDAYS | START 9 AM

DATE	TRAIL	MEET UP LOCATION
JUL 9	PEA Trail Exploration	Gardner Street Parking
JUL 16	Gilman Park	Park at the Skateboard park on Route 108
JUL 23	Jolly-Rand Trail	Parking lot off Pickpocket Road
JUL 30	Stratham Hill Park	Main parking lot
AUG 6	Henderson Swasey -Tunnel Route	Commerce Way parking
AUG 13	Henderson Swasey -Trestle Route	Commerce Way parking
AUG 20	Henderson Swasey - Gas Line Trail	Commerce Way parking
AUG 27	Oaklands Town Forest Trail-Rte 85	Trail parking Route 85, north of Rte 101
SEPT 3	Oaklands Town Forest - Watson Road	Parking Lot: Watson Road
SEPT 10	Stratham Hill Park	Main parking lot
SEPT 17	Brentwood - Keliher Trail	Route 125 Parking Entrance
SEPT 24	Brentwood - Forest Trail	Route 125 Parking Entrance

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

DATE / TIME	TRAIL	MEET UP LOCATION
SEPT 28	Sweet Trail	Crommet Creek Parking Lot-off Dame Road

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



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.

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!

WEDNESDAY HIKES

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.

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.

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!

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