

## THE NATURE - FITNESS TRAIL Guidelines for the use of this pedestrian trail

- Be courteous of all other users regardless of their sport, speed or skill level.
- Faster users yield to the right of way of slower users.
- No smoking or alcoholic beverages.
- No campfires or overnight camping.
- Please do not litter – IF you bring it in, Bring it out.
- Keep pets under control and please pick up after your pet.
- Observe the wildlife but follow these guidelines as suggested by NH Fish & Game:
  1. **Enjoy wildlife from a distance.**
  2. **Never chase or harass animals.**
  3. **Don't pick up orphaned or sick animal.**
- Please be advised the trail is very steep between Stations #15 and #17, with limited accessibility.
- The second loop known as the “Hiking Path” does not have an improved surface and has steep slopes and uneven ground, which may limit accessibility.
- Motorized Vehicles and Motorized recreational vehicles are prohibited from these trails, with the exception of Other Power Driven Mobility Devices (OPDMD) by individuals who can provide a credible assurance that the mobility device is required because of the person’s mobility disability. Our goal is to provide equal access and to treat everyone with dignity and respect.

No Power Driven Mobility Devices shall be powered by gas powered internal combustion engines, nor shall it move at a speed not greater than that of a pedestrian walking on similar terrain. The OPDMD shall meet the March 15, 2011 Department of Justice ruling and standards of a Power Driven Mobility Device, as updated and/or amended.

The Town of New Hampton prohibits gas-powered internal combustion engines on all its public owned recreational and forest reserve properties.

- Report vandalism to the New Hampton Police Department – 744-5423.
- This area is utilized by hunters during the applicable hunting seasons – take the necessary precautions during these times.

**NOTE THAT ALL USERS OF THE TRAIL ARE SOLELY RESPONSIBLE FOR THEIR OWN SAFETY! THE NATURE-FITNESS TRAIL IS NOT LIABLE FOR ANY INJURIES OR DAMAGES INCURRED THROUGH USE OF THE TRAIL.**

## Town of New Hampton NATURE-FITNESS TRAIL



This property consists of approximately 97 acres, including river frontage on the Pemigewasset River, and was purchased by the Town of New Hampton from the Treitman Family Trust in 2002 for the placement of future municipal building(s), recreational fields and trails and for the future public needs of the community.

In 2011 a new Public Safety Building to accommodate Police, Fire and EMS services was approved by the voters at the March meeting. Construction began immediately in May and was completed the same year. By December Police, Fire and EMS were in their new accommodations and were able to welcome the community to an Open House in January 2012.

In 2013, a citizens group was formed and began the process of design and fundraising for the construction of a trail on a portion of the property. The “Nature-Fitness” trail was completed in June 2015.

## Trail Details

The trail leads approximately 2,323 feet (.44 miles) to an overlook along the Pemigewasset River, which has several benches and signage that includes a history of the river and area. The visitor can either return via the same trail or veer left at Station #12 to take the loop back, which intersects with the trail below Station #4, returning to the kiosk for a total of 4,718 feet (.89 miles).

The 20 station Fit-Trail is an outdoor exercise system incorporated into the Nature-Fitness Trail. It contains instruction signs and exercise equipment designed for the novice or conditioned athlete.

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### Donations are still needed for continued maintenance

Donate by sending your Tax Deductible Donations in the form of a check made out to:

“Nature and Fitness Trail Fund”

c/o New Hampton Trustees of Trust Funds



From Station	To Station	Length (ft)	Cumulative Length (ft)
Kiosk	1	114	114
1	2	92	206
2	3	34	240
3	4	214	454
4	5	159	613
5	6	214	827
6	7	31	858
7	8	302	1,160
8	9	188	1,348
9	10	125	1,473
10	11	121	1,594
11	12	160	1,754
12	13	261	2,015
13	14	191	2,206
14	Overlook	117	2,323
Overlook	12	569	2,892
12	15	154	3,046
15	16	85	3,131
16	17	303	3,434
17	18	114	3,548
18	19	191	3,739
19	20	162	3,901
20	Kiosk	817	4,718