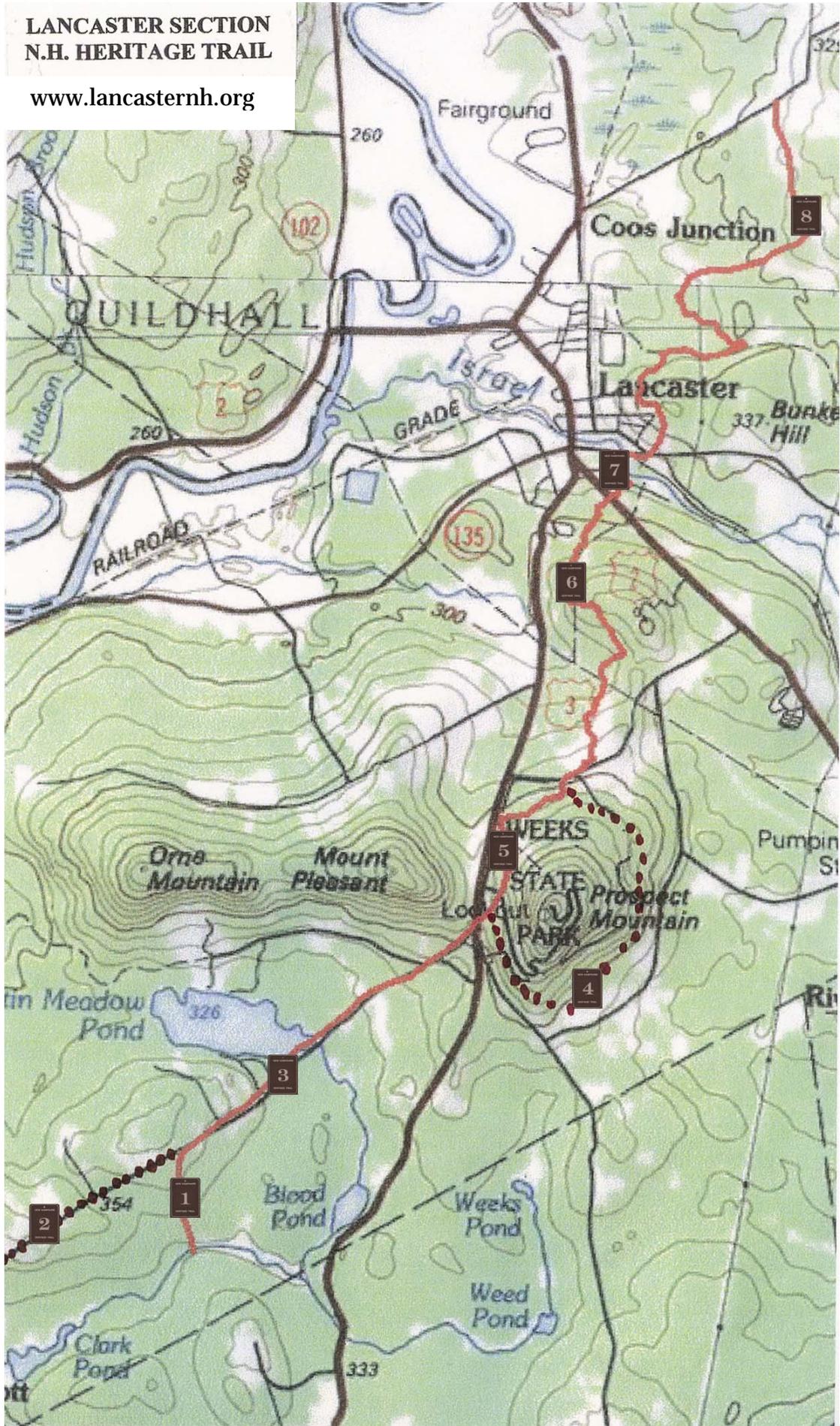


LANCASTER HERITAGE TRAIL

LANCASTER SECTION
N.H. HERITAGE TRAIL

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LANCASTER HERITAGE TRAIL

The Lancaster portion of the NH Heritage Trail was completed and accepted by the State of NH in 1994. It is approximately 12 miles long, beginning at the Lancaster/Northumberland town line and winding its way through forests, gentle hills, and rural roads to the town line in Whitefield. The southern terminus of the main trail has recently been moved (as approved by the State) from the Dalton town line to the Whitefield town line just behind the Regional School. Here it joins the Whitefield Heritage Trail and follows the White Mountains Regional High School Cross-Country ski path to US Route 3. Entrance to the southern terminus can be made from here. The trail is marked with brown "Heritage Trail" signs, and with yellow arrows painted on wood attached to trees. There is also a popular spur trail that circles the base of Mount Prospect State Park. Walkers should be aware that there are muddy sections in the spring and early summer. Insect repellent and sturdy footwear are a must for an enjoyable hike. (**Note: Numbered signs are for reference only and do not appear on trail.**)



Formerly a spur trail, Section 1 begins at the rear of the parking lot behind the Regional School where it will intersect with the Whitefield Heritage Trail. In 2009 this section became the State approved southern terminus of the Lancaster section. This section is also accessible from just near the Fuller Farm on Martin Meadow Pond Road. About ½ mile long.



Formerly the southern terminus of the Lancaster section, and now a spur trail leading from the Dalton end of Martin Meadow Pond Rd. About 1.8 miles to the Fuller Farm, this section is a comfortable country road walk.



This section runs from the Fuller Farm along a wooded country road, past Martin Meadow Pond. Just beyond the Weeks Rd, it enters a short section of woods that leads to US Route 3. About 2.2 miles. Cross the highway to pick up Section 4.



This is a spur trail along old logging roads around the base of Mt Prospect and Weeks State Park. It is a gentle hike of about 2 miles through lovely woods with many wildflowers in the spring. Wear good boots and bring insect repellent.



Section 5 avoids the spur trail and traverses directly in front of Weeks State Park where there is an excellent parking lot. Just beyond the parking lot enter section 5, part of which follows the path of an old carriage road that once led to the top of Mt Prospect. A 1.4 mile walk brings you to Reed Road.



Section 6 travels from Reed Rd approximately 2 miles through forest to US Route 2. Crossing Route 2, the trail emerges on a dirt road running next to Israel's River. From here you cross the famous covered bridge (where parking is available). Follow signs leading to the Bunker Hill section.



Known as the Bunker Hill Section, the Heritage Trail follows along older existing trails on the high ground just east of town. Walking is an interesting 2 miles, with the most prominent feature being a large and often active beaver pond. This section ends at a dirt road known as "The Causeway." There is parking available on the other side of a metal gate a few hundred yards from the trail.



About 1.6 miles, this section passes through cuttings and old "town lots" and the vestiges of old farms (apple trees) can be found. Section 8 ends at Page Hill Rd. There are some muddy places near the end of this section that are hard to avoid. But most of this section is high ground, pleasant and easy hiking. If you wish to start your walk from this point, ask the landowner for permission to park.