



2026

TrailLink Unlimited



Guides



North Conway Recreation Path

New Hampshire



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The North Conway Recreation Path (aka the Mt Washington Valley Recreational Path or MWV Rec Path) opened in July 2023.



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Extending 2.9 miles between Cranmore Mountain Resort and Hemlock Lane in the town of North Conway, the multiuse trail is paved the entire length with a smooth 10 foot wide surface. Closed to all motorized vehicles, the trail does allow class 1 e-bikes. The route features three bridges over wetland areas, two of which are composed of boardwalks. Ample parking is available at both trailheads. At the southern end, the Hemlock Lane trailhead features two ADA accessible parking with paved trail access. There is an additional trailhead mid-trail on Thompson Road with limited parking.

From the southern Hemlock Lane trailhead, it's an easy ride that meanders the green space between the busy North-South Road to the west and a very lightly used railroad to the east. Enjoy views of the surrounding mountains and nearby Pudding Pond. Even though the section near the North-South Road is generally screened by several trees, there is some road noise. Overlooking the serene Pudding Pond, there is small area with several benches and two picnic tables.

Continuing north about 1.3 miles from Hemlock Lane, the trail crosses the aforementioned railroad (it's a very smooth crossing), and in just a few yards the longest bridge of the trail spans the northern wetlands of Pudding Pond.

After the bridge, the trail quickly leaves the highway noise behind and begins a gentle climb. The rest of the trail has several curves with gentle ups and downs. In compliance with ADA accessibility criteria, the trail has a grade of no more than 4.8 percent. The southern end is flatter with grades of 3.8 percent and there are a few short sections north of Pudding Pond of 4.8 percent.

About 2 mile from the southern end, the trail crosses quiet Thompson Road where there's parking for a handful of cars. The remainder of the trail continues through the lush and fragrant forest to the Cranmore Mountain Resort and the northern trailhead where there is plenty of parking.

There are plans to extend the trail north from Cranmore 2.2 miles to the state's Scenic Vista in Intervale. West of the trail, there are also plans for a 1.6-mile section in Bartlett from Attitash Ski Area and Thorne Pond to the Bartlett School and Library. The long-term plans include linking these short sections to create a continuous trail system.

The nearby Green Hills Preserve offers several mountain biking trails. The preserve can be accessed from gravel paths intersecting the paved trail, as well as from the Hemlock Lane trailhead.



North Conway Recreation Path

New Hampshire

States: New Hampshire

Counties: Carroll

Length: 2.9miles

Trail end points: Cranmore Mountain Resort to Hemlock Lane (North Conway)

Trail surfaces: Asphalt, Boardwalk

Trail category: Greenway/Non-RT

Trail activities: Bike, Inline

Skating, Walking, Wheelchair Accessible

Parking & Trail Access

There are three parking and access points for the trail.

The north end of the trail is located at the Cranmore Mountain Resort. As you enter the resort property, turn right as though you're heading to the new Fairfield Inn, the parking area will be on your right just before reaching the Inn.

The south end of the trail offers ample parking. Access to the trailhead is off the North-South Road (that is the actual name of the road). To enter the parking, take the exit off the roundabout (Hemlock Lane) as if you are heading to Walmart, but continue straight ahead instead of heading to Walmart. It is a dead end road leading to the large parking area. In addition, there is a paved ADA parking area located where the actual trail begins.

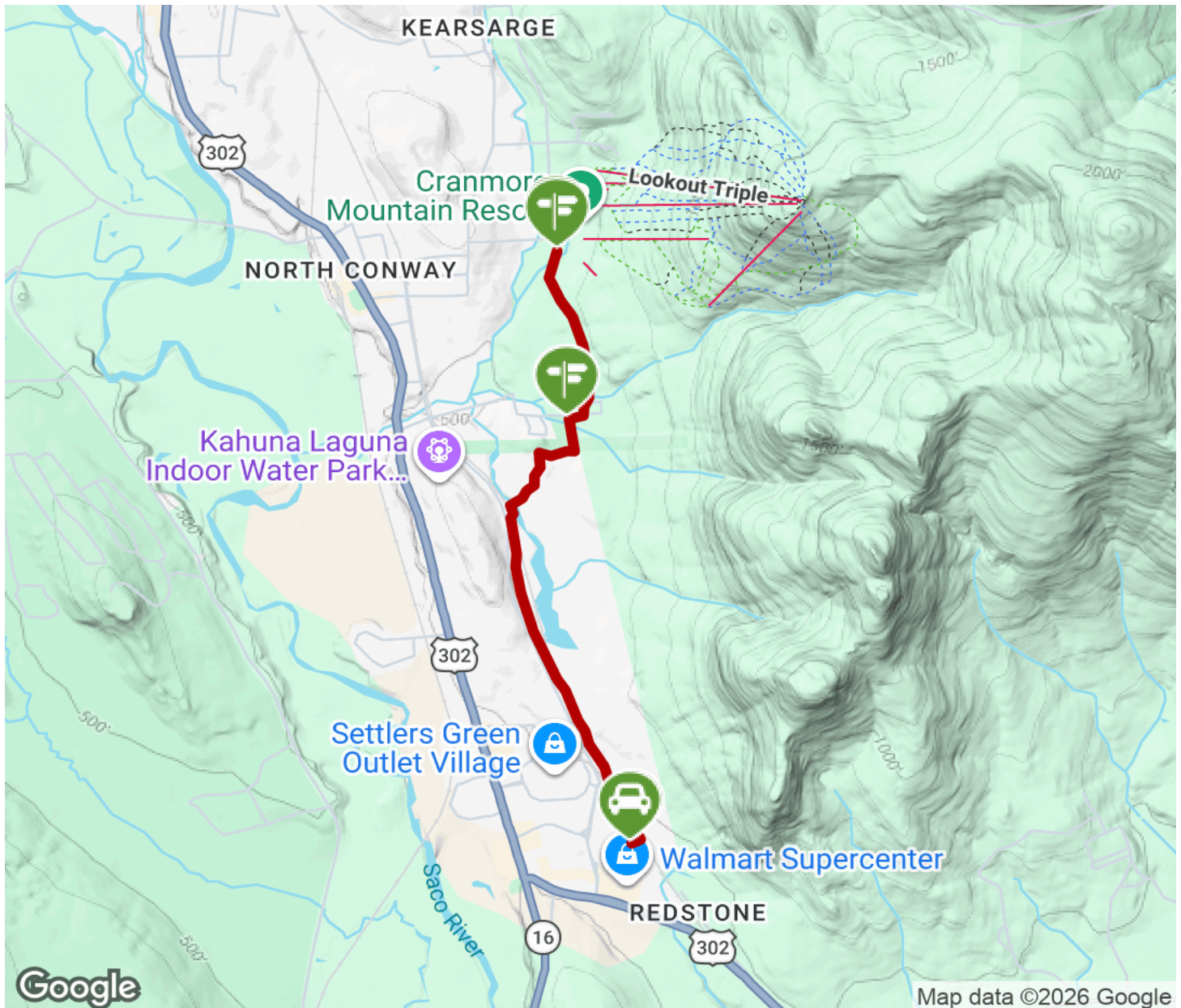
There is also a third trailhead approximately mid-trail, located off Thompson Road. It is a residential area with limited parking of 4-5 cars.

Visit the [TrailLink map](#) for detailed directions.



North Conway Recreation Path

New Hampshire



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com