



2026

TrailLink Unlimited 

Guides



**New
Hampshire
Seacoast
Greenway**
New Hampshire



New Hampshire Seacoast Greenway

New Hampshire

The New Hampshire Seacoast Greenway is an 8-mile rail-trail with a crushed-stone surface that stretches between Portsmouth and the



parking lot on Lafayette Rd/US-1 at the North Hampton/Hampton border.

Activities permitted on the trail include walking, biking, horseback riding, cross-country skiing and snowshoeing.

Plans for the trail include extending it south through Hampton and Hampton Falls to Seabrook on the New Hampshire/Massachusetts border.

Connections

The New Hampshire Seacoast Greenway is part of the developing East Coast Greenway, a 3,000-mile route between Florida and Maine.

The New Hampshire Seacoast Greenway is an 8-mile rail-trail with a crushed-stone surface that stretches between Portsmouth and the North Hampton/Hampton border. Following a former Pan Am Railways route, the trail connects the coastal communities of Portsmouth, New Castle, Greenland, Rye, North Hampton, and Hampton.

About the Route

From its northern end on Barberry Lane in Portsmouth, the rail-trail heads south through deep New England woodlands. Along the way, the trail provides access to neighborhoods, the new Portsmouth Skate Park (with a portion of their parking devoted to trailhead usage), a golf course, and a model airplane airfield. The trail's southern end is accessible from a trailhead with a small paved



New Hampshire Seacoast Greenway

New Hampshire

States: New Hampshire

Counties: Rockingham

Length: 8miles

Trail end points: Barberry Ln (Portsmouth) to
North Hampton/Hampton border

Trail surfaces: Crushed Stone

Trail category: Rail-Trail

Trail activities: Bike, Horseback
Riding, Walking, Wheelchair Accessible, Cross
Country Skiing

Parking & Trail Access

The New Hampshire Seacoast Greenway runs between Barberry Ln (Portsmouth) and the North Hampton/Hampton border, where parking is available.

Parking is also available at:

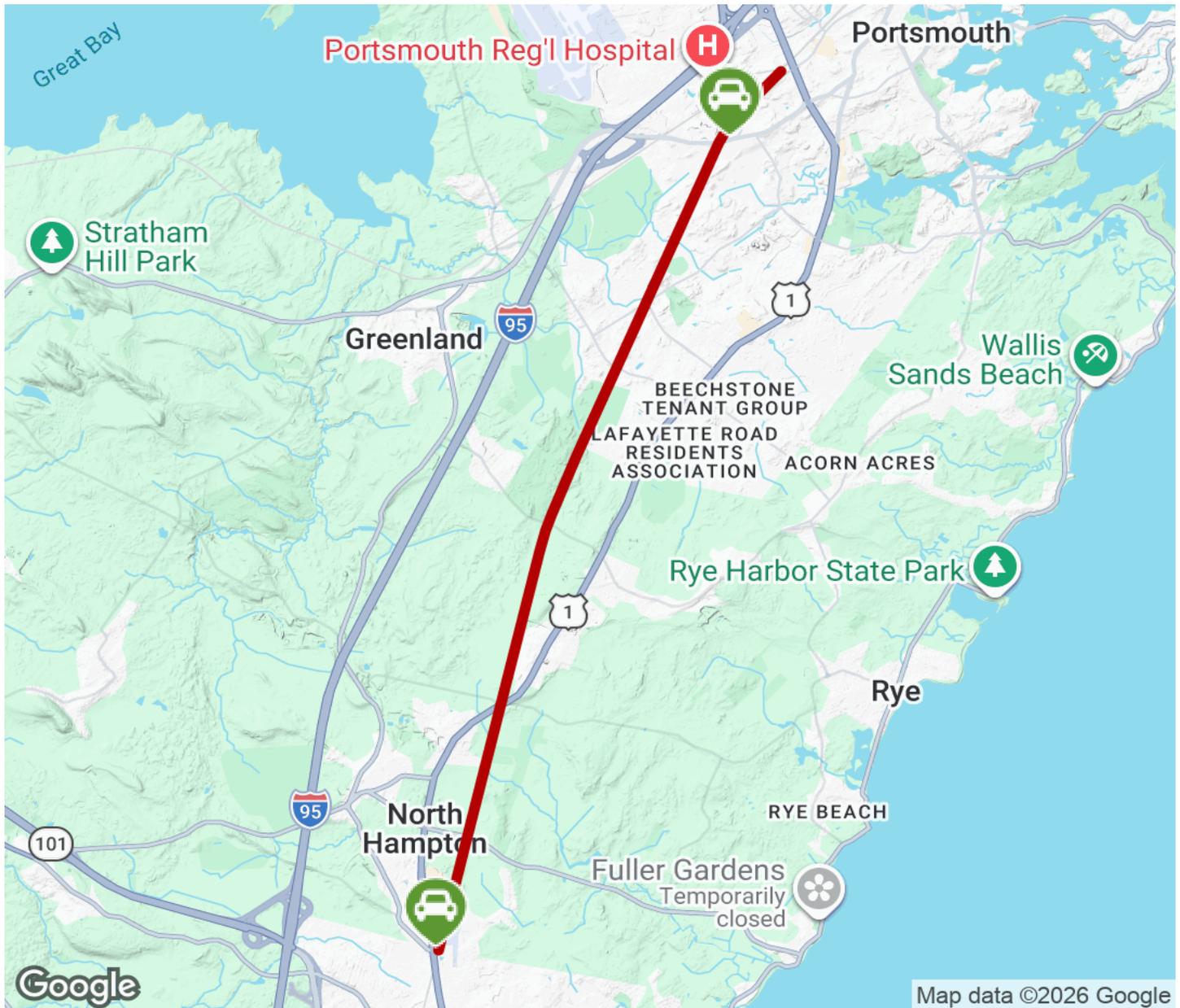
- Portsmouth Skate Park, 305 Greenland Rd (Portsmouth)

Visit the TrailLink map for detailed directions.



New Hampshire Seacoast Greenway

New Hampshire



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com