



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:

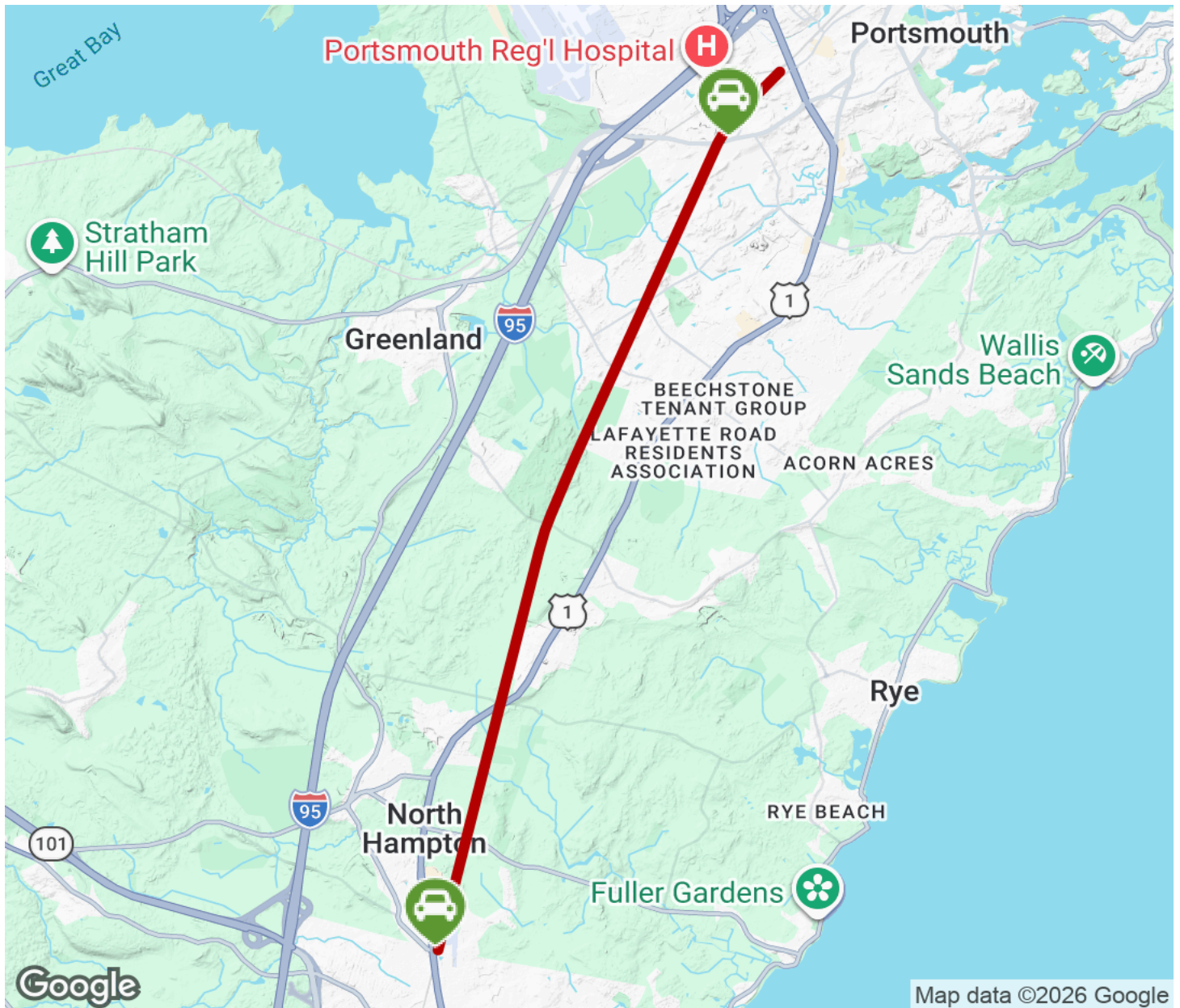
- Portsmouth Skate Park, 305 Greenland Rd (Portsmouth)

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**