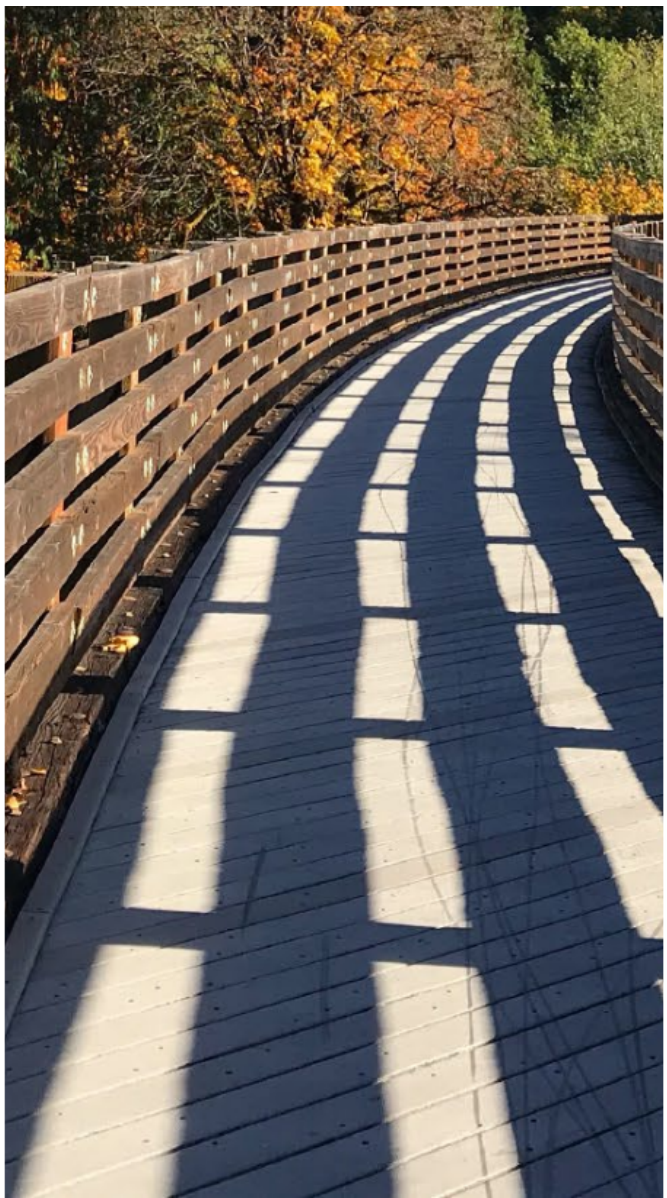
TrailLink
by Rails-to-Trails Conservancy

2026

TrailLink Unlimited

Guides



Manhan Rail Trail

Massachusetts

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The Manhan Rail Trail, well integrated into the local communities it serves, offers a pleasant ride or stroll. It conveniently weaves together parks, community points of interest, neighborhoods, and business centers along its 9.5-mile route.

Equestrians are permitted to use the Manhan Rail Trail.

About the Route

Shaped like a Y tipped to its side, the northwest section—-also known as the New Haven and Northampton Canal Line - leaves off from the charming city of Northampton, which is the seat of government for Hampshire County.

Heading southward from this point, the trail is adjacent to, but nicely separated from an active railroad line. Union Station offers a new twist on an old railroad building, and there are numerous restaurants, cafés, and shops to enjoy here after a good day of exploring the Pioneer Valley area. Farther southwest, trail users will also find the Calvin Coolidge Presidential Library and Museum within close proximity of the trail.

Continuing south, as the trail leaves Northampton, it also runs by Veterans Field. Parking and restroom facilities are located here, along with a skate park. After crossing the trestle at Mill River, the trail takes on a more rural character.

Approaching the Y junction, trail users can either continue south on the Manhan Rail Trail into Easthampton or ride 2.2 miles northeast to where the trail ends at North Street. Along the latter, the trail parallels the Manhan and Connecticut Rivers, and trail users will have access to the Old Pascommuck Conservation Area. This trail spur comes to an end shortly after passing underneath I-91.

Heading south at the junction into Easthampton, various neighborhoods, trailside businesses, and community gardens parallel the trail, where trail users may find the Little Free Library for a quick read. A wonderful mural is located across the trail from the former depot. It depicts the many faces and professions of the community and how the railroad once served local commerce. The trail continues to the south for a little over a mile to where it reaches the end of this spur at a small turnaround and rest stop at Coleman Road.

Connections

At the northern end of the trail, trail users can connect to the Mass Central Rail Trail (Northampton Bikeway & Norrwottuck Rail Trail).

Manhan Rail Trail

Massachusetts

States: Massachusetts
Counties: Hampshire
Length: 9.5miles
Trail end points: Northampton Bikeway (Northhampton) to Coleman Rd. (South Hampton)
Trail surfaces: Asphalt
Trail category: Rail-Trail
Trail activities: Bike,Fishing,Inline Skating,Walking,Wheelchair Accessible,Cross Country Skiing

Parking & Trail Access

The Manhan Rail Trail runs between Northampton Bikeway (Northhampton) and Coleman Rd. (Southampton).

Parking is also available at:

- 125 A Pleasant St (Northampton)
- Millside Park, 2 Ferry St (Easthampton)
- 5 East St (Easthampton)

See TrailLink Map for all parking options and detailed directions.

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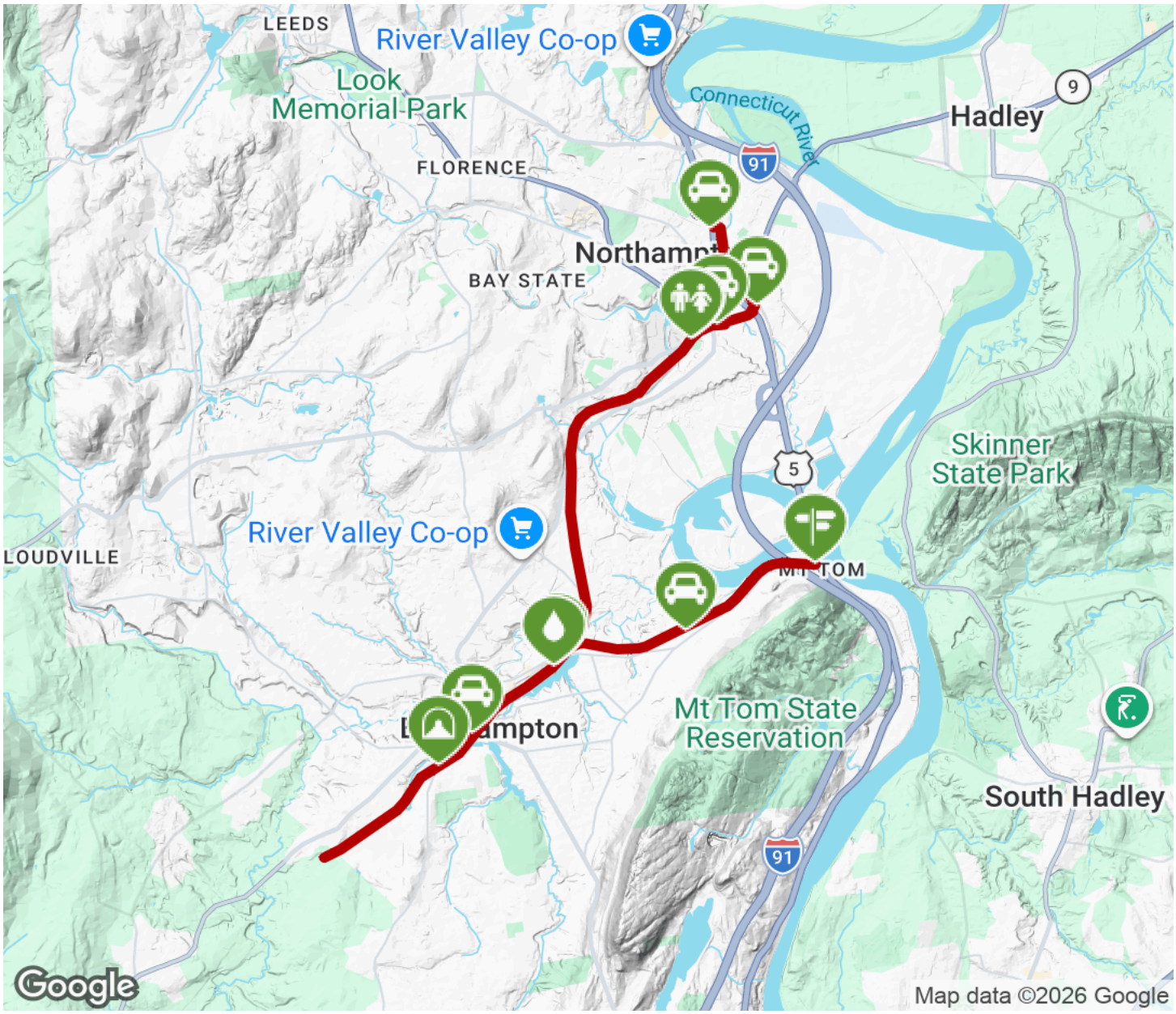

Trailhead Restroom Parking Water Fountain Tunnel

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