



2026

TrailLink Unlimited 

Guides



Rockingham Recreational Rail Trail (Fremont Branch)

New Hampshire



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Crossing through wooded areas and featuring magnificent wetland vistas, the Rockingham Recreational Rail Trail (Fremont Branch)



Crossing through wooded areas and featuring magnificent wetland vistas, the Rockingham Recreational Rail Trail (Fremont Branch) offers an 18.3-mile trail adventure from Epping to Windham. The northern section of this route has a dirt surface, but it is generally usable and enjoyable for mountain biking and hiking. In winter snowmobiling is permitted on this stretch. The longer southern section, from State Route 107 in Fremont to Windham, has a loose sand surface difficult for any type of bike and is only suited for hiking. ATVs and motorbikes also use this section in spring, summer, and fall.

About the Route

Leaving from Epping, the trail's northern endpoint

intersects the Rockingham Recreational Rail Trail (Portsmouth Branch), at Main Street; here, trail users can take the 28-mile trail east to Newfields or west to Manchester. Traveling south on the Fremont Branch from the Epping trailhead, the trail immediately crosses underneath SR 101 via a narrow but passable tunnel. The trail then continues through a delightful wooded section and passes by some farms.

The route alternates between wooded areas and large wetland clearings, with ample opportunities for viewing wildlife and colorful summer wildflower displays. Continuing south, the trail enters the town of Fremont in about 4.5 miles.

A clearly marked trailhead in Fremont includes a parking area right after crossing SR 107. Bicycle use is not recommended after this point. The remaining 12 miles between Fremont and Windham are open to and actively used by ATVs and motorbikes. Use caution while walking along this section of trail.

This segment offers a delightful setting for hikers as it makes its way south below high tree canopies and bisects wetlands and ponds. In Sandown, the trail passes an old railroad car and a former railroad station that offer a glimpse into the corridor's past. The trail then enters Derry through forested areas and ends in Windham about 1.3 miles after crossing SR 28.

Connections

At the northern end of the trail, trail users can connect to the [Rockingham Recreational Rail Trail \(Portsmouth Branch\)](#).

At the southern end of the trail, trail users can connect to the [Windham Rail Trail](#), and 0.2 miles NW, the [Derry Rail Trail](#).



Rockingham Recreational Rail Trail (Fremont Branch)

New Hampshire

States: New Hampshire

Counties: Rockingham

Length: 18.3miles

Trail end points: Rockingham Recreational Trail - Portsmouth Branch (Epping) to Windham Rail Trail (Windham)

Trail surfaces: Dirt,Sand

Trail category: Rail-Trail

Trail activities: ATV,Horseback

Riding,Mountain

Biking,Snowmobiling,Walking,Cross Country

Parking & Trail Access

The Rockingham Recreational Trail (Fremont Brach) runs between the Rockingham Recreational Trail - Portsmouth Branch (Epping), where parking is available, and Windham Rail Trail (Windham).

Parking is also available at:

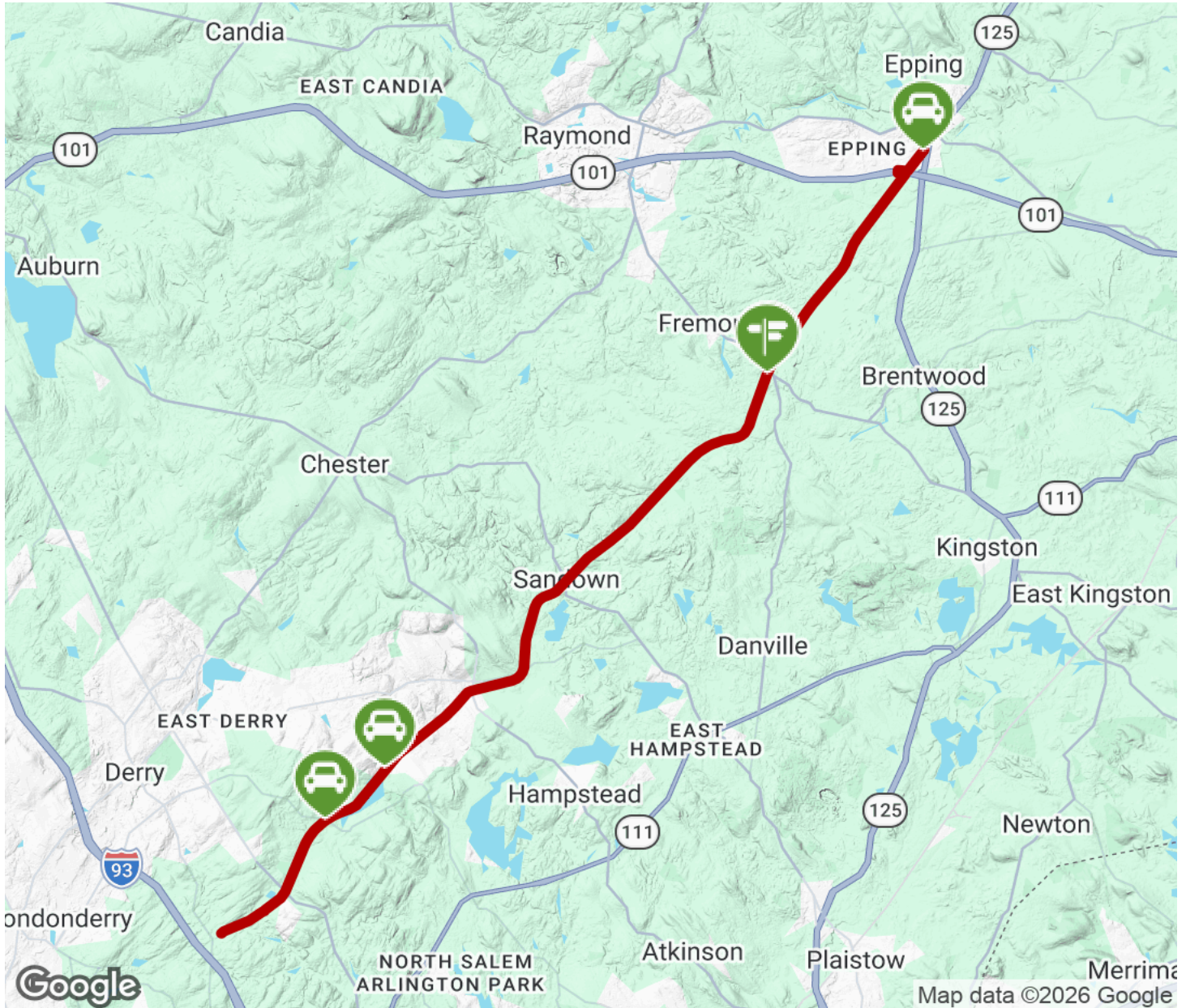
- 563 Main St. (Fremont)

Please see [TrailLink Map](#) for all parking options and detailed directions.



Rockingham Recreational Rail Trail (Fremont Branch)

New Hampshire



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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