



2025

TrailLink Unlimited 

Guides



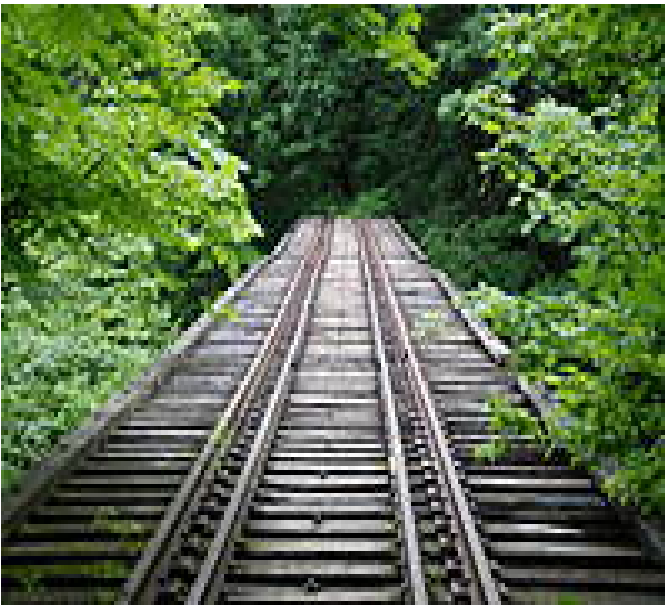
**Winnipesauk
ee River Trail**
New Hampshire



Winnepesaukee River Trail

New Hampshire

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Overview

The Winnepesaukee River Trail runs for nearly 5 miles between the towns of Franklin and Tilton, nestled in the White Mountains of New Hampshire.

About the Route

The Winnepesaukee River Trail leaves off from its western endpoint at Trestle View Park in Franklin. This park is located on Central Street, just across the street from the heart of Franklin and some local restaurants and shops. The park also provides access to the Winnepesaukee River, so bring your kayak.

The western trailhead at Trestle View Park is hard to miss,

as it's marked by a 15-foot-tall, black steel mill wheel. The Winnepesaukee River provides a welcoming call to trail users with the soothing sound of flowing water along the route. About 0.5 miles east along the trail, the route passes the Sulphite Bridge, also called the Upside Down Covered Bridge, to the left. The bridge—which previously allowed trains to cross the river on top of its structure, instead of through the center—is listed on the National Register of Historic Places and is the last remaining bridge of its kind in the country. A fire in 1980 burned the interior of the bridge, which closed to traffic in 1973.

About 0.25 miles farther down the trail, trail users may be able to spot remnants of the paper mill on the far side of the river. Some sections of the path veer away from the river, but trail users can still experience the sights and sounds of birds, wildflowers, peaceful ponds, and perhaps even a beaver or two.

About 3 miles east, the trail reaches the town of Tilton. Be cautious when entering this more urban area, as crosswalks are not clearly defined. Downtown Tilton offers local shops and restaurants, and great places for a short break.

A wide sidewalk on the north side of East Main Street connects this newer trail section. Continue onto East Main Street 0.5 mile until reaching the Tilton Police Station trailhead on the right. Again, caution should be used when crossing the road here, as there is no designated crosswalk. This trailhead welcomes you with a beautiful wildflower garden and trestle bridge.

The remaining 0.9-mile runs along the rail line away from the road. Crossing under the I-93 overpass signifies that you are nearing the trail's eastern end at Tilton Road.

Trail History

The Winnepesaukee River Trail runs along a rail line that



Winnepesaukee River Trail

New Hampshire

States: New Hampshire

Counties: Belknap, Merrimack

Length: 4.94 miles

Trail end points: Trestle View Park, 460
Central St. (Franklin) to Tilton Rd. (Tilton)

Trail surfaces: Asphalt, Crushed
Stone, Dirt, Gravel

Trail category: Rail-Trail

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

Parking & Trail Access

The Winnepesaukee River Trail runs between Trestle View Park, 460 Central St. (Franklin), which offers parking, and Tilton Rd. (Tilton)

Parking is also available at:

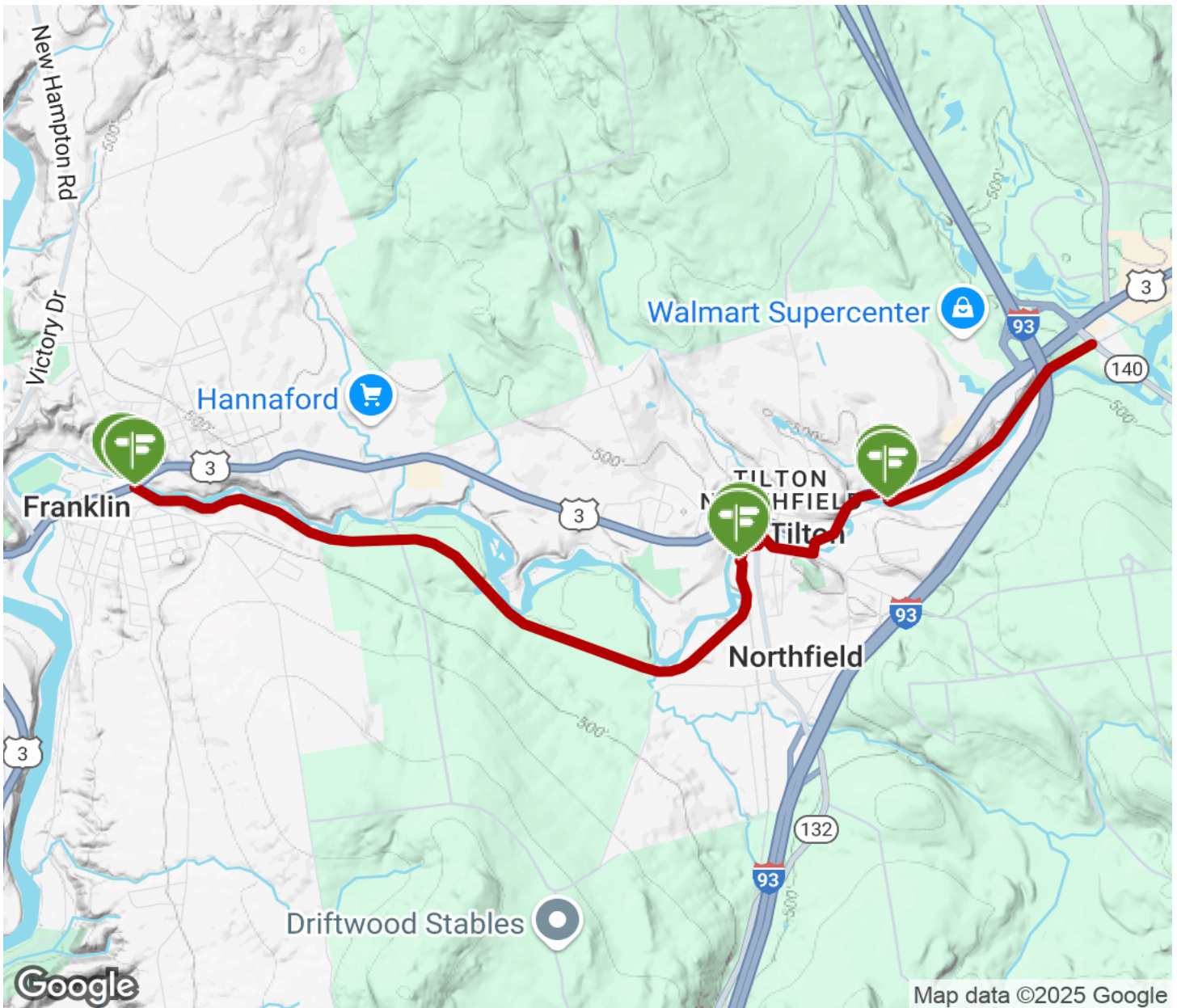
- 180 E Main St (Tilton)

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



Winnipisaukee River Trail

New Hampshire



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com