



2026

TrailLink Unlimited 

Guides   



**Upper Coos
Recreational
Trail**
New Hampshire



Upper Coos Recreational Trail

New Hampshire

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The wildly scenic Upper Coos Recreational Trail parallels the Connecticut River, which divides New Hampshire and Vermont. The rail-trail begins in Colebrook and travels north to Beecher Falls near the Canadian border.

As the railroad tracks are still in place, you'll need to use caution. The unpaved trail is best used for hiking and horseback riding in the warmer months. In the winter, the trail is popular for snowmobiling, cross-country skiing, and mushing.



Upper Coos Recreational Trail

New Hampshire

States: New Hampshire

Counties: Coos

Length: 10.5miles

Trail end points: Colebrook to Beecher Falls

Trail surfaces: Ballast,Cinder

Trail category: Rail-Trail

Trail activities: ATV,Horseback

Riding,Mountain

Biking,Snowmobiling,Walking,Cross Country

Skiing

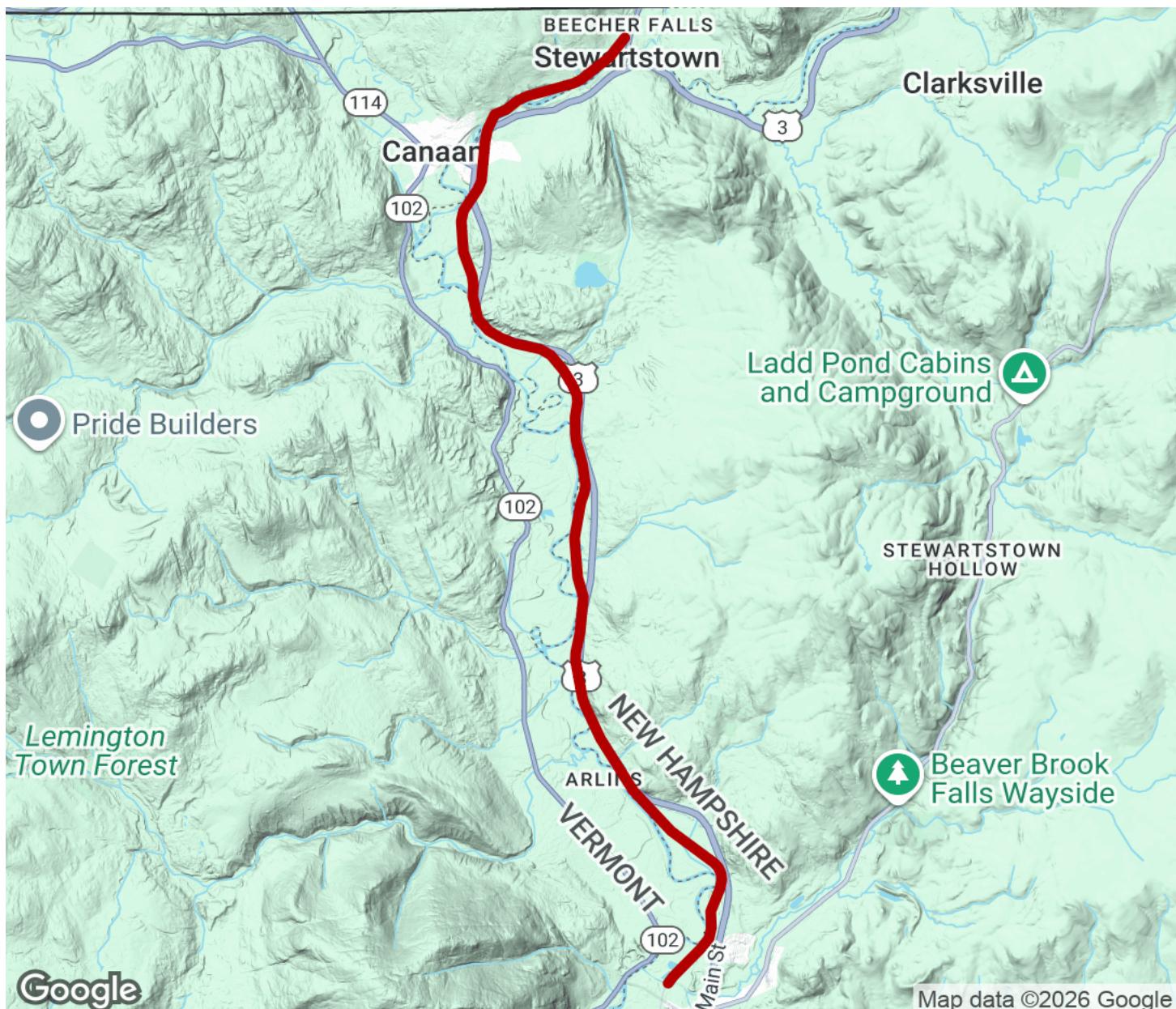
Parking & Trail Access

A parking area is available on Route 3. On street parking is available in Stewartstown and in Colebrook.



Upper Coos Recreational Trail

New Hampshire



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

[TrailLink.com](https://www.TrailLink.com)