



2025

TrailLink Unlimited 

Guides   



**Dover
Community
Trail**
New Hampshire



Dover Community Trail

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The Dover Community Trail snakes its way through the heart of the Garrison City—so nicknamed for the fortified log houses, or garrisons, built by 17th-century settlers—offering a variety of trail surface types and activities for visitors.

About the Route

Technically starting at the southeastern endpoint on Central Ave., the trail heads straight north and makes its way through quiet residential areas. The canopy of surrounding trees provides ample shade and a pleasant setting. After about 0.3 miles, the trail passes through a short tunnel underneath Silver Street and continues north, crossing a few roads and neighborhoods. Be sure to follow the trail signs in this area to stay on the correct

course.

After passing Washington Street, the trail crosses over a beautiful trestle high above the Cocheco River and continues to the Dover train depot/station in downtown Dover (see the active railroad line that the train station services on the north side of the trestle). With a trailhead, parking, and ample restaurants and shops just one or two blocks west, this is a great place to begin a trail ride.

From the train station, exit the parking lot and turn left onto the sidewalk along Chestnut Street to cross the railroad tracks. Note that this section follows city sidewalks, and there are no signs to help with navigation. After two blocks, turn left onto Fourth Street and follow the sidewalk until reaching a bridge that crosses the Cocheco River.

Here, just before the bridge, turn right (heading north) to enter another off-road section of the trail that skirts the north side of the river. The trail also leads trail users past Beckwith Park and Dover Cassily Community Garden—both great community assets. This section has a dirt and crushed-stone surface and is suitable for walking and mountain biking only; it offers a great nature escape in the center of town.

The trail crosses Whittier Street and then follows the north side of Whittier Falls Way, a quiet neighborhood street, before crossing under Spaulding Turnpike and continuing off-road. Here, the route continues to follow the north side of the Cocheco River and is surrounded by a nice wooded area, providing contrast to the more urban section near the center of town. The western terminus of the trail is along Watson Road, just east of the river.

There are plans to extend the trail south and ultimately connect it with other sections of the trail in and around the Seacoast Region.



Dover Community Trail

New Hampshire

States: New Hampshire

Counties: Strafford

Length: 4.2miles

Trail end points: Rutland St. (Dover) to 171
Watson Rd (Dover)

Trail surfaces: Asphalt, Crushed Stone, Dirt

Trail category: Rail-Trail

Trail activities: Bike, Inline

Skating, Wheelchair Accessible, Walking, Cross
Country Skiing

Parking & Trail Access

The Dover Community Trail runs between Rutland St. (Dover) and 171 Watson Rd (Dover), where parking is available.

Parking is also available at:

- 33 Chestnut St (Dover)

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



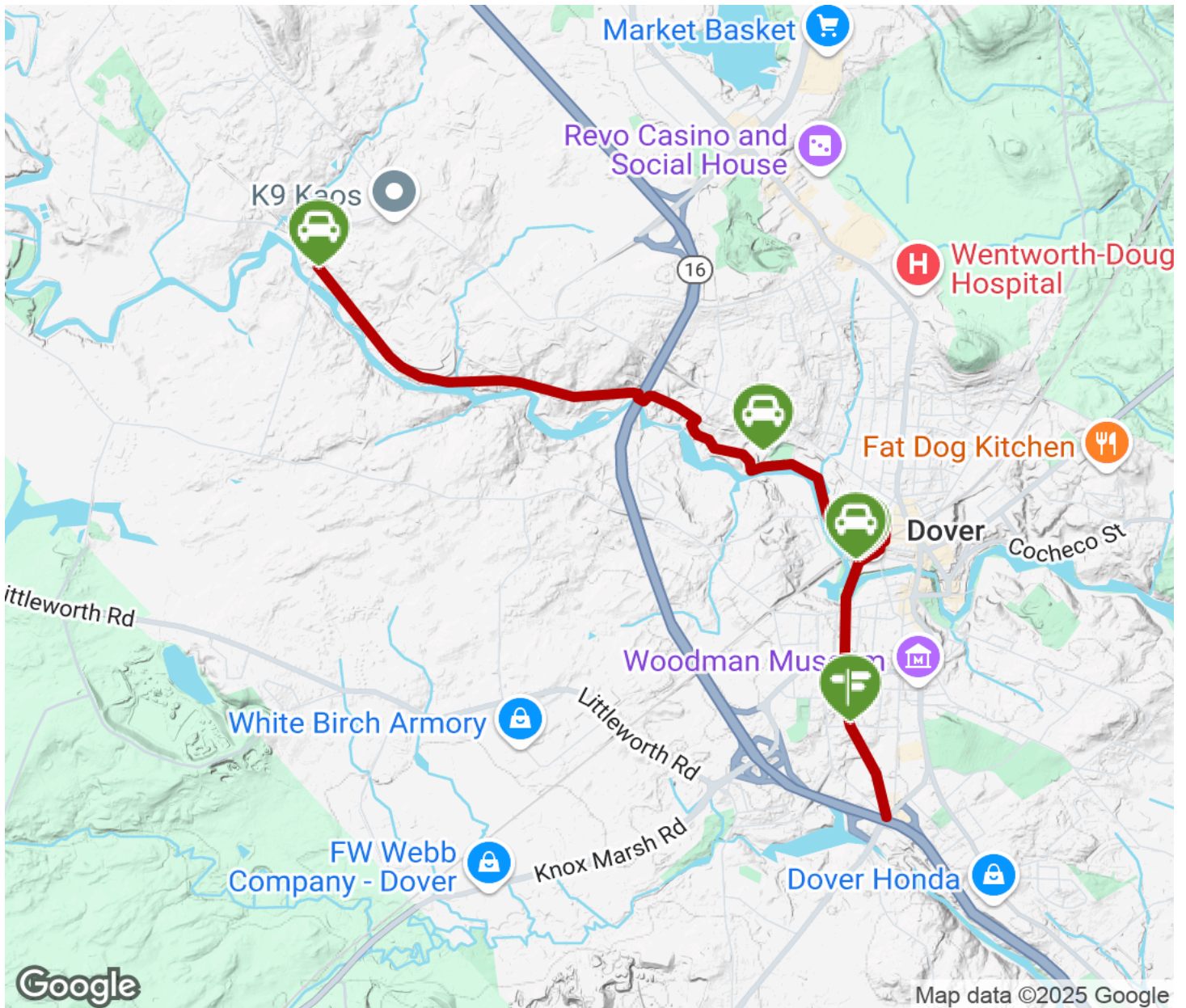
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Dover Community Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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