



2026

TrailLink Unlimited 

Guides   



Heritage Trail
(NH)
New Hampshire



Heritage Trail (NH)

New Hampshire

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The Heritage Trail is managed by the state of New Hampshire to provide access to recreational and historical attractions across the state. Eventually, the north-south route along the former Boston and Maine Railroad corridor will stretch more than 200 miles from Massachusetts to Canada, following the Merrimack, Pemigewasset, and Connecticut Rivers.

In Manchester, the rail-trail is open in these segments:

A 0.3-mile paved segment known as the Riverwalk offers lovely views of the Merrimack and runs through the Amoskeag Millyard District, which is listed on the National Register of Historic Places as it was the site of the one of the world's largest textile manufacturing companies between 1831 and 1936. The promenade begins

near Notre Dame Bridge, travels through Arms Park, and ends at Waumbec Mill (a historical and attractive brick building that houses commercial offices).

Farther south, a 0.6-mile section in downtown Manchester begins at the baseball stadium for New Hampshire's Fisher Cats and ends at Sundial Avenue. In Merrimack River Park, you can cross the waterway on a pedestrian bridge along the [Piscataquog Trail](#), which parallels its namesake river for 2 miles.



Heritage Trail (NH)

New Hampshire

States: New Hampshire

Counties: Hillsborough

Length: 0.9miles

Trail end points: Arms Park to Sundial Avenue

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Walking

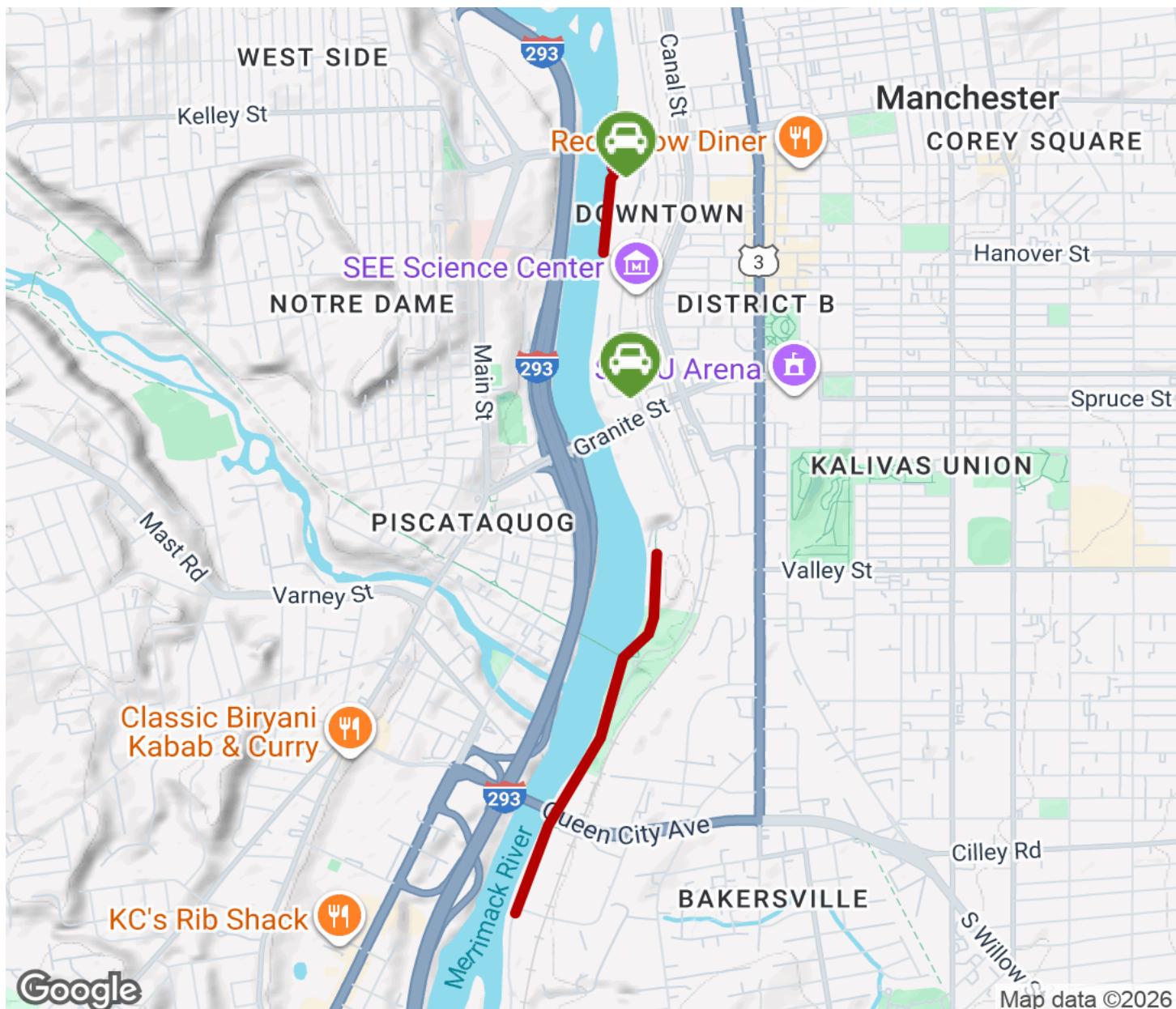
Parking & Trail Access

Ample parking is available in Arms Park (between Commercial Street and the Merrimack River).



Heritage Trail (NH)

New Hampshire



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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