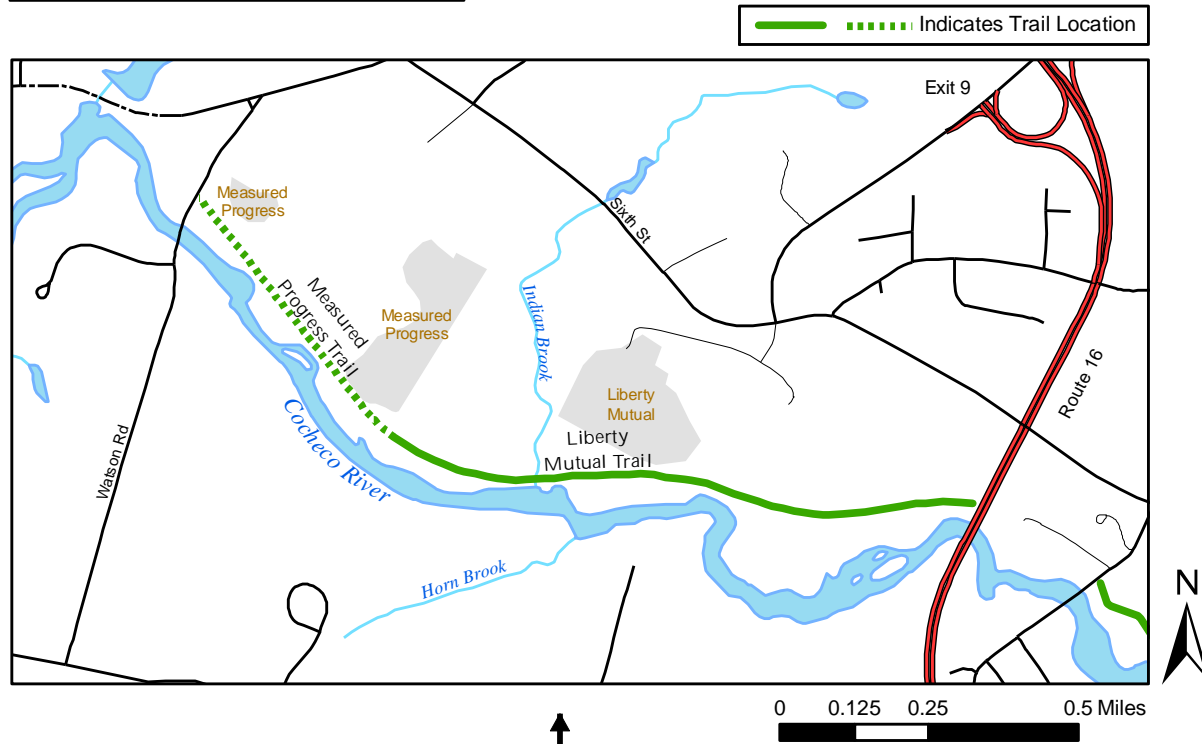


Trail Information



Liberty Mutual / Measured Progress – Dover Community Trail

The trail runs for approximately 2 miles along the Cochecho River from Watson Road, passing behind the office parks of Liberty Mutual and Measured Progress and ending at the Spaulding Turnpike. Along the Measure Progress portion of the trail, visitors are free to walk to the water on a network of smaller trails from the main path. The trails are frequently used by anglers fishing for trout and salmon that are stocked at this portion of the river by Trout Unlimited and the New Hampshire Fish and Game Department. These diverse habitats support many varieties of wildlife. Otter, red and gray fox, deer, coyote, bald eagles, hawks, turkeys, and great horned owls are among the species that live or pass through the area during migration. Bring binoculars for wildlife watching. Bug spray is recommended. The New Hampshire Fish and Game Department and Trout Unlimited are working with the City of Dover to develop a parking lot with handicap access at the trailhead at Watson Road.

Cochecho River Conservation Area - Dover Community Trail

The Cochecho River Conservation Area is located off 6th Street on Hillside Drive. The scenic trail on the land is part of the city-wide Dover Community Trail. The trail follows the Cochecho River for approximately ½ mile, crossing open fields on a mowed path until it intersects with Whittier Street, where it currently ends. Small trails off the main trail enable visitors to explore the shoreline along the Cochecho River. The Cochecho River Conservation Area is also the site of the Dover Community Garden. The land comprising the Cochecho River Conservation Area was purchased by the City of Dover in partnership with the state Land and Community Heritage Investment Program (LCHIP). In 2005, the City of Dover established the Cochecho River Conservation Area on the land.

