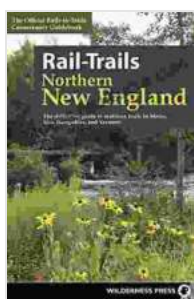


# The Definitive Guide To Multiuse Trails In Maine, New Hampshire, And Vermont

Maine, New Hampshire, and Vermont are home to some of the most beautiful and well-maintained multiuse trails in the country. These trails are perfect for hiking, biking, running, and cross-country skiing, and they offer a great way to experience the natural beauty of these states.



## Rail-Trails Northern New England: The definitive guide to multiuse trails in Maine, New Hampshire, and

**Vermont** by RAILS-TO-TRAILS CONSERVANCY

★★★★☆ 4.7 out of 5

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In this guide, we will provide you with all the information you need to plan your next multiuse trail adventure in Maine, New Hampshire, or Vermont. We will cover everything from trail descriptions and difficulty ratings to maps and directions.

## Maine

Maine is home to over 5,000 miles of multiuse trails, so you're sure to find one that's perfect for you. Some of the most popular trails in Maine include:

- **The Appalachian Trail:** This iconic trail runs through Maine for over 200 miles, offering hikers stunning views of the mountains, forests, and lakes of the state.
- **The Mount Katahdin Trail:** This challenging trail leads to the summit of Mount Katahdin, the highest peak in Maine. The trail is steep and rocky, but the views from the summit are worth the effort.
- **The Caribou-Speckled Mountain Wilderness Trail:** This remote trail winds through the forests and mountains of western Maine. The trail is relatively easy to hike, and it offers opportunities to see wildlife such as moose, deer, and black bears.

## **New Hampshire**

New Hampshire is another great state for multiuse trails. The state has over 4,000 miles of trails, including many that are suitable for hiking, biking, and running. Some of the most popular trails in New Hampshire include:

- **The Mount Washington Auto Road:** This historic road leads to the summit of Mount Washington, the highest peak in the Northeast. The road is open to vehicles during the summer months, but it is also a popular hiking trail.
- **The Kancamagus Highway:** This scenic highway runs through the White Mountains of New Hampshire. The highway is a great place to go for a drive, but it also offers many opportunities for hiking and biking.
- **The Old Bridle Path:** This historic trail runs through the Franconia Notch State Park. The trail is relatively easy to hike, and it offers stunning views of the mountains and valleys of the park.

## Vermont

Vermont is home to over 3,000 miles of multiuse trails. The state's trails are well-maintained and offer a variety of challenges for hikers, bikers, and runners. Some of the most popular trails in Vermont include:

- **The Long Trail:** This iconic trail runs through Vermont for over 270 miles. The trail is challenging, but it offers hikers stunning views of the Green Mountains.
- **The Catamount Trail:** This trail runs through the forests and mountains of central Vermont. The trail is relatively easy to hike, and it offers opportunities to see wildlife such as moose, deer, and black bears.
- **The Stowe Pinnacle Trail:** This challenging trail leads to the summit of Mount Stowe, one of the highest peaks in Vermont. The trail is steep and rocky, but the views from the summit are worth the effort.

## Planning Your Trip

When planning your multiuse trail adventure in Maine, New Hampshire, or Vermont, there are a few things you should keep in mind:

- **Choose a trail that is appropriate for your skill level and fitness level.** There are trails for all levels of hikers, bikers, and runners, so be sure to choose one that is right for you.
- **Pack the proper gear.** Be sure to pack plenty of water, food, and clothing for all types of weather. You should also bring a map and compass, as well as a first-aid kit.

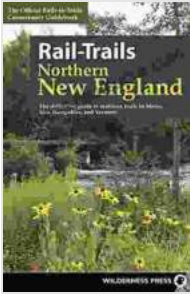
- **Be aware of the weather forecast.** The weather in Maine, New Hampshire, and Vermont can change quickly, so be sure to check the forecast before you head out on your hike.
- **Let someone know your plans.** Before you head out on your hike, be sure to let someone know where you are going and when you expect to return.

## Safety Tips

Multiuse trails can be a great place to enjoy the outdoors, but there are also some safety risks to be aware of. Here are a few tips to help you stay safe on your next hike, bike ride, or run:

- **Be aware of your surroundings.** Pay attention to the trail and the people around you. If you see anything suspicious, report it to the authorities.
- **Stay on the trail.** Cutting corners can lead to erosion and damage to the trail. It can also be dangerous, as you may not be aware of hazards that are off the trail.
- **Yield to others.** Hikers, bikers, and runners all have the right to use multiuse trails. Be courteous and yield to others when necessary.
- **Carry a whistle or other signaling device.** This can be used to signal for help in case of an emergency.

Multiuse trails are a great way to experience the natural beauty of Maine, New Hampshire, and Vermont. With proper planning and safety precautions, you can enjoy a safe and enjoyable adventure on one of these trails.



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