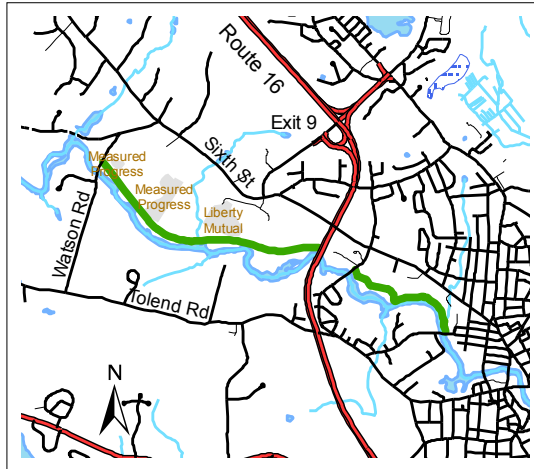


Directions



Directions to:

Cochecho River Conservation Area/ Dover Community Trail

From Central Avenue, take Sixth Street. Go approximately 1/2 mile and turn left on Hillside Drive (look for the sign for Beckwith Baseball Field at the corner of Sixth Street and Hillside Drive). Go straight on Hillside Drive to the last parking area on the right. Take a right to get on to the Dover Community Trail toward Whittier Street through the conservation land.

Liberty Mutual & Measured Progress portions of the Dover Community Trail

From Central Avenue, take Sixth Street. Go approximately 2 miles, through 3 sets of traffic lights, and turn left onto County Farm Road. Turn left onto Watson Road. Look for the gate and signage on the left and before the bridge that mark the conservation land and the Dover Community Trail.

This trail guide was created through a collaboration between the Strafford Regional Planning Commission and the Open Lands Committee of the City of Dover, NH
September, 2008

Photos credits: Cheryl Niles



Dover Community Trail Guide

Measured Progress, Liberty Mutual & Cochecho River Conservation Area



Cochecho River Conservation Area

Dover, New Hampshire



Open Lands Committee
Dover Planning Department
288 Central Avenue
Dover, New Hampshire
(603)-516-6008
Email: openlands@ci.dover.nh.us
2008

Visitor Information

The following information explains the allowable and non-allowable uses of the conserved open space areas:

- Passive non-motorized recreational use is welcome from dawn to dusk;
- No alcoholic beverages, fires, barbecues, or camping;
- Do not remove or destroy historic artifacts;
- Stay within the boundaries of the conservation areas;
- Please respect the natural, scenic, and historic resources, so that present and future generations may experience them.



Preserve Heritage

The New Hampshire Land and Community Heritage Investment Program (LCHIP) is an independent state authority that makes matching grants to NH communities and non-profits to conserve and preserve New Hampshire's most important natural, cultural and historic resources. Through this investment Program, every \$1 in resources brings back more than five times local, private, and federal funds and helps to secure NH's greatest business advantage: *the quality of life and traditional values of our state.*

For more information visit www.lchip.org.

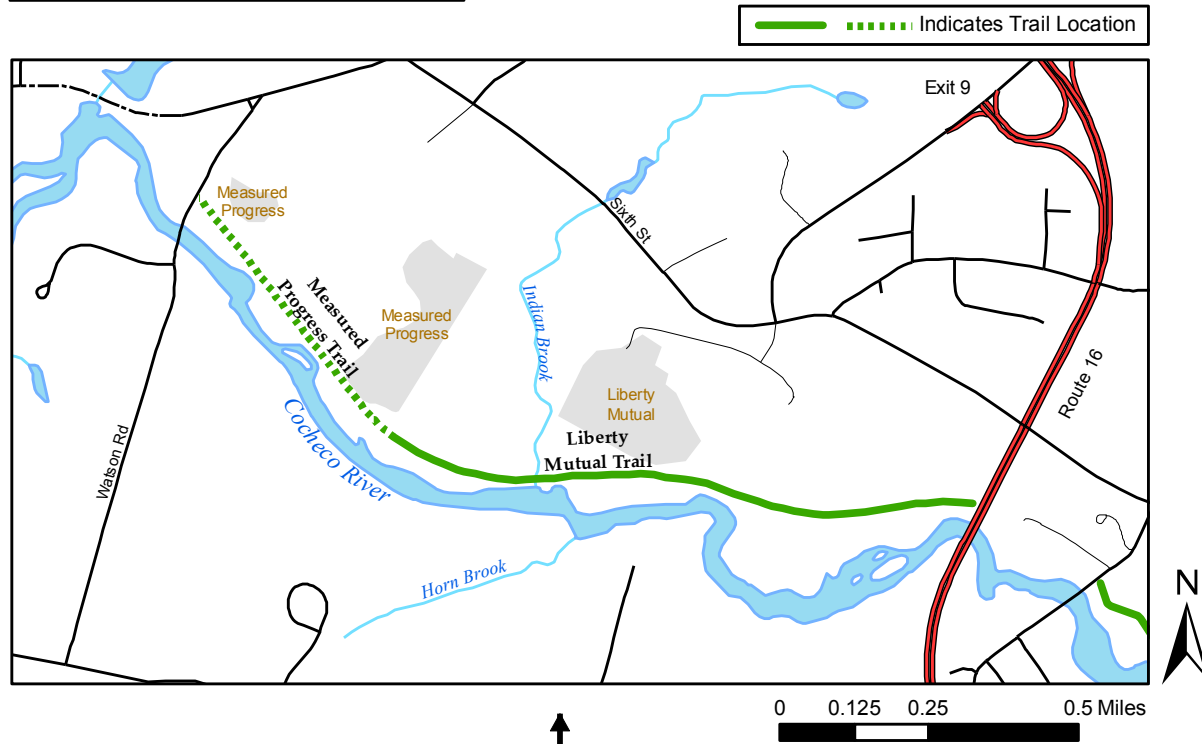
The Dover Community Trail

Since the 1990's, a community trail project has been underway to develop a city-wide community trail in Dover. The Dover Master Plan recommends building a community trail for the purpose of providing recreation and alternative transportation opportunities for the citizens of Dover and for protecting natural habitats along the Cochecho and Bellamy Rivers. Portions of the Community Trail have already been completed. These include the Cochecho River Conservation Area and the Liberty Mutual and Measured Progress trails. The Community Trail will run from downtown Dover to the Strafford County Farm upon its completion. To learn more about the Community Trail, visit www.ci.dover.nh.us/planning/trail/TrailBrouchure.pdf or contact the Dover Planning Department at 516-6008.

Dover Open Lands Committee

The City of Dover Open Lands Committee is an advisory group that was established by the Dover City Council to promote open space protection as outlined in the city's 2000 Master Plan. The committee works to protect undeveloped lands that possess significant conservation features, including drinking water supply resources, farm and forestlands, critical wildlife habitat, and historic and scenic areas. For more information about the Open Lands Committee, contact the Dover Planning Department at 603-516-6008, or email openlands@ci.dover.nh.us.

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.

