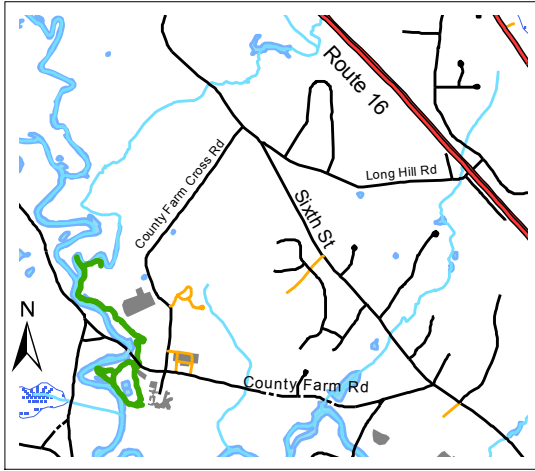


Directions



Directions to:

County Farm Cochecho River Trail

Take Sixth Street out of Dover past Liberty Mutual. Turn left on County Farm Cross Road. Follow County Farm Cross Road a couple of miles to the jail/nursing home complex and park on the north side of the Riverside Rest Home parking lot. The trail starts at the sign here. Additional parking is located behind Riverside Rest Home. To park here follow George Day Dr. and turn right just before the Canoe Launch.

Winning Ways Stables

Take Sixth Street out of Dover past Liberty Mutual. Turn left on County Farm Cross Road. Follow County Farm Cross Road approximately a mile until you see the horse stable on the right. Pull in and park at the stable. John & Jill Murphy ask that you log in at the stable in the book on the bulletin board. Much of this terrain is wild land: Watch for woodchuck holes. Please monitor your children and pets around the riverbank. The slope is curved under and steep making climbing out of the river difficult. Please leash your dogs, collect their waste and carry it out with you.

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



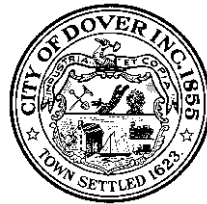
Dover Community Trail Guide

County Farm Cochecho River Loop Trail & Winning Ways Stables



Field at County Farm

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

COCHECHO RIVER WATERSHED COALITION

Contact the Chairman: Thomas Fargo at (603) 743-4290

UNH COOPERATIVE EXTENSION

UNH Cooperative Extension provides Strafford County residents with research-based education and information, enhancing their ability to make informed decisions that strengthen youth, families and communities, sustain agriculture and natural resources, and improve the economy.

In every Strafford County community, this program is at work, increasing economic development, enhancing the environment, and developing human potential. At Strafford County, we want to "Help you put knowledge and research to work."

Information is available through workshops, publications, newsletters, our website, and by phone. Work-site and agency sponsored programs make it easy for busy people to receive needed information and assistance. Programs are available to individuals, families, schools, businesses and communities. UNH Cooperative Extension serves the citizens of Strafford County through five main programs:

1. Agricultural Resources program provides education and information to commercial growers, homeowners, communities, groups, organizations and agencies.
2. Forest Resources program provides education and information to private landowners and municipalities on how to manage woodlands for timber production and wildlife habitat and how to plant and maintain healthy shade trees.
3. Family & Consumer Resources program offers research-based programming that helps improve the quality of life for families and individuals by helping them make informed, healthy life choices.
4. 4-H Youth Development program offers educational and research based "hands-on" 4-H youth development programming for youth ages 5-18.
5. Food and Nutrition program provides life skills education in nutrition and food and nutrition education to limited income individuals, families and groups, Head Start centers and schools.

Contact UNHCE at:

268 County Farm Road, Dover, NH 03820, Phone: (603) 749-4445, FAX (603) 743-3431

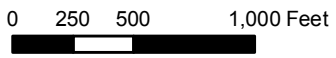
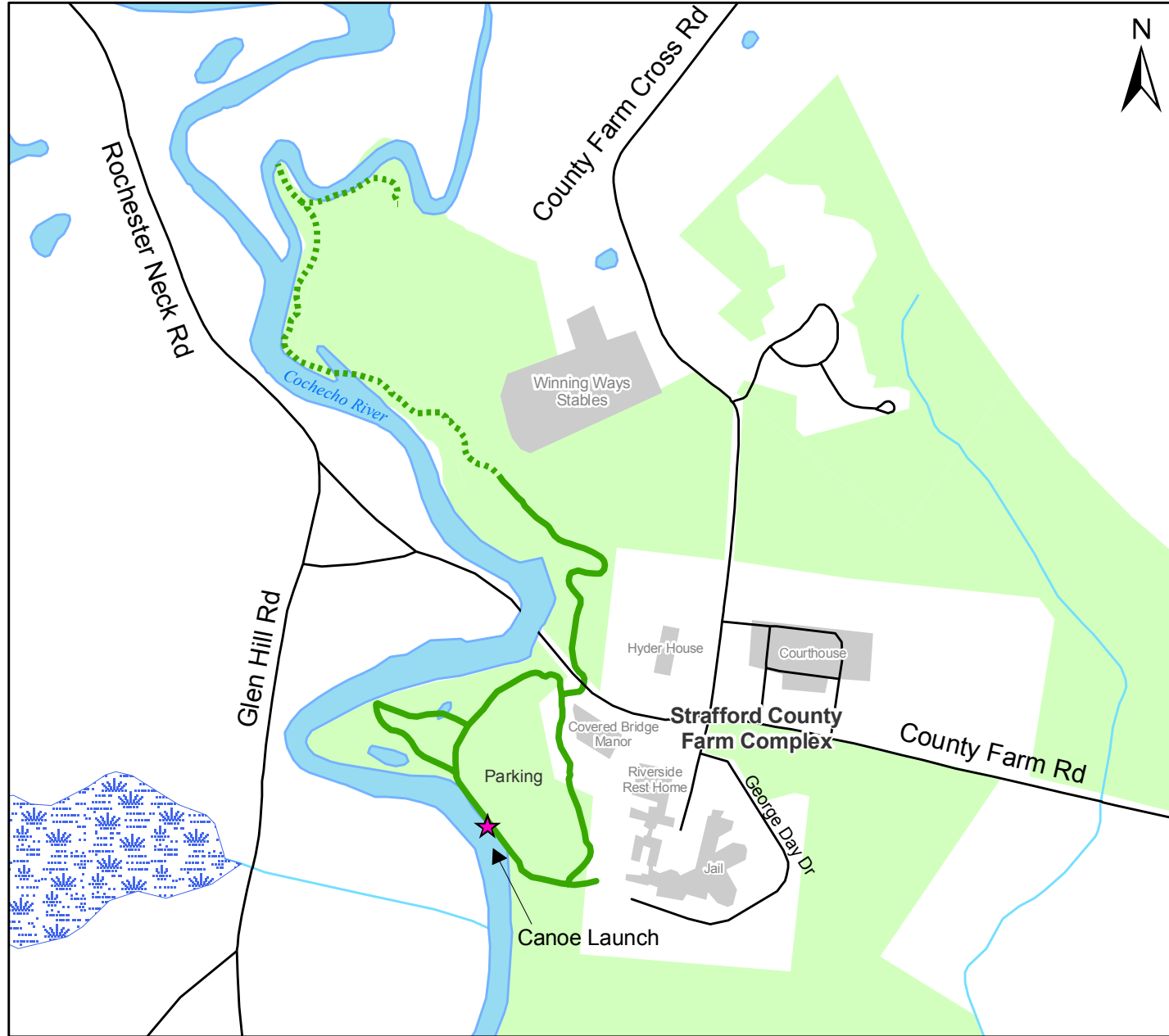
e-mail: ce.strafford@unh.edu, Visit our web site at: www.extension.unh.edu

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



County Farm Cochecho River Trail

The Strafford County Farm Cochecho River Trail is a one mile loop trail. This 212 acre parcel consists of demonstration forest, cornfields, hay fields, and access paths to the riverbank. There are spectacular views of the fields from the monument in honor of the forty-one inmates who perished in a fire at the insane asylum in 1893. The trail is known locally known as the "Jail Trail." A trail-walk can be completed in just under an hour. The interpretive trail includes a "Cathy Schiro O'Brien" mowed running loop. The running loop is used by the Dover High School cross-country team, and it is also open to the public. There is a canoe and kayak launch behind Riverside Rest Home. The City of Dover partnered with UNH Cooperative Extension and the Society for the Protection of New Hampshire Forests in 2002 to preserve this resource in perpetuity.

Common wildlife: Otter, white-tailed deer, beaver, muskrat, mink, wood thrush, American black duck, eastern bluebird, white-winged dove, woodcock, Canada warbler, and wild turkey. The UNH Cooperative Extension offer several educational projects at the site. Educators conduct canoe trips on the Cochecho River.

Allowed Activities: Hiking, running, birding (look for the osprey nest), canoeing, and kayaking.
Prohibited Activities: No motorized vehicles, horseback riding or cross-country skiing.
With Permission Only: Dogs, hunting and camping . Please call 603-516-7100.

Winning Ways Stable

Winning Ways Stable is a privately owned parcel that connects to the County Farm property. From the stables you pass by productive hay fields to the river trails. Fox are often observed hunting mice in the fields. Trails follow the shoreline of the Cochecho River under a canopy of fir and deciduous trees. You may see ducks and herons taking flight as you hike around the riverbank, where there is also evidence of beaver activity. Dead Man's Brook contains low flow buffer areas where amphibians lay their eggs. The brook also serves as a nursery for many mammals and birds. The woodland floor is laced with princess pines, partridge berries, and wild blueberries. Bring your binoculars to be able to observe the wildlife making pecking sounds in the trees or slapping in the water. The City of Dover accepted a conservation easement on 33.8 acres of the land in 2005 so that it may be enjoyed by generations to come.

Common Wildlife: Beaver, white-tailed deer, coyote, red and grey fox, finches, goldfinches, Canada goose, wild turkey, eastern bluebird, indigo bunting, red-breasted grosbeak, red-wing blackbirds, Great Blue heron, American black duck, and raptors of all descriptions.

Allowed Usages: Hiking, running, bird-watching, and mountain bike-riding.

The Dover Community Trail

Since the 1990s, 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 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/TrailBrochure.pdf or contact the Dover Planning Department at 516-6008.