

GREATER SEACOAST COMMUNITY HEALTH



STRAFFORD COUNTY PUBLIC HEALTH NETWORK

Healthy Living in Strafford County

Free and low-cost ideas for indoor and outdoor family fitness, exercise classes, healthy food access, and free community trails

[SCPHN.org](https://www.scpnh.org) | SCPHN@GoodwinCH.org

Updated: September 2020



About The Strafford County Public Health Network:

Strafford County Public Health Network (SCPHN) exists to improve the health, wellness, and quality of life for all individuals in Strafford County. It is one of 13 Public Health Networks across the State of New Hampshire that works with community partners to align public health priorities into one integrated system. SCPHN represents Barrington, Dover, Durham, Farmington, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford and the University of New Hampshire. SCPHN is a program of Greater Seacoast Community Health, and is located in Goodwin Community Health in Somersworth.

To view this resource guide & others online, or for more information about SCPHN, please visit [SCPHN.org](https://www.scpnh.org)

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Key: Free  Low Cost/Discount 

Supplemental Nutrition Assistance Program

The SNAP Program is about good nutrition and health. It provides eligible people with benefits to buy food items at grocery stores, farmers markets and other approved food retailers.



Have EBT? Get 50% OFF fruits & veggies with DOUBLE UP FOOD BUCKS
doubleupnh.org/

The Granite State Market Match allows NH residents receiving SNAP to turn \$10 into \$20 in healthy, locally-grown produce every time they visit the farmers market.
granitestatemarketmatch.org/



Food Access Map



Extension

UNH Cooperative Extension worked with partners to create a map where you can find where to go for free or low-cost food throughout New Hampshire.
extension.unh.edu/FoodAccessMap

Strafford County-Wide

FOOD ACCESS RESOURCES

UNH Cooperative Extension Nutrition Connections

extension.unh.edu/programs/nutrition-connections

273 Locus Street Suite A

Dover, NH 03820

603-516-8115

Income restrictions ☒

Seacoast Eat Local

seacoasteatlocal.org

Connecting People to Local
Food & Farms

Seacoast Area Mobile Market (SAMM Van)

seacoasteatlocal.org/samm

Offering a variety of foods from
local farmers and sources with
stops throughout Strafford
County

INDOOR AND OUTDOOR FAMILY FITNESS

Geo Cashing

[Geocashing.com](https://geocashing.com)

County Wide locations/sites

Youth Adventure Hunt

Get in App Store or Google Play

FREE COMMUNITY TRAILS

AllTrails

AllTrails.com

County-wide walking, hiking
and biking trail locator

Get in the App Store or Google
Play

RESOURCES FOR CHILDREN

Girl Scouts

girlscoutsgwm.org/

Leadership development,
adventure

Boy Scouts

nhscouting.org/

603-625-6431

info@nhscouting.org

Service, leadership, outdoor
adventure

WELLNESS RESOURCES

TOPS Club Inc.

Taking Off Pounds Sensibly

tops.org

Meetings throughout Strafford
County

Go4Life (Website)

Go4Life.nia.nih.gov

Guide to staying active,
motivating and educational
emails and resources for
seniors

Magic Pill (Podcast)

wbur.org/magicpill

21- day podcast for exercise
motivation

Good and Cheap (Book)

Author: Leanne Brown

Recipes for eating well on
\$4/day

Free to download, low-cost to
buy

Barrington

FOOD ACCESS RESOURCES

Barrington Community Food Pantry

barringtonfoodpantry.org

105C Ramsdell Ln

(lower level of library, next to
recreation center)

603-664-0233

barringtonfp@gmail.com

Thursdays: 6-7:30pm

Residents only ☒

Income restrictions ☒

Barrington Community Garden

Behind Calef's Country Store
and Barrington Post Office

603-664-6098

Residents only ☒

End 68 Hours of Hunger

end68hoursofhunger.org

603-767-2377 | 603-923-8289

Barrington@end68hoursofhunger.org

FREE COMMUNITY TRAILS

Barrington Conservation Commission

barringtonconcom.org

603-664-5798

Family trails, hikes and land
conservation

Winnie the Pooh Trail

245-263 Franklin Pierce Hwy

Hiking, walking, recreation

Open 24 Hours 603-664-5224

Stonehouse Pond

Near 165 Rt. 9

Hiking, walking, fly fishing

Barrington Town Forest

Swain Rd.

Hiking, walking, recreation

INDOOR AND OUTDOOR FAMILY FITNESS

Barrington Recreation Department

105 Ramsdell Ln

603-664-5224

Mon-Fri: 8am-4pm

Adult, Youth and Family

Programming and Classes

Swain's Lake

Young Road

Swimming, boating, fishing

Public access Rte 9 to Young Rd

1.3 miles on left

Mendum's Pond

UNH Recreation Area

50 Recreation Dr.

Swimming; Canoe, kayak,
paddleboard rental

RESOURCES FOR CHILDREN

Barrington Youth Association

byanh.org 

276 Smoke Street

Dover

FOOD ACCESS RESOURCES

Dover Farmers Market

June-September

Wed. 2:15-6pm

550 Central Ave (Chamber of
Commerce)

Sunday, 10am-1pm

Henry Law Park

SNAP & Market Match ☒

Dover Friendly Kitchen

5 Hale St.

603-742-5664

dfkdovernh@gmail.com

Tuesday and Thursday: 5-6pm

Community Action Partnership Food Pantry

straffordcap.org

61 Locust Street, Suite 240

McConnell Center

603-460-4237

Mon – Wed, & Fri: 9am-3pm

Photo ID and Household
Income Required ☒

Community Action ●
Partnership Summer Meals
straftordcap.org/programs/food-a-nutrition

603-516-2339
Multiple locations

**Dover Food Pantry, First Parish
Congregational Church** ●

1 Silver St
603-749-4235
Tues: 3-5pm; Thurs: 9-11am
Residents only ☒

**Our Daily Bread/St Joseph's
Church Food Pantry** ●

180 Locust St
603-742-4837
office@assumptiondovernh.org
Tues and Wed: 9-11:50pm;
Saturdays: 9-11:50am
Call ahead ☒ Residents only ☒

**Seymour Osman Community
Meals** ●

dhasocc.org
40 Hampshire Circle
603-548-5405

End 68 Hours of Hunger
end68hoursofhunger.org
603-548-5405

Dover@End68HoursofHunger.org

Dover Meals on Wheels ▲

Café by the River
(Waldron Towers)
603-692-4211
Mon, Tues, Thurs, and Fri:
11:30am-1pm
Age restriction (60+) ☒
Application at first visit ☒

FREE COMMUNITY TRAILS

Dover Community Trail ●

Watson Rd to Fisher St
Biking, Walking, and
Commuting

**County Farm Cocheco River
Loop Trail** ●

Begins near Strafford County
Complex, 1 Mile loop
County Farm Cross Rd
Biking, Hiking: [Trail Map](#)

**Henry Law Park and Cocheco
River Walk** ●

Henry Law Avenue
Trail, playground, green space,
canoe launch, skate-park

**Bellamy River Wildlife
Management Area** ●

Old Garrison Rd
Trails, winter recreation

INDOOR AND OUTDOOR FAMILY FITNESS

Bellamy Park Disc Golf

bellamyparkdiscgolf.weebly.com

Bellamy Rd

Open to public, bring
equipment

Community Senior Center

61 Locust Door #1

603-516-6436

Monday-Friday: 9am-3pm

Walking groups, community
meals, fitness classes, outings

Dover Ice Arena

110 Portland Ave

603-516-6060

Mon-Fri: 8am-10pm, Sat-Sun:
7:30am-10pm

Public skating on certain days
Rentals available ☒

Dover Indoor Pool

6 Henry Law Ave

603-516-6441

Hours vary per season

Swim lessons, open pool, and
fitness classes

Hilton Park

Route 4

Playground, green space

Indoor Ascent

indoorascent.com

47 Broadway

603-742-7848

Rock Climbing

Jenny Thompson Outdoor Pool

140 Portland Ave

603-516-6085

June-Labor Day

Summer camps, competitive
and recreational swim

Joe B. Riverwalk, Public Gardens

joeparksgarden.org

400 Central Ave & Chestnut St.

McConnell Fitness Center and Butterfield Gym

61 Locust St Door #3

603-516-6401

Mon-Fri: 7am-9pm;

Sat-Sun: 9am-4pm

Zumba, yoga, strength, open
gym

Day or Monthly passes available

Planet Fitness

898 Central Ave Dover, NH

603-743-4653

low-cost gym memberships

RESOURCES FOR CHILDREN

Seymour Osman Community Center



dhasocc.org

40 Hampshire Circle

603-749-6692

Elementary School Program:

Monday-Friday: 3-6pm

Middle School Program:

Monday-Friday: 2:45-6p

New Hampshire Children's Museum



childrens-museum.org

6 Washington St

603-742-2002

WELLNESS RESOURCES

Weight Watchers



857 Central Ave Dover, NH

800-651-6000

Weight-management program

Meetings & online support

Durham

FOOD ACCESS RESOURCES

Cornucopia Food Pantry



cornucopia.unh.edu

The Waysmeet Center (United Campus Ministry)

15 Mill Rd

603-862-1165

Jun-Aug., Tues: 4-5:30pm

Sept-May – Tues: 4-5:30pm; Fri:

12-2pm

Community dinners co-hosted with Organic Garden Club

(Sept-May): Monthly, 2nd

Friday: 6-7pm

St Thomas More Food Pantry



6 Madbury Rd

603-868-2666

Thursdays: 4-6pm

ID Required ☒

Durham Farmers Market



10 Old Piscataqua Rd

June-September, Mondays:

2:15-6pm

SNAP & Market Match

End 68 Hours of Hunger

end68hoursofhunger.org

603-389-3310

Oysterriver@end68hoursofhunger.org

INDOOR AND OUTDOOR FAMILY FITNESS

Durham Parks and Recreation Department ▲

ci.durham.nh.us/recreation

2 Dover Rd

603-817-4074

recreation@ci.durham.nh.us

Classes: Fitness, yoga, outdoor
trails & recreation for youth &
adults

University of New Hampshire Outdoor Pool ▲

5 Edgewood Rd

603-862-2677

Hours vary by season

Old Town Landing ●

Park

Rte 108 to Old Piscataqua Rd,

Picnicking

Jackson Landing ●

Rte 108 to 10 Old Piscataqua
Rd, playground, ice skating, bird
watching, boat launch

FREE COMMUNITY TRAILS

College Woods ●

UNH campus, behind football
field

603-862-1234

Recreation, hiking, bird
watching, XC skiing

Sweet Trail ●

Longmarsh Rd.

Hiking, snowshoeing

3.9 Miles

Adams Point Wildlife Management Area ●

[wildlife.state.nh.us/maps/wma/
adams-point.html](http://wildlife.state.nh.us/maps/wma/adams-point.html)

85 Adams Point Rd.

Walking, animal watching

603-271-3421

Wagon Hill Farm ●

ci.durham.nh.us/boc_conservation/wagon-hill-farm

603-868-5571

Rt. 4

Daily: 8am-dusk

Walking, kayaking, sledding,
snowshoeing

RESOURCES FOR CHILDREN

Oyster River Youth Association

oryarec.org ▲

603-868-5150

programs@oryarec.org

Recreational sports programs

Open to Durham, Lee, and

Madbury

Farmington

FOOD ACCESS RESOURCES

Community Action Partnership Outreach Food Pantry ●

straftfordcap.org

527 Main St

603-460-4313

Mon, Wed, and Fri: 8:30am-
12pm

ID/Income required ☑

End 68 Hours of Hunger

end68hoursofhunger.org

[FarmingtonNH@end68hoursof
hunger.org](mailto:FarmingtonNH@end68hoursof
hunger.org)

Interfaith Food Pantry ●

400 Main St (First
Congregational Church)

603-755-4816

Last Saturday of the month:
9:30-10:30am (Except Aug)

Grace Community Church Food Pantry ●

9 Mechanic St

603-332-9689

Thursdays: 9:30-11:00am

INDOOR AND OUTDOOR FAMILY FITNESS

Farmington Parks and Recreation Department ▲

531 Main St

603-755-2405

Senior Activities, bingo, Youth
Programs, after school

Farmington Five-Hundred Boys and Girls Club ▲

603-755-2311

info@farmington500.org

Youth athletic teams

FREE COMMUNITY TRAILS

Farmington Recreational Rail Trail ●

Chestnut Hill Rd and Rt. 125

Hiking, biking, winter sports

Mount Blue Job ●

First Crown Point Rd

Hiking and recreation

Abbotts Grant Town Forest ●

Old Bay Rd.

Walk, picnic

Lee

FOOD ACCESS RESOURCES

Wilkinson Memorial Food Pantry of Lee Congregational Church

17 Mast Rd

603-659-2861

1st and 3rd Monday of each
month: 6-7pm

Serves Durham, Lee, Madbury,
Nottingham, and Newmarket
Photo ID and Household
Income Required ☒

Lee Farmers Market

Corner of Mast Rd & Recycle
Center Rd

Old Lee Fire Station

603-659-9329

June-Sept; Thursdays: 3-6 pm

End 68 Hours of Hunger

end68hoursofhunger.org

603-389-3310

[Oysterriver@end68hoursofhun
ger.org](mailto:Oysterriver@end68hoursofhunger.org)

INDOOR AND OUTDOOR FAMILY FITNESS

Little River Park

39 North River Road

Playground, baseball field,
picnic, basketball hoops,
multiuse field, and trails

Lee Town Forest

Multiple points of access (Lee
Public Library, Mast Rd)

Hiking, winter activities, fields,
canoe launch, fishing

DeMeritt Hill Farm

demeritthillfarm.com

20 Orchard Way

603-868-2111

info@demeritthillfarm.com

Walking trails, fruit picking,
hayrides, picnic, special events

Planet Fitness

54 Calef HWY Lee

603-868-1930

low-cost gym membership

Madbury

FOOD ACCESS RESOURCES

End 68 Hours of Hunger

end68hoursofhunger.org

603-389-3310

Oysterriver@end68hoursofhunger.org

INDOOR AND OUTDOOR FAMILY FITNESS

Demerritt Park Field

12 Route 155

Soccer, baseball, recreation,
trails, picnic

Tibbetts Field

25 Route 155

Soccer field, recreation, trails

FREE COMMUNITY TRAILS

Kingman Farm Trail

Route 155

Biking, hiking, winter activities

Dog friendly ☒

Pudding Hill Town Forest

Pudding Hill Rd and Evans Road

Middleton

FOOD ACCESS RESOURCES

End 68 Hours of Hunger

end68hoursofhunger.org

603-856-1019 | 603-651-9115

OssTuftWolf@end68hoursofhunger.org

Serving Ossipee, Tuftonboro,
Wolfeboro & Middleton

FREE COMMUNITY TRAILS

Ellis R. Hatch Wildlife Management Area

Multiple Access Points

Kings Highway

wildlife.state.nh.us/maps/wma/ellis-hatch.html

Fishing, recreation, hiking

Piper Mountain

Access Rd

Hiking, recreation

Milton

FOOD ACCESS RESOURCES

McKenzie's Farm ▲
mckenziesfarm.com

71 NE Pond Rd
603-652-9400
May-Nov; Mon-Sun: 9am-6pm
Pick your own fruits, farm-stand, events

We Care Food Pantry ●
370 White Mountain Hwy
603-923-9456
wecarefoodpantry.us

INDOOR AND OUTDOOR FAMILY FITNESS

Milton Town Beach ▲
miltonnh-us.com/parks.php
852 White Mountain Highway
603-652-7308
Swimming, picnic

Recreation Department ▲
miltonnh-us.com/parks.php
recreation@miltonnh-us.com
603-652-4501 x 8
Youth soccer, camp

FREE COMMUNITY TRAILS

NH Farm Museum Trails ●
farmmuseum.org
info@farmmuseum.org
603-652-7840
Sat. & Sun. 10-4
1305 White Mt Hwy
50 Acres of trails for hiking
Hours vary per season

Teneriffe Mountain Preserve ●
miltonnhgetoutdoors.wordpress.com/2015/05/27/teneriffe-mountain-reserve
Teneriffe Rd.
170-acre forest reserve with 1.6 mile trail
Hiking, rare plant species

Moose Mountain Reservation ●
forestsociety.org/property/moose-mountains-reservation
Parking at end of New Portsmouth Rd.
8 Miles of trails
hiking, winter activities

New Durham

FOOD ACCESS RESOURCES

New Durham Food Pantry ●

5 Main St
603-817-0372
Saturdays: 9-10am
Proof of Residency Required ☒

End 68 Hours of Hunger
end68hoursofhunger.org
217-778-4483
NewDurham@end68hoursofhunger.org

INDOOR AND OUTDOOR FAMILY FITNESS

New Durham Recreation Department ▲

newdurhamnh.myrec.com
4 Main Street
603-859-5666
Bingo, youth soccer, recreation

New Durham Town Beach ●

South Shore Rd.
Swimming, boating
Residents Only ☒

FREE COMMUNITY TRAILS

Caverly Mountain ●

Caverly Rd. off Kings Highway
Hiking, snowmobile/ATV,
snowshoeing

Rochester

FOOD ACCESS RESOURCES

Rochester Farmers Market ▲

Rochester Commons/South
Main St
June-Sept.; Tuesdays: 3-6pm
SNAP & Market Match ☒

End 68 Hours of Hunger
end68hoursofhunger.org
603-332-5506 | 914-960-1434
RochesterNH@end68hoursofhunger.org

Emmanuel Advent Christian Church Food Pantry ●

24 Eastern Ave
603-332-5355
emmanuelchurch@emmanuelacc.net
Food Pantry: Thursdays:
10:30am-12pm, Call for appt.
Community Dinners: 2nd & 4th
Friday each month: 5:30pm

Gerry's Food Pantry ●

150 Wakefield Street, Suite 5
603-330-3468

gerrysfoodpantry@metrocast.net

Monday and Friday: 1-3:15pm
Wednesday: 10am-3:15pm
Rochester, E. Rochester, Gonic,
and Farmington Residents only ☒

Grace Community Church Food Pantry ●

57 Wakefield St.
603-332-9689
Last Saturday of each month:
3:45-5pm

Joseph's Storehouse Food Pantry ●

josephsstorehouse.com/welcome

124 Milton Rd
603-994-1076
Third Saturday each month:
9am-12pm

Revolution Church Food Pantry ●

87 Lowell St
603-332-0212
Fridays: 5:15-6:45pm
Last Monday each month: 10-11am, check day

Rochester Fellowship Soup Kitchen ●

34 South Main St.
603-332-4170

Salvation Army Food Pantry ●

10 Olde Farm Lane
603-332-2623
Monday, Wednesday, and
Friday: 9am-2pm

Salvation Army Soup Kitchen ●

10 Olde Farm Lane
603-332-2623
Monday, Wednesday and
Friday: 12-1pm

Rochester Meals on Wheels ▲

77 Olde Farm Ln
603-332-0831
Mon, Tues, Thurs, and Fri:
11:30am-1pm
Age restriction (60+) ☒
Application at first visit ☒

First Church Congregational, UCC Food Pantry ●

63 South Main St
603-332-1121
Monday-Friday: 8am-2pm

Community Action Partnership Summer Meals ●

straffordcap.org/programs/food-a-nutrition
603-516-2339
Multiple locations

FREE COMMUNITY TRAILS

Gonic Trails

Mt. Isinglass Recreational Area
103 Rochester Neck Rd
603-332-4120

Hiking, walking, winter recreation, biking, swimming
Dog friendly ☒

William H Champlin, Jr Forest Trails

Route 108, across from Sky Haven airport
Hiking, walking, winter recreation

Pickering Ponds

374 Pickering Road, Gonic
603-332-4120
Green space/easy to moderate 2 mile loop trail
Hiking, bird watching, winter recreation
Dog friendly ☒

Rochester Common

Route 108/South Main St
603-332-4124
Walking loop (3 loops=1 mile), sports field, playground

INDOOR AND OUTDOOR FAMILY FITNESS

East Rochester Pool

Green Street/Cocheco Ave

Gonic Pool

Railroad Ave at Gonic School

Hanson Pines

4 Yeagley Way
603-332-4120
Outdoor pool, playground, basketball courts, trails

Planet Fitness

306N Main St
Spaulding Commons
603-335-8600
low-cost gym memberships

Rochester Arena

63 Lowell St.
603-332-4120
Ice skating, youth, adult, family, senior programs

Rochester Recreation Center

rochesterrec.com
150 Wakefield Street, Suite 1
Youth, adult, family, senior programs, basketball, karate

Rochester Community Center Tennis Courts

150 Wakefield St
For school and public use
Dawn to dusk, Spring-Fall

Rochester Running Club

rochesterrunners.com

Squamagonic Recreation Area

Gravel road between 51 and 53
Hansonville Rd
Wilderness, 18-hole disc golf
course

YMCA of Strafford County

graniteymca.org/locations/strafford-county

603-332-7334

35 Industrial Way

Youth, Adult, Senior and Family
Programs

RESOURCES FOR CHILDREN

Rochester Girls Softball League

Softball teams and tournaments

Rochester Youth Soccer Association

rysa-nh.com/

info@rysa-nh.com

youth travel and recreational
soccer programs

Roger Allen Baseball

rogerallenbaseball.website.sipla.com

rogerallenbaseball@gmail.com

Youth baseball teams

Wellness Resources

Weight Watchers

75 Eastern Ave. Rochester, NH
(Emmanuel Church Family Life
Center)

800-651-6000

Weight-management program

Meetings & online support

Rollinsford

FOOD ACCESS RESOURCES

Seeds of Faith Food Pantry

seedsoffaithnh.org/food-pantry

1 Front Street, Suite 160

603-969-2235

SOFfoodpantry@gmail.com

Mondays: 10am-12pm

End 68 Hours of Hunger

end68hoursofhunger.org

603-978-1636 | 603-978-2462

Rollinsford@end68hoursofhunger.org

Seacoast Eat Local Winter Farmers Market ▲

seacoasteatlocal.org/find-local-food/our-winter-farmers-market/

141 Rollins Rd

Nov-April, Saturdays: 10am-2pm (check website for dates)

SNAP & Market Match ☒

FREE COMMUNITY TRAILS

Scout Landing Trails ●

Begins at boat launch off Front St

INDOOR AND OUTDOOR FAMILY FITNESS

Rollinsford Free Public Ice

Skating Rink ●

Roberts Rd, next to Fire Dept.

Seasonal, no rentals available

Community Yoga Class ●

603-516-2665

3 Front Street

Rollinsford Pubic Library

Thursdays: 6:45-8pm

Bring yoga mat ☒

Somersworth

FOOD ACCESS RESOURCES

House of Hope Soup Kitchen and Food Pantry ●

6 Sullivan Sq. Berwick ME

207-698-9944

Mon, Tues, Thurs: 4:30-7pm

Somersworth Residents

Welcome

Community Food Pantry ●

176 West High Street

603-692-2907

Mon: 10am-12pm; Wed: 6-

8pm; Thurs: 3-5pm

Somersworth Meals on Wheels ▲

25 Bartlett Ave

603-692-4211

Mon, Tues, Thurs, and Fri:

11:30am-1pm

Age restriction (60+) ☒

Application at first visit ☒

Women, Infant & Children (WIC) ●

goodwinch.org/services/wic

311 Rt. 108 (Goodwin

Community Health)

603-332-4358

Income restrictions ☒

Community Action

Partnership Summer Meals

straffordcap.org/programs/food-a-nutrition

603-516-2339

Multiple locations

End 68 Hours of Hunger

end68hoursofhunger.org

somersworth@end68hoursofhunger.org

INDOOR AND OUTDOOR FAMILY FITNESS

Parks and Recreation

603-692-4262

Youth athletic programs

Noble Pines Park

30 Noble St

Playground, splash pad,
baseball field, basketball court,
picnic

Flanagan Community Center

9 Bartlett Ave

603-692-2864

Community events, open gym

Malley Farms Field

70 Malley Farm Field Rd

Baseball, recreation, walking
trails


The Works Family Health & Fitness Club

21-41 Works Way,

Somersworth, NH

603-742-2163

Senior discounts 

Some programs may be
covered by insurance 

FREE COMMUNITY TRAILS

Willand Pond Trail

seacoastnh.com/travel/scenic-walks/willand-pond/

Route 108 across from Strafford
Farms Restaurant
trails, fishing

Strafford

FOOD ACCESS RESOURCES

Third Baptist Church

30 Strafford Rd

603-664-7750

- Food Pantry:

Thursdays: 8-10am

Income restrictions 

- **Soup Kitchen:**
Wednesdays: 5-6:30pm

End 68 Hours of Hunger
Northwood@end68hoursofhunger.org

Serving Chichester, Epsom, Northwood, Nottingham, Strafford (SAU 44)

INDOOR AND OUTDOOR FAMILY FITNESS

Bow Lake Beach ● ▲
Water St.

Swimming, picnic, kayak
Free to Town Residents
Small fee to non-residents during summer lifeguard hours

FREE COMMUNITY TRAILS

Isinglass River Conservation Reserve ●
isinglassriver.us/recreation-and-access.html

Multiple points of access
Walking trails, fishing, paddling
James H. Edgerly Jr Lot Town Forest ●
Off Parker Mt Rd
Walking Trails

Big River Lot- Town Forest ●
First Crown Point Rd
Hiking, recreation

McCabe Lot- Town Forest ●
Evans Mt Rd
Hiking, recreation

Parker Mountain ●
Parker Mt Rd
Hiking, recreation

RESOURCES FOR CHILDREN

Strafford Recreational Sports ▲
leaguelineup.com/Strafford
Youth Athletics

Adaptive Resources

Resources specifically for individuals with disabilities

FREE, WHEELCHAIR ACCESSIBLE COMMUNITY TRAILS

Dover Community Trail ●
Watson Rd to Fisher St

Biking, Walking, and
Commuting

Farmington Recreational Rail Trail ●
Chestnut Hill Rd and Rt. 125

Hiking, biking, winter sports

Pickering Ponds ●

374 Pickering Road, Gonic

603-332-4120

Green space/easy to moderate

2 mile loop trail

Hiking, bird watching, winter recreation

Dog friendly ☑

Willand Pond Trails ●

seacoastnh.com/travel/scenic-walks/willand-pond

Route 108 across from Strafford Farms Restaurant
trails, fishing

INDOOR AND OUTDOOR FAMILY FITNESS

Adaptive sports and recreation- UNH- Durham

unh.edu/healthyunh/resource/adaptive-sports-and-recreation

Seasonal, adaptive sports for people with disabilities

Northeast Passage

nepassage.org

121 Technology Dr, Suite 161
603-862-0070

northeast.passage@unh.edu

Adaptive Sports and Recreation program, Recreational Therapy

Special Needs Support Center (SNSC) ▲

snsc-uv.org/activities

603-448-6311

info@snsc-uv.org

Diverse activities and social opportunities for people of all ages with special needs

Special Olympics ●

sonh.org

603-624-1250

Sports and competition for children and adults with intellectual disabilities

Howie's Field of Dreams ●

howiesfieldofdreams.com

195 Chestnut Hill Rd, Rochester, NH

howiesfieldofdreams@gmail.com

Adaptive baseball for players age 5-20 with physical or mental challenges

RESOURCES FOR CHILDREN

Zebra Crossing ▲

zebra-crossings.org

61 Locust St. Dover, NH
603-312-2052

Outdoor programs for children with chronic disease

Thank you to our partners!

GREATER SEACOAST COMMUNITY HEALTH

Goodwin
Community Health

**Families
First**

Lilac City
Pediatrics



Extension
Nutrition Connections



To join in our work to promote healthy eating & physical activity in Strafford County, please contact SCPHN@GoodwinCH.org to join our Healthy Living Work Group