

New Hampshire Coastal Access Map

- Hiking
- Boating
- Fishing
- Picnicking
- Swimming
- Bird Watching



Photo: Great Bay Discovery Center, Greenland, N.H.

Public Access INFORMATION

The New Hampshire coast includes:
18.57 miles of Atlantic shoreline
235.38 miles of estuarine shoreline

- Sand dunes
- Sandy beaches
- Rocky shorelines
- Tidepools
- Salt marshes

For state park accessibility information, please visit the Accessibility of a Glance link at: www.nhstateparks.org/ParksPages/parks.html or call the state park of your choice. For information on town and private sites, please contact the facility directly.

NEW HAMPSHIRE State Park Information

- Seacoast office, Rye 436-1552
- Office of Travel and Tourism, Concord 271-2665
- N.H. Fish and Game, Durham 868-1095
- N.H. Fish and Game, Concord 271-2225
- Chambers of Commerce
- Portsmouth 436-3988
- Hampton 926-8717
- Dover 742-2218
- Exeter 772-2411
- N.H. Coastal Program 559-1500

Great Bay National Estuarine Research Reserve of Great Bay/Discovery Center, Greenland 778-0015

GREAT BAY PUBLIC ACCESS SITES

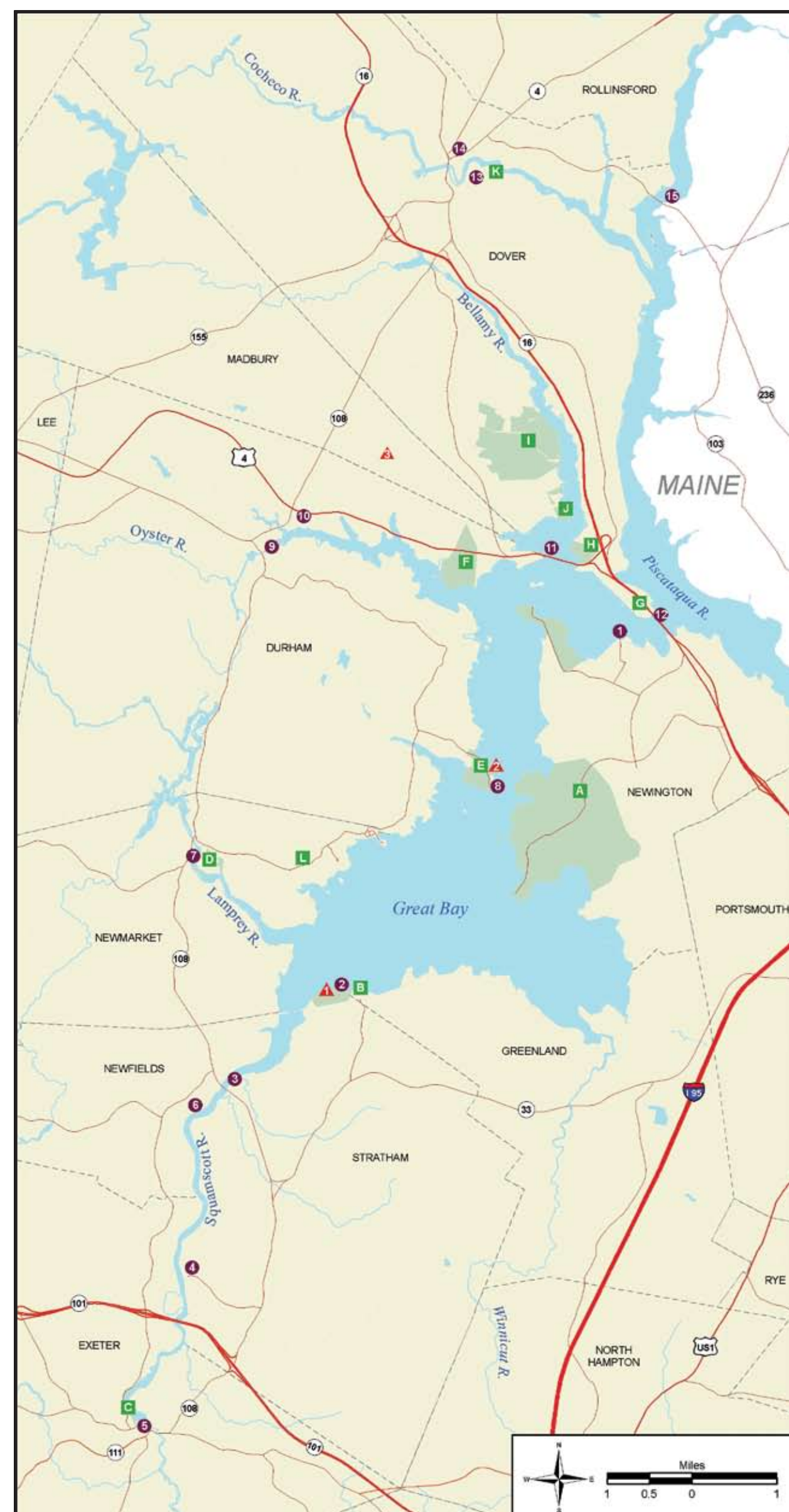
GREAT BAY LAND ACCESS

| Facility | Address and Phone Number | Description | Parking | Fee | Trails | Picnic Area | Fishing Access | Wildlife Viewing | Ownership | Pets | Additional Information |
|--|----------------------------------|-------------------------------------|---------|-----|--------|-------------|----------------|------------------|-----------|---------|---|
| A Great Bay National Wildlife Refuge, Newington/Greenland | Arboretum Drive, Pease Tradeport | Natural area | ✓ | ✓ | | | ✓ | | F | no pets | Open dawn to dusk only |
| B Great Bay Discovery Center, Greenland | 89 Depot Road, (603) 778-0015 | Natural area, salt marsh, boardwalk | ✓ | | ✓ | | ✓ | | S | no pets | Interpretive center; boat/kayak launch |
| C Swasey Parkway, Exeter | Swasey Parkway | Riverfront park | ✓ | | | ✓ | | | T | allowed | Bandstand |
| D Heron Point, Newmarket | Heron Point Road | Natural area | | | ✓ | | ✓ | | S | no pets | Walk-in only |
| E Adams Point, Durham | Off Durham Point Road | Natural area on Great Bay | ✓ | | ✓ | | ✓ | | S | no pets | Boat launch |
| F Wagon Hill, Durham | Route 4 | Natural area | ✓ | | ✓ | ✓ | ✓ | | T | allowed | |
| G Hilton Park, Dover Point | Spaulding Turnpike | Great Bay waterfront park | ✓ | | | ✓ | | | S | no pets | Shelter; fireplaces; boat launch |
| H Bellamy River Access At Dover Point | Off Spur Road | Natural area | ✓ | | | | ✓ | | S | no pets | |
| I Bellamy River Wildlife Management, Dover | Off Garrison Road | Natural area | ✓ | | ✓ | | ✓ | | S | no pets | |
| J Bellamy River Wildlife Area, Dover | Bay View Road | Natural area | ✓ | | | | ✓ | | P | no pets | Limited parking; low-impact visitors only |
| K Henry Law Park, Dover | River Street | Riverfront park | ✓ | | ✓ | ✓ | ✓ | | T | allowed | Cochecho River walk; boat launch |
| L Lubberland Creek Preserve, Newmarket | Bay Road | Natural area with trail | ✓ | | ✓ | | ✓ | | P | no pets | Carry out trash; low impact visitors only |

GREAT BAY BOAT ACCESS

| Facility | Address and Phone Number | Boat Launch | Fee | Parking | Pumpout | Ownership | Additional Information |
|---|--------------------------------------|-------------|-----|---------|---------|-----------|---|
| 1 Great Bay Marine, Newington | 61 Beane Lane (603) 436-5299 | ✓ | ✓ | ✓ | ✓ | P | Slips and moorings; winter storage |
| 2 Depot Road, Greenland/Stratham | Depot Road (603) 778-0015 | ✓ | | | | S | Carry-in only; high tide access only |
| 3 Chapman's Landing, Stratham | Route 108 (603) 772-4741 | ✓ | | ✓ | | S | High tide access only |
| 4 Stratham Town Landing, Stratham | River Road (603) 772-4741 | ✓ | | ✓ | | T | Carry-in only; high tide access only; limited parking |
| 5 Exeter Town Landing, Exeter | Off Water Street (603) 778-0591 | ✓ | | ✓ | | T | |
| 6 Newfields Town Landing, Newfields | River Road (603) 772-5070 | ✓ | | | | T | Parking for Newfields residents only |
| 7 Newmarket Town Landing, Newmarket | Water Street (603) 659-8501 | ✓ | | ✓ | | T | |
| 8 Adams Point, Durham | Off Durham Point Road | ✓ | | ✓ | | S | Limited parking; boat access at high tide only and three hours either side of high tide |
| 9 Oyster River Landing, Durham | Newmarket Road (603) 868-5571 | ✓ | | ✓ | | T | Carry-in only; picnicking |
| 10 Jackson's Landing, Durham | Piscataqua Road (603) 868-5571 | ✓ | | ✓ | | T | Short trail; picnicking |
| 11 Cedar Point Launch, Durham | Cedar Point Road (603) 868-5571 | ✓ | | ✓ | | T | Limited parking |
| 12 Hilton Park, Dover Point | Spaulding Turnpike, Dover Point | ✓ | | ✓ | | S | High tide access only |
| 13 Dover Boat Launch, Dover | River Street (603) 743-6008 | ✓ | | ✓ | | T | Canoe and row boat launch |
| 14 George's Marina, Dover | Cochecho Road (603) 742-9089 | ✓ | ✓ | ✓ | | P | Recycle and waste removal; parking on street |
| 15 Salmon Falls B.L., So. Berwick, Maine | Eliot Bridge Rd. to Maine, Route 101 | ✓ | | ✓ | | T | Maine side of the river; high tide access only |

S = State Owned T = Town Owned P = Privately Owned F = Federally Owned



1 Great Bay Discovery Center, Great Bay National Estuarine Research Reserve, 89 Depot Road, Greenland, NH 03840 603-778-0015

GBDC is the education center for the Great Bay National Estuarine Research Reserve, offering interpretive exhibits, trails, programs and publications. The center focuses on educating children, the general public, and coastal decision makers about the value of estuaries, research in the Great Bay watershed, the interactions of humans and watersheds, and the cultural and natural history of Great Bay.

2 UNH Jackson Estuarine Laboratory, 85 Adams Point Road, Durham, NH 03824 603-862-2175

Jackson Lab is dedicated to research and higher education in marine and estuarine environments, and to the application of scientific expertise to environmental issues of local and regional significance. Fields of study include: non-point source pollution; shellfish resource management; shellfish aquaculture; detection of microbial pathogens in water and shellfish; biodegradation of toxic compounds; ecology and distribution of seagrasses and seaweeds; mitigation and restoration of wetlands; marine and estuarine water quality monitoring; behavior and migration of lobsters; coastal geomorphology and sedimentology.

3 University of New Hampshire Sea Grant Program, Kingman Farm, Durham, NH 03824-3512 603-749-1565

Sea Grant promotes the wise use and conservation of our region's coastal and marine resources through university-based research, education, and outreach. The program supports the Great Bay Citizen's Water Quality Monitoring Project, a docent outreach program, and research/education on aquaculture, commercial fishing, marine pollution and coastal issues. Technical reports, videotapes, and other library resources are available as well as staff to discuss issues and information needs.

SEACOAST PUBLIC ACCESS SITES

SEACOAST LAND ACCESS

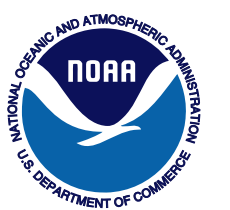
| Facility | Address and Phone Number | Description | Parking | Fee | Restroom | Swimming | Lifeguards | Picnic Area | Playground | Wildlife Viewing | Hiking Trails | Ownership | Pets | Additional Information |
|---|------------------------------------|--|---------|-----|----------|----------|------------|-------------|------------|------------------|---------------|-----------|-----------------|---|
| A Urban Forestry Center, Portsmouth | Elwyn Rd. off Rte 1 (603) 431-6774 | Arboretum & historic landmark | ✓ | ✓ | | | | | | ✓ | | S | yes, if leashed | Children's garden; historic buildings |
| B Prescott Park and Four Tree Island, Portsmouth | Marcy St. (603) 431-8748 | Waterfront park & gardens | ✓ | ✓ | | | | | | | | T | no pets | Parking in downtown Portsmouth; summer Arts Festival |
| C Peirce Island, Portsmouth | Off Marcy St. (603) 427-1547 | Waterfront, picnic & natural area | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | T | allowed | Outdoor swimming pool |
| D Wentworth/Coolidge Mansion & Visitor's Center, Portsmouth | Little Harbor Rd. (603) 436-6607 | Historic site and natural area | ✓ | | | | | | | | | S | no pets | Tours May through September |
| E Fort Constitution, New Castle | Route 1B | National historic landmark | ✓ | | | | | | | | | S | no pets | Restricted parking at the Coast Guard Station lot |
| F Great Island Common, New Castle | Route 1B | Sandy/rocky beach & rocky shore | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | T | no pets | Fee for non-residents |
| G Odiome Point State Park, Rye | Route 1A (603) 436-8043 | Rocky shore, historic site, natural area | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | S | no pets | Seacoast Science Center; biking trails; salt marsh boardwalk |
| H Route 1A Coastal Turnoffs, Rye | Route 1A | Rocky shore | ✓ | | | | | | | | | S | no pets | Pull-off areas between Odiome Point and Wallis Sands |
| I Wallis Sands, Rye | Route 1A (603) 436-9404 | Sandy beach | ✓ | ✓ | ✓ | ✓ | | | | | | S | no pets | Food concession; hot showers |
| J Pirate's Cove Beach, Rye | Route 1A | Sandy beach | ✓ | ✓ | ✓ | | | | | | | T | no pets | Parking along Route 1A |
| K Foss Beach/Rye North Beach, Rye | Route 1A | Sandy beach | ✓ | | | ✓ | | | | | | S | no pets | Parking along Route 1A |
| L Rye Harbor State Park, Ragged Neck, Rye | Route 1A (603) 436-1552 | Grassy peninsula overlooking Rye Harbor | ✓ | ✓ | ✓ | | ✓ | | | | | S | no pets | Access to Foss Beach |
| M Awcomin Marsh, Rye | Route 1A | Restored marsh | ✓ | | | | | | ✓ | | | S | no pets | Parking along Route 1A; trails and viewing platforms |
| N Jenness State Beach, Rye | Route 1A (603) 436-1552 | Sandy beach | ✓ | ✓ | ✓ | ✓ | | | | | | S | no pets | Parking is metered |
| O Sawyer's Beach, Rye | Route 1A (603) 436-1552 | Rocky beach | ✓ | | | | | | | | | T | no pets | Parking for residents with parking permit |
| P Bass Beach, North Hampton | Route 1A (603) 436-1552 | Pebbly, sandy cove | ✓ | | | | | | | | | T | no pets | Parking along Route 1A |
| Q North Hampton State Park, North Hampton | Route 1A (603) 436-1552 | Sandy beach | ✓ | ✓ | ✓ | ✓ | | | | | | S | no pets | Parking is metered |
| R Plaipe Cove, Hampton | Route 1A | Sandy beach | ✓ | ✓ | ✓ | | | ✓ | | | | T | no pets | Parking for Hampton residents only; others may park along Route 1A |
| S Hampton North Beach, Bicentennial Park, Hampton | Route 1A (603) 436-1552 | Sandy beach | ✓ | ✓ | ✓ | | | | | | | S | no pets | Parking is metered |
| T Hampton Beach Seashell, Hampton | Route 1A (603) 926-8717 | Sandy beach | ✓ | ✓ | ✓ | | | | | ✓ | | S | no pets | Parking fee |
| U Hampton Beach State Park, Hampton | Route 1A (603) 436-1552 | Sandy beach | ✓ | ✓ | ✓ | ✓ | | | | ✓ | | S | no pets | RV overnight parking; park store; group use for rent |
| V Sun Valley, Hampton | Route 1A (603) 926-6766 | Sandy beach on Hampton Harbor inlet | ✓ | | ✓ | | | | | | | T | no pets | Located south side of 1A bridge; use state lot and walk across bridge |
| W Seabrook Beach, Seabrook | Route 1A | Sandy beach with dunes | ✓ | | ✓ | | | | ✓ | | | T | no pets | Limited parking |

S = State Owned T = Town Owned P = Privately Owned F = Federally Owned
 * ALL STATE PARKS ARE CARRY IN/CARRY OUT TRASH *

SEACOAST BOAT ACCESS

| Facility | Address and Phone Number | Boat Launch | Fee | Parking | Pumpout | Ownership | Additional Information |
|--|----------------------------------|-------------|-----|---------|---------|-----------|---|
| 1 Peirce Island, Portsmouth | Off Marcy St. (603) 431-2000 | ✓ | ✓ | ✓ | | T | Fee in summer only |
| 2 Prescott Park Marina, Portsmouth | Marcy St. (603) 431-8748 | | ✓ | | | T | Dock access from water only; first come first served |
| 3 Witch Cove Marina, Portsmouth | Route 1B (603) 427-1313 | | | | | P | |
| 4 Portsmouth Yacht Club, New Castle | 76 Piscataqua Rd. (603) 436-9877 | | | | | P | Fueling available for non-members |
| 5 Wentworth Marina, New Castle | Route 1B (603) 433-5050 | | | | | P | Some transient slips available; recycling; waste removal |
| 6 Odiome Point State Park, Rye | Route 1A (603) 436-7406 | ✓ | ✓ | ✓ | | S | Carry-in launch; high tide access only |
| 7 Rye Harbor State Marina, Rye | Route 1A (603) 436-5294 | ✓ | ✓ | ✓ | ✓ | S | Boat launch; picnic area; fueling station; seasonal boat storage; charter boats |
| 8 Hampton Harbor State Marina, Hampton | Route 1A (603) 436-1552 | ✓ | ✓ | ✓ | ✓ | P | Fueling station |
| 9 Hampton River Marina, Hampton | Harbor Rd. (603) 929-1422 | ✓ | ✓ | | ✓ | P | |
| 10 Hampton River Boat Club, Hampton | Landing Rd. (603) 926-9704 | ✓ | | ✓ | | P | |
| 11 Hampton Falls Boat Ramp, H. Falls | Depot Rd. | ✓ | | ✓ | | T | High tide access only; carry-in boats; limited parking |
| 12 Farm Lane Dock, Seabrook | Farm Lane (603) 474-3311 | ✓ | | ✓ | | T | High tide access only; carry-in boats |

N.H. COASTAL WATERS ARE A DESIGNATED NO DISCHARGE AREA.
 PUMP-OUT BOAT IS AVAILABLE FRIDAY THROUGH SUNDAY 10 AM TO 4 PM, WEEKDAYS BY APPOINTMENT.
 COASTAL PUMP-OUT SERVICES, 1 HARBOR PLACE, (603) 670-5130, FEE: \$10.



N.H. Coastal Program • (603) 559-1500
 coastal@des.state.nh.us • www.des.nh.gov

This map was produced by the New Hampshire Coastal Program • April, 2007
 The text and map data are based on information available at the time of print.

1 Strawberry Banke Museum
 Marcy Street,
 Portsmouth NH 03801
 603-433-1100

This is a living history museum located on a 10-acre site in downtown Portsmouth. Summer programs and waterfront walking tours emphasize changes in maritime activities from 1625 to the present.

2 UNH Coastal Marine Laboratory,
 Fort Constitution,
 New Castle NH 03854
 603-433-1290

Located at the Fort Constitution site in New Castle at the mouth of the Piscataqua River, this facility focuses on marine fisheries research. Call for tour information.

3 Seacoast Science Center,
 570 Ocean Blvd.,
 Rye, NH 03870
 603-436-8043

This center offers schools, organizations and the general public a variety of exploratory programs, which include the rocky shore, tidal marshes, Gulf of Maine, and upland habitats. The Center is located at Odiome State Park, which has 300 acres of parkland located along the Atlantic shoreline.

4 The Blue Ocean Society for Marine Conservation,
 143 Pleasant Street,
 Portsmouth, NH 03801
 603-431-0260

The Society is a non-profit organization that promotes awareness and conservation of the marine environment through education and research in New England. This organization has several educational programs available on marine life and conservation, including a touch tank and inflatable whale presentation. Call to schedule a classroom visit or for beach clean-up information.

5 Urban Forestry Center,
 45 Elwyn Road,
 Portsmouth NH 03801
 603-431-6774

The Center is located on 180 acres of field, forest, herb gardens and salt marshes. It offers a meeting space, learning facility and trails. Programs include forest management, ecology, biotic identification and wildlife stewardship.

6 Science & Nature Center at Seabrook Station,
 PO Box 300,
 Seabrook, NH 03874
 603-474-9521, ext. 6

This center offers schools, organizations and the general public information about nuclear power, energy and natural resources. The Center features exhibits, a theater and the Owascoag Nature Trail which leads to the Hampton Harbor Estuary. Call for tour availability.