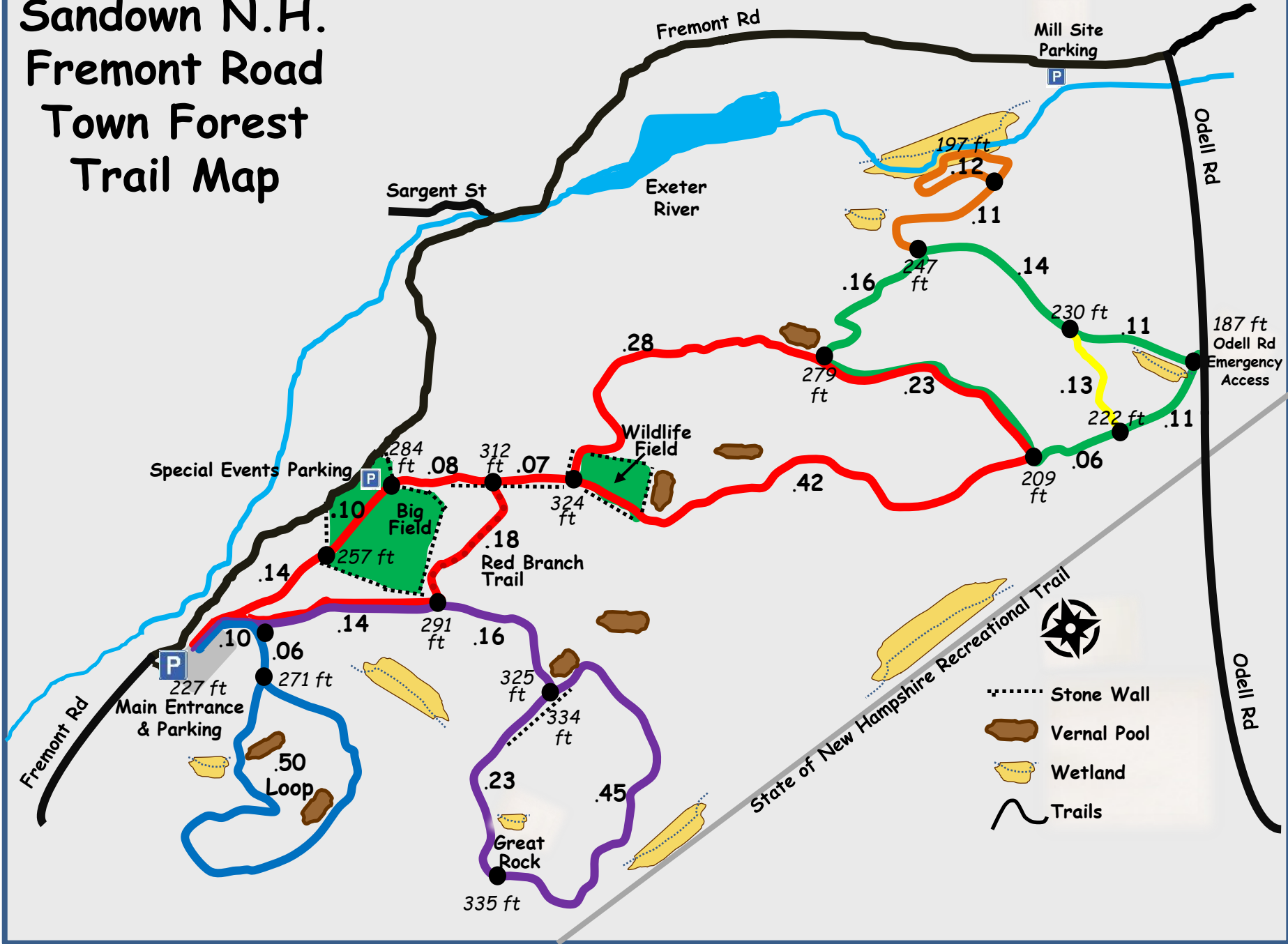


Sandown N.H. Fremont Road Town Forest Trail Map



Blue Trail: The Blue Trail may be the easiest trail in the Fremont Road Town Forest at .66 miles and an elevation gain of 91 feet. From the Fremont Road parking lot start up the hill and bear right at the kiosk. .1 mile from the parking lot there's a bench on your right and the trail splits again, bear right. This portion of the trail is level and wide enough for two people to walk side-by-side. In .06 miles you come upon another bench on your right, and once again the trail divides, go either way and you'll trek around the .5 mile Blue Trail loop and return back at that junction.

Purple Trail: The Purple Trail has the greatest elevation gain of all the trails, 256 ft over 1.48 miles. From the parking lot head up the hill and bear right at the kiosk.

.1 mi from the parking lot is a bench on your right and the trail splits again, bear left. At first the trail dips down before you walk up a short wooden ramp over some rocks where the trail levels out. To your left will be a stone wall and to your right a bench and a tree with an unusual base that looks like it's the home to the Keebler Cookie Elf!

The trail now ascends as it parallels the stone wall, and at the top of the incline is the junction of the Red Branch Trail, bear right. From here continue .16 miles passing a vernal pool on the left. After the pool the trail splits again, you can take a sharp left up the hill or continue straight. From this point onward the trail is a .68-mile loop, and you'll end up back here regardless of the direction you take. At one point you'll find yourself at the top of the Great Rock, and at 335 feet this is the highest point in the town forest, and there's a clearing there which makes it an idea spot to bring a picnic.

Red & Green Loops: The Red & Green Loops combined cover 2.06 miles with a total elevation gain of 240 feet. You can shorten your Red-Green Loop hike by taking the Red-Green Crosscut or the Yellow Trail to bypass sections of the trail.

To hike the Red-Green Loops head uphill from the parking lot, bear left at the kiosk and continue .14 miles where you'll pass through an opening in a stone wall bringing you into the Big Field. Follow the well-worn path across the field past the nesting boxes for .1 miles to the edge of the tree-line.

Going through an opening in the stone wall leads you back into the trees and past the entrance to the Red Branch Trail on your right. Be sure to continue straight on the Red Trail.

.15 miles from the Big Field you come to another kiosk, the trail divides here creating a 1.28-mile loop, so regardless of which direction your intuition takes you, you'll end up back here.

Orange Trail: The Orange Trail is the "*hidden gem*" and least trekked trail of the Fremont Road Town Forest. Tucked away and accessed off of the Green Trail, the Orange Trail is .23 miles long, starting at an elevation of 247 ft dropping to 197 ft where it provides a spectacular view of the Exeter River. There's a bench near the entrance of the loop where you can rest your weary feet and watch and listen to the wildlife.