Overview: This section of the SRKG descends the western flank of Mount Sunapee from the boundary of the Mount Sunapee State Park in the Town of Goshen. It winds in a northerly direction to the trailhead at Sunapee Town Hall. In Goshen, the SRKG is on town roads with stunning views west to Mt. Ascutney across the Connecticut River Valley and into east central Vermont. In Sunapee the trail is mostly in private forest before entering Sunapee Upper Village and the charming River Walk at the head of the Sugar River.

Finding the Trailheads:
The southern trailhead is at the top of Old Province Road in Goshen. From the Mount Sunapee traffic circle, at the intersection of NH 103 and NH 103B in Newbury, head west 1.1 mi. on NH 103 toward Newport. Turn southwest (left) onto Brook Road, traveling 1.2 mi. Look for Old Province Road on your left as Brook Road makes a sharp right turn. Go up Old Province Road steeply to the dead end and a Small four-car trailhead parking area with a Greenway sign. Note that winter parking here requires a permit from the Goshen road agent (863-5656). The northern trailhead is located just south of the intersection of NH 11 and NH 103B at Sunapee Town Hall. Parking may be limited on weekdays. Parking at the Sunapee Visitor Center at the junction of NH 11 and NH103B may be an alternative.