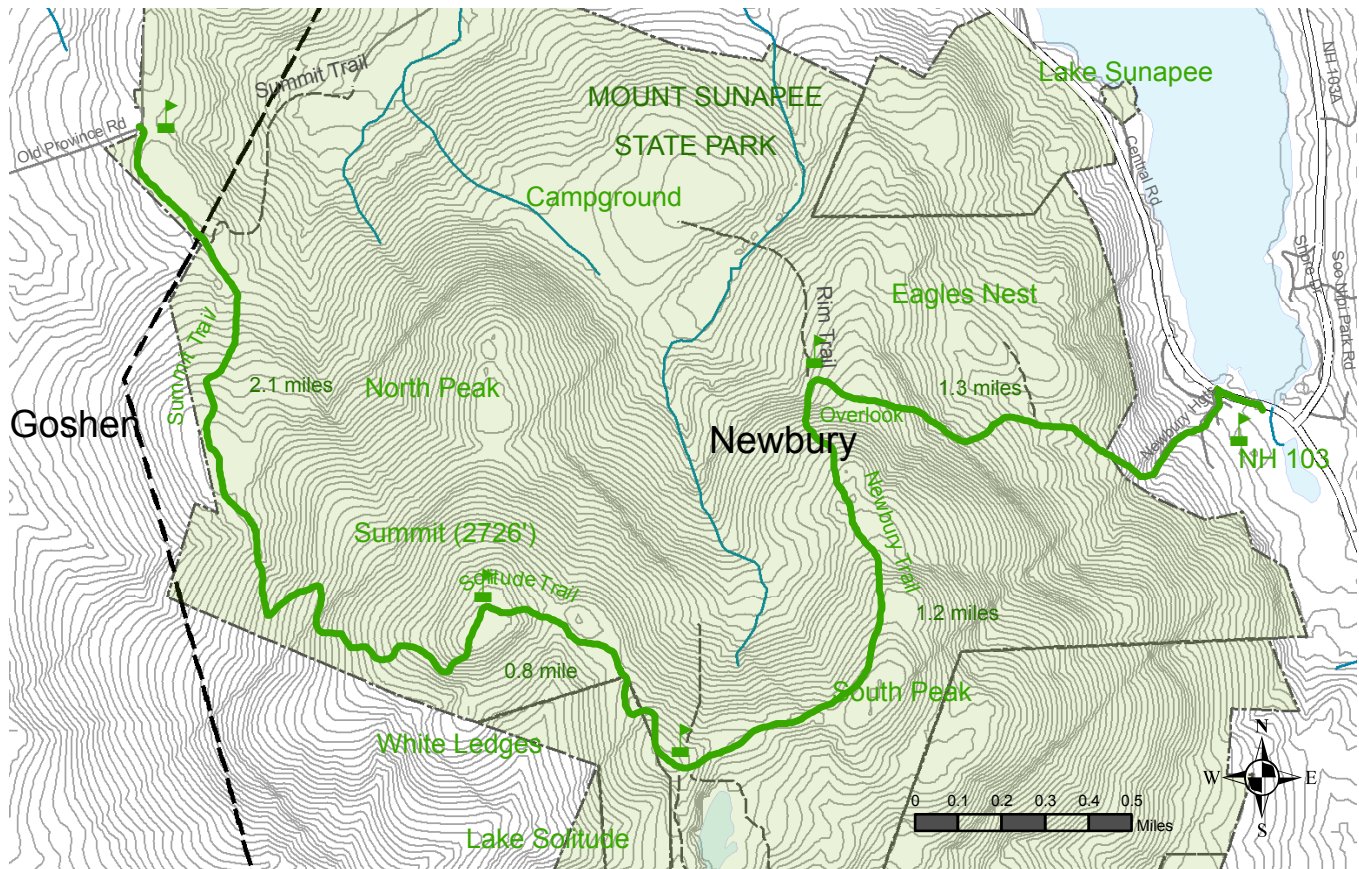


Trail 1 Newbury Harbor to Old Province Road, Goshen



Total Distance: 5.4 miles

Estimated time: 4 hours

Total Ascents: 1750 feet

Total Descents: 1200 feet

Overview: This section of the SRKG brings hikers from Newbury Harbor at the southern end of Lake Sunapee to the summit of Mount Sunapee (elev. 2743 ft.) via the Newbury and Solitude trails and farther westward to Goshen via the Summit and Province trails. Except for the first 0.2 mi., the route lies entirely within the Mount Sunapee State Park. This state park of more than 2900 acres, abutting Pillsbury State Park to the south, includes three peaks, beautiful Lake Solitude and its cliffs (2.5 mi., one way), the northern section of the Monadnock-Sunapee Greenway, the well-loved Andrew Brook Trail, a ski resort where a famous August crafts fair is held, a summer public campground, and a large, sandy state-run beach on Lake Sunapee. Varieties of eco-systems are found within the park boundaries. Once at the summit, the descent via the Summit Trail is mostly gradual, passing through varied forest types: spruce, fir, northern hardwoods, and a white pine plantation. This Greenway section ends at trailhead parking on Old Province Road in Goshen, a fragment of an 18th century road that once ran from Boscawen on the Merrimack River to Charlestown on the Connecticut River.

Finding the Trailheads: Eastern trailhead: parking for larger groups is available at the town-owned Bald Sunapee property, just south of the Newbury Library, on NH 103. Smaller groups or individuals may park on the hill side of the Newbury Post Office and retail lot on NH 103, opposite the Newbury town dock. The western trailhead is on Old Province Road in Goshen. From Newbury harbor, take NH Route 103 west approximately 3.4 mi. Turn left onto Brook Road, the first left west of Mount Sunapee traffic circle. Go about 1.2 mi. to a sharp corner, and turn left (uphill) onto Old Province Road. A half-mile uphill the road ends with parking on the right for up to four cars. Winter parking at Old Province Road is only by permission of the Goshen Highway Department (603-863-5656). If lacking winter permission, park in the Mount Sunapee Ski Resort parking lot and use the Summit Trail, which can be found between the New England Handicapped Skiers Lodge and the Children's Center.