

WALKING GUIDE TO CANAAN, NH

- 1 Canaan Street Loop** 4.6 Miles
Easy
Start Elev: 1167 ft
Max Elev: 1316 ft
Gain: 240.0 ft
- 2 Canaan Street Extension** 9.5 Miles
Advanced
Start Elev: 1172 ft
Max Elev: 1453 ft
Gain: 495 ft
- 3 Route 4 to Talbert Hill Rd** 3.5 Miles
Intermediate
Start Elev: 997 ft
Max Elev: 1234 ft
Gain: 272 ft
- 4 Clark Pond** 2.15 Miles
Easy
Start Elev: 998 ft
Max Elev: 1122 ft
Gain: 157 ft
- 5 River Rd to Stevens Rd** 4.5 Miles
Intermediate
Start Elev: 1138 ft
Max Elev: 1473 ft
Gain: 315 ft
- 6 Lary Pond Loop** 3.8 Miles
Intermediate
Start Elev: 1133 ft
Max Elev: 1473 ft
Gain: 328 ft
- 7 Main St Loop** .80 Miles
Easy
Start Elev: 955 ft
Max Elev: 988 ft
Gain: 36 ft
- 8 Rail Trail Walk** .80 Miles
Easy
Start Elev: 951 ft
Max Elev: 981 ft
Gain: 36 ft

Scan this code for maps of each walk



About the Walking Guide to Canaan, NH

This guide is a joint project of the Canaan Recreation Commission, Canaan residents and the Upper Valley Healthy Eating Active Living Partnership (HEAL).

For trail issues, call the Town of Canaan, (603) 523-4501 ext 5

In case of emergency, call 911

- Easy Walk
- Intermediate Walk
- Advanced Walk
- Parking Locations
- Boat Access

- Conserved Lands
- Town Land
 - State Land
 - Federal Land



Upper Valley Healthy Eating Active Living Partnership



Eat Smart Get Out Be Active

GIS GPS Mapping

Using the latest technology to create custom digital maps

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 Trail Mapping
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