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

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

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Scan this code for maps of each walk