



Sandra McCarthy  
PHOTOGRAPHY

## NH Dog Friendly Walks/Hikes Southern and Central NH

### Benson's Park

3.3 miles Elev 252ft

Hudson, NH

all trails link:

<https://www.alltrails.com/trail/us/new-hampshire/benson-park-hiking-trail>

### Nottingcook Forest

5 miles Elev 770ft

Bow, NH

all trails link:

<https://www.alltrails.com/trail/us/new-hampshire/nottingcook-forest-loop-trail>

### Musquash

Betty Mack Trail

4.2 miles Elev 200ft

Londonderry, NH

all trails link:

<https://www.alltrails.com/trail/us/new-hampshire/betty-mack-trail-and-overlook-trail-loop>

### Pulpit Rock

Beautiful waterfall and  
rock formations

6.2 miles Elev 593 ft

Bedford, NH

all trails link:

<https://www.alltrails.com/trail/us/new-hampshire/pulpit-rock-and-joppa-hill>

### Tower Hill Pond

3.9 miles Elev 170ft

Auburn, NH

all trails link:

<https://www.alltrails.com/trail/us/new-hampshire/tower-hill-pond-loop--3>



# NH Dog Friendly Walks/Hikes Southern and Central NH

## Monson Center

2.0 miles Elev 147 ft

Milford, NH

all trails link:

<https://www.alltrails.com/trail/us/new-hampshire/monson-community-loop>

## Mount Kearsarge

2.5 miles Elev 1115ft

Wilmot, NH

all trails link:

<https://www.alltrails.com/trail/us/new-hampshire/winslow-and-barlow-trail-loop>

# Bonus Walks/Hikes Northern NH

## Pondicherry Wildlife Sanctuary

4.9 miles Elev 147ft

Whitefield, NH

all trails link:

<https://www.alltrails.com/trail/us/new-hampshire/pondicherry-nature-refuge-via-presidential-range-rail-trail>

## Lincoln Woods- Franconia Falls

6.69 miles Elev 436 ft.

Lincoln, NH

all trails link:

<https://www.alltrails.com/trail/us/new-hampshire/franconia-falls-trail>

Want something a little more challenging?

## Mt. Tecumseh

(this trailhead is inaccessible in winter)

6.9 miles Elev 2,700ft

Livermore, NH

all trails link:

<https://www.alltrails.com/explore/trail/us/new-hampshire/mount-tecumseh-peaks-and-sosman-trail>