



Great Bay 55K Challenge

Turn by Turn Description

Important: Always run on the left side of the road facing traffic if at all possible. If there is a wide road side delineated by a solid white line, always run inside the white line as close to the side of the road as possible. Please obey all traffic signs. RUN SAFE!

Start/Finish: In front of the Great Bay Discovery Center, 89 Depot Road, Greenland, NH 03840 Durham, NH

Mile 0.16 – Right turn following Depot Road

Mile 1.06 – Right turn onto Portsmouth Avenue (Rt 33). Stay on the right side of the road inside the white line.

Mile 1.30 – Right turn onto Squamscott Road. Be sure to enjoy the view!

Mile 2.38 – Right turn onto College Road (Rt 108)

Mile 2.66 – Squamscott River Bridge

Mile 3.37 – Right turn onto New Road

Mile 5.74 – Right turn onto Exeter Road (Rt 108) and head toward downtown Newmarket.

Mile 6.27 – Bridge over the **Lamprey River**

Mile 6.33 – Right turn onto Bay Road which when it enters Durham, NH becomes Durham Point Road.

Mile 13.91 – Right turn onto Newmarket Road (Rt 108)

Mile 14.13 – Just before the Bridge over the **Oyster River**, take the path to the right to go over the Oyster River Foot Bridge. Be sure to enjoy the view!

Mile 14.21 – Right turn onto the path that leads to Old Landing Road and continue on Old Landing Road.

Mile 14.47 – Right turn onto Dover Road (Rt 108).

Mile 14.78 (Option 1 most direct route) – Continue straight to entrance ramp to Piscataqua Road (Rt 4) and then turn Right to go up the ramp and onto Rt 4 and continue to Mile 15.35.

Mile 14.78 (Option 2 most Scenic route) – Right turn onto Old Piscataqua Road and then a right turn before the Durham Skating Rink to the Jackson Landing Boat Ramp, take the dirt trail around the small park there and then take the trail from the loop to the right of the Boat House, past the Tott Lot and follow the trail to the right of the Skating Rink back to Old Piscataqua Road.

Mile 15.11 – From the trail, turn right onto Old Piscataqua Road and follow it to the where you take the path that leads up to Piscataqua Road (Rt 4) at Mile 15.35.

Mile 15.35 – Both Option 1 & 2 merge together here.

Mile 16.03 – Turn right onto Riverview Road which loops back to Piscataqua Road (Rt 4).

Mile 16.53 – Turn right onto Piscataqua Road (Rt 4) and be sure to take in the view of the Oyster River.

Mile 18.15 – Right turn onto Cedar Point Road which loops back around to Piscataqua Road (Rt 4).

Mile 18.58 – Right turn onto Piscataqua Road that turns into Boston Harbor Road.

Mile 18.69 – Colonel Alexander Scammel Memorial Bridge over the **Bellamy River** stay to the right on the walkway across the bridge. This is where Durham, Madbury and Dover, New Hampshire meet. Be sure to enjoy the view!

Mile 19.14 – Go straight continuing on Boston Harbor Road which goes past the New Hampshire DMV.

Mile 20.04 – Right turn onto Dover Point Road, follow this to a walkway that takes you back to Park Road, then turn right to go under the General Sullivan Bridge to Hilton Park.

Mile 20.43 – Turn left off of Park Road onto the new bike/pedestrian path spanning the mouth of **Little Bay** and the **Piscataqua River** and runs parallel to Spaulding Turnpike (Rt 16).

Mile 21.21 – At the end of the path, turn left onto Shattuck Way and follow it under Spaulding Turnpike (Rt 16). You are now in Newington, NH

Mile 21.82 – Right turn onto Nimble Hill Road

Mile 22.47 – Right turn onto Fox Point Road.

Mile 23.36 – Left turn onto Little Bay Road.

Mile 24.54 – Right turn onto McIntyre Road which becomes Newington Road.

Mile 28.07 – Right turn onto Portsmouth Avenue. You are now in Greenland, NH.

Mile 28.81 – Right turn onto Greenland Road (Rt 33) which turns into Portsmouth Ave (Rt33).

Mile 29.86 – Bridge over the **Winnicut River**

Mile 29.90 – Right turn onto Bayside Road.

Mile 31.68 – Left turn onto Great Bay Road.

Mile 32.32 – Right turn onto Dearborn Road. You are now on the Great Bay 5K | Race for a Healthy Estuary course.

Mile 33.14 – Left turn onto Orchard Hill Road

Mile 33.90 – Continue straight onto Depot Road

Mile 34.04 – After crossing the railroad tracks on Depot Road, right at the 2nd driveway and take the dirt road to the boat ramp.

Mile 34.18/55K – Finish at the end of the boat ramp on Great Bay!!!!