

GREAT BAY 55K CHALLENGE MILESTONES

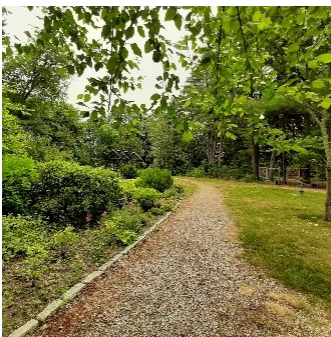
Welcome to the **Great Bay 55K Challenge!** You are about to embark on a journey around Great Bay, whose formation began over 15,000 years ago when the last glacier retreated, leaving behind a flooded valley known today as the Great Bay Estuary. This remarkable estuary, with fresh water from seven rivers and numerous creeks, creates a watershed that drains one-quarter of New Hampshire (930 square miles), before it meets up with tidal waters and empties into the Gulf of Maine. Once surrounded by vast forests, the landscape has been reshaped by human industry and development. Your journey around Great Bay will take you by many species of wildlife, including bald eagles, osprey, deer, moose, and even bear! Keep your eyes and ears peeled and enjoy your journey around one of the most productive estuaries along the East Coast.



Your journey will start at the **Great Bay Discovery Center** (89 Depot Road, Greenland, NH), which serves as the conservation-education headquarters for the Great Bay Reserve. A universally accessible trail and boardwalk allow visitors to explore a variety of habitats including upland hardwood forests, freshwater wetlands, salt marsh, and mudflats. Visitors can stand on the deck of a 19th century gundalow replica or wander through the native gardens surrounding the center. Birders find the Discovery Center an excellent location to watch for Great Bay's wintering eagle population, migratory warblers, waterfowl, and local pairs of osprey.

Your participation in the Great Bay 55K Challenge **supports the efforts of the Great Bay Stewards and the Great Bay National Estuarine Research Reserve (GBNERR)**, whose mission is to conduct research, education and stewardship throughout the Great Bay Estuary. Many of the points of interest along the way are part of the Reserve, which has properties in numerous towns around the estuary.

All sites are located in New Hampshire. Sites marked with an asterisk () are part of the Great Bay National Estuarine Research Reserve.*



Mile 2.54 - Community Backyard Wildlife Garden* (North side of College Rd/108 North just east of the Squamscott Road and College Road intersection and west of the Squamscott River Bridge, Stratham). Enjoy the fruits of volunteer power at the Great Bay Reserve's Community Backyard Wildlife Garden at the Chapman's Landing boat launch on the Squamscott River. With its native plantings, wildlife pond, and interpretive exhibits, this garden is a peaceful place to relax and get inspired to make your backyard more wildlife friendly. The wildlife viewing platform overlooks the adjacent salt marsh and an osprey nest that has been active since 1993.

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Mile 2.61 - Squamscott Bridge Boat Landing/Chapman's Landing Boat Launch

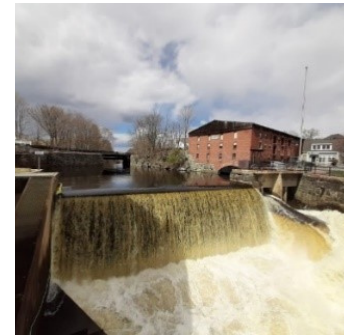
(North side of College Road just west of the Squamscott River Bridge, Stratham).

The bridge, opened in the early 1800s, allowed masted schooners and gundalows to travel up river to downtown Exeter. Ample parking is available. It is also a great all-tide location to launch a boat or kayak, plus an access point for the Community Wildlife Garden.



Mile 6.00 - Schanda Park on the Lamprey River *(From Main Street in Newmarket, turn right onto Water Street to the Lamprey River).* This town-owned park, located in downtown Newmarket, is on the tidal portion of the Lamprey River. At only 0.4 acres, it is small but well worth a visit. Visitors can view the historic mills of Newmarket, boats and boaters out on the water, abundant wildlife, and a traditional Native American fish weir.

Mile 6.00 - Newmarket Riverwalk *(Starts at Schanda Park on Water Street, Newmarket).* A public pathway along the Lamprey River provides nice views of the river. This is an out and back pathway, with a fish ladder and river at the end (Keep in mind residents live in the mills adjacent to the pathway).



Mile 6.10 - Mile 6.25 - Downtown Newmarket - Mill Town *(All along Main Street).* Visit the many shops and restaurants of the downtown, and be sure to check out one of our Great Bay 5K and 55K Beer Sponsors, Deciduous Brewing Company (12 Weaver St, Newmarket).

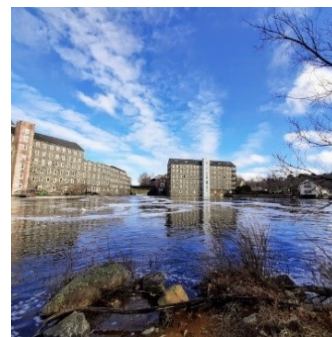
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Mile 6.25 - Lamprey River Fish Ladder (*Main Street, Newmarket*). You will run over the Lamprey River where you can view a “fish ladder.” This is a structure that allows fish to migrate upstream past the man-made dam.



Mile 6.27 - Bridge over the Lamprey River (*North Main Street, Newmarket*). The Lamprey River occupies 3.51 miles of Great Bay shoreline in the tidal portion.

Mile 6.59 - Heron Point Sanctuary (*About ¼ mile after you turn onto Bay Road from North Main Street, turn right onto Lamprey River Park to reach the sanctuary, Newmarket*). Heron Point Sanctuary Loop Trail is a 1.2 mile lightly trafficked loop trail located in Newmarket that features a waterfall and is good for all skill levels. The trail is primarily used for hiking, walking, bird watching, and fishing and is best used from April until October.



Mile 7.38 - The Nature Conservancy, Newmarket Office (*112 Bay Road, Newmarket*). The mission of the Nature Conservancy is to conserve all lands and waters of which all life depends.

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Mile 7.65 - Lubberland Creek Preserve/Sweet Trail* (After you pass the Nature Conservancy, look for the parking area on the north side of Bay Road, Newmarket). Lubberland Creek Preserve is a remarkable natural area managed by the Reserve and The Nature Conservancy where visitors can see a mosaic of estuarine, grassland, forest and freshwater wetland habitats, as well as relics of its agricultural past. The Sweet Trail is a 4.1 mile out-and-back trail featuring a variety of natural habitats and wildlife viewing opportunities.



Mile 10.1 - Crommet Creek Conservation Area* (Crommet Creek Bridge on Bay Road/Durham Point Road, Durham). You are entering 2,514 acres of natural lands protected in the Great Bay watershed. This is also another connection point to the 4.1-mile Sweet Trail, which offers an excellent hike, interpretative panels, a freshwater wetland overlook, and if you're lucky, a glimpse of the beavers that thrive in this area.

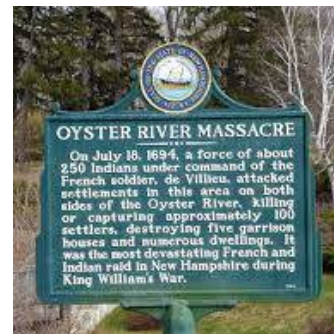
Mile 10.55 - University of New Hampshire Browne Center (340 Dame Road, Durham). The Browne Center is an experiential education campus operated by the University of New Hampshire, which offers team-centered programming to assist organizations and individuals in their quest for excellence. The center is located on a 103-acre wooded sanctuary and includes two meeting facilities: a retreat-like seminar building and a yurt, a large circular structure that offers space for gathering and reflection. The Browne Center was named for Evelyn Browne, a visionary leader with a drive for excellence and an ability to bring out the best in people.



Mile 13.02 - Horsehead Pond/Creek Great Blue Heron Rookery (Just past the Durham Town Recycling Center at 100 Durham Point Road, look to the south, Durham). A "rookery" is a colony of nests. Great Blue Heron gather in large colonies each spring, building their nests in the safety of the tree tops. In this way, they can work together to monitor predators such as eagles, owls and raccoons.

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Mile 14.13 - Oyster River Massacre (*Off Newmarket Road, Route 108 just before Oyster River Bridge, Durham*). On July 18, 1694, a force of about 250 Indians under command of the French soldier, de Villieu, attacked settlements in this area on both sides of the Oyster River, killing or capturing approximately 100 settlers, destroying five garrison houses and numerous dwellings. It was the most devastating French and Indian raid in New Hampshire during King William's war.



Mile 14.13 - Old Durham Town Landing (*On Old Landing Road, Durham*) and the **Oyster River Bridge** (*On Newmarket Road going into the town of Durham*).

Mile 14.91 - Jackson Landing Boat Ramp and UNH Rowing Facility (*Right off of Old Piscataqua Road before the Durham Skating Rink, Durham*). The beautiful saltmarsh fringing the water's edge here, and around the Great Bay Estuary, is home to a variety of plant and animal species. Saltmarshes provide critical ecosystem services such as storm and flood protection, cleaner water and carbon sequestration, and help to combat the effects of climate change. Have you hugged a saltmarsh today?



Mile 15.70 - Bridge over Johnson Creek (*Just after the Durham Waste Water Facility on Piscataqua Road, Durham*).

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Mile 16.60 - Bunker Lane Barn (*Left off of Piscataqua Road, Durham*). This site is home to a large wildlife management area, with many shrubland birds, as well as deer, turkey, rabbit, and fox.



Mile 16.84 - Bridge over Bunker Creek along the Oyster River (*On Route 4, Piscataqua Road, Durham*). As you look to the left you will see Bunker Creek which provides a local example of sea level rise impacts on the Great Bay Estuary. At high tide, water begins to move into forested uplands which start from steep sided banking along the creek. Over time trees die and erosion adds excess sediment to the estuary.

Mile 17.42 - Emery Farm (*147 Piscataqua Road, Route 4, Durham*). Founded in 1655, Emery Farm is the oldest continuously operated family farm in the United States.

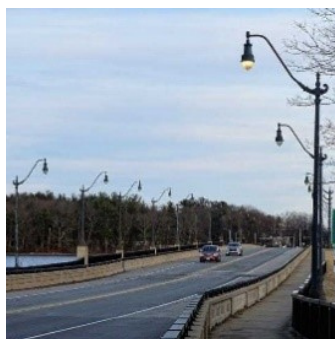


Mile 17.53 - Wagon Hill Farm (*Just east of Emery Farm on Piscataqua Road, Route 4 in Durham*). Wagon Hill Farm covers a total of 140 acres on parcels on both sides of Route 4. About half woods and half meadows, it offers year round recreation and exploration. The lesser known 40-acre parcel is undeveloped with just a couple trails to explore.

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Mile 18.15 - Cedar Point (*Piscataqua Road, Route 4 before the Scammell Bridge*).

At the east end of Cedar Point, the towns of Durham, Madbury and Dover meet, with beautiful views of Little Bay and the mouth of the Bellamy River.



Mile 18.69 - Alexander Scammell Bridge over the Bellamy River (*Piscataqua Road/Boston Harbor Road, Route 4, Dover*). You will notice a variety of buoys and boats on either side of the bridge. These are some of the many oyster aquaculture sites on the Great Bay estuary. Enjoy local oysters directly harvested out of Great Bay at many local restaurants, including The Franklin in Portsmouth - one of the sponsors of the Great Bay 5K & 55K that offers free oysters to our participants when they present their race bibs!

Mile 19.92 - Newick's Lobster House (*431 Dover Point Road, Dover*). Stop in for this local favorite for traditional New England seafood served in a sprawling, laid-back locale overlooking Little Bay.



Mile 20.04 - Hilton Park (*At the end of Dover Point Road, Dover*). Founded in 1623, Hilton Point was the first Dover settlement. In 1623, the first settlement at Dover was made here at the southernmost point of Dover Neck and was called Hilton's Point after Edward and William Hilton. They were fishmongers from London who, in 1623, established their fishing industry at this scenic site.

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Mile 20.25 - General Sullivan Bridge (*parallel to the new Route 16 Bridge between Dover and Newington*). The General Sullivan Bridge is a deck truss bridge, with a through truss span to accommodate ship traffic, that formerly carried the roads that now travel over the Ruth L. Griffin Bridge. The bridge was named for John Sullivan, a Revolutionary War general, Governor of New Hampshire, and delegate to the Continental Congress, who was from nearby Somersworth.



Mile 21.36 - Bloody Point (*At end of Bloody Point Road off of Shattuck Way, Newington*). Bloody Point is a jut of land bordered by the Piscataqua River, which in 1630 was part of Dover. The name is tied to a feud in 1631 between Capt. Walter Neal, and Capt. Thomas Wiggin, two officers sent to manage the settlement. Neal was assigned to the lower settlement, which covers today's Rye, Portsmouth and Newington and Wiggin was assigned to the upper settlement, north from Hilton's Point in Dover. The two men came close to shedding blood over possession of that land. Even though their threats did not escalate to battle, the name stuck.

Mile 27.51 - Glenn's Cove, Emery Lane* (*Off of Newington Road in Greenland*). This property owned and managed by the Great Bay National Estuarine Research Reserve is an important historical smelt fishing location. Look for improvements and access in the coming months and years!



Mile 29.86 - Winnicut River Bridge (*On Portsmouth Avenue, Route 33, Greenland*). Winnicut River is the last river you will cross before your return to the Great Bay Discovery Center. The Winnicut River dam was removed in 2010 and slowly the river is returning to an estuarine habitat where anadromous fish and other estuarine species can return. You have just a little over four miles to go to the finish of the 55K Challenge!