

# New Hampshire Coastal Access Map

- Hiking
- Boating
- Fishing
- Picnicking
- Swimming
- Bird Watching



Photo: Great Bay Discovery Center, Greenland, N.H.

**Public Access INFORMATION**  
 The New Hampshire coast includes:  
 18.57 miles of Atlantic shoreline  
 235.38 miles of estuarine shoreline

Sand dunes  
 Sandy beaches  
 Rocky shorelines  
 Tidepools  
 Salt marshes

For state park accessibility information, please visit the Accessibility of a Glance link at: [www.nhstateparks.org/ParksPages/parks.html](http://www.nhstateparks.org/ParksPages/parks.html) or call the state park of your choice.  
 For information on town and private sites, please contact the facility directly.

## NEW HAMPSHIRE State Park Information

Seacoast office, Rye ..... 436-1552  
 Office of Travel and Tourism, Concord ..... 271-2665  
 N.H. Fish and Game, Durham ..... 868-1095  
 N.H. Fish and Game, Concord ..... 271-2225  
 Chambers of Commerce

Portsmouth ..... 436-3988  
 Hampton ..... 926-8717  
 Dover ..... 742-2218  
 Exeter ..... 772-2411  
 N.H. Coastal Program ..... 559-1500  
 Great Bay National Estuarine Research Reserve  
 of Great Bay/Discovery Center, Greenland ..... 778-0015

# GREAT BAY PUBLIC ACCESS SITES

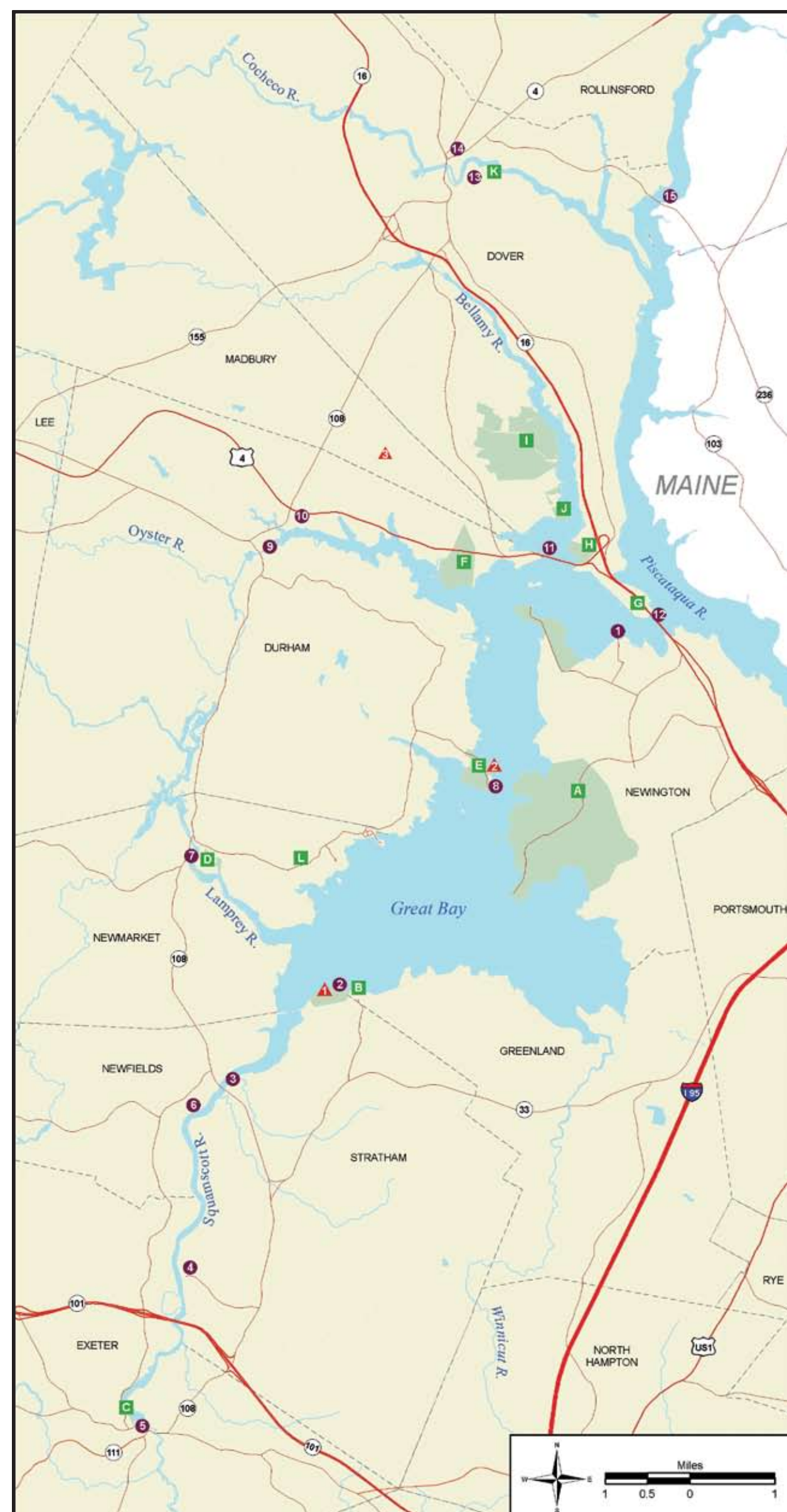
## GREAT BAY LAND ACCESS

Facility	Address and Phone Number	Description	Parking	Fee	Trails	Picnic Area	Fishing Access	Wildlife Viewing	Ownership	Pets	Additional Information
<b>A</b> Great Bay National Wildlife Refuge, Newington/Greenland	Arboretum Drive, Pease Tradeport	Natural area	✓	✓			✓		F	no pets	Open dawn to dusk only
<b>B</b> Great Bay Discovery Center, Greenland	89 Depot Road, (603) 778-0015	Natural area, salt marsh, boardwalk	✓		✓		✓		S	no pets	Interpretive center; boat/kayak launch
<b>C</b> Swasey Parkway, Exeter	Swasey Parkway	Riverfront park	✓			✓			T	allowed	Bandstand
<b>D</b> Heron Point, Newmarket	Heron Point Road	Natural area			✓		✓		S	no pets	Walk-in only
<b>E</b> Adams Point, Durham	Off Durham Point Road	Natural area on Great Bay	✓		✓		✓		S	no pets	Boat launch
<b>F</b> Wagon Hill, Durham	Route 4	Natural area	✓		✓	✓	✓		T	allowed	
<b>G</b> Hilton Park, Dover Point	Spaulding Turnpike	Great Bay waterfront park	✓			✓			S	no pets	Shelter; fireplaces; boat launch
<b>H</b> Bellamy River Access At Dover Point	Off Spur Road	Natural area	✓				✓		S	no pets	
<b>I</b> Bellamy River Wildlife Management, Dover	Off Garrison Road	Natural area	✓		✓		✓		S	no pets	
<b>J</b> Bellamy River Wildlife Area, Dover	Bay View Road	Natural area	✓				✓		P	no pets	Limited parking; low-impact visitors only
<b>K</b> Henry Law Park, Dover	River Street	Riverfront park	✓		✓	✓	✓		T	allowed	Cochecho River walk; boat launch
<b>L</b> Lubberland Creek Preserve, Newmarket	Bay Road	Natural area with trail	✓		✓		✓		P	no pets	Carry out trash; low impact visitors only

## GREAT BAY BOAT ACCESS

Facility	Address and Phone Number	Boat Launch	Fee	Parking	Pumpout	Ownership	Additional Information
<b>1</b> Great Bay Marine, Newington	61 Beane Lane (603) 436-5299	✓	✓	✓	✓	P	Slips and moorings; winter storage
<b>2</b> Depot Road, Greenland/Stratham	Depot Road (603) 778-0015	✓				S	Carry-in only; high tide access only
<b>3</b> Chapman's Landing, Stratham	Route 108 (603) 772-4741	✓		✓		S	High tide access only
<b>4</b> Stratham Town Landing, Stratham	River Road (603) 772-4741	✓		✓		T	Carry-in only; high tide access only; limited parking
<b>5</b> Exeter Town Landing, Exeter	Off Water Street (603) 778-0591	✓		✓		T	
<b>6</b> Newfields Town Landing, Newfields	River Road (603) 772-5070	✓				T	Parking for Newfields residents only
<b>7</b> Newmarket Town Landing, Newmarket	Water Street (603) 659-8501	✓		✓		T	
<b>8</b> Adams Point, Durham	Off Durham Point Road	✓		✓		S	Limited parking; boat access at high tide only and three hours either side of high tide
<b>9</b> Oyster River Landing, Durham	Newmarket Road (603) 868-5571	✓		✓		T	Carry-in only; picnicking
<b>10</b> Jackson's Landing, Durham	Piscataqua Road (603) 868-5571	✓		✓		T	Short trail; picnicking
<b>11</b> Cedar Point Launch, Durham	Cedar Point Road (603) 868-5571	✓		✓		T	Limited parking
<b>12</b> Hilton Park, Dover Point	Spaulding Turnpike, Dover Point	✓		✓		S	High tide access only
<b>13</b> Dover Boat Launch, Dover	River Street (603) 743-6008	✓		✓		T	Canoe and row boat launch
<b>14</b> George's Marina, Dover	Cochecho Road (603) 742-9089	✓	✓	✓		P	Recycle and waste removal; parking on street
<b>15</b> Salmon Falls B.L., So. Berwick, Maine	Eliot Bridge Rd. to Maine, Route 101	✓		✓		T	Maine side of the river; high tide access only

S = State Owned T = Town Owned P = Privately Owned F = Federally Owned



**1** Great Bay Discovery Center, Great Bay National Estuarine Research Reserve, 89 Depot Road, Greenland, NH 03840 603-778-0015

GBDC is the education center for the Great Bay National Estuarine Research Reserve, offering interpretive exhibits, trails, programs and publications. The center focuses on educating children, the general public, and coastal decision makers about the value of estuaries, research in the Great Bay watershed, the interactions of humans and watersheds, and the cultural and natural history of Great Bay.

**2** UNH Jackson Estuarine Laboratory, 85 Adams Point Road, Durham, NH 03824 603-862-2175

Jackson Lab is dedicated to research and higher education in marine and estuarine environments, and to the application of scientific expertise to environmental issues of local and regional significance. Fields of study include: non-point source pollution; shellfish resource management; shellfish aquaculture; detection of microbial pathogens in water and shellfish; biodegradation of toxic compounds; ecology and distribution of seagrasses and seaweeds; mitigation and restoration of wetlands; marine and estuarine water quality monitoring; behavior and migration of lobsters; coastal geomorphology and sedimentology.

**3** University of New Hampshire Sea Grant Program, Kingman Farm, Durham, NH 03824-3512 603-749-1565

Sea Grant promotes the wise use and conservation of our region's coastal and marine resources through university-based research, education, and outreach. The program supports the Great Bay Citizen's Water Quality Monitoring Project, a docent outreach program, and research/education on aquaculture, commercial fishing, marine pollution and coastal issues. Technical reports, videotapes, and other library resources are available as well as staff to discuss issues and information needs.

# SEACOAST PUBLIC ACCESS SITES

## SEACOAST LAND ACCESS

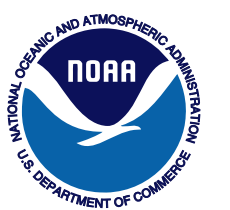
Facility	Address and Phone Number	Description	Parking	Fee	Restroom	Swimming	Lifeguards	Picnic Area	Playground	Wildlife Viewing	Hiking Trails	Ownership	Pets	Additional Information
A Urban Forestry Center, Portsmouth	Elwyn Rd. off Rte 1 (603) 431-6774	Arboretum & historic landmark	✓	✓						✓		S	yes, if leashed	Children's garden; historic buildings
B Prescott Park and Four Tree Island, Portsmouth	Marcy St. (603) 431-8748	Waterfront park & gardens	✓	✓								T	no pets	Parking in downtown Portsmouth; summer Arts Festival
C Peirce Island, Portsmouth	Off Marcy St. (603) 427-1547	Waterfront, picnic & natural area	✓	✓	✓	✓	✓	✓	✓	✓		T	allowed	Outdoor swimming pool
D Wentworth/Coolidge Mansion & Visitor's Center, Portsmouth	Little Harbor Rd. (603) 436-6607	Historic site and natural area	✓									S	no pets	Tours May through September
E Fort Constitution, New Castle	Route 1B	National historic landmark	✓									S	no pets	Restricted parking at the Coast Guard Station lot
F Great Island Common, New Castle	Route 1B	Sandy/rocky beach & rocky shore	✓	✓	✓	✓	✓	✓	✓			T	no pets	Fee for non-residents
G Odiome Point State Park, Rye	Route 1A (603) 436-8043	Rocky shore, historic site, natural area	✓	✓	✓	✓	✓	✓	✓	✓		S	no pets	Seacoast Science Center; biking trails; salt marsh boardwalk
H Route 1A Coastal Turnoffs, Rye	Route 1A	Rocky shore	✓									S	no pets	Pull-off areas between Odiome Point and Wallis Sands
I Wallis Sands, Rye	Route 1A (603) 436-9404	Sandy beach	✓	✓	✓	✓						S	no pets	Food concession; hot showers
J Pirate's Cove Beach, Rye	Route 1A	Sandy beach	✓	✓	✓							T	no pets	Parking along Route 1A
K Foss Beach/Rye North Beach, Rye	Route 1A	Sandy beach	✓			✓						S	no pets	Parking along Route 1A
L Rye Harbor State Park, Ragged Neck, Rye	Route 1A (603) 436-1552	Grassy peninsula overlooking Rye Harbor	✓	✓	✓		✓					S	no pets	Access to Foss Beach
M Awcomin Marsh, Rye	Route 1A	Restored marsh	✓						✓			S	no pets	Parking along Route 1A; trails and viewing platforms
N Jenness State Beach, Rye	Route 1A (603) 436-1552	Sandy beach	✓	✓	✓	✓						S	no pets	Parking is metered
O Sawyer's Beach, Rye	Route 1A (603) 436-1552	Rocky beach	✓									T	no pets	Parking for residents with parking permit
P Bass Beach, North Hampton	Route 1A (603) 436-1552	Pebbly, sandy cove	✓									T	no pets	Parking along Route 1A
Q North Hampton State Park, North Hampton	Route 1A (603) 436-1552	Sandy beach	✓	✓	✓	✓						S	no pets	Parking is metered
R Plaipe Cove, Hampton	Route 1A	Sandy beach	✓	✓	✓			✓				T	no pets	Parking for Hampton residents only; others may park along Route 1A
S Hampton North Beach, Bicentennial Park, Hampton	Route 1A (603) 436-1552	Sandy beach	✓	✓	✓							S	no pets	Parking is metered
T Hampton Beach Seashell, Hampton	Route 1A (603) 926-8717	Sandy beach	✓	✓	✓					✓		S	no pets	Parking fee
U Hampton Beach State Park, Hampton	Route 1A (603) 436-1552	Sandy beach	✓	✓	✓	✓				✓		S	no pets	RV overnight parking; park store; group use for rent
V Sun Valley, Hampton	Route 1A (603) 926-6766	Sandy beach on Hampton Harbor inlet	✓		✓							T	no pets	Located south side of 1A bridge; use state lot and walk across bridge
W Seabrook Beach, Seabrook	Route 1A	Sandy beach with dunes	✓		✓				✓			T	no pets	Limited parking

S = State Owned T = Town Owned P = Privately Owned F = Federally Owned  
 \* ALL STATE PARKS ARE CARRY IN/CARRY OUT TRASH \*

## SEACOAST BOAT ACCESS

Facility	Address and Phone Number	Boat Launch	Fee	Parking	Pumpout	Ownership	Additional Information
1 Peirce Island, Portsmouth	Off Marcy St. (603) 431-2000	✓	✓	✓		T	Fee in summer only
2 Prescott Park Marina, Portsmouth	Marcy St. (603) 431-8748		✓			T	Dock access from water only; first come first served
3 Witch Cove Marina, Portsmouth	Route 1B (603) 427-1313					P	
4 Portsmouth Yacht Club, New Castle	76 Piscataqua Rd. (603) 436-9877					P	Fueling available for non-members
5 Wentworth Marina, New Castle	Route 1B (603) 433-5050					P	Some transient slips available; recycling; waste removal
6 Odiome Point State Park, Rye	Route 1A (603) 436-7406	✓	✓	✓		S	Carry-in launch; high tide access only
7 Rye Harbor State Marina, Rye	Route 1A (603) 436-5294	✓	✓	✓	✓	S	Boat launch; picnic area; fueling station; seasonal boat storage; charter boats
8 Hampton Harbor State Marina, Hampton	Route 1A (603) 436-1552	✓	✓	✓	✓	P	Fueling station
9 Hampton River Marina, Hampton	Harbor Rd. (603) 929-1422	✓	✓		✓	P	
10 Hampton River Boat Club, Hampton	Landing Rd. (603) 926-9704	✓		✓		P	
11 Hampton Falls Boat Ramp, H. Falls	Depot Rd.	✓		✓		T	High tide access only; carry-in boats; limited parking
12 Farm Lane Dock, Seabrook	Farm Lane (603) 474-3311	✓		✓		T	High tide access only; carry-in boats

N.H. COASTAL WATERS ARE A DESIGNATED NO DISCHARGE AREA.  
 PUMP-OUT BOAT IS AVAILABLE FRIDAY THROUGH SUNDAY 10 AM TO 4 PM, WEEKDAYS BY APPOINTMENT.  
 COASTAL PUMP-OUT SERVICES, 1 HARBOR PLACE, (603) 670-5130, FEE: \$10.



N.H. Coastal Program • (603) 559-1500  
 coastal@des.state.nh.us • www.des.nh.gov

This map was produced by the New Hampshire Coastal Program • April, 2007  
 The text and map data are based on information available at the time of print.

**1 Strawberry Banke Museum**  
 Marcy Street,  
 Portsmouth NH 03801  
 603-433-1100

This is a living history museum located on a 10-acre site in downtown Portsmouth. Summer programs and waterfront walking tours emphasize changes in maritime activities from 1625 to the present.

**2 UNH Coastal Marine Laboratory,**  
 Fort Constitution,  
 New Castle NH 03854  
 603-433-1290

Located at the Fort Constitution site in New Castle at the mouth of the Piscataqua River, this facility focuses on marine fisheries research. Call for tour information.

**3 Seacoast Science Center,**  
 570 Ocean Blvd.,  
 Rye, NH 03870  
 603-436-8043

This center offers schools, organizations and the general public a variety of exploratory programs, which include the rocky shore, tidal marshes, Gulf of Maine, and upland habitats. The Center is located at Odiome State Park, which has 300 acres of parkland located along the Atlantic shoreline.

**4 The Blue Ocean Society for Marine Conservation,**  
 143 Pleasant Street,  
 Portsmouth, NH 03801  
 603-431-0260

The Society is a non-profit organization that promotes awareness and conservation of the marine environment through education and research in New England. This organization has several educational programs available on marine life and conservation, including a touch tank and inflatable whale presentation. Call to schedule a classroom visit or for beach clean-up information.

**5 Urban Forestry Center,**  
 45 Elwyn Road,  
 Portsmouth NH 03801  
 603-431-6774

The Center is located on 180 acres of field, forest, herb gardens and salt marshes. It offers a meeting space, learning facility and trails. Programs include forest management, ecology, biotic identification and wildlife stewardship.

**6 Science & Nature Center at Seabrook Station,**  
 PO Box 300,  
 Seabrook, NH 03874  
 603-474-9521, ext. 6

This center offers schools, organizations and the general public information about nuclear power, energy and natural resources. The Center features exhibits, a theater and the Owascoag Nature Trail which leads to the Hampton Harbor Estuary. Call for tour availability.