



About The Strafford County Public Health Network

The Strafford County Public Health Network exists to improve the health, wellness, and quality of life for all individuals in Strafford County. It is one of 13 networks across the State of New Hampshire that work together to align multiple public health priorities into one integrated system. The Strafford County Public Health Network is representative of Dover, Rochester, Durham, Somersworth, Barrington, Farmington, Milton, Lee, Strafford, New Durham, Rollinsford, Middleton, Madbury, and the University of New Hampshire. The Strafford County Public Health Network is located at Goodwin Community Health and online at scph.org. To join the PHAC, and for more information about the Strafford County Public Health Network, including a list of contacts, please visit scphn.org

Community Resource Guide for Strafford County

**Budget friendly ideas for indoor and outdoor family fitness,
exercise classes, healthy food access, and free community trails**



Updated: October 2017

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Barrington

FOOD ACCESS RESOURCES

Barrington Community Food Pantry

<http://www.barringtonfoodpantry.org/>

105c Ramsdell Ln

(lower level of library, next to recreation center)

603-664-0233

barringtonfp@gmail.com

info@barringtonfoodpantry.org

Thursdays: 6-7:30pm

Residents only Income restrictions

Barrington Community Garden

Behind Calef's Country Store and Barrington Post Office
(Off Rt. 9)

603-664-6098

cronda@hotmail.com

FREE COMMUNITY TRAILS

Barrington Conservation Commission

www.barringtonconcom.org

603-664-5798

crawford@myfairpoint.net

Family trails, hikes and land conservation

Winnie the Pooh Trail

245-263 Franklin Pierce Hwy, Barrington, NH 03825

Hiking, walking, recreation

No Cost 

Low Cost/ Discount 

Stonehouse Pond ●

Near 165 Rt. 9

Hiking, walking, fly fishing

Barrington Town Forest ●

Swain Rd.

Hiking, walking, recreation

INDOOR AND OUTDOOR FAMILY FITNESS

Barrington Recreation Department

105 Ramsdell Ln

603-664-5224

Mon-Fri: 8am-4pm

Adult, Youth and Family Programming and Classes

Swain's Lake ●

Young Road

Swimming, boating, fishing

RESOURCES FOR CHILDREN

Barrington Youth Association

www.byanh.org

276 Smoke Street

T-ball, baseball, softball

DOVER

FOOD ACCESS RESOURCES

Dover Farmers Market ▲

550 Central Ave, Chamber of Commerce

June-September, Wednesdays: 2:15-6pm

SNAP & Market Match

No Cost ●

Low Cost/ Discount ▲

Seacoast Area Mobile Market (SAMM) ▲

<http://seacoastatlocal.org/samm/>

SNAP and Market Match*

Dover Housing (Central Towers)
Across from Henry Law Park, Henry Law Ave.
July- September, Wednesdays: 11:00-11:30am

Dover Housing (Waldron Towers)
3 Green St. (out back/access road)
July- September, Wednesdays: 12:00-12:30pm

Strafford County Complex
July- September, Thursdays: 11am-12:30pm

Dover Friendly Kitchen ●

5 Hale St.
dfkdovernh@gmail.com
Tuesday and Thursday: 5-6pm

Community Action Partnership Food Pantry ●

www.straftordcap.org
61 Locust Street, Suite 240
McConnell Center
603-460-4237
Mon, Tues, Wed, and Fri: 9am-3pm
Photo ID and Household Income Required

Community Action Partnership Summer Meals ●

<http://www.straftordcap.org/programs/food-a-nutrition>
603-516-2339
multiple locations

No Cost ●

Low Cost/ Discount ▲

Dover Food Pantry, First Parish Congregational Church ●

1 Silver St
603-749-4235
Tuesdays: 3-5pm; Thursdays: 9-11am
Residents only ☑

Our Daily Bread/St Joseph's Church Food Pantry



180 Locust St
603-742-4837
office@assumptiondovernh.org
Tues and Wed: 9-11:50pm; Saturdays: 9- 11:50am
Call ahead ☑ Residents only ☑

Dover Meals on Wheels ▲

Café by the River (Waldron Towers)
603-692-4211
Mon, Tues, Thurs, and Fri: 11:30am-1pm
Age restriction (60+) ☑ Application at first visit ☑

FREE COMMUNITY TRAILS

Dover Community Trail ●

Watson Rd to Fisher St
Biking, Walking, and Commuting

County Farm Cocheco River Loop Trial ●

Begins near Strafford County Complex
County Farm Cross Rd
Biking, Hiking
[Trail Map](#)

No Cost ●

Low Cost/ Discount ▲

Henry Law Park and Cochecho River Walk ●

Henry Law Avenue

Trail, playground, green space, canoe launch, skate park

Bellamy River Wildlife Management Area ●

<http://www.wildlife.state.nh.us/maps/wma/bellamy.html>

Old Garrison Rd

Trails, winter recreation

INDOOR AND OUTDOOR FAMILY FITNESS

Community Senior Center ▲

61 Locust Door #1

603-516-6436

Monday-Friday: 9am-3pm

Walking groups, community meals, fitness classes, outings

Dover Ice Arena

110 Portland Ave

603-516-6060

Mon-Fri: 8am-10pm, Sat-Sun: 7:30am-10pm

Public skating on designated days

Rentals available

Dover Indoor Pool

6 Henry Law Ave

603-516-6441

Hours vary per season

Swim lesson, open pool, and fitness classes

Jenny Thompson Outdoor Pool ▲

140 Portland Ave

603-516-6085

June-Labor Day

Summer camps, competitive and recreational swim

McConnell Fitness Center and Butterfield Gym



61 Locust St Door #3

603-516-6401

Mon-Fri: 7am-9pm; Sat-Sun: 9am-4pm

Zumba, yoga, strength, open gym

Day or Monthly passes available

Bellamy Park Disc Golf Course ●

<http://bellamyparkdiscgolf.weebly.com/>

Bellamy Rd

Open to public, bring equipment

Hilton Park ●

Route 4

Playground, green space

Joe B. Riverwalk, Public Gardens ●

<http://www.joeparksgarden.org/>

Access at 400 Central Ave and Chestnut St.

New Hampshire Children's Museum ▲

<https://www.childrens-museum.org/>

6 Washington St

603-742-2002

Hours vary throughout year

No Cost ●

Low Cost/ Discount ▲

Indoor Ascent

<http://indoorascent.com/>

47 Broadway, Dover, NH 03820

603-742-7848

Rock Climbing

Hours Vary

MEDICAL RESOURCES

Community Partners Mental Health Services

50 Chestnut St

603-516-9300

Services residents of Strafford County

All insurances accepted

Wentworth Health Partners Great Bay Mental Health

www.greatbaymentalhealth.com

15 Old Rollinsford Rd., Suite 302

603-742-9200

Monday-Friday: 8am-5pm

Families First Mobile Health Van

Mental Health Counseling

603-422-8208 (x1)

Located at Strafford County Courthouse

Mondays: 8:30-11am

Dover Train Station, 33 Chestnut St

1st and 3rd Wed each month: 9-11am

No Cost 

Low Cost/ Discount 

Wentworth Douglass Hospital

789 Central Ave

603-742-5252

Community Health and Wellness Classes

<http://www.wdhospital.com/wdh/staying-well/event>

RESOURCES FOR CHILDREN

Seymour Osman Community Center

<http://www.dhasocc.org/>

40 Hampshire Circle

603-749-6692

Elementary After School Program, Monday-Friday: 3-6pm

Middle School Program, Monday-Friday: 2:45-6pm

DURHAM

FOOD ACCESS RESOURCES

Cornucopia Food Pantry

<http://www.cornucopia.unh.edu/>

The Waysmeet Center (United Campus Ministry)

15 Mill Rd

603-862-1165

Summer (Jun-Aug) Tuesdays: 4-5:30pm

Academic Year (Sept-May) Tues: 4-5:30pm; Fri: 12-2pm

Community dinners co-hosted with Organic Garden

Club(Sept-May): Monthly, Second Friday: 6-7pm

St Thomas More Food Pantry

6 Madbury Rd

603-868-2666

No Cost 

Low Cost/ Discount 

Thursdays: 4-6pm
ID Required

Durham Farmers Market ▲

10 Old Piscataqua Rd
June-September, Mondays: 2:15-6pm
SNAP & Market Match

INDOOR AND OUTDOOR FAMILY FITNESS

Durham Parks and Recreation Department

<https://www.ci.durham.nh.us/recreation>

2 Dover Rd
603-817-4074
recreation@ci.durham.nh.us
Classes on weekdays and weekends
Fitness, yoga, outdoor trails and recreation
For youth, adult and community

University of New Hampshire Outdoor Pool ▲

5 Edgewood Rd
603-862-2677
Hours vary by season

FREE COMMUNITY TRAILS

College Woods ●

UNH campus, behind football field
Recreation, hiking, bird watching, xc skiing

Sweet Trail ●

<http://www.greatbaypartnership.org/mapsweet.html>

Longmarsh Rd.
Hiking, snowshoeing

No Cost ●

Low Cost/ Discount ▲

Adams Point Wildlife Management Area ●

<http://www.wildlife.state.nh.us/maps/wma/adams-point.html>

Adams Point Rd.

Walking, animal watching

Wagon Hill Farm ●

https://www.ci.durham.nh.us/boc_conservation/wagon-hill-farm

Rt. 4

Daily: 8am-dusk

walking, kayaking, sledding, snowshoeing

RESOURCES FOR CHILDREN

Oyster River Youth Association

<https://oryarec.org/>

603-868-5150

programs@oryarec.org

recreational sports programs

open to Durham, Lee, and Madbury

FARMINGTON

FOOD ACCESS RESOURCES

Community Action Partnership Outreach Food Pantry ●

www.straffordcap.org

527 Main St

603-460-4313

No Cost ●

Low Cost/ Discount ▲

Mon, Wed, and Fri: 8:30am-12pm
ID/Income required

Seacoast Area Mobile Market ▲

<http://seacoastlocal.org/samm/>

422 Main St. (Goodwin Library)

July-September; Fridays: 5-6pm

SNAP and Market Match*

Interfaith Food Pantry ●

400 Main St (First Congregational Church)

603-755-4816

Last Saturday of the month: 9:30-10:30am

(Except Aug)

Grace Community Church Food Pantry ●

9 Mechanic St

603-332-9689

Thursdays: 9:30-11:00am

INDOOR AND OUTDOOR FAMILY FITNESS

Farmington Parks and Recreation Department

531 Main St

603-755-2405

Senior Activities, bingo, Youth Programs, after school

Farmington Five-Hundred Boys and Girls Club

603-755-2311

info@farmington500.org

Youth athletic teams

Archery, baseball, basketball, football, soccer, softball,
volleyball, golf

FREE COMMUNITY TRAILS

Farmington Recreational Rail Trail ●

No Cost ●

Low Cost/ Discount ▲

Chestnut Hill Rd and Rt. 125 Intersection to Davidson
Rubber Plant off Rt. 11
Hiking, biking, winter sports

Mount Blue Job ●

First Crown Point Rd
Hiking and recreation

Abbotts Grant Town Forest ●

Old Bay Rd.
Walk, picnic

LEE

FOOD ACCESS RESOURCES

**Wilkinson Memorial Food Pantry
of Lee Congregational Church** ●

17 Mast Rd
603-659-2861

1st and 3rd Monday of each month: 6-7pm
serves Durham, Lee, Madbury, Nottingham, and
Newmarket

Photo ID and Household Income Required

Lee Farmers Market

Corner of Mast Rd and Recycle Center Rd
Old Lee Firestation
esawtelles@aol.com
603-659-9329

June-September; Thursdays: 3-6 pm

INDOOR AND OUTDOOR FAMILY FITNESS

Little River Park ●

No Cost ●

Low Cost/ Discount ▲

39 North River Road
Playground, baseball field, picnic, basketball hoops,
multiuse field, and trails

Lee Town Forest ●

Multiple points of access (Lee Public Library, Mast Rd, etc)
Hiking, winter activities, fields, canoe launch, fishing

DeMeritt Hill Farm ● ▲

<http://demeritthillfarm.com/>

20 Orchard Way
603-868-2111
info@demeritthillfarm.com
walking trails, fruit picking, hayrides, picnic, special events

MADBURY

INDOOR AND OUTDOOR FAMILY FITNESS

Demerritt Park Field ●

12 Route 155
Soccer, baseball, recreation, trails, picnic

Tibbetts Field ●

25 Route 155
Soccer field, recreation, trails

FREE COMMUNITY TRAILS

Kingman Farm Trail ●

Route 155
Biking, hiking, winter activities
Dog friendly

Pudding Hill Town Forest ●

Pudding Hill Rd and Evans Road

No Cost ●

Low Cost/ Discount ▲

MIDDLETON

FREE COMMUNITY TRAILS

Ellis R. Hatch Wildlife Management Area

Multiple Access Points
Kings Highway
Fishing, recreation, hiking

Piper Mountain

Access Rd
Hiking, recreation

MILTON

FOOD ACCESS RESOURCES

McKenzie's Farm

<https://www.mckenziefarm.com/>

71 NE Pond Rd
603-652-9400
May-Nov; Mon-Sun: 9am-6pm
pick your own fruits, farmstand, events

INDOOR AND OUTDOOR FAMILY FITNESS

Milton Town Beach

<http://www.miltonnh-us.com/parks.php>

No Cost 

Low Cost/ Discount 

852 White Mountain Highway
603-652-7308
call for hours
swimming, picnic

Recreation Department

<http://www.miltonnh-us.com/parks.php>
recreation@miltonnh-us.com
603-652-4501 x 8
Youth soccer, camp

FREE COMMUNITY TRAILS

NH Farm Museum Trails

<http://farmmuseum.org/>
info@farmmuseum.org
603-652-7840
1305 White Mt Hwy
50 Acres of trails for hiking
Hours vary per season

Teneriffe Mountain Reserve

<https://miltonnhgetoutdoors.wordpress.com/2015/05/27/teneriffe-mountain-reserve/>
Teneriffe Rd.
170-acre forest reserve with 1.6 mile trail
hiking, rare plant species

Moose Mountain Reservation

<https://www.forestsociety.org/property/moose-mountains-reservation>
Parking at end of New Portsmouth Rd.
8 Miles of trails
hiking, winter activities

NEW DURHAM

FOOD ACCESS RESOURCES

New Durham Food Pantry ●

5 Main St

603-817-0372

Saturdays: 9-10am

Proof of residency/ID Required

INDOOR AND OUTDOOR FAMILY FITNESS

New Durham Recreation Department

<http://newdurhamnh.myrec.com/info/default.aspx>

4 Main Street

603-859-5666

bingo, youth soccer, recreation

New Durham Town Beach ●

South Shore Rd.

Swimming, boating

FREE COMMUNITY TRAILS

Caverly Mountain ●

Caverly Rd. off Kings Highway

Hiking, snowmobile/ATV, snowshoe

ROCHESTER

FOOD ACCESS RESOURCES

No Cost ●

Low Cost/ Discount ▲

Rochester Farmers Market ▲

Rochester Commons, South Main St
June-September; Tuesdays: 3-6pm
SNAP/EBT & Market Match

Emmanuel Advent Christian Church Food Pantry ●

24 Eastern Ave
603-332-5355
emmanuelchurch@emmanuelacc.net
Food Pantry: Thursdays: 10:30am-12pm, call for appt.
Community Dinners: 2nd & 4th Friday each month: 5:30pm

Gerry's Food Pantry ●

150 Wakefield Street, Suite 5
603-330-3468
gerrysfoodpantry@metrocast.net
Monday and Friday: 1-3:15pm
Wednesday: 10am-3:15pm
Rochester, E. Rochester, Gonic, and Farmington
Residents only ☑

Grace Community Church Food Pantry ●

57 Wakefield St.
603-332-9689
Last Saturday of each month: 3:45-5pm

Joseph's Storehouse Food Pantry ●

<http://www.josephsstorehouse.com/welcome>
124 Milton Rd
603-994-1076
Third Saturday each month: 9am-12pm

Revolution Church Food Pantry ●

87 Lowell St
603-332-0212
Fridays: 5:15-6:45pm
Last Monday each month: 10-11am, check day

Rochester Fellowship Soup Kitchen ●

34 South Main St.
603-332-4170

Salvation Army Soup Kitchen ●

10 Olde Farm Lane
603-332-2623
Monday, Wednesday and Friday: 12-1pm

Rochester Meals on Wheels ▲

77 Olde Farm Ln
603-332-0831
Mon, Tues, Thurs, and Fri: 11:30am-1pm
Age restriction (60+) Application at first visit

Salvation Army Food Pantry ●

10 Olde Farm Lane
603-332-2623
Monday, Wednesday, and Friday: 9am-2pm

First Church Congregational, UCC Food Pantry ●

63 South Main St
603-332-1121
Monday-Friday: 8am-2pm

Community Action Partnership Summer Meals ●

<http://www.straffordcap.org/programs/food-a-nutrition>
603-516-2339
multiple locations

FREE COMMUNITY TRAILS

Gonic Trails ●

Mt. Isinglass Recreational Area
Rochester Neck Rd
603-332-4120
Hiking, walking, winter recreation, biking, swimming

No Cost ●

Low Cost/ Discount ▲

Dog friendly

William H Champlin, Jr Forest Trails ●

Route 108, across from Sky Haven airport
Hiking, walking, winter recreation

Pickering Ponds ●

374 Pickering Road Gonic
603-332-4120

Green space/easy to moderate 2 mile loop trail
Hiking, bird watching, winter recreation
Dog friendly

Rochester Common ●

Route 108/South Main St
603-332-4120

Walking loop (3 loops=1 mile), sports field, playground

INDOOR AND OUTDOOR FAMILY FITNESS

Rochester Recreation Center and Arena

www.rochesterrec.com

150 Wakefield Street, Suite 1 (Rec Center)
63 Lowell St. (Ice Arena)
603-332-4120

Youth, adult, family, senior programs, ice skating

Hanson Pines ●

4 Yeagley Way
603-332-4120

Outdoor pool, playground, basketball courts, trails

Squamagonic Recreation Area ●

Gravel drive between 51 and 53 Hansonville Rd
Wilderness, 18 hole disc golf course

Community Center Tennis Courts ●

150 Wakefield St
For school and public use

No Cost ●

Low Cost/ Discount ▲

Dawn to dusk, Spring-Fall

Rochester Community Center

150 Wakefield St
Youth, Adult, Senior and Family Programs
Indoor basketball courts, karate

Other Outdoor Pool Locations

1. *East Rochester Pool* ●
Green Street/Cochecho Ave, Rochester
2. *Gonic Pool* ●
Railroad Ave at Gonic School, Gonic

YMCA of Strafford County ▲

<http://www.granitemca.org/locations/strafford-county>

603-332-7334
35 Industrial Way, Rochester NH 03867
Youth, Adult, Senior and Family Programs

MEDICAL RESOURCES

Frisbie Memorial Hospital ●

<https://www.frisbiehospital.com/events/>

Community Health and Wellness Classes
11 White Hall Rd
(603) 332-5211

Catholic Charities of NH ▲

<https://www.cc-nh.org/counseling>

Mental Health Counseling Services
23 Grant St
603-332-7701

Families First Mobile Health Van ▲

No Cost ●

Low Cost/ Discount ▲

Mental Health Counseling
Located at Salvation Army
10 Olde Farm Ln
Monday and Wednesday: 12pm-2pm

Community Partners

Mental Health Counseling
25 Olde Farm Rd
603-516-9300

RESOURCES FOR CHILDREN

Rochester Youth Soccer Association

<http://rysa-nh.com/>
info@rysa-nh.com
youth travel and recreational soccer programs

Rochester Girls Softball League

<http://leaguelineup.com/welcome.asp?url=rochestergrsl>
softball teams and tournaments

Roger Allen Baseball

<http://rogerallenbaseball.website.siplay.com/>
rogerallenbaseball@gmail.com
youth baseball teams

ROLLINSFORD

FOOD ACCESS RESOURCES

Seeds of Faith Food Pantry

<https://seedsoffaithnh.org/food-pantry/>
1 Front Street, Suite 160
603-969-2235
SOFfoodpantry@gmail.com
Mondays: 10am-12pm

No Cost 

Low Cost/ Discount 

Seacoast Eat Local Winter Farmers Market

<http://seacoasteatlocal.org/find-local-food/our-winter-farmers-market/>

141 Rollins Rd

Nov-April, Saturdays: 10am-2pm (check website for dates)

SNAP & Market Match

FREE COMMUNITY TRAILS

Scout Landing Trails

Begins at boat launch off Front St

INDOOR AND OUTDOOR FAMILY FITNESS

Rollinsford Free Public Ice Skating Rink

Roberts Rd, next to fire department

Seasonal, no rentals available

Community Yoga Class

603-516-2665

3 Front Street

Rollinsford Pubic Library

Thursdays: 6:45-8pm

Bring yoga mat

SOMERSWORTH

FOOD ACCESS RESOURCES

Somersworth Farmers Market

311 Route 108

Goodwin Community Health

Mondays: 3-6pm

SNAP & Market Match

House of Hope Soup Kitchen and Food Pantry

6 Sullivan Sq

No Cost 

Low Cost/ Discount 

Berwick ME 03901
207-698-9944
Available to Somersworth residents
Monday, Tuesday, and Thursdays: 4:30-7pm

Community Food Pantry ●

176 West High Street
603-692-2907
Director-Pat Vachon
Mon: 10am-12pm; Wed: 6-8pm; Thurs: 3-5pm

Somersworth Meals on Wheels ▲

Senior Delite Café
25 Bartlett Ave
603-692-4211
Mon, Tues, Thurs, and Fri: 11:30am-1pm
Age restriction (60+) Application at first visit

Women, Infant and Children (WIC) ●

<http://goodwinch.org/services/wic/>
311 Rt. 108 (Goodwin Community Health)
603-332-4358

Community Action Partnership Summer Meals ●

<http://www.straffordcap.org/programs/food-a-nutrition>
603-516-2339
multiple locations

MEDICAL RESOURCES

Goodwin Community Health

311 Route 108 - 603-749-2346

- WIC Enrollment and Benefits
Nutrition counseling and breastfeeding support
<http://goodwinch.org/services/wic/>
603-332-4358

No Cost ●

Low Cost/ Discount ▲

- Behavioral Health Program
<http://goodwinch.org/services/behavioral-health/>

INDOOR AND OUTDOOR FAMILY FITNESS

Parks and Recreation Committee

603-692-4262

Youth athletic programs (soccer and basketball)

Noble Pines Park

30 Noble St

Playground, splash pad, baseball field, basketball court, picnic

Flanagan Community Center

9 Bartlett Ave

603-692-2864

Community events, open gym

Rochester Running Club

<http://www.rochesterrunners.com/weekly-runs/>

Malley Farms Field

70 Malley Farm Field Rd

Baseball, recreation, walking trails

FREE COMMUNITY TRAILS

Willand Pond Trails

<http://www.seacoastnh.com/travel/scenic-walks/willand-pond/>

Route 108 across from Strafford Farms Restaurant
trails, fishing

No Cost 

Low Cost/ Discount 

STRAFFORD

FOOD ACCESS RESOURCES

Third Baptist Church

30 Strafford Rd

603-664-7750

Food Pantry: Thursdays: 8-10am

Income restrictions

Soup Kitchen: Wednesdays: 5-6:30pm

INDOOR AND OUTDOOR FAMILY FITNESS

Bow Lake Beach

Water St.

Swimming, picnic, kayak, boat launch up the road

Free to Town of Strafford Residents

Small fee to non-residents during summer lifeguard hours

FREE COMMUNITY TRAILS

Isinglass River Conservation Reserve

<http://www.isinglassriver.us/recreation-and-access.html>

Multiple points of access

Walking trails, fishing, paddling

James H. Edgerly Jr Town Forest

Off Parker Mt Rd

Walking Trails

No Cost 

Low Cost/ Discount 

Big River Lot- Town Forest ●

First Crown Point Rd
Hiking, recreation

McCabe Lot- Town Forest ●

Evans Mt Rd
Hiking, recreation

Parker Mountain ●

Parker Mt Rd
Hiking, recreation

RESOURCES FOR CHILDREN

Strafford Recreational Sports

www.leaguelineup.com/Strafford

Youth Athletics

Strafford County Wide

INDOOR AND OUTDOOR FAMILY FITNESS

Geo Caching ●

https://www.geocaching.com/local/default.aspx?state_id=30

County Wide locations/sites
Youth Adventure Hunt

RESOURCES FOR CHILDREN

Girl Scouts ▲

<http://www.girlscoutsgwm.org/>

multiple troops throughout Strafford County
leadership development, adventure

Boy Scouts ▲

No Cost ●

Low Cost/ Discount ▲

<http://nhscouting.org/>

603-625-6431

info@nhscouting.org

service, leadership, outdoor adventure

ADAPTIVE RESOURCES

Resource specifically for individuals with disabilities

FREE COMMUNITY TRAILS

Wheelchair Accessible Walking Trails

Farmington Recreational Trail – Strafford County

Dover Community Trail – Dover, NH

INDOOR AND OUTDOOR FAMILY FITNESS

Adaptive sports and recreation- UNH- Durham

<http://nepassage.org/>

Northeast Passage

121 Technology Drive, Suite 161

603-862-0070

northeast.passage@unh.edu

Adaptive Sports and Recreation program

Recreational Therapy program

Special Needs Support Center (SNSC)

<http://snc-uv.org/activities/>

603-448-6311

info@snc-uv.org

SNSC offers diverse activities and social opportunities for people of all ages with special needs.

Special Olympics ●

<http://sonh.org/>

No Cost ●

Low Cost/ Discount ▲

603-624-1250

sports and competition for children and adults with intellectual disabilities

Howie's Field of Dreams 

<http://www.howiesfieldofdreams.com/>

195 Chestnut Hill Rd, Rochester, NH

howiesfieldofdreams@gmail.com

adaptive baseball for players age 5-20 with physical or mental challenges

RESOURCES FOR CHILDREN

Zebra Crossing

www.zebra-crossings.org/

61 Locust St. Dover, NH

603-312-2052

Outdoor programs for children with chronic disease

No Cost 

Low Cost/ Discount 