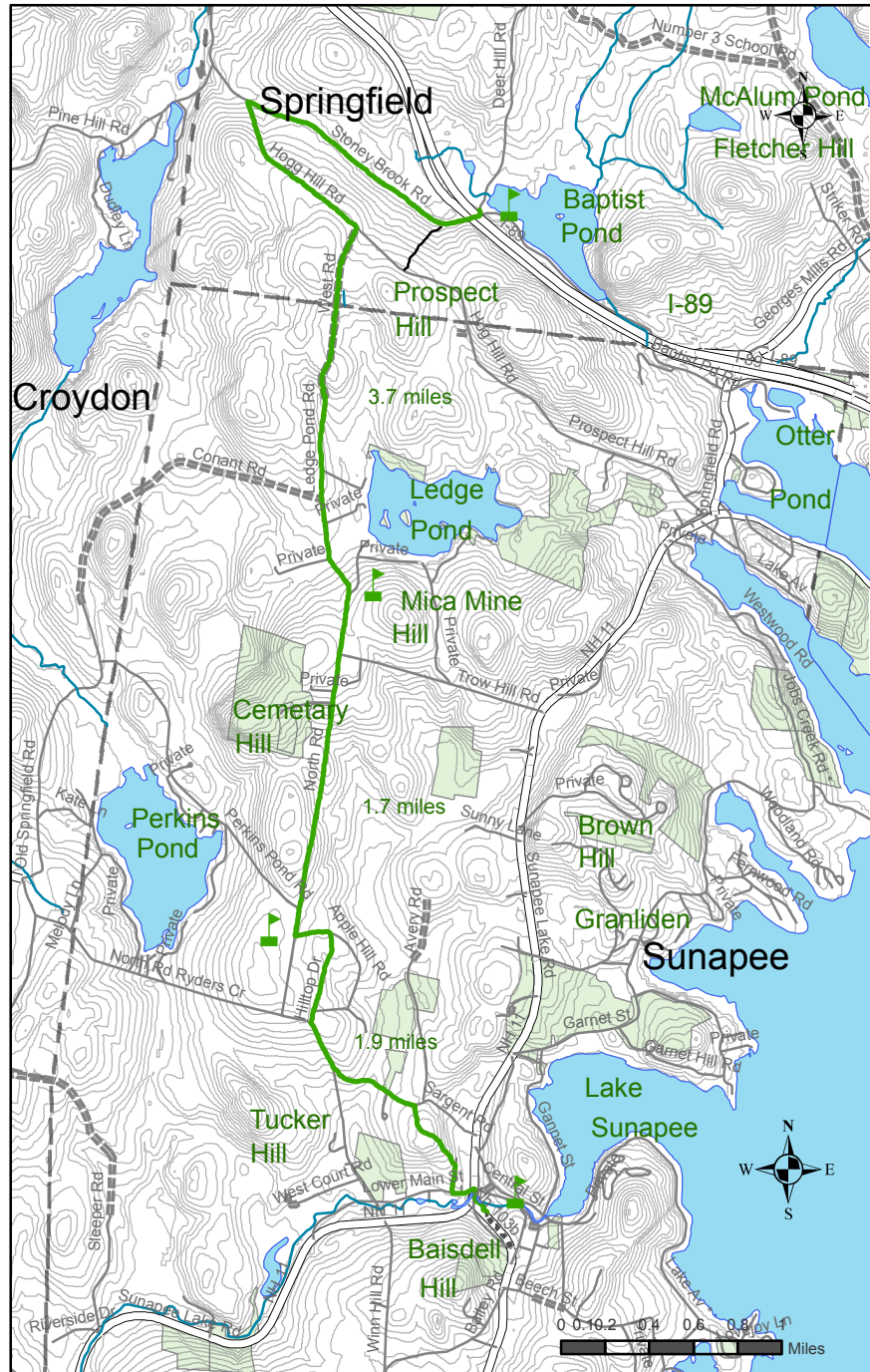


Trail 3 Sunapee Town Office to Deer Hill Road, Springfield

Finding the Trailheads: The southern trailhead is at the Sunapee Town Office, on NH Route 103B just south from its junction with NH Route 11. Parking is to the left of the Sunapee Town Office, close to the Sugar River. The northern trailhead is at the intersection of Stoney Brook Road (also known as Baptist Pond Road) and Deer Hill Road in Springfield. From Exit 12A of Interstate 89, Stoney Brook Road leaves Georges Mills Road about 100 yd. south of the exit. Stoney Brook Road passes under I-89 and intersects Deer Hill Road just before another I-89 underpass. At this intersection is a small parking area on the left of Deer Hill Road. There is also space to park on the shoulder of Stoney Brook Road beyond the Interstate 89 underpass.



Total Distance: 7.3 miles
Total Ascents: 770 feet

Estimated time: 3 hours
Total Descents: 460 feet

Overview: This section of the Greenway begins in Sunapee Lower Village below the outlet of Lake Sunapee at the headwaters of the Sugar River as it heads for the Connecticut River at Claremont. It ends in Springfield near Baptist Pond, one of the feeder ponds for the lake. The trail moves from a former industrial settlement into former agricultural uplands. Today the contrast is less evident, with subdivision residential growth replacing both industry and agriculture. Being almost entirely on town roads (paved, gravel and unmaintained Class VI), this section demonstrates the need for land conservation to protect open space, habitat and public access to off-road recreational hiking trails.