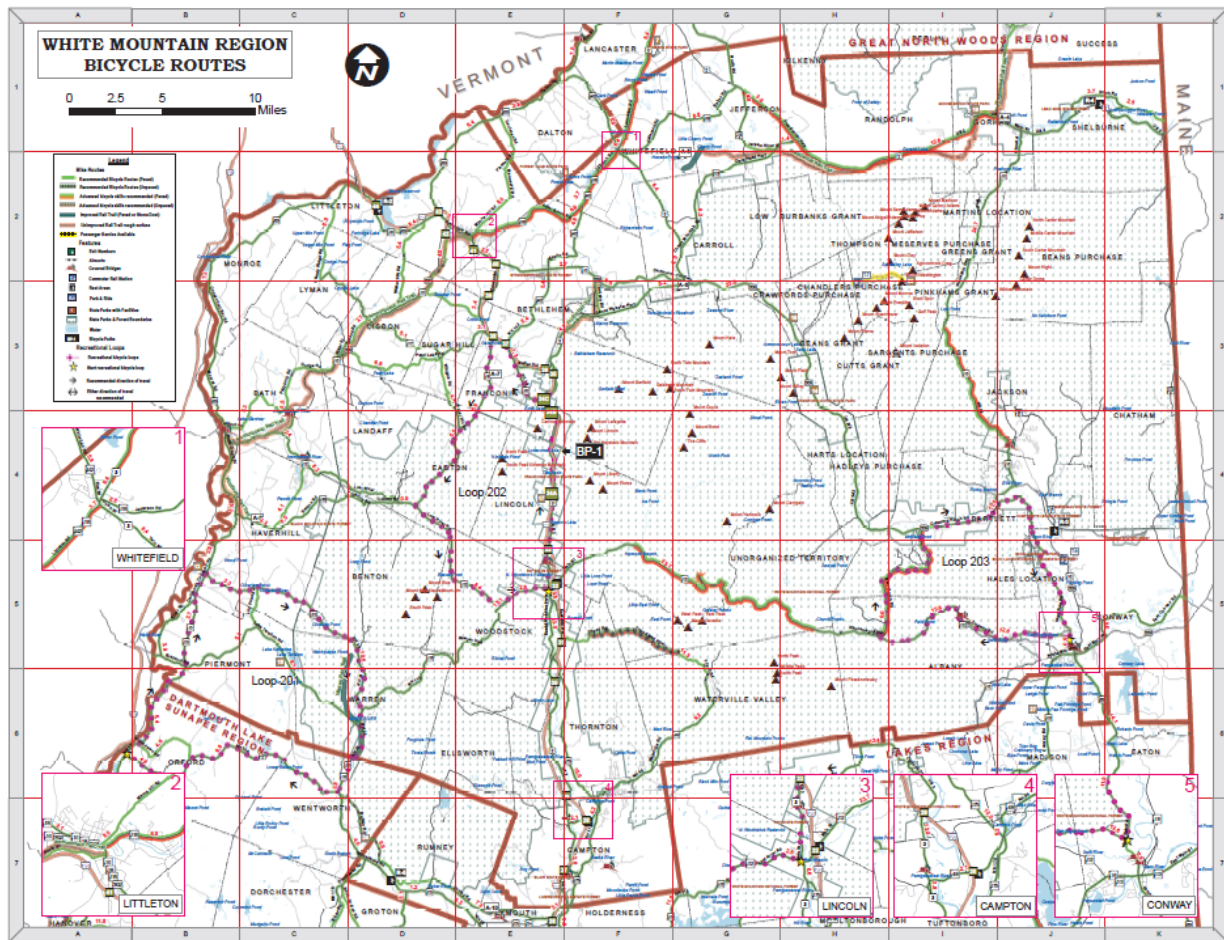


ROAD BICYCLING

in New Hampshire's White Mountains

White Mountains Visitor Center
200 Kancamagus Highway/Rte 112
North Woodstock, NH 03262
603-745-8720
VisitWhiteMountains.com



Map Source: nh.gov/dot/programs/bikeped/maps/wm.htm

Terrain: This region is the most mountainous section of the state. Several highways go over mountain passes, which often include several miles of steady climbing followed by several miles of descent.

Local Rides *Map available upon request

Bear Notch Ride – 52.2 mi (loop) *

Conway Lake Beach Ride – 11.6 mi (loop) *

FNSP Bike Path – 8.8 mi (1-way) *

Kancamagus Highway – 34.5 mi (1-way) *

Kranc Some Kanc – 33.3 mi (loop) *

Lincoln Bike Path – 1.0 mile (1-way)

NHDOT Loop 201 (Orford-NH25) – 44.4 mi *

NHDOT Loop 202 (Lincoln-Franconia) – 37.8 mi *

NHDOT Loop 203 (Conway-Bartlett) – 36.1 mi *

Tour de Notches – 77.5 mi (loop)

Traffic: Traffic in this region can be heavy on summer weekends and during fall foliage. Because of its regional shopping draw, traffic around North Conway may be heavy throughout the year.

Bicycle Rentals & Gear *ebikes for rent

White Mountain Bike Shop – Franconia *

Ski the Whites – Jackson *

Littleton Bike + Fitness – Littleton *

Red Jersey Cyclery – North Conway

Stan and Dan Sports – North Conway *

Sun & Ski Sports – North Conway *

Rhino Bike Works – Plymouth



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Try Something New

Outdoor Escapes – guided bicycle touring
outdoorescapenewhampshire.com
Shuttle service to/from FNSP Bike Path by Sport
Thoma – sportthoma.com/bike-rentals
White Mountain Circuit – 130 mile scenic self-
guided tri-hostel adventure
whitemountaincircuit.com

Clubs & Associations

Mt. Washington Valley Bike Club –
mwvbicycleclub.org
White Mountain Mellow – littletonbike.com

Races

Crank the Kanc – mwvbicyclingclub.org
Granite State Grind & Roll
Mt. Washington Century – tinmountain.org
Mt. Washington Hillclimb – mt-washington.com
White Mountain Gran Fondo

Other Resources

BikeNewEngland.com
Bike Walk Alliance NH – bwanh.org
Cross NH Adventure Trail – xnhat.org
NH.gov/DOT – NHDOT Bike/Ped offers state-
wide maps, routes, and rules of the road
NH Rail Trails Coalition – nhrtc.org
White Mountain Ride Guide by Marty Basch

BICYCLE SAFETY

What Every Cyclist Must Know



Bicycles are Vehicles

*Bicyclists have the
same rights and
duties as drivers of
motor vehicles. (RSA
265:143) Bicyclists
must stop at stop signs
and red lights, yield to
pedestrians, and ride
with traffic.*



NH 116, Littleton

Rules of the Road

Look ahead for potholes, debris, and other hazards. As soon as you see one, look behind and merge left, as traffic permits, well before you reach the hazard.

When bicycling after dark you must use a white front headlight and a red rear light or rear reflector visible from 300 feet.

Check steering, brakes, tires, chains, and cables for safe operating condition before every ride.



Bicyclists intending to turn right or left shall not be required to give a continuous hand or arm signal if the hands are needed in the control or operation of the bicycle. (RSA 265:144-VI)

It's The Law

- Yield the right of way to approaching traffic before entering the roadway. (RSA 265:32)
- Stop at all stop signs. (RSA 265:30-I)
- Don't cross the stop line when the traffic signal is red. (RSA 265:10-III a&d)
- Stop for pedestrians in all crosswalks. Don't pass vehicles stopped at a crosswalk. (RSA 265:35-I&IV)
- Take left turn from the outermost left turn lane when multiple left turn lanes are available. (RSA 265:42-II) To prepare for the turn, first look behind and merge to the center line or left turn lane as traffic permits, signaling to get the cooperation of following drivers as necessary.
- Do not operate on sidewalks (RSA 265:26-a), or ride the wrong way on one-way streets (RSA 265:23-II).
- Bicyclists must wear at least one item of reflective apparel from ½ hour after sunset to ½ hour before sunrise (RSA 265:144-XII).
- Helmets are required by law for cyclists less than 16 years of age. (RSA 265:144-X).
- Ride on the right side of the road, with traffic. (RSA 265:16-II) Riding against traffic is illegal.
- A person propelling a bicycle upon a way at a speed less than the normal speed of traffic moving in the same direction at that time and place shall remain on the right portion of the way as far as practicable except when it is unsafe to do so or when:
 - Overtaking or passing another bicycle or vehicle moving in the same direction;
 - Preparing to make a left hand turn;
 - Proceeding straight through an intersection where right hand turns are allowed;
 - Necessary to avoid hazardous conditions like broken pavement, glass, debris, sand, ice, the opening of doors of parked vehicles;
 - Necessary to avoid fixed or moving objects like vehicles, other bicycles, pedestrians, or animals. (RSA 265:144-XI)



NH 28A, Manchester

