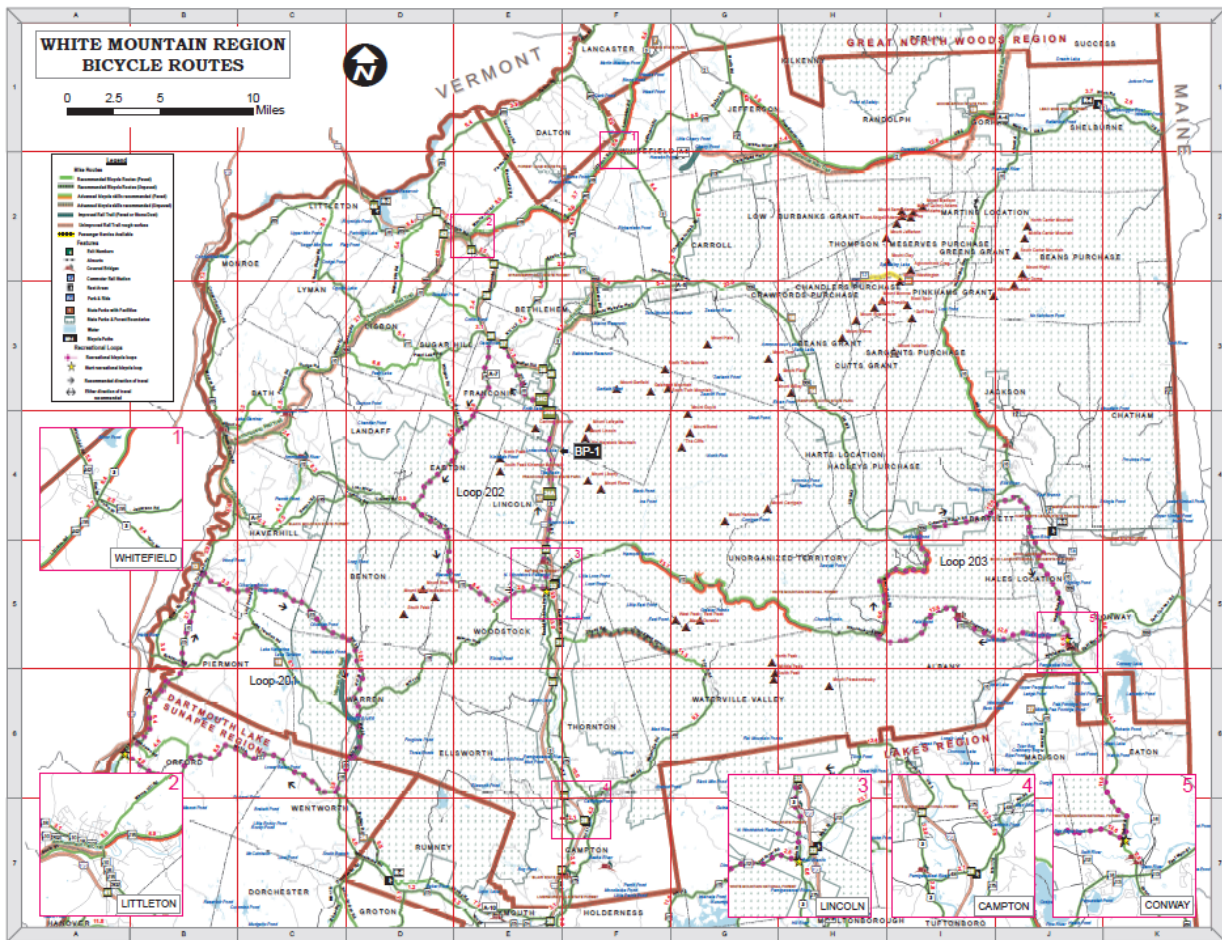


# ROAD BICYCLING

*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](http://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 \*
- Sport Thoma – Lincoln
- 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  
[outdoorescapesnewhampshire.com](http://outdoorescapesnewhampshire.com)  
Shuttle service to/from FNSP Bike Path by Sport  
Thoma – [sportthoma.com/bike-rentals](http://sportthoma.com/bike-rentals)  
White Mountain Circuit – 130 mile scenic self-  
guided tri-hostel adventure  
[whitemountaincircuit.com](http://whitemountaincircuit.com)

## Clubs & Associations

Mt. Washington Valley Bike Club –  
[mwvbicycleclub.org](http://mwvbicycleclub.org)  
White Mountain Mellow – [littletonbike.com](http://littletonbike.com)

## Races

Crank the Kanc – [mwvbicyclingclub.org](http://mwvbicyclingclub.org)  
Granite State Grind & Roll  
Mt. Washington Century – [tinmountain.org](http://tinmountain.org)  
Mt. Washington Hillclimb – [mt-washington.com](http://mt-washington.com)  
White Mountain Gran Fondo

## Other Resources

[BikeNewEngland.com](http://BikeNewEngland.com)  
Bike Walk Alliance NH – [bwanh.org](http://bwanh.org)  
Cross NH Adventure Trail – [xnhat.org](http://xnhat.org)  
NH.gov/DOT – NHDOT Bike/Ped offers state-  
wide maps, routes, and rules of the road  
NH Rail Trails Coalition – [nhrtc.org](http://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 is needed in the control or operation of the bicycle. (RSA 265:144-V)*

### 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

