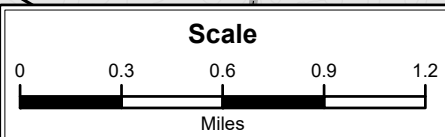


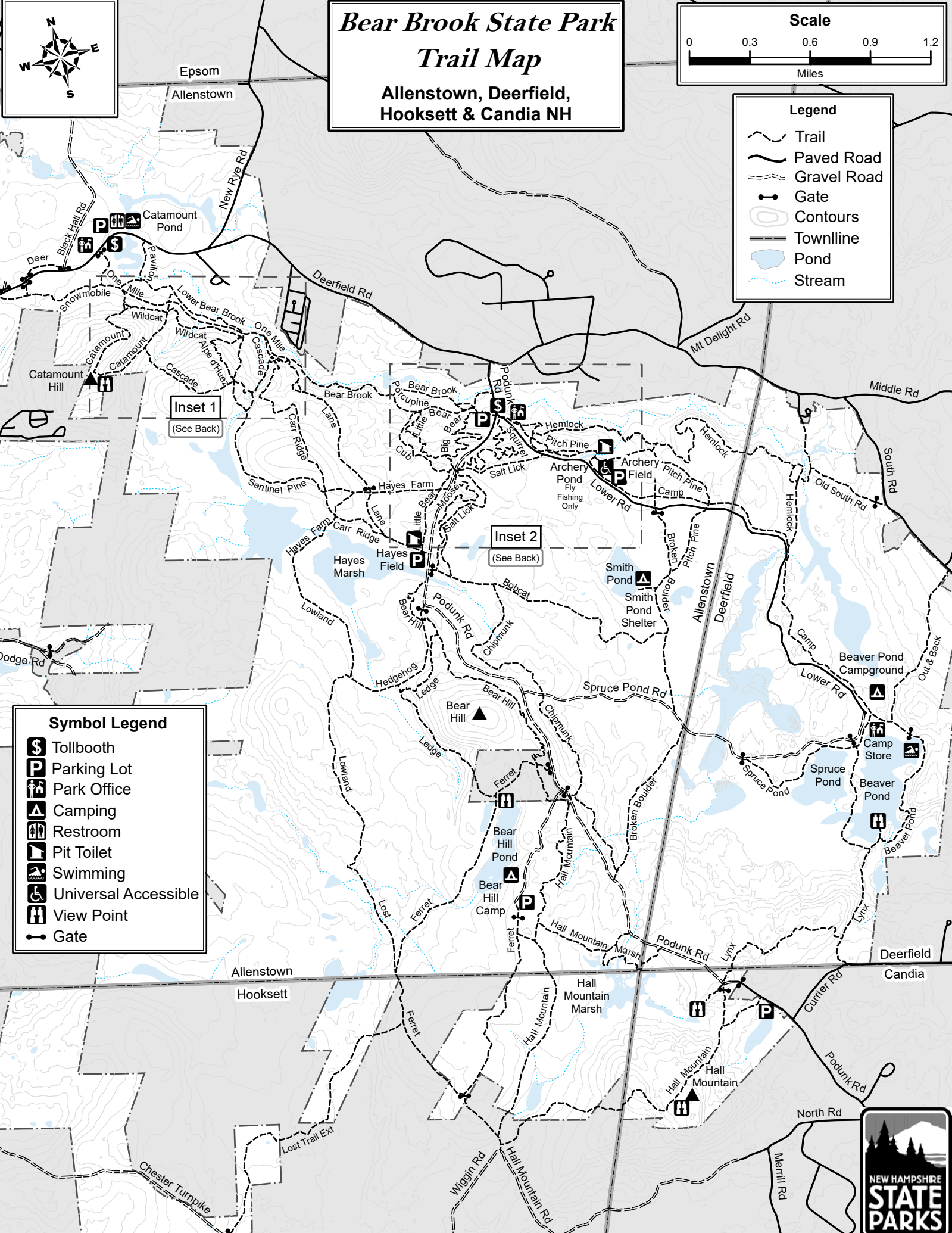
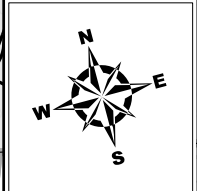
Bear Brook State Park Trail Map

Allenstown, Deerfield,
Hooksett & Candia NH



Legend

- Trail
- Paved Road
- Gravel Road
- Gate
- Contours
- Townline
- Pond
- Stream



Inset 1
(See Back)

Inset 2
(See Back)

Symbol Legend

- Tollbooth
- Parking Lot
- Park Office
- Camping
- Restroom
- Pit Toilet
- Swimming
- Universal Accessible
- View Point
- Gate



Bear Brook State Park

Hiking Safety

To hike safely, you should have good hiking shoes or boots, a waterproof jacket or windbreaker, and a sweater. Warmer gear is needed during fall, winter, and spring. Be sure to carry drinking water, a first aid kit, and a flashlight in your pack, as well as an emergency supply of food. Use common sense and good judgment when hiking in inclement weather, especially during late fall, winter, and early spring. When planning your return trip, remember that all trails do not return to the same place. When preparing for a hike, check the approximate time that darkness falls and take a flashlight just in case. The average hiker should allow approximately one hour for each trail mile.

If You Become Lost, S.T.O.P.

Stop, Think, Observe and Plan. Decide on a plan and stick to it. If the last known location of the trail is within a reasonable distance, try and backtrack to it. If you can't find the trail, do not panic, stay put and seek cover from adverse weather. If notified, rescuers will begin a search of the areas near your original planned route. Listen for whistles and respond to them or other signals. It is important to leave your plans with a responsible person. Adults hiking with children should not let them stray ahead or lag behind.

If you have an accident and need help call 911.

Important Reminders:

- Respect the rights of owners of private roads, access trails, and property adjacent to the park.
- Trails are multi-use so be aware and respectful of other uses
- Camping is only allowed in designated camping areas.
- Fires are only permitted in the campgrounds and picnic areas.
- Pets must be leashed and attended at all times on the trails.

Trail Maintenance

Park trails are maintained with the help of volunteers. For information on how you can help, contact the main office at 603-271-3556, or visit our website at nhstateparks.org.

Bear Brook State Park
157 Deerfield Road
Allenstown NH 03275
603-485-9869



NHSTATEPARKS.ORG

