

Goodwin Park Exercise Trail

3 miles

Easy to **moderate**

The trail begins at the base lodge of Storrs Hill Ski Area, descends a gradual hill, crosses the outrun of the ski jump and enters the woods. It is an out and back route with several side loops. There are exercise stations along the way. The trail is wooded, well marked, and relatively smooth, with occasional rocks and roots. At the farthest point of the exercise trail, the terrain becomes steeper and rougher while it makes a loop for stations #7 and #8.

Directions: From Colburn Park in Lebanon: Head south on Church Street (next to the fire station) then make a right then right onto Spring Street, cross the bridge over Great Brook and turn left into the Storrs Hill parking area. Access is also available from School Street (which is the same road as Meriden St. and NH 120), but this road is steep and eroded, and had limited parking.

Parking: Parking is available at Storrs Hill Ski Area.

Uses: Trail is open to foot travel and cross-country skiing. Bicycles and motorized vehicles are prohibited.

Ownership/Maintenance: Goodwin Park is owned by the City of Lebanon and is managed and maintained by the Lebanon Conservation Commission.



