

Looking for something to do with your little ones? Take a walk

Raymond is home to lots of recreational activities which are fun and free. Walking and Hiking trails with varying levels of difficulty can be found throughout the town. Here are 2 easy walks.

1. The Eco-Center Trail located beside the Lamprey River Elementary School. This self-guided closed loop trail runs parallel to the Lamprey River. There are 12 observation stations placed along the trail. These stations explore wetlands, reptiles, water, birds, geology and their importance to the Lamprey River. The Eco-Center is open on weekends and when school is not in session. Parking is in the school parking lot and there is a spot for picnics.
2. The Rockingham Regional Rail Trail. This former Boston and Maine railroad bed bisects Raymond. It runs from Epping on the east, through Raymond and into Candia on the west. The rail trail is open to walkers, joggers, strollers, non-motorized bikes and horseback riders. In the winter months you can snowshoe, cross country ski, snow mobile and dog sled. The Rail trail is open year round. Dogs are allowed but must be on a leash. There are access points to the rail trail on Prescott Road, Old Manchester Road, beside Ben Franklin and Dunkin' Donuts, at the Depot, Cammett Field, and at the end of Scribner Road. (There is a culvert running under Onway Lake Road where bikers will have to dismount and walk their bikes through). Parking is limited in most access points except at the Raymond Depot where downtown public parking is available. This lovely rail trail crosses the Lamprey River, passes the train depot, the sand pits at Cammett field and Onway Lake where you might see a loon. There are lots of flora and fauna to look for. On your return, have an ice cream at the Depot for a perfect ending to your walk.

3. Cassier Memorial Forest – Fish Pond Loop Trail
 4. Robinson Hill Conservation Area – moderate short trail
- Kathleen McDonald