

SPECIAL THANKS!!

5k Cross Country Route made possible by the generous donations received from several local businesses:

- East Coast Lumber - Hampstead
- Petra Paving - Atkinson
- Conquer Self Defense - Brentwood
- Atkinson House of Pizza - Atkinson

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Hampstead Community 5k Cross Country Route

The route was created in 2021 by Boy Scout Troop 33 Hampstead as part of Ethan Charles' Eagle Scout Project to promote health, fitness, and overall well-being.



Course Details:

- Course begins to the right of the West Road kiosk and ends to the left of this kiosk
- Follow orange-topped sign posts with 5K or Mileage Markers
- Most sign posts will have arrows to point you in correct direction

Directions:

- Bear right at first sign post onto **Oak Trail**, continue to next sign post, bear right
- Continue on **Oak Trail** to next sign post, bear right, staying on **Oak Trail**
- Follow **Oak Trail** to intersection of **Lichen Trail**, turn right at sign post
- Continue on **Lichen Trail** to intersection of **Maple Trail**, turn right at sign post
- You'll pass the **1 Mile Marker** sign post just after intersection with **Birch Trail** (on left), stay straight and continue on **Maple Trail**
- Continue on **Maple Trail** to intersection of **Dogwood Trail**, turn right at sign post
- Stay on **Dogwood Trail** to sign post at first intersection with **Hickory Trail**, bear left
- Continue on **Dogwood Trail** to second intersection with **Hickory Trail**, turn left at sign post and stay on **Dogwood Trail**
- Follow **Dogwood Trail** to next sign post at intersection of **Maple Trail**, turn left
- Follow **Maple Trail** to the **2 Mile Marker** sign post and turn right, stay on **Maple Trail**
- Stay on **Maple Trail** to next sign post, take right onto **unnamed trail**
- Follow **unnamed trail** to next sign post connecting back with **Maple Trail** at intersection of the (green) **Waterfall Trail** (which also connects to West Road)
- Stay straight past sign post with **Dogwood Trail** (you'll see arrows pointing straight)
- Continue on **Maple Trail** to sign post with right turn arrows onto **Birch Trail**
- Stay on **Birch Trail** for full loop, passing the **3 Mile Marker** sign post
- Take right at end of **Birch Trail**, back onto **Lichen Trail** to the **FINISH LINE!!** (back to main West Road parking lot)

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