

Trail Map



Open Dawn to Dusk - Gate Automatically Locks
Please:

- Stay on marked trails.
- Carry out what you carry in.
- Dogs must remain under control of owner.
- Pick up after your pet.
- No bikes or motorized vehicles.
- No hunting or trapping.
- No alcohol, drugs, or smoking.
- No camping or fires.

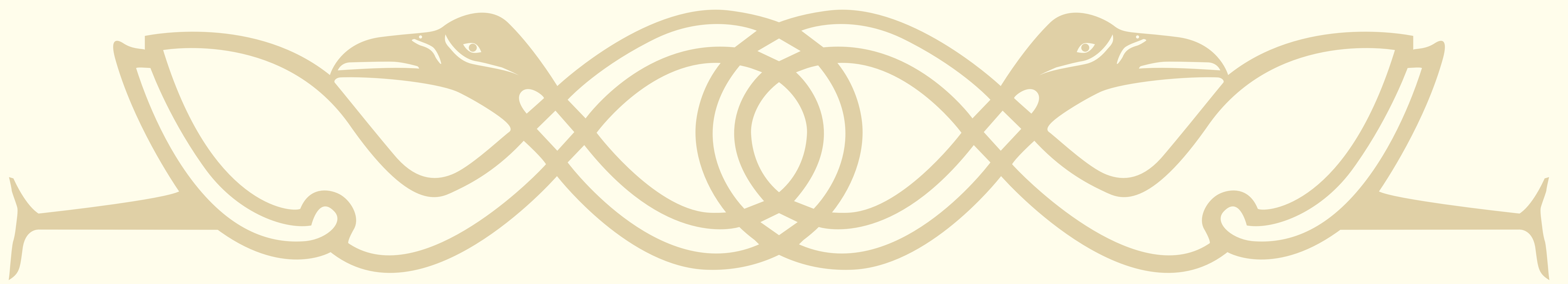
ALLOWED USES

PROHIBITED



Once slated for a 30-house subdivision, these 32 acres were instead given to the Town of Newmarket in 1996 as a place for observation and quiet reflection.

The salt marsh along the banks of Heron Point prevents erosion and offers habitat for aquatic life.



Welcome to Heron Point Sanctuary

This Sanctuary is managed by the Town of Newmarket to protect the plants and animals that live here along the shores of the Wild & Scenic Lamprey River, while offering meandering trails and stunning views of the historic Newmarket Mills.

The trails at Heron Point wind under a canopy of hemlock and oak and pine and around huge granite rocks that are millions of years old. A few large boulders have drill holes from when granite was quarried here in the 1900s for local buildings.

Some hemlock and ash trees are dead or dying from non-native insect pests. Those that pose a hazard along trails have been cut and left on the ground to allow recycling of nutrients from decaying wood and to provide habitat for wildlife.

Heron Point preserves nearly 3,000 feet of shoreline along the Lamprey River that includes salt marsh, mudflats, rocky shores, and open water. You can help protect this critical interface between land and water and a healthy natural environment by staying on trails and off steep slopes to prevent erosion.



One of many large erratics—boulders deposited by the last glacier—
at Heron Point Sanctuary.



A great blue heron quietly stalks
the shores of the Lamprey River
at Heron Point. Photo courtesy of
Steve Mirick



From Heron Point looking across the Lamprey River to the Newmarket Mills and
Community Church, 2021.



View looking southeast from the tower of the old Catholic Church to a nearly
treeless Heron Point, 1910. Photographer William J. Thibault, Courtesy photo
Newmarket Historical Association

This sanctuary is managed by the Newmarket
Conservation Commission with help from the
Department of Public Works and volunteers.

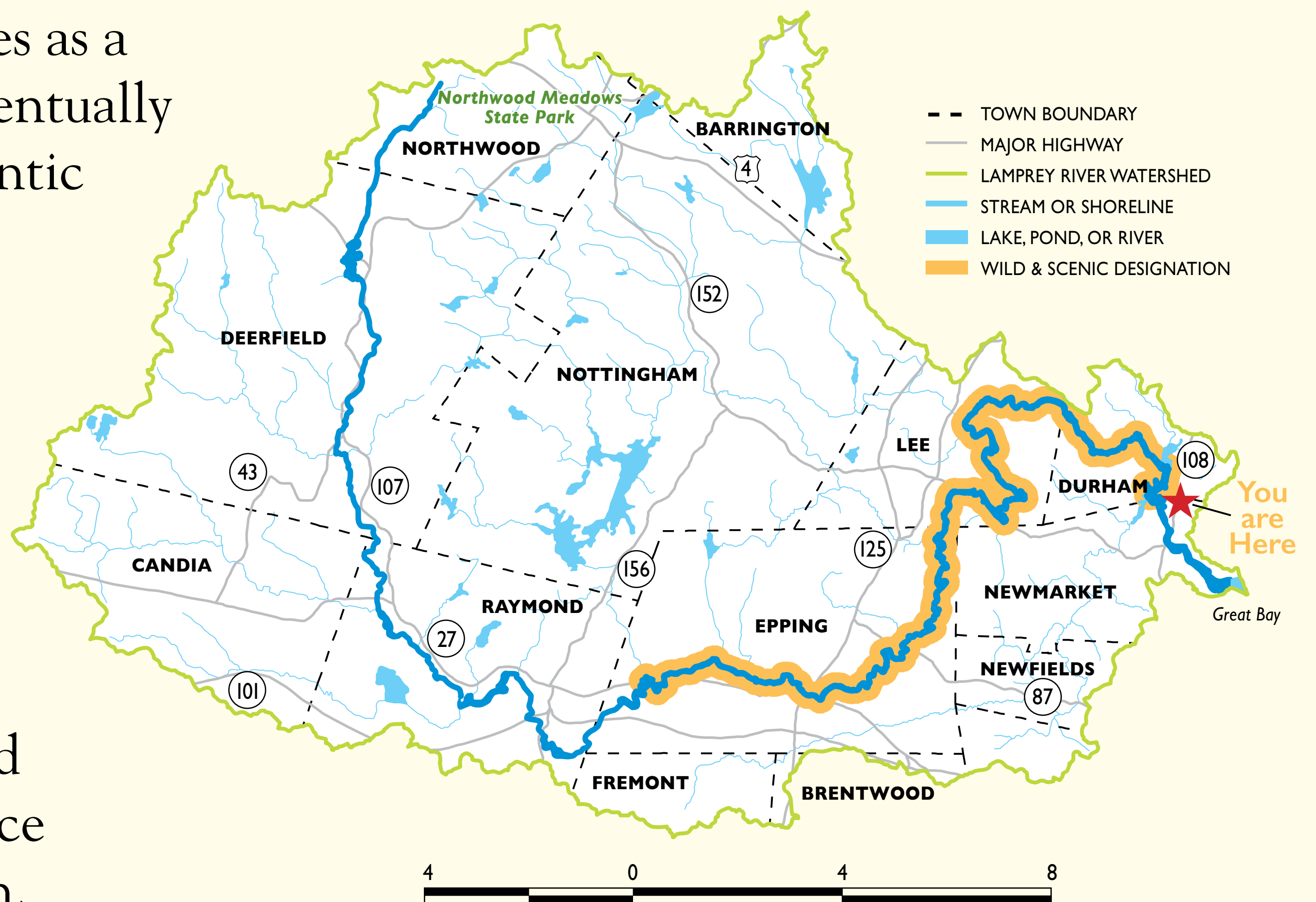
For more information, contact the
Town of Newmarket at 603-659-8501
or www.newmarketnh.gov

Lamprey River Watershed

The Lamprey River begins in Northwood Meadows State Park and meanders 47 miles through seven towns before it reaches the Macallen Dam at the Mills in Newmarket. Below the dam, the Lamprey continues as a tidal river to Great Bay and eventually these waters flow into the Atlantic Ocean. The entire watershed encompasses parts of 14 towns.

The first people arrived in what is now New Hampshire about 11,000 years ago. The Pennacook-Abenaki people established villages along the Lamprey River to fish, hunt and farm, moving from place to place according to custom and season.

Today, we draw on the wisdom of indigenous cultures and our current understanding of the ecology of this place to care for and respect these lands.

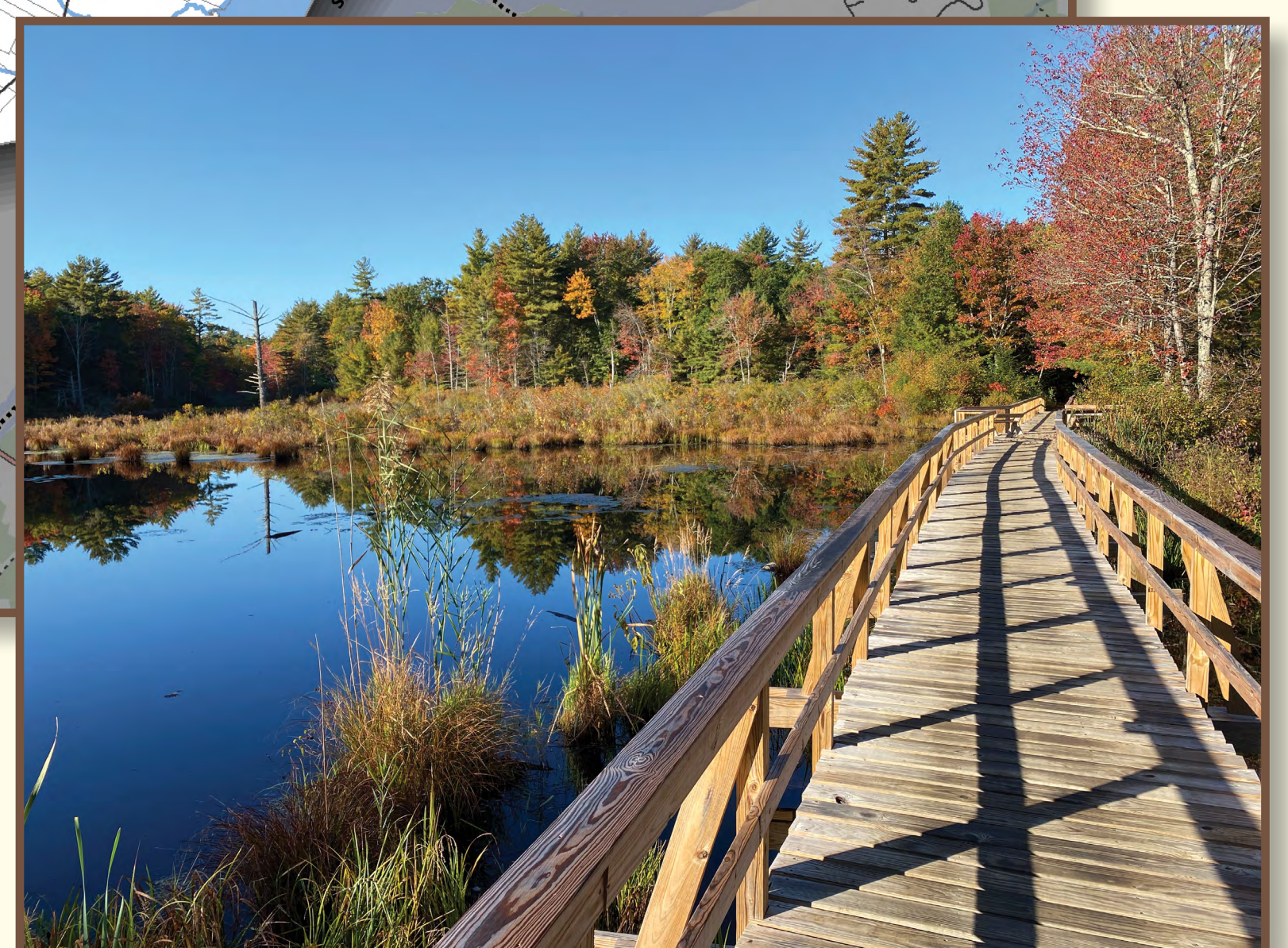


Explore Other Local Trails



Prepared by Strafford Regional Planning Commission
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Date: 7/5/2022

- 1 Lubberland Creek Preserve, Bay Road
- 2 Heron Point Sanctuary, Bay Road to Meadow Drive
- 3 Piscassic River-Loiselle Conservation Area and NH Audubon Sanctuary, Wadleigh Falls Road
- 4 Piscassic Greenway, Neal Mill Road
- 5 Wiggin Farm Conservation Area, Grant Road



The Piscassic Greenway offers 3.5 miles of trails in Newmarket and Newfields.



LampreyRiver.org

Funds for the Heron Point Sanctuary trail enhancements and kiosk were provided by the National Park Service under CFDA 15.962 - National Wild and Scenic Rivers System and were a collaborative effort between the Newmarket Conservation Commission and the Lamprey River Advisory Committee. To learn more about the river visit lampreyriver.org or use the QR code.

All photos courtesy of Ellen Snyder unless noted.