

# Wallis-Pawtuckaway Metric Century Loop

## Ride

Here's a 100 kilometer, seacoast New Hampshire, cycling loop between Wallis Sands State Beach in Rye and Pawtuckaway State Park in Nottingham, that goes through twelve towns and covers flat, rolling, and moderately hilly terrain. In particular, there's a 10 km, hilly section on NH 156, and a 10 km stretch on NH 1A that is as flat as it gets. Many of the roads in the loop were repaved this summer, making the surface along this route better than it's been in decades.

Of course, since it's a loop, the starting and ending point can be at any convenient place along the route. Either direction is good, though as given, in fair weather there's a nice finish when the usual, summer sou'westerly tailwind blows downeast on the flat road along the beach.

## Cue Sheet

The cues on the following page include two types of waypoints that aren't turns: town lines, and going straight at stop signs and traffic lights. In addition, there's the citing of the entrance road to Pawtuckaway State Park that the route passes. Though adding to the number of items, making the sheet rather dense, this extra information helps orient the rider and avoids having no directions at a controlled intersection.

Large print is used in an attempt to make the sheet legible for old eyes.

As always, your mileage may vary. Please let me know if you take the ride, and tell me about any errors you find.

## Start

The starting and ending point is at the intersection of NH 1A and Marsh Rd. in Rye, across from the Wallis Sands State Beach parking lot where 1A takes a big bend. From the intersection, head away from the beach and see the cue sheet. Note that Marsh Rd. becomes Parsons Rd. practically unnoticeably.

Enjoy,  
Hank Dolben  
2004 Sep 28  
<http://dolben.org>

- 0.4 **bear left at Y then left onto Brackett Rd.** at stop sign & T
- 1.2 **right onto Wallis Rd.** (unsigned) at stop sign & +
- 1.9 **straight on Wallis Rd.** at stop sign & +, Mobil gas station on right across street
- 3.0 **Wallis Rd. becomes Washington Rd.,** Rye Junior High field on right
- 3.3 **bear right on Washington Rd.** after Rye Congregational Church on left
- 5.4 **straight onto Breakfast Hill Rd.** across US 1 at traffic lights
- 5.5 Greenland town line
- 7.1 **right onto Post Rd., NH 151** at stop sign & T
- 8.1 **bear left at Y**
- 8.2 **left onto Portsmouth Ave.** at stop sign & T
- 8.6 **left on Portsmouth Ave., NH 33** at stop sign & T, Greenland P.O. on left
- 10.1 Stratham town line
- 11.9 **right onto Squamscott Rd.** at traffic lights
- 13.0 **right onto NH 108** at stop sign & T
- 13.3 Newfields town line, then straight through traffic lights
- 14.1 Newmarket town line
- 14.3 **left onto Ash Swamp Rd.,** Great Bay Athletic Club on right
- 14.5 **right on Ash Swamp Rd.** around hairpin turn, NO OUTLET sign ahead
- 16.5 **straight on Ash Swamp Rd.** across Grant Rd. at stop sign
- 18.1 **left on NH 152** (unsigned) at stop sign & T
- 18.4 Lee town line
- 21.3 **straight on NH 152** across NH 125 at stop sign & flashing red light
- 22.? Nottingham town line
- 24.7 **left onto Church St.,** Citgo gas station & Liars Paradise store on left
- 24.8 **left onto NH 156** (unsigned) at stop sign & T
- 28.9 Raymond town line
- 29.7 **straight on NH 156,** Mountain Rd. to Pawtuckaway State Park on right
- 31.0 **left onto NH 107 South** at stop sign & T (halfway point of loop)
- 31.2 **right on NH 107 South** at traffic lights then straight through next 3 sets of lights
- 32.8 **left on NH 107 South** to Fremont, left-hand turn lane, NH 102 straight
- 33.6 Fremont town line
- 38.1 **left onto NH 111A, Brentwood Rd.,** Pages Corner
- 38.5 Brentwood town line
- 39.4 **straight on NH 111A** across NH 125 at stop sign & flashing red light
- 43.? Exeter town line
- 45.5 **right onto NH 27** after stop sign & Columbus Ave.
- 46.5 **straight on NH 27** at stop sign, intersection with NH 111, gazebo ahead on right
- 46.7 **straight on NH 27** at traffic lights, intersection with NH 108
- 49.2 **left onto NH 111** to Rye
- 49.? North Hampton town line
- 51.9 **straight on NH 111** across NH 151 at stop sign & flashing red light
- 52.1 **right on NH 111 East, Atlantic Ave.** to Rye Beach
- 52.6 **straight on NH 111** across US 1 at traffic lights, to Rye Beach
- 55.9 **left onto NH 1A** at stop sign & T, overlooking the ocean
- 56.9 Rye town line
- 62.1 **end at Marsh Rd.**