



Lamprey River Guide to COVID 19 Social Distancing

Like many groups, the Lamprey River Advisory Committee (LRAC) had several events and presentations planned for this spring and summer. Until we get the “all clear” signal from the health experts, group activities will need to wait. Fortunately, the Lamprey River offers many places to visit where crowds are not a problem. Even if you are sequestered inside, we can offer some river-related entertainment.

For outside trips, the following sites provide nice views of the river and historic remains of mills that you can explore:

- Mary Blair Park, Route 27 in West Epping
- Wadleigh Falls, Route 152 in Lee
- Hatch Park at Wiswall Falls, Wiswall Road in Durham

The LRAC has helped with the following walking trails:

- Lamprey River Elementary School Eco Trail, Old Manchester Road in Raymond (behind the school, open only when school is not in session)
- Mast Road Natural Area, Mast Road in Epping
- Little River Park, Route 155 in Lee
- Thompson Forest, Wednesday Hill Road in Durham

For those who want to hug some old-timers without risking anyone’s health, the Lamprey River Big Tree Tour will guide you to some of the area’s champion trees:

<https://www.lampreyriver.org/recreation-lamprey-river-big-tree-tour>.

For kids who want to explore the river and earn a badge, the Junior Rangers program can be done at home with help from family members. The free booklet is available at www.LampreyRiver.org/for-fun-junior-rangers.



For bicycle enthusiasts, our recreation map and tour guide highlights a scenic path (in yellow) that passes by many of the river’s highlights while avoiding traffic.

https://www.lampreyriver.org/UploadedFiles/Files/LampreyTourMap_page_1.pdf

For folks who are stuck inside or for days that are wet and dreary, we have several videos posted on our website, www.LampreyRiver.org.

To everybody, we wish you good health, patience, and compassion.