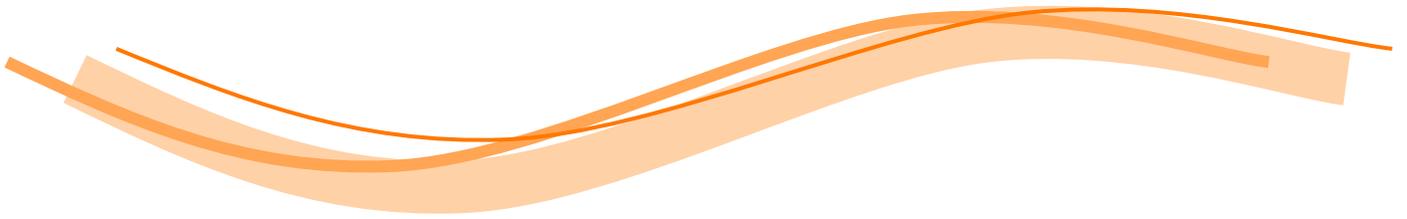


NEW HAMPSHIRE – SUMMER





NEW HAMPSHIRE

You just have to get outdoors in New Hampshire during the spring and fall! And there are so many ways to enjoy the beautiful scenery!

Get out on the water of the State's lakes, rivers and seacoast through everything from surfing to kayaking and canoeing to white water rafting. Take to the mountains and hike part of the thousands of kilometers of New Hampshire's scenic trails - including nearly 2,000 kilometers in the White Mountain National Forest and a section of the Appalachian Trail. Or tackle rock climbing that's suitable for beginners to experts – it's not called the Granite State for nothing!

You can also enjoy scenic drives that wander through the picturesque New Hampshire countryside. Make sure to make lots of stops along the way to enjoy the fairs, festivals, museums, galleries, music halls and historical architecture that you will happen upon in your travels. Or pause to dip your fishing rod in a lake or two. New Hampshire is the perfect place to meander wherever your fancy takes you - or choose to travel the famous scenic byways such as the Kancamagus Highway, White Mountains Trail, and the Currier & Ives Trail.

The countryside of New Hampshire is very diverse. This small State offers a Seacoast region with sandy beaches, the stunning White Mountain region - plus lakes, small villages, rolling farmland and cities such as Concord, the State Capital.

If you love to shop – New Hampshire is a tax free shopping haven! Your dollar goes further in a wide choice of boutiques, stores, malls and outlet centers. Plus you'll discover antique shops as well as authentic New Hampshire products made by local craftspeople.

And when it comes to food and accommodation – again there is a huge selection for all tastes and budgets. From brand name hotels to boutique B&B's and from modern accommodations to historic converted mills – wherever you lay your head in New Hampshire you will find a warm welcome.

More and more Canadians are also finding RV-ing and camping a fun and leisurely way to explore New Hampshire. There are RV campgrounds and full-service sites that have ocean views or which are next to rivers or mountains - New Hampshire offers incredible variety for campers. Visitors can choose a family-friendly or RV-friendly campground near popular attractions, retreat to a backcountry tent site or cabin in the White Mountain National Forest - or relax at a lakeside campground. You can rent by the week, month or season.

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	<p>And it is all so easy to get to! New Hampshire is less than 8 hours' drive from Toronto and just 3 hours from Montreal. Major airlines offer direct flights to/from Toronto and connecting service from Montreal into Manchester Regional Airport. Major bus lines such as Greyhound also offer service into New Hampshire cities.</p> <p>As well as offering amazing outdoor opportunities, the New Hampshire State Park System maintains several Historic sites and homes. For instance, the farm of famous poet Robert Frost is in Derry. And in Mount Washington State park the Cog Railway allows you to experience New England's highest peak on the world's first mountain-climbing cog railway! Since 1869, this National Historic Engineering Landmark has been a vacation highlight.</p> <p>Go to www.Visitnh.gov for travel ideas to New Hampshire this summer. This small, diverse State offers both beaches and mountains. Play golf or pamper yourself at a spa. And there are Festivals galore! Your outdoor adventure can take you kayaking, biking or hiking - or on a tour of farms and gardens. www.visitnh.gov also has ideas for itineraries around New Hampshire this summer. Travel the "50's Retro Tour" on historic Route 3. Or discover New Hampshire's wine, cheese and beer along your way. For instance in Portsmouth the New Hampshire Brewery trail visits the Smuttynose Brewing Company, The Portsmouth Brewery, and Redhook Ale Brewery.</p>
<p>Location</p>	<p>New Hampshire is located in northeastern United States. The total area of the state is 24,097 sq km, comprising 23,380 sq km of land and 717 sq km of inland water. New Hampshire is bordered on the north by the Canadian province of Quebec; on the east by Maine and the Atlantic Ocean; on the south by Massachusetts; and the on the west by Vermont.</p> <p>It is one of the six New England states, the others being Maine, Massachusetts, Vermont, Rhode Island and Connecticut.</p> <p>Canada is the number one international visitor market for New Hampshire, with nearly a million visits. Of these, Quebec represents nearly half of all visits from Canadians.</p>
<p>Geography</p>	<p>New Hampshire has seven distinct geographical regions:</p> <p>Great North Woods</p> <p>Dominated by forests and lakes, the Great North Woods is where sporting adventures are a way of life, from fishing , camping, boating, wildlife watching and snowmobiling.</p> <p>Fact: Today 84 percent of New Hampshire is covered by forest,</p>

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compared to only 50 percent a hundred years ago.

White Mountains

Many vistas around the White Mountains are virtually unchanged since the arrival of early settlers, thanks in part to the 800,000-acre White Mountain National Forest. Mt. Washington is the highest mountain in the northeastern United States, attracting skiers, hikers, and outdoor enthusiasts. Fact: The first ski school in America was founded here 80 years ago.

Lakes Region

With 273 lakes and ponds in the Lakes Region alone, watersports are a big part of the fun, but it's not just a summer spot. Many prefer the frozen waters of winter for ice fishing, skating and even ice sailing. Fact: At 116-square kilometres, Lake Winnepesaukee is the sixth largest natural lake completely inside United States borders.

Dartmouth-Lake Sunapee

Winding backcountry roads give this picturesque corner of New Hampshire much of its character, but it's the Ivy League college, Dartmouth that resulted in the region's name. Fact: Lake Sunapee is the only inland body of water in New Hampshire with lighthouses.

Monadnock

Small villages, rolling farmland and the occasional mill. Monadnock is typical New England countryside, which invites exploring at a leisurely pace. Fact: Many of Monadnock's small B&Bs and inns are located in restored antique homes and farmhouses that date back a century or more.

Merrimack Valley

Home to the state capital, Concord, and the cities of Nashua and Manchester, the Merrimack Valley is a hub for business, arts & cultural attractions, historic sites, shopping and nightlife. Fact: At 400 members, the New Hampshire legislature in Concord is the fourth largest deliberative body in the world.

Seacoast

From cobblestone streets to sandy beaches, over 350 years of tradition and history give texture to life on New Hampshire's 29km Seacoast. Whether it's an inland village or oceanfront town, the Seacoast offers a landscape that is an open invitation to get active. Fact: Portsmouth, an important working port since colonial days, was once a hotbed of Revolutionary fervor.

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Name	New Hampshire was named for Hampshire, England, by Captain John Mason. The state also has 4 nicknames: - Granite State : for the extensive granite formations and quarries - Mother of Rivers : for the rivers of New England that originate in the Mountains - White Mountain State : for the White Mountain Range - Switzerland of America : for the beautiful mountain scenery
Population	One of the smallest in the US at just 1,275,000
Language	English
Currency	US Dollars – the current exchange rate with the Canadian Dollar as at April 18, 2014 is \$1 CDN = 91 cents US
Tipping	The custom of tipping is a common practice in the US: 15% to 20% for waiters; 10% to 15% for taxi drivers; \$1 per bag for bellmen. Occasionally gratuities are automatically added to restaurant checks
Government	The state is known internationally for the New Hampshire primary, the first primary in the U.S. presidential election race. Concord is the state capital.
Documentation	Passports are required for all Canadian visitors
Time zone	Eastern Standard Time zone
Health	Excellent services available but ensure that you have travelers health insurance as health costs in the US can be very high
Safety tips	New Hampshire is relatively safe for the tourist. One should use the same precautions as when travelling anywhere - try not to travel alone and avoid deserted areas at night.

CLIMATE	
General climate	New Hampshire has a changeable climate, with wide variations in daily and seasonal temperatures. The variations are affected by proximity to the ocean, mountains, lakes or rivers. The state enjoys all four seasons. The summers are short and cool; winters are long and cold; fall is glorious with foliage. The weather station on Mount Washington has recorded some of the coldest temperatures and strongest winds in the continental United States.
Today's weather	13 degrees Centigrade and sunny in Concord today (19 th April 2014)
Best time to visit	You can enjoy New Hampshire at any time of year. Visit a sugar shack and score great deals on lodging during Maple Sugaring season. Relax by the lake or hike through the white mountains in summer. Go apple picking with a backdrop of gorgeous fall foliage. Hit the slopes and the shops during your winter vacation. Spring is a time of rebirth and rejuvenation and is a particularly lovely time in the state. It's also a time when New Hampshire starts seeing more Canadians visit the destination. Everything from spring craft shows to flower and garden festivals and numerous outdoor pursuits make the Granite State an ideal place to visit.

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	<p>Tourism suppliers throughout New Hampshire are appreciative of their northern neighbour and packages are available around the May long weekend - an ideal time for a long weekend getaway. Properties are throwing open the welcome mat for Canadians. There are many other deals available in New Hampshire from golf packages to spa and adventure packages.</p> <p>Nearly three-fifths of all Canadian overnight leisure visits occurred during the summer season; spring visits were second.</p>
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GETTING THERE	
Drive time	<p>It's approximately a three hour drive from Montreal to New Hampshire and around 400km to Concord in the southern part of the state. Allow 5 hours to drive from Montreal to Portsmouth on the coast. New Hampshire is less than 8 hours drive from Toronto.</p>
Cities	<p>There are ten city/town areas in the state:</p> <p>Berlin Claremont Concord Franklin Keene Laconia Lebanon - Hartland, VT Manchester Nashua Metropolitan Division (part of Boston metropolitan area) Portsmouth Rochester - Dover</p> <p>Portsmouth The charming New Hampshire coastal town of Portsmouth is only a half day's drive from Montreal. And you'll discover some of the best restaurants, live theatre, live music, shopping, romance and historical sites in New England. It's one of America's prettiest towns according to Forbes Traveler. Outside Magazine ranks it amongst America's top 20 towns. And Money Magazine calls it as one of the best places to live. New Hampshire's diverse sea coast offers cruises, whale watches, fresh lobster and chowder, breweries, gardens and beaches - all waiting for you. And with the strong Canadian dollar, and no sales tax in New Hampshire - where better for shopping? There are high-end boutiques in downtown Portsmouth and your favorite brand stores in nearby Fox Run Mall.</p> <p>There is a lot to do in Portsmouth that won't break your budget. It has free live outdoor performances at Prescott Park all summer long. There are also guided and self-guided tours of the Portsmouth Harbor Trail. Other free or low cost activities include weekly farmers markets,</p>

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	<p>brewery tastings, gallery walks, and tours of the historic fort. And just a sampling of the Portsmouth area annual summer events includes: Sail Portsmouth, featuring a tall ships festival as Pride of Baltimore II visits Portsmouth Harbour, a Chowder Festival, New Castle Garden Tour, Sand Sculpting competitions, Prescott Park Arts Festival, Telluride by the Sea Film Festival, Music by the Sea Outdoor Concert Series, and the Boston Portsmouth Air Show featuring the Blue Angels. Learn more about Portsmouth at www.GoPortsmouthNH.com</p> <p>Manchester This is the state's largest city. The history of Manchester is the history of its mills. Brick buildings today line both shores of the Merrimack River, reflecting a time when New England was one of the centers of manufacturing for a growing nation. French-Canadian workers flocked to the city from Quebec, and many of their descendants still live and work in the city, giving Manchester a multicultural flavour. The industrial era has passed, but visitors can still be impressed by the old mills, some now converted to restaurants and offices, others serving as university classrooms, and one that has leapt eras by housing a technology center. With 100,000 residents, Manchester is northern New England's largest city, and it has a grittier, more urban feel than anywhere else you can visit in the three states. It's a place for gathering supplies, visiting the fine art museum, and - most of all - getting a glimpse of the region's proud industrial heritage.</p>
Distances	<p>The width of the state east-west is 110 km The length of the state north-south is 305 km</p>
Cog Railway	<p>A ride up Mount Washington on the world's first mountain-climbing cog railway remains, as it has for well over a century, an exciting and unforgettable experience.</p> <p>The ever-changing surroundings, the magnificent views, the sights and sounds of unique steam locomotives in action, and some of the steepest Railway tracks in existence, combine to place it among the best of the world's great railway journeys.</p> <p>Some days the view from the summit of Mount Washington spans four states, Québec, and the Atlantic Ocean, limited only by the curvature of the Earth. Other days you literally climb above the clouds.</p> <p>But scenery isn't the reason most people ride the Cog Railway - rain or shine, the exciting three-hour round trip is an unforgettable journey. Go to www.thecog.com</p>
Trains	<p>Amtrak/USA Rail - Serves northern New England with a stop in Claremont, New Hampshire. AMTRAK Downeaster makes five round trips daily between Portland, Maine, and Boston, Mass, with stops in Dover, Durham and Exeter. AMTRAK has a terminal in Boston's South Station, as does Concord Trailways bus service. For more information</p>

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	<p>on Amtrak call: 800-872-7245. Visit the Amtrak website at www.amtrak.com</p> <p>For train enthusiasts, the Cog now has biodiesel engines and audio tours and there is a new dining car at the Conway Scenic Railroad. Clark's Trading Post is the only remaining Howe-Truss Covered bridge in the country and it has an annual Railroad Days event in September each year.</p>
<p>Boats</p>	<p>Mount Washington Cruises offers Scenic Daytime and Sunset Dinner Dance Cruises on Lake Winnepesaukee, NH from late May through October. The M/S Mount Washington visits 5 ports on Lake Winnepesaukee and takes up to 1200 passengers in Wolfeboro, Meredith, Center Harbor and Alton Bay on alternating days of the week with daily cruises from Weirs Beach. Sunday Champagne Brunch Cruises from Weirs Beach and Alton Bay every Sunday. The US Mailboat, Sophie C. offers Island Cruises while delivering mail to the islands on Lake Winnepesaukee, the largest and most beautiful lake in New Hampshire. It is located at the foothills of the White Mountains in New Hampshire's beautiful Lakes Region. Lake Winnepesaukee is surrounded by mountain ranges, contains more than 240 habitable islands and covers 44,000 acres of crystal clear water. Fun fact - over 700 couples have got married on this cruise. http://www.cruisenh.com</p> <p>Enjoy a Portsmouth Harbor Cruise and discover the charm and character of "The Heritage", a 1963 60' Deltaville Deadrise. The narrated cruises are casual, sometimes amusing and always informative. Learn about the birdlife of the inland waterways, local folklore, and the ship building history of Portsmouth harbour and the ever changing tides of the Piscataqua River. Enjoy tours to explore Portsmouth Harbour, the offshore Isles of Shoals, and the inland waterways – or take an evening Sunset and Lights Cruise. http://www.portsmouthharbor.com</p>
<p>Road Trips</p>	<p>New Hampshire was made for road trips. From coastal roads that overlook crashing surf to mountain roadways that wind through the Northeast's highest peaks and historic routes that follow early Native American trails, New Hampshire's roads are undeniably scenic - and the distances between destinations are never long. Explore the highways and byways, and discover what's just up the road at www.visitnh.gov/why-new-hampshire/scenic-drives.aspx . Here's some suggested tours from the website: Retro Tour – Historic Route 3 – 214km from Tilton to Pittsburgh to experience when tourism boomed in the 1940's through 1960's. Franco American Tour – Amoskeag Mills were once the largest mill</p>

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	<p>complex in the world and those along with 30 others throughout NH attracted French Canadians seeking work. In the late 1890s, there were Little Canadas throughout the state. Still today, the French Canadian culture is strong in NH and almost everyone who is from NH has family ties to Canada.</p> <p>Cultural History Tour – Locals have a lot of pride and truly value their rich history and this tour is a sampling of some of their most prized treasures from the seacoast to the Connecticut River.</p>
Buses	<p>Greyhound Bus Lines/Vermont Transit serves Hanover, New London, Concord, Manchester and Nashua, and has routes to Boston, Montreal, White River Junction and Burlington (Vermont). Service from Montreal to Hartford (Conn.) and New York City stops in Keene. For New Hampshire call 800-231-2222 or 436-0163.</p>
Passes	<p>2014 White Mountains Attractions Value Pass: Over \$1,075 value for just \$329 each, this pass provides entrance to a whole host of White Mountains region attractions from the Mt Washington Cog Railway to Loon Mountain Gondola Skyrides. Passes can be bought online at www.VisitWhiteMountains.com</p>

ACCOMMODATION TYPES	<p>New Hampshire is known for its tradition of warm hospitality and wide choice in lodgings. A romantic suite overlooking the ocean... a cabin or campground on the edge of a remote lake where you awaken to the call of a loon... a motel or hotel in the centre of a bustling city... a country inn or B&B at the heart of a historic village... or a destination resort where you can enjoy a car-free and care-free vacation. Here are three specific recommendations:</p> <p>The Appalachian Mountain Club (AMC) promotes the protection, enjoyment, and understanding of the mountains, forests, waters, and trails of the Appalachian region (of which the White Mountains Region is a part). AMC is the oldest outdoor recreation and conservation organization in the US and knowledgeable staff offer outdoor experiences and programs focused on AMC's New Hampshire huts and lodges.</p> <p>The Highland Center Lodge in Crawford Notch is AMC's flagship lodge in the White Mountains. With magnificent waterfalls, soaring cliffs, and surrounding forest, the natural world will draw you in. Hike to nearby peaks or take a quiet stroll around a mountain lake – the Lodge is perfectly located and you can reach some stunning views for relatively little effort. And the AMC offer a complete range of programs and guided adventures suitable for families, teens and adults of all abilities.</p> <p>The Highland Center offers full buffet breakfast to fuel up for a hike to the southern Presidential peaks, rock climb nearby Frankenstein Cliffs, or to play in Arethusa or Ripley Falls with your family. Evenings bring a</p>
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	<p>hearty, home-cooked dinner - then settle into your private room, complete with private bathroom. Bunk space and shared bath options are also available in the lodge as well as at Shapleigh Bunkhouse, located on the premises.</p> <p>The Hampton Inn, North Conway is surrounded by beautiful countryside and the White Mountain National Forest. This modern hotel is only 15 minutes from Mount Washington yet only two miles from the shops and restaurants at North Conway town center. Visitors can enjoy tax-free outlet shopping at Settlers Green Outlet Village just two blocks away. Plus golf, hiking, fishing and canoeing are available all year. Kids love Santa's Village, a 30-minute drive away, and the Story Land Theme Park seven miles away with rides, shows and storybook characters. Children and teens will also love the 5,000 sq. ft. indoor water park.</p> <p>Every member of the family is welcome as this hotel is pet friendly, and the Hampton Inn North Conway offers a complimentary hot breakfast buffet as well as complimentary wireless High-Speed Internet access.</p> <p>The Holiday Inn Portsmouth hotel is a perfect location and a great launching point for historic sites like Strawberry Banke Museum, USS Albacore Museum and the Portsmouth Harbor Lighthouse. It is also a short drive from the thrilling rides at Water Country. Other nearby attractions include the Kittery Outlets, Prescott Park Arts Festival and the beaches of New Hampshire.</p> <p>The hotel offers complimentary WiFi, and an indoor Pool and fitness centre. The Table 21 Restaurant and Bar offers Italian, seafood and American dishes and the sports lounge with large flat screen TVs is available for casual dining.</p>
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TARGET GROUPS	
<p>Kids</p>	<p>Get out on the water on a guided kayak tour with Portsmouth Kayak Adventures who offer professionally guided tours by Kayak and Stand Up Paddle Board. Rentals are also available. The area offers some of the most pristine, protected and safe back waterways in New England.</p> <p>Weirs Beach: This is the trip your kids would plan if you weren't so meddlesome. Weirs Beach on Lake Winnepesaukee offers passive amusements, such as train and boat rides that appeal to younger kids, and plenty of active adventures for young teens, such as go-kart racing, water slides, and video arcades. Parents can recuperate on the lakeside beach.</p> <p>Whale's Tale Water Park: a 17 Acre Water park in the heart of the</p>

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	<p>White Mountains with 11 waterslides, huge wave pool with ocean sized breakers, 1/4 mile lazy river, kid's activity pool; and more Phone: 603-745-8810 Web: http://www.whalestalewaterpark.net</p>
<p>Teens</p>	<p>Cog Railroad in Crawford Notch: It's fun. It's terrifying. It's a great glimpse into history. Kids love this ratchety climb to the top of New England's highest peak (Mount Washington) aboard trains specially designed in 1869 to scale the mountain. As a technological marvel, the railroad attracted tourists by the thousands a century ago. They still come to marvel at its sheer audacity.</p> <p>Alpine Adventures Outdoor Recreation: Zip-line Canopy Tour with 14 separate zip-lines, ropes bridges, Treewalk Village, professional guide staff & plenty of exhilaration while being extremely safe. Safari off-road tours in 11-passenger trucks & guided snowmobile tours. 41 Main St., P.O. Box 1059 Lincoln, NH 03251 Phone: 603-745-9911 Web: http://www.alpinesnowmobiling.com</p> <p>For Teen Adrenaline Junkies –</p> <ul style="list-style-type: none"> - Get outdoors in summer, winter and fall at Gunstock Resort which offers downhill skiing, tubing, professional level cross country trails, snowshoeing, camping, the longest zipline in the US, canopy tours, extreme Segway courses, mountain bike rentals and aerial lift rides. They also host huge endurance events such as the Boston ToughMudder. Website: http://www.gunstock.com - Loon Mountain has put in a zip-line course - Cranmore is a complete outdoor adventure featuring a mountain coaster, aerial adventure course, zip-lines, summer tubing, bungee trampoline, giant swing, scenic chairlift rides, disc golf and more. - Canobie Lake Park has a new roller coaster called Untamed - Team O'Neill Rally School in Dalton offers 2 to 5 day driving schools and trains world champion drivers. They just added a number of cars to their fleet
<p>Romance</p>	<p>New Hampshire is the perfect place for a romantic getaway with someone special. Stay at a cozy Inn or a Grand Hotel. Treat your loved one to an afternoon at the spa, or head out together for some outdoor adventure. A romantic vacation in New Hampshire will give you time together to do the things you both enjoy.</p>
<p>Honeymoons & Weddings</p>	<p>Destination weddings/civil unions are the latest trend as couples choose to celebrate their special day at a place that holds unique meaning for them.</p> <p>There are hundreds of venues to choose from in New Hampshire. Today's couples can choose to have their ceremony on an ocean or lake cruise, fireside at a country inn, in a church built a century or more ago, or in the ballroom of a historic grand resort hotel.</p>

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	<p>You can get a license from the town clerk in any New Hampshire town; you don't have to be married in the same town where you apply for the license. Both parties need to be present and must provide a valid picture identification and social security number. If this is not a first marriage, a certified copy of the final divorce decree from any previous marriage will be required. The fee for the marriage license is \$45. No blood test is required.</p> <p>The license generated becomes valid in three days and is then valid up to 90 days. The officiant (the person performing the marriage/civil union, either clergy or justice of the peace) will fill out their portion of the license and return it to the town clerk within three days so that the marriage/civil union can be registered with the state. Couples then need to apply to the town clerk in writing or in person for a certified copy of the license.</p>
Genealogy	<p>There are many historical connections with Quebec families in this state, so you may be able to find your missing ancestors in the historical rolls of the state. At one time, a third of New Hampshire families were from Quebec.</p>
Seniors	<p>The 55 to 64 age group represented the largest source of visitors from Canada with 37%. In particular, the New Hampshire coast is popular with older visitors.</p> <p>Hanover: If your idea of New England involves a sweeping green edged with stately brick buildings, be sure to visit Hanover, a thriving university town in the Connecticut River Valley. First settled in 1765, the town was home to early colonists who were granted a charter by King George III to establish a college. The school was named after the second Earl of Dartmouth, its first trustee. Since its founding, Dartmouth College has had a large hand in shaping the community.</p> <p>This Ivy League school has produced more than its share of celebrated alumni, including Robert Frost, Vice President Nelson Rockefeller, former surgeon general C. Everett Koop, and Dr. Seuss. Another noted son of Dartmouth was the 19th-century politician and orator Daniel Webster. Today, a handsome, oversize village green marks the permeable border between college and town. In summer, the green is an ideal destination for strolling and lounging. The best way to explore Hanover is on foot, so your first endeavor is to park your car, which can be trying during peak seasons (fall foliage and whenever school is in session). Try the municipal lots west of Main Street.</p>

UNIQUES	
Surprising	<p>The state insect is the ladybug and the state amphibian is the Red-spotted newt!</p> <p>New Hampshire has the shortest ocean coastline of any U.S. coastal state, with a length of just 29 km.</p>

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<p>History</p>	<p>Various Algonquian tribes inhabited the area prior to European settlement. English and French explorers visited New Hampshire in 1600–1605, and English fishermen settled at Odiorne's Point in present-day Rye in 1623. The first permanent settlement was at Hilton's Point (present-day Dover). By 1631, the Upper Plantation comprised modern-day Dover, Durham and Stratham; in 1679, it became the "Royal Province."</p> <p>The New Hampshire State House in Concord was designed by Albe Cady. It is the oldest U.S. state capitol where legislators still meet in their original chambers. It was one of the thirteen colonies that revolted against British rule in the American Revolution. It was the first state to declare its independence, but the only battle fought there was the raid on Fort William and Mary, December 14, 1774 in Portsmouth Harbor, which netted the rebellion sizable quantities of gunpowder, small arms, and cannon over the course of two nights. This raid was preceded by a warning to local patriots the previous day, by Paul Revere on December 13, 1774 that the fort was to be reinforced by troops sailing from Boston. According to unverified accounts, the gunpowder was later used at the Battle of Bunker Hill, transported there by Major Demerit, who was one of several New Hampshire patriots who stored the powder in their homes until it was transported elsewhere for use in revolutionary activities.</p> <p>New Hampshire was a Jacksonian stronghold; the state sent Franklin Pierce to the White House in the election of 1852. Industrialization took the form of numerous textile mills, which in turn attracted large flows of immigrants from Quebec and Ireland. The northern parts of the state produced lumber and the mountains provided tourist attractions. Since 1952, New Hampshire gained national and international attention for its presidential primary held early in every presidential election year.</p>
<p>Books</p>	<p>Frommer's Vermont, New Hampshire and Maine – an excellent guide to the region</p> <p>I'm a Stranger Here Myself by Bill Bryson – a laugh out loud book of essays about his return to the US to live in New Hampshire after many years in the UK.</p>
<p>1000 Places to see before you die</p>	<p>There are many listings for the state of New Hampshire:</p> <ul style="list-style-type: none"> Maple Country – Bethlehem and Sugar Hill Canterbury Shaker Village The Robert Frost Trail The Great North Woods – Dixville Notch and Whitefield Hanover – an iconic college town Jackson – a mountain village winter wonderland The Lakes Region The Currier Museum – Manchester The Monadnock Region

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	<p>Lake Sunapee – ski mountain The White Mountains Portsmouth – seacoast New Hampshire</p>
Must Sees	<p>Fall Colours: The spectacular autumn foliage colour show in New Hampshire attracts visitors from around the world. With the 6,288-ft elevation change within the state, the lush mountain ranges put on one of the longest-running colour displays on the continent in September, while the lower valleys provide colour late into October. Since the date for peak colour changes, depending on where you are in the state, what elevation you are at and varying weather patterns, New Hampshire Division of Travel and Tourism Development has launched its foliage forecast website, http://foliage.visitnh.gov along with some travel tips for an autumn visit. There are numerous fall packages available offering by resorts and country inns – check out www.visitnh.gov. The most intense fall colours occur in areas in the state where there are vast stands of similar trees that turn colour at the same time. New Hampshire’s scenic roads are a perfect way to see the joyous explosion of reds and yellows that bursts over the landscape. Visitors should also consider leaving your car in the parking lot and taking in views by hiking, boating, kayaking or even a steam train ride. Try to observe scenery at different times during the day to experience the varying, but equally stunning, light effects produced in morning, afternoon and twilight. There's more to fall than an eye-popping palette of colour. Fall is harvest season and the perfect time to enjoy the taste of New Hampshire own fresh fruits and vegetables at a mountainside or seaside picnic. Using a colour coded map of the state and data from previous falls, the foliage forecast shows people what they can expect on any day of the autumn in any part of the Granite State. Through the website, www.visitnh.gov in September, it goes live with daily updates so that visitors can get up-to-the-minutes reports on New Hampshire’s online foliage report with text alerts to their mobile phone. People can also call toll-free, 800-258-3608 to check on where peak foliage is in full "bloom."</p>

SPORTS ACTIVITIES	
Golf	<p>New Hampshire has more than 90 golf courses around the state, from semi-private and public courses to the courses that are the centerpieces of some of the state's finest resorts. Golfers can choose from seaside or lakeside courses, historic courses edged by mountains, or newer courses that follow the rugged natural contours of the land.</p>
Fishing	<p>A vigorous stocking program keeps New Hampshire's lakes and rivers lively with fish. Brook trout (about half of the trout stocked), lake trout, and rainbow trout are in the waters. Other sport fish include small- and</p>

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	largemouth bass, landlocked salmon, and walleye. Fishing licenses are required for freshwater fishing, but not for saltwater fishing.
Horse riding	<p>Horseback riding is a fun and eco-friendly way to spend a few hours discovering the scenic beauty of New Hampshire. Whether it's a family outing or a romantic getaway, New Hampshire offers a variety of unforgettable experiences on horseback. Ranging from horseback riding camps, lessons or a relaxing trail ride, there are many options to suit your ideal outdoor adventure. Check out www.visitnh.gov for further information. Here are some suggested places to enjoy a day of horseback riding and test your equestrian skills:</p> <ul style="list-style-type: none"> • Castle In the Clouds, Moultonborough— Enjoy miles of views and wooded trails through the 5,500 acres of the Castle in the Clouds mountaintop estate. Open seven days a week, you can take a one-hour guided trail ride, take your child on a pony ride, or make reservations for a carriage ride or wagon ride. Admire the rustic woods and natural scenery New Hampshire has to offer. • Gunstock Mountain Resort, Laconia— From late May through mid-October, visitors can experience the beautiful scenery and peaceful setting of Gunstock's Cobble Mountain Stables. Travel through the woods and around Cobble Mountain, over miles of trails. Experience Gunstock's 2,400 acre resort. Enjoy a western trail ride through the Lakes Region and choose from a variety of different horseback rides and levels. • Inn at Ellis River, Jackson—Enjoy a day of horseback riding in New Hampshire's beautiful White Mountain Region. Visitors can take advantage of a variety of activities and specials offered at the inn including a Mountainside Trail Ride Package available July 1 through September 23. This package includes two nights lodging for two, gourmet country breakfasts and afternoon refreshments, plus the scenic mountainside trail ride at Black Mountain including a picnic lunch with the horses. • Farm By the River Bed & Breakfast, North Conway—Visitors can enjoy a stay in North Conway while taking advantage of all the town has to offer, including specials and packages at Farm By the River Bed & Breakfast. Experience the inn's "Easy Adventure" package including a 3 night stay for two year-round including horseback riding, private horse and carriage rides and of course, bed and breakfast. • East Hill Farm, Troy—The East Hill Farm riding program offers riding experiences to appeal to a variety of ages and abilities. The farm offers activities such as junior horseback riding lessons and western trail rides. Visitors ride on beautiful trails through wooded areas and open fields that reveal the breathtaking view of Mount Monadnock. • Lucky 7 Stables, Londonderry—Open seven days a week, Lucky 7 Stables is a full-service horseback riding stable located in Southern

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	<p>New Hampshire. The stable offers an array of activities including horse boarding, guided trail rides, lessons and more. Take a Friday night sunset trail ride for spectacular New Hampshire views on horseback.</p> <ul style="list-style-type: none"> • Attitash, Bartlett— Enjoy the incredible views of the mountains on one of the most scenic trail rides in the Mount Washington Valley. Trail guides will lead groups on hour-long horseback rides along the Saco River and through the Fields of Attitash. This horseback riding excursion is suitable for those of all levels and experience. • The Franconia Inn, Franconia— Situated on 107 acres of Easton Valley, Franconia Inn offers breathtaking views of Mount Lafayette, Franconia Notch, and the Kinsman Range in the White Mountains. From the end of May until mid-October, the Franconia Inn provides guided horseback riding tours through the beautiful, northern parts of New Hampshire. The tours extend along Easton Valley into the foothills of Cannon Mountain.
<p>Hiking</p>	<p>Whether you join a guided hike or set out on your own with family or friends, New Hampshire offers endless opportunities to explore the outdoors on foot. There are thousands of miles of scenic trails, including nearly 2,000 kms in the White Mountain National Forest and a section of the Appalachian Trail. For peak-baggers, the state has 48 4,000-footers, while many other hikes offer spectacular views for moderate or little effort, and are ideal for less experienced hikers, groups or families with children.</p> <p>The Appalachian Trail: This 3,400 km trail from Georgia to Maine includes some of the most spectacular scenery in northern New England. The trail enters the region in southwest Vermont, winding through the southern Green Mountains before angling toward the White Mountains of New Hampshire. From here, it passes by remote Maine lakes and through hilly timberlands before finishing up on the summit of Mount Katahdin.</p> <p>The Appalachian Mountain Club promotes the protection, enjoyment, and understanding of the mountains, forests, waters, and trails of the Appalachian region. AMC is the oldest outdoor recreation and conservation organization in the US. And our staff offers outdoor experiences and programs focused on our New Hampshire huts and lodges. The Highland Center Lodge in Crawford Notch is the flagship lodge in the White Mountains.</p> <p>Five suggestions of activities guests can enjoy in this spectacular location:</p> <ul style="list-style-type: none"> - Hike to big views without the big effort - Play in a waterfall - Hike the Crawford Path, the oldest, continually maintained hiking trail

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	<p>in the US....</p> <ul style="list-style-type: none"> - Hang out on the lawn - And in winter: superb cross country skiing <p>And there all sorts of programs and guided adventures - for families, for teens, for everyone really....</p>
Cycling	<p>There's a beautiful side to New Hampshire that cyclists and mountain bikers know. New Hampshire's many scenic country roads make for ideal touring; you can even pack up and ride from campground to campground or inn to inn. Off-road cycling enthusiasts have hundreds of options. Many ski areas welcome mountain bikers in warmer weather, and lift-served biking is the order of the day. There are miles of trails in the White Mountain National Forest and through New Hampshire State Parks and State Forests. State Parks known especially for their mountain biking include Bear Brook, Pawtuckaway and Pisgah. New Hampshire Bike/Ped and the New Hampshire Trail Bureau both have biking information online, including regional maps, biking/ped links and bike safety information.</p> <p>Bicycle Route 1A, Hampton Beach to Portsmouth: With a sampling of all sorts of coastal scenery on New Hampshire's minuscule coastline, you begin with sandy beaches, then pass rocky headlands and handsome mansions before coasting into Portsmouth, the region's most scenic seaside city.</p>
Soft Adventure	<p>The Highland Lake Inn offers an Inn to Inn bike tour and hopes to host triathlons.</p> <p>Climbing – Rumney and Pawtuckaway are outdoor climbing goldmines and indoor climbing is growing in popularity – a new one is being built in Concord which is going to be the biggest in the state.</p> <p>Portsmouth Kayak Adventures offer kayak and stand-up paddle tours on the coast: http://www.portsmouthkayak.com</p>
Winter sports	<p>Winter, a season made for outdoor recreation, is an exhilarating time to be in New Hampshire- the perfect home base for all types of winter sports.</p> <p>Skiing, the state's official sport, offers one of the best way to enjoy winter. For more information: www.skinh.com</p> <p>Snowmobiling, ride some of the finest, most picturesque and extensive snowmobiling trails in the East. Snow-tubing hills make snow-time the fun time for all ages-and twenty-first century snow-toys provide a whole new way to play.</p> <p>Snowshoeing has made a comeback, thanks in part of the introduction of lighter, smaller snowshoes. Winter climbing and hiking enable enthusiasts to see a side of New Hampshire few know.</p> <p>Anglers don't need to cast about for something to do in winter. Bobhouses, the traditional haunt of ice fishermen, dot frozen lakes,</p>

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	<p>while skaters etch icy outlines on rinks, ponds and indoor ice arenas. Winter also means the sound of sleigh bells, and the old-fashioned pleasure of a sleigh ride.</p>
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<p>CULTURE</p>	<p>From cinema to community theatre, summer outdoor theatre, live music and dance, New Hampshire theatres put on quite a show. In Portsmouth, for instance, The Music Hall is the region’s centre for the performing arts, literature and education. It features curated on stage and on screen entertainment from around the world in its Historic Theater (a landmark 1878 Victorian building) and the intimate Loft around the corner. The Music Hall is a “must see”! The acclaimed “signature series” brings top authors and artists for concerts, plays, movies and independent film, book readings and festivals. A radio show broadcast on NH Public Radio also originates here.</p> <p>From local coffee shops to large stadiums, New Hampshire has a wide variety of music venues, and a wide variety of artists to play them. September through May the Granite State Symphony Orchestra, based in Concord, provides professional concerts at very accessible prices. Galleries all around New Hampshire offer arts, crafts, and more. New Hampshire keepsakes are also available at one of the many League of New Hampshire Craftsmen gallery stores or a New Hampshire Made store. Great art is just the beginning at the Currier Museum of Art in Manchester, where you can enjoy family friendly programs along with great works by world renowned artists like Picasso, Monet, O’Keeffe and Warhol.</p> <p>New Hampshire conjures the image of authentic New England communities and a rural heritage going back hundreds of years. This is true of many New Hampshire towns. However, New Hampshire history also spans, for instance, the driving progress of industrial mills in Manchester.</p>
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<p>Arts</p>	<p>The Robert Frost Farm in Derry was the home of Robert Frost and his family from 1900 to 1909 and the farm house is open to visitors who want to see the place that inspired many of his poems such as “Mending Wall”.</p> <p>Saint-Gaudens National Historic Site in Cornish: Sculptor Augustus Saint-Gaudens has been overshadowed somewhat by his contemporary, Daniel Chester French, but his work was extraordinary and prolific. Learn about the man, and artistic culture of the late 19th and early 20th centuries, while touring his studio and house.</p> <p>Zimmerman House in Manchester: Designed in 1950 by Frank Lloyd Wright, the Zimmerman house is so, well, 20th century (mid-century modern, to be specific). A great example of a Wright Usonian home, it</p>
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	<p>offers lessons in how to live right in any age.</p> <p>New Flying Monkey Movie House in Plymouth: New “Winni” Playhouse has acquired the former Annalee Dolls campus in Meredith, New Hampshire, and will be moving into a larger building that will have a 182-seat main theatre, an outdoor amphitheatre, and walking trails.</p>
Music	<p>Take in a performance at The Music Hall in Portsmouth - the region’s centre for the performing arts, literature and education. It features curated on stage and on screen entertainment from around the world in its Historic Theater (a landmark 1878 Victorian building) and their new modern space The Loft which both host concerts, plays, movies, book readings, and festivals.</p> <p>The Music Hall is a “must see”! The acclaimed signature series brings top authors and artists for concerts, plays, movies and independent film, book readings and festivals. A radio show broadcast on NH Public Radio also originates here.</p> <p>The Boston Globe has described The Music Hall as “the beating cultural heart of New Hampshire’s seacoast”</p> <p>Address: 28 Chestnut St., Portsmouth, NH 03801 Phone: 603-436-2400 Web: http://www.themusichall.org</p>
Film	<p>The following were filmed in New Hampshire – Jumanji, Cider House Rules, The Good Son, On Golden Pond. Famous actors and filmmakers from NH include Adam Sandler, Ken Burns, Triple H, Sarah Silverman, Seth Meyers, Tom Bergeron and Steven Tyler</p>
Museums	<p>Currier Museum, Manchester: Stroll through the different galleries to see American and European art ranging from the Renaissance to current day. Learn about the museum’s origins in the new Currier History Gallery and enjoy the Currier’s extensive collections of paintings, sculpture, furniture, glass, and ceramics throughout the museum.</p> <p>U.S. National Marconi Museum, Bedford: The Marconi Museum exhibits follow with equipment, literature, audio-visual presentations - the development of radio communications from, "Spark to Space". 18 N. Amherst Road, Bedford, NH 03110 Phone: 603-472-8312 Web: http://www.marconiusa.org</p>
Festivals and Events	<p>New Hampshire Festivals are too numerous to mention! Here’s just a small sampling. Festivals in June and July include “Bike Week” in Laconia - a mecca for motor cycle enthusiasts - and the “Hampton Beach Sand Sculpture Festival”. In July there’s a big party in the charming New Hampshire coastal town of Portsmouth as it celebrates its 250th Anniversary. And July also brings the Blues Festival in Rochester. Amongst many summer arts festivals, in August there’s the</p>

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	“White Mountain Art & Artisan Festival” in Jackson and “On The Green 2 Arts & Crafts Festival” in Wolfeboro.
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ATTRACTIONS	<p>Here are some things to do in New Hampshire on a rainy day:</p> <ul style="list-style-type: none"> - Tax-free shopping 365 days a year- rain or shine, in the malls, on the main streets, and at a variety of antique stores throughout the state. - Try out a new restaurant, sample fresh produce, enjoy a farm to table meal or attend one of the many festivals around dining in NH. - Enjoy a museum, like the newly expanded Currier Museum of Art in Manchester - Take the kids to the Children’s Museum of New Hampshire in Dover, newly relocated and expanded as well. - The Franconia region inspired Robert Frost to write some of America’s most loved poems. The Frost Farmhouse is now a living museum that will likewise inspire visitors. - Browse the more than 2,000 pieces of artwork in the Old Print Barn in Meredith. - See the stars even when it raining cats and dogs! The Manchester SEE Science Centre proves daily that gravity is fun. The SEE Science Center also boasts the world’s largest LEGO mini-figures display in the world. - Head to Keene State College to see theatre or listen to live music at the Redfern Arts Center on Brickyard Pond or admire artwork at the Thorne-Sagendorph Art Gallery.
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Special Feature: Portsmouth and the Seacoast	<p>The charming New Hampshire coastal town of Portsmouth is only a half day’s drive from Montreal and a little longer from Toronto. And you’ll discover some of the best restaurants, live theatre, live music, shopping, romance and historical sites in New England. It’s one of America’s prettiest towns according to Forbes Traveler. Outside Magazine ranks it amongst America’s top 20 towns. And Money Magazine calls it as one of the best places to live.</p> <p>New Hampshire’s diverse sea coast offers cruises, whale watches, fresh lobster and chowder, breweries, gardens and beaches - all waiting for you. And with no sales tax in New Hampshire - where better for shopping? There are high-end boutiques in downtown Portsmouth and your favorite brand stores in nearby Fox Run Mall.</p> <p>There is lots to do in Portsmouth that won’t break your budget! Portsmouth has free (donations encouraged) live outdoor performances at Prescott Park all summer long. There are also guided and self-guided tours of the Portsmouth Harbor Trail. Other free or low cost activities include weekly farmers markets, brewery tastings, gallery walks, and tours of the historic fort.</p> <p>And just a sampling of the Portsmouth area annual summer events includes: Sail Portsmouth, featuring a tall ships festival as Pride of</p>
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Baltimore II visits Portsmouth Harbour, a Chowder Festival, New Castle Garden Tour, Sand Sculpting competitions, Prescott Park Arts Festival, Telluride by the Sea Film Festival, Music by the Sea Outdoor Concert Series, and the Boston Portsmouth Air Show featuring the Blue Angels.

Sights:

All things nautical, with 30 kms of ocean – America’s shortest state seacoast.

The Piscataqua River separating Maine and NH is the third fastest-flowing navigable river in the world. Abenaki is an Indian term – Abenakis also in Quebec.

Portsmouth is a working port with tugboats – always fascinating to watch in action.

Architecture and history:

Mostly brick buildings because after three devastating fires in 1802, 1806, 1813, the town decided only brick could be built.

Smuttynose Island - March 1873, three Norwegian women were attacked in the dead of night on Smuttynose Island. Two died. One survived to condemn a local fisherman.

Revolutionary times - Paul Revere – First he rode to Portsmouth – December 1774

There are many historic homes in Portsmouth.

Things to do:

Restaurants – almost 50 in downtown and many more around the Seacoast – from hot dogs to white linen dining. There are restaurant weeks in March and November.

Tax Free Shopping –

Locally owned shops & boutiques, Fox Run Mall nearby, Kittery Maine outlet stores.

Shop Portsmouth Friday Nights.

Fashion Destination – Thread at SBM; Fashion’s Night Out Portsmouth – September 6

Hotels

There are over 2,500 rooms in and around Portsmouth, with packages at special times of the year, e.g. Vintage Christmas

Activities

Cruises – Isles of Shoals, Portsmouth Harbour,

Gundalow - shallow drafted type of cargo barge, first appearing in the mid 1600s, using tides to go up and down river and the sail that could be lowered to go under bridges. www.Gundalow.org

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	<p>Tours – walking, guided, self-guided, Segway Events - many year round , such as Market Square Day, Vintage Christmas and Music in the streets</p> <p>Festivals There are festivals galore, of course – here are just a few:</p> <p>“Hit The Decks” in Portsmouth: May 16, 2014 Visitors can celebrate the unofficial beginning of summer in this seaside city with all day specials at local restaurants, bars and attractions as they open their outdoor patios and decks to welcome the change in the weather.</p> <p>Live Free & Play Festival in Portsmouth: June 6-7, 2014 Seacoast Attractions celebrate the beginning of summer with weekend specials aimed at bringing families to the city.</p> <p>Prescott Arts Festival in Portsmouth: June Since 1974, Prescott Park has been a favorite summer tradition in New Hampshire’s Seacoast region - presenting music, dance, art and theatre to visitors on the banks of the Piscataqua River at no fixed admission. This season will feature performances of the hit musical “Annie”, the New Hampshire Art Association’s exhibit at the Park’s historic Sheafe Warehouse, food festivals featuring regional favorites and music festivals in a variety of genres including folk, jazz, country, Americana and Root & Rhythm.</p>
<p>Beaches</p>	<p>Hampton Beach The most popular beach in the region, Hampton Beach has been drawing visitors by the hundreds of thousands since the turn of the century. The beach is extremely wide and the water warm. Bath house and lifeguards in season. Located on Route 1A, Hampton.</p> <p>New Castle Beach Small, picturesque Sandy Beach, 10 minutes from Portsmouth, has the U.S. Coast Guard Station at one end and a large seaside park, New Castle Common, at the other end. Great Island Common, New Castle,</p> <p>North Hampton Beach North Hampton State Beach on Route 1A is located the heart of the short New Hampshire Seacoast. Route 1A, North Hampton, NH 03842</p> <p>Rye Beach Located on Route 1A, Rye Beach and adjacent Jenness Beach are popular family beaches with a bathhouse and lifeguards during the summer season.</p> <p>Seabrook Beach Just down the road from Hampton Beach, near the Massachusetts</p>

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	<p>border, Seabrook Beach offers a quieter setting and an expanse of sand dunes.</p> <p>Wallis Sands State Beach Wallis Sands State Beach, about 15 minutes south of Portsmouth, is a beautiful, sandy curving beach. Route 1B, Rye</p>
<p>Coast</p>	<p>If summer sun-and-saltwater fun is what you seek, head to the Seacoast where New Hampshire's Atlantic shoreline is packed with places to discover. The boardwalk and hotels all along Hampton Beach offer countless attractions, shops and food as well as a long, gentle stretch of popular beach. On Route 1 you will find lodging of all types, familiar restaurants and family-friendly attractions, from water parks to miniature golf. Alternatively, spend the day at one of the family-friendly sandy beaches in Rye or North Hampton. Then head up the Coastal Byway to the Seacoast Science Center at Odiorne Point, which offers hands-on tidal pool exhibits and nature walks. The coastal trails and marshes of the State Park offer bird watching and kayaking opportunities plus plenty of places for seaside picnicking.</p> <p>If you'd rather combine learning and fun, historical Portsmouth puts 400 years of excitement at your feet. Start at the John Paul Jones House to meet the "Father of the American Navy" who led a crew of local New Hampshire men against the British on the high seas during the Revolutionary War. Then check out the day's family activities at Strawberry Banke a few blocks away. This 10-acre living history museum teaches kids how children lived in the 17th, 18th and 19th centuries - spinning their own yarn or dipping candles. There are great family restaurants nearby or cross the street to picnic in Prescott Park and watch the ocean-bound ships or even a replica of the local historical gundalow watercraft go by. Prescott Park offers a daily summer schedule of evening performances and movies in the park. About 20 minutes up Route 4 in Dover, children of all ages will discover something new at the award-winning Children's Museum of New Hampshire. Uniquely New Hampshire, this hands-on arts and sciences museum encourages children's natural curiosity.</p>
<p>The White Mountains</p>	<p>The White Mountains Region is known for its outdoor activities, as it is home to the 800,000-acre White Mountain National Forest as well as some of the state's largest and most well-known ski resorts. It is also home to Mount Washington, the East Coast's largest summit standing 6,288 feet tall.</p> <p>A trip to the top of Mount Washington is a must! The beauty of the mountains and the thrill of ascending the Northeast's highest peak are just as enchanting today as they were in 1869, when Sylvester Marsh opened a railway to the top.</p> <p>The Mount Washington Cog Railway was the world's first mountain-climbing rack-and-pinion railway and it boasts the steepest</p>

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	<p>railroad tracks in North America. You feel a real sense of adventure and history as you lurch up a 5-km-long trestle to the summit. The ratchety climb provides fine vistas of Mount Washington State Park surrounded by the White Mountain National Forest. The views from the top extend beyond New Hampshire as far as Vermont, New York, Massachusetts, Maine, Quebec, and the Atlantic Ocean. But the White Mountains Region is not just about scenic beauty. There are also many fun family attractions such as Cranmore Mountain Resort which offers Zip Lining and more, Polar Caves Park, Story Land and Whale's Tale Water Park, just to mention a few.</p> <p>Festivals Like everywhere in New Hampshire, there are festivals awaiting you.</p> <p>25th Annual Chowder & Microbrew Fest: May 25, 2014 Waterville Valley area restaurants bring their chowders to booths at Town Square in the hope of winning the coveted prize of the “Golden Clam Award.” The annual event also features a beer garden and live entertainment.</p> <p>Fields of Lupine Festival: June 4-20, 2014 The Fields of Lupine Festival is an annual three-week event sponsored by the Franconia Notch Chamber of Commerce and it is now in its 17th year. Many have likened the beauty of this event to the brilliance of New Hampshire’s fall foliage season. The Lupines are plentiful in the area and it was the businesses in the Sugar Hill, Franconia and Easton who started the Fields of Lupine Festival. Participating local businesses offer special events and sales promotions during the three weeks of the Festival.</p>
<p>Wildlife</p>	<p>Among native New Hampshire mammals are the white-tailed deer, muskrat, beaver, porcupine and snowshoe hare. Threatened animals include the pine marten, arctic tern, purple martin, peregrine falcon, whip-por-will and osprey. The Karner Blue butterfly, lynx, bald eagle, shortnose sturgeon, Sunapee trout, Atlantic salmon and dwarf wedge mussel are on the state's endangered species list.</p> <p>Moose Spotting: Gorham Moose Trail The 174-year old town, nestled in the Androscoggin Valley and adjacent to the picturesque Presidential Mountain Range, have a 94% successful sight rate when it comes to close encounters of the Moose kind. Gorham is surrounded by the White Mountain National Forest and the spectacular Mt. Washington and Great Glen Outdoor Center are only eight miles away. Tourists should not miss the unique opportunity to take the Gorham Moose Tour in search of the giant of the North Country</p>

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	<p>and other area wildlife, including deer, osprey, eagles and more. Climb on board a comfortable, air-conditioned, 15 or 21-passenger tour bus for a 3-hour tour along the picturesque Androscoggin River and into the 13-Mile Woods Area. There are daily tours throughout from May to October and evening tours almost every night of the week. For information or reservations, call 877-986-6673. http://www.mtwashingtonvalley.org/newhampshire/attractions/gorham-moose-tours.cfm</p>
<p>Parks</p>	<p>New Hampshire's state parks are a rich resource for recreation and education. Spend a day at the ocean or lake swimming and picnicking, explore the region by hiking or biking the miles of woodland trails, or choose a scenic campground as a base to explore the park and the local area. In the winter, snowmobile, snowshoe or go cross country and alpine skiing. Conveniently located throughout the state, New Hampshire State Parks offer a lot year round, and they're a terrific value, too. http://www.nhstateparks.org</p> <p>Mount Washington State Park, a 59-acre parcel perched on the summit of the Northeast's highest peak, is surrounded by the extensive 750,000-acre White Mountain National Forest. On a clear day, views from the 6,288-foot summit extend beyond New Hampshire as far as 130 miles to Vermont, New York, Massachusetts, Maine, Quebec, and the Atlantic Ocean. The Sherman Adams building, a modern summit building, houses The Sherman Adams Visitor Center, a cafeteria, and restrooms, gift shops, the Mount Washington Observatory and its museum. The historic TipTop House is located adjacent to the summit building.</p>
<p>Gardens</p>	<p>While you might expect lush gardens to be limited to more temperate climates, you'll find New Hampshire has a number of stellar gardens, from Portsmouth's Prescott Park, with its test gardens, and the Urban Forestry Center, known for its outstanding wildflower display, to Fuller Gardens' rose and Japanese gardens (North Hampton), and Strawbery Banke's historic gardens. The gardens at The Fells estate (Newbury) are nationally recognized. Rhododendron State Park's 16 acres burst into bloom around mid-July (Fitzwilliam), while Saint-Gaudens National Historic Site (Cornish) offers a full season of color, with sculptures set in beautiful perennial garden "rooms." New Hampshire's two Shaker communities (Enfield and Canterbury) both have gorgeous gardens. Pickity Place (Mason), the model for the house in Little Red Riding Hood, has public gardens, greenhouses and a restaurant that serves 5-course gourmet lunches year-round that feature home-grown herbs. You can learn more about the state's working forests at the Northern Forest Heritage Park (Berlin) where displays include a complete logging camp with loggers showing</p>

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	<p>traditional skills, and there are boat tours and horse-drawn wagon rides. Floral festivals include Lisbon's Lilac Festival in May, and the Fields of Lupine Festival (Franconia/Sugar Hill) and Rocks Estate's Wildflower Fest (Bethlehem), both in June.</p>
Historic Sites	<p>The Castle in the Clouds Visit Tom and Olive Plants mountaintop estate, "Lucknow", built in 1914 high atop the Ossipee Mountain Range. Known as Castle in the Clouds since its opening to the public in 1959, this house is a unique example of Arts & Craft architecture in New England. Tour the 16 room mansion, stroll through the beautiful gardens and examine local artists' work in The Art Gallery. You can explore 5,381 acres of land, on foot or guided horseback ride, traversing a spectacular series of waterfalls and along Shannon Pond. http://www.castleintheclouds.org</p>
Covered Bridges	<p>At one time there were over 10,000 covered bridges in the United States, and today 54 of the remaining 750 are located in New Hampshire. Located throughout the state, each bridge is unique to its town and design. Because of their beauty and the history behind them, covered bridges became the first type of historic structures specifically protected by state law in New Hampshire.</p>

OTHER ACTIVITIES	
Shopping	<p>What Canadian could not be motivated by the State's tax free policy and the willingness of New Hampshire merchants to offer bargains? This spring and summer all tourists really need to be told is where to find the best shopping. The discount malls, the factory outlet stores, the antiques and the made-in-the-state establishments, it is all here. Three places of note (and there are many, many others noted in the State's Visitor Guide) are:</p> <p>North Conway - Over 11 million visitors come each year to the White Mountain Region and North Conway to experience the very best New England has to offer - and shopping is high on the list of things to do! There are over 100 factory outlet stores in town. Settlers Green Outlet Village has 60 nationally known factory stores. Over 55-years young? Shop on Tuesdays and get 10% off at many of the stores. www.settlersgreen.com</p> <p>"Antique Alley" is on Route 4 and stretches from the town of Lee to Chichester, NH. Antique Alley is the oldest antiquing route in New England with more than 500 dealers in the towns of Northwood, Lee, Epsom, and Chichester. It says a lot for the state that it also has the distinction of having the most antique shop than all the other collectable routes. Antiques dealers and collectors from across the USA and</p>

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	<p>Canada make the Alley a "must shop". www.nhantiquealley.com</p> <p>The Tanger Outlet in Tilton is not just a mall, it is a tourist destination. Located on I-93 in the Lakes Region, this large modern mall has over 50 brand name outlets. Most outlets offer discounts for CAA card carrying members. www.tangeroutlet.com/tilton</p> <p>Portsmouth: Downtown Portsmouth offers a grab bag of small, manageable, eclectic shops, ranging from funky shoe stores to classy art galleries. The downtown district is small enough to browse leisurely on foot, but you'll find a broad assortment of stuff for sale that will appeal to almost any taste.</p> <p>The New Hampshire Division of Travel and Tourism Development's powerful industry friendly website has information both on outlet shopping and hand-made one-of-a-kind stores. http://www.visitnh.gov/what-to-do/shopping-and-antiquing/outlets.aspx</p> <p>With the limit on the value of goods that can be imported tax-free after visiting the U.S. for more than 24 hours increased from \$50 to \$200 and for trips of more than 48 hours, from \$400 to \$800, there's never been a better time to Shop New Hampshire!</p>
Markets	<p>Farmers Markets: Today's renewed interest in farm-fresh foods and increased appreciation for the rural experience is reflected in the Farmers' Markets, Pick-Your-Own Farms and Agricultural Fairs held throughout the state. The number of farmers' markets in New Hampshire has grown significantly in the past years, in conjunction with people's interest in local foods and agriculture. And now through these Farmers' Markets or at a farm where you can pick apples, berries and more, you can bring a piece of New Hampshire home with you. For a taste of what's growing, stop by one of the many farmers' markets held around the state.</p> <p>New Durham Farmers' Market: Depot Rd. on the lawn next to the post office. Mid-May-mid-Oct., Fridays, 1-6pm. Plants, flowers, vegetable, fruit, shrubs, ornamentals; fresh flowers: arranged and by the stem; relishes, chutneys, condiments, baked goods, maple syrup, locally designed and fired pottery, paintings, garden art and ornaments, handmade wreaths, quilts, soaps, freshly picked fruit in season, vegetable plants, fresh vegetables, herbs, specialty tropical plants.</p>
Nightlife	<p>Muddy River Smokehouse, Portsmouth: Blues are the thing at Muddy River's downstairs lounge, which is open evenings Wednesday through Saturday. Weekends offer blues with well-known performers</p>

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	<p>from Boston, Maine, and beyond. Cover charges vary, but admission is free for some shows if you arrive before 7:30pm.</p> <p>The Music Hall, Portsmouth: This historic theatre dates back to 1878 and was thankfully restored to its former glory by a local nonprofit arts group. A variety of shows are staged here, from magic festivals to comedy revues to concerts by visiting symphonies and pop artists.</p>
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CUISINE	
Food	<p>Come enjoy one of New Hampshire's many dining options. From fine dining at a country inn to traditional New England fair to lobster bakes and coffee shops to one of New Hampshire's breweries, the variety is endless.</p> <p>The New Hampshire Chocolate and Martini Tour combines two great tastes in an entertaining trip around devilish chocolate shops and first class martini bars.</p>
Wine	<p>New Hampshire is the new kid on America's winemaking block. And, with the vigour of youth, the burgeoning industry is beginning to turn noses and palates in the direction of the Granite State. There are now twelve commercial wineries and vineyards in New Hampshire and the industry is growing rapidly.</p> <p>To help visitors sample what the state has to offer the New Hampshire Division of Travel & Tourism Development has produced a brochure (also available as a downloadable brochure from its website at www.visitnh.gov) to encourage oenophile-bent travelers to discover New Hampshire's wineries, restaurants and creameries. The Wine and Cheese Trails brochure is also available as a downloadable brochure, on-line or in print. Using maps, directories and breathtakingly beautiful pictures, this brochure spotlights wineries, creameries and farms in the Seacoast Region, the Merrimack Valley and the "Apple Way" (western area of the New Hampshire).</p> <p>Meant as a guide for motorists who want to explore the state while enjoying the fruit of the vine, The Wine and Cheese Trails brochure, like New Hampshire wine, is meant to be sampled over time. These are trips to be savoured, not rushed.</p> <p>Three of New Hampshire's most distinguished vineyards and creameries along the Seacoast Trail take advantage of the coastal climate to create fruity award winning wines famed for their delicate bouquets. The Flag Hill Winery stretches over 20 acres of land on a family farm in Lee. In the tasting room, guests sample fruit, red, white, dessert and port wines.</p> <p>In nearby South Hampton, Jewell Towne Vineyards has won more than 100 medals in international competitions for its Seyval; Maréchal Foch. The winery is open year-round and offers free tours. Zorvino Vineyards in Sandown produces wines from grapes grown on the</p>

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	<p>80-acre property. The vineyard offers tours, tastings and a retail store selling wine-related items.</p> <p>Those in the know bring along a selection of goat cheeses from the nearby Full Moon Farm in Rochester, NH to accompany the wines produced by these three Seacoast wineries.</p> <p>Driving the Merrimack Wine and Cheese Trail will take two or three days. It is an approximately 336 kilometer voyage with stops at 3 vineyards and 4 dairies. The Apple Way Trail covers 160 kilometers, 3 vineyards and 2 dairies.</p>
<p>Beer</p>	<p>There's a great beer trail linking many of New Hampshire's breweries. Brewery Map and Wine & Cheese – taste a local wine and brew but not just taste...see, sample, and meet the brewers and makers. Though there are breweries and wineries throughout the world, each is nothing alike and this is one of the most popular ways to experience local life and culture. Candia Vineyards is NH's most awarded but new ones are opening such as LaBelle's and unique flavors such as those designed by Moonlight Meadery.</p> <p>In Portsmouth the New Hampshire Brewery trail visits the Smuttynose Brewing Company, The Portsmouth Brewery, and Redhook Ale Brewery.</p> <p>Breweries in NH: Anheuser-Busch Brewery - Merrimack Elm City Brewing Company - Keene The Flying Goose Brew Pub & Grille - New London IncrediBREW - Nashua Italian Oasis Restaurant & Brewery - Littleton Manchester Brewing Company - Concord Martha's Exchange Restaurant & Brewing Company - Nashua Milly's Tavern - Manchester Moat Mountain Smoke House & Brewing Company - North Conway The Portsmouth Brewery - Portsmouth Redhook Ale Brewery - Portsmouth Seven Barrel Brewery - West Lebanon Smuttynose Brewing Company - Portsmouth Tuckerman Brewing Company - Conway White Birch Brewing - Hooksett Woodstock Inn Brewery - North Woodstock</p>
<p>Restaurants</p>	<p>There are many excellent restaurants all over the state- here are a few recommended places:</p> <p>The Corner House Inn Eat at The Corner House Inn, originally built in 1849. It is found in</p>

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picturesque Center Sandwich - the epitome of what it means to be an authentic New England town. The town is filled with local art galleries and craftsmen. The Corner House Inn was converted to a restaurant in 2000 and hosts wildly popular storyteller dinners from late fall to the end of the spring season. On Monday nights you can enjoy "Wine Not? Dinner" - a great value menu which includes a bottle of wine. The restaurant uses as many ingredients as possible from local producers. 22 Main Street, Center Sandwich, NH 03227 ~ phone (603) 284-6219
<http://www.cornerhouseinn.com>

Wine Thyme, North Conway

This is a Wine Bar, restaurant and Wine Shop all under one roof. Wine Thyme has one of the largest outdoor dining patios in the valley with full service lunch and dinner. On Saturday and Sunday they serve a full breakfast starting at 7:00am They have a large appetizer and tapa menu in addition to full entrees. The wine menu offers over 50 bottles by the glass and their wine cellar has fine offerings from Cakebread, Paul Hobbs, Don Melchor and Sassicaia. Their retail wine shop is stocked with local and imported cheese as well as a wide selection of limited production wines, domestic and foreign offerings, sparkling wines, champagne and ports.

2697 White Mtn. Hwy. North Conway, NH 03860 Tel: 603.356.8463
<http://www.winethymeonline.com>

The Daniel Webster Room of the Hanover Inn in Hanover appeals to those looking for fine dining in a formal New England atmosphere. The inn's Colonial Revival dining room is reminiscent of a 19th-century resort hotel, with fluted columns, floral carpeting, and regal upholstered chairs. The dinner menu isn't extensive, but that doesn't make it any less appealing. Produce from the college's organic farm is used seasonally. The changing entrees are eclectic and creative and may include braised rabbit leg with truffled pappardelle. Off the lobby is Zins, a more informal wine bistro offering 30 wines by the glass.

Jumpin' Jay's Fish Café, Portsmouth: One of Portsmouth's more urbane eateries, Jay's is a welcome destination for those who like their seafood more sophisticated than simply deep-fried. A sleek and spare spot dotted with splashes of colour, it also features an open kitchen and a polished steel bar. Jay's attracts a younger, culinary-attuned clientele. The day's fresh catch is posted on blackboards; you pick the fish, and pair it up with sauces, such as salsa verde, ginger-orange, or roasted red pepper. Pasta dishes are also an option - add scallops, mussels, or chicken as you like. The food's great, and the attention to detail by the kitchen and staff is admirable.

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MORE INFO	
Brochures	<p>To find out more about New Hampshire or to receive a free visitor's guide, call 1-800-FUN-IN-NH (386-4664) or visit www.visitnh.gov . The free Visitors Guide is the most comprehensive guidebook ever published by The New Hampshire Department of Travel and Tourism Development.</p> <p>The Visitors Guide is packed with colourful photos, maps and practical information that will make it easy to travel throughout the Granite State. One of the features in this year's guide is a list of "50 Things to Do to Know the Real New Hampshire" – best of all most of the things on the list are free. The guidebook features up-to-date information on lodging, restaurants, golf, hiking, bird watching, camping, festivals, state parks, markets, historic sites, museums, and even directions to the nearest covered bridge. Call 800-FUN-IN-NH (386-4664) or go to http://www.visitnh.gov/planning-and-travel-tools/order-your-free-visitors-guide.aspx</p> <p>For Social Media: Visitnh on Twitter and Facebook. Learn about Fan Benefits – two month specials only offered to New Hampshire followers. Twitter: https://twitter.com/visitnh Facebook: https://www.facebook.com/VisitNH</p>
Connect	<p>www.visitnh.gov is the best site for planning your trip to this state http://www.visitnh.gov/planning-and-travel-tools/order-your-free-visitors-guide.aspx for a FREE New Hampshire Visitors Guide 800-FUN-IN-NH (386-4664) to call for travel planning travel@dred.state.nh.us to email for assistance https://www.facebook.com/VisitNH to connect with Visit NH on facebook https://twitter.com/visitnh to follow Visit NH on Twitter http://www.nh.gov/nharts New Hampshire State Council on the Arts www.GoPortsmouthNH.com for Portsmouth and the coast www.visitwhitemountains.com for the White Mountains Region http://www.lakesregion.org for the Vacation Lakes Region</p>
CURRENT DEALS 2014	<p>Here's a great offer especially for Travel Show listeners! Get 20% off your stay at the Holiday Inn Portsmouth (Tel 603-431-8000) in New Hampshire's top seacoast city. And at the Hampton Inn, North Conway in the White Mountains Region (Tel 603-356-7736). Call the hotels directly, mention Promo Code "CANADIAN GETAWAY", and book before the end of May 2014</p> <p>There's also a chance for Ontario listeners to win a New Hampshire travel experience!</p>

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Between April 21-25, 2014 on Play 740 with The Happy Gang in the mornings you can qualify for the “AM 740 Four Night New Hampshire Adventure & Shopping Getaway” courtesy of New Hampshire Division of Tourism.

The prize includes two nights’ lodging for two at the Appalachian Mountain Club’s Highland Center in the heart of the White Mountain National Forest with dinners, breakfasts, naturalist-led activities, and free use of outdoor gear from the L.L. Bean gear room; AND two nights lodging at the Hampton Inn in North Conway famous for the Settler’s Green Outlets and its boutique shops in the village. This package includes all access to their indoor waterpark.

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