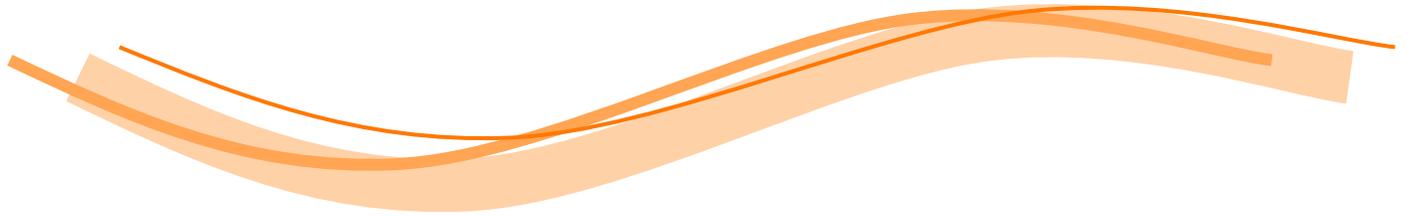




NEW HAMPSHIRE





<p>NEW HAMPSHIRE</p>	<p>Tranquil New Hampshire, less than 3 hrs drive from Montreal, is ideal for family vacations, romantic getaways, or tax-free shopping day-trips. The landscape offers a wealth of outdoor recreation opportunities during any season.</p> <p>With river valleys, soaring mountains, scenic forests, parks and lakes, cultured cities and stonewalled roads meandering through New England villages – no wonder the Granite State attracts visitors from around the world, with more than a million visits by Canadians last year.</p> <p>In the Fall the lush mountain ranges put on one of the longest-running colour displays on the continent. 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. Photograph and walk among vibrant yellow, red and orange leaves.</p> <p>New Hampshire’s scenic roads are a perfect way to see the joyous explosion of reds and yellows that bursts over the landscape. And take advantage of the numerous fall packages available offered by resorts and country inns.</p> <p>Taste New Hampshire’s fresh fruits and vegetables. Sip mulled cider. Or sample home-baked beans and smoked ham at a harvest festival. Or attend the largest pumpkin festival in the world at Keene.</p> <p>Foliage time is also antique season – head down the Antique Alley or discover New Hampshire’s own crafts from local artisans.</p> <p>Crisp air, falling leaves, and a little bit of adventure - you’re going to love it here! Find out more plus get daily foliage reports at www.visitnh.gov</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>Geography</p>	<p>New Hampshire has seven distinct geographical regions:</p> <p>Great North Woods 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. Fact: Today 84 percent of New Hampshire is covered by forest, compared to only 50 percent a hundred years ago.</p> <p>White Mountains Many vistas around the White Mountains are virtually unchanged since</p>

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	<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Seacoast From cobblestone streets to sandy beaches, over 350 years of tradition and history give texture to life on New Hampshire's 18-mile 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.</p>
<p>Name</p>	<p>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</p>

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	<ul style="list-style-type: none"> - 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 September 16th 2008 is near parity (94 cents at 16 Sept 2008) which makes conversion very easy!
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
Documentation	Passports are now required for Canadian visitors arriving by air; currently Canadians only require a birth certificate and drivers license if driving across the border, but a Passport is still strongly recommended and will become mandatory in June 2009
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 traveling 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	21 degrees Centigrade and sunny (20 September 2008)
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.

GETTING THERE	
Drive time	It's approximately a three hour drive from Montreal to New Hampshire and around 440km to Concord in the southern part of the state

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<p>Cities</p>	<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>Manchester 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 flavor. 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>
<p>Distances</p>	<p>The width of the state east-west is 110 km The length of the state north-south is 305 km</p>
<p>Cog Railway</p>	<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. This is a trip that must be made to be fully appreciated!</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.</p> <p>Go to www.thecog.com</p>
<p>Trains</p>	<p>Amtrak/USA Rail - Serves northern New England with a stop in</p>

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	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 on Amtrak call: 800-872-7245. Visit the Amtrak website.
Road Trips	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
Buses	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.

ACCOMMODATION TYPES	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 center 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. You'll find all these lodgings and more in New Hampshire. For somewhere very special, check out the information on the luxurious Mount Washington Resort at the end of the notes
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TARGET GROUPS	
Kids	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. Whale's Tale Water Park: a 17 Acre Waterpark in the heart of the White Mountains with 11 waterslides, huge wavepool with ocean sized breakers, 1/4 mile lazy river, kid's activity pool; and more Phone: 603-745-8810 Web: http://www.whalestalewaterpark.net
Teens	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

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	<p>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>
Romance	<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>
Honeymoons & Weddings	<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> <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>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</p>

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	<p>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>
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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>
History	<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</p>

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	<p>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>
Books	<p>Frommer's Vermont, New Hampshire and Maine 6th Edition 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>
1000 Places to see before you die	<p>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 Lake Sunapee – ski mountain The White Mountains Portsmouth – seacoast New Hampshire</p>
Must Sees	<p>The 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 (green to red-peak-to umber-past peak) of</p>

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	<p>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 on September 8, 2008 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. No access to a computer? People can also call toll-free, 800-258-3608 to check on where peak foliage is in full "bloom."</p>
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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 largemouth bass, landlocked salmon, and walleye. Fishing licenses are required for freshwater fishing, but not for saltwater fishing.</p>
Horse riding	<p>Whether you're an experienced equestrian or want to try riding for the first time, you'll find a host of opportunities to make horses a part of your time in New Hampshire. There are inns and resorts with stables, some of which offer ride and stay packages. You'll also find stables offering guided trail rides, hayrides and sleigh rides; and summer camps that offer riding, too.</p> <p>Bring your own horse and join a trail ride, hunt, clinic or show. Or you can explore New Hampshire's trail network on your own. Several of the largest State Parks welcome riders on their trails including 10,000-acre Bear Brook State Park (in Allenstown, off Route 28), 5,600-acre Pawtuckaway State Park (in Nottingham, off Route 156) and 13,500-acre Pisgah State Park (in Winchester Chesterfield Hinsdale, Route 119, Route 63).</p> <p>Learn more at and the New Hampshire Horse Council at www.nhhorsecouncil.com</p>
Hiking	<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 1,200 miles 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 2,100-mile trail from Georgia to Maine</p>

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	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.
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>
Wintersports	<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 states 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.</p> <p>Looking for a new twist on time-honored fun? Snowtubing hills make snowtime the fun time for all ages-and twenty-first century snowtoys 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, while skaters etch icy outlines on rinks, ponds and indoor ice arenas.</p> <p>Winter also means the sound of sleigh bells, and the old-fashioned pleasure of a sleigh ride.</p>

CULTURE	
Arts	Saint-Gaudens National Historic Site in Cornish: Sculptor Augustus

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	<p>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 offers lessons in how to live right in any age.</p>
Music	<p>The Music Hall, Portsmouth: Built in 1878, the oldest theater in New Hampshire is a non-profit performing arts center featuring acclaimed film, music, theater, and dance. The Music Hall Historic Tour focuses on the recent stunning restoration of the dome and proscenium arch. 28 Chestnut St., Portsmouth, NH 03801 Phone: 603-436-2400 Web: http://www.themusichall.org</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	<p>Rochester Fair 12-21 Sept 2008 Warm your toes on the fire of longevity at the quaint Rochester Fair which has been held annually for more than 120 years. The fun includes dog shows, rabbit shows, horse shows, bands, clown acts and horseracing events.</p> <p>The Mt Washington Valley Winter Carnival features five days of festivities throughout North Conway, including a chili cook-off, snow sculpture, a snowmobile rally, skating, snow tubing, fireworks and dog sled rides. For the more educationally-minded, Mt Washington Observatory's Weather Discovery Centre schedules special tours and exhibits. February annually.</p>
ATTRACTIONS	<p>The New Hampshire Division of Travel and Tourism Development has put together a list of the Top 20 things to do in New Hampshire on a rainy day (www.visitnh.gov/what-to-do/key-attractions/indoor-activities.aspx). Eight of those weather busting suggestions are: - Tax-free shopping 365 days a year- rain or shine, in the malls, on the</p>

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	<p>main streets, and at a variety of antique stores throughout the state.</p> <ul style="list-style-type: none"> - Try out a new restaurant, sample fresh produce, enjoy a farm to table meal or attend one of the many festivals and tasting events around dining in New Hampshire. - 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.
Beaches	<p>The Atlantic coast of New Hampshire is a New England sampler of broad sandy beaches and dramatic granite outcroppings, hidden coves for sail craft and lobster boats, Yankee craftsmen in shops where their ancestors worked, white-steeped meeting houses and brick sidewalks. Home to Portsmouth, it has become a hot destination for those seeking a combination of distinctive shopping, great restaurants and nightlife.</p>
Wildlife	<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>
Parks	<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</p>

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	<p>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, 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 Strawberry 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."</p> <p>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 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>
<p>Covered Bridges</p>	<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>

<p>OTHER ACTIVITIES</p>	
<p>Shopping</p>	<p>The top two picks for shoppers:</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>

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	<p>North Conway: Combine outdoor adventure with serious shopping on a 3-mile stretch of discount outlet stores that makes up most of North Conway. Look for Anne Klein, American Tourister, Izod, Polo/Ralph Lauren, Donna Karan, Reebok/Rockport, and Eddie Bauer, along with dozens of others.</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. Download a list of Farmers' Markets held in New Hampshire at: http://www.nh.gov/agric/publications/documents/2008FMNPDiretory.pdf</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 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>

CUISINE	
Food	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
Wine	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

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	<p>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 newly printed 9-page 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 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>Restaurants</p>	<p>There are many excellent restaurants all over the state- here are a few recommended places:</p> <p>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</p>

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	<p>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 (open daily 11:30am-10pm).</p> <p>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 color, 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 waitstaff is admirable.</p>
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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 178 page 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 new 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, birdwatching, camping, festivals, state parks, markets, historic sites, museums, and even directions to the nearest covered bridge.</p>
Website	www.visitnh.gov is the best site for planning your trip to this state

HOTEL PRIZE PARTNER	<p>One of the most historic hotels in the US - the Mount Washington Resort.</p> <p>Address: Mount Washington Resort, Route 302, Bretton Woods, NH 03575 Telephone: 800.314.1752</p> <p>Website: www.mountwashingtonresort.com .</p> <p>The Mount Washington Hotel is and always will be the stunning centerpiece of Mount Washington Resort; and with recent renovation and restoration, New Hampshire's historic Grande Dame has never been more beautiful. With the unveiling of the new Spa scheduled to debut in the winter of 2008/09, she truly will be revitalized, becoming a four-season destination without parallel in New England.</p>
Location	Mount Washington Resort is located at the base of the stunning

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	<p>6,288-foot Mount Washington, the highest peak in the Northeast. The Resort is also surrounded by nearly 800,000 acres of the White Mountain National Forest. Guests can easily access the Resort as it's an easy three-hour drive from Montreal.</p>
Facilities	<p>All Mount Washington Resort guests have access to the Rosebrook Recreation Center, which offers an indoor pool, Jacuzzi, steam room, racquetball courts, exercise and weight rooms.</p> <p>Kids Club: Kids ages 4 to 12 enjoy a vast array of activities under the guidance of their experienced Kids' Club counselor team</p> <p>Spa: Mount Washington Resort in Bretton Woods, NH will debut a new full-service 25,000 square-foot spa in December 2008, adding to the amenities that define this historic Grande Dame's reputation as a four-season resort destination. The Spa at Mount Washington Resort will be designed with the natural beauty of the surrounding White Mountains in mind and will feature customized products using local alpine botanicals for signature treatments.</p>
Accommodation	<p>Mount Washington Resort includes The Mount Washington Hotel, a grand masterpiece of Spanish Renaissance architecture, built in 1902; Bretton Arms Inn, a restored Victorian Inn built in 1896; The Lodge, ideally suited to family vacations with spectacular views of the Presidential Range and The Townhomes, which are fully furnished two-to-five-bedroom accommodations featuring full kitchens and fireplaces.</p>
Activities	<p>The Resort offers splendid seasonal activities such as tennis on red clay courts, horseback riding headquartered in the restored Victorian stables and fly fishing in the Ammonoosuc River during the summer months; and alpine and Nordic skiing and snowboarding, ice skating, ice climbing and snow tubing, sleigh rides and winter hiking trails during the winter. Extensive dining options and diverse shopping experiences.</p> <p>Golf: Mount Washington Resort's 18-hole signature golf course reopened on Friday, August 1st, 2008, after an extensive restoration project that lasted nearly two seasons. The Mount Washington Course was designed by legendary golf course architect Donald Ross, originally from Scotland, and opened in 1915. Brian Silva of Brian Silva Design, an award-winning golf course architect based in Dover, NH, lead the restoration project, rebuilding the golf course based on Donald Ross' original design plans which had been preserved over the years at the Resort. Ross was known for designing golf courses according the natural contours and terrain of the land, and for placing challenging bunkers perpendicular to the shot. This is mountain golf at its best.</p> <p>Canopy Tour: The new, year-round Canopy Tour at Bretton Woods, scheduled to open in late-fall 2008, is sure to be an experience guests will never forget! Descending over 1000 feet of elevation, the tour will take nature-lovers and thrill-seekers across a series of treetop zip lines,</p>

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	<p>and will be one of the longest canopy tours in the continental United States! High-flying suspension bridges and hiking trails will connect the zip lines, and the tour will conclude with a dual, side-by-side zip line leading right into the Bretton Woods base area.</p> <p>Winter Activities include: Dog Sledding, Sleigh Rides, Tubing, Ice Skating, Snowmobiling, Snowshoeing, High-Alpine Eco Tours, Ice Climbing and of course Skiing.</p>
Restaurants	<p>Just steps from rooms in The Mount Washington Hotel, you'll find superb award-winning formal dining. Breakfast and dinner are a world-class experience, with personalized service, elegant surroundings, musical accompaniment, stunning views and a menu of culinary delights changing nightly.</p> <p>The Dining Room menu is based on an innovative approach to classic New England style, including seasonal and regional specialties like a New England Lobster Fest, complete with butter-roasted Maine lobster tails, seared lobster potato cake, lobster-braised salt pork and a creamy lobster sauce. A childrens' menu is available, and the cool and crisp sorbet salad dressings are a must-try.</p>
Special Deal	<p>Fall Colors Special September 5 - October 9, 2008</p> <p>As Mother Nature's tapestry unfolds this fall, enjoy the stunning colors on a horse-drawn carriage ride and a scenic chairlift ride with lunch at the Top o' Quad Restaurant high on the slopes of Bretton Woods!</p> <p>The Mount Washington Hotel from \$199* includes dinner and breakfast Bretton Arms Inn from \$139 *includes breakfast</p> <p>Two-night minimum stay required. Includes one carriage ride, one lift ride and one lunch during stay.</p> <p>Call 800.314.1752 for reservations or more information.</p>

CURRENT DEALS	<p>New Hampshire has rolled out the welcome mat for Canadians and there are many ways Canadians can save on their next quick getaway to New Hampshire or why not stay for an extended trip. Check out the discounts below and increase your fun and pleasure while decreasing the cost of your holiday. These gas saving and other discounts are available online by going to www.visitnh.gov and click on the "Gas-Savings Offers Link".</p>
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PERSONAL EXPERIENCES	Concord and Manchester
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