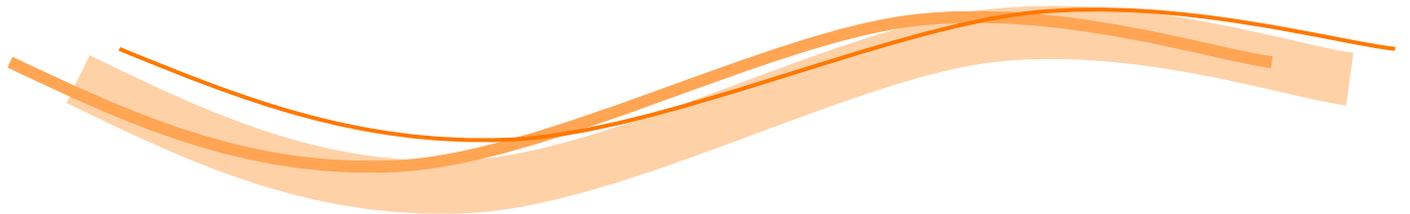




NEW HAMPSHIRE – WINTER





<p>NEW HAMPSHIRE</p>	<p>New Hampshire is less than three and a half hours drive from Montreal and it's ideal for family vacations, skiing holidays, outdoor adventure, romantic getaways and fine dining. Let us you the inside track on winter adventure in New Hampshire...</p> <p>Large capital investments continue at the New Hampshire mountain resorts – from new lifts and improved snow making facilities to additional activities like zip lines and mountain coasters. Together with these infrastructure enhancements, Canadians are delighted to discover that as the Canadian holidays are often different to the US – often when they visit, Canadians find that the resorts are not crowded.</p> <p>It's the scenery at New Hampshire ski resorts that sets them apart – this is your chance to get out amongst dramatic, steep mountains that are above the tree line in some places. And in New Hampshire the ski resorts are close together – so it is possible to add variety by skiing several different resorts from one lodging home base. Plus value conscious skiers will discover that they can take advantage of great lift ticket deals on different days in the different resorts.</p> <p>There's lots to do for skiers and non-skiers alike. Winter brings both downhill and cross country skiing - but also activities like snowshoeing, snowtubing, snowmobiling, dogsledding and the snowcat on Mt Washington. So non skiers, and skiers who want a break from the slopes, have plenty of fun activities to choose from. Non skiers will also enjoy the spas and great value tax free shopping.</p> <p>Get ready for the Holiday Season with tours and events such as the "Jingle Bell Chocolate Tour", Mount Washington Valley's "Inn to Inn cookie tour", "Santa's Village Christmas Magic" in Jefferson and "Christmas at the Rocks" in Bethlehem. And it's a great time to visit New Hampshire's museums and theatres.</p> <p>Go to www.visitNH.gov for itineraries around New Hampshire this fall and winter. Discover New Hampshire's wine, cheese and beer along your way. Fall activities include hiking and scenic drives to see the awe inspiring fall colours. There is lots of traditional Fall fun – like corn mazes, Halloween haunts, hay rides, and pumpkin festivals.</p> <p>This small, diverse State offers beaches, mountains, and main streets. And with the Canadian dollar so strong - and no sales tax in New Hampshire – where better for shopping?</p>
<p>Location</p>	<p>New Hampshire is located in northeastern United States. The total area</p>

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	<p>of the state is 24,097 sq km, comprising 23,380 sq km of land and 717 sq km of inland water.</p> <p>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 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 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</p>

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	<p>restored antique homes and farmhouses that date back a century.</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 fervour.</p>
Name	<p>New Hampshire was named for Hampshire, England, by Captain John Mason.</p> <p>The state also has 4 nicknames:</p> <ul style="list-style-type: none"> - 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 October 2012 is just over parity which makes conversion very easy! Today's rate (October 17 th , 2012) is \$1 Cdn = \$1.02 US
Tipping	<p>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.</p> <p>Occasionally gratuities are automatically added to restaurant checks</p>
Government	<p>The state is known internationally for the New Hampshire primary, the first primary in the U.S. presidential election race.</p> <p>Concord is the state capital.</p>
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 traveling anywhere - try not to travel alone and avoid deserted areas at night

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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	18 degrees Centigrade and sunny in Manchester (20 th Oct, 2012) – perfect leaf peeping weather!
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 400km to Concord in the southern part of the state.
Cities	<p>There are ten city/town areas in the state:</p> <ul style="list-style-type: none"> Berlin Claremont Concord Franklin Keene Laconia Lebanon - Hartland, VT Manchester Nashua (actually a part of Boston metropolitan area) Portsmouth Rochester - Dover <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</p>

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	supplies, visiting the fine art museum, and - most of all - getting a glimpse of the region's proud industrial heritage.
Distances	The width of the state east-west is 110 km The length of the state north-south is 305 km
Cog Railway	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. 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. 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. 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
Trains	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 on Amtrak call: 800-872-7245. Visit the Amtrak website at www.amtrak.com 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.
Boats	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 on 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. http://www.cruisenh.com
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

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	<p>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 .</p> <p>Here's some suggested tours from the website:</p> <p>Retro Tour – Historic Route 3 – 214km from Tilton to Pittsburgh to experience when tourism boomed in the 1940's through 1960's.</p> <p>Franco American Tour – Amoskeag Mills were once the largest mill 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>2012 White Mountains Attractions Value Pass: Over \$750 value for just \$349 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 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.</p>
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TARGET GROUPS	
Kids	<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>

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	<p>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</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. Phone: 603-745-9911 Web: http://www.alpinesnowmobiling.com</p> <p>For Teen Adrenaline Junkies –</p> <ul style="list-style-type: none"> - Gunstock is putting in the longest tree top adventure course in the US with 92 challenges and a new off-road Segway Park. They even have a course for small children to entertain the whole family. - Monkey Trunks has expanded majorly - Loon Mountain has put in a zip-line course - Cranmore opening this year 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 - Raft NH in Gorham has added two new exciting Class III and IV whitewater rafting trips and a new tranquil float trip. They have doubled the size of their raft and kayak fleet and now fresh meals are served at the gorgeous Mahoosuc Inn. www.raftnh.com
<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 and civil unions are the latest trend as couples choose to celebrate their special day at a place that holds unique meaning for them. There are hundreds of venues to choose from in New Hampshire.</p>

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	<p>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. 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 or 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>
<p>Genealogy</p>	<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>
<p>Seniors</p>	<p>The 55 to 64 age group represents the largest source of visitors from Canada with 37%.</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>
<p>UNIQUES</p>	<p>Hanover, New Hampshire is among the “Top 10 Best Small Towns in the United States”, according to Money Magazine. Most well known for the Ivy League Dartmouth College, Hanover has been ranked #6 among the best towns in the United States by Money Magazine using</p>

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	<p>criteria such as low crime, good schools, and having an abundance of cultural activities. Visitors enjoy picturesque architecture, greens, free art galleries and historic sites, year-round events, local shops, top of the line restaurants, unique cafes, young energy, and outdoor recreation (the Appalachian Trail passes through town making it a popular stop for thru-hikers). www.hanoverchamber.org</p>
Surprising	<ul style="list-style-type: none"> - The state insect is the ladybug and the state amphibian is the Red spotted newt! - New Hampshire has the shortest ocean coastline of any U.S. coastal state, with a length of just 29 km and 75% of this coastline is public land. - Forests cover more than 80% of the entire state.
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 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 7th Edition is a very practical guide to the state.</p> <p>I'm a Stranger Here Myself by Bill Bryson – is a laugh-out-loud book of essays about his return to the US to live in New Hampshire after many</p>

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<p>1000 Places to see before you die</p>	<p>years in the UK.</p> <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>
<p>Must Sees</p>	<p>The fall colours:</p> <p>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, www.visitnh.com/4-seasons/fall-harvest/foliage/foliage-tracker.aspx 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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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</p>

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	<p>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> <p>For instance, here is the current (October 17th 2012) report for the White Mountains region of the state: “Peak fall foliage is still visible in the southern White Mountains region, while the northern sections are holding on to somewhat faded oranges and yellows. Look for another colour along the mountain peaks this week ~ white! The summit of Mount Washington is dusted with snow right now, creating something Granite Staters call "snowliage". Cannon Mountain also saw a small accumulation of the white stuff this past weekend. The vibrant reds, muted oranges and golden yellows are still very much alive south of the notches, so try driving on Routes 112, 116, 302 and 49 for a remaining blast of fall colours.”</p> <p>Foliage & Scenic Drives:</p> <ul style="list-style-type: none"> - Mountains: Kancamagus Highway Route 112, Franconia and Crawford Notches - Lakes: Route 113 and 113A around Squam Lake - Seacoast: Route 1A from Hampton to 1B through New Castle - Route 9 to Keene
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SPORTS ACTIVITIES	
Golf	New Hampshire has more than 90 golf courses around the state, from semi-private and public courses to the courses that are the centrepieces 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.
Fishing	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. 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.
Horse riding	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

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horseback riding and test your equestrian skills:

- **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 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.
- **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

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	<p>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>
<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>Cycling</p>	<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> <p>Franconia Notch Bike Path, Franconia Notch State Park: This 14km paved bike path has an elevation gain of 800 feet and takes visitors to many of the most scenic and natural points in Franconia Notch State</p>

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	<p>Park. Cannon Mountain offers bike rentals. Cannon also has a shuttle to bring back groups that want to do a one-way, downhill ride on the path from the tramway to the Flume Gorge Visitor Center. www.cannonmt.com</p>
<p>Soft Adventure</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 this summer which is going to be the biggest in the state.</p>
<p>Winter sports</p>	<p>New Hampshire in winter will excite your senses, nourish your spirit and inspire your imagination. There's nothing like New Hampshire's legendary big mountains to get alpine skiers and snowboarders dreaming and there are wonderful family-size mountains, too. New Hampshire's 18 alpine ski areas offer something for every skier or rider- regardless of your ability!</p> <p>Cross country ski networks range from a few kilometers across snow-covered golf courses to 100+ kilometer world class trail networks. Many cross country centres offer snowshoeing, while many alpine resorts have snow-tubing runs with lifts.</p> <p>Ski New Hampshire is the official source for NH alpine and cross country ski conditions: www.skinh.com</p> <p>And if you haven't yet learned to ski or snowboard, be sure to check out Ski NH's Learn To Ski & Ride Free Week in January. First-time skiers & snowboarders receive a free learn to ski or snowboard lesson, free equipment rentals & a free beginner terrain lift ticket.</p> <p>Wintersports Summary:</p> <ul style="list-style-type: none"> - 18 Alpine Resorts and 18 x-country and popular backcountry in parks and on trails (Free Groomed X-Country Trails: around NH -Concord has Beaver Meadow and White's Farm Trails) - Extreme Skiing on Tuckerman's Ravine on Mt Wash - Snowmobiling – 10,200 kms of snowmobile trails in NH ! - Dog-sledding – Muddy Paw Sled Dog Kennel – Jefferson and northern White Mountains. New England Dog Sledding in Maine has trails that go into North Conway and towards Bartlett. They have trails further north in the Umbagog Lake Wildlife Refuge. <p>Ski developments for winter 2012/2013 include:</p> <p>Cranmore Mountain Resort, North Conway - Over the summer Cranmore replaced its historic East Double Chair with a triple chairlift. The lift will increase uphill capacity and add 300 feet of vertical drop to the resort's southern slopes. The lift will also provide access to the summit of the mountain. Sixty new snow guns have been added to the resort's arsenal, bringing the total of high-efficiency snow guns to 300. The Soaring Eagle Zipline installed this summer will operate all winter,</p>

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joining the snowtubing park, mountain coaster and giant swing as alternative activities for winter guests.

Bretton Woods, Bretton Woods - This winter skiers and riders will find the addition of lift service to the Mount Stickney area of the resort. Bretton Woods recently added 30 acres of glades to the area that will now be serviced by a 2,000 foot Doppelmayr T-bar lift. The glades are also being expanded to include some steep drop-offs for adventurous experts as well as more wide-open glades for less-experienced skiers and riders. At the top of the lift a new 600-square-foot log cabin is being constructed. The cabin will feature an exterior stone fireplace as well as a porch for enjoying the sun on warmer days. Inside, a wood stove will warm skiers between runs. The popular Range View trail will be home to 50 new SV10 Impulse snowguns. In the base lodge guests will be able to select custom clothing, gear and accessories electronically at the new Bogner virtual clothing store, which will then be mailed to their home address. The recently constructed Canopy Tour, Williwaw Racing Zip and indoor climbing wall will also be available to guests this winter.

Black Mountain, Jackson - More than \$500,000 is being invested over the summer in snowmaking improvements including two new Ingersoll Rand Centac electric air compressors which will more than double the overall snowmaking capacity while reducing the area's carbon footprint. Thirty-five low energy high-efficiency tower snow guns have been added to the primary race trail, Jackson Standard, as well as the Big Dipper, Maple Slalom and Black Beauty trails. A new beginners' area is being completed with all-new snowmaking lines, hydrants and low energy, high-efficiency tower guns. Additionally, the new learning area will have a new dedicated surface lift. Improvements to the base lodge include an expanded ski school and ticketing area, a new day care and nursery area, fully renovated dining room areas, and expansion to the Lostbo Pub, more than doubling its size. An all-new ticketing system will provide guests with a quick and efficient ticketing experience.

Ragged Mountain, Danbury - Over \$1 million is being spent to upgrade Ragged's snowmaking system. Among the upgrades are 100 new low energy, high-efficiency tower snow guns. Half of those guns will be part of an automated snowmaking system on Exhibition. This allows snowmakers to take advantage of shorter windows of snowmaking temperatures. There will also be five new fan guns on the mountain. The additional guns will benefit from a new pump that will increase the system's capability by 25%.

Go to www.skinh.com for all the details.

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CULTURE	
<p>Arts</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 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>
<p>Music</p>	<p>The Music Hall, Portsmouth: Built in 1878, the oldest theatre in New Hampshire is a non-profit performing arts centre featuring acclaimed film, music, theatre, 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> <p>More Theatre: Try the Flying Monkey, The Colonial, The Concord Capital Center for the Arts, The Palace and more.</p>
<p>Film</p>	<p>The following were filmed in New Hampshire – Jumanji, Cider House Rules, The Good Son, On Golden Pond, The Skulls. Famous actors and filmmakers from NH include Adam Sandler, Ken Burns, Triple H, Sarah Silverman, Seth Meyers, Tom Bergeron and Steven Tyler,</p>
<p>Museums</p>	<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>

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<p>Festivals and Events</p>	<p>In the Fall there's a ton of festivals and events: hiking, corn mazes, haunts, hayrides, festivals and events, foliage, scenic drives...</p> <p>Corn mazes:</p> <ul style="list-style-type: none"> - Coppal House Farm 6.5 acres www.nhcornmaze.com , Lee - Maize Massacre Sherman Farm's Haunted Maze www.shermanfarmnh.com , East Conway - Beans & Greens, Gilford (fresh farm store) <p>Haunts & Hay Rides:</p> <ul style="list-style-type: none"> - Charmingfare Farm, Candia - Morbid Mountain, Gunstock Mountain Resort, Gilford - Nightmare New England, Litchfield - Haunted Ghoullog, Cranmore Mountain, North Conway <p>Events:</p> <ul style="list-style-type: none"> - NH film Festival (October), downtown Portsmouth - Enchanted Hayrides (October) at DeMeritt Hill Farm, Lee - Keene Pumpkin Festival (20 Oct 2012) - Riverfire, Northern Forest Heritage Park (20 Oct 2012), Berlin - NH Open Doors, statewide (Nov) - Jingle Bell Chocolate Tour (Nov), Inn to Inn in Jackson - 15th Annual Mount Washington Valley Inn to Inn cookie tour (Dec) - Santa's Village Christmas Magic Jefferson (December) - Christmas at the Rocks, Bethlehem (December) - Vintage Christmas, Portsmouth every weekend in December (Candlelight Stroll in Strawberry Banke and theatre) <p>And in the summer months, here's just a few to think about: New Hampshire Motor Speedway bringing back Indy Races Annual Bike Week in Laconia Sand Sculpting Competition held in June at Hampton Beach Mount Washington Auto Road races to the summit Farmer's Markets, free outdoor concerts, and weekly fireworks are going to pick up for the season soon too. There really is something every week.</p>
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<p>ATTRACTIONS</p>	<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 and tasting events around dining in New Hampshire. - Enjoy a museum, like the newly expanded Currier Museum of Art in
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	<p>Manchester</p> <ul style="list-style-type: none"> - 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.
<p>Beaches</p>	<p>Head to the Seacoast in summertime 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.</p> <p>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>Wildlife</p>	<p>Among native New Hampshire mammals are the white-tailed deer,</p>

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	<p>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 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, 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</p>

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	<p>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 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>What Canadian could not be motivated by the State's tax free policy and the willingness of New Hampshire merchants to offer bargains? The discount malls, the factory outlet stores, the antiques and the made-in-the-state establishments, it is all here. Three of the best shopping times of the year are coming up: Thanksgiving (US) week sales, Black Friday (following day) and post Christmas.</p> <p>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.</p> <p>www.settlersgreen.com</p>

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	<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 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>Markets</p>	<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>

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<p>Nightlife</p>	<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>
<p>CUISINE</p>	<p>The New Hampshire Farm to Restaurant Connection has developed a new "Certified Local" program to recognize restaurants that are committed to supporting local agriculture. Restaurants must meet strict criteria to receive this level of recognition. Growers' Dinner events will be held across the state during the summer and fall season and information on dates and locations are promoted online at www.nhfarmtorestaurant.com</p>
<p>Food</p>	<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 – go to http://www.visitnh.gov/uploads/itineraries/chocolate-martini-8-10.pdf</p>
<p>Wine</p>	<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>http://www.visitnh.gov/uploads/itineraries/wine-cheese-brochure-8-10.pdf</p> <p>Meant as a guide for motorists who want to explore the state while</p>

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	<p>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>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>http://www.visitnh.gov/uploads/pdf/131-7046-breweryMap-Brochure-online.pdf</p> <p>Breweries in NH:</p> <ul style="list-style-type: none"> 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

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	<p>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>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</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 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> <p>For the kids: Jukebox Junction, Madison: This is a new 1950's themed</p>

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	Ice Cream Shoppe and Diner offering 1950's specialty fountain drinks along with over 20 different flavors of ice cream including 6 no sugar added flavors. Stop off for ice cream if you are heading between North Conway and the Lakes Region. www.jukebox-junction.com
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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 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.</p> <p>For Social Media: Visitnh on Twitter and Facebook. Learn about Fan Benefits – two month specials only offered to New Hampshire followers.</p>
Websites	<p>www.visitnh.gov is the best site for planning your trip to this state</p> <p>http://www.skinh.com for skiing in New Hampshire</p> <p>www.visitwhitemountains.com for the White Mountains Region</p> <p>http://www.lakesregion.org for the Vacation Lakes Region</p> <p>There is also a colourful Pinterest site at http://pinterest.com/VisitNH</p>
Travel Show Prize	<p>New Hampshire Trip Showcase</p> <p>Take a North Conway vacation and stay in a studio suite at the award winning Residence Inn by Marriott North Conway. One of the newest hotels in the White Mountain area, the property provides modern features and upscale amenities such as complimentary high-speed Internet access, spacious suites with separate living and sleeping areas and an indoor heated swimming pool.</p> <p>Ski at Cranmore Mountain Resort. The resort benefited from \$6 million in improvements in 2011 and offers over 200 Skiable Acres with a longest run of 1.6 kms and a summit elevation of 600 ms. Cranmore has great kids programs as well as a ski school for teenagers and adults. Action packed activities include a Mountain Coaster, Giant Swing, Soaring Eagle Zip Line, Indoor Adventure Center, Cranmore Tubing Park, Family Fitness Center and Indoor Tennis Courts.</p> <p>www.cranmore.com 1-800-SUN-N-SKI (786 6754)</p>

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	<p>Connect with Cranmore Resort on facebook Follow Cranmore Resort on Twitter</p> <p>Dont miss a family ride on the Mount Washington SnowCoach up the snow covered Mount Washington Auto Road. Winter brings a whole new set of sights and sounds to the Mount Washington Auto Road: the crisp mountain air, the crystal blue skies, the soft crunch of new snow. The best way to see them is the one-of-a-kind SnowCoach. A specially constructed all-wheel drive and unique 4-track system allows the 9-passenger SnowCoach to take you to the world above the tree line for a truly unforgettable experience. http://mtwashingtonautoroad.com/guided-tours/snowcoach</p> <p>And take advantage of tax free shopping at Settlers' Green Outlets and save 30-60% every day at over 60 nationally known factory stores. Shop national brand outlet stores and specialty shops for fashions, accessories, jewelry, home furnishings, intimate apparel, shoes, children's fashions and more. 1-888-667-9636 www.settlersgreen.com</p>
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PRIZE PARTNER	<p>Residence Inn by Marriott North Conway 1801 White Mountain Highway, North Conway, New Hampshire 03860 Phone: (603) 356-3024 Fax: (603) 356-3025 Toll-Free: (800) 331-3131 Website: http://www.northconwayresidenceinn.com</p>
Location	<p>Conveniently located on the outskirts of the White Mountain National Forest, this North Conway hotel puts guests near many of the area's top attractions, such as: North Conway Area Golf Courses, Settlers' Green Outlet Village, Cranmore Mountain Resort, EMS Climbing School, Story Land and Santa's Village.</p>
Features	<p>As one of the newest hotels in the White Mountain area, this hotel provides modern features and upscale amenities, including: Complimentary high-speed Internet access, Spacious suites with separate living and sleeping areas, Full breakfast buffets served daily, New flat-panel LCD TVs, State-of-the-art fitness centre, Indoor heated Pool.</p>
Accommodation	<p>With over 108 suites in five different styles to choose from, the Residence Inn by Marriott North Conway is ideal for any trip. Select from various suite types, including: Studio Suites: Studio-style with one king bed and sofa bed 1-Bedroom Suites: Single bedroom-style with one king bed and sofa bed Executive Suites: Single bedroom-style with one king bed, sofa bed,</p>

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	<p>and a fireplace</p> <p>2-Bedroom Suites: Double bedroom-style with one king bed in first room, as well as one queen bed and sofa bed in second room</p> <p>Family Suites: Studio-style with one king bed and one queen bed</p>
Restaurants	This hotel provides free hot and cold breakfast buffets each morning, as well as a Manager's Reception on select weekday evenings.

CURRENT DEALS 2012	<p>The Canadian dollar is on the rise and so are the savings in New Hampshire. With the dollar hovering just above parity Canadians save and actually save again – New Hampshire has no sales tax. The Granite state appreciates the business and visitors it receives from Canada and many properties are offering up discounts and other added value items. Check out http://www.visitnh.gov/4-seasons/money-saving-offers/yankee-dollar-stretchers.aspx for the current deals</p> <p>2012/2013 Ski Ticket Deal from Ski NH: Create your package of 6 lift tickets or more by choosing the mountains you want with no more than 50% of your lift tickets to any one mountain. (In the case of a six ticket purchase, however, you can order four tickets to one area and two tickets to another area.) You can choose from any or all tiers of mountains!</p> <ul style="list-style-type: none"> - \$68 per lift ticket for Bretton Woods, Loon Mountain - \$58 per lift ticket for Cannon Mountain, Gunstock Mountain Resort, Mount Sunapee, Waterville Valley - \$45 per lift ticket for Cranmore, Pats Peak, Ragged Mountain (<i>Pats Peak tickets not valid for Saturday Night POP program.</i>) - \$30 per lift ticket for Black Mountain, Dartmouth Skiway, Granite Gorge Ski Area, King Pine Ski Area - \$20 per lift ticket for McIntyre Ski Area <p>Full details: http://www.skinh.com/deals/anytime-anywhere-lift-ticket-packages.aspx</p>
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