



# Outdoor Adventure Guide

New Hampshire offers so many opportunities for incredible outdoor adventures that it can be overwhelming sometimes. Use this guide to learn about all the possibilities from ski destinations to flyfishing!

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- *Ski Destinations (both Alpine and Cross Country)*
- *Details about Motorcycle Week*
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## Ski Destinations

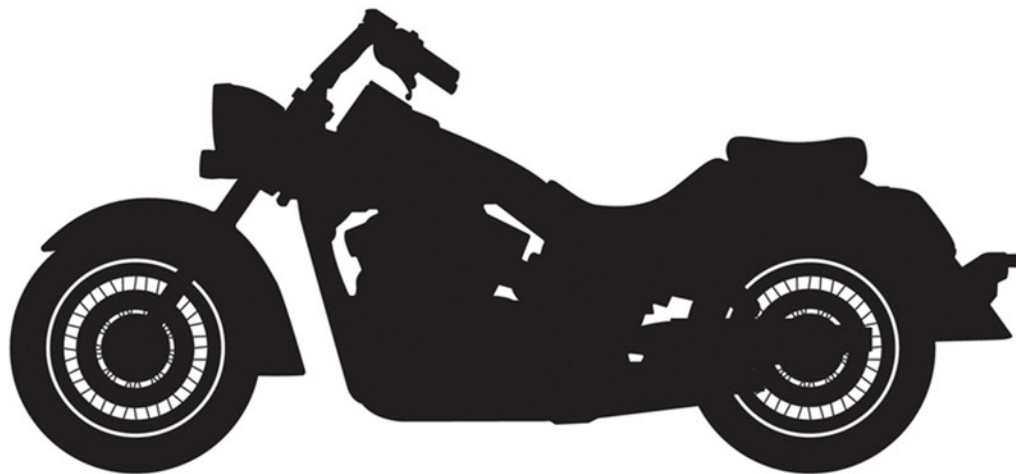
### Alpine

- Abenaki Ski Area
- Black Mountain
- Bretton Woods
- Cannon Mountain
- Cranmore Mountain Resort
- Dartmouth Skiway
- Granite Gorge
- Gunstock Mountain Resort
- King Pine at Purity Spring Resort
- Loon Mountain Resort
- McIntyre Ski Area
- Mount Sunapee Resort
- Pats Peak
- Ragged Mountain Resort
- Waterville Valley Resort
- Whaleback Mountain

### Cross County

- Bear Notch Ski Touring Center
- Bretton Woods Nordic Center
- Dartmouth Cross Country Ski Center
- Dexter's Inn Trails by Norsk
- Eastman Cross Country Franconia Village XC Ski Center
- Granite Gorge XC
- Great Glen Trails Gunstock Mountain Resort XC
- Jackson Ski Touring Foundation
- Loon Mountain Resort XC
- Mt. Washington Ski Touring & Snowshoe Foundation
- Nordic Skier Wolfeboro XC
- Pine Hill Ski Club
- Purity Spring Resort XC & Snowshoe Resort
- Ski Hearth Farm
- Waterville Valley Nordic Center
- Windblown XC





## Laconia Motorcycle Week

Laconia Motorcycle Week is one of the most popular motorcycle rallies in the USA. This historic event started way back in 1916 during the times of the gypsies!

### Here are some quick facts about Laconia Motorcycle Week:

- The American Motorcycle Association was officially established in 1924 (taking over Gypsy tours)
- According to their website, this rally includes: *“bike shows of all kinds, swap meets, poker runs, gypsy tours, contests, vendors, live music, and of course- beautiful riding.”*
- The Rally Headquarters is located on Lakeside Avenue in Weirs Beach
- There is a great list of hotels/motels available right online: <http://laconiamcweek.com/hotels-and-motels/> and there's always the options to camp: <http://laconiamcweek.com/campgrounds/>



## Fishing in New Hampshire

The New Hampshire Fish and Game Department offers many resources for people who want to learn to fish or take guided tours. Here are just a few resources you can look into when planning your next fishing expedition:

- You can find a New Hampshire specific fishing guide from a state list here: <http://www.wildlife.state.nh.us/fishing/guides.html>
- There are many fishing tournaments and a full list can be found here: <http://www.wildlife.state.nh.us/fishing/tournament-schedule.html>
- Popular cold water fish species include: *Brook Trout, Rainbow Trout, Brown Trout, Landlocked Salmon, Lake Trout and Whitefish.*
- Popular Warmwater species include: *Smallmouth Bass, Largemouth Bass, Pickerel, Horned Pout, White Perch, Northern Pike, Walleye, Black Crappie, Bluegill and Yellow Perch.*
- A complete guide of suggested areas to fish for specific types of fish is included here:  
<http://www.wildlife.state.nh.us/fishing/where-fish.html>





## The Cog Railway

The Cog Railway is a must-do on many local and tourist travel lists! It is a great example of American innovative thinking and the beautiful sights you will view during the journey are unmatched.

### Here are some neat details about The Cog:

- You begin at The Marshfield Base Station (2700' above sea level)
- At the top of the mountain is The Observatory Museum and the historic Tiptop House
- The Wajo Nantasis was the first Mount Washington Cog Railway Biodiesel Locomotive
- The Cog is a National Historic Engineering Landmark
- You can learn about tours and tickets online here:

[http://thecog.com/schedule\\_rates.php](http://thecog.com/schedule_rates.php)





## Cruises on Lake Winnepesaukee

Lake Winnepesaukee is a stunning place to spend a day or the entire weekend! Here are some highlights:

- You can take any of the following cruises around the lake: Scenic, Sunset Dinner, Sunday Brunch or an Island Mailboat.
- Cruises on this lake are perfect for private events such as weddings, company outings or proms
- According to the CruiseNH website, “the first vessel [to cruise Lake Winnepesaukee] was a wooden side-wheeler 178 feet in length with a beam of 49 feet. It was built and launched in 1872 at Alton Bay, New Hampshire. Referred to today as the “Old Mount””
- The Mount has a capacity of 1250 passengers
- If you want to stay in the area for the weekend, there are lots of places to choose from: <http://www.cruisenh.com/lodging.php>





## The Appalachian Trail

The Appalachian Trail is an incredible experience whether you are doing a long-term hiking excursion or a day trip. In fact, according to The Appalachian Trail Conservancy, “New Hampshire features more miles above treeline than any other Trail state.”

Here are some fun facts to consider prior to hiking the New Hampshire section of The Appalachian Trail:

- There are 161 hike-able miles in the state of New Hampshire
- The hike is rated easy to difficult
- The elevations range from 400-6,288'
- There are resources for New Hampshire trail hikers including the Hanover Community:

<http://www.appalachiantrail.org/home/conservation/youth-community-engagement/a-t-community-program/at-community-partners/hanover-nhhp>



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## **Why New Hampshire?**

No state income tax or state sales tax.  
Less than an hour drive to Boston.  
Forbes magazine recognizes Manchester, NH.... "Among the U.S. Cities with the most affordable housing and the lowest cost of living, the Queen City offers the best combination of safety, employment opportunity and general quality of life."  
Money Magazine annually ranks the area one of the nation's "Best Places to Live."  
Unlimited cultural activities.  
NH secondary schools are among the best in the nation, and NH has excellent colleges and universities.



**Elliot Health System**

[www.elliotphysicians.org](http://www.elliotphysicians.org)