

# NEW HAMPSHIRE, USA

THE HEART OF NEW ENGLAND

Loon Mountain, Lincoln

LIVE FREE and  
*rediscover*



**New Hampshire**  
visitnh.gov

## OUTDOOR ADVENTURE

Whether on a guided tour or discovering our scenic beauty on your own, New Hampshire's mountains, lakes and seacoast offer some of the best, all-season outdoor adventure around. LIVE FREE and explore:

- Over 1,200 lakes and ponds
- 6,500 moose, ranging from 5-7 feet tall and weighing up to 1,500 pounds; Moose tours
- 48 mountains reaching 4,000 feet in elevation or above
- The birthplace of skiing and the official state sport, 19 ski resorts
- Over 7,000 miles of riding. Did you know the first snowmobile was invented in West Ossipee?
- Whale watching
- Zip-lining, mountain coasters, segway tours and other outdoor adventure
- Biking opportunities on paved and unpaved trails



# LIVE FREE and explore



Feeling adventurous? Try rock climbing on the highest peaks in the Northeastern United States, or glide through the forest on a zip-line canopy tour. If you enjoy wildlife bring your binoculars because New Hampshire is great for bird watching, moose spotting or getting up close to some of the most breathtaking sea life in the world on an Atlantic Ocean whale watch.

## DINING, LODGING & SCENIC BEAUTY

You'll be welcomed like old friends at our quaint bed & breakfasts and inns to luxurious grand hotels overlooking beautiful scenic vistas—all offering an array of dining options from fine dining to traditional New England cuisine. LIVE FREE and experience:

- Historic grand hotels, country inns and bed & breakfasts
- Three National Scenic Byways with the White Mountain Loop being recently voted by *Travel & Leisure Magazine* as the 'best place to view foliage'
- Our culinary trails—Brewery Map, Chocolate & Martini Tour, and Wine, Cheese & Chocolate Trail
- Pumpkin Festival, International Fruit and Food Festival, Winter Wine Festival, Restaurant Week
- Hampton Beach State Park named 'cleanest beach in New England'
- The Presidential Mountain Range—used as an artists backdrop for years



**LIVE FREE** and  
*Saver*

All six New England states are beautiful, but New Hampshire is unique. Discover our spectacular scenery from serene lakes, awe-inspiring fall foliage, majestic mountains, historic villages and sun-splashed seacoast. Whether you're planning a holiday with your family, friends or significant other, our state is waiting to be explored.

## ARTS & CULTURE

From art museums to traditional crafts, New Hampshire is home to a vast variety of culture rich in history, arts and innovation.

LIVE FREE and rediscover:

- The League of NH Craftsman—the oldest organized craft association and annual craft fair in America
- Wolfeboro—America's 'Oldest Summer Resort'
- Shaker communities and historical landmarks
- Beautiful gardens at Saint-Gaudens National Historic site featuring one of America's greatest artists
- Unique theaters, entertaining music venues and performing arts centers



**LIVE FREE** and  
*shop tax-free*

New Hampshire has a wonderful mixture of boutiques with everything from handmade furniture to hand-knit sweaters. Find one-of-a-kind gifts at our craft fairs, uncover hidden treasures in numerous antique stores or shop for bargains at our famous factory outlets. And don't forget that New Hampshire is the only New England state that has tax-free shopping year-round.

## HELPFUL RESOURCES

Start planning your New Hampshire vacation today with these helpful resources. More information can be found in our free Official Visitors' Guide or online at [visitnh.gov](http://visitnh.gov). New Hampshire offers visitors a safe, clean and friendly environment. The state has been chosen several times as one of the most livable states in the country. We look forward to welcoming you!



### VACATION PLANNING INFORMATION

Our Visitors' Guide features interesting stories, detailed regional profiles, scenic drives, events and festivals, don't-miss attractions and gorgeous New Hampshire photography. Order your free copy today at [visitnh.gov](http://visitnh.gov). U.S. and Canada residents can get a free Visitors' Guide by calling

(800) 386-4664 (number only good in the U.S. and Canada).

International visitors can obtain a Visitors' Guide by contacting:

### New Hampshire Division of Travel and Tourism Development

P.O. Box 1856

Concord, NH 03302-1856, USA

Tel: (603) 271-2665 • Fax: (603) 271-6870

Email: [travel@dred.state.nh.us](mailto:travel@dred.state.nh.us) • Web: [visitnh.gov](http://visitnh.gov)

### In United Kingdom:

New Hampshire Division of Travel and Tourism Development

43 Kirkstone Avenue

Heanor, Derbyshire, DE75 7UJ

ENGLAND

Tel: +44 (0) 1773 535101

### In Germany:

Get it Across

Neumarkt 33

50667 Köln

GERMANY

Tel: +49-221-2336409

### In France:

Duxin Marketing & Communications

55 Avenue Marceau

75116 PARIS

FRANCE

Tel: +33 (0) 148 281 208

### TRANSPORTATION

New Hampshire is within an easy day's ride from many areas of the northeastern United States and eastern Canada. It is also easily accessible by air, either directly into New Hampshire or via Massachusetts, New York or Canada.

#### Airports

Manchester-Boston Regional Airport  
Manchester, NH (603) 624-6539 • [flymanchester.com](http://flymanchester.com)

Logan International Airport  
Boston, MA • (617) 561-1800 • [massport.com/logan](http://massport.com/logan)

JFK International Airport  
Jamaica, NY • (718) 244-4444 • [panynj.gov](http://panynj.gov)

LaGuardia Airport  
Flushing, NY • (718) 533-3400 • [panynj.gov](http://panynj.gov)

Newark Liberty International Airport  
Newark, NJ • (973) 961-6000 • [panynj.gov](http://panynj.gov)

Montréal–Trudeau Airport  
Dorval, Québec • (514) 394-7377 • [admtl.com](http://admtl.com)

#### Bus Lines

C&J Transportation: (603) 430-1100 • [cjtrailways.com](http://cjtrailways.com)

Concord Coach: (603) 228-3300 • [concordcoachlines.com](http://concordcoachlines.com)

Dartmouth Coach: (603) 448-2800 • [dartmouthcoach.com](http://dartmouthcoach.com)

Greyhound Bus Lines: (603) 436-0163 • [greyhound.com](http://greyhound.com)

#### Rail Service

AMTRAK

(800) 872-7245 • [amtrak.com](http://amtrak.com)

Boston to Portland, stopping in Dover, Exeter and Durham

#### Highways

The speed limit on the state's interstate highways is 65 miles per hour (104 kilometers per hour), unless otherwise posted. On other highways and roads, speed limits are as posted. While most non-U.S. driver's licenses are acceptable, it is best to bring an international driver's license.

The Eastern New Hampshire Turnpike, the F. E. Everett Turnpike, and the Spaulding Turnpike are toll roads. Tolls range from \$1.00 to \$3.00.

In New Hampshire, children under 18 years old traveling in motor vehicles must be either in a car safety seat or restrained by a seat belt. Drivers and all passengers are encouraged to wear seat belts.

### CURRENCY

The U.S. dollar is the only accepted unit of currency in most New Hampshire businesses. Currency can be exchanged at any major bank in New Hampshire. ATMs (Automated Teller Machines) are numerous throughout the state. Most belong to international networks, so international visitors can access their funds at home.

### SHOPPING

No Sales Tax ~ Throughout the state you will find everything from factory outlet stores to boutiques, antique shops, arts and crafts galleries, and a full spectrum of shops with local, domestic and international goods.

New Hampshire liquor stores are state-owned and offer some of the best prices found anywhere. Travelers should be advised that they are responsible for knowing regulations about the quantities of liquor they are allowed to transport out of the state. International visitors are encouraged to check with their local officials for customs regulations about transporting purchased goods back to their country.

### MISCELLANEOUS

Drinking Age & Limits ~ The legal age for drinking alcoholic beverages in New Hampshire is 21 years of age. Proof of age is often required. Additionally, the state has a drinking and driving law that limits blood alcohol content to .08.

### TIME ZONE

New Hampshire is on Eastern Standard Time (EST), five hours behind Greenwich Mean Time. From April to October, clocks are advanced one hour for Daylight Saving Time (DST).

### CLIMATE

One of New Hampshire's most appealing features is its diverse climate. Summers are warm and sunny, with average daytime temperatures in the 70's (21.1 degrees Celsius) and, on some days, reaching into the 90's (32.2 degrees Celsius). Summer nights are generally cool. Fall is considered by many New Englanders to be the ideal season, with sunny days averaging a refreshing 50°F (10 degrees Celsius). Winter snowfalls average 63 to 90 inches (160.02-228.60 centimeters), and temperatures range from 15-40°F (-9.4 – 4.4 degrees Celsius). Because coastal breezes and higher elevations in the mountains can make even summer days quite cool, layers of clothing are advisable.

### FOR TRAVEL TRADE & MEDIA

#### Europe

For information, maps and promotional literature on New England and New Hampshire, contact Discover New England.

In the United Kingdom: +44 (0) 1773 535101

In Germany: +49-221-2336409

In France: +33 (0) 148 281 208

#### Canada

New Hampshire's representative in Halifax is:

Cape Consulting Group

1869 Upper Water St., Suite 407, Halifax, NS

Tel: (902) 422-2988

#### USA

Tour operators, travel agents, meeting planners & media:

NHDTTD

P.O. Box 1856, 172 Pembroke Rd., Concord, NH 03302 USA

Tel: (603) 271 2665 • (800) 262 6660

Email: [travel@dred.state.nh.us](mailto:travel@dred.state.nh.us)

### OTHER HELPFUL NEW HAMPSHIRE WEBSITES

New Hampshire State Government

[nh.gov](http://nh.gov)

Division of Forests and Lands

[nhdfl.org](http://nhdfl.org)

New Hampshire State Parks

[nhstateparks.org](http://nhstateparks.org)

New Hampshire Department of Agriculture

[state.nh.us/agric/aghome.html](http://state.nh.us/agric/aghome.html)

New Hampshire Fish & Game Department

[wildlife.state.nh.us](http://wildlife.state.nh.us)

New Hampshire Products

[nhmade.com](http://nhmade.com)

New Hampshire Snowmobile Association

[nhsa.com](http://nhsa.com)

New Hampshire Campground Owners' Association

[ucampnh.com](http://ucampnh.com)

Ski New Hampshire

[skinh.com](http://skinh.com)

Division of Economic Development

[ded.state.nh.us](http://ded.state.nh.us)

New Hampshire Office of International Commerce

[globalnh.com](http://globalnh.com)

New Hampshire Film & Television Office

[filmmh.org](http://filmmh.org)

Department of Employment Security – NH Works

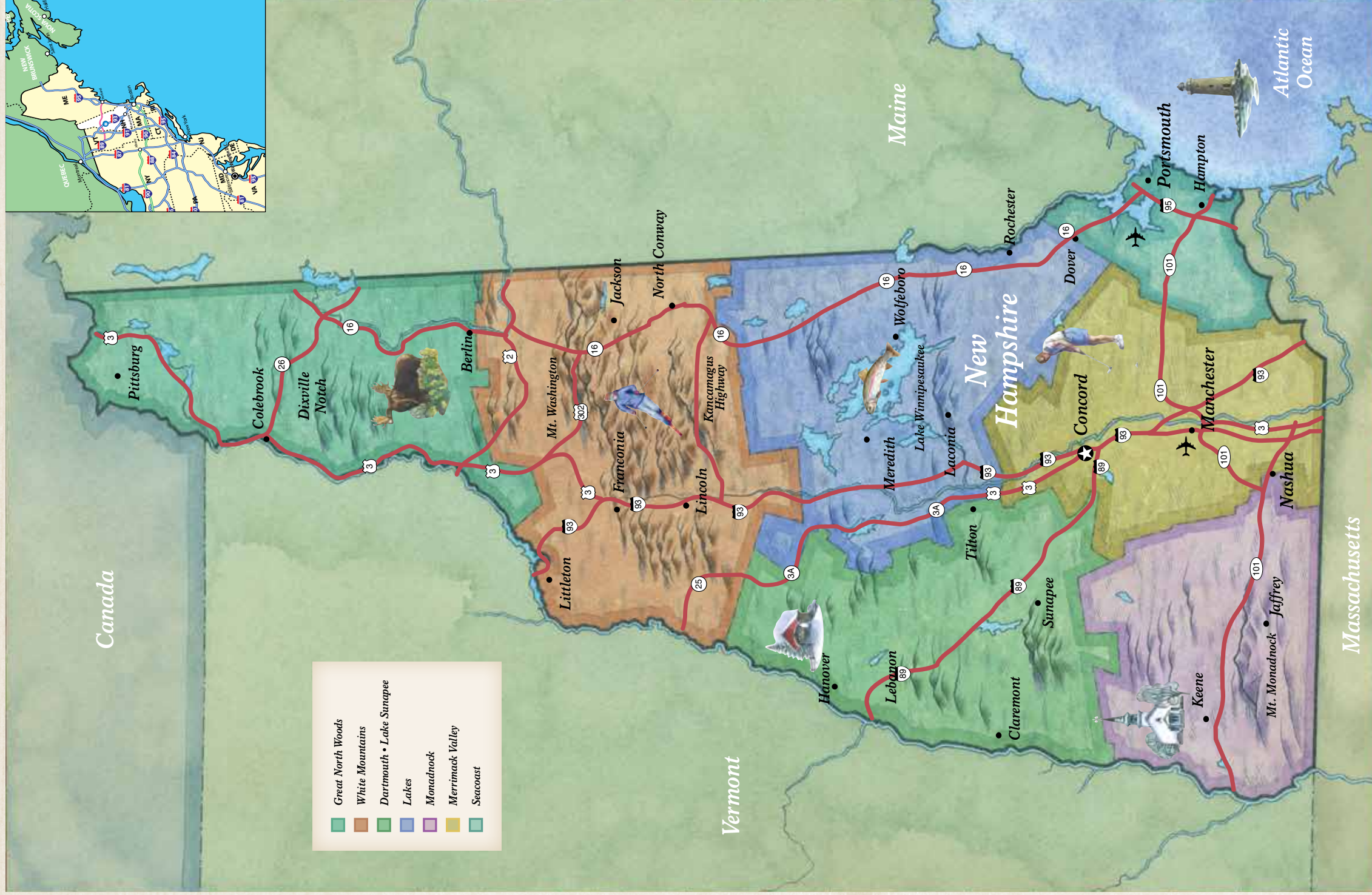
[nhworks.org](http://nhworks.org)

New Hampshire University System

[nhcuc.org](http://nhcuc.org)

New Hampshire Realtors Association

[nhar.com](http://nhar.com)



<span style="color: green;">■</span>	Great North Woods
<span style="color: brown;">■</span>	White Mountains
<span style="color: lightgreen;">■</span>	Dartmouth • Lake Sunapee
<span style="color: blue;">■</span>	Lakes
<span style="color: purple;">■</span>	Monadnock
<span style="color: yellow;">■</span>	Merrimack Valley
<span style="color: teal;">■</span>	Seacoast

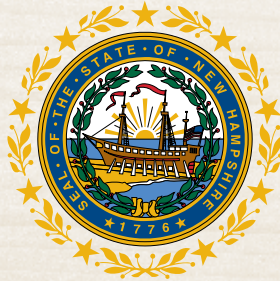
**DISTANCES**

Following are approximate distances to Concord, New Hampshire, from outside the state.

	Miles	Km
Boston, Massachusetts	70	113
Buffalo, New York	433	697
Burlington, Vermont	148	238
Chicago, Illinois	954	1,535
Detroit, Michigan	789	1,270
Halifax, Nova Scotia	662	1,065
Hartford, Connecticut	142	229
Montreal, Quebec	243	391
New York, New York	251	404
Philadelphia, Pennsylvania	347	558
Portland, Maine	86	138
Providence, Rhode Island	112	180
Quebec City, Quebec	308	496
Toronto, Ontario	520	837
Washington, DC	476	796

LIVE FREE and  
*escape*

White Mountains



DEPARTMENT OF RESOURCES AND ECONOMIC DEVELOPMENT  
DIVISION OF TRAVEL AND TOURISM DEVELOPMENT

P.O. Box 1856 • Concord, New Hampshire 03302-1856 USA  
Phone: (603) 271-2665 • Fax: (603) 271-6870 • Email: [travel@dred.state.nh.us](mailto:travel@dred.state.nh.us) • Web: [visitnh.gov](http://visitnh.gov)



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