

**TAKE AN ICE CREAM ROAD TRIP!**

NEW HAMPSHIRE'S  
ORIGINAL

ICE  
CREAM  
TRAIL

WHERE SUMMER  
ADVENTURES BEGIN!



**2022 PASSPORT**  
and Guide to 50 Must-Visit  
Ice Cream Shops

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



## GREAT NORTH WOODS

1. Moose Alley Cones

## WHITE MOUNTAINS

2. Barnyard Scoop
3. McKaella's Sweet Shop
4. McKaella's Sweet Shop
5. Moose Scoops Ice Cream
6. Super Secret Ice Cream
7. Trails End Ice Cream Shop
8. "Wicked Good" Dairy Delites

## DARTMOUTH-LAKE SUNAPEE

9. Ice Cream Fore-U
10. Sanctuary Dairy Farm Ice Cream

## LAKES REGION

11. Bly Farm
12. Dewey's Ice Cream Parlor & Cafe
13. Kellerhaus
14. Idle A While Antiques and Ice Cream
15. Lone Oak Ice Cream
16. M 'n M Scoops
17. Rumney Village Store
18. The Shake Haus

## MONADNOCK REGION

19. Ava Marie Chocolate & Ice Cream
20. Carol's Ice Cream
21. Connolly Brothers Dairy Farm
22. Frisky Cow Gelato
23. Ilsley's Ice Cream
24. Life is Sweet Candy Store
25. Stonewall Farm
26. Stuart & John's Sugar House Restaurant
27. Walpole Creamery

## SEACOAST REGION

28. Angelo's Amore
29. Charlie's Ice Cream
30. Kilwins
31. Lickee's & Chewy's Candies & Creamery
32. Memories Ice Cream
33. UNH Dairy Bar
34. What's the Scoop?

## MERRIMACK VALLEY

35. Bruster's Real Ice Cream
36. Devriendt Farm Products
37. Dudley's Homemade Ice Cream
38. Gould Hill Farm
39. Granite State Candy Shoppe
40. Granite State Candy Shoppe
41. Hayward's Family Ice Cream
42. Hayward's Homemade Ice Cream Merrimack
43. Hayward's Homemade Ice Cream Nashua
44. Richardson's Farm
45. Sub Zero Nitrogen Ice Cream
46. Sub Zero Nitrogen Ice Cream
47. The Big 1 Ice Cream Stand
48. The Velvet Moose Ice Cream Shoppe
49. Trombly Gardens, LLC
50. True Confections Candies & Gifts

Brought to you by your local

# NEW HAMPSHIRE DAIRY FARMERS



### ICE CREAM KEY

- Dairy farmer owned – Shop is owned by a NH dairy farmer
- Handmade – Ice cream is made on-site
- NH made – Ice cream is made from 100% NH milk and cream



# INSTRUCTIONS

Be sure to follow @nhdairy on Instagram and tag the #nhicecreamtrail. We'd love to follow your adventure.

Visit each shop on the map and receive a passport sticker. Once you have fully completed your passport, mail it to the address below. Completed passports will be entered into a grand prize drawing. If your name is drawn you will win a basket of NH Made goodies and a \$200 Amazon gift card. Any individual that completes the entire passport will get a complementary #eatlikeacow sweatshirt.

**\*We STRONGLY recommend you call shops ahead of your visit. Hours, seasonal opening and closing dates will vary.**

Every shop on this map is a treasure. Every shop listed is proud to support dairy farms across New Hampshire and New England. We are honored to support them in return!

**Fully completed passports are due October 17th, 2022. Please note: All sweatshirts will be mailed after October 17th, 2022**

*The New Hampshire Ice Cream Trail is brought to you by your local New Hampshire dairy farmers who are proud to provide you, and your family, with wholesome dairy products 365 days a year.*



# 2022 PASSPORT ENTRY

If passports are received without all of the below information, it will not be considered complete.

Name \_\_\_\_\_

Mailing Address  
(sorry, we cannot ship to PO boxes)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

Sweatshirt Size (circle one)

SM      MED      LG      XL      2XL

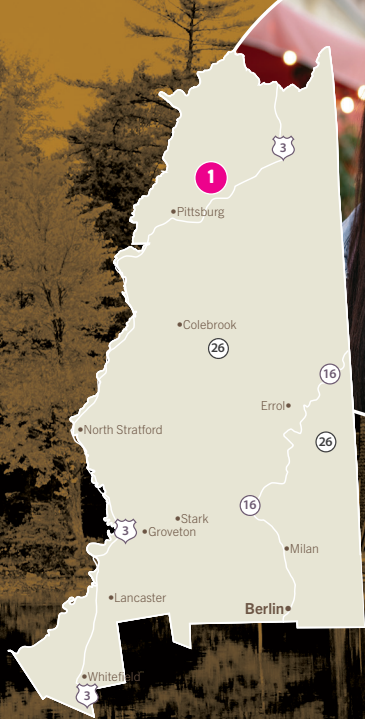


Mail Passport to:  
Granite State Dairy Promotion  
PO Box 397  
Tilton, NH 03276



**READY. SET. GO!**

# GREAT NORTH WOODS



1

## MOOSE ALLEY CONES

3 Partridge Road  
Pittsburg, NH 03592  
603-538-6380  
[partridgecabins.com/about-us/moose-alley-cones](http://partridgecabins.com/about-us/moose-alley-cones)



# WHITE MOUNTAINS

2

## BARNYARD SCOOP

2679 East Conway Road  
Center Conway, NH 03813  
603-939-2412  
[shermanfarmnh.com](http://shermanfarmnh.com)

3

## MCKAELLA'S SWEET SHOP

2683 White Mountain Hwy  
North Conway, NH 03860  
603-733-4874  
Find us on Facebook

4

## MCKAELLA'S SWEET SHOP

(SECOND SHOP)  
69 US 302  
Glen NH 03838  
603-733-4874  
Find us on Facebook

5

## MOOSE SCOOPS ICE CREAM

49 Lake Tarleton Road  
Warren, NH 03279  
603-764-9134  
[moosescoopsicecream.com](http://moosescoopsicecream.com)

6

## SUPER SECRET ICE CREAM

2213 Main Street  
Bethlehem, 03574  
[supersecreticecream.com](http://supersecreticecream.com)  
Opening Summer 2022.  
Check website for updates

7

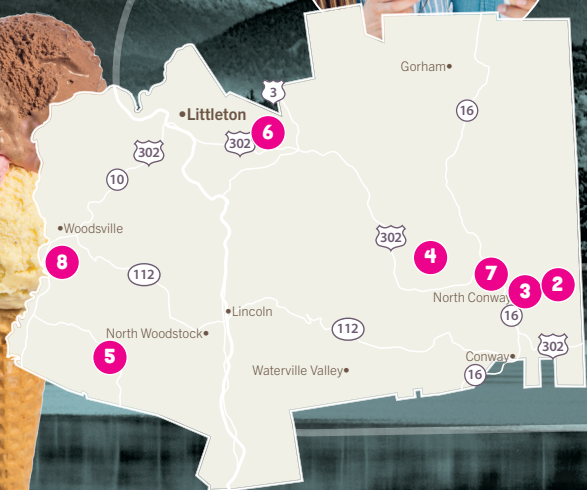
## TRAILS END ICE CREAM SHOP

3631 White Mountain Highway  
Intervale, NH 03845  
603-333-1173 • [trailsendicecream.com](http://trailsendicecream.com)

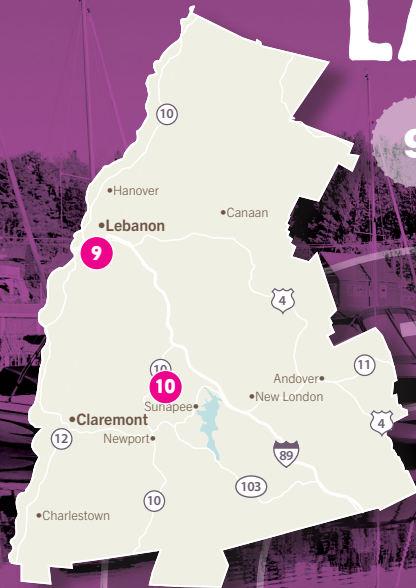
8

## "WICKED GOOD" DAIRY DELITES

15 Petticoat Lane  
North Haverhill, NH 03774  
603-787-6077 • Find us on Facebook



# DARTMOUTH LAKE SUNAPEE



9

**ICE CREAM FORE-U**  
298 Plainfield Road  
West Lebanon, NH 03784  
603-298-6884  
foreugolf.com

10

**SANCTUARY DAIRY FARM  
ICE CREAM** 🍦🍦  
209 Route 103  
Sunapee, NH 03782  
603-863-8940  
icecreamkidbeck.com



# LAKES REGION

11

**BLY FARM**  
620 Center Street  
Wolfboro, NH 03894  
603-569-1411

14

**IDLE A WHILE ANTIQUES  
AND ICE CREAM**  
1177 Mayhew Turnpike  
Bridgewater, NH 03222  
603-744-8010  
Find us on Facebook

12

**DEWEY'S ICE CREAM  
PARLOR AND CAFE**  
34 Plymouth Street  
Center Harbor, NH 03226  
603-253-4009  
deweysicecreamandcafe.com

15

**LONE OAK ICE CREAM** 🍦  
175 Milton Road  
Rochester, NH 03868  
603-332-1809  
loneoakicecream.com

13

**KELLERHAUS** 🍦  
259 Endicott Street North  
Laconia, NH 03246  
603-366-4466  
kellerhaus.com

16

**M 'N M SCOOPS**  
67 Main Street  
Plymouth, NH 03264  
603-536-4850  
plymouthnhicecream.com

17

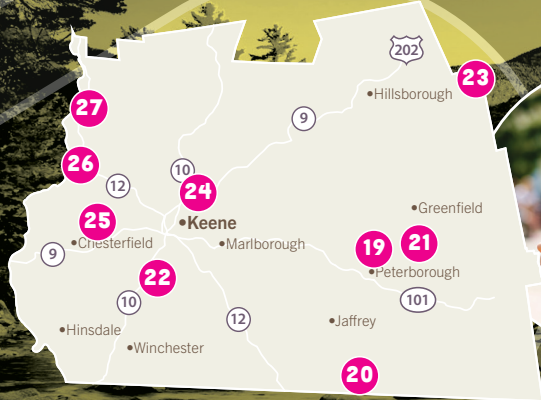
**RUMNEY VILLAGE STORE**  
453 Main Street  
Rumney, NH 03266  
603-786-6020  
rumneyvillagestore.com

18

**THE SHAKE HAUS** 🍦  
259 Endicott Street N.  
Laconia, NH 03246-1736  
603-366-4466  
theshakehaus.com



# MONADNOCK REGION



21

**CONNOLLY BROTHERS DAIRY FARM** 🍦🍦  
140 Webster Highway  
Temple, NH 03084  
603-924-5002  
Find us on Facebook

22

**FRISKY COW GELATO** 🍦🍦  
80 Krif Road  
Keene, NH 03431  
603-757-2522  
friskycowgelato.com

23

**ILSLEY'S ICE CREAM** 🍦🍦  
33 South Sugar Hill Road  
Weare, NH 03281  
603-529-6455  
Find us on Facebook

24

**LIFE IS SWEET CANDY STORE**  
32 Central Square  
Keene, NH 03431  
603-352-0900  
lifeissweetcandystore.com

25

**STONEWALL FARM** 🍦🍦🍦  
242 Chesterfield Road  
Keene, NH 03431  
603-357-7278  
stonewallfarm.org

26

**STUART & JOHN'S SUGAR HOUSE RESTAURANT** 🍦  
31 Route 63  
Westmoreland, NH 03467  
603-399-4486  
stuartandjohns.com

27

**WALPOLE CREAMERY** 🍦🍦  
532 Main Street  
Walpole, NH 03608  
603-445-5700  
walpolecreamery.com

19

**AVA MARIE CHOCOLATE & ICE CREAM**  
43 Grove Street  
Peterborough, NH 03458  
603-924-5993  
vamariechocolates.com

20

**CAROL'S ICE CREAM** 🍦  
1170 Route 119  
Rindge, NH 03461  
603-831-2494  
fettadicasa.com

28

**ANGELO'S AMORE** 🍦  
55 Main Street, Suite 111  
Newmarket, NH 03857  
603-292-5118  
www.angelosamore.com

31

**LICKEE'S & CHEWY'S CANDIES & CREAMERY**  
53 Washington Street, Suite 100  
Dover, NH 03820  
603-343-1799  
lickeeschewys.com

33

**UNH DAIRY BAR**  
3 Depot Rd  
Durham, NH 03824  
603-862-1006  
unh.edu/dairy-bar

29

**CHARLIE'S ICE CREAM** 🍦  
150 Front Street  
Exeter, NH 03833  
603-772-7400  
Find us on Facebook

32

**MEMORIES ICE CREAM** 🍦  
95 Exeter Road  
Kingston, NH 03848  
693-642-3737  
memoriesicecream.com

34

**WHAT'S THE SCOOP?**  
160 Main Street  
Kingston, NH 03848  
603-642-4455  
whatsthescoop.fun

30

**KILWINS**  
20 Congress Street - Market Square  
Portsmouth, NH 03801  
603-319-8842  
kilwins.com/stores/kilwins-portsmouth

# SEACOAST REGION



16 9

Dover 31

16

Durham 33

30

Portsmouth

101

Exeter 28

29

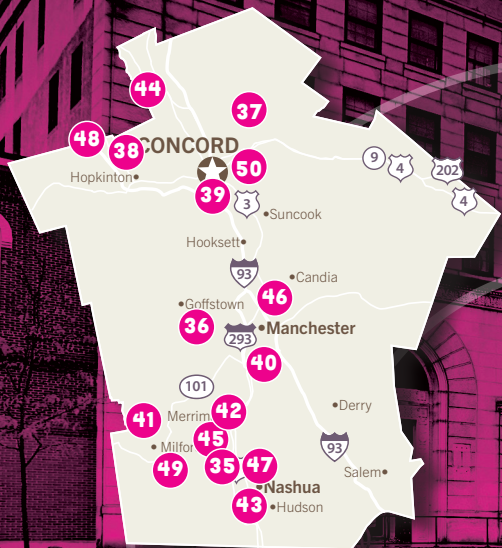
34

Hampton

1

95

# MERRIMACK VALLEY



38

**GOULD HILL FARM**  
656 Gould Hill Road  
Contoocook, NH 03229  
603-746-3811  
gouldhillfarm.com

35

**BRUSTER'S REAL ICE CREAM**  
621 Amherst Street  
Nashua, NH 03063  
603-881-9595  
brustersnh.com

39

**GRANITE STATE CANDY SHOPPE**  
13 Warren Street  
Concord, NH 03301  
603-225-2591  
granitestatecandyshoppe.com

36

**DEVRIENTD FARM PRODUCTS**  
178 South Mast St.  
Goffstown, NH 03045  
603-497-2793  
devrientdfarm.com

40

**GRANITE STATE CANDY SHOPPE**  
832 Elm Street  
Manchester, NH 03101  
603-218-3885  
granitestatecandyshoppe.com

37

**DUDLEY'S HOMEMADE ICE CREAM**  
846 Route 106 N  
Loudon, NH 03307  
603-783-4800  
Find us on Facebook



41

**HAYWARD'S FAMILY ICE CREAM**  
383 Elm Street  
Milford, NH 03055  
603-672-8383  
haywardsfamilyicecream.com

# MERRIMACK VALLEY

42

**HAYWARD'S HOMEMADE ICE CREAM - MERRIMACK**  
360 Daniel Webster Highway  
Merrimack, NH 03054  
603-424-5915  
haywardsicecream.com

45

**SUB ZERO NITROGEN ICE CREAM**  
83 Main Street  
Nashua, NH 03062  
603-943-8491  
subzeroicecream.com

48

**THE VELVET MOOSE ICE CREAM SHOPPE**  
25 East Main Street  
Warner, NH 03278  
603-456-2511  
Find us on Facebook

43

**HAYWARD'S HOMEMADE ICE CREAM - NASHUA**  
7 Daniel Webster Highway  
Nashua, NH 03060  
603-888-4663  
haywardsicecream.com

46

**SUB ZERO NITROGEN ICE CREAM**  
119 Hanover Street  
Manchester, NH 03101  
603-218-3948  
subzeroicecream.com

49

**TROMBLY GARDENS, LLC**  
150 North River Road  
Milford, NH 03055  
603-673-0647  
tromblygardens.net

44

**RICHARDSON'S FARM**  
170 Water Street  
Boscawen, NH 03303  
603-796-2788  
richardsonsfarmnh.com

47

**THE BIG 1 ICE CREAM STAND**  
185 Concord Street  
Nashua, NH 03064  
603-402-1182  
thebig1icecream.com

50

**TRUE CONFECTIONS CANDIES & GIFTS**  
211 Loudon Road, Ste. D  
Concord, NH 03301  
603-226-3536  
trueconfectionssnh.com



# WHAT'S THE REAL SCOOP... ON DAIRY?

## COW CARE

- Dairy farmers' commitment to ensuring high-quality milk begins with taking good care of their cows and treating them with respect. The physical comfort of cows is just as important as their emotional comfort. Treating animals with respect and compassion is part of every dairy farmer's heritage.
- On average, dairy cows spend 45 minutes a day in the milking parlor. The rest of the time, they're on pasture, lazing about in the barn, socializing, eating, and drinking. Cows live extremely pampered lives.



## ENVIRONMENT

Dairy farmers work to conserve resources such as water, land, and energy. Farmers have tools to measure soil, carbon, water, and energy to make decisions that help their farms use resources efficiently. Dairy farmers were environmentalists long before anyone else.

- Dairy farmers live on or near the land they farm. They understand the importance of protecting natural resources for future generations. Practicing environmental stewardship is not only good for communities and families, it's the right thing to do. Dairy farmers remain committed to leaving a positive environmental footprint for future generations.



## NUTRITION

• When considering the numerous health benefits, the inexpensive cost per serving, and the amount of nutrients packed in each serving, dairy products are essential part of a healthy diet. There is no other beverage that naturally provides the same nutrients as real milk.

- Researchers at the University of Maine found that adults who consumed more dairy products scored "significantly" higher on memory and other cognitive tests than those who drank little to no milk. Those with high milk intake were five times less likely to fail the test compared to non- milk drinkers.



- Women who eat at least three servings of dairy foods each day are 80 percent less likely to be obese than those who don't.
- A study of over 37,000 middle aged women found that those with the highest intakes of low-fat dairy had a reduced risk of type 2 diabetes. Similarly, a study of men found a reduced risk of type 2 diabetes with increased consumption of low-fat dairy.



## HORMONES AND ANTIBIOTICS

### MILK DOES NOT CONTAIN ANTIBIOTICS. IT IS ILLEGAL.

All milk, both conventional and organic, is antibiotic free. Milk is tested three times before bottling. If it tests positive at any stage, it gets dumped and never enters the food supply.

**HORMONES IN MILK?** Hormones are simply chemical messengers produced naturally in both animal and plant foods– from celery to salmon to wheat and chicken. There are no “hormone-free” foods, including milk. Hormones are never added to milk. Milk is one of the simplest foods you can buy.



## NEW HAMPSHIRE'S AGRICULTURE

Milk sales rank third in value of all New Hampshire agricultural commodities sold. (2020, NASS Agricultural Statistics Annual Bulletin)

The value of New Hampshire's total agricultural industry is approximately \$1.2 billion. This includes \$513.8 million in sales related to agricultural products and \$720.6 million in sales related to agritourism. (2021, The Economic Impact of Agriculture, New Hampshire 2019; 2021, The Economic Impact of Agritourism, New Hampshire, 2019)

Agriculture (production and agritourism) supports nearly 20,000 jobs in New Hampshire. (2021, The Economic Impact of Agriculture, 2019)



## NEW HAMPSHIRE DAIRY FACTS

- The New Hampshire dairy industry is located primarily in the Connecticut River Valley on the state's western borders and along the Merrimack River Valley in the center of the state. There are approximately 90 dairy farms in New Hampshire with an average of 120 milking animals per farm.
- Every glass of milk contributes jobs, income, and vitality to the community. The dairy industry in New Hampshire employs more than 5,000 skilled individuals, generates more than \$184 million in direct wages, and has an overall economic impact of \$1.89 billion on the state's economy.
- In 1990 New Hampshire was home to 275 family dairy farms. Today, approximately 90 remain. The cost of production has exceeded farm income for a prolonged period, causing a continuous decline in farm numbers.

## DID YOU KNOW:

Fake milk may contain up to 12 added ingredients. Real dairy has three ingredients. Cow's milk, Vitamin A, and Vitamin D.

The largest source of ghg emissions in the U.S. is from burning fossil fuels for electricity, heat, and transportation. It's not the cows.

Real dairy delivers sustainable, accessible, and affordable food with unparalleled health and nutrition benefits.

# WHERE'S YOUR MILK FROM?



“BE SURE TO  
CHECK YOUR JUGS!”

New Hampshire is a milk deficit state. We don't produce what's needed to supply the state's growing population with enough dairy products. The more local farms we lose, the more milk we have to import.

How can you help? You should Check Your Jugs!!! Supporting local dairy farms is easy if you know what to look for.

Each container of milk is identified with a code near the sell by date. If you don't see it there, check the milk label. There is a two-digit state code followed by a two- or three-digit plant code.

If the code starts with **33**, you can be sure your milk was locally sourced and produced in New Hampshire. Let's not lose the privilege to buy a fresh, local product. Remember to Check Your Jugs.

All New England codes for reference:

**33 = NEW HAMPSHIRE**

23 = Maine

50 = Vermont

25 = Massachusetts

09 = Connecticut

44 = Rhode Island



LOOK TO  
SEE #33

THANK YOU TO  
OUR DELICIOUS  
LOCAL ICE CREAM  
SPONSORS



Granite State Dairy Promotion  
PO Box 397  
Tilton, NH 03276  
[nhdairypromo.org](http://nhdairypromo.org)



NH Department of Agriculture,  
Markets & Food  
25 Capitol St., PO Box 2042  
Concord, NH 03301  
603-271-3788 • [agriculture.nh.gov](http://agriculture.nh.gov)

# "Wicked Good" Dairy Delites



NEW HAMPSHIRE COWS MAKE "WICKED GOOD" ICE CREAM

# FRISKY COW GELATO



Premium Artisan Product  
100% NH Milk & Cream

Scoop Shop: 80 Krif Rd, Keene

THE  
Best Scoop  
IN Town!

BRU•STER'S  
real ice cream

OUR PREMIUM ICE CREAM IS  
MADE FRESH ON SITE DAILY

Bruster's of Nashua 621 Amherst Street (Rt. 101A)  
(603) 881-9595

# Dudley's Homemade Ice Cream

Come visit us!

846 Rt. 106 N., Loudon  
(603) 783-4800



# Connolly Brothers Dairy Farm Ice Cream

"Homemade at the Farm"

Enjoy our ice cream while visiting the lovely  
Jersey cows who help us to make over 25  
flavors of premium ice cream

140 Webster Hwy Temple, NH 03084

(603) 924 5002

Hours: 8am-8pm 7 days Find us on Facebook

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Scoop?



From our family to yours ☺

7 D.W. Highway, Nashua NH 603-888-4663  
364 D.W. Highway, Merrimack NH 603-424-5915  
Making award winning Ice Cream for 80 years!



**Buy 1, Get 1 FREE  
on Small Cones**

Free item must be of equal or lesser value. Offer not to be combined with the other offers. 1 Coupon per visit. \*Ice Cream Trail Special\*

298 Plainfield Road \* West Lebanon, NH \* 603-298-6884

[www.foreugolf.com](http://www.foreugolf.com)



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PREMIUM ICE CREAM  
MADE ON PREMISE

**MADE IN THE 603**

**Making Memories One Scoop At A Time**

50+ Regular Flavors  
Weekly Seasonal and Special Flavors  
Locally sourced ingredients with our own maple syrup, honey, harvested fruits and baked ingredients.



The best confections you will ever enjoy!

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**Kilwins Portsmouth**  
20 Congress Street/Market Square/Portsmouth



**The Big 1 Ice Cream Stand**

185 Concord St  
Nashua, N.H. 03064

Ice Cream, Frappes, Banana Splits!  
Sundaes, Hot Dogs  
Homemade Novelties!

.50 off any Sundae or Banana Split!

[www.thebig1icecream.com](http://www.thebig1icecream.com)



A unique medieval candy kingdom, chocolate factory & ice cream restaurant!

**LICKEE'S & CHEWY'S**  
Candies & Creamery

Ice Cream  
Gigantic Shakes  
Soft Serve & Dipped Cones

53 Washington St, Ste 100, Dover, NH 03820 603-343-1799 [www.lickeesnchewys.com](http://www.lickeesnchewys.com)

**Trombly Gardens LLC**

150 N. River Rd, Milford NH  
[tromblygardens@yahoo.com](mailto:tromblygardens@yahoo.com)  
[www.tromblygardens.net](http://www.tromblygardens.net)



603-673-0647

**Live It, Love It, Dig It!**

**Lone Oak**

**We Make Our Own Ice Cream!**



175 Milton Road • Rochester  
[www.loneoakicecream.com](http://www.loneoakicecream.com)



**\$1.00 OFF**  
Your purchase of any size cone!

Expires 8/31/2022. One coupon per customer per visit.  
Must present coupon at time of redemption.

Featuring Gifford's® famous ice cream & fresh, local food!

3 Depot Road | Durham, NH 03824  
603-862-1006 | [unh.edu/dairy-bar](http://unh.edu/dairy-bar)






GRANITE STATE DAIRY PROMOTION

Every dairy farm in the state is valuable. They are family owned and have been for generations. There is not one dairy farm more important than the other. Not all farms have the ability to process their own milk or sell direct from the farm.

We need all of our dairy farms and they need all of you.

## **GRANITE STATE DAIRY PROMOTION**

**Granite State Dairy Promotion**  
**PO Box 397 • Tilton, NH 03276**  
**[nhdairypromo.org](http://nhdairypromo.org)**

Brochure design by



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