



NEW HAMPSHIRE'S STUDENT TEAM-BUILDING & NATURE

Suggested Group Itinerary

Best Time to Visit: Spring through Fall

In New Hampshire, you can find an adventure that will bring you closer to your friends and change the way you view the natural world around you. Soar through the air, ride with the rapids, tunnel through narrow boulder caves, learn survival skills, and look wildlife in the eye.

Day 1

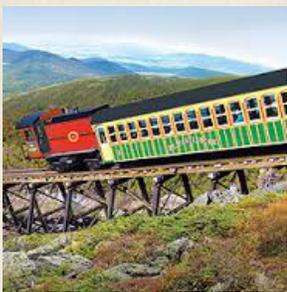
- Start out this tour big with BIG DROPS at [Gunstock Mountain Resort \(1\)](#) in Gilford on their canopy and zipline course. Gunstock has the longest zipline in the continental United States at a mile and a half hitting up to 55 mph.
- After lunch, split up your drive north with a stop at the [Squam Lakes Natural Science Center \(2\)](#) in Holderness where you will see mountain lions, bobcats, raptors, otters, and more along a nature trail in their large, natural habitat areas. Many of these animals were rescued.
- Don't eat just any dinner; go to [D'Acres Farm \(3\)](#) in Rumney where Regina will do a cooking class using local ingredients and organic foods which you can all feast on afterwards. This is a working farm and educational center with overnight options in shared rooms for groups up to 20 guests, but of course, you can come for the day for their cooking programs and events.
- Head over to Lincoln for overnight after dinner.

Day 2

- Wake up in the morning with [Lost River Gorge and Boulder Caves \(4\)](#) which has a wooded trail with boardwalks that bring guests over cascading falls and to a series of caves including one called the Lemon Squeezer.
- After lunch, journey even deeper into the White Mountains on an [Alpine Adventures Off-Road Safari Tour \(5\)](#) in their custom 6-wheel off-road vehicles that can get as crazy as the group inside.
- Moose are moving the most at dusk and dawn so once the sun starts to set, hop on the modified [Pemi-Valley Moose Tour \(6\)](#) bus with its brake system and engine hum that won't scare the moose away. They have a 98% sighting rate.

Day 3

- Head north for a white water rafting adventure on the Androscoggin River with [RaftNH \(7\)](#). They also offer stillwater tours with kayaks, canoes, or paddleboards.



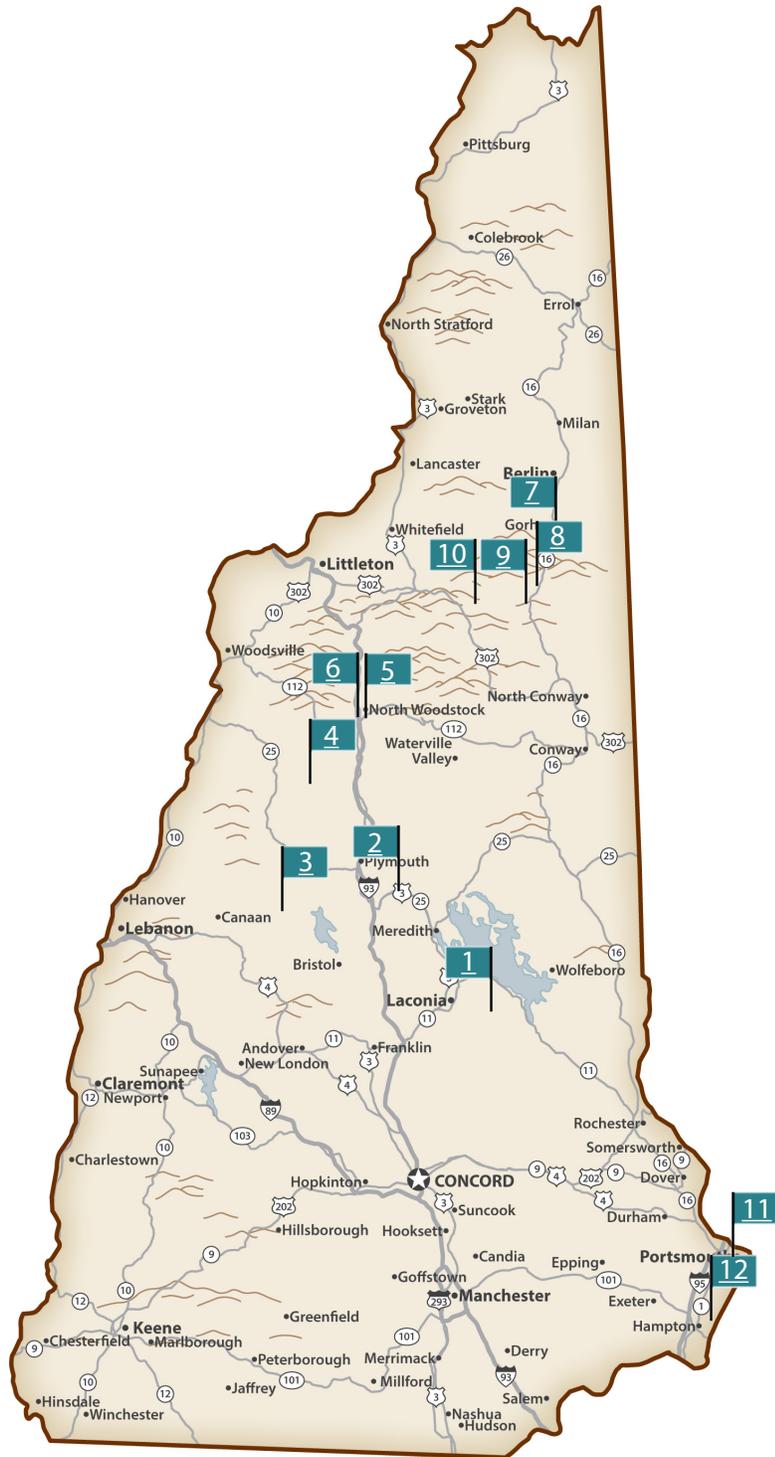
Day 4

- Today is your hiking day! The [Appalachian Mountain Club's \(8\)](#) Joe Dodge Lodge in Pinkham Notch and Highland Center in Crawford Notch both have plenty of gear that is available to overnight guests and day guests for tours to use for free. Your mountain guide will be there to help size and prepare your group.
- Depending on how ambitious and experienced your group is, you may want to hike to the summits and camp in the mountains. If you want to shorten the trek, you can take the [Mount Washington Auto Road's \(9\)](#) guided stagecoaches part way up Mount Washington and then get dropped off at the Alpine Garden Trail. From here you can trek to the Lake of the Clouds AMC high hut and continue to the summit of this amazing peak. Views are spectacular and the experience is challenging and rewarding. There are plants and birds that can only be found on Mount Washington.
- There are three ways down the mountain: hike out, return via the Auto Road, or take the [Mount Washington Cog Railway \(10\)](#) down to the other side of the ridge that meets up with Route 302 where your coach can meet to pick you up.

Day 5

- From the mountains to the sea, head south to end your tour with salty air and crashing waves. New Hampshire's seacoast has the top cleanest, sandy beaches in North America and is packed with adventures such as whale-watching, deep-sea fishing, and your group can even sail a [gundalow \(11\)](#) from the harbor city of Portsmouth!
- Cap your tour off with a celebration lobster bake feast catered by [Petey's \(12\)](#).

NEW HAMPSHIRE'S TEAM-BUILDING & NATURE Itinerary Map



NEW HAMPSHIRE'S TEAM-BUILDING & NATURE

Additional Information

Gunstock Mountain Resort, Gilford - the Aerial Treetops Adventures course which includes 8 different courses through an area the size of 4 by 2 football fields. There will be 92 different challenges and multiple zip-lines. Contact: Wendy Barrett info@gunstock.com P: 603-737-4320 www.gunstock.com

Squam Lakes Science Center, Holderness - Squam Lakes Cruise The focus of this 90-minute guided tour is the natural history and ecology of Squam Lake. An experienced naturalist/educator guides the group in search for wildlife, including the Common Loon and Bald Eagle and help groups observe Loon and Eagle nesting behavior firsthand. Contact: Amanda Gillen, amanda.gillen@nhnature.org P: 603-968-7194 http://www.nhnature.org/nature_lakes.html

D'Acres Organic Farm and Educational Homestead, Dorchester - Non-profit working farm dedicated to education and sustainability. Whether your group stays at D'Acres or wishes to visit them for a day-long program, guests will gain valuable knowledge and experience that can carry over to their day-to-day lives. Contact: Josh Trought, info@dacres.org P: 603-786-2366 www.dacres.org

Lost River Gorge and Boulder Caves, North Woodstock - Gigantic boulders stacked like blocks – the mosses, the boulder caves, intricate boardwalks, magnificent views, and intriguing history – Lost River has an ecology trail, a nature garden, and visitors can pan for gemstones as well. Contact: Deb Williams, gm@lostrivergorge.com P: 603-745-8034 www.findlostriver.com

Alpine Adventures, Lincoln - The new “Thrillville” Aerial Park has an abundance of excitement with bridges, cargo nets, rope ladders, zip-lines, giant swings, a tree house and the first Powerfan © free-fall device in the United States. Alpine is also adding a new “Tree Trek” tour that will complement the zip-line courses and summer Off-Road Tours on a private 300 acre terrain. Early evening cookouts are held throughout the summer. Contact: Allan Guilbeault allan@alpinezipline.com P: 603-745-9911 www.alpinezipline.com

Pemi Valley Moose Tours, Lincoln - Now has a larger coach to take groups on a three hour moose excursion through the White Mountains and Grand North. The tour has a 97% success rate. Contact: Larry Hartle moosetour@yahoo.com P: 603-745-2744 www.moosetournh.com

Raft NH, Gorham - Adding two new exciting Class III and IV whitewater rafting trips and a new tranquil float trip. They doubled the size of their raft and kayak fleet to accommodate large groups, conventions, and tour buses. Up to 65 people per trip and off-street parking available for buses. Fresh meals served at the gorgeous Mahoosuc Inn. Contact: Karen Tolin, info@dogslednh.com P: 603-545-4533 www.raftnh.com

Appalachian Mountain Club (AMC), White Mountain National Forest - AMC owns and operates several eco-lodges and eight high huts throughout the White Mountains and encourages groups to take advantage of their guided adventures for all abilities, rentals, educational programs, lodging, and dining offerings. Offered in 2012, guests staying at the Joe Dodge Lodge in Pinkham Notch can snowshoe, x-country ski, and tube for free with Great Glen Trails. Adventure groups- ask about hut-to-hut hiking! Contact: Rob Burbank, rburbank@outdoors.org P: 603-466-8137 www.outdoors.org

Mount Washington Auto Road, Pinkham Notch – Beautifully scenic, historic, and impressive road to the summit of Mount Washington. Ride in the Great Glen Trail's modified stages to reach the summit or participate in guided bird-spotting or ecology drives. Contact: Howie howie@mt-washington.com 603-466-3988

Mount Washington Cog Railway, Mount Washington - For more than 140 years, visitors have been taking this historic track to the summit of the highest peak in the Northeast. Groups can choose between taking the historic steam locomotives or the new eco-friendly biodiesels up the track. Groups are also invited into the all-new Marshfield building which offers more seating and restrooms at the Peppersass Restaurant. The Mount Washington Cog Railway is the second steepest mountain climbing train in the world and the only one built entirely on a trestle. Contact: Sue Presby sue@thecog.com P: 603-278-2256 www.thecog.com

Gundalow Company, Portsmouth- Launched their new gundalow cruise PISCATAQUA in December 2011 and it is set to sail with up to 30 passengers beginning Memorial Day weekend through October. Docked at Prescott Park. Contact: Meridith Wilson, m davidson@gundalow.org P: (603) 433-9505 www.gundalow.org

Petey's Clam Bake, Rye – Offering private and catered clambakes, lobsterbakes, and more for every occasion. Contact: Peter Aiken Jr, info@peteys.com P: 603-433-1937 www.peteys.com