



Regional Spotlight on New Hampshire's Seacoast Region

On the map [New Hampshire](#) may seem like a small state, but in fact, it features seven distinct tourism regions. From historic river valleys to the soaring peaks of the highest mountains in the Northeast, each of the regions which offers a wide variety of things to enjoy throughout the year.

New Hampshire's Seacoast Region, the smallest region of the state comprises a 17-mile coastal stretch of the state between Massachusetts and Maine. Situated a short drive on I-95 from Boston or from Portland, Maine, this region features some of New England's most lively beach communities and also the city of [Portsmouth](#), one of northern New England's hubs of culture and cuisine.

The Seacoast offers everything you could want from coastal New England, from colorful lobster traps dotting its harbors to historic towns and cities. The region's beaches, including [Hampton Beach](#) and [Rye Beach](#), are often noted as some of the cleanest beaches in all of New England and truly come to life in the summertime with a fun-loving culture. The coastal landscape varies between classic sandy beaches and dramatic, rocky outcroppings and jetties.

Hampton Beach features the Sea Shell Stage with free concerts and weekly fireworks and is also home to the [Casino Ballroom](#) which regularly hosts top national entertainers. Its main street is lined with row after row of lodgings, amusements, restaurants and shops.

The coastal city of Portsmouth is one of the cultural hubs of northern New England with a bustling downtown featuring popular independently owned restaurants and breweries and a lively nightlife.

Established in 1653, Portsmouth is one of the oldest cities in the US and it is brimming with historic sites, including [Fort Constitution](#) and [Fort Stark Historic Site](#). Its cobblestone streets are perfect for a sunny stroll with the family. More recently, Portsmouth has been a favorite for young professionals.

For more information, visit www.visitnh.gov

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ABOUT THE DIVISION OF TRAVEL AND TOURISM DEVELOPMENT

The Division of Travel and Tourism Development, as part of the New Hampshire Department of Resources and Economic Development, works with the state's seven travel regions to increase visitation, travel and visitor expenditures in order to expand business activity and employment throughout the state. The division is responsible for domestic and international advertising and public relations,

literature publication and distribution, www.visitnh.gov administration, grant administration and research to monitor and measure the impact of travel and tourism to the state. For more information about New Hampshire tourism, call 603-271-2665 or visit www.visitnh.gov.