



Image Courtesy: Gunstock Mountain Resort



Image Courtesy: Raft NH

# TEAM BUILDING & NATURE TOUR

*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 one of the longest zipline in the continental United States at a mile and a half, hitting speeds 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 offers a cooking class using local ingredients and organic foods. This working farm and educational center has 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 boulder caves including 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.



Image Courtesy: Gundalow Cruises



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## Day 4

- Today is your hiking day! The Appalachian Mountain Club; [Joe Dodge Lodge \(8\)](#) in Pinkham Notch and Highland Center in Crawford Notch both have plenty of gear that is available for guests to use at no charge. Your mountain guide will help 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 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 are found only 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 you.

## 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 cleanest, sandy beaches in North America and is packed with adventures such as whale-watching, deep-sea fishing, and your bus can even sail a recreation of a 1700's shipping barge with [The Gundalow Company \(11\)](#) from the harbor city of Portsmouth!
- Cap your tour off with a celebration lobster bake feast catered by [Petey's Summer-time Seafood \(12\)](#).

**LIVE FREE** and  
*explore*

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