

From high-energy extreme sports, cutting-edge restaurants, to unique craft wineries and breweries, **New Hampshire** (www.visitnh.gov) offers an abundance of destinations and activities geared toward the experiential craving millennial traveler.

Below are samples of destinations and activities geared towards millennial travelers across the state of New Hampshire:

[Local Brews & Cuisine at Throwback Brewery:](#)

Throwback Brewery, set on a 12-acre working farm in North Hampton creates farm-fresh beer and food using only local ingredients. It is the only brewery in the state that uses at least 70% (and up to 99%) of New England based ingredients in every batch of beer. Visitors can choose from a wide variety of year-round beers, including their “Hog Happy Hefeweizen” and “Maple-Kissed Wheat Porter” to some of their experimental beers and seasonal batches, including a Caramel Macchiato brew as well as a Rhubarb, Jalapeno and a Chai Porter blend.

[Aerial Views of the White Mountains:](#)

Instead of looking up at the White Mountains, try looking down for a change of scenery on a tour with White Mountains Helicopter. Trips are based from Warren, NH and fly across various routes over the region with views of the White Mountains, the Connecticut River and Crawford Notch.

[Water Sports on Lake Winnepesaukee:](#)

EKAL Activity Center, on Lake Winnepesaukee, offers kayaking, canoeing, stand up paddle boarding, bicycles, aqua cycles and chartered cruises from their home base at Mills Falls. Located on the shores of Meredith Bay, the water is only steps away. Additionally, EKAL is also home to the Miss Meredith, a beautifully restored, wooden antique boat that is available for charter.

[Sip NH Wines and Ciders at Hermit Woods Winery:](#)

This Meredith, NH winery produces its own fruit-based wines, meads and ciders. All products from Hermit Woods are made with local ingredients and are vegan, gluten-free, raw and made from mostly organic fruit. Hermit Woods Winery offers a tasting room as well as winery tours.

[Get Your Adrenaline Pumping at Gunstock Mountain Resort:](#)

Gunstock Mountain Resort in Gilford offers the largest aerial obstacle course in New England with its Aerial Treetop Adventure. Thrill seekers can reach speeds up to 65 mph alone as they fly down the summit of Gunstock Mountain, one of the longest zip lines in the country.

[Hang Out in the Tree-Tops at Bretton Woods:](#)

Situated on the slopes of Bretton Woods at the Mount Washington Resort, the 3-hour Bretton Woods Canopy Tour takes thrill-seekers across a series of tree-top zip lines, sky bridges and a network of platforms set high in the ancient hemlocks.

[Hit the Track at Team O’Neil Rally School:](#)

Located in Dalton, the Team O’Neil Rally School offers 1-5 day driving courses for students all levels. The school’s facility includes over 70 vehicles, 6 miles of authentic rally roads, two skid pad and slalom courses and over 600 ft. of elevation changes.

[Take on the Trails with Bear Rock Adventures](#)

Ride the Wilds and experience the 1,000+ miles interconnected off highway recreational vehicle (OHRV) trails in Pittsburg with Bear Rock Adventures. With the most diverse, well-kept fleet of 2, 4 and 6 seat Polaris OHRV rentals in the Northeast, Bear Rock Adventures provides all that visitors need for a unique way to experience outdoor adventure of the North Country.

[Paddle New England with Portsmouth Kayak Adventures](#)

Experience the beauty of the Seacoast Region by water with Portsmouth Kayak Adventures. Stand up paddle board and kayak tours are offered through New Castle, the Portsmouth Harbor and the Great Bay.

[Skydive and Surf Year-Round with SkyVenture](#)

Located in Nashua, SkyVenture New Hampshire brings the most extreme sports to a controlled indoor setting. Guests to SkyVenture can experience indoor skydiving with a state-of-the-art indoor vertical wind tunnel, indoor surfing on a 32' Surfstream wave and a climb up a 24-foot Nicros A.R.T. rock wall.