



## The Upper Valley..... A Special Place

The Upper Valley Region is a special place for those of us who know it, but where is it and what makes it special? In general, the Upper Valley is a geographical area that stretches along each side of the Connecticut River in central New Hampshire and Vermont. The river separates the two states, but it is also a bond between them. The region includes a variety of topography from the foothills of New Hampshire's White Mountains and the Green Mountains of Vermont to the rolling agricultural land along the Connecticut. The Upper Valley is approximately two hours from Boston, four and a half hours from New York City, and three hours from Montreal. New Hampshire's state capital, Concord, is about an hour away as is Montpelier, the capital of Vermont. Vermont's largest city is Burlington, which is one and a half hours away; it takes about the same time to get to Manchester, New Hampshire's largest city.

The geographical center of the Upper Valley is Hanover/Lebanon on the New Hampshire side and Hartford/Norwich in Vermont. Hanover is home to Dartmouth College, one of the Ivies and the ninth oldest college in the nation. In Lebanon, on the edge of the Hanover/Lebanon city line is the new Dartmouth Hitchcock Medical Center. Lebanon is a retail/commercial and light industry center supported by a commercial airport. On the Vermont side, the town of Hartford is the crossroads of Interstates 89 & 91, which leads North-South and East-West. Passenger service by Amtrak's "The Vermonter" makes daily stops in White River Jct., VT. Norwich, just north of White River Jct., is a charming New England community, which maintains its own special character while enjoying inter-relationships with Hanover and other communities. Norwich and Hanover make up the Dresden School District, the first inter-state school district in the nation, created in 1963, which includes the Richmond Middle School and Hanover High School.

Some people might think of the area as "isolated northern woods." Yes, there are a lot of woodlands and conservation, and the wise use of our forests, open meadows, hillsides, and waterways is very important. The Upper Valley is readily accessible in any season by train, plane, bus, and automobile on well-maintained roads and interstate highways (the snow crews are terrific). Some visitors actually hike here via the Appalachian Trail, which runs from Maine to Georgia, and meanders through Hanover up and down Main Street (business district) and crosses the Connecticut River into Norwich. Commercial air service is available to and from New York; a regional bus transportation system, Advance Transit, serves the area as well. Vermont Transit (Greyhound) provides service to major metro areas including Boston, New York City and Montreal.

Beyond the central geographical core of the Upper Valley is an array of distinctive communities and villages. One of the special qualities of the area is the combination of micro-urban environments with quiet, rural hamlets and open spaces only minutes apart. There are lifestyle choices from rural living to in-town convenience, from larger communities to small villages, from farm and horse country to resort and recreational communities.

The economy in the Upper Valley is robust. Major employers include Dartmouth College, Dartmouth-Hitchcock Medical Center, the U.S. Army Corps of Engineers' Cold Regions Research & Engineering Lab (CRREL), and a number of research and development and light manufacturing companies that provide a stable foundation for employment and commerce. Biomedical, engineering and computer software research and development firms continue to emerge. The unemployment rate in the region has been consistently low in both states.

Medical services in the Upper Valley are comprehensive. Just minutes from the Dartmouth campus and downtown Hanover and Lebanon is the Dartmouth-Hitchcock Medical Center (DHMC). This medical center includes the 422-bed Mary Hitchcock Memorial Hospital, the Dartmouth-Hitchcock Clinic (multi-specialty group practice of over 350 staffed physicians), the Norris Cotton Cancer Center (one of 28 comprehensive cancer research and treatment facilities in the country), Dartmouth Medical School, and a 74-bed Veterans Administrative Hospital located in White River Jct. The Alice Peck day Memorial Hospital (APD) in Lebanon is a 35-bed community hospital with a 72 bed nursing

home. With over 60 physicians on staff, APD offers personalized care in a home-like environment. Other community hospitals within the general region include Mt. Ascutney Hospital and Health Care in Windsor, VT. There are also individual and group family practices as well as the Good Neighbor Health Clinic in White River Junction.

The Upper Valley is blessed with a wide array of shopping and dining options. There are retail businesses from mom and pop type stores to chain retail centers. There are strip and indoor malls in Lebanon to traditional Main Street and business districts in Hanover and White River Jct., where there are a lot of specialty shops and dining establishments. In Norwich there is the renowned general store, Dan & Whit's, where it is said, "If we don't have it, you don't need it."

Educational opportunities are abound in the Upper Valley. There are private and public preschools, primary and secondary schools, as well as graduate and adult education programs. The area's schools, at all levels, are very highly regarded. Approximately twenty five percent of Hanover High Schools student population is tuition paying from communities outside of Hanover and Norwich. In addition to Dartmouth's undergraduate and graduate level program, and its Institute for Lifelong education at Dartmouth (ILEAD), there is the College for Lifelong Learning, (a part of the University System of New Hampshire), River Valley Community College, and a variety of technical schools and colleges. Dartmouth is a private, co-educational, four-year Liberal Arts College founded in 1769 by the Reverend Eleazar Wheelock. The institution sits on a 200-acre main campus immediately adjacent to Hanover's downtown business district in the southwestern corner of the township. Seventeen graduate programs in the arts and sciences, professional schools including the Tuck School of Business Administration, Thayer School of Engineering, and the Dartmouth Medical School compliment Dartmouth's undergraduate college. Dartmouth, with over 4,200 undergraduate and 1,200 graduate students, is one of the most prestigious colleges in the nation. While Dartmouth emphasizes the traditions of a small college, the institution is recognized as a research university. The college employs over 3,000 faculty, administrators, and staff members.

Cultural and academic activities are centers at Dartmouth's Hopkins Center for the performing arts, the Hood Museum of Art, and the Black Family Visual Arts Center. Year round, there are conferences and lecture series including special events at the graduate schools and The Rockefeller Center for the Social Sciences. Several communities have local theatre groups, art exhibits and galleries including the AVA Gallery in Lebanon and the League of New Hampshire Craftsmen in Hanover. The Montshire Museum of Science, located on the banks of the Connecticut River in Norwich, offers indoor and outdoor exhibits and programs for all ages, all year long. Public libraries in our towns are well used and cherished institutions.

There is an abundance of individual, team, and family recreational and sporting opportunities for all ages. Youth activities, organizations, and sports include ice hockey, figure skating, downhill and cross country skiing (the Ford Sayre Ski Program has produced a substantial number of US Ski team Olympians), baseball, basketball, field hockey, track and field, soccer, football, tennis, lacrosse, golf, and kayaking among many others. Many area communities have recreational programs and community centers. The Connecticut River is just one of the hundreds of rivers, streams, ponds and lakes offering a variety of canoeing, motor boating, rowing, sailing, and swimming. There are family campgrounds, picnic areas, nature walking and hiking trails and networks. The Rail Trail has emerged significantly in recent years, connecting downtowns to more rural areas with employment centers. The Rail Trail offers access for hiking, bicycling, skiing, horseback riding, and snowmobiling. There are numerous golf courses and ski areas within a short drive from most centers of the Upper Valley, and of course, hunting, fishing, and popular sports in the "north country." High school and college events are popular as well. Dartmouth College offers 34 men's and women's varsity sports including hockey, baseball, soccer, football, basketball, rowing, golf, and lacrosse among many others. Dartmouth's athletic teams compete against Ivy League and non-league opponents. The Dresden School District has a full complement of athletic programs.

The Upper Valley is a great place to live and work, but there are some special reasons why natives, "near natives," and newer residents call the Upper Valley home. It is a quiet place...the place is slower than lots of places. Low levels of crime, noise, and pollution contribute to a sense of being safe. The work ethic is strong and signs of independence and pride are all around. The beauty of the landscape mountain and valley views, pastures and dense woodlands, rivers and lakes, stone-walls, rural and village character, and the

**For more information about the Hanover area, contact Hanover Area Chamber of Commerce**

PO Box 5105, 53 South Main Street, Suite 208, Hanover, NH 03755

Phone: (603) 643-3115 · fax: (603) 643-5606

[hacc@hanoverchamber.org](mailto:hacc@hanoverchamber.org)

[www.hanoverchamber.org](http://www.hanoverchamber.org)



quality of fresh air and water combine to make this place special. Changing seasons, melting snow, emerging buds of spring, summer's colorful flowers and ripening hayfields...the crisp, refreshing air and brilliant colors of fall and the excitement of winter's first snowfall keep us in touch with the land. The charm of this valley can be found in its history, cultural sophistication, socioeconomic and political mix, good neighbors, spectacular beauty and educational and recreational opportunities. The Upper Valley...a very special place to enjoy...for a day, a leisurely weekend or a lifetime.





## Welcome to Hanover!

The Town of Hanover and surrounding region is a part of what is known as "The Upper Valley". This designation refers to a geographic area stretching along both sides of the Connecticut River in Central New Hampshire and Vermont. At the region's center are the towns of Hanover & Lebanon on the New Hampshire site and Hartford (White River Junction) & Norwich in Vermont.

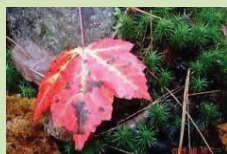
Each Upper Valley town has its own distinctive character and beauty. Hanover is home to Dartmouth College (one of the Ivies and the ninth oldest college in the nation) and enjoys a lively, traditional business district and beautiful countryside.

The Hanover Area Chamber of Commerce has an attractive, dynamic and diverse membership. We'd like to give you several opportunities to learn how we might be a good investment for your business. Through our member outreach program, you can speak with one of our Ambassadors, sit in on a Task Force meeting or attend one of our Business after Hours programs.

## About Hanover

Create memories in the Hanover Area during any season, whether it is just for a day, a weekend getaway, or a lifetime.

These delightful towns of [Hanover, NH](#) and [Norwich, VT](#) represent two states nestled along the banks of the Connecticut River, halfway between Massachusetts and Canada, and just a few miles north of the crossroads of Interstates 89 and 91. The towns of Hanover, NH, and Norwich, VT are a visitor's paradise in any season.



**Fall** foliage is extraordinary in the Hanover Area during peak season. The area is ripe for picking apples, pumpkins and enjoying corn mazes, as well as hayrides. In addition, it is the perfect weather for shopping!

**Winter** activities include skating at Occom Pond and indoor arenas; alpine skiing at the Dartmouth Skiway and other local and regional ski areas; cross-country skiing at the Hanover Country Club, Eastman (Grantham) and Woodstock, VT not to mention sledding. Winter Fest, Howl at the Moon and Winter Carnival are unique events on our winter calendar.



**Spring** brings mud season, signaling the beginning of events that celebrate this "glunky" New England phenomenon. Join in River Fest or Maple Sugaring or a brisk walk while watching birds migrate into the region. Maybe you would like to stroll down a street filled with specialty shops, businesses and restaurants, when the Hanover Area springs into action!

**Summer**'s warm days and cool nights provide the perfect environment to "beat the heat." Go to an outdoor concert; see theater; canoe, kayak and/or swim the Connecticut River; hike the Appalachian Trail; sip a beverage on a true New England patio; camp; 'shop till you drop'; or come for Street Fest. Get out of the heat and get to the Hanover Area in the summer.



## A TASTE OF... LOCAL AREA ATTRACTIONS

### New Hampshire

**AVA Gallery and Art Center**

*Monthly exhibitions and classes for all ages*

11 Bank Street  
Lebanon, NH 03766  
(603) 448-3117  
[www.avagallery.org](http://www.avagallery.org)

**James W. Campion III Rink**

*Indoor ice rink offering public skating and drop in hockey.*

394 north Main Street  
West Lebanon, NH 03784  
(603) 643-1222  
<https://www.campionrink.org/>

**Eastman Golf Links**

*18-hole, semi-public golf course at the Dartmouth corridor*

6 Clubhouse Lane  
Grantham, NH 03753  
(603) 863-4500  
[www.eastmangolfinks.com](http://www.eastmangolfinks.com)

**Enfield Shaker Museum**

*Exhibits, special programs, guided tours and craft demonstrations*

447 NH Route 4A  
Enfield, NH 03748  
(603) 632-4346  
[www.shakermuseum.org](http://www.shakermuseum.org)

**The Quechee Club**

*Vermont's Premier-Four-Seasons Resort*

3268 Quechee Main Street  
Quechee VT 05059  
(802) 295-9356  
[www.quecheeclub.com](http://www.quecheeclub.com)

**The Fells**

*Garden paths, historic estate, hiking trails and exhibits*

456 Route 103A  
Newbury, NH 03255  
(603) 763-4789  
[www.thefells.org](http://www.thefells.org)

**Hanover Area Farmer's Market**

*Local agricultural and crafts vendors*

Wednesdays 3-6, June-October  
Dartmouth Green  
Hanover, NH 03755  
[www.hanoverchamber.org](http://www.hanoverchamber.org)

**The Hood Museum of Art**

*Diverse collection of art, one of the oldest college museums in the US*

Dartmouth College  
Hanover, NH 03755  
(603) 646-2808  
<https://hoodmuseum.dartmouth.edu/>

**Hopkins Center for the Arts**

*Live events, performances and concerts*

Dartmouth College  
Hanover, NH 03755  
(603) 644-2422  
[www.hop.dartmouth.edu](http://www.hop.dartmouth.edu)

**Lebanon Opera House**

*Historic theatre featuring live music, theatre, opera and dance*

51 North Park Street  
Lebanon, NH 03766  
(603) 448-0400  
[www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)

**Nugget Theatres**

*Hollywood features and other films*

57 South Main Street Hanover, NH  
03755  
(603) 643-2769  
[www.nugget-theaters.com](http://www.nugget-theaters.com)





## A TASTE OF... LOCAL AREA ATTRACTIONS

### **New London Barn Playhouse**

*Area's Premier Summer Stock Theatre!*

84 Main Street

New London, NH 03257

(603) 526-6710

[www.nlbarn.org](http://www.nlbarn.org)

### **Opera North**

*Northeast's premier summer opera festival*

20 West Park Street

Lebanon, NH 03766

(603) 448-4141

[www.operanorth.org](http://www.operanorth.org)

### **Saint-Gaudens National Historic Site**

139 Saint Gaudens Road

Cornish, NH, 03745

603-675-2175

[www.nps.gov/saga](http://www.nps.gov/saga)

### **Storrs Pond Recreation Area**

*Camping, picnics, swimming, tennis and hiking*

50 Reservoir Road

Hanover, NH 03755

(603) 643-2134

[www.storrspond.org](http://www.storrspond.org)



## A TASTE OF... LOCAL AREA ATTRACTIONS

### Vermont

#### **Billings Farm and Museum**

*Operating dairy farm and museum of Vermont's rural past*

Route 12N, River Road

Woodstock, VT

05091

(802) 457-2355

[www.billingsfarm.org](http://www.billingsfarm.org)

#### **JAG Productions: African-American Theatre in Vermont**

5 South Main Street

White River Junction, VT 05001

(802) 332-3270

<https://www.jagproductionsvt.com>

#### **Main Street Museum**

58 Bridge Street

White River Junction, VT 05001

(802) 356-2776

<https://www.mainstreetmuseum.org/>

#### **Montshire Museum of Science** *Interactive exhibits and educational programs*

1 Montshire Road

Norwich, VT 05055

(802) 649-2200

[www.montshire.org](http://www.montshire.org)

#### **Northern Stage**

*Professional Theatre Company with year-long productions and classes*

12 Main Street

White River Junction, VT

05001 (802) 291-9009

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

#### **Simon Pearce**

*Glassblowing and pottery demonstrations; call for hours*

1760 Quechee

Main Street

Quechee, VT

05059

(802) 295-2711

<https://www.simonpearce.com/our-restaurant>

#### **Vermont Antique Mall**

5573 Woodstock Road

Quechee, VT 05059

(802) 281-4147

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

#### **VINS Nature Center**

*Live raptor and bird exhibits, trails, educational programs, lectures and events*

6565 Woodstock Road

Quechee, VT 05059

(802) 359-5000

[www.vinsweb.org](http://www.vinsweb.org)



### Museums & Galleries

**Aidron Duckworth Museum**  
(603)469-3444  
[aidronduckworthmuseum.org](http://aidronduckworthmuseum.org)

**AVA Gallery & Art Center**  
(603)448-3117  
[avagallery.org](http://avagallery.org)

**Enfield Shaker Museum**  
(603)632-4346  
[shakermuseum.org](http://shakermuseum.org)

**Hood Museum of Art**  
(603)646-2808  
[dartmouth.edu/~hood](http://dartmouth.edu/~hood)

**Hopkins Center Galleries**  
(603)0646-2422  
[hop.dartmouth.edu](http://hop.dartmouth.edu)

**Orozco Murals at Baker Library**  
(603)646-1469  
[Orozco Murals Dartmouth Hood](http://OrozcoMuralsDartmouthHood)

**Main Street Museum**  
(802)356-2776  
[mainstreetmuseum.org/](http://mainstreetmuseum.org/)

**Rauner Special Collections**  
(603)646-0538  
[dartmouth.edu/~library/rauner/](http://dartmouth.edu/~library/rauner/)

### Performing Arts

**Hopkins Center for the Arts**  
(603) 646-2422  
[hop.dartmouth.edu](http://hop.dartmouth.edu)

**JAG Productions**  
(802)332-3270  
[jagproductionsvt.com](http://jagproductionsvt.com)

**Lebanon Opera House**  
(603)448-0400  
[lebanonoperahouse.org](http://lebanonoperahouse.org)

**Northern Stage**  
(603)448-4141  
[northernstage.org](http://northernstage.org)

**NorthEast Shakespeare Ensemble**  
[nesetheatre.org](http://nesetheatre.org)

**Opera North**  
(603)448-4141  
[operanorth.org](http://operanorth.org)

### Sites

**Billings Farm & Museum**  
(802)457-2355  
[billingsfarm.org](http://billingsfarm.org)

**The Fells**  
(603)763-4789  
[thefells.org](http://thefells.org)

**Path of Life Garden**  
(802)674-6789  
[pathoflifegarden.com](http://pathoflifegarden.com)

**Saint-Gaudens National Historic Site**  
(603)675-2175 ext.100  
[nps.gov/saga](http://nps.gov/saga)

### Music

**Classicopia**  
(603)643-3337  
[Classicopia.org](http://Classicopia.org)

**North Country Chordsmen**  
(603)763-4098  
[northcountrychordsmen.com](http://northcountrychordsmen.com)

**Tuck's Rock Dojo**  
(603)727-4194  
[tucksrockdojo.com](http://tucksrockdojo.com)

**Upper Valley Music Center**  
(603)763-4789  
[uvmusic.org](http://uvmusic.org)

53 S. Main St. Suite 216; Hanover, NH 03755  
(603) 643-3115; [hacc@hanoverchamber.org](mailto:hacc@hanoverchamber.org)





## Kid Friendly Attractions

### New Hampshire

#### **James W. Campion III Rink**

*Indoor ice rink offering public skating and drop in hockey.*

394 North Main Street  
West Lebanon, NH 03784  
(603) 643-1222  
[www.campionrink.org](http://www.campionrink.org)

#### **Enfield Shaker Museum**

*Exhibits, special programs, guided tours and craft demonstrations*

447 NH Route 4A Enfield,  
NH 03748  
(603) 632-4346  
[www.shakermuseum.org](http://www.shakermuseum.org)

#### **The Fells**

*Garden paths, historic estate, hiking trails and exhibits*

456 Route 103A  
Newbury, NH 03255  
(603) 763-4789  
[www.thefells.org](http://www.thefells.org)

#### **Fort at No. 4**

267 Springfield Rd.  
Charlestown, NH 03603  
(603) 826-5700  
[Fortat4.org](http://Fortat4.org)

#### **Hanover Area Farmer's Market**

*Local agriculture and crafts vendors*  
Wednesdays 3-6, June-September  
Dartmouth Green  
Hanover, NH 03755

[https://www.hanoverrec.com/info/activities/program\\_details.aspx?ProgramID=30407](https://www.hanoverrec.com/info/activities/program_details.aspx?ProgramID=30407)

#### **The Hood Museum of Art**

*Diverse collection of art, one of the oldest college museums in the US*

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Hanover, NH 03755  
(603) 646-2808  
<https://hoodmuseum.dartmouth.edu/>

#### **Hopkins Center for the Arts**

*Live events, performances and concerts*  
Dartmouth College

Hanover, NH 03755  
(603) 644-2422  
[www.hop.dartmouth.edu](http://www.hop.dartmouth.edu)

#### **LL Bean Outdoor Discovery School**

*Come on an Adventure with LL Bean Outdoor Discovery School!*

8 Glen Road  
West Lebanon NH 03784  
603-298-6975  
[www.llbean.com/adventure](http://www.llbean.com/adventure)

#### **Mount Cardigan State Park**

*Excellent hiking and amazing views at Mt. Cardigan's summit*

Off Route 18  
Orange, NH 03741  
(603) 823-7722 ext. 757  
<https://www.nhstateparks.org/visit/state-parks/cardigan-mountain-state-park>

#### **Nathan's Garden**

*Local botanical garden, in memory of Nathan*

33 Maple St, Hanover, NH 03755  
Hanover, NH 03755

#### **Polar Caves**

705 Rumney Rte 25  
Rumney, NH 03266  
(603) 536-1888  
[Polarcaves.com](http://Polarcaves.com)

#### **Ray School Playground**

*Playground open to public before 8:00AM and after 3:00PM*

26 Reservoir Rd.  
Hanover, NH 03755  
[www.rayschool.org](http://www.rayschool.org)

#### **Richard W. Black Recreation Center**

*Classes and activities for all age groups*

48 Lebanon Street  
Hanover, NH 03755  
(603) 643-5315  
[Hanoverrec.com](http://Hanoverrec.com)

#### **Storrs Pond Recreation Area**

*Camping, picnics, swimming, tennis and hiking*

50 Reservoir Road  
Hanover, NH 03755  
(603) 643-2134  
[www.storrspond.org](http://www.storrspond.org)

### Vermont

#### **Billings Farm and Museum**

*Operating dairy farm and museum of Vermont's rural past*

Route 12N, River Road  
Woodstock, VT 05091  
(802) 457-2355  
[www.billingsfarm.org](http://www.billingsfarm.org)

#### **Fairlee Drive-In**

18909 US-R  
Bradford, VT 05033  
(603) 667-1194  
[Fairleedrivein.com](http://Fairleedrivein.com)

#### **Montshire Museum of Science**

*Interactive exhibits and educational programs*

1 Montshire Road  
Norwich, VT 05055  
(802) 649-2200  
[www.montshire.org](http://www.montshire.org)

#### **Northern Stage**

*Professional theatre company with year- long productions and classes*

12 Main Street  
White River Junction, VT  
05001 (802) 291-9009  
[www.northernstage.com](http://www.northernstage.com)

#### **Simon Pearce**

*Glassblowing and pottery demonstrations; call for hours*

1760 Quechee Main Street  
Quechee, VT 05059  
(802) 295-2711  
[www.simonpearce.com](http://www.simonpearce.com)

#### **Union Village Dam**

*Swim area, fishing, picnic tables and grills*  
2 Main Street  
East Thetford, VT 05043  
(802) 649-1606

#### **VINS**

*Live raptor and bird exhibits, trails, educational programs, lectures and events*

6565 Woodstock Road  
Quechee, VT 05059  
(802) 359-5000  
[www.vinsweb.org](http://www.vinsweb.org)




## 100 Things You Must See, Do or Experience in the Upper Valley

- 1) Attend the [Tunbridge World's Fair](#) in September.
- 2) Visit the Fairlee Diner for an early morning breakfast.
- 3) Hike to [Holt's Ledge in Lyme](#) for a spectacular view of undeveloped forestland.
- 4) Attend a Sunday afternoon concert on the main house porch at [Saint Gauden's National Historic Site](#) in Cornish.
- 5) Go to [Billings Farm in Woodstock](#) for Harvest Weekend or any special event at this old-time working farm.
- 6) Drive across the [Cornish-Windsor](#) covered bridge.
- 7) Check out a show at Jag Productions in White River Junction, VT. <https://www.jagproductionsvt.com/>
- 8) Frolic with the [Christmas Revels at Spaulding Auditorium](#) at the [Hopkins Center](#) in Hanover.
- 9) Stroll through the Reserve Corridor of Baker Library at Dartmouth College to see the [Orozco Murals](#).
- 10) Walk to the top of [Gile Mountain in Norwich](#) to see the view of the valley from the refurbished fire tower.
- 11) Take in a summer-rep performance at the [New London Barn Playhouse](#) or the [Eclipse Grange in Thetford](#).
- 12) Peek into [Devil's Den on the Wright's Mountain](#) conservation area in Bradford.
- 13) Catch an [Opera North](#) Production in White River Junction, VT.
- 14) Trek to the open summit of [Mt. Cardigan](#) in Orange and visit the ranger in the fire tower.
- 15) Go hungry to the Sunday Brunch at the [P&H Truck Stop](#) in Wells River. And by the way...gotta have their toast...and a piece of pie (their maple cream pie is especially tasty!).
- 16) Don snowshoes for the annual [Snowshoe walk in Vershire](#) in February.
- 17) Try Rock Climbing out at [Vertical Dreams](#) in Manchester, NH.
- 18) Buy one of the "[Valley Quest](#)" books and use it to explore 150 interesting places in the Upper Valley.
- 19) Take a swim at [True's Ledges in West Lebanon](#).
- 20) Walk up to the ledges between [Boston Lot Lake](#) and [Wilder Dam](#).
- 21) Take a dinner cruise around Lake Sunapee on the [M.V. Mount Sunapee II](#).
- 22) Check out the [Concord Coach](#) and other period displays at the [New London Historical Society](#).
- 23) Get some sponsors and participate in the [Prouty Ride/Walk for cancer research](#).
- 24) Experience a [First Friday in White River Junction, VT](#): Live music, dance and meet the artist reception and sales.
- 25) Go to the [Glory Days of Railroading in White River Junction](#) in September.
- 26) Try Soft serve Ice Cream at [Dairy Twirl](#) in Lebanon NH.
- 27) Stroll along the boardwalk in [Hartland's Eshqua Bog](#) to see the pink ladyslippers bloom in early summer.
- 28) Slide along the [Skyline cross-country ski trail in Pomfret](#).
- 29) Enjoy scrumptious baked good, meals and coffee from either the [Red Wagon Bakery](#) or [603 Bakery](#) in Canaan NH.
- 30) Schuss the slopes at [Suicide Six](#), [Dartmouth Skiway](#), [Northeast Slopes](#), [Sunapee](#), [Ragged Mountain](#), [Whaleback](#) or [Quechee Lakes](#).
- 31) Ride the Ferris Wheel at the [Norwich Fair](#).
- 32) Walk the old Carriage Trails on [Mt. Tom](#) in Woodstock.
- 33) Canoe the rapids on the White River from Bethel to Hartford.
- 34) Watch milk being bottled at [McNamara Dairy](#) in Plainfield on Mondays and Thursdays. For a real treat, try a bottle of their chocolate milk.
- 35) Pick-your-own berries at one of the many PYO farms in the valley.
- 36) Try Bubble Tea at [4U Bubble Tea](#) in Hanover, NH.
- 37) Ride your bike around [Lake Morey](#).
- 38) Hike any part of the [Appalachian National Scenic Trail](#) between Bridgewater and Orford.
- 39) See the Christmas light display at [LaSalette Shrine in Enfield](#) or the [Joseph Smith Memorial in South Royalton](#).
- 40) Play with water in the concrete stream at the [Montshire Museum's Science Park in Norwich](#).
- 41) Visit the [Hood Museum of Art](#) in Hanover, NH; or any of the [small galleries in Woodstock, VT](#).
- 42) Visit [King Arthur Baking Company](#) in Norwich VT—kids and adult classes, store, café—it's all wonderful!
- 43) Go skating on [Occom Pond in Hanover](#) on a cold winter day.
- 44) Attend an Old Home Day celebration in any Upper Valley town.
- 45) Buy fresh local produce at Farmer's Markets in [Norwich](#), [Lebanon](#), [Enfield](#) and other towns.

- 46) Watch the glassblowers ply their trade at Simon Pearce in [Windsor](#) and [Quechee](#).
- 47) Visit the [Antique Mall in Quechee, VT](#). Stroll amongst the antiques, then stop by the Cabot Cheese Store and sample some cheese.
- 48) Rent a canoe at the [Ledyard Canoe Club](#) in Hanover and paddle the Connecticut River at sunset.
- 49) Climb the narrow stairs to the top of [Baker Tower](#) to enjoy the fall foliage.
- 50) Listen to music at the bandstand on the [4th of July at Colburn Park in Lebanon](#).
- 51) Climb [Mt. Ascutney](#) or [Cardigan Mountain](#).
- 52) Explore many of the local craft breweries in VT and NH (responsibly of course!).
- 53) Visit [Still North Books & Bar](#), browse the shelves of books and enjoy a snack or a meal at the Café there.
- 54) Taste any of the delectable bake goods and sandwiches from [Umplby's Bakery and Café](#) in Hanover.
- 55) Ride a toboggan or a snow tube down Freshman Hill at the Hanover Country Club.
- 56) Check out the diverse talent at open mic night at [Skunk Hollow Tavern](#) in Hartland.
- 57) Enjoy authentic brigadeiro's at [My Brigadeiro](#) in Hanover NH.
- 58) Watch raptors fly at the [VINS Nature Center](#) in Quechee.
- 59) Launch a canoe before dusk and paddle out onto [Grafton Pond](#) as the loons begin to call.
- 60) Savor the prose and poetry of the region's best writers as they read at the [Canaan Meeting House](#) during the summer.
- 61) Take a snowmobile ride on the [Mascoma Rail Trail](#) in the winter, or mountain bike it in summer.
- 62) Catch the spirit of the Dartmouth Big Green when they light the bonfire on [Homecoming weekend](#).
- 63) Ride a snowmobile to the [Dartmouth Skiway](#) for the [Lyme Pinnacle Snowmobile Club's mid-winter chicken BBQ](#).
- 64) Spread a blanket and watch the hot air balloons at the [Quechee Balloon Festival](#) in June.
- 65) Go to the [Maxfield Sports Complex](#) in the summer and enjoy an [Upper Valley Nighthawks](#) baseball game.
- 66) Check out the local wineries in White River Junction VT, and Grafton and Bristol NH: [Putney Mountain Winery](#), [Haunting Whisper Vineyard](#), and [Crazy Cat Winery](#).
- 67) Take a tour of the [White River National Fish Hatchery in Bethel](#) to see young salmon.
- 68) Learn about the settlement history of the region at [Fort at No. 4](#) in Charlestown.
- 69) Catch a concert at the [Lebanon Opera House](#) (recent performers include: The Temptations, BNL, Mary Chapin Carpenter, Cyndi Lauper, and more...)
- 70) Paint pottery at [Tip Top Pottery](#) in White River Junction VT, and afterwards explore the various art in the Tip Top Building.
- 71) Drive through Enfield in October and see how many [scarecrows](#) you can count.
- 72) Explore the region's industrial heritage at the [American Precision Museum in Windsor](#).
- 73) Shop for anything you need at [Dan & Whit's](#) in Norwich. Don't miss the back rooms—get fitted for some boots upstairs in the old town meeting and dance hall.
- 74) Watch maple sap being boiled down in a sugarhouse and try a sample straight from the evaporator.
- 75) Bring a picnic and spread a blanket on the grass for a [Vermont Symphony Orchestra](#) concert at various Vermont locations throughout the summer months.
- 76) Go back to the 1950's with a feature film at the [Fairlee Drive-In Theatre](#).
- 77) Marvel at the [Maxfield Parrish Stage](#) set in the Plainfield Town Hall and watch as the lighting system takes the scene through the seasons.
- 78) Harvest some apples at a pick-your-own orchard and get some freshly pressed cider if there's a cider mill on the farm.
- 79) Pack a picnic and head to [Dartmouth College's](#) campus. Check out the [Robert Frost](#) statue and [Bartlett Tower](#) by the [Bema](#).
- 80) Around April 25th grab a bucket and a sharp knife and go get some fiddleheads. Bring them home and fry them in butter for the first taste of the new growing season.
- 81) Take a close look at 494, the sturdy old locomotive that is the symbol of White River Junction's great railroading tradition.
- 82) Head to West Lebanon and enjoy an ice cream at [Fore-U Golf Center](#) after a game of Mini-Golf, or while you let the kids explore the playground there.
- 83) Visit [Sculptured Rocks Geologic Site in Groton, NH](#).



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- 84) Examine some of the Valley's architectural and engineering marvels. Claremont City Hall, Windsor's Old South Church and the stone rail underpass on Glen Road in West Lebanon amongst others. Be sure to include the [Hopkins Center](#) in Hanover—it was the proto-type for the Lincoln Center in Manhattan.
- 85) Take a drive out to Danbury and Bristol NH on the weekend. Visit [Reuben's Rescue Ranch in Danbury](#) after stopping for lunch at the [Danbury Country Store](#) for the best sandwich of your life. If you have time, check out [Profile Falls](#) in Bristol.
- 86) Visit [West Lebanon Supply](#) the day the baby chicks and ducklings arrive.
- 87) Watch the hang gliders and para-sails soar at [Morningside Flight Park in North Charlestown](#).
- 88) Enjoy the polished bluegrass arrangements of [Cardigan Mountain Tradition](#) anytime they're playing a community gig.
- 89) Have breakfast at [Lou's Restaurant](#) in Hanover. A long-time Hanover, Dartmouth, and Regional icon. People visit the area just for a chance to eat at Lou's.
- 90) Develop a keen eye for the wild critters in our midst—see if you can spot a bear, a moose, a bald eagle, or even a wild boar—they're out there. Or go to the [Montshire Museum of Science](#) and learn about the nature around us!
- 91) Bring the kids and a picnic up to the [Lebanon Airport](#) and watch the planes take off and land.
- 92) Watch a great film you've never seen (and maybe never heard of) at the [Dartmouth Film Series](#).
- 93) Check out the [Ice Castle in Lincoln NH](#) in the winter.
- 94) Visit [Quechee Gorge](#) and then walk down it.
- 95) Attend the [White River Indie Film Festival](#).
- 96) Participate in any of the amazing [Millennium Running](#) Events in Manchester NH—the Halloween 3K supports CHaD and is a fun family event!
- 97) Visit the orchid collection in [Dartmouth's Life Sciences Building](#).
- 98) Take in a [HopStop](#) event with the kids at the Hopkins Center.
- 99) Take an [ILEAD](#) course.
- 100) Check out the [outlets in Tilton, NH](#).



## RELOCATION

### ***Moving to The Area?***

#### ***Here Is Some Useful Links & Information:***

Town of Hanover    Norwich VT    City of Lebanon    Enfield NH    Lyme NH    Canaan NH    Plainfield NH    Grantham NH

Get to know your community by subscribing to a [Community Discussion List](#) listserv. *This service is provided free to communities in the Upper Valley by Vital Communities.*

### ***Arts & Culture***

Take advantage of what a vibrant town we live in today!

Support your local artisans by visiting the area's wonderfully creative galleries and museums including [The Hood Museum at Dartmouth](#) in Hanover, [Aidron Duckworth Art Museum & Trust](#) in Meriden, and [AVA Gallery & Arts Center](#) in Lebanon.

See what plays, musical performances, movies and more are showing at the [Hopkins Center](#) on the Dartmouth campus. Let [Opera North](#) and [Northern Stage](#) in White River Junction entertain you with their delightful productions. Check out who's performing at the [Lebanon Opera House](#). Past performers have included Garrison Keillow, Roseanne Cash, and Los Lobos.

Enjoy hit movies at the [Nugget Theater](#) and be inspired by independent films at Dartmouth's [Loew Auditorium](#). And take a trip to one of the area's [drive-in movie theatres](#).

Listen to beautiful classical music performances at [Classicopia](#) and let the [North Country Chordsmen](#) charm you with their award-winning barbershop songs. Take a wide variety of wonderful classes at the [Upper Valley Music Center](#).

### ***Education***

The Upper Valley region is characterized by its highly educated population and commitment to learning.

## **Schools and Colleges in the Upper Valley Region:**

### **Dresden School District SAU 70/22 (Hanover, NH; Norwich, VT) Superintendent's Office: (603)-643-6050**

Hanover High School (603) 643-3431;  
Frances C. Richmond Middle School (603) 643-6040;  
Bernice A. Ray Elementary School (603) 643-6655;  
Marion Cross Elementary, Norwich, VT (802) 649-1703

### **Lebanon School District SAU 32, Superintendent's Office (603) 448-1634**

Lebanon High School (603) 448-2055  
Lebanon Junior High School (603) 448-3057  
Hanover Street School (603) 448-2945  
Seminary Hill School (603) 298-8500  
Mt. Lebanon School (603) 298-8202  
School Street (603) 448-4536  
Lyme School District SAU 76 (603) 795-2125  
Barnes-Plain Elementary School, Lyme NH (603) 795-2125

### **Mascoma Valley Regional School District, SAU 62 (Enfield, Canaan, Grafton, Dorchester & Orange, NH) Superintendent's Office, (603) 632-5563**

Mascoma Valley Regional High School (603) 632-4308  
Indian River Middle School (603) 632-4357  
Enfield Elementary School (603) 632-4231  
Canaan Elementary School (603) 523-4312

### **Hartford, VT School System, Superintendent's Office (802) 295-8600**

Hartford High School (802) 295-8610  
Hartford Memorial Middle School (802) 295-8640  
Hartford Career and Technical Center (802) 295-8647  
Dothan Brook (802) 295-8630  
White River Jct. (802) 295-8650  
Ottauquechee School (802) 295-8654

### **Rivendell Interstate School District, SAU 62 (Enfield, Canaan, Grafton, Dorchester, & Orange, NH) Superintendent's Office (603) 353-2170**

Orford Elementary and High Schools (603) 353-4321 [www.rivendellschool.org](http://www.rivendellschool.org)

### **Private Schools & Nursery Schools:**

Cardigan Mountain School	(603) 523-4321
Estabrook Christian School	(603) 298-8475
Kimball Union Academy	(603) 469-2000
Mid-Vermont Christian School	(802) 295-6700
Open Fields	(802) 785-2077
Runnemedede School	(603) 675-2933
Crossroads Academy	(603) 795-3111
Upper Valley Waldorf School	(802) 296-2496
Montessori Children's School	(603) 643-2828
Thetford Academy	(802) 785-4805
Mascoma Co-operative Preschool	(603) 632-5655
La Petite Crech	(603) 643-5051
Norwich Nursery School	(802) 649-1804



## ***Colleges & Universities:***

[Dartmouth College](#) (603) 646-1110  
[Community College of VT](#) (603) 295-8811  
[River Valley Community College](#)  
[VT Technical College](#) (802) 728-1000  
[VT Law School](#)  
[College for Lifelong Learning](#) (UNH)

## ***Libraries***

Dartmouth College's various libraries and collections

[Baker-Berry](#) (Dartmouth's main library)  
[Biomedical Libraries](#)  
[Feldberg Business and Engineering Library](#)  
[Click here for a map of Dartmouth's various libraries](#)  
[Kresge Physical Sciences Library](#)  
[Paddock Music Library](#)  
[Rauner Special Collections](#)  
[Sherman Art Library](#)  
[How to obtain a Dartmouth Library Card if you are NOT affiliated with the College](#)  
[How to obtain a Dartmouth Library Card if you are affiliated with the College](#)  
[Howe Library](#)      [Hanover's Public Library](#)  
[Norwich Public Library](#)

## ***Parks & Recreation***

There is no better place to enjoy the outdoors than right in our very own scenic community.

Hike the ever popular Appalachian Trails. Click here for a [Trail Map of Hanover](#).  
The [Dartmouth Outing Club](#) also has various resources to support your hiking endeavors.

Float down the beautiful [Connecticut River](#) or visit the [Hanover Country Club](#) Mink Brook for fishing and [Storrs Pond](#) for swimming and tennis in the spring and summer.

Ski the slopes of the [Dartmouth Skiway](#) and [Whaleback Mountain](#), or cross country ski at the [Dartmouth Cross Country Ski Center](#) or the [Eastman Cross Country Center](#). Have fun skating at [Campion Rink](#), [Thompson Arena](#), and the groomed ice of [Occom Pond](#). Race down the sledding slopes of the [Hanover Country Club](#).

Strap on your riding helmet and visit the horses of the [First Choice Riding Academy in Enfield, NH](#).