

EXPLORE

The Upper Valley

The Upper Valley is made up of many vibrant towns along the Connecticut River in NH and VT and offers many adventures year-round! From maple sugaring in the Spring, to emerald green landscapes and picturesque lakes of the summer, to the cornucopia of color in the fall, to the magical time of year when winter arrives.

Two interstates and a network of state highways make it easy to get just about anywhere. Here are a few ideas to explore while in the Upper Valley.



Day Trips

The region offers beautiful scenery with a mix of culture and recreation. From the Kancamagus 56-mile scenic highway, kayaking the many lakes, driving the Mt. Washington auto road to the 6,288 summit or hop aboard the Mt. Washington Cog Railway to the top, spend the day on the slopes or visit one of the area museums. The family will certainly have a blast apple picking, bike riding, skiing, snow tubing, ice fishing or at one of the theme parks a short drive from the Upper Valley.



Hiking

Hiking in New Hampshire is stunning year-round! Whether you're walking, jogging, biking or snowshoeing the wooded trails – the Upper Valley provides endless miles to enjoy. Along the way there are many stunning spots to picnic, cool off in a pristine mountain stream, and enjoy some gorgeous waterfalls.



Restaurants

After a day of adventure, you'll find plenty of places to eat with excellent food and spectacular views. With choices from farm to table, delicious local seafood, and the many breweries – your taste buds will come alive!



Shopping

With "Live Free" as the first half of the state motto, it's only fitting to offer tax-free shopping! The Upper Valley is home to many local businesses, craft fairs, antiquing and unique general stores. Wander the local shops to find your next treasure.



Dartmouth
Health

Center for Learning and Professional Development
GRADUATE MEDICAL EDUCATION

THINGS TO DO

EAT

[Dairy Twirl Ice Cream](#) (Ice Cream)
[Four Aces Diner](#) (American)
[Harpoon Brewer](#) (American)
[Lou's Diner](#) (American)
[Lucky's Coffee Garage](#) (Coffee)
[Molly's Restaurant](#) (American)
[Murphy's On the Green](#) (American)
[Phnom Penh](#) (Cambodian)
[Three Tomatoes Trattoria](#) (Italian)
[Trail Break](#) (Tapas & Tacos)
[Tuckerbox](#) (Turkish)



VISIT

[American Precision Museum](#)
[Billings Farm](#)
[Cornish Bridge](#)
[Dartmouth College Sports](#)
[Enfield Shaker Museum](#)
[Hood Museum](#)
[King Arthur Flour Baking Company](#)
[Norwich Farmers Market](#)
[Quechee Gorge](#)
[Wilson's Landing](#)

SHOPPING IN THE UPPER VALLEY

[Hanover, NH](#)
[Norwich, VT](#)
[West Lebanon, NH](#)
[White River Junction, VT](#)
[Woodstock, VT](#)

SKI

[Bretton Woods](#)
[Cannon Mountain](#)
[Dartmouth Skiway](#)
[Jay Peak](#)
[Killington](#)
[Magic Mountain](#)
[Mount Sunapee](#)
[Okemo](#)
[Ragged Mountain](#)
[Saskadena/Suicide 6](#)
[Stowe](#)
[Sugarbush](#)
[Whaleback Mountain](#)

ARTS

[AVA Gallery and Arts Center](#)
[Hopkins Center for the Arts](#)
[Lebanon Opera House](#)
[New London Barn Playhouse](#)
[Northern Stage](#)



The NH Division of Travel
and Tourism

[Official Visitor's Guide](#)
is a wonderful resource.

This guide provides
helpful suggestions to
help you discover the
diverse offerings
New Hampshire offers.



HIKING

IN THE UPPER VALLEY

Boston Lot Trail: West Lebanon, NH - This is a great trail for beginners, families, dogs, and just taking a break from the big mountains. Beautiful views and very peaceful. A two-and-a-quarter mile loop trail that takes an average of one hour.

Cardigan Mountain: Orange, NH - This is a favorite of so many. This hike brings you to a huge, spacious summit with a 360 breathtaking view of Grafton/Sunapee Valley. A three-mile loop trail near Canaan that takes approximately two hours.

Gile Mountain: Norwich, VT - The 360-degree panorama from the firetower atop Gile Mountain is one of the area's most extensive views, and most accessible. A one-and-a-quarter mile hike that takes about one hour.

Mount Major: Alton Bay, NH - This hike with views of Lake Winnepesaukee is absolutely gorgeous in the Fall! There is a State Park beach on Lake Winnepesaukee near the hike: Ellacoya State Park. A three-mile hike that takes about two and a half hours.

Plymouth Mountain: Plymouth, NH - Great to hike Plymouth Mountain, next go to Sculptured Rocks in Hebron - really cool place to take a swim! It's a geological marvel: a chasm of undulating stone with a deep stream running through it. Then end up at Wellington State Park on Newfound Lake for another swim and picnic. About a four-mile hike that takes around two-and-a-half hours.

Stinson Mountain: Rumney, NH - This is a great family hike due to the trail's easy to moderate pitches. The views on top are excellent, especially to the south towards Mt. Cardigan and Lakes Region. This hike is about three-and-a-half miles that takes about two hours to hike.

Additional hikes, places, and activities close to Dartmouth,
please visit [Dartmouth Outdoors](#).

