

Seven Regions of New Hampshire

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Merrimack Valley: The Merrimack Valley is in southern NH and includes our most populated cities which are Manchester, Concord, and Nashua. Filled with commerce and industry, the arts and education take center stage. Manchester, the state's largest city, offers the Currier Museum of Art, See Science Center, and Palace Theater. Concord and its surrounding towns showcase the McAuliffe-Shepard Discovery Center (named after local teacher and astronaut Christa McAuliffe who died on the space shuttle Challenger and Admiral Alan Shepard, one of 12 astronauts to walk on the moon), Canterbury Shaker Village (established in 1792 and now a museum as of 1992), and many cultural events.

Seacoast: The Seacoast Region is in eastern NH. While the shoreline is only 18 miles long, it contains amazing sandy beaches and rocky sections where you'll find people swimming, surfing, and fishing. Portsmouth, located on the water and the region's largest city, is vibrant with a picturesque downtown filled with restaurants, taverns, and shops. You'll also find Strawberry Banke Museum in the city, which contains historic homes and gardens, and describes everyday life from the 1600's-1950's.

Monadnock Region: Named for Mt. Monadnock, one of the most frequently climbed mountains in the world and featured in writings by Ralph Waldo Emerson and Henry David Thoreau, the Monadnock Region is located in southwestern NH. While outdoor recreation activities are in abundance, you will also find art galleries, theater events, and beautiful fall foliage. It is also home to The Old Farmer's Almanac.

Lakes Region: This region contains numerous lakes the largest of which are Lake Winnepesaukee, Lake Winnisquam, Squam Lake, and Newfound Lake. The most well-known movie filmed in the Lakes Region was On Golden Pond (Katherine Hepburn, Henry Fonda). A popular summer destination, tourist activities include boating, kayaking, swimming, hiking, motorcycle riding, concerts, and learning about nature.

White Mountains: Most of the state's 4,000-foot peaks reside in the White Mountains of NH. A 4,000-footer is a mountain that has an elevation of at least 4,000 feet and a minimum of 200 feet prominence, determined by the Appalachian Mountain Club (AMC). You can earn a patch for hiking all 48 of the 4,000 footers, also known as NH48. With large mountains also comes great skiing, where most of the largest NH ski resorts are located.

Upper Valley: Located just east of Vermont, also known as the Dartmouth-Sunapee Region, the Upper Valley is known for its old New England villages, farmer's markets, craft fairs, and cultural events. Filled with mountains and lakes, hiking, Nordic skiing, and mountain biking are common activities. It is also home to an Ivy League school and world class medical center.

Great North Woods: Much less populated than other NH regions, the Great North Woods, which borders Canada, is a haven for backcountry hiking, snowmobiling, ATV riding, fishing and hunting. The number of large animals (moose, deer, bear) far surpasses the region's human population!

Other Local City and State Destinations: Other places of interest close to New Hampshire are Boston, Massachusetts and Portland, Maine (both within a one-hour drive from Southern NH), the Green Mountains of Vermont, and Newport, RI. We are also four hours from New York City. Some of the highest world-ranked hospitals and medical providers are in New England. NH is a wonderful place to work, play, and take advantage of a high quality of life.