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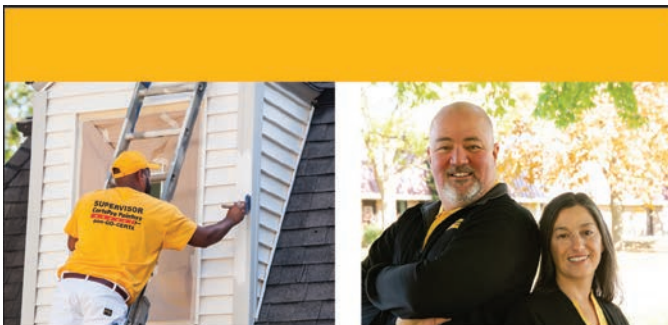


about the COVER

MILFORD: A NEW ENGLAND GEM

With rolling hills, rustic architecture, and a welcoming community, Milford captures the charm of classic New England. Its scenic beauty and rich history make it a peaceful retreat where nature and tradition thrive.

Check out more of the very talented local photographer Zachary Van Law's work at www.vanlawvisuals.com



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"Nature is not a place to visit, it is home." –Gary Snyder



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From small boutiques to shopping destinations, you are sure to find uniquely wonderful, locally-owned businesses for all your hearts desire.



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The area is known for its rich American history, quintessential New England towns, and fabulous school systems. From visiting historical sites to experiencing outdoor hiking to shopping as well as all the world-class entertainment and restaurant options, the Greater Manchester area will certainly provide you with an assortment of things to do, see, and experience.

From my past experience of moving here in 2010, I know how exciting and overwhelming moving can be. It will take some time to get settled into your home, establish new routines and find all the new services you need. *BeLocal Greater Manchester* was created to make that transition a bit easier by helping you acclimate to the area and offering locals' insights on their favorites in the region. Additionally, throughout the guide, we have provided you with

resources for some of the best local businesses the area has to offer. These businesses are locally owned and not only provide the best services and products, but they truly care about their community. Supporting local means supporting local jobs, local families, and your new community.

Enjoy this guide, get out there, and check out all this area has to offer. If you have any questions about *BeLocal*, want us to promote a great locally-owned business you had a great experience with, or are looking for additional resources to help you get settled in your new home and community, feel free to reach out.

LYNN FAHERTY ZIMMERMAN ▶ Publisher
BeLocal Greater Manchester
lynn.zimmerman@n2co.com

GET SOCIAL WITH US!

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FUN FACT

The Manchester Coal and Ice Company harvested ice from Massabesic Lake in **Auburn** from 1896 to 1960.

This ice was considered some of the purest available and was shipped via rail to Boston, where it was then sent on fast clipper ships worldwide.

the birth of a city

The history and development of Manchester, New Hampshire, is largely intertwined with the history of the Industrial Revolution in America, specifically the history of the company that built Manchester's textile mills: the Amoskeag Manufacturing Company.





The area that today is Manchester was originally inhabited by members of the Pennacook Tribe, who frequented the Amoskeag Falls on the Merrimack River. The name Amoskeag comes from the Abnaki word meaning "Place of Many Fish". This area of waterfalls and rapids stretched for about ½ mile above and around the Fishing Islands, where Native peoples had fished for thousands of years.

The first Europeans to settle in the area were Scots-Irish immigrants who began to arrive in the 1720s. Many of the first settlers were farmers, and the area was chartered as a town in 1751 under the name of Derryfield. The town grew slowly for the first 50 years, but that would soon change as a result of the Industrial Revolution.

The 54-foot drop in the Merrimack River at Amoskeag Falls presented the area with tremendous water power potential. Local entrepreneur Samuel Blodget saw that potential and, after visiting the industrial city of Manchester, England, believed that Derryfield could become the "Manchester of America". Following his death in 1810, the townspeople decided to rename the town Manchester in honor of that vision.

The first mill operation to develop in Manchester was a small water powered cotton spinning operation on the west side of the river. The company was called the Amoskeag Cotton and Woolen Manufacturing Company and operated three small mills in the 1820s.

Around this time, a group of wealthy men from the Boston area who had originally made their fortunes in shipping were looking for new investment opportunities, as the New England maritime economy was in decline following the War of 1812. They decided to invest in textile manufacturing and established the Boston Manufacturing Company in Waltham, Massachusetts, in 1813.

This new system developed in Waltham placed all the steps needed to produce cloth, from carding raw wool to spinning, dyeing the yarn, and weaving under one roof. This led to much greater production and improved profitability. The Waltham mill quickly became much larger than any of its competition, leading the same investors to form the Merrimack Manufacturing Company in the City of Lowell in 1820.

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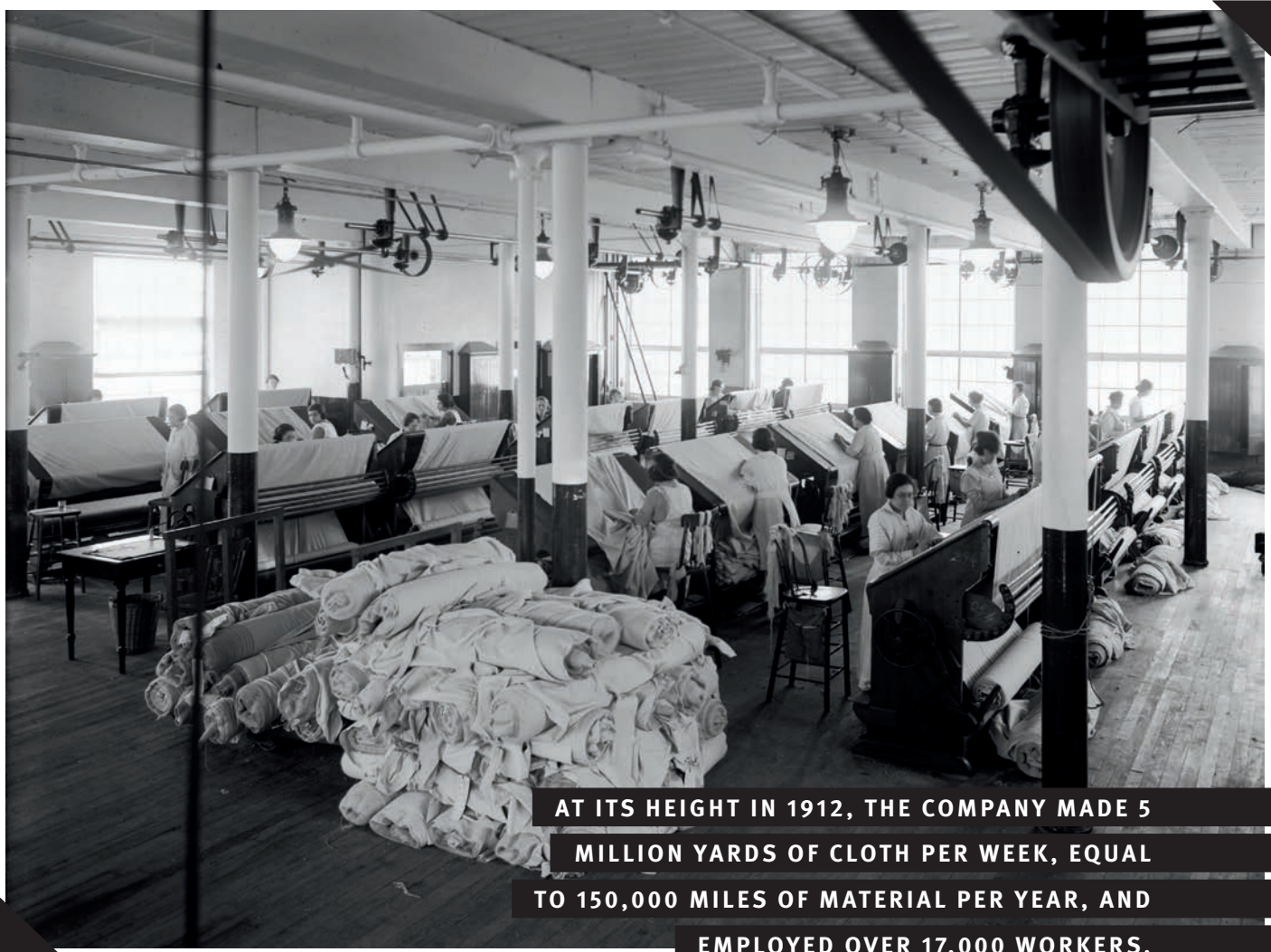
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**AT ITS HEIGHT IN 1912, THE COMPANY MADE 5
MILLION YARDS OF CLOTH PER WEEK, EQUAL
TO 150,000 MILES OF MATERIAL PER YEAR, AND
EMPLOYED OVER 17,000 WORKERS.**

After Lowell, these investors set their sights on Manchester. They were familiar with the factory operations at the Amoskeag Cotton and Woolen Manufacturing Company and were impressed by the water power potential at Amoskeag Falls, which far exceeded that of the Pawtucket Falls at Lowell. So, in 1831 they bought out the original investors and incorporated the company as the Amoskeag Manufacturing Company.

Next, they purchased land from over a dozen local families, acquiring over 15,000 acres of land on the east side of the river. This enabled the company to control both the development of the mill complex as well as the development of the city to support it.

Construction of the millyard took place over an 80-year period. Eventually, there would be 30 major factory buildings, two canals, and many smaller buildings,

including storehouses, picker houses, warehouses, and dye houses, equaling 8 million sq. feet of floor space. At its height, the Amoskeag consisted of over a mile of mills on the east side of the river and two mill complexes on the west side. The company also built housing for the workers to the east of the millyard, much of which still exists today.

The Amoskeag Company laid out Manchester's streets on a grid system, then sold over 14,000 surplus acres through land sales from 1838 to 1845. The company gave parkland to the city and sold lots at low cost to enable the construction of municipal buildings, schools, and churches. Shops and businesses began to line Elm Street in the 1840s as the center of Manchester's retail district.

In this way, the company controlled how the city of Manchester developed. Their goal

was to create a city that would be attractive to employees and make people want to come to work at Amoskeag. The result was Manchester: the largest planned city in New England and a true success story of early urban planning in America.

The city grew rapidly, from just over 10,000 residents in 1846 when Manchester was incorporated to 20,000 in 1860. As the population grew, the city matured. By 1875, Manchester had two daily newspapers, eighteen churches, eleven restaurants, eight hotels, nine banks, and scores of retail stores. By 1920, the city boasted more than twenty theaters. Although the Amoskeag Manufacturing Company remained the major employer for its entire existence, many other types of businesses, including shoe manufacturing, cigar making, harness makers, and department stores, sprung up to provide employment.

JOE ENGLISH HILL

Joe English Hill in **New Boston** is a prominent hill with a distinctive shape. It is named after a Native American who resided in the area and was known for his friendship with the English settlers that lived close to modern-day Nashua. Despite this, he was considered an accomplished warrior and hunter and was given the name 'Joe English' by his fellow Indigenous Americans because of this peculiarity. By 1705 the Natives began to worry about settler encroachment and began to plan an attack. They soon became worried that Joe would inform the English of their hostile intentions and set about to kill him first. They set about their attack, coming across him on the Piscataquog River one twilight. He escaped the initial onslaught and ran up the large hill east of the river. Knowing he couldn't outrun them for long, he devised a plan to utilize the geography of the hill to his advantage. As he approached the summit, he slowed to force his pursuers to quicken their pace. Just before the precipice, he leaped behind a large rock. As darkness had set in, and because the group was riddled with adrenaline knowing how close they were to capturing Joe, they failed to notice the abrupt 100-foot cliff face they were running to. And with a final scream of panic from the group, Joe had escaped.

The Amoskeag Manufacturing Company primarily produced a wide range of textiles – mostly cotton, but there were also some wool and linen operations. At its height in 1912, the company made 5 million yards of cloth per week, equal to 150,000 miles of material per year, and employed over 17,000 workers.

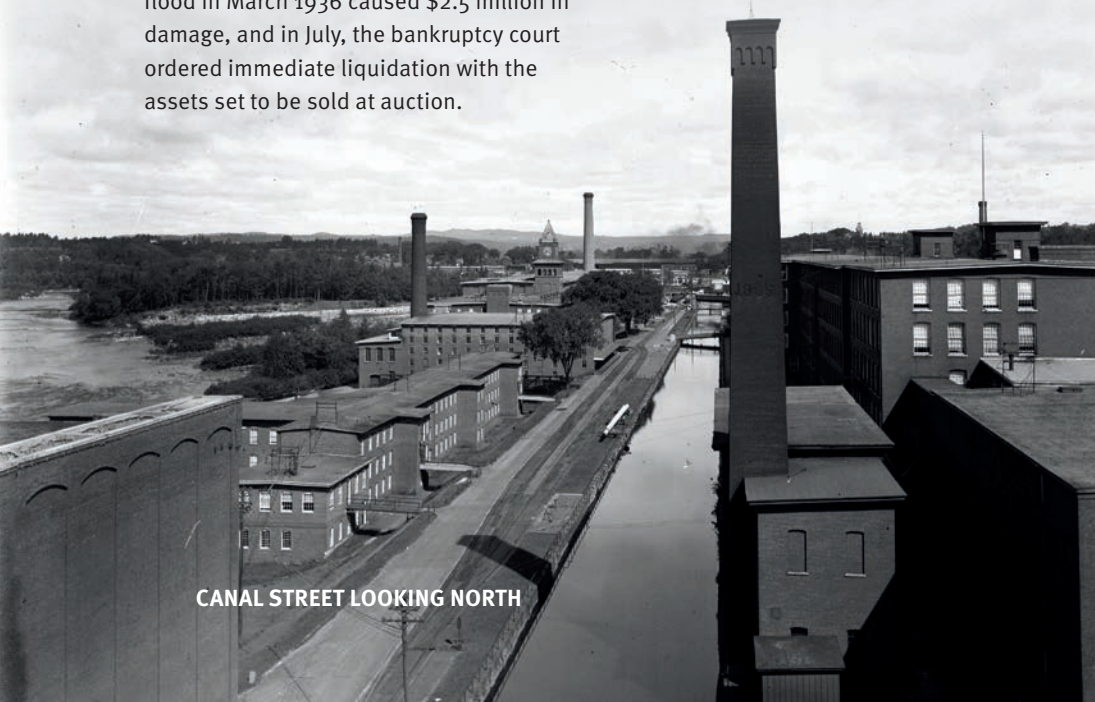
Immigrants were an integral part of Amoskeag's success. The Irish were the first large immigrant population to come to Manchester, beginning in the 1840s. They helped build the canals and mill buildings and work the machinery in the mills, joining the men and women from farms in the area who served as the first mill workers. French Canadians began coming to Manchester in large numbers in the 1870s and, by 1890, accounted for one-third of the city's population. A section of the West Side became known as "Le Petite Canada" or Little Canada because of the strong Franco-American presence there. Many other nationalities, including Germans, Russians, Greeks, Poles, and Lithuanians, were eventually represented.

Following World War I, the company began to see a decline. Competition from newer, more efficient southern mills, which also had cheaper labor, hurt Amoskeag, which ran on antiquated equipment. Hard times continued for the company through the next decade. The AMC shut down operations in September 1935 and filed for bankruptcy in December. A devastating flood in March 1936 caused \$2.5 million in damage, and in July, the bankruptcy court ordered immediate liquidation with the assets set to be sold at auction.

The city feared that Amoskeag would be bought by foreign investors who would gut the buildings and ship the textile machinery overseas. If this happened, the Amoskeag Millyard would be left as a ghost town, spelling disaster for Manchester. To prevent this, city business leaders joined forces and began raising money to prevent the property from going to auction. They incorporated Amoskeag Industries, Inc., miraculously raised \$5 million in 10 days, and took over the entire Amoskeag Millyard. They advertised to attract new and diversified industries to the city, and within 18 months, 40 new industries operated in the millyard. By the 1950s, 132 different businesses called Manchester home.

Thanks to the efforts of Amoskeag Industries, the millyard was once again a thriving manufacturing center. Many Amoskeag workers returned to the millyard, now working for new companies such as Waumbec, Manchester Knitted Fashions, Chicopee Manufacturing Company, and Pandora.

The millyard saw another decline in the last decades of the twentieth century. A federally-funded urban renewal project in the late 1960s resulted in the demolition of about 25% of the 5.5 million square feet of floor space, and the canals were filled in. As manufacturing companies closed their doors in the 1960s and 70s, much of the millyard became vacant.



CANAL STREET LOOKING NORTH

AS MORE MILL BUILDINGS BECAME RENOVATED
AND OCCUPIED, EVEN MORE COMPANIES BECAME
ATTRACTED TO THE MILLYARD, WHICH HELPED REVITALIZE
OTHER AREAS OF MANCHESTER

In 1981, inventor and entrepreneur Dean Kamen purchased buildings in the millyard that would serve as the headquarters of DEKA, his engineering and invention company. Kamen continued to buy property over the next decade. He aimed to “bring the area to a point where it has a large enough high-tech base that it starts developing itself.” Over time, he and developer John Madden convinced the city to loosen zoning regulations and allow for non-industrial and mixed use of the area.

Progress was slow, but the millyard attracted interest over time. The University of New Hampshire opened its Manchester campus in 1986. The Waumbec Mill was purchased by Brady Sullivan Properties in

1996 and converted into office space. Their success inspired the company to acquire and renovate other mill buildings, like the Jefferson Mill, in 2002. As more mill buildings became renovated and occupied, even more companies became attracted to the millyard, which helped revitalize other areas of Manchester, bringing new shops and restaurants to Elm Street and downtown.

Today, the Amoskeag Millyard is a flourishing center for a wide variety of businesses. Nearly 200 years after the beginnings of the Amoskeag Manufacturing Company, the “mile of mills” that stretches along the Merrimack River still anchors the city of Manchester firmly to its industrial past.

FUN FACT

Mast Rd. in Goffstown derives its name from the fact it was the path the British used to haul the large white pines that were felled to the North West. They would eventually make their way to the coast before being shipped back to England to be used as masts for British Royal Navy ships.

THE PINE TREE RIOTS

By the early 1700s, England was heavily deforested. So cutting white pine with a diameter of one foot or more was prohibited in New Hampshire to ensure an ample supply of masts for the British Navy. This was mostly ignored until 1767 when a series of enforcements upon settlers ignoring the ban became unpopular. All of this came to a boil on April 14th, 1772, when a county sheriff and his deputy were charged with arresting the most serious offenders in **Weare**. As word spread of the impending arrests, more than twenty men descended upon the Inn where the sheriff and his deputy were staying and engaged them in a violent beating. The men eventually chased the sheriff and deputy back to Goffstown. **The Pine Tree Riot** preceded the Boston Tea Party by 18 months and is considered by some as the true start of the American Revolution.



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LOCAL TIP



Lighthouse Local has become TikTok famous for its creative donuts, pastries, and great coffee. This New England hotspot also offers a fresh deli, a thoughtfully curated gift shop, and versatile catering options. - **Missy T.**



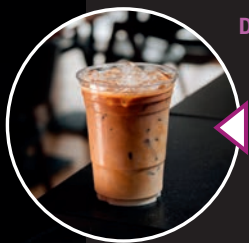
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DUNKIN'

Everywhere ▶ Everyone knows New England runs on Dunkin', and I don't know where I would be without my 2 p.m. iced pick-me-up. Luckily, there are 4 in my town. Convenient, quick, and great coffee. I am a huge fan of their wake up wraps, they are perfect for a light meal on the go.

THE SWEET SPOT BAKERY & CAFE

353 Riverdale Rd, Weare ▶ (603) 529-6667
Known more for the baked goods (whoopie pies are the best around), this shop delivers on everything. The coffee wakes you up, the sandwiches fill you up, and the sweets placate the kids. There is little out 114 past Goffstown, so support these folks who are doing a bang-up job.

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LOCAL TIP



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EVOLUTION BISTRO & BAR

930 Elm St, Manchester » (603) 836-3970 » Evolution

Bistro & Bar is an upscale combination of modern American cuisine with a European Flair. It is designed for food enthusiasts seeking innovative fare in an elegant environment. It is a wonderful evening out every time. The staff and food are top-notch, and it brings the joy of eating to life.

HANOVER STREET CHOPHOUSE

149 Hanover St, Manchester » (603) 644-2467 » For an extraordinary evening, it's hard to beat the Chophouse. From the club-like bar to the elegant dining room, the atmosphere screams sophisticated, which isn't so easy to find in the Granite State. The Wagyu beef carpaccio and Italian burrata make an unlikely starter pairing, but they both melt in your mouth and taste divine. If the Hanger steak is on the menu, order it, period.

BRAVO

73 Hanover Street, Manchester » (603) 854-8139 » Bravo is a great addition to Manchester's food scene. Every detail is thoughtfully designed, from the decor and aesthetic to the tableware and even the bathrooms. The atmosphere is luxurious, elegant, and upscale, yet still approachable. The staff is friendly, and the menu and food do not disappoint! Great night out.

LOCAL TIP



Unwined in Milford, NH, is an intimate wine bar with a thoughtfully curated, seasonally rotating tapas menu. Great spot to escape to! - John B.



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EL TANAMPA

197 Wilson St, Manchester (603) 232-0153 >> Some people claim this is the best taquira in New Hampshire, perhaps best in New England north of Boston. Whether that is true or not, it's a place any true fan of Mexican cuisine should visit. Very unassuming place set in a residential neighborhood that most people have no reason to visit. But the atmosphere is friendly and it is family-run. The tortas are fantastic, and the tacos are served classically, with your choice of meat on a doubled up corn tortilla with cilantro and onion. The lengua is a must try.

ZEM ZEM MEDITERRANEAN RESTAURANT

2075 S. Willow St, Manchester (603) 440-0370
Lovely Middle Eastern restaurant, run by an Iraqi family, serving up some delights. Classically prepared hummus is smooth and delicious, while any choice of Shawarma will make you smile. One of the few places in New Hampshire to get a proper Falafel wrap.

DON QUIJOTE RESTAURANT

362 Union St, Manchester (603) 622-2246 >> Authentic Caribbean cuisine tucked away in an unassuming space delivers really good food that is reasonably priced. You can't go wrong with any of the specialties, though the pernil and stewed oxtail are this writer's favorites.

A LOT OF THAI

360 Daniel Webster Hwy, Merrimack (603) 429-8888 >> Family run restaurant serving up classic Thai dishes. Great ambience with a decent little bar to sit at. The curry and noodle dishes are spot on, and they have several signature appetizers not typically seen around here. The Miang Kham are like salad tacos and packed with flavor. The Chiang Mai sausage is out of this world.





LADIES NIGHT

VINE 32 WINE + GRAZE BAR

25 S. River Rd, Bedford » (603) 935-8464
First of its kind in New Hampshire, Vine 32 offers a rotating selection of 32 wines in a self-serve format, with pours as small as one ounce. Perfect for trying something new, and with the curated choices, you will want to. Inviting and cozy space, with couches to lounge on or tables to nosh flatbread or charcuterie and cheeses. Perfect for a cold New England night.

INDUSTRY EAST

28 Hanover St, Manchester (603) 232-6940 » Small space with inspired cocktails crafted to perfection. Or tell them what flavors you like and let them make something on the spot. The food offering matches the feel of the space with creative snacks and lite bites that complement your drink. It can get crowded, given the size, but that adds to the ambiance. Sister restaurant Stashbox on Elm has further elevated the Manch bar scene with excellent food and creative cocktails.

815 COCKTAILS & PROVISIONS

815 Elm St, Manchester » (603) 782-8086
Eclectic and fun speakeasy style bar serving up the most diverse selection of drinks in the area. The staff behind the bar are engaging and knowledgeable, and the owner Sarah goes overboard to deliver a big city experience. The drink names alone are worth visiting for. Definitely a spot to hang out for the evening. The password is shared on social media, though I've gotten in without it with a quick joke from Google.

DRINKS WITH THE BOYS

NO ADDRESSES GIVEN, AS WE KNOW YOU DON'T NEED DIRECTIONS

THIRSTY MOOSE TAP HOUSE

Merrimack / Manchester » With large spaces and tons of TVs, The Moose is the perfect spot to watch the game. Over 50 beers on tap and standard bar food make this the place to meet up on Sunday and watch the Pats. The naughty tots are a crowd pleaser, and the burgers are excellent.

AUBURN PITTS

Auburn » Almost like a Western roadhouse, with live music, bikers, and an ample outdoor space for the warmer months. Not many places around like this. Huge fire-pit for the not so warmer months. The menu is what you would expect from a place like this. Consistent bar style food. Great place to spend the afternoon having some cold beers with friends.

VILLAGE TRESTLE

Goffstown » Every town should have one of these. Simple tavern with friendly bartenders, stiff drinks, and solid food. Live music most weekends, with an eclectic mix of genres. I have seen some great blues bands there. Sunday afternoon acoustic sessions are worth coming out for.

LOCAL TIP



Copper Door and TBones have multiple locations throughout the state and have a solid reputation for good food and good service! - **Sarah L.**



ROAD TRIP WORTHY

1981 RAMEN BAR

Lowell, MA » Located amongst the historic mills of downtown Lowell, this is the best ramen north of Boston. Far better than anything you will find in New Hampshire. With an industrial chic vibe, they usually have the iPod set to 80s rock and hip-hop which adds energy to the place. Besides the very well done Tonkotsu Ramen, be sure to try one of their bun offerings.

BROWN'S / MARKEY'S LOBSTER POUND

Seabrook » Every local has an opinion on this, whether one is their favorite or that they both are over rated tourist traps. Each claim to have regulars that have never visited the opposing business despite the fact that they are literally across the street from each other. If fresh seafood is your thing, you have to give them a visit. While most come for the lobster, the clam belly roll is excellent at both. Brown's is BYO, while Markey's serves beer and wine. Hours are adjusted seasonally.

PICKITY PLACE

Mason » Set in an 18th-century cottage that served as inspiration for Little Red Riding Hood, this foodie mecca serves a rotating fixed five course meal at 3 set seatings. Go early to stroll the grounds and enjoy the gardens when the weather suits. Reservations are highly recommended.

THE EVERYDAY CAFE & PUB

Contoocook » Make a day of it and plan on stopping here for a late lunch. Whether driving home from Vermont, Sunapee, or spending the day cruising the back roads, this quaint pub in the heart of the village makes for a great stop. Sandwiches and burgers are the moves here, with several smoked meat options. The bacon jam grilled cheese and cheddar brisket sandwich are standouts. If it is nice out, add a stop at **Contoocook Cidery** at Gould Hill Farm for a cider, outstanding views, live music, and apple picking(if in season).

LOCAL TIP



The patio at Fratello's is the perfect spot for warm evenings. Multi-tiered, with plants, wrought iron, and tons of lights it feels more like a European city than Manchester. - **Lisa K.**

PORTSMOUTH

Impossible to pick one restaurant in this food destination of a city. Try **Black Trumpet** for globally inspired, locally sourced dishes in a rustic setting. Chef Evan Mallet is a multiple time semi finalist for best chef in the North East by the James Beard Foundation. Perfect for a date night. **Moxy** serves up American inspired tapas with small plates that encourage sharing. If the beef short rib marmalade is on the menu, order it. To satiate your seafood cravings(Portsmouth is a working port), hit up **Row 34**. With a half dozen East Coast oysters to choose from, it is a raw bar paradise. Don't ignore the smoked and cured fish offerings. Served with grilled bread, these pate like morsels are the tastiest things on the menu. If you have kids that slurp down Oysters like they are free, they offer a happy hour"buck a shuck" that can't be beaten. Global travel is the idea behind **Street**, with a truly international menu. Explore street food from around the world without leaving the state. **Cure** takes its name from the way they prepare their proteins, with the majority of entrees being brined before cooking. Fine dining exemplified in a casual setting. The menu changes seasonally, but the bleu cheese stuffed dates are out of this world.



FAMILY MEAL

PURITAN BACKROOM

245 Hooksett Rd, Manchester » (603) 669-6980 » A New Hampshire classic, the Backroom has been serving the community and hosting presidential candidates since 1917. Let the kids dig into some tenders while the adults enjoy a mudslide and watch the scene, as there is always a crowd. Something on the menu for everyone.

PORTOFINO ITALIAN

456 Daniel Webster Hwy, Merrimack » (603) 424-4010 » Classic checkered tablecloth Italian that brings back sweet memories for anyone older than 40. Dependable Italian favorites with portions that won't leave you hungry. Try the crab spinach dip appetizer, and this will become a go-to on Family night. The attentive staff will talk your ear off, tell you jokes and even show you a trick or two if you engage them.

BAD BRGR

Manchester » With a great downtown location on Elm and another in the Mall of NH, this is your go-to burger spot. Featuring old-school smash burgers with unique flavor profiles that necessitate repeat visits. The Beach BRGR might make you question the combination of flavors, but lord, does it work. Easily, one of my favorite burgers in NH. With options for kids, a full bar (get a milk slush with a shot), and an easy counter serve format, it is a great place to bring the whole family.

PUTNAM'S WATERVIEW

40 Main St, Goffstown » (603) 497-4106 » Quaint, family owned restaurant in the heart of Goffstown serving American fare. Locals flock here for the chowder, and the lobster roll is always a hit.

AIRPORT DINER

2280 Brown Ave, Manchester » (603) 623-5040 » Classic diner with booths and counter seating and a 50's vibe. Serving breakfast all day, but locals know dinner is the right time to hit the Airport. Comfort food favorites, great mixed drink specials, and classic frappes for the kids. The chicken fried steak is the best you will find this far North, and the Boston Globe has deemed the tuna melt worthy of leaving the Bay State for. Kids eat free on Mondays.



THE TAVERN AT THE BEDFORD VILLAGE INN

2 Olde Bedford Way, Bedford
(603) 472-2001

With a welcoming, laid back atmosphere, the tavern benefits from the critically acclaimed chefs that serve the main restaurant. Great burgers, pizzas, and a rotating menu of entrees, so you'll never get bored. One of the best wine lists in the state, per Wine Spectator. Great little bar to sit at in case you forgot the kids.



LOCAL TIP



The Cheesesteak at Billy's is as close to a Philly steak you will find in the area.

- Todd R.

PIZZA, PLEASE

900 DEGREES » 50 Dow St, Manchester

(603) 641-0900 » Neapolitan style wood fired pizza. Soaring space in a restored mill building with a full bar. The signature pizzas are quite original, and you are well served by going past your comfort zone. The Tirrenia Farm Egg and Basa Nova are very much worth trying.

THE RICOCHET » 35 Manchester Rd, Derry

(603) 2479012 » Thin-crust perfection meets killer vibes. Crispy edges, chewy centers, and flavors that pop. The fig pizza? Wow. The Cobb salad? Incredible. Fresh ingredients, standout flavors, and an ambiance that's as welcoming as it is stylish. Bonus: Dine-in for bigger pies and a playlist that absolutely slaps.

DEADPROOF PIZZA CO » Mobile Pop up

deadproofpizza.com » DeadProof is a mobile pizza purveyor that does everything from brewery Pop-Ups to restaurant takeovers to fairs and festivals. The menu changes weekly, and offerings are creative and delicious. With a charred thin crust and unique local toppings, DeadProof has quickly become the best Pizza around. Follow them on Instagram to see locations and that week's menu.

BILLY'S FAMOUS PIZZA » 380 Daniel Webster Hwy,

Merrimack » (603) 424-4077 » Good simple Greek style pizza, subs, and calzones are served up here for take out or eating in.

VINTAGE PIZZA » 241 Candia Rd, Manchester

(603) 518-7800 » Very small spot serving NY Style pizza that is always consistent with unique specialty pies. Try the ricotta and sausage pie.

OTTO » 6 Main St, Bedford

(603) 552-6000 » This Maine import has quickly become a New Hampshire favorite, winning over locals with its creative, thin-crust pies and fresh, unexpected flavor combinations. Think butternut squash with ricotta and cranberry, or hot honey pepperoni that keeps people coming back. The scratch-made ingredients shine through in every bite, and the welcoming atmosphere makes it just as easy to pop in for a casual lunch as it is to linger over drinks.



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WHERE TO GET YOUR

drink ON

—▶▶▶ BREWERIES
& DISTILLERIES

REPUBLIC BREWING COMPANY**72 Old Granite St, Manchester ▶ (603) 836-3188**

With an industrial vibe perfectly suited for the neighborhood, this brewery has a great mix of beers. It serves up a high-quality New England IPA that will satisfy any Granite State beer lover. Limited but solid food menu, Republic is a great addition to downtown Manchester and 2 minutes off exit 5 of 293.

OGIE BREWING**12 South St, Milford ▶ (603) 249-5543**

Nano brewery on the Oval in Milford serving up quality brews in a cozy setting. The Flying Dutchman is a Black IPA with tons of flavor and worth seeking out. Interesting sours and fruit beers made with local ingredients. The owner is passionate and a pleasure to talk to.

**SUNSTONE BREWING COMPANY****298 Rockingham Rd, Londonderry (603) 216- 1808**

A relative newcomer on the scene. Sunstone offers a nice mix of styles in an intimate setting. Live music on most weekends, as well as special interest nights. While they offer a range of beer styles, New England IPAs get top billing in the taproom. Critical Hit is worth visiting for on its own.

LIVE FREE DISTILLERY**1000 E. Industrial Park Dr, Manchester**

Micro distillery putting out quality spirits right here in the Queen City. The friendly and knowledgeable owner will walk you through his offerings and show you the distillation process in action. The barrel aged whiskeys are excellent and worth bringing home. The wheat whiskey has a flavor profile that will blow your mind. Bottles make awesome thank you gifts for hosts. More unusual, thoughtful, and enjoyable than a simple bottle of wine. Combine a stop here with neighboring Great North for a varied day of sipping.



Andre Marcoux at Live Free Distillery is producing distinctive and delicious spirits right here in the Queen City

BACKYARD BREWERY**1211 S Mammoth Rd, Manchester ▶ (603) 623-3545**

All around great atmosphere, beer, food and staff. Very nice outdoor deck area that is also pet friendly. A fantastic place to bring friends and family.

GREAT NORTH ALEWORKS**1050 Holt Ave, Manchester ▶ (603) 858-5789**

Craft brewer with a sizable tasting room. You will find their bigger offerings all around, but the tap house has many limited release offerings. If available, try the Smokin', a rare New England take on a Rauchbier. Their IPA has become almost synonymous with beer around Manchester.

FUN FACT

Able Ebenezer takes its name from the Pine Tree Riot (Did you read our history column?) and pays homage to the citizens that rallied behind Ebenezer Mudgett.

ABLE EBENEZER**31 Columbia Cir, Merrimack (844) 223-2253**

Veteran owned brewer with a small tap room and a rotating cast of food trucks stopping by. Victory Nor Defeat is my favorite DIPA in the state. Burn the Ships and Man of Talent

beers are both very original and worth trying. Pet friendly.

603 BREWERY & BEER HALL**42 Main St, Londonderry ▶ (603) 404-6123**

Huge beer hall serving ubiquitous brews. This is the place to bring big groups. The beers are great, and the beer hall vibe is the only one in the state. The outside patio is the place to spend warm spring days with great food, fun games, and lots of friends. The sandwiches are what you should focus on here.

LABELLE WINERY**345 Rte 101, Amherst**

Open year-round for tastings, lunch, and dinner amongst their 2000 vines, Labelle has grown into one of the largest vineyards in the state. Offering events such as yoga in the vineyard, cooking seminars, and concerts, there is a reason for even non wine drinkers to visit. The restaurant puts out high quality meals that deserve attention. Very well known for its diverse selection of fruit wines, though the Americus and Syrah should be tasted by anyone who likes a bold red wine. They also have a fantastic location and restaurant in Derry. Definitely check either location out.



FUN FACT

Mac and Dick McDonald (That McDonald) were born and raised in Manchester. They attended Central and West High Schools respectively. Dick returned to the Granite State after selling the company to Ray Kroc and lived out his life in Bedford. He is buried in Mount Calvary Cemetery.

NOK VINO

146 Londonderry Turnpike, Hookset > (603) 315-5272

New operators took over the space of my favorite winery, and they had pretty big shoes to fill. Which they easily did. Producing delicious natural New Hampshire wines, with a knowledgeable, passionate staff, this tasting room will become any wine nerd's go-to spot. Don't let the very industrial area deceive you. They tend six different vineyards around the state, and their dedication to the vines shows through in their wine. Absolutely worth seeking out.

STARK BREWING CO. > 500 N. Commercial St, Manchester > (603) 625-4444

Set in a historic mill building along the river, Stark is the oldest brewpub in the state. With up to 20 handcrafted beers on tap, there are options for everyone. Milly's Oatmeal Stout is named for brewmaster Peter Telge's beloved German Shepard and is a fantastic cold weather brew. Their seasonal offerings are fun and tasty. An in-house copper still puts out quality rum, bourbon, and vodka as well. Unlike most modern brewpubs, Stark smells like a brewery, with that distinct grain smell hitting you in the face when you step inside.



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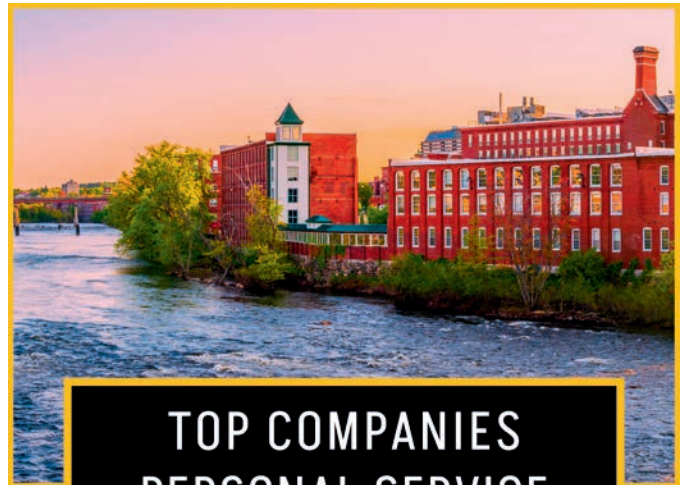


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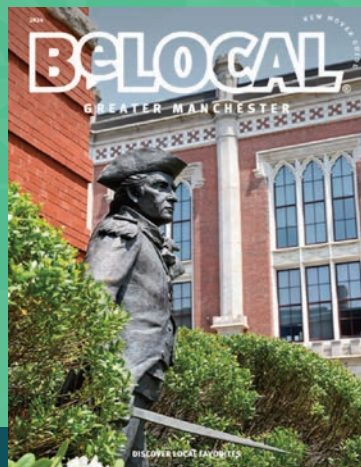
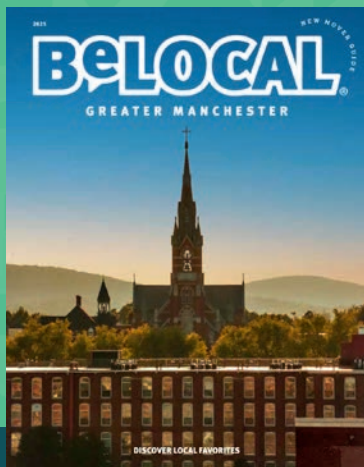
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BeLOCAL
GREATER MANCHESTER



FARM FRESH

WHERE TO PYO, JOIN A CSA OR FIND A FARMER

Manchester, Bedford, Merrimack, and Amherst all host seasonal weekly markets where you can expect to find vegetables, fresh seafood, organic meat, and crafts. Most retain a presence on Facebook, where they post their hours and a list of vendors.

Community Supported Agriculture

A CSA is a subscription service that provides members with a weekly supply of organic, high quality, locally grown, and seasonally fresh food at an affordable price. It is a way to support local community farms with equitable prices and sometimes provides an opportunity for members to participate in farming activities. It is a fantastic way to introduce to your children where their food comes from.

Benedikt Dairy

Goffstown ▶ A small farm on the edge of Mount Uncanoonic overlooking downtown Manchester. Grass-fed Jersey cow dairy and vegetable farm. Year round farm stand offers raw milk, cream, cheeses, beef, and vegetables. A year round dairy CSA, a summer vegetable CSA, and a summer flower CSA are available.

Local Harvest

Concord ▶ First cooperative CSA in New Hampshire. They work with multiple farms, including some in Weare and New Boston, and let farmers focus on growing what they grow best while subscribers benefit from the diversity of multiple farms. Pick up sites in Bedford and Hookset.

Fresh Start Farms

Manchester ▶ Fresh Start Farms is a collective of refugee and immigrant farmers. Twenty-three new American farmers comprise Fresh Start Farms. Produce is grown both in Dunbarton and in Concord. A great cause and some great produce. Several CSA options, and you can expect some produce you won't find at your local market. Also operates a market in Manchester at 150 Spruce St. Open Tuesday and Wednesday. Check website for hours.

Hungry Bear Farms

Mason ▶ Midsize organic farm growing more than 40 crops. Offers a Spring season CSA that runs for 8 weeks. The full season runs for 20 weeks into October. Pickup is onsite in Mason.



FUN FACT

The Molly Stark Cannon in New Boston is considered to be one of the world's oldest pieces of artillery still in use. Dating back to 1743, it is paraded through town and fired 3 times each July 4th.



Pick Your Own

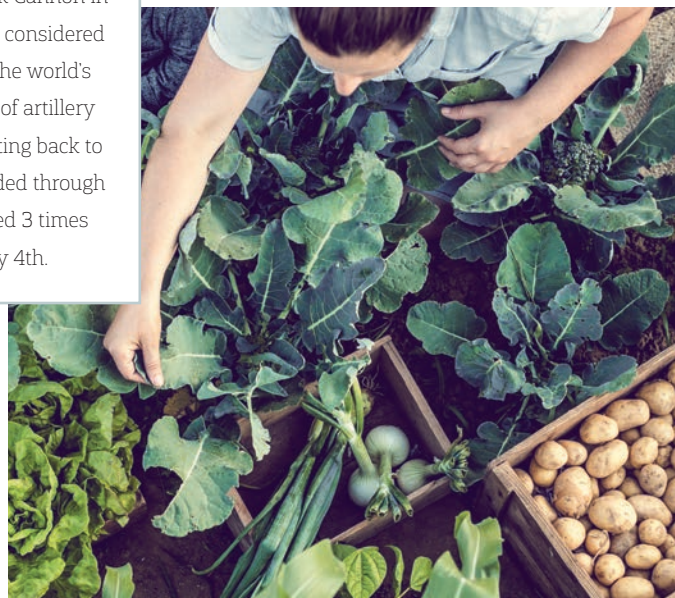
While most people associate PYO with apples, New Hampshire is awash in pick your own fruit, from berries to peaches to grapes. Most operate farm stands where lots of other produce can be purchased. Berry season starts in mid June while apple season tends to begin after Labor Day.

Brookdale Fruit Farm

Hollis ▶ Farm stand is open May through January. Pick your own strawberries, cherries, blueberries, and raspberries. They sell flowers and fruit trees to plant at home as well.

Currier Orchards

Merrimack ▶ Set on a farm that dates back to the mid-1800s, the orchard now grows ten varieties of apples. Pick your own season runs from Labor Day to Thanksgiving. A small farm stand is open during the season as well.



Devriendt Farm Products

Goffstown ▶ Family farm for over 25 years, with 14 greenhouses and pyo strawberries and pumpkins. Ice cream shop on the farm as well. Corn Maze in the fall is always fun for the kids. They grow Christmas trees onsite and sell them, plus decorated wreaths before the Holidays.

Mack's Apples

Londonderry ▶ Dating back to 1732 and at an impressive 400 acres, Mack's is the granddaddy of them all. With numerous orchards spread around town, there are pyo apples, pears, peaches, and pumpkins. The season starts in August and runs through November, with ice cream seasonally. Farm stand is open year round and has a nice mix of fruits, vegetables, cider, baked goods, and jams.

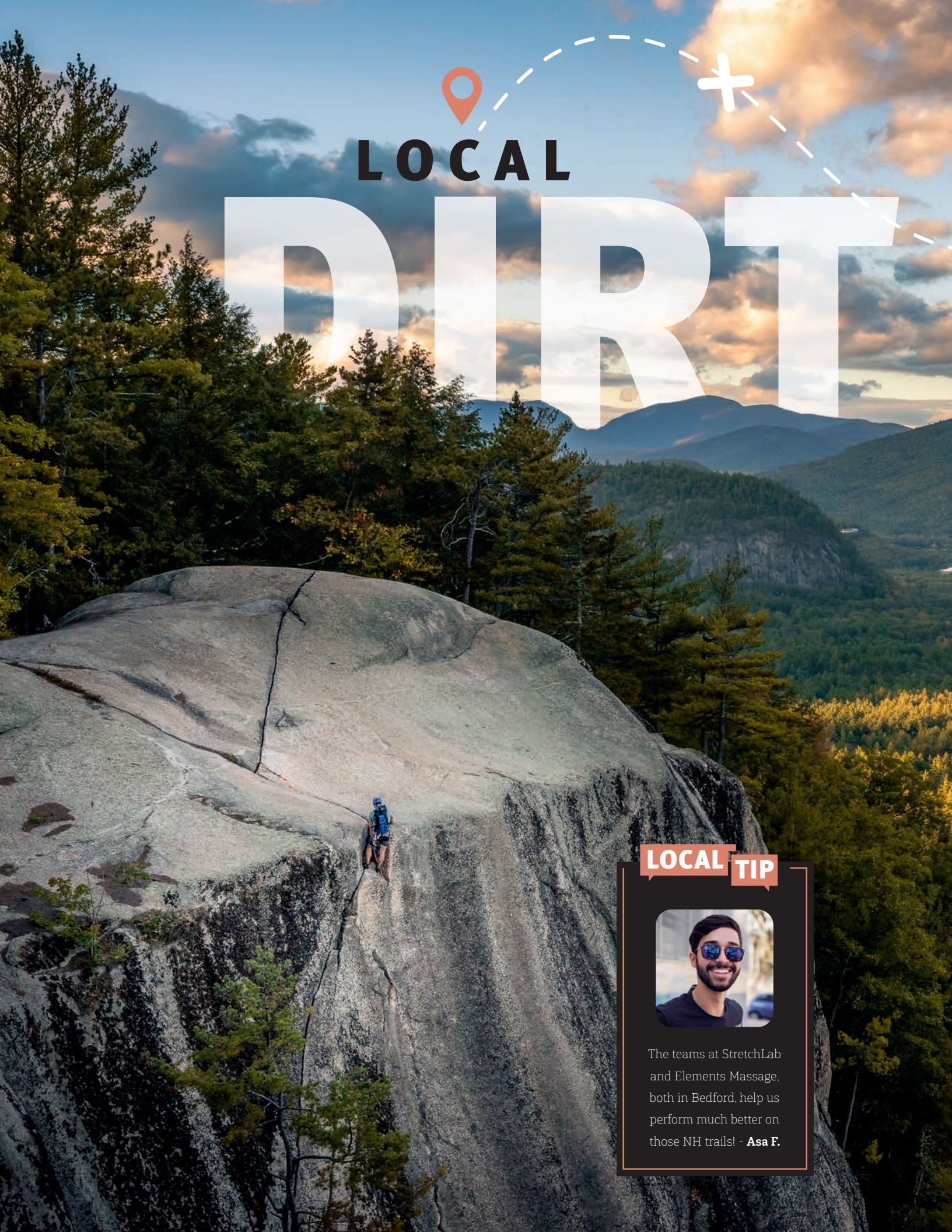
Trombly Gardens

Milford ▶ Pyo strawberries and tomatoes with a farm stand with vegetables and fresh fish. Farm animals and a corn maze make this a fun weekend activity with the kids. Ice cream is available.

Gould Hill Farm

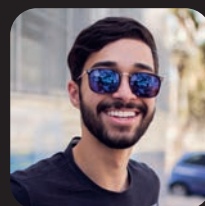
Contoocook ▶ The drive is worth it. Make a day out of it. Over 100 varieties of apples for picking. Peaches and blueberries are pick your own as well. They grow eight varieties of garlic, which you can purchase at the farm store. Fresh cider donuts as well as other baked goods can be had in the restored barn. They have a hard cidery below the barn with live music on fall weekends, which is usually hopping. The views are spectacular.





LOCAL DIRT

LOCAL TIP



The teams at StretchLab and Elements Massage, both in Bedford, help us perform much better on those NH trails! - **Asa F.**

WHERE TO HIT THE TRAILS

Tell someone where you are going, know hunting season dates and wear orange when necessary. Most of these properties allow hunting.

BEAR BROOK STATE PARK

Allenstown ▶ A 10,000-acre state park North East of Manchester, it's the largest developed park in the state. Hikers, bikers, and trail runners will love it here, with over 40 miles of trails of a diverse nature. From machine built mountain bike trails to steep scrambles up to viewpoints, the park has it all. Bikers should head to the parking area off Podunk rd for quick access to the super fun downhill Bear trails and cross country action on Hemlock, Broken Boulder, and Chipmunk trails. Runners will love trails like One Mile and Bear Brook while Podunk Road's smooth dirt provides miles of runway. Hikers can head anywhere, though Catamount Hill should be a must visit for the best lookout in the park.

THE UNCANOONUCS

Goffstown ▶ No matter where you live, you have seen these two peaks. Both mountains have multiple trails to their respective summits and offer viewpoints in each direction. Runners will find more miles than they can hit in a day, and can easily rack up thousands of feet of elevation gain in a relatively short outing. Bikers might need to find an experienced local or have a sense of adventure, but there are well over 50 miles of trails in the surrounding area. Unmarked, and web-like at times, getting lost is easy, though you will eventually end up on a road and can find your bearing. Test your fitness with a hike or run up the Incline, a remnant of an actual Incline train that climbed the South Peak in the early 1900s. It has the most vertical per distance you can find south of the Whites.

MUSQUASH CONSERVATION AREA

Londonderry ▶ At over 1000 acres, it is the largest undeveloped tract of land in Londonderry. One of the better, and more clearly marked, trail systems around. Well over 20 miles of trails with something for everyone here.

HORSE HILL NATURE PRESERVE

Merrimack ▶ Old logging roads form the basis of a trail network that connects single track on fairly steep terrain with gently rolling double track that passes wetlands, streams, and ponds. Blodgett Hill is the highest point in the park and makes for a great hike or ride. Bikers can connect to the Grater Woods trail system to the north with a road connection for some serious mileage.

JOE ENGLISH CONSERVATION LAND

Amherst ▶ The trails around the Peabody Mill Environmental Center make for a great family hike. Very well marked, with signage at every crossing, there is a lot to see. From a walk out to the beaver pond to several cascading brooks, it is a great place to get out in the woods. In the winter it can be truly stunning. Bikers and runners have plenty of options here too, with the ability to connect to Amherst town trails to the south making for some great mileage potential

PULPIT ROCK

Bedford ▶ Another great spot for a family hike. Relatively easy walk on well marked trails to the Pulpit, a geologic oddity formed 14,000 years ago by glacial runoff. It is a steep climb down into the gorge. Lots of history to explore, with several old mill foundations dotting the area. Trails connect through Amherst and to Joppa Hill Farm with good signage.



FOR THE MOUNTAIN BIKERS NEW TO NEW ENGLAND

KINGDOM TRAILS

East Burke, VT ▶ Definitely not local, but the premiere biking destination in the North East deserves your attention. Thanks to a glacial moraine, the rocks and roots of New England are replaced with buttery smooth, well drained soil. With a trail system in excess of a 100 miles and the aforementioned flow style trails, it is not uncommon for fit riders to easily put in 60 mile days. Worth the 2 hour drive.

LOCAL TIP



There is nothing better than spending a warm summer afternoon at The Patio, which overlooks the Fisher Cat's stadium. Great view of the game from left field with fun food and drinks. - **Dave B.**



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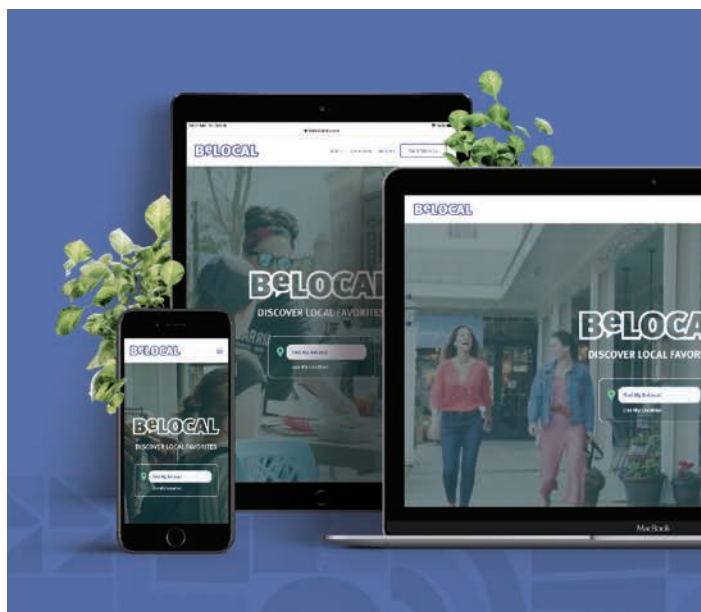
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Tee it up

AT THESE GREAT COURSES

The first thing people think about when they hear New Hampshire definitely isn't golf, but we are blessed with some great courses, and despite the weather, some have claimed to have played a round in all 12 months. We reached out to local sandbagger Paul Norris for some highlights and tips. His rumored handicap is a 7, so take some of his comments with a grain of salt.

By Paul Norris

LOCAL TIP



The 9 hole twilight leagues at Souhegan Woods are a great way to get your golf in during the week. Friendly, yet competitive play with players of all skill levels.

- Nick S.

ATKINSON RESORT & COUNTRY CLUB

Atkinson, NH • (603) 362-8700

The course features a great layout with a fun combination of holes and narrow fairways. Hole 7 is one of the toughest par 4's in the state. Practice facilities are some of the best in New England and 4 virtual simulators keep the play up all winter. Super fun 9-hole Par 3 course as well. There is lodging onsite and Merrill's Tavern makes for a great 19th hole.

CAMPBELL'S SCOTTISH HIGHLANDS

Salem, NH • (603) 894-4653

Wide open fairways make this course a Grip it & Rip it player's dream. Greens are traditionally slow and easy to navigate. The 16th hole is an amazing dog leg left with a pond protecting the green. Three good shots at #18 and you are walking off with a birdie. Swing by Peach Tree Farm on your way home for some great ice cream.

CANTERBURY WOODS

Canterbury, NH • (603) 783-9400

A rather short course that rewards accuracy, it has amazing elevation changes. The 7th hole is an uphill monster and if you walk away with a par you are lucky. #12 is an amazing par 4 with a split fairway where your approach shot decision will take precedence. Great bar with super friendly bartenders and a delicious BLT.

THE OVERLOOK

Hollis, NH • (603) 465-2909

Incredibly scenic course with many holes playing along the Nashua River and very good greens. A handful of short par 4s that don't require a driver but demand accuracy. The 18th is a beast of a par 5 that requires 3 perfect shots and makes a very difficult finishing hole. All four par 3s are tough, with three of them playing over 200 yards from the back tees.

DERRYFIELD COUNTRY CLUB

Manchester • (603) 669-0235

Municipally-owned course with weekly Men's and Woman's leagues and a fantastic juniors program. Not a particularly challenging course but it is kept in excellent condition. Greens typically roll fast but don't have a lot of slope making them quite approachable. The back deck is an excellent place to unwind and have a drink.

PASSACONAWAY COUNTRY CLUB

Litchfield, NH • (603) 424-4653

A long course that requires the driver, though its fairways are wide and forgiving. Holes 3 through 5 make up a demanding stretch that tests any golfer's skills. The back nine plays considerably longer than the front. Typically the course is in great shape and is very green.



fun & unusual

PLACES TREASURED BY LOCALS TO SEEK OUT



LANG STATION ▶ Gregg Mill Rd, New

Boston ▶ State Forest and parking area along the Piscataquog River offering up something for everyone. There is excellent fly fishing in either direction and the river is easily wadable and offers up a good mixture of pools, pocket water, and runs. Insect activity is quite good. The New Boston rail trail runs parallel to the river and is a great place to walk, run, or bike. It makes for a great snowshoe in the winter, especially after a heavy wet snow.

LIGHTHOUSE LOCAL ▶ 21 Kilton Rd,

Bedford ▶ Market and cafe offering gifts, sandwiches, coffee, and more. As the retail outlet for Bedford Baking Company, they always have freshly baked bread and other unique bakery items. They also stock hard-to-find items made by local artists and craftsmen. A community-first way to fill your stomach and pick up a housewarming or thank-you gift for any occasion.

MOULTON'S MARKET ▶ 10 Main St, Amherst

Not exactly hidden to anyone that lives in Amherst proper or visits the Village Green, it is a place worth seeking out even if you have no business in central Amherst. Well stocked country market with lots of locally made goods and a back sandwich counter that serves up some delightful offerings. I would drive 40 minutes for The Famous Jersey.

FISHTOES ▶ 83 Hanover St, Manchester

Fishtoes is a newly opened vintage & treasures shop in the heart of downtown Manchester, whose mission is to ensure anybody & everybody (no matter one's age, style, size, or economic background) can walk away with incredible treasures. There you will find vintage women's, men's & children's clothing, furniture & home décor (all from the 1930s to Y2K to today). Great vibes and nice little touches everywhere you look.



WILDCAT FALLS CONSERVATION AREA

35 Currier Rd, Merrimack ▶ Well maintained trails that ultimately lead to a set of falls on the Sohegan River. A little beach awaits that encourages wading and water inclined furry friends will definitely enjoy it. Further upstream are several pools and rock slides that can be swum with the right water levels. It can get crowded on a warm summer weekend.

SAIGON ASIAN MARKET ▶ 476 Union St,

Manchester ▶ Asian grocery with a fantastic assortment of international staples. From whole fish to fresh tripe to 30 varieties of sesame oil, you will find what you need here. Don't pass by the frozen aisle, as there are tons of great Asian specialties including buns, dumplings and noodles. They have an entire aisle dedicated to Latin groceries as well.

get involved SERVE YOUR COMMUNITY



WHERE TO VOLUNTEER & JOIN LOCAL CLUBS

.....

One of the best ways to become ingrained in a community and meet new people is to join a club or volunteer your time. The Greater Manchester area has plenty of great nonprofits and community focused organizations. Most are constantly welcoming new members and volunteers.

.....

CASA OF NEW HAMPSHIRE ▶ Court Appointed Special Advocates serve all of New Hampshire with the task of recruiting, training, and supporting volunteers that serve as advocates for children that have experienced neglect or abuse. Advocates interact with the child and important people in their life and serve as their voice in the court system. You can change the outcome of a child's life. CASA has recurring recruitment and training sessions throughout the area. www.casanh.org

BIG BROTHERS BIG SISTERS OF NEW HAMPSHIRE ▶ BBBS makes a difference in hundreds of children's lives yearly through mentoring programs in the community and schools. Not only does choosing to become a *Big* enrich the life of a child, but it can also bring joy, meaning, and satisfaction to the volunteer. *Bigs* are in need throughout Southern New Hampshire. www.bbbsnh.org

ROCA KIDZ CLUB ▶ Manchester based community outreach program serving children affected by poverty, neglect, and abuse. They are constantly looking for volunteers to serve as a sense of stability in a child's life. They just ask for people to come and visit and see what inspiration comes from it. www.rocakidzclub.com



SPECIAL OLYMPICS OF NEW HAMPSHIRE

Helping children and adults with intellectual disabilities discover confidence, joy, and fulfillment through sports training and competition. Volunteers are needed for specific events, to manage teams, or just to support the athletes. www.sonh.org

VETERANS COUNT MANCHESTER ▶ As a division of Easterseals NH, Veterans Count's mission is to provide timely and critical assistance and services to veterans, service members, and their families when other resources are unable to. Community outreach, board memberships, and event sponsors are opportunities to serve those that have served this country. www.vetscount.org

FAMILIES IN TRANSITION ▶ Based in Manchester with locations throughout New Hampshire, FIT's mission is to empower people experiencing homelessness. From homeless services to food programs to substance abuse treatments, FIT works throughout the community to effect positive change upon those who need it most. Over 700 volunteers donated their time last year in various roles. www.fitnh.org

BOYS & GIRLS CLUB OF MANCHESTER

With a mission to inspire youth and help them achieve their full potential, the Club relies on volunteers to serve as mentors, coaches, and program directors to achieve its goals. No specific experience is required, just a desire to help local youth with their journey to success. www.mbgcnh.org

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SCAN ME

www.manchester-chamber.org/global-discovery-program

BEDFORD ITALIAN CULTURAL SOCIETY ▶ You don't have to be Italian or live in Bedford to join. Just have an interest in the food, culture, and language of Italy. Monthly meetings feature guest speakers, language learning, and outstanding food. www.bics-nh.org

ANIMAL SHELTERS ▶ Both the Manchester Animal Shelter and the Animal Rescue League of NH depend on volunteer support to achieve their goals. From kennel maintenance to socialization to fostering, shelters can't serve the local community without you. www.manchesteranimalshelter.org and www.rescueleague.org

BLESS THIS HOME ▶ Working with local organizations, Bless this Home seeks to help women and children complete their transition to independent living. By creating functional, pleasing, and welcoming living spaces they look to help establish women in their new homes with dignity and pride. They accept gently used furniture and home decor and are always looking for volunteers to facilitate their work. www.blessthishome.org

THE PALACE THEATRE ▶ 100 plus year-old theater in Manchester that hosts a mix of professional and youth theater, concerts, and comedy shows year round. Volunteer to become an usher to help out a treasured landmark while seeing a variety of amazing performances. palacetheatre.org



GARDEN CLUBS ▶ Put your green thumb to work while beautifying your town's open spaces. Most towns have a local garden club that hosts annual plant sales, plants annuals and perennials around town, and spreads local horticultural knowledge.



GIRL SCOUTS OF THE GREEN AND WHITE MOUNTAINS

Girl Scouts explore endless possibilities! Share your expertise as a troop leader, helper, or short-duration volunteer. You can help make the world a better place, giving girls the courage, confidence, and character to succeed in today's world. Join now or learn more about everything they offer at girlscoutsgwm.org

PISCATAQUOG LAND CONSERVANCY ▶ Southern New Hampshire focused land conservation organization that is currently protecting just under 10,000 acres of land. Volunteer opportunities include property monitoring, trail stewardship, writing, and photography. plcnh.org

LOCAL TIP



The sunset from the Massabesic Cliffs in Auburn can be heavenly and is a great way to end a hectic day. - **Jim H.**

Most towns have Men's and Woman's clubs that focus on charitable endeavors in their communities and host several events per year. There are also Rotary and Lions clubs in each town. They typically welcome new members at their monthly meetings and can easily be found by a Google search. Many high schools have athletic booster clubs that support local sports teams and are always looking for people to get involved.



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fun with kids!

ACTIVITY & BIRTHDAY
IDEAS FOR KIDS
OF ALL AGES

OUTDOORS

NH Audubon Massabesic Center

Auburn > (603) 668-2045

Set on a 130-acre historic farm on Lake Massabesic with rolling fields, forests, and marshes, the center offers opportunities for birding, hiking, and participating in various educational forums. Bald Eagles frequent the property in the Winter. Summer camp opportunities for ages 4-15.



Candia Springs

Candia > (603) 587-2093

Both a water park and aerial / zip-line adventure, there is something for everyone here. Weekly themed day camps for ages 7-12.

McIntyre Ski Area

Manchester > (603) 622-6159

City owned ski area and tubing park. Ask any local who grew up here where they learned to ski and they will most likely say McIntyre. Great after school programs and lessons that can get the littlest of kids skiing. Perfect place to start before moving on to bigger mountains. The tubing area is a fun way to spend a day and makes for a great birthday party spot.



LOCAL TIP



Mel's becomes Nightmare New England in the fall and has the best haunted hayride in the state.

- Stacy C.



Educational Farm at Joppa Hill

Bedford ▶ (603) 472-4724

Community run working farm with animals, hiking trails, and seasonal events. The farm is open to visitors year-round from dawn to dusk. Seasonal events like an ice skating rink and visits from Santa. A farm stand stocked with locally made goods and crafts and a community garden. The summer day camp for kids is a big hit and sells out quickly. Birthday party's here are original, educational, and fun.

Mel's Funway Park

Litchfield ▶ (603) 424-2292

From go-karts to mini golf to laser tag, Mel's is the go-to spot for birthdays, camp trips, or just bored Saturdays. Open April to October. Ice cream is available and a decent Mexican cantina is onsite with a full bar and outdoor seating.

Canobie Lake Park

Salem ▶ (603) 893-3506

Family friendly amusement park that feels set back in time. Thrill rides, games, and a small water park all provide tons of fun. Beatifically landscaped and usually not very crowded, it's a great place to spend a day. The fright fest in the fall is fun for all.



Fisher Cats

Manchester ▶ (603) 641-2005

New Hampshire's only minor league baseball team. Playing from April through September at Delta Dental Stadium, the Cats are a double-A affiliate of the Toronto Blue Jays. Family friendly stadium with reasonable prices, theme nights, and fireworks display most Saturdays.

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INDOORS

Cowabunga's

Manchester ▶ (603) 935-9659

Indoor activity park with tons of inflatable playgrounds, a huge climbing structure with foam balls, a creation station, and ride-on cars. Purposefully designed for children 10 and under and their parents. Great space for parties with options to fit every family's needs.

Vertical Dreams

Manchester ▶ (603) 625-6919

Indoor rock climbing facility in the heart of Manchester's mill district. Offers something for everyone, with a bouldering area, top-roping, and routes for all abilities. Equipment rental, lessons, and guidance are available. Taking advantage of an industrial shaft, they have the tallest climbing wall in the state at 70 feet. Birthday parties, school break camps, and overnight lock-ins are all offered. The youth climbing team presents a fantastic opportunity to expand one's skills.

My Gym

Bedford ▶ (603) 668-7196

Perfect spot to either host a birthday party for little ones or enroll them in a weekly class. They offer 3 different birthday packages and can even take care of the food and cake. Perfect for ages 1 to 9. My Gym also offers summer camps, parent night out events, and drop & play options.

XtremeCraze

Londonderry ▶ (603) 404-6064

An indoor play park with over 10,000 square feet under roof, your kids will stay busy for days. Laser tag, a game zone, and an inflatable air park. Like a trampoline park, but the entire structure is inflatable. No hard surfaces means no place to get hurt. Multiple party options include food, supplies, and plenty of time to enjoy the park. Theme nights weekly.

USA Ninja Challenge

Manchester ▶ (603) 935-7100

Given the success of the television show, this style of gym has been popping up everywhere. Inspire confidence and start your child on a lifelong path of fitness. Offers weekly classes, camps, and birthdays party packages.



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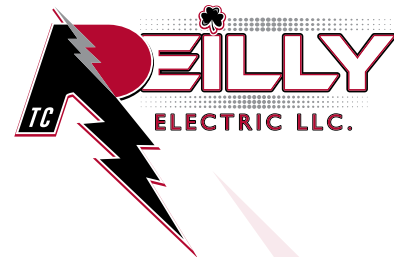


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RETAIL THERAPY



antiques

ROBIN'S EGG

199 State Rte 101, Amherst

Multiple vendors have their goods on display here, and you will find something different around every corner. Great place to browse as there is always something for everyone. Antique furniture, clothes, candles, and more. Most are sourced locally.

ANTIQUES ON ELM

321 Elm St, Manchester

Fantastic collection of vintage everything. It is impossible not to walk out with some treasures. Expansive space with a wide variety of offbeat stuff. Many different vendors represent very different interests. Be prepared to spend more than an hour browsing.

LOCAL TIP



Lo Tide Clothing Co. at 7 Colby Ct #4, Bedford has some great clothing options for younger woman. Love their surfer vibe! - **Paige V.**

women's clothing



ALAPAGE • 25 S River Rd #301, Bedford

A charming boutique that offers a curated collection of clothing, accessories, and gifts. The store's inviting atmosphere and unparalleled customer service make Alapage a must-visit for a delightful shopping experience. Great gift selection for all ages and genders to boot.

VIVA BOUTIQUE • 1 Highlander Way, Manchester

A lifestyle boutique located in the Executive Health & Sports Center offering fashion-forward brands that take you from the yoga mat to the office. Focusing on contemporary apparel, athleisure, and accessories.

PERIDOT BOUTIQUE • 18 Hanover St, Manchester

These two lovely boutique owners have brought their NYC fashion expertise and style to Manchester. Their talents grace us with great deals on fabulous women's clothing and accessories. It's a shopping must. Shop online, too, at www.shopperidotboutique.com



men's clothing

GEORGE'S APPAREL • 675 Elm St, Manchester

Decades-old Manchester institution is the go-to source for men's attire. Be it your first day of work, your wedding, or your son's prom, George's has what you need to look sharp. They have a great selection of footwear and accessories and do all tailoring onsite.



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LOCAL TIP



I love stopping by Vine 32 in Bedford as often as I can. With 32 expertly selected wines on tap and a knowledgeable staff, I always find something new to like. And the different pour sizes means I can be bold and experiment.

- Colleen M.

home decor & gifts

THE TERRACOTTA ROOM

1361 Elm St #102, Manchester

The Terracotta Room is a Plant Nursery and Lifestyle Boutique driven by the love of art, nature, community + well being. Their focus is to find products that are not only sustainably sourced and ethically made but also cutting-edge.

APOTHECA FLOWER & TEA

24 Main St, Goffstown

Celebrate creativity in this unique space with a curated collection of flowers, gifts, and art. Grab a drink from the cafe while you browse the assemblage of locally crafted art.



DEJA VU • 113 Hillside Ave, Londonderry

A warehouse-sized boutique with high-end new and used furniture and other unusual items. All of the funk, with none of the junk!

BOUTIQUE BY MAO DESIGN • 39 Main St, Goffstown

Home decor, art, and furnishings in a beautiful storefront. From that perfect finishing piece to complete the room to whimsical accessories you didn't know you needed to have before seeing, it's the perfect spot for anyone with an eye for design. I try to stop in at least once a month as I never know what I will find.

thrift stores

M&C CLOTHING AND GIFTS

135 NH-101A, Amherst

Offering top brands in very good condition, this is the consignment store of your dreams. The kid's shoe offerings are always solid. A great place to stock up on winter boots and offload the ones that were outgrown. Well organized and easily shopped.

CHIC BOUTIQUE CONSIGNMENTS

126 S River Rd, Bedford

Huge variety of clothing for all styles in a setting that feels more upscale boutique than a thrift store. Every visit brings a new surprise, with tons of brand names and designer offerings. Great place to buy, sell or browse.

OUTFITTERS THRIFT STORE

394 Second St, Manchester

Save money while helping your community! Great selection of clothing, home goods, and bric-a-brac that is always changing. The fact that all proceeds go to Families in Transition is icing on the cake.

garden & outdoors

GREEN THUMB GARDEN CENTER

278 Mast Rd, Goffstown

Fully stocked nursery along with irrigation and gardening supplies. They sell locally made ice cream year round and usually have a nice selection of seasonal gifts from nearby artisans and vendors.

BEDFORD FIELDS

331 State Rte 101, Bedford

Much more than a garden center, though they have everything you need for your garden. Home decor, patio furniture, and gifts are all well-represented. They have a lovely selection of indoor plants in their greenhouses, including many cacti.

GRASSHOPPERS GARDEN CENTER

728 River Rd, New Boston

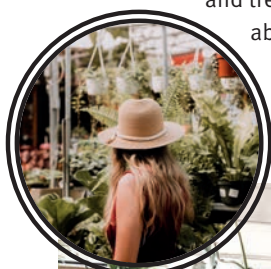
Country store, gift shop, and garden center with a little bit of everything. From trees and perennials to locally grown meat to craft beer, there is always a reason to stop in. They offer prepared meals to go, as well as locally made jams, honey, and sauces.

DEMERS GARDEN CENTER

656 S Mammoth Rd, Manchester

If Demers doesn't have it, no one will. This is my family's go-to spot for perennials

and trees. Very knowledgeable staff that can help with any gardening question, no matter how obscure.



FUN FACT

The Puritan Backroom is credited as the creator of the chicken tender.

They sell more than 12,000 pounds of tenders per week.

odds & ends

STONE RIVER OUTFITTERS

1 NH-101A Unit 1, Amherst

Family-owned fly fishing store with everything you need to get out on the river. Huge selection, deep knowledge, and friendly, helpful guidance. Whether you have been fishing for decades or are looking to get started, this store has you covered.

GRANITE STATE COMPOUNDING & WELLNESS PHARMACY

105 Ponemah Rd, Amherst

THE destination for all your health, wellness, beauty, home and gift needs! Not your everyday pharmacy; offering customer service and expertise you won't find at any of the chains. It also boasts a thoughtfully crafted selection of professional-grade supplements, health + wellness + beauty products, over-the-counter medications, personal care/home products, and FABULOUS gifts for all ages! It is a MUST see.

MUSIC CONNECTION

1711 S Willow St, Manchester

Massive selection of vinyl albums as well as every other medium. From cassettes to 8-tracks, they have it. Super fun place to discover new and interesting music. The staff knows music and is always ready with a recommendation. I like to browse for hours when I have the time.

MANCHESTER MUSIC MILL

329 Elm St, Manchester

Easily the best musical instrument store in Southern New Hampshire. Hundreds of guitars to pick from, knowledgeable experts, sound rooms, and lessons to boot. They also carry banjos, ukuleles, keyboards, and everything else you need to get your sound on.

GET OUT &

go see!

LIVE SHOWS >>

VENUES TO PLEASE EVERYONE

Southern New Hampshire presents an excellent opportunity to see live music and theater, from hyper local to national acts. Our proximity to Boston means it's quite easy for touring bands to throw in an additional show by driving an hour north. From century old venues to new, acoustically designed spaces, we lay out the options below.

LOCAL ACTS

STUMBLE INN

Londonderry ▶ (603) 432-3210

Live music Thursday through Sunday with a friendly local vibe. Great patio for the warmer months and definitely try the steak tips.

THE HOMESTEAD

Merrimack ▶ (603) 429-2022

Beautifully restored barn turned pub with nightly music. Weekday shows start at 5:30 and make a great after work meet-up option. When Marc Apostolides shows up on the schedule, make sure to go for a great show.

THE GOAT

Manchester ▶ (844) 603-4628

Live entertainment 7 nights a week with a country twang. Break out your boots for line dancing every Wednesday. Open at 8 am Saturday and Sunday with live music and a surprisingly good brunch.

THE SHASKEEN

Manchester ▶ (603) 625-0246

Irish pub with a back room that hosts local bands most weekends. Comedy every Wednesday. The pub itself feels like it was lifted from the streets of Dublin and the food is quite good. The traditional Irish staples are offered and very good, though go off the menu and ask for the Brie Baguette Sandwich. You won't regret it.

LIVE THEATER

BEDFORD OFF BROADWAY

Bedford

Community theater performed in the Old Town Hall. Three performances a year featuring local residents. Tickets are reasonable and the acting is solid. Auditions are open to all.

OVATION THEATRE COMPANY

Londonderry ▶ (603) 682-3582

With live productions, Summer camps for kids, and workshops for all, Ovation has a lot going on. Performances are at various locations around Southern New Hampshire and star youth to adult actors.

DANA CENTER FOR THE PERFORMING ARTS

Goffstown ▶ (603) 641-7000

Set on the campus of Saint Anselm College, the center hosts classical theatre, dance programs, concerts, and speakers throughout the year. The calendar tends to vary widely, and many events will be the only performance in the state

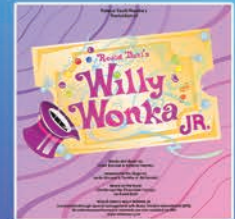


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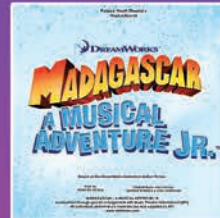
July 14-17



July 21-24



July 28-31



August 4-7



August 11-14



August 18-21



August 25-27

**Tuesday - Thursday @ 10AM & 6:30PM
Friday @ 10AM**



603.668.5588

PalaceTheatre.org

NATIONAL ACTS

TUPELO MUSIC HALL

Derry ▶ (603) 437-5100

Medium-sized venue with exceptional acoustics that hosts more than 100 acts a year. Special comedy nights from time to time are a fun night out. Full food and bar menu available.

CAPITAL CENTER FOR THE ARTS

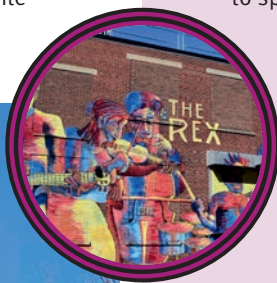
Concord ▶ (603) 225-1111

Two venues serving up a mix of local, regional, and national acts across all genres. Musicals and dance are well represented here as well

PALACE THEATRE

Manchester ▶ (603) 668-5588

One-hundred-plus-year-old restored theatre in the heart of Manchester. Heavily focused on live theater with an exceptional youth program. National comedy and music acts are also sprinkled into the calendar. **The Rex** is a more intimate venue in a former movie house that hosts smaller capacity shows for regional acts. The children's summer performances are geared toward the little ones and are quite a cheap way to entertain them for an hour or so.



SNHU ARENA

Manchester ▶ (603) 644-5000

Indoor event arena with a capacity of 12,000. From concerts to monster trucks to bull riding, SNHU hosts several events each month. State High School hockey championships as well as regional NCAA Frozen Four games are held here as well.

JIMMY'S JAZZ AND BLUES CLUB

Portsmouth ▶ (888) 603-5299

Fairly new venue with a capacity of 600 and a very active calendar. Genres run the gamut and any music lover is bound to find something of interest weekly. Jazz and Blues offerings are unparalleled, but Folk, Classic Rock, and Pop are all represented.

THE STONE CHURCH

Newmarket ▶ (603) 659-7700

Set in a 150 year-old stone church, this is a must visit venue. Fairly eclectic mix of music, they tend to catch acts on their way up to or down from the National level. Catch a weekend afternoon show when one is offered. No better way to spend a fall afternoon.

CASINO BALLROOM

Hampton Beach ▶ (603) 929-4100

Seasonal venue (April til November) overlooking the beach that has hosted the likes of The Doors, Hendrix, and Led Zeppelin. Worth visiting for the history alone, though with 50 plus national acts a year coming through, there is something for everyone.

LOCAL TIP



Friday night comedy at The Rex provides the most laughs per dollar spent in Southern New Hampshire.

- Molly S.





MUSEUMS AND CULTURE >>

PLENTY TO LEARN ABOUT IN THE GRANITE STATE

MILLYARD MUSEUM

200 Bedford St, Manchester ▶ Learn about Manchester's rich history as a company town that became the largest textile mill in the world. Set in one of the original Amoskeag Manufacturing buildings, a mix of permanent and temporary exhibits delve into the days when flowing water powered the world.

SEE SCIENCE CENTER

200 Bedford St, Manchester ▶ With tons of fun, hands-on exhibits, your kids will never know they are learning science. Also home to the LEGO Millyard Project, which is a scale model of the mills from the early 1900s comprised of 3 million bricks and is a Guinness record holder. On Saturdays, there is a combined entry to both the Millyard Museum and See Science.

AVIATION MUSEUM OF NEW HAMPSHIRE

27 Navigator Rd, Londonderry ▶ Set in an art deco building that served as Manchester Airport's terminal from 1937 to 1995, the focus here is on the Granite State's history in aviation. Interesting exhibits, excellent outreach programs, and the fact that it sits 100 yards off MHT's main runway means it is a must visit for aviation buffs. The youth summer camp program features heavy hands-on aviation experiences that can awaken the STEM interest in any kid.

CRUMPACKER GALLERY

11 Halcyon Pl ▶ Set on the campus of St. Paul's School, the gallery hosts four major shows a year with up-and-coming and well known artists. The permanent collection hosts a range of works donated to the school over the past 100-plus years. Student shows are held annually as well.

MCAULIFFE-SHEPARD DISCOVERY CENTER

2 Institute Drive, Concord ▶ Set on the Campus of NHTI, the discovery center offers interactive exhibits featuring space, engineering, and science. The full dome planetarium lets the center offer stunning tours of the stars, which it pairs with educational engagements. The first Friday of every month offers a special planetarium show, guest speakers, and observing the sky with their commercial telescope.

ZIMMERMAN HOUSE

150 Ash St, Manchester ▶ One of two Frank Lloyd Wright homes in Manchester, it is a classic Usonian design and has been owned by the Currier Museum since 1988. Open to the public via tours from the Currier, it is an easy entry to the world of the most famous architect.

BIZ BUZZ

The Currier's Art After Work series offers free exhibition tours and gallery admission every Thursday evening.

CURRIER MUSEUM OF ART ▶ 150 Ash St, Manchester

Almost celebrating one hundred years of enriching the community with art, the Currier packs quite a punch for a small museum. Carefully designed building highlighting European and American art from the 1500s forward. From Picasso to O'Keeffe to Matisse, the collection has a little of everything. The fact that it is the only museum in the world to own 2 Frank Lloyd Wright houses is icing on the cake. Both its Sunday brunch series and Thursday's Art After Work feature live music, food and cocktails, and of course, great art.



AN INFLUENCER'S GUIDE

TO THINGS EVERY GRANITE STATER SHOULD EXPERIENCE

By Julie Kinneen

My name is Julie, the voice behind @WhatsNewinNH.

My Instagram page is your local guide to all the best food, shopping, and things to do in the area. I also post weekly about the best upcoming weekend events! I started my page out of a love of visiting local businesses, which I think are sorely under-recognized!

- ▶ Marvel NH's mountains with a quick hike up the **ARTIST'S BLUFF TRAIL** in Franconia Notch, then ride the aerial tramway at Cannon Mountain.
- ▶ Shop and stroll downtown in **NORTH CONWAY** and visit Zeb's General Store. Experience an old-fashioned train ride on the Conway Scenic Railroad departing from the 1874 station in town! Continue your day with breathtaking views at Cathedral Ledge and Echo Lake.
- ▶ Visit NH's Speakeasies — 815 (Manchester), Codex (Nashua), Soles (Keene), Slow Burn Lounge (Portsmouth), Chucks BARbershop (Concord), Crowbar (Claremont)

▶ Catch Lupine Season in **SUGAR HILL** — Start with breakfast at Polly's Pancake Parlor, head down Sunset Hill Rd for mountain views & Rt 117 to St. Michaels Chapel for sunset pictures

▶ Drive the **KANCAMAGUS HIGHWAY** for some of the best leaf peeping and fall foliage in the country

▶ Taste the best chocolates of your life at **DANCING LION** in downtown Manchester. Owner Richard Tango-Lowy is a Master Chocolatier, and at this spot, chocolate is art! My favorite drink to order is the Mayan heat (spicy) hot chocolate with espresso! Pro tip: pre-order their magical croissants- made only one Saturday per month.

▶ Visit **JENNESS STATE BEACH** in Rye, then take a walk down the Hampton Beach Boardwalk for Blink's Fry Doe



FUN FACT

Manchester resident Ralph Baer invented the first video game in 1969 and is considered the Father of modern day game consoles. There is a bronze statue of him sitting on a bench off Commercial St in the Millyard.

- Ride the **COG RAILWAY** to the summit of Mt Washington. Climbing the highest peak in the Northeast, the Cog was the world's first mountain-climbing cog railway!



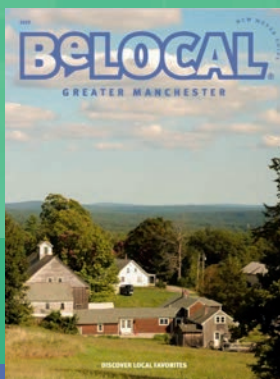
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- ▶ **CHASE SOME WATERFALLS** — Arethusa Falls is the tallest waterfall in the state; other impressive sights include The Flume Gorge and Rocky Gorge & Lower Falls (there's a swimming hole here!). For a short walk, visit Diana's Baths & Sabbaday Falls



- ▶ **COVERED BRIDGES** — NH is filled with picturesque covered bridges! Some of my favorites include Happy Corner Bridge in Pittsburg, named for a local resident who sang & danced while playing his victrola, and Honeymoon Bridge in Jackson, which has a long-standing tradition of newly married couples visiting for a picture.

- ▶ **LAKE WINNIPESAUKE** — shop at Mills Falls in Meredith, then feel like a kid again with endless arcade games at Funspot. My must-hit food spots include Lakeside Deli, Harts Turkey Farm, and Kellerhaus, to end the day with ice cream. Check out Weirs Beach for the quint-essential boardwalk experience. For some physical activity, hike Castle in the Clouds.



- ▶ For a genuinely idyllic afternoon experience, try **AFTERNOON HIGH TEA** at Etagerie in Amherst or try lunch at Pickity Place in Mason, which served as the model for the illustrations of Little Red Riding Hood!



- ▶ There are awesome **FESTIVALS & FAIRS** in your new home state! In the fall, my favorites include the Deerfield and Hopkinton Fairs and the Milford Pumpkin Festival. During the Nashua Holiday Stroll, Main St is shut down for all to enjoy local food trucks & restaurants while shopping locally. In the spring, Downtown Manchester is home to the world's largest Taco Tour every May! During this fun food festival, Elm St becomes pedestrian-only as hungry patrons can taste tacos from 90+ vendors and vote for the best!

- ▶ **NEED TO ENTERTAIN THE KIDS?** Head to The Nest Cafe in Londonderry, or head to Canobie Lake Park in Salem for summer fun. Young explorers will enjoy nature's playground at the Polar Caves in Rumney or the Boulder Caves & Lost River Gorge in North Woodstock.

- ▶ Hike **MT MONADNOCK**, the most hiked mountain in NH, then explore picturesque downtown Keene.

Follow Julie on Instagram at @WhatsNewinNH

RUN WALK SWIM OR BIKE



LOCAL TIP



Restore HyperWellness in Bedford is the best immune booster in the area. Whenever I'm feeling lethargic or not my best I pop over for a quick IV to feel better. It is also my go-to before and after I travel so I stay healthy. Love their core services too. - **Lynn B.**

LOCAL RACES CAN BE A GREAT WAY TO GET INVOLVED IN YOUR NEW COMMUNITY WHILE GETTING IN SHAPE. THERE ARE AMAZING RACES IN THE GRANITE STATE, MOST SUPPORTING A LOCAL CHARITY. THERE ARE DOZENS OF 5K RACES IN THE AREA, AND ALL ARE BEGINNER AND WALKER FRIENDLY. AND INCREDIBLY SOCIAL EVENTS TO BOOT (MANY WITH A FREE POST RACE BEER!) SO NO EXCUSES; GET OUT THERE AND START MOVING. HERE ARE SOME OF MY FAVORITES.

MANCHESTER 2 MONADNOCK ULTRAMARATHON

Manchester » May » 55m

A point-to-point endurance race that celebrates the "gentle rolling hills" of Southern New Hampshire. A mix of trails and dirt and paved roads with a finish line at the peak of Mt. Monadnock. Not for the weary and definitely type 3 fun.

WHITE MOUNTAINS TRIATHLON

Franconia » July » sprint, Olympic, half iron

With several distances to choose from and Cannon Mountain as your backdrop, this might be the best tri in the state.

SWIM WITH A MISSION

Bristol » July » 1k, 5k, 10k

Swim in the lake named New England's cleanest while honoring our nations veterans. Active Navy SEAL demonstrations, military helicopters, and a great post race event make this a race to cherish. Bring the whole family for a day of honor and remembrance.

NH 10 MILER

New Boston » August » 10m

Part of the USATF-New England Grand Prix Series, this race attracts runners who rank from nationally elite to weekend joggers. A flat & fast course along the banks of the picturesque Piscataquog River. Great post-race party to boot.



FRIENDS OF AINE KIDS TRY-ATHLON

Bedford » August » easy

Get your kids interested in racing at an early age with this great introduction to triathlons. For ages 4 to 15 and doable by anyone, this makes for a fun morning and gives kids a sense of accomplishment while raising money for a good cause.

WALLIS SANDS TRIATHLON

Rye » September » sprint

The stunning location and typically excellent weather make this a not to be missed race. An ocean swim, followed by flat and fast road action with draw dropping views, means you will be signing up again as soon as you finish.

BEAR BROOK TRAIL MARATHON

Allenstown » September » 10k, 13.1m, 27m

Enjoy the trails of Bear Brook with a range of terrain and difficulty. Well stocked aid stations and a fun group of racers make this one to get out for. The full marathon makes for a good final prep race before running the Ghost Train.

GHOST TRAIN TRAIL RACE

Brookline » October » relay, 15m, 100m

The state's original 30-Hour Ultra. Super flat course along a 7.5 mile rail trail with great food and amazing volunteers that help you through the pain. Leaders put up a disturbingly fast pace, yet still take the effort to tell my slow ****"good job" every time we pass. The community of runners can't be beaten. Weather has run from awesome fall temps to a blizzard in my past experiences. #1 race to do in NH.

MANCHESTER CITY MARATHON

Manchester » November » relay, 13.1m, 26.2m

NH's largest marathon is a Boston qualifier, though don't expect a PR. The course is deceptively hilly. It is a scenic, fun race with an energetic crowd. A great way to cap off your season.

SANTA CLAUS SHUFFLE

Manchester » December » 3m

What better way to get in the festive spirit than running down Elm with 3000 Santas? And if that doesn't do it, the Christmas parade and tree lighting follow.



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