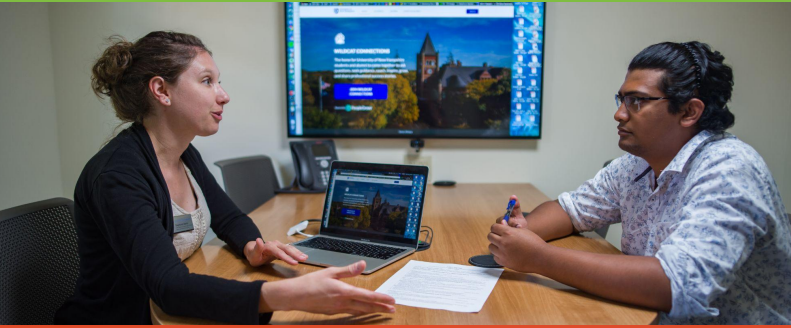




stay



work



play

AN INSIDER'S GUIDE TO THE SEACOAST

I like to say that New Hampshire is a state of best kept secrets, and this is true even on the Seacoast, which is one of the most popular and visited regions in the state. While much of what makes the region great is well-known, the Seacoast is, to a certain extent, an underground region, with many relatively unknown attractions, shops, events, and happenings.

And it is these secrets that are shared in "An Insider's Guide to the Seacoast."

This guide features a carefully-curated selection of more than 400 Seacoast attractions, entertainment and recreation spots, restaurants, bars, stores, and events. From the essential to the obscure, "An Insider's Guide to the Seacoast" showcases well known establishments and brings much needed attention to their lesser known counterparts.

"An Insider's Guide to the Seacoast" is essential for new and prospective residents and employees of the region, as well as for students who attend - or are considering attending - the University of New Hampshire or Great Bay Community College.

This streetwise guide is your key to unlocking the Seacoast and all it has to offer. If you would like more information on all of the cool opportunities awaiting you across the rest of New Hampshire, I invite you to visit stayworkplay.org.

Enjoy!

Will Stewart

Will Stewart

Executive Director

will@stayworkplay.org



As a devoted Granite Stater and member of the Eversource team, I'm proud to join Stay Work Play NH in introducing this valuable guide to the wealth of resources that enrich our lives in the Seacoast region. With the environment having changed dramatically during the COVID-19 pandemic, we are especially mindful of how lucky we are to have so many spectacular natural resources available for our safe enjoyment as we continue to practice social distancing. On behalf of Eversource, I'm honored to extend a warm welcome to those of you who are new to the area and to re-connect with those of you who have long been a part of this vibrant community.

With a rich heritage that includes pioneering the Granite State's first electric system, Eversource proudly supports our Seacoast communities among the 211 cities and towns the company serves across New Hampshire. From our beaches on the Seacoast, to the White Mountains, to the pristine shores of our many lakes, and to the rolling hills and valleys of the Monadnock and Upper Valley regions. We love life here! Many of our employees – including myself – have made the Seacoast area their home. It's exciting to see cities like Portsmouth, Dover, Rochester and Somersworth continue to grow and thrive as a great place for young people to succeed and have fulfilling lives throughout their careers.

Today's energy industry is dynamic and filled with opportunities awaiting a new generation of ideas. Energetic young people are walking through our doors at Eversource every day to help us empower a clean energy future by supporting our nationally-recognized energy efficiency solutions and investments in incorporating new clean energy resources like solar, offshore wind, electric vehicles and battery storage, into the electric system. Whether it's our sponsorship of Catapult Seacoast's *10 to Watch Awards* to help retain talented young people making valuable contributions to the state or our support of nonprofits like the Gerry's Food Pantry, Leadership Seacoast, and the Monarch School of New England, we take pride in being a workforce development leader that is benefiting the region and all of New Hampshire.

Many of you reading this are already making important contributions to help enhance the vibrancy of the Seacoast region and our state, leading us toward a better tomorrow. It is our hope that this guide will strengthen your roots in the community; or, if you are considering moving to the area, it will lead you to meaningful friendships and unforgettable experiences in our beautiful state. We'd love to have you as neighbors!


John Greene



John Greene is a Community Relations and Economic Development Specialist for Eversource and serves as the Vice-Chair of the Board of Directors for Stay Work Play NH.



Check [Credits](#) for photo courtesy.

The Seacoast region of New Hampshire is one of the most diverse regions of the state. It is home to some of the state's most picturesque areas, with its miles of coastline and Downtown Portsmouth. The region has something to offer for everyone, whether it's surfing at the beach, visiting the region's picturesque downtowns, or checking out the main campus of the University of New Hampshire in Durham.

As you take a stroll down the main streets of the region, you will be immersed in all of the culture and history that the area has to offer. It's a region rich in exploration. In fact, Portsmouth is the state's oldest settlement, second oldest city, first capital, and only seaport.

Given the proximity of the ocean and the desire to protect the state's natural outdoor resources, many of the businesses and organizations in the region have made it a point to be environmentally conscious. Restaurants working with local farms to offer farm-to-table menus, organizations serving to preserve and protect the New Hampshire outdoors, or gardening clubs that grow plants around the city, are just a few of the ways in which the community comes together. Explore the many restaurants and breweries - cuisine from American to Thai, and food options like fresh seafood and vegan dishes - the Seacoast truly has it all!

The beautiful coastline is home to saltwater beaches such as Hampton and Rye, each offering its own unique experience. While visiting Hampton, take a stroll down the popular boardwalk to experience great restaurants and live entertainment. Visit in June when 200 tons of imported sand is placed at Hampton for its annual Master Sand Sculpting Classic, or in September for the Annual Seafood Festival with cooking demonstrations, live music, and, of course, lobster rolls!

The area is home to an array of live music, performing arts, and entertainment options. In Portsmouth, 3S Artspace, Prescott Park Arts Festival, The Music Hall, and The Press Room are among the favorites. Or in other parts of the region, larger scale venues like Hampton Beach Casino Ballroom, Rochester Opera House, The Stone Church (Newmarket), or The Word Barn (Exeter). You're also sure to find incredible talent at local pubs and breweries.

The true heart of the region is its people. The small businesses and the people working at them put their heart and soul into everything they do. Indeed, the region's residents have an incredible sense of pride for their local community and the Granite State.

An Insider's Guide to the Seacoast is organized to encourage immersive exploration of the region. This guide is broken down into the following sections aimed at helping readers identify both the more traditional and well-known aspects of the region, as well as more hidden, obscure, or otherwise off-beat finds known only to long-time residents. Most titles are linked directly to their website or Facebook page:

NEWS & MEDIA

Your source on where to find out what's making the headlines in and around the Seacoast.

TRANSPORTATION & PARKING

Find out how to get to and around the Seacoast Region through its various modes of transportation. And most importantly - tips on where to find parking.

EAT & DRINK

The restaurants, bars, diners, bakeries, food counters, cafes, and coffee shops that comprise the region's most interesting culinary offerings are included in this section.

BREWERIES & MEADERIES

The Seacoast Region is awash in craft beer and mead. Find out where to find it and enjoy it in this section.

CULTURAL ATTRACTIONS

From the obscure to the regionally-renowned, this section highlights the museums, galleries, and spots of historical importance that showcase the region's cultural diversity.

ENTERTAINMENT & RECREATION

Showing how residents have fun, this section describes the region's many recreational offerings, from parks and trails, to beaches, climbing gyms, and archery ranges.

SHOP LOCAL

A region is more than its cultural attractions, dining establishments, and entertainment venues. This section shares the primarily local and independent retail business establishments of interest to both visitors and residents.

PETS

From dog parks to pet supplies, this section will help your pets feel right at home in the Seacoast Region, too.

EVENTS

Here you will find a listing of popular weekly, monthly, and annual regional events. A great section to find events where you can find people who share interests similar to yours, as well as to learn more about Stay Work Play NH's events and programming.

CONNECT

From young professionals networks to sports leagues to meetups of all varieties, check out this section to find out where you can meet people. Want to give back? Peruse this section to learn where you can volunteer your time and efforts for a good cause, be it on behalf of area nonprofits or at the local municipal level.

EDITOR'S NOTE

All listings and other information were accurate at the time of publication, but might have changed. Readers are encouraged to visit an establishment's website or to call prior to visiting to verify hours of operation, prices, etc.



Catching up on local news, initiatives, and events like festivals, film screenings, and lectures, can help you get the most out of the Seacoast area. In addition to what you can find in the pages of this guide, perusing the following websites can enhance your life here by helping you put the region in context.

CARRIAGE TOWNE NEWS

KINGSTON

First published in 1983, the Carriage Towne News remains the best source for free local news and information in Southern New Hampshire. Utilizing a combination of print and electronic media, the Carriage Towne News tells the stories of this vibrant region.

FOSTER'S DAILY DEMOCRAT

DOVER

Foster's Daily Democrat is a six-day (Monday – Saturday) morning broadsheet newspaper published in Dover, covering southeast New Hampshire and southwest Maine.

NEW HAMPSHIRE MAGAZINE

Whether you're looking for where to get a quick bite, a family-friendly event, or even where the best foliage spots are located, New Hampshire Magazine has you covered. Be sure to check out the [Best of NH page](#) for the best-voted locations in the state!

NEW HAMPSHIRE PUBLIC RADIO (NHPR)

Public radio from NH. Your source for state-wide news and information offering a mix of local, national and international news and cultural programming.

NEW HAMPSHIRE UNION LEADER

The state's largest newspaper, the Union Leader is published daily and covers news, sports, and more in Manchester and across the Granite State.

Non-subscribers can view three articles for free each day on the paper's website.

SEACOAST LATELY

SEACOAST AREA

Seacoast Lately is a multi-platform digital resource that celebrates New Hampshire's Seacoast region 365 days a year! From beautiful coastal scenery to local-inspired restaurants, unique boutiques, craft breweries, charming hotels, and more, Seacoast Lately emphasizes all things beautiful and local along the 17-mile stretch of coastal New Hampshire. View local events and explore the Seacoast region on Seacoast Lately's website, and enjoy daily inspiration on Seacoast Lately's Instagram account!

SEACOAST ONLINE

PORTSMOUTH

Seacoast Online is an online news source for the seacoast region of New Hampshire. They cover news, sports, lifestyle, opinions, obituaries, and more.

SEACOAST SCENE

HAMPTON

The Seacoast Scene is published weekly from mid-May through mid-October and then monthly for most of the rest of the year. The Scene is the largest weekly on the coast boasting a weekly circulation of more than 13,000 during the warmer months. The weekly magazine is available at more than 250 locations around the coast.

THE HIPPO

The Hippo, a free alternative weekly newspaper, covers the Merrimack Valley of southern New Hampshire and northern Massachusetts and offers news, food, music, movie, and arts coverage, as well as the state's largest listings section of things to do.

WKXL 1450 AM

This News Talk Information station hit the airwaves in 1946 and to this day keeps Granite Staters informed and engaged in the current events of our times.

WMUR-TV

A Hearst Television station and ABC Television affiliate, WMUR-TV, aka Channel 9, is the state's only network television affiliate and covers breaking news across the state.

While the Seacoast region has one of the most robust transportation networks in the state, getting most places without your own vehicle can sometimes be a challenge.

GETTING HERE

AIR

[MANCHESTER-BOSTON REGIONAL AIRPORT](#)

Served by Southwest, Delta, United, Spirit, and American Airlines, is about an hour drive away from Portsmouth. Travelers' options into town include car rental, taxis, Uber, and the Concord Express bus service that connects Concord with the Manchester Boston Regional Airport and Downtown Manchester.

[SEACOAST AIRPORT PEASE INTERNATIONAL PORTSMOUTH](#)

Looking for budget friendly travel, comfortable accommodations, convenient ground connection and on site access to car rentals, taxis, and buses? Head to Pease.

BUS

[COAST BUS](#)

Provides a broad range of public transportation services with options for everyone in the Seacoast Region.

[CONCORD COACH LINES](#)

Serves points in New Hampshire and Maine to Boston, South Station and Logan Airport. They also offer daily direct service between Portland, Maine and New York City.

[C&J BUS LINES](#)

Convenient and affordable bus service from [Portsmouth](#), [Dover](#) and [Seabrook](#) to New York and Boston.

TRAIN

[AMTRAK DOWNEASTER](#)

Travel along the coast of Maine, New Hampshire and Massachusetts car-free. Hop on in either [Dover](#), [Durham](#) or [Exeter](#) and start exploring today.

GETTING AROUND

[GREAT BAY LIMOUSINE](#)

Looking for personal or corporate transportation? Great Bay Limo has you covered.

[GREEN RIDES USA](#)

Created by Rockingham County residents, this Green Rides will help you travel local or long distance. Visit their website to book today.

[RIDE SHARING](#)

Ride sharing is newly available in the Seacoast. As is the case in many cities across the country and the world, Uber and Lyft have had their ups and downs with municipal regulators, but at the time this guide was published, the companies are still operating their services — with rides arranged via the companies' smartphone apps — across the region.

[SKYCOACH & TRANSPORTATION](#)

Affordable airport travel and VIP Black Car Service. Skycoach has exceptional communications about ride status and their in ride service is top notch. Travel in style & luxury.

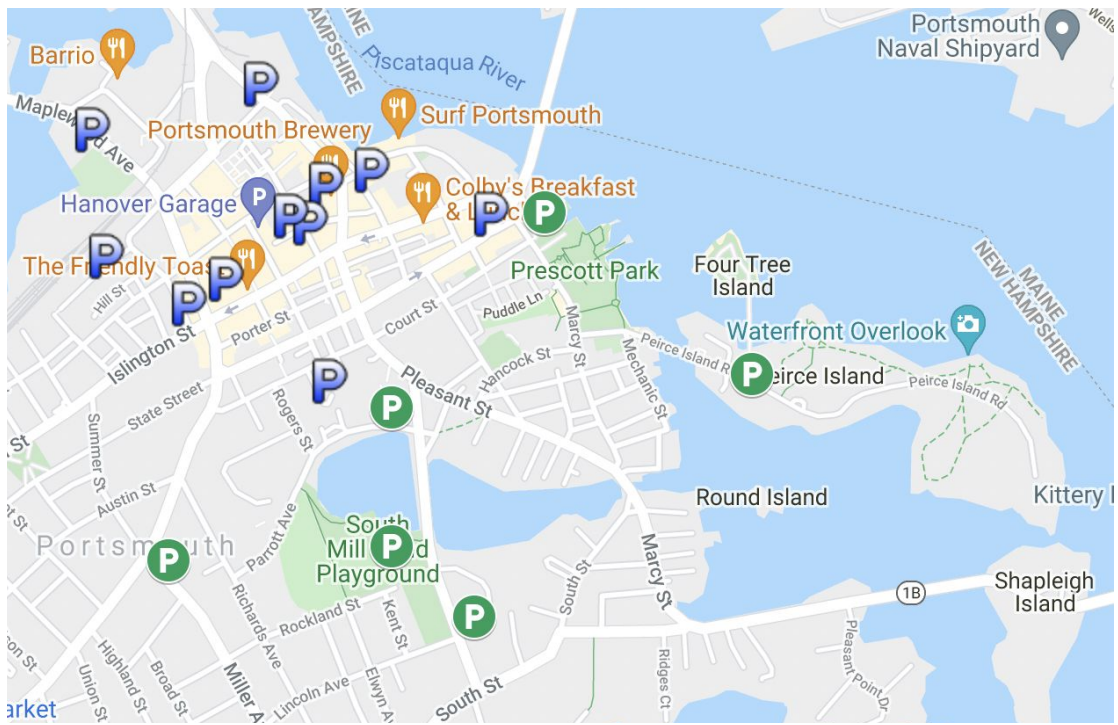
PARKING

[CITY OF PORTSMOUTH PARKING](#)

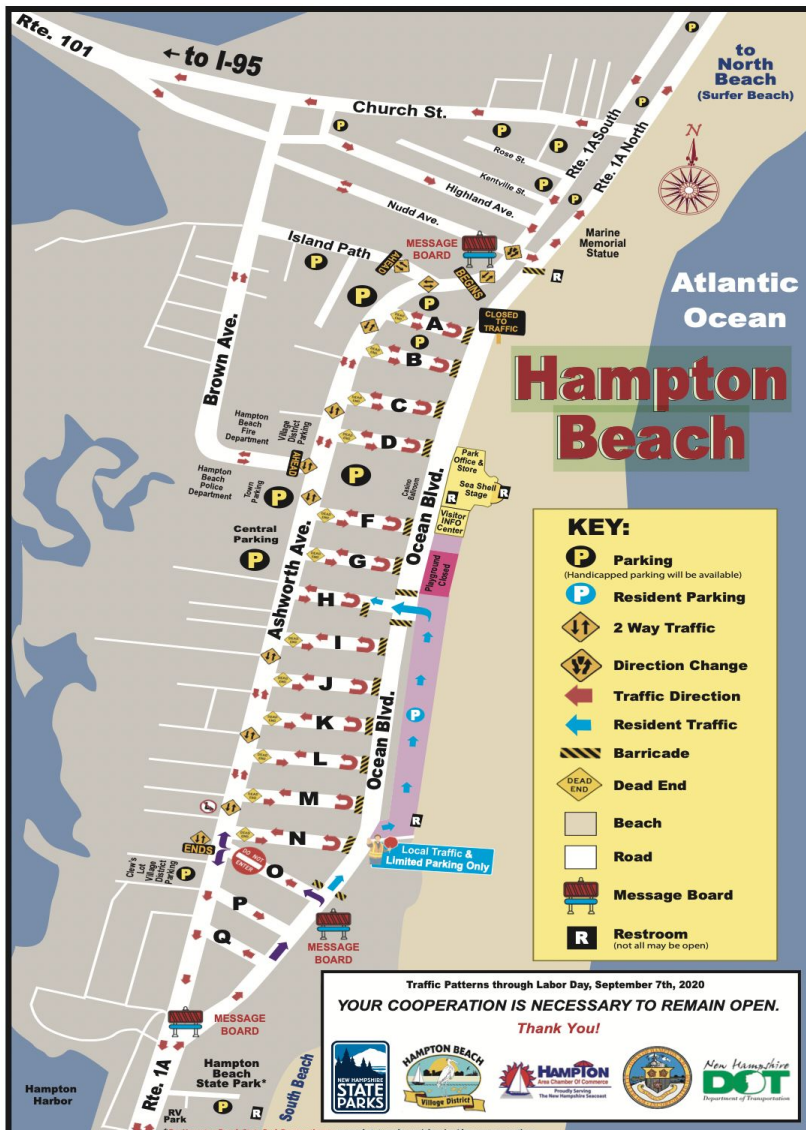
There are a variety of parking options in Portsmouth. Check the map on the following page and visit the link for details.

[NH STATE BEACHES/BEACH PARKING](#)

Meter parking can be found along route 1A from Hampton to Rye. Some spots require a receipt displayed on car dash. Check website for details and view map on next page.



Map courtesy of The City of Portsmouth



Map courtesy of NH State Parks

EAT
SHOP
HANG

LIKE A LOCAL

Hey Locals!

NH residents with a Locals Membership receive discounts at restaurants, breweries, hotels, in addition to recreational activities, services and more! Visit

stayworkplay.org/localscard

for more information.

stayworkplay
NEW HAMPSHIRE

LIVE LOCAL,
WORK LOCAL.



VISIT [STAYWORKPLAY.ORG](http://stayworkplay.org) TO DISCOVER A RANGE OF CAREER OPPORTUNITIES IN NEW HAMPSHIRE.



NH
ROCKS

YOUR DIGITAL
TOUR GUIDE TO
NEW HAMPSHIRE

NHROCKS.COM

The restaurants, bars, diners, bakeries, food counters, cafes, and coffee shops that comprise the region's most interesting culinary offerings are included in this section.

AMERICAN

ACIO'S FAMILY TAKEOUT

NEWTON

Family style takeout restaurant offering everything from freshly made pizza to delicious salads, Acio's has it all.

ANTHONY'S BAR & GRILL

SEABROOK

Serving up freshly made pizzas, calzones and more out of a sports bar with plenty of TV's to watch the Pats game or just hang with friends.

BEACH DECK BBQ

SEABROOK

BBQ restaurant serving generous portions of Southern Style BBQ with indoor and outdoor seating overlooking the beautiful Atlantic Ocean.

BLUE LATITUDES

DOVER

Blue Latitudes allows a cross road where friends and family can connect for good times and conversation over great food and creative libations. Highlighting Downeast American sensibilities with a traveler's sense of adventure the cuisine is handcrafted, beautifully presented, and always flavorful. The imaginative and evolving menu with small and full plate choices is approached with a conscience manner that celebrates guest favorites and innovative creations alike.

BOARDWALK CAFE AND PUB

HAMPTON

Located on Hampton Beach, next to the Casino Ballroom, the Boardwalk Cafe and Pub is a three-season dining, drinking and entertainment complex. Serving lunch and dinner, the Cafe and Pub also features live entertainment seven nights a week on two floors.

BOLTON'S LAKE HOUSE

KINGSTON

Bolton's Lake House serves casual American food on a lakefront property with a spacious that has plenty of outdoor seating.

BRGR BAR

PORTSMOUTH

BRGR Bar is a restaurant that not only fits well within the community, but also captures the authentic aspects of a local pub with an infusion of modern and cool — in both the setting and the menu offerings.

CHRISTOPHER'S THIRD STREET GRILLE

DOVER

Christopher's Third Street Grill serves steak, seafood and spirits with a creative twist in downtown Dover. There is a spacious seating area in a newly renovated space.

CLARK'S AMERICAN BISTRO

DURHAM

The people, food, and the prime location in downtown Durham make Clark's American Bistro the perfect place for good friends and family to come together and have a great time.

CURE

PORTSMOUTH

The name "Cure" emphasizes the preparation of their proteins. They brine and slow cook many of their meats to ensure maximum tenderness and flavor. All meals are prepared daily from scratch, with the freshest ingredients. Guaranteed that every dish meets high quality standards. In the cozy kitchen, you'll find every team member works diligently to create plates that highlight complexity of flavor and quality, and their chefs take the time to ensure that.

DIVERGE

DOVER

At Diverge, they strive to provide their guests with an excellent dining experience by offering a variety of food and beverage options in a clean, warm and upbeat atmosphere. A large, comfortable space desired for any occasion, any time of year, whether it be lunch or dinner. There is something for everyone. They offer tavern inspired dishes with a modern creative twist, along with local fresh seafood. They are a scratch kitchen, sourcing ingredients from local farms and vendors.



Photo courtesy of Cure.

EMBER WOOD FIRE GRILL

DOVER

Ember Wood Fired Grill features a locally inspired menu with a casual upscale setting. Their menu features offerings from their scratch kitchen such as fresh local seafood, hand-cut steaks, and handmade pastas. They currently feature 170 whiskeys and a 40 bottle wine list. Their menu inspiration can be described as American fusion, featuring classic dishes with global influences and vibrant presentation. The food is served out of renovated firehouse.

GRANITE STEAK & GRILL

ROCHESTER

Granite Steak and Grill and Smokey's Tavern is located in Rochester. Offering an intimate setting complete with gas fireplaces and an outside patio. Experience a homestyle dining experience, taking pride in offering the highest quality food at affordable prices.

GRAVY

SOMERSWORTH

Gravy is an independently owned family friendly fast casual restaurant featuring it's namesake. Choose from a list of gravies and build your own poutine, biscuit, fried chicken or the like.

HAGAN'S GRILL

HAMPTON

Your local neighborhood bar is known for its American Cuisine with a touch of French and Italian flair. Supporting your local produce market and bringing you fresh food in town.

JAMISON'S

HAMPSTEAD

Where extraordinary food, attention to detail, and impeccable service come together to provide you and your guests with a special experience.

KINGSTON 1686 HOUSE

KINGSTON

Located in Kingston's oldest house, enjoy superb food and beverages, and reflect over the centuries that this house has stood in its majestic simplicity and thereby enhance your dining pleasure.

LEXIE'S

DOVER, EXETER, PORTSMOUTH

Bringing creative burgers to the Seacoast...Simple but GREAT concoctions when it comes to burgers, fries, shakes and other tasty libations.

LILAC CITY GRILLE

ROCHESTER

At the Lilac City Grille, they expertly prepare fresh ingredients every day. Enjoy comfort food at its best. Whether it's date night or a get together with family and friends, their menu has something for everyone. Be impressed with hearty portions, great drinks and, the live entertainment!

MASTER MCGRATH'S

SEABROOK

American fare, from burgers to seafood, in a long-standing Irish tavern with a homey interior.

REVOLUTION TAPHOUSE AND GRILL

ROCHESTER

The Revolution is a 44 tap Gastropub, craft beer and bourbon bar located in downtown Rochester, serving rustic New England cuisine with a flair. They offer a wide selection of stellar craft beers on tap, a sophisticated cocktail menu, and a vast array of bourbon, scotch and whiskey. Casual, moderately priced, and fun.

RIVER HOUSE

PORTSMOUTH

The River House is located along the scenic Piscataqua River. They offer indoor seating and a variety of outdoor seating including a cocktail deck, all with excellent views of Portsmouth's busy waterway. The menu includes of a variety of classic dishes from land and sea including their award winning seafood chowder.

RON'S LANDING

HAMPTON

Ron's Landing is an elegant, two story Hampton Beach restaurant with spectacular oceanfront dining featuring fresh seafood, steaks, chicken, veal and pasta.

ROOFTOP AT THE ENVIO

PORTSMOUTH

Perched high above the AC Hotel Portsmouth and The Envio you will find Rooftop at The Envio, Portsmouth's newest restaurant and bar offering panoramic views of the Piscataqua River and the iconic bridges that cross it. Rooftop is a casually sophisticated indoor/outdoor sanctuary offering a modern menu of locally sourced ingredients fresh from the farm and sea.

ROOST

DOVER

The Roost has high quality fresh American cuisine. Outdoor patio seating is available.

SAVANNAH KITCHEN

NEWMARKET

Savannah Kitchen is a comfort food restaurant featuring influences from Southern, New Orleans, Cajun, and Creole cuisines. They serve some very cool craft cocktails and local craft beer on tap, with a buck-a-shuck oyster happy hour daily.

STAGES AT ONE WASHINGTON

DOVER

Tucked away on the third floor of the historic Washington St. mill in Dover. Stages at One Washington is a truly unique dining experience serving progressive New England cuisine.

STALK

DOVER

Casual upscale chef-owned restaurant focusing on global flavors with local ingredients. Everything made in house with the ability to accommodate all guests with an ever-changing menu.

STONE CHURCH MUSIC CLUB

NEWMARKET

The Stone Church Music Club is known as an unforgettable place to both play and to hear live music. The Stone Church has a rotating selection of local Microbrews, Wines paired with modern pub fare and other drinks catering to all crowds.

THE 401 TAVERN

HAMPTON

Originally built in the 1600s, The 401 Tavern is a charming beach town restaurant and tavern located on Route 1 in downtown Hampton, featuring several different dining areas to enjoy.

THE BEACH PLUM

EPPING/PORTSMOUTH

Lobster rolls, chowders, salads, wraps, hot dogs & 78 flavors of ice cream! Fried seafood, burgers, fries & onion rings.

THE CORK N'KEG GRILL

RAYMOND

The Cork N Keg Grill, founded in 2014, serves only the freshest and highest quality food. They feature Certified Angus Beef, house-smoked meats, award winning chili, and smashed-to-order burgers, just to name a few. And with generous portions, you're likely to have leftovers for later.

THE COUNTRY VIEW RESTAURANT

GREENLAND

Quaint breakfast and lunch outpost serving pancakes, burgers and other American comfort food dishes.

THE FARM BAR AND GRILLE

DOVER/MANCHESTER

A comfort food restaurant with a BBQ spin. Fresh food and large portions at a reasonable price. They wouldn't have it any other way!

THE FRANKLIN RESTAURANT

PORTSMOUTH

Since opening the doors to the Portsmouth community in 2015, The Franklin has been crafting a steadily changing, progressive menu using local sustainable ingredients from across the seacoast. Like their sister restaurant Moxy, they are dedicated to providing an experience unlike any other.

THE OAK HOUSE

NEWMARKET

Made for the people of Newmarket by the people of Newmarket serving American food in a relaxed comfortable atmosphere.

THE OLD SALT RESTAURANT AT LAMIE'S INN

HAMPTON

A family owned and operated restaurant and inn located in the beautiful seaside town of Hampton. Part of the local seacoast community, continuing the heritage of The Old Salt Restaurant and the tradition of Lamie's Inn.

THE RAILPENNY TAVERN

EPPING

A family friendly restaurant with a diverse menu featuring quality American fare highlighted by seasonal, local, and fresh ingredients.



Photo courtesy of The Railpenny Tavern.

ASIAN

A1 JAPANESE STEAKHOUSE

ROCHESTER

Japanese restaurant offering a wide array of authentic Japanese Food, such as chicken teriyaki, Hibachi shrimp, maki and sushi rolls, and vegetable tempura.

BALI STATE HOUSE

SOMERSWORTH

Bali Sate House in Somersworth offers Indonesian cuisine such as spring rolls, mie goreng, beef rendang, and more! They're located near William Pond on High Street. Order online for carryout!

EASTERN PARADISE ASIAN CUISINE

ROCHESTER

Eastern Paradise Asian Cuisine and Hibachi proudly serves Chinese and Japanese cuisine. They offer appetizers, meals and desserts made to order.

KUME

SEABROOK

Kume offers a wide array of Japanese dishes including Hibachi, Sushi and more. Services include dining in at a modern restaurant, take out, online ordering, and catering.

SAIGON AND TOKYO

DOVER

Upbeat, neighborhood nook with a sushi bar preparing generous Chinese, Vietnamese & Japanese plates.

SUE'S KOREAN KITCHEN

STRATHAM

Welcome to healthy, fresh, delicious new food. With over 30 years of experience they have crafted a way to introduce Korean food into the American culture.

SUSHI TIME

PLAISTOW

Their restaurant offers a wide array of fine Japanese and Chinese food, such as mei fun, egg foo young, soups, dishes with udon or soba noodles, sushi and sashimi. Classics like teriyaki, tempura and katsu, hand and special rolls, salads, desserts and more! Photo below.

BARBEQUE

GOODY COLE'S SMOKEHOUSE

BRENTWOOD

Goody Cole's Smokehouse and Catering Co. is a family owned TEXAS BBQ joint located in Brentwood. They smoke everything LOW and SLOW to give you great BBQ! Voted NH Magazine's Best of NH in 2006, 2012, and 2015.

HUNTSPPOINT BBQ & MEATery

EPPING

Huntspoint BBQ & Meat'ery - a Texas style BBQ restaurant and butcher shop. They specialize in BBQ meats and steaks, competition style BBQ and prepared foods as well as catering.

MITCHELL HILL BBQ

ROCHESTER

Mitchell Hill BBQ has all different types of homemade BBQ from ribs to pulled pork, they have it all. Small function room available.

SMOKE AND CREAM NH

SOMERSWORTH

A slow smoked barbecue and small batch house churned ice cream restaurant serving local beer and small batch Bourbon in historic downtown Somersworth. Check out their daily specials and add a little karaoke in the mix if you dare!

BARS & PUBS

CARA IRISH PUB

DOVER

Cara Irish Pub & Restaurant has fine food in a relaxed atmosphere geared around the business community - great for a lunch meeting or an after work cocktail/function.

CHAPEL+MAIN

DOVER

Chapel+Main focuses on brewing an array of styles. They brew clean, classic beers. They aim to brew well-balanced beers that are easy to enjoy and think there is value in tradition and they believe that classic beer styles remain timeless. They believe that well-made beer is worth celebrating - with food, with friends. Their passion for clean, classic beer doesn't stand in the way of experimenting with new styles of beer, with different strains of hops, or yeast.

DOVER BRICKHOUSE

DOVER

Buzzy, bi-level spot with a ground-floor American tavern & an intimate upstairs live-music venue.

HOLY GRAIL RESTAURANT AND PUB

EPPING

Century old Catholic church converted to a modern Irish style pub with original stain-glass windows. Get a glimpse of their Royal Courtyard above. Specializing in Irish American fare, with a bar area with 31 beers on draft, righteous wines and spiritual concoctions. With a mouth watering array of food & drinks on a Church/Spiritual/Irish themed menu. Try the Irish Nachos - you won't regret it!

RICK'S FOOD & SPIRITS

KINGSTON

Offering amazing cuisine and cocktails with comfortable and socially distanced indoor and outdoor dining.

SADDLE UP SALOON

KINGSTON

Looking for food and drinks in a country themed restaurant? You've found your place. Live music and entertainment with a function space for larger events.

TAILGATE TAVERN

STRATHAM

At the Tailgate Tavern, they strive to create a fun atmosphere where people come together in the traditional spirit of "tailgating." A place where you don't have to be cheering for the same team to raise a glass and celebrate life.

THE GARAGE AT THE GOVERNOR'S INN

ROCHESTER

A pub-style restaurant serving American food with space for live music. A little something for everyone.

THE GOAT RESTAURANT AND WHISKEY BAR

HAMPTON BEACH/PORTSMOUTH

Serving breakfast, lunch and dinner. Great burgers, large whiskey selection, and live entertainment seven nights a week! Check out their daily specials.

THOMPSON TAVERN

DOVER

Looking for places to eat in Dover? Thompson Tavern is a welcoming sports bar and grill restaurant. They serve all kinds of traditional bar food and refreshing adult beverages. Watch your favorite sports team and socialize with a group of friends.

WHYM CRAFT BREWER AND PUB

HAMPTON

WHYM is a cafe style bar featuring an extensive collection of bottles (and cans) from around the world. Their food menu is small, but well thought out and aimed to accompany the craft beer experience.

BREAKFAST

2 HOME COOKS

DOVER

Comfy stop for changing breakfast and lunch menus from an open kitchen plus seasonal outdoor seating.

CASEY'S DINER

PLAISTOW

Casey's Diner is a family oriented establishment that serves American breakfast and lunch at reasonable prices. The staff at Casey's is seen as one big happy family.

COLBY'S BREAKFAST & LUNCH

PORTSMOUTH

Colby's is committed to offering only local, fresh product to customers. They only buy from local, independently owned vendors in a small trading area. Open for breakfast and lunch.

EARLY BIRD CAFE

PLAISTOW

At the Early Bird Cafe, you'll find a happy mix of families, friends, business associates and smiling faces. They offer fresh ingredients in their meals.

FAT DOG KITCHEN

DOVER

Local eatery in Downtown Dover. Breakfast is served all day and lunch starts at 10:30a. Chef owned and operated with over 30 years experience in the industry. Pet friendly seating outside during the warmer months!

FIRE AND SPICE BISTRO

NEWFIELDS

A full service New American Bistro, serving regionally sourced ingredients with a casual yet classy atmosphere.

JIMMY K'S DINER

SEABROOK

Located in Seabrook, Jimmy K's Diner serves traditional diner fare at affordable prices. They have something for everyone.

KELLEY'S ROW

SOMERSWORTH

Serving breakfast, lunch & dinner Tuesday-Saturday. Sundays serving breakfast till close (2p) with lunch specials starting around noon. Closed on Mondays.

LINDA'S BREAKFAST PLACE

SEABROOK

Serve traditional breakfast and lunch but always add something special to the menu. They take pride in providing excellent, friendly service.

LITTLE MISS SOPHIE'S

ROCHESTER

Family friendly restaurant, home-style cooking, homemade breads and muffins, daily specials and smoked BBQ meats in house.

OBER EASY DINER

HAMPSTEAD

A cozy seat awaits. Come enjoy a great breakfast and lunch served hot and fresh all day. They have wonderful specials every day.

OLYMPIA DINER

SEABROOK

Using fresh ingredients at an affordable price, they offer meals that can be enjoyed anywhere. Their menu features a host of dishes and scratch-made specials. They take pride in creating a memorable dining experience.

ROUNDAABOUT DINER AND LOUNGE

PORTSMOUTH

Snazzy, updated diner featuring hearty American staples such as breakfast all day and cocktails.

SUNNY'S RESTAURANT

LEE

Cozy breakfast restaurant located in Lee serving fresh breakfast food.

THE BIG BEAN

DURHAM/NEWMARKET

Warm, eco-conscious cafe featuring breakfasts with a focus on scratch cooking and local ingredients.



Photo courtesy of Tucker's.

THE ENGLISH MUFFIN

HAMPSTEAD

A cozy diner in the center of Hampstead that offers breakfast and lunch every day.

THE NOOK BREAKFAST AND LUNCH

DOVER

With decades of experience cooking and serving comfort eats, they love serving the people of the Seacoast - the tastiest bites, from fresh deli sandwiches to delicious cracked eggs.

TUCKER'S

DOVER

If you've asked someone for a breakfast recommendation, you've likely heard of Tucker's! They feature all natural locally sourced ingredients, offering fresh takes on breakfast classics. Additional locations throughout NH: Bedford, Concord, Hooksett, New London, and Merrimack.

VICTORIA'S KITCHEN CAFE

HAMPTON

Victoria's Kitchen offers specialty coffees, lattes, breakfast, lunch and catering. Check out the homemade bakery, gluten-free and vegan items on the menu.

CAFE & COFFEE

ANI'S BAGEL CAFE

EXETER

Where fresh breakfast and lunch meet the beauty of Churchill's Gardens. Head into the cafe or order online to enjoy bagels, salads, sandwiches and more.

BEANTOWNE COFFEE HOUSE

HAMPSTEAD

A small slice of Boston or New York right in Southern NH. Coffee is custom roasted, sustainable, and direct trade. They take the time to slow roast the meats used in their sandwiches on-site - aiming for quality!

BENSONS CAFE

FREMONT

Serving homemade breakfast all day and lunch starting at 11a. Enjoy their homemade breads and all freshly made meals just for you!

BREAKING NEW GROUNDS

DURHAM

The locally owned gourmet coffee shop and espresso bar is located on the campus of University of NH. Since 1997 their mission has been to serve the freshest and highest quality beverages and food. Drop by for a visit while in downtown Durham!

BREW

BRENTWOOD

Brew in Brentwood has coffee, cold brew, espresso drinks, pastries, rice & grain bowls, soups, salads, sandwiches. They use only the freshest ingredients available and are open for breakfast and lunch.

FALLEN LEAF BISTRO

ROCHESTER

Fallen Leaf Bistro is a American bistro serving gourmet coffees, homemade baked goods and pastries. They offer full plates of breakfast, lunch and dinner.

FLIGHT COFFEE DOVER 

DOVER

Voted as NH Magazine's Best Cafe in 2021. Flight is a go-to coffee shop with good coffee, latte art, chill music, and fresh food.



Photo courtesy of Teatotalter.

LANEY & LU

EXETER

Eatery featuring food and drink that "nourishes your body, feeds the soul, and inspires community." Head to Laney & Lu to find some of your favorite local vendors and to enjoy their bright, clean and chic cafe.

POTTER'S HOUSE BAKERY AND CAFE

ROCHESTER

Providing homemade baked goods and roasted coffee, as well as job training for young adults on the Autism spectrum.

THE FREEDOM CAFE OF DURHAM

DURHAM

Coffee on a mission. This non-profit cafe directs its proceeds toward the cause of ending human trafficking and the commercial exploitation of all people. They're a growing music venue and an educational center.

TEATOTALLER 

SOMERSWORTH

The cafe, tea-house, bistro, and venue is a "queer, hipster oasis of tea, coffee, and pastry goodness." Love Boba Tea? Not only do they have it in-house, they'll deliver it straight to your doorstep (#DoorstepBoba). Named as one of the "Most Instagrammable Restaurants in America" by the Food Network and, appeared twice to NH Magazine's Best of New Hampshire list.

GOURMET MEALS TO GO

FITFOOD640

PORTSMOUTH

Access wholesome, locally prepared food that helps to be stronger and live a healthier life. They understand the meal prep struggle and can get you through the week.

INDIAN

SHALIMAR INDIA

PORTSMOUTH

Cozy North Indian restaurant offering classic & unusual Punjabi dishes, plus beer & wine.

TASTE OF INDIA

DOVER

Delicious and authentic Indian cuisine served with love and pride in downtown Dover. Good size gluten-free menu.

ITALIAN

ALEXANDER'S ITALIAN RESTAURANT

ROLLINSFORD

Homey local fixture serving rustic Italian dishes in a quaint dining room with a fireplace.

CARRIAGE TOWNE BAR & GRILLE

KINGSTON

There's something for everyone - Italian style dishes, baked and fried seafood, sandwiches and burgers, steaks on the grill the famous prime rib dinner served every Friday and Saturday night. They offer a variety of specialty pizzas and calzones or you can create your own! Start with one of their many appetizers. Check out the dessert menu.

CIAO TRATTORIA & WINE BAR

DURHAM

Located on the quaint strip of shops in downtown Durham, Ciao Trattoria and Wine Bar's singular purpose is to bring people together over the simple bounties of the Italian table. The menu at the trattoria is a healthy balance of familiar and the unfamiliar. The menu will also reflect the distinctive seasons that New England enjoys.

PASTA LOFT RESTAURANT

HAMPSTEAD

Located in Hampstead, The Pasta Loft has well established itself as a local hotspot for high quality casual dining and a booming nightlife scene featuring local live music.

PATTY B'S ITALIAN RESTAURANT

DOVER

Patty B's creates Italian food like her family has done for generations—with lots of love and nothing but the freshest ingredients. Most everything they serve is made from scratch and many dishes feature the signature marinara sauce made with special tomatoes and a closely guarded recipe. Mangia!

MEDITERRANEAN

COMMODORE GRILL

HAMPSTEAD

Enjoy a meal made especially for you by Chef Raymond Germanos and his staff. Food is prepared upon order. Closed Sundays.

MARTHA'S RESTAURANT

HAMPTON FALLS

Serving traditional Lebanese dishes with a unique spin. They have something for everyone.

PAULY'S POCKETS

DURHAM

Mediterranean food eatery in downtown Durham. Well-known for their falafel pockets.

TINOS

HAMPTON

Tinos celebrates the iconic flavors of the Mediterranean region while blending the freshest seafood, meats, and produce from New England driven seasonally. They use a combination of authentic, imported ingredients in conjunction with their local food community to capture the essence of modern Mediterranean cooking.

MEXICAN

BARRIO

PORTSMOUTH

Want a custom designed taco with all your favorite fixings? At Barrio, YOU get to select as many or as few items you'd like to have on your taco.

BURRITO LOCO MEXICAN GRILL

HAMPTON

Serving burritos, tacos, sopes, quesadillas and popular dishes such as ceviche, carne Asada, and more!

CAFE EL CAMINO

PLAISTOW

Café El Camino is a Puerto Rican restaurant and caterer located in Plaistow. They specialize in naturally delicious authentic Puerto Rican food using family recipes from generations of native Puerto Rican chefs.



Photo courtesy of Barrio

CASA TEQUILA

SEABROOK

Dishes are prepared fresh daily with their homemade salsa and sauces using their own special recipes. From mild to hot, they make it to suit your taste. Snack on their complementary warm chips and salsa when you arrive

CINCO DE MAYO BAR AND GRILL

DOVER

Dover's first authentic Mexican restaurant. Crescencio & Miguel, brothers from Northern Mexico, take pride in offering family-friendly dining with a menu inspired by their mother's recipes.

CINCO'S CANTINA

EPPING

Cinco's Cantina is a family-owned and operated, authentic Mexican Restaurant. The same two brothers from from Cinco de Mayo Bar and Grill bring their delicious recipes to their Epping location.

DOS MEXICAN EATS

DOVER

Committed to offering healthy, innovative, affordable, and responsibly sourced cuisine - rooted in community, traditional Mexican flavors, and unique new tastes.

JALISCO FAMILY RESTAURANT AND CANTINA

EAST KINGSTON

Bringing authentic taste of Mexico to East Kingston. Bring the crew down for Taco Tuesday to have some eats on their outdoor patio. Open 7 days a week.

LA CORONA

ROCHESTER

Recognized as being the #1 Mexican Restaurant in the entire region, for a second year in a row, they take pride in what they do. Come and enjoy the best margaritas in New Hampshire.

LAS PALMAS

SOMERSWORTH

Serving authentic mexican cuisine with freshly made margaritas at a affordable price.



Photo courtesy of Bratskellar Pizza Pub.

MY CIELO TAQUERIA

ROCHESTER

They are all about handmade food crafted with responsibly-sourced, high-quality ingredients. They also keep their Mexican tradition to keep the good times rolling.

NEPALESE

DURBAR SQUARE RESTAURANT

PORTSMOUTH

Located in downtown Portsmouth, they serve fresh and authentic Nepalese cuisine out of a cozy space.

PIZZA

BRATSKELLAR PIZZA PUB

PORTSMOUTH

The oldest family operated restaurant in town, serving up creative pies, pasta, sandwiches in a relaxed sports bar style.

FLATBREAD COMPANY

PORTSMOUTH

"Real food, served by real people." Maybe you've seen their pizza in the frozen foods aisle at the grocery store? Head to Portsmouth and get the fresh version instead! Flatbread Company is a mostly organic, wood fired, full service pizza restaurant. They have a commitment to source local and organic foods whenever possible.

LA FESTA BRICK AND BREW

DOVER

An easygoing, cozy hangout serving New York-style, wood-fired pizzas with ample toppings and draft beers.

OLD RAIL PIZZA

SOMERSWORTH

Old Rail Pizza Co. is the perfect place for a relaxing family meal or to have a drink at the bar and watch a game. Pizza. Beer. Wings. Seafood - they've got a variety of a menu.

THE COMMUNITY OVEN

EPPING/HAMPTON

Comfy pizza parlor turning out gourmet, brick-oven pies, shareable desserts & local beer on tap.

SEAFOOD

12 OCEAN GRILL

SEABROOK

Tavern style restaurant serving American pub fare in a laid back atmosphere. Outside seating, game day specials and wing nights!

BG'S BOAT HOUSE RESTAURANT AND MARINE

PORTSMOUTH

BG's Boat House serves fresh seafood, frosty brews and great cocktails in a ocean front restaurant. Come by boat as they have boat parking.

BROWN'S LOBSTER POUND

SEABROOK

Get real seafood cooked the New England way! Browns features a spacious indoor and outdoor dining area with views overlooking a beautiful scenic marsh and river.

CASTAWAYS SEAFOOD AND GRILLE

SEABROOK

Leave the stress of everyday life behind and enjoy a meal and watch the gorgeous sunset views. The food is awesome, the cocktails are delicious and the locals are friendly. Local residents and travelers alike are welcome to carve out their own beachside adventure in their family friendly restaurant.

CEAL'S CLAM STAND

SEABROOK

Since 1948, four generations of women have owned and operated Ceal's. Committed to serving the freshest seafood on the seacoast, Ceal's is a walk up order style restaurant with picnic tables.

GALLEY HATCH RESTAURANT

HAMPTON

Established in 1970, the Galley Hatch has become a town staple. Their food, drink and ambiance celebrates the rich history and seasonal flavors of coastal New England. Gluten-free items can be made upon request. Check out Kay's Cafe + Bakery offering causal breakfast, signature cakes and pastries!

JIMMY JONES LOCKER

ROCHESTER

At Jimmy Jones Locker they bring the ocean to your table with fresh, high quality seafood like lobster rolls, shrimp, and classic New England chowders!

JUMPIN' JAY'S FISH CAFE

PORTSMOUTH

Looking for a wonderful night out with delicious seafood? Located right in downtown Portsmouth, Jumpin' Jay's serves the freshest fish and has a great raw bar. Indoor and outdoor dining. Closed Wednesdays and Sundays.

MARKEY'S LOBSTER POOL

SEABROOK

Markey's Lobster Pool has been serving traditional seafood to locals and visitors since 1971. They offer a variety of fried seafood, fresh lobster, clams, mussels, shrimp and scallops, as well as crisp garden salads, burgers and homemade bisque, fish and clam chowder. Raw bar features oysters, cherrystones, and shrimp cocktail.

NEWICK'S LOBSTER HOUSE

DOVER

With legendary classics, like the lobster roll unchanged since 1948, and new modern classics, like the Seafood Shepherd's Pie, there is something for everyone. Location also in Concord.

PEPPER'S LANDING

ROCHESTER

Serving only the freshest local seafood, Pepper's does favorite classics to chef specialties sure to satisfy. Open 7 days a week. Outdoor dining available.

PERKINS PIER CLAM SHACK

HAMPTON

Perkins serves freshly caught seafood in a walk up style restaurant in Hampton.

ROW 34

PORTSMOUTH

Row 34 is a neighborhood oyster bar. They serve great oysters, pour unique beer in the heart of Downtown Portsmouth. Professionals only. Closed Monday thru Wednesday.



Photo courtesy of Row 34

SANTIAGO'S

HAMPTON

Santiago's serves freshly prepared coastal fare, savory shrimp, mahi mahi, short rib and plenty of veggies. Check out their Taco of the Day specials. Plenty of craft beer on tap and they stake claim to serving the best margaritas on the seacoast.

SURF RESTAURANT

PORTSMOUTH

New England is known for its fishing expertise, and Surf Portsmouth is proud to present locally-sourced seafood dishes for the whole family. They're serving Portsmouth along a beautiful riverfront setting in downtown with all sorts of catch-of-the-day dishes. They offer buck-a-shuck specials along with a fantastic raw bar. Closed Mondays and Tuesdays.

TUNA STRIKER PUB

SEABROOK

Tuna Striker Pub is rustic fishing village inspired, with an atmosphere where you can really enjoy yourself. Watch their boats come in the port while relaxing on their deck.

WINDJAMMERS SEAFOOD RESTAURANT

ROCHESTER

Old-fashioned fixture since 2001 with a nautical motif offering hearty portions of seafood classics.

SOUPS & SANDWICHES

EARTH HARVEST KITCHEN & JUICERY

DOVER

Earth's Harvest Kitchen and Juicery located in Dover provides wholesome, healthy breakfast and lunch food. Give a look at the Smash Burger below!



Photo courtesy of Earth Harvest

IDA MAE'S DELI

SEABROOK

Local sandwich shop and grill serving up breakfast and lunch food right near the beach!

POPOVERS ON THE SQUARE

EPPING/PORTSMOUTH

Stylish cafe/lounge serving breakfast, sandwiches & American fare, plus coffee drinks & cocktails. Even the Phantom Gourmet says "if you're craving this classic New England pastry, pop on over to Popovers."

THE FARM AT EASTMAN'S CORNER

KENSINGTON

The Farm at Eastman's Corner is an environmentally-sustainable farm, cafe, market and community gathering spot.

THE SOUPERY

DURHAM/PORTSMOUTH

Their soups are crafted in small batches and made with real ingredients - no preservatives and no additives. They offer something for everyone, with many gluten-free options, and selections suitable for vegans, vegetarians, omnivores and carnivores alike. They will have 6 soups at a time and great dipping bread too

SWEETS & ICE CREAM

ANNABELLE'S ICE CREAM

PORTSMOUTH

Keeping the sweet tradition going for almost 40 years, check out their natural ice cream available near downtown Portsmouth. Flavors such as Yellow Brick Road, Cashew Caramel Cluster, and Swiss Chocolate Avalanche are popular favorites!

CLYDE'S CUPCAKES

EXETER

Mouth watering treats, made from scratch at an affordable price. Visit them in store or find them on the road with their gourmet dessert food truck which opened in 2014. Book their truck for a special event or catch them strolling around the Seacoast!

DONUT LOVE

EXETER/NORTH HAMPTON

The home of New Hampshire's potato donuts - crunchy on the outside and cakey on the inside. Using mashed potato in the donut, not potato flour! Donuts are made on-site, by hand daily.

ENNA CHOCOLATE

EXETER

Featuring bean to bar chocolate that is made locally with ethically sourced ingredients. Visit their cafe to enjoy some delicious chocolate treats.

IZZY'S FROZEN YOGURT & ICE CREAM

PORTSMOUTH

Family owned and operated since 1989. Stop in for a treat and a view of the Portsmouth tugboats.

JUST THE WRIGHT PLACE FOR ICE CREAM

STRATHAM

Delicious, homemade ice cream ready to enjoy!

KILWINS CHOCOLATES, FUDGE, & ICE CREAM SHOPPE

PORTSMOUTH

If you are in need of something sweet to brighten your (or someone else's day) visit Kilwins!

LA CASCADE DU CHOCOLAT

EXETER/PORTSMOUTH

They're a small team who share a great love of food, especially chocolate. From preparation to production, packaging and personal service, all of the chocolate treats are made in house.

LAGO'S ICE CREAM

RYE

Seasonal cash-only spot with window service offering housemade ice cream and other sweets since 1981.



Photo courtesy of Sweetened Memories

LA MAISON NAVARRE

PORTSMOUTH

Products are freshly baked every day. Their goal is to find the best ingredients, whether it is butter, chocolate, flour, or fruits, as the first step in baking a delicious pastry. Bringing the French taste to Portsmouth by making their products tastier and healthier. All the products are as traditionally French as they can get, with no extra sugar or any artificial products added to the recipes.

LICKEE'S & CHEWY'S CANDIES & CREAMERY

DOVER/EXETER

'Best of the Seacoast' medieval themed candy store, chocolate factory and ice cream/dessert restaurant. Candies and chocolates from around the world.

LONE OAK ICE CREAM

ROCHESTER

Serving homemade ice cream for almost 60 years

MEMORIES ICE CREAM

KINGSTON

At Memories, they offer 45+ regular flavors, as well as weekly and monthly specialty flavors. All are made fresh at the shop. Also have ice cream cakes and sandwiches that are made daily.

SWEET DREAMS BAKERY

PORTSMOUTH

This family-owned bakery has been serving homemade baked goods to the NH community for over thirty years. They pride themselves on using fresh, local ingredients to create traditional breads, cakes, pies, and more every day.

SWEETENED MEMORIES

DURHAM

Locally owned bakery in downtown Durham, NH with cupcakes, cookies and whoopie pies prepared daily.

THE WICKED SWEET SUGAR BOUTIQUE

HAMPTON

Everything is made fresh-from-scratch, all day, every day. Cake pops, cakesicles, custom-designed cookies, french macarons - oh my!

TRIPLE ELM COFFEE AND ICE CREAM

SANDOWN

Serving locally roasted coffee from around the world. Check out their breakfast sandwiches, homemade banana bread and their famous protein bites!! They also have over 30 flavors of Richardson's ice cream.

TAPAS

MOXY

PORTSMOUTH

A modern American tapas restaurant focusing on smaller plates meant for sharing. Taking their inspiration from local farmers, fishmongers, culture and history. Chef Matt Louis is a Best Chef nominee for Food & Wine and James Beard Best Chef in the Northeast finalist consecutive years in a row.

THAI

BAMEE RESTAURANT

DURHAM

Bringing authentic Thai street food to the people of Durham at affordable prices. Bamee has quaint restaurant that is a great place to meet friends in between classes or on your way to your next meeting.

BASIL LEAF THAI

NEWMARKET

Basil Leaf Thai specializes in serving fresh authentic Thai food. They offer many vegan and vegetarian options at affordable prices.

BOONE'S THAI KITCHEN

EPPING

Boone's Thai Kitchen makes delicious authentic Thai food with vegan and gluten-free options. Takeout and dine-in options available. Closed Mondays.

KHAOPHUMS

DOVER

Serving authentic Thai cuisine out of a cozy restaurant great for meeting friends, family or professionals.

PAPAYA

ROCHESTER

Traditional Thai food with a modern twist. Closed Sundays.

THAI HOUSE RESTAURANT

HAMPTON

Easygoing, brick-clad stop dishing out familiar Thai eats such as curries, veggies and stir-fries. They do not use MSG nor add flour to their curry dishes.



Photo courtesy of The Juicery

VEGAN

GREEN ELEPHANT VEGETARIAN BISTRO BAR

PORTSMOUTH

The Green Elephant Vegetarian Bistro & Bar offers Asian-inspired vegetarian cuisine and a full bar. Open seven days a week.

ROOTS VEGAN CAFE AND JUICE BAR

DOVER

Serving fresh juice, smoothies, coffee, tea, vegan breakfast & lunch, vegan and gluten-free baked goods. Check out their weekend brunch.

THE JUICERY

DURHAM/PORTSMOUTH

The Juicery is a locally owned and operated juice and smoothie bar with 8 locations across NH, ME, and MA. The Juicery serves up smoothies, organic juices, acai bowl, and good eats all year long...while being 99% vegan! Providing high quality products that are health forward, nutritional, and delicious. Perfect for customers of all ages, dietary restrictions, and taste buds.

THRIVE JUICE BAR

HAMPSTEAD

A family-owned business who knows the value of freshly made food. Serving juices, smoothies, and breakfast bowls using fresh, local ingredients. If you are bee-ing cautious of honey, take a look for those items on the menu and ask how you can replace it to make your choice completely vegan!

The Seacoast Region is awash in craft beer and mead. Find out where to find it and enjoy it in this section.

BACK HILL BEER COMPANY

ROCHESTER

Brewery and taproom serving fresh beer and small bites. Head to Back Hill Beer Company for a great relaxing vibe.

BAD LAB BEER CO.

SOMERSWORTH

A casual neighborhood brewpub, set in a modern atmosphere. Their beers are fresh and their meals are inventive and they do it all while making a positive impact on their community and local environment.

CISCO BREWERS PORTSMOUTH

PORTSMOUTH

Head to Cisco to enjoy good brews, food and music all with an island vibe. Also host festivals, concerts, trade shows, and other events with a 5,000 person capacity.

CZAR'S BREWERY

EXETER

Dedicated to crafting ales and lagers from local ingredients Stop in to enjoy food and brews.

DECIDUOUS BREWING COMPANY

NEWMARKET

Great location, incredible beer, wonderful atmosphere, and knowledgeable staff.

EAGLE EARTH BREWINGS

PORTSMOUTH

Hot dogs and local beer, is there a better combination? Head to Eagle Earth for creative beers and an OUTRAGEOUS hot dog menu.

EMPTY PINT BREWING COMPANY

DOVER

Located in the heart of Dover, Empty Pints brews all styles of beers and strives to have a wide variety on the menu at all times.

FLAG HILL DISTILLERY AND WINERY

LEE

This unique location produces grapes for the winery, grain for the distillery, and vegetables for onsite events. Not only can you enjoy great drinks but a picturesque view as well.

GARRISON CITY BEERWORKS

DOVER

Love tacos and IPA beer? Garrison City Beerworks is your place. Their menu features street tacos and high quality craft beer with a focus on New England IPA.

GREAT RHYTHM BREWING COMPANY

PORTSMOUTH

An atmosphere inspired by unforgettable moments with friends and good music. Their mission is to create flavourful beer to compliment life's adventures.

LIARS BENCH BEER COMPANY

PORTSMOUTH

Liars Bench is Independently owned nano-brewery, tap room, and beer garden located in an old plumbing warehouse. Their beer list is ever rotating and made up of traditionally inspired lagers and ales. They also offer a great outdoor experience.

NORTH COUNTRY HARD CIDER

ROLLINSFORD

At North Country Hard Cider they believe it is the utmost importance that their product smells and tastes like real apples.

PORTSMOUTH BREWERY

PORTSMOUTH

Right in the heart of Downtown, New Hampshire's first craft brewery opened in 1991. Their goal is to provide good beer, good food and a good experience while trying to reduce their carbon footprint.



Photo Courtesy of Portsmouth Brewery

REVOLUTION TAPROOM AND GRILL

ROCHESTER

Located in the heart of downtown Rochester, Revolution Taproom and Grill has over 40 craft beers on tap and a bourbon bar. Enjoy something from their food menu which features wood-fired neapolitan pizza.

SAWBELLY BREWING

EXETER

A select list of beer and wine to go along with their kitchen that features seasonally inspired American cuisine created from local ingredients.

SEADOG BREWING COMPANY

EXETER

Dining and bars on two levels with water front decks. Tasty beers and yummy food - with a good selection of gluten-free options. Heading north for a visit? Check out their other location in North Conway.

SMOKY QUARTZ DISTILLERY

SEABROOK

This veteran owned and operated artisan distillery uses locally sourced New England grain to distill truly exceptional spirits.

SMUTTYNOSE BREWING COMPANY

DOVER & HAMPTON

Situated on a Victorian farm this brewery has been making craft beer since 1984. Serving Farmhouse-style American food at the Restaurant at Smuttynose (dog-friendly!) right across the parking lot. Check out their drink specials, and live music and trivia nights. They also have a second location, the "Beer Garden at Tuscan Village" in Salem.

STONEFACE BREWING CO.

NEWINGTON

Located right off the Spaulding Turnpike, Stoneface strives to make great beer that everyone will like.

STRIPE NINE BREWING CO.

SOMERSWORTH

Stripe Nine Brewing has everything you could need. Local craft beer, live music, wines spirits, local hard seltzer and wood-fired pizza. Enjoy it all in their comfortable taproom.

SWEET BABY VINEYARD

HAMPSTEAD

This boutique winery offers handcrafted, quality wines. All of the produce for the fruit wines are sourced locally from New Hampshire and the grapes are grown right at the vineyard.

THROWBACK BREWERY

NORTH HAMPTON

Small farm with a brewery and eatery offering beers, sandwiches, and small plates in a refurbished barn.

TILTON BROTHERS BREWING

HAMPTON

Stop by for a pint and grab some cans to take home. This craft brewery offers a wide variety of IPAs, lagers, stouts, porters, sours, and more.



Photo Courtesy of Smuttynose Brewing Company

From the obscure to the regionally-renowned, this section highlights the museums, galleries, and spots of historical importance that showcase the region's cultural diversity.

[AMERICAN INDEPENDENCE MUSEUM](#)

EXETER

Founded in 1991, the American Independence Museum celebrates what it took to create the freedoms that Americans continue to enjoy today.

[BEEHIVE HUT](#)

DANVILLE

A man-made stone chamber of unknown age. It is one of 500 unknown structures from NH to NY.

[BLACK HERITAGE TRAIL OF NH](#)

PORTSMOUTH

Enjoy a self-guided walking tour where you will learn about some of the earliest enslavements in some of the earliest urban settlements. There are 24 stops on the tour including some of the original structures.

[BRENTWOOD MUSEUM](#)

BRENTWOOD

When a group of resident's realized that their town's history and memorabilia were being lost they created the Historical Society. The Society started actively collecting historical artifacts about 1968 and opened as a public museum in 1989.

[CHILDREN'S MUSEUM OF NEW HAMPSHIRE](#)

DOVER

Explore creative exhibits that make learning fun. Discover dinosaurs, submarine, aerodynamics, brain waves, music, art, nature and more. There is a special area for babies and toddlers upstairs. Enjoy the riverfront setting with playground, benches and picnic tables. Open year round with special events, classes, performances and workshops.

[THE COLONEL PAUL WENTWORTH HOUSE](#)

NEWMARKET

The 1701 Colonel Paul Wentworth House serves as an educational and cultural center for Rollinsford and the lower Salmon Falls region. One of New Hampshire's oldest surviving colonial structures, the Wentworth House hosts living history events, exhibits, hearth-cooked dinners, demonstrations, and other special activities throughout the year.

[EPPING COMMUNITY THEATER](#)

EPPING

Students of all ages will be provided with a rich learning opportunity in all aspects of theater production and management through both classes and productions.

[FINE GARDEN ART](#)

LEE

Find unique, one-of-kind art for the garden: creatures, arches, arbors, water features, abstract pieces, large sculptures, small sculptures, containers, planters, and more.

[FORT CONSTITUTION HISTORIC SITE](#)

NEW CASTLE

In 1791, the State of New Hampshire gave the United States the neck of land on which Fort William and Mary and a lighthouse were situated. The fort was repaired, renamed Fort Constitution and garrisoned with a company of United States artillery. Renovations, which included a wall twice as high as that of the colonial fort and new brick buildings, were completed in 1808. It is the ruins of this fort that are seen today.

[GOVERNOR JOHN LANGDON HOUSE](#)

PORTSMOUTH

A National Historic Landmark, Governor John Langdon House is an exceptional Georgian mansion which George Washington "esteemed the first" in Portsmouth. Its reception rooms are of a grand scale suited to ceremonial occasions and are ornamented by elaborate wood carving in the Rococo style.

[HAMPTON FALLS HISTORICAL SOCIETY](#)

HAMPTON FALLS

The Hampton Falls Historical Society was founded in 1984 as a non-profit institution. Their mission is investigate, collect, preserve and illuminate those events and artifacts that relate to the History of Hampton Falls.

[JAMES HOUSE](#)

HAMPTON

The James House is recognized as a true "first period" colonial. The house built for Benjamin James in 1723, near the salt meadows of Hampton, New Hampshire, is regarded as perhaps the earliest surviving example of the two-room deep, center-chimney colonial in New Hampshire

[LANGDON PUBLIC LIBRARY](#)

NEWINGTON

Find a variety of informational resources, to assist members of the community in their educational and cultural endeavors, and to preserve the heritage of the library for current and future Newington residents.

[MARKET SQUARE](#)

PORTSMOUTH

The heart of downtown, where several walking tours begin. Market Square is a center of activity with art galleries, bookstores, antique shops, ethnic restaurants and many original 17th-century buildings.

[MOFFAT-LADD HOUSE AND GARDEN](#)

PORTSMOUTH

The purpose of the Moffatt-Ladd House and Garden is to interpret American, New Hampshire, and Portsmouth history through the lives and possessions of the inhabitants of the house, both free and enslaved. The Society collects and preserves objects and manuscripts appropriate to this history.

[NORTH HAMPTON PUBLIC LIBRARY](#)

NORTH HAMPTON

The mission of the North Hampton Public Library is to meet the evolving educational, cultural, informational and recreational needs of the community of North Hampton by providing library resources and services. The library will offer a welcoming environment, with concern given for all ages, backgrounds, interests, abilities and levels of education.

[OLD SANDOWN DEPOT RAILROAD MUSEUM](#)

SANDOWN

The Sandown Historical Society & Museum was founded in 1977 to preserve Sandown's town history and to restore the town-owned historic train depot in the center of town as a museum. Today, it also tells the story of the impact the railroad had on Sandown's development by preserving the history of the Boston & Maine Railroad Worcester, Nashua & Portland Division

[PORTSMOUTH ATHENAEUM](#)

PORTSMOUTH

A collection of materials relevant to the history and culture of Portsmouth and the Piscataqua region.

[PORTSMOUTH FAIRY HOUSE TOUR](#)

PORTSMOUTH

The Portsmouth Fairy House Tour--the world's largest fairy house tour inspired by Tracy Kane, the award-winning author and illustrator of the Fairy Houses Series® of books--usually takes place each fall in the historic South End Neighborhood of Portsmouth, New Hampshire, with more than 250 fairy houses built by creative professionals, community members, and students to be displayed on various historical properties throughout Portsmouth.

[PORTSMOUTH HARBOR LIGHTHOUSE](#)

NEW CASTLE

The only lighthouse on the mainland of New Hampshire, Portsmouth Harbor Light (also known as Fort Point Light, New Castle Light, and Fort Constitution Light) was constructed in 1877 on the grounds of Fort Constitution, a Revolutionary War fortification.



Photo courtesy of The Daily Portsmouth

[PORTSMOUTH HARBOR TRAIL](#)

PORTSMOUTH

Named a Yankee Magazine "Best of New England Editors' Choice." On this one mile walking tour you will learn the history and see some of the most beautiful spots Portsmouth has to offer.

[PORTSMOUTH HISTORICAL SOCIETY](#)

PORTSMOUTH

Portsmouth Historical Society, founded in 1917, is a nonprofit devoted to championing the history, arts, and culture of the Portsmouth region through acquisitions, preservation, museum exhibitions, programs, and publications. It operates two facilities: Discover Portsmouth and the 1758 John Paul Jones House Museum and Garden, a national historic landmark. Check out their various historical walking tours.

[PULPIT ROCK TOWER](#)

RYE

Pulpit Rock Tower, also known as Pulpit Rock Base-End Station, is a historic military observation tower in Rye, New Hampshire.

[ROCKINGHAM JUNCTION B&M STATION](#)

LEE

This former B&M station sat in a state of disrepair for many years. It is finally being restored. This location was the junction between Boston and Portland, ME and the line from Manchester, NH to Portsmouth.

[RUNDLET MAY HOUSE](#)

PORTSMOUTH

Merchant James Rundlet and his wife Jane built their home on a terraced rise and filled it with the finest furnishings available. It was both an urban showplace and home for the Rundlets' large family. Rundlet-May House shows four generations of family possessions, ranging from original 1807 wallcoverings and furniture to twentieth-century additions by the Rundlets' great-grandchildren.

[SEACOAST AFRICAN AMERICAN CULTURAL CENTER](#)

GREENLAND

With concerts, educational programs, exhibits from notable artists, an active book group, and valuable collections of African artifacts, the Seacoast African American Cultural Center (SAACC) has become the hub of activity to showcase the contributions of individuals of African descent in the seacoast community.

[SPAULDING & FROST COOPERAGE](#)

FREMONT

Coopering is the art of fastening barrels from wooden staves and hoops. The art has been around since the first century AD. The Spaulding and Frost Cooperage located in Fremont, NH is one of the oldest and largest cooperages on the continent. Founded in 1874 by Jonas Spaulding Jr., it has produced 50,000,000 barrels and buckets made of white pine and cedar.

[THE STONE SCHOOL](#)

NEWMARKET

The Stone School is a historic school building at 1 Granite Street in Newmarket, New Hampshire. Built in 1841-42. It served the town as a school until 1966, and is a distinctive example of the town's stone architecture. It is now the Stone School Museum, a local history museum.

[STRAWBERRY BANKE MUSEUM](#)

PORTSMOUTH

Strawbery Banke Museum is a vibrant nearly 10-acre campus dedicated to bringing 300+ years of American history to life through dozens of historic buildings on their original foundations, heirloom gardens, hands-on traditional crafts, and engaging costumed roleplayers sharing the experiences of those who lived and worked in the waterfront neighborhood of Puddle Dock.

[SUNKEN FOREST](#)

RYE

The Sunken Forests of New Hampshire are two large areas of tree stumps submerged off New Hampshire's coast.

[TUCK MUSEUM OF HAMPTON HISTORY](#)

HAMPTON

The mission of the Hampton Historical Society is to increase public knowledge and understanding of the history and cultural heritage of the town of Hampton, New Hampshire, from its earliest inhabitants to the present generation. Experience the history through an active museum, educational programs, and a resource library.



Photo courtesy of The Warner House

[UNH OBSERVATORY](#)

DURHAM

Free viewing sessions for the public every first and third Saturday of the month, year round.

[THE USS ALBACORE MUSEUM](#)

PORTSMOUTH

The USS Albacore is a research submarine, designed by the U.S. Navy to test experimental features used in modern submarines. The Navy tested top-secret features that led to the high-speed silent operation used on modern U.S. submarines. Today, Albacore has been preserved and visitors will be able to look through the periscope, explore the control room, engineering spaces, and bunkrooms, and hear crew members tell of things that happened when they were at sea.

[WARNER HOUSE](#)

PORTSMOUTH

Built in 1716, the Warner House was the home of six generations of extended family. In the early 1930s, the property was for sale, and an oil company had plans to raze the house for a gas station. The newly-organized Warner House Association purchased the historic property in March 1932, saving it from demolition. That summer, the house opened to the public as a museum.

[WENTWORTH COOLIDGE MANSION](#)

PORTSMOUTH

The mission of the Wentworth-Coolidge Commission is to promote the Wentworth-Coolidge Mansion and to implement educational, art, musical, and cultural programs that provide a broad understanding of the social, political, and environmental history of the Piscataqua region.

[WENTWORTH-GARDNER HISTORIC HOUSE ASSOCIATION](#)

PORTSMOUTH

The Wentworth-Gardner is a classic example of Georgian architecture. The mission of the Wentworth-Gardner Historic House Association is to preserve and enhance its structures, collections, and grounds, and to contribute to the vitality of the community through education and outreach.

[WHITE ISLAND HISTORIC SITE](#)

RYE

The first lighthouse at the Isles of Shoals was erected on White Island in 1820. It was made out of stone and wood shingles. The White Island Lighthouse Station is one of New England's great historic landmarks. This shining tower protected northeastern mariners from crashing into its rocky shores. It is also New Hampshire's only offshore lighthouse.



Photo of White Isle Historical Site courtesy of NH State Parks Website

[THE WOODMAN MUSEUM](#)

DOVER

The Woodman, founded in 1916, is a traditional early 20th-century style natural science, history, and art museum with exhibits for all ages. The museum's collection includes hundreds of colonial artifacts; comprehensive mineral, shell and fossil gallery; mounted animal specimens; fine art and furniture; an extensive collection of militaria; local history objects; and much more.

Whether you are looking to walk, bike, or hike, the Seacoast region has a vast number of trails- and that is only scratching the surface. The variety of locations all for all experience levels to enjoy a little exercise outdoors.

AMUSEMENT & GAMES

CASINO BALLROOM

HAMPTON

The Casino Ballroom has played host to most of the greatest names in Live Entertainment. Paige, Plant, Morrison, Hendrix, Joplin, Bono, Seinfeld just to name a few. The intimate size and rich history provide one of the most up close and authentic concert experiences you'll ever have.

GRANITE STATE GROWLER TOURS

NORTH HAMPTON

The only craft brewery tour bus in New Hampshire and a Best of NH 2013 winner, is roaming for foam! Hop on the bus and visit the best craft breweries and distilleries on the NH seacoast.

HAMPTON BEACH CASINO

HAMPTON

The Hampton Beach Casino has been the heart of Hampton Beach since 1899. What is not on the ocean side of the street is here on the Casino Boardwalk. Whether you're looking for fun, food or shopping, the Hampton Beach Casino is a great place to find it all between Hampton Beach and home!

HILLTOP FUN CENTER

SOMERSWORTH

Seacoast's Largest Attraction Center featuring mini golf, laser tag, driving range, batting cages, arcade, go karts, extreme air jumper and a rock wall. This attraction center is perfect for group events, birthday parties, corporate events and special events.

NEXT LEVEL TAG

NEWFIELDS

Next Level Tag, a mobile laser tag party service based out of Rockingham county New Hampshire. They bring laser tag TO YOU! Choose an outdoor or indoor location and we'll set up the best battlefield.

REGAL FOX RUN STADIUM 15

NEWINGTON

Regal Fox Run Stadium is one of the premiere places of a convenient and enjoyable movie-going experience with plush, spacious seating.

THE STRAND DOVER

DOVER

The Strand is a non-profit community-focused business in downtown Dover, New Hampshire. Find entertainment and new experiences for all generations. The 'Strand family' is composed of and operated by friends, family members, military veterans and community members.

ARTS

FIREFLY POTTERY

PORTSMOUTH

A huge selection of pottery to choose from that you can come in, relax and paint. Holiday items, figurines, dinnerware and endless ideas for your special occasions! The friendly, helpful staff will gladly show you new techniques and ideas that will help you create your masterpieces! All ages welcome! Come Spark Your Imagination!

PAINT FOR FUN

DOVER

The only plaster art studio on the seacoast. Plaster art is similar to ceramics, only you finish and take them home the same day! Offerings include canvas Painting, Art Lessons for kids and adults and Great Group Parties!

BEACHES

HAMPTON BEACH STATE PARK

HAMPTON

Hampton Beach State Park provides year-round recreation, with Atlantic oceanfront facilities situated along miles of sandy beach. Activities in the park include swimming, fishing, picnicking, and RV camping with full hook-ups in the campground.

JENNESS STATE BEACH

RYE

Jenness State Beach is a great family location with an Atlantic oceanfront setting - its sandy beach is ideal for swimming and picnicking.

NORTH HAMPTON STATE BEACH

NORTH HAMPTON

North Hampton State Beach is a great family location with an Atlantic oceanfront setting - its sandy beach is ideal for swimming and other beach activities.

RYE HARBOR STATE PARK

RYE

Rye Harbor State Park offers scenic views of the Atlantic Ocean, the Isles of Shoals, and Rye Harbor, also called Ragged Neck. Favorite activities enjoyed in the park include saltwater fishing and picnicking with ocean breezes. Amenities offered include picnic tables and restrooms.

BOWLING

BOWL-O-ROMA

PORTSMOUTH

Bowl-O-Rama is your Seacoast social entertainment destination! There is room for everyone to play with 22 new candlepin lanes, fully automatic scoring and entertainment system, new plush sofa seating and tables to enjoy your fun with food and beverages right at the lanes. It's a great place to have fun times with family and friends. Lanes are all equipped with bumpers just for kids!

DOVER BOWL

DOER

More than just bowling - Dover Bowl is the Seacoast's premiere family fun center. They have both ten-pin and candlepin bowling and if those are not for you head to the arcade for a variety of games.

EXETER BOWLING LANES

EXTER

Exeter Bowling Lanes has 12 lanes of candlepin bowling. There is bowling for everyone including bumper bowling for the younger children at no extra charge. Friday and Saturday nights starting at 4:00pm its a bowling dance party with cosmic lights and music! Host a private party.

CLIMBING

INDOOR ASCENT

DOVER

"Explore your vertical world" at Indoor Ascent! Challenge yourself with over 9,000 square feet of exhilarating wall space! Check out their massive bouldering room including a new 45 wall over 15' overhangs. Enjoy 20 top-ropes including cracks, aretes, chimneys, slabs, and overhangs and try one of the lead climbs, even on the ceiling! There's plenty to do for all abilities; your imagination is the limit!



Photo courtesy of the Town of Hampton Website

DANCE

ARTHUR MURRAY DANCE CENTERS

NORTH HAMPTON

Offering beginners dance lessons, wedding dance lessons, ballroom dance lessons and dance classes for everyone! Whether you want to learn to dance as a single or couple, the dance instructors cater to your needs.

FLYING

HAMPTON BEACH PARASAIL AND SUP RENTAL

HAMPTON

Hampton Beach Parasail is family owned and has been operating since 2017. Parasailing Fun Offers Tremendous Benefits: Making Unforgettable Memories for You, Your Family and Friends! Check One More Thing Off that Bucket List! You get Adventurous Bragging Rights Among Your Friends and Family! With Paddleboard rentals, explore the backwaters of Hampton Harbor while getting some great exercise and taking in some great coastal scenery.

HIGH 5 BALLOONING

NORTH HAMPTON

Come enjoy a hot air balloon ride with High 5 Ballooning, New England's premier hot air balloon ride company. From the thrill of lift off to the last sip of your post flight Champagne celebration, you will be treated to an experience that will leave you with a memory that will last a lifetime. Float through the sky on an aerial adventure and marvel at breathtaking views of the White Mountains, Atlantic Ocean, Boston's skyline and the beautiful Merrimack River Valley.

GOLF

BREAKFAST HILL GOLF CLUB

GREENLAND

Since 2005, this 71 par course has been ranked as a top five course by Golf Week magazine as one of America's best daily fee facilities. Host corporate events, golf outings, private functions and parties.

PEASE GOLF COURSE

PORTSMOUTH

Conveniently located off of I-95, Pease has some of the most picturesque views. After league, golf outings, lessons and more head to Grill 28 for a drink and delicious meal.

SAGAMORE-HAMPTON GOLF CLUB

NORTH HAMPTON

A true 'pioneer of public golf' in New England established in 1929. A challenging course for all players and abilities, this course is meant to be enjoyed by all.

TWIN PINES DRIVING RANGE

EPPING

Twin Pines is a premier New England golfing practice facility that offers a course-like driving range, a well equipped pro-shop, professional and friendly staff and the best in custom golf club design and club repair. Proudly serving golf lovers with high quality golfing services for the past 20 years.

HIKING AND TRAILS

BELLAMY PARK

DOVER

Length: 33-acres wooded area Elevation: 49' Difficulty: Moderate

CONNER FARM

EXETER

Length: 235-acres Elevation: 33' Difficulty: Beginner

DUDLEY LOT

LEE

Length: 21-acres Elevation: 190' Difficulty: Beginner

FREMONT RECREATION AREA

FREMONT

Length: 18 miles Elevation: 154' Difficulty: Beginner

GREAT BAY NATIONAL WILDLIFE RESCUE LEAGUE

NEWINGTON

Length: 1,000 acres Elevation: 79' Difficulty: Beginner-Moderate

GREAT ISLE COMMON

NEW CASTLE

Length: 32-acres Elevation: 20' Difficulty: Beginner

HAMPSTEAD TOWN FOREST

HAMPSTEAD

Length: 35-acres Elevation: 315' Difficulty: Beginner

HENDERSON-SWASEY TOWN FOREST

EXETER

Length: 5.5 mile loop Elevation: 33' Difficulty: Moderate

KINGSTON STATE PARK

KINGSTON

Length: 44-acre Elevation: 135' Difficulty: Beginner

LEE TOWN FOREST

LEE

Length: 1.8 mile loop Elevation: 190' Difficulty: Moderate

MAST POINT DAM

SOMERSWORTH

Length: 0.4 miles Elevation: 203' Difficulty: Beginner

OAKLANDS TOWN FOREST

EXETER

Length: 16.3 miles Elevation: 33' Difficulty: Beginner-Advanced

PACKERS FALLS

DURHAM

Length: 1.6 miles Elevation: 49' Difficulty: Moderate

PICKERING POND TRAIL

ROCHESTER

Length: 1.7 mile loop Elevation: 226' Difficulty: Beginner

PLAISTOW TOWN FOREST

PLAISTOW

Length: 400-acres Elevation: 102' Difficulty: Beginner-Advanced

SLIDING ROCK CONSERVATION AREA

NEWMARKET

Length: 2.5-acre Elevation: 39' Difficulty: Moderate

SOMERSWORTH RIVERWALK

SOMERSWORTH

Length: 9.8-acre Elevation: 203' Difficulty: Beginner

SWASEY PARKWAY

EXETER

Length: 0.5 miles Elevation: 33' Difficulty: Beginner

SWEET TRAIL

DURHAM

Length: 8 miles Elevation: 49' Difficulty: Moderate

THE GONIC TRAILS

ROCHESTER

Length: 1.3 mile loop Elevation: 226' Difficulty: Beginner-Moderate

TUCKER AND FRENCH FAMILY FOREST AREA

BRENTWOOD

Length: 6.9 miles Elevation: 115' Difficulty: Moderate

WIGGIN FARM

Newmarket

Length: 160-acres Elevation: 39' Difficulty: Beginner

PERFORMING ARTS

GARRISON PLAYERS

ROLLINSFORD

Established in 1953, Garrison Players is a nonprofit, volunteer-based community theatre dedicated to enriching the cultural life of the area by presenting high-quality theatrical performances geared for family audiences.

ROCHESTER OPERA HOUSE

ROCHESTER

Their mission is to educate, engage, empower, challenge, and inspire a community of all ages by presenting extraordinary and culturally diverse theatre, performance art, music, dance, and film on the city's foremost performing arts stage.

SEACOAST REPERTORY THEATRE

PORTSMOUTH

Working to make Portsmouth and the surrounding towns better through live theatre. Theatre is for everyone and the Seacoast Rep makes sure they highlight that by offering a variety of shows.

THE MUSIC HALL

PORTSMOUTH

In 1878, The Music Hall opened its doors as a Vaudeville theater, bringing a fresh cultural vibrancy to the city of Portsmouth. Fast forward 140 years and The Music Hall—now with a second theater—has been pivotal in a revitalization of downtown into one of the most robust arts destinations in New England.

SKATEBOARDING & ROLLERBLADING

RED ALERT SKATE PARK

ROCHESTER

6500 square feet of skaters' paradise. The fully stocked shop and 100% skater built park will bring all the skateboarding essentials you need! Host events, parties, and a lounge/chill area for parents and onlookers to watch all the action!

STADIUMS AND SPORTS TEAMS

MX101

EPPING

MX101 Motocross & ATV Practice Track that offers classes and riding time to riders and viewing spots for spectators. This regularly groomed track is the perfect place for riders or all levels!

STAR SPEEDWAY

EPPING

Star Speedway is the place to race! New Hampshire's premiere place for short track racing and family fun. Star Speedway....Where Champions Are Made.

WATER SPORTS

EAST ROCHESTER OUTDOOR POOL

ROCHESTER

Outdoor public swimming pool in Rochester, NH.

GONIC POOL

ROCHESTER

Outdoor public swimming pool in Rochester, NH.

GRANITE STATE WHALE WATCH

RYE

Dedicated to whale watching, sightseeing and research. They have a 50 year history of safely operating passenger vessels. They pride themselves in being able to communicate enthusiasm and knowledge about the ocean and coastal environment to passengers.

UNH OUTDOOR POOL

DURHAM

The UNH Outdoor Pool, offering zero-depth entry, swim lanes, a concession stand and plenty of space for free swimming. Social space around the pool is a great place to relax when not enjoying the water.



Photo courtesy of Granite State Whale Watch

SEACOAST NH SPORTFISHING

RYE

Capt. Bob Weathersby, owner of Seacoast New Hampshire Sportfishing, has fished the New Hampshire Seacoast for over forty years. His accomplishments include landing two bluefin tuna exceeding 1000 lbs, and earning college tuition by commercially fishing for striped bass. He finds big fish when others can't! Come charter your expedition with Capt. Bob today!

SUMMER SESSIONS SURF SHOP

RYE

Summer Sessions Surf Shop was founded in the summer of 2002. The shop boasts an impressive selection of boards, wetsuits, and gear from companies like Rip Curl, Oniell, Hurley, Lspace, Vissla, DHD, JS, Bing, Super, Sharp Eye many more. The surf shop is seasonal, open from April to January. The surf shop offers private and semi-private lessons, as well as Kids' Camps, with the best instructors on the seacoast.

WATER COUNTRY

PORTSMOUTH

For over 35 years, Water Country has been the go-to destination for wholesome family-friendly fun in New Hampshire. Water Country is New England's largest, cleanest, safest, and friendliest waterpark. Come visit the best water park in New Hampshire for a variety of special events, great family dining options, and much more! Like the song says, come Have Some Fun!

WINTER SPORTS

CHURCHILL RINK

DURHAM

Churchill Rink at Jackson's Landing in Durham, NH is a regulation sized ice skating rink owned and operated by the Town of Durham Parks & Recreation. It is an indoor ice skating rink in Durham, NH that offers public skating, ice hockey, and lessons.

ROCHESTER ICE ARENA

ROCHESTER

Indoor ice skating rink in Rochester, NH that offers public skating, ice hockey, and lessons.

SNOWSHOE HIKES AT STRATHAM PARK

STRATHAM

Participate in two snowshoe hikes through the trails at Stratham Hill Park during the winter months. These hikes are usually planned around full moons. The meeting point is Scammon Pavilion around 6pm for a hike that starts promptly at 6:30pm. Upon returning from the hike we'll warm up by a fire and sip on hot chocolate.

MISCELLANEOUS

APPLECREST FARM ORCHARDS

HAMPTON FALLS

Growing fruits and vegetables is not only a passion, but a 4th generation way of life. A true labor of love, Applecrest strives to operate the farm honorably and with the utmost respect for those products and services touched. Every Applecrest product is guaranteed to deliver true taste and value without parallel.

COYOTE CREEK ARCHERY

ROCHESTER

Coyote Creek Archery's goal is to advance the sport of archery and to enhance customers' performance in the field. Committed to providing the highest quality, innovative products and services. They offer a variety of products and their bow technicians offer state of the art tuning, string building and expert advice.

EXPLORE THE OCEAN OCEANARIUM

HAMPTON

Explore the Ocean World gives students a chance to experience, hands on, creatures from the Gulf of Maine salt marsh, rocky shore, and the deep sea. Each presentation is unique. The animals differ daily depending on what new and exotic things the commercial fishermen bring in. The animals range from the common sea star to the deep water sun star, spiny crab or horseshoe crab.

HAWKSTONE STABLES

DANVILLE

A fun backyard boarding and lesson facility geared towards the relationship between horse and rider.

KELLIE BROOK FARM

GREENLAND

An engineer for over a decade, Tim Rocha's journey to becoming the pork king of the seacoast was a winding one. First, he purchased 30 acres of land in Greenland, New Hampshire back in 1992. Then, he grew Christmas trees and vegetables. Yup, we're still in the pre-pork days. Finally, in 2002, Tim started to raise chickens, cows, and yes—pigs.

NORTH HAMPTON BANDSTAND

NORTH HAMPTON

Friends of North Hampton Bandstand invite the community to enjoy summer concerts most summer Wednesday's nights. The North Hampton Bandstand is located at the intersection of Rt. 111 & Rt. 151, and all band concerts are free and open to the public.

[NORTH ROAD FARM](#)

FREMONT

Were you or your child born with the horse gene, an unexplained passion for horses? Horse Fantasy to Horse Instructor Jan Brubacher was and still am crazy about equines. Come learn about riding, go on trial rides, and create a stable relationship with your horse or pony.

[SCAMMAN FARM](#)

STRATHAM

A local farm that is dedicated to the community and preserving what is left of farming. Everyone should have the luxury of enjoying the beautiful piece of land in Stratham not to mention there are attractions for all ages! Year after year opportunities and engagement in the local community grow.

[SEA COAST CAMPING AND RV](#)

NORTH HAMPTON

Winding parallel to the Atlantic Ocean the seacoast runs about 13 miles from New Hampshire's border with Salisbury, Massachusetts to the Piscataqua River and New Hampshire's border with Kittery, Maine. Visitors see a pretty rough, rocky shoreline except for a few picturesque beaches carved out by jetties especially notable in the towns of Hampton and Rye.

[SEACOAST TROLLEY COMPANY](#)

GREENLAND

Seacoast Trolley Company is a twenty five year, private specialty tour and transit company based in Portsmouth, NH. Offering a unique medium of transportation and entertainment for individuals and businesses visiting the region. Surprisingly budget friendly, for a specialized trolley tour and transit service.

[SEACOAST SCIENCE COMPANY](#)

RYE

Located on the rocky coast in historic Odiorne Point State Park, the Seacoast Science Center is a marine education, recreation, and science resource dedicated to inspiring active conservation. SSC features aquariums, indoor touch tanks, interactive exhibits, and naturalist-led programs and events that teach people about the importance of the marine environment so that they are empowered to build a healthier ocean and a better planet.

[STRATHAM HILL PARK](#)

STRATHAM

Stratham Hill Park has live music every Thursday night, a food truck with delicious hot stone pizza, grills for charcoal cookouts, and picnic tables. It's a great place to go with friends and family for outdoor fun.

[TURNING POINT SHOW STABLES](#)

EAST KINGSTON

At Turning Point, riders of all ages and levels discover that responsibility is fun. Determination ultimately takes home more ribbons than talent. And win or lose, the real joy is in the trying. Whether you are new to the world of horses or have been riding and showing for years, achieve your goals here. Offerings include lessons, showing, sales, leases and partial leases. For some riders, showing and competing in the hunter ring is their main focus.

[VERRILL STABLES](#)

DANVILLE

Recognizing that this is your passion. The family friendly environment provides clients the ability to learn and grow in a constructive atmosphere where communication is paramount. Whether you are interested in showing at the national level or you are simply looking to take lessons in order to enhance your skills as a rider, there is a program for you at Verrill Stables.



Photo courtesy of Scammon Farm on Facebook

Looking for more New Hampshire insight?



Check out the other guides!

If you liked this guide, you will be sure to appreciate the other wonderful attractions the state has to offer! [Visit us online](#) for an “Insider’s Guide” to nine regions of the state!

A region is more than its cultural attractions, dining establishments, and entertainment venues. This section shares the primarily local and independent business establishments of interest to both visitors and residents.

ANTIQUES

ANTIQUES, ETC

EXETER

Your place to go for one of a kind, hand painted home furnishing and decor accents.

CRAWLEY FARM ANTIQUES

BRENTWOOD

Three floors filled with antique and vintage treasures. Run by the same owners for over 25 years, you'll love the friendly atmosphere and unique shopping experience. Be sure to check out the beautiful old Glenwood wood stove in the lobby!

EAST COAST PROPS AND ANTIQUES

HAMPTON FALLS

With over 30 years of antiquing experience, they are experienced in finding antique and vintage items for the home, antique dealers, wedding & event professionals, photographers, theater & film production, and more. Looking for something specific? They take detailed orders to find the perfect piece for you.

EMERY'S LANE ANTIQUES

STRATHAM

Huge selection of antique and old items. Glass, pottery, furniture, art, and unique items. Check out photos of inventory and inquire about availability. Open most days 11-5 and Sunday 12-5. Closed in rain or inclement weather.

FIREBIRD FARM ANTIQUES

LEE

Located in an 1850s period post and beam barn, they offer a variety of products with rich history. Check out their story and inventory online.

FOUR CORNER ANTIQUE STORE

ROCHESTER

Antique store with over 40 vendors, there is something from everyone. Friendly staff with an adorable kitty to help you find anything you're looking for. Customers call this gem, 'love at first sight'

HUNNY BEE-HAVEN COUNTRY GIFTS AND MORE

HAMPSTEAD

Inventory includes antiques, reclaimed furniture, primitives, and country collectible gifts.

JUST THE THING

DOVER

3000 square foot shop on two floors featuring sixteen exception furniture and small dealers plus select local artists and artisans.

LA POINTE FARM ANTIQUES

NORTH HAMPTON

Featuring unique, country, and primitive antiques. You can also find repurposed goods, chalk painted furniture, home decor and more. A great spot to land for out of towners to visit time and time again.

LEE CIRCLE ANTIQUES

LEE

Every week you will find new items at Lee Circle Antiques and maybe just the piece you've been looking for. They have a varied selection of furniture and vast amount of decor for indoors and outdoors. Checkout their facebook for unique items and shares ideas on restoration, repurposing, and design.

LOG CABIN ANTIQUES & GIFTS

KINGSTON

Check out their inventory and learn about the pieces through their online blog.

ROUTE 1 ANTIQUES

HAMPTON FALLS

The New Hampshire Seacoast finest group shop featuring the wares of sixty five of the area's premier dealers. Ever changing inventory, displayed in a victorian period house and attached three-story barn, ensures treasures just waiting to be found.

RUSTY BUCKET ANTIQUES

PLAISTOW

Come on in to buy, sell, and trade antiques. This store offers a wide variety of pedal cars, gas pumps, and signs. This business would be recommended to anyone looking for a piece of history at a great price.

SAGE FARM ANTIQUES

NORTH HAMPTON

An antique, vintage, and home decor shop that runs 3 day shows, monthly.



Photo courtesy of Crawley Farm Antiques

TIMELESS TREASURES

KINGSTON

A walk down memory lane featuring over 40 different antique vendors under one roof. Find a variety of treasures from glassware to toys, sports memorabilia to furniture, and textiles to art. With inventory constantly changing, you never know what you might find at extremely reasonable prices.

THE COLLECTOR'S EYE

STRATHAM

An authentic New England experience! Step inside this historic post and beam barn to find two stories of treasures, from possibly every period in time. New owners, Greg Pruitt and Lionel Loveless, and their 35 vendor family, will greet you with welcoming smiles and lots of enthusiasm.

TRINKETS AND TREASURES

ROCHESTER

A resale shop that is a favorite regular stop for locals and visitors with a passion for vintage. With furniture, home decor, and collectibles on two floors, there's something for everyone.

UNION STREET ANTIQUES

ROCHESTER

One of the areas finest group shops, located in the heart of downtown rochester, NH. With plenty of parking, it's the perfect place to pick up that next great find.

WISWALL HOUSE ANTIQUES

DURHAM

Open since 1975, and built by owner Thomas Wiswall, this antique shop has a keen eye for linens and lighting from the victorian era. Open seasonally from March 1st- January 1st and have an annual fall barn sale in the fall.

YELLOW BARN VINTAGE. NH

STRATHAM

You never know what comes up for sale at Yellow Barn. Find vintage furniture, knick knacks, lamps, mirrors, art, area rugs, and more. Specializing in piano tuning, repair, and restoration, just mention what you are looking for and they may have it.

125 ANTIQUES

KINGSTON

125 Antiques and more is a local, small, family run business. You will find antiques, vintage goods, collectibles, automotive related vintage items, and more.

APPAREL & ACCESSORIES

125 BRIDAL BOUTIQUE

PLAISTOW

New England's premier bridal boutique..A family operated business catering to today's discerning bride and groom. Gowns, tuxedos, dresses, and suits from today's hottest designers at New England's hottest prices.

APSARA

PORTSMOUTH

Ethically sourced cotton clothing producer. Apsara's goal is to provide excellent quality at affordable prices. Their goal is to build a community of friends and customers who share an enthusiasm for quality, design, and ethics.

BIRCH

PORTSMOUTH

Birch is a women's clothing and accessory boutique located in historic downtown Portsmouth. Your place to find local and imported clothing, art, and jewelry from local artisans.

BLISS BOUTIQUE

PORTSMOUTH

Bliss offers a one of a kind shopping experience that makes women feel stylish, beautiful & unique. Bliss continues to be one of New England's most sought after shopping destinations. You'll discover racks of adorable dresses for all occasions, including jeans, sweaters, tees and more.

BLUSH BRIDAL

SOMERSWORTH

Visit Blush Bridal, an elegant, full service bridal salon. Relax with a cup of tea with your family and friends while looking for 'the dress.' While you are at it, check out their beautiful collection of bridesmaid, mother of the bride/ groom, and prom/ speciality gowns to choose from.

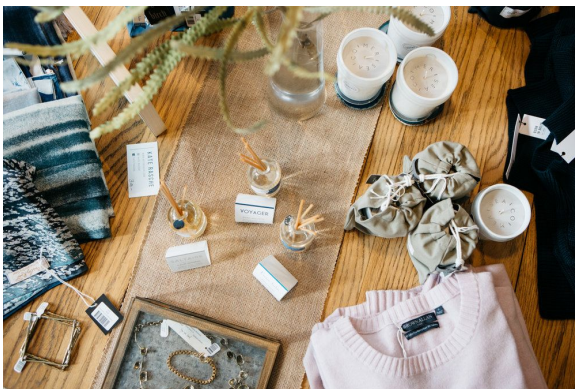


Photo courtesy of Birch

BOBBLE'S AND LACE

PORTSMOUTH

Modern fashion at an affordable price. Bobble's and Lace is the go to spot to stay up to date on trends with outfits for any occasion.

BOOTLEGGERS FOOTWEAR CENTER

STRATHAM

Featuring one of New England's largest selection of sandals, athletic footwear, hiking boots, dress shoes, work boots, winter boots, casual shoes, slippers, clogs and more for the entire family. With thousands of pairs of shoes in stock from over a hundred of the best brands of footwear, you are sure to find footwear for all your needs. Looking for 'hard to find sizes' and 'wide widths', Bootleggers has you covered.

CLUB BOUTIQUE AND CITY SHOES

PORTSMOUTH

Whether you're a size 0 or 3x, Club Boutique has what you're looking for and dresses for all occasions! Dedicated to fabulous fashion, reasonable prices, and amazing personal service. For shoes, they offer everything from casual to high fashion. Find a complete outfit in one visit.

EM & ELLE

PORTSMOUTH

Em and Elle is a women's clothing boutique located in downtown Portsmouth, New Hampshire. Current clothing brands include Em and Elle, Free People, BB Dakota, Jack, Z Supply, Maaji, Roxy and many more. Complete the look with some accessories.

EXETER JEWELERS

EXETER

Featuring a variety of jewelry and gifts including one-of-a-kind 18k gold Italian products, vintage treasures and handcrafted pieces.

FATFACE

PORTSMOUTH

Fashionable chain retailer selling outdoor casual wear and accessories for men, women, and children

FOOTNOTES

PORTSMOUTH

Unique selection of classics shoes with excellent customer service and quality products.

GANESH IMPORTS INC.

EXETER/PORTSMOUTH

With selections in home & decor, clothing, bath & body, and accessories, you're sure to find what you're looking for either in store or online.

I LIKE THAT

PORTSMOUTH

A local T-shirt printing company. Whether you have a design ready to print or need something designed, they have you covered.

INSIDE OUT

PORTSMOUTH

Find all the latest styles in men's and women's designer clothes and fashion to keep you comfortable and stylish. They offer clothing, goodies for kids, pet toys, travel accessories, cocktail essentials, and more.

LIT BOUTIQUE

PORTSMOUTH

Boston born in 2005, LIT Boutique strives to provide an eclectic mix of fashion-forward designs from avant-garde sculptural pieces to whimsical, playful tops and dresses all at an affordable price. Specializing in dresses that flawlessly fit into your lifestyle, boots that will take you from day to night, and you'll still have some money left over for another cocktail.

LUNACHICS

EXETER

Check out their styles that are handpicked from ethical, local and female founded brands.

MADELEINE'S DAUGHTER BRIDAL

PORTSMOUTH

Dedicated to having the most extensive gown selection in New England. Inventory is carefully curated to accommodate every type of bride, venue, and budget. During your experience, you will have the undivided attention of a personal stylist who will expertly choose dresses for you and your bridal party.

MADELEINE'S TUXEDO

PLAISTOW

Your destination for all tuxedo rentals and sales throughout the seacoast of New England. Find thousands of combinations of rentals to fit any occasion. The large inventory of in store tuxedo rentals make sure that any last minute issues will be taken care of with no stress.

MARKET SQUARE JEWELERS

PORTSMOUTH

With six retail storefronts on the eastern seaboard, Market Square Jewelers is a family- owned business with over 35 years of buying, selling, and trading in the jewelry industry. Specializing in estate and vintage jewelry from all historical periods, paired with fine and rare gemstones from all over the world.

MINT BOUTIQUE

PORTSMOUTH

Exclusive handmade jewelry that supports local and other small business artists. Committed to specializing in quality fashion and choose brands that represent our mission.

POPPY SEED STUDIO

SOMERSWORTH

Handcrafted and vintage jewelry, clothing, accessories, personal gifts, perfume, bath and body products, candles, books, stationary, antiques, and collectibles.

PRELUDE BOUTIQUE

PORTSMOUTH

Since 1983, Prelude has been a thriving boutique in the heart of the historic district of downtown Portsmouth. Specializing in handmade jewelry, fair trade, and USA- made accessories, unique gifts, and high quality bath and body products for both men and women.

PRETTY LITTLE THINGS

PORTSMOUTH

Find the latest fashion, shoes, and accessories. Specializing in young modern women looking to shop the latest trends with great quality, affordability, and customer service.

PRETTY POPPY

PORTSMOUTH

Pretty Poppy is a women's jewelry and accessory store with something for everyone, whether you're 9 or 90. Find all styles of jewelry, handbags, scarves, sunglasses, readers, and gifts all at an affordable price. Fashion forward collections that are updated frequently and in house monogramming.

PUTTIN' ON THE GLITZ

PORTSMOUTH

This is a lovely and fashionable artistic shop and coming here is a full and rich experience that surrounds my senses and makes me believe that beautiful things and environments still exists.

SAULT NEW ENGLAND

PORTSMOUTH

SAULT New England was founded with the goal of celebrating the diverse and ever evolving history of men's fashion. Starting from the belief that every man should feel comfortable with who they are, in what they wear, and never take themselves too seriously. Providing traditional staples for every man's wardrobe by mixing current trends and classic style.

SEA BAGS

PORTSMOUTH

At Seabags, find handcraft tote bags and accessories from recycled sails that have sailed around the world. Once a sail, forever a sea bag.

SERENDIPITY

EXETER

Serendipity of Exeter offers an amazing selection of fair trade, USA, and locally handmade clothing, jewelry, accessories, and gifts. Come shop where your purchases truly do make a difference to local and global communities. Independently family owned for 40 years!

SOL SUNWEAR

PORTSMOUTH

Bringing essential and iconic brands to customers. It is important that customers are educated about the importance of sunglasses. Find quality sunglass brands that are at every price point.



Photo courtesy of Prelude Boutique



Photo Courtesy of Sault New England

TOWN AND CAMPUS

DURHAM

Private, independent college shop, serving the University of New Hampshire, since 1960. In addition to your favorite college apparel, find school materials, gifts and more.

ART

GUS AND RUBY LETTERPRESS

PORTSMOUTH

Custom design and invitation printing service with three brick and mortar retail stores located in historic New England. Specializing in the creation one-of-a-kind pieces of art in the form of custom stationary, wedding invitations, birth announcements, and classic correspondence. Stores offer a discerning shopper a curated selection of beautiful goods for the home and office.

BEAUTY, HEALTH & WELLNESS

PORTSMOUTH SOAP COMPANY

PORTSMOUTH

Offering handmade soaps, Seacoast inspired bath & body products and custom gift packages. Not only is it fun to make soap, but with quality ingredients- it's great for your skin too.

SANTERRE'S STONES N' STUFF

EPPING

With three rooms, each with its own wonderful 'stuff': The Jewellery Room, The Bead Room, and The Rocks/ Minerals/ Crystals/ and Fossils Room, you're sure to find anything you're looking for. Come in and Experience us.

BOOKS & MUSIC

A FREETHINKER'S CORNER BOOKS

DOVER

A Freethinker's Corner is an independent bookstores, and a little bit more. Their mission is to provide a wide selection of new and gently used books that encourage intellectual growth; promote local authors, artists and musicians; and strive to be as environmentally friendly as possible.

AVENUE VICTOR HUGO BOOKS

LEE

From Boston to post and beam barn in Lee. The shop carries good reading copies, and first edition of the best fiction, history, biography, poetry, drama, as well as collective magazines. Offering the serendipity of discovering that only comes from browsing shelves of old books and the guidance only a curmudgeonly old bookseller can offer.

G. WILIKERS! BOOKS & TOYS

PORTSMOUTH

Our mission seeks to build curious young readers and healthy, playful children. The stores success is deeply connected to the customers and communities.

RIVER RUN BOOKSTORE

PORTSMOUTH

RiverRun Bookstore features a large selection of books that is perfect for browsing to find a book you were not looking for. They also have a publishing service that provides an easy, personalized, and dependable way to publish your book.

SHEAFE STREET BOOKS

PORTSMOUTH

Called the Best Small Bookshop in New England by Yankee Magazine. This business partners with Bookshop.org to support local independent bookstores.

WATER STREET BOOKSTORE

EXETER

Exeter's local independent bookstore featuring adult and children's new books. Plus their world class customer service, including book recommendations, and free gift wrap.

COMICS & GAMES

COLLEC-TIQUES

ROCHESTER

Video game store that buys, sells, and trades all things from collectibles to antiques with high quality products that create lifetime bonds.

DIVERSIONS PUZZLES AND GAMES

PORTSMOUTH

Providing both new and classic games and high quality puzzles that bring couples, families, and friends together to have fun without the use of technology to create memories that will last a lifetime.

FARMS & ORCHARDS

DEMERRITT HILL FARM

LEE

DeMeritt Hill Farm's mission is to produce top quality fruit, vegetables and other agricultural products while focusing on providing a hands on pick-your-own experience to your family.

EMERY FARM

DURHAM

Emery Farm in Durham, NH is the oldest family farm in the country, having been in the same family since 1660. Deeply connect to the land and committed to keeping Emery Farm a working farm for generations to come. The market has a variety of products sourced from all over New England.

RAWSON FARM

STRATHAM

NH family owned and operated farm and farm market. The farm offers a wide variety of seasonal fruits and vegetables grown right here as well as a selection of homemade jams, soaps, and soy candles. We're open year round.

SYRUP BY THE SEA

RYE

Syrup by the Sea makes pure maple syrup along the Seacoast. Sold in stores throughout the seacoast as well as on their website.

TENDERCROP FARMS

DOVER

Head to Tendercrop Farms for the freshest produce, meats, poultry and more and help improve the environment and support your local economy.

WAGON HILL FARM

DURHAM

The iconic wooden wagon at the top of the hill, overlooking the highway, is a local landmark recognized far and wide among Seacoast residents, UNH students, and tourists alike.

FLOWERS & GARDENING

DOWN TO EARTH GARDEN SHOP

KINGSTON

An eclectic destination off the beaten path...Full service florist and gift shop. Find local artisans and their wares; indoor/outdoor plants, unique items, custom-made decor, and so much more. A little something for everyone. Gift certificates, delivery 7 days a week, and curbside pickup available.

EXETER FLOWER SHOP

EXETER

This flower shop is a treasure to the town of Exeter. Their selections are so fresh and beautifully kept. The care they take with their arrangements show in the way the flowers stay fresh for so long.

IN BLOOM

LEE

In Bloom brings a fresh approach to floral design allowing the flowers to do what they do best: bring beauty into our lives. Celebrating the earth and what comes from it is something they do with love and style.

MELLOW BOTANICAL

DOVER

Mellow Botanical believes deeply in the power of flowers, and lovingly craft unique bouquets using only the lushest blooms they can find.

NEWTON GREENHOUSE

NEWTON

Newton Greenhouse is a quality retail/ wholesale grower of cut flowers and potted ornamentals. Open year round.

SEACOAST FLORIST & GIFTS

NORTH HAMPTON

Take your pick from a selection of flowers at Seacoast Florists in Hampton. Deliveries for wedding, funerals, and other events.

[THE GREEN GRIFFIN](#)

KINGSTON

Pleased to assist with any local, as well as worldwide deliveries and remember that corporate accounts are always welcome. For your convenience, have flowers delivered to local funeral homes and hospitals.

Specialize in unique floral designs that add serenity and beauty to your home and event. Enjoy online shopping with 24 hour ordering right at your fingertips.

FOOD & DRINK

[ATTREZZI FINE KITCHEN ACCESSORIES](#)

PORTSMOUTH

Atrezzi, downtown Portsmouth's most unique shopping experience, is pleased to offer a fresh and exciting selection of the most unique and eclectic merchandise, gourmet foods, and wines.

[BYRNE & CARLSON CHOCOLATIER](#)

PORTSMOUTH

Remaining true to artisanal roots by creating all chocolates and confections by hand in small batches with only the finest ingredients. Production relies on regional traditions from the Old World and New.

[C'EST CHEESE](#)

NORTH HAMPTON

Providing imported and domestic cheeses, wines, and fine foods to the Seacoast area since 2002. Try samples of the things you are interested in so you don't go home with a bad surprise. Every visit promises to be a gastronomic experience that leaves you with more knowledge, the joy of food, and the yearning for your next visit.

[DUKE'S COUNTRY STORE](#)

NEWTON

Small convenience store selling homemade breakfast and lunch sandwiches, plus general groceries.



Photo courtesy of Worldwide Chocolate

[LEROUX KITCHEN](#)

PORTSMOUTH

Built with a passion for cooking and home and emerged in a way that would be helpful and successful by filling the needs of the community. The assortment of products and ingredients sold serve as components for allowing customers to create unique experiences for themselves.

[MCKINNON'S MARKET AND SUPER BUTCHER SHOP](#)

PORTSMOUTH

McKinnon's is a full service supermarket specializing in fresh meat. Offering the largest selection of meat in New England. Fresh produce, bakery, grocery, great deli, beer, wine, and cheese.

[ROUTE 108 GENERAL STORE](#)

NEWTON

Wonderful staff, lots of great products, and some of the best chicken on the East Coast.

[SOUTH STREET & VINE](#)

PORTSMOUTH

Our focus is on hand selected wines from small producers, organic and sustainable wines and reasonable prices. Featuring over 40 cheeses from around the world.

[THE BRITISH AISLES](#)

GREENLAND

Leading full service importer and distributor of gourmet british foods. All of your favorite chocolates, biscuits, beverages, indian condiments, frozen pork pies, traditional supermarket products and much much more.

[THE SPICE & TEA EXCHANGE OF PORTSMOUTH](#)

PORTSMOUTH

Explore flavors of the world! Shop 140 fine spices and peppers, 75 hand-mixed seasoning blends, sugars, salts, and gourmet gifts. Tea lovers can shop a selection of more than 60 loose-leaf teas, all of which are served hot or iced from the tea bar.

[THREE SISTER CAKE SHOP IN F.F.](#)

SOMERSWORTH

Delicious desserts and a wonderful, family oriented staff to help you pick out or design the cake of dreams or to just 'make every day sweeter'

[WORLDWIDE CHOCOLATE](#)

BRENTWOOD

Distributor of premium chocolate, confectioneries and specialty foods from around the world. Offering exceptional products and unsurpassed customer service at highly competitive prices. The E-shop is open 24 hours a day, 365 days a year for all of your chocolate needs.

XALER BREWING **NH**
ROCKS

BRENTWOOD

Xaler (Relax backward) Homebrew Supply Store is your one-stop-shop for knowledge, equipment, and ingredients for all homebrewers at any level. From just starting out to experienced, they have what you need!

FURNITURE & HOME DECOR

THE WILLOW

EXETER

Since 2000, the Willow has been the go-to shop in Exeter, with its charming atmosphere and amazing essentials for home, garden, and friends. Home furnishings, art, lighting, accessories, jewelry, and more. This is not to be missed.

COASTAL FURNITURE

GREENLAND

Offering quality American made furniture offering locally made solid wood bedroom sets and dining room sets plus a variety of home decor and accents. Stop by and shop in a relaxed, pressure free shopping experience.

CHRISTINE'S

RYE

Wonderful clothing and furniture store. With an always inspiring atmosphere from artwork to furnishing and accessories, you'll always have your head spinning with new ideas.

FOREST + ASH

EXETER

Looking for the perfect gift? Forest + Ash allows you to create custom gift boxes. Choose from a variety of accessories, home goods, candles and more and start designing the perfect gift today.



Photo courtesy of Stonewall Kitchen

SUMMER HOUSE FURNISHINGS LLC

RYE

Experience a unique shopping destination on the Seacoast of New Hampshire where you will find original art, quality furniture, accessories, and gifts.

OTTER CREEK SHOP

PORTSMOUTH

A life and home goods shop located in Portsmouth selling home decor, women's apparel, gift and skincare.

SEACOAST FURNITURE

SEABROOK

Find living, dining, kitchen, family room, bedroom, and occasional furniture. Items are sold right from the floor, stock and special order for you. Middle to upper middle furniture store and carry a variety of styles.

BOBBIE - JO'S ONE STOP SHOP

SOMERSWORTH

Find everything in one location. You will find furniture, small kitchen appliances, patio furniture, nursery and baby items, toys, and much more".

WEEKENDER HOUSE

PORTSMOUTH

Your complete design solution for residential and commercial interiors of all kinds. Designers will bring your interior spaces to life to reflect your own unique aesthetic. With over 45 top name brands to select from, we'll help you make the selections that suit your style. So, stop by or call to talk about your next interior project.

THE COZY NEST

SOMERSWORTH

Inspired by the Danish concept of hygge. It's a lifestyle that is dedicated to coziness in its broadest sense and means creating an atmosphere to enjoy life with family and friends. Find that perfect candle or coffee mug that is going to bring you joy or that perfect piece for their home or garden. Product mix includes home decor, bath and body products, gifts, stationery, garden items, and seasonal decor.

EXETER HANDKERCHIEF CO.

EXETER

Three floors of fabric for your home. Free samples and specialize in upholstery, window furnishing, pillow, cushions, and bedding.



Photo Courtesy of Otter Creek Shop

GIFTS

CELTIC CROSSING

PORTSMOUTH

Authentic imported goods from Ireland, Scotland, Wales, and Cornwall since 1998.

EL'S CARD

GREENLAND

Every design is painted by hand with watercolor paints and then printed on cards and paper goods. Customers rave about their beautiful, creative, personal, sweet, and elegant products.

FA LA LO PORTSMOUTH LLC

PORTSMOUTH

Featuring beautiful handcrafted products made in NH and fair trade products made in Asia, and Central and South America. Many of the products are made up of renewable materials, organic, and recycled, eco-friendly thereby reducing carbon footprint.

MAIN STREET MAKERY

DURHAM

The best gift store to find a carefully curated collection of local and handmade arts and indie crafts. They also carry vintage and antique home goods.

MARCO POLO

PORTSMOUTH

Long standing reputable shopping experience home to generations of visitors. Focused on giving each customer a fun shopping experience and providing them with a wide selection of novelty gifts.

OFF PISTE

PORTSMOUTH

The coolest gift shop to exist in the history of forever, featuring the best cards, gifts, and crazy things that you wish you thought of yourself.

PICKWICK'S MERCANTILE

PORTSMOUTH

A most amazing and beautiful shop. Gallivant through time with modern and classical merchandise.

QUICKSILVER FINE JEWELRY & GIFTS

NORTH HAMPTON

Helping clients create happy memories in the Seacoast area for over 30 years. Providing the highest level of personal service, respect, and trust. Enjoy an extensive selection of diamond, gemstone, gold, silver, and fashion jewelry.

SALT CELLAR

PORTSMOUTH

The Salt Cellar is the only store totally focused on and dedicated to salt for people. Carrying a full line of gourmet flavored and infused sea salts to enhance recipes, bath and spa products including bath soaks, body butters, and more derived from worldwide salt.

SCALLOPS MINERAL & SHELL EMPORIUM

PORTSMOUTH

Metaphysical gift shop full of wonderfully different items to browse and choose from. Prices are reasonable and the selection is uniquely different for the Seacoast.

TEN THOUSAND VILLAGES

PORTSMOUTH

Creating opportunities for artisans in developing countries to earn income, and bringing their products and stores to markets through long term fair trading relationships. Stop in and find that one of a kind gift and positively impact global artisan partners. When you shop with intention, you share in the joy.

TRENDS GIFT GALLERY

EXETER

Your go to spot for greeting cards, wedding invitations, accessories and more.

TUGBOAT ALLEY

PORTSMOUTH

The place to go for Portsmouth tshirts, sweatshirts, ball caps, and more. Find nautical gifts and jewelry.

HARDWARE & SUPPLIES

EXETER PAINT STORE

EPPING

One Stop shop for all of your home improvement needs. From paint, wallpaper, in-home color consultation. shades, blinds, window treatments, and more.

SMOKE SHOP

FEDERAL CIGAR

DOVER/EPPING/PORTSMOUTH

There is an exotic, romantic, and sometimes defiant act embedded in the great tradition of a fine cigar, and Federal Cigar aims to fill this. They offer cigars imported to America, as well as an exclusive line of CBD products made in Maine.

HEADLINES BOUTIQUE

ROCHESTER

NH's original smoke shop and retail boutique. Diverse selection of products with something for everyone.

SPORTING GOODS

CINNAMON RAINBOWS SURF CO.

HAMPTON

Surf shop offering lessons, gear, rentals, an online store, and a surfing forecast report.

COLONIAL BICYCLE COMPANY

PORTSMOUTH

Full service bicycle shop offering repairs and tuning with a smile. Proudly offers a great selection of bikes from kids and family bikes to mountain bikes.

COSTA ARMS

KINGSTON

Great place for first time buyers or previous gun owners. Staff is very knowledgeable and prices are great.

DG CYCLE SPORTS

EPPING

Full service bicycle dealership servicing all brands of bicycles. Providing free, professional fitting for every bike sold. They make sure you are 100% satisfied and correctly fitted to your new bike.

DOVER CYCLE

DOVER

Very knowledgeable staff providing exceptional service for bikes of all kind.

GEORGE AND PHILLIPS

EXETER

For the past 90 years, George and Phillips' mission has been to provide the very best customer service; to have the best brand name merchandise at an affordable price; and to listen to customers and give them what they want. They specialize in running tennis, swimming, and soccer by selling footwear, apparel and equipment.

GOLF AND SKI WAREHOUSE

GREENLAND

Committed to providing outstanding personal service and offering the best selection of quality, name brand equipment at low, warehouse prices. Each of the four locations provides a full service repair shop, computer based custom club fitting, and the opportunity to trade in golf products. Most stores even offer their own on site driving range!

PIONEERS BOARD SHOP

NORTH HAMPTON

Surfboard shop offering surf, skate, and snow gear and apparel as well as a blog and surf cam.

SUMMER SESSION SURF SHOP

RYE

Homegrown New Hampshire surfers opened their own local surf shop to give back to the community that raised them. They offer lessons, rental, programs, and sell apparel.

WICKEDSPORTSMAN

KINGSTON

Top quality outdoorsman supplies for a convenient and high quality experience.

ZAPSTIX'S SURF & SKATE

SEABROOK

Owners and employees are extremely helpful for newcomers and experienced professionals. They offers lessons, board shaping, and more.

THRIFT STORES & PAWN SHOPS

CHILDREN'S ORCHARD

NEWINGTON

Bring gently used children's clothing and purchase like new products at much lower costs in their child new size. Prices are up to 70% off retail to help meet your kid's everyday lifestyle changes.

CLOSETTE

PORTSMOUTH

Closette specializes in vintage, modern, and high end designer labels. Located in the second floor of the historic 1850s brick building at 72A Congress Street in downtown Portsmouth. Visit the store for a unique shopping experience and a tour of fashion through the decades.

COTILLION BUREAU

PORTSMOUTH

Curated vintage finery for all genders and sizes.

ECO THRIFT STORE

DURHAM

Doing good DOES GOOD! The Echo Thrift Shop is a completely volunteer run THRIFT STORE where 100% of the shop's proceeds support local non-profit organizations. Discover awesome vintage and designer finds.

ESTA

PORTSMOUTH

The style you need at a price you'll love. They stock both new and previously loved women's clothing that are in excellent condition. Consignors receive 40% of the sale price for their donated clothing.

GOLD RUSH PAWN

SOMERSWORTH

Very knowledgeable staff of items currently in store. Good prices and an ever changing huge selection.

HAMPTON FALLS FASHION OUTLET

HAMPTON FALLS

Hampton Falls Fashion outlet has transformed itself into a designer discount store, and one of the largest New England Sports apparel and fan gear retailers in New England! If you like T.J. Maxx, you'll love us."

KINGSTON COMMUNITY HOUSE

KINGSTON

All volunteer run thrift shop who accepts and sells everything from clothing to toys.'

SECOND GENERATION THRIFT SHOP

GREENLAND

Our shop retains all of the cozy charm of a New England cottage, while providing some of the hottest bargains in town.

SWEET PEA

PORTSMOUTH

High quality previously loved kids stuff. Consignors receive 40% of their items sale price.

THE DRIFT COLLECTIVE

PORTSMOUTH

Drift, repairs and recreates secondhand clothing, bringing new value to unwanted basics & forgotten vintage pieces. From design, to construction and reconstruction - altering, repairing, and dyeing, everything is done in house. Affordable does not have to mean cheap, mass- produced, and unethical. Their hope is to transform the community's ideas on sustainable fashion through creating men's and women's clothing that is aesthetically cool as it is ethical.

TWICE A LADY

STRATHAM

Carrying everything from a night on the town to a night relaxing on the couch. Items are new or gently used. They accept cash, checks, all major credit cards, and venmo.

WEAR HOUSE

PORTSMOUTH

Focusing on casual, classic, and select vintage clothing pieces. Bring your clothes in for money and receive a portion of the proceeds if the pieces sell.

WONDERLAND THRIFT SHOP

Everyone in the community benefits from Wonderland as they accept all of your used, valuable goods. They offer extreme values on everything in store. 'Our gift is the thrift donated by you.

TOYS

NOGGIN FACTORY TOY SHOP

DOVER

Providing quality educational and speciality toys. Shelves are stocked with toys, games, books, and gifts that inspire children to learn, explore, imagine, create, and grow.

TREEHOUSE TOYS LTD.

PORTSMOUTH

The very best toys, books, and games for kids of all ages that are unique, playful, and best of all, fun.

MISCELLANEOUS

CHRISTMAS BY THE SEA SHOPPE

HAMPTON

Who does not love Christmas decor. From collectible to custom designed wreaths and trees. It is a magical experience like no other.

COMPASS POINT QUILT SHOP

EAST KINGSTON

Our quilt shop specializes in Batik fabrics with over 3000 bolts of batik in shop. Also find a wide variety of patterns, both traditional and paper pieced, quilt kits, and notions. In addition, they offer classes ranging from beginner- advanced level skills.

DEADWICK'S ETHEREAL EMPORIUM

PORTSMOUTH

The Seacoast's best kept, magical retail secret, now open year round. Take home a book of spells or handmade cloaks and costumes. You can even have your fortunes told or purchase ghost tour tickets.

PORTSMOUTH FABRIC COMPANY

PORTSMOUTH

High end fabric shop offering speciality threads, sewing machine, and related workshops. Receive free unlimited classes with the purchase of a sewing machine.



Photo Courtesy of Portsmouth Fabric Company

STAMPED DESIGNS

PORTSMOUTH

Visit the store for all your rubber stamps and paper art needs. Purchase kits online and have them shipped right to your door.

STITCHED IN STONE

KINGSTON

Sewing machine sales and service, quilting classes, knitting classes, fabric, yarn, books, and repairs.

VILLAGE COMFORTS

DANVILLE

As a quilter, Village Comforts appreciates the amount of time, effort, and expense you have to put into your quilt. That's why they are committed to providing a quality service to customers.

Pets play an important part of people's lives - often times deemed an official member of the family. This section provides some of the best places to get supplies, where to go for pet care, and places to go for socializing with others.

DAYCARE AND BOARDING

[CAPPAS KENNEL - DOG BOARDING, DAYCARE, & GROOMING](#)

KINGSTON

Nestled on 3 acres in Southern NH, the dog boarding facility is owned and managed by Gail Cappadona and her experienced team of professionals. With room for 30 dogs, and an owner that lives on the premises, care and supervision is personal, professional, hands-on and 24/7. As a result your dog will find it easier to relax in their surroundings and bond to their caretakers whether playing outside with a staff member or taking it easy back in their run.

[COASTAL CANINE RESORT](#)

NORTH HAMPTON

Striving to build and keep the best of the best working here. The team loves what they do and are proud to have certifications in Grooming, Pet CPR and Off Leash Group Dog Play.



Photo courtesy of Seacoast Dunes and Beach Website

[COUNTRY BROOK KENNELS](#)

ROCHESTER

Country Brook Kennels is a professional boarding, daycare, grooming, and unique country store. They offer 9 acres of country atmosphere and 6 large play yards as well as large indoor rooms. Their state of the art grooming facility and daycare make Country Brook Kennels the cozy choice for furry friends.

[GREAT BAY KENNEL](#)

DURHAM

At Great Bay Kennel, their mission is to provide your pet with a nurturing, healthy and happy environment during their stay with us. Great

Bay offers boarding and care for dogs, cats, and small animals. With grooming, daycare and a veterinarian on site, your pet will love visiting us!

[PLAY ALL DAY DOGGY DAYCARE](#)

PORTSMOUTH

Doggie daycare serving Exeter NH, Hampton NH, Newington NH, Salisbury MA, and Windham NH. A full-service facility offering a caring environment for your dog that includes crate-free daycare and boarding.

[PREPPY PAWS STAY & PLAY](#)

EAST HAMPTON

Preppy Paws Stay and Play: A beautiful boutique daycare facility committed to offering a fun, safe, and interactive experience for all dogs big and small. They encourage free play, training and socialization with other dogs in a controlled and supervised environment.

[SITTER FOR YOUR CRITTER](#)

PORTSMOUTH

Reliable and fully insured pet sitting and walking. Serving those in Portsmouth and the surrounding areas.

DOG PARKS

[ADAMS POINT](#)

DURHAM

This trail along Great Bay is suitable for most walkers and offers incredible views. It is a great spot for picnicking and allows dogs on leash.

[BASS BEACH](#)

RYE

Rocky, secluded area, perfect for the dogs. Animals allowed before 9am and after 7pm

[GOODWIN PARK](#)

PORTSMOUTH

“Goodwin Park is a pretty little park down the street from the main downtown area. It was named after Ichabod Goodwin, who was the NH governor at the start of the Civil War. The centerpiece of the park is a zinc alloy statue that was erected in 1888. The park itself has benches and lots of beautiful trees and shrubs, including magnolias that bloom beautifully in the spring. It's a quiet, restful place that's never crowded and is a great spot to relax any time of the year, and allows dogs off leash.”

[HAVEN PARK](#)

PORTSMOUTH

This city park is between Pleasant Street and the South Mill Pond, only a couple of blocks from Downtown Portsmouth. The park had a paved walkway, great place to walk dogs on the way to the dog park next to South Playground.

[LIVE FREE AND RUN DOG PARK](#)

KINGSTON

This dog park is a volunteer run dog park located in Kingston, NH, built to establish a fenced-in, off-leash park where people and their well-behaved dogs can socialize and exercise in a clean, safe environment without endangering people, property or wildlife.

[LONGHILL DOG PARK](#)

DOVER

The Longhill Dog Park is located at the Longhill Memorial Park off Longhill Road in Dover, New Hampshire. There is no cost to the dog owners and runs on donations. Opened various hours throughout the different seasons, check the website for up to date hours!



[ROCHESTER NH DOG PARK](#)

ROCHESTER

Rochester Dog Park located in New Hampshire is a private park for canines supported by the Rochester Dog Owners' Group. Your four-legged best friend will enjoy this private and fenced dog haven which also includes a separate enclosure for tiny and timid canines. This safe and pleasant place for canines is open all year-round for dogs to exercise in, roam and socialize off-leash.

[SANDOWN TOWN FOREST](#)

SANDOWN

Dog friendly trail through the forest in Sandown, NH

[SEABROOK DUNES AND BEACH](#)

SEABROOK

Seabrook Beach is a quiet beach and is maintained by the Town of Seabrook. It is rarely crowded, even in the heat of the summer. With the semi-private status, it often results in the (small) crowds. Dogs are allowed on a leash before 8am and after 6pm from Memorial Day to Labor Day.

[STRATHAM HILL PARK](#)

STRATHAM

Park and trail system allowing dogs on and off leash with access in Portsmouth

SUPPLIES AND SERVICES

[A DOG'S CHOICE](#)

NEWTON

A Dog's Choice is a respected provider of pet grooming service in Newton, NH.

[BREEZE PET SALON](#)

ROCHESTER

Grooming is a big part of a dogs health and well being. Regular grooming keeps their skin healthy and their coat soft, shiny and tangle free. The caring groomers at Breeze Pet Salon understand the importance of assuring the grooming process is positive for every dog that walks through the door.

[BROADVIEW ANIMAL HOSPITAL OF ROCHESTER](#)

ROCHESTER

Dedicated to providing the highest level of veterinary medicine along with friendly, compassionate service. They believe in treating every patient as if they were their own pet, and giving them the same loving attention and care. The staff is a group of highly trained, experienced animal lovers who are devoted to giving patients the best care possible.

[CANINE CUPBOARD](#)

PORTSMOUTH

Canine Cupboard is Portsmouth's original store for dogs and have been for 20 years! They are proud to partner with small independent companies from New England and across the United States. Canine Cupboard works hard to research and find quality products, at fair prices that both you and your pet can enjoy.

[DOWNTOWN DOG GROOMING](#)

DOVER

Safe and calm atmosphere for both the pets and their owners. All groomers are certified and ready to get your pet looking and feeling good.

[EDGEVIEW VETERINARY HOSPITAL](#)

HAMPSTEAD

Pets play a special role in your family and the staff at Edgeview is dedicated to becoming your partner in your pet's health care. Their goal is to provide compassionate care while maintaining the highest medical standards. Services are designed to assist in routine preventative care, early detection and treatment of disease as your pet ages, pain management, and complete medical, dental and surgical care as necessary during your pet's entire lifetime.

[FRIENDLY PETS](#)

LEE

Providing full-service grooming for cats and dogs of all breeds and sizes! Clean, well-groomed pets are happier and healthier! From large and small to young and old the salon takes pride in making sure that your pets' needs are met and have a stress free experience!

[GROOMINGDALES](#)

STRATHAM

Exceptional pet care and quality service has always been their priority. Each pet is treated as their own and work with them to cater to their specific needs and provide the best possible grooming experience.

[HAMPSTEAD ANIMAL HOSPITAL](#)

HAMPSTEAD

Hampstead Animal Hospital is a well-established, full-service, small animal veterinary hospital providing comprehensive medical, surgical and dental care. Their exceptional veterinarians and staff work tirelessly to ensure your pet's comfort and health. As an AAHA-accredited practice we maintain the highest standards of care and offer state of the art medicine. We are passionate about providing exceptional care for your four-legged family members and look forward to meeting them!

[MUDDY MUTT DOG GROOMING](#)

NORTH HAMPTON

Whether it's food or grooming supplies, Muddy Mutt Dog Grooming in Greenland is your one stop shop for all things pets.

[PAWS TO TRAIN](#)

ROCHESTER

Paws to train is a beautiful indoor training facility in Gonic, NH that offers obedience and agility training.

[PAWSITIVE TRAINING](#)

GREENLAND

Pawsitive Grooming is a full service grooming salon catering to a dog or cats specific needs, and committed to your pets happiness and health. Providing your fur baby with one on one care allows for a specialized experience, faster service, minimal kennel time, and a pleasurable groom!

[PORTSMOUTH DOG WALKERS](#)

PORTSMOUTH

Make sure your four-legged friends are getting the love and exercise they need. Offering walking, sitting and rover blading - check it out!

[SOUTHERN NH PET GROOMING](#)

KINGSTON

Providing professional dog grooming to your fur baby. They focus on one dog at a time to ensure they have a calm and relaxing environment while they are getting groomed.

[STATE LINE PET SUPPLY, INC.](#)

PLAISTOW

State Line Pet Supply, Inc. is one of the largest independent pet specialty retailers of services and solutions for the lifetime needs for all pets and their owners. State Line Pet Supply offers a broad range of pet foods and products to meet all of your needs.

[WOOF! PET NUTRITION & SUPPLY CENTER](#)

HAMPTON FALLS

Find premium brands of all natural and holistic dog & cat foods and supplies, as well as a small selection of food and supplies for small animals. They carry high-quality products that are good for your pets.

[ZOO CREATURES PET STORE](#)

PLAISTOW

What do snakes, lizards, and tarantulas have in common with birds, dogs, and cats? They're all great pets you can adopt at Zoo Creatures. The team is made up of environmentalists and quirky animal lovers, and they are here to share helpful tips and advice with pet owners.

LOVE WHERE YOU LIVE

stayworkplay
NEW HAMPSHIRE

NH'S SINGLE
RESOURCE FOR
STUDENTS, YOUNG
WORKERS, 20 AND 30
“SOMETHINGS”



EMPLOYMENT & NETWORKING OPPORTUNITIES
LEADERSHIP & EDUCATIONAL PROGRAMS
FUN THINGS TO DO • MEET NEW PEOPLE



STAY INFORMED. KEEP CONNECTED.
ACCESS INFORMATION.



COMETONH.COM

Stay Work Play carries out its mission by promoting the state as a favorable place for young people to stay, work and play, through the following programs:



As one of the few states that has a single area code, it has become a tradition of Stay Work Play to celebrate June 3 as [603 DAY](#) (#603Day). Each year, Granite Staters demonstrate their pride by engaging and sharing on social platforms.



As an organization devoted to attracting and retaining more young people in New Hampshire, Stay Work Play stands in solidarity with Black Lives Matter and is committed to making New Hampshire a more welcoming, inclusive, and just place for people of color and diverse backgrounds. Driving this effort, the [DIVERSITY, EQUITY & INCLUSION SERIES](#) is a group of events to foster conversation, enable learning experiences, and push for change.



At this half-day event, [NH NEXT: A SUMMIT FOR YOUNG CHANGEMAKERS](#) attendees hear from and engage with compelling young people who have made an impact in New Hampshire in the arts, social justice, business, politics, and more. They meet others who shared their passions, and connect with individuals and organizations with whom they might partner to help create the change they want to see — and gain access to information and other resources that can help them along the way.



In order to better understand the matters most important to young people in the Granite State, the [POLICY & PINTS POP-UP SERIES](#) was created to get young people talking openly about matters impacting their decision to stay in, or leave, NH. In partnership with NH Housing and The Nature Conservancy, and co-hosted with young professionals groups around the state, the guided conversation sparked crucial insights aimed at helping to inform Stay Work Play's 2020 non-partisan, issues-based legislative advocacy efforts.



[POLITICS UNPLUGGED](#) is a public policy series where New Hampshire's young people come together for casual discussions with presidential candidates about issues that matter most to them.



Stay Work Play's signature event, the [RISING STARS AWARDS](#), in partnership with NH Public Radio, celebrate and recognize New Hampshire's remarkable young people and the businesses that go the extra mile to recruit and retain them.



Here you will find a listing of popular weekly, monthly, and annual regional events. This is another great section to review to find events where you can meet people who share interests similar to yours.

ART, MUSIC & FILM

BANFF CENTER MOUNTAIN FILM FESTIVAL ROCHESTER

The World Tour is hot off the heels of the annual Banff Centre Mountain Film and Book Festival. This world-renowned film festival invites attendees to get off the beaten path and explore the edge of the believable from the comfort of home. A portion of ticket proceeds will assist local individuals and families in accessing innovative, compassionate, integrated health services.

EXETER ARTS & MUSIC FEST EXETER

Kicking off annually on the third weekend in May, The Exeter Arts & Music Festival showcases a variety of art at the Bandstand, Town Hall and Swasey Park. Check out the website for specific dates, times and featured artists.

WRONG BRAIN PORTSMOUTH

To provide a venue and outlet for unconventional, under-represented and emerging artists of all mediums in the Seacoast, NH area through publications, multimedia events, open markets, exhibitions, discussions, workshops and community projects.



Photo courtesy of Exeter Arts and Music Fest on Facebook

EXPOS, FAIRS & FESTIVALS

HAUNTED OVERLOAD LEE

Haunted overload is simply one of the most creative and unique haunted attractions in New England. Focusing on quality, and committed to giving the customer the ultimate Halloween experience at an affordable price. Nowhere else can you see huge monsters looming over the crowd, some as tall as 34 feet. The show has twice been voted one of the top 13 haunted attractions in the country.

HIT THE DECKS PORTSMOUTH

Restaurants, shops, hotels, activities and attractions welcome you to help kick off your summer in the Seacoast. Check out the website for detail and participating businesses.

MARKET SQUARE DAY PORTSMOUTH

Started in 1978 as a way to celebrate the renovation of beautiful Downtown Portsmouth. The day kicks off with a 10k road race and then vendors hit the vehicle-free streets. The event features more than 150 vendors and live music.

MASTER SAND SCULPTING CLASSIC HAMPTON

The fun starts Thursday, August 27th, 2020 when 200 tons of imported sand is dropped on Hampton Beach and the "Grady Bunch" starts pounding up the sponsor site. The entire area is illuminated for night viewing through September 13th. Watch Greg Grady and "The Grady Bunch" build a mammoth Sand Demo Site. View all entries online or in person at Hampton Beach.

RESTAURANT WEEK PORTSMOUTH/SEACOAST REGION

Enjoy all the great restaurants in the Seacoast Region. More than 40 restaurants offer special three course price fixed menus. Check link for participating restaurants, pricing and more!

FARMER'S MARKETS

ROCHESTER FARMERS MARKET

Rochester

The Market opened for its first season in 2016. The combination of hard work, great vendors, awesome volunteers, and talented musicians paid off and the fruits of their labor were soon realized. Food demos, horse-drawn wagon rides, interactive storytelling for children, and the fact that the market is held on a Rochester treasure, known as the Rochester Common, certainly added to the success of the market.

SEACOAST GROWERS' ASSOCIATION

The Seacoast Growers Association (SGA) has been providing goods to the seacoast region of New Hampshire since 1977. For fresh local produce, handcrafted goods, and homemade foods and beverages check out their markets in [Durham](#), [Dover](#), [Exeter](#) and [Portsmouth](#).

SPORTING EVENTS

CYCLE THE SEACOAST

A cycling event benefiting the American Lung Association.

NEW ENGLAND DRAGWAY

EPPING

New England Dragway is NHRA's premier track in New England. Today, New England Dragway, still owned by many of the racers who built it along with a new crop of shareholders, is the only 1/4 mile drag strip in New England. It is open four days a week from the beginning of April through the end of October featuring everything from grudge racing to world class events like the NHRA Lucas Oil Divisional Race and beginning in 2012 is scheduled to host a NHRA Full Throttle Series Race.



Photo courtesy of New England Dragway & Motorsports Park on Facebook

In addition to the groups and volunteer opportunities mentioned below, see the Events section of this guide for other events at which you can meet people based on interests ranging from arts to nature.

[4 SEASONS HIKING ADVENTURE CLUB](#)

EPPING

Have any interest in 1 day, 2 day, or week long events? Well if you are then this might be your group. Offering outdoor activities such as snowshoeing, cross country skiing, skiing, backpacking, biking, kayaking, camping, white water rafting and much much more. Whether you love to hike or are just starting to explore this great sport, this may be the group for you. Hope to see you on the trail soon!

[ABC YOUNG PROFESSIONALS GROUP \(ABC YPG\)](#)

STATEWIDE

Founded in 2012 as an initiative of ABC NH/VT, the ABC YPG's mission is to develop, empower, and connect young professionals through networking events, educational workshops, and volunteering opportunities in an effort to enhance their professional development and business success within the construction industry.

[BLACK LIVES MATTER SEACOAST](#)

SEACOAST

Black Lives Matter Seacoast is an organization that offers resources to Black/African American New Hampshire citizens. Their goal is promote communication and action that helps New Hampshire to become safer, more open-minded, and move towards a better and brighter future. For Black/African American students, take a look at their scholarship opportunity.



Photo courtesy of ABC YPG

[BROADEN COLLECTIVE](#)

STATEWIDE

Broaden Collective is a New Hampshire based women's collective and online directory for women-owned businesses. Broaden Collective's mission is to build a community in which women can support and feel supported by one another through online and local meet-ups.

[CATAPULT SEACOAST](#)

PORTSMOUTH

Catapult is the Seacoast young professionals network. Founded in 2006, Catapult's mission is to educate, engage, and empower young professionals who live or work in the greater Seacoast area. Whether you're new to the area and looking to make new friends or moving back home and hoping to expand your professional network, there are a variety of events to help you thrive.

[COOPERATIVE VENTURE WORKSPACE](#)

PORTSMOUTH

Located in the heart of Portsmouth, this co-working space features the latest trends and technologies in the coworking environment.

[DANVILLE DIGITAL CREATIVE PHOTO CONNECTION MEETUP](#)

DANVILLE

For Photo enthusiasts: The theme for this group is to use your camera as a tool for your creative connection so that you can make your photographs become what you see in your mind's eye (sometimes instead of what you have been getting)! And be able to show your vision to the world. Join for local shooting sessions, sharing photo secrets and problem solving solutions to get those amazing photos.

[DURHAM BUSINESS ASSOCIATION](#)

DURHAM

The Durham Business Association (DBA) is an active, non-profit organization comprised of businesses and professionals working together to foster a "Good Neighbor" approach toward the local government, the residents and the students living and working in the Durham, NH area. The DBA, financed by annual dues and community donations, includes businesses from single-person operations to large corporations. DBA exists to promote its members and their services and to provide a voice for the interests of the area businesses.

[FEMINIST OASIS](#)

PORTSMOUTH

Welcoming folks of all genders and backgrounds. Whoever you are, if you're in search of feminist community, you are welcome! Initiatives are organized to cultivate feminist community and explore feminist values in action. If you are interested in exploring feminism and working towards systemic justice, please become a member or join an upcoming event.

[HAMPTON MORNING WALK/RUN MEETUP](#)

HAMPTON

This group is for individuals looking for walking and/or running buddies for early weekday mornings and occasional weekends. Walks or runs start at Plaice Cove Beach parking lot. Let's share sunrises, good conversation, motivation, and exercise to start the day.

[NE SEACOAST PADDLERS](#)

HAMPTON

This Paddling Group was created for New England Seacoast based kayakers, canoeists, rafters, or anyone interested in paddling to get together to paddle as well as to share paddling related information. Trips and events will take place mostly near or along the Seacoasts of MA, NH & ME but are not limited to these areas.

[NH UXPA](#)

ROCHESTER

The New Hampshire User Experience Professionals Association (NH UXPA) offers a friendly environment for UX professionals and students to share ideas, network, and learn from one another. They strive to make NH a great place for UX professionals to work and live. As a volunteer run, non-profit organization, it is through the generosity of the UX community that they are able to serve members.

[NHWP WRITERS NIGHT OUT](#)

PORTSMOUTH

Writers' Night Out is your chance to meet and mingle with other writers in a welcoming setting.

[NH YOUNG VETERANS NETWORK](#)

STATEWIDE

Transitioning out of military service and into civilian life is a process that seems easy while in the military.

However, when veterans are out of service, it proves to be more difficult than anticipated. NHYVN was founded to assist young veterans with building their professional networks, in the hopes of making this transition easier. They host networking events where young veterans can meet business leaders in their community as well as more established veterans who've made the transition successfully



Photo courtesy of Seacoast Paddlers via meetup

[OUT LOUD BOOK CLUB](#)

PORTSMOUTH

Usually, meet the first Monday of every month in locations across the state. The Concord Writers' Night Out group publishes a free yearly anthology showcasing their diverse work.

[SEACOAST NH PERMACULTURE](#)

ROCHESTER

Building community, sharing ideas and learning how to move forward mindfully and in tune with the ethics of Earth Care, People Care and Fair Share. Through the Seacoast NH Permaculture Group and other partner organizations they bring people together by offering workshops, speakers, movies, discussions, swaps, potluck meals and other events.

[SEACOAST PHOTOGRAPHERS CLUB](#)

SEACOAST AREA

A group of photographers from the very photogenic Seacoast Region, from Newburyport, MA all the way up to Portland, ME. Join the group for monthly meetings on technique, tools, photo critique, and anything else photography; or join in on an upcoming meetup, workshop, or class.

[SEACOAST WALKABOUTS](#)

GREENLAND

Walking, hiking & climbing about the Seacoasts of NH, MA & ME; from early morning to early evening. Come enjoy the great outdoors, get some exercise and participate in lively conversations with like-minded souls.

[SEACOAST WOMEN'S NETWORK](#)

PORTSMOUTH

Seacoast Women's Network was founded in 1980 by a group of like-minded women as a business-oriented support group. Still today, they are an organization of entrepreneurial and professional women who continue to provide opportunities to develop professional contacts, share common interests, and exchange ideas and information, all to promote professional and personal growth.

[SOUTHERN NEW HAMPSHIRE UKULELE GROUP](#)

KINGSTON

Southern New Hampshire based ukulele group. SNHUG's primary purpose is to provide a forum for area "ukesters" of all levels to share & play songs, learn techniques and form friendships while learning more about everyone's favorite instrument.

THE CHAMBER COLLABORATIVE OF GREATER PORTSMOUTH

PORTSMOUTH

The Chamber Collaborative of Greater Portsmouth's member organization is about 750 strong and always looking for more contributors! It helps you get connected in the community, to nourish and grow your business, and to take advantage of all the area has to offer. You're invited to join to connect, educate, collaborate, advocate, market and build, and together help make the Greater Portsmouth area a better, more prosperous place to live, work and play.

WOMEN'S SEACOAST AREA NATURE WALK

RYE

Need help getting your 10,000 steps in for the day? Looking to take some nature walks but don't want to go alone? All walks will be local trails. Walks depend on weather of course. Please wear appropriate attire/shoes. Pups are allowed as long as the trail permits.

FIND VOLUNTEER OPPORTUNITIES WITH VOLUNTEER NH

STATEWIDE

Or maybe you want to give back to your community by stepping up to serve in a volunteer and elected capacity at the municipal level. Visit your town's website to learn what such opportunities exist.

YOUNG MENSCHES

STATEWIDE

Young Menches is the Jewish Federation of NH's young adults program. Young Menches is committed to bringing together young Jewish professionals from NH in their 20s and 30s, to share a wide range of educational, social, networking, community service, philanthropic, and leadership development activities to enhance commitment and connection to the mission of the JFNH, to Israel, and to the NH Jewish Community at large.

COVER PAGE PHOTOS

PORTSMOUTH, NEW HAMPSHIRE, USA
TOWN CITYSCAPE ON THE RIVER AT
TWILIGHT

Photo courtesy of newenglandwithlove.com

HAMPSTEAD TOWN FOREST

Photo courtesy of All Trails

COOPERATIVE VENTURE WORKSPACE

Photo courtesy of COVE

UNIVERSITY OF NH

Photo courtesy of Jeremy Gasowski,
UNH Communications and Public Affairs

DOWNTOWN PORTSMOUTH

Photo courtesy of OnlyinYourState

JENNESS STATE BEACH

Photo courtesy of Lee Germeroth
portsmouth.nh

INTRODUCTION PAGE PHOTOS

BETWEEN - VASILIS VASILI

Photo courtesy of Great American Downtown.

STREET PIANO

Photo courtesy of Great American Downtown
Facebook page.

TRANSPORTATION & PARKING PHOTOS

OFF STREET PARKING LOTS

Photo courtesy of cityofportsmouth.com

PARKING INFORMATION

Photo courtesy of hamptonbeach.org

EAT & DRINK PHOTOS

CURE

Photo courtesy of Cure Portsmouth

RAILPENNY TAVERN

Photo courtesy of the Railpenny Tavern

TUCKERS

Photo courtesy of the Tuckers

TEATOTALLER

Photo courtesy of Teatotaller

BARRIO

Photo courtesy of Barrio via Facebook

BRATSKELLAR PIZZA PUB

Photo courtesy of the Bratskellar Pizza Pub

ROW 34

Photo courtesy of the Row 34

EARTH HARVEST

Photo courtesy of the Earth Harvest

SWEETENED MEMORIES

Photo courtesy of the Sweetened Memories

THE JUICERY

Photo courtesy of the The Juicery

BREWERIES AND MEADERIES PHOTOS

PORTSMOUTH BREWERY

Photo courtesy of the Portsmouth Brewery

SMUTTYNOSE BREWING COMPANY

Photo courtesy of the Smuttynose Brewing Company

CULTURAL ATTRACTION PHOTOS

THE DAILY PORTSMOUTH

Photo courtesy of The Daily Portsmouth

THE WARNER HOUSE

Photo courtesy of The Warner House

WHITE ISLE HISTORICAL SITE

Photo courtesy of the NH State Parks Website

ENTERTAINMENT & RECREATION PHOTOS

HAMPTON BEACH

Photo courtesy of the Town of Hampton Website

WHALE WATCH

Photo courtesy of the Granite State Whale Watch

SCAMMON FARM

Photo courtesy of the Scammon Farm on Facebook

SHOP LOCAL PHOTOS

CRAWLEY FARM ANTIQUES

Photo courtesy of Crawley Farm Antiques

BIRCH

Photo courtesy of Birch

PRELUDE BOUTIQUE

Photo courtesy of Prelude Boutique

SAULT NEW ENGLAND

Photo courtesy of Sault New England

WORLDWIDE CHOCOLATE

Photo courtesy of Worldwide Chocolate

STONEWALL KITCHEN

Photo courtesy of Stonewall Kitchen

OTTER CREEK SHOP

Photo courtesy of Otter Creek Shop

PORTSMOUTH FABRIC COMPANY

Photo courtesy of Portsmouth Fabric Company

PETS PHOTOS

SEACOAST DUNES AND BEACH

Photo courtesy of Seacoast Dunes and Beach

HAVEN PARK

Photo courtesy of portsmouthnh.com

EVENTS PHOTOS

EXETER ARTS AND MUSIC FEST

Photo courtesy of Exeter Arts and Music Fest on Facebook

NEW ENGLAND DRAGWAY & MOTORSPORTS PARK

Photo courtesy of New England Dragway & Motorsports Park

CONNECT PHOTOS

ABC YOUNG PROFESSIONALS GROUP

Photo courtesy of ABC Young Professionals Group

SEACOAST PADDLERS

Photo courtesy of Seacoast Paddlers via meetup.com

ENERGY FOR SUCCESS

BRIGHT MINDS.

CREATIVE IDEAS.

TIRELESS PERSEVERANCE.

A VISION FOR “WHY NOT?”

You're already powering the possibilities
for Seacoast and New Hampshire.

We're proud to be working together with
you for a better tomorrow for all of us.

Energy for every moment of your life

EVERSOURCE

[Eversource.com](https://www.eversource.com)