New Hampshire Department of
BUSINESS AND
ECONOMIC AFFAIRS

New Hampshire's Outdoor Assets by Region

SEACOAST

New Hampshire's Seacoast region offers 18 miles of picturesque New England coastline for surfing, sea kayaking, boating, stand-up paddleboarding, and fishing. The Seacoast is known for its high concentration of quality surf spots, making it a regional destination - especially in the winter, when it's possible to surf and ski in the same day. A short drive inland will take you to world-class hiking and skiing in the Lakes Region and White Mountains. Closer to home, the Seacoast is rich with trails for running, hiking, and biking, whether you're taking a peaceful stroll through Portsmouth's historic downtown, heading out on a trail run, or ride on the bike paths.

MERRIMACK VALLEY

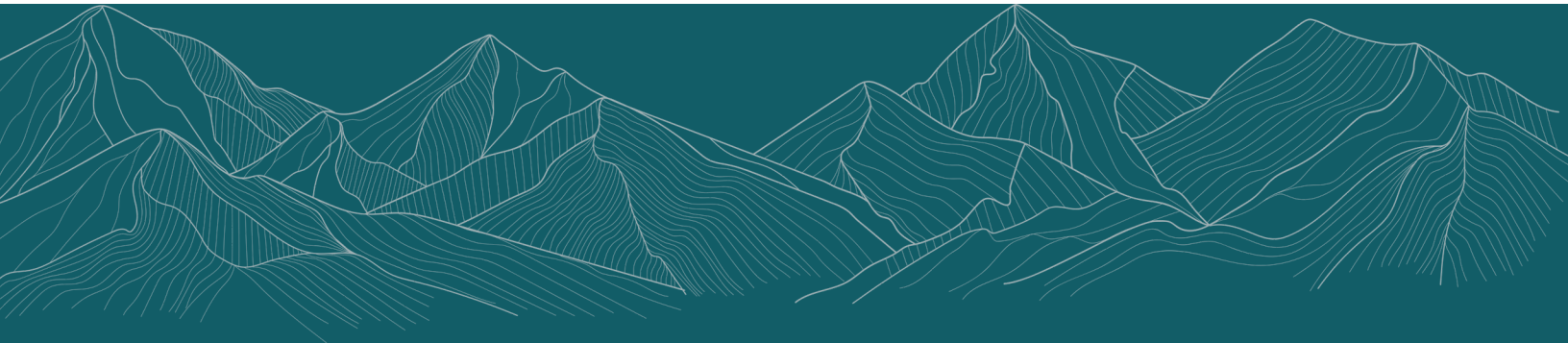
New Hampshire's Merrimack Valley offers more than just career opportunities—it's a region where you can enjoy an active, well-balanced lifestyle. Surrounded by greenspace and unique outdoor destinations, it caters to adventurers of all kinds. Highlights include Mill City Park, New England's only whitewater park, and Highland Mountain Bike Park, a premier life-serviced mountain bike park for riders of all levels. Winter brings access to the White Mountains' ski slopes or family-friendly fun closer to home at McIntyre Ski Area in Manchester. Trails abound for hiking, running, and cycling, including the scenic Merrimack River Trail and the expansive Beaver Brook Association network.

MONADNOCK REGION

Nestled in southwestern New Hampshire, the Monadnock Region is known for its natural beauty, small-town charm, and abundant outdoor recreation. The area is home to Mount Monadnock, one of the most frequently hiked mountains in the world, as well as numerous lakes, forests, and trails ideal for hiking, biking, paddling, skiing, and year-round exploration. With a strong commitment to conservation and a vibrant community culture, the region offers an exceptional quality of life for outdoor enthusiasts.

DARTMOUTH - LAKE SUNAPEE

With lakes, mountains, and rivers, the Dartmouth–Lake Sunapee region is a playground for outdoor adventure. Lake Sunapee, the third-largest lake in New Hampshire, offers swimming, fishing, boating, and more. In winter, hit the slopes at Mount Sunapee, Whaleback Mountain, or Dartmouth Skiway. Morningside Flight Park, perched above the Connecticut River Valley, is a world-renowned destination for hang gliding and paragliding. Mountain bikers will find lift-served riding at Mount Sunapee and miles of scenic trails maintained by the Upper Valley Mountain Biking Association.

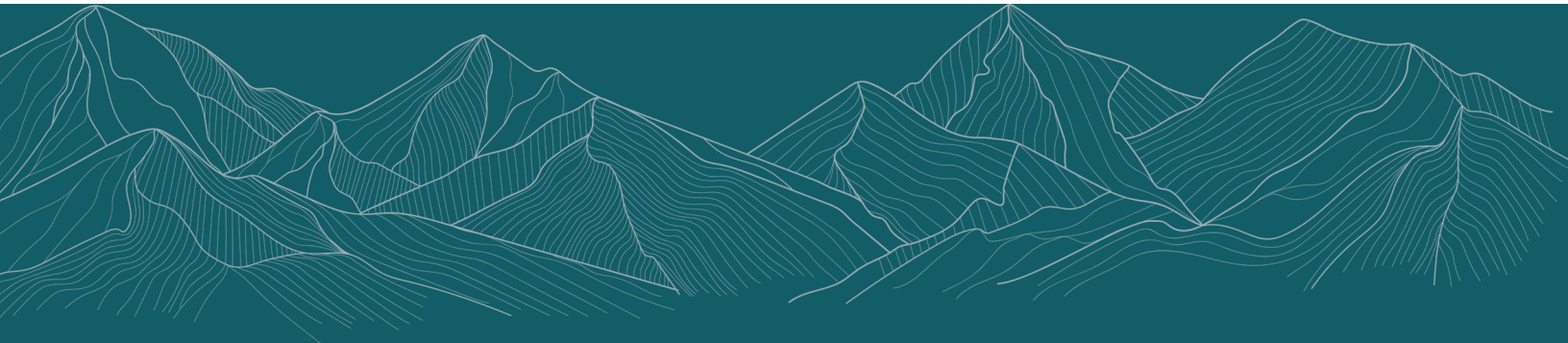


LAKES REGION

The Lakes Region encapsulates the four-season outdoor lifestyle, with hundreds of lakes—from the state's largest, Lake Winnipesaukee, to smaller gems nestled among forests and mountains. Picture starting your summer morning with a peaceful paddle or kayak before work, or biking the WOW Trail in Laconia and grabbing a coffee along the way. Explore pristine conservation lands for birdwatching and hiking, or hit the trails for exciting, challenging mountain biking. In winter, frozen lakes transform into playgrounds for ice fishing, pond hockey, and skating. Plus, the region offers endless cold-weather fun—downhill and cross-country skiing, snowshoeing, snowboarding, tubing, sledding, and snowmobiling.

WHITE MOUNTAINS

Rugged and raw, New Hampshire's White Mountains are a premier destination for lifelong outdoor adventurers. Living in the shadow of the largest mountains in the Northeast means embracing an always-active lifestyle, surrounded by breathtaking scenery and endless options and backcountry exploration. In warmer months, there's world-class rock climbing, kayaking, boating, and fly fishing on crystal-clear rivers and streams. Explore a fraction of the 770,000 acres of the White Mountain National Forest, bike scenic mountain towns like North Conway, Gorham, Bethlehem, and Littleton, or take on lift-serviced bike parks at Cranmore and Loon. Come winter, the White Mountains deliver some of the best downhill and Nordic skiing on the East Coast. It's heart of New England's backcountry skiing scene, from wooded glade zones to iconic steep lines in Tuckerman Ravine.

GREAT NORTH WOODS

New Hampshire's Great North Woods, home to the headwaters of the Connecticut River, capture the independent spirit and rural charm of the Granite State. Nature isn't just nearby—it's a way of life. With towering forests, winding rivers, and sparkling lakes, outdoor adventure is always within reach. Residents enjoy fishing, hunting, whitewater and flatwater paddling, ATV'ing, boating, hiking, mountain biking, camping, and wildlife watching in untouched landscapes, without the crowds. Come winter, the Great North Woods becomes New England's snowmobiling capital, with over 700 miles of groomed trails. Backcountry and cross-country skiing, snowshoeing, ice fishing, and tubing are favorite pastimes.