

SUMMER '19

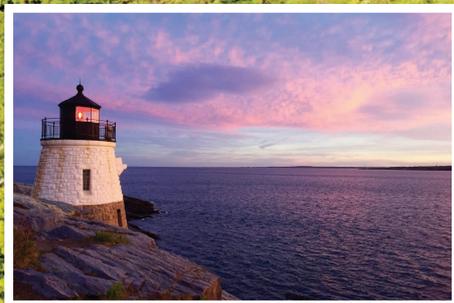
NEW ENGLAND

SKI JOURNAL

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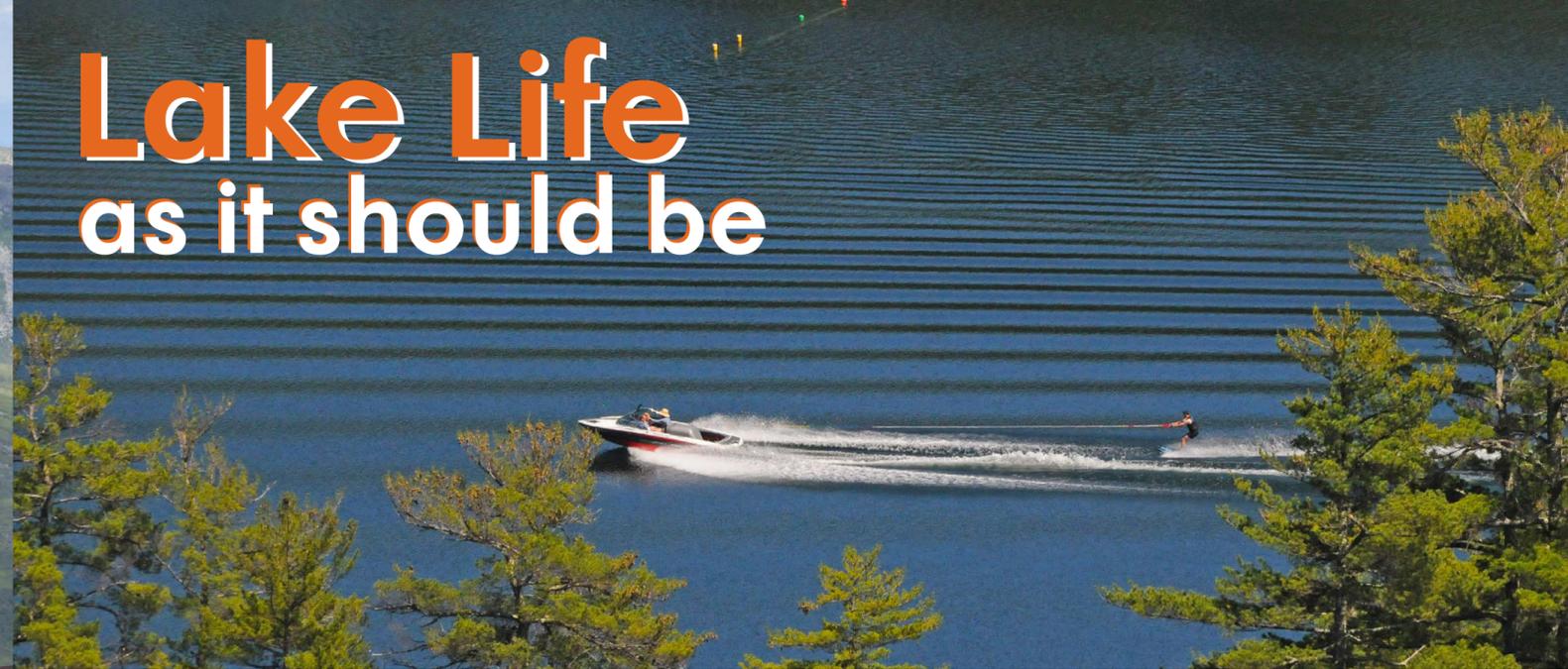
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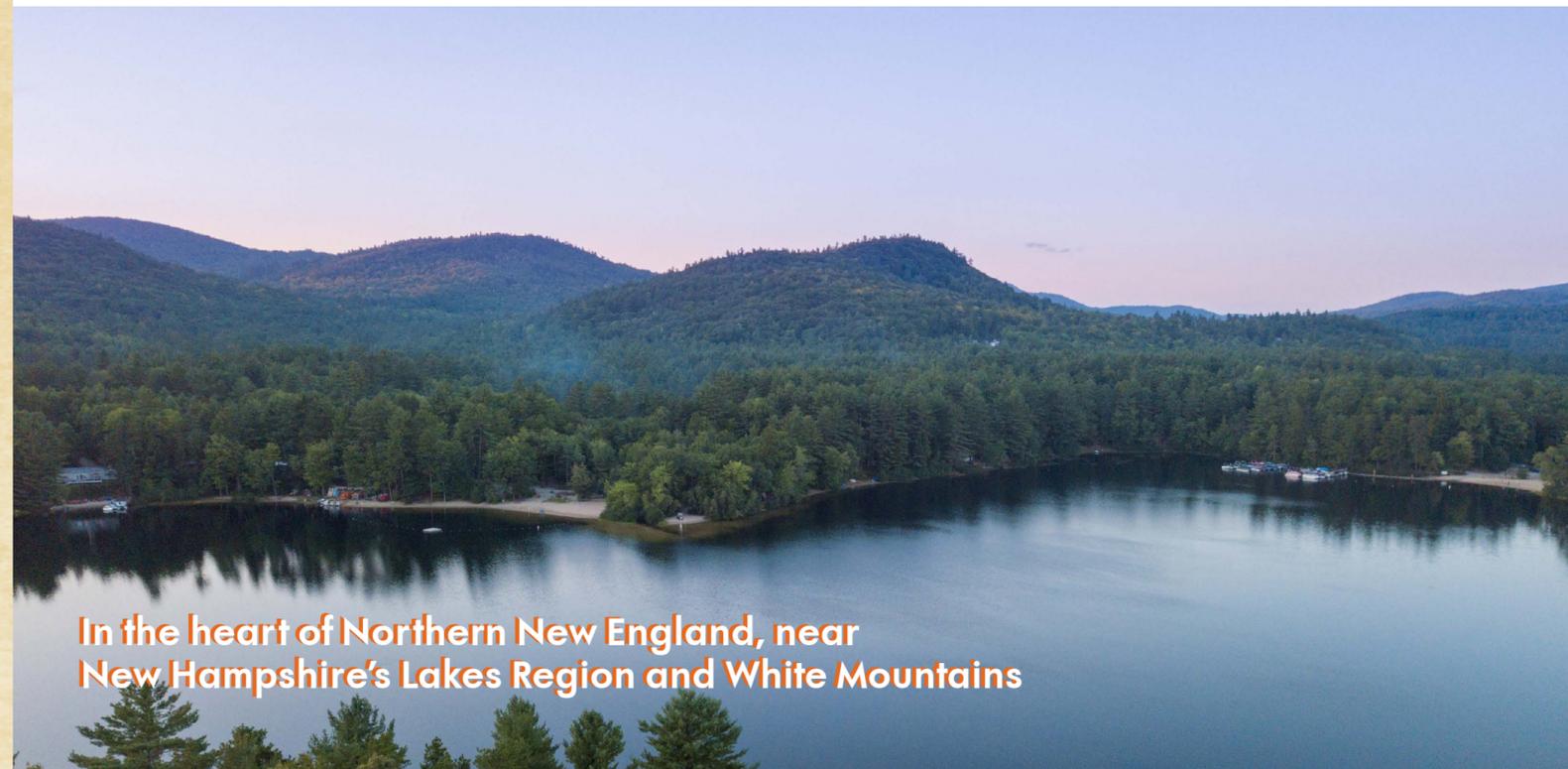


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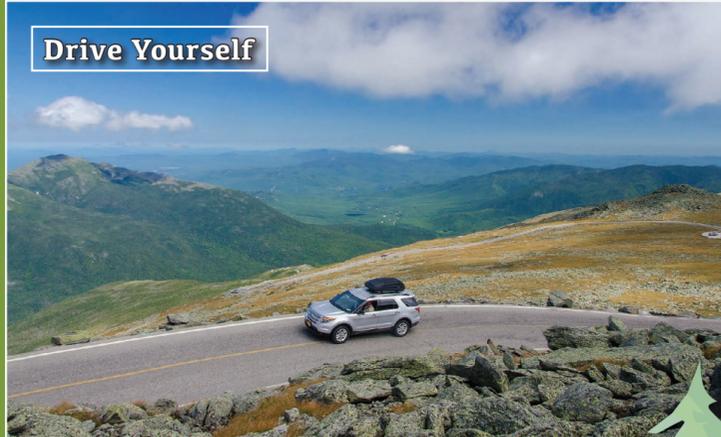
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Summer 2019

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Attitash Mountain Resort (main photo)

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MORE GREAT SKI COUNTRY CONTENT ... skijournal.com



Skier visits up 11 percent in 2018-19

Citing abundant snowfall that measured in at 31 percent higher nationwide than the previous season, the National Ski Areas Association reported that 2018-19 skier visits to U.S. areas totaled more than 59 million, an 11 percent increase from the previous season.

Continued improvements to the guest experience also were contributing factors that helped increase visitation in every region across the country, NSAA reported. Overall, the 2018-19 season ranks as the fourth best since NSAA began recording visitation in 1978-79.

“Snow is our greatest asset and this year was one to remember,” said **Kelly Pawlak**, NSAA president and CEO. “Skiers and riders were greeted with an awesome on-snow experience. Continued investment in infrastructure, like chairlifts and snowmaking, make those days on the slopes even better.”

Total visitation numbers were highest in the Rocky Mountain region at more than 24 million (a record year for the region), followed by the Northeast with approximately 12.7 million.

Visitation grew the most in the Pacific Southwest and Rocky Mountain regions, by 22.9 percent and 15.6

percent, respectively, over the previous season. While extreme winter storms provided some challenges in both regions, ultimately the snowy days proved a draw for powder-seeking skiers and snowboarders.

“The strong snow year has driven increases in visitation, and many of our ski areas have reported record years in that regard,” said **Adrienne Saia Isaac**, NSAA director of marketing and communications. “It will be important to continue this trend by engaging new participants in skiing and snowboarding, continuing to improve the guest experience, and mitigating the effects of climate change to ensure the health of our industry.”

SURF THE GRANITE STATE



Surfing USA is not limited to Hawaii and California. The East Coast has some prime surfing venues of its own, including Rye on the Rocks on the New Hampshire seacoast. Surf is typically moderate in summer and fall — barring a hurricane — but offers a perfect place to learn the sport or enjoy at a leisurely pace.

Surflife.com, which offers ocean swell predictions and spreads surf culture, lists some top surf spots in New Hampshire, including Rye on the Rocks,

Seabrook, Plaice Cove, Sawyer's Beach, The Wall (Hampton) and Fox Hill.

Summer Sessions surf shop has locations in Portsmouth and on Rye Beach, across from Jenness State Beach. Lessons start at \$50 and include professional instruction from a staff with more than 60 years of surf experience and use of new boards and wetsuits from Rip Curl. Board rentals are available for a half-day or full day at varying prices. Other shops also operate along the state's 17-mile seacoast.

RALLY IN THE FOREST JULY 19-20

For a summer event that's a bit off the beaten path, check out the **New England Forest Rally**, a two-day stage race July 19-20 for rally cars that takes place on the back roads and logging tracks of western Maine and northern New Hampshire. Headquartered at Sunday River Resort, NEFR is one of six national championship rallies held in the United States that feature many of the world's best drivers. Sunday River will host a Parc Expose on both Friday and Saturday

morning, in which professional drivers and their cars will be featured outside of the South Ridge Lodge.

Behind the wheel of their rally cars, drivers will take to the course, combining high speeds and precise handling over hundreds of miles that include public roads (closed for racing action) and off-road pathways through mountain forests. The lineup of street-legal cars include Subaru WRX STis, Mitsubishi Evos and Ford Fiestas.

JOIN REMICK MUSEUM FOR SPRING ON THE FARM

The Remick Country Doctor Museum & Farm in Tamworth, N.H., has a variety of fun events in 2019, including Spring on the Farm on June 8, New Hampshire Appreciation Day on June 15 and the 15th annual Harvest Festival on Sept. 28.

Spring on the Farm lets guests nuzzle baby goats and visit with lambs, piglets and a calf; interact with 4-H Club members as they show

off steers and other animals; and take part in Farm Olympics. Granite State residents receive free admission on New Hampshire Appreciation Day.

The Harvest Festival is a celebration of agricultural life and the crafts, trades, traditions and pastimes that accompany it. The event includes demonstrations, exhibits, live music, farm animals and old-time games and fun for all generations.



NEWS&NOTES

■ **Blaise Carrig**, who got his start in the industry as a ski patroller at Sugarbush Resort, Vermont, before ultimately being named COO and president of Mountain Division for Vail Resorts, was presented with NSAA's Lifetime Achievement Award. He received the honor with fellow recipient **Bob Bonar**, general manager at Snowbird, during the NSAA National Convention and Tradeshow in San Diego.

Carrig has been an active leader and mentor throughout his time in the ski industry, serving on the boards of National Ski Areas Association, Vermont Ski Areas Association, Ski Utah, the California Ski Industry Association, the Nevada Commission on Tourism, the National Forest Foundation, TahoeBaikal Institute, Lake Tahoe Visitors Authority and the Lake Tahoe South Shore Chamber of Commerce.

■ Massachusetts-based HKD Snowmakers awarded a high-efficiency snowmaking grant to **Whaleback Mountain** in New Hampshire and will make an in-kind gift of five high-efficiency Impulse R5 Viper snowmaking guns to the area. The new equipment, a total value of \$25,055, will be used across the entire mountain to help provide a more consistent skiing surface more efficiently and allow the ski area to maximize its water resources.

■ Sugarbush Resort, which celebrated its 60th anniversary last season, wrapped up its year-long party in style by inducting its inaugural Wall of Fame class. Wall of Fame inductees for 2019 are **Darian Boyle**, **Dave Gould**, **Marit Tardy** and **Wayne McCue**. The resort also celebrated a one-time induction into its Founders category, honoring contributions of **Damon and Sara Gadd** (Sugarbush founders in 1958), **Jack Murphy** (founded resort with the Gadds, served as GM), **Lixi Fortna** (resort office manager from 1958-82), **Peter Estin** (first ski school director) and **John Roth** (surveyor who designed resort trails and roads).

Boyle attended Green Mountain Valley School and went on to become a world champion in skiercross and pioneer in women's freeskiing. Gould joined the Sugarbush Ski & Ride School in 2000 and was one of the most sought-after private instructors in the resort's history. Tardy joined the Sugarbush Day School in 1975 and this past season marked her 44th consecutive winter at the mountain. McCue, known by many as “The Mailman” because of his day job in Massachusetts, is the only person to have skied in every Castlerock Extreme at Sugarbush since its inception in 1997.

■ More than 100 artists and speakers are scheduled to perform on four stages over a three-day period in the mountains this summer when the **22nd SoulFest** is held at **Gunstock Resort** from Aug. 1-3. The festival brings together many of today's top Christian artists, from hip hop to country, in what is described as New England's premier Christian music and social justice festival.

New Hampshire Division of Travel & Tourism; Remick Museum



THE ROAD TO AMAZEMENT

■ Mount Washington Auto Road offers guided tours, self tours and a full event slate for 2019



Don't have a “This Car Climbed ...” bumper sticker yet? Make this summer the one that your family grabs one of the most ubiquitous New England souvenirs with a drive up the Mount Washington Auto Road, now 158 years old, and some might argue, just as hairy to drive as it was over a century ago. Of course, the views from the summit make it all worthwhile.

Completed and opened to the public in 1861, the privately owned and operated Auto Road climbs 4,618 feet from the base and reaches more than a mile in the sky to the highest point in the Northeast at 6,288 feet. Since then friends and families have driven, toured and explored the Mount Washington Auto Road, making it the first and oldest manmade attraction in the United States.

Acting as the crown of the Presidential Range, access on the Auto Road remains available via privately-owned vehicles beginning at the Toll House at the base or by guided tours, which begin across the street in the scenic base lodge. The Auto Road drive yourself rate is \$31 driver and car (\$17 motorcycle), \$9 each additional adult, \$7 children ages 5-12. A two-hour guided tour runs \$36 for adults, \$31 for seniors and military, \$16 for children.

The Northeast Delta Dental Mount Washington Road Race is slated for June 15. This historic all-uphill run draws thousands of runners from around the globe to make the grueling climb to the summit. The Adaptive Sunrise Ascent is set for Aug. 4, and the Mount Washington Auto Road Bicycle Hillclimb is set for Aug. 17.

Salute to Freedom at the Omni

There is nothing more classically American than families coming together to celebrate Independence Day. And you would be hard-pressed to find a more adventure-filled celebration schedule that appeals to everyone in the family than what is being planned this Fourth of July over three days at Omni Mount Washington Hotel.

Activities get started on Thursday, July 4, with a morning scavenger hunt. Someone has stolen the Declaration of Independence, and with the help Thomas Jefferson, families will follow clues left behind by the suspect to recover the treasured document. Later in the day, children can explore their creativity with assorted crafts projects themed around Uncle Sam and Lady Liberty, then “nourish” their efforts with a good old-fashioned pie-eating contest followed by an ice cream social.

Mountain yoga, family face-painting



and an All-American lawn party precede the highlight of the celebration, the Omni Mount Washington Resort's Famous Fireworks Display, with viewing from the Back Veranda and Jewell Terrace.

Festivities continue on Friday, July 5, with storytelling, Wiffle-Ball game, movie matinee, cookie decorating, children's planetarium program with Carthage College professor of physics and astronomy Douglas Arion, “wildlife encoun-

ters” and stargazing with Dr. Douglas Arion, director of the Carthage Institute of Astronomy.

The celebration wraps up Saturday, July 6, with a Star Spangled Blast and Dash 5 km road race, a “Larger Than Life Variety Show,” a rubber duck race in the Ammonoosuc River, the Battle of Wetsyburg water balloon battle, lawn bingo, “Family Feud,” s'mores and singing by the fire, art in the mountains and more.

Skate and luge World Cup

World Cup racing will return to Killington in 2019, but this summer event doesn't include Mikaela Shiffrin, Tessa Worley or Petra Vlhova. This one includes top skateboard racers and lugers, who will compete in the IDF Skate and Luge World Cup, with qualifying held on June 15 and finals on June 16.

The East Mountain Road course is known as the fastest race course in the world as racers will hit speeds reaching upward of 70 mph on skates and 83 mph on luge.

Spectators are asked to park in the Skyship lot for this free event, where shuttles will provide transportation to the event viewing area, featuring music, announcing and food and drinks.



PURITY SPRING'S MAN OF MANY HATS

By Joan Wallen

Now in his fourth year as director of marketing at Purity Spring Resort, Thomas Prindle brings a background well-suited to the many facets of marketing a four-season resort that revolves around both snow-covered ski slopes and a pristine mountain lake. New England Ski Journal caught up with Prindle to discuss his role at this iconic Granite State property.

New England Ski Journal: You have ended up in a beautiful part of New Hampshire. Are you from the local area, elsewhere in New England or farther away?

Thomas Prindle: I was born and raised in Massachusetts and graduated from Acton-Boxborough High School. But my summers were spent at my family's summer cottage on a New Hampshire lake. Coincidentally, my girlfriend and I have purchased a house together and now live on that same lake year-round.

NESJ: What is your background in terms of education? How did you get into the line of work you're in now?

Prindle: Learning about the ski industry started early in high school with my first job tuning skis at a Carroll Reed Ski Shop. Since then I've spent time in almost every aspect of the industry — ski instructor at Nashoba Valley, working retail and ski tuning at various ski shops, lift operator out west at Alpine Meadows in Tahoe, managing ticketing, reservations and sales staff at Attitash. From there I became director of sales and marketing at Wildcat. When the area was purchased by Peak Resorts, I held the same position for both Wildcat and Attitash. And now here I am at Purity Spring, owned by the Hoyt family, promoting and marketing all their various businesses including Purity Spring Resort, King Pine Ski Area, Danforth Bay Campground & RV Resort and Tohkomepog Summer Camp for Boys. There were breaks along the way to graduate from Framingham State University with a degree in English, work for a Boston-based music magazine, and serve on the editorial staff of a higher-education textbook publisher. These latter positions gave me incredible insight on publicity



■ From marketing to instilling a passion for the lake, Purity's Thomas Prindle generates a buzz for four-season family resort

▶ Thomas Prindle driving the boat with dog Libby onboard for the ride



▶ Purity Spring Resort operates the only powerboat on Purity Lake, which sits in the shadow of King Pine.

and public relations. I've also been fortunate to learn, and continue to learn, from family, friends, colleagues and mentors with whom I've interacted along the way.

NESJ: What does Purity Spring Resort offer for guests in the summer, especially as it relates to water sports and other activities?

Prindle: Purity Spring Resort offers a very unique experience. Some might say it's a nod to how resorts used to be, and we get our comparisons to the spirit of the resort portrayed in the classic

movie "Dirty Dancing." Purity Spring Resort and generations of the Hoyt family have been welcoming guests since 1911. In turn, we've had generations of many families that have been visiting every summer for a week or longer for 30, 40 and even greater than 50 years. Summer vacation traditions include the classics, of course, like sunning yourself on sandy beaches and swimming in a pristine freshwater lake, canoeing, fishing, lobster bakes, breakfast cookouts and evening camp fires to toast marshmallows and make s'mores. And daily orga-

nized recreational activities like archery, arts and crafts or tie-dye T-shirt making are a few more examples of what we offer. Over the years, the family has introduced additional activities like waterskiing and wakeboarding, shuttling guests for organized paddling trips on nearby rivers or "Teen Night Out" to go play laser tag. With Traditions Restaurant & Pub providing breakfast and dinners as part of all-inclusive stays and The Mill heated indoor pool, hot tub, fitness room and spa services, Purity Spring Resort offers most everything needed for a memorable summer vacation.

NESJ: Which of these activities are of particular interest to you? Do you have a special background in any?

Prindle: As I mentioned earlier, growing up and spending summers on a lake, I identify with the overall story, traditions and the summertime lake experiences that Purity Spring Resort offers its guests. But in particular, waterskiing, wakeboarding and kneeboarding as included activities for guests is unique and

Continued on Page 10

Purity Spring Resort



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INSIDER Q&A Thomas Prindle, Purity Spring Resort

Continued from Page 8



are things that I particularly enjoy and have a proficiency for. Purity Lake is an ideal place to learn waterskiing or wakeboarding because we have the only boat on the lake. Also, the natural shoreline helps to dissipate boat wakes and we're a smaller body of water protected by surrounding mountains, which all helps to keep the water calm most days and ideal for enjoying water sports. Calm water is not only great for learning, but also ideal for more avid "expert" water skiers. A slalom waterski course is available for the more advanced.

that lake and there is a great bit of similarity and crossover between waterskiing and alpine skiing. The sensation of carving glassy calm water on a slalom waterski is as close to shredding powder snow as I've ever felt. The culture is similar too — waking up early to get the best conditions and "boat time" is a lot like "chair time" affording you the opportunity for conversation with friends and just enjoying a beautiful day on the lake much like you enjoy the time in the mountains.

NESJ: What is your background in water sports and how do you make use of it in your position here?

Prindle: It's a great perk of working in the ski industry, to be able to ski a lot during the winter season ... even if it's just taking a few runs during the work day. But did I ever think there would be an opportunity for me to enjoy that similar perk during the summer? In my personal life, I enjoy slalom waterskiing in the summer as much as I do alpine skiing in the winter. I feel fortunate that there are a group of us on the lake where I live who waterski regularly. We have a course on

NESJ: Do you have much direct interaction with the resort guests in summer?

Prindle: In marketing today, we have some pretty incredible engagement opportunities. Social media channels obviously afford us a great ability to interact and share the experience of Purity Spring Resort, King Pine Ski Area and the other businesses in a very photo-

and video-rich medium. It's definitely a creative outlet for my marketing coordinator Aly and me to interact with guests at all times during the year. However, my most direct interaction with resort guests during the summer is when I am driving the boat. I can't tell you how many times I'll be driving the boat and offering tips to a child who is learning how to waterski, and their mom, dad or grandparent will be seated in the boat right next to me as "observers." There's something special that happens when that child gets up for the first time and other family or friends are right there to witness it. And the surprised look on their face is priceless when they learn later that I'm the marketing director and that's the reason that I've been peppering them with questions about where they're from, how did they first learn about Purity Spring Resort, what are they enjoying, what could the resort be doing better, et cetera. It's a lot like when I'm riding the chairlift in the winter with King Pine guests — I tend to take advantage of the opportunity for informal market research. But in the summer, if you've managed to get a family member up on the water for the first time and everyone is having fun, the interaction is extended and very genuine.

NESJ: Why do people come here, and do you get a lot of returning guests year after year? If so, why, what do they love about it?

Prindle: We have guests and families who have been visiting Purity Spring Resort for a very long time, 30, 40 and even 50 years or more. Guests that spent their childhood with their families vacationing here every summer, now adults bringing their own kids. The word you'll often hear when you ask these guests why they come is "tradition." But I feel that sense of tradition is an experience that even the new guest, who has never been here before, can discover, feel and enjoy, too.

NESJ: What is the most rewarding thing about working here?

Prindle: I would say the most rewarding thing is knowing when a guest has experienced and truly enjoyed their visit and lets us know about it, whether they tell you directly or a positive review you read on TripAdvisor, for example. It's one thing for marketing to "sell" the ideal experience or story of Purity Spring Resort, but it takes the entire team to deliver that to the guest from before they even check in to after they check out. **S**

Read the full interview online at skijournal.com

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▶ Lake of Isles golf course at Foxwoods

The Nutmeg State's beauty is ubiquitous from the seaports to the sky. Check out vibrant Mystic, get adventurous in the treetops, savor the surf on premium East Coast beaches.

The southernmost New England state lacks the big peaks and rugged Atlantic coastline of some of its neighbors, but the opportunities for outdoor recreation are endless, from pristine state parks to the beaches on Long Island Sound. Connecticut is home to a vibrant urban center in Hartford, two of the world's largest casinos and options to excite the entire family, from active outdoor pursuits to rainy-day diversions.

STATE PARKS

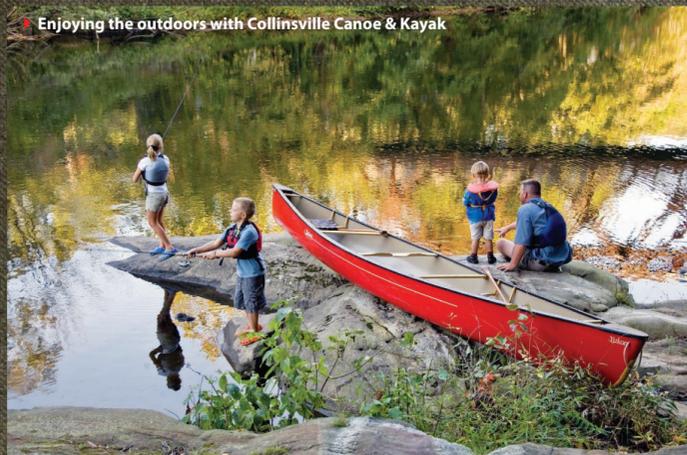
There are no rivals to Mount Washington in the Nutmeg State, but there is plenty of elevation change and scenic outlooks. Mount Tom State Park — not to be confused with Massachusetts' Mount Tom State Reservation — offers one of Connecticut's great views and has a 34-foot stone tower at its summit. The summit of Mount Tom is 1,325 feet above sea level, 125 feet higher than its Massachusetts counterpart. The tower trail is less than one mile long and rises some 500 feet.

Heublein Tower is the crown jewel of Talcott Mountain State Park in Simsbury. The tower was built in 1914 as the summer home of Gilbert F. Heublein, a food and beverage magnate, and it stands atop 875-foot Talcott Mountain like a Bavarian castle. Climb to the top (through six stories of former living quarters) and you'll have deep views in all directions.

The formation of hills at Sleeping Giant State Park does indeed look like a sleeping giant. Climb along the Tower Trail through a series of switchbacks until you get to the Norman-style tower/castle that offers great views from its 800-foot-high perch.

A TRAIL FOR THE PADDLERS

For paddling enthusiasts, the Essex Canoe/Kayak Trail covers three river coves of the Connecticut River. After your two or three hours on the river, haul your



▶ Enjoying the outdoors with Collinsville Canoe & Kayak

vessel out of the water and spend a little time at the Connecticut River Museum in Essex. Here you'll find art, artifacts and exhibits that tell the history of the river. Or hit the Old Lyme Canoe/Kayak Trail, which takes you out on the tidal estuary behind Great Island and Griswold Point. You'll have a choice between the Southern Trail (90 minutes) and the Northern Trail (3 hours) and a great opportunity to get right up next to river and salt marsh life.

CONNECTICUT SCIENCE CENTER

A visit to the Connecticut Science Center in downtown Hartford is a high-impact learning experience in a green, clean, bright and stimulating environment. Adults and children alike will find entertainment and educational value in hands-on, engaging and exciting exhibits and programs that emphasize current science and science you can use every day. With more than 165 hands-on exhibits, a state-of-the-art 3D digital theater, four educational labs, plus daily programs and events, the Connecticut Science Center offers endless exploration for children, teens, and adults. From physics to forensics, geology to astronomy, visitors have the sciences at their fingertips.



GREAT GOLF

Connecticut is a mecca for golfers. Three of the best are the Great River Golf Club, a gorgeous layout on the east bank of the Housatonic River; Fox Hopyard Golf Club in East Haddam; and Lake of Isles at Foxwoods Resort & Casino.

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The front nine of Great River weaves through woodland, while the back nine is designed in links style; 12 holes offer a water challenge, six of which border the river. Great River has been ranked among the top 100 public courses in America by Golf Digest. Fox Hopyard has been named the No. 1 public-access course in Connecticut by Golfweek. The challenging course runs through woods, meadows, water and wetlands. And Lake of Isles is a Rees Jones design over 36 holes that was recently rated No. 1 in Connecticut by Golf Magazine.

▶ Hartford Yard Goats in action at Dunkin' Donuts Park



EMBRACE THE GOATS

Minor-league baseball is alive and flourishing in the Nutmeg State. The Hartford Yard Goats, the Double-A affiliate of MLB's Colorado Rockies, compete in the Eastern League and play all summer at one of the most enjoyable ballfields in New England. Dunkin' Donuts Park at 1214 Main Street in downtown Hartford offers a modern, intimate setting. Opened in 2017, the park seats 6,121 and has hosted college baseball and Cape Cod Baseball League games. Dunkin' Donuts Park was voted Ballpark Digest's best minor-league ballpark among Double-A facilities in both 2017 and 2018. Tickets are as low as \$10.



▶ Mystic Seaport

MAGICAL MYSTIC

Soak up the charm of Mystic, a historic coastline town along with water views of Mystic River and a vibrant Main Street, with its famous drawbridge, boutiques, restaurants and popular ice cream shops. Mystic also offers iconic cultural destinations such as Mystic Seaport, the nation's leading maritime museum, and Mystic Aquarium for a fun and educational experience with marine life. Renowned for its tall ships, maritime history and scrumptious seafood, Mystic is also close to the excitement and entertainment of Mohegan Sun and Foxwoods Resort Casino, where you'll find plenty of gaming, dining options and nightlife.

LIFE'S A BEACH

The beach life rules in Connecticut, with Hammonasset Beach State Park the king. Hammonasset, near Madison Center, serves up the largest shoreline of any beach area in the state, with two miles that line Long Island Sound. In addition to camping, fishing, picnicking, bicycling and walking trails, Hammonasset boasts a nature center that offers a variety of tours and programs.

Silver Sands State Park, Ocean Beach Park, Shady Beach Park, Sherwood Island State Park are other top choices, while Cockaponset State Forest and Patatank Lake Recreation Area is an inland beach favorite.



▶ Hammonasset Beach

CHANNEL YOUR INNER ADVENTURER

Like its northern neighbors, Connecticut outfitters and resorts are embracing the adventure park craze. The Adventure Park at Storrs runs ziplines and aerial rope courses through five wooded acres. The regimen includes bridges, rope ladders and ziplines. You can devise your own course and proceed at your own pace.

The Brownstone Exploration & Discovery Park in Portland and Powder Ridge Mountain Park & Resort in Middlefield offer activities designed to get you off your couch and into the air. Brownstone Park offers rides on its 14 ziplines, some of which end up splashing you into the quarry waters, while Powder Ridge features mountain-biking trails once the snow melts.

The Adventure Park at the Discovery Museum in Bridgeport boasts 11 different color-coded trails, ranging from beginner to advanced, that invite you to devise your own way to get from tree limb to tree limb.

MARK TWAIN HOUSE & MUSEUM

Explore the beautiful home of America's favorite author. Take guided tours through Mark Twain's historical home, visit his personal library, the children's rooms, the servants' wing and his famous Billiard Room where he wrote "The Adventures of Tom Sawyer" and "Huckleberry Finn."

Enjoy informative exhibitions and documentaries held in the Museum Center, visit the museum store to discover one-of-a-kind treasures, or grab a relaxed lunch in the Nook Farm Nook cafe.

House tours run daily beginning at 9:30 a.m., with the last tour leaving at 4:30 p.m., while the Museum Center is open for self-guided visitation during regular hours.

A ROBUST BIKE SCENE

Eastern Connecticut, in particular, is a haven for the bicycle crowd. The 16.2-mile Pomfret/Woodstock Loop will take you from Pomfret into Woodstock and back. Among the highlights is Roseland Cottage in Woodstock, a spectacular 1846 summer house, now preserved as a museum whose gardens and fascinating interiors give a good view into how high the high life was before the federal income tax came along.



▶ Mark Twain House & Museum



From the sentinel of Katahdin to the seafaring hub of Portland, Vacationland is big, bold and welcoming, whether by land or by water. The arts and culinary vibe rocks, too.

By Tony Chamberlain

The state of Maine is at least three places, each of which could be subdivided into smaller, distinct regions. Coastal Maine — one of the longest coasts in the U.S., in fact — is where most of the money and most of the tourists are. The major shore route (Route 1) is usually unpleasantly crowded in mid-summer, but many of the places and features this road takes you to are well worth the visit.

Away from coastal Maine, whose northernmost point of Eastport is a full 120 miles south of the state's northern border, is a huge and varied landscape that includes cities such as Augusta and Bangor to rural farmland and vast wilderness, some of it traversed only by gravel-packed logging roads.

Maine's western countryside is among the most beautiful lake country in the East, bordering New Hampshire and Quebec. A developed vacationland in the south, western Maine stretches into the wilderness of Moosehead Lake, the 100-mile Allagash Wilderness Waterway, with unlimited canoeing and kayaking offerings. West of Moosehead is the stunning crown of Maine, the mile-high monolith of Mount Katahdin.

EXPLORE PORTLAND

Southern Maine from the border to Portland feels like an extension of Massachusetts, which of course once was Maine. The largest cruise ships bring huge crowds to Portland, which has become famous in recent years for its cuisine. Signs of a seafaring history abound on the Portland waterfront, where an active fishing fleet carries on its business well within the view of diners in the many restaurants on shore. The city lies on Casco Bay, whose dozens of islands are bound together by the Casco Bay ferry line on the Portland docks, offering ferry rides of varying length to the "Calendar Islands."

LOBSTER ROLL HUNTING

A friend of mine jokes that when he continues to gather notes for his book on lobster rolls, he doesn't have to move far from Midcoast Maine, where, around every twist on the coast road, there seems another lobster shack on another rocky peninsula jutting southeast from Route 1 into Penobscot Bay. From Boothbay to Wiscasset, Rockland, Castine, Bar Harbor — to name just a few — the lobster rolls are fat, with nothing but lobster meat on a toasted bun. His current leader is Holbrook's in Harpswell.



CADILLAC MOUNTAIN

Further up the coast is a region referred to as "Midcoast," though you won't find the word on a map. It refers roughly to the geography of Penobscot Bay, which stretches from Bath northeast to Bar Harbor with Aca-

dia National Park containing the highest elevation on the U.S. East Coast, Cadillac Mountain. Here, ocean waves thunder into the rock-bound coast (in fact, one well-traveled viewing post is called "Thunder Hole," and while no one takes this route for a solitary experience, it is one of the most spectacular ocean views in the country).

The top of Cadillac Mountain (which can be climbed or driven to) looks for miles into Penobscot Bay and the Atlantic, and many early risers enjoy taking in the sunrise from its summit. South Ridge Trail is a gradual ascent to through forest to exposed pink granite ledges at about 1,500 feet. There is parking at the summit, a restaurant and gift shop.

TRAIL OF ARTISTS

Of course the state's favorite artist, Andrew Wyeth, is well-represented at several superb art galleries that display Maine through the eyes of its artists. Museums in Portland, Bowdoin College in Brunswick, Colby College in Waterville and Farnsworth in Rockland almost always feature some work by Wyeth, son Jamie, and father N.C.

And speaking of artists, don't miss the 10-mile boat trip from Midcoast out to Monhegan Island, a spot Jamie Wyeth himself calls "staggeringly beautiful. There's a remoteness. This light. This amazing sea air." The Monhegan Museum of Art and History is housed in the former light station and sits atop the highest point on the island. There are numerous hikes and trails, and the boats go from Midcoast harbors such as Port Clyde and Boothbay.

BAXTER STATE PARK

We swing northwest to central Maine and the logging land around the town of Millinocket that connects via logging road and river to Baxter State Park. This 205,000-acre tract of prime wilderness was a gift of former Maine Governor Percival Baxter, who acquired the land over his adult life and left it as his legacy to the state. The park does have dirt roads and interconnected hiking trails webbing through its amazing natural beauty.

SCHOONER CENTRAL

From land to sea, Maine has the nation's largest fleet of windjammers — tall ships and schooners assembled, and ready to sail. From the nationally registered Victory Chimes to the Victorian-era Stephen Taber and Lewis R. French, the fleet assembles several times each summer in Penobscot Bay for a parade of sail and the Great Schooner Race. These are fun to see from the Camden or Rockport shore, or even more fun to experience from the deck as you sail from Isleboro down the bay. Check the calendar of schooner activity at sailmainecoast.com.

PADDLE THE NFCT

Fans of inland waterways can paddle part of the 740-mile portage route of the Northern Forest Canoe Trail, which stretches from the Adirondacks of New York to the Allagash in northern Maine and features some of the greatest unbroken runs of natural, unspoiled wilderness in the East. The NFCT takes you to the upper reaches of the state, which are less populous (than almost anywhere else you know) and take serious canoeists through some of the most unspoiled



Height of Land in Rangeley

fresh waterways in the East, running from Lake Umbagog on the border with New Hampshire all the way to the Fish River at Fort Kent.

TACKLING KATAHDIN

At its center of Baxter State Park is Mount Katahdin, the terminus of the Appalachian Trail that emerges out of New Hampshire 276 miles to the south. That makes this mile-high mountain a busy place in spring for short-trip climbers to through hikers who are winding up their thousand-mile hike from Georgia up the Atlantic states. Climbing Katahdin is a wonderful adventure, but it is challenging and will take a full day to summit and return. Prospective hiker/climbers should study maps, read literature about the mountain, be in reasonably good physical condition, and know how to pack for all weather. That said, there are many shorter, less challenging hikes in the park. All visitors must register in the ranger office at the park gate on Balsam Drive. Cabin rentals and tent sites are available, but call or email for reservations at info@friendsofbaxter.org.



Mount Katahdin

SUPPORT MAINE AUDUBON

If you have come to love Maine's wildlife and landscape, have spent a lifetime skiing, hiking, paddling or pedaling New England's largest state, or have newly stretched yourself to the northern climes, there's a way to stay connected. Maine Audubon is only partly about birds and waterfowl but for 176 years has played a large role in its devotion to the huge tracts of Maine's wilderness and wild places.

Maine Audubon protects and manages eight wildlife sanctuaries, from small coastal preserves to the vast lake country in the western part of the state, where the Appalachian winds its rugged way toward Katahdin. There are dozens of education and volunteer wildlife programs that require support from people who love and enjoy the state. Natives and visitors alike are encouraged to take part in outings and workshops, if only to volunteer in an effort to pick up a bagful of plastic trash.

CANOE THE WABANAKI TRAIL

Maine once was home to many Native Americans. About 50 years ago, hikers around Old Town, on the banks of the Penobscot River, came upon what University of Maine archeologists came to realize was one of the region's largest and longest-occupied native villages, dating back some 4,500 years. Those with a history bent can rediscover this land on the Hirundo's interpretive Wabanaki Trail. Not challenging as a hike, this easy half-mile trail passes the excavated site where natives lived along Pushaw Stream, where the fishing and hunting and fur-gathering opportunities were rich indeed. Hirundo's offers free canoes to visitors seeking to paddle the streams where Maine's natives once thrived. You'll find the Wabanaki Trail at 11107 West Old Town Road.

S

BAY STATE BOUNTY



Fuller Street Beach, Edgartown



Baseball and beaches are just part of the summer recipe. From the big city to the burbs, Cape to the Berkshires, Massachusetts showcases its spectrum.

By Eric Wilbur

Mention summer in Massachusetts to any potential tourist, and you're likely to get some similar ideas about what the state has to offer. Cape Cod beaches. Fenway Park. Whale watches. The Freedom Trail. Fanueil Hall. Lobster. Chowder. All fine points. But they also only begin to pave the way to the variety of activities, events and places to explore this summer in the ay State. Not to mention food, from the annual Jimmy Fund Scooper Bowl ice cream festival (June 4-6) right up until the New Bedford Seaport Chowder Festival in September. Summer in Massachusetts is the perfect time to get your taste buds ready for a variety of flavor, and your senses prepared for a hot calendar of activity.

TANGLEWOOD

Richard Thompson, Earth, Wind & Fire, Rodrigo y Gabriela, James Taylor, Pat Benatar, Josh Groban, The Goo Goo Dolls and Squeeze are just some of the notable names joining the packed 2019 lineup at the famed outdoor venue in western Massachusetts. The Boston Pops also will frequent their summer home, including a performances on Opening Night on July 5. Keith Lockhart will lead the orchestra for a live accompaniment of the music from "Star Wars, A New Hope" on Aug. 16. And Tanglewood Learning Institute Weekends promise multiday experiences and conversations with conductors and composers. For tickets and a complete lineup for this summer, visit www.bso.com/brands/tanglewood.

BOSTON HARBOR ISLANDS

For some, the Boston Harbor Islands sit off the coast as a mystery, an attraction

heard about, but never tackled. But it's also the largest recreational space in all of Massachusetts, comprised of 34 islands. Ferries run to six of those islands (Georges and Spectacle being among the most popular for day-trippers) from centers in Boston, Hingham and Hull. On Spectacle Island, you'll find panoramic views of the city while kicking back on a lifeguarded, sandy beach. On Georges, you'll be able to dive into the history of Fort Warren, a Civil War-era structure. Other islands boast camping, hiking and other historic sites to keep you busy for days on end.

CAPE FLYER

The traffic. The bridge. The agony of even thinking of a weekend trip to Cape Cod this summer. Yet, despite the downfalls of actually getting there, the Cape always has reason to suck visitors in with its endless list of summer activities, destinations and beauty. That's what has made the CapeFlyer such an attractive option in recent summers, a two-hour, 20-minute train ride from South Station to Hyannis that eliminates the hassle of the road. The train makes stops at Braintree, Brockton, Middleboro/Lakeville, Wareham Village, Buzzards Bay and Bourne as well. Cost is \$40 round-trip from South Station, Braintree or Brockton to Hyannis (\$35 to Wareham Village or Buzzards Bay),



South Beach sunset, Martha's Vineyard

or only \$8 round-trip from Middleboro/Lakeville to Hyannis. See www.capeflyer.com for complete schedule and fare information.

REVERE BEACH SAND SCULPTING

Every July, some of the most talented sand sculptors from around the world descend upon Revere Beach just north of Boston to compete in this annual competition that never fails to deliver exquisite results. This year's festival takes place July 26-28, with food trucks, vendors and more entertainment scheduled throughout the weekend. Saturday and Sunday are the festival's big days, welcoming nearly a million people. But for a quieter view into what makes these artists special, make sure and stop by during the first day of competition, when the sculptures are just starting to take shape. It's a great way to appreciate what goes into the artistry on the beach.

GREAT ISLAND TRAIL

If you're looking for a way to experience Cape Cod National Seashore without fighting for a parking spot, then getting away from the crowds on the beach only to realize you forgot your book, then a hike might be your ideal situation. Few beat Wellfleet's Great Island Trail, a journey along sandy stretches between Great Island and Great Beach Hill. It's the National Seashore's most difficult trail, featuring mostly soft sand, and portions can be submerged at high tide. But it's worth it in order to access some of the most commanding views of Wellfleet Harbor and Cape Cod Bay.

OFF THE EATEN PATH

There's just no way to sample all the delectable cuisine that Boston's North End has to offer, right? Well, maybe. Or maybe not. Either way, Off the Eaten Path makes a go of it. This food tour of the Italian-influenced neighborhood is one that promises to "tantalize the senses" with a special mix of tasting, history and culture that will bring the North End to life. Stops along the way include Lulu's Sweet Shop, Galleria Umberto, Caffe Paradiso, Old North Church and Polcari Coffee and Spice. Tours run around 2 1/2 hours and cost \$70 per person.

ST. PETER'S FIESTA

Yes, there's the famed greasy pole contest, but Gloucester's St. Peter's Fiesta offers a lot more, including parades, boat races and the blessing of the city's commercial fishing fleet. The five-day festival (June 26-30) honors the patron saint of fishermen, a trade upon which Gloucester has made its name, with a carnival and evenings of prayer. But nothing attracts viewers like the greasy pole contest, a viewing must every summer that separates the brave from the, well, less brave. More information at discovergloucester.com.



Gloucester harbor



Great Island, Wellfleet



Cape Cod Baseball League

CAPE COD BASEBALL LEAGUE

Nothing beats a summer evening at Fenway Park, the famed Boston landmark where the Boston Red Sox hope to defend their 2018 World Series championship this year. But there is such a welcome simplicity that comes with entertaining a visit to a Cape Cod Baseball League field, where the baseball is free and the talent is up-and-coming. Odds are, no matter what town you venture to, you're going to watch a team with plenty of collegiate baseball players, some who will blossom into pro standouts in only a few years. This is baseball at its roots. What better time to enjoy that than during a summer evening on the Cape? See www.capecodbaseball.org for complete schedule and team information.

THE PATIOS

Boston has done a pretty good job in recent years of making the garish atmosphere outside of City Hall into an attractive site for a variety of events. This summer, that includes the second year of The Patios, a warm-weather hangout of nine custom patios in downtown Boston, where visitors can enjoy Sunday grilling, evening food trucks and even power outlets and Wi-Fi so you can take the office outdoors. Wachusett Brewing Company, celebrating its 25th anniversary in 2019, again will be on hand at The Patios rotating a selection of brews and hard seltzer in the brew yard seven days a week.

BASH BISH FALLS STATE PARK

Take a hike this summer at the outskirts of the state, where Bash Bish Falls promise one of the most glorious sites of the season, even if it is on the border of the Empire State. The Mount Washington park (near South Egremont) is home to the highest single-drop waterfall in the state, and is an ideal place for a picnic on the rocks below. It's only a quick, one-third of a mile hike to the site from the upper parking lot, and there are restrooms on site. It's a family-friendly and dog-friendly hike that boasts some of the best scenery in the Taconic Mountains of Berkshire County. **S**



Nobska Light sunset, Woods Hole

GRANITE STATE OF MIND



The Granite State lure extends well beyond Washington and Winnepesaukee. For the active, adventurous and inquisitive, this is a land chock full of intrigue and history.

By Joan Wallen

New Hampshire summers are about fun, sun, exercise, culture, family time, challenges and so much more. Whether you want to do an easy hike with the kids or a challenging climb solo or with some buddies, there are plenty of routes to be mastered.

How about biking? From gentle and flat rail trail courses to heart-stopping mountain bike plunges served by ski lifts turned bike lifts for the summer season, you can find it all in New Hampshire.

Of course you don't need to stay on dry land. There's flatwater and whitewater rafting, canoeing and kayaking, water parks and swimming holes. And don't forget ziplining, craft and agricultural fairs, outdoor concerts, beer festivals and art shows. No matter what your preference is, you will find it here.

ZIPLINING AT BRETTON WOODS

The resort's three-hour Canopy Tour features nine ziplines, two sky bridges and three rappels as you whiz up to 165 feet above the forest floor at speeds of up to 30 miles per hour. But don't fear: You're accompanied by two well-qualified guides as you swoosh and glide through the wilds of the forest and are treated to spectacular views of the White Mountains and iconic Mount Washington while learning about the flora and fauna and the natural history of the region. There are some age and weight limits, so check out brettonwoods.com for details.

BIKING

Whether you're into relaxed cycling on gentle terrain or downhill mountain biking, you'll find it all in New Hampshire. The Northern Rail Trail, the longest in New England, spans 58 miles from Lebanon to Boscawen, passing through rural towns, scenic lakes, wetlands and forested areas. It's unpaved, crushed stone and cinder surface provides wonderful biking as well as walking and run-



Mountain biking in Bartlett

ning. There are a number of points of interest to visit along the route including Mascoma and Highland lakes, the Potter Place Railroad Station and the Andover Historical Society. At about the halfway point, the Danbury Country Store offers snacks, restrooms and a shady porch for resting. For a much more hardcore experience, check out Highland Mountain Bike Park. With lift-accessed biking trails, a 9,100-square-foot training center, jump parks, skills parks, an air bag and a slopestyle course as well as camps, lessons and women's programs, everyone can find something to suit their needs.

TRAIN RIDES

It might be surprising how many young people have never been on a train. But no matter what your age, the scenic train rides around the state are something to be enjoyed by all. The Mount Washington Cog Railway is celebrating its 150th year of bringing visitors to the summit of the Northeast's highest mountain top. With multiple trips per day, it's a unique way to experience the White Mountains.

The Conway Scenic Railroad offers an old-fashioned experience with trips departing from the North Conway station and traveling south to Conway (about 55 minutes) or north to Bartlett (1 hour and 45 minutes) on the Valley Train. For some more dramatic mountain vistas, take the Notch Train, a 5½-hour trip through Crawford Notch to Fabyan station. Seating will be in restored vintage passenger cars, there will be dining car service and you'll enjoy a true railroad experience. For a unique evening outing come aboard the Cafe Lafayette Dinner Train in Lincoln. The traveling restaurant offers a unique dining experience in restored 1950s-era railroad cars. During the two-hour ride with a five-course dinner, you'll glide by many of the most scenic vistas in the White Mountains.

THE PROUTY

If you're up for a challenge or just want to participate in fundraising for a cause that touches many lives, think about the Prouty. This year will mark the 38th year of fundraising for the Norris Cotton Cancer Center. Originally started by four nurses at Dartmouth Hitchcock Hospital to honor the life of one of their patients, Audrey Prouty, they cycled 100 miles through the White Mountains. Since then the event has grown exponentially and now encompasses the Ultimate and Century Rides (200 and 100 miles, respectively), as well as walking, rowing and golf events, or a combination of any two. With more than 4,000 participants, this has become a signature event in raising money for cancer treatment and research in northern New England. Because of the wide variety of participatory events, there's something for everyone, even the most sedate of entrants. The event will be held July 12-13. Check out TheProuty.org for more information.



Conway Scenic Railroad's Crawford Notch Train

FAMILY-FRIENDLY HIKES

Mount Major, in Alton, offers a moderate hike of just under 4 miles. You can make a nice loop, thereby getting new vistas both ascending and descending and avoiding doubling back. Your reward is a spectacular view of Lake Winnepesaukee from the summit. The trail is dog friendly and kid friendly. Allowing for some time at the summit, it is about a half-day trip.

Mount Cardigan, in Orange, with its expansive treeless, granite summit and alpine-like environment, gives hikers the feeling of being at a much higher elevation than its 3,155-foot summit. The 360-degree views to Camel's Hump in Vermont, the White Mountains, western Maine and Mount Monadnock offer a great reward at the top. The most direct route is the West Ridge Trail, 1.5 miles to the summit. There are several other ascending routes varying in difficulty and length.

Mount Kearsarge, located in Wilnot and Warner, can be accessed from two directions. From the north you start at Winslow State Park and hike either the Winslow or Barlow trails. Winslow is the more direct but slightly more difficult at 1.1 miles. Barlow is a longer 1.7 miles. Together they make a nice loop. Like Cardigan, the bare rocky summit offers 360-degree views. If you have small children, or just want more of a walk than a hike, start from Rollins State Park in Warner. There you can drive most of the way then take a gentle half-mile walk to the summit. And you'll still enjoy the expansive views.

MOOSE FESTIVAL

In Colebrook, the 28th annual Moose Festival takes place Aug. 23-24. Organized by the local Chamber of Commerce, the two days celebrate this iconic symbol of New England's north country. Starting the week before, competition opens up for the North Country Moose Hunt. No firearms are involved in this treasure hunt-type event taking you to businesses spread throughout the area. See how many moose you can "bag" for a chance at the big prize. A street fair, music, art shows, a parade, fireworks and more round out the festivities.

SEACOAST AND LAKE CRUISES

There are a number of ways to explore the lakes of New Hampshire and the waters off the state's narrow coastline. From Portsmouth Harbor, the Isles of Shoals Steamship Company offers cruises around the harbor, the Isles of Shoals and along the seacoast. You can cruise out to Star Island and have the opportunity to disembark and take a walking tour of the island while learning the fascinating history of the region. Cruises vary in length and run through the summer season. New Hampshire's larger lakes also offer the chance for scenic cruises while enjoying refreshments and reliving the history of their shores. The M/S Mount Washington travels Lake Winnepesaukee, visiting five different ports on alternating days. Options include daytime scenic cruises, Sunday brunch and evening dinner cruises. There are also options to cruise on the Island Mailboat or shorter trips on the Doris E. Special events are offered throughout the season such as a July 4th Fireworks Cruise, Wednesday Family Party Night with entertainment for kids and adults and Monday Oldies Theme Cruise with a buffet dinner and dancing.

On Lake Sunapee, two cruises are offered. The M/V Mount Sunapee departs each afternoon for an hour and a half narrated cruise around the lake. It has an open-air upper deck and an enclosed lower deck. Guests are welcome to bring a bag lunch and the boat has snacks, soda, beer and wine for sale. The restaurant ship the M/V Kearsarge sails nightly in the summer serving cocktails and a buffet dinner while guests learn the history of the lake, observe the beautiful shoreline and perhaps are treated to a gorgeous sunset.

AGRICULTURAL FAIRS

There are 11 major agricultural fairs throughout New Hampshire almost weekly from mid-July to mid-October. While they vary somewhat in size, they all have many features and events in common. You will find typical agricultural events such as livestock shows featuring cattle, sheep and swine; pulling competitions with horses and cattle; horse shows and dog shows; 4-H demonstrations; and lumberjack competitions. Buildings on the fairgrounds will be filled with home crafts exhibits such as knitting, quilting, jams and jellies, needlework, canning and prize vegetables. Entertainment will vary from one venue to another but might include a midway, a demolition derby, parades, disc dog or dock diving dog shows, special 4-H competitions, a farmers market and musical entertainment. Since the fairs span the summer and early fall and are held at venues throughout the state, no matter when or where you vacation in New Hampshire, you will find one not too far away.

WATER PARKS

Spend a hot summer day splashing around one of the many water parks throughout the state. Floating down a lazy river, surfing a wave pool or careening down a twisting slide or enclosed tunnel are just some of the ways for both adults and kids to enjoy a water park. Some parks also feature private cabanas, restaurants, special sections for the smaller kids and bars and patios where



Lake Wentworth, Wolfeboro

adults can relax and watch the activity. At most parks day tickets are available online or at the gate. Some offer season passes and special discounts. Sample the menu at www.visitnh.gov/things-to-do/attractions/water-attractions.

COVERED BRIDGES

At one time almost 400 of these structures dotted New Hampshire's landscape. Today only about 54 are left. The others have succumbed to fire, floods, other natural disasters and just plain neglect. The ones remaining are protected by the laws of the state of New Hampshire.

Covered bridges have been called our link to the past. They were built to replace dangerous river crossings and are reminiscent of a simpler, quieter time. With many being within a short drive of each other, travelers can visit quite a few of them within just a half-day. Not only are the structures themselves interesting to view, but also their locations provide scenic views of the rivers and woods of the rural Granite State. A tour of the state's covered bridges will lead you to some beautiful and out-of-the-way places you might never otherwise discover. Learn more at www.visitnh.gov/things-to-do/attractions/covered-bridges.



TASTE OF THE OCEAN STATE



WaterFire in Providence



America's smallest state comes up big in the warmer months, from the allure of WaterFire in downtown Providence to the wonder of the Cliffwalk and festival fun in scenic Newport.

By Eric Wilbur

It's not difficult to find summer activities in a state nicknamed "The Ocean State." Whether it's Block Island, Portsmouth, Newport or Narragansett, there's always a way to find seasonal fun on the water, whether your preference might be waterskiing, fishing or sailing. But Rhode Island doesn't only celebrate its outdoors. There are a number of events that celebrate the region's heritage, education, cuisine and arts. Summer fun in Rhode Island can be as relaxing or as adventurous as you make it, and there are plenty of ways to do both.

BLOCK ISLAND

You could spend a day, a week or a month on Block Island this summer and still find plenty to do no matter what. Day-trippers can rent a bike or kayak at a handful of outlets upon arriving by ferry from Point Judith, and head out and explore the serenity of the island. Seafood lovers might find it worth their while to walk the docks and inquire about that day's fresh catch. Beach-goers can walk right from downtown New Shoreham to a couple different beaches, but it's Frederick Benson's Town Beach that is the Block Island jewel. There's plenty of nightlife on this island, but perhaps the most commanding images of the evening take place at the southernmost Mohegan Bluffs, where a picnic evening on the rocky beach as the sun sets can't be beat. A number of hotels and inns are available for weekend stays. Other properties on the island are available to rent for a week or longer.

NEWPORT FOLK FESTIVAL

Tickets for this year's festival (July 26-28) might already be sold out, but that doesn't mean you still can't find yourself a way into a lineup that features Sheryl Crow, Phil Lesh, Lukas Nelson and Trey Anastasio. Interested ticket-buyers can register for the chance to purchase tickets on the festival's official fan-to-fan ticket exchange. Barring that good fortune, ticket resellers such as Stubhub also



Newport Folk Festival

have single- and multi-day passes available at premium costs.

WATERFIRE

Celebrating its 25th anniversary this summer, Providence's WaterFire, a transformational experience in the heart of the city, will be adding a trio of themed series of lightings along Waterplace Park. The inaugural "#Art4Impact" series will feature tributes to a summer of science (July 20 will celebrate the 50th anniversary of the Apollo 11 mission), arts and health (Aug. 3 is to raise awareness for a Hep C cure), and community heroes (Sept. 28 celebrates educational excellence in Rhode Island). The independent arts organization has planned eight lightings in all this season, with perhaps more to come should funding become available. Check out the schedule and more information at waterfire.org.

CLAM CAKES AND CABINETS

Let Maine have its lobster rolls. When it comes to regional seafood cuisine, Rhode Island can hold its own against the rest of New England, particularly when it comes to its clam cakes. And while you'll find plenty a beloved hole in the wall that serves them in the Ocean State, the overwhelming favorites can be found at Aunt Carrie's in Narragansett. Aunt Carrie's is seemingly the annual winner of every "best of" list when it comes to its clam cakes, served with your choice of chowder. Of course, the only Rhode Island thing to do afterward would be to wash the snack down with another state institution. Odds are no matter where you find yourself, there's a Del's Lemonade cart somewhere, but just in case there isn't, don't be afraid of seeking out a cabinet, a pleasant mixture of coffee syrup, ice cream and milk. Jigger's Diner in East Greenwich offers five varieties, adding chocolate and strawberry to the flavor mixes.



Federal Hill desserts

PAWSOX

It's probably the penultimate season at McCoy Stadium, so there's still time to enjoy a Pawtucket Red Sox game in Rhode Island before the franchise up and moves its operations to Worcester. There's little that's flashier about the Triple-A environment at McCoy, but that's much of the charm. For decades, the park has been the site of some historic minor-league action (longest game in professional history, perfect games by Tomo Ohka and Bronson Arroyo), and has groomed some of baseball's biggest stars. Tickets range from \$9-\$14, and there is a calendar loaded with special events this summer. Don't miss any of the evenings with postgame fireworks, which rival most town's Independence Day celebrations.

Photos: N. Millard/GoProvidence.com



The Breakers



Cliff Walk by Ruggles Avenue in Newport

FOOD TOUR FEDERAL HILL

Dive into the Italian history and taste of Providence's Federal Hill neighborhood with a 2½-hour tour of restaurants, bakeries and wine stores. You'll have the chance to sample a variety of cheeses and antipasti while learning about the process of preparing food from the people who deliver it to you. This isn't a "stuff yourself with pasta" food tour. On the contrary, the Federal Hill Food Tour is one that seeks to educate its guests on the history of the neighborhood's immigration as well as give them knowledge about food products and recipes. The walking tour runs \$60 per person. Private tours also are available.



DePasquale Plaza in Federal Hill

RHODE ISLAND SEAFOOD FESTIVAL

In a summer filled with festivals from Stamford to St. Alban's, the Rhode Island Seafood Festival is one of the region's standouts thanks to the bevy of seafood providers in the state. Taking place over Labor Day weekend (Sept. 7-8) at Providence's India Point Park, the festival will boast stuffies, clam cakes, lobster rolls, clam chowder (yes, probably even the Manhattan kind), and any other seafood dish that has made Rhode Island

among the top destinations for dining. Food is not included in the admission price (\$10 at the door), but there will be live music and other entertainment on hand.

KAYAK AT NAPATREE POINT

Kayakers can find a wealth of spots to enjoy the waterways in Rhode Island; from the Blackstone River to the Great Salt Pond on Block Island. But Napatree Point might deliver the most breathtaking views of the Atlantic Ocean at the southernmost part of the state. Home to one of Rhode Island's most unspoiled beaches and an abandoned fort, Napatree Point can be a challenging affair, but the sea kayaking adventure ultimately proves worth it. Nearby Watch Hill Outfitters (www.watchhilloutfitters.com/kayaks) operates out of Westerly and offers rentals (\$75-\$120) and delivery for a small fee. One-person and tandem kayaks are available for rent.

CLIFFWALK

Few New England attractions are as majestic and commanding as the Newport CliffWalk, a walking journey along the Newport coastline that delivers some of the best ocean views on the East Coast, all while strolling along some of Newport's most opulent mansions. The walk runs 3½ miles and is a delightful dive into both the architecture of the region's gilded age and the ever-present beauty of the natural surroundings. Take the day to cover the entire journey, or break your tour up into segments; from Memorial Blvd. to the Forty Steps, Ledge Road to Bellevue Ave., or Ruggles Ave. to Belmont Beach. The whole journey can take up to three hours, but even portions of the CliffWalk deliver a certain segment of Newport's majesty.

BRISTOL FOURTH OF JULY

There's more than just a parade and fireworks to look forward to at the country's oldest Fourth of July celebration. A concert series begins on June 30 and continues right up until July 3. There is the 70th annual Orange Crate Derby on June 9, when contestants will race down Bayview Ave. And of course, there is the main event, the Fourth of July Parade, viewed by more than 200,000 people. For a complete list of events surrounding the patriotic celebration, check out the website fourthofjulybristolri.com.



Castle Hill Lighthouse

GREENER PASTURES



The Green Mountain State's transformation from winter playground to summer haven is a thing of beauty, from Burlington to Bennington and off the beaten path.



▶ Round Barn at the Shelburne Museum

SHELBURNE MUSEUM

If you had no idea that there is a museum in Vermont with 150,000 exhibits in 39 buildings spanning 45 acres, then direct your car to Shelburne. Founded in 1947, Shelburne Museum captures the beautiful, the fascinating and the whimsical, offering a unique experience exploring American history, art and design. Exhibits feature American folk art, French Impressionist paintings, historic New England architecture, duck decoys, circus animals, dolls and more. Open daily from 10 a.m. to 5 p.m. in summer, the museum is located seven miles south of Burlington on Route 7.

ISLAND LINE TRAIL

There might not be a better way for the entire family to enjoy Lake Champlain than biking together on the Island Line Rail Trail, a 13.5-mile-long walking/biking path that starts in Oakledge Park, Burlington, and ends on South Hero Island. With distant views of the Adirondacks to the west and the Green Mountains to the east, a highlight of the trail is the 3-mile causeway that leads you right into Malletts Bay in the middle of the lake. There is a 200-foot "cut" in the causeway at mile 12, where many will opt to turn around. However, a specially equipped bike ferry will transport you to the other side, South Hero Island, where you can complete the full ride.

The Island Line Trail presents some of the easiest biking and walking terrain you'll find, flat and smooth. And you'll experience the beauty of Burlington's waterfront scene, including Perkins Pier, Waterfront Park, North Beach, Leddy Park, Star Farm Park, the Winoski River Trail Bridge, Causeway Park and Colchester Bog and Porter's natural areas.



▶ Burlington Bikeway

The bike ferry, Local Motion, operates from 10 a.m. to 6 p.m. daily from June 14 through Labor Day, but be sure to make a reservation. Find more information at localmotion.org/bike_ferry.

VERMONT ANTIQUE AND CLASSIC CAR SHOW

Farr Field in Waterbury will be ground zero for classic car enthusiasts when, for the 62nd year, the Vermont Automobile Enthusiasts stage the Vermont Antique and Classic Car Show from Aug. 9-11.

Organizers say that when this event first began, Model A's were barely old enough to be eligible, and the parking lot was filled with cars that now would be rare and valuable antiques. Today, automobile aficionados flock by the thousands to this show, which is now one of the largest and oldest in the Northeast.

More than 800 classic rides and race cars will be on display on the field throughout the weekend. The event will showcase antique tractors this year and will continue its vintage race car exhibit. The Antique Car Parade takes place Saturday along Union Street, Railroad Street, Park Street and South Main Street, followed by Revitalizing Waterbury's Street Dance and Party in Rusty Parker Park, featuring music, a beer garden, food vendors and more.

THE LONG TRAIL

The oldest long-distance hiking trail in the U.S., Vermont's Long Trail is 272 miles long with 166 miles of side trails and approximately 70 backcountry campsites. If you are really interested in scratching beneath the surface to truly discover Vermont, this is the place to do it.

Whether you're taking 30 days to complete an "end-to-ender" or taking a day or weekend to parse it up into one of its 14 sections, you'll find plenty of rewards. The LT follows the main ridge of the Green Mountains from the Massachusetts-

By Matt Boxler

Thirteen million visitors trek to Vermont each year to experience all the Green Mountain State has to offer. Tourism, in fact, injects some \$2.8 billion into the economy annually, according to the state's Agency of Commerce and Community Development.

While readers of this publication are certainly familiar with the incredible skiing and snowboarding available in the state during the winter months, summer is actually the busiest time of year for tourism, accounting for some 5 million visitors. It's no wonder, as the entire state springs to life this time of year to give visitors myriad options for exploration — all with the lush Green Mountains as a backdrop.

Where to begin? All the hiking, biking, dining, sightseeing, shopping, antiquing, lodging and events and activities might seem overwhelming. Here is a 'hot list' to get you started:

KINGDOM TRAILS

What started in 1994 as a small, grassroots community trails project has developed into a world-class mountain biking destination featuring 100-plus miles of trails. The Kingdom Trails network in East Burke draws nearly 100,000 visitors annually who inject almost \$10 million into the local economy, organizers say.

It is all made possible through the partnerships Kingdom Trails Association has formed with about 90 private landowners who have opened their properties for trail development. As a result, mountain bikers benefit from a vast and intimate look at the Northeast Kingdom's varied landscapes that include forest

canopies, open fields, farmland, switchbacks, berms and bridges.

The system has trails for all levels of abilities, whether it's the old cart roads and doubletrack trails for beginners or the tight, fast, flowing, singletrack. Be sure to check out trails like Tap n' Die, Sidewinder, Troll Stroll, Kitchel, Tody's Tour, Coronary Bypass, Pines and Webs.

The picturesque Darling Hill holds the majority of Kingdom Trail's singletrack network, and to add to the variety, nearby Burke Mountain offers lift-served downhill for intermediate and advanced riders that are open all summer. Some favorites include Dead Moose Alley, Camptown, Lower J-Bar, Moose Alley and Burnham Down. The Kingdom Trails season starts in early May and runs through October. Trail conditions are updated daily at kingdomtrails.org.

ROCK OF AGES

The world's largest deep-hole granite quarry, Rock of Ages, where 400-million-year-old blocks of stone are mined from the 600-foot-deep Smith Granite Quarry and refined in a 160,000-square foot factory, is worth checking out in Graniteville, which is located in Barre.

The company was founded in 1885 by George B. Milne, who joined forces with quarry owners James Boutwell and Harvey Varnum in 1905 to form the Boutwell, Milne & Varnum Company. By 1924, so many people were coming to see these "holes" that BM&V added a special viewing room in the floor plan of their new machinists' building. A visitor center was built in 1962 and by 1967, more than 100,000 visitors were coming each year.

The quarry produces granite used for monuments, mausoleums, civic memorials, columbaria and other precision products for automation, aerospace, electronics, telecom, litho and more. Guided and self-guided factory tours give visitors the chance to observe artisans at work, using modern and traditional tools to sculpt and carve memorials. Visitors are encouraged to take home a free sample of enduring Vermont granite.

Tours run between 30 and 40 minutes. For more information, visit rockofages.com.

ROUTE 100

While I'm always amazed at the beautiful scenery visible from Vermont's major interstates like I-89 and I-91, nothing brings the state into better focus than an unrushed journey along the Scenic Route 100 Byway, commonly known as "Vermont's Main Street" and "The Skier's Highway."

The state's longest highway, Route 100 bisects the Green Mountain State, running north-south for some 215 miles running along the eastern edge of the Green Mountains. Its southern-most boundary is in Stamford, where it intersects with the Massachusetts state line, and it ends to the north in Newport, at the edge of the Canadian border.

The road winds through several counties, including Bennington, Windham, Windsor, Rutland, Addison, Washington, Lamoille and Orleans, and passes numerous Vermont dining, lodging, cultural and historic attractions, galleries and shops along the way. Bennington is home of the Bennington Battle Monument, a 306-foot stone obelisk commemorating the Battle of Bennington during the American Revolutionary War and boasting superb views of the area.



Vermont line to the Canadian border as it crosses Vermont's highest peaks. It was the inspiration for the Appalachian Trail, which coincides with the Long Trail for 100 miles in the southern third of the state.

Before venturing out, do your research. The trail ascends peaks and passes pristine ponds, flowering plants, hardwood forests and streams. It is steep in places, muddy in others and rugged in most. Get more information from the Green Mountain Club.

CALVIN COOLIDGE STATE HISTORIC SITE

Considered one of the best preserved presidential sites in the entire nation, the Calvin Coolidge State Historic Site encompasses all of Plymouth Notch, which is located on Route 100 between Ludlow and Killington. It is here where our nation's 30th president was born, where he was sworn in as president following Warren Harding's death, and where he set up his summer White House during his presidency. The site features not only his family's homestead, but the homes of relatives and friends. The school he attended in nearby Ludlow also has been preserved as a museum as part of the historic site.

There are 600 acres in all to explore, including the hillside cemetery in which President Coolidge is now buried with the members of his family spanning seven generations, the Union Christian Church (circa 1840), the Florence Cilley General Store, a one-room schoolhouse, the Aldrich House, the Wilder Barns, the Wilder House, and the cheese factory.

It is also home to the President Calvin Coolidge Museum and Education Center. The Calvin Coolidge Presidential Foundation also has its offices in this facility. For more information, visit historicsites.vermont.gov/directory/coolidge.

BEN & JERRY'S FACTORY TOUR

The story — like the ice cream — is part of American lore. After taking a \$5 correspondence course in ice cream making in 1977, business partners Ben Cohen and Jerry Greenfield invested \$12,000 to open their first shop in a renovated gas station in Burlington. In 2000, they sold their franchise to Unilever PLC for \$326 million.

The company's headquarters remain to this day in South Burlington, with its main factory in Waterbury, where public tours are offered seven days a week, 362 days a year. Join a 30-minute guided tour to get a glimpse into the company's history, a peek into its manufacturing process, and best of all, sample one of its flavors. Cap off your visit with a walk through the Flavor Graveyard, where you can pay your respects to your favorite "dearly de-pinted" flavors.

QUECHEE GORGE

Dubbed "Vermont's Little Grand Canyon," Quechee Gorge has become such a popular tourist destination that it has spurred the development of a burgeoning village around it that includes a restaurant, state park with camping available and visitor center that houses the local Chamber of Commerce.

The featured attraction, of course, is the Ottauquechee River and falls that flow 165 feet below viewing points along Route 4. Vermont's deepest gorge, the natural wonder was formed 13,000 years ago during the glacial retreat that cut through the bedrock ridge. Water from falls and the mill pond just above the gorge were once used to power the A.G. Dewey Company's mills, once the oldest in the country. Closed in 1952, the company trademarked Sheep's Grey and Dewey's Gray, materials used to make baseball uniforms for the Boston Red Sox and the New York Yankees, as well as blankets for the U.S. Army and Navy.

Now managed by the state's Department of Forests, Parks and Recreation, the park contains 45 tent and RV sites, as well as seven lean-to sites available for camping with full-service bathrooms. For more information, visit the website vtstateparks.com/quechee.html.





A GEM IN GREEN

With Mount Mansfield as the centerpiece, Stowe sizzles as a summertime hub of leisure, challenge and exploration

By Matt Boxler

I OFTEN DO MY BEST THINKING under stress, which explains why my thoughts were crystal clear on this particular Saturday afternoon last summer as I was making my way slowly back to Stowe, Vt.

On my road bike, I was finishing up a long loop that was ending on Route 108 with a 1,600-foot climb up and over the Mount Mansfield pass from Jeffersonville known as Smugglers' Notch. With the sun burning high, temperatures in the 80s and my water supply depleted, my heart rate was pounding on the roof as my tired body struggled mightily to keep the pedals turning.

It was here that I realized what makes a place truly special. The place should have four distinct seasons, each offering a unique beauty. It should embody at its core both epic challenge and grand leisure, with diversity of weather and terrain that will test one's mettle yet also soothe with stunning perfection. It should nourish the soul as a picturesque backdrop that brings families and loved ones closer together while at the same time beckoning solitary exploration. It should respect its history as the bedrock that will support its future.

Stowe is such a place.

I felt it was fitting that my epiphany about Stowe washed over me while I was situated in the notch between Mount Mansfield and Spruce Peak, high above the historic village where it all started more than 250 years ago. Stowe in fact was chartered as a town 28 years before Vermont became a U.S. state, which occurred in 1791. Its first settlers didn't arrive until 1793 and, while agriculture and lumber were key economic drivers

in those early decades, Stowe is unique in Vermont for positioning itself as its first international tourist destination.

"Like their counterparts in the White Mountains of New Hampshire and all over the northeast, from Newport, Rhode Island, to Niagara Falls, Stowe's speculators discovered new potential in local scenery," wrote Dona Brown in "Accidental Tourists," a piece published by the Vermont Historical Society in

1997. "Here, the attraction was Mount Mansfield."

The draw of this majestic mountain, Vermont's highest peak, and its extraordinary views was compelling. The first resort hotel was built in Stowe in 1850, and the historic Summit House hotel was built at the top of Mount Mansfield shortly after, in 1858. Realizing the commercial potential itching to explore and spend money in this Green Mountain haven, town planners developed two important roads to accommodate tourists — an auto road to the top of Mount Mansfield and another through Smugglers' Notch.

This 19th century infrastructure established

Stowe as a premiere destination resort town, and it was envisioned many decades before the Civilian Conservation Corps — a Depression-era jobs program — cut the first ski trails on the eastern face of Mount Mansfield in 1933. Yes, Stowe was born in summer.

Today, the region is in full stride, offering a wide and eclectic range of activities and pursuits. Stowe was named by Fodor's Travel as the "No. 1 Ski Town for Foodies." My only quibble with that designation is that Stowe is so much more than a ski town. If you haven't experienced it this time of year, when the mountains are deep green, then you owe it to yourself and your family to do some exploring. Here are some suggestions:

Stowe Recreation Path

If you want to get a true feel for Stowe's universal appeal to entire families, young and old, then the perfect place to start is on the Stowe Recreation Path. This 5.5-mile paved public Greenway casually winds its way from its start in Stowe Village and criss-crosses along the west branch of the Little River before reaching its end point at a vintage Vermont covered bridge near Topnotch Resort.

Designed for multi-use that caters to cyclists, runners, walkers and inline skaters — and groomed three times a week in the winter for cross-country skiers and snowshoers — the path twists its way past many Stowe restaurants, shops, parks and playing fields, all of which are directly and immediately accessible within a few steps off the path. It features several bridges, swimming holes, picnic tables and, of course, extraordinary views.

Parking and access points are available at multiple places along the path, which is open year-round, including at Lintilhac Park, Chase Park, Thompson Park and Topnotch Resort on Route 108. Bike maintenance stations at Lintilhac and Chase parks provide all tools necessary to perform basic bike repairs and maintenance.

Perfect for baby strollers, perfect for morning power walkers, perfect for training wheels and experienced marathoners, the recreation path is literally enjoyed by everyone.

Auto Toll Road

At 4,393 feet, Mount Mansfield reigns as the undisputed king of Stowe's tourism. Of the many ways for visitors to explore the zenith of the Green Mountains, the auto toll road, which is accessible off Mountain Road (Route 108) is undoubtedly the easiest.

The drive up this tight, twisting 4.5-mile gravel road, which reaches a peak elevation of 3,850 feet, takes about 20 minutes. From the top, visitors will be treated to incredible panoramic vistas that will include views of the White Mountains, the Adirondacks, Lake Champlain and the Green Mountains.

The auto road is open to cars from 9 a.m. to 4 p.m. daily between May and October every year, weather permitting.

Mountain biking

Thanks to the Stowe Trails Partnership (STP), an extensive network of mountain bike trails suitable for all ability levels is available to the public for free. Stowe's network of 50-some miles of well-

Continued on Page 26



Dave Schmidt (main photo); Jesse Schloff, Dave Schmidt (insets)

Jesse Schloff, Dave Schmidt (insets)

Continued from Page 25



Stowe Rocks Climbing Center

maintained, interconnected trails offers fun and challenging terrain with sectors in the woods, on the roads and on paved paths. Popular trails wind through Cady Hill Forest, Adams Camp, Sterling Forest and Cottonbrook.

At Stowe Mountain Resort, a network of more than 30 miles of trails is managed by the Stowe Mountain Bike Club. These trails are accessible both from the resort and from the village. Bikers also can enjoy the 13-mile trail network at Trapp Family Lodge's Outdoor Center for a small daily fee.

Nearby Smugglers' Notch offers specialized clinics and camps for riders of all ages. The resort recently expanded its offerings for mountain biking by adding both a slopeside features park as well as a pump track.

Swimming holes and waterfalls

Wherever you travel in Stowe during the summer, be sure to bring your bathing suit and sturdy shoes. The region offers numerous swimming holes and waterfalls. Many — like the few listed below — can be accessed quickly and easily from their parking areas.

Moss Glenn Falls: From the small parking area off Moss Glenn Falls Road (about 3 miles north of Stowe village), this waterfall and swimming hole is only a 10-minute walk. The best viewing is from the base of the waterfalls. Experienced hikers might want to climb to the top.

Bingham Falls: About a half mile after the Inn at the Mountain (Route 108), park on one of the dirt pull-offs you'll see on either side of the road to access the

trailhead on the east side of the street. The 1-mile hike climbs about 200 feet to a viewing area of Bingham Falls, a 40-foot cascading waterfall with deep gorges and pools to swim in.

Ranch Brook: Park just before the Adams Camp Bridge at the end of Ranch Brook Road to access the trail. Visitors can hike in as little as 100 feet or continue on for up to a mile along the brook to find a suitable place to cool off.

Bouldering

The Notch along Route 108 between the resorts at Stowe and Smugglers' Notch offers some of New England's most popular natural features that attract rock climbers from all over the world. Formed thousands of years ago by the receding glacier, the Notch's massive boulders, outcroppings and scattered caves are a veritable playground for traditional climbers, sport climbers and bouldering.

Many challenging boulder "problems" are accessible within moments from parking areas along Mountain Road (Route 108) at the top of the notch. The Workout Boulder, for instance, presents between eight and 10 problems with mostly flat landings. Other popular boulders include The Bone Doctor and

Pac-Man, both near the parking lot of the visitor's center.

Hiking Mount Mansfield

Of the many ways to enjoy Mount Mansfield, hiking along numerous trails that approach the summit from both its western and eastern flanks are among the most popular. The mountain is situated along Vermont's Long Trail, a 265-mile trail system that runs through the state, which traverses both Mount Mansfield and Spruce Peak. The typical hiking season in Vermont extends from Memorial Day to Columbus Day.

Both the Long Trail and Haselton Trail, the two most common approaches to the summit from the eastern side, can be accessed near the base of Stowe Mountain Resort's gondola. The 1.6-mile Haselton Trail climbs up through the



Green Mountain Vista

resort and finishes at the top of Stowe's Nose Dive ski trail. Nose Dive places you beneath Mansfield's "Nose" and behind the Stone Hut, the warming hut built in 1936 by the Civilian Conservation Corps. Overnight stays in the rustic hut can be reserved at noon each day.

The Long Trail route ascends 2,800 feet along 2.3 miles, beginning with a jaunt through a hardwood forest that will take you to a classic alpine ridge. Eventually you'll reach the rocky New England summit, one of only three places in the state to find alpine tundra.

Another option to Mansfield's summit from the east side is to climb aboard the gondola, which will carry you two-thirds of the way there.

Craft beer

Vermont is the craft beer capital of the United States, according to a report, "The State of Craft Beer," released this year by C+R Research. Supporting evidence includes that the state is home to 11.5 breweries per 100,000 people, equating to 151 pints of beer produced per adult older than 21. The number of craft breweries in the state jumped from 1,500 in 2007 to more than 6,600 in 2018. If you're in Stowe this summer, there are a few worth sampling:



Gondola SkyRide on Mount Mansfield

The Alchemist: John and Jen Kimmich originally opened The Alchemist as a 60-seat brew pub in the village of Waterbury in 2003. In 2011, they built the Alchemist Cannery, a 15-barrel brewery and canning line, for the production of its flagship IPA Heady Topper. And in 2016, they opened The Alchemist Brewery and Visitor's Center in Stowe, where they provide samples of beer for tasting, retail beer sales, merchandise and more. Focal Banger is brewed in Stowe, as well as seasonal beers that rotate throughout the year.

Idleyme Brewing Company: The his-

tory of Idleyme's grounds date back to the early 1900s when local farmers would visit what was then Foster's Cider Mill to sample the fermented beverages. Camp Idleyme, a gasoline station, variety store and tennis camp, was established in 1938, and in 1965, visitors would visit the Shed Restaurant for its food and local brews. Today, that legacy continues as Idleyme features Vermont-made products on its menu, with beers that include lagers, ales, double IPAs, Belgian-influenced ales, limited seasonal experiments and classic Bavarian weizens.

Von Trapp Brewing: While the craft

brewing craze mostly emphasizes IPAs, the von Trapp Family's passion was to build an Austrian-style brewery and share a love of lagers. Built in 2015 with a modest capacity of 2,000 barrels per year, the variety of year-round and seasonal Austrian lagers brewed on site at Trapp Family Lodge include golden, light, dark and unfiltered lagers, Bohemian and Austrian styles, wheat beers and an India pale lager.

Adventure

Spend an afternoon at ZipTour Adventure at Stowe Mountain Resort for a unique mountain experience, one that will launch you from the top of the gondola station at speeds reaching 60 mph on your descent. Two side-by-side lines will guide you and a companion on a series of point-to-point ziplines back to the base area. A bit to the north, ArborTrek Canopy Adventures at Smugglers' Notch operates nearly a mile of ziplines (among other treetop adventures) consisting of nine interconnected lines ranging from 50 feet to nearly 1,000 feet, two suspension bridges and two rappels, all that give guests a bird's-eye view of the Green Mountain forest.

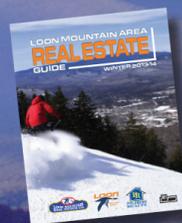
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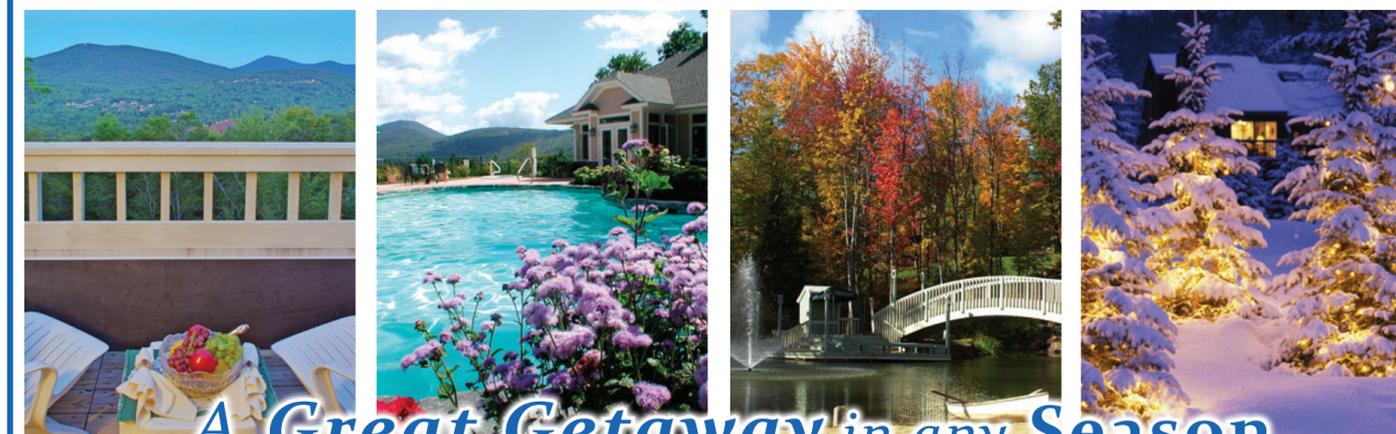
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MOUNTAIN BIKING

► Okemo Mountain Resort offers mountain biking from the summit, which offers longer, steeper and more challenging terrain, as well as the Evolution Bike Park, with flow trails accessed from the South Ridge Quad A.



WHEELS OF FORTUNE

Loon, Stratton projects enhance an already robust resort fat-tire scene

By Brion O'Connor

MOUNTAIN BIKES have seen ebbs and flows in their popularity since they rolled into the heart of the American recreational mainstream in the 1980s. The same can be said for New England ski resorts, which were quick to initially adopt fat-tire bikes as they branched out into four-season enterprises.

I remember my first chairlift ride at Sunday River in Maine in the early 1990s, with my sweet steel black and neon pink Trek 970 Singletrack hanging off the back. At the time, the lift technology was far superior to trail design or the suspension systems on our bikes. In fact, in those early days, the “suspension” was pretty much non-existent. But the allure of the potential riding that ski resorts offered was impossible to ignore.

Over the next decade, I rode and raced at a number of Northeast resorts, including Sugarloaf in Maine; Temple Mountain, Waterville Valley and Loon in New Hampshire; Nashoba Valley and Jiminy Peak in Massachusetts; and Ascutney, Killington and Mount Snow in Vermont. The highlight was my bachelor party in 1994, which my brother Sean planned to coincide with a World Cup event at Mount Snow. My buddies and I



► Mount Snow



► Loon Mountain Resort

got to cheer on the early heroes of the sport, including Ned Overend, Johnny Tomac, Tinker Juarez, Myles Rockwell, Missy Giove, Juli Furtado, Canada's Alison Sydor and Italy's glamorous Paola Pezzo.

Things have changed dramatically during the ensuing quarter century (though, fortunately, I'm still married). Mountain bike design and suspension systems have undergone a quantum evolution, allowing fat-tire fans to tackle even the most daunting terrain. But along the way, ski resort owners found that their infatuation with knobby tires waned. Perhaps it was the cost of operating the lifts or maintaining the trails, without the corresponding (or predictable) number of riders to make the financials work.

That lack of “critical mass,” except for the occasional race weekend, resulted in fewer and fewer resorts offering chairlift-assisted riding in the early 2000s. That was a shame for the downhill crowd, who ride burly, dual-suspension rigs that are ideal on an incline, provided they're working with (and not against) gravity.

Instead, the majority of riders gravitated to areas like the groundbreaking Kingdom Trails in Vermont's Northeast Kingdom, or Vietnam just west of Boston, or the numerous wooded pockets of trails enhanced by local clubs, most notably the many chapters of the New

England Mountain Bike Association (which owns and maintains Vietnam). Other great examples include the Coos Cycling Club, which has joined forces with the Borderlands Trail System to promote and build trail networks across New Hampshire's Northern Forest region, and Maine Huts & Trails and the trail network surrounding the Sugarloaf Outdoor Center.

Some resorts, like Mount Cranmore in New Hampshire, have partnered with local trail builders and clubs to lead group rides — like the Spring Sender — and open more terrain to mountain bikes.

“We have an extensive network of cross-country trails that can be accessed from our parking lot,” said Benjamin Wilcox, Cranmore's general manager, who works closely with the White Mountain NEMBA chapter. “Some future trails are in the works, but not yet announced.”

The former Mount Ascutney ski area in Vermont, which has sat in winter limbo since 2010, is home to the Ascutney Trails and Outdoors Center. The nonprofit center, along with an active mountain bike group, the Sports Trails of the Ascutney Basin (or STAB), maintains an extensive 30-mile trail network — best known for the annual Vermont 50 and Gnar Weasels mountain bike races — and hosts events like a Tuesday Night Ride series and the Mount Ascutney Solstice Fest on June 22. The area's lifts, however, remain dormant.

Still, a number of resorts have stayed true to their original commitment to mountain biking. Places like Attitash in New Hampshire, Killington, Mount Snow and Sunday River continued to offer lift-serviced access. In the last few years, more have come on board, with Vermont's Burke and Okemo, plus Thunder Mountain at Berkshire East in western Massachusetts, adding some outstanding enduro “flow” trails. Highland Mountain Bike Park, a former ski area in Northfield, N.H., made the leap to full-time dedicated mountain bike park in 2006 and now offers an extensive 15-mile downhill, slopestyle and cross-country trail network, skill-building areas, a 9,100-square-foot indoor training facility, and a 50-by-50-foot “Ayr Bag” for big-air aficionados.

Soon, there will be even more choices for the gravity crowd, as two resorts — Loon Mountain in New Hampshire and Stratton in Vermont — add lift-serviced mountain biking this summer.

That lack of “critical mass,” except for the occasional race weekend, resulted in fewer and fewer resorts offering chairlift-assisted riding in the early 2000s. That was a shame for the downhill crowd, who ride burly, dual-suspension rigs that are ideal on an incline, provided they're working with (and not against) gravity.

Loon Mountain

This May, Loon broke ground on a multi-phase construction project that will ultimately produce a network of more than 15 miles of downhill mountain biking trails. Once all phases are complete, Loon will offer more than 25 miles of downhill and cross-country bik-



► Elephant Rock Trail, part of the Waterville Valley mountain bike system

ing trails — the largest combined network in the White Mountains.

“We're starting with beginner and intermediate trails, but we will grow and offer more,” said Jay Scambio, president and general manager of Loon Mountain Resort. “We want to do this right and make Loon a major mountain biking destination for riders of all ages and abilities.”

Designed and built in conjunction with Highland Trails LLC, the new downhill trails will complement Loon's 10 existing miles of cross-country biking trails. Phase One will consist of five miles of trails, including a green-circle freeride trail, a green-circle technical trail, a blue-square freeride trail and a blue-square technical trail. Lift service will be offered via the Seven Brothers triple chairlift.

It's an idea that's long overdue, said Brian Norton, Loon's VP of operations

who oversees all terrain park and mountain bike activities at the nine properties of Loon's parent company, Boyne Resorts.

“Loon last had lift-serviced mountain biking during the summer of 2002,” said Norton. “The trails were very technical and certainly not for the beginner. We have been toying with the idea of resurrecting the mountain bike program for years.”

“It makes total sense,” he said. “We have all the lifts, facilities and employees we need to run a successful mountain bike operation already because of our winter ski business. We began the permitting and planning process almost two years ago. It's been a long road to this point, but we couldn't be any more excited to get started.”

Norton readily admits that Loon's approach to mountain biking has changed dramatically in recent years.

“Unlike the old days of mountain bik-

ing at Loon, we've taken a totally different approach in designing the new trail network,” he said. “First, we recognized what works for our winter business will work for summer. We want a network that caters to all levels of mountain bikers, from the families who have never been before to the aggressive avid full-time riders.”

“Much like a winter ski resort wouldn't make snow on their double black diamond trail before they make snow on their beginner and intermediate trails, we plan to start building with our entry-level terrain,” said Norton. “We can only build so many feet of trail in each phase of the construction process, so we wanted to get the most out of our efforts along the way. Everyone can ride the wide-open rolling green and blue terrain, so why not start there?”

Loon plans to open its first phase of trails to guests this fall. In subsequent phases, the resort plans to build freeride and technical trails for more advanced riders and add bike rentals and lessons, a bike shop, a learn-to-ride area and lift service via the Kancamagus Express Quad. All the work will be done in conjunction with federal officials.

“The majority of our trail network will be on national forest lands. The team at the White Mountain National Forest is very knowledgeable and has been a great partner to us throughout our planning,” said Norton. “We have meticulously taken every necessary step to make sure we are not impacting the land negatively while creating a new experience for our resort guests within the White Mountain National Forest.”

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OCEAN STATE SERVES UP VARIETY, CHALLENGE

Even in America's smallest state, mountain biking options abound. The scene in Rhode Island is not defined by resort chairlifts but serves up variety and challenge in immensely beautiful settings.

► **The Westerly Municipal Land Trust (Woody Hill)** aims to provide a total of 20-25 miles of singletrack less than two miles from the ocean, with a generous amount of hills and ridgelines. According to NEMBA, the new trails are a combination of very technical trails with punch climbs, rollers, ridgelines and hucks for experienced riders but also has super fun flow trails for those who just like to ride.

► **Arcadia Management Area**, at more than 14,000 mostly forested acres, is the state's largest recreational area. Browning Mill is home to the infamous 666 Time Trail loop, showcasing some

of the most technically challenging terrain of Arcadia, NEMBA states. This loop will take you through relentless rock gardens, numerous water crossings, bridges and fast descents.

► **Lincoln Woods** in the Blackstone Valley is the site of a lot of group rides on mostly enduro-style flow trails with drops and rollers.

► **Diamond Hill** offers a similar profile to Lincoln Woods but with more features and has hosted ESC Enduro Series races.

► **Big River** is a large tract located mainly in West Greenwich that offers an abundance of terrific cross-country trails.

The Rhode Island NEMBA website (www.rinemba.org) or Facebook page ([facebook.com/RINEMBA](https://www.facebook.com/RINEMBA)) are great resources for exploring riding locations, meeting riders and planning for events, such as the Big River Fun Ride set for June 2.

— NEW ENGLAND SKI JOURNAL

MOUNTAIN BIKING

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Stratton Mountain

Stratton's new lift-serviced mountain biking network is slated to open to the public in early August, pending permit approvals. Serviced by the American Express six-passenger lift to mid-mountain, the terrain will be family-friendly, offering more than four miles of beginner, intermediate and progression trails.

According to Tony Bailey, Stratton's seasonal program manager, a team was formed in the spring of 2016 to create a mountain biking proposal that was presented to the resort's parent company, Alterra, in Colorado.

"That spring we sent out surveys to our pass holders and homeowners to see what summer activities they would be interested in participating in. Mountain biking was the winner by quite a lot," said Bailey. "We also contacted the Vermont-based trail building company Sinuosity to have them submit a rough draft of what mountain biking could look like at Stratton."

During the summer of 2018, Sinuosity trail builders flagged and mapped all of the trails. Once that work was completed, Stratton partnered with the regulatory community to reduce the overall impact of the trails, said Bailey.

"Extensive walk-throughs resulted in



Mountain biking in Bartlett, N.H.

some slight tweaks to our trail design, and then we submitted our request for the necessary permits," said Bailey in May. "We are three-quarters of the way through our permitting process, and we hope to get approval and start construction in June."

Like Loon, Stratton plans to offer a variety of terrain that will appeal to riders of all ability levels. "We will building rougher black diamond trails in addition to some of our flowy blue and green trails," said Bailey. "On our trails, we'll have different line options, meaning that you may go down a blue flow trail but there will be signed options to hit a jump or drop along the way. This allows

riders to build up their skills without having to commit to riding trails that may be more challenging than what they're ready for."

Similar to the Okemo trail system, progression is a primary focus for Stratton in both the winter and summer time, said Bailey.

"As a manager in the Mountain Sports School in the winter, I can say that our goal is for Stratton to be the place people choose when they are learning to ski or snowboard and/or when they're looking to take their skills to the next level," he said. "Our focus will be the same for mountain biking."

"We'll offer lessons, camps, special

events, et cetera, to introduce new riders to the sport and help those that have been riding for a while accomplish their goals," said Bailey. "In addition to the lessons we will offer, we will have areas near the base area where families can practice skills in a safer, more controlled environment."

Jeffrey Cavagnino, Stratton's environmental and safety manager, said working closely with a reputable trail-building firm like Sinuosity will ensure that the trails are properly drained, leading to a longer riding season and a more dependable trail system.

Stratton's "grand plan," said Bailey, is made up of six phases. The first three phrases will result in roughly 12 miles of trail, including a pump track and skills park near the base area, all accessed from the American Express chairlift. That has Cavagnino salivating.

"I can't wait to get out there with my boys — 5 and 9 — and enjoy another sport with them like we do skiing," said Cavagnino. "I love watching them be able to progress to new terrain in the winter and now I will be able to do that year round with them."

By doing that, Cavagnino and Stratton are helping to nurture the next generation of mountain bikers. What could be better? **S**

feedback@skijournal.com

Gravel bikes open up world of exploration

Do I love riding my mountain bikes? You bet. Do I spend most of the time pedaling those rigs? Nope. That honor goes to my gravel steed.

The Swiss Army knife of the cycling world, gravel bikes are a wonderful marriage between road bikes and mountain bikes, equally comfortable on asphalt as they are on dirt (provided the terrain isn't ridiculously technical). The bike is so versatile, I spend close to 80 percent of my pedaling time in the saddle of my gravel rig.

And when you've got a bike that is this popular (the fastest-growing segment in the cycling industry), group rides and races are sure to follow. Of course, many "dirt roads" in New England are notoriously unpredictable, and getting lost is a real possibility. Local knowledge is key. Tour companies, like Kingdom Experiences in upstate Vermont, can provide guides. Or you can enter a "gravel grinder," a race that more often than not, is more of a group ride.

Large-scale "gravel grinders" can be found throughout the Northeast, from the Raid Rockingham in New Hampshire to the Vermont Overland. There are even lung-busting options just north of the border, such as Les 100 B7 in Quebec's Eastern Townships. "I think (gravel grinders) will save the sport of bike racing,"

said Peter Vollers, founder of the Vermont Overland. "Gravel rides and races, more than anything else, bring us back to why we started riding in the first place, for the sheer joy and adventure of it all."

"With gravel races, it's all about the experience, so there's so much less stress and anxiety," said Vollers, a former NCAA road cycling champion. "Sure, you want to do well, but that's entirely secondary. First and foremost, you want to just ride it and see what happens. What you're invariably left with is an incredibly epic experience that resonates for days after the event."

In truth, gravel grinders are not a revelation. "This is not new," said Richard Fries, a former professional racer and former executive director of MassBike, a Massachusetts advocacy group. "The Tour de France, in 1903, was just a huge gravel race. Look at the Tour of Flanders, Paris-Roubaix or the Strada Bianchi stage in the Tour of Italy. It's a component that has always been there."

The legendary Paris-Roubaix, the most famous of the European "spring classics," is known as the "Hell of the North" due to its ruthless cobblestone sections and typically inclement weather. It was the inspiration for one of the best-known North American gravel grinders, the Deer-

field Dirt Road Randonnee (known simply as the D2R2) in western Massachusetts.

"In 1999, I organized a dirt-road ride in honor of Paris-Roubaix's 100th birthday, and that became officially sanctioned as the D2R2 in 2005," said Saunders "Sandy" Whittlesey from Deerfield. "Even the locals couldn't believe the hidden roads of the area, and how fun they were to ride. "I never intended for D2R2 to be popular," said Whittlesey. "I merely created my own version of fun, a bit of rural New England esoterica. As it grew, I couldn't believe it and simply responded to demand while staying true to the fan base."

The D2R2, a charity ride that benefits the Franklin Land Trust, is the quintessential gravel grinder. Held annually in late August, the event features a variety of routes and distances, which riders must navigate themselves.

"People have always ridden bikes off road. Always. But gravel is the flavor of the month for sure, marketing-wise," said Anthony Valletti, a longtime D2R2 participant. "Dirt roads are the best of both worlds. Anything that gets me away from the danger of car traffic and closer to nature. I like getting dirty."

There's an almost infinite variety of gravel grinder race profiles. Terrain can be

tedious, flat gravel stretches, but that's rare. Expect muddy, off-camber descents and climbs like the Rasputitsa Spring Classic in Vermont's dramatic Northeast Kingdom, or thigh-burning hills like Northwoods Gravel Grind in Maine.

Lynne Bessette, a former Canadian road champion from Quebec and founder of Les 100 B7 who now lives in Massachusetts, said the main attraction is "conditions that can change from one hour to the next."

"The terrain is different, with bigger and steeper climbs, and sometimes the descents are, well, unrideable," she said. "It's the feeling of having conquered something harder. Nothing bonds people like suffering, eh?"

A common theme is that these treks often pit the riders against the course, and themselves. Course architects, meanwhile, try to emphasize and celebrate the local landscape. "The main challenge is coming up with an epic course that will be hard enough to be truly challenging, but not gratuitously difficult," said Vollers. "You need to have a good mix of terrain, with some really technical sections to help break up the groups and separate the top riders."

Variety between venues is, of course, part of the attraction. Most gravel grinders, even those advertised as "rides,"

invariably feature a race component, which is important to competitors who want to ratchet up the stakes. But the testosterone-laced atmosphere of most road races is missing. "Some are pure races by definition, and others are more about adventure," said Fries. "But all of them devolve into some degree of survival and collaborative endurance."

The fact that many bicycle manufacturers are now designing and building gravel-specific models — with a more relaxed geometry and disc brakes — is proof of the rising popularity of the discipline. "Gravel riding is here to stay," said Overend, a former mountain bike world champion from Durango, Colorado, who raced in the inaugural Vermont Overland. "It's always been here, but the industry is focusing on making better equipment to serve it, which will only open it up to more and more people."

People who aren't afraid of digging deep. "You almost always find yourself just heaving on the pedals on some steep long, loose gravel climb at the end of the race, and you just have to keep going," said Vollers. "But pushing yourself to your limits is all part of the fun. And, what's more, it's a grand metaphor for life."

— BRION O'CONNOR

New Hampshire Division of Travel & Tourism



WATERVILLE VALLEY RESORT

SUMMER

2019 EVENTS & ACTIVITIES

MAY 25

MOUNTAIN CLEAN-UP & PIG ROAST

MAY 26

30TH ANNUAL CHOWDERFEST & BREWS

JUNE 15

"CASTING FOR KIRBY" YOUTH FISHING DERBY

JULY 4

4TH OF JULY PARADE AND FIREWORKS

JULY 6

INDEPENDENCE FAMILY CARNIVAL

JULY 13

ARTISAN FAIR

JULY 27

20TH ANNUAL CHOCOLATE FEST

AUG 3

UGOTTA REGATTA IN WATERVILLE VALLEY

AUG 9-11

DENALI CHALLENGE

SEP 1

END OF SUMMER BASH

SEP 28

20TH ANNUAL CHILI CHALLENGE & BREWS

SEP 28

8TH ANNUAL RALLY IN THE VALLEY

OCT 12-14

FALL FOLIAGE CELEBRATION

OCT 26

VALLEY HALLOWEEN CELEBRATION

WEEKEND OFFERINGS JULY THROUGH AUGUST
Fri/Saturday Evening Concert Series | Sunday Live Animal Programs

Open to the Public - No Charge to attend

SUMMER ADVENTURE DAY PASS

Unlimited Vertical Zone, unlimited Disc Golf rental, 2 hour bike rental, 50% discount on bike upgrades, unlimited lift access to Snow's Mt. lift, \$10 upgrade for 1 hour boat rental.

\$35



Jamie Worcester gets after it on the Appalachian

■ One woman's journey of resiliency and discovery

By Brion O'Connor

Jamie Worcester was more than three-quarters of the way through her 2,200-mile trek of the Appalachian Trail, scrambling over a boulder field in the Green Mountains of Vermont, when she glanced over her shoulder to see the sun beginning to set.

"It was just breathtaking," she said. "So I just sat down and wrote this."

"It's in those last few moments, when the sun is still suspended, and steals your attention, and begs you not to move. 'Watch me, I won't last.' It is in those moments that you realize how lucky the trees must be, standing tall on the mountaintop," Worcester recorded in her journal. "When you are aware that the world rushes on down below, and yet here you are, up high, and perhaps more full of life than if you were to be where the cars race and noises pour from open windows."

"Awe is the moment when you're reminded how vast the world is outside of social constructs such as time," she wrote. "These are the moments that fill my soul with peace, and my mind with awe, and steals the words from off my tongue, until all that remains is exhilarating silence, and I stand, observe, observe, and simply exist in the world."

Worcester's passage captures the sublime sense of wonder that the Appalachian Trail can inspire. The 28-year-old from Boston's Brighton neighborhood, who works as an assistant manager at Boston Ski + Tennis, wasn't even much of a hiker when she became enamored with the legendary trail, which stretches from Georgia's Springer Mountain to Mount

Katahdin in Maine.

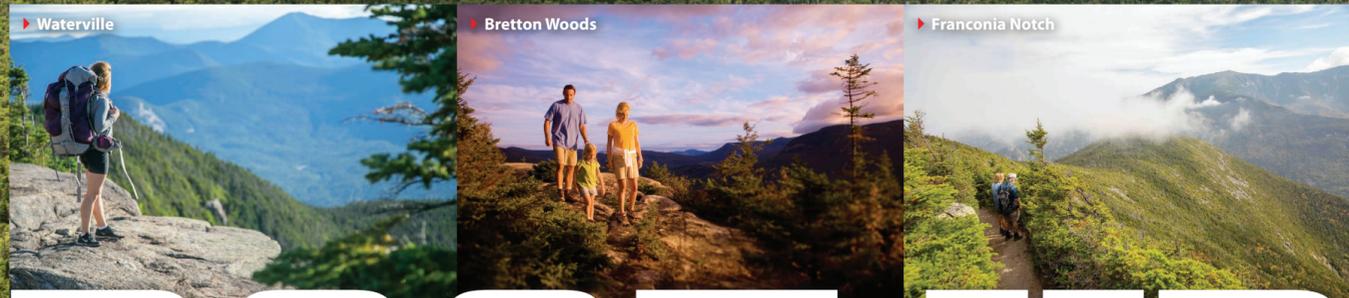
A native of Connecticut, Worcester had come north to Boston to attend Lesley University in Cambridge. After earning her degree, she headed to Maine to become a "ski bum" at Sugarloaf, where she "fell in love" with the outdoor industry.

Though she wasn't a hiker, per se, Worcester started getting restless in the winter of 2017-18. That led to an unconventional commitment, given her lack of backcountry experience.

"I was ready for another big adventure. My mom gave me a book by a gentleman who had hiked the Appalachian Trail — 'Hiking Through' by Paul Stutzman," she said. "It had to do with his soul-searching along the Appalachian Trail. And I had talked to her about the AT, and thought something like that would be so cool."

"I figured, I'm not in a relationship. I don't own a home. I don't have any kids," she said. "I work in the outdoor industry, so I get some discounts on gear. And I had a co-worker who

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BOOT UP WITH THESE HASSLE-FREE HIKES

With accessibility and amenities, ski resorts are terrific options for family-friendly hikes during the warmer months. Sugarloaf is one of four 4,000 foot peaks in the Carrabassett Valley region, and with plenty of gentle trails through the foothills, there's something for every hiker. The Outpost Adventure Center is Sugarloaf's hub of summer fun. Diversions are plentiful — scenic chairlift rides, zipline adventures, Segway tours, disc golf and boat rentals — but the Outpost staff also can provide insight and information on specific hiking routes. When the snow melts away from Sunday River's eight peaks, there are myriad hiking trails up and around the mountains. Sunday River doesn't mind you hiking

on the ski trails. There are several easy to moderate routes that bring you up to the ridgeline with sweeping views of the White Mountains over in New Hampshire and the rest of the Mahoosuc Range to the west and east. For a short fairly steep hike, head right up Lollapalooza — a green circle in the winter but a hike that will get your heart pounding in the summer. The Three Mile/Jungle Road hike will take you up and over Barker, Locke and White Cap peaks. You'll have to hike a bit to even get there, as it starts at the North Peak Lodge up on the mountain. Farther north, Saddleback has some grand hiking that will reward you with views of the western Maine wilderness. You can reach the 4,041-foot peak of Saddleback

to Elmore Mountain stretches across 3.2 miles and along the way offers open ledge views, boulder caves, a balancing rock and a five-story fire tower that is open for climbing. **Tumbledown Mountain, Franklin County, Maine** | In western Maine's Weld Village, Tumbledown Mountain is a popular hike due to its unique geographic features. The mountain has three peaks, the highest rising to 3,068 feet, as well as the high-elevation Tumbledown Pond on its eastern slope and 700-foot cliffs on the AT as it makes its way north to Katahdin. There are two peaks fairly close to each other — the summit of Saddleback ski area and the 4,023-foot The Horn. There are sweeping views from both The Horn and Saddleback, which are about a mile and a half apart. From both, you can see the lakes dotting the landscape below. Here are 10 more hassle-free hikes in the north country. **Elmore Mountain, Elmore, Vt.** | This clockwise ridge-top loop

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was out on maternity leave, and she was coming back about the time I would embark on the journey. So I just started doing a little planning."

She went to her boss, Paul Harrity, owner of Boston Ski + Tennis, to apprise him of her idea. Harrity not only gave Worcester his blessings, but also assured her that she'd have a job when she got back.

"I'll never forget what he said," she said. "I constantly want my employees to feel challenged, and to challenge themselves in life. And to grow, whether it's through my company, or outside my company. If this is your challenge, I'd love to support you on it."

So Worcester went into high gear, with the goal of starting the trek in Georgia in late March 2018. In hindsight, she acknowledged that she may have underestimated the effort required, even if she never underestimated her abilities.

"I've always been very independent," she said. "I'm the type of person where you can throw me into any situation, and I'll be resourceful and resilient. So it just sort of came to life really suddenly."

"Someone gave me advice, and I give everyone else this advice: You can plan all you want, and you can buy all of the gear that you think you'll need, but nothing can prepare you for something like this," said Worcester. "You just have to know that it's going to be trial and error, and that you're going to learn a lot along the way."

Worcester read blogs, collected the equipment (thanks to her employee discount at Boston Ski & Tennis, she was able to keep those expenses under \$1,000), and quizzed trail veterans.

"I had mentally prepared myself that it was all going to be a learning experience, and I had a friend, Russ Piechocinski, who had through hiked a few years ago," she said. "He was a great resource. I picked his brain non-stop. That, alone in itself, was pretty re-affirming. Or reassuring."

"So essentially what I did for preparation of this trip, other than preparing myself mentally and purchasing the gear, was staying up at night reading about it, researching and reading a lot of other people's blogs."

On March 20, Worcester launched her epic undertaking. Almost six months to the day later, on Sept. 19, she summited Mount Katahdin in Maine. Along the way, she traversed 14 states, averaging between 14 and 15 miles per day.

"That's not including days off," she said. "You needed the days off to maintain your sanity."

The trip got off to a rather auspicious start, Worcester admitted, with a dusting of snow and freezing temperatures atop Springer Mountain. "I had never slept in (the snow)," she said. "So, the first night, I'm hunkered in my tent, and I'm shivering, and literally wearing every



article of clothing. And I'm thinking, 'What did I just get myself into?'" It would prove to be just the first of many obstacles that Worcester would overcome over the next six months, including a bout with norovirus and heat rash (remarkably, she didn't get a single blister — "Thank god for sock liners."). Her mom, Virginia Worcester, knew there would be tough days on the trail and provided inspiration, first by supporting Jamie's plans to tackle the hike, and also offering words of encouragement in her journal.

"One of the things she wrote to me was, 'You'll face obstacles and challenges along the way. Don't give up. Persevere,'" said Worcester, reading her mom's note. "Challenges are a part of everyday life. They make us stronger. Without them, life becomes somewhat meaningless because we have nothing to compare the good times to. Challenges are a way to push ourselves in new directions and see what we're capable of."

'Age, gender, ethnicity — everything — is out the window.'

Worcester took her mom's advice to heart. "My biggest surprises were learning how much you can put up with, how resilient you can be," she said. "When I first started, if it was raining, we'd all run for cover. Toward the end, rain was nothing. I'd hike all day in it. If the gear got wet, it was no big deal."

Perhaps the cruellest aspect of the Appalachian Trail is that, as hikers enter the homestretch of New England, the landscape gets more challenging. Weather dictates that hikers typically trek from south to

north, but that means saving the toughest terrain for last, including the mountains of Vermont, New Hampshire and Maine.

"We call ourselves 'through hikers.' When I got to New Hampshire, I was more a 'through climber,'" Worcester said, laughing. "Some of the trail was so technical. I'd be standing at the bottom of this massive boulder field or rock wall, and thinking, 'How the heck am I going to get up this?'"

"Down south, if there was a mountain in front of you, you're going over it," she said. "Up north, it became, good luck getting to the top of the trail. It became very technical, let alone doing it with 30 pounds on your back."

By that time, however, Worcester had learned to handle adversity. She had always been resourceful, but found new levels of tenacity along the way.

"Everyone has that first really tough day," she said. "I remember my first tough day. I was dragging. I had gotten sick in Tennessee, and my friends kept hiking, so I was a few days behind them. I was feeling hopeless that I'd never catch them. So I woke up in the morning, and was feeling sad about it, and just dragging my feet. And I came across this gentleman, and he asked, 'Oh, how's your hike going?'"

"I just looked at him and was honest, and said, 'I'm feeling really hopeless. I'll never catch up to friends. And I'm tired. I'm just mentally drained,'" Worcester said. "He turned to me and said the most amazing thing. He just said, 'Well, maybe you're meant to be here now.' That kind of stuck with me through the entire trail. Whenever I felt behind, or anxious, or anything, I just thought, 'You know, maybe I am meant to be here now.' And I just reminded myself of that."

Not only did Worcester persevere, but she also became much more pragmatic.

"When I started the trail, I was carrying about 43 pounds. By the time I got into my routine, and shipped some of the cold gear home, I probably whittled it down to about 20 pounds on my back, with food and water."

While Worcester's pack became more streamlined, her collection of friends grew with each passing day. She learned about the unique esprit de corps that through-hikers share.

"You have to rely on them mentally, too, to get you through hard times," said Worcester. "Think about it as you're carrying your whole world on your back. So, you're exposed, in a sense."

"You learn so much about people. They're so open, and so respectful toward one another," she said. "There are so many different walks of life. I met people ages 17 to 85 on the trail. Some of my closest friends were retired couples. Age, gender, ethnicity — everything — is out the window."

The trek, said Worcester, was a life-changing endeavor, providing lessons that would last a lifetime. "I think back and remind myself to embrace where I am in the moment, and understand this great adventure," she said. "The biggest thing is, we say forget about the miles, and just enjoy where you are." **S**

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along the northern side of Byron Notch.

Lonesome Lake, Lincoln, N.H. | From the south parking lot of Lafayette Place Campground in Franconia Notch State Park, the well-marked Lonesome Lake Trail ascends 1.6 miles — including parts of Cannon Mountain — before reaching the glacial lake, where superb views open up to the Franconia Ridge.

Pack Monadnock, Peterborough, N.H. |

This popular and rewarding ascent to the 2,290-foot summit of Pack Monadnock is accessible from Miller State Park, New Hampshire's oldest state park. When you reach the peak, you'll be rewarded with views of Mount Monadnock, Mount Kearsarge, Mount Cardigan, Mount Watatic, Mount Wachusett and the Boston skyline, with Mount Washington coming into view on super clear days.

Cadillac Mountain Summit Path, Acadia

National Park Maine | Cadillac Mountain, the tallest in Acadia National Park on Mount Desert Island, also can be the easiest to summit. At just 1,530 feet above sea level and accessible by car, it is the highest point along the North Atlantic seaboard and as such offers spectacular panoramic views. On exceptionally clear days, it is possible to see Mount Katahdin and the Canadian province of Nova Scotia.

Arethusa Falls, Crawford Notch, N.H. | This is a moderately difficult family hike that will reward your hard summer efforts with a breathtakingly cool blast courtesy of Arethusa Falls. Known widely as one of New Hampshire's most scenic falls — and there are a lot of those — this, the state's second tallest waterfall, originates from the headwaters of Bemis Brook that eventually tumble over a granite cliff on the western slope of Crawford Notch.

Mount Philo, Charlotte, Vt. | Accessible via a well-maintained, paved road or hiking trails less than a mile in length, the 968-foot summit atop Vermont's first state park (Mount Philo State Park was established in 1924) provides sweeping views of the Green Mountains, Adirondack Mountains and Lake Champlain Valley.

Mount Kearsarge, Wilmot, N.H. | A forest fire in the 1970s cleared the summit of Mount Kearsarge at 2,937 feet, so the climb to the top today presents

spectacular views from the open, bare rock out to the White Mountains and Mount Cardigan in the north, the Green Mountains and Mount Sunapee in the west and the Monadnock Region and the Merrimack Valley in the south.

Lye Brook Falls, Manchester, Vt. | The Lye Brook Falls Trail runs for two miles through the thick of the Lye Brook Wilderness of the Green Mountain National Forest. Hikers will find a challenging climb along the old logging railroad bed up a gradual slope that parallels Lye Brook.

Zealand Falls, Zealand Notch, N.H. | Ideal as a day hike for all ages and abilities, the Zealand Trail takes you on a relatively easy 2.8-mile trail through Zealand Notch to the Zealand Falls Hut. The outlook rewards you with amazing views of Zealand Notch and the eastern part of the Pemigewasset Wilderness.

— LAFE LOW AND MATT BOXLER CONTRIBUTED TO THIS REPORT

Dennis Walsh/Courtesy of AMC (Arethusa); courtesy of Jamie Worcester



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You don't need to travel to the north country to get your river fix on. In 1989, **Zoar Outdoor** pioneered whitewater rafting trips on the Deerfield River in Massachusetts. The company has since expanded to the West River in Vermont, the Millers River and the Concord River in Massachusetts and the Great Falls section on the Connecticut River in Connecticut.

Zoar also serves up kayak trips, ziplining and other adventure packages.

Northern New England has a vast number of bodies of water that will satiate your thirst for hydro fun. One of the most popular recreational river destinations in all of the north country, the **Saco River's** mostly gentle 136 miles of twists and turns draws thousands of people each summer weekend to its banks that stretch from New Hampshire to Maine.

Originating on Mount Washington and Saco Lake in Crawford Notch, N.H.,



▶ Rafting with Zoar Outdoor

the river flows south-southeast, crossing into Maine and ultimately dumping into the Atlantic Ocean at Saco Bay. Most rafting and canoeing on the river takes place between Swan's Falls, the former Appalachian Mountain Club area now maintained by the Saco River Recreation Council, to Brownfield, Maine.

Known for its relaxing current, the Saco River has become extremely popular among families for canoeing and kayaking, camping or simply floating for miles upon leisurely miles in tubes, complete with drink holders and head rests.

Families have been enjoying the Saco for generations, drawn back year after year to all it offers, including majestic views of the White Mountains, its clear water and sandy beaches, wilderness camping within the White Mountain National Forest, various hiking trails and rock climbing sites.

The most popular entry point to the river for recreationalists is at Swan's Falls in Fryeburg, where the Swan's Falls Campground offers tent sites perfect as a jumping off point for day trips and multi-day canoe and kayak excursions.

Also located here is Saco River Canoe & Kayak, offering rentals as well as pick up and delivery service for canoes, kayaks and tubes.

In Conway, N.H., **Saco Bound** offers canoe, kayak, tube and stand-up paddleboard rentals along with private access to the river, no shuttles required.

If you're seeking faster-flowing waters, Maine's three other rivers — the **Kennebec, Dead** and **Penobscot** — will deliver.

The whitewater rafting season begins May 1 and stretches into mid-October. With daily hydropower dam releases, Maine is unique in New England for being able to guarantee water levels. Trips are scheduled daily.

On the Kennebec River, a 12-mile run begins on Indian Pond and roars through several miles of Class 4 rapids to Kennebec Gorge. The last part of the run offers opportunities to swim and enjoy the scenery, including the Dead stream falls.

On the Dead River, a 16-mile run produces the longest stretch of continuous whitewater in the East with Class 4 and 5 rapids, depending on the water level. There are a limited number of big-water

releases on the Dead River, so book your spot early as space is limited. September is a popular time for the Dead River Run, as both the water and foliage are in peak form.

The Penobscot River starts with two miles of Class 5 rapids to the "Cribworks." The next 12 miles of the run offer surprises at every bend with Class 3 and 4 rapids throughout.

In Vermont, both the **Winooski** and **West** rivers are popular destinations for recreationalists.

The second-longest river in Vermont, the Winooski is the largest tributary watershed to Lake Champlain, flowing for 90 miles through the heart of the Green Mountains from Cabot to Colchester. The river is home to the Friends of the Winooski's annual Onion River Race and Ramble. In southern Vermont, the West River flows for 50 miles with sections of both Class 3 and 4 rapids. The river starts in Mount Holly in Rutland County and eventually dumps into the Connecticut River, flowing through the picturesque towns of Weston, Londonderry, Jamaica, Townshend, Brookline, Newfane, Dummerston and Brattleboro along the way.

In Downeast Maine, **Roque Bluffs State Park** offers visitors a choice of freshwater paddling in Simpson Pond



▶ A Great Glen Trails kayak adventure

or a saltwater experience in Englishman Bay. The park has a beach and walking trails, and kayak rentals are available on Simpson Pond. **Cobscook Bay State Park** is a great starting point for exploring the bay of the same name. There's abundant wildlife and beautiful scenery as well as an interesting ecological history. **Lamoine State Park** gives access to Bar Harbor and the many small islands and lighthouses in the vicinity.

Away from the coast, the interior of Maine offers numerous choices of large-acreage state parks accessing rivers, lakes and ponds. **Androscoggin Riverlands**, the newest of the parks, has 12 miles of frontage on the Androscoggin River, including a number of islands

with picnic spots.

Donnell Pond Public Lands encompasses 14,000 acres with lakes, secluded ponds and beautiful views. There are a number of launching sites on several of the lakes. This area also offers water-access campsites. **Deboullie Public Lands**, in the northernmost part of Maine just 30 miles from the Canadian border, offers paddlers the opportunity to explore 17 classic north woods ponds ranging in size from very small to over 300 acres. There are seven launch sites around the property.

For paddlers looking for more adventure or a backcountry experience, the **Alagash Wilderness Waterway** has one of the country's foremost canoe trips.



▶ Father and son on a tour with Coastal Kayaking Tours in Bar Harbor, Maine

This 92-mile waterway winds through lakes, rivers and ponds in the heart of Maine's northern woodlands. There are campsites along the way for extended trips as well as points of entry and exit for day trips.

If you live near Boston and can't get out of the city, try a kayak sea tour around **Boston Harbor** and **Spectacle Island**. Learn kayaking safety and skill development while enjoying the wonderful scenery and learning local history. The Concord, Sudbury and Charles rivers, while not wilderness experiences, all offer beauty and solitude, abundant bird species and aquatic flora and fauna. **S**

— MATT BOXLER AND JOAN WALLEN CONTRIBUTED TO THIS REPORT

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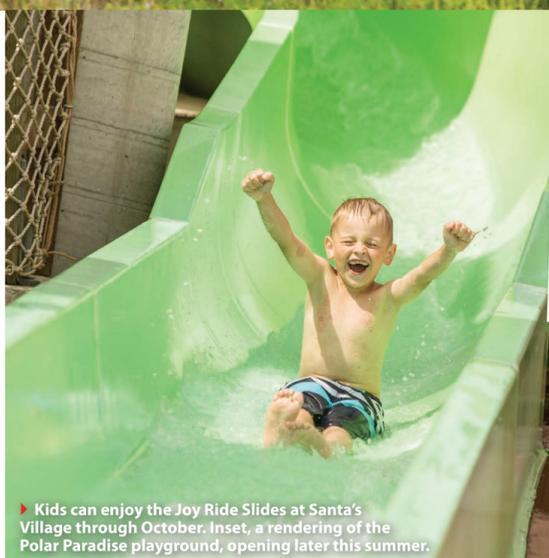
Cranmore's Mountain Coaster is part of the Cranmore Adventure Park, open from late May to early October.

From adventure parks to water playgrounds, the New England high country offers endless options for family fun.

Things are heating up at **Santa's Village**, with the much-anticipated opening of Polar Paradise this summer. This interactive water play area will include spray zones and multiple small slides for children and families to enjoy together. Located across from Ho Ho H₂O and next to the Elfs Lodge, Polar Paradise is being manufactured by Whitewater West and is fully customized to fit the Santa's Village landscape. Check out santasvillage.com for construction updates.

The season kicks off on Saturday, May 25, with the Ho Ho H₂O and Joy Ride Slides open through early October. Use of the water park is included in the price of admission to Santa's Village, along with the roller coasters and other rides, live shows and visits with Santa and his reindeer.

Story Land, in Glen, N.H., started out as a concept where storybook characters could come to life. Opened in 1954 (even before Disneyland), this children's theme park now includes rides, attrac-



Kids can enjoy the Joy Ride Slides at Santa's Village through October. Inset, a rendering of the Polar Paradise playground, opening later this summer.



tions, shows and family-friendly games. The Roar-o-Saurus, led by Rory the Dino, is a wooden roller coaster in the area's dinosaur-themed section of the park. This 12-passenger train has a lift height of 40 feet with a drop almost that size and provides plenty of thrills for the kids along

with some great views.

A drive from Story Land north through Crawford Notch and Franconia Notch, or south over the scenic Kancamagus Highway, brings you to Lincoln, N.H., home of **Clark's Trading Post**. This family-run attraction started

in 1928 as Ed Clark's Eskimo Sled Dog Ranch with a "stand" or trading post selling souvenirs to area motorists and tourists. The Clarks began training black bears for show work in 1949, and today the fifth generation of Clarks still runs the business, which has grown to include not only a renowned bear show but also a host of other attractions including a train ride, circus act, climbing tower, Segway park and tours and fun on the water with blaster boats. The signature attraction here is the famous bear show. The black bears, native to New Hampshire, delight and thrill audiences of all ages with their antics and tricks.

Ernie Mills Photography (Cranmore); George Disario (Santa's Village)

Wondering what to do on a rainy day? Head over to **Funspot** in Laconia, N.H., the heart of the Lakes Region. Billed as the largest arcade in the world — with more than 600 games, including video, pinball and classic games, kiddie rides, bumper cars and prize games — kids of all ages will have fun, win prizes and be entertained for hours. Enjoy bowling? No matter which type you like, you'll find it at Funspot. Ten candlepin and 10 tenpin bowling lanes are available during regular hours, with Sunday, weekday and Wednesday evening specials. And you can enjoy fresh pizza while you bowl. You don't have to wait for a sunny day to play golf. The 18-hole, 5,000-square foot indoor mini-golf course is open no matter what the skies bring. The Braggin' Dragon restaurant serves all kinds of kid-friendly food, from chicken fingers to hot dogs to potato wedges, french fries, slush puppies and more. And adults can get away from the hustle and bustle, relax, enjoy a drink,



Sunapee serves up the Aerial Challenge Course for adventurers of all ages.

shoot some pool or play a round of darts in D. A. Long Tavern. The tavern also has a great craft beer selection to go with some premium pizzas.

Mountain resorts are going to great lengths to continually introduce a wide variety of activities and adventures that appeal to everyone in the family. Below is a sampling of some of the new and popular adventures you'll find when you make the worthwhile trip into the mountains this summer.

The Woodward WreckTangle at Killington's Adventure Center, an outdoor ninja obstacle challenge, features nine different sections of unique obstacles, including cargo nets, balance beams, rope swings and more. The WreckTangle is designed to test athleticism, agility and amusement in both kids and adults, appealing to youth lifestyle and action sports experiences like skateboarding, parkour, gymnastics, skiing and snowboarding.

At **Wildcat**, the Ziprider lets guests travel on four side-

by-side cables suspended at heights up to 70 feet on a 12 percent grade and reach speeds up to 45 mph. The Ziprider descends 2,100 feet in total, whisking riders high above the resort's trails, trees and the Peabody River to a landing platform located a short distance from the Main Base Lodge. And the view of the Mount Washington Valley is stunning.

Cranmore Mountain Resort has boosted its Mountain Adventure Park offerings with Knockerball, the inflatable bubble spheres that are worn backpack-style with inner handles and adjustable shoulder straps. Players each get their own bubbles for Knocker Soccer games, or simply to bounce around on their own or with friends. Players must be 48 inches or taller, and closed-toe shoes are required.

Cranmore also serves up the Mountain Coaster, a one- or two-passenger coaster ride that plunges down 2,400 feet of track, reaching speeds up to

Continued on Page 40



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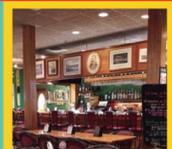
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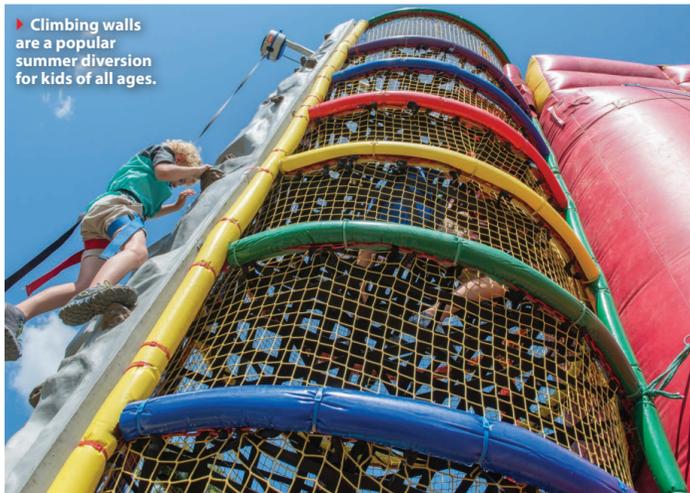


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FAMILY FUN

► Climbing walls are a popular summer diversion for kids of all ages.



Continued from Page 39

25 mph. Along the way you'll be twisting, turning and flying through the woods, rear passengers controlling speed with the hand-held brake for a leisurely ride or a screaming fast run to the end.

Other Cranmore attractions include the four-station Bungee Trampoline, C-More's Mining Adventure, Soaring Eagle Zip Line, Giant Swing, tubing, a climbing wall and a ropes course.

If you weigh between 20 and 200 pounds and are reasonably fit, get yourself hooked into the four-station Bungee Trampoline at **Sugarbush Resort**. This small square tramp with ropes and pulleys hooked to a harness allows jumpers to reach heights of 25 feet in the air, where those skilled enough can perform high-flying tricks.

Put your balance and agility to the test in one of New England's newest adventure courses, the Aerial Forest Adventure Park on the lower slopes of **Loon**. The park offers five separate courses of varying levels of difficulty with features including a trapeze bridge, oscillating walk, Tibetan bridge, chain loops, tightrope walk, log suspension bridge and hanging wooden blocks. It consists of 62 platforms in the trees that are connected via a network of cables, wood, rope and ziplines.

Make your way to the South Ridge Lodge to find **Sunday River's** zipline adventure features, including its dual side-by-side 750-foot Twin Zips. Guides will fit participants with equipment (including two attachment points on each line) and review safety information prior to each zip. The ziplines are designed to use a gravity braking system complemented by an arrester system, giving riders a completely hands-free experience.

Waterville Valley, with its end-of-the-road cul-de-sac location in the White Mountains, is a charming ski village in winter, but no less appealing in summer. Independence Day, July 4, is a big

deal here. The Fourth of July parade is fun for all. Kids can decorate their bikes or scooters to join in. There are cars and floats, firetrucks and bands. If you don't participate, it's a great spectator event. Music follows in the evening and things wrap up with a spectacular fireworks show over Corcoran's Pond. For the chocoholics in the family, the Chocolate Fest on July 27 is a chance to indulge, tasting treats while listening to some great music and sampling craft beer. Aug. 3 brings the Ugotta Regatta with free canoe, kayak and paddleboat races, a boat building class where you build your craft with tape and cardboard then see if it will float in the Boat Oughtta Float contest, some classic water games and live music.

Smugglers' Notch is a mecca for family fun in the summer, with offerings that include the Brewster Ridge 18-Hole Disc Golf Course and the FunZone 2.0 game center where families can enjoy ping-pong, mini-golf, the Bouncy House, inflated Pirate Ship, the Faith Platform Jump and the Warrior Course with trapeze bars, cargo nets, foam obstacles and more. The Mountainside Water Playground includes a rapid river ride. At Notchville Park, guests can enjoy activities at a three-acre water park, while at Rum Runner's Hideaway, it's a



Segway tours at Gunstock

Ernie Mills Photography (climbing); Gunstock Mountain Resort

six-acre natural environment that will have you jumping from raft to raft and into water up to 12 feet deep.

In the Lakes Region, check out the Mountain Coaster at **Gunstock**. Riders board their carts at the terminal building next to Gunstock's Adventure Park. After an 1,800-foot ride up the mountain — which stretches through the woods between 20 and 30 feet off the ground in some places — riders will begin their 2,660-foot plunge down the track, which makes two complete circles and features several sharp turns, crossing five bridges along the way.

The ride drops 221 vertical feet with speeds reaching 25 mph between the trees and featuring beautiful views of the Lakes Region. Riders use a brake to control their speed and there is an automatic anti-collision system built in which slows the carts automatically.

Sunapee, now under the Vail Resorts umbrella, serves up the Aerial Challenge Course. Adventurers will self-guide themselves through obstacles — 32 in total — that stretch from tree to tree along a beginner loop, two intermediate loops and an advanced loop of varying height and difficulty.

The Timber Ripper Mountain Coaster at **Okemo** offers a scenic and exhilarat-



► Beach volleyball at Waterville



► Disc golf at Smugglers' Notch Resort

ing ride through alpine forests and along the contours of the mountain at Okemo's Jackson Gore. The roller-coaster ride features stainless-steel tubular rails for a smooth run down the mountain with sled-like cars that can be handled by one or two passengers, who control their own speed.

When the weather turns sideways, as

it has been known to do around Mount Washington, there's no need to suppress your quest for adventure. Just head over to **Bretton Woods** and check out the Slopeside Climbing Wall, a 624-square-foot indoor rock climbing wall, located on the Slopeside level of the base lodge.

This 30-foot climbing wall ascent in-

cludes a variety of routes on modular hand holds and artificial rock. For an alternative activity that keeps you a little closer to the ground, the 300-square-foot bouldering cave complements the climbing wall and makes for a fun afternoon, no matter what the weather is doing outside.

In Massachusetts, a new addition to **Berkshire East's** summer lineup is the Children's Tree House Trail. Ages 3 and up can go from platform to platform among the trees on a netted course with bridges, tunnels and a small zipline. The aerial adventure park, with elevated platforms and elements including swings, bridges, ziplines and other thrills, are challenging for the older kids and adults who move through it at their own pace. **S**

— JOAN WALLEN AND MATT BOXLER
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STILL CHUGGIN' AT 150

July, August festivities honor Mount Washington's venerable Cog Railway



▶ A budding young conductor calls "All aboard!" at the Cog.



▶ Conway Scenic Railroad

The Mount Washington Cog Railway, the first mountain-climbing cog railway in the world and the only cog railway still in operation in the United States, is celebrating 150 years of business in 2019. The Cog is located in the White Mountains of New Hampshire, 6 miles from the grand Mount Washington Hotel.

The Cog has remained an icon of New Hampshire's heritage and has maintained its historic roots by allowing passengers to take the three-hour round-trip riding in a historically inspired coach powered by a 1912 vintage coal-fired steam locomotive or one of the modern biodiesel engines, all built on-site. Designated as a National Historic Engineering Landmark in 1976, The Cog was referred to as "one of the greatest wonders of all time" by the Boston Transcript at its inauguration in 1868.

The Mount Washington Cog Railway is a must-do New England adventure with a mountain experience like no other. Passengers travel in the vintage styled coaches to the summit of the peak known for having the world's worst weather, but on a clear day views extend from the Atlantic Ocean into Canada as the train reaches the summit. Along the way, knowledgeable brakemen provide colorful commentary on everything from flora and fauna to the weather extremes of the mountain.

Once at the top, visitors will find Mount Washington State Park and the Sherman Adams Visitors Center. The mountain-top facility houses a winter weather exhibit, cafeteria, gift shop and restrooms. There is an hour to visit the 1853 Tip Top House (the original hikers hotel, set as it was in 1853), enjoy a snack, explore the state park building and take in the magnificent views from the rocky summit.

Back at the mountain base, the new Cog Railway Museum, located in the upper level, tells visitors the fascinating story of how the historic railway came to be and offers media presentations and interactive exhibits on everything from operating a train in the engineer simulator to a 10-minute clip of the Emmy award-winning documentary "Climbing to the Clouds." Downstairs, visitors can peruse the gift shop full of local and custom items to find that perfect Cog gift or White Mountain souvenir.

The anniversary season kicks off with a celebration of epic proportions on June 22. The 150th Anniversary Gala event has limited availability. On July 3 — the Cog's official birthday, — the railway will be celebrating in style including presentations, games and fireworks. The railway's long and unique history will be commemorated Aug. 17-18 at the fourth annual "Railway to the Moon" Steampunk Festival, featuring a lively mix of science fiction, Victorian style, technology and steam.



Green Mountain Flyer

Owned by the same company that runs the White River line, the Green Mountain Flyer boards at Bellows Falls Station and runs 2½ hours for 26 miles on tracks that run to Montreal for the Central Vermont company. Through deep woods with spacious views of the Green Mountain peaks, this train crosses the Williams River, over the Brockway Mills Gorge and along several more wooden and steel bridges. Passengers share this ride with freight loads of salt, ice and lumber.

White River Flyer

White River Junction in Vermont was, as its name suggests, one of the important railroad hubs in northern New England, and the White River Flyer offers a 2½-hour tour of the region, a 26-mile run mainly along the Connecticut River. The Boston & Maine RR and Connecticut Lines share the rails with a regular Amtrak run. From the Flyer, you can see the Dartmouth crew team out practicing near its massive shoreline rock with its green 'D' symbol painted on (which during the Harvard-Yale showdown one year, Harvard students painted crimson overnight before the race.) At Cedar Circle organic farm in the town of Thetford, the train has a half-hour stop where riders can explore and buy fresh produce

and bakery items before the train pushes on to a quick stop at the Montshire Museum of Science. You can even skip a portion of the ride to peruse the museum in Norwich.

Cape Cod Central Railroad

Daily through the summer, a single set of tracks takes all kinds of goods and services down to one of the country's storied summer playgrounds, and also daily that same line brings back several carloads of trash to be dumped off Cape — sort of like an F. Scott Fitzgerald story. Well, between the working life of this railroad, there is a two-hour, 50-mile excursion ride and a dinner train that connects the "mainland" of the South Coast to Hyannis, the virtual Capital of Cape Cod. The train runs across the century-old Corps of Engineers dropping RR Bridge and plunges into the land Patti Page once sang about in "Old Cape Cod" — beaches, sand dunes dotted with beach plum roses, cranberry bogs and roadside vegetable stands. It's classic Cape Cod without the auto traffic.

Essex Steam Train and Riverboat

The lower stretch of New England's longest river — the 400-mile Connecticut with its rise on the Canadian border —

Continued on Page 44



Essex Steam Train

Continued from Page 43

was once a thoroughfare in the days before the Industrial Revolution, when this region was the heart of Colonial America. One of the strong echoes of this era is found in one of the only steam train/riverboat ride combinations left in the world. The 1920s-era coaches behind the steam locomotive of the Valley Railroad line lead to Deep River Landing, where riders disembark and get aboard the riverboat Becky Thatcher (yes, Mark Twain lived in Connecticut) and plies out onto the river. The combination of fixed features — Gillette Castle, the Goodspeed Opera House, Haddam Swing Bridge — and the proliferation of wildfowl keep the cameras going. The whole 2½-hour ride covers 12 miles and runs to the end

of October. Reservations are a must.

Cape Lafayette Dinner Train

This is a two-hour run of about 20 miles, but the point is fine dining. It leaves the village of Woodstock, N.H., and follows the former Boston-Maine track along the Pemigewasset River, through the famed Jack-O-Lantern Resort as you enjoy an elegant five-course meal.

At night floodlights illuminate the view, and for a full view of the surroundings on this trip, there is a 24-seat observation dome on the top level of the 1952 Pullman Planetarium car, once built for the Missouri-Pacific Railroad at the very height of luxury train travel in the United States. This trip runs through the summer and fall, nearly to Halloween.

Old Colony & Newport Scenic Railway

In lower Rhode Island, experience Newport, the one-time home of famous mansions and the America's Cup, from a unique perspective. The Old Colony and Newport offers an 80-minute ride along the region's fabled shorelines, where you're liable to see the early American and colonial homes along Narragansett Bay, past the Newport Naval Station with its ship, the now decommissioned naval



Cape Lafayette Dinner Train

frigate USS Saratoga. On occasion, the train will travel an extra eight miles on the North End line.

Edaville Railroad

Now Edaville Family Park in Carver, Mass., this is one of the oldest heritage train rides in the country, dating to 1947.

A narrow-gauge track (about two feet wide) leaves the theme park for a loop around the working cranberry plantation, stretching through woods decorated with various themes — jack-o-lanterns in October, Christmas lights in December. There's now a section called Dino Land (needs no explanation), and



a section dedicated to Thomas the Tank Engine and some of his friends on the Island of Sodor. This is definitely an option when the little kids get their summer crankiness on.

S

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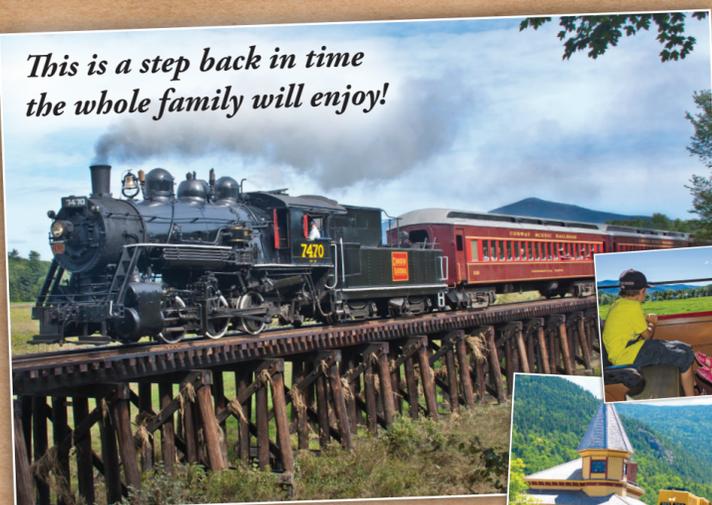


AERIAL APPEAL
There's no better vantage point than a tram or chairlift to take in the high country's splendor

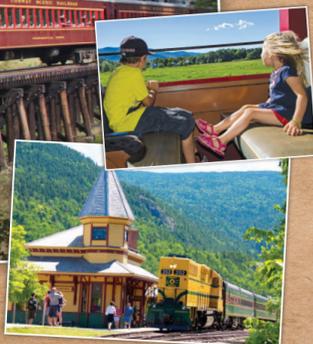
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Getting above it all this summer should be part of your warm-season adventures, as New England offers an abundance of scenic tram and chairlift opportunities.

There are a few options in New Hampshire's Mount Washington Valley, highlighted by the seasonal gondola rides at **Wildcat Mountain** in Pinkham Notch, which give riders to the summit an unparalleled view of neighboring Mount Washington (\$17 adults, \$13 children ages 6-12). Purchase a family fun pack for four for \$75 and receive a picnic lunch to take with you.

On the other side of the Presidential Range, **Bretton Woods** also offers a glimpse of the surroundings around Mount Washington Valley. It's a 12-minute ride up the Bethlehem Express Quad, which will deposit guests at the summit's Latitude 44° Restaurant, perfect for lunch with a view (\$8 ages 13 and over, up to two kids free with a paying adult).

Across the "Kanc," discover the longest scenic gondola skyride in New Hampshire at **Loon Mountain Resort**, delivering stunning views and a little bit of adventure at the summit's glacial caves. Add lunch at the Summit Café to your ticket. Check loonmtn.com for pricing.

Take a quick jaunt up Route 93 to visit **Cannon Mountain's** historic aerial tramway, New Hampshire's highest lift-accessed point, giving riders some dramatic views of the enveloping Franconia Notch Park surroundings (\$19 adults, \$17 ages 6-12; one-way, \$13 adults, \$10 ages 6-12).

In Vermont, **Sugarbush's** most unique and spectacular chairlift — the two-mile-vertical Slide Brook — closes for the summer. But the Super Bravo Quad is a



Cannon Mountain

of the most beautiful of the Green Mountain resorts, rising to one of Vermont's highest peaks. It is serviced by chairlift, and a dramatic aerial tram that leaves riders with several hiking options, or a return trip on the tram. Rides are \$8 to \$20.

Head to **Okemo** and ride the chairlift from the Clock Tower Base all the way to the top, where there are trails to partake, as well as more than a few picnic spots (\$20 ages 7 and up).

Sugarloaf, one of Maine's premier winter ski resorts, offers the kind of "big sky" beauty in summer that reminds one of the Rockies in the West. A ride up the Super Quad in summer is \$14 (free for ages 6 and under) and offers the heart of the Loaf's trails for a hike or bike ride down.

Also in Maine, hop onto the Chondola at **Sunday River Resort** and be delivered to views of the Sunday River Valley and Mahoosuc Mountain Range. Visible within a short walk from the top are all eight of Sunday River's peaks, along with the entire Mahoosuc Range, including Old Speck Mountain, the third-highest peak in Maine. Choose to ride enclosed in a gondola or on an open chair (\$15 adults, \$10 ages 6-12, free for 2019-20 pass holders).

In the Berkshires of Massachusetts, you'll find the region's only six-passenger chairlift at **Jiminy Peak**, with views of Mount Greylock and the Jericho Valley upon the summit. Rides start at noon from July 2 to mid-October, Saturdays and Sundays. Rides are included as part of Jiminy's Mountain Adventure Park ride package, including mountain coaster, giant swing and a rock climbing wall.

— TONY CHAMBERLAIN AND ERIC WILBUR CONTRIBUTED TO THIS REPORT

S

Festivals dot the summer landscape

By Joan Wallen

No matter what New England states you travel to this summer, you'll find an array of festivals celebrating the season and the highlights of each area. From food festivals to craft fairs, concerts to waterfront activities, the region is abuzz with entertainment for a wide variety of interests and ages.

Love the ocean? Head to Boothbay Harbor, Maine, June 23-29 as **Windjammer Days** kicks off the summer season. This weeklong event celebrates the maritime history of the region, as these magnificent vessels glide into the harbor under full sail. Red Cloak Haunted History and Maritime History Tours share seafaring history, ghost stories, tales of rum-running and sea serpents and much more of the lore of the area with afternoon and evening tours.

What would a sea port festival be without a lobster-eating contest? Pirates of the Dark Rose arrive by ship to share their stories, demonstrate their weaponry and invite you aboard their pirate



The Vermont Cheesemakers Festival is set for Aug. 11 at Shelburne Farms.

ship, the Must Roos. Been thinking about a life of piracy? Apprentice pirates of all ages can sign up for Pirate Recruitment Day and see what this life is all about. A codfish relay, with oilskins and slippery, smelly fish, a lighted boat parade, music from country to folk, jazz to soul, a road race, golf tournament and fireworks are featured throughout the week.

How about some "air" time in Maine? The **Great Falls Balloon Festival**, in Lewiston/Auburn, will give you the chance to take to the skies in one of several hot air balloons August 16-18. Launches are at 6 a.m. and 6 p.m. and reservations are a must. Balloons vary in size from 2 to 10 passengers and are free flying — they go with the wind. At the end of the ride, celebrate with a champagne toast. For the less adventurous, there are tethered rides. Experience the balloon while being firmly anchored to the ground.

At the New Hampshire seashore, the 19th annual **Hampton Beach Master Sand Sculpting Classic** takes place June 20-22. Several tons of sand are dumped on the beach, and out of this shapeless heap, giant works of art are created by master sculptors who participate by invitation and vie for \$15,000 in prize money. Watch the artists work, see their creations illuminated nightly through June 27 and participate in the Peoples Choice Award on June 22.

Head to Mount Sunapee State Park for the **League of New Hampshire Craftsmen's Annual Fair** Aug. 3-11. This juried show, the oldest craft fair in the nation, celebrates 86 years this summer and showcases the handcrafted work of more than 300 craftspeople and artists. The nine-day event features work in wood, clay, fiber, leather, metal, jewelry, glass, furniture, clothing and mixed media. In addition to individual craftsmen's booths, there are demonstration tents where you can watch, or in some cases try your hand at, wood carving and turning, weaving, jewelry making, sculpting, pottery throwing, furniture making, glass blowing and much more. The Living

With Crafts exhibit presents small vignettes showing how the many different types of crafts — furniture, artwork, rugs, decorative and practical items — might be incorporated into the home. Stroll through the sculpture garden, sample offerings from the food venues, take a chairlift ride to the summit, and enjoy live music and a craft beer and wine garden. There are special programs for kids to introduce them to the world of craft.

Busking, or street performing in a public place, takes center stage in downtown Burlington, Vermont, from Aug. 2-4. With five stages throughout downtown, the 12th annual **Festival of Fools** will feature circus performances, acrobatics, comedy, music and much more by internationally acclaimed street performers. Produced by Burlington City Arts, the festival offers events appropriate for all age groups. This free event is dedicated to community involvement and making the arts available to all.

For foodies looking for a new experience, check out the 11th annual **Vermont Cheesemakers Festival** on Aug. 11 at Shelburne Farms. With the highest number of cheese makers per capita in the U.S., Vermont is the premier artisanal cheese state. More than 40 cheesemakers will be on hand to give festival guests the chance to enjoy cheesemaking demos and workshops and sample the products along with other Vermont specialty foods, beer, wine and spirits.

In southern New England, one of the highlights of the summer season is **Tanglewood**, a beautiful outdoor musical venue in the Berkshire hills and summer home of the **Boston Symphony Orchestra**. From June 15 to Aug. 25, you can spread a blanket and picnic under the sun while being treated to outstanding classical music performances by the renowned BSO as well as a variety of folk, rock and pop featuring world-acclaimed musicians. Connecticut and Rhode Island also have calendars full of events and activities from concerts to craft festivals and art expos to agricultural fairs and waterfront activities. In Connecticut, check out **Sailfest** in New London, the **Litchfield Jazz Fest** and the **Mystic Outdoor Art Festival**. In Rhode Island, the **Newport Folk Fest** is always a sellout. The **Rhode Island International Film Festival** features many world or North American premieres, and the **Washington County Fair** is the largest in the state with rides, music, animal shows and 4-H exhibits.

feedback@skijournal.com



Peak season to say 'I do'

■ Pats Peak, Ragged spearhead mountain wedding trend

By Joan Wallen

Ski resorts, with their diverse landscapes, many restaurants and indoor and outdoor gathering spaces, provide idyllic settings for a wedding, large or small. While some couples prefer tying the knot in their hometown and others seek a faraway destination, many like the idea of a country setting that is relatively easy for friends and family to access.

Spring through autumn, **Pats Peak** in Henniker, N.H., offers a perfect location for a mountain wedding. With its proximity to Boston and Manchester, guests coming from far away have easy access by air and car. Indoor and outdoor venues are available and can be combined, with an outdoor ceremony and indoor reception.

The Sleigh Room and adjacent Sleigh Pub on the third floor of the Main Lodge boasts a gorgeous stone fireplace, with plenty of space for dining and dancing and seating, with views, for 200. In the Valley Lodge, the Valley Room also accommodates both dining and dancing, has large windows facing the views and a nice cocktail area. Both rooms are air conditioned. There are outdoor decks providing a picturesque backdrop and panoramic views for a ceremony or small reception. The area's Summit Ceremony Skyride Package takes the wedding couple and guests by chairlift to the mountain's summit for a spectacular outdoor ceremony amidst the panoramic background of the surrounding hills.

"Pats Peak offers an elegant rustic-style location for weddings along with scenic views of the mountain," says Lori Rowell, Pats Peak director of marketing and sales. "Our executive chef provides homemade gourmet dishes from our impressive menu, or he'd be happy to customize menu options as requested. We pride ourselves on providing exceptional personalized service to assist our

couples with every detail to ensure their special day is perfect."

Ragged Mountain Resort in Danbury, N.H., also specializes in weddings once the ski slopes have closed. Ragged has a wedding coordinator on staff to manage the ceremony, catering, photography, florists and many of the myriad of details that go into this special day.

Ragged offers four venues for the ceremony itself. The summit, at the top of the six-pack lift with long range views toward the White Mountains, is particularly spectacular in the fall. The Meadows, just below the base area, uses the mountain and the trails as a backdrop. The reception area at the mountain's base is in Elmwood Lodge, also known as Red Barn, a spacious room with a New England feel that can accommodate up to 200 guests. The fourth venue is the New Hampshire Mountain Inn. Owned by Ragged and just a few miles down the road, this location provides a more private and intimate setting with sprawling lawns, a pond, an arbor and plenty of room for a tent. It also features guest rooms and a spacious bridal suite.

At **Stowe Mountain Resort**, the Great Room & Patio at Spruce Camp Base Lodge is a prime choice for mid-to large-size weddings, as it can accommodate 100 to 300 or more guests. With its stunning architecture, a large stone fireplace in the full-service bar and lounge area and sliders to a stone patio facing the slopes of Spruce Peak, it provides a setting suitable for all phases of the celebration. The patio has a wood-burning fireplace and is an inviting place for a ceremony or cocktail reception. The Great Room is perfect for larger weddings and sit-down receptions. And it all comes with spectacular views of the surrounding mountains.

The Cliff House Restaurant sits at an elevation of 3,625 feet tucked into Mount Mansfield, Vermont's highest peak. A gondola ride brings guests up from the



Pats Peak

base to take in dramatic vistas of the Green Mountains and the Stowe Valley below. There's an outdoor deck with striking views for the ceremony and/or cocktails, and the Cliff House itself can seat up to 75 guests, perfect for a more intimate party.

Purity Spring Resort in Madison, N.H., might be an ideal place for couples looking for a natural setting for their special day, whether casual or elegant. Purity's wedding coordinator has more than 25 years of experience assisting the bride and groom in planning the day of their dreams. Venues can range from the summit of King Pine Ski Area to the tranquil shores of Purity Lake. With several options for reception spaces, both indoors and out, parties ranging from 50 to

200 guests can be hosted. For overnight guests, the resort has accommodations ranging from small inns to individual cottages to a number of condominium units.

There are a multitude of other wedding sites from which to choose throughout ski country. In New Hampshire, The Mountain Club on **Loon**, **Mount Sunapee Resort**, Whitney's Inn at **Black Mountain**, **Castle in the Clouds** and the **Mountain View Grand Resort** are just a few of the many choices. Vermont also has a myriad of choices, from large resorts like **Sugarbush** and **Jay Peak** offering numerous sites for the ceremony and reception to more intimate inns and hotels throughout the state.

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LODGING

► Nonantum Resort



CALLING ALL DOERS

Activities are the focal point of these New England family lodging destinations

► Nonantum Resort



By Brion O'Connor

Compared to summer vacations, ski trips are a piece of cake. In the winter, you head to the mountains with a very clear idea of what the primary activity is going to be. You're either skiing or snowboarding. Of course, having other activities, from tubing to après-ski kids' programs, are a bonus. OK, sometimes a necessity. I've been there, and I understand, completely. But by and large, unless you've got money to burn, you're unlikely to head to ski country and invest in lodging, lift tickets, et cetera, if everyone — including the kids — isn't on board.

On the other side of the "family vacation" coin, summer typically presents a litany of options. It seems like whenever the temperatures rise and the fewer clothing options you have to worry about, the more activities you have to explore. That's why variety is so important when looking for a family getaway. If you find a place that has something for everyone, it's more likely that everyone will have a good time. And is there a better definition of the ideal family vacation?

Here are several of our top choices.

Maine

The Nonantum Resort

■ Kennebunkport | nonantumresort.com

First opened in 1883 on the shores of the Kennebunk River, The Nonantum (derived from a Native American Algonquian word meaning "blessing" or "prayer") has managed to find a wonderful balance, retaining the history of the original inn while skillfully adapting to the needs of its patrons over the past 136 years. Definitely more of an "old-school" retreat, the inn offers numerous amenities for visitors of all ages, from sun up to sun down. Kids can attend an arts and crafts class, join a staff member to pull up the crab pots and learn about Maine marine life, or dress up and take part in a scavenger hunt for buried treasure on Princess and Pirates Night. Adults, meanwhile, can unwind with chair massages under the gazebo or morning waterfront yoga, participate in cooking demonstrations, or simply relax with a good book on the porch. At night, enjoy family campfires, sing-alongs, and s'mores under the stars. Plus, there are boat tours departing right from the resort's marina, and trolley tours departing from the inn's front door. Within a short walk from the resort, visitors can find the quaint shops of downtown Kennebunkport in one direction, or a choice of beaches in the opposite direction, boasting beautiful ocean views that include the famous Bush family compound. Featured by Yankee Magazine as one of New England's best family resorts in 2018.

Bethel Inn

■ Bethel | bethelinn.com

Golf fans likely already know about the Bethel Inn's championship course, and its top-flight golf school (available to adults and kids). But the inn's Activities Center will make sure guests have access to all the natural and manmade wonders at the resort and surrounding Bethel area. Go for a gentle stroll or pedal on the inn's walking and mountain bike trails, with even more miles of fat-tire terrain (and chairlifts) just up the road at Sunday River ski resort. A partnership with Sport Thoma provides self-guided canoe, kayak and paddleboard adventures at the inn's rustic "Lake House" on Songo Pond, with a beach, deck and swimming, and on the Androscoggin River (these trips include equipment, transportation and an instructional overview). Local streams and rivers also offer excellent fly-fishing opportunities, and the inn can arrange for a Maine guide (at an additional cost) to show you the secret spots. Hiking, horseback riding and Moose and Wilderness Safaris also are available, and the Mahoosuc Kids Camp for children ages 5-11 boasts daily activities and weekly themes and

might include a golf clinic, swimming lessons or a field trip. Everyone can enjoy the Health Center, while mom and dad can escape to the inn's spa.

New Hampshire

Red Jacket Mountain View Resort

■ North Conway | redjacketresorts.com

The Red Jacket Mountain View Resort sits atop 25 acres on Sunset Hill off Route 16, giving guests stunning views of the White Mountains and Saco River Valley. Mix in deluxe accommodations, outstanding family and group dining options, and enthusiastic staff members who make each guest feel special, and the adults in the room will consider the resort a worthwhile investment. The kids, on the other hand, will want to make a beeline to Kahuna Laguna, the resort's 40,000-square-foot indoor water park. If your youngsters are feeling waterlogged, there are also children's programs, such as arts and crafts sessions, wagon rides, movie nights and Wii tournaments. Or venture out to the Mount Washington Valley for nearby hiking, whitewater rafting, kayaking, golfing, water skiing and North Conway outlet shopping. The valley is home to many popular attractions including Story Land, the Conway Scenic Railroad, White Mountain National Forest, the Mount Washington Auto Road and Diana's Baths. For lift-serviced mountain biking, you can check out Attitash up the road on Route 302, but the White Mountain Chapter of the New England Mountain Bike Association has built a tremendous network of trails throughout the valley that are available free of charge.

RiverWalk Resort

■ Loon Mountain, Lincoln | riverwalkresortatloon.com

Near I-93, at the opposite end of the Kancamagus Highway, Loon Mountain's RiverWalk Resort is a great high-end option for families. Look-



The Nonantum Resort; RiverWalk Resort

Lodge at Spruce Peak; Jay Peak; Ocean Edge Resort & Golf Club

ing for adventure? The RiverWalk offers it in abundance. Alpine Adventures offers three zipline courses on Barron Mountain. The original Tree Top Canopy Tour consists of six ziplines ranging from 250 to 1,000 feet long and 80 feet above the ground. If you're not afraid of heights, enjoy the spectacular views from the Skyrider Tour. For the ultimate adrenaline rush, speed through the sky at 60 miles an hour on the Super Skyrider Tour. Loon Mountain Adventure Center also has a zipline spanning over 700 feet across the Pemigewasset River. With several trailheads close to the RiverWalk Resort, be sure to bring your hiking boots. Lincoln Woods Trail is a local favorite, while the Franconia Ridge Loop is a strenuous 8.6-mile loop trail offering incredible views of Franconia Notch and local mountains. Loon also is breaking ground on a new lift-serviced mountain bike network, but the resort already boasts more than a dozen miles of cross-country trails. Afterward, cool off in one of the resort's two pools. For even more fun, head over to Whale's Tale Waterpark. Guests also can get into the backcountry of Barron Mountain with Alpine Adventures aboard an 11-passenger, 6-wheel drive Swiss army transport vehicle called Pinzgauers. For the knickers and 9-iron set, Hobo Hills Adventure Golf — part of the Pirate Coves mini-golf network — is an 18-hole adventure golf course offering beautiful views of the surrounding mountains. After a round of golf, hop on the Hobo Railroad for a trip along the scenic Pemigewasset River.

Purity Spring Resort

■ East Madison | purityspring.com

For more than 100 years, this waterfront resort has treated visitors to eye-popping scenery, magical vacations and thousands of memories. Before you try to list off of the activities available at this classic New England resort, take a deep breath. Purity Lake has etched shorelines and sandy beaches that permit swimming, sailing, water skiing, kneeboarding, wakeboarding and stand-up paddleboarding. Canoe and kayak enthusiasts can explore hidden coves and bogs. Bring along your fishing pole (and fishing license). The resort grounds offer playgrounds, volleyball, badminton, basketball, croquet, Frisbee, shuffleboard, horseshoes, archery, tennis, pickleball and a climbing wall. In the case of rain, enjoy ping-pong, video games, an indoor pool and a fitness center. Whew! And the nearby hills beckon hikers and mountain bikers, or visit New Hampshire Audubon's Hoyt Wildlife Sanctuary. Choose from 52 rooms in four different settings with seasonal rate options that include lodging, homestyle meals, recreation programs and use of resort facilities.

Vermont

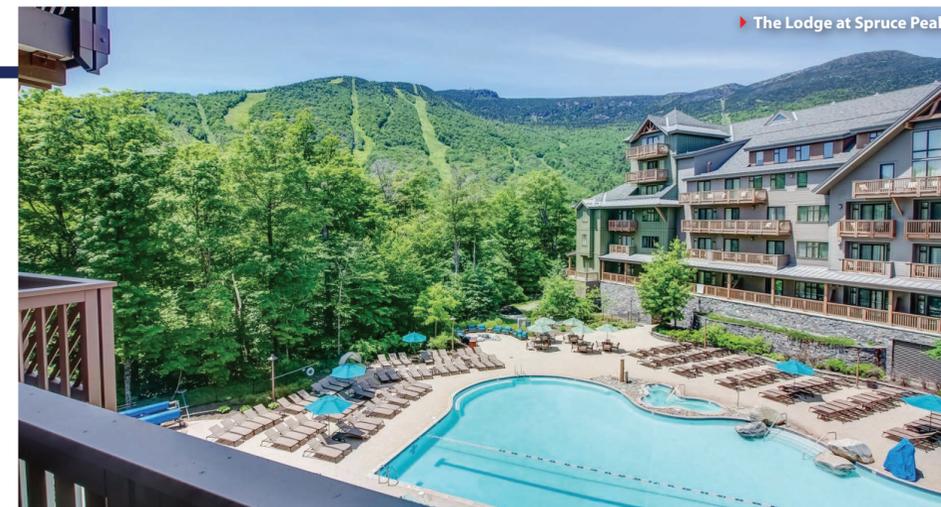
Jay Peak

■ Jay | jaypeakresort.com

The number of summer activities at this northern outpost is impressive, especially if you've got the clan in tow. Start with a pair of arcades, one located on Stateside in the new Clips & Reels Recreational Center, and the second — the Elevation 1851' Family Arcade — situated on Tramside adjacent to the Pump House Indoor Waterpark. The waterpark allows guests to surf, climb, float the Big River or simply chill. La Chute stands 65 feet, where guests can hit 45 miles an hour, a full 360-degree rotation before being spilled into the pool. Flowriding — a wild cross between skateboarding, surfing and snowboarding — is all the rage for all ages. For kids, a week in the Raised Jay camp can produce lifetime memories, with activities like hiking, surfing, golf, tie-dye, outdoor survival skills and rappelling. Located right across from the Stateside Hotel, Clips & Reels offers a 142-seat cinema, a draught house, an arcade that leans toward the virtual reality world, and a Clip 'n Climb facility that offers plenty of fun and challenging climbing elements. Speaking of heights, get a terrific look at all of Vermont, and a little bit of Canada to the north, from the top of Jay Peak via the resort's aerial tram. Or you can hike the mountain over a variety of routes. Frisbee fans might want to



Pump House at Jay Peak



► The Lodge at Spruce Peak

check out the 18-hole disc golf course at the tram base. Last but not least, Jay Peak's Taiga Spa offers facials, manicures and pedicures, and massage treatments. Check out the website for Jay's summer music series at the Stateside Amphitheater.

The Lodge at Spruce Peak

■ Stowe | sprucepeak.com

Nestled at the base of Stowe Mountain, this family-friendly, pet-friendly lodge offers inspiring views of the area's glistening lakes and towering peaks. Want an even better view? The gondola to the slopes of Mount Mansfield and Spruce Peak is just steps away from the hotel's door (check out the zipline tours!). Guest rooms are decorated in rustic tones of red, green and beige, and each features a marble bathroom, a flat-screen TV, goose-down bedding, and floor-to-ceiling windows to take advantage of the views. The Solstice Restaurant offers New England-inspired comfort foods with local farm-grown ingredients, while the Hourglass Lounge boasts microbrews and casual bistro fare. An indoor-outdoor pool is available at Stowe Mountain Lodge. The lagoon-style pool is open year-round and features a 25-yard lap lane. While the lodge doesn't offer a kids club, the adjacent Stowe Mountain Resort has summer camp activities — including rock climbing, low ropes team-building exercises and arts and crafts projects — for kids 3-14. The fitness center at Stowe Mountain Lodge, located inside the spa facility, is fully equipped with cardio and weight-training equipment, plus floor exercise props. The 21,000-square-foot Spa and Wellness Center has numerous treatment options, many inspired by American Indian traditions. Guided hiking, climbing, fishing and horseback riding can be arranged. There are two golf courses in Stowe Village, including The Mountain Course on-site and the Stowe Country Club in town. There is also a golf academy, and junior rates are available.

Massachusetts

Ocean Edge Resort & Golf Club

■ Brewster | oceanedge.com

Based on the numbers alone, including 429 acres to host a Jack Nicklaus-designed golf course, miles of coastline, several tennis courts, a 26-mile bike trail and five pools (including two indoor), the Ocean Edge Resort & Golf Club stacks up well against its competitors on Cape Cod. Choose between villas and guest rooms or suites inside the main building called "The Mansion." The Ocean Terrace offers views of the bay and serves American fare for breakfast, lunch and dinner. At Bayzo's Pub, TVs display sporting events, while guests enjoy drinks and pub fare. Linx Tavern on the resort's golf course has indoor and outdoor dining, while the Shark Bah offers poolside food and drinks. There's an indoor pool and hot tub located near The Mansion's fitness center that is open year-round, plus an outdoor heated pool. The outdoor pool has a hot tub as well as a snack bar. The Arbor Pool is an outdoor pool that

includes a toddler pool and a hot tub. The Fletcher Pool Complex offers an indoor pool and an outdoor pool. There is a Junior Sport Camp, which is a three-day program offering golf and tennis lessons. In addition, there's the Ocean Edgeventure for children ages 4-9 that offers games, crafts and more. The on-site fitness centers have cardio equipment that includes elliptical machines, treadmills, recumbent bikes and stationary bikes. There is also a free weight and stretching area in the gym at The Mansion, and free fitness classes are held in the gym and on the beach. For something more leisurely, enjoy facials, waxing and body treatments at the resort's spa. Bike rentals are available upon request.

Connecticut

Interlaken Inn

■ Lakeville | interlakeninn.com

The foothills of the Berkshires have a well-deserved reputation for family fun, and the Interlaken Inn is the perfect example of why. From paddle-boarding on a spring-fed mountain lake to a leisurely walk on Beaver Trail, the inn and surrounding area is an embarrassment of riches for the adventure set. Start with 30 scenic acres ideal for walking and jogging. Lake Wonoscopomuc is great for recreational swimming, canoeing and kayaking, and Interlaken provides canoes and kayaks to guests, free of charge. The inn's Game Room has a pool table, ping-pong and air hockey, or guests can unwind and enjoy the widescreen TV, card and game tables, and comfortable, overstuffed chairs in the adjoining Executive Lounge. The health and fitness center features an exercise room with recumbent bicycles, treadmills, stair climbers and free weights. There's also a basketball court, two tennis courts, a volleyball net and an outdoor heated pool. The on-site Ellora Spa provides massages, facials and other treatment offerings.

Nearby, guests can go horseback riding at Mountain Valley Farm, or hiking in the Berkshire hills. There are a hundred miles of scenic bicycle routes throughout northwestern Connecticut, and the inn can provide dozens of mapped routes along low-speed, low-traffic roads, with turn-by-turn cue sheets and elevation graphs, air pump and tool kits, and directions to local bike shops if needed. The Harlem Valley Rail Trail offers two sections totaling 15 paved miles through stunning rural Dutchess and Columbia County landscapes. Fly-fishing aficionados can test their skills on the Housatonic River, or hire a guide through Housatonic Outfitters or Housatonic Anglers. For the white-knuckle crowd, consider a session at the Skip Barber Racing School at nearby Lime Rock Park. Or maybe a visit to the Catamount Adventure Park is more your speed, including ropes course and ziplines, an exciting aerial forest adventure that provides a variety of courses that are fun for all ability levels.

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TONY CHAMBERLAIN'S LAST RUN



Sailing in Rockport Harbor (Mass.)

SET YOUR COURSE

By Tony Chamberlain

It cannot be accidental that on chairlifts, skiers' No. 1 chatting subject matter is sailing and sailboats.

At first the two sports seem pretty different. Frozen cold vs. hot weather. North Face parkas vs. bathing suits. Helmet rather than bare heads.

But get right down to personality types. Clicking into a pair of boots for a morning run and hoisting a sheet of canvas to harden against a fresh breeze require essentially the same characters. They must be outdoors most of the time, regardless of season. They love the self-reliance and adventure of perfecting the skills of locomotion using only the elements of nature.

But then both sports are so emotional at times, so dreamy, that they create a fair amount of poetry — most of it short and sort of punchy — by it's practitioners. Some are funny, some heartfelt, some right on, some fraudulent. But here are some of my faves.

For its sheer simplicity and stunning truth, who'd have thought you'd ever hear this from Oprah Winfrey: "Skiing is the next best thing to having wings."

But listen to William Robinson, who comes up with a similar metaphor: "Overhead the white sails stretched their arms to catch the night wind. They were my sails — my wings — and they brought me to the sea of my boyhood dreams."

And it's no surprise to know that Warren Miller said, "A pair of skis are the ultimate transportation to freedom."

Like skiing, sailing gives you wings ... and gives the wordsmiths emotional energy as they seek to understand the allure

But here's a deeper dive into the sea sport, by Uffa Fox: "Sailing any one of the Seven Seas is a mysterious pleasure, for the fascination and fun of it are so great that they overcome the moments of misfortune and misery we must suffer at sea. We must know heartache to enjoy happiness, and know hunger to enjoy a meal, however good."

It seems that Dr. Johnson did not enjoy that meal, judging from his famous assessment, "Sailing in a boat is like being locked in prison with a chance of drowning."

But I have heard this Norwegian saying on both the sailing and skiing world: "There's no such thing as bad weather, only bad clothes."

Speaking of clothes, the author of the following aphorism is anonymous: "Stretch pants — the garment that made skiing a spectator sport."

One of the first sailors of the modern era to circle the earth alone and nonstop, from Rhode Island south past Cape of Good Hope, the Australian Cape Leuwin, Tasmania, and Cape Horn, then up the Atlantic and home, said with a wry twist: "I once knew a writer who, after saying beautiful things about the sea, passed through a Pacific hurricane and

became a changed man."

Related: "In the forties (degree latitude) there is no justice, in the fifties there is no God."

Then this mournful line from Gordon Lightfoot's "Wreck of the Edmund Fitzgerald": "Does anyone know where the love of God goes when the waves turn the minutes to hours?"

And not advising to try such a feat without experience, Chicago newspaperman Robert Manry, after a little practice sailing on Lake Michigan, decided he would cross the Atlantic to Southampton, England, in a small sloop, and write about the experience. At one point in the voyage he made a blood-curdling discovery: "At a quarter of two, the long-awaited-for appeared."

The Cimba climbed a wave, and looking far to windward, I saw a black shape rearing from the horizon. As we dropped down a slope I knew we were fated to meet the greatest wave I had ever come upon. They are called rogues for a reason."

And Tim Cahill talks about another form of the ecstatic: "The sensual carress of waist-deep cold smoke ... glory in skiing virgin snow, in being the first to mark the powder with the signature of their run ..."

Of course, both sports — or those who are ardent followers of them — often veer into the religious. As extreme skier Rick Klein says, "Better to go skiing and think of God than to go to church and think about skiing."

World-rounder Tristan Jones' take: "If you cannot arrive in daylight, then stand off well-clear, all night, and wait till

dawn. After all, that's one of the things God made boats for — to wait in."

And John Masefield's subtle observance, or belief: "Men in a ship are always looking up, and men ashore generally looking down."

One of the wildest theories about boats I have ever come across is from one of the world's master designers, L. Francis Herreshoff. "The greatest difference between the beautiful yacht and the plain one, is the way their crews treat them, for the crew of the beautiful yacht usually gives her tender loving care, while the crew of a plain yacht has learned from experience that nothing they can do will help much, for the sailor at heart is still a romanticist."

And another strange philosophical notion about boats comes from famed Harvard naval historian Samuel Eliot Morison: "Perhaps this love for a small boat cabin was atavistic, derived from our remote ancestors for whom a cave was the only safe, indeed the only possible dwelling."

And of course the expense of the sports inevitably enters such conversations: Comedian Dave Barry observes: "Skiing: the art of catching cold and going broke while rapidly headed nowhere at great personal risk."

But the most famous of all sailing aphorisms came from J.P. Morgan, the industrialist and America's Cup sailor, when asked how much it costs to own and run a sailboat: "Sir, you have no right to own a yacht if you ask that question." **S**

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