



Family Support

2026 Community
Recreation Guide

Family Support is pleased to share our updated 2026 Recreation Guide, featuring year-round activities and opportunities throughout Strafford County. We have made every effort to ensure the information is accurate and up to date at the time of publication. If you notice an error or would like to suggest additional activities for inclusion in next year's guide, please contact Jennica LeSiege at jlesiege@communitypartnersnh.org or 603-516-9367. We welcome your feedback and appreciate your help in keeping this resource current and comprehensive for our community.



About Community Partners

Community Partners' mission is to connect individuals and families to opportunities that promote full participation in their communities. We serve those experiencing emotional distress, mental illness, substance use disorders, as well as those who need information and referral to access supports and services.

In Strafford County, Community Partners serves as both the Area Agency for individuals with developmental disabilities and the Community Mental Health Center. We also operate the Aging and Disability Resource Center (ADRC) – formerly known as ServiceLink – for both Rockingham and Strafford Counties. Each year, our ADRC team responds to over 17,000 contacts, linking people to essential resources and long-term options.

Through the State's Choices for Independence (CFI) program, we provide case management services to clients in Strafford and Rockingham counties. In July 2025 Community Partners acquired Southeastern New Hampshire Services (SENHS), a long-standing leader in substance use disorder treatment in the region.

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Explore New England

New Hampshire State Parks

<https://www.nhstateparks.org>

New Hampshire Camping

<https://www.nhstateparks.org/things-to-do/camping>

Walking Trails

Southeast Land Trust of New Hampshire - SELT

<https://seltnh.org/trails>

Beaches in New Hampshire and Maine

<https://visit-newhampshire.com/seacoast/beaches>

visitmaine.net/maine-beaches

Hiking in New Hampshire

<https://alltrails.com>



Wheelchair Accessible Trails

Dover Community Trail

Rutland St. and 171 Watson Rd.

Dover, NH 03820

<https://www.alltrails.com/trail/us/new-hampshire/dover-community-trail>

Meadow Loop Trail

Northwood Meadow State Park

755 First New Hampshire Turnpike

Northwood, NH 03261

<https://nhstateparks.org/visit/state-parks/northwood-meadows-state-park>

Pickering Ponds Loop

374 Pickering Rd.

Rochester, NH 03839

<https://rochesternh.gov/recreation-arena/pages/pickering-ponds>

Seacoast Science Center & Founder's Monument

Odiorne State Park

570 Ocean Blvd.

Rye, NH 03870

<https://seacoastsciencecenter.org>

Willand Pond Trail

Willand Pond

Rte. 108 to High St.

Somersworth, NH 03878

<https://www.somersworthnh.gov/parks-recreation/pages/willand-pond>

Fishing Permits

A complimentary fishing permit may be issued, upon application, to a resident of the State of New Hampshire who qualifies under one of the following categories:

- A patient at a state or county institution
- A patient at a nursing home facility or veterans hospital
- A person who is developmentally disabled, as defined in RSA 171-A:2, V
- A patient participating in a head injury treatment program

Applicants must meet residency requirements and provide appropriate documentation at the time of application.

<https://nhfishandgame.com>



Camps

Check with your local town or city recreation department for camps. Scholarships may be available for eligible children. Check with your camp to see if there are scholarship opportunities.

Harry Gregg Foundation

This organization offers small grants for camperships.
603-547-1490

<https://harrygreggfoundation.org>

Museum Passes

Check with your local library to learn about the museum and attraction passes they may have available for borrowing.

Community Partners

If your family is enrolled at Community Partners, call Community Partners' Family Support or Early Support and Services at 603-516-9300 for free passes to the Children's Museum in Dover, and the Seacoast Science Center in Rye.

<https://communitypartnersnh.org/family-support>



Barrington

Trails and Lakes

Swain's Lake

190 Stadig Rd., Barrington

Family-oriented campground with a community-accessible boat launch, swimming and fishing.

<https://www.swainslake.com>

TimberNook

603-664-2929

535 Scruton Pond Rd., Barrington

Immersive forest programs, parent-and-child toddler experiences, teen and young adult night program.

<https://timbernook.com>

Winnie the Pooh Trail

603-664-5224

245-263 Franklin Pierce Hwy., Barrington

This is a fun trail for kids and families, with Winnie the Pooh themed houses and signs.

Check out these two websites for a list of more trails.

<https://barringtonconcom.org/barrington-town-forest>

<https://barringtonconcom.org/trails-conserved-lands>



Playgrounds

Barrington Community Playground

603-664-5224

105 Ramsdell Lane, Barrington

Playground at a community park and recreation complex featuring slides, swings and climbing structures.

<https://www.barrington.nh.gov/parksandrec>

Barrington Elementary School Playground

603-664-2641

570 Calef Hwy, Barrington

Use after school hours.

570 Calef Hwy, Barrington

<https://bes.sau74.org>



Camps

Barrington Community Players

603-664-5224

105 Ramsdell Lane, Barrington

Summer theatre for ages 9-16. Participants can express themselves creatively while learning new skills. This is a 9-week program.

https://barringtonnh.myrec.com/info/activities/program_details.aspx?ProgramID=29885

Barrington Recreation Department

603-664-5224

105 Ramsdell Lane, Barrington

Summer camps, horseback riding camps, fishing camps and summer theater camps.

<https://barrington.nh.gov>

Camp Fireside

603-332-1701

86 Pond Hill Rd., Barrington

Christian summer and homeschool camps for kids entering 1st to 8th grade. All inclusive.

<https://fireside.org>

Nippo Lake Golf Club Camp

603-664-7616

88 Stagecoach Rd., Barrington

Junior camps available to beginner and advanced golfers aged 6-10, Advanced Junior Camp Ages 9-14 and a highschool golf clinic.

<https://nippolake.com>

Camps

Timbernook

603-664-2929

535 Scruton Pond Rd., Barrington

Provides nature-based child-led play experiences that challenge the senses and inspire creativity, independence and imagination in the great outdoors.

<https://timbernook.com>



Sports

Adult Drop-in Basketball

603-664-5224

105 Ramsdell Lane, Barrington

Membership Required.

https://barringtonnh.myrec.com/info/activities/program_details.aspx?ProgramID=29861#144249

Adult Drop-In Pickleball

603-664-5224

105 Ramsdell Lane, Barrington

Membership Required.

https://barringtonnh.myrec.com/info/activities/program_details.aspx?ProgramID=29861#144249

Barrington Community Field

603-664-5224

105 Ramsdell Lane, Barrington

Hourly charge.

https://barringtonnh.myrec.com/info/facilities/area_info.aspx?FacilityID=14697&AreaID=14699

Barrington Gymnasium

603-664-5224

105 Ramsdell Lane, Barrington

Hourly Charge.

https://barringtonnh.myrec.com/info/facilities/area_info.aspx?FacilityID=14697&AreaID=14701



Sports

Barrington Recreation Department

603-664-5224

105 Ramsdell Lane, Barrington

Kids soccer and flag-football., Adult dance lessons

<https://barringtonnh.myrec.com/info/activities/default.aspx?CategoryID=1538&type=>

Barrington Youth Association

603-664-5149

276 Smoke St., Barrington

Baseball and softball.

<https://byanh.org>

Dance Lessons

Barrington Recreation Dept., Room B

603-664-5224

105 Ramsdell Lane, Barrington

Waltz, Foxtrot, East Coast Swing, Merengue, Salsa and Bachata.

https://barringtonnh.myrec.com/info/activities/program_details.aspx?ProgramID=29944

Wee Flip Mobile Gym

603-664-5224

105 Ramsdell Lane, Barrington

Recreation Department Gymnasium

1-5 year old classes where kids jump, balance and swing. A variety of equipment and expertise is provided.

https://barringtonnh.myrec.com/info/activities/program_details.aspx?ProgramID=29936

Mark Your Calendar

Fall Fest

Parks and Recreation event held at the Barrington Elementary School

570 Calef Hwy., Barrington

Family-friendly autumn celebration with food, fun and activities for all ages plus a trunk-or-treat. October.

https://barringtonnh.myrec.com/info/activities/program_details.aspx?ProgramID=29928

Retro Night

Parks and Recreation event taking place at Barrington Elementary School Parking Lot

570 Calef Hwy., Barrington

Roller rink for skating and scootering to classic music. Games and activities for all ages. September.

https://barringtonnh.myrec.com/info/activities/program_details.aspx?ProgramID=29927

Summer Concerts

625 Franklin Pierce Hwy., Barrington

Weekly concerts with local musicians, food and vendors.

Thursdays July through August.

https://barringtonnh.myrec.com/info/activities/program_details.aspx?ProgramID=29926

Other Fun Things to Do in Barrington

Barrington Community Market

55 Calef Hwy., Barrington

Tuesdays 4 - 7 pm.

<https://barringtoncommunitymarket.com>

Barrington Library

603-664-9715

426 Calef Hwy, Barrington

The library has many programs for kids and teens, museum passes and more.

<https://barringtonlibrary.com>



Dover

Parks

Bellamy Park / Bellamy Park Disc Club

23 Bellamy Rd., Dover

Free, public 18-hole golf course with a pro shop and a variety of layouts for players of different skill levels. Walking trails, picnic area and playground.

Dover Veteran's Park

603-516-6401

61 Locust St., Dover

Peaceful space with walking paths for visitors to relax and pay their respects.

Garrison Hill Park and Tower

Abbey Sawyer Memorial Highway, Dover

Climb the 76 foot observation tower.

Hilton Park

606 Dover Point Rd., Dover

Waterfront green space featuring a play area, fishing dock, boat launch and picnic tables.

Long Hill Memorial Park / Long Hill Dog Park

32 Longhill Rd., Dover

<https://www.dover.nh.gov/government/city-operations/recreation/parks-and-playgrounds/longhill-dog-park>

Maglaras Park

160 Henry Law Ave., Dover

Scenic setting along the Cochecho river. Public pavilion and dock.

Trails

County Farm Cocheco River Loop

268 County Farm Rd., Dover

Paved and natural trail system.

Dover Community Trail

33 Chestnut St., Dover

<https://www.dover.nh.gov/government/city-operations/planning/community-trail>

Historic Walking Trails of Dover

Starts at the chamber parking lot, 550 Central Ave, Dover

Joe B. Riverwalk and Public Gardens

400 Central Ave., Dover

Willand Pond Trail

108 New Rochester Rd., Dover



Playgrounds

Dover Adventure Playground at Henry Law Park

36-50 Henry Ave., Dover

Guppey Park

148 Portland Ave., Dover

Hancock Park

11A Hancock St., Dover

Long Hill Memorial Park

42 Long Hill Rd., Dover

Fenced in playground.

Overlook Drive Children's Playground

Overlook Dr., Dover

Park Street Park

45 Park St., Dover

Sullivan Fields and Playground

42 Sullivan Dr., Dover

Garrison Elementary School

Use afterschool hours.

50 Garrison Rd., Dover

Horne Street School

Use after school hours.

78 Horne St., Dover

Woodman Park School

Use after school hours.

11 Towle Ave., Dover

Pools and Splash Pads

Dover Indoor Swimming Pool

9 Henry Law Park, Dover
603-516-6085

The Dover Indoor Pool is a 25-yard 6-lane pool located at 9 Henry Law Ave. in downtown Dover. With an average water temperature of 81 degrees, the indoor pool is used for a wide range of activities including lap swim, aquatic therapy, lessons, competitive swimming, scuba classes, birthday parties and aqua-aerobics. The dive well, which features a 1-meter diving board, is used primarily for diving instruction and recreational swimming, including treading water, water jogging and deep water swim instruction.

<https://www.dover.nh.gov/government/city-operations/recreation/aquatics>

Jenny Thompson Outdoor Pool

(603) 516-6085
140 Portland Ave., Dover

This Olympic-size pool is used for competitive and recreational swimming with occasional lessons during the summer. It is a favorite destination of many summer camps during the hot summer months as the pool also has a large grassy area for kids to play.

<https://www.dover.nh.gov/government/city-operations/recreation/jenny-thompson-pool>

Henry Law Park Splash Pad

36-50 Henry Law Avenue, Dover



Camps

Atlantic Gymnastics Training Center

603-740-3547

10 Progress Dr., Dover

Gymnastics and Ninja Classes for kids 18 months to age 7.

<https://www.atlanticgym.com>

Coyote Club

Takes place in Dover and around the area.

Wilderness adventure weekly camps offered during school breaks in the summer, winter, spring.

<https://nhcoyoteclub.org>

Children's Museum of New Hampshire

603-742-2002

6 Washington St., Dover

The museum offers a wide variety of discovery camps for ages 4 through 12.

<https://childrens-museum.org>

Camp Kool

603-516-6400

110 Portland Ave., Dover

This 8-week program is run by the city of Dover. See the website for more information

<https://www.dover.nh.gov/government/city-operations/recreation/arena/camp-kool>

Musical Arts of Dover

603-343-5336

66 3rd St., Ste. 202, Dover

Mini camps include Creative Movement, Pre-Ballet, Aerial, and even K-Pop Stars where student act, sing and dance.

<https://musicalartsofdover.com>

Camps

Snapology

603-842-4212

826 Central Ave., Ste. 1, Dover

STEM / STEAM summer camps and one-day workshops throughout the year. Kids learn about science, technology, engineering, arts and mathematics.

<https://snapology.com>

Summer Hockey Camps

Through the City of Dover

<https://www.dover.nh.gov/government/city-operations/recreation/arena/summer-hockey-camps>

Tri-Star Gymnastics

603-749-1234

66 Third St, Dover, NH

Week long gymnastics summer camps.

<https://Tristargymnh.com>

Volleyball Camp

Dover Recreation Department

603-516-6400

Camp takes place at the McConnell Center

32 St. Thomas St., Dover

<https://www.dover.nh.gov/services/online-services/news-events/news-2014/volleyball-camp-open-to-k-8-players.html>

Zebra Crossings

Mini camps for kids with a chronic medical condition such as asthma , a heart condition, diabetes or epilepsy. This is a community where children can feel supported and safe while exploring and thriving.

<https://zebra-crossings.org>

Sports

Belletete Ballet

603-727-4320

865A Central Ave., Dover

Offers lessons in many types of dance including adaptive dance.

<https://www.belleteteballet.com>

Atlantic Gymnastics

603-740-3547

10 Progress St., Dover

Offers lessons for ages 18 months through high school including adaptive movement for individuals needing specialized instruction.

<https://www.atlanticgym.com>

Dover High School

603-516-6900

25 Alumni Dr., Dover

The campus currently possesses two varsity softball fields, four tennis courts, one multi-use field, soccer fields, a gymnasium and a running track. Dunaway Field (football) and the rubberized track are open to the public.

Dover Ice Arena

603-516-6060

110 Portland Ave. Dover, NH 03820

There are two sheets, one year-round and one seasonal.

Hockey, figure skating, learn-to-skate programs and general public skating. Adult programs, youth programs and rock night. In the off-season, the unused sheet is rented out for a variety of purposes: dog show, home shows, large-scale events, and other sporting events.

<https://www.dover.nh.gov/government/city-operations/recreation/arena>

Sports

Dover Skate Park

Located in Guppey Park

148 Portland Ave., Dover

Skateboarders, BMX riders, and scooter enthusiasts of all skill levels.

<https://discoverdovernh.com/explore-dover/outdoor-experiences/dover-skate-park>

Garrison Elementary School

50 Garrison Rd., Dover

Use after hours.

The Garrison Elementary School encompasses two basketball courts, two tennis courts, two multi-use fields, a gymnasium, playground equipment and an open lawn area on the twenty-two acre site.

<https://ges.sau11.nh.gov>

Indoor Ascent

603-742-7848

47 Broadway, Dover

Challenge yourself with of 9,000 square feet of wall space.

Bouldering room, 20 top-ropes including cracks, aretes, chimneys, slabs and overhangs.

<https://indoorascent.com>

McConnell Center Fitness

603-516-6401

61 Locust St., Dover

Fitness rooms contain Cybex machines, cardio and free weight rooms, and shower facilities. The second floor accommodates various sports such as basketball and volleyball.

<https://www.dover.nh.gov/government/city-operations/recreation/fitness-center>

Sports

Paradis Farm

603-285-1871

180 Tolend Rd., Dover

Therapeutic riding.

Pickle Ball

1 Shaws Lane, Dover

Located behind the Garrison Elementary School with parking across the street at the Shaw's Lane Field Complex when school is in session. There are currently 8 permanent courts which are open and available on a first come, first served basis. with the exception of Tues and Fri mornings when they are reserved for the Dover Senior Center use.

<https://www.dover.nh.gov/government/city-operations/recreation/parks-and-playgrounds/pickleball>

Senior Center at McConnell Center

603-516-6401

61 Locust St., Dover

Members have access to the fitness rooms with Cybex machines, cardio and free weight rooms.

<https://www.dover.nh.gov/government/city-operations/recreation/community-senior-center>

Sports

The Shaws Lane Athletic Fields

603-516-6401

32 Shaws Lane, Dover

This popular athletic field consists of a multi-purpose field, two youth softball fields, soccer fields, and a gravel recreation path around the fields. Walk, jog or walk your dog. Sledding during the winter months is widespread. With plenty of parking and safe from any nearby street this is a great place for families to relax and have a great time.

Woodman Park School

603-516-6700

11 Towle Ave., Dover

This school contains numerous recreation amenities including a baseball field, two basketball courts, a gymnasium and a gravel track around the ball field.

<https://wps.sau11.nh.gov>



Community Centers

Senior Center at McConnell Center

603-516-6401

61 Locust St., Dover

The senior center is for adults 50+ years of age who want to get out and enjoy the company of others their own age. They have an array of activities from exercise programs to daily games, special events, trips, and other entertainment.

<https://www.dover.nh.gov/government/city-operations/recreation/community-senior-center>



Arts and Crafts

The Art Center

603-978-6702

1 Washington St Suite 1177, Dover, NH

The gallery has a large exhibition space for a variety of art shows and display. Printmaking classes are available.

<https://theartcenterdover.com>

The Aplomb Project

603-208-3300

262 Central Ave., Dover

This gallery and art workshop center has a year-round calendar of experiences for all ages. They host live music, youth classes, artist calls, trauma-informed creative groups, community events, and hands-on art experiences that welcome both beginners and experienced artists.

<https://theaplombproject.org>

Rotary Gardens and Pavilion at Henry Law Park

28-34 Henry Law Ave, Dover, NH 03820

Dover's main outdoor performance venue during the summer. It hosts various events and concerts, providing a cultural place for the community.

SEH Studios Art Gallery

603-550-3020

456 Central Ave.

Dover, NH 03820

Painting and stained glass classes.

<https://sehstudios.com>

Arts and Crafts

Spinning Yarns

603-740-6476

511 Central Avenue, Dover

Classes and workshops are available.

<https://spinningyarnsnh.com>

Stamped Designs

603-742-3400

2 Washington St Suite 315, Dover, NH

Stamped Designs offers rubber stamp supplies, scrapbook supplies and basic paper crafting supplies. In-store classes and class kits are available.

<https://stampeddesigns.com>

Woodman Institute Museum

603-742-1038

182 Central Ave., Dover

This is a history and science museum.

<https://www.woodmanmuseum.org>



Food

Dover Farmer's Market

603-241-4000

Nebi Park, River St., Dover

Every Wednesday the first week of June to the first week of October. 3:30 to 6:30.

Local musicians play at every market.

<https://seacoasteatlocal.org/dover>

Dover Greek Festival

603-742-9799

The Hellenic Center

219 Long Hill Rd., Dover

Last weekend of August. Authentic Greek food and homemade pastries. Live music Friday and Saturday night.

<https://dovergreekfestival.com>



Mark Your Calendar

Apple Harvest Day

550 Central Ave., Dover NH

603-742-2218

Greater Dover Chamber of Commerce

550 Central Ave, Dover, NH

Apple Harvest Day is a day-long family event featuring vendors, food, live entertainment and more. October.

<https://dovernh.org/apple-harvest-day>

Annual Soapbox Derby Race

603-953-3086

121 Broadway, Dover

Takes place in May or June. Youth ages 7+ are provided an opportunity to assemble and drive their soapbox. Science, Technology, Engineering and Math (STEM) skills plus an appreciation of physics and mathematics define a winning racer.

<https://nh.soapboxderby.org/race-schedule/603champlocation>

Annual Cocheco Arts Festival

Rotary Arts Paviion

Henry Law Park

36-50 Henry Law Ave., Dover

This music and arts festival starts during the month of July. Check website for schedule.

[https://www.eventeny.com/events/caf-28836/?](https://www.eventeny.com/events/caf-28836/?srsId=AfmBOoqW3LFELh8DLxUIMJ7Zw7egDm9atOhL6r7ZZT_qqpM8tro2o1lt)

[srsId=AfmBOoqW3LFELh8DLxUIMJ7Zw7egDm9atOhL6r7ZZT_qqpM8tro2o1lt](https://www.eventeny.com/events/caf-28836/?srsId=AfmBOoqW3LFELh8DLxUIMJ7Zw7egDm9atOhL6r7ZZT_qqpM8tro2o1lt)



Mark Your Calendar

Cochecho Arts Festival Children's Series

The Rotary Pavillion

Henry Law Park

36-50 Henry Law Park, Dover

Magicians, Wildlife Encounters and music. Check the website for schedule.

<https://www.seacoastkidsalendar.com/calendar/cochecho-arts-festival-childrens-series-2023-2/2026-07-28>

Red's Race

Starts and Ends at Woodman Park Elementary School

11 Towle Ave., Dover

This 5 mile race takes place in April and benefits the Woodman Park School PTO and the Seymour Osman Community Center.

<https://reds-race.com>

Tender Crop Farm

603-740-4920

123 Dover Point Rd., Dover

Annual fishing derby and sunflower picking festival in September.

<https://www.tendercropfarm.com>



Other Fun Things to Do in Dover

Dover Community Garden

Two locations.

Garrison Hill Park

Abbey Sawyer Memorial Highway, Dover

County Farm Rd. (by the courthouse)

Personal plots are available.

<https://dovercommunitygarden.wordpress.com/about-us>

Dover Public Library

603-516-6050

73 Locust St., Dover

The library hosts story times, special events, summer reading programs, book clubs and more. Fee for non-Dover residents.

<https://www.dover.nh.gov/government/city-operations/library>



Durham

Parks and Trails

Adams Point

603-778-0015

85 Adams Point Rd., Durham

Picnic, hike and harvest oysters. Fields, forest, tidal marshes and rocky shores.

<https://greatbay.org/adams-point>

Doe Farm

603-868-8064

Bennett Rd., Durham

Hiking and running, cross-country skiing and snowshoeing, mountain biking, dog-walking, fishing and bird watching.

https://www.ci.durham.nh.us/boc_conservation/doe-farm#:~:text=Bennett%20Road%20%7C%2087%20acres,Bennett%20Road%20about%200.8%20miles

East Foss Farm

603-862-1453

Foss Farm Rd., Durham

Walking, running, hunting and mountain biking.

<https://colsa.unh.edu/eastFossFarm>

Jackson's Landing

10 Old Piscataqua Rd., Durham

Playground, skating, walking trails, mountain biking, leashed dog walking, fishing and birdwatching.

https://www.ci.durham.nh.us/boc_conservation/jacksons-landing

Parks and Trails

Longmarsh Preserve

603-868-8034

127 Longmarsh Rd., Durham

Hiking and running, cross-country skiing and snowshoeing, mountain biking, dog-walking, fishing, and birdwatching.

https://www.ci.durham.nh.us/boc_conservation/longmarsh-preserve

Oyster River Forest

603-868-8064

Packersfalls Rd., Durham

Hiking, running, snowshoeing, cross-country skiing, mountain biking, fishing, hunting and dog walking.

https://www.ci.durham.nh.us/boc_conservation/oyster-river-forest-aka-sprucewood-forest

Sweet Trail

Longmarsh Rd. in Durham to the Great Bay Estuary in New Market.

Hiking in an array of upland forests, freshwater wetlands and tidal salt marsh.

<https://www.alltrails.com/trail/us/new-hampshire/sweet-trail>

Thompson Forest

603-868-8064

199-177 Wednesday Hill Rd., Durham

Biking, cross-country skiing, birding and fishing.

<https://www.alltrails.com/trail/us/new-hampshire/thompson-forest-trail-loop>

Parks and Trails

Wagon Hill Farm

603-868-5571

156 Piscataqua Rd., Durham

Hiking and running, cross-country skiing and snowshoeing, dog walking, picnicking and photography.

https://www.ci.durham.nh.us/boc_conservation/wagon-hill-farm

West Foss Farm

Mill Rd., Durham

Walking, running, mountain biking, and cross-country skiing.

<https://colsa.unh.edu/westFossFarm>

Wiswall Dam and John Hatch Park

603-868-5571

25 Wiswall Rd., Durham

This site is a popular spot for viewing the dam, the historic mill ruins, and the fish ladder.

<https://www.ci.durham.nh.us/conservation-lands-parks/wiswall-dam-and-john-hatch-park>



Playgrounds

Jackson's Landing Community Playground

10 Old Piscataqua Rd., Durham

Woodridge Park

Fogg Drive and Meserve Rd., Durham

Playground, skateboard park, baseball and soccer fields, tennis courts, half-court basketball courts and picnic tables.

https://www.ci.durham.nh.us/boc_conservation/father-lawless-fields-woodridge-park

Camps

UNH Youth Programs

1 Leavitt Lane, 2nd Floor, Durham

There are many, many choices of programs and camps at this website:

unh.edu/youthprograms

Camp Wildcat

Provides a variety of recreation opportunities while offering UNH students work experience.

<https://www.unh.edu/youthprograms/camp-wildcat>

REACH Summer Camp

Durham Recreation Dept.

603-817-4074

2 Dover Rd., Durham

Summer camp and Friday field trips.

<https://durhamrec.recdesk.com/Community/Page?pageId=9871>

Teen Camp Wildcat

An extension of Camp Wildcat. Promotes growth and development for the campers while providing a fun and adventurous environment outside of a typical Camp Wildcat day.

<https://campusrec.unh.edu/teen-camp-wildcat>

Sailing Camp

Sailing, kayaking and paddleboarding.

<https://www.unh.edu/youthprograms/course-search-results?text=sailing>

Camps

Wildcat Vacation Camp

One week of sports, arts and crafts, free swim, hobbies and adventure. For children currently enrolled in grades 1-6. Spring and summer.

<https://www.unh.edu/youthprograms/course/wildcat-vacation-camp>

4-H Barry Conservation Camp

64 Old Bay Road, New Durham

Kids enjoy hands-on learning in environmental and conservation programs and small camps.

<https://extension.unh.edu/new-hampshire-4-h/barry-conservation-camp>

Growing Places

603-868-1335

60 Strafford Ave, Durham

Traditional summer camp experience.

<https://growingplacesnh.org/our-programs/school-age-camps>



Sports

Bremner Field at UNH

Adult Soccer

603-862-1900

Main St., Durham

<https://www.unh.edu/events-conferences/facility/bremner-field>

Churchill Rink at Jackson's Landing

10 Old Piscataqua Rd., Durham

603-868-3907

Public skating and hockey. Private rentals.

<https://churchillrink.org>

Durham Recreation Dept.

2 Dover Rd., Durham

Pilates, Zumba, Tai Chi and fitness bootcamp.

<https://www.ci.durham.nh.us/recreation>

Oyster River Youth Association

Soccer, basketball, hockey/skate, baseball and softball, lacrosse, field hockey, tennis, track and field, cross-country, surfing, football, golf and volley ball programs for kids.

<https://oryarec.org>

UNH Aquatics

Swim Lessons

Swasey Indoor Pool, UNH

603-862-2031

145 Main St., Durham

Lessons for ages 3 to adult. Private lessons are available for children who need special attention, or have special needs.

<https://campusrec.unh.edu/programs/aquatics>

Sports

UNH Therapeutic Riding

Kendall Hall

603-862-0822

129 Main St., Durham

Group and private mounted therapeutic riding and ground-based equine assisted activities.

<https://colsa.unh.edu/agriculture-nutrition-food-systems/opportunities/therapeutic-riding-program>

Whittemore Center Arena

University of New Hampshire Campus

128 Main St., Durham

Multi-use arena featuring an ice rink, multi-activity courts and an indoor track.

<https://www.unh.edu/events-conferences/facility/whittemore-center-arena>



Arts and Crafts

Paul Creative Arts Center

603-862-7222

30 Academic Way, Durham

UNH's center for fine and performing arts. Visitors can view faculty and student artwork and hear lectures by visiting artists and art historians, enjoy frequent music performances by guest artists, student ensembles, and faculty, and attend plays, musicals and dance concerts.

<https://cola.unh.edu/paul-creative-arts-center>



Developmental Opportunities

Best Buddies

603-836-3473

4 Garrison Ave, Durham, NH 03824

Programs are designed to empower people with intellectual and developmental disabilities form meaningful friendships with their peers, secure jobs, improve communication and advocacy skills, and live independently while also offering support for their families.

<https://bestbuddies.org/newhampshire>

Friends in Action

603-812-6832

17 Main St, Durham, NH 03824

The goal of Friends in Action is to have people who might otherwise be very isolated have real, meaningful friendships, places to go, things to do and people to meet.

<https://friendsinactionnh.org>

Northeast Passage

603-862-0070

121 Technology Dr., No. 161, Durham

Empowering individuals with disabilities to define, pursue, and achieve their Therapeutic Recreation and Adaptive Sports goals.

<https://www.nepassage.org>

Mark Your Calendar

Adult Day Trips

603-817-4074

2 Dover Rd., Durham

Visit sites such as Peabody Essex Museum, Maine Botanical Gardens and Lavender Hill Farm in the spring.

<https://durhamrec.recdesk.com/Community/Page?pageId=9871>

Downtown Durham Day

66 Main St. and Jenkins Ct.

Games, activities, live music and ice cream eating contest.

August.

<https://durhamrec.recdesk.com/Community/Page?pageId=9871>

New England Sea Glass & Craft Festival

Wittamore Center

128 Main St., Durham

Handmade items, mostly sea glass, also artisan goods and foods.
June.

<https://visithn.gov/things-to-do/events-calendar/new-england-sea-glass-craft-festival-at-unh-durham-nh>

Trot in the Trees

Durham Parks and Recreation

603-817-4074

2 Dover Rd., Durham

5K Trail race and fun run. October.

<https://durhamrec.recdesk.com/Community/Page?pageId=9871>

Other Fun Things to Do in Durham

Beyond Escape Room

603-244-3017

54 Main St., Durham

An escape game is a real-life experience where participants must use elements found in the room and the group's collective knowledge to find clues, solve puzzles and escape / or find the missing item within a certain amount of time.

<https://escapegamenh.com>

Durham Farmer's Market

603-241-4400

70 Main St., Durham

Mondays 2:30 to 6 June to October. Live Music.

<https://seacoasteatlocal.org/durham>

Durham Public Library

603-868-6699

49 Madbury Rd., Durham

Kids programs, games, needle crafts, book group, museum passes and more.

<https://durhampubliclibrary.org>

Durham Recreation Center

603-817-4074

2 Dover Rd., Durham

After School programs, camps, special events, and adult programs.

<https://durhamrec.recdesk.com/Community/Page?pageId=9871>

Other Fun Things to Do in Durham

Emery Farm

603-742-8495

147 Piscataqua Rd., Durham

Activities and community events. Spring garden center, fall field trips, wagon rides, private parties and events.

<https://emeryfarm.com>

UNH Observatory

603-862-2669

DeMeritt Hall 237A

9 Library Way, Durham

No appointments are required to attend. All ages and levels of astronomy knowledge are welcome. Public observin sessions take place every first and third Saturdays of every month.

<https://ceps.unh.edu/physics-astronomy/unh-observatory>



Farmington

Parks and Trails

Abbott's Grant - Farmington Town Forest

321 Bay Rd., Farmington

Preserved area offering scenery and trails including areas near Waldron Pond and the Cocheco river.

Blue Job Mountain State Forest

393 Hornetown Rd, Farmington

Hiking trails and blueberry fields lead up to a hilltop fire tower.

James B. Edgerly Memorial Park

This is a small well-kept park along Farmington's Main Street with picnic tables, level paved paths, the town's Civil War Monument which was dedicated in 1890, and two cannons.

Mad River Conservation Land - The Flume

10-12 Mad River, Farmington

Hiking, horseback riding, camping and golfing.

McCarthy's Trail

160 NH 153, Farmington

This .8 mile trail is great for walking, birding and hiking. The best times to visit are from March to October. Dogs are welcome and may be off-leash in some areas.

<https://www.alltrails.com/trail/us/new-hampshire/mccarthy-trail>

Vision Park

603-755-9867

98 Paulson Rd., Farmington

Walking trail, playground, picnic area, and basketball court.

Playgrounds

Fernald Park

Intersection of Tappan St. and Central Street, Farmington
Walking trails, picnic areas, and open green spaces.

<https://farmington.nh.us/1212/Parks-Recreation-Department>

Valley View Community School

70 Thayer Dr., Farmington

Playground is open to the public after school hours.

Camps

Farmington Rec Center Camp

603-755-2405

531 Main St., Farmington

Camp for grades K - 8. Offers field trips and a full schedule of fun and engaging activities such as outdoor recreation, crafts, games, and social programming designed to keep campers active and connected throughout the summer.

https://farmingtonnh.myrec.com/info/activities/program_details.aspx?ProgramID=29888

Sports

Farmington 500

603-755-2311

P.O. Box 404, Farmington

Kids programs include baseball, softball, basketball, football, golf, Tang Soo Do, soccer and volleyball.

<https://www.farmington500.org>

Farmington Shotokan Karate Dojo

603-755-2405

531 Main St., Farmington

This program takes place at the Farmington Recreation Center.

No experience needed. Karate helps build strength, confidence, focus and respect.

https://farmingtonnh.myrec.com/info/activities/program_details.aspx?ProgramID=29875

Pickle Ball

603-755-2405

531 Main St., Farmington

https://farmingtonnh.myrec.com/info/activities/program_details.aspx?ProgramID=29892



Senior Recreation

Fitness Programs at the Senior Center

527 Main St., Farmington

Cardio, Chair Yoga and Zumba Gold.

<https://farmingtonnh.myrec.com/info/default.aspx>

Recreation Center

Hosts Senior Craft Hours, Technology Q&A for Seniors

Senior Recreation Potlucks and Bingo.

<https://farmingtonnh.myrec.com/info/default.aspx>



Farms

Butternut Farm

603-231-6066

195 Meaderboro Rd., Farmington

Open June through October for pick-your-own blueberries, raspberries, strawberries, peaches and apples. Hard cider tastings onsite.

<https://www.butternutfarm.net>



Mark Your Calendar

Family Nights in the Park

Fernald Park

Central St., Farmington

Bring a picnic and enjoy a puppet show, music, theater and a foam party. Wednesdays at 6pm during July.

<https://goodwinlibrary.org/blog/2026/07/03/family-nights-in-the-park-wednesdays-at-600pm>

Farmington Town-Wide Yard Sale

603-755-2405

531 Main St., Farmington

This is an annual mid-June event.

https://farmingtonnh.myrec.com/info/activities/program_details.aspx?ProgramID=29866

Hay Day Event

603-755-2405

Downtown Farmington

This annual, family-friendly summer community festival held by the Parks and Recreation department, traditionally taking place in August. It features a full day of activities, including food trucks, vendors, live music, a foam party, and fireworks to conclude the festivities. August.

https://farmingtonnh.myrec.com/info/activities/program_details.aspx?ProgramID=29897#144017

Mark Your Calendar

Mom and Son Day Glow Battle Arena Nerf War

603-755-2405

531 Main St., Farmington

Games, photobooth, snacks and party favors.

Mid-January and mid-April.

<https://www.sau61.org/news/1822904/mom-and-son-glow-battle-arena-farmington-rec>

National Night Out

Goodwin Library

422 Main St., Farmington

Free family fun. Touch-a-truck, games and storytelling.

<https://farmingtonnh.myrec.com/info/default.aspx>



Other Fun Things to Do in Farmington

4-H

603-755-2405

531 Main St., Farmington

This program is through the Farmington Recreation Center and can be registered for through the city.

4-H is a youth development program that empowers young people to develop leadership skills, responsibility, and citizenship throughout the United States.

https://farmingtonnh.myrec.com/info/activities/program_details.aspx?ProgramID=29876

Community Garden

82 Bay Rd., Farmington

Accepts donations of gardening tools, plants, pots and planters.

<https://www.ci.durham.nh.us/recreation>

Cub Scout Pack 186

Lots of events, hands-on activities and outdoor adventure at various locations in Farmington and beyond.

<https://farmingtonnh.myrec.com/info/default.aspx>

Goodwin Library

603-755-2944

422 Main St., Farmington

Tween and adult activities, craft and chats, book clubs, story time, museum passes and more.

<https://goodwinlibrary.org/blog/category/program>



Lee

Parks and Trails

Bedrock Gardens

Public garden that integrates unusual botanical specimens, unique sculptures, and interesting landscape design. Classes. Opens for the season in May.

<https://bedrockgardens.org>

Dudley Lot

92 Lee Hook Rd., Lee

Multi-use property open to the public for most forms of non-motorized recreation including fishing.

<https://colsa.unh.edu/dudleyLot>

Friend Lee Pet Park

603-868-1800

40 Concord Rd., Lee

Dog park.

<https://friendlypets.com/friendly-pets-dog-park>

Lee Town Forest

Off George Bennett Rd. Designated parking area for trail access is situated at the Lee Public Library, 9 Mast Rd., Lee
1.8 mile loop on well-maintained paths.

<https://alltrails.com/trail/us/new-hampshire/lee-town-forest-trail-loop>

Parks and Trails

Little River Parks and Fields

34 North River Rd., Lee

Community park with a sandbox, playground, picnic tables, basketball court, ball fields, basketball hoops and walking trails.

Mast Way School Playground

23 Mast Rd., Lee

Available after school hours.

Maud Jones Memorial Forest Trail

42 Garrity Rd., Lee

09 mile loop.

<https://alltrails.com/trail/us/new-hampshire/maud-jones-memorial-forest-trail>



Sports

Fore on 4 Driving Range

603-608-3484

86 Concord Rd., Lee

Golf driving range offering a practice bunker, 2 putting greens and the use of range finders.

Lee USA Speedway

603-404-4784

380 Calef Hwy., Lee

NASCAR-style modified, super late model, and spectator racing events. Car shows, flea markets and more.

<https://www.leespeedway.com/>

Town Field Ice Skating Rink

At Randy Stevens Pavilion

249 Calef Hwy., Lee

Seasonal, weather-dependent outdoor community rink. Operates from dawn to 8pm.

<https://www.leenh.org/recreation-commission>



Farms and Farmer's Market

Coppal House Farm

603-659-3572

118 North River Rd., Lee

Sunflower, Corn Maze and Open Farm Day events. Sleigh rides in the winter. Pick your own fruit seasonally. Farm is open for sale of free-range chickens, eggs, lamb and more.

<https://nhcornmaze.com>

DeMerritt Hill Farm

603-868-2111

20 Orchard Way, Lee

Pick your own fruits, vegetables and pumpkins. Christmas trees are sold during the season. Farm animals and a fall-season store. Hay rides during fall apple picking season.

<https://demeritthillfarm.com>

Lee Farmer's Market

603-659-9329

28 North Little River Park Rd., Lee

Thursdays 3-6:30pm May through September.

<https://facebook.com/leefarmersmarket>



Mark Your Calendar

Corn Maze

Coppal House Farm

603-659-3572

118 North River Rd., Lee

Including an artisan craft fair, food, harvest weekend, wagon rides, music and more. One weekend in the fall. Check the website for dates.

<https://nhcornmaze.com/corn-maze-home>

Haunted Overload

DeMerritt Hill Farm

603-868-2111

20 Orchard Way, Lee

Known for its immense, handmade and artistic sets. Main event (night) features actors, intense scares, fog and strobe lights.

Fright Night Lite offers the same atmosphere with lights and sound but no actors, ideal for those who prefer fewer jump scares. Daytime Haunt is a family-friendly, non-scary option to walk the trail and appreciate the massive, detailed and artistic sets. Pre-ticketed event. Halloween.

<https://demeritthillfarm.com/our-events/haunted-overload>

Open Farm Day

Coppal House Farm

603-659-3572

118 North River Rd., Lee

Animal viewing, farm demonstrations, local vendors, wagon rides, and music. Mid April.

<https://nhcornmaze.com/open-farm-day>

Sunflower Festival

Coppal House Farm

603-659-3572

118 North River Rd., Lee

Sunflowers, craft fair and food vendors. Mid-July to early August.

<https://nhsunflower.com>

Other Fun Things to Do in Lee

Lee Historical Society

603-659-2883

11 Mast Rd., Lee

Preserving and interpreting Lee's history, through the collection, conservation and exhibition of artifacts, documents and audio/visual materials. Visit Saturdays from 9 to 12.

<https://leenhhistoricalsoc.org>

Lee Public Library

603-659-2626

9 Mast Rd., Lee

Story time, after school library club, family nights and various activities.

<https://leelibrarynh.org>



Madbury

Trails

Beech Hill Road Loop

Begin near the soccer complex at Tibbets Field and follow the trail into the woods. This is a popular spot for mountain bikers.

<https://alltrails.com/trail/us/new-hampshire/beece-hill-road-loop>

Kingman Farm Nature Trail

603-742-5131

Parking lot is at 13 Town Hall Rd., Madbury

<https://www.alltrails.com/trail/us/new-hampshire/kingman-farm-nature-trail>

Power Major's Forest

25 Lee Rd., Madbury

An easy hike that covers 2.4 miles. Also cross-country skiing, dog-walking, geocaching and snow-shoeing.

<https://forestsociety.org/property/powder-majors-forest>



Playgrounds

Moharimet Elementary School

11 Lee Rd., Madbury

Playground is available after school hours.

Sports

Oyster River Youth Association

603-868-5150

9 Town Hall Rd., Madbury

Basketball, hockey/skate, baseball and softball, volleyball, lacrosse, field hockey, tennis, soccer, track and field and more.

<https://oryarec.org>

Victory Gallop Green Acres

603-494-7768

174 Drew Rd., Madbury

Equestrian facility offering boarding, lessons and schooling.

<https://victorygallopatgreenacres.com>



Sports Facilities

Demeritt Park Field

10 Town Hall Rd., Madbury

Baseball diamond and full-sized soccer field.

<https://www.oryarec.org/page/show/9512387-facilities>

Tibbitt's Field

25 Lee Rd., Madbury

Soccer fields and fitness trails.

<https://leagues.bluesombrero.com/Default.aspx?tabid=777314>

Other Fun Things to Do in Madbury

Madbury Public Library

603-743-1400

11 Town Hall Rd., Madbury

Book, quilting, and writing groups, children's programs and museum passes.

<https://madburylibrary.org>



Middleton, Milton & Milton Mills

Parks and Beaches

James Culverhouse Memorial Playground

at Milton Town Beach

852 White Mountain Hwy., Milton

Family-friendly playground with picnic areas and a sandy beach.

Milton Town Beach

603-652-7308

852 White Mountain Hwy., Milton

Open June to September

There is a fee to use the beach and season passes are available through the Town Clerk's office.

<https://www.miltonnh-us.com/milton-parks-recreation/pages/town-beach>

Waumbeck Park

603-652-4501

76 Church St., Milton Mills

The park features a picnic area, a fishing spot, and a gazebo.

Joggers and dog walkers enjoy this area.

<https://park-usa.nears.me/parks/united-states/new-hampshire/milton-mills/trusted-waumbeck-park-milton-mills-nh>



Trails

Camsie Anna Nature Trail

607 Applebee Rd., Milton Mills

1.4 mile loop. Children's storybook walk, hiking, cross-country skiing and snowshoeing.

Moose Mountains Reservation

End of New Portsmouth Rd., Middleton

Cross-country skiing, dog-walking, hiking trails and snowshoeing.

<https://forestsociety.org/property/moose-mountains-reservation>

Jones Brook / Payne Conservation Easement

Rt. 125 next to Payne Parcel, Milton

Hiking, fishing and wildlife watching.

<https://mmrgnh.org/directory/jones-brook-payne>

Plummer's Ridge Forest and Farm Hiking Trails

1362 White Mountain Hwy, Milton

2.6 mile loop. Trails are great for dog walkers, trail runners and hikers.

<https://www.alltrails.com/trail/us/new-hampshire/plummers-ridge-trail>

Mt. Teneriffe Trail

Teneriffe Rd. about one mile north of Cumberland Farms.

1.9 mile loop. Walking and hiking.

<https://www.alltrails.com/trail/us/new-hampshire/mt-teneriffe-trail>



Camps

Camp Three Ponds

603-652-4501x8

852 White Mountain Hwy., Milton

Outdoor activities, crafts, games, field trips and swimming.

<https://www.miltonnh-us.com/milton-parks-recreation/pages/camp-three-ponds-1>

Recreation Departments

Milton Parks and Recreation Department

603-652-4501 x8

55 Industrial Way, Milton

Community events, yoga classes, Camp 3 Ponds and senior Bingo.

<https://www.miltonnh-us.com/milton-parks-recreation/pages/community-events>

Sports

Milton Parks and Recreation Department

Youth basketball, soccer and martial arts.

603-652-4501 x8

852 White Mtn. Hwy., Milton

<https://www.miltonnh-us.com/milton-parks-recreation/pages/youth-programs>



Libraries

Milton Free Public Library

603-743-8535

13 Main St., Milton Mills

Children, teen and adult activities, book club, Hoopla, museum reimbursement, homeschool and education, telescope and more.

<https://miltonfreepubliclibrary.org>

Nute High School and Library

603-652-7829

22 Elm St., Milton

Children's room and story times, board games, movies and a community room for local groups and gatherings.

<https://www.nutelibrary.com>



Mark Your Calendar

Milton

Annual Easter Egg Hunt

Crafts and a visit from the Easter Bunny.

<https://www.miltonnh-us.com/milton-parks-recreation/pages/community-events>

Annual Toy Drive

Collection of unwrapped toys for children in need.

<https://www.miltonnh-us.com/milton-parks-recreation/pages/community-events>

Breakfast with Santa

Holiday party to assist the Toys for Tots program.

<https://www.miltonnh-us.com/milton-parks-recreation/pages/community-events>

Halloween Spooktacular

603-652-7308

852 White Mountain Hwy., Milton

Trunk or Treat at the Milton Town Beach

<https://www.miltonnh-us.com/milton-parks-recreation/pages/community-events>

Kid's Night Out

603-652-4501 x8

55 Industrial Way, Milton

One Friday night a month, children can join for a night of fun that includes dinner, treat, crafts, games and a movie.

<https://www.miltonnh-us.com/milton-parks-recreation/pages/youth-programs>

Mark Your Calendar

Mcktoberfest

McKenzie's Farm

71 Northeast Pond Rd., Milton

Apple picking, cider making, food, music, trailer rides, face painting, caramel apples and more.

<https://mckenziesfarm.com/events>

Summer Kick Off

Battle at the Beach, NH State Championship and chili cookoff.
Mid-June.

<https://www.miltonnh-us.com/milton-parks-recreation/pages/community-events>

Winter Carnival

Winter activities.

<https://www.miltonnh-us.com/milton-parks-recreation/pages/community-events>

Woods, Water and Wildlife Festival

307 Applebee Rd, Milton

Activities include nature arts and crafts, visits with farm animals, youth fishing, hayrides, outdoor/gardening skill sharing and demonstrations, food trucks and beverages, live music and more.

Mid-August.

<https://mmrgnh.org/events/2026-woods-water-and-wildlife-festival>

McKenzie's Farm

71 Northeast Pond Rd., Milton

Fruit picking and homemade baked goods and garden center during the growing season.

<https://mckenziesfarm.com/u-pick-calendar>

Other Fun Things to Do in Milton, Milton Mills and Middleton

Milton Historical Society

56 Main St. Milton Mills, NH

Acquires, conserves and shares local artifacts and information on matters of local historic interest. Hours by appointment.

<https://miltonnhhistory.org>

Milton Parks and Recreation Department

603-652-4501 x8

852 White Mountain Hwy., Milton

One Friday night a month, children can join for a night of fun that includes dinner, treat, crafts, games and a movie.

<https://www.miltonnh-us.com/milton-parks-recreation/pages/youth-programs>

New Hampshire Farm Museum

603-652-7840

1305 White Mountain Hwy., Milton

Visit historical buildings, barns and agricultural exhibits, take a historic tour, see farm animals and a cider mill, grind corn, feed chickens and more. This is a working farm and produce is available in the Country Store. Hosts special events, programs and workshops. School and youth programs.

<https://nhfarmmuseum.org>

New Durham

Parks and Trails

Birch Ridge Community Forest Loop

246-182 Merrymeeting Rd., New Durham

Hiking, mountain biking, cross-country skiing, snowshoeing and snowmobiling.

<https://mmrgnh.org/directory/birch-ridge-community-forest>

Cooper Cedar Woods

Henry Wilson Hwy, New Durham

.6 mile loop that travels through a rare Atlantic White Cedar swamp. Boardwalks help you traverse wet areas.

<https://alltrails.com/trail/us/new-hampshire/cooper-cedar-woods-via-main-trail>

Devil's Den Trail

4 mile trail. This hike involves climbing cavernous ledges so it is not recommended for those who are afraid of small places. Trails can be challenging to navigate so it's best to download the map beforehand.

<https://alltrails.com/trail/us/new-hampshire/devils-den-trail>

Jennings Forest

South of Middleton Rd., New Durham

Dog walking, fishing and bird watching.

<https://forestsociety.org/property/jennings-forest>

Parks and Trails

Jone's Brook Wildlife Trail

Trailhead and parking are accessed off Merrymeeting Rd.

2.1 mile trail. Easy route great for hiking.

<https://alltrails.com/trail/us/new-hampshire/jones-brook-wildlife-trail>

Merrymeeting Lake

New Durham Town Park and Beach

6 S. Shore Rd., New Durham

Swimming, boating and fishing. This is a great spot for water skiing, tubing and snorkeling. NH Fish and Game stocks the lake with rainbow trout, landlocked salmon, smallmouth bass and more.

<https://merrymeetinglakenh.com>

Mount Eleanor

Access to trail is at the parking area on the east side of

Merrymeeting Rd., New Durham

2 mile trail including a mix of logging roads and newer single track.

<https://alltrails.com/trail/us/new-hampshire/mount-eleanor>

Mt. Molly Trail

Primary trailhead and public parking area are located near 14

North Shore Rd., New Durham

3.2 mile trail up to the summit of Mt. Molly. Offers a lookout over Merrymeeting Lake.

<https://www.alltrails.com/trail/us/new-hampshire/mount-molly-trail>



Camps

Camp Birch Hill

603-859-4525

333C Birch Hill Rd., New Durham

Overnight Summer Camp.

<https://campbirchhill.com>

Camp Marantha

140 Merrymeeting Rd., New Durham

Christian family camping.

<https://www.maranathanh.org>

Lions Camp Pride

603-482-6115

154 Camp Pride Way, New Durham

Special needs camps, family outings, and youth retreats.

<https://lionscamppride.org>

Water Monkey Camp

617-855-9253

298 Merrymeeting Rd., New Durham

This is a traditional overnight camp focused on wakeboarding, wakesurfing and waterskiing. Campers of all levels are welcome.

<https://watermonkeycamp.com>



Sports

Kids Fishing Derby

Farmington Fish and Game Club

64 Old Bay Rd., New Durham

Hosted by Rochester Elks No. 93. Open to children and grandchildren age 5 to 12 .

Catch-and-release fishing with a lunch/grill served by volunteers.

Prize giveaways. Early May.

New Durham Ball Fields

Smitty's Way, New Durham

Soccer and tee ball.

<https://ndparksandrec.com>

NNew Durham Parks and Recreation

Kick ball, ultimate frisbee, beach volleyball and flag football. Nerf wars during the summer months.

<https://ndparksandrec.com>



Other Fun Things to Do in New Durham

New Durham Farmer's Market

30 Depot Rd., New Durham

<https://farmersmarket.country/market/new-durham-hampshire-farmers-market>

New Durham Public Library

603-859-2201

2 Old Bay Rd., New Durham

Cookbook, mystery, homeschool clubs and more. A library of things such as a telescope or cd player are available.

<https://www.newdurhamlibrary.org>

New Durham Parks and Recreation

603-859-2091

Community Room behind the fire station

Cribbage, family game nights, community breakfasts and senior bingo.

<https://www.ndparksandrec.com>

Powder Mill Fish Hatchery

603-859-2401

288 Merrymeeting Rd., New Durham

Learn how fish are hatched and reared. Guided tours are available by reservation. Open year round.

<https://www.merrymeetinglakenh.com/areas-of-attraction/2018/7/25/powder-mill-nh-state-fish-hatchery>



Rochester

Parks

Hanson Pines

603-332-4120

24 Yeagley Way, Rochester

Adjacent to Spaulding High School

Playground, kiddie pool, outdoor pool, basketball courts and walking trails.

<https://rochesternh.gov/rochester-recreation-arena/pages/dominicus-hanson-pines>

Nancy Loud Park

603-332-4120

5 Cocheco Ave., Rochester

Playground, fitness equipment, basketball court, shade pavillion and East Rochester Pool.

<https://rochesternh.gov/recreation-arena/pages/nancy-loud-park>

Rochester Common

100 Common St., Rochester

Picnic tables, playground, 1 mile walking loop, and baseball field.

<https://rochesternh.gov/recreation-arena-clone/pages/rochester-common>

Roger Allen Park and Memorial Field

603-332-2357

195 Chestnut Hill Rd., Rochester

Playground and baseball field.

<https://rogerallenpark.com>

Trails

Isinglass Trail

377 Rochester Neck Rd., Rochester

4.4 miles. Wide walking path starting at the Gonic Trails Falls.

<https://alltrails.com/trail/us/new-hampshire/isinglass-trail>

Pickering Ponds Trail

175 Pickering Rd., Rochester

2+ miles of trails looping along the Cocheco River

Walking, hiking, snowshoeing, cross-country and skiing. Leashed dogs allowed.

<https://rochesternh.gov/recreation-arena/pages/pickering-ponds>



Rochester Public Schools Playgrounds Open to the Public After School Hours

Chamberlain Street School

65 Chamberlain St., Rochester

East Rochester School

773 Portland St., E. Rochester

Maple Street Magnet School

27 Maple St., Rochester

McClelland School

59 Brock St., Rochester

Nancy Loud School

5 Cocheco Ave., E. Rochester

School Street School

13 School St., Rochester

William Allen School

23 Granite St., Rochester



Camps

Granite YMCA / Camp Coney Pine

603-332-7334

63 Lowell St., Rochester

Day, and overnight camps.

<https://graniteymca.org/camps/day-camp>

Jack and Jill School

603-332-3177

56 Whitehall Rd., Rochester

Summer camps for 3 to 6 year-olds.

<https://jackandjillschool.net>

Teen Travel Camp

603-332-4120

150 Wakefield St., Rochester

One day a week, 7 week program for teens 14-15 years old (or 13-year-olds who have completed 8th grade). Rec Van will depart from and return to the Rec Center.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2268>

Return to Roots Learning Community

603-883-5042

16 Whitehall Rd., Rochester

Summer camps.

<https://returntorootslearning.org/about-6>

Rochester Opera House

603-332-2211

31 Wakefield St., Rochester

Camps, classes and workshops for students of all ages, levels and backgrounds.

<https://rochesteroperahouse.com/camps-classes-workshops>

Camps

Rec Counselor in Training Program

This is an educational and recreational program that helps teens develop the skills and attributes necessary to be a successful summer camp counselor.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2128>

Rochester Parks and Recreation

603-332-4120

150 Wakefield St., Ste. 1, Rochester

Summer camps.

<https://rochesternh.gov/recreation-arena/pages/rec-summer-camp>

Rochester Country Club

Golf camps.

<https://rochestercc.com/lessons/rochester-cc-instructors>



Pools

East Rochester Pool

24 Green St., Rochester

Public swim. Lessons available. Open all week and hours vary from day to day.

<https://rochesternh.gov/recreation-arena/pages/outdoor-public-pools>

Gonic Pool

8 Railroad Ave., Gonic

Public swim. Lessons available. Open all week and hours vary from day to day.

<https://rochesternh.gov/recreation-arena/pages/outdoor-public-pools>

Hanson Pines Pool and Kiddie Pool

24 Yeagley Way, Rochester

Public swim. Lessons available. Open all week and hours vary from day to day.

<https://rochesternh.gov/recreation-arena/pages/outdoor-public-pools>



Sports

Buddy Ball

Howie's Field of Dreams

Roger Allen Park

603-332-2537

195 Chestnut Hill Rd., Rochester

Players ages 5 to 19 with physical or mental challenges can enjoy playing the game of baseball. This division makes allowance for a "buddy" to help the player swing a bat, round the bases, catch the ball, etc.

<https://www.howiesfieldofdreams.com>

Corrine's School of Dance

603-335-5643

25 Old Dover Rd., Rochester

Dancing lessons for all ages. From beginner to pre-professional.

<http://www.corinnesschoolofdance.com>

Dance 'N Motion

603-335-4000

6 Lilac Mall Rd., Rochester

Offers a variety of dance classes and performing arts instruction for dancers of all ages and skill levels.

Nancy Loud Park

5 Cocheco Ave., Rochester

Playground, fitness equipment, basketball court, shade pavilion and East Rochester Pool.

<https://rochesternh.gov/recreation-arena/pages/nancy-loud-park>

Red Alert Skateboard Shop and Indoor Spot

603-948-1173

54 Allen St., Rochester

Lessons and park rentals. Membership available.

<https://redalertskateshop.com>

Sports

Rochester Girls Softball League

Hosted at Roger Allen Park

195 Chestnut Hill Rd., Rochester

Under charters by Babe Ruth International. Babe Ruth

Tournament Trail and USA Softball Summer season tournament teams. Ages 4 to 18.

<https://rochestergirlssoftball.com>

Rochester Ice Arena

603-332-4120

63 Lowell St., Rochester

Public skate. Open seasonally.

<https://rochesternh.gov/recreation-arena/pages/outdoor-rink-at-the-common>

Roger Allen Park

603-332-2537

195 Chestnut Hill Rd., Rochester

96-acre park dedicated to serving the youth of Rochester and surrounding area. 9 baseball fields, 5 softball fields, 1 football field, 3 soccer fields and a special Bambino Buddy Ball facility.

<https://rogerallenpark.com>

Soulshine Studio

603-205-2064

725 Columbus Ave., Rochester

Provides a diverse range of group fitness classes including cardio dance, strength training, yoga, Pilates, muscle conditioning, senior classes and more.

<https://thesoulshinestudionh.com>

Studio 109

603-335-7022

73 Pickering Rd., Ste. B96, Gonic

Dance classes for all levels and ages.

<https://studio109dance.com>

Sports Hosted by Rochester Parks and Recreation

Lap Swimming

Gonic Pool

8 Railroad Ave., Gonic

This program is designed for accomplished swimmers looking for an outdoor opportunity to get some exercise by swimming laps from end to end.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2339>

18+ Volleyball

Rochester Rec Center Gym

150 Wakefield St., Rochester

Weekly co-ed pick up volleyball games for intermediate to advanced players.

Mondays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=1726>

Rock Steady Boxing

This program helps to improve the balance, mobility and strength of people fighting Parkinson's. Non-contact, boxing-inspired fitness program. Mondays and Wednesdays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=1839>

Sports Hosted by Rochester Parks and Recreation

Iyenfar Yoga

This style of yoga emphasizes the integration of mind, body and spirit. Mondays. 16 and up.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=1732>

Kundalini Yoga

This is a dynamic practice that combines postures, breath techniques, mantra and meditation.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=1733>

Sunday Morning 18+ Pick-Up Sports

Court 1 Pickleball

Court 2 Basketball

Court 3 Floor Hockey

Pickleball and floor hockey will be held in organized games.

Basketball will be held in games when numbers allow.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=1782>

Family Open Gym Reservation

Courts 1, 2 and 3

Reserve 45 minutes at one of the 3 indoor basketball courts.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2365>

Open Gym for Home School Students & Families

Shoot some hoops, throw a frisbee or just run around. This program is intended to give Rochester Home School Students and their families a convenient, indoor location to be active with other families.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=1779>

Sports Hosted by Rochester Parks and Recreation

Pop-Up Family Open Gym

Shoot some hoops, throw a frisbee or just run around. This program is intended to give Rochester families a convenient, indoor location to be active with other families.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2360>

Sunday Family Pickleball

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=1828>

Granite State Track and Field

Spaulding High School Track
130 Wakefield St., Rochester
Ages 9-14.

Basic events such as running, jumping and throwing.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2095>

Toddler Play Group

Nancy Loud Park
5 Cocheco Ave., Rochester

Rec staff will provide a selection of toddler toys and equipment in addition to the park equipment.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2344>

Sports Hosted by Rochester Parks and Recreation

Shotokan Karate

Ages 7 to 12

Structured skill-enhancing karate training designed to build confidence, motivate and challenge children.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=1990>

Swim Lessons

Lessons are provided from toddlers to advanced level for kids. June through July.

<https://www.rochesternh.gov/recreation-arena/pages/2026-swim-lessons>

Youth Tennis Program

150 Wakefield St., Rochester

Tennis courts are behind the Community Center.

Teaches kids the skill needed to serve, rally and keep score while gaining self-confidence.



Golf

Double Eagle Golf

603-948-2037

30 Rochester Neck Rd., Rochester

Offers lessons and a driving range.

Rochester Country Club

Golf. Adult private and group lessons and Junior lessons.

<https://rochestercc.com/lessons/rochester-cc-instructors>

Salmon Falls Disc Golf Course

603-493-2695

98 Bernard Rd., Rochester

Lessons and clinics, leagues, events and tournaments.

<https://salmonfallsdiscgolfcourse.com>

Squamanagonic Disc Golf Course

603-332-4120

53 Hansonville Rd., Rochester

18 hole course, golf league and tournaments.

<https://www.rochesternh.gov/rochester-recreation-arena/pages/squamanagonic>



50+ Senior Activities Hosted by Rochester Parks and Recreation

Rochester Parks and Recreation

603-332-4120

150 Wakefield St., Rochester

<https://rochesterrec.recdesk.com/Community/Program?category=4>

Aqua Zumba

Wednesdays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2342>

Zumba Gold

Mondays and Fridays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2250>

Game Day

Board games and card games.

Fridays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=1761>

Matter of Balance

Activity designed to reduce the fear of falling and improve activity levels. Tuesdays and Wednesdays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2149>

Mobility Class

Combines soft tissue work with static stretching and stability work.

Fridays

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=1725>

50+ Senior Activities Hosted by Rochester Parks and Recreation

Senior Breakfast

Buffet style.

Third Friday of the month.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=1751>

Drop-in Bridge Game Play

Come as a group or join with others.

Fridays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2237>

Cardio Drumming

Are you a rocker at heart? Exercise while having fun.

Mondays and Thursdays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2252>

Chair Yoga

Warm-ups and poses on the chair, then standing poses using the chair as support.

Wednesdays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=1727>

50+ Senior Activities Hosted by Rochester Parks and Recreation

Cribbage

Drop-in program.

Thursdays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=1729>

Early Bird Power Hour

Spring and summer hours. Cardio, weights and calisthenics.

Tuesdays and Thursdays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2239>

Mah Jongg Free Play

For experienced players and those who are still learning.

Mondays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=1762>

Evening Mah Jongg Free Play

For experienced players and those who are still learning.

Thursdays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=1901>

50+ Senior Activities Hosted by Rochester Parks and Recreation

Free Swim

At the Gonic Pool on Railroad Ave.
Mondays through Fridays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2340>

50+ Pep in Your Step

Beginner fitness class. Light cardio, weights and calisthenics.
Tuesdays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2254>

50+ Power Hour

Cardio, weights and calisthenics.
Tuesday and Thursdays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2336>

Quilting and Crafting

Drop-in programs great for beginners and those who want to work on a current project with company.
Mondays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=1730>

Walk With a Doc

A doctor will cover a specific subject. A 30-60 minute walk follows.
2nd Friday of the month.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2158>

50+ Senior Activities Hosted by Rochester Parks and Recreation

Walking Club

Month of June.

Fridays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2341>

RSVP Bone Builders

This is a low-impact weight training program designed to prevent and reverse osteoporosis.

Tuesdays and Thursdays during the spring and summer.

<https://rochesterrec.recdesk.com/Community/Program?category=4>

Tech Support

Questions answered about the capabilities of cellphones, tablets and computers.

Thursdays.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2390>

Bingo

Players must be at least 55 years old.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2410>



Mark Your Calendar

Concert on the Common

Free music series featuring everything from calypso, jazz, rock and roll, blues and more. July and August.

<https://rochesterrec.recdesk.com/Community/Program/Detail?programId=2364>

Granite State Fair

603-332-6585

72 Lafayette St., Rochester

Rides, games, food, entertainment and the unique Circus Hollywood, plus the Bus Derby, agricultural exhibits, vendors and activities. September.

<https://www.granitestatefair.com>

Lilac Family Fun Festival

603-332-4120

Spaulding High School and James Foley Memorial Community Center

150 Wakefield St., Rochester

Takes place mid-July. Free kiddie carnival rides, games, food trucks, local vendors, family-friendly activities and live entertainment. Concludes with a firework show.

<https://rochesternh.gov/lilac-family-fun-festival>



Other Fun Things to Do in Rochester

Concert on the Common

Rt. 108 and South Main St., Rochester

The city's summer concert series typically runs on Wednesday evenings, bringing free, family-friendly live music and performances to the downtown area.

<https://rochesternh.gov/recreation-arena-clone/pages/rochester-common>

Rochester Historical Society Museum

603-330-3099

58 Hanson St., Rochester

Open Thursdays from 1 to 4. There is a special program with informative speakers on the second Thursday of the month at 6.

<https://rochesternh.gov/historical-society-museum>

Rochester Museum of Fine Arts

James Foley Community Center

150 Wakefield St., Rochester

Rotating exhibitions and a permanent contemporary art collection including painting, sculpture, photography and works on paper. Open Mondays through Fridays from 9-4. Free admission.

<https://rocheatermfa.org/plan-your-visit>



Other Fun Things to Do in Rochester

Rochester Opera House

603-335-1992

31 Wakefield St., Rochester

Located in City Hall.

Music, theater, film, and special events. The arts and education series presents thought-provoking and entertaining performances for students and teachers in grades K-12.

<https://rochesteroperahouse.com>

Rochester Public Library

603-332-1428

65 S. Main St., Rochester

Museum passes and summer reading programs for children, teens and adults. Children's activity kits, Musical Moments, Craft Closet and story time. Teen maker sessions, and writing group.

<https://rpl.lib.nh.us>



Rollinsford

Parks and Trails

Bicentennial Park

Scoutland Rd., Rollinsford

This quiet park features a gazebo, river views, benches and a gravel boat ramp providing access to the Salmon Falls river. Dogs allowed.

The Foundry Boat Launch and Picnic Area

551 Foundry St., Rollinsford

Small, quiet and heavily wooded park which features a paved boat launch, two benches and a picnic table.

Franklin-McElheny Preserve

Along Salmon Falls River

Features a 1.6 mile walking loop. Dogs are welcome and can be off-leash in certain areas.

<https://alltrails.com/trail/us/new-hampshire/franklin-mcelheny-preserve>

Scoutland Rail Trail

Behind Bicentennial Park

3.9 mile trail. Hiking, cross-country skiing, and fishing.

<https://alltrails.com/trail/us/new-hampshire/scoutland-road-trail>

Camps and Youth Programs

Artstream

603-516-8500

1 Front St., Studio 217, Rollinsford

Offers week-long camps as well as workshops and art parties.

<https://artstreamstudios.com>

Colonel Paul Wentworth House

603-742-4747

47 Water St., Rollinsford

Hands-on learning. Offering a variety of programs suitable for children ages 8-14.

<https://paulwentworthhouse.org/school-programs>

Garrison Players Arts Center

603-750-4278

449 Roberts Rd., Rollinsford

Youth education programs.

<https://garrisonplayers.org>

Really Great Summer Camp

Rollinsford Grade School

603-742-2351

487 Locust St., Rollinsford

Teacher managed activities and weekly field trips for kids in grade 1 through 7.



Sports and Yoga

Community Yoga Class

Rollinsford Community Room

603-516-2665

3 Front St., Ste. 2B, Rollinsford

Through the town of Rollinsford. Thursdays beginning in May and throughout summer. Pay as you wish/donations. No experience necessary. Bring your own yoga mat.

<https://rollinsford.nh.us/spring-summer-yoga-classes>

Seacoast Warriors

603-749-4777

3 Front St., Unit 102, Rollinsford

This family-oriented martial arts and defense school focuses on realistic self-defense, playground/street safety, and bully prevention rather than just traditional sports or tournament sparring.

<https://seacoastwarriors.com>



Mark Your Calendar

Running Festival

Dixon's Revenge Trail Race

3 Front St., Rollinsford

Hosted by Marathon Sports, the event features 5 mile and 5K races, as well as a 5KCanicross event for runners with dogs.

<https://dixonsrevenge.com>



Somersworth

Parks and Playgrounds

Ash Street Park

4 Ash Street, Somersworth

This small, grassy place for children to play games and run around. Dog walking.

<https://www.somersworthnh.gov/parks-recreation/pages/ash-street-park>

Idlehurst Elementary School

46 Stackpole Rd., Somersworth, NH

Playground for little kids open after school hours. For ages 3 to 5.

Jules Bisson Park

31 River St., Somersworth

Contains a gazebo with benches, basketball court, baseball field, playground equipment and swings.

<https://www.somersworthnh.gov/parks-recreation/pages/jules-bisson-park>

Maplewood Elementary School

18 Maplewood St., Somersworth

This playground is available after school hours. There are 2 play structures for ages 6 and up.

Mast Point Dam

121 Salmon Falls Rd., Somersworth

Enjoy a walk, picnic or some leisure fishing. The hand-carry boat launch allows easy access for kayaking and canoeing on the river. The park has 2 picnic areas. There are also trails along the river.

<https://www.somersworthnh.gov/parks-recreation/pages/mast-point-dam>

Parks

Millennium Park

79 Stackpole Rd. Somersworth

The park contains a lighted softball field, playground equipment, 2 sand volleyball courts, horseshoe pits, a covered pavilion with picnic tables, 2 charcoal grills, a recreation building with electricity and a bathroom, a large area for parking and a dog park.

<https://www.somersworthnh.gov/parks-recreation/pages/millennium-park>

Noble Pines Park

45 Grand St., Somersworth

This newly renovated park contains a covered pavilion with picnic tables, a splash pad, full basketball court, and a baseball field with a snack shack and PA system, plus two age appropriate playgrounds.

<https://www.somersworthnh.gov/parks-recreation/pages/noble-pines-park>



Trails

Malley Farm Recreational Area

Malley Farm Rd., Somersworth

Walking trails are located behind the ball fields and along the Salmon Falls river. You can walk all the way to Rollinsford.

<https://www.somersworthnh.gov/parks-recreation/pages/malley-farm-recreation-area>

The Riverwalk

Off Old Buffumsville Rd., Somersworth

Parking is typically available near the yellow house at 19 Buffumsville Rd.

This trail winds around the Salmon Falls river and is an ideal location to walk dogs, fish or exercise.

<https://www.somersworthnh.gov/parks-recreation/pages/riverwalk>

Willand Pond

Route 108 to High St., Somersworth

Access is available behind Riverside Garage.

481 High St., Somersworth

This trail is wide and great for both biking and hiking. Dogs must be leashed. In addition to the trail system there are also fitness stations located along the trail, a low elements rope course with 6 features, and a picnic area with tables and benches overlooking the pond. Parking available.

<https://www.alltrails.com/trail/us/new-hampshire/walland-pond-trail>



Camps

City of Somersworth Kid's Summer Camp

Held at Maplewood Elementary School

184 Maple St., Somersworth

For children going into grades 1 to 5 this fall. This 8-week camp includes weekly field trips.

<https://www.somersworthnh.gov/parks-recreation/pages/summer-camps-2026>

City of Somersworth Trends Camp

Held at Maplewood Elementary School

184 Maple St., Somersworth

For tweens entering grades 6 to 8 this fall. This camp includes weekly field trips.

<https://www.somersworthnh.gov/parks-recreation/pages/summer-camps-2026>

New England Sports Hub

603-405-0007

6 Willand Dr., Somersworth

Summer camps, United Soccer camps and summer PGA tour golf camps.

<https://newenglandsportshub.com/summer-camps>

The Works

Camp options for children entering kindergarten to those entering grades 7 and 8

<https://www.theworkshealthclub.com/summer-camps>

YMCA of Somersworth

603-692-2081

35 Bartlett St., Somersworth

Features a wide variety of camps for kids to teens.

<https://graniteymca.org/camps>

Sports

Biddy Basketball

Ages 3 to 6. Beginner instructional program designed to teach the basic fundamentals of basketball through a series of fun games and drills. Players practice with mini basketballs and hoops.

Parent participation is required for this age group.

<https://www.somersworthnh.gov/parks-recreation/pages/youth-programs>

Hilltopper Walking Club

Explore walking trails and the downtown area for 6-week sessions. All ages are welcome but 17 and under must be accompanied by an adult.

Walks are 1 to 2 miles. A spring and fall session are offered.

<https://www.somersworthnh.gov/parks-recreation/pages/adult-programs>

Hilltop Equestrian Center

603-692-6313

242 Green St., Somersworth

Lessons and cross country jumping in field terrain and wooded trails. Pre-elementary to adult lessons. Shows.

<https://hilltopequestriancenter.com>

Jules Bisson Park

31 River St., Somersworth

Basketball court and baseball field.

<https://www.somersworthnh.gov/parks-recreation/pages/jules-bisson-park>

Lion's Club Ice Skating Rink

135 W High St., Somersworth

The rink is free although donations are welcome. Open to the public from 9am to 4:30pm on a daily basis during the winter, conditions permitting.

<https://e-clubhouse.org/sites/somersworth/page-9.php>

Sports

Malley Farm Recreation Area

Malley Farm Rd., Somersworth

Two softball fields, a recreational building and a large parking lot.

<https://www.somersworthnh.gov/parks-recreation/pages/malley-farm-recreation-area>

Mast Point Dam

121 Salmon Falls Rd., Somersworth

A hand-carry boat launch allows easy access for kayaking and canoeing on the river. Light fishing.

<https://www.somersworthnh.gov/parks-recreation/pages/mast-point-dam>

Memorial Drive Tennis Courts

7 Memorial Drive, Somersworth

Two courts are open to the public April to late October, weather permitting. The courts are on the same parcel as the middle and high schools.

<https://www.somersworthnh.gov/parks-recreation/pages/memorial-drive-tennis-courts>

Millennium Park

79 Stackpole Rd. Somersworth

The park contains a lighted softball field, playground equipment, 2 sand volleyball courts and horseshoe pits.

<https://www.somersworthnh.gov/parks-recreation/pages/millennium-park>



Sports

New England Sports Hub

603-405-0007

6 Willand Dr., Somersworth

Youth: Flag football, NFL flag football, rec soccer league, tri-city soccer league, baseball and softball leagues. Camps and clinics, summer camps plus tournaments, golf instruction and pick-up sports.

Adult: Soccer and golf leagues, flag football, women's flag football, pick-up sports and tournaments. Indoor golf including private lessons and classes. Walking /jogging Club, food and drink and private parties and events.

<https://newenglandsportshub.com/walking-club>

Noble Pines Park

45 Grand St., Somersworth

This park has a full basketball court and a baseball field with a snack shack and PA system.

<https://www.somersworthnh.gov/parks-recreation/pages/noble-pines-park>

The Oaks Golf Course

603-692-6257

100 Hide-Away Place, Somersworth

Golf lessons from beginner to avid player, practice facility, outings, traveling golf groups, junior leagues, kids' camps and event location.

<https://candiaoaks.com/oaks-home-page>

Pee Wee Soccer

Noble Pines Park

45 Grand St., Somersworth

For ages 3 and 4. This program is designed to teach the fundamentals of soccer through a series of fun games, drills, and friendly scrimmages. September to October.

<https://www.somersworthnh.gov/parks-recreation/pages/youth-programs>

Sports

Saturday Morning Rec Basketball

For children in grades 1 to 6. An instructional program designed to teach the fundamentals of basketball through a series of fun games, drills, and friendly scrimmages.

<https://www.somersworthnh.gov/parks-recreation/pages/youth-programs>

Sole City Dance

603-750-7777

Provides a strong technical foundation in dance for the encouragement of artistic expression.

<https://solecitydance.org>

The Works Gym

603-742-2163

23 Works Way, Somersworth

Gym, outdoor pool and indoor pool with lessons including adaptive swim. Tennis, racquetball, pickleball, basketball and Ultimate Frisbee. Wellness Center. Youth programs include basketball, pickleball, volleyball and a youth exercise foundation program. Kids camps.

<https://theworkshealthclub.com>



Mark Your Calendar

Annual Somersworth International Children's Festival

Takes place concurrent locations; the Somersworth high school
11 Memorial Dr., Somersworth

Noble Pines Park 45 Grand St., Somersworth

Free event spans two primary locations with a free shuttle service between them. There are many activities for the kids, plus food and craft vendors, World Cultures Passport Center, kids' play area, Wildlife Encounters, roaming entertainers, petting zoo and more. A pancake breakfast is hosted early in the day. Takes place mid-June.

<http://nhfestivals.org>

Breakfast with Frosty

Enjoy a pancake breakfast with Frosty. The Breakfast is \$3 and drinks are \$1. Have your picture taken with Frosty, shop in the Frosty store with the Frosty Bucks that you win at the games. Stay for Tricky Dick's Magic Show. Takes place in February.

<http://nhfestivals.org>

Celebration Night

Somersworth High School

11 Memorial Dr., Somersworth

Free admission. Entertainment featuring Lightheaded Collective (featuring members of the Somersworth Student Jazz Ensemble), Tricky Dick's Magic Show, musicians Madilynn Treasure and Bad Breath Microphone. Food, kids' activities and a spectacular fireworks display. June.

<http://nhfestivals.org/celebration-night.html>

Craft Fairs

Somersworth High School

11 Memorial Dr., Somersworth

Three fairs. The Spring Fair is in mid-spring, the Harvest Fair is in mid-October, and the Holiday fair is in early December.

<http://nhfestivals.org>

Mark Your Calendar

Easter Egg Hunt

This event usually takes place a day or two before Easter. Free event for ages 3 to 12. Thousands of eggs will be laid out in the park or in the high school gym if needed due to weather. Visit the Easter Bunny and maybe win the raffle prize. Children must be accompanied by an adult. Spring.

<https://www.somersworthnh.gov/parks-recreation/pages/special-events>

Flashlight Candy Cane Hunt

Somersworth High School
11 Memorial Dr., Somersworth

Thousands of candy canes are nestled though the high school football field for gathering. Free for children aged 3-12. Meet Santa while drinking hot cocoa and eating cookies. December.

<https://www.somersworthnh.gov/parks-recreation/pages/special-events>

Kids' Concerts

Takes place at the Somersworth High School
11 Memorial Dr., Somersworth

Free admission. On five consecutive Wednesdays during July/August, watch family-friendly entertainment and picnic on the lawn. Bring a meal or purchase a "meal deal" from the takeout area. Shows start at 6 and are approximately 1 hour. Wildlife Encounters, Julieann Hartley, Mr. Aaron, Philip Alexander, Rocking' Ron the Friendly Pirate and Tricky Dick's Magic Show.

<http://nhfestivals.org>

Mark Your Calendar

Lion's Club Youth Fishing Derby

Lion's Club Skating Rink

603-834-3420

135 W High St., Somersworth

Free breakfast before the event. Prizes and trophies. Fishing licenses are available at Dover Marine/Covered Bridge Sports.

<https://e-clubhouse.org/sites/somersworth/page-10.php>

National Night Out

Somersworth High School

11 Memorial Dr., Somersworth

Free for the community. Play games and connect with local resources. This fun evening designated to bridge the gap between law enforcement and community members. Takes place the first weekend in August. There are vendors and a raffle. Early to mid-February.

<https://www.somersworthnh.gov/parks-recreation/pages/special-events>

Pumpkin Festival

2 Somersworth Plaza

Bracelet is \$10 and provides access to all activities.

Accompanying adults are free. Hay rides, scarecrow making, pumpkin decorating, pumpkin crafts, a family photo shoot, food court, live music and entertainment and other fun activities. Mid-October. Bracelet and food purchases are cash only.

<http://nhfestivals.org>

Mark Your Calendar

Somersworth International Children's Festival

Located on Main St., downtown Somersworth and at Noble Pines Park, 45 Grand St., Somersworth
Ethnic entertainment, food and children's activities. There is a shuttle bus to transfer you between sites. A post-festival celebration will be held the following week at the Somersworth High School and features food, activities for small children and fireworks. 3rd Saturday in June.

<http://nhfestivals.org/somersworth-international-childrens-festival.html>

Valentine's Dance

City Hall

One Government Way, Somersworth

Girls and boys in grades K - 6 are invited to share a fun-filled evening with their date (parents, grandparents, aunts and uncles, etc. Photo booth, raffle prizes, door gifts and light refreshments. Tickets are required in advance; no tickets will be sold at the door.

<https://www.somersworthnh.gov/parks-recreation/pages/special-events>





Other Fun Things to Do in Somersworth

The Gathering Place

154 High St., Somersworth
603-841-5722

Community-based arts and crafts space offering workshops and classes in various crafts, a Saturday drop-in session and private events.

Hilltop Fun Center

603-742-8068
165 NH-108, Somersworth

Mini golf, 4 Go-Kart race tracks, batting cages, arcade and laser tag. Hosts kid and teen parties.

<https://hilltopfuncenter.com>

Somersworth Historical Museum

603-692-6310
157 Main St., Somersworth

Contains 2 floors of Somersworth and Great Falls artifacts. The museum is open Sundays and Mondays and is available for group tours during the week. Note that the name is spelled incorrectly when looking for their website. See below.

<https://summersworthhistoricalmuseum.wordpress.com>

Somersworth Public Library

603-692-4587
25 Main St., Somersworth

Many events for kids such as Kid's Club, Pokemon Battles and more. Special activities during school breaks, young adult coloring and games, teen and adult crafts, book clubs, and museum passes.

<https://www.somersworthnh.gov/somersworth-public-library>

Strafford

Trails

Explore the following trails in Strafford Town Forest:

Beaver Pond Loop

1.4 mile loop circling a large, active beaver flowage. Fishing and hiking.

<https://www.alltrails.com/trail/us/new-hampshire/beaver-pond-loop>

Blue Job Mountain

First Crown Point Rd., Strafford

1.9 mile loop. Leashed dogs are allowed. Home to one of sixteen active fire towers which allows for good views in almost all directions.

<https://www.weareoutgrown.org/places/blue-job-mountain-2>

Fire Tower Loop

First Crown Point Rd., Strafford

2 mile loop. This is another trail within the Blue Job Mountain Loop. Dog friendly.

Little Niagara Falls

Little Niagara Falls Rd., Strafford

1.1 mile loop. You will reach the falls about half a mile in. 200 year old graves add to the interest of the area.

<https://www.alltrails.com/trail/us/new-hampshire/little-niagara-falls>

Trails

Parker Mountain

Access via Spencer Smith and Neil Mooers Trail in the center of Strafford.

2.7 mile loop.

<https://www.alltrails.com/trail/us/new-hampshire/parker-mountain-via-spencer-smith-and-neil-mooers-trail>

Sanders Ledge

Barn Door Gap Rd., Strafford

Short easy hike provides a panoramic view of the seacoast.

<https://hikingproject.com/trail/7023412/sanders-ledge>

Spencer Smith Trail

Center Strafford

2.9 Mile Trail. There are blueberries along the trail in the summer.

<https://alltrails.com/trail/us/new-hampshire/spencer-smith-trail-2>



Playgrounds

Strafford Elementary School

25 Rollercoaster Rd., Strafford

Available after school hours.

Camps

Beam Camp

708-855-7600

55 Boy Scout Rd., Strafford

2 and 4-week overnight camps concentrating on community and responsibility. Ages 9 to 17. Tiered tuition model is used.

<https://beamcamp.org>

Camp Foss for Girls

603-269-3800

242 Willey Pond Rd., Strafford

One week, two week, one month and full summer overnight YMCA camps. Financial assistance programs are available.

<https://campfoss.org>

Camp Invention: Illuminate

800-968-4332

22 Rollercoaster Rd., Strafford

Weeklong day camps for ages 5 to 12. Hands-on exploration of science, technology, engineering and more.

<https://summercamps.com/camp/camp-invention-at-strafford-school-new-hampshire-2>

Sports

Bow Lake

603-664-2192

12 Mountain View Dr., Strafford

Public swimming. Free lessons are available in July for ages 3 and up including adults. Early registration is strongly encouraged.

Boat ramp access is at 45 Water St. Paring is limited.

<https://strafford.nh.gov/bow-lake>

Strafford Recreational Sports

603-664-2192

12 Mountain View Dr., Strafford

Very wide variety of youth sports including baseball and softball, basketball, skiing and snowboarding, soccer, summer running series, track and field and a volleyball clinic.

Adult programs include basketball, pickleball, soccer and a summer running series.

<https://straffordrecsports.org>

Strafford Swamp Stompers

P.O. Box 301, Strafford

Snowmobile club. Maintains 50 miles of snowmobile trails in Southern New Hampshire.

<https://straffordswampstompers.com>



Community

Bow Lake Community Center

569 Province Rd., Strafford

Hosts events such as the Food Truck Festival, Ducks Over the Dam, Chili n' Chowder Challenge, holiday celebrations and more.

<https://bowlakecc.org>

Bow Lake Sailing Club

49 Water St., Strafford

Weekend racing.

https://wessexusa.com/bls_main1.html

Strafford Garden Club

P.O. Box 204, Strafford

Provides civic beautification, classes, field trips, workshops and more.

<https://www.straffordgardenclub.com/home>

Strafford Historical Society

P.O. Box 33, Strafford

Preserving Strafford's heritage. Meetings every other month.

<https://strafhist.weebly.com>

Strafford Women's Club

Meets at Bow Lake Free Will Baptist Church

530 Province Rd., Strafford

The club is a community organization dedicated to charitable giving, educational enrichment and community service.

<https://strafford.nh.gov/community-links>

Farms

Berrybogg Farm

603-664-2100

650 Province Rd., Strafford

Pick your own blueberries. Open for the season in July.

<https://berryboggfarm.com>

East Wind Farm

Pick your own strawberries in June. Pick your own tomatoes in summer. See website for dates. The farm also sells jams, eggs and lamb.

<https://eastwindfarm.wordpress.com>



Mark Your Calendar

Bloom Fest

Blue Winds Farm

603-332-6937

441 1st Crown Point Rd., Strafford

Lavender craft instruction, yard games for all ages, picnic on the farm, live bluegrass music and more.

<https://www.bluewindsfarm.com>

Bow Lake Food Truck Festival

569 Province Rd., Strafford

Food, swimming and fireworks at the dam. Early July.

https://bowlakecc.org/food_truck/food_truck_festival.html

Christmas in Strafford

Weekend craft artisan fair.

Craftspeople open their homes and studios to the public. Early December.

<https://www.christmasinstraftford.com>

Cupcake Challenge

Strafford School Cafeteria

22 Roller Coaster Rd., Strafford

Themed event. Awards and prizes given in each age division. Mid March.

<https://www.straffordrecsports.org/cupcake-challenge>

Father Daughter Dance

Strafford School Gym

22 Roller Coaster Rd., Strafford

Themed dance in late spring.

<https://www.straffordrecsports.org/father-daughter-dance>

Mark Your Calendar

The Giving Tree Project

P.O. Box 25, Strafford, NH 03815

Community-driven initiative aimed at supporting families and individuals in need during the holidays within the town of Strafford. Late November to Mid December.

<https://thegivingtreestrafford.org>

Mother Son Night

Strafford School Gym

22 Roller Coaster Rd., Strafford

Kickball, hot dogs, snow cones, popcorn and more. Mid May.

<https://www.straffordrecsports.org/mother-son-night>

Plant Swap Bingo

Blue Winds Farm

603-332-6937

441 1st Crown Point Rd., Strafford

Receive one bingo card for each plant you bring (up to 5).

Lavender lemonade, lavender ice cream and light fair available for purchase.

<https://allevents.in/strafford/blue-winds-farm-plant-swap-bingo/200030383966706>



Other Fun Things to Do in Strafford

Hill Library

603-664-2800

1151 Parker Mountain Rd., Strafford

Teen and adult book clubs, puppet shows, garden club, games, remote learning and homeschool resources. Museum reimbursement program.

<https://hilllibrary.org>



Fun Things to Do Outside of Strafford County

Parks and Lakes

Find a complete list of 22 parks in Portsmouth

<https://portsmouthnh.gov/publicworks/parksandgreenery/parks-playgrounds>

Aqua Land Splash Pad

1 Terrace Dr., Newmarket, NH

Splash pad and Rexy's Market

<https://www.newmarketrec.org/339/Splash-Pad>

Canobie Lake Park

603-893-3506

85 North Policy St., Salem, NH

Water rides, boats and food. Screeemfest in October.

<https://canobie.com>

Cater Park

55 Columbia St., Portsmouth, NH

Small fenced-in park.

Echo Lake State Park

603-356-2672

68 Echo Lake Rd., North Conway, NH

Kayaking, fishing, hiking and picnicking.

<https://nhstateparks.org/find-parks-trails/echo-lake-state-park>

Parks and Lakes

Ellacoya State Park

603-293-7821

280 Scenic Dr., Gilford, NH

Boast launch, swimming, picnicking, fishing. Leashed dogs allowed in designated areas. Must book ahead.

<https://nhstateparks.org/find-parks-trails/ellacoya-state-park>

New Hampshire Seacoast Greenway

Barberry Lane and Borthwick Ave., Portsmouth, NH

Wheelchair Accessible Trail.

<https://nhseacoastgreenway.org>

Northwood Meadows State Park

755 First New Hampshire Turnpike, Northwood, NH

Nature walks, hiking, biking, fishing, non-motorized boating, snowmobiling and cross country skiing.

<https://nhstateparks.org/find-parks-trails/northwood-meadows-state-park>

Pawtuckaway State Park

603-895-3031

128 Mountain Rd., Nottingham, NH

Hiking, mountain biking, boating, swimming, fishing and camping.

<https://nhstateparks.org/find-parks-trails/pawtuckaway-state-park>

Prescott Park

603-498-6816

105 Marcy St., Portsmouth

Music, art, theater and dance shows.

<https://portsmouthnh.gov/prescottpark>

Parks and Lakes

Storyland

603-383-4186

850 NH-16, Glen, NH

Fairy tale-themed amusement park designed specifically for children up to tweens.

<https://www.storylandnh.com>

Water Country

603-427-1112

2300 Lafayette Rd., Portsmouth, NH

Water rides, food and a kid's fest in August.

<https://watercountry.com>

Wentworth State Park

603-569-3699

297 Governor John Wentworth Hwy., Wolfeboro, NH

Swimming, picnicking, non-motorized boating and fishing.

<https://nhstateparks.org/find-parks-trails/wentworth-state-park>

White Lake State Park

603-323-7350

1632 White Mountain Hwy., Tamworth, NH

Swimming, boating, fishing and camping.

<https://nhstateparks.org/find-parks-trails/white-lake-state-park>



Beaches

Hampton Beach

603-227-8722

160 Ocean Blvd., Hampton, NH

Summer concert series, sand sculpting event, talent competition, fireworks on summer Wednesdays, yoga on the beach, children's week in August, dining and more.

<https://hamptonbeach.org>

Long Sands and Short Sands Beaches

1 Long Beach Ave, York, ME

These beaches are maintained by York Parks and Recreation.

There is a playground and leashed dogs are permitted at Short Sands.

Odiorne Point State Park

603-436-7406

570 Ocean Blvd., Rye

Hiking trails, rocky beaches for tide-pooling, panoramic views of the Gulf of Maine. It also houses the Seacoast Science Museum.

<https://nhstateparks.org/find-parks-trails/odiorne-point-state-park>



Museums

Albacore Park

603-436-3680

569 Submarine Way, Portsmouth, NH

Maritime museum and memorial garden. Offers self-guided tours of the historic resource submarine USS Albacore.

<https://ussalbacore.org>

Aviation Museum of New Hampshire

603-669-4820

27 Navigator Rd., Londonderry, NH

Local aviation history, preservation, exhibits and education.

<https://aviationmuseumofnh.org>

Currier Museum of Art

603-669-6144

150 Ash St., Manchester, NH

Contemporary paintings, sculpture and photography.

<https://currier.org>

Explore the Ocean World Oceanarium

603-758-7998

367 Ocean Blvd., No. 3, Hampton Beach, NH

Multiple exhibits focusing on the Gulf of Maine. Hands-on touch tanks. A visit includes a tour with a biologist.

<https://exploretheoceanworld.com>

Great Bay Discovery Center

603-778-0015

89 Depot Rd., Greenland, NH

Education programs in a natural setting. Enjoy fishing, boating, hiking and birding.

<https://greatbay.org>

Museums

McAuliffe-Shepard Discovery Center

603-271-7827

2 Institute Dr., Concord, NH

High-tech air and space museum featuring interactive exhibits, planetarium shows and an observatory.

<https://starhop.com>

Portsmouth Historical Museum

603-436-8433

10 Middle St., Portsmouth, NH

Explore past, present and future through exhibits of regional art. The museum offers information about local cultural attractions.

<https://portsmouthhistory.org>

Seacoast Science Center

603-436-8043

570 Ocean Blvd., Rye, NH

Exhibits and seasonal, family-friendly activities including nature walks, tide pooling, salt marsh investigation, nature journaling and more. Camps during school breaks.

<https://seacoastsciencecenter.org>

SEE Science Center

603-669-0400

200 Bedford St., Manchester, NH

This science center is popular for kids and offers an array of educational and interactive exhibits.

<https://see-sciencecenter.org>

Strawbery Banke Museum

603-433-1100

14 Hancock St., Portsmouth, NH

Historic houses on original sites, costumed role players, tradition crafts demonstrations, heirloom gardens and historical landscapes.

<https://strawberybanke.org>

Events on the Farm

Beans and Greens

603-293-2853

245 Intervale Rd., Gilford, NH

Corn maze, summer festivals, family fun nights and concerts.

<https://beansandgreensfarm.com>

Beech Hill Farm and Ice Cream Barn

603-223-0828

107 Beech Hill Rd., Hopkinton, NH

Corn maze, fall harvest festivals and summer concerts.

<https://beechhillfarm.com>

J&F Farms

603-437-0535

124 Chester Rd., Derry, NH

Corn maze, petting zoo and Strawberry Fest.

<https://jandffarmsnh.com>

Lavoies Farm

603-882-0072

172 Nartoff Rd., Hollis, NH

Corn maze, hay rides, corn boil and apple cider. Pick your own strawberries, blueberries, apples and pumpkins.

<https://lavoiesfarm.wordpress.com>

Moulton Farm

603-279-3915

18 Quarry Rd., Meredith, NH

Corn maze and pumpkin patch, wide range of produce, Christmas trees and bakery.

<https://moultonfarm.com>

Animals

Charmingtonfare Farm

603-483-5623

774 High St., Candia NH

Petting zoo. Pony, hay, wagon and tractor rides and seasonal events. Farm products include everything from eggs to meat to mulch and more.

<https://visitthefarm.com>

Squam Lakes Natural Science Center

603-968-7194

23 Science Center Dr., Holderness, NH

Self-guided tours of the Live Animal Exhibit Trail and hiking trails. Squam Lake cruises.

<https://nhnature.org>

York's Wild Kingdom

207-363-4911

1 Animal Park Rd., York, ME

Zoo with animal rides, butterfly kingdom, and 18 hole mini-golf course.

<https://yorkswildkingdom.com>



Sports

Gunstock Mountain Resort

603-293-4341

719 Cherry Valley Rd., Gilford, NH

Summer activities include hiking, biking and fishing, ziplining, lift rides, camping and more. Winter activities include skiing tubing and camping.

<https://gunstock.com>

King Pine Ski Area

603-367-8896

1251 Eaton Rd., Madison, NH

Skiing, ice skating, tubing and snowboarding.

<https://kingpine.com>

McIntyre Ski Area

603-662-6159

50 Chalet Way, Manchester, NH

Skiing and tubing.

<https://mcintyreskiarea.com>

New Hampshire Fisher Cats

603-641-2005

Northeast Delta Dental Stadium

1 Line Dr., Manchester, NH

Baseball. Friday fireworks in the summer.

<https://mlb.com/milb/new-hampshire>

Special Olympics

603-624-4911

P.O. Box 3598, Concord, NH

Provides year-round sports training for children and adults with intellectual disabilities.

<https://sonh.org>

Sports

Swing for the Stars Aquatic Therapy

603-228-7827

2 Pillsbury St., Ste. 404, Concord, NH

Aquatic therapy. Swim for the Stars also offers therapy services to children with a wide range of developmental needs.

<https://swingforthestars.com/aquatic-therapy>

Workout Club

603-894-4800

16 Pelham Rd., Ste. 4, Salem, NH

Angelfish Swim Program

This is a therapy program that specializes in working with individuals with autism, anxiety, sensory needs, motor challenges and those who learn differently.

<https://swimangelfish.com>

YMCA of Concord

603-228-9622

15 N State St., Concord, NH

Kid- friendly non-profit gym offering cardio, weight equipment and an indoor pool. Adaptive swim lessons and gymnastics.

<https://www.graniteymca.org/programs/health-wellness/adaptive-programs>

New Hampshire State Fairs

Deerfield Fair

34 Stage Rd., Deerfield

Traditional activities and attractions. October.

<https://deerfieldfair.com>

Farm, Forest & Garden Expo

Deerfield Fairgrounds

34 Stage Rd., Deerfield

Family-friendly celebration of agriculture, forestry, and land stewardship in the Granite State. May.

<https://nhfarmandforestexpo.org>

Stratham 4-H Summerfest

Stratham Hill Park Fairgrounds

270 Portsmouth Ave., Stratham

All New Hampshire youth have the opportunity to show animals and display their projects in the exhibit hall during this one-day public event. July.

<https://extension.unh.edu/event/2025/07/2025-stratham-4-h-summerfest>



Entertainment

3S Artspace

603-766-3330

319 Vaughan St., Portsmouth, NH

Arts, music, theater, dance parties, workshops and more.

<https://3sarts.org>

Bowl-O-Rama

603-436-0504

599 Lafayette Rd., Portsmouth, NH

Amusement center with bowling and an arcade.

<https://bowlorama.com>

Firefly Pottery

603-434-7682

72 Mirona Rd., Ste. 7, Portsmouth, NH

In-studio painting of ceramics, clay work, clay wheel throwing classes and glass fusing. summer camps.

<https://www.fireflypottery-nh.com>

Fun-O-Rama

207-363-4421

13 Beach St., York, ME

Classic beach arcade and bowling alley. Pinball, vintage 1980s coin-op cabinets, skee-ball and modern video games.

Gundalow Company

603-433-9505

60 Marcy St., Portsmouth, NH

Enjoy a sail aboard a traditional reproduction of the flat-bottom gundalow barges that were once prevalent along local waterways. Memorial Day through Labor Day.

<https://www.gundalow.org>

Entertainment

Monkey Mind Escape Rooms

603-498-8997

10 Vaughan Mall, Ste. 214, Portsmouth, NH

Escape room and team-building venue known for its immersive, story-driven puzzle adventures, private bookings and activities designed for families.

<https://www.monkeymindescape.com>

The Music Hall

603-436-2400

28 Chestnut St., Portsmouth, NH

Cinema, clubs, comedy, literary groups, music, education, theater, dance and special events.

<https://themusichall.org>

Portsmouth Scavenger Hunts

603-397-9282

10 Vaughan Mall, Ste 213, Portsmouth, NH

Self-guided family adventure hunts.

<https://portsmouthscavengerhunts.com>



Events

American Independence Festival

Swasey Parkway

316 Water St., Exeter, NH

Celebrating the arrival of the Declaration of Independence to New Hampshire in 1776. Second week of July.

<https://aicnh.org/american-independence-festival>

Children's Day

603-433-4398

Portsmouth, NH

Family-friendly activities and entertainment. First Sunday of May.

<https://proportsmouth.org/events/childrens-day>

Greek Festival

603-436-2733

40 Andrew Jarvis Dr., Portsmouth

Food, kid's activities, music and dance. Mid-June.

<https://stnicholasgreekfestival.com>

Hampton Beach Fireworks

603-926-8717

Wednesday nights at 9:30 during the summer with a few dates in September and on New Year's Eve.

<https://hamptonbeach.org/events/fireworks>

Hampton Beach Master Sand Sculpting Classic

180 Ocean Blvd., Hampton, NH

200 tons of imported sand is dropped on Hampton beach and builders create mammoth sand sculptures. Takes place in June.

<https://hamptonbeach.org/events/sand-sculpture-event>

Events

Hampton Beach Movie Night Mondays

120 Ocean Blvd., Hampton, NH

Free admission. Summer months.

<https://hamptonbeach.org/events/movies>

Market Square Day

603-433-4398

Market Square, Portsmouth, NH

Annual street festival featuring 150+ vendors, live music on two stages and local food. June.

<https://proportsmouth.org/events/market-square-day>

Summer in the Street

Pleasant St. between Porter St. and Market Square. Portsmouth
Street performances from 5:30 to 8pm. Bring food and a chair
and enjoy.

<https://proportsmouth.org/events/summer-in-the-street-2>



Other

Boy Scouts of America

<https://scouting.org>

Girl Scouts of America

<https://girlscouts.org>

Geocaching

Real-world treasure hunt. Players use a GPS-enabled device to locate hidden containers which hold a logbook, pen or pencil, small trinkets, etc.

<https://geocaching.com/play>

Groupon

Online marketplace where you can buy heavily discounted prepaid vouchers for local restaurants, spas, travel and goods.

<https://groupon.com>



Community Partners

Compassionate Care. Empowered Communities.

113 Crosby Rd.
Dover, NH 03820
603-516-9300