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Community Guide & Business Directory





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WELCOME TO THE UPPER VALLEY

The Upper Valley is a special place to visit and call home. The area is steeped in history, with strong community ties, great schools from elementary to higher education, and deep connections to the natural beauty surrounding us. If you are visiting or relocating here, you have chosen a wonderful place. There is much to see and do, from year-round outdoor adventures such as hiking, skiing, mountain biking and water sports to live theater, arts and cultural activities. World-class health care, terrific dining and shopping, ongoing educational opportunities and activities for all ages make this region a thriving place to live, work and play.

The Upper Valley is a place of opportunity. Several high tech, medical technology and biotech companies are located in the region, and health care jobs are plentiful.

Looking to start a business? Entrepreneurs are welcomed and encouraged. Give us a call as your first step.

2

Come to play or come to stay!

Tracy Hutchins

Tracy Hutchins | President (603) 448-1203 uppervalleybusinessalliance.com

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COMMUNITY INVESTORS & SUSTAINING PARTNERS


Many Thanks To Our Community Investors and Sustaining Partners For Your Support!

COMMUNITY INVESTORS


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LOCATION & TRANSPORTATION

THE UPPER VALLEY

4 The Upper Valley is a region of New Hampshire and Vermont that straddles the Connecticut River: from Windsor, VT, and Cornish, NH, in the south to Bradford, VT, and Piermont, NH, in the north. The name was coined in the 1950s by the Valley News newspaper to define its circulation area in both states and the name came to define the region. Here in the Upper Valley, the border between the states is more of a suggestion than a reality as residents consider this region one community.

The Upper Valley is anchored by the four largest and most central towns, Lebanon and Hanover, NH, and Hartford and Norwich, VT. Located about 135 miles northwest of Boston, the intersection of Interstates 91 and 89 has made the area an important crossroads of northern New England. With the highways so close by, if you rise early you can explore the coast of Maine, catch a Red Sox game at Fenway Park or shop in Montreal and still be home in time for dinner.

GETTING HERE

Lebanon Airport in Lebanon, NH, features short lines and daily round trips on Cape Air to Boston's Logan Airport and White Plains, NY, where connections can be made across the country or around the globe. Charter flights also operate out of this modern facility that features on-site car rentals and free Wi-Fi.

An easy 80-minute drive brings you to the Manchester Airport, which has connections all over the U.S. and has become a popular alternative to Boston's Logan Airport. The drive to Vermont's Burlington Airport is also about 80 minutes.

For those who prefer the romance of the rails, Amtrak's Vermonter offers daily service from nearby White River Junction, VT to St. Albans, VT, for northbound travelers, or New York City, Philadelphia and Washington, D.C., for those southbound. Prefer not to get behind the wheel? Several car services, shuttle services and two bus lines offer the chance to catch up on reading, take a nap or watch a movie on a trip to Boston or New York.

Dartmouth Coach offers several daily trips to Boston, Logan Airport and New York City in a coach bus with Wi-Fi and power outlets, plenty of legroom and storage. A Greyhound Bus terminal in White River Junction, Vermont, provides service to Boston, New York and Montreal.

Thanks to a unique partnership among Hanover, Lebanon, Dartmouth College and the Dartmouth Health Medical Center, Advance Transit offers free shuttle bus transportation from the shopping plazas of West Lebanon to Hanover and Dartmouth College, from Canaan, NH, to Hartford Village, VT, and between Hanover and Norwich.

Lebanon Airport

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Daily Airline Service to Boston
and New York City

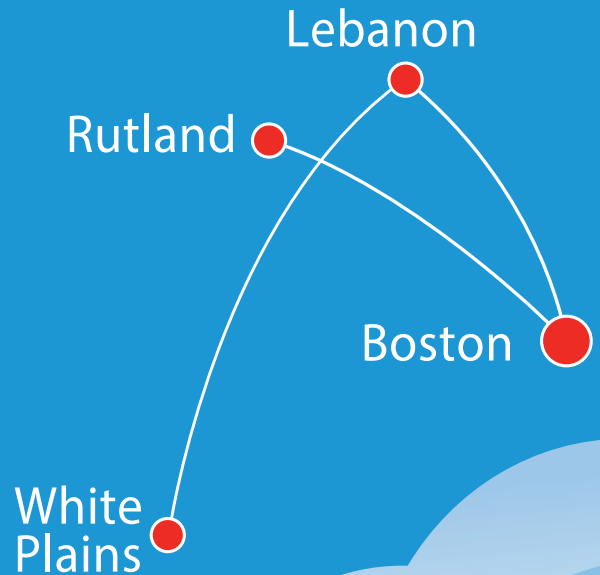
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EDUCATION

When deciding where to settle with a family, the quality of the education systems can be a deciding factor. The Upper Valley is home to some of the best school districts in both New Hampshire and Vermont from early education to post-secondary.

6

In New Hampshire, the Hanover and Lebanon school districts are both recognized as being in the top 10 of all New Hampshire school districts, Hanover ranked No. 3 and Lebanon ranked No. 7. Mascoma Valley Regional High School is ranked within the top 50% in New Hampshire. The Lyme School is open to children in kindergarten through eighth grade. Innovation, creativity and community are the three pillars the school strives to communicate with its students.

In Vermont, Hartford High School is ranked in the top 50% of all Vermont high schools and the Marion Cross School in Norwich, and Dothan Brook School in Hartford are both recognized as excellent elementary schools.

PRIVATE OPTIONS

Private schools such as Crossroads Academy in Lyme or Montessori Discovery School in Lebanon may be what you're looking for. Both schools cultivate learning by providing classes that expand students' intellectual horizons.

POST-SECONDARY EDUCATION

Post-secondary education such as Granite State College, River Valley Community College and Dartmouth College are all exceptional choices, whether you are a high school graduate moving on to the next big thing or an adult who seeks to expand their knowledge.

Granite State College is built on the foundation to make education flexible and affordable for working adults. Students can take classes online or at one of its campuses in New Hampshire. Adults between the ages of 25 to 49 years make up the majority of its student population for both undergraduate and graduate learning.

Students who attend River Valley Community College have a 93% job placement rate and can choose from 33 degree and certificates offered. RVCC can provide training opportunities for students and the community alike, such as CPR, Microsoft Applications, leadership and workforce training.

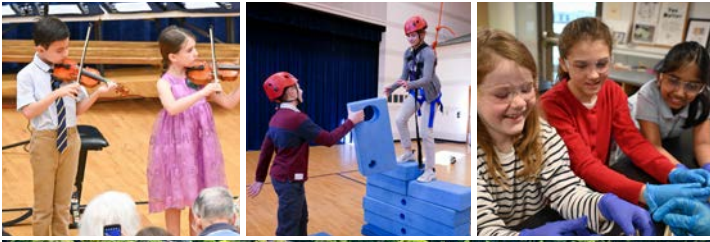
If Ivy League is what your heart desires, then look no further than Dartmouth College, one of New England's oldest institutions. Dartmouth undergraduates can earn a Bachelor of Arts or Bachelor of Engineering degree with more than 60 majors to choose from. Graduate programs are offered by the Guarini School of Graduate and Advanced Studies along with professional programs at the Geisel School of Medicine, Thayer School of Engineering and the Tuck School of Business. With more than 50 research centers and institutes, Dartmouth's faculty are distinguished by their expertise.

CONTINUING EDUCATION AND LEARNING

Adults with a passion for learning can enroll in the Osher Lifelong Learning Institute, a nonprofit organization affiliated with Dartmouth College, designed to provide year-round education opportunities for residents in the greater Upper Valley and North Haverhill.

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WEDNESDAYS

**STAR WARS:
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4:30-9 pm

1ST WED.

**UVYP GAME
NIGHT** 6-10 pm

2ND WED.

**WARGAMES &
CARD GAMES**
BOTH 6-10 pm

3RD WED.

**PRIDE GAME
NIGHT** 6-10 pm

4TH WED.

**STAR WARS
EVENTS** 6 pm

THURSDAYS

**MAGIC
COMMANDER
NIGHT** 4-10 pm

**BOARD GAME
NIGHT** 6-10 pm

**FREE
EVENTS
EVERY DAY**



FIND MORE AT
4TH.ME/EVENTS

FRIDAYS

**FRIDAY NIGHT
MAGIC**
4-11 pm
NO TABLE FEES!

3RD FRIDAY

**COMIC BOOK
CLUB** 7-9 pm

4TH FRIDAY

**MANGA BOOK
CLUB** 7-9 pm

1ST WEEKEND

**ROLEPLAYING
GAMES
WEEKEND**

SIGN-UP IN ADVANCE FOR FREE
ADVENTURES: 4TH.ME/DISCORD

SATURDAYS

**PATHFINDER
SOCIETY** 6 pm
ADVANCE SIGN-UP
4TH.ME/EVENTS

2ND SATURDAY

**CRAFTING
DAY!** 3-8 pm

3RD SATURDAY

**BLOOD ON THE
CLOCKTOWER**
6-11 pm

4TH SATURDAY

**COOP BOARD
GAMES** 7-11 pm

SUNDAYS

**KIDS & FAMILY
GAMES** 12-5 pm

2ND SUNDAY

**MAGIC: FREE
MODERN
TOURNAMENT**
5-10 pm

3RD SUNDAY

**UPPER VALLEY
SCRABBLE
CLUB** 4-8 pm

4TH SUNDAY

POKÉMON TCG
2-6 pm

**SCI-FI &
FANTASY
BOOK CLUB**
3-5 pm



HEALTH CARE

Dartmouth-Hitchcock Medical Center in Lebanon is New Hampshire's only Level 1 trauma center and multi-specialty group practice. The medical center is part of New Hampshire's only academic health system, Dartmouth Health, with nearly 1,200 primary and specialty care physicians located throughout New Hampshire and Vermont.

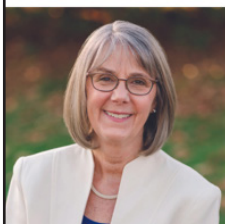
The medical center's academic partner is the Geisel School of Medicine at Dartmouth, one of the leading medical schools in the country. Dartmouth-Hitchcock has been ranked by U.S. News & World Report as the best hospital in New Hampshire for 9 years in a row. Also located on the DHMC campus is the Dartmouth Health Children's Hospital, New Hampshire's only comprehensive, full-service children's hospital and the Dartmouth Cancer Center, New Hampshire's only National Cancer Institute-designated comprehensive cancer center.

Alice Peck Day Memorial Hospital (APD) in Lebanon is a nonprofit, community-based health care organization. APD cares for 20,000 patients annually and has a strong reputation for personalized attention. APD also specializes in short stay ambulatory surgery and other specialty services. includes APD Lifecare, a nonprofit senior living community that support more than 150 residents in assisted and independent living. APD is a member of Dartmouth Health System.

The Upper Valley area features a number of individual and group family practices, including the Good Neighbor Clinic in White River Junction, which assures quality medical care for those without the means to pay, and the Red Logan Dental Clinic that offers care to those unable to pay for dental work.

Seniors are well cared for in the Upper Valley with several high quality assisted living and nursing care facilities including Wheelock Terrace, Kendal at Hanover and the Village at White River Junction.

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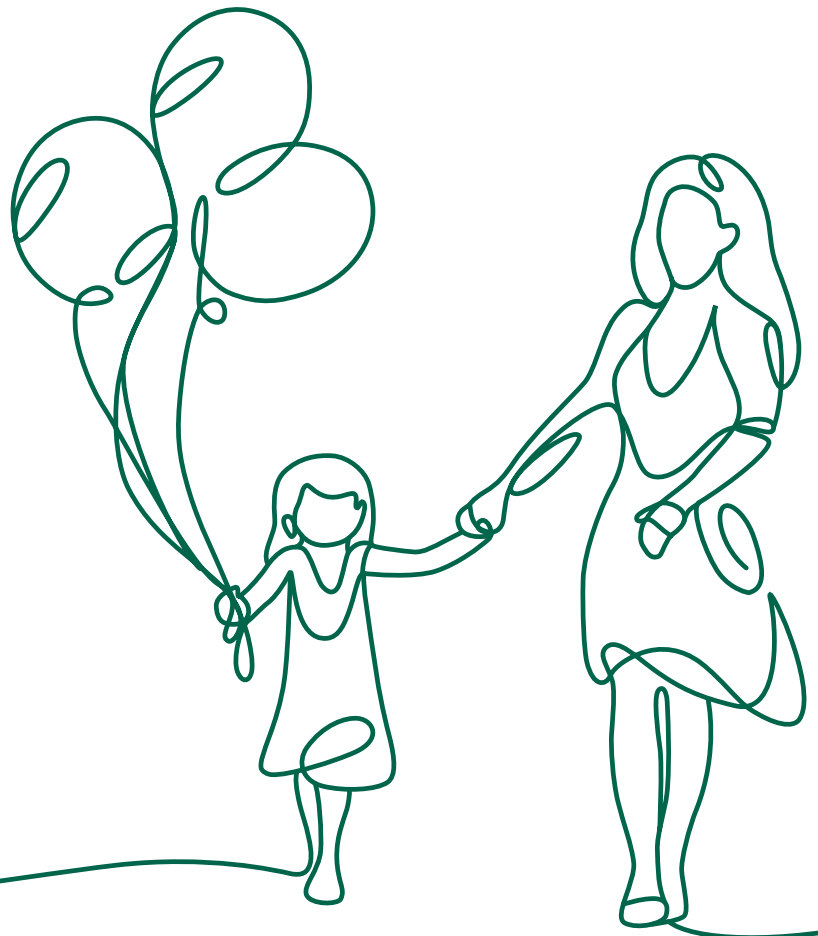
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► dartmouth-health.org

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Mt. Ascutney Hospital and Health Center | New London Hospital | Southwestern Vermont Medical Center | Valley Regional Hospital
Visiting Nurse and Hospice for Vermont and New Hampshire

In partnership with Dartmouth and the Geisel School of Medicine.



SHOPPING

The Upper Valley is quintessential New England with charming downtowns and town squares. Stroll through our lovely downtowns and you will find locally-owned eclectic boutiques with unique gifts, clothing, specialty items and household name brands.

Looking for souvenirs? In Hanover, you will find a shop dedicated to all things Dartmouth College and you can find your "Big Green" to bring home. Hop over to Lebanon and visit AVA Gallery and view some original art. Cross the river to find Norwich

Square with shops offering everything from funky gifts to a good book. Nearby, you'll find The Baker's Store at King Arthur Baking Company a nationally recognized, always-inviting place to visit.

For life's practical needs, there are local and national banks, a choice of real estate and insurance agents, barbers and stylists and convenience stores where you can grab a loaf of bread or a sandwich. And to make it even more enticing, there is no sales tax in New Hampshire. (There is no sales tax on clothing sales in Vermont.)



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DINING

The Upper Valley is a dining destination with locally owned and operated restaurants that specialize in chef-inspired cuisine and true New England hospitality.

Whether you prefer Italian, Indian, Chinese, Japanese, Korean, American, Thai, pub fare, tapas or continental cuisine, you can find it here. Visit when the weather is warm and you will find that many of our restaurants have outdoor seating.

A cornerstone of Hanover is Lou's Restaurant, one of the downtown breakfast/lunch options, a tradition since 1947 and a favorite place for locals and visitors alike. For a touch of the North Country, several places offer bistro food and live music in a rustic setting. Just outside of town, Jesse's serves steaks and seafood in a log cabin reminiscent of an Alaskan adventure.

Or visit The Norwich Inn to experience their microbrew pub featuring its own Jasper Murdoch

beer and classic New England charm. In Lyme, you can find farm/sea-to-table fare at Ariana's in the the Lyme Inn.

The Lebanon area has restaurants appealing to every taste and budget, in our downtown area or just a short drive away. Dining choices range from chain restaurants and fast food to small-town comfort food and fine dining. International selections include authentic Mexican, rustic Italian, Japanese, Korean and Southeast Asian. Salt Hill Pub and Three Tomatoes anchor downtown Lebanon's foodie scene, along with a Thursday night farmers market that features over 50 vendors and food trucks.

Locally grown food is abundant in the region. From milk and maple syrup to sheep and Robie Farm beef, there's no shortage of food locally grown and raised in the Upper Valley. New Hampshire and Vermont have many seasonal farm stands packed with locally grown produce, eggs, meats and prepared items for those who'd rather eat in than out.

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THINGS TO DO AND SEE

When thinking about your next vacation, the Upper Valley is considered one of the best kept secrets along the Connecticut River in New Hampshire and Vermont. With vibrant communities, breathtaking views, and plenty of activities to choose from, the Upper Valley will leave you wanting more.

LOCAL FLAVOR

Vermont is bursting with flavor and if you enjoy baking, then a must-see is King Arthur Baking Co. in Norwich, VT. Enjoy a delicious treat from the café or stock up on baking supplies in the retail outlet.

If you are a foodie, you will find many small craft foods and local specialty food providers sprinkled all over the Upper Valley. From fine chocolates from My Brigadeiro in Hanover, NH to specialty smoked meats and cheeses at Garfield's Smokehouse in Plainfield, NH. Swoon over delicious caramels and candies from Red Kite Candies in Hanover, NH. Craft beer and spirits can be found at Jasper Murdoch's Tap Room in Norwich, VT, Bright Side Brewing in West Lebanon, NH, or taste several small batch liquors at SILO Distillery in Windsor, VT.

ARTS & ENTERTAINMENT

The Upper Valley is home to numerous live performance venues. Enjoy a night out to see a professional show or hone your creative skills by taking an art class.

AVA Gallery and Art Center in Lebanon, NH promotes the visual arts that supports New England artists and provides art classes for any age and skill level. The Hopkins Center for the Arts (The HOP) at

Dartmouth offers live events, film showings, and theater presented by students of all class levels. Many students have gone on to a professional career and visitors can experience high-quality when seeing a production.

Lebanon Opera House is the only community-based theater of its size in west-central New Hampshire. Live performances broaden audience's cultural horizons and encourages community participation.

Opera North brings professional opera performances to both the Lebanon Opera House stage and outdoors at Blow Me Down Farm in Cornish, NH during the summer. Opera North is the only professional opera company north of New York City.

The Montshire Museum of Science in Norwich, VT offers visitors a hands-on experience with more than 140 exhibits relating to the natural and physical sciences, ecology, and technology. Located near the Connecticut River, the museum's outdoor setting is as educational as what can be found inside.





THE GREAT OUTDOORS

Visitors can enjoy the beautiful sights and sounds while being surrounded by nature. There are plenty of trails to explore, whether that's through hiking or mountain biking, or perhaps by spending some time on the water.

If you're looking for something to really make your outdoor adventures memorable, visit: vitalcommunities.org/valleyquest/questing-book to join a treasure hunt or create your own!

The Appalachian National Scenic Trail will take hikers on a journey through 2,180-plus miles of public footpaths. Before setting off for a hike, make sure to check the park website for closures.

Eshqua Bog in Hartland, VT is considered a botanical wonderland of cold-climate holdovers. This preserve will delight visitors with its diverse array of bog and fen plants.

The Quechee Gorge is considered one of Vermont's most beautiful natural wonders. Also known as "Vermont's Little Grand Canyon" in Quechee, visitors will experience vistas 168 feet from the bridge above the Ottaquechee River. It's a beautiful spot to enjoy a picnic or to venture the trails along the mile-long chasm. The gorge is within walking distance of Quechee Gorge Village and Quechee State Park, where you can shop and eat.

Balch Hill Natural Area in Hanover, NH is clearly a favorite among residents for its plethora of trails, picnic areas, and bird watching. Ten trails from easy to moderate lead to the 937-foot summit. Watch history unfold by coming across sugar maples and red oak trees that are nearly 200 years old. Bird watchers should keep an eye out for Balch Hill's year-round residents that include barred owls, ruffed grouse, turkeys, blue jays, and chickadees. You may also come across some wildlife, such as the white-tailed deer, porcupine, raccoon, fisher, short-tailed weasel, skunk, red fox, snowshoe hare, red and gray squirrels.

The Boston Lot Lake and Wilder Dam Ledges is a great place for recreation and camping year-round in Lebanon, NH. Many visitors enjoy the opportunity to hike, snowshoe, ski, hunt, fish, and picnic.

Holt's Ledge in Hanover, NH offers an easy day hike from 2.2 miles to 13 miles. Hikers may get the chance to spot a few peregrine falcons, which are a protected species. On a clear day, Holt's Ledge offers extensive views of Smarts Mountain, Mount Cardigan, Ragged Mountain, Mount Kearsarge, and Mount Ascutney.

Mount Cardigan in Orange, NH is a moderate day hike from 3.3 miles to 25 miles. The Cardigan Mountain State Park spans 5,655 acres and trails leading from the West Ridge Trail and South Ridge Trail. Hikers that reach the summit at 3,155 feet will catch some panoramic views and can see the White Mountains, Camel's Hump in Vermont, and Pleasant Mountain in Maine.

The Storrs Pond Recreation Area in Hanover, NH offers swimming, an exciting splash pad, tent and RV sites, as well as hiking trails, tennis, disc golf, and room to just sit back and relax. Located minutes from downtown, it is the premier outdoor destination for the entire community to enjoy.

BIKING

Ready for a 2-wheel adventure? The Northern Rail Trail starts in Lebanon and runs 56 miles to Boscawen, NH passing by gorgeous scenery such as along Mascoma Lake.

The Mascoma River Greenway starts in downtown Lebanon, NH and has beautiful views of the river. If you're looking for a little more adventure, you can find a map of trails with a variety of difficulty levels on the Upper Valley Mountain Biking Association's website: uvmba.org/localtrails.

The Green Woodlands Foundation also has a list that covers 50-plus miles of single and double track trails in Lyme and Dorchester, NH: greenwoodlands.org.

BOATING

The Upper Valley has many lakes and ponds that provide scenic boating and kayaking. Grafton Pond in Grafton is a protected area known as one of the most beautiful ponds (over 300 acres) in the region.

Or, bring your boat to Mascoma Lake in Enfield, NH or Lake Fairlee in Fairlee, VT for water where you can boat all day.

The White River in Vermont can be a fun day out canoeing along this river. With many small rapids and ledges, the White River is rated between Class 1 and 3.

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AVA
50
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The Medtech Collaborative is an initiative of the Upper Valley Business Alliance created to encourage economic development, investment, business creation, employee retention and workforce expansion in the medical and biotechnology fields.

VISION STATEMENT

We see a future where Northern New England has a thriving and collaborative MedTech community.

GOALS

- Raising awareness of MedTech activities in Northern New England
- Enabling collaboration among MedTech innovators
- Providing educational opportunities and community resources

CORE VALUES

- Respecting the Rural Character of Northern New England
- Recognizing our Impact on Economic Development
- Supporting Workforce Inclusivity and Equitable Access to Resources

WE BRING TOGETHER

- 500+ Member Companies and Innovators
- Real Asks: Educational and Career, Advancement and Opportunities
- Annual Conferences: MedTech Collaborative Pitch Competition and Northern New England MedTech Conference
- Monthly Networking: Our Member Socials are hosted on the fourth Thursday of every month.

Join us for... An Exchange of Innovation, Ideas, and Practical Knowledge in the Medtech Industry in Northern New England: medtechcollab.org



The Upper Valley BIPOC Network (UVBN) was created to provide resources and networks that support the Black, Latinx, Indigenous, Asian American, Pacific Islander, Middle Eastern and other communities of color in the Upper Valley of NH & VT.

MISSION

In our community, the UVBN is committed to fostering an inclusive and equitable environment where all BIPOC (Black, Indigenous, and People of Color) members feel a profound sense of belonging. We recognize and celebrate the diverse cultures, backgrounds, and perspectives that each individual brings, as they enrich the fabric of our community. Through active listening, empathy, and continuous education, we strive to create a space that promotes equality, dismantles systemic barriers, and empowers BIPOC individuals to thrive and lead with confidence, knowing they are an integral and cherished part of our shared journey.

Find Us Online: uvbipocnetwork.org

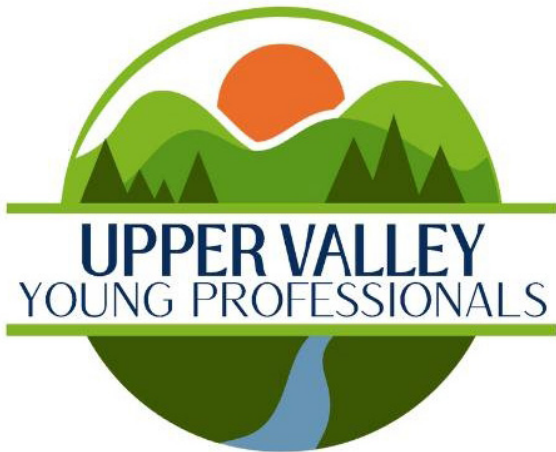
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The Upper Valley BIPOC Network is a program of the Upper Valley Business Alliance.



UPPER VALLEY YOUNG PROFESSIONALS



The mission of the Upper Valley Young Professionals group is to bring together young, emerging, and rising professionals and foster connections in the Upper Valley of NH & VT.

WHAT DOES IS MEAN TO BE A YOUNG PROFESSIONAL?

Our target audience for our events is 20-40 year-olds living or working in the Upper Valley. However, we welcome near-peers who would like to learn more about our group or hear from younger voices. We define professional as anyone employed or looking for new opportunities. We are an open and welcoming group.

Our goal is to be a resource for young adults in the Upper Valley region of Vermont and New Hampshire who are looking to expand their personal or professional networks. We create opportunities for young professionals to connect with one another and with their community. We aim to be a high-

value network of individuals who contribute to our region and make the Upper Valley a place where young people want to stay, work and play. As young professionals we know that networking is important, not just to make business contacts but also to make social connections.

While many believe that one of the best attributes of the Upper Valley is its rural nature, this can also make it difficult for young people to connect. Upper Valley Young Professionals feels it is important to centralize the Upper Valley community by regularly hosting social events.

Each gathering we partner with a different local business that will foster social interaction. We enjoy supporting local businesses, in both NH & VT, while providing a forum for young professionals to connect with those that they normally wouldn't cross paths with where they live or work. Our community fabric is strengthened beyond what normally would exist during the course of daily interactions. Whether you are a newcomer, or a lifelong resident this can be an invaluable opportunity to make new connections with fellow community members.

Whether you are interested in expanding your business or social network, or just want an excuse to go out after work, please visit us at our next event!

The Upper Valley Young Professionals is a program of the Upper Valley Business Alliance.

Find Us Online At: uvyp.org

Join Us On Discord



10 THINGS TO DO IN THE UPPER VALLEY

1) Hike the Appalachian Trail. The Appalachian Trail is a 2,190+ mile trail that traverses 14 states from Maine to Georgia. Those who hike the entire trail, known as “thru hikers” earn special bragging rights for their perseverance in hiking some of the most challenging terrain, especially the New England leg. Others make a goal of hiking a portion of the trail in each state. Those who want to ‘hike’ a portion of New Hampshire and Vermont can take a leisurely stroll along Hanover and Norwich’s Main Streets, both of which are part of the trail.

2) Take In a Show. The Upper Valley is home to several outstanding performance venues and theaters featuring professional theater companies, terrific local talent and nationally known performers. The Lebanon Opera House located in the City Hall attracts nationally recognized performers as well as hosts several Upper Valley performing arts companies. In Hanover, the Hopkins Center for the Performing Arts at Dartmouth brings together visiting artists, resident artists, student ensembles and academic departments to produce or present work that represents diverse voices and artistic forms and speaks to important issues. Northern Stage in White River Junction is a LORT-D professional theater company that presents world-class theatrical productions, offers educational programs, and develops

new works. Opera North is the only professional opera company in New Hampshire. In partnership with the National Park Service at Blow Me Down Farm in Cornish, Opera North has an annual summer arts festival that combines opera with performance art. And there are many other theater companies presenting live theater year round.

3) Learn Something New. Whether you would like to learn how to bake the perfect pastry or more about the Upper Valley’s extensive manufacturing history, or about science in the natural world, you can find the knowledge here. Nationally known King Arthur Baking School in Norwich offers over 100 classes to bakers of all skill levels and the Co-Op Food Store Culinary Learning Center teaches classes on fabulous dishes from many culinary traditions. If history and machines are your interest, the American Precision Museum links our region’s manufacturing past with the upcoming technologies of the future. The Montshire Museum of Science in Norwich brings together exciting science exhibits and miles of nature trails. Enfield Shaker Museum offers a glimpse into the lives of the Shakers who lived there for over 200 years. The museum also offers many events and workshops to create classic Shaker tools, which are still useful today.

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4) Explore the Covered Bridges of the Upper Valley.

The Upper Valley is home to 14 different covered bridges. The earliest bridges built by settlers were all made of wood but weather would cause the bridges to decay over time. Adding sides and roofs to the bridges served to protect the deck and add years to the structure. Covered bridges were once all over New Hampshire and Vermont but now only a few of these historical structures remain. One of the longest is the Cornish-Windsor Bridge, a 460-foot bridge that crosses the Connecticut River with two clear spans. Marvels of ingenuity and engineering, a tour of the covered bridges is a great place to start your Upper Valley visit.

5) Take An Art Tour. Baker Library at Dartmouth College in Hanover, hosts The Epic of American Civilization, an extensive mural cycle created by Mexican artist José Clemente Orozco between 1932 and 1934. One of Orozco's finest creations and one of Dartmouth's most treasured works, it was designated a national historic landmark in 2013. Visitors may view the murals whenever the Orozco Room is open. Continue your tour of Dartmouth College's extensive art collections by touring Hood Museum, which has an extensive collection of art by masters as well as extensive Native American holdings—nearly 7,000 objects—ranging from archaeological materials to 19th century beadwork to hundreds of items created by contemporary Native American artists. AVA Gallery in nearby Lebanon, has an edgy loft vibe in a downtown setting. The main building was built in 1890 and houses the main galleries as well as classrooms. Visitors can tour the galleries and view works by local artists.

6) Do A Valley Quest. Valley Quests are self-guided mini-tours all around the Upper Valley. Find quests at vitalcommunities.org/quests and grab your compass, binoculars and sense of adventure. Quests range from exploring nature trails, to finding treasure chests and learning about aspects of Upper Valley life. Similar to geocaching or orienteering, quests range in difficulty.

7) Go On an Adventure. The Upper Valley is a mecca for outdoor adventures in every season. From sunset cruises on Lake Sunapee to kayaking on the Connecticut River and many other outdoor activities. Ever wanted to try an e-bike (electric bicycle)? Rent a bike or an E-bike from Omer & Bob's in Lebanon then try it on the Northern Rail Trail, a 56-mile level trail that starts in Lebanon and ends in Boscaawen, New Hampshire. Experience the fun of a scenic cruise on Lake Morey on the Lake Morey Resort pontoon boat cruise, a guided tour of a one of the Upper Valley's most beautiful lakes. Hike one of the beautiful and scenic trails that abound in the Upper Valley. From Mt. Cardigan in Orange, NH to the numerous trails of the Hanover Conservancy and

Upper Valley Land Trust, there are trails for every skill level. Check out the Trailfinder app by the Upper Valley Trails Alliance to find a great hike.

8) Enjoy Local Food. Pay a visit to world-renowned Simon Pearce Factory in Quechee, Vermont, to watch their master glass blowers create beautiful and useful glassware. Glass blowing happens daily between 10 AM to 9 PM. Stroll through the Quechee Mill and have lunch at the Simon Pearce Restaurant, voted one of "America's Most Romantic Restaurants" by Travel and Leisure and recipient of the Wine Spectator "Best of Award of Excellence." Do a craft beer tasting at the Norwich Inn's Jasper Murdock's Alehouse & Brewery or Brightside Brewing at the Lebanon Airport. Stop by SILO Distillery in Windsor to try one of their many crafted liquors. Find locally produced food at the Upper Valley's many Farmers' Markets such as in Lebanon and Norwich.

9) Go to the Races. Speed your thing? Check out the Bear Ridge Speedway in Bradford and watch everything from old model cars, stock cars and mini cars whirl around a track. Maybe you would prefer watching or racing mountain bikes as they fly down a mountainside at the MAXXIS ESC Stan's Enduro at Arrowhead Recreation Area in Claremont. Horse, pig and tractor races take place in the fall at the Tunbridge World's Fair in Tunbridge Vermont or Cornish Fair in late August in Cornish New Hampshire. In April, come to cheer on kayaker and canoeists at Ledyard Outing Club's Riverfest. And let's not forget ski races at Whaleback Mountain during the winter.

10) Find a New Sport or Hobby. Ever heard of archery tag? It's a unique team sport involving foam-tipped archery. You can try it at Running Water Recreation Center in Bradford. Pickleball? Find it at the CCBA or River Valley Club, both in Lebanon. Maybe you are into games. The Upper Valley is home to two great game stores, The Fourth Place in Hanover and Black Moon Rising in West Lebanon. Try your hand at creating at AVA Gallery with classes on painting, sculpture, metalworking, wood working and more. Learn to create media from film to podcasts at Junction Arts & Media (JAM) in White River Junction. Inspired to make music? Upper Valley Music Center can teach you on any instrument. Need to move your feet to the music? Lebanon Ballet School teaches dance and musical theater. And there is much more from curling to roller derby, disc golf to fabulous golf courses at Eastman Country Club in Grantham and Montcalm Golf Course in Lebanon.

Where to find more information or even more great activities? Uppervalleybusinessalliance.com or on the Local Upper Valley app, available on Apple App store or GooglePlay.



DO BUSINESS HERE

The Upper Valley is the perfect place to locate your business. Great proximity to the metropolitan areas of Manchester, Burlington, Montpelier, Boston, New York and Montreal. A robust economy with a highly educated and skilled workforce. Plus, a high quality of life with terrific schools, plentiful outdoor recreation and cultural events, and supportive communities.

Our workforce is highly educated and skilled. In the Upper Valley towns, 95% of all residents have graduated high school and 52% have a college degree or higher. Businesses focused on the trades can also find skilled workers with local training programs in area high school tech centers.

In 2021, the US Census analysis placed the Upper Valley as one of the fastest growing micropolitan areas in the country. Niche.com listed Hanover as the number one best place to live in New Hampshire.

The Upper Valley is a thriving bio and medtech region with a supportive ecosystem for entrepreneurship

from institutions such as Dartmouth's Magnussen Center for Entrepreneurship, the Tuck School of Business and a leading teaching hospital at Dartmouth Health. Opportunities abound in the areas of engineering, technology, education and medicine.

The Upper Valley is a desirable place to live. There are lifestyle choices from rural living to in-town convenience, from larger communities to small villages, from farm and horse country to resort and recreational communities. Low levels of crime, noise, and pollution contribute to a sense of being safe.

The beauty of the landscape in mountain views, pastures and woodlands, rivers and lakes, stonewalls, and village character combine to make this place special. The charm of this valley can be found in its history, cultural sophistication, socioeconomic mix, spectacular beauty and educational and recreational opportunities.

Need more information?
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5511 Parkcrest Drive Suite 103
Austin, TX 78731
(512) 765-4985
zenbusiness.com/
new-hampshire-llc

CHILDCARE

Boys & Girls Clubs of Central New Hampshire
55 Bradley Street
Concord, NH 03301
(603) 568-0923
nhyouth.org

Fit Kids at River Valley Club
14 Lafayette Street
Lebanon, NH 03766
(603) 643-8650
rvcfitkids.com

CHILDREN'S CLOTHING & TOYS

Country Kids Clothing
8 Glen Road
West Lebanon, NH 03784
(603) 790-8168
countrykidsclothingnh.com

CHURCHES

River Bank Church
PO Box 5306
West Lebanon, NH 03784
(603) 359-6063
riverbankchurch.com

CLEANING SERVICES

Aslan's Maintenance
PO Box 738
Lebanon, NH 03766
(603) 448-4906
aslansmaintenance.com

Flanders Cleaning Services
255 Old County Rd
Plainfield, NH 03781
(603) 892-1942
flanderscleaning.com

Flanders Steam Clean
255 Old County Rd
Plainfield, NH 03781
(603) 892-1942
flanderscleaning.com

CLOTHING & SHOES

37 Central Clothiers
43 South Main Street Suite 2
Hanover, NH 03755
(603) 277-9147
37central.com

Hubert's Family Outfitters
410 Miracle Mile Suite 17
Lebanon, NH 03766
(603) 448-6551
huberts.com

COFFEE & VENDING SUPPLIES

Allan's Vending Service
PO Box 797
White River Jct., VT 05001
(802) 296-7770
allansvending.com

COMMERCIAL REAL ESTATE SERVICES

BCR | Brown Commercial Realty
44 South Main Street #10
Hanover, NH 03755
(603) 652-1499
browncr.com

Dartmouth Regional Technology Center
16 Cavendish Court
Lebanon, NH 03766
(603) 643-5174
thedrtc.com

Hanover Park
11 Laramie Road
Etna, NH 03750
(603) 359-3300

Lang McLaughry Commercial Real Estate
93 South Main Street
West Lebanon, NH 03784
(603) 298-8904
langmclaughrycommercial
realestate.com

Northeast Commercial Realty
21 Technology Drive #6
West Lebanon, NH 03784
(603) 298-9999
primemls.com/office/s/1340

COMMUNITY ORGANIZATIONS

Alzheimer's Association MA/NH
15 Constitution Drive
Bedford, NH 03110
(617) 393-2151
act.alz.org/uppervalley

David's House
461 Mt. Support Road
Lebanon, NH 03766
(603) 643-2298
davids-house.org

Friends of the Norris Cotton Cancer Center
One Medical Center Drive
Lebanon, NH 03756

(603) 646-5500
theprouity.org

Granite United Way
21 Technology Drive Suite 4
West Lebanon, NH 03784
(603) 298-8499
graniteuw.org

Hanover Conservancy
71 Lyme Road
Hanover, NH 03755
(603) 643-3433
hanoverconservancy.org

Hanover Improvement Society
57 South Main Street
Hanover, NH 03755
(603) 643-2408
hanoverimprovement.org

Hanover NH Rotary Club
P.O. Box 381
Hanover, NH 03755
hanovernhrotary.org

Headrest
14 Church Street
Lebanon, NH 03766
(603) 448-4872
headrest.org

Howe Library Corporation
13 South Street
Hanover, NH 03755
(603) 643-4120
howelibrary.org

LISTEN Community Services
60 Hanover Street
Lebanon, NH 03766
(603) 448-4553
listencs.org

Maynard House
17 South Street
Hanover, NH 03755
(603) 643-3277
maynardhouse.org

New Hampshire Community Loan Fund
7 Wall Street
Concord, NH 03303
(603) 224-6669
communitylofund.org

Partners in Global Change
108 Academy Rd
Norwich, VT 05055
(802) 649-8851
partnersinglobalchange.com

Positive Tracks
35 South Main Street
Hanover, NH 03755
(603) 643-5009
positivetracks.org

Rotary Club of Lebanon
PO Box 132
Lebanon, NH 03766
(603) 359-3996
rotarylebanonnh.org

Spark! Community Center, Inc.
59 Hanover Street #4
Lebanon, NH 03766

(603) 678-8619
sparkcommunitycenter.org

Special Needs Support Center
129 South Main Street Suite 103
White River Jct., VT 05001
(603) 448-6311
snsc-uv.org

Upper Valley Arts Alliance
PO Box 173
Lebanon, NH 03766
(603) 545-5087
uvarts.org

Unmask the Invisible
Norwich, VT 05055
(802) 432-8931
unmasktheinvisible.org

Upper Valley BIPOC Network
377 North Main Street
West Lebanon, NH 03784
(603) 448-1203
uvbipocnetwork.org

Upper Valley Haven
713 Hartford Avenue
White River Jct., VT 05001
(802) 295-6500
uppervalleyhaven.org

Upper Valley Land Trust, Inc.
19 Buck Road
Hanover, NH 03755
(603) 643-6626
uvlt.org

Upper Valley Young Professionals
377 North Main Street
West Lebanon, NH 03784
(603) 448-1203
uvyp.org

Visions for Creative Housing Solutions
8 Sunrise Farm Lane
Enfield, NH 03748
(603) 632-7707
visionsnh.org

Vital Communities
195 North Main Street
White River Jct., VT 05001
(802) 291-9100
vitalcommunities.org

Waypoint
63 Hanover Street
Lebanon, NH 03766
(603) 298-8237
waypointnh.org

WISE - Women's Info. Services
38 Bank Street
Lebanon, NH 03766
(603) 448-5922
wiseuv.org

COMPUTER SERVICES & SALES

Adobe
345 Park Avenue
San Jose, CA 95110
(408) 753-5826
adobe.com

MEMBERS BY CATEGORY

COMPUTER SERVICES & SALES

All Access Infotech LLC
PO Box 109
Orford, NH 03777
(802) 331-1900
allaccessinfotech.com

CONSULTANTS

Adachi Labs, LLC
1016 New Boston Road
Norwich, VT 05055
(603) 359-4751
annaadachimejia.com

Alyssa Hughes Life Coaching, LLC
1801 Hunt Rd
Windsor, VT 05089
(802) 356-4879
alyssahugheslifecoaching.com

Consultant Squared
13 White Birch Lane
West Lebanon, NH 03784
(603) 991-7072

Inner Citadel Consulting
602 North Avenue Unit 16
Burlington, VT 05048
(616) 329-0753
innercitadelconsulting.com

Resilient Buildings Group, Inc
46 South Main Street Suite 7
Concord, NH 03301-4855
(603) 226-1009
resilientbuildingsgroup.com

CONTRACTORS

Cole Electric, Inc.
205 Church Lane
East Thetford, VT 05043
(802) 785-4818

Coughlin Painting LLC
10 Crescent St.
Claremont, NH 03743
(60) 504-3753
coughlinpainting.com

D. R. Key Corp.
255 Dartmouth College Hwy.
Lebanon, NH 03766
(603) 448-3060
drkeycorp.com

Domus, LLC.
8 Great Hollow Road
Etna, NH 03750
(603) 643-4114
domusbuilt.com

Foremost Builders
PO Box 5310
West Lebanon, NH 03784
(603) 763-1344
foremostbuilders.com

High Meadow Builders, LLC
160 Mechanic Street
Lebanon, NH 03766
603-448-5626
highmb.com

Housewright Construction Inc.
5365 Main Street
Newbury, VT 05051
(802) 866-5520
housewright.net

HP Roofing
240 South Main Street Suite 6
White River Jct., VT 05001
(802) 295-1548
hprooingllc.com

MJ Toon Construction LLC
322 Mascoma Street
Lebanon, NH 03766
(603) 217-7998
mjtoonconstruction.com

Prana Design Painting
38 West Province Road
Newbury, NH 03255
(603) 865-1315
pranapainting.com

Willow Brook Builders LLC
6 Center Of Town Rd
Plainfield, NH 03781
(603) 209-0218
willowbrookbuilders.com

CONSTRUCTION MANAGEMENT

Consigli Construction Co., Inc.
1087 Elm St
Manchester, NH 03101
(603) 696-6767
consigli.com

DEW Construction Corp.
277 Blair Park Road Suite 130
Williston, VT 05495
(802) 872-0505
dewconstruction.com

Estes & Gallup
PO Box 240
Lyme, NH 03768
(603) 795-4400
estes-gallup.com

Otter Creek Engineering Inc.
93 South Main St. Suite 203A
West Lebanon, NH 03784
(802) 382-8522
ottercrk.com

ReArch Company
85 Mechanic Street, Suite E2-4
Lebanon, NH 03766
(802) 863-8727
researchcompany.com

Trumbull-Nelson Construction Co.
19 Plaza Heights Road
West Lebanon, NH 03784
(603) 643-3658
t-n.com

CONVENIENCE STORES

Evans Express Mart
361 Miracle Mile
Lebanon, NH 03766
(603) 448-3400
evansexpressmart.com

Jake's Market & Deli
227 Mechanic Street
Lebanon, NH 03766
(603) 448-6510
jakesmarket.com

DENTAL

Hanover Orthodontics
7 Allen Street Suite 300
Hanover, NH 03755
(603) 643-1200
drneely.com

Mascoma Dental Associates
2 Campbell Street
Lebanon, NH 03766
(603) 448-4200
mascomadental.com

Neal Wallace Dental
73 Lyme Road Suite 3
Hanover, NH 03755
(603) 643-3509
nealwallacedental.com

EDUCATION

Crossroads Academy
95 Dartmouth College Hwy.
Lyme, NH 03768
(603) 795-3111
crossroadsacademy.org

Dartmouth College
Hanover, NH 03755
(603) 646-1110
home.dartmouth.edu

Kimball Union Academy
7 Campus Center Drive
Meriden, NH 03770
(603) 469-2000
kua.org

Lebanon School District SAU88
20 Seminary Hill
West Lebanon, NH 03784
(603) 790-8500
sau88.net

Osher Lifelong Learning Institute at Dartmouth
One Court Street Suite 380
Lebanon, NH 03766
(603) 646-0154
osher.dartmouth.edu

Rassias Center Dartmouth College
6071 Blunt Suite 315
Hanover, NH 03755
(603) 646-2922
rassias.dartmouth.edu

River Valley Community College, Lebanon Academic Center
15 Hanover Street
Lebanon, NH 03766
(603) 443-4200
rivervalley.edu

Upper Valley Educators Institute
194 Dartmouth College Hwy.
Lebanon, NH 03766
(603) 678-4888
uvei.edu

ELECTRONICS

Batteries Plus
43 Main Street
West Lebanon, NH 03784
(603) 790-8479
batteriesplus.com

Michaels Audio-Video
4 Allen Street
Hanover, NH 03755
(603) 643-4646

EMPLOYMENT AGENCIES

Leddy Group
115 Etna Road Bldg. 3, Suite 3
Lebanon, NH 03766
(603) 727-0102
leddygroup.com

ENGINEERING & PRODUCT DESIGN

Appcast
10 Water Street
Lebanon, NH 03766
(800) 570-5430
appcast.io

Computac, LLC.
2 Buck Road Suite 8
Hanover, NH 03755
(603) 298-5721
computac.com

Creare
16 Great Hollow Road
Hanover, NH 03755
(603) 643-3800
creare.com

Maerix, Inc.
24 Airport Road Suite 306A
West Lebanon, NH 03784
1-866-866-2228
maerix.com

ENTERTAINMENT

DB Lights
20 West Park Street Suite 301
Lebanon, NH 03766
(802) 265-1723
facebook.com/christmas-lightshows

Nugget Theaters
57 South Main Street
Hanover, NH 03755
(603) 643-2769
nugget-theaters.com

EVENT PLANNING

Simply Beautiful Events
10 Georgia Ave
Enfield, NH 03748
(603) 560-5386
simplybeautifulevents.com

MEMBERS BY CATEGORY

FINANCIAL & INVESTMENT SERVICES

Ameriprise Financial Services Inc.

45 Lyme Road Suite 203
Hanover, NH 03755
(603) 653-0317
ameriprise.com

Bar Harbor Wealth Management

68 South Main Street
Hanover, NH 03755
(603) 643-7153
barharbor.bank/wealth-management

Benjamin F. Edwards

292 Main Street
New London, NH 03257
(603) 526-6914
benjaminfedwards.com/
branch/benjamin-f-edwards-
new-london-nh

Edward Jones

2 South Park Street
Lebanon, NH 03766
(603) 678-5196
edwardjones.com/us-en/
financial-advisor/
roland-swasey

Fisher Financial Advisors

32 South Main Street
Hanover, NH 03755
(603) 643-4448
fisherfinancialadvisors.com

Green Future Wealth Management

367 Route 120 Unit B-4
Hanover, NH 03755
(603) 643-7200
greenfuturewealth.com

Investmark Advisory Group

29 School Street
Lebanon, NH 03766
(603) 865-1077
investmark.net

JMH Wealth Management, LLC

45 Lyme Road Suite 307
Hanover, NH 03755
(603) 643-8899
jmhwealth.com

Raymond James

17 1/2 Lebanon Street
Hanover, NH 03755
(603) 427-8899
raymondjames.com/north-
eastlegacygroup

The Richards Group

Wheeler Office Complex
1 Oak Ridge Road Building #2
West Lebanon, NH 03784
(603) 643-2000
therichardsgrp.com

Wells Fargo Advisors

P.O. Box 643
Hanover, NH 03755
(603) 643-6060
wellsfargoadvisors.com

FITNESS

CCBA - Carter Community Building Association

1 Taylor Street
Lebanon, NH 03766
(603) 448-6477
joinccba.org

Mighty Yoga

10 Allen Street
Hanover, NH 03755
(603) 676-6016
mightyyoganh.com

River Valley Club

33 Morgan Drive
Lebanon, NH 03766
(603) 643-7720
rivervalleyclub.com

Upper Valley Aquatic Center

10 Arboretum Lane
White River Jct., VT 05001
(802) 296-2850
uvacswim.org

FLORIST

Lebanon Garden of Eden

57 Mechanic Street Suite G1-1
Lebanon, NH 03766
603-448-6000
gardenofedenfloral.com

FOOD & BEVERAGE, CATERING

Blood's Catering & Party Rentals

1147 Hartford Avenue
White River Jct., VT 05001
(802) 295-5393
bloodscatering.com

Garfield's Smokehouse

PO Box 236
Meriden, NH 03770
(603) 469-3225
garfieldssmokehouse.com

SILO Distillery

3 Artisans Way
Windsor, VT 05089
(802) 674-4220
silodistillery.com

FUEL COMPANIES

Cota & Cota

8 Barnes Avenue
White River Jct., VT 05001
(802) 295-0000
cotaoil.com

Eastern Propane & Oil

24 Hathorn Drive
Enfield, NH 03748
(800) 371-7979
eastern.com

Simple Energy

162 North Main Street
Lebanon, NH 03784
(603) 298-7200
simpleenergyonline.com

Suburban Propane

424 Miracle Mile
Lebanon, NH 03766
(603) 448-4708
suburbanpropane.com

FUNERAL & CREMATION SERVICES

Ricker Funeral Home and Crematory

55 School Street
Lebanon, NH 03766
(603) 448-1568
rickerfuneralhome.com

GAMES

Black Moon Games

267 Plainfield Road
West Lebanon, NH 03784
(603) 678-8643
black-moon-games.com

The Fourth Place

3 Lebanon Street
Hanover, NH 03755
(617) 917-4261
thefourthplacehanover.com

GARDEN CENTERS

Gardener's Supply Company

220 Mechanic Street
Lebanon, NH 03766
(603) 448-6110
gardeners.com

GIFTS & SPECIALTY ITEMS

Andrew Pearce Bowls, Inc.

59 Woodstock Road
Hartland, VT 05073
(802) 735-1884
andrewpearcebowls.com

Canaveral Candles LLC

2 Green Street West
West Lebanon, NH 03784
canaveral-candles.ueniweb.
com

Dartmouth Co-Op

21 South Main Street,
Hanover NH 03755
(603) 643-3100
dartmouthcoop.com

Luminta, LLC

20 West Park Street Suite 219
Lebanon, NH 03766
(833) 586-4682
luminta.com

Main Street Kitchens

6 Allen Street
Hanover, NH 03755
(603) 643-9100
main-street-kitchens.com

rpm New Hampshire - Records, Memorabilia and Posters

53 South Main Street
Hanover, NH 03755
(603) 643-6555
rpmnh.com

GOLF

Bretton Woods Golf Club

310 Mount Washington Hotel
Road
Bretton Woods, NH 03575
(603) 278-4653
omnihotels.com/hotels/
bretton-woods-mount-
washington/golf

Eastman Golf Links

6 Clubhouse Lane
Grantham, NH 03753
(603) 863-4500
eastmangolfinks.com

Fore-U Golf Center

298 Plainfield Road
West Lebanon, NH 03784
(603) 298-9702
foreugolf.com

Montcalm Golf Club

2 Smith Pond Road
Enfield, NH 03748
(603) 448-5665
montcalmgolfclub.com

The Quechee Club

3268 Quechee Main Street
Quechee, VT 05059
(802) 295-9356
quecheeclub.com

GOVERNMENT

City of Lebanon

51 North Park Street
Lebanon, NH 03766
(603) 448-4220
lebanonnh.gov

Town of Enfield

23 Main Street
Enfield, NH 03748
(603) 442-5427
enfield.nh.us

Town of Hanover

P.O. Box 483
Hanover, NH 03755
(603) 643-0701
hanovernh.org

GROCERY STORES

Hannaford Supermarket & Pharmacy

8 Market Street
West Lebanon, NH 03784
(603) 298-6642
hannaford.com

Hanover Co-op Food Stores & Auto Service Centers of NH & VT

P.O. Box 633
Hanover, NH 03755
(603) 643-2667
coopfoodstore.coop

Jake's Market & Deli

119 Mechanic Street
Lebanon, NH 03766
(603) 443-9900
jakesmarket.com

MEMBERS BY CATEGORY

HARDWARE

LaValley Building Supply
5 Airport Road Unit 2
West Lebanon, NH 03784
(603) 298-5641
lavalleys.com

HEALTH & WELLNESS

Andara
1 Oak Ridge Road
West Lebanon, NH 03784
(603) 731-4860
andarabalance.com

AT Think Up!
1 Court Street, Ste 260
Lebanon, NH 03766
(917) 703-2057
atthinkup.com

Averte - Trivium New England
2122 Lower Plain
Bradford, VT 05033
(802) 222-9393
averte.com

Balanced Speech Therapy
Sunapee, NH 03782
(802) 302-3954
balancedspeech.com

BE Fit Physical Therapy
45 Lyme Road Suite 101
Hanover, NH 03755
(603) 653-0040
befitphysicaltherapy.com

Cioffredi & Associates
Physical Therapy, LLC
112 Etna Road
Lebanon, NH 03766
(603) 643-7788
cioffredi.com

Dartmouth Health - Visiting Nurse and Hospice for Vermont and New Hampshire
88 Prospect Street
White River Jct, VT 05001
(888) 300-8853
vnhcare.org

Dayspring Pregnancy Care Center
One Main Street Suite 2
West Lebanon, NH 03784
(603) 298-6123
pc-uv.com

GrassRoots Functional Medicine
1 Oak Ridge Road
Building 1 Suite 4
West Lebanon, NH 03784
(603) 277-2199
grassrootsfunctionalmedicine.com

Green Mountain Hypnosis
PO Box 1491
White River Jct., VT 05001
(802) 566-0464
greenmountainhypnosis.com

Julie Glynn, Wellness Coach
PO Box 63
Hanover, NH 03755
(603) 252-1865
julieglynn.com

Lake Sunapee Region VNA & Hospice
PO Box 2209
New London, NH 03257
(603) 526-4077
lakesunapeevna.org

Love.Life.Activate
PO Box 332
Woodstock, VT 05091
(413) 834-1117
lovelifeactivate.com

Martina Daley Doterra
91 Greensboro Road
Hanover, NH 03755
(603) 443-0778
doterra.com/US/en_US/site/
martinadaley

MMLD LLC
2460 Barker Parkway
North Ogden, UT 84414
(801) 725-8742
mysuperoil.com

Precision Osteopractic Physical Therapy, LLC
33 Morgan Drive
Lebanon, NH 03766
(603) 676-7355
precisionopt.com

HOME FURNISHINGS

Budget Blinds of Concord & Hanover
248 Sheep Davis Road Suite 10
Concord, NH 03301
(603) 369-6597
budgetblinds.com/concordnh

Carpet Mill USA
213 Mechanic Street
Lebanon, NH 03766
(603) 448-3902
carpetmillusa.com

Copeland Furniture Factory Outlet
156 Industrial Drive
Bradford, VT 05033
(802) 222-5300
copelandfurniture.com/cope-
land-furniture-factory-outlet

COVER Store
158 South Main Street
White River Jct, VT 05001
(802) 296-7241
coverhomerepair.org

Crown Point Cabinetry
462 River Rd
Claremont, NH 03743
(800) 999-4994
crown-point.com

Gilberte Interiors, Inc.
10 Allen Street
Hanover, NH 03755
(802) 643-3727
gilberteinteriors.com

Frank Webb's Bath Center
55 Etna Road
Lebanon, NH 03766
(603) 448-9405
frankwebb.com

Khan Oriental Carpets
3 Lebanon Street
Hanover, NH 03755
(603) 643-4008
loc8nearme.com/new
hampshire/hanover/khan

Simon Pearce
15 South Main Street
Hanover, NH 03755
(603) 643-0100
simonpearce.com

Upper Valley Stove Company
65 Riverside Drive
Lebanon, NH 03766
(603) 448-4300
uppervalleystove.com

HOSPITALS & CLINICS

Alice Peck Day Memorial Hospital
10 Alice Peck Day Drive
Lebanon, NH 03766
(603) 448-3121
alicepeckday.org

Dartmouth Health
1 Medical Center Drive
Lebanon, NH 03756
(603) 650-5333
dartmouth-hitchcock.org

Good Neighbor Health Clinic
70 North Main Street
White River Jct., VT 05001
(802) 295-1868
goodneighborhealthclinic.org

TLC Family Resource Center
62 Pleasant Street
Claremont, NH 03743
(603) 542-1848
tlcfamilyrc.org

HOTELS & INNS

Best Western West Lebanon - Hanover Hotel
45 Airport Road
West Lebanon, NH 03784
(603) 298-8888
bestwestern.com

Dowds' Country Inn
9 Main Street
Lyme, NH 03768
(603) 795-4712
dowdscountryinn.com

Fireside Inn & Suites
25 Airport Road
West Lebanon, NH 03784
(603) 298-5900
firesideinnwestlebanon.com

The Hanover Inn
2 East Wheelock Street
Hanover, NH 03755
(603) 643-4300
hanoverinn.com

Hilton Garden Inn Hanover-Lebanon
35 Labombard Road
Lebanon, NH 03766
(603) 448-3300
hilton.com

Loch Lyme Lodge
70 Orford Road
Lyme, NH 03768
(603) 795-2141
lochlymelodge.com

The Lyme Inn
1 Market Street
Lyme, NH 03768
(603) 795-4824
thelymeinn.com

The Norwich Inn
325 Main Street
Norwich, VT 05055
(802) 649-1143
norwichinn.com

Omini Mount Washington Resort
310 Mount Washington Hotel Rd
Bretton Woods, NH 03575
(603) 278-1000
omnihotels.com/hotels/
bretton-woods-mount-
washington

The Quechee Inn at Marshland Farm
1119 Quechee Main Street
Quechee, VT 05059
(802) 295-3133
quecheeinn.com

Residence Inn by Marriott
32 Centerra Parkway
Lebanon, NH 03766
(603) 643-4511
marriott.com

Six South Street Hotel
6 South Street
Hanover, NH 03755
(603) 643-0600
sixsouth.com

Lake Morey Resort
82 Clubhouse Rd
Fairlee, VT 05045
(802) 333-4311
lakemoreyresort.com

The Woodstocker B&B
61 River Street
Woodstock, VT 05091
(802) 457-3896
thewoodstockerbnb.com

Woodstock Inn & Resort
14 The Green
Woodstock, VT 05091
(802) 457-1100
woodstockinn.com

HVAC, PLUMBING & ELECTRICAL

ARC Mechanical
PO Box 724
Bradford, VT 05033
(603) 443-6111
arcmech.com

MEMBERS BY CATEGORY

HVAC, PLUMBING & ELECTRICAL

Defiance Electric
86 Chosen Vale Lane
Enfield, NH 03748
(603) 632-4982
defianceelectric.com

Fresh Air Solutions, LLC
73 Calavant Hill Rd
Charlestown, NH 03603
(603) 826-0461
freshairsolutionsnhvt.com

T.Dean Plumbing & Heating, LLC
485 2nd NH Turnpike
Claremont, NH 03743
(802) 738-6333
tdeanplumbing.com

INSURANCE

A.B. Gile, a division of The Rowley Agency
377 North Main Street
West Lebanon, NH 03784
(603) 643-4540
rowleyagency.com

AAA Northern New England
267 Plainfield Road
West Lebanon, NH 03784
(603) 298-2600
AAA.com

Bickford Agency Inc. Allstate Insurance
One Glen Road Suite 11
West Lebanon, NH 03784
(603) 298-7971
tinyurl.com/PeterBickfordAllState

Colby Insurance Group
63 Dartmouth College Hwy.
Lyme, NH 03768
(603) 795-2151
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(603) 373-4363
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(603) 448-2556
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(603) 448-3250
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KinneyPike.com

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(603) 448-4106
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(603) 298-8833
pearcejewelers.com

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(603) 653-0006
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(603) 298-5703
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(603) 443-5300
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PO Box 282
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nlbarn.org

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ncct.org

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Hanover, NH 03755
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thegreensathanover.net

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(603) 306-4826
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Hanover, NH 03755
(603) 643-3321
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(603) 262-1806
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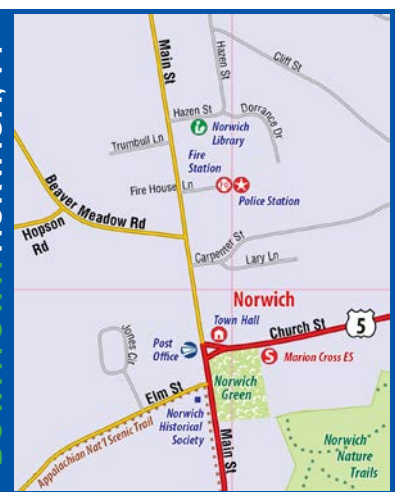
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