

# Life in the Upper Valley

There are many things to do and see in the Upper Valley. Each season brings in beautiful scenery, which locals and visitors adore. The Upper Valley is home to great outdoor activities, farmers markets, independent shops, local restaurants and more. Lebanon is located two hours northwest of Boston, five hours north of New York City and three hours south of Montreal, Quebec.

Check out our [Upper Valley Life](#) video!

Here are some site seeing and restaurant ideas.

## **Year-round**

1. Appalachian Trail, renowned hiking and skiing in NH and VT
2. Canoeing/Kayaking
3. Dartmouth's Hopkins Center for the Arts, Lebanon Opera House, Northern Stage Company
4. Decadent restaurants featuring locally sourced food.

## **Ski Links!**

If taking the day to be on a snow covered mountain exploring and gliding across the snow then check out the links below for our top rated mountains nearby!

1. Whaleback Mountain; <https://www.whaleback.com/>
  - a. Ski Passes; <https://shop.whaleback.com/>
2. Dartmouth Skiway; <https://sites.dartmouth.edu/skiway/>
  - a. Ski Passes; <https://sites.dartmouth.edu/skiway/tickets-passes/>
3. Okemo Ski Resort; <https://www.okemo.com/plan-your-trip/lift-access/passes.aspx>
4. Killington Ski Resort; <https://www.killington.com/>

## **Quick Fixes**

1. Get Coffee at [Lucky's Coffee Garage](#) in Lebanon, NH.
2. Pick up some fresh local apple cider at [Poverty Lane Orchards](#) in Lebanon, NH.
3. Browse the amazing handcrafted items at the [League of N.H. Craftsman](#) in Hanover, NH.
4. Take a stroll around the [Dartmouth College](#) campus in Hanover, NH.



*Lucky's Coffee Garage*



*Dartmouth Green*

### **A longer break:**

1. Take a quick hike up [Balch Hill](#) in Hanover, NH for beautiful views.
2. Explore art from cultures across the globe at the [Hood Museum of Art](#) in Hanover, NH.
3. Visit [Quechee Gorge Village](#) for a beautiful view of the Gorge, local shops and antiques!
4. While in Quechee, drive across the quaint [Quechee Covered Bridge](#), located next to [Simon Pearce](#) where you can have a delicious meal and watch glass blowing.
5. Be a kid again and visit the [Montshire Museum of Science](#), where we hold graduation!



*Quechee Gorge Village, Quechee, VT*



*Balch Hill, Hanover, NH*