new hampshire
parks for kids

Buddy Bison's
Fact Bites!
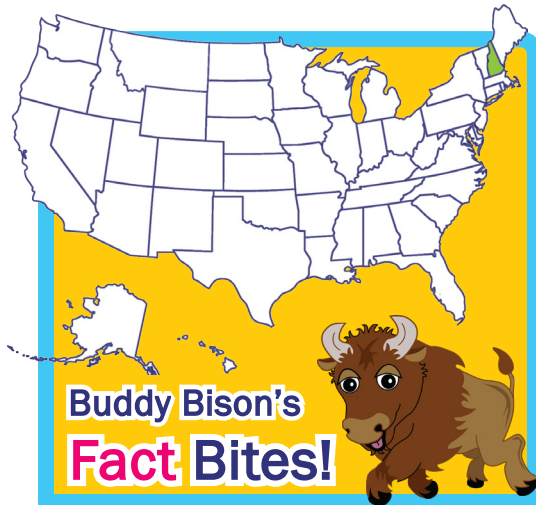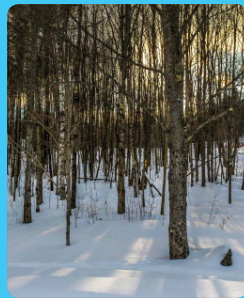
- **The first public library in the United States was founded in Peterborough in 1833.**

- **The state's motto is "Live Free or Die." Of the thirteen original colonies, New Hampshire was the first to declare independence.**

- **New Hampshire is known as the "Granite State," referring to its vast granite formations, and the "Mother of Rivers" for the rivers of New England that hail from New Hampshire.**

- **It is also called the "White Mountain State" and the "Switzerland of America."**

1. Franconia Notch State Park

Learn about Notch's history at the visitor center, then hike into Flume Gorge. Go swimming in Echo Lake and visit the Basin. End the trip with a ride on the Aerial Tramway and marshmallows by a campfire.

2. Mount Washington State Park

Hike the Alpine Garden Trail to see alpine flowers and stop by the Tip-Top House historic hotel. Be sure to check out the observatory and catch the view from the top of New England's highest mountain!

3. Odiorne Point State Park

Discover marine life in the Seacoast Science Center and look through the tide pools of the Sunken Forest to spot sea urchins and crabs. Hike to Frest Point and fish off the jetty.

4. Saint-Gaudens National Historic Site

Complete the Valley Quest program, then hike the Ravine Trail to Blow-Me-Up Brook, the Temple, and a historic swimning hole.

5. Wallis Sands State Beach

Walk down to the beach and go for a swim in the ocean. Bring a picnic, make a sand castle and view the Isle of Shoals just off the shore.

6. White Lake State Park

Go canoeing or kayaking, have fun on the playground, go swimming or fishing in the glacial lake, then spend the night camping!

7. Monadnock State Park

Hike one of the many trails and bring some snacks for a picnic. In the winter, try snowshoeing or cross-country skiing! Camp overnight.

8. Lake Francis State Park

Enjoy the playground or canoe and kayak. Go fishing, then enjoy a nice picnic. Roast s'mores at night and enjoy camping in the backwoods by boat or backpacking.

All photos courtesy of Frank Lee Ruggles Photography.

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