



# CARDIGAN MOUNTAIN SCHOOL



## 2024-25 VISITORS GUIDE *for* TEAMS, OFFICIALS & SPECTATORS



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# WELCOME TO CARDIGAN

Dear Coaches & Spectators,

Cardigan Mountain School is pleased to welcome you to our campus to compete against the Cougars. Enclosed you will find a packet that will help with your travel preparations and your visit to our campus.

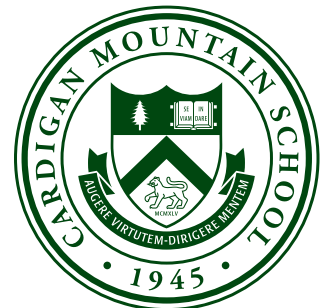
We are committed to ensuring a high standard of athletic excellence and sportsmanship for all events, so I hope you find the subject matter useful and informative. Please feel free to contact me if you have any questions or need additional information. Teams and spectators are always welcome to join our student-athletes and faculty in the Kenly Dining Hall at the Cardigan Commons for any meal around your event time; we ask that you please simply call in advance so we can notify Dining Services of your numbers. We look forward to your visit.

Ryan E. Frost P'25

*Director of Athletics*

603.523.3533 (office)

832.651.6940 (cell)





# WELCOME TO CARDIGAN

Dear Officials,

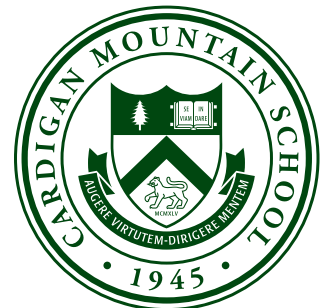
Cardigan Mountain School is pleased to welcome you to our campus for your game-officiating assignment. Enclosed you will find a packet that will help with your travel preparations and your visit to our campus. We are committed to ensuring a high standard of athletic excellence and sportsmanship for all events, so I hope you find the subject matter useful and informative. Please feel free to contact me if you have any questions or need additional information. In addition, please feel free to take advantage of our officials' locker room in the Wakely Center. You are also welcome to join us for any meal around your event in the Kenly Dining Hall in the Cardigan Commons building. We look forward to your visit.

Ryan E. Frost P'25

*Director of Athletics*

603.523.3533 (office)

832.651.6940 (cell)





# SPORTSMANSHIP AT CARDIGAN EVENTS

## Cardigan Mountain School Sportsmanship Statement

Cardigan Mountain School believes sportsmanship is an essential component for the success of interscholastic athletics. Student-athletes, coaches, officials, and fans demonstrate sportsmanship by following the Cardigan Core Values of Compassion, Integrity, Respect, and Courage. We encourage all participants to enthusiastically support their team, recognize outstanding performance of opponents, and always exhibit good sportsmanship in their words and actions.

## NEPSAC Code of Ethics and Conduct

- Treat other persons as you know they should be treated, and as you wish them to fairly treat you.
- Regard the rules of your game as agreements, the spirit or letter of which you should not evade or break.
- Treat officials and opponents with respect.
- Accept absolutely and without quarrel the final decision of any official.
- Honor visiting teams and spectators as your own guests and treat them as such. Likewise, behave as an honored guest when you visit another school.
- Be gracious in victory and defeat; learn especially to take defeat well.
- Be as cooperative as you are competitive.
- Remember that your actions on and off the field reflect on you and your school.



# SPORTSMANSHIP AT CARDIGAN EVENTS (CONT.)

## NEPSAC Guidelines for Spectators

- Spectators—whether students, faculty, parents, alumni, or friends—bear important responsibilities to the School for the atmosphere and conduct of games, whether home or away.
- Spectators should watch games from those areas defined by the School as spectator areas. They must not run up and down sidelines, call to players, coaches, or officials in an unsportsmanlike manner, enter the field of play, or deface property. Any action that detracts from the ability of coaches, players, and officials to do their best is not acceptable.
- Faculty members should remember that their responsibility for students' discipline and behavior extends to disciplining and controlling students who misbehave as spectators.
- The use of alcohol, tobacco products, and illegal drugs should not be associated with any athletic event.



**NEPSAC and Cardigan Mountain School expect all athletes, coaches, officials, and spectators to meet these standards.**



# ATHLETIC DEPARTMENT INFORMATION

Cardigan Mountain School  
62 Alumni Dr., Canaan, NH 03741  
603.523.3533

[www.cardigan.org](http://www.cardigan.org)

Follow us on X @CMSSports

Like us on Facebook at Cardigan Mountain School

Athletic Director	Ryan E. Frost	(O) 603.523.3533 (C) 832.651.6940
Assistant Athletic Director	Julia Ford	(O) 603.523.3863 (C) 802.558.4970
Athletic Trainer	Len Angelli	(O) 603.523.3573 (C) 603.398.4025
Medical Director & Team Physician	Dr. Ben Gardner	(O) 603.523.4343
Athletic Facilities and Equipment	Dylan Moye Ben Adams Kevin Drury	(O) 603.523.3534 (O) 603.523.3534 (O) 603.523.3534
Athletic Administrative Assistant	Nancy Moye	(O) 603.523.3524
Health Services	Karen Gray	(O) 603.523.3520 (C) 603.380.4665
Administator on Duty	AOD	(C) 603.443.6252



# VARSITY COACHING CONTACTS

## Fall Varsity Head Coaches and Program Directors

<u>Sport</u>	<u>Name</u>	<u>Email</u>
Cross-Country	Morgan Wilkinson	<a href="mailto:mwilkinson@cardigan.org">mwilkinson@cardigan.org</a>
Football	Hal Gartner	<a href="mailto:hgartner@cardigan.org">hgartner@cardigan.org</a>
Mountain Biking	Doug Clark	<a href="mailto:dclark@cardigan.org">dclark@cardigan.org</a>
Rowing	Christopher Dow	<a href="mailto:cdow@cardigan.org">cdow@cardigan.org</a>
Soccer	Marty Wennik	<a href="mailto:mwennik@cardigan.org">mwennik@cardigan.org</a>
C.O.R.E.	John Burritt	<a href="mailto:jburritt@cardigan.org">jburritt@cardigan.org</a>

## Winter Varsity Head Coaches and Program Directors

<u>Sport</u>	<u>Name</u>	<u>Email</u>
Alpine Skiing	Julia Ford	<a href="mailto:jford@cardigan.org">jford@cardigan.org</a>
Basketball	Chris Kelleher	<a href="mailto:ckelleher@cardigan.org">ckelleher@cardigan.org</a>
Hockey	Cam McCusker	<a href="mailto:cmccusker@cardigan.org">cmccusker@cardigan.org</a>
Nordic Skiing	Morgan Wilkinson	<a href="mailto:mwilkinson@cardigan.org">mwilkinson@cardigan.org</a>
Snowboarding	Barrett Capistran	<a href="mailto:bcapistran@cardigan.org">bcapistran@cardigan.org</a>
Wrestling	Hal Gartner	<a href="mailto:hgartner@cardigan.org">hgartner@cardigan.org</a>
Rec. Skiing/Snowboarding	Kyla Joslin	<a href="mailto:kjoslin@cardigan.org">kj Joslin@cardigan.org</a>

## Spring Varsity Head Coaches and Program Directors

<u>Sport</u>	<u>Name</u>	<u>Email</u>
Baseball	Greg Shapiro	<a href="mailto:gshapiro@cardigan.org">gshapiro@cardigan.org</a>
Lacrosse	Ryan Frost	<a href="mailto:rfrost@cardigan.org">rfrost@cardigan.org</a>
Tennis	Pablo Rocha-Vazquez	<a href="mailto:procha-vazquez@cardigan.org">procha-vazquez@cardigan.org</a>



# EMERGENCY MEDICAL CONTACTS

Athletic Director	Ryan E. Frost	832.651.6940
Athletic Trainer	Len Angelli	603.398.4025
Administrator on Duty	AOD	603.443.6252
Team Physician	Dr. Ben Gardner	603.523.4343
Cardigan Health Center	Karen Gray, R.N.	603.443.6443
Hospitals	911 (or, from campus phones, 8911)	

## **Dartmouth Hitchcock Medical Center (DHMC)**

603.650.5000

1 Medical Center Dr.  
Lebanon, NH 03766

## **Alice Peck Day (APD)**

603.448.3123

10 Alice Peck Day Drive  
Lebanon, NH 03766



# DRIVING DIRECTIONS

## **From Interstate 91/Hartford/New York/Points South:**

- Follow Interstate 91 North to Vermont.
- Take Exit 10S (Airport/New Hampshire) and merge onto Interstate 89 South.
- Depart I-89 South at Exit 17 (Enfield/Canaan), and take a right at the end of the exit ramp onto Route 4 East. Proceed approximately 9.5 miles on Route 4 East, and then take a left on Roberts Road just after the Cardigan Mountain School sign.
- At the end of Roberts Road, turn left onto Canaan Street.
- Proceed approximately one mile on Canaan Street and turn right onto Prospect Hill Road at the Cardigan Mountain School sign.

## **From Points North:**

- Follow Interstate 91 South to Interstate 89 South or proceed directly on Interstate 89 South (depending upon point of origin).
- Depart I-89 South at Exit 17 (Enfield/Canaan), and take a right at the end of the exit ramp onto Route 4 East.
- Proceed approximately 9.5 miles on Route 4 East, and then take a left on Roberts Road just after the Cardigan Mountain School sign.
- At the end of Roberts Road, turn left onto Canaan Street. Proceed approximately one mile on Canaan Street and turn right onto Prospect Hill Road at the Cardigan Mountain School sign.

## **From Points East:**

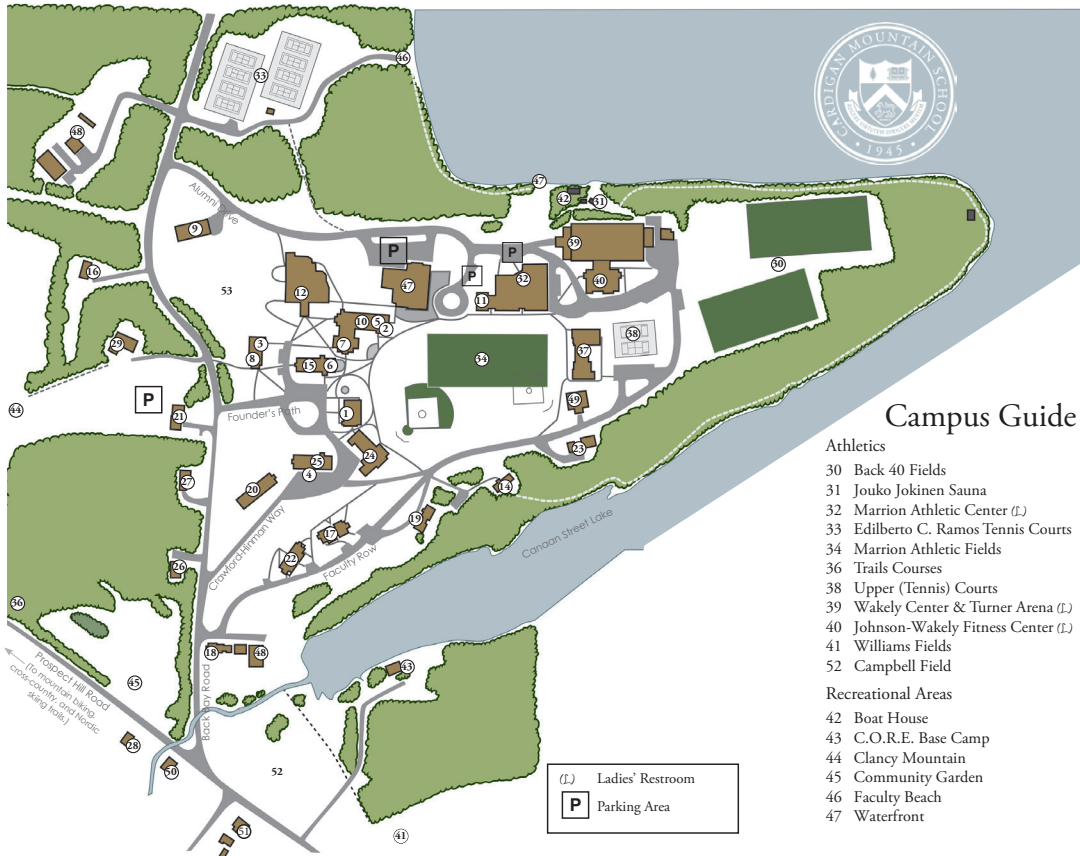
- Follow Route 4 West to the town of Canaan.
- Pass the Canaan Post Office on the right and continue to follow Route 4 as it curves sharply left.
- Immediately after the curve, turn right at the blinking yellow light onto Canaan Street.
- Proceed approximately 2.5 miles on Canaan Street and turn right onto Prospect Hill Road at the Cardigan Mountain School sign.

## **From Boston/Logan Airport:**

- Take Interstate 93 North toward Concord, N.H.
- At the junction of Interstate 93 and Interstate 89, take Interstate 89 North.
- Depart I-89 North at 17 (Enfield/Canaan), and take a right at the end of the exit ramp onto Route 4 East.
- Proceed approximately 9.5 miles on Route 4 East, and then take a left on Roberts Road after the Cardigan Mountain School sign.
- At the end of Roberts Road, turn left onto Canaan Street.
- Proceed approximately one mile on Canaan Street and turn right onto Prospect Hill Road at the Cardigan Mountain School sign.



# CAMPUS MAP



## Campus Guide

- Offices & Classroom Buildings**
- 1 Admissions Office (L)
  - 2 Business Office (L)
  - 3 Development & Alumni Office (L)
  - 4 Student Health Center (L)
  - 5 Head of School's Office (L)
  - 6 Kenly Terrace (Brewster lower level, outside)
  - 7 Bronfman Hall (2nd floor (L))
  - 8 Chapel (L)
  - 9 Ski & Bike Center (L)
  - 10 Hopkins Hall (L)
  - 11 Kenerson Welcome Center (L)
  - 12 Stoddard Center & Humann Theatre (L)
  - 53 Wallach
- Dormitories/Residences**
- 14 Banks House
  - 15 Brewster Hall
  - 16 Clancy House
  - 17 Clark-Morgan Hall (L)
  - 17 Dewar House
  - 18 Fifield House
  - 19 Franklin House
  - 20 French Hall
  - 21 Frieze House
  - 22 Funnell House
  - 23 Greenwood House
  - 24 Hayward Hall
  - 25 Hinman Hall
  - 27 McCusker Hall
  - 26 Newton House
  - 27 Proctor House
  - 28 Prospect House
  - 29 Stowell House
  - 50 Pearson House
  - 51 Ovilla House
- Utilities/Other Facilities**
- 47 Cardigan Commons (L)
  - 48 Facilities Department
  - 49 Waterworks
- Athletics**
- 30 Back 40 Fields
  - 31 Jouko Jokinen Sauna
  - 32 Marrion Athletic Center (L)
  - 33 Edilberto C. Ramos Tennis Courts
  - 34 Marrion Athletic Fields
  - 36 Trails Courses
  - 38 Upper (Tennis) Courts
  - 39 Wakely Center & Turner Arena (L)
  - 40 Johnson-Wakely Fitness Center (L)
  - 41 Williams Fields
  - 52 Campbell Field
- Recreational Areas**
- 42 Boat House
  - 43 C.O.R.E. Base Camp
  - 44 Clancy Mountain
  - 45 Community Garden
  - 46 Faculty Beach
  - 47 Waterfront

## Fall Sports Event Locations

**Soccer**— Campbell (52), Williams (41) & Back 40 (30) Fields

**Football**—Marrion (34) & Back 40 (30) Fields

**Cross-Country**—Trails Course (36)

**Mountain Biking**—Trails Course (36)

**Rowing**—Waterfront (47)

## Winter Sports Event Locations

**Hockey**—Wakely Center & Turner Arena (39)

**Basketball**—Marrion Athletic Center Gym (32)

**Wrestling**—Wakely Center (39)

**Alpine Skiing**—Mount Sunapee/Whaleback

**Snowboarding**—Mount Sunapee/Ragged

**Nordic Skiing**—Trails Course (36)

## Spring Sports Event Locations

**Lacrosse**—Campbell (52), Williams (41) & Back 40 (30) Fields

**Baseball**—Marrion (34) & Back 40 (30) Fields  
**Tennis**—Ramos Courts (33) & Upper Courts (38) & Turner Arena (39)

**C.O.R.E.**—C.O.R.E. Base Camp (43)



# PARKING

Parking areas for visiting teams and spectators are located at each sports venue.

Visiting teams and officials coming to the main part of campus may park AVs behind the Wakely Center and buses in the bus parking on Alumni Drive behind McCusker Hall. These areas are reserved for buses/AV's and officials only.

**Campbell Field & Williams Fields for Soccer and Lacrosse:** Parking located across the street from the fields.

**Marrion Fields for Football and Baseball:** Parking is located behind the Marrion Athletic Center; next to the Wakely Center; next to the Cardigan Commons circle; and behind the Cardigan Commons.

**“Back 40” Fields for Soccer, Football, and Baseball:** Parking is located next to the Wakely Center; behind the Marrion Athletic Center; next to the Cardigan Commons circle; and behind the Cardigan Commons.

**Marrion Athletic Center Gymnasium for Basketball and for CMS Wrestling Tournament:** Parking is located next to the Wakely Center; behind the Marrion Athletic Center; next to the Cardigan Commons circle; and behind the Cardigan Commons.

**Wakely Center and Turner Arena for Hockey, Wrestling, and Tennis:** Parking is located next to the Wakely Center; behind the Marrion Athletic Center; next to the Cardigan Commons circle; and behind the Cardigan Commons.

**Lake Courts for Tennis:** Parking is located next to the courts.

**Trails Course for Mountain Biking and Cross-Country:** Parking is located across the street from the start/finish area of each race course at the event being held.

**Overflow Parking for All Events:** Overflow parking for all events can be found either behind Frieze House (the head of school's house), located across from the School's main entrance at the top of the hill, or behind Hinman Hall (a dormitory).



# LOCKER ROOMS & PUBLIC RESTROOMS

When visiting Cardigan Mountain School, teams are always welcome to use our visiting team rooms before, during, and after events. We will provide locker room facilities for all visiting teams. With regard to the locker rooms, visiting teams will have access to changing areas, bathrooms, showers, towels, and a space to meet with their team.

Visiting Team Rooms 1–4 are located in the Marrion Athletic Center and can be accessed from the east lobby entrance.

Visiting Team Rooms 5 & 6 are located in the Wakely Center and can be accessed from the south “Visiting Team Entrance.”

**Male Visitor Bathroom Locations:** Wakely Center lobby, Marrion Athletic Center west lobby, Cardigan Commons, Hopkins Hall, and Clark-Morgan Hall visitor admissions entrance.

**Female Visitor Bathroom Locations:** Wakely Center lobby, Marrion Athletic Center west lobby, Cardigan Commons, Hopkins Hall, and Clark-Morgan Hall visitor admissions entrance.

**Portable Temporary Toilets:** Williams Fields, Lake Tennis Courts, and Trails Courses.



# OFFICIALS' LOCKER ROOM

## Officials' Locker Room

When visiting Cardigan Mountain School, officials are always welcome to use our officials' locker room before, during, and after events. In the officials' locker room you will find changing areas, bathrooms, showers, towels, and a space to meet with other officials. Here you will also find a variety of drinks and snacks. Officials are always welcome to stay for meals before or after any athletic contest.

The officials' locker room is located in the "Visiting Team Entrance" corridor in the south entrance to the Wakely Center. Please feel free to park in the "Officials' and Bus Parking Only" area located at the back of the building, directly across from the south "Visiting Team Entrance" corridor.



# EMERGENCY PROCEDURES

At every Cardigan Mountain School sporting event there are **event management personnel** at every location hosting an event. Event management personnel are responsible for hosting and managing each event and can include but are not limited to the **athletic director, assistant athletic director, athletic trainer, team physician, administrator on duty**, and/or designated **faculty member**.

At every event location there is always a **radio** present to contact the athletic trainer for first aid or emergency action. In the event of an emergency during an athletic event, please notify the **event management personnel** located at the head scorer's table. The event management personnel will then initiate the appropriate response in accordance with **Cardigan Athletics' Emergency Action Plan**.

## **Automated External Defibrillator (AED) Location :**

- Wakely Center Home Team Entrance hallway (west wall).
- Outside the Johnson-Wakely Fitness Center.
- Marrion Athletic Center Johnson–Wakely Locker Room (northwest corner).
- Cardigan Commons (south wall across from coat room).
- Hamilton Family Foundation Student Health Center (basement of Hinman Hall)

*Note:* There will be a portable AED located with the athletic trainer during all athletic events.

## **Building Evacuation Locations:**

**The Wakely Center and Turner Arena**—ice hockey, tennis, and wrestling:  
Evacuate to the hill outside the north (main entrance of the building).

**Marrion Athletic Center Gymnasium**—basketball, wrestling, and rock climbing:

Evacuate to the Cardigan Commons circle and wind turbine on the north side of the building.



# EMERGENCY PROCEDURES CONTINUED

## **Inclement Weather Shelter Locations**

**Marrion Fields**—football and baseball:

Shelter/evacuation to the Johnson–Wakely Locker Room or the Cardigan Commons.

**“Back 40” Fields**—football, soccer, baseball, and lacrosse:

Shelter/evacuation to the Wakely Center and Turner Arena.

**Campbell Field & Williams Fields**—soccer and lacrosse:

Shelter/evacuation to the red barn or Funnell House (dormitory).

**Lake Tennis Courts**—tennis:

Shelter/evacuation to the Cardigan Commons.

**Upper Tennis Courts**—tennis:

Shelter/evacuation to the Wakely Center and Turner Arena.

**Lake Front**—rowing and swimming:

Shelter/evacuation to the Wakely Center and Turner Arena.

**Trails Courses**—Mountain biking, cross-country running, and Nordic skiing:

Shelter/evacuation to the red barn or Funnell House (dormitory).

**Sunapee and Ragged Mountain Ski Resorts**—Alpine skiing and snowboarding:

Shelter/evacuation to the main lodge or closest shelter at the ski resort.



# LOCAL EATERIES

## Within 15 minutes of Cardigan Mountain School

### **Jake's Market and Deli**

Phone: 603.523.3333  
Address: 70 NH Rte. 118  
Canaan, NH 03741

Phone: 603.632.1230  
Address: 297 US Route 4  
Enfield, NH 0374

### **Canaan Village Pizza**

Phone: 603.523.4314  
Address: 1209 US Rte. 4  
Canaan, NH 03741

### **Golden Ming**

Phone: 603.523.7979  
Address: 1178 US Rte. 4  
Canaan, NH 03741

### **Poor House BBQ**

Phone: TBA  
Address: 1178 US Route 4  
Canaan, NH 03741

### **Enfield House of Pizza**

Phone: 603.632.5800  
Address: 554 US Rte. 4  
Enfield, NH 0374

### **Gusanoz Mexican**

Phone: 603.632.1408 330  
Address: US Route 4  
Enfield, NH 03748

### **Chappy's**

Phone: 603.523.9255 1182  
Address: US Route 4  
Canaan, NH 03741

### **Kitchen 56**

Phone: 603.632.1214  
Address: 56 Main Street  
Enfield, NH 03748

## 20 to 30 minutes from Cardigan Mountain School

### **McDonald's**

Phone: 603.298.9845  
Address: 249 Plainfield Rd.  
West Lebanon, NH 03784

### **Moe's Southwest Grill**

Phone: 603.790.8222  
Address: 250 N. Plainfield Rd.  
West Lebanon, NH 03784

### **Ziggy's Pizza**

Phone: 603.790.8277  
Address: 254 N. Plainfield Rd.  
West Lebanon, NH 03784

### **Burger King**

Phone: 603.298.8999  
Address: Rte. 12A, 253 Plainfield Rd.  
West Lebanon, NH 03784

### **Wendy's**

Phone: 603.298.7814  
Address: 258 Plainfield Rd.  
West Lebanon, NH 03784

### **Subway**

Phone: 603.448.3075  
Address: 96 Hanover St.  
Lebanon, NH 03766



# LOCAL EATERIES

## **Snax Restaurant**

Phone: 603.448.1052  
Address: 18 Centerra Pkwy.  
Lebanon, NH 03766

## **Salt Hill Pub**

Phone: 603.448.4532  
Address: 2 West Park St.  
Lebanon, NH 03766

## **Sushi Ya**

Phone: 603.643.4000  
Address: 72-74 S. Main St.  
Hanover, NH 03755

## **Molly's Restaurant & Bar**

Phone: 603.643.2579  
Address: 43 S. Main St.  
Hanover, NH 03755

## **Murphy's on the Green**

Phone: 603.643.4075  
Address: 11 S. Main St.  
Hanover, NH 03755

## **Taste**

Phone: 603.790.8440  
Address: 5 Colonial Plaza  
W. Lebanon, NH 03784

## **Ramunto's Brick & Brew Pizzeria**

Phone: 603.643.9500  
Address: 9 South St.  
Hanover, NH 03755

## **Five Guys Burgers and Fries**

Phone: 603.790.8076  
Address: 250 N. Plainfield Rd  
West Lebanon, NH 03784

## **Applebee's**

Phone: 603.298.8608  
Address: Rte. 12A  
West Lebanon, NH 03784

## **Chili's Grill & Bar**

Phone: 603.298.0335  
Address: Route 12A  
West Lebanon, NH 03784

## **Koto Japanese Steakhouse**

Phone: 603.298.2925  
Address: Route 12A  
West Lebanon, NH 03784

## **Lui Lui**

Phone: 603.298.7070  
Address: The Powerhouse Mall  
West Lebanon, NH 03784

## **Ninety-Nine Restaurant**

Phone: 603.298.6991  
Address: Route 12A  
West Lebanon, NH 03784

## **Panera Bread**

Phone: 603.298.9838  
Address: Route 12A  
West Lebanon, NH 03784

## **Weathervane Seafood**

Phone: 603.298.7805  
Address: Route 12A  
West Lebanon, NH 03784

## **110 Grill**

Phone: 603.790.8228  
Address: 250 N. Plainfield Road  
West Lebanon, NH 03784



# LOCAL EATERIES

## **Gusanoz Mexican Restaurant**

Phone: 603.448.1408  
Address: 410 Miracle Mile  
Lebanon, NH 03766

## **Three Tomatoes Trattoria**

Phone: 603.448.1711  
Address: 1 Court St.  
Lebanon, NH 03766

## **Jesse's Steaks, Seafood, and Tavern**

Phone: 603.643.4111  
Address: 224 Lebanon St.  
Lebanon, NH 03755

## **Jersey Mike's**

Phone: 603.276.3272  
Address: 254 N. Plainfield Road  
West Lebanon, NH 03748

## **Pine Restaurant in the Hanover Inn**

Phone: 603.646.8000  
Address: 2 East Wheelock St.  
Hanover, NH 03755

## **YAMA Restaurant**

Phone: 603.298.5477  
Address: 96 Main St.  
West Lebanon, NH 03784

## **Lebanon Village Pizza**

Phone: 603.448.2772  
Address: 45 Hanover St.  
Lebanon, NH 03766

## **Cantore's Pizza**

Phone: 603.298.7775  
Address: 1 Glen Rd. Unit 14  
West Lebanon, NH 03784



# ACCOMMODATIONS

## **Holiday Inn Express**

121 Ballardvale Rd.  
White River Junction, VT  
802.299.2700  
[www.hiexpresswhiteriver.com](http://www.hiexpresswhiteriver.com)

## **Quality Inn**

135 NH-120  
Lebanon, NH 03766 603.448.5070  
<https://www.choicehotels.com/new-hampshire/lebanon/quality-inn-hotels/nh086>

## **Courtyard Hanover Lebanon (Marriott)**

10 Morgan Dr.  
Lebanon, NH  
603.643.5600  
[www.marriott.com/hotels/travel/lebcy-courtyard-hanover-lebanon](http://www.marriott.com/hotels/travel/lebcy-courtyard-hanover-lebanon)

## **Residence Inn Hanover Lebanon (Marriott)**

32 Centerra Pkwy.  
Lebanon, NH  
603.643.4511  
[www.marriott.com/hotels/travel/lebri-residence-inn-hanover-lebanon](http://www.marriott.com/hotels/travel/lebri-residence-inn-hanover-lebanon)

## **Fireside Inn & Suites**

25 Airport Rd.  
West Lebanon, NH  
603.298.5900  
[www.firesideinnwestlebanon.com](http://www.firesideinnwestlebanon.com)

## **Hilton Garden Inn**

35 N. Labombard Rd.  
Lebanon, NH 03766  
603.448.3300  
[www.hiltongardeninnhanoverlebanon.com](http://www.hiltongardeninnhanoverlebanon.com)

## **Six South Street Hotel Best Western**

6 East South St.  
Hanover, NH  
603.643.0600  
[www.sixsouth.com](http://www.sixsouth.com)

45 Airport Road  
W. Lebanon, NH 03784 603.568.8520  
[https://www.bestwestern.com/en\\_US/book/hotels-in-west-lebanon/best-western-west-lebanon-hanover-hotel/propertyCode.30029.html](https://www.bestwestern.com/en_US/book/hotels-in-west-lebanon/best-western-west-lebanon-hanover-hotel/propertyCode.30029.html)

## **Hanover Inn**

2 South Main St.  
Hanover, NH  
603.643.4300  
[www.hanoverinn.com](http://www.hanoverinn.com)



# TRANSPORTATION

**Premier Coach**

946 Route 7 South  
Milton, VT 05468  
info@premiercoach.net 802.655.4456

**Dartmouth Coach**

90 Etna Rd.  
Lebanon, NH 03766  
[www.dartmouthcoach.com](http://www.dartmouthcoach.com) 603.448.2800

**Big Yellow Taxi**

94 Bowling Ln.  
White River Junction, VT 05001  
[Bigyellowtaxi.com](http://Bigyellowtaxi.com)  
603.643.8294

**Lebanon Municipal Airport**

5 Airpark Rd.  
West Lebanon, NH 03784 603.298.8878

**Manchester–Boston Regional Airport** 1 Airport

Rd.  
Manchester, NH 03103 603.624.6539

**Logan International Airport**

1 Harborside Dr.  
Boston, MA 02128  
800.235.6426

**Door to Door**

345 Miracle Mile  
Lebanon, NH 03766  
doortodoordrivingservices.com  
603.996.1522



# LOCAL ACTIVITIES & ATTRACTIONS

## **Hood Museum of Art**

One of the oldest and largest college museums  
6 E. Wheelock St. Dartmouth College  
Hanover NH 03755  
603.646.2808

## **Enfield Shaker Museum**

447 NH Rte. 4A  
Enfield, NH 0374  
603.632.4346

## **Montshire Museum of Science**

Interactive education for all ages  
1 Montshire Rd.  
Norwich, VT 05055  
802.649.2200

## **Vermont Institute of Natural Science (VINS)**

Experience nature like never before  
6565 Woodstock Rd., Rte. 4  
Quechee, VT 05059  
802.359.5000

## **Entertainment Cinemas**

390 Miracle Mile  
Lebanon, NH 03766  
603.448.1037

## **Nugget Theater**

Movie Theate  
57 South Main St.  
Hanover, NH 03755  
603.643.2769

## **Dartmouth College Athletics**

Sporting events at Dartmouth College  
6083 Alumni Gym  
Hanover, NH 03755  
603.646.9061

## **James W. Campion III Ice Rink**

Seasonal ice rentals and public skating  
394 North Main St.  
West Lebanon, NH 03784  
603.643.1222

## **Upper Valley Aquatic Center**

Indoor splash park, swimming, and fitness centre  
100 Arboretum Ln.  
White River Junction, VT 05001  
802.296.2850

## **CCBA Witherell Recreation Center** Recreation

center, including pool, gyms, and fitness center  
1 Taylor St.  
Lebanon, NH 03766  
603.448.6477

## **Eastman Golf Links**

18-hole golf course and driving range  
6 Clubhouse Ln.  
Grantham, NH 03753  
603.863.4500



# LOCAL ACTIVITIES & ATTRACTIONS

## **Carter Golf Course**

Nine-hole public golf course  
27 Mechanic St.  
Lebanon, NH 03766  
603.448.4483

## **Storrs Pond Recreation Area**

Campground, picnic area, swimming, tennis &  
hiking  
Storrs Pond, 50 Reservoir Rd.  
Hanover, NH 03755  
603.643.2134

## **Upper Valley Trails Alliance**

Promoting trails and connecting communities:  
[www.uvtrails.org](http://www.uvtrails.org)

## **Parks and Recreation New Hampshire**

Explore New Hampshire's great outdoors:  
[www.nhstateparks.org](http://www.nhstateparks.org)

## **Hike New England**

More great outdoor trails and things to do:  
[www.hikewengland.com](http://www.hikewengland.com)



# Cardigan Athletics

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**62 ALUMNI DRIVE  
CANAAN, NH 03741**