CARDIGAN
MOUNTAIN SCHOOL








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, an spectators to meet these standards.

Athletic Department Information

Cardigan Mountain School
62 Alumni Dr., Canaan, NH 03741
603.523.3533
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	Ben Adams Kevin Drury Sarah Pfeiffer	(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

Sport	Name	Email
Cross-Country	Morgan Wilkinson	mwilkinson@cardigan.org
Football	Hal Gartner	hgartner@cardigan.org
Mountain Biking	Doug Clark	dclark@cardigan.org
Rowing	Christopher Dow	cdow@cardigan.org
Soccer	Marty Wennik	mwennik@cardigan.org
Rock Climbing	Chris Kenny	ckenny@cardigan.org

Winter Varsity Head Coaches and Program Directors

Sport	Name	Email
Alpine Skiing	Julia Ford	jford@cardigan.org
Basketball	Adonis Williams	awilliams@cardigan.org
Hockey	Greg Shapiro	gshapiro@cardigan.org
Nordic Skiing	MorganWilkinson	mwilkinson@cardigan.org
Snowboarding	Barrett Capistran	bcapistran@cardigan.org
Wrestling	Hal Gartner	hgartner@cardigan.org
Rec. Skiing/Snowboarding	Kyla Joslin	kjoslin@cardigan.org

Spring Varsity Head Coaches and Program Directors

Sport	Name	Email
Baseball	Greg Shapiro	gshapiro@cardigan.org
Lacrosse	Ryan Frost	rfrost@cardigan.org
Tennis	Pablo Rocha-Vazquez	procha-vazquez@cardigan.org
C.O.R.E.	Leo Connally	lconnally@cardigan.org

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 exi 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 exi 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.

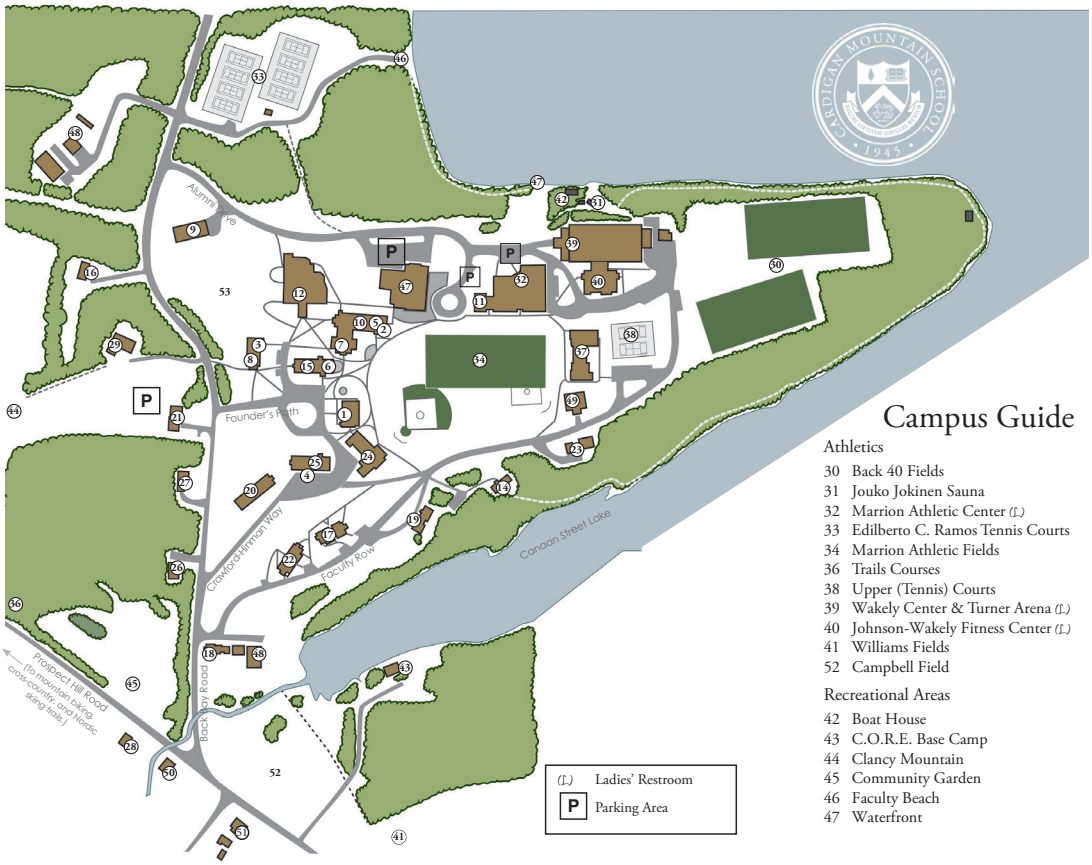
From Points East:

- 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

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

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
1 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
37 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

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 partt 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 a ea 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 e ent 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

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: 5Colonial 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

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

Residence Inn Hanover Lebanon (Marriott)
32 Centerra Pkwy.
Lebanon, NH
603.643.4511
www.marriott.com/hotels/travel/lebri-residence-inn-hanover-lebanon

Fireside Inn & Suites
25 Airport Rd.
West Lebanon, NH
603.298.5900
www.fi esideinnwestlebanon.com

Hilton Garden Inn
35 N. Labombard Rd.
Lebanon, NH 03766
603.448.3300
www.hiltongardeninnhanoverlebanon.com

Six South Street Hotel
6 East South St.
Hanover, NH
603.643.0600
www.sixsouth.com

Best Western
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

Hanover Inn
2 South Main St.
Hanover, NH
603.643.4300
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 603.448.2800

Big Yellow Taxi
94 Bowling Ln.
White River Junction,VT 05001
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 cente
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

Parks and Recreation New Hampshire
Explore New Hampshire's great outdoors:
www.nhstateparks.org

Hike New England
More great outdoor trails and things to do:
www.hikenewengland.com



Cardigan Athletics

Pride in:

Yourself, Your Family, Your School, Your Team...

BE THE BEST!

CARDIGAN
MOUNTAIN SCHOOL

62 Alumni Drive
Canaan, NH 03741