



Mary Hitchcock Memorial/Dartmouth-Hitchcock
PGY1 Pharmacy Residency
Ambulatory Care-Specialty Setting

Candidate Welcome Packet

Candidate Name: _____ Date: _____

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I. DH Videos

Pharmacy Residency Program:

<https://dh.sharefile.com/d-8cb674fb93df46fe>

Working at Dartmouth-Hitchcock Health:

<https://vimeo.com/449034165/1a656d169a>

Living in the Upper Valley:

<https://vimeo.com/449055157/c25071d85a>

II. Webex Login Information

For a successful virtual interview, consider the following tips:

- Our platform is a Webex is a web-conferencing tool that you can use for group video or audio meetings which requires a unique login
- Ensure you have working video and sound capabilities
 - When in the office/on a work site ensure the network firewalls do not block video or video chat. Consider contacting IT to verify your streaming access
- Consider downloading the webex app
- System Requirements for Webex App
 - Windows PCs Recommended Minimum System Requirements: Windows 10 and later. Make sure your drivers are up-to-date.
 - Mac Recommended Minimum System Requirements: MacOS 10.13 and later on a supported Mac. M1 chip or Intel CPU-based (4 GB of RAM minimum recommended).
 - iPhone and iPad—iOS 13.7 and later, and iPadOS 13.7 and later.
 - Android Smartphones—Oreo 8.0 and later (3GB of RAM required).
 - Web—Last two major releases of one of these browsers: Google Chrome, Mozilla Firefox, Apple Safari, and Microsoft Edge on computers running Windows, Mac, or Linux. You can use the meetings and free calling (Call on Webex) features from the Webex App for Web using Firefox, Chrome, and Safari only.
 - Chromebook—The messaging, calling, and meetings features from Webex App for Android are supported.
 - Linux—Recommended minimum system requirements
- Make sure your device is fully charged, updated, and connected to a reliable power source (encourage using a desktop or laptop computer to provide a more stationary view of yourself)
- Close out of other programs to avoid slowing down your operating system and prevent distracting interruptions. Other ways to ensure a clear connection:
 - Close any tabs that may be using a lot of bandwidth
 - Use hard wired internet connection when possible
 - If you have to use Wifi be in close proximity to the WiFi device
- When in doubt -> refresh your screen -> restart your device
- Be open, honest, and friendly. We are already excited to meet you!

To join a meeting using a meeting, session, or event number:

1. Navigate to <https://www.webex.com>.
2. On the top right corner, click on the Join a meeting button.
3. Enter the meeting, session, or event number into the *Enter the meeting information* field, then press **Enter** on the keyboard.
4. Enter the meeting password.
The Password field may not be present if the meeting doesn't require a password.
5. Enter your name and email address.
6. Click the **Join Meeting** button to join the meeting.

If the meeting is not in progress, a message appears notifying you 'It is not time to join this meeting'.

III. Preceptors and Learning Experiences

| Required Learning Experiences | |
|----------------------------------------------|---------------------------------------------|
| Preceptor Name | Learning Experience |
| Elizabeth Morrow (RPD)/Gabrielle Plaia (RPC) | Orientation |
| Emmaline Libby or Marilyn Hill | Specialty OR Ambulatory Care Administration |
| Elizabeth Koczera (RPD) | Primary Care Clinic |
| Lindsey MacQueen | Rheumatology Clinic |
| Caitlyn Lancaster/Dave Rozolsky | Hematology/Oncology Clinic |
| Courtney Parker | Anticoagulation |
| Ashley Fay/Brian Lopez | Inpatient Internal Medicine/Cardiology |

| Elective Learning Experiences | |
|--------------------------------------|--------------------------------------|
| Preceptor Name | Learning Experience |
| Emily Dutille/ Ashley McPhee | Specialty Pediatrics/Cystic Fibrosis |
| TBD | Dermatology Clinic |
| Eric Avila | Neurology Clinic |
| Leah Dumont | Informatics |
| Doug Parr | Investigational Drug Services |
| Gabrielle Lipman | HIV/GI/HCV Clinics |
| TBD | Emergency Medicine Department |
| Lauren Foss/ Elizabeth Morrow | Geriatrics Service |

| Longitudinal Learning Experiences | |
|------------------------------------------|-------------------------------|
| Preceptor Name | Learning Experience |
| Eric Landry | Specialty Pharmacy/On-Call |
| Chris Saunders | Outpatient Pharmacy Practice |
| TBD | Longitudinal Research Project |
| TBD | Medication Use Evaluation |
| Elizabeth Morrow | Longitudinal Drug Information |
| Ashley Fay | Teaching Certificate Program |
| Hayley O'Rourke | Medication Safety |

IV. Staffing Schedule and Tracking Hours

The residents will staff in both the outpatient pharmacy and in specialty services. They will alternate carrying the specialty pharmacy services on-call pager every other week. The resident will be expected to staff 16 hours every other week in the outpatient pharmacy alternating with 8 hours of specialty pharmacy services staffing. The resident will not be expected to staff holidays, but will staff the weekends before/after a holiday and be expected to carry the specialty services on-call pager for two holidays. All hours staffed and on learning experiences will be tracked through Pharmacademic to ensure compliance with ASHP requirements.

V. ASHP Requirements

PGY1 Required Competency Areas, Goals, and Objectives:

Competency Area R1: Patient Care

Goal R1.1: In collaboration with the health care team, provide safe and effective patient care to a diverse range of patients, including those with multiple co-morbidities, high-risk medication regimens, and multiple medications following a consistent patient care process.

- Objective R1.1.1: (Applying) Interact effectively with health care teams to patients' medication therapy.
- Objective R1.1.2: (Applying) Interact effectively with patients, family members, and caregivers.
- Objective R1.1.3: (Analyzing) Collect information on which to base safe and effective medication therapy.
- Objective R1.1.4: (Analyzing) Analyze and assess information on which to base safe and effective medication therapy.
- Objective R1.1.5: (Creating) Design, or redesign, safe and effective patient-centered therapeutic regimens and monitoring plans (care plans).
- Objective R1.1.6: (Applying) Ensure implementation of therapeutic regimens and monitoring plans (care plans) by taking appropriate follow-up actions.
- Objective R1.1.7: (Applying) Document direct patient care activities appropriately in the medical record or where appropriate.
- Objective R1.1.8: (Applying) Demonstrate responsibility patients.

Goal R1.2: Ensure continuity of care during patient transitions between care settings.

- Objective R1.2.1: (Applying) Manage transitions of care effectively.

Goal R1.3: Prepare, dispense and manage medications to support safe and effective drug therapy for patients.

- Objective R1.3.1: (Applying) Prepare and dispense medications following best practices and the organization's policies and procedures.
- Objective R1.3.2: (Applying) Manage aspects of the medication-use process related to formulary management.
- Objective R1.3.3: (Applying) Manage aspects of the medication-use process related to oversight of dispensing.

Competency Area R2: Advancing Practice and Improving Patient Care

Goal R2.1: Demonstrate ability to manage formulary and medication-use processes, as applicable to the organization.

- Objective R2.1.1: (Creating) Prepare a drug class review, monograph, treatment guideline, or protocol.
- Objective R2.1.2: (Applying) Participate in a medication-use evaluation.
- Objective R2.1.3: (Analyzing) Identify opportunities for improvement of the medication-use system.
- Objective 2.1.4: (Applying) Participating in medication event reporting and monitoring.

Goal R2.2: Demonstrate ability to evaluate and investigate practice, review data, and assimilate scientific evidence to improve patient care and/or the medication-use system.

Ideally, objectives R2.2.1-R2.2.5 will be addressed through residents working on one quality improvement or research project; however, if this is not possible, all objectives must be addressed by the end of the residency year and can be addressed through work on more than one initiative.

- Objective R2.2.1: (Analyzing) Identify changes needed to improve patient care and/or the medication use system.
- Objective R2.2.2: (Creating) Develop a plan to improve patient care and/or the medication-use system.
- Objective 2.2.3: (Applying) Implement changes to improve patient care and/or the medication-use system.
- Objective 2.2.4: (Evaluating) Assess changes made to improve patient care of the medication-use system.
- Objective R2.2.5: (Creating) Effectively develop and present, orally and in writing, a final project report.

Competency Area R3: Leadership and Management

Goal R3.1: Demonstrate leadership skills.

- Objective R3.1.1: (Applying) Demonstrate personal, interpersonal, and teamwork skills critical for effective leadership.
- Objective R3.1.2: (Applying) Apply a process of ongoing self-evaluation and personal performance improvement.

Goal R3.2: Demonstrate management skills.

- Objective R3.2.1: (Understanding) Explain factors that influence departmental planning.
- Objective R3.2.2: (Understanding) Explain the elements of the pharmacy enterprise and their relationship to the health care system.
- Objective R3.2.3: (Applying) Contribute to departmental management.
- Objective R3.2.4: (Applying) Manage one's own practice effectively.

Competency Area R4: Teaching, Education, and Dissemination of Knowledge

Goal R4.1: Provide effective medication and practice-related education to patients, caregivers, health care professionals, students, and the public (individuals and groups).

- Objective R4.1.1: (Applying) Design effective educational activities.
- Objective R4.1.2: (Applying) Use effective presentation and teaching skills to deliver education.
- Objective R4.1.3: (Applying) Use effective written communication to disseminate knowledge.
- Objective R4.1.4: (Applying) Appropriately assess effectiveness of education.

Goal R4.2: Effectively employ appropriate preceptor roles when engaged in teaching students, pharmacy technicians, or fellow health care professionals.

- Objective R4.2.1: (Analyzing) When engaged in teaching, select a preceptor role that meets learners' educational needs.
- Objective R4.2.2: (Applying) Effectively employ preceptor roles, as appropriate.

Duties and Responsibilities

Resident Selection and Licensure:

- All residents must have graduated from an Accreditation Council for Pharmacy Education (ACPE) accredited degree program or have a Foreign Pharmacy Graduate Equivalency Committee (FPGEC) certificate from the National Association of Boards of Pharmacy (NABP).
- The resident must be licensed to practice pharmacy in the state of New Hampshire by July 31st. Failure to do so may result in dismissal from the program. This will be evaluated on an individual basis.
- The pharmacy resident must provide the department administrative assistant with their State of New Hampshire pharmacy license for display within the pharmacy department.
- The RPD will confirm that the resident is a registered pharmacist in New Hampshire.

Projects & Presentations Requiring Completion

- **Medication Use Evaluation and Longitudinal research project**
 - The resident will complete one longitudinal research project and medication use evaluation throughout the residency year.
 - The research project may be original research or a development/enhancement of pharmacy services. Completed results will be presented as a poster presentation at the Eastern States Residency Conference in May and a manuscript suitable for publication will be completed prior to the end of the residency year.
- **ACPE continuing education presentation**
 - ACPE Continuing Education Presentations will be completed in the Fall and Spring

VI. Applicable DHMC Pharmacy Residency Policies

Please see the attached Appendices for the leave of absence, program dismissal, successful completion, duty hours and quarterly development plan policies. *Attached separately in email*

- a. Appendix A - Duty Hours
 - i. Moonlighting
- b. Appendix B - Successful Completion of Pharmacy Residency Program
 - ii. Licensure,
 - iii. Dismissal
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- c. Appendix C - Pharmacy Resident Leave of Absence
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- vii. Sick
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- d. Appendix D - Application Review, Interviews, and Rank Procedure

VII. Additional Materials

Welcome to DHMC

A Quick and Helpful Guide to the Surrounding Area

Perks of being an DHMC Employee

Employee Discounts.

- To name a few of the discounts they are:
- Ski lift discounts
- Gas
- Sprint
- Verizon
- AAA Northern New England
- BJ's Wholesale Club
- Petco
- Xfinity
- Advance Auto Parts
- Quicken Loans
- Gunstock mountain resort
- A variety of hotels, theme parks, car rental services, cruises and so much more!

Employee Health Care:

- DHMC Primary Care 603-650-9500

Local Cuisine

- Lui Lui- Italian 603-298-7070
- Kotos Steakhouse 603-298-2925
- Ziggy's Pizza and Bar 603-790-8277
- Yama- Korean, Japanese and Sushi 603-298-5477
- Cantore's Pizza 603-298-7775
- Gusanoz Mexican Restaurant 603-448-1408
- Molly's Restaurant & Bar 603-643-2570
- Lou's Restaurant and Bakery 603-643-3321
- Peking Tokyo 603-448-3888
- Jesse's Restaurant and Tavern 603-643-4111
- Murphy's On The Green 603-643-4075
- The Fort 603-448-5512 *open 24 hours
- Jewel of India 603-643-2217



- The Pine Restaurant 603-646-8000
- Three Tomatoes 603-448-1711
- Dirt Cowboy 603-643-1323
- Salt Hill Pub
 - Lebanon 603-448-4532
 - Hanover 603-676-7855

The Great Outdoors

- **Lakes**
 - Mascoma Lake
 - <http://mascomalakeassociation.mylaketown.com/>
 - Lake Sunapee
 - <http://www.lake-sunapee-living.com/Lake-Sunapee.html>
 - Lake Winnepesaukee
 - <http://www.lake-winnepesaukee-travel-guide.com/>
- **Farms**
 - Poverty Lane
 - <http://www.povertylaneorchards.com/>
 - McNamara Dairy
 - <http://mcnamaradairy.com/>
 - Cedar Circle Farm, Thetford, VT
 - <https://cedarcirclefarm.org/>
- **Beaches**
 - Hampton Beach (NH)
 - <http://www.hamptonbeach.org>
 - York Beach (ME)
 - http://www.yorkbeachme.com/York_Beach_Maine/Welcome.html
 - Old Orchard Beach (ME)
 - <http://www.oldorchardbeachmaine.com>
- **Kayaking/Canoeing/Tubing**
 - <http://www.visitnh.gov/what-to-do/outdoor-adventure/kayaking-and-canoeing.aspx>
 - <http://www.kayak-canoe.com>
 - <http://www.sacocanoerental.com/tubing.php>
 - <http://www.ledyardcanooclub.org>
- **Community Pools**
 - Lebanon Memorial Pool
 - <http://recreation.lebnh.net/home/recreation-docs/lebanon-memorial-pool>
- **Ski and Snowboarding**
 - Dartmouth Skiway, Lyme, NH 603-795-2143
 - <http://skiway.dartmouth.edu>



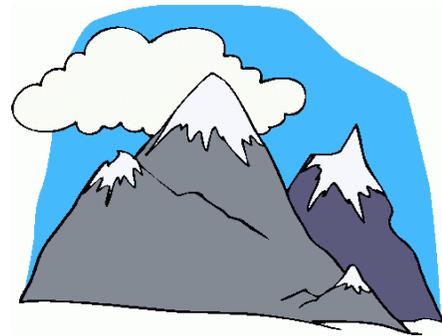


- Mount Sunapee, Newbury, NH 603-763-3500
 - <http://www.mountsunapee.com/mtsunapeewinter/index.asp>
- Whaleback, Enfield, NH 603-448-5500
 - <http://www.whaleback.com>
- Pats Peak Ski Area, Henniker, NH 603-428-3245
 - <http://www.patspeak.com>
- Storrs Hill Ski Area, Lebanon, NH 603-448-4409
 - http://skistorrhill.com/?page_id=48
- Ragged Mountain Resort , Danbury, NH 603-768-3600
 - <http://raggedmountainresort.com>
- Arrowhead Recreation Area , Claremont, NH 603-542-7016
 - <http://www.arrowheadnh.com>
- Vermont Travel Club 802-253-3000
 - <http://www.vermonttravelclub.com>
- Attitash Mountain resort and Wildcat Mountain, Barlett, NH 603-374-2600
 - <http://www.attitash.com>
- Killington Resort, Killington VT 802-422-6797
 - <https://www.killingtonskiclub.com>
- Bretton Woods Ski Area , Bretton, NH 603-278-3320
 - http://brettonwoods.com/winter_sports/alpine/overview
- Loon Mountain Ski Resort, licoln, NH 603-745-8111
 - <http://www.loonmtn.com>



- **Sight Seeing**

- Quechee gorge 802-295-2075
 - <http://www.quecheegorge.com>
- Ruggles Mine 603-523-4275
 - <http://www.rugglesmine.com>
- Clark's Trading Post 603-745-8913
 - <http://www.clarkstradingpost.com>
- Billings Farm & Museum 802-457-2355
 - <http://www.billingsfarm.org>
- Alpine Adventures 603-745-9911
 - <http://www.alpinezipline.com>
- Lost River Gorge & Boulders Cave 603-745-8031
 - <http://www.findlostriver.com>



- **Hiking Trails:**

- Waterfall trails <http://4000footers.com/waterfalls.shtml>
- Cardigan <http://www.nhstateparks.org/explore/state-parks/cardigan-state-park.aspx>
- Mount Tom <http://4000footers.com/tom.shtml>
- Rail Trail <http://northernrailtrail.org>

Twenty Things to Do in the Upper Valley

Thinking about spending some time in the Dartmouth-Sunapee region? This area, which borders the Connecticut River to the west, is known for its character and charm. With the Ivy League to the north and the crystal-clear waters of Lake Sunapee to the south, the region has many distinctive and distinguished attractions. But slip off the beaten path and you'll discover the "other" great things that this region has to offer. We've picked out **Twenty Things to Do** in the Dartmouth-Sunapee region to get you started.

Cross the Cornish-Windsor

There is no covered bridge that stops people in their tracks like the Cornish-Windsor Bridge. The 449'5" span that crosses the Connecticut River is truly a sight to see. The bridge happens to be the longest 2-span covered bridge in the world and the longest covered bridge in the country. But there is something special about this bridge; magical even. Perhaps it's the history that the wood breathes. Maybe it's the sign that reads "Walk your horses or pay two dollars fine," or the exquisite construction that has held the bridge together since 1866. Cross the bridge by car (turn your lights on), and you are deposited in Windsor, Vt., in minutes. How you get there — via this bridge; that's where the magic is.

Hang out in the Hood

Dartmouth College's Hood Museum in Hanover has a permanent collection of more than 65,000 works of art and artifacts from all over the world, including important works by Picasso and several prints by artists like Rembrandt and Goya. Their collection of historical artifacts includes a mid-19th century Concord Coach, and a rather large assortment of scientific instruments that date back to 1769, the year the college was founded. The Museum is also home to many exhibits, and at one time or another has showcased objects from Asia, Africa, Europe and Australia as they passed through Hanover on their way to other museums. Spend an afternoon at the Hood; you won't be disappointed.

Sweet Sunapee

Spend an afternoon watching the boats load and unload at Sunapee Harbor. The harbor is far from bustling, but there is a fair amount of quiet activity, especially in the late afternoon as boaters head out from a day on the lake. Just be careful; you might catch fiberglass "fever." Lake

Sunapee is a gem, with its 18 miles of shoreline, 3 lighthouses (two visible from the road) and peaceful, family-friendly atmosphere. Bring a picnic and have lunch harborside, or take a cruise on the M.V. Mount Sunapee. On weekends, hang around and watch the local bands who entertain visitors on late afternoons during the summer months.

Head for the Hill

Take a ride to the top of Mount Kearsarge. The 3½ mile scenic auto road at Rollins State Park in Warner takes you to a picnic area near the top of the 2,937-foot mountain. From there, a ½-mile hike to the summit brings you to a lookout tower where you can see all the way to the Atlantic Ocean to the east, the City of Boston to the south and the Green Mountains of Vermont to the west.

Wander through History

Visit Charlestown's Main Street Historic District. The town features 62 structures on the National Register of Historic Places. Some of these buildings date back to the 18th century. Structures include the town hall and meetinghouse, a parsonage, a schoolhouse, gas stations, a diner (circa 1930-40), and many houses and barns. While you are in Charlestown, stop over at the Fort at #4, a living history museum located off Main Street on Route 11. The museum will take you back to the authentically reconstructed settlement of Charlestown during the 1740s. "Meet" the early settlers and experience — firsthand — what life was like in colonial New England.

Chip Away at the Stone

Visit the oldest Mica, Feldspar, Beryl, and Uranium Mine in the United States. The two hundred year old Ruggles Mine in Grafton is an open pit mine with gleaming walls of white quartz and feldspar. But there are also tunnels to explore, and visitors are encouraged to collect minerals at this site. You'll find more than 150 types, including amethyst and garnet, rose and smoky quartz, beryl and gummite. Ruggles Mine can be found off Route 4 at the Village Green in Grafton.

Pick Fruit

Alyson's Orchard in Walpole is possibly one of the best places in the Granite State to pick apples. They have more than 50 varieties of them, including Baldwins, Ginger Golds, McIntosh, Redcort, and many others that we've never heard of but can't wait to try! The orchard, which overlooks the Connecticut River, also features pears, grapes, plums and peaches. So, there's

something for everyone!

Swim with the Sculptures

Take a dip in the cool waters of the Cockermonth River at the Sculptured Rocks Natural Area in Groton. The area is a great swimming spot for the whole family. The kids will enjoy jumping and diving from the rocks and cliffs. The water is clear, and the exquisite natural artistry of the rocks makes this a one-of-a-kind spot.

Ski Sunapee

Mount Sunapee in Newbury is the premier ski resort in the region. It has been rated #2 for snow quality and grooming in the east by the readers of *Ski Magazine*. The mountain features 65 trails, 10 lifts and a snowboard park with a super pipe and terrain park. Mount Sunapee has trails for all abilities, so whether you are a beginner, an intermediate or advanced skier, there's a trail for you. Views from the top include Lake Sunapee below and Mount Kearsarge and Cardigan in the distance. In August, the mountain is host to the oldest and one of the most prestigious craft fairs in the country.

Wade into Wadleigh

Wadleigh State Park, located in the small town of Sutton, is a superb day trip destination for families. Swim, canoe or kayak in the clear blue waters of Kezar Lake or have a picnic beneath the tall pines at this peaceful state park. The park is also part of the Sunapee-Ragged-Kearsarge Greenway, which links four state parks: Sunapee, Winslow, Wadleigh and Rollins as well as three state forests: Gile, Kearsarge and Shadow Hill, and one Wildlife Management Area, Bog Mountain. The trail, which flows through ten towns, is popular with hikers and offers sweeping view of lakes, mountains and historical sites.

Saint-Gauden's Gardens

American Renaissance Sculptor Augustus Saint-Gaudens had a summer home in the town of Cornish, where he founded the "Cornish Colony." His home is a National Historic Site and features a spectacular setting of expansive gardens with various features such as a cutting garden, "birch allee," pagodas, perennial beds, a sweeping great lawn, water features and several of his incredible sculptures. More than 100 of his prestigious sculptures can be seen here too. The man was a legend, becoming a part of the Hall of Fame for Great Americans after his death. He even had a sylish signature. What's not to love? Visit his gardens and take in the bountiful

views of the surrounding area from his lofty perch.

Sugar Shack attack

Visit New Hampshire's "King of Maple Syrup" on Route 103 in Newbury. Sweet Maples Sugarhouse offers tours on weekends during March and April when they are boiling the sweet stuff. Come see how it's made, then pour it over vanilla ice-cream, taste some maple cotton candy (really), and try/buy all sorts of oh-you-can't-imagine how tasty maple treats. It's a great learning experience for the kids. Just watch out — too much maple madness and you'll find a new meaning to the term "sugar high" on the drive home. Find other sugar shacks sprinkled throughout the region at the New Hampshire Maple Producers website and be sure to call ahead to make sure they are boiling sap since the season may differ slightly from year to year.

Reconnect with the natives

Spend some time at the Mt. Kearsarge Indian Museum in Warner. The museum has a collection of pottery, basketry, and embroidery from the Seminole, Navajo and Cherokee cultures, a full-scale tipi, feather headdresses from the Plains Indians, harpoon heads, fur-lined moccasins and stone sculptures from the tribes of the Northwest Indians and more. There is also a ceremonial room that showcases the instruments, pipes, and regalia used in ceremonies of all types. The Medicine Woods Nature Trail offers a self-guided 2 1/2 acre outdoor museum that highlights over 100 native plants that were used by native people for dyes, food, and building materials. Every summer, the museum hosts a powwow that celebrates the culture through drumming and dancing. While you are in Warner, check out the live buffalo at Yankee Farmer's Market Buffalo and Meats on Route 103.

Head to the airport

Parlin Field in Newport is a small municipal airport. But it's not just for flying anymore. Events like Old Home Days and Ski Joring competitions (held in the winter) commonly take place at the airfield. Better yet, you can have lunch in the wooded picnic area beside the sugar river and a historic covered bridge. From there you can follow the railroad bed by foot or bike and head west across five more bridges, two of which are covered bridges. You can even camp on the airfield, but first call ahead and get details from the airport manager.

Go flower picking

Spring Ledge Farm in New London is one of the few places around where you can pick your own

fresh flowers from their gardens. How cool is that? They have over 1/3 of an acre of flower beds with 248 varieties of flowers, including ten types of sunflowers! Get lost in their not-so-secret gardens. In season you can also pick your own strawberries, grab a baker's dozen of corn and other fresh fruits and veggies from their farm stand.

Off to the races!

Check out a race at Canaan Fair Speedway on the weekend. The raceway features a 1/3 mile asphalt track as well as a dirt track where they race Pro Stock. On the asphalt they race Pro Stocks, Late Models, Super Streets, Pure Stocks, Bandits and Daredevil Youth Racers. There are even drag races at times. Take a peek at the schedule and plan a night of raucous racing fun. Also, visit our NH Race Tracks page for details on other tracks in the state.

Drive through Washington

Take a ride through the rural town of Washington. It has one of the most picturesque town commons in the state thanks to a historic Town Hall that was built in 1787 and a small but notable cluster of traditional white New England style civic buildings. The town has two small villages; East Washington which sits along a brook scattered with old mill sites, and Washington Center, where you'll find the Town Common. While you are there, spend some time at Pillsbury State Park and do some warm-water fishing in its pristine waters.

River ride

Drop a canoe, kayak or raft into the Connecticut River. North Star Canoes in Cornish will get you on the river for a half-day, full-day or an overnight trip. More experienced rafters may want to travel on the Class I rapids in certain sections of the river. A shuttle bus will drop you and your gear to your launch site and off you go! Half day trips will even take you under the Cornish-Windsor Covered Bridge, the longest wooden covered bridge in the country. You'll maneuver your way back to the farm where you started, just south of the covered bridge and .2 miles past Chase Island, a great place to stop and sunbathe, swim or have a picnic lunch.

Find the Fort

Spend a day at the Fort at No. 4 Living History Museum in Charlestown. The Fort is a replica of the fortified village of No. 4, which was the most northwestern settlement in New England in 1740. That's pre-Revolutionary War time. You don't have to imagine what life was like in the 1740's and 1750's. You'll see it for yourself — from the crops they planted, to the trades and

craftwork they created. There are also re-enactments from the militia battles that were fought here. Take a step back in time and enjoy the sights, sounds and smells of the past.