



Sunapee Harbor Quest

Sunapee, New Hampshire

Physical Difficulty: Easy

Special Features: Natural, Historical, Vista

Walking Conditions: Pavement

Duration: 1:00

Bring: Compass, Binoculars, Pencil, Swimsuit, Canoe

To get there: Take I-89 south to Exit 12A. Make a right onto Springfield Road and proceed approximately $\frac{3}{4}$ of a mile to the intersection with Route 11. Turn right and proceed along Route 11 for 3.5 miles. Take a left at the sign and yellow flashing light into Sunapee Harbor. Park at one of the public parks on either side of Main Street.

Overview:

LSPA (Lake Sunapee Protective Association) is a member-supported, nonprofit environmental educational organization founded in 1898 that works year-round to maintain the quality of Lake Sunapee and its watershed. LSPA's educational outreach extends to all residents, lake users, students, and visitors in the Lake Sunapee region. For more information, please check out their website at www.lakesunapee.org. Sunapee Harbor offers many recreational opportunities, including boat rentals, lake cruises, evening band concerts, restaurants, shops, and great ice cream! It also boasts close proximity to Sunapee State Park and State Beach for hiking and swimming.

Clues:

At the tan House Knowlton, upon the hill,
on the black paved road's edge, stand so still.
Cross over the road to the far sidewalk so neat,
Head down to the harbor where you next cross the street.

Go over Main Street on that ladder of white.
Lean over green rails; water shimmers with light.
Relax, enjoy, and take some time to see,
Sunapee Harbor of Lake Sunapee.

A right turn you make;
 on your left is the lake.
 Walk between wooden beams, and if you are able,
 stand by the old building that once was a stable.

Notice the dam and its structure so big,
 Water is controlled by this amazing rig.
 Look to see the lake join a river so sweet.
 Sugar River it's called; again cross the street.

Stand over water and find a stick white.
 It's used to measure the lake's water height.
 It's important to note this is a drinking water lake,
 Not to keep it clean would be horrid and a huge mistake.

Class A lake on your left, follow the walk
 'tween buildings and boats where folks often talk.
 When you reach the boat ramp, south you shall cross
 to a park where there is much grass and some moss.

Walk to where sand and soil join a wall,
 Be careful now, please don't slip and fall!
 As you admire the beauty of this lake,
 there are choices that we each have to make
 to keep the water so clean and clear.
 It is a treasure that we hold dear.

Go north and cross past smoothies and Pete's Shed
 Straight ahead now, along a road you will tread,
 called "River," which is aptly named.
 Follow this now to the source of its fame.

Which way do you think the water is moving?
 Pick up a leaf fallen and set it to cruising.
 Following now as your leaf floats along,
 go ahead, loosen up, and just burst into song!

Across the river, see the clock and tower,
 you've been moving along by your own power.
 Lovely large white birches by the river can be seen,
 but on this side of the river, spy something green.

Along the Sugar River, we take tests,
to make sure the water is at its best.
Conductivity, turbidity, and pH are a few:
Samples like these give water quality clues.

Walk out on the bridge all covered from the sky,
Gaze down at the river as it gently flows by.
The bridge connects to a place that once held the town horses
And just downstream the river creates electrical forces.

Continue across to the far other side,
To a different view of the river so wide.
The path leads you back, upstream you must go,
Find the old information booth to be in the know.

A few more paces more, look up now and see
Just what is it that makes a watershed be.
Next cross through the lot and back out to the street,
Your journey's about done and it's been quite a feat.

Back to the start, to the House on the hill,
Now under construction and very still,
Climb the stone steps that lead to the front door,
Worry not, there's just a bit more.

You'll see the harbor from this point of view,
Now relax and reflect on clean waters value.
On a summer chair, find the prize that you seek,
North, South, East, West—'neath the goose take a peek!

This Quest was created by Meredith Bird Miller in 1998 and revised by Kathleen Legnard Stowell in 2008.

Other things to do nearby: Check out the Sunapee Historical Society or get a smoothie at Stacy's.

Please be a good steward of the land: leave it better than you found it and pack out any trash you find.



Valley Quest is a collection of treasure hunts that share and teach the natural gems and cultural heritage of the Upper Valley with children, families, adults, and visitors. It is a program of Vital Communities, a regional nonprofit working to engage citizens, organizations, and communities in creating solutions to our region's challenges. Learn more at vitalcommunities.org