

50 New England Adventures to Do at Least Once

The Ultimate New England Adventure Bucket List

50 unforgettable hikes, road trips, islands, beaches, waterfalls, towns and outdoor experiences across all six New England states.



How many have you done?

Welcome

There are a thousand ways to explore New England.

I've spent most of my life in New England, and one of my favorite things about living here is just how much adventure fits into this little corner of the country.

You can climb a mountain in the morning and eat lobster beside the ocean that afternoon. You can paddle quiet lakes, chase waterfalls, bike beside the sea, wander centuries-old towns or drive mountain roads that are ridiculously beautiful in October.

I've put together 50 New England experiences worth adding to your list—some iconic, some adventurous and a few that might inspire you to explore somewhere completely new.

This isn't a ranking. It's a challenge.

Check off the adventures you've already done, circle the ones you want to do next, and keep this list somewhere handy when you need an idea for your next New England weekend.

— Gretchen



Need more inspiration?

Explore my complete [New England Adventure Guide](#).

MAINE



□ 1. Explore Acadia National Park

Hike granite peaks, walk the rocky coast, bike the carriage roads and watch the Atlantic crash against one of New England's most spectacular landscapes.

→ [Find the Best Hikes in Acadia](#)

□ 2. Climb the Beehive

Climb iron rungs and exposed granite ledges for incredible views over Sand Beach and the Atlantic.

→ [Plan Your Beehive Hike](#)

□ 3. Hike Acadia's Great Head Trail

Trade the park's mountain summits for a beautiful coastal hike overlooking the Atlantic.

→ [Explore More Maine Adventures](#)

□ 4. Explore Portland + Casco Bay

Spend a day eating your way through Portland, then hop a ferry into Casco Bay.

□ 5. Walk the Marginal Way

Follow this classic coastal path between Ogunquit and Perkins Cove for quintessential rocky Maine coastline.



□ 6. Go Sea Kayaking on the Maine Coast

Paddle among rocky islands, quiet coves, working lobster boats and seals.

□ 7. Explore Grafton Notch

Hike past waterfalls, mountain overlooks and swimming holes in one of western Maine's best adventure destinations.



□ 8. Visit Monhegan Island

Take the ferry offshore and spend a day hiking rugged cliffs and wandering this tiny island village.

□ 9. Hike Camden Hills

Climb above Camden for that classic Maine combination of mountains, islands and ocean.

□ 10. Road Trip Maine's Bold Coast

Head toward Maine's quieter eastern edge for dramatic coastline, fishing villages and fewer crowds.

NEW HAMPSHIRE



□ 11. Drive the Kancamagus Highway

Follow one of New England's great mountain roads through the heart of the White Mountains.

→ [Plan a New Hampshire Road Trip](#)

□ 12. Hike Franconia Ridge

Walk an exposed Appalachian Trail ridgeline connecting some of the most spectacular mountain scenery in New England.

→ [See My Favorite White Mountain Hikes](#)

□ 13. Chase Waterfalls in Crawford Notch

Hike through forest and along mountain streams to one of New Hampshire's most impressive waterfalls.

→ [Hike to Arethusa Falls](#)

□ 14. Hike Welch-Dickey

Scramble over open granite slabs with huge views for one of New Hampshire's best bang-for-your-buck hikes.

→ [Hike the Welch-Dickey Loop](#)



□ 15. Spend a Day at Squam Lake

Paddle, hike or simply slow down beside one of New Hampshire's most beautiful lakes.

□ 16. Explore Portsmouth + the NH Seacoast

Walk historic streets, wander the working waterfront and then head south along New Hampshire's tiny coastline.

→ [Try My Summit-to-Sea NH Road Trip](#)

□ 17. Climb a New Hampshire 4,000-Footer

Choose one of the state's 48 peaks over 4,000 feet and make a day of it.

→ [Explore the NH 48 4,000-Footers](#)

□ 18. See the White Mountains in Fall

Whether you're hiking, driving or stopping at overlooks, everyone should experience peak foliage in the Whites at least once.

→ [Use My White Mountains Fall Guide](#)

□ 19. Stand on Mount Washington

Hike it, drive it or ride the Cog—but stand on top of New England's highest mountain at least once.

→ [Find Mount Washington + Other White Mountain Hikes](#)



VERMONT



□ 20. Hike Camel's Hump

Climb one of Vermont's most recognizable peaks for a classic Green Mountain adventure.

→ [Hike Camel's Hump via the Burrows Trail](#)

□ 21. Spend a Fall Weekend in Stowe

Combine foliage, mountain views, hiking and one of Vermont's quintessential villages.

□ 22. Bike the Island Line Trail

Ride along Lake Champlain and out across the spectacular causeway extending into the lake.

□ 23. Find a Vermont Swimming Hole

Pack a picnic and spend a summer afternoon beside a waterfall or stream.

□ 24. Explore the Northeast Kingdom

Head north for lakes, quiet roads, small towns and a wilder side of Vermont.



□ 25. Hike to Lye Brook Falls

Follow a forest trail to one of Vermont's tallest waterfalls.

→ [Hike the Lye Brook Falls Trail](#)

Your newer guide covers the 4.5-mile moderate hike to the 125-foot waterfall.

□ 26. Visit Woodstock

Explore covered bridges, farms, trails and one of Vermont's most recognizable villages.

□ 27. Drive Route 100

Road trip through the Green Mountains, stopping for hikes, swimming holes and small towns along the way.

MASSACHUSETTS



□ 28. Explore Cape Cod National Seashore

Walk windswept beaches, climb dunes, visit lighthouses and explore more than 40 miles of protected coastline.

→ [Explore Cape Cod National Seashore](#)

□ 29. Bike the Cape Cod Rail Trail

Pedal through forests and Cape villages, stopping for beaches and ice cream along the way.

□ 30. Spend a Day in Provincetown

Explore P-town's streets and galleries before heading out into the dunes or onto the water.

□ 31. Go Whale Watching off Cape Cod

Head offshore in search of humpback, fin and minke whales.

□ 32. Explore the Berkshires

Combine hiking, mountain towns, farm-to-table food and culture for a completely different Massachusetts adventure.

□ 33. Climb Mount Greylock

Stand atop the highest point in Massachusetts and explore the surrounding trails.

□ 34. Explore Martha's Vineyard by Bike

Leave the car behind and spend the day exploring island roads, beaches and villages.

□ 35. Walk Boston's Freedom Trail

Follow the red-brick path through some of Boston's most significant historic sites.

RHODE ISLAND



□ 36. Bike Block Island

Take the ferry over, rent bikes and spend the day exploring beaches, bluffs and quiet island roads.

□ 37. Walk Newport's Cliff Walk

Follow the coast between crashing Atlantic waves and Newport's famous Gilded Age mansions.

□ 38. Explore Beavertail State Park

Walk the rocky shoreline at the southern end of Jamestown for expansive views across Narragansett Bay.

□ 39. Kayak Narragansett Bay

See Rhode Island from its best vantage point—the water.

☐ 40. Spend a Beach Day in Narragansett

Swim, surf, eat seafood and experience a classic Rhode Island summer day.

☐ 41. Experience WaterFire in Providence

Spend an evening walking the city when its rivers are illuminated by WaterFire.

☐ 42. Walk Sachuest Point

Follow coastal trails through wildlife habitat with gorgeous ocean views.

CONNECTICUT

☐ 43. Explore Mystic

Spend a day on the historic waterfront and discover Connecticut's maritime side.

☐ 44. Hike Bear Mountain

Get a taste of the Appalachian Trail while climbing one of Connecticut's best-known peaks.

☐ 45. Road Trip the Litchfield Hills

Explore rolling countryside, covered bridges, hiking trails and beautiful small towns.

☐ 46. Hike Sleeping Giant

Climb the distinctive ridgeline above Hamden for sweeping Connecticut views.

☐ 47. Paddle the Thimble Islands

Kayak among dozens of tiny rocky islands scattered just offshore from Branford.

☐ 48. Chase Waterfalls at Kent Falls

Walk beside a series of cascades tumbling through the forest.

□ 49. Bike the Farmington Canal Heritage Trail

Spend a morning or afternoon cycling one of Connecticut's best recreational trails.

□ 50. Explore the Connecticut River Valley

Follow the river through forests, historic towns and classic New England landscapes.

How Much of New England Have You Uncovered?

YOUR SCORE: ____ / 50

0-10 – Adventure Awaits

You've barely scratched the surface.

11-20 – Weekend Wanderer

You're starting to know your way around.

21-30 – New England Explorer

You've covered some serious ground.

31-40 – New England Adventurer

You've probably got strong opinions about the best foliage route.

41-49 – Practically a Local

Finding something you haven't done is getting difficult.

50 – New England Uncovered

Time to start planning the next 50.

Pick Your Next Three

☐ _____

☐ _____

☐ _____

Ready for your next New England adventure?

I share new hikes, road trips, seasonal adventures, hidden gems and weekend ideas for exploring all six New England states.

→ **Keep Exploring:** [New England Adventures on Chasing ADVNTR](#)

→ **Want the actual itineraries?** Paid New England Uncovered subscribers get access to my growing library of day adventures, weekend itineraries, maps and trip-planning resources.

[Explore New England Uncovered Perks](#)