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OCTOBER 2008

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NEW ENGLAND FESTIVE FALL



Few things in life are as perfect as a crisp fall day in New England. The sky is bright blue, the trees are covered in red and gold leaves, and the air is clean and invigorating. It's the kind of weather that's made for picking apples, scenic drives, and cozy B&Bs. While New England is a classic autumn choice, there are plenty of fresh reasons to go.



Left to right: Fall's colorful pumpkin bounty; a Maine café and bakery's fresh muffins; a brilliantly hued fall route
Cover: Reveling in fall's golden glow

HEALTHY HARVEST

During fall, New England is reminiscent of California's Napa Valley, a place to go for laid-back towns, walks, and good food, especially along Connecticut and New Hampshire's wine trails. From Maine down to Connecticut, you'll find spots for picking fresh pumpkins, small cafés serving up just-baked cranberry muffins, and high-end gourmet restaurants, such as Norma's at the Topnotch Resort & Spa, offering menus infused with organic ingredients.

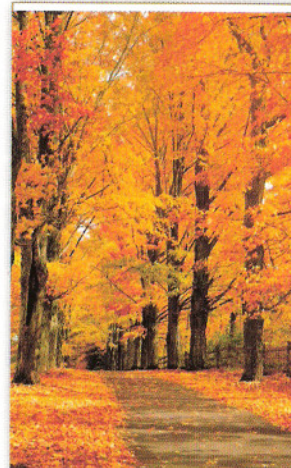
In New Hampshire, the state fruit is pumpkin and there are festivals that celebrate it in every way imaginable as Halloween approaches. The Keene Pumpkin Festival (Oct. 25; pumpkinfestival.com) features one of the largest collections of lit jack o'lanterns, while in Jackson, the Return of the Pumpkin People (Oct 1-20; jacksonnh.com) takes gourd creativity to the next level. Lifelike figures with pumpkin heads are dressed up as real people and can be found around the Jackson area participating in everyday activities that include riding motor cycles, mowing lawns, and painting.

Research shows that many New England staples, especially fall ones, have terrific health benefits. Hold on to those pumpkin seeds because they're rich in magnesium and can help lower cholesterol. Cranberries are full of antioxidants and apples are high in vitamin C, so pick up some homemade cranberry jam and a jug of fresh cider. Shopping at New England farmers' markets for fresh seasonal fruits and vegetables might inspire you to take a cooking class. At the Connecticut Culinary Institute in Hartford, learn how to make autumn pies and vegetarian dishes, or head to intimate cooking schools attached to inns and farms for a quieter experience.

FALL FOLIAGE

The turning of the leaves across New England is like a sunset spreading out in brilliant shades of gold, red, and purple. The fall foliage peaks earliest in the north and moves its way down south slowly.

To find out where the leaves have reached their most magnificent hues, you can head



COLORFUL WAYS TO SEE THE LEAVES

OLD FAVE Drive through Litchfield Hills in Connecticut, starting in Torrington, continuing to Winsted, and crossing the historic West Cornwall Covered Bridge.

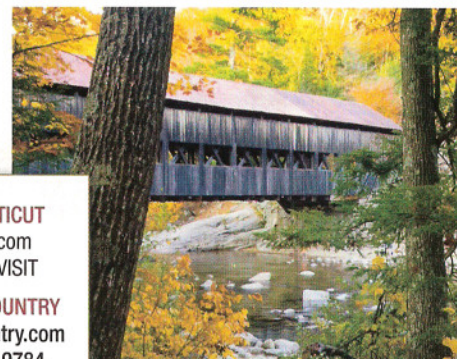
NEW CLASSIC Take a fall foliage cruise on RiverQuest that departs daily from the Connecticut River Museum in Essex, Connecticut.

OLD FAVE In New Hampshire, the circular three-hour Sunapee Loop starts and ends in Greenfield, passing by Pillsbury State Park, the Franklin Pierce Homestead, and more.

NEW CLASSIC Save gas (and the environment) by focusing on one of New Hampshire's Halloween fests, like the New Hampshire Fall Festival (Oct. 4; strawberrybanke.org).



Clockwise from right: a New Hampshire lake ablaze with color; Albany Covered Bridge, New Hampshire in autumn; a sample of Connecticut's lively arts and crafts scene



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online to state tourism bureaus. The New Hampshire website, VisitNH.gov features an online foliage report with suggested scenic drives and related fall foliage events.

While fall foliage drives are pleasant, try combining this autumn activity with adventure sports, such as hiking, biking, and even kayaking. In Connecticut, lace up your hiking boots and go to Macedonia Brook State Park's blue trail for views of the Catskills, Taconic Mountains, and Litchfield Hills. Hike and bike the 26-mile Farmington Valley Greenway to check out the leaves along five towns on the Farmington River. In Lyme, Connecticut Coastal Kayaking offers tours of Selden Island to see scenic cliffs, marshes, and fall color.

In Mystic Country, the picturesque stretch between eastern Connecticut and southwestern Rhode Island, you'll find romance, world-class gaming, family fun, and free guided foliage tours. During October, the month-long 18th Annual Walking Weekends is back with a brand-new name Walktober (Oct. 1-31; thelastgreenvalley.org). Explore the natural, historic, and cultural treasures of the National Heritage Corridor in north-

eastern Connecticut and south-central Massachusetts with more than 100 free walks and bike tours through the Last Green Valley.

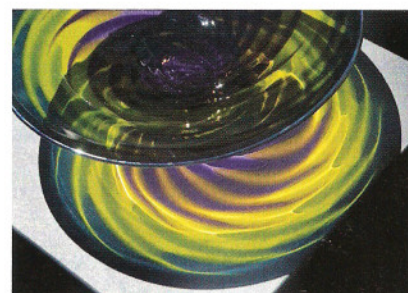
Savor autumn's tranquility at the luxurious Topnotch Resort & Spa, located on a 120-acre wooded estate in Stowe, Vermont. Nestled in the heart of the Green Mountains, Topnotch has the classic ambiance of an old-world resort town and one of the nation's best spas. Spend the afternoon gazing out at the vibrant landscape over a complimentary cup of tea and fresh home-baked cookies in the resort's Living Room.

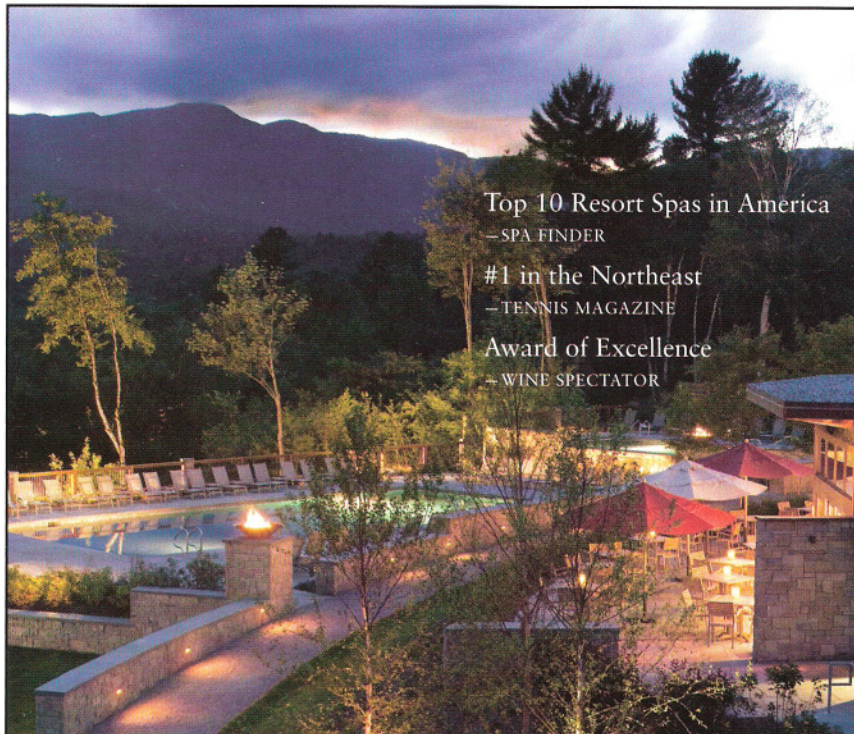
COLORFUL CRAFTS

New England has been a rich source of arts and crafts since colonial times, and today you'll find modern takes on tradition, rare antiques, and authentic crafts on display at fairs, festivals, and contemporary galleries. Jump-start your holiday shopping at the New Hampshire Open Doors festival (Nov. 8-9; nhopendoors.com). Planned by New Hampshire Made and the

League of New Hampshire Craftsmen (which is the oldest craft association in America) as a statewide open studio to showcase New Hampshire's talented artisans, this inaugural event presents an opportunity to sample local food and wine while strolling through small galleries. At the Topnotch Resort & Spa, you can also pick up authentic gifts and keepsakes at the onsite shops.

With almost 100 museums and performing arts centers, you'll find art happening around nearly every corner in Connecticut. The state is also bustling with arts festivals and fairs. In October, the Annual Fine Arts and Crafts Festival (Oct. 18; historicnewengland.org) at the historic Roseland Cottage in Woodstock features art, live





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music, and a food court. Then, beginning in November, the Annual Fall Artists Open Studios of Northeast Connecticut (Nov. 29-Dec. 7; aosct.org) is a two-weekend affair spotlighting more than 80 local artists.

Connecticut's rich history also makes it a prime destination for antiquing. In the Litchfield Hills region you'll find Woodbury, known as the "Antiques Capital of the Connecticut," with more than 45 dealers selling all categories, periods, and styles.

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NEW ENGLAND
Autumn
IN YOUR BACKYARD

This year, experience the quiet beauty of fall. Get away from it all with a trip to Mystic Country, Connecticut.

You'll be surrounded by vibrant foliage with options to excite your every sense. Visit boutiques, antiques and farms unique. Enjoy a show or try your luck at a resort casino. Relax at an historic inn. No matter what your idea is of a perfect fall getaway, it's perfectly close.

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What's Going on in New England

<p>Oct. 3-5 Apple Harvest Festival Southington, CT appleharvestfestival.com</p> <p>Oct. 4 New Hampshire Fall Festival Portsmouth, NH strawberrybanke.org</p> <p>Oct. 4-5 Jonathan Edwards Winery: Annual Harvest Fest North Stonington, CT jedwardswinery.com</p>	<p>Oct. 10-12 26th Annual Stowe Foliage Arts Festival Stowe, VT gostowe.com</p> <p>Oct. 11-13 Chowderfest Mystic Seaport, CT mysticseaport.org</p> <p>Oct. 26 Commissioning Ceremony of USS New Hampshire Pierce Island, NH ussnewhampshire.org</p>
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