

FALL CHECKLIST! ★

Is there anything quite as dreamy as **fall in New England**? It's so special being surrounded by trees bursting with vivid colors; bundling up for hikes in the great outdoors, and visiting breweries, farmers markets, apple orchards, and harvest festivals galore! We love this time of year, and are so excited to take advantage of all the festivities on the Seacoast.

Take a peek at our Fall Checklist below!

- ★ **Try a flight at a Seacoast brewery!** Helloooo Portsmouth West End!
- ★ **Hike to the top of a mountain!** Mount Agamenticus perhaps? Mt. Major??
- ★ **Sip on a fun fall beverage!** Have you tried the Turmeric Latte at Laney & Lu?? Or the Gingerbread Chai at White Heron Tea?? #love
- ★ **Eat an apple cider donut!** A fall MUST! If you don't make it to a farm, enjoy a donut at one of our many farmers markets!
- ★ **Post a fall foliage photo—oooh la la!** (And tag us!! We'd love to see the Seacoast through your eyes).
- ★ **Attend an event to support Portsmouth's Halloween Parade,** and attend the parade on October 31! The fun starts on September 13.
- ★ **Cook a fall recipe!** With many local cookbooks, try a recipe created by a Seacoast chef! Black Trumpet and MC Perkins Cove chefs offer their cookbooks, or maybe you'll fancy a dish from Stonewall Kitchen!
- ★ **Volunteer!** Help out at a soup kitchen, pick up trash on the beach, or donate warm clothes and food to our neighbors in need.
- ★ **Pick a peck at an apple orchard!** This one is kind of essential, don't you think?? Applecrest, Cider Hill Farm, and DeMeritt Hill Farm are some great local spots.
- ★ **Take a stroll in nature!** We enjoy Wagon Hill, Odiorne State Park, and the Rachel Carson Wildlife Refuge. Do you have a favorite?
- ★ **Visit a historic home!** Old York Historical Society stays open throughout the fall, and there are wonderful options in Exeter, Portsmouth, and South Berwick!
- ★ **Take part in a Seacoast run!** There are so many family-friendly 5k's, fundraiser runs, and other athletic endeavors to choose from!

Be sure to tag us on Instagram ([@seacoastlately](#)) and share how you're enjoying this beautiful fall season in our happy place!