

Susan Nye
Freelance Writer



January | February 2009

Merrimack Valley

MAGAZINE

Vol. 4 | Issue 1 | \$4.95

7 25274 22247 6 0 2 >

Display until February 28, 2009

A Clear Perspective:
Acrylic furniture moves into the Valley's décor spotlight

- Giving Yourself a Better Valentine's Day
- Curly Girls Unite
- Haute Coffee for Cold Nights

Plus:

- Serene Restaurant
- LaBelle Winery
- Local Skiing

Website: www.susannye.com Blog: www.susannye.blogspot.com Email: susannye@tds.net
Telephone: 603 / 526 7319 Mail: PO Box 1875, New London, NH 03257

get | outside
by Susan Nye



Take to the Slopes of the Valley

When I was six and my sister Brenda was nine, we found skis under the Christmas tree. Brenda was very excited when she discovered hers – and, being the older sister, she convinced me that I was excited, too. My dad taught us to ski at a small family-owned hill in Groton. The tiny ski area was actually an apple orchard, but welcomed skiers for a few months every winter.

Learning to ski was a wonderful gift. Decades later I still love it, especially when my three nieces join me on the slopes. While many hills have retired their tows and closed down operations, the Merrimack Valley remains blessed with a few family-owned, family-friendly ski areas. These local facilities might not have massive peaks, but they offer a wonderful atmosphere and lots of kid-friendly programs.

NASHOBA VALLEY **Resort Amenities in Our Backyard**

The Fletcher family opened Nashoba Valley in 1964 with four slopes, a couple of rope tows and 14 days of skiing per year. A lot has changed since then. The Fletchers have built not just a ski area but a full-service resort with excellent facilities right here in the Merrimack Valley. Extensive snow making and grooming, nine lifts, 15 trails and a terrain park now greet skiers and snowboarders. There is also a tubing park a half mile down the road. If you are in need of a break, the Outlook Restaurant is open every day for lunch and dinner, and offers live music every Thursday, Friday and Saturday evenings.

A wonderful place for families, Nashoba Valley is home to New England's largest ski instruction program. Every afternoon the parking lot fills with buses and cars unloading children for after-school classes, including an extensive race program. The resort's reliable team of instructors provides lessons and coaching throughout the season.

Nashoba Valley Westford

Open daily for day and night skiing
www.skinashoba.com
Snow Phone: (800) 400-SNOW
Resort Phone: (978) 692-3033

Ski Bradford Haverhill

Open daily with night skiing
Monday through Saturday
www.skibradford.com
Snow Phone: (866) 644-SNOW
Resort Phone: (978) 373-0071

McIntyre Ski Area Manchester

Open daily with night skiing
Tuesday through Saturday
www.mcintyreskiarea.com
Tickets & Conditions: (603) 628-6163
Ski School, Ski Shop & Ski Service:
(603) 622-6159

New England Lost Ski Area Project

The Merrimack Valley is lucky to have a few great family-friendly ski areas, but the number has dwindled. Warm weather, snow droughts and the economy led to the demise of many smaller operations. Curious about what might have happened to your favorite learn-to-ski hill? Check out the New England Lost Ski Area Project Web site at www.nelsap.org.

Susan Nye
Freelance Writer

SKI BRADFORD
Family-Friendly Skiing
and Snowboarding

With its friendly atmosphere, eight lifts, dozen trails and terrain park, Ski Bradford offers North Shore families plenty of skiing and snowboarding. The area provides lots of variety, including gentle beginner slopes and a mini terrain park for little ones. As skiers and snowboarders progress, Bradford even offers a few bumps and glades to keep everyone happy. All trails are equipped with snowmaking in case Mother Nature doesn't cooperate. Daily grooming keeps the slopes in top condition.

Ski Bradford is a terrific place to learn to ski. With 150 instructors, lessons are offered throughout the day and evening. There is a healthy variety of ski lessons and clinics for both children and adults. The after-school program provides instruction to hundreds of children every day. Ski Bradford has its own racing program, and plays host to local high school ski teams. Affordable and close to home, Ski Bradford is a great place for kids and families.


McINTYRE SKI AREA
Manchester's Best Kept Secret

Tucked away in northeast Manchester, McIntyre Ski Area is no more than 10 or 15 minutes from any point in the city. With five lifts, nine runs, a tubing park and first-rate snowmaking and grooming, McIntyre is Manchester's hidden gem.

Since it opened in 1971, McIntyre has been providing relaxed family fun. While it is a decent ski area, it is first and foremost an excellent place to learn to ski and snowboard. Snow Sports Director Ross Boisvert and his team of 150 instructors are committed to providing beginner skiers and snowboarders friendly instruction in a relaxed environment. A variety of programs are available to help children and adults get off to a great start as well as build and improve their skills. Whether it is after school, evenings or weekends, McIntyre instructors are dedicated to helping skiers and snowboarders embrace a sport they can love for a lifetime. | MVM

A CENTER FOR
aesthetic
SURGERY

- BREAST AUGMENTATION
- EYELID, FACIAL & NASAL SURGERY
- LIPOSUCTION AND BODY CONTOURING



Plastic, Cosmetic and Reconstructive Surgery

Dr. Scully is a Board Certified Plastic Surgeon who has provided superior care, brought excellence and caring to patients in the Merrimack Valley for thirty years.

He and his staff of registered nurses and aestheticians at the Center for Aesthetic Surgery work closely in evaluating your needs and goals to develop a treatment plan to correct problems of the face, breasts or body, enhance your beauty, restore a more youthful and natural appearance. A comprehensive skin care program is available for personal enhancement or post surgical care to boost your self-confidence.

Call our office to arrange a private complementary consultation to address your concerns.

Member
AMERICAN SOCIETY OF PLASTIC SURGEONS

MEMBER OF THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY
The Mark of Distinction in Cosmetic Plastic Surgery®

North Andover, Mass: 451 Andover Street 978-687-1313
Chelmsford, Mass: 21 Village Square 978-256-3313




Heather's
HAIR DESIGN

NEW SALON NOW OPEN!
638 Rogers Street
Lowell, MA 01852
978.458.5596

Give the Gift of Style!
Gift Cards available