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On the Cover

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Postcard perfect, Portsmouth is renowned for its maritime heritage and charming downtown.

Photo by Will Zimmermann

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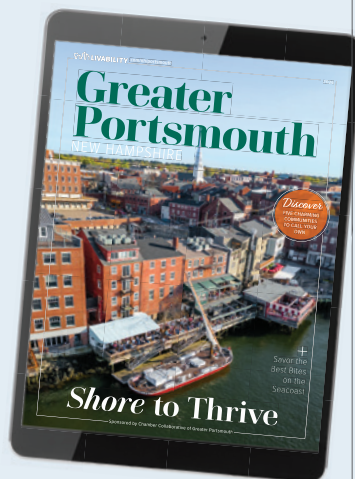
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Portsmouth

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The Coastal Quintet

Discover the five communities that make up the Greater Portsmouth region

1) Greenland

A quiet suburban coastal retreat, Greenland is a laid-back, family-oriented town with historic roots and rustic charm.

It's a place where the salt air from the Great Bay meets the quiet rustle of inland forests, offering a landscape that is as peaceful as it is picturesque. Beloved more for the quality of life it provides, days here are filled with nature walks, kayaking and golfing. With over 4,000 residents, the community does come together through events like the Greenland Old Home Days.

2) Rye

With a population of nearly 5,600, this nature-forward town is quietly upscale without being flashy about it. Its identity is strongly tied to the ocean, conservation and environmental education. Home to Odiorne Point State Park, Rye is a community that truly lives by the water. Residents can be found here tide-pooling – due to the rocky coastline – hiking, picnicking, surfing and sunbathing on sandy beaches. Many families also flock to the Seacoast Science Center, taking advantage of their programs like marine science days and summer nature camps.



3) Portsmouth

Portsmouth is a regional hub with approximately 23,000 residents. The cultural anchor of the Seacoast, it's a lively, walkable city that seamlessly blends an old-school New England vibe with a creative atmosphere. A true arts city, Portsmouth offers plenty by way of cultural enrichment, through theater, music, visual art and food. Small, independent restaurants prioritize a strong commitment to farm-to-table sourcing. Food and culture are celebrated throughout the year with community events such as the New Hampshire Film Festival and

Halloween Parade in October, the Prescott Park Arts Festival in the summer, and First Friday Art 'Round Town walks.

4) Newington

A functional powerhouse considering its size, Newington consists primarily of quiet, residential neighborhoods and commercial corridors. Strategically located along major highways, Newington features a strong retail and industrial presence that includes logistics and defense-related facilities. A high per-capita income makes Newington stand out as a small town with a big economy. With only about 900 residents, Newington offers excellent

waterfront access.

Common excursions include nature exploration near Great Bay, kayaking and bird-watching. There are also many historic sites located in town, such as the Shattuck Shipyard, which was active during World War I, the Old Town Center Historic District with its 18th-century homes, and Newington Meetinghouse, which was built in 1712 and is still in-use today.

5) New Castle

Quiet and elegant and situated on an archipelago at the mouth of the Piscataqua River, New Castle offers island living rooted in history. The landscape is dotted with 17th- and 18th-century landmarks, most notably Fort Constitution and Fort Stark. Fort Constitution (originally Fort William and Mary) holds a special place in American lore as the site of a pivotal 1774 raid that served as a precursor to the Revolutionary War. Towering over the coastline is the historic Wentworth-by-the-Sea, one of the last remaining grande dame hotels of the Gilded Age. Residents of this town (of which there are about 1,000) also enjoy The Great Island Common, a 32-acre seaside park with a view of the Portsmouth Harbor.

– Kelly Rogers

THE *New* SEACOAST

Balancing historic charm
with forward-thinking growth



Portsmouth offers a rare duality: the intimacy of a historic neighborhood paired with the seamless connectivity of a major hub. Locals Lionel Loveless and Kate Constantine experience this firsthand. Their stories paint a picture of a Portsmouth that is both a world-class destination and

a tight-knit ecosystem, grounded in deep-rooted service and a love for local business.

Community Pride

Living in Portsmouth offers a sense of community without losing easy access to cities like Boston. For Loveless, who is the vice chair

of the Business Alliance for People of Color and owner of Route 1 Antiques and Officially Knotted Bowties, that balance is key.

“I can get to Boston to jump on a flight and go anywhere, or just as easily head to the mountains or the ocean,” he says.



“It’s exciting to see how much people here truly support local business.”

—— Lionel Loveless, Business Alliance for People of Color ——

food-security nonprofit Gather, finds that same charm in the city’s vibrant food scene. As the daughter of a chef and a bartender, she grew up in the restaurant industry and knows the culinary world better than most. Yet, for her, the quaintness of the region is the highlight: “I can’t go to the grocery store without running into someone I know,” she says.

A Spirit of Service

Both Loveless and Constantine turn their passion for the community into action.

In addition to his leadership at the Business Alliance for People of Color, Loveless holds board positions at Black Lives Matter New Hampshire and the New Hampshire Community Loan Fund. He describes all three as “grassroots organizations dedicated to helping Granite Staters.” Through these

roles, he helps foster business collaboration and bolster regional diversity initiatives.

Similarly, Constantine recently partnered with Cultivate Seacoast to launch a Food Access Navigator and Resource Guide. By centralizing essential data, the guide simplifies the search for food security, embodying Cultivate’s mission to provide more accessible resources in the community.

Welcoming Change

Portsmouth has historically been less diverse than larger cities, but Loveless sees a shift on the horizon. “I honestly believe we’re starting to see a little bit more diversity in the Greater Portsmouth area,” he says.

He sees his own shop as a microcosm of this change, noting that a representative workforce and a varied clientele create a welcoming

But beyond the geography, it’s the region’s “shop-small” ethos that resonates with him.

“It’s exciting to see how much people here truly support local business,” Loveless says.

Constantine, the events and engagement manager at the

environment. “Because I have diversity in my shop, it attracts more people,” he explains. For Loveless, this variety is the heartbeat of a thriving business; when people see themselves reflected in a space, the community becomes stronger, more interesting and more inclusive.

Constantine agrees, noting that the area’s evolving identity is what makes it so magnetic. “There’s a lot more people embracing how unique and special this area is,” she says.

Favorite Local Spots

Portsmouth’s character is most evident in the local spots where Loveless and Constantine spend their time.

As a regular yogi, Constantine enjoys 3 Bridges Yoga. “Everyone really gets to know each other there and looks out for each other.”

White Heron Tea & Coffee is her go-to place for tea. When she wants a bite to eat, she often heads to The Press Room.

Loveless finds his connection to the city through flavor and history. He’s a frequent visitor to A Southern Girl Bakery, a spot that feels like home. “I love the people that run it, and they are friends of mine,” he says. “They make the most amazing sweet treats that take me back to my childhood in Oklahoma.”

He also suggests visiting the Black Heritage Trail in Portsmouth to get a deeper sense of the city’s history. “By going to the Black Heritage Trail, you can learn about all the many people who contributed to make Portsmouth what it is today,” he says.

– Cheryl Maguire



Just Arrived?

Answers to commonly asked questions about the area

When was Portsmouth founded?

Originally known as Strawberry Banke, the settlement was established in 1623 and incorporated as Portsmouth in 1653, making it one of the oldest in the United States. Originally a fishing and trading post, Portsmouth quickly grew to a major hub for trade and shipping. Its deep Colonial and Revolutionary roots are still preserved today at local sites like the Strawberry Banke Museum and The Warner House.

What's the weather like?

New Hampshire boasts a true four-seasons climate, with warm summers and cold winters. Unlike many coastal destinations that shutter once the summer heat fades, Portsmouth remains vibrant year-round.

With an annual snowfall of 40 to 50 inches, the region serves as the perfect base camp for exploring all of New England's numerous skiing and snowmobiling destinations. You'll also see gorgeous foliage in the fall.

What is there to do on the weekend?

There are endless options for weekend fun in Greater Portsmouth. You might find yourself wandering the lush gardens of Prescott Park, catching a show at The Music Hall or hitting the trails at Sagamore Creek Headlands. At the center



Families find plenty to see and do in the Portsmouth region, including exploring tide pools at Odiorne Point State Park.

of it all lies Market Square, which boasts unique shops, bookstores and cafes. The region also offers an impressive craft brewery scene, with places like Loaded Question Brewing and Stoneface Brewing leading the charge.

Is there an airport nearby?

Yes! In fact, there are several. Manchester-Boston Regional Airport, Boston Logan International Airport and Portland International Jetport are all a short commute away. Also up-and-coming is the Portsmouth International Airport, which currently sees a lot of private, cargo and military traffic in addition to exciting routes flown by Allegiant and Breeze as well.

What are the major industries here?

With a median household income that exceeds \$100,000, there are plenty of job opportunities for a wide range of careers. Portsmouth's major industries include health care, advanced manufacturing, maritime and tourism. This economic diversity is further bolstered by a thriving small business scene and a strategic location that attracts top-tier talent from across the Seacoast region.

How are the public schools rated?

The Portsmouth School District gets consistently high ratings from Niche.com, which puts it as the No. 7 best place to teach in the state in 2026. The average student to teacher

ratio is 11:1, setting up students and teachers alike for success. Another bonus? Portsmouth is close to Great Bay Community College and the University of New Hampshire, both of which provide high schoolers with streamlined pathways to earn college credit and transition smoothly into higher education.

Is this a family-friendly area?

Without a doubt, the Portsmouth area is a fantastic place to raise a family. There are so many educational and entertaining outings for families of all ages, from the Seacoast Science Center in Rye to the historic Fort Constitution and the scenic Great Island Common in New Castle. Families also love visiting the Children's Museum of New Hampshire in Dover. Community spirit truly shines during local events, especially the Portsmouth Halloween Parade. For over 30 years, this tradition has been a regional highlight, drawing hundreds of marchers and thousands of spectators. It's even been rated one of the top 10 Halloween Parades in the country by USA Today.

– Kelly Rogers

Stages *with* Stories



DISCOVER THE BELOVED CULTURAL LANDMARKS OF THE REGION

Portsmouth, New Hampshire, is renowned for its scenic beauty and vibrant coastal culture.

Complementing this energy is a deep-seated appreciation for the arts, sustained by a rich tapestry of galleries and venues that champion local creators.

Far more than just landmarks, these spaces

are essential drivers of the city's creative economy and cultural identity.

Portsmouth's artistic landscape rivals those of major metropolitan areas, with a creative pulse felt within the historic buildings and modern stages that serve as its anchors.

Alongside the avant-garde exhibits at 3S Artspace

and the intimate productions of the Players' Ring, New Hampshire Theatre Project and Seacoast Repertory Theatre, the city's reputation is solidified by two premier pillars: the historic Music Hall and the award-winning Jimmy's Jazz & Blues Club, which consistently draw world-class talent.

The Music Hall

Since 1878, The Music Hall has brought live entertainment to Portsmouth, making it such a local institution that it's been dubbed "the beating cultural heart of the New Hampshire Seacoast" by The Boston Globe.

The Music Hall has supported the local



Jimmy's Jazz & Blues Club **Right:** The Music Hall, built in 1878. **Left:** White Christmas at The Music Hall



FIRST FRIDAY

Stroll, sip and experience this monthly gallery walk

Art 'Round Town is a monthly gallery walk that takes place in downtown Portsmouth on the first Friday of every month. During this year-round event, local art galleries and museums open their doors to the public for free, often featuring new exhibit openings, opportunities to meet the artists and light refreshments. The event transforms the historic brick-lined streets into a vibrant social hub, buzzing with conversation and a shared appreciation for the Seacoast's creative spirit. Grab a friend and experience it for yourself.

economy for over a century. It does this by employing artists and supporting other area businesses – “all while creating the kind of experiences that make people want to come into Portsmouth in the first place,” says Ryan Klink, chief marketing and communications officer at The Music Hall.

While it remains a major draw for tourists, the venue is deeply woven into the daily lives of residents. “It’s something people build traditions around,” he says. “You’ll see it in the mix of audiences: longtime residents who come all season, people meeting friends downtown for a show and visitors who plan a whole weekend around what’s happening across the city’s stages.”

To accommodate this diverse crowd, The Music Hall offers two distinct stages: the grand Historic Theater, which hosts up to 900 guests for major productions, and the intimate Music Hall Lounge, a cozy 100-seat setting for up-close performances. These stages have hosted legendary performers such as Tony Bennett, Yo-Yo Ma and Itzhak Perlman, alongside modern icons like Brandi Carlile, John Legend and Trevor Noah.

New Hampshire Film Festival

Making its debut in 2001, the New Hampshire Film Festival (NHFF) has become the longest-running and most successful film festival in the Granite State. For nearly 25 years, it’s been

showcasing provocative international and local independent films. Today, it attracts roughly 10,000 visitors, making it a must-experience event for film buffs, scholars, and emerging and established filmmakers.

While the festival takes place throughout downtown Portsmouth, The Music Hall took over the event in 2024 to provide year-round infrastructure. According to Klink, the

move makes sense.

“The Music Hall has long been invested in cinema programming,” he says. “Adding NHFF under the same umbrella helps Portsmouth feel even more like a place where film is part of the cultural fabric year-round.”

Klink explains that Portsmouth isn’t just a great place to visit. The fact that luminaries like Chris Stinson – producer

behind movies like *Knives Out* and *The Holdovers* – live in the region shows that Portsmouth is “a place creative people choose to live, work and build a life.”

Jimmy's Jazz & Blues Club

Opening its doors in 2021, Jimmy's Jazz & Blues Club has built a reputation for its sophisticated atmosphere, blending elegant decor with an upscale dining experience. The venue is a premier destination for live music, having featured performers like Herbie Hancock, Van Morrison, Mavis Staples and Wynton Marsalis.

“Guests arrive for a performance, but the experience is immersive



Jimmy's Jazz & Blues Club

and communal, rooted in the energy of live music,” says Mary Sivongsa, box office and marketing manager.

Located in a beautifully restored local landmark, the venue was once one of the nation's first YMCA buildings, serving as a

community hub from 1905 until 1959. The renovation was so impressive that, in 2025, Jimmy's received an AIA New Hampshire Citation Award for Design Excellence in Architectural Restoration and Preservation.

Described by Sivongsa as a “four-year labor of love,” the project encompassed more than mere restoration; it was about “reactivating a landmark as a cultural destination.”

Today, Jimmy's serves as a vital stage for diverse artists and their audiences. As Sivongsa puts it, “That ongoing exchange is what keeps the city's creative identity dynamic and thriving.”

– Brook Bolen

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Of Monsters and Men

A CONVERSATION WITH LOCAL ARTIST BILL PAARLBERG • By Brook Bolen

No discussion of the arts in Portsmouth, New Hampshire, is complete without including Bill Paarlberg. While he lives just across the bridge in Kittery Point, Maine, he spends a lot of his time in Portsmouth and features it in his most recognizable work, notably the Famous Monsters of Portsmouth series.

This collection, which depicts behemoths like Godzilla attacking iconic local landmarks, began in the early 1980s and continues to evolve alongside the city itself. In this interview, Paarlberg discusses the region's creative pulse and the historic charm that sparks his inspiration every day.



For an artist considering a move to the region, what key resources are essential and accessible here?

There are many local art associations, which typically put on shows and events for members' artwork, but also welcome the public. These are where many budding, or new-to-the-area, artists get their start by meeting other artists, taking classes and showing their work. Some of these include Kittery Art Association, York Art Association, New Hampshire Art Association and the Seacoast Art Association, which has a very active gallery in downtown Exeter.

The new or new-to-the-area artist also has many classes to choose from. As well as the art associations and Sanctuary Arts, 3S Artspace in Portsmouth is starting a series of classes. And there are several very



good, very experienced local artists who offer classes, including Doris Rice and Mary Byrom.

Most of the commercial or large nonprofit galleries (including Nahcotta and 3S Artspace as well as George Marshall Store Gallery in York, Maine) offer occasional or annual shows that welcome artwork from all local artists as a way to identify, encourage and promote new or new-to-the-area artists.

Finally, many historic mills in the area offer studio space – including the Button Factory in Portsmouth, Art on the Hill in Kittery.

When you need a break or are looking for inspiration, where do you go in or around the area and how does that refresh your creative energy?

Portsmouth is a very beautiful place, both in the land and seascapes, and offers a lot of visual inspiration for the artist. It is on the Piscataqua River, has a working waterfront of commercial freight

and fishing boats, and is only a couple miles from the open ocean and beaches. Plus, there are several lighthouses to explore nearby.

Describe your ideal, nonworking day. Where do you get coffee, where do you go for fun and where do you end up for dinner?

I greatly enjoy being outdoors, especially in the woods and mountains. The Kittery Land Trust property is near my house, and I walk and ride my mountain bike there often. I also like to visit our local beaches and the town pier in beautiful downtown Kittery Point.

Caffe Kilim on Islington Street in Portsmouth is my favorite coffee shop. Although, Ceres Bakery on Penhallow Street is a close second, and it's where I am proud to say I have the longest running bathroom art exhibit in Portsmouth.

Lexie's on Islington Street is the inexpensive dinner option. STREET restaurant has fabulous food in the more mid-range. Botanica Restaurant and Gin Bar is my favorite splurge. They make an excellent Negroni. 🍸

A Foodie's GUIDE



Where to go for some of the best bites in Portsmouth

Whether you're a local foodie or a traveler looking for the perfect coastal meal, the Greater Portsmouth area is a gold mine of culinary talent and historic charm. From James Beard-recognized bistros to legendary diners and hidden tapas bars, the city's dining scene strikes a perfect balance between high-end innovation and cozy tradition.

Many of these local gems are staples of the popular Restaurant Week Portsmouth & the Seacoast. Here is a list of just a few of the many tasty restaurants worth visiting in the Greater Portsmouth area.

Cure: Chef and owner Julie Cutting, whom you might recognize from Food Network's *Chopped*, is serving up elevated American comfort food at Cure. While the menu changes seasonally, a popular dish for many guests is the espresso-stout braised short ribs, and no meal is complete without their famous warm cornbread topped with honey.

Ristorante Massimo: Massimo Morgia opened this restaurant in 1994 with the vision of serving meals like those from his hometown of Pontecorvo, Italy. His main mission is still to provide



authentic, five-star Italian cuisine by serving handmade pasta and traditional dishes. A local favorite is the osso buco, a slow-braised veal shank that captures the heart of a traditional Italian meal. OpenTable has also named this restaurant one of the Top 100 Most Romantic Restaurants in America.

Cava: Tucked away in Commercial Alley, Cava offers a menu that is a modern interpretation of Spanish tapas. The warm, dimly lit interior provides the perfect backdrop for

a long evening of sharing small plates and lingering over a glass of wine. If you go, Phantom Gourmet suggests trying the patatas bravas and their unique churro desserts.

Black Trumpet: Located near the harbor, this cozy bistro offers farm-to-table meals in a space filled with nautical-style lanterns and exposed brick. The restaurant is housed in a historic waterfront warehouse built in 1803, where the original wooden beams give the dining room an authentic New England character.

Chef Evan Mallett, who is also the owner, is a multiyear James Beard semifinalist known for his focus on local sourcing. While the menu changes seasonally, it always features their well-known warm appetizer of fried almonds, olives and garlic. A popular choice for many guests is the Mountain Paella, which includes a rotating selection of local meats and foraged mushrooms.

Library Restaurant: Built in 1887, this restaurant is in the historic Rockingham Hotel. With its original vaulted mahogany ceilings and three fireplaces, guests will feel warm

even in the cold New England winters. True to its name, there is a collection of over 2,000 books that guests can browse while they dine. Adrienne and Paul Waterman became the owners in 2023 and have kept the tradition of live jazz on Wednesday nights. A popular dish here is the wagyu sirloin, which many guests pair with their signature Caesar salad that is prepared tableside.

The Press Room: Offering live music, craft beer and innovative pub cuisine, this restaurant has been a go-to place for friends to gather for nearly 50 years. Opened in 1976 by journalist and musician Jay Smith, the venue was created to provide a dedicated space for artists to play their music. A current staff food

favorite is the Window Munchies, a large, shared platter of regular fries, waffle fries, popcorn chicken and tortilla chips, all topped with queso.

Gilley's Diner: Built in 1940 as a Gilley's Lunch cart in Worcester, Massachusetts, this is the only one of the original five diners ever produced that still remains. It was moved in 1974 to its current location on Fleet Street. Named after Ralph "Gilley" Gilbert, a longtime employee who famously greeted his customers by name, the historic diner is a great place to grab chili cheese fries and a classic cheeseburger.

Dwyer's Pub: This spot offers a typical neighborhood New England Irish pub experience, serving classic meals like fish and chips, Guinness

stew and a Reuben made with homemade corned beef. A favorite among locals is the free jukebox.

Vida Cantina: Chef and owner David Vargas is a multiple-time James Beard semifinalist who grew up in his family's taqueria, where he first learned to honor his Mexican heritage through food.

Boston Magazine has recognized his cooking as some of the best Mexican food on the East Coast. A popular choice among visitors is the pig's head carnitas platter, which comes with 20 of his signature purple corn tortillas.

Discover more places to dine in the region at goportsmouthnh.com/where-to-eat.

– Cheryl Maguire



Meet the Chef

David Vargas cooks up award-winning, authentic Mexican cuisine • *By Cheryl Maguire*

If you can't travel to Mexico to try its finest flavors, the next best option is Vida Cantina. Chef and owner David Vargas, a multiyear James Beard semifinalist, serves innovative Mexican cuisine on Route 1 in Portsmouth.

Lessons From the Family Kitchen

Vargas was raised in Southern California by his parents, who are originally from Mexico. His family owned a restaurant in California, where he spent much of his youth.

"My culture is based around food and family – it's the backbone of everything we do," he says.

At the time, Vargas didn't realize the importance of how those younger years would shape his restaurant. As he began creating recipes, he says, "I grew a love for what I knew already."

When he considers his career and his mentors, Vargas acknowledges that many people have helped him, but he highlights his mother's role.

"I owe a lot to my mom," he says. "Every day, she made dinner for us, even with a full-time work schedule."

He also credits his spouse and says, "I owe a lot to my wife, who is a phenomenal cook. Her flavor-building has helped shape my palate."

When Vargas opened the restaurant, his initial vision was to have a strong community focus and create an environment that felt like a "gathering place to be with family," he says. He has accomplished this by hosting events like Community Night, an evening dedicated to donating to local causes, and



establishing a partnership with Tuckaway Farm through his local tortilla company, Vida Tortilla. By sourcing heirloom corn directly from area growers, Vida Tortilla ensures that every meal served is rooted in the regional landscape.

Cantina Meets the Coast

At Vida Cantina, the focus is on balancing traditional Mexican flavors and techniques with the specific ingredients and tastes of New England.

"That has been the best part of living in this area – understanding not only the demographic of our community but also of what is available to us," he says.

For those dining at Vida Cantina for the first time, Vargas suggests

starting with the tacos. "Everything in our kitchen revolves around maíz and masa (corn and dough); it's the heart of our cuisine," he says.

When asked about being an award-winning chef, he says he is grateful. "I feel very blessed to be nominated by my peers for such an award. It's been great to see what it has done for the restaurant, which has been such a positive thing for our employees," he says.

After you've experienced Vida Cantina, Vargas suggests visiting some of his other local favorites. He recommends checking out Durbar Square, an authentic Nepalese cuisine concept, and Tulsi, a traditional Indian restaurant in neighboring Kittery, Maine. 

Making Waves in Seafood Production

University of New Hampshire works to advance sustainable seafood industry



In recent years, New Hampshire's seafood industry has been dominated by lobster fishing and oyster aquaculture. But the University of New Hampshire (UNH) is making waves with the production of a new aquaculture commodity – steelhead trout.

"At UNH, we're trying to break ground on community-based seafood production at the grassroots level," says David Fredriksson, professor of Ocean Engineering and director of Sustainable Seafood Systems at UNH. "Fifty years ago, the largest fisheries were pollock, lobster and cod. Now lobster is pretty much the only fishery in the area, which indicates the need for more aquaculture."

In 2023 after years of preliminary work, a team from UNH launched a small fish production system called the AquaFort – a small floating pen in Portsmouth Harbor – where they began production of steelhead trout, a type of rainbow trout. Now in its third year of production, the system is producing up to 20,000 pounds of steelhead trout annually.

"We hope to make around \$100,000 a year from the steelhead trout, and

that's only 4,000 fish," Fredriksson says. "We sell it to local restaurants, and we have a smoked product too. We are trying to diversify the seafood products available in New Hampshire."

UNH staff members monitor and feed the trout daily alongside graduate students and undergraduate students taking courses in Ocean Engineering and Marine Biology. Students in the business college are also getting involved with marketing and distribution of the trout.

"We are open to having students of all backgrounds involved because it's a multidisciplinary effort," Fredriksson says. "We're also working with the Sustainability Institute here at UNH to look at life cycle analysis of the trout and other sustainable practices."

In its first three years, the program has already caught the attention of coastal universities in other states. UNH is now transferring their sustainable seafood techniques to the Gulf Coast by working with the Dauphin Island Sea Laboratory and the University



of Southern Mississippi.

"We just put in a new AquaFort south of Mobile Bay with a focus on Gulf species including red drum, oysters and a red seaweed called gracilaria," Fredriksson says. "It's the same scale of operation we have at UNH, but the species, culture, seafood distribution and products will be different."

In future years, the program will have a global impact by expanding abroad to areas where there is food insecurity.

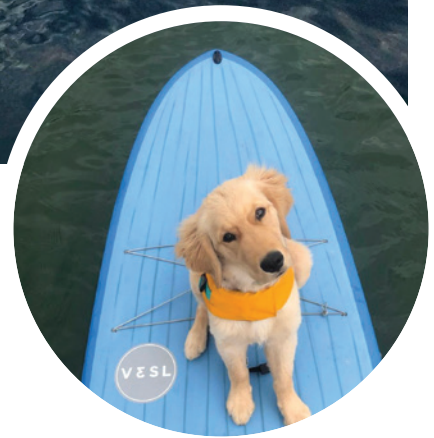
"We're just getting started," Fredriksson says.

For more information about the University of New Hampshire, visit unh.edu.

Saltwater *and* Summits

GREATER PORTSMOUTH IS NEW ENGLAND'S
PREMIER COAST-TO-MOUNTAIN LAUNCHPAD





The Greater Portsmouth area is a quintessential New England community. From the historic architecture to the balance between sea access and nearby mountains, the region offers a coast-to-summit lifestyle built for any outdoor enthusiast.

Escape to the Coast

Portsmouth owes its scenic charm to the Piscataqua River, which flows between New Hampshire and Maine. The Atlantic coastline begins in the neighboring seaside towns of New Castle, Rye and Hampton.

For a true coastal adventure, set sail with a local line like the Isles of Shoals Steamship Co. or Portsmouth Harbor Cruises to explore the Isles of Shoals. The crown jewel of the archipelago is Star Island, which offers a storied history as a once-bustling fishing port. If you prefer the mainland, the area's premier shorelines – including Wallis Sands, Rye Harbor and Jenness State Beach

– are just minutes away in neighboring Rye.

Alexandra Hampton, co-owner of Portsmouth Paddle Co., says that she and her husband chose to locate their company in Portsmouth partly because it put them right in the heart of the cultural hub of the Seacoast.

“Our favorite thing is the accessibility,” she says. “You can leave your office at 5 p.m. and be on the water by 5:15 p.m., surrounded by great blue herons and striped bass, feeling like you’re miles away from civilization and fully connected to nature.”

With so many coastlines to explore, Portsmouth Paddle Co. offers services for any skill level, whether it’s a guided tour to see the wildlife, SUP yoga classes, or a place where you can rent a board and go out on your own.

Hampton says a great way to explore the hidden gems of the area is by

pairing a paddling experience with food. “If you paddle up Sagamore Creek, you might pull up to BG’s Boat House for a lobster roll. If you’re exploring Great Bay, you can grab a burger at Lexie’s Landing.”

For a more relaxed pace, hop aboard the Piscataqua. Operated by the Gundalow Co., this traditional reproduction mirrors the flat-bottomed barges that once moved goods through these waters.

Road Trip to the Mountains

Think of Greater Portsmouth as a launching pad for adventure; there are plenty of mountain escapes to choose from that will only take



Attitash Mountain Resort



New Hampshire Seacoast Greenway



Attitash Mountain Resort

about one to two hours by car.

One such stop is the state's famous Lakes Region, anchored by the massive and majestic Lake Winnepesaukee. Known for its crystal-clear waters and mountain backdrops, the lake offers a freshwater alternative for sunset cruises.

Also, a short drive away, Pawtuckaway State Park features a 5,000-acre lake and mountain reserve that forms the outline of an ancient volcanic ring dike dating from over 110 million years ago.

More famously, the White Mountains cover a large portion of the state and dip into Maine. Typically, a one- to two-hour commute from Portsmouth, the White Mountains are surrounded by small towns, offering their own unique experiences that will make any day or weekend trips that much more special.

The mountain range is as accessible as it is adventurous. Travelers can enjoy the views via winding scenic drives, while thrill-seekers can tackle world-class biking trails and snowy Alpine peaks.

Hit the Greenway

Greater Portsmouth boasts a coast-to-summit lifestyle for a reason. The community is currently undertaking a statewide trail project – the New Hampshire Seacoast Greenway – as part of the larger East Coast Greenway project that will connect Maine all the

way to Florida when complete.

Scott Bogle, New Hampshire committee chair for the greenway, says that the effort for the project really took off around 2007 with the help of local advocates.

“We talk about the greenway as a safe transportation corridor, a linear park and an economic catalyst for the area,” he says.

Currently, the Hampton-Portsmouth trail connection is the first to be completed. As the greenway continues to be built, Bogle says the real scenic jewel will be the trail that goes through

the nearby Hampton Salt Marsh.

“Most of the trail is inland, but this is going to be one of the limited number of sections where the trail is right on the water,” he says.

– Haley Bartlett

Wellness on the Water

Scan here to read about why Portsmouth is the ultimate landing spot for one fitness expert.



New Life for Old Walls

Developer breathes life into the region's industrial past • *By Kevin Litwin*

The landscape of Greater Portsmouth is defined by its 19th-century history.

Once the heart of the region's economy, massive brick mills rose up to anchor downtown centers and neighborhoods like the West End. However, as the local business landscape evolved, these grand structures were often left behind as relics. Today, Eric Chinburg and his Newmarket-based firm, Chinburg Properties, are ensuring these landmarks don't just survive, but thrive. By reimagining these historic industrial anchors, the firm has turned decaying brick shells into the focal points of modern community life.

"I started my company in 1987 and bought my first abandoned mill in 1996 on Portsmouth's West End," Chinburg says. "That industrial property was redeveloped into 63 apartments called Millport, located in a great part of Portsmouth."

Chinburg Properties also transformed the former Frank Jones Brew Yard complex into two mixed-use buildings, also on the city's West End. One building is solely residential with 54 apartments, and the other includes 14 upper-level apartments along with commercial spaces on the first two floors.

Continuing its streak of revitalization, Chinburg Properties recently debuted Brewery 145. The project completes the transformation of the Frank Jones neighborhood with a 92-unit residential hub, offering a mix of studio and multibedroom layouts starting at \$1,900.

The company also has plans for an upscale development in Portsmouth called Woodbury Reserve, which



involves demolishing an abandoned home and reinvigorating adjacent abandoned property, then constructing eight new condominiums with a starting price of \$1.3 million.

"Old buildings are appealing for their brick exteriors and huge windows and other attractive features, and they are often located in the heart of downtown or other great parts of cities – even sometimes along rivers," Chinburg says. "They are good choices for young professionals, and they are also excellent for developers because constructing these kinds of detailed buildings today would be much too expensive. Restoring them is great for many reasons."

Building on their reputation for revitalizing the Seacoast's historic landscape, Chinburg Properties also meticulously restored the 19th-century Carey Cottage at Creek Farm, transforming the grand summer estate into a nonprofit incubator.

Along with Portsmouth, Chinburg develops properties and constructs new housing in surrounding municipalities as well, including Greenland, Rye, Dover, Exeter, Hampton and others.

Chinburg adds that Greater Portsmouth is known for its history and coastal access, and the region is seeing a development surge to accommodate a steady increase in residents wanting to live here.

"Our company is constructing a lot of new houses for people of all ages, and I also really enjoy preserving and revitalizing different mills and other buildings," he says. "I like to often use some of the original materials in old buildings to incorporate into the new transformation projects."

By blending historic preservation with modern luxury, Chinburg continues to shape the architectural legacy of the region, ensuring that its storied past remains a functional part of its vibrant future. livability.com/nh/portsmouth



LINKED IN

Greater Portsmouth leads the way in regional connectivity

What does it take to truly connect a community to opportunity? In Greater Portsmouth, two leaders are proving it requires both vision and attention to detail.

THE ROAD TO NYC

CEO Jim Jalbert, who has led C&J for over 40 years after taking over from his late father, has built the company into northern New England's second-largest intercity bus provider. Today, under his leadership, the company moves over half a million passengers annually.

When C&J Bus Lines launched direct service from Portsmouth to New York City in 2011, it didn't just add another route – it opened a vital economic and cultural gateway. Jalbert saw the potential in linking the Seacoast directly to New York City, creating a vital corridor for business, family and culture.

His vision earned him METRO Magazine's inaugural Innovative Motorcoach Operator of the Year award in 2014, the same year C&J received The Chamber Collaborative

of Greater Portsmouth's Business of the Year honor.

Jamie Casey, recently promoted to president after three decades with C&J, says the service was modeled after successful intercity routes, proving a high-quality service at an attractive combination of time and price could compete with trains and flights.

C&J riders include a wide mix of travelers, Casey notes, from grandmothers visiting newborn grandchildren to people doing business. While New York City is five hours away from Portsmouth, many travelers lack the desire or ability to navigate the stress of city driving and parking; instead, the bus offers a productive alternative where passengers can nap, read or use Wi-Fi while avoiding traffic.

Over the years, the route has evolved into a balanced flow of travelers moving not just south to New York City – but north to the Seacoast, too. "This shift highlights Portsmouth's growing reputation as a destination," Casey says.

Unlike air or rail travel, C&J offers seamless connectivity. This means passengers enjoy a continuous journey without the hassle of layovers or midtrip transfers.

"Passengers step on in one city and step off directly at their destination," Casey says. "That convenience reduces barriers to travel and encourages more frequent trips in both directions."

ARCHITECTS OF INCLUSION

Anne Weidman and Access Navigators focus on barriers closer to home – the parking challenges, steep curbs and inaccessible venues that limit participation in community life for those with disabilities.

An honorary member of the American Institute of Architects, Weidman acts as the 'boots-on-the-ground' for Access Navigators – a nonprofit she co-founded in 2016 to eliminate mobility barriers across the Seacoast.

A three-person team – Weidman, co-founder Todd Hanson and technology director William Tucker



Todd Hanson, left, co-founded Access Navigators in Portsmouth.

– spent long careers together at Portsmouth architecture firm JSA Design before formalizing Access Navigators as an independent nonprofit.

A fellow of the American Institute of Architects, Hanson provides the technical foundation rooted in his lived experience as a wheelchair user. Alongside him, Weidman builds community connections, assesses accessibility challenges and collaborates on practical solutions.

The work isn't theoretical. When Access Navigators began asking what prevented people with disabilities from fully participating in community life, "we got the same answer repeatedly: parking," Weidman says.

That feedback led to a partnership with Portsmouth's city manager and director of Public Works that has transformed access to signature events.

Today, for major gatherings like Market Square Day, the Halloween Parade and New Year's Eve fireworks, the City of Portsmouth's Public Works Department adds up to 50 temporary accessible parking spaces. Additionally, at the three-month Prescott Park Arts Festival, the city designates an entire

16-space lot exclusively for accessible parking every evening.

"This accessible parking for the festival has led to improvements throughout Prescott Park," Weidman says. "The number of visitors with disabilities to the park has increased exponentially."

The organization's reach extends beyond Portsmouth. Access Navigators maintains custom online maps for approximately 20 towns across New Hampshire, Southern Maine and Massachusetts, detailing entry accessibility, interior usability, restroom availability, and nearby parking for restaurants and attractions. Portsmouth visitors can also access a Walk 'n' Roll route connecting popular outdoor destinations.

"A visitor or a local could use our guides to ensure that meals and activities were all at venues that accommodated his or her particular needs," Weidman says.

Now, with Phillips Exeter Academy students developing a beta app to house their accessibility data, the organization is positioned to expand its geographic reach while maintaining its core mission: "Keep people impacted by disabilities connected to their communities."

– Alex Borelli

ON THE MOVE

COAST serves the Seacoast's most vital destinations

Serving Greater Portsmouth since 1982, the Cooperative Alliance for Seacoast Transportation (COAST) is a nonprofit that has delivered over 17 million rides during its more than four decades of service.

Today, COAST boasts bus routes that connect 10 communities across the region. In Portsmouth, the bus line offers direct service to key destinations including City Hall, the Public Library, the Senior Activity Center, Portsmouth Regional Hospital, the International Airport and Great Bay Community College.

COAST also provides demand-response rides for seniors and people with disabilities in 13 cities throughout New Hampshire and Maine.

COAST has announced that construction will begin in 2027 on a new operations facility at its Dover headquarters, located on the same property as its current building. The new 48,000-square-foot facility will cost \$19.5 million, supported by \$15.5 million in capital grants from the Federal Transit Administration.

Executive Director Rad Nichols says the new facility will be large enough to have all personnel under the same roof and the buses will be stored indoors in a separate building, which will shield them from weather.

This significant expansion ensures that reliable, affordable transit remains a Seacoast staple.

As an organization, "COAST is as solid as it has ever been," Nichols says. "Ridership continues to grow, and in 2025, a spring passenger survey gave us high marks for service, reliability and affordability. We are truly a sound economic choice for transportation."

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Whether you're moving to the Seacoast or making your next move within it, I offer clear, client-first guidance and deep local knowledge of the New Hampshire and Maine coast—backed by the resources of the nation's #1 brokerage* to help you navigate a competitive market with confidence.



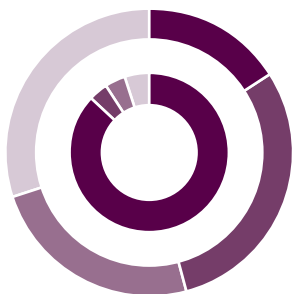
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Let's
Connect



Community Profile

DEMOGRAPHICS



AGE DISTRIBUTION OF RESIDENTS

■ Under 19	16%
■ 20-39	30%
■ 40-59	24%
■ 60+	30%

ETHNICITY

■ White	87%
■ Asian	4%
■ Hispanic	4%
■ Other	5%

AVERAGE AGE

42

POPULATION

22,938

Portsmouth

POPULATION OF NEIGHBORING TOWNS

4,106

Greenland

899

Newington

948

New Castle

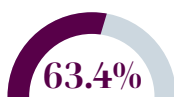
5,543

Rye

EDUCATIONAL ATTAINMENT



97.6%
High school grad
or higher



63.4%
Bachelor's degree
or higher

HIGHER EDUCATION OPTIONS

- » Great Bay Community College
- » University of New Hampshire

MEDIAN HOME VALUES

(Zillow, January 2026)

\$765,764

Portsmouth

\$851,434

Greenland

\$2,329,215

New Castle

\$1,077,077

Newington

\$1,253,271

Rye

HOMEOWNERS / RENTERS



■ Owners	52%
■ Renters	48%

Sources: Census Reporter, U.S. Census, The Chamber Collaborative of Greater Portsmouth, City of Portsmouth, New Hampshire Employment Security, Zillow

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potential of students with language and learning
differences so that they may succeed
in school, college, and career.



Your Degree, Your Way

Great Bay Community College and UNH offer Seacoast students more than one path to success

On the Seacoast, two schools empower students to define success on their terms. Great Bay Community College and the University of New Hampshire (UNH) offer practical options and big opportunities. Many students thrive by combining the strengths of both.

A Flexible Start at Great Bay in Portsmouth

Great Bay Community College serves over 1,800 students annually through its degree and workforce programs. Students choose from more than 60 programs, including biotechnology,

health care, business and early childhood education. That mix of options at its facility in Pease Tradeport reflects how the college serves both recent high school graduates and adult learners who may be returning to school, changing careers or building new skills while staying rooted on the Seacoast.

A blend of affordability, personalized support and career connections is why students choose Great Bay. Student Elijah Goodhue is enrolled in the surgical technology program and notes that this flexibility makes a difference: "It's affordable, and professors know you because class sizes are small. It's easy to manage school and work."

While many students enroll in associate degree programs to transfer to four-year colleges, others seek a direct path into the workforce.

"Our Workforce Development programs are short-term and lead to immediate career entry," says Lynn Szymanski, director of workforce development. At the college's Business and



Great Bay and UNH empower students with practical skills, affordable starts and expansive career opportunities.

Training Center, students can prepare for roles in medical assisting, phlebotomy and culinary arts in as little as six to 12 weeks. Great Bay also provides noncredit professional development and customized training for local businesses.

Whether interested in a transfer or a direct-to-career track, students benefit from the range and strength of the college's programs, the support found on campus, and the flexibility afforded to students to attend part- or full-time, depending on other life obligations.

Enriching Experiences at UNH

Complementing Great Bay Community College, UNH in nearby Durham offers the scale, breadth and experience of a major R1 public research university. With over 11,000 undergraduates, 2,500 graduate students and thousands more enrolled online, UNH provides access to more than 200 programs across a wide range of academic and professional fields. Notably, 53% of students arrive from out

of state, making UNH a premier source of in-migration and a vital workforce pipeline.

Beyond its degree programs, UNH offers noncredit professional development and training designed to sharpen skills and support regional workforce needs. The university prioritizes high-impact partnerships like the Lonza Scholars Program, which integrates scholarships with mentorship and experiences that accelerate career pathways in the life sciences, and a similar collaboration with Albany International that expands research and internship opportunities.

Ultimately, UNH offers an experience that shapes students in lasting ways, such as through campus organizations, community involvement and athletic programs.

A Transfer Path with a Plan

For students who want to begin close to home and continue to a four-year degree, a partnership between Great Bay and UNH offers a clear path forward. With 50

dedicated transfer pathways, students can easily track how their Great Bay credits pave the way to a bachelor's degree at UNH.

"Students can start at Great Bay and finish at UNH with confidence that their credits will count," says Kim DeRego, vice provost of enrollment management at UNH.

At Great Bay, academic and transfer adviser Maggie Duffy-Durkin says that kind of clarity matters from the start: "We make sure you're in the correct major and taking the right courses to follow the transfer pathway."

Great Bay has many relationships with baccalaureate institutions, providing those students interested in pursuing bachelor's degrees with a range of options.

These choices reflect changes in higher education. There is no single route to success, and more students are looking for options that fit their lives and goals. As Duffy-Durkin says, "It's all about your starting point."

— Heather Cherry

WEAVING TOGETHER PAST AND FUTURE

FOR ALBANY INTERNATIONAL EMPLOYEES,
NOT EVEN THE SKY IS THE LIMIT



In the 1990s, Albany International embraced the new technology that came with the internet age and expanded its manufacturing capabilities. As the world's leading producer of consumable fabrics in the paper industry, Albany International expanded its business model to include 3D weaving of composite parts to be used in the aerospace industry. The shift has since made them trailblazers in building customized solutions with industry-leading materials known for their quality and dependability.

"We started seeing how we could leverage our advanced technologies, including weaving, in markets outside of the paper industry," says Vice President of Emerging Markets and Technology Brent Stevenson. "And after establishing growth paths in multiple industries we eventually decided to go all in on weaving composite parts in the commercial aerospace and defense industries."

In 2006, that resourceful shift led to the formation of Albany Engineered Composites (AEC), a Rochester-based



For more information about Albany International Corp., visit albint.com.

subsidiary that produces lightweight, durable aircraft components as well as products for space and hypersonic programs. It is one of seven AEC facilities in the U.S., Germany, France and Mexico, along with 17 machine clothing facilities in 13 countries.

Still a recognized global leader in the core machine clothing products it has manufactured since 1895, Albany International now makes composite parts including engine fan blades and fan cases for the Boeing 737 MAX and Airbus A320neo at the AEC facilities. Its proprietary 3D weaving technology offers a lightweight, durable alternative to metals and traditional laminates by weaving carbon fiber in three directions and then, through resin infusion, creating a composite component that is designed to offer enhanced performance, damage tolerance and high-automation capabilities.

Rochester also houses the company's primary research and development center for the AEC business.

Speaking to the role advanced materials can play in future aircraft

design, Stevenson says, "We continue to be solutions providers within the machine clothing and aerospace and defense industries, and we're looking beyond. Composites make aircraft lighter and thus more efficient and more sustainable. In R&D, we're focusing on that next generation of aircraft where sustainability becomes an even more critical factor in new designs and the traditional approach to manufacturing isn't going to work anymore."

As part of this forward-thinking strategy, in 2025 Albany International moved its corporate headquarters to Portsmouth to be closer to the Interstate 95 corridor, creating greater access for customers, investors and guests. The new location also appeals to prospective talent, not just for perks like the fully equipped gym and golf simulator, but for promotions from within, opportunities for community volunteering and career options ranging from finance and IT to engineering and science.

But it's the positive workplace culture that earned Albany International a

spot on the 2025 Forbes list of America's Best Employers.

"This truly validates what I experience every day as part of this team," says Chief Human Resources Officer Suzanne Purdum. "This recognition shows that our company is not just a great place to work because of our benefits and opportunities, but also because of the positive, supportive environment we create together. The workplace culture at Albany International is genuinely collaborative, with a strong focus on innovation and growth."

With this long-standing emphasis on innovation and growth, Albany International continues to evolve and maintain its reputation as a trusted solution provider in materials science – applying advanced technologies to meet the needs of industries today and tomorrow. Their move to Portsmouth reinforces that excitement and commitment to collaboration, partnership and sustained growth in the greater Portsmouth area.

Stevenson, who's been with the company for 22 years, says, "I get satisfaction from my job because of what we're doing and the products we provide to the industry. The culture of Albany International is one that's focused on taking care of its employees and is one of the biggest contributors to why I have stayed with them for over 20 years."

Thriving TOGETHER

Top-tier medical care is never more than a few miles away

For Seacoast residents, top-tier medical care can be found in their backyards. A sophisticated local network has brought the frontiers of medicine close to home, transforming the region through robotic surgery, specialized trauma centers and landmark affiliations with world-renowned Boston health systems. This standard of excellence is bolstered by essential community providers like Greater Seacoast Community Health, Lamprey Health

Care and the Lovering Health Center, ensuring accessible care for all.

As Darin Roark, president and COO of the 120-year-old Wentworth-Douglass Hospital, explains: “World-class health care really completes a community, because health is the single most important thing that we have. Good health enhances the vitality of how we are able to participate and be a part of that community. So, having world-class health care that supports your ability to thrive and enjoy your life is essential to the success of any community.”

Wentworth-Douglass Hospital

Based in Dover, New Hampshire, Wentworth-Douglass is a 178-bed tertiary-care facility with the largest maternal women’s care network on the Seacoast, delivering more than 1,800 babies each year. The hospital also offers a large primary-care physician network with more than 40 outpatient sites, including at Pease Tradeport in Portsmouth.

Wentworth-Douglass has an advanced cardiac-care program, an oncology service line and one of the largest bariatric surgery programs in New England. To ensure the highest precision, the hospital performs many of these procedures using the da Vinci dV5, the latest in robotic surgical technology.

The hospital also recently added an advanced interventional radiology suite that incorporates CT scan technology. As a result, advanced biopsies can isolate any type of tumor, which can then be examined for future study and used to plan the patient’s cancer treatment.

Wentworth-Douglass has the latest PET/CT technology incorporating cardiac software that enables physicians to map the data within the heart to help them determine any deficiencies that might exist.

All these services are offered as part of the hospital’s partnership with Massachusetts General Hospital and Brigham and Women’s Hospital – pillars of Boston’s world-renowned medical hub. This collaboration ensures that Portsmouth-area residents have local access to the same elite specialists and lifesaving innovations found in Boston, allowing patients to receive world-class care right here at home.

Portsmouth Regional Hospital

Portsmouth Regional is a 240-bed, acute-care hospital with the Seacoast’s only American College of Surgeons-verified Level II trauma center. It is home to the state’s first Comprehensive Stroke Center and maintains an extensive heart-and-vascular program.

As a teaching hospital, Portsmouth





Regional has residents working in internal medicine, family medicine and psychiatry. The hospital's key service lines include emergency medicine, cardiology, behavioral health, labor and delivery, neurosciences and neurosurgery, oncology, and outpatient physical therapy and wellness.

In recent years, the hospital has introduced robotic tools for surgery and other procedures, including one that is used to help detect lung cancer. Portsmouth Regional launched a radiation oncology service line in 2024 and has opened a new hybrid cardiovascular surgery operating suite, a new ICU and freestanding emergency rooms in nearby Dover and Seabrook.

"As our region has grown, we've grown with it – expanding from a community hospital to a tertiary care center to a regional center for more complex care," says Ellen Miller, market director, communications and community engagement. "Our focus is simple: deliver advanced care close to home, so patients can stay near the people and support systems that matter most."

"Our focus is simple: deliver advanced care close to home, so patients can stay near the people and support systems that matter most."

— Ellen Miller, Portsmouth Regional Hospital

Exeter Hospital

What began in 1897 as a 10-patient cottage hospital in the nearby town of Exeter has grown into a 100-bed, acute-care facility providing comprehensive services in cancer care, orthopedics, cardiology, maternal and reproductive care, breast health, digestive health and emergency care.

Since 2013, Exeter has been designated as a Magnet hospital by the American Nurses Credentialing Center in recognition of high-quality patient care and nursing excellence. This recognition places Exeter in the top 10% of hospitals in the country.

Exeter Hospital is affiliated with

Core Physicians, a multispecialty group practice with more than 160 providers in multiple locations, caring for nearly 80,000 patients annually.

In 2023, Exeter Hospital became part of the Cambridge-based Beth Israel Lahey Health (BILH) system. BILH combines academic medical centers and teaching hospitals with community and specialty hospitals to increase access to health care, as well as advance the medical field through research. BILH has made a \$375 million, 10-year investment to expand services throughout southern New Hampshire.

— Cary Estes

— ANCHORED IN — INNOVATION



Portsmouth blends its maritime heritage with a modern advanced economy

Portsmouth has long been defined by its deep maritime roots, but today the city's economic identity is increasingly shaped by a powerful blend of advanced manufacturing, life sciences and technology-driven innovation. Three organizations in particular – Novocure, Albany International and the Portsmouth Naval Shipyard – illustrate how both private industry and federal institutions are investing in the region's future while creating meaningful career pathways and strengthening community ties.

New Collaborative Hub

For Novocure, a global oncology company known for its pioneering cancer treatment technology, Portsmouth has been home for nearly two decades.

"Novocure has maintained a presence in the Portsmouth area since 2006, and our footprint has steadily grown as the company has expanded both its U.S. operations and its global role in oncology innovation," says Mike Ambrogi, senior technology fellow at Novocure.

That long-term commitment was recently reinforced with the opening of Novocure's new downtown headquarters.

"Our new downtown headquarters represents a long-term investment by Novocure in both our people and the Portsmouth community," Ambrogi says. "The space was intentionally designed to support collaboration, innovation and growth across multiple functions."

More than just office space, the headquarters includes collaborative workstations and community

gathering areas that allow Novocure to host partners, policymakers and local organizations. According to Ambrogi, the design reflects how the company views its role in the region.

“We wanted a space that supports not only how our teams work, but also how we engage with the broader community,” he explains.

Portsmouth’s appeal as a business hub extends beyond real estate. Portsmouth offers a unique combination of talent access, quality of life and strong connectivity to Boston and the broader Northeast innovation corridor, Ambrogi says.

“Just as importantly, it’s a place where employees want to build their careers and their lives,” he says. “That matters tremendously for retention and long-term growth.”

An Industry Powerhouse

While Novocure represents Portsmouth’s modern innovation economy, the Portsmouth Naval Shipyard (PNSY) stands as one of the region’s most enduring institutions and one of its largest employers. Established in 1800, the shipyard has played a continuous role in U.S. naval operations for more than 225 years.

Established in June 1800, Portsmouth Naval Shipyard has, since the 1960s, carried a mission focused on the overhaul, repair and modernization of the U.S. Navy’s nuclear-powered fast attack submarines, says Jeremy Lambert, spokesperson and public affairs officer for the shipyard.

“Today, PNSY is America’s leader in attack submarine maintenance and modernization,” he says.

The shipyard employs



Portsmouth Naval Shipyard

approximately 6,800 civilian workers across more than 20 skilled trades, engineering groups, quality assurance and support teams. These employees work on submarines that can remain in service for more than 30 years, updating systems to meet modern technology standards and ensuring operational readiness.

Like Novocure, PNSY places strong emphasis on professional growth, and community impact is equally significant. PNSY’s STEM outreach program connects with students from kindergarten through college, introducing young people to career possibilities in science and engineering.

“In fiscal year 2025, our STEM program impacted nearly 36,000 students, parents and educators,” Lambert says. “Most of them live within commuting distance of the shipyard.”

Transformative Steps

Adding another dimension to Portsmouth’s economic growth is Albany International Corp., a global leader in advanced materials science serving the paper and aerospace

industries. The company recently relocated its corporate headquarters from nearby Rochester, New Hampshire, to Portsmouth, citing the city’s strong business environment and strategic location. Rochester continues to house Albany Engineered Composites, which is key to the company’s advancements in aerospace technology.

“This move represents a transformative step forward for our company,” said CEO Gunnar Kleveland in a recent news release. “Portsmouth offers

an ideal environment for our employees, our business and our future growth.”

The new headquarters at Pease International Tradeport features a collaborative workspace and employee amenities, while strengthening Albany International’s community engagement and regional partnerships. It also serves as a global hub, bringing together leadership from Albany facilities worldwide and the team at Albany Engineered Composites in Rochester to drive the innovation essential to the company’s growth.

Together, Novocure, Albany International and the Portsmouth Naval Shipyard share a long-term commitment to workforce development, community engagement and sustained investment in the Portsmouth region. Their combined presence demonstrates how a city and region rooted in history can continue to evolve into a dynamic epicenter of innovation, opportunity and economic resilience.

– Maura Keller

Economic Profile

LOCATION ADVANTAGES

- ✓ Amtrak Downeaster
- ✓ CSX rail freight (CSX Transportation)
- ✓ Interstate 95
- ✓ Logan International Airport
- ✓ Manchester-Boston Regional Airport
- ✓ New Hampshire Routes 1A, 16 and 33
- ✓ Port of New Hampshire
- ✓ Portland International Jetport
- ✓ Portsmouth International Airport
- ✓ U.S. Routes 1 and 4

TRANSPORTATION



MEAN TRAVEL
TIME TO WORK

DRIVING DISTANCE

(Miles from Portsmouth)



Dover, NH	13
Manchester, NH	45
Portland, ME	51
Boston, MA	58
Concord, NH	60
Providence, RI	114
Hartford, CT	150
New York City, NY	266

MAJOR INDUSTRIES

- » Health care
- » Advanced manufacturing
- » Tourism
- » Maritime

INCOME

\$69,569

Per-capita income

\$105,756

Median household income

HOUSEHOLD INCOME



■ Under \$50,000	21%
■ \$50,000-\$100,000	25%
■ \$100,000-\$200,00	33%
■ Over \$200,00	21%

Sources: Census Reporter, U.S. Census, The Chamber Collaborative of Greater Portsmouth, City of Portsmouth, New Hampshire Employment Security, Zillow

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