



**DOVER IDGH SCHOOL
AND
REGIONAL CAREER TECHNICAL CENTER**



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**DIRECTIONS TO LUNDHOLM GYMNASIUM
AT THE UNIVERSITY OF NEW HAMPSHIRE
DURHAM, NH**

FROM DOVER:

Take Route 108 for approx. 4 miles, Bear right on Main Street in Durham. Take the first right on to Madbury Rd. When the road forks, take the left back on to Main St. (one way) Address is 145 Main St Durham, NH. Ample parking is available in "A Lot" directly across from the Lundholm Gymnasium.

FROM BOSTON

Take 1-95 North to Ex.it 4 (NH Lakes and Mountains, Spaulding Turnpike). Continue North to 6W and follow Route 4 West past the UNH Durham Route 108 Ext. Exit at Route 155 A and turn east toward Durham. Follow 155 A past a short stretch of fields to the UNH Athletic Fields and Fieldhouse. Ample parking is available in "A Lot" directly across from the Lundholm Gymnasium.

FROM PORTLAND:

Follow 1-95 South to Ex.it 5. Continue on Spaulding Turnpike North to Exit 6 W and follow Route 4 West. Follow directions as listed from Boston.

FROM CONCORD:

Take Route 4 East to the 155 A ex.it. Follow directions as listed from Boston.

FROM MANCHESTER:

Take Route 101 to Epping: go north on Route 125 to the Lee Traffic Circle. Drive East on Route 4 to the Route 155A exit. Follow directions as listed from Boston.