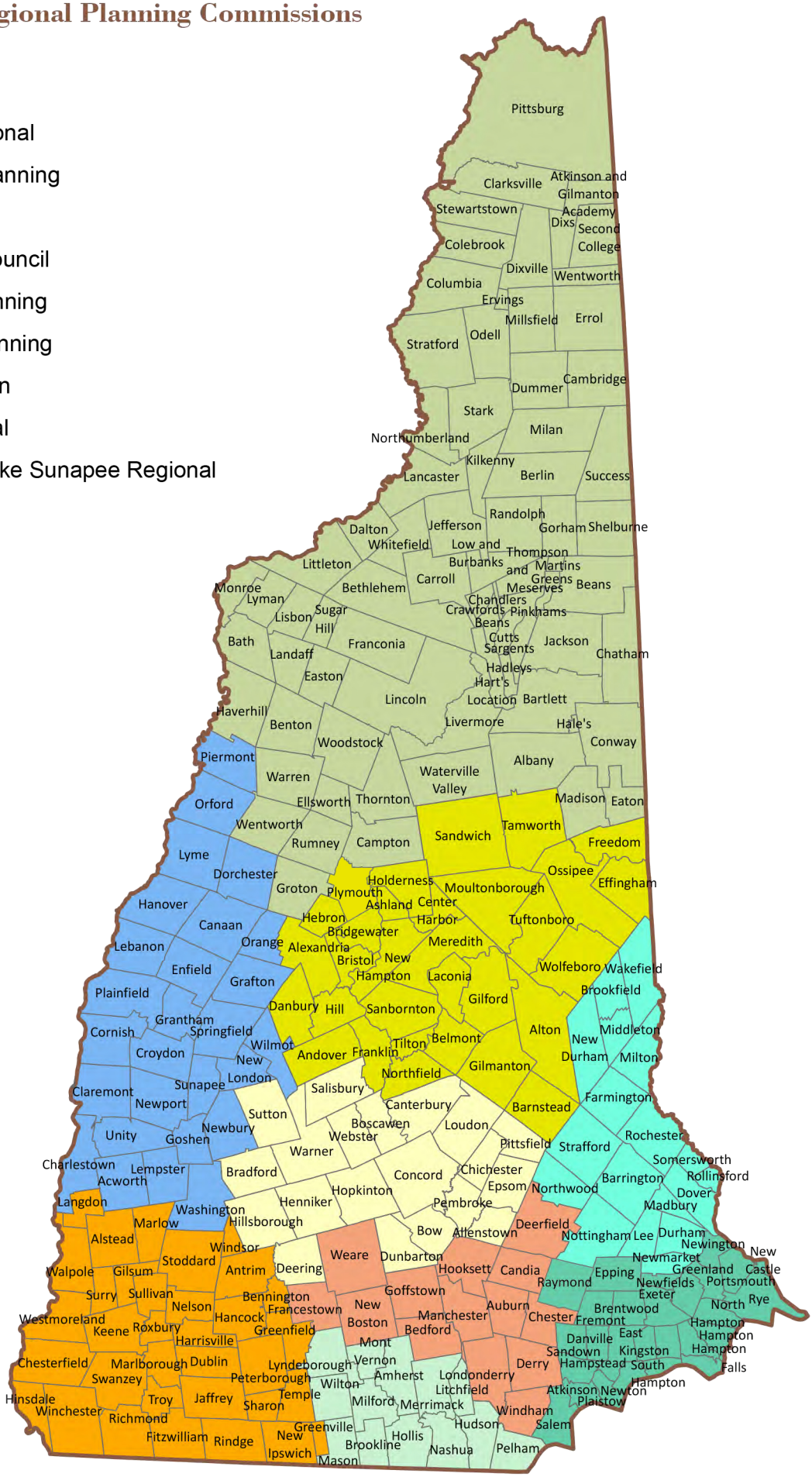
New Hampshire Regional Planning Commissions

Legend

- Central NH Regional
- Lakes Region Planning
- Nashua Regional
- North Country Council
- Rockingham Planning
- Southern NH Planning
- Southwest Region
- Strafford Regional
- Upper Valley / Lake Sunapee Regional



New Hampshire Cities, Towns, and Unincorporated Places by Regional Planning Commission Areas

Central NH Region

Allenstown
Boscawen
Bow
Bradford
Canterbury
Chichester
Concord
Deering
Dunbarton
Epsom
Henniker
Hillsborough
Hopkinton
Loudon
Pembroke
Pittsfield
Salisbury
Sutton
Warner
Webster

Lakes Region

Alexandria
Alton *(non-participating)*
Andover
Ashland
Barnstead
Belmont
Bridgewater
Bristol
Center Harbor
Danbury
Effingham
Franklin
Freedom
Gilford
Gilmanton
Hebron
Hill
Holderness
Laconia
Meredith
Moultonborough
New Hampton
Northfield
Ossipee
Sanbornton
Plymouth
Sandwich
Tamworth
Tilton
Tuftonboro
Wolfeboro

Nashua Region

Amherst
Brookline
Hollis
Hudson
Litchfield
Lyndeborough
Mason
Merrimack
Milford
Mont Vernon
Nashua
Pelham
Wilton

North Country Council

Albany
Atkinson & Gilmanton Academy Grant*
Bartlett
Bath
Bean's Grant*
Bean's Purchase*
Benton
Berlin
Bethlehem
Cambridge*
Campton
Carroll
Chandler's Purchase*
Chatham
Clarksville
Colebrook
Columbia
Conway
Crawford's Purchase*
Cutt's Grant*
Dalton
Dix's Grant*
Dixville
Dummer
Easton
Eaton
Ellsworth
Errol
Erving's Location*
Franconia
Gorham
Green's Grant*
Groton
Hadley's Purchase*
Hale's Location*
Hart's Location
Haverhill
Jackson
Jefferson
Kilkenny*
Lancaster
Landaff
Lincoln
Lisbon
Littleton
Livermore*
Low & Burbank's Grant*
Lyman
Madison
Martin's Location*
Milan
Millsfield*
Monroe
Northumberland
Odell*
Pinkham's Grant*
Pittsburg
Randolph
Rumney
Sargent's Purchase*
Second College Grant*
Shelburne
Stark
Stewartstown
Stratford
Success*
Sugar Hill
Thompson & Meserve Purchase*
Thornton
Warren
Waterville Valley
Wentworth
Wentworth's Location*
Whitefield
Woodstock

* = unincorporated places | Cities are in **bold**

Rockingham

Atkinson
Brentwood
Danville
East Kingston
Epping
Exeter
Fremont
Greenland
Hampstead
Hampton
Hampton Falls
Kensington
Kingston
New Castle
Newfields
Newington
Newton
North Hampton
Plaistow
Portsmouth
Raymond
Rye
Salem
Sandown
Seabrook
South Hampton
Stratham

Southern NH Region

Auburn
Bedford
Candia
Chester
Deerfield
Derry
Francestown
Goffstown
Hooksett
Londonderry
Manchester
New Boston
Weare
Windham

Southwest Region

Alstead
Antrim
Bennington
Chesterfield
Dublin
Fitzwilliam
Gilsum
Greenfield
Greenville
Hancock
Harrisville
Hinsdale
Jaffrey
Keene
Langdon
Marlborough
Marlow
Nelson
New Ipswich
Peterborough
Richmond
Rindge
Roxbury
Sharon
Stoddard
Sullivan
Surry
Swanzey
Temple
Troy
Walpole
Westmoreland
Winchester
Windsor

Strafford Region

Barrington
Brookfield
Dover
Durham
Farmington
Lee
Madbury
Middleton
Milton
New Durham
Newmarket
Northwood
Nottingham
Rochester
Rollinsford
Somersworth
Strafford
Wakefield

Upper Valley Lake Sunapee Region

Acworth
Canaan
Charlestown
Claremont
Cornish
Croydon
Dorchester
Enfield
Goshen
Grafton
Grantham
Hanover
Lebanon
Lempster
Lyme
New London
Newbury
Newport
Orange
Orford
Piermont
Plainfield
Springfield
Sunapee
Unity
Washington
Wilmot

*=unincorporated places | Cities are in **bold**