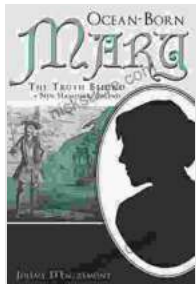


The Truth Behind New Hampshire Legend: The American Legends



Ocean-Born Mary: The Truth Behind a New Hampshire Legend (American Legends) by Jeremy D'Entremont

★★★★☆ 4.2 out of 5

Language	: English
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Enhanced typesetting	: Enabled
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Print length	: 131 pages
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New Hampshire is a state steeped in history and folklore, and its legends are no exception. From the tragic tale of the Lady of the Lake to the mischievous exploits of the Squam Lake Monster, these stories have been passed down through generations, captivating the imaginations of locals and visitors alike. In this article, we delve into the captivating world of New Hampshire legends, exploring the truths and mysteries that lie behind them. Join us on a journey through the Granite State's rich tapestry of folklore and discover the fascinating stories that have shaped its cultural heritage.

The Lady of the Lake

One of New Hampshire's most enduring legends is the tale of the Lady of the Lake. This tragic story tells of a beautiful young woman named Lenore

who drowned in Lake Winnepesaukee after her lover betrayed her. According to legend, Lenore's spirit still haunts the lake, appearing as a ghostly figure in a white dress. Some say that she can be seen paddling a canoe or beckoning people to join her in the water. Over the years, numerous sightings of the Lady of the Lake have been reported, adding to the intrigue and mystery surrounding this beloved New Hampshire legend.



The Squam Lake Monster

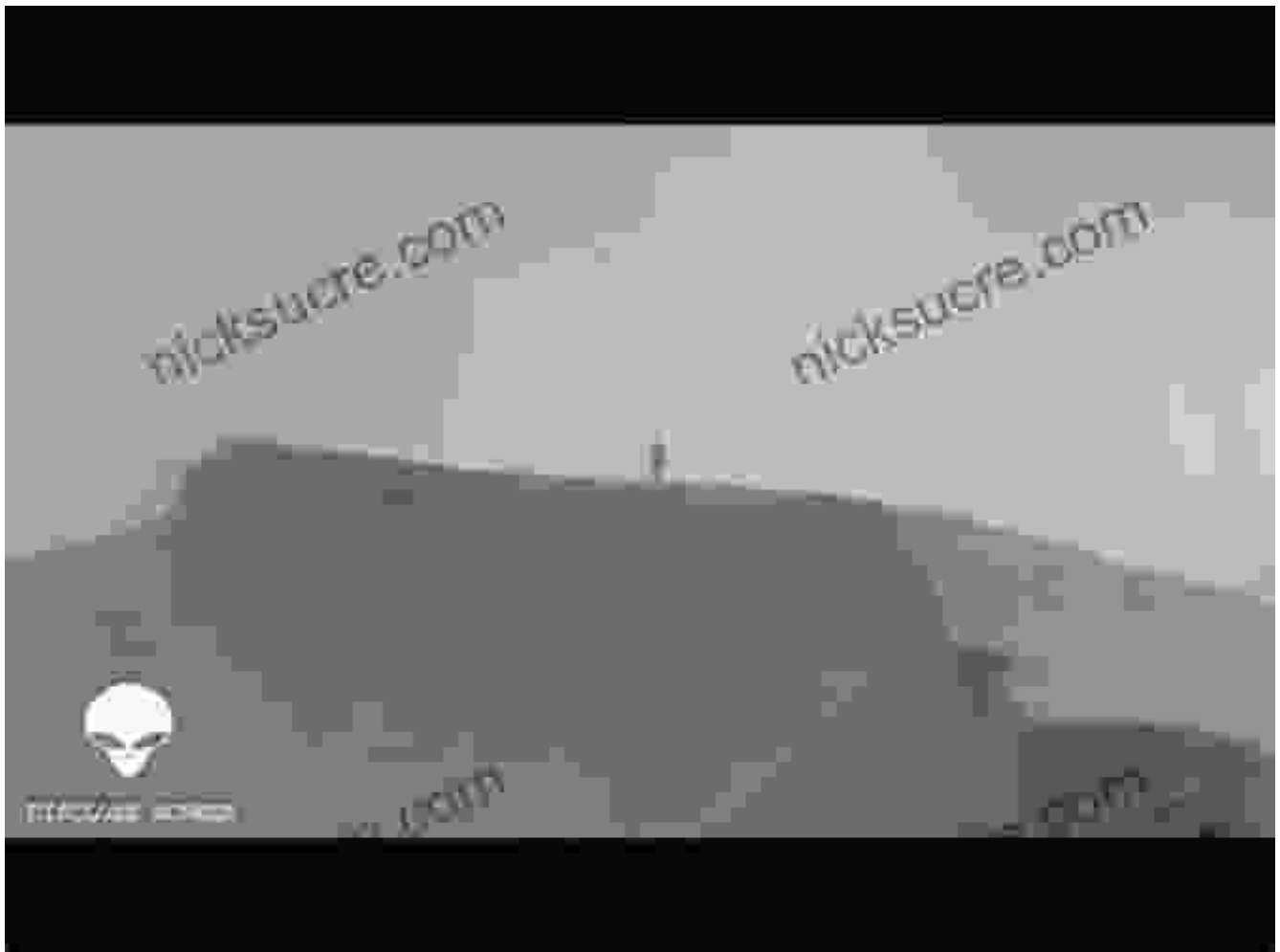
Another popular New Hampshire legend is the story of the Squam Lake Monster, also known as "Tessie." This elusive creature is said to inhabit the depths of Squam Lake in Holderness. Described as a large, serpent-like animal with a long neck and sharp teeth, Tessie has been a source of fascination and speculation for generations. Numerous sightings of the monster have been reported over the years, but its true nature remains a mystery. Some believe that Tessie is a plesiosaur, a prehistoric marine reptile that is thought to have gone extinct millions of years ago. Others speculate that it is a giant sturgeon or a large eel. Whatever the truth may be, the legend of the Squam Lake Monster continues to captivate the imaginations of those who visit the lake.



An artist's interpretation of the Squam Lake Monster.

The White Mountain Giant

The White Mountains of New Hampshire are home to their own share of legends, including the tale of the White Mountain Giant. This colossal figure is said to have roamed the mountains centuries ago, leaving behind giant footprints and boulders that can still be seen today. According to legend, the giant was a benevolent creature who helped lost travelers and protected the animals of the forest. However, he was also known to have a fierce temper, and woe to those who crossed his path. The White Mountain Giant is a symbol of the untamed wilderness of the Granite State, and his legend continues to be passed down through generations of hikers and mountain climbers.



The Curse of the Pemigewasset

The Pemigewasset River is one of the most important waterways in New Hampshire, and it is also home to a dark legend. According to the story, the river is cursed, and anyone who tries to cross it at a certain point will be met with disaster. The curse is said to have been placed on the river by a Native American chief who was betrayed by white settlers. Over the years, numerous people have drowned in the Pemigewasset River, and some believe that their deaths were caused by the curse. Whether or not the curse is real, the legend of the Pemigewasset River continues to be a cautionary tale about the dangers of the wilderness.



The Pemigewasset River, said to be cursed by a Native American chief.

The legends of New Hampshire are a rich and diverse tapestry of stories that have been passed down through generations. From the tragic tale of the Lady of the Lake to the mischievous exploits of the Squam Lake

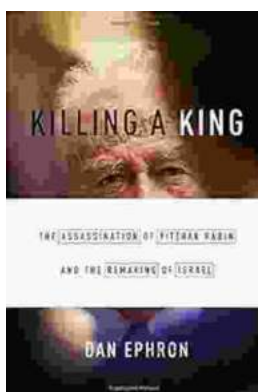
Monster, these stories have captured the imaginations of locals and visitors alike. While some of these legends may have a basis in fact, others are pure works of fiction. Regardless of their origins, these stories continue to be a vital part of New Hampshire's cultural heritage, reminding us of the rich history and folklore of the Granite State. Whether you choose to believe them or not, the legends of New Hampshire are a testament to the power of storytelling and the enduring spirit of the human imagination.



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