

explorations

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TAKE A DAY TRIP THROUGH Mystic, Stonington & Westerly



Exploring Mystic, Stonington & Westerly

HOW TO MAKE THE MOST OF A DAY OR A WEEKEND HERE

BY BRIDGET SHIRVELL

It's summertime and the days are long, lazy and full of endless opportunities to explore. From the beaches to the charming downtowns to the incredible food, Mystic, Stonington and Westerly are made for summer. Here's how to make the most of a few days along the shoreline.



Downtown Mystic. PHOTO BY REBECCA ANGELASTRO



Stonington Lighthouse. SUBMITTED PHOTO



Downtown Westerly. PHOTO COURTESY OF OCEANCHAMBER.ORG



DIP IN THE OCEAN

Slip a swimsuit under your clothes, lace up your sneakers and take a walk and perhaps a dip in the sea. Napatree Point is always stunning, and alive with wildlife this time of year. Stroll the beach or do the full loop, which will take you just over an hour. Pro Tip: If you're off the beach by 8 a.m., you can bring your pup and won't have to worry about parking.

Napatree Point, R.I. PHOTO COURTESY OF OCEANCHAMBER.ORG

PLAY, SWIM & EAT IN



Sift Watch Hill. PHOTO COURTESY OF SIFT BAKE SHOP

FUEL UP WITH COFFEE

The best part about having to be off the beach at 8 a.m. with your dog is that you can be first in line when Sift Watch Hill opens. For the first time since 2019 the shop is welcoming customers inside! Grab a coffee and a pastry or two.



Downtown Westerly. PHOTO COURTESY OF OCEANCHAMBER.ORG

PLAY (WELL) DOWNTOWN

If your kids need to run off some energy we suggest Playwell. The Westerly gathering place for families has plenty of space for the kids to run, explore and be kids while you watch and catch up with other parents. Don't have kids? Wander through downtown Westerly, popping in and out of the shops. Bet you can't buy just one book from Savoy.

WESTERLY



MAKE IT A PIZZA DAY

Pop into Nana's Bakery & Pizza and try one of the organic sourdough pizzas. Can't decide which? Personally, I don't think you can go wrong with the Nana's Tomato or the Classic White, but you can always order by the slice.



Nana's Bakery & Pizza in Westerly. PHOTO COURTESY OF NANA'S BAKERY AND PIZZA



Stonington Village Farmers Market.
PHOTO BY SAMANTHA WILLYAMS

SCOOP UP LOCAL PRODUCE

Is there anything better than strolling through a farmers market sipping kombucha or iced coffee and scooping up fresh local berries on a Saturday morning? If you, too, think not, make a plan to visit the Stonington Village Farmers Market on a Saturday between 9 a.m. and noon outside the Velvet Mill. Don't forget to stop in to the Velvet Mill afterward and check out the ever-growing shops by local artisans.



Stonington Vineyards.
PHOTO BY MAAIKE BERNSTROM

RAISE A GLASS

Toast summer at Stonington Vineyards. There's never a wrong afternoon for a wine tasting at these fairy-tale-like vineyards, but every Friday evening from 6 to 9 p.m. in July & August, Stonington Vineyards hosts local musicians and several food trucks. Reserve your spot online, bring a couple of lawn chairs and a blanket and make an evening of it.



Grand & Water
Antiques. PHOTO BY
SANDRA ALEXANDER

TREAT YOURSELF

Browse the antiques at Grand & Water Antiques, pick up new threads for the kids at Bluebird Day and pop in to Fun Company for a treasure hunt of jewelry, candles and home goods.

SIP WINE, GET A HISTORY LESSON & HIKE IN

TAKE A TRANQUIL BREAK

Head to the end of Wall Street for a short, but utterly lovely walk through the Dodge Paddock & Beal Preserve, an open salt marsh meadow.



Dodge Paddock, Stonington.
PHOTO BY SANDRA ALEXANDER

STONINGTON



SURROUND YOURSELF IN HISTORY

Immerse yourself in history in Stonington Borough. The Stonington Historical Society offers walking tours through the Borough's fascinating streets (Check their website for dates and how to make reservations). Or simply make haste up the lighthouse.

Stonington Borough. PHOTO BY SANDRA ALEXANDER



WINDOW-SHOP (OR ACTUALLY SHOP)

Wander through downtown Mystic. You'll find plenty of boutiques worthy of browsing. Let your dog pick out some treasures at the Mystic Pet Shop; go ahead and buy that beach read at Bank Square Books, or find a gift you need at Atherton And Co.

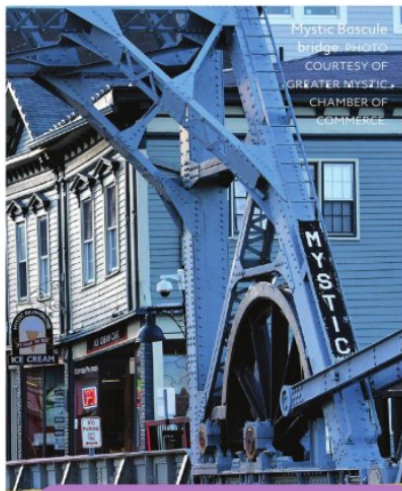
Downtown Mystic.
PHOTO BY REBECCA
ANGELASTRO



ICE CREAM & LOBSTER ROLLS

You might as well have a lobster roll or spoil your dinner with ice cream. At Sea Swirl, you can do either or both.

Lobster roll at Sea Swirl. PHOTO
COURTESY OF SEA SWIRL



Mystic Bascule
bridge. PHOTO
COURTESY OF
GREATER MYSTIC
CHAMBER OF
COMMERCE



CHEERS

Head to Port of Call, Mystic's swanky new cocktail lounge, for drinks followed by a romantic sunset stroll through downtown.

Port of Call. PHOTO BY
IDLEWILD PHOTO CO.

**EAT, SHOP & SAVOR
SUMMER IN**

MYSTIC

**TASTE THE BEST OF
NEW ENGLAND**

Make your way to the Shipwright's Daughter for dinner. The menu frequently changes, so I won't tell you what to order, but you'll find classic New England flavors prepared in innovative ways.

Note: If you're vegan, call in advance and the chef will prepare something special just for you.



NOT READY TO CALL IT A DAY?

Hit up Dive Bar (just below the Port of Call) and then tuck in for the night at the Whaler's Inn. ☞

Dive Bar. PHOTO BY IDLEWILD PHOTO CO.