



WEEKAPAUG INN  
WEEKAPAUG, RHODE ISLAND

## JUNE RESORT ACTIVITIES



OCEAN HOUSE  
— COLLECTION —



# Complimentary Resort Activities

## ABOUT OUR ACTIVITIES:

**Yoga:** Join our skilled Yoga instructors in improving your physical and mental health. Increase your strength, balance, and flexibility.

**Kayak, Paddleboard, & Sailboat Rentals:** Explore Quonochontog Pond by renting out one of our boats down at our boathouse between 8:00am and 5:00pm. Sheltered by a barrier beach, the waters of the salt pond are warmer and calmer than the ocean and are ideal for paddle sports and sailing. Rocky shorelines, grassy marshes and wide-open expanses offer abundant and diverse areas to explore.

**Naturalist Outings:** Join our Naturalist and explore some of our favorite wildlife preserves. Reconnect with Nature. All within 20 minutes of Weekapaug.

**Naturalist Beach and Salt Marsh Walk:** Join our naturalist on an hour-long walk down the barrier beach and salt marsh. They will point out wildlife, interesting plants, and landmarks. The beach is beautiful and great for walking throughout the year

**Birding:** We visit local hotspots to seek out our fine feathered friends. Outing will utilize one of the Inn vans, our open-air electric car, or perhaps a boat. Our naturalist will bring along optics and local knowledge.

**Camp Weekapaug:** Join our Boat House attendants in the Guest Lawn for Camp Weekapaug! Each day we will focus on a different type of camp craft.

**Nature Craft:** Enjoy these fun nature-themed activities geared toward children. Driftwood Art, Jewelry Making, and Rock Painting take place at the Boat House and are offered every day

**Stargazing:** A big dark sky with lots of stars is a memorable part of the Weekapaug experience. Join the naturalist after dark to spot stars, constellations, planets, and the moon. (Weather dependent).

**S'mores at the FirePit:** A crackling fire in the back-yard fire pit, a big sky and water views. What could be better than that? Come enjoy our house made s'mores, nightly. (Weather dependent).

**Crabbing and Live Touch Tank:** Join us at the boathouse to find slimy fun hermit crabs and crabs

**Hunter® Borrowing Closet:** Please take advantage of our Hunter borrowing closet. Best known for their boots, Hunter also a wide range of outerwear. A variety of Hunter products stocked in our borrowing closet and may be signed out for active use during your stay.

**CHILDREN'S ACTIVITIES:** Children are welcome on a come one, come all basis. Take advantage of the sunny days playing outdoor games and exploring the natural world. Activities include:

- Crabbing
- Fishing
- Scavenger Hunt
- Science Exploring

## ABOUT OUR SPECIAL EVENTS:

June 18<sup>th</sup>. ***New Moon Alignment Ritual:*** The new moon is a time to reset and begin again. This experience is designed to help you clear out the body, settle the mind, and create space for simple intention setting—like turning over the soil before planting a new seed. We'll move through an intentional yoga practice to open the body, followed by breathwork, guided meditation, and simple intention-setting. From there, you'll have time to unwind and integrate with a sound bath. Includes: Intuitive movement. Breathwork and guided awareness. Intention-setting. Sound bath. \$65/In-House Guests & Members, \$75/Day Guests.

June 26<sup>th</sup>. ***Strawberry Moon Paddle:*** Celebrate the arrival of summer with a serene Strawberry Moon Paddle, guided by Weekapaug Inn's resident naturalist. Begin your evening at the Inn, paddling out across calm, moonlit waters as the luminous full moon rises in the sky. This experience is perfect for paddlers of all levels, with guidance provided by our expert naturalist. Spaces are limited, so reserve your spot now for this unforgettable celebration of the season and the Strawberry Moon. \$45/Day Guest, \$25/Overnight Guest

June 28<sup>th</sup>. ***Full Moon Release Ritual:*** This experience is designed to help you slow down, release what's been building, and settle deeply into rest. We'll begin with a simple guided check-in, including an opportunity to name what you're ready to release. From there, you'll be guided into a deeply restorative experience where yoga nidra (yogic sleep) and sound are woven together—supporting the body and mind in fully letting go. The evening closes in deep rest, supported by crystal bowls, chimes, and gong to encourage release and integration. \$65/In-House Guests & Members, \$75/Day Guests.

***Shadowbox Art Class with Sandra Callinan:*** This creative shadowboxing class will be taught by Sandra Callinan resident of Westerly who has run art shows and Sea Glass Festival for many years. You'll be able to create shadowboxes and framed pictures with various items, some incorporating the use of watercolors and fine drawing. Learn different techniques of using Sea Glass to make incredible pictures. Birds, trees, turtles, flowers, and more are all created from these materials. \$75/person, reservations required.

***Breathwork with Lisa:*** Focus and settle the mind through a series of guided awareness practices. Experience the art of concentration and the power of breath every Thursday at 9:30 am. \$15/person + Service Charge

***Sound Meditation with Lisa:*** Relax and let go of stress, worries and concerns by partaking in Sount Bath Meditation every Saturday at 9:30 am. Resonant music helps to physically heal you and relieve pain through immersive sound that fills the room and your body. \$25/person + Service Charge.

***Saturday Morning Kayak Race:*** Join us at the Boat House at 10:00 am every Saturday for a kayak race. Winner receives a special prize! Reservations are recommended and can be made at the front desk.

***Acoustic Guitar Music:*** Listen to Acoustic Guitar music played by Tommy Giarrantano in the Garden Room/Bar on Friday and Saturday nights.

## ABOUT OUR TOURS:

**Quonnie Queen Boat Tours:** Enjoy a 45-minute pond cruise on our Elco electric boat. Tours leave from the dock right off our backyard and take in waterfront homes and sweeping salt marshes. The ride is slow, tranquil and whisper quiet. Weekapaug Inn Guests are complimentary (Tickets can also be purchased at front desk for \$75 each.)

**Self-Guided E-Bike Tour:** Experience the beauty of the coastline at your leisure with our E-Bikes. E-Bikes are equipped with a GPS to allow you to explore Westerly on your own. Our bell team will help set up the bikes for you and assist with anything else you need. Stop by the front desk to rent our bikes, \$30/hr.

**Chef's Garden Tour:** Meet our chef right at the garden next to the Fenway Building.

**Land Cruiser Tour:** Jump into a classic 1967 Land Cruiser, enjoy discovering hidden gems; relax as a passenger on an hour trip including picturesque seashores, farms, and local attractions.

**Guided Kayak Tour:** Explore and discover the natural beauty of the Quonochontaug Pond with a guided kayaking tour. Meet the naturalist at the Boathouse and then paddle out into the saltwater pond. Keep an eye out for birds, crabs, and fish as you explore rocky coasts, salt marshes, and sandbars.

**Guided History Tour of the Inn:** Gain an appreciation for the Weekapaug Inn's resilience and commitment towards consistent warmth and hospitality amidst disaster and societal changes. Walk around with our Naturalist listening to wonderful stories about the historic building, artwork, furniture, and much more.

**Volvo Lending Program:** The Inn has two Volvo automobiles on property that are available for guest use at no charge. One is an XC90 gas, and the other is the hybrid XC90. Both are the latest models. Please visit the front desk to arrange an outing.

**Guides:** The following guides are available at the front desk:

- Local jogging and biking maps.
- Points of interest map covering Mystic, CT to Newport, RI.
- Walker's guide to scenic downtown Westerly.
- Moon map for self-guided moon viewing.

*Printed directions to area attractions are also available at the front desk*

5/31	6/1	6/2	6/3	6/4	6/5	6/6
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6/21	6/22	6/23	6/24	6/25	6/26	6/27
<b>SUNDAY</b> <b>**Closed until 12:00pm for Private event**</b> 8:00am-5:00pm <b>Kayak and Paddleboard Rentals</b> 8:30am <b>Yoga with Kerri</b> 9:00pm <b>Birding</b> 10:00am-5:00pm <b>Quonnie Queen Tours on the hour</b> 11:00am <b>Nature Craft</b> 1:00pm <b>Guided Kayak Tour</b> 2:00 p.m. <b>Crabbing and Live Touch Tank</b> 3:00pm <b>Chef's Garden Tour</b> 3:30pm <b>Guided History Tour</b> 5:00pm <b>Guided Beach Walk</b> 7:00pm <b>Smores by the fire pit</b>	<b>MONDAY</b> 8:00am-5:00pm <b>Kayak and Paddleboard Rentals</b> 8:30am <b>Yoga with Kerri</b> 9:00pm <b>Birding</b> 10:00am-5:00pm <b>Quonnie Queen Tours on the hour</b> 10:00am <b>Camp Weekapaug</b> 11:00am <b>Nature Craft</b> 1:00pm <b>Guided Kayak Tour</b> 2:00 p.m. <b>Crabbing and Live Touch Tank</b> 3:00pm <b>Chef's Garden Tour</b> 3:30pm <b>Guided History Tour</b> 5:00pm <b>Guided Beach Walk</b> 7:00pm <b>Smores by the fire pit</b>	<b>TUESDAY</b> 8:00am-5:00pm <b>Kayak and Paddleboard Rentals</b> 8:30am <b>Yoga with Kerri</b> 10:00am-5:00pm <b>Quonnie Queen Tours on the hour</b> 10:00am <b>Camp Weekapaug</b> 11:00am <b>Nature Craft</b> 1:00pm <b>Guided Kayak Tour</b> 2:00 p.m. <b>Crabbing and Live Touch Tank</b> 3:00pm <b>Chef's Garden Tour</b> 3:30pm <b>Guided History Tour</b> 7:00pm <b>Smores by the fire pit</b>	<b>WEDNESDAY</b> 8:00am-5:00pm <b>Kayak and Paddleboard Rentals</b> 8:30am <b>Yoga with Lisa</b> 10:00am-5:00pm <b>Quonnie Queen Tours on the hour</b> 10:00am <b>Camp Weekapaug</b> 11:00am <b>Nature Craft</b> 1:00pm <b>Guided Kayak Tour</b> 2:00 p.m. <b>Crabbing and Live Touch Tank</b> 3:00pm <b>Chef's Garden Tour</b> 3:30pm <b>Guided History Tour</b> 7:00pm <b>Smores by the fire pit</b>	<b>THURSDAY</b> 8:00am-5:00pm <b>Kayak and Paddleboard Rentals</b> 8:30am <b>Yoga with Lisa</b> 9:00pm <b>Birding</b> 9:30am <b>Breathwork with Lisa</b> 9:30am <b>Shadowbox Art Class with Sandra Callinan</b> 10:00am-5:00pm <b>Quonnie Queen Tours on the hour</b> 10:00am <b>Camp Weekapaug</b> 11:00am <b>Nature Craft</b> 1:00pm <b>Guided Kayak Tour</b> 2:00 p.m. <b>Crabbing and Live Touch Tank</b> 3:00pm <b>Chef's Garden Tour</b> 3:30pm <b>Guided History Tour</b> 5:00pm <b>Guided Beach Walk</b> 7:00pm <b>Smores by the fire pit</b>	<b>FRIDAY</b> 8:00am-5:00pm <b>Kayak and Paddleboard Rentals</b> 8:30am <b>Yoga with Lisa</b> 9:00pm <b>Birding</b> 10:00am-5:00pm <b>Quonnie Queen Tours on the hour</b> 10:00am <b>Camp Weekapaug</b> 11:00am <b>Nature Craft</b> 1:00pm <b>Guided Kayak Tour</b> 2:00 p.m. <b>Crabbing and Live Touch Tank</b> 3:00pm <b>Chef's Garden Tour</b> 3:30pm <b>Guided History Tour</b> 5:00pm <b>Guided Beach Walk</b> 6:00pm-9:00pm <b>Guitarist</b> 7:00pm <b>Smores by the fire pit</b> <b>**Closed at 4:00pm for Private Event**</b>	<b>SATURDAY</b> <b>**Closed all day for Private Event**</b> 8:00am-5:00pm <b>Kayak and Paddleboard Rentals</b> 8:30am <b>Yoga with Lisa</b> 9:00pm <b>Birding</b> 9:30am <b>Sound Meditation with Lisa</b> 10:00am-5:00pm <b>Quonnie Queen Tours on the hour</b> 11:00am <b>Nature Craft</b> 1:00pm <b>Guided Kayak Tour</b> 2:00 p.m. <b>Crabbing and Live Touch Tank</b> 3:00pm <b>Chef's Garden Tour</b> 3:30pm <b>Guided History Tour</b> 5:00pm <b>Guided Beach Walk</b> 7:00pm <b>Smores by the fire pit</b> 9:00pm <b>Stargazing</b>

6/28	6/29	6/30	7/1	7/2	7/3	7/4
<b>SUNDAY</b> <b>**Closed until 12:00pm for Private event**</b> 8:00am-5:00pm <b>Kayak and Paddleboard Rentals</b> 8:30am <b>Yoga with Kerri</b> 9:00pm <b>Birding</b> 10:00am-5:00pm <b>Quonnie Queen Tours on the hour</b> 11:00am <b>Nature Craft</b> 1:00pm <b>Guided Kayak Tour</b> 2:00 p.m. <b>Crabbing and Live Touch Tank</b> 3:00pm <b>Chef's Garden Tour</b> 3:30pm <b>Guided History Tour</b> 5:00pm <b>Guided Beach Walk</b> 6:15pm <b>Full Moon Release Ritual</b> 7:00pm <b>Smores by the fire pit</b>	<b>MONDAY</b> 8:00am-5:00pm <b>Kayak and Paddleboard Rentals</b> 8:30am <b>Yoga with Kerri</b> 9:00pm <b>Birding</b> 10:00am-5:00pm <b>Quonnie Queen Tours on the hour</b> 10:00am <b>Camp Weekapaug</b> 11:00am <b>Nature Craft</b> 1:00pm <b>Guided Kayak Tour</b> 2:00 p.m. <b>Crabbing and Live Touch Tank</b> 3:00pm <b>Chef's Garden Tour</b> 3:30pm <b>Guided History Tour</b> 5:00pm <b>Guided Beach Walk</b> 7:00pm <b>Smores by the fire pit</b> 8:00pm <b>Strawberry Moon Paddle</b>	<b>TUESDAY</b> 8:00am-5:00pm <b>Kayak and Paddleboard Rentals</b> 8:30am <b>Yoga with Kerri</b> 10:00am-5:00pm <b>Quonnie Queen Tours on the hour</b> 10:00am <b>Camp Weekapaug</b> 11:00am <b>Nature Craft</b> 1:00pm <b>Guided Kayak Tour</b> 2:00 p.m. <b>Crabbing and Live Touch Tank</b> 3:00pm <b>Chef's Garden Tour</b> 3:30pm <b>Guided History Tour</b> 7:00pm <b>Smores by the fire pit</b>	<b>WEDNESDAY</b> 8:00am-5:00pm <b>Kayak and Paddleboard Rentals</b> 8:30am <b>Yoga with Lisa</b> 10:00am-5:00pm <b>Quonnie Queen Tours on the hour</b> 10:00am <b>Camp Weekapaug</b> 11:00am <b>Nature Craft</b> 1:00pm <b>Guided Kayak Tour</b> 2:00 p.m. <b>Crabbing and Live Touch Tank</b> 3:00pm <b>Chef's Garden Tour</b> 3:30pm <b>Guided History Tour</b> 7:00pm <b>Smores by the fire pit</b>	<b>THURSDAY</b> 8:00am-5:00pm <b>Kayak and Paddleboard Rentals</b> 8:30am <b>Yoga with Lisa</b> 9:00pm <b>Birding</b> 9:30am <b>Breathwork with Lisa</b> 9:30am <b>Shadowbox Art Class with Sandra Callinan</b> 10:00am-5:00pm <b>Quonnie Queen Tours on the hour</b> 10:00am <b>Camp Weekapaug</b> 11:00am <b>Nature Craft</b> 1:00pm <b>Guided Kayak Tour</b> 2:00 p.m. <b>Crabbing and Live Touch Tank</b> 3:00pm <b>Chef's Garden Tour</b> 3:30pm <b>Guided History Tour</b> 5:00pm <b>Guided Beach Walk</b> 7:00pm <b>Smores by the fire pit</b>	<b>FRIDAY</b> 8:00am-5:00pm <b>Kayak and Paddleboard Rentals</b> 8:30am <b>Yoga with Lisa</b> 9:00pm <b>Birding</b> 10:00am-5:00pm <b>Quonnie Queen Tours on the hour</b> 10:00am <b>Camp Weekapaug</b> 11:00am <b>Nature Craft</b> 1:00pm <b>Guided Kayak Tour</b> 2:00 p.m. <b>Crabbing and Live Touch Tank</b> 3:00pm <b>Chef's Garden Tour</b> 3:30pm <b>Guided History Tour</b> 5:00pm <b>Guided Beach Walk</b> 6:00pm-9:00pm <b>Guitarist</b> 7:00pm <b>Smores by the fire pit</b>	<b>SATURDAY</b> 8:00am-5:00pm <b>Kayak and Paddleboard Rentals</b> 8:30am <b>Yoga with Lisa</b> 9:00pm <b>Birding</b> 9:30am <b>Sound Meditation with Lisa</b> 10:00am-5:00pm <b>Quonnie Queen Tours on the hour</b> 10:00am <b>Kayak Race</b> 11:00am <b>Nature Craft</b> 1:00pm <b>Guided Kayak Tour</b> 2:00 p.m. <b>Crabbing and Live Touch Tank</b> 3:00pm <b>Chef's Garden Tour</b> 3:30pm <b>Guided History Tour</b> 7:00pm <b>Smores by the fire pit</b> 9:00pm <b>Stargazing</b>