WEEKAPAUG INN

WEEKAPAUG, RHODE ISLAND

NOVEMBER RESORT ACTIVITIES






RELAIS & CHATEAUX

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.

Seal Spotting on Sand Trail: Join our Naturalist on the Sand Trail as we look for Harbor Seals. On sunny days, these winter visitors haul out in Harmonic Cove and provide a great viewing experience from Ski Beach. Learn from our naturalist about these amazing animals and what makes Quonochontog Pond a safe place for these seals to spend their winter.

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 by foot. Our naturalist will bring along optics and local knowledge.

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).

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
- Crafts

ABOUT OUR SPECIAL EVENTS AND TOURS:

November 26th. ***Thanksgiving Day Family Style in The Restaurant:*** Celebrate Thanksgiving with a warm and traditional holiday meal at The Restaurant at Weekapaug Inn. Enjoy a thoughtfully prepared menu featuring all your seasonal favorites, perfect for gathering with loved ones in a cozy, coastal setting. Live solo guitar music will provide a gentle and festive soundtrack to your meal, enhancing the relaxed and welcoming atmosphere. $120.00+ per adult, $45.00+ children 4-12 years old, Children 3 years and under are complimentary.

November 5th, 12th, 19th. ***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 by 7pm the night before.**

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.

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. Reservations can be made at the front desk, complimentary for Inn-House guests.

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

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

11/1	11/2	11/3	11/4	11/5	11/6	11/7
SUNDAY ***Closed until 12:00pm for Private event**** 3:00pm ***Guided History Tour*** 7:00pm ***Smores by the fire pit***	**MONDAY** 8:00am ***Birding*** 8:30am ***Yoga with Kerri*** 9:30am ***Seal Spotting on Sand Trail*** ****Inn Closed at Noon****	**TUESDAY** ****Inn Closed****	**WEDNESDAY** ****Inn Opens at Noon**** 3:00pm ***Guided History Tour*** 7:00pm ***Smores by the fire pit*** **Inquire at Front Desk about "Self-Guided" Tours and Nature Walking Trails. **	**THURSDAY** 8:00am ***Birding*** 8:30am ***Yoga with Lisa*** 9:00am ***Shadowbox Art Class with Sandra Callinan*** *(Reservations required)* 9:30am ***Breathwork with Lisa*** 12:30pm ***Seal Spotting on Sand Trail*** 3:00pm ***Guided History Tour*** 3:30pm ***Guided Beach Walk*** 7:00pm ***Smores by the fire pit*** 7:30pm ***Stargazing***	**FRIDAY** 8:00am ***Birding*** 8:30am ***Yoga with Lisa*** 10:00am ***Naturalist Outing:*** *Trustom Pond* 1:00pm ***Seal Spotting on Sand Trail*** 3:00pm ***Guided History Tour*** 3:30pm ***Guided Beach Walk*** 7:00pm ***Smores by the fire pit***	**SATURDAY** 8:00am ***Birding*** 8:30am ***Yoga with Lisa*** 9:30am ***Sound Meditation with Lisa*** 10:00am ***Naturalist Outing:*** *Napatree Point* 2:00pm ***Seal Spotting on Sand Trail*** 3:00pm ***Guided History Tour*** 3:30pm ***Guided Beach Walk*** 7:00pm ***Smores by the fire pit***

11/8	11/9	11/10	11/11	11/12	11/13	11/14
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11/15	11/16	11/17	11/18	11/19	11/20	11/21
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11/29	11/30	12/1	12/2	12/3	12/4	12/5
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