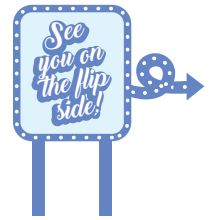




# PORTSMOUTH, KITTERY, RYE, AND NEW CASTLE NEIGHBORHOOD GUIDE 2021!

Seacoast Lately is a curated lifestyle guide to coastal New Hampshire + Southern Maine.  
Join us as we celebrate the Seacoast community, scenery, and all things LOCAL!

Brought to you by @seacoastlately



## Hungry? (sit and stay awhile!)

- ★ **Anju Noodle Bar** - Free-Style Asian Cuisine. @anjunoodlebar
- ★ **Bistro 1828** - Chef-Owned Local Favorite. @pepperrellcove
- ★ **Blue Mermaid Island Grill** - Food, Drinks, Music. @bluemermaid\_kittery
- ★ **Botanica** - Upscale French Dining. @botanica\_nh
- ★ **BRGR BAR** - Burgers, Beer, Bourbon. @brgrbar
- ★ **Cornerstone Pizza** - Pizza+Beer+Patio. @cornerstonewestend
- ★ **Dwyer's Pub** - Local, Fresh, Fun. @dwyersportsmouth
- ★ **Flatbread Company** - Wood-Fired Pizza. @flatbreadcompanyportsmouth
- ★ **Frisbee's Wharf** - Waterfront Casual Restaurant. @pepperrellcove
- ★ **Green Elephant** - Vegetarian Bistro & Bar. @greenelephantnh
- ★ **Jumpin' Jays** - Fresh Seafood & Raw Bar. @jumpinjays
- ★ **MOXY** - Modern American Tapas. @moxynh
- ★ **Mr. Kim's** - Korean Inspired Comfort Food. @mrkimsrestaurant
- ★ **Old Ferry Landing** - Deck, Seafood, Cocktails. @oldferrylanding
- ★ **Ore Nell's** - Central Texas Barbecue. @orenellsbbq
- ★ **Raleigh Wine Bar + Eatery** - Handcrafted Food + Wine. @raleighwine
- ★ **Rudders Public House** - Local Pub Fare. @rudders\_public\_house
- ★ **STREET** - International Street Food. @streetfood360
- ★ **The Black Birch** - Community Craft Food. @blackbirchkittery
- ★ **The Carriage House** - Raw Bar & Seafood. @thecarriagehousesnh
- ★ **The Franklin** - Progressive Cuisine & Cocktails. @thefranklin\_portsmouth
- ★ **The Ice House** - Seafood, Burgers & Ice Cream. @icehouseserye
- ★ **The Ski Club** - Waterfront Roof-Deck Dining. @pepperrellcove
- ★ **The Wallingford Dram** - Craft Cocktail Bar. @the\_wallingford
- ★ **The Wilder** - New England Gastro-Pub. @wilderportsmouth
- ★ **Tulsi** - Authentic Indian Cuisine. @tulsimaine
- ★ **Vida Cantina** - Local, Modern, Mexican. @vidacantinanh

## Let's Have Some Fun!

- ★ **Board & Brush** - DIY. Wood. Wine. @boardandbrushportsmouthnh
- ★ **Port City Bike Tours** - Guided Bike Tours. @portcitybiketours
- ★ **Portsmouth Harbor Cruises** - Scenic, Cocktails, Sunset. @portsmouthharborcruises
- ★ **Prescott Park Arts Festival** - Outdoor Music & Theatre. @prescottparkartsfest
- ★ **The Music Hall** - World-Class Entertainment. @musicallnh
- ★ **3S Artspace** - Music, Art, Community. @3sartspace

## Hungry? (casual take away/sit down!)



- ★ **Dos Amigos Burritos** - Fresh Mexican Eats. @dosamigosburritosandcafe
- ★ **Lil's Cafe** - Live a lil. @lilskittery
- ★ **Lovebirds Donuts** - Craft Donuts + Coffee. @lovebirdsdonuts
- ★ **Ohana Kitchen** - Poké Bowls & Sushi Burritos. @ohanatakeout
- ★ **Provisions at Pepperrell Cove** - Store, Coffee, Ice Cream. @pepperrellcove
- ★ **Sanders Fish Market** - Fresh Lobster Rolls. @sandersfishmarket
- ★ **Tacocat** - Fresh Healthy Tacos. @tacocattruck
- ★ **The Ice House** - Seafood, Burgers & Ice Cream. @icehouseserye
- ★ **White Heron Tea** - Tasty Drinks & Eats. @whiteheronteacoffee
- ★ **Wicked Mini Cafe** - Fresh, Community, Local. @wickedminicafe
- ★ **Wild Valentine** - Coffee, Toasts + Oats. @wildvalentine.co

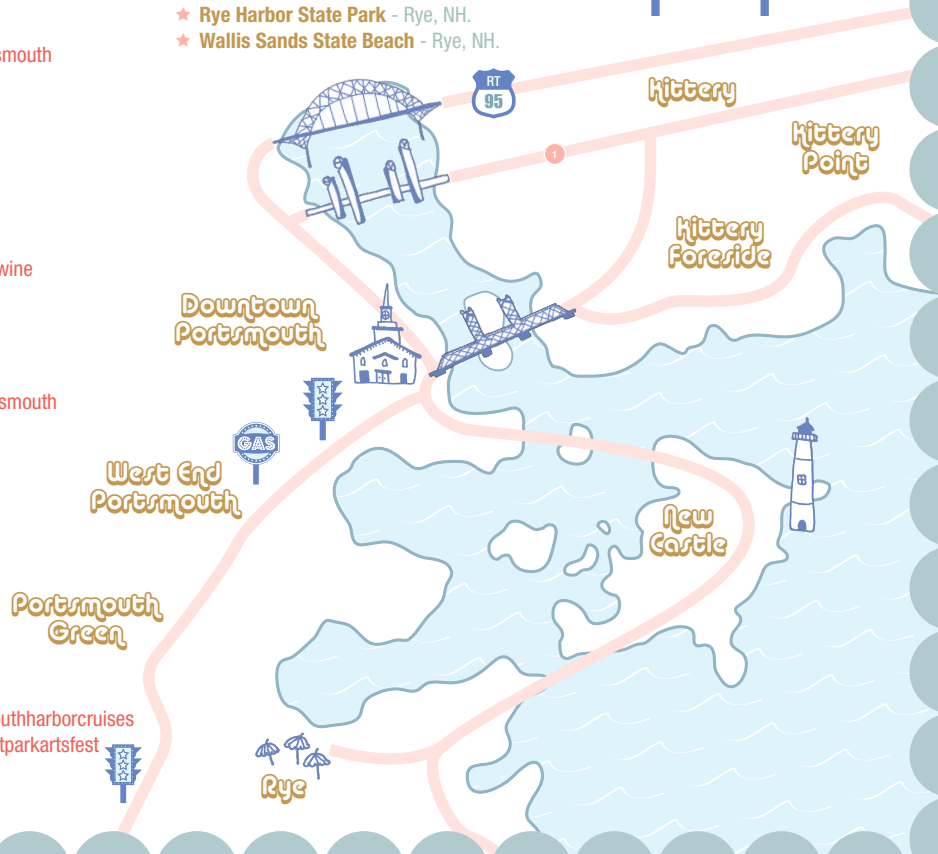
## Thirst Quenchers!



- ★ **Loaded Question Brewing** - Local Beer. @loadedquestionbrewing
- ★ **The Wallingford** - Craft Cocktail Bar. @the\_wallingford
- ★ **Tributary Brewing Company** - Great Beer, Good Folks. @tributarybrewing

## Hit the Beaches and Parks!

- ★ **Fort Foster** - Kittery, ME.
- ★ **Fort McClary** - Kittery, ME.
- ★ **Fort Stark** - New Castle, NH.
- ★ **Jenness Beach State Park** - Rye, NH.
- ★ **Great Island Commons** - New Castle, NH.
- ★ **Odiorne State Park** - Rye, NH.
- ★ **Pierce Island** - Portsmouth, NH.
- ★ **Prescott Park** - Portsmouth, NH.
- ★ **Rye Harbor State Park** - Rye, NH.
- ★ **Wallis Sands State Beach** - Rye, NH.



## Retail Therapy!

- ★ **Birch** - Classic Women's Apparel. @birchportsmouth
- ★ **Canine Cupboard** - All About Dogs. @caninecupboard
- ★ **Christine's** - Home. Art. Clothing. @christinesryeh
- ★ **Cotillion Bureau** - Curated Vintage Finery. @cotillionbureau
- ★ **Diversions** - Games, Puzzles, Brainteasers. @diversiongames
- ★ **Duckfeet USA** - Handcrafted Danish Footwear @duckfeetusa
- ★ **Evie** - Clothing/Accessories/Homegoods. @evieportsmouth
- ★ **Eyelook Optical** - Find Your Eyelook. @eyelook\_optical
- ★ **Flower Kiosk** - Flowers, Gifts, Events. @flowerkiosk
- ★ **Gus & Ruby Letterpress** - Artisan Stationery & Gifts. @gusandrubleterpress
- ★ **Hazel Boutique** - Unique Designer Fashions. @hazelboutiquenh
- ★ **Inside Out** - Casual, Comfortable, Fun. @insideout\_nh
- ★ **janegee** - Clean, Natural, Beauty. @janegee
- ★ **Jardiniere Flowers** - Wine, Gifts, and Florals. @jardinierflowers
- ★ **Linda Taylor Boutique** - Chic. Contemporary. Cool. @lindataylorboutique
- ★ **Making Faces** - Beauty & Lifestyle Boutique. @makingfaceslifestyle
- ★ **Nest** - Vintage-Home Lifestyle Boutique. @nestportsmouthnh
- ★ **New Hampshire Made** - Locally Made Goods. @nhmade\_
- ★ **Portsmouth Soap Company** - Soaps, Scrubs & Candles. @portsoapnh
- ★ **Runner's Alley** - WALK RUN FUN. @runnersalley
- ★ **Société Apothecary** - Healing Tea & Apothecary. @societeapothecary
- ★ **Stonewall Kitchen** - Creators of Specialty Foods. @stonewallkitchen
- ★ **Summer House Furnishings** - Home, Art & Design. @summerhouseh
- ★ **Sweet Pea** - Kids Consignment Shop. @sweetpeaportsmouth
- ★ **The Spice & Tea Exchange** - Hand-Mixed Blends. Gifts. @spiceandtea.portsmouthnh
- ★ **Wear House** - High-End Thrift. @thewearhouseh
- ★ **Weekender House** - Design. Furniture. Boutique. @weekenderhouse
- ★ **We Fill Good** - Low Waste Boutique. @wefillgood
- ★ **Wiglesworth's Mercantile** - Local Coastal Home & Gifts. @wiglesworthsmmercantile
- ★ **Wild Valentine** - Flower Bar, Plants + Gifts. @wildvalentine.co
- ★ **Yarrow** - Head. Heart. Home. @yarrowkitterymaine
- ★ **Zapapa** - Handmade Textiles & Clothing. @zapapapusa

## Rest Your Head!

- ★ **Hotel Thaxter** - Locally Inspired Lodging. @hotelthaxter
- ★ **The Sailmaker's House** - History Meets Modern. @sailmakershouse
- ★ **Water Street Inn** - Modern Victorian Retreat. @thewaterstinn

## Historic Sights

- ★ **Historic New England's Governor John Langdon House** - Engage, Explore, Discover. @historicnewengland
- ★ **Historic New England's Jackson House** - Engage, Explore, Discover. @historicnewengland
- ★ **Historic New England's Rundlet-May House** - Engage, Explore, Discover. @historicnewengland

## For Our Four-Legged Friends!

- ★ **Canine Cupboard** - All About Dogs. @caninecupboard
- ★ **Sitter For Your Critter** - Pets, Play, Love. @sitterforyourcritter

## Even more local Fun!

Fancy a trip to Maine?? Scan above to download our sister map in the beautiful coastal towns of York and Ogunquit.

## Pamper Yourself!

- ★ **Aviva Esthetics** - Waxing, Skincare, and More. @avivaesthetics
- ★ **Blush** - Esthetics & Massage. @blushportsmouth
- ★ **Buff & File Nail Bar** - Modern, Healthy, Mani-Pedi's. @buffandfile
- ★ **FLOTE** - Relax, Recharge, Reset. @seacoastflote
- ★ **janegee** - Botanical Skin & Nails. @nails\_naturally
- ★ **Jessica Todd** - A Beauty Experience. @jessicatoddnh
- ★ **Making Faces** - Facials & Lash Tints. @makingfaceslifestyle
- ★ **Moodra Hair + Wellness** - Peaceful. Vibrant. Mindful. @\_moodra\_
- ★ **Redhead Studio** - Downtown's Premier Salon. @redheadnh
- ★ **Solari Salon & Spa** - Relax, Refresh, Renew. @solarisalonandspa
- ★ **Southern Maine Skin Company** - Skin Studio & Boutique. @somaineskinco
- ★ **Studio 59 Salon** - Chic Modern Luxury. @studio59salonnh

## Provisions!

- ★ **Provisions at Pepperrell Cove** - Coffee, Sandwiches, Ice Cream. @provisions\_atpepperrellcove
- ★ **Sanders Fish Market** - Groceries and Produce. @sandersfishmarket

## You're Here... Don't Leave!

- ★ **Aland Realty** - Attentive. Principled. Insightful. @alandrealty
- ★ **Great Island Realty** - Integrity, Honesty, Tenacity. @greatislandrealty
- ★ **Madden Realtors** - Buying + Selling Paradise. @madden\_group
- ★ **Tate & Foss Sotheby's International Realty** - Seacoast Luxury Homes. @tatefoss\_sir

## Sweet Treats!

- ★ **Lovebirds Donuts** - Craft Donuts + Coffee. @lovebirdsdonuts
- ★ **Red Rover Creamery** - Local, Artisanal Ice Cream. @redrovercreamery
- ★ **The Ice House** - Sundaes, Frappes, Cones. @icehouseserye
- ★ **Wicked Mini Cafe** - Fresh, Community, Local. @wickedminicafe

## Sneak in a Workout!

- ★ **Barre & Soul** - Community, Strength, Barre. @barresoul
- ★ **CJ Physical Therapy & Pilates** - Pilates & Physical Therapy. @cjphysicaltherapy
- ★ **CycleFierce** - Indoor Cycling Studio. @cyclefierce
- ★ **Fit640** - Ultimate Fitness Experience. @fit640nh
- ★ **H.D. Fitness** - Trapeze Yoga Fitness. @hdportsmouth.fitness
- ★ **LizFit** - Fun Group Fitness. @lizfit.portsmouth
- ★ **Seacoast Sports Clubs** - Family. Community. Strength. @seacoastsportsclubs
- ★ **The Pilates Room** - Pilates Reformer Training. @the\_pilates\_room
- ★ **Yoga East** - Ashtanga Vinyasa Yoga. @yogaeastyoga



Scan here for  
seacoast events!

## Townr!

**NEW CASTLE + RYE:** Craving time by the coast? Pop over to New Castle and Rye—two quaint seaside towns located just miles from Portsmouth. Relax at the beach, hop on a bike, enjoy a surf sesh—the list goes on!

**PORTSMOUTH:** Bustling with art, culture, locally-owned boutiques, and award-winning restaurants, **downtown Portsmouth**, New Hampshire is rich in history and crazy about community. Walk 20 minutes from Market Square to the trendy **West End** neighborhood filled with coffee shops, breweries, restaurants, and more! In the mood for modern? Scoot over to the **Portsmouth Green Plaza** and enjoy an array of boutique fitness studios, shopping, and spa services!

**KITTERY:** Stroll over our beloved Memorial Bridge to the oh-so-hip Kittery, Maine—a 10-minute waterfront walk from downtown Portsmouth! Kittery Foreside offers fabulous dining options, independent boutiques, and a lovely small town charm...