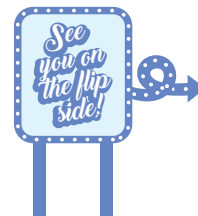




PORTSMOUTH, KITTERY, RYE, AND NEW CASTLE NEIGHBORHOOD GUIDE 2021!

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
- ★ Tulsu - 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. @portsmouthharbortours
- ★ 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



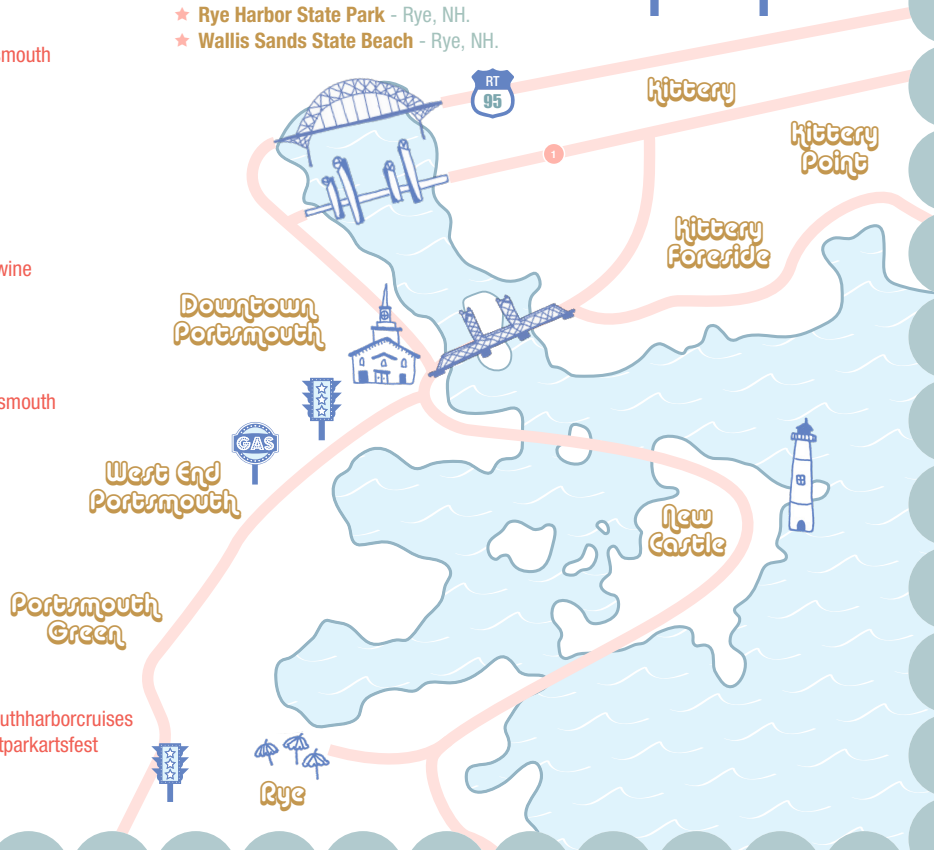
Thirst Quenchers!



- ★ 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. @zapapausa

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

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. @seacoastflore
- ★ **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!

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**.

Towns!

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...