

The Spa at Norwich Inn



VACATION GUIDE

Plan your Escape





*Moments Away
From Everything...
...or Nothing at All*

Fifty guest rooms and suites are nestled on acres of countryside in a town named long ago as The Rose of New England. There are many theories as to where the name came from, but we think it means as a rose opens fully to its surroundings and shows its true beauty, so does this historic Inn, in the center of Eastern Connecticut. Mohegan Sun Casino is located just minutes away. A short scenic drive will land you at Foxwoods Resort Casino. And only a few miles further is Mystic Seaport, situated on the banks of the Mystic River. Choose to be on the go if you like, or drift off in your own world behind the hedges. Dining in Kensington's Restaurant, Ascot's Pub or on the Terrace Deck complete your experience and help you to stay lost.



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CHAMARD VINEYARDS

Clinton, CT
 Travel time - 35 minutes

Nestled in the shoreline town of Clinton, Connecticut, allow Chamard Vineyards to be your next food and wine destination. Established in 1983, the 40-acre property boasts 20 acres of established vines that benefit from being only two miles north and influenced by the moderating temperatures of Long Island Sound. The vines are carefully tended by hand in the European tradition, yielding superior Cabernet Franc, Cabernet Sauvignon, Chardonnay, Merlot and Pinot Noir fruit.

chamard.com

MAUGLE SIERRA VINEYARDS

Ledyard, CT
 Travel time - 15 minutes

The atmosphere at Maugle Sierra is laid back, but sophisticated. While location and a comfortable ambiance make a vineyard inviting, it is the wine that matters most. Because of occasional subzero temperatures, the owners planted hearty St. Croix and Marquette red varietals and St. Pepin, a late-frost white. 60% of the grapes used in their wines are grown on site, and the rest are from vineyards within 50 miles of the winery.

mauglesierravineyards.com

HOLMBERG ORCHARDS

Gales Ferry, CT
 Travel time - 8 minutes

Holmberg Orchards is a fourth-generation family-run farm located in the picturesque hills of Gales Ferry. The orchards and wine tasting room are open seasonally to the public. The Farm Market is freshly stocked year-round with fruits and vegetables, homemade baked goods, and tempting specialty foods.

holmbergorchards.com

THESE GUYS BREWING

Norwich, CT
 Travel time - 8 minutes

Located in the heart of downtown Norwich, and set in a historic building rumored to be a speakeasy in the 1900s. These Guys Brewing is just a short drive from the Inn, visit them and enjoy a variety of classic and unique craft beers brewed on site and indulge in a delicious meal with seasonal dishes from their scratch kitchen.

theseguysbrewing.com

JONATHAN EDWARDS WINERY

North Stonington, CT
 Travel time - 25 minutes

Located in the quaint town of North Stonington, Jonathan Edwards Winery is situated on a beautiful 48-acre hilltop about nine miles from the Long Island Sound. Jonathan Edwards handcrafts both premium Napa Valley, California and Estate Connecticut wines to highlight each coast's unique climate.

jedwardswinery.com

PRESTON RIDGE VINEYARD

Preston, CT
 Travel time - 15 minutes

Located in historic Preston, CT, Preston Ridge Vineyard is situated on 60 bucolic acres just 15 miles from the Long Island Sound. Included in the Southeastern New England AVA, Preston Ridge is able to take advantage of the moderating influence of the Sound throughout their nearly six planted acres, where they are currently growing varietals including: Chardonnay, Cabernet Franc, Riesling, Triaminette, Vidal Blanc and Baco Noir.

prestonridgevineyard.com

STONINGTON VINEYARDS

Stonington, CT
 Travel time - 30 minutes

Stonington Vineyards was established by Nick and Happy Smith in 1987, the winery was constructed in 1989 incorporating the latest in winemaking technology and the traditional methods of barrel fermentation. Stonington produces European-style wines that have won numerous awards over the years. They are best known for their barrel fermented Chardonnays and their proprietary blends.

stoningtonvineyards.com

EPICURE BREWING

Norwich, CT
 Travel time - 8 minutes

Proud to be an independent craft brewery & taproom in the Historic Norwich Harbor district. Their unique destination taproom welcomes you to enjoy our brews with friends new and old over a game or a bite to eat from our fantastic local restaurants. They are a BYOF/MYAH taproom - Bring Your Own Food, Make Yourself at Home.

epicurebrewing.com



Lake of Isles

LAKE OF ISLES

North Stonington, CT
 Travel time - 20 minutes

Lake of Isles is New England's premier golf destination. Since opening in 2005, Lake of Isles has consistently been ranked as one of the top golf facilities in the country. The Rees Jones designed layout gives guests the ultimate golf experience. Guests will enjoy the challenging North Course which features rolling terrain, island greens and tees and extraordinary views from every hole. Lake of Isles is in picturesque southeastern Connecticut, adjacent to Foxwoods Resort Casino.

lakeofisles.com

SHENNECOSSETT GOLF COURSE

Groton, CT
 Travel time - 24 minutes

Shennecossett is a historic 18-hole public golf course designed by Donald Ross. Located on beautiful Long Island Sound and the Thames River, the course features dramatic views and a chance to spot a tall ship or a US submarine at sail. Founded in 1898, Shennecossett remains a top New England golfing destination. Experience golf history - play Shennecossett.

NORWICH GOLF COURSE

Norwich, CT
 Travel time - 5 minutes

The Norwich Golf Course is a municipal golf course owned by the City of Norwich and open to the public. Featuring a challenging 6,228 yard design constructed over undulating terrain playing to a par of 71 from the longest tees. The course rating is 70.0 and has a slope rating of 131 on Rye grass fairways. Designed by Architects Tull & Tull, the Norwich golf course opened in 1926.

norwichgolf.com

FOX HOPYARD

Haddam, CT
 Travel time - 26 minutes

Fox Hopyard is 530 acres of rolling hills, dense forest, open pastures, running brooks, ponds, wetlands, rock outcroppings and stone walls. The golf course winds through various areas seamlessly and effortlessly affording a myriad of different looks and feels. Paired with one of the best driving ranges in the state, this masterfully crafted collection of holes is a Championship Golf Course with a history of hosting some of Connecticut's best golfers.

foxyard.com



Norwich Golf Course



Mashantucket Pequot Museum and Research Center

MASHANTUCKET PEQUOT MUSEUM AND RESEARCH CENTER

Mashantucket, CT
 Travel time - 20 minutes

Tribally owned-and-operated since it opened on Aug. 11, 1998. the Museum brings to life the story of the Mashantucket Pequot Tribal Nation. It serves as a major resource on the histories and cultures of Native Americans in the northeast and on the region's rich natural history.

The Museum is a 308,000-square-foot complex, consisting of permanent exhibits, the Mashantucket Gallery (a gallery for temporary exhibits), classrooms, a 320-seat auditorium, a restaurant, a museum shop and administrative offices. The Research Center houses collections, archives, archaeology and conservation laboratories where ongoing work from the field is evaluated and studied.

Multi-sensory dioramas and exhibits introduce visitors to the history of the Mashantucket Pequot Tribe and the natural and cultural history of the eastern woodlands. Films and videos, interactive programs, archival materials, ethnographic and archaeological collections, commissioned art, and traditional crafts by Native artisans are featured in the exhibits.

pequotmuseum.org

SLATER MUSEUM

Norwich, CT
 Travel time - 10 minutes

Located on the campus of Norwich Free Academy, the Slater Museum awakens visitors to the richness and diversity of the human experience through art and history. For more than one hundred years, the Museum has displayed and interpreted the best examples of fine and decorative art, representing a broad range of world cultures of the Americas, Asia, Europe and Africa.

slatermuseum.org

LEFFINGWELL HOUSE MUSEUM

Norwich, CT
 Travel time - 10 minutes

One of the finest restored examples of New England Colonial architecture which shows the architectural development common to CT. Starting as a two-room home in 1675, it evolved into a pre-Revolutionary Tavern in 1701 and became the elegant townhouse of Norwich Patriot Christopher Leffingwell by 1776. The house is filled with a fascinating assortment of pieces representative of its architectural evolution. Open April-Oct, Saturday & Sunday, 11am-3pm.

leffingwellhousemuseum.org

LYMAN ALLEN ART MUSEUM

New London, CT
 Travel time - 10 minutes

The museum opened the doors of its beautiful neo-classical building in 1932. Today it houses a fascinating collection of over 17,000 objects from ancient times to the present: artworks from Africa, Asia, the Americas, and Europe, with particularly strong collections of American paintings, decorative arts, and Victorian toys and doll houses. Complementing the eye-opening *American Perspectives* galleries, which display works drawn from the permanent collection, and the *Louis Comfort Tiffany in New London* exhibition.

lymanallyn.org

MYSTIC MUSEUM OF ART

Mystic, CT
 Travel time - 27 minutes

The mission of Mystic Museum of Art is to inspire creativity and critical dialogue by engaging the regional community in the understanding, appreciation, and practice of visual art. Founded in 1913 by a group of prominent artists rooted in the philosophy of the 19th century French landscape painters, Mystic Museum of Art today serves as an arts and culture center for southeastern Connecticut.

mysticmuseumofart.org



TANGER OUTLETS AT FOXWOODS

Mashantucket, CT
 Travel time - 20 minutes

The premier resort destination on the East Coast just got better. Tanger Outlets at Foxwoods is the nation's first Tanger Outlets collection of premium brands under one roof! Setting the standard for world-class outlet shopping, Tanger Outlets at Foxwoods will quickly become your go-to place for everything your closet craves.

tangeroutlet.com/foxwoods

CLINTON CROSSING PREMIUM OUTLETS

Clinton, CT
 Travel time - 35 minutes

Clinton Crossing Premium Outlets®, located along the Connecticut Shoreline, is a charming outdoor village center conveniently located on I-95 en route to Boston or New York. Enjoy savings of 25% to 65% off every day prices featuring more than 70 designer and name brand outlet stores.

premiumoutlets.com/outlet/clinton-crossing

OLDE MISTICK VILLAGE

Mystic, CT
 Travel time - 25 minutes

Stroll the beautiful lanes and enjoy shopping in distinctive buildings designed to represent a New England Village of about 1720. In the Village, there are picturesque settings of flowers, trees & duck ponds that surround you as you relax and unwind. The shopkeepers pride themselves on offering their customers some of the most interesting and unique items from around the world. Feeling hungry? Olde Mistick Village is home to some of Mystic's best restaurants

oldemistickvillage.com



Olde Mistick Village



Mystic Aquarium

MYSTIC AQUARIUM

Mystic, CT
Travel time - 25 minutes

Whether you're touching a ray, feeling the splash of a beluga whale, going beak-to-nose with a penguin or exploring the five most extreme habitats of our ocean planet, you'll learn more and "sea" more than you ever thought possible! Mystic Aquarium is located in Mystic, CT just off Exit 90 on Interstate 95.

mysticaquarium.org



Mystic Seaport

MYSTIC SEAPORT MUSEUM

Mystic, CT
Travel time - 25 minutes

Mystic Seaport is the nation's leading maritime museum. Founded in 1929 to gather and preserve the rapidly disappearing artifacts of America's seafaring past, the Museum has grown to become a national center for research and education with the mission to "inspire an enduring connection to the American maritime experience."

The Museum's grounds cover 19 acres on the Mystic River in Mystic, CT and include a recreated New England coastal village, a working shipyard, formal exhibit halls, and state-of-the-art artifact storage facilities. The Museum is home to more than 500 historic watercraft, including four National Historic Landmark vessels, most notably the 1841 whaleship Charles W. Morgan, America's oldest commercial ship still in existence.

mysticseaport.org



Downtown Mystic

DOWNTOWN MYSTIC

Mystic, CT
Travel time - 25 minutes

Nestled along the Mystic River, downtown Mystic exudes New England charm. The streets are lined with more than 80 restaurants, eateries, boutiques, galleries and shops. The historic Bascule Bridge welcomes visitors driving down Main Street and is a sight to see when it rises (forty minutes after every hour during the summer) to let boats pass.

Signature events include the Mystic Pirate Invasion; Mystic Outdoor Art Festival; Mystic Eats, a riverside food and music festival; Mystic Lighted Boat Parade; Holiday Stroll and more.

thisismystic.com/downtown



Foxwoods Resort Casino



Mohegan Sun

FOXWOODS RESORT CASINO

Mashantucket, CT
Travel time - 20 minutes

Foxwoods Resort Casino is the premier resort destination in the Northeast. As the largest resort casino in North America, Foxwoods offers a vast array of gaming in seven casinos; AAA Four-Diamond hotels, restaurants from gourmet to quick service, world-renowned spas, award-winning golf, state-of-the-art theaters, and exclusive retailers. Perfect for both recreation and business, Foxwoods provides modern and versatile convention and meeting space to infuse new life into any meeting or event. Foxwoods Resort Casino is owned and operated by the Mashantucket Pequot Tribal Nation. For a comprehensive look at Foxwoods Resort Casino and Mashantucket Pequot Tribal Nation visit Foxwoods.com.

Including six casinos, the resort covers an area of 9,000,000 sq ft. The casinos have more than 380 gaming tables for blackjack, craps, roulette, and poker and have more than 4,700 slot machines. There are multiple restaurants within the casino, along with four hotels.

Also, for your enjoyment visit High Rollers Luxury Lanes, a premier entertainment destination with a nostalgic Vegas, offering glitzy fun on 20 bowling lanes, which include 6 VIP lanes, and offer complete food and beverage service. Or, take a ride at Monza. The state-of-the-art, multi-level track features dramatic elevation changes and hairpin turns, giving drivers the power and handling necessary for the ultimate high-speed rush. For an even faster rush, jump on the High Flyer Zipline. You'll launch from the rooftop of The Fox Tower 350 feet off the ground. Feel the cool breeze in your hair and take in the incredible views, reaching all the way to the Long Island Sound, as you fly above the tree line at nearly 60mph, arriving a mile away at the Mashantucket Pequot Museum & Research Center with a huge smile on your face.

foxwoods.com

MOHEGAN SUN

Uncasville, CT
Travel time - 5 minutes

Mohegan Sun is one of the largest casinos in the United States, with 364,000 square feet of gambling space. It is located on 240 acres along the banks of the Thames River in Uncasville, CT. It is in the foothills of southeastern Connecticut, where 60 percent of the state's tourism is concentrated. It features the 10,000-seat capacity Mohegan Sun Arena, home of the New England Black Wolves of the National Lacrosse League and the Women's National Basketball Association's Connecticut Sun. It houses a 350-seat Cabaret Theatre, the 300-seat Wolf Den, and 100,000 sqft of meeting and function room space, including the Northeast's largest ballroom and 130,000 sqft of retail shopping.

The casino contains slot machines, gaming tables including poker, blackjack, craps, roulette, Caribbean stud poker, keno and baccarat. The race book offers live horse or greyhound racing from around the U.S. as well as from Australia and England.

mohegansun.com



THE SPA AT NORWICH INN

VINEYARDS/WINERIES/BREWERIES

- (1) Chamard Vineyards, Clinton 36 Miles
- (2) Maugle Sierra Vineyards, Ledyard 8 Miles
- (3) Holmberg Orchards, Gales Ferry 4.6 Miles
- (4) Jonathan Edwards Winery, N. Stonington 15 Miles
- (5) Preston Ridge Vineyard, Preston 7 Miles
- (6) Stonington Vineyards, Stonington 17 Miles
- (7) These Guys Brewing, Norwich 2.6 Miles
- (8) Epicure Brewing, Norwich 2.6 Miles

GOLF COURSES

- (9) Lake Of Isles, N. Stonington 10 Miles
- (10) Norwich Golf Course, Norwich .5 Miles
- (11) Fox Hopyard, Haddam 15.8 Miles
- (12) Shennecossett Golf Course, Groton 17.8 Miles

MUSEUMS

- (13) Mashantucket Pequot Museum and Research Center, Mashantucket 10 Miles
- (14) Slater Memorial Museum, Norwich 3 Miles
- (15) Leffingwell House Museum, Norwich 3.7 Miles
- (16) Lyman Allen Art Museum, New London 11.8 Miles
- (17) Mystic Museum of Art, Mystic 20.4 Miles

SHOPPING

- (18) Tanger Outlets at Foxwoods, Mashantucket 10 Miles
- (19) Clinton Crossing Premium Outlets, Clinton 32 Miles
- (20) Olde Mistick Village, Mystic 20 Miles

MYSTIC ATTRACTIONS

- (21) Mystic Aquarium, Mystic 20 Miles
- (22) Mystic Seaport, Mystic 21 Miles
- (23) Downtown Mystic, Mystic 20 Miles

CASINOS

- (24) Foxwoods Resort Casino, Mashantucket 10 Miles
- (25) Mohegan Sun Casino, Uncasville 1 Mile

STATE PARKS/SHIPS

- (26) Devil's Hopyard State Park, E. Haddam 16 Miles
- (27) Fort Shantok, Uncasville 2 Miles
- (28) Mohegan Park, Norwich 6 Miles
- (29) Argia Mystic Cruises, Mystic 20 Miles



Devil's Hopyard State Park

BLUFF POINT STATE PARK

Groton, CT
Travel Time: 24 minutes

Bluff Point is a very popular state park along Fishers Island Sound and is one of only two undeveloped sections of coastline in the state. Mainly used for casual walks and biking there is also a boat launch and areas for fishing or shell fishing (permit required). Highlights of the park include the view from Bluff Point, Sunset Rock, and the John Winthrop house foundation.

portal.ct.gov/DEEP/State-Parks/Parks/Bluff-Point-State-Park

DEVIL'S HOPYARD STATE PARK

East Haddam, CT
Travel time - 30 minutes

Could the round holes in the falls really be the work of the devil? Or, just nature and water making their mark for future generations? Visit Devil's Hopyard and find your own answer to this age-old mystery. Activities include bicycling, birding, camping, hiking, picnicking and stream fishing.

portal.ct.gov/DEEP/State-Parks/Parks/Devils-Hopyard-State-Park

FORT SHANTOK

Uncasville, CT
Travel time - 4 minutes

Fort Shantok is a wonderful and clean place for the whole family consisting of: a playground, picnic area, and easy nature trails (about half a mile). It holds some very fascinating history, being the land of the Native American tribe called the Uncas, and is a burial ground.

stateparks.com/fort_shantok_state_park_in_connecticut

MOHEGAN PARK

Norwich, CT
Travel time - 14 minutes

Come visit the Mohegan Park with activities including: fishing, swimming, various types of trails for hiking and running. There is also a meeting place, open space, picnic tables, and a playscape.

norwichct.org/Facilities/Facility/Details/122

ARGIA MYSTIC CRUISES

Mystic, CT
Travel time - 25 minutes

Discover breathtaking scenery as you relax aboard the sailing ship ARGIA. Sail away in smooth and protected waters aboard this US Coast Guard licensed vessel. Day sail or sunset cruises available.

argiamystic.com



Argia Mystic Cruises



FESTIVALS

SAILFEST

July 13-14, 2024 | New London, CT

Sailfest has a major fireworks display, amusement rides, free entertainment, Tall Ships, and 200 vendors lining the downtown streets. Sailfest produces multiple stages of free entertainment with musical genres ranging in rock, Celtic, hip hop, and blues. Children's show and entertainment at the City Pier stage. On Saturday night, Sailfest showcases a huge fireworks display above the Thames River, visible from downtown New London and from Groton. Hours: Friday, noon to 11 p.m. in Waterfront Park; Saturday, 10 a.m.-11 p.m.; Sunday 9 a.m.-6 p.m.

OLD LYME MIDSUMMER FESTIVAL

July 27, 2024 | Old Lyme, CT

Old Lyme's Midsummer Festival is a town-wide celebration of the arts. The celebration takes place at the Florence Griswold Museum, the Lyme Art Association, and the Lyme Academy College of Fine Arts. A favorite event of the day is Market En Plein Air at the museum. This outdoor market features Connecticut-grown flowers, fruits, vegetables, breads, fine cheeses, herbs and specialty foods in a setting modeled after outdoor markets in French villages. Also enjoy the artisan fair, outdoor concert, author talks and sidewalk sales. Hours: Friday, 7-9 p.m.; Saturday, 9 a.m.-3 p.m.

MYSTIC OUTDOOR ARTS FESTIVAL

August 10-11, 2024 | Mystic, CT

The Mystic Outdoor Art Festival is the oldest of its kind in the Northeast region, and draws more than 85,000 people from around New England and beyond during this two day event. As a juried art show, the Art Festival serves an audience of discriminating art enthusiasts, as well as weekend visitors, and residents from surrounding communities including Groton, New London, Waterford, and Westerly. The festival showcases over 200 artists, with more than two miles of arts and crafts including: oils, watercolors, photographs, pastels, sculpture, woodwork, comics, acrylics and more. The Mystic Outdoor Art Festival (MOAF) is free of charge, and features activities and artwork for all ages to enjoy, including a Children's Art Park. Food and drink are available for sale by local charitable organizations.

FAIRS

July 11-14, 2024

**NORTH STONINGTON
AGRICULTURAL FAIR**

July 26-28, 2024

LEBANON COUNTRY FAIR

August 22-25, 2024

BROOKLYN FAIR

August 30 - September 2, 2024

WOODSTOCK FAIR

September 26-29, 2024

DURHAM FAIR

[Click to see full list of events at Ocean Beach State Park, New London, Norwich, and Mystic.](#)

ENTERTAINMENT

CHESTNUT STREET PLAYHOUSE

Norwich, CT
Travel time - 10 minutes

Located at 24 Chestnut Street, Central Fire Headquarters became the hub of the Norwich Fire Department. This beautiful Queen Anne style building housed multiple fire companies. In 2000, this building was transformed into a 67-seat black box theater. Now, in the heart of downtown Norwich, CT, Chestnut Street Playhouse is the place to be for entertainment, education and a celebration of the performing arts. This firehouse has always been an integral part of the Norwich community and we continue this tradition by providing quality entertainment at affordable costs.

chestnutstreetplayhouse.org

FOXWOODS RESORT CASINO

Mashantucket, CT
Travel time - 20 minutes

MOHEGAN SUN

Uncasville, CT
Travel time - 5 minutes

ACCOMMODATIONS

Our grounds abound with well-groomed perennial gardens, spring-fed ponds, a spa courtyard and country scenery. Century-old Oak trees, a reflecting pool enhanced with fountains and an oversized deck compliment the atmosphere of the spa and promote the ultimate in relaxation.



INN ROOMS

Each of our fifty guestrooms has unique characteristics, dating to the Inn's opening in 1929. The views will delight you: floral gardens, a stately courtyard, an enchanting reflecting pool, and more. Each of our rooms features elegantly refined décor, plush bathrobes, and a bathroom supplied with spa amenities. Wireless high-speed Internet service is provided in all our guestrooms. In-room safe for valuables, iron with ironing board and hair dryer are included.

SPECIALTY SUITES

There are four specialty suites available in the main inn. Choose from the Canterbury Suite with its view of the Spa Courtyard or the Garden Suite that overlooks the rock gardens and fishpond at the entrance to the Inn.

The Terrace Suite offers stunning views from its beautiful brick terrace deck overlooking the spa courtyard, reflecting pool and the 17th tee of the golf course - perfect for entertaining small gatherings or simply enjoying the views in private. This suite has a large bathroom area with Jacuzzi tub and separate shower.

The Windsor Suite is the most elegant suite of them all. This luxurious two-room suite has a king-sized bedroom with an oversized marble bathroom including a two person Jacuzzi tub, separate shower and double sinks with full amenities. The living room invites you to relax on the overstuffed full sleeper sofa and chairs while watching television or entertaining guests at the dining room table while enjoying beverages from the bar.

thespaatnorwichinn.com/hotel-rooms-ct/



AMENITIES

Our guests have access to all spa facilities during their time with us. That includes the Fitness Center, Indoor Exercise Pool, Relaxation Room, Sauna, Steam Room, Hot Tub, and Locker Room.

From our Morning Welcome to Virtual and Live Fitness Classes in the Spa, Movie Nights to Trivia in Ascot's Pub, Live Entertainment on the Outdoor Deck to Specialty Dinners in Kensington's Restaurant, we look forward to sharing with you a variety of NEW activities, entertainment and live music throughout the property. Prior to your visit, make sure to check out our [Guest Activity Schedule online!](#) We are constantly adding both complimentary and NEW activities for you to extend your spa day or include in your overnight getaway.

Don't forget to checkout out the Apiary! Our own bees keep us supplied with honey that we use in our custom spa services and for purchase.

Whether you are enjoying a relaxing massage in the spa or getting ready for a delicious dining experience in Kensington's Restaurant, The Spa at Norwich Inn is the ultimate destination for your overnight or day-time getaway.

For assistance with booking , call 860.425.3500 or visit our website thespaatnorwichinn.com.



SPA & SALON



Twenty-seven treatment rooms, a Fitness Center, Indoor Pool, Relaxation Room, Sauna, Steam Room, Hot Tub, Salon, signature services and product lines, fitness classes, and activities are all designed to redefine the idea of health and wellness. Make no mistake this is a pampering spa, where treatments both relax and stimulate your senses.

Our therapists are experts in the art of pampering. They will help you feel relaxed and restored, providing lasting therapeutic and health benefits.

If this is your first spa visit, relax. Our staff will answer all your questions, and their caring, personal touch will ease any apprehensions you may have. We pride ourselves on creating an environment that fully supports the mindful rejuvenation of body, mind, and spirit.

We offer a wide selection of Norwich Spa treatments ranging from traditional massages to a special selection of treatments designed especially for our award-winning spa.

The Salon at The Norwich Inn offers styling, coloring, and conditioning treatments.

Every day we offer many different types of fitness classes. When a live class is not in session, our guests are free to use our complimentary Virtual Fitness and choose any class they desire.

The Spa and its amenities are available to our guests age 14 and older.

[View Spa Menu of Services](#)

[View Spa Day & Overnight Packages](#)



DINING



Kensington's



Ascot's

Kensington's at Norwich Inn

Kensington's, located just off the hotel lobby, is the fine dining restaurant at The Spa at Norwich Inn. It serves breakfast, lunch, and dinner daily.

Dining is open to both guests of The Spa at Norwich Inn and the public.

[View Kensington's Menu](#)



Ascot's Pub at Norwich Inn

Ascot's Pub is located off the lobby. A classic pub with knotty pine walls and the conversation of good friends. Join us for Wednesday night Trivia and Gastropub Thursday's.

[View Ascot's Pub Menu](#)



MEETINGS, WEDDINGS & SPECIAL EVENTS



We believe that no two meetings are the same, and no two are alike. When you book your meeting at The Norwich Inn you can consider us an extension of your team. A team that is entirely focused on you and your needs. In fact, while your group is here, there is only one meeting at a time. You can expect our entire team to be at your disposal for the duration. That's why we've been voted Top CT Meeting Facilities. Start with a seamless process. Meetings at The Spa at Norwich Inn take place in just a little under 2 hours from NYC, 2 hours from Boston, under an hour from Providence and just 45 minutes from Hartford. Easily accessible, incredibly convenient for all major forms of transportation, and next door to some of the area's most exciting attractions, planning your next meeting at The Spa at Norwich Inn couldn't be easier.

If you're looking for a CT location to plan a meeting, look no further and please contact Mary Arcuri, at 860.425.3686 or marcuri@thespaatnorwichinn.com.

You travel down a winding country road and enter a private drive lined with century old maples. There before you sits a Georgian Colonial Manor, its red brick façade at once elegant and welcoming. Surrounding you is a landscape of manicured lawns, reflecting pools with fountains, courtyards and cozy hiding places nestled within the woodland. Special occasions have found a home here for decades "beyond the hedges" as couples begin their lives together, anniversaries are celebrated, and memories are created. Weddings at The Spa at Norwich Inn... the consummate historic Inn, one of New England's finest wedding destinations, a storybook setting for your wedding. Come share with us your vision, and together we will create a wedding to remember.

Please contact our Senior Sales Manager, Malana Dougherty-Jarzabek at 860.425.3687 or MDoughertyjarzabek@thespaatnorwichinn.com.

