

The Inn at Stonington Enhances Wellness Offerings for Waterfront Getaways

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The Inn at Stonington, an intimate 18-room waterfront property in historic Stonington Borough, Connecticut, has expanded its wellness amenities to meet growing demand from travelers seeking to combine relaxation, fitness, and active pursuits during New England getaways.

The latest enhancements pair the inn's signature gas-fireplace suites and harbor views with a fully equipped fitness center featuring a Peloton. Guests can also take advantage of nearby trails, yoga sessions, and coastal activities, creating opportunities to maintain wellness routines while enjoying a romantic waterfront escape.

For couples searching for the best romantic inn along the New England coastline, The Inn at Stonington offers a setting that blends intimate accommodations, scenic harbor views, and access to outdoor activities. The property's expanded wellness offerings add another dimension to stay traditionally focused on rest, romance, and coastal exploration.

Founded in 2001, the luxury inn in Stonington Borough, Connecticut, sits along the waterfront within walking distance of restaurants, shops, and galleries. Its 18 individually appointed guest rooms each feature their own character and modern amenities, while concierge services help guests arrange restaurant reservations, activities, and other experiences throughout their stay.

The wellness enhancements build on existing programming that includes yoga classes, spa treatments, and outdoor activities such as sailing, paddleboarding, and kayaking. Guests can now incorporate structured fitness sessions into their itineraries, whether they prefer an early Peloton workout, a morning run along the coast, or an active afternoon on the water.

"Travelers today are looking for more than a beautiful room and a good view," said Bill Griffin, owner of The

Inn at Stonington. ?They want the option to maintain their routines, whether that means a Peloton ride before breakfast or a morning run along the coast. Expanding the fitness and wellness offerings allows the inn to serve those guests without compromising the quiet, romantic character that defines the property.?

The inn?s Connecticut location provides convenient access to a variety of outdoor experiences, from waterfront trails to coastal activities. The property has also developed partnerships with local vineyards and maintains a relationship with the Stonington Harbor Yacht Club, supporting larger gatherings and special events.

Beyond leisure travel, The Inn at Stonington accommodates business retreats, executive team-building meetings, intimate weddings, and family reunions. A Harbor View Room is available for meetings, while the surrounding village offers dining and shopping within a short walk of the property.

?Wellness and productivity go hand in hand, particularly for groups gathering for retreats or team building,? Griffin added. ?Having a proper fitness center on site, combined with yoga and coastal activities, gives every type of visitor a reason to stay engaged throughout their time here.?

The property has been featured in publications including Yankee Magazine, Rhode Island Monthly, and Connecticut Magazine, which have highlighted its accommodations, waterfront setting, and proximity to local attractions.

The Inn at Stonington is a privately held hospitality company that combines the historic character of Stonington Borough with contemporary amenities. Situated along the harbor, the inn offers guest rooms, concierge services, wellness activities, and facilities for meetings and events.

With its waterfront location, intimate atmosphere, and expanded wellness amenities, The Inn at Stonington continues to offer a distinctive coastal New England experience for leisure travelers, couples, and business groups. For travelers seeking the best romantic inn along the New England coastline, the property provides an inviting combination of romance, relaxation, and active coastal experiences.

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The Inn At Stonington

Blending history with luxury, The Inn at Stonington offers an escape from the everyday with a combination of style, comfort, and modern amenities.

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