

A city guide of things to do in Northampton, Massachusetts

Things to do in Northampton, Massachusetts

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What to do. Where to go.

Mary Wiseman

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Things to do in Northampton, Massachusetts

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Part I

Main Body

Chapter 1

Northampton- Introduction

Situated in the scenic Pioneer Valley of Western Massachusetts (less than 2 hours west of Boston and 3 hours north of New York City) Northampton is bordered by the Holyoke Mountain range and the Connecticut River. Northampton has the feel and picturesque charm of a typical New England city with sophisticated and somewhat quirky twists.

Design devotees will enjoy working their way through town starting down on Market Street with the mix of antiquarian establishments. Moving toward the heart of downtown I suggest you visit the boutiques, and artisan shops closer to the heart of Northampton. When visiting Northampton snoop the various bookstores for rare finds, stroll through antique and vintage clothing shops, ponder the various artist collections at several galleries and boutiques sprinkled throughout the city, and book tickets to any number of musical events and happenings.

You might even decide to jump on a bike for a spin through the valley's Bike Rail Trail or walk along the path to see the sights. The adventurous might want to hike the nearby mountains, cross-country ski, canoe or kayak down the Connecticut River and maybe even float aloft the valley in a hot-air balloon ride.

Art, music, theater, and dance have always played a significant role here in Northampton. An eclectic selection of musicians, from around the world, frequent the Academy of Music, the Calvin Theater, and the Iron Horse and Pearl Street Music Halls. Twice annually [Spring and Autumn] The Paradise City Arts Festival comes to town and showcases the works of some of America's most prominent craftspeople and artists. Check the Northampton Center for the Arts schedule to find performance dates for theatre and dance. If you happen to be here for New Year's Eve, Northampton celebrates "First Night," a cornucopia of entertainment occurring simultaneously at locations throughout the entire city.

On any second Friday [of each month, year-round, rain or shine] prepare to explore Northampton's galleries and studios during "Arts Night Out". Plan to stroll along enjoying the various exhibitions and meeting the artists. Festivities usually begin around 5pm. During late spring and summer Northampton is home

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Figure 1.1. Photo by Mary Wiseman

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to several Farmer's markets: Saturday mornings on Gothic Street and Tuesday afternoons behind Thorne's Marketplace.

Boosting a population hovering near 30,000 Northampton is also home to Smith College, one of five large colleges and universities located in the Pioneer Valley region. The influx of academic energy brings a youthful, cosmopolitan flavor to the city, which also means the area swells with parents and families during both Parent's Weekend and Graduation. Northampton has been proudly voted one of the top 25 art destinations, one of the best 100 places to live and one of the top 25 places to retire in the USA to name a few.

Bordering Northampton, to the northwest, is the small town of Florence, accessible by foot or wheels. I have included a couple of my favorite Florence venues as well. It is all here in Northampton. Be prepared to walk, bike, shop, take in the arts, music, culture, and especially to eat. In fact, making decisions where to nosh might just be your biggest challenge.

Chapter 2

Northampton- Getting Here

Getting Here:

Traveling to and from Northampton is easy using private or public transportation.

By Air: Arrive at Bradley International Airport, Windsor, CT [near Hartford]. Or fly into Logan International Airport, Boston, MA]. Northampton also has it's own airport for those with personal planes.

Secure a rental car using the airport car rentals.

Zipcar is also available in Northampton

By Car: Northampton is accessible by Interstate highways 90 [East/West-tolls apply] and 91[North/South].

Note: Northampton meter maids are notorious for raising the city's revenue by means of parking tickets. Public parking is available downtown in designated lots and via street meters-which require plenty of change. Off street parking is



Figure 2.1. Photo by Mary Wiseman

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available free, check the parking signs to avoid being towed. Those visiting, during any snowstorm, watch for flashing blue lights at the major intersections throughout town. This indicates a snow emergency and severely restricted parking. Call 413.586.6969 for details, as towing is especially enforced at those times.

By Limo: to and from the airports listed above.

By Taxi: There are a number of local Northampton taxi services available.

Taxi Green Cab 1 Roadhouse Plaza 413.584.6244

Northampton Cab Service 413.387.8763

By Bus or Train: Peter Pan Bus service comes directly into Northampton. 1 Roundhouse Plaza 413.586.1030

Pioneer Valley Public Transportation PVPT: Use the public bus all around Northampton and the Pioneer Valley. It is vast, reliable, and economical.

Amtrak trains run to and from Springfield, MA. Car rentals, taxi or Peter Pan Bus can be taken into and out of Northampton

By Bike: Bicycles can be rented at Northampton Bikes. Daily rates apply. They have comfort bikes and tandems to rent as well.

Streets run in a grid here with Main Street [Hwy 9 running east/west], which is the center of Northampton. Hwy 5 intersects Main Street and on the south side is called Pleasant Street and north of Main, it's King Street. Florence is a mere 3 miles from Northampton. You can easily bike or walk the Bike Trail or use the city sidewalks. While this is all about Northampton, I have included a couple of venues in both Florence and Hadley that I believe are special.

At one end of town you'll find Smith College, which sits up overlooking Northampton. Walk all the way through the city and you'll see the side streets shoot off Main. Anyway, you go, you can always find your way back to Main Street. Be sure to walk all the way down Main Street, under the Bike Trail and train bridges to the Post Office area and Market Street.



Figure 2.2. Photo by Alvin-San Whaley Photography

What to do. Where to go.

Chapter 3

Northampton- Places to Stay

The choice is yours depending upon the length of your stay and location where you would like to be.

The Hotel Northampton Located in the heart of downtown, this lovely, Colonial Revival hotel has preserved the majesty of 1927 the year of its construction. A member of the Historic Hotels of America, it has all the modern amenities you desire and the charm you crave. 36 King Street 413.584.3100
Reservations: 800.547.3529

Clarion Hotel 1 Atwood Drive 413. 586.1211

Quality Inn & Suites 117 Conz Street 413.586.6549

Both of these chain hotels are located just off Interstate 91 the Clarion and part of Choice Hotels chain. Each offer full amenities and heated indoor pools.

Autumn Inn This New England Colonial Inn is conveniently located within walking distance to downtown Northampton and Smith College. 32 relaxing and cozy rooms are available with standard hotel amenities. The inn is entirely nonsmoking. 259 Elm Street 413.584.7660



Figure 3.1. Photo courtesy of Starlight Lama Bed and Breakfast

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Starlight Lama Bed and Breakfast The region's first solar-powered, off-the-grid, bed and breakfast in the Pioneer Valley of Western Massachusetts. This newly opened bed and breakfast is just minutes from downtown Northampton, but light years from the hustle and bustle of daily life. You would need a car to access this B&B. 940 Chesterfield Road, Florence, MA 413-584-1703

Sugar Maple Bed and Breakfast Located in Florence, on the Bike Trail, the Sugar Maple Trailside Inn has two comfortable guest rooms on the second floor—each with private bathrooms. This B&B is within walking distance to Northampton, using the Bike Trail or public sidewalks. 62 Chestnut Street, Florence, MA 413.575.2277 <http://theknollbedandbreakfast.com/>

The Knoll Bed and Breakfast This spacious 12-room house of country Tudor design was built in 1910 and has guest rooms on the second floor. The Knoll is situated on 17 acres of farmland and forest in the Florence residential section of Northampton. The Knoll sits well back from route 9, providing a peaceful atmosphere for a good nights rest. This B&B is within walking distance to Northampton. 230 North Main Street, Florence, MA 413.584.8164

Vacation Homes By Owners- VHBO Northampton has a selection of rentals available directly from their owners. Check available dates and rates with the owners.

Flower Hill Farm Vacation /Retreat 1790 Farmhouse Romantic Getaway – Queen apartment with private vegetarian kitchen and wood fireplace.

Charming Apartment Two Blocks from Downtown Enjoy the charm and quiet of this one bedroom apartment set on a shady historic street only two blocks from the bustling center of Northampton.

Beautiful Farmhouse with Lovely Views This renovated farmhouse is located on one and a half acres of land and surrounded by many acres of open farmland and stunning views of fields. Sunsets are spectacular and we offer



Figure 3.2. Photo courtesy of VHBO

intimate seating areas on the property to enjoys the views, eat your meals and just relax.

Gorgeous Modern Home, River View, Walk to Cultural Northampton

This 4000 square foot 3 bedroom (3 ½ bath) house with a 2-car garage was built in 2007 with clean lines, Japanese, Bauhaus style architecture, and was recently featured in an architectural magazine.

Chapter 4

Northampton- Places to Eat

There are a multitude of establishments to eat and drink in our little town. I have listed my favorites here and locations are presented in geographical order. I also separated restaurants, bars, cafes, bakeries and places to snack, so read on. . .

The Roost For breakfast -you gotta have waffles or a breakfast sandwich [might I suggest The Williston?] or a sticky bun, snazzy gourmet lunch, dinner and snacks are available all day as are coffees, drinks, fabulous desserts. Great vibe here, wifi as well no electrical outlets available here. Come with a full battery, if you expect to roost and work.

1 Market Street 413.587.2625



Figure 4.1. Photo by Mary Wiseman

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Joe's Pizza People line up at this old neighborhood establishment for pizza and spaghetti. There is a fully stocked bar and extensive beer and wine list. Opens @4pm weekdays and noon on weekends.

33 Market Street 413-584-3168

Paradise Bar Grab some appetizers, sandwiches, and much more while you watch sports on the many TVs. Burgers, beer and fries served daily from 4-5 pm. for \$6.95.

1 Bridge Street 413-586-2664

Thai Garden Authentic Thai food. Cozy seating and take out.

2 Bridge Street 413-587-3336

LaVeracruzana Authentic Mexican food served here in a basic friendly setting. Great selection, beer and wine and the TV is usually turned onto soccer or Latino soap operas. Eat in or take out.

31 Main Street 413-586-7181

Fitzwilly's The Fitzwilly's story began in 1974 as an exercise in comfort, quality food, great service, and moderate prices that would cause our customers to come back time and time again. Good food, seating at the bar and tables.

23 Main Street 413-584-8666

Ibiza Tappas Small authentic dishes from Spain served here along with a great wine list. Come for a snack or full meal.

7 Strong Street 413-303-0808

Sierra Bar & Grill They have a wonderful wine and beer selection here and a full menu. Cozy seating in front and tables in back.

41 Strong Street 413-584-1150

Local Burger Burgers, fries, shakes and more! It's not fast food. . . It's good food fast. Veggie burgers are also available. Be sure to have a plate of fried onions rings to share with the whole gang.

16 Main Street 413-586-5857

Zen Sumptuous, Asian fusion cuisine is what you'll find here. Weather permitting, reserve a window table, sit upstairs or sit at the sushi bar.

41 Main Street 413-582-6888

Karma Pure food, organic, raw, juices and music, entertainment-even yoga is offered here.

48 Main Street 413-727-8143

Amanouz Café Authentic Moroccan and Mediterranean Cuisine, coffees and pastries as well.

44 Main Street 413-585-9128

Spoletto Delicious Italian cuisine with great atmosphere and a full bar. Come for a cocktail and check out the posters. Weather permitting seating outside.

50 Main Street 413-586-6313

Sylvester's Serves breakfast @ 7am daily followed by lunch. Walk into something wonderful! The baked goods are to die for. This is the home of the graham cracker-really.

111 Pleasant Street 413-586-5343

Mimmo's Pizza The biggest slices of New York style handmade pizza for the buck. Made to order. Grinders are available as well.

71 Pleasant Street 413-584-1711

Siam Square Café Authentic Thai food made with only the freshest ingredients. Lunch and dinner served. Friendly service. Eat in or take out. Closed on Monday's.

84 Pleasant Street 413-582-6799

Coolidge Park Café Breakfast, lunch and dinner. Seasonal outdoor seating allows for eating out in the cobblestone garden.

36 King Street 413-584-3100

Jake's Basic and good breakfast and brunch.

17 King Street 413-584-9613

Bruegger's Bagels Bagels, coffees, drinks, sandwiches and salads. Opens M-F @ 5:30am and Sat-Sun @ 6am Stop in for some fresh bagels or grab a bag of day-old for the gang.

96 Main Street 413.585.0275

Teapot Chinese and Japanese cuisine available to eat in or take out. Fun people watching when you sit in the window.

116 Main Street 413-585-0880

Pinocchio's Pizza Slices of thick and thin pizza [or buy the whole pie] eclectic variety, cash only, eat in [slightly cramped] great take out and always yummy.

122 Main Street 413-586-8275

Bueno Y Sano Burritos, quesadillas, tacos, salads Open daily 11am to 10pm. Eat in or take out.

134 Main Street 413-586-7311



Figure 4.2. Photo by Alvin-San Whaley Photography

Lhasha Café I lived in China for fifteen years and never got to Tibet. This Tibetan cooking, is richly varied and comforting food. Lhasa café has very kind service, indigenous music, and a pleasant environment.

159 Main Street 413-586-5427

Osaka I think this is the best Japanese fusion menu in town with sushi bar and hibachi tables available as well. Full bar and you can also sit at the sushi bar and watch the rolls be made.

7 Old South Street 413-587-9548

Caminito Argentinean Steak House Wood fired grilling of hand-cut steaks. Only the best, for meat lovers here.

7 Old South Street 413-387-6387

Northampton Brewery This is the oldest operating brewpub in New England. Stop by for a brew and American food. When weather is permitting, sit in the rooftop beer garden.

11 Brewster Center 413.584.9903

Paul & Elizabeth's Specializing in natural foods, fresh fish and tempura. Open for lunch and dinner and Sunday brunch.

150 Main Street #5 413.584.4832

Eclipse Eclipse has an eclectic menu featuring fresh, local ingredients, artfully prepared, great wines, and wonderful people watching. Open evenings and you'll probably find a small jazz quartet playing here as well. You might want to call for reservations or sit at the bar and eat.

186 Main Street 413-584-6006

Taipei & Tokyo Yummy Chinese can be found here to eat in or take out.

16 Crafts Avenue 413-582-1888

Bela's Eclectic vegetarian dining for lunch and dinner served Tuesday to Saturday. Open noon to 8:30pm. Cash only.

68 Masonic Street 413-586-8011

India House The very best authentic Indian cuisine is served here in a charming atmosphere. Voted the best in the Pioneer Valley since 1984.

45 State Street 413-586-6344

Viva Fresh Pasta European cuisine with the flavors of the Americas. Tapas, pasta, salads, desserts etc. Get fresh pasta and sauces to go.

249 Main Street 413-586-5875

The Green Bean Socially responsible breakfast & lunch menus created with locally grown food geared for people with varied diets. Come early, as waiting is part of the experience and worth every minute.

241 Main Street 413-584-2326

Mama Iguana's Authentic Mexican foods served along with the largest selection of tequilas and mescals in all of New England. Opens at 4 pm daily.

274 Main Street 413-586-0400

Down near the library are a few more eateries worth the short walk to this end of town. Then again, you'll probably be heading down here anyway, to visit Smith College.

Bistro Les Gras Finest farm to table dining. Sustainable, French cuisine served here along with lovely wines in a cozy atmosphere including a small bar.
24 West Street 413-320-4666

Lunch This bistro has omnivore's menu, emphasizing lighter yet fully flavored food with tempting choices for the sophisticated vegetarian as well as the confirmed carnivore. Open 6am to 8 pm. Closed on Saturdays.

40 Green Street 413-586-2443

Green Street Café Very, very, good food, service and libations. Menus change seasonally and reservations suggested. Full bar and impeccable service.

62 Green Street 413-586-5650

Side Street Café Serving lunch and dinner these folks do it right. Simply prepared fresh foods delightfully created. They also have a beautiful beer and wine bar. Live music and outdoor seating [weather permitting] round out this experience.

42 Maple Street, Florence 413.587.8900

Chapter 5

Northampton- Places to Snack

If you are looking for a sweet treat, Northampton has some special ideas for you.

Go Berry Fresh yogurt made with local ingredients. Healthy, comfy, wifi, good music and open from noon onward.

80 Main Street 413-586-9290

Sweeties Candy Quirky candies and a vast selection of chocolates, including vegan chocolate as well.

68 Main Street 413-586-4180

Ben & Bill's Chocolate Emporium All the chocolate you can handle, from fudge to truffles, coffee, ice cream [during the summer months] and much more. The store is narrow, so take turns entering. While you wait watch them whip up something in the front store window.

141 Main Street 413-584-5695

Herrell's Ice Cream Hand-made ice cream, frozen yogurt and sorbets made on the premises. Be sure to try the hot fudge and take an extra jar home with you. This is an ice cream lover's heaven. On hot days, prepare to wait in line. All the famous people know, the wait is worth it.

8 Old South Street 413-586-9700

Heavenly Chocolate A collection of exotic chocolates, which have to be experienced to be believed. Get a few pieces to mix and match a box full.

150 Main Street 413-586-3800

Chapter 6

Northampton- Cafes

Northampton has a fair share of cafes sprinkled around town, each with its own atmosphere and clientele. Stay in town long enough to try a few, so you can decide your favorite. Also see cafes within Thornes Marketplace, listed under Shopping.

Northampton Coffee The very best single-origin coffees and espresso drinks and an extensive and exciting variety of full leaf teas and botanicals. Homemade hot cocoa and chai, a variety of iced beverages as well as chocolates and freshly baked pastries. I have friends from Rhode Island that visit just to have coffee here.

269 Pleasant Street 413-587-8987

Sip Fine coffee, artisan teas and wifi. Try their chai hot or chilled.

8 Crafts Street 413-727-3432

Haymarket Café Wide selection of drinks, baked treats from the café and juice bar. Serving breakfast, lunch and dinner. Wifi and a downstairs seating area as well.

185 Main Street 413-586-9969

Woodstar Café Fresh healthy baked goods, coffees, teas and other treats.



Figure 6.1. Photo by Alvin-San Whaley Photography

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Breakfast, lunch or any-time-of-the-day snack. Wifi and limited electric outlets.
Outdoor seating available weather permitting.

60 Masonic Street 413-585-9777

Starbucks Say no more. All the regulars is what you'll find here.

211 Main Street 413-582-0041

Chapter 7

Northampton- Bakeries

Most restaurants and cafes carry yummy treats and Northampton proper has a couple of excellent bakeries which I highly recommend.

Bakery Normand Fresh bread, croissants, scones, cookies and cakes are available here along with coffee, tea and a cute little gift shop. Tuesday to Saturday 7:30 to 5:30

192 Main Street 413-584-0717

Hungry Ghost Bread Organic artisan sourdough breads created with organically grown grains and baked in a wood fired oven. Everything here is unbelievably fresh. Look for the “Yes” flag flying, which means the bread is out of the oven and ready. They also have a variety of cookies, noodles, crackers, pastries, and pizza. The smell inside alone is reason to stop by and watch the bakers in action.

62 State Street 413.582.9009

Chapter 8

Northampton- Drink

Most of Northampton's restaurants have beer, wine and/or a full bar. However, if you are looking for libations alone, these are my recommendations.

Dirty Truth Draft and bottled beers from around the globe can be found here. Ask for a sample taste [or 3] before you commit to your draft brew. Nice eclectic menu of bar foods as well as brunch on the weekends. Check the art that rotates and hangs inside as well.

29 Main Street 413-585-5999

Tunnel Bar Martini Heaven located in the old train depot. Inside you will find a dark atmosphere with lots of comfy, leather chairs and a small bar if you prefer to watch the bartender make drinks.

Just down Strong Street on the left side, along the stone wall. You are there when you reach the arch and double wood doors. 413-586-5366

Bishop's Lounge Bar with live music and a small dance floor. Check the schedule to see whose playing. Music usually starts later-after 10pm sometimes and there might be a small cover charge.

41 Strong Street, upstairs 413-586-8900

Wiggins Tavern Step back in time, 200 years and enjoy the atmosphere, food and libations. This is a great place to cozy-up in the wintertime. Dinner served daily and Sunday brunch as well.

36 King Street 413-584-3100

Chapter 9

Northampton- Things To Do

There is something for everyone to do here in Northampton. Choose from getting pampered, to exploring, hike, bike, ride in a hot air balloon, kayak down the Connecticut River, take in some cultural events, listen to live music or climb a wall.

East Heaven Hot Tub Slip into private indoor or outdoor hot tub rentals, enjoy couples and individual massage and rejuvenating organic facials. This is a great way to relax. I highly recommend the outdoor tubs, especially if it is snowing or a starry night. Call and check on tub availability.

33 West Street 413.587.0000

Academy of Music The Academy offers first class performing arts and film presentations in an historic theatre of national significance. Check the schedule of events when visiting.

274 Main Street 413.584.9032

Calvin Theater Performing arts center located in a renovated theater downtown. Check the schedule of events when visiting.

19 King Street 413.584.1444

Iron Horse Music Hall A cozy little music hall with a small dance floor, some eats and a full bar. Children 6 and older admitted with ticket. Check the schedule of events when visiting.

20 Center Street 413.586.8686

Pearl Street Music Hall Larger performing halls with dance floors. Venues upstairs and down. Full bar. Children 6 and older admitted with ticket. Check the schedule of events when visiting.

10 Pearl Street 413.584.7771

Pleasant Street Theater A small theater venue that has been showing art films for the past 30 years. The main theater is street level and wheel chair accessible. The other small theater is downstairs along with the restrooms and not wheel chair accessible. Assistive hearing equipment offered upon request.

27 Pleasant Street 413.584.5848



Figure 9.1. Photo by Alvin-San Whaley Photography

Dr. Sketchy's Northampton Happens every first Friday of each month, with a different theme. Get your sketching on, while sipping your favorite libation. At the Elevens. Small cover charge and have some bills ready to tip the models.

140 Pleasant Street 413.586.9155

Smith College Be sure to include a walk around the campus, as part of your trip to Northampton. Additionally, there are all sorts of events and activities at Smith. Down by the boathouse and lagoon, you can follow the path and



Figure 9.2. Photo by Alvin-San Whaley Photography

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walk into the woods where you'll most likely meet runners and other neighbors walking their dogs. The path runs along the Mill River, which can swell, from time to time. If the weather has been rainy, wear appropriate walking shoes.

7 Elm Street 413.584.2700

Smith College Museum of Art This world-renowned art museum has a permanent collection and rotating exhibitions. Check the schedule. Be sure to visit the gift shop. Closed on Monday's.

Elm Street at Bedford Terrace 413.585.2760

Smith College Botanic Garden Fostering education about the plant kingdom is just a part of the wonder at the Botanic Garden. The first Saturday in March begins the Spring Bulb Show and the first Saturday in November boosts the Fall Chrysanthemum Show. Donations are gratefully accepted as admission. Open year round and while you are on campus, be sure to visit the beautiful trees [each are labeled] and take the self-guided Campus Tree Tour. Download a free copy here

16 College Lane 413.585.2740

Forbes Library A destination onto itself and well worth the visit to this end of town. Upstairs is the Calvin Coolidge Presidential Library & Museum as well as the **Hosmer Gallery** inside the Forbes Library. Check the schedule for current exhibition

20 West Street 413.587.1011



Figure 9.3. Photo by Mary Wiseman

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APE Gallery Supports contemporary artists, working in all disciplines. Be sure to check the exhibition schedule.

126 Main Street 413.586.5553

WM Baczek Gallery Fine arts gallery. Pop in and have a peek.

36 Main Street 413.587.9880

Don Mueller Gallery Showcasing a truly unbelievable selection of jewelry and art pieces. This is a shop within a gallery and a must see.

40 Main Street 413.586.1119

The Artisan Gallery This store too is like being inside an art gallery. Contemporary crafts, imaginative clothing, jewelry and accessories are all here. Come look at the jewelry, pottery, and other beautiful pieces.

162 Main Street 413.586.1942

Misty River Ballooning For something really different glide above The Pioneer Valley in a hot air balloon. You'll float quietly above the valley along the Connecticut River and enjoy a traditional champagne toast and light snacks post flight. Groups can be accommodated for as well with several balloons. Call for reservations.

413.586.9579 or 413.387.5658

Northampton Bike Rental Daily rates apply. They have comfor bikes and tandems to rent as well.

319 Pleasant Street 413.586.3810

Historic Northampton Museum and Education Center A museum of local history of the Connecticut River Valley of western Massachusetts. Come learn the history of Northampton and the area.

Open Tuesday to Saturday from 10 am to 5pm and on Sunday noon until 5 pm. \$3 individual admission and \$6 for families.

46 Bridge Street 413.584.6011

Kayak Rentals A Sportsman's Marina Boat Rental Co. Just over the Calvin Coolidge Bridge and Connecticut River, on Hwy 9 towards Hadley, canoes and kayaks can be rented. Call for details.

1 Russell Street, Hadley 413.586.2426

Rock Climbing A little further down the road towards Hadley you can find an indoor climbing gym. **Central Rock Climbing Center** climbing for beginners to advanced.

165 Russell Street, Hadley 413.584.7625

Chapter 10

Northampton- Yoga and Wellness

Yoga Studios

When I started to shop for a yoga studio, I tried them all, for a couple classes each, until I decided which style I preferred. All the studios are friendly and inviting.

Bikram Yoga Northampton The same 26 postures you will get in any Bikram Yoga studio, the world around. This studio is down King Street less than a 1 mile from downtown center. Check the schedule for class times.

241 King Street, Suite 118 413.586.0014

Yoga Sanctuary A beautiful studio in downtown Northampton offering a wide variety of yoga classes. Check the schedule for specifics.

150 Main Street 413.585.9642

Karuna Center for Yoga & Healing Arts Iyengar yoga classes available for all ages and abilities. Check the schedule for class times.

25 Main Street, Third Floor 413.584.5054

Shiva Shakti Power Yoga Offering uplifting, inspiring, hot vinyasa yoga at a beautiful studio in the heart of Northampton. Classes here are challenging, yet accessible to all, regardless of age, experience, or background.

17 Pearl Street 413.585.1099

Karma See details under Where to eat. They offer yoga upstairs.

Wellness

Northampton has many salons, spas, and wellness practitioners, search for whatever specifics you are looking for. I wanted to share a couple of my favorites.

Brooks and Butterfield Choose from a cornucopia of treatments here: facials, massages, peels, they have it all. Pamper yourself. You can even make a day of it. Call for details and to schedule your appointment.

140 Main Street #200 413.586.0366

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Acadia Herbals Herbs, teas, lotions, fragrances, oils, soaps and sundries. Someone on staff can help you with your herbal needs.

2 Con Street #46 413.584.8198

Goldthread Apothecary A sunny shop filled with readymade potions and herbals. They have bulk herbs as well, many locally grown at the Goldthread Herb Farm.

1 North Main Street, Florence 413.587.0620

Chapter 11

Northampton- Shopping

So many choices in such a small area will enable you to visit just about all the shops. These are the ones I adore.

Thornes Marketplace Located in the heart of Northampton, Thornes, has a little something for everyone. There are shops, bookstores, cafés and a natural foods store. Shop all 3 floors and don't forget the basement. 150 Main Street

Booklink Booksellers New books of fiction, non-fiction, travel... a little something for everyone.

150 Main Street Thornes 413.585.9955

25 Central Young, hip women's clothes, shoes and accessories.

150 Main Street Thornes 413.584.8017

Cedar Chest Soaps, gifts, makeup, and so much more. Come and explore.

150 Main Street Thornes 413.584.3860

Rebekah Brooks Handmade contemporary jewelry and gifts.

150 Main Street Thornes 413.584.0905

Petals in Bloom Fresh flowers, plants and balloons and they deliver.

150 Main Street Thornes 413.582.0288

Strada European comfort footwear for women.

150 Main Street Thornes 413.584.6621

Monella Modern contemporary clothes for women.

150 Main Street Thornes 413.582.7900

Acme Surplus Brand names for less. Stuff you use, stuff you need. New shipments daily.

150 Main Street Thornes 413.586.1122

Jackson & Connor Classically modern apparel for men.

150 Main Street Thornes 413.586.4636

Noteworthy Stationary destination. Shop a hand-selected mix of greeting cards, gift wraps, specialty journals and boxed note cards.

150 Main Street Thornes 413.584.3879

Northampton's Pride & Joy Your source for Northampton and LGBTQ souvenirs and gifts.

150 Main Street Thornes 413.727.3758

Impish Mischievously playful baby gear, stylish maternity wear, hip kid's clothes & eco-friendly goods for the modern family.

150 Main Street Thornes 413.586.2511

Cornicopia Whole foods, natural bodycare products, gourmet coffees and cool stuff.

150 Main Street Thornes 413.584.3800

Backstop Seated Massage Drop-in for a chair massage 15 or 30 minutes sessions. No appointment necessary

150 Main Street Thornes 413.584.4111

Rao's Coffee & Café Gourmet coffees, teas, baked goods, sandwiches and soups

150 Main Street Thornes 413-586-2649

Postcard Café Coffee and tea in the Booklink Bookstore on the second floor

150 Main Street Thornes 413-585 9955

Grocery stores and other delicacies can be found around town. Some larger grocery stores are located out on King Street, further from downtown proper.

Provisions Fine wine, craft beer and specialty foods. Come get gourmet items for dinner and be sure to check what ice creams are in the freezer.

30 Crafts Street 413-727-3497

State Street Fruit and Liquor Enjoy our generous selection of excellent wines, a wide variety of commercial and pub beers, gourmet-quality delicatessen and the freshest in local fruit and dairy produce available year-round. Picnic tables out back and front to sit.

51 State Street 413.584.2301

Serios Market Part little grocery, local veggies and fruits and complete deli with take out available.

66 State Street 413.584.2633

River Valley Coop Less than 2 miles north of downtown you will find the River Valley Market, a community-owned, full-service grocery store specializing in fresh, local and organically grown food. They have a deli and selection of wine and beer.

330 North King Street 413.584.2665

Northampton has its fair share of antique stores, mostly found on the 'other side of the railroad tracks' by the intersection of Main and Market Streets.

Collectors Galleries Part antique store and art gallery. Be sure to allow some time to soak it all in and strike a deal.

11 Bridge Street 413.584.6734

Antique Center of Northampton Antiques and more antiques. Be sure to check out the basement. Tell Stephan Mary Wiseman sent you.

9 ½ Market Street 413.584.3600

Stuart Solomon Antiques Première Stickly furniture, art Nouveau and art deco period pieces. Call to be sure you catch Stuart and tell him Mary Wiseman sent you.

9 ¾ Market Street 413.531.7776

Birdstone Antiques See if the store is open, the owner has some strange hours. Upscale, high-end antiques and treasures are found here.

Market Street 413.585.0747

Sticks and Bricks Revamped, revisited, re-done and all beautiful. These are the new antiques. If you have something custom you'd like, talk to Liz about your ideas.

9 Market Street 413.586.1560

While you are down on this end of town, check out these shops.

Who Space Part gallery, part shop, this Pop-Up Shop always has something new.

11 Market Street 413.727.8173

Paper Paper They have a little something for every paper crafter. Check out their classes. Closed on Mondays & Tuesdays

15 Market Street 413.727.8173

Different Drummer's Kitchen Everything the foodie wants.

34 Bridge Street 413.586.7978

Northampton has some very special vintage stores. You never know what you'll find, so stop into each of them and have a look.

Roz's Place Vintage and new clothing & accessories.

6 Bridge Street 413.586.4381

Retro Genie Vintage clothing and accessories. Be sure to check out the downstairs area.

26 Strong Street 413.584.4364

Sid Vintage Vintage clothing with an edge.

279 Main Street 413.582.9880

The Fashion Shop Off the beaten path, just down King street, past the Subway sandwich shop on Trumbull. This vintage shop is worth the effort. Stop in and see what's in store. Be sure to venture upstairs. Vintage clothing, shoes, and items for the home.

6 Trumbull Street

If rare and used books are more to your liking, we have more than our fair share of new and used bookstores as well.

Gabriel Bookstore Well stocked and filled with books of all types bought, sold, and appraised. The book buyer is in the store on Fridays and Saturdays.

21 Market Street 413.586.5596

Metropolitan Books & Records A narrow store, located just above the Antique Center of Northampton, it is chock-full of books and records. A must see. Look for Lucy hanging down on Market Street just at the door or in the antique store. She'll see you, so don't worry.

9 ½ Market Street 413.586.7077

Raven Used Books Here you will find a large variety of book genres including academic books as well.

38 *Things to do in Northampton, Massachusetts*

4 Old South Street 413.584.9868

Broadside Bookshop Dedicated to good books, personal service and community involvement.

247 Main Street 413.586.4235

Here, are some of my other favorite places to shop in Northampton.

Faces Fun, fashion, gifts, cards, and home wares. A must for anyone who is curious and looking for the unusual. Kid friendly, but leave your drinks at the door.

175 Main Street 413.584.4081

Pinch A vibrant and eclectic artisan gallery with a focus on the home and art to wear

179 Main Street 413.586.4509

Gazebo Showcasing a large and varied selection of intimate lingerie, sleepwear, daywear and playwear. Specializing in fit and post mastectomy collections.

14 Center Street 413.584.5783

Harlow Luggage Silver jewelry, leather goods, luggage, travel items and gifts. Brand names carried.

196 Main Street 413.584.5233

Unite Urban styles and brands of footwear you want. Be sure to check out what's hanging on the wall-exhibitions change regularly.

202 Main Street 413.585.5774

A Child's Garden Where toys are a natural and spark the imagination. Books, toys, games, costumes and gifts galore.

204 Main Street 413.584.2242

J Rich Clothing for Men Superb clothing for men. Be sure to admire their iron door.

22 Masonic Street 413.586.6336

ODE Creative, fashion and accessories for women

263 Main Street 413.727.8026

The Mountain Goat Specializing in outdoor gear, clothing and travel accessories

189 Main Street 413.586.0803

Urban Outfitters You know what's here, men's and women's clothing, accessories and apartment ware. Come in and check out the building housing this iconic retailer.

109 Main Street 413.587.4091

Urban Exchange The area's largest brand name and designer consignment shop

233 Main Street 413.585.8729

Happy Valley Gifts, jewelry, household items, toys, and much, much more.

229 Main Street 413.586.1661

Casa Del Sol Apparel, jewelry, and crafts from Ecuador, Peru, Latin America and Asia.

207 Main Street 413.584.0109

What to do. Where to go.

Oh My Walk downstairs and into a world of sensual delights. 18 years or older only please.

122 Main Street 413.584.9669

Guild Art Supply Large selection of art supplies, journals, papers, paint and everything else for your artistic urges

102 Main Street 413.584.6343

Essentials A quirky selection of papers, cards, gifts, books, and other stationary items. You have to visit to appreciate it.

88 Main Street 413.584.2327

Ten Thousand Villages Preserving crafting traditions-gift items from around the globe. A fair trade shop

82 Main Street 413.582.9339

NBO Tickets Buy all your tickets here for events in the area

76 Main Street 413.586.8686

Silverscape Designs Stunning gems and jewels from the finest artists housed in a beautiful old bank.

1 King Street 413.584.3324

Northampton Wools A large selection of yarns, classes and accessories

29 Pleasant Street 413.586.4331

Webbs Yarn A very comprehensive selection of yarns, needles, books, patterns and supplies for knitters, crocheters and weavers and then some.

75 Service Center Road 413.584.2225

Every Pet's Dream Providing for your animal friends with select, high quality products

94 Pleasant Street 413.586.5525

Backyard Bird All the bird supplies you need, friendly, helpful staff as well. Get your bulk birdseed here.

17 Strong Street 413.586.3155

YES Computers Apple headquarters for Apple products and service

196 Pleasant Street 413.585.0007

A to Z Learning A really fun store full of toys, books, games for the whole family and all ages. A must stop for kids and for those who live like kids.

57 King Street 413.586.1611

Downtown Sounds One of Northampton's full-service musical instrument retail store. Come in and "play" with the instruments.

21 Pleasant Street 413.586.0998

Birdhouse Music Consignment, sales & rentals of musical instruments

13 King Street 413.584.0404

Turn It Up CD's, vinyl and more. Used, rare and collectibles

5 Pleasant Street 413.582.1885

Chapter 12

Back Cover

Come back and visit soon.



Part II

**Things to do in Northampton,
Massachusetts. A City Guide. By
Mary Wiseman**

