# Westminster

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Health & Wellness





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# 1 The 1761 Old Mill

Historic full service restaurant, cocktail lounge overlooking a beautiful duck pond and waterfall.

## 69 State Road East • 978-874-5941

Sun brunch buffet 10AM to 2PM, Tues-Thurs 11:30AM to 9:15PM

Fri & Sats 11:30AM to 9:45PM, Sun 10AM to 8 PM (closed Mon. & Christmas day)

www.1761oldmill.com

www.facebook.com/pages/The-1761-Old-Mill/261856123919911?

# 2 Angler Fish Market & Chowder Co.

A full-service, 50-seat restaurant, fish that is Top Chef's "Hidden Gem" according to the Boston Globe.

### 1 Village Square • 978-874-2202

Tue - Sun 10AM to close.

www.theangler.org

f www.facebook.com/pages/Angler-Fish-Market-Chowder-Co-Inc/118091221606867?

# 3 Black Diamond II at The Wachusett Village Inn

Modeled after the popular Black Diamond Restaurant at Wachusett Mountain Ski Area, the Black Diamond II features traditional pub-style fare in a warm, casual atmosphere.

### 9 Village Road • 978-571-2517

Mon - Fri 5PM - 10PM, Sat 11AM - 12AM, Sun 12PM to 10PM www.wachusettvillageinn.com/black\_diamond\_ii\_restaurant

# 4 Blueprint Restaurant

Full service restaurant, lunch, dinner & late night cocktails. Blueprint New American Bar & Grille is a locally-owned & operated establishment that is combining innovative & eclectic ideas with some hometown favorite touches to provide a fun, welcoming, & comfortable atmosphere for our guests.

### 10 Village Square • 978-668-5580

Sun through Wed: 11am-9:30pm (kitchen) Bar stays open later, Thur - Sat: 11AM-10PM (kitchen) Bar open 'til 1AM, Sun breakfast 8AM to Noon.

www.blueprintamerican.com

f www.facebook.com/BlueprintAmericanBarandGrille

# 5 Dunkin Donuts

Restaurant with free Wifi, retail products for purchase & drive-thru. 21 Village Inn Road • 978-874-7333 Main Street • 978-874-0070 www.dunkindonuts.com

# 6 Green Tea

Chinese food for take-out.

7 Village Square • 978-874-2288

Mon - Thur 11AM - 9:30PM, Fri & Sat 11AM - 10:30PM, Sun 11:30PM - 9:30 PM

# Kay's Dairy Bar

Affordable old-fashioned clam shack with picnic bench dining for the whole family.

196 State Road West • 978-632-7191

Mon - Sat 11AM to 9PM, Sun 12PM to 9PM

Closed November through February.

www.facebook.com/pages/Kays-Clam-Box/102538349784872

# 8 McNally's Grill & Pub

McNally's Grille & Pub is owned by chef Sean McNally. Serving lunch and dinner. Spectacular appetizers are challenged by sumptuous entrees. Full liquor license and entertainment on the weekends.

88 Sargent Road • 978-874-1445

Tue - Fri 11:30 AM to 9PM, Sat noon to 9PM, Sun noon to 8PM (closed Mons)

f www.facebook.com/pages/McNallys-Grille-Pub/338226812861979?

# Mike's Pizza

9

Dine in or take out. 10AM to 9PM every day. 158 State Road East • 978-874-1800

## 10 Stefano's House of Pizza

Pizza, subs and more! Open daily. **105 Main Street • 978-874-1922** 

# 11 Subway

Sub sandwiches and more!

97 Main Street • 978-874-2185

Sat, Mon & Tue 7AM - 9PM, Wed through Fri 7AM - 10PM, Sun 8AM - 9PM.

www.subway.com

# 12 Town House of Pizza

Dine in or take out: pizza, subs, pasta, salads, calzones. **68 Main Street • 978-874-0326** Mon through Fri 9AM to 11PM **f** www.facebook.com/pages/Town-House-of-Pizza/115705975116788

# 13 VFW Grill

Hall rentals, catering, best onion rings in Central Massachusetts. **3 Eaton Street • 978-874-2424** Lunch Mon-Fri 11AM - 2PM, 2nd Thur of the month: dinner 4PM - 8PM, every Friday seafood dinner 4PM - 8PM

# 14 Westminster Café

Breakfast, lunch and homemade cooking! **51 Main Street • 978-874-1833** Mon through Fri 6AM to 1:45 PM, Sats 6AM to 1PM, Sun 7AM to 1PM **f** www.facebook.com/pages/Westminster-Cafe/108648399231229



# 15 Great Wolf Lodge

Great Wolf Lodge New England features our massive, 84-degree indoor water park with over 68,000 square feet of water-packed excitement. There are activities for everyone in your pack including the brand new Howlin' Timbers Play Park with a multi-level ropes course, mini golf, bowling. Battle a dragon in MagiQuest or get an ice-cream themed manicure at Scooops Kid Spa. Gather in the Grand Lobby for nightly Story Time—the perfect end to the day.

### 150 Great Wolf Drive, Fitchburg, MA (Exit 28 Rte 2) • 866-678-9653

- www.greatwolf.com/newengland/waterpark
- f www.facebook.com/GWLNewEngland

# 16 Rodeway Inn<sup>®</sup>

The pet-friendly Rodeway Inn<sup>®</sup> hotel is located in north central Massachusetts at the gateway to the Mohawk Trail scenic road, offering outdoor recreation like hiking, biking, rafting, beautiful scenery and fall foliage at its best.

# 183 Main Street • 978-874-5951

www.rodewayinn.com/hotel-westminster-massachusetts-MA142

## 17 Wachusett Village Inn & Conference Ctr.

A 72 room New England style inn specializing in meetings, weddings, and special events. Special pricing for ski trips. Open year-round.

### 9 Village Inn Road • 978-874-2000 or 800-342-1905

- www.wachusettvillageinn.com
- f www.facebook.com/WachusettVillageInn

# 18 Hager Park

RECREATION

The park consists of approximately 57 acres on the east side of the road, which abuts Woodside Cemetery. There are another  $18 \pm acres$  located on the west side of Route 140. The Rambler Recreation Area abuts the main part of Hager Park. Hiking trails connect the two parcels and are open to the public. A map of the trails can be downloaded from the Hager Park page on the Town's website. **Route 140 just south of the intersection of Route 2A & 2. • 978-874-7414** Open year-round.

www.westminster-ma.gov/pages/WestminsterMA\_BComm/Hager

# **19 Leominster State Forest**

Leominster State Forest is a 4,500-acre tract of forested land conveniently located off of Route 2 (exit 28) with parking available along Rte. 31 at several locations. There are year-round recreational activities, ranging from mountain biking, swimming, cross country skiing and snowmobiling. Nature lovers will enjoy the numerous hiking trails, Old Growth forests, the prolific mountain laurel bloom in late June and the wildlife.

### **90 Fitchburg Road - Rte. 31. Parking at four locations • 978-874-2303** Open year-round.

www.mass.gov/eea/agencies/dcr/massparks/region-central/leominster-stateforest.html

www.twitter.com/massDCR

# 20 Midstate Trail

The Midstate Trail is a scenic footpath located in Worcester County, 45 miles west of Boston. This 95 mile hiking trail extends from Rhode Island crossing the gentle hills of central Massachusetts and eventually connecting to the Wapack Trail in New Hampshire. The Midstate Trail is highly accessible, easy to hike and the best way to enjoy the natural side of the region.

Open year-round.

- www.midstatetrail.org/map\_page.html
- www.facebook.com/groups/324237663985

# 21 Muddy Pond Conservation Area

This Town-owned area consists of 500 acres of land with a trail follows the shoreline of Muddy Pond. The trail also links to the Midstate Trail (look for the yellow triangle signs to access the Midstate). Excellent wildlife viewing area and there's even a roofed shelter on the property. Heading north on Bragg Hill Road, after about two miles, look for the sign on the right-hand side. Follow the logging road and look for yellow triangles where the Midstate Trail crosses the road and bear right (south) staying on the marked trail. Open year-round.

# Bragg Hill Road • 978-874-7414

# 22 Wachusett Mountain Reservation

This State-owned property lies within the southern tip of Westminster off Route 140 and in the neighboring town of Princeton. It contains numerous hiking trails open to the public. Additional amenities include a summit lookout with automobile and chairlift access, numerous picnic areas, an information center and sanitary and parking facilities. There's also access to the Midstate Trail. **345 Mountain Road, Princeton. • 978-464-2987** 

Open year-round.

www.mass.gov/eea/agencies/dcr/massparks/region-central/wachusettmountain-state-reservation.html

# 23 Wachusett Mountain Ski Area

The most accessible big mountain skiing in southern New England with 3 high-speed quads, 1,000-foot vertical drop, and 23 well-groomed trails. Night skiing, 100% snow-making, base lodge with luxury sky-boxes, ski & rental shop, restaurant, ski/snow-board school, off-season festivals and corporate events.

499 Mountain Road, Princeton, • 978-464-2300

GPS: 41 Mile Hill Road, Westminster, MA

- Seasonal: Mon Fri 9AM 10 PM, Sat & Sun 8AM 10PM. Summer: 9AM 5PM.
- 💟 www.twitter.com/Wachusett 🛅 www.youtube.com/user/WaWaWachusett
- f www.facebook.com/WaWaWachusett 🔹 💽 www.instagram.com/wachusettmtn

# 24 Westminster Country Club

18-hole golf course

51 Ellis Road • 978-874-5938

- Seasonal, 7AM 7PM (weather permitting)
- www.westminstercountryclub.com

# 25 Woods of Westminster

Family owned and operated golf course. 90 Bean Porridge Hill Road • 978-874-0500 Seasonal, Mon through Sun 5:30AM - 9PM. www.woodsofwestminster.com



# 26 Appleberry Fabrics

Full service fabric store.

### 23 Village Inn Road • 978-874-0400

Mon through Wed 10AM to 5PM, Sat 10AM to 4PM. www.quilterstudio.com

# 27 Cumberland Farms

Convenience store and more. 68 Main Street • 978-874-0738 www.cumberlandfarms.com

# 28 Depot General Store

General store with friendly staff, convenience needs plus beer, wine and spirits. 160 State Road East • 978-874-2737

Mon-Thur 5AM to 9PM, Fri 5AM to 10PM, Sat 7AM to 10PM, Sun 8AM to 8PM.

# 29 Dollar General

Save time, save money - every day! 164 State Road East • 978-874-9939 8AM to 10PM every day www.dollargeneral.com

# 30 Vincent's Country Store

Full service specialty grocery store with many local food items. Fresh baked breads daily, hand-cut steaks, beer and wine.

109 Main Street • 978-874-1705 Daily 7AM to 9PM f www.facebook.com/vincentscountrystore

# 31 Wachusett Brewing Co.

For over 20 years, we have been brewing craft beer right here in Westminster! Come in for a tour or check out our retail store.

### 175 State Road East • 978-874-0255

Brewery tours on the hour, Mon through Sat noon to 5PM.

- www.wachusettbrew.com
- f www.facebook.com/WachusettBrewingCo

# 32 Westminster Convenience Store

Full-service convenience store.

217 State Road East • 774-297-1336

Mon - Fri 7AM to 8:30PM, Sat 7:30AM to 8:30PM, & Sun 8:30AM to 6PM

# 33 Westminster Liquors

Specializing in fine wine, spirits and craft beer. 71 Main Street • 978-874-1200 Mon through Fri 9AM to 9PM, Sat 9AM to 10PM, Sun Noon to 8PM www.facebook.com/pages/Westminster-Liquors/284345274946430

# 34 Westminster Pharmacy

Pharmacy department, outstanding wine selection, beer, cards and gifts, natural health products. Wine tastings every Fri 3-6PM, Holiday Open House every first Sat in December.

### 128 Main Street • 978-874-5812

Mon through Fri 8:30AM to 8PM, Sats 8:30AM to 6PM, Sun 8:30AM to 4PM (Pharmacy closed on Sunday)

www.naturaldrugstore.com

### AGRICULTURAL

# 35 Briar Rose Alpaca Farm & Gifts

We sell alpaca fiber and the gift shop has hand-made alpaca rugs, felted pictures, sweaters and items from Peru. In May, we shear our alpacas and in September we participated in the National Alpaca Farm Days.

133 Knower Road • 978-503-8709

11AM to 5PM Sat & Sun.

www.briarrosealpacas.com

## 36 Brook Bound Nursery & Floral Design

Flowers, trees, gifts, design services and more - opening spring 2015.

170 State Road East • 978-874-2500

Open April through October.

Mon through Fri 8AM to 6PM, Sats 8AM to 4PM, & Sun 9AM to 3PM.

www.brookboundnursery.com

www.facebook.com/BrookBoundNursery

# 37 Brookside Family Farm

Farm raised produce, grass-fed beef, pork, chicken and eggs.

### 145 Ashburnham State Road (Route 12) • 978-855-1837

Farmstand open starting in June and at local farmer's markets throughout the region, including Westminster Farmer's Market during the season.

www.brooksidefamilyfarm.com

sww.facebook.com/pages/Brookside-Family-Farm/479755302131300?

## 38 Elm Lodge Farm

Eggs year-round, seasonable vegetables, home to Coop D'Ville Chickens (happy, free-range, fed only organic feed/scratch).

9 Patricia Road • 413-336-4387

Call for appointment. Also at the Westminster Farmer's Market during the season.

# 39 Emerald City Indoor Garden

Hydroponics, soils, indoor garden supplies, and nutrients.

51 Main Street • 978-668-5393

Open year-round Mon - Fri 10AM to 6PM, Sat 10AM to 4PM, Sun noon to 4PM.

www.emeraldcitygrowstore.com

f www.facebook.com/emeraldcitygrowstore

# 40 Lori's Garden

Bedding, plants, seasonal décor, hangers, apples and pumpkins. 8 Merriam Avenue • 978-793-1046 Open daily 9AM to 6PM

- www.lorisgardencenter.com
- f www.facebook.com/lorisgardencenter

# 41 Maple Heights Farm

Offering grass-fed beef, pastured pork and chicken, and organic vegetables (Certified Organic Farm). Products are also sold at the weekly Westminster Farmer's Market (May through October) and Mass Local Food.

70 Howard Road • 978-874-1077

Sat mornings from 7:30AM to 10AM

www.mapleheightsfarm.com

# 42 Rouleau Family Farm

Seasonal produce: chemical free and nutrient dense. Visitors welcome! 2 Marshall Hill Road • 218-969-2930

Visitors welcome! Also available at the Westminster Farmer's Market during the season.

# 43 Sunny Knoll Farm

Seasonable vegetables, year-round dairy and beef, maple syrup, ice cream, beef, produce, sweet corn, and pumpkins.

### 100 Dean Hill Road • 978-874-0627

Farmstand open in-season from 10AM - 6PM. 83 Main Street open Tue & Wed 3 - 6PM, Sat & Sun from 1 - 5PM. Also the Westminster Farmer's Market on Fri afternoons during the season.

# 44 Westminster Farmer's Market

20+ vendors selling milk, eggs, cheese, meats, extensive produce, plants, wools & crafts, seasonal events and free music.

Academy Hill (Town Common) • 978-874-1373

First Fri in May through last Fri in October, 3PM to 6:30PM

www.westminstermafarmersmarket.com

f www.facebook.com/pages/Westminster-Farmers-Market/133750303302808

# 45 Whitmanville Farm

Circular sawmill, custom milled lumber, garden boxes, custom-cut firewood. 233 South Ashburnham Road • 978-874-2231

Year-round 8AM to 6PM daily

www.facebook.com/pages/Whitmanville-Farm/224248301025094

# 46 9 Round

# HEALTH & WELLNESS

9 Round is a 30 minute full body cardio kickboxing workout. This is a circuit style workout with no set class times. A new workout session starts every 3 minutes. It's a fun fast paced workout. The workout changes every day so it will never become routine or boring. A trainer is always there to provide guidance and motivation.

### 2 Village Square • 978-668-5543

Mon - Thur 8:30AM to 1PM, then 4PM to 8PM. Fri 8:30AM to 1PM, then 4PM to 6:30PM, Sat 8AM to Noon.

www.9round.com/fitness/westminster-ma-x5658

f www.facebook.com/9RoundWestminster

# 47 All About You Spa

Wellness spa and hot yoga studio featuring massage. **23 Village Inn Road • 978-874-6200** Year-round, Mon through Fri 10AM to 8PM, Sat 9AM to 6PM, Sun by appointment.

www.allaboutyousolutions.com

# 48 Curves

Women's fitness center.

217 State Road East • 978-874-5500

Mon through Fri 6AM to 7PM, Sat 8AM to 11AM

www.curves.com

f www.facebook.com/CurvesWestminster/info

# 49 The Cutting Edge

Full-service: haircuts, perms, colors, highlights, wax, - the best prices in town.
84 Oakmont Avenue • 978-874-1870
Open Tue, Thur, Fri & Sat

# **50 Davis Chiropractic**

Gentle hands-one care for painful muscles. **131 Worcester Road (Route 140) • 978-874-1991** Mon through Fri 8AM to 6PM (or by appointment)

# 51 Family Foot Care Center

We treat a variety of foot conditions for all ages. 32 State Road East • 978-874-1300 Mon through Thur 8:30AM to 5PM, Fri 8:30AM until noon

# 52 Greg's Barber Shop

Traditional men's barbershop - 2 chairs, no waiting. **121 Main Street • 978-668-5356** 

# 53 Dr. Smith & Associates

The region's comprehensive alternative care center, specializing in osteopathy, hypnosis and massage. By appointment.

2 Narrows Road, Suite 101A • 978-874-1180

www.yourintrinsichealth.com

# 54 Young at Heart Yoga

Yoga & Zumba classes. 97 Main Street • 978-467-6173 Year-round, class times vary. www.young-atheart.com f www.facebook.com/pages/Young-at-Heart/429867100462366?

# 55 Wachusett Animal Hospital

Animal hospital which offers 24/7/365 emergency, specialty surgery, boarding, doggy day-care, grooming and training.

29 Theodore Drive • 978-874-4100

Open all day, every day.

www.wahpr.com

f www.facebook.com/WAHPR

# 56 Wachusett Family Dental

We are a modern general dental office offering services for the entire family, including: cleanings, restorative work, extractions, root canals, crowns and dentures. Our office accepts most dental insurances.

### 16 Wyman Road • 978-874-7363

Mon - Thur 9AM to 6PM

swww.facebook.com/pages/Wachusett-Family-Dental/262772557236544

# 57 Circle K

Gas and diesel fuel, bananas, snacks, beer, wine, fountain and more! 21 Village Inn Road • 978-874-0930 Mon - Fri 5AM to 11PM, Sat & Sun 6AM to 11AM

SERVICES

www.circlek.com

f www.facebook.com/circlekgreatlakes

# 58 Larry's Gulf Station

Gas, service and repair. **72 Main Street • 978-874-9961** Mon through Sat 6:30AM to 8PM, Sun 8AM to 7PM

# 59 Laundry Room

Self-service Laundromat. 71 Main Street • 978-874-0664 Daily 6AM to 10PM

# 60 Young Dry Cleaners

68 Main Street • 978-874-1277

# 61 Westminster Garage

The best car service at affordable prices. State of the art facility to take care of all automotive repairs.

 11 Main Street • 978-874-5712

 Mon - Fri 8AM to 6PM

 www.autorepairwestminster.net

# 62 Westminster Gas

Gas, propane, repair and service. **78 Main Street • 978-874-225**7 6:30 AM to 9PM



This monument in the Town Center was constructed to honor those Westminster residents who perished in the Civil War.

### 138 Main Street • 978-874-7406 (Town Clerk)

Open year-round, sunrise to sunset.

www.westminster-ma.gov

# 64 Congregational Church

This 1941 building replaced the original church, which was built in 1837. **138 Main Street • 978-874-5790** Office open 9AM to Noon, Mon through Fri www.westcong.org

# 65 Forbush Memorial Library

Inter-library loan of books, e-books, magazines, movies, music, audio books, children's room, story and craft events, assorted educational programs.

### 118 Main Street • 978-874-7416

10AM to 8 PM Tue - Thurs, Fri 10AM to 6PM, Sat 9AM to 1PM.

Closed on Sun & Mon.

www.forbushlibrary.org

f www.facebook.com/ForbushMemorialLibrary

# 66 Mount Pleasant Cemetery

This historic cemetery saw its first burial in 1803. The columbarium was dedicated in 2012.

Knower Road & Ellis Road • 978-874-7415 (Cemetery Department) Open year-round, 7AM to 3:30PM

# 67 Old Town Hall

This historic Greek Revival-style Town Hall was originally constructed in 1839 and raised a level in 1855. Outside viewing only.

3 Bacon Street • 978-874-7406 (Town Clerk)

www.westminster-ma.gov

# 68 Westminster Town Common

This is the original Town Common with views of Wachusett Mountain. The Common plays host to Wed night band concerts during the summer, the Town's annual Memorial Day Celebration, and the Westminster Farmer's Market, which is open May through October 3PM to 6:30PM. The gazebo can be booked for weddings and special events.

### Top of Academy Hill Road • 978-874-7406 (Town Clerk)

Year-round, from sunrise to sunset.

www.westminster-ma.gov

# 69 Westminster Cracker Factory

This building was the original headquarters for Westminster Crackers from 1828 to the 1970s. The building now houses J & B Metal Finishing.

**1** Leominster Street

Outside viewing only.

www.westminstercrackers.com

f www.facebook.com/pages/Westminster-Cracker-Factory/196478877047930

# 70 Whitmanville Cemetery

Established in 1827, this historic cemetery is open to the public year-round. South Ashburnham Road • 978-874-7415 (Cemetery Department) 7AM to 3:30PM

# 71 William S. Miller American Legion Hall

Originally the Universalist Church, this building lost its steeple in the hurricane of 1927 and is now the home of the American Legion. **127 Main Street • 978-630-5139** By appointment only.

# 72 Woodside Cemetery

This historic cemetery saw its first burial in 1742. Also the site of the Town's Revolutionary War Monument.

**9 Narrows Road • 978-874-7415 (Cemetery Department)** Open year-round, 7AM to 3:30PM

# Welcome

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Located between Gardner and Fitchburg, Westminster is a rural oasis in the heart of north-central Massachusetts. A mere hour away from Boston and half an hour from Worcester, Westminster is easily accessed via Route 2, Route 2A, Route 31 and Route 140.

With an ever expanding list of restaurants,

Westminster is fast becoming a dining destination. Our quaint town center offers a number of local shops and services to meet your needs. Visit our famous farmer's market on Friday afternoons during the summer and fall, enjoy one of the many programs at our historic Forbush Memorial Library, or spread

out a blanket on our town common and listen to band concerts on Wednesday nights during the summer months. With easy access

to Wachusett Mountain, Leominster State Forest and the Midstate Trail, Westminster is a paradise for outdoor enthusiasts. Spend the day touring our scenic farms and visit our historic buildings. There are many first class lodging opportunities in town, so stay over and make a weekend of it! The Town of Westminster invites you to visit and see for yourself what makes our town so special!

This liturature was planned and organized by the Westminster Economic

Development Committee and was made possible, in part, by a grant administered by the Johnny Appleseed Trail Association.

Get the latest travel information for North Central Mass at: www.appleseed.org.

