

NEWPORT HIDDEN GEM ESCAPE ITINERARY

Join us for an unforgettable weekend retreat where coastal elegance meets mindful wellness. March 27–29, 2026, discover the hidden treasures of Newport, Rhode Island, with Katie Andrews Travel and yoga instructor Sharon Bridson. This curated escape blends Gilded Age grandeur, waterfront serenity, and personalized wellness experiences designed for the modern traveler seeking both adventure and restoration.



KATIE ANDREWS
Travel

YOUR NEWPORT SANCTUARY AWAITS

NEWPORT MARRIOTT RESORT & SPA – YOUR HARBOR VIEW RETREAT

Nestled along Newport's picturesque harbor, the Newport Marriott serves as your luxurious home base. Each spacious double queen room accommodates two guests in elegant comfort, featuring modern amenities and serene atrium views. Check in begins at 4:00PM on Friday March 27, 2026

① 25 America's Cup Ave, Newport, RI 02840

PH: (401) 849-1000

FRIDAY EVENING – ARRIVE & UNWIND

4:00 PM – WELCOME CHECK-IN

Settle into your atrium-view room and receive your personalized welcome packet with curated Newport insider tips.

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6:30 PM – BUBBLES & BLISS DINNER

Toast to new connections at our coastal-inspired welcome dinner featuring sparkling beverages and fresh, local flavors.

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4:30 PM – GENTLE FLOW YOGA

Release travel tension with Sharon Bridson's grounding yoga practice. Optional session designed to ease you into weekend mode.

8:30 PM – EVENING AT LEISURE

Choose your perfect Friday night: cozy fire pit gatherings, nightcap at the bar, or peaceful harbor strolls under the stars.



SATURDAY – GILDED GLAMOUR, CHOOSE YOUR PATH, & HIDDEN GEMS

9:00 AM – BREAKFAST ON YOUR OWN

Enjoy breakfast at your leisure at the hotel (restaurants, room service, etc) or use the curated 'Hidden Gem' list provided in your welcome packet to find the perfect local spot to start your day.

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10:30 AM – THE ELMS MANSION TOUR

Step into Newport's Gilded Age with an exploration of this architectural masterpiece. Audio tour guide included (bring headphones).

3

12:00 PM – CARRIAGE HOUSE GROUP LUNCH

Dine surrounded by timeless beauty at The Elms estate. A delicious meal in an unforgettable setting.

4

1:00 PM – CHOOSE YOUR PATH

From 1:00–6:00 PM, Newport becomes your playground. We've curated diverse experiences so you can craft your perfect afternoon adventure. Explore Bowen's Wharf and Thames Street boutiques, or join our curated thrift and antique shopping experience; visit the iconic Castle Hill Lighthouse or cruise harbor trails with complimentary bicycle rentals from the Marriott; treat yourself to discounted spa services at the Marriott Spa (pre-booking required through Katie Andrews Travel); join a candle pouring session at LMNRY; try a glass blowing experience from Thames Glass and create your own Newport keepsake; rest while Newport restores your mind, body, and spirit.

optional experiences and spa services beyond the water journey are at an additional cost

5

6:30 PM – HIDDEN GEM DINNER

We're keeping the location a delightful surprise! Gather for an intimate group dinner at one of Newport's beloved local restaurants. Expect delicious cuisine, warm ambiance, and flavors that capture the essence of Rhode Island's culinary scene.

This is more than dinner—it's where stories are shared, friendships deepen, and the magic of Newport truly comes alive.

6

8:30 PM – RESTORATIVE YOGA & MEDITATION

End your day with Sharon's gentle restorative practice and guided meditation. This optional session melts away any lingering tension and prepares your body and mind for deep, rejuvenating sleep.

The perfect complement to a day filled with adventure and discovery.



SUNDAY – REFLECT, RENEW, & YOUR FINAL CHAPTER



WHAT'S INCLUDED

ACCOMMODATIONS & EXPERIENCES

- Two nights at the Newport Marriott Resort and Spa (double queen room, two guests)
- Welcome dinner with sparkling beverages
- Three yoga sessions with Sharon Bridson
- The Elms Mansion tour with audio tour guide (bring headphones)
- Group lunch at The Carriage House
- Hidden gem dinner experience
- Bodhi Spa Water Journey
- Bicycle rentals and Newport Vineyards admission
- Welcome gift package including thoughtful gifts, insider tips, maps, and exclusive area discounts
- \$20 dining credit per room for hotel restaurants

OPTIONAL ENHANCEMENTS

- Discounted spa services (pre-book through Katie Andrews Travel)
- LMNRY Candle Pouring workshop
- Thames Glass Blowing experience
- Breakfast Saturday and Sunday morning
- Alcoholic beverages at meals (available for purchase)

