

**FOOD & DINING**

- 1 Café Fresh Bagel**  
Breakfast, brunch & bagels.  
167 Clinton Road • 978-422-6662  
5:30AM-6PM Monday-Friday,  
5:30AM-3PM on weekends  
 Cafe Fresh Bagel
- 2 Sterling Ice Cream Bar**  
Sandwiches, burgers, fried food, & ice cream  
167 Clinton Road • (978) 422-7742  
11AM-9PM seven days a week  
 Sterling Ice Cream Bar
- 3 The Brick**  
Authentic Mexican food  
27 Main Street • 978-563-1906  
Monday-Thursday 4PM-9:30PM,  
Friday & Saturday 12PM-9:30PM  
 The Brick Mexican Grill | Sterling MA | Facebook  
 www.thebrickmexicangrill.com
- 4 Chocksett Grill**  
Restaurant & grill  
59 Laurelwood Road • 978-422-3355  
Wednesday-Saturday 4PM-9PM  
 www.chocksettinn.com-chockett-celar-grille/
- 5 Barber's Crossing**  
Restaurant  
175 Leominster Road • (978) 422-8438  
11-10PM seven days a week  
 www.barberscrossingrestaurant.com
- 6 Sterling Village Pizza**  
Pizza & sub shop  
239 Worcester Road • 978-422-7166  
11AM-9PM Tuesdays-Sundays  
 Sterling Village Pizza & More | Sterling MA | Facebook  
 www.villagepizzasterling.com
- 7 Black Sheep Tavern**  
Tavern and Restaurant  
261 Leominster Road • 978-422-0255  
11AM-12AM Wednesdays-Sundays  
 The Blacksheep Tavern | Sterling MA | Facebook  
 www.meetmeatthesheep.com



- 8 Davis BBQ**  
BBQ restaurant  
145 Redstone Road • 978-286-8888  
Wed - Sat: 11:30 - 8p | Sun: 11:30 - 7p | closed M-Tu  
 Davis BBQ | Sterling MA | Facebook  
 www.eatdavisbbq.com

**RECREATION**

- 30 Sterling Memorial Park**  
Concerts, picnics, recreation & cultural activities  
4 Cross Street • 978-422-6767  
Year Round  
Parks | Sterling MA ([sterling-ma.gov](http://sterling-ma.gov))
- 31 SPARC Park**  
Tot lot, picnic, play equipment, walking trail, & pond  
36 Muddy Pond Road • 978-422-3041  
Year Round, 6AM-8PM every day  
 SPARC & Sterling Greenery Community Park | Facebook
- 32 Leominster State Forest**  
Passive Recreation  
Justice Hill Road • 978-874-2303  
Year Round  
Leominster State Forest | [Mass.gov](http://Mass.gov)
- 33 Sterling National Country Club**  
Golf course, pool, club, dining & special events.  
33 Albright Road • 978-422-0275  
Club open year round, golf April until it snows  
 www.sterlingccc.com
- 34 Mulligan's Miniature Golf**  
Miniature Golf Course  
124 Leominster Road • 978-422-5022  
Summer Hours: OPEN DAILY 10am-9pm  
 www.mulligansminiogolf.com

- 35 Sterling Gym**  
Gymnastics Center  
15 Industrial Drive • 978-422-7655  
September : Mon-Fri 3pm-8pm, Sat & Sun 11am-8pm  
 Sterling Gym | Sterling MA | Facebook  
 www.sterlinggym.com

- 36 Urban Aviation Services**  
Offering flight training, sightseeing tours, and bi-plane rides. Also offering aircraft maintenance and service.  
121 Greenland Road • 508-344-8930  
Saturday-Thursday 9AM-5PM (closed Fridays)  
 www.sterlingairport.net
- 37 MEM Dance Theater**  
Dance Instruction & Theater Arts  
50 Leominster Road • 978-422-6989  
3PM-8:30PM Monday-Friday, 9:30AM-11:30AM  
Mondays & Thursdays, 9AM-2:30PM Saturdays  
 MEM Dance Theatre | Sterling MA | Facebook  
 www.memdancetheatre.com

**9 Emma's Café**

Breakfast, lunch, pastries & catering  
37 Main Street • (508) 803-9302  
Monday through Friday 7 am to 2pm,  
weekends 8 am to 2 pm  
 Emma's Cafe - Sterling, MA | Sterling MA | Facebook  
 www.emmascafe Sterling.com

**10 Dunkin Donuts**  
Doughnuts, muffins, breakfast sandwiches, & coffee.  
50 Leominster Road • (978) 422-0562  
Monday through Saturday 5 am to 7 pm,  
Sundays 6 am to 6 pm  
 <https://locations.dunkindonuts.com/en/ma/sterling>

**11 C&M Pizza**  
Pizza & sub shop  
9 Main Street • (978) 422-0003  
10 am to 9 pm Sunday through Thursday,  
10 am to 10 pm on weekends.  
 www.candmpizza.net

**12 B-Man's Tavern**  
Tavern and Restaurant  
344 Redemption Rock Trail • (978) 422-9763  
11 am to 1 am seven days a week  
 B-Man's 140 Tavern | Facebook

**13 Over Easy Café**  
Breakfast & lunch  
220 Redemption Rock Trail • (978) 422-6686  
Tuesdays through Sundays 7 am to 2 pm  
 Over Easy Cafe | Sterling MA | Facebook

**14 Meola's Ice Cream**  
Sandwiches, burgers, fried food, & ice cream  
110 Leominster Road • (978) 422-3900  
12pm-9pm daily when in season (April through October)  
 www.meolaisicecream.com



**15 Chocksett Inn**  
Lodging, weddings, & special events.  
59 Laurelwood Road • 978-422-3355  
open year-round  
 Chocksett Inn | Sterling MA | Facebook  
 www.chocksettinn.com

**38 Blue Heron Martial Arts Center**

Martial Arts Instruction  
27 Main Street • 508-933-5257  
Monday-Friday 9AM-8PM, Saturdays 9AM-12PM, Sundays 9:30AM-11:00AM  
 www.blueheronwushu.com

**39 NV Fitness**  
Offering fitness bootcamps, Pilates, yoga, nutrition plans, and personal training.  
27 Main Street • 508-735-0992  
Daily from 5AM-9PM and by appointment  
 NV Fitness & Training | Sterling MA | Facebook  
 www.nvtrainingandnutrition.com

**40 West Sterling Park**  
Baseball fields, tennis courts & pickleball courts  
300 Princeton Road • 978-422-3041  
Summer Hours: Sunrise to Sunset  
Parks | Sterling MA ([sterling-ma.gov](http://sterling-ma.gov))

**41 Little Ones Child Care**  
Child Care Services  
104 Leominster Road • 508-796-5688  
7:30AM-5:30PM  
 www.littleonescare.com

**42 Sterling Autobody**  
Sandwiches, burgers, fried food, & ice cream  
9 Chocksett Road • 978-422-6823  
8AM-4PM Monday-Friday  
 www.sterling-autobody.com

**43 Blue Dingo Dogs**  
Dog training, daycare & grooming  
64 Leominster Road • 978-422-7900  
Monday-Saturday  
 Blue Dingo Dogs LLC | Sterling MA | Facebook  
 www.bluedingodogs.com

**44 Champion Kennels**  
Dog & cat boarding and daycare, grooming & training, and specialty retail store.  
149 Clinton Road • 978-422-3100  
Monday-Friday 9AM-5PM  
 Champion Kennels | Sterling MA | Facebook  
 www.championkennel.com

**45 Kitchen Associates**  
Cabinet & countertop sales & installation  
76 Leominster Road • 978-422-3322  
Monday-Friday 10AM-5PM, Saturday 10AM-4PM  
 www.facebook.com/kitchenassociates  
 www.kitchenassociates.com

*Welcome*

Located between Leominster and Clinton, Sterling is a rural New England community in the heart of north-central Massachusetts. A mere hour away from Boston and half an hour from Worcester, Sterling is easily accessed via I-190, Routes 12, 62 and 140.

Sterling has numerous options for dining, shopping and services in our quaint town center. Visit our farmers market on Friday afternoons and the Sterling Street Market on Saturday mornings during the summer months, enjoy one of the many programs at the Conant Public Library, or spread out a blanket on the lawn of Memorial Park and listen to band concerts during the summer on Monday and Wednesday nights.

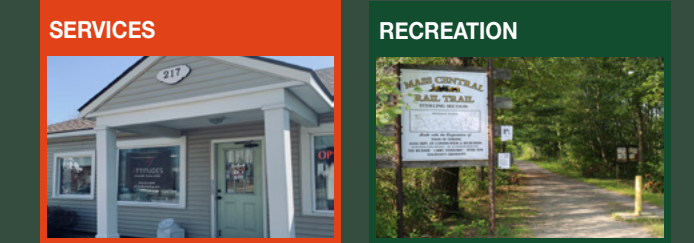
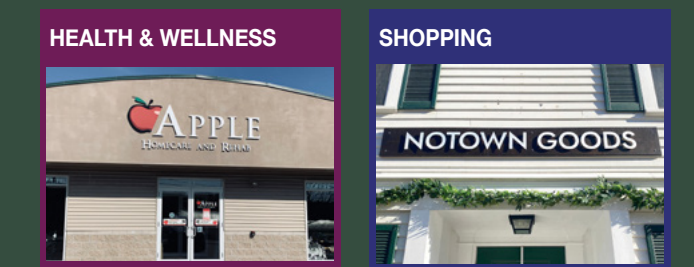
With 40% of Sterling's land being permanently protected open space, there are many hiking trails and scenic vistas for you to enjoy. Spend the day touring our scenic farms and our historic buildings and sites. There are several first-class lodging opportunities in the area, so stay overnight and make a weekend of it! Sterling invites you to visit and see for yourself what makes our town so special!

Funded, in part, by the Massachusetts Office of Travel & Tourism.

*Sterling*

MASSACHUSETTS • 01564

*A Great Place to Enjoy Yourself*



**54 Chris' Barbershop**  
Hair Salon  
50 Leominster Road • 978-563-1011  
Tuesday, Wednesday & Friday 7AM-5PM, Thursdays 7AM-7PM, Saturday 6AM-12PM

**55 Dandini Landscaping**  
Landscaping, walls, granite work, pools, firepits, walkways & driveways.  
4 Peter Drive • 978-422-0575  
By appointment  
 Dandini Landscape Co., Inc. | Sterling MA | Facebook  
 www.dandinilandscaping.com

**56 Notown Goods**  
Gift shop focusing on handmade goods, seasonal and holiday offerings, blown glass, ceramics, jewelry, textiles, wood, candles and greeting cards.  
11 Main Street • 978-352-0800  
Tuesdays-Saturdays, 10AM-5PM, closed Sundays & Mondays  
 www.facebook.com/notownsterling

**57 Pratts Junction Antiques**  
Tot lot, picnic, play equipment, walking trail, & pond  
253 Leominster Road • 508-873-1423  
Monday-Sunday 8AM-5PM and by appointment  
 www.prattsjunctiongold.com

**58 Lanphers Market**  
Coffee, beer, wine, lottery, gas, grocery, ice cream, tobacco, & convenience store.  
240 Redemption Rock Trail • 978-422-7903  
6AM-9PM, Monday-Saturday  
 LANPHERS Market | Sterling MA | Facebook

**59 Apple Town Market**  
Convenience store, beer & wine, lottery, etc.  
9 Main Street • 978-422-6131  
6AM-9:30PM  
 <https://www.facebook.com/people/Appletown-Market/100055002051417/>

**60 Sterling Rare Coins & Collectibles**  
Rare Coins and Appraisals  
50 Leominster Road • 978-422-8228  
Tuesday-Friday 10AM-5PM, Saturdays 9AM-1PM  
 Sterling Rare Coin | Sterling MA | Facebook  
 www.sterlingrarecoin.com

**61 Oh My Gosh Antiques**  
Antique Store  
15 Wausacum Avenue • 978-422-8675  
11AM-5PM seven days a week  
 "Oh My Gosh!" Antiques & Collectibles | Sterling MA | Facebook

**HEALTH & WELLNESS**

**16 The Nest**  
Message therapy, energy healings, and other body work modalities.  
86 Worcester Road • 978-422-8580  
By appointment only

**17 Hamilton Orthodontics**  
Specializing in orthodontic treatment for children & adults.  
225 Leominster Road • 978-422-7400  
Monday-Thursday, 8AM-5PM  
 www.carlahamiltonortho.com

**18 Apple Home Care & Rehab**  
Sales of durable medical equipment, scooters, lift-chairs & hospital beds.  
41 Redemption Rock Trail • 978-422-0000  
Monday-Friday, 8AM-4:30PM  
 www.applehomecare.com

**19 Step Beyond Physical Therapy**  
Appointments for Physical Therapy  
2 Beverly Drive • 978-422-0195  
By appointment

**20 Sterling Village**  
Rehabilitation and nursing center, long-term and respite care, hospice and palliative care.  
18 Dana Hill Road • 978-422-5111  
Office hours: Monday-Friday, 8AM-5PM  
 Sterling Village Skilled Nursing And Rehabilitation Center | Sterling MA | Facebook  
 www.sterling-village.com

**21 Bedi Dental Group**  
Dentist Office  
2 Beverly Drive • 978-422-1044  
Monday-Friday, 9AM-5PM  
 www.bedidentalgroup.com

**22 Jerry Salo DMD**  
Dentist Office  
32 Worcester Road • 978-422-7314  
By appointment

**23 Bay State Physical Therapy**  
Physical Therapy  
50 Leominster Road • 978-422-0431  
Monday 7:30AM-5PM,  
Tuesdays, Wednesdays & Thursdays 8AM-7PM,  
Fridays 7AM-5PM  
 Bay State Physical Therapy - Home | Facebook  
Physical Therapy Sterling, MA | Bay State Physical Therapy ([baystatept.com](http://baystatept.com))

**62 White Cottage Flowers**  
Flower Shop  
227 Leominster Road • (978) 563-3339  
Tuesdays-Thursday 10AM-6PM, Fridays & Saturdays 10AM-5PM, Wednesdays 10AM-7PM, Sundays 11AM-4PM

**63 Nouveaux Riches, Antiques & Collectibles**  
Antiques & Collectibles  
217 Worcester Road • (978) 422-0022  
Wednesday-Sunday 11AM-5PM  
 Nouveaux Riches Antiques & Collectibles | Sterling MA | Facebook

**64 Sterling Deli & Convenience**  
Convenience store, beer & wine, lottery, tobacco products, Chinese takeout, deli, and sandwiches.  
50 Leominster Road • 978-422-0421  
Monday-Sunday 7AM-9PM, Sundays 9AM-8PM  
 www.sterlingdeli.com

**65 BP Gas & Convenience (Applegreen)**  
Gas Station & Convenience Store  
205 Worcester Road • (978) 563-1842  
6AM-11PM seven days a week  
<https://map.bp.com/en-US/US/gas-station/sterling/bp/36306594612050156400100000000000>

**66 Town Common**  
Town Common - used for concerts & special events  
0 Meetinghouse Road  
Open all week

**67 1835 Town Hall**  
Old Town Hall, available for event rentals  
31 Main Street • 978-422-3041  
By Appointment  
1835 Town Hall | Sterling MA ([sterling-ma.gov](http://sterling-ma.gov))

**68 Sterling Historical Society Headquarters**  
The premier museum of Sterling history. Displays of town artifacts and former industries in a twelve room house and multi-story barn.  
7 Pine Street • 978-422-6139  
Tuesday mornings or By Appointment  
 Sterling, Massachusetts Historical Society | Sterling MA | Facebook  
 www.sterlinghistorical.org

**69 River District Schoolhouse**  
Historic Schoolhouse  
288 Princeton Road • 978-422-6139  
By Appointment  
 www.sterlinghistorical.org

**AGRICULTURAL**

**24 Rota Spring Farm**  
Family-owned and operated. Homemade ice cream, grass-fed beef, fruits and vegetables.  
117 Chace Hill Road • 978-365-9710  
March-September: open daily 11:30AM-9PM, November & December: TBD. Farm store hours: every day from 8AM-7PM  
 <https://www.facebook.com/Rotaspringfarmcream/>  
 www.rotaspringfarm.com

**25 Sterling Greenery**  
Garden center, pond store, stone & yard landscaping, trees & shrubs.  
44 Redemption Rock Trail • 978-422-0071  
8AM-6PM seven days a week  
 www.sterlinggreenery.com

**26 Davis Farm**  
Pick-your-own apples, animal barn, restaurant, hayrides, pony rides, & special events.  
145 Redstone Road • 978-422-6666  
open mid-April through October  
 Davis Farmland Children's Discovery Farm | Facebook  
 www.davisfarmland.com

**27 Meadowbrook Orchards**  
Farmstand & bakery serving breakfast & lunch daily. BBQ nights (June through September), disk golf course, pick-your-own vegetables and fruit (in-season).  
209 Chace Hill Road • 978-365-7617  
8AM-5PM Tuesdays-Sundays (January through March), 8AM-4PM Wednesdays-Sundays the rest of the year.  
 Meadowbrook Orchards | Sterling MA | Facebook  
 www.meadowbrookorchards.com

**28 Rocky Brook Farm**  
Maple syrup, vegetables, flowers, eggs, firewood, farmstand.  
109 Beaman Road • 208-340-8387  
9AM-6PM seasonally  
 Rocky Brook Farm (@rockybrookfarm) • Instagram photos and videos

**29 Clearview Farm**  
Farmstand with locally grown fruits & vegetables, pick-your-own, bakery, crafts, gifts, flowers, hayrides and special events.  
4 Kendall Hill Road • 978-422-6442  
Mid-August through October: 9AM-6PM, November: Thursday - Friday 11AM-5PM, Saturday and Sunday 9AM-5PM, closed in December.  
 Clearview Farm | Sterling MA | Facebook  
 www.clearviewfarmstand.com

**70 Chocksett Cemetery**  
Historic cemetery opened in the early 1700's and is located in the center of town between Maple Street and Clinton Road.  
25 Clinton Road • 978-422-6767  
Dawn-Dusk  
Cemetery | Sterling MA ([sterling-ma.gov](http://sterling-ma.gov))

**71 Rocky Brook Mill Sites**  
Popular historic site contains ruins of a former sawmill and chair shop. The legendary "Seven Pines" picnic/recreation area was known for its sweeping views and pine-scented breezes.  
109 Beaman Road • 978 422 8111  
Dawn-Dusk

**72 Washacum Lakes**  
Ancient lakes served as settlements and fishing grounds of the Nashua tribe of first settlers. Site of late nineteenth century park that brought thousands of visitors to recreate there.  
Gates Road  
Dawn-Dusk  
 www.sterlinghistorical.org

**73 Sterling Campground**  
In the summers, between 1852 and 1949, the Sterling Camp Grounds assembled Methodists for 7 to 10 days and nights to share in scripture, food and community. The surrounding Methodist church's closed their doors during this event. It was grand in every respect attended by more than a thousand people from all over Massachusetts.

**Campground Road**  
Dawn-Dusk  
Campground Legacy | Sterling Town Hall ([sterling1835townhall.org](http://sterling1835townhall.org))

