

FOOD & DINING
<p>1 Café Fresh Bagel Breakfast, brunch & bagels. 167 Clinton Road • 978-422-6662 5:30AM-6PM Monday-Friday, 5:30AM-3PM on weekends f Cafe Fresh Bagel</p>
<p>2 Sterling Ice Cream Bar Sandwiches, burgers, fried food, & ice cream 167 Clinton Road • (978) 422-7742 11AM-9PM seven days a week f Sterling Ice Cream Bar</p>
<p>3 The Brick Authentic Mexican food 27 Main Street • 978-563-1906 Monday-Thursday 4PM-9:30PM, Friday & Saturday 12PM-9:30PM f The Brick Mexican Grill Sterling MA Facebook www.thebrickmexicangrill.com</p>
<p>4 Chocksett Grill Restaurant & grill 59 Laurelwood Road • 978-422-3355 www.chocksettinn.com-chockett-celar-grille/ Wednesday-Saturday 4PM-9PM</p>
<p>5 Barber's Crossing Restaurant 175 Leominster Road • (978) 422-8438 11-10PM seven days a week www.barberscrossingrestaurant.com</p>
<p>6 Sterling Village Pizza Pizza & sub shop 239 Worcester Road • 978-422-7166 11AM-9PM Tuesdays-Sundays f Sterling Village Pizza & More Sterling MA Facebook www.villagepizzasterling.com</p>
<p>7 Black Sheep Tavern Tavern and Restaurant 261 Leominster Road • 978-422-0255 11AM-12AM Wednesdays-Sundays f The Blacksheep Tavern Sterling MA Facebook www.meetmeatthesheep.com</p>
<p>8 Davis BBQ BBQ restaurant 145 Redstone Road • 978-286-8888 Wed - Sat: 11:30 - 8p Sun: 11:30 - 7p closed M-Tu f Davis BBQ Sterling MA Facebook www.eatdavisbbq.com</p>

RECREATION
<p>30 Sterling Memorial Park Concerts, picnics, recreation & cultural activities 4 Cross Street • 978-422-6767 Year Round Parks Sterling MA (sterling-ma.gov)</p>
<p>31 SPARC Park Tot lot, picnic, play equipment, walking trail, & pond 36 Muddy Pond Road • 978-422-3041 Year Round, 6AM-8PM every day f SPARC & Sterling Greenery Community Park Facebook</p>
<p>32 Leominster State Forest Passive Recreation Justice Hill Road • 978-874-2303 Year Round Leominster State Forest Mass.gov</p>
<p>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</p>
<p>34 Mulligan's Miniature Golf Miniature Golf Course 124 Leominster Road • 978-422-5022 Summer Hours: OPEN DAILY 10am-9pm www.mulligansminiogolf.com</p>
<p>35 Sterling Gym Gymnastics Center 15 Industrial Drive • 978-422-7655 September : Mon-Fri 3pm-8pm, Sat & Sun 11am-8pm f Sterling Gym Sterling MA Facebook www.sterlinggym.com</p>
<p>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</p>
<p>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 f MEM Dance Theatre Sterling MA Facebook www.memdancetheatre.com</p>

<p>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 f Emma's Cafe - Sterling, MA Sterling MA Facebook www.emmascafesterling.com</p>
<p>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</p>
<p>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</p>
<p>12 B-Man's Tavern Tavern and Restaurant 344 Redemption Rock Trail • (978) 422-9763 11 am to 1 am seven days a week f B-Man's 140 Tavern Facebook</p>
<p>13 Over Easy Café Breakfast & lunch 220 Redemption Rock Trail • (978) 422-6686 Tuesdays through Sundays 7 am to 2 pm f Over Easy Cafe Sterling MA Facebook</p>
<p>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.meolasicecream.com</p>



LODGING
<p>15 Chocksett Inn Lodging, weddings, & special events. 59 Laurelwood Road • 978-422-3355 open year-round f Chocksett Inn Sterling MA Facebook www.chocksettinn.com</p>

<p>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</p>
<p>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 f NV Fitness & Training Sterling MA Facebook www.nvtrainingandnutrition.com</p>
<p>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)</p>

SERVICES
<p>41 Little Ones Child Care Child Care Services 104 Leominster Road • 508-796-5688 7:30AM-5:30PM www.littleonescare.com</p>
<p>42 Sterling Autobody Sandwiches, burgers, fried food, & ice cream 9 Chocksett Road • 978-422-6823 8AM-4PM Monday-Friday www.sterling-autobody.com</p>
<p>43 Blue Dingo Dogs Dog training, daycare & grooming 64 Leominster Road • 978-422-7900 Monday-Saturday f Blue Dingo Dogs LLC Sterling MA Facebook www.bluedingodogs.com</p>
<p>44 Champion Kennels Dog & cat boarding and daycare, grooming & training, and specialty retail store. 149 Clinton Road • 978-422-3100 Monday-Friday 9AM-5PM f Champion Kennels Sterling MA Facebook www.championkennel.com</p>
<p>45 Kitchen Associates Cabinet & countertop sales & installation 76 Leominster Road • 978-422-3322 Monday-Friday 10AM-5PM, Saturday 10AM-4PM f www.facebook.com/kitchenassociates www.kitchenassociates.com</p>

<p><i>Welcome</i></p> <p>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.</p> <p>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.</p> <p>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!</p>

<p>46 Sterling Nursery School Educational and Child Care 123 Rowley Hill Road • 978-422-6014 7:30AM-5:15PM www.sterlingnurseryschool.com</p>
<p>47 New England Truck Design Snow-plow sales, installation of custom truck bodies 275 Leominster Road • 978-422-8870 Monday-Friday 7AM-4:30PM, Saturdays 8AM-12PM www.road-craft.com</p>
<p>48 VCA Animal Hospital Veterinary Animal Hospital 4 Clinton Road • 978-422-6262 Monday 8AM-5PM, Tuesday-Thursday 8AM-7PM, Saturday 8AM-4PM www.vcasterling.com</p>
<p>49 Woody's Barbershop Restaurant & Grill 13B Main Street • 978-549-8345 Tuesday-Friday 9AM-5PM, Saturday 9AM-1PM f Woody's Barbershop Ayer MA Facebook</p>
<p>50 Maki Building Center Local manufacturer of windows, trusses, pre-hung interior/ exterior doors and vinyl fencing. Full service lumber yard and building materials. 36 Worcester Road • 978-422-8230 Monday-Friday 7AM-5PM, Saturday 7:30AM-4PM, Sunday 9AM-2PM f Maki Building Centers Facebook www.makicorp.com</p>
<p>51 Anderson Landscape Construction Purveyors of fine outdoor expansion landscape projects. 239 Worcester Road • 978-422-6500 8AM-4PM Monday-Friday f Anderson Landscape Construction Inc. - Home Facebook www.andlc.com</p>
<p>52 George's Auto Repair Auto Repair 3 Beverly Drive • 978-422-9611 Monday-Friday 8AM-5PM, Saturday 9AM-12PM</p>
<p>53 Attitudes Salon Hair Salon 217 Worcester Road • 978-286-8888 Tuesday 10AM-2PM, Wednesday 11AM-7PM, Thursday 9AM-7PM, Friday 9AM-5PM, Saturday 9AM-3PM. Closed Mondays and Sundays.</p>

<p>HEALTH & WELLNESS</p>	<p>SHOPPING</p>
<p>SERVICES</p>	<p>RECREATION</p>
<p>AGRICULTURE</p>	<p>LODGING</p>
<p>HISTORICAL RESOURCES</p>	<p>FOOD & DINING</p>

<p>54 Chris' Barbershop Hair Salon 50 Leominster Road • 978-563-1011 Tuesday, Wednesday & Friday 7AM-5PM, Thursdays 7AM-7PM, Saturday 6AM-12PM</p>
<p>55 Dandini Landscaping Landscaping, walls, granite work, pools, firepits, walkways & driveways. 4 Peter Drive • 978-422-0575 By appointment f Dandini Landscape Co., Inc. Sterling MA Facebook www.dandinilandscap.com</p>
<p>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</p>
<p>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</p>
<p>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 f LANPHERS Market Sterling MA Facebook</p>
<p>59 Apple Town Market Convenience store, beer & wine, lottery, etc. 9 Main Street • 978-422-6131 6AM-9:30PM f https://www.facebook.com/people/Appletown-Market/100055002051417/</p>
<p>60 Sterling Rare Coins & Collectibles Rare Coins and Appraisals 50 Leominster Road • 978-422-8228 Tuesday-Friday 10AM-5PM, Saturdays 9AM-1PM f Sterling Rare Coin Sterling MA Facebook www.sterlingrarecoin.com</p>
<p>61 Oh My Gosh Antiques Antique Store 15 Waus hacum Avenue • 978-422-8675 11AM-5PM seven days a week f "Oh My Gosh!" Antiques & Collectibles Sterling MA Facebook</p>

HEALTH & WELLNESS
<p>16 The Nest Message therapy, energy healings, and other body work modalities. 86 Worcester Road • 978-422-8580 By appointment only</p>
<p>17 Hamilton Orthodontics Specializing in orthodontic treatment for children & adults. 225 Leominster Road • 978-422-7400 Monday-Thursday, 8AM-5PM www.carlahamiltonortho.com</p>
<p>18 Apple Home Care & Rehab Sales of durable medical equipment, scooters, lift-chairs & hospital beds. 41 Redemption Rock Trail • 978-422-000 Monday-Friday, 8AM-4:30PM www.applehomecare.com</p>
<p>19 Step Beyond Physical Therapy Appointments for Physical Therapy 2 Beverly Drive • 978-422-0195 By appointment</p>
<p>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 f Sterling Village Skilled Nursing And Rehabilitation Center Sterling MA Facebook www.sterling-village.com</p>
<p>21 Bedi Dental Group Dentist Office 2 Beverly Drive • 978-422-1044 Monday-Friday, 9AM-5PM www.bedidentalgroup.com</p>
<p>22 Jerry Salo DMD Dentist Office 32 Worcester Road • 978-422-7314 By appointment</p>
<p>23 Bay State Physical Therapy Physical Therapy 50 Leominster Road • 978-422-0431 Monday 7:30AM-5PM, Tuesdays, Wednesdays & Thursdays 8AM-7PM, Fridays 8AM-5PM f Bay State Physical Therapy - Home Facebook Physical Therapy Sterling, MA Bay State Physical Therapy (baystatept.com)</p>

<p>62 White Cottage Flowers Flower Shop 227 Leominster Road • (978) 563-3339 Tuesdays-Thursdays 10AM-6PM, Fridays & Saturdays 10AM-5PM, Wednesdays 10AM-7PM, Sundays 11AM-4PM</p>
<p>63 Nouveaux Riches, Antiques & Collectibles Antiques & Collectibles 217 Worcester Road • (978) 422-0022 Wednesday-Sunday 11AM-5PM f Nouveaux Riches Antiques & Collectibles Sterling MA Facebook</p>
<p>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</p>
<p>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</p>

HISTORIC
<p>66 Town Common Town Common - used for concerts & special events 0 Meetinghouse Road Open all week</p>
<p>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)</p>
<p>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 f Sterling, Massachusetts Historical Society Sterling MA Facebook www.sterlinghistorical.org</p>
<p>69 River District Schoolhouse Historic Schoolhouse 288 Princeton Road • 978-422-6139 By Appointment www.sterlinghistorical.org</p>

AGRICULTURAL
<p>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 f https://www.facebook.com/Rotaspringfarmicecream/ www.rotaspringfarm.com</p>
<p>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</p>
<p>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 f Davis Farmland Children's Discovery Farm Facebook www.davisfarmland.com</p>

<p>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. f Meadowbrook Orchards Sterling MA Facebook www.meadowbrookorchards.com</p>
<p>28 Rocky Brook Farm Maple syrup, vegetables, flowers, eggs, firewood, farmstand. 109 Beaman Road • 208-340-8387 9AM-6PM seasonally f Rocky Brook Farm (@rockybrookfarm) • Instagram photos and videos</p>
<p>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. f Clearview Farm Sterling MA Facebook www.clearviewfarmstand.com</p>

<p>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)</p>
<p>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</p>
<p>72 Washacum Lakes Ancient lakes served as settlements and fishing grounds of the Nasha-way 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</p>
<p>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)</p>

