A Guide to Relaxing Before Your Big Day

There are so many ways to relax in South Walton—a place dedicated to the relaxation of visitors. Our pace is laid back, our streets walkable, our amenities first-rate, and our service excellent. And on top of that, we offer so much variety in the way of eating, drinking, shopping, grooming, hiking, biking, swimming, sailing, or just strolling with no particular place to go. So how to narrow down the possibilities? Maybe a sample day would help.

Let’s suppose you and your party have rented a house in Rosemary Beach. Morning is here. Open eyes. Yawn. Stretch. Shower. Dress. You could make your own coffee, but if you’d like a little stroll before you sip, head over to [Amavida Coffee](https://amavida.com/locations/) in Barrett Square in the center of town. They roast their own beans, and their baristas will give you exactly the cup you want. Add a pastry from their selection, and you have the first phase of a Parisian-style breakfast. When you’re ready, you can walk a bit further to the [Cowgirl Kitchen](https://www.cowgirlkitchen.com/rosemary.html) and enjoy a breakfast burrito or their famous praline waffles.

With breakfast under your belt, why not do a little shopping—or just window-shopping? Either way, there’s lots to look at and choose from. You could start with a visit to [Rosemary Beach Trading Company](http://www.rbtradingcompany.com/about-us/) and pick up an official Rosemary t-shirt or two, or maybe some other local-themed gifts for friends or family in a playful yet stylish atmosphere. If you’re looking to go a bit more up-market, be sure to visit [Willow Boutique](http://willowchicboutique.typepad.com/) and check out their chic casual fashionwear for men and women.

All shopped out? Drop off your purchases back at the house, get into your swimsuit, pack your towel and lotion, and head down to the beach. After all, the beach is one of the main reasons you chose this destination, right? After a refreshing swim, take a walk eastward on the crisp white sand down to Inlet Beach, which in many ways hasn’t changed much in a century. And if you’d like to be in fresh water rather than salt, just a little way further east and inland is [Lake Powell](https://www.waltonoutdoors.com/fish-hike-paddle-and-enjoy-birding-on-the-coastal-dune-lakes-of-south-walton/), the largest dune lake in the area, where you’ll find waterbirds and other wildlife, kayaking and paddle-boarding.

Once you’ve worked up an appetite, stroll back into the town of Inlet Beach for a leisurely lunch. We recommend [Shades at the Loop](https://shades30a.com/), a legendary bar and grill featuring gourmet burgers and grilled-fish sandwiches, crab cakes, and their famous wings, as well as a huge selection of craft beers. By the time you’ve cleaned your plate and drained your glass there, if you weren’t relaxed before, you certainly are now! So muster the energy to saunter back to the house and take a little nap.

As the shadows get longer, it might be time to head out for a cocktail and some tapas. It’s also a great time to visit Rosemary’s amazing luxury boutique hotel, The Pearl, with its signature clock-tower, located in the heart of town. But you don’t have to be a guest at the hotel to enjoy its [Rooftop Lounge](http://www.thepearlrb.com/dining/rooftop-lounge-en.html). You can sip sangria and nosh on tapas and small plates from the wood-fired oven of the Havana Grill, the Pearl’s award-winning restaurant. You could simply go downstairs and have dinner there, or you could take another stroll over to [Restaurant Paradis](http://www.restaurantparadis.com/index.html), whose heavenly menu features beautifully prepared seafood with both Southern and Asian accents as well as divinely tender steaks and chops—and that’s not even mentioning the wine list.

So, replete after coffee and dessert, you may be ready to call it a night—but if you’re not, a bonfire on the beach with your party might be a great way to round out your day of relaxation.

That was one possible day, in one of our beautiful towns. But you could have eaten at different and equally wonderful restaurants, visited other but equally intriguing shops, walked west instead of east along the beach, rented a bike and taken a long ride, or ended up listening to live music in one of our many bars and other venues. And you could have done it starting in any of the towns along the Emerald Coast. As with your wedding itself, 30A allows you to create your own perfect relaxation blend. Helping you find that perfect blend is why we’re here.