

**2022 Things to Do in Martin County**

* **Get a Private Paddle Session**: Martin County’s local tour operators offer a diverse range of aquatic adventures, ranging from SUP yoga expeditions to sunset paddle departures. A popular option is [Zeke’s Surf, Skate & Paddle Sports](https://www.zekessurfandpaddle.com/), which offers fun tours like Stand Up Sunset Yoga and their Indian River Stand Up Paddle tour.
* **Learn About Florida’s Coastal Ecosystem**: Learn more about Martin County’s diverse coastal ecosystem by visiting the [Florida Oceanographic Coastal Center](https://www.floridaocean.org/), nestled on beautiful Hutchinson Island. Guests can explore the facility’s aquariums, nature trails, butterfly garden and even meet their rescued sea turtles and feed the stingrays. They also recently opened their brand-new, award-winning [Ocean EcoCenter](https://www.floridaocean.org/capital-expansion?fbclid=IwAR1xfbw0sUwhyNFyb8KJLRBxX3ctZ_NeJke8vcqKsNOdliAz_OHtoHGAU4A), which offers new exhibits in five different galleries, a water play area for children, event spaces, and other cool features.
* **Tour the Elliott Museum & House of Refuge**: Named after the prolific inventor Sterling Elliott, the [Elliott Museum](https://urldefense.proofpoint.com/v2/url?u=https-3A__hsmc-2Dfl.com_elliott-2Dmuseum_&d=DwMGaQ&c=M-lNcdl6npGsOqaqdPFSjarDyrdbuB4nahCaBJ7badE&r=iHuIPniaJgL_Vz_aytWiwlaKxVvhphB1m5hIWRF8INM&m=LzHYiU_pp2_yNZjAqcTmPruZH_kkhgPUfIftAwsYLzw&s=7luMasqYKqakWt4NOXLpOhFT_ckxO-s7NUrkgsafg8c&e=) hosts a dynamic and interactive collection of antique automobiles, vintage boats, and rare watercraft; one of the largest collections of autographed baseball memorabilia outside of the Baseball Hall of Fame; and a deep trove of Treasure Coast history. Afterwards, visit the nearby [House of Refuge](https://urldefense.proofpoint.com/v2/url?u=https-3A__hsmc-2Dfl.com_house-2Dof-2Drefuge_&d=DwMGaQ&c=M-lNcdl6npGsOqaqdPFSjarDyrdbuB4nahCaBJ7badE&r=iHuIPniaJgL_Vz_aytWiwlaKxVvhphB1m5hIWRF8INM&m=LzHYiU_pp2_yNZjAqcTmPruZH_kkhgPUfIftAwsYLzw&s=sJBZU6tV7W1HjNfcsqVPg9woboeImlF7GpWARFYPy0s&e=). Originally one of ten safe havens designated to aiding shipwrecked sailors, it is the only remaining structure of its kind and the oldest building in Martin County – it’s also one of the most photographed sites.
* **Singing Crystal Bowl Vibration Healing Session**: Sound Vibration is an ancient healing practice of using sound to reduce anxiety and downshift your nervous system. Part of the Elliott Museum’s new [HI Mindfulness Forums program](https://urldefense.proofpoint.com/v2/url?u=https-3A__hsmc-2Dfl.com_hi-2Dmindfulness_&d=DwMF-g&c=M-lNcdl6npGsOqaqdPFSjarDyrdbuB4nahCaBJ7badE&r=iHuIPniaJgL_Vz_aytWiwlaKxVvhphB1m5hIWRF8INM&m=n1PjcupHTKm25LP5qSHy1uVDR4ZYeUdIgcLXU-xoSck&s=60IeD8fQAl8RPOq3_pS0pJubojPgFQ8UdnM6ZspDQHY&e=), Deena Rahill recently launched private Singing Crystal Bowl Vibration Healing Sessions that use a collection of crystal sound bowls, rain drums, and other instruments to help people unwind and reconnect. During this hour-long session, participants are invited to get comfortable and surrender to the sounds while finding a rhythmic breathing pattern. You’ll leave with a sense of inner peace, elevated mood, improved creativity, and deeper appreciation for the wonder of sound.
* **Explore the Children’s Museum of the Treasure Coast:** [The Children’s Museum of the Treasure Coast](https://www.childrensmuseumtc.org/) is in the heart of Indian Riverside Park in Jensen Beach. Their mission is to offer children and families a place to explore and learn through hands-on, and interactive activities. They host Special Program days throughout the year, including Sensory Friendly Days for children with disabilities or those who have sensory considerations.
* **Visit Blowing Rocks Preserve**: This magnificently restored sanctuary offers a rare window into Florida’s natural history and is named for its rocky Anastasia limestone shoreline—the largest on the U.S. Atlantic coast. A preservationist’s paradise, the breathtaking [Blowing Rocks Preserve](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.nature.org_en-2Dus_get-2Dinvolved_how-2Dto-2Dhelp_places-2Dwe-2Dprotect_blowing-2Drocks-2Dpreserve_&d=DwMGaQ&c=M-lNcdl6npGsOqaqdPFSjarDyrdbuB4nahCaBJ7badE&r=iHuIPniaJgL_Vz_aytWiwlaKxVvhphB1m5hIWRF8INM&m=LzHYiU_pp2_yNZjAqcTmPruZH_kkhgPUfIftAwsYLzw&s=HwQL2vXetnptkCy2GOd6AnLlIncrm5Z_7CGqRQK0Z5c&e=) reflects what South Florida barrier islands looked like a century ago. Here, visitors can catch a glimpse of one of the state’s rarest surviving landscapes: an intact Florida dune habitat with beach sunflower, bay cedar, sea grape, and sea oats. During high tide, the waves crash through the rocks, shooting up to 50 feet into the air.
* **Sunset Sail Aboard the Schooner Lily**: Feel the Historic Wooden [Schooner Lily](https://www.treasurecoastsailingadventures.com/) glide along the St. Lucie River as you breathe in the fresh air and spot wildlife – all without the disruption of an engine. Join one of their daytime eco-tours or reserve a sunset sail for a unique experience on our local waterways. Even better, the Schooner Lily has a BYOB policy! *\*\* Availability based on the season \*\**
* **Enjoy a Sail La Vie Tiki Cruise**: Looking to slip into a tropical state of mind? Then consider hopping aboard [Sail La Vie](https://discovermartin.com/directory/sail-la-vie/), Martin County’s floating tiki bar. Captain Joe Tomasiello offers a range of tour options, including a sunset tour, sandbar excursion, and inshore fishing cruise. From action-packed itineraries to chill afternoons on the water, Captain Joe can create an experience catered to any taste.
* **Embark on a Hobe Sound Mural Tour**: Launched by professional artist [Nadia Utto](https://www.nadiautto.com/murals.html) in 2009, this creative “paint-the-town” [mural initiative](https://www.hobesound.org/mural-tour.html) has led to the addition of more than 20 masterpieces sprinkled throughout the Hobe Sound community. This labor of love was brought to life by over 40 skilled regional artisans, along with approximately 100 individual residents and visitors. Embark on a self-guided tour through Martin County to spot them all or get a private tour from the artist herself (pending her availability).
* **Explore Underwater Wonders during a Scuba Session**: [Stuart Scuba](https://www.stuartscuba.com/) offers personalized service delivered by a team of highly-trained, experienced boat captains, guides, divemasters, and instructors on every dive. Your trip on their full-service dive boat includes unlimited drinks, snacks, and fresh fruit – and their crew will take care of your every need to make your dive adventure feel like a vacation. *\*\* Available only to certified divers based on the season \*\**
* **Get a Surf Lesson with the Ohana Team:** Locally owned and operated, [Ohana Surf Shop](https://discovermartin.com/directory/ohana-surf-shop/) on Hutchinson Island is the go-to spot for surfers all over the Treasure Coast. They rent out boards of every kind (surf, skim, stand-up paddle) and host private surf lessons off Hutchinson Island for anyone learning to hang ten. Spend the morning or afternoon catching waves and perfecting this time-honored tradition.
* **Become a Beekeeper for the Day**: Have you ever dreamt of becoming a beekeeper? There’s a lot to learn! Spend an afternoon learning the basics with the experts at [Hani Honey Company](https://hanihoneycompany.com/). They will arrange a custom beekeeping lesson on-site at one of their Martin County apiaries. Afterwards, you can take a trip to their Hani Honey storefront in Downtown Stuart to taste their homemade mead and other honey-focused favorites.
* **Join a Ranger-Led Tour of Jonathan Dickinson State Park**: Nestled between Hobe Sound and Tequesta, [Jonathan Dickinson State Park](https://discovermartin.com/directory/jonathan-dickinson-state-park/) is a true natural treasure. Sprawling across 11,500 acres, it’s the largest state park in Southeast Florida, and offers a diverse array of natural habitats, including sand pine scrub, pine flatwoods, mangroves, and river swamps. The Loxahatchee River (Florida's first, federally designated Wild and Scenic River) runs through the park. Ranger-guided tours of the 1930's pioneer homestead of Trapper Nelson are available year-round. You can also enjoy hiking, biking, or kayaking while you are here.
* **Experience Treasure Coast River Cruises:** Cruise the inland waterways of the Treasure Coast in a clean and comfortable pontoon boat! Every [Treasure Coast River Cruise](https://discovermartin.com/directory/treasure-coast-river-cruises/) is private, so your party is always the only group of up to six passengers aboard! They offer Sandbar, St. Lucie North Fork, and Sunset cruises. Celebrate a special occasion, spend time with family, toast the sunset, or just enjoy the scenery!
* **Take an Island Princess Boat Tour:** Relax and enjoy the splendid scenery from the comfort of the enclosed air-conditioned main salon or the open-air upper deck of the sleek [Island Princess](https://discovermartin.com/directory/island-princess/). As you cruise the calm waters, watch for porpoises, manatees, pelicans, blue herons and egrets in their beautiful, natural habitat. They offer a range of experiences, including scheduled [sightseeing cruises](https://www.islandprincesscruises.com/cruises/sunset-cruise/), [lunch cruises](https://www.islandprincesscruises.com/cruises/jupiter-island-luncheon-cruise/), [dinner cruises](https://www.islandprincesscruises.com/cruises/dinner-cruise/), [sunset cruises](https://www.islandprincesscruises.com/cruises/sunset-cruise/), [booze cruises](https://www.islandprincesscruises.com/cruises/wine-down-sunset-cruise/) and also [private charters](https://www.islandprincesscruises.com/private-charters/) on the St. Lucie River, the Indian River, and the Jupiter Sound.
* **Kick Things Up a Notch with New Wave Kiteboarding**: It’s no secret that Martin County locals spend a lot of time out on the water, but [New Wave Kiteboarding](https://newwavekiteboarding.com/) caters to the ultimate thrill seekers. They offer lessons catered to any age and experience level in a variety of formats, including kiteboarding and [Hydrofoiling](https://nextlevelwatersports.com/pages/hydrofoil). Any experience with the New Wave team is sure to get your heart racing and blood pumping!
* **Explore a Water Skiier’s Paradise:** The [Hobe Lake Ski Club](https://www.hobelakeskiclub.com/) is a water ski club designed and built for the exciting sport of slalom water skiing. This heart-racing experience offers a world-class ski adventure on a pristine private lake. Learn from the pros, like 12-time Belgium National Champion Wim DeCree and US National Champion Megan Lambert.
* **Eat Your Way Through Downtown Stuart with the Flavor Excursion**: This [one-of-a-kind food tour](https://www.theflavorexcursion.com/) tingles your taste buds, rivets your senses, and fascinates you with interesting history and delicious food through some of Downtown Stuart’s best restaurants. Learn all about a ruthless pirate, Stuart’s own Bonnie and Clyde, a speakeasy, and so much more as you eat your way around the impossibly charming, award-winning Historic Downtown Stuart waterfront district.
* **Catch a Live Show at the Lyric Theatre**: [The Lyric Theater](http://www.lyrictheatre.com/), located in historic downtown Stuart, is host to plays, musicals, and also showcases big name talent. Built in the 1920s as a silent movie house, it is listed on the National Register of Historic Places. This grand old theatre represents a colorful history in the community as a central gathering place for young and old alike. The theatre seats 500 and hosts a variety of events, ranging from classical theatre to rock and country bands, orchestra and jazz concerts, dance recitals, movie screenings and more. *\*\* Availability based on the season \*\**
* **Cowboy/girl for an Afternoon in Indiantown**: [Indiantown](https://discovermartin.com/communities/indiantown/) is the heart of South Florida’s cattle and citrus country, and the unofficial capital of “Old Florida” charm. It plays host to the annual Indiantown Rodeo and still boasts countless of working cattle ranches and the iconic [Seminole Inn](https://discovermartin.com/directory/seminole-inn/). Get a firsthand experience with the workings of an authentic Florida ranch with one of the oldest ranching families in Indiantown. From cutting cows on horseback to tending to the crops, your visit will showcase some of the activities that still take place on a working ranch.
* **Join a Sunshine Wildlife Sailing Tour:** Join Captain Nancy Beaver of [Sunshine Wildlife Tours](https://www.discovermartin.com/directory/sunshine-wildlife-tours/) on an eco-boat tour of the Indian River and the St. Lucie River and discover what makes Martin County’s estuaries so special. See Bottlenose Dolphin, Manatee, Sea Turtles or perhaps an Otter or a Sting Ray. Experience the most diverse estuary in North America aboard “Sirenia”, a 35′ pontoon boat with a full roof and restroom. Captain Nancy Beaver has over 20 years of experience with nature and the wildlife of the Indian River Lagoon.
* **Visit the Hobe Sound Nature Center**: The [Hobe Sound Nature Center](https://discovermartin.com/directory/hobe_sound_nature_center/) is a private, non-profit organization, dedicated to environmental awareness and education. The Nature Center is a cooperating association with the U.S. Fish and Wildlife Service and is located at the Hobe Sound National Wildlife Refuge, in southern Martin County. They offer both on and off-site native wildlife presentations and field experiences to local natural areas. Stroll the trails, participate in one of their ever-changing programs, or explore the indoor center filled with critters and fascinating information.
* **Get Inspired During a Clay Studio Lesson**: Martin County is known for its artistic flair. Learn from one of the best by taking a private lesson with Mia Lindberg, owner of [Clay Habit Studio](https://discovermartin.com/directory/clay-habit-studio-supply/) in Downtown Jensen Beach. During this private pottery lesson, you’ll roll up your sleeves and learn how to work the potter’s wheel and bring your clay creation to life from scratch.
* **Explore Historic Downtown Stuart by Segway**: You can’t visit Martin County without spending some time exploring [Historic Downtown Stuart](https://www.discovermartin.com/communities/stuart/). Impossibly charming, the award-winning waterfront downtown district is known for its quaint appeal marked by eclectic boutiques, locally owned restaurants, and one-of-a-kind entertainment options, including the Lyric Theatre, galleries, and museums. See it all during a [Stuart Segway](https://stuartsegwaytours.com/) tour through this hidden gem, which was recently named by Oprah Magazine as one of “America’s Most Charming Towns that You Haven’t Heard of but Should Visit ASAP.”
* **Hit the Green and Swing by the Sea**: Florida has long attracted seasoned golfers, but Martin County is one of the best-kept secrets in the Sunshine State. This beloved stretch is blessed with a natural sand ridge that stands out alongside the Treasure Coast’s typically flat terrain, resulting in [amazing golf courses](https://discovermartin.com/see-do/golf/) set against picturesque coastal landscapes. Play a round at one of our beautiful courses while swinging by the sea.
* **Get Spooked During a Ghost Tour**: **Embark on the Port Salerno Ghost Tour**: Today, the vibrant [Port Salerno](https://www.discovermartin.com/communities/port-salerno/) waterfront district is home to eclectic art galleries, bustling marinas, and lively restaurants, but it originally began as a humble fishing village. Join local historian and author Patrick S. Mesmer on a bone-chilling Ghost Tour to learn more about the area's spooky history while using professional equipment seen on TV shows like Ghost Hunters.
* **Go on a Self-Guided Water Biking Adventure**: Port Salerno is defined by the Manatee Pocket, a picturesque bay which extends from Port Salerno to the St. Lucie Inlet and is fed by several creeks including Salerno and Manatee. Another unique way to explore this beautiful nook of Martin County is via water bike! At [Treasure Coast Water Bikes](https://www.treasurecoastwaterbikes.com/), you can rent one by the hour and peddle through the waves during a self-guided adventure! It’s easier than it might sound and attracts travelers of all ages.
* **Tour Kai-Kai Farm**: Want to know more about local South Florida produce? Join a farmer-guided tour of this beautiful 40 acre working farm in rural Indiantown. Operating as a local food distributor and offering different produce throughout the year including bananas, lettuce, tomatoes, beans and peas among others as they work towards organic certification. [Kai-Kai Farm](https://www.discovermartin.com/directory/kai-kai-farm/) is a recipient of the Snail of Approval Award given to local food suppliers like farms, restaurants and markets whose food is judged as good, clean and fair. The food is assessed by taste, healthiness, production, distribution, and if it is in season and free of additives.
* **Reel in the Memories During an Offshore Fishing Trip**: [The Lady Stuart](https://www.discovermartin.com/directory/lady-stuart-deep-sea-fishing/) is a spacious 65-foot fishing boat, located just minutes from the St. Lucie Inlet that offers some of the best fishing in Florida. Head out with their experienced and award-winning crew to go fishing offshore to their favorite spots, where you are bound to reel in the memories. Their tours include bait, equipment, and tackle., and their boat has a fishing license that covers everyone on board. At the end of the trip, they will clean, fillet, and bag your catch for you for free! *\*\* Availability based on the season \*\**
* **Explore South’s Florida’s Natural Escape on Horseback:** Jonathan Dickinson State Park also offers [guided trail rides on horseback](https://www.jdstatepark.com/equestrian-activities/). Their tours cover the protected Parklands within the state park and wind through cypress heads and pine flatwoods. It’s a vast and serene natural area teeming with wildlife including white-tailed deer, bald eagles, osprey, alligators, and more. *\*\* Availability based on the season \*\**
* **Stroll Through Market on Main**: Visiting on a Sunday? Don’t miss the weekly [Market on Main](https://discovermartin.com/event/market-on-main/) farmer’s market, held in the waterfront Flagler Park in Downtown Stuart! Purchase the freshest grown fruits, vegetables, herbs, flowers, cheese, homemade breads, unique arts and crafts, artisan teas, baked goods, craft cocktails, and much, much more. The market runs from 9am to 1pm and then stroll over to the Riverwalk Stage next door, an outdoor concert venue which hosts free live music performances every Sunday starting at 1pm.