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The Ultimate Sober Guide to Exploring Miami

How to have fun in one of the world's top party destinations—no booze required.

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Photo courtesy of Reserve Padel

Miami is a city known for clubbing all night, sitting in the sun with a frosty beer, and sipping cocktails at sunset. But as much as the 305 has a reputation for spring break and booze-fueled debauchery, more people in Miami are choosing to stay (at least somewhat) sober—and best believe we're not cutting out the fun.

While there's no shortage of NA options out there, Miami is also home to plenty of ways to kick back that don't involve a bar (boozy or otherwise) at all. From top-notch museums and shopping destinations to special events centered around wellness, you'll find plenty of fun in the 305. So we tapped Potts for his suggestions on the best NA drinks and racked our brains to create the ultimate sober guide to exploring Miami. Whether you've completely cut out alcohol, are sober curious, or just want to take a night off, here are the best events and things to do in Miami that are completely booze-free.

Other Things to Do in Miami

Take in the beauty of Fairchild Tropical Botanic Garden

Another one of Potts favorite sober activities is strolling through Fairchild Tropical Botanic Garden. "It's so big that it's hard to do in one day, so it's always fun to come back and check out things you might have missed last time," he says. Beloved by locals and tourists alike, the garden features tons of events throughout the year like an annual Mango Festival in July, Night Garden over the holidays, and a Dragons and Mythical Creatures event now through September.