

STAY IN • VENTURE OUT • GO VIRTUAL







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- AREAS OF ASHEVILLE

For a small city, Asheville boasts numerous neighborhoods, each with their own vibe and culture. Here's an overview to help you narrow down the places to stay and things to do!

WHERE TO STAY Let's take a three-tiered approach to this section, shall we?

WHERE TO EAT

If you're coming to Asheville as part of a large group, you should know that it's a challenge to secure reservations! Plan early if you want to go out for dinner together. Alternatively, we highly recommend bringing the fabulous Asheville food scene to you!

WHAT TO DO

There is SO much fun to be had in the Asheville area! We get it though... with so many options, it can also be overwhelming!

TREAT YOURSELF

Asheville might be best known for its food scene and outdoor adventures, but we definitely know how to relax, too! There are a plethora of spas in this little mountain town, but as they book quickly, finding one that can accommodate a group can be tricky. That's where we come in!

MENU OF EXPERIENCES

Welcome TO ASHEVILLE!

We're All About Asheville (and (1) Mness)

Welcome to Asheville: our namesake, our beloved mountain town in North Carolina's beautiful Blue Ridge Mountains boasting tons of character and plenty of good vibes. We're a strong community filled with artists and creatives, innovators and entrepreneurs.

Representing the abundance of unique and holistic offerings to be found in the Asheville area, Asheville Wellness Tours is a community-focused network and collaborative community of healers, moms, solo-preneurs, small business owners, creators, and dreamers. Our offerings are reflective of the vibrant and creative spirit of our city. We have a passion for facilitating experiences that foster fun and valuable community connections. With yoga hikes, group meditations, tarot card readings, cooking classes, forest bathing, and so much more, we help locals and tourists alike to fully experience the best Asheville has to offer, all through the lens of wellness.

Our mission is to connect you more deeply to Asheville...and each other!

We know it can be a challenge when traveling to figure out what to do and all the logistics in between. With so many options, and so many online resources to peruse, it's easy to catch FOMO pretty quickly and not know where to even begin! Luckily, this is where we shine. With over 50 local partners and even more community connections, you can trust us to connect you with exactly the kind of service you're looking for.

In this guide, we're sharing our very favorite places and spaces around Asheville that we're sure you'll love: the ones we actually frequent ourselves. Whether you're planning a luxury vacation or passing through in your camper van, a prolonged staycation or a quick weekend away, a trip with your whole extended family or a solo-adventure...start with these recommendations and insider tips!

If you'd rather get some real-life (from an actual person!) guidance, get in touch and we'll be thrilled to help.

your one-stop shop for meaningful wellness experiences in Asheville.





Hreas of Asheville

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RIVER ARTS DISTRICT (RAD)

Resting along the French Broad River, the River Arts District hosts hundreds of artists creating a wide variety of crafts every day. Enjoy an opportunity to meander the mile-long district and see behind the scenes of working studios, plus interact with the plethora of creative talents in the RAD! Pro Tip: if you love art and your visit coincides with the RAD's "Second Saturdays" monthly event, be sure to pop by!



DOWNTOWN

The heart of Asheville is filled with shops, breweries, restaurants, galleries and so much more. Enjoy simply walking the streets, admiring all the early-twentieth-century Art Deco architecture, musicians, and — if you come in summer — you'll likely wander into a street festival with live music, locally crafted art, and more!

BILTMORE VILLAGE

Surrounding the estate (the largest privately owned home in the country!), Historic Biltmore Village was constructed by the Vanderbilt family for their estate workers. These days, the main activity here is shopping with a focus on creative boutiques and popular luxury brands. You'll also find a few cafes to refresh yourself as you browse.



SOUTH SLOPE

Thirsty? South Slope is the craft beverage hub of Asheville. Here, you'll find a wide variety of craft beer (there's even a brewery dedicated solely to sour beer!), a distillery with a rooftop bar and prohibition-era vibe, a cidery for the apple-loving crowd, and even craft sake. Balance your beverages with delicious eats from creative food trucks along the way. If you're a fan of self-guided adventures, this map will help you plan your day.

MONTFORD

On the north side of Downtown is Montford, a beautiful, historic neighborhood that now offers several special B&Bs. Even locals like to come to this neighborhood to walk! It's so quaint, with Arts & Crafts style homes, a wonderful park, a castle, and even an historic cemetery where multiple famous people are buried!

Where to Stay IN ASHEVILLE

Let's take a three-tiered approach to this section, shall we?

TIER One

For the do-it-yourself planners out there, sites like Airbnb and VRBO are incredibly popular here, so you'll find no shortage of options and choices.

TIER Two

Want some help from a real, live human? The spaces we recommend below offer more personalized assistance. You'll be in good hands with truly local, high-value knowledge instead of trying to coordinate several smaller bookings or hoping to catch the host for more details.

TIER Three

Have zero extra minutes in your day and need someone to do it for you? Call us!

Assuming most visitors are in the middle (you want a little support, but you have time to do some legwork), let's jump right into our recommendations for Tier 2...

When choosing a spot for your getaway, you might be looking for easy access to town and all the fun activities you plan to do, or perhaps you'd prefer to be further out of town, at a gorgeous mountain rental and have the activities to come to you. For group getaways, we always recommend booking a full home when possible. A space that offers opportunities for unplanned connection is the ultimate getaway for bonding with your crew!

Here are some of our top suggestions that we know you'll love:

(Not coming as part of a group? We have a variety of excellent recommendations for solo travelers and couples, so just get in touch for details.)







CAROLINA MORNINGS

Carolina Mornings has spent over 20 years hand-picking the best accommodations for travelers wanting to experience the Blue Ridge Mountains. They offer a wide selection of properties from romantic and cozy rental cabins to expansive vacation homes and estates that accommodate family reunions and corporate retreats! Whether you want to stay in town or on a mountaintop, Carolina Mornings has a wide variety to choose from.



Groups looking for diverse options



YONDER NC

Yonder NC has luxury whole-home rentals for all group sizes. With options super close to downtown Asheville and in multiple locations across Western NC (about 1-1 ½ hours from Asheville), you have the benefit of choices with Yonder: Mountain cabins, downtown lofts, lakeside chalets...they have them all! Browse their portfolio online or call their team for personalized assistance in choosing the perfect space for your crew.

Open since 2008 and locally owned, Yonder offers experience and deep knowledge of the Asheville area, ensuring your trip is in good hands!



Groups looking for diverse options



UPSTREAM WAY

Convenient location in the RAD where you can play by the river and relax on the rooftop. Remember our description of Asheville's River Arts District from the Areas of Asheville? The heart of Asheville's creative spirit resides in this colorful neighborhood, where once-bustling mills now house 200+ artist studios. If you're looking to be 10 minutes away from just about everything, look no further. You can also get into town by launching a kayak or inner tube from the new boat ramp directly across from your rental, meet one of our instructors in the riverside park for an outdoor yoga class, or stroll the greenway. These multi-story vacation homes are creatively decorated with plenty of nooks for hanging out together or enjoying peace and quiet on your own.



Groups looking for a convenient location with easy access to everything



BUNN HOUSE

Full house rental plus stunning property?! A luxury vacation home rental and event space, Bunn House is offered exclusively to small groups only steps from downtown Asheville in a meticulously restored historic retreat. Asheville's downtown neighborhoods have a historic vibe that you just can't beat. Staying at the Bunn House is reminiscent of an Art Deco past with upscale modern amenities and comforts!



Groups seeking an upscale space for a classy getaway



SHANTI MOUNTAIN PROPERTIES

Shanti Mountain Properties has modern homes and rustic-chic cabins for rent for vacation or corporate housing in Asheville, NC. Enjoy the true Blue Ridge Mountain lifestyle! They have lots of different styles of full-home rentals around Asheville; these spaces all have a real "locals" vibe!



Groups looking for locally-owned and local-style properties that are very Asheville!







If you're coming to Asheville as part of a large group, you should know that it's a challenge to secure reservations! Plan early if you want to go out for dinner together. Alternatively, we highly recommend bringing the fabulous Asheville food scene to you!

These restaurants are some of our favorites, plus we included a few fun alternatives.

LOCAL ROUND-UPS

These two websites offer the most up-to-date information, like the most unique outdoor dining patios, who's offering takeout, where reservations are accepted, and more!

Explore Asheville offers the best roundup of <u>unique outdoor dining experiences</u>. Check out a casual taco stop by the river, the best breakfast spot in town, the BBQ spot frequented by the Obamas, live music venues and breweries with delicious/creative eateries onsite, a French bistro, outdoor dining with a view... we could go on and on! Please check with individual restaurants for the most current info on hours, offerings, etc, before visiting.

For the most up-to-date collection of independent restaurants in Asheville, check out the AIR (Asheville Independent Restaurants) website. Support local!

HEALTHY & GOOD (VEGETARIAN, VEGAN, AND GF OPTIONS)

Bimberibon

This globally-inspired gluten-free bakery and restaurant in West Asheville is a welcome place for all. If your group is a blend of meat-eaters, vegans, and everything in between, Bimberibon will appeal to everyone's individual tastes. It's a casual spot and totally gluten-free.

Plant

Enjoy scratch-made food using thoughtfully-chosen ingredients from the earth. Dishes reflect a variety of multicultural influences. Vegan, or not, we promise you will enjoy your experience.

Laughing Seed Cafe

One of Asheville's oldest restaurants, still boasting Asheville charm! Funky, no-frills cafe & bar serving organic, locally sourced global vegetarian & vegan fare.

Rosetta's Kitchen

A cozy stop with a casual vibe for vegetarian & vegan comfort foods, with gluten-free options. "The best restaurant in downtown Asheville for healthy vegetarian and vegan food!"

Simple Cafe & Juice bar

A locally owned, organic cafe & juice/smoothie bar in West Asheville.



Hemingway's Cuba

A rooftop restaurant that accepts group reservations for fabulous dining with a view! Cuban-style fare shakes things up...and don't forget the cocktails.

Sunset Terrace at the Grove Park Inn

Take in a stunning sunset while sipping a local beer on the award-winning Asheville restaurant, Sunset Terrace at The Omni Grove Park Inn. Get a taste of local drinks and small bites, all while enjoying a view encompassing all of Asheville! This is probably THE place in all of Asheville – the Grove Park has been the most desirable place to hang out in town since the time of Hemingway! Join history at this historic place and have the dining experience of a lifetime.



Chestnut & The Corner Kitchen

Locally-sourced ingredients and a divine menu. This is fine dining with a real locals vibe! Chestnut is in downtown Asheville and Corner kitchen is located in historic Biltmore Village. With similar but just-different-enough menus, you can opt to select the one closest to you if your trip is pressed for time, or try them both out to compare and enjoy!

The Admiral

An innovative, daily changing global menu & cocktails served in a modest cinder-block building. Seasonal menu, with ever-changing specials. West Asheville's finest!

Cúrate

Cúrate is a celebration of authentic Spanish cuisine. We love this spot for Spanish-style tapas dining, which is an ideal way for groups to share, sample, and explore new flavors together! They offer a private dining area for parties of 10+ (advance notice of 72 hours or more is required) and accept reservations for parties of 1-10. This is one of the most popular restaurants for visitors, so book early if you want to include it in your AvI adventure!



Isis Music Hall

This place still feels like a local secret. If the lines are long at the more well-known Biscuit Head and Sunny Point, pop down the street to Isis for a menu that's just as tasty without the wait!

6 | YOUR PLANNING GUIDE





What to Do IN ASHEVILLE

There is SO much fun to be had in the Asheville area! We get it though... with so many options, it can also be overwhelming!

If you're trying to sort through them all, we can help. Tell us about your crew and we can make appropriate recommendations, planning the right balance of activities and downtime so everyone can head home feeling refreshed and happy.

Here are some suggestions to inspire your planning. If you want to do any (or all!) of these, we can integrate activities into your **custom itinerary**. In addition, we can make the connection for the best vendors, plan logistics to get your group around town, and add fun little surprises to make your celebration even more special!

YOGA HIKES

For the adventurous and active crew, a yoga hike can be such a fun way to explore together! Enjoy a short hike through mixed deciduous forest, ending at breathtaking vistas, where you'll take out your mats! Yoga on the mountaintop makes the most of this extraordinary landscape, making it a special experience for everyone to remember. As one recent attendee put it, "Who gets to say they've done yoga on a mountaintop?"



FOREST BATHING

For the nature lovers in your crew, forest bathing is a beautiful way to appreciate nature and center ourselves. No "bathing" required! Developed in Japan during the 1980s, forest bathing (or "shinrin-yoku") is more than just meandering through the woods; it's an immersive experience where you consciously take in the sights, sounds, and smells of the forest. Just quiet time, surrounded by natural beauty, with your guide inviting you to experience these wonders more deeply. What's not to like?

TAROT READING

Group tarot readings are a wonderful way to break through the superficial and cultivate a deeper bond! Your group reading will begin with an intention-setting, guided meditation. From there, each participant will enjoy a personalized reading of the cards whose symbolism and possible messages will be interpreted by the reader. Readings can be done at your vacation rental, making this a convenient and relaxing activity for all.

Copper Crown

Indoor dining, patio dining, & takeout, they've got it all! Conveniently located en route to the Blue Ridge Parkway and a few minutes' drive away from downtown. Reservations are strongly recommended due to limited availability.

Tupelo Honey

This is a classic Asheville stop with a lot of history. Try the newer, larger South location to avoid the wait time or snag reservations for the downtown location ASAP!

Biscuit Head

Offering a hearty farm-to-table menu where biscuits are the star! Marvel at the wild variety of toppings available like apple butters, hot sauce, jelly, and more.

Sunny Point

Visiting on a weekend? this is the most popular breakfast place in town! The walk-in wait time is sure to be a commitment but you can call in an order "to-go" or opt for local delivery instead! If you've opted to wait, enjoy a stroll through the adjoining community garden with mimosa in hand to pass the time.



Red Ginger

Located in Downtown Asheville, Red Ginger offers traditional, healthful, and elegant Chinese-style tapas and dim sum.

Gypsy Queen

Started as a food truck and now brick-and-mortar, Gypsy Queen offers affordable, no frills Mediterranean & Lebanese Street Food. Try the falafel!

Chai Pani

With a name that's slang in India for going out for a cup of tea, a tasty bite, a snack, or "a little something", this Downtown Asheville restaurant means innovative, fun, affordable and delicious Indian cuisine.



AND OF COURSE, OUR FAVORITE WAY TO EAT IN ASHEVILLE...



Private Chef Service

Bring the food scene to you! Hire a private chef to come to your vacation rental or house for a comfortable, fun way to experience fantastic dining without having to traipse the whole crew across town.







SUP YOGA

SUP yoga is such a fun way to take your yoga practice out of the studio and into this wild world! Discover balance, strengthen your core, and challenge yourself in your practice — no matter your level! It's a good chance to try something new together and enjoy being in nature. Get out onto the water for some fun and plenty of laughs!

ROOFTOP BAR TOUR

Enjoy the views of Asheville from on high! A rooftop bar tour with your favorites is sure to result in fabulous photos and endless laughs. We're always happy to add a tour into your custom itinerary planning!



FLYING BIKE TOURS

Electric bike rentals and tours can be such a fun way to get around town with your crew. Asheville boasts great weather; with E-Bikes, you can spend most of your trip truly enjoying the sights, sounds, and climate of our mountain town. Explore more without breaking a sweat! E-bikes are more accessible and a great way to keep the group together, no matter anyone's fitness level or bicycle experience.

WHITEWATER RAFTING

Have some thrill-seekers in your crew? Our favorite whitewater rafting company is just 30 minutes from downtown! Choose from a gentle, relaxing float or conquer class IV rapids on the French Broad River with both half- and full-day options available. For true enthusiasts or groups who want a more remote adventure, outfitters like the Natahala Outdoor Center and Wildwater have a more expansive "menu" of options just for you.



ZIPLINING

Flying across the mountains and above the treetops is a fantastic adrenaline rush! For the crew looking for adventure, ziplining in Asheville amongst the Blue Ridge Mountains is highly recommended. There are several options in the area but one of our favorites is Navitat; it's farther outside of town with a real "zip through the forest vibe" and more complex courses with long, fast lines. Another fave is Asheville Adventure Center, which is family–friendly with kid zips and challenge courses, and it's just outside of downtown!



WINERY TOURS

For the social group looking for laid back fun, winery tours are perfect. Asheville's surrounding landscapes boast the perfect backdrop to enjoy the beautiful outdoors, and sample plenty of local gems, all while meeting the folks behind the scenes. Winery tours are ideal for friends and family getaways!

UPSCALE PICNICS

For the classy crew, plan an upscale picnic for a beautiful spread that's casual chic. There are several local companies providing a variety of options. Some deliver a box, some set up a full picnic, and others put together a basket for you to collect and return when you're done.

If you want to plan this yourself, some of our favorite companies include Parkway Picnics, Gather 'Round Charcuterie, Pop Up Picnics, and The Rhu. Otherwise, we can include this in your **custom itinerary** and we'll make sure everything goes smoothly!



Asheville might be best known for its food scene and outdoor adventures, but we definitely know how to relax, too! There are a plethora of spas in this little mountain town, but as they book quickly, finding one that can accommodate a group can be tricky. That's where we come in!

Here are our top Asheville Spa picks for groups. You can check out even more options on our blog!



SAUNA HOUSE

Hang, relax, and chill at this downtown spa specializing in dry sauna and cold plunge therapy.

Sauna House is a Nordic-style bathhouse filled with natural light, beautiful plants, and clean designs. It is the perfect place to chill. Sauna House promotes the Hot, Cold, Relax method, which means you sauna for about 15 minutes, take a plunge in the cold pool, relax on the heated furniture, and repeat. Massages and foot soaks are also available.

Groups of up to 15 can reserve exclusive use of the full facility.







MOBILE MASSAGE BY ASHEVILLE WELLNESS TOURS

To totally relax, we'll come to you!

Asheville Wellness Tours offers mobile massage treatments, which are perfect for large groups. Forget about the hassle of trying to book a spa and then getting everyone there on time. We can send multiple therapists so your relaxation doesn't have to take up a full day. Your therapists bring massage tables, linens, lotions, oil, and music. All you have to do

THE STABLE SPA AT HORSESHOE FARM

A peaceful, rural oasis at Western North Carolina's most unique spa experience

This is hands-down the best option for groups seeking a traditional spa day in the Asheville area! Only 30ish minutes from downtown, it's well worth the drive to be surrounded by serene landscapes and sink into a day of relaxation together. There's even an energy vortex in the middle of the spa. plus large barn doors that open so you can invite the healing power of nature and fresh air into every experience.

Craft your own mini-retreat with add-ons like private yoga classes, sound immersion, or a cacao ceremony, and choose from a menu of enhancements to up-level your massage or holistic treatment of choice.



THE ASHEVILLE SALT CAVE

Unique and perfect for simple group relaxation

The Asheville Salt Cave is loved by locals and tourists alike. It is a nature-inspired salt cave in the heart of downtown Asheville, featuring an enriched microclimate, which allows the body and mind to gain relaxation, balance, & healing. We often get asked, what do you do in the cave? You do not have to do anything to receive the benefits. Sit back, close your eyes, relax, and breathe.

SHOJI RETREATS

Relaxing Japanese-inspired mountaintop experience

Shoji is Asheville's Japanese-inspired outdoor hot tub spa. The spa is nestled in the heart of the Blue Ridge Mountains and overlooks the Blue Ridge Parkway. Shoji has it all: breathtaking views, sauna, cold plunge, and luxury showers. They supply everything you need including robes and sandals. In addition to the private outdoor hot tubs, Shoji offers massage, spa packages, and overnight lodging.

Menu OF EXPERIENCES Stay in

Hire a private chef to come to your vacation rental or house for a comfortable, fun way to experience fantastic dining.

Mobile Massage 30-90 mins

Your therapists bring massage tables, linens, lotions, oil, and music.

Tarot Reading 15 mins -1 hour/pp

Each participant will enjoy a personalized reading of the cards whose symbolism and possible messages will be interpreted by the reader.

Yoga 1 hour

Enjoy a private group yoga class at your vacation rental or location of your choosing with an experienced local instructor in Asheville.

Hold ons

Building custom itineraries with our team opens access to "off menu" add ons like:

Sips with a Somm

Food Tours

Luxury Picnics

Whitewater Rafting

ZipLining

Grocery Delivery

Flower Crowns

... and more!

Venture out

Enjoy a short hike through mixed deciduous forest, ending at breathtaking vistas, where you'll take out your mats!

Forest Bathing 2-3 hours

No "bathing" required! Just quiet time, surrounded by natural beauty, with your guide.

SUP Yoga 1.5 hours

Discover balance, strengthen your core, and challenge yourself in your practice — no matter your level!

Winery Tours 4-5 hours

Asheville's surrounding landscapes boast the perfect backdrop to enjoy the beautiful outdoors, and sample plenty of local gems.

Complimentary CONCIERGE SERVICES

Schedule a complimentary, 15 minute chat with our itinerary guru, Caitlin, so we can help make sure you have an incredible visit. Whether you have a quick question or want to talk through your full weekend itinerary, pick a time that works for you and talk to a local who can share insider recommendations.

828.407.0711



STAY IN • VENTURE OUT • GO VIRTUAL

THE Perfect DAY

THE PERFECT DAY IN ASHEVILLE

A morning Yoga Hike, brunch at Early Girl Eatery, a downtown bike tour, topped off with a relaxing evening on the patio of your historic downtown asheville rental... or wait! Maybe you'd prefer a morning spent at a spa, followed by a winery tour, dinner downtown, and the evening spent at a mountainside cabin? Still not satisfied?

Reach out to us today to customize your entire trip!

