

Bryson City & Swain County North Carolina

Have a Big Vacation in a Small Town!

'Think Outside the Gym' 2-Day Itinerary

Taking a break from your usual fitness program with a small vacation?

Here's a fun way to take time off yet maintain your fitness level with an active recovery break or cross-training change up.

Replace that boring treadmill video or neighborhood sidewalk with the beauty of the Smoky Mountains around Bryson City NC. This 2-day plan will strengthen your legs with running and mountain biking, your core with paddle boarding, and your upper body with kayaking moves. Never tried one of these pursuits? Vacation is the perfect time to try something new.

But it's not all hard work; we've added in some great restaurant suggestions, and even a massage as a reward for all your hard work. Take a look ...

For more information, including links to activities and dining, visit GreatSmokies.com/fitness-vacation

DAY 1 - Work Your Legs, Core & Upper Body

Breakfast. Mountain Perks. Everything bagel, trail fuel bagel, or bacon swirled cinnamon roll, with coffee or tea.

Activity: Jogging. 4.2 mile loop. Just a few minutes outside Bryson City, you'll find **Deep Creek recreation area** of the Great Smoky Mountains National Park with an easy to moderate trail passing waterfalls, along creeks and through the woods.

Lunch. Anthony's Restaurant. Salads, hot and cold sandwiches, full meals, specialty pizzas with sauce made fresh each day. Enjoy indoors or on the covered deck.

Activity: Paddleboarding. Fontana Lake paddleboard rentals from **Bryson City Outdoors** or **Nantahala Outdoor Center**. BC Outdoors also rents paddleboards to SUP the Tuckasegee River in town, and they offer SUP Yoga classes.

Snack & Shop. Pick up an ice cream cone at **Soda Pop's** or delights from **The Fudge Depot** and stroll around Bryson City. Check out the shops and galleries.

While you are out - Pick up a sandwich at **High Test Deli and Sweet Shop** for lunch on day 2. With names like "Super Charged," and "Italian Turbo," you'll find just the fuel you need for tomorrow. If you need to rent a mountain bike for Tsali, or just some good trail advice, drop by **Bryson City Bicycles** or **Tsali Cycles**.

Dinner. See what's on tap at the **Nantahala Brewery**, then enjoy a burger and a game of pool at **CJ's Sports Grille**.

Activity: Sunset Kayak Tour of Lake Fontana. 7-9:30 pm. Guided by **Endless River Adventures**. Enjoy the lake from a fresh perspective. Advance reservations required. Light refreshments provided.

Bryson City in 30 Seconds



GreatSmokies.com

We Have Photos. Lots of Photos.

Need a great high-res image of the Smokies or Bryson City? You'll find over 500 on our website. If you need something else, give us a call, tell us what you need and we'll send a selection. GreatSmokies.com/media.



DAY 2 - More Legwork, Recuperate & Celebrate

Breakfast. Everett Street Diner. Fruit, granola & yogurt; oatmeal, or fresh mixed fruits & a bagel.

Activity: Mountain biking at Tsali Recreation Area. 1/2 hour west of Bryson City on Hwy 28 N. 42 miles of single track, Alternate use of trails provides on Sun, Mon, Wed & Fri – 2 loops: Left (moderate), Right (easy) for a total of 20-25 miles. Experienced riders: 3 hr; intermediate: 4 hrs; beginners: 5 hrs. Left & Right Loop can be combined to make an outer loop on just the single track portions. Clockwise hits the best down-hills. And on Tues, Thurs & Sat, Mouse Branch & Thompson Loop (both moderate) will total 15 miles. Experienced riders: 2 hrs; intermediate: 3 hrs; beginners: 4 hrs.

Lunch. Bag lunch from High Test Deli and Sweet Shop (see Day 1)

Activity: Massage. 1-hour or more therapeutic massage to relax those muscles and soft tissue at **Sue Magness** or **Nurture Wellness**. Prefer massage at your vacation rental? **LIFT Mobile Massage** will come to you.

Dinner. Everett Hotel Bistro - The Bistro creates everything from fresh with all natural ingredients, organic and locally sourced where possible. House-made soups, light fare & tapas, creative chef specials, and powerful desserts.

LODGING: In and around Bryson City, you'll find a wide variety of lodging, from familiar hotel chains to unique lodges and inns to mountain cabins and campgrounds. **GreatSmokies.com/lodging**

Bryson City is 1 hour west of Asheville, just 3 hours from Atlanta & Charlotte, and 2 hours from Greenville, Knoxville and Chattanooga.



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