

# 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 ...

### 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 hourly paddleboard rentals from Bryson City Outdoors or Nantahala Outdoor Center. BC Outdoors also rents paddleboards to SUP the Tuckasegee River in town (30 mins).

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

**While you are out -** Pick up a sandwich at The Filling Station for lunch on day 2. With names like the “Super Charged,” and the “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 Bryson City 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**



## We Have Photos. Lots of Photos.

Need a great high-res image of the Smokies or Bryson City? You'll find over 200 on our website, [GreatSmokies.com/media](http://GreatSmokies.com/media). If you need something else, give us a call, tell us what you need and we'll send a selection.



## 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.

**Break for Lunch.** Bag lunch from Filling Station (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 natu-ral ingredients, organic and locally sourced where possible. House-made soups, light fare & tapas, creative chef specials, and powerful desserts.

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**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.

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



## Contact Info

### Lodging

Anthony's Restaurant

Bryson City Bicycles

Bryson City Outdoors

Bryson City Sports Grille

The Chocolate Shoppe

Deep Creek Recreation

Area

Endless River Adventures

Everett Hotel Bistro

Everett Street Diner

Filling Station Deli & Sub

Shop

LIFT Massage

Mountain Perks Expresso

Bar & Cafe

Nantahala Brewery

Nantahala Outdoor Center

Nurture Wellness

Soda Pop's Ice Cream

Sue Magness Massage

Tsali Cycles

Tsali Recreation Area



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