



WELLNESS & RELAXATION

Ready to hit the reset button on stress? Boone is the spot for you. Whether you're disconnecting or reconnecting, Boone offers activities to relax, revive and enjoy time off. Let the beautiful landscape of the Blue Ridge Mountains in the backdrop set the tone for finding your path to a mentality reset.

Visit one of our spas and wellness retreats, including [Westglow Resort and Spa](#), [Crestwood Resort and Spa](#), and the [Art of Living Retreat Center](#). The nationally recognized Art of Living Retreat Center and Ayurvedic Spa provides a beautiful, inviting place for all people to deepen their spiritual practice. Enjoy guided meditation, yoga, philosophy workshops, spa treatments, and nature walks.

You can [hike](#) your way to soul rejuvenation along one of the hundreds of trails in Watauga County, where paths with waving grasses offer alpine vistas and scenic waterfall hikes give the ultimate ASMR high. From Grandfather Mountain to the Appalachian Trail to the Linville Gorge Wilderness to the Pisgah National Forest, our outdoor offerings are soul edifying.

[Flyfish](#) in one of our streams; just concentrate on casting for fish as your worries fly away. Want to feel alive by getting your heart racing; then try one of our renowned [mountain biking](#) trails or [zipline](#) your cares away.

Wellness is a multi-faceted experience; Boone provides all the right tools to hit a well-being high on your next vacation. Whatever your wellness and relaxation journey looks like, Boone is sure to leave you with lasting memories and some well-earned inner peace.



Inspiring Awe Since 1849™

