

# Relax and Ahhh:

Discover  
SARATOGA

DIVE INTO RELAXATION WITH THIS LUXURIOUS WELLNESS ITINERARY.

DAY 1:

## Explore Saratoga County's Mineral Springs



*stay*

### SETTLE IN AT THE ADELPHI HOTEL

Experience premier luxury at the **Adelpi Hotel**. Revel in stunning accommodations, outstanding amenities and indulge in an unforgettable experience, located in the heart of vibrant Downtown Saratoga Springs.



*mid-day*

### ROOSEVELT MINERAL BATHS AND SPA

Established in 1935, the historic **Roosevelt Baths and Spa** offers a transforming hydrotherapy spa experience with naturally healing treatments. Enjoy a private soak in Saratoga's naturally effervescent waters.



*late afternoon*

### MINERAL SPRING TOUR IN THE PARK

After some time at the baths, go right to the source and spend the rest of the afternoon touring the springs around **Saratoga State Park**. Walk the **Geyser Trail** and pass by all 12 springs within the park.



*evening*

### DINNER AT MOUZON HOUSE

Dine at one of Saratoga's hidden gems offering creole cuisine that'll transport you to New Orleans. At **Mouzon House**, you can enjoy the always fresh and creative plates in a Victorian home rich with history.

DAY 2:

## Nourishment For Your Mind, Body and Soul



*morning*

### INTO THE WOODS FARM WILD WALK

Enjoy a wild walk in the winter woods at **Into The Woods Farm** in Middle Grove. Explore the peaceful forest and serene surrounding streams as you walk side by side with a herd of Nigerian Dwarf Goats!



*mid-day*

### ACAI OR SMOOTHIES AT BARE BLENDS

Fuel your body with the good stuff from **Bare Blends**! With a wide variety of flavors that are gluten free, vegan, dairy free, and plant based, you'll be feeling your best after a stop at the wellness focused smoothie shop.



*late afternoon*

### FACIAL AT SACRED SPA & WELLNESS

This luxury medspa with holistic offerings is situated on a serene portion of a 100-acre horse farm. Treat yourself at **Sacred Spa** with an infrared sauna, massage or body wrap and enjoy this one-of-a-kind spa destination.



*evening*

### MOUTHWATERING MEAL AT 15 CHURCH

Dine at a beautifully restored historic building in downtown Saratoga Springs. **15 Church** offers an imaginative menu that artfully mixes the classic and exotic in an atmosphere that is comfortable yet elegant.



SCAN THE QR CODE OR VISIT  
[DISCOVERSARATOGA.ORG/HOTEL-DISCOUNTS/](https://discoversaratoga.org/hotel-discounts/)  
to receive special local discounts when  
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# Besties Weekend:

Discover  
SARATOGA

PLAN THE ULTIMATE BEST FRIEND GETAWAY IN SARATOGA COUNTY!

DAY 1:

## Let's Go Out! Wine Tasting, Show time and Nightlife!



*stay*

### COZY UP AT SARATOGA ARMS

Experience luxurious comfort and personalized hospitality at [Saratoga Arms Hotel](#). The charming boutique property overlooks the north end of Broadway so you can capture all of the buzz of the bustling Saratoga streets.



*mid-day*

### LUNCH & WINE AT SARATOGA WINERY

Wine and dine at [Saratoga Winery](#) where rustic meets refined. Gather with your friends to taste handcrafted wines and Upstate pub fare while enjoying an expansive backyard and cozy tasting room.



*evening*

### CATCH A SHOW AT UPH

There's always a show worth seeing at [Universal Preservation Hall](#). Grab your friends and book your tickets to an all-night dance party, a comedy show or a performance that's sure to enchant your evening.



*late night*

### NIGHTLIFE ON CAROLINE STREET

Grab a nightcap on [Caroline Street](#) in downtown Saratoga Springs. The lively strip of bars has everything you can imagine during a night out: endless dancing, expert cocktails and mocktails, live music, and more.

DAY 2:

## Best Day Ever. Brunch, Spa, Shop, Bubbly!



*morning*

### BRUNCH AT THE MERC

Start your day at Saratoga's hottest brunch spot. [The Merc](#) serves in elevated comfort food and some of the best Bloody Mary's around. Choose savory or sweet to charge up for the day ahead.



*mid-day*

### GET PAMPERED AT COMPLEXIONS

Revamp your spirit and body during a massage and facial from [Complexions](#). The eco-friendly spa offers a variety of services to eliminate your stresses and invite wellness into your life.



*late afternoon*

### SHOP AT CAROLINE AND MAIN

Style your wardrobe at [Caroline and Main](#) where you'll find the latest in ladies fashion trends at this irresistible boutique. For the stylish man, head across the street to Union Hall Supply Co.



*evening*

### BUBBLY AT BOCAGE CHAMPAGNE BAR

Enjoy a glass of fizzy delight at [Bocage Champagne Bar](#). This elegant boutique bar presents the world's finest sparkling wines along with sustainable and ethical caviar service. Try the Caviar Blinis!



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# Get in touch with you:

NOURISH YOUR BODY AND SOUL IN SARATOGA COUNTY!

Discover  
SARATOGA



DAY 1:

## Craft, Unwind, and Dine in Saratoga County



*stay*

### CLASSIC CHARM AT THE GIDEON PUTNAM

The [Gideon Putnam](#) is the only hotel located in Saratoga State Park, where more than 2,000 acres of verdant natural beauty envelop guests. Allow the peaceful surroundings to restore mind, body, and spirit.



*mid-day*

### SARATOGA CLAY ARTS CENTER

Create a piece that will last a lifetime at [Saratoga Clay Arts Center](#). Try your hand on the potter's wheel for good messy fun or sign up for workshops where you can develop your skills and learn from the best.



*late afternoon*

### GET PAMPERED AT SPA RITUALS

Step into a Saratoga Springs oasis and allow [Spa Rituals](#) to transport you to a world of relaxation. Book with highly skilled therapists for skin care treatments and therapeutic massages, ensuring a truly indulgent experience.



*evening*

### DINNER AT SCALLIONS

A staple of healthy eating in Saratoga, [Scallions](#) is known for its homemade soups and paninis, gluten free, vegetarian and vegan items, and soup and sandwich combinations. Try a new dish and discover a new favorite.

DAY 2:

## Mindful Moments and Winter Wellness



*early morning*

### MEDITATE WITH ONE ROOF SARATOGA

Practice mindfulness and meditation at [One Roof Saratoga](#). Reconnect with yourself and re-examine life's challenges with a new perspective. Quiet your mind and reduce stress with encouraging practitioners.



*morning*

### BREAKFAST AT BREAD BASKET BAKERY

If you're looking for a cozy spot to start your day, be sure to grab breakfast at the [Bread Basket Bakery](#). Take in the aroma of coffee and cinnamon while you browse the cases for the perfect pastry. Hot tip: Serves all-day breakfast.



*afternoon*

### SNOWSHOE THROUGH SPA STATE PARK

Find your sense of adventure and reconnect with the outdoors. Grab some snowshoes and explore the beauty of winter in [Saratoga Spa State Park](#). Build a snowman on your journey and let your inner child shine.



*evening*

### WARM UP WITH SARATOGA TEA AND HONEY

Get in from the cold and taste the warmth of [Saratoga Tea and Honey](#). Choose from endless tea options and over 15 raw and infused honeys. Sip at the Tea Bar in store or take it to go.



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