North Carolina

Biltmore and biscuits bring you back



70,000 people read H&W every month. WILL THEY FIND YOU?

Connect with thousands of potential patients who are searching for YOUR services. Create your **FREE listing** in the **Health&Wellness online directory**.

www.healthandwellnessmagazine.net/directory



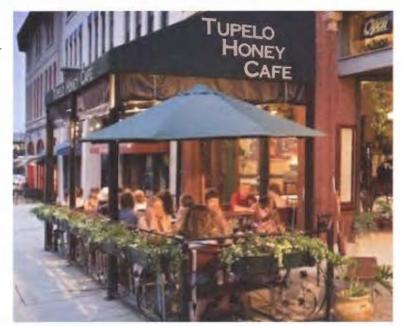
by Jan Ross, Staff Writer

We didn't plan to visit

Asheville, a fascinating little town nestled between the Smoky Mountains and the Blue Ridge Mountains. It just happened to be halfway between Lexington and Savannah, Ga.

It wasn't until I began to do research that I realized the Biltmore Estate is located in Asheville, and the decision was made. We have always wanted to visit Biltmore because we like mansion tours and garden tours and it offered both.

In Asheville, we stayed at the wonderful, unique Grove Park Inn. We



Have lunch at the famous Tupelo Honey Café. Sit on the patio and soak in downtown Asheville.

both fell in love with this historic, gorgeous place. Opened in 1912, the hotel is built of huge granite stones.



vated so you would never know you were eating where the Vanderbilt Thoroughbreds used to reside.

The next day, we headed to the Asheville Visitor Center for a trolley tour with Grayline Trolley Tours of Asheville. Tickets are available at the visitor center. The trolleys run every half hour, and your ticket is good for two days of hop on/hop off touring – our favorite way to see a destination. We were amazed to see so many beautiful homes throughout Asheville and to learn all about the history of this wonderful mountain location.

Hop off in town in time to have lunch at the famous Tupelo Honey Café. Sit on the patio and soak in the kitschy, slightly hippie, laidback vibe that is downtown Asheville. Comprised of students from the University of North Carolina at Asheville, tourists, local residents and plenty of friendly dogs (which are welcome everywhere), there's plenty to see from the patio of the café. Everything on the menu is good, but the biscuits are so delicious they might make you plan another trip to Asheville just to eat more of them.

Which is not a bad idea, come to think of it.



185 Pasadena Drive Suite 220 859.277.1545 jsalonandspa.net

now open

Achieve a beautiful balance in your life.

Indulge with a designer cut, color, style, therapeutic massage, manicure, pedicure, facial, Botox, fillers and Zoom teeth whitening.



Johnnie Walls, Owner Kristie Coffey, L<u>MT Owner</u> me, this took some getting used to.

We spent our entire first day at the Biltmore Estate. You absolutely cannot go to Asheville without visiting Biltmore. You can purchase your tickets on site or online. They include not only a tour of the mansion but also the gardens and a wine tasting at the estate winery. Biltmore is gorgeous and impressive. It's hard to believe this behemoth was, at one time, a private residence. We enjoyed sandwiches for lunch at the Stable Café, which is located in the original stables - it's set up with booths in the original stalls. Of course, it's been completely reno-