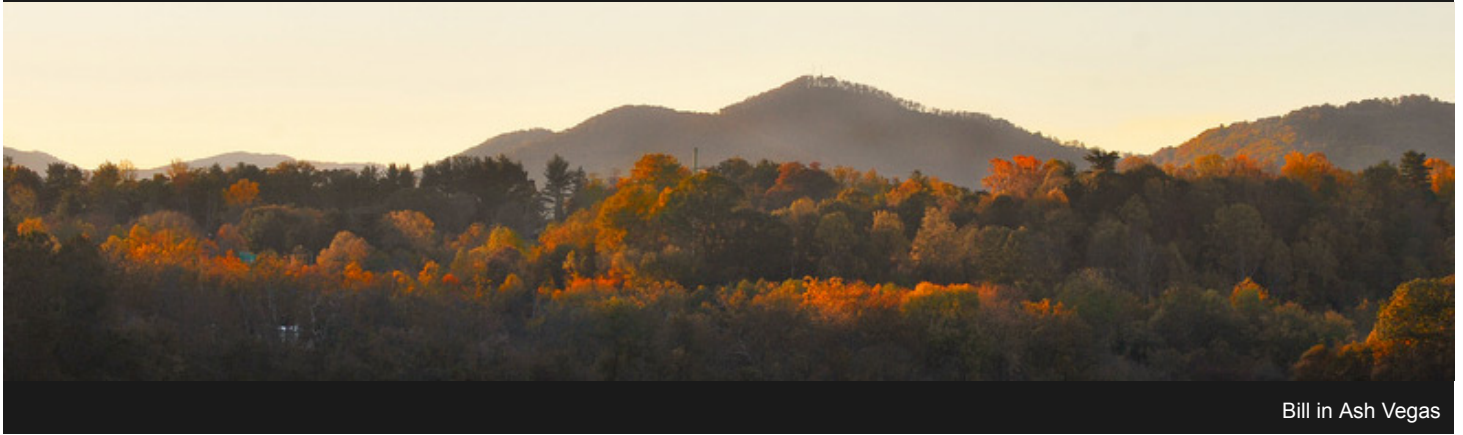




nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Bill in Ash Vegas

Adventure in Asheville

Asheville, 4 Days

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Guide Description



AUTHOR NOTE: Nestled in the Blue Ridge Mountains of Western North Carolina, Asheville boasts America's largest home (the Biltmore Estate), white water rafting, numerous parks and an expanse of gorgeous views in a friendly town. Stay at the charming Sweet Biscuit Inn to take advantage of the hearty breakfasts and to have a relaxing place to crash after a day of strenuous hiking and adventure seeking. Photo Courtesy of SpecialKolin/ Creative Commons

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Asheville

DAY NOTE: After arriving in Asheville, visit the Climbmax Indoor Climbing Center to start your adventure vacation off with some bouldering and climbing. Be sure to call ahead of time and ask about their guided half day top-roping climbing adventures to take full advantage of the nearby Appalachians and other mountains not far from Asheville. After an exhausting climb sesh, head over to Barley's Taproom & Pizzeria for pizza, beer, bar games and live music. Continue the adventure by mixing ingredients like with a black bean, green chile and tofu pizza. Check the schedule, but they usually showcase bluegrass, jazz and Americana music. Tuck in for the night at Sweet Biscuit Inn.



Climbmax Indoor Climbing Center
Climb every mountain, indoors



Barley's Taproom & Pizzeria
Drink beer, eat pizza and shoot pool



Sweet Biscuit Inn
Sweet, charming and restful

Day 2 - Asheville

DAY NOTE: Awake bright and early to tackle the day. First on the list: the delicious, bountiful breakfast awaiting you in the kitchen. From muffins and cinnamon rolls to eggs or pancakes, Sweet Biscuit Inn provides a hearty breakfast. Beware, these breakfasts have been known to last until noon. Pick up some sandwiches from Earth Fare, or ask Sweet Biscuit Inn a day ahead to prepare a picnic lunch for you and head out to Mount Pisgah Trail for a taste of the Appalachian Mountain Range. Enjoy your sandwich on top while you take a moment to rest and take in the expansive views of North Carolina's rugged scenery. In the afternoon, reserve a spot with Huck Finn Rafting Adventures to take your adventure seeking soul from the mountains to the rivers. Relax at night with some delicious North Carolina BBQ that is sure to conjure up images of the rugged mountains you viewed earlier.



Sweet Biscuit Inn
Sweet, charming and restful



Earth Fare
A healthy market and cafe



Mount Pisgah Trail
Great Exercise & Rewarding Views



Huck Finn Rafting Adventures
Tame the white waters



12 Bones Smokehouse
Smokey Delicious BBQ

Day 3 - Asheville

DAY NOTE: After enjoying another hearty meal at Sweet Biscuit Inn, set off for a day hike in the Black Mountain Range in Mount Mitchell State Park. It's usually misty up here so be sure to pack some light rain gear or enjoy the natural cooling system! For a real adventure, consider one of the many grueling hikes that offer views of up to 85 miles on a good day! Grab dinner to go at Loretta's and see if you're lucky to be there for Shindig on the Green, a music festival on Saturdays during the late summer.



Sweet Biscuit Inn
Sweet, charming and restful



Mount Mitchell State Park
Call to Outdoor Enthusiasts



Shindig on the Green
Kick Up your Heels



Loretta's
Inexpensive Tasty Take Away!



Early Girl Eatery
Delicious Southern Fare

Day 4 - Asheville

DAY NOTE: Get another early start and head to the east of Asheville to take advantage of some more of the areas great natural landscapes. With 11 trails to choose from, you can decide whether to go for another rigorous hike or tone it down a notch. After visiting Grandfather Mountain, stop by Linville Caverns to catch one of the frequent tours. The caverns close on the early side so be sure to keep track of time during your morning hike! Finish up the day with some replenishing Southern fare.

Itinerary Overview

things to do
restaurants
hotels
nightlife



Grandfather Mountain

On Top of the World



Early Girl Eatery

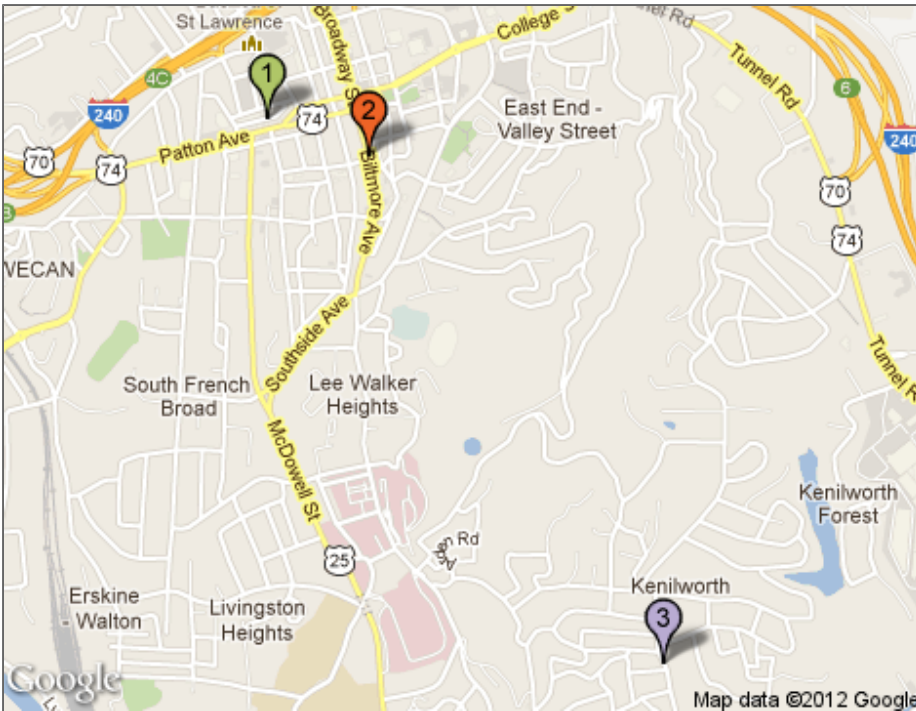
Delicious Southern Fare



Earth Fare

A healthy market and cafe

Day 1 - Asheville



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contact:
tel: +1 828 252 9996
<http://www.climbmaxnc.com/>

location:
43 Wall Street
Asheville NC 28801

hours:
Tu & Th 3:30p-10p , W & F
noon-10p , Sa 10a-10p , Su
1p-6p

1 Climbmax Indoor Climbing Center

DESCRIPTION: Whether you're an experienced mountain climber or just curious, this indoor/outdoor climbing gym will provide a couple of hours of fun and exercise for all ages. The facility, located on historic and charming Wall Street, offers cracks, overhangs, lead walls roofs and boulders with a 225-foot traverse and gravity-defying cafe. There is also a 40-foot competition wall. © wcities.com

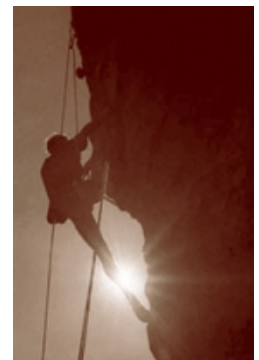


Photo courtesy of
Climbmax Indoor
Climbing Center

contact:

tel: +1 828 255 0504
fax: +1 828 255 9854
<http://www.barleystaproom.com/asheville/>

location:

42 Biltmore
Asheville NC 28801

hours:

Daily 11:30a-2a

2 Barley's Taproom & Pizzeria

DESCRIPTION: Beer connoisseurs and pizza lovers flock to the downtown Asheville restaurant that has become a staple along the main drag. At the bar, you'll find many beers on tap, including local microbrews, exports and all your favorites. If you love pizza, then you'll enjoy choosing from one of the many specialty pizzas or simply build your own. One of Barley's favorites is the white pizza, which is a mozzarella cheese pizza with herbs and your choice of toppings. Barley's also offers large calzones and sandwiches. The fun at this downtown Asheville restaurant and bar goes beyond your meal, as the upstairs part of Barley's includes billard tables, darts and more taps of beer. You can expect live entertainment most nights of the week at Barley's Taproom.

© NileGuide



"Photo courtesy of Barley's Taproom & Pizzeria."

contact:

tel: +1 828 250 0170 / +1 866 280 0170(Toll Free)
fax: +1 828 252 5681
<http://www.bedandbreakfast.com/nc-asheville-sweet-biscuit-inn.html>

location:

77 Kenilworth Road
Asheville NC 28803

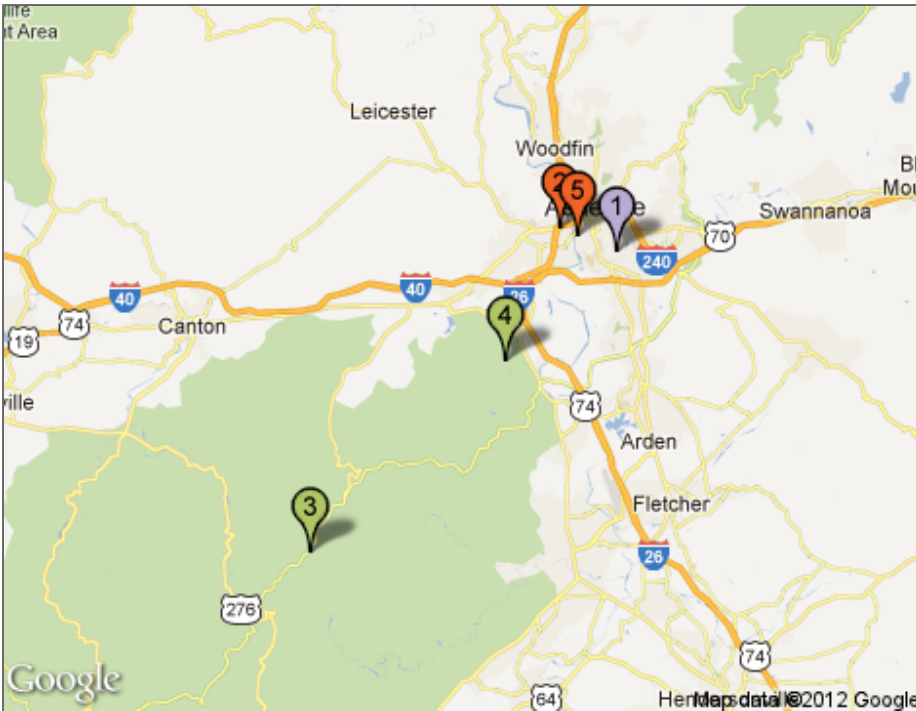
3 Sweet Biscuit Inn

DESCRIPTION: The Sweet Biscuit Inn is a comfortable seven bedroom Inn and separate Carriage House located in Asheville, North Carolina's quiet wooded neighborhood of Kenilworth. Centrally located, this magnificent 1915 Colonial Revival home offers urban sophistication with a flair for comfort and friendliness. We are located only 1 1/2 miles south of downtown Asheville's shops, galleries, restaurants and cafes. Only 1/2 mile north of the Biltmore estate entrance, the Sweet Biscuit Inn is convenient to all of Asheville's attractions. Whether you are visiting Asheville for the diverse cultural charm, the opulence of the Biltmore Estate, or the spectacular mountains of Western North Carolina, your visit with us will make you smile.



more at BedandBreakfast.com

Day 2 - Asheville



QUICK NOTE

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more at BedandBreakfast.com

contact:

tel: +1 828 253 7656
<http://www.earthfare.com/store/info/details/3079>

location:

66 Westgate Parkway
Asheville NC 28806

hours:

Daily 7a-10p

2 Earth Fare

DESCRIPTION: Earth Fare is the grocery store for the health conscious or the gourmet cook. Find fresh, organic produce and products (much of it locally grown or made), herbal remedies, chemical-free meats, fine wines and coffees. Look for such gourmet products to help create Thai, Japanese, Indian cuisines, among others. There is also an on-site vegetarian cafe with many dishes to choose from. Stock up on sushi, healthy desserts, muffins, bagels and frozen dinners as well as dye and chemical-free cosmetics. You'll find a little bit of everything that Asheville has to offer. © wcities.com



Photo courtesy of Earth Fare

location:

Milepost 407.6 Blue Ridge Parkway
Asheville NC 28715

3 Mount Pisgah Trail

DESCRIPTION: For an invigorating and refreshing getaway, grab friends and family and prepare for a hike up Mount Pisgah Trail, which is part of the Appalachian Mountain Range. This is a steep, three-mile trail with incredible views from the top. You'll be able to sight the Gothic Spires and the Shining Rock Wilderness of North Carolina. A perfect weekend hike and picnic spot. © wcities.com



Photo courtesy of functoruser

contact:

tel: +1 877 520 4658
<http://www.huckfinnrafting.com/>

location:

14 Holly Lane
Asheville NC 28743

4 Huck Finn Rafting Adventures

DESCRIPTION: Want to try white water rafting? Are you hesitant because you're a beginner? Then here is the opportunity you've been waiting for. Huck Finn Adventures is a small outfitting company that takes special care to make sure rafting trips are safe and fun. Spend a half day (3 hours) or full day (5 hours) rafting down the French Broad River. Float trips, sunset tours and overnights are also available. Open seven days a week, Mar 1 through Oct 31, but reservations can be made anytime of the year. © wcities.com



Photo courtesy of Huck Finn Rafting Adventures

contact:

tel: +1 828 253 4499
fax: +1 828 253 4426
<http://www.12bones.com/>

location:

5 Riverside Dr
Asheville NC 28801

hours:

M-F 11a-4p

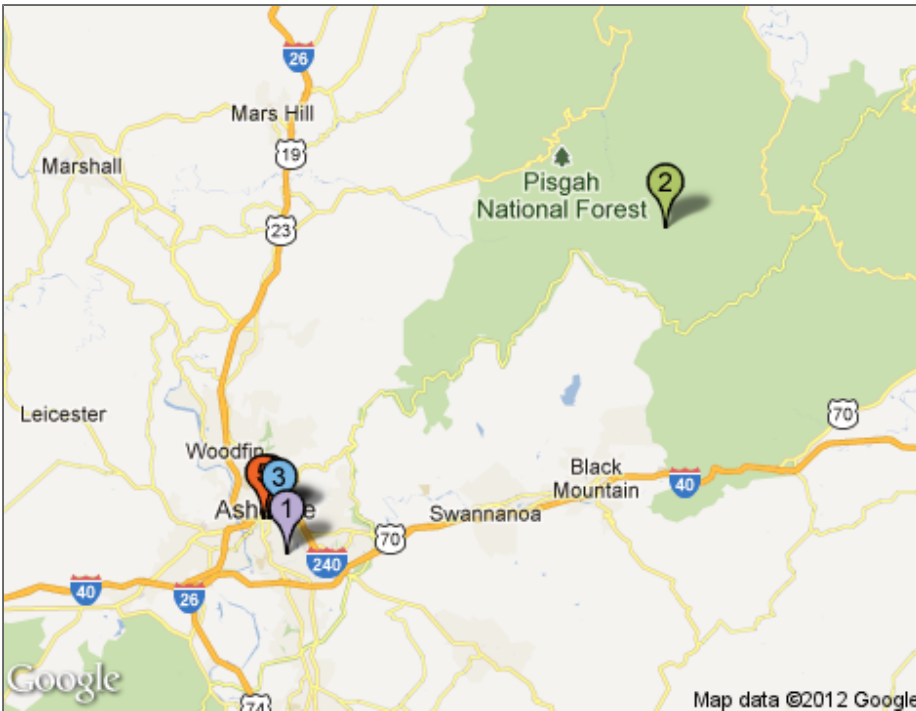
5 12 Bones Smokehouse

DESCRIPTION: If you picture a perfect lunch as sitting outside with some good, down home BBQ with a frosty microbrew in your hand, then you might want to check this place out. The meat is smoked to perfection, and that takes time! It is slow-cooked and served up at a very affordable rate. A typical order includes two sides and cornbread, so don't go thinking you're leaving this place hungry, not gonna happen! © wcities.com



Photo courtesy of 12 Bones Smokehouse

Day 3 - Asheville



QUICK NOTE

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more at BedandBreakfast.com

contact:

tel: +1 828 675 4611
<http://www.ils.unc.edu/parkproject/visit/momi/home.html>

location:

2388 State Highway 128
Burnsville NC 28714

2 Mount Mitchell State Park

DESCRIPTION: Mount Mitchell State Park preserves an area around the Black Mountain Range, the highest range East of the Rocky Mountains. This is a wonderful place to come hiking, exploring, horseback riding or just enjoying the outdoors. Besides the main Mt. Mitchell Trail, which is just under six miles, there are several other paths including the Black Mountain Crest Trail and the Buncombe Horse Range Trail. Enjoy stunning views after a strenuous hike. © wcities.com



Photo courtesy of USDA Natural Resources Conservation Service

contact:

tel: +1 828 258 6101
<http://www.folkheritage.org/shindigonthegreen.htm>

location:

50 Martin Luther King Jr. Drive
Asheville NC 28801

3 Shindig on the Green

DESCRIPTION: Mountain music fills the air of downtown Asheville when Shindig on the Green is in session. The action that's been happening over the years on those hot Saturday nights in the summer at City-County Plaza has a temporary new location for 2007, the Martin Luther King, Jr Park. Bring your blanket or lawn chair, make yourself comfy and sit back and enjoy the eclectic music covering Bluegrass and more in it's 41st season. You might even bring your own instrument and join in! This concert series is free and is an evening of musical fun for the whole family. © wcities.com

contact:

tel: +1 828 253 3747
<http://www.mayfels.com/loretta's.htm>

location:

27 Patton Avenue
Asheville NC 28801

hours:

M-F 9a-3p

4 Loretta's

DESCRIPTION: The small premises of this downtown eatery are not the only reason why this place seems crowded most of the times. People often rush here for their lunch, munching on the large sandwiches with a variety of fillings including chicken, tuna, pimento and olives. The thick vegetarian soups, the tasty salads and to-die-for desserts, offered at really low prices, are also quite popular. Many patrons grab a parcel and have their meals in their car, office or the park nearby, instead of waiting for their order. © wcities.com



Loretta's

contact:

tel: +1 828 259 9292
<http://www.earlygirleatery.com/>

location:

8 Wall Street
Asheville NC 28801

5 Early Girl Eatery

DESCRIPTION: This popular eatery, named after a type of tomato, is located on the site of Possum Trot Grill in downtown Asheville. Ever since it opened its doors in 2001, the joint has been attracting the crowds with Southern fare made with local produce, including cheese and meats. The atmosphere is friendly and relaxed, and you will see locals hopping in for a leisurely breakfast, brunch, lunch or dinner. The menu tends to change seasonally, ensuring that you are always munching on the freshest veggies. The breads and pies are popular among the patrons, and you might want to try them too. For original recipes served here and other details, check the website. © wcities.com

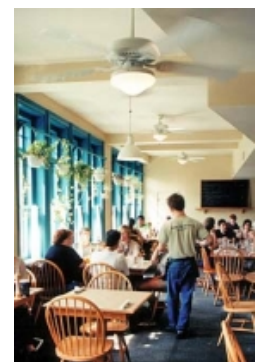
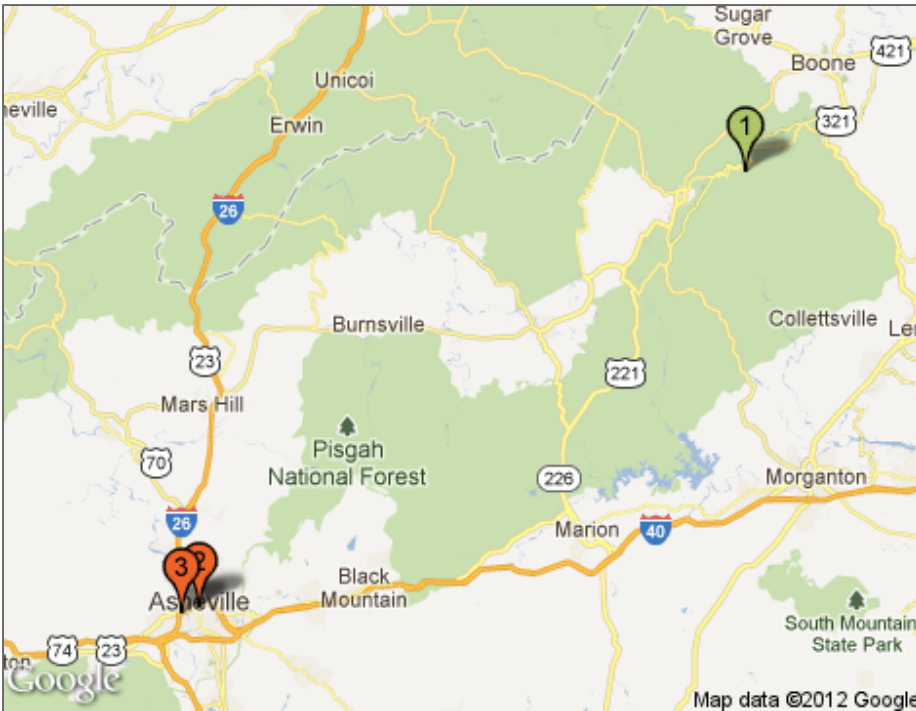


Photo courtesy of Early Girl Eatery

Day 4 - Asheville



QUICK NOTE

DAY NOTE: Get another early start and head to the east of Asheville to take advantage of some more of the areas great natural landscapes. With 11 trails to choose from, you can decide whether to go for another rigorous hike or tone it down a notch. After visiting Grandfather Mountain, stop by Linville Caverns to catch one of the frequent tours. The caverns close on the early side so be sure to keep track of time during your morning hike! Finish up the day with some replenishing Southern fare.

contact:

tel: +1 828 733 2013 / +1 800
468 7325(Toll Free)
fax: +1 828 733 2608
<http://www.grandfather.com/>

location:

2050 Blowing Rock Highway
Linville NC 28646



Grandfather Mountain

DESCRIPTION: Grandfather Mountain one of the highest peak in the Blue Ridge Mountains and is a truly rustic and fun adventure that includes a swinging bridge that sways a mile above sea level. Be sure to bring your camera to capture your treasured experience. There are also natural habitats with bears, cougars, eagles and otters. Closed on the Thanksgiving and Christmas holidays. The admission fees are USD15 for adults (13-59 years), USD13 for senior citizens (60 years and above), USD7 for children (4-12 years) and under 4 years is free. © wcities.com



Photo courtesy of msprague

contact:

tel: +1 828 259 9292
<http://www.earlygirleatery.com/>

location:

8 Wall Street
Asheville NC 28801

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Photo courtesy of Early Girl Eatery

contact:

tel: +1 828 253 7656
<http://www.earthfare.com/store/info/details/3079>

location:

66 Westgate Parkway
Asheville NC 28806

hours:

Daily 7a-10p

3 Earth Fare

DESCRIPTION: Earth Fare is the grocery store for the health conscious or the gourmet cook. Find fresh, organic produce and products (much of it locally grown or made), herbal remedies, chemical-free meats, fine wines and coffees. Look for such gourmet products to help create Thai, Japanese, Indian cuisines, among others. There is also an on-site vegetarian cafe with many dishes to choose from. Stock up on sushi, healthy desserts, muffins, bagels and frozen dinners as well as dye and chemical-free cosmetics. You'll find a little bit of everything that Asheville has to offer. © wcities.com



Photo courtesy of Earth Fare

My List

contact:

tel: +1 828 258 6108
<http://www.hotspingsnc.org/>

location:

US Highway 25
Hot Springs NC 28743

hours:

24hrs

1 The Town of Hot Springs

DESCRIPTION: Dip into the natural mineral springs that stay a relaxing, inviting 100 degrees all year round. Revive your spirit, senses, body and soul in Hot Springs, North Carolina. The elegant hotel that once stood along the springs is no longer there, but there are places to stay in the area. Though this is a small town there is much to do and see. After your massage and soak, you might feel up to fishing, canoeing, swimming or hiking. There are several area restaurants as well. Hours and credit card acceptance vary. © wcities.com



Photo courtesy of fretless88

contact:

tel: +1 828 669 2300 / +1 800 669 2301
fax: +1 828 669 1407
<http://www.blackmountain.org/>

location:

102 Montreat Road
Black Mountain NC 28711

2 Town of Black Mountain

DESCRIPTION: The town of Black Mountain has long been a tourist attraction. Wander the streets of Black Mountain enjoying the good food you will find in its charming restaurants and looking for treasure in the multitude of unique little shops that line the streets. The Sourwood Festival in August is also a fun event with food and craft vendors galore. There are also plenty of bed and breakfasts in which to rest and relax before starting your Black Mountain adventure. © wcities.com



Photo courtesy of Town of Black Mountain.

contact:

tel: +1 828 255 4404
fax: +1 828 255 4864
<http://www.tupelohoneycafe.com/>

location:

12 College Street
Asheville NC 28801

hours:

Tu-Su 9a-3p, Tu-Th
5:30p-10p, F-Sa 5:30p-Mid

3 Tupelo Honey Cafe

DESCRIPTION: No other restaurant in Asheville so effectively captures the imagination of both the down-home breakfast crowd and, on Friday and Saturday nights, the very-late-night supper crowd. Behind a storefront in downtown Asheville, it's a place where Sunday-morning breakfast crowds line up and wait (in some cases, for up to an hour) for an available table. Students at the nearby university also drag their parents here for a sense of how much Asheville really does respect old-fashioned Southern virtues and cooking. Breakfast is served throughout the day, with such dishes as grit cakes stuffed with cheddar cheese and served with green tomato salsa; sweet-potato pancakes; many kinds of omelets; and crab cakes topped with poached eggs and hollandaise sauce. Lunches and dinners focus on updated Southern favorites such as shrimp and goat cheese grits, Cajun-seared catfish, and Tupelo burgers. In honor of Elvis, you can order a grilled peanut butter and banana sandwich, prepared with either honey or (if you're a hard-core Southerner) mayonnaise. © Frommer's



Photo courtesy of Tupelo Honey Cafe

contact:

tel: +1 828 252 5445
fax: +1 828 258 9092
<http://www.jackofthewood.com>

location:

95 Patton Avenue
Asheville NC 28801

hours:

M-F 4p-2a, Sa 12:30p-2a, Su 3p

4 Jack of the Wood

DESCRIPTION: Just a short walk from Pack Square, this is an intimate neighborhood pub with a Celtic spin. English style ales are brewed on site and live music featuring Irish tunes or mountain music gets toes tapping Wednesday through Sunday. Bread, cheese & chutney makes a great light lunch or supper and Beef & Guinness Stew or Scilly Island Fish Cakes will stick to your ribs. Wash down a plate of fish and chips with a pint of stout and you'll swear things are looking just a tad greener around town. © wcities.com



"Photo courtesy of jackofthewood."

contact:

tel: +1 828 285 0002
fax: +1 828 285 9488
<http://www.ashevillebiergarten.com/>

location:

46 Haywood Street
Asheville NC 28801

hours:

Daily 11a-2a

5 Bier Garden (The)

DESCRIPTION: Bier Garden is downtown Asheville's equivalent of Boston's "Cheers." It's the place where locals go after work to unwind and enjoy one of the many beer selections available. Try a brew from Germany, Australia or Scotland and nibble on such tasty appetizers as portobello or black bean nachos or spinach and artichoke dip. Lunch and dinner selections include American and Continental cuisine: sandwiches, shrimp, pasta, burrito wraps, chicken, and more. Children are welcome and live music is offered on most weekend nights. A game room is also available. © wcities.com



Photo courtesy of J. Welch - Mountain Xpress

contact:

tel: 8282321060
www.zambratapas.com

location:

85 W. Walnut Street
Asheville NC 28801

hours:

Open for Dinner: Sunday - Thursday: 5:30pm, Friday - Saturday: 5:00pm

6 Zambra

DESCRIPTION: In a unique location under Asheville's most famous bookstore, Malaprop's, Zambra serves an equally unique blend of Spanish, Portuguese, and Moroccan tapas. The enticing list of tapas and an extensive Iberian wine list make this one of Asheville's favorite dining spots. With rustic Spanish decor and dark paneled wood, the restaurant has the ambience of a quaint spot on the Iberian coast. Zambra has a lounge that opens at 4:30pm. Music groups often perform here, lending an extra romantic touch to a fine-dining evening. We recommend the lamb, as well as the steak tapas. Vegetarian selections are also available. © Frommer's



Zambra

contact:

tel: +1 828 654 9040
<http://www.bedandbreakfast.com/north-carolina-asheville-bentcreeklodge.html>

location:

10 Parkway Crescent
Asheville NC 28704

7 Bent Creek Lodge

DESCRIPTION: Stay in the heart of the mountains you came to see in this elegantly, rustic lodge, only yards from the Blue Ridge Parkway and 10 miles from downtown Asheville. Enjoy the spectacular mountain views, the crackling fireplace, the scrumptious breakfast, hiking trails and most of all the gracious hospitality of host Doug & Jodee Sellers. You'll know you've found a truly special place. 10 guest rooms, \$125-



more at BedandBreakfast.com

\$185, whirlpool tubs, free wireless Internet, Direct TV, gourmet breakfast & afternoon refreshments included.

Asheville Snapshot

Local Info

Asheville goes by many names. It's been called the "Paris of the South," the "New Age Mecca" and even "America's New Freak Capital." It's also known as the "Happiest City" in America and included in the AARP list of the "Best Places to Reinvent Your Life." Its many monikers give a glimpse of what's in store in this little city nestled between the Blue Ridge Mountains and the Great Smoky Mountains in the western part of North Carolina. The architecture, art galleries, museums, music and outdoor recreation opportunities offer engagement for the artsy, jazzy and sporty visitor.

Sights

The first stop on your itinerary should be the Biltmore Estate, considered the largest home in the country, with 250 rooms, 43 bathrooms and 65 fireplaces. It also has expansive and well-manicured gardens as

well as a winery, stables and hiking trails. The Grove Arcade is another architectural landmark worth seeing, as are the Drhumor Building, Flat Iron Building and the Vance Monument. The Basilica of St. Lawrence is on the National Register of Historic Places and is a nice place to spend a couple hours. The Central United Methodist Church is beautiful in its own right. You can go on a LaZoom Comedy Tour for a more engaging way to see the city or, alternatively, on a self-guided walking tour of the 27 stations of the Urban Trail. Hiking enthusiasts can go to Chimney Rock Park, where a hike around the cliffs takes you to a picturesque waterfall. Other good venues for a hike are the trails of the Blue Ridge Parkway, Botanical Gardens at Asheville and the North Carolina Arboretum.

Dining

In the Downtown area, many of the restaurants are clustered along North

Lexington Avenue and Biltmore Avenue. Merrimon Avenue in the North neighborhood also has a variety of dining establishments. In the West, the eateries can be found along Haywood Road. Grove Arcade has a number of restaurants as well.

Shopping

While there is no shopping district per se in Asheville, Merrimon Avenue is known as the Strip, with its numerous shopping malls. The Grove Arcade has a lot of craft stores, while Lexington Avenue has many hip shops that sell vintage clothing, records and other unique stuff. If you have a sweet tooth, you can find chocolates and truffles at the Chocolate Fetish. For ceramics and jewelry, head to the New Morning Gallery at Biltmore Village.

© NileGuide