

Connect with Nature at Mount Mitchell Eco Retreat

BLUE RIDGE GETAWAY FOCUSES ON WELLNESS AND
THE HEALING POWER OF THE GREAT OUTDOORS

WRITTEN BY RENATA PARKER | PHOTOS PROVIDED



*Take a stroll along
quiet trails or hike to
waterfalls in Pisgah
National Forest.*

If you enjoy being surrounded by nature or just being outside, this getaway is for you. Opened last fall, the Mount Mitchell Eco Retreat in North Carolina's Blue Ridge Mountains is a place to relax and reclaim healthier habits through a connection to nature.

Thanks to its location in the midst of Pisgah National Forest, the views of Mount Mitchell and the Black Mountains alone will have you recharged in no time. The retreat's 28-acre campus encompasses mountainous trails for daily hikes, space for outdoor yoga, a healing house to work on energy and well-being, a community kitchen and more.



Mountain Lodges

Accommodations feature 16 spacious pine-paneled guestrooms and suites located within four rustic mountain lodges. Lodges vary in size to accommodate large groups – ideal for a family reunion, work event or girlfriends' getaway.

Rooms are comfy and outfitted with high-end Awara mattresses, eco-friendly pillows, and leveled-up bedding. Bath amenities include Public Goods vegan-friendly hair products and Dr. Bonner's Pure Castile soap and bodywash. You'll also find the basics, like a coffee maker, microwave, and a large refrigerator.

Community Hub

The Main Lodge serves as the retreat's community hub. Guests gather to relax or socialize by the stone fireplace. In the back, there's an outdoor ping pong table and a firepit by the Old Barn for roasting marshmallows.

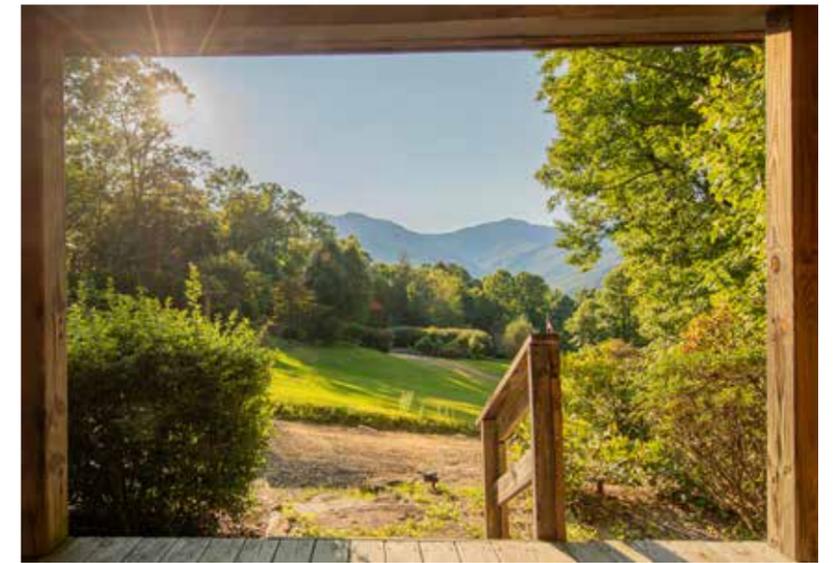
When it comes to dining, think camp or vacation home and shop ahead. Prepare your own family feast in the community kitchen, which is available around the clock, or cook on one of the outdoor grills located throughout the property.

Plans are currently underway to offer fresh produce and other items, and to add a food forest, a diverse garden of edible plants. The four-acre food forest will feature a mix of self-sustaining plants such as fruit trees, perennials, and self-seeding annuals.

Turn Over a New Leaf

A stay here is about nature and activities are focused on getting outside. Take a stroll along quiet trails or a hike to waterfalls in Pisgah National Forest. Meditate by the spring-fed pond, or just escape to a porch rocker and soak in fresh mountain air. The choice is yours.

For more info, visit www.mmecoretreat.com



DON'T MISS

MOONGAZING AT THE BARE DARK SKY OBSERVATORY

LOCATED JUST 25 MILES FROM THE RETREAT, BURNSVILLE, NORTH CAROLINA, OFFERS A CHARMING TOWN CENTER, RESTAURANTS, ART GALLERIES, AND SHOPS. IT'S ALSO HOME TO THE BARE DARK SKY OBSERVATORY, WHICH HOSTS SPECIAL MOON NIGHT EVENTS IN SEPTEMBER AND OCTOBER.

ENJOY A FUN-FILLED EVENING OF MOONGAZING AND STORYTELLING DURING THE OBSERVATORY'S MOON NIGHT EVENTS. EXPLORE THE NIGHT SKY FOR SPECTACULAR VIEWS OF THE MOON, AS WELL AS STARS, METEORS, CONSTELLATIONS AND PLANETS, ALL THROUGH THE LENS OF A CUSTOM NEWTONIAN TELESCOPE, THE LARGEST IN THE SOUTHEAST FOR PUBLIC USE. THE FAMILY-FRIENDLY EVENTS ARE HELD OUTDOORS, SO PACK A BLANKET, FLASHLIGHT AND SNACKS.

THE OBSERVATORY IS PART OF MAYLAND EARTH TO SKY PARK, AN ENVIRONMENTAL AND EDUCATIONAL SITE AT MAYLAND COMMUNITY COLLEGE. THE PARK IS OPEN TO THE PUBLIC WITH 24-HOUR ACCESS TO THE PARKING AREA FOR MORE STARGAZING ON YOUR OWN.

ADMISSION TO THE OBSERVATORY AND MOON NIGHT IS \$20 FOR ADULTS AND \$5 FOR CHILDREN 12 AND UNDER. SPACE IS LIMITED, AND RESERVATIONS ARE REQUIRED. FOR MORE INFO, VISIT WWW.MAYLAND.EDU/FOUNDATION

