

Located just 25 minutes from downtown Asheville, the regional airport connects through international hub airports in New York, Atlanta and Dallas, as well as other key US cities. And when you arrive, there are plenty of options for you to relax and fully recharge.



Hot tickets Superior stays

Young businesses are harnessing Asheville's ambiance to become market leaders in hospitality.

The hot springs found in this corner of North Carolina made the region famous in the 19th century as a place to rest and recharge. That spirit lives on as thousands come to Asheville every year to switch off, whether for a soak in those mineral waters, to relax at one of the city's many spa resorts or to seek solace among the peaks. "There's a gentleness to these mountains that makes them welcoming and accessible for much of the year," says Nicole Will, an entrepreneur who founded Asheville Wellness Tours in 2017 and works with 65 collaborators to offer yoga on the surrounding

mountaintops as well as restorative day retreats in Pisgah Forest. Simply getting out and seeing what the land itself offers can be a kind of retreat. With that in mind, Alan Muskat has forged a revolution in forage-to-table with his company No Taste Like Home. Miami-born Muskat takes visitors on treks through the meadows and mountain hollows, teaching them how to identify the best chanterelle mushrooms and other delicacies growing in the ground. He then takes them to forage-friendly restaurants, such as the Bull and Beggar, that will cook up a storm from their finds. "Despite that spirit of independence that brings people to the mountains, there's real collaboration in the food community here," says Muskat.

Where to stay

Resort stays

The Inn on Biltmore Estate is on the grounds of an historic home, while **Omni Grove Park Inn's** has a great rooftop bar, Edison. biltmore.com; omnihotels.com

Boutique option

Windsor Boutique Hotel An urban lodge with deep armchairs to sink into. 36 Broadway Street windsorashville.com

Cosy bolthole

Applewood Manor B&B in a New England Revival-style property. 62 Cumberland Circle applewoodmanor.com

