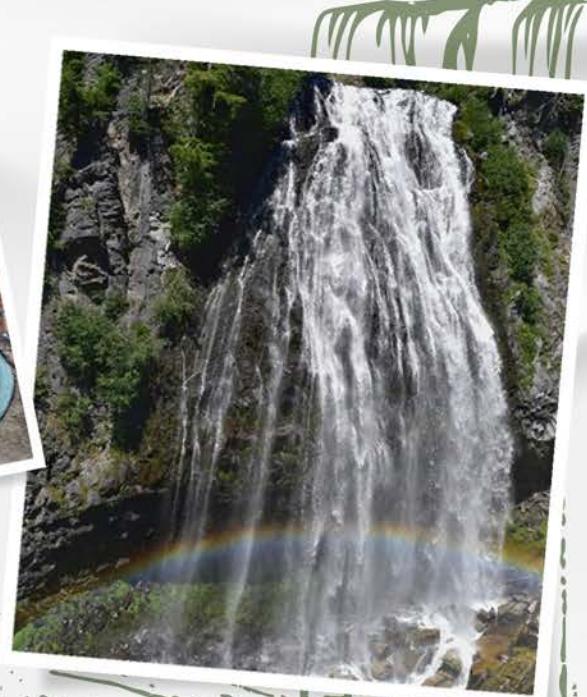




WATERFALLS & WELLNESS

FALL
2024



WATERFALLS & WELLNESS



DESTINATION:

ASHFORD, WA

BEST TIME OF YEAR:

JUNE - OCTOBER

Leave your to-do list behind, pack your bags, and let go of your worries. Give yourself the gift of a 3-day wellness retreat in the heart of Ashford, WA. Whether you fly solo, plan a girls' trip, or want to reignite the spark with your special someone, this journey is for you. Find little moments to unwind, unplug, slow down, be mindful, and reconnect with nature. Experience the majestic landscapes of Mount Rainier National Park and rediscover the magic of simply being.

DAY 1: WELCOME TO ASHFORD, WHERE THE "A" STANDS FOR ACCOMMODATIONS!

CHECK-IN With over 70 cozy retreats, ranging from charming cabins to historic lodges and posh vacation rentals, treehouses, and glamping sites, there's so much to choose from for an unforgettable stay. Kick off your retreat with one of these options.

- **Paradise Village:** Transport yourself to a Ukrainian-inspired haven offering a mix of accommodations, from rooms to cabins and tiny-house-style units. Pamper yourself with wellness treatments or savor mouthwatering dishes at the village restaurant, which is open to all visitors.
- **Wellspring Cabins and Spa:** Nestled amidst lush forest scenery, you'll discover cozy cabins, a whimsical treehouse, and exclusive amenities like a labyrinth, gardens, and a serene reflection pond. Ready to embark on your adventure? Explore these options and more on the website at visittrainier.com/lodging. Whether you're dreaming of a treetop retreat, a yurt, or a cozy glamping experience, there's just the place to make your stay unforgettable.

AFTERNOON Be sure to make reservations in advance to secure your spot. Reservations can be made & **EVENING** online at Paradise Village Lodge.

- **Cannibal Hot Tub at Paradise Village:** Soak in the famous Cannibal Hot Tub, heated over an open fire in Ashford, WA! The hotel offers this unique experience to all visitors, not just guests of the village. The woodfired hot tub accommodates up to 8 people and costs \$140 an hour, with a minimum booking of 1 hour.
- **Wood-Fired Sauna:** Paradise Village's new wood-fired sauna is now open to the public, providing a great opportunity to relax and rejuvenate. It can accommodate up to 12 people and costs \$100 an hour.

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DAY 1: WELCOME TO ASHFORD, WHERE THE "A" STANDS FOR ACCOMMODATIONS! CONTINUED

- **Bee Therapy:** Discover the rejuvenating benefits of bee therapy at Paradise Village, where up to 1 million bees buzz beneath you in six hives! This unique treatment is believed to restore damaged biofields, enhance immunity, balance the nervous and endocrine systems, improve blood circulation, and aid individuals with respiratory issues. This is an exclusive two-hour session for one person at a time for \$50.

DINNER

Enjoy a meal at the **Paradise Village Restaurant**. The restaurant has a cozy log cabin atmosphere with Ukrainian influences. Be prepared for a leisurely dining experience; service can be relaxed, and you might need to wait to be seated when you arrive. For more information, call (360) 255-0070. Location: 31811 WA-706 Ashford, WA 98304.





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DAY 2: 3 WATERFALLS IN 3 HOURS!

Drop those shoulders. Relax your jaw and set your intentions for the day. You're about to spend the day at America's Everest. Today, trade your screen for a glacial river. Fill your ears with the roar of waterfalls and your lungs with the fresh mountain air in old-growth forests.

MORNING

- **Breakfast:** Start your day with a nourishing breakfast at the historic [National Park Inn](#). Breakfast can be enjoyed in the dining room, or to-go and carried out to the covered porch. On a clear day, you can see a view of Rainier from the porch.
- After breakfast, walk across the street to the [Trail of the Shadows](#): This is a flat easy stroll through the forest, past a meadow and historic sites. Don't miss the stonework around the geothermal springs. There is a bench in the meadow that makes a great spot for journaling or sketching.
- **Christine Falls:** Located 4.5 miles east of Longmire, Christine Falls offers a convenient and accessible opportunity to witness the beauty of Mount Rainier National Park. Visitors can use the pullout just beyond the stone bridge to access the falls. The trail descends 100 feet to a viewpoint of Christine Falls framed by the bridge. For your safety, please refrain from stopping your car or walking on the bridge, as drivers distracted by the scenery may pose a risk to pedestrians. This trail is listed as an easy trail.
- **Narada Falls:** At only 150 feet from the road to Paradise, Narada Falls is the largest waterfall in the park accessible by car. The waterfall drops 188 feet in two tiers of 168 feet and 20 feet.
- **Visit Paradise and Myrtle Falls:** Take a trip to Paradise and hike to Myrtle Falls. There is a bench by Edith Creek near the trail to walk down to the Myrtle Falls viewpoint. This bench offers a stunning view of Mount Rainier. Take your time to soak in the beauty of the falls and the surrounding landscape.



WATERFALLS & WELLNESS



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JUNE - OCTOBER

DAY 2: 3 WATERFALLS IN 3 HOURS! CONTINUED

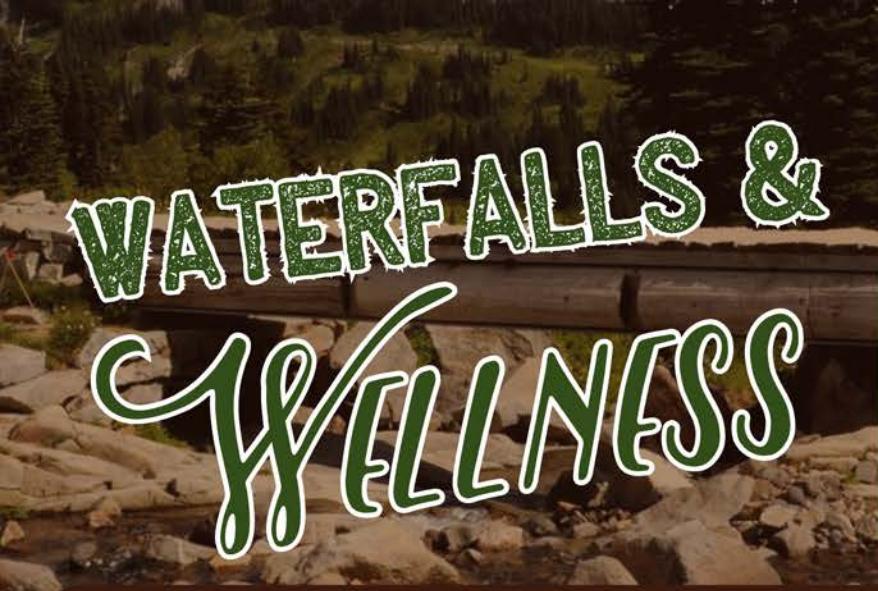
AFTERNOON

- **Lunch:** Enjoy lunch at the historic Paradise Inn, located at 52807 Paradise Rd E, Ashford, WA 98304. Step into the impressive large dining room with soaring ceilings and tall windows, offering a grand atmosphere to enjoy your meal. The Paradise Inn's grand dining room offers a refined and elevated culinary experience. For casual dining consider the Tatoosh Café with grab-and-go options you can enjoy in the lobby or out on the patio (with a view of the Tatoosh mountains).

EVENING

- **Drive to Reflection Lakes:** Drive from Paradise to Stevens Canyon Road to visit Reflection Lakes. You'll find a parking area with a sidewalk above the shoreline, offering stunning views of the lake and surrounding landscape. Take a stroll along the sidewalk. Bring a chair or sit on the rock wall to sketch or journal. Please note, the shoreline is undergoing restoration work. Stay on the designated trail and sidewalk to protect the fragile ecosystem.
- **Dinner:** Exit the park and dig into a delicious meal at Rainier BaseCamp Bar & Grill, located at 30027 WA-706, Ashford, WA 98304. Indulge in their renowned pizza, burgers, salads, and wraps while enjoying the cozy outdoor seating, complete with fire pits and covered areas. Don't miss the live music on Saturdays and Sundays from 4 PM to 7 PM. (Not in the mood to people? Order online for pick-up.) Rainier BaseCamp is open daily, with hours from noon to 7:00 PM on Sundays to Thursdays, and from noon to 7:30 PM on Fridays and Saturdays. Please note that hours are subject to early closure during slower periods. Additionally, beverages are served up to 30 minutes after the food service closing time.
- **Return to Lodgings:** After dinner, take a moment to write down a few things you're feeling thankful for in your journal.





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DAY 3: THERAPY, MASSAGE & RETAIL

MORNING

- **Breakfast:** Indulge in a taste of tradition at the historic [Copper Creek Inn](#), located at 35707 WA-706, Ashford, WA 98304. Try their famous "Copper Toppers," decadent cinnamon rolls on the menu since 1946! Copper Creek Restaurant is open at 8:00 AM on Friday, Saturday, and Sunday. Dine in or take your meal to-go and find a spot along the creek to enjoy a picnic. (360) 569-2326
- **Massage Therapy:** Treat yourself to a relaxing massage session by Abby Cicirelli, LMT, at [Mountain Song Massage](#). Choose a studio experience or a session in the comfort of your accommodation. Treat yourself to a blissful moment of relaxation and rejuvenation. To schedule, call (425) 319-9588 or visit www.abbycicirelli.com.

MID-MORNING EXCURSION

- On your way out of town, stop by Eatonville to explore [Cascadia Crystals and Botanicals](#): Shop for a souvenir among their selection of crystals, aromatic herbs, and botanicals. Cascadia Crystals and Botanicals is located at 111 Center St E, Eatonville, WA 98328 (360) 832-7467. For more retail therapy swing by the Center Street Mercantile for thrifting. [Center Street Mercantile](#) is located at 101 Mashell Ave N, Eatonville, WA 98328 (360) 832-2526

As your 3-day Waterfalls and Wellness Retreat winds down, we hope you feel refreshed and deeply connected to nature. Carry with you the memories of waterfalls, a soothing massage, and moments of quiet reflection. We hope the experiences during your retreat stay with you long after you return home.

Travel Tips: Timed entry is required at the Nisqually gate to Mount Rainier National Park for visitors arriving between 7 AM and 3 PM from May 24 to September 2, 2024.

