

Activities Near Tennessee Fitness Spa

Many of our guests stay for several weeks and take advantage of the weekends to visit the many nearby attractions. There are many amazing tours available in this beautiful part of the country, plus wonderful natural settings in which to hike, sightsee, or explore on horseback. There are also golf courses nearby and kayaks or canoes to rent to float the waters of the scenic Buffalo River.

Places of interest within 2.5 hours of Tennessee Fitness Spa:

Natchez Trace Parkway - The [Natchez Trace Parkway](#) is a designated National Scenic Trail in the United States whose route starts south of Nashville, Tennessee, continues through Alabama, and ends in Natchez, Mississippi. See the [National Park's Website](#) for more information.

Natchez Trace Travel - This travel page has [30 Favorites](#) listed with photos, mileposts, maps, and other information you will find helpful if you are planning a trip on the Trace.

Shiloh Civil War Battlefield - [Shiloh National Military Park and National Cemetery](#) preserves the American Civil War Shiloh and Corinth battlefields. The main section of the park is about nine miles south of Savannah, Tennessee.

Helen Keller's Birthplace and Home - Built in 1820 only one year after Alabama became the 22nd State of the Union, [Ivy Green](#) is a simple, white clapboard home design in typical Southern architecture. Since 1954 Helen Keller's birthplace has been a permanent shrine to the "miracle" that occurred in a blind and deaf seven-year-old girl's life. At that time Ivy Green was placed on the National Register of Historic Places.

Natchez Hills Winery & Vineyard - [Natchez Hills Winery & Vineyard](#) is 35 miles northeast of the spa and offers free wine tastings from noon to 5 pm on Saturdays. Call ahead to make reservations for groups of 10 or more directly with the winery. Confirm times before visiting.

Amber Falls Winery - Another winery, also located near Hampshire, TN would be [Amber Falls](#). Amber Falls welcomes walk-ins for tastings Monday through Friday 10 am to 6 pm, Saturday from 10 am to 8 pm, and Sunday from 12:30 to 6 pm, and also offers lodging and guest events. Confirm times before visiting.

Antique Stores - TennesseeAntiqueTrail.com has 106 different antique stores featured across the state of Tennessee.

Amish Country - The connecting county, Lawrence County, is home to many Amish Families. In Ethridge, there are produce markets, handmade crafts, and wood crafts available. See [Lawrenceburg, TN](http://Lawrenceburg.TN) for more information.

Bonnie Blue Goat Farm - Buy cheese and meet the goats at [Bonnie Blue](http://BonnieBlue).

The Rosenbaum House designed by Frank Lloyd Wright - Located in Florence, AL at 601 Riverview Drive, just 56 miles south of the fitness resort, is one of [Frank Lloyd Wright's](http://FrankLloydWright's) single-family homes that are open to the public for tours Tuesday through Sunday. Confirm days and times before visiting.

The Rippa Villa Plantation - A historic 1855 mansion located near Spring Hill, Tennessee, south of Nashville. The mansion is open for tours; please check their website for more information.

Jack Daniel's Distillery - Tour the [historic whiskey distillery](http://historicwhiskeydistillery) in Lynchburg, Tennessee.

The Elephant Sanctuary - A 2,700-acre sanctuary designed specifically to meet the needs of endangered elephants. The sanctuary is closed to the public, but a [Welcome Center](http://WelcomeCenter) with a gift shop and information are available in downtown Hohenwald, TN.

Cathedral Caverns - Originally called Bat Cave, [Cathedral Caverns](http://CathedralCaverns) was opened to the public by Jacob Gurley in the 1950s. The State of Alabama purchased the land and cavern in 1987, and it was opened as an Alabama State Park in the summer of 2000.

The Hermitage - The historic home of [President Andrew Jackson](http://PresidentAndrewJackson) is located just north of Nashville, TN and approximately 2 hours from our fitness resort.

Cheekwood Botanical Garden - a 55-acre estate built with the Maxwell House Coffee fortune is a spectacular showcase of color and horticultural diversity with 11 specialty [display gardens](http://displaygardens).

Cheekwood Museum of Art - Cheekwood's Museum of Art is housed in a 30,000-square-foot Georgian-style mansion. Collections include silver and the most comprehensive collection of Worcester porcelain in America.

Wichahpi Wall - This 6,600-foot-long stone wall, built by Tom Hendrix, is a spectacular display of dedication and love towards his great-great-grandmother, Te-lah-nay, a Yuchi Indian Healer. Each stone represents a step she took on her 700-mile journey on the Trail of Tears from Tennessee to Oklahoma and back again. The wall is located off a gravel road just north of the Alabama border, along the Natchez Trace Parkway. The wall is open for visitors, but only on the weekends is there a host to explain or give tours. The host is usually Trace, the grandson of Tom Hendrix. It's a good idea to call first. You will find additional helpful information about the wall on the [Natchez Trace Travel](#) website.

Also Available in the Immediate Area:

Golf at the [Waynesboro Tennessee Municipal Golf Course](#), Blackberry Trail Golf in Florence, Alabama, and The Shiloh Golf Course

Kayaking/Canoeing down the Buffalo River at [Crazy Horse](#)

Horseback Riding at [Little Creek Ranch](#) or at [Honey Do Stables](#) (appointment only) in Waynesboro, TN