

# Activities Near Tennessee Fitness Resort

Many of our guests stay for several weeks and take advantage of the weekends to visit the many nearby activities. 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 Trail 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 5pm Wed - Sun. Call ahead to make [reservations](#) for groups of 10 or more directly with the winery.

**Amber Fall Winery** - Another winery, also located near Hampshire, TN would be [Amber Falls](#).

**Antique Stores** - [Tennessee Antique Trail.com](https://www.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. There are produce markets, handmade crafts and wood crafts available. [See Lawrenceburg](#), TN for more information.

**Bonnie Blue Goat Farm** - Buy cheese and meet the goats at [Bonnie Blue](#).

**The Rosenbaum House designed by Frank Lloyd Wright** - Located in Florence, AL at 601 Riverview Drive just 35 miles south of the fitness resort, is one of [Frank Lloyd Wright's](#) single family homes that is open to the public for tours Tuesday thru Sunday.

**The Rippavilla Plantation** - A historic 1855 mansion located near Springs Hills, Tennessee south of Nashville. The mansion is open for tours; [please check their website](#) for more information.

**Jack Daniel Distillery** - Tour the [historic whiskey distillery](#) 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](#) with a gift shop, and information, is available in downtown Hohenwald, TN.

**Cathedral Caverns** - Originally called Bat Cave, Cathedral Caverns 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** - Historic home of [President Andrew Jackson](#) located just north of Nashville, TN and 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](#).

**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.

**Powdermill Hill Trading Post** - [The Quilt Lady](#) brings you heritage quality, hand-crafted quilts to enjoy today and inspire a timeless tradition to share from generation to generation.

**Wichahpi Wall** - a 6,600-foot-long stone wall built by Tom Hendrix. This stone wall is a spectacular display of dedication and love towards his Great Great Grandmother Te-lah-way, a Yachi 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. 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.

**Canoeing** down the [Buffalo River](#)

**Horseback Riding** at [Green River Stables](#)