



5 Reasons to Visit Greater Fayetteville (NC)



Indulge in Adventure!

In the Fayetteville area, adrenaline junkies can experience once-in-a-lifetime thrills. From hiking, mountain biking and running miles of trails throughout Fayetteville's many parks to climbing to new heights at indoor facilities including the **Climbing Place** and **Triangle Rock Club**, adventure activities for any fitness level are available. Thrill seekers can also experience

one of USA Today's 10 Great Zip lines at **ZipQuest Waterfall and Treetop Adventure**, soar to new heights at **Paraclete XP SkyVenture** and slide through summertime at **Fantasy Lake Waterpark**.



Chow Down!

Fayetteville is now home to a celebrity chef! **Lake Gaston Brewing Company** recently welcomed **Chef Theo Gumbs** as their Executive Chef. Born on the U.S. Virgin Islands and raised in North Carolina, Chef Theo has been featured on several TV shows, to include **Bravo's Top Chef** and **Food Network's Iron Chef America** and **Cutthroat Kitchen**.

Throughout the early spring Chef Theo will introduce all-new, made-from-scratch dishes to Lake Gaston's menu.

Lake Gaston is just one of the community's dining options.

The military spouse owned **Fayetteville Pie Company** won recognition as the "Best Pie in North Carolina" by Tasting Table. Each meal includes a sweet and savory pie.



Thanks to nearby Fort Bragg bringing people around the world to Fayetteville, the community boasts an array of international restaurants. The **International Cuisine Trail** provides a map to these locally-owned eateries.



Relax and recharge!

Utilize some unique services available in Fayetteville. **Floating Shanti** is only one of ten facilities in North Carolina that offers Flotation Therapy, a sensory-deprivation experience. During a float in a sound-proof tank, your body easily floats on water filled with magnesium (Epsom salts.) The therapy is beneficial for chronic pain and a host of other ailments including anxiety and insomnia.



Nearby at **Prima Elements Holistic Wellness Center**, enjoy a Restation™ session. Lying on a special lounge, with earphones on and eyes covered, users experience low-frequency vibrations from the platform and synchronized soothing music from the headphones that lull you into a meditative state. A Restation™ session is beneficial for fatigue, chronic pain, anxiety and more.



Soak up the natural beauty of the Carolinas!

Not only are the azaleas and dogwoods in full bloom throughout the community, but the 77-acre **Cape Fear Botanical Garden** offers a place to see all the spring blooms in one place. Visit after May 5, and you'll be treated to 18 metal sculptures that tell the story and history of the art form of Origami. The traveling exhibition, titled "Origami in the Garden," will be in place for four months.



Flowers not your thing? Visit **Carvers Creek State Park**, which is home to the rare Longleaf Pine ecosystem (and the endangered species that live there); **Fayetteville Rose Garden**; and **The Cape Fear River Trail**, which is part of the **East Coast Greenway**.



Throw some axes!



Axes & Armor Hatchet House, Cumberland County's first indoor axe-throwing facility, opened its doors in February 2019. The facility, a World Axe Throwing League venue, hosts tournaments, walk-ins, leagues and private parties. Their mission is to bring the thrill of a traditional Canadian backyard to this community.

Axes & X's, another axe-throwing option, hosts pop-ups at special events, breweries, and other sites throughout the year. They plan to open a permanent, indoor facility in the next year.