

# Zen Seekers Itinerary

## DAY 1

### Relax Into Small Town Life

Take time to experience small town charm and escape the hustle and bustle of everyday life. Discover the city's renowned historic district with the self-guided downtown walking tour.

*Stop 1: 115 E Jefferson Street • Madison, Georgia 30650 • 706-342-4454 • [visitmadisonga.com](http://visitmadisonga.com)*

### Take a Break at Farmview Market

Enjoy the simplicity of a small-town grocery store, butcher shop, and cafe as you nourish your body with fresh, farm-to-table food.

*2610 Eatonton Rd. • Madison, Georgia 30650 • 844-210-7030 • [www.farmviewmarket.com](http://www.farmviewmarket.com)*

### Find Peace on the Farm

To truly disconnect from the trappings of modern-day life, FARMeander, Georgia's first self-guided farm tour, is your ticket to explore the farms, markets, festivals, and inns that celebrate the area's agrarian roots year-round. Find maps at the Welcome Center and online.

*115 E Jefferson Street • Madison, Georgia 30650 • 706-342-4454 • <https://mmcgeorgia.org>*

## DAY 2

### Go Forest Bathing at the Hundred Acre Farm

Enjoy a new, immersive wellness experience by visiting the first certified **Forest Therapy Trail** in the United States. Practice forest bathing and experience the array of health benefits this Japanese tradition provides, as well as some well-deserved peace and quiet.

*1051 Meadow Ln. • Madison, GA 30650 • 706-342-7933 • [www.thefarmhouseinn.com](http://www.thefarmhouseinn.com)*

### Uncover the Arts in Madison

Find inspiration by uncovering this small town's historic love affair with the arts. Tour historic cemeteries, explore Madison's local art galleries, or discover one of many forms of art celebrated at the **Madison-Morgan Cultural Center**.

*434 South Main Street • Madison, Georgia 30650 • 706-342-4743 • [mmcc-arts.org](http://mmcc-arts.org)*

## DAY 3

### Seek Solace From the City

Relax into nature at Hard Labor Creek State Park or Georgia's Lake Country. Enjoy acres of green forests, miles of scenic trails, and budget friendly adventures .

*[gastateparks.org/HardLaborCreek](http://gastateparks.org/HardLaborCreek) • [www.galakecountry.com](http://www.galakecountry.com)*

### Take a Spa Break

After a day outside, wind down and prepare to say goodbye to your small town escape by indulging in a specialty treatment, massage or facial at **The Spa at James Madison Inn** or **Pure Bliss Spa & Shop**.

*[www.thespajamesmadison.com](http://www.thespajamesmadison.com) • [www.pureblissspas.com](http://www.pureblissspas.com)*



Madison Welcome Center

115 East Jefferson Street | Madison, Georgia 30650

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