

Retreat and Refresh

Atlanta



**Country Inn & Suites By Carlson, Atlanta
Downtown South at Turner Field**
759 Pollard Boulevard
Atlanta, GA 30315
(404) 658-1961

**Country Inn & Suites By Carlson, Atlanta
I-75 South**
2192 Mount Zion Parkway
Morrow, GA 30260
(770) 603-3232

Country Inn & Suites By Carlson, Smyrna, GA
2175 Church Road SE
Smyrna, GA 30080
(404) 564-1105

Country Inn & Suites By Carlson, Northlake
2081 Northlake Parkway
Tucker, GA 30084
(770) 270-9009

Country Inn & Suites By Carlson, Norcross
Norcross, GA 30071
(770) 449-5051

Country Inn & Suites By Carlson, Roswell
2950 Mansell Road
Alpharetta, GA 30022
(770) 552-0006

**Country Inn & Suites By Carlson, Atlanta
Six Flags**
960 West Point Court
Lithia Springs, GA 30122
(678) 945-0945

**Country Inn & Suites By Carlson, Atlanta
Airport North**
1365 Hardin Avenue
East Pointe, GA 30344
(404) 767-9787

**Country Inn & Suites By Carlson, Atlanta
Airport South**
1808 Phoenix Blvd
College Park, GA 30349
(770) 991-1099

Country Inn & Suites By Carlson, NW at Windy Hill Road
4500 Circle 75 Parkway
Atlanta, GA 30339
(770) 956-9919

Country Inn & Suites By Carlson, Kennesaw
3192 Barrett Lakes Blvd NW
Kennesaw, GA 30144
(770) 423-7105

Country Inn & Suites By Carlson, Fairburn
7815 Senoia Road (Highway 74)
Fairburn, GA 30213
(678) 782-4900

Country Inn & Suites By Carlson, Stone Mountain
1852 Rockbridge Road
Stone Mountain, GA 30087
(770) 465-6515

Country Inn & Suites By Carlson, Conyers
1312 Old Covington Highway
Conyers, GA 30013
(770) 785-2400

Indulge in the Arts

The High Museum of Art in Atlanta, striking in its contemporary architecture, features four floors stuffed with various forms of art, from European and American paintings to photography, graphic design and African art. In addition to the permanent collection, which ranges from Monet to Warhol and covers everything in between, the museum hosts a steady stream of touring exhibits, featuring such artists as Normal Rockwell, Degas and Wyeth. If you feel like a night of smooth jazz while you wander among the paintings, grab the MARTA to Arts Center Station on the third Friday of every month—from 5 to 10 p.m. you can enjoy a cocktail, a concert and full museum access. The museum also features such events as “single mingle” and film festivals throughout the year.
high.org

Indulge in the Arts (Cont.)

In the mood for something a little more academic? Head to Emory University's Michael C. Carlos Museum, Atlanta's oldest. Many of the pieces were discovered by Emory faculty members, and the interior was designed by famous modern interior designer Michael Graves. The collection includes archeological finds from across the globe, Egyptian art and Bronze Age artifacts.
carlos.emory.edu

Eat, Drink and Be Merry

If you're looking for European fare with flare, look no further—Ecco restaurant has an inviting atmosphere with a huge menu, ranging from wood-fired pizzas, wine and desserts to Spanish- or Chilean-inspired dishes. The décor is stunning, and on a nice night, you can sit on their outdoor patio.
ecco-atlanta.com

If you're in the mood for sushi, head to MF Sushi Bar—aka, "Magic Fingers" Sushi. The bar is named after the sushi chef's nickname—sushi is all he does, and he does it well!
mfsushibar.com

Krog Bar offers one of the area's top wine lists, and a glass of fine wine makes the perfect accompaniment to the Mediterranean-inspired small plates.
krogbar.com

Take a Breath of Fresh Air

As you wander among the plaques commemorating Civil War battles and other historic events in Piedmont Park, make sure you take a breath to enjoy the skyline view. Pack a picnic, take in a game of tennis or jog in the park. Piedmont Park also hosts numerous concerts and festivals.
piedmontpark.org

With 30 acres of cultivated gardens and old growth woods, Atlanta Botanical Garden is adjacent to Piedmont Park. In addition to hosting public and private events, the garden is home to the two-acre Children's Healthcare of Atlanta Garden, a conservatory and an orchid center. The glass-enclosed gardens mean that visitors can take in the scenery year-round, and demonstrations and classes are held frequently.
atlantabotanicalgarden.org

Shop Till You Drop

Vinings is an open-air shopping center with a touch of Southern Charm. Although it was built in the mid-1980s, it was designed to match the architectural style of the area's historic homes. Old-fashioned street lanterns, a clock tower and cobblestone sidewalks all make you feel like you are walking through history, but the presence of Banana Republic, Ann Taylor and other retailers will bring you back to the present.
viningsga.com

If you're in the mood for some eclectic shopping, head toward Amsterdam walk, a midtown destination. From Indonesian furniture to premier kitchen gear or the latest women's fashions from New York, you'll shop until you drop. Need sustenance? Stop into Red Light Café or the Bread Garden, which sells bread straight from the oven.
atlanta-midtown.com/business/amsterdamwalk

Relax and Rejuvenate

After a day of shopping, dining and taking in the scenery, relax with a massage, facial or sun salutation. The below spas and yoga studios will leave you breathing deep and thinking clear.

jazminspa.com
mindandbodydayspa.com
peachtreeyoga.com
urbanbodystudios.com

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