

# Retreat and Refresh

## Jacksonville



### **Country Inn & Suites By Carlson, Yulee**

462577 State Road 200  
Yulee, FL 32097  
(904) 225-0182

### **Country Inn & Suites By Carlson, St. Augustine Downtown District**

231 San Marco Avenue  
Saint Augustine, FL 32084  
(904) 827-1766

### **Country Inn & Suites By Carlson, Jacksonville**

5945 Youngerman Circle East  
Jacksonville, FL 32244  
(904) 772-7771

### **Country Inn & Suites By Carlson, Jacksonville West**

7035 Commonwealth Avenue  
Jacksonville, FL 32220  
(904) 786-0388

### **Indulge in the Arts**

The Alexander Brest Museum is located in the Phillips Fine Art building on the Jacksonville University campus. The collection features decorative art and artifacts, ranging from Pre-Columbian relics to Steuben and Tiffany.

2800 University Blvd  
Jacksonville University  
Jacksonville, FL 32211  
(904) 256-7371 · (904) 744-3950

If modern art is your favorite, make sure to visit the Jacksonville Museum of Modern Art.  
[jmoma.org](http://jmoma.org)

### **Eat, Drink and Be Merry**

While cruising through galleries at the Jacksonville Museum of Modern Art, make sure to stop for a bite at the Nola eatery. The menu boasts everything from crab cakes to sandwiches—and in one instance, combining the two by sandwiching fried green tomatoes between two crab cakes.  
[mocajacksonville.org](http://mocajacksonville.org)

If you're in the Jax Beach area, chef-owned and operated Dwight's is inventive and attractive—known for its seafood starters, you'll enjoy seared tuna, jumbo lump crab cakes before moving onto one of its outstanding pasta dishes.  
[dwightsbistro.com](http://dwightsbistro.com)

In Avondale, Biscotti's restaurant is known for its ability to serve a casual lunch or business dinner and everything in between. Biscotti's doesn't accept reservations, and it tends to fill up early, so make sure you get there BEFORE your stomach starts rumbling.  
[biscottis.net](http://biscottis.net)

### **Take a Breath of Fresh Air**

RIVERSIDE. You'll find peace like a river at the Cummer Museum of Art and Gardens. Located in Riverside, it is aptly named: the St. John's River flows behind this beautiful museum, creating the perfect peaceful escape for a walk around the beautiful gardens and grounds. The museum opened in 1961 with just the 60-piece private collection of Arthur and Ninah Cummer, and has since grown to house an impressive collection of over 5,000 works.  
[cummer.org](http://cummer.org)

## Shop Till You Drop

On the nearby banks of the Saint John's River, you can stroll this boardwalk before settling into one of Jacksonville's most popular restaurants. You'll be mesmerized by views of downtown Jacksonville and the river, and you can visit the Museum of Science and History while you're in the neighborhood. Or, take a stroll to the Friendship Fountain—one of the world's highest-spraying fountains.

1000 Museum Drive  
Jacksonville, FL 32207  
(904) 632-5578

If you'd like to take a walking tour, visit the Riverside area, where many homes are listed on the National Register. In addition to the walk through living history, you'll find yourself among some of the best shopping and restaurants the city has to offer.  
[riverside-avondale.com](http://riverside-avondale.com)

If you're in the mood for antiques you'll definitely want to visit Bayard Antique Village in South Jacksonville. Here you'll find 17 cottages, all located in a 1920s motor court, all boasting a variety of antiques and collectibles. There also is a flea market located in the middle of the complex, where you're sure to score a great deal.

## Relax and Rejuvenate

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

[anthonyandsandra.com](http://anthonyandsandra.com)  
[blissyogashala.com](http://blissyogashala.com)

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