

Alpharetta  
GEORGIA

RELAX & REJUVENATE  
— with a —  
WELLNESS GETAWAY  
IN ALPHARETTA, GA



— awesome —  
**ALPHARETTA**  
CONVENTION & VISITORS BUREAU

678-297-2811  
[awesomealpharetta.com](http://awesomealpharetta.com)

The Official Destination Marketing Organization for Alpharetta, Georgia

Awesome Alpharetta is the perfect destination to **RELAX, RESET, and RECHARGE** your body, mind, spirit, and soul!

Whether you are looking to rejuvenate physically, mentally or kick-start a healthier lifestyle, the city offers spa treatments, plenty of outdoor and fitness opportunities, retail therapy, healthy cuisine and creative therapies to put your self-care and health at the center of your travel experience.



## GET THAT HEART RATE UP

Exercise is a celebration of the body's abilities, and Alpharetta proudly offers several ways to stretch, flex, and honor those miraculous muscles. Drop-in classes like **Core57** and **Bodybar Pilates** seek to tone and strengthen, while **Burn Boot Camp** and **Senergy Fitness** offer more niche ways to get your sweat on. Looking to take it outside? Alpharetta's stunning outdoor facilities include free outdoor fitness equipment, and trails that beg to be traversed on foot or by bike (*if you prefer by bike, we recommend you check out **Pedego Alpharetta** for a fun fitness experience*). Continuing the fitness fun, there's never a shortage of **FREE** classes at **Avalon**, **Brooke Street Park** and the **Wills Park Recreation Center**.



## STIMULATE YOUR SENSES TO HEAL YOUR MIND

Living well means so much more than working up a good sweat or practicing mindfulness. Get in touch with your senses in Alpharetta. Tap into your creative side and touch pottery at **All Fired Up**. See all the colors that go into an artistic masterpiece at **Painting with a Twist** where you can create your own painting. Hear soulful live music throughout the city. Expand your mind by taking in local exhibits like those offered through the **Downtown Alpharetta Arts Walking Tour**, the **Alpharetta Arts Center**, and **Chic Evolution in Art**.



## FUEL YOUR BODY

Whether you're craving sweet or savory flavors, **over 200 dining options** and culinary experiences await in Alpharetta. For something sweet, start your day with a refreshing smoothie or açai bowl from **Vitality Bowls**. **True Food Kitchen's** Teriyaki Quinoa Bowl is vegan, gluten free, and packed with flavor for team savory. Stir up some tasty and fresh ingredients in a hands-on workshop at any of Alpharetta's **three cooking schools** and leave with new recipes to make this health-centered lifestyle stick!





## TREAT SELF-CARE LIKE HEALTHCARE

Alpharetta has an array of spas and wellness centers with a variety of services for relaxation and rejuvenation. Experience the heated stone therapy massage at **Spa Sydell Integrative Aesthetics**. Chill out and optimize sleep, boost overall energy, and repair muscles with cryotherapy at **Restore Hyper Wellness**.



## ENTER TO WIN your own Wellness Weekend Getaway in Alpharetta!

Prize Package includes:

- One-room, two-night weekend stay at **Hilton Garden Inn Atlanta North/Alpharetta** (value \$500)
- \$150 GIFT CARD at **Peloton Avalon**
- \$150 GIFT CARD to **Spa Sydell Integrative Aesthetics**
- \$100 GAS GIFT CARD to get you here and back
- \$100 GIFT CARD for a cooking class experience at **Publix Aprons Cooking School**
- \$100 GIFT CARD to **Foundation Social Eatery**
- \$100 GIFT CARD to **Big Peach Running Co**
- \$50 GIFT CARD at **Vitality Bowls**
- \$50 GIFT CARD to **Peachy Corners Café**
- \$50 GIFT CARD to **True Food Kitchen**
- \$45 CRYOTHERAPY TREATMENT at **Restore Hyper Wellness**

## ENTER TO WIN TODAY



**SCAN HERE**

and enter to win a **Wellness Getaway in Alpharetta, GA.**

You can also enter by visiting [awesomealpharetta.com](https://www.awesomealpharetta.com) or stop by the **Alpharetta Welcome Center** between January 1 and March 31, 2023 to enter in person. One entry per person. Winner will be selected and notified the week of April 10, 2023.

*Prize package is valued at \$1,395. No cash value.*

A full list of content rules can be found at [awesomealpharetta.com](https://www.awesomealpharetta.com).  
Offered by the Alpharetta Convention & Visitors Bureau.

## RETAIL THERAPY

Alpharetta has several sports and fitness-focused shops that will get you trail-ready or prepared to hit the gym. The city's got you covered with **over 250 shops in three distinct shopping districts**. Check out the newest offerings at **Peloton Avalon** or visit **Big Peach Running Co.** for new running shoes and athletic apparel.



Whether you crave a new experience or you're in search of a break from the everyday, Alpharetta is proud to be a destination filled with options for refueling, recharging, and refocusing. Make the most of your visit to Alpharetta with a stay at one of **30 modern hotels**, with many that offer gyms, pools and other excellent amenities.



# ALPHARETTA CALENDAR OF EVENTS JANUARY – MARCH 2023



## AVALON ON ICE

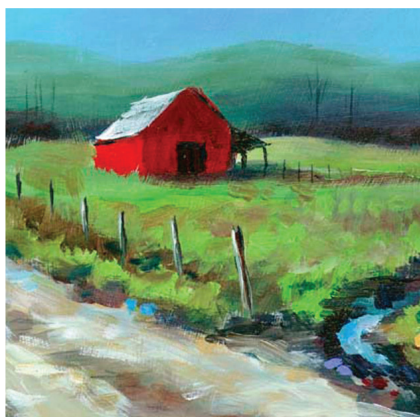
Daily through January 16  
400 Avalon Boulevard

Ice skate on Avalon's Rockefeller Center-inspired ice-skating rink in The Plaza. Watch for theme nights and enjoy warm tasty treats rink side. Hours vary by day of the week and school holidays. *Ticket admission required.*

## DINO SAFARI: A WALK THRU ADVENTURE

Wed - Thur | 11:00AM-7:00PM  
Fri & Sat | 11:00AM-8:00PM  
Sundays | 12:00PM-7:00PM  
North Point Mall  
1000 North Point Cir.

Go on a globetrotting expedition around the world, dropping in to see a variety of dinosaurs living on each of the seven continents that were once Pangea during the Age of Reptiles. *Ticket admission required. Use Promo Code ACVB20 for a discount on weekdays admission.*



## ALPHARETTA ARTS CENTER EXHIBIT: DOWN HOME ON THE FARM

February 1- March 18  
Alpharetta Arts Center  
238 Canton Street

Living in an urban setting, our lives are a constant hustle and bustle of activity. The landscape of our towns has certainly evolved from a rural setting to modern suburbia. *Free admission.*

## GALENTINE'S DAY AT AVALON

Thursday, February 9 | 5:00PM-9:00PM  
400 Avalon Boulevard

Grab your girl gang for an early Valentine's Day celebration along the Boulevard! Whether you're single or taken, there's always a reason to show some love + raise a toast with your gals. The first 300 ladies to visit Concierge will receive a special Galentine's Day treat!



## VALENTINE'S IN ALPHARETTA

Tuesday, February 14

With over 200 chef-driven restaurants, 250+ shops, 30 modern hotels, an array of live music venues, hands-on cooking experiences, and more than 10 soothing spas, Alpharetta is the perfect weekend getaway for your sweetheart. Visit [awesomealpharetta.com](https://www.awesomealpharetta.com) and start planning the perfect romantic GETAWAY!



## MARDI GRAS AT AVALON

Tuesday, February 21 | 5:00PM-9:00PM  
Avalon Boulevard

Shop, sip and stroll as the Boulevard becomes Bourbon Street with jazzy tunes and specialty drinks! Pick up your passport at concierge. Collect 3 passport stamps & enter to win an exciting prize package. *Free admission.*



# ALPHARETTA CALENDAR OF EVENTS JANUARY – MARCH 2023



## ALPHARETTA RESTAURANT WEEK

*Presented by Flavors Magazine*

**February 26–March 4**

Get a little taste of what Alpharetta's culinary scene is all about. Learn more about the participating restaurants as they are announced at [awesomealpharetta.com](https://www.awesomealpharetta.com).

## LUCK OF AVALON

**Friday, March 17 | 5:00PM – 9:00PM**

**Avalon Boulevard**

Calling all lads, lassies, and little leprechauns! Celebrate St. Patrick's Day, Avalon style, while sipping & strolling the Boulevard with live music, Irish flair, and more to sham-ROCK the night away! *Free admission.*



## SHAMROCKIN FOR A CURE

**Saturday, March 18 | 6:00PM – 11:00PM**

**Ameris Bank Amphitheatre, 2200 Encore Parkway**

Eat, drink and help cure Cystic Fibrosis with a night of music that rocks the stage! Dance the night away and enjoy food, beer, wine, cocktails and giveaways. *Ticket admission required.*

## ACT1 THEATRE PRESENTS: SILENT SKY BY LAUREN GUNDERSON

**March 10–26**

**Friday & Saturdays at 8:00PM, Sundays at 2:00PM**

**ACT1 Theatre | 180 Academy St**

The true story of 19th-century astronomer Henrietta Leavitt explores a woman's place in society during a time of immense scientific discoveries, when women's ideas were dismissed until men claimed credit for them. *Ticket admission required.*



## WE'RE COOKING UP A CULINARY ADVENTURE!

Three unique hands-on cooking experiences, including the only **Publix Apron's Cooking School** in the state of Georgia, **Williams Sonoma** at Avalon and **Flour Power Kid's Cooking School** bring culinary tourism to life with intriguing classes ranging from basic knife skills to creating a romantic dinner for two. Visit [awesomealpharetta.com](https://www.awesomealpharetta.com) for a full list of classes.



## GET ARTSY IN ALPHARETTA!

With several performing arts venues and hands-on art experiences, Alpharetta has something for every artistic spirit. Engage in a theatrical performance at the award-winning **ACT1 Theatre**, a local theatre striving to provide wholesome fellowship and entertainment to the community. Have fun and cocktails with friends while painting a new masterpiece at **Painting with a Twist** or **Sis + Moon's Treehouse**. Pottery painting at **All Fired Up** for a fun night out. Visit [awesomealpharetta.com](https://www.awesomealpharetta.com) for a list of art events and performances happening during your getaway to Alpharetta.

# Alpharetta

GEORGIA

With so much to do,  
*why not stay the night?*

Add **value** to your stay with **special rates** and **packages** at one of our modern and upscale hotels. Many offer a selection of **suites, local shuttle service, complimentary breakfast, free parking** and **free Wi-Fi**.

**Aloft Alpharetta** | 678-527-6800

**Atlanta Marriott Alpharetta** | 770-754-9600

**Comfort Inn Alpharetta-Atlanta North** | 470-273-6604

**Comfort Suites Alpharetta/Roswell – Atlanta Area** | 770-649-0955

**Courtyard Atlanta Alpharetta** | 678-366-3360

**Courtyard Atlanta Alpharetta/Avalon Area** | 770-475-9955

**DoubleTree by Hilton Hotel Atlanta-Alpharetta** | 678-347-0022

**Embassy Suites by Hilton Atlanta Alpharetta** | 678-566-8800

**EVEN Hotel Alpharetta-Avalon Area** | 770-869-2546

**Extended Stay America-Atlanta-Alpharetta-Northpoint-East** | 770-475-7871

**Extended Stay America-Atlanta-Alpharetta-Northpoint-West** | 770-569-1730

**Extended Stay America-Atlanta-Alpharetta-Rock Mill Road** | 770-475-2676

**Fairfield Inn & Suites Atlanta Alpharetta** | 770-663-4000

**Fairfield Inn & Suites by Marriott** | *Coming 2023*

**Hampton Inn & Suites Alpharetta** | 678-393-0990

**Hampton Inn & Suites Alpharetta/Roswell** | 770-640-5511

**Hilton Alpharetta Atlanta** | 678-240-9222

**Hilton Garden Inn Atlanta North/Alpharetta** | 770-360-7766

**Hilton Garden Inn Atlanta Northpoint** | 678-566-3900

**Holiday Inn Express & Suites Alpharetta-Windward Parkway** | 678-339-0505

**Home2 Suites by Hilton Alpharetta** | 470-479-6699

**Homewood Suites by Hilton Atlanta-Alpharetta** | 770-998-1622

**Hyatt Place Atlanta/Alpharetta/North Point Mall** | 770-594-8788

**Hyatt Place Atlanta/Alpharetta/Windward Parkway** | 770-343-9566

**La Quinta Inn & Suites by Wyndham Atlanta Alpharetta** | 770-754-7800

**Sonesta ES Suites Atlanta Alpharetta Avalon** | 770-569-7200

**Sonesta ES Suites Atlanta Alpharetta North Point Mall** | 770-587-1151

**Sonesta ES Suites Atlanta Alpharetta Windward** | 770-664-0664

**The Hamilton Alpharetta, Curio Collection by Hilton** | 770-777-1820

**The Hotel at Avalon, Autograph Collection,  
& Alpharetta Conference Center** | 678-722-3600

**TownePlace Suites Atlanta Alpharetta** | 770-664-1300



**SCAN HERE** with your smart  
phone or tablet to book your  
Alpharetta hotel room.



**#AwesomeAlpharetta**

— *awesome* —  
**ALPHARETTA**  
CONVENTION & VISITORS BUREAU

678-297-2811  
awesomealpharetta.com

*The Official Destination Marketing Organization for Alpharetta, Georgia*