

Mix & Match Couples Tour 2 - Spa & Health

Book a room at one of our area Bed & Breakfasts and be pampered.

Schedule an appointment at Heartland Center of Natural Healing for a massage hydrotherapy, acupuncture and reflexology, just to name a few of the services, or visit Brigid's House that hosts therapists offering massage, Reiki, myofascial release, Cranial Sacral, drumming, Sunshower, etc. You will want to call ahead as they stay quite busy.

Take a tour of Midheaven Farms (in season), an organic farm.

Shop at the 3rd Street Market for herbal supplements and natural food and enjoy a great lunch.

Take a bike ride on the Heartland Trail. You can rent bikes in Dorset or Nevis.

Enjoy some great shopping in our many unique shops on main, and order a healthy smoothie to pick you up for the rest of the day at Beyond Juice.

Rent a bike, kayak or canoe at Itasca State Park and ride/paddle the trails and water there.

Or rent snowshoes at Itasca State Park and enjoy the winter scenery or bring your cross country skis and ski the nicely groomed trails at Itasca or Soaring Eagle Ski Trails. Both have places to warm up.

Schedule an appointment and have a Quiet Pines massage.

Pick up some wine from the winery and picnic fare from one of our great delis and rent a pontoon from Water Toys or Itasca Sports Rental for an evening on the water together or take your food back to the Inn to enjoy in front of the fire.

Purchase tickets to enjoy one of our many great summer theater performances.

Our Web Site: www.parkrapids.com

Many of the above listed activities are by special arrangement, especially for large groups.

Be sure to contact:
Our Friendly Chamber Staff
chamber@parkrapids.com
(800)247-0054