



**EXPLORE**  
PRINCE EDWARD COUNTY  
VIRGINIA

*Be Well*  
IN PEC

#BeWellinPEC

A WONDERFUL WEEK(END) ITINERARY:

# *Wellness, Working Remotely, Working Out*

Explore Prince Edward County, Va. Whether traveling from afar or taking a staycation, discover natural beauty, cultivate mindfulness, reinvigorate your fitness routine and enjoy healthy living in the heart of Virginia. Whether you're disconnecting for the weekend or enjoying a week of working remotely, PEC welcomes you for a wholesome experience on a schedule that works for you.

## Your Wellness Adventure Awaits!

### *Glamp Your Stress Away*

#### **Sandy River**

Always wanted to go glamping in Virginia? A family-friendly resort, Sandy River Outdoor Adventures offers the opportunity to get away from it all during an overnight stay in a luxury tipi or rustic log cabin. Enjoy starry evening campfires – plus a beautiful outdoor pool.

### *Rest & Relax*

#### **Tru by Hilton**

Prefer to stay closer to downtown? Located on South Main Street between Longwood University and Hampden-Sydney College, Tru By Hilton offers comfort and convenience in the form of fast Wi-Fi, free hot breakfast and a 24/7 fitness center.

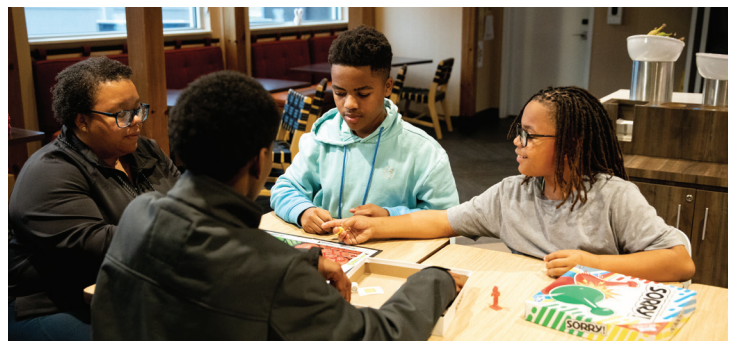
### *Take a Bird's Eye View*

#### **High Bridge Trail State Park**

Start your wellness weekend with a reset. Take in rural Virginia's majestic scenery as you hike or bike at High Bridge Trail State Park. You'll find plenty of outdoor enthusiasts and horseback riders enjoying peace and wildflowers along the wooded trail.

**Working remotely?** Here are the PEC hot spots:

- **Uptown Coffee Cafe**  
236 N. Main St.
- **Starbucks**  
2003 S. Main St.
- **Barnes and Noble**  
200 N. Main St.
- **Three Roads Brewing**  
312 W. Third St.  
(PM only)





## Downtown Dinner & Drinks

### **Bandidos**

After an afternoon of exploring, Bandidos Tacos and Cantina offers the perfect spot to unwind and enjoy a casual atmosphere with fantastic eats right in Downtown Farmville! Beloved by locals, Bandidos has great margaritas, tacos and authentic Mexican specialities.



## Get your heart pumping!

### **The Fit Academy**

A vacation workout might just be the perfect way to start your morning. At The Fit Academy, you'll find a top-notch training facility that offers community classes, such as yoga, boot camps and glute camps (specifically for women who want to focus on lower body exercises).

## Sip a Smoothie

### **Kenny's Healthy Living Emporium**

Post-workout smoothie? Yes, please! Look no further than Kenny's Healthy Living Emporium for delicious, honey-sweetened smoothies and a juice bar.

## Practice Self Care

### **Beyouniquorn**

Make sure to place an online order for some "mermaid medicine," an organic, hibiscus-based tea for health and wellness from Prince Edward's Beyouniquorn.

<https://beyouniquorn-llc.square.site>

## Sample What's on Tap

### **Three Roads Brewing**

After enjoying a full day, Three Roads Brewing Company offers the perfect, laid-back way to unwind. Located right alongside the High Bridge Trail, Three Roads boasts a vibrant patio. Grab a locally brewed beverage (non-alcoholic options available) and enjoy live music, food trucks, an outdoor bar, games and more.

## Make Your Escape

### **A Great Escape Spalon**

The eco-friendly A Great Escape Spalon offers speciality services like an oxygen bar, HydraFacials and reiki, as well as classic hair, nail and spa packages.



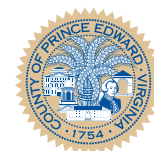
*Plan Your Trip*

[co.prince-edward.va.us/bewellinpec](http://co.prince-edward.va.us/bewellinpec)

 SCAN ME



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**VIRGINIA  
IS FOR  
LOVERS**