

visit  
**MYRTLE BEACH**  
**SOUTH CAROLINA**

### Wellness Experiences in Myrtle Beach, South Carolina

Myrtle Beach offers numerous wellness-themed experiences and attractions along its gorgeous coastline. From fitness and adventure to health-conscious and relaxing, here is just a small sample of what Myrtle Beach has to offer:

- Yoga on the beach, in the studio or other unique places such as Ripley's Aquarium
- Leisure walking tour through Downtown Conway
- Exploring nature trails at Myrtle Beach and Huntington Beach State Parks
- Running along the Boardwalk & Promenade or the two-mile paved trail at Grand Park at Market Common
- Biking the Waccamaw Neck Bikeway
- Mountain biking or jogging "The Hulk" (Horry County Bike & Run Park)
- Stand-up paddleboarding
- Night kayaking with Black River Outdoors
- Surfing lessons at Kokopelli Surf Camp
- Meditation classes at Yoga in Common
- A peaceful walk through beautiful Brookgreen Gardens
- Spotting wildlife on a dolphin cruise or kayaking tour
- Viewing historic plantations on a cruise down the Intracoastal
- Wakeboarding at Shark Wake Park
- Zipping through the forest canopy at Go Ape Zip Line & Treetop Adventure
- Sampling numerous water activities including banana boating, parasailing and jet skiing
- Dining waterside along the Murrells Inlet MarshWalk or oceanfront at restaurants like Sea Captain's House and many others
- Experiencing a mineral bath at The Awakening Spa, a paradise ritual wrap at The Cinzia Spa, or a deep tissue massage at The Hibiscus Spa
- Testing hammocks at the Hammock Shops in Pawleys Island
- A relaxing vineyard tour and wine tasting at La Belle Amie or Duplin Winery
- Making sweetgrass baskets followed by high tea at historic Hopsewee
- Horseback riding along the beach (seasonal)
- Enjoying a healthy sea-to-table and farm-to-table meal at dozens of area restaurants, including Aspen Grille, Wicked Tuna and Scatori's
- Crabbing on a local pier
- Taking in expansive, relaxing views from a glass-enclosed gondola on the SkyWheel
- Finding your own secluded piece of heaven on earth along 96 kilometers of white sandy beaches

For details on the Myrtle Beach area, go to [www.VisitMyrtleBeach.ca](http://www.VisitMyrtleBeach.ca).