

THE SNOWIES

Wellness Escape

A day to reset your body and mind in Jindabyne.

Day 1



HIGH COUNTRY FITNESS

Start your wellness weekend with a workout at High Country Fitness. Whether it's strength training, cardio or a group session, it's the perfect way to get moving.

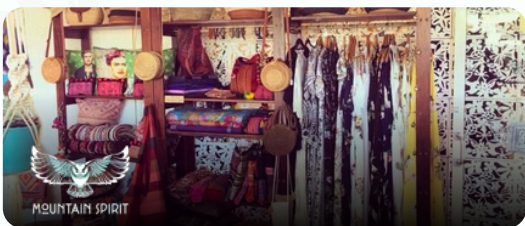
📍 High Country Fitness, 1 Snowy River Avenue, Jindabyne



BIRCHWOOD CAFÉ

Awarded a National Silver Award for Excellence in the Breakfast Restaurant category. Grab a nourishing breakfast before exploring town.

📍 Birchwood Café, Unit 3, 3 Gippsland Street, Jindabyne



MOUNTAIN SPIRIT

Browse ethically sourced gifts, crystals, jewellery and clothing. A beautiful little store full of treasures.

📍 Mountain Spirit, Unit 5, 3 Gippsland Street, Jindabyne



YOGA AT THE SHED

Stretch, breathe and reconnect at Yoga at The Shed in beautiful Lake Crackenback. Suitable for all levels.

📍 Lake Crackenback, 1650 Alpine Way, Crackenback



EXPLORE THE TRAILS

Choose from easy lakeside walks through to mountain adventures. Trail maps are available from the Visitor Information Centre.

📍 Visitor Information Centre, 49 Kosciuszko Road, Jindabyne



A NOURISHING END TO THE DAY

Choose from Takayama, Cocina, Café Darya. Three different flavours. One delicious problem.

📍 **Cocina:** Shop 15, 33 Kosciuszko Road
Takayama: Shop 19, Nuggets Crossing Shopping Centre
Cafe Darya: Shop 3 / Level 2, Snowy Mountains Plaza

Want a full list of things to do in Jindabyne? Sign up for our newsletter.

Jindabyne CHAMBER



QUIET MORNING REFLECTIONS

Find a quiet spot by the lake, breathe deeply and let the fresh alpine air help you reset and recharge.

 Lake Jindabyne Foreshore



PARC CAFÉ

Coffee first. Always. Grab your morning coffee before heading out for the trails.

 Parc Café, 49 Kosciuszko Road, Jindabyne



ROCK STOCK DELI

Build your own picnic from some of the region's best local produce.

 Rock Stock Deli, Shop 6, 141 Snowy River Avenue



MOUNTAIN BIKING

Choose a trail to suit your fitness level and hire a bike from Sacred Ride or Alpine Sports. Find trail maps at jindytrail.org.au.

 Jindabyne MTB Trails, Thredbo Valley Track



REVIVE

It's time to recover from a busy life. Your. Pause. Has. Purpose. Magnesium soak. Sauna. Hot and cold therapy. Compression boots.

 Revive, Unit 1, 1 Sturgeon Street, Jindabyne



THE FINAL TOUCH

Choose between Alpine Body Temple and The Massage Joint. Book ahead for the ultimate wellness weekend.

 **Alpine Temple:** 3 Gippsland St NSW 2627
The Massage Joint: 12 Thredbo Terrace, Jindabyne



TAKEAWAY & RELAX

Cocina's street food takeaway is the perfect way to finish the weekend. Grab dinner and enjoy one last lakeside sunset.

 Cocina, Shop 15, 33 Kosciuszko Road