

# Family Fun in Alpine Helen-White County, Georgia Sample Itinerary

**Day One:** Arrive in Alpine Helen late morning or at lunch. No matter the age, everyone is a kid at heart when it comes to Helen, White County and the Sautee and Nacoochee areas in North Georgia.

Begin your visit with a taste of Bavaria as you lunch at one of dozens of restaurants found along the stresses and platzes or along the Chattahoochee River and where you can get a front seat to watch revelers tubing or just wading and playing in the water.

After lunch travel through the town in a horse-drawn carriage; then, seek out the perfect souvenirs and gifts in the hustle and bustle of Helen's shopping street while German music adds oom pah pah from outdoor speakers. Watch glass blowing at The Glassblowing Shop. Pick up sweet treats at the authentic German bakery. Satisfy a sweet tooth at a local candy shop. Or, stop at Betty's Country Store where you can load up on anything needed to build a memorable meal, including local, homemade and specialty items, groceries, produce, an amazing selection of beverages, delicious baked goods, cheeses, and a well-stocked deli – plus, locally-famous Betty's Black Bean Salsa.

Check into accommodations. Stay at one of the downtown hotels, many with complimentary breakfasts or book at a lodge, cabin or chalet. Mountain cabins and lodges are ideal for multigenerational travelers. Helen-White County has more than 2,000 cabin rooms tucked out and about – in valleys, on top of mountains, and by streams and rivers. Guests can also rest in comfort at Unicoi State Park and Adventure Lodge where there's a choice of a hotel-style lodge, fully equipped cottages and modern campground and lots of amenities and programming to ensure family fun. Or, try staying in a downtown

hotel where guests can walk to and from attractions in this pedestrian-friendly destination.

For dinner continue your tour through Bavaria with authentic German cuisine at restaurants like the Old Heidelberg, Bodensee and the Old Bavarian Inn, which come alive with alpine atmosphere or pay a visit to the buffet at Unicoi State Park and Adventure Lodge – a longtime favorite with visitors. Families staying in cabins can fire up the grill and serve up a German-themed meal complete with Knockwurst, Bratwurst, and Bockwurst, from items purchased in Helen.

After dinner, shout “fore!” as you meet the mini-golf challenge. Hole in one, anyone? Celebrate the ending to a perfect day with ice cream in an old-fashioned parlor setting.

**Day Two:** Begin the day early with complimentary breakfast at your hotel or with fresh German pastries, homemade biscuits and freshly ground coffee purchased locally the day before. If your clan likes to start the day with a big breakfast to fuel up for the daytime activities, stop in at the Welcome Center staff for a listing of local restaurants including Helen's Country Cafe and Cimmi's Cafe, just outside of town.

Get active! Jump into nature rafting, tubing and fishing the Chattahoochee River, kayaking and canoeing on Unicoi Lake, and hiking Ana Ruby Falls and the trails at Unicoi State Park and Adventure Lodge and Smithgall Woods. Go fishing in rivers, creeks and even a stocked pond; sloshing down the slides at Helen Water Park; horseback riding or mountain biking in the mountains; rock climbing at Yonah Mountain; and, zip lining...even for “little zippers.”

After a morning of outdoor adventure, lunch at Nacoochee Village: share a meal and memories at multi-generation-pleasing Nacoochee Village Tavern & Pizzeria where the brick hearth pizza oven is in near constant use cooking artisanal pizzas. Pizza dough is made daily using flour from Nora Mill Granary, a water-powered grist mill established in 1875 that's located across the street. At Nacoochee Village, take time to wander through The Willows where you can paint your own pottery and shop, explore Nora Mills, hunt for antiques, and shop for gifts at Habersham Winery where you can buy specialty cheeses and other unique items.

After lunch get in touch with your inner artiste and learn about Appalachian heritage at Sautee: tour the Folk Pottery Museum of Northeast Georgia. Housed in a post and beam building, this is the only museum in the nation devoted exclusively to folk pottery. It showcases a 200-year tradition of men and women who shaped the earth and water of the Georgia Mountains into once essential household items now valued and collected as distinctive folk art. Don't miss the history center and art gallery at the Sautee Nacoochee Community Center. Shopping is fun for all ages in Sautee. Stop at the Old Sautee Store, founded in 1872 and carrying on a tradition of good 'ole country hospitality and don't miss Sautee Junction where you can paint your own “green theme” child-safe toy at Elfmade Toys.

And no trip is complete without a stop by Fred's Peanuts roadside stand to refuel with peanuts, jams, jellies and more. Wind down with dinner at one of the more upscale yet casual restaurants in the area: Bernie's Restaurant and Nacoochee Valley Guest House, constructed in 1920 and offering fine dining, magnificent views and beautiful gardens or try the Nacoochee Grill.



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**Day three:** Rise and shine! Fuel up with breakfast in town; try one of the downtown Helen coffee shops like Higher Ground Coffee and More.

Hunt for treasure! As you depart from downtown Helen and heads towards Cleveland and the new home of Babyland General Hospital, stop at Gold n Gem Grubbing to pan for gold and gemstones in the same area where the first U.S. Gold Rush took place.

Make your way to BabyLand General Hospital and be there when a baby arrives at this Southernstyle mansion in Cleveland that sits majestically on a 100-acre spread in the foothills of the North Georgia Mountains. The 70,000-square foot complex is home of the beloved Cabbage Patch Kids, newborn, premie and Lullaby editions and BabyLand Exclusives, as well as playful museumlike vignettes of Kids dating back to 1977. There is a busy retail shop, a (shhh!) Nursery, and the Cabbage Patch planted charmingly beneath the Magic Crystal Tree – the only place you can find “hand-stitched to birth” soft-sculpture Original Cabbage Patch Kids. The site was chosen by Cabbage Patch Kid creator, artist Xavier Roberts after he saw stork-like birds resting on the hill, marking the perfect place to “deliver” babies. Be sure to check the calendar for a full list of their spectacular seasonal events.

Be sure to check the Alpine Helen-White County Convention and Visitors Bureau's annual calendar of events at [www.HelenGa.org](http://www.HelenGa.org) for tons of family fun throughout the year.

