

## Visitors Guide

AVORA is located in the heart of the Blue Ridge Mountains of Western North Carolina and just ¼ mile from Interstate I-40, hotels, restaurants, and entertainment. This is a partial list to get you started, but we recommend using Google or Yelp to help you too!

### Hotels Nearby

**(Candlewood Suites will provide a discount for AVORA patients, see below.)**

- Homewood Suites – 88 Tunnel Rd (828) 252-5400 (0.7 miles from clinic; provides shuttle service within a 5-mile radius; WE2 bus line)
- Holiday Inn – 42 Tunnel Rd (828) 225-5550 (0.8 miles from clinic, WE2 bus line)
- Fairfield Inn & Suites – 184 Tunnel Rd (828) 274-2001 (1.2 miles from clinic, WE2 bus line)
- Country Inn & Suites – 199 Tunnel Rd (828) 254-4311 (1.2 miles from clinic, WE2 bus line)
- Super 8 Motel – 180 Tunnel Rd (828) 505- 4648 (1.2 miles from clinic, WE2 bus line). This motel has been remodeled and recommended by prior patients as a very clean, less expensive option.
- Hampton Inn – 204 Tunnel Rd (828) 255-9220 (1.3 miles from clinic and next to Carrabba's Restaurant; provides shuttle service within a 5-mile radius; WE2 bus line)
- Days Inn – 201 Tunnel Rd (828) 782-3933 (1.3 miles from clinic, WE2 bus line)
- Extended Stay America – 6 Kenilworth Knoll (828) 253-3483 (2 miles from clinic, WE2 bus line)
- **Candlewood Suites** – 49 Tunnel Rd (828) 220-0300 (0.8 miles from clinic; WE2 bus line). *Guaranteed Rates through 12/31/24: 1-7 nights is \$109/night; 7+ nights is \$89/night.* Suites include a full kitchen and kitchenware. There is complimentary on-site laundry and breakfast packages available for purchase. [Click here to book](#) - **Must input check-in and check-out dates and then select "AVORA Health" from rate preference drop-down menu when booking to apply guaranteed rate.** For booking assistance or additional questions, please contact Candlewood Suites at (828) 220-0300.



## **Restaurants & Food Nearby (Tunnel Rd is full of restaurants)**

Ingles Grocery Store – 29 Tunnel Rd (also has a Starbucks in-store)

Whole Foods – 4 South Tunnel Rd #100 (also has prepared food at their hot bar & salad bar, a coffee bar, and made-to-order deli sandwich counter. Available sit-down or take-out)

Cornerstone – 102 Tunnel Rd, good American food

Papa's and Beer – 17 Tunnel Rd, good Mexican food

La Rumba – 105 River Hills Rd, good Latin American food

Filo Pastries & Post 70 – 1155 Tunnel Rd, good coffee and pastries. A great place near the clinic to sit for a while and hang out. Small plates available after 5pm. Closed Sundays.

Tunnel Rd is full of additional restaurants like Olive Garden, Red Lobster, Outback Steakhouse, Longhorn Steakhouse, Cracker Barrel, Mikado Japanese Steak House, Buffalo Wild Wings, Chili's, Bebettes Beignets & Coffee, IHOP, and quick options such as Blaze Pizza, Subway, Burger King, Cook Out, Taco Bell, etc.

Downtown Asheville has many independent restaurants as well.

## **Entertainment** (for folks not participating in GyroStim training)

Asheville Outlets – 800 Brevard Rd. <http://www.shopashevilleoutlets.com/directory>

Cinema – various locations around Asheville. Cinemark at The Carolina offers reclining seats and dine-in menu options.

Bowling – AMF Star Lanes at 491 Kenilworth Rd

Biltmore Estate - worth a visit if you have 4 hours to 1 day to spare.

Downtown Asheville – a great place to just walk around, eat, and shop.

Arboretum – 65 acres of cultivated gardens and walking trails.

River Arts District – local artist studios, former industrial district along the French Broad River.

Omni Grove Park Inn – Resort accommodations, dining, and day spa. Nice hotel to walk through or enjoy some “seated” time in the lobby or various porches. Commonly live instrumental or piano music in lobby. Can be a busy location. Parking is often limited.

Groveswood Gallery – arts, crafts, history and old-world charm. Located on the grounds of Omni Grove Park Inn. Parking is available at the Gallery, separate from hotel parking.

Blue Ridge Parkway (BRP) – many scenic views by car and many hiking trails.

Mount Mitchell – the highest point east of the Mississippi, accessible via the BRP. Offers spectacular views on clear days.

Mount Pisgah Inn Restaurant – rustic dining accessible via the BRP.

## **Transportation**

- Check your hotel for possible shuttle service to our clinic.
- Rental Car Service at Asheville Airport (AVL) - <https://flyavl.com/passenger-services/parking-transportation/rental-cars/> (Avis, Budget, Enterprise, Hertz, and National/Alamo all onsite; Thrifty off-site).



Avis [avis.com](http://avis.com)  
828-684-7144



Budget [budget.com](http://budget.com)  
828-684-2273



Enterprise [enterprise.com](http://enterprise.com)  
828-684-3607



Hertz [hertz.com](http://hertz.com)  
828-684-6455



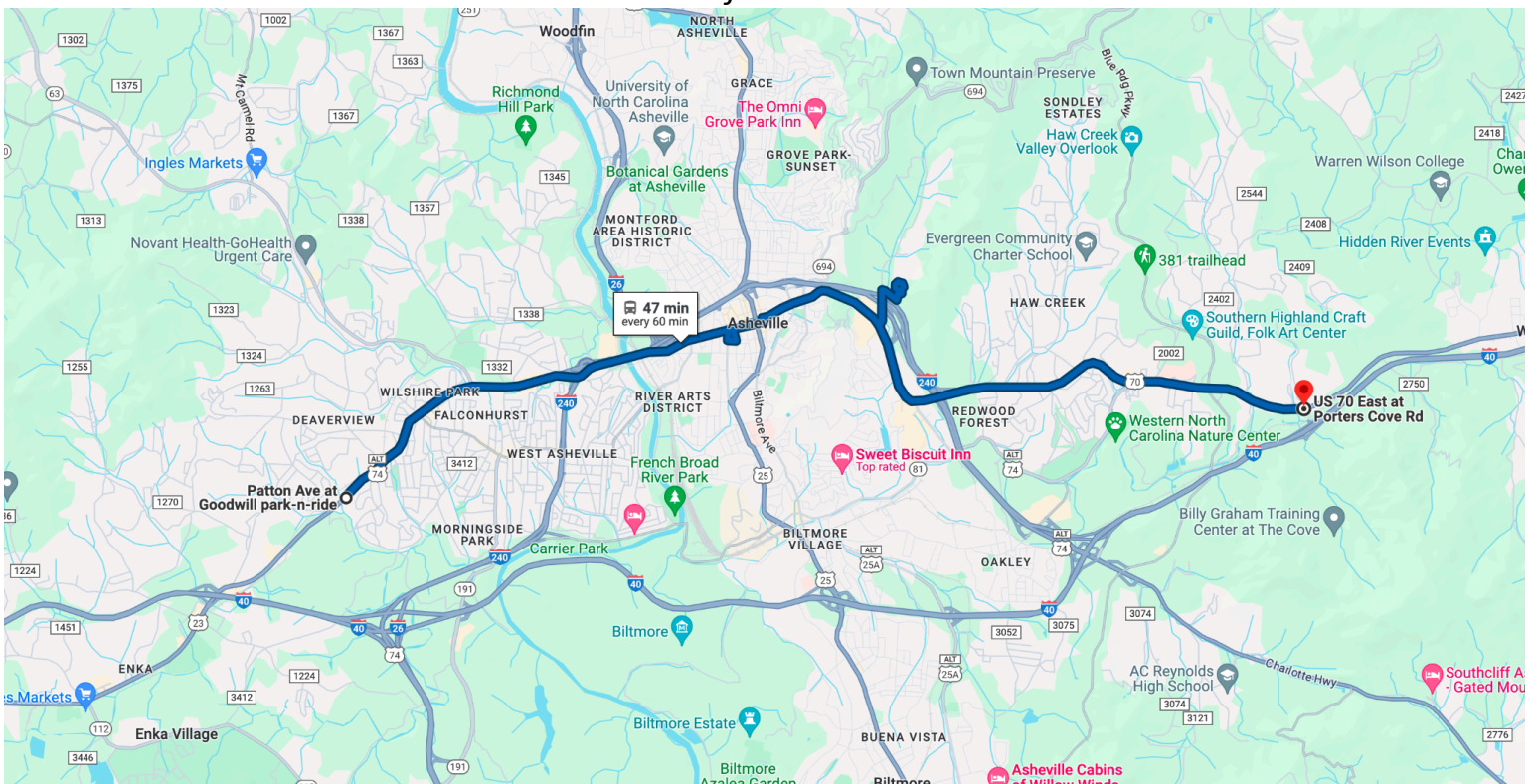
National | Alamo  
[nationalcar.com](http://nationalcar.com) | [alamo.com](http://alamo.com)  
828-684-8572



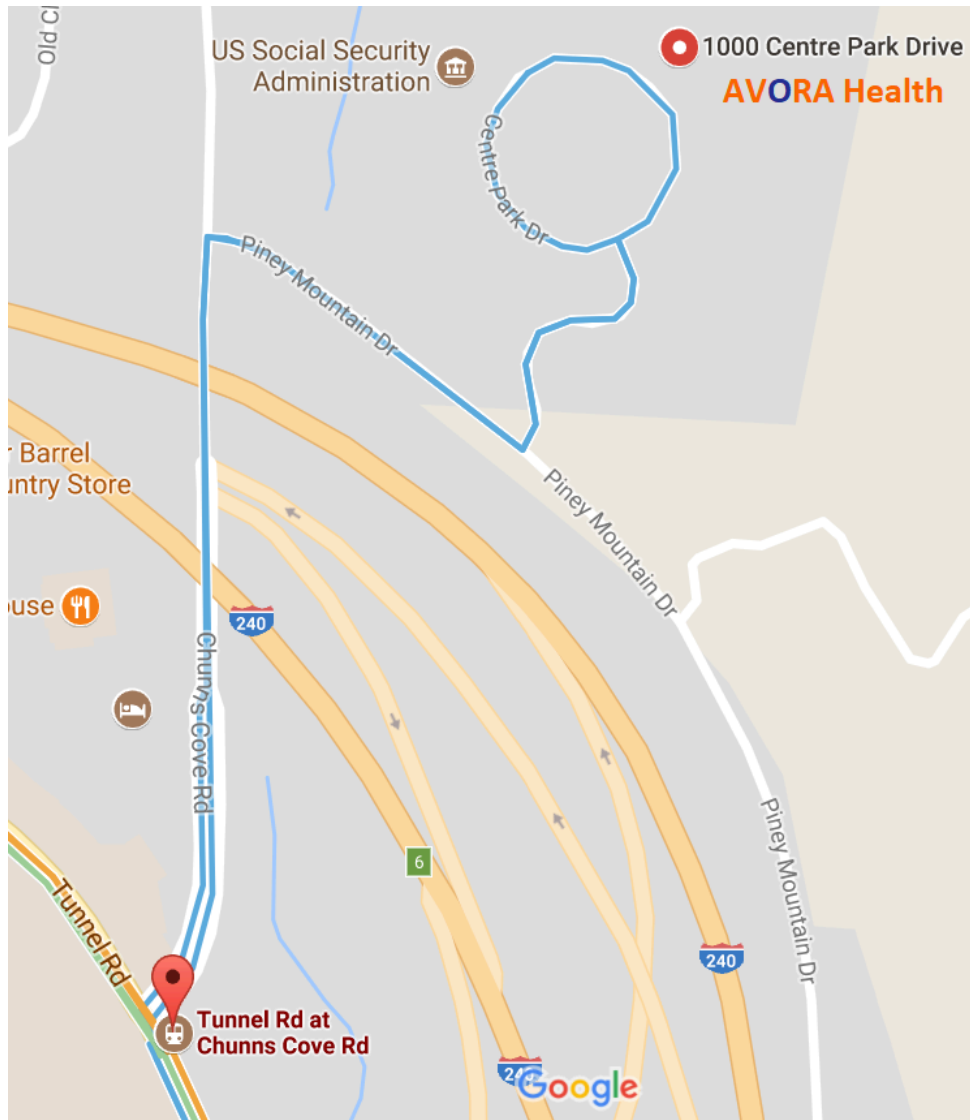
Thrifty | Dollar (Off-Site)  
[thrifty.com](http://thrifty.com) | [dollar.com](http://dollar.com)  
(828) 681-8031

- Enterprise Car Rental – (828) 298-6914 at 579 Tunnel Rd in East Asheville
- Asheville Taxi Company – (828) 333-1976 Operates 24 hours
- J&J Cab – (828) 253-3311 Operates 24 hours
- Uber and Lyft are both available in the Asheville area
- Bus Service – (828) 253-5691
  - Route “WE2” runs between Centre Park and Tunnel Rd. **WE2 is the ONLY bus line that runs through Centre Park where our clinic is located.** It travels West and East between Patton Ave and Tunnel Rd with a detour into Centre Park (bus line labels this stop as the Social Security Administration on their brochure, located at 800 Centre Park Drive, which is 2 buildings down from us in Centre Park. Our office is 1000 Centre Park Drive.)

### Overview of WE2 Bus Line



*Closer view of WE2 Bus Line between Tunnel Rd @ Chunn's Cove & our clinic. Bus stop on Tunnel Rd @ Chunn's Cove is in front of, and on the same side of the road as, Homewood Suites.*



*Please refer to the bus line brochures for additional details. You can also visit <https://www.ashevillenc.gov/service/transit-maps-schedules> for detailed information on bus routes and real-time estimates of bus arrival times.*

## **DIRECTIONS**

### **From I-40 & East Asheville**

- Take I-40 Exit 53B to I-240 West Towards Downtown Asheville
- Take Exit 6 (Left Exit) and prepare to turn right at bottom of ramp
- Turn Right on Chunn's Cove Rd
- Turn Right on Piney Mountain Dr
- Turn Left on Centre Park Dr
- Turn Right at stop sign and we are the second building on the right

### **From Downtown & West Asheville**

Take Exit 6 and prepare to turn right

Turn Right on Tunnel Rd

Turn Right on Chunn's Cove Rd

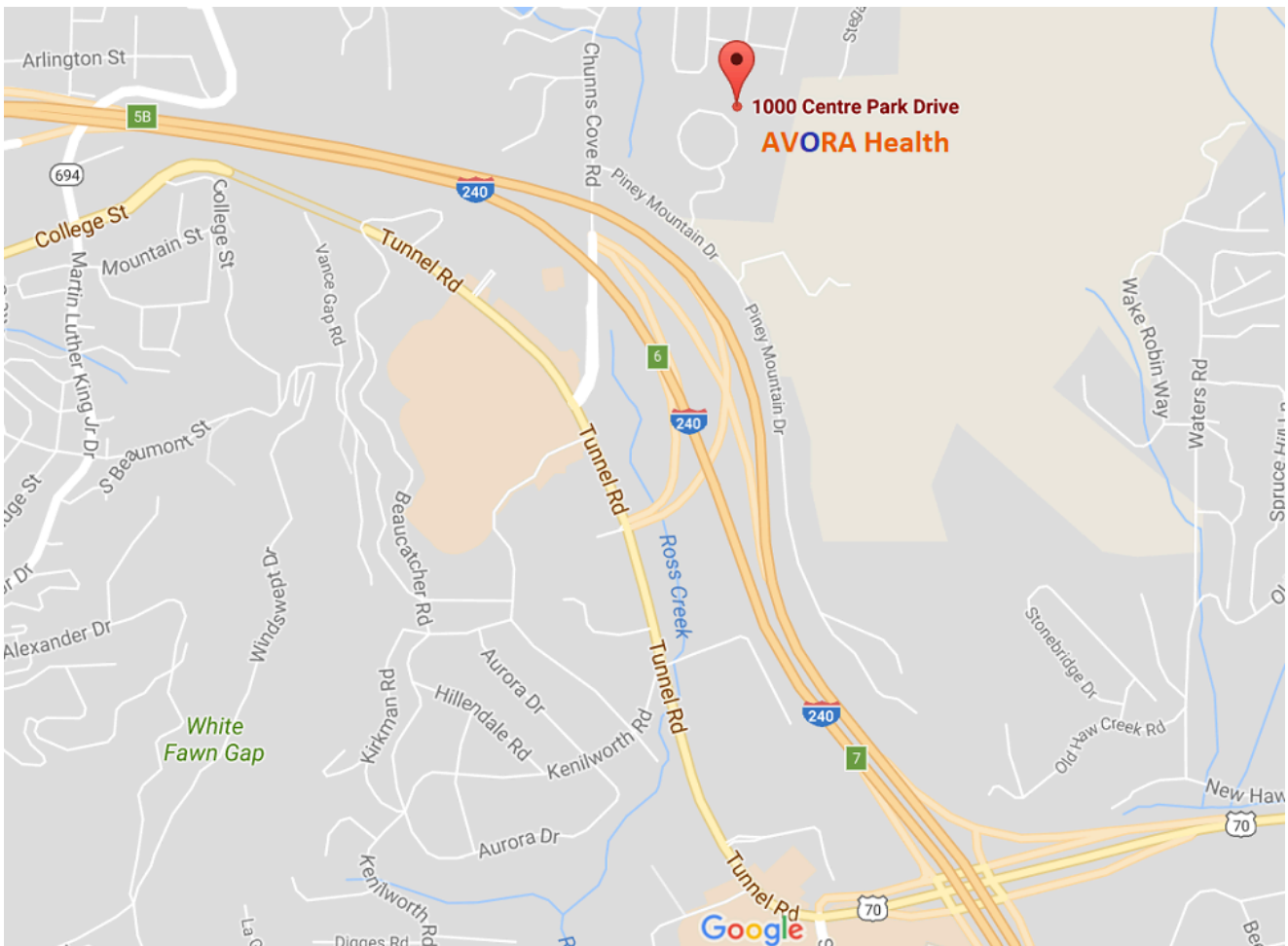
Turn Right on Piney Mountain Dr just past the I-240 ramps

Turn Left on Centre Park Dr

Turn Right at stop sign and we are the second building on the right

### **From the Asheville Regional Airport (AVL is 18 miles from us and takes about 25 minutes)**

Take I-26W to I-240E then follow directions from Downtown & West Asheville



For more information, visit us online at  
[AVORAHEALTH.COM](http://AVORAHEALTH.COM)