

Health and Wellness

three day itinerary

by Martin Resorts

Day One

12 pm - Arrive at [The Inn at the Cove](#), an oceanfront hotel with ocean views from many of the rooms and private balconies.

Unwind by renting some yoga mats and stretching on the Inn at the Cove's secluded beach, or explore Pismo's tide pools underneath [Margo Dodd Park](#).



For dinner, eat at at Arroyo Grande's [Ember](#) - a farm to table restaurant with a constantly changing menu.



Day Two



After complimentary breakfast at Inn at the Cove, go kayaking around secluded caves and explore the Pismo wildlife with [Central Coast Kayaks](#).



For lunch, head to [Avila Beach](#). The popular [Kravabowl](#) offers a variety of acai bowls, juices, smoothies, and salads with plenty of room for your own customization. Relax, swim, or shop in Avila for the afternoon.



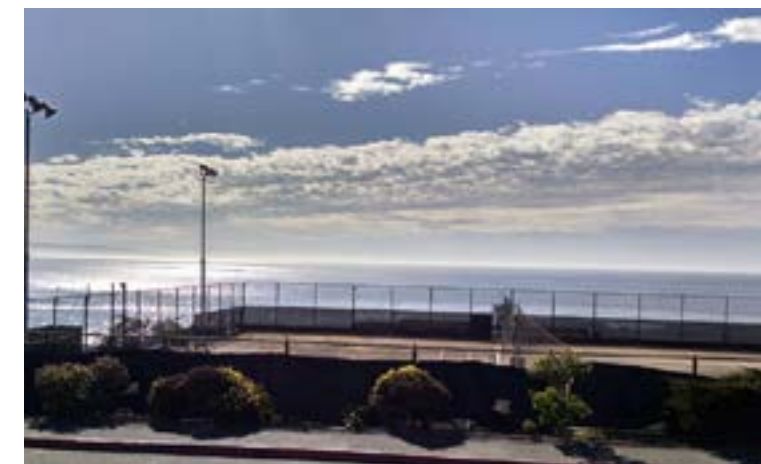
Later in the day, drive just past San Luis Obispo to hike [Reservoir Canyon](#) for the sunset. The views are beautiful and panoramic. For a less strenuous hike, try [Cerro San Luis](#) in the heart of SLO.



For dinner, eat at [Big Sky Cafe](#) in San Luis Obispo. This vegetarian-friendly restaurant offers a variety of seasonally inspired meals with organic ingredients.

Day Three

Have complimentary breakfast at Inn at the Cove. Then grab your racquets and head to the oceanfront clay tennis courts down the street. Just ask the Front Desk for directions.



After tennis, treat yourself with a doughnut from [Surfside Donuts](#) or a cinnamon roll from [Old West Cinnamon Rolls](#) and spend some time at Pismo Beach. Walk the pier, run alongside the waves, or tan in the sun.



Pack a picnic lunch from [Depalo & Sons](#) and sightsee up [Prefumo Canyon Road](#) - a scenic drive from Avila Beach area to Los Osos Valley Road in San Luis Obispo. You can stop off at many of the beautiful meadows and eat your picnic lunch.



You can also visit the [Monarch Butterfly Grove](#) in Pismo Beach. Monarch butterflies populate this area from November to February.

Hopefully your getaway intersects with those dates, but if not, the area is still naturally beautiful - get lost in the beautiful groves of tall trees!

