



Highland Harmony Itinerary

Wellness, Adventure & Local Flavor

4 Night Itinerary

Follow the Flow

Start your journey in Berkeley Springs, where wellness is woven into daily life. Soak in mineral-rich springs, savor farm-to-table meals, and ease into the weekend with scenic strolls and spa indulgences. Then wind west to Keyser, where riverside trails and small-town charm offer a restorative rhythm. Wrap up your wellness weekend in Hampshire County, where forested hikes, peaceful overlooks, and a slower pace invite you to linger in nature.


Whether you're carving out time to unplug or simply craving space to breathe, this itinerary is designed to renew. Move through the Potomac Highlands at your own pace—recharging your body and mind with every stop. Perfect for solo travelers, couples, and anyone looking to trade busy for balance.


Morgan County, 2 Nights

Stay

The Country Inn of Berkeley Springs

Located in the heart of the historic Town of Bath, this inn provides easy access to the springs and spa treatments that made this town famous.

 110 S Washington St, Berkeley Springs, WV 25411

 304.258.1200

Cacapon Resort State Park Lodge




Situated at the base of Cacapon Mountain in Berkeley Springs, the recently expanded lodge offers a blend of modern comfort and natural beauty. With 120 rooms featuring scenic views, a full-service spa, an indoor pool, and an 18-hole golf course designed by Robert Trent Jones Sr., this is a haven for both rest and recreation. Dine at Prospects Restaurant or unwind in the Legacy Lounge.

 818 Cacapon Lodge Drive, Berkeley Springs 25411
 304.258.1022 |  wvstateparks.com

Do



Roman Baths at Berkeley Springs State Park

Begin your day with a unique spa experience at the Roman Baths. Enjoy treatments starting at just \$27, or upgrade to a therapeutic massage with a 15-minute mineral bath.

 2 S Washington Street, Berkeley Springs 25411
 304.258.2711 |  berkeleyspringssp.com



Renaissance Spa at The Country Inn

Experience signature massages, facials, and body treatments infused with spring minerals at this historic spa inside The Country Inn—continuing the centuries-old healing legacy of Berkeley Springs.

 110 S Washington St, Berkeley Springs, WV 25411
 304.258.2210

Good Luck Stable




Good Luck Stable offers guided trail rides, riding lessons, and horse boarding near Berkeley Springs, WV. Catering to all skill levels, their experienced guides ensure a safe and enjoyable experience amidst scenic landscapes.

 10007 River Rd, Hedgesville, WV 25427
 570.249.0680

Eat and Drink

Charlotte's Cafe

Family-owned Charlotte's Café in Berkeley Springs serves scratch-made American classics using locally sourced, farm-fresh ingredients. Enjoy all-day breakfast, seasonal specials, and warm hospitality in a cozy, welcoming setting.

 495 S. Washington Street, Berkeley Springs 25411
 304.500.2629 |  charlottescafewv.com



Cacapon Mountain Brewing

Grab a burger and beer at Cacapon Mountain Brewing, a laid-back spot with rotating taps and a pub-style menu.

 42 Williams Street, Berkeley Springs 25411
 304.500.8434 |  cacaponmountainbrewing.com

Lot 12 Public House

A premier farm-to-table destination in West Virginia, Lot 12 Public House offers seasonal, locally sourced cuisine crafted by nine-time James Beard Award nominee Chef Damian Heath in a charming 1913 home. The menu changes quarterly to reflect the freshest local ingredients.

 117 Warren St, Berkeley Springs, WV 25411
 304.258.6264

Mineral County, Day Trip

Do

Festivals & Community Spirit

Start early with a scenic drive to Mineral County. Depending on when you visit, you might catch Fort Ashby Days (April/May), the Strawberry Festival (June), the West Virginia Peach Festival (August), or the Burlington Apple Harvest Festival (October). These community festivals are full of local food, crafts, music, and small-town charm.

 Check specific festival pages or Mineral County CVB for dates and details.


Jennings Randolph Lake


This tranquil reservoir offers scenic beauty and peaceful recreation, from shoreline strolls to photography, birdwatching, or an idyllic picnic.

 Access via WV Route 46 near Elk Garden

Clyde's River Guides & Outfitters

Enjoy seasonal fishing, kayaking, or whitewater rafting on the North Branch of the Potomac River. Outfitters like Clyde's River Guides can help you navigate this lesser-known but wildly beautiful stretch of water.

 155 Burkhart Road, Ridgeley, WV 26753


 240.378.0830

Eat and Drink

Country Roads Pub

Country Roads Pub is a veteran-owned bar offering a welcoming atmosphere with a spacious indoor area and a large covered outdoor entertainment space. Enjoy live music, a full-service bar, and a friendly community vibe.

 777 Armstrong Street, Keyser, WV 26726

 681.266.8080

Wrap up your day in Mineral County and head south to Hampshire County for the next overnight stay.

Hampshire County, 2 Nights

Stay

Basswood—A Quiet & Creative Getaway

Nestled in Capon Bridge, Basswood offers a riverside retreat in a restored 1850s home. With five unique, tree-named suites adorned with original art and West Virginia-themed periodicals, guests enjoy private baths, charming outdoor spaces—including gazebos, firepits, and rocking chairs—and proximity to dining and cultural attractions.


 2925 Northwestern Turnpike, Capon Bridge 26711

 basswoodwv.com

Mountaineer Luxury Cabin

Set on a five-acre lot along the North River, Mountaineer blends rustic log cabin charm with modern luxury. High ceilings, a stone fireplace, a hot tub, a plunge spa, and panoramic views from a wraparound screened porch make it a showstopper for couples and families alike.

 948 Twin Flower Court, Capon Bridge 26711

 cabin-luxury.com

Koolwink Motel

A classic roadside motel that's clean, cozy, and known for its retro charm and friendly service. A Romney staple since 1936, it's ideal for travelers wanting simple comfort near local attractions.

 24350 Northwestern Pike, Romney, WV 26757

 304.822.3595 |  koolwinkmotel.com

Do

Potomac Eagle Scenic Railroad


Hop aboard this vintage-style train for a scenic three-hour round trip through the South Branch Valley. The open-air cars provide great views of Sycamore Bridge and Trough Canyon—and with luck, you'll spot a bald eagle!

 149 Eagle Drive, Romney 26757

 304.424.0736 |  potomaceagle.com

Capon Springs Hygeia Bath House & Spa

Relax at Hygeia Bath House & Spa, where private soaking baths filled with pure Capon Springs water are heated to 102°. Enjoy massages and spa treatments in a serene, historic setting.

 3818 Capon Springs Rd, Capon Springs, WV 26823

 304.874.3695 |  caponsprings.net/spa

Flying Squirrel Ranch & Farm / RADA Craft Distillery

Make sure to stop at Flying Squirrel Ranch & Farm / RADA Craft Distillery, where small-batch spirits are distilled on-site. Try a tasting flight and take home a uniquely West Virginian bottle.

 134 Rada, Purgitsville, WV 26852

 flyingsquirrelranch.com

Eat and Drink

Italian Touch

Savor authentic Italian comfort food in the heart of Keyser. From hand-tossed pizzas and house-made sauces to fresh pastas and seafood specialties, every dish is crafted with care. Dine in, take out, or enjoy delivery.

 450 E Main Street, Romney 26757
 304.822.5800 |  italiantouchromney.com

Gig's BBQ, Augusta

Make a pit stop at Gig's BBQ, where the smoker's always rolling and the flavors run deep. Located along Bloomery Pike, this roadside gem serves up slow-smoked meats, scratch-made sides, and that unmistakable backyard BBQ charm. A local favorite and 2024 runner-up for Best BBQ Joint in WV Living magazine—come hungry and leave happy.

 855 Bloomery Pike, Augusta, WV 26704
 304.496.0637 |  gigsbbqjoint.com




El Centro

This Augusta favorite blends Italian and Mexican cuisine in a casual setting. From tacos to pizzas, it's a crave-worthy stop that covers all your bases.

 16781 Northwestern Pike, Augusta, WV 26704
 304.496.8111

Hanging Rocks Ice Cream

Cool off with hand-dipped treats at Hanging Rocks Ice Cream—a nostalgic roadside gem and three-time winner of the Best of West Virginia competition.

 3753 Cumberland Road, Romney, WV 26757
 304.822.8242 |  facebook.com/HangingRocksIceCream

The Kettle Stop

Part ice cream shop, part kettle corn stand, and all charm. Stop by for a nostalgic treat at this roadside gem in Capon Bridge.

 768 Northwestern Pike, Capon Bridge, WV 26711
 304.851.0531