

养生游

Wellness Trail

早上 | Morning:

宾夕法尼亚州立大学植物园漫步，享受花朵间宁静的早晨。

Start with a serene walk through the Penn State Arboretum for a peaceful morning among the flowers.

午餐 | Lunch:

在蜿蜒的绿头鸭咖啡馆享用轻食。

Have a light lunch at The Meandering Mallard Coffee House.

下午 | Afternoon:

在坡帕迪州立公园悠闲地度过下午，享受野餐和轻松阅读。

Spend the afternoon leisurely at Poe Paddy State Park, enjoying a picnic and light reading.

晚餐 | Dinner:

在磨坊旁溪边餐厅享用一顿宁静的美景晚餐，为这天画上圆满的句号。

Finish the day with a tranquil dinner at Creekside at Gamble Mill with scenic views.