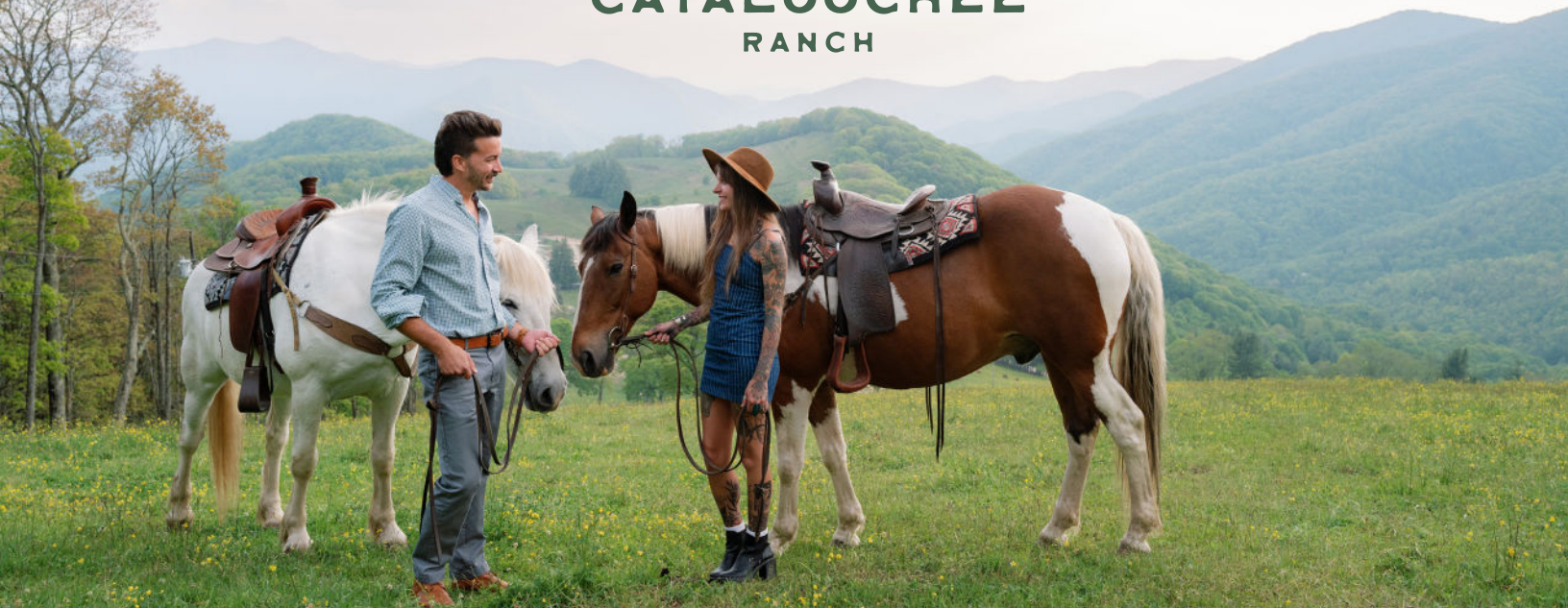




# CATALOOCHEE RANCH



## ADVENTURE & ART

Find your Cataloochee moment with our range of inspired High Country experiences.



## ◆◆ CHALLENGE COURSE ◆◆

Discover newfound bravery in the treetops above Salamander Falls.  
Traverse zip-lines, tightropes & tipsy whiskey barrels to make  
your way to the tree house hideout!

Gear up at The Giddy Up and begin this adventure with a mile ride deep into the forest before climbing 50 ft. into the trees and traversing three zip lines. Our guides are committed to letting you set the pace on this adventure. Varying skill levels are welcome.

### Requirements:

Weight Restrictions: 50 to 250 lbs.

Minimum Age: 8 Years

*Kids aged 8 to 16 years must be accompanied by an adult.*

Closed Toe Shoes Required

No Pregnant Participants, please.

Offered Fridays, Saturdays and Sundays at 1 p.m. and 3 p.m.

\$125 per person | 2 hours



# HORSEBACK RIDES

The only ones who know the mountains better than our wranglers are the horses they ride. We can't think of a better way to take in the Ranch or National Park than on horseback! Children under the age of 10 who have never ridden a horse must complete a 1-hour ride prior to approval for a longer ride.

This is to ensure the safety of the child, wrangler, and horse. Prices listed below do not include a 20% service charge for the wrangler or tax.

**Rides available Wednesday through Sunday.**

**Minimum Age: 8 years**

**Weight Restrictions: 50 to 250 lbs.**

**Half Day Group Ride | \$165**

2.5 Hours

Available at 9 a.m. and 1:30 p.m.

**Private Half Day Ride | \$265**

2.5 Hours

Arrival Time: 30 Minutes Prior to Ride

**Group Ride to The Swag's Gourmet Picnic | \$330**

4 to 5 Hours

Includes a Gourmet Picnic Lunch Buffet

Available on Wednesdays and Saturdays Only

Arrival Time: 10 a.m.

**Private Full Day Ride with Chef's Picnic | \$550**

5 to 6 Hours

Includes a Gourmet Picnic Lunch Buffet

Available on Wednesdays and Saturdays Only

Arrival Time: 30 Minutes Prior to Ride

**1-Hour Group Ride | \$90**

Available at 9 a.m. and 1:30 p.m.

**Lead Lines | \$60**

30 minutes

Ride Time: 1 p.m.

An opportunity for our youngest riders (ages 2+) to connect with horses! Wranglers love introducing their amazing animals to young cowgirls and cowboys.



# ◆ BULLSEYE ◆

Archery, Axe Throwing, and Air Rifles/BB Guns  
Available Fridays, Saturdays and Sundays at 10:30 and 11:30 a.m.

Minimum Age: 8 Years  
*8 to 16 Years Must be Accompanied by an Adult.*  
Closed Toe Shoes Required

**2 Targets | 50 minutes | \$60**

Choose two of the three options to take aim at The Bullseye!

*Additional Guest(s) \$30*

**3 Targets | 80 minutes | \$75**

Enjoy all three opportunities to take aim at The Bullseye!

*Additional Guest(s) \$35*



# HIKING, ARTS, & LEATHERWORK

## Hiking

Nature's beauty is beyond words, but it lands on us differently when we hear the story of the land. From ecological wonder to historical awe, our guides will indulge your curiosity and marvel right alongside you.

### Complimentary Morning Stroll

Friday, Saturday, Sunday at 10 a.m.

50 minutes

### Private Guided History and Ecology Hike

1 Hour: \$50 | \$25 for Each Additional Guest

3 Hours: \$150 | \$75 for Each Additional Guest



## Arts & Leatherwork

Rooted in the beauty & inspiration of the Western North Carolina mountains, Studio Arts classes provide an opportunity to develop specific art skills and receive instruction from our talented team. If you are craving something more approachable, join us for Family Art! Whichever you choose, don't forget to join a leather workshop before you leave the Ranch!

All classes are 50 minutes long. Supplies are included.



### Family Art | \$50

Painting with the Ponies -  
Saturdays at 10 a.m.

Printmaking - Saturdays at 1 p.m.

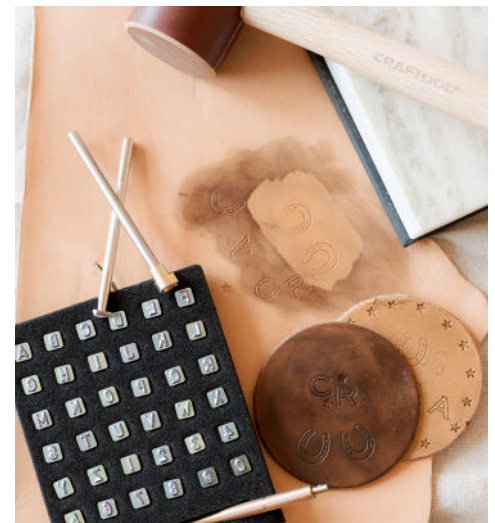


### Studio Watercolors | \$50

*The Cataloochee Horizon*

Fridays at 3 p.m.

Sundays at 10 a.m.



### Leather Workshop | \$50

Use stamping and antiquing techniques.

Keychain - Fridays at 1 p.m.

Coasters - Saturdays at 11:30 a.m.

# THE STILL SPA AT THE SWAG

While we are building the Spa here at the Ranch, we invite you to enjoy an experience at our sister property, The Swag. Want to travel on horseback? We know a wrangler.

## The Still Massage

A customized massage treatment that invokes deep tranquility or releases chronic tension. Aromatherapy and muscle balms are integrated to optimize your experience.

30 minutes \$120 | 60 minutes \$230 | 90 minutes \$350

## The Still in the Woods

Surround yourself with nature in our private outdoor Still, complete with a mountain view. After a relaxing herbal foot soak and a customized massage, we extend an invitation to mindfulness with a cup of our signature tea. Available May-October.

60 minutes \$380 | 90 minutes \$450

## Hot Stone Massage

Heated Basalt volcanic stones are incorporated with aromatherapy and flowing massage strokes to calm and relax the body and mind.

90 minutes \$350

## Detoxifying Mud Wrap

Stimulate circulation, promote lymph flow, and smooth the skin with an invigorating dry brushing followed by a salt exfoliation. After relaxing in a detoxifying clay cocoon, a warm steam shower is provided. The application of our Laurel Body Oil, infused with healing herbs and crystals is the final touch, leaving your skin feeling renewed and refreshed.

90 minutes \$350

## A Walk in the Woods - Signature Foot Treatment

Treat your tired feet with a cadence of hot towel wraps, a softening salt scrub and a revitalizing foot massage. Head and hands are included.

60 minutes \$230



## Laurel Signature Facial

Experience the potency and transformative effects of 100% whole plant, organic skin care. Using Nature's inherent intelligence to tend to the underlying causes of skin imbalances, we can remedy common skin care concerns.

60 minutes \$205 | 90 minutes \$300

## Men's Herbal Organic Facial

Whole plant medicine supports all skin. This facial is a compilation of products that are well suited to addressing common concerns of our male clientele.

60 minutes \$205 | 90 minutes \$300

## Laurel "Back" Facial

The 60-minute back facial session will begin with dry brushing, a gentle steam and full cleanse of the back, followed by a customized exfoliation mask. Your session will conclude with a customized treatment mask and a finishing treatment to lock in results.

60 minutes \$205

## Lymphatic Fusion Facial

Movement is the key to health and longevity. Using subtle rolling, pumping, and wave-like massage movements combined with Gua Sha sculpting techniques, your skin will be instantly brighter, lifted and firmed.

90 minutes \$300

## Gua Sha Crown Ceremony

A stand alone restorative or grounding prelude to any Facial or Massage. This treatment clarifies the scalp and releases deeply held muscle tension. Warm aromatic oils are massaged into hair and scalp to stimulate lymph and circulatory pathways. This treatment further enhances a relaxed appearance in the face.

30 minutes \$105

## Serenity Saddles

Ride, retreat, rejuvenate. Embark on an unforgettable adventure that seamlessly combines horseback riding and spa indulgence. Discover the perfect harmony of adventure and serenity in one remarkable experience.

Additional Fees Apply

## ◆◆ FREQUENTLY ASKED QUESTIONS ◆◆

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### **Do I need a reservation?**

Reservations are highly encouraged for all adventures and arts experiences, but not required.

### **Do I tip my wranglers/guides/studio teachers?**

A 20% service charge, plus tax, will be added to each booking.

### **What is your cancellation policy?**

If a cancellation is made due to weather, or more than 24 hours in advance, there is no cancellation fee.

If a cancellation is received before 7 p.m. the night prior to the scheduled activity, a 50% cancellation fee will be applied to your room. If a cancellation is received after 7 p.m. the night prior to a scheduled activity, the cancellation fee is 100% of the adventure booked.

If a different activity is rebooked at the same time, there is no change or cancellation fee.

### **Can I book a private arts experience for my family or group?**

Yes! Any group workshop can be booked as a private experience for a minimal additional fee.

### **What should I wear for Horseback Riding?**

We recommended wearing long pants and closed toe shoes are required. We can provide saddle bags to store anything you'd like to bring on the ride, or you are welcome to bring your own backpack.

