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**FAMILIES GO GREEN THIS SUMMER WITH MOHONK MOUNTAIN HOUSE'S JUNIOR  
NATURALIST EXPERIENCE**

*New Program Provides Kids Ages 4-12 with Respect and Understanding of the Environment*

**NEW PALTZ, NY**— Mohonk Mountain House is helping families discover that the most exciting adventures can be found in their natural surroundings. The 265-room Victorian castle resort, located 90 miles north of New York City in the Hudson Valley, is pleased to offer their Junior Naturalist Experience program to young guests of Mohonk Mountain House. Designed by staff naturalists, and incorporated into the celebrated Mohonk Kids' Club, this daily program will introduce children to the wonders of the world outdoors through eco-friendly activities that provide a hands-on approach to nature.

"The Junior Naturalist Experience at Mohonk Mountain House helps children to see nature with new eyes," said Nina Smiley, Ph.D., Director of Mindfulness Programming, a member of the family that has owned and operated the resort for more than 149 years. "This is one of the ways that Mohonk Mountain House, with its long history of environmental stewardship, is seeking to nurture children's delight in nature and to create future generations of environmentally-aware adults."

The program, designed for children ages 4 to 12, will be offered daily and will include a variety of nature-based activities. Regularly scheduled Junior Naturalist Experiences include climate lessons at the resort's boat dock overlooking beautiful Lake Mohonk, where the group will examine weather instruments and learn how to take scientific readings. Children may also learn how to create their own rain gauge and receive a special climate chart so they can continue their naturalist activities upon returning home. Other program events include expeditions to observe the many different types of flora and fauna that make up the spectacular natural environment surrounding Mohonk Mountain House. Soaring birds, ancient trees, countless insect species, colorful fish and the unique Shawangunk Mountain quartz conglomerate rock are just some of the intriguing discoveries that await children. Through the Junior Naturalist Experience, kids will become aware of simple ways to be environmentally-conscious in their everyday lives.

Children who take part in the activities will earn a certificate at the end of the Kids' Club session, signifying they are an official Junior Naturalist at Mohonk Mountain House. Each child will also receive a Mohonk Mountain House Eco-Kit that includes a hand-held magnifying glass and a list of simple eco-activities to take home, as a way to encourage the continuation of their earth-friendly activities.

Complimentary to overnight guests of Mohonk Mountain House, the Junior Naturalist Experience activities will change seasonally and are part of the innovative Kids' Club, a special program that "lets kids be kids." The Kids' Club is available weekends/holidays year-round and daily in the summer. It offers

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a safe environment for children to learn and play while their parents relax. Fun-filled activities for each age group include frog hunting, rock scrambling, sports clinics and more. During July and August, teens ages 13 through 17 are invited to take part in the Teen Program, which features supervised activities such as day-long hikes, golf and tennis.

Mohonk Mountain House offers specially-discounted overnight packages for children ages 12 and under during select theme programs.

### **About Mohonk Mountain House**

Mohonk Mountain House is a National Historic Landmark resort and Historic Hotel of America located in New York's Hudson Valley, just 90 miles north of New York City. Owned and operated by the Smiley Family since its founding in 1869, the resort has provided guests with recreation and renewal of body, mind, and spirit in a beautiful natural setting for 149 years. The Victorian Castle resort is honored on *Condé Nast Traveler's* Gold List, along with being named the Number One Resort Spa in the U.S. in *Condé Nast Traveler's* Readers' Choice Awards. *Travel + Leisure's* 2015 World's Best Awards highlighted the historic property as a Top 100 Hotel in the World, Best U.S. Resort and Best for Family Travel. The 30,000-square-foot Spa wing at Mohonk Mountain House, features 16 treatment rooms, a solarium, an outdoor heated mineral pool, an indoor heated pool, comprehensive fitness center, and yoga/motion studio. The eco-friendly Spa, recognized as "One of the Top Three Hotel Spas" in *Travel + Leisure's* World's Best Awards, is heated and cooled by a geo-thermal system and features a "green roof." A wealth of year-round recreation includes a spectacular Skating Pavilion, rock climbing, and 85 miles of trails for seasonal hiking, mountain biking, snowshoeing, and cross-country skiing. The grounds feature exquisite gardens, a nine-hole golf course, tennis courts, and stables for horseback riding and horse-drawn carriage rides. The glacial- formed Lake Mohonk is ideal for boating, fishing, and swimming. The Mohonk Kids' Club is lauded by *Travel + Leisure* as one of the Best Hotel Kids' Programs nationally and has been recognized by *USA Today* as one of the Ten Best Family Resorts. Over 40 theme programs are presented annually, including culinary classes, gardening workshops, music festivals, mindfulness meditation, and nature programs. Overnight rates at Mohonk Mountain House include charming accommodations, three meals, Afternoon Tea and Cookies, and most resort activities. For additional information, please call 855.274.4020 or visit [Mohonk.com](http://Mohonk.com). Become a Facebook fan at [Facebook.com/mohonk](https://www.facebook.com/mohonk).

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