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ABOUT:

Mohonk Mountain House is a National Historic Landmark 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 offers a myriad of leisure activities and wellness programs that renew the body, mind and spirit.

Mohonk Mountain House's recreational activities include ice skating, rock climbing and over 85 miles of trails for seasonal hiking, mountain biking, snowshoeing and cross-country skiing as well as ice-skating in the grand open-air pavilion with a 39-foot tall stone fireplace. 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.

Completed in 2005, Mohonk Mountain House's 30,000-square-foot Spa Wing features 16 treatment rooms, a solarium, an outdoor heated mineral pool, an indoor heated pool, comprehensive fitness center, and yoga/motion studio. In 2022, the Spa was refreshed, which

included a new addition of the Lakeview Summerhouse, an outdoor treatment space which overlooks Lake Mohonk and the surrounding cliffs. The space can be utilized for private mindfulness meditation sessions, small group yoga classes and massage and body treatments. The new design enhancements reinforce a connection to nature and create a peaceful, restorative and luxurious spa environment.

In September 2016, Mohonk Mountain House unveiled Grove Lodge, the legendary resort's first new accommodations in more than 100 years. Nestled on the northeast side of the property, Grove Lodge features six well-appointed rooms and a sprawling great room making it the perfect retreat for families and groups.

OPENING DATE:

1869

HISTORY:

Founded by Albert Smiley in 1869, Mohonk Mountain House is a historic landmark that must be seen to be believed. The origin of the Mountain House lies in a ten-room inn, Stokes Tavern, purchased by Albert Smiley along with 280 surrounding acres. Over the years, the small inn and tavern evolved into the grand house it is today, with gracious accommodations for up to 600 guests. In 2019, Mohonk Mountain House was awarded "Best Historic Resort" by Historic Hotels of America and Historic Hotels Mohonk Mountain House was awarded "Best Historic Worldwide."

In 1986, the stunning resort was recognized by the U.S. government as a National Historic Landmark further solidifying the property's outstanding historical significance.

Today, the sight of this breathtaking New York State resort—which stretches nearly an eighth of a mile along sweeping lawns and vivid, award-winning gardens—never fails to thrill. Owned and operated by the Smiley family since its inception, Mohonk Mountain House is a place of extraordinary scenic beauty, and a testament to the preservation of the wonders of the natural world.

During its celebrated history, this legendary castle has hosted more than a century's worth of distinguished guests, including naturalists, theologians, and business leaders, as hosted more than a century's worth of distinguished guests,

well as award-winning actors, artists, authors, and musicians. To date, five former US Presidents have also stayed at the resort.

ACCOMODATIONS:

265 guestrooms & suites

Grove Lodge (includes 6 luxury guestrooms and a Great Room)

There are 138 fireplaces around the resort, including in the guestrooms and more than 2000 pieces of original art lines the halls of the Mountain House.

Nightly rates start at \$1245 for two adults, double occupancy, inclusive of meals and most resort activities.

CHECK-IN/CHECK OUT:

4pm check-in / 12pm check-out

AMENITIES:

- The Spa at Mohonk Mountain House featuring the Lakeview Summerhouse outdoor treatment room
- Five dining establishments including the Main Dining Room, Founders, The Granary, The Carriage Lounge and Spirits on the Sunset Porch.
- More than 85 miles of Hiking Trails
- Glacial formed Lake Mohonk with access to swimming, boating and water sports
- 9-Hole Scottish-inspired Golf Course
- Har-Tru and Red Clay Tennis Courts
- Kid's Club offered year-round. Daily during the summer and weekends only throughout the remainder of the year.
- Ice Skating Pavilion
- Fitness & Wellness Center
- Indoor Swimming Pool
- Mountain Bikes and E-Bikes with access to biking trails throughout the woods
- Lakeside Immersion Cold Plunge (seasonally)

DINING:

A stay at Mohonk Mountain House includes three meals per day, afternoon tea and most nonalcoholic beverages.

Main Dining Room

Serving breakfast, lunch, and dinner daily with a range of dishes made from locally-sourced ingredients, artfully prepared by Mohonk Mountain House's expert culinary team led by Executive Chef James Palmeri. The team is

equipped to accommodate gluten-free, vegetarian, and other dietary restrictions.

The Main Dining Room offers an all-new Modern American Dinner Menu that includes a variety of options to satisfy the entire family. Featuring nightly specials, vegetarian entrees, pastas made fresh daily, delicious soups, and seasonal vegetables from the Hudson Valley. A children's menu is available. Founders is an alternate dining venue with special access to the kitchen for private events and cooking classes.

The Granary

During the summer months, guests can feast on barbeque favorites including ribs, hot dogs, burgers, barbecued chicken, veggie burgers, corn-on-the-cob, various sides and salads, fresh berries, pies, and ice cream. Lobster bakes are available on select evenings in the summer.

The Carriage Lounge

A cozy space to relax and enjoy light fare such as sandwiches, salads and soups accompanied by beer, wine and hand-crafted cocktails.

Sunset Porch

Guests can enjoy their favorite beer, wine or cocktail on Mohonk's signature rocking chairs overlooking the breathtaking view of the Catskill Mountains.

ACTIVITIES:

Mohonk Mountain House offers a variety of indoor and outdoor activities for guests of all ages including:

- Archery
- Boating (Kayaks, Canoes, Paddleboards, Rowboats)
- Boating (Kayaks, Canoes, Paddleboards, Rowboats)
- Campfires with live music and s'mores
- Carriage Rides
- Cross Country Skiing
- Disc Golf
- Fishing
- Fitness Classes
- Forest Bathing
- Victorian Show Gardens
- Golf

- Guided Hikes
- Horseback Riding
- House History Tours
- Ice Skating
- Kids' & Teens' Activities
- Lawn Games (Shuffleboard, Croquet & More)
- Meditation
- Mindfulness Programming
- Mountain Biking
- Outdoor Movies
- Paddle Boarding
- Pony Rides
- Putting Green
- Rock Climbing
- Rock Scrambling
- Snow Tubing
- Snowshoeing
- Swimming
- Tennis
- Tomahawk Throwing
- Yoga

CORPORATE MEETINGS AND EVENTS:

Mohonk Mountain House is an ideal setting for business retreats, offering fourteen meeting rooms ranging from the expansive Victorian Parlor to intimate wood-paneled studies. With more than 40 team-building activities such as the Cardboard Regatta, Low Ropes Course, and Human Ice Bowling, meetings at Mohonk foster growth, improve communication and build lasting bonds.

WEDDINGS:

Awarded Best Place for a Wedding by Hudson Valley Magazine year after year, Mohonk Mountain House's stunning Victorian Parlor and award-winning gardens are the perfect backdrop for a picturesque wedding, up to 60 guests.

ENVIRONMENTAL STEWARDSHIP:

Mohonk Mountain House continues its 150+ year commitment to environmental stewardship through earth-friendly activities and design features, an extensive energy saving and recycling program and green initiatives that preserve the land and educate guests. Recognized by the United Nations Environment Programme for "generations of dedicated leadership and commitment to the protection

and enhancement of the environment,” Mohonk is a leader in preservation and education. When the spa was built in 2005, the design of the facility incorporated rocks from the Shawangunk Ridge that were excavated in order to build the structure, in an effort to recycle natural materials and the Spa provides heating and cooking via a geothermal system that uses the Earth’s temperature to regulate the Spa’s indoor temperatures – creating a noise free and emission free zone. The culinary team also participates in recycling. In serving almost half a million meals per year, the kitchen takes great care in composting every item possible, resulting in more than 360,000 pounds of compostable materials per year, which is in turn mixed with horse manure and used in the display gardens, golf course and grounds. The resort also promotes using refillable water containers with more than 13 water stations around the resort, as well as EV charging stations in the parking area.

THE SPA AT MOHONK MOUNTAIN HOUSE:

OPENING DATE: 2005

ABOUT: The Spa at Mohonk Mountain House offers guests a restorative respite from the stresses of daily life in the heart of the Hudson Valley. Here guests feel at one with nature as they indulge in treatments that celebrate the surrounding beauty of the Shawangunk Ridge and utilize natural, nourishing products.

The award-winning spa with a nature-inspired treatment menu offers opportunities for relaxation and renewal. Guests can relax in the outdoor mineral pool and lounge for hours with panoramic views from every veranda.

To further help guests unwind, The Spa at Mohonk Mountain House also offers a variety of guided yoga, meditation and fitness experiences, as well as a comprehensive curriculum of ground-breaking mindfulness programming designed to promote overall health and wellness.

In summer 2022, Mohonk Mountain House unveiled a refresh of the Spa and introduced its first outdoor

treatment room, the Lakeview Summerhouse. Inspired by the 120+ rustic wooden summerhouses that dot the hiking trails throughout the resort and provide a mindful respite for hikers, the Lakeview Summerhouse treatment room is enveloped in nature, surrounding guests with the resort's ancient trees and the sights and sounds of nature.

The Lakeview Summerhouse also serves as the site of private mindful sessions with Nina Smiley, Mohonk Mountain House's director of mindfulness programming, teaching guests simple techniques that can be called upon at any time to support the benefits of mindfulness.

Guests can join Mohonk's yoga and meditation instructors for classes in the Lakeview Summerhouse overlooking Lake Mohonk.

NUMBER OF TREATMENT ROOMS: 16 Treatment Rooms, 1 Outdoor Treatment Room

AMENITIES:

- Comprehensive Fitness Center
- Indoor Heated Pool
- Men & Women's Changing Rooms
- Outdoor Heated Mineral Pool
- Salon offering nails, hair and, makeup services
- Saunas
- Solarium with Stone Fireplace
- Steam Rooms
- Relaxation Verandas
- Yoga/Motion Studio
- Lakeview Summerhouse outdoor treatment room

SIZE: 30,000 square feet

SELECT SPA TREATMENTS:

Lakeview Summerhouse Massage

60 Min

The ultimate Mohonk Mountain House spa experience, the Lakeview Summerhouse massage includes a Mohonk Foot and Leg Ritual, invigorating dry brush treatment, frankincense & peppermint foot and leg massage and Deep Tissue or Swedish massage using aromatic oils inspired by the earth's unique forest biomes.

Luxe Lift Facial

60 Min

This advanced, bespoke treatment combines relaxing signature facial massage techniques with a unique approach to skin firmness. A sculpting massage and Magic Eye Mask are used to instantly activate youth inducing skin mechanisms leaving guests sculpted, relaxed and glowing.

The Perfect Formula Facial: A Re-Boot Treatment

120 Min

The Re-Boot Treatment will take guests on a journey of discovering why their skincare routine may not be working and will help them to re-set their skin care regimen. After an extended consultation and Sculpting Face Massage, Mohonk's skincare professionals will curate a tailored facial to address guests' personal skin care needs.

Contrast Hydrotherapy Massage

60 Min

The spa therapist recreates the natural healing effects of Glacial Lakes and Thermal Springs by immersing guests in contrast hydrotherapy as they alternate from warm steam to refreshing cool water showers, followed by an immune boosting, therapeutic Swedish massage using essential oils of rosemary, black pepper and eucalyptus to warm and relieve achy muscles.

Seasonal Wellbeing Collection

The Seasonal Wellbeing Collection helps guests stay healthy through the seasons by focusing on attuning to the natural rhythms and cycles of nature and bringing awareness to the body's changing needs throughout the year. This unique combination of spa therapies, fitness and mindfulness offerings works together to uplift body, mind and spirit and offer everyday strategies to maintain wellbeing long after leaving the mountaintop.

DIRECTOR OF MINDFULNESS:

Nina Smiley, Ph.D.

Nina Smiley, Ph.D., author of *The Three Minute Meditator* and *Mindfulness in Nature*, offers private meditation and forest bathing sessions to guests of all ages. She leads theme program weekends Never Diet Again and Mindfulness in Minutes.

SPA DIRECTOR:

Margaret Lora

Margaret Lora, Spa Director at Mohonk Mountain House, oversees operations for the newly refreshed Spa at Mohonk Mountain House, focusing on current and upcoming wellness trends. With over 15 years of experience managing

spas across the country, Margaret aims to create one-of-a-kind experiences for guests, utilizing the resort's beautiful natural setting and incorporating environmentally-friendly practices and green initiatives. Prior to joining Mohonk, Margaret was National Director of Operations and Sales at the acclaimed spa brand Exhale, where she helped the brand earn over 75 awards during her nine-year tenure.