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MOHONK MOUNTAIN HOUSE TAKES ADVENTURE TO NEW HEIGHTS:

MAKING HISTORY WITH NORTHEAST'S FIRST RESORT-BASED VIA FERRATA EXPERIENCE IN 2024

NEW PALTZ, NY (October 2023) – [Mohonk Mountain House](#), an iconic mountain resort nestled in the heart of the Hudson Valley, proudly extends its legacy as a top-choice destination for outdoor enthusiasts by unveiling the first-ever [Via Ferrata](#) experience at a resort in the Northeast. This remarkable milestone not only sets a precedent in the Hudson Valley region for resort-based adventure offerings, but also pays homage to the rich rock climbing heritage that has thrived on these mountains for decades. Reservations are available for 2024 spring bookings and coincides with the resort's 155th anniversary, to be celebrated throughout the year.

"We are excited to be the only resort in the Northeast to add a Via Ferrata to our outdoor recreation offerings. Since 1869, nature has played an important role in our guests' experience. This new outdoor adventure offering supports our core value of providing 'recreation and renewal of body, mind and spirit in a beautiful, natural setting,'" said Eric Gullickson, President of Mohonk Mountain House and fifth generation Smiley family member.

As rich as the resort's [founding](#) in 1869, the history of [rock climbing](#) at Mohonk is deeply intertwined with the legendary Fritz Wiessner, an internationally acclaimed climber who arrived in the U.S. in 1929. During a climb in Cold Spring, NY in 1935, Wiessner spotted the Shawangunk Mountains from afar, sparking his interest. The iconic Gargoyle route, located below Mohonk's Sky Top Tower, became a lifelong passion for Wiessner, and one that he continued to scale well into his 70s and 80s. In 2007, guided climbs along these same paths at Mohonk became possible, courtesy of a local guide service. A rare video of Wiessner climbing at Mohonk Mountain House in the 1940s can be viewed [here](#). The Shawangunk Mountains have been named by [The Nature Conservancy](#) as one of the "last great places" on earth and Mohonk Mountain House is proud to unveil yet another way for visitors to explore the beauty of the region. The Via Ferrata's introduction is the latest extension of Mohonk's philosophy of connecting with nature and promoting opportunities for "[Wellness in the Wild](#)."

Mohonk's Via Ferrata distinguishes itself with an infusion of elegance amidst the thrill. The experience includes aerial bridges and sky ladders, elevating climbers into a realm that feels suspended between earth and sky. Perched majestically on the east face of Eagle Cliff, participants are treated to panoramic views that extend across the Shawangunk Cliffs and the glistening waters of Lake Mohonk.

For a price of \$250 per person, the approximate three-hour Via Ferrata experience will be expertly led by professionals from [Alpine Endeavors](#), a local guide service, ensuring the safety and enjoyment of all adventurers on the Eagle Cliff Via Ferrata. The Via Ferrata presents an exciting challenge, offering more intensity than rock scrambling while remaining less demanding than traditional rock climbing. The experience offers an opportunity for guests to relish the adventure, thanks to its gradual progression and the added assurance of harnesses and cables. Six hundred metal rungs affixed to the side of the Gunks allow you to hug the rock as you traverse across the cliffs. The Via Ferrata is a challenging experience and requires flexibility, hand and arm strength and will offer guests a full body workout.

In addition to the Via Ferrata, Mohonk Mountain House invites guests of all levels to explore the region's stunning landscape with the new [Pinnacle Ledge Tour](#). Participants will experience mixed topography with exposure to quartz conglomerate rock ledges and cliff faces during this guided walking and rock scramble tour, which traverses several historic footpaths along the Sky Top ridge, east of Lake Mohonk. Similarly to the Via Ferrata experience, the Pinnacle Ledge Tour also features an aerial bridge walkway and a sky ladder while incorporating waist harnesses and lanyard systems for participants to utilize when on the trail.

The integrity and safety of the Via Ferrata installation at Mohonk Mountain House are of paramount importance. [Adventure Partners Attractions LLC](#) (APA), a leader in Via Ferrata and aerial walkway installation, is the trusted partner behind the project. Established in 2016, APA's principals were approached by the owners of Jackson Hole Mountain Resort to design and install the first U.S. Forest Service-commissioned Via Ferrata on public lands. Their previous portfolio also included Via Ferrata development at the ultra-luxury Amangiri Resort in southern Utah, as well as decades of mountain guiding in Grand Teton National Park and international summits. The APA team's expertise ensures that Mohonk's Via Ferrata is not just an adventure but also a groundbreaking achievement joining the ranks of iconic climbing destinations like Nelson Rocks, WV, and the Red River Gorge, KY.

This thrilling adventure is available seasonally and exclusively to overnight guests of Mohonk Mountain House. Reservations for the Via Ferrata experience are required and can be made by contacting Recreation at (845) 256-2186 or emailing recreation@mohonk.com. All participants

must be 13 years of age or older and weigh between 88 and 264 pounds, adhering to safety harness specifications. Participants should be in good health, capable of walking, hiking, stepping, stooping, and possess good hand strength.

As a way to address sports recovery, the Spa at Mohonk Mountain House has created this exclusive service, perfect for thrill seekers after a day on the Via Ferrata.

Après Adventure Massage

60 minutes / 245.00

This post-adventure healing massage is a must-do after a day of mountaintop activity. Curated specifically to combat the stress on muscles and joints affected by your exact outdoor endeavor. This targeted massage combines our anti-inflammatory muscle cream with CBD, therapeutic clay heat packs, and a Swedish-based recovery massage to help combat tired muscles and relieve sore joints preparing you for another day in the wild!

For more information about Mohonk Mountain House and its new [Via Ferrata offerings](#), please visit the resort's website at www.mohonk.com.

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About Mohonk Mountain House

Mohonk Mountain House is a National Historic Landmark resort and Historic Hotel of America centrally located in New York State in the picturesque Hudson Valley, just 90 miles north of New York City and 220 miles west of Boston. Owned and operated by the Smiley Family since 1869, the resort has been a sought-after family destination for generations. Throughout Mohonk's storied history, it has been recognized by publications including *Condé Nast Traveler* (Gold List and Readers' Choice Awards), *Travel + Leisure* (World's Best Awards), and *USA Today's 10Best* (Best Historic Hotel, Best Family Resort). A champion of the environment and the Hudson Valley community, Mohonk maintains over 85 miles of trails for hiking, biking, snowshoeing and cross-country skiing and offers earth-friendly activities and programs that preserve the land and educate guests about the surrounding environment. Mohonk also offers exquisite gardens, a nine-hole golf course, tennis courts, an ice-skating pavilion, horseback riding and horse-drawn carriage rides, and a glacial-formed lake that is ideal for boating, fishing, and swimming. The award-winning spa features a menu of nature-inspired treatments, the outdoor Lakeview Summerhouse Treatment Room, an outdoor heated mineral pool, an indoor heated pool, a comprehensive fitness center, and yoga/motion studio.

Overnight rates at Mohonk Mountain House include historic accommodations, three meals, afternoon tea and cookies, and most resort activities. For additional information, please call 855.274.4020 or visit Mohonk.com. Connect with Mohonk: [Facebook.com/Mohonk](https://www.facebook.com/Mohonk) or Instagram [@MohonkMountainHouse](https://www.instagram.com/MohonkMountainHouse).