



CONTACT:

Mohonk Mountain House
1000 Mountain Rest Road
New Paltz, NY 12561
855-274-4020
www.mohonk.com

PRESS CONTACT:

Darlene Fiske
The Fiske Group
512-568-9154
darlene@thefiskegroup.com

PRESIDENT:

Eric Gullickson

CHIEF EXECUTIVE OFFICER:

Tom Smiley

GENERAL MANAGER:

Barbara Stirewalt

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 over 85 miles of trails for seasonal hiking, rock scrambling, 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. Activities like rock climbing, archery, and disc golf are also available.

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 guestrooms 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.

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, and hosted more than a century's worth of distinguished guests, as well as award-winning actors, artists, authors, and musicians. To date, five former US Presidents have also stayed at the resort.

ACCOMODATIONS:

262 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 line 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

Overnight guests are welcome to come early prior to check-in and stay late after check-out, with full access to the property's amenities and activities. Guests Services will hold luggage while guests make the most of their time at Mohonk.

AMENITIES:

- The Spa at Mohonk Mountain House featuring the Lakeview Summerhouse outdoor treatment room
- Five dining and beverage establishments including the Main Dining Room, Founders, The Granary, The Carriage Lounge, and Spirits on the Porches..
- 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
- Four Har-Tru Tennis Courts
- Kid's Club offered year-round. Daily during the summer and school breaks and weekends only throughout the remainder of the year. (Complimentary for stay guests.)
- 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)
- Award-winning Victorian show gardens

- Horseback riding and carriage rides
- The Lemon Squeeze and Labyrinth rock scramble
- Via Ferrata and Pinnacle Ledge Tours
- Billiards room
- Gift Shop & Old Fashioned Soda Fountain
- The Mohonk Greenhouse

DINING:

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

Main Dining Room

Serving breakfast, lunch, dinner, and weekend brunch 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

Founders is an alternate dining venue featuring dynamic landscape views and a menu showcasing global flavors, inspired by the Smiley family's longstanding admiration and respect for nature and world cultures. Featuring plentiful vegetarian options and artful cooking methods such as wood-burning, wok, and tandoori.

The Granary

An outdoor dining venue overlooking Lake Mohonk, 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.

Spirits on the Porches

Guests can enjoy their favorite beer, wine or cocktail on Mohonk's signature rocking chairs in two stunning locations: on the Sunset Porch, overlooking the breathtaking view of the Catskill Mountains or lakeside on the Parlor Porch, overlooking Lake Mohonk.

ACTIVITIES:

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

- Archery
- Barn Museum
- Basketball
- Beach Swimming
- Boating (Kayaks, Canoes, Paddleboards, Rowboats, and Pedal Boats)
- Campfires with live music and s'mores
- Carriage Rides
- Cross Country Skiing
- Disc Golf
- Fishing
- Fitness Classes
- Forest Bathing
- Victorian Show Gardens and Garden Tours
- Golf
- Guided Hikes
- Horseback Riding
- House History Tours
- Ice Skating
- Junior Naturalist Program
- Kids' & Teens' Activities
- Lawn Games (Shuffleboard, Croquet, Bocce & More)
- Meditation
- Mindfulness Programming
- Mountain Biking
- Outdoor Movies
- Paddle Boarding
- Pickleball
- Pony Rides

- Putting Green
- Rock Climbing
- Rock Scrambling
- Snow Tubing
- Snowshoeing
- Swimming
- Tennis
- Tomahawk Throwing
- Via Ferrata + Pinnacle Ledge Tour
- Winter Hiking with MICROspikes®
- Yoga

SIGNATURE EVENTS

Mohonk Mountain House hosts over 100 unique events every year, designed to entertain, enrich, and educate guests. Mohonk's tradition of live musical performances, lectures, and cultural immersions dates back to Mohonk's beginnings and continues to thrive today. Experts from across the country visit Mohonk to share their knowledge in art, nature, cuisine, wellness, and other cultural topics.

Mohonk Mountain House's Signature Events are beloved traditions that have been delighting guests for generations. Garden Holiday, created in honor of Albert Smiley and creation and love of Mohonk's Victorian Show Gardens, was Mohonk's first official themed programming. Founded in 1935, it has been celebrated for over 90 years. Celebrating its 50th anniversary in 2025, Mohonk is considered the birthplace of Mystery Weekend, created in conjunction with owners of the famous Manhattan bookstore "Murder Ink". The success of Mystery Weekend has captivated guests for five decades, hosting famous authors like Stephen King, and sparking a popularity of mystery events and dinners. Other popular Signature Events include the Wonderful World of Words, Hiker's Holiday, the six-week long musical Festival of the Arts, Tulip Festival, Wellness Weekends, Birding and Nature Weekend, and the Annual Gingerbread Competition, which celebrates 10 years in 2025.

CORPORATE MEETINGS AND EVENTS:

Mohonk Mountain House is an ideal setting for business retreats, offering fourteen meeting rooms, all with natural light, ranging from the expansive Victorian Parlor to

intimate wood-paneled studies. With more than 40 team-building activities such as the Cardboard Boat Regatta, Scavenger Hunts, Human Ice Bowling and Wellness in the Workplace, meetings at Mohonk foster growth, improve communication and build lasting bonds.

WEDDINGS:

Awarded Best Place for a Wedding by Hudson Valley Magazine, Mohonk Mountain House's stunning Victorian Parlor and award-winning gardens are the perfect backdrop for a picturesque wedding, up to 130 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 cooling 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, composting over 75% of kitchen waste. The nutrient-rich compost is repurposed throughout the Mohonk property, including the display gardens. The culinary team has cultivated an impressive and innovative microgreen program, grown on-site under the careful supervision of the Kitchen Manager. These microgreens are organic, non-GMO and grown in sustainable coconut coir, ensuring a low environmental impact. These microgreens enhance a variety of dishes, serving as vibrant garnishes for culinary creations and unique infusions in cocktails. The resort also promotes using refillable water containers with more than 16 water stations around the resort. Complimentary EV charging stations are available 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 mindfulness sessions with Nina Smiley, Ph.D., 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.

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.

Repair and Restore Facial

60 Min

From the House of celebrity skin-care artist Petro Simone, this facial designed specifically for Mohonk Mountain House incorporates his signature touch technique, lymphatic opening, and organic cotton thread exfoliation, promoting circulation and facial sculpting.

Mohonk Red Facial

60 Min

Mohonk's signature facial, offering lymphatic opening and plant-based products customized for each individual guest's needs. Named in honor of the "Mohonk Red" witch hazel grown on property, this natural element is incorporated throughout the experience, leaving skin energized and revived.

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.

Après Adventure Massage

60 Minutes

A healing massage designed to combat the stress on muscles and joints after a day of mountaintop activity. This massage combines anti-inflammatory muscle cream with CBD, therapeutic clay heat backs, and a Swedish based recovery technique.

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 Signature Events such as Mindfulness in Minutes, and along with Mohonk's Spa Director, curates Wellness Weekends. Private mindfulness sessions with Nina Smiley are also available.

SPA DIRECTOR:

Olivia Andrews

Olivia Andrews serves as the Spa Director at Mohonk Mountain House, where she oversees the day-to-day operations of the resort's expansive 30,000-square-foot spa. Holding a New York State professional license and possessing in-depth knowledge of industry practices, Olivia brings a hands-on approach to spa directorship. With more than 11 years of experience, including an extensive tenure at The Spa at Mohonk Mountain House, she blends her creative vision with the resort's commitment to environmental sustainability. She curates unique, luxurious, and tranquil spa experiences that integrate eco-conscious elements and allow guests to connect with the breathtaking natural surroundings of Mohonk.

