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MOHONK MOUNTAIN HOUSE INTRODUCES FIRST-EVER HIKING MENU

The legendary Hudson Valley resort creates new ways for every type of hiker to enjoy its 85 miles of picturesque trails

NEW PALTZ, NY –Mohonk Mountain House in New York’s stunning Hudson Valley is now offering its first-ever Hiking Menu, featuring six themed hikes that will introduce guests to the resort’s breathtaking natural surroundings. From a relaxing Mindfulness Hike led by Mohonk’s director of mindfulness, to a heart-pumping Endurance Hike led by Mohonk’s endurance concierge, to a fun Family Hike led by the resort’s recreation staff, these private hikes provide new ways for guests to fall in love with nature.

“Since 1869, guests have been coming to Mohonk to fully immerse themselves in nature and experience the splendor of the Hudson Valley,” said Eric Gullickson, vice president and general manager of Mohonk Mountain House. “With our new Hiking Menu, we are excited for our guests to discover new ways of experiencing the outdoors and reap the many benefits of being in nature.”

Mohonk’s new Hiking Menu includes the following hikes:

- **Survivalist Hike:** Guests join Mohonk’s Head Naturalist and trained survivalist Michael Ridolfo on a hike through the trails around Mohonk while learning valuable tools and techniques for how to live off the land. During the journey, Michael points out animal tracks and what they mean, what plants are edible and which are not and how to protect oneself from the elements. The hike opens guests’ eyes to the powers of nature and how it has sustained humans for thousands of years.

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- **Mindfulness Hike, a “Forest Bathing” Experience:** It may be surprising to learn that mindfulness meditation does not require a quiet setting, sitting down or even closing the eyes. Rather, practicing mindfulness means simply being present in the moment in a gentle, nonjudgmental way. There's no better place to be truly "present" than amidst the magnificent natural setting of Mohonk Mountain House. During this hike, Mohonk's Director of Mindfulness Nina Smiley, Ph.D. guides guests through a forest bathing exercise – a practice originated by the Japanese that involves immersing oneself in nature to improve well-being. While exploring Mohonk's timeless cliffs, crystal clear lake and wooded trails, Nina invites guests to embrace their senses and feel the greater sense of well-being that comes from being outdoors and immersed in nature. On the Mindfulness Hike, guests honor the intersection of nature and mindfulness, achieving a deeper sense of mental clarity and appreciation for the world around them.
- **Yoga Hike:** Led by one of Mohonk's expert yoga instructors, this yoga hike takes guests through the trails around Mohonk, stopping at scenic vistas to practice short yoga sequences that stretch and strengthen the body and open the eyes, mind and heart. Being outdoors instead of in a yoga studio encourages guests to step out of their comfort zones and focus on their breath and movement, helping them to achieve a deeper and more mindful yoga practice.
- **Endurance Hike:** Led by Mohonk's Endurance Concierge Alex Sherwood, this advanced hike challenges and pushes guests' limits as they jog, sprint and trek up and down Mohonk's trails. Alex helps guests to focus their breathing in order to improve their cardiovascular strength and overall endurance. With limited breaks and a fast-pace, this hike is not meant for beginners.
- **Foods of the Forest Hike:** Led by Head Naturalist Michael Ridolfo, this hike explores the sustainable powers of nature and invites guests to expand their taste buds with the flavors of the forest. While enjoying a leisurely walk through the trails around Mohonk, Michael shows guests various edible leaves, flowers, berries and nuts that have sustained humans for thousands of years, while also pointing out the poisonous varieties and how to tell them apart. Guests leave with a new skill set that open their eyes to the wealth of natural foods in their own backyard.
- **Family Hike:** This hike brings together mom, dad, grandma, grandpa and kids of all ages for quality family time in the great outdoors. Mohonk's skilled recreation staff guides the whole family through Mohonk's trails, pointing out beautiful views and natural landmarks and sharing interesting stories about the history of Mohonk Mountain House and the land around it. The experience gets the whole family moving and learning to create lasting memories of their time at Mohonk.

In addition to these private hikes, Mohonk offers daily hikes and nature experiences that are open to all guests on a first-come, first-serve basis and are listed on the resort's Daily Activities Schedule. Guests are encouraged to book their Hiking Menu hikes through Group Recreation prior to their arrival to ensure the guide's availability.

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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 1869, the resort has been a sought-after family destination for generations. Mohonk's culinary program, led by Executive Chef Jim Palmeri, was profiled in 2017 by the *New York Times* for its commitment to using local Hudson Valley ingredients. 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, 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 many 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).

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