



Press Contact

Kathryn Archambault

Nike Communications

646.654.3421

karchambault@nikecomm.com

MOHONK MOUNTAIN HOUSE PROVIDES IDEAL SETTING FOR SOLO SOJOURNS

Individual travelers unwind at historic Victorian castle resort with a special package rate

NEW PALTZ, NY – A magnificent Victorian castle tucked away in pristine wilderness makes the perfect retreat for solo travelers. Located just 90 miles north of New York City, and easily accessible by car or train, Mohonk Mountain House transports individuals to a safe, tranquil haven. Here, guests find vast opportunities for solitude and socializing – with a special inclusive ‘Solo Traveler’ midweek rate available year-round.

“Mohonk is uniquely suited to people traveling alone because we offer so many ways to do exactly as you please,” said Nina Smiley, Director of Mindfulness Programming and a member of the family who has owned and operated the National Historic Landmark resort since 1869. “Our guests set their own pace and purpose for their visit. Along with time alone, those who would enjoy can join our complimentary guided hikes, tours, and classes to meet new people and hear fascinating insights about Mohonk.

Among the many activities pursuits at Mohonk Mountain House, solo guests enjoy:

- Nature walks and invigorating hikes on 85 miles in a spectacular setting with a naturalist or staff guide
- Mountain biking and horseback riding on scenic trails, accompanied by a Mohonk leader
- Playing golf on one of the country’s most historic courses
- Swimming in Lake Mohonk and our indoor heated pool
- Participating in yoga, meditation, and fitness classes
- Taking a guided tour of the Barn Museum to learn about Mohonk’s history
- Strolling through Mohonk’s award-winning gardens as well as numerous other tranquil settings
- Rejuvenating with a Signature Spa Treatment, taking a dip in the Spa’s outdoor heated mineral pool, or relaxing in the solarium with stone fireplace

The Spa at Mohonk Mountain House, named the Number One Resort Spa in the United States by *Condé Nast Traveler* and the Number Six Spa in the world by *Travel + Leisure*, offers an exceptional array of treatments as well as an outdoor heated mineral pool, comprehensive fitness center, and solarium to ensure complete relaxation and renewal.

-more-

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).

###