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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 85 miles of trails for seasonal hiking, mountain biking, snowshoeing and cross-country skiing. 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 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 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 well as award-winning actors, artists, authors, and musicians.

ACCOMODATIONS:

265 guestrooms & suites
5 Scenic Cottages
Grove Lodge (includes 6 luxury guest rooms and a Great Room)

CHECK-IN/CHECK OUT:

4pm check-in / 12pm check-out

AMENITIES:

- 85 miles of Hiking Trails
- Fitness Center
- 9-Hole Scottish-inspired Golf Course
- Historic Barn Museum
- Ice Skating Pavilion
- Indoor Swimming Pool

- Kid’s Club – During COVID-19, currently offering Family Activities instead of this traditional drop-off program
- Lake Mohonk with access to swimming, boating and water sports
- The Spa at Mohonk Mountain House
- Tennis Courts
- Four dining establishments including the Main Dining Room, The Granary, The Carriage Lounge, and Spirits on the Sunset Porch

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.

The Granary

During the summer months, guests can feast on barbecue favorites including ribs, hot dogs, burgers, barbecued chicken, veggie burgers corn-on-the-cob, various sides and salads, fresh berries, pies, and ice cream.

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)

- 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 teambuilding 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 200 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.

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.

NUMBER OF TREATMENT ROOMS: 16 Treatment Rooms

- 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

SIZE: 30,000 square feet

SELECT SPA TREATMENTS:

Timeless Traditions Massage

60 Min

Incorporating four traditional massage strokes and a birch oil blend, along with stretches used in the late 1800s, this treatment joins the best of the Old World with modern techniques. Relieve muscle tension, improve circulation, and deeply relax as we acknowledge the enduring benefits of massage.

Ginger Rejuvenator

60 Min

Indulge in an ultra-moisturizing treatment that soothes away tension, hydrates the skin, and warms the spirit with the beneficial properties of ginger root, cinnamon, and peppermint. This full-sensory spa experience focuses on your back, hands, and feet to ease muscle strain and ground the mind.

New! Customized Aromatherapy Wellness

60 Min

Enhance your massage experience with carefully crafted, organic and wildcrafted blends from renowned aromatherapy line, H Gillerman Organics®. Therapeutic formulations of pure essential oils help you relieve emotional, physical and environmental stress. Choose the focus that is right for you: deepen your breath to rebuild energy and engage your immune system; clear your mind for a natural, restful sleep; melt away tension patterns and sharpen your focus; or immerse in the warmth of muscular release

Best Face Forward

60 Min

This facial leaves you feeling rested with a glow that radiates from the inside out. This is the best choice for sensitive skin and is suggested for all skin types. A specialized pressure point facial massage releases tension and sinus pressure while cool rose quartz stones stimulate, detoxify, and energize your skin.

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.