

ACTIVITIES PRICES



HIKING

ON-SITE HIKING

1-2 Hour Guided Hike - <i>per 2 guests</i>	\$150
2-3 Hour Guided Hike - <i>per 2 guests</i>	\$200
Half Day Guided Hike - <i>per 2 guests</i>	\$250
Full Day Guided Hike - <i>per 2 guests</i>	\$325

OFF-SITE HIKING

Half Day Off Property Guided Hike - <i>per 2 guests</i>	\$250
Full Day Guided Hike - <i>per 2 guests</i>	\$325

BIKING

2 Hour Guided Mountain Bike Ride	\$220
2 Hour Guided Road Cycling	\$220
2 Hour Guided Leisure Cycling	\$220
4 Hour Guided Road Cycling	\$290

ROCK CLIMBING

INDOOR CLIMBING WALL

1-2 Hour Indoor Rock Climbing	\$220
-------------------------------	-------

BOULDERING

1-2 Hour Boulderling	\$220
----------------------	-------

TRAIL RUNNING

1 Hour Guided Trail Running	\$125
2 Hour Guided Trail Running	\$150

ARBOR ADVENTURE

2 Hour Guided Ropes Adventure	\$220
-------------------------------	-------

DEMONSTRATIONS AND TASTINGS

Firetower Mixology	\$200
American Whiskey Tasting	\$225
Tequila & Mezcal Tasting	\$275
Wine & Cheese Tasting	\$325
(Private tastings up to 6 people \$3500)	

HORSEBACK RIDING

Field and Stream Ride - 2 hour	\$250
Hunter Pace Ride - 2 hour	\$250
Wilderness Ride - 4 hour	\$525

FLY FISHING

Half Day Private Stream Off Property Fly Fishing	\$290
Half Day Off Property Fly Fishing	\$290
Full Day Off Property Fly Fishing	\$425
Full Day Float Trip - <i>per 2 guests</i>	\$520

PADDLE SPORTS

Available seasonally May - October

Half Day Canoeing	\$275
Half Day Kayaking	\$275
Half Day Standup Paddleboarding	\$275

MASTERCRAFT

Available seasonally June - September

MasterCraft Adventure (Wakesurfing) - <i>per two guests</i>	\$950
Foothills Cruise (Lake Tour) - <i>per two guests</i>	\$950
*\$150 per each additional person	

SMOKY MOUNTAIN SPORTS CLUB

Sporting Clays	\$275
Archery	\$220
Paintball	\$220

LEXUS OFF-ROAD ADVENTURE

2 Hour Adventure	
Driver - 2 driver maximum	\$220 per person
Rider - 3 guest maximum	\$50 per person

**Drivers must be 21 years of age or older, and riders must be at least 10 years of age. No car seats of any kind are permitted.*

All rates subject to an additional 20% service charge and taxes and rates are subject to change without notice. Please contact our concierge team for more details. As a courtesy to other guests, we kindly ask that cancellations and appointment changes be made by 7:00pm the day prior to your scheduled service to avoid penalties. Any appointments made or canceled after 7:00pm the day prior will incur a 50% cancellation fee. In cases of severe weather penalties for canceling or changing outdoor activities will not be imposed.

ACTIVITIES PRICES



ART

WHEEL THROWN POTTERY

2 Hour Wheel Thrown Pottery	\$250
4 Hour Wheel Thrown Pottery	\$400

HAND-BUILDING CERAMICS

2 Hour Hand-Building Ceramics	\$250
4 Hour Hand-Building Ceramics	\$400

TRAILSIDE PAINTING

2 Hour Trailside Painting	\$220
4 Hour Trailside Painting	\$375

TRAILSIDE SKETCHING

2 Hour Trailside Sketching	\$220
4 Hour Trailside Sketching	\$375

ACRYLIC PAINTING

2 Hour Studio Acrylic Painting	\$220
2 Hour Outdoor Acrylic Painting	\$220
4 Hour Studio Acrylic Painting	\$375
4 Hour Outdoor Acrylic Painting	\$375

WATERCOLOR PAINTING

2 Hour Studio Watercolor Painting	\$220
2 Hour Outdoor Watercolor Painting	\$220
4 Hour Studio Watercolor Painting	\$375
4 Hour Outdoor Watercolor Painting	\$375

SKETCHING

2 Hour Studio Sketching	\$220
2 Hour Outdoor Sketching	\$220
4 Hour Studio Sketching	\$375
4 Hour Outdoor Sketching	\$375

BASKET MAKING

2 Hour Basket Making	\$220
4 Hour Basket Making	\$375

TILE MAKING

2 Hour Tile Making	\$250
4 Hour Tile Making	\$400

KNITTING

2 Hour Knitting	\$220
4 Hour Knitting	\$375

CROCHET

2 Hour Crochet	\$220
4 Hour Crochet	\$375

CROSS-STITCHING

2 Hour Cross-stitching	\$220
4 Hour Cross-stitching	\$375

EMBROIDERY

2 Hour Embroidery	\$220
4 Hour Embroidery	\$375

RAKU FIRING

3 Hour Raku Firing Session	\$325 per person
4 Guest Min. Weather Permitting (No Rain)	

CREATIVE PRESENCE

GUIDED JOURNALING

50 min. Guided Journaling	\$195
---------------------------	-------

MEDITATIVE WATERCOLORS

2 Hour Meditative Watercolors	\$220
-------------------------------	-------

MALAS AND MANTRAS

75 min. Mala Making	\$220
---------------------	-------

MANDALA STONE PAINTING

2 Hour Mandala Stone Painting	\$220
-------------------------------	-------

All rates subject to an additional 20% service charge and taxes and rates are subject to change without notice. Please contact our concierge team for more details. As a courtesy to other guests, we kindly ask that cancellations and appointment changes be made by 7:00pm the day prior to your scheduled service to avoid penalties. Any appointments made or canceled after 7:00pm the day prior will incur a 50% cancellation fee. In cases of severe weather penalties for canceling or changing outdoor activities will not be imposed.

FAMILY ACTIVITIES PRICES



FAMILY INDOOR CLIMB

90 minute Indoor Rock Climbing - per 4 guests \$275
**\$50 each additional guest*

FAMILY EXPLORATION HIKE

90 minute Guided Hike - per 4 guests \$275
**\$50 each additional guest*

FAMILY OUTDOOR ACRYLIC PAINTING

90 minute Outdoor Acrylic Painting - per 4 guests \$275
**\$50 each additional guest*

FAMILY PADDLE SPORTS

2 Hour Paddle Sports Session - per 4 guests \$275
**\$50 each additional guest*
**Available seasonally May–October*

FAMILY YOGA

50 minute Family Yoga - per 4 guests \$250
**\$50 each additional guest*

CAMP BLACKBERRY

4 Hour Camp Session \$140

BABYSITTING

Babysitting \$35 per hour per sitter

All rates subject to an additional 20% service charge and taxes and rates are subject to change without notice. Please contact our concierge team for more details. As a courtesy to other guests, we kindly ask that cancellations and appointment changes be made by 7:00pm the day prior to your scheduled service to avoid penalties. Any appointments made or canceled after 7:00pm the day prior will incur a 50% cancellation fee. In cases of severe weather penalties for canceling or changing outdoor activities will not be imposed.

NEST. SPA TREATMENT PRICES



BODY THERAPIES

TAILORED MOUNTAIN MASSAGE

50 minutes	\$210
80 minutes	\$320
110 minutes	\$440

THERAPEUTIC MASSAGE

50 minutes	\$210
80 minutes	\$320
110 minutes	\$445

CBD MASSAGE

50 minutes	\$210
80 minutes	\$325
110 minutes	\$440

COUPLES MASSAGE

50 minutes	\$420
80 minutes	\$640
110 minutes	\$880

PRE-NATAL MASSAGE

50 minutes	\$210
80 minutes	\$320

HERBAL POULTICE MASSAGE

80 minutes	\$320
110 minutes	\$445

HIMALAYAN SALT STONE MASSAGE

80 minutes	\$320
110 minutes	\$445

MUSCLE RENEWAL MASSAGE

50 minutes	\$210
80 minutes	\$320
110 minutes	\$445

KAOLIN CLAY WRAP

80 minutes	\$320
110 minutes	\$445

ECHINACEA HERBAL BUFF

80 minutes	\$320
110 minutes	\$445

WALNUT AND SANDALWOOD MOISTURE MASK

50 minutes	\$210
80 minutes	\$320
110 minutes	\$445

WANDERLUST GROUNDING TREATMENT

50 minutes	\$210
------------	-------

LED LIGHTSTIM BED

50 minutes	\$170
------------	-------

BIOLOGIQUE RECHERCHE BODY

BIOLOGIQUE RECHERCHE, RECHARGE AND RENEW

80 minutes	\$350
------------	-------

BIOLOGIQUE RECHERCHE, REAWAKENING

80 minutes	\$395
------------	-------

BODY THERAPY ENHANCEMENTS

HAND TREATMENT

25 minutes	\$100
------------	-------

FOOT TREATMENT

25 minutes	\$100
------------	-------

SCALP TREATMENT

25 minutes	\$100
------------	-------

DRY BRUSH

25 minutes	\$100
------------	-------

All body therapies can be performed in the couple's suite upon request.

All rates subject to an additional 20% service charge and taxes and rates are subject to change without notice. Please contact our concierge team for more details. As a courtesy to other guests, we kindly ask that cancellations and appointment changes be made by 7:00pm the day prior to your scheduled service to avoid penalties. Any appointments made or canceled after 7:00pm the day prior will incur a 50% cancellation fee. In cases of severe weather penalties for canceling or changing outdoor activities will not be imposed.

NEST. SPA TREATMENT PRICES



MIND BODY HEALING

REIKI
50 minutes \$210

CRYSTAL REIKI
50 minutes \$210

NATURAL RHYTHMS
50 minutes \$210

SUBTLE BODY HEALING
50 minutes \$210

PRIVATE CHAKRA BALANCING
50 minutes \$210

SKINCARE

SIGNATURE NATURAL DEFENSE FACIAL
50 minutes \$210
80 minutes \$320

REJUVENATION FACIAL
80 minutes \$320

HYDRAFACIAL
50 minutes \$290
80 minutes \$400
Includes Perk Eye and Lip Treatment
80 minutes \$400
LED and Lymphatic Drainage

AUGUSTINUS BADER OXYLIGHT FACIAL
50 minutes \$250
80 minutes \$375

FACIAL ENHANCEMENTS | 25 MIN.

LED Light Therapy \$90
Oxygen Treatment \$90
Lymphatic Drainage Facial Massage \$90
Perk Eye and Lip Treatment \$90
Décolleté Treatment \$90

BIOLOGIQUE RECHERCHE FACE

RADIANCE FROM WITHIN
110 minutes \$495

RESTORE
80 minutes \$360

ICOONE

BODY
80 minutes \$450

BODY AND FACE
110 minutes \$600

JOANNA CZECH METHOD

ENHANCED LED FACIAL
80 minutes \$650

All rates subject to an additional 20% service charge and taxes and rates are subject to change without notice. Please contact our concierge team for more details. As a courtesy to other guests, we kindly ask that cancellations and appointment changes be made by 7:00pm the day prior to your scheduled service to avoid penalties. Any appointments made or canceled after 7:00pm the day prior will incur a 50% cancellation fee. In cases of severe weather penalties for canceling or changing outdoor activities will not be imposed.

WELLNESS PRICES



WELLNESS

PRIVATE YOGA

50 minutes	\$130
75 minutes	\$200

PRIVATE MEDITATION

50 minutes	\$130
75 minutes	\$200

PRIVATE GUIDED CRYSTAL MEDITATION

50 minutes	\$135
------------	-------

PRIVATE MALAS AND MANTRAS

75 minutes	\$220
------------	-------

PRIVATE AERIAL YOGA INDOORS

50 minutes	\$135
75 minutes	\$210

PRIVATE PERSONAL TRAINING

50 minutes	\$130
75 minutes	\$200

PRIVATE TRX

50 minutes	\$130
------------	-------

PRIVATE HIIT

50 minutes	\$130
------------	-------

PRIVATE STRETCH AND RELEASE

50 minutes	\$130
------------	-------

PRIVATE BARRE

50 minutes	\$130
------------	-------

PRIVATE CARDIO DANCE

50 minutes	\$130
------------	-------

PRIVATE BUNGEE FIT AND FLY

50 minutes	\$135
------------	-------

PRIVATE BOOTCAMP

50 minutes	\$130
------------	-------

RECOVERY LAB

WEIGHTLESS COMPRESSION

50 minutes	\$125
------------	-------

PRE OR POST PERCUSSION

50 minutes	\$240
------------	-------

FASCIAL SCRAPING AND FLOSSING

50 minutes	\$220
------------	-------

ROLL AND RELEASE

30 minutes	\$90
------------	------

LIGHTSTIM

50 minutes	\$170
------------	-------

ASSISTED STRETCHING

50 minutes	\$125
------------	-------

TRAINING AND RECOVERY

80 minutes	\$225
------------	-------

All rates subject to an additional 20% service charge and taxes and rates are subject to change without notice. Please contact our concierge team for more details. As a courtesy to other guests, we kindly ask that cancellations and appointment changes be made by 7:00pm the day prior to your scheduled service to avoid penalties. Any appointments made or canceled after 7:00pm the day prior will incur a 50% cancellation fee. In cases of severe weather penalties for canceling or changing outdoor activities will not be imposed.

WELLNESS PRICES



FOREST BATHING

SUNRISE PRACTICE AT GOAT HILL YOGA

75 minutes \$210

SUNRISE PRACTICE AT GOAT HILL MEDITATION

75 minutes \$210

JOURNEY TO THE EDGE YOGA

3 hours \$360

JOURNEY TO THE EDGE MEDITATION

3 hours \$360

AERIAL FOREST YOGA

50 minutes \$140

75 minutes \$210

WOODLANDS YOGA

50 minutes \$140

75 minutes \$210

SOUNDBATHING

GROUP SOUNDBATHING

75 minutes \$75 per guest

CURATED ELEMENTAL SOUND JOURNEYS

Earth, Air, Fire, Water - 50 min. \$225 first guest
\$75 additional

Alchemy - 50 min. \$275 first guest
\$75 additional

All rates subject to an additional 20% service charge and taxes and rates are subject to change without notice. Please contact our concierge team for more details. As a courtesy to other guests, we kindly ask that cancellations and appointment changes be made by 7:00pm the day prior to your scheduled service to avoid penalties. Any appointments made or canceled after 7:00pm the day prior will incur a 50% cancellation fee. In cases of severe weather penalties for canceling or changing outdoor activities will not be imposed.