

ACTIVITIES PRICES



HIKING

ON-SITE HIKING

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

OFF-SITE HIKING

Half Day Off Property Guided Hike - per 2 guests	\$250
Full Day Guided Hike - per 2 guests	\$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
4 Hour Guided Mountain Bike Ride	\$290
4 Hour Guided Leisure Cycling	\$290

ROCK CLIMBING

INDOOR CLIMBING WALL

1-2 Hour Indoor Rock Climbing	\$220
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BOULDERING

1-2 Hour Boulderling	\$220
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TRAIL RUNNING

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

ARBOR ADVENTURE

2 Hour Guided Ropes Adventure	\$220
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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 - per 2 guests	\$520

PADDLE SPORTS

Available seasonally May - October

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

COURT SPORTS

1 Hour Tennis/Pickleball Lesson (up to 4 guests)	\$150
*\$30 per each additional person	
90 Min. Tennis/Pickleball Lesson (up to 4 guests)	\$180
*\$45 per each additional person	
2 Hour Tennis/Pickleball Lesson (up to 4 guests)	\$300
*\$60 per each additional person	

MASTERCRAFT

Available seasonally June - September

MasterCraft Adventure (Wakesurfing) - per two guests	\$950
Foothills Cruise (Lake Tour) - per two guests	\$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.

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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 Experiential Watercolors	\$220
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
4 Guest Min. Weather Permitting (No Rain)	

CURATED ART EXPERIENCE

2-3 Hour Curated Art Experience - 8 guest minimum	\$250
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MANDALA STONE PAINTING

2 Hour Mandala Stone Painting	\$220
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CREATIVE PRESENCE

GUIDED JOURNALING

50 min. Guided Journaling	\$195
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MEDITATIVE WATERCOLORS

50 min. Meditative Watercolors	\$220
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MALAS AND MANTRAS

75 min. Mala Making	\$220
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REIKI INFUSED WATERCOLOR MEDITATION

50 min. Watercolor Meditation	\$220
*\$50 each additional guest	

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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

JOURNEY SEEKERS

Wood Burning – Smoky Mountain Artistry \$150 per person
Jewelry Making – Trendsetting Designs \$150 per person
Wilderness Survival Skills – Mountain Adventure \$150 per person
Upcycled Journaling – Mountain Memories \$150 per person
*Paddle Skills – Mountain Water Adventures \$75 per person
*Offered seasonally in the mornings

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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

PRENATAL MASSAGE

50 minutes	\$210
80 minutes	\$320

HIMALAYAN SALT STONE MASSAGE

80 minutes	\$320
110 minutes	\$445

MUSCLE RENEWAL MASSAGE

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

WANDERLUST GROUNDING TREATMENT

50 minutes	\$210
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LED LIGHTSTIM BED

40 minutes	\$170
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HAND & FOOT TREATMENT

25 minutes	\$100
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MOUNTAIN RADIANCE BODY TREATMENT

50 minutes	\$230
Exfoliation & Hydration Treatment	
80 minutes	\$340
Exfoliation, Hydration & Heat Treatment	
110 minutes	\$450
The Full Mountain Radiance Treatment	

BODY THERAPY ENHANCEMENTS

HAND TREATMENT

25 minutes	\$100
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FOOT TREATMENT

25 minutes	\$100
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SCALP TREATMENT

25 minutes	\$100
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DRY BRUSH

25 minutes	\$100
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THERAGUN TREATMENT

25 minutes	\$100
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HAND & FOOT TREATMENT

50 minutes	\$200
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All body therapies can be performed in the couple's suite upon request.

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NEST. SPA TREATMENT PRICES



SKINCARE

SIGNATURE FACIAL

50 minutes	\$210
80 minutes	\$320

HYDRAFACIAL

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

REVIVE FACIAL

50 minutes	\$250
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RESTORE FACIAL

80 minutes	\$360
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RADIATE FACIAL

110 minutes	\$495
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FACIAL ENHANCEMENTS | 25 MIN.

LED Light Therapy	\$90
Oxygen Treatment	\$90
Lymphatic Facial Massage	\$90
Foot Treatment	\$90
Scalp Treatment	\$90
Hand Treatment	\$90

SCULPT

ICOONE: BODY

80 minutes	\$450
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ICOONE: BODY AND FACE

110 minutes	\$600
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RESTORE FACIAL

80 minutes	\$360
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RADIATE FACIAL

110 minutes	\$495
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JOANNA CZECH METHOD

ENHANCED FACIAL

80 minutes	\$650
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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
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PRIVATE MALAS AND MANTRAS

75 minutes	\$220
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PRIVATE AERIAL YOGA INDOORS

50 minutes	\$135
75 minutes	\$210

PRIVATE PERSONAL TRAINING

50 minutes	\$130
75 minutes	\$200

PRIVATE TRX

50 minutes	\$130
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PRIVATE HIIT

50 minutes	\$130
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PRIVATE STRETCH AND RELEASE

50 minutes	\$130
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PRIVATE BARRE

50 minutes	\$130
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PRIVATE CARDIO DANCE

50 minutes	\$130
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PRIVATE BUNGEE FIT AND FLY

50 minutes	\$135
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PRIVATE BOOTCAMP

50 minutes	\$130
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RECOVERY LAB

WEIGHTLESS COMPRESSION

50 minutes	\$125
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PRE OR POST PERCUSSION

50 minutes	\$260
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ASSISTED STRETCHING

50 minutes	\$125
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CUPPING FOR RECOVERY

50 minutes	\$260
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FASCIAL SCRAPING AND FLOSSING

50 minutes	\$220
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ROLL AND RELEASE

30 minutes	\$90
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LIGHTSTIM

50 minutes	\$170
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PERSONAL TRAINING + CUSTOMIZED RECOVERY

90 minutes	\$225
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Each 50 minute additional person is \$50

Each 75 minute additional person is \$75

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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

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

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