

# September 2017

■ Complimentary Activity \*Reservation required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Daily Activities:</b> ■ Afternoon Tea, 4:00 pm ■ Happy Hour, 19th Pub, 4:00 pm</p> <p><b>Nightly Activities (start times vary):</b> ■ S'mores on the Terrace ■ Stargazing</p> <p>Events and activities are subject to change.</p> <p><b>Complimentary shuttles will depart from The Lodge for activities every hour on the half hour from 7:30 am until 5:30 pm.</b></p> <p><b>Dinner shuttles available upon request.</b></p>					<p><b>1</b></p> <p>3:00 PM: Fly Tying 3:00 PM: The Power Game 5:00 PM: Manager's Reception 5:30-7:30 PM: Live Music (Lodge) 6:30-8:30 PM: Live Music (Stables Saloon) Craig Vaughan Experience 7:00 PM: Native American History Display 9:30 PM: Whiskey Tasting</p>	<p><b>2</b></p> <p>9:00 AM: Yoga 10:00 AM: Make a Cherokee Talking Feather Activity 10:00 AM: Interpretive Hike 10:30 AM: Forest Bathing 11:00 AM: Native American Dance Stick Activity 12:00 PM: Ceremonial Dance 12:00 PM: College Football (Theater) 1:00 PM: Putt Like a Champion 3:00 PM: Primitive Hunting Tools 4:00 PM: Coil Pottery Activity 5:00 PM: Manager's Reception 6:30-8:30 PM: Live Music (Stables Saloon) Blue 58 Band 9:30 PM: Scotch Tasting</p>
<b>NATIVE AMERICAN WEEKEND</b>						
<p><b>3</b></p> <p>9:00 AM: Forest Bathing and Yoga 11:30 AM: Brunch* 10:00 AM: Cherokee Morning Ritual, Walk to Medicine Creek 5:30-7:30 PM: Live Music (Stables Saloon) Stevie Barr</p>	<p><b>4</b></p> <p>1:00 PM: Nature Hike 8:30 PM: Kids Astronomy</p>	<p><b>5</b></p> <p>9:00-10:00 AM: Gardeners Tour 3:00 PM: Archery/Air rifle</p>	<p><b>6</b></p> <p>11:00 AM: Mountain Bike Ride</p>	<p><b>7</b></p> <p>9:00-10:00 AM: Chef's Garden Tour 1:00 PM: Interpretive Hike 6:30-8:30 PM: Live Music (Stables Saloon) Craig Vaughan</p>	<p><b>8</b></p> <p>3:00 PM: Fly Tying 3:00 PM: The Power Game 5:00 PM: Manager's Reception 5:30-7:30 PM: Live Music (Lodge) 6:30-8:30 PM: Live Music (Stables Saloon) Johnny and Jeanette Williams 9:30 PM: Whiskey Tasting</p>	<p><b>9</b></p> <p>9:00 AM: Yoga 10:00 AM: Interpretive Hike 10:30 AM: Forest Bathing 1:00 PM: Putt Like a Champion 5:00 PM: Manager's Reception 6:30-8:30 PM: Live Music (Stables Saloon) Ten Brooks Bluegrass 9:30 PM: Scotch Tasting</p>
<b>NATIVE AMERICAN WEEKEND</b>	<b>LABOR DAY</b>					
<p><b>10</b></p> <p>9:00 AM: Forest Bathing and Yoga 11:30 AM: Brunch*</p>	<p><b>11</b></p> <p>1:00 PM: Nature Hike</p>	<p><b>12</b></p> <p>9:00-10:00 AM: Gardeners Tour 3:00 PM: Archery/Air rifle</p>	<p><b>13</b></p> <p>11:00 AM: Trail Run</p>	<p><b>14</b></p> <p>9:00-10:00 AM: Chef's Garden Tour 1:00 PM: Interpretive Hike 6:30-8:30 PM: Live Music (Stables Saloon) Acoustic Duo</p>	<p><b>15</b></p> <p>11:00 AM: Culinary Class 3:00 PM: Fly Tying 3:00 PM: The Power Game 5:00 PM: Manager's Reception 5:30-7:30 PM: Live Music (Lodge) 6:30-8:30 PM: Live Music (Stables Saloon) Steve Marshall &amp; High Road 9:30 PM: Whiskey Tasting</p>	<p><b>16</b></p> <p>9:00 AM: Yoga 10:00 AM: Interpretive Hike 10:30 AM: Forest Bathing 1:00 PM: Putt Like a Champion 5:00 PM: Manager's Reception 6:30-8:30 PM: Live Music (Stables Saloon) Blue 58 Band 9:30 PM: Scotch Tasting</p>
<b>CROOKED ROAD KICK-OFF FESTIVAL</b>						
<p><b>17</b></p> <p>9:00 AM: Forest Bathing and Yoga 11:30 AM: Brunch* 3:00-4:15 PM: Live Music (Stables Saloon)- Blue 58 Band 4:30-5:45 PM: Live Music (Stables Saloon)- Adam McPeak and Mountain Thunder 6:30-8:30 PM: Live Music (Stables Saloon)- Church Sisters</p>	<p><b>18</b></p> <p>1:00 PM: Nature Hike</p>	<p><b>19</b></p> <p>9:00-10:00 AM: Gardeners Tour 3:00 PM: Archery/Air rifle</p>	<p><b>20</b></p> <p>11:00 AM: Mountain Bike Ride</p>	<p><b>21</b></p> <p>9:00-10:00 AM: Chef's Garden Tour 1:00 PM: Interpretive Hike 6:30-8:30 PM: Live Music (Stables Saloon) Craig Vaughan</p>	<p><b>22</b></p> <p>3:00 PM: Fly Tying 3:00 PM: The Power Game 5:00 PM: Manager's Reception 5:30-7:30 PM: Live Music (Lodge) 6:30-8:30 PM: Live Music (Stables Saloon) Max Grass Bluegrass 9:30 PM: Whiskey Tasting</p>	<p><b>23</b></p> <p>9:00 AM: Yoga 10:00 AM: Interpretive Hike 10:30 AM: Forest Bathing 1:00 PM: Putt Like a Champion 5:00 PM: Manager's Reception 6:30-8:30 PM: Live Music (Stables Saloon) Bruce Moseley &amp; Friends 9:30 PM: Scotch Tasting</p>
<b>CROOKED ROAD KICK-OFF FESTIVAL</b>						
<p><b>24</b></p> <p>9:00 AM: Forest Bathing and Yoga 11:30 AM: Brunch*</p>	<p><b>25</b></p> <p>1:00 PM: Nature Hike</p>	<p><b>26</b></p> <p>9:00-10:00 AM: Gardeners Tour 3:00 PM: Archery/Air rifle</p>	<p><b>27</b></p> <p>11:00 AM: Trail Run</p>	<p><b>28</b></p> <p>9:00-10:00 AM: Chef's Garden Tour 1:00 PM: Interpretive Hike 6:30-8:30 PM: Live Music (Stables Saloon) Craig Vaughan</p>	<p><b>29</b></p> <p>3:00 PM: Fly Tying 3:00 PM: The Power Game 5:00 PM: Manager's Reception 5:30-7:30 PM: Live Music (Lodge) 6:30-8:30 PM: Live Music (Stables Saloon) Max Grass Bluegrass 9:30 PM: Whiskey Tasting</p>	<p><b>30</b></p> <p>9:00 AM: Yoga 10:00 AM: Interpretive Hike 10:30 AM: Forest Bathing 1:00 PM: Putt Like a Champion 5:00 PM: Manager's Reception 6:30-8:30 PM: Live Music (Stables Saloon) Crossfire Bluegrass 9:30 PM: Scotch Tasting</p>



## September 2017 activities and events





At Primland, you can try everything or, with great pleasure, do very, very little. If you have questions, or you would like to make a reservation please contact Guest Services at extension 3940.

## DAILY ACTIVITIES

### Complimentary Shuttles

Hourly, 7:30am – 5:30pm

Complimentary shuttles will depart from The Lodge for activities at the following times. Dinner shuttles upon request.

### Afternoon Tea

Daily, 4:00pm – 5:00pm

Relax with a comforting cup of tea. Enjoy a variety of Tea Forté teas and seasonal treats in the Great Hall.

### Happy Hour, 19th Pub

Daily, 4:00pm – 5:00pm

Featuring select \$6 moonshine cocktails which reflect the region's bootlegging history.

### S'mores on the Terrace

Nightly, start times vary

In the evening, convene on the North Terrace around a welcoming fire. Top off the night with a sweet treat — s'mores fixings are available at all times for your pleasure.

### Kids Astronomy

Monday – Thursday, 8:30pm

Embark on a journey through the cosmos and learn to navigate your way around the night sky. Explore the constellations, bright stars and deep space objects that are visible in the summer night sky with the aid of a telescope

### Nightly Stargazing (weather permitting)

Nightly, 9:00pm and 10:30pm

The sky is truly the limit at Primland. You are invited to take a tour of the universe in our state of the art observatory dome using the latest technology for stargazing and astrophotography. On clear nights, the roof of the dome slides back to reveal the night sky above. Using a combination of traditional naked eye and advanced telescope viewing, you will explore the beautiful winter sky and extraordinary deep space objects visible from our dark location away from city lights. To make advance reservations, contact the Front Desk at (276) 222-3940 or email stargazing@primland.com. Please check in at the Front Desk of the Lodge at your scheduled reservation time to meet your guide. \$35/person, no charge for children under 10.

### Manager's Reception

Fridays and Saturdays, 5:00pm

Start your evening in the Great Hall at our Manager's Reception with complimentary wine and canapés.

## SPORTS AND FITNESS

\*Please note, these activities will be cancelled after September 4.

### Achery/Air rifle

Mondays, 10:00am

Learn the proper techniques for handling archery equipment, then practice shooting at bull's-eye and 3-D targets. Air guns include Daisy, Benjamin and Gamo with spinner, bulls-eye, rolling and balloon style targets.

### Nature Hike

Mondays, 1:00pm

Hike along the Pinnacle Overlook Trail with one of our expert guides, and discover the abundance of flora and fauna along the way.

### Fly Tying

Fridays, 3:00pm

Local guides will show you how to create favorite fly patterns, some renowned and some less publicized. For those wishing to try their hand, there will be an open vise and plenty of guidance in how to create something that will catch fish.

### Golf Family Clinics

For information on instruction and tee times, please contact the Golf Shop at extension 3827, open 7:30am – 6:00pm. Tune up your game with one of our clinics, led by Primland Teaching Professional Craig Gunn. Cost is \$30 per clinic. Meet at the Pro Shop.

- Fridays, 3:00pm – The Power Game
- Saturdays, 1:00pm – Putt like a champion

### Yoga

Saturdays and Sundays at 9:00am; limit of 8 people

Reinvigorate your muscles with a yoga session. Meet in the Spa Wellness Center. Advance reservations required. Wear comfortable shoes for walk to yoga deck. Please sign up prior to class by calling the Spa at extension 3965.

### Guided Hikes and Trail Run

Guests must sign up an hour in advance.

### Forest Bathing

Saturdays, 10:30am-12:30am

Composed of a meditative walk through nature, is recognized for its rejuvenating and restorative benefits through the techniques of deep nature connection, physically and mentally.

**\$30.00 per person.**

## ENTERTAINMENT AND ENLIGHTENMENT

### Theatre

Relax indoors with the whole family in our intimate theatre, which is available by reservation. Settle into our plush sofas and watch a movie of your choice — we'll gladly set it up for you. Rent theatre for up to 3 hours for \$50, by contacting Guest Services to reserve.

### Whiskey Tasting

Fridays, 9:30pm

Visit the 19th Pub for a sampling of five craft whiskeys — mostly bourbons. Learn how each is made and what contributes to their distinctive characteristics. **\$35 per person.**

### Single Malt Scotch Tasting

Saturdays, 9:30pm

Sip premium spirits at our single malt Scotch tasting in the 19th Pub. Sample tastes of five different single malt Scotches, from light and delicate to peaty and robust. **\$35 per person.**

### Gardeners Tour

Tuesdays, 9:00am - 10:00am

Learn about the varieties of vegetables and herbs growing in the Primland garden, including basic growing tips and harvesting methods, with a complimentary tour by our expert gardener.

### Chef's Garden Tour

Thursdays, 9:00am - 10:00am

Learn about the varieties of vegetables and herbs growing in the Primland garden, including basic growing tips and harvesting methods, with a complimentary tour by our chef

## DINING

### Stables Saloon

Open Wednesdays – Saturdays; Live Music Thursdays – Saturdays

Open Sunday, September 3 with Live Music

For a casual dining experience, the Stables Saloon beckons with a lively atmosphere and a hearty meal that can be enjoyed by the whole family. Please check with Guest Services for availability.

### Sunday Brunch

Sundays, 11:30am – 2:00pm

Brunch includes an entrée, a fresh continental buffet, a divine dessert buffet and all non-alcoholic drinks. \$29 per person; children age 10 and under dine free on the continental and dessert buffets. Kids menus available. Taxes and gratuity are additional. Last seating at 1:30pm.

### Elements

Breakfast: Daily, 7:00am – 11:00am

Sunday Brunch: 11:30am – 2:00pm

Dinner: Daily, 6:00pm – 9:00pm

Dress code: casual for breakfast; formal for dinner

### 19th Pub

Daily, 11:00am – 11:00pm

The lively atmosphere of the 19th Pub beckons with casual, hearty pub fare and a bar well stocked with draught beers, single malts and favorite cocktails. Walk-ins welcome.

### High Noon Cookout

Saturdays, 12:00pm - 2:00pm

On the Lodge Terrace, weather permitting.

### In-Room Dining

Daily, 7:00am – 11:00pm

Available 24 hours with limited menu 11:00pm – 7:00am

## OTHER ACTIVITIES

If you are interested in more information or making a reservation for any of the following activities please call Guest Services at extension 3940.

- Off-Road RTV Tours
- Disc Golf
- Horseback Riding
- Pond Fishing
- Mountain or Road Biking
- Tree climbing
- Paddle boarding
- Kayaking
- Spa
- Sporting Clays
- Tennis
- Tomahawk Throwing
- Games Room

## NEWS AND EVENTS

### Native American Weekend

With Thunder-Dancer and E Nah Dah

“Harvest Time” Sept 1-3, 2017

**Session I: Fri. Sept 1** - Native American History Display

– Great Hall Lobby 7:00pm

- History of the South East Woodland ,local American Indians displays, discussions

**Session II: Sat. Sept 2** - Make A Cherokee Talking Feather Activity

–Galaxy Foyer 10:00am

- History of “talking feather”, Make Your Own “talking feather”
- Option to assemble Native American Workbook

- Bear story

**Session III: Sat. Sept 2** – Native American Dance Stick Activity

–Galaxy Foyer 11:00am

- History of Native American dance stick, make your own dance stick

- Option to assemble Native American Workbook

- Bear story

**Session III: Sat. Sept 2** - Ceremonial Dance – Galaxy Foyer 12:00am

- Demonstration of Male / Female Traditional Dances,

- Participation in dance, Questions

**Session IV: Sat. Sept 2** - Primitive Hunting Tools Display,

Demonstration, Interaction– East Terrace 3:00pm

- Display of primitive tools

- Demonstrate use , questions

- Guest participation

**Session V: Sat. Sept 2** – Coil Pottery Activity– Galaxy Foyer 4:00pm

- History of Native American coil pottery, make your own coil pot

- Option to assemble Native American Workbook

- Bear story

**Session VII: Sun. Sept 3** - Cherokee Morning Ritual, Walk to Medicine

Creek meet in Great Hall 10:00am

- Morning Ritual

- Walk to creek, participate in ceremony, return hike

## Crooked Road kick-off festival at Primland's Stables Saloon

September 15 –17, 2017

As an affiliate venue of The Crooked Road, Primland's Stables Saloon will host a Crooked Road Kick-off Festival. Enjoy three-days full of toe-tapping bluegrass music and plenty of Southern favorites featuring a Chuck Wagon buffet.

To make a reservation for this event, please contact Reservations at 866.960.7746.

