



body • mind • mountains

Interpretive Hike

Saturdays, 10:30am | Complimentary

Join a Primland guide on this complimentary informative hike through the Primland grounds.

Must sign up by one hour prior to hike.

Meet in the Lodge Lobby.

Colors of the Mountains

Wednesdays and Fridays, 1:00pm | Complimentary

From the lush green canopy of late summer, to autumn's brilliant hues, to the breathtaking views of late fall. Join one of Primland's certified naturalists, as you explore one of the world's most bio diverse plant communities.

Native Walk

Available upon request | Reservation Required

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. The walk concludes with a special ceremony at the Medicine Wheel that will leave you feeling revitalized. \$30.00 per person

Fairy Doors/Woodland Creature Trail

Available Upon Request

Peek into magical world of the forest to find the Woodland Creatures and spot the hidden Fairy doorways. Try to capture the mystery and wonder of what the forest has to offer. This trail is designed for smaller children aged 2-8.

Yoga

Saturdays, 9:00am | Complimentary

Private yoga and meditation instruction is available upon request. For experienced practitioners, there are two private yoga & meditation decks located on the property for guests to use at their convenience.

**For more information,
please contact the Spa at ext. 3965.**