

THIS WEEK *at* Wintergreen Resort

THURSDAY, SEPTEMBER 21 - WEDNESDAY, SEPTEMBER 27

DAILY ACTIVITIES

Friday, September 22

6-9 pm Live Music! (Stoney Creek Bar & Grill, ext. 8110) Adrian Duke

9 pm Live Music (The Edge, ext. 8080) Red Light Rodeo

Saturday, September 23

10 am Restorative Yoga (The Spa, ext. 8562) Yoga techniques for a full body, mind and spirit workout. All skill levels welcome. Limited space.

10 am A Visit with Thomas Nelson: Direct Descendant of Governor Thomas Nelson (The Nature Foundation, ext. 8169) Living in Nelson County is the fourth great grandson of Governor Thomas Nelson who followed Thomas Jefferson as governor of Virginia in 1781. Tom has thoroughly studied his family history and we'll visit his home office in Roseland which will include a short reenactment of Governor Nelson and viewing of the collected historic documents. Pack a bag lunch. Advance registration required. \$15/Nature Foundation Member, \$20/Non-Member.

10 am Living with Nature Hike (The Nature Foundation, ext. 8169) Join a Foundation Naturalist for a moderate interpretive hike. Advance registration required. FREE/Nature Foundation Members, \$8/Non-Members.

9 pm Live Music (The Edge, ext. 8080) Choose Your Own Adventure

Sunday, September 24

9 am Interdenominational Worship (The Lookout) Rob Mansfield, Jr.

Tuesday, September 26

8 am Men's Bible Study (The Gristmill)

Wednesday, September 27

9am The Balds of Cold Mountain (The Nature Foundation, ext. 8169) Join Josh Palumbo as we climb Cold Mountain. The moderate 5.7 mile hike to this peak along the Appalachian Trail is like few others in central Virginia. Don't miss the opportunity to see this unique ecosystem while experiencing 360 degree panoramic views. Please bring plenty of food and water. Advance registration required. \$10/Nature Foundation Member, \$12/Non-Member.

10-11:15 am Hatha YOGA with Caroline Avant* (Fitness Center, ext.8562) Yoga is beneficial for a variety of age-related ailments and can lead to greater flexibility, strength, balance, pain relief and overall well-being. This class does require the ability to move from standing to laying down on a mat.

11:30 am Meditation Class* (Fitness Center, ext.8562) Meditation balances your internal and external experience bringing with it a host of health benefits. This mindfulness based technique, coupled with using ambient soundtracks will give you the tools and understanding to create more balance, peace and fulfillment in your life. Please bring a notepad and pen for journaling.

**Open to Resort Guests, Members and their Guests \$15; \$10 for Members and their Guests. MUST be per-registered by Tuesday night at 8pm. No Walk-ins for Yoga and Meditation.*

UPCOMING EVENTS

September 27 *The Balds of Cold Mountain TNFW*

September 29 *Fall Migration of Song Birds through the Appalachians, TNFW*

September 30 *Migratory Bird Walk*

October 5 *Journey to High Places Hike, TNFW*

October 6-8 Columbus Weekend *Cake donut and apple cider social and all the bounty of the season. Also final race for The Tread & Trail Series.*

October 7 *Plant Sale, TNFW*

October 19 *Journey to High Places Hike, TNFW*

October 21 *Fall Foliage Hike, TNFW*

October 27-29 *Harvest Fest Fun for the whole family with a Halloween twist*

November 3-5 *A Journey to Wellens A weekend of of yoga, meditation, spa time and mountain beauty*

November 22-26 *Thanksgiving Weekend The holiday season starts with Thanksgiving. Traditional feasting, the grand illumination, holiday workshops and family fun.*

DAILY GOLF CLINICS

Tips for the beginners or a refresher on fundamentals: Stoney Creek at 11 am and Devils Knob at 2 pm (Devils Knob is exclusive to members, guests of members and registered resort guests). Reserve 24 hrs in advance, call (434) 325-8255. Clinic price: \$30.

SPECIALTY DRINKS

at The Gristmill Coffee Shop

Espresso Cola Float
Sparkling Iced Espresso
Espresso Panda
Baileys Iced Caramel Creme



A JOURNEY TO WELLNESS

at The Spa at Wintergreen, ext. 8562

November 3-5, 2017

A weekend of yoga, meditation, spa time
and mountain beauty



DINING OPTIONS

The Copper Mine Bistro 434-325-8090

A relaxed bistro in the heart of the Mountain Village, The Copper Mine Bistro serves a traditional breakfast in the morning and an innovative Mediterranean menu at dinner. Around the clock, the atmosphere is casual and comfortable, and you'll enjoy our creative menu of tapas and the popular gourmet pizzas. *Dinner reservations strongly suggested.*

The Edge 434-325-8080

The Edge is casual and family-friendly with a rustic mountain flare. At lunch and dinner, savor a complete menu of tempting appetizers, seasonal salads, flavorful sandwiches and hearty entrées all served with the best view on the mountain. The energetic bar is the place to be when the sun sets, with live entertainment offered seasonally. *Seating is on a first come, first served basis.*

Stoney Creek Bar & Grill 434-325-8110

Located in the valley, the Stoney Creek Bar & Grill provides the best setting to enjoy the Blue Ridge Mountains in a casual, friendly atmosphere. Lunch includes crisp salads, savory sandwiches, fabulous burgers and tempting desserts. Dinner menu features contemporary American fare. And Sunday brunch offers your favorite breakfast and lunch items. Be sure to enjoy the fresh air and dine alfresco on the porch or patio, weather permitting. *Dinner and Brunch reservations suggested.*

Devils Grill 434-325-8100

Situated at the Devils Knob Golf Course, Devils Grill serves elegant contemporary American fare in a beautiful club setting using the freshest and highest quality food, much of which is sourced locally. You'll also enjoy relaxing in the cozy bar after a day on the golf course. Devils Grill is exclusive to registered Wintergreen Resort guests, Wintergreen Members and guests of Members. *Dinner reservations strongly recommended.*

The Gristmill Coffee Bar 434-325-8115

The Gristmill Coffee Bar is a cozy gathering place for friends and family. Serving specialty coffee drinks along with brewed coffee, hot chocolate, teas, beer, wine and light snacks. Located in the Mountain Inn.

(B) = Breakfast (Br)= Brunch (L)= Lunch (D)= Dinner (Ln)= Late Night

DINING HOURS

	21	22	23	24	25	26	27
	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Devils Grill	(L)11:30 am-4 pm	(L)11:30 am-4 pm	(L)11:30 am-4 pm	(L)11:30 am-4 pm	(L)11:30 am-4 pm	(L)11:30 am-4 pm	(L)11:30 am-4 pm
	(D)5:30-9 pm	(D)5:30-9:30 pm	(D)6:30-9:30 pm	(D)5:30-9 pm	(D)Closed	(D)Closed	(D)Closed
The Copper Mine Bistro	(B) 7-11 am	(B) 7-11 am	(B) 7-11 am	(B) 7-11 am	(B) 7-11 am	(B) 7-11 am	(B) 7-11 am
	(D)5:30-9 pm	(D)5:30-9:30 pm	(D)5:30-9:30 pm	Closed	Closed	Closed	Closed
Stoney Creek Bar & Grill	(L)11 am-3 pm	(L)11 am-3 pm	(L)11 am-3 pm	(BR)10 am-2 pm	(L)Closed	(L)11 am-3 pm	(L)11 am-3 pm
	(D)Closed	(D)5-9 pm	(D)5-9 pm	(D)Closed	(D)Closed	(D)Closed	(D)Closed
The Edge	11:30 am-10 pm	11:30 am-12 am	11 am-12 am	11 am-10 pm	11:30 am-10 pm	11:30 am-10 pm	11:30 am-10 pm
The Gristmill	Closed	11 am-6 pm	7 am-6 pm	7 am-12 pm	Closed	Closed	Closed

RECREATION

	21	22	23	24	25	26	27
	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Golf - Stoney Creek	8 am-5 pm	8 am-5:30 pm	8 am-5:30 pm	8 am-5:30 pm	8 am-5 pm	8 am-5 pm	8 am-5 pm
Golf - Devils Knob	8 am-5 pm	8 am-5:30 pm	8 am-5:30 pm	8 am-5:30 pm	8 am-5 pm	8 am-5 pm	8 am-5 pm
DK Tennis	8:30 am-3 pm	8:30 am-5 pm	8:30 am-5 pm	8:30 am-4 pm	8:30 am-3 pm	8:30 am-3 pm	8:30 am-3 pm
SC Tennis	8:30 am - 5:30 pm	8:30 am - 5:30 pm	8:30 am - 5:30 pm	8:30 am - 5:30 pm	8:30 am - 5:30 pm	8:30 am - 5:30 pm	8:30 am - 5:30 pm
Adventure Center	Closed	Closed	10 am-6 pm	10 am-5 pm	Closed	Closed	Closed
The Zip/Plunge Tubing	Closed	Closed	10:30 am -2:30 pm	Closed	Closed	Closed	Closed
Archery (1 hour sessions)	Closed	Closed	3:30 - 5:30 pm	Closed	Closed	Closed	Closed
Lake Monocan	Closed for the season. See you next summer!						
Spa	9 am - 7 pm	8 am - 9 pm	8 am - 9 pm	8 am - 7 pm	9 am - 7 pm	9 am - 7 pm	9 am - 7 pm
Aquatics & Fitness	7 am - 8 pm	7 am - 9 pm	7 am - 9 pm	7 am - 8 pm	7 am - 8 pm	7 am - 8 pm	7 am - 8 pm
Stoney Creek Pool	Closed for the season						
Children's Programs	Closed for the season. See you in the winter!						

Hiking Wintergreen has over 30 miles of marked hiking trails for you to explore. Guided hikes are offered by The Nature Foundation. Maps are available at the Front Desk and The Nature Center for \$3.

The Plunge Tubing Park, 434-325-8180 This favorite winter activity transforms into the summer version. *Reservations suggested.*

Discovery Ridge Adventure Center, 434-325-8180 Outside adventure includes the bungee trampoline, a climbing wall and miniature golf. Indoor you'll find Bounce Bot, Xboxes with Kinect systems, Wiis, 42-inch TVs with gaming stations, foosball, pool table, air hockey and mechanical bull.

The Zip, 434-325-8180 For adventurers who thrive on thrills. *Reservations suggested.*

Archery, 434-325-8180 For ages 8 and up, we offer instruction and field time for the beginner and advanced archer. *Reservations suggested.*

***Lake Monocan, 434-325-8180** Located in the valley. Enjoy swimming, boating, or just sunning on the beach. You'll also find all kinds of old fashioned fun, picnic tables, snack shop and more.

Children's Programs, 434-325-8179 Headquartered at The Treehouse, Wintergreen's counselors are "fun experts" and will keep everyone active and happy. For ages 2½-12.

**Exclusive: Devils Knob Golf, Devils Grill, Tennis, Aquatics & Fitness Center and Saturdays at Lake Monocan have exclusive access for registered Wintergreen Resort guests, Wintergreen Members and guests of Members.*

RECREATION

Golf, 434-325-8250 Wintergreen offers 45 holes of golf from the top of the Blue Ridge to the bottom. Devils Knob (*Exclusive**), an Ellis Maples design, offers 50 mile panoramic views. Down in the valley, the Rees Jones Stoney Creek course uses the mountains as a backdrop. Be sure to check out the Wintergreen Golf Academy.

***Tennis, 434-325-8235** With 19 clay courts, three indoor deco-turf courts and the award-winning Wintergreen Tennis Academy, your game will reach new heights. Ask about our junior tennis camps.

The Spa at Wintergreen, 434-325-8562 The Spa offers a range of wellness services and spa treatments restoring balance to your body, soul and spirit. *Reservations suggested. Open to the public.*

***Aquatics & Fitness Center, 434-325-8562** The Aquatics & Fitness Center features an indoor pool, seasonal outdoor pool, hot tubs, sauna, steam room, a well-equipped exercise center, locker rooms and fitness classes (fees apply). Resort guests staying with Wintergreen have complimentary access.

***Stoney Creek Pool, 434-325-9306** Located at Stoney Creek Golf.





SHOPPING

The Market at Wintergreen, Ext. 8224

Boar's Head deli meats, cheeses and sandwiches, pizza, salads, beer, wines, groceries, daily fresh bread and baked goods, gluten free and organic products and the only gasoline on the mountain.

The General Store Ext. 8229

Starbucks, Brighton, Vera Bradley and gifts, including apparel, pet accessories and kid-stuff featuring the Wintergreen logo. Snacks, candy, baked goods, beverages, beer and wine.

The Spa Store, Ext. 8562

Eminence, Sydney Hale Candles, Just Neem and Kashwere are the flagship products at the Spa at Wintergreen. You'll also find bath, body and skin care products along with Paul Mitchell hair care products and swimwear.

Devils Knob & Stoney Creek Golf Pro Shops, ext. 8250

Fine Wintergreen logo apparel, accessories, equipment and rentals with products from Adidas, AM&E, Bella Crystal, Bushnell, Callaway, Cutter and Buck, Devant, EP Pro, Footjoy, Greg Norman, Imperial, Level Wear and Nike.

Devils Knob Tennis Pro Shop, ext. 8235

Racquets by Babolat, Wilson and Head. Custom stringing and re-gripping. Wintergreen caps, visors and jackets. Apparel from Tail, Bolle, Nike, Sofibella, Lucky in Love and more. Unique tennis accessories and gifts.

Nature Foundation Shoppe, Ext. 8169

Unique toys, games, puzzles, hiking maps, outdoor books, bird-feeders and accessories related to discovering the environment.

Trail Blazers, Ext. 8231

Outdoor clothing, footwear and accessories from brands like Helly Hansen, The North Face, Addidas, Kühl, Smith and more!

SHOPPING

	21	22	23	24	25	26	27
	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
The General Store	9 am-5 pm	9 am-6 pm	9 am-6 pm	9 am-5 pm	9 am-5 pm	9 am-5 pm	9 am-5 pm
The Spa Store	7 am-8 pm	7 am-9 pm	7 am-9 pm	7 am-8 pm	7 am-8 pm	7 am-8 pm	7 am-8 pm
Devils Knob Tennis Pro Shop	8:30 am-3 pm	8:30 am-5 pm	8:30 am-5 pm	8:30 am-4 pm	8:30 am-3 pm	8:30 am-3 pm	8:30 am-3 pm
Stoney Creek Golf Pro Shop	7 am-5 pm	7 am-5:30 pm	7 am-5:30 pm	7 am-5:30 pm	7 am-5 pm	7 am-5 pm	7 am-5 pm
Devils Knob Golf Pro Shop	7 am-5 pm	7 am-5:30 pm	6:30 am-5:30 pm	6:30 am-5:30 pm	7 am-5 pm	7 am-5 pm	7 am-5 pm
The Market	7:30 am-7 pm	7:30 am-9 pm	7:30 am-9 pm	7:30 am-7 pm	7:30 am-7 pm	7:30 am-7 pm	7:30 am-7 pm
The Market Deli	7:30 am-6 pm	7:30 am-8 pm	7:30 am-8 pm	7:30 am-6 pm	7:30 am-6 pm	7:30 am-6 pm	7:30 am-6 pm
Trail Blazers	9 am-5 pm	9 am-5 pm	9 am-5 pm	9 am-5 pm	9 am-5 pm	9 am-5 pm	9 am-5 pm

MISC.

	21	22	23	24	25	26	27
	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Membership Office	9 am-5 pm	9 am-5 pm	9 am-5 pm	Closed	Closed	9 am-5 pm	9 am-5 pm
The Nature Foundation	9 am-12 pm	9 am-4:30 pm	9 am-4:30 pm	Closed	Closed	9 am-4:30 pm	9 am-4:30 pm
Real Estate Sales	9 am-5 pm	9 am-5 pm	9 am-5 pm	9 am-5 pm	9 am-5 pm	9 am-5 pm	9 am-5 pm

Wintergreen Resort
 Premier Properties
 THE OFFICIAL REAL ESTATE COMPANY OF WINTERGREEN RESORT
REAL ESTATE SALES OFFICE
 OPEN DAILY - 9AM-5PM
434-325-8018
 Located Only in the Mountain Inn

The Spa at Wintergreen Resort

Fall Seasonal Treatments

- Pumpkin Chai Pampering
- Autumn Harvest Facial/Wrap
- Pumpkin Chai Organic Massage