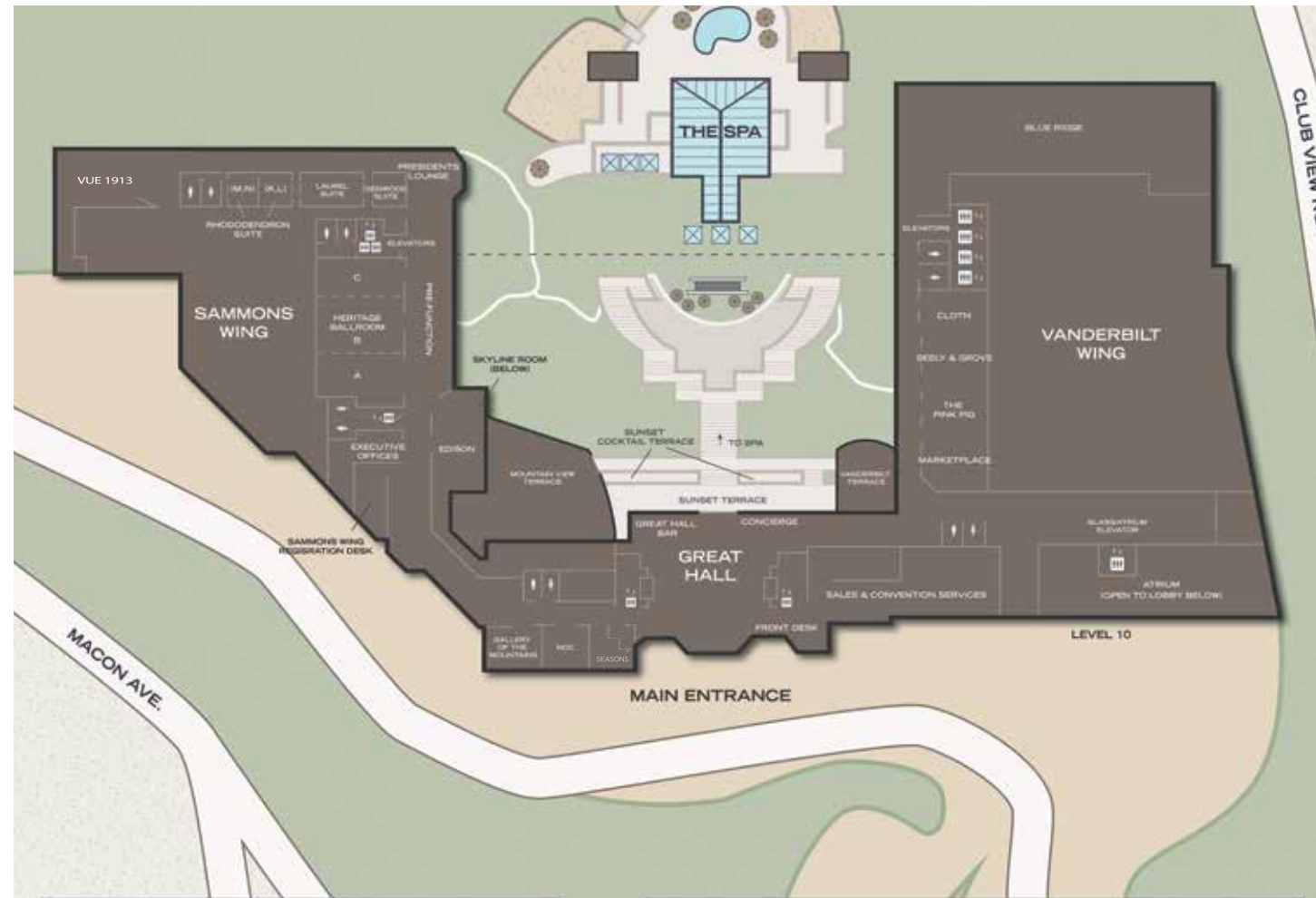


RESORT AREA MAP



**GUEST ROOMS**

**Main Inn**  
All three-digit rooms are located in the Main Inn

**Sammons Wing**  
All four-digit rooms ending with the numbers 11-44 are located in the Sammons Wing

**Vanderbilt Wing**  
All four-digit rooms ending with the numbers 50-77 are located in the Vanderbilt Wing

**Spa**  
Take the guest floor elevators in the Sammons or Vanderbilt Wing to access Spa tunnel

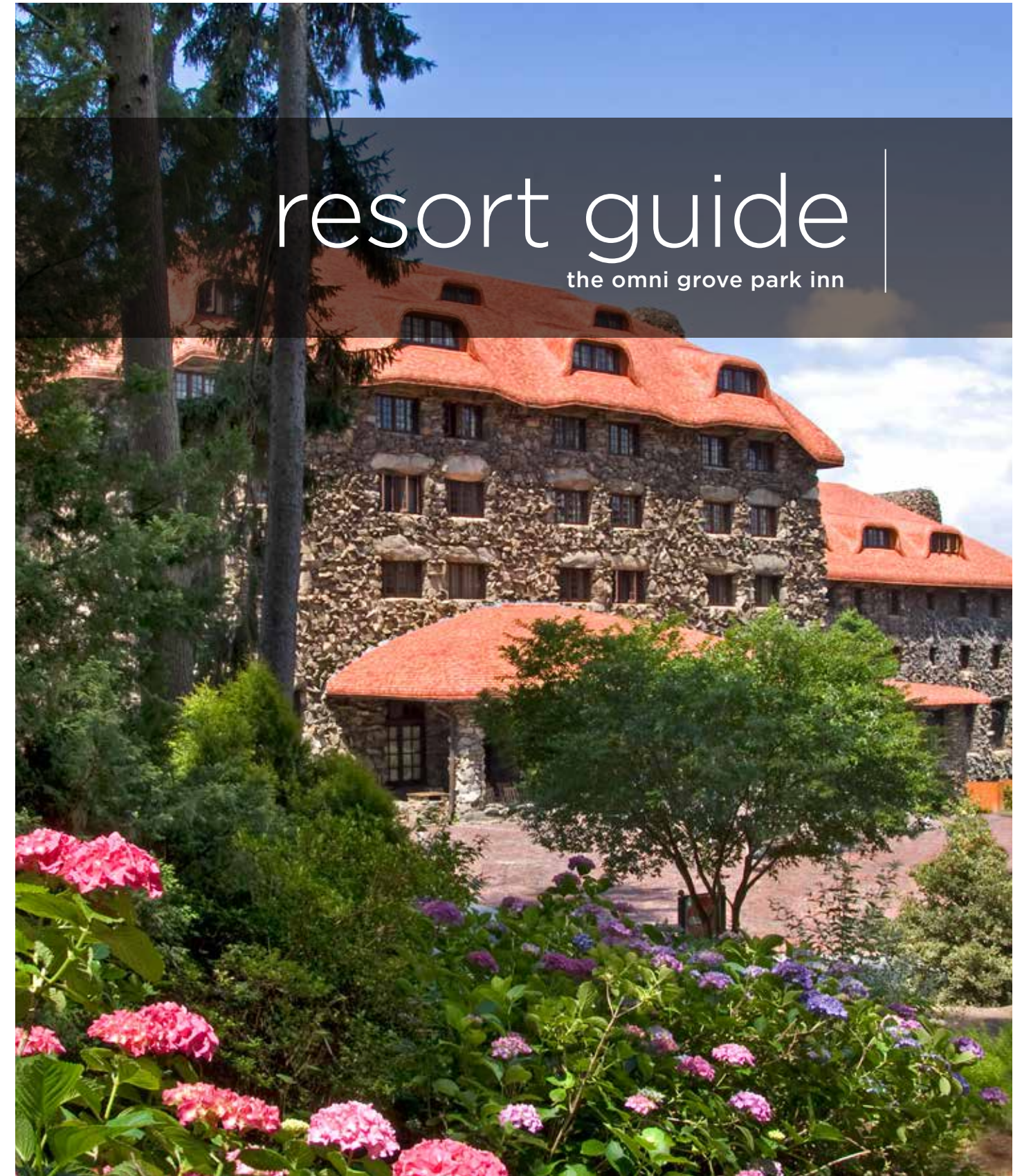
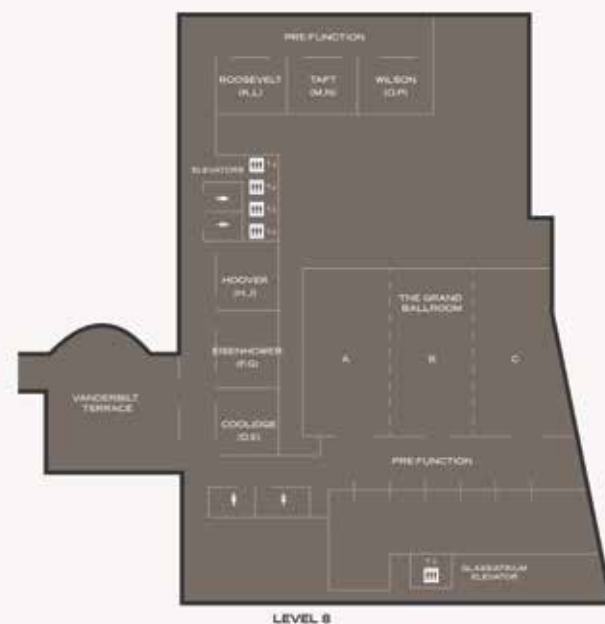
**Elaine's Dueling Piano Bar**  
Take the Atrium elevator to level "E" in the Vanderbilt Wing

**MEETING ROOMS**  
All meeting rooms are located as listed below.

**Vanderbilt Wing (8th Floor)**  
The Grand Ballroom  
Coolidge Suite  
Eisenhower Suite  
Hoover Suite  
Roosevelt Suite  
Taft Suite  
Wilson Suite

**Sammons Wing (Lobby Level)**  
Dogwood Suite  
Heritage Ballroom  
Laurel Suite  
Rhododendron Suite  
Skyline Room

**VANDERBILT WING**



resort guide  
the omni grove park inn

# dining

Reservation Required 📞 Fee \$  
Please call ext. 1011 for reservations.

## SUNSET TERRACE 📞

Located on the porch of the historic Main Inn, Sunset Terrace is a classic, iconic chophouse featuring the finest hand cut steaks, premier chops and fresh seafood. Partnering with local farmers, our chefs and staff are committed to providing you with a truly memorable Asheville dining experience. **Daily 11:00 am – 3:00 pm, 5 - 10 pm, weather permitting**

## EDISON, CRAFT ALES + KITCHEN

This inventive restaurant and bar brings together the food culture and local flavors of the region, with expansive indoor and outdoor seating that offers spectacular views of the Blue Ridge Mountains. EDISON serves regionally inspired food in a contemporary, fun and artistic setting. **Monday - Thursday 4 – 11 pm, Friday 4 pm – midnight, Saturday 11 am – midnight, Sunday 11 am - 11 pm**

## VUE 1913, AN AMERICAN BRASSERIE 📞

Vue 1913, An American Brasserie is located at the far end of the Sammons Wing, just past President Lounge. This American twist on a classic European style restaurant offers guests a comfortable and stylish setting for a leisurely meal designed only with the love of food in mind. **Nightly 5:30 – 9:30 pm**

## BLUE RIDGE 📞

Our farm-to-table artisanal buffet overlooks the majestic Blue Ridge Mountains. The award-winning Friday night Seafood Buffet, Saturday night Prime Rib Buffet and the renowned Sunday Champagne Brunch are not to be missed. **Breakfast Daily 6:30 - 10:30 am, Sunday Brunch noon - 2:30 pm, Friday + Saturday Dinner 5 - 9 pm**

# entertaining

## THE GREAT HALL BAR

This iconic bar is a magnificent place to soak up the history and tradition of The Omni Grove Park Inn, as well as an impressive beverage menu led by signature cocktails. The charm is old-world rustic; live music and entertainment unfold nightly; and immense 36-foot stone fireplaces flank the space. **Sunday – Thursday 11 am – midnight, Friday + Saturday 11 am – 1 am**

## PRESIDENTS LOUNGE WINE BAR

For a fine selection of wines by the glass or by the flight and small plates, the Presidents Lounge Wine Bar caters to your before and after dinner plans. Looking out across the cityscape of downtown Asheville and the Blue Ridge Mountains, you can relax and savor flights of chocolate as the sunset paints the sky. Presidents Lounge honors our rich history, having hosted ten Commanders-in-Chief at the Inn throughout our 100 years. Located just past the Heritage Ballroom in the Sammons Wing. **Nightly 4 pm – 11 pm**

## ELAINE'S DUELING PIANO BAR

Music meets comedy at this nighttime hot spot, featuring the high-energy entertainment of Dueling Pianos. Sip signature drinks as you laugh the night away. Located on level "E" of the Vanderbilt Wing. **Thursday – Saturday 8 pm – 1 am**

## SPA CAFÉ

Fresh, housemade juices and smoothies, healthy breakfasts, salads, sandwiches and wraps. This is an intimate dining spot with indoor and outdoor seating, offering a relaxed environment to enjoy a light, nourishing meal with a juice, smoothie, or even a glass of Champagne or a cocktail. **Daily for breakfast, lunch and light dinner, 7:30 am – 8 pm**

## THE MARKETPLACE

At the corner of our retail promenade, the Marketplace is the perfect place to get a Starbucks® coffee and house made pastry or to pick up a sandwich or house made pizza for a quick meal. Stop by our adjacent sweets boutique, The Pink Pig, for a frozen treat, decadent dessert or designer chocolate. Located in the Vanderbilt Wing on Lobby Level. **Sunday – Thursday 6 am – 9 pm, Friday + Saturday 6 am – 10 pm**

## CABANA GRILL & BAR

Located adjacent to the Golf Pro Shop and our Outdoor Pool, the Cabana Grill & Bar offers traditional and healthy American fare for adults and kids alike. Enjoy your favorite summer foods poolside or make a stop along the course to refresh and refuel. **Daily 11 am – 6 pm**

## IN-ROOM DINING

Available 24 hours, daily. Please refer to your in-room menu for dining options.

## SUNSET COCKTAIL TERRACE

The perfect outdoor locale to relax and enjoy a handcrafted cocktail or local beer and a delicious lite bite to eat, while you watch the sun sink behind the mountains. No reservations are required. Your seat is waiting. **Daily 11 am – 9 pm, weather permitting**

## EDISON, CRAFT ALES + KITCHEN

This inventive bar focuses on local favorites, including handcrafted cocktails, locally brewed beer and regionally inspired food. EDISON's bar is the ideal venue to relax and watch your favorite team on game day while enjoying panoramic views of the Blue Ridge Mountains. No reservation required at the bar. **Monday - Thursday 4 – 11 pm, Friday 4 pm – midnight, Saturday 11 am – midnight, Sunday 11 am - 11 pm**



# relaxing

## SPA TREATMENTS 📞 \$

Voted one of the “Top 20 Resort Spas in the U.S.” by Condé Nast Traveler, our 43,000 sq. ft., world-class spa offers everything from facials to massages, body treatments to nail services. Consider the Blue Ridge Symphony Massage, or for a complete renewal, the Fire, Rock, Water and Light. Your spa treatment grants you access to our spa pools and amenities all day long, regardless of your scheduled treatment time. Must be 18 years or older. **Daily 8 am – 9 pm • Ext. 2772**

## SPA POOLS AND DAY PASSES \$

Take time for yourself and enjoy our spa's 18,000 sq. ft. of amenities, including relaxation pools, exhilarating contrast pools, a lap pool, an inhalation room, a sauna, a eucalyptus-infused steam room and much more. Or, simply relax, sip herbal teas and savor refreshments in our separate Men's and Women's Relaxation Lounges. Spa Passes offer access to The Spa pools and amenities and do not require the purchase of a treatment. When available, passes may be purchased upon entry to The Spa. *Day Passes are sold beginning at 9:00am, and Twilight Passes (Tuesday – Thursday) beginning at 5:00pm. Day and Twilight Passes are limited and are not sold in advance. Must be 18 years or older.* **Daily 9 am – 9 pm • Ext. 2772**

# playing

## GOLF 📞 \$

Framed by the Blue Ridge Mountains, this legendary Donald Ross designed golf course offers a unique 18-holes that are contoured out of our rolling landscape with tree-lined fairways, challenging bunkers and receptive bent greens. Don't miss the opportunity to learn from our very own PGA golf professionals. **800-438-5800**

## NOC AT THE OMNI GROVE PARK INN 📞 \$

Named “One of the Best Outfitters on Earth” by National Geographic, the Nantahala Outdoor Center at The Omni Grove Park Inn offers whitewater river rafting, kayak and canoe trips, as well mountain biking, hiking, climbing, zip line and fly fishing opportunities. Stop by and book your outdoor adventure while you're here. **For reservations call 828.202.9133**

## FITNESS \$

Get energized at our Fitness Club, featuring personal training sessions, fitness classes like Yoga and Pilates, treadmills, elliptical trainers, free weights and more than 20 Paramount stations. **See planning for the week guide for schedule. • Ext. 1046**

## KIDS ACTIVITIES 📞 \$

From arts and crafts to swimming games, we offer a variety of activities just for kids! Supervised by qualified staff, Children's Programs are available for guests ages 5-12. **Ext. 1046**

## SHOPPING, SAMMONS WING PROMENADE

Summer emerges with our newest retail addition, Seasons. This new shop offers unique, seasonal home decor items and is located in the Sammons Promenade. Alongside Seasons, you will find N.O.C. Asheville Basecamp, your resource for outdoor gear and regional activities, and Gallery of The Mountains home for handcrafted items created by artists of the Southern Appalachian area.

## SPA BOUTIQUE

Whether or not you decide to join us for a treatment, consider stopping by The Spa Boutique. Take your spa experience home with a host of intriguing gift ideas, including our signature spa line, skin & body elixirs, clothing, gift baskets and more. Shipping available. **Daily 8 am – 9 pm • Ext. 7740**

## YOGA/MEDITATION \$

Sports Complex fitness classes are offered for guests of all levels, from beginners to experts. Sign up for Gentle Yoga or Subtle Yoga to get started, or, for a greater challenge, try Flow Yoga. **See Planning for the Week Insert for schedule.**

## INDOOR POOL, SPORTS COMPLEX

Our 50,000 sq. ft. Sports Complex houses an indoor fitness and family pool kept at the ideal temperature to play in year round. Come enjoy this pool and other fun amenities our Sports Complex has to offer. **Monday – Saturday 6 am – 9:30 pm, Sunday 7 am – 9:30 pm Ext. 1046**

## OUTDOOR POOL, CABANA

Visit our outdoor seasonal pool located adjacent to the Cabana Grill & Bar and the Golf Pro Shop. Property shuttles are available for transportation to and from the resort. **Daily 10 am – 8pm**

## HIKING ON THE SUNSET TRAIL - NEW

Lace up your hiking boots or sneakers for a trek along The Sunset Trail. Our hiking trail travels within our property up Sunset Mountain and is appropriate for all skill levels and ages. The Sunset Trail was originally opened in 1913, along with the hotel, to offer guests an accessible form of exercise in the clean, healing mountain air.



Ladies Hiking The Original Sunset Trail

## TENNIS 📞 \$

Take it to the courts at one of the “50 Greatest Tennis Resorts” as rated by *Tennis Magazine*, featuring six indoor and outdoor courts, lessons and clinics. **Ext. 1046**

## RACQUETBALL 📞

Show off your swing with a game of racquetball, available in one-hour intervals. Rackets, balls and goggles are free for guests wishing to play. Check in at the registration desk before hitting the courts. **Ext. 1046**

## SHOPPING, SHOPS AT THE EMPORIUM 1913

Visit the Shops at The Emporium 1913 in our Vanderbilt Wing, for all your retail therapy. These four interconnected shops, Cloth, Seely & Grove, The Pink Pig, and Marketplace, provide you with everything you need from logo'd merchandise and local crafts to unique house made treats and gourmet chocolates.

# planning for the week

## SPORTS COMPLEX HOURS

MONDAY – SATURDAY: 6 am – 10 pm  
INDOOR POOL: 6 am – 9:30 pm  
OUTDOOR POOL: 10 am – 8 pm

SUNDAY: 7 am – 10 pm  
INDOOR POOL: 6 am – 9:30 pm  
OUTDOOR POOL: 10 am – 8 pm

## monday

6:05 am BASIC BOOT CAMP  
8:15 am BODY SCULPT  
9:30 am GENTLE YOGA  
9:30 am AQUA FIT  
11:15 am INTRODUCTION TO GOLF  
4:30 pm CYCLE  
6:00 pm YOGA MEDITATION  
6:00 pm LADIES NIGHT — TENNIS CLINIC  
7:00 pm LIVE ENTERTAINMENT, GREAT HALL

## tuesday

8:15 am CYCLE/ABS  
9:00 am ADVANCED ADULT DOUBLES TENNIS CLINIC  
9:30 am AQUA FIT  
9:30 am YOGA MEDITATION  
10:30 am BEGINNER ADULT DOUBLES TENNIS CLINIC  
11:00 am NIA  
11:15 am INTRODUCTION TO GOLF  
4:30 pm STEP/SCULPT  
6:00 pm MEN'S NIGHT — TENNIS CLINIC  
7:00 pm LIVE ENTERTAINMENT, GREAT HALL

## wednesday

6:05 am BASIC BOOT CAMP  
8:15 am MUSCLE FUSION  
9:30 am AQUA FIT  
9:30 am FLOW YOGA  
10:00 am GUIDED HISTORY TOUR, CONCIERGE  
11:15 am INTRODUCTION TO GOLF  
4:15 pm PILATES MAT  
5:30 pm CYCLE  
7:00 pm LIVE ENTERTAINMENT, GREAT HALL

## thursday

7:00 am CYCLE EXPRESS  
8:15 am ALIGNMENT YOGA  
9:00 am ADVANCED ADULT DOUBLES TENNIS CLINIC  
9:30 am AQUA FIT  
10:00 am PILATES MAT  
10:00 am GUIDED HISTORY TOUR, CONCIERGE  
10:30 am BEGINNER ADULT DOUBLES TENNIS CLINIC  
11:15 am INTRODUCTION TO GOLF  
4:30 pm BODY SCULPT  
6:00 pm YOGA MEDITATION  
7:00 pm LIVE ENTERTAINMENT, GREAT HALL  
9:00 pm ELAINE'S DUELING PIANO BAR

## friday

6:05 am BASIC BOOT CAMP  
7:00 am MINDFUL WALKING MEDITATION  
8:15 am BODY SCULPT  
9:30 am AQUA FIT  
9:30 am FLOW YOGA  
10:00 am GUIDED HISTORY TOUR, CONCIERGE  
11:15 am INTRODUCTION TO GOLF  
2:30 pm LIVE ENTERTAINMENT, GREAT HALL  
4:30 pm CYCLE  
5:30 pm LIVE ENTERTAINMENT, GREAT HALL  
9:00 pm ELAINE'S DUELING PIANO BAR

## saturday

8:15 am CYCLE  
9:00 am ADVANCED ADULT DOUBLES TENNIS CLINIC  
9:30 am YOGA BASICS  
10:00 am GUIDED HISTORY TOUR, CONCIERGE  
10:00 am NEIGHBORHOOD WALK  
11:15 am INTRODUCTION TO GOLF  
5:30 pm LIVE ENTERTAINMENT, GREAT HALL  
9:00 pm ELAINE'S DUELING PIANO BAR

## sunday

10:00 am LIVE ENTERTAINMENT, GREAT HALL  
11:15 am INTRODUCTION TO GOLF  
12:00 pm SUNDAY CHAMPAGNE BRUNCH, BLUE RIDGE  
7:00 pm LIVE ENTERTAINMENT, GREAT HALL

The Omni Grove Park Inn	828-252-2711
Concierge Desk	Ext. 7005
Dining Options	Ext. 1011
The Floral Shop	Ext. 2046
Nantahala Outdoor Center	
Reservations	Ext. 7238 (RAFT)
Golf Tee Time	Ext. 1012
The Spa	Ext. 7720
Spa Café	Ext. 7760
The Sports Complex & Indoor Pool	Ext. 1046
Private tennis lessons are available upon request.	Ext. 1046

Class schedules are subject to change and will vary during the holidays.

Please contact the Sports Complex for alternate holiday schedules.

# fitness

Reservation Required ☎ Fee \$

## ALIGNMENT YOGA \$

Vigorous hatha yoga that celebrates the heart while focusing on alignment. All levels welcome.

## AQUA FIT \$

With gloves, noodles, barbells and bands, the water becomes the optimal gym environment. The resistance and buoyancy of the water will leave you feeling refreshed and energized. Aqua Fit will be held at the Outdoor Pool located adjacent to The Golf Pro Shop. *Weather Permitting*

## BASIC BOOT CAMP \$

Start your day off with a metabolic boost in a diverse boot camp-style workout. The class may include a variety of cardio drills, strength circuits, pool workouts, cycle, yoga stretch routines and even hitting our historic hiking trail to keep your heart thumping and your muscles pumping. *Call the Sports Complex to find out the workout of the day.*

## BODY SCULPT \$

Total body muscle strengthening using dumbbells, resistance bands and balls. Great for beginners or conditioned athletes. We encourage participants to work at their individual fitness levels.

## CYCLE \$

An innovative cardiovascular training program with emphasis on heart rate zone training to help individuals achieve their fitness goals. Heart rate monitors recommended. Water required.

## CYCLE/ABS \$

This class includes interval cycle drills and midsection movement focusing on abs and backs.

## CYCLE EXPRESS \$

Get in, burn calories, get out, and have fun along the way! Cycle express has the same health benefits as a full-length cycling class but in a shorter, 45 min. effective, cardio blast.

## FLOW YOGA \$

An energetic practice that focuses on alignment with the breath as you move in and out of a flow of postures. Modifications are given for all levels. Some experience is helpful.

## GENTLE YOGA \$

Restorative, progressive stretching and strengthening that helps eliminate chronic pain and tension. This is a safe class for all abilities.

## INTRODUCTION TO GOLF ☎

Let our golf professionals open the world of golf to you. This introduction to the game of golf is a clinic that covers basic rules, etiquette and the PGA's of golf (posture, grip and alignment). Clubs will be provided. Proper Golf attire is required. Please call the previous day sign up at extension #1034.

## MUSCLE FUSION \$

Keep your body guessing! This workout method is the fastest and most effective way to get fit. The class circuit may include combinations of weights, kickboxing, balls, steps, abs, resistance tubes, bikes and cardio intervals.

## NEIGHBORHOOD WALK

Join a Sports Complex staff member for a brisk stroll through the historical neighborhood surrounding The Omni Grove Park Inn. Enjoy the views of Asheville as you get your morning workout.

## GUIDED HISTORY TOUR ☎ \$

Our guided history tour covers the history of E.W. Grove, the construction and early years of the resort, our Arts & Crafts style furniture, and some of our most notable guests. The tour lasts approximately 45 minutes and consists of periods of walking and long periods of standing. Sign up at the Concierge Desk. \*This tour is complimentary to resort guests.

## MINDFUL WALKING MEDITATION

Join us for a reflective silent walk on The Sunset Trail to reconnect your mind, body, and senses to the natural surroundings. Class begins in the Sports Complex lobby.

## NIA \$

Neuromuscular Integrative Action is an invigorating blend of martial arts, dance arts and healing arts that conditions muscles, joints, bones, tendons and ligaments. Gentle enough for beginners, flexible enough to accommodate and challenge all fitness levels.

## PILATES MAT \$

Learn skills dancers use to achieve balance and flexibility while lengthening and strengthening their bodies through mat work developed by Joseph Pilates. No dance experience necessary.

## STEP/SCULPT \$

Combine the cardio of step aerobics with the strength of free weights, bodyweight, and tubing for a calorie burning workout targeting the heart as well as upper and lower body. All levels of experience welcome.

## YOGA BASICS \$

Learn basic yoga postures using props and paying attention to alignment. This class is a good class for first time yogis. All levels of experience welcome.

## YOGA MEDITATION \$

Join yoga asanas with breathwork, guided imagery and silent meditation at the end of your day to stretch, strengthen, and steady your mind and body for restorative sleep. All levels of experience invited.

## CHILDREN'S PROGRAM/KIDS NIGHT OUT ☎ \$

We welcome our youngest guests with a set of fun, supervised activities to enjoy, giving parents the opportunity to play golf or tennis, relax at The Spa or just indulge in a well-deserved night out. Activities include arts and crafts, swimming, group games, sports and, when noted, a pizza lunch or dinner.

Programs are available for children of hotel guests and members ages 5-12. Advance reservations are required. Half-day programs are also available. Please call Ext. 1046 to sign up today.

Parents/guardians are required to stay on property while children participate in the program.

OMNI  RESORTS  
the grove park inn