PLAYING

HISTORY TOURS AND VIDEO

Our Guided History Tour of the History of E.W. Grove, the construction and early days of the resort, our Arts & Crafts style furniture and some of our most notable guests. The tour lasts approximately 45 minutes and consists of walking and long periods of standing. If you cannot make the Guided Tour, a Self-Guided history tour is always available at the Concierge Desk. Tours are complimentary for resort guests; please sign up for the Guided Tour in advance. Schedule will vary, please see Concierge for availability EXT. 7001.

No time for the Guided History Tour? Visit the atrium in the Vanderbilt Wing to enjoy one of the lavishly history, as well as an excerpt from the documentary, The Great Hall Bar.

GOLF  ★ ★

Take it to the courts at one of the “50 Greatest Tennis Resorts” as every day from 8am to 8pm.

TENNIS ★

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 or learn the basics in our introduction to Golf. Golf Pro Shop offers club and golf equipment rentals.

> Golf Pro Shop EXT. 1049
> Golf Tee Times EXT. 1012

N.O.C. 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 customized trips for whitewater rafting, kayak and paddle board rentals and instruction, as well as zip-lining, mountain biking and much more. Stop by and book your adventure while you’re here. Located on Lobby Level. 828-202-9133

SHOPPING, SAMMONS WING PROMENADE

Seasons offers an array of local and uncommon gifts. Discover unique finds from local Asheville artists, as well as unusual goods from national and European designers. Next door, you’ll find NOC Asheville Basecamp for outdoor gear and regional activities, and Gallery of the Mountains for handcrafted items created by the artisans of the Southern Appalachian area.

SHOPPING, VANDERBILT WING EMPORIUM 1913

Grab a latte or a savory sandwich as you peruse a selection of locally sourced goodies and gifts. Wander through to The Pink Pig for delicious house made treats, toys and more. Don’t forget to take home a CGI character, ornament or history book as a memorable souvenir. Cloth decor from Mackenzie-Childs, along with American-made goods from local and regional artisans such as Colonel Littleton, and Fox & Beau.

HIKING ON 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 invigorating form of exercise in the clean, healing mountain air. Our mountains are home to a large variety of wildlife. For your safety, please follow these general recommendations:

Avoid hiking alone.
> Do not hike barefoot or with your pet(s) — never approach wildlife — be alert.
> In case of a wildlife encounter: Stay calm — make noise — slowly back away from the animal — DO NOT TURN AND RUN. Please alert hotel officials immediately. Hike at your own risk.

EATING

SUNSET TERRACE

Located adjacent to the Golf Pro Shop and our Outdoor Pool, the Sunset Terrace is a classic, iconic chophouse featuring the finest hand cut steaks, premier chops and fresh seafood. Partnering with local ranchers and growers, our chefs and staff are committed to providing you with a truly memorable Asheville dining experience.

EISCHI, CRAFT ALES + KITCHEN

This innovative restaurant and bar brings together the food culture and local flavor of the region, offering seating with panoramic views of the Blue Ridge Mountains. EISCHI serves regionally inspired food in a contemporary, fun and artistic setting.

Vue 1913, an American Brasserie ★ ★ ★

Vue 1913 is located at the far end of the Summitom Wing. This American brasserie on a classic European restaurant offers guests a comfortable and stylish setting for a leisurely meal designed only with the love of food in mind. Nightly 5:30-9:30pm

Blue Ridge ★ ★ ★

This inventive bar focuses on local favorites, including handcrafted cocktails, locally sourced beer and regionally inspired food. EISCHI’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.

Sunset 11am-midnight, Fri-Sat 11am-midnight, Sat 11am-11pm

SUNSET COCKTAIL TERRACE

This perfect outdoor locale to relax and enjoy a handcrafted cocktail or local beer and a delicious light bite to eat, while you watch the sun sink behind the mountains. No reservations are required. Your seat is waiting.

Daily 11am-9pm, weather permitting.

ENTERTAINING

The Great Hall Bar ★ ★ ★

This iconic bar is a magnet to such places to soak up the history and tradition of The Omni Grove Park Inn and boasts an impressive beverage menu by signature cocktails. The charm of historic Asheville, live music and entertainment unfold nightly and immune 36-ft. stone fireplaces flank the space.

Sun-Thur 11am-midnight, Fri-Sat 11am-1am

PRESIDENTS LOUNGE ★ ★ ★

With a fine selection of wines by the glass, tea-infused beers, and a variety of small plates, Presidents Lounge caters to your every before and after dinner plans. Looking out across the crape myrtle of downtown Asheville and the Blue Ridge Mountains, the Presidents Lounge can relax as the sunset painted the skyline.

Located just past the Heritage Ballroom in the Sammons Wing. Mon-Thurs 4pm-11pm, Fri 4pm-midnight, Sat 11am-midnight, Sun 11am-11pm

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Quick Contacts

quick contacts

spa treatments ★ ★ ★

Located adjacent to the Spa, the Spa Café offers fresh, house made juices and smoothies, healthy breakfasts, salads, sandwiches and wraps. This is an intimate dinner spot with indoor and outdoor seating, offering a relaxed environment to enjoy a light, fresh, nourishing meal with a juice, smoothie or even a glass of Champagne or a cocktail.

Daily 7:00am-7:30pm

Outdoor pool

Visit our outdoor seasonal pool located adjacent to the Cabana Grill & Bar and the Golf Pro Shop. Pool side amenities are available for transportation to and from the resort. Pool is open daily 10am-8pm, weather permitting. Ext. 1047.

Resort Pool

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. Mon-Sat 6am-9:30pm, Sun 7am-9:30pm. Ext. 1046.
### Athletics

**Alignment Yoga**
- Vigorous hatha yoga that celebrates the heart while focusing on alignment. All levels welcome. **90 mins.**

**Aqua Fit**
- The water becomes the optimal gym environment. The resistance and buoyancy of the water will leave you refreshed and energized. Held at our Outdoor pool, weather permitting. **60 mins.**

**Balance**
- Infusing tai chi with muscle strengthening movement to improve core strength, balance and coordination. **60 mins.**

**Body Sculpt**
- Total body muscle Strengthening using dumbbells, resistance bands and balls. Great for beginners or conditioned athletes. **60 mins.**

**Core Yoga**
- This yoga class focuses on the muscles that connect and support the body. **30 mins.**

**Cycle**
- An integration of cardiovascular training with emphasis on heart rate zone training to help individuals achieve their fitness goals. Heart rate monitors recommended. Water required. **60 mins.**

**Cycle/ABS**
- This class includes interval cycle drills and resistance movement focusing on abs and backs. **60 mins.**

**Flow Yoga**
- Focus on alignment with the breath as you move in and out of a flow of postures. Some experience is helpful. **90 mins.**

**Gentle Yoga**
- Restorative, progressive stretching and strengthening that helps eliminate chronic pain and tension. This is a safe class for all abilities. **60 mins.**

**Interval Sculpt**
- Keep your muscles guessing! The class includes varied cardiovascular and strength combinations in an interval format. **60 mins.**

**Introduction to Golf**
- Let us guide you through the world of golf. This introduction class to the game of golf is a clinic that covers basic rules, etiquette and the PGAs of golf (putting, grip, and alignment). Clubs will be provided. Proper golf attire is required. Please call 24 hours in advance to sign up. **60 mins.**

**Myofascial Release and Yoga**
- Discover a gentle practice that helps increase range of motion and reduce pain while utilizing props and yoga poses to massage and release excess tension. **60 mins.**

**Pickleball**
- Learn the fundamentals of this fun sport that combines many elements of tennis, badminton and ping pong. **90 mins.**

### Activities

**Pilates**
- Learn the skills, knowledge and flexibility to achieve balance and flexibility while challenging strength in their bodies through matrix work developed by Joseph Pilates. No dance experience necessary. **60 mins.**

**Step, Flow and Stretch**
- Join us for an energizing session to get your heart beating, muscles moving and limbs lengthening. **60 mins.**

**Subtle Yoga**
- Subtle Yoga is a therapeutic, health promoting and transformative system that marries traditional yoga with evidence based health practices. It integrates health and personal growth with postures, incorporating breath work, meditation and philosophy. **90 mins.**

### Tennis

**Advanced Adult Doubles**
- Focus on aggressive doubles strategy. Levels 3.5 and up.

**Advanced Adult Singles**
- Focus on singles strategy and Stroke of the Week. Levels 3.5 and up.

**Advanced Tennis Clinic**
- Qualified players will enjoy aggressive play with competitive drills. Levels 4.0 and up.

**Beginner Adult Doubles**
- Focus on the fundamentals of stroke production and doubles tennis. Levels 2.5 and up. **90 mins.**

### Yoga Basics

- Learn basic yoga postures using props and paying attention to alignment. This class is good for first time yogis. **90 mins.**

### Yoga Meditation

- Join yogis and bring your breathwork, guided imagery and silent meditation to stretch, strengthen and steady your mind. **60 mins.**

### Children’s Program/Kids’ Night Out

- We welcome our youngest guests with a set of fun, supervised activities to enjoy, including arts and crafts, swimming, group games, sports and, when noted, lunch or dinner.

**Year-Round**
- Children’s program | Saturdays 9am-4pm

**JULY 1-AUGUST 3**
- Children’s program | Mon-Sat, 9am-4pm

**Kids’ Night Out**
- Fri, Sat, 5-6pm

- Available for children of hotel guests and members ages 5-12. Please call 607-255-4400 ext. 104 to sign up. 24-hour advance reservations are required. Cancellations must be received at least 24 hours in advance to avoid full cost. Half day programs are also available. Parents/guardians are required to stay on property while children participate in the program.

- Available for an additional fee

- Reservations recommended

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**Sports Complex Hours**
- Mon-Sat 6am-10pm, Sun 7am-10pm
- Daily 10am-8pm, weather permitting

**Indoor Pool**
- Mon-Sat 6am-9:30pm, Sun 7am-9:30pm

**Outdoor Pool**
- Daily 8am-8pm, weather permitting
RESORT AREA MAP - For on-property shuttle service, please call \textbf{EXT. 7045} or visit Guest Services in The Great Hall.

**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 the 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
- Heritage Ballroom
- Skyline Room
- Dogwood Suite
- Laurel Suite
- Rhododendron Suite

**DAILY RESORT CHARGE AMENITIES**

- High-speed internet
- In-room coffee and tea
- Complimentary bottled water two bottles available in room upon arrival
- On-property shuttle service
- History tours, Wed.-Sat. guided, Sun.-Tues. self-guided
- Access to the Sports Complex
- Complimentary USA Today, available in the lobby

The Omni Grove Park Inn is a smoke-free property with designated outdoor smoking areas.