



## **SUMMARY SHEET**

### **Overview**

The Lodge at Woodloch is an award-winning destination spa resort offering an extraordinary respite for mind, body and spirit. Nestled in Pennsylvania's lake region, the resort and spa rests a short 2-3 hours from the New York City and Philadelphia metropolitan areas and is easily accessible from anywhere in the Northeast. Guests of The Lodge at Woodloch find superb amenities with every conceivable choice for contentment and challenge available to them with the value and ease of an all-inclusive property.

### **Resort Amenities**

- Lake Resort featuring over 500 pristine acres of woodland gardens, docks and waterscapes
- Living Room with stone fireplace and lake-view porch
- 100-seat TREE Restaurant and Bar serving sophisticated farm-fresh, local and organic cuisine, overlooking the lake and more intimate "Library Room" as additional dining space
- Spa Concierge to assist each guest with planning a personalized itinerary
- Chef's Kitchen – Artful cooking demonstrations and chef-hosted dinners
- Art Studio – Painting, sketching, wild-crafting and other creative arts classes
- Two Meeting/Presentation/Gathering Rooms, with large flat-screen TV and fireplace
- Fire Circle – Evening gatherings and occasional planned events
- Private Championship Golf – Adjacent at Woodloch Springs Country Club
- Tennis courts – Adjacent at Woodloch Springs Country Club
- Over five miles of paved and unpaved nature trails
- Private 15-acre lake with lake activities such as kayaking, fishing and stand-up paddle boards
- Three on-property gardens including the Healing Garden, Farm-to-Table Garden and Pollinator Garden serve as hands-on classrooms for gardening workshops and holistic herbal programs
- New 65-tree Orchard which will also feature companion plants to support the eco-environment such as berries, rhubarb, herbs and other plants.
- 5 Honey Bee Hives to help pollinate the gardens and orchard which feature over 100,000 honey bees (and growing).
- Lily Pad outdoor adventure concierge located lakeside to assist guests with outdoor adventure offerings such as kayaking, stand-up paddle boarding, fly-fishing, biking, hiking, snow-shoeing, cross-country skiing, archery and geo-caching
- New custom-designed Lotus Labyrinth
- Outdoor relaxation spaces such as Hammock Grove, outdoor benches throughout the property, adirondack chairs at the lake and Whisper Lounge, lakeside fire pit and more
- Complimentary wireless Internet access throughout

### **Accommodations**

- Newly renovated guest rooms and suites feature a biophilic design that highlights nature as the design muse
- 58 guestrooms including 46 - 400 square foot Veranda Deluxe rooms, 9 - 500 square foot Junior Suites, 2 - 1,000 square foot One-Bedroom Suites
- Each guestroom features its own private veranda
- Lake or Rock Garden Waterfall views

- Wired or wireless Internet access
- Granite countertop double sinks with filtered water faucet for complimentary reusable water bottle to help lessen our environmental footprint
- Marble baths with walk-in showers and private water closets
- Flat panel televisions

## Spa Facilities

The 40,000-square-foot spa features:

- 27 treatment rooms, including 14 massage rooms, six facial rooms, three wet rooms, two couples' suites, two treatment combination suites and a new FLOAT Therapy Room
- Two lounges for post-treatment relaxation: **Whisper- A Silent Sanctuary** and **Gather- A Social Suite**. Both are co-ed lounges for relaxing. Whisper features a fireplace and Gather features a water fountain. There is also an outdoor woodland porch with rocking chairs and gliders
- Lotus Salon – hair styling, make-up application, manicures and pedicures overlooking the private lake
- Great Things Boutique – features exclusive spa products, Nurture with Nature Cookbook, jewelry, chic athleisure wear and more
- Private men's and women's Retreats, each including:
  - Luxurious private fireplace lounges, with tea bars for relaxing between treatments
  - Spacious locker and vanity areas
  - Signature private shower/changing rooms with oversized showers and river-stone floors
  - Custom sauna, eucalyptus steam room and whirlpool with natural light and woodland views
  - Windowed porches to relax while being surrounded by nature after the sauna, steam room, swimming or whirlpool
- Aqua Garden with:
  - Co-ed therapeutic soaking pools, with four- and eight-foot hydromassage WaterWalls
  - Indoor pool specially designed for aqua classes and leisure enjoyment
  - Outdoor, horizon-edge whirlpool
  - Sun terrace for outdoor lounging
- 3,500 square foot Cardio Weight Studio with state-of-the-art resistance weights, free-weights and TRX suspension training area. Plus, a selection of cardio equipment such as treadmills, elliptical machines, recumbent and spinning bikes, arc trainers, AMT's and new WaterRower Rowing Machines.
- Three multi-purpose studios for a variety of exercise classes including HIIT Programs, the latest in dance, Pilates, stretching and flexibility, strength conditioning, Barre, kickboxing, Tai Chi, Qigong, Yoga Wall and more.
- Yoga/meditation studio designed for body/mind training and classes
- Spinning Studio
- Rowing room and standing Pilates tower stations
- Dedicated Pilates Apparatus training area
- Private fitness/lifestyle consultation rooms
- Large fitness lounge with tea bar

## Awards and Accolades

- **2016:** TripAdvisor Certificate of Excellence, TripAdvisor Travelers Choice Award- Top 22<sup>nd</sup> Hotel in the United States (of 37,000), #6 Destination Spa in the World by Travel + Leisure; #2 Resort in the NY and Mid-Atlantic Area by Conde Nast Traveler; Top 10 Hotels by Organic Spa Magazines
- **2015:** TripAdvisor Certificate of Excellence Hall of Fame; #1 Resort in the NY and Mid-Atlantic Area by Conde Nast Traveler; #4 Destination Spa in the World by Travel + Leisure; Top 10 Destination Spas by Time Out Magazine
- **2014:** #10 Destination Spa in the World- Conde Nast Traveler Readers Choice Award; #3 Destination Spa in the World- World's Best Awards by Travel + Leisure; Award of Excellence- Wine Spectator
- **2013** Top 10 Spa- Organic Spa Magazine; Top 25 Spas in the World- Celebrate Living

### **Signature Wellness Programs**

- The **Rest + Well Blueprint** is not a program, not a single class and not a special offering, but a way of life for sleep wellness. A Blueprint that includes tips, resources and amenities to help guests find their Rest+Well bliss on their own terms within their own lifestyle.
- Forest Bathing- The Lodge at Woodloch offers a [Forest Bathing exploration class every week](#) (seasonally). The regularly scheduled class will take guided walks deep into the forest on the 500+ private acres at The Lodge. The walks are slow, contemplative, and deliberate and will focus on keeping the body and mind in the present while teaching techniques for deep breathing and mind-body awareness, as well as taking note of the little miracles of the forest.
- Lotus Labyrinth- “The labyrinth is a walking meditation and a path of prayer where psyche meets Spirit. It has only one path that leads from the outer edge in a circuitous way to the center. There are no tricks to it and no dead ends. Unlike a maze where one might lose their way, the labyrinth is a spiritual tool that can help guests find their way.

### **Travel Times from Major Northeastern Cities**

- New York City: 2.5 hrs
- Philadelphia: 3 hrs
- Harrisburg: 3 hrs
- Boston: 4.5 hrs
- Washington D.C.: 5 hrs
- Syracuse: 3 hrs
- Baltimore: 4 hrs
- Danbury: 2 hrs

### **Transportation Options**

- Wilkes Barre/Scranton International Airport (AVP), Scranton, PA – 55 min
- Newburgh Stewart International Airport (SWF), Newburgh, NY - 75 min
- Newark International Airport (EWR), Newark, NJ -2.5 hours
- NJ Transit from NY Penn Station to Port Jervis, NY
- Bus from NY Port Authority to Hawley, PA
- The Lodge at Woodloch Private Car Service

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