

HIGH HAMPTON INN & COUNTRY CLUB

Activities and Attractions

Hampton Lake

Our private 35-acre lake is a center of activity at High Hampton. The waters are calm, protected and stream-fed. The lake features a wading pool, swimming area, stationary swim-to platform, sand beach, boat house, two decks with lounge chairs and a children's playground.

Non-motorized boating is a popular activity, and the Inn offers a selection of sail, canoe, row and pedal boats that can be rented for \$6 per hour.

Fishing is free to guests on our private lake. Since the lake is private property, there is no closed season and no fishing license is required. Nearby mountain streams are fly-fishing Mecca's for brook, brown and rainbow trout. If you choose to leave the resort, our concierge can provide you with a map of area streams and locations to obtain a fishing license.

Hiking

Our grounds feature an assortment of attractive hiking trails that wind around the lake and grounds, including two that lead visitors onto our mountains – a 1 ½-hour hike leads to the Peak of Chimney Top Mountain at an elevation of 4,618 feet; another 1-hour hike crosses the summit of Rock Mountain at 4,730 feet. With their spectacular flora and stunning views, our trails will attract the stroller, walker or hiker. We offer maps for self-guided hikes, and during the summer, half-day guided walks are scheduled weekly.

Our grounds also feature a fitness trail with 10 instruction stations professionally designed to tone muscles and give a cardiovascular workout.

Cashiers Valley is noted for its cascading streams, waterfalls, granite faces and mountain peaks. During the summer months, half-day trips of varying distances and difficulty are scheduled weekly. We provide everything the walker needs, from maps to walking sticks to day packs with delicious picnic lunches.

Outdoor & Indoor Games

High Hampton offers the ideal setting for outdoor entertainment and loans equipment for croquet, bocce, tetherball, volleyball, badminton, putting, horseshoes, shuffleboard and basketball.

For rainy days, evenings and quieter times, our activities closet contains playing cards, board games and puzzles for guests' use at no charge, and our spacious lobby is the perfect spot to engage family and friends in fun competition.

Hampton Health Club

The Hampton Health Club, a 5500-square-foot fitness and spa facility on the estate grounds, opened summer 2006. The facility features a multi-use room for Pilates, yoga, stretching and aerobics; state-of-the-art cardiovascular equipment; resistance training and free weights; and a core training area. Men's and women's locker rooms include changing rooms with steam and regular showers.

Spa offerings include massages, facials, pedicures and manicures in three private treatment rooms. The club features a health bar serving smoothies, fruits, nutrition bars and other fitness-conscious snacks. The Health Club also includes outdoor activities for younger guests including basketball goals, a playground, and the Beanstalk, an 8-sided, 28-foot climbing tower.

Shopping

Our golf and tennis pro shop and adjoining gift shop have a wide selection of gifts, apparel, sports equipment, cookbooks and crafts. A smaller gift shop in the Inn lobby offers crafts, apparel, film and toiletries. There is also an art gallery located on the lower level of the Inn with many attractively priced selections.

The Cashiers area also boasts a variety of shops featuring apparel, crafts, art and furniture.

Reading

High Hampton is a reader's paradise, with a plethora of perfect spots for settling in with a good book, including the main lobby, Inn and cottage porches, lake chairs, and shade trees. Our library on the Inn's lower level offers a wide assortment of books for loan.

In addition, the Cashiers Valley Book Club meets every fourth Thursday from May through September at 1 p.m. in the Rock Mountain Room. All guests of the Inn are welcome and encouraged to attend. The meetings are interactive with a moderator leading the group in a summary and encouraging discussion amongst the attendees.

Gardens

Our grounds feature beautiful flora, many exotic trees and shrubs, and a culinary herb garden designed by the renowned landscape architect Eilesetta Gilchrest Barnes. Our crown jewel is the Halsted Dahlia Gardens, first cultivated over 100 years ago by Caroline Hampton Halsted and her husband Dr. William Halsted. Adjacent to the #10 fairway, our dahlias still bloom each year from late July through late September, in many pure and variegated colors. Guests are invited to cut blooms for their personal enjoyment in the rooms. Scissors and vases may be borrowed from the concierge.

Birding

Birders love pursuing their passion at High Hampton. Over 150 different kinds of birds have been identified on our property.

Bridge

High Hampton is a popular venue for bridge players, with several tournaments held here throughout the year. At anytime, the concierge will assist in setting up a bridge game.

Evening Entertainment

Entertainment is offered in the Inn lobby almost every evening; this includes board games, historical talks, musical performances, exhibits, family parlor games and other games of interest to children.

Workshops

In addition to our formal multi-day artist and wildflower workshops scheduled throughout the year, we also offer day workshops in arts and crafts.

Special Holiday Weekends

High Hampton Inn celebrates Memorial Day, July 4th and Labor Day with extra-special weekends featuring activities such as a barbeque picnic on the lawn and live entertainment. In addition, annual events such as the Teddy Bear Picnic in July and Thanksgiving House Party in November are popular traditions providing unique activities, entertainment and wonderful meals for the entire family.

Cashiers, NC

For more information on area activities and attractions, please visit www.cashiers-nc.com or contact the Cashiers Chamber of Commerce at 828-743-5941 or cashcham@dnet.net.

Annual Programs & Events

For a detailed schedule and descriptions of the season's programs and events at High Hampton Inn, please visit www.highhamptoninn.com and click on Events tab at the top of the home page.

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For additional media information, please contact:

Deborah Stone
Pineapple Public Relations
dstone@pineapple-pr.com
404-237-3761

Inga Swett
Pineapple Public Relations
inga@pineapple-pr.com
404-237-3761