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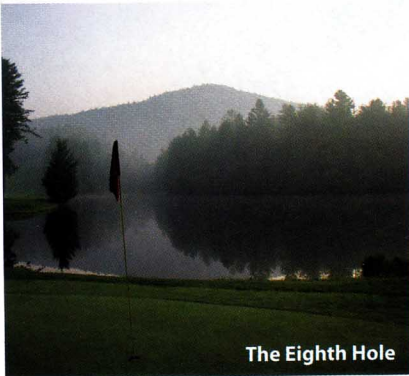
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Unplug and Unwind

High Hampton Inn & Country Club offers old-fashioned family fun

By Laura McAlister



The Eighth Hole



Pepper Encrusted Mountain Trout



High Hampton Spa



Hampton Lake



Whiteside Cottage

Set the DVR, and leave the laptop at home. At High Hampton Inn and Country Club (highhamptoninn.com) in Cashiers, N.C., there's more than enough to do without them.

Located on 1,400 acres at an elevation of 3,600 feet in North Carolina's Blue Ridge Mountains, the historic High Hampton Inn is all about tradition and true Southern hospitality. Since the 1920s, the inn has hosted guests who return each year to relax and play on the vast grounds.

STAY

The guest rooms at High Hampton are rustic, yet cozy. There are no telephones or televisions. The classic shingle-style cottages were built from trees found on the grounds and are perfect for family gatherings. The interiors are simple, with a common room and bedrooms with private bathrooms. Many cottages have screened porches and wood-burning fireplaces, perfect on a cool, spring night in the mountains.

EAT

The High Hampton is a complete package, with spectacular dining on site. The main dining room serves up a Southern buffet for breakfast, lunch and dinner. Both breakfast and lunch are casual, but in keeping with tradition, *High Hampton Inn requires men to don a coat and tie for dinner.*

In the afternoons, hot tea is served with homemade cookies in the lobby. Guest are invited to kick back in front on one of the many stone fireplaces, or take a seat outside in one of the old-fashioned rocking chairs.

To end the day, head to the Tavern & Terrace. Drinks are served from 5 to 10 p.m., and musical entertainment is regularly scheduled.

PLAY

Perhaps the High Hampton Inn's greatest appeal is its proximity to a wide variety of outdoor activities.

Start the day with a hike, and explore the natural beauty of the Blue Ridge Mountains. A variety of trails on the grounds appeal to all fitness levels. Trail maps are available at the front desk.

The inn's 18-hole golf course is surrounded by mountain peaks, lakes and waterfalls. The course is both beautiful and challenging and is open to guests and residents.

There are also six clay tennis courts at the High Hampton Inn. Arrange for private lessons, or take part in the summer's many clinics and games.

Enjoy rafting, fishing, swimming or just relax on the beach while the kids play on the playground near Lake Hampton.

While most of High Hampton can be described as down-home and rustic, the spa is anything but. It has a state-of-the-art fitness center and some of the latest luxury spa treatments.

While staying at High Hampton, you'll hardly miss your gadgets from home. But should you need to connect with the outside world, the Inn offers free wireless and television in the main lobby. ●