

# GROUP ADVENTURES



Red Mountain  
Resort & Spa

TELL YOUR GROUP TO TAKE A HIKE...or any of the extraordinary Red Mountain Resort & Spa events that we have specifically tailored for your group outing. Red Mountain carefully considers the needs of your individual group attendees and will provide them with comfortable yet rewarding challenges in our red rock backyard.

## ADVENTURES & TEAM BUILDING

*Let Red Mountain handle the details and logistics for a wonderful day while your team provides the enthusiasm for a great new experience. Companies that invest in leadership and team building experiences in a wellness environment will enjoy an outcome of a re-energized team, who is well positioned for recovery and growth.*

**In Search for the Cache!** Through experiential processes and activities, we will create true to life situations that are impactful and memorable, allowing your team to better understand each other. Using a GPS, they must navigate themselves through situations, accomplishing specific tasks while they search for treasures. Following the exercise, your group gathers with our professional life coach for a debriefing, where you'll review the lessons learned during "the hunt" and discover how these behaviors affect you each day.

Price: \$50 per person      Duration: 3 hours

**Best Friends Animal Society Volunteer Experience:** Help animals in need at Best Friends Animal Society. The first part of your journey is through Zion National Park. Your guide will take you on a short hike to the park overlook, and then it's on to Angel Canyon, home of the Best Friends Animal Society. Tour the sanctuary, enjoy lunch overlooking the canyon and then volunteer in Dog Town or Cat World.

Price: \$129 per person      Duration: 8 hours

**Boot Camp:** Send out the call to those who want to have FUN while learning new fitness activities. You'll find an activity you'll love and can stick to as your group makes commitment to better health. Break a sweat, enjoy a healthy lunch at Canyon Breeze and finish with a 25-minute Sagestone Customized Massage.

Price: \$99 per person      Duration: 2.5 hours

*Upgrade to a 50-minute massage for \$30 more per person.*

**Canyoneering:** Canyoneering combines hiking, climbing, scrambling and rappelling through narrow canyons formed by erosion and the uplift of the Colorado Plateau.

Price: \$229 per person      Duration: 6 hours

**Hike & Kayak:** This multi-sport adventure combines a unique upper-body workout with an astonishing hike. On the second half of the trip you will learn basic kayaking skills on a local lake that provides excellent views of the Santa Clara River Valley. Enjoy a lunch on the shore as you experience Utah by land and water.

Price: \$139 per person      Duration: 6 hours

Hiking: 3 miles

*Bike in the beautiful Santa Clara River Valley for just \$50 more per person.*

**Zion Canyon Spirit Hike:** Spend a day with Bud Howard on this spiritual adventure in beautiful Zion Canyon. After 30 minutes of restorative Hungstyle Tai Chi, you will enjoy a leisurely morning hike along the Virgin River from the Zion Canyon Grotto to the Emerald Pools. After a picnic in Springdale Park, Bud will lead you in a guided meditation that will forever change your relationships with your own awareness and the natural world.

Price: \$199 per person      Duration: 8 hours

*Red Mountain professionals continually create new workshops to empower people with knowledge for a healthier life, and can tailor any of our topics to the needs of your group. (Keynote presentations and facilitator biographies available upon request.)*



## HIKE & BIKE

*These adventures are great for a mid-morning or early afternoon activity.*

**Kayenta Coffee Cruise:** Hop aboard a high quality “hybrid” bike and take a guided tour along paved trails and roads to the coffee house and artist galleries in the desert community of Kayenta. This scenic 12-mile round trip biking excursion traverses uneven and hilly terrain to its conclusion. You may choose to bike one way or round trip.

Price: \$49 per person      Duration: 3 hours

Distance: 12 miles round-trip

*Enjoy a complimentary coffee drink at Xetava Gardens.*

**Take a Hike!** Join us for a hike in beautiful Snow Canyon State Park or another of our amazing slick rock hiking areas. We can tailor a hike for any time and difficulty level your group may desire. *Energy snack and drink provided.*

Price: \$59 per person      Duration: 2.5 hours

*Add a picnic for \$12 per person.*

## OUTDOOR TOURS

*Our knowledge of the geology and history of Southern Utah enhances your group hiking experience, topped off with a healthy spa lunch.*

**Bryce Canyon National Park:** The Southwest offers few views as unique and breathtaking as the Bryce Canyon Amphitheater and its red rock spires, pinnacles and “hoodoos.” Hiking among these wonders makes Bryce Canyon’s splendor an experience unequalled by any story or photograph.

Price: \$219 per person      Duration: 11 hours

Hiking: 6–8 miles

**Zion National Park:** Located within one hour of Red Mountain, Zion is one of the scenic wonders of the world. Famous for its deep canyons, sandstone cliffs and panoramic vistas, Zion combines the beauty of lush forestland with the towering majesty of colorful sandstone mountain peaks.

Price: \$179 per person      Duration: 6–8 hours

Hiking: up to 7 miles

*Ask about adding dinner in Springdale.*

*Red Mountain can customize trips to other beautiful locations in the Grand Circle of National Parks.*

## RED MOUNTAIN EXPERIENCES

*Discover new ways to bond your team with a mixture of informative and reflective team-building activities.*

**An Evening with the Stars:** View the beautiful night sky with its canopy of stars and learn how to locate stars, planets, satellites and constellations. Experience the view in a whole new dimension over the desert sand.

Price: \$30 per person

Duration: 2 hours

*Add S’mores for \$3 per person*

**Chili Cookoff:** Each team will put its skills and creativity to the test. Develop your team name and logo while you create your concoctions using unique ingredients. The winner can be determined by your VIP or our Executive Chef.

Price: \$60 per person

Duration: 2 hours

**Eat Well, Feel Well Cooking Class:** Experience this interactive opportunity with one of our professional chefs as they prepare healthy foods for your sampling that can be made quickly and easily.

Price: \$40 per person

Duration: 1 hour

**Red Mountain Fire Ceremony:** The Red Mountain Fire Ceremony is a special opportunity to gather under the desert sky— release past mistakes, fears and negative beliefs and embrace heartfelt dreams and desires.

Price: \$50 per person

Duration: 1 hour

**Red Mountain Yoga:** The red rocks and brilliant blue skies surrounding Red Mountain create the perfect backdrop to begin a journey that unites the body, mind and spirit. Your group will practice and embody the ancient theories of Postures, Yoga Breathing and Meditation. Special workshops also available upon request for Kundalini, Iyengar, Yoga on the Ball or Red Mountain Hot Yoga (seasonal).

Price: \$35 per person

Duration: 1 hour

**Successful Meditation:** As your group practices the act of “being” present they will discover how their thoughts can be more productive. This workshop is ideal for teams/leaders working together. Gift included.

Price: \$45 per person

Duration: 1 hour

**Tai Chi in the Canyon:** Staged at sunset in Snow Canyon State Park, the nurturing energy from the rocks will radiate upward into your body refueling its natural healing capabilities. This Southwest setting includes Native American Music and will allow you to practice the universal form and graceful images of Tai Chi connecting your mind, body and spirit.

Price: \$25 per person

Duration: 1.5 hours

*\* All events subject to tax and gratuity.*

## SPA PARTIES

*It's always a great party when you invite the spa!*

**Pajama Games:** Change into your pajamas and let our professionals teach you how to do facials and hand and arm massages on each other. Receive beauty tips and a spa gift.

Price: \$35 per person      Duration: 1 hour

**Mud Pies:** Relax outside at the pool while playing in the mud. A spa therapist will show your group how to apply our famous body clays for smooth, glowing skin.

Price: \$35 per person      Duration: 2 hours

**Spa Tapas:** Let us bring the spa to your group, and you're sure to have a delightful event with multiple spa treatment stations and personal discovery sessions. In the true tapas tradition this party will give your guests an eclectic mixture of mini treatments that they won't be able to get enough of! Best for groups of 10 or more.

Price: \$50 per person      Duration: 1 hour

## TAKE A BREAK

*These spa and fitness activities make for healthy break-out sessions.*

**Bye-Bye Blackberry Hand Massage:** While sipping berry smoothies, your group will enjoy hand massages and say bye-bye to soreness caused by working on the computer or PDA.

Price: \$15 per person      Duration: 1 hour

**Let's Get It Started:** De-stress before the meeting and let the creativity flow. Welcome your meeting attendees with a Sagestone mini massage and you're sure to take the "dull" out of another meeting. We'll have our therapists at the door greeting and offering their magic hands. Why not invite them back for your break or end of the meeting to reward your team for a job well done!

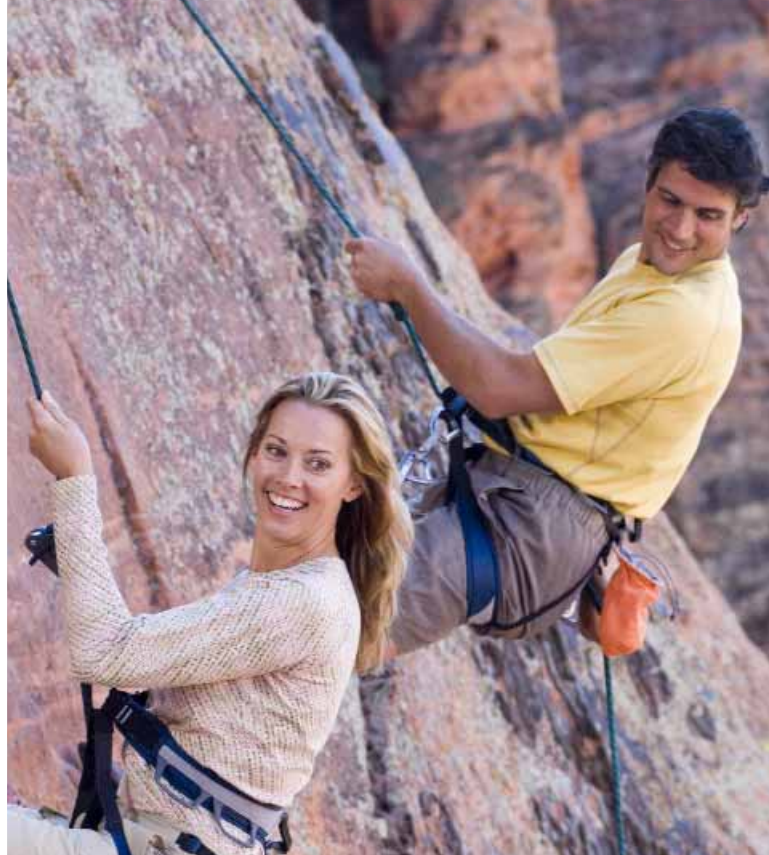
Price per Therapist: \$50      Duration: 1 hour

**Stretch and Breathe:** An excellent way to help participants relax and concentrate before or during your workshop or presentation. An instructor will guide the group through a mini-session of stretches and breathing.

Price per Instructor: \$30      Duration: 30 min.

*Don't forget to add food and drink from our catering menu.*

*\* All events subject to tax and gratuity.*



## ...AND MORE

*We can help you plan experiences in St. George and the surrounding areas.*

- Golf
- Horseback Riding
- Mountain Biking
- St. George Historical Tours
- Out on the Town Dining
- Tuacahn Outdoor Amphitheatre

**TO BOOK YOUR GROUP EVENT CONTACT:**

**LORI MUNK**  
**DIRECTOR OF SALES**

[lmunk@redmtn.com](mailto:lmunk@redmtn.com)

Direct: 435.652.5706

Toll Free: 800.944.3488

*Group events should be planned a minimum of 72 hours in advance of your stay.*

[REDMOUNTAINSPA.COM](http://REDMOUNTAINSPA.COM)