RESORT GUIDE

OMNI® RESORTS
the grove park inn
asheville

Spring 2022

PLAYING

AUDIO HISTORY TOUR
Our Audio History Tour covers the history of E.W. Grove, the construction and early years 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. *We recommend bringing your own headphones for the tour. Please see the Concierge Desk if you require headphones and a complimentary set will be provided. Adapters for phones are available for purchase at The Marketplace.*
ACCESS CODE: 1913

INN-TERTAINING DOCUMENTARIES
Visit the atrium in the Vanderbilt Wing to enjoy informative videos including a brief highlight of Grove Park's history and an excerpt from the documentary "The Mystery of George Masa". These videos run every day from 8am-8pm.

HEALTH & FITNESS CENTER $
Get energized at our Sports Complex, featuring personal training sessions, fitness classes like yoga and cycle, an indoor pool, Peloton bikes, elliptical trainers, free weights and more than 20 Paramount strength building stations. EXT. 1046
Mon – Sat, 6am-10pm | Sun, 7am-10pm
Indoor pool closes daily at 9:30pm

TENNIS R | $
Take it to the courts at one of the "50 Greatest Tennis Resorts" as rated by *Tennis Magazine*, featuring three indoor and three outdoor courts, lessons and clinics. Located at the Sports Complex.
EXT. 1046

★ GOLF R | $
This legendary Donald Ross-designed golf course offers 18 unique 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 clinic. Our Golf Pro Shop offers club and golf equipment rentals.
- Golf Pro Shop: EXT. 1034
- Golf Tee Times: EXT. 1012

SHOPPING, SAMMONS WING PROMENADE
Seasons, a Christmas shop, offers seasonal home décor and showcases products from every season throughout the year. Next door, you'll find N.O.C. Asheville Basecamp – your resource for outdoor gear and regional activities. Finally, explore Gallery of the Mountains to find jewelry and handcrafted items created by the artisans of the Southern Appalachian area.

SHOPPING, VANDERBILT WING EMPORIUM 1913
Grab a latte or an on-the-go savory snack in The Marketplace while you peruse a selection of locally sourced goodies and gifts. Don't forget to take home a GPI mug, ornament or history book as a memento of your stay. Visit Cloth featuring fine apparel, jewelry and accessories, along with American-made goods from local and regional artisans such as Colonel Littleton, Brackish Bow ties and more.

★ 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 originally opened in 1913, along with the hotel, to offer guests an accessible 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 carry food — leash your pet(s) — never approach wildlife — be alert. In case of a wildlife encounter: Stay calm — make noise — slowly back away facing the animal — DO NOT TURN AND RUN. Please alert hotel officials immediately. Hike at your own risk.*

EATING

★ SUNSET TERRACE L | D | C | O | R
Located on the porch of the historic Main Inn, Sunset Terrace is a classic, iconic chophouse featuring the finest hand cut steaks, premier chops and fresh seafood. Partnering with local farmers, our chefs and staff are committed to providing you with a truly memorable Asheville dining experience.
Daily 11am-3pm, 4:30-10pm, weather permitting

SUNSET TERRACE

EDISON, CRAFT ALES + KITCHEN R | L | D | C | O
This inventive restaurant and bar brings together the food culture and local flavors of the region, offering seating with panoramic views of the Blue Ridge Mountains in a contemporary, fun and artistic setting. Mon – Thurs 4-10pm | Fri 4-11pm | Sat 11am-11pm
Sun 11am-10pm

VUE 1913, AN AMERICAN BRASSERIE R | D | C | O
Vue 1913 is located at the far end of the Sammons Wing. This American twist on a classic European style restaurant offers guests a comfortable and stylish setting for a leisurely meal designed only with the love of food in mind.
Wed, Thurs, Sun 5-9:30pm | Fri + Sat 5-10pm

BLUE RIDGE B | L | D | C | O
Our celebrated Blue Ridge Artisanal restaurant features a Chef-inspired experience with panoramic views of the majestic Blue Ridge Mountains. Don't miss The Morning Table, our daily breakfast offerings and award-winning buffet stations; Friday night Seafood, Saturday night Prime Rib and Sunday Brunch Buffets. It's the perfect way to end any week.
Morning Table, Daily 7-10:30am Dinner buffet, Fri + Sat 5-9pm
Sunday brunch, noon-2:30pm

SPA CAFÉ B | L | C
This café features fresh, house made juices, salads, sandwiches and wraps. This is an intimate dining spot with indoor and outdoor seating, offering a relaxed environment to enjoy a light, fresh, nourishing meal with a juice or even a glass of Champagne or a cocktail. Daily 11am-6pm, last call at 5pm by the outdoor whirlpool

THE MARKETPLACE A
At the corner of our retail promenade, The Marketplace is the perfect place to get a Stance Coffee and house made pastry or to pick up a sandwich or house made pizza for a quick meal. Stop by our adjacent sweets boutique, The Pink Pig, for a frozen treat or decadent dessert. Located in the Vanderbilt Wing on Lobby Level.
Sun – Thur 6:30am-9pm | Fri + Sat 6:30am-10pm

Due to North Carolina law, alcohol will not be served prior to 10am on Sundays.

B = *Serves breakfast*
L = *Serves lunch*
D = *Serves dinner*
A = *All-day dining*
C = *Serves cocktails*
O = *Reservations available on OpenTable.com*
R = *Reservations recommended*
$ = *Available for an additional fee*
★ = *Featured*

ENTERTAINING

THE GREAT HALL BAR C

This iconic bar is a magnificent place to soak up the history and tradition of The Omni Grove Park Inn and boasts an impressive beverage menu led by signature cocktails. The charm is old-world rustic. Live music and entertainment unfold nightly and immense 36-ft. stone fireplaces flank the space.
Sun – Thur 11am-midnight | Fri + Sat 11am-1am

EDISON, CRAFT ALES + KITCHEN R | L | D | C | O

This inventive bar focuses on local favorites, including handcrafted cocktails, locally brewed beer and regionally inspired food. EDISON'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. Mon – Thurs 4-10pm | Fri 4-11pm
Sat 11am-11pm | Sun 11am-10pm

EDISON, CRAFT ALES + KITCHEN

PRESIDENTS LOUNGE C

With a fine selection of wines by the glass, handcrafted cocktails and a variety of small plates, Presidents Lounge caters to your before and after dinner plans. Looking out across the cityscape of downtown Asheville and the Blue Ridge Mountains, you can relax as the sunset paints the sky. Located just past the Heritage Ballroom in the Sammons Wing. Wed, Thur, Sun 4-9:30pm
Fri + Sat 4-10pm

★ SUNSET COCKTAIL TERRACE

The 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

SUNSET COCKTAIL TERRACE

ELAINE'S DUELING PIANO BAR C

Music meets comedy at this nighttime hot spot, featuring the high-energy entertainment of dueling pianos. Sip signature drinks as you laugh the night away. Located on level "E" of the Vanderbilt Wing atrium. *Entertainment starts at 9pm. Must be 21 years of age or older.* Thur – Sat 8pm-1am

Due to North Carolina law, alcohol will not be served prior to 10am on Sundays.

RELAXING

SPA TREATMENTS | AGES 18+ R | $

Due to an increase in demand, Spa appointments will only be available to overnight guests, at this time. Booking appointments in advance of your stay is recommended as services are offered based on availability. To check availability or to book an appointment, please call 800-438-5800, between 9am and 6pm.
Sun – Thurs 8am-6pm | Fri + Sat 8am-7pm

SPA POOLS AND DAY PASSES | AGES 18+ R | $

A limited number of Spa Day Passes will be available for resort guests only by reservation up to 60 days in advance. Spa Day Passes may not be available to purchase the day of, and availability cannot be guaranteed without prior reservation. Check-in for Spa Day Passes begins at 10:00 am. Spa Day Passes are not available on Holidays. A Spa Day Pass grants access to Spa Pools and all amenities on day of reservation only. Cancellations must be received at least 24 hours prior to Day Pass reservation date to avoid full charge. Please reserve by calling 800-438-5800, between 9am and 6pm.

★ SPA BOUTIQUE

Whether or not you decide to join us for a treatment, consider stopping by the Spa Boutique. Take your spa experience home with a host of intriguing gift ideas including our signature Spa line, skin and body elixirs, clothing, gift baskets and more. Shipping available. EXT. 7740 Daily 8am-9pm

SPA CAFÉ B | L | C

Located adjacent to The Spa, The Spa Café offers fresh, house made juices, salads, sandwiches and wraps. This is an intimate dining spot with indoor and outdoor seating, offering a relaxed environment to enjoy a light meal or even a glass of Champagne or a cocktail. Daily 11am-6pm, last call at 5pm by the outdoor whirlpool

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

YOGA $

Sports Complex fitness classes are offered for guests of all fitness levels, from beginners to experts. Sign up for Gentle Yoga or Subtle Yoga to get started. Or, for a greater challenge, try Flow Yoga. *See Planning for the Week insert.* EXT. 1046

QUICK CONTACTS

Operator	EXT. 0 OR 828-252-2711
Dining Options	EXT. 1011
Concierge Desk	EXT. 7005
The Floral Shop	EXT. 2046
Personal Fitness | Sports Complex	EXT. 1046
Golf Tee Time	EXT. 1012
The Spa	EXT. 7720
Spa Café	EXT. 7760
Private Tennis Lessons	EXT. 1046

PLANNING FOR THE WEEK

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For a copy of today's Wall Street Journal, text WSJ-OMNI from your mobile device to 833-979-0710. Or scan this code from your mobile device and just hit send.

OMNI RESORTS
the grove park inn | asheville

THE WALL STREET JOURNAL.

PLANNING FOR THE WEEK

SPORTS COMPLEX HOURS

Mon – Sat 6am-10pm & Sun 7am-10pm
Indoor pool closes daily at 9:30pm

MONDAY

8:15am	BODY SCULPT	Sports Complex
9am	INTERMEDIATE/ADVANCED TENNIS	Tennis Courts
9:30am	AQUA FIT	Indoor Pool
9:45am	GENTLE YOGA	Sports Complex
11am	HIIT	Sports Complex
6pm	YOGA MEDITATION	Sports Complex
7pm	LIVE ENTERTAINMENT	The Great Hall

TUESDAY

8:15am	CYCLE & ABS	Sports Complex
9am	ADVANCED ADULT TENNIS	Tennis Courts
9:30am	AQUA FIT	Indoor Pool
9:45am	FLOW YOGA	Sports Complex
10:30am	INTERMEDIATE ADULT TENNIS	Tennis Courts
11:15am	INTRODUCTION TO GOLF	Golf Course
11:30am	DANCIN' AT GPI	Sports Complex
7pm	LIVE ENTERTAINMENT	The Great Hall

WEDNESDAY

8:15am	BODY SCULPT	Sports Complex
9am	INTERMEDIATE/ADVANCED TENNIS	Tennis Courts
9:30am	AQUA FIT	Indoor Pool
9:45am	CLASSICAL YOGA	Sports Complex
11:15am	INTRODUCTION TO GOLF	Golf Course
6pm	YOGA CORE	Sports Complex
7pm	LIVE ENTERTAINMENT	The Great Hall

THURSDAY

8:15am	INSTRUCTOR'S CHOICE	Sports Complex
9am	ADVANCED ADULT TENNIS	Tennis Courts
9:45am	FLOW YOGA	Sports Complex
10:30am	INTERMEDIATE ADULT TENNIS	Tennis Courts
11:15am	INTRODUCTION TO GOLF	Golf Course
11:30am	BALANCE	Sports Complex
6:30pm	YOGA BASICS	Sports Complex
7pm	LIVE ENTERTAINMENT	The Great Hall

FRIDAY

8:15am	BODY SCULPT	Sports Complex
9:30am	AQUA FIT	Indoor Pool
9:45am	GENTLE YOGA	Sports Complex
11am	CYCLE BOOTCAMP	Sports Complex
11:15am	INTRODUCTION TO GOLF	Golf Course
7pm	LIVE ENTERTAINMENT	The Great Hall

SATURDAY

8:45am	DANCIN' AT GPI	Sports Complex
9am	ADVANCED ADULT TENNIS	Tennis Courts
10am	CLASSICAL YOGA	Sports Complex
10:30am	INTERMEDIATE/ADVANCED TENNIS	Tennis Courts
11:15am	INTRODUCTION TO GOLF	Golf Course
7pm	LIVE ENTERTAINMENT	The Great Hall

SUNDAY

9:45am	FLOW YOGA-60 MIN.	Sports Complex
7pm	LIVE ENTERTAINMENT	The Great Hall

AQUA FIT $

The water becomes the optimal gym environment. The resistance and buoyancy of the water will leave you refreshed and energized. 60 mins.

BALANCE $

Infusing Tai Chi with muscle strengthening movement to improve core strength, balance and coordination. 60 mins.

BODY SCULPT $

Total body strength training. Great for beginners or conditioned athletes. 60 mins.

CLASSICAL YOGA $

This style of yoga is based on the Sivananda lineage, incorporating mindful breathing and relaxation with stretching, sun salutations and classical yoga postures. *All levels are welcome.* 90 mins.

CYCLE BOOTCAMP $

Boost your speed and arm strength as you alternate between intervals of cycle and off-bike weight training. 60 mins.

CYCLE & ABS $

This class includes interval cycle drills and midsection movement focusing on abs and backs. 60 mins.

DANCIN' AT GPI $

Have you always wanted to take a dance class and feel energized? Join Conny Andres as she teaches fun & easy-to-learn dance combinations inspired by the musical theatre stage.
All ages & levels are welcome. 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. Sundays are 60 minutes.* 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.

HIIT $

High Intensity Interval Training (HIIT) is a 30-minute class consisting of short duration/high intensity bouts of timed work/rest periods. *Workout is adaptable to most fitness levels.* 30 mins.

INSTRUCTOR'S CHOICE $

This "wild card" workout could include cardio, weights, intervals, step, cycle, HIIT and/or outdoor training. 60 mins.

INTRODUCTION TO GOLF R

Let our golf professionals open the world of golf to you.
This introduction to the game of golf is a clinic that covers basic rules, etiquette and the PGAs of golf (posture, grip and alignment). Clubs will be provided. Proper golf attire is required. *Weather permitting. Please call 24 hours in advance to sign up at* EXT. 1034

TENNIS R $

ADVANCED TENNIS CLINIC | Qualified players will enjoy our most aggressive clinic. Levels 4.0 and up. 90 mins.

INTERMEDIATE/ADVANCED TENNIS CLINIC | If you're at a 3.5 level, you'll get a great workout with fast moving drills, lots of reps and tips to make you a more advanced player. Levels 3.5 and up. 90 mins.

INTERMEDIATE ADULT CLINIC | Enjoy lots of drills, point play, and fundamental instruction. Levels 3.0 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. 60 mins.

YOGA CORE $

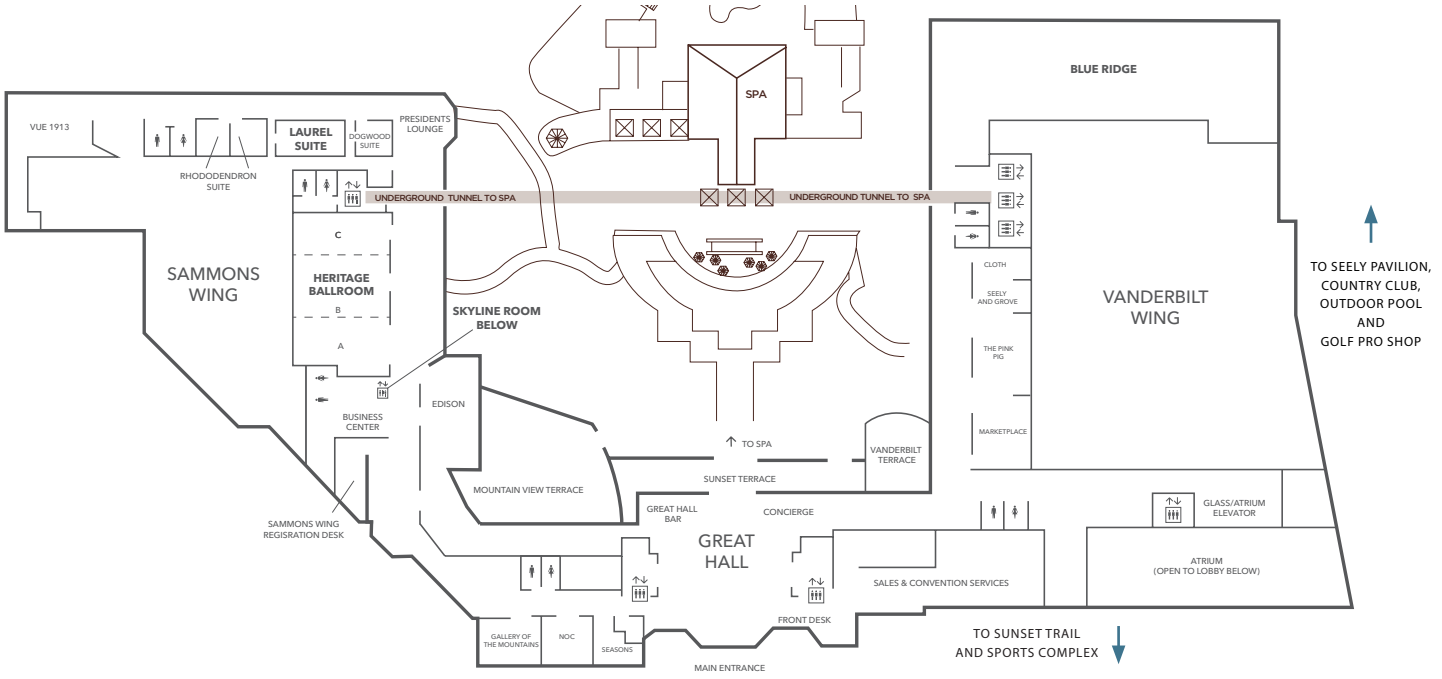
A fast paced and full-body workout. Focus on the breathwork and mindfulness of yoga, while connecting mind and body to the moment. Core yoga offers a bit of everything including stretching and classical yoga poses, all in a casual atmosphere. 60 mins.

YOGA MEDITATION $

Join yoga asanas with breathwork, guided imagery and silent meditation to stretch, strengthen and steady your mind.
60 mins.

RESORT AREA MAP - For on-property shuttle service, please call EXT. 7045 or visit Guest Services in The Great Hall.

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



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 LEVEL

Heritage Ballroom
Skyline Room
Dogwood Suite
Laurel Suite
Rhododendron Suite

VANDERBILT WING, LEVEL 8

DAILY RESORT CHARGE AMENITIES

- High-speed internet
- In-room coffee and tea
- Bottled water
  Two bottles, replenished daily
- On-property shuttle service
- Audio History Tour
- Access to the Sports Complex with indoor pool, outdoor tennis courts
- Access to seasonal outdoor pool
- Admission to the Introduction to Golf class
  Tues. - Sat., reservations required
- Access to the Sunset Trail
- Access to the Business Center