


MOUNTAIN VIEW
GRAND
— RESORT & SPA —



Retreats

Path to Well-Being Retreat

DAY 1: ARRIVAL

- Afternoon:** Check-in to Mountain View Grand Resort & Spa
- Late Afternoon:** Classic Mountain Massage (starting at \$130 weekdays, 50 minutes; starting at \$180, 80 minutes) providing deeply relaxing and therapeutic benefits
- Evening:** Welcome dinner at Harvest Tavern, featuring locally sourced cuisine

DAY 2:

- Morning:** Healthy breakfast at Harvest Tavern
Morning hike on property, providing a challenging outdoor workout amid the stunning natural scenery
Consultation with the wellness team to discuss goals and set an intention for the retreat.
- Afternoon:** Healthy Picnic Lunch
- Late Afternoon:** Plein air painting session with an instructor, allowing guests to be inspired by the beautiful landscape surrounding the resort. Canvases will be framed and shipped to guests' homes after the session.
Power Yoga session to calm nerves, quiet the mind, and relax the body, led by a skilled instructor.
- Evening:** Perfect Pairings – a private wine and food tasting at 1865 Wine Cellar and discussion session with the resort's wine director

DAY 3:

Morning: Healthy breakfast at Harvest Tavern

Nature Bathing session, allowing guests to immerse themselves in the natural beauty of the surroundings and connect with the earth's healing energy.

Late Morning: Meet with wellness team for a customized take-home plan, including personalized meal planning and fitness recommendations.

Afternoon: Healthy lunch
Pilates Party – an energizing workout featuring a low-impact mind/body program to improve posture, body awareness, flexibility, balance, and strength.

Late Afternoon: Facial of your choice

Evening: Farewell celebratory dinner at Club House



Peak Pursuits Adventure Retreat for Men

Embark on an exhilarating journey of self-discovery and adventure. Set against the majestic backdrop of the White Mountains, this exclusive experience is designed for men seeking rejuvenation, camaraderie, and personal growth. From invigorating outdoor activities to restorative spa treatments, this retreat promises an unforgettable escape where you can challenge yourself and embrace the rugged beauty of nature.

DAY 1: ARRIVAL

Afternoon: Check-in to Mountain View Grand Resort & Spa

Evening: Dinner at Harvest Tavern
Sunset bourbon tasting and cigar rolling

DAY 2:

Morning: Breakfast at leisure at Harvest Tavern

Morning: Golf instruction, featuring video swing and putting analysis, tips for improving mental game, followed by nine holes played with a professional instructor.

Afternoon: Lunch at Club House
Hike or Nature Bathing, allowing you to immerse yourself in the natural beauty of our surroundings and connect with the earth's healing energy.

Evening: Wine & Cheese Pairing Class followed by dinner at 1865 Wine Cellar

DAY 3:

Morning: Breakfast at leisure at Harvest Tavern
Power Yoga or Cardio Ramping session with personal trainer

Afternoon: Lunch at leisure
Mountain Biking

Late Afternoon: Peak Performance Recovery Massage (starting at \$210, 80 minutes) and facial of your choice

Evening: Dinner at Harvest Tavern



Blissful Bonding Retreat

Designed exclusively for couples seeking to reconnect, rediscover, and reignite their passion, this retreat is where love meets luxury amid breathtaking mountain vistas. From candlelit dinners under the stars to thrilling outdoor adventures and soulful wellness experiences, every aspect of your journey is crafted to deepen your bond.

DAY 1: ARRIVAL

- Afternoon:** Check-in to Mountain View Grand Resort & Spa
Nature Bathing session for two, allowing couple to immerse themselves in the natural beauty of the surroundings and connect with the earth's healing energy.
- Evening:** Perfect Pairings, a private wine and food tasting at 1865 Wine Cellar, including a discussion with the resort's wine director, followed by an intimate dinner for two featuring selected food and wine choices.
- Shower of Roses - rose petals in the shape of a heart are strewn on the bed accompanied by a personalized gossamer treasure bag containing rose potpourri and a "bouquet" of chocolate roses from our pastry chef.

DAY 2:

- Morning:** Breakfast at leisure at Harvest Tavern
- Late Morning:** Hike or private yoga session for two.
- Afternoon:** Poetry Picnic, enjoy a prepared picnic lunch in a keepsake basket with poetry anthology and two journals and pens.

Late Afternoon: Be inspired by our beautiful natural landscape and enjoy a Plein Air Painting session for two with an instructor. Canvases will be framed and shipped to guests' homes after the session.

Evening: Food of Love, a three-course candlelit dinner for two in a private setting on property featuring the couple's favorite ingredients in a custom chef-prepared menu.

Love After Hours, a private party for two in our private couple's treatment room, including the couple's preferred spa treatments and Champagne by candlelight.

DAY 3:

Morning: Breakfast at leisure at Harvest Tavern

Late Morning: Pickleball, tennis, or golf

Afternoon: Lunch at leisure

Late Afternoon: Photo Shoot for two with our professional photographer, using the stunning backdrop of our forest setting to create a memorable keepsake.

Evening: Dinner at Club House

Bundle of Joy Babymoon Retreat

Indulge in precious time together, focusing on relaxing and preparing emotionally before welcoming your little one into the world. Our babymoon retreat offers expecting couples the ultimate luxury to unwind and connect before the big day comes. Tailored to meet the unique needs of each couple, our retreat begins with a pre-visit questionnaire, ensuring every concern and desire is addressed by our dedicated team.

DAY 1: ARRIVAL

- Afternoon:** Check-in to Mountain View Grand Resort & Spa
- Late Afternoon:** Prenatal Rest & Renew Massage (starting at \$120, 50 minutes) for her and Arnica Massage (starting at \$130 weekdays, 50 minutes; starting at \$180, 80 minutes) for him
- Evening:** Dinner at Harvest Tavern, featuring locally sourced cuisine
- Shower of Roses - rose petals in the shape of a heart are strewn on the bed accompanied by a personalized gossamer treasure bag containing rose potpourri and a "bouquet" of chocolate roses from our pastry chef.

DAY 2:

- Morning:** Breakfast at leisure at Harvest Tavern
- Nature Bathing session for two, allowing couple to immerse themselves in the natural beauty of the surroundings and connect with the earth's healing energy.

- Afternoon:** Poetry Picnic, enjoy a prepared picnic lunch in a keepsake basket with poetry anthology and two journals and pens.
- Late Afternoon:** Be inspired by our beautiful natural landscape and enjoy a Plein Air Painting session for two with an instructor. Canvases will be framed and shipped to guests' homes after the session.
- Evening:** Enjoy Food of Love, a three-course candlelit dinner for two in a private setting on property featuring the couple's favorite ingredients in a custom chef-prepared menu.

Day 3:

- Morning:** Breakfast at leisure at Harvest Tavern
- Morning Meditation session for two
- Photo Shoot with our professional photographer, using the stunning backdrop of our forest setting to create a memorable keepsake.
- Afternoon:** Lunch at leisure
- Late Afternoon:** Facial of choice for two at Tower Spa
- Evening:** Dinner for two at Club House



Peaks & Play Family Retreat

Escape to the White Mountains and reconnect with your loved ones. Nestled in the heart of nature, our resort offers the perfect blend of adventure, relaxation, and quality time. Join us for a memorable getaway filled with fun activities, luxury accommodations, and cherished moments with family.

DAY 1: ARRIVAL

- Afternoon:** Check-in to Mountain View Grand Resort & Spa
Nature Bathing, allowing the family to immerse themselves in the natural beauty of our surroundings and connect with the earth's healing energy.
- Late Afternoon:** Enjoy a visit to Mountain View Farm to interact with the animals.
- Evening:** Dinner at Harvest Tavern
Unwind with a game of pool, air hockey, foosball, or ping pong in our Game Room.

DAY 2:

- Morning:** Breakfast at leisure at Harvest Tavern
- Morning:** Hike or Aqua Aerobics, a series of fun, no-impact exercises in shallow water with a variety of tubes, ankles, hand buoys, and noodles to boost cardio fitness and strength (suitable for non-swimmers).
- Afternoon:** Family Picnic, enjoy a prepared picnic lunch in a keepsake basket with journals and pens.

- Late Afternoon:** Be inspired by our beautiful natural landscape and enjoy a Plein Air Painting session for the entire family with an instructor. Canvases will be framed and shipped to guests' homes after the session.

- Evening:** Dinner at Club House
Take part in Family Fit Yoga, featuring non-impact sun salutations, standing poses, arm balances, back bends, and relaxation techniques for both kids and adults, a perfect wind-down activity before bed.

DAY 3:

- Morning:** Breakfast at leisure at Harvest Tavern
- Late Morning:** Activity of choice (hike, golf lessons, tennis, pickleball, or pool time)
- Afternoon:** Lunch at leisure
Creative Movement using imaginative play to encourage all family members to stretch, develop coordination and rhythm, and build non-competitive teamwork and camaraderie, or Family Belly Dancing, a fun way to empower and honor the body with dance in a private family class.
- Late Afternoon:** Family Photo Shoot with our professional photographer, using the stunning backdrop of our forest setting to create a memorable keepsake.
- Evening:** Dinner at Harvest Tavern
Family movie night in our movie theater.



101 Mountain View Road
Whitefield, New Hampshire 03598

855.837.2100
info@mountainviewgrand.com