



# CONESTOGA RANCH

BEAR LAKE  UTAH • USA

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## **CONESTOGA RANCH CELEBRATES INDIAN SUMMER AT UTAH'S BEAR LAKE WITH CULINARY SEMINARS AND FITNESS WEEKEND PACKAGES; SEPTEMBER SPECIALS**

Pose & Paddle Retreat Combines Yoga and Paddleboarding; Campfire Culinary Adventures Includes Interactive, Glamping-Themed Cooking Seminars

GARDEN CITY, UTAH – Conestoga Ranch, a new glamping resort in Northern Utah, is enticing guests to enjoy Indian summer with two activity-packed weekends that take full advantage of the resort's amenities and location along Bear Lake's turquoise-colored waters. Those passionate about cooking are invited to embark on Campfire Culinary Adventures, September 18-20 with a chef and sommelier from the renowned Park City Culinary Institute to take camping cuisine to exciting new levels. Outdoor fitness enthusiasts of all ages and abilities will be treated to Pose & Paddle, September 25-27, a weekend of outdoor yoga, stand up paddleboarding and hiking. The resort will also offer attractive promotional specials from September 8 to 30.

Chef Julie Paine from the renowned Park City Culinary Institute will team up with her husband, Sommelier Greg Neville, to offer hands-on, glamping cooking seminars for the whole family that utilize the Campfire Grill's demonstration-style kitchen, wood-burning oven and outdoor fire pits. Guests will discover how to create gourmet dishes like artisan pizzas, trout en papillote with potatoes and gourmet variations of skillet s'mores. An autumn-themed wine seminar will also be offered. Package pricing includes two nights lodging and three seminars during which participants will feast on their creations: Pricing is \$599 per person in a Grand Tent, including wine seminar (\$559 w/o wine); \$549 per person in a Conestoga Wagon (\$509 without wine). Children under 17 are welcome to participate for an additional \$100. Tax is additional, and pricing is based on double occupancy. The reservation deadline is September 9 with a minimum of 12 participants required.

The Pose & Paddle retreat will be lead by outdoor enthusiasts and accomplished yoga and paddleboarding instructors based in Park City, Utah, Joie Astudillo and Hanna Lorenz. Participants will enjoy five activities throughout the weekend that include stand up paddleboarding on Bear Lake, outdoor yoga practices, and even a beautiful hike that incorporates yoga. Two nights lodging, a healthy menu with prix-fixe meals, activities and paddleboards are included for \$400 per person for a wagon and \$450 for a Grand tent. Tax is additional, and pricing is based on double occupancy. Guests are asked to

bring their own yoga mats. The reservation deadline is September 16 with a minimum of 10 participants required.

“Conestoga Ranch offers ideal amenities combined with a spectacular location to host a variety of retreats. Culinary and fitness tourism are travel trends that have exploded in popularity, and we are excited to partner with experts in their respective fields to offer unforgettable weekends that maximize our unique offerings, accommodations and setting,” says Tom Hedges, one of five partners behind the development of Conestoga Ranch. “We’ve designed these retreats to appeal to couples, co-workers, groups of girlfriends or guy friends, as well as families who seek camaraderie, fitness, fine cuisine and a respite from life’s hectic pace.”

The resort is also offering a Campfire Grill dining credit of \$25 per night per accommodation September 8 to 30. There is an additional promotion guests may opt for when booking longer stays: book two nights and get a third free.

Reservations for the Pose & Paddle and Campfire Culinary Adventures weekends can be made by calling 844-GO-GLAMP.

#### ABOUT CONESTOGA RANCH

Situated along the shores of Bear Lake’s magnificent turquoise-blue waters just outside Garden City, Utah, Conestoga Ranch encompasses 18 acres and the ability to accommodate up to 160 guests. The glamping resort is designed to make camping easy, cozy and comfortable. For overnight accommodations, guests can choose from glamping tents, traditional tents and authentically styled conestoga wagons. Each is outfitted with soft beds and fresh linens, and glamping tents feature en suite bathrooms. Resort amenities include a game tent, Main Lodge with private spa-style bathrooms, the Campfire Grill restaurant, shake shack, General Store, activities field and Wi-Fi. Paddleboards and other water recreation equipment are available for rent. For more info, visit [www.conestogaranch.com](http://www.conestogaranch.com).

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