MONDAY 10/7
Fitness Classes and Hikes
Feel Good Yoga 9:15 am
Vinyasa Yoga Flow 10:30 am
Sunset Rock Hike 1:00 pm

Autumn Fest at Old Edwards
Fall Cocktails & Beers
Specials at Madison’s & The Wine Garden
Now through Oct. | Main St. | 828.526.2525

TUESDAY 10/8
Fitness Classes
Indoor Cycle 8:00 am
Happy Back Yoga 9:15 am
Pilates Classic Mat 10:30 am
Body Sculpt 5:00 pm

Movies at the Highlands Playhouse
1, 4 & 7 pm | Tuesday - Saturday
$10 | 362 Oak Street | 828.526.2695
HighlandsPlayhouse.org

7 pm • Trivia Tuesday with Matt
The Ugly Dog Pub | 4th St. | 828.526.8364

WEDNESDAY 10/9
Fitness Classes
Yoga 90 9:00 am
Dynamic Alignment 10:30 am
WOW Weights on Wednesday 11:30 pm
Power Circuit 5:00 pm

Golf at Old Edwards Club
Experience Blue Ridge Mountain golf
Open 7 days a week | 11 am - 6 pm
828.526.8044 | 688 Highlands Cove

7 - 9 pm • Live Bluegrass by Nitrograss
The Ugly Dog Pub | 4th St. | 828.526.8364

THURSDAY 10/10
Fitness Classes
Indoor Cycle + Core 8:00 am
Feel Good Yoga 9:15 am
Pilates Classic Mat 10:30 am
Total Strength 5:00 pm

The Bascom Art Exhibits & Classes
10 am - 5 pm, Mon - Sat | 12 - 5 pm, Sun
828.526.4949 | 323 Franklin Rd.

Movies at the Highlands Playhouse
1, 4 & 7 pm | Tuesday - Saturday
$10 | 362 Oak Street | 828.526.2695
HighlandsPlayhouse.org

FRIDAY 10/11
Fitness Classes and Hike
Yoga 90 9:00 am
Pilates Simplified 10:30 am
Highlands Nature Walk 1:00 pm

10 am - 4 pm • Cashiers Leaf Festival
Over 100 artisans and merchants will host this free event to celebrate fall. Fri - Sun
160 Frank Allen Road | 828.743.3434
VillageGreenCashiers.com

Golf at Old Edwards Club
Experience Blue Ridge Mountain golf
Open 7 days a week | 11 am - 6 pm
828.526.8044 | 688 Highlands Cove

Movies at the Highlands Playhouse
1, 4 & 7 pm | Friday - Saturday
$10 | 362 Oak Street | 828.526.2695
HighlandsPlayhouse.org

SUNDAY 10/13
Fitness Classes and Hike
Yoga Flow 1:00 pm
Satulah Mountain Hike 2:00 pm

8 pm - Close • Live Music by Paul Jones
Hummingbird Lounge | 450 Spring Street

* Musicians subject to change without notice.
Please share your experiences on social.

@OldEdwardsInn | #OldEdwardsInn

**Business Hours**

<table>
<thead>
<tr>
<th>Service</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acorns Daily</td>
<td>10 am - 5 pm</td>
</tr>
<tr>
<td>Falls &amp; Hickory Pools Daily</td>
<td>8 am</td>
</tr>
<tr>
<td>Falls &amp; Hickory Pool Jacuzzis</td>
<td>Daily 8 am</td>
</tr>
<tr>
<td>Hickory Pool Cabana Daily</td>
<td>11 am - 6 pm</td>
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<tr>
<td>Falls Pool Cabana Friday-Sat</td>
<td>11 am - 6 pm</td>
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<tr>
<td>Fitness Center Daily</td>
<td>7 am - 7 pm</td>
</tr>
<tr>
<td>Oakleaf Flower and Garden</td>
<td>10 am - 5 pm</td>
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<tr>
<td>Sunday</td>
<td>12 - 4 pm</td>
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<tr>
<td>Old Edwards Club</td>
<td>Tee Time 9 am - 5 pm</td>
</tr>
<tr>
<td>Golf Shop &amp; Practice Facility</td>
<td>Mon 10:30 am - 5 pm</td>
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</tbody>
</table>

**Parade Night Dinner**

- with -

**David Bancroft**

At Half-Mile Farm

**Saturday, December 7**

Chef David Bancroft of Acre in Auburn brings cocktails and classic southern favorites.

Limited seating available

**Chefs in the House**

With The South's Best Chefs

Reserve today 828-787-2635 HalfMileFarm.com/DavidBancroft
If you need assistance during your stay, please stop by a check-in location, or call our concierge at 828-526-8008.
<table>
<thead>
<tr>
<th>Venue</th>
<th>Description/Location Phone Number</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Cocktails</th>
</tr>
</thead>
<tbody>
<tr>
<td>Madison’s Restaurant</td>
<td>Farm-to-Table Cuisine in the Historic Inn 828-787-2525</td>
<td>Daily 7 - 10 am</td>
<td>Daily 11:30 am - 2 pm</td>
<td>Daily 6 - 9 pm</td>
<td>At Lunch and Dinner</td>
</tr>
<tr>
<td>Art’s at the Lodge</td>
<td>Coffee Café and Full Bar in Lodge Lobby 828-787-2550</td>
<td>Continental Buffet Daily 7 - 11:30 am</td>
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<tr>
<td>Hummingbird Lounge</td>
<td>Full Bar and Light Menu on Second Floor of Historic Inn 828-787-2508</td>
<td></td>
<td>Full Bar Sun - Thu 2 - 10 pm; Fri &amp; Sat 2 - 11 pm</td>
<td>Light Bites and Full Bar Sun- Thu 12 - 8 pm; Fri &amp; Sat 4 - 9 pm Weekend Social Hour with Live Music Fri &amp; Sat 5 - 9 pm</td>
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</tr>
<tr>
<td>Spa Café</td>
<td>Light Bites and Healthy Delights Past the Chocolate Hallway in The Spa 828-787-2571</td>
<td>11:30 am - 4 pm Daily Light Fare 4 - 6 pm</td>
<td></td>
<td>Daily 6 - 9 pm</td>
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</tr>
<tr>
<td>Grill Room</td>
<td>Take in the stunning view of the rolling hills and golfers teeing off. 828-787-2465 *Reservations Required</td>
<td>Sunday Brunch* 11 am - 3 pm</td>
<td>Daily 11 am - 3 pm</td>
<td>Thurs - Sun 5 - 8 pm Wed 6 - 8 pm</td>
<td>Wed - Sun 3 - 5 pm</td>
</tr>
<tr>
<td>Wine Garden</td>
<td>Dine alfresco surrounded by gardens and fountains.</td>
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<td>11:30 am - 4 pm Daily Light Fare 4 - 6 pm</td>
<td>Daily 6 - 9 pm</td>
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</tr>
<tr>
<td>Four65</td>
<td>Handcrafted wood-fired pizza, cast-iron sandwiches, salads and small plates 828-787-2990</td>
<td>Daily 11 am - 3 pm</td>
<td>Daily 11 am - 3 pm</td>
<td>Daily 6 - 9 pm</td>
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</tr>
<tr>
<td>Falls Pool Cabana</td>
<td>Grilled hamburgers, hot dogs, chicken and more; beer, wine and cocktails</td>
<td>Friday - Saturday 11:30 am - 4 pm</td>
<td>Friday - Saturday 11:30 am - 4 pm</td>
<td>Daily 11 am - 6 pm</td>
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</tr>
<tr>
<td>Hickory Pool Cabana</td>
<td>Picnic foods; beer, wine and cocktails</td>
<td>Daily 11:30 am - 4 pm</td>
<td>Daily 11:30 am - 4 pm</td>
<td>Daily 11 am - 6 pm</td>
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</tbody>
</table>

### CLASSES

**Barre: 60 Minutes**
A fusion of yoga, Pilates and Ballet give you a total body workout. This class will increase physical strength, tone your muscles.

**Body Sculpt: 45 Minutes**
Free weights, resistance bands and your own body weight provide you with a total body workout.

**Dynamic Alignment: 45 Minutes**
Learn basic body mechanics that you can implement throughout your day to ease aches and pains. Learn to move more of your body more often.

**Feel Good Yoga: 60 Minutes**
This gentle, fun yoga uses 3’ wooden staffs to increase flexibility and mobility, reduce pain and stiffness.

**Pilates Simplified: 60 Minutes**
Learn the essential basics of Pilates to gain the maximum benefit from each movement. This class is the prequisite to Pilates Classic Mat.

**Happy Back Yoga: 60 minutes**
Breathe, relax, rejuvenate - a perfect class for anyone who has chronic back pain.

**Indoor Cycling: 60 Minutes**
Increase cardio endurance as you work at your own pace to incredible music for a high intensity work out.

**Pilates Classic Mat: 45 minutes**
Gain stability, strength and structural alignment through focused breath and detailed instruction. Pilates experience recommended for this class.

**Power Circuit: 45 minutes**
Burn fat fast with high intensity intervals. Body-blasting sculpting and calorie-crushing cardio bursts.

**Relax and Restore: 60 minutes**
Use mindful, expansive breathing and dynamic, guided movement to release aches and stimulate relaxation.

**Strength and Alignment: 45 Minutes**
Learn basic body mechanics and strength training.

**Total Strength: 45 minutes**
A full body workout, focusing on muscle strength and endurance.

**Vinyasa Flow Yoga: 60 minutes**
An energetic, rhythmic flow with focus on breath and alignment. Finish through deep relaxation.

**WOW Weights on Wednesday: 45 Minutes**
You asked for it and we listened! Weights and more. Be prepared to sweat through this new class!

**Yoga 90: 90 Minutes**
Strength, flexibility and alignment through classic postures, breathing exercises and focus on deep relaxation techniques.

### HIKES AND WALKS (Weather Permitting)

**Highlands Nature Walk: 60-90 Minutes**
A two mile walk covering trails from Old Edwards Inn to the Botanical Garden, around a small lake and then to the Nature Center.

**Satulah Mountain Hike: 2 Hours**
The Satulah Mountain Trail is a moderate 1.6 mile hike along an old road bed to a peak of 4543 ft. just south of Highlands. There is a 270° view to the south, east, and west.

**Sunset Rock Hike: 60-90 Minutes**
A historical 1.5 mile walk in downtown Highlands. Take in a bird’s eye view of the town from the top of Sunset Rock.

**Walk Through The Past: 60-90 Minutes**
A historical 1.5 mile walk in downtown Highlands. Learn the history of Highlands as you pass by.

**Whiteside Hike: 2.5 Hours**
(24 hour advance reservation recommended.) This landmark along the Eastern Continental Divide is famous for its postcard view of the Blue Ridge Mountains. Whiteside rises to an elevation of 4,930 feet. Hike the “moderate” 2.0 mile trail to the summit. The total climb is approximately 500 ft. and the trail can be walked in an hour but you will want to allow plenty of time to take in the vistas. Transportation provided by Old Edwards Inn and Spa. 10-minute ride.