

GROUP PROGRAMMING



INTRODUCTION

WELCOME TO KANUGA!

We are delighted to welcome you to Kanuga Inn & Lodging, a place where groups of all kinds come together to relax, reconnect, and create lasting memories. Whether you're here for a corporate retreat, family reunion, church gathering, or social event, our unique setting in the Blue Ridge Mountains offers a perfect balance of adventure, relaxation, and community. Our programming and activities are designed to enhance your stay and bring your group closer together.

ACTIVITIES FOR EVERY GROUP

From team-building experiences and outdoor adventures to creative workshops and moments of quiet reflection, we have something for everyone. Whether your group is looking for high-energy activities, structured programming, or casual recreation, our offerings cater to all interests and abilities. Let Kanuga be the backdrop for your unforgettable experience.

BOOKING & RESERVATIONS

Many activities require advance booking, so we recommend securing your preferred experiences as early as possible. For scheduling, pricing, and availability, please contact our sales team. We're here to help you customize your stay and ensure your group enjoys the perfect mix of fun, relaxation, and connection.

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EVERGREEN ACTIVITIES

(Available Year-Round)

GUIDED HIKE

Explore Kanuga's breathtaking trails and viewpoints with a trained guide. Perfect for team bonding, reflection, or simply enjoying the natural beauty surrounding you.

- Availability: Weather permitting
- Cost: \$15 per person (max 20 participants)
- Duration: 2-3 hours
- Location: Meet at Gym
- Booking: 2 weeks in advance
- Accessibility: Mild to difficult, depending on trail

YARD GAMES

Engage in friendly competition with classic games like cornhole, Giant Jenga, and ring toss—perfect for casual fun between meetings or gatherings.

- Availability: Weather permitting
- Cost: \$25 per game/set
- Location: Upon request
- Booking: 2 weeks in advance
- Accessibility: Mild, inclusive

PICKLEBALL OR TENNIS TOURNAMENT

Reserve outdoor courts for a friendly match or tournament to foster teamwork and lighthearted competition among your group.

- Availability: Weather permitting
- Cost: 2 hour rental, \$250 for 2 courts, \$350 for 3 courts (2 pickleball courts = 1 tennis court)
- Location: Indoor/outdoor courts
- Booking: 2-4 weeks in advance
- Accessibility: Mild, inclusive



CLIMBING TOWER

Challenge your group to scale our 40-foot climbing tower. A great way to build confidence, teamwork, and resilience.

- Availability: Weather permitting
- Cost: \$400 for 2 hours / \$500 for 3 hours
- Location: Buddy Carter Climbing Tower
- Booking: 30 days in advance
- Accessibility: Mild to difficult

HIGH ROPES COURSE

Strengthen connections and push limits with our high ropes course, designed to encourage teamwork, problem-solving, and trust.

- Availability: Weather permitting
- Cost: \$450 for 2 hours / \$550 for 3 hours
- Location: Meet at Gym
- Booking: 30 days in advance
- Accessibility: Moderate, 15-min hike to course

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ROCK QUARRY CLIMBING

Experience the thrill of natural rock climbing in the cool shade of Kanuga's scenic woods. With three distinct routes—Kanuga Crack, Frankenstein's Face, and Paul's Peel Off—climbers of all skill levels can challenge themselves while surrounded by nature's beauty.

- Availability: Year-round
- Cost: \$400 for 2 hours, \$500 for 3 hours
- Location: Meet at Gym
- Booking: 30 days in advance
- Accessibility: Mild to difficult

TEAM BUILDING

Designed for corporate retreats, youth groups, and organizations, our trained staff facilitate team-building challenges that will improve communication and foster collaboration.

- Availability: Year-round
- Cost: \$200 for activities only / \$350 with low ropes course
- Location: Meet at Gym
- Booking: 30 days in advance
- Accessibility: Mild to difficult

YOGA CLASSES & EQUIPMENT RENTAL

Help your group unwind with guided yoga or meditation, perfect for mindfulness retreats or stress relief during conferences.

- Availability: Year-round
- Cost: \$250 per class / \$50 per hour for equipment rental at a selected location
- Location: Various venues
- Booking: 2-4 weeks in advance

INDOOR LABYRINTH

A peaceful activity ideal for spiritual retreats, meditation groups, or personal reflection during your stay.

- Availability: Year-round
- Cost: \$75 setup
- Location: Gooch Main preferred
- Booking: 30 days in advance

BINGO

A fun, interactive activity for all ages, whether you're hosting a corporate retreat, reunion, or casual social gathering.

- Availability: Year-round
- Cost: \$75 equipment only (*prizes not included*)
- Booking: 30-90 days in advance

SOUND BATH

Designed for corporate retreats, youth groups, and organizations, our trained staff facilitate team-building challenges that will improve communication and foster collaboration.

- Availability: Year-round
- Cost: \$375 for 1.5 hours
- Location: Gooch Main preferred
- Booking: 30 days in advance

KARAOKE MACHINE

Liven up your evening with a fun karaoke session, ideal for breaking the ice and building camaraderie.

- Availability: Year-round
- Cost: \$100 rental fee (includes TV)
- Booking: 30 days in advance

SHUFFLEBOARD

Rent our classic shuffleboard set for hours of fun and friendly competition. Perfect for parties, reunions or retreats, this easy-to-learn game entertains all ages.

- Availability: Year-round
- Cost: \$125
- Booking: 2 weeks in advance

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CARNIVAL SNACKS

Add a fun treat to your event with classic carnival-style snacks, great for guests of all ages.

- Availability: Year-round
- Cost: (2 hour rental, supplies included)
Popcorn - \$150
Snow Cones - \$200
Cotton Candy - \$200
OR bundle **all three** for \$450
- Booking: 60 days in advance

INFLATABLE OBSTACLE COURSE

Add excitement to your event with an inflatable obstacle course, ideal for corporate team-building, reunions, and youth groups.

- Cost: \$300 for 2 hours
- Location: Gym
- Booking: 30 days in advance

SPORTS EQUIPMENT RENTAL

Organize a friendly game of kickball, soccer, or dodgeball to bring everyone together for some lighthearted fun. We have a wide variety of equipment available!

- Availability: Year-round
- Cost: \$25 setup per game, 3-hour max
- Location: Gym/front desk pickup
- Equipment: Various sports gear

BUCKET GOLF

Experience the latest backyard game craze—bucket golf! A fun twist on traditional golf, perfect for groups of all ages and skill levels.

- Availability: Year-round
- Cost:
 - **Backyard Set:** \$50 (2 baskets, balls, clubs)
 - **DIY Course:** \$75 (9 baskets, balls, clubs, tee markers)
 - **Kanuga Course:** \$125 (course set up for you & course map provided)
- Location: Gym/front desk pickup
- Equipment: Various sports gear

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SEASONAL ACTIVITIES

(April - October)

BOATING

Take a break and explore Kanuga Lake in canoes, kayaks, or paddleboards—a wonderful way to relax and recharge.

- Cost: \$100/hr
- Location: Kanuga Lake
- Booking: At least 2 weeks in advance

SWIMMING

Enjoy a refreshing swim or floating session, perfect for unwinding after meetings or activities.

- Cost: \$150/hr up to 30 participants
- Location: Kanuga Lake
- Booking: At least 2 weeks in advance

FOREST BATHING

Connect with yourself and nature in this immersive guided experience.

- Cost: \$250
- Location: Various outdoor locations
- Booking: 60 days in advance

(October - December, February - May)

BACKCOUNTRY BASICS

Build confidence in the wild with hands-on skills like shelter building, fire making, and pack prep.

- Cost: \$150 for 1.5 hrs, \$250 for 3 hours
- Location: Bob Campbell Youth Campus
- Booking: 30 days in advance

POND & STREAM EXPLORATION

Explore the hidden world of Kanuga's ponds and streams, from tiny critters to flowing ecosystems.

- Cost: \$150 for 1.5 hrs, \$250 for 3 hours
- Location: Bob Campbell Youth Campus
- Booking: 30 days in advance



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ADDITIONAL INFORMATION

SAFETY GUIDELINES

- For guided activities safety guidelines will be provided on location by facilitator.
- All guests must sign an activities waiver prior to participation. Waivers are signed during accommodation check-in.

CONTACT INFORMATION FOR RESERVATIONS

LB Passey, Director of Activities & Programming – lbpassey@staykanuga.org

CANCELLATION POLICIES

Group agrees to the activities listed in the Group Agreement and Banquet Event Order. If an activity is canceled, the Group is responsible for the anticipated revenue. If the entire event is canceled, the Group must pay the Center within 30 days based on the agreed activity revenue and applicable charges (e.g., room rental, setup, AV fees, service charges, and taxes). The Group is also responsible for any damage to equipment or facilities and will be charged for repairs or replacements as necessary.

ACTIVITY CAPACITIES

Most activities have a set maximum capacity, additional participants will require additional staffing and charges. For specific capacities and additional costs, please reach out to your sales representative.