

ALUMNI WEEKEND @ THE SPA on Highland Lake

UPWARD LIVING...The sober resort community in Flat Rock offers:
five packages for lodging and meals for Pavillon alumni weekend
participants : Sept. 16 thru Sept.19, 2010.

The RETREAT HOUSE

Lodging and breakfast @ the retreat house: \$40+ tax daily includes
(private single bedroom), shared bath and common space.
Also includes use of all resort amenities, lake, boats, trails, critters &
more! (other spa services are 50% off for alumni weekend)
Comp breakfast is served @ the Lakehouse, \$5 box lunches are
available

The LAKEHOUSE LODGE & SPA

Shared luxury condo-suites (2 guests) plus breakfast: \$40 per
person
Family luxury condo-suites (3 or more guests) & breakfast: \$30 ea.
guest
Upward Living can pair you with a suite-mate or house mates...
Single occupancy in the condo-suite with breakfast is \$70
30 min. massage is \$25...manicure, pedicure or facial are all half price
Local taxes apply ..\$5 box lunches available

FAMILIES & SHARED RESORT HOMES

Water Fall Cottages & Hamlet Houses: \$100 plus \$20 each family
member...UL can arrange for shared occupancy with other attendees

at \$50 per attendee...breakfast is served at the Lakehouse and is included in all rates. Box lunches are available. Local taxes apply to rates.

Nine hole golf outing next door. Friday
Hosted by Upward Living's "Captain Ray"
For reservations call 828-693-5070 or innkeeper@highlandlake.com

Overflow housing and meals available at Highland Lake Inn next door,
call 828 6936812... ask for the Pavillon alumni discount.

Area Hotels Prices and Contact People

We have negotiated discounts with the ** hotels. Just mention you are attending Pavillon reunion weekend. Please reserve early as hotels book up quickly. Please note: you may be eligible for an additional discount if you present AARP, AAA or Military ID cards.

Columbus

****Days Inn** ----- 828-894-3303---\$65 per night/Pete Bhakta

626 West Mills Street
Columbus, NC 28722

****Butterfly Creek Inn**---828- 894 6393--\$30 off per night/Sarah

780 Smith Dairy Road
Columbus, NC 28722

Tryon

****Pine Crest Inn**-----828-859-9135---10% discount/Linda

Darling
85 Pinecrest Lane
Tryon, NC 28782

Forest City

Forest City, NC 28043

****JamesonInn**-----828--287-8788-- \$62.99 per night/Laurie

Gagner
164 Jameson Inn Drive
Forest City, NC 28043

****RamadaLimited**----828-248-1711--\$49.99 per night / Tina

Sizemore
2600 US HWY 74a Byp
Forest City, NC 28043

Saluda

****Saluda Mountain.Lodge---**828-749-4951--\$60 per night/Vanessa Mintz
 1793 Holberts Cove Road
 Saluda, NC 28773

Hendersonville

****Mountain Lodge ---**828-693-9910—\$60 per night/Alice Gentry
 755 Upward Road
 Flat Rock, NC 28731

****Comfort Inn-----**828-693-8800--\$80.99 per night/Bonnie Bunnell
 206 Mitchelle Drive
 Hendersonville, NC 28792

Lake Lure

Lake Lure Inn & Spa-----828-625-2525
 2771 Memorial HWY
 Lake Lure, NC 28746

****Lodge on Lake Lure----**828-625-2789—15%off/Jennifer Tignor
 361 Charlotte Drive
 Lake Lure, NC 28746

****Rumbling Bald Resort-800-260-1040---**1BR - \$90 per night/2BR
 \$175 per night/ Celeste Padgett
 112 Mountain Blvd.
 Lake Lure, NC 28746